Binge Drinking Data Summary

Problem behaviors and consequences that often accompany binge drinking include driving under the influence, other alcohol-related crimes, injuries, car crashes, unsafe sex that can lead to pregnancy or sexually transmitted infections, academic problems, assaults, and even death (Substance Abuse and Mental Health Services Administration, 2011). Statewide, costs associated with the consequences of binge drinking are estimated at $420 million (Centers for Disease Control, 2006).

State of North Dakota
North Dakota ranks first in the nation in binge alcohol use for those aged 12-20 years. Those aged 18-25 are at the highest risk for binge drinking (National Survey on Drug Use and Health, 2009). Males are more likely to binge drink than females in all age groups.

For the state public schools, 21.9% of high school students reported binge drinking in 2013, which is substantially lower than 46.2% of students reporting the same in 1999. As the grade of the students increased, reported binge drinking rates also increased, with 8.4% of 7th graders, 14.9% of 9th graders, and 36.6% high school seniors reporting this behavior in 2013 (Youth Risk Behavior Survey, 1999-2013).

Grand Forks County
Grand Forks County was only slightly higher than the state average in adult binge drinking, with a rate of 21.7%, while the state rate was 21.2% (Behavioral Risk Factors Surveillance System, 2007 and 2010).

University of North Dakota (UND)
In 2014, 33.7%, or an estimated 5,118 UND students, engaged in binge drinking in the previous two weeks. This was slightly lower than the national average. The percentage of UND students who reported binge drinking in the last two weeks has dropped from 59.6% in 2000 to 33.7% in 2014 (American College Health Association-National College Health Assessment, 2000-2014).

Grand Forks Public Schools
The reported binge drinking rate for 6th to 12th grade students in 2014 was 10.7%, or an estimated 389 students (Youth Risk Protective Factors Survey, 2014).

Differences in survey definitions and time periods limit comparisons of binge drinking rates among various groups. The most comprehensive definition of binge drinking is 5 or more drinks for males and 4 or more drinks for females in a two hour period (National Institute on Alcohol Abuse and Alcoholism, 2014).

References are available upon request.

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