

EXCESSIVE ALCOHOL USE IN NORTH CAROLINA

Alcohol abuse is the **THIRD** leading **PREVENTABLE** cause of death in North Carolina.

In 2014, there were **3,143** deaths due to alcohol in North Carolina.

1 in 11 deaths among working age adults (20-64 years old) in North Carolina is attributed to alcohol.

– NC Division of Public Health 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.

– 2011 NC Pregnancy Risk Assessment Monitoring System

32% of high school students are current drinkers.

14% of high school students report binge drinking.

– 2013 NC Youth Risk Behavior Survey



In NC, approximately **1 in 7** adults binge drink.

30% of current drinkers in North Carolina binge drink at least one time per month.

– 2014 NC Behavioral Risk Factor Surveillance System



The most common cause of alcohol-related deaths in North Carolina is **alcohol-impaired driving fatalities**.

– CDC Alcohol-Related Disease Impact

In 2014, **29%** of all traffic fatalities in North Carolina were alcohol related.

– UNC Highway Safety Research Center

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

– CDC Alcohol Fact Sheets



STRATEGIES TO REDUCE EXCESSIVE DRINKING:

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.

