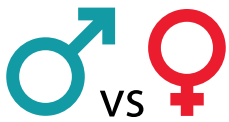


# Alcohol Use Fact Sheet

2019 Fact Sheet

# 530

## Utahns die from alcohol-related causes each year.<sup>1</sup>



### 13%

of adult men in Utah binge drink compared to 8% of women.<sup>2</sup>



### 11%

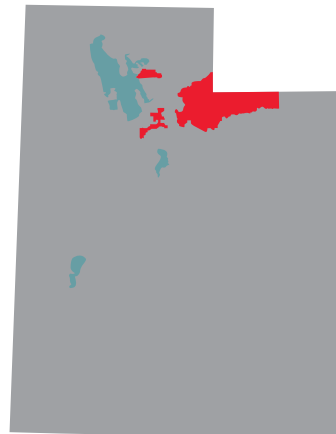
of Utah high schoolers use alcohol vs 20% nationally.<sup>3</sup>



### 7th

Utah has the 7th highest rate of alcohol poisoning deaths.<sup>4</sup>

### Utah Small Areas with the highest rates of binge drinking<sup>2</sup>



- Avenues (SLC)
- Ben Lomond
- Cottonwood
- Downtown Salt Lake
- Glendale (SLC)
- Midvale
- Millcreek
- Murray
- Ogden
- Rose Park
- SE Liberty
- South Salt Lake
- Sugar House
- Summit County
- West Jordan (SE)
- West Jordan/Copperton
- West Valley (East)

## Prevent Excessive Alcohol Use

### Individuals can:

- Limit themselves to no more than one drink per day for women and no more than two drinks per day for men.
- Do not serve or provide alcohol to those who should not be drinking.
- Talk with your healthcare provider about your drinking behavior.
- Request counseling if you drink too much.<sup>5</sup>

### States and Communities can:

- Create prevention strategies for excessive alcohol use.
- Enforce existing laws and regulations.
- Develop coalitions to build partnerships with community organizations.
- Monitor and report the prevalence, frequency, and intensity of binge drinking.<sup>5</sup>

## References

1. Centers for Disease Control and Prevention. Methodology from Alcohol Related Disease Impact (ARDI) application, 2013. Available at [www.cdc.gov/ARDI](http://www.cdc.gov/ARDI).
2. Utah Department of Health, Utah Behavioral Risk Factor Surveillance System, 2018.
3. Centers for Disease Control and Prevention, Youth Risk Behavior Surveillance System, 2017.
4. Centers for Disease Control and Prevention. "Vital Signs: Alcohol Poisoning Deaths-United States, 2010-2012." MMWR 63 (53):1238-1242. January 9, 2015.
5. Centers for Disease Control and Prevention. [cdc.gov/alcohol/fact-sheets/prevention.htm](http://cdc.gov/alcohol/fact-sheets/prevention.htm). Accessed 10/15/2019.