

ALCOHOL USE DATA-IN-ACTION

April 2026

**EATON
COUNTY**

APRIL IS ALCOHOL AWARENESS MONTH

Alcohol is often part of social gatherings and celebrations, but it can also affect our health and well-being especially when used in excess. During Alcohol Awareness Month, we have an opportunity to learn more about how alcohol use shows up in our community and how it impacts individuals and families. By increasing awareness and supporting healthier choices, we can help create a safer and stronger community.

Alcohol-related harms can affect people of all ages and backgrounds, influencing physical health, mental well-being, and overall quality of life.

Research Findings

- According to the 2024 Monitoring the Future (MTF) Panel Study, 4.7% of full-time college students and 7.2% of non-college young adults one to four years beyond high school reported high-intensity drinking (10 or more drinks in a row) within the past two weeks.
- Data from the 2024 National Survey on Drug Use and Health (NSDUH) show that 14.4% of adults ages 18 to 25 met criteria for a past-year alcohol use disorder (AUD).
- Among adults ages 26 and older, those who began drinking before age 15 are more likely to report past-year AUD compared to those who initiated alcohol use at age 21 or older. This association is particularly pronounced among females. (Source: National Institute on Alcohol Abuse and Alcoholism)



1 in 4 adults age 18 and older had at least one heavy binge drinking day in the past year. *Source: CDC (2018)*

EXCESSIVE DRINKING INCLUDES:

