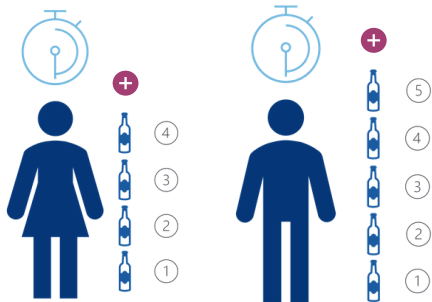


ALCOHOL USE IN OLDER TEXAS ADULTS

Definitions

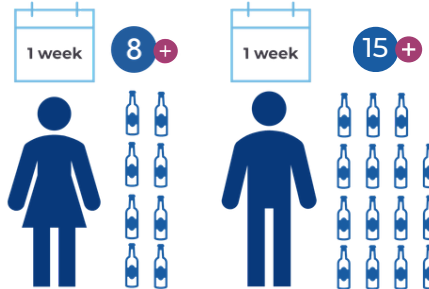
What is binge drinking?

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

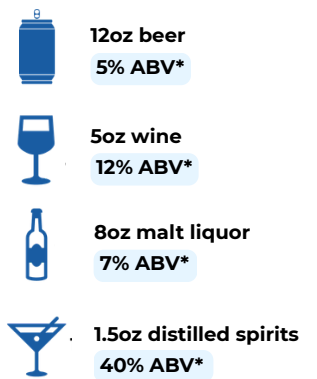


What is heavy drinking?

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.

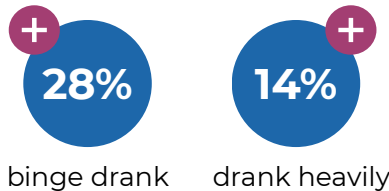
Older Adult Drinking Patterns

55-64 years olds

1 in 2 consumed alcohol within the past 30 days



Among them:

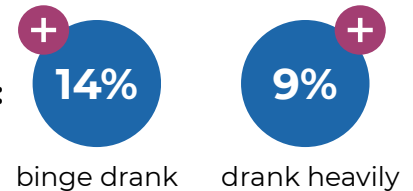


65+ years olds

2 in 5 consumed alcohol within the past 30 days



Among them:



Drinking and Health

Nationally, most alcohol-related deaths (two-thirds) are from **chronic diseases**, not just unintended injuries.

Liver disease



21% of deaths

Cardiovascular issues



19% of deaths

Cancer



13% of deaths

What You Can Do



Limit alcohol intake



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

Sources
NCCDP, CDC 2023
BRFSS, 2023
NHTSA, FARS 2019-2023

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