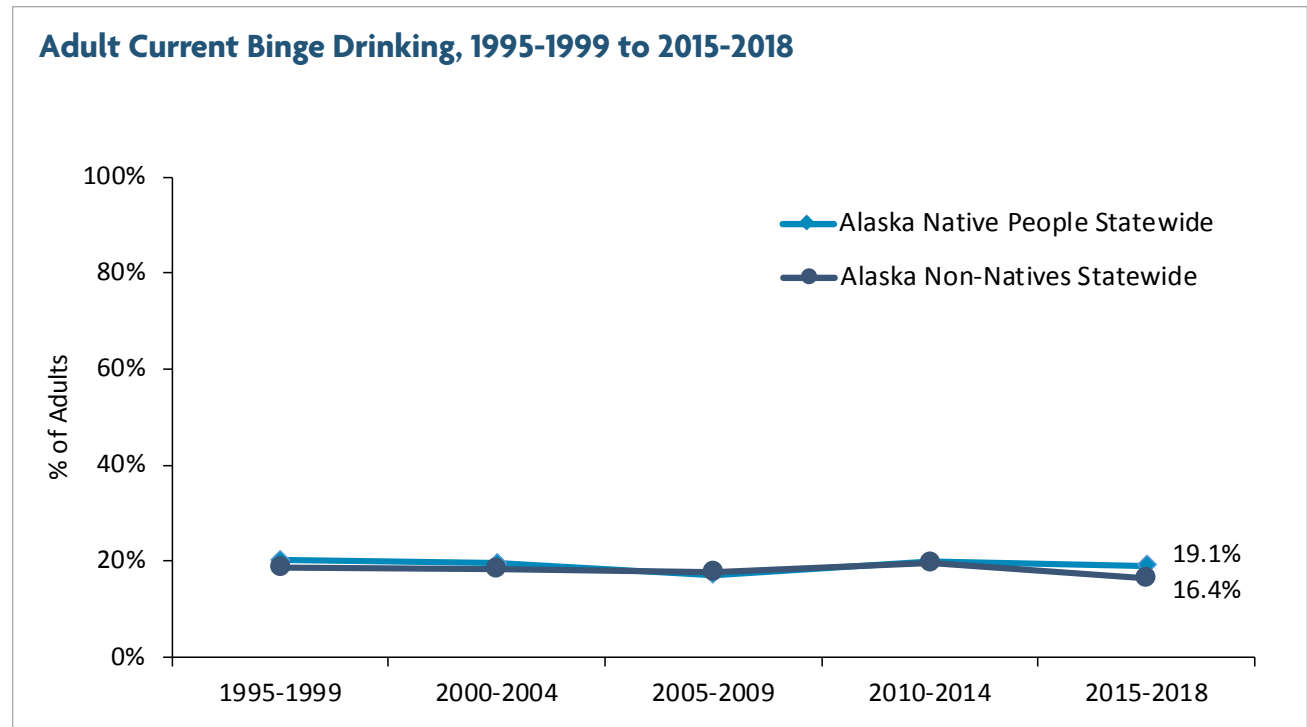


# Current Binge Drinking



Data Source: Alaska Division of Public Health, Behavioral Risk Factor Surveillance System  
Table C-114

### Definition

Adult binge drinking is measured as adults aged 18 years and older who have had 5 or more drinks (for men) or 4 or more drinks (for women) on one or more occasion in the past 30 days. Negative consequences associated with binge drinking include unintentional and intentional injuries, alcohol poisoning, sexually transmitted diseases, unintended pregnancy, liver disease, neurologic damage, and high blood pressure and other cardiovascular diseases.<sup>33</sup>

