



# MICAP RECAP

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A Publication of the Michigan Council on Alcohol Problems  
an American Alcohol and Drug Information Foundation Entity

## AADIF/MICAP

(517) 999-0013  
[info@micap.org](mailto:info@micap.org)

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## Recommendations for Preventing Excessive Alcohol Use

### Dietary Guidelines for Americans

The 2010 Dietary Guidelines for Americans recommend that if you choose to drink alcohol, to consume it in moderation, which means:

- Up to 1 drink per day for women
- Up to 2 drinks per day for men
- Only by adults of legal drinking age

Website: <http://www.health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf>

### The Community Guide

The Community Guide is a free resource that uses systematic reviews of the evidence to help you choose programs and policies that are effective and appropriate for your community. The Community Preventive Services Task Force recommends the following interventions for reducing excessive alcohol consumption:

- Dram Shop (Commercial Host) Liability
- Electronic Screening and Brief Intervention (e-SBI)
- Increasing Alcohol Taxes
- Maintaining Limits on Days of Sale
- Maintaining Limits on Hours of Sale
- Regulation of Alcohol Outlet Density
- Enhanced Enforcement of Laws Prohibiting Sales to Minors

Website: [www.thecommunityguide.org/alcohol/index.html](http://www.thecommunityguide.org/alcohol/index.html)

### Prevention Status Reports

Prevention Status Reports rate the status of policies and practices in states designed to address important health problems such as excessive alcohol use. This allows you to see how Michigan compares to other states for policies like alcohol taxes, dram shop liability, and outlet density.

Website: [www.cdc.gov/psr/alcohol/2013/mi-alcohol.pdf](http://www.cdc.gov/psr/alcohol/2013/mi-alcohol.pdf)

### Excessive Alcohol Use Includes:

- **Binge drinking:**  
⇒ 4 or more drinks on an occasion for women  
⇒ 5 or more drinks on an occasion for men
- **Heavy drinking:**  
⇒ 8 or more drinks per week for women  
⇒ 15 or more drinks per week for men
- **Any drinking by those younger than 21**
- **Any drinking by pregnant women**

# Michigan Local and Statewide Alcohol Data Sources



## Behavioral Risk Factor Surveillance System (BRFSS)

- **Agency:** Michigan Department of Health & Human Services, Lifecourse Epidemiology & Genomics Division
- **Data:** Adult alcohol consumption behaviors (ex. current, binge and heavy drinking), by age group, sex, race/ethnicity, education level, household income level, health insurance, and disability status
- **Availability:** Statewide, local health department, regional estimates; updated annually
- **Website:** [www.michigan.gov/brfs](http://www.michigan.gov/brfs)



## Youth Risk Behavior Surveillance System (YRBSS)

- **Agency:** Michigan Department of Education
- **Data:** High school health behaviors (unintentional injury and violence, tobacco use, alcohol and other drug use, sexual behaviors, dietary behaviors and physical inactivity), by age, grade, sex and race/ethnicity
- **Availability:** Statewide, city of Detroit estimates; updated every odd-numbered year
- **Website:** [www.michigan.gov/yrebs](http://www.michigan.gov/yrebs) or [www.cdc.gov/HealthyYouth/yrebs](http://www.cdc.gov/HealthyYouth/yrebs)



## Michigan Profile for Healthy Youth (MiPHY)

- **Agency:** Michigan Department of Education
- **Data:** Risk behaviors and protective factors for substance use, violence, physical activity, nutrition, sexual behavior, and emotional health in grades 7, 9 and 11, by grade, sex, race/ethnicity, and academic success
- **Availability:** County and school district estimates; updated every even-numbered year
- **Website:** [www.michigan.gov/miphy](http://www.michigan.gov/miphy)



## Michigan Liquor Licenses

- **Agency:** Michigan Liquor Control Commission
- **Data:** Business, violation history, and address information for active and escrowed liquor licenses
- **Availability:** Statewide, county and city data available; updated weekly
- **Website:** [www2.dleg.state.mi.us/llic/](http://www2.dleg.state.mi.us/llic/) or [www.dleg.state.mi.us/mlcc/liclists/liclis4.htm](http://www.dleg.state.mi.us/mlcc/liclists/liclis4.htm)



## Treatment Episode Data Set (TEDS)

- **Agency:** Substance Abuse and Mental Health Services Administration
- **Data:** Substance abuse treatment admissions and discharges in state certified facilities by primary substance of abuse, sex, age group, and race/ethnicity
- **Availability:** Statewide data updated quarterly; county-level data available by request
- **Website:** [www.icpsr.umich.edu/icpsrweb/SAMHDA/quicktables](http://www.icpsr.umich.edu/icpsrweb/SAMHDA/quicktables)



## Michigan Traffic Crash Facts

- **Agency:** Michigan State Police, Office of Highway Safety Planning
- **Data:** Alcohol involvement and had been drinking injuries, crashes, and fatalities, by age and sex of driver
- **Availability:** Statewide, county and city data and maps available; updated annually
- **Website:** [www.michigantrafficcrashfacts.org](http://www.michigantrafficcrashfacts.org)



