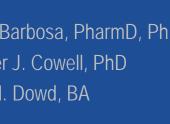
How Has Drinking Behavior Changed During the COVID-19 Pandemic?

Carolina Barbosa, PharmD, PhD Alexander J. Cowell, PhD William N. Dowd, BA









Research Team



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Alcohol Consumption and Related Harms



Alcohol consumption in the U.S.

About 70%

of the U.S. population aged 18 or older consumed alcohol in 2018, and more than half drank alcohol in the past 30 days.

About 27%

of the adult population reported binge drinking in the past month.

Excessive Alcohol Use: the Toll on Society



More than 200 diseases and injury-related health conditions



A 62% increase in Emergency Department visits between 2006 and 2014. A particularly large increase among females



88,000 annual deaths → fourth-leading preventable cause of death



Societal costs of nearly \$250 billion in 2010









Policies to contain the COVID-19 Pandemic

Policies to Limit the Spread of COVID-19



44 states + DC enacted stay-at-home orders.



All states closed bars, most restricted dine-in service at restaurants and relaxed off-premise restrictions, and many allowed mixed drinks to go.

Source: https://www.kff.org/coronavirus-covid-19/issue-brief/state-data-and-policy-actions-to-address-coronavirus/; https://www.nabca.org/covid-19-resources











What Do We Know About Drinking During the Pandemic in the U.S.?

Changes in Alcohol Sales in the US

How The COVID-19 Pandemic Is Upending The Alcoholic Beverage Industry



REBALANCING THE 'COVID-19 EFFECT' ON ALCOHOL SALES



Coronavirus brings quick changes to state alcohol laws

Nielsen Says Beverage Alcohol Retail Sales Are Soaring During The Crisis



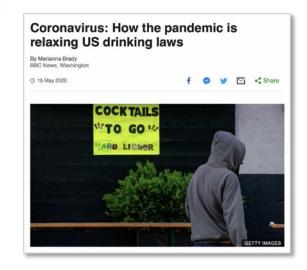
Alcohol sales surge during pandemic, lockdowns. Here's what people are drinking

eCommerce drives triple-digit growth in alcohol sales

Alcohol sales jump 234 percent during COVID-19



Alcohol Sales Are Not Spiking Or Even Stabilizing. Here's Why The Misconception Matters.



Anecdata! Consumption in the U.S.



America is drinking its way through the coronavirus crisis – that means more health woes ahead

Happy Hours: More People Drinking While Working from Home During COVID-19

'More Zoom Parties, More Alcohol Consumption': Hard Seltzer, Tequila Sales Boom During COVID-19 Lockdown

Travel around the world during Zoom happy hours with these global drinking traditions

'Quarantinis' and beer chugs: Is the pandemic driving us to drink?

Alcohol sales have soared as people use drinking to relax during the Covid-19 crisis, and experts are raising concerns

Half of us are gonna come out of the quarantine as amazing cooks and the other half is gonna come out with a drinking problem. There is no in between

@AlcoholMemes

COMMENTARY

What Past Disasters Tell Us About **COVID-19 and Substance Abuse**

STRESS DRINKING: ALCOHOL CONSUMPTION INCREASES DURING COVID-19











The Survey



What?

Web-based survey using Ipsos' KnowledgePanel Academic Omni



When?

May 8-15



How?

We asked about the following in February and April:

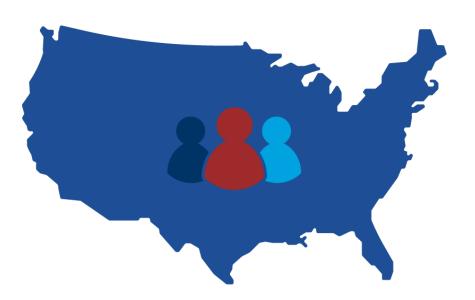
- •Alcohol consumption
 - Mental health
- •Employment status

Plus:

•Lifetime alcohol experiences

Survey Respondents

993 Surveyed 555 Reported Drinking in February





Female: **52%** Male: **48%**



21–34: **25%** 35–49: **25%** 50–64: **30%** 65+: **20%**



White, non-Hispanic: 66% Black, non-Hispanic: 9% Other, non-Hispanic: 7%

Hispanic: 19%



Northeast: 22% South: 30% West: 24% Midwest: 24%

Analysis

- Compared February and April consumption
 - Used regression methods to adjust for gender, age, race, and other factors
- Examined alcohol consumption changes overall and by subgroups