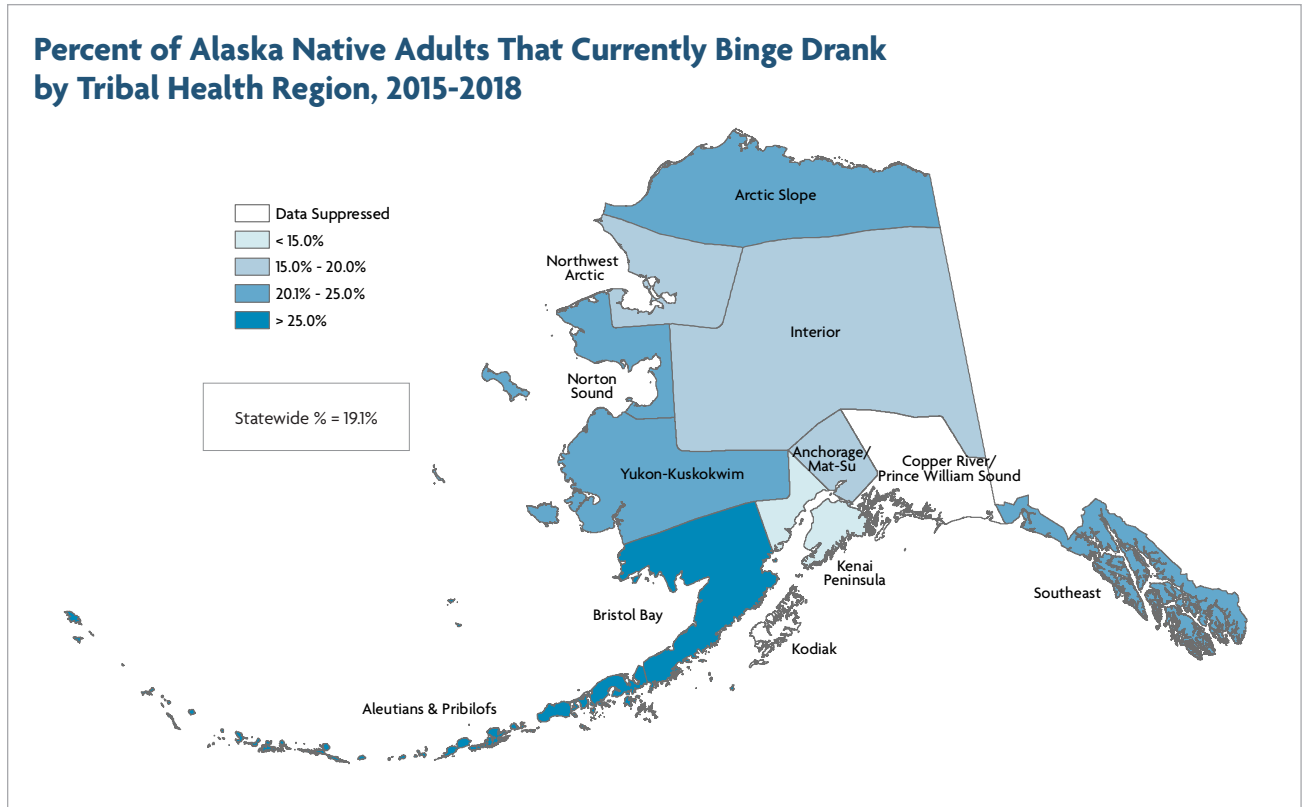
### Related Objectives

Reduce the proportion of people aged 21 years and over who engaged in binge drinking in the past month to 25.4%. - *HEALTHY PEOPLE 2030, OBJECTIVE SU-10*

### Summary

- » During 2015–2018, approximately one in five (19.1%) Alaska Native adults reported binge drinking.
- » During 2015-2018, there was no statistically significant difference in binge drinking between Alaska Native and non-Native adults.
- » Binge drinking among Alaska Native adults appears to have remained relatively stable between 1995-1999 and 2015-2018.
- » During 2015–2018, the percent of Alaska Native adults binge drinking varied by Tribal health region, ranging from 12.8% to 32.1%

# Current Binge Drinking



Data Source: Alaska Division of Public Health, Behavioral Risk Factor Surveillance System Table C-115

# Current Binge Drinking

**Table C-114: Adult Current Binge Drinking, 1995-1999 to 2015-2018**

	Alaska Native People Statewide		Alaska Non-Natives Statewide	
	%	95% Confidence Interval	%	95% Confidence Interval
1995-1999	20.1%	(17.7%-22.7%)	18.7%	(17.5%-20.0%)
2000-2004	19.5%	(17.4%-21.8%)	18.4%	(17.4%-19.5%)
2005-2009	17.1%	(15.2%-19.1%)	17.7%	(16.6%-18.9%)
2010-2014	19.8%	(17.6%-22.2%)	19.5%	(18.4%-20.5%)
2015-2018	19.1%	(16.5%-21.6%)	16.4%	(16.4%-18.8%)

Note: Data with wide confidence intervals are subject to higher relative standard error and should be used with caution.

**Table C-115: Percent of Alaska Native Adults That Currently Binge Drank by Tribal Health Region, 2015-2018**

	Alaska Native People	
	%	95% Confidence Interval
Kenai Peninsula	12.8%	(4.0%-21.5%)
Anchorage/Mat-Su	15.1%	(10.5%-19.6%)
Interior	17.5%	(12.3%-22.7%)
Northwest Arctic	18.1%	(8.2%-28.1%)
Southeast	20.1%	(13.2%-26.9%)
Norton Sound	22.8%	(12.7%-32.9%)
Yukon-Kuskokwim	23.1%	(15.3%-30.8%)
Arctic Slope	24.3%	(8.7%-40.0%)
Aleutians & Pribilofs	28.5%	(8.1%-49.0%)
Bristol Bay	32.1%	(17.3%-46.8%)
<b>Statewide</b>	<b>19.1%</b>	<b>(16.5%-21.6%)</b>

Note: Data with wide confidence intervals are subject to higher relative standard error and should be used with caution. Percent not reported for <5 cases.

Data Source: Alaska Division of Public Health, Behavioral Risk Factor Surveillance System

33 Centers for Disease Control and Prevention. (2019). Binge Drinking. Retrieved from [www.cdc.gov/alcohol/fact-sheets/binge-drinking.htm](http://www.cdc.gov/alcohol/fact-sheets/binge-drinking.htm)