

Substance Misuse: Alcohol Use

Henry County, Ohio

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How is Alcohol Use Defined?

Alcohol consumption is measured by the amount consumed and the frequency it is consumed and is gender dependent.

- **Current drinkers:** individuals who report drinking at least one alcoholic beverage in the past month.
- **Binge drinkers:** individuals who report drinking five or more (for men) or four or more (for women) on an occasion in the last month.
- **Heavy drinkers:** individuals who report drinking fifteen or more drinks a week (for men) or eight or more drinks a week (for women).

Why Alcohol Use Matters

Alcohol use, particularly excessive use, can be harmful to your health. Many who use alcohol are not alcoholics or alcohol dependent, but risks remain. It is estimated that excessive alcohol use leads to more than 88,000 deaths each year in the United States (CDC).

The risks associated with alcohol use is multifaceted and includes increased risk for violence, injuries, risky sexual behavior, and motor vehicle accidents (CDC). With respect to physical health, it can increase the risk of long-term issues like liver disease, heart disease, stroke, high blood pressure, cancer, and birth defects (CDC). Alcohol use is also linked to poor mental health. It is thought to increase anxiety and depression, alter your thoughts, judgement, and decision-making, as well as lower sleep quality which leads to issues with stress.

There are also negative economic effects of alcohol consumption. It is estimate that excessive use costs \$249 billion a year in lost productivity, health care, and criminal justice expenditures (Sacks et al, 2010).



Are you or someone you know having trouble coping with COVID-19 anxiety?

The Centers for Disease Control has information available. Visit their website at:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/alcohol-use.html>

The Ohio Department of Health has information available. Visit their website at:

<https://coronavirus.ohio.gov/wps/portal/gov/covid-19/families-and-individuals/coping-with-covid-19-anxiety/coping-with-covid-19-anxiety>

The Henry County Health Department also has a list of available resources that can be accessed here:

<http://henrycohd.org/wp-content/uploads/2020/05/Resource-Guide-4.14.20.pdf>

Important local numbers:

Henry County Health Department Social Workers - available 24/7
419-599-5545 ext 4

4-County Crisis Information & Referral Hotline
1-800-468-4357

ADAMHS Board Mental Health & Addiction Services
419-267-3355

Disaster Distress Helpline
1-800-985-5990 (1-800-8468517 TTY)

Ohio Crisis Text Line
Text "4HOPE" to 741-741

Ohio Department of Mental Health & Addiction
1-877-275-6364

Henry County Pulse Survey

The Henry County Pulse Survey was designed to measure the impact of coronavirus (COVID-19) on employment status, food security, housing security, education disruptions, childcare, dimensions of physical and mental well-being, access to health care. The goal of collecting and analyzing data from this survey is to aid local agencies identify coronavirus (COVID-19) related issues in the Henry County. The survey was implemented by the Henry County Health Department and the Henry County Health Partners and administered on-line via Survey Monkey. Request for completion was made via social media and among those the Henry County Health Partners serve. This survey is NOT representative of the entire county. Instead, it represents a convenience sample of 675 county residents between the ages of 18 and 87.

Links

 [Henry County Health Department](#)

