Excessive alcohol use increases can negatively impact social, emotional and physical well-being in a variety of ways. Over time, excessive alcohol use can lead to the development of chronic diseases and other serious health problems.

**OVERALL ALCOHOL USE**

In 2016, about 1 in 3 (31%) of all Larimer County residents reported they do not usually drink alcohol.

Among those who do drink, Larimer County residents reported drinking an average of 6 drinks per week.

<table>
<thead>
<tr>
<th>12 fl oz of regular beer</th>
<th>8-9 fl oz of malt liquor (shown in a 12 oz glass)</th>
<th>5 fl oz of table wine</th>
<th>1.5 fl oz shot of distilled spirits (gin, rum, tequila, vodka, whiskey, etc.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>about 5% alcohol</td>
<td>about 7% alcohol</td>
<td>about 12% alcohol</td>
<td>about 40% alcohol</td>
</tr>
</tbody>
</table>

What Is a Standard Drink?

Each beverage portrayed above represents one standard drink of “pure” alcohol, defined in the United States as 0.6 fl oz or 14 grams. The percent of pure alcohol, expressed here as alcohol by volume (alcohol), varies within and across beverage types. Although the standard drink amounts are helpful for following health guidelines, they may not reflect customary serving sizes. Source: NIH, 2018

On average, males drink 2.3 more drinks per week than females.

1 in 10 residents are heavy drinkers*. Individuals with 1+ bad mental health days per month are more likely to be heavy drinkers than those with none.

*Heavy drinking is consuming 8 or more drinks per week for females, and 15 or more drinks per week for males.

^2016 Behavioral Risk Factor Surveillance System. Note: BRFSS uses slightly different measures than the community health survey.
Binge drinking refers to consuming 5 or more drinks per occasion for males, and 4 or more drinks per occasion for females.

25% of Larimer County adults reported binge drinking in the past month. This is higher than the state (18%) and national (16%) average.

Binge drinking is more common among males than among females.

Binge drinking is most common among young adults and least common among those 65+.

Binge drinking is less common among those living in low income* households.

Since 2001, the survey has asked “In the past 30 days, how many times did you drive after drinking 2 or more alcoholic drinks in the hour before you drove?” The proportion of respondents reporting they had driven after drinking at least once in the past month has decreased since 2001 from 23% to 6%.

*Low income refers to household income less than 185% of the Federal Poverty Level.

Find more data at larimerhealthtracker.org