



South Southwest (HHS Region 6)

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Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Women and Alcohol: Drinking to Cope

South Southwest Data Brief

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Acknowledgement

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At the time of this publication, Miriam E. Delphin-Rittmon, Ph.D, served as Assistant Secretary for Mental Health and Substance Use in the U.S. Department of Health and Human Services and the Administrator of the Substance Abuse and Mental Health Services Administration.

The opinions expressed herein are the view of PTTC Network and do not reflect the official position of the Department of Health and Human Services (DHHS), SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this document is intended or should be inferred.

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Learning Objectives

- » Examine the trends and contributing factors for women and alcohol, both nationally and within the South Southwest.
- » Identify one way the data trends can be applied to assist organizations with prevention planning.

Our Roadmap Today

- ✓ Introductions
- ✓ The background
- ✓ Emerging trends
- ✓ Health consequences
- ✓ Epidemiology of alcohol death rates
- ✓ Practical solutions for prevention professionals
- ✓ Q&A
- ✓ Evaluation



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Drinking to Cope in a Pandemic World

- » Alcohol availability increased
- » Biological and environmental factors contributed to a public health crisis for women



Emerging Trends During the Pandemic

- ↑ 54% increase in alcohol sales
- ↑ 262% increase in online alcohol sales



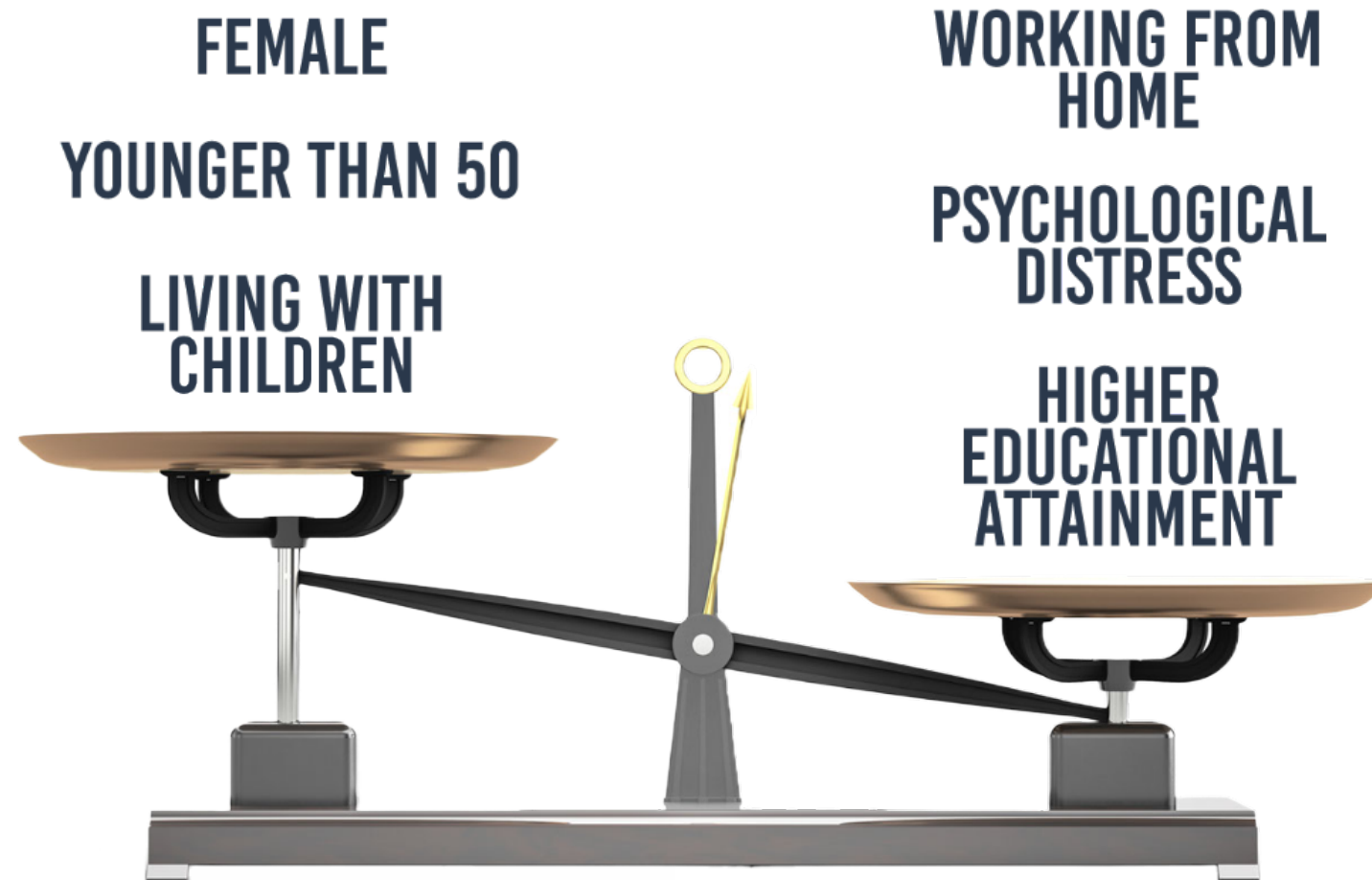
Emerging Trends for Women

Women
had a
41% increase
in heavy drinking
episodes

- ↑ 39% increase alcohol-related problems for women
- ↑ 27% increase in alcohol-induced deaths for women from 2019 to 2020

↑ 41% increase in heavy drinking episodes for women from 2019 to 2020

Contributing Factors and Characteristics of High Alcohol Consumption During the Pandemic



Work Family Conflict

Drinking to Cope

- » Negative work climate
- » Balancing childcare
- » Working from home



Gender Convergence/ Health Consequences

- » Women's alcohol consumption approaching men's
- » Women metabolize alcohol more slowly than men
- » Women's risk of certain health consequences is higher than men's

