

# ALCOHOL IN OUR COMMUNITY

## 2016 Survey of Larimer County Residents



*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.

WHAT PERCENT  
OF ADULTS ARE  
HEAVY  
DRINKERS\*



**10%**  
OF LARIMER  
COUNTY ADULTS

**7%**  
OF COLORADO  
ADULTS<sup>^</sup>



**7%**  
OF AMERICAN  
ADULTS<sup>^</sup>

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

<sup>^</sup>2016 Behavioral Risk Factor Surveillance System. Note: BRFSS uses slightly different measures than the community health survey.

#### What Is a Standard Drink?

12 fl oz of  
regular beer

=

8-9 fl oz of  
malt liquor  
(shown in a  
12 oz glass)

=

5 fl oz of  
table wine

=

1.5 fl oz shot of  
distilled spirits  
(gin, rum, tequila,  
vodka, whiskey, etc.)



about 5%  
alcohol



about 7%  
alcohol



about 12%  
alcohol

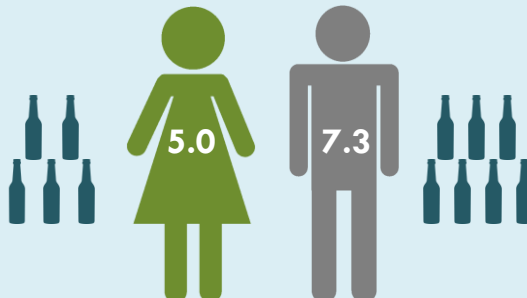


about 40%  
alcohol

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 (alc/vol), 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.

Health District  
OF NORTHERN LARIMER COUNTY

## BINGE DRINKING

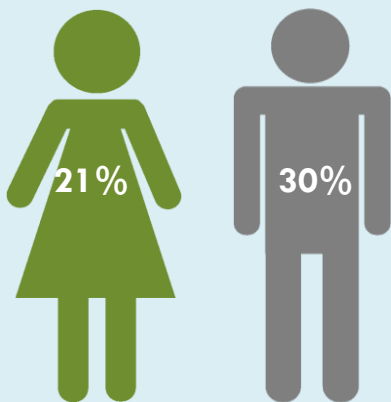
Binge drinking refers to consuming 5 or more drinks per occasion for males, and 4 or more drinks per occasion for females.

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

### Gender

Binge drinking is more common among males than among females.

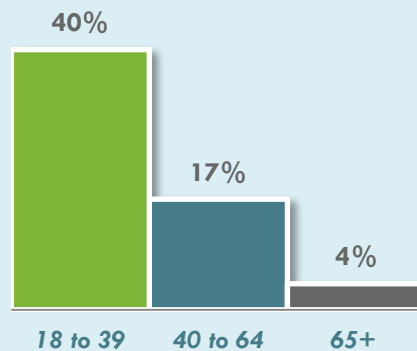
BINGE DRINKING, BY GENDER



### Age

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

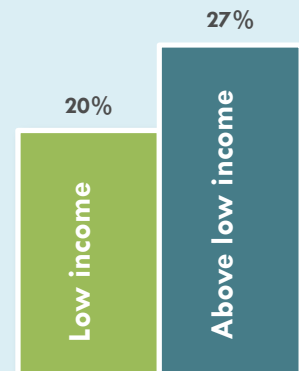
BINGE DRINKING, BY AGE



### Income

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

BINGE DRINKING, BY INCOME



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

## DRINKING AND DRIVING

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%.