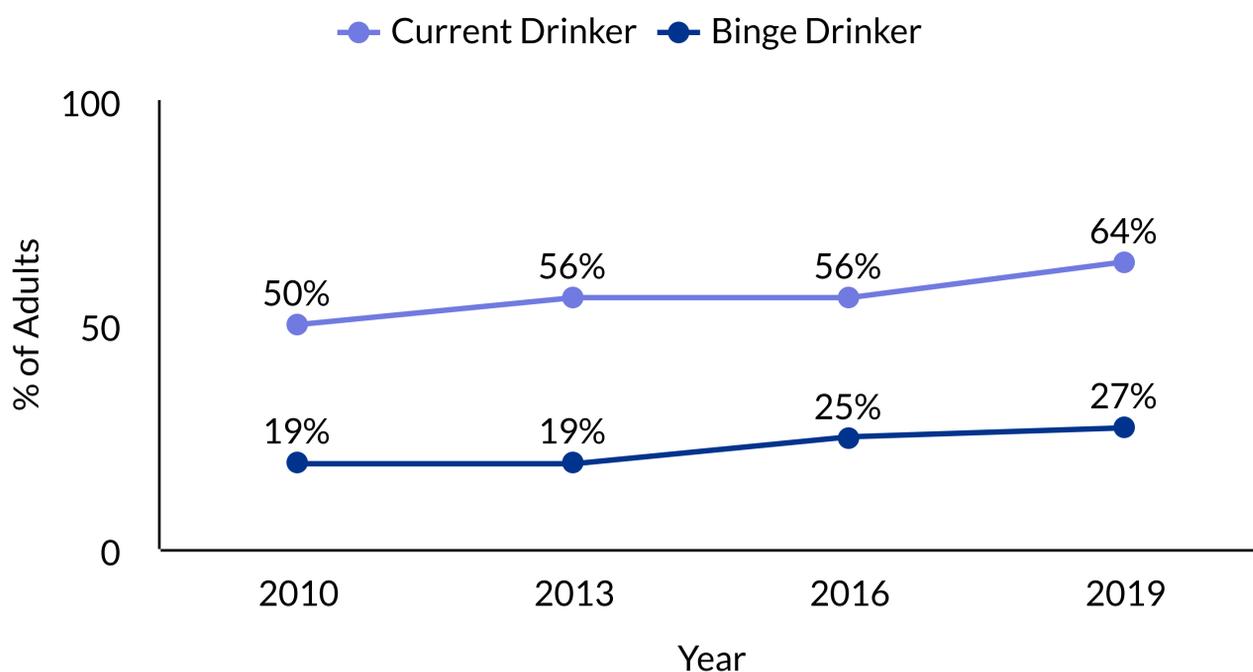
 [Henry County Ohio Community Health Assessments](#)

 [Health Factor 6: Health Behaviors](#)

Trends in Alcohol Consumption Among Adults in Henry County

- Over three-fifths (64%) of adults in Henry County were current drinkers and over one-quarter (27%) were binge drinkers.
- Drinking behavior in Henry County increased among adults over the past nine years.
- The share of adults in Henry County who were current drinkers increased from 50% in 2010 to 64% in 2019.
- The percentage who were binge drinkers also increased, from 19% in 2010 to 27% in 2019.
- Among current drinkers in Henry County, 46% had at least one episode of binge drinking in the past month.

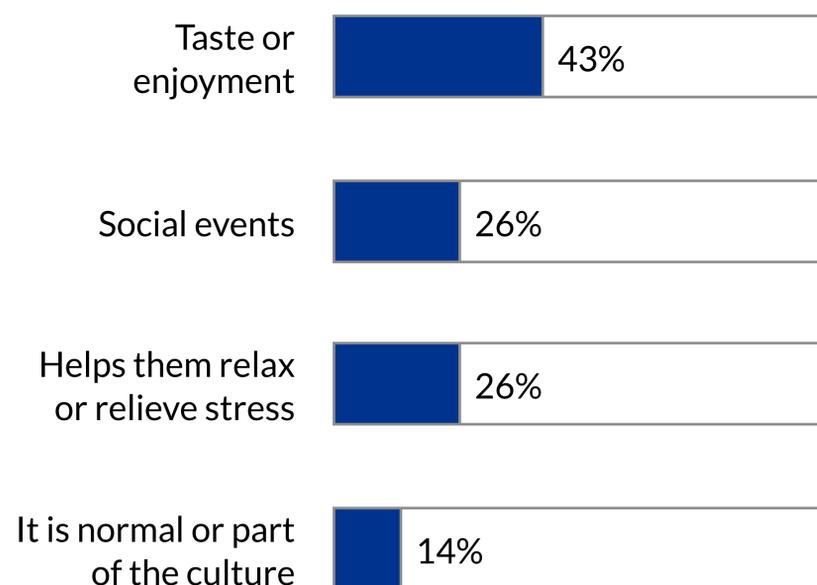
Figure 1 Trends in Alcohol Consumption by Type Among Henry County Adults, 2010-2019



Data Source: Henry County Community Health Status Assessment Adult Survey; Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. BRFSS Prevalence & Trends Data [online]. 2015. [accessed Jan 11, 2020]. URL: <https://www.cdc.gov/brfss/brfssprevalence/>

*** Drinking behavior in Henry County increased among adults over the past nine years.**

Figure 2. Top reasons for drinking alcohol reported by Henry County adults...



