



Binge drinkers are 14 times more likely to drive under the influence of alcohol.

Take a Stand

*Between your friend
and one too many.*

{ TakeAStandNE.org }

Source: www.cdc.gov

More Facts About Binge Drinking.

Binge drinking is defined as **5+ drinks for men** or **4+ drinks for women** in about two hours.

Binge drinking can lead to an **increased risk** of accidental injuries and health problems such as liver disease.

Approximately **75%** of alcohol consumed by adults in the U.S. occurs during binge drinking.

Approximately **90%** of alcohol consumed by youth under 21 in the U.S. occurs during binge drinking.

{ Brought to you by the Southeast Nebraska Coalition and the Nebraska Department of Health and Human Services }