**WOMEN ARE MORE AT RISK
THAN MEN FROM EXCESSIVE DRINKING FOR:**



**COGNITIVE
DECLINE**



**BREAST
CANCER**



**HEART
CONDITIONS**

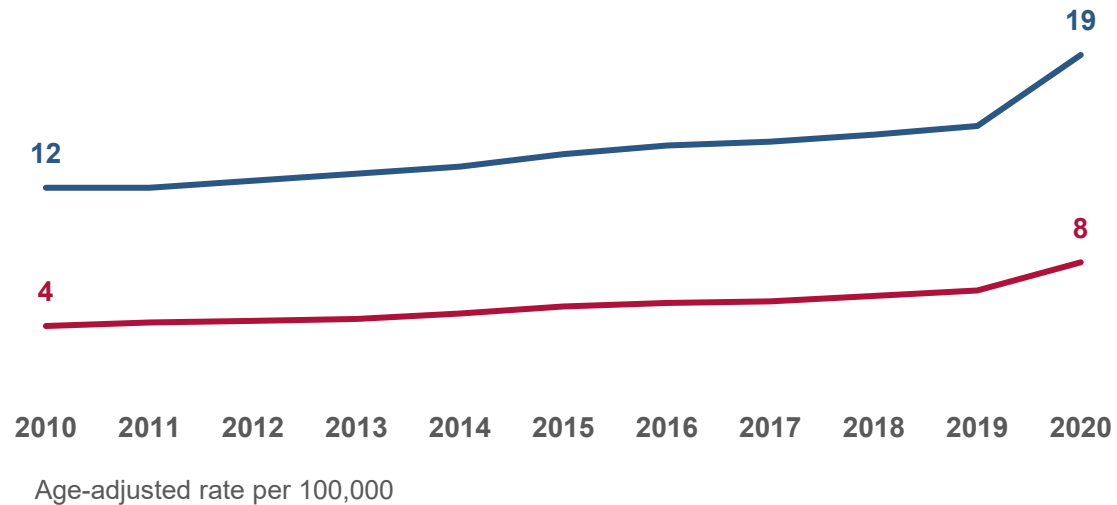


**CIRRHOSIS/
LIVER CONDITONS**

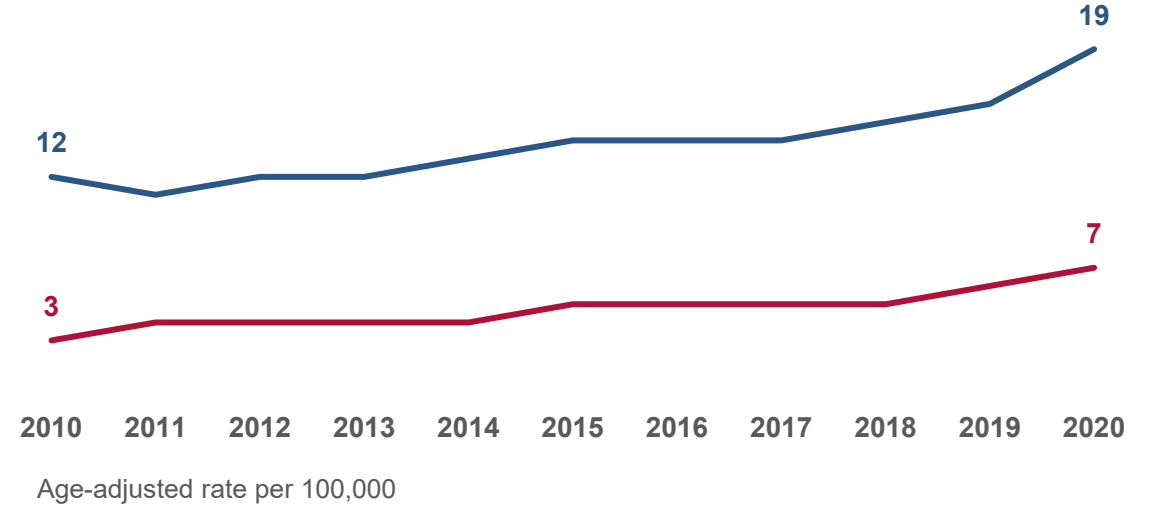
Epidemiology of Alcohol Death Rates

National and Regional Rates

Alcohol-induced deaths in the **U.S.** increased **58% for males** and **100% for females** from 2010 to 2020

