

Chronic Drinking

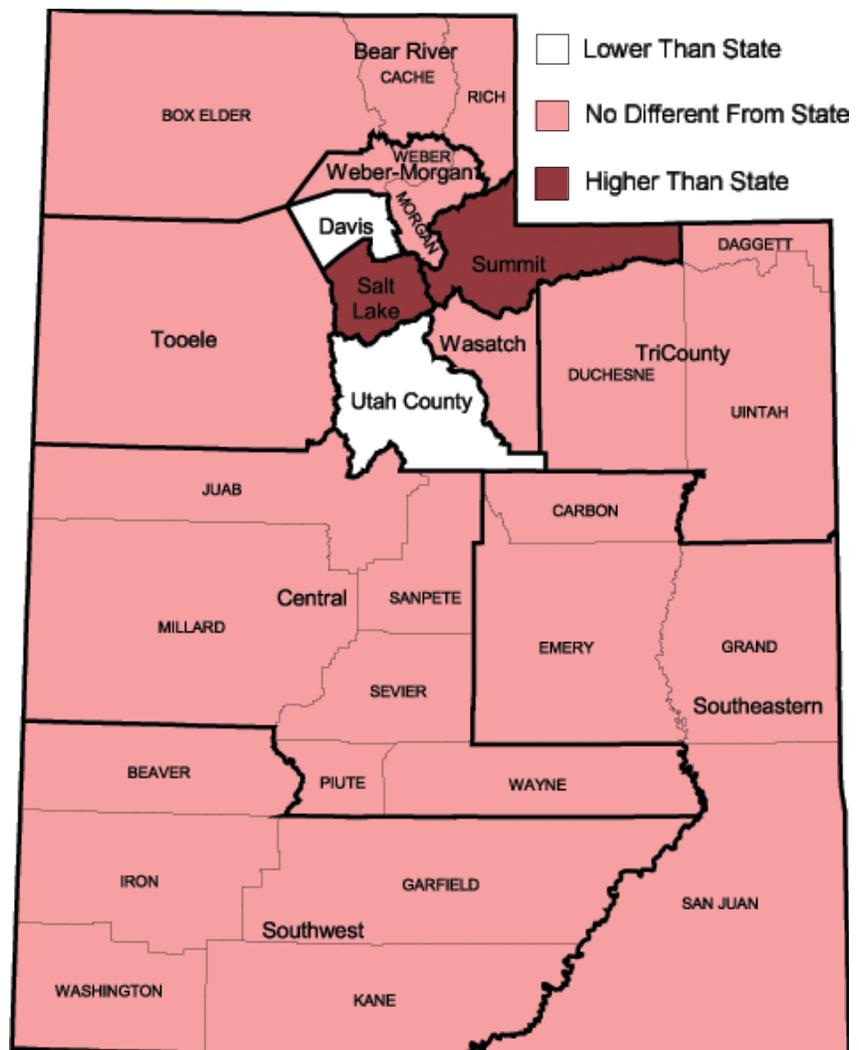


Questions: *A drink of alcohol is 1 can or bottle of beer, 1 glass of wine, 1 can or bottle of wine cooler, 1 cocktail, or 1 shot of liquor. During the past 30 days, how often have you had at least one drink of any alcoholic beverage? On the days when you drank, about how many drinks did you drink on the average?*

Alcohol misuse can lead to health problems and accidental injuries. It is also associated with disruptions in family, work, and personal life. Alcohol use during pregnancy is known to cause fetal alcohol syndrome. Chronic drinking is defined as 60 or more alcoholic drinks in the past 30 days for men and 30 or more alcoholic drinks in the past 30 days for women. These guidelines differ because women metabolize alcohol less efficiently than men. In addition, females have less body water than males, so they become more intoxicated than males after drinking the same amount of alcohol.

- Adults in Summit County and Salt Lake Valley Health Districts were more likely to report chronic drinking than the state as a whole, whereas adults in Davis County and Utah County Health Districts were less likely.
- Looking at the crude rates, estimated chronic drinking in Utah was 4.2% which was quite a bit lower than the U.S. rate of 6.7%. Even after age adjustment, Utah's rate was lower than the U.S. rate.

