## ALL RESPONDENTS

### Q1. How often did you have a drink containing alcohol in the past year?

1. Never
2. Monthly or less
3. 2–4 times a month
4. 2–3 times a week
5. 4 or more times a week

## If Q1 = 2–5

### Q2. In the past year, how many drinks containing alcohol did you have on a typical day when you were drinking?

1. 1 or 2
2. 3 to 4
3. 5 to 6
4. 7 to 9
5. 10 or more

## If Q1 = 2–5

### Q3. How often did you have six or more drinks on one occasion in the past year?

1. Daily or almost daily
2. Weekly
3. Monthly
4. Less than monthly
5. Never

## ALL RESPONDENTS

### Q4. Was there ever a time in your life when you thought you were drinking too much alcohol?

1. Yes, in the past year
2. Yes, but not in the past year
3. No

## ALL RESPONDENTS

### Q5. Have you ever sought help for your drinking from a therapist, doctor, or support group?

1. Yes, in the past year
2. Yes, but not in the past year
3. No

**If Q1 = 2–5**

**Q6. Since March 2020, how has your use of alcohol changed, if at all?**

1. Increased a lot
2. Increased slightly
3. Stayed the same
4. Decreased slightly
5. Decreased a lot

**If Q1 = 2–5**

**Q7. Does alcohol ever make it hard for you to remember parts of the day or night?**

1. Yes
2. No

**If Q1 = 2–5**

**Q8. Do you ever drink alcohol while you are also using other drugs, including marijuana, prescription tranquilizers, prescription sleeping pills, prescription pain pills, or any illicit drugs?**

1. Yes
2. No

**If Q1 = 2–5**

**Q9. What are the reasons that you use alcohol? Select all that apply.**

1. Like the taste
2. It's part of my routine
3. Helps me relax
4. To be social
5. To cope with stress
6. To help with pain
7. To help with sleep
8. To help with mood
9. Boredom
10. Other

## Data Source and Methods

This National Poll on Healthy Aging report presents findings from a nationally representative household survey conducted exclusively by Ipsos Public Affairs, LLC ("Ipsos") for the University of Michigan's Institute for Healthcare Policy and Innovation. National Poll on Healthy Aging surveys are conducted by recruiting from Ipsos KnowledgePanel®, the largest national, probability-based panel in the U.S.

This survey module was administered online in January 2021 to a randomly selected, stratified group of older adults age 50–80 (n=2,023). The sample was subsequently weighted to reflect population figures from the U.S. Census Bureau.

The completion rate was 78% among panel members contacted to participate. The margin of error is ±1 to 3 percentage points for questions asked of the full sample and higher among subgroups.

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