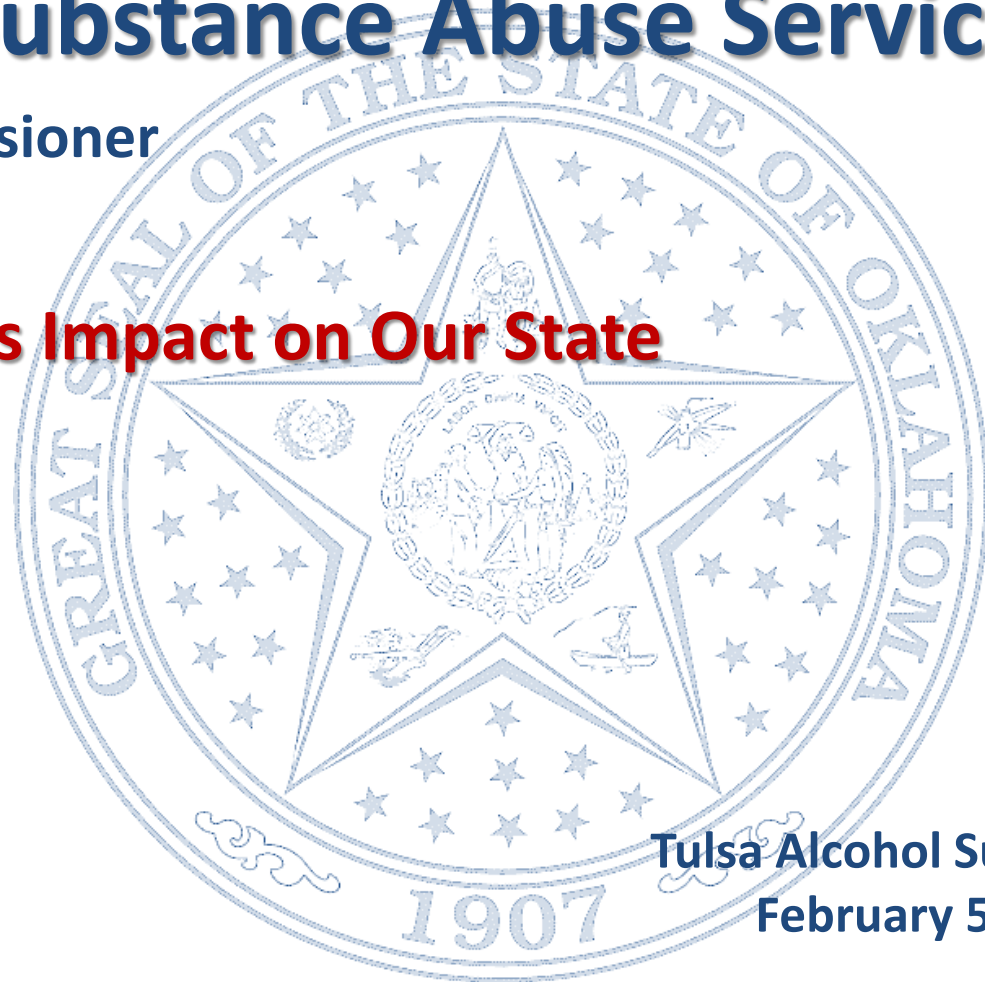


Oklahoma Department of Mental Health and Substance Abuse Services

Terri White, Commissioner

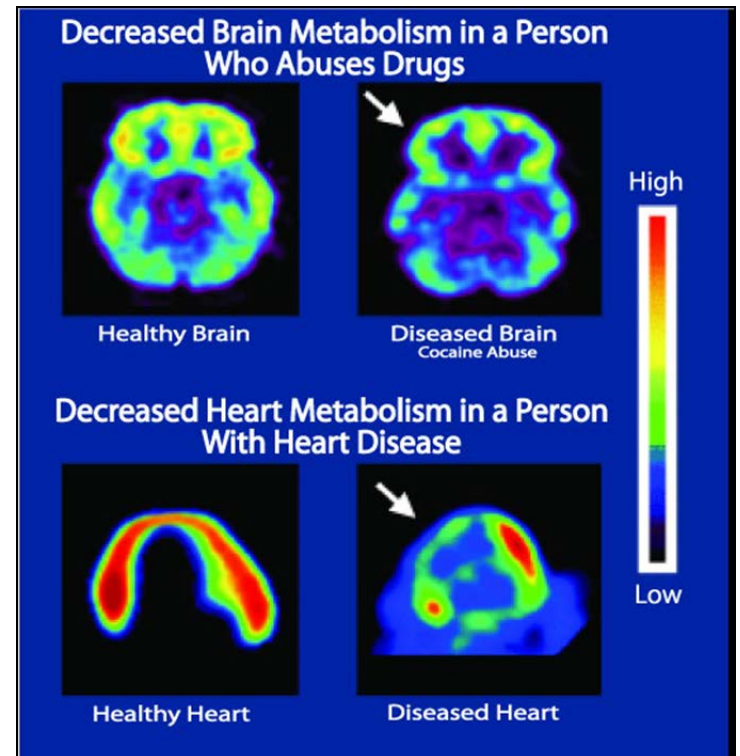
Alcohol: Its Impact on Our State



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

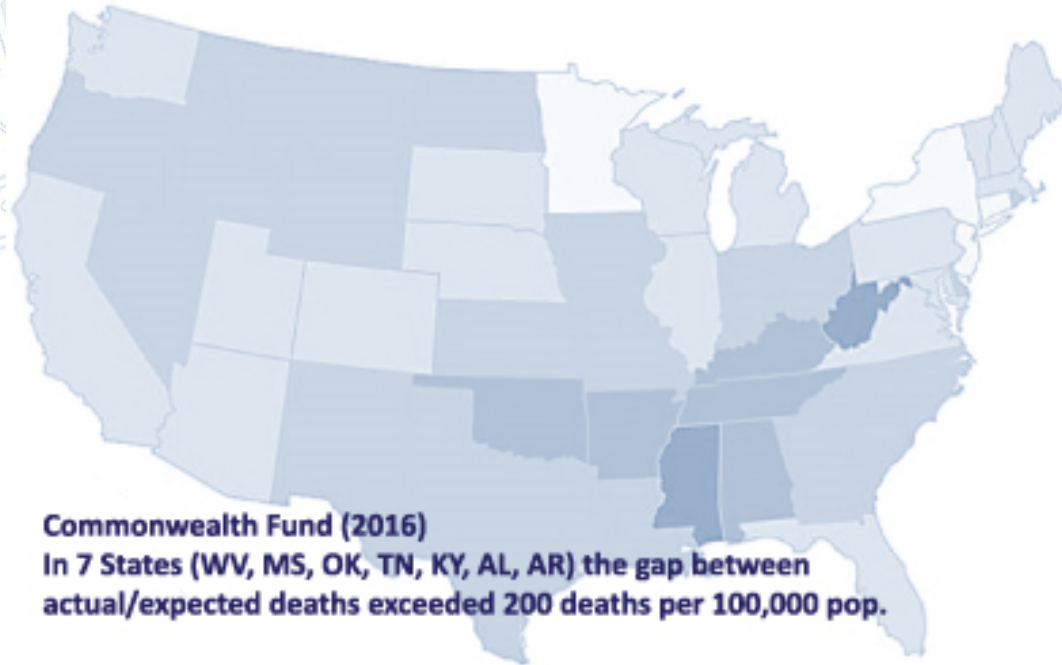
Alcohol Abuse/Dependence is An Issue in Oklahoma – And Has Been for DECADES

- **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 ODMHSAS-supported services report alcohol as their primary “drug of choice”



Sources: SAMHSA, 2015; ODMHSAS

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



- 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*)

The seal of the State of Oklahoma is visible in the background, featuring a five-pointed star with various symbols, surrounded by the text "THE STATE OF OKLAHOMA" and "GREAT SEAL" with the year "1907" at the bottom.

