

Adult Alcohol Consumption

Key Findings

In 2005, the health assessment indicated that 15% of Sandusky County adults were considered frequent drinkers (drank an average of three or more days per week, per CDC guidelines). Over half (58%) of adults who drink had five or more drinks on one occasion (binge drinking) in the past month increasing to 80% of those ages 30 and under and 65% of males. Four percent of the adults who drink reported symptoms that may be associated with alcohol addiction, including drinking more than they had expected.

Sandusky County Adult Alcohol Consumption

- ◆ In 2005, just over one-third (34%) of the Sandusky County adults had at least one alcoholic drink in the past week.
- ◆ Adult drinkers averaged 3.5 drinks per occasion.
- ◆ Over half (58%) of those who drink reported they had five or more alcoholic drinks on an occasion in the last month and would be considered binge drinkers by definition (See box above). Those under the age of 30 (80%) and males (65%), had the highest tendency to binge drink.
- ◆ 4% of Sandusky County adult drinkers reported symptoms that may be associated with alcohol addiction. The most commonly reported symptoms included drinking more than expected, spending a lot of time drinking, and needing to drink more to get the same effects.
- ◆ 6% of Sandusky County adults, increasing to 10% of males said they had driven after drinking perhaps too much on at least one occasion in the previous month.

U.S. Adult Alcohol Consumption

- ❖ In the U.S., approximately 1 in 3 adults report binge drinking (five or more drinks on one occasion or in a short period of time) in the past month.
- ❖ Unintentional injuries, violence, alcohol poisoning, hypertension, sexually transmitted diseases, and heart attacks are a few of the adverse health effects of binge drinking.
- ❖ In 2002, nearly 6% of U.S. adults reported heavy drinking (>1 drink/day for women; >2 drinks/day for men) in the past 30 days and nearly 4% of past-year drinkers were alcohol dependent.
- ❖ Heavy drinking is associated with a number of chronic conditions such as, gastrointestinal cancers, heart disease, stroke, chronic liver disease and cirrhosis, depression, and pancreatitis.

(Source: CDC, National Center for Chronic Disease Prevention and Health Promotion, Alcohol and Public Health, 8-4-04.)

Consequences of Excessive Alcohol Consumption in the U.S.

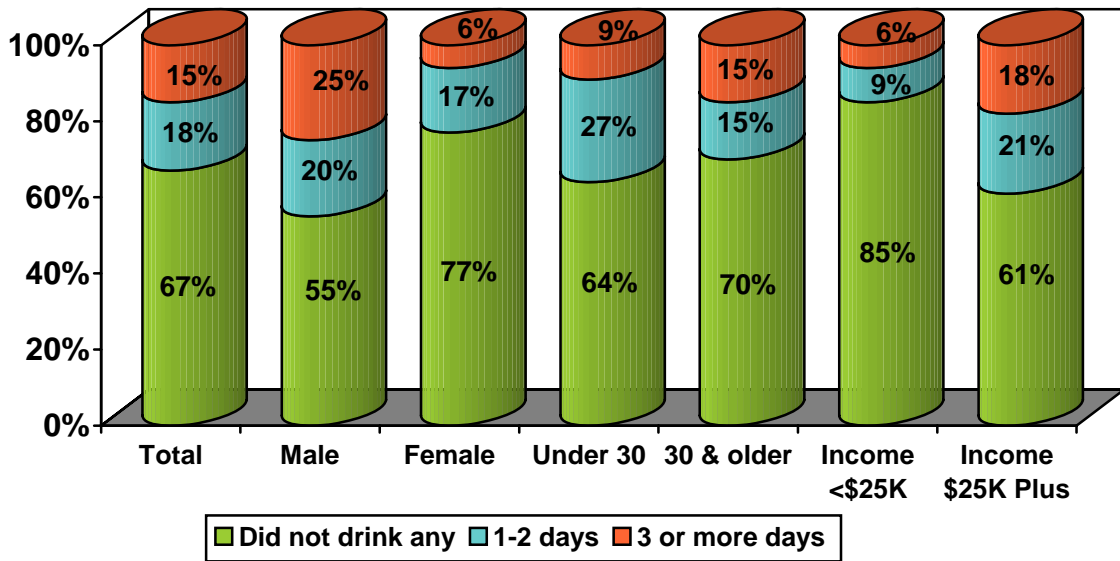
- ❖ 41% of all traffic-related deaths in the U.S. are due to alcohol-related motor vehicle crashes.
- ❖ 31% of those who die in the U.S. from unintentional, non-traffic injuries have blood alcohol concentrations of 0.10 g/dL (legally intoxicated) or greater.
- ❖ 23% of all U.S. suicide mortalities are attributed to alcohol.
- ❖ With increasing amounts of alcohol consumption, the risk of cancer increases.
- ❖ Effective prevention involves: increasing alcohol taxes, maintaining a minimum drinking age of 21, implementing community programs, implementing training programs for servers, and screening and interventions that are initiated by a physician.

