

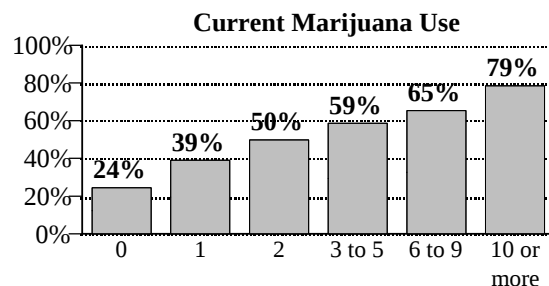
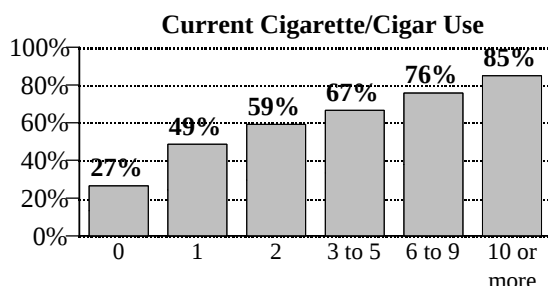
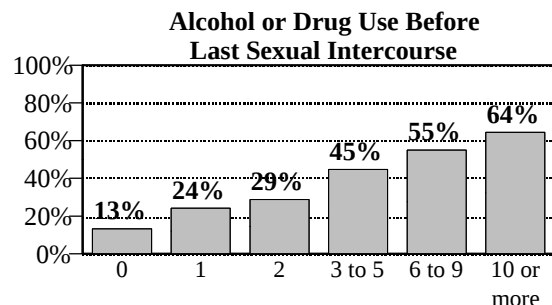
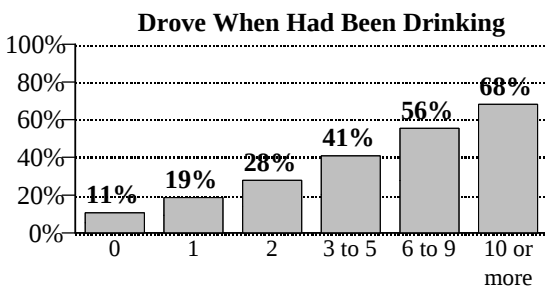
A Weekly FAX from the Center for Substance Abuse Research

University of Maryland, College Park

Nearly Two-Thirds of High School Students Who Use Alcohol Binge Drink; Frequent Binge Drinkers Six Times More Likely to Drink and Drive

Binge drinking among high school students is associated with many health risk behaviors, according to recent analysis of data from the National Youth Risk Behavior Study (YRBS). Forty-five percent of U.S. high school students reported drinking in the past month, and nearly two-thirds of these drinkers (64%) reported binge drinking, defined as consuming five or more drinks in a row during the past month. Binge drinking was associated with a variety of health risk behaviors that increased with the number of binge-drinking days. For example, drinkers who reported binge drinking on ten or more days were six times more likely to report drinking and driving than those who did not binge drink (68% vs. 11%; see figure below). The recently released Surgeon General's report on underage drinking includes many recommendations for preventing and reducing underage drinking (see *CESAR FAX*, Volume 16, Issue 19).

Prevalence of Health Risk Behaviors Among U.S. High School Students Who Drink Alcohol, by Number of Binge-Drinking Days, 2003



Number of Binge-Drinking Days

Number of Binge-Drinking Days

NOTE: The National Youth Risk Behavior Survey (YRBS) is a school-based survey, representative of all public and private high school students in grades 9 through 12 in all 50 states and the District of Columbia.

SOURCE: Adapted by CESAR from Miller, J.W., Naimi, T.S., Brewer, R.D., and Jones, S.E. "Binge Drinking and Associated Health Risk Behaviors Among High School Students," *Pediatrics* 119:76-85, 2007. For more information, contact Dr. Robert Brewer at robert.brewer@cdc.hhs.gov.

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