

Alcohol and Drug Use

According to America's 2015 Health Rankings, Wisconsin ranks 49th for Binge Drinking and 45th for Chronic Drinking. Wisconsin ranks 23rd for drug deaths.

Alcohol Abuse and Binge Drinking in Wisconsin

Binge Drinking

Binge drinking is the practice of consuming large quantities of alcohol in a single session, which is considered four drinks in one sitting for women and five drinks for men. Heavy drinking is defined as more than two drinks per day for men and more than one drink per day for women. Adverse health outcomes associated with excessive alcohol consumption include cirrhosis of the liver and other chronic diseases, alcohol dependence, and fetal alcohol spectrum disorder.

"Many types of mortality, morbidity, and criminal behavior have been linked to the use of alcohol and other drugs. Given Wisconsin's high rate of alcohol consumption, it is not surprising that the rates at which Wisconsin experiences the consequences associated with alcohol use have also tended to be higher than national rates." – Wisconsin Epidemiological Profile on Alcohol and Other Drug Use, 2014¹

Wisconsin continues to rank among the worst in the nation for both heavy drinking and binge drinking among adults. Approximately one in four (24.3%) Wisconsin adults engaged in binge drinking in the previous month, compared to the national median of 18.3%; and 9.8% of Wisconsin adults engaged in heavy drinking, compared to the national median of 6.6% (data not shown).¹⁴ More than one in three high school students in Wisconsin drank alcohol within the past 30 days.

In 2012, the estimated annual costs associated with excessive alcohol consumption in Wisconsin totaled \$6.8 billion. In 2010, at least 1,732 people died (3% of all deaths), 3,511 were injured, and 67,345 were arrested as a direct result of alcohol use and misuse in Wisconsin. The death rate due to alcoholic liver disease has increased by 28% since 2001.

While Whites have the greatest number of deaths, American Indians have the highest age-adjusted death rate from alcoholic liver disease.

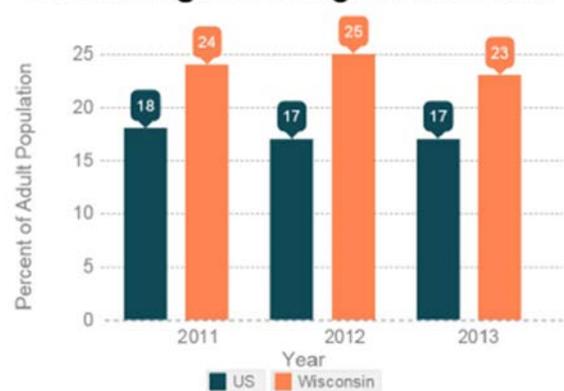
- Binge drinking rates were significantly higher among males and younger age groups.
- Wisconsin's rate of binge drinking among women of childbearing age is the highest in the nation
- Binge drinking rates were significantly lower for Black adults compared to Whites.
- White students were significantly more likely to binge drink than were Black, Hispanic, and Asian students.
- Early initiation of alcohol use (before age 13) was most prevalent among Latino and Black students.
- Sexual minority students had higher rates of early initiation of alcohol than sexual majority students.

Healthiest Wisconsin 2020

Alcohol and Drug Use Objectives

- Change underlying attitudes, knowledge and policies
- Improve access to services for vulnerable people
- Reduce risky and unhealthy alcohol and drug use

Adult Binge Drinking in Wisconsin



23% of adults, ages 18 and older, in Wisconsin binge drink. This is above the national rate of 17%. Wisconsin had the highest rate of binge drinking in the nation in 2011 and 2012, and second in the nation in 2013.

Drug Abuse in Wisconsin

Drug overdose and prescription drug abuse are related to many types of mortality, morbidity, and criminal behavior. Drug overdose deaths are now the leading cause of potential years of injury life lost before age 65, and have overtaken automobile accidents as a cause of death. More Wisconsin residents died in 2013 from drug poisoning than from suicide, breast cancer, colon cancer, firearms, influenza or HIV.

