

Thank you for your interest in learning more about the **Colorado Alcohol Policy Brief – Volume 1 – Reduce Excessive Drinking to Build Healthier Communities**. The tables below provide additional information and resources to support the strategies identified in the brief.

To learn more about the topic of **Excessive Drinking and the Impact**, please refer to the table below and click on the links to view fact sheets, articles, publications, etc.

Topic(s)	Reference
<p>“One in five adults in Colorado drink alcohol excessively”</p> <p><b><i>20.6% of Colorado adults (18+ years old) report binge and/or heavy drinking</i></b></p>	<p>2016, Colorado Behavioral Risk Factor Surveillance System (BRFSS), Colorado Department of Public Health and Environment</p> <p><a href="https://www.colorado.gov/pacific/cdphe/behaviorsurvey">https://www.colorado.gov/pacific/cdphe/behaviorsurvey</a></p>
<p>CDC Excessive Drinking Definition - <b><i>“According to the Center for Disease Control and Prevention, excessive drinking includes ‘binge drinking, heavy drinking and any drinking by pregnant women or people younger than age 21.’</i></b></p>	<p>CDC Fact Sheet “Alcohol Use and Your Health”: <a href="https://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm">https://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm</a></p>
<p>Short and Long-Term Health Risks of Excessive Drinking - Alcohol-Related Disease Impact (ARDI)</p>	<p><a href="https://nccd.cdc.gov/DPH_ARDI/default/default.aspx">https://nccd.cdc.gov/DPH_ARDI/default/default.aspx</a></p>
<p>Costs of Excessive Alcohol Consumption - <b><i>“Most of the economic costs of alcohol resulted in losses in workplace productivity, health care expenses for treating problems caused by excessive drinking, law enforcement and other criminal justice expenses, and losses from motor vehicle crashes related to excessive alcohol use.”</i></b></p>	<p><a href="#">2010 National and State Costs of Excessive Alcohol Consumption: Sacks et al; Am J Prev Med 2015;49(5):e73–e79</a></p>
<p>Colorado Higher Education Tuition Rates - <b><i>“Four-year average tuition rates were calculated using the Colorado Department of Higher Education’s 2017-18 figures for 4-year public institutions.”</i></b></p>	<p><a href="http://highered.colorado.gov/academics/tuition/">http://highered.colorado.gov/academics/tuition/</a></p>

To learn more about the topic of **Evidence-based Policies to Reduce Excessive Drinking**, please refer to the table below. Evidence-based policies are listed by type. Click on the links to view fact sheets, articles, publications, etc.

<b>Evidence-Based Policy/Resource</b>	<b>Reference</b>
<b>The Community Guide, Task Force Findings for Excessive Alcohol Consumption</b>	<a href="https://www.thecommunityguide.org/content/task-force-findings-excessive-alcohol-consumption">https://www.thecommunityguide.org/content/task-force-findings-excessive-alcohol-consumption</a>
<b>Alcohol Outlet Density</b>	<a href="https://www.thecommunityguide.org/findings/alcohol-excessive-consumption-regulation-alcohol-outlet-density">https://www.thecommunityguide.org/findings/alcohol-excessive-consumption-regulation-alcohol-outlet-density</a>
<b>Guide for Measuring Alcohol Outlet Density</b>	<a href="https://www.cdc.gov/alcohol/pdfs/CDC-Guide-for-Measuring-Alcohol-Outlet-Density.pdf">https://www.cdc.gov/alcohol/pdfs/CDC-Guide-for-Measuring-Alcohol-Outlet-Density.pdf</a>
<b>Limit Days and Hours of Sale</b>	<a href="https://www.thecommunityguide.org/findings/alcohol-excessive-consumption-maintaining-limits-hours-sale">https://www.thecommunityguide.org/findings/alcohol-excessive-consumption-maintaining-limits-hours-sale</a>
<b>Strengthen Liability Laws (Dram Shop Liability)</b>	<a href="https://www.thecommunityguide.org/findings/alcohol-excessive-consumption-dram-shop-liability">https://www.thecommunityguide.org/findings/alcohol-excessive-consumption-dram-shop-liability</a>
<b>Increase Alcohol Taxes</b>	<a href="https://www.thecommunityguide.org/findings/alcohol-excessive-consumption-increasing-alcohol-taxes">https://www.thecommunityguide.org/findings/alcohol-excessive-consumption-increasing-alcohol-taxes</a>