

# BINGE DRINKING: THE HIDDEN TRUTH

**BINGE DRINKING** is a pattern of drinking that brings your blood alcohol content (BAC) to .08 grams percent or above – when women consume 4 or more and men 5 or more drinks in about 2 hours.

**70%**

of binge drinking episodes  
are by adults age  
26 or older



**42%**

of college students report  
binge drinking



**92%**

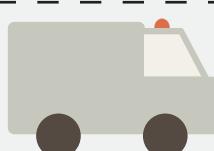
of adults who drink excessively  
report binge drinking  
in the past 30 days

Half of all frequent binge drinkers report having five or more alcohol-related problems during the school year - **20 times** the rate as students who drink but do not binge.

**Alcohol is a factor in 28% of college dropouts.**



Every year about 1,825 college students between the ages of 18 and 24 DIE from unintentional alcohol-related injuries, including motor vehicle crashes.



Over 30,000 students each year need emergency health care for alcohol overdose.

**Alcohol kills more teenagers than ALL OTHER DRUGS combined.**

It is a factor in the three leading causes of death among 15-24 year olds: accidents, homicides, and suicides.



Binge drinkers are 14 times more likely to drive under the influence than non binge drinkers

**90%**

of alcohol consumed by those under 21 is in the form of binge drinking

Students who pay less than a dollar per drink or who pay a flat "all-you-can-drink" rate are more likely to binge than those who pay more

Binge drinking is associated with higher rates of unintentional injuries (car crashes, falls, drowning) as well as intentional injuries (firearms, sexual assault, domestic violence)

**Women who binge drink are more likely to have unprotected sex**



While the number of male arrests for drunk driving has decreased over the past 10 years, significantly more women are being arrested for drunk driving incidents, often associated with binge drinking.

**Binge drinking often begins around age 13.**

## SOURCES

CDC, Fact Sheets: Binge Drinking  
National Institute of Alcohol Abuse and Alcoholism  
[CollegeDrinkingPrevention.gov](http://CollegeDrinkingPrevention.gov)

Created by: