

# Alcohol Use – Heavy Drinking

Heavy drinkers, Adults (18 years of age and older), Alaska BRFSS, 2009:  
Standard (2009) Survey Instrument

Healthy Alaskans 2010 Objective: 4.5: Reduce chronic drinking among adults (percent of persons aged 18 years or older who drank an average of 60 or more alcohol drinks in the past month) to 4%.

Screening Question: Heavy drinkers (adult men having more than two drinks per day and adult women having more than one drink per day)

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate		
	%	95% CI	Individuals	n	N	#	%	95% CI	
<b>Total</b>	<b>6.2%</b>	( 5.0% - 7.7% )	30,547	159	2,324	3	<b>6.1%</b>	( 4.9% - 7.6% )	
<b>Demographics</b>									
<b>Gender</b>									
Female	6.6%	( 4.9% - 8.7% )	15,524	83	1,276	3	6.5%	( 4.9% - 8.7% )	
Male	5.9%	( 4.2% - 8.2% )	15,023	76	1,048	3	5.7%	( 4.1% - 8.0% )	
<b>Age Groups (Categories Used in Age-Adjustment)</b>									
Persons aged 18 to 24 years	4%	( 1% - 9% )	2,834	5	143	3	NA	( NA - NA )	
Persons aged 25 to 34 years	6%	( 4% - 11% )	5,806	21	313	3	NA	( NA - NA )	
Persons aged 35 to 44 years	7%	( 4% - 12% )	6,441	33	416	3	NA	( NA - NA )	
Persons aged 45 to 64 years	7.4%	( 5.5% - 9.9% )	13,131	82	1,057	3	NA	( NA - NA )	
Persons aged 65 years and older	4%	( 2% - 8% )	2,038	18	370	3	NA	( NA - NA )	
<b>Race and Ethnicity</b>									
American Indian or Alaska Native	6%	( 4% - 9% )	4,359	30	431	3	7%	( 4% - 11% )	
Asian or Pacific Islander	1%	( 0% - 6% )	152	1	66	3	1%	( 0% - 7% )	
Asian	0%	( 0% - 0% )	0	0	53		0%	( 0% - 0% )	
Native Hawaiian or Other Pacific Islander	DSU	( DSU - DSU )	DSU	DSU	13	3	DSU	( DSU - DSU )	
Black or African American	DSU	( DSU - DSU )	DSU	DSU	34	3	DSU	( DSU - DSU )	
White	6.7%	( 5.2% - 8.6% )	24,801	123	1,703	3	6.5%	( 5.0% - 8.4% )	
Hispanic or Latino	8%	( 3% - 22% )	1,268	6	60	3	15%	( 6% - 32% )	
Not Hispanic or Latino	6.2%	( 4.9% - 7.7% )	29,255	153	2,247	3	6.1%	( 4.9% - 7.7% )	
Black or African American, not Hispanic/Latino	DSU	( DSU - DSU )	DSU	DSU	27	3	DSU	( DSU - DSU )	
White, not Hispanic or Latino	7.0%	( 5.4% - 8.9% )	24,710	122	1,637	3	6.8%	( 5.2% - 8.7% )	

Risk Factors

For table end notes see Appendix J on Pg 429.

# Alcohol Use – Heavy Drinking (continued)

Heavy drinkers, Adults (18 years of age and older), Alaska BRFSS, 2009:  
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Healthy Alaskans 2010 Objective: 4.5: Reduce chronic drinking among adults (percent of persons aged 18 years or older who drank an average of 60 or more alcohol drinks in the past month) to 4%.

