



RESEARCH SUMMARY
Date Compiled: October 2025

Key takeaways from included research:

- Alcohol control policies are linked to lower rates of alcohol-related illness and death, but policymakers need to know which policies have the most public support. A 2024 national online survey of 1,036 U.S. adults who drank alcohol in the past 30 days examined support for various alcohol control policies. About half (49%) supported labeling policies such as cancer warnings, calorie content, and drink size information, as well as restricting alcohol ads when children are watching. Fewer supported stricter measures like lowering the legal blood alcohol limit, limiting sales hours, or increasing taxes. These results suggest labeling and advertising rules could help build momentum for stronger policies.
- A new study examined the association between alcohol consumption per capita (APC) and suicide mortality. The meta-analysis found that for every liter increase in APC, suicide mortality increased by 3.6%, with no difference between men and women. These findings suggest that reducing APC could be an effective component in national suicide prevention strategies.
- This review analyzed 18 studies that examined portrayals of alcohol use during pregnancy and fetal alcohol spectrum disorder (FASD) across newspapers, social media, television, and other media. Five key themes emerged: contradictory messages about alcohol harms, concern for children and mothers, expectations of motherhood, stigma and shame, and advocacy for prevention and support. Mixed and confusing media messages may hinder public understanding and contribute to stigma.
- This systematic review examined community-based environmental strategies to prevent underage drinking. Most studies focused on regulatory approaches, which often reduced alcohol availability and, in some cases, overall consumption. The most effective and sustainable interventions combined environmental actions with strong community involvement, highlighting the value of multicomponent, community-driven approaches to reduce adolescent alcohol use.

SUPPORT FOR ALCOHOL CONTROL POLICIES AMONG US ALCOHOL CONSUMERS

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Importance: Alcohol control policies are associated with lower alcohol-related disability and death. Policymakers are more likely to adopt policies with higher public support, but it remains unknown which alcohol control policies currently garner the most public support in the US.

Objective: To determine the extent to which US adults who consume alcohol support alcohol control policies and whether support differs by behavioral and demographic characteristics.

Design, Setting, and Participants: This cross-sectional, online survey study of a nationally representative sample of US adults was conducted from September to October 2024. Adults aged 21 years or older who reported drinking at least 1 alcoholic beverage per week during the past 4 weeks were eligible.

Main Outcomes and Measures: The primary outcome was support for alcohol control policies (eg, requiring cancer warnings on alcohol containers or increasing alcohol taxes) measured on a 1 (strongly oppose) to 5 (strongly support) response scale. Associations of behavioral and demographic characteristics with policy support were estimated using average differential effects (ADEs; ie, differences in estimated mean overall support between groups on the 1-5 scale) were calculated.

Results: A total of 1036 participants completed the survey (524 men [weighted percentage, 52%]; mean [SD] age, 49.4 [16.5] years; 138 [weighted percentage, 12%] Hispanic, Latino, or Spanish; 115 [weighted percentage, 11%] Black or African American; 681 [weighted percentage, 65%] White). Approximately one-half supported policies requiring alcohol containers to display cancer warnings (49%; 95% CI, 45% to 53%), drinks per container information (51%; 95% CI, 47% to 55%), and calorie content information (56%; 95% CI, 52%-60%). Likewise, 52% (95% CI, 48% to 56%) supported prohibiting alcohol advertisements on television when children are likely to be watching. Few participants (8% [95% CI, 6% to 11%] to 19% [95% CI, 16% to 23%]) opposed these policies. By contrast, fewer participants supported than opposed policies to lower the blood alcohol content limit for driving, prohibit alcohol sales late at night, and increase taxes on alcohol (range supporting: 16% [95% CI, 13% to 19%] to 25% [95% CI, 22% to 29%]); support was lowest for policies to reduce the number of outlets licensed to sell alcohol (10% [95% CI, 8% to 13%]). Across policies, support was greater among adults who reported drinking less often (ADE = -0.12; 95% CI, -0.23 to -0.02); not binge drinking (ADE = -0.15; 95% CI, -0.26 to -0.04); or reading the current alcohol health warning in the last 30 days (ADE = 0.14; 95% CI, 0.01 to 0.28); and among those who were women (ADE = 0.22; 95% CI, 0.11-0.32); Hispanic, Latino, or Spanish (ADE = 0.16; 95% CI, 0.001-0.33); Democrats (ADE = 0.14; 95% CI, 0.01-0.27); or political independents (ADE = 0.16; 95% CI, 0.02 to 0.29).