Chronic Drinking by Whether the Local Health District Percentage Differed From the State, Utah Adults Ages 18+, 1999 and 2001



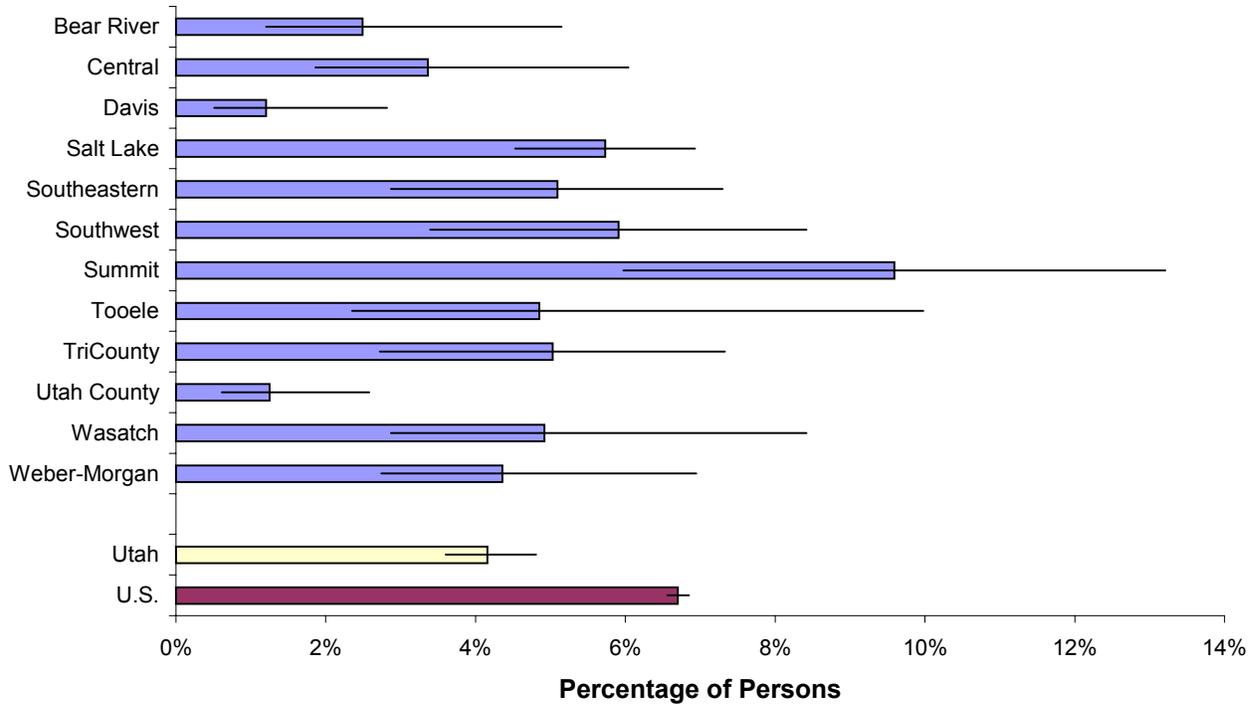
Age adjusted to the U.S. 2000 standard population. Percentage for a local health district was considered different from the state percentage if its 95% confidence interval did not include the state percentage. Note: Chronic drinking is defined as drinking 60 or more alcoholic drinks in the past 30 days for men, and 30 or more alcoholic drinks in the past 30 days for women. Source: Behavioral Risk Factor Surveillance System



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Percentage of Persons Who Reported Chronic Drinking in the Past 30 Days*

by Local Health District, Utah, and U.S. Adults Ages 18+, 1999 and 2001



* crude rates

Note: Chronic drinking is defined as drinking 60 or more alcoholic drinks in the past 30 days for men, and 30 or more alcoholic drinks in the past 30 days for women.

