

# Current Binge Drinking Among Mississippi Adults in 2020

The Mississippi Behavioral Risk Factor Surveillance System (BRFSS) is conducted annually to monitor the prevalence of behaviors that contribute to the leading causes of morbidity and mortality among adults in our state. The 2020 Mississippi BRFSS was completed by 6,479 Mississippians aged 18 years or older.

## About Binge Drinking

- Excessive alcohol use has been linked to a substantial proportion of **injuries and deaths** from motor vehicle crashes, falls, burns, and drownings.<sup>1</sup>
- Alcohol use also is a factor in **homicide, suicide, and violence** and has been associated with **high-risk** sexual behavior.<sup>1</sup>
- In 2020 alcohol use was associated with **30%** of all **crash fatalities**, according to the U.S. National Highway Traffic Safety Administration.<sup>2</sup>

## Self-Reported Binge Drinking in Mississippi in 2020

- Approximately 1 in 7 adults (**13.4%**) reported binge drinking in the past 30 days.<sup>3</sup>
- The percentage of current binge drinking was **significantly higher** among **male respondents** (18.6%) compared to female respondents (8.8%).<sup>3</sup> (Figure 1)
- The percentage of current binge drinking was **significantly higher** among **Other race respondents** (25.0%\*) compared to White, Non-Hispanic (NH) (14.1%) and Black, NH (11.2%) respondents.<sup>3</sup> (Figure 2)
- The percentage of current binge drinking was **significantly lower** among **Black, NH female** (7.2%) and **White, NH female** (9.4%) respondents compared to Black, NH male (16.3%), White, NH male (19.3%), and Other race male (27.8%\*) respondents.<sup>3</sup> (Figure 3)

## Definitions

- In the BRFSS, “**binge drinking**” is defined as having 5 or more alcoholic drinks on one occasion for males or having 4 or more drinks on one occasion for females.<sup>3</sup>
- In this report, “**current binge drinkers**” refers to adults who **reported** binge drinking in the past 30 days.
- In this report, “**Other Race**” refers to adults who reported their race/ethnicity as anything other than White, Non-Hispanic (NH) or Black, NH.
- The difference between two estimates is considered **statistically significant** (also stated as “significantly higher/lower” or “significant” in this fact sheet) if the 95% confidence intervals do not overlap.

Figure 1. Percent of Current Binge Drinking by Gender, MS, 2020



Figure 2. Percent of Current Binge Drinking by Race/Ethnicity, MS, 2020

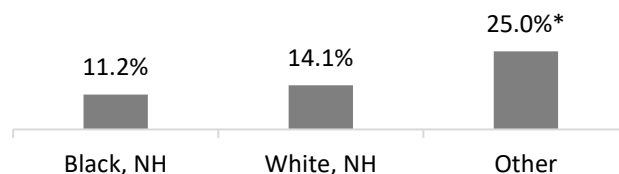
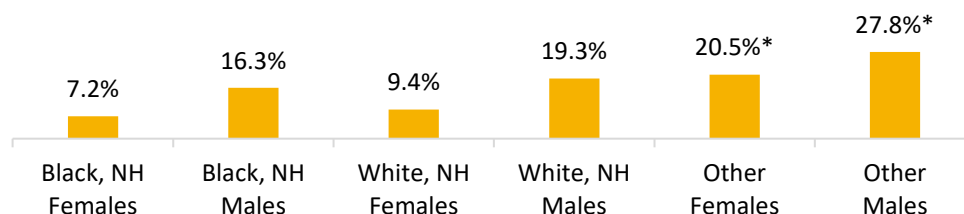


Figure 3. Percent of Current Binge Drinking by Race/Ethnicity & Gender, MS, 2020



**Note:** In the 2020 MS BRFSS, the numbers of responses for individual races and ethnicities contained in the “Other Race” demographic group were too low to allow for meaningful estimates. To request additional race/ethnicity data, please [submit a data request using MSDH's online form](#).

