

Excellence in Prevention – descriptions of the prevention programs and strategies with the greatest evidence of success

Name of Program/Strategy: Changing Hours and Days of Sale

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1. Overview and description

Changes in licensing provisions that substantially modify hours of service can have a significant effect on drinking and drinking-related problems overall. Studies suggest that reduced hours and days of sale can have net effects in reducing overall alcohol consumption and problems levels, with the effects concentrated during the times of closure but not matched by counterbalancing changes at other times of the week. Some states and communities prohibit on-premise or off-premise purchase of alcoholic beverages on Sundays or after a certain evening (not early morning) hour.

In sum, it appears that changes in licensing provisions that substantially reduce hours of service can have a significant impact on drinking and drinking-related problems overall, The evidence that such changes affect young people is more limited as most evaluations have focused on the total drinking population.

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2. Implementation considerations (if available)

3. Descriptive information

Areas of Interest	Substance abuse prevention
Outcomes	
Outcome Categories	Alcohol
Ages	
Gender	Male Female
Races/Ethnicities	American Indian or Alaska Native Asian Black or African American Hispanic or Latino White Race/ethnicity unspecified
Settings	
Geographic Locations	Urban Suburban Rural and/or frontier Tribal
Implementation History	
NIH Funding/CER Studies	
Adaptations	
Adverse Effects	
IOM Prevention Categories	Universal

4. Outcomes

Scientific Evidence

Quite a large number of studies have indicated that changing either hours or days of alcohol sale can affect alcohol-related crashes and other violent events related to alcohol take place (Smith, 1988;

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Excellence in Prevention is a project of Oregon Addiction and Mental Health Services and Washington Division of Behavioral Health and Recovery. Information is drawn from many sources, including the National Registry for Effective Prevention Programs (NREPP), sponsored by the Center for Substance Abuse Prevention.

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Gruenewald, 1991; Ligon & Thyer, 1993; Duailiba et al., 2007, in press).

One of the few studies focusing on youth found that temporary bans on the sales of alcohol from midnight Friday through 10:00 AM Monday because of federal elections reduced cross-border drinking in Mexico by young Americans. In particular, early closings on Friday night were associated with a 35 percent reduction in the number of pedestrians crossing the border with blood alcohol concentrations (BAC) of 0.08 percent or higher, based upon breathalyzer testing at the border (Kelley-Baker, Johnson, Voas, and Lange, 2000).

A number of studies have indicated that changing either the hours or the days of alcohol sales can redistribute the times at which many alcohol-related crashes and other alcohol-related violent events occur (Smith, 1988; Ligon & Thyer, 1993; Nordlund, 1984, 1985; Hauge & Nordlie, 1984; Österberg & Säilä, 1991).

Using local land-use powers, communities in California often enforce early closing times to keep the closing-time disturbance in the neighborhood to a reasonable hour (Wittman, 1997). Setting closing hours at a time later than local public transport systems run invites unsafe journeys home.

A recent examination of 48 published studies from 8 countries across four decades of the effects of changes in hours of sale showed a wide variety of research designs and mixed findings (Stockwell & Chikritzhs, 2009). Over half of these studies found changes in drinking or alcohol harm following changes in hours of sale. However, only 14 of the 48 studies were published in peer reviewed journals and employed baseline and control observations. A clear majority (79 percent) found that changes in hours of sales affected at least one outcome measure. Acute harms (closely associated in time with drinking events) were most likely to change, while chronic problems such as liver cirrhosis were unlikely to be impacted in the short term. The evidence supports a finding that changes in hours of sale will likely be associated with changes in alcohol-involved harms.

The Task Force on Community Preventive Services (2010) of the Centers for Disease Control found that sufficient strong evidence of the effects of restrictions on hours and days of sale exists to recommend that this strategy be utilized by communities wishing to reduce alcohol related harm.

- 5. Cost effectiveness report (Washington State Institute of Public Policy – if available)**
- 6. Washington State results (from Performance Based Prevention System (PBPS) – if available)**
- 7. Who is using this program/strategy**

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Washington Counties	Oregon Counties
All counties	

8. Study populations

9. Quality of studies

The documents below were reviewed for Quality of Research. The research point of contact can provide information regarding the studies reviewed and the availability of additional materials, including those from more recent studies that may have been conducted.

References

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Gruenewald, P. J. (1991, October 10 -11). Alcohol problems and the control of availability: Theoretical and empirical issues. Paper presented at the NIAAA conference "Economic and Socioeconomic Issues in the Prevention of Alcohol-Related Problems", Bethesda, MD.

Hauge, R., & Nordlie, O. (1984). Pa jakt etter virkeligheten (Chasing the reality). *Nordisk Tidsskrift for Krimi- nalvidenskap*, 71, 70-75.

Kelley-Baker, T., Johnson, M. B., Voas, R. B., & Lange, J. E. (2000). To reduce youthful binge drinking: Call an election in Mexico. *Journal of Safety Research*, 31(2), 61-69.

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Nordlund, S. (1985, June 2-7). Effects of Saturday closing of wine and spirits shops in Norway. Paper presented at the 31st International Institute on the Prevention and Treatment of Alcoholism, National Institute for Alcohol Research, SIFA Mimeograph No. 5/85, Oslo, Rome, Italy.

Österberg E, & Säilä S-L (Eds.). (1991). Natural experiments with decreased availability of alcoholic beverages. Finnish alcohol strikes in 1972 and 1985. (Vol. 40). Helsinki: The Finnish Foundation for Alcohol Studies.

Smith, D. I. (1988). Effect on traffic accidents of introducing Sunday alcohol sales in Brisbane, Australia. *International Journal of the Addictions*, 23(10), 1091–1099.

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Stockwell, Tim & Chikritzhs, Tanya (2009). Do relaxed trading hours for bars and clubs mean more relaxed drinking? A review of international research on the impacts of changes to permitted hours of drinking. *Crime Prevention and Community Safety*. Vol. 11, 3, 153-170.

Wittman, F. (1997). Local control to prevent problems of alcohol availability: Experience in California communities. In M. Plan, E. Single, & T. Stockwell (Eds.), *Alcohol: Minimising the harm: What works?* London and New York: Free Association Books.

10. Readiness for Dissemination

Revised Code of Washington

Regulations of executive branch agencies are issued by authority of statutes. Like legislation and the Constitution, regulations are a source of primary law in Washington State.

WAC 314-11-070—During what hours can I sell or serve liquor?

(1) Between the hours of 2 a.m. and 6 a.m., licensees or employees may not:

- (a) Sell liquor,
- (b) Offer liquor for sale,
- (c) Deliver liquor (except that beer and/or wine distributors may deliver beer and/or wine to retail licensees between the hours of 2 a.m. and 6 a.m.),
- (d) Permit the removal of liquor from the premises;
- (e) Allow liquor to be consumed on the premises; or
- (f) Possess liquor, except that persons working on the premises may possess liquor between the hours of 2 a.m. and 6 a.m. while in the performance of their official duties.

(2) A local government subdivision may fix later opening hours or earlier closing hours than those specified in this rule, so long as the hours apply to all licensed premises in the local government subdivision's jurisdiction. See WAC 314-12-215(3) for exceptions when a premises is in a board recognized alcohol impact area.

11. Costs (if available)

12. Contacts

The Community Guide (Centers for Disease Control and Prevention)
1600 Clifton Rd, NE
MS E69
Atlanta, GA 30333
(404) 498-6375

Learn More by Visiting: <http://www.thecommunityguide.org/alcohol/index.html>