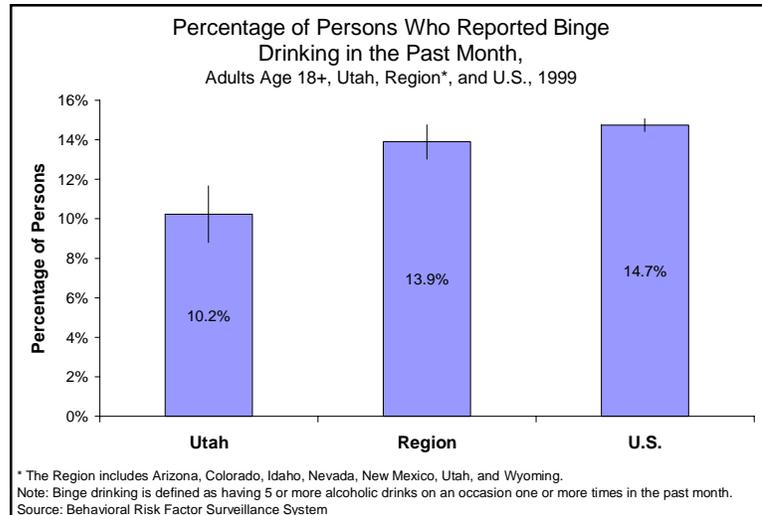


# Binge Drinking

**Question:** Considering all types of alcoholic beverages, how many times during the past month did you have 5 or more drinks on an occasion?

Binge drinking is a problem nationally especially among males and young adults. Alcohol abuse is strongly associated with injuries and violence, chronic liver disease, fetal alcohol syndrome, and risk of other acute and chronic health conditions. Binge drinking among women of childbearing age is a problem because of the risk for prenatal alcohol exposures, especially exposures occurring before a woman is aware she is pregnant. Binge drinking is defined as consuming five or more drinks of alcohol on an occasion one or more times in the past 30 days. A drink is defined as one can or bottle of beer (12 ounces), one glass of wine (5 ounces), one can or bottle of wine cooler, one cocktail or one shot of liquor (1.5 ounces of 80-proof distilled spirits).



- In Utah, the percentage of persons who reported binge drinking in the past 30 days decreased significantly from 12% in 1989 to 10.2% in 1999.
- For the Region, the change in the percentage of persons who reported binge drinking in the past 30 days was not quite statistically significant even though the magnitude of the change was greater for the Region than that for the U.S. This result is due to the fact that the sample size is much larger for the U.S. than the Region.
- For the U.S., there was a significant linear trend downward in the percentage of adults reporting binge drinking. There was also a significant non-linear trend suggesting leveling from 1990 to 1994 and a change in direction due to an increase between 1997 and 1999.
- The estimated percentage of adults who reported binge drinking in the past 30 days was substantially lower in Utah than in the Region or U.S. for all years looked at in this report.
- Despite the fact that reported prevalence of binge drinking for adults is lower in Utah than for the Region or the U.S., Utah still has a way to go to reach the Healthy People 2010 objective of 6%.