Data Source: Henry County Community Health Status Assessment Adult Survey

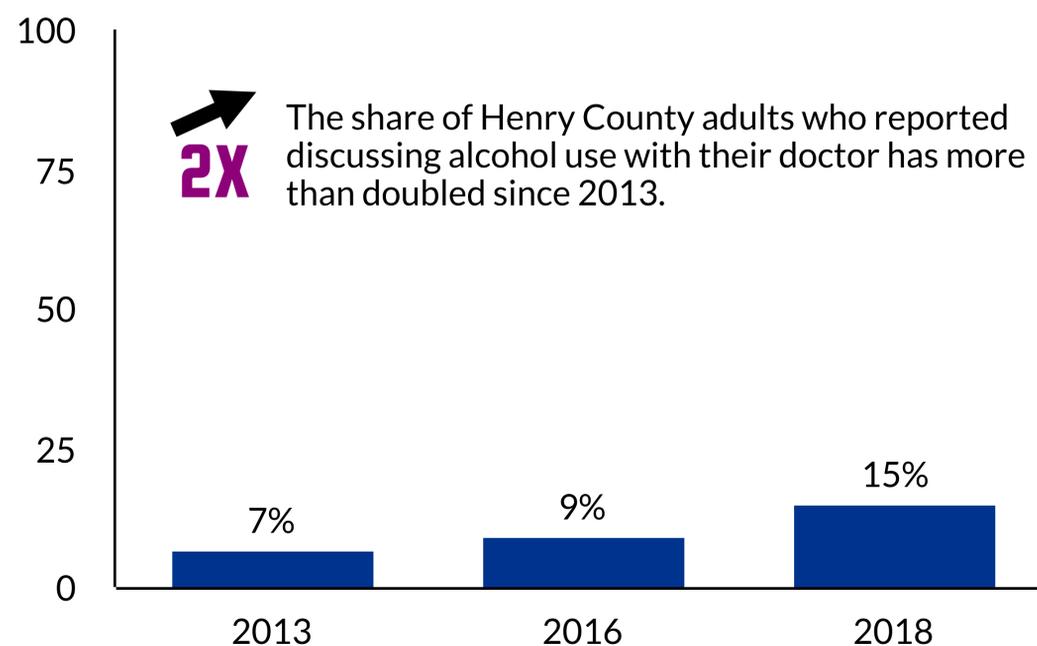
On average, Henry County adults consume...

2.8 beverages per drinking occasion

Alcohol Consumption Among Henry County Adults

- The rates of current and binge drinkers were higher in Henry County than the state of Ohio as a whole.
- The most often reported reason for drinking alcohol by Henry County adults was "taste or enjoyment" (43%).
- On average, Henry County adults consume 2.8 beverages per drinking occasion.
- The share of Henry County adults who reported discussing alcohol use with their doctor has more than doubled since 2013.
- 15% of Henry County adults lived with someone who was a problem drinker or alcoholic during their childhood.

Figure 3. Henry County Adults Having Discussed Health Care Topics With Their Health Care Professional in the Past 12 Months



