

# BINGE DRINKING FACTS

## What is Binge Drinking?

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Binge drinking is defined as consuming five or more standard drinks per occasion for males and four or more drinks for females. A standard drink is 12 oz. of beer (5%), 5 oz. of wine (12%), or 1.5 oz. of distilled spirits (40%).

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## What does the data say?

The 2023 National Survey on Drug Use and Health (NSDUH) found that 21.7% of people 12 years and up binge drank in the past month. However, for 18-25-year-olds, the rate jumps to 28.7%.

The Illinois Youth Survey includes binge drinking as well. In 2024, 8% of Illinois 12th graders binge drank in the past two weeks. For 8th and 10th graders, the rates were 1% and 4%, respectively.

Source: National Survey on Drug Use and Health  
<https://www.samhsa.gov/data/>

Source: Illinois Youth Survey <https://iys.cprd.illinois.edu/>

PREVENTION FIRST

<https://www.prevention.org/alcohol-policy-resource-center>

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## What are the risks of Binge Drinking?

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The Centers for Disease Control and Prevention identified several health risks associated with binge drinking:

- Unintentional injuries such as falls, burns, and alcohol poisoning
- Car Crashes
- Violence including homicide, suicide, intimate partner violence, and sexual assault
- Chronic diseases such as high blood pressure, stroke, heart disease, and liver disease
- Cancer of the breast, mouth, throat, esophagus, liver, and colon.
- Alcohol use disorders

Source: <https://www.cdc.gov/alcohol/fact-sheets/binge-drinking.htm>

## What strategies prevent Binge Drinking?

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- Increase alcohol taxes
- Alcohol Outlet Density Regulations/Ordinances
- Responsible Beverage Server Training - BASSET for on-premise and off-premise
- Alcohol Compliance Checks