

What is binge drinking?



For women, 4 or more drinks consumed on an occasion is binge drinking.



For men, 5 or more drinks consumed on an occasion is binge drinking.

short-term health risks

- Injuries
 - Motor vehicle crashes
 - Falls
 - Drownings
 - Burns
- Violence
 - Homicide
 - Suicide
 - Sexual assault
 - Intimate partner violence
- Alcohol poisoning
- Reproductive health
 - Risky sexual behaviors
 - Unintended pregnancy
 - Sexually transmitted infections, including HIV
 - Miscarriage
 - Stillbirth
 - Fetal Alcohol Spectrum Disorders

Source: [cdc.gov/alcohol](https://www.cdc.gov/alcohol)