

Binge Drinking



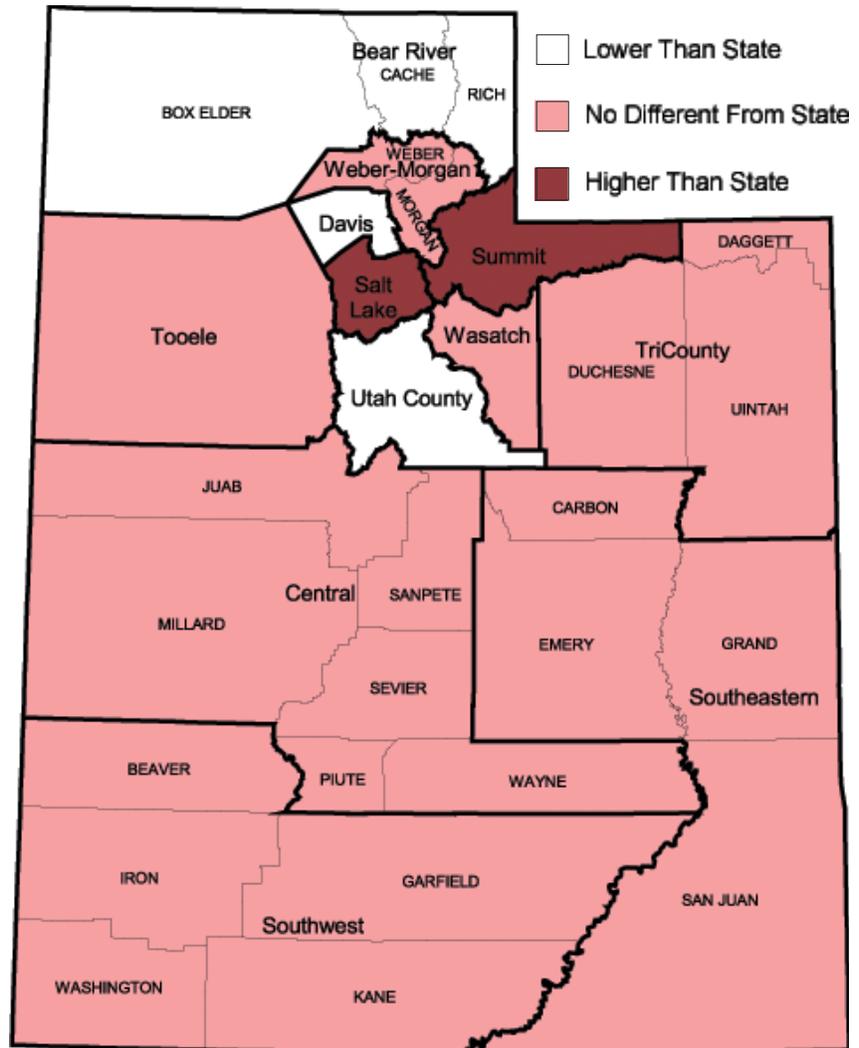
Question: Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks on an occasion?

Binge drinking, which is generally defined as the consumption of five or more alcoholic beverages on one occasion, can result in acute impairment and has many adverse health affects. Binge drinkers are more likely to drive while under the influence of alcohol than non-binge drinkers. Reducing binge drinking among adults is one of the leading health indicators in Healthy People 2010. 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).

The percentage of adults who reported one or more episodes of binge drinking in the past 30 days was used for this report.

- Looking at age-adjusted rates, adults in Salt Lake Valley and Summit County Health Districts were more likely to report a recent binge drinking episode than adults in the state as a whole. Bear River, Davis County, and Utah County Health District residents were less likely to report a recent binge drinking episode. The highest binge drinking rate was in Summit County Health District.
- Combining 1999 and 2001 data, 10.0% of adults in Utah reported at least one binge drinking episode in the past 30 days, which was significantly less than the 14.7% reported by adults in the U.S. as a whole. These rates were very similar after adjusting for age and remained significantly different.

