

BINGE & UNDERAGE DRINKING REPORT

2023 DRAFT

County of San Diego, Behavioral Health Services
Population Health Unit



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1. Overview & Prevalence of Alcohol-Related Disorders in the U.S., CA, and San Diego County
2. Community Responses: Survey Data
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OVERVIEW & PREVALENCE: Binge Drinking

- **Binge drinking** is the **most common and costly** pattern of excessive alcohol use in the United States. Binge drinking is defined as consuming **5 or more drinks** on an occasion for **men** or **4 or more drinks** on an occasion for **women**.¹
- Most people who binge drink are not dependent on alcohol. However, binge drinking is harmful on its own. It is associated with **serious injuries and diseases**, as well as with a **higher risk of alcohol use disorder**.¹

In the United States:

One in six US adults reported binge drinking, with 25% doing so weekly.¹

Over 90% of US adults who drink excessively report binge drinking.¹

In the state of California:

19% of adults reported binge drinking in the past 30 days (2022).³

In San Diego County:

21% of adults reported binge drinking in the past 30 days (2022).³



OVERVIEW & PREVALENCE: Underage Drinking

- **Underage drinking** is a significant public health problem in the U.S. Excessive drinking is responsible for more than **3,900 deaths** and **225,000 years of potential life lost** among people under age 21 each year.²
- Peer/social relationships and drinking:
 - A **5% increase** in **binge drinking among adults** in a community is associated with a **12% increase** in the chance of **underage drinking** in the same community.²
 - Among adolescents whose peers drink alcohol, those whose **parents binge drink** are **more likely** to drink alcohol than those whose parents do not.²

In the United States:

Among **high school** students surveyed in the Youth Risk Behavior Survey, **23% drank alcohol**, **11% binge drank**, and **14% rode with a driver** who had been drinking alcohol (2021).²

In the state of California:

19.6% of **teens** reported to ever have had an **alcoholic drink** in 2022.³

4% of **teens** reported **binge drinking** in the past month.³

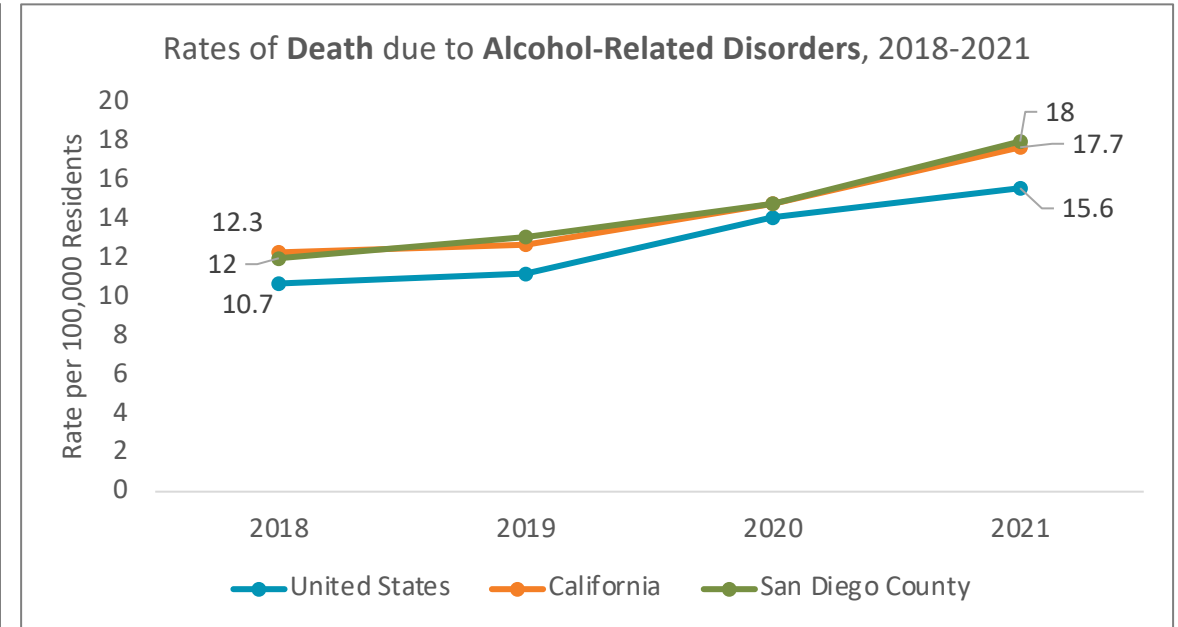
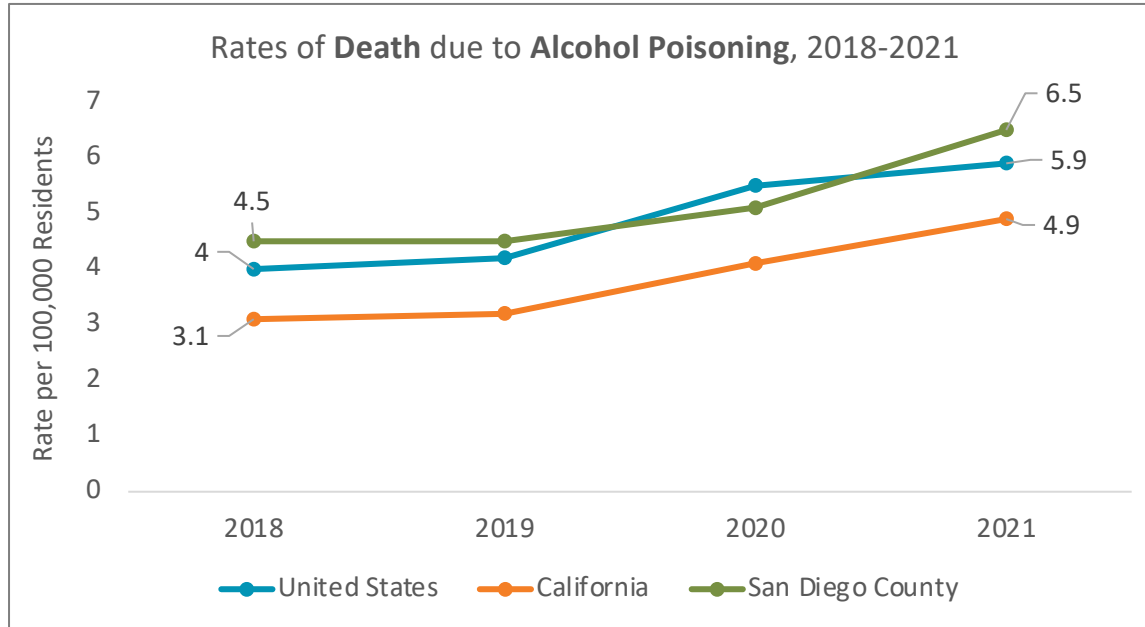
In San Diego County:

8.8% of **teens** reported **binge drinking** in the past month in 2022.³

25.6% of **teens** have had an **alcoholic drink** in 2022.³



OVERVIEW & PREVALENCE: Alcohol Overdose Deaths



- From 2018 to 2021, the rates of death due to alcohol overdose and alcohol-related disorders have increased nationally, statewide and county-wide.
- In 2021, the rate of alcohol overdose death and alcohol-related death in San Diego County were higher than the national and state rate.

Note: The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality including those of alcohol-related deaths.
Sources: Centers for Disease Control and Prevention, National Center for Health Statistics. National Vital Statistics System, Mortality 2018-2021 on CDC WONDER Online Database, released in 2021. Data are from the Multiple Cause of Death Files, 2018-2021, as compiled from data provided by the 57 vital statistics jurisdictions through the Vital Statistics Cooperative Program. Accessed at <http://wonder.cdc.gov/ucd-icd10-expanded.html> on Mar 4, 2024 3:28:21 PM

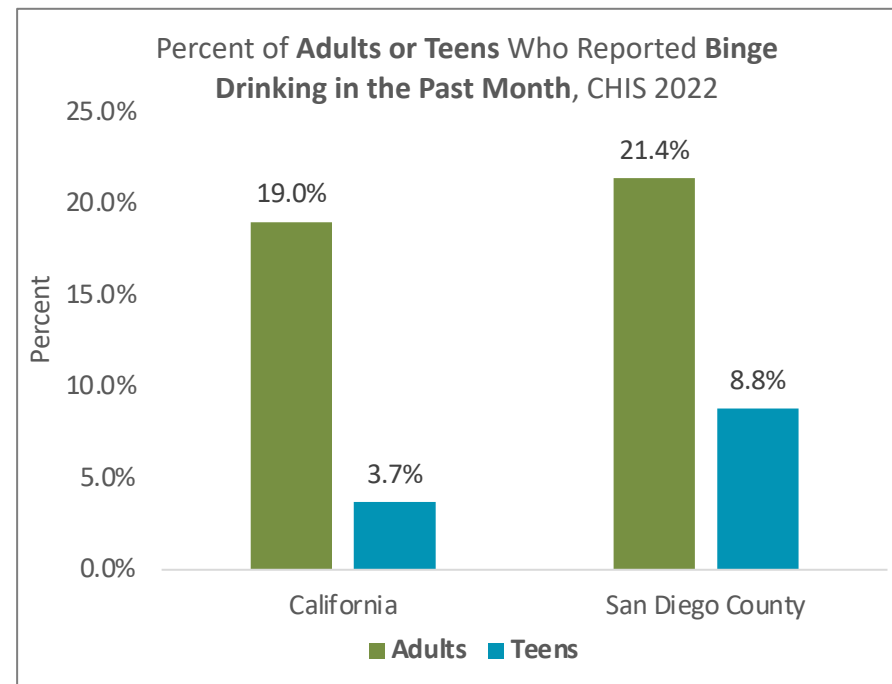
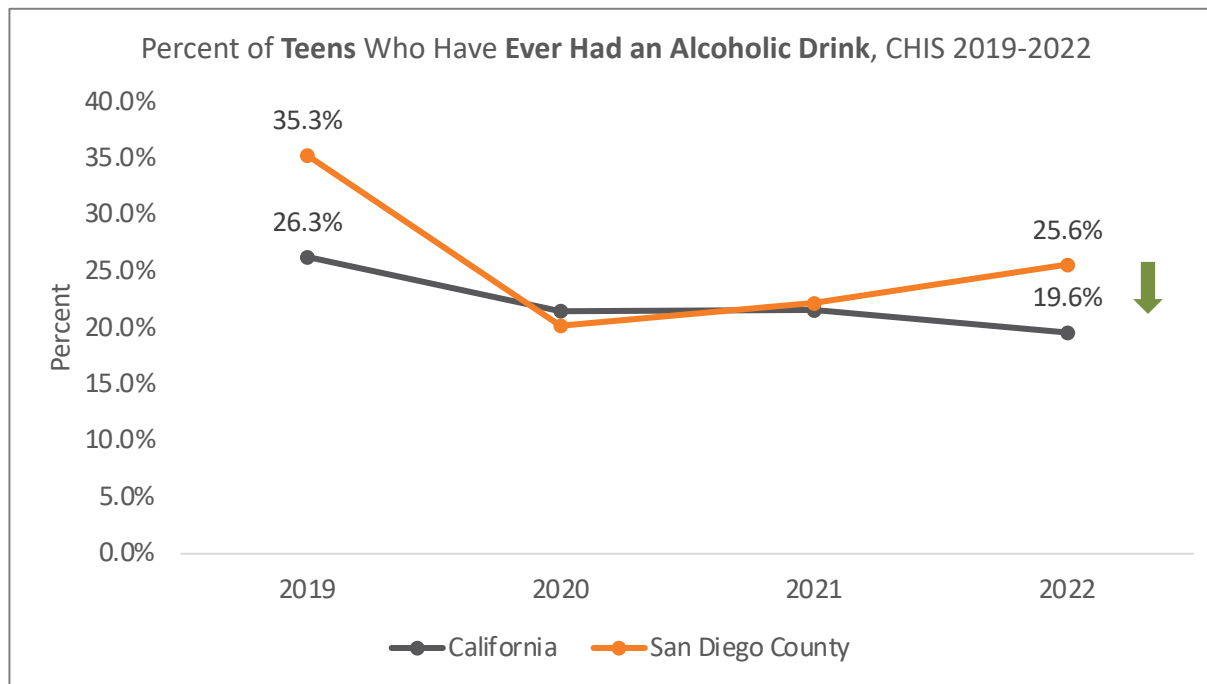
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CA Health Interview Survey: Binge Drinking and Alcohol Use



