

# Iowa Behavioral Risk Factor Surveillance System (BRFSS)

Iowa Department of Public Health

2020 Survey Snapshot

## Alcohol Consumption

Published June 2022

In 2020, Iowa ranked...

**3rd** highest in the nation for **binge drinking** and

**6th** highest in the nation for **heavy drinking**

### Important Definitions:

The BRFSS defines **a standard drink** as one 12-ounce beer, one 5-ounce glass of wine, or a drink with one shot of hard liquor.

**Binge Drinking:** The consumption of 5 or more alcoholic drinks for men and 4 or more alcoholic drinks for women on one occasion, in the past 30 days.

**Heavy Drinking:** The consumption of more than 14 drinks per week for men or more than 7 drinks per week for women, in the past 30 days.

**56.9%**

of Iowans reported they had at least one drink of alcohol in the past month

**21.5%**

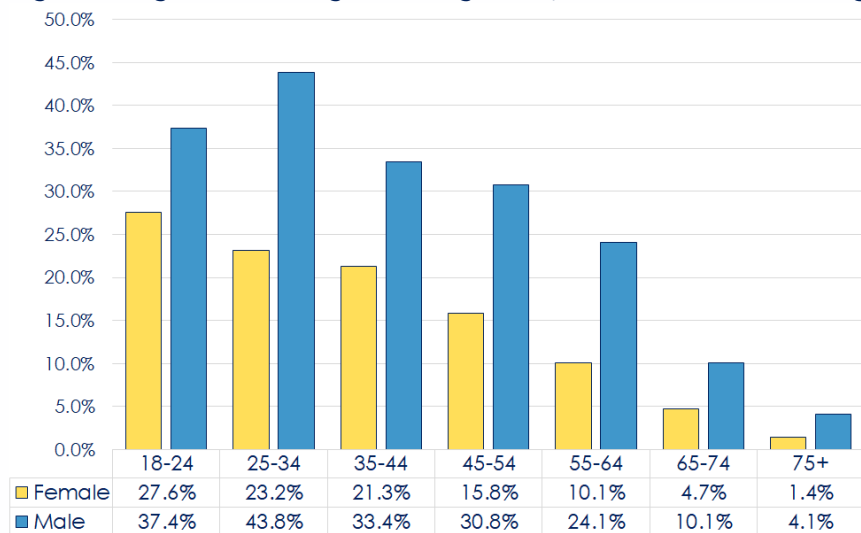
of Iowans reported binge drinking in the past month

**8.3%**

of Iowans reported heavy drinking in the past month

### Binge Drinking among Iowans, by Age and Sex, 2020

Binge drinking rates were higher among males, & rates decreased with age



Heavy drinking significantly increased from 6.7% in 2019 to 8.3% in 2020

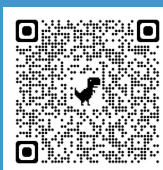


Binge drinking (25.7%) and heavy drinking (11.1%) rates were higher for Iowans who reported poor mental health

### Source: 2020 Iowa Behavioral Risk Factor Survey

The BRFSS is an annual, state-based telephone survey that collects data on chronic health conditions, health-related risk behaviors, use of clinical preventive practices, and health care access. BRFSS data are used to measure population health over time, design public health programming and policies, inform strategies to improve the health of Iowans, and track progress towards public health goals.

Visit <https://idph.iowa.gov/brfss> to view more 2020 Iowa Survey Findings



Or scan this QR code with a smart phone camera to be immediately directed to the Iowa BRFSS Brief: 2020 Survey Findings

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