

Looking for assistance?
Call 2-1-1. Available **24/7**,
365 days a year in CT.

ALCOHOL IN SOUTHWESTERN CT



Alcohol

The **most** used substance in CT and the United States. CT prevalence is **6% higher than the national average**.

Binge Drinking

Defined as consuming **5** or more drinks on occasion for men or **4** or more drinks on occasion for women.

Mental Health

Individuals with mental health disorders are about **4x more likely** to be heavy alcohol users.



In CT, **60.5%** of young adults ages **18-25** reported using alcohol in the past month, the highest rate of those surveyed.



In SW CT, adults ages **18-34** were most likely to have **1-5** alcoholic drinks in the past **30 days**.

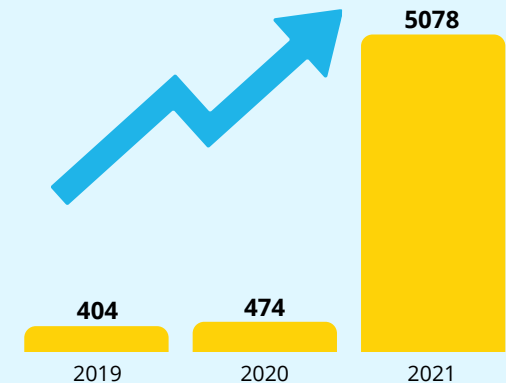


28% of individuals age **12+** in SW CT, reported **binge drinking** in the past month, which is higher than the state's average.



93% of **CT students** reported that their parents feel that alcohol use is **wrong**.

Unintentional Drug Overdose Deaths Involving Alcohol in Connecticut



Between 2020 and 2021, the number of unintentional overdose deaths involving alcohol **increased over 10x**.

13% of adults stated they had started or increased their alcohol use **during the COVID-19 Pandemic!**

ALCOHOL IN SOUTHWESTERN CT



46.2%

People aged 12+ in SW CT believe that drinking **5 or more** alcoholic beverage **once or twice a week** carries great risk.

SW CT Local Youth Survey Results

- One town reported that **60%** of their **12th grade students** had used alcohol in the past 30 days.
- In one suburban town, the alcohol use rate had increased from **3%** in 2017 to **10%** in 2021.
- In one suburban town, **27.61%** of high school students reported binge drinking **5 or more** times in the past 30 days.
- Students in a local city reported the most access to alcohol is at **home (60%)** or at their **friends' homes (57%)**.

For More Info

Find resources and more <https://www.thehubct.org/alcohol-use> or scan the QR code below.



SW CT Residents Alcohol Use in the past 30 days