- From **2019 to 2022**, the percent of **teens** who have **ever had an alcoholic drink** have **decreased** in both San Diego County and California.
 - The percent of **teens** in **San Diego County** who have **ever drunk alcohol (25.6%)** were **higher** than the state (19.6%).
- In **2022**, the percent of **adults and teens** in **San Diego County** who reported **binge drinking** in the past month were **higher** than the state.

Source: UCLA Center for Health Policy Research, California Health Interview Survey, 2019-2022 "AskCHIS," <http://www.chis.ucla.edu> (Accessed on January 2024).

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Alcohol-Related Motor Vehicle Collisions

Alcohol-Related Motor Vehicle Collisions: Overall Trends

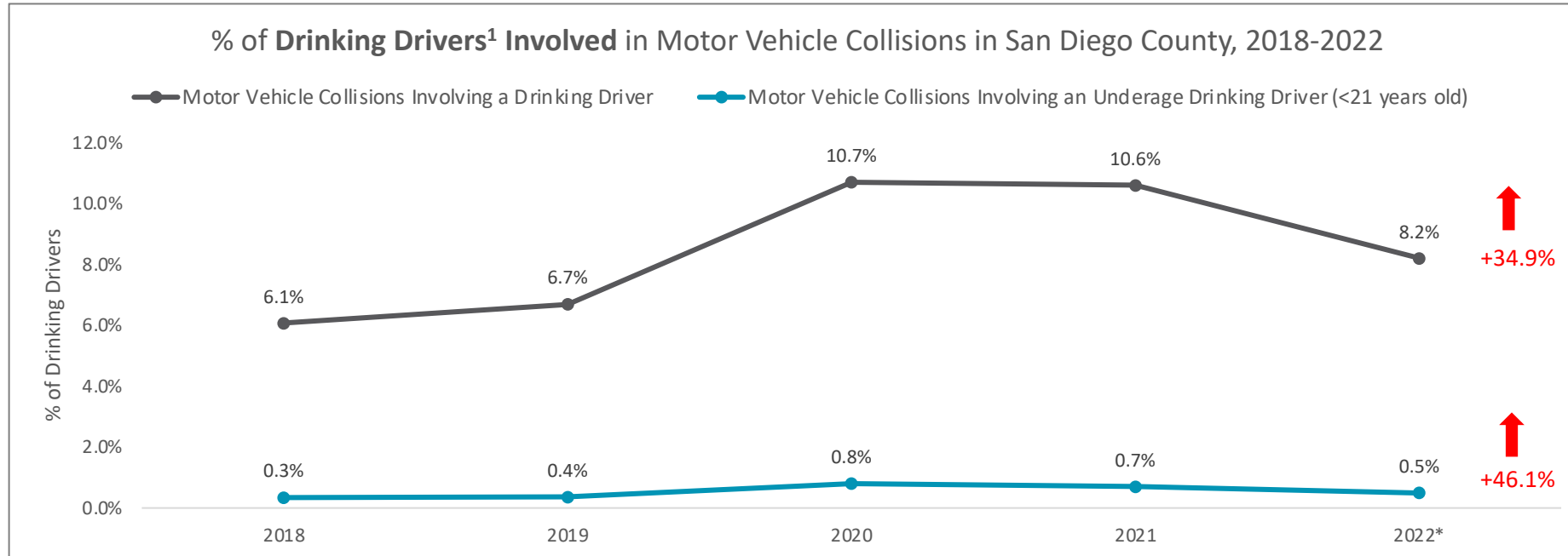


Alcohol-Related Motor Vehicle Injuries and Deaths from 2018 to 2022 Occurring on San Diego County's Public Roads												
Category	2018		2019		2020		2021		2022*		Trend 2018-2022	
	Count	Percent	Count	Percent	Count	Percent	Count	Percent	Count	Percent		
Drinking Drivers ¹ Involved in Motor Vehicle Collisions	1,634	6.1%	1,756	6.7%	2,031	10.7%	2,469	10.6%	1,866	8.2%	+34.9%	
Underage Drinking Drivers ¹ Involved in Motor Vehicle Collisions (<21 years old)	92	0.3%	95	0.4%	156	0.8%	153	0.7%	115	0.5%	+46.1%	
Those Involved in a Drinking & Driving Collision Who Were Killed ²	52	2.9%	51	2.6%	82	4.0%	88	3.6%	53	2.3%	-20.3%	
Those Involved in a Drinking & Driving Collision Who Were Injured ²	1,315	73.0%	1,330	67.1%	1,434	70.6%	1,763	71.4%	1,581	68.7%	-5.9%	
Those Killed in ANY Alcohol-Involved Collision ³	86	2.6%	85	2.5%	98	3.1%	106	2.7%	70	1.9%	-27.2%	
Those Injured in ANY Alcohol-Involved Collision ³	2,360	71.3%	2,433	70.5%	2,164	69.2%	2,714	70.0%	2,530	69.8%	-2.0%	

- **From 2018 to 2022**, the percentages of **drinking drivers** and **underage drinking drivers** involved in **motor vehicle collisions** had **slightly increased** in San Diego County.
- The percentages of **injuries or deaths** due to **alcohol-involved collisions** had **decreased** in San Diego County.
 - **2018** marked the year with the **highest percentage** of alcohol-involved motor vehicle **injuries**.
 - **2020** marked the year with the **highest percentage** of **drinking drivers** involved in motor vehicle collisions, **underage drinking drivers** involved in collisions, and **deaths** due to alcohol-related car accidents.

- ¹ Drinking drivers include motor vehicle drivers involved in a collision who were confirmed to have been drinking by an investigating officer. Includes those who were drinking & under the influence, drinking & not under the influence, and drinking with undetermined impairment.
- ² Those who were killed or injured in a drinking & driving collision includes all parties (driver, pedestrians, bicyclists, etc.) who died in an event where at least one drinking driver was involved.
- ³ Deaths and injuries among "any alcohol involved collision" includes all events where alcohol played a role in the collision among any number of party members (ie. pedestrian, passenger, driver, bicyclist, etc.) and not just solely involving a drinking driver.
- Data pertains to motor vehicle collisions that occurred on public roads, where at least one victim was injured/killed regardless of their disposition (ie. pedestrian, passenger, bicyclist, driver).
- Geographic location pertains to where the collision occurred and includes out of county residents.
- Source: Transportation Injury Mapping System (TIMS), accessed 2/2024

Drinking & Driving Related Motor Vehicle Collisions

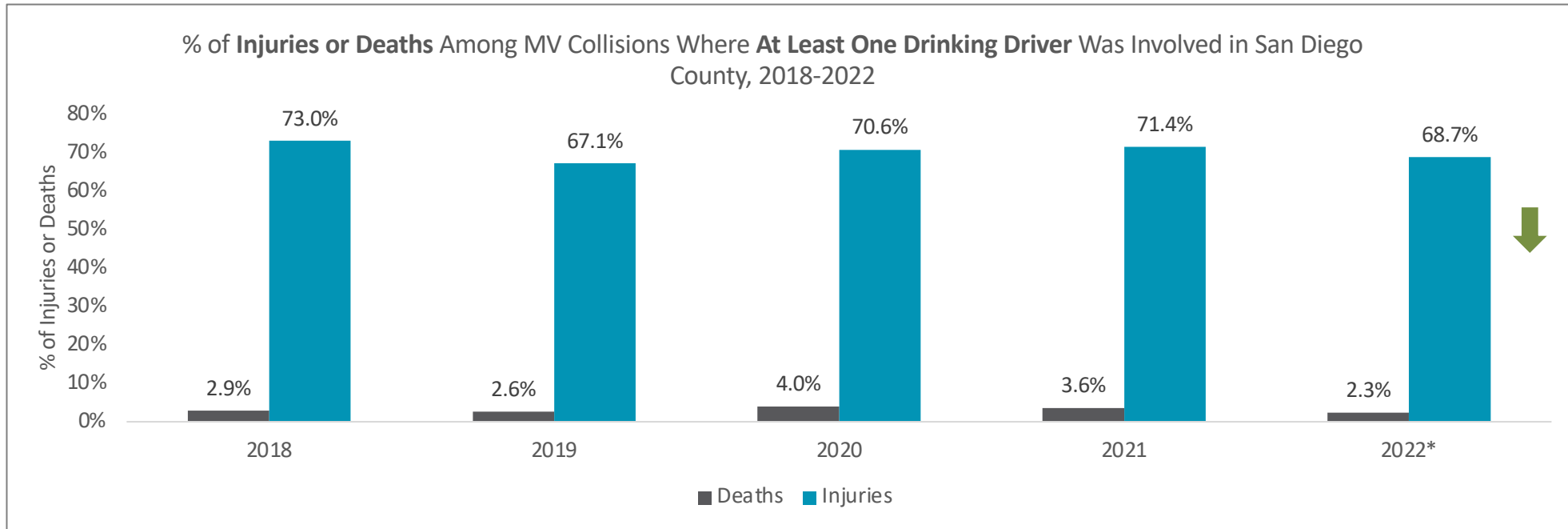


- **Drinking drivers** were confirmed to have been drinking by an investigating officer. This includes those who were **drinking & under the influence, drinking & not under the influence, and drinking with undetermined impairment.**
- From **2018 to 2022**, the percentage of motor vehicle collisions occurring in San Diego County involving a **drinking driver** increased by **34.9%**.
 - The percent of **underage drinking drivers** (under 21 years old) had increased by **46.1%** in the same time frame.
 - In **2022, 0.5% (115)** of all **drinking drivers** who were involved in a motor vehicle collision were **under 21 years old.**
 - In **2022, 86%** of **drivers who had been drinking alcohol** were determined to be **“at fault”** of the MV collision, regardless of their level of impairment.

