

CHAPTER 11: ALCOHOL CONSUMPTION

Heavy Drinking: Defined as consumption of more than two drinks per day for men and more than one drink per day for women during the past one month.⁷

State Prevalence	3.1% (95% CI: 2.4-3.9); 49 th among 54 BRFSS participants. National prevalence: 5.6% (95% CI: 5.4-5.8).
Time Trends	The prevalence of heavy drinking has slightly increased since 1989. The 2003 rate is slightly lower than the 2002 prevalence of 4.5%. Compared with the rest of the nation, West Virginia has consistently had low rates of heavy drinking.
Gender	Men 4.5% (95% CI: 3.2-5.8); Women 1.9% (95% CI: 1.0-2.7). Men had a significantly higher rate of heavy drinking than women. The prevalence decreased for both men and women between 2002 and 2003 (by 2.4 points for men and 0.5 points for women).
Age	Generally, heavy drinking decreased with age. Heavy drinking was most prevalent among young adults aged 18 to 24 (7.8%). Adults of this age group were significantly more likely to be heavy drinkers than those aged 55 to 64 (1.6%) and those aged 65 and older (0.9%).
Education	There was no significant relationship between heavy drinking and educational attainment. Adults with a high school diploma/GED reported the highest prevalence of heavy drinking (3.6%).
Household Income	Again, there was no significant association between heavy drinking and household income. The highest prevalence was among adults with a household income between \$35,000 and \$49,999 (4.4%).
Quick Stats	<ul style="list-style-type: none">• 66.0% of adults consumed no alcoholic drinks in the past 30 days.

West Virginia Healthy People 2010 Objectives

Objective 26.9	Reduce the rate of heavier drinking reported among adults 18 and older by 20%. (Baseline: 2.2% in 1997 (new definition); Current: 3.1% in 2003)
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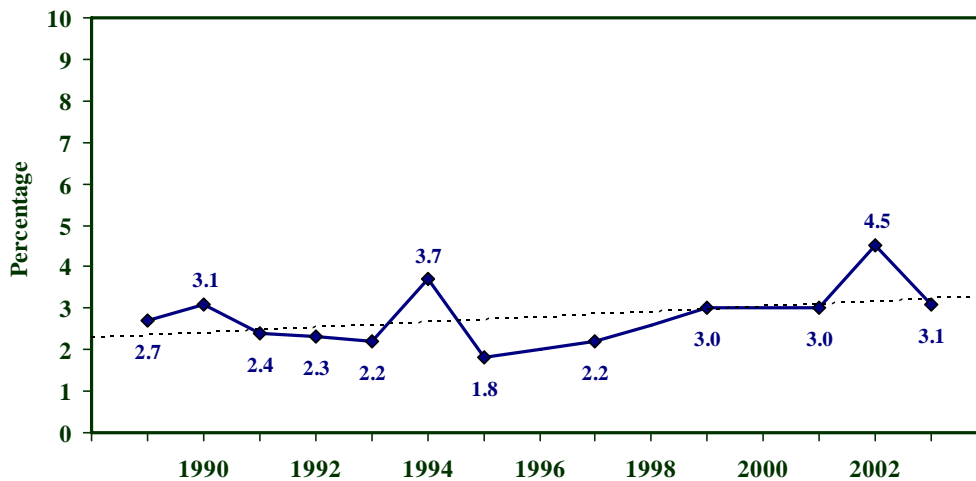
⁷ Prior to 2001, heavy drinking was defined as consuming 60 or more drinks during the past month regardless of gender. This report redefines the data prior to 2001 to match the current definition of heavy drinking. Therefore, numbers presented in this chapter may not agree with prior publications.

Table 11.1: Prevalence of heavy drinking: WVBRFSS, 2003^a

Characteristic	Men			Women			Total		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
TOTAL	1,301	4.5	(3.2-5.8)	2,021	1.9	(1.0-2.7)	3,322	3.1	(2.4-3.9)
Age									
18-24	85	10.5	(3.7-17.3)	110	5.2	(0.0-10.6)	195	7.8	(3.5-12.2)
25-34	185	3.7	(1.1-6.2)	268	2.1	(0.6-3.7)	453	2.9	(1.4-4.4)
35-44	231	7.3	(3.8-10.8)	320	2.5	(0.5-4.5)	551	4.8	(2.9-6.8)
45-54	282	3.3	(1.2-5.5)	399	1.5	(0.2-2.7)	670	2.4	(1.2-3.6)
55-64	248	3.0	(0.6-5.3)	395	0.3	(0.0-0.7)	643	1.6	(0.4-2.8)
65+	269	0.9	(0.0-1.9)	529	0.8	(0.1-1.6)	798	0.9	(0.3-1.5)
Education									
Less than H.S.	240	3.6	(0.9-6.4)	391	0.5	(0.0-1.1)	631	2.0	(0.6-3.4)
H.S. or G.E.D.	517	5.1	(3.0-7.1)	790	2.3	(0.7-3.9)	1,307	3.6	(2.3-4.9)
Some Post-H.S.	261	5.1	(1.7-8.5)	474	2.1	(0.4-3.8)	735	3.4	(1.6-5.1)
College Graduate	280	3.8	(1.3-6.3)	365	2.0	(0.5-3.4)	645	2.9	(1.4-4.4)
Income									
Less than \$15,000	170	5.1	(0.8-9.4)	355	1.6	(0.0-4.0)	525	3.1	(0.8-5.4)
\$15,000- 24,999	257	2.4	(0.6-4.1)	460	1.4	(0.4-2.3)	717	1.8	(0.9-2.7)
\$25,000- 34,999	190	3.9	(0.8-7.0)	269	1.5	(0.0-3.0)	459	2.6	(1.0-4.3)
\$35,000- 49,999	207	6.6	(3.0-10.3)	267	2.1	(0.3-3.8)	474	4.4	(2.4-6.5)
\$50,000- 74,999	167	4.9	(1.2-8.6)	222	2.0	(0.03-4.0)	389	3.5	(1.4-5.6)
\$75,000+	183	4.6	(1.0-8.1)	145	0.6	(0.0-1.7)	328	3.2	(0.8-5.5)

