

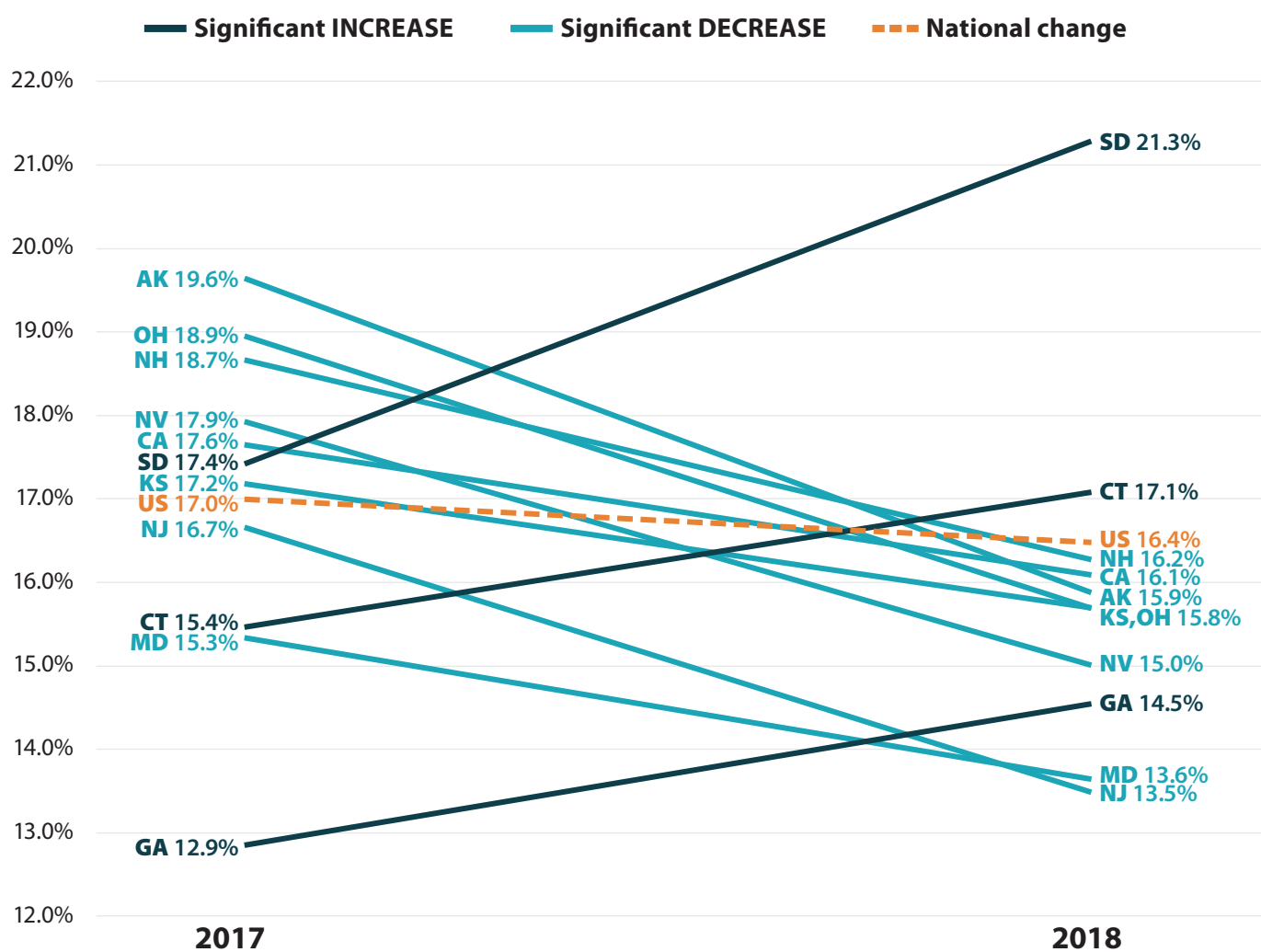
Behavioral Risk Factor Surveillance System (BRFSS) Data Spotlight Series

