

Excessive Drinking, Other Substance Use, and the Role of Effective Alcohol Policies for Prevention

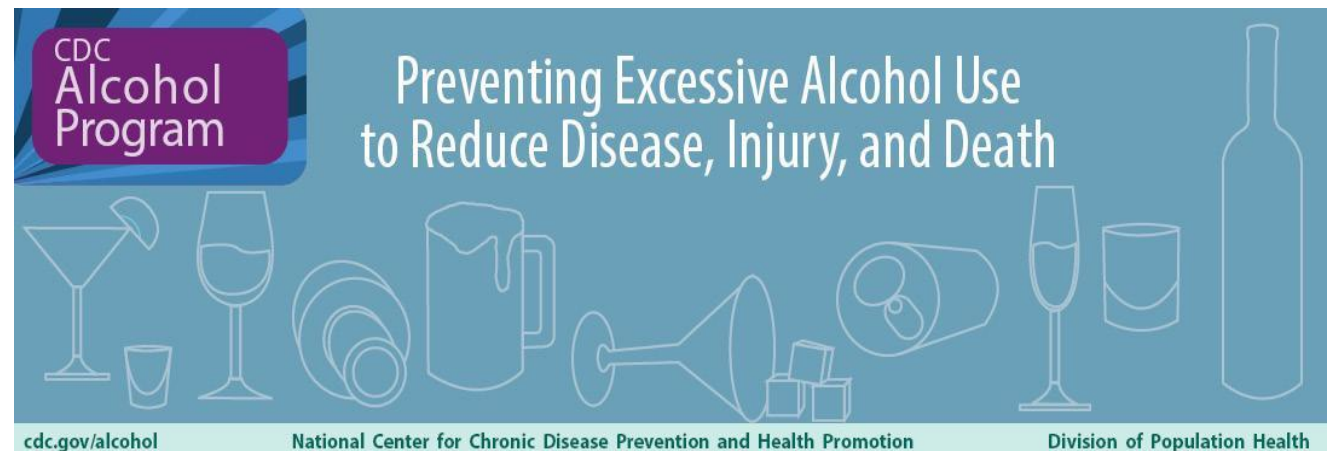
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Alcohol Policy Conference 19

September 14-16, 2022

Arlington, VA



**As required by the Alcohol Policy 19 Conference,
I/we have signed a disclosure statement and note the
following conflict(s) of interest:**

None



Evidence to Action: Building a Framework for Change
September 14-16, 2022 Arlington, VA

Overview

- Background on excessive alcohol use
- Associations between excessive alcohol use and other substance use
- Changes in alcohol-related emergency department visits
- Tools and resources on preventing excessive alcohol use



Background on Excessive Alcohol Use





**POPULATION
HEALTH**

Leading the way to a healthier future.

Public Health Approach to Reduce Excessive Alcohol Use

CDC Alcohol Program Goals:

**Public health
surveillance**



**Translate research
into public health
practice and
communication**



**Expand state and
local public health
capacity in alcohol
epidemiology and
prevention**



**Partnerships and
collaborations to
promote effective
population-level
prevention
strategies**



What is excessive alcohol use?

Excessive alcohol use includes:



Binge Drinking

For women, 4 or more drinks consumed on an occasion

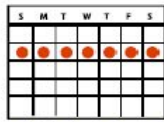


For men, 5 or more drinks consumed on an occasion



Heavy Drinking

For women, 8 or more drinks per week



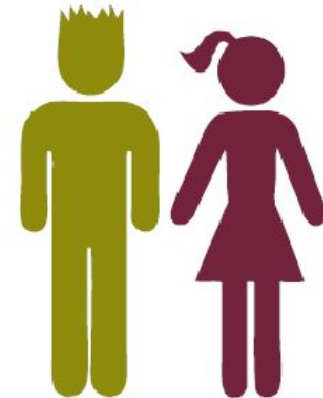
For men, 15 or more drinks per week



Any alcohol use by pregnant women



Any alcohol use by those under the age of 21 years



Standard Drink Sizes Vary by Beverage Type and Alcohol Concentration

What is considered a “drink”?

U.S. Standard Drink Sizes



12 ounces
5% beer



8 ounces
7% malt liquor



5 ounces
12% wine



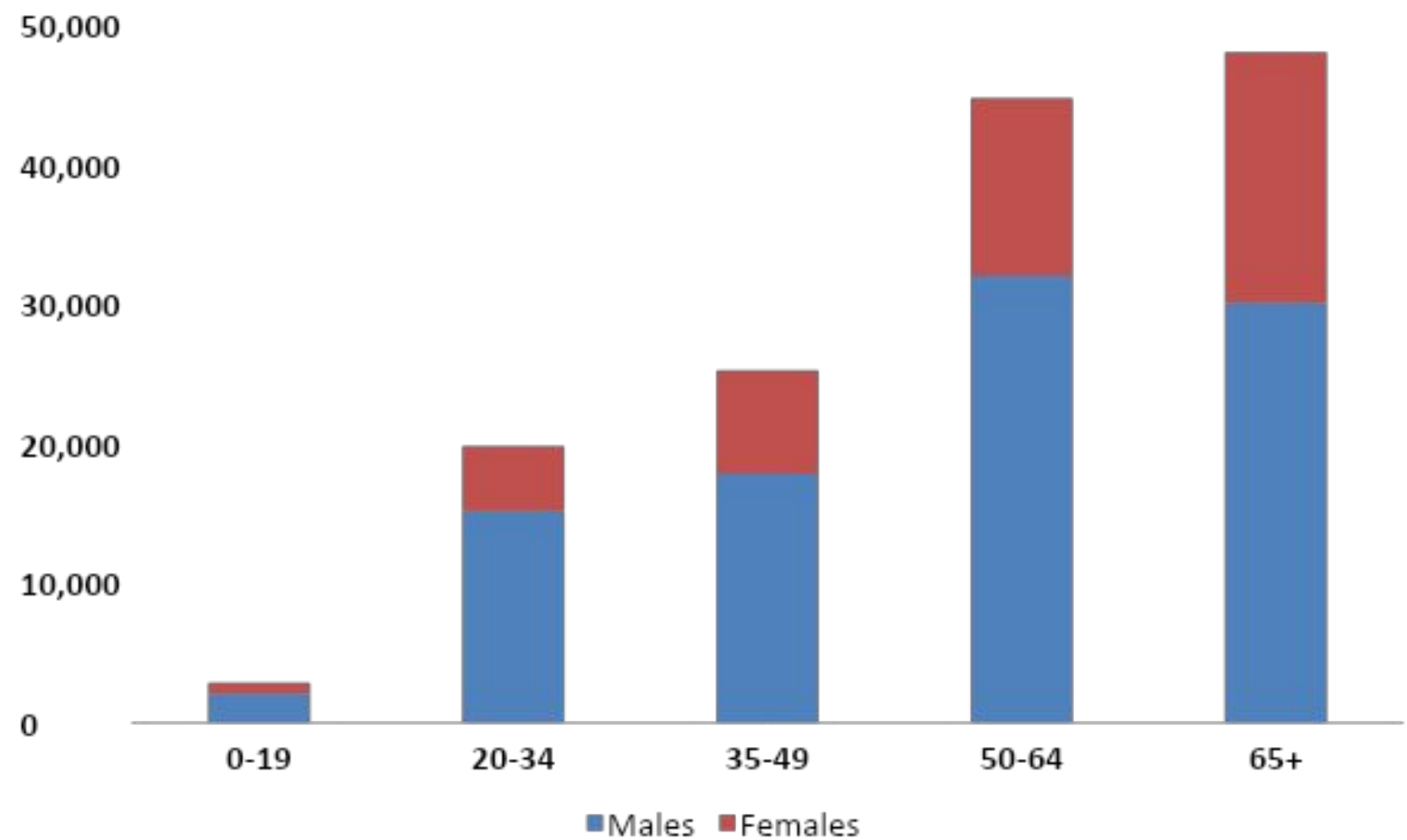
1.5 ounces
40% (80 proof) distilled spirits
(examples: gin, rum, vodka, whiskey)

A U.S. standard drink contains 14 grams (0.6 oz) of pure alcohol

Deaths from Excessive Alcohol Use are a Leading Preventable Cause of Death



Most of the Deaths From Excessive Drinking are Among Adults Ages 35 and Older



Binge Drinking is the Most Deadly, Costly & Common Pattern of Excessive Drinking in the U.S.

