projectextramile
PREVENTING ALCOHOL-RELATED HARM

RESEARCH SUMMARY
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Key takeaways from included research:

- Researchers assessed US state-level alcohol policies as they relate to drinking outcomes among women of reproductive age. After examining government control of liquor retail sales, heavy beer at gas stations, heavy beer at grocery stores, liquor at grocery stores, Sunday off-premise liquor sales, and blood alcohol concentration (BAC) driving limits, researchers found that the general population alcohol policies of prohibiting Sunday off-premise liquor sales and BAC limits of 0.05-0.08 are related to less past year overall and heavy drinking among women 18-44 years old.
- Researchers examined the association between parent and child drinking. They found that 6.6% of adolescents drank alcohol. When those adolescents' parents drank frequently (five or more days per month) or binge drank, the odds of those adolescents drinking were significantly higher than adolescents whose parents did not drink or did not binge drink, suggesting that parents could drink less to reduce the likelihood of drinking among their children. In addition, the study noted that effective population-level strategies like increasing alcohol taxes and regulating alcohol sales can also reduce excessive drinking among both youth and adults.
- Researchers looked at young people's tendency to partake in excessive consumption under positive and negative circumstances. They found that participants were significantly more likely to drink in larger quantities on occasions preceded by higher positive effect, meaning fun-seeking was found to positively predict total drinks consumed. Negative effects were not found to have predicted excessive consumption among the participants.
- A study examined simultaneous alcohol and marijuana use (SAM) and tested daily associations between SAM use and alcohol use (number of drinks), marijuana use (hours high), negative alcohol consequences, and negative marijuana consequences. Researchers found SAM use was reported on 25.1% of alcohol use days and marijuana use was reported on 41.9% of alcohol use days. They concluded that SAM use days are linked to consuming more alcoholic beverages, a greater number of hours being high, and experiencing more total alcohol-related consequences.

ASSOCIATIONS BETWEEN STATE-LEVEL GENERAL POPULATION ALCOHOL POLICIES AND DRINKING OUTCOMES AMONG WOMEN OF REPRODUCTIVE AGE: RESULTS FROM 1984 TO 2020 NATIONAL ALCOHOL SURVEYS

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Background: Policies specific to alcohol use during pregnancy have not been found to reduce risks related to alcohol use during pregnancy. In contrast, general population alcohol policies are protective for the general population. Here, we assessed whether US state-level general population alcohol policies are related to drinking outcomes among women of reproductive age.

Methods: We conducted secondary analyses of 1984–2020 National Alcohol Survey data (N = 13,555 women ≤44 years old). State-level policy exposures were government control of liquor retail sales, heavy beer at gas stations, heavy beer at grocery stores, liquor at grocery stores, Sunday off-premise liquor sales, and blood alcohol concentration (BAC) driving limits (no law, 0.10 limit, 0.05–0.08 limit). Outcomes were past 12-month number of drinks, ≥5 drink days, ≥8 drink days, and any DSM-IV alcohol abuse/dependence symptoms. Regressions adjusted for individual and state-level controls, clustering by state, and included fixed effects for survey month and year.

Results: Allowing Sunday off-premise liquor sales versus not was related to having 1.20 times as many drinks (95% CI: 1.01, 1.42), 1.41 times as many ≥5 drink days (95% CI: 1.08, 1.85), and 1.91 times as many ≥8 drink days (95% CI: 1.28, 2.83). BAC limits of 0.05–0.08 for driving versus no BAC limit was related to 0.51 times fewer drinks (95% CI: 0.27, 0.96), 0.28 times fewer days with ≥5 drinks (95% CI: 0.10, 0.75), and 0.20 times fewer days with ≥8 drinks (95% CI: 0.08, 0.47).

Conclusions: US state-level policies prohibiting Sunday off-premise liquor sales and BAC limits of 0.05–0.08 for driving are related to less past 12-month overall and heavy drinking among women 18–44 years old.

Source: Subbaraman, M. S., Sesline, K., Kerr, W. C., & Roberts, S. C. (2023). Associations between state-level general population alcohol policies and drinking outcomes among women of reproductive age: Results from 1984 to 2020 National Alcohol Surveys. *Alcohol: Clinical and Experimental Research*. https://doi.org/10.1111/acer.15156

ASSOCIATIONS BETWEEN PARENTAL DRINKING AND ALCOHOL USE AMONG THEIR ADOLESCENT CHILDREN: FINDINGS FROM A NATIONAL SURVEY OF UNITED STATES PARENT-CHILD DYADS

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Purpose: Underage drinking is common and costly. This study examined associations between parent and child drinking using recent United States national survey data.

Methods: We analyzed responses of 740 parent-child dyads from 2020 SummerStyles and YouthStyles surveys. Parents and their adolescent children answered questions about past 30-day alcohol use. We estimated prevalence of adolescent drinking and explored differences by sociodemographics. A multivariable logistic regression model assessed whether parents' drinking behaviors were associated with drinking among their children.

