

## Alcohol and Youth in Nassau County, January 1, 2018 - June 30, 2023

This report describes alcohol-related inpatient, outpatient, and ED visits in Nassau County from January 1, 2018, to June 30, 2023, in two age groups: 13-17 and 18-24. Only principal diagnosis type codes were utilized. Total frequencies ten or less were suppressed to meet data suppression criteria.

### KEY TAKEAWAYS

While alcohol-related visits in Nassau County decreased after 2019, data continues to reflect the widespread problem of underage drinking. In Nassau County, the first six months of 2023 showed a slight increase in alcohol-related visits for 13-24-year-olds when compared to the first six months of previous years. The jump from 17-years-old to 18-years-old (adulthood) demonstrated a twofold increase in alcohol-related visits. Likewise, eighteen to twenty-four-year-olds experienced higher rates of chronic alcohol-related visits such as gastritis, liver disease and cirrhosis, and pancreatitis compared to 13-17-year-olds. Additionally, alcohol dependence rates were 5 times higher, alcohol abuse rates 3 times higher, and alcohol use rates 2 times higher in the 18-24 age group. While very few of the 13-17-year-olds visited outpatient facilities, that was not the case for the young adult category. Despite this increase in outpatient visits, alcohol-related visits for both age groups consisted largely of emergency department admissions, with less inpatient and outpatient treatment.

The majority of alcohol visits for both age groups identified as White (64%) or non-Hispanic (69%). Moreover, the percentage of male alcohol-related visits increased from 51% in the 13-17 age group to 59% in the 18-24 age group. Hospital visits associated with alcohol among young adults were more widespread by zip code compared to those in the younger age group.

Alcohol use, mental disorders, and the use of other drugs commonly co-occur.<sup>1</sup> Ten percent of alcohol-related visits among 13-17-year-olds and 17% of visits among 18-24-year-olds were diagnosed with at least one psychiatric disorder. Moreover, 10% of alcohol-related visits among 13-17-year-olds and 13% of visits among 18-24-year-olds also consumed cannabis or other substances.

The rates of alcohol-related visits continue to increase with age until the 35-44 age group where alcohol-related visit rates reach 90 per 1,000 population, eleven times the 13-17-year-old rate. These rates do not see a dramatic decrease until the 65+ age group, contributing to alcohol as the most common substance reported at admission to substance use disorder treatment services on Long Island, according to NYS Office of Addiction Services and Supports.<sup>2</sup>

---

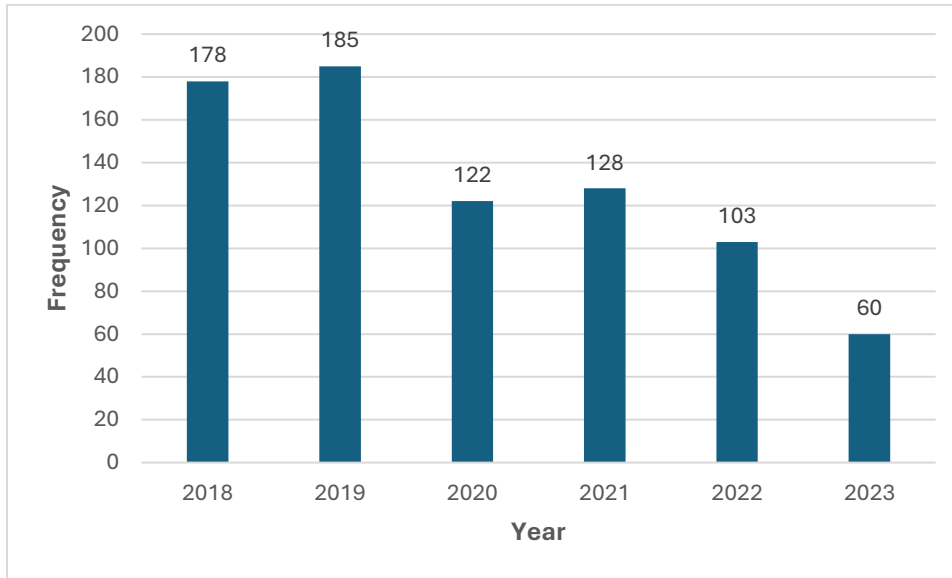
<sup>1</sup> National Institute on Alcohol Abuse and Alcoholism. "Mental Health Issues: Alcohol Use Disorder and Common Co-Occurring Conditions," 2024.

<sup>2</sup> New York State Office of Addiction Services and Supports, "SUD Treatment System Dashboard," 2023.



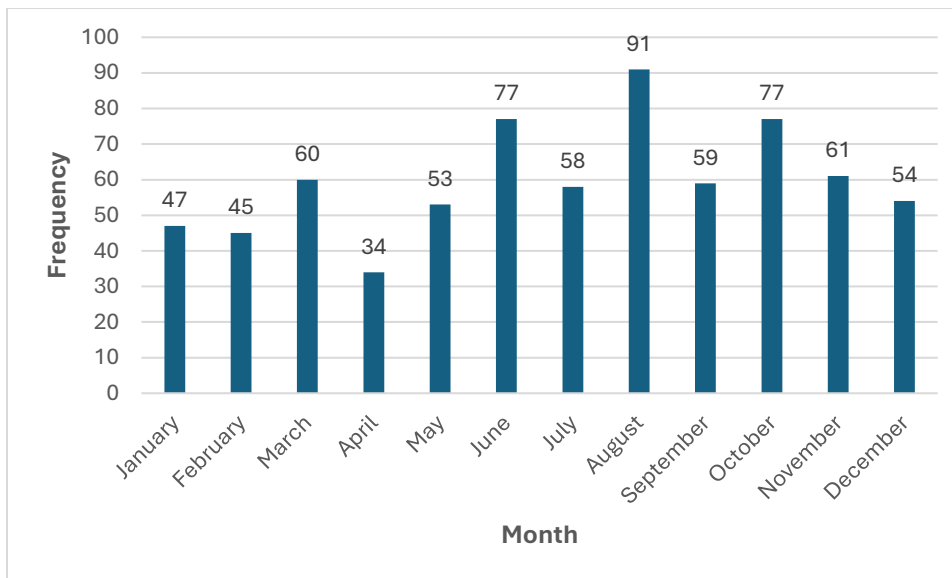
## 13 to 17-Year-Olds

**Figure 1 – Cumulative Alcohol-Related Visits for Adolescents (Aged 13-17) by Year of Admittance: January 1, 2018 - June 30, 2023**



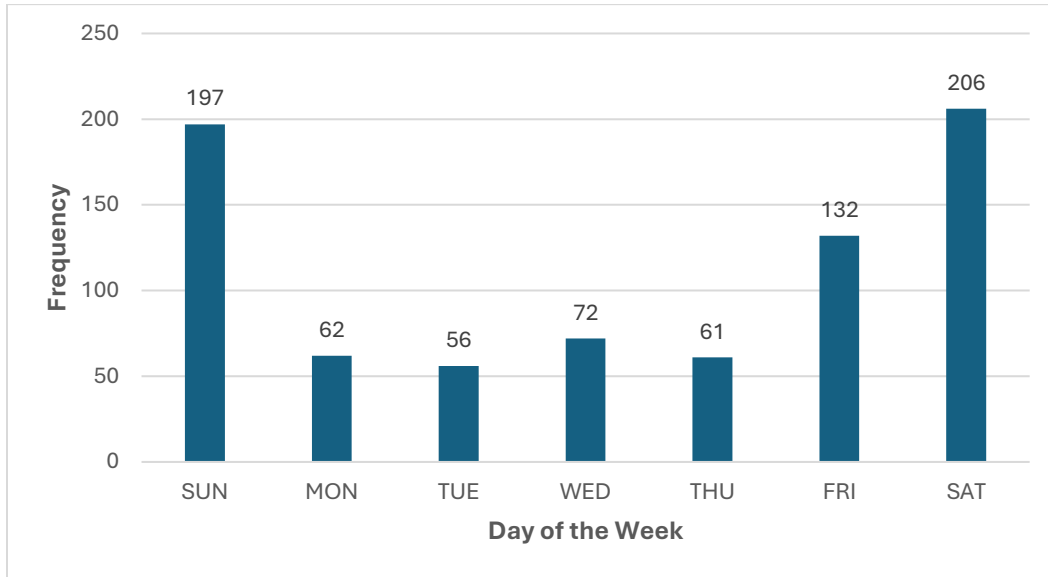
Nassau County had 786 alcohol-related visits between January 1, 2018 and June 30, 2023 for those aged 13-17 years. Ten observations did not report admit year but had a discharge date within this timeframe.

**Figure 2 – Cumulative Alcohol-Related Visits for Adolescents (Aged 13-17) by Month of Admittance: 2018 to 2022**



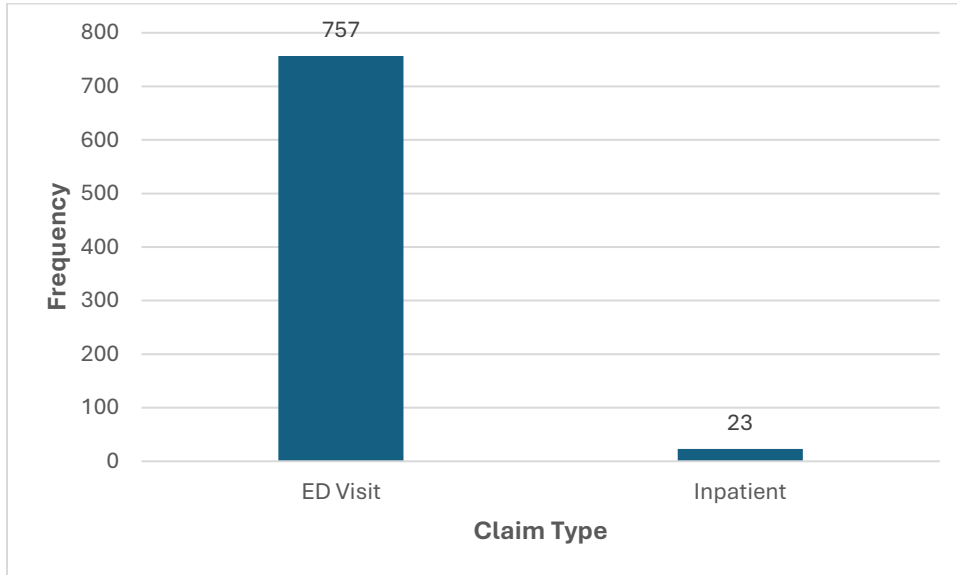
August (91 visits), June (77 visits), and October (77 visits) had the greatest number of cumulative alcohol-related visits among this age group from 2018 to 2022. Ten observations did not report month of admission but had a discharge date between 2018 and 2023.

