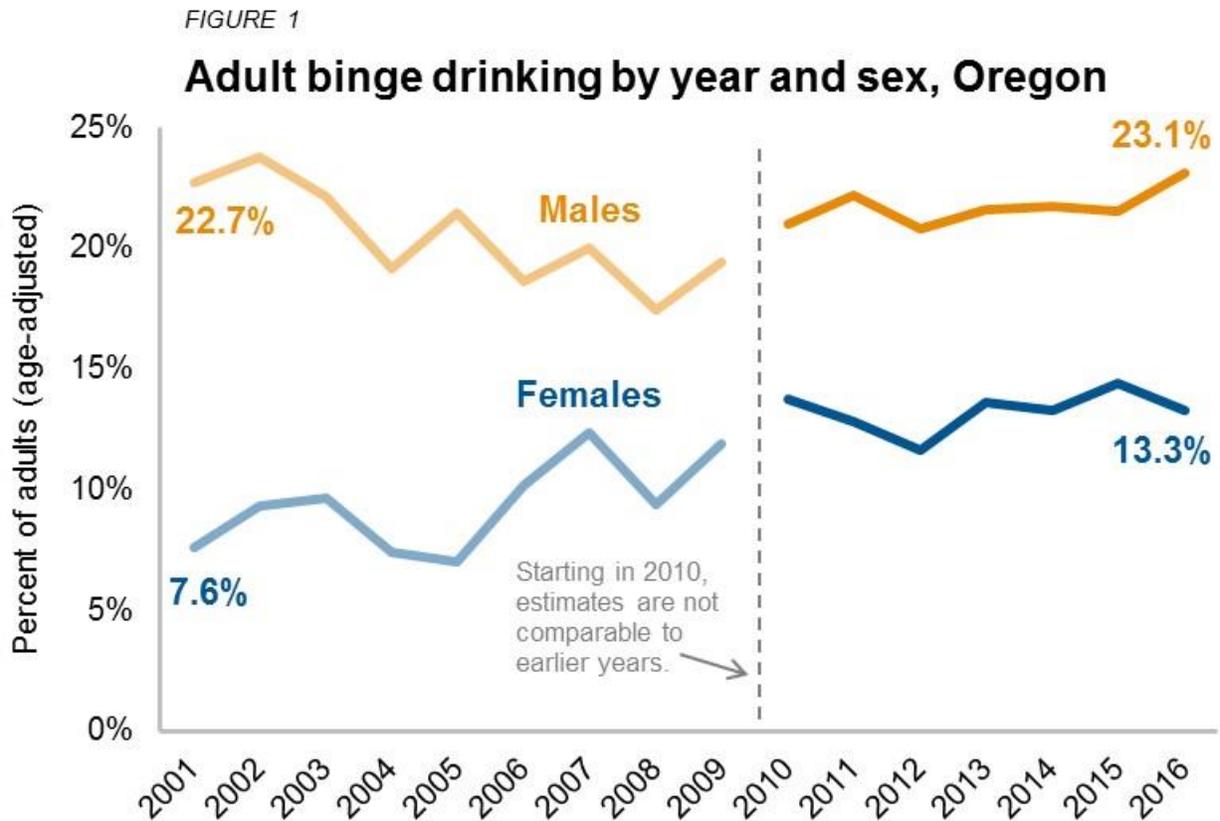


Prevention and Health Promotion

Binge drinking

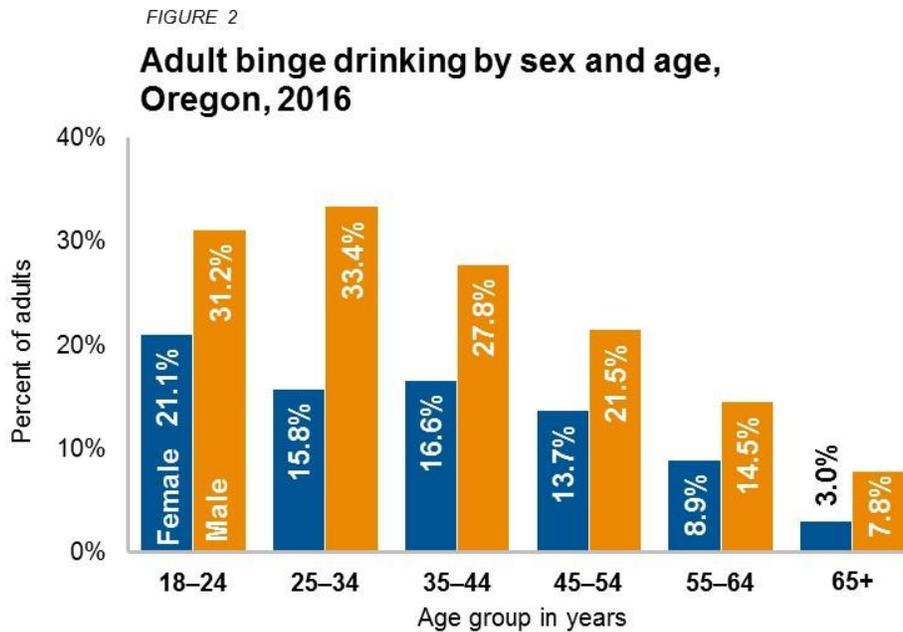
Binge drinking alcoholic beverages is a significant risk factor for injury, violence, substance abuse and alcoholism. Binge drinking among adults is defined as drinking 4 or more drinks for women, and 5 or more drinks for men on at least one occasion in the past 30 days.

