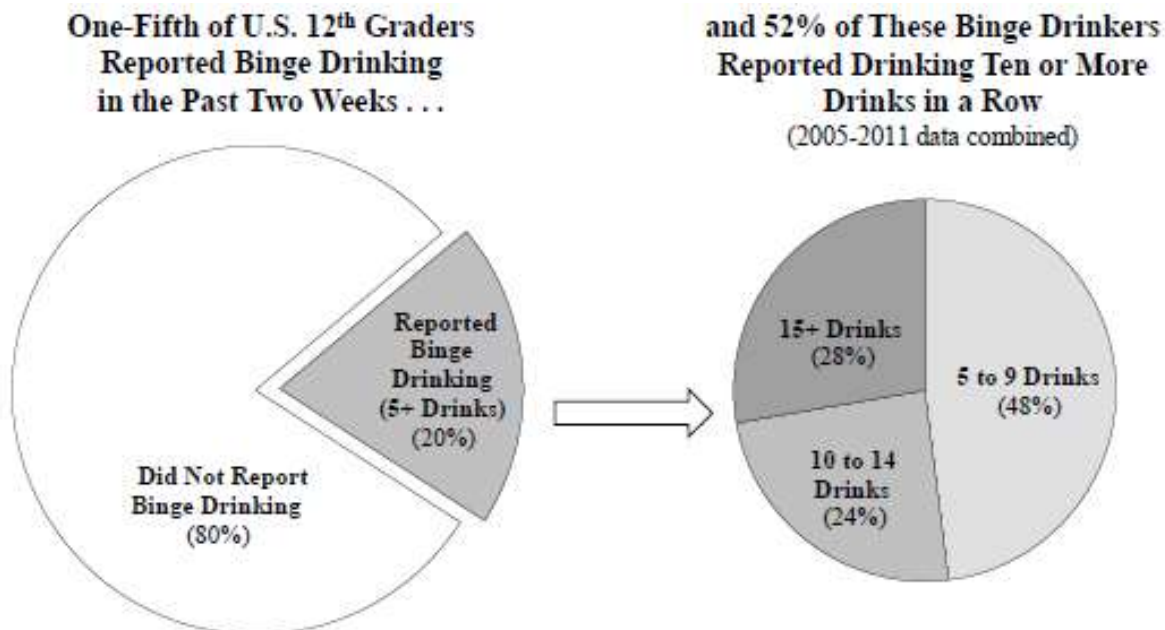


More Than Half of 12th Grade Binge Drinkers Drink Ten or More Drinks in a Row

More than half of 12th grade binge drinking episodes involve drinking ten or more drinks in a row, according to the first national study to examine extreme binge drinking among youth. Between 2005 and 2011, one in five U.S. high school seniors reported binge drinking—drinking five or more drinks in a row in the last two weeks. Slightly more than one-half (52%) of these binge drinkers were extreme binge drinkers, defined as having consumed 10 to 14 (24%) or 15 or more (28%) drinks in a row (see figure below). The study also found that while high school grades and college plans did not predict binge drinking at any level, students in more rural areas were more likely to report extreme binge drinking of 15 or more drinks in a row than students in more urban areas (data not shown). According to the authors “a combination of classic binge drinking measures and assessments of extreme binge drinking is warranted to refine our understanding of such high level of alcohol use among youth. Differentiating between levels of binge drinking, in terms of behavioral predictors and resulting consequences, may help determine specific risks and contribute to more effective screening and tailored intervention methods” (p. 1023-1024).



NOTES: A drink is defined as a 12 ounce can or bottle of beer; a 4 ounce glass of wine; a 12 ounce bottle or can of wine cooler; or a mixed drink, shot glass of liquor, or the equivalent. Data are from a nationally representative sample of 16,332 high school seniors completing the annual Monitoring the Future study between 2005 and 2011.

SOURCE: Adapted by CESAR from data from Patrick, M.E., Schulenberg, J.E., Martz, M.E., Maggs, J.L., O'Malley, P.M., and Johnston, L.D., "Extreme Binge Drinking Among 12th-Grade Students in the United States, Prevalence and Predictors, *JAMA Pediatrics* 167(11):1019-1025. For more information, contact Dr. Megan Patrick at meganpat@umich.edu.