
Population level data indicators for preventing excessive alcohol use in Oregon

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Alcohol Drug Policy Commission Meeting

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Public Health Division

Today's agenda

- 1 Background & definitions
- 2 Key data points
- 3 Policy solutions & frameworks
- 4 Q & A



A hand holding a magnifying glass over the text 'Overview & Definitions'. The magnifying glass has a dark blue frame and handle. The text is in a bold, black, sans-serif font, centered within the circular lens of the magnifying glass. The background is plain white.

Overview & Definitions

What is a drink?

The size of a US standard drink depends on its alcohol by volume (ABV) content



Beer

5% ABV

= 12oz



Wine

12% ABV

= 5oz



Spirits

40% ABV (80 proof)

= 1.5oz



A standard drink contains the equivalent of **0.6oz** of pure alcohol (100% ABV)

What is excessive alcohol use?

Binge drinking



Women: consuming **4 or more** drinks on one occasion within the past month

Men: consuming **5 or more** drinks on one occasion within the past month

Heavy drinking



Women: consuming **8 or more drinks per week** on average in the past month

Men: consuming **15 or more drinks per week** on average in the past month

Underage drinking

Drinking during pregnancy



Binge drinking is the most common, costly and deadly pattern of excessive alcohol use



More than half (55%) of all alcohol sold in the US is consumed while binge drinking



Binge drinking accounts for most (88%) alcohol-impaired driving episodes



Most binge drinkers (90%) would not be considered alcohol dependent

Excessive alcohol use drives many pressing health and social issues



4.8 billion

The cost of excessive alcohol use to Oregon's economy in 2019 due to lost productivity, health care expenses, criminal justice costs, motor vehicle crashes and social welfare.

That's \$2.40 per drink consumed.

Decreased excessive alcohol use is associated with decreases in:

- ↓ All-cause mortality
- ↓ Liver cirrhosis deaths
- ↓ Alcohol-impaired driving
- ↓ Motor vehicle crashes
- ↓ Crime and domestic violence
- ↓ Sexually transmitted diseases
- ↓ Alcohol dependence
- ↓ Underage drinking
- ↓ Certain cancers

Sources:

ECONorthwest. Economic Analysis of Excessive Alcohol Consumption In Oregon. November 2021.

https://static1.squarespace.com/static/597fb96acd39c34098e8d423/t/62a26962b665c727f813717f/1654810983543/OHA+Alcohol+Harms+Interim+Report_FINAL.pdf.

A hand holding a magnifying glass with a dark blue frame. The word "Data" is centered within the lens of the magnifying glass. The background is white.

Data

Focus on upstream indicators

Community health indicators:

- Number of outlets
- Outlet density
- Excise taxes

Population health indicators:

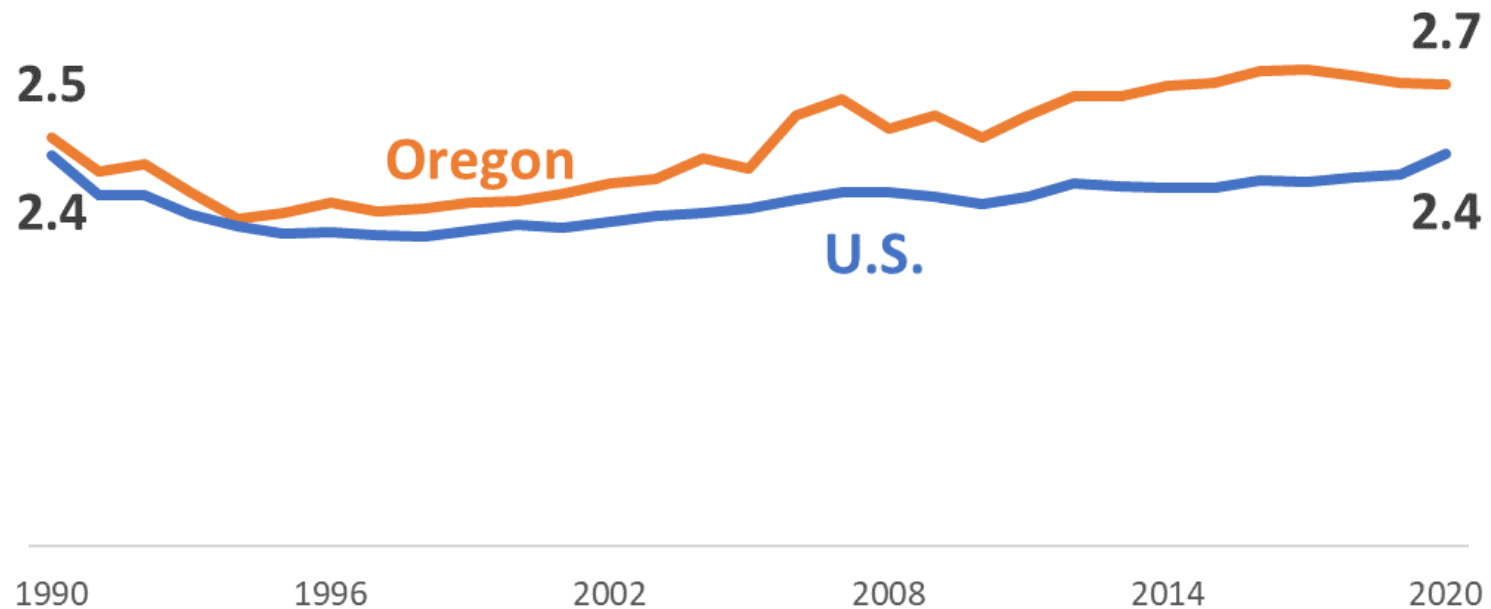
- **Per capita consumption**
- **Binge drinking prevalence**
- **Alcohol-related deaths**
- Motor vehicle deaths
- AUD prevalence
- Attitudes, opinions and norms



A hand holding a magnifying glass over the text "Per capita Consumption". The magnifying glass is held by a hand on the right side of the image, with the thumb and index finger gripping the handle. The lens of the magnifying glass is positioned over the text, which is written in a bold, black, sans-serif font. The background is a plain, light blue color.

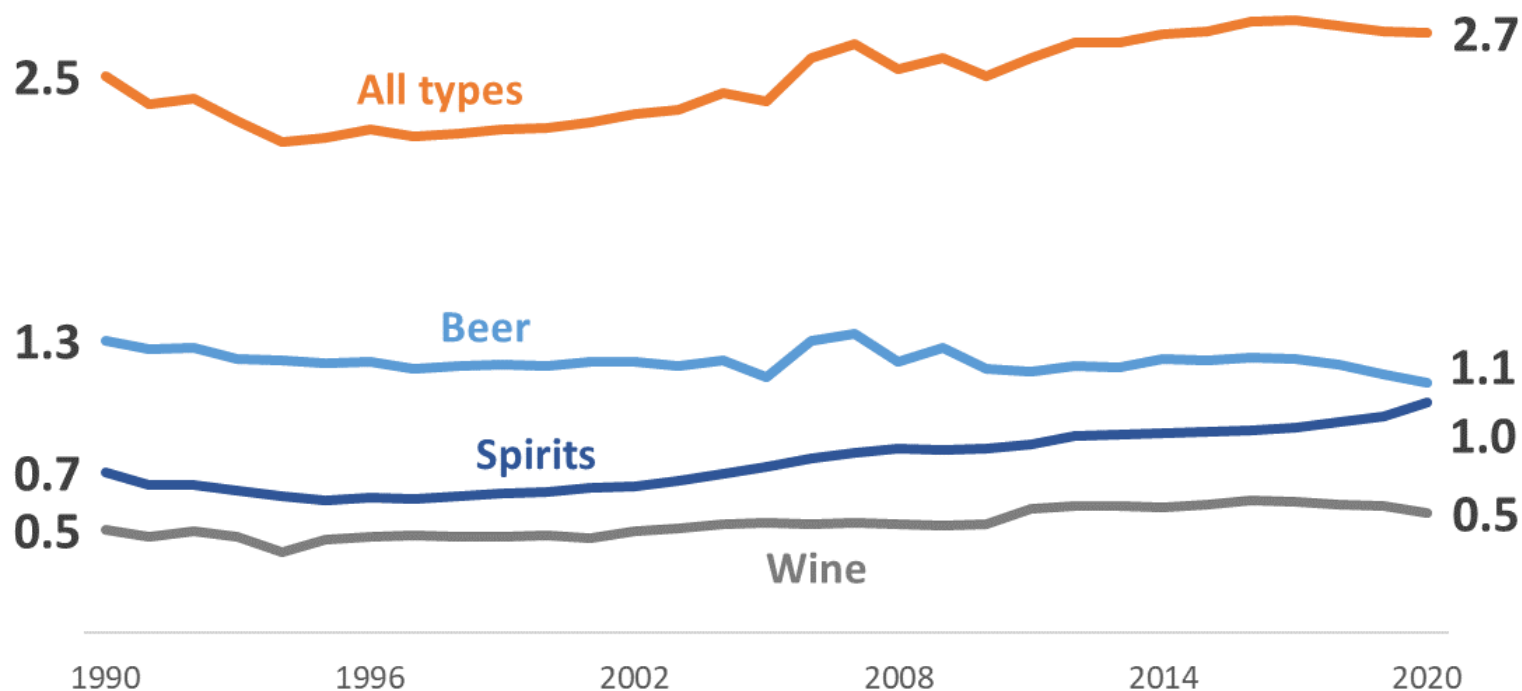
**Per capita
Consumption**

Per capita alcohol consumption, Oregon and the US, 1990-2020 (pure alcohol in gallons)