Results: Overall, 6.6% of adolescents drank alcohol, with no significant differences by sociodemographics. Adolescents whose parents drank frequently (≥5 days/month), or binge drank, had significantly higher odds of drinking than adolescents whose parents did not drink or did not binge drink, respectively.

Discussion: Parents could drink less to reduce the likelihood of drinking among their children. Implementation of effective population-level strategies (e.g., increasing alcohol taxes, regulating alcohol sales) can reduce excessive drinking among both adults and adolescents.

Source: Bohm, M. K., & Esser, M. B. (2023). Associations Between Parental Drinking and Alcohol Use Among Their Adolescent Children: Findings From a National Survey of United States Parent-Child Dyads. *Journal of Adolescent Health*. https://doi.org/10.1016/j.jadohealth.2023.05.028

THE ROLE OF IMPULSIVITY IN THE RELATIONSHIP BETWEEN AFFECT AND ALCOHOL CONSUMPTION IN YOUNG ADULTS

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Background: Theoretical models of alcohol use posit that individuals consume alcohol to ameliorate negative affect or to heighten positive affect. It is important, however, to consider the influence of factors that may determine an individual's tendency to partake in excessive consumption under positive and negative circumstances. Therefore, the current study employed a large sample of young adults to clarify whether positive and negative affect predict total alcohol consumption on drinking days and whether facets of impulsivity moderate these relationships.

Methods: Six-hundred and ninety-three young adults (Mage = 19.71 years, SD = 2.04; female = 62.9%) completed the Behavioral Inhibition System/Behavioral Activation System (BIS/BAS) scales at baseline followed by daily measures of positive and negative affect and self-reported alcohol use for 13 days. Generalized linear mixed models were specified to assess the role of pre-consumption affect on total drinks consumed across drinking days and to determine the moderating effect of each BIS/BAS subscale.

Results: Participants were significantly more likely to drink in greater quantities on occasions preceded by higher positive affect but not negative affect. While fun-seeking was found to positively predict total drinks consumed, there were no significant interaction effects between the BIS/BAS subscales and affect on total drinks consumed.

Conclusions: These findings challenge existing affect regulation models and have implications for ecological momentary interventions aimed at addressing hazardous drinking behaviors.

Source: Dali, G., Logge, W., Riordan, B., Conner, T. S., Manning, V., Millan, E. Z., ... & Morley, K. C. The role of impulsivity in the relationship between affect and alcohol consumption in young adults. *Alcohol: Clinical and Experimental Research*. https://doi.org/10.1111/acer.15192

DAILY-LEVEL SIMULTANEOUS ALCOHOL AND MARIJUANA USE AND ITS ASSOCIATIONS WITH ALCOHOL USE, MARIJUANA USE, AND NEGATIVE CONSEQUENCES IN A YOUNG ADULT COMMUNITY SAMPLE

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Background: Simultaneous alcohol and marijuana (SAM) use has been associated with greater alcohol use and consequences at the daily level, but limited research has examined SAM use in relation to marijuana use and its consequences. This study tested daily associations between SAM use and four outcomes: alcohol use (number of drinks), marijuana use (hours high), negative alcohol consequences, and negative marijuana consequences.

Methods: A community sample of young adults [ages 18–25, mean (SD) = 21.61 (2.17) years] with recent alcohol and SAM use was recruited (N = 409; 50.9% female; 48.2% non-Hispanic/Latinx White). Participants completed a baseline survey and six 2-week bursts of daily surveys (81.1% of morning surveys completed) and reported on substance use and negative substance-related

consequences. Multilevel modeling was used to test the main aims and to explore each specific consequence.

Results: Among days with any alcohol use, SAM use days were associated with consuming more drinks and experiencing more total negative alcohol-related consequences than non-SAM use days. Among days with any marijuana use, SAM use days were associated with more hours being high than non-SAM use days. Exploratory models showed that SAM use was related to five specific alcohol-related consequences and two specific marijuana-related consequences.

Conclusions: These findings build upon prior research by showing that SAM use days are linked to consuming more drinks, reporting more hours being high from marijuana, and experiencing more total alcohol-related consequences even after controlling for the number of drinks, the number of hours high, any tobacco/nicotine use, and any other substance use. SAM use was also associated with a greater likelihood of experiencing some specific consequences related to alcohol and marijuana. The findings underscore the need for additional research on SAM use and marijuana-related outcomes.

Source: Fairlie, A. M., Calhoun, B. H., Graupensperger, S., Patrick, M. E., & Lee, C. M. Daily-level simultaneous alcohol and marijuana use and its associations with alcohol use, marijuana use, and negative consequences in a young adult community sample. *Alcohol: Clinical and Experimental Research*. https://doi.org/10.1111/acer.15145