

# Binge drinking: Too prevalent and hazardous

January 17 2011

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Binge drinking, an activity that many young people engage in, has associated adverse health risks and we need to do a better job of controlling overall alcohol usage, states an editorial in *CMAJ (Canadian Medical Association Journal)*.

"Given the many stakeholders involved in the sale and consumption of [alcohol](#), we need a national strategy for controlling overall alcohol use," write Drs. Ken Flegel, Noni MacDonald and Paul Hébert in the editorial. "Public health agencies, the hospitality industry, liquor manufacturers and control boards, municipalities and major granting agencies should collectively turn their attention to evaluate strategies to curb binge drinking."

"As we await evidence about beneficial interventions, we should strengthen surveillance programs so we can increase public awareness of the high prevalence and known dangers of heavy and [binge drinking](#)." Communication and discussion with children and youth about the dangers of intoxication such as rape, violence and risk of death is important as is good role modeling about responsible consumption.

Provided by Canadian Medical Association Journal

Citation: Binge drinking: Too prevalent and hazardous (2011, January 17) retrieved 24 April 2024 from <https://medicalxpress.com/news/2011-01-binge-prevalent-hazardous.html>

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