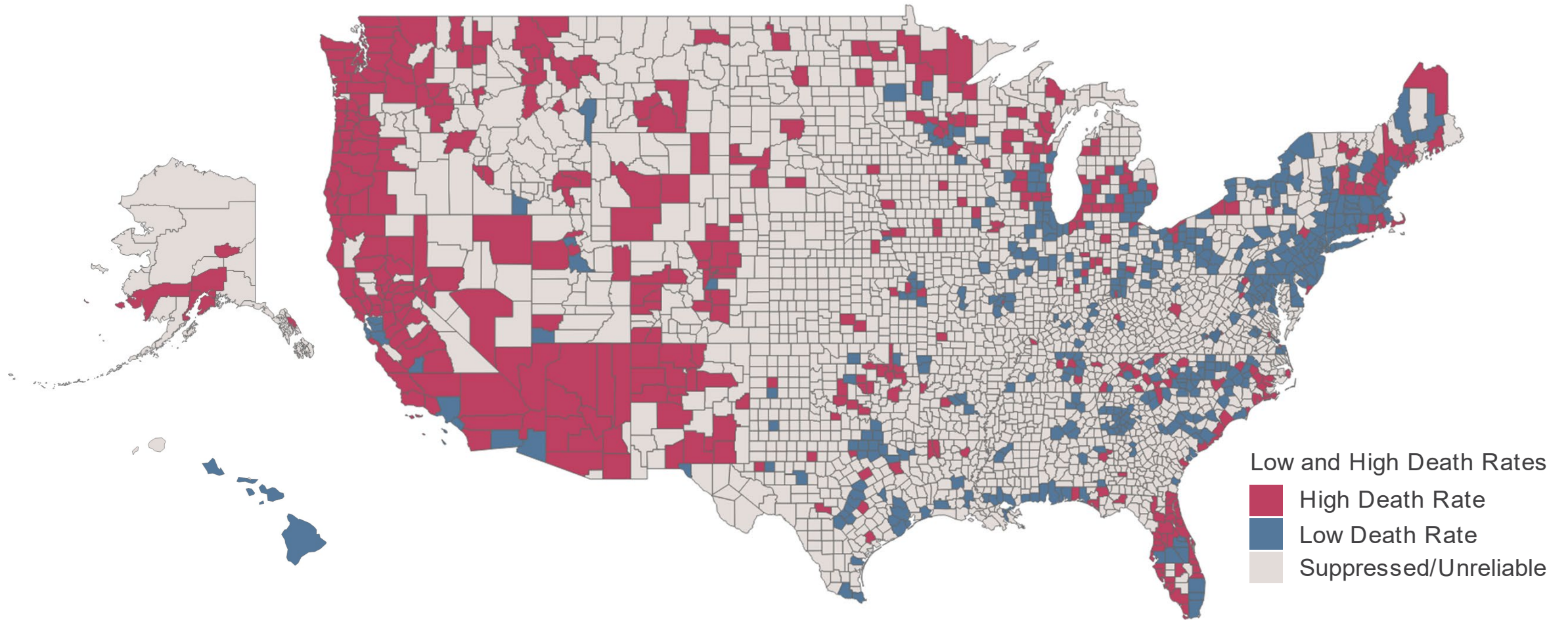


Alcohol-induced deaths in the **SSW** increased **58% for males** and **133% for females** from 2010 to 2020



National Trends

Alcohol death rates for women by county, 2010 to 2020 per 100,000



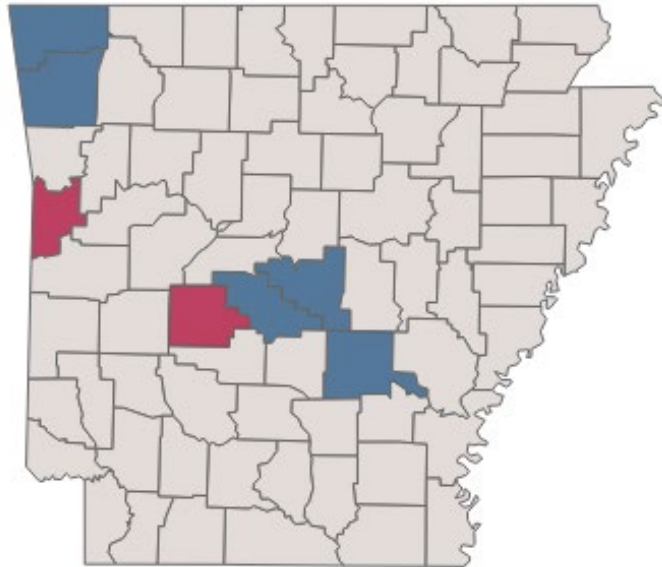
