

Are you ready for your next drink?

Yes? Keep on reading

No? Keep on reading

According to a national survey in the United States, more than half of all Americans age 12 and older reported being current drinkers of alcohol; this translates to an estimated 135.5 million current drinkers. I would like you to get to know the types of drinkers and how you can identify a drinking problem. Drinking alcohol may lead to different diseases.

CAGE Questionnaire

The following questions are used to identify if someone has an alcohol problem. YES to 2 or more is an indication of an alcohol problem.

- Have you ever felt you should **Cut** down on your drinking?
- Have people **Annoyed** you by criticizing your drinking?
- Have you ever felt bad or **Guilty** about your drinking?
- Have you ever had a drink first thing in the morning as an **Eye** opener?

What is one drink? — A standard “drink” in the United States contains about 0.6 fluid ounces or 14 grams of “pure” alcohol. Equivalent to:

- 12 ounces of regular beer
- 8-9 ounces of malt liquor
- 5 ounces of wine
- 1.5 ounces of 80 proof distilled spirits

Alcohol intoxication — Alcohol intoxication occurs when drinking excess alcohol leads to inappropriate behavior and impaired judgment.

Alcohol use disorder — Alcohol use disorder is the medical term for alcohol addiction or what most people think of as alcoholism. Alcohol use disorder can be mild to severe.

Moderate drinkers -- Healthy people who drink moderately have a relatively low risk of developing an alcohol problem. Moderate drinking is defined as:

- Woman: No more than one drink per day
- Men: No more than two drinks per day
- People 65 and older: No more than one drink per day

Heavy drinkers — people who drink heavily have a significantly increased risk of developing alcohol problems.

- Women: More than seven drinks per week or three drinks per occasion
- Men: More than 14 drinks per week or four drinks per occasion

Binge drinkers — People who binge drink also have a significant risk of developing an alcohol problem. Binge drinking is defined as drinking at a single occasion (generally within 2 hours):

- Women: Four or more drinks
- Men: Five or more drinks

Problem drinking — Some people do not fit the criteria for alcohol use disorder, but are at risk for accidents and problems resulting from drinking too much. A significant proportion of patients seen in emergency departments or trauma centers for intentional and unintentional injuries are problem drinkers.



AMERICA'S HEALTH RANKINGS®

UNITED HEALTH FOUNDATION

More than 50 million seniors live in the United States, an increase of 45 percent since 2000. As this population grows, policy-makers, public health officials and community leaders are increasingly concerned with how to improve their health and well-being, as well as address new health challenges that come with growing older and living longer. America's Health Rankings® provides the latest insights and health trends among this growing population to help identify priorities and create a roadmap for action to improve the health and well-being of seniors. The 2019 Senior Report provides a comprehensive look at the health of seniors across the nation and on a state-by-state basis.

Compared with 15 years ago, the health of young seniors is

Better:

Early death 22% lower
Smoking 16% lower
High health status 11% higher

Worse:

Excessive drinking 42% higher
Obesity 36% higher
Diabetes 36% higher
Suicide 16% higher

Highest ranked states

- #1 Hawaii
- #2 Utah
- #3 Connecticut
- #4 Minnesota
- #5 Colorado

Lowest ranked states

- #46 West Virginia
- #47 Oklahoma
- #48 Louisiana
- #49 Kentucky
- #50 Mississippi

There are 11 million more young seniors than there were in 2002.

"In the United States a person does not need to eat more of anything."

Jorge Duchicela MD



Texas

OVERALL - SENIOR RANK: 40 | **CHANGE: ▲ 1**
DETERMINANTS RANK: 39
OUTCOMES RANK: 38

Texas

2019 SENIOR REPORT

Home Health Care Workers



198.6 ▲

SINCE 2018, HOME HEALTH CARE WORKERS* **INCREASED 4% FROM 190.9 TO 198.6**

* Number of workers per 1,000 adults aged 75+

Hospice Care



60.7% ▲

SINCE 2018, HOSPICE CARE* **INCREASED 4% FROM 58.5% TO 60.7%**

* Percentage of Medicare decedents aged 65+

Depression - Seniors



18.8% ▲

SINCE 2018, DEPRESSION* **INCREASED 71% FROM 11.0% TO 18.8%**

* Percentage of adults aged 65+

Excessive Drinking - Seniors



6.7% ▼

SINCE 2018, EXCESSIVE DRINKING* **DECREASED 14% FROM 7.8% TO 6.7%**

* Percentage of adults aged 65+

Obesity - Seniors



30.6% ▲

SINCE 2018, OBESITY* **INCREASED 2% FROM 30.0% TO 30.6%**

* Percentage of adults aged 65+

Food Insecurity - Seniors



16.5% ▼

SINCE 2018, FOOD INSECURITY* **DECREASED 2% FROM 16.8% TO 16.5%**

* Percentage of adults aged 60+