



Binge Drinking Among College Students & Young Adults

Know the Facts: Binge Drinking

What is binge drinking?



4 or more drinks (female)



5 or more drinks (male)

on one occasion, generally within about two hours*

A standard drink is:



OR



OR



1.5 ounces of distilled spirits or liquor

12 ounces of beer 5 ounces of wine

*The above definition is given for a typical adult but may vary depending upon an individual's body weight

Wisconsin Statistics

47%

of 18-25 year-olds in Wisconsin reported binge drinking at least once within the past month

35%

of all University of Wisconsin (UW) system college students reported binge drinking at least once within the past 2 weeks

23%

of UW system college students reported driving after drinking any alcohol within the past month*

35%

of UW system college students who drank alcohol reported doing something they later regretted when drinking during the past year

Source: NCHA, 2015 & NSDUH, 2016-17

*Students responding "N/A, don't drive" and "N/A, don't drink" were excluded from the analysis

The Dangers of Spring Break & Binge Drinking

College students are at **increased risk** for binge drinking, which can lead to: academic problems, injury, physical/sexual assault, or death

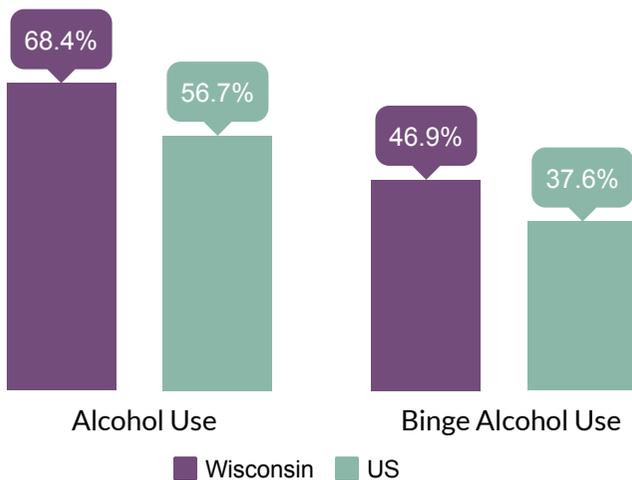
Studies have found that:

- Nearly one third of college students underestimate the amount of alcohol they plan to drink during spring break
- During spring break vacation at a beach-front destination, the average college male consumes 18 drinks per day, while the average college female consumes 10 drinks per day

To stay safe during spring break, the Centers for Disease Control and Prevention (CDC) recommends that you limit alcohol intake, refrain from drinking and driving, plan ahead, and call 911 if you suspect an overdose.

Wisconsin has a higher percentage of alcohol and binge alcohol use among 18-25 year-olds compared to the U.S.

Risks & Consequences of Binge Drinking



Source: NSDUH 2016-17

696,000
18-24 year-old U.S. students are assaulted each year by another student who has been drinking

599,000
18-24 year-old U.S. students reported accidental alcohol-related injuries within the past year

97,000
18-24 year-old U.S. students reported being victims of alcohol-related sexual assault within the past year

1,825
18-24 year-old U.S. college students die annually from accidental alcohol-related injuries, including car accidents

Source: SAMHSA, 2017

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