

Reduce Excessive Drinking to Build Healthier Communities

References and Additional Information

Thank you for your interest in learning more about how to *Reduce Excessive Drinking to Build Healthier Communities*. The table below provides additional information, references, and resources to support strategies identified in the brief.

Topic(s)	Reference
<p>"One in five adults in Colorado drink alcohol excessively" <i>20.6% of Colorado adults (18+ years old) report binge and/or heavy drinking</i></p>	<p>2016, Colorado Behavioral Risk Factor Surveillance System (BRFSS), Colorado Department of Public Health and Environment https://www.colorado.gov/pacific/cdphe/behaviorsurvey</p>
<p>CDC Excessive Drinking Definition - <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></p>	<p>CDC Fact Sheet "Alcohol Use and Your Health": https://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm</p>
<p>Short and Long-Term Health Risks of Excessive Drinking - Alcohol-Related Disease Impact (ARDI)</p>	<p>https://nccd.cdc.gov/DPH_ARDI/default/default.aspx</p>
<p>Costs of Excessive Alcohol Consumption - <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></p>	<p>2010 National and State Costs of Excessive Alcohol Consumption: Sacks et al; Am J Prev Med 2015;49(5):e73–e79</p>
<p>Colorado Higher Education Tuition Rates - <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></p>	<p>http://higherred.colorado.gov/academics/tuition/</p>

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