a. The definitions of heavy drinking are different for men and women. See page 42.

Figure 11.1: Prevalence of heavy drinking by year: WVBRFSS, 1989-2003



----- Trend Line

NOTE: Data not available for the years 1996, 1998, and 2000.

Binge Drinking: Defined as consumption of five or more alcoholic drinks on one or more occasion during the past one month.

- State Prevalence** **11.1%** (95% CI: 9.8-12.4); 49th highest among 54 BRFSS participants.
National prevalence: 15.8% (95% CI: 15.5-16.0).
- Time Trends** Since 1984 there has been a decreasing trend in the prevalence of binge drinking. Between 1995 and 2002, the prevalence significantly increased from 6.0% to 11.4%. The 2003 prevalence is slightly lower than the 2002 rate, but remains significantly higher than the low of 6.0% in 1995. Compared with the rest of the nation, West Virginia typically ranks low in binge drinking.
- Gender** **Men 16.8%** (95% CI: 14.5-19.2); **Women 5.9%** (95% CI: 4.6-7.3).
The prevalence of binge drinking was significantly higher among men than women. Between 2002 and 2003 the prevalence decreased among men (by 1.7 points) and increased among women (by 1.0 point).
- Age** Binge drinking significantly decreased with age. Nearly one-fourth of young adults aged 18 to 24 reported binge drinking in the past month, compared with approximately 2% of elderly adults. The prevalence of binge drinking significantly decreased at ages 45 to 54 and again at ages 55 to 64. Men had a significantly higher rate of binge drinking than women at every age grouping except for the youngest (18-24).
- Education** There was no consistent relationship between binge drinking and educational attainment. The highest prevalence occurred among adults with some post high school education (15.4%). Men had a significantly higher rate of binge drinking than women at every level of education.
- Household Income** The prevalence of binge drinking increased as household income increased, although the trend was not statistically significant. The overall prevalence of binge drinking was lowest among adults with less than \$15,000 in income (8.3%) and highest among those with an income of \$75,000 or more (16.3%). The pattern was less clear among women.
- Quick Stats** • Of those who binged in the past month, 28.9% binged 5 or more times.

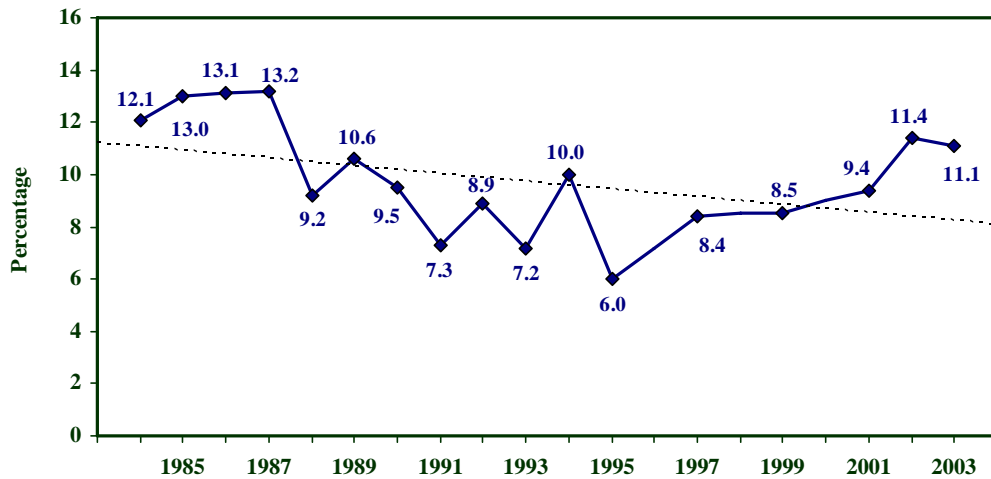
West Virginia Healthy People 2010 Objectives

- Objective 26.10** Reduce the rate of binge drinking reported among adults 18 and older (binge drinking defined as five or more drinks on any one occasion in the past month) by 20%. (Baseline: 8.4% in 1997; Current: 11.1% in 2003)

