

# 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.<sup>20</sup> 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 2013, 13.1% of Georgia adults engaged in binge drinking.**

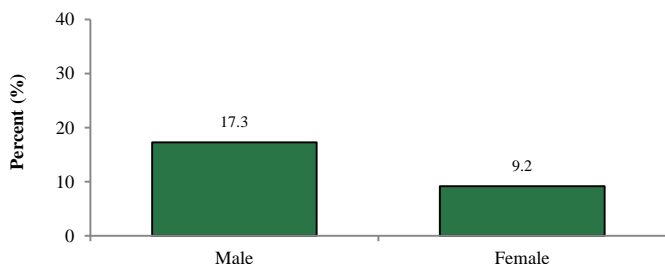
- Adult males (17.3%) were significantly more likely than females (9.2%) to engage in binge drinking.
- More young adults aged 18-24 (18.7%) and 25-34 (19.2%) reported binge drinking than any other age groups.
- Adults with an annual household income of \$75,000 or more (16.4%) were the most likely to engage in binge drinking.

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

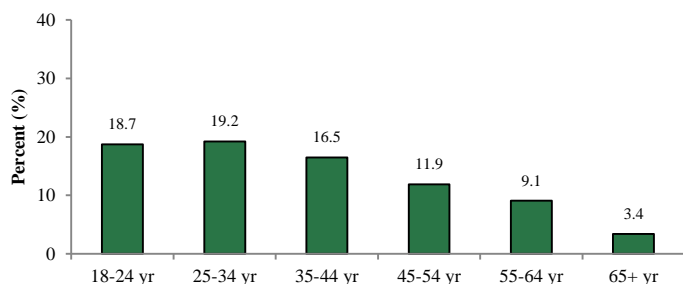
Demographic Characteristics	Binge Drinking <sup>a</sup>	
	%	95% CI
<b>State Totals</b>	13.1	(12.1, 14.2)
<b>Sex</b>		
Male	17.3	(15.5, 19.2)
Female	9.2	(8.2, 10.5)
<b>Race/Ethnicity</b>		
White Non-Hispanic	15.1	(13.7, 16.6)
Black Non-Hispanic	9.4	(7.8, 11.2)
Hispanic	14.4	(10.3, 19.7)
<b>Age</b>		
18-24 yr	18.7	(15.1, 22.9)
25-34 yr	19.2	(16.2, 22.6)
35-44 yr	16.5	(13.8, 19.7)
45-54 yr	11.9	(9.9, 14.2)
55-64 yr	9.1	(7.4, 11.1)
65+ yr	3.4	(2.5, 4.6)
<b>Income</b>		
Less than \$15,000	11.3	(8.7, 14.5)
\$15,000-\$24,999	11.8	(9.5, 14.6)
\$25,000-\$34,999	12.2	(9.5, 15.6)
\$35,000-\$49,999	14.9	(11.8, 18.6)
\$50,000-\$74,999	15.7	(12.9, 19.0)
\$75,000 or More	16.4	(14.1, 19.0)
<b>Education</b>		
Less than High School	10.9	(8.0, 14.7)
High School Graduate	12.1	(10.3, 14.2)
Some College	13.0	(11.2, 15.1)
College Graduate	15.9	(14.1, 17.9)
<b>Health Insurance Coverage</b>		
Has Health Insurance	15.3	(13.8, 16.8)
No Health Insurance	14.6	(12.2, 17.3)

<sup>a</sup> 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.

