PUBLIC HEALTH SURVEILLANCE AND ALCOHOL-RELATED INJURIES
Evaluating the Burden of Excessive Drinking in the United States

1. Binge
   - Defined as 5 or more drinks for men, 4 or more drinks for women.
   - Reported that 56.4 million binge drinkers in 2017.

2. Heavy
   - Defined as 8 or more drinks per day for men, 5 or more drinks per day for women.
   - Reported that 4.8 million heavy drinkers in 2017.

**Prevalence of Excessive Drinking**

- **4.3 million** (1 in 25 adults) are binge drinkers.
- **9 million** (1 in 21 adults) are heavy drinkers.

**Estimated Expenditures**

- **189,000** lives lost
- **2.5 million** non-fatal injuries
- **28,000** deaths
- **11 million drivers** with a blood alcohol concentration (BAC) of 0.08% or higher

**Economic Impact**

- **40 billion** dollars spent on alcohol-related costs
- **88 million** lost work days
- **249 billion** dollars in health care costs

Attacking the Problem with Public Health Surveillance

To address the issue of excessive drinking, a multi-faceted approach is needed. This involves implementing policies that limit access to alcohol, increasing awareness about the risks, and providing resources for those struggling with alcohol addiction.

**CDC's Strategy for Prevention and Health Promotion**

- **Education and Awareness**: Increase public knowledge about the risks of excessive drinking.
- **Policy and Regulation**: Implement laws and regulations to control alcohol availability.
- **Treatment and Support**: Provide access to treatment and support for individuals struggling with alcohol addiction.

**Prevention and Intervention Strategies**

- **Education Campaigns**: Increase awareness about the risks of excessive drinking.
- **Restriction of Alcohol Sales**: Limit the availability of alcohol.
- **Support Systems**: Provide support and resources for individuals struggling with alcohol addiction.

**Economic Analysis**

- **Costs of Excessive Drinking**: Impact of alcohol-related costs on healthcare, lost productivity, and societal well-being.

**Emergency Department Visits**

- **11 million** visits to emergency departments in the United States.

**Public Health Surveillance**

- **Collection of Data**: Gathering information on alcohol consumption and its consequences.
- **Analysis and Reporting**: Analyzing data to identify trends and priorities.

**References**

1. Centers for Disease Control and Prevention (CDC).
2. National Institute on Alcohol Abuse and Alcoholism (NIAAA).

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Source: Data from the CDC and NIAAA.