## Death Certificates

- **Agency:** Michigan Department of Health and Human Services, Division for Vital Records & Health Statistics
- **Data:** Age-adjusted and age-specific alcohol-induced death rates by race and sex for Michigan residents
- **Availability:** Statewide rates available; updated annually
- **Website:** [www.mdch.state.mi.us/pha/osr/CRI/Alcohol.asp](http://www.mdch.state.mi.us/pha/osr/CRI/Alcohol.asp)



## Michigan Incident Crime Reporting

- **Agency:** Michigan State Police
- **Data:** Crimes from law enforcement agencies throughout the state, by crime type, age, race, and gender
- **Availability:** Statewide, county, and city/township reports available; updated annually
- **Website:** [www.micrstats.state.mi.us/MICR/Home.aspx](http://www.micrstats.state.mi.us/MICR/Home.aspx)

Prepared by the Alcohol Epidemiology Program, Michigan Department of Health and Human Services.  
For more information, please visit [www.michigan.gov/substanceabuseepi](http://www.michigan.gov/substanceabuseepi).

# **Study: Binge drinking on the rise locally**

## **Greatest change is among women**

**By: Matt Mencarini, Lansing State Journal**

Local women are starting to catch up to men when it comes to heavy and binge drinking, according to a new study.

The study also found that while more people are considered heavy or binge drinkers, the percent of people having at least one drink a month in Ingham, Eaton, Livingston, Ionia, Shiawassee, Calhoun, Clinton or Gratiot counties has held constant over the last decade.

The study was published in the American Journal of Public Health and was done by researchers at the University of Washington's Institute for Health Metrics and Evaluation. They tracked drinking habits by county across the U.S. between 2002 and 2012.

The researchers broke drinking habits into three categories: any, heavy and binge. Any drinking was defined as consuming at least one drink of any alcoholic beverage in the past month.

Heavy drinking was defined as averaging more than one drink each day for women and two drinks each day for men over the past month.

Binge drinking was defined as having four drinks or more for women and five drinks or more for men on a single occasion at least once during the past month.

### **BY THE NUMBERS**

Here's a look at the percentage of binge drinkers in each area county. Binge drinking is defined as having four drinks or more for women and five drinks or more for men on a single occasion at least once during the past month.

Clinton County: 22.9 percent  
Livingston County: 22.4 percent  
Shiawassee County: 22.1 percent  
Ionia County: 21.9 percent  
Ingham County: 21.5 percent  
Gratiot County: 21.1 percent  
Michigan: 21 percent  
Calhoun County: 19.5 percent  
Eaton County: 19.4 percent

While a higher percentage of men in area counties fell into the heavy and binge drinking categories in 2012, women are quickly closing the gap.

But the binge drinking definition can be misleading, not taking into account the person's age, the time frame for the drinks or the type of alcohol, said Dennis Martell, a health education services coordinator at Michigan State University's Olin Health Center, who studies drinking habits.

"We're more interested in high-risk drinking," he said, adding that high-risk drinking can be one drink for one person and eight drinks for another.

Researchers at MSU have been challenging the binge drinking definition because it gives a false sense of the problem and a false sense of a solution Martell said.

For example, while campus drinking at MSU was on the decline, there's been an increase in the last few years of students drinking hard liquor more than beer, he said. That can create a problem because college students aren't as aware of the amount of hard liquor in a drink and its affect on their body as they are with beer.

In Clinton, Eaton and Ingham counties, binge drinking among young residents has been on the decline and a third of residents don't drink at all, said Amy Moore, a prevention coordinator with the Ingham County Health Department. The department has more in-depth data than what was released in the study, she said.

In those counties, the data shows that residents binge drink when they're at events or festivals, so the county has a training program to help vendors safely serve alcohol and not over-serve anyone.

The University of Washington study didn't separate college students from the rest of the population.

In Ingham County, 11 percent of men and 7.7 percent of women were considered heavy drink-



# MICAP/AADIF

Michigan Council on Alcohol Problems  
American Alcohol and Drug Information Foundation  
Mailing address: P.O. Box 10212, Lansing, MI 48901

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## Study: Binge Drinking (continued)

ers, but heavy drinking among women grew 80 percent faster between 2005 and 2012.

The study looked at drinking habits between 2002 and 2012, but didn't include binge drinking as a category until 2005.

In Gratiot County, the percentage of women categorized as heavy drinkers grew by more than

half to 7.8 percent, though, at 11 percent, men are still more likely to drink heavily.

In Ingham County, the percentage of women binge drinking grew 10 times faster than the percentage of men.

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### Our Speaker's Bureau

If your group or church or class/school would like to hear something more about MICAP, or Alcohol Problems in Michigan or the USA, please contact Rev. Bill Amundsen at (517) 323-2445. Please leave a message if no one answers. He will return your call soon to arrange a mutually convenient time. We are a temperance organization concerned with under-aged and abusive drinking. We work with the State Legislature to encourage a better social policy on beverage alcohol.

### Your Gifts Make a Difference

Consider sponsoring an Issue of our MICAP/RECAP for \$1,500.00. Please phone (517) 999-0013 if you are interested. Your gift will inform State and National officials, churches and individuals about a better policy regarding beverage alcohol. As always, your donation would be tax deductible to the extent allowed under state law. Thank you.