



Alcohol and Other Drugs Prevention Program

National Drug & Alcohol Facts Week

March 18 – 24, 2024

22 DID YOU KNOW



Almost 58% of adult men report drinking alcohol in the past 30 days compared with 49% of adult women. Men are more likely to binge drink than women, with approximately 21% of men reporting binge drinking, and approximately 13% of women reporting binge drinking. In 2020, 13% of adult men had an alcohol use disorder compared with 9% of adult women.

The Centers for Disease Control has developed a quick assessment to help you [check your alcohol use](#) and help you make a plan to drink less. The alcohol use screening tool is not monitored by TTUHSC and the CDC assures that it will not store or share your information.

[The Counseling Center @TTUHSC](#) is a caring and confidential place where EAP-eligible employees and PAS-eligible students can receive support and professional counseling assistance with substance use issues

[SAMHSA](#): Find a Treatment Facility, Explore Treatment Options, Understanding Addiction, Paying for Treatment, Understanding Mental Health.