Population at Risk (See Appendix)	Response:		Heavy drinkers (adult men having more than two drinks per day and adult women having more than one drink per day)					Age-Adjusted Rate	
	%	95% CI	Yes					%	95% CI
			Observed Rate	Individuals	n	N	#		
<b>Alaska Native</b>									
Yes	5%	( 3% - 8% )	4,056	30	471	3	6%	( 3% - 10% )	
No	6.5%	( 5.1% - 8.2% )	26,362	129	1,838	3	6.3%	( 4.9% - 8.0% )	
<b>Geographic Location</b>									
Anchorage & Vicinity	6%	( 4% - 9% )	15,850	35	494	3	6%	( 4% - 8% )	
Fairbanks & Vicinity	7%	( 4% - 11% )	5,065	28	482	3	6%	( 4% - 10% )	
Gulf Coast	6%	( 4% - 10% )	3,323	32	459	3	6%	( 4% - 10% )	
Rural	5%	( 4% - 8% )	2,266	29	404	3	5%	( 3% - 8% )	
Southeast	7%	( 5% - 10% )	3,715	35	485	3	7%	( 5% - 10% )	
<b>Urban/Rural</b>									
Metropolitan Statistical Area	6.4%	( 4.7% - 8.6% )	20,816	64	942	3	6.2%	( 4.6% - 8.4% )	
Micropolitan Statistical Area & Urban Clusters	6.6%	( 4.6% - 9.4% )	5,729	52	743	3	6.4%	( 4.5% - 9.0% )	
Rural	5.3%	( 3.8% - 7.3% )	4,003	43	639	3	5.1%	( 3.6% - 7.2% )	
<b>Education Level (persons aged 25 years and older)</b>									
Less than high school	4%	( 2% - 11% )	902	8	137	3	4%	( 2% - 10% )	
High school graduate	6.9%	( 4.6% - 10.2% )	7,729	53	640	3	6.8%	( 4.4% - 10.5% )	
At least some college	7.2%	( 5.0% - 10.2% )	9,417	45	663	3	6.9%	( 4.7% - 10.1% )	
College Graduate	6.5%	( 4.3% - 9.8% )	9,923	48	737	3	6.4%	( 4.2% - 9.6% )	
<b>Employment Status</b>									
Employed	6.7%	( 5.1% - 8.7% )	21,413	104	1,451	3	6.3%	( 4.7% - 8.4% )	
Unemployed	7%	( 4% - 13% )	3,219	20	221	3	7%	( 4% - 11% )	
Not in Workforce (Student, Homemaker, Retired)	5.2%	( 3.1% - 8.6% )	5,299	32	531	3	5.5%	( 3.0% - 9.8% )	
Unable to work	2%	( 0% - 8% )	360	2	104	3	1%	( 0% - 6% )	

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Screening Question: Heavy drinkers (adult men having more than two drinks per day and adult women having more than one drink per day)

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
<b>Marital Status</b>								
Married or Unwed Couple	5.8%	( 4.3% - 7.7% )	16,689	79	1,289	3	5.6%	( 3.9% - 7.9% )
Divorced/Separated	4%	( 2% - 9% )	756	11	166	3	3%	( 1% - 10% )
Widowed	11%	( 7% - 18% )	6,460	35	409	3	10%	( 6% - 16% )
Never Married	5%	( 3% - 9% )	4,512	24	316	3	9%	( 5% - 15% )
<b>Income Level</b>								
<\$15,000	6%	( 2% - 13% )	1,854	11	182	3	6%	( 3% - 11% )
\$15,000 - \$24,999	4%	( 1% - 9% )	1,640	12	237	3	4%	( 2% - 10% )
\$25,000 - \$49,999	6%	( 4% - 11% )	5,911	30	474	3	7%	( 4% - 12% )
\$50,000 - \$74,999	7%	( 5% - 11% )	5,356	31	395	3	6%	( 4% - 10% )
\$75,000	7.5%	( 5.3% - 10.5% )	12,951	61	749	3	7.0%	( 4.8% - 10.2% )
<b>Poverty Threshold</b>								
Poor (<100% Poverty Threshold)	2%	( 1% - 5% )	681	5	157	3	3%	( 1% - 8% )
Near Poor (100% to 199% Poverty Threshold)	8%	( 4% - 14% )	4,876	21	291	3	9%	( 5% - 15% )
Middle/High Income (>=200% Poverty Threshold)	7.0%	( 5.5% - 9.0% )	22,769	119	1,589	3	6.5%	( 5.0% - 8.4% )
<b>Below Poverty Guidelines</b>								
Yes	4%	( 2% - 10% )	1,866	9	212	3	4%	( 2% - 9% )
No	7.0%	( 5.5% - 8.9% )	26,159	136	1,825	3	6.7%	( 5.2% - 8.5% )
<b>Veteran</b>								
Yes	6%	( 3% - 9% )	5,238	30	406	3	5%	( 3% - 9% )
No	6.4%	( 5.0% - 8.1% )	25,716	129	1,911	3	6.4%	( 5.0% - 8.1% )

Risk Factors

# Alcohol Use – Heavy Drinking (continued)

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Healthy Alaskans 2010 Objective: 4.5: Reduce chronic drinking among adults (percent of persons aged 18 years or older who drank an average of 60 or more alcohol drinks in the past month) to 4%.