Survey Results

Three Main Drinking Outcomes in This Presentation



Average drinks per day



Percentage of people exceeding drinking guidelines



Percentage of people binge drinking

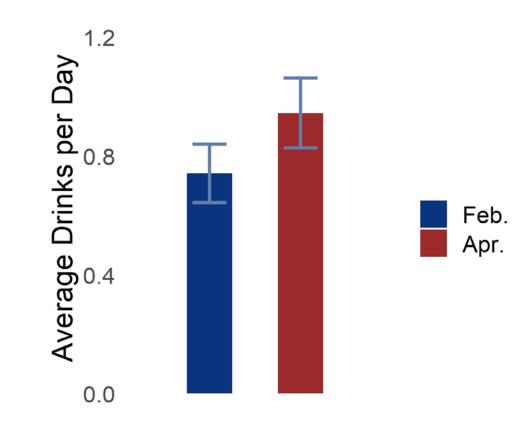


Average Drinks per Day

February: 0.74 drinks per day

April: 0.94 drinks per day

Result: +27%, p<0.001









Exceeding Drinking Guidelines

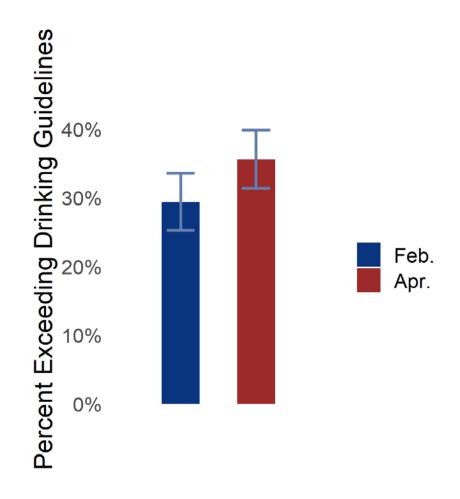
February: 29%

April: 36%

Result: +21%, p<0.001







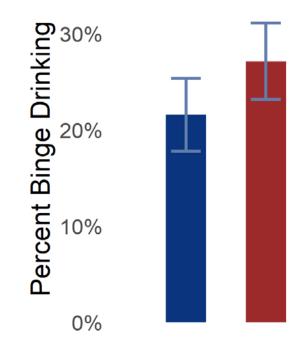


Binge Drinking

February: 22%

April: 27%

Result: +26%, p=0.001















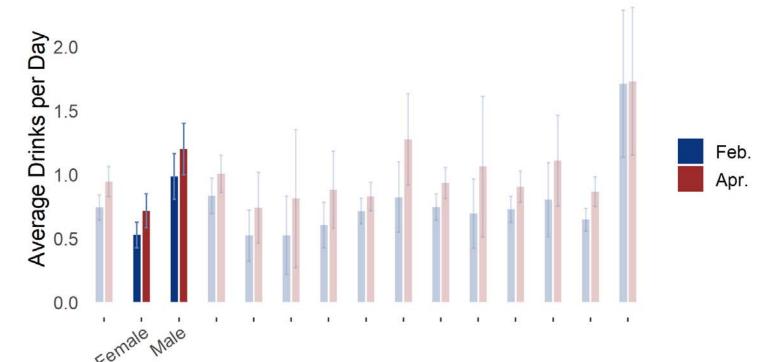


Stratified Results

Average Drinks per Day

*Males increased drinks per day slightly more than females (0.21 versus 0.19, p=0.77)

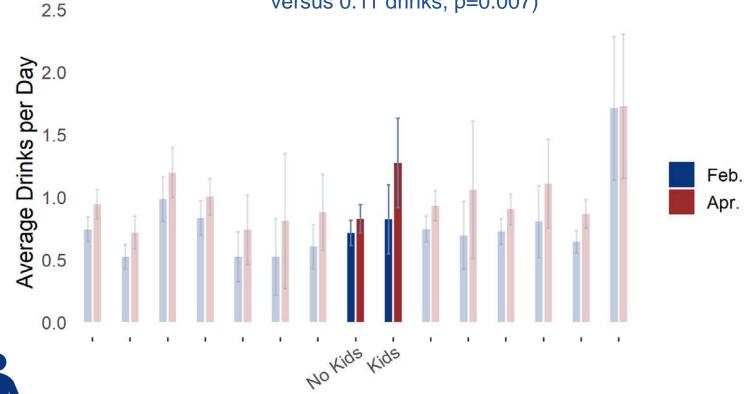






Average Drinks per Day

*Respondents with kids in the household increased more than those without kids (0.45 versus 0.11 drinks, p=0.007)





