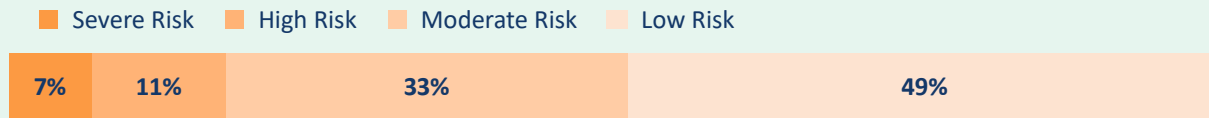


Americans' Relationships with Alcohol

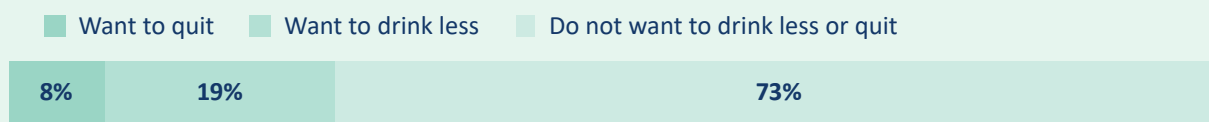
A survey by Oar Health

A significant number of Americans want to drink less or quit, but are unaware of safe, effective medication that can help, according to a new survey conducted by Oar Health. We surveyed more than 1600 American adults to understand their relationships with alcohol and found that:

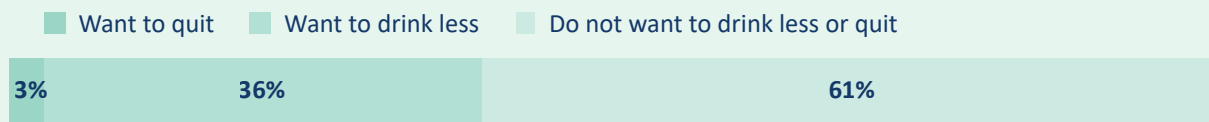
18% of American adults are at severe or high risk of alcohol misuse



27% of American adults want to drink less or quit with moderation preferred to quitting by a margin of ~2:1

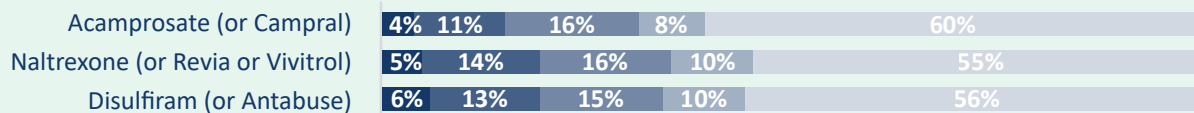


39% of those at severe or high risk of alcohol misuse want to drink less or quit with moderation preferred to quitting by a margin of ~10:1



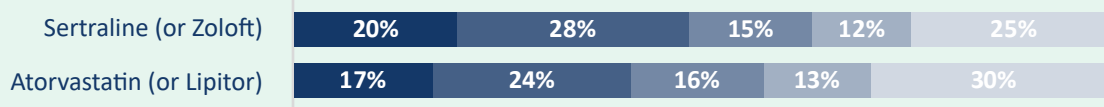
Less than 20% of American adults who want to drink less or quit are very familiar or somewhat familiar with naltrexone, disulfiram, and acamprosate – the 3 medications approved by the FDA to treat alcohol problems

Very familiar
 Somewhat familiar
 Neither familiar nor unfamiliar
 Somewhat unfamiliar
 Very unfamiliar



By contrast, more than 40% of the same group is familiar with medications used to treat other common chronic conditions.

Very familiar
 Somewhat familiar
 Neither familiar nor unfamiliar
 Somewhat unfamiliar
 Very unfamiliar



The survey results suggest that people who want to change their relationship with alcohol need more information about the full range of treatment options available to them.

Full results and methodology details follow.

Americans' Relationships with Alcohol

Full survey results

Question 1: How often do you have a drink containing alcohol?

1693 Adults

Never	14%
Monthly or less	25%
2 to 4 times a month	28%
2 to 3 times a week	21%
4 or more times a week	12%

Question 2: How many drinks containing alcohol do you have on a typical day when you are drinking?

