

Alcohol Misuse: A Fact Sheet

Negative Health Impacts of Alcohol Misuse

You

- Injury
- Violence
- Risky behaviors
- Increased risk of multiple cancers
- Mental health issues
- Alcohol use disorder (AUD)
- Fetal alcohol spectrum disorder - disorders resulting from alcohol use during pregnancy
- Death

Your Families, Friends & Other Relationships

- Interpersonal violence, child abuse, and neglect:
 - Decreased attachment to parents or others
 - Impaired self regulation and problem-solving
 - Decreased development of prosocial attitudes and behaviors
- Children of parents who abuse substances are at greater risk for substance use disorder.
- Lost friendships, estranged partners, family conflict, mistrust, etc.

Your Community

- Economic burden - healthcare, lost productivity, criminal justice costs
- Burden of Disease - the financial cost of sickness and death for a condition
- Neighborhood disinvestment
- Changes to perceived safety

*Standard Drink Sizes - Each drink represents one standard serving containing 0.6 fl oz of pure alcohol

12 fl oz of regular beer



5% alcohol

8 - 10 fl oz of malt liquor or flavored malt (hard seltzers)



7% alcohol

5 fl oz of table wine



12% alcohol

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



40% alcohol

Excessive Drinking includes:

Binge Drinking

For women, 4 or more drinks consumed on one occasion



For men, 5 or more drinks consumed on one occasion

Heavy Drinking

For women, 8 or more drinks per week



For men, 15 or more drinks per week

Any alcohol used by pregnant people



Any alcohol used by people under the age of 21



US cost of excessive alcohol use

\$179 Billion



Workplace Productivity

\$249 Billion
in 2010

\$28 Billion



Healthcare

\$25 Billion



Criminal Justice

\$13 Billion



Collisions

A Drain
on the
Economy

Nearly 1 in 4 Yellowstone County residents reported excessively drinking in 2022



According to a 2020 survey of parents and their children, teens whose parents drank frequently (>5 days/month) were **4 times as likely** to drink than teens whose parents did not drink frequently.



In 2019-2020, only 36% of Montana residents thought that binge drinking once or twice a week was risky.

Research has shown that a 5% increase in binge drinking among adults within a community is associated with a 12% increase in underage drinking.

For information on prevention strategies and treatment options, visit RiverStoneHealth.org/bRIGHTChoices or contact PublicHealth@RiverStoneHealth.org