Population at Risk (See Appendix)	Screening Question: Heavy drinkers (adult men having more than two drinks per day and adult women having more than one drink per day)						Age-Adjusted Rate	
	Response:			Yes				
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
<b>Health Status</b>								
<b>General Health</b>								
Excellent to Very Good	5.7%	( 4.2% - 7.7% )	16,426	78	1,220	3	5.4%	( 4.0% - 7.3% )
Good	7.6%	( 5.2% - 10.9% )	11,140	62	751	3	7.5%	( 5.1% - 10.9% )
Fair/Poor	5%	( 3% - 10% )	2,732	19	340	3	8%	( 4% - 15% )
<b>Healthy Days (Mean Number of Days)</b>								
Physical Health Not Good	2.9	( 1.4 - 4.3 )			156		3.3	( 1.6 - 4.9 )
Mental Health Not Good	3.2	( 1.3 - 5.1 )			153		3.1	( 1.6 - 4.6 )
Unhealthy Days (Physical or Mental Health Not Good)	6.2	( 4.0 - 8.3 )			150		6.3	( 4.2 - 8.4 )
Days with Activity Limitation	1.8	( 0.9 - 2.7 )			158		2.0	( 0.8 - 3.1 )
<b>Healthy Days (Percentage with 14 or More Days)</b>								
Physical Health Not Good	9%	( 4% - 19% )	3,338	11	225	3	10%	( 5% - 20% )
Mental Health Not Good	7%	( 3% - 18% )	2,291	9	177	3	7%	( 3% - 15% )
Unhealthy Days (Physical or Mental Health Not Good)	8%	( 5% - 15% )	5,300	20	358	3	9%	( 5% - 15% )
Activity Limitation	7%	( 3% - 16% )	1,727	8	155	3	12%	( 5% - 25% )
<b>Disability</b>								
Disabled								
Yes	6.8%	( 4.6% - 10.0% )	7,370	40	569	3	7.2%	( 4.6% - 11.0% )
No	6.1%	( 4.7% - 7.9% )	22,963	118	1,725	3	6.1%	( 4.7% - 8.0% )
Activity Limitation								
Yes	6.1%	( 4.0% - 9.3% )	6,288	34	536	3	6.4%	( 3.9% - 10.1% )
No	6.3%	( 4.9% - 8.1% )	24,044	124	1,762	3	6.3%	( 4.9% - 8.2% )

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Screening Question: Heavy drinkers (adult men having more than two drinks per day and adult women having more than one drink per day)

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate		
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI	
Require Special Equipment									
Yes	5%	( 2% - 12% )	1,396	11	161	3	6%	( 2% - 15% )	
No	6.3%	( 5.0% - 7.9% )	29,039	148	2,158	3	6.1%	( 4.9% - 7.7% )	
<b>Mental Health</b>									
Social and Emotional Support									
Always/Usually	6.6%	( 5.1% - 8.4% )	24,305	122	1,704	3	6.2%	( 4.9% - 7.9% )	
Sometimes/Rarely/Never	6%	( 4% - 11% )	5,499	33	493	3	7%	( 4% - 12% )	
Life Satisfaction									
Very Satisfied / Satisfied	6.0%	( 4.8% - 7.5% )	26,842	147	2,118	3	5.9%	( 4.7% - 7.4% )	
Dissatisfied / Very Dissatisfied	19%	( 8% - 38% )	3,484	9	90	3	16%	( 7% - 30% )	
<b>Healthcare</b>									
<b>Healthcare Coverage</b>									
Health Plan									
Yes	5.9%	( 4.6% - 7.5% )	23,377	123	1,898	3	5.7%	( 4.4% - 7.3% )	
No	8%	( 5% - 13% )	6,715	35	404	3	7%	( 5% - 12% )	
<b>Immunization</b>									
Flu Shot Within Past 12 Months (Ages 65+)									
Yes	4.0%	( 2.7% - 5.8% )	7,434	46	899	3	3.7%	( 2.6% - 5.3% )	
No	7.7%	( 5.9% - 10.0% )	23,055	112	1,396	3	7.6%	( 5.7% - 10.0% )	
Ever Had Pneumonia Shot (Ages 65+)									
Yes	5.6%	( 3.6% - 8.7% )	5,512	33	582	3	5.2%	( 3.2% - 8.3% )	
No	7.0%	( 5.3% - 9.1% )	22,367	107	1,460	3	6.8%	( 5.2% - 8.8% )	

