Improving surveillance
Improving public health surveillance on excessive alcohol use, particularly binge drinking and underage drinking, and related health outcomes, including:
- Measuring the public health impact of excessive alcohol use among adults and youth, such as 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.
- Using national surveys to conduct surveillance on drinking patterns and alcohol-related harms.
- Assessing the economic costs of excessive alcohol use.

Increasing translation and communication
Increasing the translation and communication of effective population-level strategies for preventing excessive alcohol use and related outcomes into public health practice, including:
- Developing and disseminating resources and tools on effective population-level prevention strategies.
- Supporting applied public health research and conducting surveillance of population-level policies to prevent excessive alcohol consumption.
- Implementing a mass communications campaign to reduce excessive drinking among U.S. adults.

Expanding capacity
Expanding state and local public health capacity in alcohol epidemiology and the prevention of excessive alcohol use, including:
- Funding state capacity in alcohol epidemiology.
- Providing technical assistance to state and local epidemiologists and other public health professionals to support effective prevention strategies.

Providing leadership
Providing national leadership on effective population-level strategies to prevent excessive alcohol use through collaborations and partnerships, 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 Center for Advancing Alcohol Science to Practice, 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 more than 140,000 deaths in the US each year, shortening the lives of those who die by an average of 26 years.
- Alcohol-related emergency department visit rates were higher during the COVID-19 pandemic in 2020 than the two years prior.
- Excessive drinking is associated with 1 in 10 deaths among working-age adults and cost the US $249 billion in 2010.
- Binge drinking is responsible for more than 40% of the deaths and three quarters of the costs from excessive alcohol use.
- One in six US adults binge drinks, with 25% doing so at least weekly.
- People who binge drink are twice as likely to use other substances as people who don’t.
- Though underage drinking has declined in recent decades, in 2019, female high school students were more likely to drink alcohol and binge drink than males.
- States and communities can prevent excessive drinking by supporting effective policies and programs, such as those recommended by the Community Preventive Services Task Force.