(Source: CDC, National Center for Chronic Disease Prevention and Health Promotion, Alcohol and Public Health, 8-4-04.)

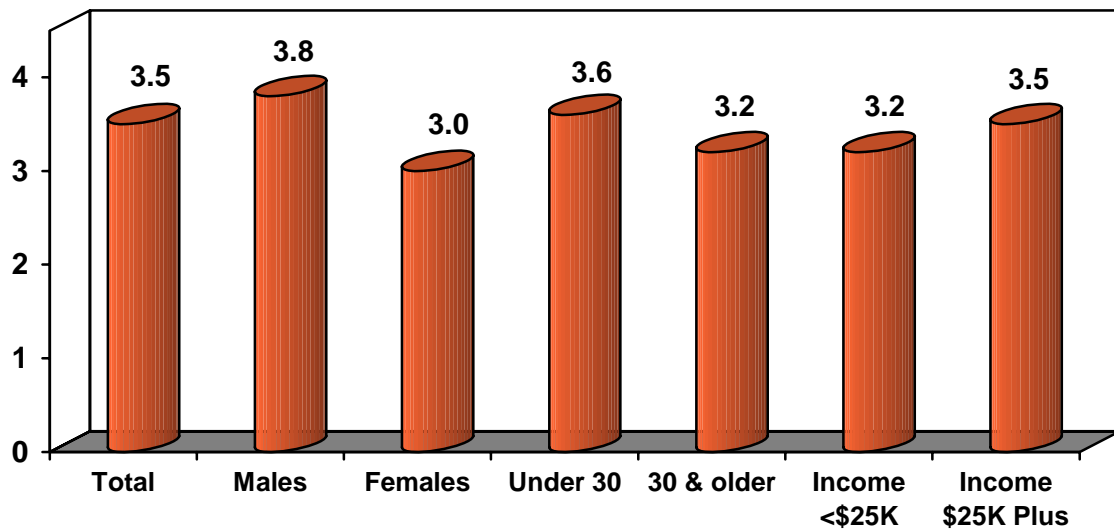
Adult Alcohol Consumption

The following graphs show the percentage of Sandusky County adults consuming alcohol and the amount consumed on average. Examples of how to interpret the information shown on the first graph includes: 67% of all Sandusky County adults did not drink alcohol, 18% of adults drank an average of 1-2 days a week, 55% of Sandusky County males did not drink and 77% of adult females reported they did not drink.