Risk Factors

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Population at Risk (See Appendix)	Screening Question: Heavy drinkers (adult men having more than two drinks per day and adult women having more than one drink per day)						Age-Adjusted Rate	
	Response:			Yes				
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
<b>Screening</b>								
AIDS/HIV Screening (Ages 18-64)								
Yes	8.2%	( 6.0% - 11.0% )	16,659	73	877	3	8.3%	( 6.2% - 11.2% )
No	5.4%	( 3.7% - 7.8% )	10,922	64	918	3	5.9%	( 3.8% - 8.9% )
<b>Diagnoses</b>								
<b>Arthritis</b>								
Arthritis								
Yes	8.5%	( 5.8% - 12.3% )	9,720	50	680	3	7.7%	( 4.7% - 12.3% )
No	5.7%	( 4.3% - 7.4% )	20,728	107	1,594	3	5.4%	( 4.1% - 6.9% )
<b>Asthma</b>								
Asthma Diagnosis								
Yes	8%	( 5% - 13% )	5,658	22	333	3	7%	( 4% - 12% )
No	6.0%	( 4.7% - 7.6% )	25,011	137	1,984	3	5.8%	( 4.6% - 7.4% )
Current Asthma								
Yes	7%	( 4% - 13% )	3,062	15	211	3	7%	( 4% - 12% )
No	7%	( 2% - 21% )	1,704	6	105	3	6%	( 2% - 18% )
<b>Cardiovascular and Cerebrovascular Disease</b>								
Cardiovascular Disease								
Yes	2%	( 1% - 8% )	463	3	137	3	1%	( 0% - 5% )
No	6.5%	( 5.2% - 8.1% )	29,942	155	2,162	3	6.4%	( 5.1% - 8.0% )
Heart Attack (Myocardial Infarction)								
Yes	4%	( 1% - 12% )	643	4	96	3	2%	( 1% - 6% )
No	6.3%	( 5.1% - 7.9% )	29,942	155	2,217	3	6.2%	( 4.9% - 7.7% )

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Screening Question: Heavy drinkers (adult men having more than two drinks per day and adult women having more than one drink per day)

Population at Risk (See Appendix)	Response:		Observed Rate				Age-Adjusted Rate		
	%		95% CI	Individuals	n	N #	%	95% CI	
<b>Coronary Heart Disease (Angina)</b>									
Yes	2%	(	0% - 14%)	287	1	86	3	1%	( 0% - 8% )
No	6.4%	(	5.1% - 8.0%)	30,212	157	2,221	3	6.3%	( 5.0% - 7.8% )
<b>Stroke</b>									
Yes	3%	(	1% - 9%)	285	3	70	3	1%	( 0% - 3% )
No	6.3%	(	5.1% - 7.9%)	30,287	156	2,246	3	6.1%	( 4.9% - 7.6% )
<b>Diabetes</b>									
<b>Nongestational Diabetes</b>									
Yes	2%	(	1% - 6%)	554	5	172	3	1%	( 0% - 3% )
No	6.5%	(	5.2% - 8.1%)	29,931	154	2,146	3	6.3%	( 5.0% - 7.9% )
<b>Pre-Diabetes</b>									
Yes	4%	(	1% - 14%)	1,644	8	215	3	3%	( 1% - 8% )
No	6.7%	(	5.4% - 8.4%)	28,255	146	1,929	3	6.7%	( 5.3% - 8.4% )
<b>Risk Factors</b>									
<b>Alcohol</b>									
<b>Binge Drinking</b>									
Yes	28%	(	22% - 35%)	24,125	120	373		31%	( 23% - 39% )
No	1.4%	(	0.9% - 2.3%)	5,718	33	1,931	3	1.4%	( 0.9% - 2.3% )
<b>Heavy Drinking</b>									
Yes	100%	(	0% - 0%)	30,547	159	159		100%	( 0% - 0% )
No	0.0%	(	0.0% - 0.0%)	0	0	2,165		0.0%	( 0.0% - 0.0% )

Risk Factors

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Population at Risk (See Appendix)	Response:		Heavy drinkers (adult men having more than two drinks per day and adult women having more than one drink per day)				Age-Adjusted Rate	
	%	95% CI	Observed Rate		Yes		%	95% CI
			Individuals	n	N	#		
<b>Hypercholesterolemia</b>								
High Cholesterol								
Yes	7.5%	( 5.0% - 11.1% )	9,258	48	732	3	8.5%	( 5.0% - 13.9% )
No	6.1%	( 4.4% - 8.3% )	13,722	74	1,048	3	5.7%	( 4.1% - 7.9% )
<b>Hypertension</b>								
High Blood Pressure								
Yes	6.5%	( 4.5% - 9.4% )	8,441	51	747	3	9.1%	( 5.1% - 15.8% )
No	6.2%	( 4.7% - 8.0% )	22,106	108	1,560	3	6.5%	( 4.9% - 8.6% )
<b>Nutrition</b>								
Fruit and Vegetable Index								
<1 Per Day or Never	3%	( 1% - 9% )	917	5	139	3	2%	( 1% - 7% )
1 to <3 Times Per Day	7.5%	( 5.2% - 10.5% )	12,165	65	788	3	7.4%	( 5.1% - 10.6% )
3 to <5 Times Per Day	6.5%	( 4.4% - 9.5% )	11,133	51	806	3	6.2%	( 4.2% - 9.1% )
5 Or More Times Per Day	5.6%	( 3.7% - 8.5% )	6,299	37	530	3	6.0%	( 4.0% - 9.0% )
<b>Physical Activity</b>								
Physical Activity Recommendations (2008)								
Active	6.4%	( 4.9% - 8.3% )	21,669	105	1,499	3	6.1%	( 4.7% - 7.9% )
Insufficient	5%	( 3% - 7% )	3,866	28	408	3	5%	( 3% - 8% )
Inactive	11%	( 6% - 20% )	4,363	19	228	3	11%	( 6% - 20% )
Leisure Time Exercise								
Yes	6.4%	( 4.9% - 8.2% )	24,371	119	1,778	3	6.2%	( 4.8% - 7.9% )
No	5.6%	( 3.7% - 8.4% )	6,097	39	538	3	5.1%	( 3.3% - 7.9% )

