

Binge Drinking - Fast Facts

DID YOU KNOW....

FACT # 1

An average of SIX people die of alcohol poisoning each day in the United States. Signs of alcohol poisoning include mental confusion, vomiting, seizures, slow breathing, paleness, and low body temperature. (CDC)

FACT # 2

Although drinking by persons under the age of 21 is illegal, people aged 12-20 years drink 11% of all alcohol consumed in the United States, mostly by binge drinking. (CDC)

FACT # 3

Drinkers who consume alcohol mixed with energy drinks are 3 times more likely to binge drink than drinkers who do not report mixing alcohol with energy drinks. (CDC)

FACT # 4

If you suspect someone has alcohol poisoning, get medical help immediately. Cold showers, hot coffee, or walking will not reverse the effects of alcohol overdose and could actually make things worse. (NIDA)

FACT # 5

Drinking by college students aged 18-24 contributes to an estimated 1,825 student deaths, 559,000 injuries and 97,000 cases of sexual assault or date rape each year. (NIH)



Resources:

[NIDA For Teens - Alcohol Facts](#)
[Underage Drinking - Myths vs. Facts](#)

