

Substance Use Trend

Alert

January 2021

Alcohol Consumption Trends Across the Nation and Florida

While alcohol consumption is a risk factor for several physical and behavioral health problems, most adults consume alcohol at least occasionally.¹ Excessive alcohol intake, however, can negatively affect the brain, liver, and other organs.²⁻³ The long-term effects of excessive alcohol intake can lead to death.²

Alcohol Use in the U.S.

Deaths from the use of alcohol have been increasing in the United States since 1999.⁴ It is estimated that the average number of deaths attributable to excessive alcohol use was 95,000 per year from 2011-2015.⁵ Using cross sectional U.S. death data from 2000-2016, researchers found that alcohol-induced deaths increased by 77% within that period.⁶ Women saw the biggest increase in deaths from 2013-2016. American Indian & Alaskan Natives had the highest alcohol-related mortality rates among all racial backgrounds.⁶ Overall, the highest mortality rates of alcohol-induced deaths occurred among all persons between the ages of 55-64.⁶

Alcohol Use in Florida

A 2019 study found that 18% of adults in Florida engaged in heavy or binge drinking indicating a slight increase from 16.2% in 2002.⁷ Alcohol is the most frequently occurring drug among decedents reported by the Florida Medical Examiners Commission. Alcohol-related deaths increased across the state from 2012 to 2019⁸ (Figure 1). The number of decedents in which alcohol played a causal role in death increased 72% from 2012 to 2019. The total number of alcohol-related occurrences, which is when a drug has not played a causal role in the death but is present or identifiable

in the decedent, also increased statewide from 4,029 to 5,385 occurrences.⁸

Alcohol-related deaths in Florida

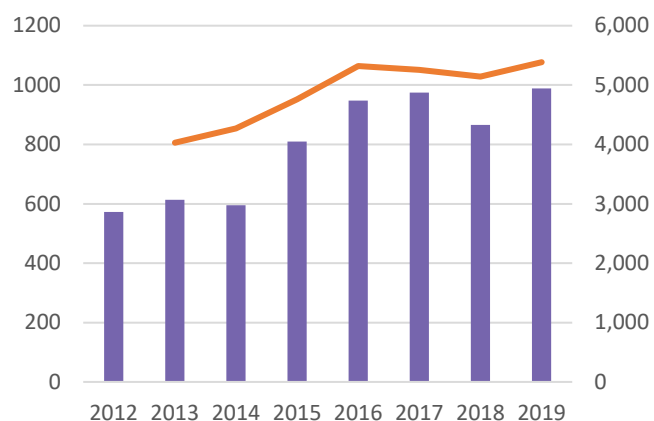


Figure 1: Number of alcohol occurrences found in decedent and number of deaths caused by alcohol.

Recommendations

Adolescence is a period for initiation of alcohol use and because of this prevention tactics for heavy drinking are often targeted toward youth.⁹ School-based interventions are an effective approach to alcohol prevention and can increase knowledge and improved attitudes about drinking.⁹ However, these intervention efforts demonstrate short term effectiveness, highlighting the importance for long-term efficacy of school-based alcohol prevention interventions and continued education throughout adulthood.⁹ For more information, please visit the following websites:

Additional Information Sources:

[Center for Disease Control and Prevention Alcohol Portal](#)

[Rethinking Drinking: Alcohol and your health](#)

[SAMHSA Prevention Education and Health Promotion](#)

References

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