

# ALCOHOL USE

## FACTS & RESOURCES

### ALCOHOL USE FACTS

**88,000**

alcohol-related DEATHS  
per year (2006-2010)

#### WHAT IS A STANDARD DRINK?

12 fl oz of beer	=	8-9 fl oz of malt liquor 12 oz glass	=	5 fl oz of wine	=	1.5 fl oz shot gin, rum, whiskey, vodka, etc.
						
about 5% alcohol		about 7% alcohol		about 12% alcohol		about 40% alcohol



**UNDERAGE DRINKING  
IS RISKY DRINKING**  
in 2016 ages 12 to 20

**19.3%** (7.3 Mil) reported alcohol use  
**12.1%** (4.5 Mil) were binge drinkers  
**2.8%** (1 Mil) were heavy drinkers

**\$249 BILLION**

Cost of excessive  
alcohol use in  
the U.S. in 2010



Workplace productivity: **\$179 billion**

Medical expenses: **\$28 billion**

Criminal justice: **\$25 billion**

Motor vehicle collisions: **\$13 billion**



**ALCOHOL USE  
AGE 21 OR OLDER**  
in 2016

**55.8%** (129 Mil) reported alcohol use  
**6.2%** (60 Mil) were binge drinkers  
**6.6%** (15 Mil) were heavy drinkers

**EXCESSIVE DRINKING**



#### WOMEN



- ▶ **Binge drinking**  
is having **4** or more  
drinks in one occasion
- ▶ **Heavy drinking**  
is having **8** or more  
drinks per week

#### MEN



- ▶ **Binge drinking**  
is having **5** or more  
drinks in one occasion
- ▶ **Heavy drinking**  
is having **15** or more  
drinks per week

*An occasion is one sitting or within  
two to three hours.*

• Centers for Disease Control and Prevention (CDC). Alcohol-Related Disease Impact (ARDI). Retrieved from <http://www.cdc.gov/ARDI>. • Sacks JJ, Gonzales KR, Bouchery EE, Tomedi LE, Brewer RD. (2010). national and state costs of excessive alcohol consumption. Am J Prev Med. 2015;49(5):e73-e79. Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/26477807>. • Center for Behavioral Health Statistics and Quality. (2017). Results from the 2016 National Survey on Drug Use and Health: detailed tables. Rockville, MD: SAMHSA.

### INDICATORS OF RISKY OR EXCESSIVE DRINKING

- Drink more, or longer than you intend
- Try to cut down or stop drinking, but are not able to
- Have to drink more than you once did to get the effect you want
- Continue to drink even though it makes you feel depressed or anxious or adds to another health problem
- Loved ones and/or trusted friends have made comments about your drinking pattern
- Spend a lot of time drinking or thinking about alcohol
- Find that drinking often interferes with daily activities, family, friends and/or work
- Have been arrested or had other legal problems due to drinking
- Experience symptoms of withdrawal when you don't drink (withdrawal symptoms include: shakiness, sweating, tremors, headaches, anxiety, irritability, and/or insomnia)

### ASSESS YOUR ALCOHOL USE • AUDIT-C ALCOHOL USE SCREENING TOOL

#### 1. How often do you have a drink containing alcohol?

- a. Never = 0 points
- b. Monthly or less = 1 point
- c. 2-4 times a month = 2 points
- d. 2-3 times a week = 3 points
- e. 4 or more times a week = 4 points

#### 2. How many standard drinks containing alcohol do you have on a typical day?

- a. 1 or 2 = 0 points
- b. 3 or 4 = 1 point
- c. 5 or 6 = 2 points
- d. 7 to 9 = 3 points
- e. 10 or more = 4 points

#### 3. How often do you have 6 or more drinks on one occasion?

- a. Never = 0 points
- b. Less than monthly = 1 point
- c. Monthly = 2 points
- d. Weekly = 3 points
- e. Daily or almost daily = 4 points

#### Hazardous Drinking Score

**Men: 4 points or higher is considered hazardous drinking**  
**Women: 3 points or more is considered hazardous drinking**

*However, when the points are all from Question #1 alone (#2 and #3 are zero), it can be assumed that the patient is drinking below recommended limits and it is suggested that the provider review the patient's alcohol intake over the past few months to confirm accuracy.*

## TIPS TO CUT DOWN ON YOUR DRINKING

### Monitoring your alcohol use can help you prevent risky drinking:

- Set a daily and weekly drinking limit. Write down your limit and keep it with you.
- Pace your drinking. Have no more than one standard drink per hour.
- Record how much you drink each day.
- Avoid situations and triggers that cause you to drink.
- Ask a friend who does not drink to help you stay within your limit.
- Speak with your doctor and/or seek treatment for your alcohol use.