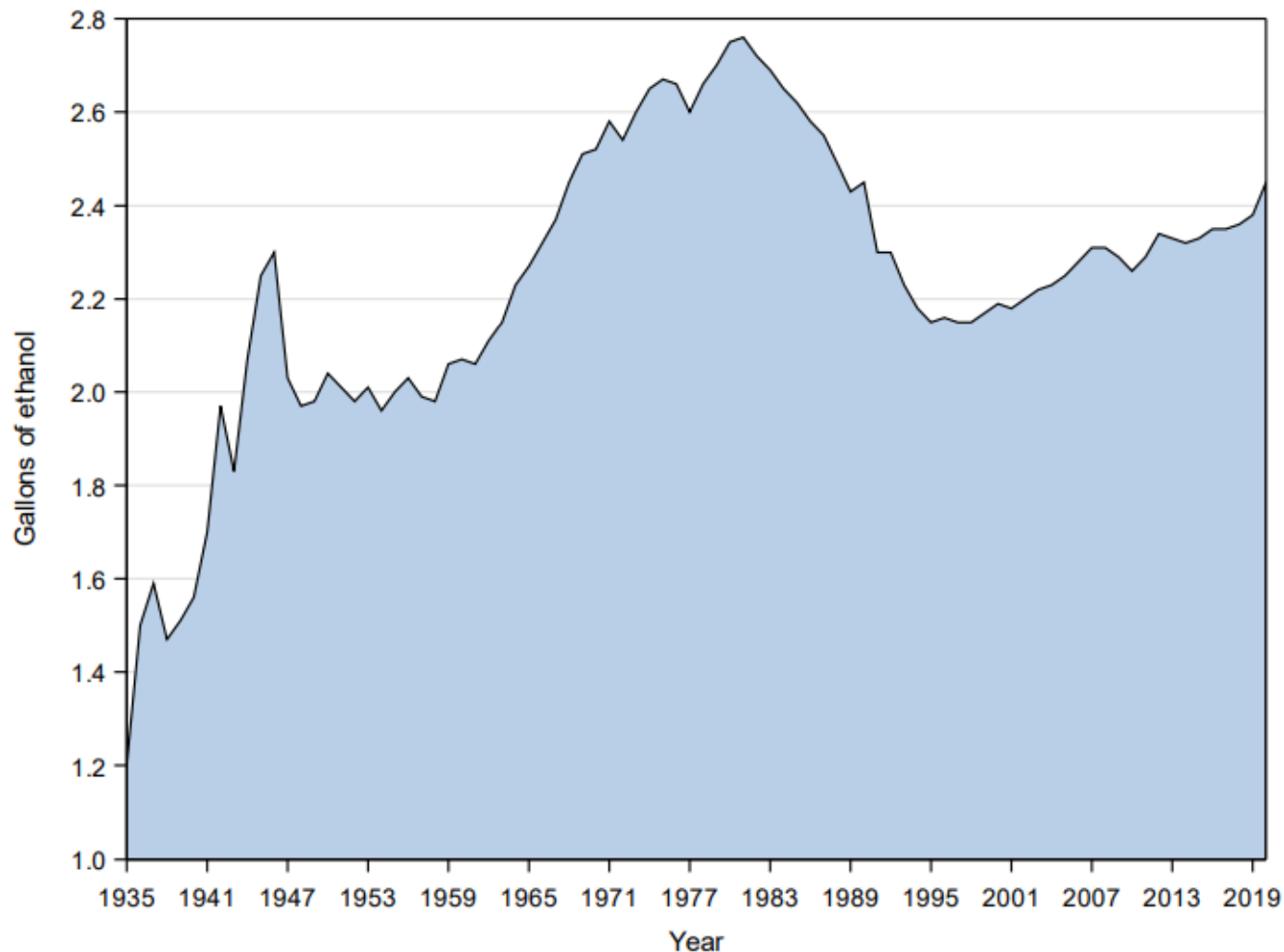
Note: Per capita consumption among those aged 14 and above
Source: National Institute on Alcohol Abuse and Alcoholism

Per capita alcohol consumption, Oregon, 1990-2020 (pure alcohol in gallons)



Note: Per capita consumption among those aged 14 and above
Source: National Institute on Alcohol Abuse and Alcoholism

Total per capita alcohol consumption, United States, 1935–2020 (pure alcohol in gallons)



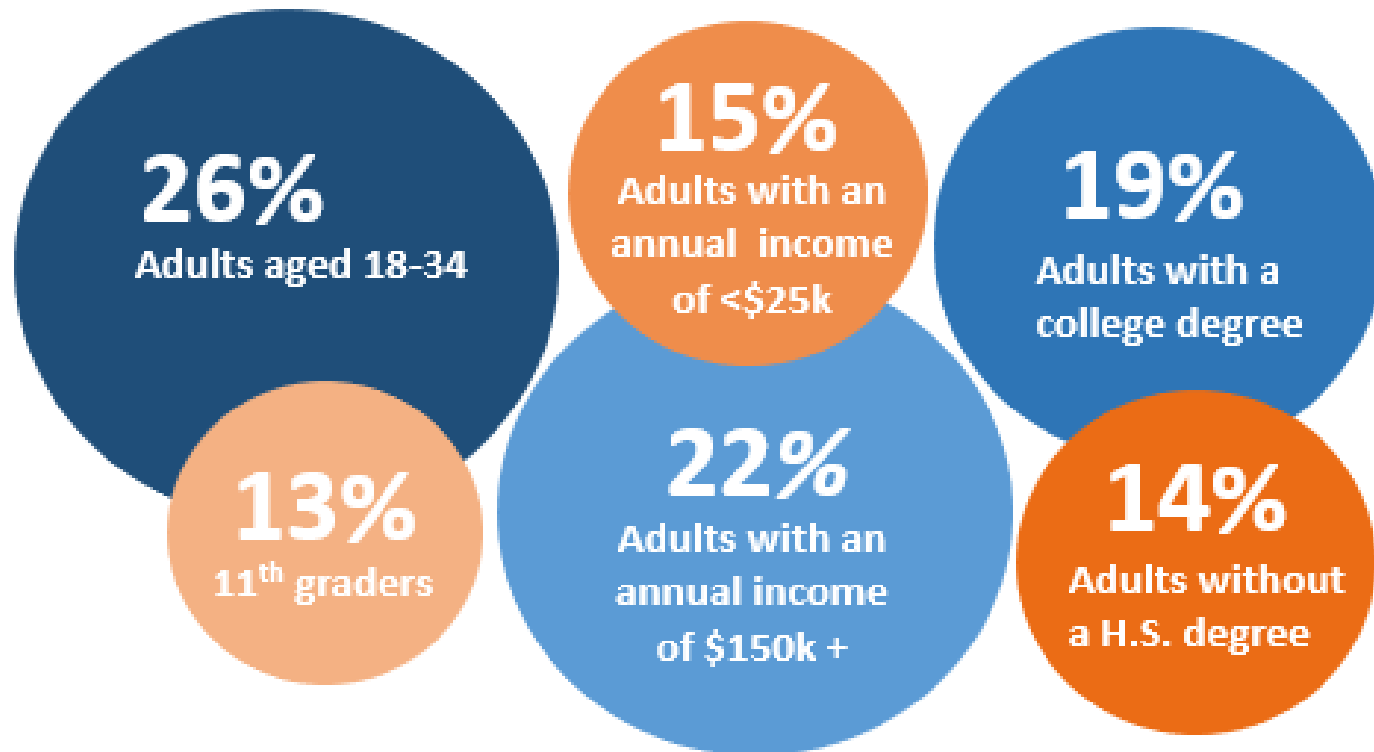
Source: NIAAA

Per capita consumption among those aged 14 and older

A hand holding a magnifying glass over the text "Binge drinking". The magnifying glass is held by a hand on the right side of the image, with the thumb and index finger gripping the handle. The lens of the magnifying glass is positioned over the text, which is written in a bold, black, sans-serif font. The background is a solid, light blue color.

