

Alcohol Use

Summary / Recommendations: In 2006, heavy alcohol use (both binge drinking and heavy drinking) was most common among young, White males with higher levels of income and education. Louisiana residents were more likely to report that they had had at least one drink in the last 30 days if they were less than 55 years old, male, White, with at least some college education, income over \$50,000 and employed. Efforts to decrease injuries (both intentional and unintentional), heart disease, cancer, and cirrhosis of the liver, should focus on reducing alcohol consumption.

Prevalence of alcohol use among adults, overall and by select categories Behavioral Risk Factor Surveillance System, Louisiana 2006

Characteristics+	Binge Drinkers++			Heavy Drinkers^			One Drink Last 30 Days~		
	Sample Size*	%	95% CI	Sample Size*	%	95% CI	Sample Size*	%	95% CI
Total	709	13.1	(11.9-14.2)	277	4.6	(3.9-5.4)	3056	46.0	(44.5-47.5)
Age									
18-34	228	19.2	(16.5-22.0)	68	6.4	(4.4-8.3)	672	51.7	(48.3-55.1)
35-54	356	14.4	(12.8-16.0)	127	4.6	(3.6-5.6)	1433	51.1	(48.9-53.2)
55+	125	4.7	(3.8-5.6)	82	2.8	(2.2-3.5)	951	33.5	(31.6-35.5)
Gender									
Male	412	19.1	(17.1-21.2)	132	6.1	(4.7-7.6)	1299	54.5	(52.0-57.0)
Female	297	7.7	(6.7-8.7)	145	3.3	(2.6-4.0)	1757	38.3	(36.6-40.0)
Race									
White	558	15.2	(13.7-16.6)	219	5.2	(4.2-6.3)	2362	51.1	(49.4-52.8)
Black	89	7.9	(6.1-9.7)	39	3.1	(1.9-4.2)	488	36.0	(32.9-39.2)
Education									
< High school	56	7.9	(4.9-11.0)	27	4.4	(1.5-7.3)	221	27.5	(23.3-31.7)
High school grad	211	12.5	(10.6-14.4)	94	5.1	(3.7-6.5)	807	38.8	(36.1-41.3)
Some college/grad	442	14.8	(13.3-16.4)	156	4.4	(3.5-5.3)	2027	55.7	(53.7-57.7)
HH Income									
<\$25,000	123	7.8	(6.1-9.6)	69	3.8	(2.7-5.0)	549	31.0	(28.5-34.4)
\$25,000-\$49,999	169	14.1	(11.5-16.7)	58	4.4	(2.6-6.3)	757	48.7	(45.6-51.9)
\$50,000+	334	18.0	(16.0-20.1)	115	5.5	(4.3-6.7)	1301	60.5	(58.1-63.0)
Employment									
Employed	463	16.3	(14.7-17.9)	156	4.8	(3.9-5.8)	1761	54.0	(51.8-56.1)
Self- employed	131	8.9	(7.0-10.8)	65	3.7	(2.5-4.8)	762	40.0	(37.4-42.7)
Unemployed	97	13.0	(9.7-16.2)	47	6.4	(3.6-9.1)	419	40.9	(36.9-44.9)
Unable to work	17	3.7	(1.7-5.6)	9	2.1	(0.1-4.1)	109	20.9	(16.7-25.2)

* Percentages are based on weighted data estimates. Un-weighted sample size (Binge Drinking) = 709.. Un-weighted sample size (Heavy Drinking) = 277. Un-weighted sample size (One Drink in 30 days) = 3056.

+In this analysis, data for each category are included only for persons for whom the data were available; excluded data were either unknown or refused..

++The proportion who reported consuming five or more drinks on one occasion at least in the previous month.

. ^ The proportion who reported drinking more than two drinks on average for men or more than one drink on average for women.

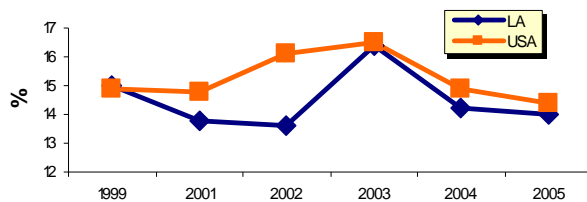
. ~The proportion who reported consuming at least one drink in the last 30 days.

Alcohol use contributes to approximately 100,000 deaths in the United States per year (as cited in *Healthy People 2010*, 2000). In the United States, over 12% of residents binge drink at least one a week, meaning they consume at least five drinks in one sitting (*Healthy People 2010*, 2000). Alcohol consumption in excess is a risk factor for a multitude of health concerns including, heart disease, cancer, and cirrhosis of the liver (*Healthy People 2010*, 2000). Many initiatives have been put into place to limit alcohol related deaths, as well as, consumption at an early age, through legislation (*Healthy People 2010*).

