In 2020, Iowa ranked... 3rd highest in the nation for binge drinking and 6th highest in the nation for heavy drinking.

56.9% of Iowans reported they had at least one drink of alcohol in the past month.

21.5% of Iowans reported binge drinking in the past month.

8.3% of Iowans reported heavy drinking in the past month.

Important Definitions:
The BRFSS defines a standard drink as one 12-ounce beer, one 5-ounce glass of wine, or a drink with one shot of hard liquor.

Binge Drinking: The consumption of 5 or more alcoholic drinks for men and 4 or more alcoholic drinks for women on one occasion, in the past 30 days.

Heavy Drinking: The consumption of more than 14 drinks per week for men or more than 7 drinks per week for women, in the past 30 days.

Source: 2020 Iowa Behavioral Risk Factor Survey

The BRFSS is an annual, state-based telephone survey that collects data on chronic health conditions, health-related risk behaviors, use of clinical preventive practices, and health care access. BRFSS data are used to measure population health over time, design public health programming and policies, inform strategies to improve the health of Iowans, and track progress towards public health goals.

Visit [https://idph.iowa.gov/brfss](https://idph.iowa.gov/brfss) to view more 2020 Iowa Survey Findings

Heavy drinking significantly increased from 6.7% in 2019 to 8.3% in 2020.

Binge drinking (25.7%) and heavy drinking (11.1%) rates were higher for Iowans who reported poor mental health.

![QR Code](https://idph.iowa.gov/brfss)