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# Rising Binge Drinking Among Older Adults: The Hidden Dangers

## Description

Binge drinking remains a concern across various generations, yet it is particularly alarming among older adults. Traditionally associated with college students, binge drinking—defined as consuming four or more drinks within two hours at least five times a month for women (five for men)—has been increasing among those aged 60 and above. A report from the National Survey on Drug Use and Health reveals that 20% of adults aged 60 to 64 engaged in binge drinking in the past month, while 12% of those over 65 reported similar patterns, a trend that has risen over the last decade. In contrast, the rates of binge drinking among young adults aged 18 to 25 have declined.

This troubling pattern may be attributed to shifting societal attitudes toward alcohol. George F. Koob, PhD, director of the National Institute on Alcohol Abuse and Alcoholism, notes that older adults tend to drink more frequently than their younger counterparts, with a significant proportion consuming alcohol 20 or more days a month.

Interestingly, younger generations are increasingly adopting sobriety. A [Gallup survey](#) indicates that 65% of individuals aged 18 to 34 perceive alcohol as detrimental to their health, compared to just 39% of those aged 55 and above.

The growing number of older adults—set to double in the next 40 years—suggests that even if the percentage of binge drinkers remains constant, the actual number could surge, potentially placing increasing pressure on our healthcare system, warns Koob.

Understanding the risks associated with binge drinking in older adults is crucial, as the effects of alcohol can be magnified with age. Changes in body composition, metabolism, and the likelihood of medication interactions heighten the dangers. By assessing one's drinking habits and seeking help when needed, individuals can safeguard their health and well-being.

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## Vocabulary List:

1. **Binge** /bɪndʒ/ (verb): To engage in excessive consumption of something particularly alcohol.
2. **Engaged** /ɪn'geɪdʒd/ (verb): Participating or being involved in a particular activity.
3. **Tribute** /'trɪb.ju:t/ (noun): An act statement or gift that is intended to show gratitude respect or admiration.
4. **Detrimental** /,detrɪ'mɛntl/ (adjective): Causing harm or damage.
5. **Surge** /sɜːrdʒ/ (noun): A sudden increase or rise.
6. **Safeguard** /'seɪf.gɑːd/ (verb): To protect or shield from harm or danger.



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## Comprehension Questions

### Multiple Choice

1. What is the definition of binge drinking as mentioned in the text?
  - Option: Consuming four or more drinks within one hour
  - Option: Consuming five or more drinks within one hour
  - Option: Consuming four or more drinks within two hours
  - Option: Consuming five or more drinks within two hours
  
2. According to the National Survey on Drug Use and Health, what percentage of adults aged 60 to 64 engaged in binge drinking in the past month?
  - Option: 10%
  - Option: 15%
  - Option: 20%
  - Option: 25%
  
3. Who is noted as stating that older adults tend to drink more frequently than their younger counterparts?
  - Option: George F. Koob
  - Option: Ratan Naval Tata
  - Option: John Smith
  - Option: Emily Davis
  
4. What percentage of individuals aged 18 to 34 perceive alcohol as detrimental to their health according to the Gallup survey?
  - Option: 25%
  - Option: 39%
  - Option: 50%
  - Option: 65%
  
5. What warning does George F. Koob provide regarding the potential impact of binge drinking by older adults?
  - Option: Decrease in healthcare costs
  - Option: No effect on the healthcare system
  - Option: Potential surge in healthcare pressure
  - Option: Improvement in healthcare services



6. What is emphasized as crucial for safeguarding health and well-being in relation to binge drinking?

- Option: Drinking more alcohol consistently
- Option: Ignoring drinking habits
- Option: Assessing one's drinking habits and seeking help when needed
- Option: Avoiding seeking help for drinking issues

### True-False

- 7. Binge drinking is only a concern among college students.
- 8. The rates of binge drinking among young adults aged 18 to 25 have increased.
- 9. Changes in body composition do not affect the risks associated with binge drinking.
- 10. Younger generations are increasingly adopting sobriety.
- 11. Medication interactions are not a heightened danger associated with binge drinking in older adults.
- 12. The effects of alcohol can be magnified with age.

