

Binge Drinking

Binge drinking is linked to unintentional injuries (falls, car crashes), intentional injuries (sexual assault, domestic violence), alcohol poisoning, liver disease, and neurological damage.²⁰ Binge drinking is defined as consuming five or more drinks per occasion for men or four or more drinks per occasion for women at least once in the previous month.

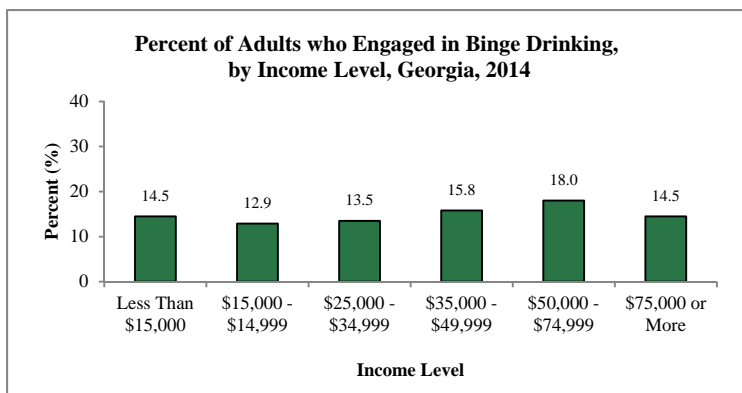
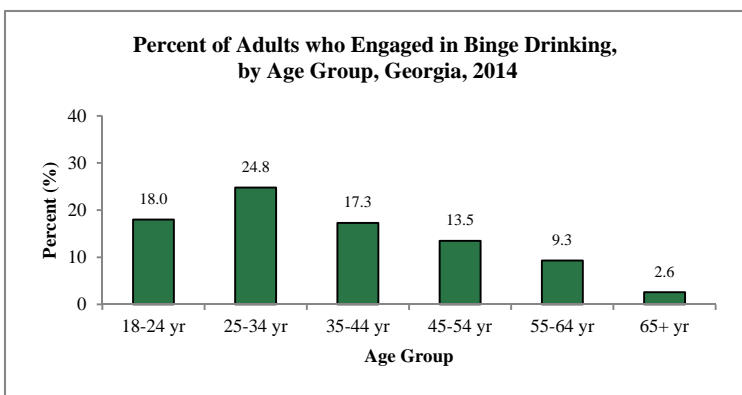
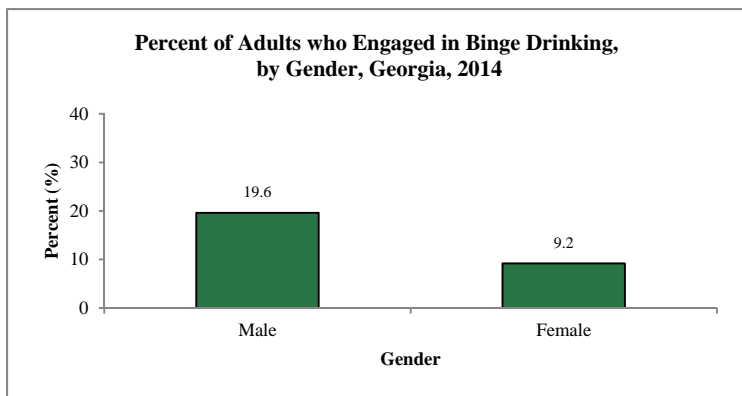
In 2014, 14.2% of Georgia adults engaged in binge drinking.

- Adult males (19.6%) were significantly more likely than females (9.2%) to engage in binge drinking.
- More young adults aged 18-24 (18.0%) and 25-34 (24.8%) reported binge drinking than any other age groups.
- Adults with an annual household income of \$75,000 or more (14.5%), and less than \$15,000 (14.5%) were the most likely to engage in binge drinking.

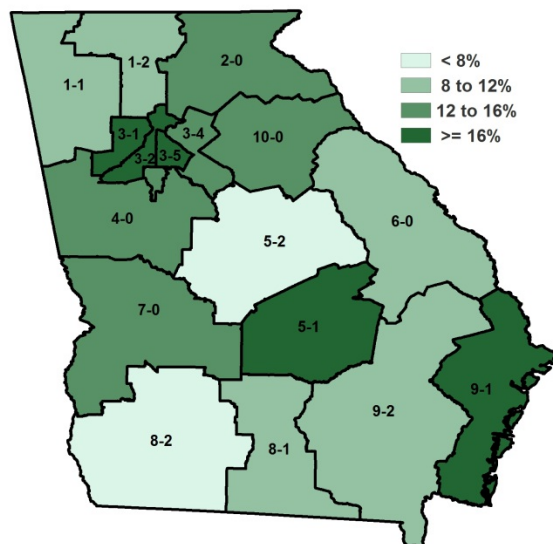
The HP 2020 target for binge drinking is 24.4%. The current prevalence among Georgia adults meets this goal.

