TARRANT COUNTY PUBLIC HEALTH

DATA BRIEF

ALCOHOL USE IN TARRANT COUNTY

HEAVY DRINKING *is defined as consuming* ***more than one*** *alcoholic drink* a day for* ***women****, or* ***more than two*** *alcoholic drinks a day for* ***men****.*

BINGE DRINKING *is defined as consuming* ***four or more*** *alcoholic drinks per occasion† for* ***women****, or* ***five or more*** *alcoholic drinks per occasion for* ***men****.*

- There was ***no significant difference*** in either binge drinking or heavy drinking from 2015 to 2024 among Tarrant County adults (Figure 1)
- Among Tarrant County adults in 2024 (Figure 2):
  - ***16%*** reported ***binge drinking*** and ***6%*** reported ***heavy drinking***
  - There was ***no significant difference*** in ***binge drinking*** among ***females compared to males***
  - ***Binge drinking*** was ***significantly lower*** among ***non-Hispanic Other/Multiracial*** residents compared to other race/ethnicity groups
  - ***Binge drinking*** was ***significantly higher*** among residents aged ***25-44 years*** compared to ***45-64 years*** and ***65+years***
  - ***No significant differences*** *were seen in* ***heavy drinking*** across the different demographic groups

Figure 1. Prevalence of binge drinking and heavy drinking among Tarrant County adults aged 18 years and older, 2015-2024

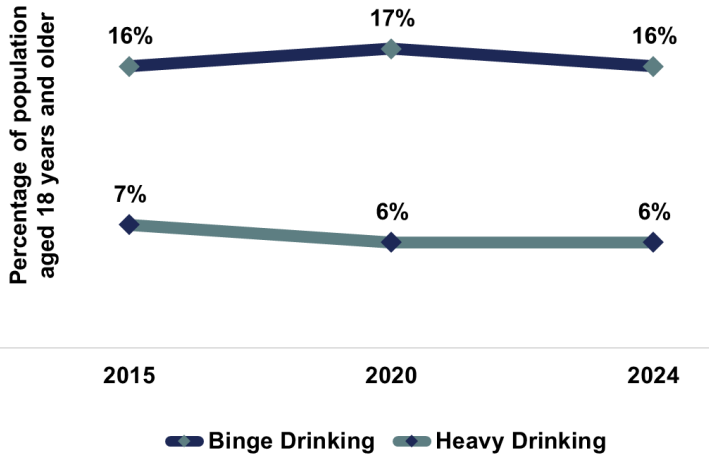
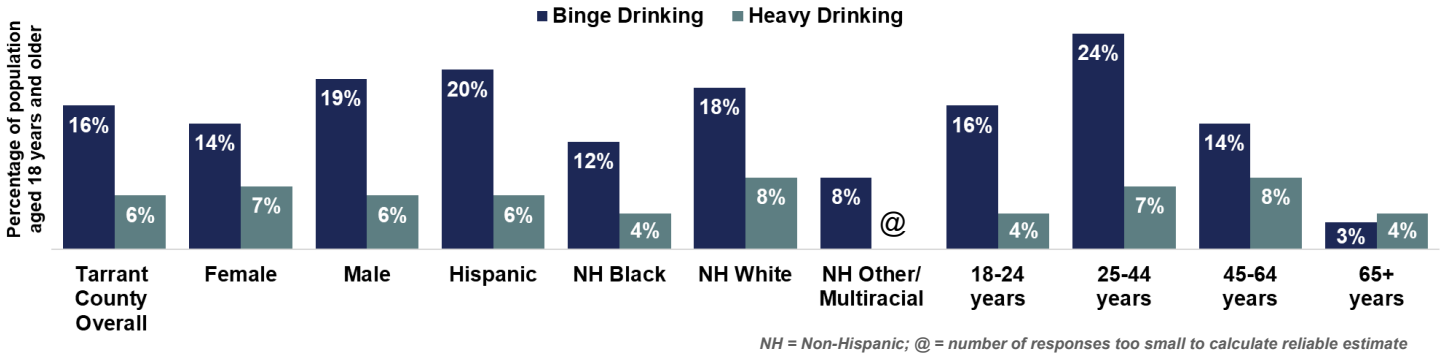


