



A MINUTE OF HEALTH WITH CDC

Binge Drinking is Dangerous

Binge Drinking Among Adults — 14 States, 2004

Recorded: April 7, 2008; posted: April 9, 2009

This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

Binge drinking is dangerous. Binge drinking – which is defined as consuming five or more drinks on an occasion – is responsible for about 44,000 deaths per year. A recent CDC study found that binge drinking was most common among whites, males, persons aged 18-34, and those with household incomes of \$50,000 or more. Binge drinkers tend to binge frequently and consume an average of eight drinks per binge. This huge exposure to alcohol in a single day is also linked to increased violence, heart attacks, suicides, and motor-vehicle crashes. So be smart and don't binge drink.

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.