**Figure 3 – Cumulative Alcohol-Related Visits for Adolescents (Aged 13-17) by Day of Admittance: January 1, 2018 - June 30, 2023**



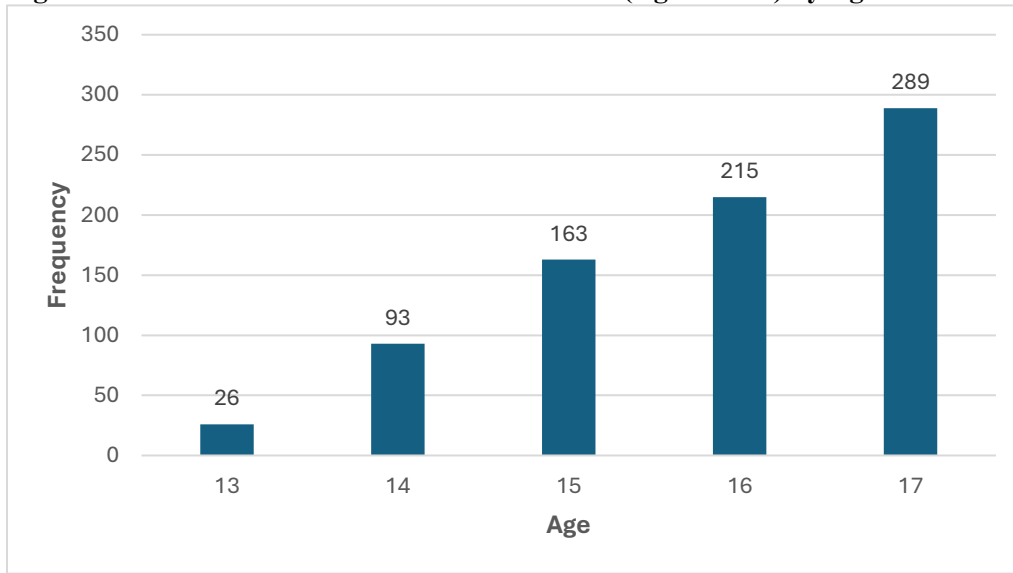
Sixty-eight percent of alcohol-related visits in this timeframe occurred on Friday, Saturday, or Sunday.

**Figure 4 – Alcohol-Related Visits for Adolescents (Aged 13-17) by Claim Type**



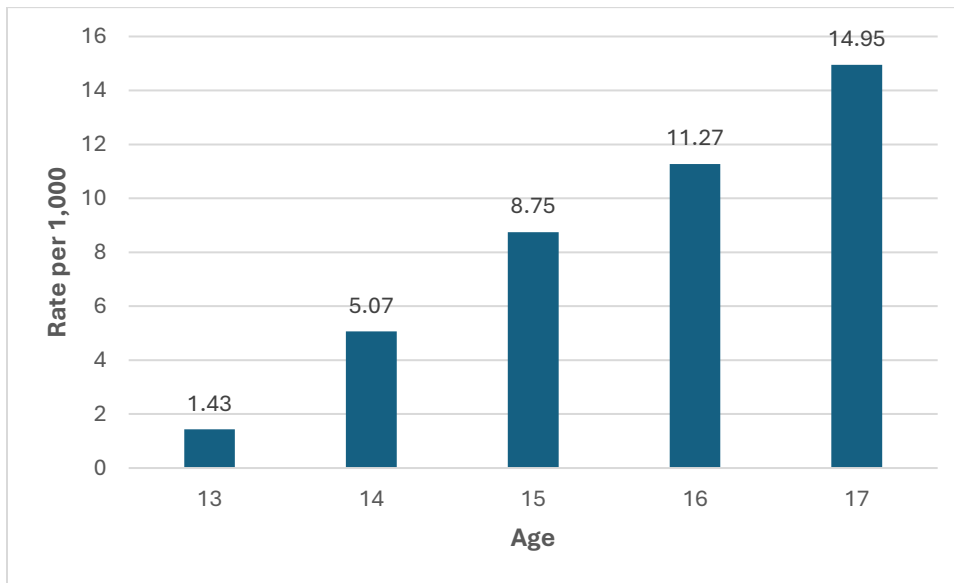
Ninety-six percent of alcohol-related visits within this age group were ED visits. Forty-eight percent of inpatient visits were admitted through the Emergency Department. There were too few outpatient visits to include.

**Figure 5 – Alcohol-Related Visits for Adolescents (Aged 13-17) by Age**



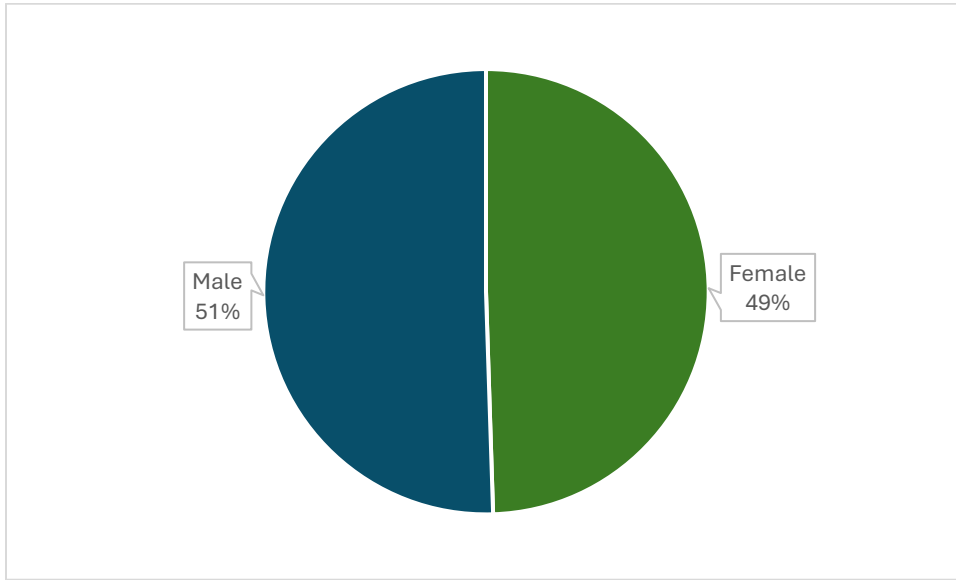
Seventeen-year-olds have the highest frequency of alcohol-related visits in this age group.

**Figure 6 – Alcohol-Related Visits for Adolescents (Aged 13-17) by Age - Rate per 1,000 population 13 to 17**



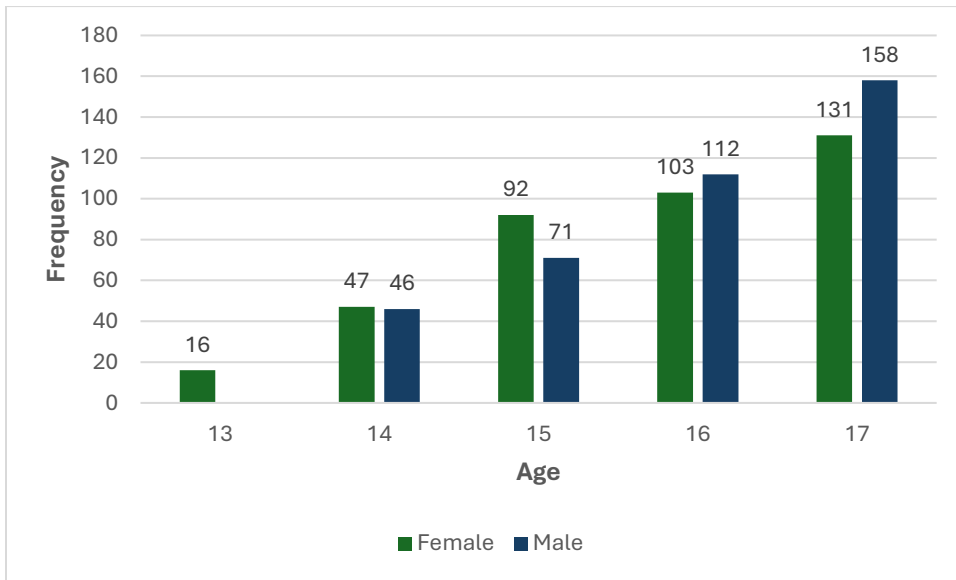
Seventeen-year-olds have the highest rate (14.95 per 1,000) of alcohol-related visits.

