

Hennepin County  
Public Health  
Assessment Team

# FACT SHEET



# Adult excessive alcohol consumption

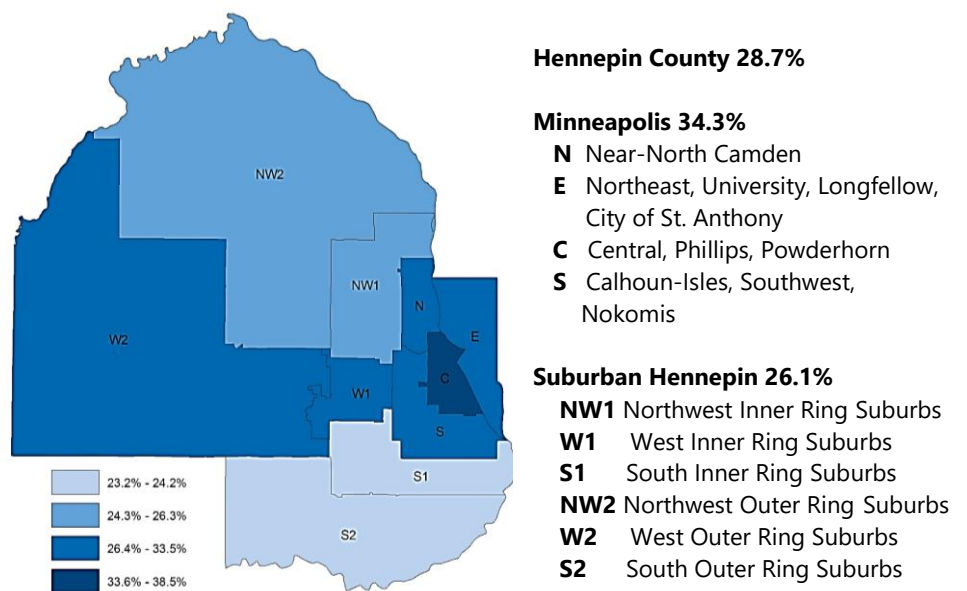
## Why is this indicator important?

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<sup>1,2</sup>. 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<sup>3</sup>

## 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, Philips 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**



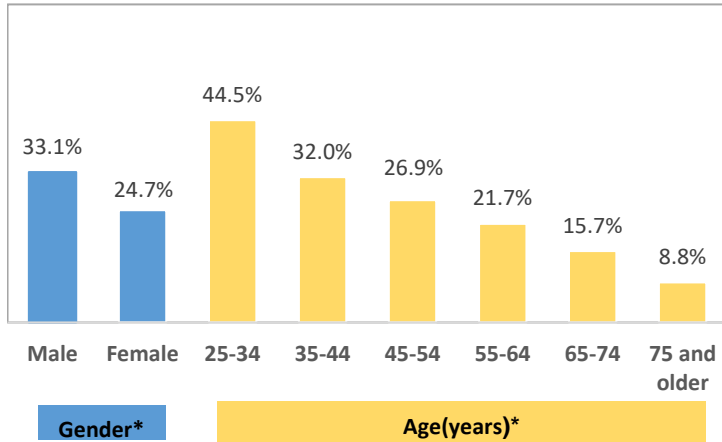
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**For more information** on the health of Hennepin County residents, visit: [www.Hennepin.us/PublicHealthData](http://www.Hennepin.us/PublicHealthData) or email: [PublicHealthData@hennepin.us](mailto:PublicHealthData@hennepin.us)

## What are the disparities?

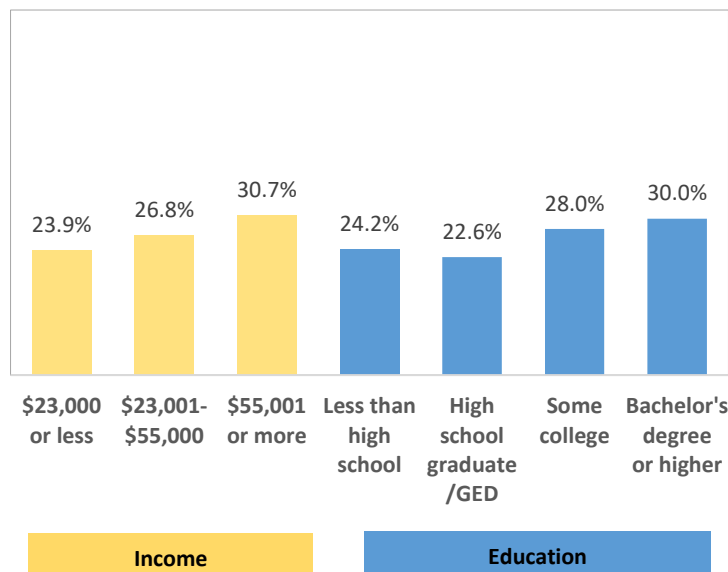
The rate of excessive alcohol use is significantly higher among young adults than the rate among older adults. Males reported significantly higher rates than females. Over half of young males age 24-34 drink excessively.

**Figure 2. Excessive alcohol use for adults 25 and older by gender and age, Hennepin County 2014**



Compared to their counterparts in Hennepin County, adults who have higher income and higher education reported a disproportionately high rates of excessively alcohol use (Figure 3).

**Figure 3. Excessive alcohol use for adults 25 and older by income and education, Hennepin County 2014**



The LGBT community reported a rate of excessive alcohol use that is significantly higher than the rate reported by adults 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<sup>4</sup>. 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](http://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:**

- Centers for Disease Control and Prevention (CDC). Alcohol-Related Disease Impact (ARDI). Atlanta, GA: CDC.
- Stahre M, Roeber J, Kanny D, Brewer RD, Zhang X. Contribution of excessive alcohol consumption to deaths and years of potential life lost in the United States. *Prev Chronic Dis* 2014;11:130293.
- Minnesota Department of Health, Minnesota State Epidemiological Outcomes Work Group. The human and economic cost of alcohol use in Minnesota. April, 2011. <http://www.health.state.mn.us/alcohol/alcpdf/HumanandEconomicCostofAlcoholUseinMinnesota.pdf>
- Healthy People 2020 leading health indicators: mental health.