

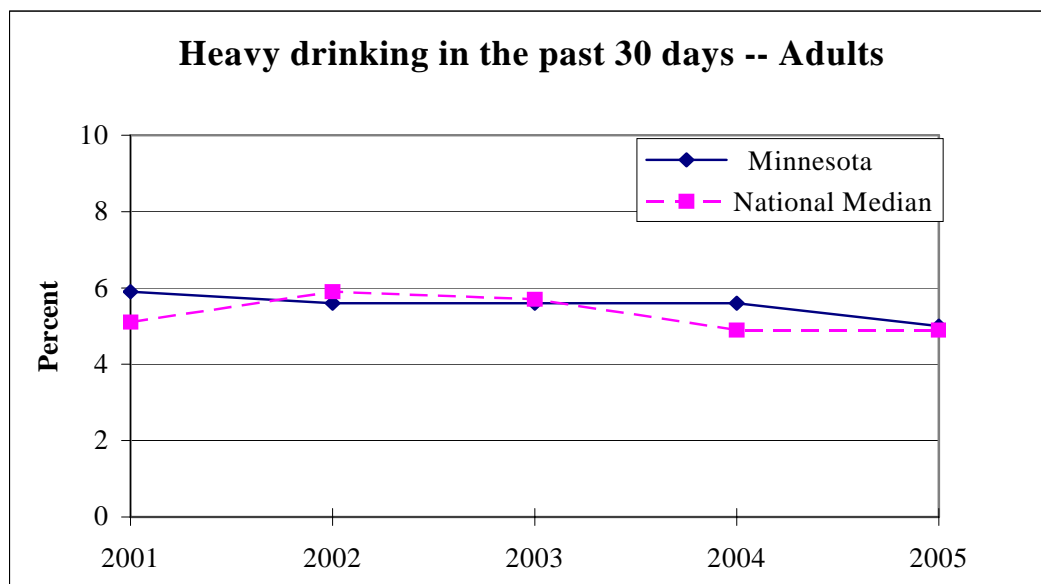
## Minnesota Adult Heavy Drinking

Heavy drinking is associated with liver cirrhosis (damage to liver cells); pancreatitis (inflammation of the pancreas); and various cancers, including cancer of the liver, mouth, throat, larynx (the voice box), and esophagus.<sup>1</sup>

Since 2001, heavy drinking has been defined differently for men and women. For men, heavy drinking is defined as an average of more than two drinks per day. For women, heavy drinking is defined as an average of more than one drink per day.

Between 2001 and 2004, rates of heavy drinking among Minnesota adults aged 18 years and older remained steady, with a slight drop in 2005. It is too soon to determine if this drop is part of a longer-term trend. In 2005, five percent of Minnesota adults reported heavy drinking in the past 30 days. Minnesota adults are similar to adults nationally in reporting heavy drinking.

The data source for adult alcohol use is the Minnesota Behavioral Risk Factor Surveillance System Survey. This survey provides state-level estimates. Some counties have conducted their own behavior health surveys. For more information on the availability of county-level data on adult alcohol use, contact [chemicalhealth@health.state.mn.us](mailto:chemicalhealth@health.state.mn.us).



