

Binge Drinking Among Women and Girls PSA (:60)

Despite serious risks, millions of women and girls binge drink. Over 21,000 die each year as a consequence of drinking too much. For women, binge drinking is defined as having four or more drinks in a short period of time.

About one in eight women and one in five high school girls binge drink. Women consume an average of six drinks per binge. It puts women and girls at greater risk for breast cancer, sexual assault, heart disease, and unintended pregnancy. Binge drinking while pregnant can lead to miscarriage, sudden infant death syndrome, and fetal alcohol spectrum disorders. Most binge drinkers are *not* alcohol-dependent.

The US Dietary Guidelines recommend those who drink do so in moderation - up to one drink per day for women or two for men. Pregnant women and underage youth shouldn't drink at all.

For more information, visit [cdc.gov/vitalsigns](https://www.cdc.gov/vitalsigns).