

ALCOHOL CONSUMPTION

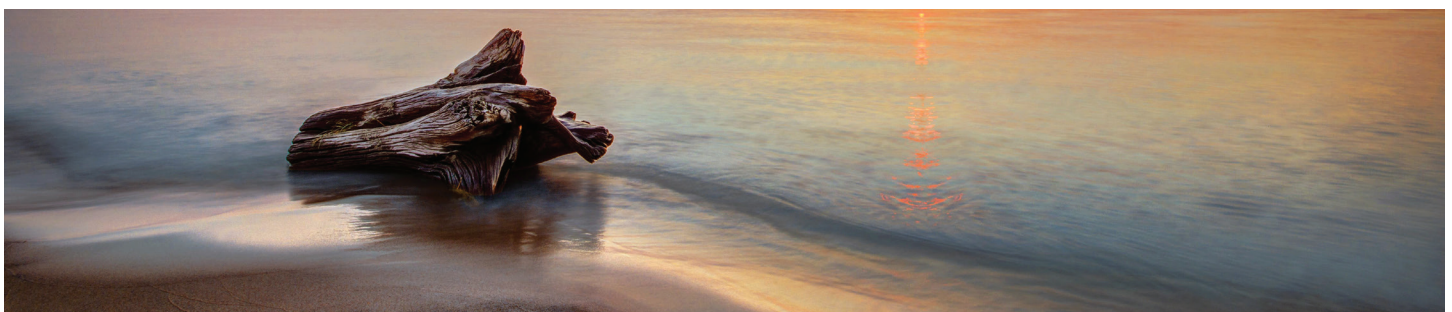
Across the United States, excessive alcohol use contributes to approximately 88,000 deaths each year for adults across all races.¹ Binge drinking is defined as consuming five or more alcoholic drinks per occasion for men, or four or more alcoholic drinks per occasion for women, at least once in the past month. Heavy drinking is defined as consuming an average of more than two alcoholic drinks per day for men or more than one alcoholic drink per day for women in the past month.²

- Close to one-fourth of adults admitted to binge drinking (23.5%)
- The prevalence of binge drinking increased as age increased, with adults 65 and older at the highest (28.0%).
- Women were more likely to report binge drinking than men (25.6% and 21.3% respectively).
- The rate of binge drinking among adults stayed relatively steady as household income increased.
- Adults with a household income of \geq \$75,000 have the highest reported percentage of binge drinking (31.4%).

BINGE DRINKING^a

DEMOGRAPHIC CHARACTERISTICS	%	95% CI
TOTAL	23.5	(19.13-27.8)
AGE		
18 - 34	20.8	(12.5-29.2)
35 - 44	21.9	(10.9-32.8)
45 - 54	22.5	(14.6-30.5)
55 - 64	27.0	(18.3-35.6)
65+	28.0	(15.3-40.7)
GENDER		
Male	21.3	(15.3-27.4)
Female	25.6	(19.6-31.6)
HOUSEHOLD INCOME		
< \$20,000	23.6	(15.3-31.9)
\$20,000 to \$34,999	21.9	(13.4-30.5)
\$35,000 to \$49,999	23.2	(11.7-34.7)
\$50,000 to \$74,999	21.4	(12.6-30.2)
\geq \$75,000	31.4	(18.3-44.5)

^a Among all adults, the proportion reporting that they had ever smoked at least 100 cigarettes (5 packs) in their life and that they smoke cigarettes now, either every day or on some days.



Despite the myths related to Native Americans and high rates of alcohol abuse, current data shows that the majority of Native Americans choose to stay abstinent from alcohol as compared to other populations.³

RECOMMENDATIONS

⁴ **Alcohol Brief Interventions:**

Provide information and increase motivation to change or prevent problematic alcohol consumption in a short session; also called alcohol screening & brief intervention and referral to treatment (SBIRT)

Mass Media Campaigns Against Underage and Binge Drinking:

Use television, radio, print, and social media efforts to increase adult awareness of underage drinking and its consequences.

Alcohol Access Restrictions in Public Places:

Restrict alcohol availability and use at sporting events, other public events (e.g., concerts and street fairs) and in public spaces such as parks and beaches.



24%

of Native American
adults in Michigan
binge drink.



SOURCES:

¹ Centers for Disease Control and Prevention. *Excessive Alcohol Use – Preventing a Leading Risk for Death, Disease, and Injury*, 2015. <https://www.cdc.gov/chronicdisease/resources/publications/aag/alcohol.htm> (December 2019).

² CDC at <https://www.cdc.gov/healthyweight/effects/index.html> (May 11, 2020).

³ *Alcohol use among Native Americans compared to whites: Drug and Alcohol Dependence*, V160, <https://doi.org/10.1016/j.drugalcdep.2015.12.015>.

⁴ Evidence Based Intervention Recommendations: The Community Services Task Force and the County Health Rankings & Roadmaps <https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health> (June 18, 2020).

Data in Chart: The Inter-Tribal Council of Michigan's 2017 NaBRFS Report.