

TARRANT COUNTY PUBLIC HEALTH DATA BRIEF



ALCOHOL USE IN TARRANT COUNTY

WHAT IS EXCESSIVE DRINKING?

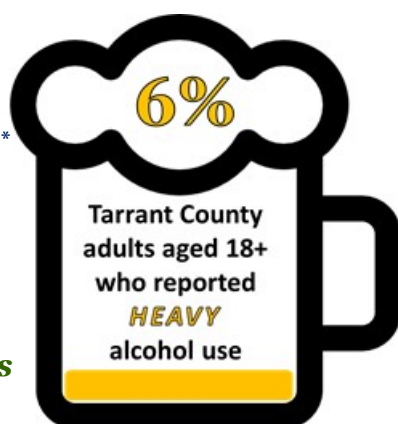
HEAVY ALCOHOL USE



WOMEN:
Consuming
more than
ONE drink*
per day



MEN:
Consuming
more than
TWO drinks
per day



BINGE DRINKING



WOMEN:
Consuming
more than
THREE
drinks on
one occasion†



MEN:
Consuming
more than
FOUR
drinks on
one occasion†

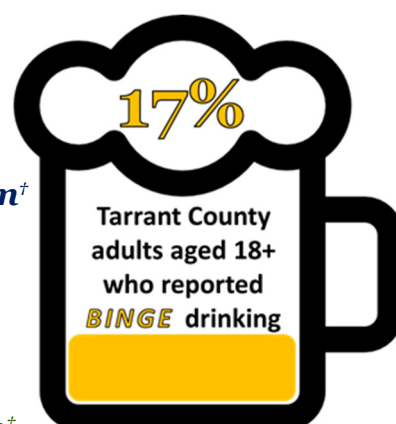
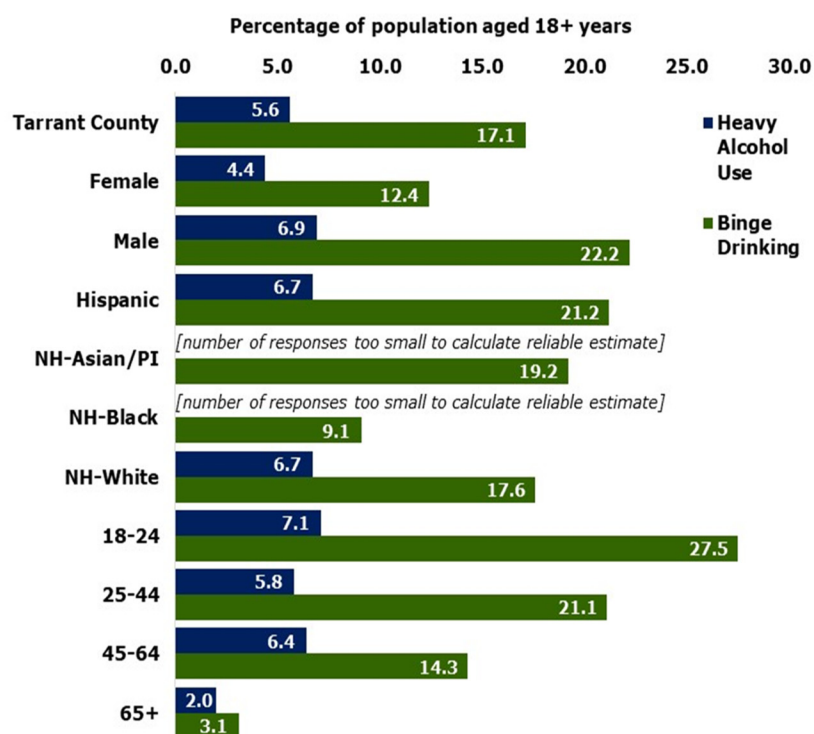


Figure 1. Prevalence of heavy alcohol use and binge drinking among Tarrant County residents aged 18 years and older, 2020



<21

1 in 5
Tarrant County
residents aged
18-20 reported
binge drinking
in the past 30 days, despite
not being of legal age to drink alcohol

- The rates of both heavy alcohol use and binge drinking were **higher among men than women**
- Binge drinking was **significantly higher among young adults** (aged 18-24 years) compared to older adults (aged 45-64 and 65+)
- Binge drinking was **significantly lower among non-Hispanic Black adults** compared to Hispanic and non-Hispanic White adults