Source: Behavioral Risk Factor Surveillance System

District	Sample Size	Total Number of Adults	Crude Rates			Age-adjusted Rates**		
			Number of Chronic Drinkers	Percent	95% CI Range	Percent	95% CI Range	
Bear River	445	91,817	2,300	2.5%	1.2% 5.2%	2.2%	1.2% 4.2%	
Central	418	43,286	1,500	3.4%	1.9% 6.0%	3.5%	2.0% 6.1%	
Davis	393	155,816	1,900	1.2%	0.5% 2.8%	1.3%	0.5% 3.0%	
Salt Lake	1,860	627,857	36,000	5.7%	4.5% 6.9%	5.7%	4.5% 6.9%	
Southeastern	415	36,451	1,900	5.1%	2.9% 7.3%	5.0%	3.2% 7.7%	
Southwest	459	97,595	5,800	5.9%	3.4% 8.4%	5.9%	3.3% 8.5%	
Summit	378	21,092	2,000	9.6%	6.0% 13.2%	9.5%	5.9% 13.0%	
Tooele	530	27,012	1,300	4.9%	2.4% 10.0%	4.6%	2.4% 8.7%	
TriCounty	405	26,359	1,300	5.0%	2.7% 7.3%	5.0%	3.1% 7.8%	
Utah County	610	245,264	3,100	1.3%	0.6% 2.6%	1.1%	0.5% 2.2%	
Wasatch	412	10,154	500	4.9%	2.9% 8.4%	4.9%	2.9% 8.4%	
Weber-Morgan	446	140,822	6,100	4.4%	2.7% 7.0%	4.4%	2.8% 7.0%	
Utah	6,771	1,523,525	63,400	4.2%	3.6% 4.8%	4.0%	3.5% 4.7%	
U.S.				6.7%	6.6% 6.9%	6.7%	6.6% 6.9%	

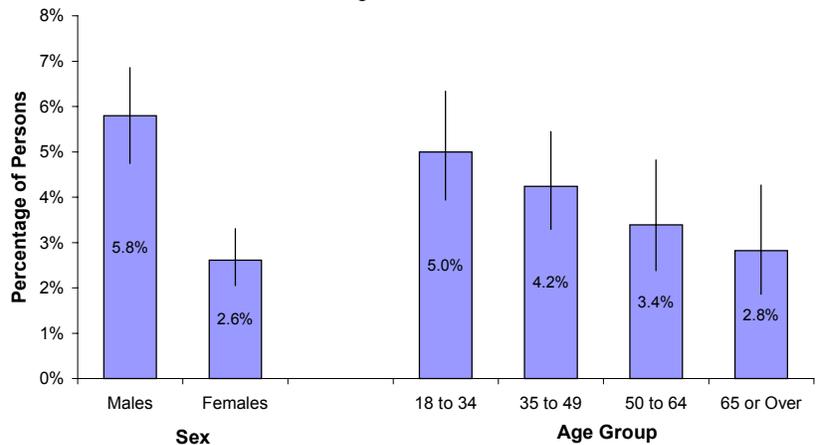
** Age adjusted to U.S. 2000 standard population

Chronic Drinking



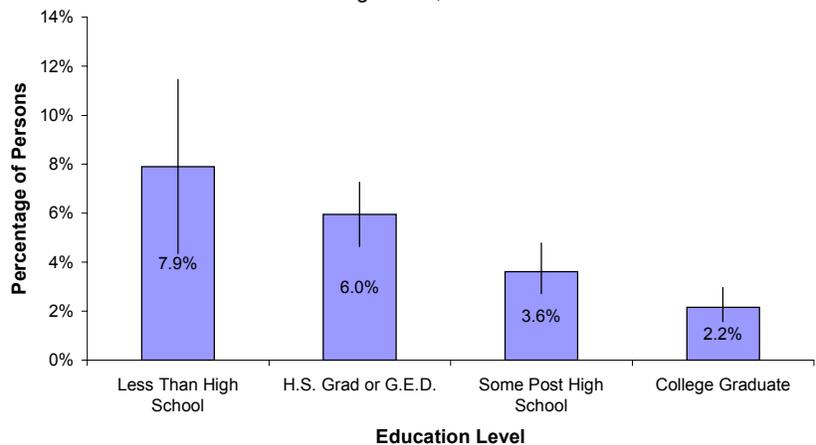
- Men were more likely to report chronic drinking (5.8%) than were women (2.6%).
- Chronic drinking decreased with age, from 5.0% for young adults ages 18-34, to 2.8% for older adults ages 65 or over.

