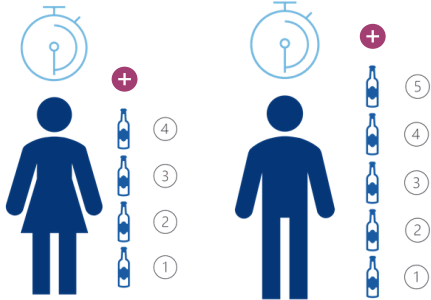


ALCOHOL USE IN TEXAS ADULTS

Definitions

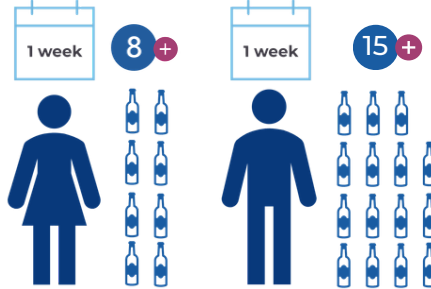
What is binge drinking?

Consuming 4+ drinks on an occasion for a woman, 5+ drinks on occasion for a man.

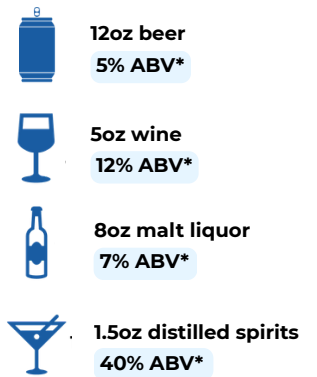


What is heavy drinking?

Consuming 8+ drinks per week for a woman, 15+ drinks per week for a man.



What counts as one drink?



*ABV stands for Alcohol by Volume.

Adult Drinking Patterns



Approximately **1 in 6** Texas adults report binge drinking.

Among them:

- **1 in 4** consume 9+ drinks per binge drinking occasion
- **1 in 4** binge drink 5+ times in a month



Drinking and Driving



Bexar, Dallas, and Harris counties have the highest alcohol related crash fatality rates

Statewide alcohol related crashes and fatalities significantly increased between

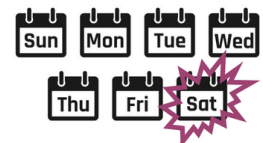
2019



12am to 6am see the highest alcohol-related crash and fatality rates...



...especially on **Saturday nights**.



What You Can Do



Limit alcohol intake and don't drive when drinking



Use CDC's [Check Your Drinking Tool](#) to reduce your risk of alcohol-related harms