

# Heavy Alcohol Use and Binge-Drinking in Douglas, Wyoming

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## Hypothesis

- Distribution of education materials on the risks of heavy alcohol use and binge drinking that includes benefits of moderation and abstinence will decrease rates of heavy drinking and binge-drinking in Douglas, Wyoming



Location of Douglas, Wyoming in Converse County

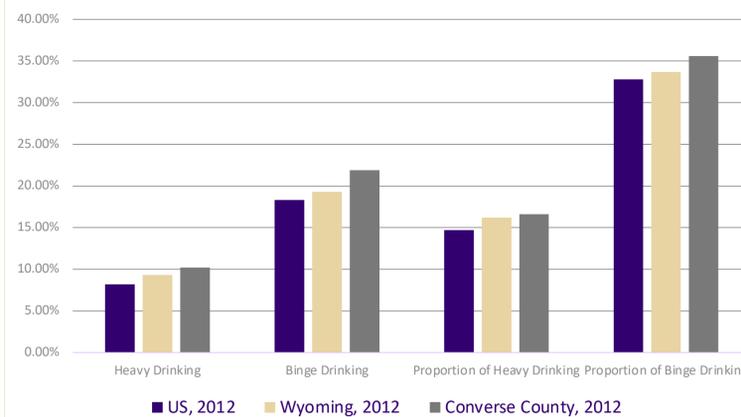
## Background

- Douglas, pop. 6,300, is the county seat of Converse County, pop. 13,700
- Converse County has higher rates of binge-and-heavy-drinking than Wyoming and national averages
- 23% of Converse County labor force works in natural resources, construction, or maintenance
  - Wyoming average is 16%
- 390:1 people to MH provider in Converse County, 270:1 average in Wyoming

## Literature Review

- Sustained reduction in alcohol intake or abstinence is associated with reduced mortality and lower risk of depression and anxiety
- Screening for alcohol use is commonly performed in ambulatory health settings, but rates of intervention including referral and behavior change counseling are low
- The reasons for this are unclear but may include time constraints and other burdens on primary care providers
- Those working in construction and extraction industries are most at risk for binge-drinking behaviors

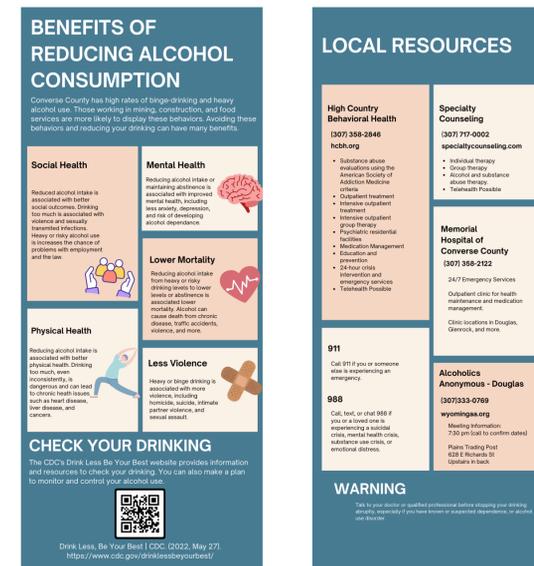
## Heavy and Binge-Drinking Rates



Rates and Proportion of Heavy Drinking and Binge Drinking from IHME

## Deliverables to Community

- High Country Behavioral Health provides mental health care including alcohol and substance use counseling, support, and treatment
- Brochure in English on the potential mental, social, and physical health benefits of reducing alcohol intake and avoiding binge-drinking and heavy alcohol use
- Includes information on local resources, and access to the CDC's alcohol use self-assessment and resources



Both sides of finalized community health education materials

## Next Steps

- Provide materials to those in clinic, ER, and counseling settings that are identified or self-identify to have heavy alcohol use or binge drinking
- Provide physical copies and modifiable electronic copy
- Coordinate with local employers and health fairs to increase awareness and resource utilization
- Evaluate outcomes by comparing rates of intervention and resource utilization before and after brochure distribution



Medical Office Building of Memorial Hospital of Converse County in Douglas, Wyoming

## Acknowledgements

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