**Figure 7 – Alcohol-Related Visits for Adolescents (Aged 13-17) by Gender**

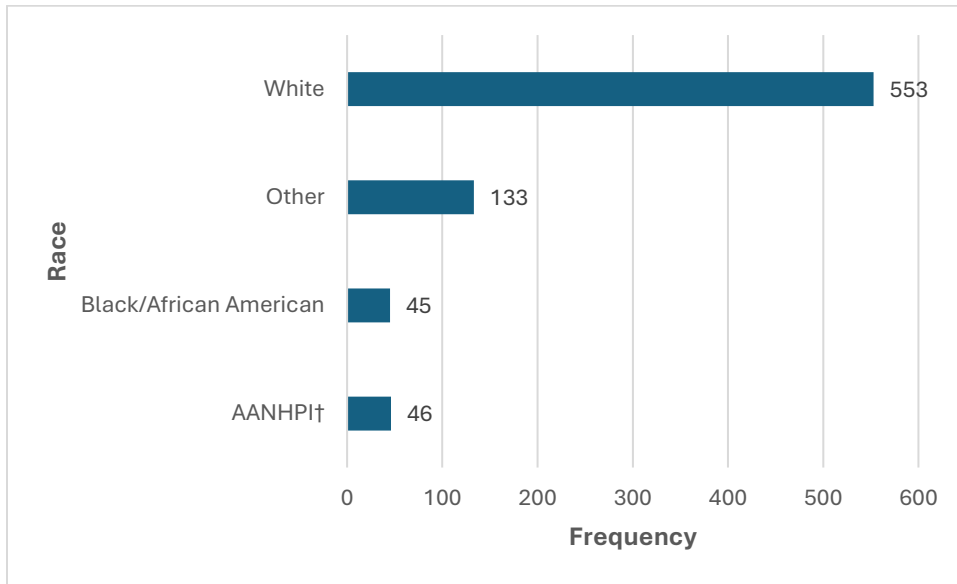


Fifty-one percent of alcohol-related visits among those 13-17 in Nassau County were male.

**Figure 8 – Alcohol-Related Visits for Adolescents (Aged 13-17) by Age and Gender**



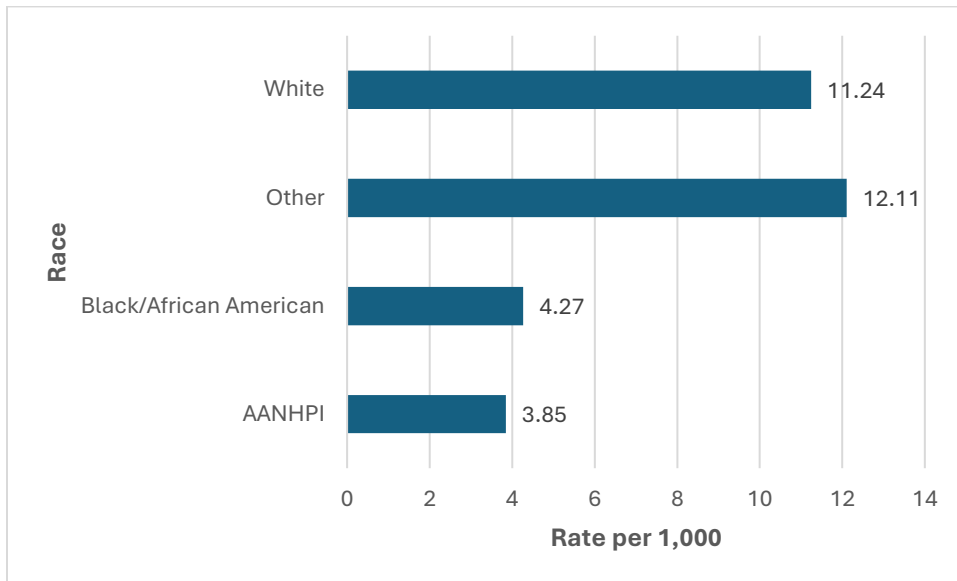
**Figure 9 – Alcohol-Related Visits for Adolescents (Aged 13-17) by Race**



†Asian American/Native Hawaiian/Pacific Islander

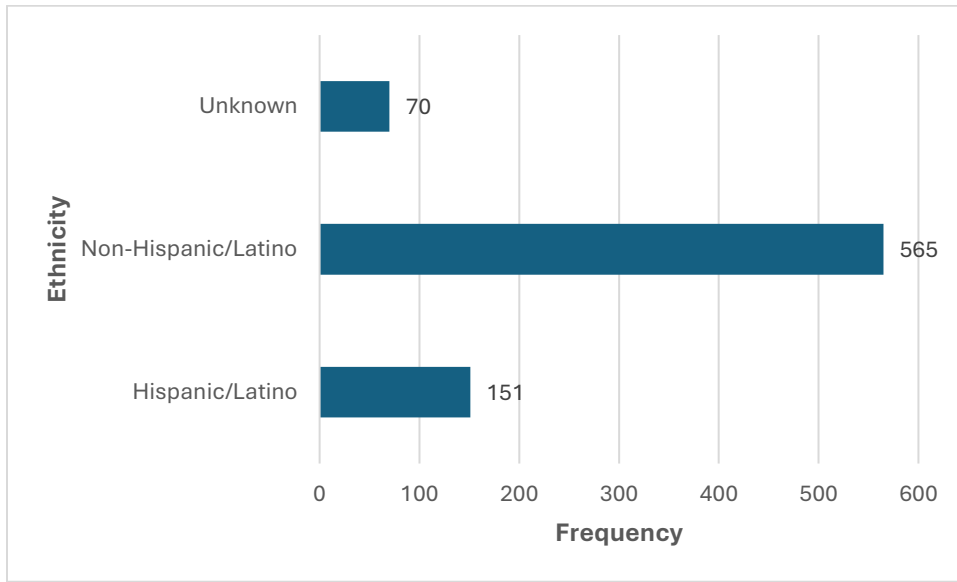
Seventy percent of alcohol-related visits in Nassau County identify as White. Seventeen percent identify as some other race. Alaska Indian/Native American visits were reported, but were suppressed to meet data suppression criteria.

**Figure 10 – Alcohol-Related Visits for Adolescents (Aged 13-17) by Race – Rate per 1,000 population 13 to 17**



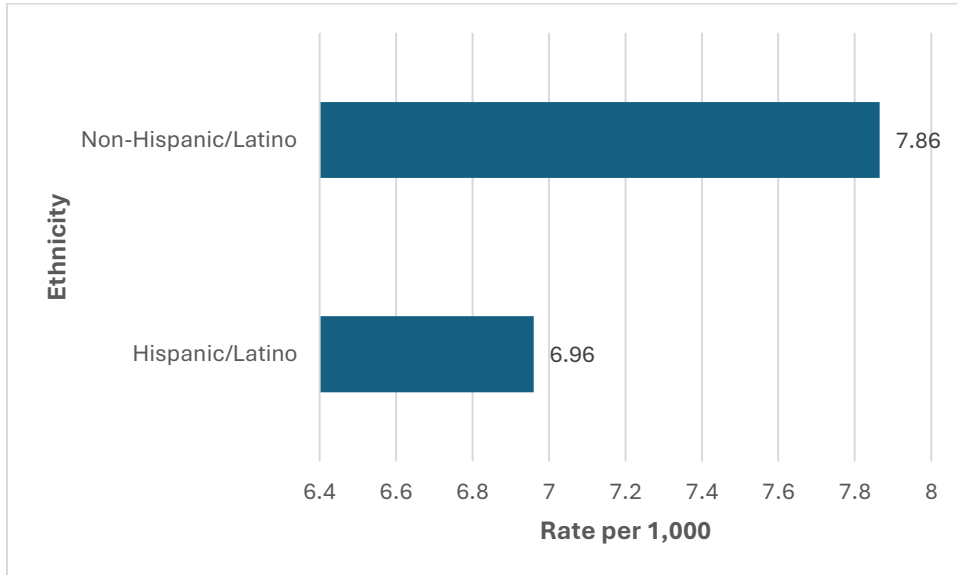
The highest rate was observed among individuals identified as other race.

**Figure 11 – Alcohol-Related Visits for Adolescents (Aged 13-17) by Ethnicity**



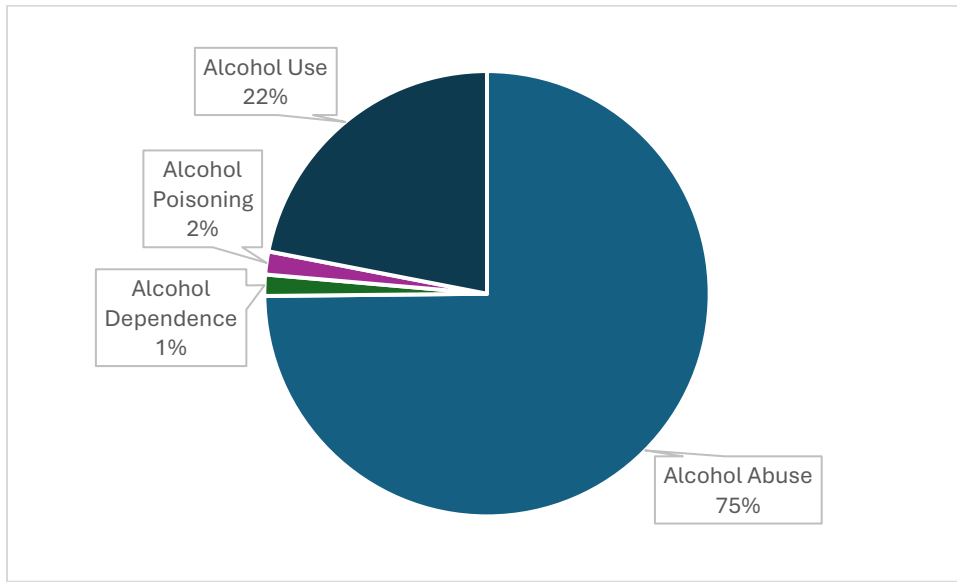
Most alcohol-related hospitalizations were not of Hispanic or Latino ethnicity (72%).

