

APRIL is Alcohol Awareness Month

Know the Facts. . .

In 2024,

79%



Of people aged 12 and older, reported drinking at some point in their lifetime.

In 2024,

62%



Of people aged 12 and older, reported drinking in the past year.

In 2024,

47%



Of people aged 12 and older, reported drinking in the past month.

THE CAGE QUESTIONNAIRE

A BRIEF SCREENING TOOL FOR ALCOHOL USE DISORDER

CAGE is a widely used, four-question screening tool designed to help identify potential concerns related to alcohol use. It focuses on common experiences and feelings that may indicate problematic drinking.

C **Cut Down** Have you ever felt the need to cut down on your alcohol use?

A **Annoyed** Have people annoyed you by criticizing your drinking?

G **Guilty** Have you ever felt bad or guilty about drinking?

E **Eye-Opener** Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hangover?

How it's used:

Answering “yes” to two or more questions suggests the need for further assessment or conversation with a healthcare or behavioral health professional. The CAGE questionnaire is a **screening tool, not a diagnosis**, and is often used as a starting point for discussion and referral.

What Is Binge Drinking?

The National Institute on Alcohol Abuse and Alcoholism (NIAAA) defines binge drinking as a pattern of alcohol use that raises blood alcohol concentration (BAC) to 0.08% or higher.

For an average **adult**, this pattern usually involves consuming five or more drinks (for men) or four or more drinks (for women) within about two hours.

Research shows that fewer drinks in the same period can produce the same BAC in **youth**: only three drinks for girls and three to five drinks for boys, depending on their age and size.