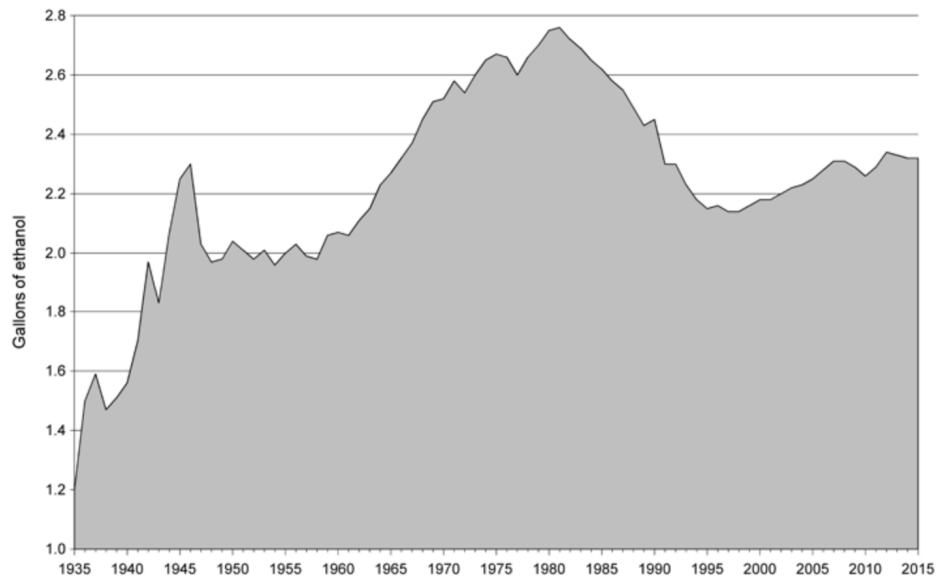


Per capita consumption in the US, 1935-2015

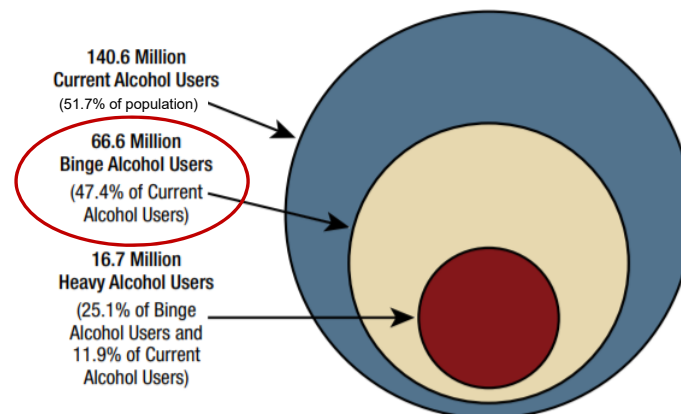


<https://pubs.niaaa.nih.gov/publications/surveillance108/CONS15.htm>

1

Alcohol use in the United States

Figure 5. Current, Binge, and Heavy Alcohol Use among People Aged 12 or Older: 2017



Note: Since 2015, the threshold for determining binge alcohol use for males is consuming five or more drinks on an occasion and for females is consuming four or more drinks on an occasion.

NSDUH, 2017

2

What is a “binge”?

- **NIAAA**
 - Drinking enough within about 2 hours to reach a blood alcohol concentration (BAC) of 0.08 g/dL, the legal limit of intoxication. For women, this typically occurs after 4 drinks, and for men, about 5.
 - Measured as 4+ (women) or 5+ (men)
- **NSDUH (National Survey on Drug Use and Health)**
 - 5+ until 2015, now 4+/5+
- **MTF (Monitoring the Future)**
 - 5+ for males and females
- Because many adolescents reach a 0.08 g/dL BAC after fewer drinks, some researchers use age and sex specific thresholds (see Hingson and Zha, 2018)

