Oklahoma Department of Mental Health and Substance Abuse Services

3.5%

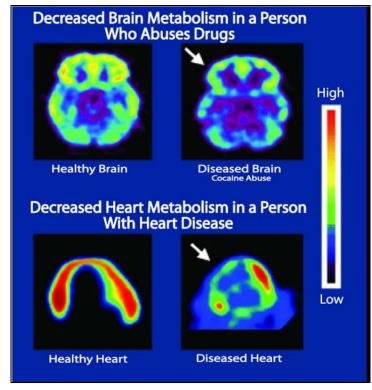
Terri White, Commissioner

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

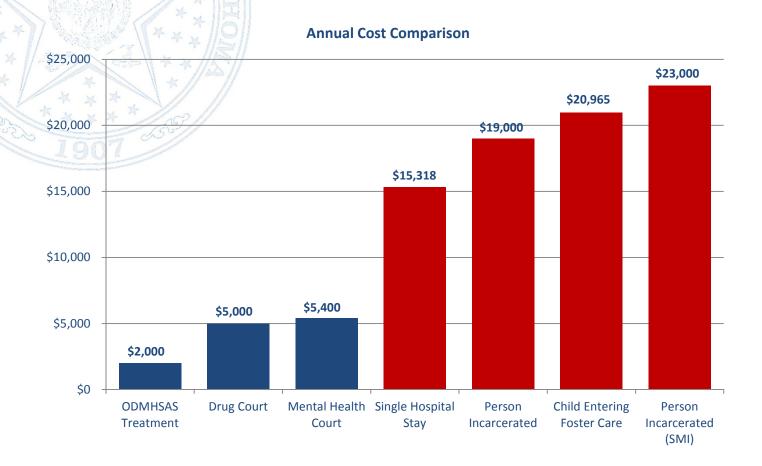
- Oklahoma ranks **#3 nationally** for the percentage of alcohol consumed by underage youth. (*Pacific Institute for Research and Evaluation*)
- Underage drinkers account for nearly 17% of all alcohol consumed in Oklahoma, totaling \$258.6 million in sales and providing \$126.6 million in profits to 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 9th-12th 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



Oklahoma Department of Mental Health and Substance Abuse Services 1200 NE 13th Street Oklahoma City, Oklahoma

> Terri White, MSW Commissioner

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