ADULT BINGE DRINKING IN THE UNITED STATES

In the second part of SHADAC’s BRFSS data spotlight series, we focus on another recently updated measure from SHADAC’s State Health Compare - Adult Binge Drinking. For this analysis, “Binge drinking” is defined as the percent of adults (age 18 years and older) that consumed four or more drinks for women or five or more drinks for men on one occasion during the past 30 days. We examine national and state-level rates at which adults binge drink, and take a deeper dive into variation among adults with different educational attainment in the accompanying blog. All data presented here can be found on [State Health Compare](#).

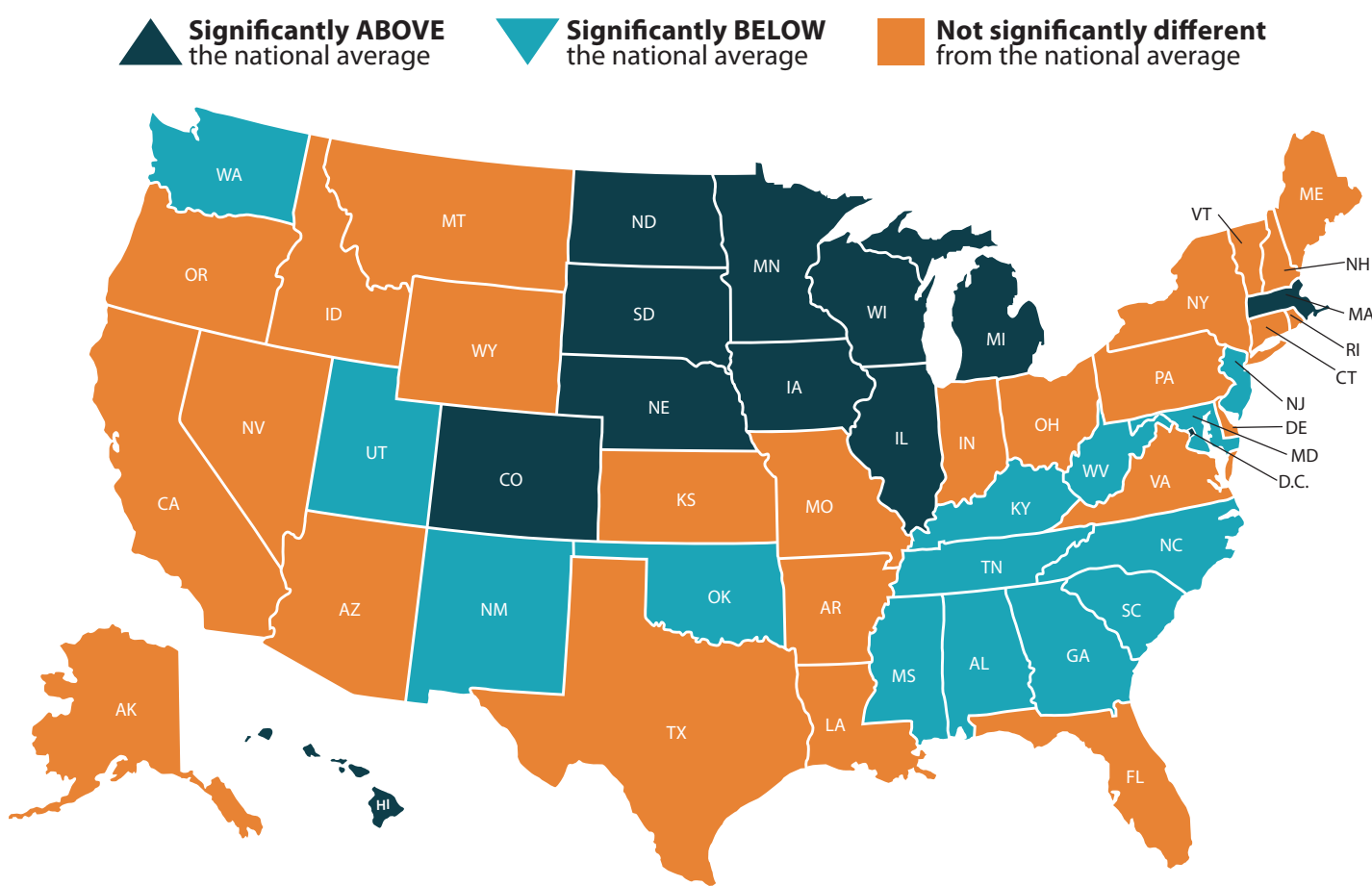
NATIONAL AND STATE-LEVEL CHANGES IN BINGE DRINKING RATES, 2017-2018

Between 2017 and 2018, national rates of binge drinking decreased significantly for the first time since 2014. Among the states, eight experienced a statistically significant decrease in binge drinking rates in this time frame, while three states experienced a statistically significant increase. Rates were statistically unchanged year to year in 39 states and D.C.