42% of the
deaths from
excessive drinking

90% of
excessive drinkers
binge drink



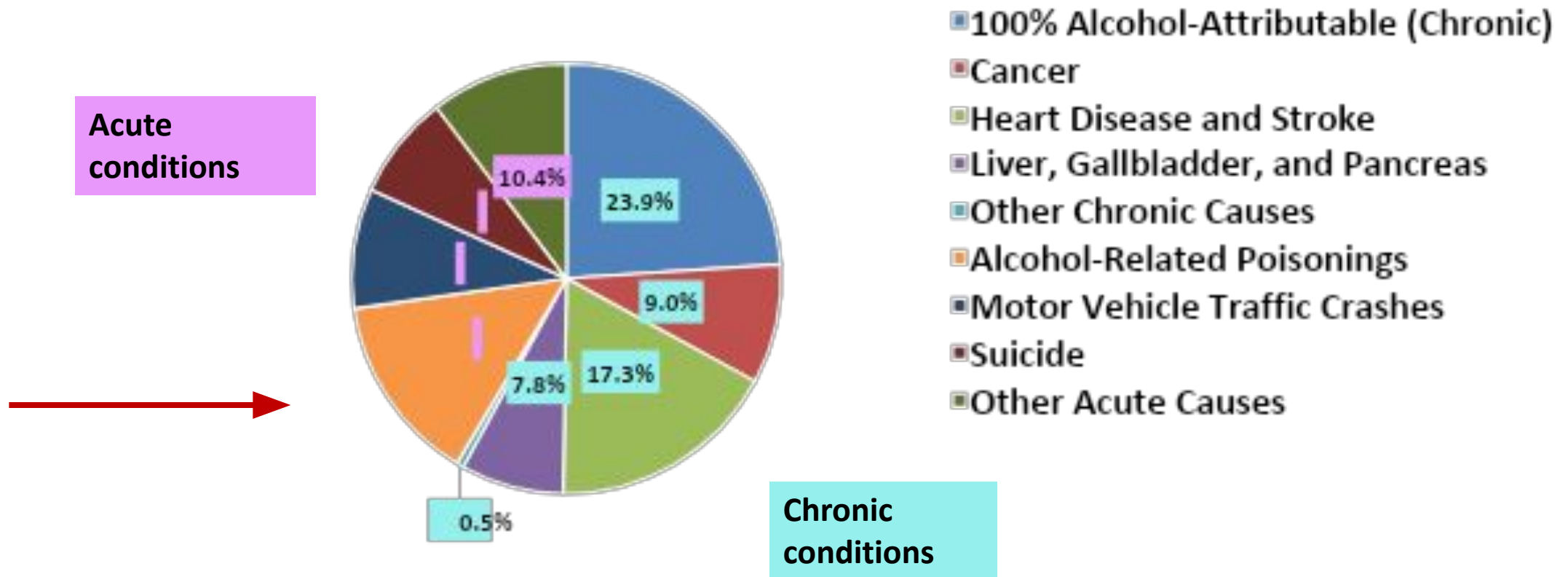
55% of the
years of
potential life lost

77% of the
economic costs

Excessive Alcohol Use and Other Substance Use



1 in 7 Alcohol-Attributable Deaths Are From Alcohol-Related Poisonings*



*Alcohol-related poisonings include alcohol poisonings and poisonings from other substances that involve a high blood alcohol concentration level

Prevalence of Past 30-day Prescription Opioid Misuse

- In the general population: 1.6%, or 4.2 million people
- Among binge drinkers: 3.5%, or 2.2 million people



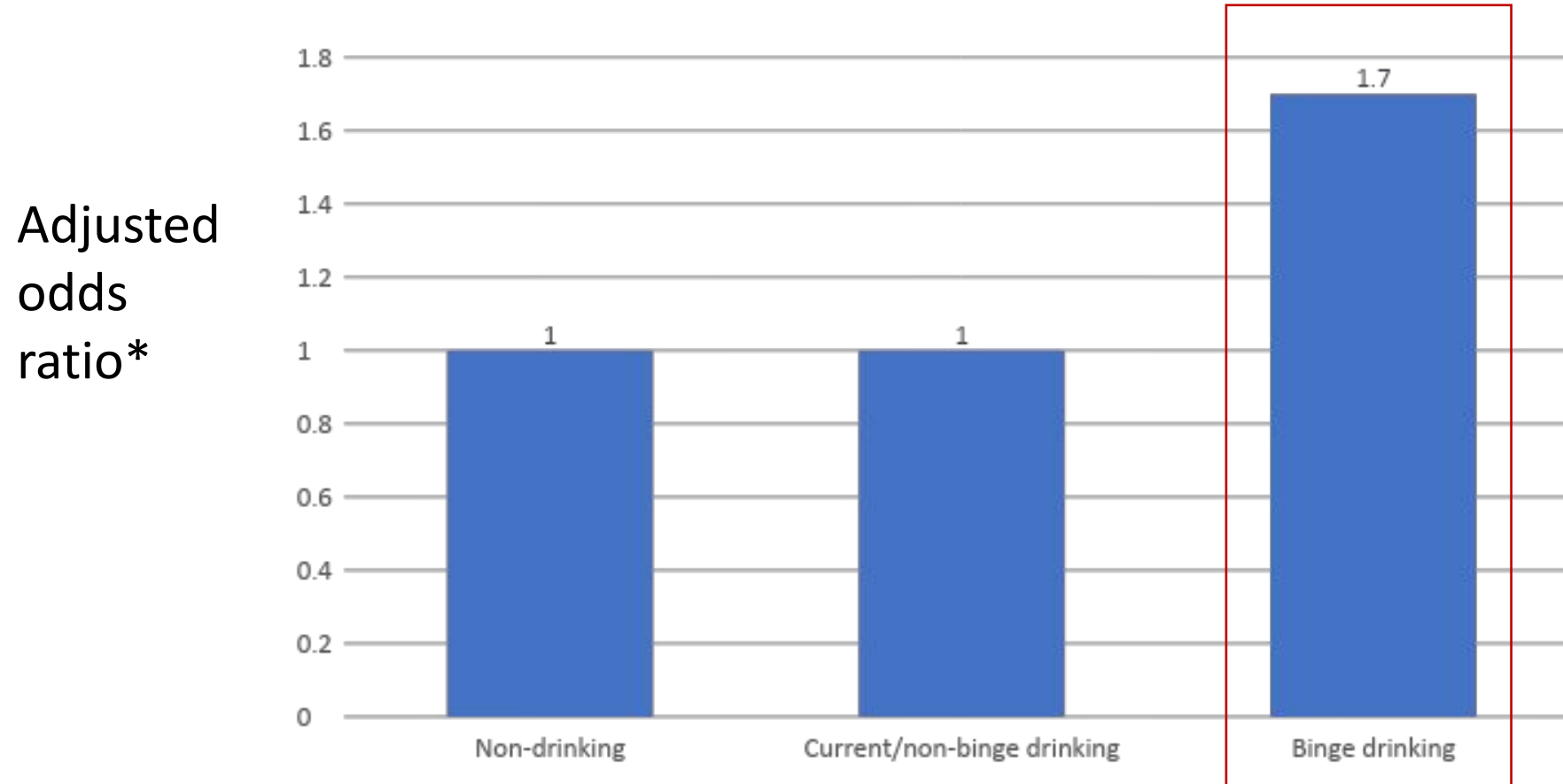
More than half of the 4.2 million people who misuse prescription opioids in the U.S. also binge drink.

www.cdc.gov/alcohol



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Binge Drinkers Were More Likely to Misuse Prescription Opioids Than Non-Drinkers



