

ALCOHOL PREVENTION ENHANCEMENT SITE

www.kyprevention.com

Tara McGuire | Bluegrass Prevention Center
Lexington, KY | 859.225.3296 | TKMcGuire@Bluegrass.org
[Facebook.com/KYPrevention](https://www.facebook.com/KYPrevention) | [Twitter.com/KYPrevention](https://twitter.com/KYPrevention)



BINGE DRINKING FACTS SHEET

Binge Drinking Defined:

The National Institute of Alcohol Awareness and Abuse (NIAAA) defines binge drinking as a pattern of drinking that brings blood alcohol concentration (BAC) levels to 0.08 g/dL. This typically occurs after 4 drinks for women and 5 drinks for men—in about 2 hours. [NIAAA, February 2017](#)

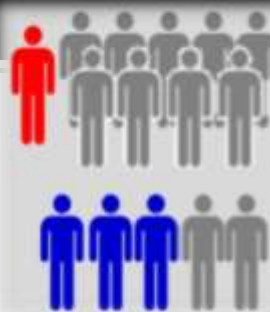
The Substance Abuse and Mental Health Services Administration (SAMHSA) defines binge drinking as drinking 5 or more alcoholic drinks on the same occasion on at least 1 day in the past 30 days. [SAMHSA, November 2016](#)

The NIAAA recommends for older adults ages 60 years and up, binge drinking should be defined as no more than 3 drinks per day for men, and no more than 2 drinks per day for women. [SAMHSA National Survey on Drug Use and Health, September 2014](#)

Kentucky Youth Binge Drinking:

1 in 10 (10.4%) 10th graders reported they drank 5 or more drinks of alcohol in a row (binge drinking) in the past 2 weeks. [KIP Survey, 2016](#)

3 in 5 (62.2%) 10th graders indicated 'Moderate' or 'Great Risk' if a person has 5 or more alcoholic drinks in a row. [KIP Survey, 2016](#)



**Binge Drinking:
1 in 10**

**Risk Perception:
3 in 5**

U.S. Binge Drinking Prevalence:

UNDERAGE PREVALENCE:

Teens and college students, most of whom are first-time or inexperienced drinkers, are the most likely to binge drink. **90%** of the alcohol consumed by youth 12-20 in the U.S. is in the form of binge drinks. [OJJDP Drinking in America: Myths, Realities, and Prevention Policy, 2005](#)

COLLEGE PREVALENCE:

1 in 3 (32%) of 18-24 year olds reported high-risk binge drinking in the last 30-days. National Survey on Drug Use & Health; CDC KY BRFSS Report, 2015

ADULT PREVALENCE:

15% of adults reported high-risk binge drinking in the last 30-days. National Survey on Drug Use & Health; CDC KY BRFSS Report, 2015



What is Binge Drinking?



4 Drinks for Women

5 Drinks for Men



Binge drinking cost the United States \$191.1 billion in 2010.

2010 National and State Costs of Excessive Alcohol Consumption. Am J Prev Med, 2015

Binge drinking was responsible for 77% of the total excessive drinking costs in all states. About \$2 of every \$5 of the excessive alcohol use costs were paid by the government.

2010 National and State Costs of Excessive Alcohol Consumption. Am J Prev Med, 2015

Binge drinkers are 14x more likely to report alcohol-impaired driving than non-binge drinkers. JAMA Binge drinking among U.S. adults, 2003

HEALTH PROBLEMS ASSOCIATED WITH BINGE DRINKING CDC, October 2015

- Unintentional injuries (e.g., car crashes, falls, burns, drowning)
- Intentional injuries (e.g., firearm injuries, sexual assault, domestic violence)
- Alcohol poisoning
- Sexually transmitted diseases and unintended pregnancy
- Children born with Fetal Alcohol Spectrum Disorders
- High blood pressure, stroke, and other cardiovascular diseases
- Liver disease
- Neurological damage
- Sexual dysfunction
- Poor control of diabetes

Drinking too much, including binge drinking, causes 80,000 deaths in the U.S. each year, & contributes to over 54 injuries & diseases. CDC Vital Signs, 2012