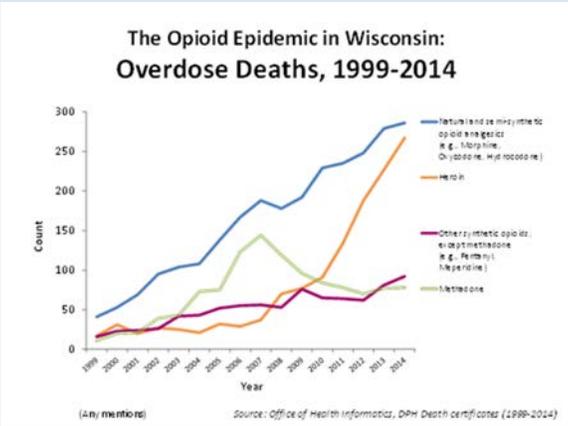
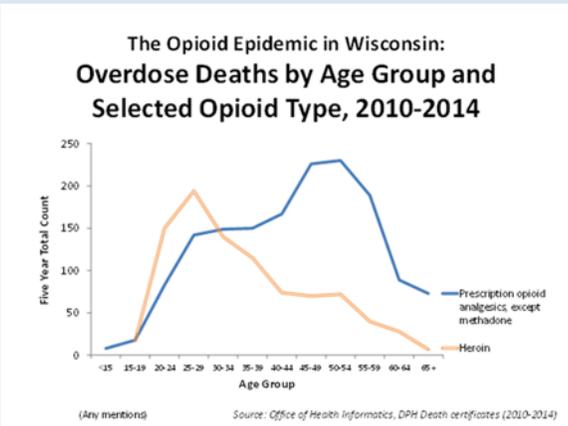
Wisconsin’s patterns of illicit drug consumption mirror national trends. This includes the use of prescription drugs for non-medical purposes.

What’s Being Done

- ✓ Heroin, Opiate Prevention and Education Agenda (HOPE) signed into law in 2016
- ✓ Dose of Reality campaign
- ✓ Wisconsin Epidemiological Profile on Alcohol and Other Drug Use
- ✓ State Council on Alcohol and Other Drug Abuse (SCODA)

What Needs to be Done

- Address underage drinking (ages 12-20)
- Reduce adult binge drinking (18-34)
- Reduce drinking among pregnant women
- Reduce drinking and driving (especially among people ages 16-34)
- Continue to combat opioid use for non-medical purposes



Drug Use and Drug-related Death in Wisconsin¹

- Age-adjusted rate of drug-related mortality increased from 6.7 deaths per 100,000 population in 2004 to 14.64 deaths per 100,000 in 2014.
- Charges for drug-related hospitalizations in Wisconsin totaled \$317 million in 2012 (48% increase from 2004).

Non-Medical Use of Prescription Drugs in Wisconsin²

- 91% of deaths related to prescription opioid overdose occurred among individuals over age 25.³
- Opioid pain relievers including oxycodone, hydrocodone, methadone, and other prescription opioids contributed to 45 percent of overdose deaths in 2013.

Other Drug-related Illness and Injury

- Heroin contributed to approximately 1 in 4 overdose deaths in 2013.
- 82% of deaths related to heroin overdose occurred among individuals over age 25.⁴

¹ Wisconsin Department of Health Services, Division of Public Health and Division of Mental Health and Substance Abuse Services. Wisconsin Epidemiological Profile on Alcohol and Other Drug Use, 2014 (P-45718-14). Prepared by the Division of Mental Health and Substance Abuse Services, the University of Wisconsin Population Health Institute and the Office of Health Informatics, Division of Public Health. September 2014.

² Wisconsin Department of Health Services, Division of Public Health and Division of Mental Health and Substance Abuse Services. Wisconsin Epidemiological Profile on Alcohol and Other Drug Use, 2014 (P-45718-14). Prepared by the Division of Mental Health and Substance Abuse Services, the University of Wisconsin Population Health Institute and the Office of Health Informatics, Division of Public Health. September 2014.

³ Wisconsin Department of Health Services, Division of Public Health, Office of Health Informatics.

⁴ Wisconsin Department of Health Services, Division of Public Health, Office of Health Informatics.