In 2016, 18.1% of Oregon adults reported binge drinking (13.3% of women and 23.1% of men). Among women, self-reported binge drinking has increased since 2001 (Figure 1).



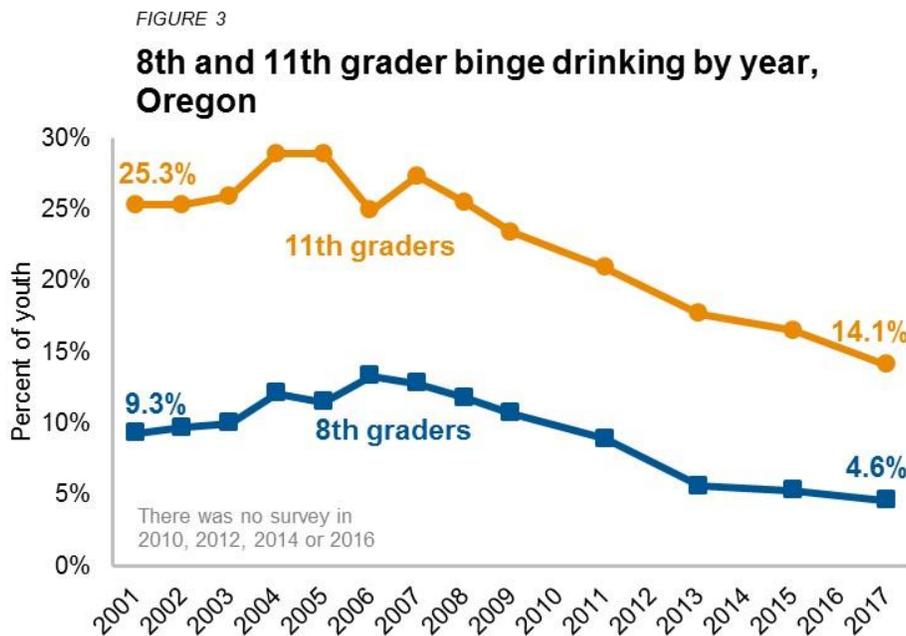
Source: Oregon Behavioral Risk Factor Surveillance System (BRFSS)

Adult males of all ages report binge drinking more frequently than women (Figure 2). Binge drinking is strongly related to age, and is highest for females in the 18–24 year age group and highest for males in the 25–34 year age group.



