



Healthy People Build Strong Communities

## Binge Drinking | Adult

**Definition** | Percent of adults who binge drank on at least one occasion in the last 30 days; 5 or more drinks for men and 4 or more drinks for women.

**Importance** | Excessive drinking is a risk factor for outcomes such as alcohol poisoning, hypertension, acute myocardial infarction, sexually transmitted infections, unintended pregnancy, fetal alcohol syndrome, sudden infant death syndrome, suicide, interpersonal violence, and motor vehicle crashes.<sup>1</sup>

**Where are we** | The proportion of binge drinkers was unstable from 2007 to 2010. Douglas County had a percentage of adult binge drinking higher than the state of Kansas and the U.S.

**Health Disparities** | Among adults in Douglas County in 2009:

- Males were more likely to binge drink than were females.

**Healthy People 2020 Goal** |  $\leq 24.3\%$ <sup>2</sup>

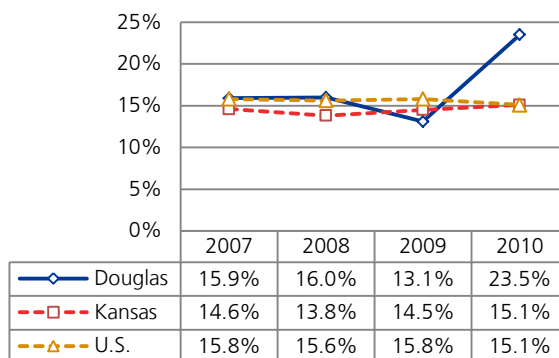
**Additional Information** | In Douglas County in 2011, approximately 240 cases of preventable emergency department utilization were due to excessive alcohol use.<sup>3</sup>

Everyone can help prevent binge drinking. People can:

- Choose not to binge drink themselves and help others not do it.
- Drink in moderation if they do drink. Pregnant women and underage youth should not drink alcohol.
- Support effective community strategies to prevent binge drinking.
- Support local control of the marketing and sale of alcohol.
- Support the minimum legal drinking age of 21.<sup>4</sup>

## Trend Analysis

Percentage of adults who are binge drinkers<sup>4</sup>

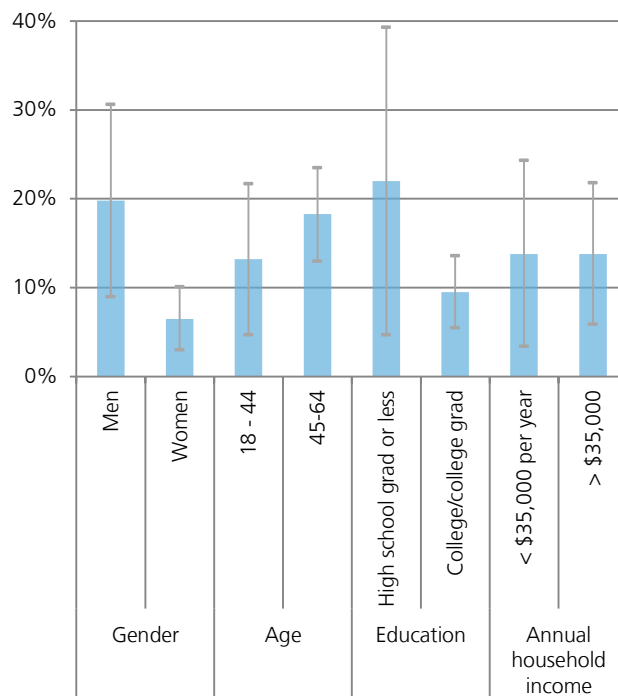


\*Douglas County Behavioral Risk Factor Surveillance Survey sample size was considerably smaller in 2010 as compared to 2009 survey sample.

## Disparity Analysis

Disparities in adults who are binge drinkers<sup>4</sup>

Douglas County 2009



### Data Source

<sup>1</sup>County Health Rankings

<sup>2</sup>Healthy People 2020, U.S. Department of Health and Human Services

<sup>3</sup>Douglas County Community Health Assessment, Small Area Analysis

<sup>4</sup>BRFSS, Kansas Department of Health and Environment