ABOUT US

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Mission: Healthy Marylanders Living in Healthy Communities

Vision: To improve public health in Maryland through education and advocacy
Which cancers?

- Oral cavity/pharynx/larynx
- Esophagus (squamous cell)
- Female breast
- Colon/rectum
- Liver
- Stomach (at high consumption levels)
- (Maybe: lung, pancreas, skin, prostate)
- Protective?: kidney, non-Hodgkin lymphoma
Cancer incidence and mortality related to alcohol use

- In the U.S., 5.6% of cancer cases and 4.0% of cancer deaths attributable to alcohol. 

![Graph showing estimated cancer cases attributable to alcohol, Adults 30+ yrs, 2014.](image)

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Alcohol in comparison to other modifiable risk factors

<table>
<thead>
<tr>
<th>Risk Factor</th>
<th>Estimated Proportion</th>
<th>Estimated Number of Cases</th>
</tr>
</thead>
<tbody>
<tr>
<td>All risk factors</td>
<td>19.0%</td>
<td>659,640 (650,150-669,120)</td>
</tr>
<tr>
<td>Cigarette smoking</td>
<td>7.8%</td>
<td>298,970 (296,350-301,630)</td>
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<tr>
<td>Excess body weight</td>
<td>5.6%</td>
<td>123,300 (118,380-127,820)</td>
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<tr>
<td>Alcohol</td>
<td>4.7%</td>
<td>87,600 (78,630-96,390)</td>
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<tr>
<td>UV radiation</td>
<td>2.9%</td>
<td>74,460 (73,930-74,930)</td>
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<tr>
<td>Physical inactivity</td>
<td>1.9%</td>
<td>46,300 (40,490-52,150)</td>
</tr>
<tr>
<td>Low fruit/vegetables</td>
<td>1.8%</td>
<td>29,090 (25,820-32,750)</td>
</tr>
<tr>
<td>HPV infection</td>
<td>0.9%</td>
<td>29,010 (27,940-30,080)</td>
</tr>
<tr>
<td>Low fiber</td>
<td>0.8%</td>
<td>14,460 (11,620-16,290)</td>
</tr>
<tr>
<td>Processed meat</td>
<td>0.5%</td>
<td>12,650 (10,460-14,830)</td>
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<tr>
<td>Red meat</td>
<td>0.5%</td>
<td>7,540 (6,550-9,560)</td>
</tr>
<tr>
<td>HIV infection</td>
<td>0.4%</td>
<td>7,450 (6,060-8,990)</td>
</tr>
<tr>
<td>H. Pyl. infection</td>
<td>0.5%</td>
<td>7,410 (6,890-7,890)</td>
</tr>
<tr>
<td>HCV infection</td>
<td>0.4%</td>
<td>6,940 (5,130-8,330)</td>
</tr>
<tr>
<td>Low calcium</td>
<td>0.4%</td>
<td>6,900 (6,370-7,440)</td>
</tr>
<tr>
<td>Secondhand smoke</td>
<td>0.4%</td>
<td>5,840 (4,480-7,310)</td>
</tr>
<tr>
<td>HBV infection</td>
<td>0.1%</td>
<td>1,760 (1,150-2,320)</td>
</tr>
<tr>
<td>HHV8 infection</td>
<td>0.1%</td>
<td>1,040 (980-1,110)</td>
</tr>
</tbody>
</table>

Estimated Proportion and Number of Incident Cancer Cases Attributable to Evaluated Risk Factors in Adults 30+ Years, US, 2014

Islami, et al., 2018.
What do we know about the impact of alcohol during this pandemic?

COVID experience with alcohol

- Research from previous epidemics—swine flu, SARS
- Stress, isolation, boredom—triggers for alcohol use
- More leisure time, fewer alternative activities may lead to increased use
- Alcohol weakens the immune system response
- Alcohol sales 10-20% higher in March and April 2020 than 2019 (NIAAA, 2020)
- Relaxation of regulation—home delivery, cocktails to go
- Relaxation of enforcement—not checking IDs for curbside pickup, suspension of inspections
Drinking Alcohol When Working from Home

40% of Maryland workers are drinking alcohol at home during working hours.
COVID and Alcohol: Research

- 1/3 of Americans drinking more now than before the pandemic
  - 1/3 working from home reported drinking during working hours

- Parents who feel stressed about distance learning drank 7 more drinks a month than those who did not feel stressed
  - These parents are also twice as likely to report binge drinking

- Average # of drinks/day and binge drinking rose 26-27% between Feb and April
  - Largest rise was in households with kids at home

- 14% increase in alcohol use; 41% increase in heavy drinking in women

Sonnenschein et al, 2020, Barbosa et al, 2020, Pollard et al, 2020, alcohol.org
Overall effects

- Short term effects
  - Impact on youth at home through domestic violence, child maltreatment
  - Impact of alcohol on the immune system in responding to COVID-19
  - Additional risk factor for depression, suicide

- Long term effects
  - For those who are drinking moderately, could lead to escalation into alcohol abuse or dependence
  - Longer term health effects from increase in consumption
  - Modeling of unhealthy drinking behaviors?
Kingdon’s Stream Model

Policy Window

- Problem Stream
- Policy Stream
- Politics Stream
Maryland 2021 General Assembly Session

- **SB205/HB12**: Sale or delivery of alcoholic beverages for off-premises consumption (“cocktails to-go”)
  - Introduced as permanent legislation with no limiting parameters

- **SB763/HB996**: “Healthy Food Accountability Act of 2021”
  - Requires a local licensing board to issue an off-premise license to retail grocery stores, delivery grocery stores, and chain stores (e.g., Royal Farms, Costco)
  - Could effectively double the number of licenses in the state overnight
The Message

- What is missing from the legislative conversation:
  - Considerations for additional burden on administration and enforcement
  - Impact of increasing alcohol outlet density
    - Restaurants turning into de facto liquor stores
  - Implications for product innovations
  - Stories from local licensing boards and enforcement officers
Bring data to the table

- A University of Maryland law student called all jurisdictions in MD (25)
- 16 responded
  - 13 had not performed any compliance checks
  - Many reported being underfunded and understaffed to monitor new carryout and delivery licenses
  - Concerned about COVID exposure
  - Overall concerned about increasing number of licenses to monitor, inability to charge a fee, open container and drunk driving violations, lack of local liquor board autonomy, cross-border enforcement
55% of businesses did not check ID

Only 15% stated that IDs would be checked at pickup
Final bill was much improved

- Legislation only applies in jurisdictions in which the local licensing board has adopted regulations allowing sales/delivery off-premise—license holder must receive approval.

- Sold in "closed or sealed containers." Must be in manufacturer's original packaging or in container closed with a cap, cork, seal, or lid with no holes for straws or sipping.

- Purchased along with prepared food other than prepackaged snacks.

- Cannot be sold to go or delivered after 11PM.

- Must only be delivered by employee 21+ and certified in alcohol awareness program.

- Must only go to address within the jurisdiction.

- Local licensing board may not charge an extra fee and may limit the amount sold or delivered in a single transaction.

- Study on the "expansion of alcohol access," including the impact on public health.