

Contrasting Binge Drinking in the US versus the UK

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Recent studies appearing in the British Medical Journal illustrate a definite increase in binge drinking and alcohol abuse in the United Kingdom over the past 20 years. For many years the United States has had its own binge drinking problems; however when you look at the size of the population, the problem in the UK is worse than the US. Why?

I lived in England for the first 20 years of my life and from there moved to the US for the next 20 years. I went to university in the US and instantly recognized while college students do enjoy partying, the college binge drinking atmosphere tends to end when students graduate.

On the other hand, in the United Kingdom, binge drinking seems to be a lifestyle later on in life for many people, and from medical studies it appears like the problem is getting worse.

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