

Press Release

September 3, 2024

FOR IMMEDIATE RELEASE

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SAFE Glen Cove Coalition: 2023 National Survey on Drug Use and Health Shows Concerns for Alcohol Use in Young Adults

The U.S. Department of Health and Human Services' (HHS) Substance Abuse and Mental Health Services Administration (SAMHSA) released the results of its annual National Survey on Drug Use and Health (NSDUH), which shows how people living in America reported about their experience with mental health conditions, substance use, mental health and pursuit of treatment in 2023. The report includes selected estimates by race, ethnicity, and age group. The 2023 sample size was 67,679 and used varied collection methods in gathering data from respondents who are noninstitutionalized and age 12 or older.

In terms of alcohol use in the past month, 2023 NSDUH asked respondents aged 12 or older about their alcohol use in the 30 days before the interview. In addition to asking about any alcohol use, NSDUH collected information on past month binge alcohol use and heavy alcohol use. In the 2023 NSDUH, binge drinking for males was defined as drinking five or more drinks on the same occasion on at least 1 day in the past 30 days. Binge drinking for females was defined as drinking four or more drinks on the same occasion on at least 1 day in the past 30 days. Heavy alcohol use was defined as binge drinking on 5 or more days in the past 30 days.

- Binge Alcohol Use Among people aged 12 or older in 2023, 21.7 percent (or 61.4 million people) were binge drinkers in the past month.
- The percentage was highest among young adults aged 18 to 25 (28.7 percent or 9.8 million people), followed by adults aged 26 or older (22.7 percent or 50.6 million people)
- Among the 134.7 million current alcohol users aged 12 or older in 2023, 61.4 million people (or 45.6 percent) were past month binge drinkers
- Among past month binge drinkers, 16.4 million people were past month heavy drinkers. The 16.4 million heavy drinkers represent 26.7 percent of current binge drinkers and 12.2 percent of current alcohol users.

According to SAFE, the best method of protecting against alcohol and substance use is early prevention education and encouraging a goal to "Live SAFE" and substance free.

The SAFE Glen Cove Coalition was formed in 2003 to change societal norms about alcohol and substance use. The Coalition is concerned about excessive alcohol use in youth and adults and seeks to educate the community about its negative effects on one's health and wellness. The Glen Cove Police Department has been a longstanding member of the Coalition and works diligently to monitor alcohol sales to minors and provide prevention education to youth and adults about Social Host Law and its consequences throughout the year. To learn more about the SAFE Glen Cove Coalition please follow us on www.facebook.com/safeglencovecoalition or visit SAFE's website to learn more about Alcohol and its negative consequences please visit www.safeglencove.org.