



Together, day by day, building a healthy community

Binge Drinking | Adult

Definition | Percent of adults who engaged in binge drinking on at least one occasion in the last 30 days; 5 or more drinks for men and 4 or more for women.

Importance | Excessive drinking is a risk factor for outcomes such as alcohol poisoning, hypertension, acute myocardial infarction, sexually transmitted infections, unintended pregnancy, fetal alcohol syndrome, sudden infant death syndrome, suicide, interpersonal violence and motor vehicle crashes.¹

Where are we | In 2013, 22% of adults in Douglas County engaged in binge drinking. This percent was higher than the state of Kansas and the U.S.

Health Disparities | Among adults in Douglas County in 2013:

- Males were more likely to binge drink.
- Those in the age category of 18-44 were more likely to binge drink than those aged 45-64.

Healthy People 2020 Goal | $\leq 24.3\%$ ²

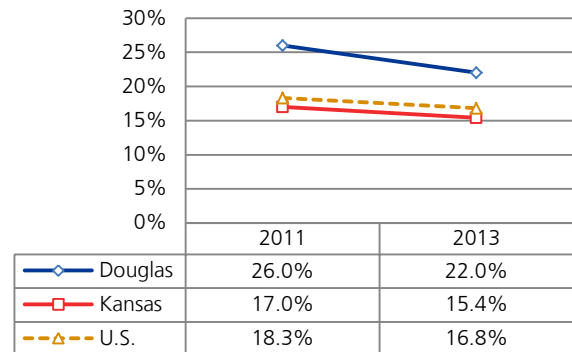
Additional Information | In Douglas County in 2011, approximately 240 cases of preventable emergency department utilization were due to excessive alcohol use.³

Everyone can help prevent binge drinking. People can:

- Choose not to binge drink themselves and help others not do it.
- Drink in moderation if they do drink. Pregnant women and underage youth should not drink alcohol.
- Support effective community strategies to prevent binge drinking.
- Support local control of the marketing and sale of alcohol.
- Support the minimum legal drinking age of 21.²

Trend Analysis

Percentage of adults who are binge drinkers⁴

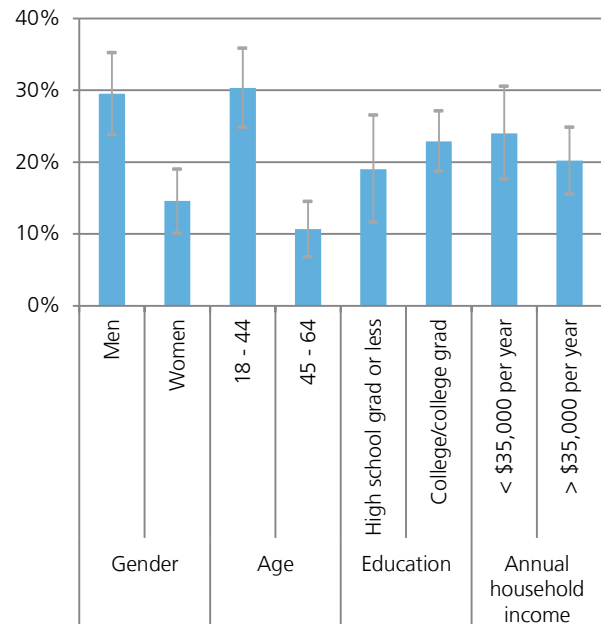


* The 2011 BRFSS data should be considered a baseline year for data analysis and is not directly comparable to previous years of BRFSS data because of changes in weighting methodology and the addition of cell phone respondents.

Disparity Analysis

Disparities in adults who are binge drinkers⁴

Douglas County 2013



¹County Health Rankings

²Healthy People 2020, U.S. Department of Health and Human Services

³Douglas County Community Health Assessment, Small Area Analysis

⁴BRFSS, Kansas Department of Health and Environment