

Drunk, Drunker, and Drunkest: Recent Trends and Insights on College Students and Alcohol

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WHAT IS BINGE DRINKING?

Activity

What are some reason why college students consume or choose not to consume alcohol?

Alcohol Effects

Also has some negative effects

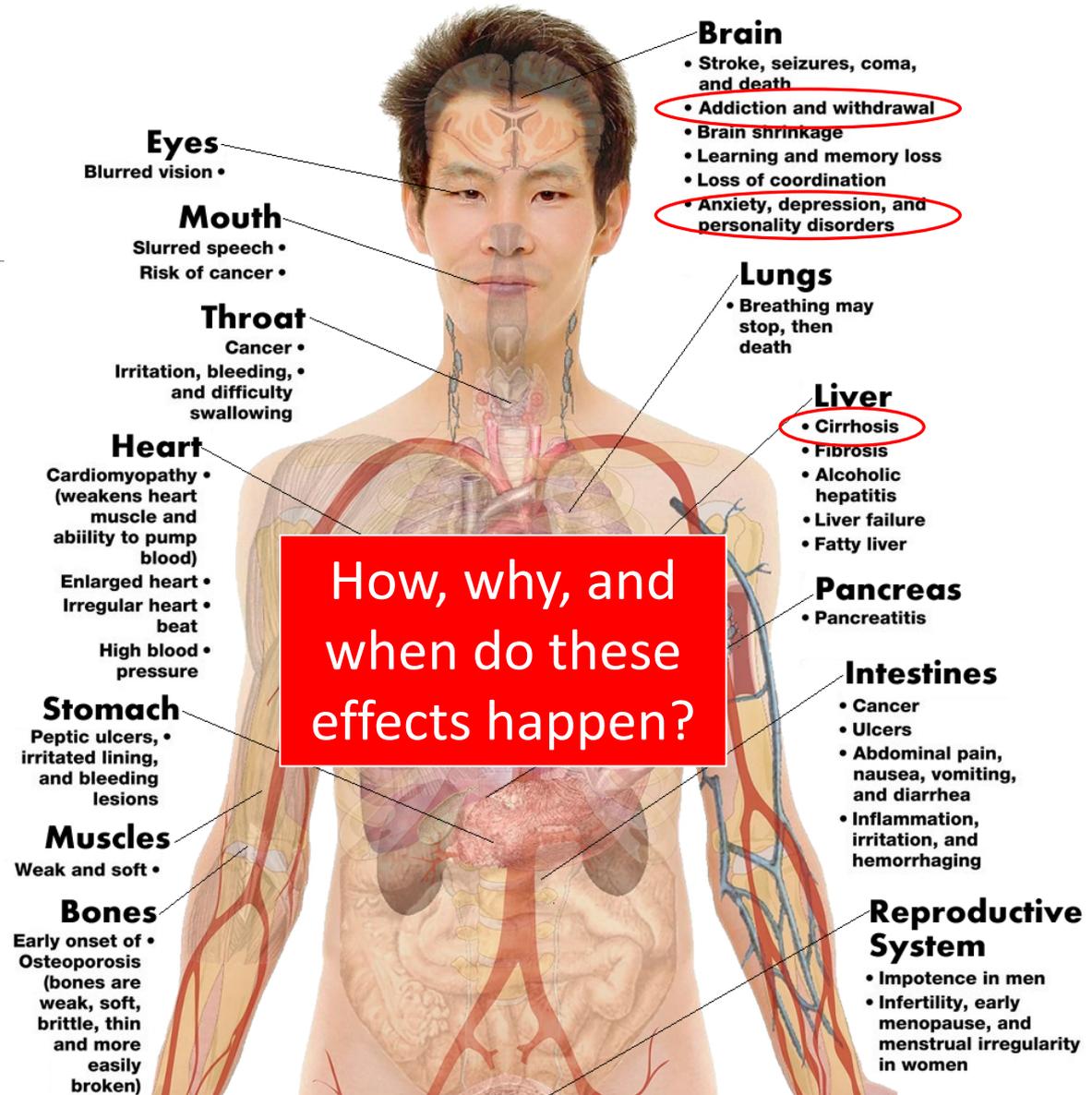
Empty Calories

- Beer: ~150
- Wine: ~125