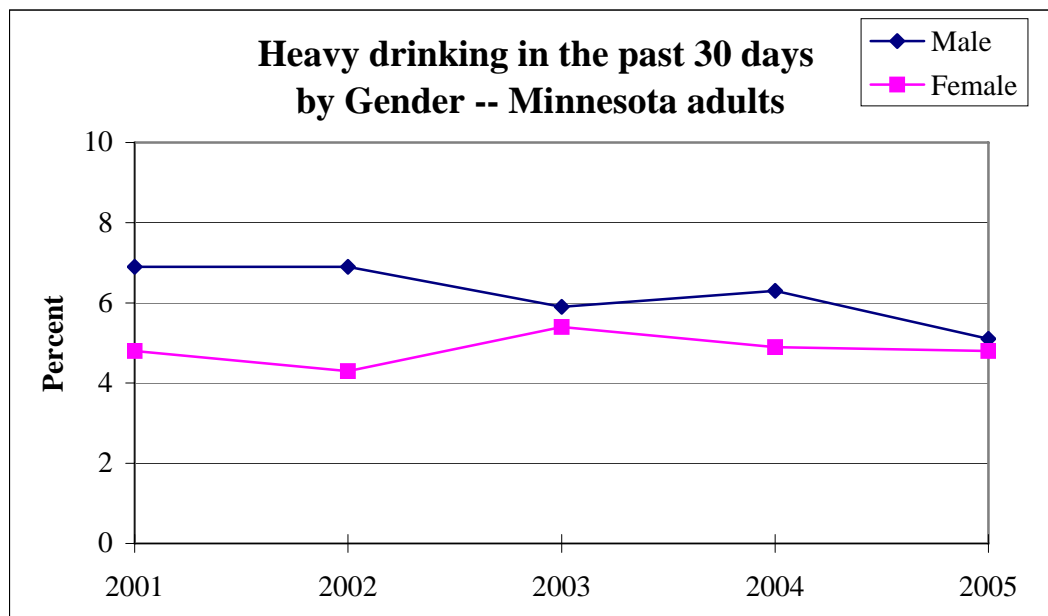
**Heavy drinking in the past 30 days -- Adults (percent)**

	<u>Minnesota</u>	<u>National Median</u>
2001	5.9	5.1
2002	5.6	5.9
2003	5.6	5.7
2004	5.6	4.9
2005	5.0	4.9

## Heavy Drinking by Gender

Historically, males report more heavy drinking than females. However, the gender gap seems to be closing. In 2005, about five percent of both males and females reported heavy drinking.

Heavy alcohol use has adverse health effects for both genders. However, heavy alcohol use by women during their pregnancy also has adverse health effects on their children, including fetal alcohol spectrum disorder (FAD). Early prenatal alcohol exposure can occur unintentionally (i.e., before a woman knows she is pregnant); in addition, women who drink at high levels before pregnancy are at increased risk for drinking during pregnancy.<sup>2</sup>



**Heavy drinking in the past 30 days by gender – Minnesota Adults (percent)**

MN Heavy  
Drinking  
by Gender

	Male	Female
2001	6.9	4.8
2002	6.9	4.3
2003	5.9	5.4

## Heavy Drinking by Age

Nationally, persons aged 18-34 are more likely to report heavy drinking than any other age group, and persons age 65 and older are the least likely to report heavy drinking. This holds true for Minnesota data.

The table below shows reports of heavy drinking by age and gender for Minnesota. Caution should be used when interpreting the table since these estimates are based on small numbers of responses. If there are large fluctuations in reported use from year to year, it may be due to small numbers of respondents. It is best to look at the overall trend.

**Minnesota heavy drinking by age and gender (percent)**

	Age 18-24		Age 25-34		Age 35-44		Age 45-54		Age 55-64		Age 65+	
	Men	Women	Men	Women	Men	Women	Men	Women	Men	Women	Men	Women
2001	15.0	11.8	4.5	2.5	7.0	3.4	8.1	5.7	4.7	3.8	2.7	4.0
2002	15.4	6.1	6.0	3.8	5.3	4.8	7.4	5.8	4.9	3.5	2.8	2.0
2003	10.2	11.5	3.3	3.9	5.1	5.4	8.0	5.7	6.0	3.9	2.8	3.0
2004	11.8	13.0	6.2	4.4	5.6	4.0	5.2	3.6	5.5	5.0	4.2	1.9
2005	9.8	7.9	4.6	3.0	2.4	4.8	6.2	5.1	6.3	6.3	2.2	3.0

1. Center for Disease Control and Prevention Alcohol Related Disease Impact (ARDI) [www.cdc.gov/alcohol](http://www.cdc.gov/alcohol)
2. Alcohol Consumption Among Pregnant and Childbearing-Aged Women United States, 1991 and 1995. MMWR. 1997;46 (16):346-350.

### Data Sources:

Minnesota Behavioral Risk Factor Surveillance System Survey (BRFSS), Center for Health Statistics, Minnesota Department of Health. National Behavior Risk Factor Surveillance System (BRFSS), Centers for Disease Control and Prevention (CDC). For more information about the data sources and their limitations, see “Data Sources and Limitations”.