

ABOUT US

Raimee H. Eck, PhD, MPH, MPAS
Past President, Advocacy Committee Co-chair
Advocacy@MdPHA.org

Mission: Healthy Marylanders Living in
Healthy Communities

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



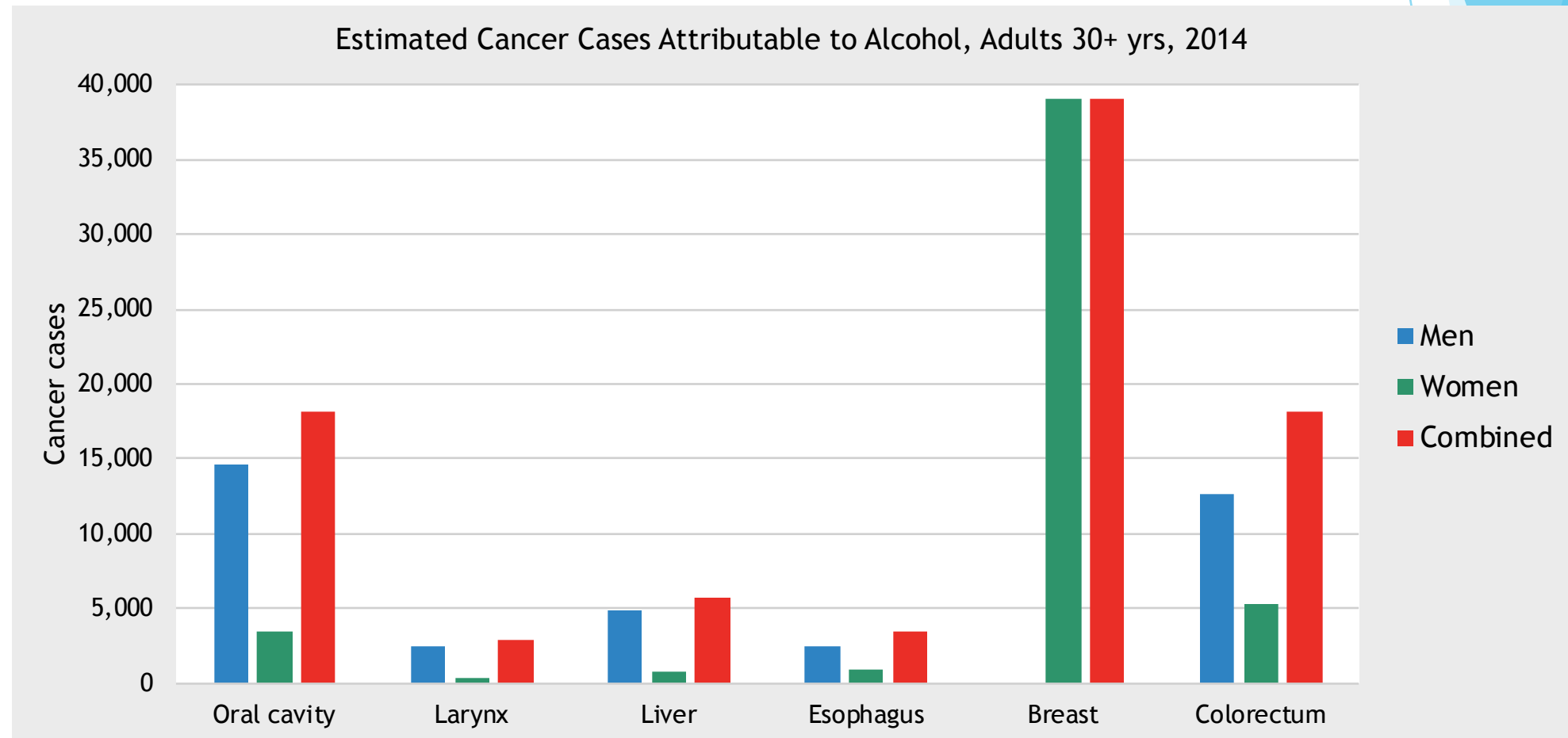
Which cancers?