¹ Drinking drivers include motor vehicle drivers involved in a collision who were confirmed to have been drinking by an investigating officer. Includes those who were drinking & under the influence, drinking & not under the influence, and drinking with undetermined impairment.

Source: Transportation Injury Mapping System (TIMS), accessed 2/2024

Drinking & Driving Related Motor Vehicle Collisions: Injuries or Deaths



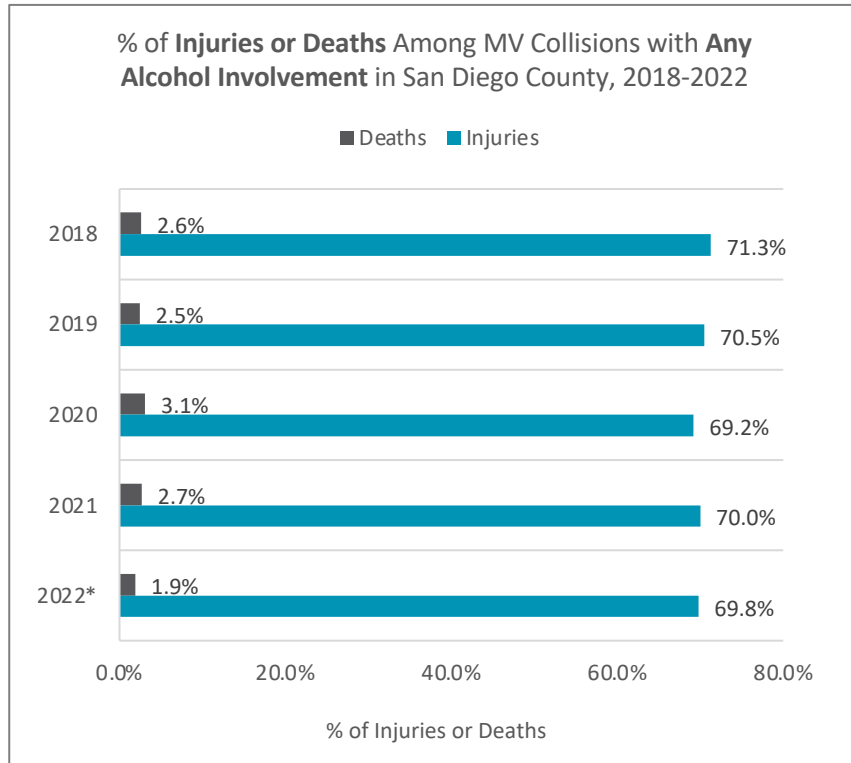
- Those who were **killed or injured** in a drinking & driving collision **includes all parties (driver, pedestrians, bicyclists, etc.)** who died or were injured in an event where **at least one drinking driver** was involved.
- Across all five years, the likelihood of **injury** from a **drinking and driving collision** was higher than the likelihood of death.
- From **2018 to 2022**:
 - The percent of those who **died** in a **drinking and driving** incident had **decreased by 20.3%**, whereas the percent of those who were **injured** had **decreased by 6%**.
- **In 2022**, 68.7% of those in a drinking and driving collision were injured, 2.3% were killed, and 29% were unharmed.

² Those who were killed or injured in a drinking & driving collision includes all parties (driver, pedestrians, bicyclists, etc.) who died in an event where at least one drinking driver was involved.

Source: Transportation Injury Mapping System (TIMS), accessed 02/2024

Alcohol-Related Motor Vehicle Collisions

Alcohol-Involved Motor Vehicle Collisions: Injuries or Deaths



City in San Diego County	2021		2022	
	% of those killed in an alcohol involved collision	% of those injured in an alcohol involved collision	% of those killed in an alcohol involved collision	% of those injured in an alcohol involved collision
CARLSBAD	2%	3%	4%	3%
CHULA VISTA	4%	6%	7%	5%
CORONADO	0%	0%	1%	1%
DEL MAR	0%	0%	0%	0%
EL CAJON	5%	3%	6%	3%
ENCINITAS	1%	2%	1%	2%
ESCONDIDO	1%	5%	0%	5%
IMPERIAL BEACH	0%	1%	0%	1%
LA MESA	3%	3%	4%	2%
LEMON GROVE	1%	2%	1%	1%
NATIONAL CITY	3%	4%	1%	3%
OCEANSIDE	10%	6%	0%	6%
POWAY	2%	0%	4%	1%
SAN DIEGO	29%	42%	29%	45%
SAN MARCOS	2%	2%	3%	2%
SANTEE	0%	0%	0%	1%
SOLANA BEACH	1%	0%	0%	0%
UNINCORPORATED	33%	19%	36%	17%
VISTA	4%	3%	1%	3%

- From **2018 to 2022**, the **likelihood of an injury** due to being involved in an alcohol-related collision was **higher** than the **likelihood of death**.
- In **2022**, the **City of San Diego** and **Unincorporated Area** had **higher percentages of injury or death** due to alcohol-involved motor vehicle collisions.
- From **2021 to 2022**, the **City of Chula Vista** had an **increase in deaths** due to alcohol-related collisions and a **decrease in injuries**.

³ Deaths and injuries among "any alcohol involved collision" includes all events where alcohol played a role in the collision among any number of party members (ie. pedestrian, passenger, driver, bicyclist, etc.) and not just solely involving a drinking driver.
Source: Transportation Injury Mapping System (TIMS), accessed 02/2024

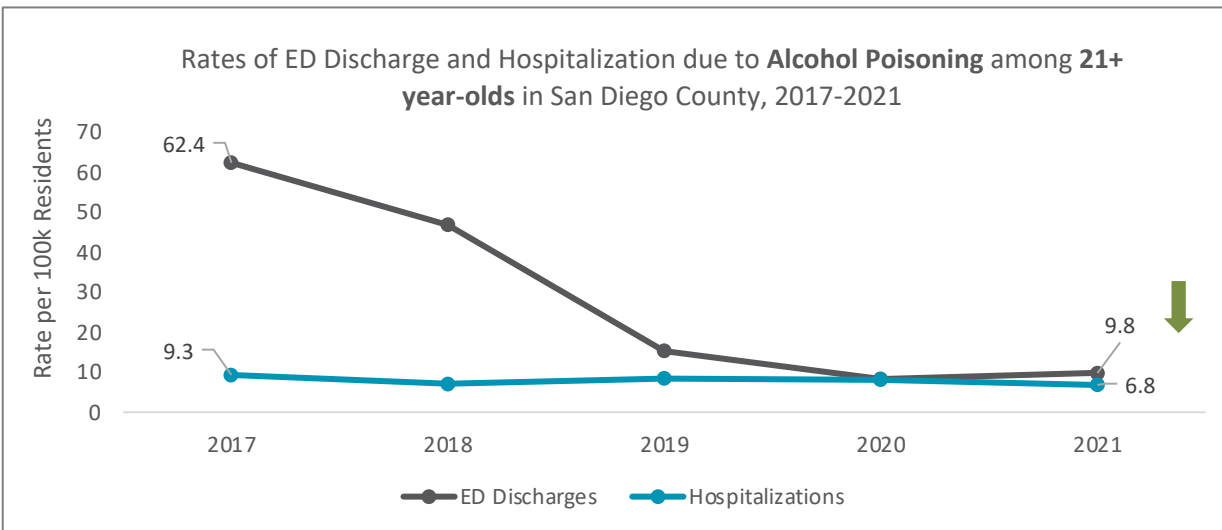
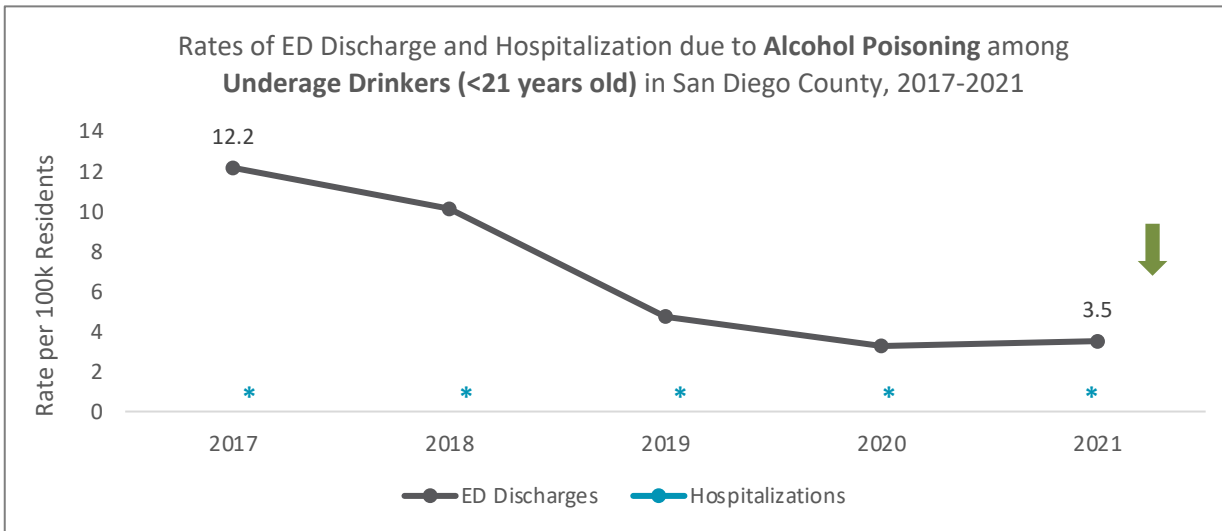
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Alcohol Poisoning: Overall Trends



*Rates are not shown for <11 encounters.