Prevalence of opioid misuse: 1.0%

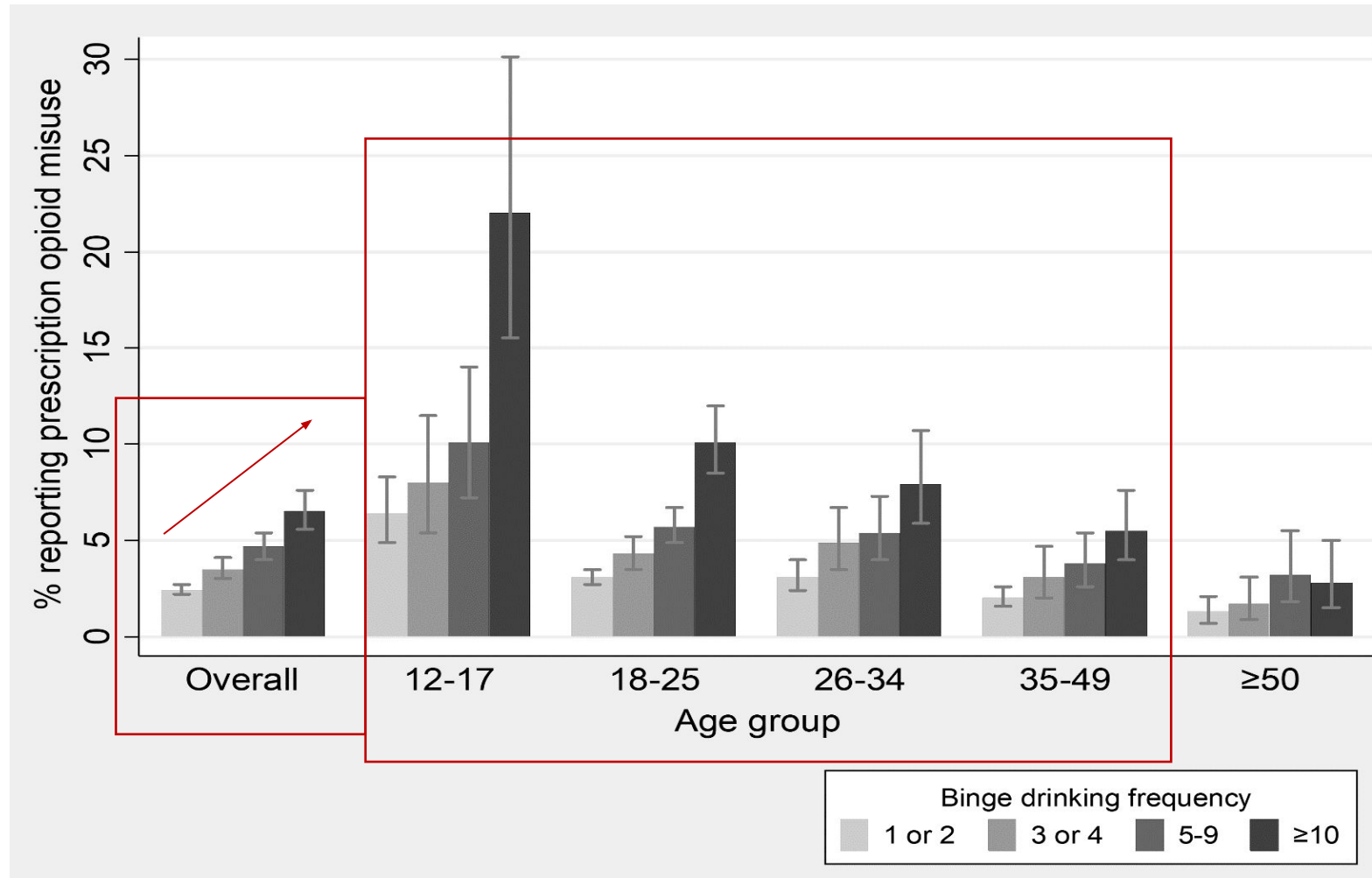
1.0%

3.5%

Prescription Opioid Misuse Varied by Binge Drinkers' Characteristics

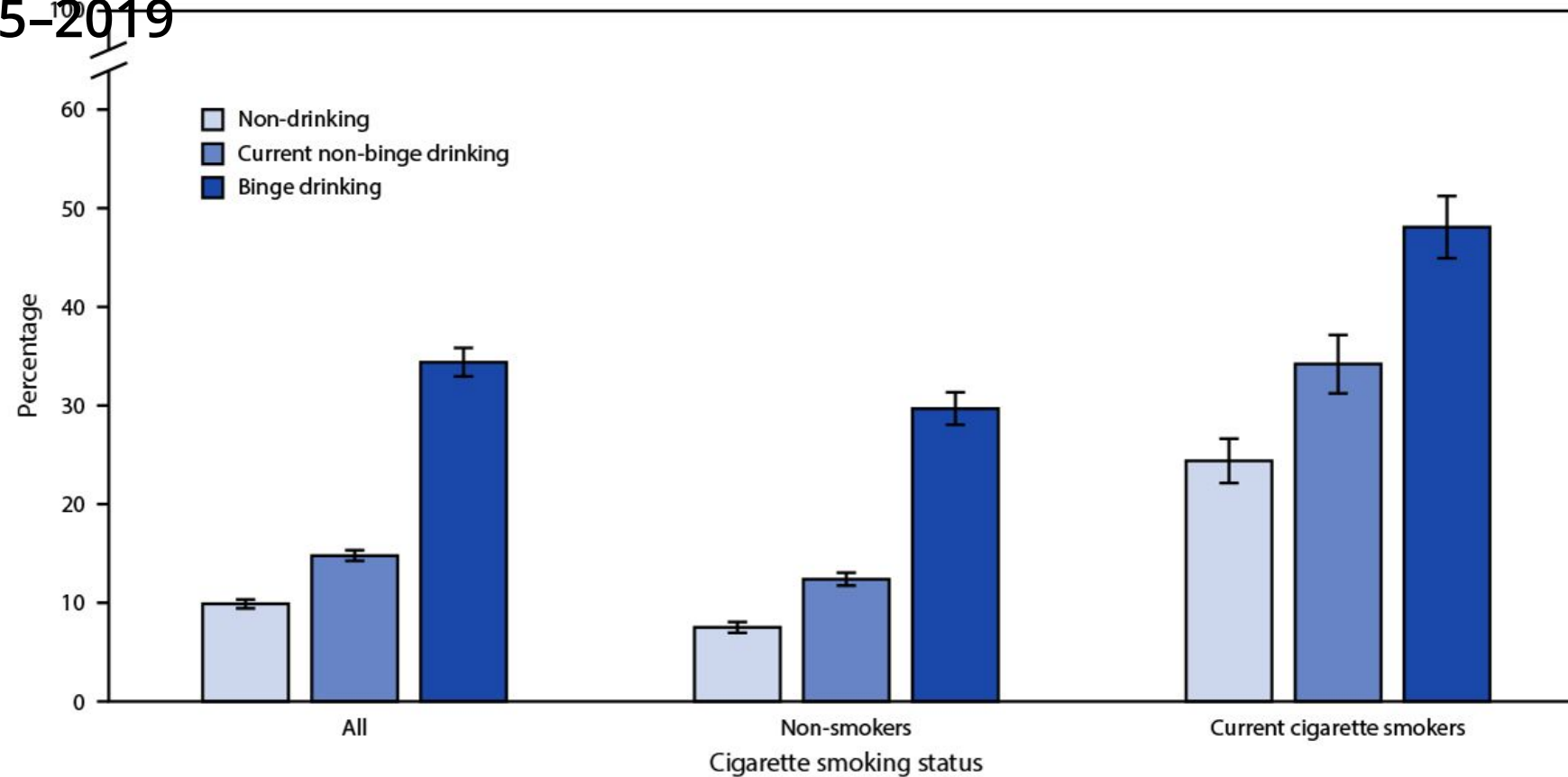
- Binge drinkers aged 12 to 17 years had the highest prevalence (8.1%)
- Prescription opioid misuse was more common among binge drinkers with lower educational and income levels
- Prevalence similar by sex (men: 3.6%; women: 3.4%)

