
Alcohol Consumption in Oregon

A public health perspective

HB 3610 Task Force on Alcohol Pricing & Addiction Services
Oregon Liquor & Cannabis Commission

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Public Health Division

If you or someone you care about is suffering from alcohol dependence or an alcohol use disorder, free confidential resources and support are available [online](#) or by calling **1-800-923-435**.

<https://www.oregon.gov/oha/HSD/AMH/Pages/Get-Help.aspx>



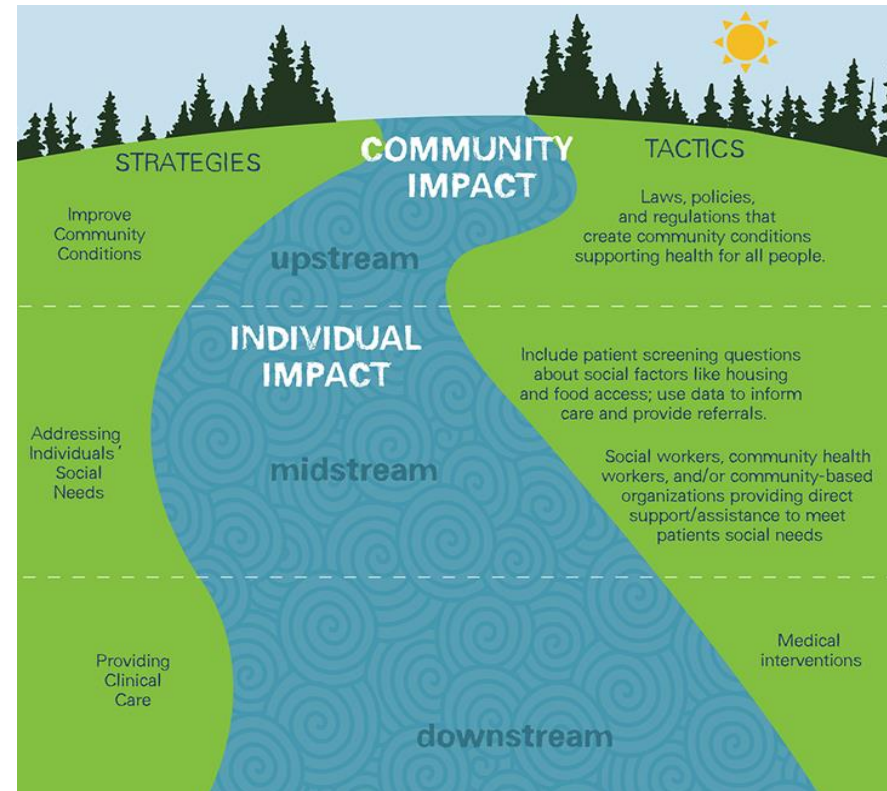
If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org.

Today's agenda

- 1 Excessive alcohol use is a public health issue
- 2 What is excessive alcohol use?
- 3 What are the impacts in Oregon?
- 4 Q & A

The Role of Public Health

- Population-level health
- Monitoring data and trends
- Prevention and health promotion
- Evaluation of population-level strategies
- Public communication



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

**What is excessive
alcohol use?**

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 ethanol (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 and alcohol use disorder (AUD)

- Excessive alcohol use is a **primary risk factor** for alcohol use disorder (AUD)
- Most who drink excessively do not have an AUD, however the health harms, safety risks and economic costs remain substantial



Excessive alcohol use and alcohol use disorder (AUD), cont.

- AUD is diagnosed using [DSM-V](#) criteria and a 11-question screening tool
- Mild (2-3 symptoms), moderate (4 or 5) and severe (6 or more) categories



**What are the impacts
in Oregon?**

The impacts of excessive alcohol use are far-reaching

- Excessive alcohol use can lead to many **chronic conditions** including liver disease, heart disease, stroke, and cancer.
- It can lead to **alcohol use disorder** and problems with mental health.
- There are also **immediate harms** associated with excessive alcohol consumption, such as injuries, violence, and motor vehicle accidents.

Alcohol indicators are on the rise



Per capita alcohol consumption

1990-2021
(pure alcohol in gallons)



Binge drinking among adults

2001-2021
(age-adjusted)



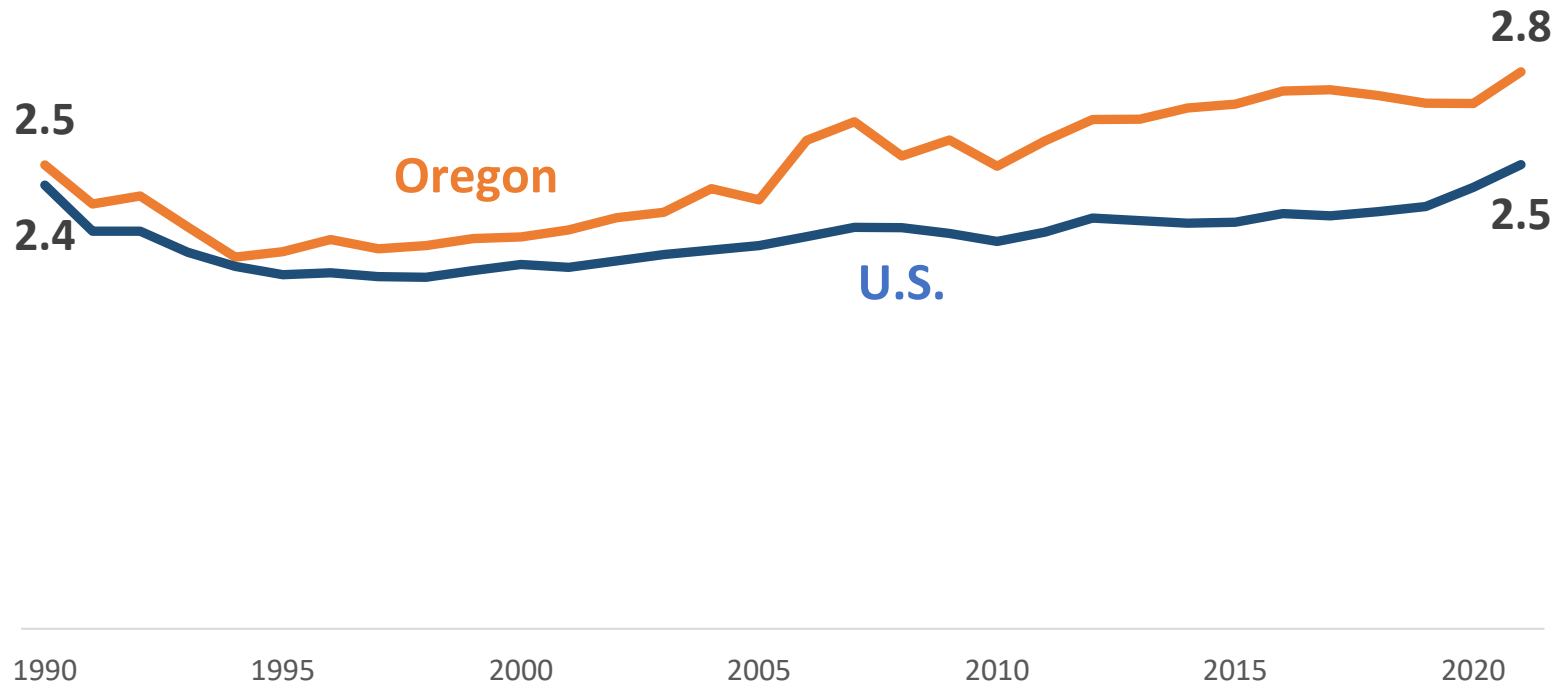
Alcohol-related death rate

2011-2020
(age-adjusted)