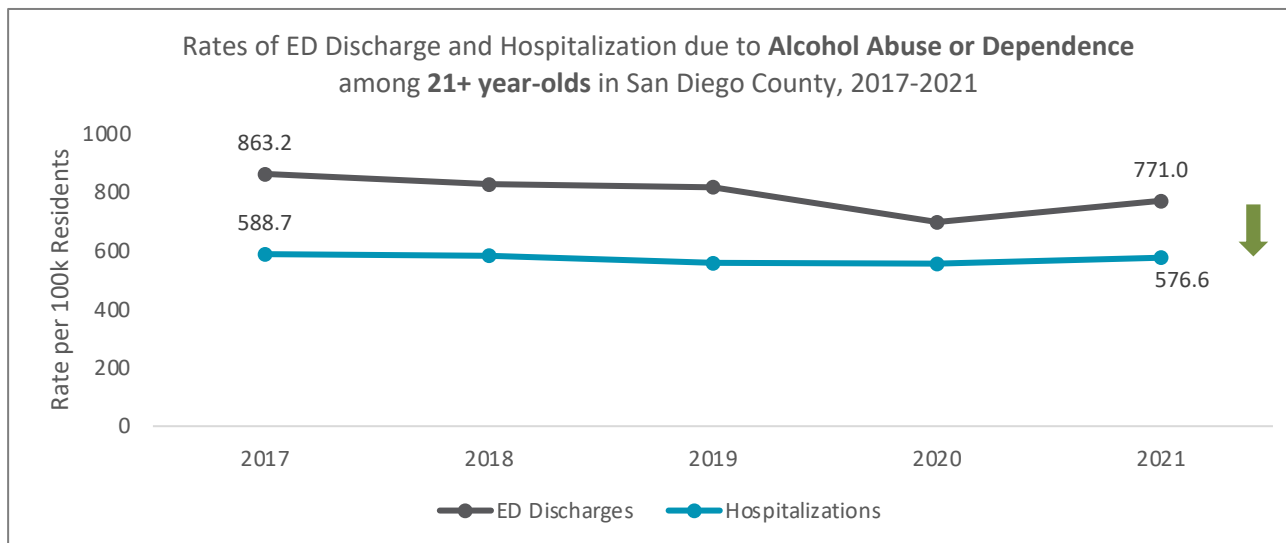
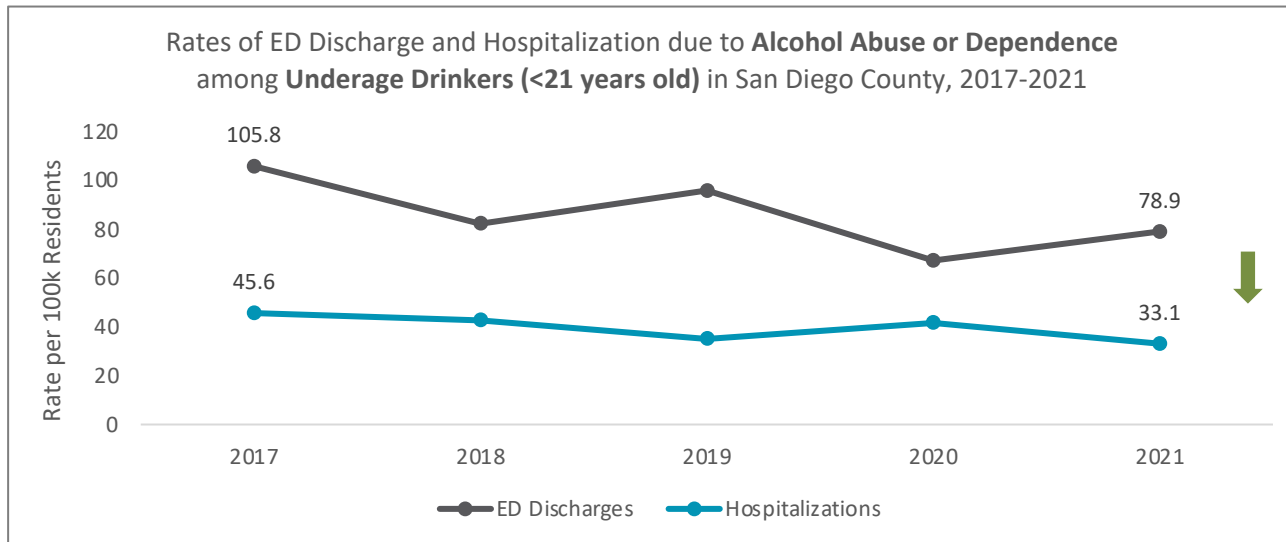
ED discharges and hospitalizations do not include fatal encounters. Rates are among San Diego County residents only.

Data includes those with any mention of alcohol poisoning or alcohol abuse or dependence within their medical record. Includes duplicate records for those with multiple visits.

Source: California Department of Public Health, California Department of Health Care Access and Information (HCAI), Patient Discharge Data & Emergency Department Data, (2017-2021).

- From **2017 to 2021**, the rates of **medical encounters** (ED discharge or hospitalization) due to **alcohol poisoning** had **decreased** overall in San Diego County.
- Across all 5 years, patients were **more likely** to be **discharged from the ED** for alcohol poisoning, rather than be hospitalized.
- **21+ year-olds** had **higher** rates of medical encounters due to **alcohol poisoning** compared to underage drinkers.
 - **In 2021:**
 - **ED discharges** due to **alcohol poisoning** among 21+ year-olds were **3x times higher** than underage drinkers.
 - **Hospitalizations** among 21+ year-olds were **higher** than underage drinkers.

Alcohol Abuse or Dependence: Overall Trends



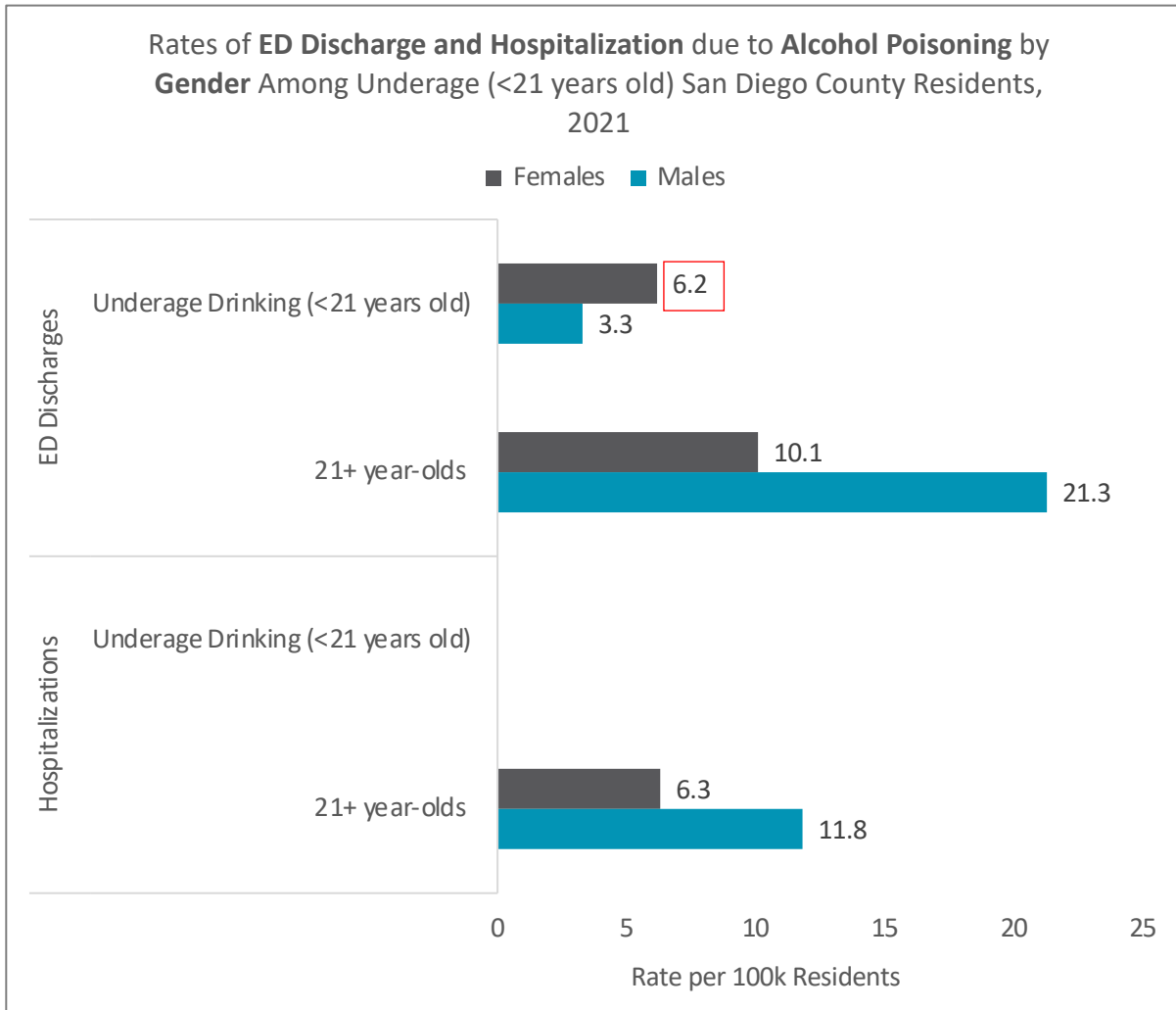
- From **2017 to 2021**, the **rates of medical encounters** due to **alcohol abuse or dependence** have **decreased** among underage drinkers as well as 21+ year-olds in San Diego County.
- Across all five years, patients were **more likely** to be **discharged from the ED** due to alcohol abuse or dependence rather than hospitalized.
- Overall, **21+ year-olds** had **higher** rates of medical encounters due to **alcohol abuse or dependence** compared to underage drinkers.
 - **ED discharges** among 21+ year-olds were **10x times higher** than underage drinkers.
 - **Hospitalizations** among 21+ year-olds were **17x higher** than underage drinkers.

ED discharges and hospitalizations do not include fatal encounters. Rates are among San Diego County residents only.