- ▶ 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

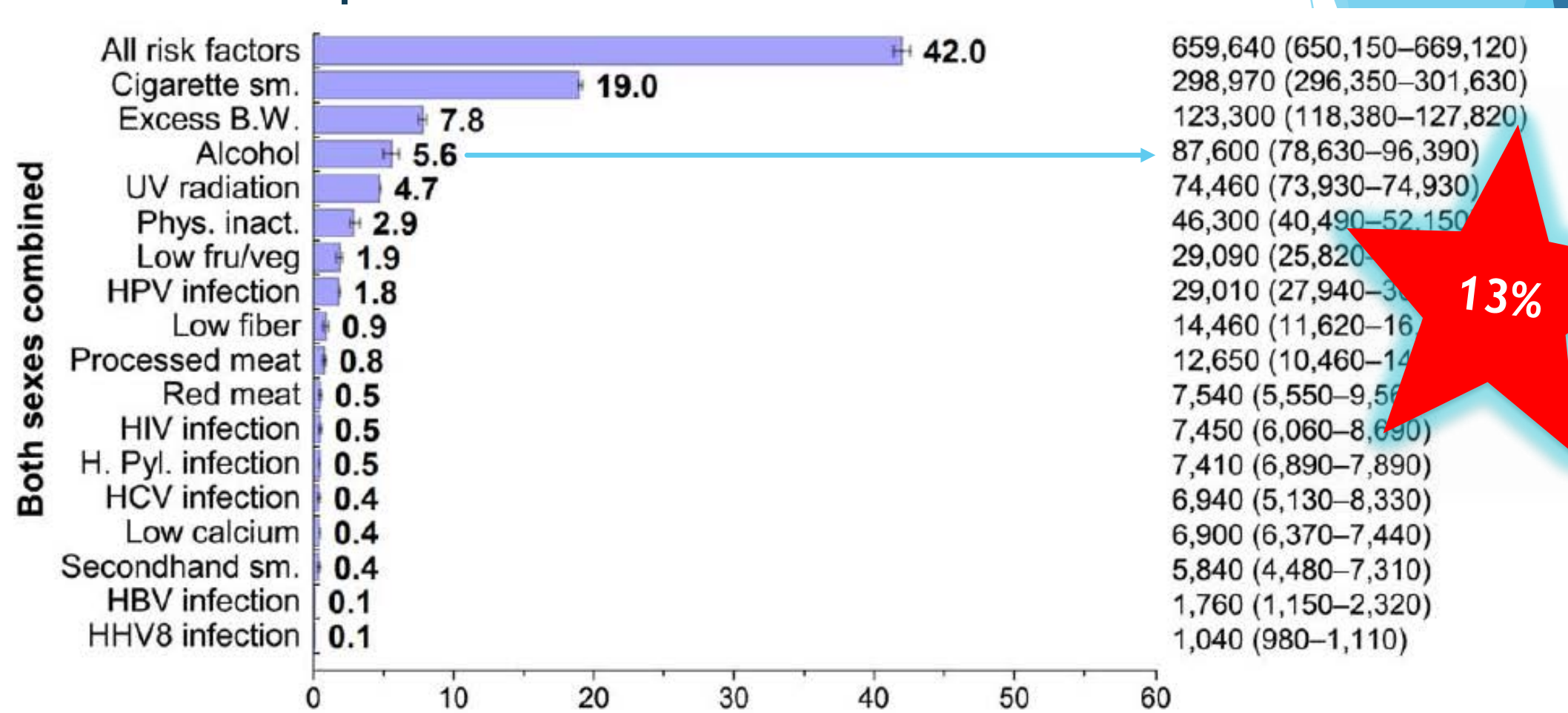


Cancer incidence and mortality related to alcohol use

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



Alcohol in comparison to other modifiable risk factors



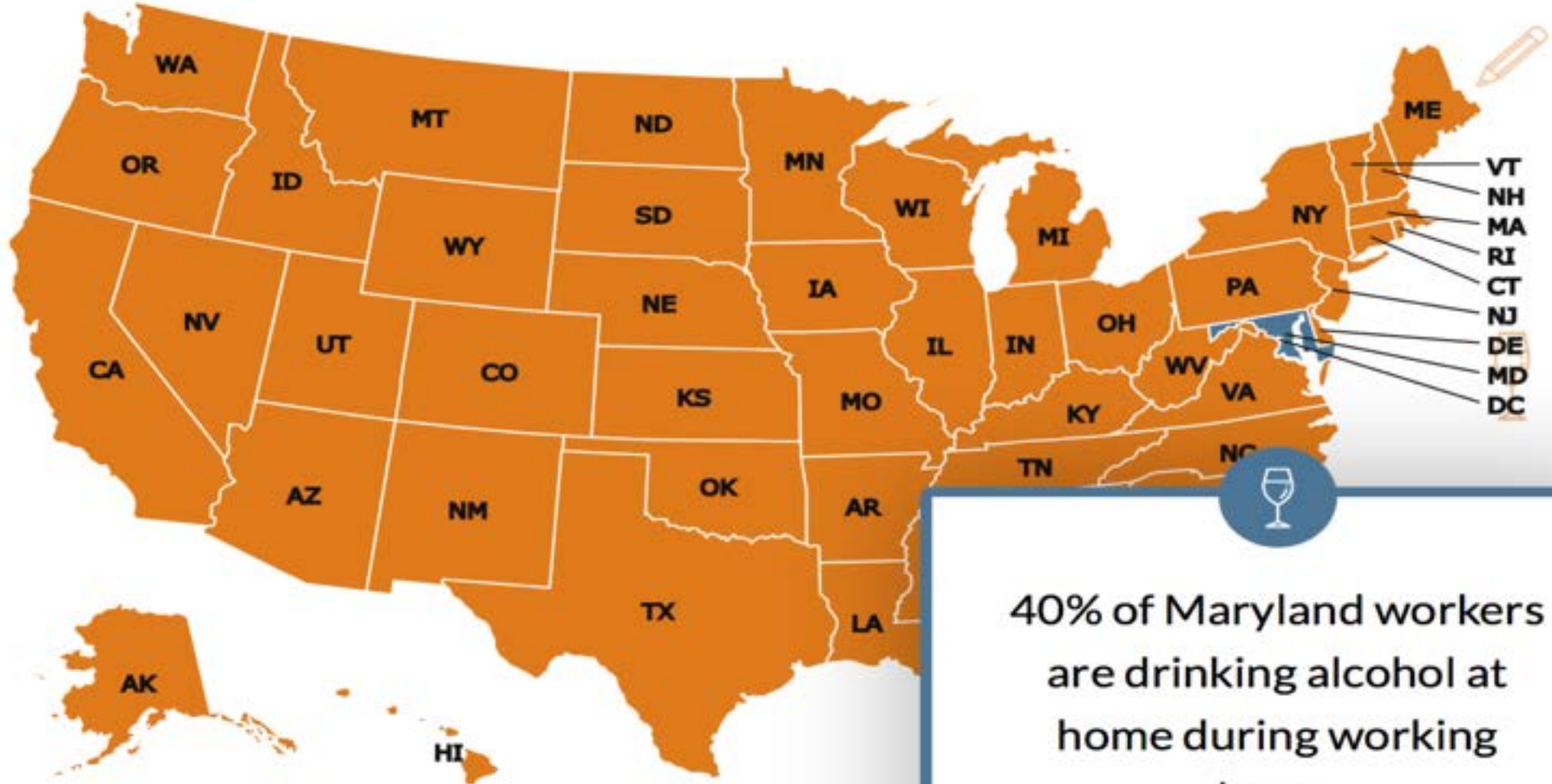
Estimated Proportion and Number of Incident Cancer Cases Attributable to Evaluated Risk Factors in Adults 30+ Years, US, 2014