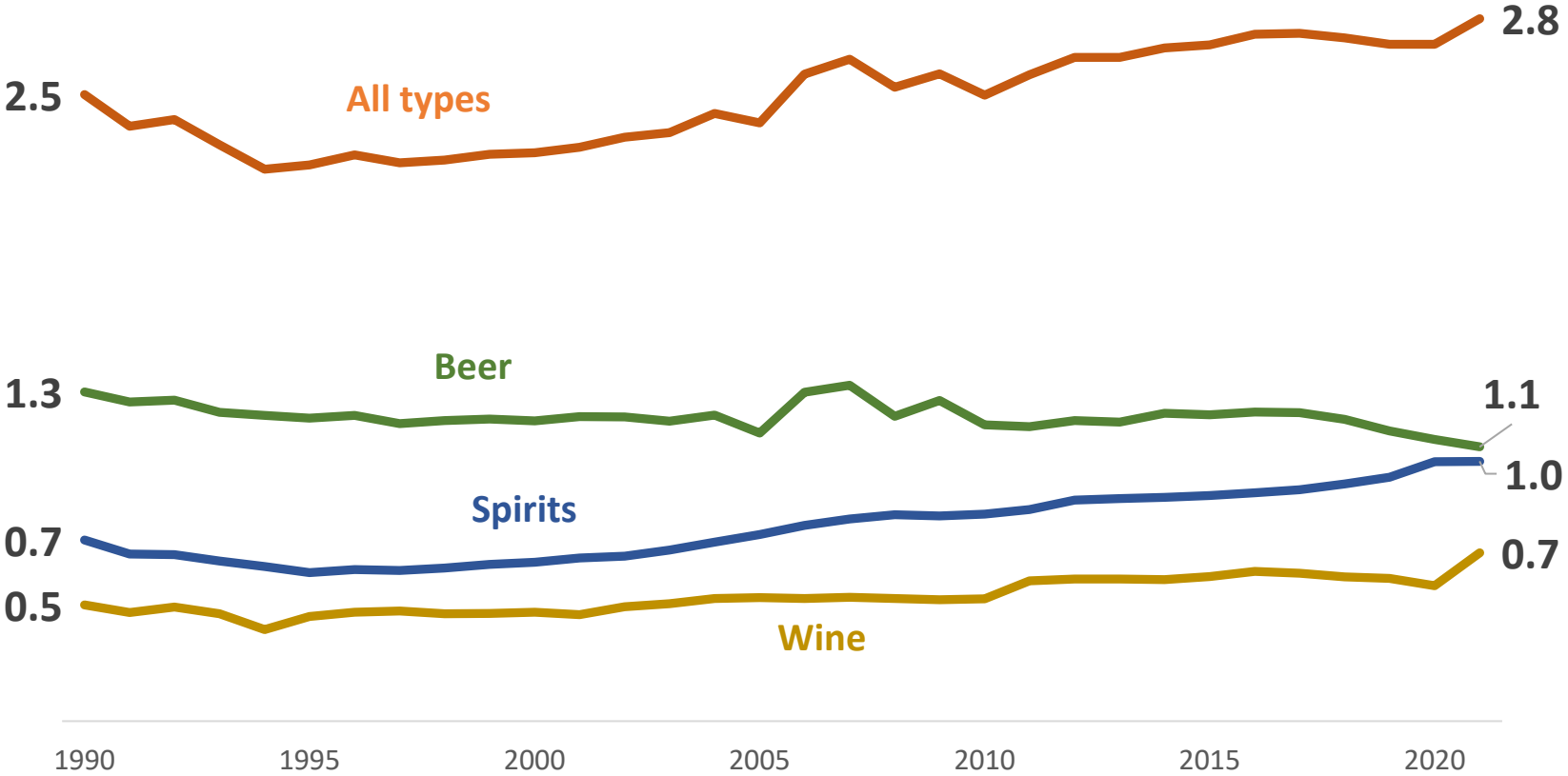
Per capita consumption

Per capita alcohol consumption, Oregon and the US, 1990-2021 (pure ethanol in gallons)



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

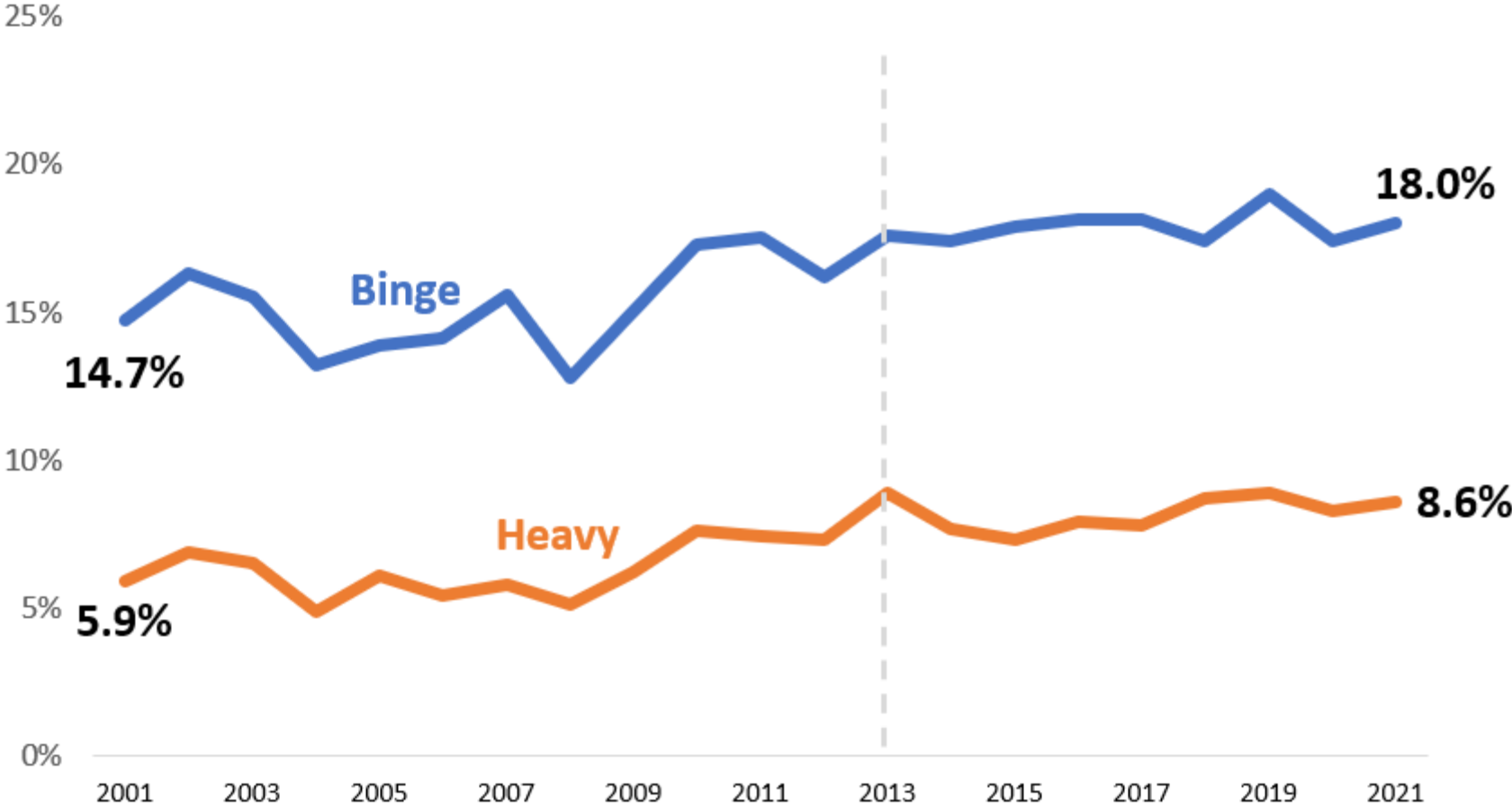
Per capita alcohol consumption, Oregon, 1990-2021 (pure ethanol in gallons)



