



Alcohol consumption by adults in Butler County

About half of Butler County adults (52%) had at least one alcoholic drink in the month before the Greater Cincinnati Community Health Status Survey (CHSS). This is similar to Greater Cincinnati (52%) and the nation (55%).¹

These results also are similar to the results for 2010, when 55 percent of Butler County adults reported having at least one drink in the past 30 days.

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 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 risk of health problems. Risky drinking takes one of two forms: heavy drinking, which is the steady

¹ National data are from the Centers for Disease Control and Prevention's (CDC) Behavioral Risk Factor Surveillance System (BRFSS), available at <http://apps.nccd.cdc.gov/brfss/>. The most recent year for national data is 2012.

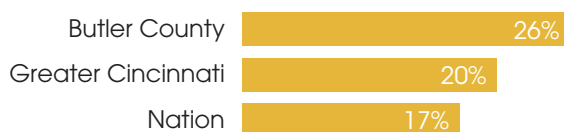
² For more information on standard alcoholic drinks, please see www.cdc.gov/alcohol/faqs.htm#standDrink.

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

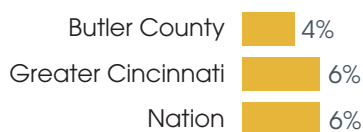
Percentage of adults who reported that they had at least one alcoholic drink in the last 30 days



Percentage of adults who reported binge drinking in the last 30 days (four or more drinks on one occasion for women, five or more drinks on one occasion for men)



Percentage of adults who reported that they drank heavily in the last 30 days (had more than an average of one drink per day for women or more than two drinks per day for men)



use of alcohol over time, or binge drinking, which is having four or five drinks or more on one occasion.

More than 1 in 4 Butler County adults 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.⁴

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⁴ For more information about binge drinking, see www.cdc.gov/alcohol/fact-sheets/binge-drinking.htm.

More than 1 in 4 Butler County adults (26%) reported binge drinking in the month before the survey. This is higher than Greater Cincinnati (20%) and the nation (17%). (See graph on front page.) It is similar to the percentage of Butler County adults who reported binge drinking in 2010 (23%).

Most Butler County adults think binge drinking is harmful

Adults were asked “How harmful do you think it is for a person to consume five or more drinks of alcohol once or twice per week?” Seven in 10 Butler County adults (74%) said it is very or somewhat harmful. This is similar to the percentage of Greater Cincinnati adults who said binge drinking is harmful (73%).

Butler County women (84%) were more likely than men (63%) to say that drinking five or more drinks is harmful.

1 in 20 adults in Butler County reported heavy drinking

Heavy drinking is defined by the Centers for Disease Control and Prevention (CDC) 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 medical problems such as liver, kidney and pancreas disease; cancers; ulcers and digestive problems; premature aging; memory and cognitive problems; and birth defects.⁶ About 1 in 20 adults in Butler County (4%) reported heavy drinking in the last 30 days. Butler County’s heavy drinking percentage is similar to that of Greater Cincinnati (6%) and the nation (6%). (See graph on front page.) The percentage of heavy drinkers in Butler County also was similar to 2010, when it was 7%.

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

⁶ For more information about the health effects of drinking, see <http://rethinkingdrinking.niaaa.nih.gov/WhatsTheHarm/WhatAreTheRisks.asp> or contact the Butler County Alcohol and Drug Addiction Services Board at 513-867-0777 or John Bohley jbohley@adasbc.org.