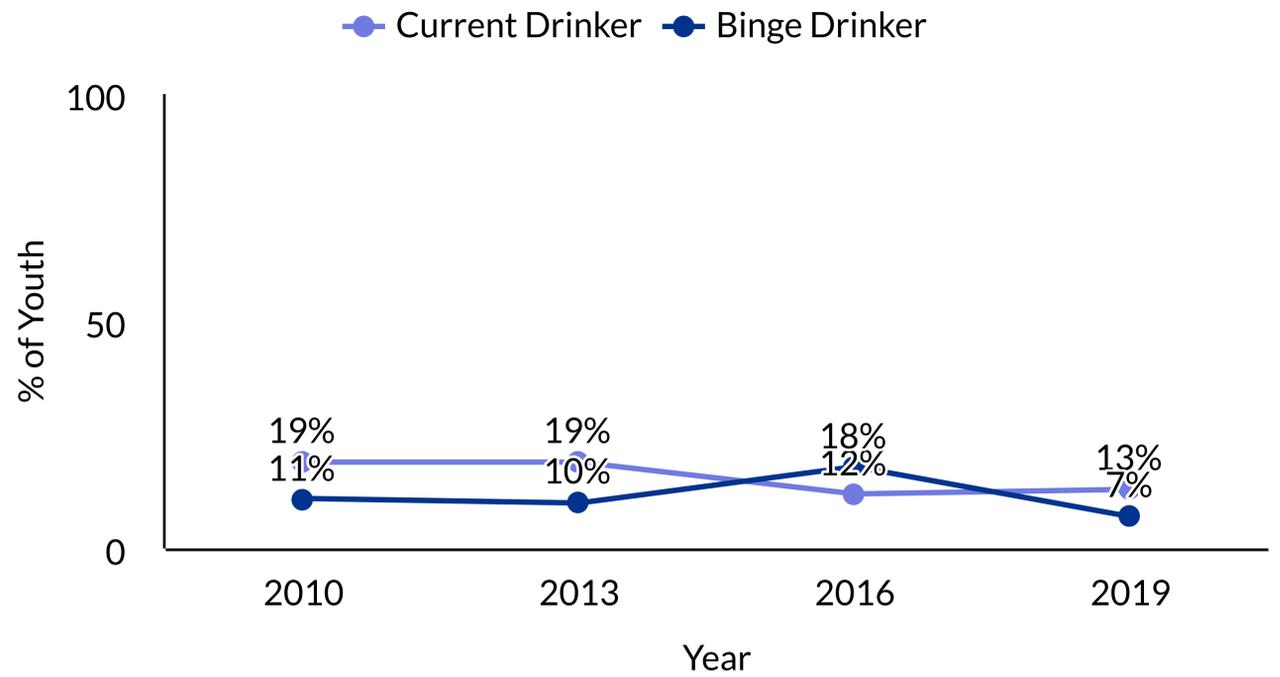
Data Source: Henry County Community Health Status Assessment Adult Survey

Trends in Alcohol Consumption Among Youth in Henry County

While alcohol consumption appears to be increasing among Henry County adults, it appears to be decreasing among the youth.

- In 2010 19% of youth reported having consumed at least one alcoholic beverage in the past 30 days, dropping to 13% in 2019.
- The trend in binge drinking is less clear—there was a spike from 2013 to 2016 going from 10% to 18%. By 2019, only 7% were reporting binge drinking behavior.
- Caution should be used because the margin of error on this measure is high. Having a high margin of error indicates we did not have a sample size large enough to reliably determine whether drinking behavior has changed significantly over time.

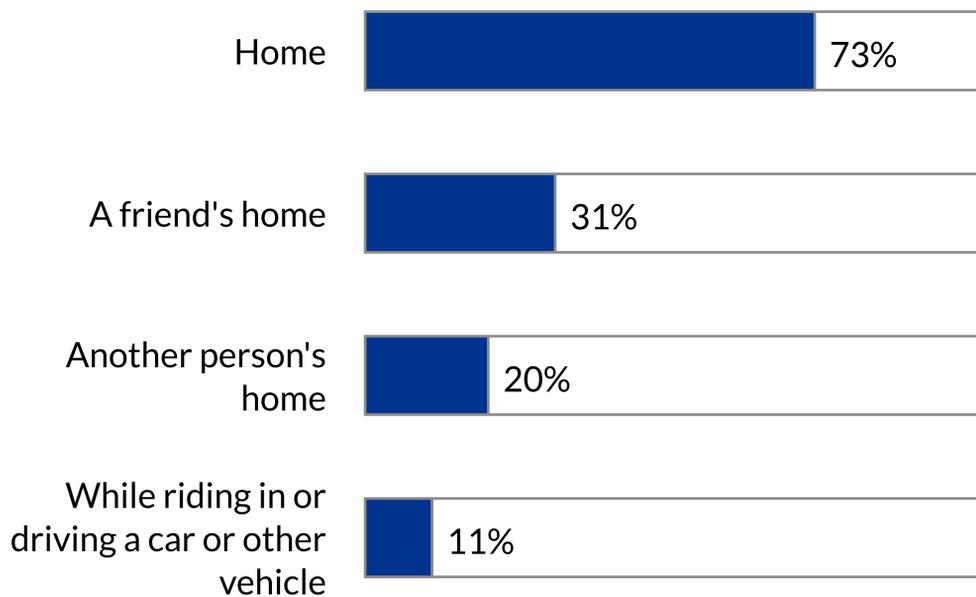
Figure 4 Trends in Alcohol Consumption by Type Among Henry County Youth, 2010-2019