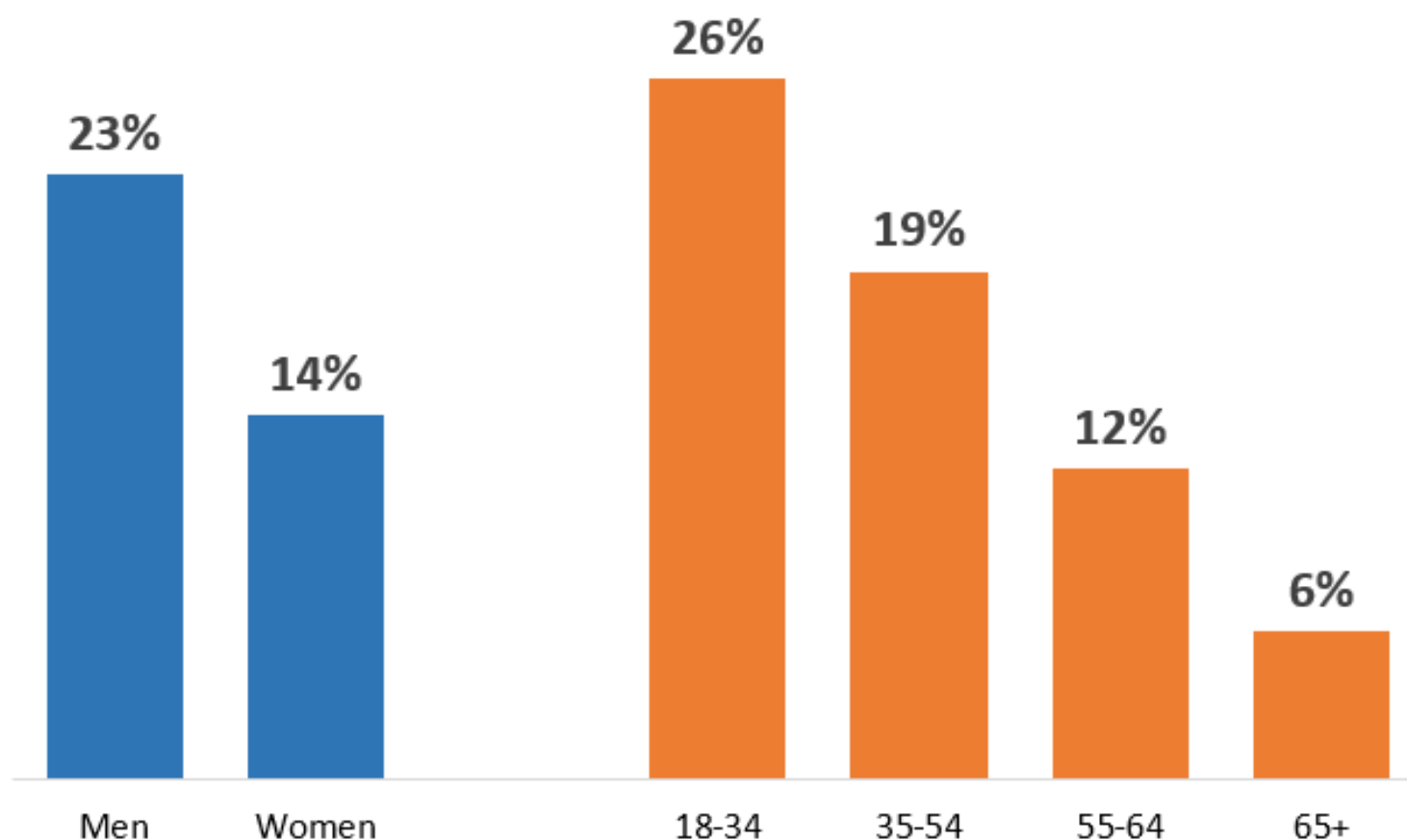
**Binge
drinking**

Binge drinking is common among many groups



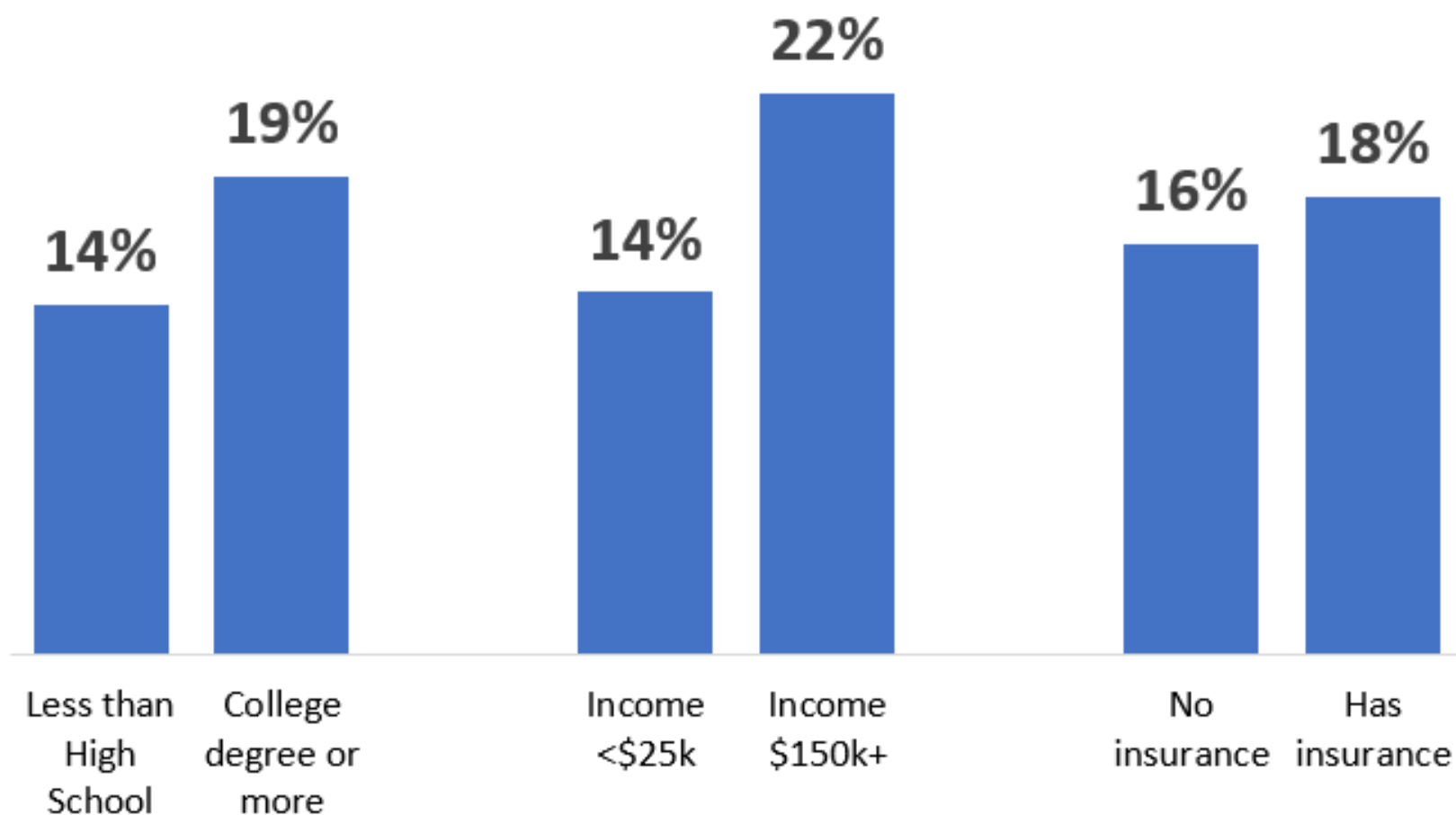
Sources: 2020 Oregon Behavioral Risk Factor Surveillance System (BRFSS);
2019 Oregon Healthy Teens (OHT) Survey

Binge drinking among Oregon adults by sex and age, 2021



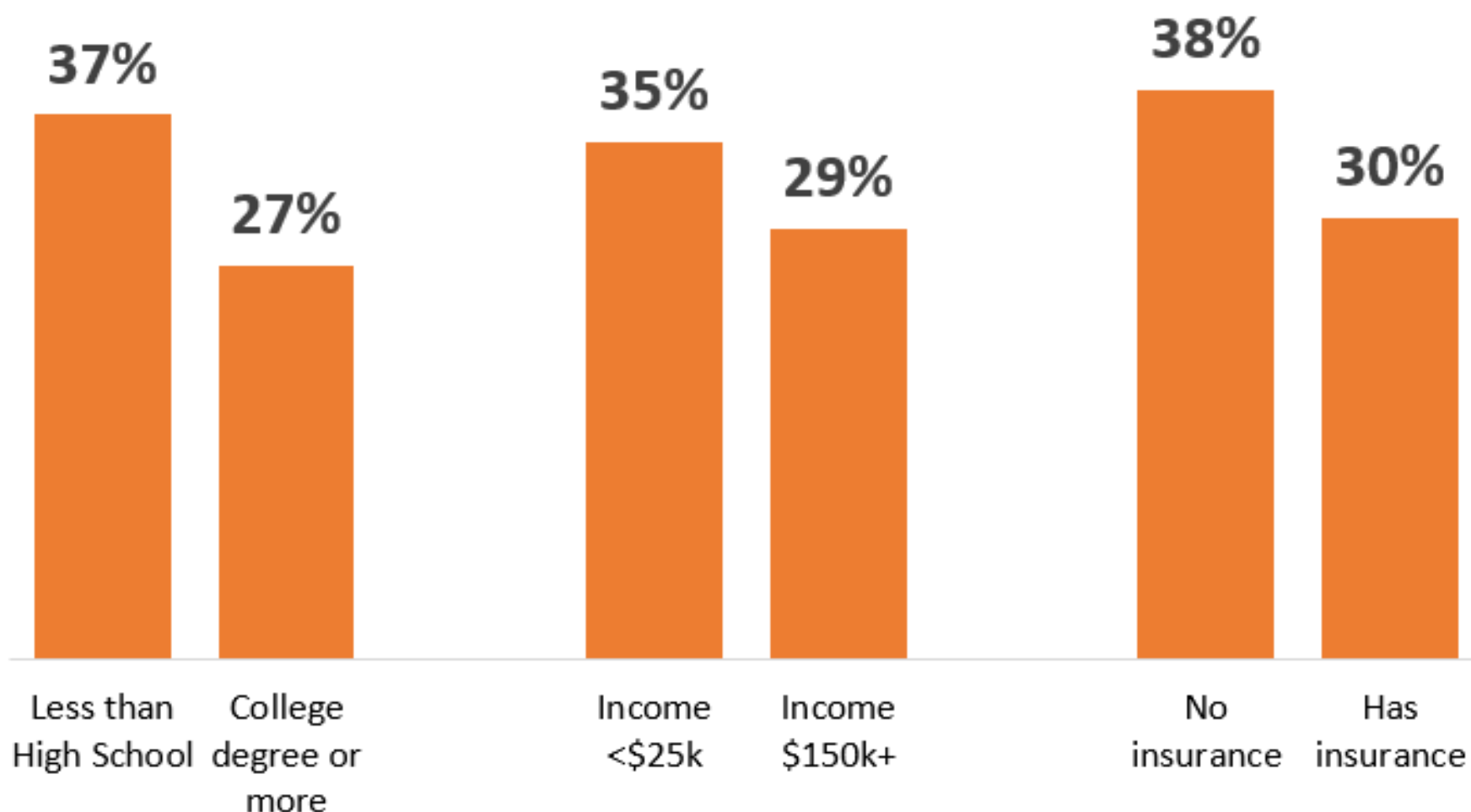
Source: Oregon BRFSS

Binge drinking among **all Oregon adults** by education, income, and health insurance status, 2021



