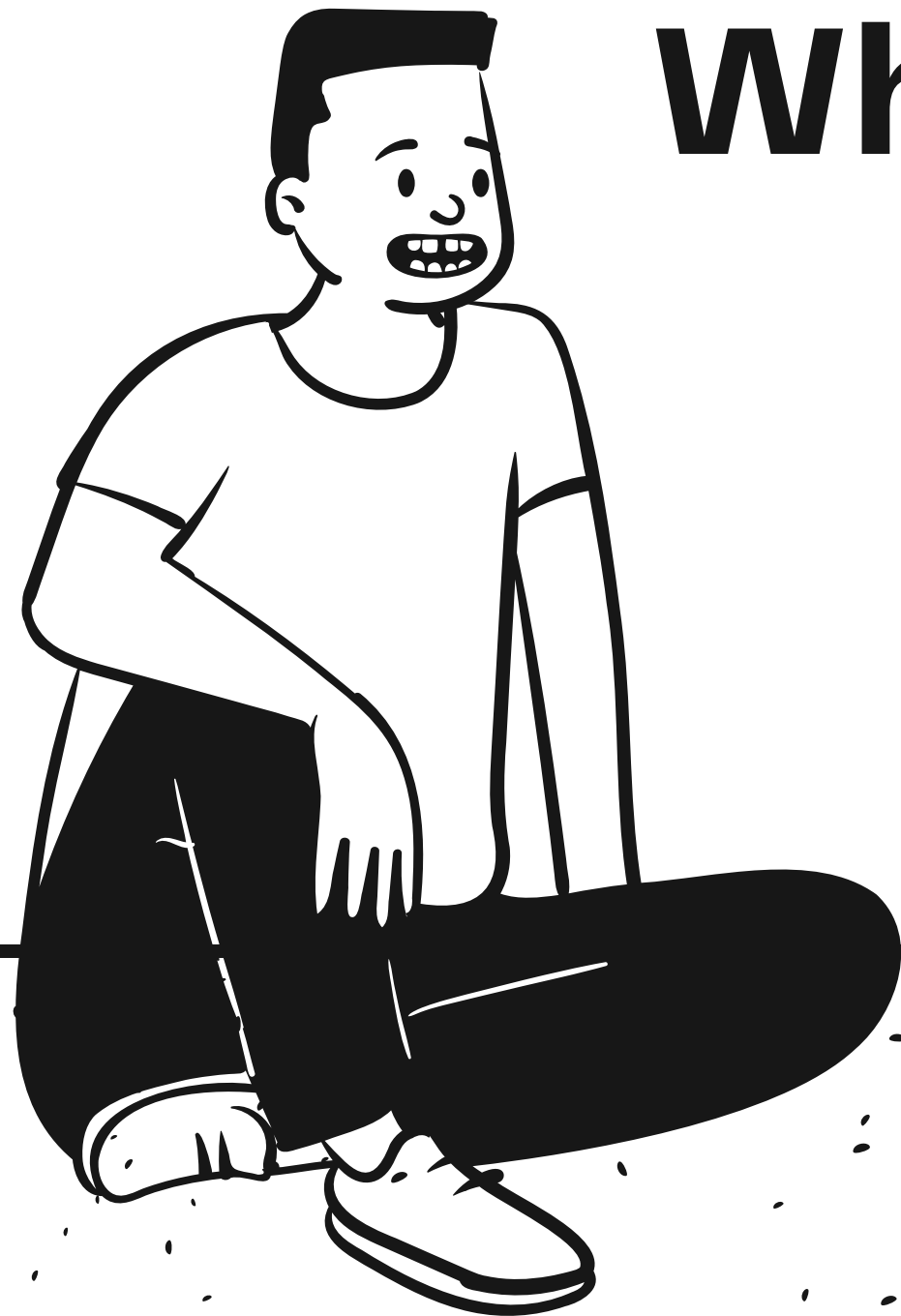


# Alcohol Abuse In College: What You Need To Know



# What is "A Drink"?

12.0 oz of beer with about 5 percent alcohol content

5.0 oz of wine with about 12 percent alcohol content

1.5 oz of distilled spirits (e.g., gin, rum, tequila, vodka, and whiskey) with about 40 percent alcohol content



