

ALCOHOL

A Snapshot of Annual High-Risk College Drinking Consequences (www.collegedrinkingprevention.gov)

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Consequences of excessive and underage drinking affect virtually all college campuses, college communities, and college students, whether they choose to drink or not.

- **Death:** 1,700 college students between the ages of 18 and 24 die each year from alcohol-related unintentional injuries, including motor vehicle crashes (*Hingson et al., 2005*).
- **Injury:** 599,000 students between the ages of 18 and 24 are unintentionally injured under the influence of alcohol (*Hingson et al., 2005*).
- **Assault:** More than 696,000 students between the ages of 18 and 24 are assaulted by another student who has been drinking (*Hingson et al., 2005*).
- **Sexual Abuse:** More than 97,000 students between the ages of 18 and 24 are victims of alcohol-related sexual assault or date rape (*Hingson et al., 2005*).
- **Unsafe Sex:** 400,000 students between the ages of 18 and 24 had unprotected sex and more than 100,000 students between the ages of 18 and 24 report having been too intoxicated to know if they consented to having sex (*Hingson et al., 2002*).
- **Academic Problems:** About 25% 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*).
- **Health Problems/Suicide Attempts:** More than 150,000 students develop an alcohol-related health problem (*Hingson et al., 2002*) and between 1.2 and 1.5 percent of students indicate that they tried to commit suicide within the past year due to drinking or drug use (*Presley et al., 1998*).
- **Drunk Driving:** 2.1 million students between the ages of 18 and 24 drove under the influence of alcohol last year (*Hingson et al., 2002*).
- **Vandalism:** About 11% of college student drinkers report that they have damaged property while under the influence of alcohol (*Wechsler et al., 2002*).
- **Property Damage:** More than 25% of administrators from schools with relatively low drinking levels and over 50% from schools with high drinking levels say their campuses have a "moderate" or "major" problem with alcohol-related property damage (*Wechsler et al., 1995*).
- **Police Involvement:** About 5% of 4-year college students are involved with the police or campus security as a result of their drinking (*Wechsler et al., 2002*) and an estimated 110,000 students between the ages of 18 and 24 are arrested for an alcohol-related violation such as public drunkenness or driving under the influence (*Hingson et al., 2002*).
- **Alcohol Abuse and Dependence:** 31% of college students met criteria for a diagnosis of alcohol abuse and 6% for a diagnosis of alcohol dependence in the past 12 months, according to questionnaire-based self-reports about their drinking (*Knight et al., 2002*).

FACT SHEET: BINGE DRINKING ON COLLEGE CAMPUSES

(<http://www.cspinet.org/booze/collfact1.htm>)

IS IT SERIOUS?

- College presidents agree binge drinking is the **most serious problem** on campus.
- In 1999, Harvard University's School of Public Health College Alcohol Study surveyed students at 119 colleges. Here are some of the findings:

WHO BINGES?

- 44% of U.S. college students engaged in binge drinking during the two weeks before the survey.
- 51% of the MEN drank 5 or more drinks in a row
- 40% of the WOMEN drank 4 or more drinks in a row
- Students more likely to binge drink are white, age 23 or younger, and are residents of a fraternity or sorority. ***If they were binge drinkers in high school, they were three times more likely to binge in college.***
- The percentage of students who were binge drinkers was nearly uniform from freshman to senior year, even though students under 21 are prohibited from purchasing alcohol.
- Over half the binge drinkers, almost one in four students, were frequent binge drinkers, that is, they binged three or more times in a two-week period. While one in five students reported abstaining from drinking alcohol.

WHY? Binge drinkers cited the following as important reasons for drinking:

- Drinking to get drunk (cited by 47% of students who consumed alcohol)
- Status associated with drinking
- Culture of alcohol consumption on campus
- Peer pressure & academic stress

WHAT EFFECTS? A higher percentage of binge drinkers than non-binge drinkers reported having experienced alcohol-related problems since the beginning of the school year. Frequent binge drinkers were **21 times more likely** than non-binge drinkers to have:

- | | |
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| • Missed class | • Damaged property |
| • Engaged in unplanned sexual activity | • Gotten in trouble with campus police |
| • Fallen behind in school work | • Been hurt or injured |
| • Not used protection when having sex | • Driven a car after drinking |

IMPACT ON OTHER STUDENTS About three out of four students responding to the study reported experiencing at least one adverse consequence of another student's drinking during the school year. At colleges with a high binge drinking rates:

- 71% had sleep or study interrupted
- 57% had to take care of an intoxicated student
- 36% had been insulted or humiliated
- 23% had experienced an unwanted sexual encounter
- 23% had a serious argument
- 16% had property damaged
- 11% had been pushed, hit or assaulted
- 1% had been the victim of a sexual advance, assault or "date rape"

IMPLICATIONS OF THE SURVEY Binge drinking is a widespread phenomenon on most college campuses, a problem that not only interferes with the mission of higher education but also carries with it serious risks of disease, injury, and death. Findings from the Harvard survey suggest that college and university administrators will want to intensify their search for new approaches to preventing both underage and binge drinking.