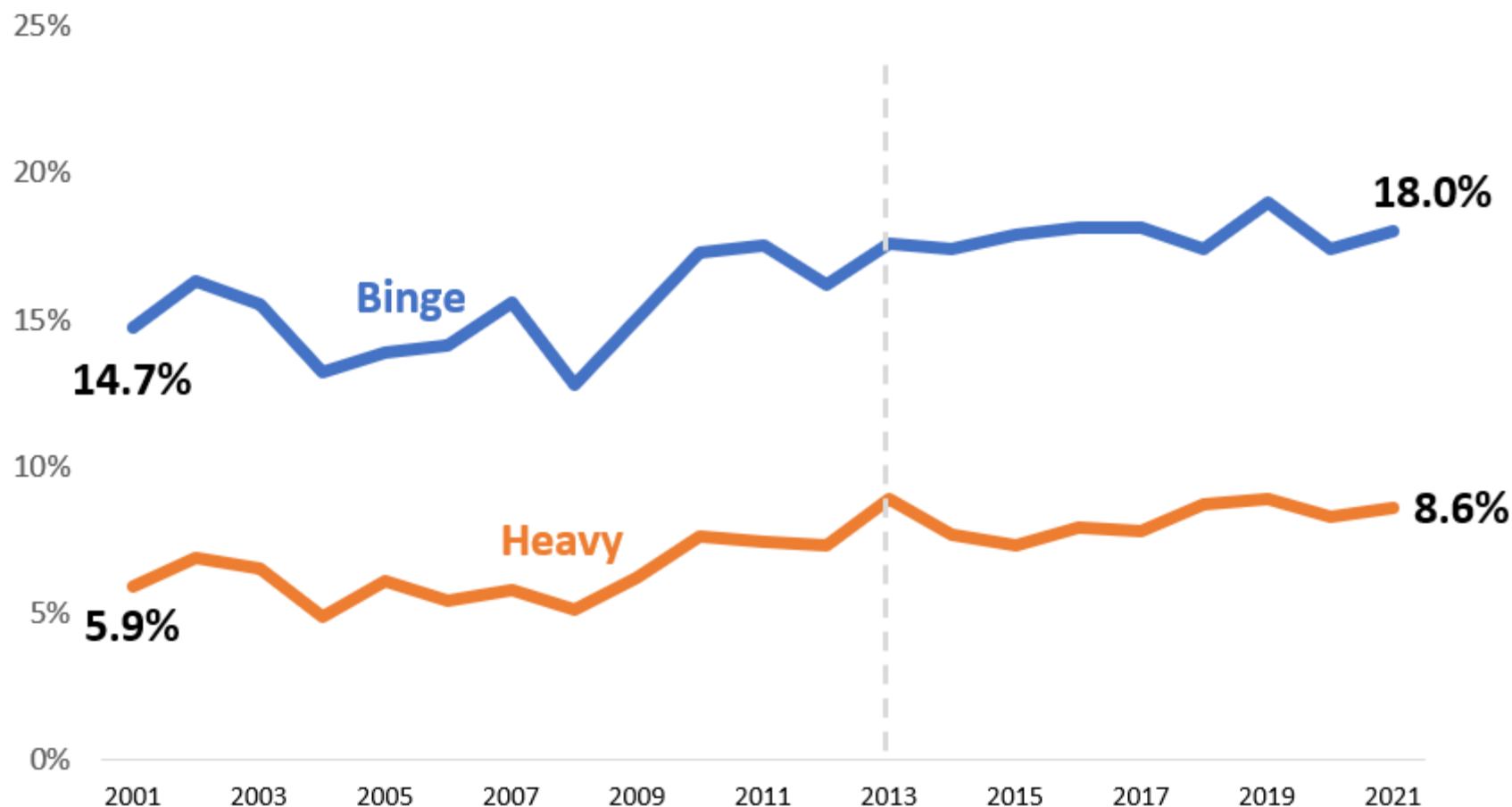
Source: Oregon BRFSS Estimates are age-adjusted.

Binge drinking among **Oregon adults who drink** by education, income, and health insurance status, 2021



Source: Oregon BRFSS Estimates are age-adjusted.

Binge and heavy drinking among Oregon adults, 2001-2021

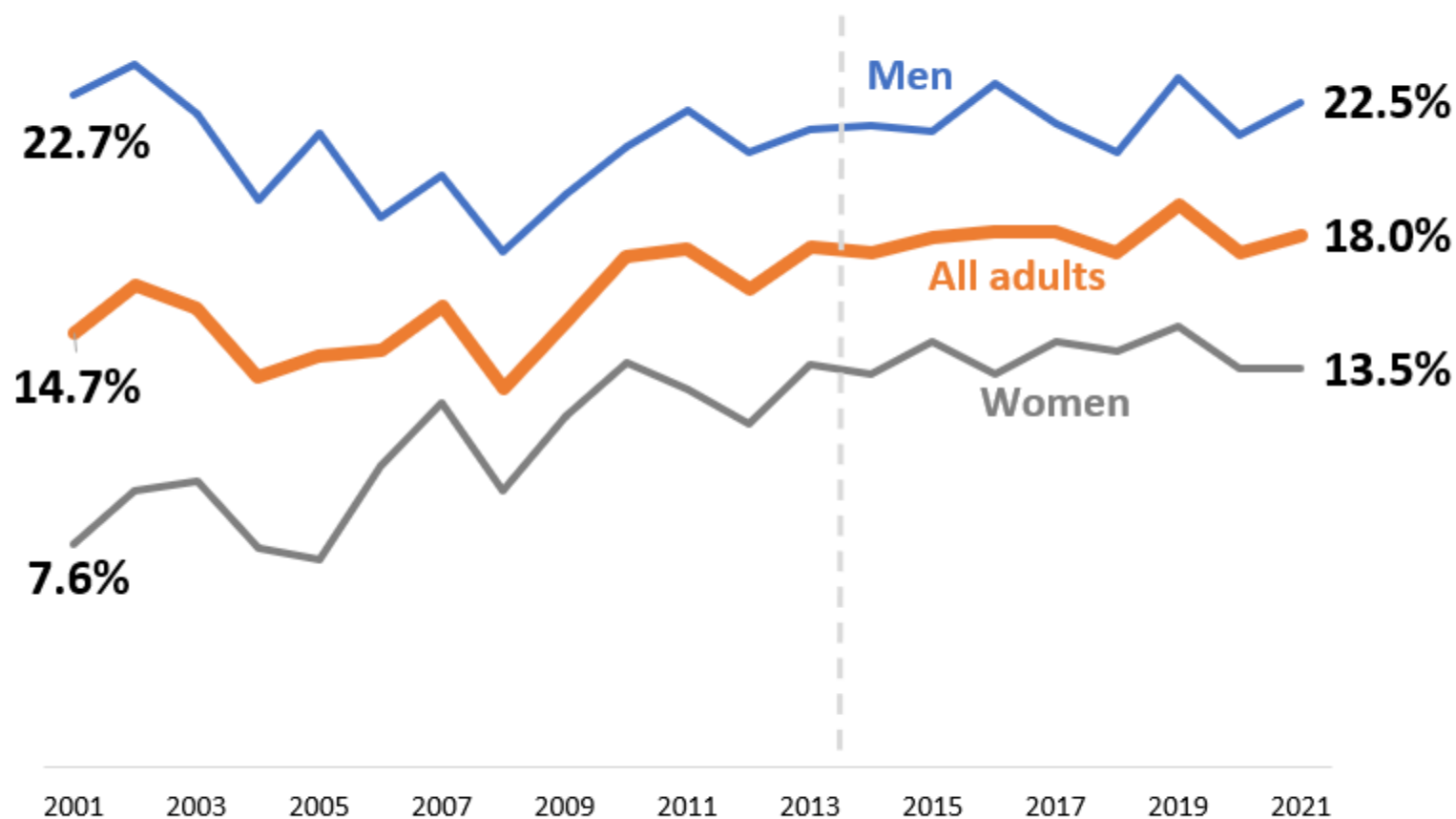


Source: Oregon Behavioral Risk Factor Surveillance System

Note: Vertical dashed line (---) indicates change in survey methods (2010).

Estimates are age-adjusted.

Binge drinking among Oregon adults by gender, 2001-2021

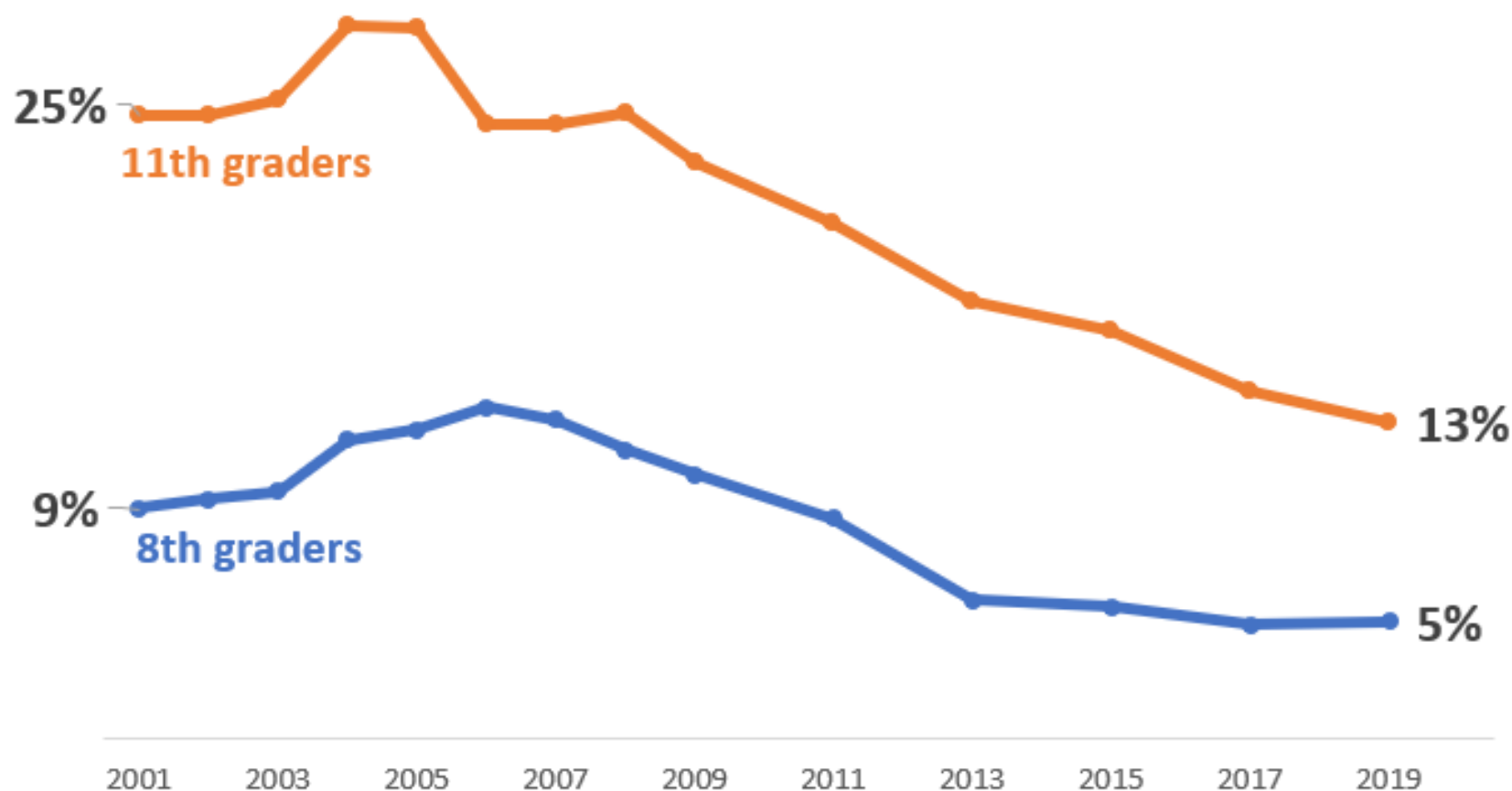


Source: Oregon Behavioral Risk Factor Surveillance System

Note: Vertical dashed line (---) indicates change in survey methods (2010).

