

# Alcohol consumption by Greater Cincinnati adults

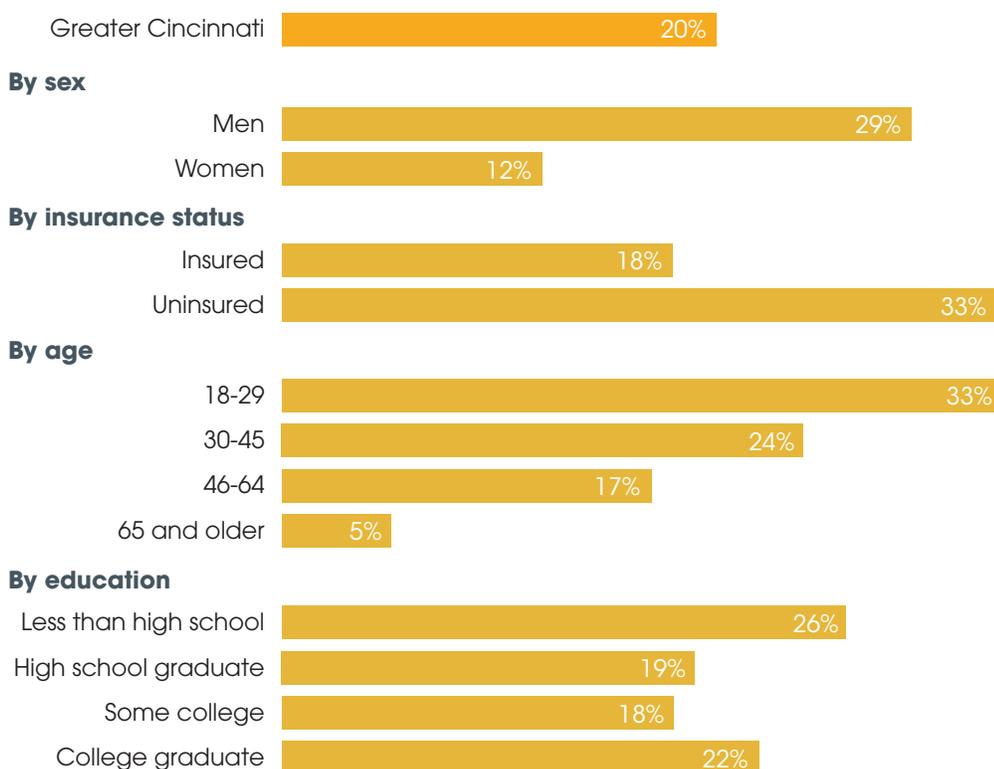
About half of Greater Cincinnati adults (52%) report drinking at least one alcoholic drink in the month before the Greater Cincinnati Community Health Status Survey (CHSS), similar to the national percentage of 55%.<sup>1</sup>

As education increases, the percentage of adults in Greater Cincinnati who report drinking in the last 30 days also increases. As age increases, however, the percentage of adults who report drinking in the last month decreases. Men (62%) are more likely to drink than women (43%). Adults living above 200% of the Federal Poverty Level (FPL<sup>2</sup>) (62%) are more likely to drink than those living between 100% and 200% FPL (49%) and those living at or below 100% FPL (41%).

## Drinking rates lowest in rural Kentucky counties

Nearly 3 in 10 adults (28%) in the rural Kentucky counties in our region had a drink in the month before the CHSS, the lowest reported rate of any area in the region. Two of these counties, Owen and Pendleton, have

## Percentage of Greater Cincinnati adults who reported binge drinking\* in the last 30 days



\* Binge drinking is defined as having five or more alcoholic drinks on one occasion for men or four or more alcoholic drinks for women.

strict limits on the sale of alcohol, which may account for the lower rates of drinking.

having more than one or two drinks per day increases the risk of health problems.<sup>3</sup>

## 2 in 10 area adults report binge drinking

While drinking in moderation poses no or low health risks for most adults,

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<sup>1</sup> 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.

<sup>2</sup> The federal poverty level in 2013 was \$23,550 for a family of four; 200% FPL was \$47,100.

