

# Alcohol-Associated Cancers in Texas

Drinking alcohol increases the risk of at least six different types of cancers, including:<sup>1,2</sup>

- Colon and rectum
- Esophagus
- Female breast
- Larynx (voice box)
- Liver
- Oral cavity and pharynx

Alcohol is classified as a Group 1 carcinogen, meaning it is known to cause cancer.<sup>3</sup> Cancer risk increases with moderate amounts of alcohol intake, but drinking even small amounts may increase risk of certain types of cancer.<sup>1</sup> Overall, the more alcohol a person drinks, the higher their risk of developing cancer.<sup>1</sup>

**What's considered Moderate alcohol use for adults?**

For men: **two** or fewer drinks per day

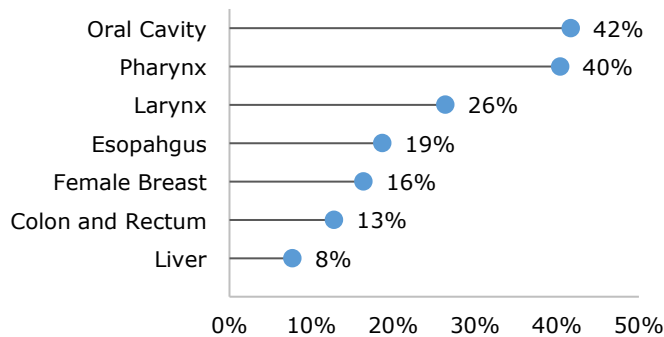
For women: **one** or fewer drinks per day

One standard drink has 14 grams of pure alcohol, which is about:

- 12 ounces of beer
- 8-10 ounces of malt liquor
- 5 ounces of wine
- 1.5 ounces of 80-proof distilled spirits.

## Cancers attributable to alcohol use are preventable.

Alcohol use causes a proportion of alcohol-associated cancers, ranging from 8% for liver cancers to 42% for cancers of the oral cavity.



## How many Texans are impacted?

**7,246**

Of the 42,213 alcohol-associated cancer cases reported in Texas in 2022, an estimated 7,246 were likely caused by alcohol use.

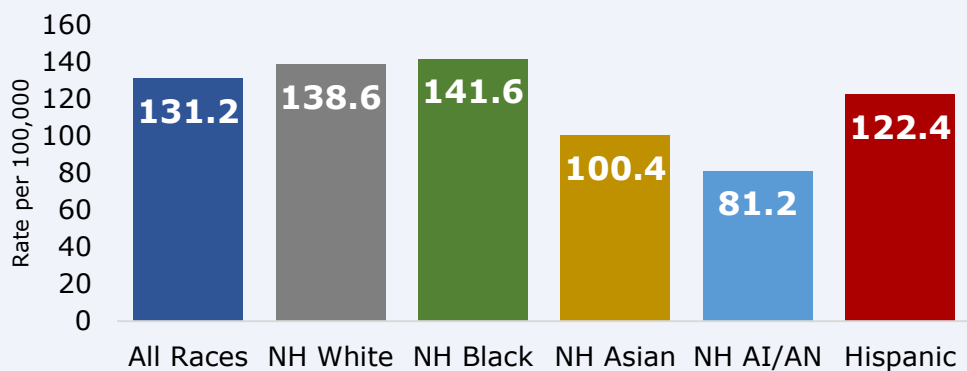
**4 in 10**

About four in 10 oral cavity and pharyngeal cancers are caused by alcohol, the highest among the alcohol-associated sites.

**6.9%**

Nearly 7% of Texans report heavy drinking.<sup>4</sup>  
(Heavy drinking = more than moderate use)

## Alcohol-Associated Cancer Age-Adjusted Incidence Rates by Race/Ethnicity, Texas, 2018-2022



NH = Non-Hispanic; A/PI = Asian/Pacific Islander; AI/AN = American Indian/Alaska Native

- The five-year age-adjusted incidence rate for alcohol-associated cancers is 132.2 per 100,000 in Texas.
- Among the racial/ethnic groups in Texas, non-Hispanic (NH) Blacks had the highest age-adjusted incidence rate of alcohol-associated cancers (141.6 per 100,000), and NH American Indian/Alaska Natives had the lowest (81.2).

**Not drinking alcohol or reducing consumption lowers cancer risk.**

Visit the National Institute on Alcohol Abuse and Alcoholism Navigator for more information: [alcoholtreatment.niaaa.nih.gov](https://alcoholtreatment.niaaa.nih.gov)



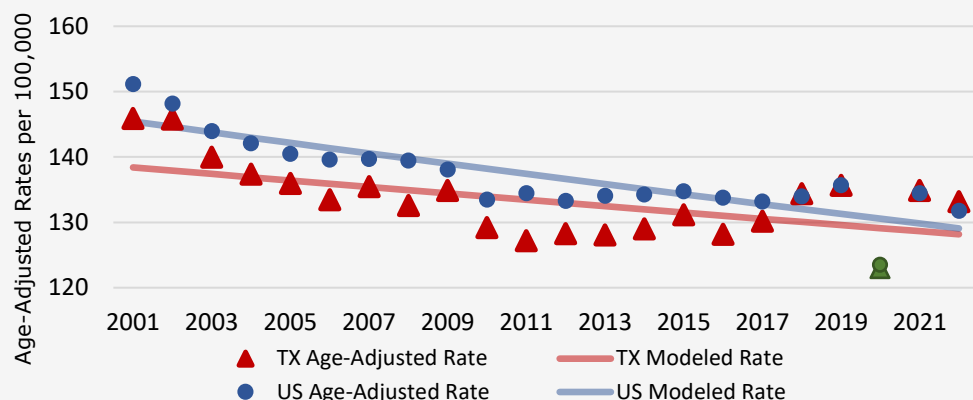
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# Alcohol-Associated Cancers (continued)