Binge Drinking

WOMEN

4

or more drinks

On one occasion

MEN

5

or more drinks



Any drinking during pregnancy

Heavy Drinking

WOMEN

8

or more drinks

MEN

15

or more drinks

In a week



Any drinking by people younger than 21

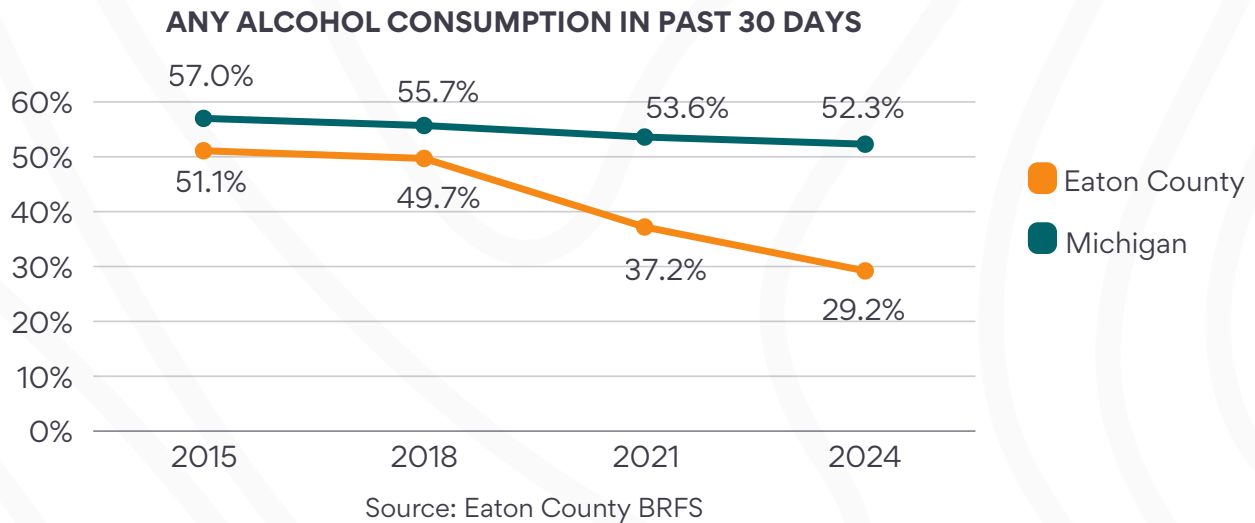


Barry-Eaton District
Health Department

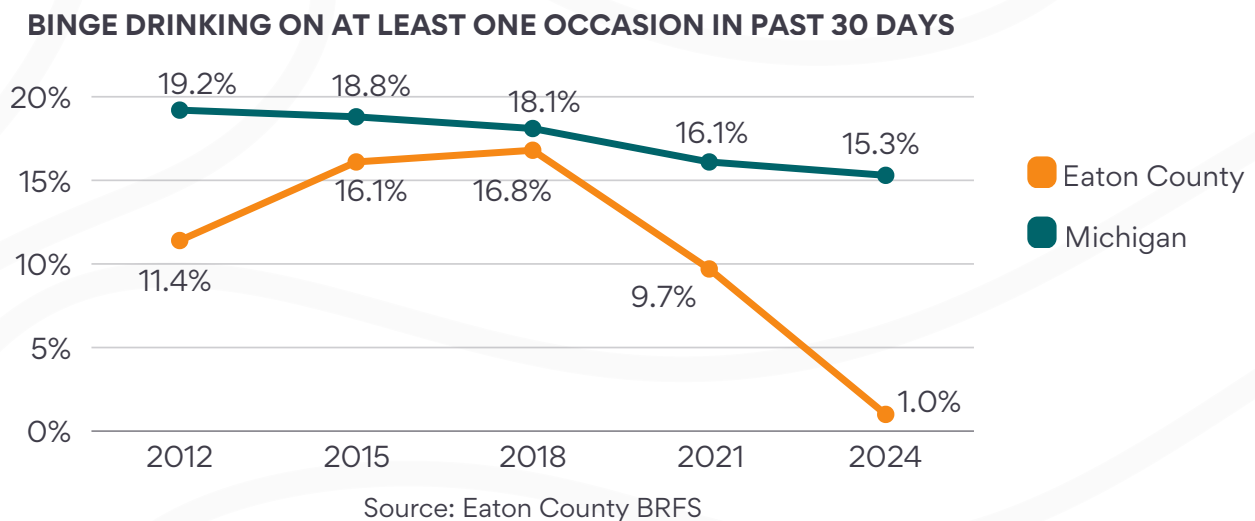
Be Active • Be Safe • Be Healthy

ALCOHOL USE - ADULTS

Alcohol Use is Declining: More Adults Report No Recent Drinking



The percentage of adults reporting any alcohol consumption in the past 30 days has steadily declined in Eaton County, dropping from 51.1% in 2014-2016 to 29.2% in 2023-2025. While Michigan has also experienced a gradual decline, rates remain consistently higher than in Eaton County. These trends indicate a notable shift toward lower alcohol use locally.



Binge Drinking Reaches Lowest Reported Levels in Latest Survey Period

- Binge drinking among Michigan adults has steadily declined since the 2011-2013 survey period.
- In Eaton County, binge drinking increased slightly between the 2011-2013 and 2016-2018 survey periods, but has declined sharply in the most recent survey cycles.
- In 2023-2025, only 1% of adults in Eaton County reported binge drinking in the past 30 days.

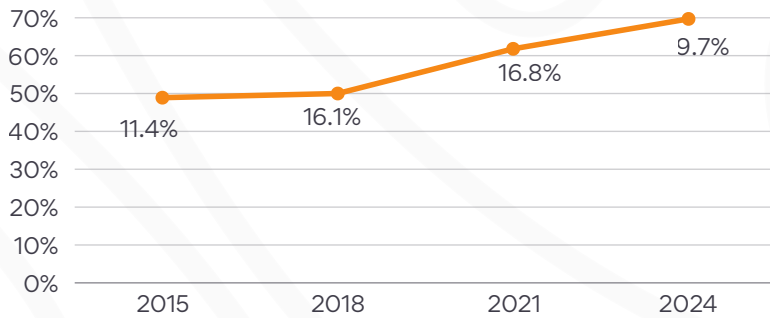
Lower levels of binge drinking are associated with reduced risk of injury, chronic disease, and alcohol-related harm, reflecting positive progress in community health and prevention efforts.

ALCOHOL USE - ADULTS

Who is not drinking? Trends & Demographics of Adults Reporting No Alcohol Use in the Past 30 Days

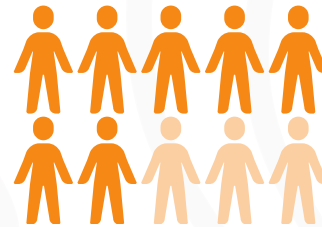
More adults in Eaton County are choosing not to drink alcohol. Over the past decade, the share of residents reporting no alcohol use in the past 30 days has steadily increased.

EATON COUNTY ADULTS REPORTING NO DRINK IN PAST 30 DAYS



Source: Eaton County BRFSS

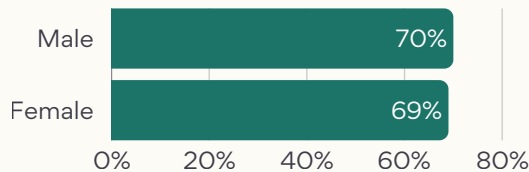
7 in 10 Adults in Eaton County Report Not Drinking in Past 30 Days



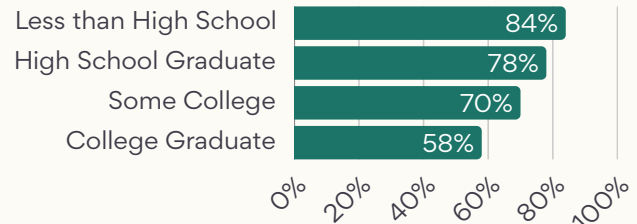
A growing number of adults in Eaton County report no alcohol use in the past 30 days, reflecting a continued shift toward lower alcohol consumption across the community.

ADULTS REPORTING NO ALCOHOL USE IN PAST 30 DAYS BY DEMOGRAPHICS

Gender

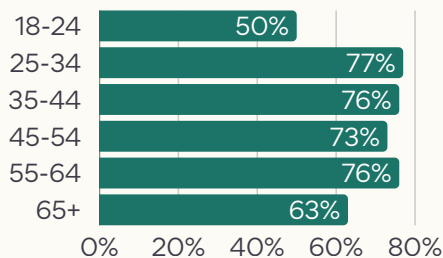


Education



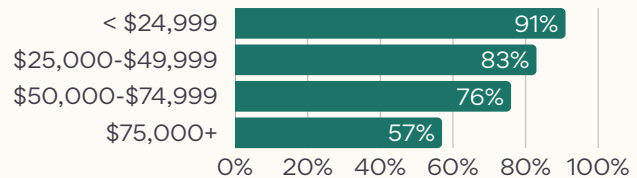
Eaton County residents with higher levels of education are more likely to report alcohol use.

Age



Adults ages 18–24 in Eaton County are the most likely to report alcohol use, while those ages 25–34 are the most likely to report no drinking in the past 30 days.

Income



Eaton County residents with higher incomes are more likely to report drinking in the past 30 days.