

Data Spotlight

National Survey on Drug Use and Health

March 27, 2012

One in Three Diabetic Young Adults Reports Past Month Binge Drinking

According to the 2006 to 2010 National Surveys on Drug Use and Health (NSDUHs), the prevalence of binge alcohol use¹ was lower among adults with diabetes than among those without diabetes (Figure).² Although binge drinking was lower among diabetics of all age groups, more than one third (34.3 percent) of diabetics aged 18 to 25 still reported past month binge drinking.

Alcohol consumption, even in moderation, may have serious health consequences for individuals with diabetes because it may result in abnormally high or low blood sugar levels.³ Alcohol use may also impair an individual's ability to engage in important self-care behaviors such as monitoring blood sugar levels and eating properly.⁴ This suggests that diabetic young adults may benefit from additional targeted messages to reduce their alcohol use.

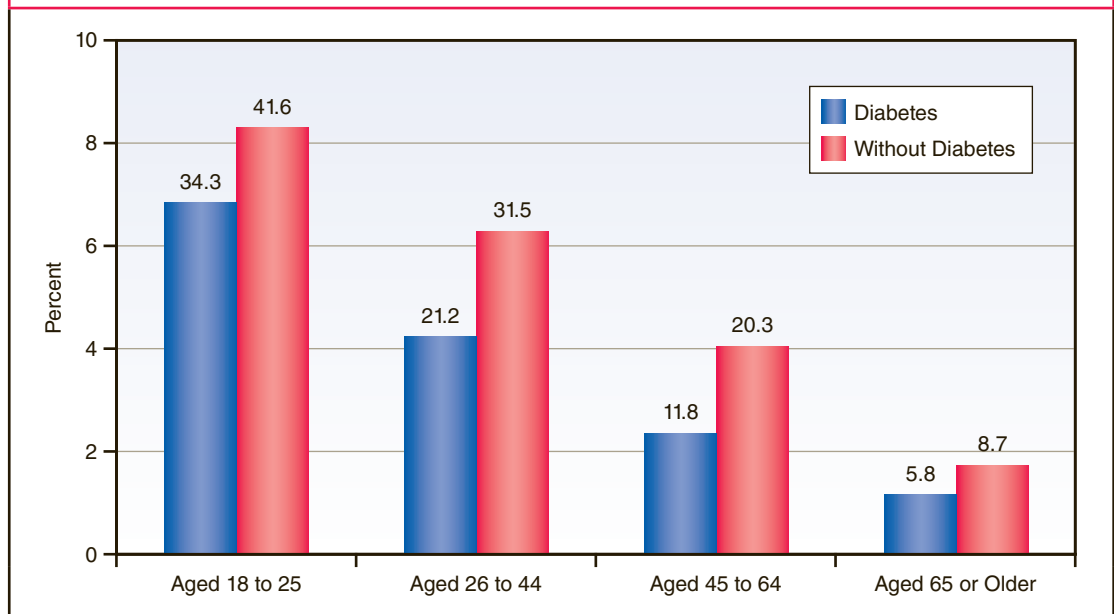
¹ Binge alcohol use is defined as drinking five or more drinks on the same occasion (i.e., at the same time or within a couple of hours of each other) on at least 1 day in the past 30 days.

² Respondents were classified as diabetic if they indicated that they had ever been told by a doctor or other medical professional that they had diabetes.

³ Emanuele, N. V., Swade, T. F., & Emanuele, M. A. (1998). Consequences of alcohol use in diabetics. *Alcohol Health & Research World*, 22(3), 211-219. Retrieved from <http://pubs.niaaa.nih.gov/publications/ah22-3/211.pdf>

⁴ Ahmed, A. T., Karter, A. J., & Liu, J. (2006). Alcohol consumption is inversely associated with adherence to diabetes self-care behaviours. *Diabetic Medicine*, 23(7), 795-802. Retrieved from <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2238719/pdf/nihms-39103.pdf>

Past Month Binge Alcohol Use among Persons Aged 18 or Older, by Diabetic Status and Age Group: 2006 to 2010



Source: 2006 to 2010 National Surveys on Drug Use and Health (NSDUHs). NSDUH is an annual survey sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA). The survey collects data by administering questionnaires to a representative sample of the population through face-to-face interviews at their places of residence.

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