PRC 7 MONTHLY NEWSLETTER

ALCOHOL USE AND BINGE DRINKING ACROSS TEXAS AGE GROUPS

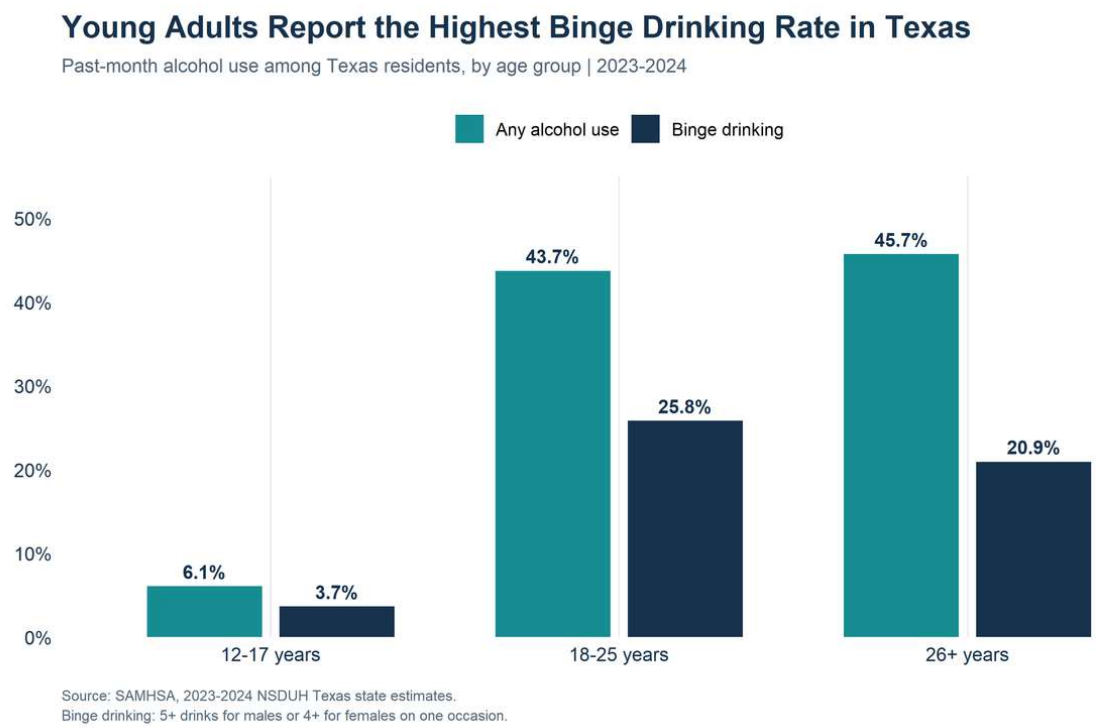


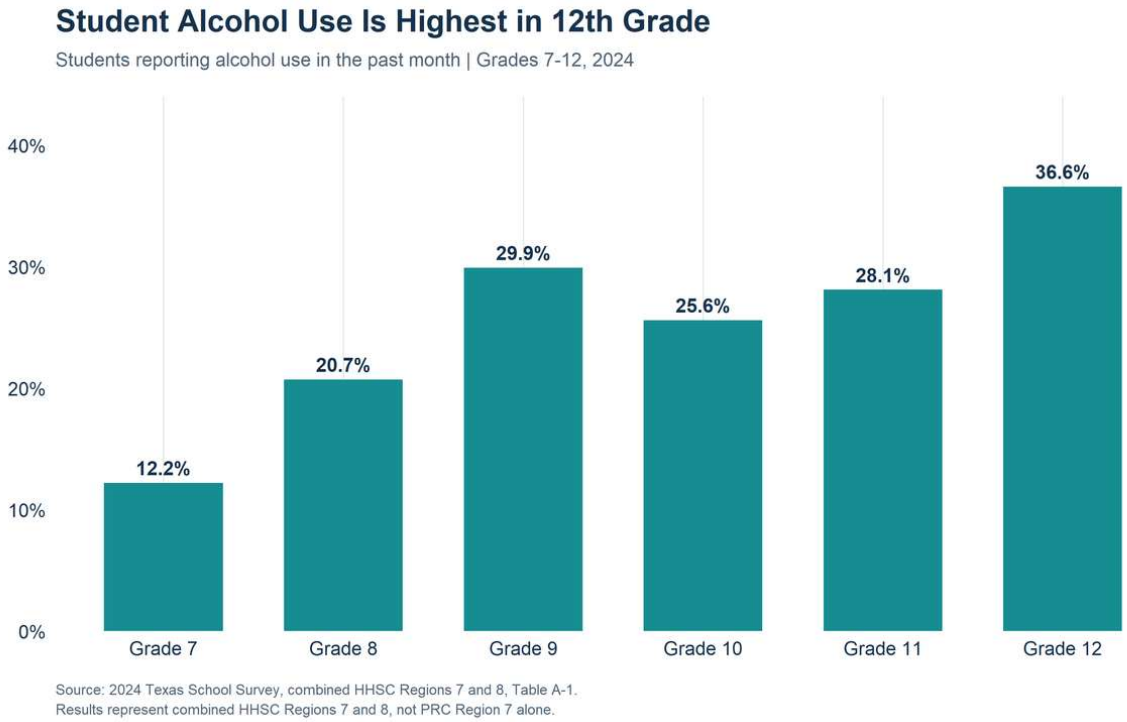
Figure 1

- Among Texans aged 18–25, 43.7% reported past-month alcohol use, while 25.8% reported binge drinking.
- Adults aged 26 or older had the highest prevalence of any alcohol use (45.7%), compared with 43.7% among young adults.
- Adolescents aged 12–17 reported the lowest prevalence of alcohol use (6.1%) and binge drinking (3.7%).

Alcohol use was most prevalent among adults aged 26 or older, while binge drinking was highest among young adults aged 18–25.

Figure 2

- Past-month alcohol use ranged from 12.2% among 7th graders to 36.6% among 12th graders for HHSC Regions 7 and 8.
- Alcohol use increased from 12.2% in Grade 7 to 29.9% in Grade 9.
- Among high school students, 12th graders reported the highest alcohol use (36.6%), followed by 9th graders (29.9%).
- Approximately one in four students (25.1%) across Grades 7–12 reported alcohol use in the past month.



Alcohol use was generally more prevalent in higher grades, although the pattern was not consistent across every grade level. **More than one-third of 12th graders reported past-month alcohol use, emphasizing the importance of continued school-based alcohol prevention efforts.**

Data note: Figure 2 reflects the combined 2024 Texas School Survey results for HHSC Regions 7 and 8, not PRC Region 7 alone.

