

HOUSTON HEALTH HIGHLIGHTS

Binge Drinking in Houston/Harris County

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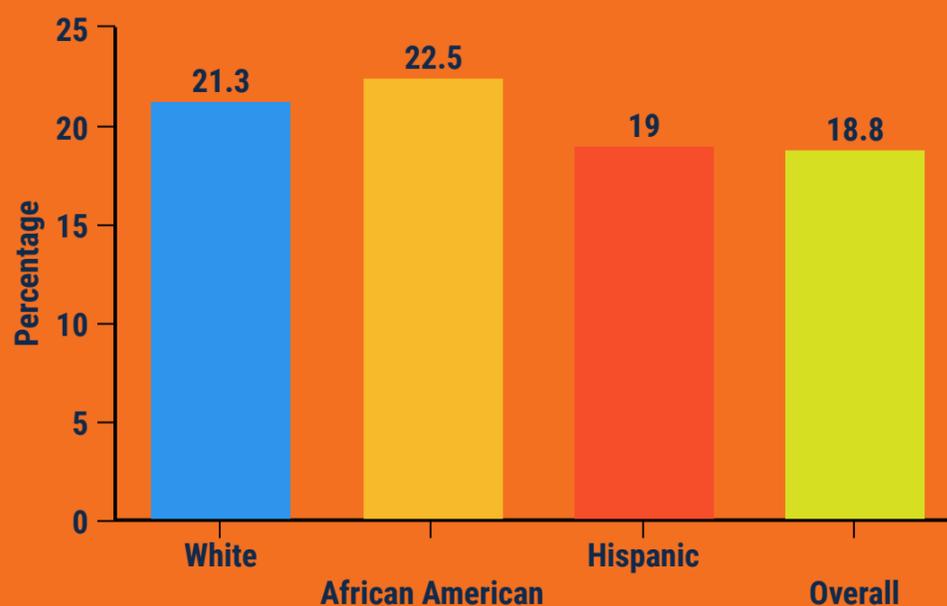
Photo by Alasdair Elmes on Unsplash

Binge drinking is a common pattern of excessive alcohol use in the United States. Binge drinking is associated with many health problems including, alcohol-related traffic accidents and other injuries, employment problems, legal difficulties, financial loss, violence, unintended pregnancy, and poor pregnancy outcomes among other.

Centers for Disease Control and Prevention. Binge drinking facts sheets. Available at: <https://www.cdc.gov/alcohol/fact-sheets/binge-drinking.htm>

- In Houston, one in five adults binge drinks about four times a month, consuming about seven drinks per binge. This results in 364 yearly binge drinks per binge drinker.
- Binge drinkers are 14 times more likely to report alcohol-impaired driving than non-binge drinkers.
- Binge drinking is most common among younger adults aged 18–34 years, but is reported across the lifespan.

Percentage of adults who binge drink by race/ethnicity.
Harris County, 2017



Source: Texas Behavioral Risk Factor Surveillance System

STOP BINGE DRINKING

Limit sale of alcoholic beverages in given areas.

Hold alcohol retailers responsible for the harms caused by illegal alcohol sales to minors or intoxicated patrons.

Restrict access to alcohol by maintaining limits on the days and hours of alcohol retail sales.

Consistently and aggressively enforce laws against underage drinking and alcohol-impaired driving.

Provide screening and counseling for alcohol misuse.