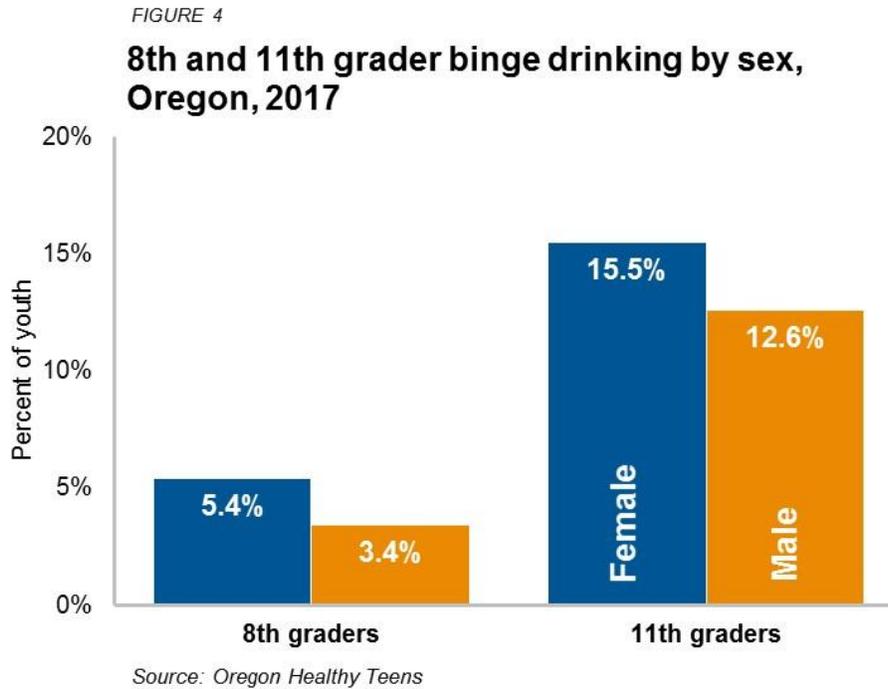
Source: Oregon Behavioral Risk Factor Surveillance System (BRFSS)

Among Oregon youth in 2017, 4.6% of 8th-graders and 14.1% of 11th-graders reported binge drinking. Rates in both age groups are declining (Figure 3).

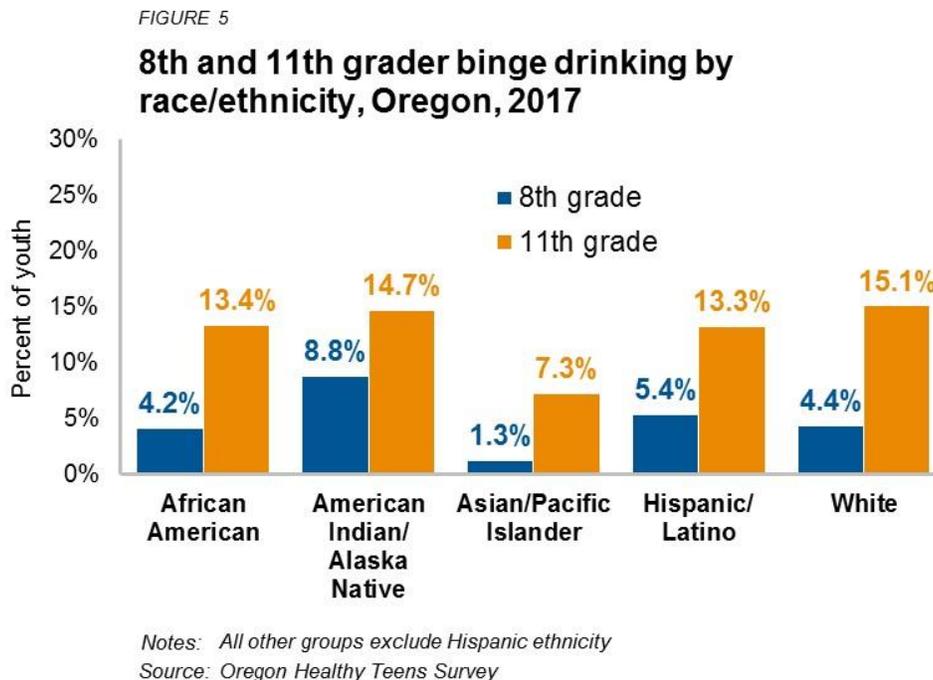


Source: Oregon Healthy Teens Survey

Levels of binge drinking were higher among girls than boys in both 8th and 11th grade (Figure 4).



Rates of binge drinking vary by race/ethnicity (Figure 5).



Although rates have declined in youth since 2007, about 1 in 7 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. Prior to 2006, adult binge drinking was defined as ≥5 drinks for all adults.

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.

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Date Updated: May 25, 2018

[Oregon State Health Profile](#)

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