Who's in Your Circle? Who's in Your Corner?: Facts for Men

fact: Social networks are extremely important to men. Men have a higher proportion of drinkers in their social networks than women.

fact: Among men in the United States in 1990, 29% didn't drink at all. If you drink more than 1 drink per week, you're drinking more than 46% of the men in the United States—that is, only 54% of men in the United States drink more than one drink per week. Only 33% of men in the United States drink more than 4 drinks per week.

fact: Among men with drinking problems, many of their closest and most important friends are drinkers.

fact: Having more people in the social network who support continued drinking predicts a poorer outcome, but finding more people who support abstinence is associated with treatment success.

fact: Environmental situations and work-related stress are among the strongest drinking triggers for men.

fact: Social pressure to drink and interpersonal conflicts may be triggers for relapse.