

TARRANT COUNTY PUBLIC HEALTH DATA BRIEF



ALCOHOL USE IN TARRANT COUNTY

WHAT IS EXCESSIVE DRINKING?

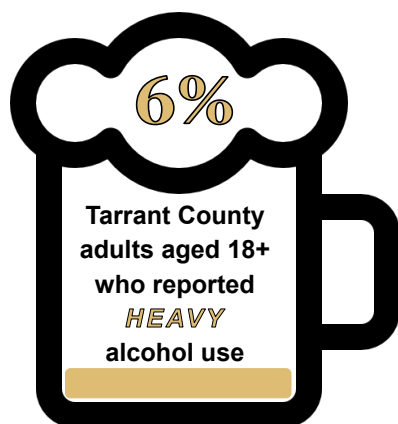
HEAVY ALCOHOL USE



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†

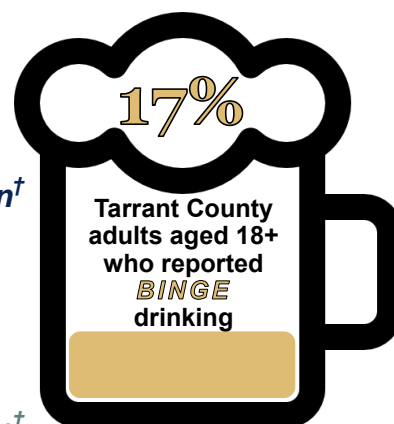
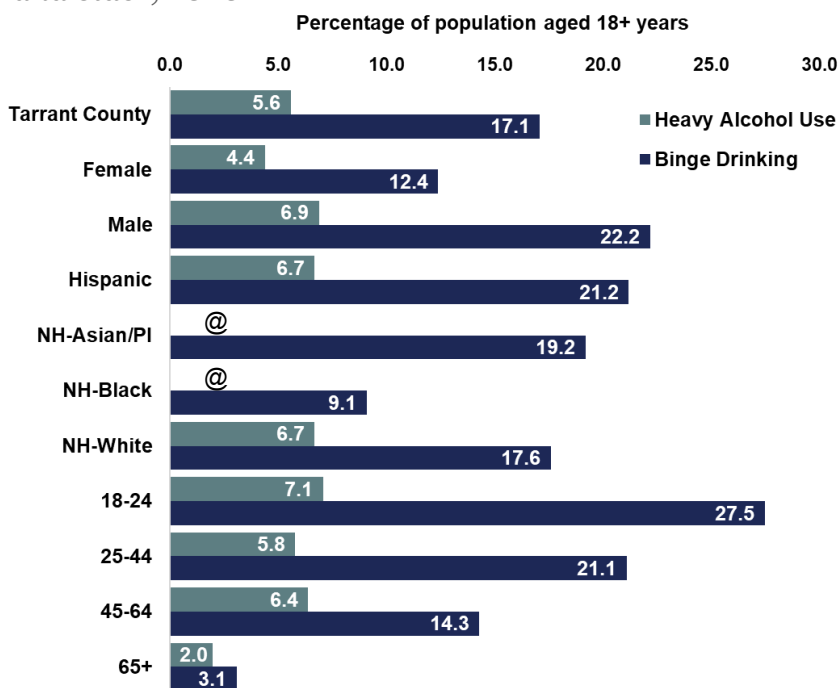


Figure 1. Prevalence of heavy alcohol use and binge drinking among Tarrant County residents aged 18 years and older, 2020



