

BRINGING DOWN BINGE DRINKING

While the rates of new youth alcohol users have declined since 2010, **more than half** of underage youth and young adults who use alcohol are binge drinking.

ENGAGE WITH
**NATIONAL PREVENTION
WEEK TODAY.**

www.samhsa.gov/prevention-week

SAMHSA

Substance Abuse and Mental Health
Services Administration

UPDATED 2020

IN 2018,
60%
OF THE PEOPLE AGED **12-20**
who reported alcohol use
in the past month were also
binge alcohol users.

BINGE DRINKING=

5 or more alcoholic drinks on the
same occasion for males; 4 or more
alcoholic drinks on the same
occasion for females.

MALES



FEMALES



Source: Substance Abuse and Mental Health Services Administration (SAMHSA). (2019). *Key substance use and mental health indicators in the United States: Results from the 2018 National Survey on Drug Use and Health*. Rockville, MD: Center for Behavioral Health Statistics and Quality, SAMHSA. Retrieved from <https://www.samhsa.gov/data/>