

AWARENESS REGARDING EXCESSIVE ALCOHOL USE

in Specific Populations

Excessive alcohol use remains a leading cause of preventable illness and death in the United States with rising rates of harm, particularly among women and underserved populations. Awareness, along with access to prevention and treatment for excessive alcohol use can help support healthier individuals, families, and communities.



There are 488 deaths each day from excessive alcohol use...that's about 20 people every hour.



From 2016 to 2021, women's alcohol-related deaths increased by 34.7%.



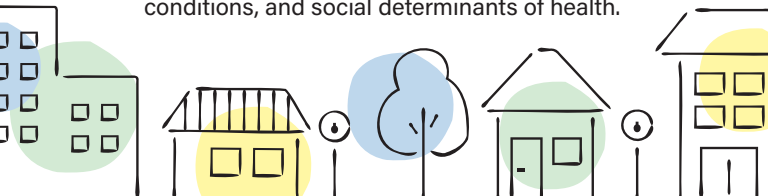
American Indian and Alaska Native populations experience the highest rates of alcohol-attributable deaths per capita in the U.S.



White non-Hispanic Americans tend to report the highest rates of current alcohol use, with about 52.3% of people aged 12 or older reporting past-month alcohol consumption.



Black or African American non-Hispanic adults may face disproportionate harm from alcohol, such as higher rates of alcohol-related liver disease, likely due to differences in healthcare access, comorbid conditions, and social determinants of health.





Factors contributing to rising alcohol-related deaths in rural areas include lack of services, cultural norms, and stigma. Barriers also include privacy concerns, transportation, and provider shortages.



Binge alcohol use by youths aged 12 to 20 (in the past month) is higher in rural areas than urban areas.

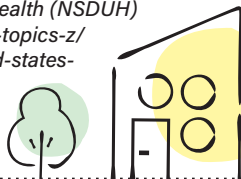


SAMHSA TREATMENT FINDER


Scan the QR code or visit
findtreatment.gov to locate local
treatment providers.

REFERENCES/RESOURCES

- SAMHSA, *Results from the 2024 National Survey on Drug Use and Health: Detailed Tables* (samhsa.gov/data/data-we-collect/nsduh-national-survey-drug-use-and-health/national-releases/2024)
- Davis & O'Neill, *Treatment of Alcohol Use Problems Among Rural Populations: A Review of Barriers and Considerations for Increasing Access to Quality Care*, 2022 (pmc.ncbi.nlm.nih.gov/articles/PMC9702879/)
- NIH, *2024, National Survey on Drug Use and Health (NSDUH)* (niaaa.nih.gov/alcohols-effects-health/alcohol-topics-z/alcohol-facts-and-statistics/alcohol-use-united-states-age-groups-and-demographic-characteristics)
- CDC, *Deaths from Excessive Alcohol Use — United States, 2016–2021* (cdc.gov/alcohol/)



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