

Substance Use in Iowa



Iowa Behavioral Risk Factor Surveillance System 2023

Health and Human Services

Data Collected from Adults Aged 18 Years & Older

Alcohol Consumption Facts



About **three out of five** Iowans (57.4%) reported at least one drink in the last 30 days



Iowa ranked **3rd** in binge & **8th** in heavy drinking nationwide



One out of five Iowans reported binge drinking (**20.5%**)

Standard Drink

12-ounces of beer, 5-ounces of wine, or 1 shot of hard liquor

Binge Drinking

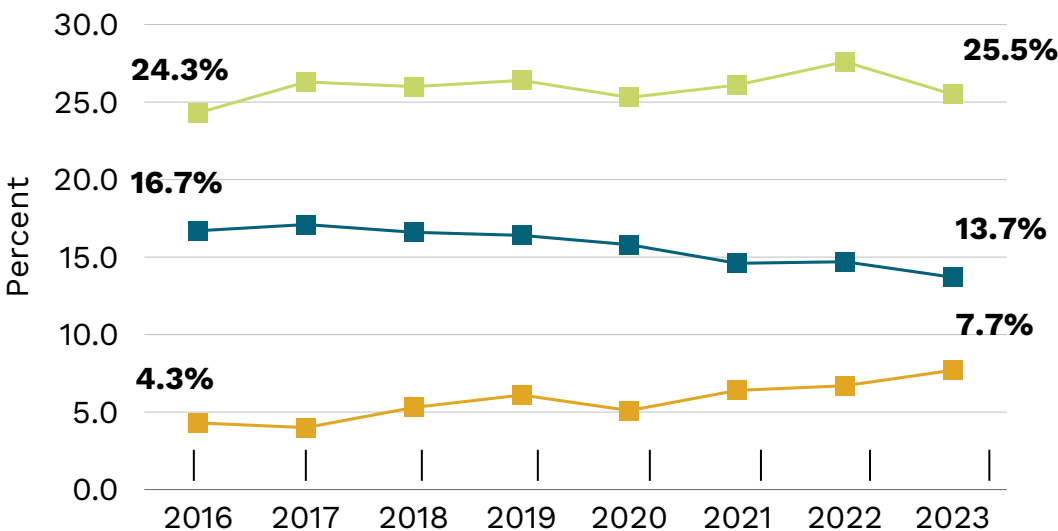
5 or more drinks for men & 4 or more drinks for women per occasion in the previous month

Heavy Drinking

14 or more drinks for men & 7 or more drinks for women per week in the previous month

Tobacco Use from 2016-2023

● Cigarettes ● E-Cigarettes ● Any Tobacco



Cigarette smoking has **decreased** & e-cigarette use has **increased** while any tobacco use has remained constant over the years

Substance Use Among Iowa Adults



1 in 4

current cigarette smokers are also heavy drinkers



Rates of binge drinking are **similar** between 18-24 year-old males and females



Rates of binge & heavy drinking and cigarette use are **higher** among those experiencing frequent mental distress than those not.



1 in 20

older adults report binge & heavy drinking