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

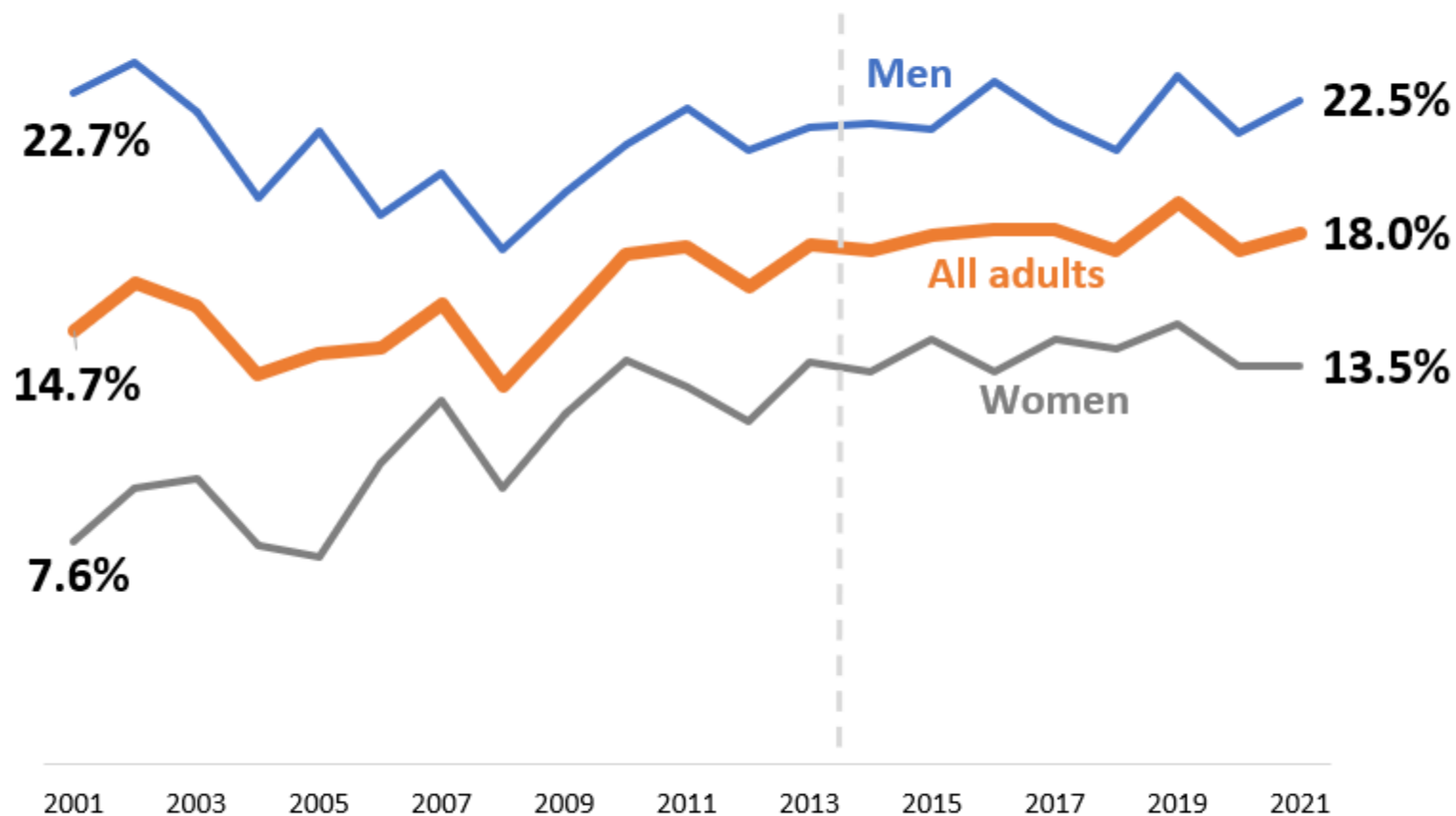
Binge drinking

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

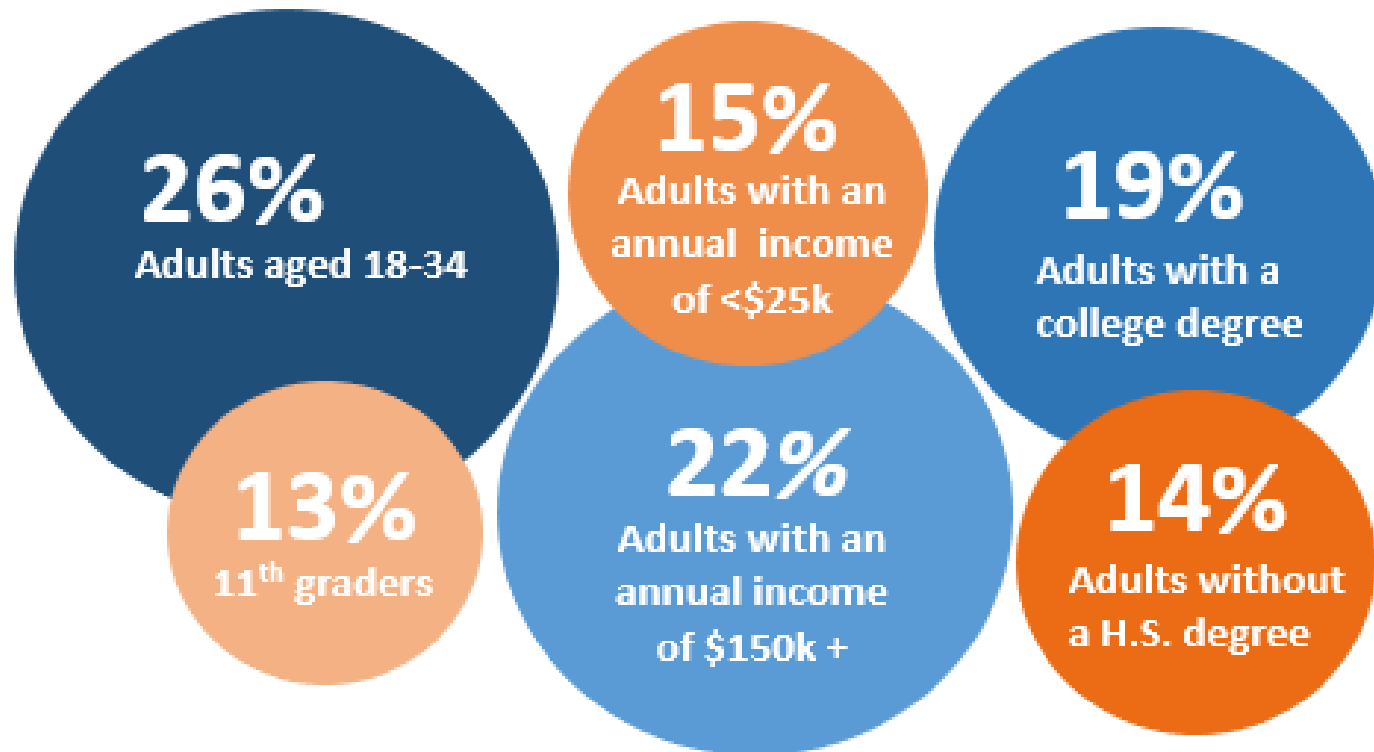