Estimates are age-adjusted.

Binge drinking among Oregon youth has decreased by nearly 50% since 2001



Horizontal (Category) Axis

Source: Oregon Healthy Teens



Mortality

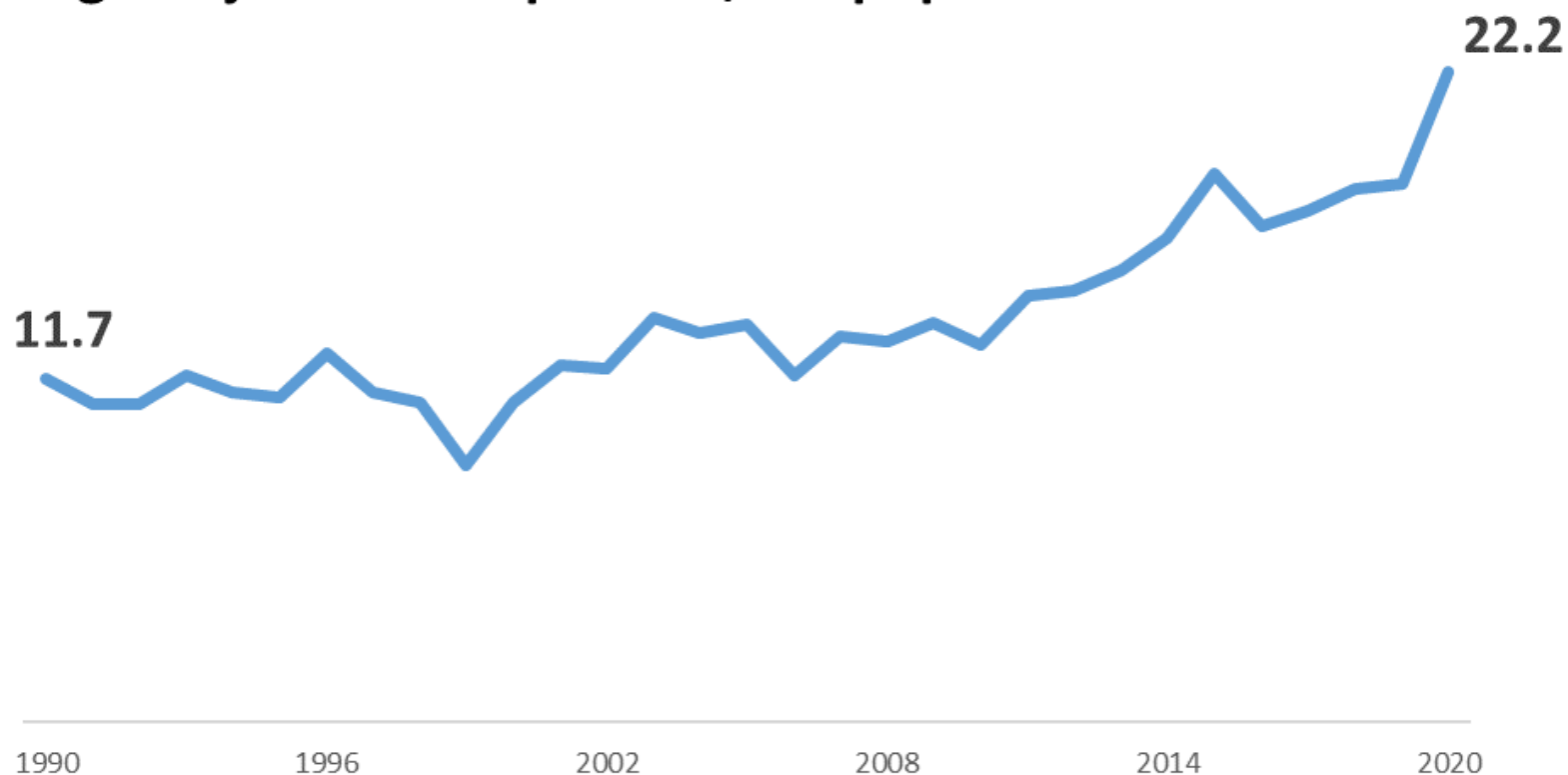
1. Alcohol-induced causes

(100% attributable)

E24.4	Alcohol-induced Cushing's disease
F10	Alcohol-related mental and behavioral disorders
G31.2	Degeneration of nervous system due to alcohol
G62.1	Alcoholic polyneuropathy
G72.1	Alcoholic myopathy
I42.6	Alcoholic cardiomyopathy
K29.2	Alcoholic gastritis
K70	Alcoholic liver disease
K85.2	Alcohol-induced acute pancreatitis
K86.0	Alcohol-induced chronic pancreatitis
R78.0	Alcohol in the blood
X45	Accidental poisoning by exposure to alcohol
X65	Intentional self-poisoning by exposure to alcohol
Y15	Poisoning by exposure to alcohol, undetermined

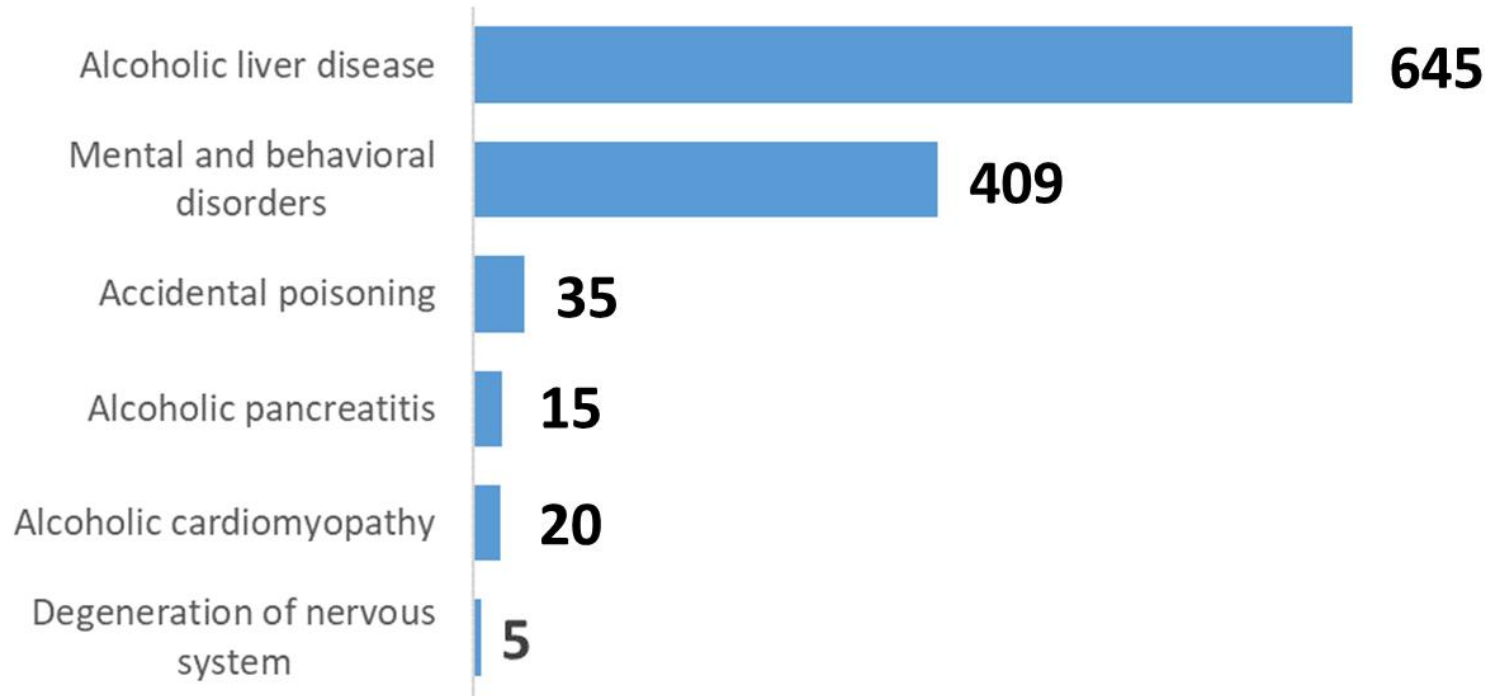
Alcohol-induced death rate, Oregon, 1990-2020

Age-adjusted rate per 100,000 population



Source: Oregon Death Certificates

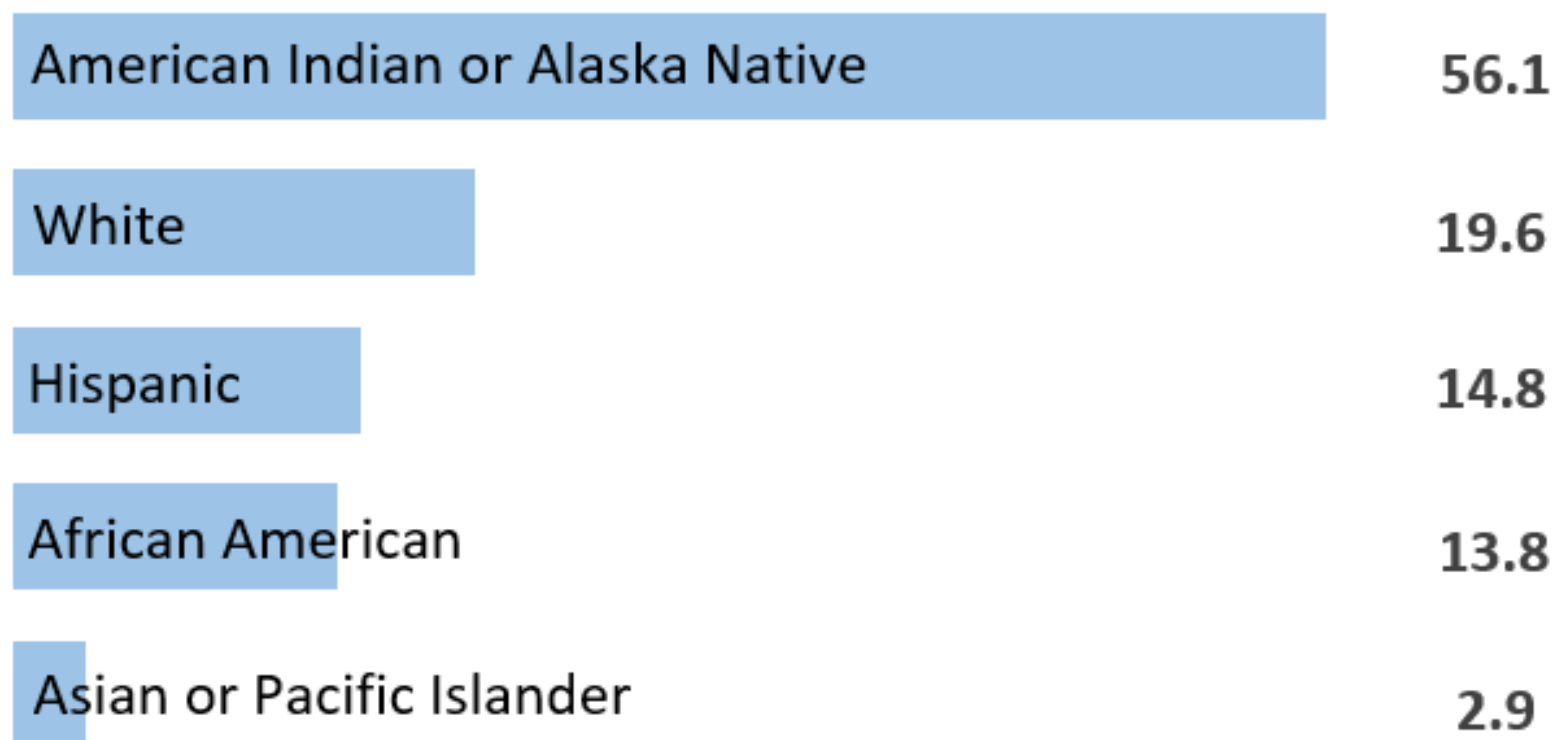
Alcohol-induced deaths, Oregon, 2020



Source: Oregon Death Certificates

Alcohol-induced deaths by race and ethnicity, Oregon, 2017-2020

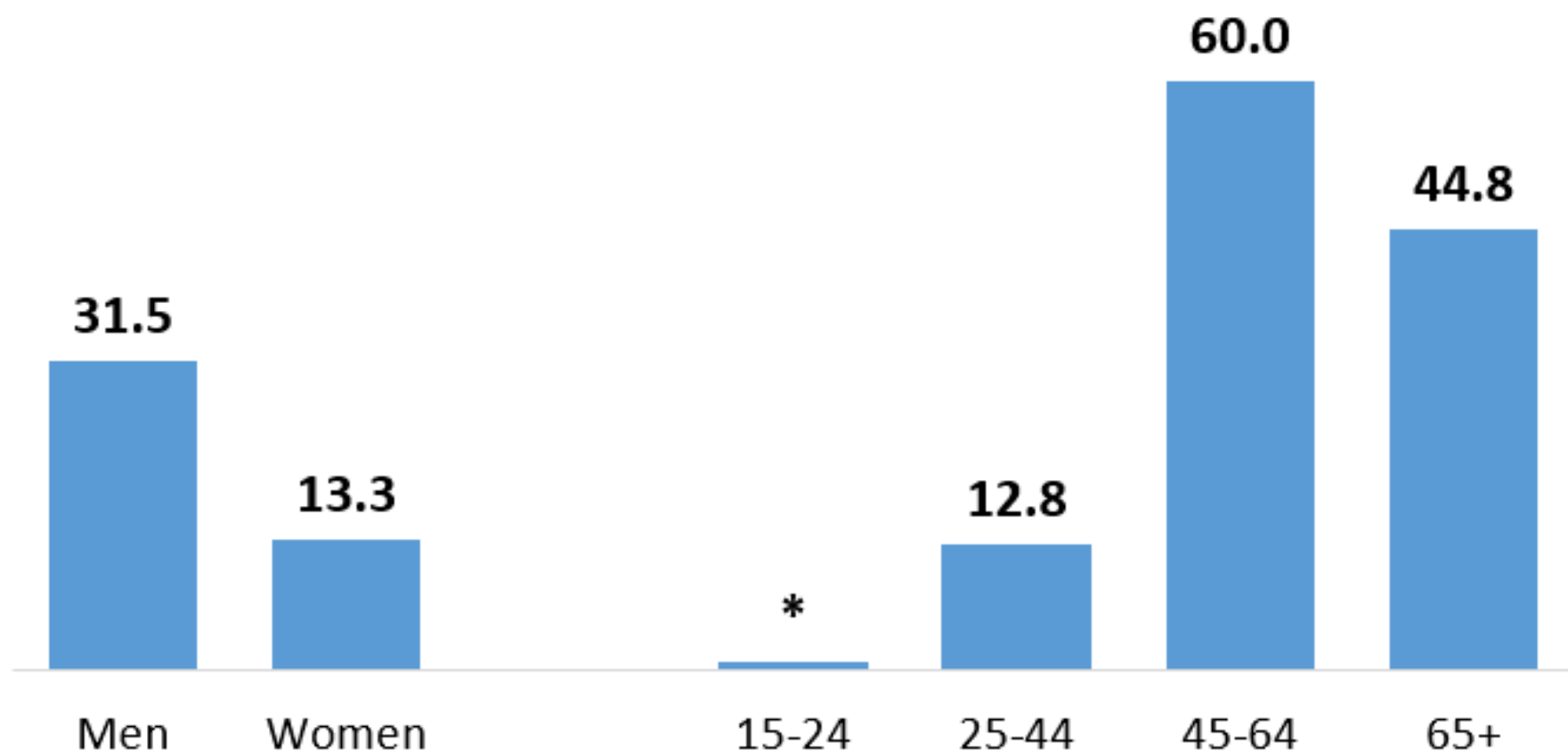
Age-adjusted rate per 100,000



Source: Oregon Death Certificates

Alcohol-induced death rates by sex and age, Oregon 2020

Rates per 100,000 population



Source: Oregon Death Certificates

*Suppressed due to small numbers

2. Alcohol-related causes

(100% attributable) + (Alcohol Attributable Fractions)

AAF Examples:

Cancer (breast, prostate, colorectal, liver, stomach, pancreas, esophageal, oral)

Coronary heart disease, hypertension, stroke

Liver cirrhosis, unspecified

Gallbladder disease, pancreatitis

Chronic hepatitis

Infant death (low birth weight)

