

# **Patterns of binge drinking at an international nightlife resort**

Author(s)

Tutenges S, Hesse M.

Published

Tuesday, January 1, 2008 - 12:00

Publisher

Alcohol and Alcoholism

Volume

43

Issue

5

Page(s)

595-599

## **Abstract**

Aims:

The aim of this study was to compare the patterns of substance use in young Danes while holidaying in the Bulgarian holiday resort of Sunny Beach (SB) to their patterns of substance use in Denmark.

Methods:

Data were collected from visitors to SB in 2007 (n = 1011). Information on alcohol and drug use was surveyed using a short questionnaire.

Findings:

Most individuals surveyed were regular drinkers in Denmark, and the use of most illicit drugs was rare. Patterns of substance use in SB revealed heavy drinking was common, both in adolescents and young adults.

Conclusions:

International nightlife resorts provide a context for excess in drug use and alcohol use. Alcohol poses a potentially severe threat to the short- and long-term health of

young tourists, but little attention has been paid to form interventions targeting binge drinking in nightlife resorts.

Web link

<https://www.ncbi.nlm.nih.gov/pubmed/18503081>

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