

EXCESSIVE ALCOHOL USE IN NORTH CAROLINA

Excessive alcohol use is the **third** leading **preventable** cause of death in North Carolina.

In 2020, there were **nearly 5,000** deaths due to excessive alcohol use in North Carolina.

90% of excessive drinkers are **not** alcohol dependent. Excessive drinking is associated with injuries, violence, and chronic conditions like stroke, hypertension, and some cancers.



– 2020 State Center for Health Statistics, Vital Statistics, Death Certificate Data, and CDC Alcohol Fact Sheets

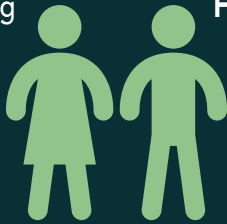


EXAMPLES OF EXCESSIVE DRINKING

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**.

– CDC Alcohol Fact Sheets

The **top 5 alcohol-related fatal injuries** in North Carolina are **poisonings, motor-vehicle traffic crashes, suicides, homicides, and fall injuries**.

– 2020 State Center for Health Statistics, Vital Statistics, Death Certificate Data



In 2020, **24%** of all traffic fatalities in North Carolina were alcohol related.

– NC DOT 2020 Crash Facts

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.



24% of high school students report currently drinking alcohol. Of those high school students who drink, **48%** report binge drinking. **40%** of all high school drinkers reported usually drinking liquor.

– 2019 NC Youth Risk Behavior Survey



Nearly half of NC adults are current drinkers. **12%** of current drinkers in NC report heavy drinking. **26%** of current drinkers in North Carolina binge drink at least one time per month.

– 2020 NC Behavioral Risk Factor Surveillance System



Excessive alcohol use cost NC **roughly \$9.7 billion** in 2017.

– 2017 Gora Combs et al. <https://pubmed.ncbi.nlm.nih.gov/35504714/>

For more information please see: **The Community Guide**
www.thecommunityguide.org/topic/excessive-alcohol-consumption



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