Binge Drinking by Whether the Local Health District Percentage Differed From the State, Utah Adults Ages 18+, 1999 and 2001



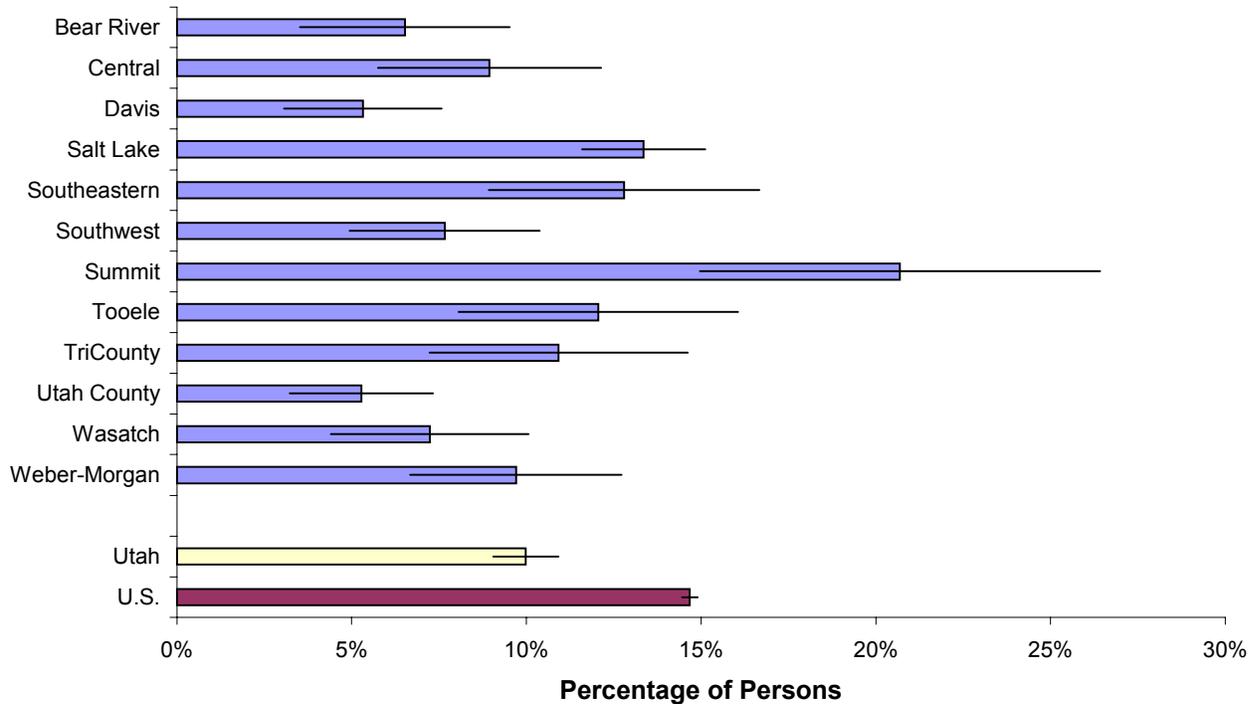
Age adjusted to the U.S. 2000 standard population. Percentage for a local health district was considered different from the state percentage if its 95% confidence interval did not include the state percentage. Note: Binge drinking is defined as having five or more alcoholic drinks on an occasion. Source: Behavioral Risk Factor Surveillance System



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Percentage of Persons Who Reported Binge Drinking in the Past 30 Days*

by Local Health District, Utah, and U.S., Adults Ages 18+, 1999 and 2001



* crude rates

Note: Binge drinking is defined as having 5 or more alcoholic drinks on an occasion.