**Utah Objective:** No objective listed.

**HP2000:** No objective listed.

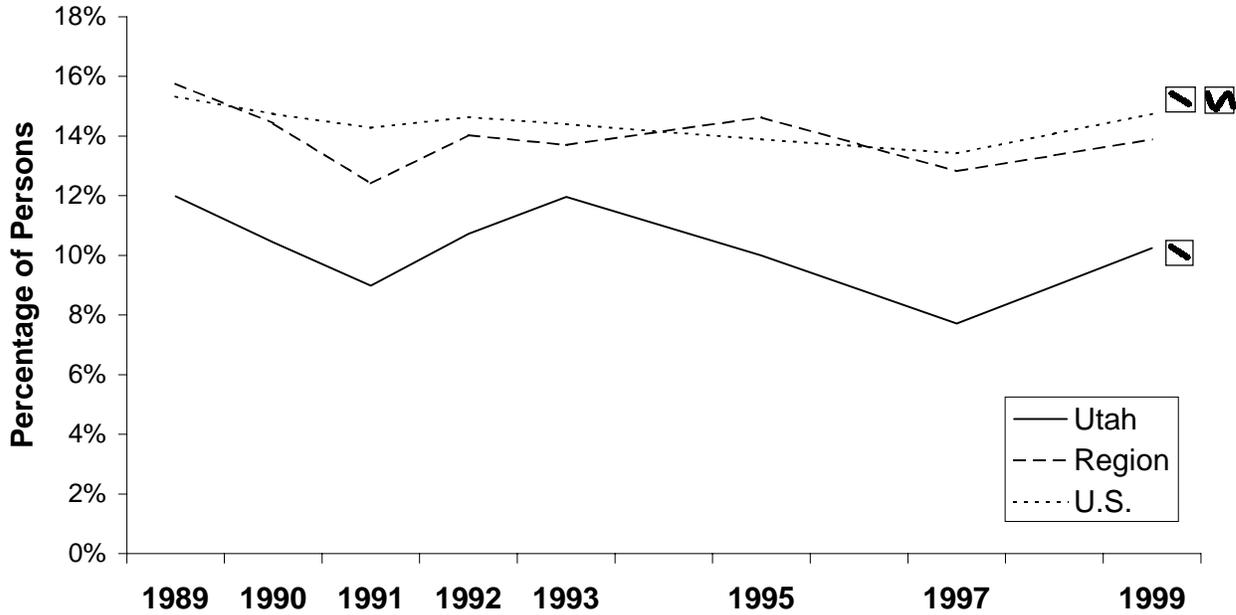
**HP2010 Goal 26-11:** Reduce the proportion of adults aged 18 years and older engaging in binge drinking of alcoholic beverages to 6%.

**CDI 1:** Binge drinking among adults (percent of respondents age 18 years or older who report having five or more drinks on one or more occasions during the past month).

**CHSI:** Not used.

# Binge Drinking

Percentage of Persons Who Reported Binge Drinking in the Past Month, Adults Age 18+, Utah, Region\*, and U.S., 1989-1993, 1995, 1997, 1999



\* The Region includes Arizona, Colorado, Idaho, Nevada, New Mexico, Utah, and Wyoming.  
 Not all states participated in the BRFSS until 1994 (see Appendix A)  
 Source: Behavioral Risk Factor Surveillance System

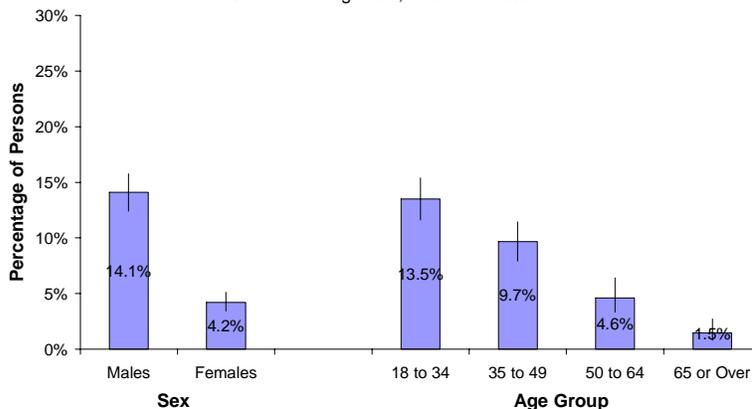
Year	Utah			Region			U.S.		
	Percentage of Adults	95% Confidence Intervals		Percentage of Adults	95% Confidence Intervals		Percentage of Adults	95% Confidence Intervals	
		Lower	Upper		Lower	Upper		Lower	Upper
1989	12.0%	10.1%	13.9%	15.8%	14.5%	17.1%	15.3%	14.9%	15.8%
1990	10.4%	8.7%	12.2%	14.4%	13.4%	15.5%	14.7%	14.3%	15.2%
1991	9.0%	7.5%	10.4%	12.4%	11.4%	13.4%	14.3%	13.9%	14.7%
1992	10.7%	9.1%	12.3%	14.0%	13.1%	15.0%	14.6%	14.3%	15.0%
1993	12.0%	10.3%	13.6%	13.7%	12.7%	14.7%	14.4%	14.0%	14.8%
1995	10.0%	8.5%	11.5%	14.6%	13.7%	15.6%	13.9%	13.5%	14.3%
1997	7.7%	6.5%	8.9%	12.8%	11.9%	13.7%	13.4%	13.1%	13.7%
1999	10.2%	8.8%	11.7%	13.9%	13.0%	14.8%	14.7%	14.4%	15.1%

