Health Behaviors

Binge drinking among adults and youth

Binge drinking alcoholic beverages is a significant risk factor for injury, violence, substance abuse and alcoholism.

During 2012, 15.2% of adults reported binge drinking on at least one occasion during the past 30 days. Self-reported binge drinking has not changed appreciably since 2001.

Males, in general, report binge drinking more frequently than women. Male binge drinking peaks in the 25–34 year age group. Female binge drinking is highest in the 18–24 and 25–34 year age groups.
Among youth in 2013, 5.6% of Oregon eighth-graders and 17.7% of Oregon 11th-graders reported binge drinking in the past 30 days.

Levels of binge drinking were similar among boys and girls in 8th-grade (5.0% and 6.2%, respectively). But, the rate is higher in 11th-grade boys than it is in girls (19.6% and 15.9%, respectively).
Although rates have declined in youth since 2007, more than 1 in 6 Oregon 11th-graders report binge drinking, a behavior that puts them at considerable risk for injury and other adverse health outcomes.

**Figure 4**

**8th and 11th grader binge drinking, by sex, Oregon, 2013**

Source: Oregon Healthy Teens Survey

**Additional Resources:** Oregon Behavioral Risk Factor Surveillance System; Oregon Health Teens Survey Results

**About the Data:** Data sources are the Oregon Behavioral Risk Factor Surveillance Systems (BRFSS) for adults and the Oregon Healthy Teens Survey (OHT) for youth. BRFSS is a telephone survey conducted annually among non-institutionalized adults age 18+. Since 2010, the Oregon BRFSS data have included cell phone respondents as well as those reached by landline, and data weighting methods have changed. Therefore, caution should be used in interpreting changes over time. OHT is a pencil and paper or online survey conducted every two years among Oregon 8th and 11th graders within schools. For adults, data include respondents age 18+ who report binge drinking (≥5 drinks for men; ≥4 drinks for women) on at least 1 occasion in the past 30 days. For youth, data include eighth- and 11th graders who reported binge drinking (≥5 drinks within 2 hours) on at least 1 occasion in the past 30 days.

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