

The Cost



of Binge Drinking in Hong Kong

Binge drinking is a dangerous means of consuming alcohol in which the drinker consumes well beyond their maximum recommended daily intake.

Maximum daily recommended intake of alcohol



Women: 1 standard drink



Men: 2 standard drinks

How many drinks count as binge drinking?



The Behavioural Risk Factor Surveillance System (BRFSS) defines binge drinking as consuming five or more standard servings of alcohol in one session.

How much is a standard serving of alcohol?

A standard serving is any drink that contains 10g of pure alcohol, which equates to:



Beer – half a pint



Wine – small glass (125 mL)



Spirits – one small shot glass (35.5 mL)



Percentage of Hong Kong population that are binge drinkers:

7.2%

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How much does a binge drinking session cost at a bar or club?

Hong Kong is one of the most expensive places to buy alcohol in the world, and binge drinking here is a costly pastime. Here's what it would cost on average if you were to drink five standard servings of the following types of alcohol at a Hong Kong bar or club:



Wine – HK\$127

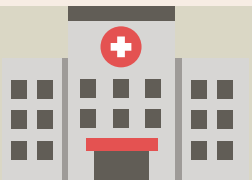


Beer – HK\$241



Cocktails – HK\$590

Binge drinking also does a great deal of public harm, leading to accidents, injuries and alcohol-related illnesses.



Alcohol-related Hospital Admissions in Hong Kong:

**2,433
per year**



If you're binge drinking, you're not only incurring a high monetary cost – you're also jeopardising your health, happiness and quality of life.

Life in recovery is far more exciting and interesting than an alcohol-drenched existence could ever be. Let The Cabin Hong Kong show you how you can *start living the life you want*.

Call us today at +852 3008 5841