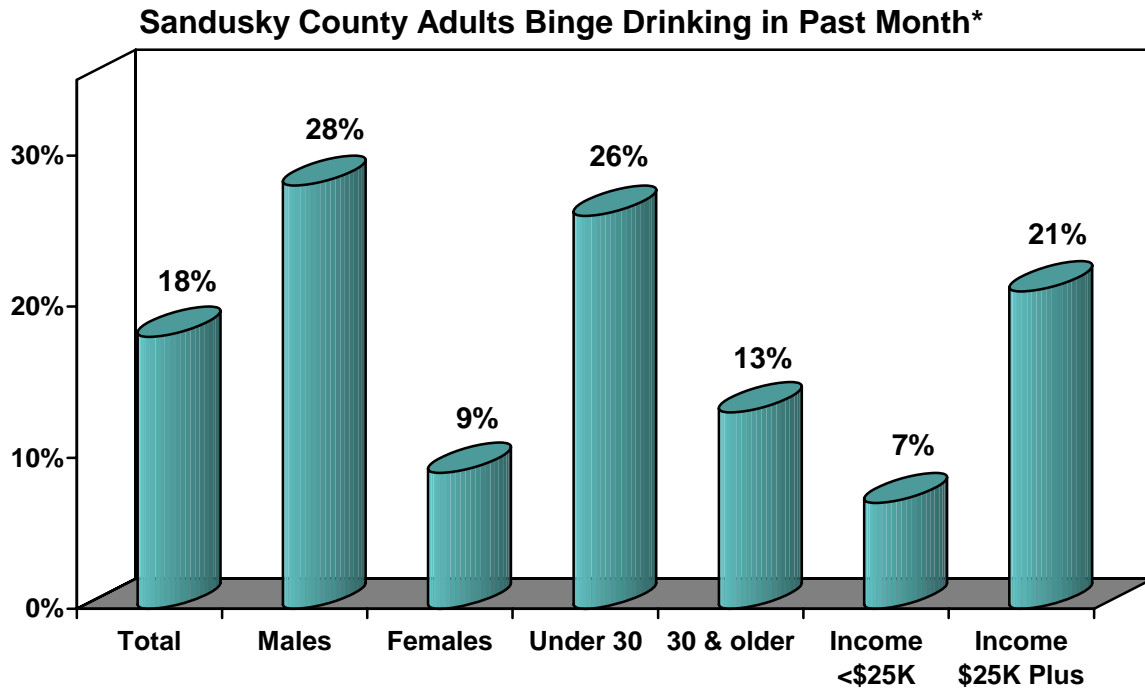
Average Number of Days Drinking Alcohol Per Week in the Past Month



Adults Average Number of Drinks Consumed Per Occasion



Adult Alcohol Consumption



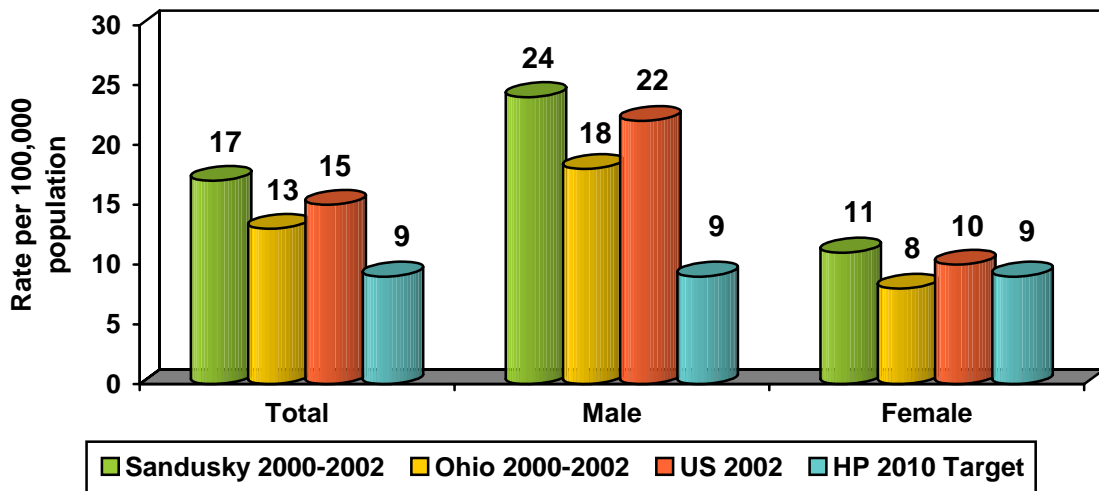
**Based on all adults. Binge drinking is defined as having five or more drinks on an occasion. Adults must have reported drinking five or more drinks on an occasion at least once in the previous month.*

