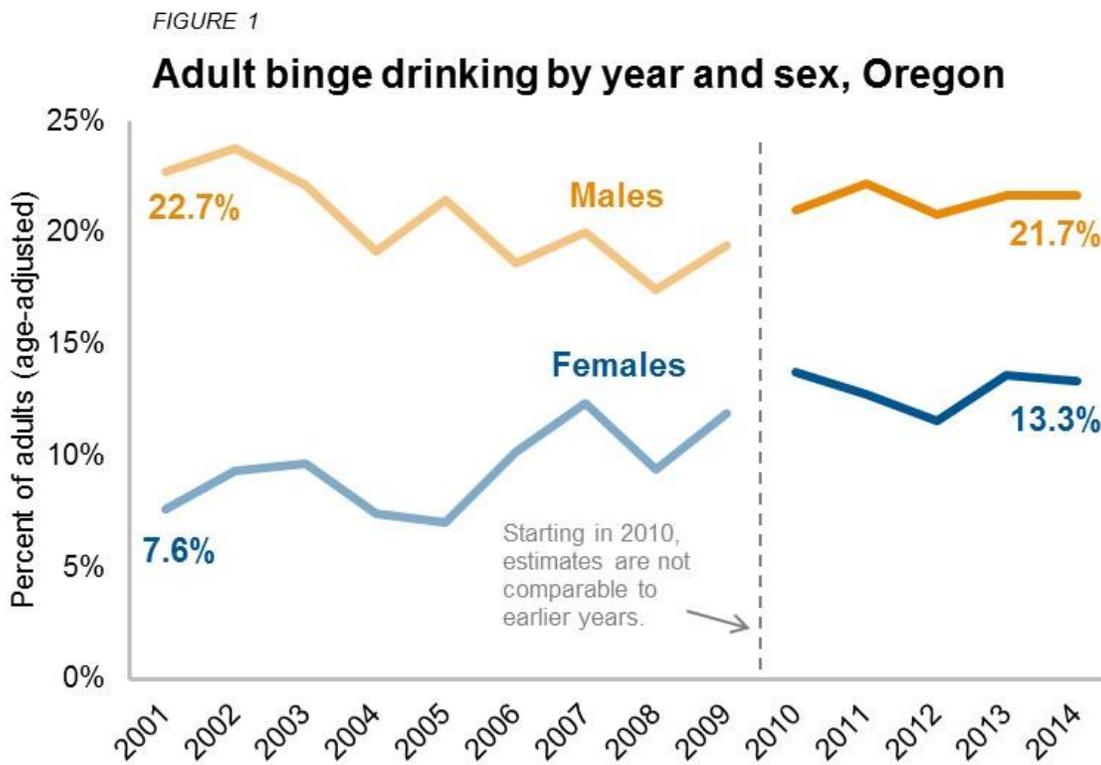


Health Behaviors

Binge drinking

Binge drinking alcoholic beverages is a significant risk factor for injury, violence, substance abuse and alcoholism. Binge drinking among adults is defined as drinking 4 or more drinks for women, and 5 or more drinks for men on at least one occasion in the past 30 days.

In 2014, 17.4% of Oregon adults reported binge drinking (13.3% of women and 21.7% of men). Among women, self-reported binge drinking has increased since 2001 (Figure 1).

