

CESAR FAX: May 21, 2007 (Vol. 16, Issue 20)

Nearly Two-Thirds of High School Students Who Use Alcohol Binge Drink; Frequent Binge Drinkers Six Times More Likely to Drink and Drive

Binge drinking among high school students is associated with many health risk behaviors, according to recent analysis of data from the National Youth Risk Behavior Study (YRBS). Forty-five percent of U.S. high school students reported drinking in the past month, and nearly two-thirds of these drinkers (64%) reported binge drinking, defined as consuming five or more drinks in a row during the past month. Binge drinking was associated with a variety of health risk behaviors that increased with the number of binge-drinking days. For example, drinkers who reported binge drinking on ten or more days were six times more likely to report drinking and driving than those who did not binge drink (68% vs. 11%; see figure below). The recently released Surgeon General's report on underage drinking includes many recommendations for preventing and reducing underage drinking (see *CESAR FAX*, Volume 16, Issue 19).

SOURCE: Adapted by CESAR from the Office of Applied Studies, SAMHSA, *Treatment Episode Dataset (TEDS) Highlights—2005, National Admissions to Substance Abuse Treatment Services*, 2007. Available online at <http://www.oas.samhsa.gov/dasis.htm#teds2>.