

# EXCESSIVE ALCOHOL USE: A Leading Risk for Death, Disease, and Injury

## Recent findings from CDC's Alcohol Program

- Excessive alcohol use contributes to 88,000 deaths in the U.S. each year, including 1 in 10 deaths among working-age adults, and cost the U.S. \$249 billion in 2010.
- Most (90% of) excessive drinkers are not alcohol dependent.
- Binge drinking is responsible for over half the deaths and two-thirds of the costs from excessive alcohol use.
- More than 38 million U.S. adults binge drink about 4 times a month, averaging 8 drinks a binge.
- States and communities can prevent binge drinking by supporting proven policies and programs.

**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**

- Funding Alcohol Epidemiologists
- Providing technical assistance to public health professionals in state and local public health agencies

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

- Releasing CDC's Prevention Status Reports on Excessive Alcohol Use to describe the problem using public health data, identify potential solutions to the problem drawn from research, and report the status of those solutions in all 50 states and Washington, D.C.
- Developing and disseminating resources and tools based on recommendations from the Community Preventive Services Task Force, including the development of guidelines for measuring alcohol outlet density
- Supporting applied public health research on the health and social impacts of changes in alcohol policies

**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 for the Prevention of Underage Drinking (ICCPUD)
- Collaborating with the Community Anti-Drug Coalitions of America (CADCA) and other national partners to support the implementation of Community Guide recommendations on the prevention of excessive drinking in states and communities