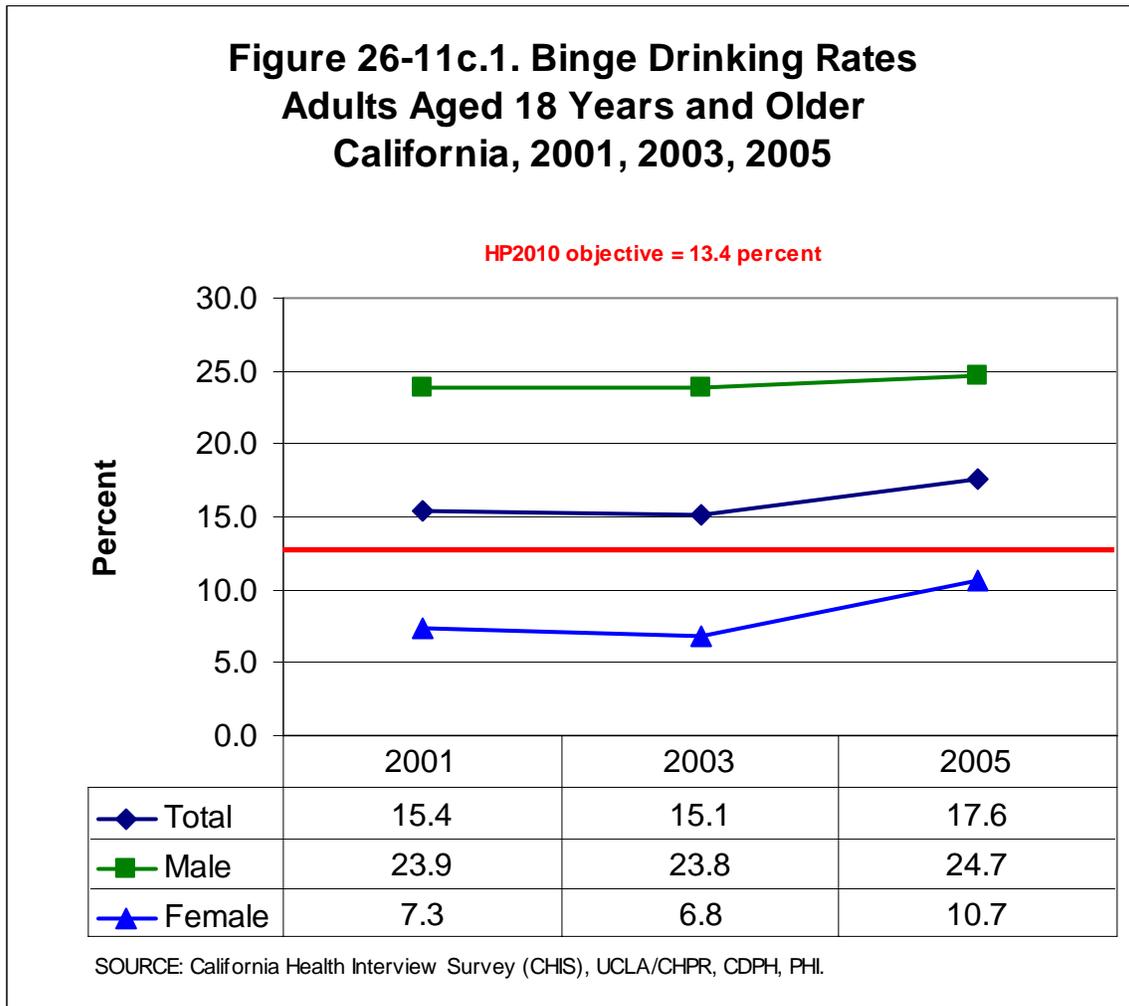


**Focus Area 26: Substance Abuse**

**Objective 26-11c. Reduce the proportion of adults aged 18 years and older engaging in binge drinking of alcoholic beverages. Target = 13.4 percent [State Data Source: California Health Interview Survey (CHIS), UCLA/CHPR, CDPH, PHI]**

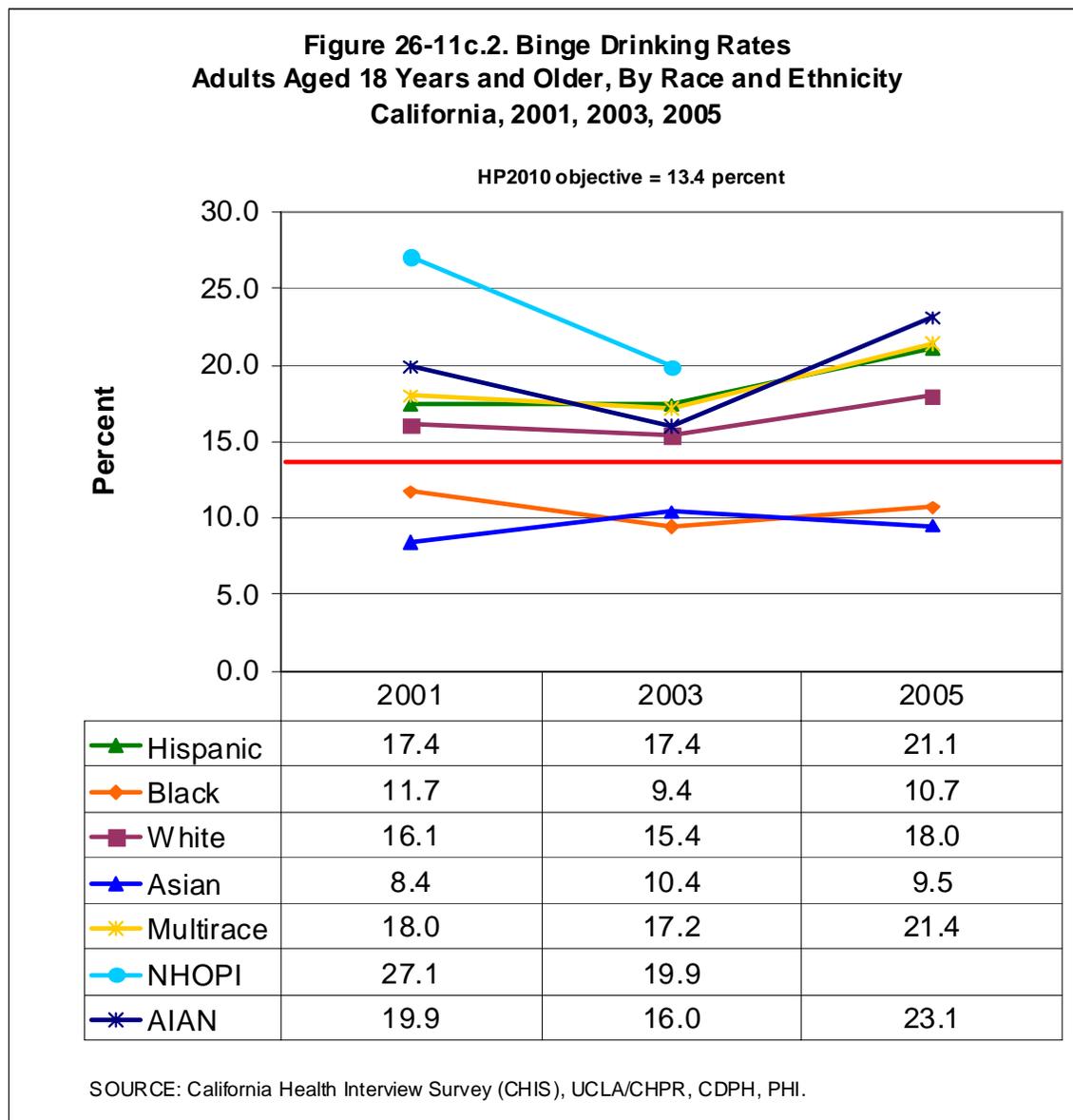
Binge drinking prevalence rates among California’s adult population aged 18 years and older increased from 15.4 percent in 2001 to 17.6 percent in 2005 (**Figure 26-11c.1**). These rates were significantly higher than the HP2010 target of 13.4 percent, and this objective was not being achieved.



Binge drinking was defined differently for males and females in the 2005 survey: for males, binge drinkers are those that had five or more drinks on at least one occasion in the past month; for females, those that had four or more drinks. Binge drinking rates for males increased from 23.9 percent in 2001 to 24.7 percent in 2005 (**Figure 26-11c.1**). For females, binge drinking rates

decreased from 7.3 percent in 2001 to 6.8 percent in 2003 under the old definition, then increased to 10.7 percent in 2005 under the revised CHIS definition. The HP2010 objective was being achieved for females but not for males as of 2005.

Data by race and ethnicity (**Figure 26-11c.2**) show that the highest binge drinking rates were for American Indians or Alaska Natives (AIAN) (23.1 percent in 2005), followed by Multiracials (21.4 percent in 2005), and by Hispanics or Latinos (21.1 percent in 2005). The HP2010 objective was only being achieved for Asians (9.5 percent) and for African Americans or Blacks (10.7 percent) as of 2005.



For more information on binge drinking in California, visit the Department of Alcohol and Drug Programs Web site at <http://www.adp.ca.gov/> and the California Health Interview Survey Web site at <http://www.chis.ucla.edu/>

For more information on Healthy People 2010 objective 26-11c, please visit:

<http://www.healthypeople.gov/Document/HTML/Volume2/26Substance.htm>

And the DATA2010 Web site at: <http://wonder.cdc.gov/data2010/>