

Binge Drinking Among Adults in Oregon

Background

Binge drinking is the most common, costly, and deadly pattern of excessive alcohol use.¹⁻³ Binge drinking is defined as consuming four or more drinks for women or five or more drinks for men on one occasion in the past 30 days. This pattern of drinking typically brings a person's blood alcohol concentration (BAC) to 0.08% or above.⁴

Excessive alcohol use has a substantial public health impact and costs everyone. Most excessive drinkers (90%) are not alcohol dependent.⁵ Excessive alcohol use costs the Oregon economy \$3.5 billion per year, or about \$2.08 per drink in lost workplace productivity, health care expenses, criminal justice costs, and motor vehicle crashes.

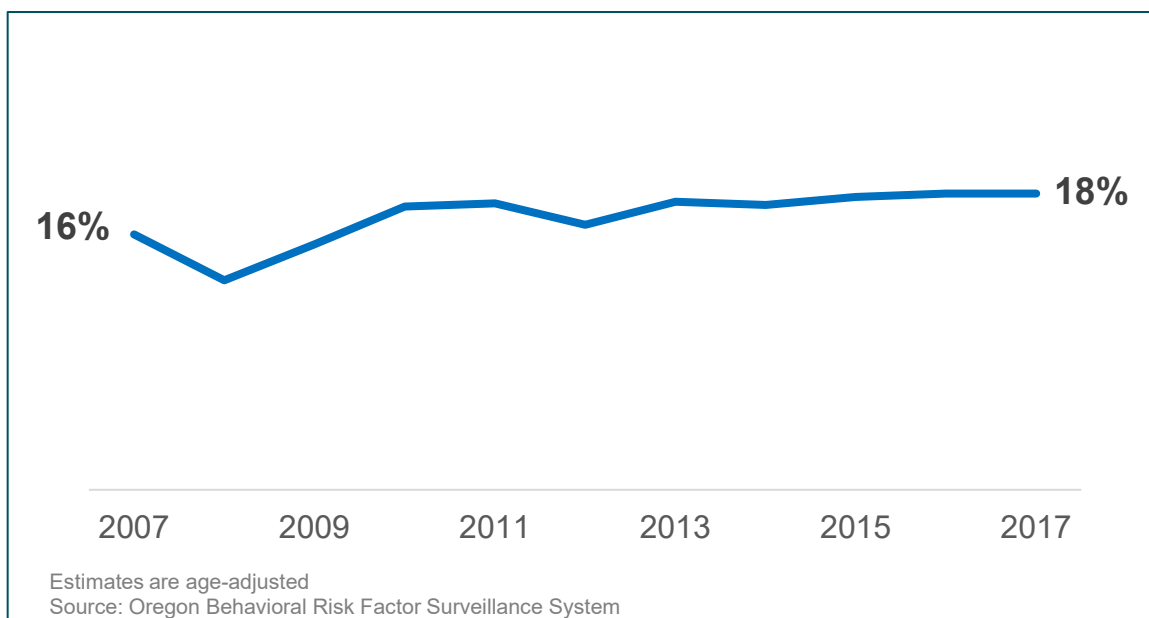


Figure 1. Binge drinking among Oregon adults, 2007–2017

- In 2017, nearly 1 in 5 Oregon adults reported binge drinking in the past 30 days.
- Binge drinking among Oregon adults has remained unchanged over the past six years.

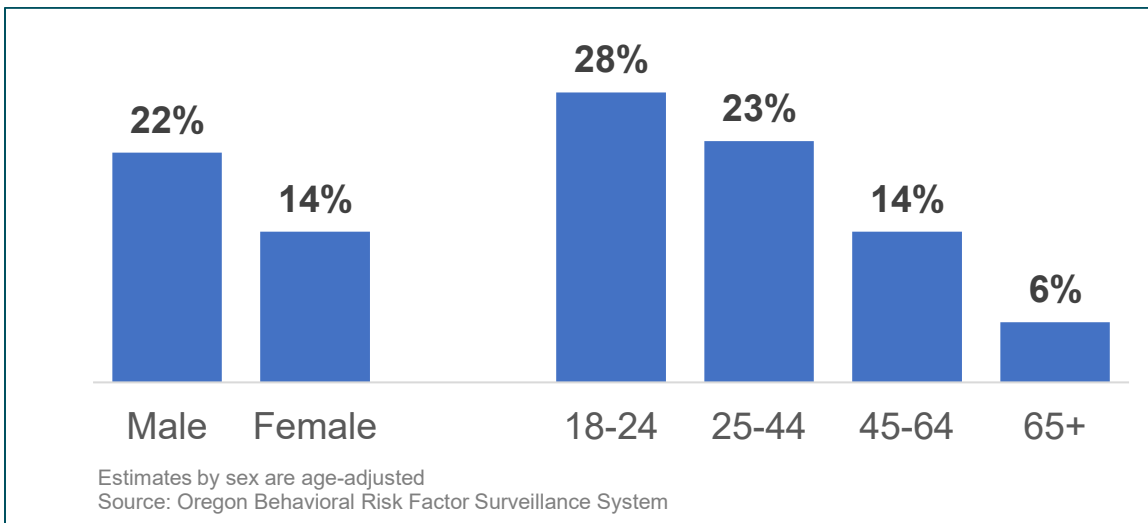


Figure 2. Binge drinking among Oregon adults by sex and age, 2017

- More men (22%) than women (14%) report binge drinking in the past 30 days.
- Binge drinking is more common among younger adults compared to older adults, but research shows that half of the total binge drinks in the U.S. are consumed by adults over the age of 35.⁶