Source: Behavioral Risk Factor Surveillance System

District	Sample Size	Total Number of Adults	Crude Rates			Age-adjusted Rates**		
			Number of Binge Drinkers	Percent	95% CI Range	Percent	95% CI Range	
Bear River	445	91,817	6,000	6.5%	3.5% 9.5%	5.9%	3.4% 8.4%	
Central	418	43,286	3,900	9.0%	5.8% 12.1%	9.5%	6.2% 12.8%	
Davis	391	155,816	8,300	5.3%	3.1% 7.6%	5.1%	3.0% 7.2%	
Salt Lake	1,868	627,857	83,800	13.4%	11.6% 15.1%	12.8%	11.2% 14.5%	
Southeastern	418	36,451	4,700	12.8%	8.9% 16.7%	12.8%	9.0% 16.6%	
Southwest	459	97,595	7,500	7.7%	4.9% 10.4%	7.8%	5.0% 10.6%	
Summit	382	21,092	4,400	20.7%	15.0% 26.4%	19.5%	14.5% 24.5%	
Tooele	530	27,012	3,300	12.1%	8.1% 16.1%	11.8%	8.2% 15.5%	
TriCounty	406	26,359	2,900	10.9%	7.2% 14.6%	11.0%	7.3% 14.6%	
Utah County	610	245,264	12,900	5.3%	3.2% 7.3%	5.2%	3.1% 7.3%	
Wasatch	412	10,154	700	7.2%	4.4% 10.1%	7.2%	4.4% 9.9%	
Weber-Morgan	446	140,822	13,700	9.7%	6.7% 12.7%	9.8%	6.8% 12.8%	
Utah	6,785	1,523,525	152,000	10.0%	9.1% 10.9%	9.5%	8.6% 10.4%	
U.S.				14.7%	14.5% 14.9%	14.9%	14.7% 15.1%	

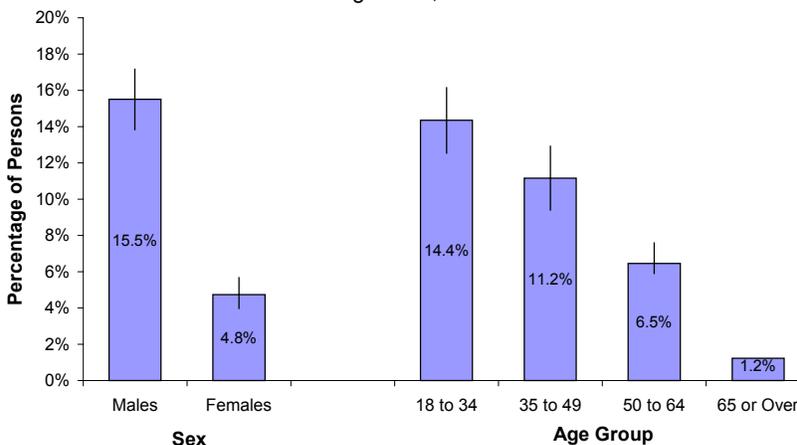
** Age adjusted to U.S. 2000 standard population

Binge Drinking



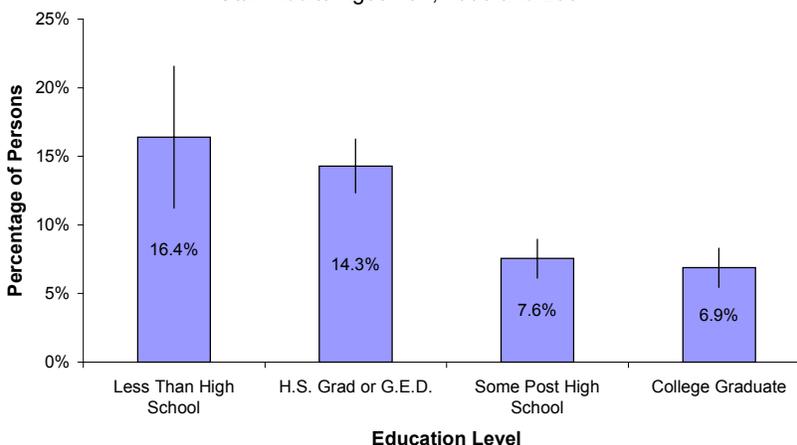
- Men were three times more likely to report recent binge drinking than women; 15.5% vs. 4.8%.
- Binge drinking decreased with increasing age from 14.4% for adults ages 18-34 to 1.2% for older adults ages 65+.

