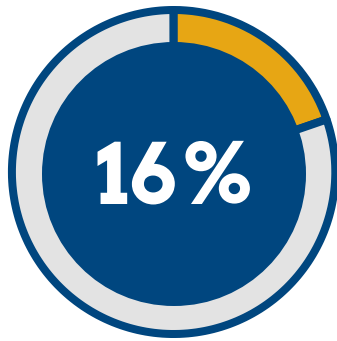


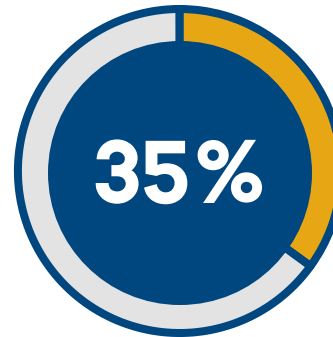


# Alcohol Policies and Suicide

A review of the literature published in the *Alcoholism: Clinical and Experimental Research* journal shows the protective effect of restrictive alcohol policies also has an effect on reducing suicide. "This review suggests alcohol policies may contribute to suicide prevention on a general population level and to a reduction of alcohol involvement among suicide deaths." Specific policies mentioned include Alcohol Price & Taxation, Alcohol Outlet Density, and Zero Tolerance Laws.



of Illinois 10th graders "seriously" considered suicide.



of Illinois 10th graders felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing usual activities.

Source: 2018 Illinois Youth Survey  
[https://iys.cprd.illinois.edu/UserFiles/Servers/Server\\_178052/File/state-reports/2018/Freq18\\_IYS\\_Statewide.pdf](https://iys.cprd.illinois.edu/UserFiles/Servers/Server_178052/File/state-reports/2018/Freq18_IYS_Statewide.pdf)

## Policies That Can Impact Suicide



### Alcohol Price & Taxation

Increasing alcohol taxes at the local level can help communities create social, physical, and economic environments that discourage excessive alcohol consumption, thereby reducing alcohol-related fatalities, costs, and other related harms. The review found a significant decrease in suicide rates where price/tax were higher.



### Alcohol Outlet Density Regulation

Areas with higher alcohol outlet density have higher levels of heavy drinking and alcohol-related problems, including violence, crime, alcohol-involved traffic crashes, and injuries. The review found the higher number of outlets were associated with higher suicide rates.



### Zero Tolerance Laws

Illinois Zero Tolerance Law states that any driver under 21 caught with even trace amounts of alcohol in their system will lose their driving privileges. The review found a reduction in suicides by males and females aged 15 to 19 when Zero Tolerance Laws were enacted.

Source: Xuan, Z., Naimi, T., Kaplan, M., Bagge, C., Few, L., Maisto, S., Saitz, R. and Freeman, R., 2016. Alcohol Policies and Suicide: A Review of the Literature. *Alcoholism: Clinical and Experimental Research*, 40(10), pp.2043-2055.

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