

Alcohol Use Disorder in Pennsylvania

Many people drink alcohol – in fact, in 2015, more than half (55.6 percent) of adults 26 years or older in 2015 were alcohol users.ⁱ You or someone you know may drink alcohol daily or go on binges, such as drink only on weekends or for special events such as holidays or sporting events like the Super Bowl. With alcohol's long time acceptance and availability, it is often easy to drink too much. When problem drinking becomes severe, people suffer from alcohol use disorder (AUD).

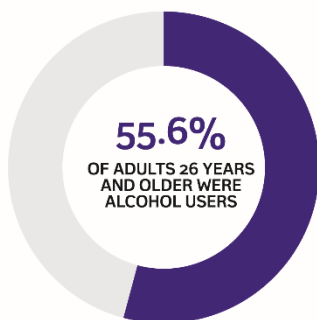
Like other illnesses, drinking too much strikes many people. AUD affects all men and women of all races and nationalities, all religions and no religion at all. AUD affects all levels of income, the rich, the poor, and even the suburbia.

AUD affects all occupations from lawyers and housewives, to teachers and truck drivers, waitresses and members of the clergy.

In 2015, 138.3 million Americans aged 12 or older reported current

use of alcohol, including 66.7 million reported binge alcohol use in the past month, and 17.3 million reported heavy alcohol use in the past month.ⁱⁱ As a nation, American alcohol-induced deaths have increased approximately 15.7% between 2010 and 2014, with crude death rates increasing from 8.3 to 9.6 deaths per 100,000 people.ⁱⁱⁱ

In Pennsylvania, approximately 717,000 individuals aged 12 or older (6.6% of all individuals in this age group) per year in 2013–2014 were dependent on or abused alcohol.^{iv} That's approximately 1 in every 15 Pennsylvanians who suffer from a drinking problem.



In 2014, 825 Pennsylvanians died from an alcohol-induced underlying cause. Looking at the number of deaths with at least one contributing cause denoting alcohol-induced mortality, resulted in a total of 1,715 deaths with an alcohol-induced mortality underlying or contributing cause.^v Driving under the influence (DUI) and alcohol-related vehicle fatalities show that historical five-year averages of alcohol-related vehicle fatalities in Pennsylvania have trended downward from 474 average fatalities in 2007 – 2011 to 372 average fatalities in 2011-2015.^{vi}

Alcohol use disorders represent clinically significant impairment caused by the recurrent use of alcohol, including health problems, disability, and failure to meet major responsibilities at work, school, or home. Drinking too much – on a single occasion or over time – can take a serious toll on your health; damage the heart, take a toll on the liver, lead to a dangerous

1 in 15

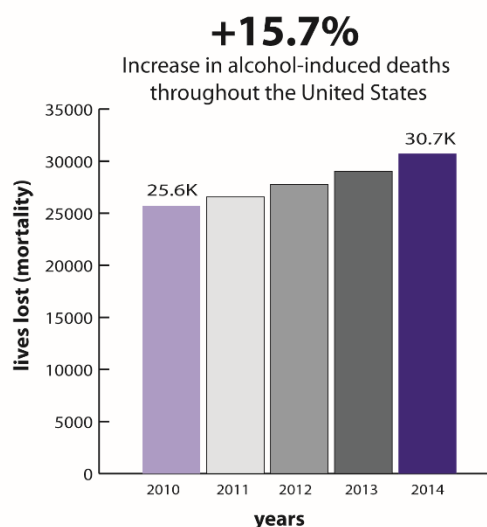


Pennsylvanians suffer from a drinking problem

inflammation and swelling of the blood vessels in the pancreas that prevents proper digestion, increase your risk of developing certain cancers and even death.

To assess whether you or loved one may have an AUD, here are some questions to ask. In the past year, have you:

- Had times when you ended up drinking more, or longer than you intended?
- More than once wanted to cut down or stop drinking, or tried to, but couldn't?
- Spent a lot of time drinking? Or being sick or getting over the aftereffects?
- Experienced craving — a strong need, or urge, to drink?
- Found that drinking — or being sick from drinking — often interfered with taking care of your home or family? Or caused job troubles? Or school problems?
- Continued to drink even though it was causing trouble with your family or friends?
- Given up or cut back on activities that were important or interesting to you, or gave you pleasure, in order to drink?
- More than once gotten into situations while or after drinking that increased your chances of getting hurt (such as driving, swimming, using machinery, walking in a dangerous area, or having unsafe sex)?
- Continued to drink even though it was making you feel depressed or anxious or adding to another health problem? Or after having had a memory blackout?
- Had to drink much more than you once did to get the effect you want? Or found that your usual number of drinks had much less effect than before?
- Found that when the effects of alcohol were wearing off, you had withdrawal symptoms, such as trouble sleeping, shakiness, irritability, anxiety, depression, restlessness, nausea, or sweating? Or sensed things that were not there?



