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**White Adults Here Drinking Alcohol Twice as Often as Hispanics**  
*Difference Among Several Significant Findings in Latest HARC Research*

(PALM DESERT, CA) – According to data gathered by the Palm Desert-based Health Assessment Resource Center (HARC), Hispanic/Latino adults in eastern Riverside County, on average, drank alcohol 4 days within the past 30 days of being surveyed. That's less than half of the 9 days during that same time interval in which Caucasians had one or more drinks.

Other notable findings from the nonprofit agency's triennial survey on regional health issues: 27.1% of respondents on one or more days engaged in binge drinking (defined as men who consume 5 or more drinks on one occasion; 4 or more for women). A higher proportion of men (33%) compared to women (21%) reported binge drinking. And, in what is sure to raise the ire of groups trying to curb the practice of drinking and driving, about 13,650 residents (4.3% of eastern Riverside County adults) report that they drove during the past 30 days after having too much to drink.

Almost one quarter of adults interviewed by HARC (23.4%) drank 1 to 4 days per month; 12.5% report drinking every day during the past month. Interestingly, those numbers combined total slightly less than the nearly 40% (38.4%) of respondents who report that they did not drink any alcoholic beverages within in the past 30 days.

According to the the Centers for Disease Control and Prevention (CDC) there are approximately 79,000 deaths attributable to excessive alcohol use each year in the United States (excessive drinking refers to per-occasion consumption or average consumption of



alcohol that puts individuals at increased risk for alcohol-related health and social problems). This makes excessive alcohol use the third leading lifestyle-related cause of death for the nation.

The CDC also reports that approximately 92% of U.S. adults who drink excessively report binge drinking within the past 30 days. And, although college students commonly binge drink, 70% of binge drinking episodes involve adults over age 25.

“Statistics show that alcohol continues to maintain its unhealthy grip on a large percentage of the adult population nationally and here at home,” said Glen Grayman, M.D., President of the HARC Board of Directors. “The data provides a sobering reminder that there is much more work to be done in terms of both education and advocacy.”

Long-term consumption of large quantities of alcohol can lead to permanent damage to vital organs such as the brain and liver. Meanwhile, risks associated with binge drinking include: unintentional injuries (car crashes, falls, burns, and drowning); intentional injuries (firearm injuries, sexual assault, and domestic violence); alcohol poisoning; liver disease; and neurological damage.

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#### **About HARC**

Formed in 2006 by a consortium of more than 35 public and private healthcare agencies, the Health Assessment Resource Center (HARC) conducts a confidential community health status assessment in eastern Riverside County every 3 years to identify major health and quality of life issues. The nonprofit 501 (c) (3) organization is funded in part by contributions from community partners, as well as entities that contract with the agency for customized public health research. More information can be obtained by calling HARC at (760) 404-1945, or visiting the organization’s website at [www.harcddata.org](http://www.harcddata.org).