Data includes those with any mention of alcohol poisoning or alcohol abuse or dependence within their medical record. Includes duplicate records for those with multiple visits.

Source: California Department of Public Health, California Department of Health Care Access and Information (HCAI), Patient Discharge Data & Emergency Department Data, (2017-2021).

Alcohol Poisoning: By Gender



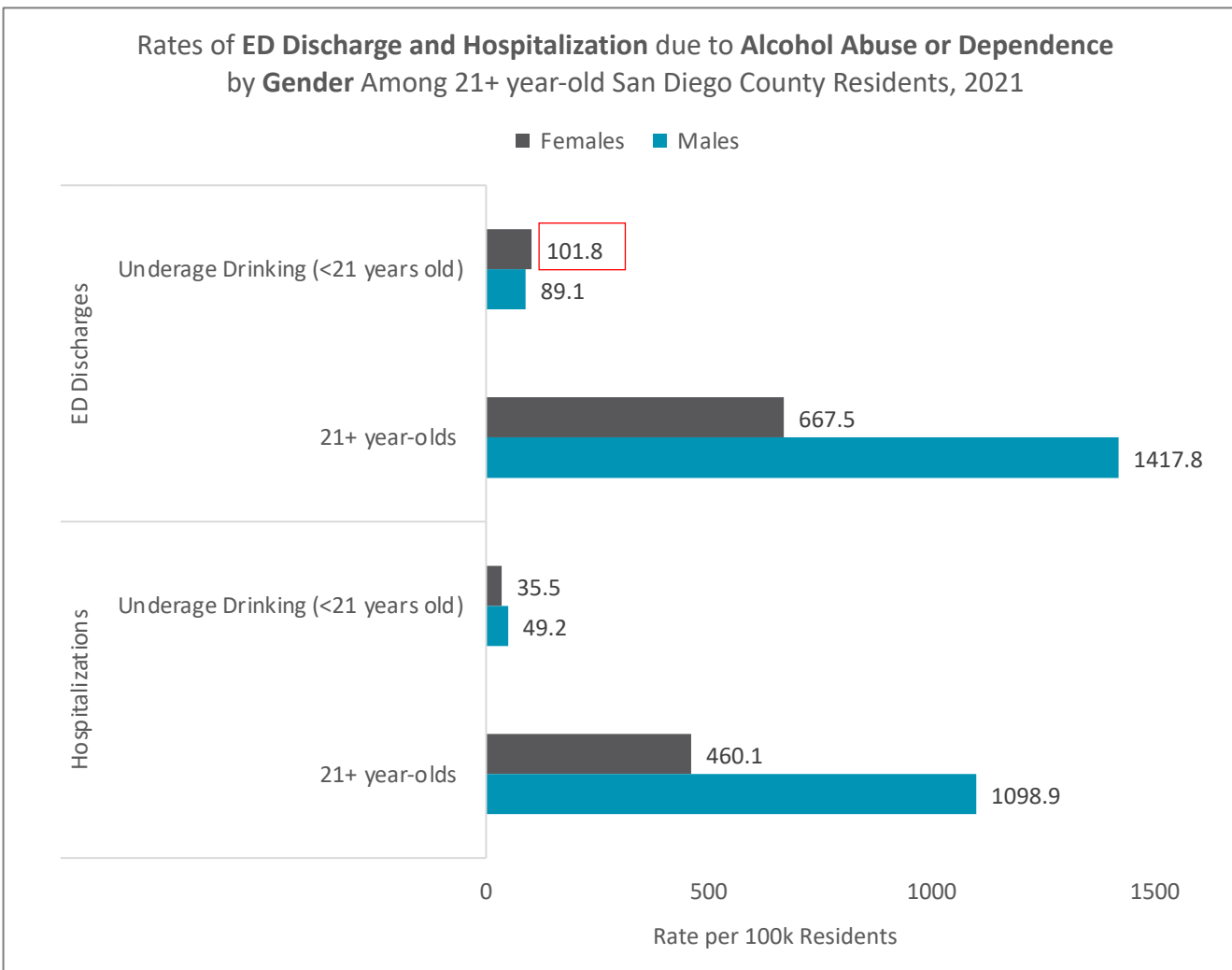
- **Alcohol poisoning** varied by gender and age groups in 2021.
- Generally, **males** had **higher** rates of medical encounters due to **alcohol poisoning** across all age groups, with the **exception of ED discharges**.
- In **2021**, the rate of **ED discharge** due to **alcohol poisoning** among **underage drinkers** was **2x higher** among **females** compared to **males**.
- **Males** had **higher** rates of:
 - **ED discharge** due to alcohol poisoning among **21+ year-olds**
 - **Hospitalization** due to alcohol poisoning among **underage drinkers** and **21+ year olds**.
- The rate of **ED discharge** due to **alcohol poisoning** was **higher than** the rate of **hospitalization** for all age groups and genders.

Rates are not shown for <11 encounters. ED discharges and hospitalizations do not include fatal encounters. Rates are among San Diego County residents only.

Data includes those with any mention of alcohol poisoning or alcohol abuse or dependence within their medical record. Includes duplicate records for those with multiple visits.

Source: California Department of Public Health, California Department of Health Care Access and Information (HCAI), Patient Discharge Data & Emergency Department Data, 2021.

Alcohol Abuse or Dependence: By Gender



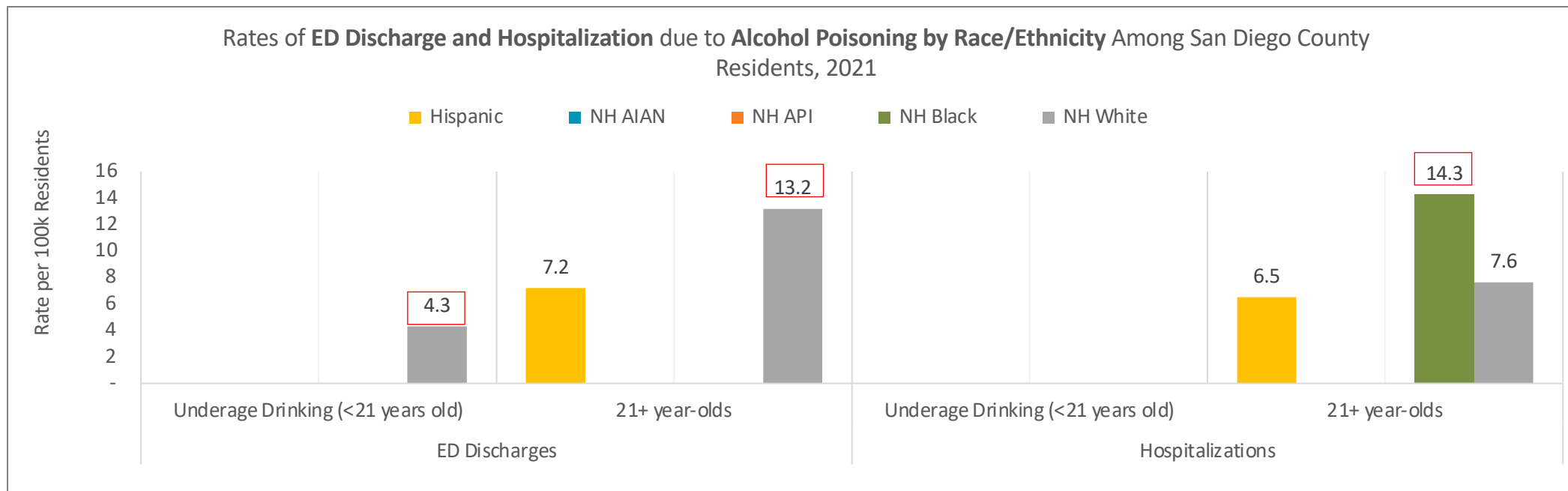
Rates are not shown for <11 encounters

ED discharges and hospitalizations do not include fatal encounters. Rates are among San Diego County residents only.

Data includes those with any mention of alcohol poisoning or alcohol abuse or dependence within their medical record. Includes duplicate records for those with multiple visits.

Source: California Department of Public Health, California Department of Health Care Access and Information (HCAI), Patient Discharge Data & Emergency Department Data, 2021

- Generally, **males** had **higher** rates of medical encounters due to **alcohol abuse or dependence** across all age groups, with the **exception of ED discharges**.
- In **2021**, the rate of **ED discharge** due to **alcohol abuse or dependence** among **underage drinkers** was **higher** among **females** compared to **males**.
- **21+ year-olds** had **higher rates** of medical encounters due to alcohol abuse or dependence compared to underage drinkers.
- The rate of **ED discharge** was also **higher** than the rate of **hospitalization** due to alcohol abuse or dependence for all genders and age groups.



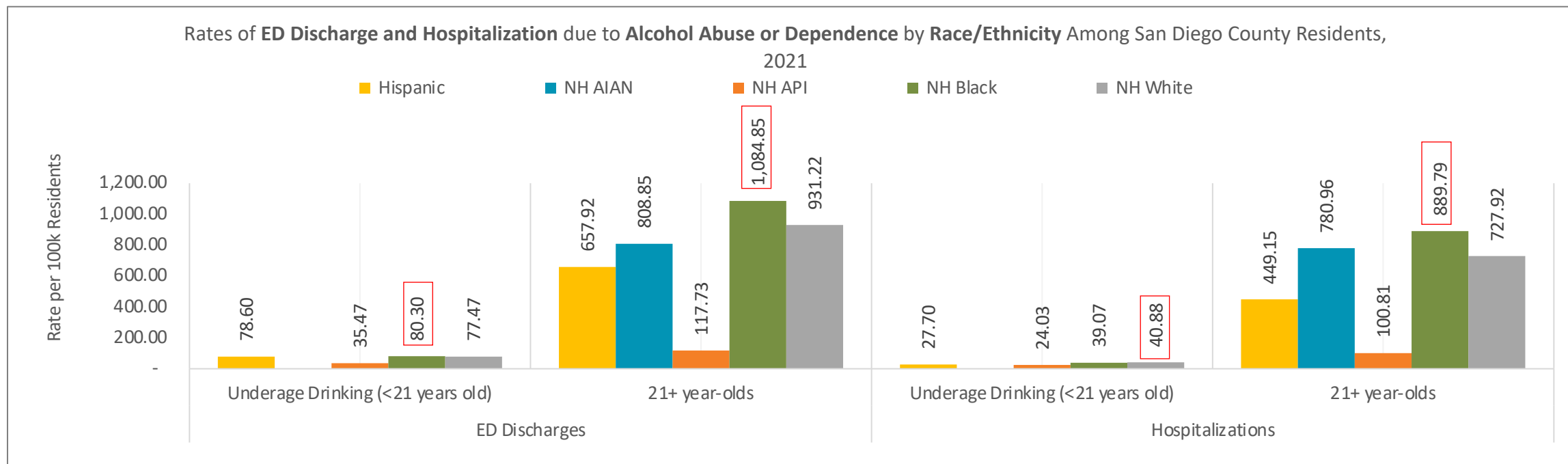
- Among **underage drinkers**, **non-Hispanic white** residents had **higher emergency department discharge** rates due to **alcohol poisoning** compared to all other races/ethnicities.
- Additionally, among those **ages 21 and over**, **non-Hispanic black** residents had **higher hospitalization** rates due to **alcohol poisoning** compared to all other groups in 2021.

