

# Let's Talk: The Impact of Alcohol on Health

Mia Croyle  
Jon Glover  
MetaStar

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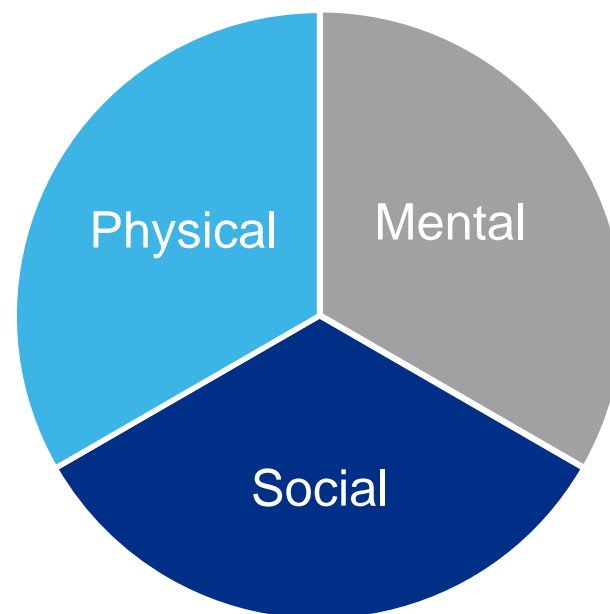
# Learning Objectives:

1. Examine the impact of unhealthy alcohol use on the treatment of common medical conditions
2. Explore strategies to facilitate difficult conversations
3. Discuss team roles in caring for the patient with problem alcohol use

# Definition of Health

The World Health Organization definition of health:

*“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”*



# Impact of Unhealthy Alcohol Use



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# Some Alcohol Statistics

An annual average (2006-2010) of:

- **87,798** alcohol-attributable deaths
- **12,460** motor vehicle crashes were due to excessive drinking



Source: [https://assets.americashealthrankings.org/app/uploads/ahrannual17\\_complete-121817.pdf](https://assets.americashealthrankings.org/app/uploads/ahrannual17_complete-121817.pdf)

# Some Alcohol Statistics

- **Cost to US: \$249 billion (2010)\***

\*cost does not include losses in workplace productivity, health care expenses, criminal justice expenses, motor vehicle crashes and property damage.

Source: [https://assets.americashealthrankings.org/app/uploads/ahrannual17\\_complete-121817.pdf](https://assets.americashealthrankings.org/app/uploads/ahrannual17_complete-121817.pdf)

