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.

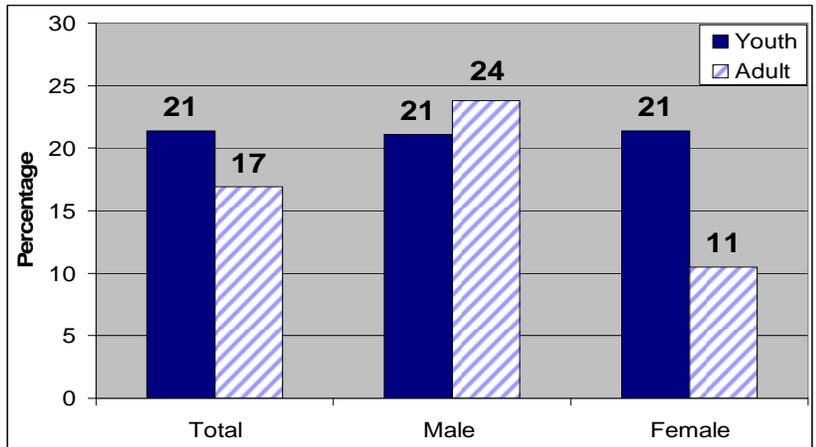Figure 1. Any Binge Drinking Reported in Past 30 Days in Michigan Youth & Adults

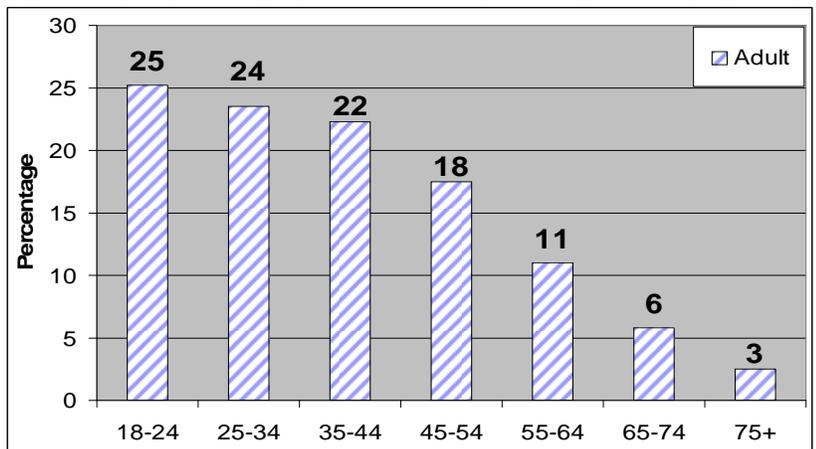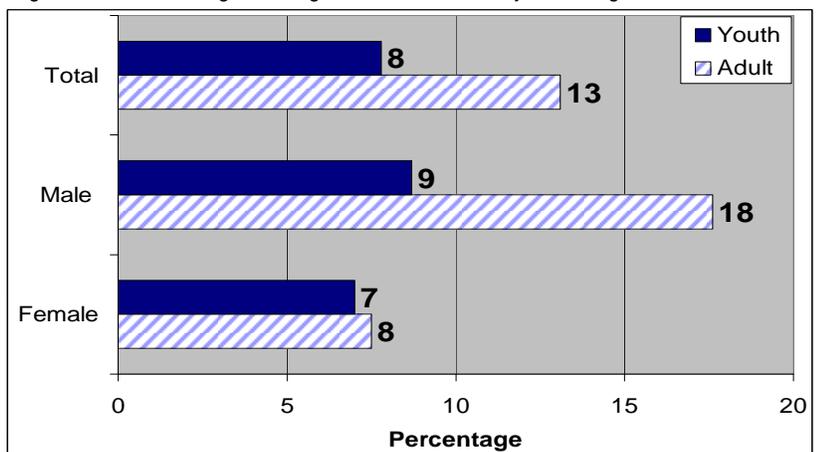Figure 2. Any Binge Drinking Reported in Past 30 Days in Michigan Adults by Age Category

Figure 3. 3 or More Binge Drinking Events in Past 30 Days in Michigan Youth & Adults

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