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 2019\(^8\) (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.\(^8\)

![Figure 1: Number of alcohol occurrences found in decedent and number of deaths caused by alcohol.](image)

**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