- Liquor: ~100

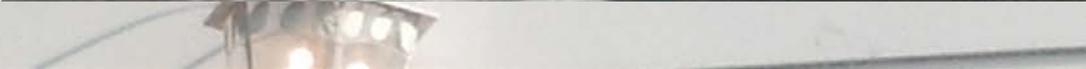
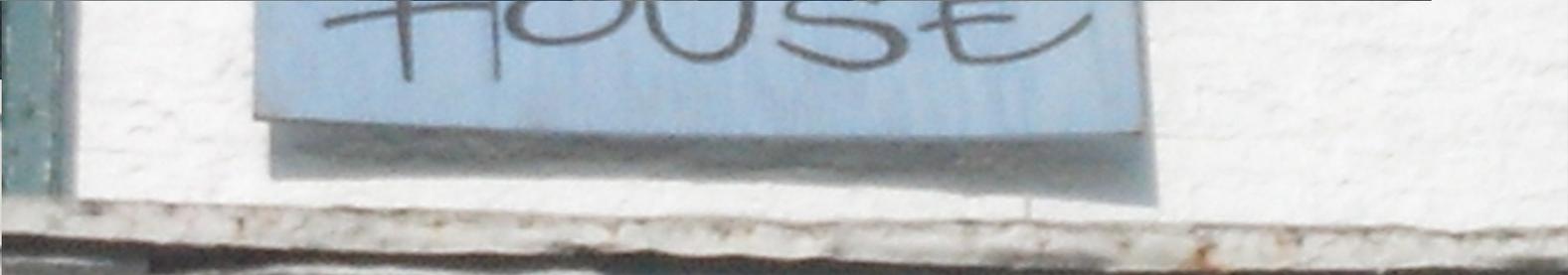
Negative Costs:

\$223.5 billion annually in US

- ~\$1.90 / drink



What words to Miami
students use to describe
college drinking?



Why Do We Drink?

(Cooper, 1994)

Social Motives

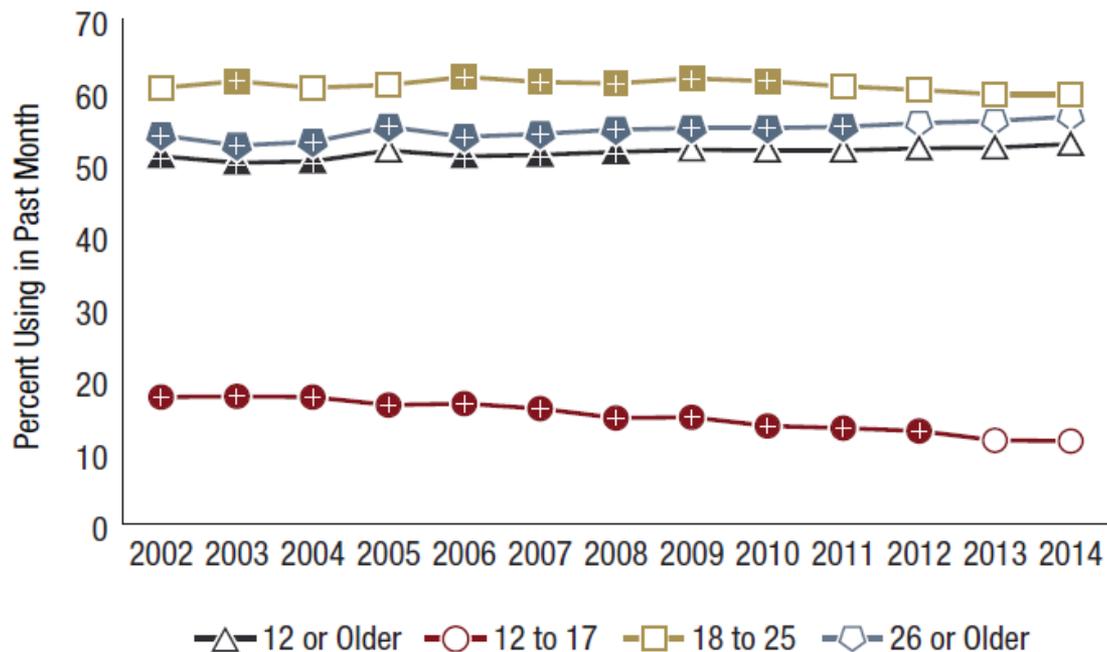
Coping Motives

Enhancement Motives

Conformity Motives

Who is Drinking?