1693 Adults

1 or 2	63%
3 or 4	24%
5 or 6	9%
7, 8 or 9	3%
10 or more	2%

Question 3: How often do you have six or more drinks on one occasion?

1693 Adults

Never	51%
Less than monthly	28%
Monthly	13%
Weekly	6%
Daily or almost daily	2%

Analysis 1: Risk of Alcohol Misuse

Respondents' risk of alcohol misuse was classified based on the Alcohol Use Disorders Identification Test-Concise (AUDIT-C). First, respondents were assigned points based on their responses to questions 1-3, as follows:

<i>Question</i>	<i>Response</i>	<i>Points</i>
How often do you have a drink containing alcohol	Never	0
	Monthly or less	1
	2 to 4 times a month	2
	2 to 3 times a week	3
	4 or more times a week	4

<i>Question</i>	<i>Response</i>	<i>Points</i>
How many drinks containing alcohol do you have on a typical day when you are drinking?	1 or 2	0
	3 or 4	1
	5 or 6	2
	7, 8 or 9	3
	10 or more	4

<i>Question</i>	<i>Response</i>	<i>Points</i>
How often do you have six or more drinks on one occasion?	Never	0
	Less than monthly	1
	Monthly	2
	Weekly	3
	Daily or almost daily	4

Secondly, respondents' risk of alcohol misuse was assessed based on their total points across questions 1-3 and their gender, using a rubric published by the U.S. Department of Veterans Affairs¹, as follows:

<i>Risk level</i>	<i>Men</i>	<i>Women</i>
Severe	8-12 points	8-12 points
High	6-7 points	6-7 points
Moderate	4-5 points	3-5 points
Low	0-3 points	0-2 points

Results of this analysis are as follows:

1693 Adults

Severe Risk	7%
High Risk	11%
Moderate Risk	33%
Low Risk	49%

¹ <https://www.hepatitis.va.gov/alcohol/treatment/audit-c.asp#S2X>

Question 4: Which of the following best describes your feelings about alcohol?*1693 Adults*

I am comfortable with the amount of alcohol that I drink; I do not want to drink less alcohol or quit drinking	73%
I want to drink less alcohol than I do today, but I do not want to quit drinking entirely	19%
I want to quit drinking entirely	8%

Among the 302 adults at severe or high risk of alcohol misuse:

I am comfortable with the amount of alcohol that I drink; I do not want to drink less alcohol or quit drinking	61%
I want to drink less alcohol than I do today, but I do not want to quit drinking entirely	36%
I want to quit drinking entirely	3%

Question 5: In the last year, have you received any treatment to help you drink less or quit? Treatment may have been received at any location, such as a hospital, rehabilitation facility (inpatient or outpatient), mental health center, emergency room, doctor's office, therapist or counselor's office, telemedicine/telehealth service, self-help group, or prison/jail.

Among the 455 adults who want to drink less or quit drinking:

Yes	12%
No	88%

Question 6: Where did you receive treatment to help you drink less or quit? Please check all that apply.

Among the 94 adults who received treatment:

Hospital or emergency room	13%
Inpatient rehabilitation facility	19%
Outpatient rehabilitation facility	20%
Mental health center or therapist/counselor's office	39%
Doctor's office	41%
Telemedicine/telehealth service	21%
Self-help group	32%
Prison or jail	3%
Other	10%

Question 7: When it comes to evaluating a provider of treatment that helps people drink less or quit, how important is it that the provider is:

Among the 455 adults who want to drink less or quit drinking:

	<i>Not important at all</i>	<i>Somewhat unimportant</i>	<i>Neither important nor unimportant</i>	<i>Somewhat important</i>	<i>Very important</i>
Convenient	6%	5%	18%	28%	43%
Private and confidential	4%	3%	12%	16%	65%
Led by doctors	4%	4%	22%	35%	35%
Led by people who have recovered from alcohol addiction themselves	5%	5%	25%	37%	28%
Supportive of goals that include moderation and abstinence	4%	2%	17%	35%	43%
Affordable	3%	3%	9%	21%	64%

Question 8: To what extent are you familiar with the following treatment options for people who want to drink less or quit?

