

Spotlight

August 31st is International Overdose Awareness Day

Generally, people do not think of alcohol when they think of overdose, but alcohol is a depressant, and it is possible to overdose on it. Alcohol poisoning is caused by drinking large quantities of alcohol in a short period of time. Very high levels of alcohol in the body can shut down critical areas of the brain that control breathing, heart rate, and body temperature, resulting in death. About 140 New Yorkers die each year from alcohol poisoning and these deaths are preventable. Alcohol can also increase the risk of opioid overdose. In many cases of opioid overdose, opioids are mixed with alcohol or benzodiazepines.

States and communities can take steps to reduce alcohol poisoning deaths by following recommended evidence-based interventions to prevent binge drinking, developed by the [Community Preventive Services Task Force](#). Recommended strategies include:

- Using pricing strategies, including increasing alcohol taxes.
- Limiting the number of retail alcohol outlets in a given area.



- Holding alcohol retailers responsible for the harm caused by illegal alcohol sales to minors or intoxicated patrons (dram shop liability).
- Restricting access to alcohol by maintaining limits on the days and hours of alcohol retail sales.
- Consistently enforcing laws against underage drinking and alcohol-impaired driving.
- Maintaining government controls on alcohol sales (avoiding privatization).

The [U.S. Preventive Services Task Force](#) also recommends screening and counseling for alcohol misuse in primary care settings.

The NYS ASEP supports efforts to reduce excessive alcohol use and its related harms by:

- 1. Monitoring and sharing data on excessive alcohol use and its related harms**
- 2. Developing partnerships to collaborate on prevention efforts**
- 3. Increasing awareness about the public health impact of excessive alcohol use**
- 4. Building support for population-based policy and environmental changes**

Notes from the Field

Alcohol and Other Substance Use Before and During the COVID-19 Pandemic Among High School Students — Youth Risk Behavior Survey, United States, 2021:

A CDC [study](#) shows that although the prevalence of substance use among US high school students declined from 2019 to 2021, alcohol remained the most used substance. Results from the 2021 National Youth Risk Behavior Survey show that:

- More than 1 in 5 US high school students reported consuming alcohol in the past 30 days.
- Approximately 1 in 10 US high school students reported binge drinking.
- Alcohol use among girls was more common than among boys, as was binge drinking,
- Use of more than one substance in the past 30 days was prevalent, most commonly involving alcohol and marijuana.

Underage drinking and these alcohol-related harms are preventable with a comprehensive approach that includes effective policy strategies that can create healthier communities for both young people and adults.



The Association Between Racial Attitudes, Alcohol Use and Mood Disorders Among Black Adolescents:

This [study](#) examined the association between racial attitudes and alcohol use and mood disorders in Black adolescents in Philadelphia, PA. Results showed that: higher pro-Black attitudes were associated with lower odds of mood disorder (odds ratio [OR] = 0.72, 95% CI = 0.55, 0.89); and higher racism awareness was associated with increased odds of alcohol use (OR = 1.18, 95% confidence interval [CI] = 1.06, 1.29). For Black adolescents, positive racial identity can serve as a protective mechanism to alleviate the effects of racism and reduce their chances of using alcohol and other substances as a coping mechanism. Findings provide preliminary support for interventions and policies for Black adolescents that bolster positive racial identity and eliminate experiences of racism as alcohol use and mood disorder prevention strategies.



Neighborhood Alcohol Outlet Density, Historical Redlining, and Violent Crime in NYC 2014–2018:

This [study](#) explored the association between on- and off-premise alcohol outlet density and a history of redlining with violent crime in New York City between 2014 and 2018. Results of the study suggest that high concentrations of alcohol outlets are associated with violent crimes within low-income neighborhoods. In addition, racialized housing practices appear to have a persistent negative impact on neighborhoods long after such practices are formally abolished. Reducing the concentration of alcohol outlets may be one strategy to reduce violent crime in NYC neighborhoods, the effects of which may be stronger within formerly redlined communities. As such, initiatives addressing neighborhood planning, zoning, and licensing remain effective approaches to reduce socioeconomic inequalities for alcohol-attributable outcomes.



Cross-sectional survey of a convenience sample of Australians who use alcohol home delivery services:

This [study](#) aimed to investigate the purchasing and drinking behavior of Australians who use online alcohol delivery services.

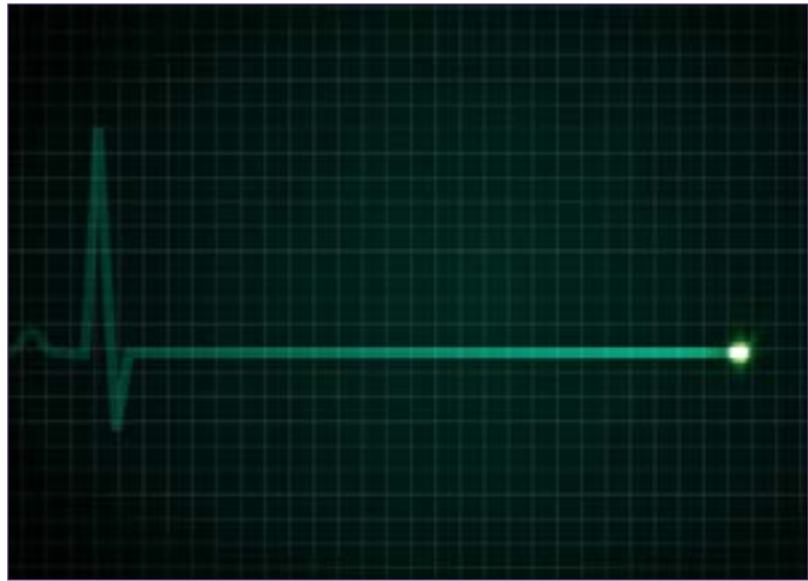
The study found:

- Convenience was the most common reason for purchasing alcohol online for delivery.
- Using fast delivery services, and using delivery services to extend drinking sessions, was associated with hazardous/harmful drinking.
- People 18-25 years old reported poorer age verification practices for home delivery than in-store.
- Given the risks associated with alcohol delivery, regulation of these services should be improved to meet the same standards as brick-and-mortar stores.



Association Between Daily Alcohol Intake and Risk of All-Cause Mortality: A Systematic Review and Meta-analyses:

This [study](#) examining the association between mean daily alcohol intake and all-cause mortality used a systematic search of PubMed and Web of Science to identify cohort studies published between January 1980 and July 2021. In this updated systematic review and meta-analysis, daily low or moderate alcohol intake was not significantly associated with all-cause mortality risk, while increased risk was evident at higher consumption levels, starting at lower levels for women than men.



In the News

[Health Experts Concerned as Big Soda Shifts to Alcoholic Sodas](#)

[Ireland Will Require Cancer Warnings and Calorie Counts on Alcoholic Beverage Labels](#)

[Heavy Drinkers Risk Muscle Loss, New Study Finds](#)

[Vaping Could Up Teens' Odds for Marijuana Use, Binge Drinking](#)

Reports and Resources

Excessive drinking is associated with higher rates of sunburn among American adults. Research shows that when people drink excessively, they are less likely to use sunscreen. Drinking alcohol also reduces the amount of time a person can spend in the sun before their skin burns. The NYS Department of Health (NYSDOH) recently released a new Information for Action (IFA) report, *New Yorkers who Report Excessive Drinking are Significantly more Likely to Report Sunburn*, that uses 2021 data from the NYS Behavioral Risk Factor Surveillance System (BRFSS) to show that:

- In NYS, men who report excessive drinking are 1.4 times as likely to experience sunburn, and women who report excessive drinking are 1.6 times as likely to experience sunburn as compared to their counterparts who do not report excessive drinking.
- A higher prevalence of sunburn among adults who report excessive drinking, as compared to adults who do not report excessive drinking, is also observed across all racial and ethnic groups (data not pictured).



[Read the report to learn what action steps can be taken toward reducing excessive alcohol use and its related harms!](#)

- Did you know 1 in 6 adult New Yorkers report excessive alcohol use, in the form of either binge or heavy drinking? The NYSDOH released an updated report, Binge and Heavy Drinking, based on 2021 data from the NYS BRFSS. Excessive alcohol use is a leading cause of preventable death and is associated with a range of acute and chronic health problems. [Read the report to learn who in NYS is most likely to binge or drink heavily.](#)
- [The Congressional District Health Dashboard](#) was recently updated and now presents census tract-level data for binge drinking for all congressional districts in New York State. The ability to view local-level variation within congressional districts further highlights opportunities to improve health and equity related to binge drinking. Check out the tool today!

Do you, or does your organization, have an alcohol-related report, upcoming event, or prevention success story that you want to share in our next newsletter?

If so, please get in touch with us at AlcoholData@health.ny.gov!



**Department
of Health**