Figure 25. Past Month Alcohol Use among People Aged 12 or Older, by Age Group: Percentages, 2002-2014



+ Difference between this estimate and the 2014 estimate is statistically significant at the .05 level.

How Much Are We Drinking?

Binge: ≥ 5 drinks / occasion (4 in F) \rightarrow 0.08 BAC

Heavy: ≥ 5 binge days in the past 30 days

One drink is...

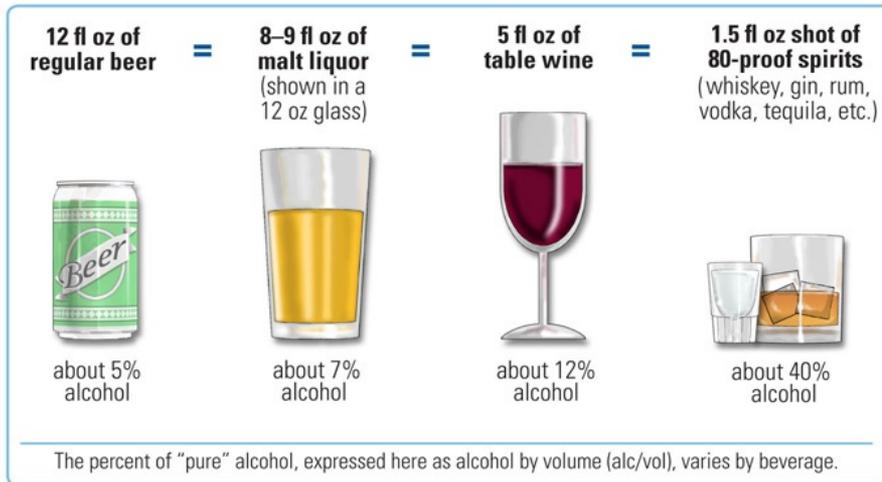
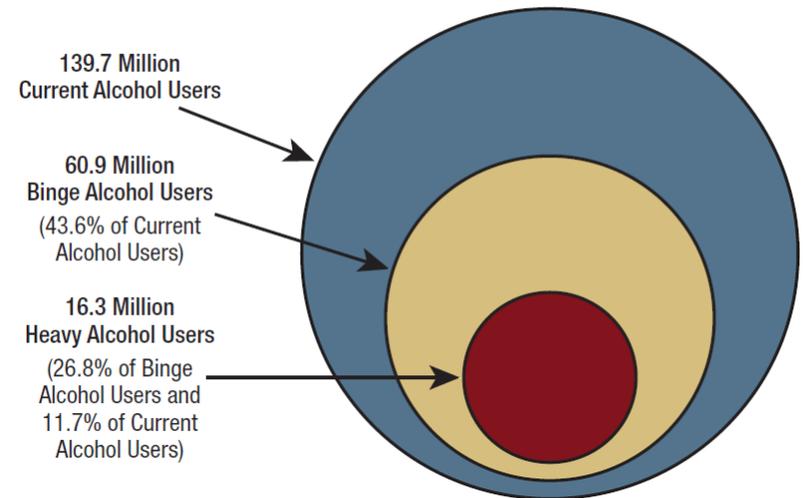
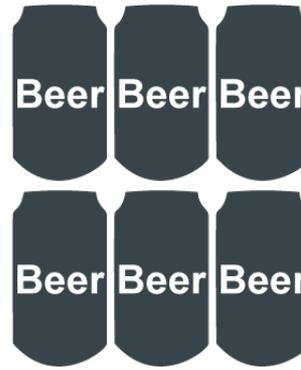


Figure 24. Current, Binge, and Heavy Alcohol Use among People Aged 12 or Older: 2014



Which days do
students most
commonly consume
alcohol?

What days are
people drinking
during the stay at
home order?



Student
Health
Survey

What percent of
Miami students
have ever had
alcohol?

On average, how many days per week do Miami students drink?

How many standard drinks
do Miami students have on
a typical drinking occasion?

Alcohol Consumption



Approximately 86% ($n = 3431$) of the sample reported ever consuming alcohol.

An average of 3.14 ($SD = 3.04$) standard drinks per drinking occasion.

