



BINGE AND HEAVY DRINKING

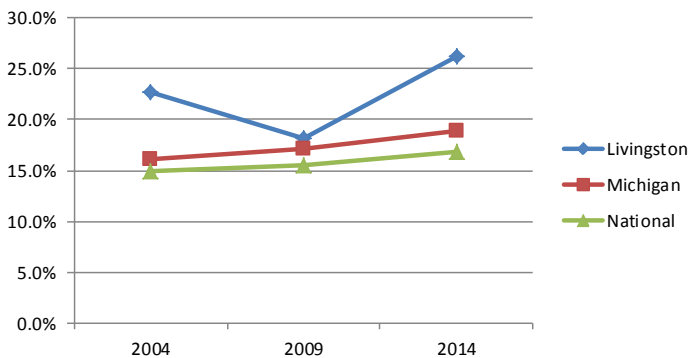
Excessive alcohol consumption can have both personal and public health impacts with increased risk for disease, accidents, pre-mature disability and death. Two measures of excessive alcohol consumption among adults are:

Binge drinking- Five or more drinks on one occasion for men or four or more drinks on one occasion for women at least once in the month prior to the survey

Heavy drinking- Adult men having more than two drinks per day and adult women having more than one drink per day in the month prior to the survey.

The impact can also be measured in other ways such as arrests for driving under the influence of alcohol, accidents involving alcohol and hospitalizations when alcohol is a related diagnosis.

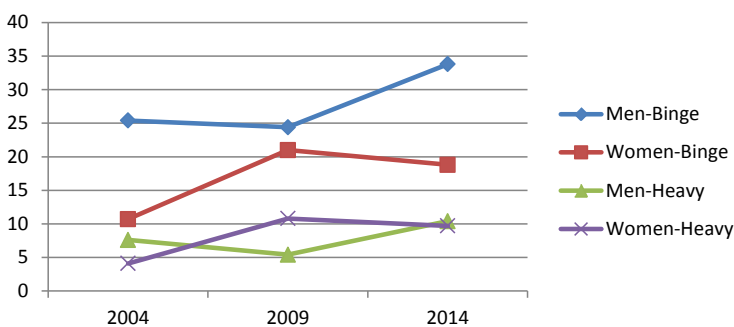
Binge Drinking 2004-2014



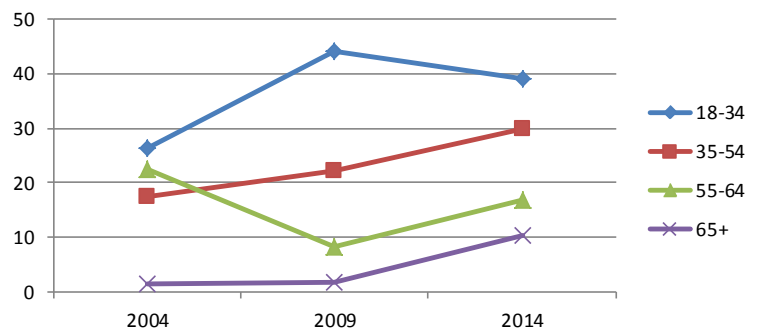
Over the past decade, in Livingston County binge drinking (five or more drinks for men, four or more drinks for women at one sitting) has increased from 22.7% of adults in 2004 to 26.2% of adults in 2014. The increase reflected by Livingston County residents is greater than the increase in Michigan from 16.1% to 18.9% and the United States from 14.9% to 16.8% over the same time period.

As recorded in the recent Community Health Status Assessment survey, binge drinking is significantly higher in males at 33.8% than females at 18.8%. Binge drinking also varies by age group and decreases by age. Adults ages 18-34 reported the highest frequency of binge drinking at 38.9%, while seniors age 65+ reported the lowest rate at 1.5%. Since 2004, binge drinking has increased among ages 18-34, 30-54, and 65+.