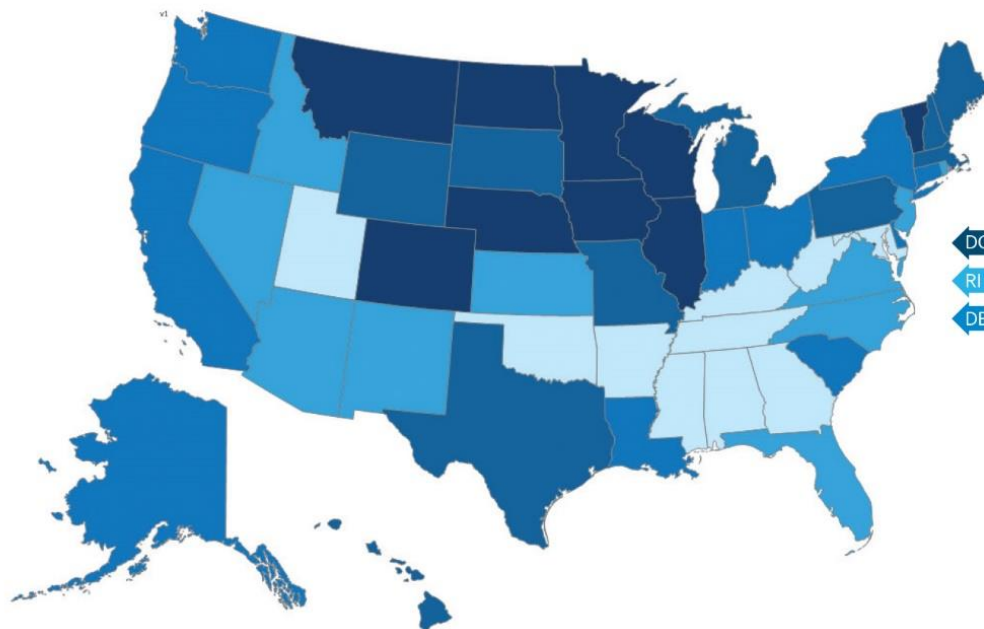
# Excessive Drinking by State



## Excessive Drinking by State

Percentage of adults who reported either binge drinking (having four or more [women] or five or more [men] drinks on one occasion in the past 30 days) or chronic drinking (having eight or more [women] or 15 or more [men] drinks per week)

■ <=16.5% 
 ■ 16.6% to 17.6% 
 ■ 17.7% to 19.1% 
 ■ 19.2% to 20.5% 
 ■ >=20.6%

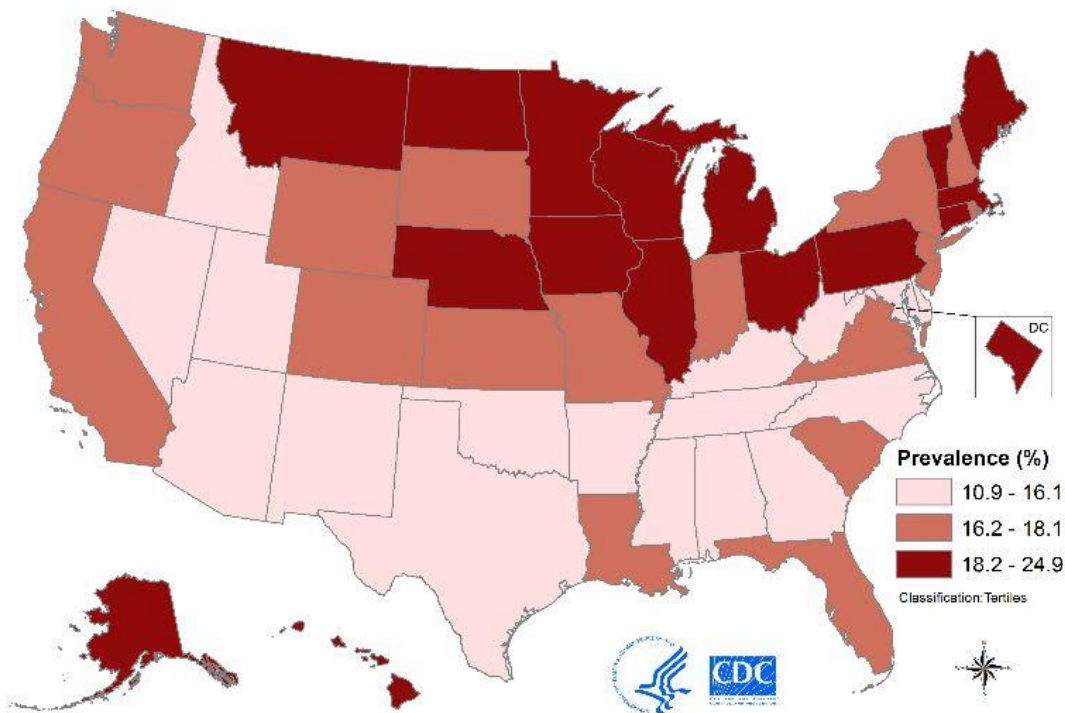


25	Oregon	18.5
25	South Carolina	18.5
28	Indiana	18.6
29	New York	18.8
30	Alaska	19.1
30	Ohio	19.1
32	Texas	19.4
33	Missouri	19.5
34	Wyoming	19.9
35	Massachusetts	20.1
35	New Hampshire	20.1
37	South Dakota	20.2
38	Hawaii	20.3
39	Maine	20.5
39	Michigan	20.5
39	Pennsylvania	20.5
42	Colorado	20.6
42	Vermont	20.6
44	Montana	20.7
45	Illinois	21.1
45	Nebraska	21.1
47	Iowa	22.1
48	Minnesota	22.9
49	North Dakota	25.9
50	Wisconsin	26.2

Source: [https://assets.americashealthrankings.org/app/uploads/ahrannual17\\_complete-121817.pdf](https://assets.americashealthrankings.org/app/uploads/ahrannual17_complete-121817.pdf)

# Binge Drinking Statistics

## Prevalence of Binge Drinking Among US Adults, 2015

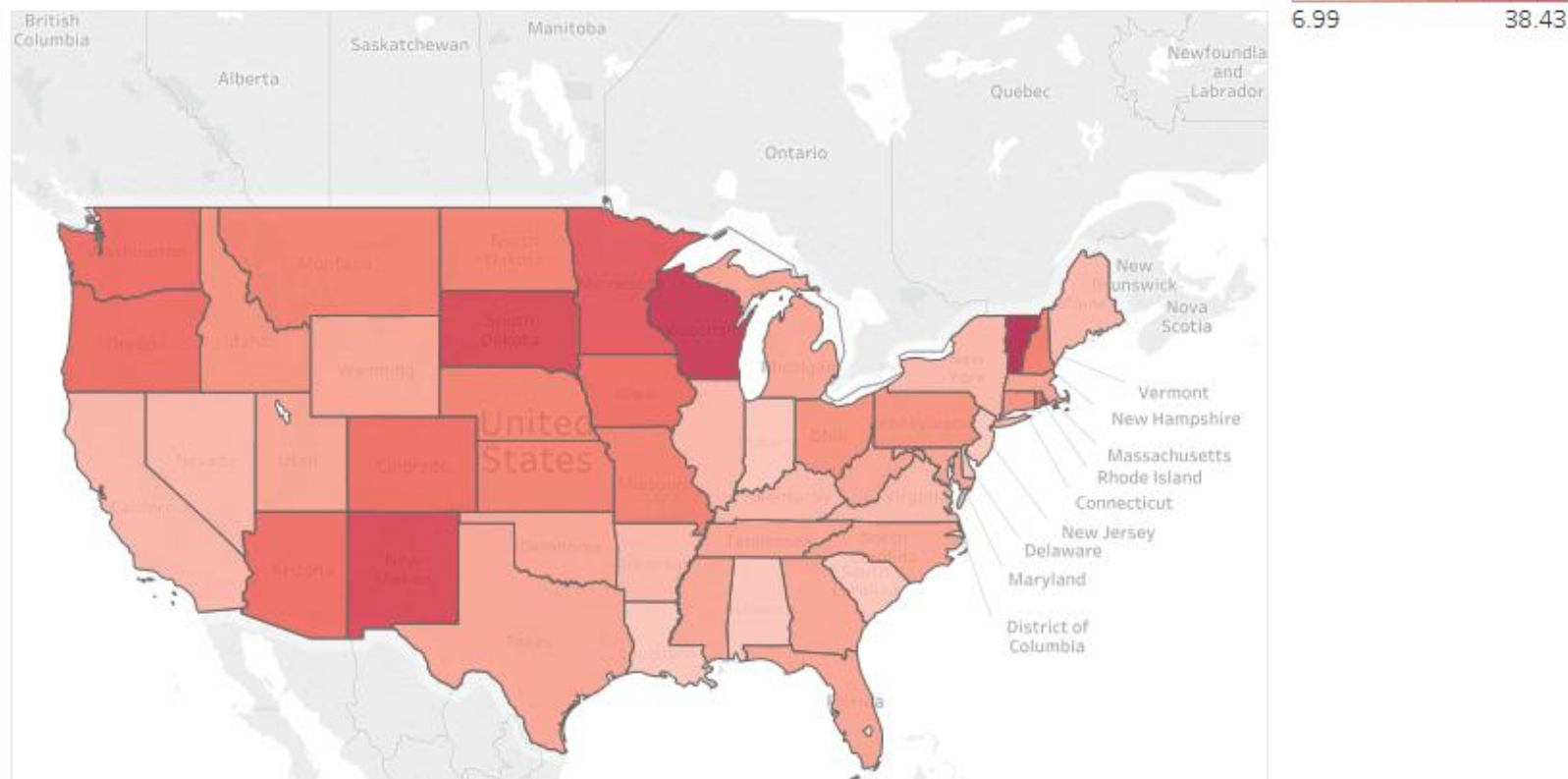


Source: <https://www.cdc.gov/alcohol/data-stats.htm>



# Alcohol-Related Fatal Falls

Per Capita Rates of Alcohol-Related Fatal Falls



Source: [https://madison.com/ct/news/local/health-med-fit/losing-their-footing-more-wisconsin-seniors-are-drinking-falling-and/article\\_35c6584e-8c2e-11e7-9f44-9f4244b5c44a.html](https://madison.com/ct/news/local/health-med-fit/losing-their-footing-more-wisconsin-seniors-are-drinking-falling-and/article_35c6584e-8c2e-11e7-9f44-9f4244b5c44a.html)

# Nationally

## Discussed Drinking with a Health Professional:

- **One in six** adults
- **One in four** adults who drink above the guidelines
- **One in three** adults who exceed guidelines 10 times per month or more
- Only **17 percent of pregnant women**

Source: <https://www.cdc.gov/vitalsigns/alcohol-screening-counseling/index.html>

# Unhealthy Alcohol Use in Wisconsin



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# Healthy Wisconsin Priority

## Wisconsin Alcohol Use Rankings

- **45<sup>th</sup>** for chronic drinking (eight or more per week for women or 15 or more per week for men)
- **48<sup>th</sup>** for excessive drinking (binge and chronic use)
- **48<sup>th</sup>** for women 18 - 44 who either binge drink or engage in chronic drinking (eight or more per week)
- **49<sup>th</sup>** for binge drinking
- **50<sup>th</sup>** for percentage of adults 65 and older who either binge drink or engage in chronic drinking (eight or more per week)

Source: Healthy Wisconsin 2017 Report

# Some Alcohol Statistics

An annual average (2015) of:

**2,008** alcohol-attributable deaths

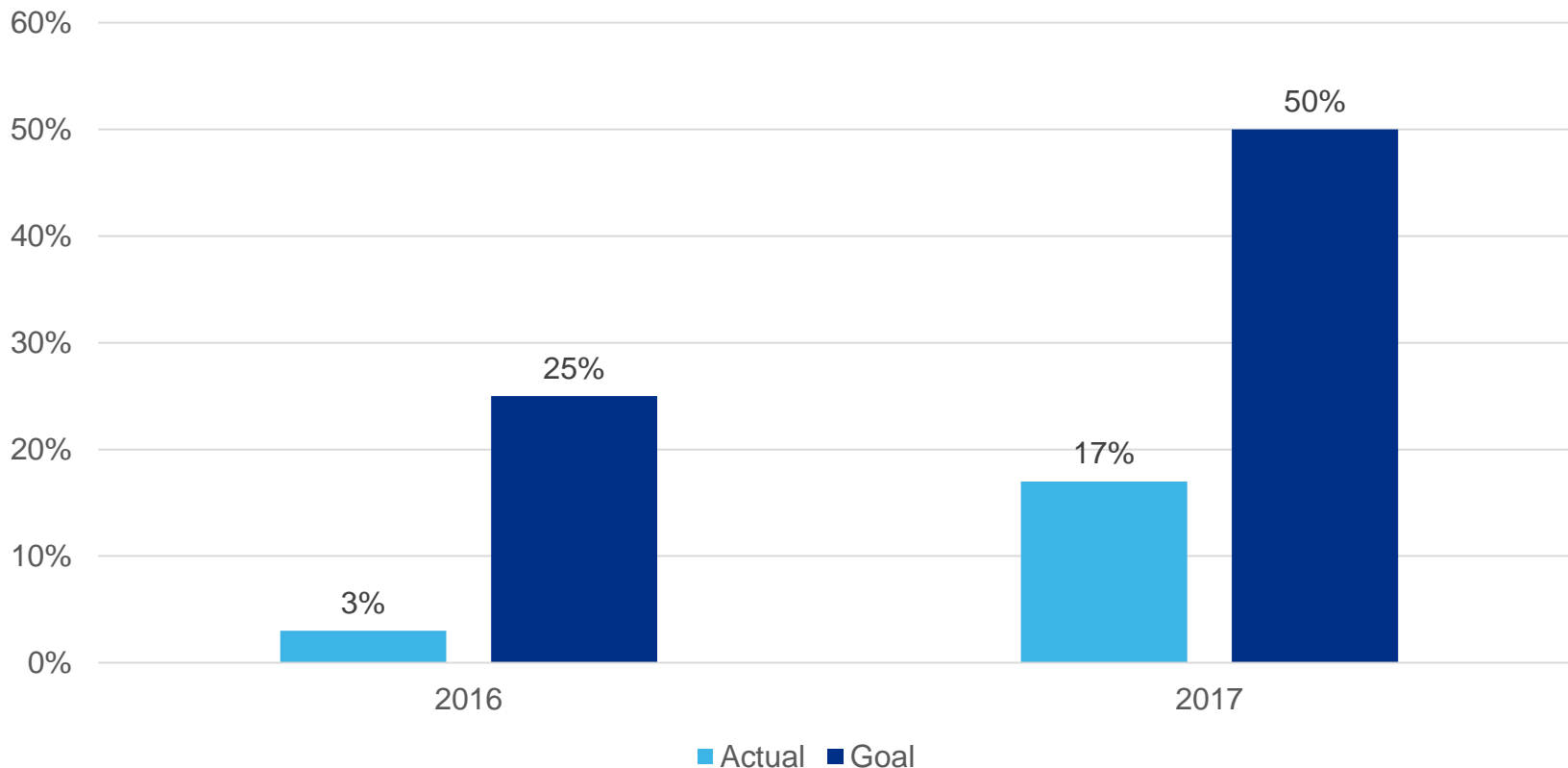
- 58 percent acute conditions
  - Car crashes, falls, poisonings, etc.
- 42 percent chronic conditions
  - Liver cirrhosis, cancer, etc.



Source: <https://www.dhs.wisconsin.gov/publications/p4/p45718-16.pdf>

# In Our Work

## Alcohol Screening Among Wisconsin Practices



# Alcohol's Impact on Health



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# Immediate Health Risks of Alcohol Consumption



**Motor vehicle  
crashes**

**Failure to fulfill  
obligations  
at work, school,  
or home**



**Frequent colds**

**Reduced  
resistance  
to infection**

**Increased risk  
of pneumonia**



**Injury**

**Violence**

**Violent crime**

**Legal problems**

Source: <https://www.cdc.gov/ncbddd/fasd/documents/alcoholsbiimplementationguide.pdf>



# Long Term Health Risks of Alcohol Consumption



**Stroke**  
**Hypertension**  
**Heart failure**  
**Premature aging**



**Cancer of the  
throat and mouth**  
**Breast cancer**  
**Inflammation of  
the pancreas**



**Type 2 Diabetes**  
**Liver damage**

Source: <https://www.cdc.gov/ncbddd/fasd/documents/alcoholsbiimplementationguide.pdf>

# Long Term Health Risks of Alcohol Consumption



**Anemia**  
**Blood clotting**  
**Vitamin deficiency**  
**Bleeding**



**Stomach  
inflammation**  
**Diarrhea**  
**Malnutrition**



**Men: Erectile dysfunction**  
**Women: Unintended pregnancy**  
**Sexually Transmitted Diseases**

Source: <https://www.cdc.gov/ncbddd/fasd/documents/alcoholsbiimplementationguide.pdf>

# Comorbidity of Alcohol and Mental Health



Depression

Anxiety

Aggressive behavior

Alcohol dependence

Insomnia

Memory loss

In Wisconsin **23 percent of suicides** were attributable to alcohol (2015)