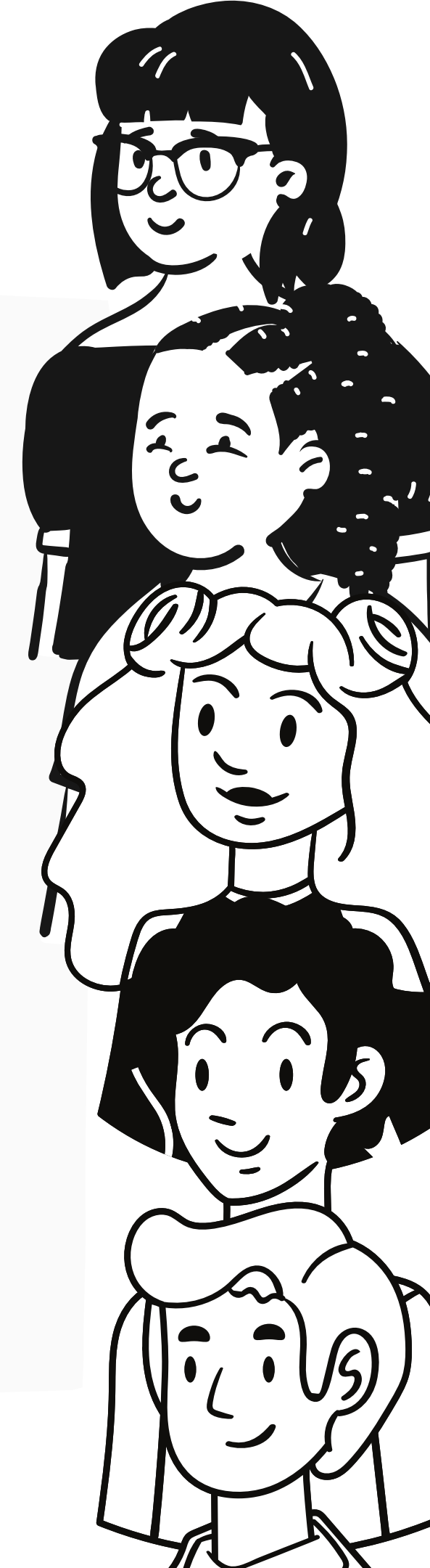


# What is "Binge Drinking"?

Many college alcohol problems are related to binge drinking. Binge drinking as a pattern of drinking alcohol that brings blood alcohol concentration (BAC) to 0.08 percent.

For a typical adult, this pattern corresponds to consuming 5 or more drinks (male), or 4 or more drinks (female), in about 2 hours.

Drinking this way can pose serious health and safety risks, including car crashes, drunk-driving arrests, sexual assaults, and injuries. Over the long term, frequent binge drinking can damage the liver and other organs.



# Signs Of Alcohol Overdose

- **Mental confusion, stupor**
- **Difficulty remaining conscious or inability to wake up**
- **Vomiting**
- **Seizures**
- **Slow breathing (fewer than eight breaths per minute)**
- **Clammy skin**

- **Irregular breathing (10 seconds or more between breaths)**
- **Slow heart rate**
- **Dulled responses, such as no gag reflex (which prevents choking)**
- **Extremely low body temperature, bluish skin color, or paleness**

**Alcohol overdose can lead to permanent brain damage or death, so a person showing any of these signs requires immediate medical attention. Do not wait for the person to have all the symptoms, and be aware that a person who has passed out can die.**

