530 Utahns die from alcohol-related causes each year.¹

13% of adult men in Utah binge drink compared to 8% of women.²

11% of Utah high schoolers use alcohol vs 20% nationally.³

7th Utah has the 7th highest rate of alcohol poisoning deaths.⁴

Utah Small Areas with the highest rates of binge drinking²:
- Avenues (SLC)
- Ben Lomond
- Cottonwood
- Downtown Salt Lake
- Glendale (SLC)
- Midvale
- Millcreek
- Murray
- Ogden
- Rose Park
- SE Liberty
- South Salt Lake
- Sugar House
- Summit County
- West Jordan (SE)
- West Jordan/Copperton
- West Valley (East)

Prevent Excessive Alcohol Use

Individuals can:
- Limit themselves to no more than one drink per day for women and no more than two drinks per day for men.
- Do not serve or provide alcohol to those who should not be drinking.
- Talk with your healthcare provider about your drinking behavior.
- Request counseling if you drink too much.⁵

States and Communities can:
- Create prevention strategies for excessive alcohol use.
- Enforce existing laws and regulations.
- Develop coalitions to build partnerships with community organizations.
- Monitor and report the prevalence, frequency, and intensity of binge drinking.⁵

References

Learn more at health.utah.gov/vipp/topics/alcohol