Binge and Heavy Drinking By Gender, 2004-2014



Binge Drinking by Age, Livingston County, 2004-2014



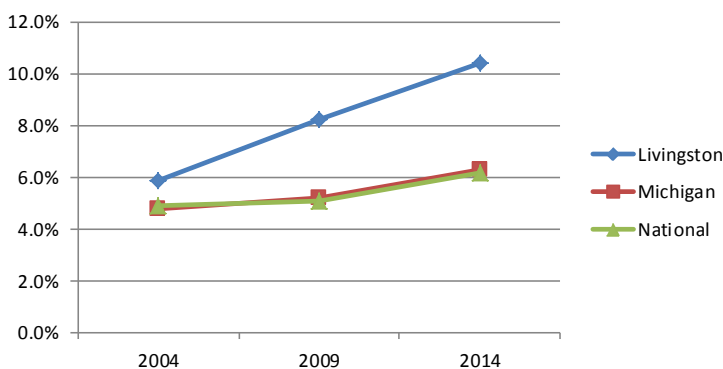


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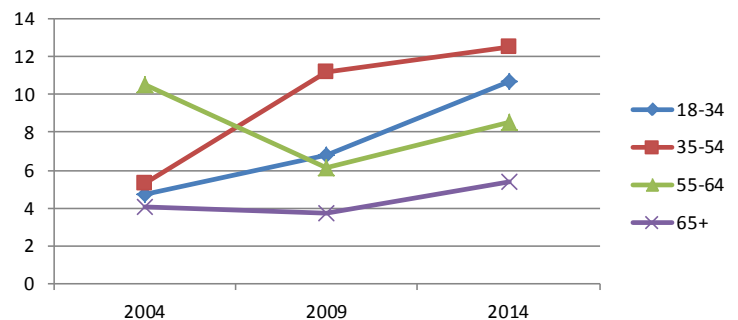
Heavy drinking among Livingston County residents has also increased significantly over the past decade from 5.9% in 2004 to 10.4% in 2014. Unlike, binge drinking, heavy drinking did not vary by gender, with 10.4% of males and 9.7% of females reporting engaging in the behavior.

Heavy drinking varies by age group and decreases with age. Among age groups 18-34 and 35-54, heavy drinking more than doubled since 2004. During 2014, heavy drinking among Livingston County residents reported at 10.4% is greater than Michigan at 6.3% and the United States at 6.2%.

Heavy Drinking, 2004-2014

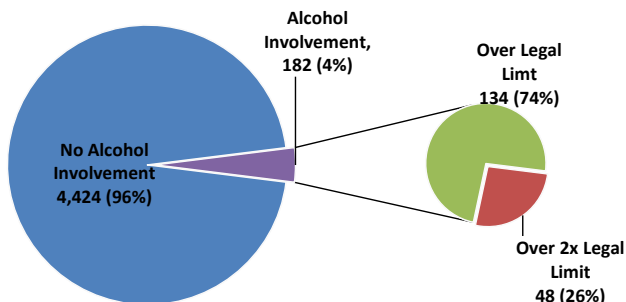


Heavy Drinking by Age, Livingston County, 2004-2014

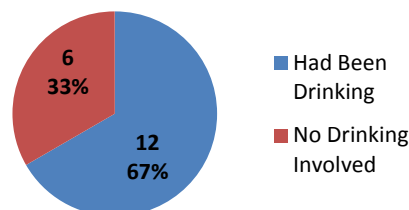


During 2014, 4% of all vehicle accidents (182 of 4606) were recorded with alcohol involvement. Within this group of drivers, 48 drivers had a blood alcohol concentration of .17 or greater which is over twice the legal limit of .08. During 2014 of the 182 had been drinking accidents twelve accidents recorded fatalities. The twelve Had Been Drinking (HBD) fatal accidents represented two-thirds of the total 18 fatal accidents in 2014.

Alcohol Involvement and Blood Alcohol Levels with Accidents in Livingston County, 2014



Fatal Accidents Livingston County, 2014



Sources: 2014 Livingston County Behavioral Risk Factor Survey; Michigan Traffic Crash Facts, 2014

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