-  downward linear trend
-  non-linear trend

# Binge Drinking

- Males in Utah were far more likely to report binge drinking than were females. ( $p < 0.0001$ )
- Utah adults in the 18-34 age group were much more likely to report binge drinking than all other age groups. The percentage of Utah adults who reported binge drinking in the past 30 days decreased with increasing age. ( $p < 0.0001$ )

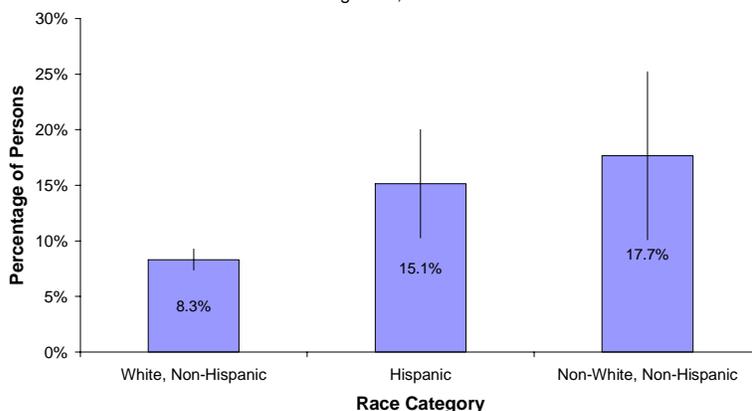
Percentage of Persons Who Reported Binge Drinking\* in the Past Month by Sex and by Age, Utah Adults Age 18+, 1997 and 1999



\*Binge drinking is defined as having 5 or more alcoholic drinks on an occasion one or more times in the past month. Source: Behavioral Risk Factor Surveillance System

- Utahns who were White, non-Hispanic were less likely to report binge drinking than Utahns who were Hispanic or non-White, non-Hispanic. ( $p = 0.0006$ )

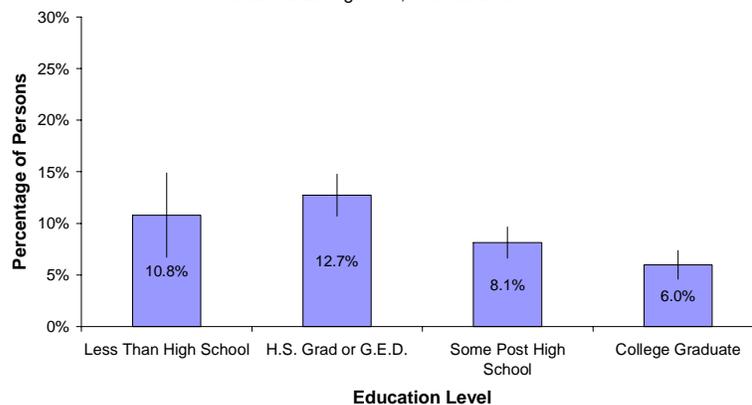
Percentage of Persons Who Reported Binge Drinking\* in the Past Month by Race, Utah Adults Age 18+, 1997 and 1999



\*Binge drinking is defined as having 5 or more alcoholic drinks on an occasion one or more times in the past month. Source: Behavioral Risk Factor Surveillance System