If you have any of these symptoms, your drinking may be cause for concern. The more symptoms you have, the more urgent the need for change. Please visit a health professional for a formal assessment of your symptoms to check for alcohol use disorder.^{vii}

You are encouraged to connect with others and join the nearest AA, or a local faith-based meeting or a recovery community. If you are concerned with a drinking problem and wish to learn more. Call PA Get Help Now at 1-800-662-4357 (HELP) or find a service near you by visiting <http://findtreatment.ddap.pa.gov>.

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ⁱ Source: Key Substance Use and Mental Health Indicators in the United States: Results from the 2015 National Survey on Drug Use and Health p.18 September 2016 <https://www.samhsa.gov/data/sites/default/files/NSDUH-FFR1-2015/NSDUH-FFR1-2015/NSDUH-FFR1-2015.pdf>

ⁱⁱ Source: Key Substance Use and Mental Health Indicators in the United States: Results from the 2015 National Survey on Drug Use and Health p.18 September 2016 <https://www.samhsa.gov/data/sites/default/files/NSDUH-FFR1-2015/NSDUH-FFR1-2015/NSDUH-FFR1-2015.pdf>

ⁱⁱⁱ National Vital Statistics Reports, Vol. 65 No. 4, June 30, 2016, Table I-5

^{iv} Source: Substance Abuse and Mental Health Services Administration. Behavioral Health Barometer: Pennsylvania, 2015. HHS Publication No. SMA-16-Baro-2015-PA. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2015 . <http://store.samhsa.gov/shin/content//SMA16-BARO-2015/SMA16-BARO-2015-PA.pdf>

^v * The National Vital Statistics Reports (Volume 65, Number 4) "Deaths: Final Data for 2014" June 30, 2016 was used as a guide for ICD-10 codes to include in the alcohol induced category. These ICD-10 codes include E24.4, F10.0-F10.9,G31.2, G62.1, G72.1, I42.6, K29.2, K70.0-K70.9, K85.2, K86.0, R78.0, X45, X65, and Y15. (Alcohol-induced pseudo-Cushing's syndrome, Mental and behavioral disorders due to alcohol use, Degeneration of nervous system due to alcohol, Alcoholic polyneuropathy, Alcoholic myopathy, Alcoholic cardiomyopathy, Alcoholic gastritis, Alcoholic liver disease, Alcohol-induced acute pancreatitis, Alcohol-induced chronic pancreatitis, Finding of alcohol in blood, Accidental poisoning by and exposure to alcohol, Intentional self-poisoning by and exposure to alcohol, Poisoning by and exposure to alcohol, undetermined intent.)

† Alcohol-induced causes exclude other accidents, homicides, and other causes indirectly related to alcohol use, as well as newborn deaths associated with maternal alcohol use.

DISCLAIMER: These data were provided by the Division of Health Informatics, Pennsylvania Department of Health. The Department specifically disclaims responsibility for any analyses, interpretations, or conclusions.

‡ Test for statistically significant difference in crude rate was conducted using technique for crude rates based on 100 or more events according to the Division of Health Informatics Tools of the Trade - <http://www.statistics.health.pa.gov/StatisticalResources/UnderstandingHealthStats/ToolsoftheTrade/Documents/ComparingCrudeRatesorRatiosPartIIIndependentRates.pdf>

^{vi} Strategic Plan to Reduce Impaired Driving in Pennsylvania (2016)

^{vii} Source: NIH National Institute on Alcohol Abuse and Alcoholism: Alcohol Use Disorder <https://www.niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/alcohol-use-disorders>

For More Information:

Rethinking Drinking

<https://www.rethinkingdrinking.niaaa.nih.gov/Thinking-about-a-change/Support-for-quitting/Self-Help-Strategies-For-Quitting.aspx>

Alcoholics Anonymous

<http://www.aa.org/>

Addiction Center

<https://www.addictioncenter.com/treatment/12-step-programs/>

More on Alcohol Use Disorder: SAMHSA

<https://www.samhsa.gov/atod/alcohol>

SAMHSA Alcohol Use Disorder Publications and Resources

<http://store.samhsa.gov/facet/Issues-Conditions-Disorders/term/Alcohol-Abuse?pageNumber=1>