



*MDDCSAM is the Maryland state chapter of the American Society of Addiction Medicine whose members are physicians and other health providers who treat people with substance use disorders.*

**HB 637 Alcoholic Beverages – Sale or Delivery for Off-Premises Consumption.**

House Economic Matters Committee. Feb 19, 2024

**UNFAVORABLE**

The availability of alcohol by home-delivery was expanded during the Covid pandemic as an understandable attempt to protect businesses. However, studies over the last several years have consistently found that home delivery is associated with an increase in alcohol consumption patterns more likely to result in harms such as heavy drinking or binge drinking.

In a study of the effect of home delivery on alcohol consumption volumes, **adults who had alcohol delivered (vs. not delivered) reported consuming 60% more wine, and approximately three times more spirits.** (Trangenstein 2023).

In a 2023 study, **alcohol delivery was associated with six times higher odds of drinking at hazardous/harmful levels.** In addition, persons  $\leq 25$  years who had alcohol delivered were significantly more likely to report never having their identification verified vs. those purchasing in-person. (Colbert 2023).

In a 2021 study, **alcohol delivery was associated with a 75% greater likelihood of heavier drinking than in-person purchases.** (Huckle 2021).

In 2022, it was found that **individuals having alcohol delivered consumed more drinks, drank on more days, and were nearly two times more likely to engage in binge drinking than participants who purchased alcohol in-person.** The authors conclude that it is important for states to consider the potential public health implications of home delivery. (Grossman 2022).

**Alcohol use is the fifth leading cause of preventable death in the U.S.** (NIAAA), leading to over 140,000 deaths and 3.6 million years of potential life lost (YPLL) each year in the United States from 2015 – 2019, shortening the lives of those who died by an average of 26 years. Alcohol use was responsible for 1 in 5 deaths among adults aged 20-49 years. (CDC)

Problems associated with alcohol use include high blood pressure, heart disease, stroke, liver disease, digestive problems, cancer (of the breast, mouth, throat, esophagus, voice box, liver, colon, and rectum), dementia, poor school performance, depression, anxiety, social and family problems, unemployment, impaired immune function, and alcohol use disorder. (CDC)

Respectfully,

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(continued . . .)

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