THE BURDEN OF ADULT ALCOHOL USE IN INDIANA
2012

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THE BURDEN OF ADULT ALCOHOL USE IN INDIANA

QUICK FACTS

An estimated 2.3 million adults in Indiana report being a current drinker.

Over time, excessive alcohol use can lead to the development of chronic diseases, neurological impairments and social problems (CDC, 2012).

The harmful use of alcohol results in 2.5 million deaths globally each year (WHO, 2011).

PERSPECTIVE

- 51.6% of the adult population of Indiana, or about 2.3 million, report being a current alcohol drinker; of which, 34.7% are binge drinkers\(^1\) and 11.8% are heavy drinkers\(^2\).
- Indiana has the 32\(^{nd}\) highest percentage of binge drinkers and the 39\(^{th}\) highest percentage of heavy drinkers among the 50 states and the District of Columbia.
- Adults aged 22-25 are more likely to binge drink (38.0%) and to drink heavily (13.7%).
- More males report being either heavy or binge drinkers compared to females.
- Excessive alcohol use\(^3\) has immediate effects that increase the risk of many harmful health conditions such as unintentional injuries, violence, risky sexual behaviors, alcohol poisoning, and pregnancy complications (CDC, 2012).
- Over time, excessive alcohol use can lead to the development of chronic diseases, neurological impairments, and social problems (CDC, 2012).

BINGE DRINKING

TREND

The following figure\(^4\) displays the trend in the percentage of adults in Indiana and the United States who report being a binge drinker.

![Trend of Binge Drinking](image)

DEMOGRAPHICAL BREAKDOWN

- **SEX**: 23.4% of males report being a binge drinker compared to 12.5% of females.
- **AGE**: 19.6% of 18-21 year olds, 38.0% of 22-25 year olds, 24.1% of 26-44 year olds, 14.8% of 45-64 year olds, and 3.5% of 65+ year olds report being a binge drinker.
- **RACE/ETHNICITY**: 17.3% of white, non-Hispanic adults, 18.0% of black, non-Hispanic adults, 23.4% of Hispanic adults, and 19.6% of other adults report being a binge drinker.
- **INCOME**: 13.3% of adults with annual household incomes of less than $15,000, 16.5% of those with household incomes between $15,000-$24,999, 19.3% of those with household incomes between $25,000-$49,999, 21.3% of those with household incomes between $50,000-$74,999, and 20.4% of those with household income over $75,000 report being a binge drinker.
- **EDUCATION**: 15.7% of adults with less than a high school education, 18.2% of those with a high school education, 19.3% of those with some college education, and 16.3% of those with a college education report being a binge drinker.
**BINGE DRINKING**

**STATISTICAL ANALYSIS**

**SEX**
The male and female groups are significantly different from each other.

**AGE**
All age groups are significantly different from each other, except the 18-21 year old group is not significantly different from the 26-44 and 45-64 year old groups.

**RACE/ETHNICITY**
The Hispanic group is significantly different from the Non-Hispanic group. No other race/ethnicity groups are significantly different from each other.

**INCOME**
The less than $15,000 group is significantly different from all the income groups except the $15,000-24,999 group. No other income groups are significantly different from each other.

**EDUCATION**
No education groups are significantly different from each other.

**HEAVY DRINKING**

**TRENDS**
The following figure displays the trend in the percentage of adults in Indiana and the United States who report being a heavy drinker.

![Trend of Heavy Drinking](image)

**DEMOGRAPHICAL BREAKDOWN**

**SEX**
8.5% of males report being a heavy drinker compared to 3.8% of females.

**AGE**
4.9% of 18-21 year olds, 13.7% of 22-25 year olds, 7.1% of 26-44 year olds, 5.6% of 45-64 year olds, and 2.8% of 65+ year olds report being a binge drinker.

**RACE/ETHNICITY**
6.0% of white, non-Hispanic adults, 2.9% of black, non-Hispanic adults, 10.0% of Hispanic adults, and 9.4% of other adults report being a heavy drinker.

**INCOME**
5.7% of adults with annual household incomes of less than $15,000, 6.1% of those with household incomes between $15,000-$24,999, 6.4% of those with household incomes between $25,000-$49,999, 7.4% of those with household incomes between $50,000-$74,999, and 6.1% of those with household incomes over $75,000 report being a heavy drinker.

**EDUCATION**
5.4% of adults with less than a high school education, 5.9% of those with a high school education, 6.4% of those with some college education, and 6.1% of those with a college education report being a heavy drinker.
HEAVY DRINKING

STATISTICAL ANALYSIS

SEX
The male and female groups are significantly different from each other.

AGE
The 65+ year old group is significantly different from all other age groups, except for the 18-21 year old group. The 22-25 year old group is significantly different from the 18-21 and 45-64 year old groups. No other age groups are significantly different from each other.

RACE/ETHNICITY
The black non-Hispanic group is significantly different from all other race/ethnicity groups. No other race/ethnicity groups are significantly different from each other. The Hispanic group is significantly different from the non-Hispanic group.

INCOME
No income groups are significantly different from each other.

EDUCATION
No education groups are significantly different from each other.

FOOTNOTES

1Binge drinking is defined as: males having five or more drinks on one occasion, females having four or more drinks on one occasion.

2Heavy drinking is defined as: adult men having more than two drinks per day and adult women having more than one drink per day.

3Excessive drinking includes heavy drinking, binge drinking, and any drinking by pregnant women or underage youth.

4Beginning in 2011, the CDC made a methodological change to their data collection procedures for BRFSS. Therefore, data prior to 2011 cannot be accurately compared with 2011 and subsequent year’s data (CDC, 2012).

APPENDIX

BIBLIOGRAPHY


ABOUT THE GLOBAL HEALTH INSTITUTE

Ball State University’s Global Health Institute (GHI) focuses on various issues related to the function of health care systems and the promotion of health. The interdisciplinary institute concentrates on: public and community health; public, business and science policy; information systems and communication technology; architecture and design. The study of health-related issues is a key research and educational priority for Ball State.

The Global Health Institute's mission is to encourage interdisciplinary investigation of critical issues that impact local and global health.

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Quick Facts

More than half of the alcohol consumed by adults in the United States is in the form of binge drinks (CDC, 2012).

After age 25, the percentage of adults in Indiana who report being either binge or heavy drinkers decreases as age increases.

The health, safety and socioeconomic problems attributable to alcohol can be effectively reduced (WHO, 2011).