SSW Regional Trends

County/Parish High-Death Rates for Alcohol in Females, 2010-2020 (per 100,000)

Arkansas

↑ 145% increase for female alcohol-related deaths, 2010-2020

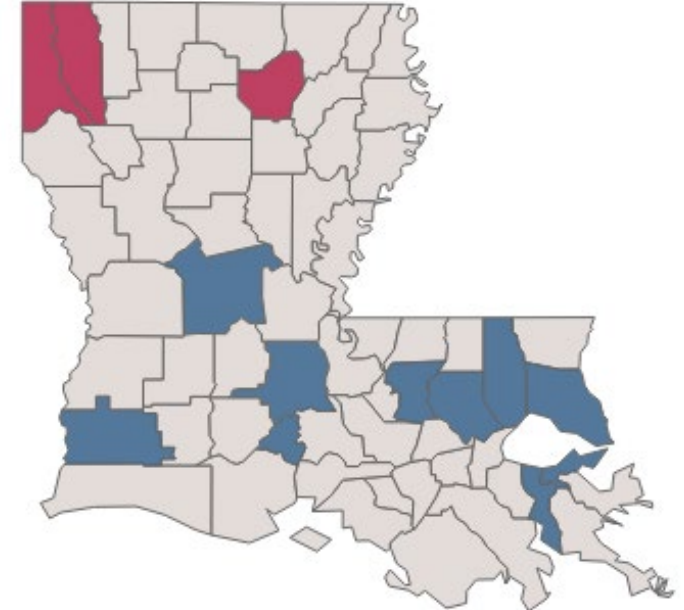
High-Death
Rate Counties
Sebastian
Garland



