College, Alcohol & Choices

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About 25 percent of college students report academic consequences of their drinking including missing class, falling behind, doing poorly on exams or papers, and receiving lower grades overall.

Engs et al., 1996; Presley et al., 1996a, 1996b; Wechsler et al., 2002.
Lifetime & Current Alcohol Use
Monitoring the Future Study 2012

• 8th grade
  - lifetime use 29.5%, current use 11%

• 10th grade
  - lifetime use 54%, current use 27.6%

• 12th grade
  - lifetime use 69.4%, current use 41.5%
Use of 5 or More Drinks in a Row in the Past 2 Weeks

• 8th grade
  5%

• 10th grade
  18%

• 12th grade
  22%
16b At what age did you first use alcohol (beer, wine, liquor)?

Never……………………………….. 6.7%
13 or younger (elementary school). 10.9%
14 to 18 (high school)…………… 64.7%
18 or older (college)……………… 17.7%
Choices:
Abstinence
Low Risk Drinking
High Risk Drinking
Availability of Alcohol
Absence of Parents
Desire to Fit In
What is the **DEFINITION** of “one drink”?

Good Question...
One drink =

One 12 oz. beer at 4% alcohol (look at the label)

One 1.5 oz shot of hard liquor at 40% alcohol or 80 proof

One 5 oz. glass of wine at 11% alcohol
## How Alcohol Discriminates

<table>
<thead>
<tr>
<th>Ability to Dilute Alcohol</th>
<th>WOMEN</th>
<th>MEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Average Total Body Water:</td>
<td>52%</td>
<td>61%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ability to Metabolize Alcohol</th>
<th>WOMEN</th>
<th>MEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women have a <strong>small quantity</strong> of dehydrogenase, an enzyme that breaks down alcohol.</td>
<td></td>
<td>Men have a <strong>larger quantity</strong> of dehydrogenase, which allows them to break down the alcohol they take in more quickly.</td>
</tr>
</tbody>
</table>
### How Alcohol Discriminates

#### Hormonal Factors, Part 1

<table>
<thead>
<tr>
<th><strong>WOMEN</strong></th>
<th><strong>MEN</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Premenstrual hormonal changes cause <strong>intoxication to set in faster</strong> during the days right before a woman gets her period.</td>
<td>Their <strong>susceptibility to getting drunk does not fluctuate</strong> dramatically at certain times of the month.</td>
</tr>
</tbody>
</table>

#### Hormonal Factors, Part 2

<table>
<thead>
<tr>
<th><strong>WOMEN</strong></th>
<th><strong>MEN</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Alcohol increases estrogen levels.</strong> Birth control pills or other medicine with estrogen increase intoxication.</td>
<td><strong>Alcohol also increases estrogen levels in men.</strong> Chronic alcoholism has been associated with loss of body hair and muscle mass, development of swollen breasts and shrunken testicles, and impotence.</td>
</tr>
<tr>
<td>Grade</td>
<td>Average</td>
</tr>
<tr>
<td>-------</td>
<td>---------</td>
</tr>
<tr>
<td>A</td>
<td>3.6</td>
</tr>
<tr>
<td>B</td>
<td>5.5</td>
</tr>
<tr>
<td>C</td>
<td>7.6</td>
</tr>
<tr>
<td>D or F</td>
<td>10.6</td>
</tr>
</tbody>
</table>
Consequences of Alcohol Abuse

Less Serious but More Common Experiences:

- Done something I later regretted......42.4%
- Missed a class..............................37%
- Criticized by someone I know............37.1%
- Had a memory loss........................41.7%
- Got nauseated or vomited..................62.1%
- Had a hangover................................76.9%
Consequences of Alcohol Abuse

Public Misconduct or Behaviors that involve actual or potential harm to self or others:

• Arrested for DWI or DUI.......................... 0.2%
• Trouble with Police, Residence Hall, or other College Authorities...................... 19.4%
• Damaged property; pulled fire alarm.. 4.9%
• Drove while under the influence........ 20%
• Got into an argument or fight............ 38.8%
Consequences of Alcohol Abuse

Serious Personal Problems:

- Hurt or injured .................................................. 18.1%
- Thought I might have a drinking or other drug problem .......................... 11.9%
- Tried unsuccessfully to stop using ................................ 5.1%
- Performed poorly on a test or important project .................. 27.3%
Consequences of Alcohol Abuse

Serious Personal Problems:

- Tried to commit suicide .................... 0.9%
- Seriously thought about suicide ....... 3.2%
- Experienced forced sexual touching or fondling ........................................ 3.7%
- Experienced unwanted sexual intercourse ........................................ 2.8%
Drinking Choices

• **Lowest Risk – Abstinence**

• **Low Risk** – On occasion you choose to drink alcohol:
  – Consume drinks one (1) hour apart
  – Drink two (2) or fewer nights a week
  – Have three (3) or fewer alcohol drinks
Other Safety Tips

- Use the "buddy system"
- Do not leave your drink unattended
- Avoid liquor and shots
- Commit to NEVER drinking and driving
- Alternate alcoholic with non-alcoholic beverages
- Pace and Space your drinks
College students encounter problems when OTHERS drink too much:

- 25.5% interrupted your studying
- 8.9% made you feel unsafe
- 26.2% messed up your physical living space
- 14.3% adversely affected a group activity
- 21.9% interfered in some other way
- 52.6% does not interfere with my life
THE SOBERING TRUTH
College Students in the US - Each Year (Alcohol Related)

1,825 DIE
599,000+ INJURED
690,000+ ASSAULTED by student who has been drinking
97,000+ VICTIMS of sexual assault or date rape
2.1 million DWI or DUI
159,000+ first-year college students will DROP OUT next year for alcohol or other drug-related reasons

www.collegedrinkingprevention.gov/StatsSummaries/snapshot.aspx
http://hcs.calpoly.edu/peerhealth/alcohol/info_students_stats.html
Campus Resources

• Alcohol and Other Drug Services (914)633-2026

• Counseling Center (914)633-2038

• Student Health Services (914)633-2548

• Office of Residential Life (914)633-2336

• www.nyintergroup.org