

ALCOHOL: BINGE DRINKING

Binge drinking is a serious public health issue in Iowa. According to 2012 Behavioral Risk Factor Surveillance System, 21.7 percent of adults in Iowan reported they binge drank (males having five or more drinks on one occasion, females having four or more drinks on one occasion), which is significantly higher than the national rate of 16.9 percent. The Center for Disease Control and Prevention (2012) indicates that binge drinkers are 14 times more likely to report alcohol-impaired driving than non-binge drinkers.

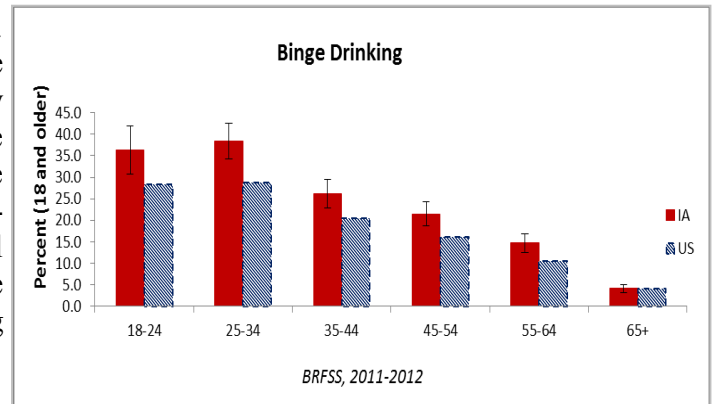


Figure 1: Percent of adults reporting binge drinking in the past 30 days by age

IN BRIEF

- ◆ Approximately 21 percent of 11th grade boys and 18 percent of 11th grade girls reported binge drinking, indicating a downward trend (IYS, 2012).
- ◆ The percent of Iowans 25-34 who reported binge drinking was approximately 38.4 percent, which is above the national average of 29 percent (Figure 1).
- ◆ Research shows that binge drinking increases the risk for strokes.
- ◆ Close to 28.5 percent of men in Iowa binge drank, compared to the 22.9 percent nationally (Figure 2).

BINGE DRINKING AMONG IOWANS

Many Iowa adults and youth binge drink. The binge-drinking problem is noticeable across the lifespan and is not just a problem for youth. Iowa ranked 4th among the 50 states and the District of Columbia for the percentage of adults who binge drink. The 2012 Iowa Youth Survey (IYS) indicates that approximately 21 percent of 11th grade boys and 18 percent of 11th grade girls reported engaging in binge drinking in the last 30 days. Although youth binge drinking has been falling for all grade levels surveyed in the past five years, almost 1 in 5 11th grade students binge drank in 2012.

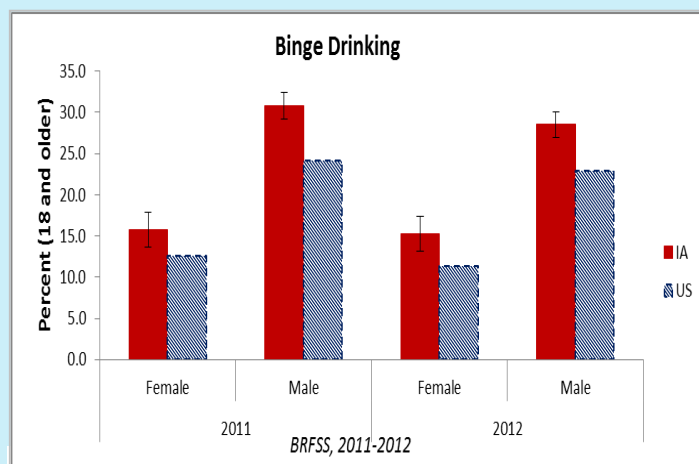


Figure 2: Percent of adults reporting binge drinking in the past 30 days by gender

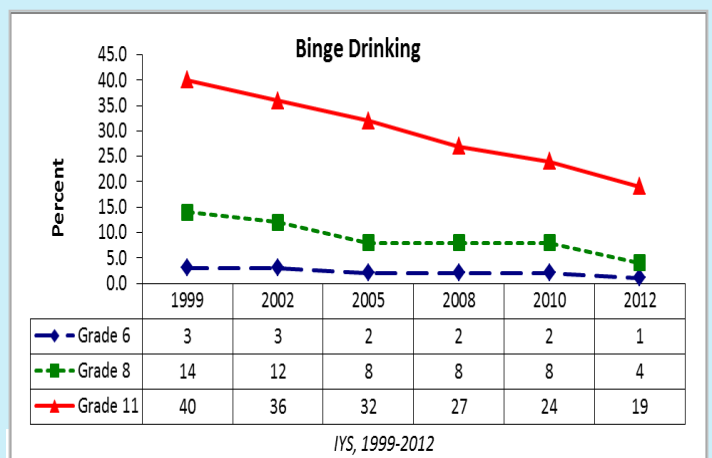


Figure 3: Percent of students reporting binge drinking in the past 30 days by grade

BINGE DRINKING CONSEQUENCES

Binge drinking causes a wide range of problems for Iowans. A number of research studies show that binge drinking affects people of all ages, genders, races, and socioeconomic backgrounds. According to Blazer et al. (2009), adverse health effects of binge drinking are injuries, sexually transmitted diseases, high blood pressure, stroke, other cardiovascular diseases, liver disease, neurological damage, and poor control of diabetes. Binge drinking has also been shown to increase the risk for stroke. Binge drinking has also been associated with other health issues such as certain types of cancer and decreased immune response to infections. In extreme cases, binge drinking can result in car crashes or even death because of excessive alcohol consumption over a short period of time.



CONCLUSIONS ABOUT BINGE DRINKING IN IOWA

Binge drinking is a serious public health problem in Iowa. It affects every Iowan in some ways. A number of studies have linked binge drinking to many health issues including cancers, cardiovascular diseases, strokes, and injuries. In order to reduce binge drinking in Iowa, all Iowans need to recognize that binge drinking affects everyone, regardless of age, gender, race, or socioeconomic status.

FOR MORE INFORMATION

For more information or to learn more about prevention and treatment resources, please contact the Iowa Substance Abuse Information Center at 1-866-242-4111 or visit www.drugfreeinfo.org.

This information was provided by the Iowa State Epidemiological Outcomes Workgroup. Visit us on the web at http://www.idph.state.ia.us/bh/sa_epi_workgroup.asp

REFERENCES

Behavioral Risk Factor Surveillance System. (2012). Prevalence and trends data. Retrieved from <http://apps.nccd.cdc.gov/brfss/page.asp?cat=AC&yr=2012&state=IA#AC>

Blazer, D., & Wu, L. (2009). The epidemiology of at-risk and binge drinking among middle aged and elderly community adults national survey on drug use and health. *American Journal Psychiatry*, 166(10), 1162-1169. Retrieved February 4, 2014, from <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3074476/>

Centers for Disease Control and Prevention. (2012). Fact sheets – Binge drinking. Retrieved on February 25, 2014, from <http://www.cdc.gov/alcohol/fact-sheets/binge-drinking.htm>

Iowa Youth Survey. (2012). 2012 Iowa youth survey: State of Iowa results. Retrieved from http://www.iowayouthsurvey.iowa.gov/images/2012_State/IYS_State_Report_2012.pdf