**Figure 12 – Alcohol-Related Visits for Adolescents (Aged 13-17) by Ethnicity – Rate per 1,000 population 13 to 17**

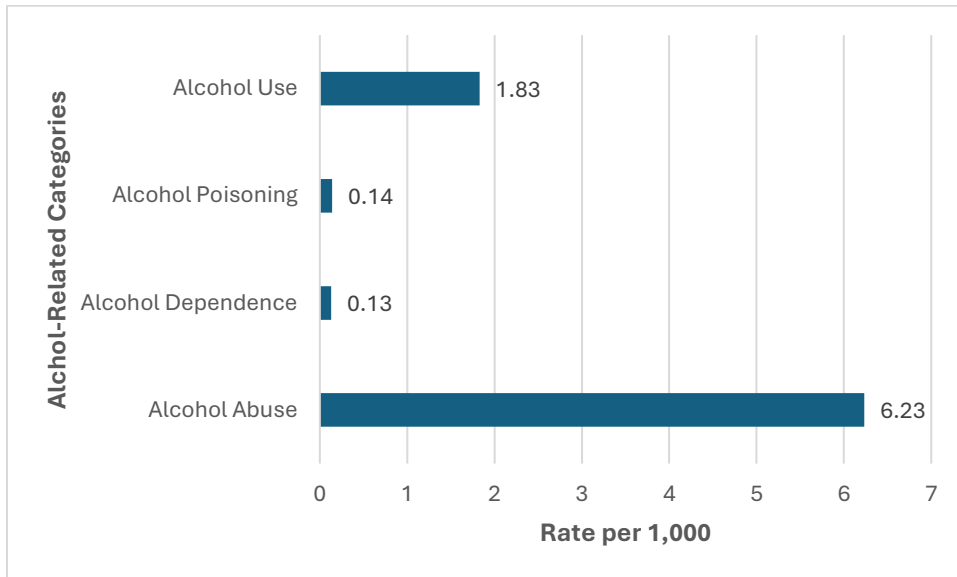


The non-Hispanic or Latino population had a higher cumulative rate compared to the Hispanic or Latino population.

**Figure 13 – Alcohol-Related Visits for Adolescents (Aged 13-17) by Category**



**Figure 14 – Alcohol-Related Visits for Adolescents (Aged 13-17) by Category - Rate per 1,000 population 13 to 17**

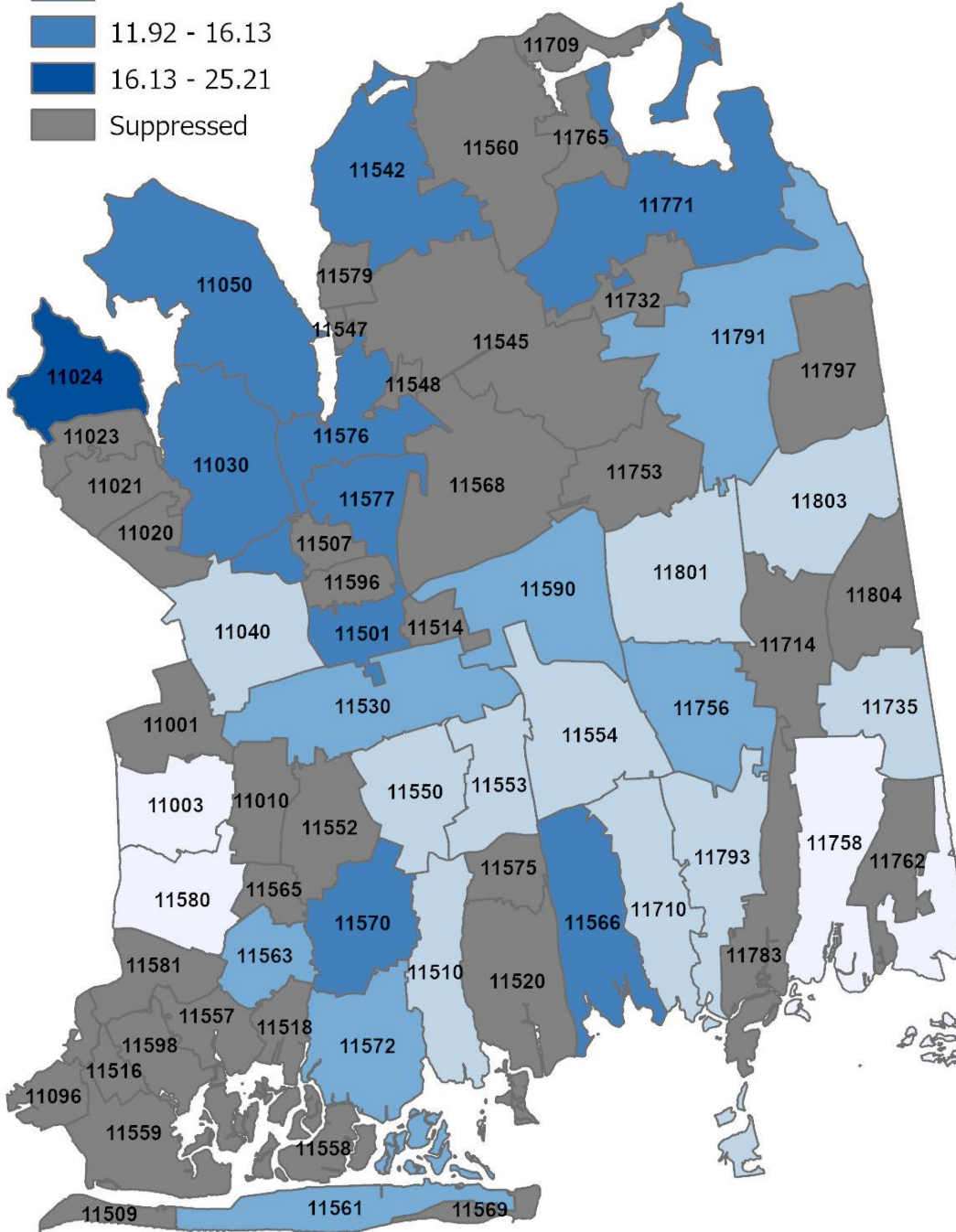
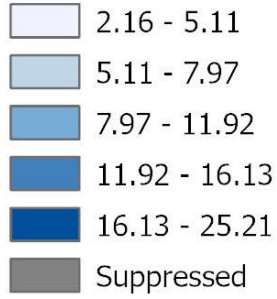


- Among those 13-17 years old, the category with the greatest rate was alcohol abuse. (6.23 per 1,000 population). Alcohol abuse made up 75% of alcohol-related visits in this age group.
- The second highest rate of alcohol-related visits among this age group was alcohol use at 1.83 per 1,000 population. Alcohol use made up 22% of alcohol-related visits in this age group.
- This age group did not have instances of chronic alcohol-related visits such as cardiomyopathy, liver disease or cirrhosis, myopathy, nerve damage due to alcohol use, or polyneuropathy.
- Alcohol dependence and poisoning each made up only 3% of alcohol-related visits in this age group.

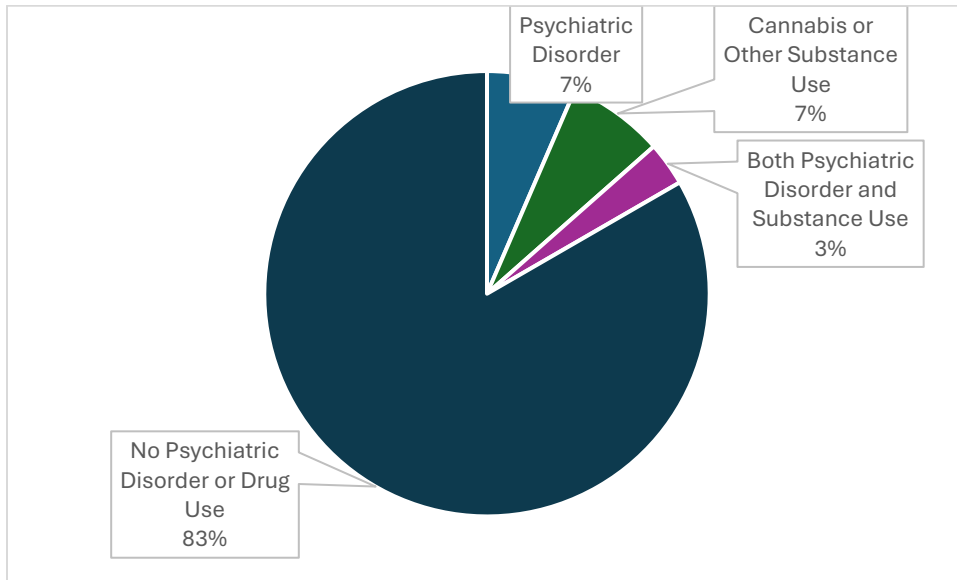


**Figure 15 – Alcohol-Related Visits for Adolescents (Aged 13-17) by Zip Code - Rate per 1,000 population 13 to 17**

Rate per 1,000



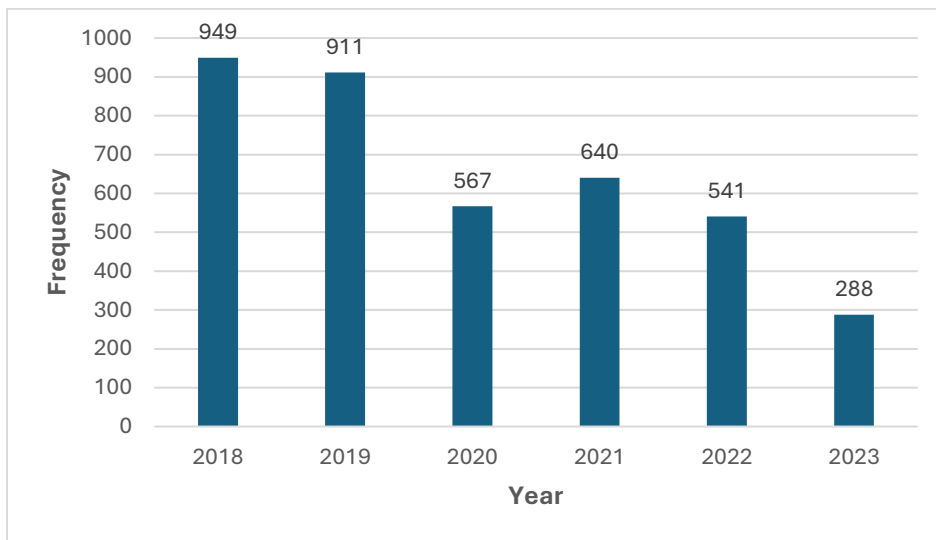
**Figure 16 – Alcohol-Related Visits for Adolescents (Aged 13-17) by Other Diagnoses**



Common supplemental diagnoses for alcohol-related visits in this age group included psychiatric disorders and other substance use. Ten percent of alcohol-related visits among 13-17-year-olds also consumed cannabis or other substances. Additionally, ten percent of alcohol-related visits among 13-17-year-olds were diagnosed with at least one psychiatric disorder and 3% of these visits were diagnosed with both other substance use and at least one psychiatric disorder.

