

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

	ALCOHOL-RELATED PROBLEMS	ASTHMA	DIABETES	HIGH BLOOD PRESSURE
<b>Prevalence</b>	13.8 million (includes 8.1 people with alcoholism)	17.6 million	10 million	50 million
<b>Total Economic Costs</b>	\$185 billion	\$11 billion	\$98.1 billion	\$40 billion
<b>Health Care Costs</b> (including medical complications and treatment)	\$26.3 billion	\$7.5 billion	\$44.1 billion	\$29 billion
<b>Other Medical Complications</b>	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)
<b>CAUSES</b>				
<b>Controllable Risk Factors</b>	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
<b>Uncontrollable Risk Factors</b>	YES	YES	YES	YES
<b>Estimated Genetic Influence</b>	50 60%	36 70%	30 55% type I 80% type II	25 50%
<b>TREATMENT</b>				
<b>Cure</b>	NO	NO	NO	NO
<b>Clear Diagnostic Criteria</b>	YES	YES	YES	YES
<b>Research-based Treatment Guidelines and Protocols</b>	YES	YES	YES	YES
<b>Effective Patient and Family Education</b>	YES	YES	YES	YES
<b>Percent of Patients Who Follow Treatment Regimens Faithfully</b>	40 60%	30%	30%	30%
<b>Percent of Patients Who Relapse Within a Year</b>	40 60%	50 70%	30 50%	50 70%
<b>HEALTH INSURANCE</b>				
<b>Equality (Parity) With Other Medical Conditions</b>	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).