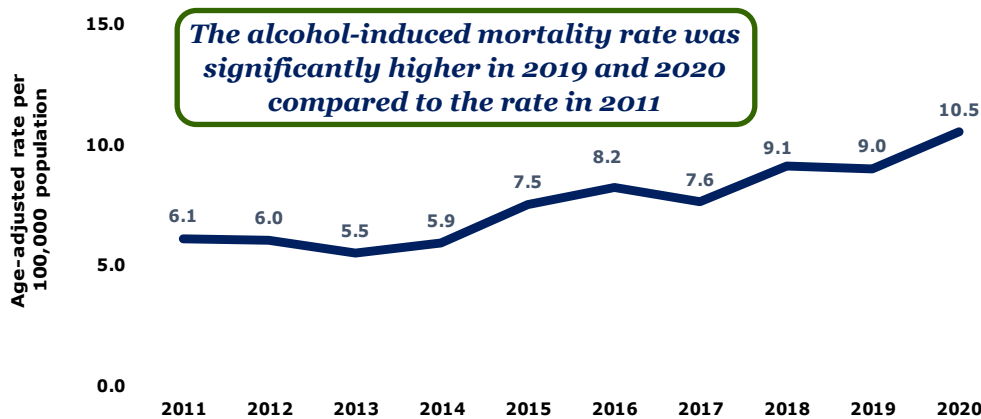
*One drink = 12 oz. beer OR 8 oz. malt liquor OR 5 oz. wine, OR 1.5 oz. 80-proof distilled spirits or liquor (gin, rum, vodka, whiskey, etc.)

†One occasion = 2-3 hours; All significant differences detected at 95% confidence level; NH=Non-Hispanic; PI=Pacific Islander

Data sources: Tarrant County Behavioral Risk Factor Surveillance System, 2020

Data Brief provided by: Division of Epidemiology and Health Information

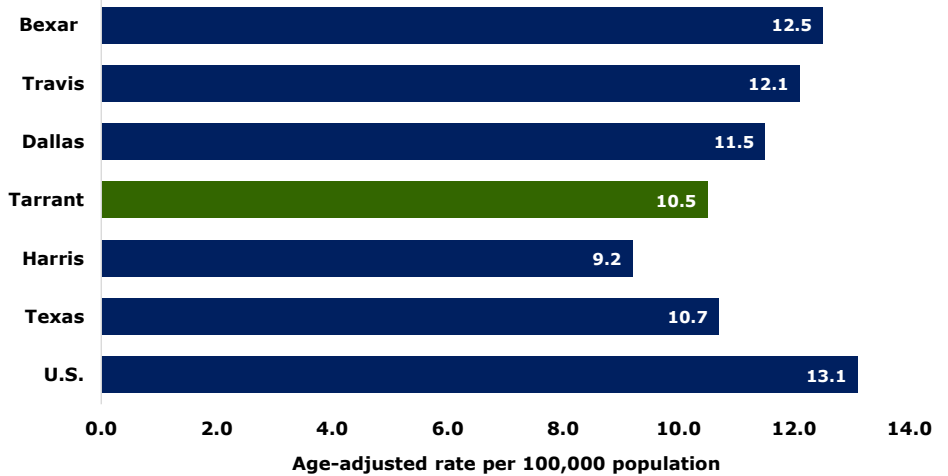
Figure 2. Alcohol-induced mortality among Tarrant County residents, 2011–2020 †



There were 237 alcohol-induced deaths among Tarrant County residents in 2020 and mortality rates were highest for males, non-Hispanic Whites, and adults aged 45-65 years

The rate of alcohol-induced deaths among Tarrant County residents is significantly lower than the United States

Figure 3. Alcohol-induced mortality by selected counties, Texas, and the United States, 2020 †



Adverse health outcomes related to excessive drinking

- **Chronic conditions**
 - Heart disease
 - High blood pressure
 - Stroke
 - Liver disease
 - Various cancers
- **Reproductive health**
 - Fetal alcohol spectrum disorders
 - Infertility
 - STD/HIV infection
 - Unintended pregnancy
- **Violence and injuries**
 - Drownings
 - Falls
 - Homicide
 - Intimate partner violence
 - Motor vehicle crashes
 - Sexual assault
 - Suicide

Strategies to prevent excessive alcohol use

Individuals

- Set a limit before you drink and hold to it
- Before drinking, agree with friends to limit the amount of alcohol everyone consumes
- Choose not to drink at all
- Don't serve or provide alcohol to those who should not drink such as minors and those who have already drank too much
- Talk to your health care provider and seek counseling if needed
- Support community strategies to prevent excessive alcohol use

Communities

- Enforce existing laws and regulations about alcohol sales and services
- Implement prevention strategies such as regulating the concentration of alcohol outlets in an area
- Routinely monitor and report the prevalence, frequency, and intensity of alcohol use so community stakeholders can properly target policies and prevention measures

†Alcohol-induced causes of death are those directly attributable to alcohol use and **exclude** accidents, homicides, and other causes indirectly related to alcohol use as well as newborn deaths associated with maternal alcohol use
 Data sources: Centers for Disease Control and Prevention; National Center for Health Statistics
 Data Brief provided by: Division of Epidemiology and Health Information