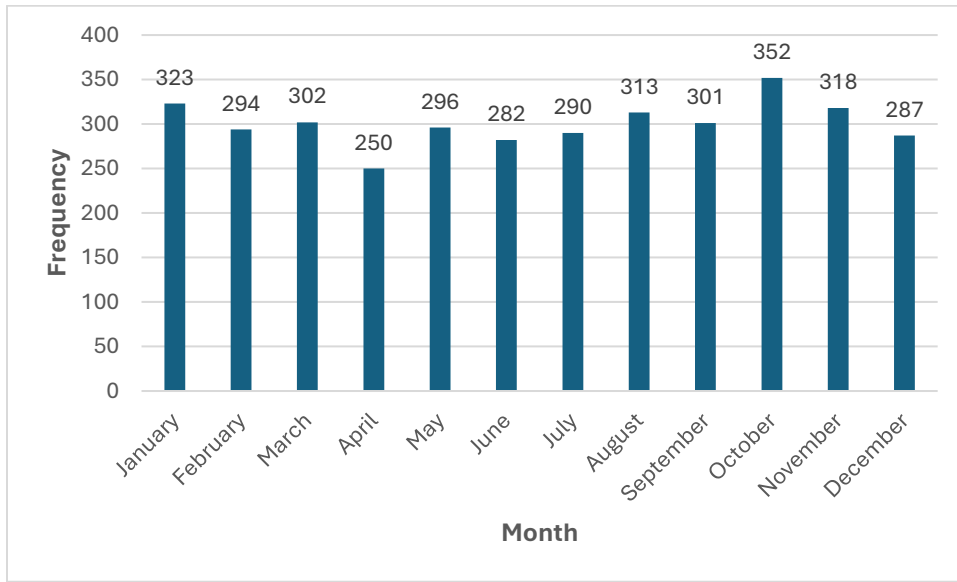
## 18 to 24-Year-Olds

**Figure 17 – Alcohol-Related Visits for Young Adults (Aged 18-24) by Year of Admittance**



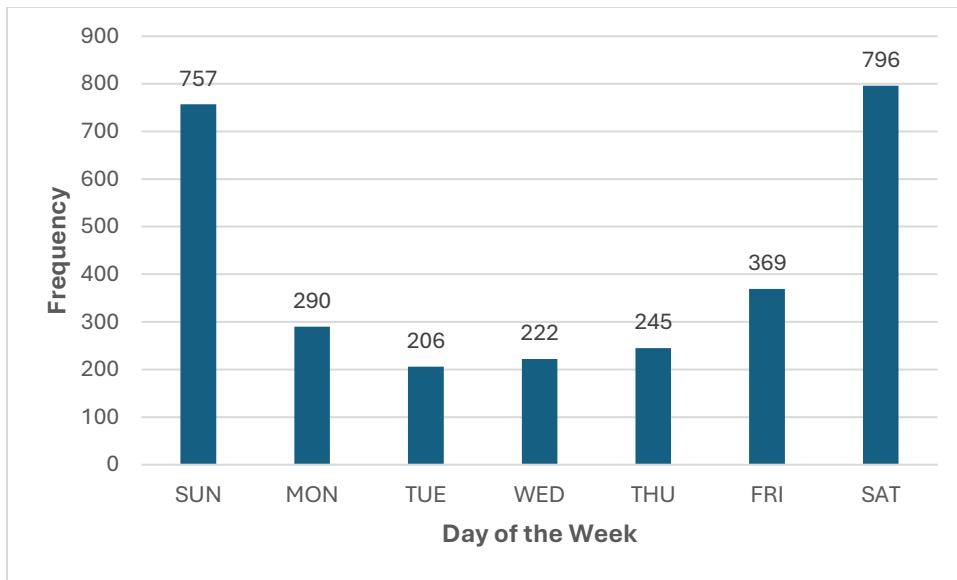
Nassau County had 3,917 alcohol-related visits between January 1, 2018 and June 30, 2023 for those aged 18-24 years. Twenty-one observations did not report admit year but had a discharge date within this timeframe.

**Figure 18 – Alcohol-Related Visits for Young Adults (Aged 18-24) by Month of Admittance**



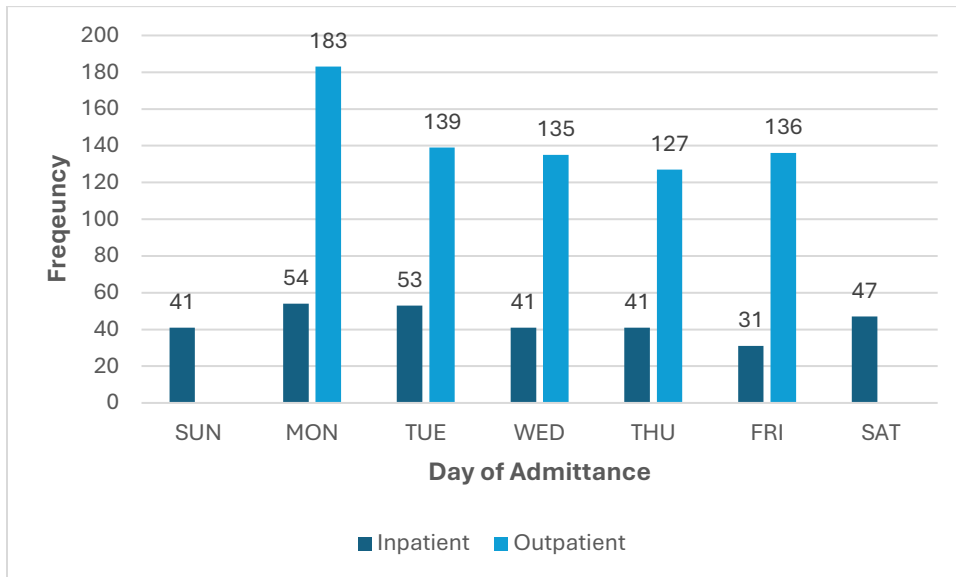
The frequency of cumulative alcohol-related visits per month is similar. Twenty-one observations did not report admit month but had a discharge date between 2018 and 2023.

**Figure 19 – Alcohol-Related Emergency Department Visits for Young Adults (Aged 18-24) by Day of Admittance**



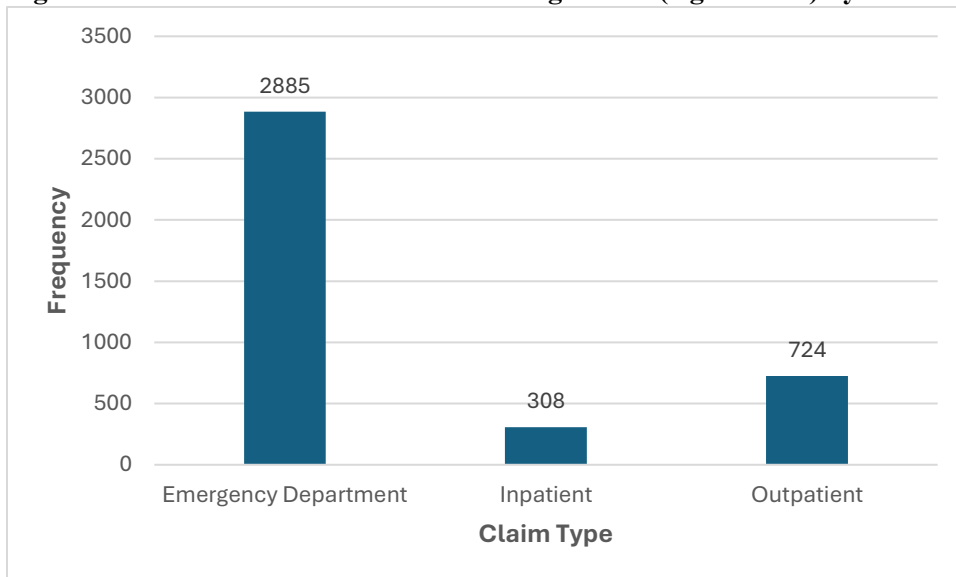
Sixty-seven percent of alcohol-related emergency department visits in this timeframe occurred on Friday, Saturday, or Sunday.