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

Overall effects

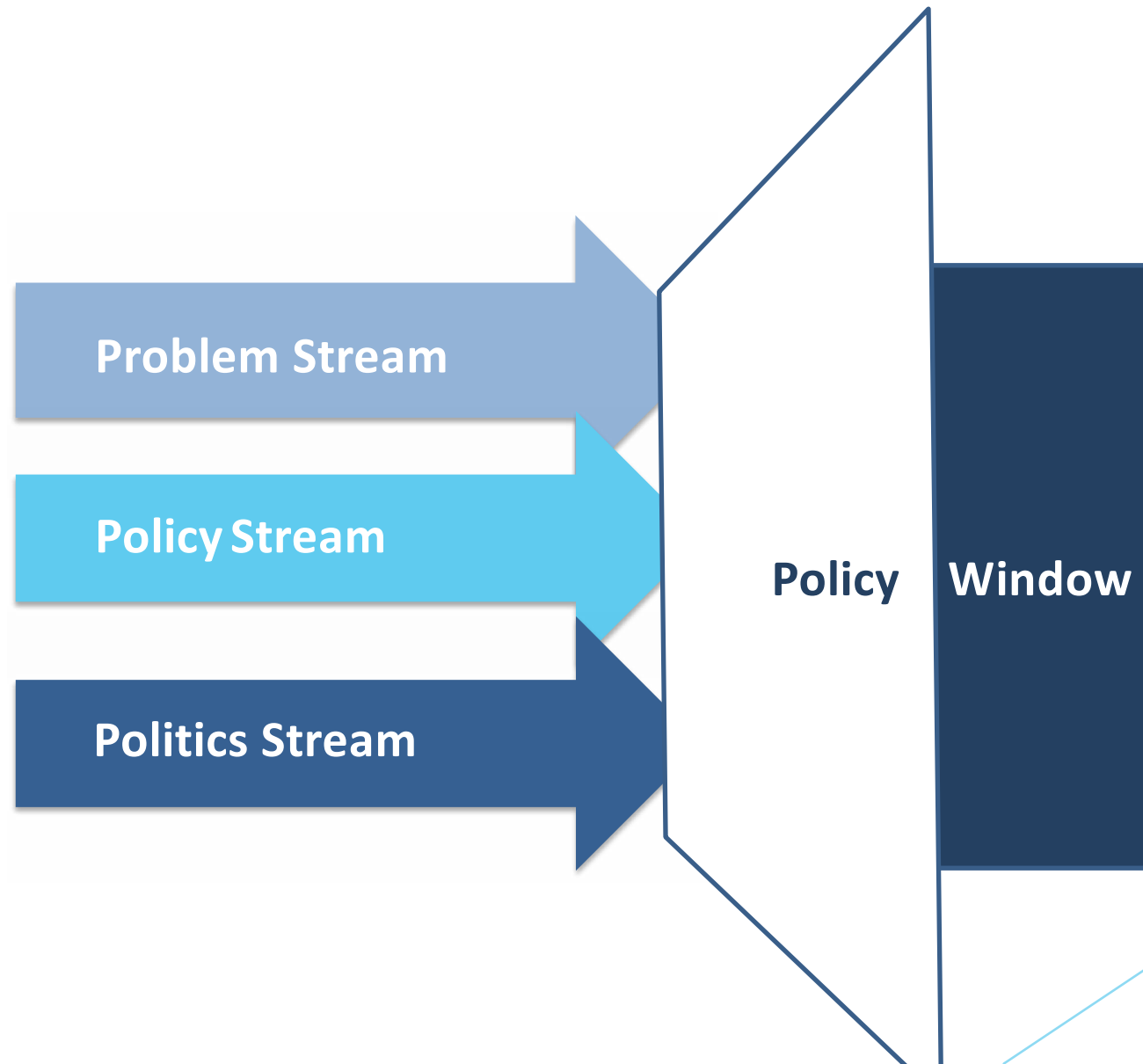
▶ Short term effects

- ▶ 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

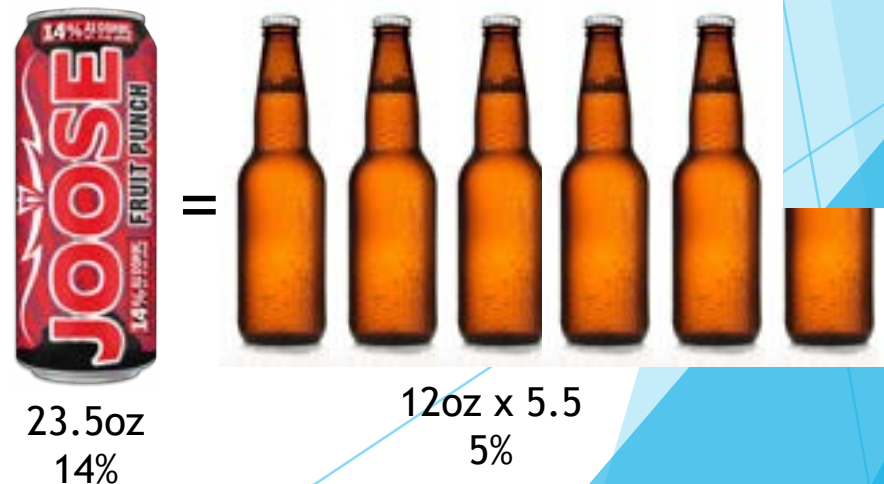
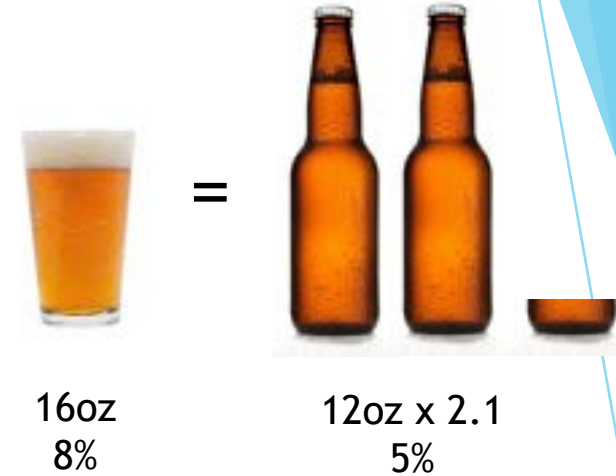