Data Source: Henry County Community Health Status Assessment Adolescent Survey

Among **current youth drinkers in Henry County**, over half (**53%**) had **at least one episode of binge drinking in the past month**.

Figure 5 Places Youth Report Usually Drinking



Data Source: Henry County Community Health Status Assessment Adolescent Survey

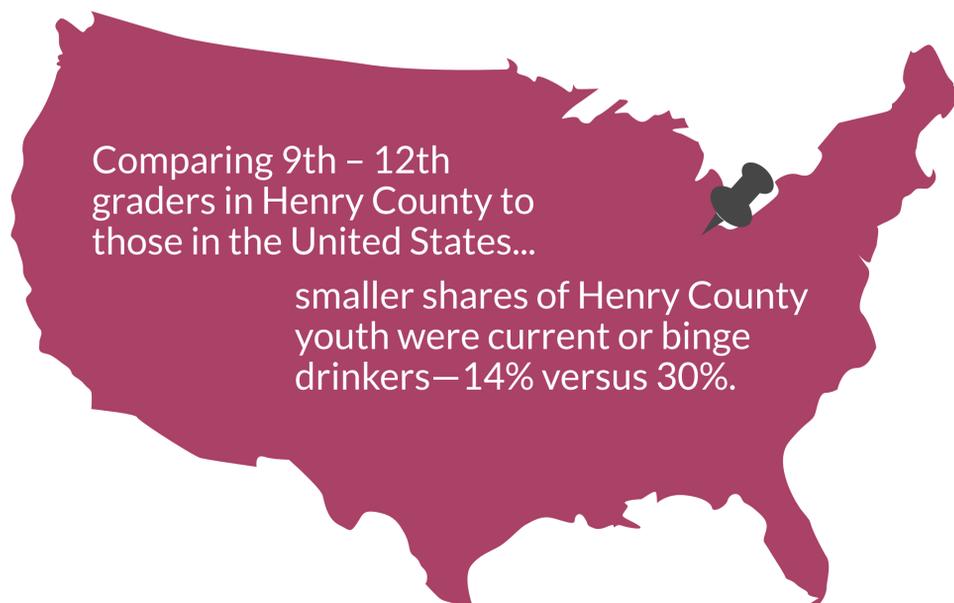
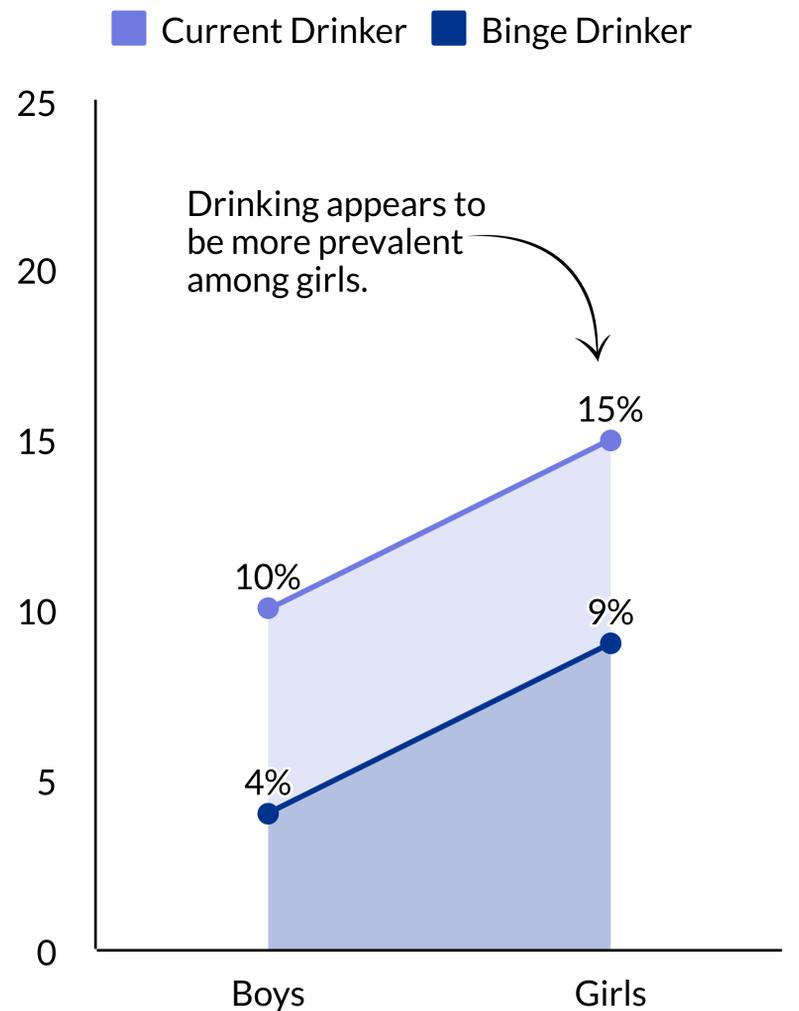


