

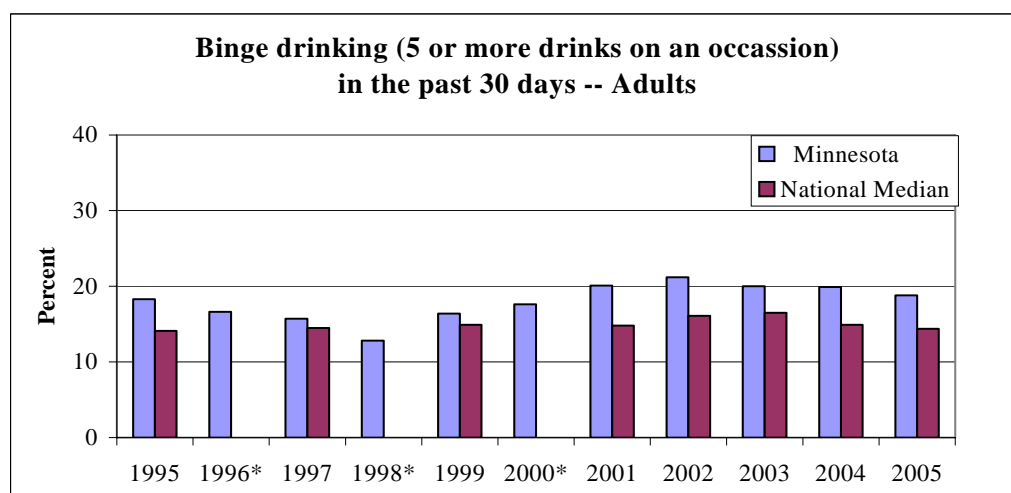
## Minnesota Adult Binge Drinking

Binge drinking is associated with many health-related problems. These include motor vehicle crashes, falls, drowning, suicide, alcohol poisoning, hypertension, acute myocardial infarction, and sexually transmitted diseases<sup>1</sup>.

Binge drinking is defined as having five or more alcoholic beverages on an occasion, one or more times in the past 30 days.

In 2005, almost one in five Minnesota adults aged 18 years and older reported binge drinking in the past 30 days. For the last several years, binge drinking has been hovering around 20 percent. Minnesota adults are more likely to report binge drinking than adults nationally.

The data source for adult alcohol use is the Minnesota Behavioral Risk Factor Surveillance System Survey. This survey provides state-level estimates. Some counties have conducted their own behavior health surveys. For more information on the availability of county-level data on adult alcohol use, contact [chemicalhealth@health.state.mn.us](mailto:chemicalhealth@health.state.mn.us).



\* No data are available nationwide in 1996, 1998, and 2000.

**Binge drinking (5 or more drinks on an occasion) in the past 30 days – Adults (percent)**

	<u>Minnesota</u>	<u>National Median</u>
1995	18.3	14.1
1996*	16.6	N/A
1997	15.7	14.5
1998*	12.8	N/A
1999	16.4	14.9
2000*	17.6	N/A
2001	20.1	14.8
2002	21.2	16.1
2003	20.0	16.5
2004	19.9	14.9
2005	18.8	14.4

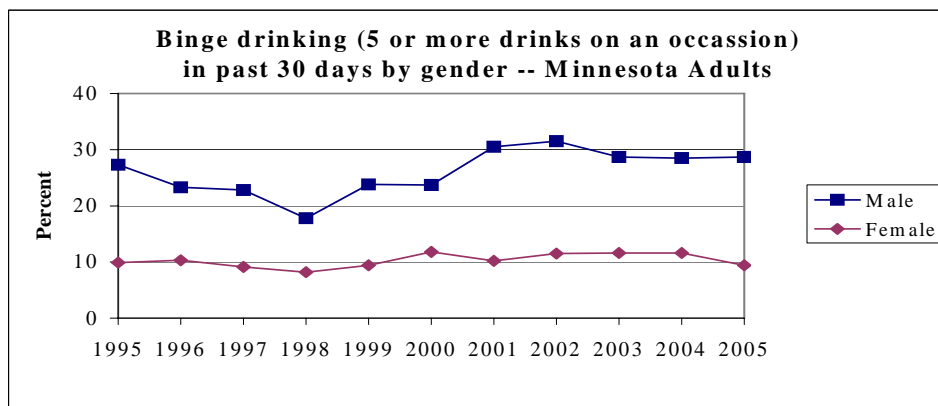
\* No data are available nationwide for 1994, 1996, 1998, and 2000.

**Binge Drinking by Gender**

In 2005, males were 3 times more likely to report binge drinking than females. More than one in four (29%) males reported binge drinking, compared to about one in eleven females (9%).