### Gap-Fill

- 15. The number of older adults is set to double in the next \_\_\_\_\_ years.

## Answer

**Multiple Choice:** 1. Consuming four or more drinks within two hours 2. 20% 3. George F. Koob 4. 65%  
5. Potential surge in healthcare pressure 6. Assessing one's drinking habits and seeking help when needed

**True-False:** 7. False 8. False 9. False 10. True 11. False 12. True

**Gap-Fill:** 15. 40

## Vocabulary quizzes

**Multiple Choice ( Select the Correct answer for each question. )**

- 1. Which of the following is a natural response to infection or injury?



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- Option: inflammation  
Option: prebiotic  
Option: nourishment  
Option: binge
2. Which type of bacteria are considered good for your gut health?
- Option: probiotics  
Option: respiratory  
Option: safeguard  
Option: diagnoses
3. Which diet is known for its emphasis on fruits vegetables and healthy fats?
- Option: mediterranean  
Option: stigma  
Option: sensory  
Option: acute
4. Which word describes being actively involved in a particular activity?
- Option: engaged  
Option: exacerbated  
Option: therapeutic  
Option: advocates
5. What term is used to describe a sudden powerful forward or upward movement?
- Option: surge  
Option: symptoms  
Option: isolation  
Option: liberating
6. Which term means causing harm or damage?
- Option: detrimental  
Option: pathogen  
Option: evolved  
Option: prevalent
7. What does safeguard mean?
- Option: safeguard  
Option: burnout  
Option: spillover  
Option: uncertain
8. Which word means experiencing severe or intense symptoms?
- Option: acute



- Option: respiratory
- Option: inflammation
- Option: surge

9. What term relates to the healing of disease?

- Option: therapeutic
- Option: probiotics
- Option: mediterranean
- Option: engaged

10. Which term is associated with a mark of disgrace?

- Option: stigma
- Option: tribute
- Option: surged
- Option: sensory

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. Including \_\_\_\_\_ in your diet can help reduce inflammation.
12. The patient presented with typical flu-like \_\_\_\_\_.
13. The astronaut experienced prolonged \_\_\_\_\_ in space.
14. Traveling to a new country can be a \_\_\_\_\_ experience.
15. A \_\_\_\_\_ is a biological agent that causes disease.
16. The future of the project remains \_\_\_\_\_ due to budget constraints.
17. The organization \_\_\_\_\_ for improved healthcare policies.
18. Continuous overtime work can lead to employee \_\_\_\_\_.
19. The doctor confirmed the patient with multiple medical \_\_\_\_\_.
20. Consuming foods high in \_\_\_\_\_ can support gut health.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

21. A balanced diet provides essential for the body to function properly.



22. Some people have the tendency to eat when feeling stressed.
23. The ceremony was held as a to the fallen soldiers.
24. Sales of the new product in the last quarter.
25. The new art installation aimed to heighten visitors' experiences.
26. The lack of rain the drought conditions in the region.
27. She is known as one of the leading for mental health awareness.
28. Over time technology has to meet changing needs.
29. Stress-related illnesses are becoming more in today's society.
30. The virus primarily affects the system leading to breathing difficulties.

## Answer

**Multiple Choice:** 1. inflammation 2. probiotics 3. mediterranean 4. engaged 5. surge 6. detrimental 7. safeguard 8. acute 9. therapeutic 10. stigma

**Gap-Fill:** 11. legumes 12. symptoms 13. isolation 14. liberating 15. pathogen 16. uncertain 17. advocates 18. burnout 19. diagnoses 20. prebiotic

**Matching sentence:** 1. nourishment 2. binge 3. tribute 4. surged 5. sensory 6. exacerbated 7. advocates 8. evolved 9. prevalent 10. respiratory

## CATEGORY

1. Health - LEVEL4

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### Author

aimeeyoung99