Adult excessive alcohol consumption

Why is this indicator important?
Drinking too much can harm your health. Excessive alcohol consumption leads to approximately 88,000 deaths and 2.5 million years of potential life lost (YPLL) each year. The economic costs associated with alcohol use in Minnesota alone was $5.06 billion in 2007, amounts to $975 for every person in the state.

What is the current status?
About every 3 of 10 (or 29%) Hennepin County Current adults aged 25 and older is currently consuming alcohol excessively, meaning they are engaged in either binge drinking or heavy drinking (see definitions in footnotes). There is a wide variation in excessive alcohol use rates across Hennepin County regions (23% to 39%), with the highest rates among residents of Central, Phillips and Powderhorn communities in the city of Minneapolis and lowest rates among cities in south suburbs (Figure 1).

Figure 1. Excessive Alcohol use for adults 25 and older by geography, 2014

For more information on the health of Hennepin County residents, visit: www.Hennepin.us/PublicHealthData or email: PublicHealthData@hennepin.us
The LGBT community reported a rate of excessive alcohol use that is significantly higher than the rate reported by adults who are not member of LGBT (42% vs. 28%). There is no significant difference in rates of excessively alcohol use by race and ethnicity.

How do we compare?

The rates of excessive alcohol use among Hennepin County adults aged 25 and older did experience a significant change between 2010 and 2014. These rates are higher than Healthy People 2020, which aims to reduce the rate to 24.5% or lower. The rate of excessive alcohol use among Hennepin County adults (29%) was similar to the rates for the other Minnesota metro counties in 2014.

Data source: The data shown in this fact sheet for Hennepin and other metro counties come from the Metro SHAPE 2014 survey. Details can be found at www.hennepin.us/shape.

Definition of indicator:
Respondents will be classified as drinking alcohol excessively or drinking too much if they reported currently being a binge drinker or a heavy drinker. Binge drinking is defined as consuming: For women- four or more drinks during a single occasion at least one time during the past 30 days; For men- five or more drinks during a single occasion at least one time during the past 30 days. Heavy drinking is defined as consuming For women- more than one drink per day on average during the past 30 days; For men- more than two drinks per day on average during the past 30 days.

Reference: