

## Health | Behaviors

2009 Update

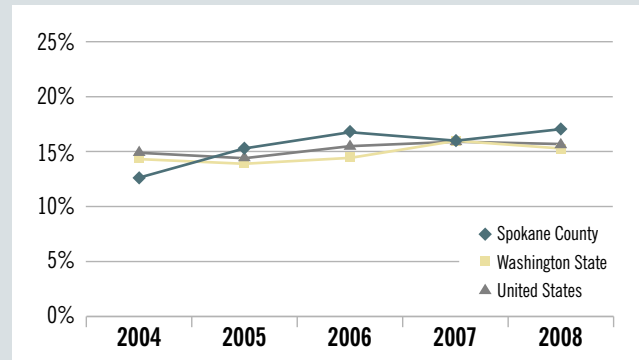
This indicator is 1 of 44 Spokane Counts indicators found at [www.srhd.org/SpokaneCounts](http://www.srhd.org/SpokaneCounts)

### Binge Drinking (adult)

Adult binge drinkers are individuals 18 years of age or older who had five or more drinks on at least one occasion in the last 30 days. Binge drinking is associated with unintentional injuries and health problems.<sup>1</sup>

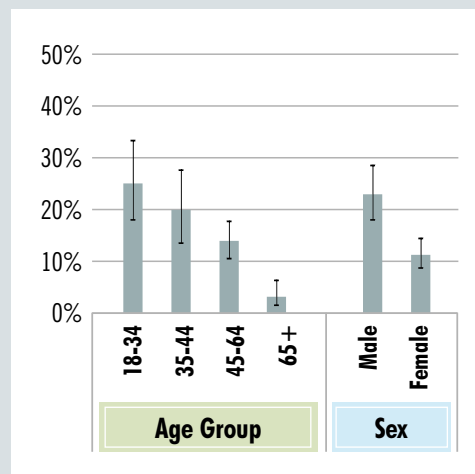
Nearly 17% of adults in Spokane County reported binge drinking in 2008. There was a significant increase in the proportion of binge drinkers from 2004 to 2008. Spokane County has a rate of adult binge drinking similar to that of Washington State and the U.S. in 2008.

#### Adult Binge Drinking



Source: Behavioral Risk Factor Surveillance System

#### Demographic Disparities in Adult Binge Drinkers, Spokane County, 2008



Source: Behavioral Risk Factor Surveillance System

There was no difference in adult binge drinking by race, education level, or poverty level.

#### Among Spokane County adults in 2008:

- Binge drinking decreased as age increased; and
- Males were more likely to binge drink than were females.

## Indicator: Binge Drinking (adult)

Percent

(95% Confidence Interval)

	2004	2005	2006	2007	2008	
<b>Total</b>	Spokane County	12.3% (10.2, 14.8)	15.0% (12.2, 18.4)	16.6% (13.2, 20.6)	15.9% (13.4, 18.9)	16.8% (14.1, 20.0)
	Washington State	14.2% (13.5, 14.9)	13.8% (13.1, 14.5)	14.2% (13.4, 15.0)	15.8% (15.1, 16.6)	15.1% (14.4, 15.9)
	National	14.9%	14.4%	15.4%	15.8%	15.6%
<b>Age Group (years)</b>	18-34	19.7% (14.6, 25.9)	16.3% (19.4, 34.6)	23.3% (15.3, 33.9)	24.0% (17.5, 31.9)	25.1% (18.2, 33.4)
	35-44	15.1% (10.6, 21.0)	20.1% (13.2, 29.4)	16.8% (10.0, 27.0)	22.5% (16.4, 30.2)	19.9% (13.8, 27.7)
	45-64	8.8% (6.3, 12.1)	8.5% (6.0, 11.8)	16.8% (12.9, 21.6)	12.3% (9.5, 15.9)	13.9% (10.7, 17.8)
	65+	2.6% (1.2, 5.6)	1.9% (0.8, 4.5)	3.6% (1.6, 8.1)	3.0% (1.7, 5.4)	3.3% (1.6, 6.6)
<b>Sex</b>	Male	17.7% (14.0, 22.2)	21.7% (16.9, 27.5)	22.8% (16.9, 30.2)	21.1% (16.7, 26.3)	23.0% (18.2, 28.8)
	Female	7.4% (5.4, 10.0)	8.8% (6.0, 12.7)	10.6% (8.0, 13.9)	11.0% (8.6, 14.1)	11.4% (8.8, 14.6)
<b>Income</b>	≤100% FPL*	25.6% (12.8, 44.7)	19.7% (6.8, 45.4)	13.6% (4.5, 34.5)	17.1% (7.8, 33.5)	12.8% (3.6, 36.2)
	101-200% FPL	8.6% (5.8, 12.7)	11.2% (7.8, 15.7)	13.9% (9.3, 20.2)	20.2% (14.9, 26.8)	15.0% (10.5, 21.0)
	>200% FPL	13.4% (10.7, 16.6)	16.6% (13.0, 20.9)	18.5% (13.9, 24.1)	15.0% (12.0, 18.5)	19.8% (16.1, 24.2)
<b>Education</b>	Less than high school	12.9% (4.5, 31.7)	14.9% (7.3, 28.2)	16.2% (6.8, 33.9)	12.0% (5.2, 25.2)	16.7% (7.3, 33.8)
	High school graduate	9.5% (6.0, 14.5)	16.8% (10.9, 24.9)	16.6% (11.0, 24.1)	15.9% (10.5, 23.4)	16.5% (11.2, 23.5)
	Some college	15.0% (11.3, 19.5)	15.6% (10.8, 21.8)	17.0% (10.8, 25.7)	20.0% (15.4, 25.6)	19.3% (14.4, 25.5)
	4+ yrs college, graduate	11.7% (8.5, 15.9)	13.1% (9.5, 17.8)	16.2% (11.6, 22.2)	12.4% (9.1, 16.7)	14.6% (10.9, 19.2)
<b>Race</b>	White	12.6% (10.4, 15.3)	14.3% (11.5, 17.5)	16.0% (12.6, 20.2)	15.7% (13.1, 18.7)	16.7% (13.9, 19.9)
	Non-White	11.8% (4.7, 26.6)	23.9% (7.6, 54.4)	25.2% (12.1, 45.2)	18.5% (8.0, 37.3)	19.8% (7.6, 42.4)

\*FPL=Federal Poverty Level

Source: Behavioral Risk Factor Surveillance System



January 2010

Spokane Regional Health District | Disease Prevention and Response, Community Health Assessment  
1101 W. College, Room 360 | Spokane, WA 99201 | DIRECT 509.323.2853 FAX 509.232.1706 TDD 509.324.1464