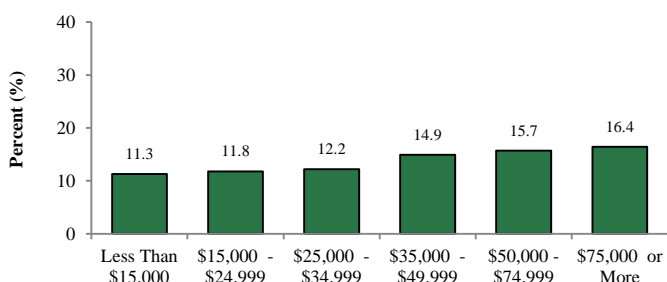
**Percent of Adults who Engaged in Binge Drinking, by Gender, Georgia, 2013**



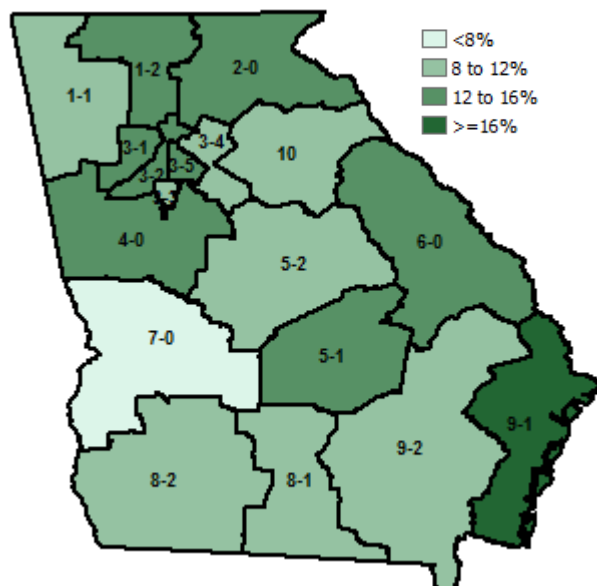
**Percent of Adults who Engaged in Binge Drinking, by Age Group, Georgia, 2013**



**Percent of Adults who Engaged in Binge Drinking, by Household Income, Georgia, 2013**



**Percent of Adults who Engaged in Binge Drinking, by Health District, Georgia, 2013**



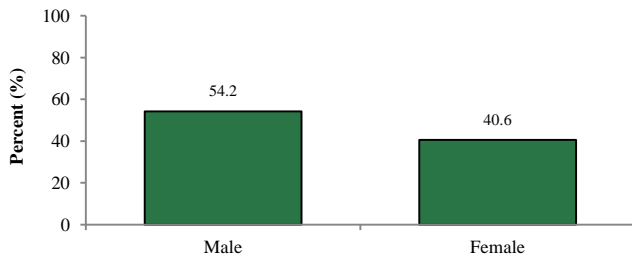
## At Least One Drink per Month

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.

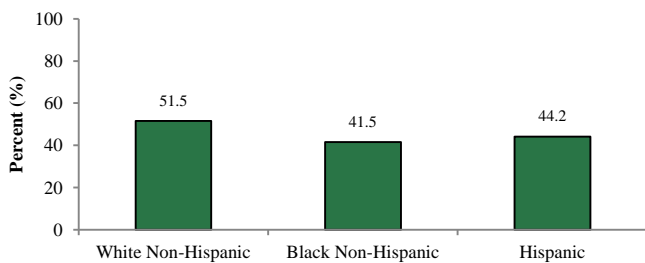
**In 2013, 47.8% of Georgia adults consumed at least one alcoholic drink within the past month.**

- Adult males (55.3%) were significantly more likely than females (40.9%) to consume at least one drink within 30 days.
- White non-Hispanics (50.9%) were significantly more likely than black non-Hispanics (44.2%) and Hispanics (39.6%) to consume at least one drink within 30 days.
- Adults with college degrees (63.5%) were significantly more likely to consume at least one drink per month when compared to adults of lower education levels.

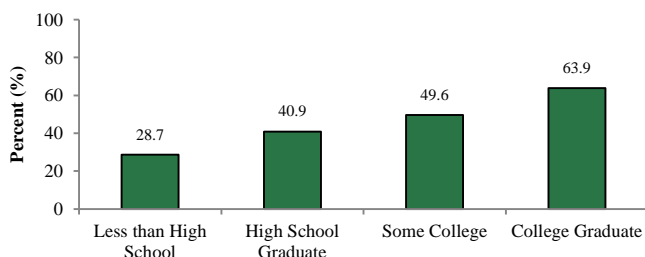
**Percent of Adults who Consumed at Least One Drink per Month, by Gender, Georgia, 2013**



