

### BINGE DRINKING

Binge drinking is defined as the consumption of a large quantity of alcohol (more than double the recommended daily allowance) in a short space of time only to get drunk or to feel the effects of alcohol. Binge drinking causes the body's Blood Alcohol Level (B.A.C.) to increase rapidly leaving the drinker very drunk and vulnerable to accidents, injury and in extreme cases even death. In the UK binge drinking is most common in young people (an increasing amount of these being young women) and has become associated with anti-social, violent and aggressive behavior. Four out of 10 patients admitted to A&E have been reported as having suffered alcohol-related injuries or illnesses, many of which result from binge drinking.

Accidents and falls are common because being drunk affects balance and coordination. Binge drinking has also been linked to self-harming. An overdose of alcohol can stop breathing leading to unconsciousness which increases the risk of choking on vomit. Nearly a third (29%) of alcohol related deaths are a result of alcohol related accidents. These deaths are more common among 16-34 year olds. Binge drinking effects mood swings and causes memory loss, and in the longer term can lead to serious mental health problems.

More recently binge drinking has been linked to anti-social, aggressive and violent behavior. Alcohol is known to play a part in one in three (33%) sexual offences, one in three (33%) burglaries and one in two (50%) street crimes.

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  <p>A standard (175ml) 12% ABV glass of white wine.</p> <p><b>2.1 units</b></p>	  <p>A standard pint (568ml) of 4% ABV lager</p> <p><b>2.27 units</b></p>	<p><b>Approximately 2 units</b> You're talkative and you feel relaxed. Your self-confidence increases. Driving ability is already impaired.</p>
  <p><b>4.2 units</b></p>	  <p><b>4.5 units</b></p>	<p><b>Approximately 4 units</b> Your blood flow increases. You feel less inhibited and your attention span is shorter. You start dehydrating (one of the causes of a hangover).</p>
  <p><b>6.3 units</b></p>	  <p><b>6.8 units</b></p>	<p><b>Approximately 6 units</b> Your reaction time is slower. Your liver has to work harder. Your sex drive increases, while your judgement may decrease.</p>
  <p><b>8.4 units</b></p>	  <p><b>8 units</b></p>	<p><b>Approximately 8 units</b> You're easily confused. You're noticeably emotional. Your sex drive could now decrease and you may become less capable of defending yourself.</p>

Binge Drinking - Drink-by-Drink Guide - Source: NHS Choice