WHAT IS BINGE DRINKING?

The National Institute on Alcohol Abuse and Alcoholism defines binge drinking as a pattern of drinking that brings blood alcohol concentration (BAC) levels to 0.08 g/dL. This usually occurs within 2 hours for women and within 3 hours for men—after 4 drinks for women and 5 drinks for men.

When college students were asked if they’d had 5 or more drinks in a sitting in the past 2 weeks, 1 in 3 answered “YES.”

DRINKING CAN HAVE SERIOUS CONSEQUENCES

>50% of college students who drank alcohol experienced at least one serious negative consequence within the last year.

IF YOU CHOOSE TO DRINK, REDUCE YOUR RISK

- Spread drinking out over time—Avoid rapid consumption. Alternate between alcoholic and non-alcoholic drinks.
- Eat something before and while drinking.
- Make sure you count your drinks according to standard drink sizes:
  - 1 drink = 1.5 oz shot = 1.5 liquor shot with mixer = 5 oz wine = 12 oz beer.
- Keep your eye on your drink.
- Avoid caffeine and energy drinks which can mask the effects of alcohol.
- Avoid carbonated drinks—these will speed up the absorption of alcohol.
- Designate yourself as the ‘Sober Buddy’ (the one who makes sure everyone gets home safely).
- Avoid turning to alcohol in an attempt to reduce stress. Find alternative activities that will reduce stress—like exercise.

References:
- College data source: American College Health Association—National College Health Assessment II (ACHA-NCHA II) Spring 2013
- http://www.collegedrinkingprevention.gov/
- Student Health Center