**Percent of Adults who Consumed at Least One Drink, by Race/Ethnicity, Georgia, 2013**

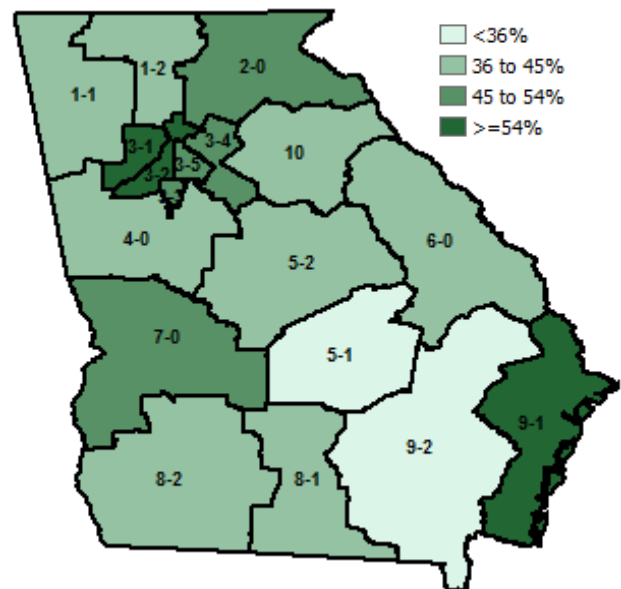


**Percent of Adults who Consumed at Least One Drink per Month, by Level of Education, Georgia, 2013**



Demographic Characteristics	At Least One Drink per Month	
	%	95% CI
<b>State Totals</b>	47.1	(45.6, 48.7)
<b>Sex</b>		
Male	54.2	(51.7, 56.7)
Female	40.6	(38.7, 42.5)
<b>Race/Ethnicity</b>		
White Non-Hispanic	51.1	(49.3, 53.0)
Black Non-Hispanic	41.5	(38.4, 44.7)
Hispanic	44.2	(38.0, 50.6)
<b>Age</b>		
18-24 yr	47.0	(41.7, 52.4)
25-34 yr	56.1	(51.9, 60.2)
35-44 yr	51.0	(47.1, 54.8)
45-54 yr	49.0	(45.6, 52.4)
55-64 yr	44.8	(41.7, 47.9)
65+ yr	33.7	(31.1, 36.4)
<b>Income</b>		
Less than \$15,000	29.7	(25.8, 33.9)
\$15,000-\$24,999	40.8	(37.0, 44.7)
\$25,000-\$34,999	42.1	(37.4, 47.0)
\$35,000-\$49,999	49.4	(44.9, 53.9)
\$50,000-\$74,999	56.2	(52.0, 60.3)
\$75,000 or More	65.4	(62.3, 68.3)
<b>Education</b>		
Less than High School	28.7	(24.4, 33.4)
High School Graduate	40.9	(38.1, 43.9)
Some College	49.6	(46.7, 52.5)
College Graduate	63.9	(61.6, 66.2)
<b>Health Insurance Coverage</b>		
Has Health Insurance	52.9	(50.9, 54.9)
No Health Insurance	42.1	(38.4, 45.9)