**Figure 20 – Alcohol-Related Inpatient and Outpatient Visits for Young Adults (Aged 18-24) by Day of Admittance**



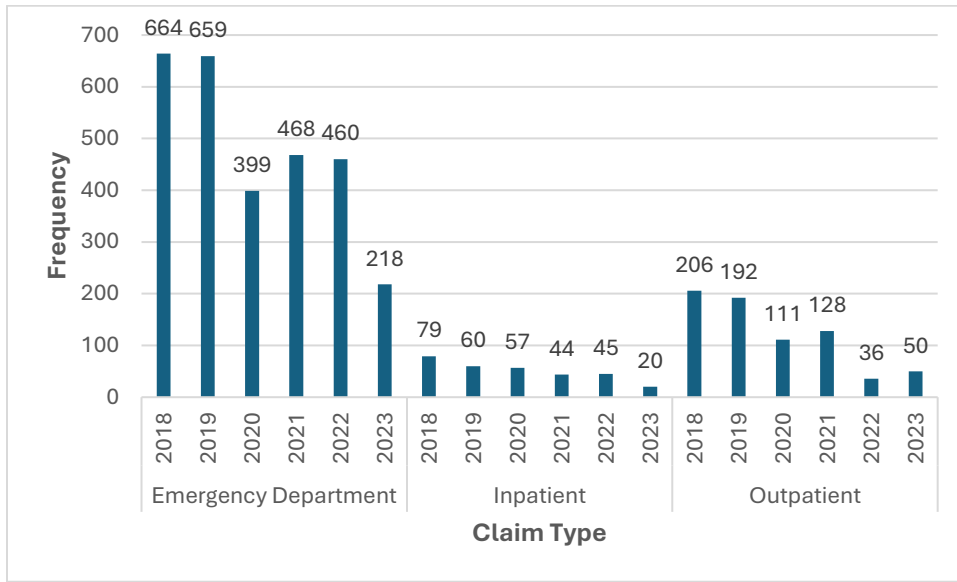
Almost all outpatient visits were from Monday to Friday. Seventy-six percent of outpatient alcohol-related visits were to Long Island Jewish Medical Center. Inpatient visits were more equally spread throughout the week.

**Figure 21 – Alcohol-Related Visits for Young Adults (Aged 18-24) by Claim Type**



Seventy-four percent of Alcohol-Related visits among 18 to 24-year-olds were ED visits. Sixty percent of inpatient visits were admitted through the Emergency Department.

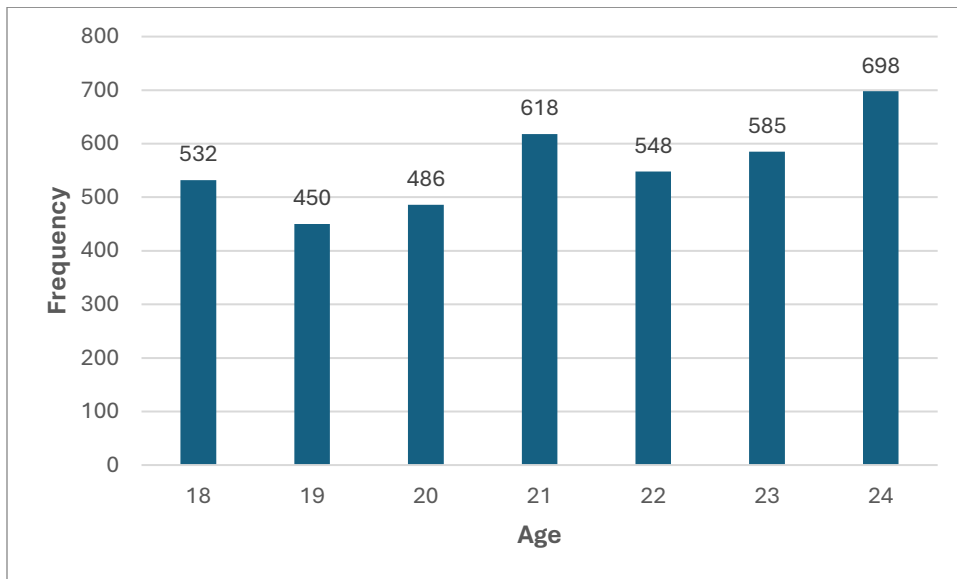
**Figure 22 – Alcohol-Related Visits for Young Adults (Aged 18-24) by Year and Claim Type**



\*2023 includes data from January 1 to June 30.

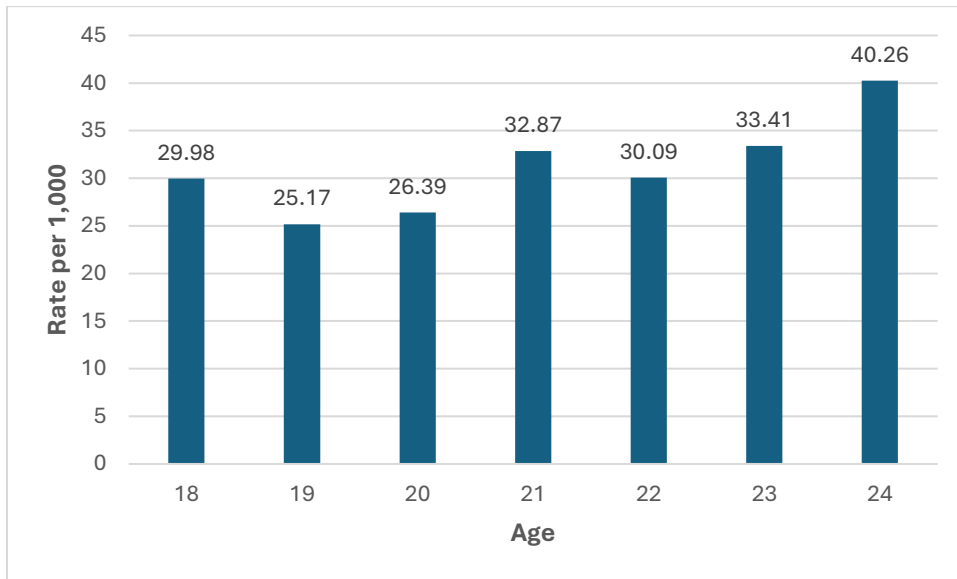
Alcohol-related emergency department and outpatient visits decreased in 2020. When compared to the first six months of previous years, 2023 showed a slight increase in ED and outpatient visits from 2022.

**Figure 23 – Alcohol-Related Visits for Young Adults (Aged 18-24) by Age**



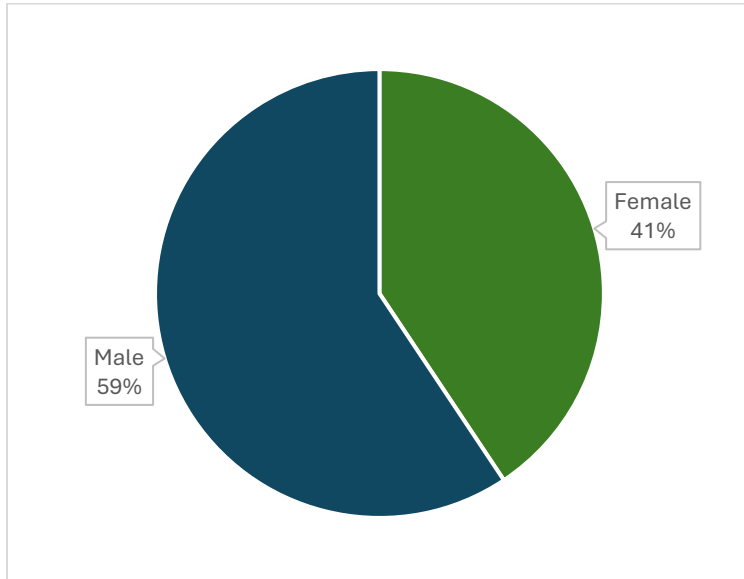
Twenty-four-year-olds have the greatest frequency of alcohol-related visits in this age group.

**Figure 24 – Alcohol-Related Visits for Young Adults (Aged 18-24) by Age – Rate per 1,000 population 18 to 24**



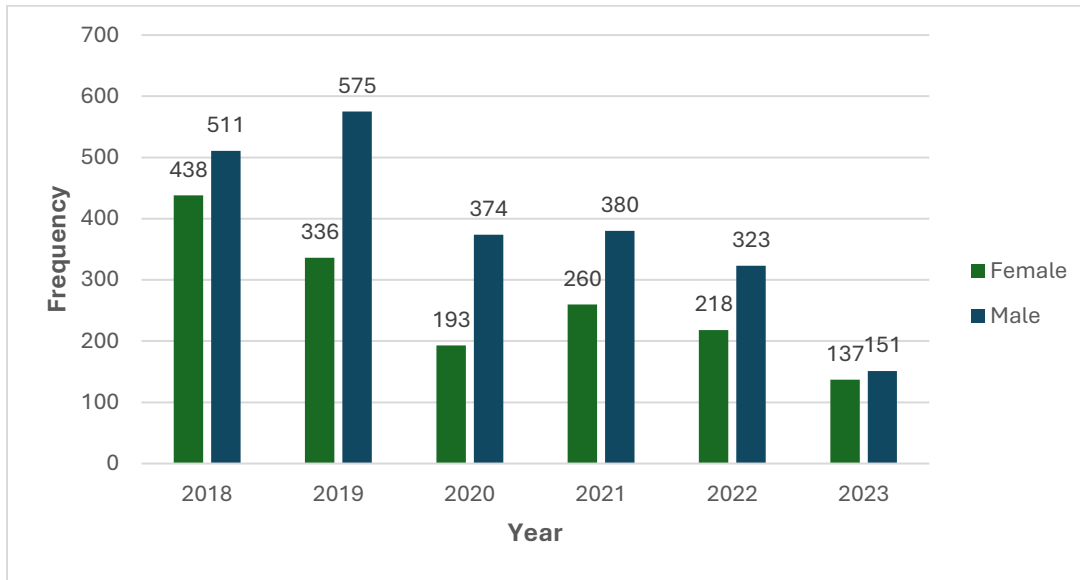
Twenty-four-year-olds have the highest rate (40.26 per 1,000) of alcohol-related visits in this age group.