Louisiana

↑ 104% increase for female alcohol-related deaths, 2010-2020

High-Death
Rate Parishes
Bossier
Caddo
Ouachita



Low and High Death Rates

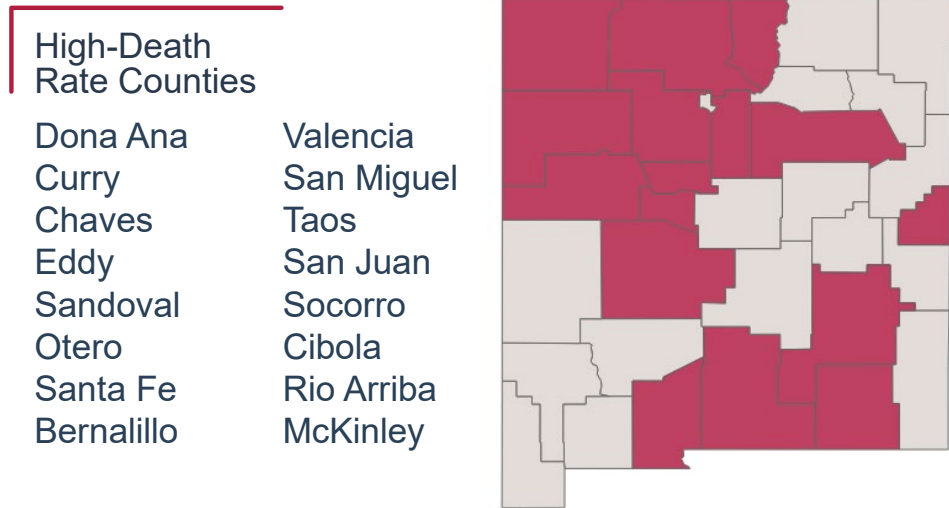
- High Death Rate
- Low Death Rate
- Suppressed/Unreliable

SSW Regional Trends

County/Parish High-Death Rates for Alcohol in Females, 2010-2020 (per 100,000)

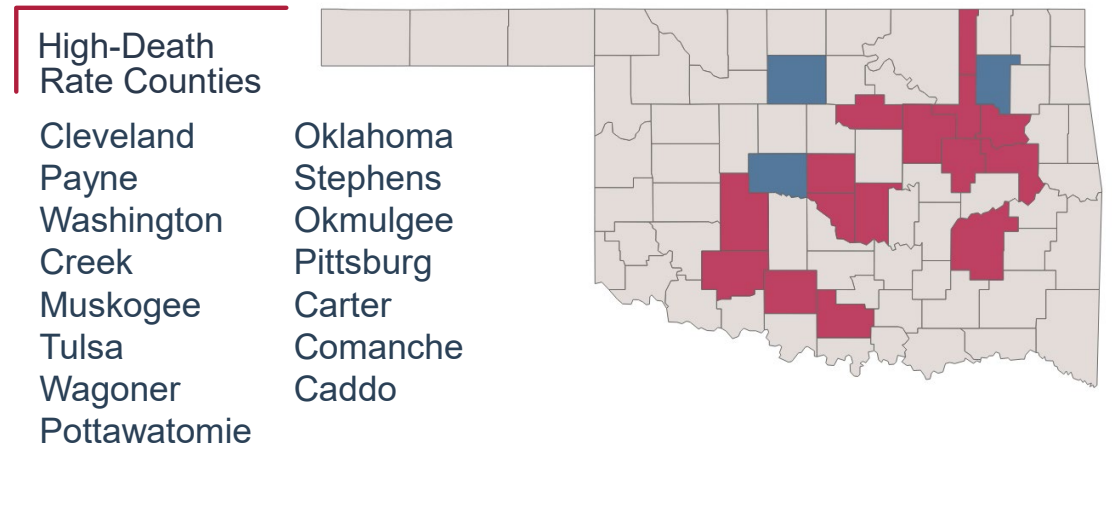
New Mexico

↑ 222% increase for female alcohol-related deaths, 2010-2020.



