## Department of Health and Human Services Division of Mental Health and Developmental Services Substance Abuse Prevention and Treatment Agency (SAPTA) Alcohol Dependence and Abuse, Binge and Heavy Drinking in Nevada March 2010

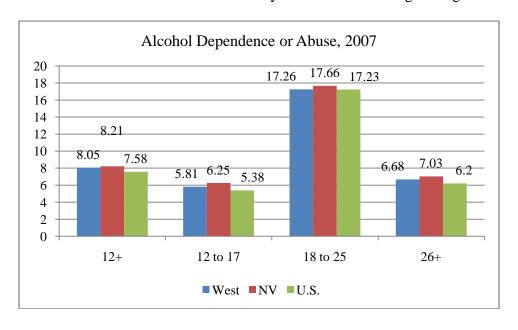
## I. 2002 through 2007 National Survey on Drug Use and Health (NSDUH)

The following are estimates of alcohol use in Nevada from the 2002 through 2007 National Survey on Drug Use and Health (NSDUH). The survey is conducted every year by the Substance Abuse and Mental Health Services Administration (SAMHSA). SAMHSA interviews individuals 12 years old and older who are residents of households, residents in non-institutionalized quarters and civilians living on military bases. The rankings are determined from the estimates indicated in the survey. NSDUH data for the 2008 survey will be available in May, 2010.

Alcohol Dependence and Abuse 12 and Older, NSDUH

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Year	Estimated Population	NV Mean	National Mean	National Rank Nevada		
2002-03	146,000	8.01	7.59	21		
2004-05	166,026	8.39	7.71	19		
2005-06	166,914	8.15	7.66	20		
2006-07	186,520	8.21	7.58	19		

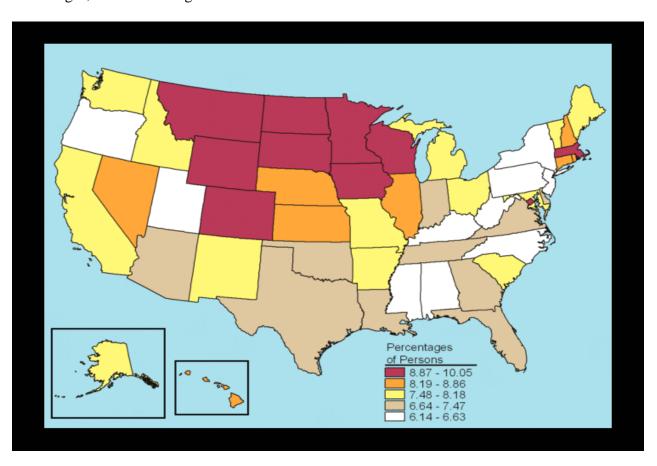
The table shows that the Nevada mean and the National mean do not differ significantly over the years considered and this is reflected in the stability of Nevada's ranking among the states.



## **NSDUH** (continued)

Results from the NSDUH survey are published by state. States may be ranked in terms of the percentages on each measure that are reported by their citizens. The chart above shows responses for the measure, "Have you been dependent upon or abused alcohol in the past year?" The chart compares responses of people 12 and older, 12 to 17, 18 to 25 and 26 and older in Nevada, the U.S. overall and the Western states. The Western states include Alaska, Arizona, California, Colorado, Hawaii, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington and Wyoming. The nationwide percentage was slightly lower than that of Nevada and the lowest percentages were in Kentucky and New Jersey. The following map shows that the highest percentages of those reporting alcohol dependence or abuse were people living in the northern Midwest and northern West central states.

