CDC Vitalsigns Binge Drinking



A Serious, Under-Recognized Problem Among Women and Girls

Binge drinking is a dangerous behavior but is not widely recognized as a women's health problem. Drinking too much – including binge drinking* – results in about 23,000 deaths in women and girls each year. Binge drinking increases the chances of breast cancer, heart disease, sexually transmitted diseases, unintended pregnancy, and many other health problems. Drinking during pregnancy can lead to sudden infant death syndrome and fetal alcohol spectrum disorders.

About 1 in 8 women aged 18 years and older and 1 in 5 high school girls binge drink. Women who binge drink do….