Reports of male binge drinking increased starting in 1998 and peaked in 2002. The rate of male binge drinking has been around 29 percent in the last couple of years. Reports of female binge drinking have fluctuated mildly over the years. In 2005, the rate of female binge drinking dipped a little, but it is too soon to determine if this is a start of a trend.

Binge drinking has adverse health effects for both genders. However, binge drinking has some additional impact on women. For women, binge drinking is associated with unintentional injuries, unprotected and unplanned sexual intercourse, and sexually transmitted diseases. For fetuses and children, alcohol-exposed pregnancies are associated with miscarriages, low birth weight, sudden infant death syndrome, fetal alcohol spectrum disorder, and attention-deficit disorder.<sup>2</sup>



Alcohol and Other Drug Indicators – Compiled by Minnesota Department of Health. [www.health.state.mn.us/alcohol](http://www.health.state.mn.us/alcohol)  
Original data source: Minnesota Behavioral Risk Factor Surveillance System Survey.

**Binge drinking (5 or more drinks in an occasion) in the past 30 days  
by gender – Minnesota Adults  
(Percent)**

	<u>Male</u>	<u>Female</u>
1995	27.3	9.9
1996	23.3	10.3
1997	22.8	9.1
1998	17.8	8.2
1999	23.8	9.4
2000	23.7	11.8
2001	30.5	10.2
2002	31.5	11.5
2003	28.7	11.6
2004	28.5	11.6
2005	28.7	9.4

**Binge Drinking by Age**

Binge drinking is age-related. The older a person is, the less likely they are to report binge drinking. In all age groups, males report binge drinking more than females.

National data show that persons aged 18-34 report binge drinking more than any other age group. Persons age 65 and older are the least likely to report binge drinking. Minnesota reflects that trend.

The table below shows reports of binge drinking by age and gender for Minnesota. Caution should be used when interpreting the table since these estimates are based on small numbers of responses. If there are large fluctuations in reported use from year to year, it may be due to small numbers of respondents. It is best to look at the overall trend.

**Binge drinking (5 or more drinks on an occasion) by Age and Gender – Minnesota Adults**

	<u>Age 18-24</u>		<u>Age 25-34</u>		<u>Age 35-44</u>		<u>Age 45-54</u>		<u>Age 55-64</u>		<u>Age 65+</u>	
	<u>Men</u>	<u>Women</u>	<u>Men</u>	<u>Women</u>	<u>Men</u>	<u>Women</u>	<u>Men</u>	<u>Women</u>	<u>Men</u>	<u>Women</u>	<u>Men</u>	<u>Women</u>
1995	44.9	21.1	41.8	17.3	26.6	11.1	17.2	4.8	20.7	3.4	5.2	0.7
1996	38.4	25.6	34.8	16.1	23.5	9.2	15.4	7.5	12.6	3.8	7.7	1.2
1997	39.3	21.5	33.5	13.6	25.2	11.4	18.1	4.9	8.8	3.1	5.2	1.0
1998	34.5	21.7	23.5	11.6	20.0	9.1	13.7	5.4	6.5	1.3	4.7	1.7
1999	40.1	22.6	35.0	14.3	20.7	8.3	20.4	6.8	17.3	4.4	8.8	2.7
2000	35.9	33.2	37.3	15.9	24.2	12.7	19.2	6.2	15.0	5.5	5.2	1.7
2001	58.5	29.9	42.6	13.2	30.8	10.5	23.6	6.2	16.3	4.2	6.1	1.3
2002	58.3	23.9	43.0	17.6	31.9	13.9	25.0	9.1	18.0	4.1	9.0	1.0
2003	52.8	35.6	39.3	16.0	29.4	11.8	27.9	6.6	11.0	4.3	5.8	0.5
2004	44.7	29.4	42.0	16.8	30.9	13.0	24.3	7.9	17.9	4.6	5.8	0.7
2005	44.5	18.5	48.1	13.2	29.0	13.3	25.0	6.8	13.2	5.5	6.1	0.6

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Original data source: Minnesota Behavioral Risk Factor Surveillance System Survey.

1. Naimi, TS, Brewer, RD, Mokdad, A, Denny C, Serdula, MK, Marks, JS. Binge Drinking Among U.S. Adults. JAMA. 2003; 289:70-75.
2. Naimi, TS, Lipscomb, LE, Brewer, RD, Gilbert, BC. Binge Drinking in the Preconception Period and the Risk of Unintended Pregnancy: Implications for Women and Their Children. Pediatrics. 2003;111(5):1136-1141.

**Data Sources:**

Minnesota Behavior Risk Factor Surveillance Survey (BRFSS), Center for Health Statistics, Minnesota Department of Health. National Behavior Risk Factor Surveillance System (BRFSS), Centers for Disease Control and Prevention (CDC). For more information about the data sources and their limitations, see “Data Sources and Limitations”.