Prescription Opioid Misuse Increased with Binge Drinking Frequency



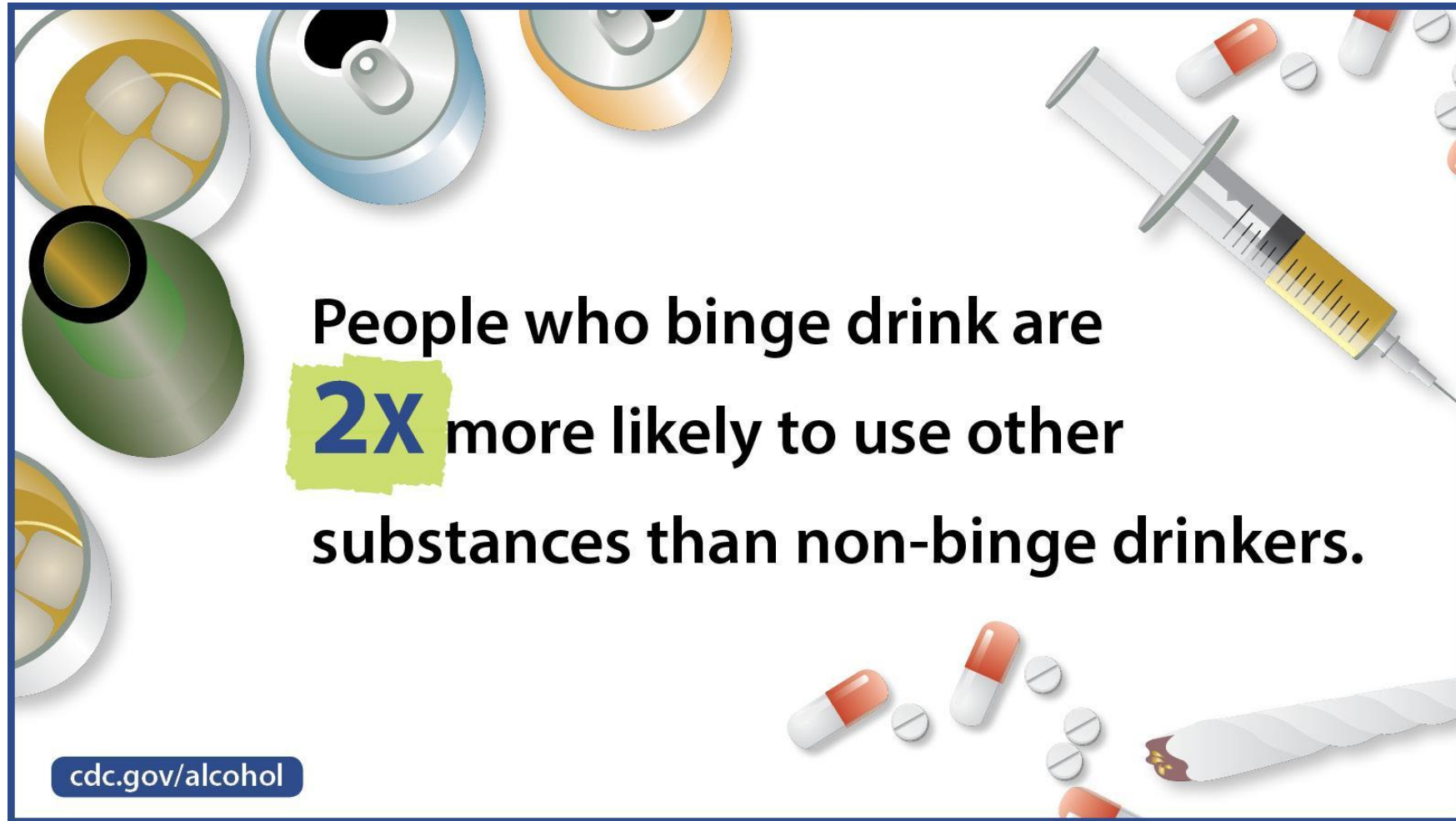
Adults in Colorado Who Binge Drink are More Likely to Use Marijuana

Past 30-day marijuana use, Colorado Behavioral Risk Factor Surveillance System, 2015–2019

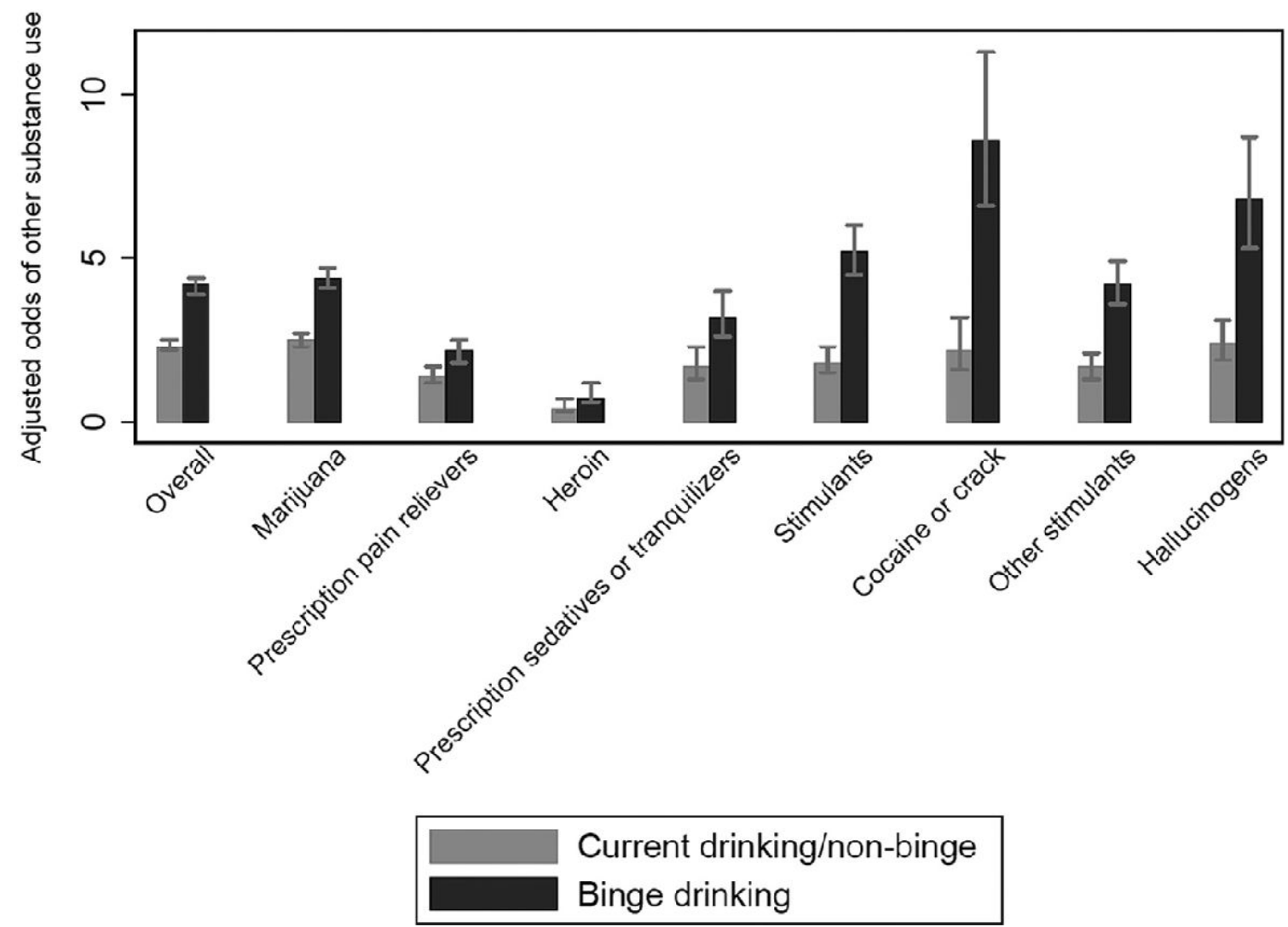


Crawford et al. Current Marijuana Use and Alcohol Consumption Among Adults Following the Legalization of Nonmedical Retail Marijuana Sales — Colorado, 2015–2019. MMWR Morb Mortal Wkly Rep 2021;70:1505–1508.

Binge Drinking Is Associated With Increased Odds of Other Substance Use



Binge Drinking and Increased Odds of Using Specific Substances



Many People Who Binge Drink Use Other Substances



Changes in Alcohol-Related ED Visits



Alcohol Policies and Drinking Environments Changed During the First Phase of the Pandemic – And Many Became Permanent

- Closures or operating restrictions at bars and restaurants
- Options for delivery and takeaway of alcoholic beverages from bars, restaurants, or both
- Expansion of policies allowing home delivery of alcohol from online sales



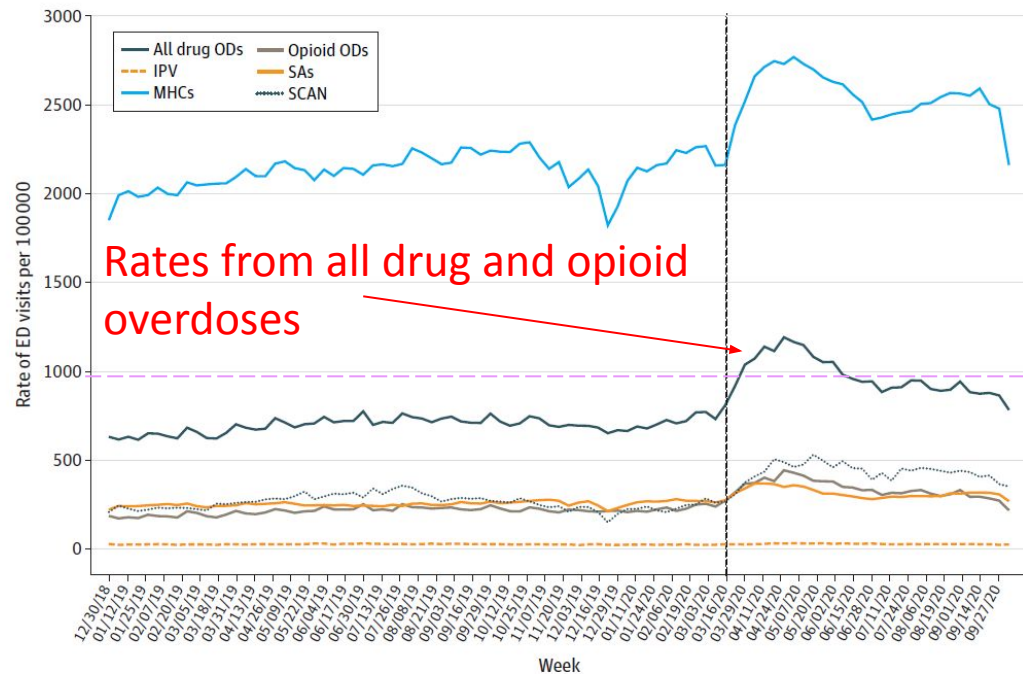
Changes in Alcohol Sales During the Pandemic