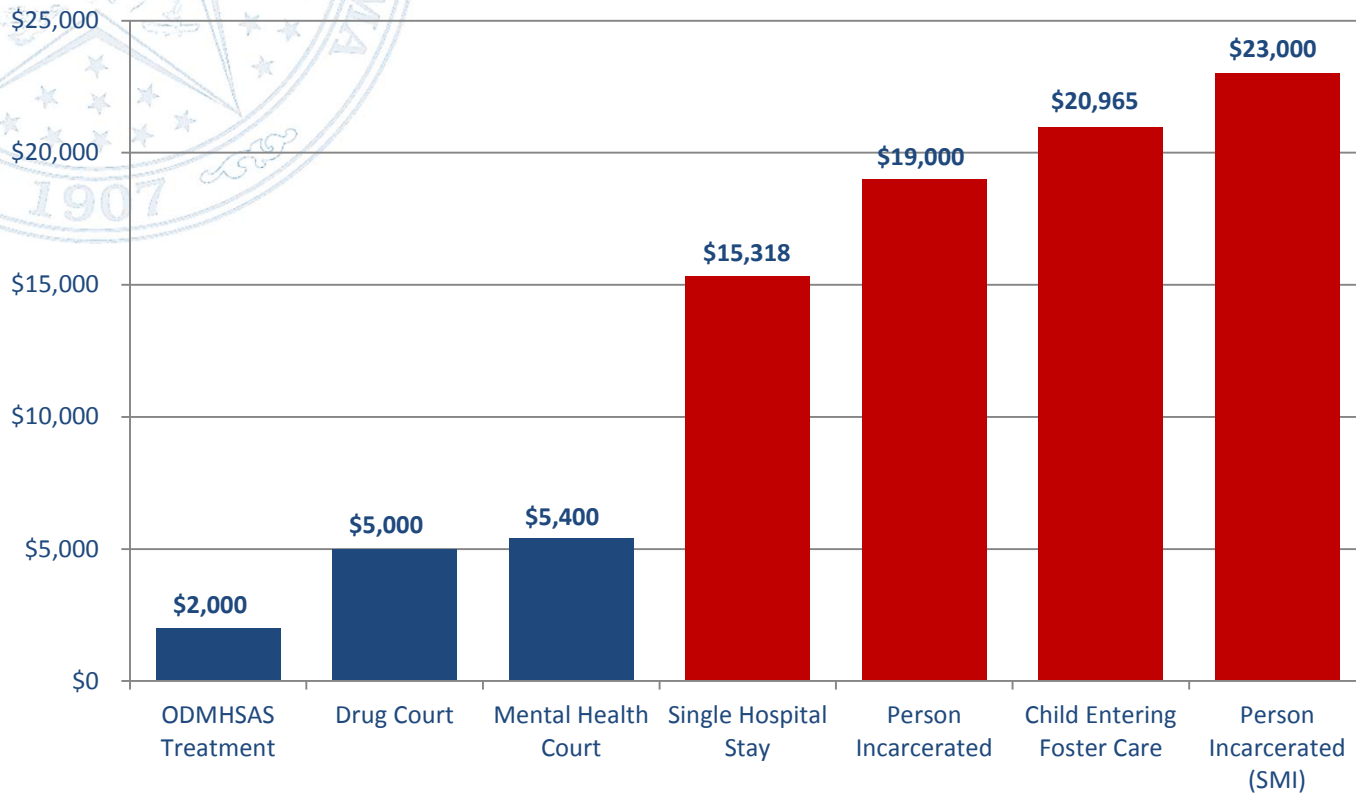
We All Have a Role in Addressing These Problems

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

Annual Cost Comparison





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Oklahoma City, Oklahoma

Terri White, MSW
Commissioner

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