Rates are not shown for <11 encounters

ED discharges and hospitalizations do not include fatal encounters. Rates are among San Diego County residents only.

Data includes those with any mention of alcohol poisoning or alcohol abuse or dependence within their medical record. Includes duplicate records for those with multiple visits.

Source: California Department of Public Health, California Department of Health Care Access and Information (HCAI), Patient Discharge Data & Emergency Department Data, 2021.



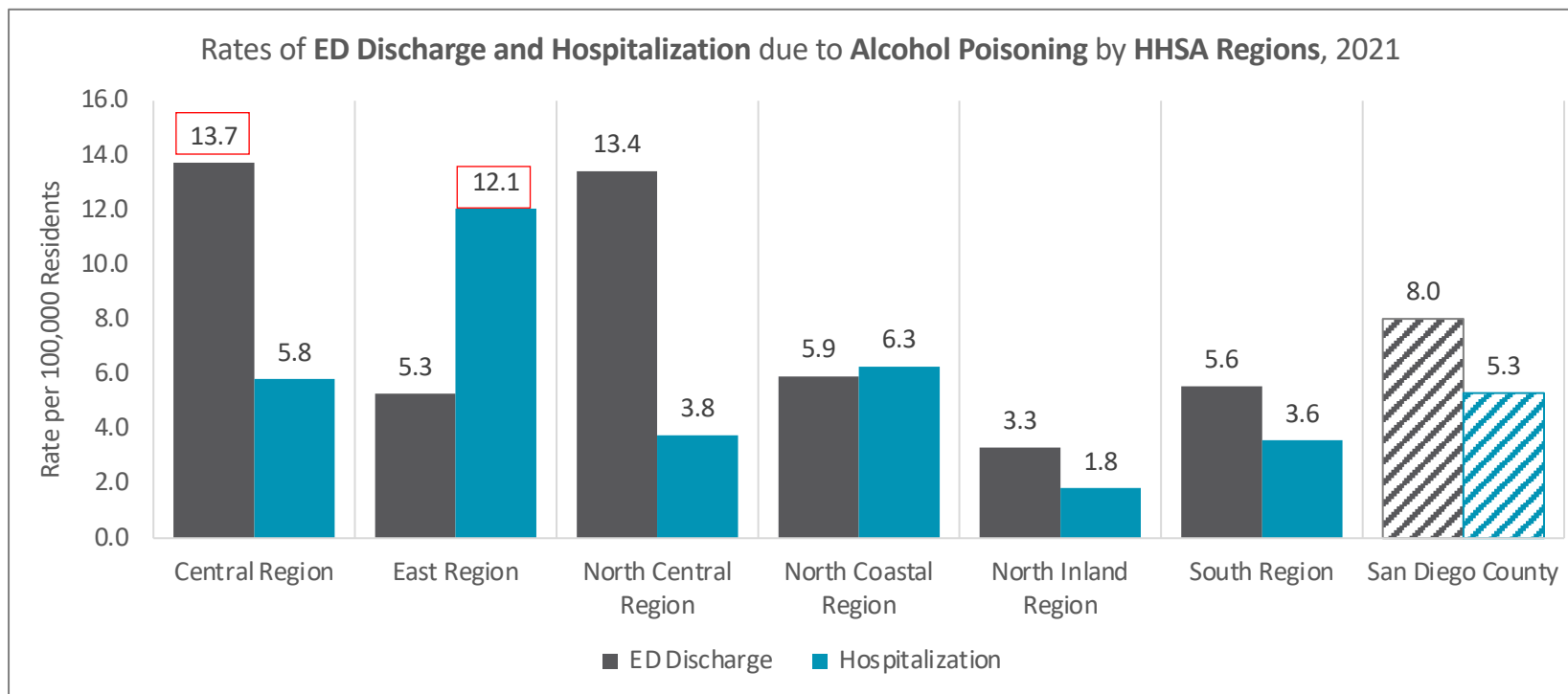
- Among **underage drinkers (<21 years old)**:
 - **Non-Hispanic black** residents had higher rates of **ED discharge** due to alcohol abuse or dependence.
 - **Non-Hispanic white** residents had higher rates of **hospitalization** due to alcohol abuse and dependence.
- Among **21+ year-olds**:
 - **Non-Hispanic black** residents had **higher** rates of **ED discharge and hospitalization** due to alcohol abuse or dependence compared to all other racial/ethnic groups.

Rates are not shown for <11 encounters

ED discharges and hospitalizations do not include fatal encounters. Rates are among San Diego County residents only.

Data includes those with any mention of alcohol poisoning or alcohol abuse or dependence within their medical record. Includes duplicate records for those with multiple visits.

Source: California Department of Public Health, California Department of Health Care Access and Information (HCAI), Patient Discharge Data & Emergency Department Data, (2017-2021).



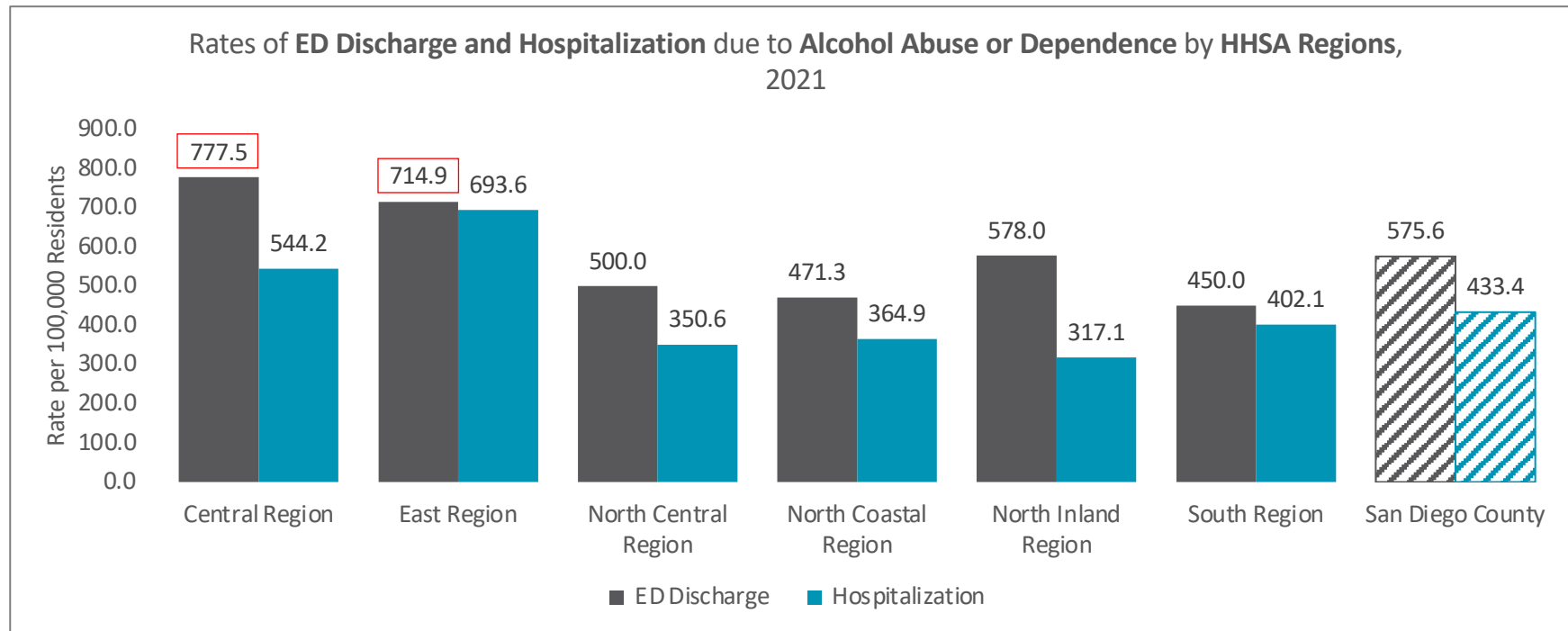
- In **2021**:
 - The rate of **ED discharge** due to **alcohol poisoning** was highest in **Central region** (1.7 times higher than the county rate).
 - The rate of **hospitalization** due to **alcohol poisoning** was highest in **East region** (2.3 times higher than the county rate).

Rates are not shown for <11 encounters

ED discharges and hospitalizations do not include fatal encounters. Rates are among San Diego County residents only.

Data includes those with any mention of alcohol poisoning or alcohol abuse or dependence within their medical record. Includes duplicate records for those with multiple visits.

Source: California Department of Public Health, California Department of Health Care Access and Information (HCAI), Patient Discharge Data & Emergency Department Data, (2017-2021).



- In **2021**:
 - The rate of **ED discharge** due to **alcohol abuse or dependence** was highest in **Central region** (1.4 times higher than the county rate).
 - The rate of **hospitalization** due to **alcohol abuse or dependence** was highest in **East region** (1.6 times higher than the county rate).

Rates are not shown for <11 encounters

ED discharges and hospitalizations do not include fatal encounters. Rates are among San Diego County residents only.

Data includes those with any mention of alcohol poisoning or alcohol abuse or dependence within their medical record. Includes duplicate records for those with multiple visits.

Source: California Department of Public Health, California Department of Health Care Access and Information (HCAI), Patient Discharge Data & Emergency Department Data, (2017-2021).

