Excessive alcohol use is the **THIRD** leading **PREVENTABLE** cause of death in North Carolina.

In 2017, there were **nearly 4,000** deaths due to excessive alcohol use in North Carolina.

9 out of 10 excessive drinkers are **not** alcohol dependent.

The most common causes of alcohol-related deaths in NC are other drug poisonings, liver disease, traffic crashes, falls, and suicide.

In 2017, **26%** of all traffic fatalities in North Carolina were alcohol related.

$7 billion in 2010

**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.

27% of high school students report currently drinking alcohol.

Of those high school students who drink, 50% report binge drinking.

12% of all high school students report binge drinking.

**27%** of NC adults are current drinkers.

11% of current drinkers in NC report heavy drinking.

27% of current drinkers in North Carolina binge drink at least one time per month.

EXCESSIVE ALCOHOL USE IN NORTH CAROLINA

**STRATEGIES TO REDUCE EXCESSIVE DRINKING:**

- **Control System** – Support and maintain state control of alcohol sales.
- **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.

For more information please see: The Community Guide [www.thecommunityguide.org/topic/excessive-alcohol-consumption](http://www.thecommunityguide.org/topic/excessive-alcohol-consumption)