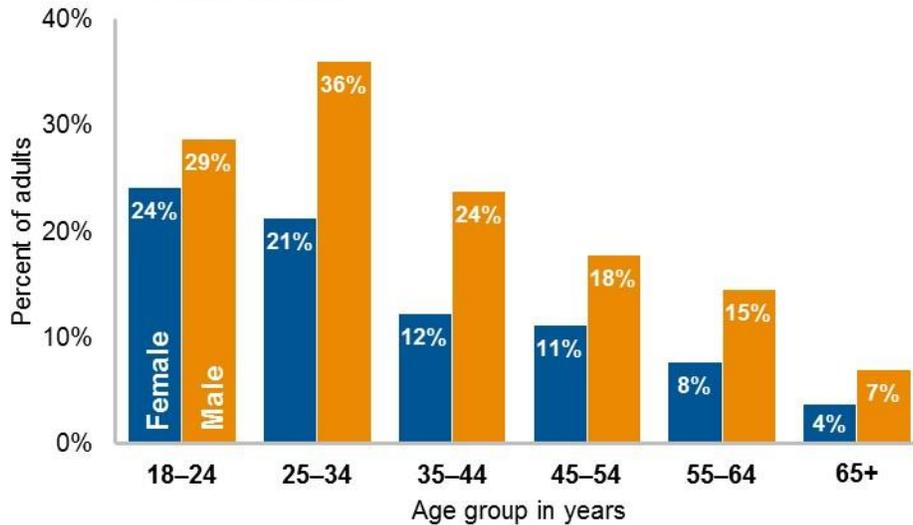


Source: Oregon Behavioral Risk Factor Surveillance System (BRFSS)

Males of all ages report binge drinking more frequently than women (Figure 2). 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.

FIGURE 2

Adult binge drinking by sex and age, Oregon, 2014

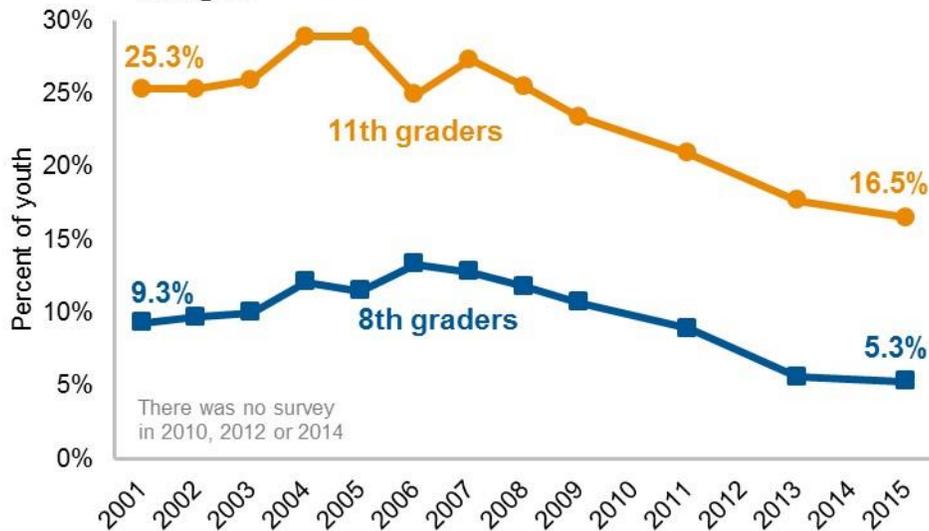


Source: Oregon Behavioral Risk Factor Surveillance System (BRFSS)

Among Oregon youth in 2015, 5.3% of 8th-graders and 16.5% of 11th-graders reported binge drinking. Rates in both age groups are declining (Figure 3).