Injuries – drowning, falls, firearm, occupational

Hypothermia

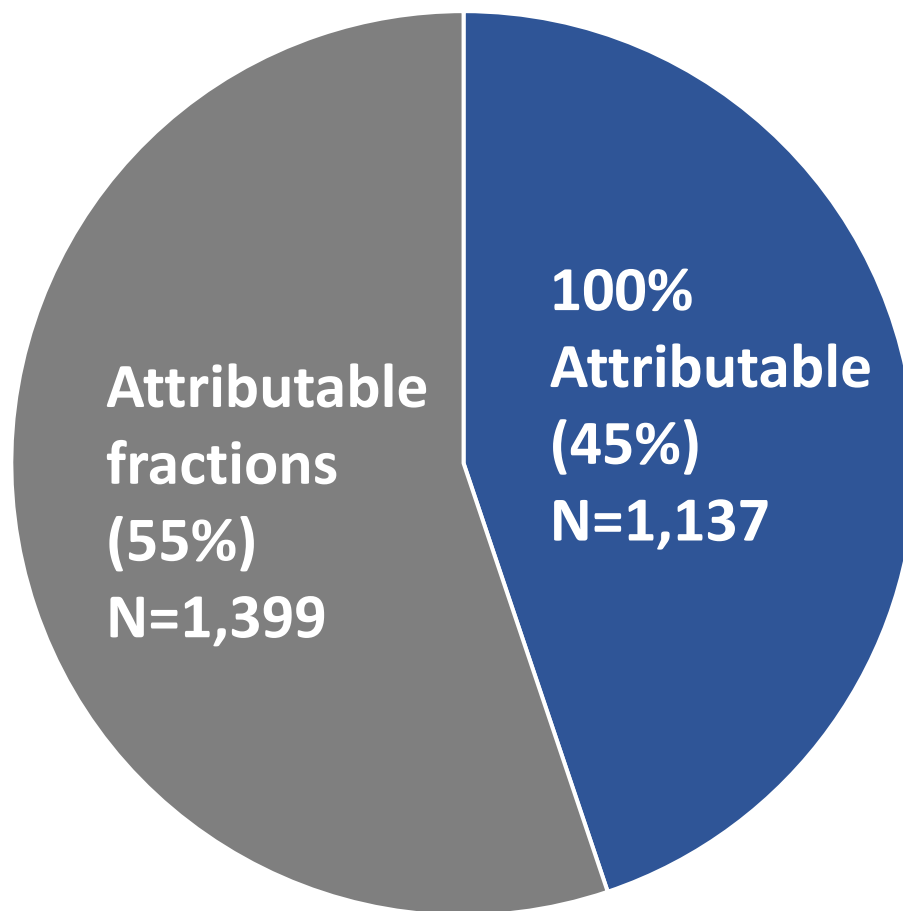
Aspiration

Homicide, Suicide

Motor vehicle and transportation crashes



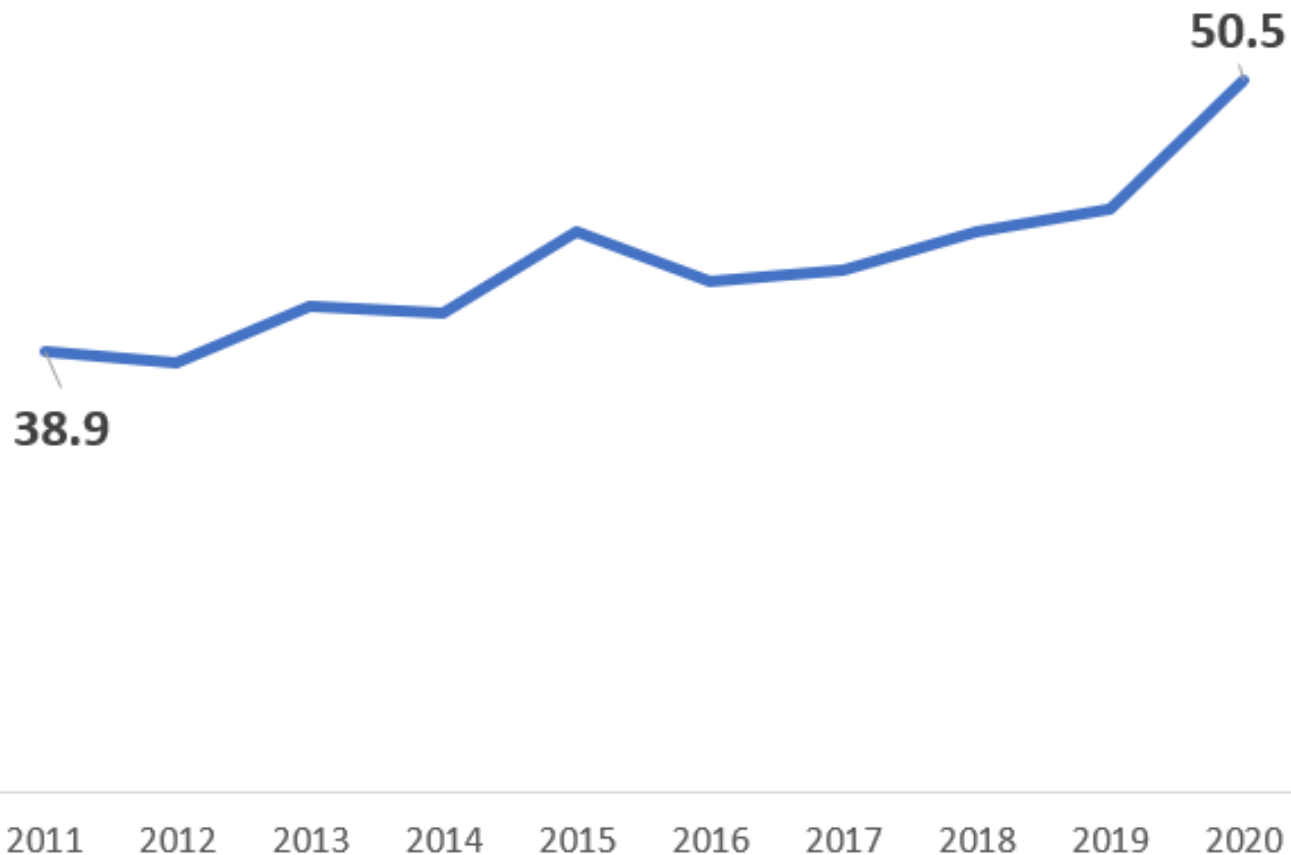
In 2020, there were **2,536** alcohol-related deaths among Oregon residents



Source: Oregon Death Certificates using CDC ARDI Methodology

Alcohol-related death rate, Oregon, 2011-2020

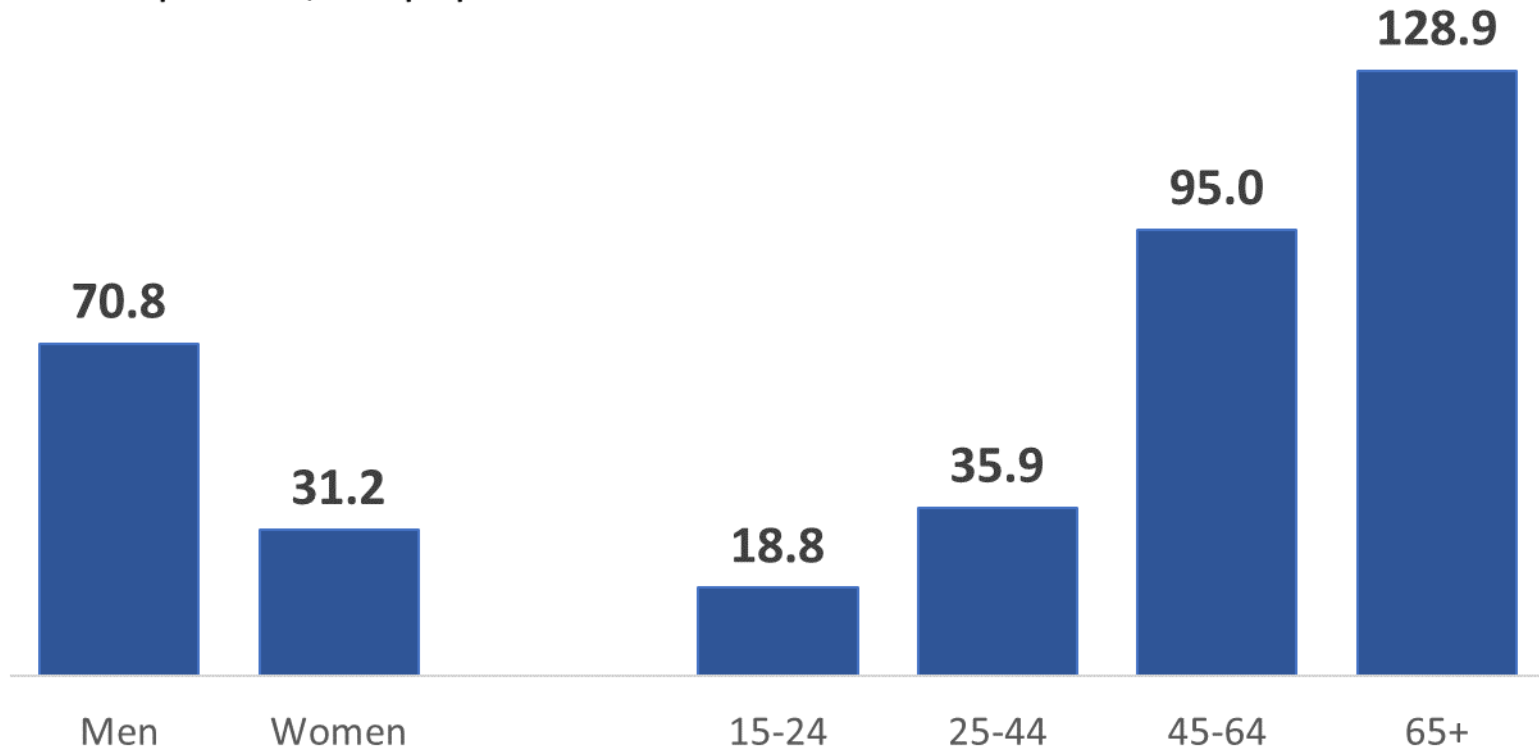
Age-adjusted rate per 100,000 population



