

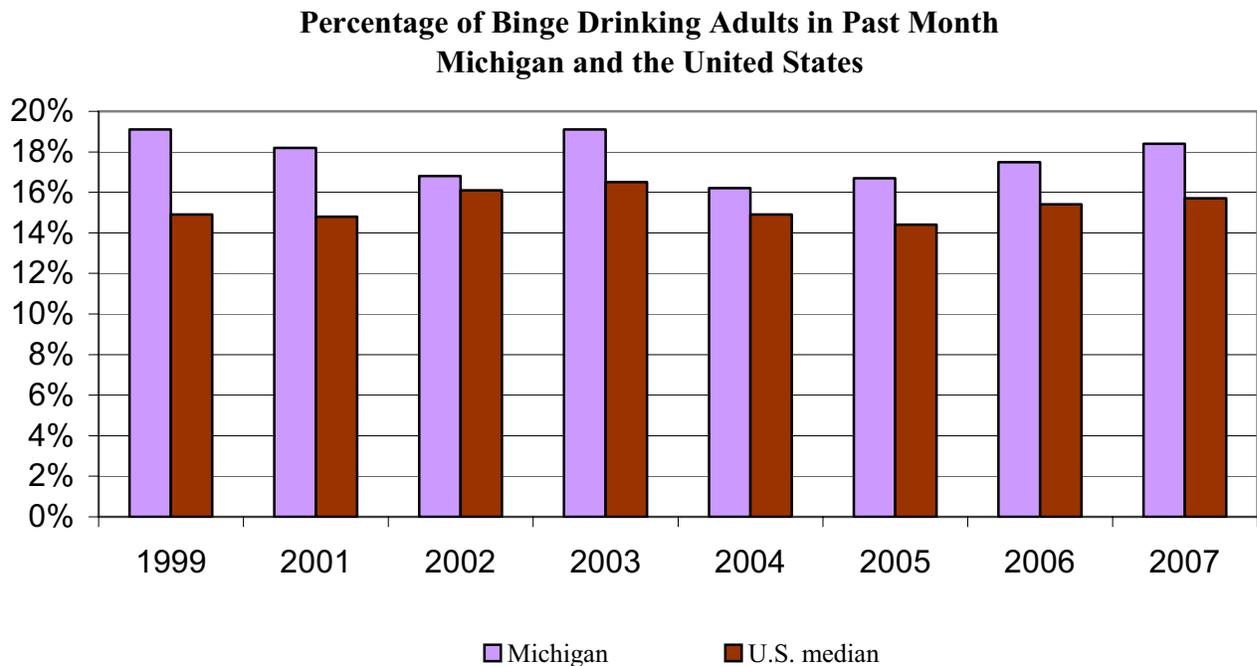


## Topic: Risky Health Behaviors

### 8. Adult Binge Drinking

Drinking patterns associated with rapid intoxication, such as binge drinking, carry with them potential for social and physiological harm. One of the commonly used thresholds for binge drinking is five or more drinks on at least one occasion in the last 30 days.

#### *How are we doing?*



In 2007, 18.4% of Michigan adults were estimated to have engaged in binge drinking in the previous month. The prevalence of binge drinking has remained fairly consistent among Michigan adults over the past nine years, 19.1% in 1999 compared to 18.4% in 2007.

#### *How does Michigan compare with the U.S.?*

When compared to the United States, Michigan has consistently had a higher prevalence of binge drinking.

#### *How are different populations affected?*

The prevalence of binge drinking decreased with age, from 31.5% of those aged 18-24 years to 8.9% of those aged 65-74 years. Men were more likely than women (24.9% vs. 12.5%), and Whites were more likely than Blacks (19.5% vs. 13.5%) to have engaged in binge drinking.



### ***What is the Department of Community Health doing to improve this indicator?***

The MDCH began a Campus Alcohol Initiative in 1999 to address alcohol abuse on college campuses, which has continued. Programs exist at Eastern Michigan University, Ferris State University, Grand Valley State University, Michigan State University, and the University of Michigan.

Other activities to improve this indicator have included providing partial funding for a special environmental change project “Underage Drinking: Not a Minor Problem” in Bay County in 2007 and 2008. This program is being expanded in communities around the state, and the theme was also used as part of over 50 Town Hall Meetings held around the state in 2008. In addition, as part of the Department’s Strategic Prevention Framework State Incentive Grant, regions around the state have used a data guided process to identify key variables in their specific communities that contribute to binge drinking, and have been implementing programs and activities to address these issues. Key partnerships have also been developed at both the state and local level in Michigan to collaborate with others on this indicator, including the Departments of Education, Human Services, and Michigan State Police Office of Highway Safety Planning.