**Figure 25 – Alcohol-Related Visits for Young Adults (Aged 18-24) by Gender**



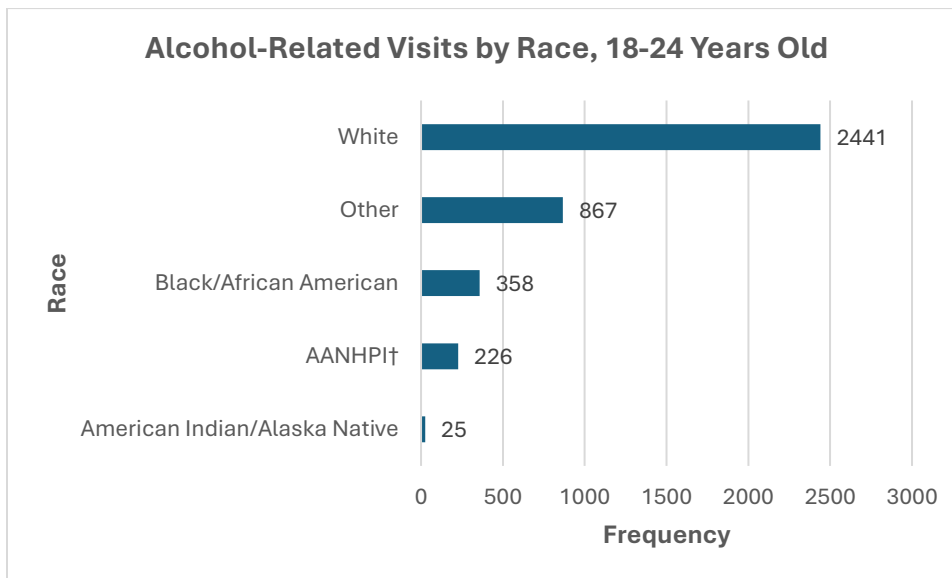
Fifty-nine percent of alcohol-related visits in this age group were male.

**Figure 26 – Alcohol-Related Visits for Young Adults (Aged 18-24) by Gender and Year**



Most alcohol-related visits within this age group are male.

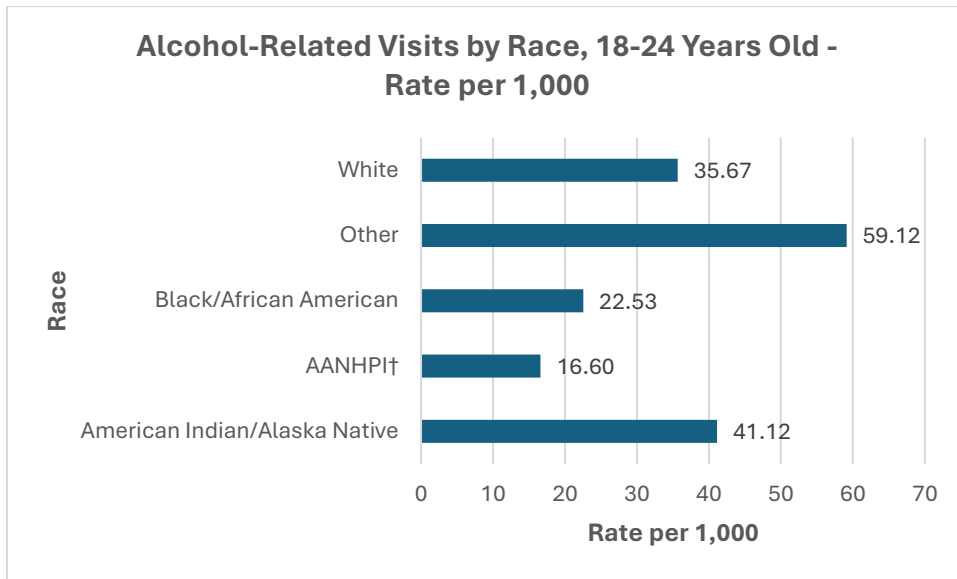
**Figure 27 – Alcohol-Related Visits for Young Adults (Aged 18-24) by Race**



† Asian American/Native Hawaiian/Pacific Islander

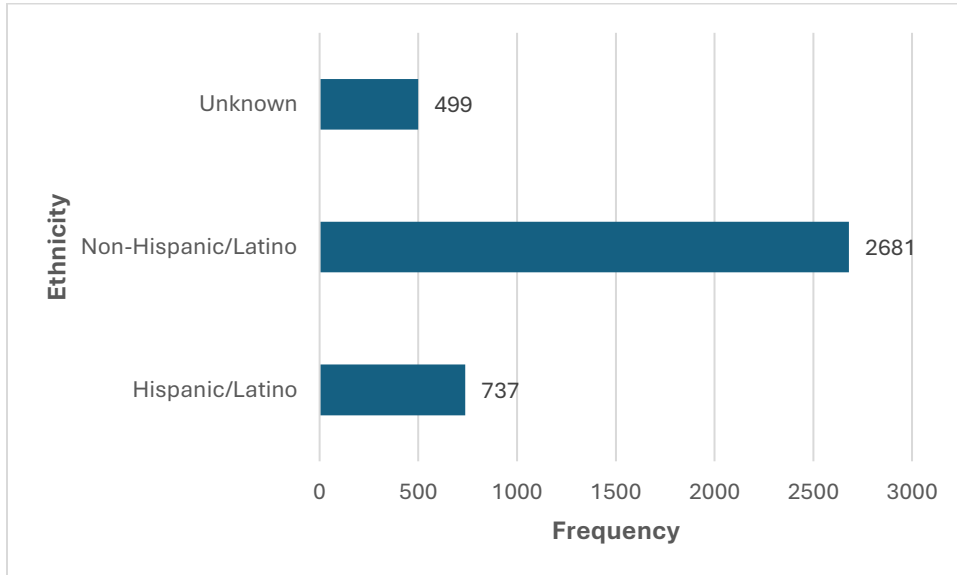
Sixty-two percent of alcohol-related hospitalizations identify as White. Twenty-two percent identify as other race.

**Figure 28 – Alcohol-Related Visits for Young Adults (Aged 18-24) by Race – Rate per 1,000 population 18 to 24**



The highest rate was observed among individuals identified as other race (59.12 per 1,000).

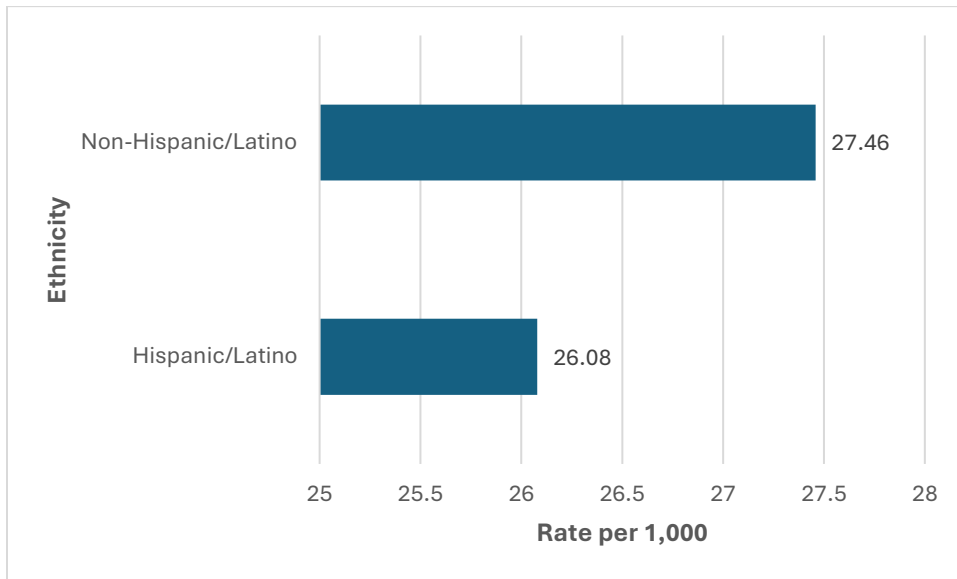
**Figure 29 – Alcohol-Related Visits for Young Adults (Aged 18-24) by Ethnicity**



Most alcohol-related visits in this age group were not of Hispanic/Latino ethnicity.