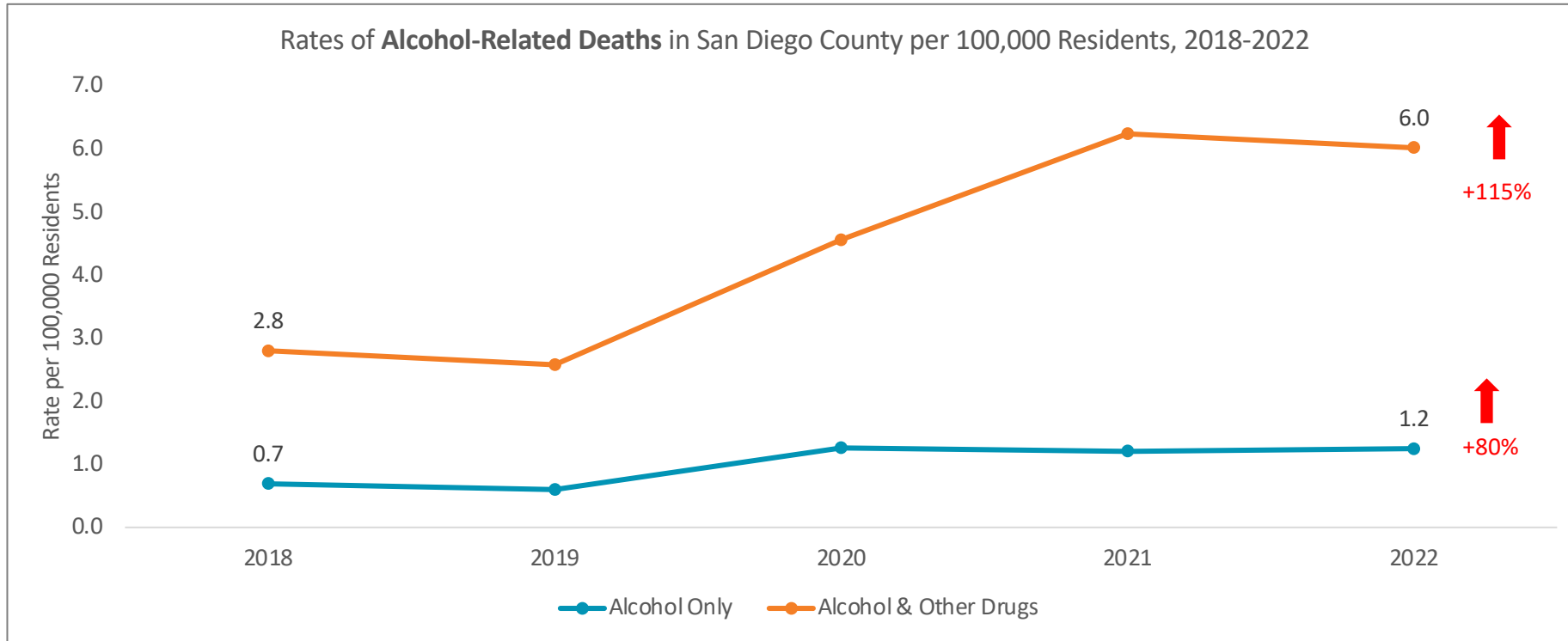
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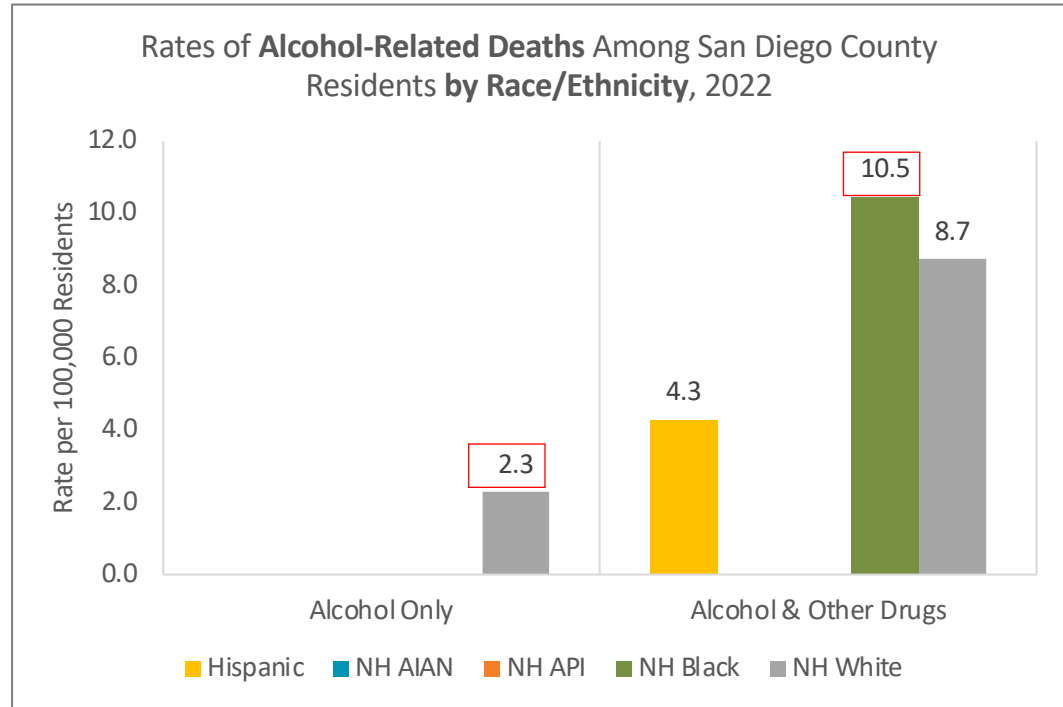
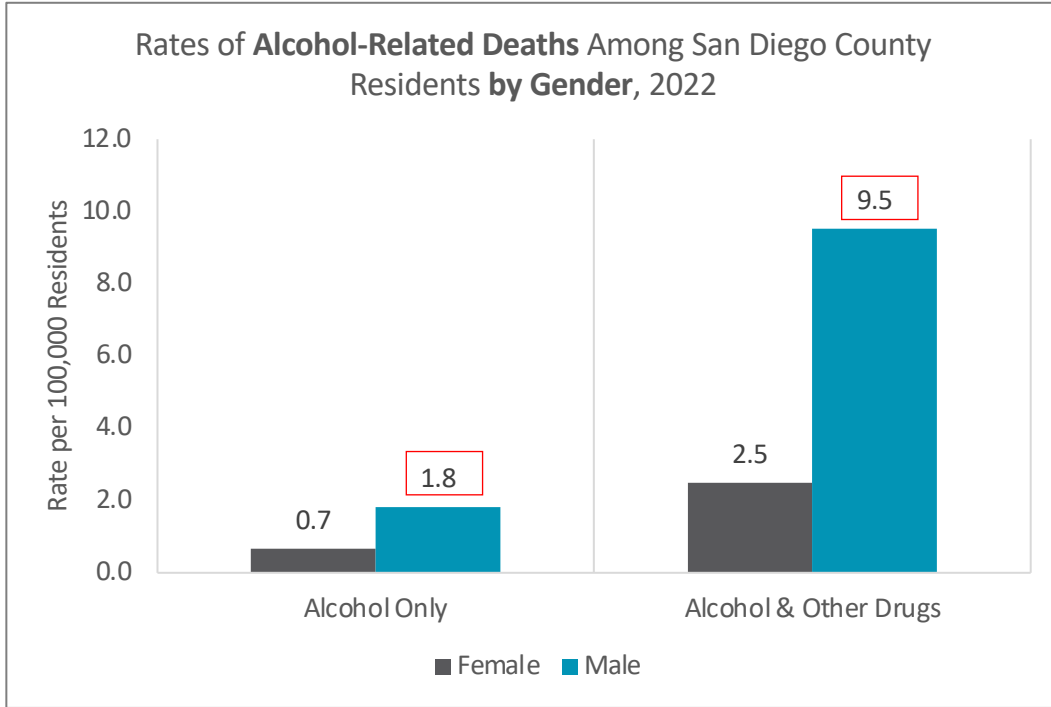
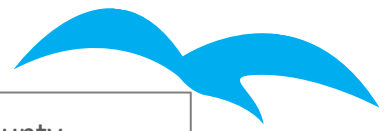
Alcohol-Related Deaths: Overall Trends



- **2021** marked the year with the **highest alcohol-related death rate** in San Diego County.
- From **2018 to 2022**, the death rate due to alcohol **increased by:**
 - **80%** due to **alcohol-only** overdoses
 - **115%** due to overdoses among co-occurring **alcohol use with other drugs**

Note: The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality including those of alcohol-related deaths. Data includes those with a closed death record where the cause of death was alcohol-related. Does not include out of county residents who had died in San Diego County limits. Source: County of San Diego, Department of the Medical Examiner, Death Records (2018-2022).

Alcohol-Related Deaths: By Gender & Race/Ethnicity



- **Males** had **higher rates** of alcohol-related deaths compared to females in 2022.
- **In 2022**, the rate of alcohol overdose deaths among males was higher than the county.
- From **2018 to 2022**, **males** had the **greatest increase** in overdose deaths due to **alcohol with other drugs (+128%)**.

