NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.

Americans Binge-Drinking More

Binge drinking is a bigger problem in the United States than previously thought. Adults binge drink more frequently and consume more drinks when they do, according to the CDC.

While binge drinking is more common among those with household incomes in excess of $75,000, the largest number of drinks consumed per occasion was greatest for those with household incomes of less than $25,000. Also somewhat surprising: while binge drinking is most common among 18-34 year-olds – when those 65+ binge drink – they do so more frequently.

Dr. Robert Brewer, Alcohol Program Lead for the National Center for Chronic Disease Prevention and Health promotion, noted that many binge drinkers are college students, high school students, active military and medical students.

According to the report, more than half of the alcohol adults drink is consumed while binge drinking and more than 90% of the alcohol young people drink is while binge drinking.

Binge drinking, among other things, can lead to unplanned pregnancy, the spread of STDs, SIDS, and – of course – alcohol dependence. Excessive alcohol consumption in men increases the risk of cancer of the mouth, throat, esophagus, liver, and colon. Women are more vulnerable to brain, heart, and liver damage.

"Binge drinking causes a wide range of health, social, and economic problems," says CDC Director Thomas Frieden. "We need to work together to implement proven measures to reduce binge drinking at national, state, and community levels."

No more than 1 drink per day for women and no more than 2 drinks per day for men is considering drinking in moderation.

To read more about alcohol and alcoholism, click here.