Binge drinking has serious risks. Binge drinking is associated with many health problems,[8–10] including the following: Unintentional injuries such as car crashes, falls, burns, and alcohol poisoning

Youth who drink alcohol are more likely to experience school problems, such as higher absence and poor or failing grades, social problems, such as fighting and lack of participation in youth activities.

One in six US adults binge drinks about four times a month, consuming about seven drinks per binge. This results in 17 billion total binge drinks consumed by adults annually, or 467 binge drinks per binge drinker.[5]

According to the 2015–2020 Dietary Guidelines for Americans, External[1] some people should not drink alcoholic beverages at all, including: Anyone younger than age 21. Women who are or may be pregnant. People who are driving, planning to drive, or are participating in other activities requiring skill, coordination, and alertness. People taking certain prescription or over-the-counter medications that can interact with alcohol. People with certain medical conditions.

For men, heavy drinking is typically defined as consuming 15 drinks or more per week. For women, heavy drinking is typically defined as consuming 8 drinks or more per week.

For more information or for assistance with treatment please call,

Bergen County Office of Alcohol and Drug Dependency, 201-634-2740

Addiction fits the AMA criteria for a "chronic disease": its *primary, progressive, chronic and fatal.*

1. https://www.cdc.gov/alcohol/faqs.htm#standard