

EXCESSIVE ALCOHOL USE

MADISON COUNTY PUBLIC HEALTH DATA BRIEF

NOVEMBER 2024



Excessive alcohol use on occasion or over time increases the risk of injuries and health problems. In the United States, excessive drinking attributes to approximately **178,000 deaths each year**. It creates financial burden on individuals and communities through increased medical costs and loss of productivity, while negatively impacting mental health and personal relationships. Cutting back on alcohol can improve overall health and lower these risks.

Putting Excessive Alcohol Use into Context:

Understanding what excessive alcohol use is and what qualifies as one standard drink can help determine how much alcohol is being consumed and whether it might be considered excessive.



One Standard Drink



12 ounces
5% ABV
beer



8 ounces
7% malt
liquor



5 ounces
12% ABV
wine



1.5 ounces
40% ABV
distilled spirits

Excessive Drinking Types



Binge Drinking:
4+ (women) or
5+ (men) drinks within
2 hours



Heavy Drinking: 8+
(women) or
15+ (men) drinks
per week



Any amount of
alcohol while
under 21



Any amount of
alcohol while
pregnant

Risk Factors and Health Impact

Short-term Health Risks

- Accidental injuries** - drownings, falls, burns, vehicle accidents
- Drug misuse** or overdose
- Risky sexual behavior** - sexually transmitted infections, unplanned pregnancy
- Violence** - assault, sexual violence, intimate partner violence

Long-term Health Risks

- Alcohol dependency**
- Chronic conditions** - heart disease, cirrhosis, liver disease, high blood pressure, stroke
- Poor birth outcomes** - miscarriage, low birth weight, or fetal alcohol syndrome
- Poor mental health outcomes** - depression, anxiety
- Poor performance** at school or work
- Relationship problems** with family or friends
- Types of cancer** - breast, prostate, liver

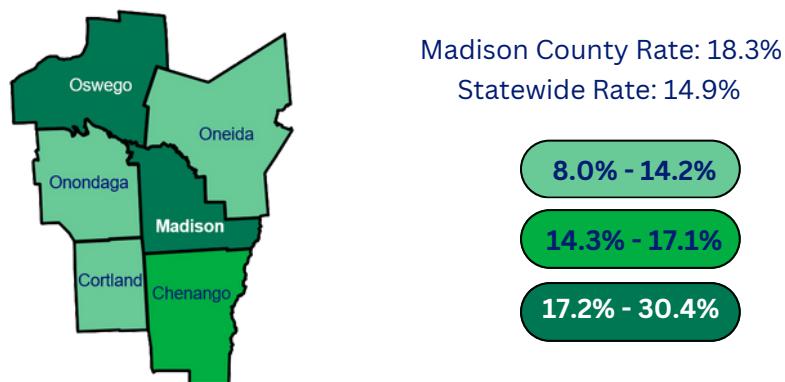
Who is at Risk

- Age** - People who begin drinking before age 15 and young adults between ages 18 and 25
- People with mental health conditions** like depression or anxiety
- ACEs** - People with multiple adverse childhood experiences
- People who live in **rural communities**

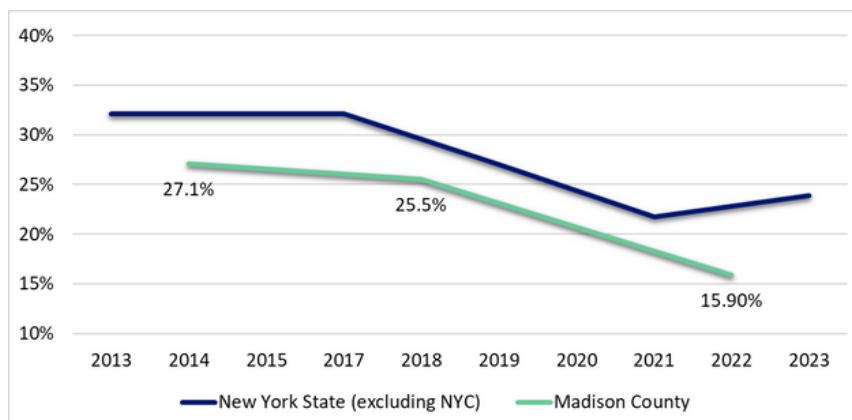
Data on Excessive Alcohol Use & Health Impact

In Madison County, about 18% of adults participate in binge drinking, higher than most of the region and statewide average. The percent of high school students in Madison County who report alcohol use and binge drinking in the past month has steadily decreased since 2014. This is most apparent among past-month alcohol use, which has declined by about 41% between 2014 and 2022 (27.1% versus 15.9%). Although there has been fluctuation over time, the rate of alcohol-related motor vehicle accidents in Madison County remains higher than that of New York State.