Figure 6 Alcohol Consumption by Type and by Gender Among Henry County Youth, 2019



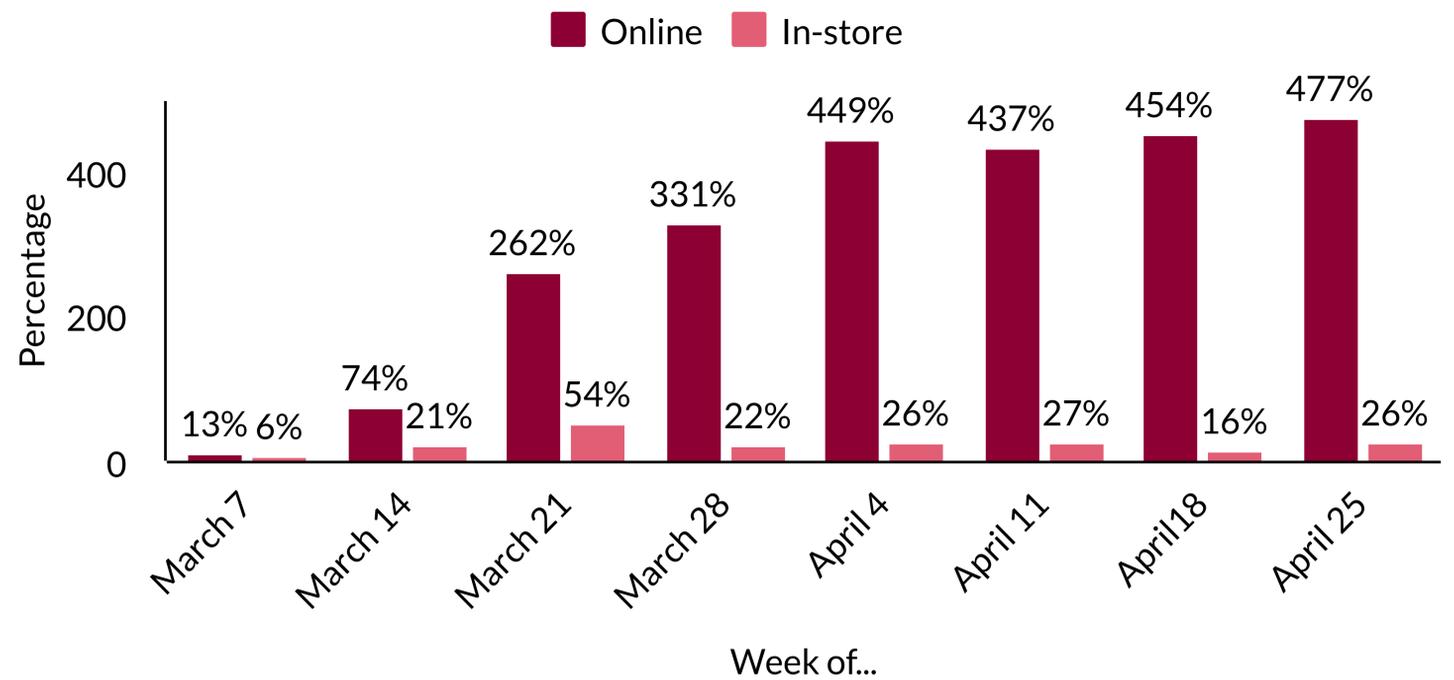
Data Source: Henry County Community Health Status Assessment Adolescent Survey

