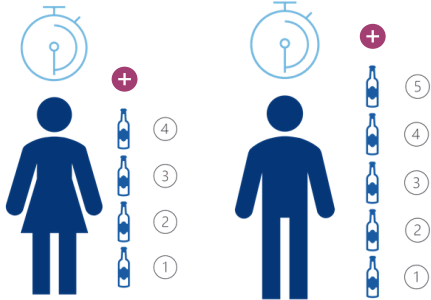


ALCOHOL USE IN TEXAS

Definitions

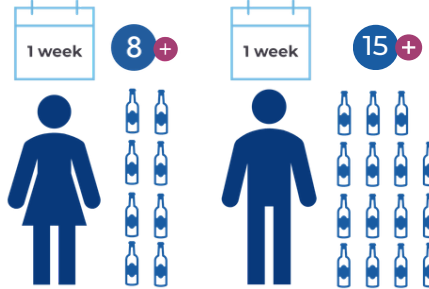
What is binge drinking?

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

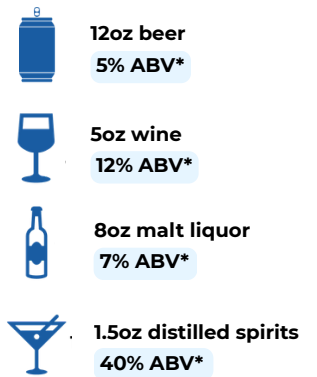


What is heavy drinking?

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



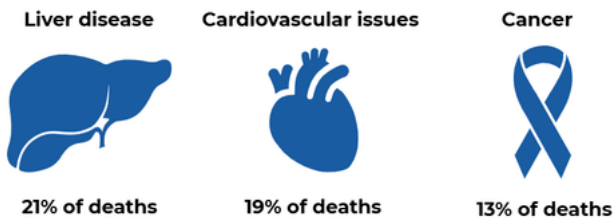
What counts as one drink?



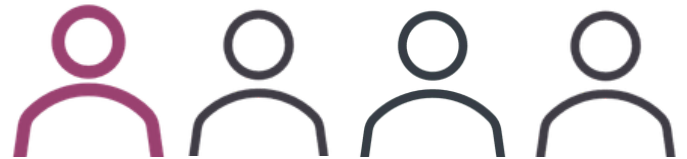
*ABV stands for Alcohol by Volume.

Drinking and Health

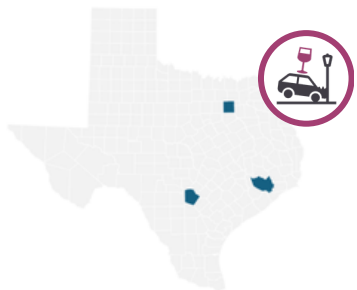
Nationally, most alcohol-related deaths (two-thirds) are from **chronic diseases**, not just unintended injuries.



1 in 4 adults diagnosed with depressive disorder reported binge drinking in the past 30 days.



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** and **2023**

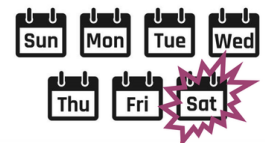


2023

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



Support public health policies to limit access to alcohol



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