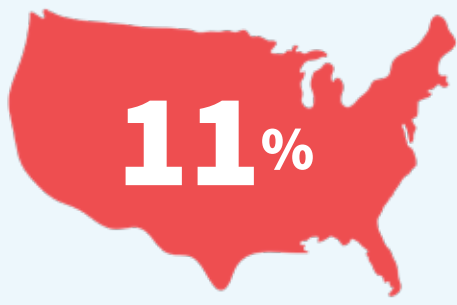


ALCOHOL USE DISORDER IN THE U.S.



of Americans have an alcohol use disorder, the most common substance use disorder in the USA



1 in 20 people with past-year alcohol use disorder receive any treatment



THERE ARE MANY PATHS TO RECOVERY:



Behavioral Health Treatments

including cognitive-behavioral therapy, motivational enhancement, and family counseling



Mutual Support Groups



Evidence-Based Medications

UNDERSTAND THE OPTIONS

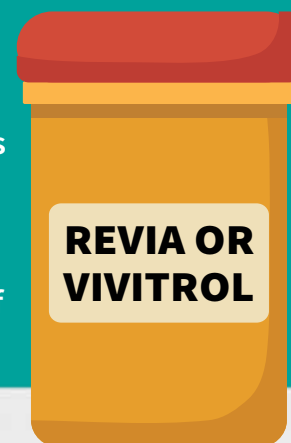
There are three, non-addictive, FDA-approved medications for alcohol use disorder.



(Acamprosate) causes unpleasant symptoms such as nausea and flushing of the skin when a person drinks.



(Disulfiram) blocks the receptors in the brain involved in craving alcohol or the rewarding effects of drinking.



(Naltrexone) helps people with AUD maintain abstinence from alcohol by alleviating some symptoms.

YOU CAN LEAD CHANGE

- ▶ Implement effective strategies for preventing excessive alcohol use to reduce the availability and accessibility of alcohol and increase its price, including regulating the number and concentration of alcohol outlets, limiting days and hours of alcohol sales, and avoiding further privatization of alcohol sales. Check out CDC's alcohol outlet density measurement resources.
- ▶ Enforce existing laws and regulations about alcohol sales and service.
- ▶ Partner with law enforcement, community groups, health departments, and doctors, nurses, and other health care providers to reduce excessive drinking and related harms and track the role of alcohol in injuries and deaths.
- ▶ Routinely monitor and report on measures of excessive alcohol use and the status of effective alcohol policies.

FIND RESOURCES

Visit CDC for state data, resources and shareable media:
[CDC.gov/alcohol](https://www.cdc.gov/alcohol)

Learn about guidelines for safer drinking and how to tell if there's a problem:
[RethinkingDrinking.NIAAA.NIH.gov](https://www.rethinkingdrinking.niaaa.nih.gov)

Navigate treatment options and find support, resources, and answers:
[AlcoholTreatment.NIAAA.NIH.gov](https://www.alcoholtreatment.niaaa.nih.gov)

[CADCA.org](https://www.cadca.org)

References:

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