Oklahoma

↑ 53% increase for female alcohol-related deaths, 2010-2020.



Low and High Death Rates

- High Death Rate
- Low Death Rate
- Suppressed/Unreliable

SSW Regional Trends

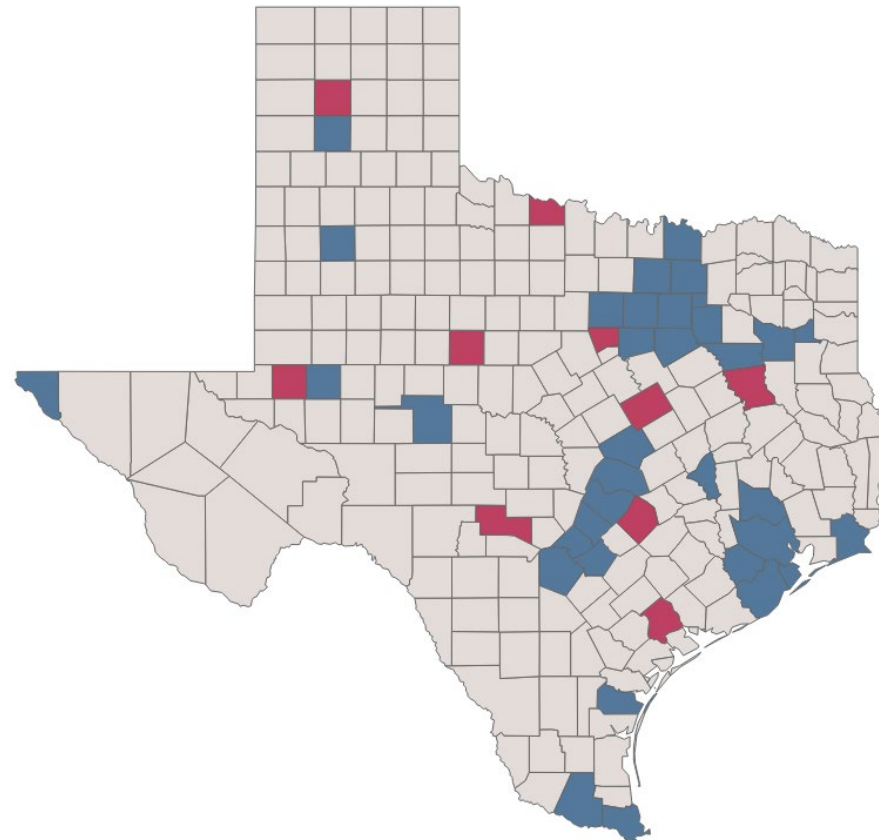
County/Parish High-Death Rates for Alcohol in Females, 2010-2020 (per 100,000)

Texas

↑ 115% increase for female alcohol-related deaths, 2010-2020.

High-Death
Rate Counties

- Victoria
- McLennan
- Hood
- Ector
- Bastrop
- Kerr
- Anderson
- Taylor
- Wichita
- Potter