Source: Oregon Behavioral Risk Factor Surveillance System

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

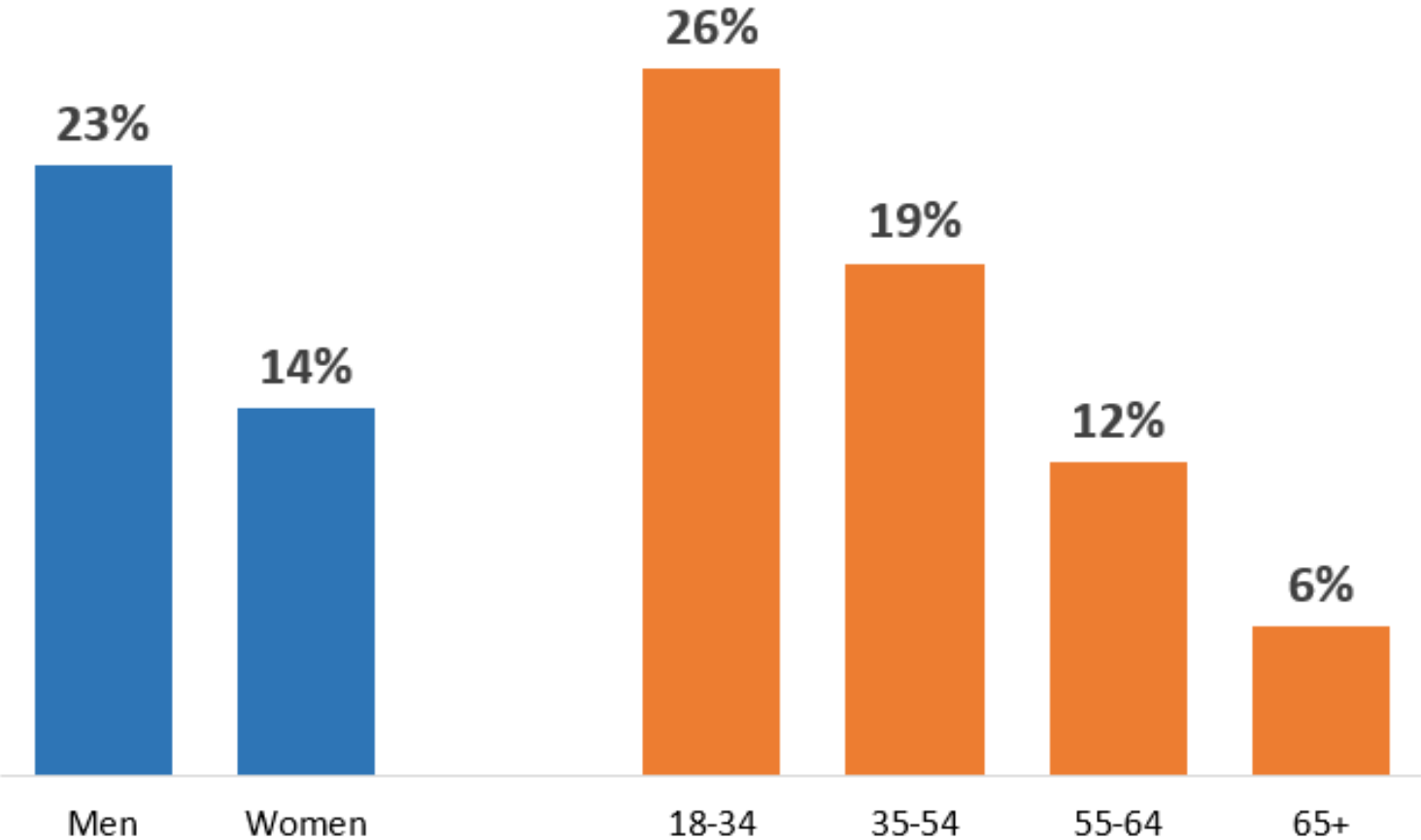
Estimates are age-adjusted.

Binge drinking is common among many groups



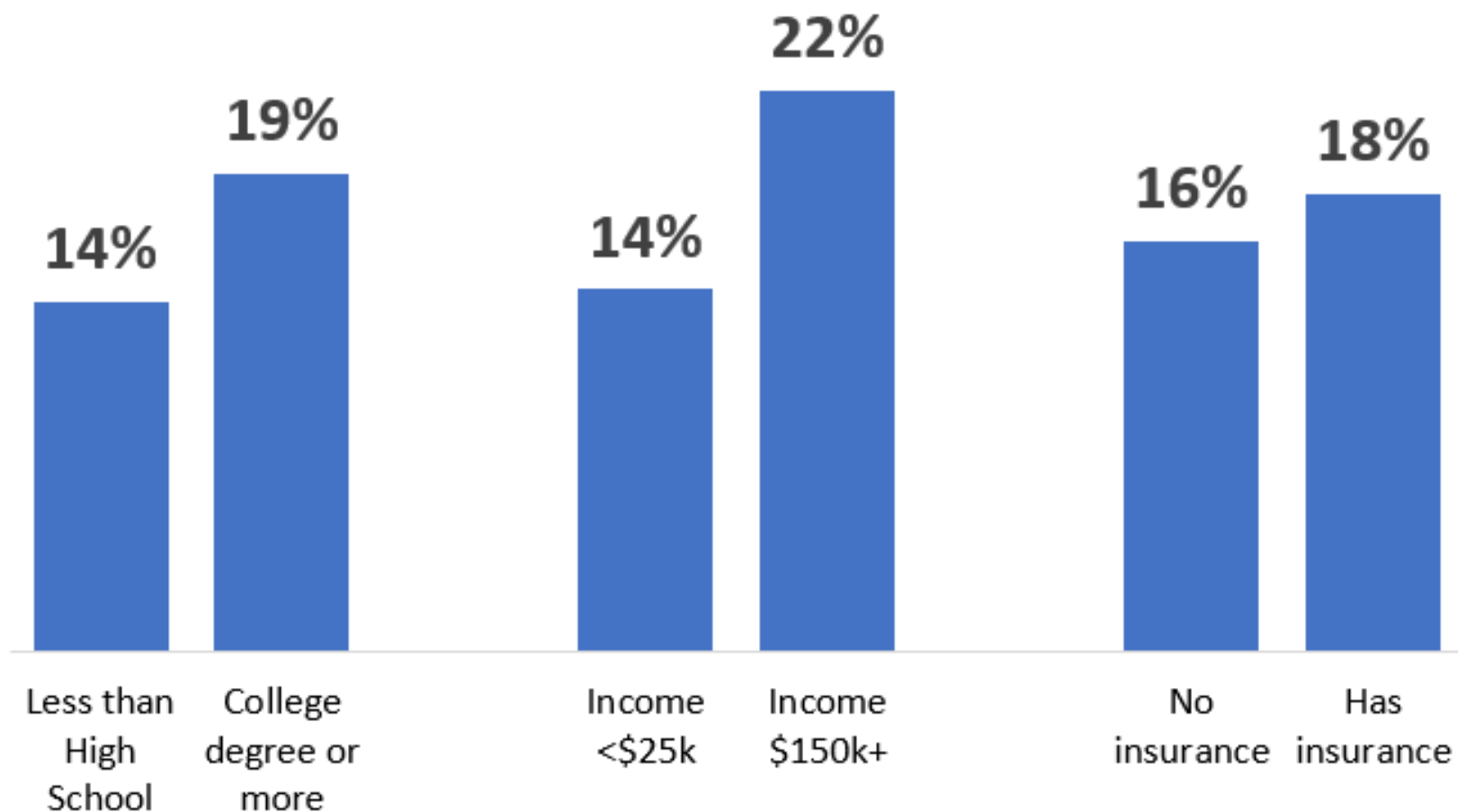
Sources: 2021 Oregon Behavioral Risk Factor Surveillance System (BRFSS);
2019 Oregon Healthy Teens (OHT) Survey

Binge drinking among Oregon adults by sex and age, 2021



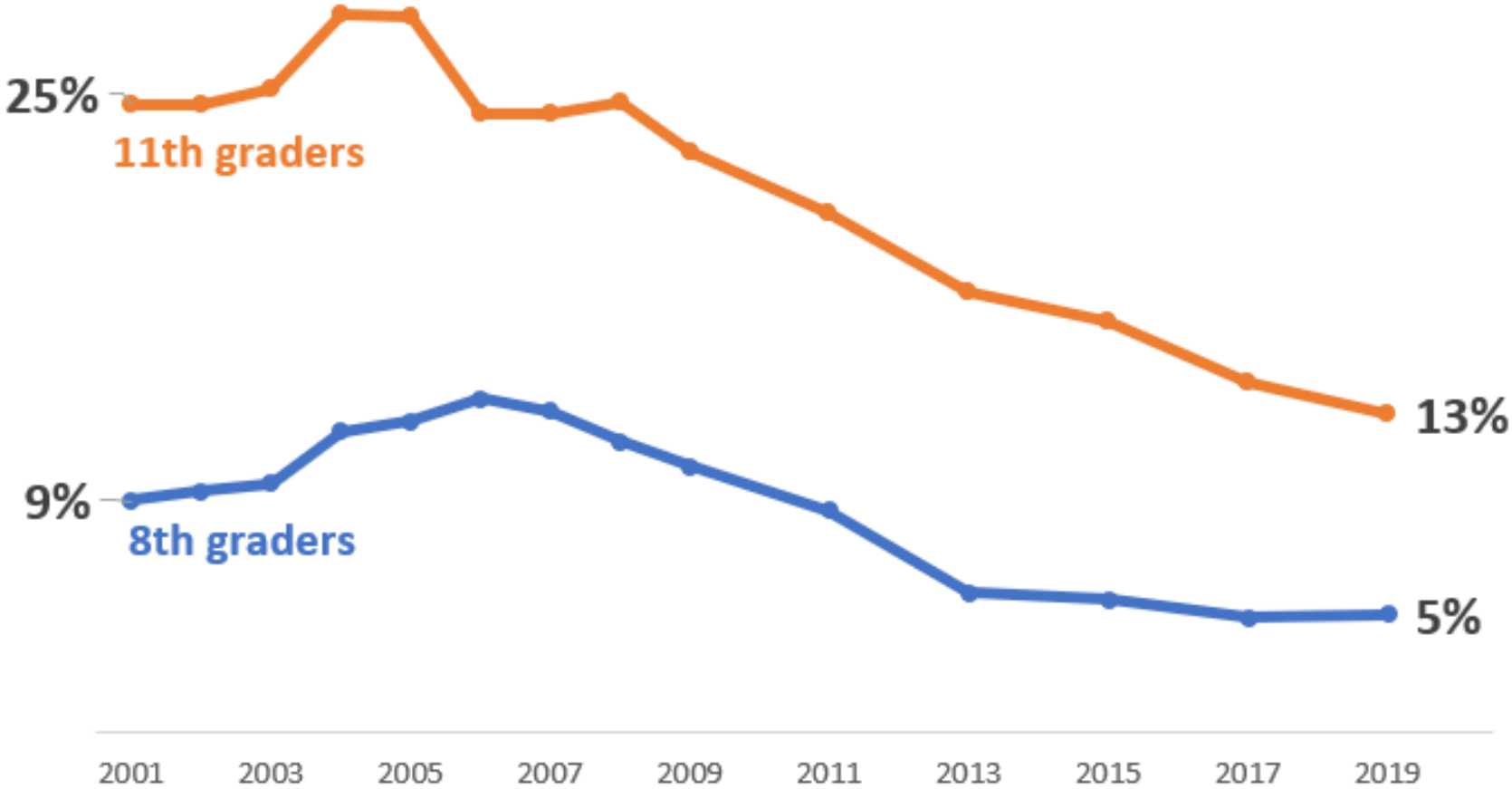
Source: Oregon BRFSS

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 youth has decreased by nearly 50% since 2001



