

Alcohol & Public Health



WWW.CDC.GOV/ALCOHOL

NATIONAL CENTER FOR CHRONIC DISEASE PREVENTION AND HEALTH PROMOTION

DIVISION OF POPULATION HEALTH

July 30, 2020

[A new CDC MMWR](#) reports that excessive alcohol use is responsible for more than 93,000 deaths in the US each year – or 255 deaths per day – shortening the lives of those who die by an average of 29 years.



Of all alcohol-attributable deaths:

- 55% were due to drinking too much over time, from causes such as various types of cancer, liver disease, and heart disease.
- 45% were due to drinking too much in a short period of time, from causes such as poisonings that involved another substance in addition to alcohol (e.g., drug overdoses), suicide, and motor vehicle crashes.
- More than 80% involved adults aged 35 years and older.
- More than 70% involved men.

Death rates due to excessive alcohol use varied across states, ranging from 20 deaths per 100,000 population in New York and New Jersey to 52 deaths per 100,000 population in New Mexico.

[Implementation of effective strategies for preventing excessive drinking](#), such as those recommended by The Community Preventive Services Task Force (e.g., regulating the number and concentration of alcohol outlets), could reduce alcohol-attributable deaths and years of potential life lost.

The [Alcohol-Related Disease Impact \(ARDI\) Application](#) allows users to see estimates of alcohol-related deaths and years of potential life lost from 58 conditions by age, sex and state. The following [updates](#) were made to the ARDI application:



- More current average annual estimates of alcohol-attributable deaths and years of potential life lost (2011–2015).
- Revised list of 58 acute and chronic causes of death.
- Revised medical codes for defining several causes of death.

- Updated data used to generate estimates to reflect more recent scientific literature.

Help us spread the word!

Suggested social media language:

- Every day, an average of 255 people die from excessive alcohol use in the US. Learn more about deaths due to excessive drinking in the US and states: <https://bit.ly/2CU25v6>. #alcoholdeaths #bingedrinkin
- More than half of the 93,000 deaths from excessive alcohol use in the US each year are due to chronic diseases such as cancer, liver disease, and heart disease: <https://bit.ly/2CU25v6>. #alcoholdeaths
- A new CDC study finds that excessive alcohol use is responsible for more than 93,000 deaths in the US each year – that's 255 deaths each day. Learn what states and communities can do to prevent excessive alcohol use: <https://bit.ly/38xFfVp>

There are **255**
deaths each day
in the U.S. due
to excessive
alcohol use.

cdc.gov/alcohol



Centers for Disease Control and Prevention

1600 Clifton Rd Atlanta, GA 30329 1-800-CDC-INFO (800-232-4636) TTY: 888-232-6348