

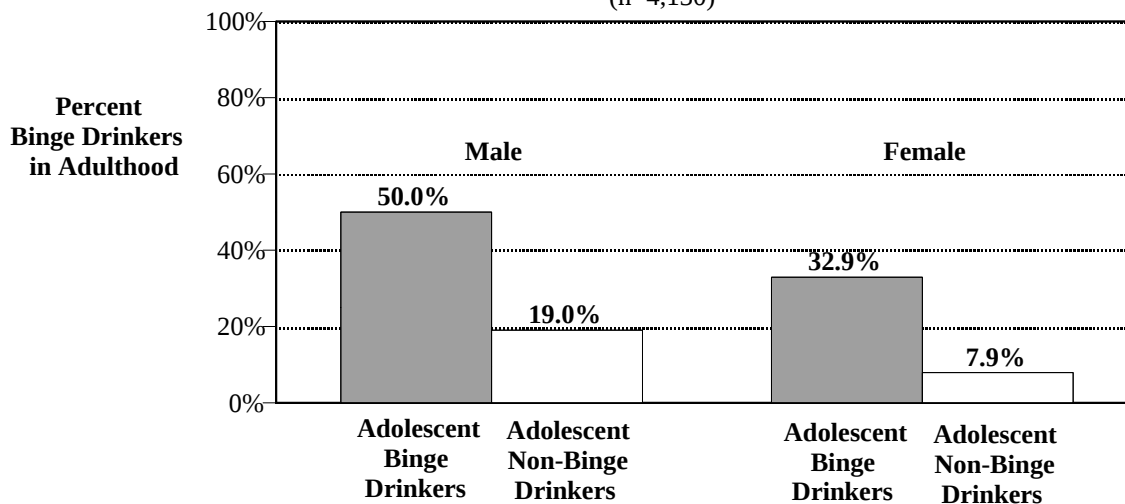
A Weekly FAX from the Center for Substance Abuse Research

University of Maryland, College Park

Adolescent Binge Drinking Associated with Binge Drinking During Early Adulthood

Persons who were binge drinkers* during adolescence are more likely to be binge drinkers in early adulthood, according to an analysis of data from the National Longitudinal Survey of Youth (NLSY). One-half of males who were binge drinkers at ages 17 to 20 were also binge drinkers at ages 30 to 31, compared to slightly less than one-fifth (19%) of those who were not adolescent binge drinkers. Similar results were found for females (see figure below). These differences remained even after statistically controlling for potentially confounding factors, such as early marijuana and cigarette use, college enrollment, and race/ethnicity. The authors conclude that “efforts to prevent and treat adolescent problem drinking are likely to have an impact on adult drinking patterns and therefore may have immediate as well as longstanding effects on public health” (p. 718).

Percentage of Male and Female U.S. Residents Reporting Binge Drinking at Age 30 to 31, by Whether They Were Binge Drinkers at Age 17 to 20
(n=4,130)



*Binge drinking is defined as having six or more drinks on at least one occasion in the last month.

NOTE: The NLSY is a nationally representative sample of almost 12,700 individuals who were age 14 to 22 years in 1979 and have been interviewed annually or biennially since 1979. The sample eligible for this study consisted of 4,130 individuals who were interviewed at appropriate ages when drinking was assessed.

SOURCE: Adapted by CESAR from McCarty, C.A., Ebel, B.E., Garrison, M.M., DiGiuseppe, D.L., Christakis, D.A., Rivara, F.P. “Continuity of Binge and Harmful Drinking from Late Adolescence to Early Adulthood,” *Pediatrics* 114(3):714-719, 2004. For more information, contact Dr. Carolyn McCarty at cmccarty@u.washington.edu.

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