BINGE DRINKING

Binge Drinking for Men is consuming 5 or more drinks in about 2 hours*

Binge Drinking for Women is consuming 4 or more drinks in about 2 hours*

Binge Drinking Statistics*

- About 75% of the alcohol consumed by adults in the United States is in the form of binge drinks
- Binge drinking is more prevalent in men than in women
- The highest proportion of binge drinkers is in the 18 to 20-year-old age group
- 90% of the alcohol consumed by people under the age of 21 is in the form of binge drinking.
- Approximately 92% of U.S. adults who drink excessively report binge drinking in the past 30 days
- Binge drinkers are 14 times more likely to report alcohol-impaired driving than non-binge drinkers
- Binge drinking can impact your judgment, coordination, and other mental capacities

Binge Drinking Health Risks*

- Unintentional injuries (e.g., car crashes, falls, burns, drowning)
- Intentional injuries (e.g., firearm injuries, sexual assault, domestic violence)
- Alcohol poisoning
- Sexually transmitted diseases
- High blood pressure, stroke, and other cardiovascular diseases
- Liver disease
- Neurological damage

Want to be a PHE?
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*Statistics are from the Centers for Disease Control and Prevention at www.cdc.gov