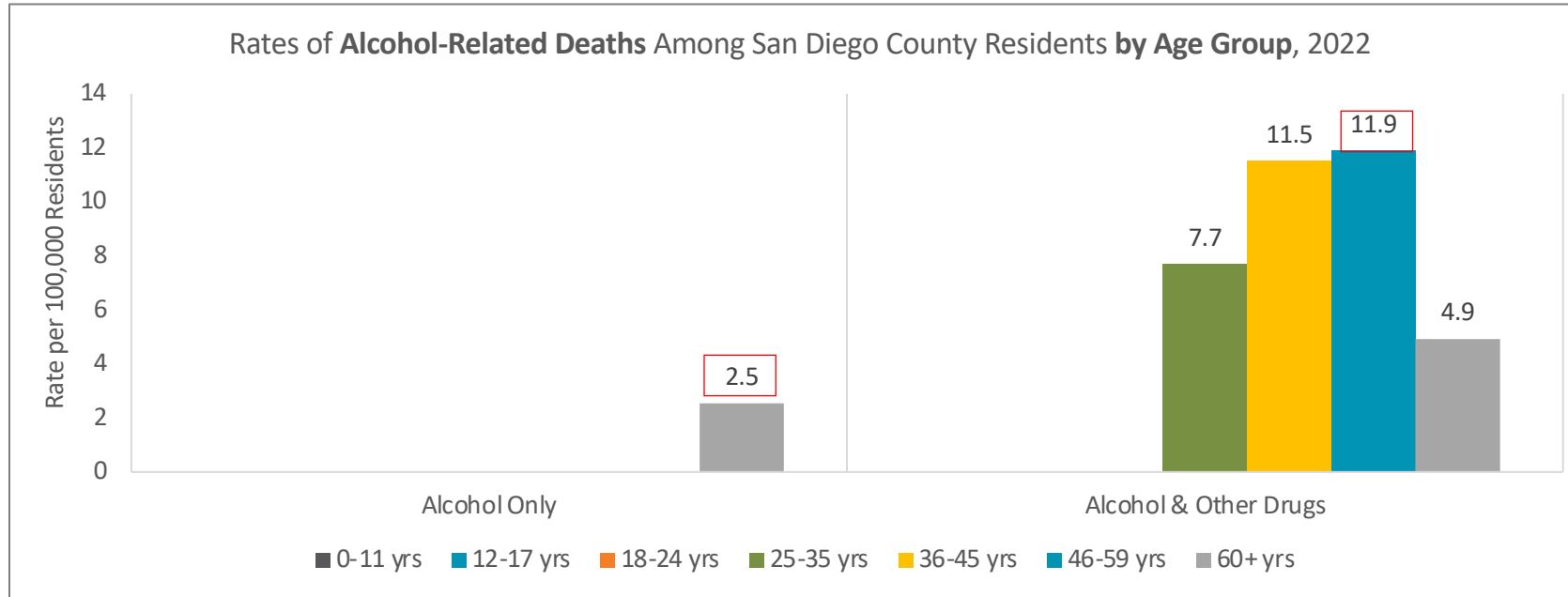
- **Non-Hispanic white** residents had **higher rates** of **alcohol-only** deaths compared to all other groups in 2022.
- Additionally, **non-Hispanic black** residents had **higher rates** of death due to **alcohol use with other drugs** compared to all other racial/ethnic groups.
- From **2018 to 2022**, **Hispanic** residents had the **greatest increase** in deaths due to overdose from **alcohol with other drugs (+168%)**.

Rates are suppressed for <11 deaths.

Data includes those with a closed death record where the cause of death was alcohol-related. Does not include out of county residents who had died in San Diego County limits.

Source: County of San Diego, Department of the Medical Examiner, Death Records (2018-2022).

Alcohol-Related Deaths: By Age Group



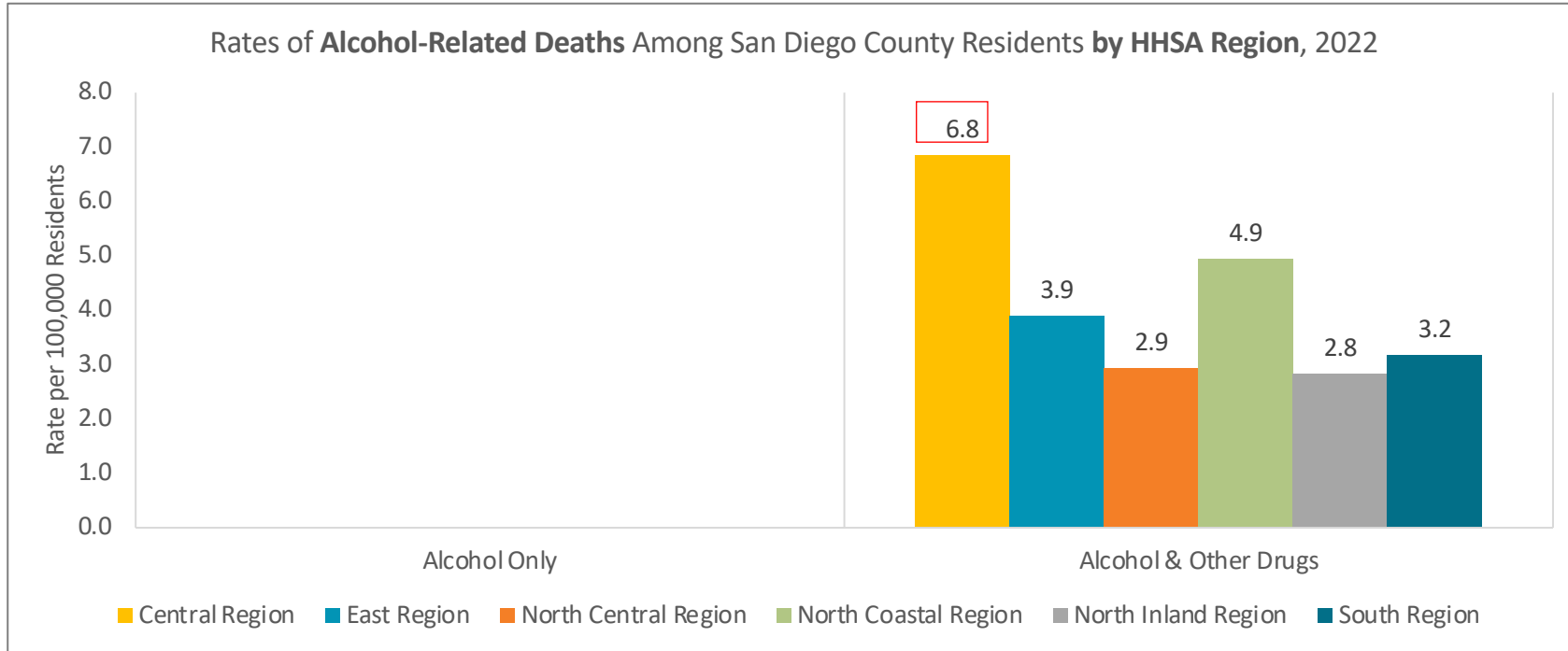
- There were **less than 11** alcohol-related deaths for those **under the drinking age (<21 years old)** from 2018-2022. Any rates for <11 deaths are suppressed and not displayed.
- **In 2022:**
 - the rate of **alcohol-only** deaths was highest among **60+ year-olds** compared to all other age groups.
 - the rate of overdose due to **alcohol use with other drugs** was highest among **46-59 year-olds**.
- From **2018 to 2022**, **36-45 year-olds** had the **greatest increase** in overdose deaths due to **alcohol with other drugs (+279%)**.

Rates are not shown for <11 deaths.

Data includes those with a closed death record where the cause of death was alcohol-related. Does not include out of county residents who had died in San Diego County limits.

Source: County of San Diego, Department of the Medical Examiner, Death Records (2018-2022).

Alcohol-Related Deaths: HHS Region



- In **2022**, **Central Region** residents had the highest rates of overdose **death** due to **alcohol use with other drugs**.
 - This rate was higher than the county rate in 2022 (6.0 per 100,000 residents).
- From **2018 to 2022**, the region with the **greatest increase** in alcohol overdose deaths was **North Coastal Region (+151%)**.

Rates are not shown for <11 deaths.

Data includes those with a closed death record where the cause of death was alcohol-related. Does not include out of county residents who had died in San Diego County limits.

Source: County of San Diego, Department of the Medical Examiner, Death Records (2018-2022).

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4. Emergency Department Visits & Hospitalizations
5. Mortality Data
6. Summary





SUMMARY

Alcohol Consumption Behaviors

- In San Diego County, the percent of adults who reported binge drinking in the past month (21%) were higher than the national (~16%) and state level (19%) (California).
 - Among underage drinkers, the percent of teens who have ever had an alcoholic drink (25.3%) in San Diego County were higher than the national level (23%) and the state level (19.6%) (California).
- According to the CA Health Interview Survey (2019-2022):
 1. The percent of teens who have ever had an alcoholic drink have decreased in both San Diego County and California.
 1. The percent of teens in San Diego County who have ever drank alcohol (25.6%) were higher than the state (19.6%).
 2. In 2022, the percent of adults and teens in San Diego County who reported binge drinking in the past month were higher than the state.



SUMMARY CONTINUED

Alcohol and Motor Vehicle Collisions

- In 2022, 86% of drivers who had been drinking alcohol were determined to be “at fault” of the MV collision, regardless of their level of impairment.
- The percentage of motor vehicle collisions involving a drinking driver had increased from 2018 to 2022 in San Diego County.
 - The percentage of injuries and deaths among alcohol-related motor vehicle collisions had decreased in San Diego County.
 - The percentage of injuries among alcohol-related motor vehicle collisions were higher than the percentage of deaths across 5 years (2018 to 2022).
- The City of San Diego, as well as the unincorporated areas had higher percentages of alcohol-related motor vehicle collisions compared to all other cities in San Diego County in 2021 and 2022.



SUMMARY CONTINUED

Alcohol-Related Medical Encounters

- From 2017 to 2021, the rate of medical encounters due to alcohol poisoning and abuse/dependence had decreased over time.
- Across all 5 years, the rate of medical encounters due to alcohol abuse or dependence were higher than the rates due to alcohol poisoning.
 - Additionally, the rates of emergency department visits were much higher than the rates of hospitalization due to alcohol-related disorders.
- In 2021, the rate of emergency department discharges due to alcohol poisoning and alcohol abuse or dependence were higher among females under 21 years old compared to males under 21 years old.
 - Alternatively, males had higher rates of:
 - ED discharge due to alcohol poisoning (21+ year-olds)
 - Hospitalization due to alcohol poisoning (both under 21 and 21+ year-olds)
 - ED discharge and hospitalization due to alcohol abuse or dependence (21+ year-olds)
- In 2021, Non-Hispanic black and non-Hispanic white residents had disproportionately higher rates of medical encounters due to alcohol poisoning as well as alcohol abuse or dependence compared to all other racial/ethnic groups in San Diego County.
 - Non-Hispanic white residents had higher rates of ED discharge due to alcohol poisoning.
 - Non-Hispanic black residents had higher rates of hospitalization due to alcohol poisoning.
 - Non-Hispanic black residents had higher rates of ED discharge and hospitalization due to alcohol abuse or dependence.



SUMMARY CONTINUED

Alcohol-Related Mortality

- While the rate of alcohol deaths had decreased from 2017 to 2021, a more recent trend from 2019 to 2020 showed a sharp increase in alcohol deaths (+76%) among all San Diego County residents.
- 2020 had marked the year with the highest rates of alcohol related deaths among all San Diego County residents to date.
- From 2017 to 2021, the rate of alcohol-related deaths was highest among:
 - Male residents
 - 45 to 59 year-olds, with the exception of 2020 where the death rate among 25 to 35 year-olds had exceeded all other age groups.
 - Non-Hispanic white residents, with the exception of 2020 where the death rate among non-Hispanic black residents had exceeded all other racial/ethnic groups.
 - Central region residents, which were higher than the county rate across all 5 years.



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