Figure 2. Prevalence of binge drinking and heavy drinking among Tarrant County residents aged 18 years and older, 2024



**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.
Data sources: Tarrant County Behavioral Risk Factor Surveillance System
Data Brief provided by: Statistical Analysis Team

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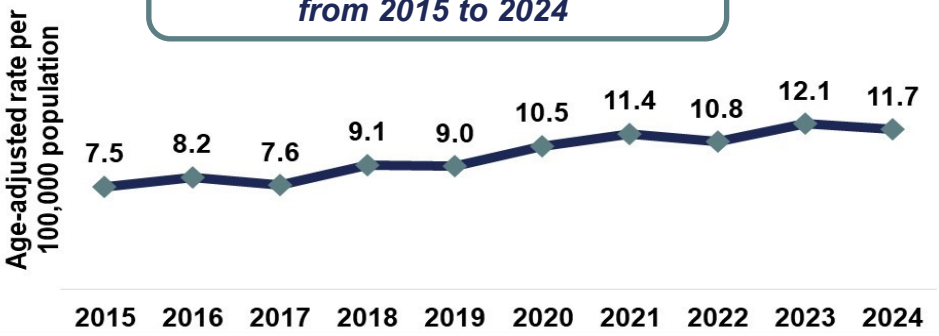
Figure 3. Alcohol-induced mortality among Tarrant County residents, 2015–2024§

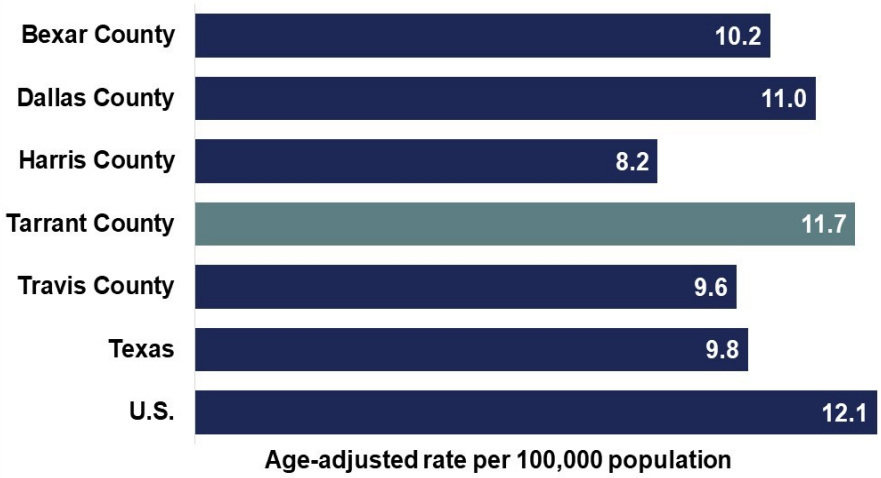
The alcohol-induced mortality rate increased significantly from 2015 to 2024



There were 274 alcohol-induced deaths among Tarrant County residents in 2024 and mortality rates were highest for males, non-Hispanic Whites, and adults aged 45-64 years

The rate of alcohol-induced deaths among Tarrant County residents was significantly higher than Harris County and Texas

Figure 4. Alcohol-induced mortality among selected geographic areas, 2024§



Adverse health outcomes related to excessive drinking

- **Chronic conditions**
  - Heart disease
  - High blood pressure
  - Liver disease
  - Stroke
  - Various cancers
- **Reproductive health**
  - Fetal alcohol spectrum disorders
  - Infertility
  - STD/HIV infection
  - Unintended pregnancy
- **Violence and injuries**
  - Dehydration/Heat-related illness
  - Drownings
  - Drug Interactions/Overdoses
  - Falls
  - Homicide
  - Intimate partner violence
  - Motor vehicle/pedestrian collisions
  - 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.
Mortality rate = Number of deaths per 100,000 population, age-adjusted to the 2000 U.S. standard population
All significant differences detected at 95% confidence level.
Data sources: Centers for Disease Control and Prevention; Data Brief provided by: Statistical Analysis Team