Conclusions and Relevance: In this survey study of US adults who consume alcohol, many supported advertising and labeling alcohol control policies, and few opposed these policies. These results suggest that policymakers may wish to pursue advertising and labeling policies as a ground-softening strategy to build support for stronger policies such as increasing taxes or restricting the times and places alcohol can be sold.

Source: Grummon, A. H., Chelius, C., Lee, C. J., Campos, A. D. A., Brewer, N. T., Lazard, A. J., ... & Hall, M. G. (2025). Support for Alcohol Control Policies Among US Alcohol Consumers. *JAMA Network Open*, 8(10), e2535337-e2535337. <https://doi.org/10.1001/jamanetworkopen.2025.35337>

ALCOHOL CONSUMPTION PER CAPITA AND SUICIDE: A META-ANALYSIS

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Importance: At the individual level, alcohol use is an established risk factor for suicide; however, it is unclear whether this is reflected at the population level. If alcohol consumption per capita (APC), a

population-level metric of total alcohol consumption used in international frameworks to measure progress in reducing the harmful use of alcohol, is associated with suicide, it could prove to be a useful target for suicide prevention initiatives.

Objective: To examine whether there is an association between APC and suicide mortality, and if there is, to evaluate whether it differs by sex.

Data Sources: Embase, Medline, PsycINFO, and Web of Science were searched from database inception to February 24, 2025, for original quantitative studies that measured the association between APC and suicide.

Study Selection: Included studies consisted of (1) original quantitative studies with a longitudinal observational or cross-sectional ecological design, including pre-post designs; and (2) studies that provided a measure of association. A total of 304 records were initially identified.

Data Extraction and Synthesis: Data extraction was completed by 1 reviewer and cross-checked by a second review. Risk of bias was assessed using the Risk of Bias in Nonrandomized Studies of Exposure tool, and evidence quality was assessed using Grading of Recommendations, Assessment, Development, and Evaluations. The Preferred Reporting Items for Systematic Reviews and Meta-Analyses reporting guideline was followed. A random-effects meta-analysis was conducted to obtain a pooled estimate of the association between APC and suicide mortality. The presence of a sex difference was assessed using a random-effects meta-regression.

Main Outcomes and Measures: The association between APC, measured as alcohol consumed in liters per person, and the suicide mortality rate.

Results: A total of 13 studies were included in the main analysis. It was found that, on the population level, every 1-L increase in APC was associated with an increase of 3.59% (95% CI, 2.38%-4.79%) in the suicide mortality rate. There was no evidence of a sex difference in the association of interest.

Conclusions and Relevance: In this systematic review and meta-analysis, an increase in APC was associated with an increase in the suicide mortality rate at the population level and that the association was similar across sexes. As such, APC may be a useful target to consider within comprehensive national suicide prevention strategies.

Source: Guo, K., Jiang, H., Shield, K. D., Spithoff, S., & Lange, S. (2025). Alcohol Consumption Per Capita and Suicide: A Meta-Analysis. *JAMA Network Open*, 8(9), e2533129-e2533129. <https://doi.org/10.1001/jamanetworkopen.2025.33129>

MEDIA PORTRAYALS OF ALCOHOL USE IN PREGNANCY AND FETAL ALCOHOL SPECTRUM DISORDER: A SCOPING REVIEW

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Background: Little is known about media portrayals of alcohol use in pregnancy and fetal alcohol spectrum disorder (FASD). The media has an important role in informing the public about the potential for alcohol harms to the unborn child and shaping community understanding and attitudes toward alcohol use in pregnancy and FASD. This scoping review aimed to identify and analyze publications that explore how alcohol use in pregnancy and FASD have been portrayed in the international media across two decades.

