

Quick Facts: Impacts of Alcohol

Health and Economic Impacts

- Excessive drinking results in 6,514 deaths and 199,618 years of potential life lost each year in Texas.¹
- Excessive alcohol use cost \$16.5 billion, or \$1.89 per drink, in one year in Texas as a result of lost workplace productivity, healthcare expenses, and crime.¹
- Binge drinking impacts public health through the following risks²:
 - Increases the risk of injuries such as falls, burns, gunshot wounds, car accidents, and domestic disturbances.
 - Significantly impairs the immune system, leaving users vulnerable to illness.

Binge Drinking

- 16% of Texans and 15% of Houstonians report binge drinking in the last month. This is in line with the national rate of 1 in 6 (16%).³
- 29% of Houstonians (18+) reported binge drinking in the last year.⁴
- The most common binge-drinking age group is ages 18-34.⁴
- Binge drinking is defined as 4 drinks for women and 5 drinks for men in a 2-hour period.

Alcohol Use Disorder

A large national study examining alcohol use disorder (AUD) as defined by the DSM-5 found that significant disability (behavioral, psychological, and physical) is associated with AUD⁵:

- “Alcohol use disorder defined by the DSM-5 criteria is a highly prevalent, highly comorbid, disabling disorder that often goes untreated in the U.S.”
- The prevalence of alcohol use disorder among U.S. adults >18 years old is 29%. Nearly 1 in 3 American adults have faced AUD at one point in their lives.
- AUD has significant associations with other substance use disorders, major depressive and bipolar I disorders, antisocial and borderline personality disorders.
- Rates of severe AUD are highest among young adults (18-29 year olds, 7%).

Treatment⁶

- In a single-day count, 34,704 individuals in Texas were enrolled in substance use treatment.
- To illustrate the association of alcohol use and drug abuse: 40.4% of Texans in treatment report an alcohol and drug problem, and 15% report an alcohol only problem.
- In the last year, only 6% of Texans with alcohol dependence or abuse have received treatment, and 94% have not.

¹ *Prevention Status Reports 2013: Excessive Alcohol Use—Texas*. Centers for Disease Control and Prevention.

² E. Kovacs et al. Acute immunomodulatory effects of binge alcohol ingestion. *Alcohol*.

<http://dx.doi.org/10.1016/j.alcohol.2014.10.002>.

³ Behavioral Risk Factor Surveillance System 2012. Centers for Disease Control. <http://apps.nccd.cdc.gov/BRFSS-SMART/>

⁴ Houston Health Survey 2010. UTHealth School of Public Health. <https://sph.uth.edu/research/centers/ihp/health-of-houston-survey-2010/>

⁵ B. Grant et al. Epidemiology of DSM-5 alcohol use disorder: Results from the National Epidemiologic Survey on Alcohol and Related Conditions. *JAMA Psychiatry*. Published online June 3, 2015.

⁶ *Texas Behavioral Health Barometer 2014*. Substance Abuse and Mental Health Services Administration.