Table 11.2: Prevalence of binge drinking: WVBRFSS, 2003

Characteristic	Men			Women			Total		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
TOTAL	1,302	16.8	(14.5-19.2)	2,020	5.9	(4.6-7.3)	3,322	11.1	(9.8-12.4)
Age									
18-24	82	33.0	(22.0-44.0)	111	16.4	(8.6-24.2)	193	24.5	(17.8-31.3)
25-34	187	26.8	(20.3-33.4)	268	9.7	(6.1-13.4)	455	18.3	(14.4-22.1)
35-44	233	20.8	(15.4-26.2)	321	11.1	(7.0-15.2)	554	15.8	(12.5-19.2)
45-54	281	13.9	(9.6-18.2)	387	1.9	(0.5-3.2)	668	7.9	(5.6-10.2)
55-64	247	6.6	(3.3-9.9)	394	1.0	(0.0-1.9)	641	3.7	(2.0-5.4)
65+	271	4.1	(1.8-6.4)	528	0.8	(0.1-1.4)	799	2.1	(1.1-3.1)
Education									
Less than H.S.	239	14.6	(9.0-20.3)	390	3.2	(1.2-5.2)	629	8.7	(5.7-11.7)
H.S. or G.E.D.	518	16.2	(12.8-19.6)	791	4.8	(2.8-6.6)	1,309	10.2	(8.2-12.1)
Some Post-H.S.	262	22.8	(16.8-28.8)	474	9.8	(6.2-13.5)	736	15.4	(12.0-18.8)
College Graduate	280	14.3	(9.8-18.7)	364	6.0	(3.2-8.8)	644	10.3	(7.6-13.0)
Income									
Less than \$15,000	168	11.9	(6.1-17.6)	354	5.8	(2.4-9.2)	522	8.3	(5.2-11.5)
\$15,000- 24,999	259	14.4	(9.7-19.1)	460	4.5	(2.4-6.7)	719	8.8	(6.4-11.2)
\$25,000- 34,999	192	17.4	(11.5-23.3)	269	6.7	(3.1-10.2)	461	11.7	(8.3-15.1)
\$35,000- 49,999	207	17.0	(11.3-22.6)	267	7.4	(3.3-11.6)	474	12.4	(8.8-15.9)
\$50,000- 74,999	167	19.8	(13.4-26.1)	223	4.2	(1.3-7.2)	390	12.0	(8.4-15.6)
\$75,000+	183	19.7	(12.7-26.6)	144	10.1	(4.1-16.1)	327	16.3	(11.3-21.3)

Figure 11.2: Prevalence of binge drinking by year: WVBRFSS, 1984-2003



----- Trend Line

NOTE: Data not available for the years 1996, 1998, and 2000.

Figure 11.3: Prevalence of HEAVY drinking by county: WVBRFSS, 1999, 2001-2003

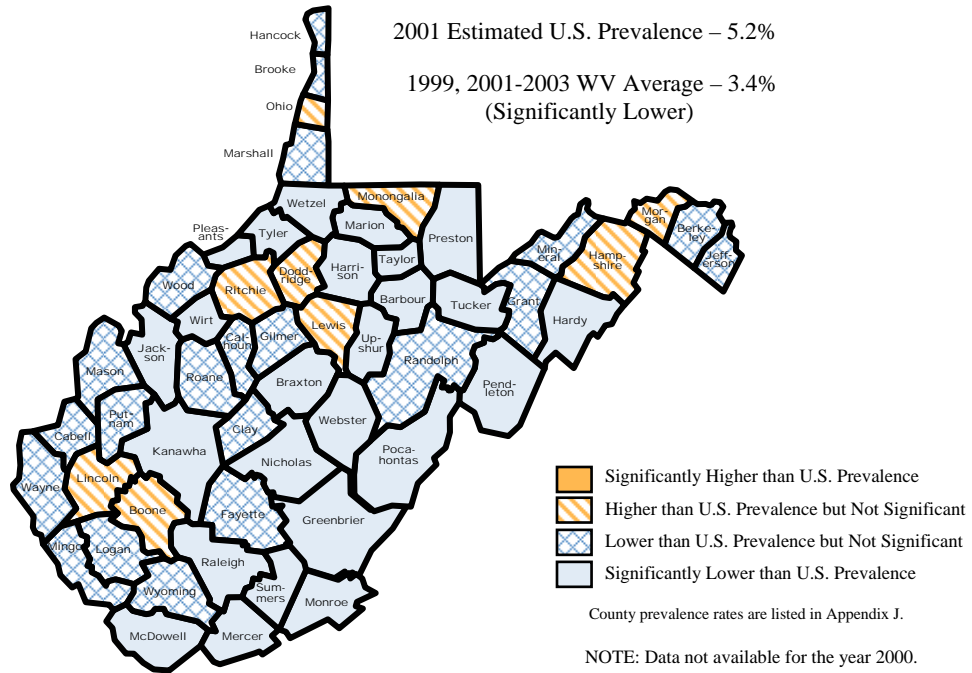


Figure 11.4: Prevalence of BINGE drinking by county : WVBRFSS, 1999, 2001- 2003

