



Transforming
SOUTHERN ILLINOIS
Into a Region that
Supports & Enhances
HEALTHY
LIVING

ALCOHOL MISUSE GLOSSARY, FACTS & RESOURCES

Alcohol Misuse Glossary

Alcohol-impaired driving fatality: A fatality in a crash involving a driver or motorcycle rider (operator) with a blood alcohol concentration (BAC) of 0.08 g/dL or more (*A BAC of 0.08 percent corresponds to 0.08 grams per deciliter or 0.08 grams per 100 milliliters).

Alcohol misuse: Drinking in a manner, situation, amount, or frequency that could cause harm to users or to those around them. For individuals younger than the legal drinking age of 21, or for pregnant females, any alcohol use constitutes alcohol misuse.

Alcohol use disorder (AUD): A chronic brain disorder marked by compulsive drinking, loss of control over alcohol use, and negative emotions when not drinking. AUD can be mild, moderate, or severe. Recovery is possible regardless of severity.

Binge drinking:

- The National Institute on Alcohol Abuse and Alcoholism (NIAAA) defines binge drinking as a pattern of drinking that brings BAC levels to 0.08 g/dL or higher. This typically occurs after a woman consumes 4 drinks or a man consumes 5 drinks—in about 2 hours.
- The Substance Abuse and Mental Health Services Administration (SAMHSA), which conducts the annual National Survey on Drug Use and Health (NSDUH), defines binge drinking as consuming 5 or more alcoholic drinks for males or 4 or more alcoholic drinks for females on the same occasion (i.e., at the same time or within a couple of hours of each other) on at least 1 day in the past month.

Disability-adjusted life-years: A measure of years of life lost or lived in less than full health.

Heavy alcohol use (or heavy drinking): SAMHSA defines heavy alcohol use as binge drinking on 5 or more days in the past month.

Patterns of drinking associated with AUD: Binge drinking and heavy alcohol use can increase an individual's risk of AUD. The U.S. Dietary Guidelines recommend that if alcohol is consumed, it should be in moderation, defined as up to 1 drink per day for women and up to 2 drinks per day for men, and only by adults of legal drinking age. Some individuals should avoid alcohol completely.

Underage drinking: Alcohol use by anyone under the age of 21. In the United States, the legal drinking age is 21.

HEALTHY SOUTHERN ILLINOIS DELTA NETWORK

Alcohol Misuse Facts

Prevalence of Drinking: According to the 2019 NSDUH, 85.6 percent of people ages 18 and older reported that they drank alcohol at some point in their lifetime, 69.5 percent reported that they drank in the past year, and 54.9 percent (59.1 percent of men in this age group and 51.0 percent of women in this age group) reported that they drank in the past month.

Prevalence of Binge Drinking and Heavy Alcohol Use: In 2019, 25.8 percent of people aged 18 and older (29.7 percent of men in this age group and 22.2 percent of women in this age group) reported that they engaged in binge drinking in the past month, and 6.3 percent (8.3 percent of men in this age group and 4.5 percent of women in this age group) reported that they engaged in heavy alcohol use in the past month.

Emerging Trend—High-Intensity Drinking: High-intensity drinking is defined as consuming alcohol at levels that are two or more times the gender-specific binge drinking thresholds. Compared with people who did not binge drink, people who drank alcohol at twice the gender-specific binge drinking thresholds were 70 times more likely to have an alcohol-related emergency department (ED) visit, and those who consumed alcohol at 3 times the gender-specific binge thresholds were 93 times more likely to have an alcohol-related ED visit.

Alcohol Misuse Resources

Recovery Support Groups in Southern Illinois

<https://www.hsidn.org/s/Recovery-Support-Groups-October-2020.pdf>



Substance Misuse Resource Guide 12/21 Edition

<https://www.hsidn.org/s/Substance-Misuse-Resource-Guide-December-2021-Edition-g6tn.pdf>



Illinois Helpline

<https://helplineil.org/app/home>



Healthy Southern Illinois Delta Network

<https://www.hsidn.org/>

