# Oklahoma Department of Mental Health and Substance Abuse Services

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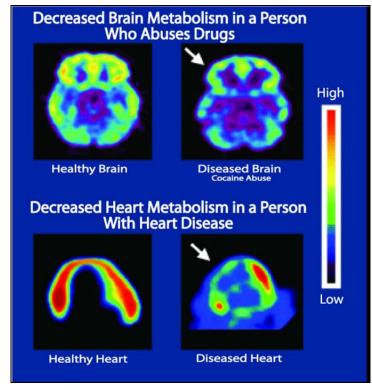
Terri White, Commissioner

Alcohol: Its Impact on Our State

#### Tulsa Alcohol Summit February 5, 2016

#### What We Are Talking About is Brain Health

- Alcohol abuse and dependence
  - Inhibit brain development
  - Change brain chemistry
  - Negatively affect the brain in multiple ways
- Alcohol is like any other drug and is a top substance of abuse in Oklahoma.



National Institute on Drug Abuse

### Alcohol Abuse/Dependence is An Issue in Oklahoma – And Has Been for DECADES

- 326,000 Oklahomans ages 12+ are dependent/abuse alcohol or illicit drugs
  251,000 are dependent/abuse alcohol
  - Only 7.6% of Oklahomans in need of alcohol treatment accessed help
- Oklahoma has the **11th highest rate of alcohol poisoning** in the nation (CDC)
- **159,000 Oklahomans ages 21 or older** reported **heavy alcohol use** meaning five or more drinks on at least five different occasions in the past 30 days
- **72,000 Oklahomans ages 12-20** report binge drinking in the past month
- 30% of people receiving substance abuse treatment through ODMHSASsupported services report alcohol as their primary "drug of choice"



Sources: SAMHSA, 2015; ODMHSAS

# And, It Is Impacting A Broad Cross-Section of Our State

Commonwealth Fund (2016) In 7 States (WV, MS, OK, TN, KY, AL, AR) the gap between actual/expected deaths exceeded 200 deaths per 100,000 pop.

 A recent Princeton study concluded that three causes of death account for increased midlife white mortality: accidental poisonings (mostly drug overdoses), suicides and chronic liver diseases/cirrhosis associated with alcohol consumption. These three factors have risen in tandem, killing twice as many working-age whites in 2014 as in 1999.

#### **Tulsa County: Treatment Rates, Binge Drinking and DUIs**

- Mirroring the state, alcohol is the primary drug of choice for 27% of Tulsa County residents receiving substance abuse treatment in ODMHSAS-supported facilities. Alcohol was a contributing factor in 45% of treatment admissions.
- 14.3% of Tulsa County adults report binge drinking in the past 30 days (for ages 18-34, it was 21%)
- Tulsa County's DUI rate is 20% higher than the state average.



Data Sources:

Oklahoma Department of Mental Health and Substance Abuse Services; Oklahoma Behavioral Risk Factor Surveillance System, 2012-2014; Uniform Crime Reporting System Data obtained from the OSBI's 'Crime in Oklahoma' report.

### But, the Impact Can Be Measured In More Specific Ways – Beyond the Individual

- In Oklahoma, excessive alcohol use cost **\$3.08 billion, or \$2.49 per drink consumed,** in 2010 as a result of lost workplace productivity, healthcare expenses, and crime. *(CDC, 2015)*
- Oklahoma ranks 6th in the nation for alcohol-related mortality. (CDC)
- **6.1% of women** consumed alcohol during the last trimester of pregnancy in Oklahoma in 2008. Fetal Alcohol Syndrome is one of the most costly birth defects, averaging \$250,000 the first year alone. (*Pregnancy Risk Assessment Monitoring Survey; CDC*)
- 2,205 people were killed in crashes involving a drunk driver in Oklahoma (2003-2012).
  (CDC)
- In 2014, the number of **alcohol-related arrests (30,796) exceeded** both index crimes, which include **murder, rape**, **robbery, aggravated assault**, burglary, larceny, and motor vehicle theft and drug-related crimes. (*Uniform Crime Report*)
- Excessive drinking results in **1,350 deaths** and **41,460 years of potential life lost** each year in Oklahoma. *(CDC. Alcohol and Public Health: Alcohol-Related Disease Impact)*

