

EXCESSIVE ALCOHOL USE IN NORTH CAROLINA

Excessive alcohol use is the **THIRD** leading **PREVENTABLE** cause of death in North Carolina.

In 2017, there were **nearly 4,000** deaths due to excessive alcohol use in North Carolina.

9 out of 10 excessive drinkers are **not** alcohol dependent.

– 2017 State Center for Health Statistics, Vital Statistics, Death Certificate Data and CDC Alcohol Fact Sheets



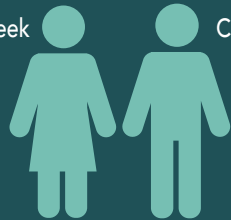
EXAMPLES OF EXCESSIVE DRINKING

FOR WOMEN - Heavy Drinking:

Consuming **8** or more drinks per week

Binge Drinking:

Consuming **4** or more drinks on an occasion



FOR MEN - Heavy Drinking:

Consuming **15** or more drinks per week

Binge Drinking:

Consuming **5** or more drinks on an occasion

ANY alcohol consumed by **pregnant women** and those **under age 21**.

8% of pregnant women reported drinking alcohol during their 3rd trimester.

– 2016 NC PRAMS Survey Results

27% of high school students report currently drinking alcohol.

Of those high school students who drink, **50%** report binge drinking.

12% of all high school students report binge drinking.

– 2017 NC Youth Risk Behavior Survey



Over half of NC adults are current drinkers.

11% of current drinkers in NC report heavy drinking.

27% of current drinkers in North Carolina binge drink at least one time per month.

– 2017 NC Behavioral Risk Factor Surveillance System

STRATEGIES TO REDUCE EXCESSIVE DRINKING:

Control System – Support and maintain state control of alcohol sales.

Support Commercial Host Liability - Continued support for laws that permit retail establishments to be held liable for injuries or harms caused by illegal service to intoxicated or underage customers.

Increase Alcohol Taxes - Increase the unit price of alcohol by raising alcohol excise taxes.

Regulate Alcohol Outlet Density - Continue to limit the number of businesses selling and distributing alcohol in neighborhoods.

Increase Alcohol Screening and Brief Intervention - Screen every adult for excessive drinking using validated questions, have a brief conversation with those that screen positive.

Continue to limit the days and hours alcohol sales occur - Maintain or decrease days and hours that alcohol is sold.

The most common causes of alcohol-related deaths in NC are other drug poisonings, liver disease, traffic crashes, falls, and suicide.

– 2017 State Center for Health Statistics, Vital Statistics, Death Certificate Data

In 2017, **26%** of all traffic fatalities in North Carolina were alcohol related.

– NC DOT 2017 Crash Facts

Excessive alcohol use cost NC **\$7 billion** in 2010

– CDC Alcohol Fact Sheets



NC DEPARTMENT OF HEALTH AND HUMAN SERVICES
Division of Public Health