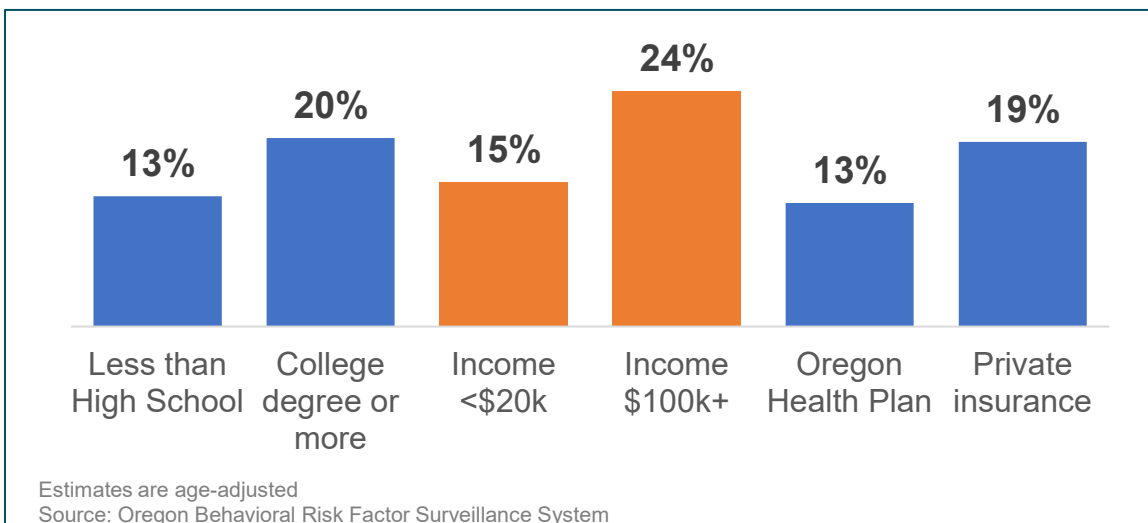


Figure 3. Binge drinking among Oregon adults by education, income and health insurance status, 2017

- Binge drinking is more common among adults with higher levels of education and household income, and among adults with private health insurance.
- However, research shows that those with lower levels of education and income drink more often and consume more drinks compared to those with higher levels of education and income.⁶

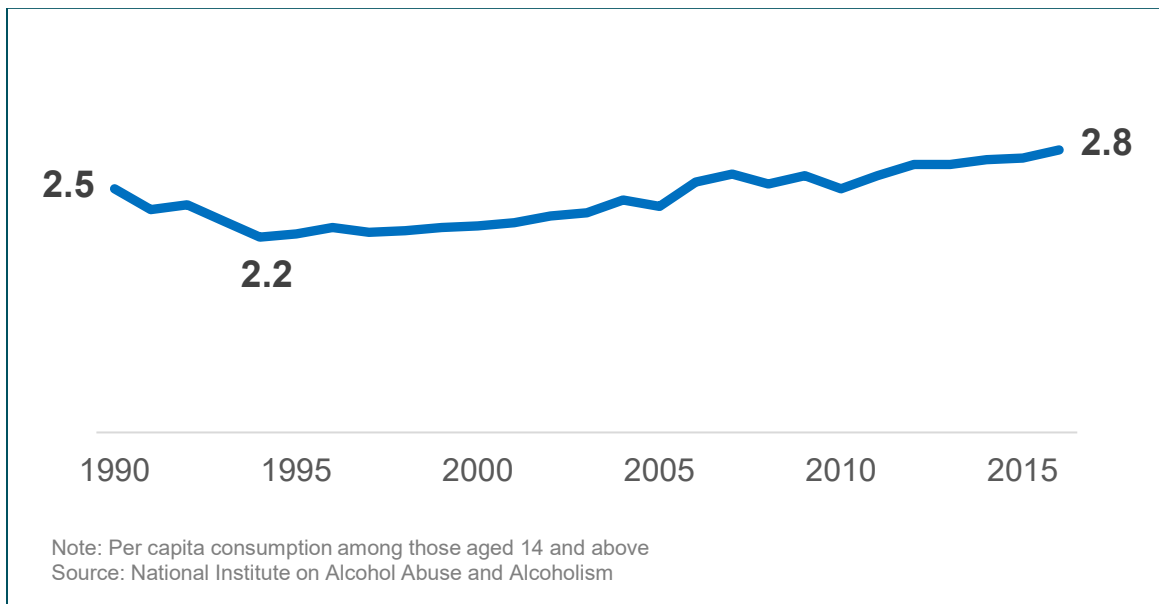


Figure 4. Annual per capita alcohol consumption (pure alcohol in gallons), Oregon, 1990–2016

- Per capita alcohol consumption has been steadily increasing in Oregon since 1995.
- In 2016, per capita alcohol consumption in Oregon was 2.8 gallons per person over the age of 14. This equates to about 587 drinks per person.
- Oregon has the 15th highest per capita alcohol consumption in the United States.⁷

Alcohol and substance use is an Oregon State Health Improvement Plan (SHIP) priority. For more information, see: <http://www.oregon.gov/OHA/PH/ABOUT/Pages/ship-substance-use.aspx>

References:

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4. National Institute on Alcohol Abuse and Alcoholism. [NIAAA council approves definition of binge drinking](#). *NIAAA Newsletter*. 2004;3:3.
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7. National Institute on Alcohol Abuse and Alcoholism. [Apparent per capita alcohol consumption: National, state, and regional trends, 1977-2016](#). April 2018.

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