



Surge in Binge Drinking Among Seniors: Understand the Risks

Description

Binge drinking is a common problem. It is increasing among older adults. This means many people aged 60 and above are drinking a lot of alcohol.

Binge drinking is when a person has four or more drinks in two hours at least five times a month for women (five drinks for men). A recent study found that 20% of people aged 60 to 64 binge drink. For people over 65, the number is 12%. This number has been going up, while binge drinking among younger adults is going down.

One reason for this trend may be changing views on alcohol. Young adults today, aged 18 to 34, think alcohol is unhealthy. Sixty-five percent feel this way, compared to only 39% of those 55 and older.

The risks of binge drinking are higher for older adults. As people age, their bodies react differently to alcohol. This can lead to problems with balance and memory. Falls are common among older people, and drinking makes it worse. Alcohol can also mix badly with many medications.

It is important to understand your drinking habits. You can use tools like the Short Michigan Alcoholism Screening Test for help.

Vocabulary List:

1. **Binge drinking** /bɪndʒ 'drɪŋ.kɪŋ/ (noun): The consumption of excessive amounts of alcohol in a short period.
2. **Medication** /,mɛdɪ'keɪʃən/ (noun): A substance used for medical treatment especially a medicine or drug.
3. **Study** /'stʌdi/ (noun): A research investigation aimed at discovering new information or understanding existing knowledge.
4. **Trend** /trɛnd/ (noun): A general direction in which something is developing or changing.
5. **Balance** /'bæl.əns/ (noun): An even distribution of weight enabling someone or something to remain upright and steady.
6. **Alcohol** /'æɪ.kə.hɔl/ (noun): A colorless volatile liquid that is produced by the fermentation of sugars and is the active ingredient in alcoholic beverages.

Comprehension Questions



Multiple Choice

1. What is considered binge drinking for women?
 - Option: Two or more drinks in an hour
 - Option: Three or more drinks in two hours
 - Option: Four or more drinks in two hours
 - Option: Five or more drinks in two hours

2. What percentage of people aged 60 to 64 engage in binge drinking?
 - Option: 5%
 - Option: 12%
 - Option: 20%
 - Option: 30%

3. What age group believes that alcohol is unhealthy?
 - Option: 18-34
 - Option: 35-49
 - Option: 50-59
 - Option: 60 and above

4. What can be a consequence of binge drinking for older adults?
 - Option: Improved balance and memory
 - Option: Decreased risk of falls
 - Option: Problems with balance and memory
 - Option: Enhanced coordination

5. What tool can be used to understand drinking habits?
 - Option: Blood alcohol level test
 - Option: Sobriety checkpoint
 - Option: Short Michigan Alcoholism Screening Test
 - Option: Preventive alcohol measure inventory

6. What percentage of individuals aged 55 and older believe alcohol is unhealthy?
 - Option: 39%
 - Option: 50%
 - Option: 75%
 - Option: 90%



True-False

7. Binge drinking is decreasing among younger adults.
8. Alcohol can mix well with many medications.
9. Falls are common among older people, and drinking exacerbates the risk.
10. Older adults are less likely to face risks associated with binge drinking.
11. Changing views on alcohol may contribute to the increasing binge drinking among older adults.
12. The Short Michigan Alcoholism Screening Test is a tool for understanding drinking habits.

Gap-Fill

13. The percentage of people over 65 who binge drink is _____.
14. One reason for the increasing binge drinking among older adults may be changing _____ on alcohol.
15. The Short Michigan Alcoholism Screening Test helps individuals understand their _____ habits.
16. Binge drinking is defined as having four or more drinks in _____ hours for women.
17. People aged 60 to 64 have a binge drinking rate of _____.
18. Alcohol can negatively interact with many _____.

Answer

Multiple Choice: 1. Four or more drinks in two hours 2. 20% 3. 18-34 4. Problems with balance and memory 5. Short Michigan Alcoholism Screening Test 6. 39%

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

Gap-Fill: 13. 12% 14. views 15. drinking 16. two 17. 20% 18. medications



Vocabulary quizzes

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

1. Which of the following is a waxy fat-like substance found in the cells of the body?
Option: Potassium
Option: Cholesterol
Option: Calories
Option: Protein
2. Which condition is characterized by excessive body weight and fat accumulation?
Option: Repair
Option: Obesity
Option: Risk
Option: Binge drinking
3. A stroke occurs when the blood supply to the brain is interrupted leading to what?
Option: Excess
Option: Digestion
Option: Stroke
Option: Menopause
4. Which substances provide nourishment essential for growth and the maintenance of life?
Option: Study
Option: Binge drinking
Option: Nutrients
Option: Medication
5. Which substance when consumed in excess can lead to various health issues such as liver damage?
Option: Trend
Option: Alcohol
Option: Plaque
Option: Variety
6. Which macronutrient is essential for building and repairing tissues in the body?
Option: Drive
Option: Cholesterol
Option: Calories
Option: Protein
7. The act of using or having something is known as?



- Option: Servings
- Option: Balance
- Option: Consumption
- Option: Risk

8. Maintaining a state of equilibrium or stability is referred to as?

- Option: Prevent
- Option: Balance
- Option: Trend
- Option: Menopause

9. The potential of gaining or losing something of value is commonly referred to as?

- Option: Potassium
- Option: Risk
- Option: Excess
- Option: Suffering

10. Having a diverse range or assortment of something is described by what term?

- Option: Servings
- Option: Variety
- Option: Cholesterol
- Option: Research

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

11. _____ in the arteries can restrict blood flow and lead to cardiovascular issues.

12. Women may experience hormonal changes during _____.

13. Nutrients are primarily _____ in the small intestine.

14. Motivation is a key factor that can influence an individual's ambition and _____.

15. Conducting a scientific investigation to acquire new knowledge is referred to as a

_____.

16. Regular exercise and a balanced diet can help _____ certain health conditions.

17. Consuming calories in _____ of what the body needs can lead to weight gain.



18. Severe pain or distress can result in significant _____.
19. Systematic investigation of a subject to establish facts and reach new conclusions is called _____.
20. Maintaining a _____ lifestyle involves regular exercise and a balanced diet.

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

21. The process by which the body breaks down food into smaller nutrients for absorption.
22. The likelihood of harm or loss occurring in a given situation.
23. Consuming an excessive amount of alcohol in a short period of time.
24. Substances used to treat cure or prevent diseases or medical conditions.
25. An investigation conducted to gain knowledge or understanding of a subject.
26. A general direction in which something is developing or changing.
27. Maintaining stability and harmony in various aspects of life.
28. The process of fixing or restoring something that is damaged or broken.
29. Taking action to stop something from happening before it occurs.
30. The portions or quantities of food served or consumed at a meal.

Answer

Multiple Choice: 1. Cholesterol 2. Obesity 3. Stroke 4. Nutrients 5. Alcohol 6. Protein 7. Consumption 8. Balance 9. Risk 10. Variety

Gap-Fill: 11. Plaque 12. Menopause 13. Absorb 14. Drive 15. Study 16. Prevent 17. Excess 18. Suffering 19. Research 20. Healthy

Matching sentence: 1. Digestion 2. Risk 3. Binge drinking 4. Medication 5. Study 6. Trend 7. Balance 8. Repair 9. Prevent 10. Servings

CATEGORY

1. Health - LEVEL1



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