



Alcohol and Other Drugs Prevention Program

National Drug & Alcohol Facts Week
March 18 – 24, 2024

19 BINGE DRINKING



Binge drinking is the most common and costly pattern of excessive alcohol use in the United States. Binge drinking is defined as consuming 5 or more drinks on an occasion for men or 4 or more drinks on an occasion for women. Most people who binge drink are not dependent on alcohol. **However, binge drinking is harmful on its own.** It is associated with serious injuries and diseases, as well as with a higher risk of alcohol use disorder.

Just how common is binge drinking?

One in six US adults binge drinks, with 25% doing so at least weekly. Binge drinking is just one pattern of excessive drinking, but it accounts for nearly all excessive drinking. Over 90% of US adults who drink excessively report binge drinking. Excessive drinking, including binge drinking, cost the United States \$249 billion in 2010, or \$2.05 per drink. These costs were from lost work productivity, health care expenditures, criminal justice costs, and other expenses. Binge drinking accounted for 77% of these costs, or \$191 billion.