Methods: Five databases were searched for peer-reviewed, English-language articles published in the medical literature between January 2004 and June 2024 that reported perceptions of, or analyzed content on, alcohol use in pregnancy and FASD in a variety of media types. Thematic analysis was used to identify themes across and between different types of media.

Results: We identified 18 relevant articles that analyzed content from newspapers (n = 7), online discussion forums (n = 4), Twitter (X, n = 3), Facebook (n = 1), television (n = 1), and mixed media (n = 2). Of these articles, 11 focused on alcohol use in pregnancy, two on FASD, and five on both. Five themes were identified: (1) Contradictions in messaging between media sources regarding alcohol harms; (2) Concerns about harm to children, mothers, and society; (3) Expectations of motherhood; (4) Stigma, stereotypes, and shame associated with alcohol use in pregnancy and FASD; and (5) Advocacy for FASD prevention and support.

Conclusions: Contradictory information provided within and between media sources sends mixed and potentially confusing messages about pregnancy-related alcohol harms. Messages must avoid stigmatizing pregnant women and individuals living with FASD. To raise awareness of alcohol harms and help prevent FASD, media communications must go beyond providing recommendations from alcohol use guidelines. Messaging should be culturally appropriate, strengths-based, and acknowledge the multiple drivers of alcohol use in pregnancy.

Source: Robards, F. J., Medlow, S., & Elliott, E. J. (2025). Media portrayals of alcohol use in pregnancy and fetal alcohol spectrum disorder: A scoping review. *Alcohol: Clinical and Experimental Research*. <https://doi.org/10.1111/acer.70168>

COMMUNITY-BASED ENVIRONMENTAL INTERVENTIONS TO PREVENT ALCOHOL USE IN ADOLESCENTS: A SYSTEMATIC REVIEW

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Issues: This systematic review of community-based environmental prevention strategies seeks to understand their characteristics, examine their effectiveness and identify challenges for preventing alcohol use among adolescents.

Approach: A comprehensive search was conducted in MEDLINE/PubMed, Scopus and PsycINFO through December 2024. Eligible studies were randomised or quasi-experimental designs targeting individuals under 21 years, evaluating environmental interventions (regulatory, physical or economic) with outcomes related to underage alcohol consumption and access. Two reviewers independently selected studies, extracted data and assessed risk of bias using the RoB 2 and ROBINS-I tools.

Key Findings: Regulatory strategies were the most frequent (94%; 15/16), followed by physical strategies (37%; 6/16). The most reported outcome was a reduction in alcohol availability (62%; 10/16), followed by a general reduction in consumption (37%; 6/16). Although 69% (11/16) of the studies reported positive effects, heterogeneity in study designs and terminology limited comparability. It is crucial to note that community mobilisation, although not an environmental strategy per se, was described in 81% (13/16) of the studies.

Implications: The analysis indicates that the effectiveness and sustainability of environmental interventions are strongly associated with their integration with community mobilisation. This synergy, however, introduces methodological complexity, making it difficult to analyse components in isolation and to standardise evaluation.

Conclusions: The findings reaffirm the value of environmental interventions, particularly regulatory ones, in preventing alcohol use among adolescents. The most promising model is multicomponent, combining actions that modify the environment with robust processes of community participation, forming an adaptable and holistic framework to promote sustainable outcomes.

Source: De Carlos Oliveira, M., Mendes-Sousa, M., Soares-Santos, L. E., Valente, J. Y., Caetano, S. C., & Sanchez, Z. M. (2025). Community-Based Environmental Interventions to Prevent Alcohol Use in Adolescents: A Systematic Review. *Drug and Alcohol Review*. <https://doi.org/10.1111/dar.70038>