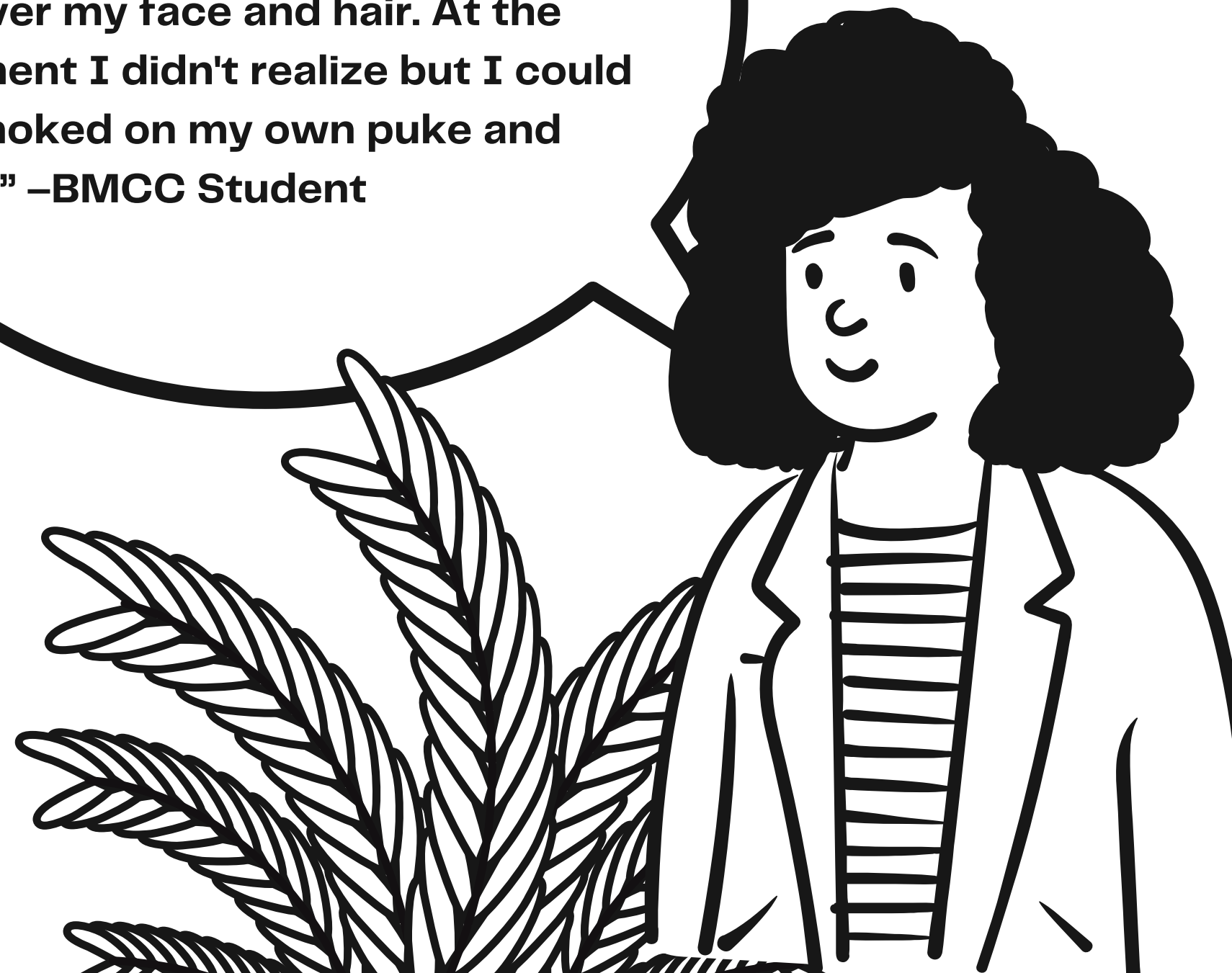
**Call 911 if you suspect alcohol overdose.**

# Consequences of abusing Alcohol

## Death

The most recent statistics from the National Institute on Alcohol Abuse and Alcoholism (NIAAA) estimate that about 1,519 college students ages 18 to 24 die from alcohol-related unintentional injuries, including motor vehicle crashes every year.

**“One time while at a house party, I drank too much. That night I passed out and woke up with puke all over my face and hair. At the moment I didn't realize but I could of choked on my own puke and died.” –BMCC Student**



# Consequences of abusing Alcohol



## Sexual Assault

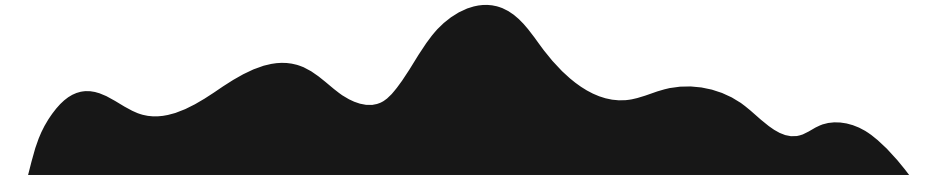
The most recent statistics from NIAAA estimate that about 97,000 students ages 18 to 24 report experiencing alcohol-related sexual assault or date rape.