Source: Oregon Healthy Teens

Mortality

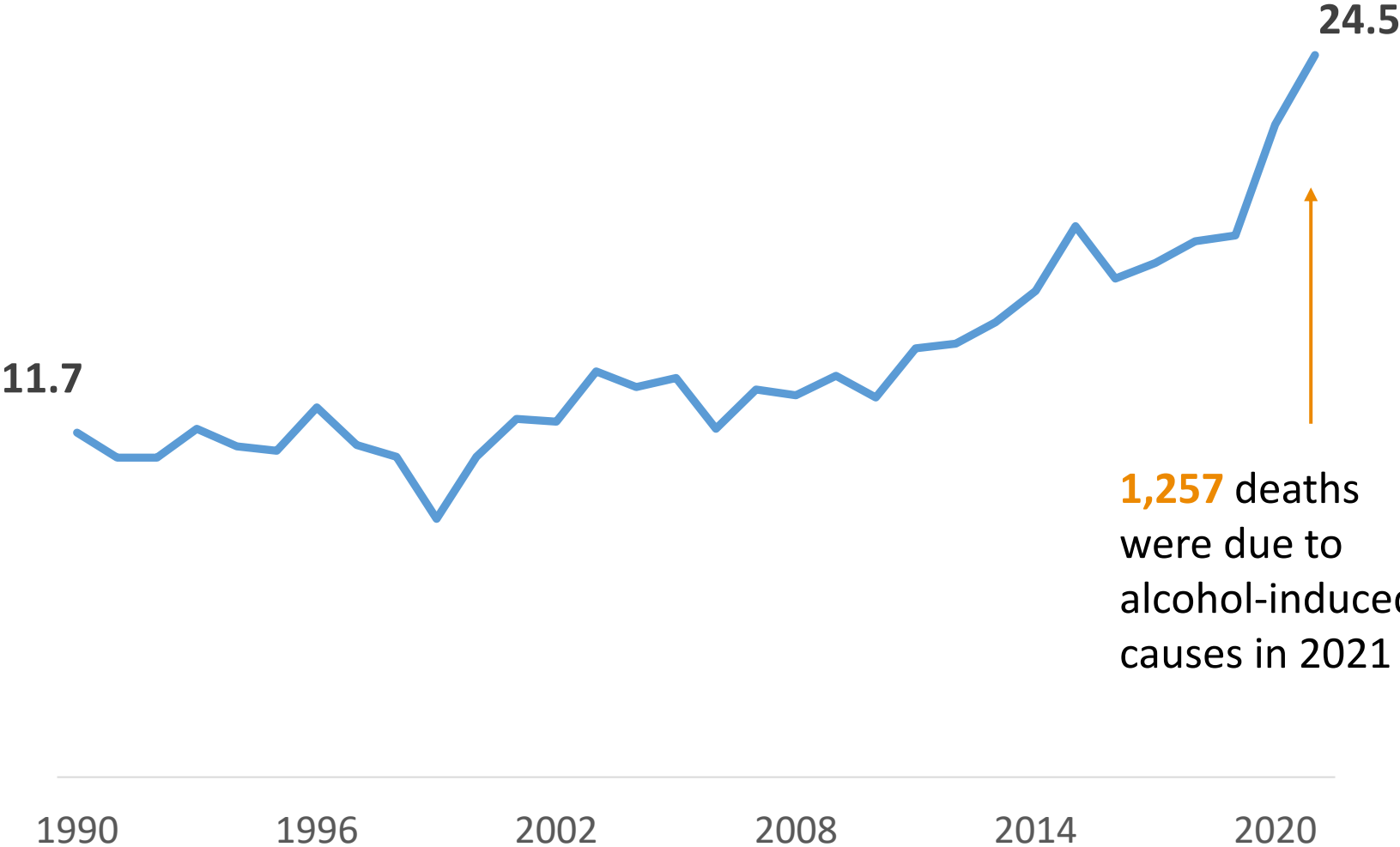
1. Alcohol-induced causes

(100% attributable)

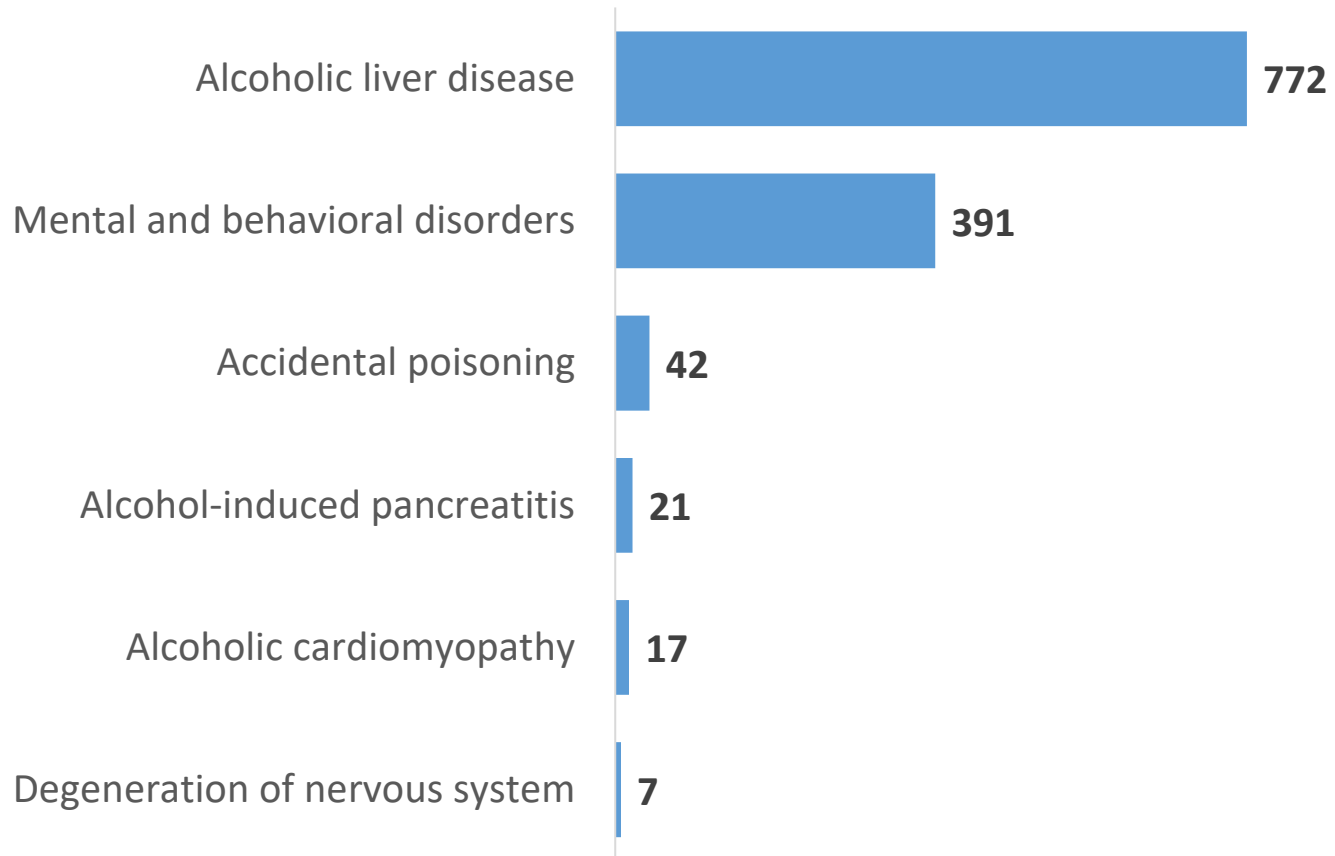
E24.4	Alcohol-induced Cushing's disease
F10	Alcohol-related mental and behavioral disorders
G31.2	Degeneration of nervous system due to alcohol
G62.1	Alcoholic polyneuropathy
G72.1	Alcoholic myopathy
I42.6	Alcoholic cardiomyopathy
K29.2	Alcoholic gastritis
K70	Alcoholic liver disease
K85.2	Alcohol-induced 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, 1990-2021