Note: Caution should be used because the margin of error on this measure is high.

Alcohol and the Pandemic

- National data suggests a significant increase in sales of alcoholic beverages throughout the months of March and April.
- Henry County adults were asked about whether they were doing a number of different things to help cope with social distancing and isolation. Nearly one-fifth (18.5%) reported drinking alcohol to cope.

Figure 9 Alcoholic beverages sales growth from COVID-19 in the U.S. in 2020, by channel

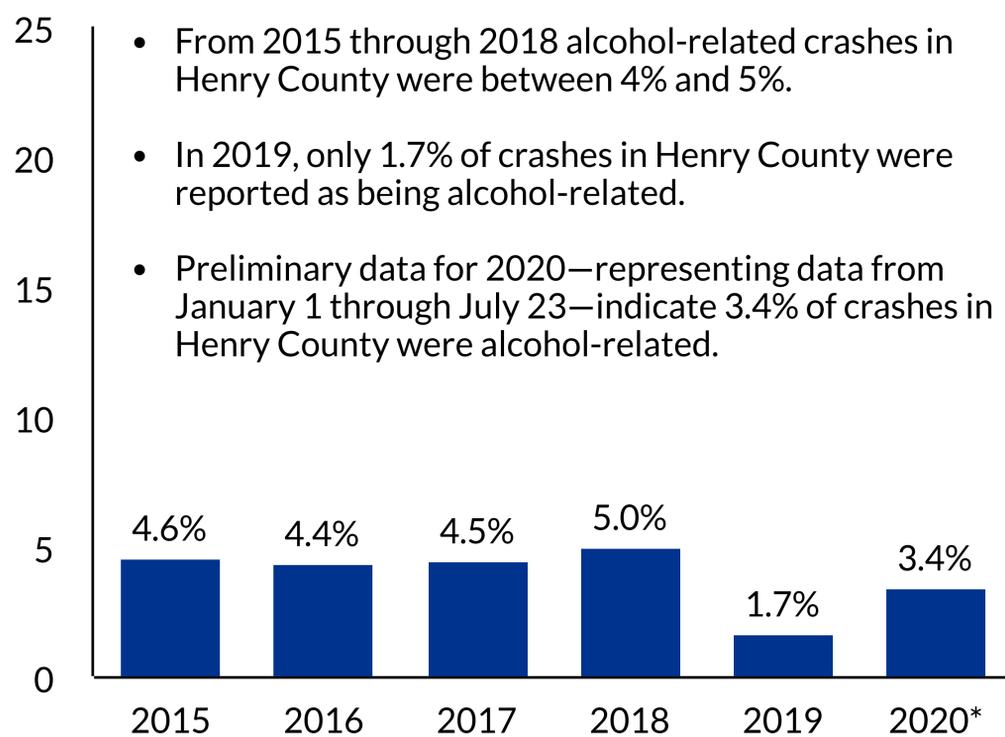


Data Source: Nielsen, 2020

Trends in Alcohol Related Crashes and Deaths in Henry County

Crashes

Figure 7 Percentage of Alcohol-Related Crashes in Henry County, Ohio



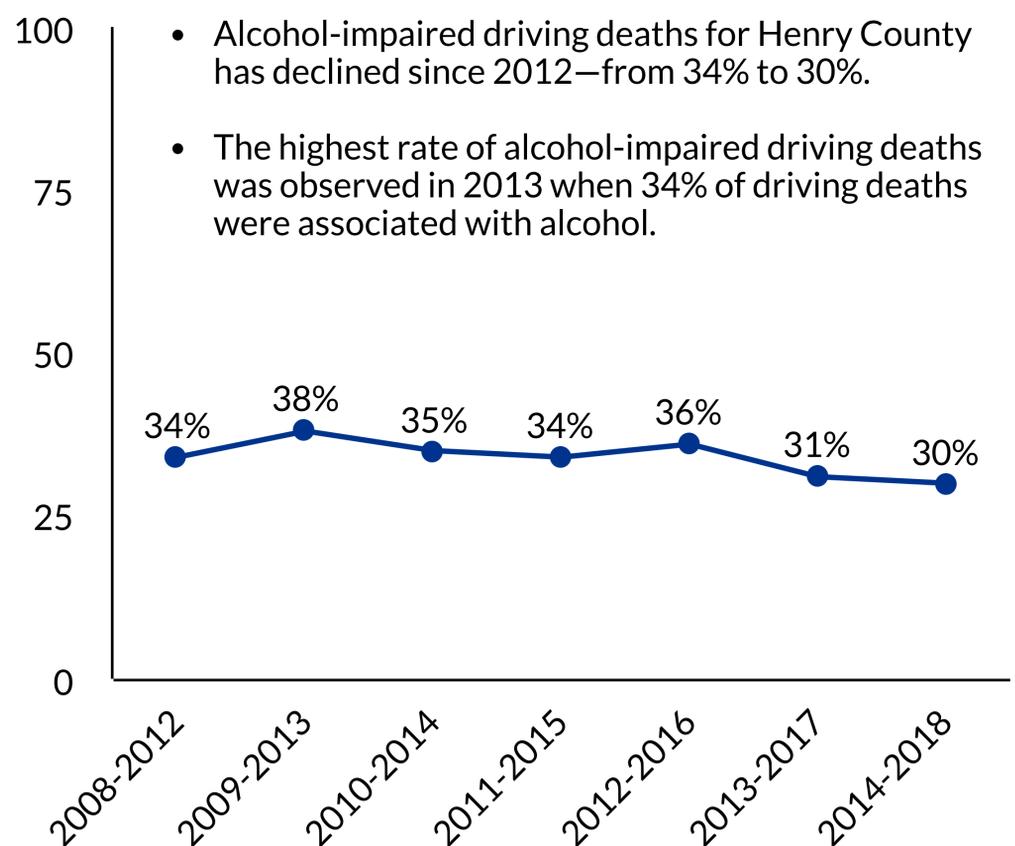
- From 2015 through 2018 alcohol-related crashes in Henry County were between 4% and 5%.
- In 2019, only 1.7% of crashes in Henry County were reported as being alcohol-related.
- Preliminary data for 2020—representing data from January 1 through July 23—indicate 3.4% of crashes in Henry County were alcohol-related.

Data Source: ODPS Electronic Crash System. Accessed July 23, 2020. URL: <https://statepatrol.ohio.gov/ostats.aspx#gsc.tab=0>
Note: *Data for 2020 represent the percentage from January 1, 2020 through July 23, 2020.

 Signs of a **decline** in alcohol-related crashes in Henry County

Deaths

Figure 8 Alcohol-Impaired Driving Deaths for Henry County, Ohio



Data Source: County Health Rankings & Roadmaps. URL: <https://www.countyhealthrankings.org/app/ohio/2020/rankings/henry/county/outcomes/overall/snapshot>

 Alcohol-impaired driving deaths on the **decline** for Henry County

References:

Nielsen. (May 7, 2020). Weekly sales growth of alcoholic beverages due to the coronavirus outbreak in the United States in March 2020, by channel [Graph]. In Statista. Retrieved August 14, 2020, from <https://www-statista-com.ezproxy.bgsu.edu/statistics/1119979/alcoholic-beverages-sales-growth-by-channel-coronavirus-us/>

Sacks, J. J., Gonzales, K. R., Bouchery, E. E., et al. (2010). National and state costs of excessive alcohol consumption. *American Journal of Preventive Medicine* 49(5):e73– e79, 2015. PMID: 26477807