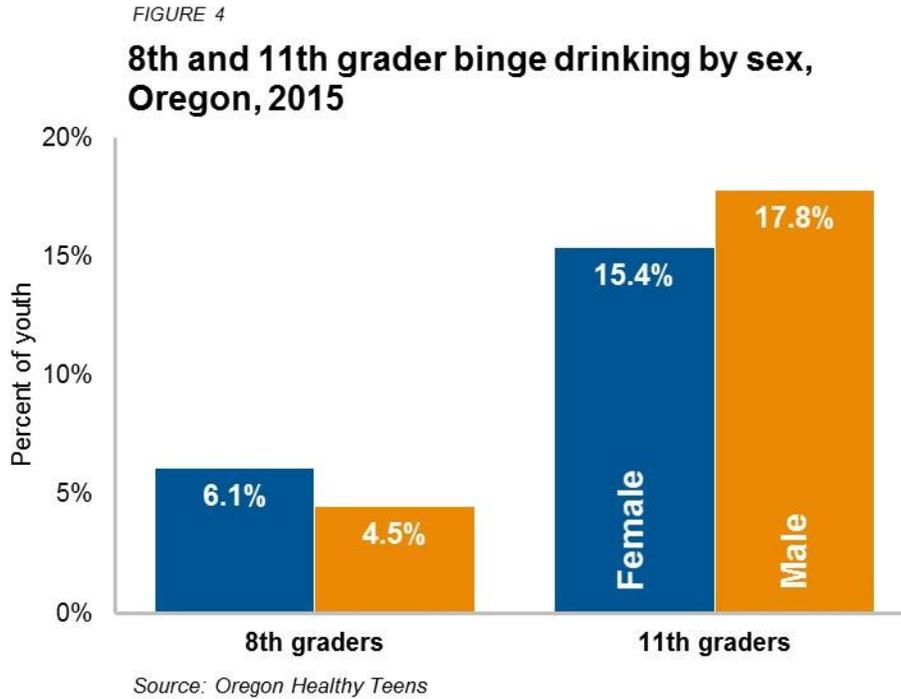
FIGURE 3

8th and 11th grader binge drinking by year, Oregon

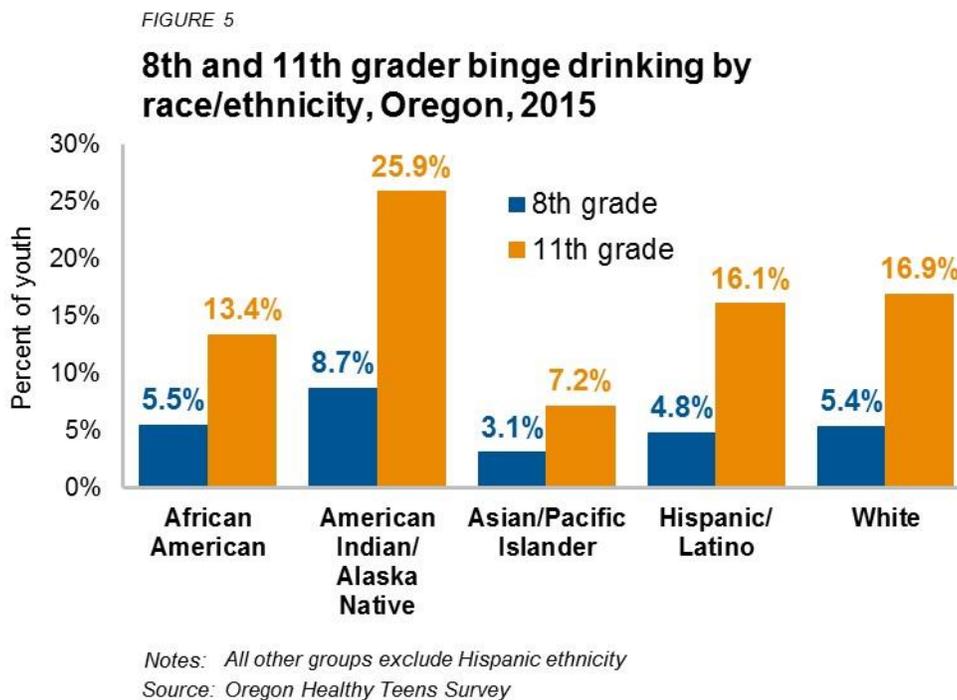


Source: Oregon Healthy Teens Survey

Levels of binge drinking were higher among girls (6.1%) than boys (4.5%) in 8th-grade but higher among boys (17.8%) than girls (15.4%) in 11th-grade (Figure 4).



Rates of binge drinking vary by race/ethnicity (Figure 5). More than 1 in 4 American Indian/Alaska Natives in the 11th grade reported binge drinking.



Although rates have declined in youth since 2007, about 1 in 6 Oregon 11th-graders report binge drinking, a behavior that puts them at considerable risk for injury and other adverse health outcomes.

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. Prior to 2006, adult binge drinking was defined as ≥5 drinks for all adults.

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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[Oregon State Health Profile](#)

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