

BINGE DRINKING

IN ADOLESCENTS AND COLLEGE STUDENTS



WHAT IS BINGE DRINKING?

Many college alcohol problems are related to binge drinking. Binge drinking is a pattern of drinking that brings blood alcohol content levels to 0.08%. This typically occurs after 4 drinks for women and 5 drinks for men—in about 2 hours. Drinking this way can pose serious health and safety risks, including car crashes, drunk-driving arrests, sexual assaults, and injuries. Over the long term, frequent binge drinking can damage the liver and other organs.

CONSEQUENCES OF HARMFUL & UNDERAGE COLLEGE DRINKING

According to a national survey, almost 60% of college students ages 18-22 drank alcohol in the past month, and almost 2 out of 3 of them engaged in binge drinking during that same timeframe. Drinking affects college students, their families, and college communities at large. Researchers estimate that each year:

- ◆ About 1,825 college students between the ages of 18 and 24 die from alcohol-related unintentional injuries, including motor-vehicle crashes.
- ◆ About 696,000 students between the ages of 18 and 24 are assaulted by another student who has been drinking.
- ◆ About 97,000 students between the ages of 18 and 24 report experiencing alcohol-related sexual assault or date rape.



THE CONSEQUENCES

Thousands of college students are transported to the emergency room each year for alcohol poisoning, which occurs when high levels of alcohol suppress the nervous and respiratory systems and the body struggles to rid itself of toxins produced from the breakdown of alcohol. Signs of this dangerous condition can include:

- 🔥 Mental confusion, stupor, coma, or the person cannot be roused
- 🔥 Vomiting
- 🔥 Slow or irregular breathing
- 🔥 Hypothermia or low body temperature, bluish or pale skin

Alcohol poisoning can lead to permanent brain damage or death, so a person showing any of these signs requires immediate medical attention. Don't wait. Call 911 if you suspect alcohol poisoning.

DID YOU KNOW?

- 🔥 Frequent binge drinkers were eight times more likely than non-binge drinkers to miss a class, fall behind in schoolwork, get hurt or injured, and damage property.
- 🔥 More than 60 percent of college men and almost 50 percent of college women who are frequent binge drinkers report that they drink and drive.
- 🔥 Drinking during high school, especially among males, is predictive of binge drinking in college.
- 🔥 Binge drinking during college may be associated with mental health disorders such as compulsiveness, depression or anxiety, or early deviant behavior.
- 🔥 91 percent of women and 78 percent of the men who were frequent binge drinkers considered themselves to be moderate or light drinkers.
- 🔥 Nearly one out of every five teenagers (16 percent) has experienced "black out" spells where they could not remember what happened the previous evening because of heavy drinking.

DISTRIBUTED BY THE ELKS DRUG AWARENESS PROGRAM
FUNDED BY A GRANT FROM THE ELKS NATIONAL FOUNDATION

FOR MORE DRUG PREVENTION INFORMATION, VISIT:

Elks



www.elks.org/dap

ELKS KIDS ZONE



elkskidszone.org

ELKS DRUG QUIZ SHOW



elksdrugquizshow.com