Source: Oregon Death Certificates

Alcohol-related death rates by sex and age, Oregon, 2020

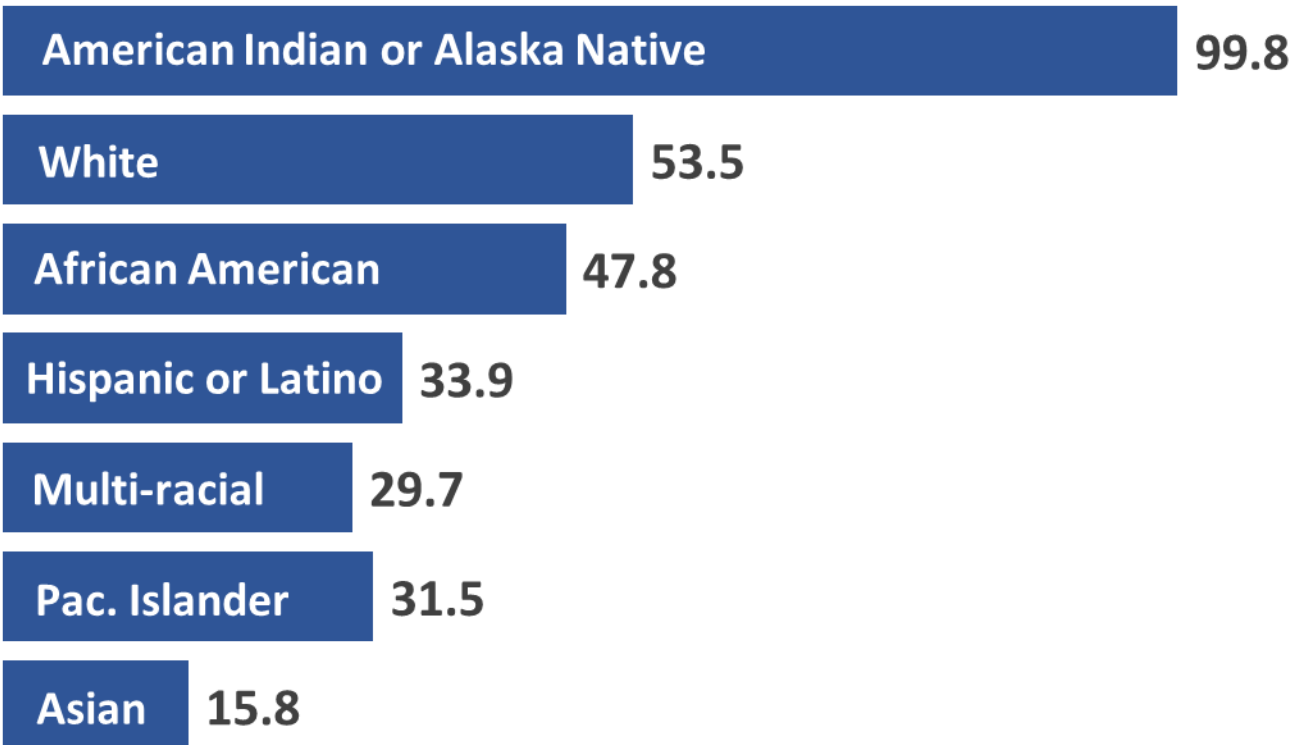
Rate per 100,000 population



Source: Oregon Death Certificates

Alcohol-related death rates by race and ethnicity, Oregon, 2016-2020 average

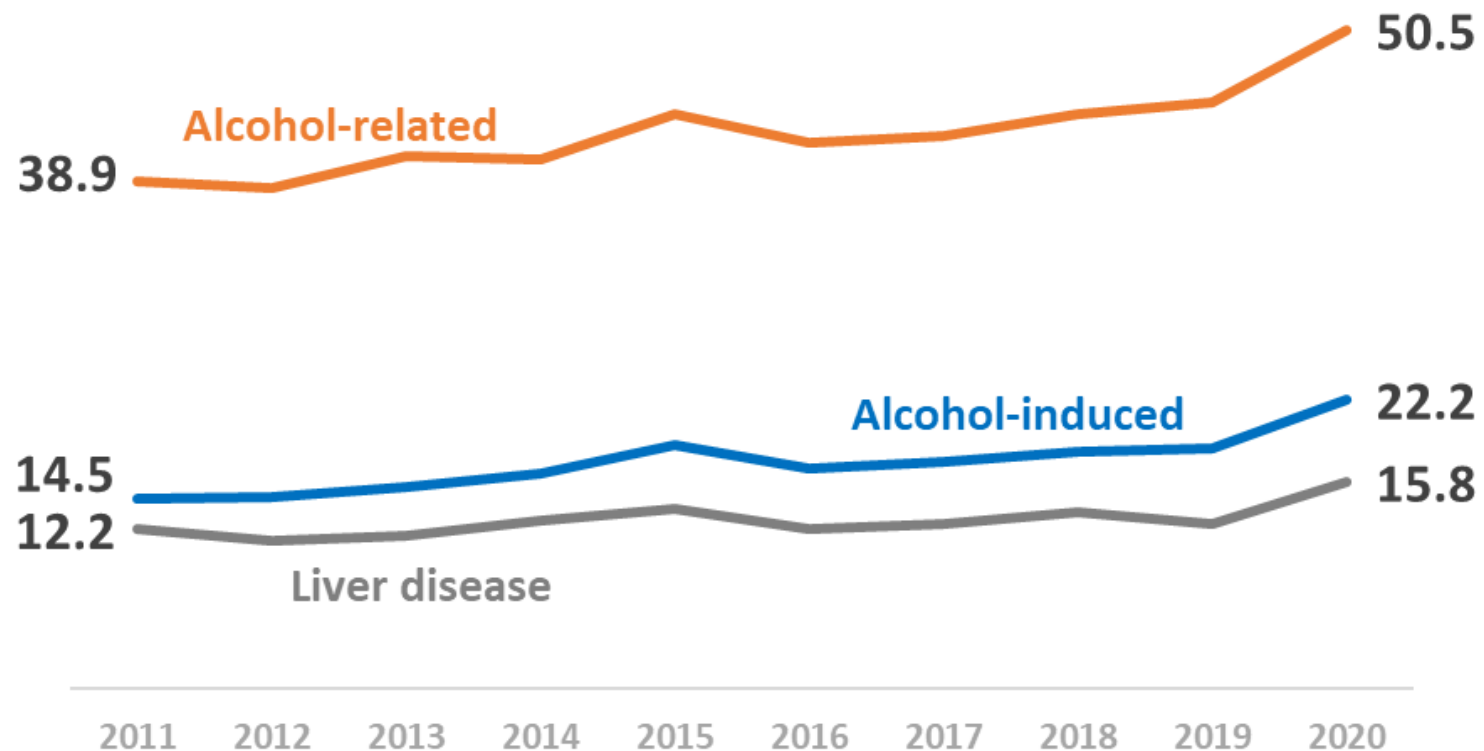
Age-adjusted rate per 100,000 population




Source: Oregon Death Certificates

Alcohol-related, alcohol-induced, and chronic liver disease death rates, Oregon, 2011-2020

(age-adjusted rates per 100,000 population)



Source: Oregon Death Certificates
Note: Categories are not mutually exclusive

A hand holding a magnifying glass over the text "Attitudes & Perceptions". The magnifying glass is held by a hand on the right side of the image, with the thumb and index finger gripping the handle. The lens of the magnifying glass is positioned over the text, which is written in a bold, black, sans-serif font. The background is a solid, light blue color.

Attitudes & Perceptions

Oregon Health Matters Survey

86% Alcohol is a serious problem to society

45% Drinking has been a cause of trouble in your family

65% Alcohol companies promote acceptance of excessive drinking

“External factors”

Social Determinants of Health = Alcohol prevention

Strong associations with alcohol-related health outcomes:

- Unemployment
- Housing instability
- Access to healthcare
- Social supports
- Income inequality
- Economic recessions
- Systemic racism and trauma



**How can we address
excessive alcohol use
in Oregon?**

Big problems require big solutions



Substance Misuse and Addictions Prevention Framework

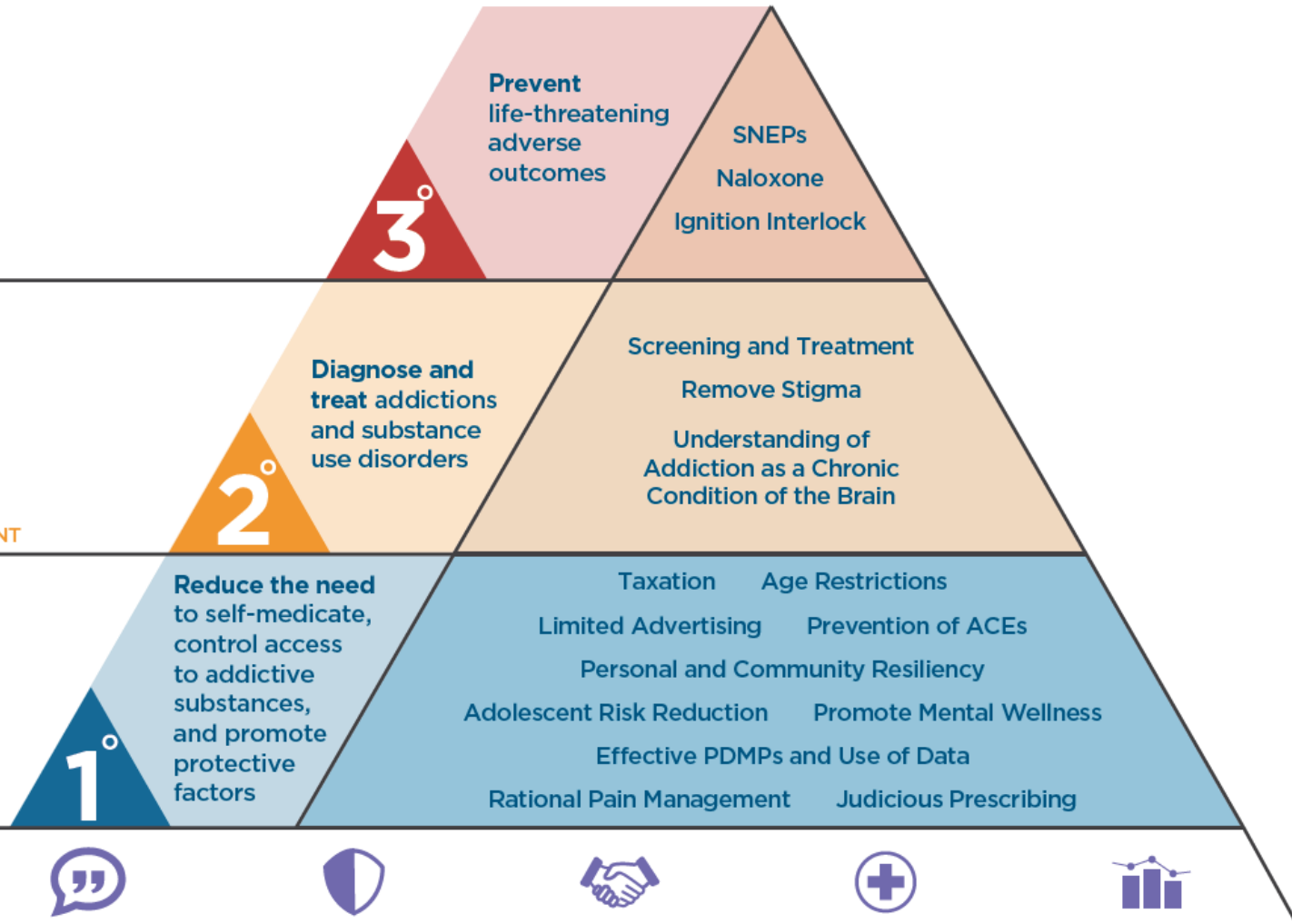
PUBLIC HEALTH PRACTICE
PARADIGMS

ACUTE HEALTH EVENT
CONTROL AND PREVENTION

CHRONIC DISEASE
SCREENING AND MANAGEMENT

ENVIRONMENTAL CONTROLS
AND SOCIAL DETERMINANTS

STRATEGIC
PRIORITIES





The Community Guide

CDC Recommendations for preventing excessive alcohol use

1. Increase alcohol taxes
2. Regulate alcohol outlet density
3. Dram shop (commercial host) liability
4. Avoid further privatization of alcohol sales
5. Maintain limits on days of sale
6. Maintain limits on hours of sale
7. Enhance enforcement of laws prohibiting alcohol sales to minors
8. Electronic screening and brief intervention (e-SBI)
9. Recommended against: Privatization of alcohol sales

Resources

PHD Excessive Alcohol Use Prevention website:

<https://www.oregon.gov/oha/ph/preventionwellness/excessivealcoholuse/pages/index.aspx>

CDC Community Guide:

<https://www.thecommunityguide.org/topics/excessive-alcohol-consumption.html>

Chronic Disease Data Portal:

<https://www.oregon.gov/oha/PH/DISEASESCONDITIONS/CHRONICDISEASE/DATAREPORTS/Pages/Substance-use.aspx>

Rethink the Drink One-Pager:

https://www.rethinkthedrink.com/s/RTD_One-Pager.pdf