Fact Sheet: Women and Alcohol

<http://www.cspinet.org/booze/women.htm>

Alcohol Use

- 77.6% of women age 12 and older reported ever using alcohol, while 60% reported past year use and 45.1% reported using alcohol in the past month.¹
- 82.5% of white women reported ever using alcohol, while 65% reported past year use and 49.7% reported using alcohol in the past month.¹
- 67.9% of black women reported ever using alcohol, while 45.1% reported past year use and 32.3% reported using alcohol in the past month.¹
- 60.8% of Hispanic women reported ever using alcohol, while 48.4% reported past year use and 33.6% reported using alcohol in the past month.¹
- Among current female drinkers, 7.16% of whites, 10.22% of blacks, 22.16% of American Indians/Alaska Native, and 9.03% of Hispanics reported alcohol dependence.²
- Men and women reported different levels of alcohol involvement. 58.7% of men age 12 and older reported past month alcohol use compared to 45.1% of women, while 23.2% of men age 12 and older reported binge drinking in the past month compared to 8.6% of women.³

Health

- Women absorb and metabolize alcohol differently than men.⁴
- Alcohol consumption is associated with a linear increase in breast cancer incidence in women over the range of consumption reported by most women. A pooled analysis of several studies found breast cancer risk was significantly elevated by 9% for each 10-grams per day increase in alcohol intake for intakes up to 60 grams per day.⁵
- Although the mean lifetime dose of alcohol in female alcoholics is only 60% of that in male alcoholics, one study noted that cardiomyopathy (a degenerative disease of the heart muscle) and myopathy (a degenerative disease of skeletal muscle) was as common in female alcoholics as in males. The study concluded that women are more susceptible than men to the toxic effects of alcohol on the heart muscle.⁶
- Brain shrinkage in men and women was found to be similar despite significantly shorter periods of alcohol exposure or drinking histories in women.⁷
- Women with chronic pancreatitis have shorter drinking histories than that of men. Women with alcoholic hepatitis and cirrhosis were found to have consumed less alcohol per body weight per day than men. These findings indicate that women are more vulnerable to alcoholic liver disease than men.⁸
- Although alcohol problems are more common in male trauma patients, women with alcohol problems are just as severely impaired, have at least as many adverse consequences of alcohol use, and have more evidence of alcohol-related physical and psychological harm.⁹

Suicide

- One study showed that 40% of alcoholic women attempted to commit suicide, compared to 8.8% of non-alcoholic women.¹⁰
- Younger women who are alcoholics are nearly twice as likely to attempt to commit suicide (50.5%) than older women who are alcoholics (25.5%).¹⁰
- A study of suicides among females in New Mexico found that 65.5% of the decedents had alcohol or drugs present in their blood at the time of autopsy.¹¹

Use During Pregnancy

- Since 1990 the *Dietary Guidelines for Americans* have stated that women who are pregnant or planning to become pregnant should not drink alcohol.
- A national survey found that 58.8% of women age 15-44 drank while pregnant.¹²
- 65.8% of pregnant women in their first trimester reported using alcohol, while 56.6% of women in their second trimester and 53.9% of women in their third trimester reported alcohol use.¹²

Victimization¹³

- 57% of female victims of intimate violence (i.e., current or former spouses, boyfriends, etc.) reported that the offender had been drinking at the time of the offense.
- 62% of female victims of alcohol-related violence reported experiencing some form of injury.

Criminal Behavior¹⁴

- An estimated 4 in 10 women committing violence were perceived by the victim as being under the influence of alcohol and/or drugs at the time of the crime.
- An estimated 25% of women on probation, 29% of women in local jails, 29% of women in state prisons, and 15% of women in federal prisons had been consuming alcohol at the time of the offense.

Drinking and Driving¹⁵

- Women are less likely than men to be involved in fatal alcohol-related crashes. However, from 1977 to 1997 the number of male drivers involved in alcohol-related fatal traffic crashes decreased 31%, while the number of female drivers involved in alcohol-related fatal crashes has increased 12%.

Moderate Drinking¹⁶

- Moderation is defined as no more than one drink per day for women.
- One drink is 12 ounces of regular beer, 5 ounces of wine, and 1.5 ounces of 80-proof distilled spirits.