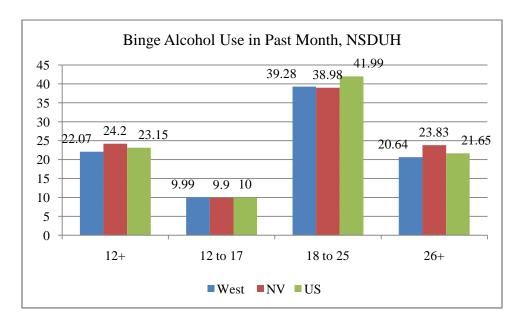
Alcohol Dependence or Abuse in Past Year among Persons Aged 12 or Older, by State: Percentages, Annual Averages Based on 2006 and 2007 NSDUHs



Past Month Binge Drinking, 12 and Older, NSDUH

Year	Estimated	NV Mean	National	National Rank
	Population		Mean	Nevada
2002-03	426,068	21.34	22.69	21
2004-05	470,697	22.50	22.70	20
2005-06	498,504	23.75	22.82	21
2006-07	550,463	24.20	23.15	24

Today the generally accepted definition of binge drinking in the United States is the consumption of five or more drinks in a row by men — or four or more drinks in a row by women — at least once in the previous 2 weeks. Heavy binge drinking includes three or more such episodes in 2 weeks (SAMHSA).



The chart shows that binge drinking is by far most common in people 18 to 25 in Nevada, the U.S. and the Western states.

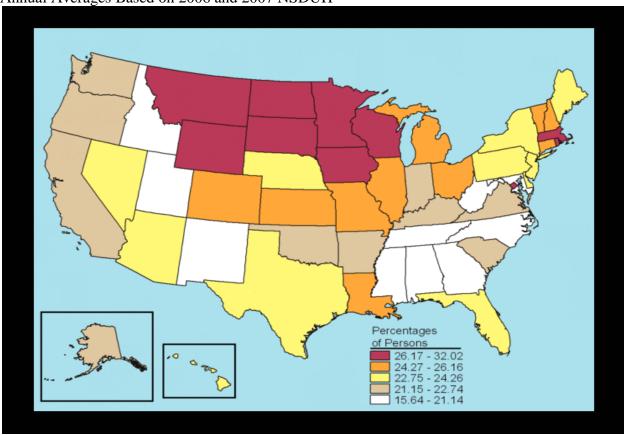
The National Institute on Alcohol Abuse and Alcoholism (NIAAA), Statistical Snapshot of Underage Drinking reported in 2007 that:

- Approximately 92% of U.S. adults who drink excessively report binge drinking in the past 30 days.
- The prevalence of binge drinking among men is 2 times the prevalence among women.
- Binge drinkers are 14 times more likely to report alcohol-impaired driving than non-binge drinkers.
- About 90% of the alcohol consumed by youth under the age of 21 years in the United States is during binge drinking episodes.

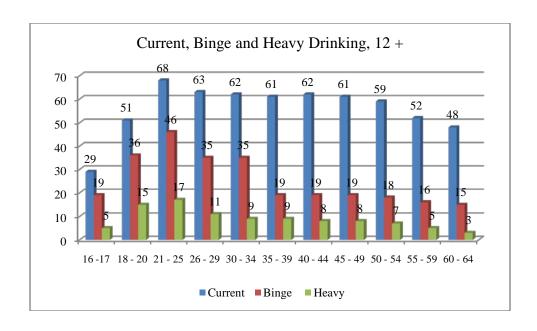
According to the NIAAA, binge drinking is associated with many health problems, including but not limited to:

- Unintentional injuries (e.g., car crashes, falls, burns, drowning).
- Intentional injuries (e.g., firearm injuries, sexual assault, domestic violence).
- Alcohol poisoning.
- Sexually transmitted diseases.
- Unintended pregnancy. ((National Institute on Alcohol Abuse and Alcoholism, Statistical Snapshot of Underage Drinking).

Binge Alcohol Use in Past Month among Persons Aged 12 or Older, by State: Percentages, Annual Averages Based on 2006 and 2007 NSDUH



The highest rates of binge drinking were reported in the upper Midwest and ranged from 26.19 to 31.52% (Wisconsin, Illinois, Minnesota, Iowa, the Dakotas, Nebraska and Montana). Rates in the West, including in Nevada, were in the lower three ranges on this measure (16.33% to 23.87%). (NSDUH Survey, 2006, 2007).