#### The Behavioral Health Treatment Services Locator

Find alcohol, drug or mental health treatment facilities and programs.  
<http://findtreatment.samhsa.gov>

#### SAMHSA's National Helpline

1-800-662-HELP (4357) • TTY: 1-800-487-4889  
<http://samhsa.gov/find-help/national-helpline>

#### Suicide Prevention Lifeline

1-800-273-TALK (8255) • TTY: 1-800-779-4889  
<http://suicidepreventionlifeline.org>

## ALCOHOL RESOURCES



### Underage Drinking Myths vs. Facts

This fact sheet for teens and pre-teens compares common myths about alcohol use with facts about the dangers and impact of underage drinking.

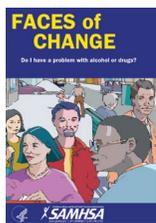
<http://bit.ly/UnderageMythFacts>



### Finding Quality Treatment for Substance Use Disorders

This fact sheet serves as a guide for individuals seeking behavioral health treatment. It provides three necessary steps to complete prior to utilizing a treatment center and the five signs to finding a quality treatment center.

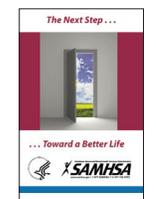
<http://bit.ly/FindingQualityTx>



### Faces of Change: Do I Have a Problem With Alcohol or Drugs?

This resource explores the lives of five characters living with different substance use disorder conditions. It illustrates the stages of change and the value of treatment, recovery, and motivational incentives. It also includes a change plan worksheet.

<http://bit.ly/SMA15-4174>



### The Next Step Toward a Better Life

This brochure describes the stages of recovery from alcohol and drug misuse, and what to expect after leaving detoxification services. It offers guidance on adjusting to sobriety, and long-term recovery.

<http://bit.ly/SMA14-4474>

### National Prevention Week, May 13 to 19, 2018

National Prevention Week is an annual health observance dedicated to increasing public awareness of, and action around, substance abuse and mental health issues. Each day has a theme and Tuesday, May 15, the theme is Prevention of Underage Drinking and Alcohol Misuse and links to a webinar. Learn more at: <https://www.samhsa.gov/prevention-week>



### "Talk. They Hear You." Campaign

SAMHSA's underage drinking prevention campaign helps parents and caregivers start talking to their children early about the dangers of alcohol. This campaign includes numerous tools and resources for parents and communities. Learn more at:

<https://www.samhsa.gov/underage-drinking>



### "Talk. They Hear You." Mobile Application

The app features an interactive simulation that helps you learn the do's and don'ts of talking to kids about underage drinking. Using avatars, you will:

- Practice bringing up the topic of alcohol
- Learn the questions to ask
- Get ideas for keeping the conversation going

Download on your Apple®, Android™, or Windows® mobile device. Learn more at: <http://bit.ly/UnderageDrinkingApp>



### Alcohol FX Tablet Mobile Application: Alcohol's Effect on the Brain

A free, science-based, Reach Out Now mobile application for tablets that teaches students ages 10–12 on how alcohol can harm their brains if they drink. The app is intended to easily integrate into instruction in fifth- and sixth-grade classrooms and at home. Download on your Apple® or Android™ mobile device. Learn more at: <http://bit.ly/AlcoholFxVideo>



### Talking With Your College-Bound Young Adult About Alcohol

This guide and video give parents information they need to talk with their college-bound young adults about the consequences of underage drinking. Find the guide at: <https://store.samhsa.gov/product/SMA15-4897> Watch the video at: <http://bit.ly/TheSoundOfYourVoice>

Visit <https://www.store.samhsa.gov> for additional information and resources