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

@ = number of responses too small to calculate reliable estimate

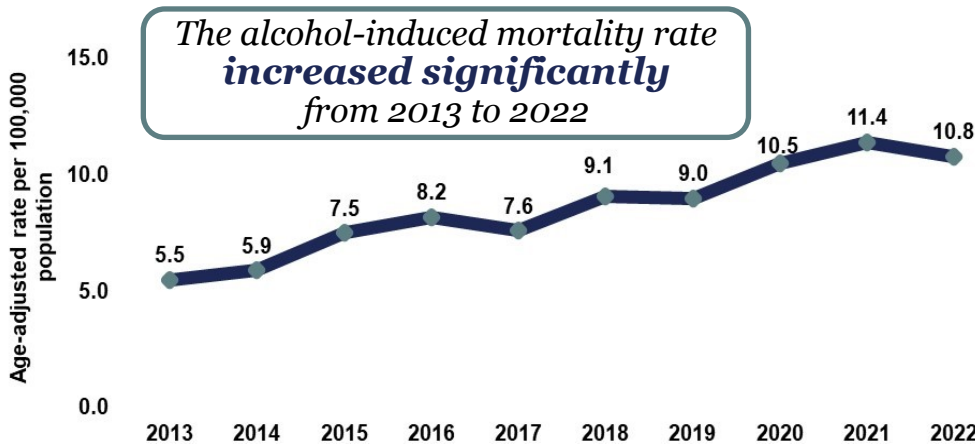
*One drink = 12 oz. beer OR 8 oz. malt liquor OR 5 oz. wine, OR 1.5 oz. 80-proof distilled spirits or liquor (gin, rum, vodka, whiskey, etc.)

†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: Office of Data and Informatics

Figure 2. Alcohol-induced mortality among Tarrant County residents, 2013–2022[‡]

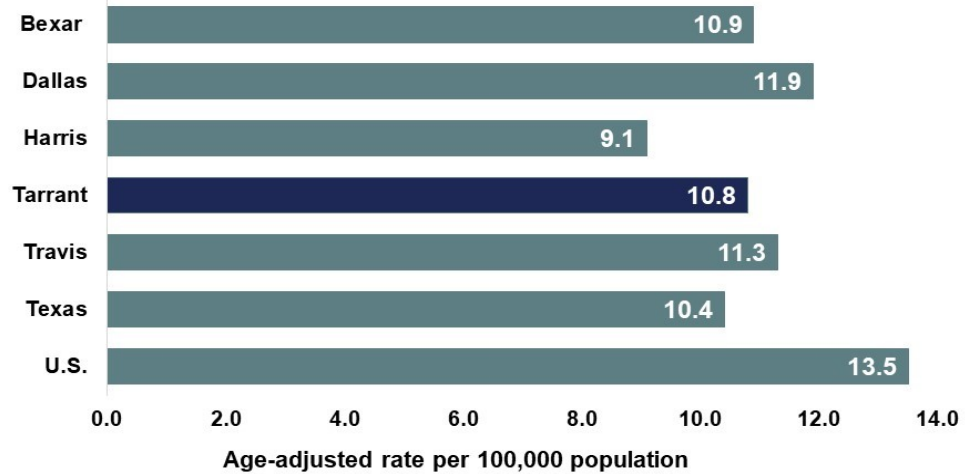


The alcohol-induced mortality rate **increased significantly** from 2013 to 2022

There were **244** alcohol-induced deaths among Tarrant County residents in 2022 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 was **significantly lower** than the **United States**

Figure 3. Alcohol-induced mortality among selected geographic areas, 2022[‡]



<p>Adverse health outcomes related to excessive drinking</p> <ul style="list-style-type: none"> • Chronic conditions <ul style="list-style-type: none"> • Heart disease • High blood pressure • Stroke • Liver disease • Various cancers • Reproductive health <ul style="list-style-type: none"> • Fetal alcohol spectrum disorders • Infertility • STD/HIV infection • Unintended pregnancy • Violence and injuries <ul style="list-style-type: none"> • Drownings • Falls • Homicide • Intimate partner violence • Motor vehicle crashes • Sexual assault • Suicide 	<p>Strategies to prevent excessive alcohol use</p> <p>Individuals</p> <ul style="list-style-type: none"> • 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 <p>Communities</p> <ul style="list-style-type: none"> • 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
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[‡]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: Office of Data and Informatics