<sup>3</sup> For more information on drinking and the health effects of drinking, please see [www.cdc.gov/alcohol/faqs.htm#moderateDrinking](http://www.cdc.gov/alcohol/faqs.htm#moderateDrinking)

Binge drinking is defined as having five or more drinks on one occasion for men and four or more drinks for women. Two in 10 Greater Cincinnati adults (20%) report binge drinking in the 30 days before the CHSS, compared with 17% of adults in the nation. The binge drinking rate has remained relatively stable for both the region and the nation.<sup>4</sup>

Some adults in our region are more likely to report binge drinking in the last month, including adults who:

- are uninsured (33%)
- are 18 to 29 years old (33%)
- are male (29%)
- have less than a high school education (26%)

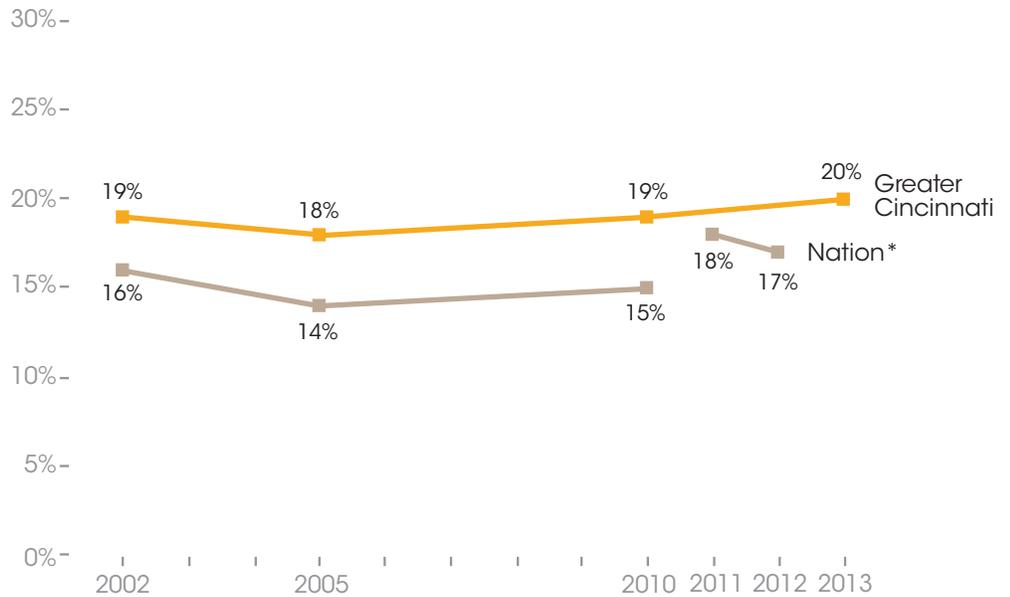
## Majority of Cincinnati area adults thinks binge drinking is harmful

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 Greater Cincinnati adults (73%) say it is very or somewhat harmful. Women (81%) are more likely than men (65%) to say that drinking five or more drinks is

<sup>4</sup> Before 2006, the standard for binge drinking was five or more drinks on one occasion for both men and women. In 2006, the standard was revised to five or more drinks on one occasion for men and four or more drinks for women. Therefore, making comparisons to surveys before 2006 is difficult. The data in the graph reflect the definitions of binge drinking that were in place at the time of the surveys.

## Percentage of adults who report binge drinking<sup>4</sup> at least once in the last 30 days



\*National data are from the CDC’s Behavioral Risk Factor Surveillance System (BRFSS). BRFSS has changed the way its data are weighted. Data 2011-present should not be directly compared to data before 2011. National data were available only up to 2012.

harmful. African-American adults (78%) are more likely than adults of other races (other, 72%; White, 72%) to view it as harmful.

## Fewer than 1 in 10 report heavy drinking

Heavy drinking is defined by the Centers for Disease Control and Prevention as having more than an average of one drink per day for a woman and two drinks per day for a man.<sup>5</sup>

<sup>5</sup> For more information about heavy drinking, see <http://www.cdc.gov/alcohol/faqs.htm#heavyDrinking>.

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.<sup>6</sup>

About 6% of Greater Cincinnati adults reported heavy drinking in the last month. The national rate was also 6%.

<sup>6</sup> For more information about the health effects of drinking, see <http://rethinkingdrinking.niaaa.nih.gov/WhatsTheHarm/WhatAreTheRisks.asp> or <http://www.cdc.gov/alcohol/faqs.htm#healthProb>.