

# Alcohol Program Highlights

**CDC, the nation's health protection agency, saves lives and protects people.**

CDC's Alcohol Program strengthens the scientific foundation for preventing excessive alcohol use, including binge and underage drinking, by:

## **Improving public health surveillance on excessive alcohol use and related harms, including:**

- Measuring the public health impact of excessive alcohol use (e.g., the prevalence, frequency, and intensity of binge drinking) among adults and youth.
- Supporting the Alcohol-Related Disease Impact (ARDI) application, which provides state and national estimates of deaths and years of potential life lost due to excessive alcohol use.
- Assessing the economic costs of excessive alcohol use.
- Monitoring and reducing youth exposure to alcohol marketing.

## **Supporting state and local health agencies to prevent excessive alcohol use, including:**

- Building state and local public health capacity in alcohol epidemiology.
- Providing technical assistance to state and local epidemiologists and other public health professionals to support effective prevention strategies.

## **Translating evidence-based recommendations on excessive drinking into public health practice, including:**

- Developing and disseminating resources and tools that are based on recommendations from the Community Preventive Services Task Force, including CDC's *Guide for Measuring Alcohol Outlet Density*.
- Supporting applied public health research on alcohol-related health impacts, and on population-based strategies to prevent excessive alcohol consumption.

## **Providing public health leadership to prevent excessive alcohol use, including:**

- Supporting national public health activities to prevent excessive alcohol use, such as the Interagency Coordinating Committee on the Prevention of Underage Drinking.
- Collaborating with the Community Anti-Drug Coalitions of America and other national partners to support the implementation of evidence-based recommendations on the prevention of excessive drinking in states and communities.

## **Findings from CDC's Alcohol Program**

- Excessive alcohol use contributes to 88,000 deaths in the US each year, including 1 in 10 deaths among working-age adults, and cost the US \$249 billion in 2010.
- 9 in 10 excessive drinkers are not alcohol dependent.
- Binge drinking is responsible for over half of the deaths and three-quarters of the costs from excessive alcohol use.
- 37 million US adults (1 in 6) binge drink about once a week, averaging 7 drinks a binge.
- US adults consumed more than 17 billion binge drinks in 2015, or about 470 binge drinks per binge drinker.
- States and communities can prevent binge drinking by supporting effective policies and programs, such as those included in The Community Guide.



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