3

Beyond binge thresholds – Peak levels matter

Grades 9-12 in YRBSS
OR using developmentally
appropriate binge levels

Outcome	Binge level	
	1-2X	2X+
Cigarettes	2.4	4.4
Injured in fight	2.7	3.9
Marijuana	2.8	4.0
Other drugs	2.3	4.2
Drink and drive	2.3	3.4
Ride with drunk driver	1.8	2.7
Injured in a suicide attempt	1.2	3.1

Boys: Ages 9–13: 3 drinks
Ages 14–15: 4 drinks
Ages 16–17: 5 drinks
Girls: Ages 9–17: 3 drinks

Adults aged 18+ in
NESARC III OR using
multiples of 4+/5+

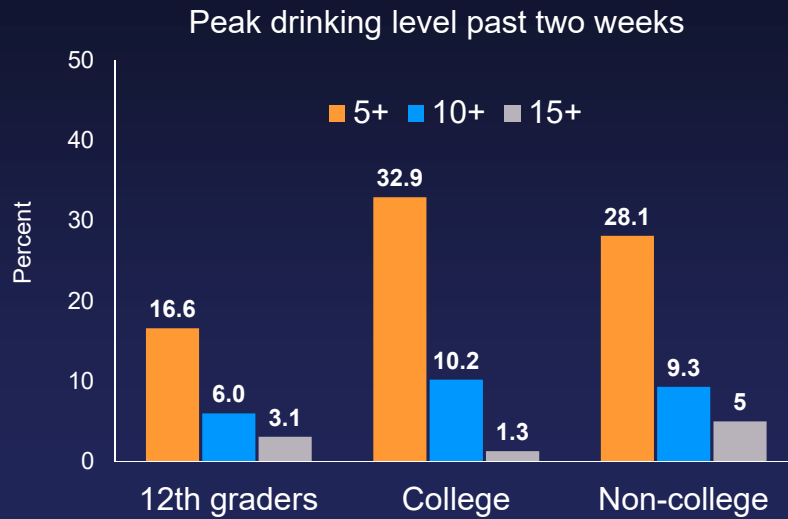
Outcome	Binge level		
	1-2X	2-3X	3X+
Drink and drive	2.7	3.4	3.6
Physical fight	1.8	1.9	2.9
Injured	3.8	4.3	7.0
Legal problems	3.1	3.6	6.1

ORs calculated compared to drinkers who did not binge

(Hingson et al., 2017; Hingson and Zha, 2018)

4

Limited data available on high peak drinking levels – Mainly for adolescents and young adults

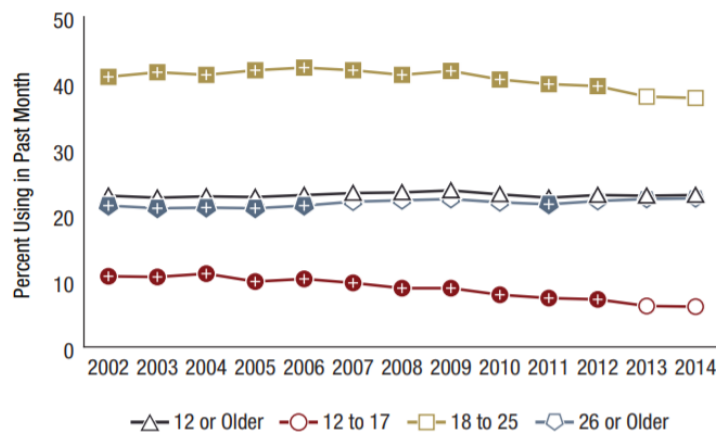


Source: Monitoring the Future (2017); College and non-college = 18-22

5

Percent of people 12+ who binged remained relatively stable from 2002-2014

Figure 26. Past Month Binge Alcohol Use among People Aged 12 or Older, by Age Group: Percentages, 2002-2014



+ Difference between this estimate and the 2014 estimate is statistically significant at the .05 level.

NSDUH, 2014

6

But ED visits related to excessive acute alcohol consumption increased – Why?