Source: <https://www.cdc.gov/ncbddd/fasd/documents/alcoholsbiimplementationguide.pdf>

# Strategies to Facilitate Difficult Conversations



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# Principles

- Empathy
- Partnership
- Autonomy

# Empathy



<https://www.youtube.com/watch?v=1Evwgu369Jw>

# Partnership



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# Autonomy





# Guideposts

1. Set up the conversation
2. Assess understanding and preferences
3. Share concern
4. Explore key topics: goals, fears, strengths, capacity
5. Close the conversation

# Step 1: Set Up the Conversation

- Logistics
- Connection
- Permission

# Step 2: Assess Understanding and Preferences

Before you tell, ask.

- “Tell me a little bit about the role alcohol plays in your day to day life.”
- “From your perspective, what are some of the downsides of drinking?”
- “What information would feel useful about how alcohol can impact your health?”

# Step 3: Share Concern

- Avoid judgment, jargon, blame, labels
- Support autonomy - avoid warnings
  - “Based on your responses to the questions about alcohol your use is above the recommended limits. That can be a concern because it puts you at increased risk of health, legal, social problems.”
- Check in on response and understanding
  - “What are your thoughts about this?”
- Allow time and space for them to process

# Step 4: Explore Key Topics

## Goals, Fears, Strengths, Capacity

- Show empathy
- Connecting is more effective than persuading
- **Partner** on a strategy
  - “What do you think you might do with this new information?”
  - “How might you go about doing this?”  
(if they are ready to make a change)

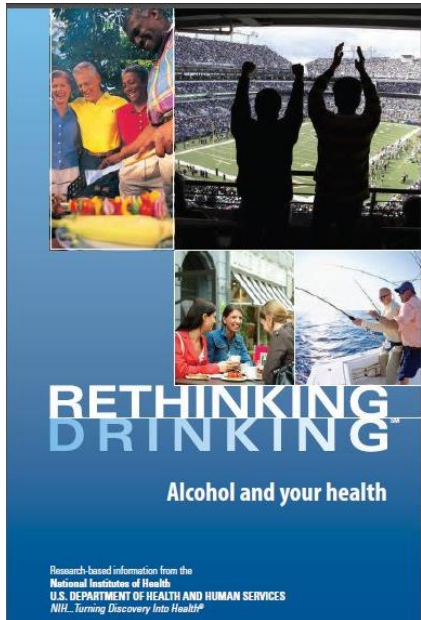
# Step 5: Close the Conversation

- Summarize
- Allow the other person's ideas and priorities to guide the plan
- Check in and affirm commitment
  - “How does this plan seem to you?”
  - “I will do everything I can to support you in this plan”
- Plan for follow up

# Team Roles



# Tools

A screenshot of the Rethinking Drinking website. The top navigation bar includes links for 'HOW MUCH IS TOO MUCH?', 'THINKING ABOUT A CHANGE?', 'TOOLS', 'Q&A'S', and 'HELP LINKS'. The main heading reads 'DO YOU KNOW: HOW MUCH U.S. ADULTS DRINK - AND WHERE YOU FIT?' over a background image of a large crowd at a stadium. Below the heading, there are three sections: 'Do you enjoy a drink now and then?' with a sub-point 'Many of us do, often when socializing with friends and family.'; 'For anyone who drinks, this site offers valuable, research-based information. What do you think about taking a look at your drinking habits and how they may affect your health? Rethinking Drinking can help you [get started.](#)'; and a list of three icons with corresponding text: a glass icon for 'Check your drinking pattern', a mountain icon for 'See signs of a problem', and a gear icon for 'Get tools to make a change'.

<https://www.rethinkingdrinking.niaaa.nih.gov/>



# Practice



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# Questions?

Mia Croyle, MA

Jon Glover, LCSW

Behavioral Health Project Specialists

[www.lsqin.org](http://www.lsqin.org)

[www.metastar.com](http://www.metastar.com)



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