Changes in Alcohol Consumption

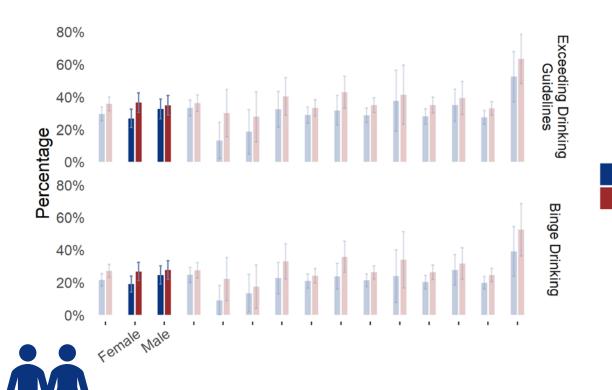
- 5% of respondents increased alcohol consumption from February to April in each of the three main dimensions:
 - They drank more every day.
 - They drank on more days of the week.
 - They increased consumption on days when they drank more than normal.
- This group accounted for over 40% of the increase in alcohol consumption for all respondents.









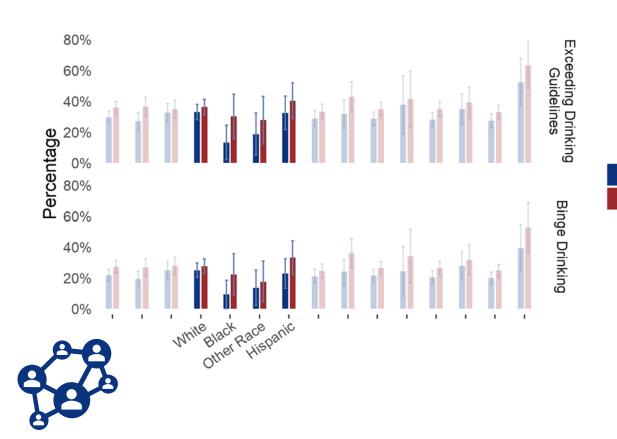


Excessive consumption increased considerably for females:

Feb.

Apr.

- Drinking guidelines (10% versus 2%, p=0.026)
- Binge drinking (8% versus 3%, p=0.12)

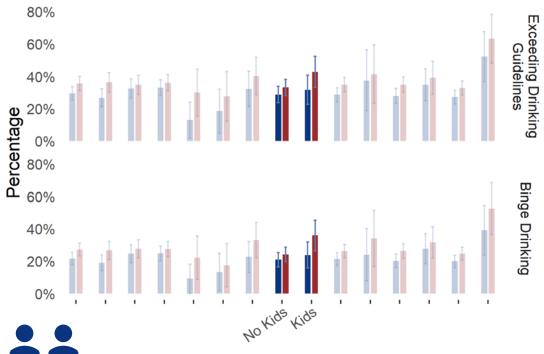


Excessive consumption increased considerably for Black respondents:

Feb.

Apr.

- Drinking guidelines (17% versus 3% among Whites, p=0.028)
- Binge drinking (13% versus 3% among Whites, p=0.07)

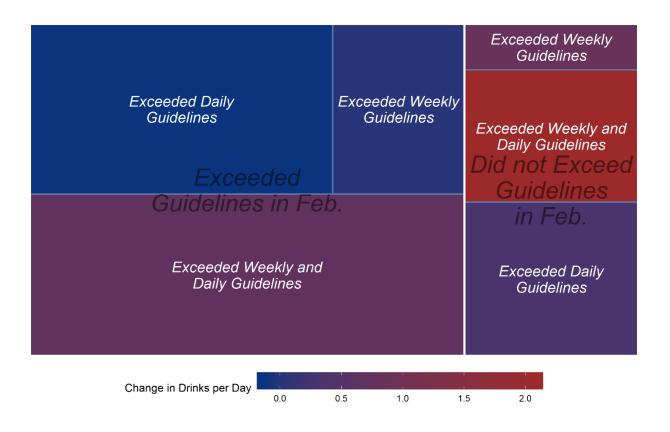


Excessive consumption increased more for respondents with kids:

- Drinking guidelines (11% versus 4%, p=0.21)
 - Binge drinking (12% versus 3%, p=0.09)

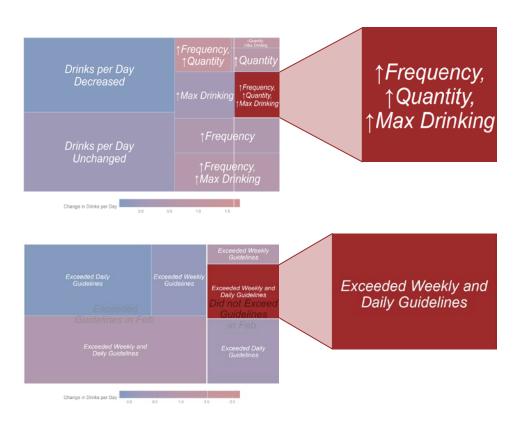


Of Those Exceeding Drinking Guidelines in April...



The largest changes in alcohol consumption were concentrated among people who did not exceed drinking guidelines in February.

The Big Picture



7% of respondents

65% of total increase in drinks per day

85% did not exceed guidelines in February









Conclusions

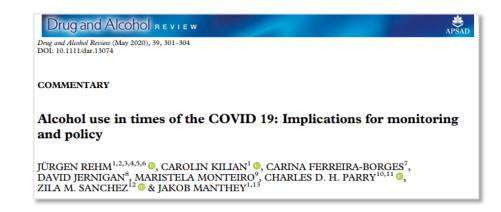
Key Takeaways

Alcohol consumption, including excessive consumption behaviors, has increased overall and across several groups.

The largest increases in all measures were observed in the Western U.S.

Being female, Black, or having children in the household was associated with significant increases on at least one measure. The largest increases in alcohol consumption were among people who increased their usual quantity consumed and those who were *not* drinking in excess of recommended guidelines in February.

- Some studies predicted lower alcohol consumption
- Why might that not be the case?
 - Expectation of lower access to alcohol offset by policy changes
 - More leisure time and fewer alternative activities
 - Response to stress



Alcohol Policy and Coronavirus: An Open Research Agenda

MARISTELA G. MONTEIRO, M.D., PH.D., a* JÜRGEN REHM, PH.D., b-f & MAIK DUENNBIER

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Coronavirus: Alcohol fears amid lockdown boredom

By Tomos Lewis BBC News

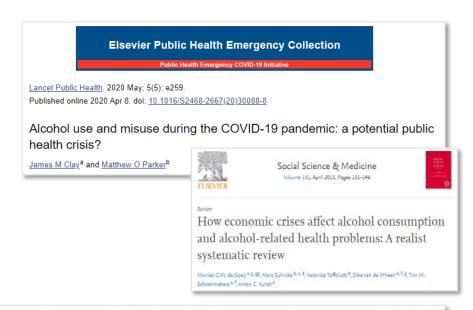
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FOOD // WINE

The coronavirus is driving us to drink. Maybe that's OK

Plus: Resources for keeping yourself fed while sheltering in place, in this week's Drinking with Esther newsletter

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 - Expectation of lower access to alcohol offset by policy changes
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Frequent binge drinking five to six years after exposure to 9/11: Findings from the World Trade Center Health Registry

Alice E. Welch^{a,*}, Kimberly Caramanica^a, Carey B. Maslow^a, James E. Cone^a, Mark R. Farfel^a, Katherine M. Keyes^{b,c}, Steven D. Stellman^{a,b}, and Deborah S. Hasin^b

Implications of Increased Alcohol Consumption

Short-term

- Potential impact of increased drinking at home on domestic violence and child neglect
- Impact of alcohol on immune system and complications of COVID-19
- Risk factor for depression and suicide

Long-term

- Potential for escalation into alcohol use disorder
- Morbidity and mortality associated with increased alcohol consumption





Research Priorities Moving Forward

- Monitor alcohol consumption and alcohol policies as COVID-19-related restrictions are lifted.
- Monitor alcohol-attributable harms during and following the COVID-19 pandemic.
- Support wider implementation of public awareness campaigns that encourage people to drink less or at least not drink more than usual.
- Understand connection between policy changes and alcohol consumption.
- Conduct more waves of the current survey.



Contact Us



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