STATE VS NATIONAL BINGE DRINKING RATES, 2018

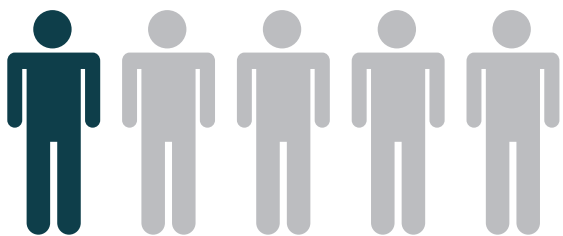
In 2018, the rate of binge drinking among adults varied widely between states, from a **low of 10.6 percent in Utah** to a **high of 24.4 percent in D.C.** Eleven states and D.C. reported binge drinking rates significantly above the national average (16.4 percent), while 14 states reported rates significantly below the national average.



STATE VARIATION IN BINGE DRINKING RATES, 2018

The ratio of adults in 2018 who reported binge drinking in the past month was:

MORE THAN 1 IN 5 IN SIX STATES AND D.C.

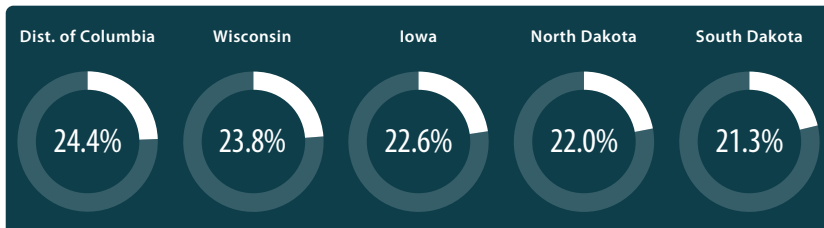


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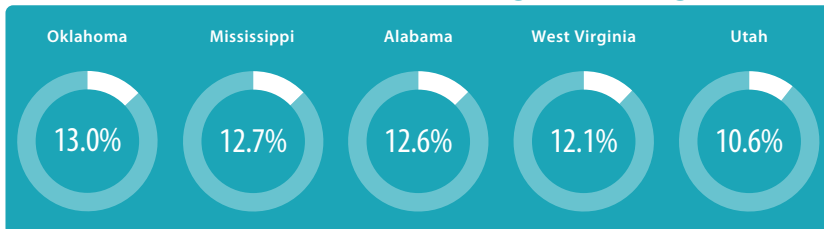
MORE THAN 1 IN 10 IN ALL STATES AND D.C.



5 states with the HIGHEST binge drinking rates



5 states with the LOWEST binge drinking rates



Notes: Adults are defined as 18 years of age and above. All differences are statistically significant at the 95% confidence level. Source: SHADAC analysis of the 2017 and 2018 Behavioral Risk Factor Surveillance System (BRFSS) public use files on statehealthcompare.shadac.org