Demographic Characteristics	Binge Drinking ^a	
	%	95% CI
State Totals	14.2	(12.9, 15.6)
Sex		
Male	19.6	(17.3, 22.1)
Female	9.2	(7.9, 10.6)
Race/Ethnicity		
White Non-Hispanic	15.3	(13.7, 17.1)
Black Non-Hispanic	11.3	(9.0, 14.0)
Hispanic	19.3	(13.5, 27.0)
Age		
18-24 yr	18.0	(13.8, 23.1)
25-34 yr	24.8	(20.6, 29.5)
35-44 yr	17.3	(13.8, 21.5)
45-54 yr	13.5	(11.1, 16.3)
55-64 yr	9.3	(7.4, 11.8)
65+ yr	2.6	(2.0, 3.5)
Income		
Less than \$15,000	14.5	(10.6, 19.4)
\$15,000-\$24,999	12.9	(10.0, 16.6)
\$25,000-\$34,999	13.5	(9.7, 18.6)
\$35,000-\$49,999	15.8	(11.9, 20.6)
\$50,000-\$74,999	18.0	(14.2, 22.6)
\$75,000 or More	14.5	(12.3, 17.2)
Education		
Less than High School	16.8	(12.5, 22.1)
High School Graduate	15.3	(12.8, 18.0)
Some College	12.9	(10.7, 15.5)
College Graduate	12.9	(11.2, 15.0)
Health Insurance Coverage		
Has Health Insurance	15.0	(13.4, 16.8)
No Health Insurance	21.8	(17.9, 26.4)
Employment		
Employed	18.3	(16.4, 20.4)
Unemployed	11.4	(9.0, 14.3)
Retired	3.5	(2.5, 4.9)

^a The proportion of adults who reported drinking 5 or more drinks for men or 4 or more drinks for women per occasion at least once in the previous month.



Percent of Adults who Engaged in Binge Drinking, by Health District, Georgia, 2014



Heavy Drinking

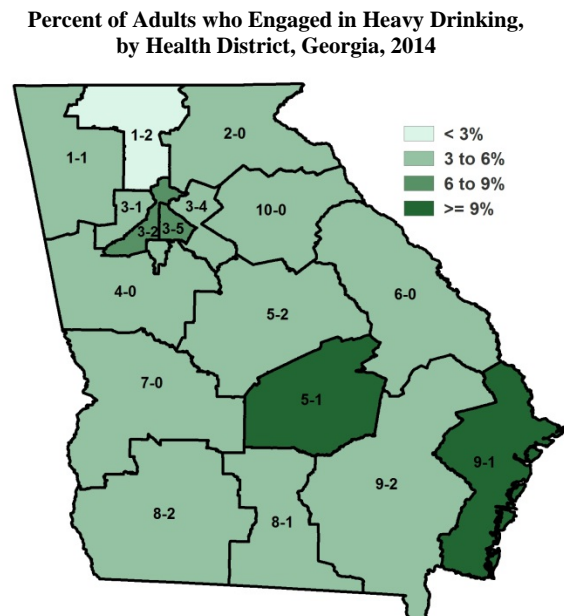
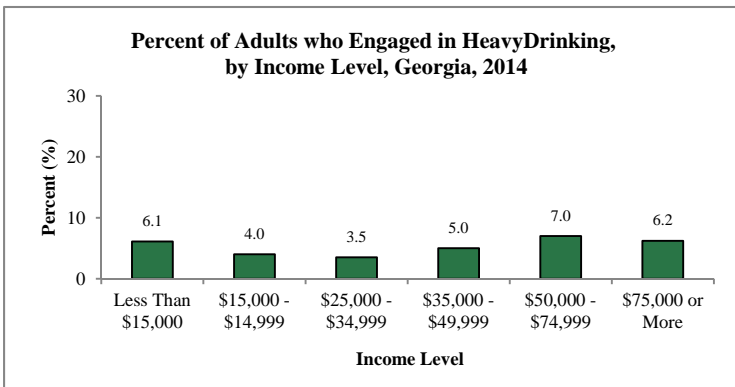
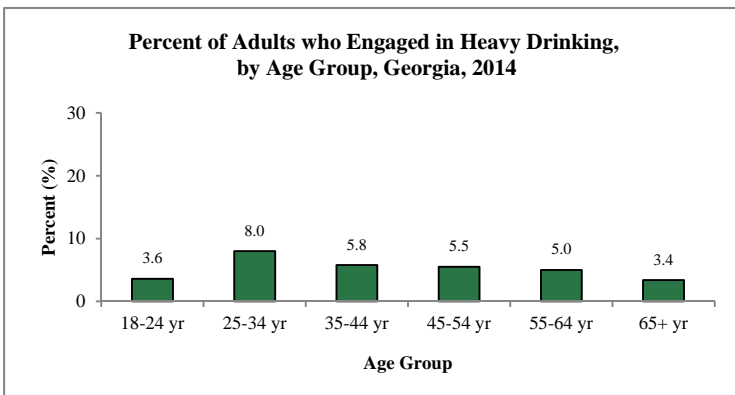
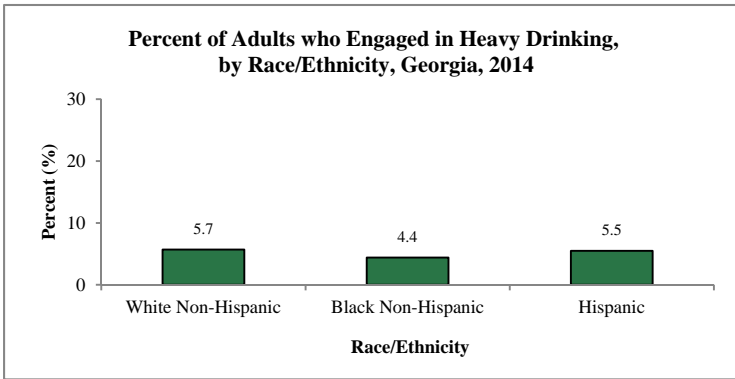
Heavy drinking is defined as consuming more than two drinks per day for males and more than one drink per day for females. Excessive alcohol use is the third leading lifestyle-related cause of death in the United States and has been associated with cirrhosis of the liver, high blood pressure, stroke, and can increase the risk for motor vehicle accidents, injuries, violence, and suicide.²¹

