

Binge Drinking

Facts about Binge Drinking



Most common population:

College Students



Definition of Binge Drinking:

Drinking a large amount of alcohol in a short period of time



What is classified as Binge Drinking?

For men, 5 standard drinks and for women, 4 standard drinks in 2 hours



What does it look like?

Frequent alcohol consumption, denial about drinking, risky or impulsive behavior, and /or memory problems



<https://www.graniterecoverycenters.com/alcohol-abuse/binge-drinking/>