

# Americans Are Drinking More During COVID

New research published in *JAMA Network Open* examined the RAND American Life survey from May and June of 2020 and found that the frequency of alcohol consumption increased from an average of 5.48 drinking days a month to 6.22 days.

*We've had anecdotal information about people buying and consuming more alcohol, but this is some of the first survey-based information that shows how much alcohol consumption has increased during the pandemic..."*

*Michael Pollard, lead author of the study and a sociologist at RAND*

**Related: *COVID Second Wave Is Happening All Over Europe, Except in Sweden***

Alcohol sales increased dramatically at the beginning of COVID shutdowns in the United States. By the end of April 2020, Nielsen reported that online alcohol sales had increased by 477% from 2019. It's easy to joke about COVID driving people to drink, but there are real health consequences of increasing alcohol consumption. Women who reported an increase in alcohol consumption also reported a 39% increase in risky behavior and damaged relationships while drunk. The study notes,

*These data provide evidence of changes in alcohol use and associated consequences during the COVID-19 pandemic. In addition to a range of negative physical health associations, excessive alcohol use may lead to or worsen existing mental health problems, such as anxiety or depression, which may themselves be increasing during COVID-19."*

*Changes in Adult Alcohol Use and Consequences During the COVID-19 Pandemic in the US*

**Related: *Coronavirus Supplement Review***