

Alcohol Binge Drinking - Adults

DESCRIPTION

The Centers for Disease Control and Prevention define binge drinking as a pattern of drinking that brings a person's blood alcohol concentration to 0.08 grams percent or above. This typically happens when men consume 5 or more drinks or women consume 4 or more drinks in about two hours. Binge drinking is the most common, expensive and fatal pattern of excessive alcohol use in the U.S., which costs about \$249 billion annually. Those costs come in the form of losses in productivity and missed work, health care expenses, alcohol-related crime and car crashes, as well as early mortality. Binge drinking can lead to many negative consequences that impact a person's mental, physical and emotional health. All these factors contribute to an adverse impact on the individual drinking and society in general.¹

HOW WE ARE DOING

In 2016 in Minnesota, 26.5 of males and 16.2 percent of females report binge drinking in the last 30 days.² Among Minnesota college students, 37.2 of males and 21.9 percent of females report binge drinking. Students who engaged in binge drinking reported an average of 19 negative consequences within the past 12 months as a result of drinking, compared to an average of 4.4 negative consequences for students who reported they did not engage in high risk drinking.³ Among Ramsey County adults 25 years or older, about 72 percent of survey respondents reported drinking at least one alcoholic beverage in the 30 days prior to the survey. About 24.2 percent of men and 21.5 percent women reported binge drinking one or more times during the past 30 days.⁴

BENCHMARK INDICATOR

Health People 2020: Reduce the proportion of persons engaging in binge drinking during the past 30 days—adults aged 18 years and older.

U.S. Target: 24.4 percent.⁵

DISPARITIES

Disparities can be seen in relation to gender, age, education, income and race. National research shows that men generally binge drink at twice the frequency as women. Binge drinking prevalence and intensity are highest among 18-24 and 25-34 age groups. Respondents who did not graduate from high school had the lowest prevalence of binge drinking, but those who did binge drink had a higher frequency and intensity of drinking compared to respondents with higher educational levels. Respondents with household incomes >\$75,000 had the highest binge drinking prevalence, but binge drinkers with household incomes <\$25,000 reported a higher frequency and intensity of binge drinking. The prevalence of binge drinking among non-Hispanic whites was similar to the prevalence among Hispanics, but significantly higher than the prevalence for non-Hispanics from other racial and ethnic groups.⁶

Information to note

- Among Minnesota college students, 37.2% of males and 21.9% of females report binge drinking.
- Among Ramsey County adults 25 or older, 24.2% of men and 21.5% women reported binge drinking one or more times during the past 30 days.

Community voice

"Bad choices, alcohol and drugs around unhealthy people."
- White Female, age 45-54

From the 146 alcohol mentions, 78% (114) stated that it kept them from being healthy.

¹ Alcohol and Public Health. Centers for Disease Control and Prevention. <https://www.cdc.gov/alcohol/data-stats.htm>. Accessed May 2018.

² BRFSS Prevalence & Trends Data. Centers for Disease Control and Prevention. <https://www.cdc.gov/brfss/brfssprevalence>. Accessed May 2018.

³ College Student Health Survey Report 2015. https://boynton.umn.edu/sites/boynton.umn.edu/files/2018-02/MNPPostsecondaryStudents_CSHSReport_2015.pdf. Published October 2015. Accessed May 2018.

⁴ Metro SHAPE Adult Health Data Book: Ramsey County 2014. Ramsey County. https://www.ramseycounty.us/sites/default/files/Open%20Government/Public%20Health%20Data/ramsey_county_metro_SHAPE_2014_survey.pdf. Accessed April 20, 2018.

⁵ Healthy People 2020. <https://www.healthypeople.gov/2020/topics-objectives/topic/substance-abuse/objectives>. Accessed May 2018.

⁶ Vital Signs: Binge Drinking Prevalence, Frequency, and Intensity Among Adults – United States 2010. Centers for Disease Control and Prevention. 2012. <https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6101a4.htm>. Published January 13, 2012. Accessed May 2018.

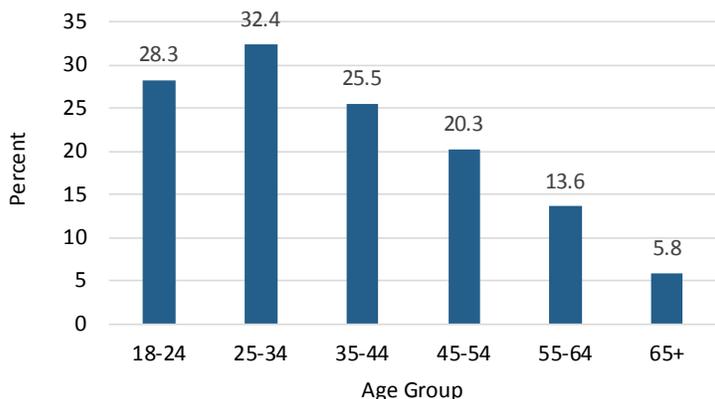
RISK FACTORS

People binge drink for different reasons, but some factors include: coping with mental health issues, struggling to forget underlying problems; expressing resistance to social norms/rules; and trying to loosen inhibitions. Binge drinking can put a person at higher risk for a long list of health problems including injuries, violence, suicide, sexually transmitted diseases, alcohol poisoning, drowning, unintended pregnancy, fetal alcohol spectrum disorders, sudden infant death syndrome, cancer and other chronic diseases.⁷

WHAT RAMSEY COUNTY GOVERNMENT IS DOING

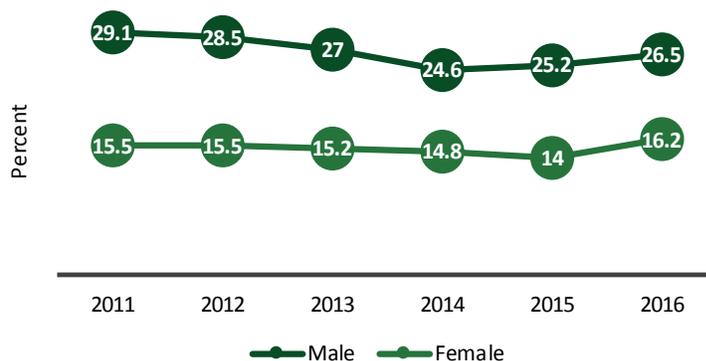
text Saint Paul – Ramsey County Public Health maintains a disease surveillance role, monitoring the rate of adult binge drinking in Ramsey County.

Binge Drinking among Adults within Last 30 Days, Minneapolis - St. Paul Metropolitan Statistical Area, 2017



Source: Centers for Disease Control and Prevention.⁷

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⁷ BRFSS Prevalence & Trends Data. Centers for Disease Control and Prevention. <https://nccd.cdc.gov/brfss/brfssprevalence>. Accessed April 2019.