

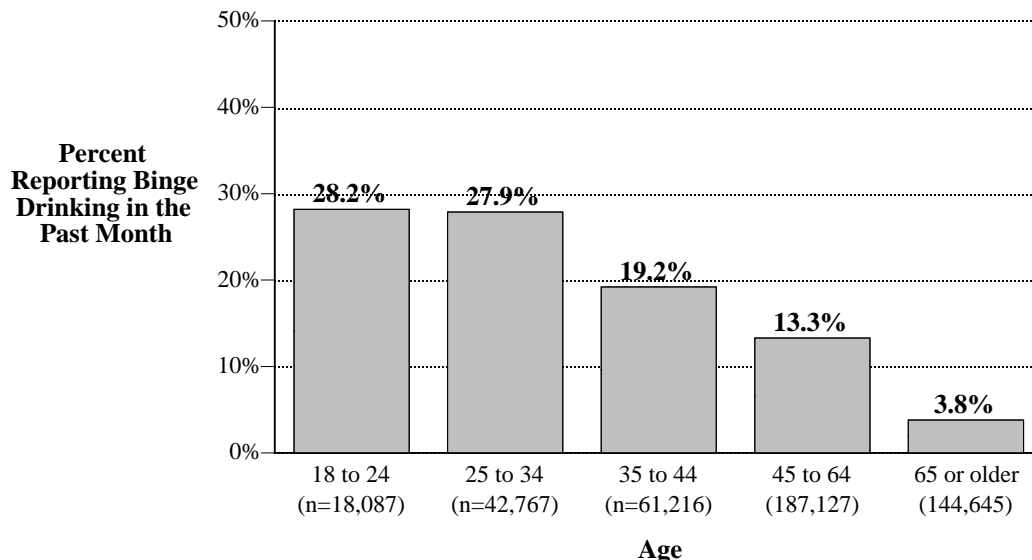
A Weekly FAX from the Center for Substance Abuse Research

University of Maryland, College Park

***Binge Drinking Not Just a Youth Problem:
Nearly One in Five Adults Ages 35 to 44 Binge Drink***

While binge drinking is typically associated with youth and young adults, data from the 2010 Behavioral Risk Factor Surveillance System (BRFSS) show that this behavior is also prevalent among older adults. More than one-fourth (28.2%) of young adults ages 18 to 24 reported binge drinking, defined as consuming four or more drinks for women or five or more drinks for men on an occasion during the past 30 days. Older adults also reported binge drinking in relatively high, albeit decreasing, numbers—more than one-fourth (27.9%) of persons ages 25 to 34, nearly one-fifth (19.2%) of those ages 35 to 44, and more than one-tenth (13.3%) of those ages 45 to 64 reported binge drinking. And while only 3.8% of adults ages 65 or older reported binge drinking, this age group had the highest frequency of binge drinking (5.5 episodes per month, compared to 4.1 to 4.7 for other ages; data not shown). The authors note that “binge drinking places those exposed and others at substantially increased risk for alcohol-attributable harms, and contributes disproportionately to productivity losses, health care expenses, and excess burden on the criminal justice system” (p. 17).

Estimated Percentage of U.S. Adults Reporting Binge Drinking, 2010
(N sampled=457,677)



NOTES: The 2010 BRFSS was a state-based, random-digit-dialed telephone survey of noninstitutionalized, civilian U.S. adults administered to landline and cellular telephone-only residents of 48 states (all except South Dakota and Tennessee) and DC. A total of 457,677 respondents (422,039 landline respondents and 35,638 cellular telephone respondents) were included in the analysis.

SOURCE: Adapted by CESAR Centers for Disease Control and Prevention, “Vital Signs: Binge Drinking Prevalence, Frequency, and Intensity Among Adults—United States, 2010,” *Morbidity and Mortality Weekly Report* 61(1):14-19, 2012. Available online at <http://www.cdc.gov/mmwr/pdf/wk/mm6101.pdf>.