In 2014, 5.3% of Georgia adults engaged in heavy drinking.

- White non-Hispanics (5.7%) were more likely to be engaged in heavy drinking compared to black non-Hispanics (4.4%) and Hispanics (5.5%).
- Adults aged 25 to 34 years of age (8.0%) were the most likely to engage in heavy drinking compared to any other age group.
- Heavy drinking is more prevalent among adults with an annual household income \$50,000 to \$74,999 (7.0%).

Demographic Characteristics	%	95% CI
State Totals	5.3	(4.5, 6.1)
Sex		
Male	6.2	(4.9, 7.8)
Female	4.4	(3.6, 5.4)
Race/Ethnicity		
White Non-Hispanic	5.7	(4.8, 6.9)
Black Non-Hispanic	4.4	(3.1, 6.2)
Hispanic	5.5	(3.0, 9.8)
Age		
18-24 yr	3.6	(2.0, 6.2)
25-34 yr	8.0	(5.5, 11.3)
35-44 yr	5.8	(3.8, 8.7)
45-54 yr	5.5	(4.0, 7.6)
55-64 yr	5.0	(3.7, 6.7)
65+ yr	3.4	(2.7, 4.4)
Income		
Less than \$15,000	6.1	(3.7, 10.0)
\$15,000-\$24,999	4.0	(2.5, 6.3)
\$25,000-\$34,999	3.5	(2.0, 6.1)
\$35,000-\$49,999	5.0	(3.1, 7.8)
\$50,000-\$74,999	7.0	(4.7, 10.3)
\$75,000 or More	6.2	(4.9, 8.0)
Education		
Less than High School	6.8	(4.3, 10.7)
High School Graduate	5.2	(3.8, 7.1)
Some College	4.4	(3.3, 5.9)
College Graduate	5.4	(4.4, 6.7)
Health Insurance Coverage		
Has Health Insurance	4.8	(3.9, 5.9)
No Health Insurance	8.6	(6.3, 11.7)
Employment		
Employed	6.0	(4.9, 7.3)
Unemployed	4.4	(3.0, 6.4)
Retired	3.6	(2.7, 4.7)

*The proportion of adults who reported drinking 2 or more drinks for males or 1 or more drinks for women per day.



