


Adult Binge Drinking in Wisconsin




Wisconsin
Department of Health Services
Division of Mental Health and
Substance Abuse Services
P-00984 (03/2015)

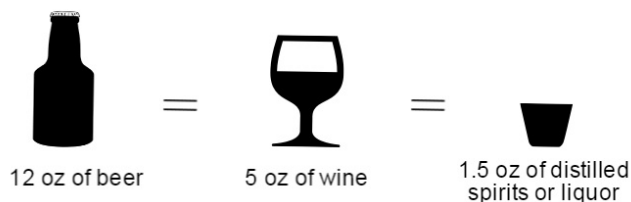
What is a "binge"?

A "binge" is a pattern of drinking that brings a person's blood alcohol concentration (BAC) to 0.08 gram percent or above. For the typical adult this is consuming the following amount in about 2 hours:

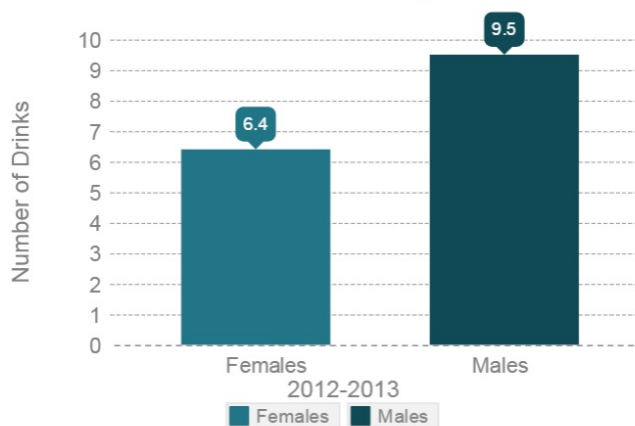
 4 or more drinks (female)

 5 or more drinks (male)

A standard drink is:



Maximum Number of Alcoholic Drinks on One Occasion among Wisconsin Adult Binge Drinkers



Among Wisconsin adult binge drinkers the average number of drinks consumed far exceeds the thresholds of 4 (females) or 5 (males) drinks. The maximum average number of drinks consumed is 6.4 (females) and 9.3 (males).

In Summary

The prevalence of binge drinking among adults in Wisconsin is one of the highest in the United States. There are many negative consequences associated with binge drinking including health, social, and economic factors. If you are 21 years of age or older and choose to drink alcohol, consider the consequences and do so in moderation.

Adult Binge Drinking in Wisconsin



23% of adults, ages 18 and older, in Wisconsin binge drink. This is above the national rate of 17%. Wisconsin had the highest rate of binge drinking in the nation in 2011 and 2012, and second in the nation in 2013.

Fast Facts



Binge drinking comes with a price. The estimated cost of all excessive alcohol consumption in Wisconsin for 2012 was \$6.8 billion.



26% of women of childbearing age (18-44) binge drink.



Wisconsin's consumption was equivalent to 660 standard drinks per person in 2012. That is well above the national average of 513.



39% of adults ages 18-24 reported binge drinking in 2013.



1,748 deaths in Wisconsin were attributed to excessive alcohol use in 2012.

Sources:

Wisconsin resident death certificates, Division of Public Health, Wisconsin Department of Health Services
Behavioral Risk Factor Surveillance System, Centers for Disease Control and Prevention; Wisconsin Department of Health Services, Division of Public Health, Office of Health Informatics.

National Institute of Alcohol Abuse and Alcoholism. NIAAA council approves definition of binge drinking. NIAAA Newsletter 2004; No. 3, p. 3. Available at: http://pubs.niaaa.nih.gov/publications/Newsletter/winter2004/Newsletter_Number3.pdf

Black P.D., Paltzer J.T. The Burden of Excessive Alcohol Use in Wisconsin. University of Wisconsin Population Health Institute, February 2013.