- Reduced alcohol sales at bars and restaurants (on-premises outlets)
- Increased alcohol sales for consumption off-premises and per capita
- Increased sales online for home delivery
- Apparent stocking up on alcohol during early pandemic

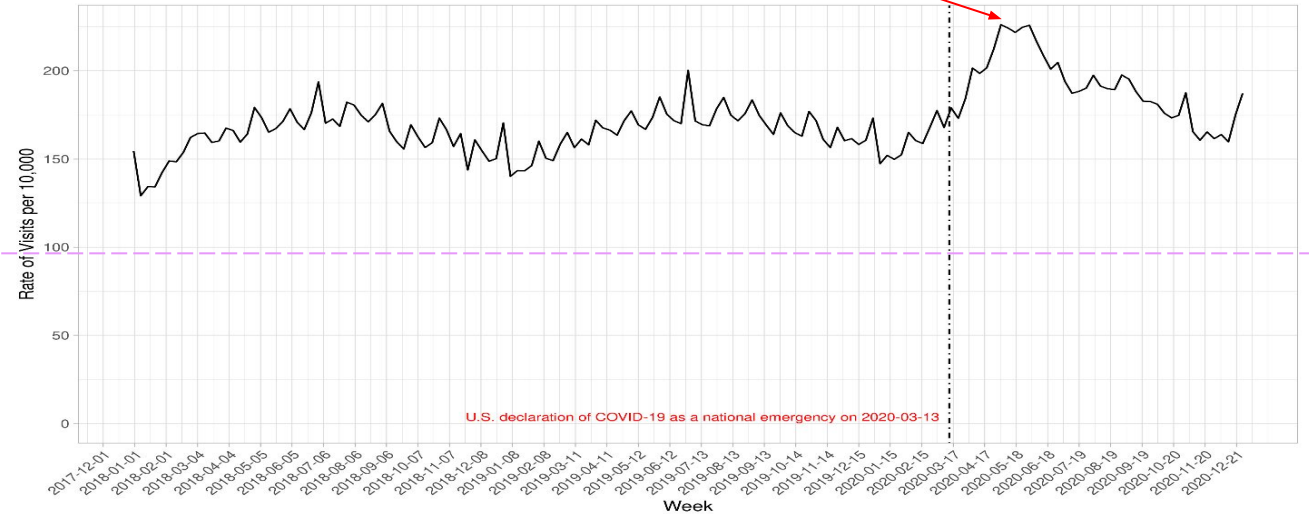


Emergency Department Visit Rates Involving Acute Alcohol Consumption Exceed Rates From Drug

Figure 2. Rate of Emergency Department (ED) Visits for All Drug and Opioid Overdoses (ODs), Intimate Partner Violence (IPV), Suicide Attempts (SAs), Mental Health Conditions (MHCs), and Suspected Child Abuse and Neglect (SCAN) per 100 000 ED Visits in the US, December 30, 2018, to October 10, 2020