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Facts About Alcohol Poisoning

Excessive drinking can be hazardous to everyone's health! It can be particularly stressful if you are the sober one taking care of your drunk roommate, who is vomiting while you are trying to study for an exam. Some people laugh at the behavior of others who are drunk. Some think it's even funnier when they pass out. But there is nothing funny about the aspiration of vomit leading to asphyxiation or the poisoning of the respiratory center in the brain, both of which can result in death. Do you know about the dangers of alcohol poisoning? When should you seek professional help for a friend? Sadly enough, too many college students say they wish they would have sought medical treatment for a friend. Many end up feeling responsible for alcohol-related tragedies that could have easily been prevented.

Common myths about sobering up include drinking black coffee, taking a cold bath or shower, sleeping it off, or walking it off. But these are just myths, and they don't work. The only thing that reverses the effects of alcohol is time-something you may not have if you are suffering from alcohol poisoning. And many different factors affect the level of intoxication of an individual, so it's difficult to gauge exactly how much is too much ([BAC calculators](#)).

What Happens to Your Body When You Get Alcohol Poisoning?

Alcohol depresses nerves that control involuntary actions such as breathing and the gag reflex (which prevents choking). A fatal dose of alcohol will eventually stop these functions. It is common for someone who drank excessive alcohol to vomit since alcohol is an irritant to the stomach. There is then the danger of choking on vomit, which could cause death by asphyxiation in a person who is not conscious because of intoxication. You should also know that a person's blood alcohol concentration (BAC) can continue to rise even while he or she is passed out. Even after a person stops drinking, alcohol in the stomach and intestine continues to enter the bloodstream and circulate throughout the body. It is dangerous to assume the person will be fine by sleeping it off.

Critical Signs for Alcohol Poisoning

- Mental confusion, stupor, coma, or person cannot be roused.
- Vomiting.
- Seizures.
- Slow breathing (fewer than eight breaths per minute).
- Irregular breathing (10 seconds or more between breaths).
- Hypothermia (low body temperature), bluish skin color, paleness.

What Should I Do If I Suspect Someone Has Alcohol Poisoning?

- Know the danger signals.
- Do not wait for all symptoms to be present.
- Be aware that a person who has passed out may die.
- If there is any suspicion of an alcohol overdose, call 911 for help. Don't try to guess the level of drunkenness.

What Can Happen to Someone With Alcohol Poisoning That Goes Untreated?

- Victim chokes on his or her own vomit.
- Breathing slows, becomes irregular, or stops.
- Heart beats irregularly or stops.
- Hypothermia (low body temperature).
- Hypoglycemia (too little blood sugar) leads to seizures.
- Untreated severe dehydration from vomiting can cause seizures, permanent brain damage, or death.

Even if the victim lives, an alcohol overdose can lead to irreversible brain damage. Rapid binge drinking (which often happens on a bet or a dare) is especially dangerous because the victim can ingest a fatal dose before becoming unconscious. Don't be afraid to seek medical help for a friend who has had too much to drink. Don't worry that your friend may become angry or embarrassed-remember, you cared enough to help. Always be safe, not sorry.

Counseling Options

Campbell University may provide brief initial screening to students, faculty, and staff for concerns of alcohol and illicit drug use. All assessments and treatment (outpatient and inpatient) will be referred out to private treatment providers.

Local Outpatient Substance Abuse Counseling/Treatment Providers

PRI Counseling Services	133 W Cornelius Harnett Blvd., Lillington, NC	(910) 814-0394
Tri-County Community Health	3331 Easy Street, Dunn, NC	(910) 567-6194
LIFE Concepts	2520 Murchison Road, Ste 5-A, Fayetteville, NC	(910) 222-8901
Raintree Clinic	804 Stamper Road, Ste 101, Fayetteville, NC	(910) 323-2875
Johnston Counseling Services	111 North 2nd Street, Smithfield, NC	(919) 938-0921
Day By Day Treatment Center	1101 River Road, Selma, NC	(919) 965-6550
Lifescapes Counseling Associates	800 West William Street, Apex, NC	(919) 303-0273
Cleveland Counseling Center	139-G Technology Drive, Garner, NC	(919) 779-6612

Local Inpatient Substance Abuse Rehabilitation Programs

Organization	Address	Telephone	Services Offered
Day By Day Treatment Center	1101 River Rd, Selma, NC	(919) 965- 6550	Detoxification, Individual/Group
Holly Hill Hospital	3019 Falstaff Rd, Raleigh, NC	(919) 250- 7000	Detoxification
Alcoholism Treatment Center	3000 Falstaff Rd, Raleigh, NC	(919) 250- 1500	Detoxification, Therapy
Raleigh Methadone Treatment Center	5109 Oak Park Rd, Raleigh, NC	(919) 781-5507	Detoxification, Methadone Maintenance, Individual/Group
Advanced Treatment Systems of NC	3423 Melrose Rd, Fayetteville, NC	(910) 864-8739	Detoxification, Methadone Maintenance
Wilmington Treatment Center	2520 Troy Dr, Wilmington, NC	877- 762-3750	Acute Detoxification, Therapy