## Alcohol-Associated Cancer Incidence Trends, Texas and U.S., 2001-2022<sup>a</sup>

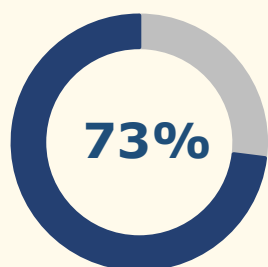


Incidence rates for alcohol-associated cancers have fallen in both Texas and the U.S., but at a slower pace in Texas (-0.4% per year) than in the U.S. (-0.6% per year) from 2001-2022.

Between 2001 and 2017, alcohol-associated cancer incidence rates were lower in Texas than the U.S. Between 2018 and 2021, rates were similar.

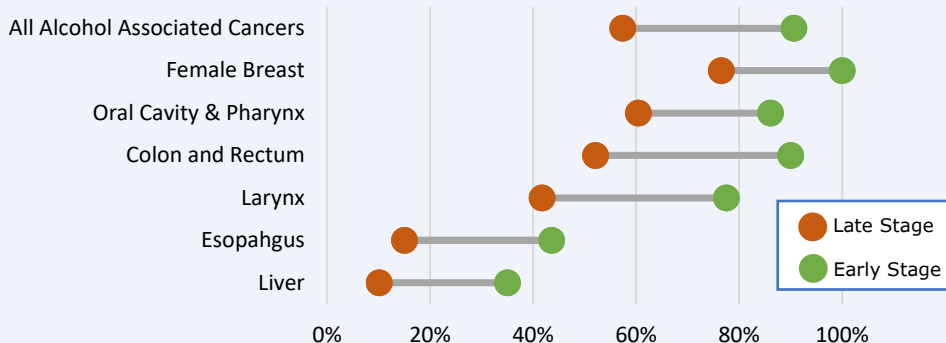
## Survival for alcohol-associated cancers vary by cancer site and stage.

### Five-Year Relative Survival Percentage for Alcohol-Associated Cancers<sup>b</sup>



Texans diagnosed with an alcohol-associated cancer, on average, are 73% as likely as those without cancer to live for at least five years after being diagnosed.

### Relative Survival Differences by Stage at Diagnosis



- Survival is better for people diagnosed with alcohol-associated cancer during early stages (localized) compared to late stages (regional and distant).
- The relative survival for colorectal cancer is 90% when diagnosed early but falls to 52% when diagnosed in later stages.

### Technical Notes:

<sup>a</sup> Diagnosis year 2020 (shown in green in the graph of incidence trends) was excluded from trend analyses, in accordance with National Cancer Institute (NCI) and Centers for Disease Control and Prevention (CDC) guidance, given the decline in cancer diagnoses resulting from the COVID-19 pandemic.

<sup>b</sup> Based on individuals diagnosed with cancer between 2015-2021 and followed through December 31, 2022.

### References:

<sup>1</sup> NCI. Alcohol and Cancer Risk. Accessed July 2025. Available at [cancer.gov/about-cancer/causes-prevention/risk/alcohol/alcohol-fact-sheet](https://cancer.gov/about-cancer/causes-prevention/risk/alcohol/alcohol-fact-sheet).

<sup>2</sup> American Cancer Society. Alcohol Use and Cancer. Accessed July 2025. Available at [cancer.org/cancer/risk-prevention/diet-physical-activity/alcohol-use-and-cancer.html](https://cancer.org/cancer/risk-prevention/diet-physical-activity/alcohol-use-and-cancer.html).

<sup>3</sup> IARC Working Group on the Evaluation of Carcinogenic Risks to Humans. Personal habits and indoor combustions. *IARC Monogr Eval Carcinog Risks Hum.* 2012;100(Pt E):1-538.

<sup>4</sup> Texas Behavioral Risk Factor Surveillance System. Accessed July 2025. Available at [healthdata.dshs.texas.gov](https://healthdata.dshs.texas.gov).

### Data Sources:

- Texas Cancer Registry SEER\*Stat Database, 1995-2022 Incidence, 2024 Submission, cutoff 9/27/2024, created Feb. 2025.
- US Cancer Statistics Public Use Research Database, 2024 Submission (2001-2022). CDC and NCI. Released June 2025.

Prepared by Texas Cancer Registry, Cancer Epidemiology and Surveillance Branch, Texas Department of State Health Services, July 2025.

If you have any questions, contact us by emailing [cancerdata@dshs.texas.gov](mailto:cancerdata@dshs.texas.gov). For more information on cancer in Texas, visit the Texas Cancer Registry online at [dshs.texas.gov/tcr](https://dshs.texas.gov/tcr).