Among the 455 adults who want to drink less or quit drinking:

	<i>Very unfamiliar</i>	<i>Somewhat unfamiliar</i>	<i>Neither familiar nor unfamiliar</i>	<i>Somewhat familiar</i>	<i>Very familiar</i>
Therapy, counseling, or coaching	11%	12%	24%	31%	23%
Mutual peer support groups (such as Alcoholics Anonymous)	6%	8%	23%	38%	25%
Rehabilitation programs (inpatient or outpatient)	9%	9%	23%	38%	21%
Medication-assisted treatment	16%	16%	29%	27%	12%
Telemedicine or telehealth treatment	19%	16%	29%	23%	13%

Question 9: To what extent are you familiar with the following medications?

Among the 455 adults who want to drink less or quit drinking:

	<i>Very unfamiliar</i>	<i>Somewhat unfamiliar</i>	<i>Neither familiar nor unfamiliar</i>	<i>Somewhat familiar</i>	<i>Very familiar</i>
Disulfiram (or Antabuse)	56%	10%	15%	13%	6%
Naltrexone (or Revia or Vivitrol)	55%	10%	16%	14%	5%
Acamprosate (or Campral)	60%	8%	16%	11%	4%

Naloxone (or Narcan)	30%	14%	16%	24%	15%
Atorvastatin (or Lipitor)	30%	13%	16%	24%	17%
Sertraline (or Zoloft)	25%	12%	15%	28%	20%

Question 10: To what extent do you agree or disagree with the following statements?

1693 Adults

	<i>Strongly disagree</i>	<i>Somewhat disagree</i>	<i>Neither agree nor disagree</i>	<i>Somewhat agree</i>	<i>Strongly agree</i>	<i>I don't know / no opinion</i>
Medication-assisted treatment is a safe and effective option for people who are diagnosed with Alcohol Use Disorder	4%	8%	32%	27%	15%	14%
Medication-assisted treatment is a safe and effective option for people who want to quit drinking	3%	6%	30%	27%	19%	15%
Medication-assisted treatment is a safe and effective option for people who want to drink less without quitting drinking entirely	5%	10%	34%	20%	14%	18%

Among the 455 adults who want to drink less or quit drinking:

	<i>Strongly disagree</i>	<i>Somewhat disagree</i>	<i>Neither agree nor disagree</i>	<i>Somewhat agree</i>	<i>Strongly agree</i>	<i>I don't know / no opinion</i>
Medication-assisted treatment is a safe and effective option for people who are diagnosed with Alcohol Use Disorder	5%	10%	34%	20%	14%	18%
Medication-assisted treatment is a safe and effective option for people who want to quit drinking	4%	6%	29%	27%	21%	13%
Medication-assisted treatment is a safe and effective option for people who want to drink less without quitting drinking entirely	6%	10%	29%	24%	15%	16%

Question 11: [Results omitted due to an error in question wording]

Question 12: Gender*1693 Adults*

Male	48%
Female	52%

Question 13: Household Income*1693 Adults*

\$0-\$9,999	7%
\$10,000-\$24,999	11%
\$25,000-\$49,999	19%
\$50,000-\$74,999	18%
\$75,000-\$99,999	14%
\$100,000-\$124,999	10%
\$125,000-\$149,999	6%
\$150,000-\$174,999	2%
\$175,000-\$199,999	1%
\$200,000+	4%
Prefer not to answer	8%

Question 14: Region*1655 Adults*

East North Central	15%
East South Central	6%
Middle Atlantic	17%
Mountain	5%
New England	5%
Pacific	17%
South Atlantic	20%
West North Central	6%
West South Central	10%

Question 15: Age*1693 Adults*

18-29	22%
30-44	25%
45-60	35%
>60	18%

Americans' Relationships with Alcohol

Methodology

The survey was conducted on February 20, 2022 among a national sample of 1,693 American adults ages 18 and older drawn from a SurveyMonkey audience balanced by age and gender to census totals.