

Alcohol Consumption Among Adults 65 and Older Behavioral Risk Factor Surveillance System (BRFSS)

Using data from the 2011-2016 BRFSS surveys, three measures of alcohol consumption among adults 65 and older were estimated. These included chronic drinking (more than 60 alcoholic drinks per month for men and more than 30 for women), as well as high risk drinking¹ (four or more drinks on an occasion for men and three or more for women) and at-risk drinking (three or more drinks for men and two or more drinks for women). Reported participation by Vermont adults ages 65 and older in each of these behaviors has not changed significantly since 2011.

Chronic Drinking (>60 drinks per month men/>30 women)	2011		2012		2013		2014		2015		2016	
	U.S.	VT										
Overall	4%	5%*	4%	5%*	4%	4%	4%	6%*	4%	5%*	4%	6%*
Male	4%	5%	4%	3%	4%	4%	4%	5%	4%	6%	4%	6%
Female	3%	5%	3%	6%*	4%	5%	4%	7%*	4%	5%*	4%*	6%
High Risk Drinking (4+ on one occasion for Men/3+ Women)	2011		2012		2013		2014		2015		2016	
	U.S.	VT										
Overall	8%	8%	7%	8%	7%	9%*	7%	9%	8%	8%	8%	9%
Male	10%	10%	10%	10%	10%	10%	9%	11%	10%	9%	10%	11%
Female	6%	6%	6%	6%	6%	9%*	6%	8%	6%	7%	6%	7%
At-Risk Drinking (3+ on one occasion for Men/2+ Women)	2011		2012		2013		2014		2015		2016	
	U.S.	VT										
Overall	18%	22%*	18%	23%*	18%	25%*	18%	24%*	18%	20%	19%	23%*
Male	19%	23%*	19%	23%	19%	23%	19%	20%	19%	19%	20%	21%
Female	17%	21%*	17%	22%*	17%	26%*	17%	28%*	17%	21%*	18%	24%

¹Note: the definition here for high risk drinking is the same as recommended by geriatric experts for binge drinking among this age group which is different from the standard (5+ for men/4+ for women on an occasion) used in the major national surveys for binge drinking for all adults. There is some evidence that a lower threshold, as recommended by geriatric experts, should be used for defining binge drinking among older adults.

*Significantly different than U.S.