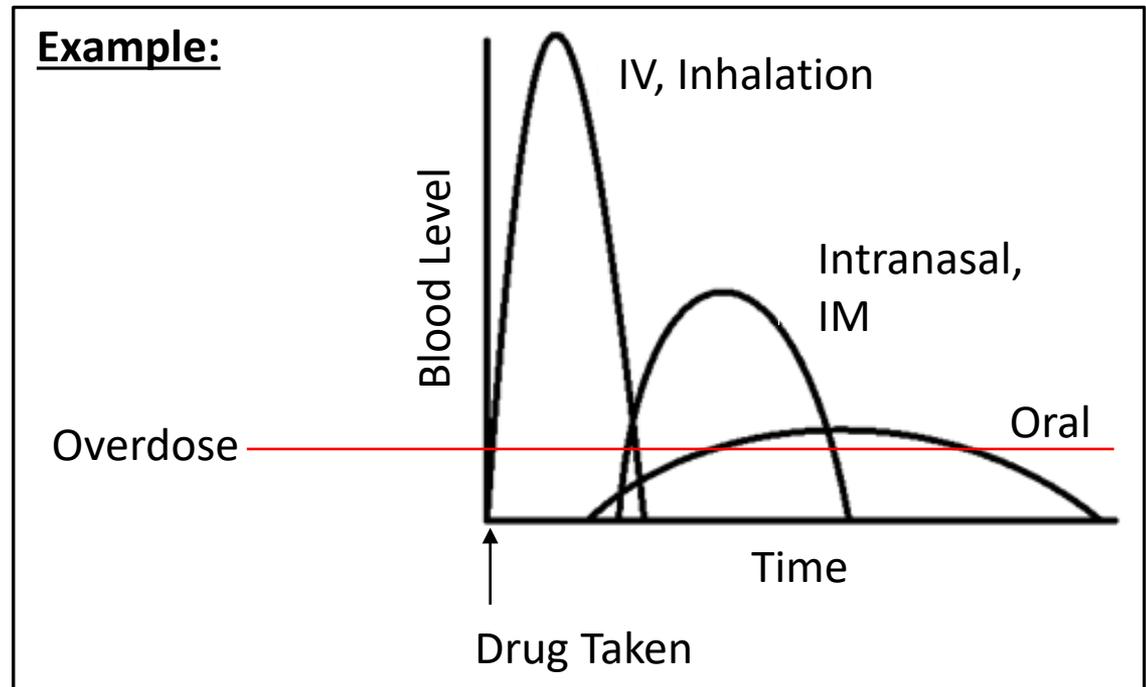
At least one alcoholic beverage an average of 1.54 ($SD = 1.44$) days per week.

An average of 5.13 ($SD = 5.12$) standard drinks in a peak-drinking occasion in the past 30 days.

Danger and Route of Admin

Higher blood levels = larger effect

- Faster absorption = less time to react
- Less time to react = higher chance of overdose



What does it mean to be able to "hold your Liquor"?

Alcohol-Induced Blackouts

Alcohol-Induced Blackout

Episodes of amnesia, during which subjects are capable of participating even in salient, emotionally charged events—as well as more mundane events—that they later cannot remember (Goodwin, 1995).

What's Wrong with This?

A BLACKOUT CAN OCCUR AT ANY TIME!

NEW!

help!
I've fallen
and I can't wake up!®

Life Alert  **edu**

For a **FREE** Brochure call: **S-OM1-WHO-CARES**

Alcohol Induced-Blackouts

Two types of blackouts

- **En bloc** – unable to recall any details from events that occurred while they were intoxicated, despite all efforts by the drinker or others to cue the recall
- **Fragmentary blackouts** – involve partial blocking memory formation

Alcohol Concentrations and Blackouts

Alcohol Concentrations and Blackouts

Related to blackouts:

- Drinking large concentrations of alcohol
 - This alone does not cause a blackout
- Gulping drinks
- Drinking on an empty stomach
- Rapidly rising BACs

Alcohol Concentrations and Blackouts

Blackouts among social drinkers

- 50% of college students (White et al., 2002)
- Females more likely than males (White et al., 2015)
- More commonly reported with liquor (White et al., 2004)
- Fragmentary more common than en bloc (White et al., 2004)
- Related to polysubstance use (White et al., 1997)

DID YOU KNOW?

