

What is binge drinking?

- Consuming five or more drinks in a two hour period for males
- Consuming four or more drinks in a two hour period for females

What is considered a standard drink?

- One 12-ounce bottle of beer or wine cooler
- One 5-ounce glass of wine
- 1.5 ounces of 80-proof hard alcohol

Who is at risk to become a binge drinker?

- College students between the ages of 18-24
- College students who engaged in binge drinking in high school
- College students who attend a college where athletic teams are prominent
- College students who live independently such as in residence halls or apartments

What are the consequences of binge drinking?

- Interactions with medications-there are over 150 medications that should not be mixed with alcohol
- Missing class, work or other obligations
- Hangover
- Social and legal problems
- Sexually transmitted diseases
- Unintentional or intentional injuries
- Unintended pregnancy
- Heart or liver disease
- Cancer
- Pancreatitis
- Neurological damage
- Alcohol poisoning
- Death

What are the signs of having an alcohol problem?

- Failure to fulfill responsibilities at work, school or home
- Poor attendance at school, low grades or disciplinary action
- Needing to drink increasingly great amounts of alcohol in order to achieve desired effect
- Drinking to relieve stress or calm nerves
- Lying about or hiding drinking habits
- Medical, social, academic, family or financial problems caused by drinking alcohol

What are some options to avoid binge drinking?

- Drink slowly and take an hour off in between drinks
- Learn to say “NO”
- Avoid situations with risky drinking
- Avoid any temptations that involve alcohol
- Find other activities to enjoy in your free time
- Talk to a counselor about binge drinking habits
- Attend Alcoholics Anonymous (AA) or another alcohol support group

Did you know?

- Each year there are 1,700 alcohol related deaths among individuals ages 18-24
- Each year there are 696,000 people between the ages of 18-24 who are assaulted by someone who was drinking
- Each year, 2.1 million people between the ages of 18-24, drive under the influence
- 25% of college students between the ages of 18-24 suffer from academic consequences due to drinking
- 1 out of 3 college students 18-24 meet the criteria each year for alcohol abuse

Source: www.collegedrinkingprevention.gov