Percentage of Persons Who Reported Binge Drinking* in the Past 30 Days by Sex and Age, Utah Adults Ages 18+, 1999 and 2001



- Utah's Hispanic adults were more likely to report binge drinking (16.9%) than the White, non-Hispanic adult population (9.3%) (not graphed).
- Reported binge drinking decreased with increases in both of the common socio-economic indicators of education and annual household income (income not graphed).

Percentage of Persons Who Reported Binge Drinking* in the Past 30 Days by Education, Utah Adults Ages 18+, 1999 and 2001



*Binge drinking is defined as having 5 or more alcoholic drinks on an occasion one or more times in the past 30 days.

Utah Objective: No objective listed.

HP2010 Objective 26-13 (related): Reduce the proportion of adults who exceed guidelines for low-risk drinking.



Binge Drinking

Percentage of Persons Who Reported Binge Drinking* in the Past 30 Days by Selected Demographic Characteristics, Utah Adults Ages 18+, 1999 and 2001.

Demographic Subgroup	Utah Population		Survey Estimates				
	Distribution	Number of Persons ¹	Percentage of Persons Who Reported Binge Drinking ²			Number of Persons ^{1,3}	Distribution of Persons Who Reported Binge Drinking by Category
			95% Confidence Intervals				
			Lower	Upper			
Binge Drinking							
Yes	10.0%	152,000					
No	90.0%	1,371,500					
Total, All Adults	100.0%	1,523,500					
Sex							
Males	49.5%	753,700	15.5%	13.8%	17.2%	116,900	76.2%
Females	50.5%	769,800	4.8%	4.0%	5.7%	36,600	23.8%
Total, All Adults	100.0%	1,523,500	10.0%	9.1%	10.9%	152,000	100.0%
Age Group							
18 to 34	42.6%	648,500	14.4%	12.5%	16.2%	93,100	58.2%
35 to 49	28.5%	433,700	11.2%	9.4%	13.0%	48,400	30.2%
50 to 64	16.4%	250,000	6.5%	4.7%	8.2%	16,200	10.1%
65 or Over	12.6%	191,300	1.2%	0.7%	2.4%	2,400	1.5%
Total, All Adults	100.0%	1,523,500	10.0%	9.1%	10.9%	152,000	100.0%
Race/Ethnicity							
White, Non-Hispanic	88.4%	1,346,000	9.1%	8.1%	10.0%	122,100	79.8%
Hispanic	8.3%	126,000	16.9%	11.9%	21.9%	21,300	13.9%
Non-White, Non-Hispanic	3.4%	51,500	18.7%	11.8%	25.7%	9,700	6.3%
Total, All Adults	100.0%	1,523,500	10.0%	9.1%	10.9%	152,000	100.0%
Income							
Less Than \$20,000	13.6%	207,700	13.8%	10.7%	16.9%	28,700	18.1%
\$20,000-\$49,999	47.8%	727,500	10.2%	8.8%	11.6%	74,400	46.9%
\$50,000 or Over	38.6%	588,400	9.4%	7.8%	11.0%	55,400	35.0%
Total, All Adults	100.0%	1,523,500	10.0%	9.1%	10.9%	152,000	100.0%
Education							
Less Than High School	6.0%	91,700	16.4%	11.2%	21.6%	15,000	9.9%
H.S. Grad or G.E.D.	30.1%	458,100	14.3%	12.3%	16.3%	65,500	43.3%
Some Post High School	35.1%	534,100	7.6%	6.1%	9.0%	40,300	26.7%
College Graduate	28.9%	439,500	6.9%	5.5%	8.3%	30,300	20.1%
Total, All Adults	100.0%	1,523,500	10.0%	9.1%	10.9%	152,000	100.0%

1 Rounded to the nearest 100 persons.

2 Plus or minus 95% confidence interval.

3 Figures in these columns may not sum to the total because some surveyed individuals had 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 30 days.

Population counts for age, sex, and total population were the 2000 estimates provided by the Governor's Office of Planning and Budget. Population count estimates for race/ethnicity, income, and education populations were derived from averaging three years of the BRFSS surveys from 1999-2001.