

Secondary Analysis of Binge Drinking Behaviors in a Drinking Population

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With the prevalence of alcohol use on the rise, the exploration of risk factors is vital to aid in the understanding and prevention of inappropriate alcoholic behaviors. Therefore, this research examined if there was a relationship between the initiation of alcohol/cigarette use in early adolescence and adult binge alcohol consumption. This research was a secondary analysis of a 55,602 unit data-set, *National Survey on Drug Use and Health*, gathered nationwide by the U.S. Department of HHS (77% response rate) in 2004. Age at first drink/smoke (AFD/AFS) and other demographic factors were used as independent variables and binge drinking in the past month was the quantitative dependent variable. All variables were significantly related to binge drinking and almost 3/4 of the heaviest binge-drinkers had their AFD and AFS before the age of 15. It was concluded that the earlier the age of first alcohol/cigarette usage, the more likely an individual was to develop binge-drinking tendencies later in adulthood and demographic variables influenced this tendency.