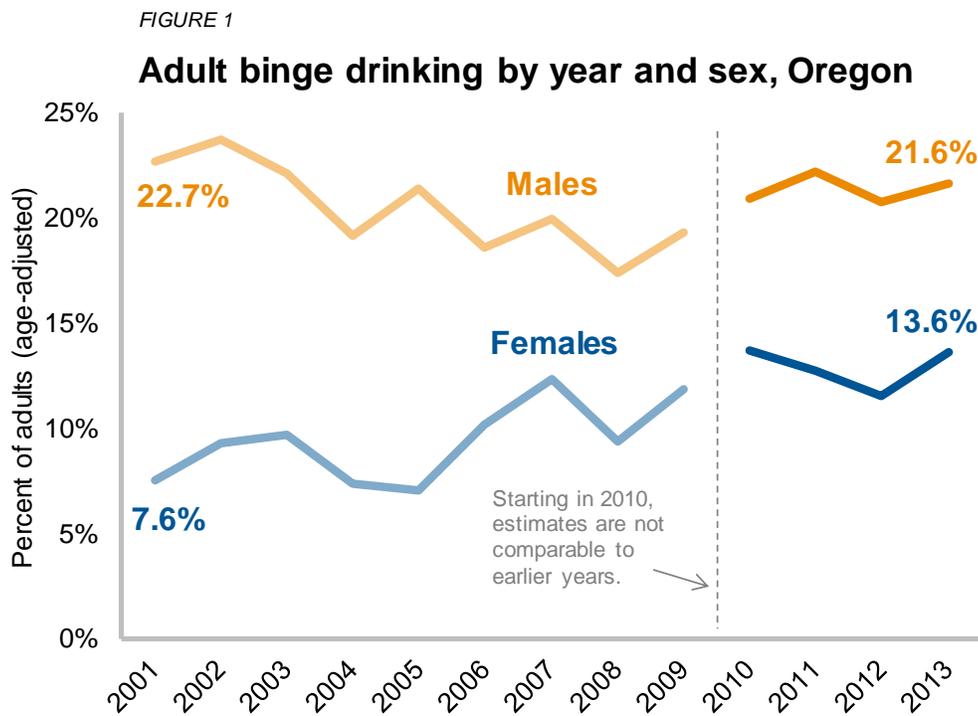


Health Behaviors

Binge drinking

Binge drinking alcoholic beverages is a significant risk factor for injury, violence, substance abuse and alcoholism. Binge drinking among adults is defined as drinking 4 or more drinks for women and 5 or more drinks for men on at least one occasion in the past 30 days¹.

In 2013, 17.6% of Oregon adults reported binge drinking (13.6% of women and 21.6% of men). Among women, self-reported binge drinking has increased since 2001 (Figure 1).



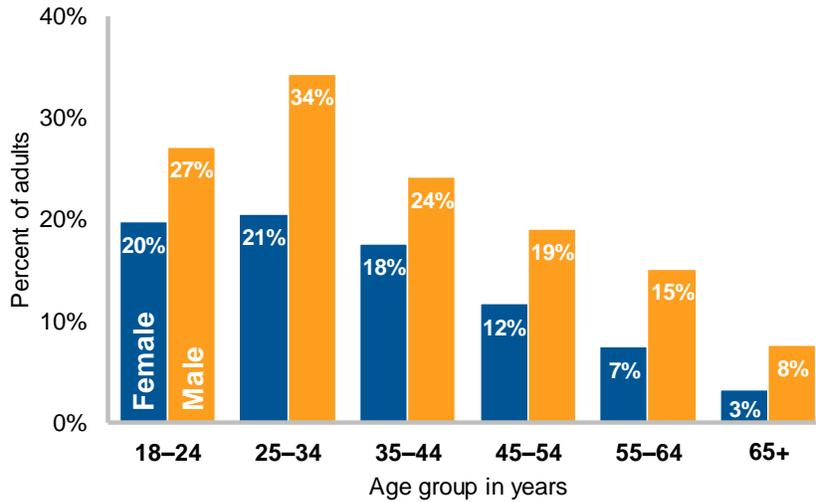
Source: Oregon Behavioral Risk Factor Surveillance System (BRFSS)

Males of all ages report binge drinking more frequently than women (Figure 2). Male binge drinking peaks in the 25–34 year age group. Female binge drinking is highest in the 18–24 and 25–34 year age groups.

¹ In 2006 the definition of binge drinking changed from ≥ 5 drinks for all adults to ≥ 4 drinks for women and ≥ 5 for men.