Students use social media to report out on their **blackouts** and recruit others to **blackout?**



Brandon Johnson @168Brandon · 31 Aug 2017



Who's down for death by **alcohol** tonight? **#blackout**



Putin On Trivia @PutinOnTrivia · Feb 18



#triviaweekend has pushed me to **drink** to the point of **#blackout** .

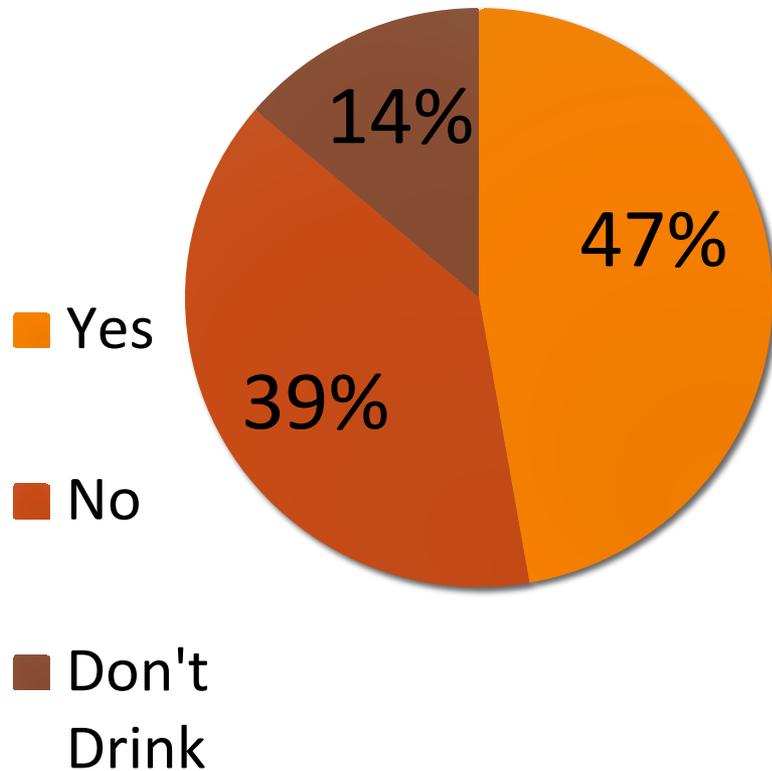


#blackout

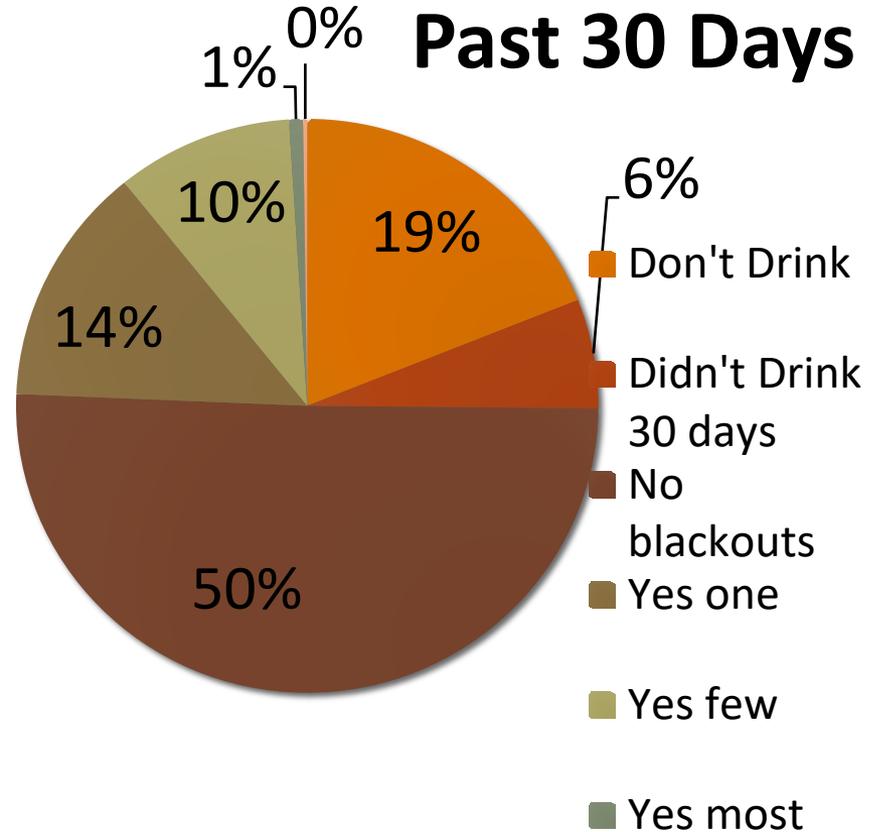


Have you had a blackout?

