

ADULT EXCESSIVE DRINKING



- National Institute on Alcohol Abuse and Alcoholism (NIAAA) defines binge drinking as a pattern of drinking that brings blood alcohol concentration (BAC) levels to 0.08 g/dL. (Grams Per Decilitre). This typically occurs after 4 drinks for women and 5 drinks for men - in about 2 hours.
- The Substance Abuse and Mental Health Services Administration (SAMHSA) which conducts the annual National Survey on Drug Use and Health (NSDUH), defines binge drinking as 5 or more alcoholic drinks for males or 4 or more alcoholic drinks for females on the same occasion on at least 1 day in the past month.
- SAMHSA defines heavy alcohol use as binge drinking on 5 or more days in the past month.
- Binge drinking and heavy alcohol use can increase an individual's risk of alcohol use disorder.