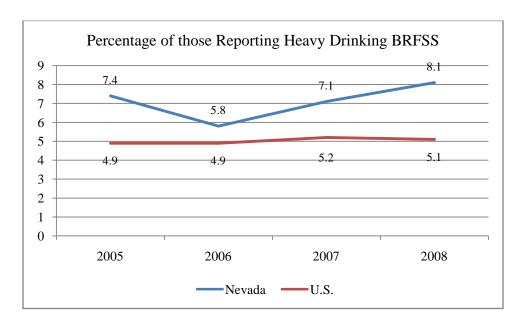


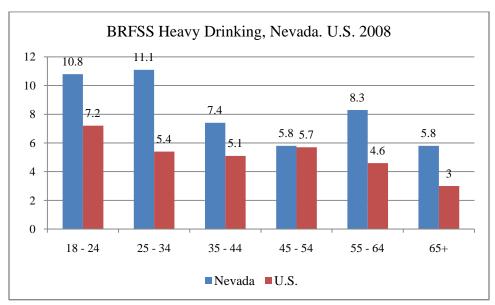
The chart shows Nevada NSDUH data from the 2007 survey. It gives the percentage of people in different age groups who are current, binge, and heavy drinkers

The NSDUH defines heavy drinking as having five or more drinks on the same occasion on each of five or more days in the past 30 days (heavy drinkers are also binge drinkers by this definition). In 2007, heavy drinking was reported by 6.9 percent of the population aged 12 or older, or 17.0 million people. This percentage is the same as the rate of heavy drinking in 2006 (6.9 percent). Males aged 12 and older were more likely than females to report past month heavy drinking (10.5 for males versus 3.3 percent for females). (The NSDUH Report, August 2007, Gender Differences in Alcohol Use, 2004 and 2005)

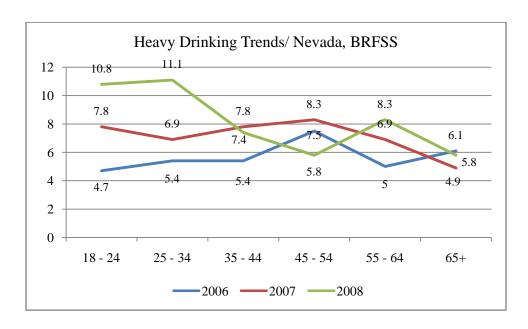
## **Heavy Drinking, BRFSS**

The Behavioral Risk Factor Surveillance System is a nationwide survey that is done each year. It is the world's largest telephone survey and is administered to households with individuals 18 years and older. The chart shows an increase in the numbers of adults in Nevada who responded that they were heavy drinkers. Heavy drinking is defined as adult men having more than two drinks per day and adult women having more than one drink per day.





Nevadans between 18 and 34 and those between 55 and 64 reported heavy drinking more frequently than those in the U.S. in general.



Since 2006, the percentage of young people in Nevada 18 to 34 who report heavy drinking has more than doubled. In a report, "Wasting the Best and Brightest: Substance Abuse at America's Colleges and Universities," released in March 2007, the National Center on Addiction stated the national rates of excessive drinking had increased:

- 22. 8 percent of students binge drink frequently
- 22.6 percent of students who drink on 10 or more occasions in the past month
- 29.4 percent of students who get drunk three or more times in the past month
- 48.2 percent of students drink to get drunk

The University of Nevada Reno 2004 CORE survey revealed the following numbers:

- About 20 percent of students said they drank three to five times within the last month
- More than 15 percent of students said they binge drank once over the last two weeks
- About 15 percent of students said they binge drank three to five times over the last two weeks
- 64.5 percent believe alcohol is a central part of students' social lives

(From the Nevada Sagebrush, Binge Drinking Increasing on Campuses, October, 2007)