

COVID-19 and Alcohol Use

A Growing Public Health Concern

THE CONCERN

Before the onset of COVID-19, the United States was experiencing rising rates of alcohol use, high-risk drinking, and alcohol use disorder (AUD). As of 2018, only 7.9% of adults with AUD received any treatment.

Effect of COVID-19 on alcohol use



Excessive alcohol use is a common response to coping with stress



Increased alcohol use has been seen to occur following traumatic events



COVID-19 is considered a distinct catastrophic event because of its large population exposure and the trauma it is causing

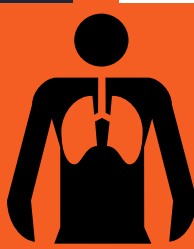


The high death rate coupled with social disruption and isolation has made this traumatic event worse



Psychological Distress

In the United States, there is evidence that psychological distress related to COVID-19 is significantly associated with alcohol use. It was also found that women were more affected by this association than men.



Effects on your health

Alcohol use and heavy drinking have been shown to increase the risk of many health consequences such as:

- high blood pressure
- stroke
- liver disease
- cancer
- alcohol-impaired accidents



More information

Find more information about alcohol and COVID-19 from the World Health Organization fact sheet:

https://www.euro.who.int/_data/assets/pdf_file/0010/437608/Alcohol-and-COVID-19-what-you-need-to-know.pdf