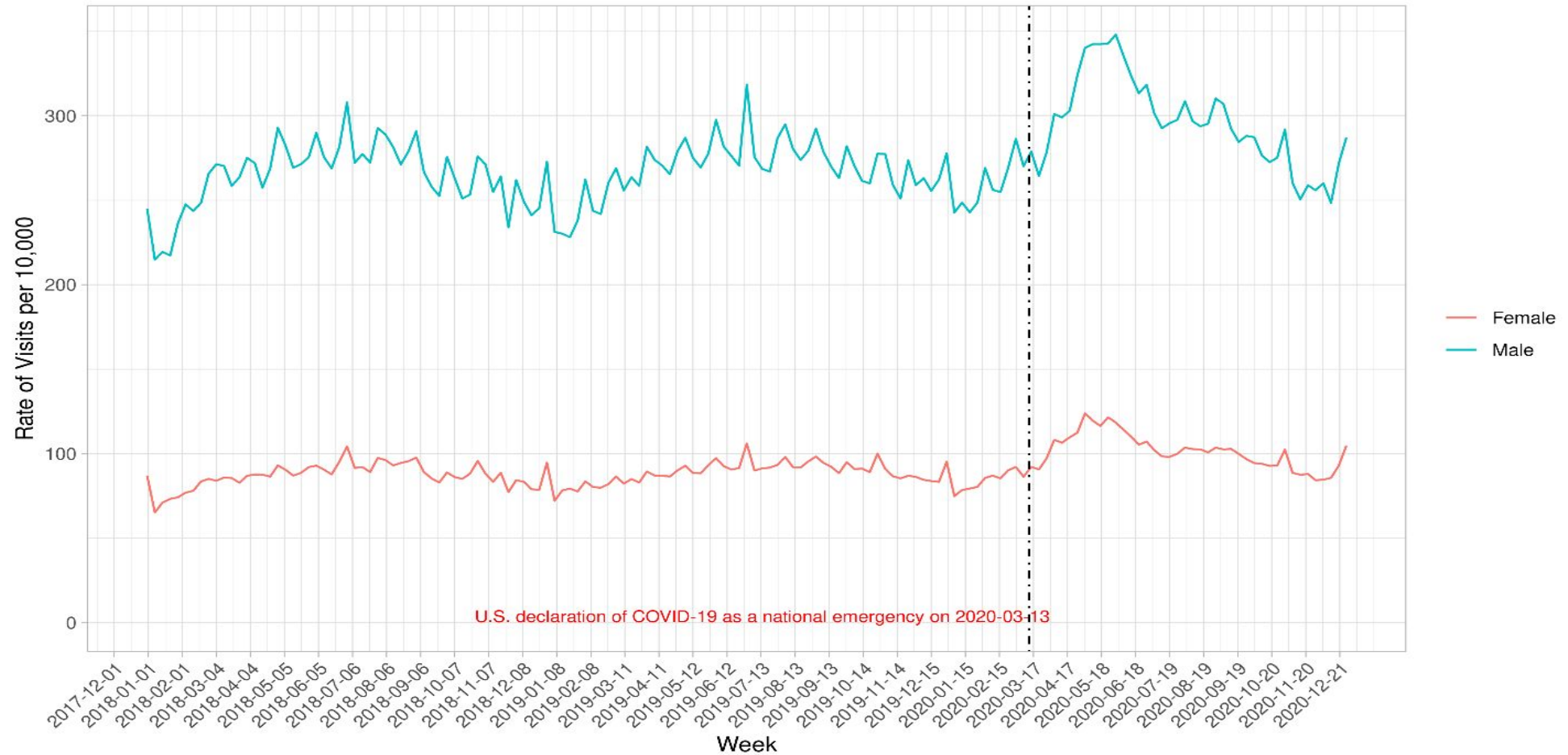


Rates related to acute alcohol consumption

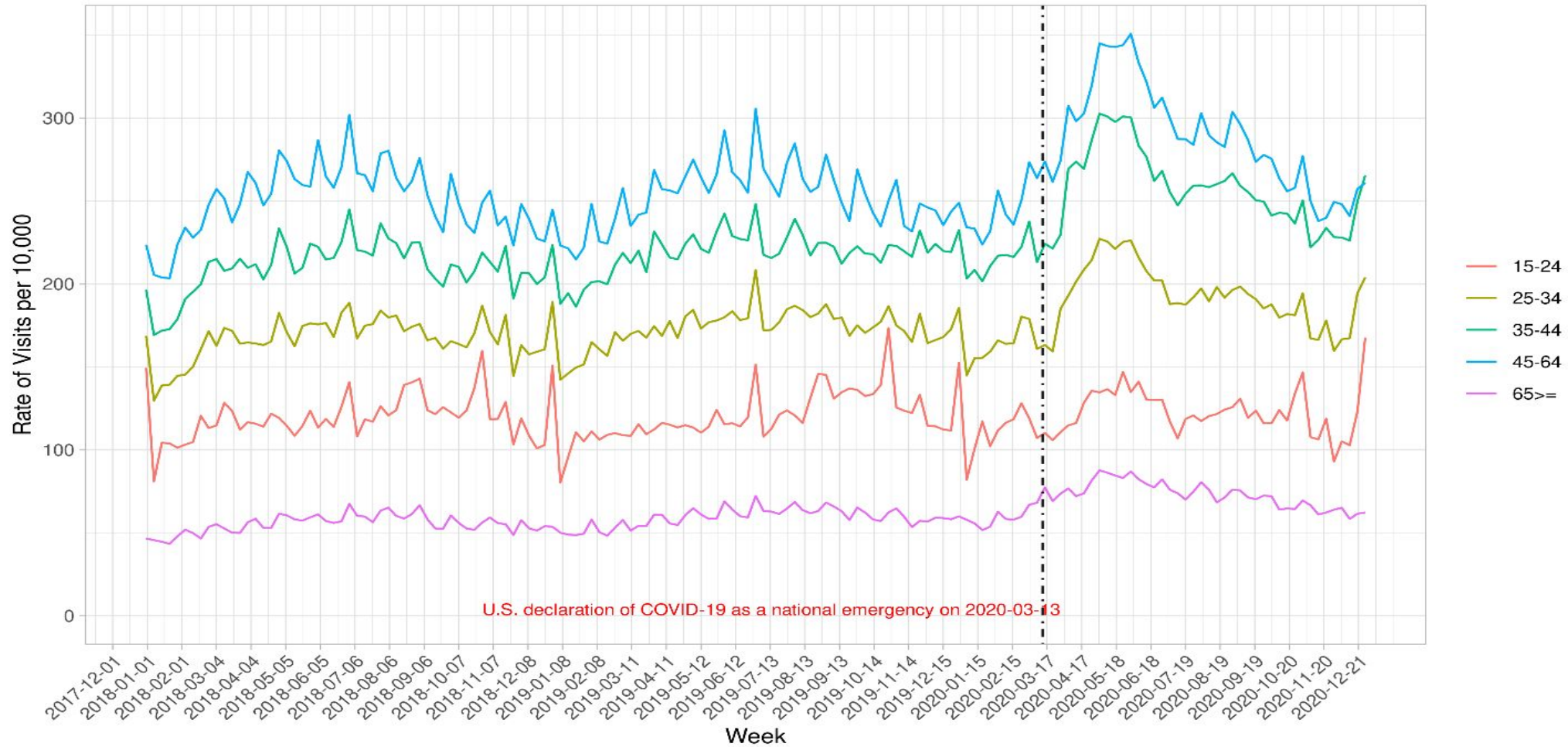


Pink line indicates alignment of vertical scales at equal rates of 1,000/100,000 (left figure) and 100/10,000 (right figure)

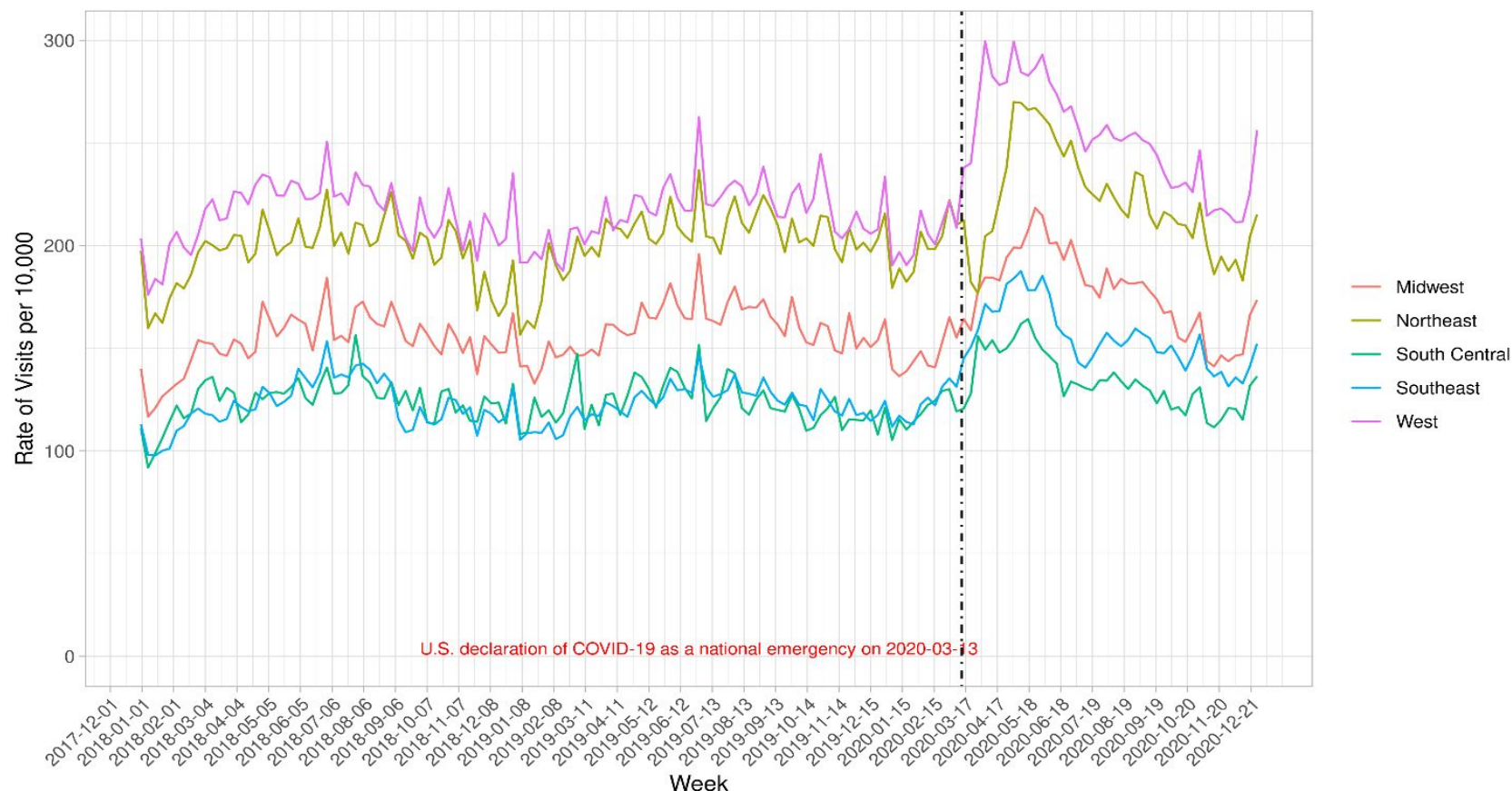
Alcohol-Related ED Visit Rates Were Elevated in 2020 for Males and Females



Alcohol-Related ED Visit Rates by Age Group



Alcohol-Related ED Visit Rates Higher in 2020 in All Regions



Tools and Resources on Preventing Excessive Alcohol Use



New CDC Fact Sheet

Alcohol and Other Substance Use

Polysubstance use is when two or more substances are used together or within a short time period, either intentionally or unintentionally. Polysubstance use involving alcohol includes drinking and using other substances such as marijuana, opioids, heroin or other illicit drugs or medications not as prescribed. Whether intentional or not, **using alcohol and other substances is unsafe because the effects may be stronger and more unpredictable than one drug alone, and even deadly.**

Polysubstance use involving alcohol can increase the chance of health risks including:

- Overdose
- Injury
- Violence
- Risky sexual behavior
- Chronic disease
- Alcohol or other substance use disorders.



Drinking alcohol while using opioids increases the risk of overdose and death.

www.cdc.gov/alcohol



10-000110-0

Alcohol can increase overdose risk.

Using alcohol and certain other substances, including other depressants like opioids or benzodiazepines, together or within a couple of hours of drinking can result in:

- Difficulty or stopping breathing
- Damage to the brain, heart, and other organs
- Death.

Drinking alcohol with medications can also cause health problems or death.¹ Always check with your healthcare provider before drinking while taking prescription medication.

How common are overdoses involving alcohol in the United States?

- About 1 in 5 emergency department visits associated with substance use also involved alcohol in 2016.²
- About 1 in 7 opioid-related deaths involved drinking alcohol within a few hours of using an opioid in 2017. The proportion of opioid overdose deaths involving alcohol varied by state, ranging from 7% to 29%.³
- Opioid overdose deaths where alcohol contributed to the death increased 41% from 2019 to 2020.⁴

Harms involving the use of alcohol and other substances can be prevented.

You can

- Avoid using alcohol when using [other substances](#).
- Choose not to drink or limit alcohol use. If you are an adult of legal drinking age and choose to drink alcohol, adhere to the *Dietary Guidelines for Americans* on [moderate alcohol use](#) (up to one drink in a day for women and up to 2 drinks in a day for men).⁶
- Talk with your healthcare provider about your drinking and discuss the medicines that you are taking to prevent adverse reactions with prescribed medications.
- Take a quick assessment to [check your drinking](#).
- Support effective community strategies to prevent excessive alcohol use, such as increasing alcohol taxes, regulating the number of places that sell alcohol in your community, or others recommended by [the Community Preventive Services Task Force](#) [↗](#).

