

Healthy People 2010 Operational Definition

26-11. Reduce the proportion of persons engaging in binge drinking of alcoholic beverages.

26-11c. Adults aged 18 years and older.

National Data Source	National Survey on Drug Use and Health (NSDUH) SAMHSA.
State Data Source	National Survey on Drug Use and Health (NSDUH) SAMHSA.
Healthy People 2000 Objective	Adapted from 4.7 (Substance Abuse: Alcohol and Other Drugs).
Leading Health Indicator	Substance Abuse.
Changes since the 2000 Publication	Revised baseline (see Comments). Revised target (see Comments).
Measure	Percent.
Baseline (Year)	24.3 (2002)
Target	13.4
Target-Setting Method	Better than the best racial/ethnic subgroup. For a discussion of target-setting methods, see Part A, section 4.
Numerator	Number of persons aged 18 years and older who report having five or more drinks at the same time or within a couple of hours of each other during the 30 days prior to the survey.
Denominator	Number of persons aged 18 years and older.
Population Targeted	U.S. civilian, noninstitutionalized population.
Questions Used To Obtain the National Baseline Data	From the 2002 National Survey on Drug Use and Health: ➤ <i>During the past 30 days, that is, since [DATE], on how many days did you have 5 or more drinks on the same occasion? By 'occasion,' we mean at the same time or within a couple of hours of each other.</i>

Expected Periodicity Annual.

Comments

Binge drinking is defined as drinking five or more alcoholic beverages at the same time or within a couple hours of each other during the past 30 days.

This objective is one of the measures used to track the Substance Abuse Leading Health Indicator. See Appendix E for a complete listing.

The original baseline of 16.6 percent (1998) was revised to 24.3 percent (2002) as the result of several methodological changes to The National Household Survey on Drug Abuse (NHSDA) during the period from 1999 to 2002 including: incentive payments; improved data collection quality control procedures and, use of 2000 Census-Based data. The survey name also changed to the National Survey on Drug Use and Health (NSDUH).

The target was proportionally adjusted from 6.0 percent to 13.4 percent to reflect the revised baseline using the original target-setting method.

This objective differs from Healthy People 2000 objective 4.7 in four ways: (1) the tracking of adults aged 18 years and older is new to Healthy People 2010, (2) "five or more drinks" was called "heavy drinking" and is now considered "binge drinking," (3) this measure is tracked by the NSDUH, rather than the MTF survey, and (4) the time frame is 30 days rather than 2 weeks.

For some measures, data do not meet the criteria for statistical reliability, data quality, or confidentiality and have been suppressed. Information on suppression of data for the major Healthy People 2010 data systems has been published in a *Healthy People Statistical Note*.¹

See Part C for a description of NSDUH and Appendix A for focus area contact information.

References

1. Klein, R.J.; Proctor, S.E.; Boudreault, M.A.; Turczyn, K.M. Healthy People 2010 Criteria for Data Suppression. *Statistical Notes* No. 24. Hyattsville, MD: National Center for Health Statistics. 2002.