Age-adjusted rate per 100,000 population



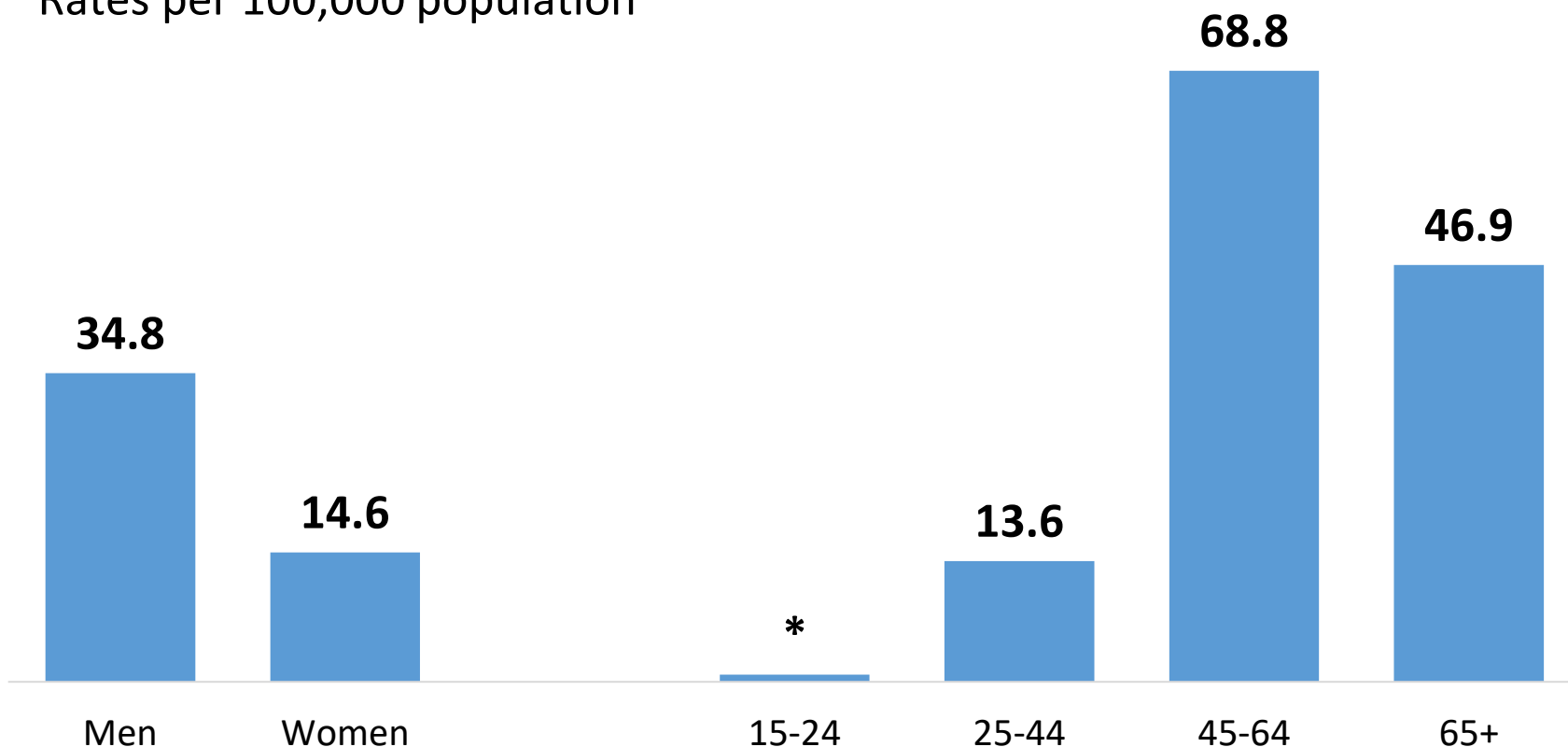
Alcohol-induced deaths, Oregon, 2021



Source: Oregon Death Certificate data

Alcohol-induced death rates by sex and age, Oregon 2021

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

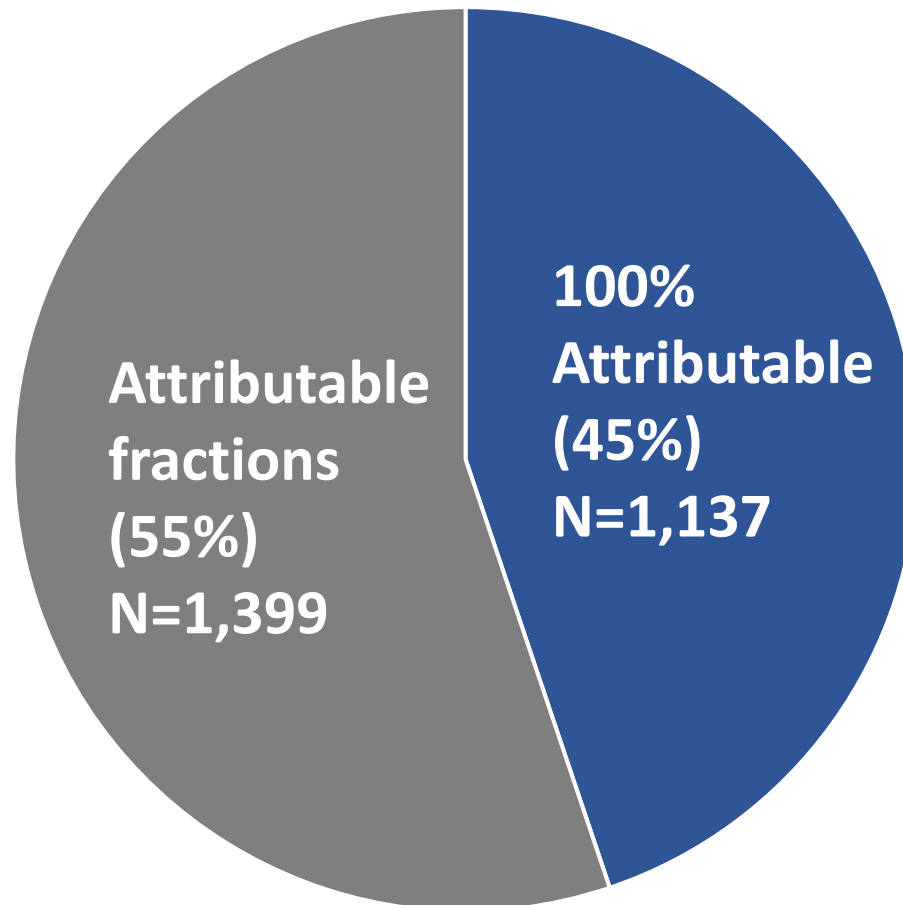
Aspiration

Homicide, Suicide

Motor vehicle and transportation crashes



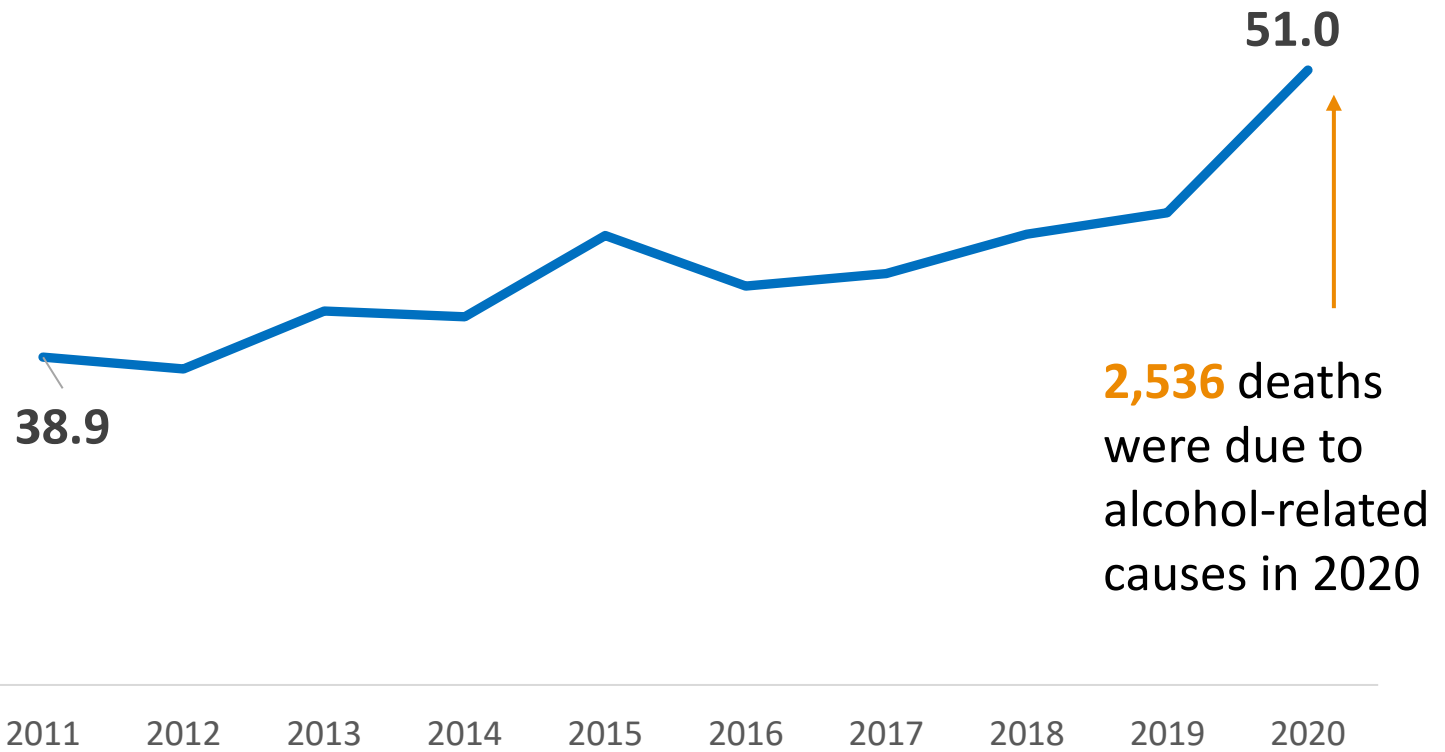
In 2020, there were **2,536** alcohol-related deaths among Oregon residents



Source: Oregon Death Certificates using CDC ARDI Methodology

Alcohol-related death rate, Oregon, 2011-2020

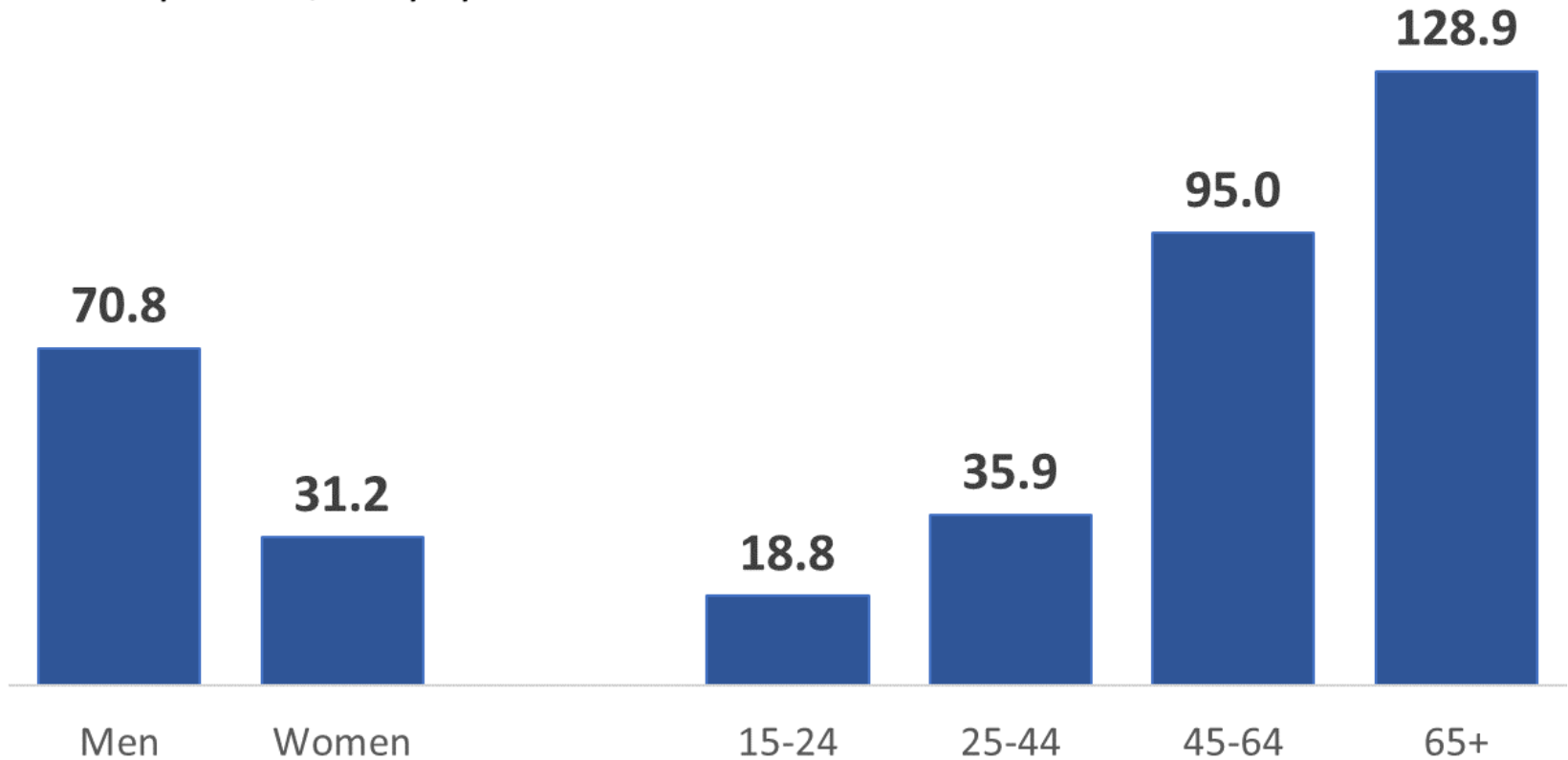
Age-adjusted rate per 100,000 population



Source: Oregon Death Certificates

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

Rate per 100,000 population



Source: Oregon Death Certificates

Community Preventive Services Task Force



Recommendations for preventing excessive alcohol use

1. Increase alcohol prices
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

Additional Resources

PHD Excessive Alcohol Use Prevention website:

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

Chronic Disease Data Portal:

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

CDC Community Guide:

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

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