Percent of Adults who Binge Drink in Central New York, 2021

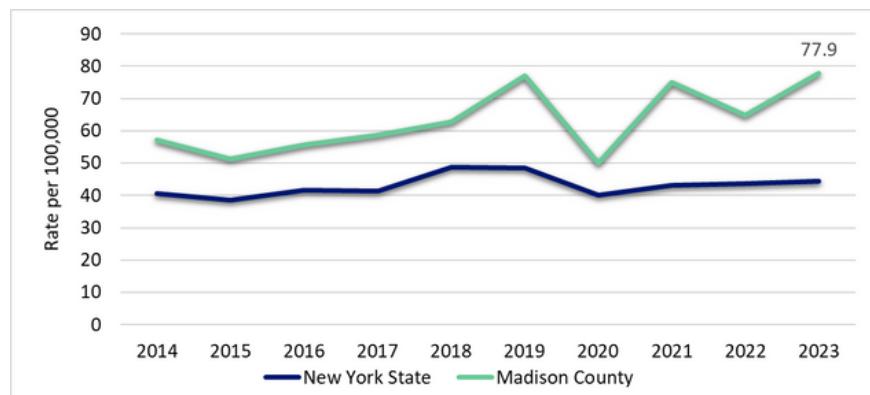


Percent of High School Students Reporting Current Alcohol Use, 2014-2022



Note: Data for Madison County was collected in 2014, 2018, and 2022, while data for New York State was collected in 2013, 2017, 2019, 2021, and 2023.

Rate of Alcohol Related Motor Vehicle Accidents, 2014-2022



Recommendations for Individuals:

- **Track Your Drinks**
 - Learn what counts as a "standard" drink and keep track of how much you're drinking
- **Set Clear Limits**
 - Use the "Check Your Drinking. Make a Plan to Drink Less." tool:
<https://www.cdc.gov/alcohol/CheckYourDrinking/index.html>
- **Schedule Alcohol-Free Days**
 - Plan a few alcohol-free days each week to give your body time to recover
- **Reduce Exposure to Alcohol Products**
 - Keep alcohol out of your home or places you spend time
- **Find Support**
 - Share your goal with a trusted friend, family member, or healthcare provider
- **Safe Transportation**
 - If drinking, always designate a driver who will abstain from alcohol, or use public transportation/ride share programs



Recommendations for Communities:

- **Reduce Alcohol Availability**
 - Reduce or limit hours/days facilities can sell alcohol
 - Limit alcohol outlet density through zoning laws
- **Reduce Financial Access to Alcohol**
 - Ban or limit "Happy Hour" promotions that discount alcohol
 - Set minimum pricing for all alcohol types or increase tax
- **Encourage Safe Practices in Bars and Restaurants**
 - Provide responsible server training
 - Hold alcohol-serving establishments accountable for harmful actions of intoxicated patrons
- **Promote Substance-Free Social Events**
 - Encourage municipalities to host alcohol free community event
- **Lower BAC Limits for Drivers**
 - Reduce the legal blood alcohol limit for drivers
- **Reduce Advertisement of Alcohol Products**
 - Limit billboards and local ads for alcohol products

Resources Available:

1. BRiDGES - Madison County Council on Alcoholism & Substance Abuse, Inc: [315-697-3947](tel:315-697-3947)
2. Family & Children's Counseling Services: [315-280-0400](tel:315-280-0400)
3. Madison County Mental Health Services: [315-366-2327](tel:315-366-2327)
4. Madison County Stop DWI Program: [315-366-2318](tel:315-366-2318)
5. New York State HOPEline: [1-877-8-HOPENY](tel:1-877-8-HOPENY)(467369) or text [HOPENY](tel:HOPENY) (467369)
6. Oneida Indian Nation Health Services: [315-829-8700](tel:315-829-8700)
7. SAMHSA National Helpline: 1-800-662-HELP (4357)

Sources:

- Facts about Excessive Drinking. Center for Disease Control and Prevention (2024)
- Alcohol Use in the United States: Age Groups and Demographics. National Institute of Alcohol Abuse and Alcoholism (2024)
- Motor Vehicles Crashes. New York State Department of Motor Vehicles (2023)
- Teen Assessment Project (TAP) Survey Report. Madison County Youth Bureau (2014-2022)
- Office of Addiction Services and Supports. New York State Department of Health (2023)
- Prevalence of Binge and Heavy Drinkers among New York State Adults. New York State Department of Health (2021)
- Drink Less, Be Your Best. Center for Disease Control and Prevention (2024)