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Screening Question: Heavy drinkers (adult men having more than two drinks per day and adult women having more than one drink per day)

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate		
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI	
<b>Sexual Violence/Intimate Partner Violence</b>									
Parents Physically hurt by Spouse/Partner									
Yes	9%	( 6% - 14% )	7,647	37	421	3	8%	( 5% - 13% )	
No	5.9%	( 4.5% - 7.6% )	20,946	109	1,689	3	5.8%	( 4.5% - 7.6% )	
Unwanted Sexual Activity									
Yes	10%	( 6% - 18% )	6,085	21	331	3	9%	( 5% - 15% )	
No	6.0%	( 4.7% - 7.6% )	22,738	129	1,782	3	5.9%	( 4.6% - 7.5% )	
Ever Hurt or Threatened by Intimate Partner									
Yes	10%	( 6% - 15% )	9,400	48	491	3	10%	( 6% - 15% )	
No	5.6%	( 4.3% - 7.3% )	19,551	100	1,629	3	5.5%	( 4.2% - 7.2% )	
Past 5 Years Feared for Safety or Physically Hurt by Intimate Partner									
Yes	7%	( 3% - 15% )	1,716	13	115	3	7%	( 3% - 14% )	
No	6.5%	( 5.1% - 8.2% )	27,067	134	2,008	3	6.4%	( 5.0% - 8.1% )	
<b>Tobacco Use</b>									
Cigarette Smoking Status									
Current Smoker	10%	( 7% - 14% )	9,817	55	485	3	11%	( 7% - 17% )	
Former Smoker	8.3%	( 5.8% - 11.8% )	11,568	61	724	3	8.0%	( 5.5% - 11.5% )	
Never Smoked	3.6%	( 2.3% - 5.6% )	9,062	43	1,097	3	3.6%	( 2.4% - 5.5% )	
Smokeless Tobacco Status									
Current User	10%	( 5% - 19% )	2,118	12	106	3	12%	( 5% - 24% )	
Former User	7%	( 5% - 12% )	5,986	41	359	3	7%	( 5% - 11% )	
Never Used	6.2%	( 4.7% - 8.1% )	21,672	102	1,711	3	6.1%	( 4.6% - 8.0% )	

Risk Factors

# Alcohol Use – Heavy Drinking (continued)

Heavy drinkers, Adults (18 years of age and older), Alaska BRFSS, 2009:  
Standard (2009) Survey Instrument

Healthy Alaskans 2010 Objective: 4.5: Reduce chronic drinking among adults (percent of persons aged 18 years or older who drank an average of 60 or more alcohol drinks in the past month) to 4%.

Population at Risk (See Appendix)	Response:		Heavy drinkers (adult men having more than two drinks per day and adult women having more than one drink per day)				Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	Yes n	N	#	%	95% CI
<b>Weight Status</b>								
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Normal (BMI <25)	5.0%	( 3.3% - 7.3% )	8,693	52	765	3	5.1%	( 3.6% - 7.3% )
Overweight (BMI 25 to 30)	6.1%	( 4.3% - 8.5% )	10,759	59	832	3	5.9%	( 4.0% - 8.5% )
Obese (BMI ≥30)	9.0%	( 6.1% - 13.2% )	10,947	47	651	3	8.8%	( 5.7% - 13.4% )
Obese I (BMI 30 TO < 35)	9%	( 6% - 14% )	6,994	35	420	3	9%	( 5% - 16% )
Obese II & III (BMI ≥35)	9%	( 4% - 19% )	3,929	12	231	3	8%	( 4% - 17% )