

# Binge Drinking Among College Students & Young Adults



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## 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



12 ounces of beer    5 ounces of wine

1.5 ounces of distilled  
spirits or liquor

\*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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