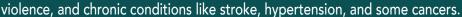
EXCESSIVE ALCOHOL USE IN NORTH CAROLINA

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

In 2021, there were **over 6,300** deaths due to excessive alcohol use in North Carolina.













– 2021 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 persons 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.

- 2021 State Center for Health Statistics. Vital Statistics, Death Certificate Data



In 2021, 25% of all traffic fatalities in North Carolina were alcohol related.

- NC DOT 2021 Crash Facts

STRATEGIES TO REDUCE **EXCESSIVE DRINKING:**

CONTROL SYSTEM: Maintain state control of alcohol sales and avoid privatization of retail alcohol sales.

MAINTAIN COMMERCIAL HOST LIABILITY LAWS: These laws 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 price of alcohol by raising alcohol taxes.

REGULATE ALCOHOL OUTLET DENSITY: Continue to limit the number of businesses selling and distributing alcohol in neighborhoods.

INCREASE ELECTRONIC SCREENING AND BRIEF INTERVENTIONS:

Electronically 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.



In NC, 19% of high school students said they are currently drinking alcohol. Of those high school students who drink, 50% binge drink, 36% usually drink liquor, and 43% usually obtained alcohol through someone, such as family or friends, giving it to them versus buying it themselves.

- 2021 NC Youth Risk Behavior Survey



In NC, half of adults are current drinkers. 11% of current drinkers said they heavily drink. 29% of current drinkers said they binge drink at least once a month.

- 2021 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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