

WHAT IS BINGE DRINKING?

Binge Drinking is a pattern of consuming alcohol that brings a person's blood alcohol concentration (BAC) to 0.08 grams percent or above. This typically happens when men consume 5 or more drinks or women consume 4 or more drinks in about 2 hours¹

Moderate Drinking



= 1 Drink per Day



= 2 Drinks per Day

Binge Drinking



= 4 Drinks in
TWO HOURS



= 5 Drinks in
TWO HOURS

23.2% OF COLLEGE STUDENTS IN COLORADO REPORT NOT CONSUMING ALCOHOL IN THE PAST MONTH²

57.7% OF COLLEGE STUDENTS IN COLORADO, WHO CHOOSE TO DRINK, REPORT NOT BINGE DRINKING IN THE LAST TWO WEEKS³

A Standard Drink Is:



Beer

12 oz serving of
a regular beer
(5% alcohol)



Wine

5 oz glass of wine
(12% alcohol)



Liquor (Hard alcohol)

1.5 oz serving of liquor in a shot
or cocktail (40% alcohol)

Each beverage portrayed above represents one standard drink of "pure" alcohol, defined in the United States as 0.6 fl oz or 14 grams. The percent of pure alcohol, expressed here as alcohol by volume (alc/vol), varies within and across beverage types. Although the standard drink amounts are helpful for following health guidelines, they may not reflect customary serving sizes⁴

¹ The National Institute on Alcohol Abuse and Alcoholism

² CADE Reference Data Set, NCHA Reference Data – Spring 2017

³ CADE Reference Data Set, NCHA Reference Data – Spring 2017

⁴ niaaa.nih.gov