

THE COST OF EXCESSIVE ALCOHOL USE IN MINNESOTA

Excessive drinking has a substantial economic impact on Minnesota. These costs are paid by Minnesotans through direct costs like lost wages or indirect costs like insurance premiums.

In 2019, excessive alcohol use cost Minnesota

 **\$7.85 billion.**

WHERE DO THESE COSTS COME FROM?

THESE COSTS COME FROM THINGS LIKE:



Health care



Criminal justice



Lost productivity



Motor vehicle crashes

Binge drinking, or consuming more than five alcoholic drinks in an occasion for men or more than four alcoholic drinks in an occasion for women, accounts for nearly three-fourths of alcohol-related costs.

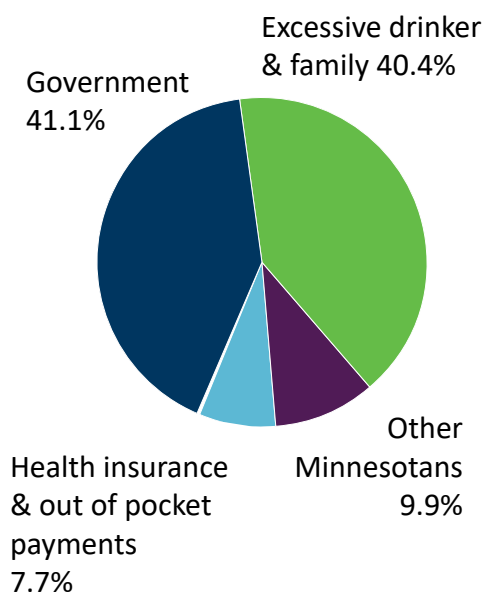
Binge drinking:
\$5.7 billion

Underage drinking:
\$746 million

Drinking while pregnant:
\$57 million



WHO COVERS THESE COSTS?



The economic costs of excessive drinking reduce resources available for other health care needs, services, and necessities. For example:



Government paid about **\$3.23 billion** for impacts related to excessive drinking.



This amount is about how much the operating expenses are for the 12 largest school districts in Minnesota for one year.



Other Minnesotans, including non-drinkers, paid about **\$777 million.**



This amount could buy groceries for about 241,000 people for a year.

HEALTH EFFECTS OF EXCESSIVE ALCOHOL USE

LONG-TERM HEALTH RISKS:

- Cardiovascular problems
- Liver disease
- Cancer
- Digestive problems
- Weakening of the immune system
- Cognitive problems
- Mental health problems
- Alcohol use disorder

SHORT-TERM HEALTH RISKS:

- Injuries
- Violence
- Alcohol poisoning
- Risky sexual behaviors
- Miscarriage, stillborn, and Fetal Alcohol Spectrum Disorders

Learn more at [Alcohol and Your Health \(www.health.state.mn.us/communities/alcohol/basics/alcoholhealth.html\)](http://www.health.state.mn.us/communities/alcohol/basics/alcoholhealth.html).

WHAT CAN YOU DO?

- Use this [Alcohol Screening Tool \(www.cdc.gov/alcohol/checkyourdrinking/index.html\)](http://www.cdc.gov/alcohol/checkyourdrinking/index.html) to learn more about your drinking.
- Make a plan not to drink or to drink less.
- Support community and state strategies to prevent excessive alcohol use.

WHAT CAN COMMUNITIES AND STATES DO?

There are a number of potential strategies communities can consider to address this issue. For example, the Community Preventive Services Taskforce has identified several evidence-based recommendations to reduce the likelihood of excessive drinking, including drinking underage and binge drinking, and the related harms. Visit the [Community Guide \(www.thecommunityguide.org/topic/excessive-alcohol-consumption\)](http://www.thecommunityguide.org/topic/excessive-alcohol-consumption) to learn more.

Closer to home, one strategy being implemented to reduce the harms of excessive drinking is called Place of Last Drink (POLD). POLD is an initiative in almost 30 Minnesota communities that systematically collects data on where individuals last drank when they are stopped for any type of alcohol-related incident (e.g., traffic stop, domestic violence). Establishments that are named more frequently can be offered assistance and education to improve practices to reduce illegal service to already intoxicated patrons.



Read the full study: [Assessing the Costs of Excessive Alcohol Consumption in Minnesota \(www.ajpmonline.org/article/S0749-3797\(22\)00295-1/fulltext\)](http://www.ajpmonline.org/article/S0749-3797(22)00295-1/fulltext).

Visit [MDH: Costs of Excessive Alcohol Consumption in Minnesota \(www.health.state.mn.us/communities/alcohol/data/costs.html\)](http://www.health.state.mn.us/communities/alcohol/data/costs.html).

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8/10/22

To obtain this information in a different format, call: 651-201-5400