Percentage of Persons Who Reported Chronic Drinking* in the Past 30 Days by Sex and Age, Utah Adults Ages 18+, 1999 and 2001



- The prevalence of chronic drinking decreased with increasing education. The highest percentage of chronic drinkers were adults with less than a high school education (7.9%).

Percentage of Persons Who Reported Chronic Drinking* in the Past 30 Days by Education, Utah Adults Ages 18+, 1999 and 2001



* Chronic drinking is defined as drinking 60 or more alcoholic drinks in the past 30 days for men, and 30 or more alcoholic drinks in the past 30 days for women.

Utah Objective: No objective listed.

HP2010 Objective 26-13 (related): Reduce the proportion of adults who exceed guidelines for low-risk drinking.



Chronic Drinking

Percentage of Persons Who Reported Chronic Drinking* in the Past 30 Days by Selected Demographic Characteristics, Utah Adults Ages 18+, 1999 and 2001.

Demographic Subgroup	Utah Population		Survey Estimates				
	Distribution	Number of Persons ¹	Percentage of Persons Who Reported Chronic Drinking ²			Number of Persons ^{1,3}	Distribution of Persons Who Reported Chronic Drinking by Category
			95% Confidence Intervals				
			Lower	Upper			
Chronic Drinking							
Yes	4.2%	63,400					
No	95.8%	1,460,100					
Total, All Adults	100.0%	1,523,500					
Sex							
Males	49.5%	753,700	5.8%	4.8%	6.9%	43,700	68.5%
Females	50.5%	769,800	2.6%	2.1%	3.3%	20,100	31.5%
Total, All Adults	100.0%	1,523,500	4.2%	3.6%	4.8%	63,400	100.0%
Age Group							
18 to 34	42.6%	648,500	5.0%	3.9%	6.3%	32,400	50.1%
35 to 49	28.5%	433,700	4.2%	3.3%	5.5%	18,400	28.4%
50 to 64	16.4%	250,000	3.4%	2.4%	4.8%	8,500	13.1%
65 or Over	12.6%	191,300	2.8%	1.9%	4.3%	5,400	8.3%
Total, All Adults	100.0%	1,523,500	4.2%	3.6%	4.8%	63,400	100.0%
Race/Ethnicity							
White, Non-Hispanic	88.4%	1,346,000	4.1%	3.5%	4.8%	55,500	87.5%
Hispanic	8.3%	126,000	4.9%	2.8%	8.3%	6,100	9.6%
Non-White, Non-Hispanic	3.4%	51,500	3.9%	1.6%	9.7%	2,000	3.2%
Total, All Adults	100.0%	1,523,500	4.2%	3.6%	4.8%	63,400	100.0%
Income							
Less Than \$20,000	13.6%	207,700	7.4%	5.0%	9.8%	15,400	23.0%
\$20,000-\$49,999	47.8%	727,500	4.3%	3.5%	5.4%	31,400	46.8%
\$50,000 or Over	38.6%	588,400	3.5%	2.7%	4.5%	20,300	30.3%
Total, All Adults	100.0%	1,523,500	4.2%	3.6%	4.8%	63,400	100.0%
Education							
Less Than High School	6.0%	91,700	7.9%	4.4%	11.5%	7,200	11.4%
H.S. Grad or G.E.D.	30.1%	458,100	6.0%	4.6%	7.3%	27,300	43.1%
Some Post High School	35.1%	534,100	3.6%	2.7%	4.8%	19,300	30.5%
College Graduate	28.9%	439,500	2.2%	1.6%	3.0%	9,500	15.0%
Total, All Adults	100.0%	1,523,500	4.2%	3.6%	4.8%	63,400	100.0%

1 Rounded to the nearest 100 persons.

2 Plus or minus 95% confidence interval.

3 Figures in these columns may not sum to the total because some surveyed individuals had missing values on the grouping variables.

* Chronic drinking is defined as drinking 60 or more alcoholic drinks in the past 30 days for men, and 30 or more alcoholic drinks in the past 30 days for women.

Population counts for age, sex, and total population were the 2000 estimates provided by the Governor's Office of Planning and Budget. Population count estimates for race/ethnicity, income, and education populations were derived from averaging three years of the BRFSS surveys from 1999-2001.