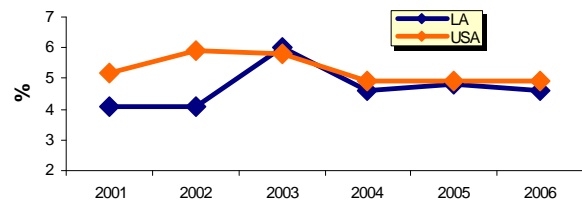
In 2006, 13.1% [95% CI: 11.9-14.2] of Louisiana residents reported binge drinking at least once in the previous month. Louisiana residents between the ages of 18-34 years had a significantly higher prevalence of binge drinking at 19.2% [95% CI: 16.5-22.0] than all other age groups. An estimate of 19.1% [95% CI: 17.4-21.2] of males in Louisiana reported binge drinking which was significantly higher than females, 7.7% [95% CI: 6.7-8.7]. Approximately 15.2% [95% CI: 13.7-16.6] of White Louisiana residents reported binge drinking which was significantly higher than Blacks. As education and household income level increased, binge drinking increased. An estimate of 16.3% [95% CI: 14.7-17.9] of Louisiana residents who were employed reported binge drinking in the previous month, which was the highest prevalence rate out of all of the employment status groups.

Between 1999 and 2005, rates of binge drinking, heavy drinking and any drinking remained fairly steady. The alcohol consumption of Louisiana residents appears similar to that of US residents when compared using the binge drinking and heavy drinking measurements. Louisiana residents are less likely to report having had at least one drink in the last 30 days than their US counterparts: 46.0% [95% CI: 44.5-47.5] in Louisiana compared to 55.2% nationally.

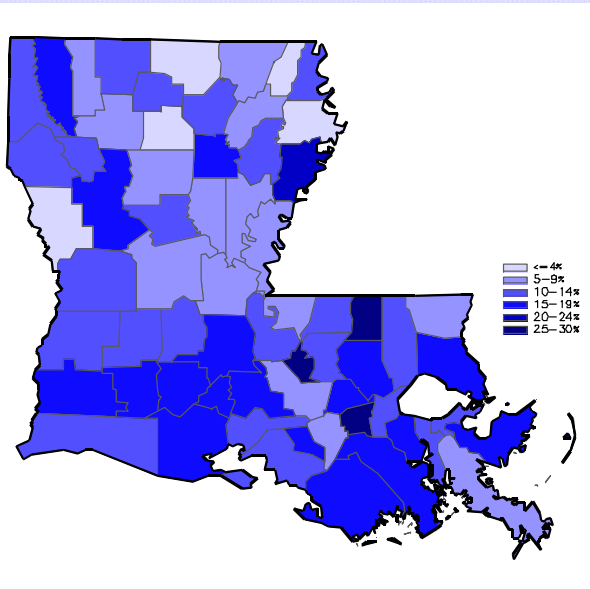
Rates of Binge Drinkers US & LA Residents



Rates of Heavy Drinkers US & LA Residents



Prevalence of Binge Drinkers in Louisiana 2004-2006 by Parish** and Region+



Parish	N	%	95% CI
St James	102	29.5	[15.5 - 43.5]
W Baton Rouge	79	29.3	[15.7 - 42.9]
St Helena*	41	26.6	[1.3 - 50.7]
Tensas*	39	20.8	[0 - 52.4]
Natchitoches	169	19.4	[10.6 - 28.2]
Lafayette	846	19.3	[15.4 - 23.3]
St Bernard	109	19	[7.7 - 30.3]
Ascension	349	18.3	[12.5 - 24]
Jeff Davis	157	17.9	[6.3 - 29.4]
St Landry	363	17.5	[11.9 - 23.1]

* Denotes categories less than 50 respondents. Inferences based on categories with less than 50 respondents should be used with caution.

**The 2004, 2005, and 2006 BRFSS data files were combined to increase the sample size by parish.

Region	N	%	95% CI
1	1002	15.4	[12.6 - 18.3]
2	994	16.7	[13.6 - 19.9]
3	958	17.8	[14.4 - 21.2]
4	981	17.4	[14.4 - 20.5]
5	953	12.8	[10.1 - 15.5]
6	992	10.5	[8 - 12.9]
7	918	10.9	[8.5 - 13.3]
8	997	9.2	[6.7 - 11.7]
9	1002	11.7	[9.2 - 14.2]