

POPULAR PRESS

Alcohol: 3rd leading cause of preventable deaths

Key contributor to recent decreases in U.S. life expectancy

Over the last few years, newspapers and magazines have published on the increasing toll that unhealthy alcohol use is taking on the nation's health. A rise in U.S. deaths attributable to alcohol has not gained the attention it warrants, say journalists, in part because of the alarming opioid crisis. However, alcohol is linked to more deaths annually — from accidents, liver disease, various cancers, and suicide — than are caused by drug use.



The articles point out that drinking has the potential to damage health at many levels of consumption and with any type of alcoholic beverage. They cite current research results that dispute older studies whose design flaws led to conclusions that mild to moderate drinking was associated with cardiovascular health benefits.

USA Today quoted an expert from University of Washington's Institute for Health Metrics and Evaluation as saying, "If everyone cut their consumption in half, we could save a million lives globally."

Alcohol-Related Deaths in U.S. More Than Doubled Between 1999 And 2017

[CNN, January 8, 2020](#)

It's Not Just Poor White People Driving a Decline in Life Expectancy

[New York Times, November 26, 2019](#)

'There's Something Terribly Wrong': Americans Are Dying Young at Alarming Rates

[Washington Post, November 25, 2019](#)

U.S. Life Expectancy Declining Due to More Deaths in Middle Age

[Reuters Health News, November 26, 2019](#)

Alcohol-Related Deaths Are on the Rise with Death Rate of Women Increasing Dramatically

[Fortune, November 20, 2018](#)

Alcohol-Related Liver Deaths Have Increased Sharply

[Washington Post, July 18, 2018](#)

JOURNAL ARTICLES

Recent publications on alcohol and health

Recommendations, prevention, and disturbing trends

Screening and Behavioral Counseling Interventions to Reduce Unhealthy Alcohol Use in Adolescents and Adults: U.S. Preventive Services Task Force Recommendation Statement

[USPSTF, JAMA, November 2018](#)

Screening and Behavioral Counseling Interventions to Reduce Unhealthy Alcohol Use in Adolescents and Adults: Updated Evidence Report and Systematic Review for the U.S. Preventive Services Task Force

[O'Connor et al., JAMA, November 2018](#)

Life Expectancy and Mortality Rates in the United States, 1959-2017

[Woolf & Schoemaker, November 2019](#)

Prevalence of Alcohol Use, High-Risk Drinking, and Alcohol Use Disorder in the United States

[Grant et al., JAMA Psychiatry, September 2017](#)

Do "Moderate" Drinkers Have Reduced Mortality Risk? A Systematic Review and Meta-Analysis of Alcohol Consumption and All-Cause Mortality

[Stockwell et al., J Stud Alcohol Drugs, March 2016](#)

Alcohol and Cancer Risk: Clinical and Research Implications

[Klein et al. JAMA, December 2019](#)



Guidance for practices

Implementing Evidence-based Screening and Counseling for Unhealthy Alcohol Use with Epic-based EHR Tools

[Barclay et al., JCIQPS, August 2019](#)

Implementation and Quality Improvement of a Screening and Counseling Program for Unhealthy Alcohol Use in an Academic General Internal Medicine Practice

[Jonas et al., JHQ, February 2017](#)

An Evidence-based Approach to Screening and Providing Appropriate Interventions for Unhealthy Alcohol Use in Primary Care Settings

[Jonas & Garza, JCER, Sept. 2016](#)