

# TRENDS IN TOTAL BINGE DRINKING PER ADULT U.S. 2011-2017

Binge drinking is defined as consuming:



**5** or more drinks for men on a single occasion

**4** or more drinks for women on a single occasion



Overall # of Binge drinks **INCREASED** from **472** in 2011 to **529** in 2017 (12.1%)



**90%**

of adults who report excessive drinking, binge drink

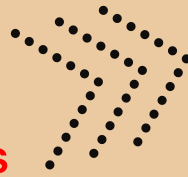
Each year excessive drinking accounts for



**deaths**

among U.S adults aged 20-64

In 2015, **17.1%** of U.S. adults aged 18+ reported binge drinking approximately once a week & consumed an average of **7 drinks per binge drinking episode**



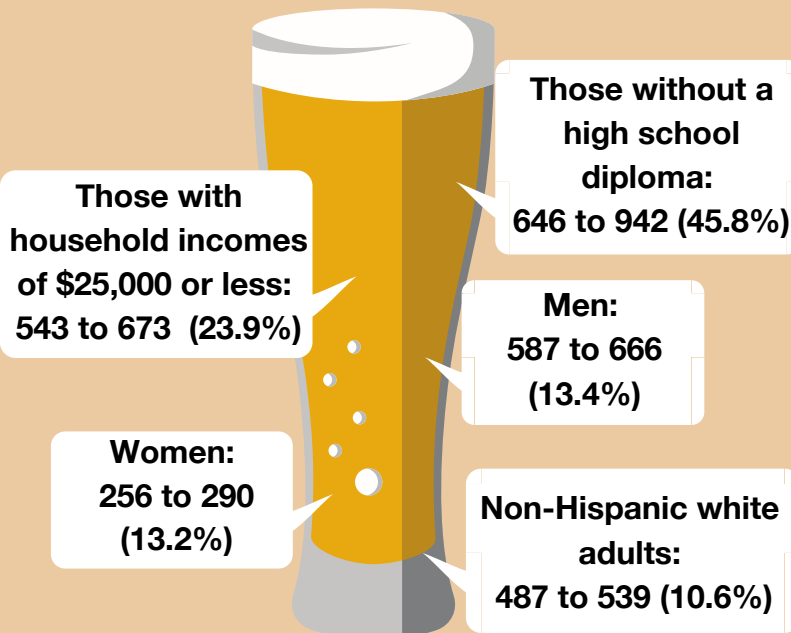
This results in

**17.5 BILLION TOTAL BINGE DRINKS**

OR

**467 TOTAL BINGE DRINKS PER ADULT**

Statistically significant increases in **TOTAL BINGE DRINKS** were seen among the following:



Evidence based prevention strategies to reduce binge drinking include:

- **Increasing** alcohol tax
- **Regulating** the # and concentration of alcohol outlets in communities
- **Enforcing** minimum legal drinking age laws



These strategies will reduce the :

- **Prevalence**
- **Frequency; and**
- **Intensity of binge drinking**

