Binge Drinking in Michigan
Youth & Adults

Binge drinking is an issue in Michigan’s youth that continues into adulthood for males.

In the previous 30 days:

- **35%** of Michigan youth drank at least one alcoholic beverage, compared to **55%** of Michigan adults (data not shown).

- **More youth** reported binge drinking than adults (Figure 1).
- Male & female youth reported similar amounts of binge drinking (Figure 1).
  - Female binge drinking decreases with age; **11%** of female adults binge drank compared to **21%** of female youth (Figure 1).
  - Male binge drinking does not change with age; **21%** of male youth and **24%** of male adults reported binge drinking (Figure 1).

- Binge drinking is stable throughout adulthood and decreases after the age of 44 (Figure 2).
- Adults were more likely to have 3 or more binge drinking events in past 30 days than youth (Figure 3).
  - Female youth & adults were similar in the number of binge drinking events, but male adults had more binge drinking events than male youth (Figure 3).

"Binge Drinking" was reported as having five or more drinks in one occasion for youth and having four or more drinks of alcohol in one occasion for women and five or more drinks in one occasion for men in the past 30 days. "Youth" are 9th-12th grade students, 12-17 years of age, attending Michigan public high schools.