FIGURE 2

Adult binge drinking by sex and age, Oregon, 2013

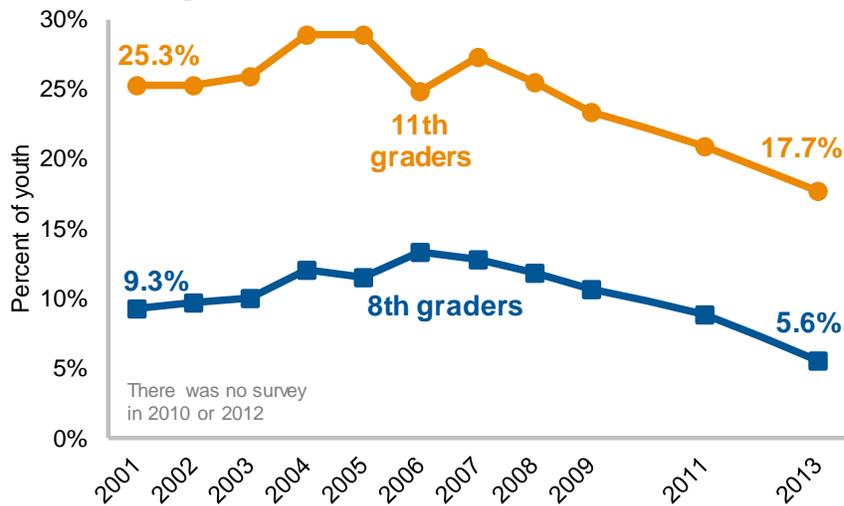


Source: Oregon Behavioral Risk Factor Surveillance System

Among Oregon youth in 2013, 5.6% of 8th-graders and 17.7% of 11th-graders reported binge drinking². Rates in both age groups appear to be declining (Figure 3).

FIGURE 3

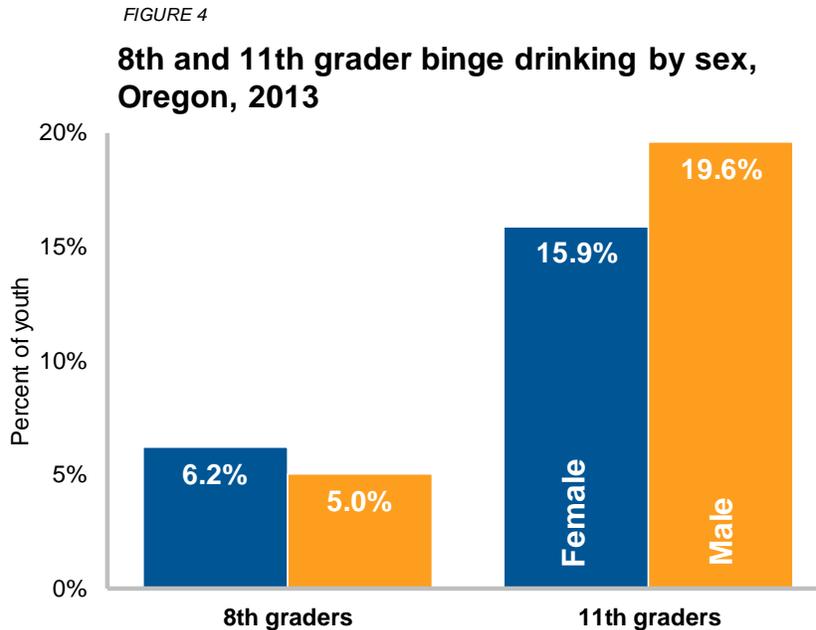
8th and 11th grader binge drinking by year, Oregon



Source: Oregon Healthy Teens

² For youth, binge drinking is defined as ≥ 5 drinks within 2 hours on at least 1 occasion in the past 30 days.

Levels of binge drinking were similar among boys and girls in 8th-grade (5.0% and 6.2%, respectively; Figure 4). But, the rate is higher in 11th-grade boys than it is in girls (19.6% and 15.9%, respectively).



Source: Oregon Healthy Teens

Although rates have declined in youth since 2007, more than 1 in 6 Oregon 11th-graders report binge drinking, a behavior that puts them at considerable risk for injury and other adverse health outcomes.

Additional Resources: [Oregon Behavioral Risk Factor Surveillance System](#); [Oregon Health Teens Survey Results](#)

About the Data: Data sources are the Oregon Behavioral Risk Factor Surveillance Systems (BRFSS) for adults and the Oregon Healthy Teens Survey (OHT) for youth. BRFSS is a telephone survey conducted annually among non-institutionalized adults age 18+. Since 2010, the Oregon BRFSS data have included cell phone respondents as well as those reached by landline, and data weighting methods have changed. Therefore, caution should be used in interpreting changes over time. OHT is a pencil and paper or online survey conducted every two years among Oregon 8th and 11th graders within schools. For adults, data include respondents age 18+ who report binge drinking (≥ 5 drinks for men; ≥ 4 drinks for women) on at least 1 occasion in the past 30 days. For youth, data include eighth- and 11th graders who reported binge drinking (≥ 5 drinks within 2 hours) on at least 1 occasion in the past 30 days.

For More Information Contact: Katrina Hedberg, Katrina.Hedberg@state.or.us

Date Updated: October 8, 2015

[Oregon State Health Profile](#)

OHA 9153-D (Rev) 09/13: This document can be provided upon request in an alternate format for individuals with disabilities or in a language other than English for people with limited English skills. To request this publication in another format or language, contact the Publications and Design Section at 503-378-3486, 711 for TTY, or email dhs-oha.publicationrequest@state.or.us.