

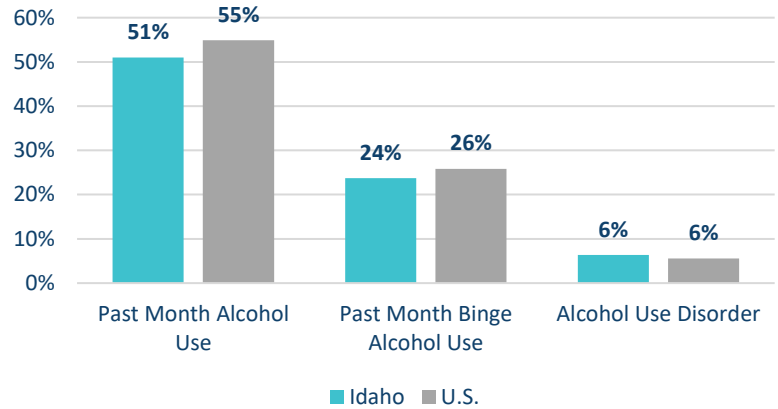
## Alcohol Use, Binge Drinking, and Alcohol-Use Disorder

According to the 2019 National Survey on Drug Use and Health (NSDUH), 85.6% people ages 18 or older reported that they had drunk alcohol at some point in their life.<sup>1</sup>

In Idaho, it is estimated that:<sup>2</sup>

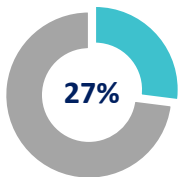
- 632,000 Idahoans ages 18+ used alcohol in the past month;
- 301,000 Idahoans ages 18+ engaged in binge drinking in the past month;
- 75,000 Idahoans ages 18+ struggled with Alcohol Use Disorder in the past year;
- 72,000 Idahoans ages 18+ needed treatment for alcohol use but did not receive it.

### State & National Alcohol Use

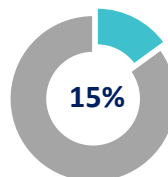


### Underage Drinking Among Idaho 12- to 20-Year-Old's

According to the 2019 Idaho Healthy Youth Survey<sup>3</sup> and Youth Risk Behavior Survey<sup>4</sup> Idaho students reported alcohol as the most used substance, with 39.1% of high schoolers having used alcohol at least once in their lifetime.



One in four Idaho high school students reported having at least one drink of alcohol on one or more of the past 30 days.



Fifteen percent of students reported having their first drink of alcohol before the age of 13 (other than a few sips).

### Alcohol-Related Deaths

Nationally, an estimated 95,000 people (approximately 68,000 men and 27,000 women) die from alcohol-related causes annually, making alcohol the third leading preventable cause of death in the U.S. behind tobacco, poor diet, and physical inactivity.<sup>1</sup>



- In Idaho, each year **437** deaths and **12,311** years of potential life are lost due to the harms resulting from excessive alcohol use.
- In 2018, **22** Idahoans under the age of 21 died from alcohol-attributed deaths, resulting in **1,376** years of potential life lost.<sup>5</sup>

### Economic Burden

The harms related to excessive alcohol use cost the United States \$249.0 billion, or \$2.05 per drink, in 2010. Most of these costs were due to reduced workplace productivity, law enforcement and other criminal justice expenses, treatment costs for health problems caused by excessive drinking, and costs attributable to motor vehicle crashes.<sup>5</sup>

In Idaho, excessive alcohol use cost **\$1.1 billion**, or \$1.62 per drink, in 2010.<sup>5</sup>

#### Definitions

**Alcohol Use Disorder (AUD):** AUD is a chronic relapsing brain disease characterized by an impaired ability to stop or control alcohol use despite adverse social, occupational, or health consequences. AUD can range from mild to severe, and recovery is possible regardless of severity.

**Binge Drinking:** NIAAA defines binge drinking as a pattern of drinking that brings blood alcohol concentration (BAC) levels to 0.08 g/dL. This typically occurs after 4 drinks for women and 5 drinks for men—in about 2 hours.

**Heavy Alcohol Use:** SAMHSA defines heavy alcohol use as binge drinking on 5 or more days in the past month.

<sup>1</sup> National Institute on Alcohol Abuse and Alcoholism. [Alcohol facts and statistics](#). October 2020.

<sup>2</sup> SAMHSA, Center for Behavioral Health Statistics and Quality. [2017-2018 NSDUH State Estimates of Substance Use and Mental Health Disorders](#).

<sup>3</sup> Idaho Office of Drug Policy. [Idaho Healthy Youth Survey 2019 State Report](#). June 2020.

<sup>4</sup> Idaho State Department of Education. [2019 Idaho Youth Risk Behavior Survey Results](#).

<sup>5</sup> Centers for Disease Control and Prevention. [Prevention Status Reports by State, Idaho Summary](#). April 2019.