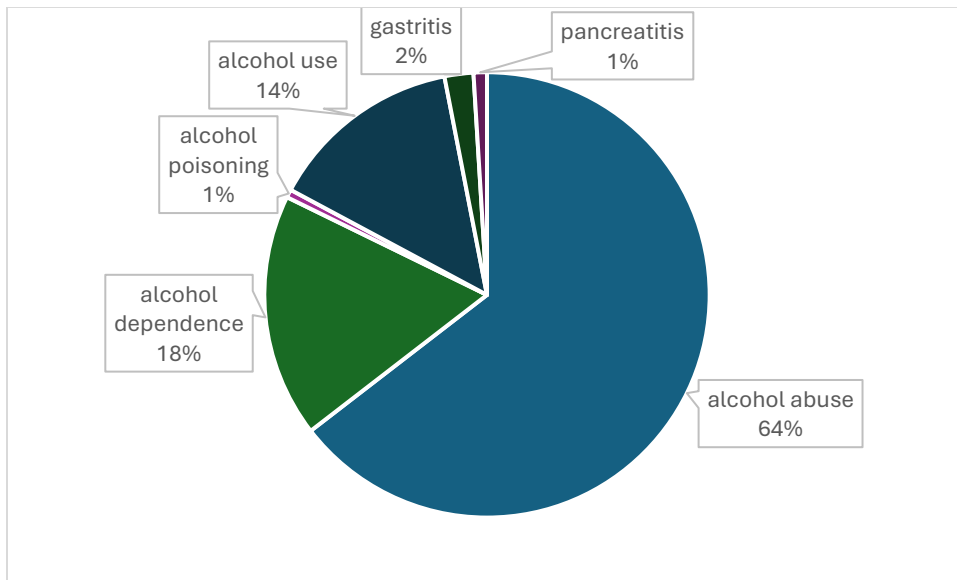


**Figure 30 – Alcohol-Related Visits for Young Adults (Aged 18-24) by Ethnicity – Rate per 1,000 population 18 to 24**

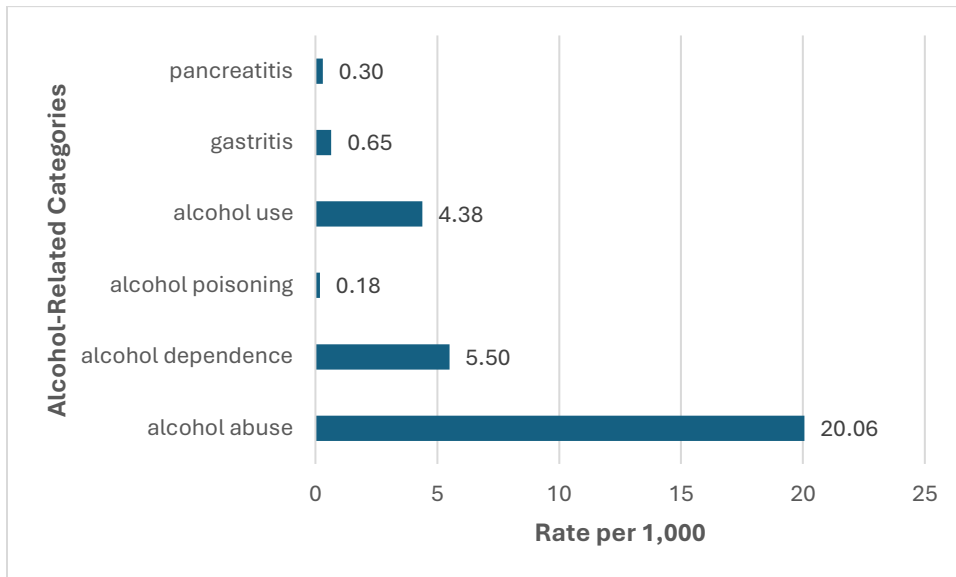


The non-Hispanic or Latino population had a higher count of alcohol-related visits but had a similar rate to the Hispanic or Latino population.

**Figure 31 – Alcohol-Related Visits for Young Adults (Aged 18-24) by Category**

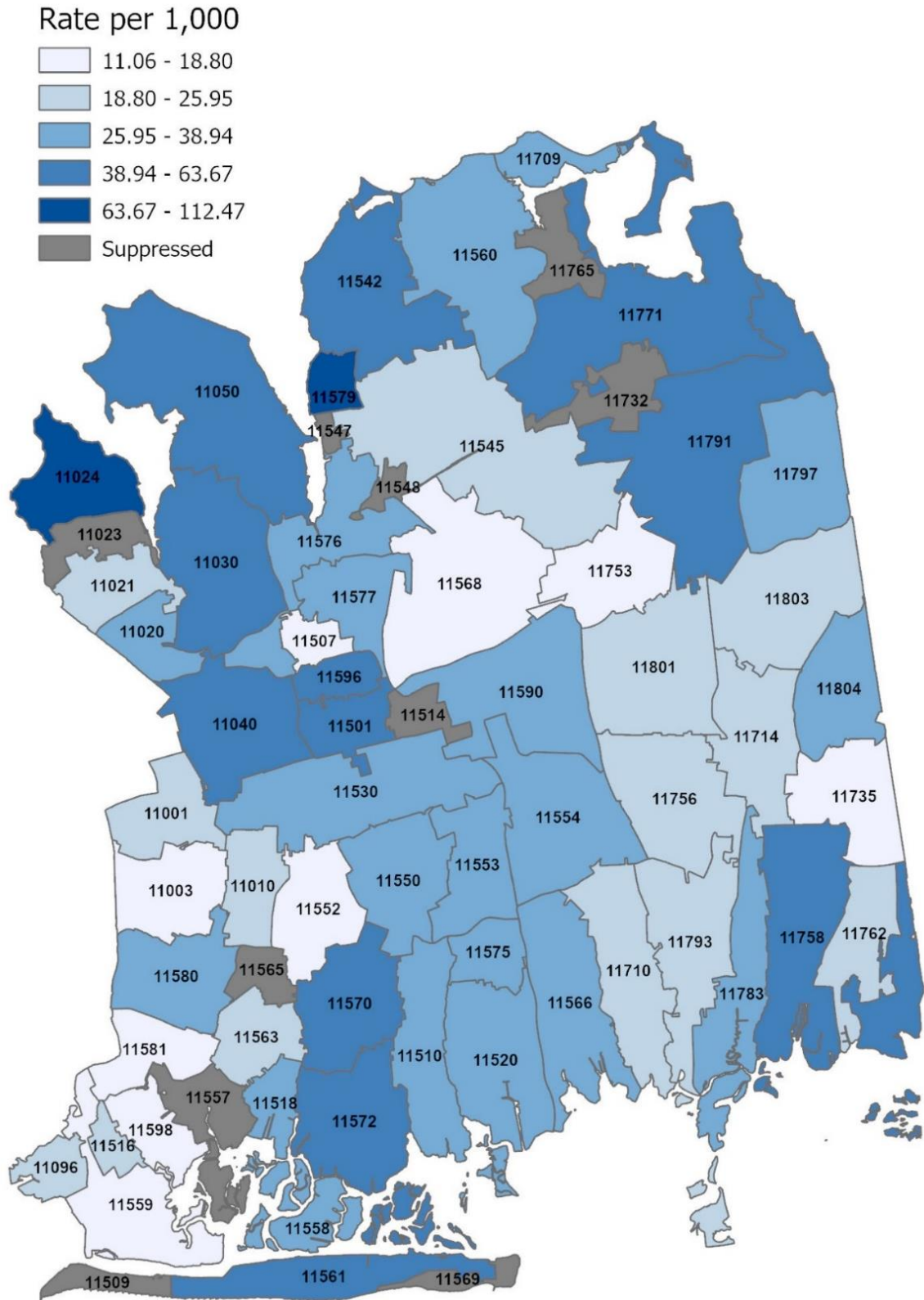


**Figure 32 – Alcohol-Related Visits for Young Adults (Aged 18-24) by Category - Rate per 1,000 population 18 to 24**

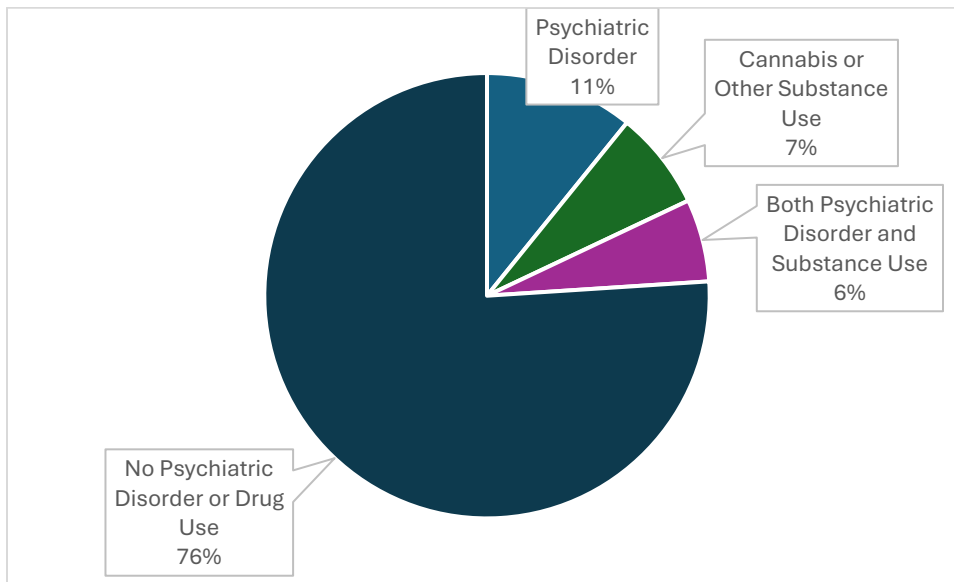


- Among those 18 to 24 years old, the category with the greatest rate was alcohol abuse (20.06 per 1,000 population) and made up 64% of alcohol-related visits in this age group.
- The second highest rate of alcohol-related visits among this age group was alcohol dependence at 5.50 per 1,000 population. Alcohol dependence made up 18% of alcohol-related visits in this age group.
- This age group did not have instances of chronic alcohol-related visits such as cardiomyopathy, myopathy, and nerve degeneration, but had a small number of gastritis (2%) and pancreatitis (1%) cases.

Figure 33 – Alcohol-Related Visits for Young Adults (Aged 18-24) by Zip Code - Rate per 1,000 population 18 to 24



**Figure 34 – Alcohol-Related Visits for Adolescents (Aged 18-24) by Other Diagnoses**



Common supplemental diagnoses for alcohol-related visits in this age group included psychiatric disorders and other substance use. Thirteen percent of visits among 18-24-year-olds also consumed cannabis or other substances. Moreover, seventeen percent of visits among 18-24-year-olds were diagnosed with at least one psychiatric disorder. Six percent of these visits were diagnosed with both other substance use and at least one psychiatric disorder.

**Sources:** Census 2020, National Institute on Alcohol Abuse and Alcoholism, NYS SPARCS Data, SUD Treatment System Dashboard

**Disclaimer:**

The Nassau County Department of Health (NCDOH) makes every effort to post accurate and reliable information, however it does not guarantee or warrant that the information is complete, accurate or up-to-date. This information is intended solely for the purpose of electronically providing the public with health-related data. The NCDOH assumes no responsibility for any error, omission, or other discrepancies between electronic and/or printed versions of this information. Nassau County and its officers, employees, and/or agents shall not be liable for damages or losses of any kind, including but not limited to direct, indirect, incidental, consequential, special or exemplary damages arising out of, or in connection with, the use or performance of such information, nor damages or losses caused by reliance upon the accuracy of any such information and/or damages incurred from the viewing, distributing, or copying of such materials.

This publication was produced from raw data purchased from or provided by the New York State Department of Health (NYSDOH). However, the calculations, metrics, conclusions derived, and views expressed herein are those of the author(s) and do not reflect the conclusions or views of NYSDOH. NYSDOH, its employees, officers, and agents make no representation, warranty or guarantee as to the accuracy, completeness, currency, or suitability of the information provided here.