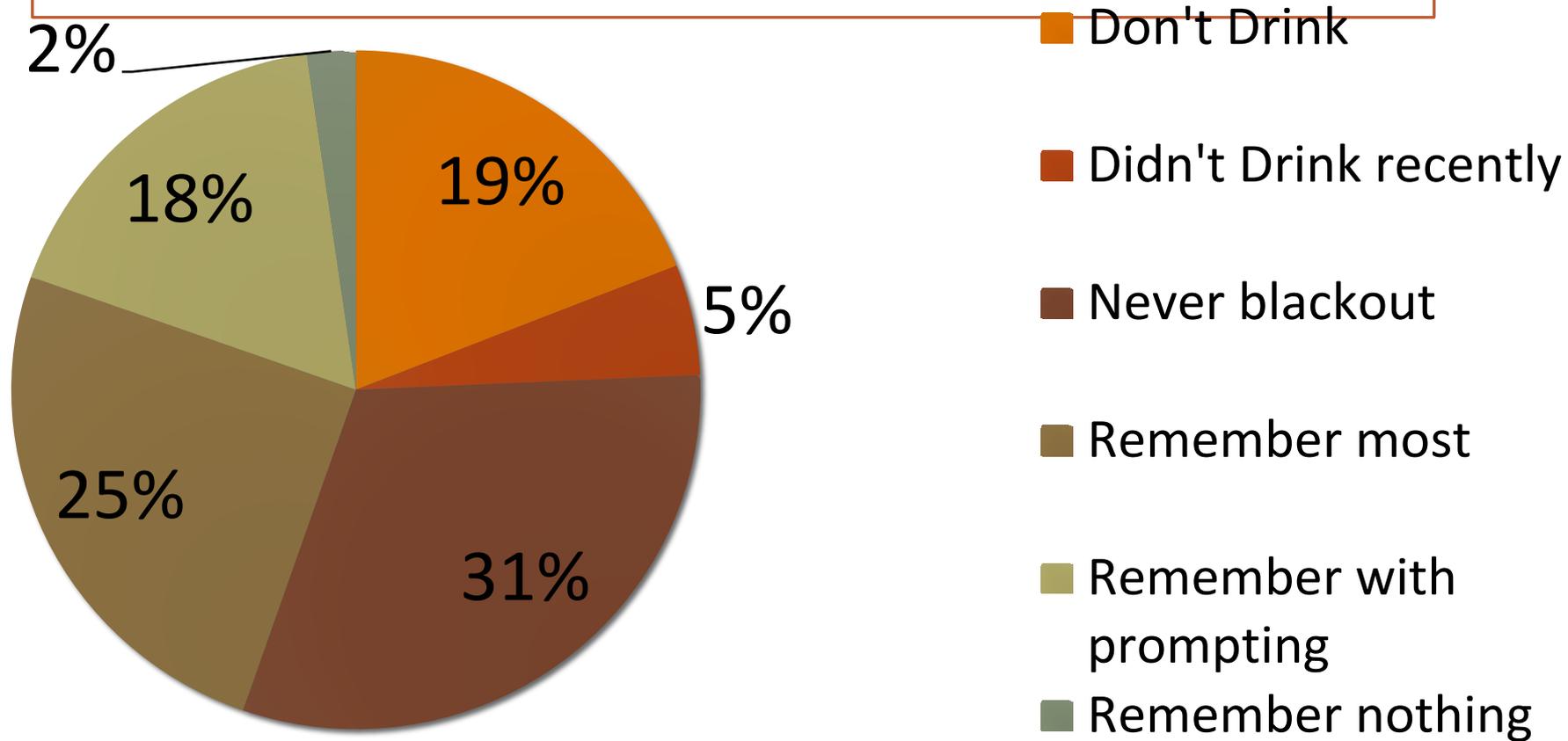
Ever



Past 30 Days



Most Recent Blackout Experience



Thanks to:

FUNDING

MU PRESIDENT'S OFFICE

WARD HEALTH PSYCH
RESEARCH LAB ASSISTANTS