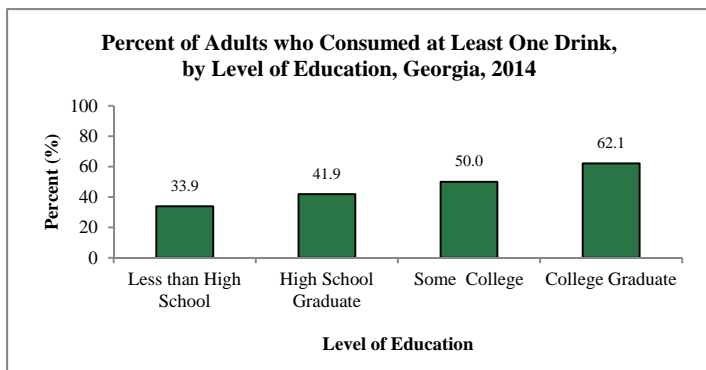
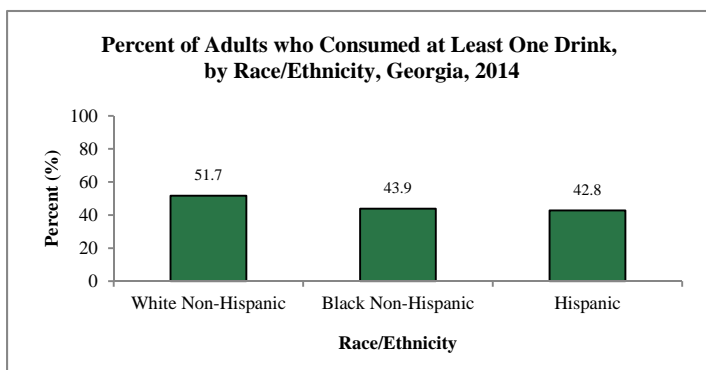
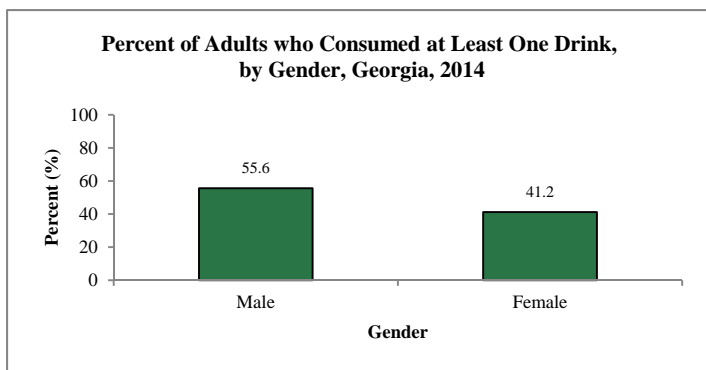
At Least One Drink per Month

Those categorized as having **at least one drink per month** have consumed either a 12-ounce beer, a 5-ounce glass of wine, or a drink with one shot of liquor within the past 30 days.

In 2014, 48.1% of Georgia adults consumed at least one alcoholic drink within the past month.

- Adult males (55.6%) were significantly more likely than females (41.2%) to consume at least one drink within the past 30 days.
- White non-Hispanics (51.7%) were significantly more likely than black non-Hispanics (43.9%) and Hispanics (42.8%) to consume at least one drink within the past 30 days.
- Adults with college degrees (62.1%) were significantly more likely to consume at least one drink per month when compared to adults of lower education levels.

Demographic Characteristics	At Least One Drink per Month	
	%	95% CI
State Totals	48.1	(46.4, 49.9)
Sex		
Male	55.6	(52.9, 58.3)
Female	41.2	(39.0, 43.4)
Race/Ethnicity		
White Non-Hispanic	51.7	(49.6, 53.8)
Black Non-Hispanic	43.9	(40.4, 47.4)
Hispanic	42.8	(35.1, 50.8)
Age		
18-24 yr	43.1	(37.3, 49.2)
25-34 yr	55.9	(50.9, 60.7)
35-44 yr	57.8	(53.3, 62.2)
45-54 yr	52.0	(48.2, 55.8)
55-64 yr	44.9	(41.4, 48.4)
65+ yr	32.7	(30.2, 35.2)
Income		
Less than \$15,000	36.1	(30.6, 42.0)
\$15,000-\$24,999	36.9	(32.6, 41.3)
\$25,000-\$34,999	46.0	(40.5, 51.6)
\$35,000-\$49,999	52.1	(47.0, 57.2)
\$50,000-\$74,999	55.7	(51.0, 60.4)
\$75,000 or More	63.6	(60.3, 66.8)
Education		
Less than High School	33.9	(28.5, 39.6)
High School Graduate	41.9	(38.6, 45.2)
Some College	50.0	(46.8, 53.2)
College Graduate	62.1	(59.4, 64.6)
Health Insurance Coverage		
Has Health Insurance	52.1	(49.9, 54.4)
No Health Insurance	49.2	(44.3, 54.0)
Employment		
Employed	56.6	(54.2, 59.0)
Unemployed	35.8	(32.3, 39.6)
Retired	36.4	(33.6, 39.4)



Percent of Adults who Consumed at Least One Drink per Month, by Health District, Georgia, 2014