BINGE DRINKING TRENDS AND THE HEALTH IMPACT OF ALCOHOL ABSTINENCE

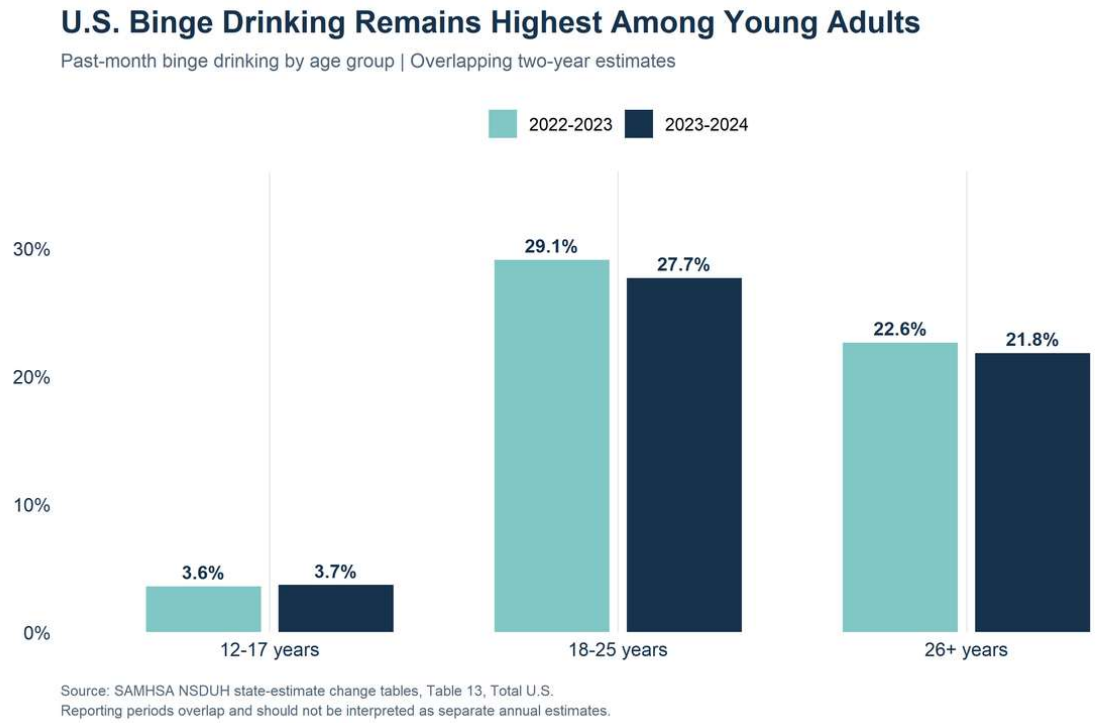


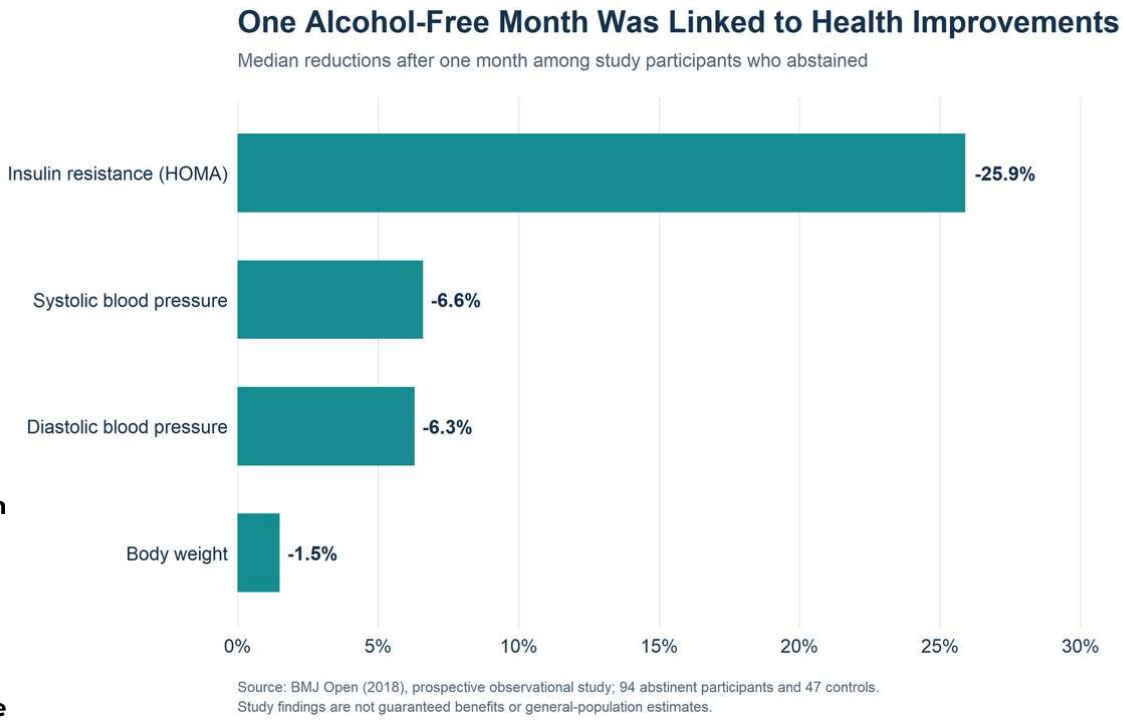
Figure 3

- Among young adults aged 18–25, binge drinking declined from 29.1% in 2022–2023 to 27.7% in 2023–2024.
- Adults aged 26 or older reported a decline from 22.6% to 21.8% across the same reporting periods.
- Among adolescents aged 12–17, binge drinking remained relatively stable, changing from 3.6% to 3.7%.
- Young adults consistently reported the highest binge drinking prevalence across both periods.

More than one in four young adults continued to report binge drinking in the latest reporting period (SAMHSA NSDUH 2023-2024 estimates).

Figure 4

- Insulin resistance showed the largest median reduction (25.9%) following one month of alcohol abstinence.
- Systolic and diastolic blood pressure decreased by 6.6% and 6.3%, respectively.
- Body weight declined by a median of 1.5% among participants who abstained.
- All four health measures showed reductions after one month without alcohol in the study population.



One month of alcohol abstinence was associated with measurable improvements in insulin resistance, blood pressure, and body weight among study participants.

Findings are from a prospective observational study of moderate-to-heavy drinkers.

KEY TAKEAWAY:

Overall, the findings show that alcohol use and binge drinking remain important public health concerns in Texas and across the United States, particularly among young adults. Regional student data also indicate greater alcohol use among older students, reinforcing the need for early prevention and education. Although national binge drinking rates have declined among adults, continued prevention efforts are needed. Sober October provides an opportunity to raise awareness of alcohol-related risks, encourage healthier drinking habits, and highlight the potential health benefits of reducing or abstaining from alcohol.