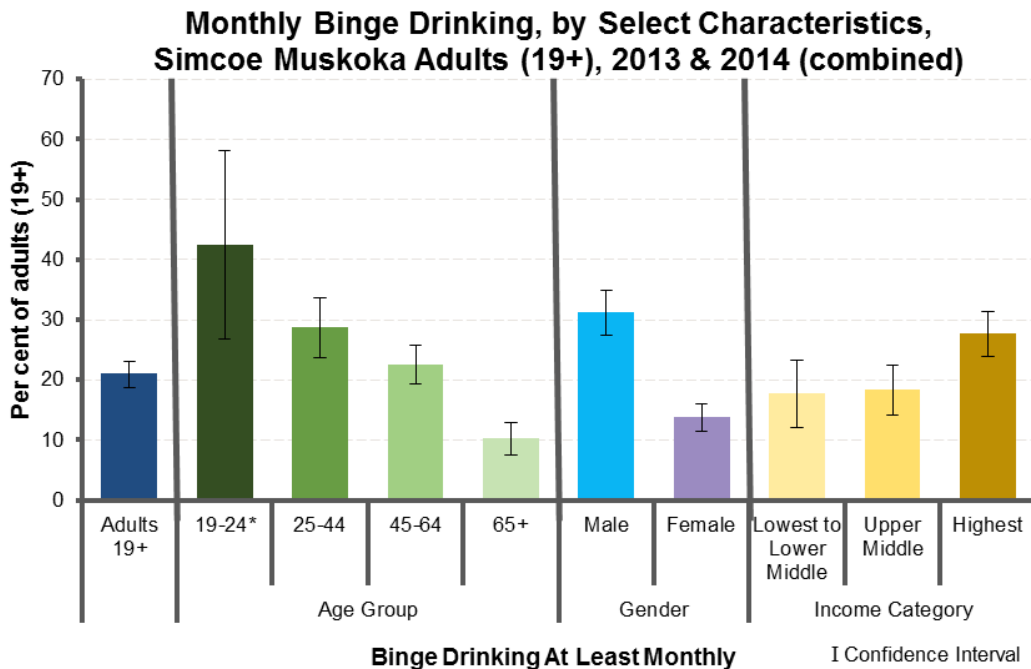


Binge Drinking

In 2013 & 2014, approximately 1700 randomly selected adults (19 years and older) in Simcoe Muskoka were asked a series of questions related to alcohol use as part of the Rapid Risk Factor Surveillance System (RRFSS). About one-in-five or 21% [18.8%, 23.1%] of adults of legal drinking age in Simcoe Muskoka reported binge drinking at least once per month. Binge drinking is defined as drinking four or more alcoholic drinks on one occasion for a woman and five or more drinks on one occasion for a man.

Reporting of monthly binge drinking was highest among those 19 to 24 years of age (42%* [26.7%, 58.1%]) and lowest among seniors 65 years and older (10% [7.5%, 12.9%]). Nearly one-third (31% [27.4%, 34.9%]) of males reported binge drinking monthly, which was more than double the 14% [11.4%, 16.0%] of females that reported binge drinking at least once per month. Reporting of monthly binge drinking was significantly higher among those with the highest level of household income when compared to those with all other levels of income (see [figure 1](#)).

Figure 1: Percent of adults (19+) that reported binge drinking at least once per month, 2013 & 2014 (combined).



*interpret with caution, high variability

Data Sources: Rapid Risk Factor Surveillance System (RRFSS), Simcoe Muskoka District Health Unit, Cycles 13-18 (Jan, 2013 - Dec, 2014) - combined. Data collected on behalf of the health unit by the Institute for Social Research (ISR) at York University, Toronto, Canada. Binge drinking is defined as 4 alcoholic drinks on one occasion for a woman and 5 drinks on one occasion for a man.

Respondents that reported binge drinking in the past 12 months were asked the locations where they engaged in binge drinking. Nearly everyone (92.4% [90.3%, 94.7%]) that engaged in binge drinking did so at least once at their home or cottage. About one third (31.8% [29.2%, 34.5%]) engaged in binge drinking at a restaurant or bar. Other, less frequently reported locations for binge drinking were: sporting events, special occasions like a wedding, while on a vacation and while participating in sports.