- The percentage of Utah adults who reported binge drinking in the past 30 days decreased with increasing educational level. ( $p = 0.0045$ )

Percentage of Persons Who Reported Binge Drinking\* in the Past Month by Education, Utah Adults Age 18+, 1997 and 1999



\*Binge drinking is defined as having 5 or more alcoholic drinks on an occasion one or more times in the past month. Source: Behavioral Risk Factor Surveillance System

# Binge Drinking

## Percentage of Persons Who Reported Binge Drinking\* in the Past Month by Selected Demographic Characteristics, Utah Adults Age 18+, 1997 & 1999.

Demographic Subgroup	Utah Population		Survey Estimates of Respondents Who Reported Binge Drinking					
	Distribution	Number of Adults <sup>1</sup>	Percentage of Adults Who Reported Binge Drinking	95% Confidence Intervals			Number of Adults <sup>1, 2</sup>	Distribution of Adults Who Reported Binge Drinking by Category
				Lower	Upper			
<b>Binge Drinking</b>								
Yes	9.0%	125,500						
No	91.0%	1,267,000						
Total, All Adults Age 18+	100.0%	1,392,500						
<b>Sex</b>								
Males	48.8%	679,000	14.1%	12.4%	15.8%	95,700	76.1%	
Females	51.2%	713,500	4.2%	3.5%	5.1%	30,000	23.9%	
Total, All Adults Age 18+	100.0%	1,392,500	9.0%	8.1%	9.9%	125,500	100.0%	
<b>Age Group</b>								
18 to 34	36.7%	510,600	13.5%	11.6%	15.4%	68,900	54.9%	
35 to 49	31.3%	436,100	9.7%	7.9%	11.4%	42,200	33.6%	
50 to 64	18.0%	250,100	4.6%	3.3%	6.4%	11,500	9.2%	
65 or Over	14.1%	195,600	1.5%	0.8%	2.7%	2,900	2.3%	
Total, All Adults Age 18+	100.0%	1,392,500	9.0%	8.1%	9.9%	125,500	100.0%	
<b>Race</b>								
White, Non-Hispanic	91.2%	1,270,000	8.3%	7.4%	9.3%	105,700	84.4%	
Hispanic	5.6%	78,100	15.1%	10.3%	20.0%	11,800	9.4%	
Non-White, Non-Hispanic	3.2%	44,400	17.7%	10.1%	25.2%	7,800	6.2%	
Total, All Adults Age 18+	100.0%	1,392,500	9.0%	8.1%	9.9%	125,500	100.0%	
<b>Income</b>								
Less Than \$20,000	17.9%	249,500	10.2%	7.6%	12.7%	25,300	19.5%	
\$20,000-\$49,999	49.3%	686,800	8.9%	7.6%	10.3%	61,300	47.2%	
\$50,000 or Over	32.8%	456,200	9.5%	7.7%	11.3%	43,300	33.3%	
Total, All Adults Age 18+	100.0%	1,392,500	9.0%	8.1%	9.9%	125,500	100.0%	
<b>Education</b>								
Less Than High School	6.5%	90,700	10.8%	6.7%	14.9%	9,800	7.8%	
H.S. Grad or G.E.D.	29.3%	407,900	12.7%	10.7%	14.8%	51,900	41.3%	
Some Post High School	35.0%	487,200	8.1%	6.6%	9.7%	39,700	31.6%	
College Graduate	29.2%	406,700	6.0%	4.6%	7.4%	24,300	19.3%	
Total, All Adults Age 18+	100.0%	1,392,500	9.0%	8.1%	9.9%	125,500	100.0%	

1 Rounded to the nearest 100 persons.

2 Figures in these columns may not sum to the total because of missing values on the grouping variables.

\*Binge drinking is defined as having 5 or more alcoholic drinks on an occasion one or more times in the past month.

Source: Utah Behavioral Risk Factor Surveillance System