Maryland 2021 General Assembly Session

- ▶ 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

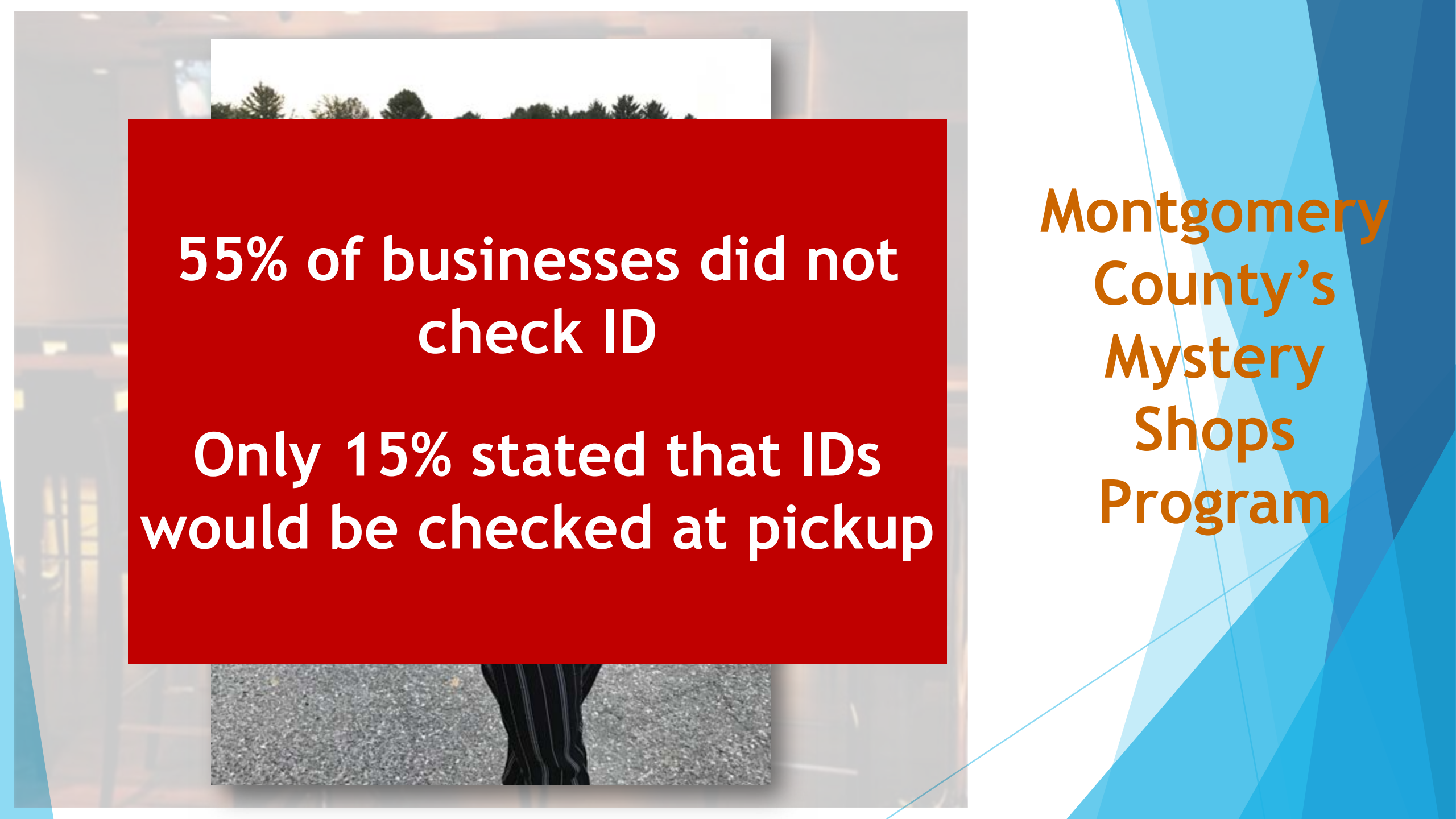
- ▶ What is missing from the legislative conversation:
 - ▶ Considerations for additional burden on administration and enforcement
 - ▶ Impact of increasing alcohol outlet density
 - ▶ Restaurants turning into de facto liquor stores
 - ▶ Implications for product innovations
 - ▶ Stories from local licensing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

**Montgomery
County's
Mystery
Shops
Program**

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
- ▶ Sunsets June 30, 2023