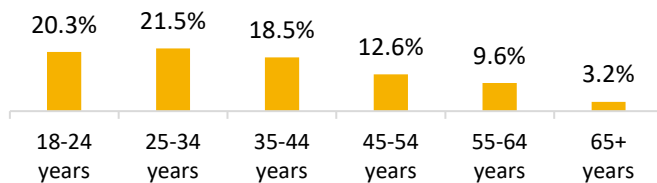
\*This estimate is based on a cell size of less than 50. Use caution when interpreting and comparing this estimate.

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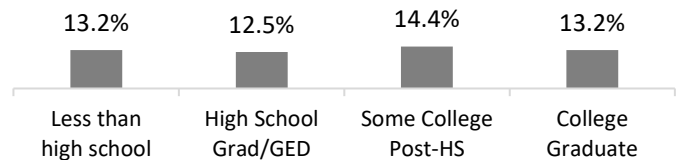
## Self-Reported Binge Drinking in Mississippi in 2020 (continued)

- The percentage of current binge drinking was **significantly higher** among adults **aged 18 to 24 years** (20.3%) and **25 to 34 years** (21.5%) compared to adults aged 55 to 64 years (9.6%) and 65+ years (3.2%).<sup>3</sup> (Figure 4)
- The percentage of current binge drinking among adults **did not differ significantly** across educational attainment groups.<sup>3</sup> (Figure 5)
- The percentage of current binge drinking was **significantly higher** among adults whose **annual household income was \$50,000 or more** (18.0%) compared to adults whose income was less than \$15,000 (11.3%\* ).<sup>3</sup> (Figure 6)

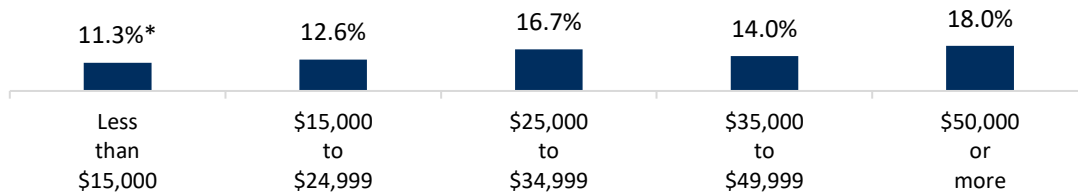
**Figure 4. Percent of Current Binge Drinking by Age, MS, 2020**



**Figure 5. Percent of Current Binge Drinking by Education, MS, 2020**



**Figure 6. Percent of Current Binge Drinking by Annual Household Income, MS, 2020**

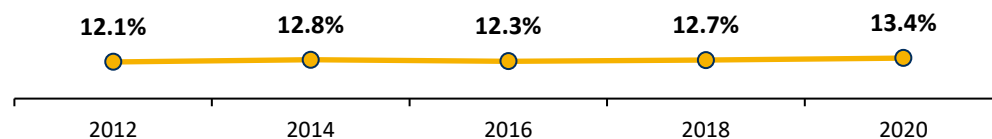


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## Binge Drinking Trends in Mississippi

- There was **no significant change** in the percentage of adults who reported current binge drinking between 2012 (12.1%) and 2020 (13.4%).<sup>3</sup> (Figure 7)

**Figure 7. 2012-2020 Trend of Current Binge Drinking Among Adults in Mississippi**



## References

- 1) Centers for Disease Control and Prevention (CDC). (2022, June 6). *Excessive alcohol use*. Retrieved 8-29-2022, from <https://www.cdc.gov/chronicdisease/resources/publications/factsheets/alcohol.htm>
- 2) Stewart, T. (2022, March). Overview of motor vehicle crashes in 2020 (Report No. DOT HS 813 266). National Highway Traffic Safety Administration. Retrieved 8-29-2022, from <https://crashstats.nhtsa.dot.gov/Api/Public/ViewPublication/813266>
- 3) Centers for Disease Control and Prevention (CDC). (2022, May 4). *Behavioral Risk Factor Surveillance System*. Retrieved 5-12-2022, from <https://www.cdc.gov/brfss/index.html>

**For More Information, Contact:**  
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