**Percent of Adults who Consumed at Least One Drink per Month, by Health District, Georgia, 2013**



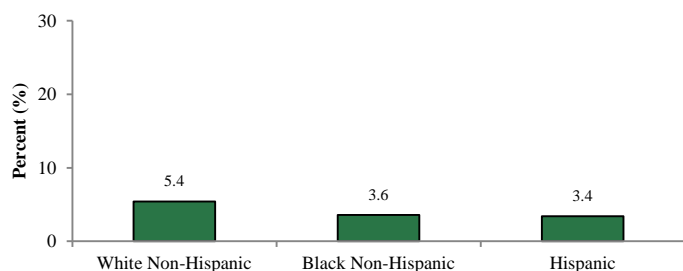
# Heavy Drinking

**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.<sup>21</sup>

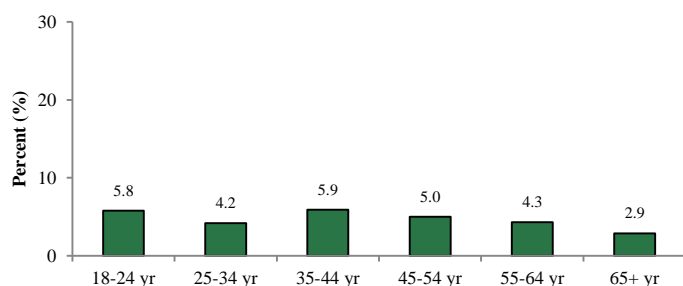
**In 2013, 4.7% of Georgia adults engaged in heavy drinking.**

- White non-Hispanics (5.4%) were more likely to be engaged in heavy drinking when compared to black non-Hispanics (3.6%) and Hispanics (3.4%).
- Adults aged 18 to 24 years of age (5.8%) were the most likely to engage in heavy drinking when compared to any other age group.
- Heavy drinking is more prevalent among adults with an annual household income of \$75,000 or more (6.5%).

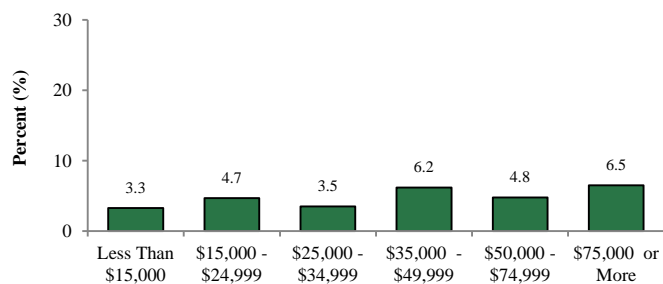
**Percent of Adults who Engaged in Heavy Drinking, by Race/Ethnicity, Georgia, 2013**



**Percent of Adults who Engaged in Heavy Drinking, by Age Group, Georgia, 2013**



**Percent of Adults who Engaged in Heavy Drinking, by Income, Georgia 2013**



Demographic Characteristics	Heavy Drinking <sup>a</sup>	
	%	95% CI
<b>State Totals</b>	4.7	(4.0, 5.3)
<b>Sex</b>		
Male	5.6	(4.6, 6.8)
Female	3.8	(3.1, 4.6)
<b>Race/Ethnicity</b>		
White Non-Hispanic	5.4	(4.5, 6.3)
Black Non-Hispanic	3.6	(2.6, 4.9)
Hispanic	3.4	(1.6, 7.2)
<b>Age</b>		
18-24 yr	5.8	(3.8, 8.9)
25-34 yr	4.2	(3.0, 5.8)
35-44 yr	5.9	(4.4, 8.0)
45-54 yr	5.0	(3.6, 6.9)
55-64 yr	4.3	(3.3, 5.6)
65+ yr	2.9	(2.2, 4.0)
<b>Income</b>		
Less than \$15,000	3.3	(2.1, 5.3)
\$15,000-\$24,999	4.7	(3.1, 6.8)
\$25,000-\$34,999	3.5	(2.1, 5.8)
\$35,000-\$49,999	6.2	(4.5, 8.4)
\$50,000-\$74,999	4.8	(3.4, 6.7)
\$75,000 or More	6.5	(5.0, 8.5)
<b>Education</b>		
Less than High School	3.5	(2.0, 6.2)
High School Graduate	4.1	(3.2, 5.3)
Some College	5.2	(4.1, 6.7)
College Graduate	5.4	(4.4, 6.7)
<b>Health Insurance Coverage</b>		
Has Health Insurance	4.9	(4.1, 5.7)
No Health Insurance	5.5	(4.0, 7.6)

<sup>a</sup>The proportion of adults who reported drinking 2 or more drinks for males or 1 or more drinks for women per day.

**Percent of Adults who Engaged in Heavy Drinking, by Health District, Georgia, 2013**