Adult and Youth Alcohol Consumption

The following graphs show Sandusky County and Ohio age-adjusted motor vehicle accident mortality rates per 100,000 population with comparison to the Healthy People 2010 goals. The graphs show that:

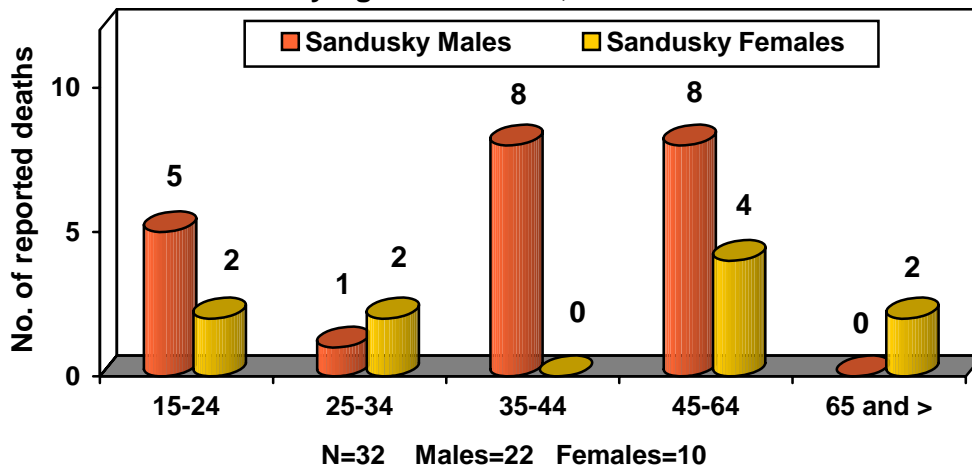
- ◆ From 2000-2002, the Sandusky County motor vehicle age-adjusted mortality rate of 17 deaths per 100,000 population is higher than the state rate and the national rate. It also exceeds the Healthy People 2010 target goal of 9 deaths per 100,000.
- ◆ The Sandusky County motor vehicle age-adjusted mortality rate for males is higher than the female rate.
- ◆ 69% of the motor vehicle accident deaths in 2000-2002 were males.
- ◆ 38% of the motor vehicle accident deaths in 2000-2002 occurred to those ages 45-64.

Healthy People 2010 Objective and Age-Adjusted Mortality Rates for Motor Vehicle Accidents



(Source: ODH Information Warehouse and WISQARS Fatal Injuries: Leading Causes of Death Reports)

Sandusky County Number of Motor Vehicle Deaths By Age and Gender, 2000-2002



(Source: ODH Information Warehouse, updated 9-29-04)

Sandusky County Crash Statistics

	Sandusky 2004	Sandusky 2003	Ohio 2004	Ohio 2003
Accidents/1,000 people	37.1	38.0	33.6	34.6
Alcohol related accidents/1,000 people	1.80	2.04	1.52	1.53
Total crashes	2,294	2,350	381,639	392,683
Alcohol related total crashes	111	126	17,244	17,361
Fatal crashes	12	15	1,162	1,168
Alcohol related fatal crashes	5	9	425	427
Injury crashes	525	497	94,058	94,970
Alcohol related injury crashes	42	56	7,261	7,265
Property Damage Only (PDO)	1,733	1,803	275,069	285,386
Alcohol related Property Damage Only (PDO)	63	59	9,188	9,312
Deaths	18	18	1,285	1,278
Alcohol related deaths	5	10	477	463
Injuries	781	747	140,177	141,363
Alcohol related injuries	60	76	10,568	10,645

(Source: Ohio Department of Public Safety, Crash Reports, 2004 Traffic Crash Facts & 2004 Traffic Crash Facts)