

# ALCOHOL AWARENESS:

## GET YOUR FACTS STRAIGHT!

### ON A BINGE

Many people associate binge drinking with college students; however, 70% of binge drinking episodes involve adults ages 26 years and older. Binge drinking is a pattern of drinking that raises blood alcohol concentration levels dangerously high in two hours or less.

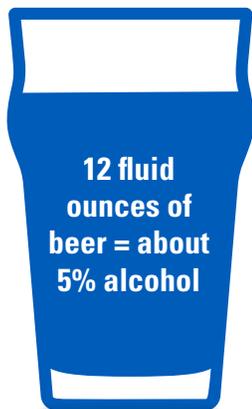
Seventeen percent of adults in the U.S. binge drink about four times a month—consuming eight drinks per binge. Although more common among young adults ages 18 to 34, adults older than 65 report binge drinking an average of five to six times a month. Binge drinking is also most common in households with incomes of \$75,000 or more.

Health risks associated with binge drinking include:

- Alcohol poisoning
- Sexually transmitted diseases
- Unintended pregnancy
- High blood pressure, stroke and other cardiovascular diseases
- Domestic violence
- Liver disease
- Neurological damage
- Sexual dysfunction

### HOW MUCH ARE YOU REALLY DRINKING?

Knowing what constitutes a “standard” pour can help you drink smarter.



## RUNNING THE NUMBERS

As of 2020, of the 138.5 million people who were current alcohol users, 61.6 million



were classified as binge drinkers and 17.7 million were classified as heavy drinkers (SAMHSA)

“Excessive alcohol use” technically means anything above the U.S. Dietary Guidelines’



recommended daily limits of more than two drinks a day for men and more than one drink a day for women.

95,000 deaths are related to alcohol abuse every year, making alcohol abuse the third highest cause of death in the U.S. (NIAAA)