States and communities can


- Use comprehensive and effective approaches to reduce the availability and affordability of alcohol such as by regulating the density of alcohol outlets through zoning and licensing, increasing alcohol taxes, or other strategies recommended by [the Community Preventive Services Task Force](#) [↗](#). These strategies can be used with other strategies to [reduce overdoses](#), such as strengthening prescription drug monitoring programs.
- Enforce existing laws and regulations about alcohol sales and service.
- Develop and strengthen community coalitions that build partnerships between schools, faith-based organizations, law enforcement, healthcare providers, public health agencies, and local, tribal, and state leaders to reduce alcohol and other substance use and its impacts.
- Routinely monitor and report the prevalence, frequency, and intensity of binge drinking (whether people binge drink, how often they do so, and the number of drinks they consume) and other substance use.
- Routinely assess alcohol in toxicology testing in acute care settings and among decedents.

www.cdc.gov/alcohol/fact-sheets/alcohol-and-other-substance-use

Evidence-Based Strategies to Reduce Excessive Drinking




Strategies recommended by the Community Preventive Services Task Force:










- Increase alcohol taxes
- Regulate alcohol outlet density
- Commercial host liability laws: Hold retailers accountable for harms incurred by illegal service to intoxicated or underage patrons
- Avoid further privatization of alcohol sales
- Maintain limits on days of sales
- Maintain limits on hours of sales
- Enhanced enforcement of laws prohibiting alcohol sales to minors
- Electronic screening and brief intervention (e-SBI)

 **WHAT WORKS**
Excessive Alcohol Consumption
Evidence-Based Interventions for Your Community

CPSTF FINDINGS ON EXCESSIVE ALCOHOL CONSUMPTION

The Community Preventive Services Task Force (CPSTF) has released the following findings on what works in public health to prevent excessive alcohol consumption. These findings are compiled in The Guide to Community Preventive Services (The Community Guide) and listed in the table below. Use the findings to identify intervention strategies you could use for your community.

Legend for CPSTF Findings:  Recommended  Insufficient Evidence  Recommended Against (See detailed description on the next page)

| INTERVENTION | CPSTF FINDING |
|--|---|
| Dram shop liability |  |
| Electronic screening and brief intervention (e-SBI) |  |
| Enhanced enforcement of laws prohibiting sales to minors |  |
| Increasing alcohol taxes |  |
| Maintaining limits on days of sale |  |
| Maintaining limits on hours of sale |  |
| Overserve law enforcement initiatives |  |
| Privatization of retail alcohol sales |  |
| Regulation of alcohol outlet density |  |
| Responsible beverage service training |  |

Increasing Alcohol Prices: Taxes

- Strong and consistent evidence of intervention effectiveness
- Impact is proportional to the size of the tax increase



Increasing Alcohol Prices: Minimum Pricing Policies

- Sets a floor price beneath which alcohol cannot be sold and affects alcohol retail prices
- Recommended by World Health Organization
- Cost effective and higher public acceptability than taxes

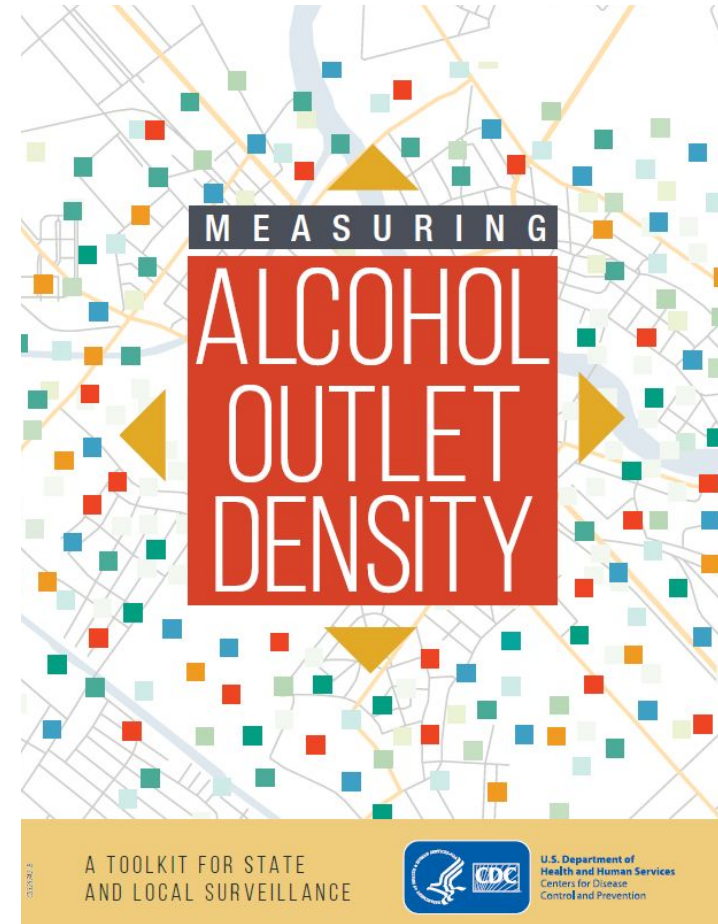
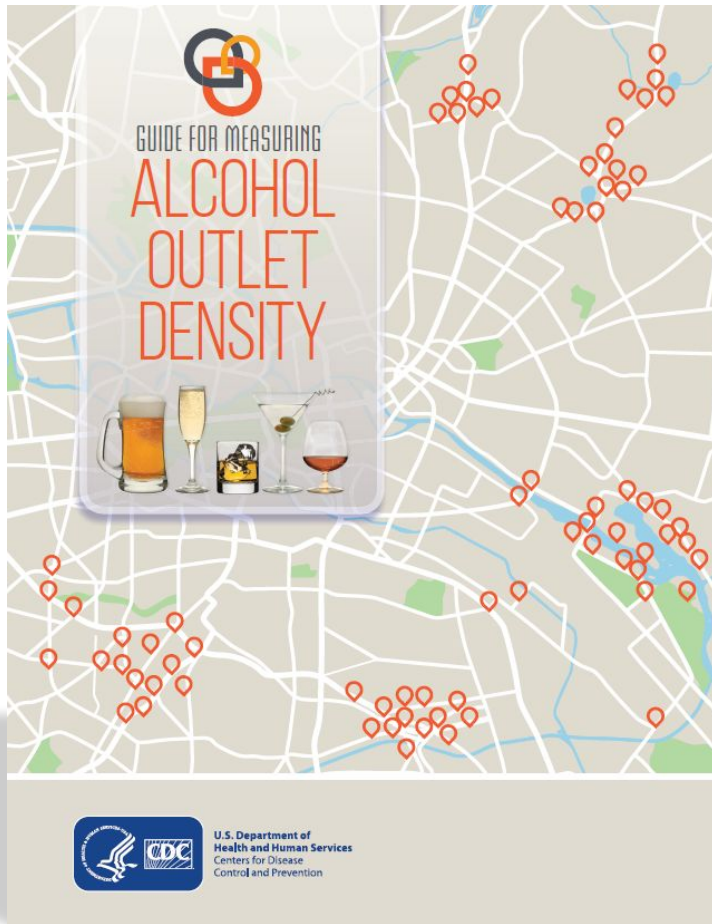


Regulating Alcohol Outlet Density

- Refers to the concentration of retail alcohol outlets within an area
- Higher alcohol outlet density is associated with increased alcohol consumption and related harms (e.g., violent crime)
- States may limit the extent to which local governments can implement zoning or licensing controls over the number of alcohol retailers (state preemption)



CDC Resources for Measuring Alcohol Outlet Density



www.cdc.gov/alcohol/fact-sheets/outlet-density-measurement.htm

User's Guides to Understanding Alcohol Taxes, Commercial Host Liability, Regulating Alcohol Outlet Density



<http://alcohol-psr.changelabsolutions.org/>

Alcohol-Related Disease Impact Application

- Free online tool (www.cdc.gov/ardi)
- Assess contribution of alcohol consumption to deaths and years of potential life lost from 58 alcohol-related chronic and acute conditions
- National and state estimates, annual average from 5 years (2015–2019)
- Risk estimates and alcohol-attributable fractions (AAF) based on published studies, particularly meta-analyses
- Mortality data from the National Vital Statistics System, based on ICD-10 codes for **underlying** causes of death
- Custom Data User portal available



Drink Less, Be Your Best

You keep making
~~excuses~~ *progress.*

DRINK LESS
BE YOUR BEST

Choosing to drink less alcohol can help you be your best. Being your best could mean enjoying your golden years in good health, feeling refreshed and rested each morning, or having more money in the bank. Drink less and be your best.



Check your drinking.
This quick assessment can help.



Make a plan.
Learn how you can drink less.

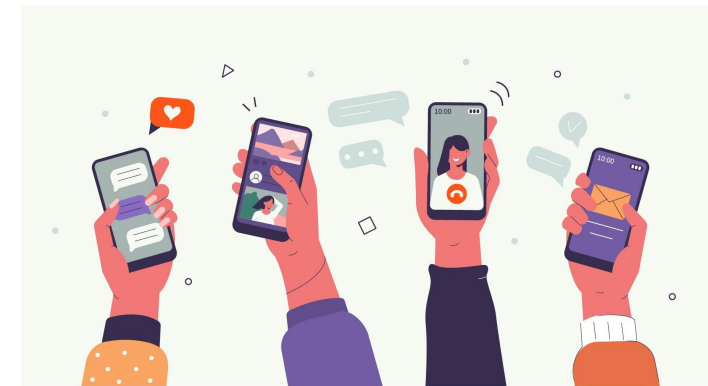


Why less is more.
Drinking too much impacts your mind, your body, your life.



Get the facts.
How much is too much?

- Mass communications campaign focused on adults (18 and older) who drink excessively



www.cdc.gov/drinklessbeyourbest

CDC's New Electronic Screening and Brief Intervention

Check Your Drinking. Make a Plan to Drink Less.

Alcohol Screening Tool

Welcome!

Drinking too much alcohol can be harmful. Everyone can benefit from drinking less alcohol or not drinking at all. **This tool checks your drinking and can give advice. If you want to drink less, it can also help you build a plan to make healthier choices.**

Some questions may be sensitive. Any information you provide is for your personal use only. Your information will not be stored or shared.

This tool is for adults 18 years or older. It is not intended for medical diagnosis or treatment.


Estimated Completion Time: **5 - 10 mins**

Let's get started!

Don't use your browser's back button. Instead, use the "Previous" and "Next" buttons to navigate through the tool.

How old are you?

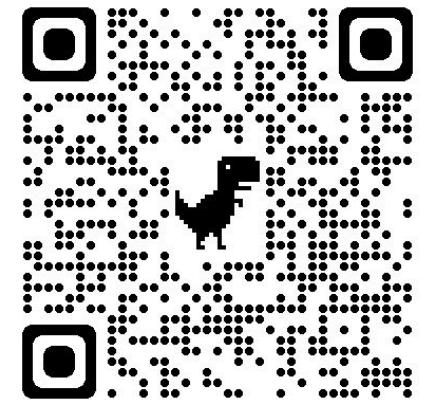
| | | | | |
|---------------|-------------|-------------|-------------|-------------|
| 17 or younger | 18-20 years | 21-35 years | 36-65 years | 66 or older |
|---------------|-------------|-------------|-------------|-------------|



Want to check
your alcohol use?

This quick assessment can
help you check.

Visit <https://bit.ly/3PdwBjj>



www.cdc.gov/alcohol/checkyourdrinking

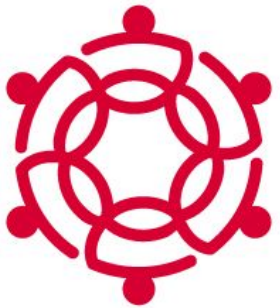
2020-2025 Dietary Guidelines for Americans

- Current drinkers (≥ 21 years) do so in moderation
- Up to **1 drink** in a day for women
- Up to **2 drinks** in a day for men
- **Drinking less is better for health than drinking more**
- People who have medical conditions or are taking medications that can interact with alcohol should not drink at all




Stay Connected

- Join our listserv by entering your email in the “Get Email Updates” box on any of the Alcohol Program web pages
- Receive the latest resources and training opportunities such as from the Center for Advancing Alcohol Science to Practice



**Center for Advancing
Alcohol Science to Practice**

alcoholsciencetopractice.org

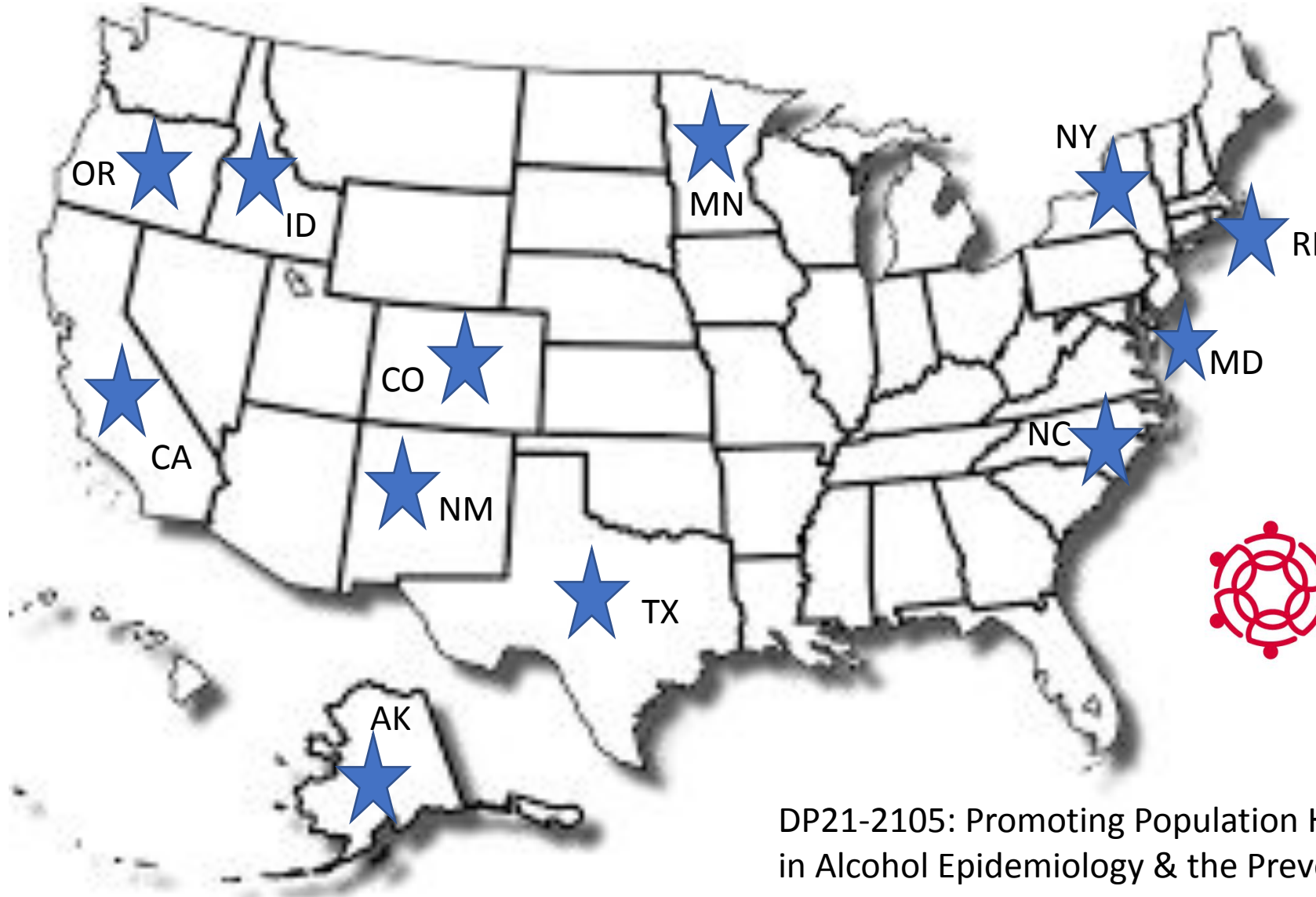
 **Get Email Updates**

To receive email updates about this page, enter your email address:

[What's this?](#)

www.cdc.gov/alcohol

CDC-funded State Capacity in Alcohol Epidemiology and Prevention



National Training and Technical Assistance Center:



**Center for Advancing
Alcohol Science to Practice**

DP21-2105: Promoting Population Health through Increased Capacity in Alcohol Epidemiology & the Prevention of Excessive Alcohol Use

Conclusion

To support development and implementation of effective prevention strategies:

- Use high-quality data
 - Monitor patterns of excessive alcohol use and associations with other substance use
 - Routinely assess alcohol in toxicology testing (acute care settings, death investigations)
- Multi-sectoral collaborations
- Widespread use of proven and effective population-level alcohol policies, in addition to strategies focused on overdose prevention

There are
more than **380**
deaths each day
in the U.S. due
to excessive
alcohol use.

[cdc.gov/alcohol](https://www.cdc.gov/alcohol)



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TTY: 1-888-232-6348 www.cdc.gov

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.

