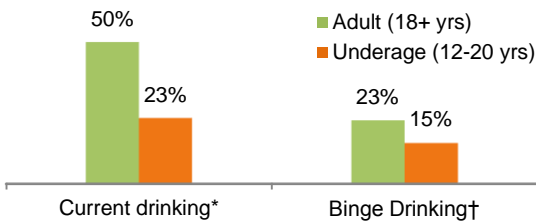


Medical Director's Brief

Excessive Drinking and Consequences

Excessive Drinking

Prevalence of drinking by age in Los Angeles County (LAC), 2010-2012¹



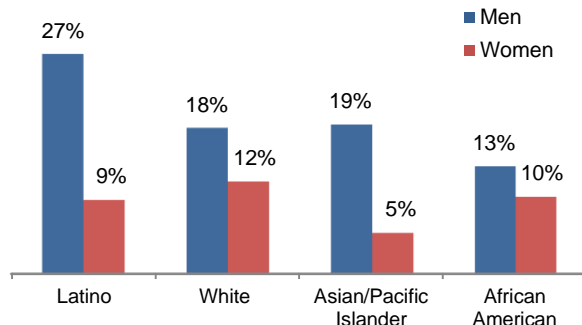
*At least 1 drink in the past 30 days

†4 or more for drinks for women, and 5 or more drinks for men on the same occasion on at least 1 day in the past month. No gender distinction for underage drinking.

Over 1 in 3 young adults binge drink¹
(Ages 18-25)



Prevalence of binge drinking among adults by gender and race/ethnicity in LAC, 2011²



Economic Costs

Alcohol-related tangible costs in LAC, 2014³

Cost Category	Annual Cost
Healthcare	\$976.7 million
Lost Productivity*	\$7.7 billion
Other†	\$1.6 billion
Total	\$10.3 billion

*e.g. Reduced productivity at work, work absenteeism, lost productivity due to death

†Criminal justice system costs, motor vehicle crashes, property damage

Driving Under the Influence

Alcohol-involved motor vehicle outcomes in LAC, 2012

Outcome	LAC N (%)	CA N (%)
Fatalities from alcohol-involved collisions ⁴	235 (36.4)*	1,066 (38.7)*
Injuries from alcohol-involved collisions ⁴	6,207 (8.6)**	16,615 (10.4)**
DUI Arrests ⁵	39,741 (0.7)†	172,893 (0.7)†

*Percent of all fatal motor vehicle collisions.

**Percent of all injuries from motor vehicle collisions

†DUI arrests per 100 licensed drivers

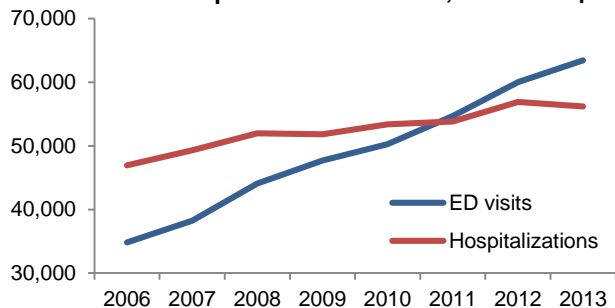


Over 1 in 3 fatal collisions involve alcohol⁵

Health Outcomes

Alcohol is the 2nd leading cause of premature death and disability in LAC⁶, is associated with more than 54 acute and chronic health conditions⁷, and causes over 1,000 deaths every year⁸.

Number* of alcohol-related emergency department (ED) visits⁹ and hospitalizations⁹ in LAC, 2006-2013†



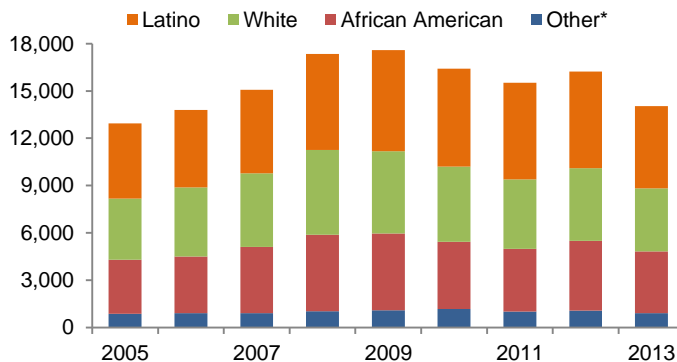
*Any alcohol-related diagnosis or external cause of injury

†From 2006-2013, ED visits significantly increased by 82%, and hospitalizations increased significantly by 20%

Treatment Admissions

Alcohol use disorders are treatable and preventable diseases.

Alcohol as primary drug of choice at admission by race/ethnicity¹⁰ in LAC, 2005-2013†



† About 15,000 individuals receive alcohol use disorder treatment from publicly funded treatment programs in LAC each year

* Includes Asians, Pacific Islanders, Native Americans, and Alaskan Natives

Excessive Drinking

Prevalence of drinking by age in Los Angeles County (LAC), 2010-2012¹

Adult Drinking:

- According to the National Surveys on Drug Use and Health 2010-2012 data, about half of all adults age 18 or older reported current drinking (drinking at least one alcoholic beverage in the past 30 days).

Adult Binge Drinking:

- 23% of adults reported binge drinking (drinking 4 or more drinks for women, and 5 or more drinks for men on the same occasion on at least one day in the past 30 days).
- Over 1 in 3 (34.4%) young adults (18-25 years) reported binge drinking in the past 30 days.

Underage Drinking:

- 23% of individuals under the legal drinking age (21 years reported drinking at least one alcoholic beverage in the past 30 days).

Underage Binge Drinking :

- 15% of individuals reported drinking 5 or more alcoholic beverages on at least one day in the past 30 days.

