

Comparisons Among Alcohol-Related Problems, Including Alcoholism, And Other Chronic Diseases

	ALCOHOL-RELATED PROBLEMS	ASTHMA	DIABETES	HIGH BLOOD PRESSURE
Prevalence	13.8 million (includes 8.1 people with alcoholism)	17.6 million	10 million	50 million
Total Economic Costs	\$185 billion	\$11 billion	\$98.1 billion	\$40 billion
Health Care Costs <i>(including medical complications and treatment)</i>	\$26.3 billion	\$7.5 billion	\$44.1 billion	\$29 billion
Other Medical Complications	YES (heart & liver disease, cancer, depression, fetal alcohol syndrome)	NO	YES (heart disease, adult blindness, kidney failure, lower limb amputation)	YES (heart disease, kidney disease, stroke)
CAUSES				
Controllable Risk Factors	YES ▶ limit drinking	YES ▶ limit exposure to allergens	YES ▶ limit food intake ▶ exercise regularly	YES ▶ limit food and fat intake ▶ limit salt intake ▶ exercise regularly
Uncontrollable Risk Factors	YES	YES	YES	YES
Estimated Genetic Influence	50 60%	36 70%	30 55% type I 80% type II	25 50%
TREATMENT				
Cure	NO	NO	NO	NO
Clear Diagnostic Criteria	YES	YES	YES	YES
Research-based Treatment Guidelines and Protocols	YES	YES	YES	YES
Effective Patient and Family Education	YES	YES	YES	YES
Percent of Patients Who Follow Treatment Regimens Faithfully	40 60%	30%	30%	30%
Percent of Patients Who Relapse Within a Year	40 60%	50 70%	30 50%	50 70%
HEALTH INSURANCE				
Equality (Parity) With Other Medical Conditions	NO	YES	YES	YES

Sources: National Institute on Alcohol Abuse and Alcoholism (1994, 2000a, 2000b); Centers for Disease Control and Prevention (1999); National Center for Health Statistics (no date: a, b, c); McLellan et al (2000); American Lung Association (no date); American Heart Association and National Pharmaceutical Council (2000).