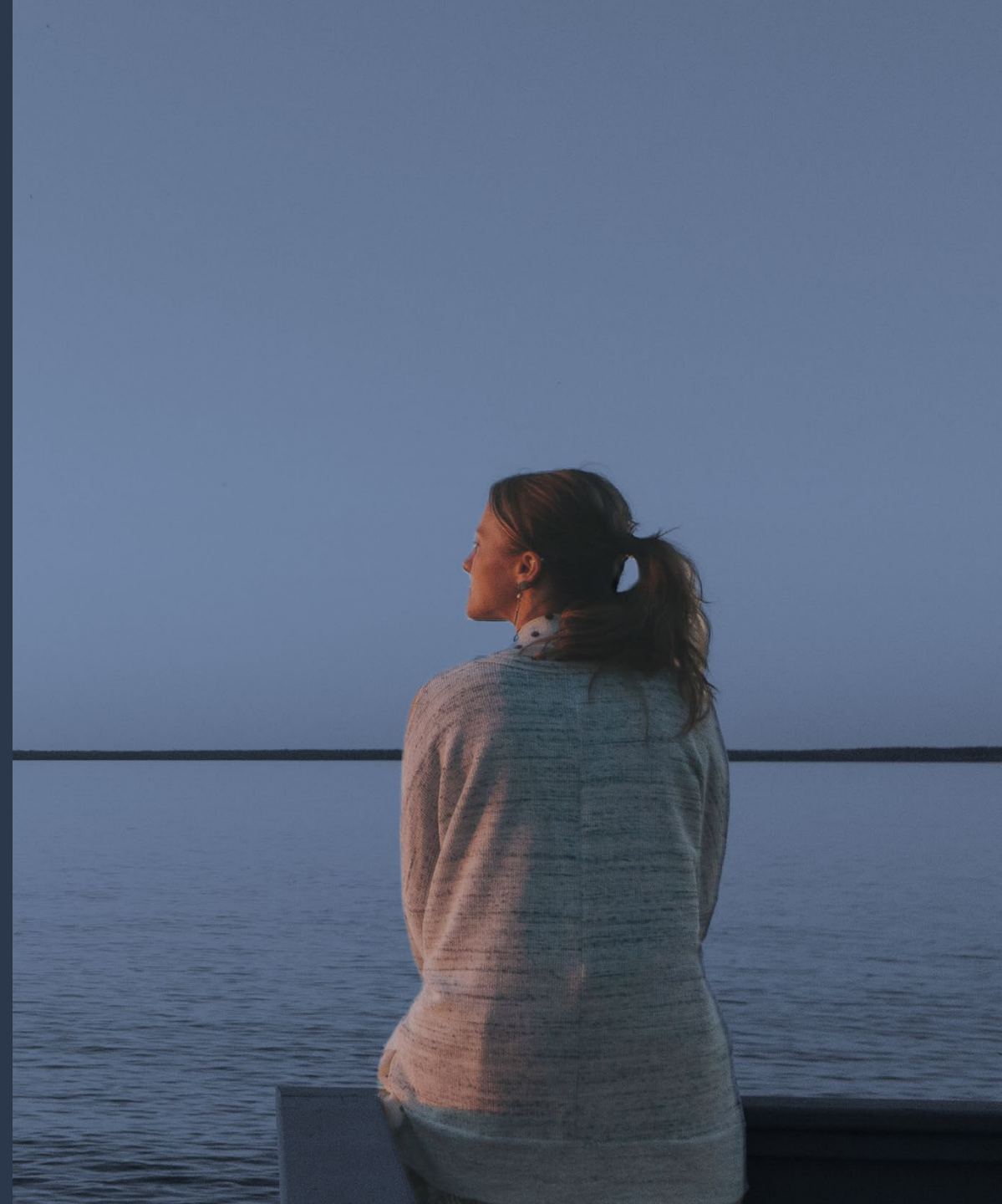


Low and High Death Rates

- High Death Rate
- Low Death Rate
- Suppressed/Unreliable

Implications

- » Increase in female alcohol consumption during the pandemic
- » 133% increase of female alcohol deaths in the SSW, 2010 - 2020
- » Burgeoning public health crisis for women



Prevention Policy and Using the SPF

- » Evidence-based alcohol policies
- » Addressing women and alcohol trends using the Strategic Prevention Framework (SPF)



Intervention and Research

- » Alcohol prevention interventions in women's health services
- » Workplace alcohol prevention programs
- » Normalize seeking help
- » Advocate for treatment research for women



wrapping up





Let's hear from you!
What are your questions?



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For further questions, contact:

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Resources

National Institute on Alcohol and Alcoholism- Women and Alcohol

<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/women-and-alcohol>

Mass General Brigham-Understanding the Effects of Alcohol on Women

<https://youtu.be/tJfBoiMRrMw>

SAMHSA-Alcohol Use Among Girls and Young Women: A Worrying Trend

https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/PEP22-03-10-010.pdf



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