**Binge Drinking**

Binge drinkers average 8 drinks per binge

- **Women**
  - 5 drinks
  - 2 - 3 Hours

- **Men**
  - 6 drinks

**What is considered a “drink”?**

- **12 oz.** of 5% ABV Beer
- **8 oz.** of 12% ABV Wine
- **5 oz.** of 40% ABV (80-Proof) Distilled Spirits or Liquor
- **1.5 oz.** of 7% ABV Malt Liquor