

More than half of Butler County adults (55%) had at least one alcoholic drink in the month prior to the *Greater Cincinnati Health Status Survey*, similar to the Greater Cincinnati region (50%) and the nation (54%).¹

In Butler County, like the region, as income and education levels increased, the percentage of adults who had a drink in the last 30 days also increased. The reverse was true with age: as age increased, the percentage of adults who had had a drink decreased.

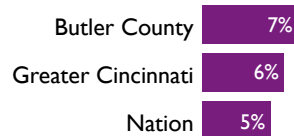
One standard alcoholic drink is 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of spirits or liquor.² Many cocktails and mixed drinks therefore contain more than one standard drink of alcohol.

While drinking in moderation poses no or low risks for most adults,³ having more than one or two drinks per day increases the

Adults reporting they had at least one alcoholic drink in the last 30 days



Adults reporting they drank heavily in the last 30 days, or had more than an average of one drink per day for women, or more than two drinks per day for men



Adults reporting they binge drank in the last 30 days, or had four or more drinks on one occasion for women, or five or more drinks on one occasion for men



risk of health problems.⁴ Risky drinking takes one of two forms: heavy drinking, which is the steady use of alcohol over time, or binge drinking, which is having four or five drinks or more on one occasion.

1 in 14 Adults in Butler County Reported Heavy Drinking

Heavy drinking is defined by the National Institute of Alcohol Abuse and Alcoholism (NIAAA) as having more than an average

of one drink per day for a woman and two drinks per day for a man.⁵

Heavy drinking over time is associated with a range of medical problems including liver, kidney, and pancreas disease; cancers; ulcers and digestive problems; premature aging; memory and cognitive problems; and birth defects.⁶

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¹ National data unless otherwise noted are from the 2010 Behavioral Risk Factor Surveillance Survey, available at www.cdc.gov/brfss/.

² For more information on standard alcoholic drinks, please see www.cdc.gov/alcohol/faqs.htm#standDrink.

³ For more on low-risk drinking, visit www.lowriskdrinking.com, developed by the Alcohol and Chemical Abuse Council in Butler County, or the NIAAA's site at <http://rethinkingdrinking.niaaa.nih.gov>.

⁴ For more information on health effects of drinking, please see www.cdc.gov/alcohol/faqs.htm#healthProb or contact the Butler County Alcohol and Drug Addiction Services Board at 513.867.0777 or jbohley@adasbc.org.

⁵ For more information about heavy drinking, see www.cdc.gov/alcohol/faqs.htm#heavyDrinking.

⁶ For more information on drinking and health effects of drinking, please see www.cdc.gov/alcohol/faqs.htm#healthProb or contact the Butler County Alcohol and Drug Addiction Services Board at 513/867-0777 or jbohley@adasbc.org.

About 1 in 14 adults in Butler County (7%) reported heavy drinking in the last month. Butler County's heavy drinking rate was similar to the rate in the Greater Cincinnati region (6%) and the nation (5%).

More than 1 in 5 Adults in Butler County Reported Binge Drinking

Binge drinking is defined as five or more drinks on one occasion for men and four or more drinks on one occasion for women. Besides causing health problems, binge drinking can impair decision-making, which can lead to motor vehicle accidents and other accidents and injuries. It can also lead to aggressive behavior and to being the victim of such behavior.⁷ It should be noted that significant impairment can occur for some individuals before they have drunk enough alcohol to constitute binge drinking.

More than 1 in 5 adults (23%) in Butler County reported binge drinking in the month before the survey. This is similar to the Greater Cincinnati region (19%) and the nation (15%).

⁷ For more information about the risks of binge drinking, please visit <http://rethinkingdrinking.niaaa.nih.gov/WhatsTheHarm/WhatAreTheRisks.asp>