#### But, the Impact Can Be Measured In More Specific Ways – Beyond the Individual

- In the workplace, the **costs of alcoholism and alcohol abuse manifest** themselves in many different ways. **Absenteeism** is estimated to be **4 to 8 times greater** among alcoholics and alcohol abusers. Other family members of alcoholics also have higher rates of absenteeism. **Accidents and on-the-job injuries are far more prevalent** among alcoholics and alcohol abusers. (U.S. Office of Personnel Management)
- In 2011, of the nearly **440,000** drug abuse–related **ER visits** made by patients aged 20 or younger, more than **40% involved alcohol**. (*Drug Abuse Warning Network*)
- 24-31% of all patients treated in the ER and as many as 50% of severely injured trauma patients have positive results when screened for alcohol problems. (D'Onofrio and Degutis, 2002)
- Researchers have summarized the percentages of violent offenders who were drinking at the time of the offense as follows:
  - Up to 86% of homicide offenders
  - 37% of assault offenders
  - 60% of sexual offenders
  - 57% of men and 27% of women involved in marital violence
  - 13% of child abusers
  - 42% of violent crimes reported to police involved alcohol, although 51% of victims believed their assailants had been drinking.

#### We Can't Have a Discussion About Alcohol Unless We Also Discuss Policy

- Proposed legislation would make wine and strong beer more accessible by making it available in more locations, more hours of the day, more days of the week.
- Increased access does impact use, abuse and result in negative consequences.
- We already have enough negative consequences ... particularly as this issue impacts Oklahoma youth.



#### **Alcohol and Our Youth: A Dangerous Mix**

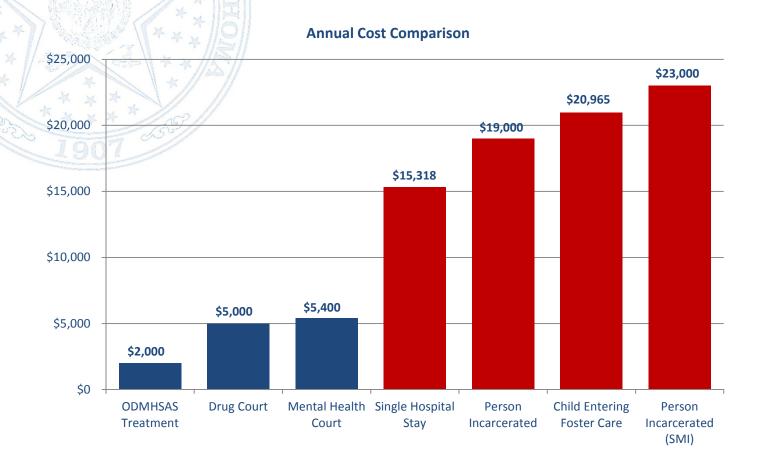
- Oklahoma ranks **#3 nationally** for the percentage of alcohol consumed by underage youth. (*Pacific Institute for Research and Evaluation*)
- Underage drinkers account for nearly 17% of all alcohol consumed in Oklahoma, totaling \$258.6 million in sales and providing \$126.6 million in profits to the alcohol industry in 2013. (PIRE)
- **68%** of Oklahoma students grades 9-12 report having at least one drink of alcohol on one or more days during their lifetime. *(PIRE)*
- In 2013, an estimated 633 teen pregnancies and 11,987 teens having high-risk sex were attributed to underage drinking in Oklahoma. (PIRE)
- 24% of Oklahoma 9<sup>th</sup>-12<sup>th</sup> graders report driving a vehicle while drinking during the past 30 days; nearly 40% had ridden with a driver who had been drinking during the past 30 days. (YRBSS, 2013)
- Youth who start drinking **before age 15 are six times** more likely to develop **alcohol dependence or abuse** later in life than those who begin drinking at or after the **legal age of 21**. (SAMHSA, 2013)
- In 2013, underage drinking **cost the citizens** of Oklahoma **\$1 billion**. (*PIRE*)

## We All Have a Role in Addressing These Problems

What can we do as a community? We can create or reinforce:

- Policies that work to limit access
  - **Community-based solutions to problems** 
    - Regional Prevention Coordinators and community coalitions
    - Employee education programs
    - Enforcement of laws
    - Responsible beverage sales and service training
    - Engagement of the health community
    - More treatment options

#### The Cost to Provide Treatment in the First Place is Much Less Than the Alternatives



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> > Tulsa Alcohol Summit Presentation February 5, 2016