

What you should know about Alcohol



54 million Americans over the age of twelve regularly participate in binge drinking

16.1 million Americans over twelve participate in heavy drinking

The highest prevalence of binge & heavy drinking is in adults 18-25

According to the National Survey on Drug Use & Health (2003)

10.9 million drinkers are under 21

7.2 million of those are binge drinkers (19.2%)

2.3 million are heavy drinkers (6.1%)

13.6% of drinkers over 12 (32.3 million) have driven under the influence at least once in the past year

Binge Drinking - an extended period of time (typically at least two days) during which a person repeatedly becomes intoxicated

Heavy drinker - consumed 5 or more drinks on 5 or more occasions in the past month