Prevalence of binge drinking among adults by gender and race/ethnicity in LAC, 2011²

- According to the Los Angeles County Health Survey 2011 data, Latino men (27%) had the greatest prevalence of binge drinking, and Asian/Pacific Islander women (5%) had the lowest prevalence of binge drinking.

Gender:

- Men engaged in more binge drinking than women across all race/ethnicity groups.

Race/Ethnicity:

- Among men, Latinos (27%) had the greatest prevalence of binge drinking, followed by Asian/Pacific Islanders (19%), whites (18%), and African Americans (13%).
- Among women, whites (12%) had the greatest prevalence of binge drinking, followed by African Americans (10%), Latinos (9%), and Asian/Pacific Islanders (5%).

Economic Costs

Alcohol-related tangible costs in LAC, 2014³

- According to Sacks et al (data extrapolated for LAC and adjusted for inflation to 2014 US dollars), the total tangible direct and indirect costs of excess alcohol consumption in LAC in 2014 was over \$10.3 billion.

Healthcare Costs:

- Healthcare costs for treatment of alcohol-attributable conditions were over \$976.7 million for LAC in 2014.

Lost Productivity Costs:

- Alcohol-related costs due to premature mortality, impaired productivity at work, home, and while institutionalized, work-related absenteeism, lost work days among crime victims and from incarceration, and reduced productivity related to fetal alcohol syndrome were over \$7.7 billion for LAC in 2014.

Other Costs:

- Alcohol-related costs due to criminal justice system property damage, motor vehicle crashes, fire damage, and fetal alcohol syndrome related special education were over \$1.6 billion in LAC in 2014.

Driving Under the Influence

Alcohol-involved motor vehicle outcomes in LAC, 2012⁴⁻⁵

Fatalities:

- According to California Highway Patrol data, in 2012, there were a total of 628 fatalities from motor vehicle collisions in LAC. Of these fatalities, 235 (37.4%) involved alcohol.
- In California, there were a total of 2995 fatalities from motor vehicle collisions. Of these fatalities, 1169 (39.0%) involved alcohol.

Injuries:

- In 2012, there were a total of 72,451 injuries from motor vehicle collisions in LAC. Of these injuries, 6207 (8.6%) involved alcohol.
- In California, there were a total of 226,544 injuries from motor vehicle collisions. Of these injuries, 23,905 (10.6%) involved alcohol.

DUI Arrests:

- According to California Department of Motor Vehicles, in 2012, there were 39,741 DUI arrests in LAC and 172,893 DUI arrests in California.
- The rate of DUI arrests were similar for LAC and California at 0.7 DUI arrests per 100 licensed drivers.

Health Outcomes

Number* of alcohol-related emergency department (ED) visits⁹ and hospitalizations⁹ in LAC, 2006-2013

ED visits:

- According to the Office of Statewide Health Planning and Development data, in LAC, the number of emergency department visits with any alcohol-related diagnosis or external cause of injury significantly ($p_{\text{trend}} < 0.01$) increased by 82% from 34,841 visits in 2006 to 63,424 visits in 2013.

Hospitalizations:

- The number of alcohol-related hospitalizations with any alcohol-related diagnosis or external cause of injury significantly ($p_{\text{trend}} < 0.01$) increased by 20% from 46,957 hospitalizations in 2006 to 56,191 hospitalizations in 2013.

Treatment Admission

Alcohol as primary drug of choice at admission by race/ethnicity¹⁰ in LAC, 2005-2013

- According to Los Angeles County Participant Reporting System data, during 2005-2013, about 15,000 individuals received treatment from publicly funded treatment centers in LAC each year.

Race/Ethnicity:

- Among these individuals, Latinos account for the greatest proportion, followed by whites, African Americans, and individuals of other race/ethnicities, including Asians, Pacific Islanders, Native Americans, and Alaskan Natives.

1. Substance Abuse and Mental Health Services Administration. Substate estimates of substance use and mental illness from the 2010-2012 National Surveys on Drug Use and Health: Results and Detailed Tables. <http://archive.samhsa.gov/data/NSDUH/substate2k12/toc.aspx>

2. Los Angeles County Health Survey 2011; Office of Health Assessment and Epidemiology, Los Angeles County Department of Public Health.

3. Sacks JJ, et al. State costs of excessive alcohol consumption, 2006. Am J Prev Med. 2013 Oct;45(4):474-85. Data extrapolated for Los Angeles County, adjusted for inflation to 2014 US dollars.

4. Alcohol involved collisions. California Highway Patrol. 2014.

<http://www.chp.ca.gov/swits/index.html#section5>

5. California Department of Motor Vehicles. Annual report of the California DUI management information system. Annual report to the legislature of the State of California. 2014.

6. Kominski GF, et al. Financial burdens and disability-adjusted life years in Los Angeles County. Handbook of Disease Burdens and Quality of Life Measures. 2010; 473-482.

7. Center for Disease Control and Prevention. Alcohol and Public Health: Alcohol-Related Disease Impact. Average for California 2006-2010: Alcohol-attributable deaths due to excessive alcohol use.

8. Multiple-cause-of-death data 2006-2012. National Center for Health Statistics. National Vital Statistics System. County of Los Angeles Department of Public Health. L.A. HealthDataNow!

<https://dqs.publichealth.lacounty.gov/query.aspx?d=1>

9. Emergency Department and Inpatient Discharge Data Set 2012. Office of Statewide Health Planning and Development. California Department of Public Health, EpiCenter: California Injury Data Online. <http://epicenter.cdph.ca.gov/ReportMenus/AlcoholDrugTable.aspx>

10. Los Angeles County Participant Reporting System 2013. Substance Abuse Prevention and Control, Los Angeles County Dept. of Public Health.