

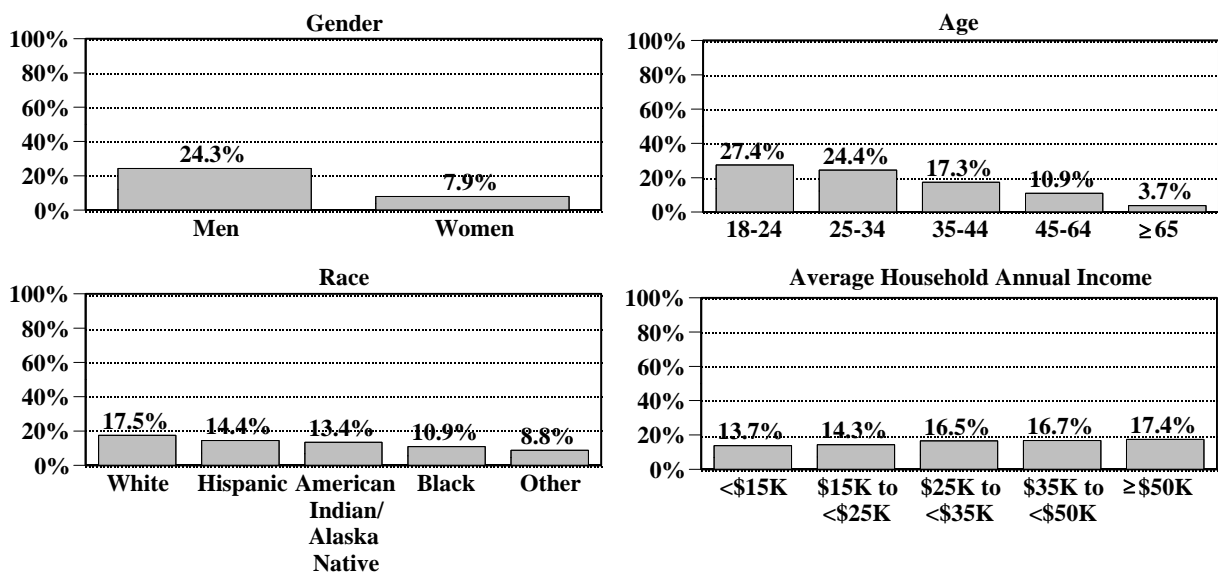
## A Weekly FAX from the Center for Substance Abuse Research

University of Maryland, College Park

### *Binge Drinking More Common Among Younger Adults, Males, Whites, and Those with Higher Incomes*

“Binge drinking is common among U.S. adults, especially among whites, males, persons aged 18-34 years, and those with household incomes  $\geq \$50,000$ ,” according to an analysis of data\* from the Behavioral Risk Factor Surveillance System. Binge drinking was three times higher among men (24.3%) than women (7.9%), and was significantly higher among non-Hispanic whites (17.5%) than Hispanics (14.4%) and non-Hispanic blacks (10.9%). In addition, binge drinking decreased with age and increased with income (see figure below). According to the authors, “these sociodemographic characteristics stand in contrast to characteristics for many other health risk factors (e.g., smoking and obesity), where prevalence tends to be higher among minorities and persons with lower education and income” (p. 303). Reasons suggested by the authors for these findings include differences in disposable income, cultural factors, differences in state and local laws that affect price, availability, and marketing of alcoholic beverages, and that binge drinking has not been widely recognized as a health risk.

**Percentage of U.S. Adults in 14 States Reporting Binge Drinking in the Past 30 Days, 2004**  
(n=62,684)



\*Data are based on 14 states that administered the optional binge drinking module of the Behavioral Risk Factor Surveillance System survey and are not necessarily representative of all 50 states. Race and income prevalence are adjusted for age and sex. Binge drinking is defined as consuming five or more alcoholic drinks on one occasion.

SOURCE: Adapted by CESAR from Centers for Disease Control and Prevention, “Sociodemographic Differences in Binge Drinking Among Adults—14 States, 2004,” *Morbidity and Mortality Weekly Report* 58(12):301-304. Available online at <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5812a1.htm>.

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