



Drug Free Workplace-DOT

slides created for Prevent+Ed
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Substance Use and the Workplace

- Approximately 79% of heavy drinkers age 18 and older are employed (Butler Center for Research, 2015).
- Nearly half of all worker's comp claims are the result of being impaired or intoxicated on the job (Choice House, 2022).
- \$120 billion dollars of expense loss through low productivity, absenteeism, high turnover, and healthcare premiums (Choice House, 2022).
- 65% of occupational accidents are caused by drug or alcohol use (U.S. Department of Labor, 2014).
- 50% higher absenteeism rates (Choice House, 2022).
- Workplace fatalities from unintentional overdoses due to nonmedical use of drugs or alcohol rose for the 10th straight year in a row (U.S. Bureau of Labor Statistics, 2022).



Professions with Highest Rates of Alcohol and Drug Use

Restaurant and Hospitality

- 12% of food service workers engage in heavy drinking (American Addiction Centers, 2025).
- Socialization after work often ends up at another restaurant or bar (American Addiction Centers, 2025).

Doctors and Healthcare Workers

- 10-15% struggle at some point in their careers (HR for Health, 2023).
- Ease access to Rx drugs and high-stress environment are risk factors

Lawyers and other Legal Professionals

- 45% of attorneys experience depression
- 12% report having suicidal thoughts
- 36% struggle with alcohol abuse
- 9% struggle with Rx drug abuse

(cited by American Addiction Centers, 2025).

Construction Workers

- 15% have substance use disorder and 12% alcohol abuse
- Construction industry ranks first in marijuana, heroin, and pain reliever misuse

(cited by Carrum Health, 2026).

Management

- 9% have alcohol use disorders
- 11.5% of management have substance use disorders
- 3 out of every 4 professional companies are seeing consequences from Rx drug issues and alcohol abuse

(cited by American Addiction Centers, 2024).

Police Officers

- 30% of first responders develop SUD at some point
- 1 in 6 officers require formal intervention
- 30% of police officers have binge drank in last 30 days

(cited by National Council for Mental Wellbeing, 2025).

Risk Factors

Easy availability: ease of access whether it is work, home, community, or online

Poor self concept: drop in self-esteem, lack of care in appearance or work

Difficulties coping with stress/trauma: when using drugs helps cope with painful feelings

Weak family relationships: distancing relationships with those closest to them

Negative relationships: close relationships those who encourage or initiate drug use

Behavior problems: major changes in behavior including isolation or lack of interest in usual activities

Money problems: in need of money without explanation or having excessive money all of a sudden

Genetics: addiction disease may be delayed or sped up due to genetic traits/family history

Physical pain and/or medications: newly prescribed Rx from a recent medical concern

All information is sourced from Mayo Clinic, 2025. <https://www.mayoclinic.org/diseases-conditions/drug-addiction/symptoms-causes/syc-20365112>.



Alcohol Use Prevalence 2024-2025

National Institute on Alcohol Abuse and Alcoholism, NIH. (2025).

Data by Sex:

- 86.4 million men drank in last year
- 88 million women drank in last year

Data by Race:

- 599,000 American Indian/Alaska Native adults
- 8.6 million Asian adults
- 19.3 million Black/African American adults
- 30.6 million Hispanic or Latino adults
- 111.1 million White adults

Consequences:

- 4 million Emergency Department visits
- 28 million alcohol disorders
- 178,000 alcohol related deaths

Alcohol Use Prevalence of Binge Drinking

National Institute on Alcohol Abuse and Alcoholism, NIH.
(2025).

Data by Sex:

- 31.8 million men
- 25.2 million women

Data by Race:

- 255,000 American Indian/Alaska Native adults
- 2.0 million Asian adults
- 7.1 million Black/African American adults
- 11.8 million Hispanic or Latino adults
- 34.5 million White adults

Emerging Trends:

- In 2024, 21.7% of people age 18 and older say they binge drank in the past month.

Alcohol Use Prevalence of Heavy Alcohol Use

National Institute on Alcohol Abuse and Alcoholism, NIH.
(2025).

Data by Sex:

- 9 million men
- 5.4 million women

Data by Race:

- 77,000 American Indian/Alaska Native adults
- 373,000 Asian adults
- 1.2 million Black/African American adults
- 2.4 million Hispanic or Latino adults
- 9.9 million White adults

Emerging Trends:

- High intensity drinking= 2x the sex-specific binge drinking threshold
- 70 x more likely to have an alcohol-related emergency department visit