

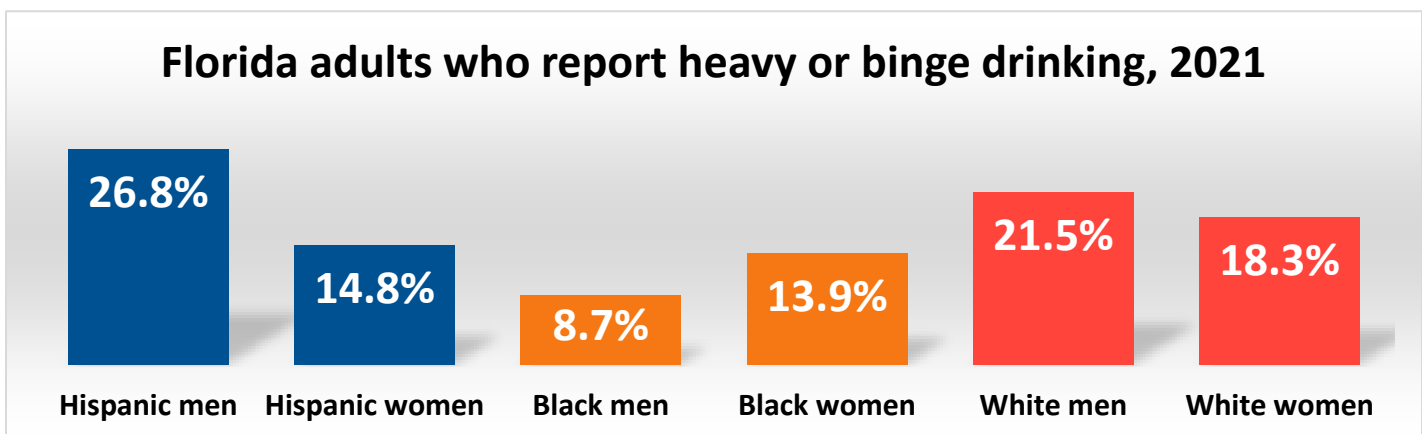
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## Heavy Alcohol Use among Florida Adults, 2021

The Behavioral Risk Factor Surveillance System (BRFSS) is conducted across Florida each year to obtain estimates of the prevalence of behaviors that may contribute to morbidity or mortality. The most recent BRFSS data are from 2021 and document the number of Florida adults who engage in heavy or binge drinking. Typically, binge drinking is defined as 5 or more drinks for men and 4 or more drinks for women in one sitting. The chart below shows the data by race/ethnicity and gender.

As seen in the chart below, 8.7% of African American/Black men reported heavy/binge drinking, which was the lowest among all race/ethnicities and genders. Percentages were much higher for Hispanic (26.8%) and white (21.5%) men. A similar pattern emerged among women. A total of 13.9% of African American/Black women reported heavy/binge drinking. This was slightly lower than Hispanic (14.8%) and white (18.3%) women. Data also showed that heavy/binge drinking is more prevalent among adults 18-44. Overall, 18.2% of Floridians reported heavy/binge drinking, which is similar to previous years and does not appear to be an increasing trend. The most recent data from Broward County, collected in 2019, indicated that 16.7% of adults report heavy/binge drinking. In 2021, alcohol was the cause of death for nearly 1,500 Floridians, according to the Florida Medical Examiners Commission.

According to the CDC, binge drinking is more common among younger adults and men. Heavy alcohol use and binge drinking are associated with many health problems. These can include liver disease, stroke, and heart disease, as well as sexually transmitted infections and unintended pregnancy. In addition, binge drinking is associated with physical and sexual violence, unintentional injuries, and motor vehicle crashes.



Sources: Florida Department of Health Community Health Assessment Resource Tool Set, <https://www.flhealthcharts.gov/charts/default.aspx>; Centers for Disease Control and Prevention, <https://www.cdc.gov/alcohol/fact-sheets/binge-drinking.htm>. Florida Medical Examiners Commission, <https://www.fdle.state.fl.us/MEC/Publications-and-Forms>.

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