“When I was in high school, I threw a kegger at my house... at the end of the night, when we were all drunk\*, the person who I thought was my best friend sexually assaulted me while I begged him to stop. The next morning I could tell he felt terrible about it, but to hide his shame, he didn’t talk to me after that for the rest of the school year. I felt I had lost so much that night... my dignity and my best friend.”  
–BMCC staff

\*It is important to note that sexual assault is caused solely by the perpetrator, not something that happens due to the choices or actions of the victim.

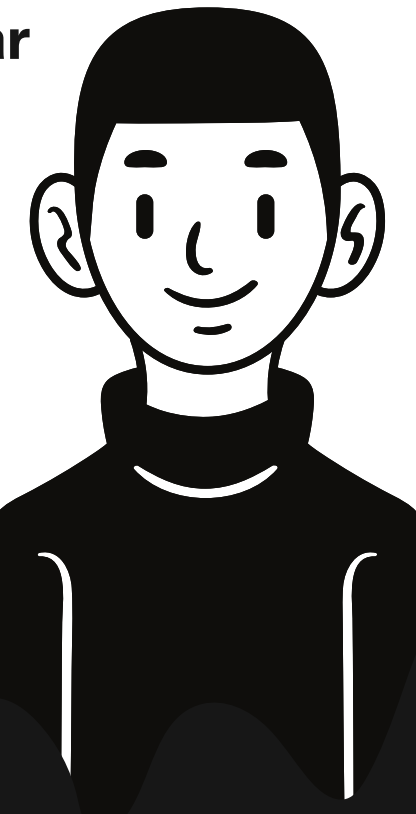
# Consequences of abusing Alcohol



## Assault

The most recent NIAAA statistics estimate that about 696,000 students ages 18 to 24 are assaulted by another student who has been drinking.

**“The only experience I have ever had with someone being super drunk is when I picked up some friends from a party. They called me at 2 in the morning and had me come pick them up. When they got in my car they were nearly passed out. They threw up all over my car and at one point one of them grabbed me which made the car swerve. Overall it was not a great experience and part of why I haven’t gone to a party.” –BMCC Student**

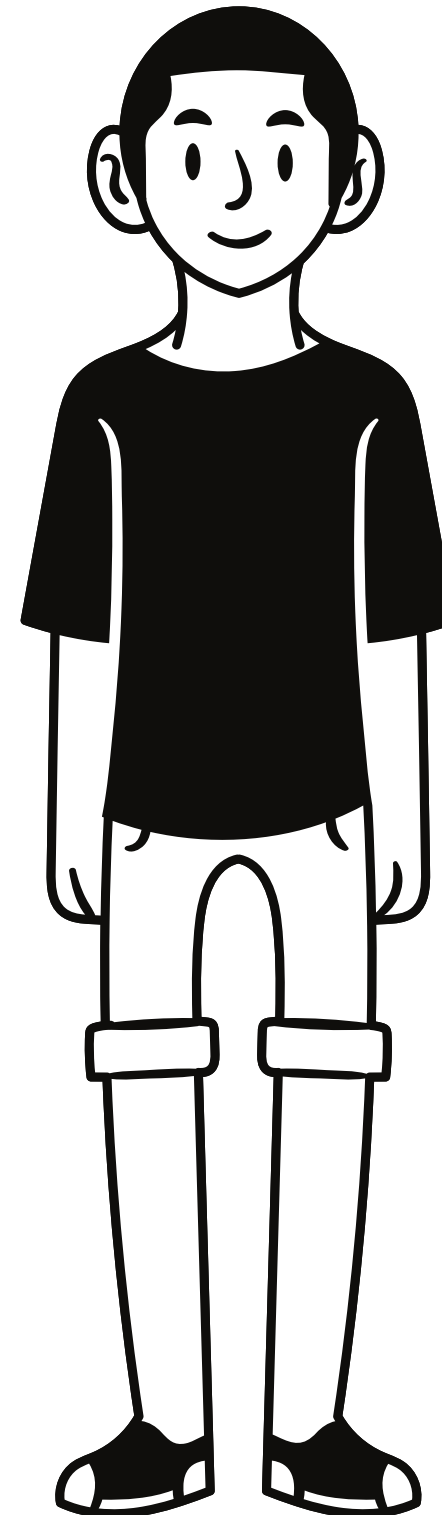


# Consequences of abusing Alcohol



## Academic Problems

About one in four college students report experiencing academic difficulties from drinking, such as missing class or getting behind in schoolwork.



“One of my favorite students went to Oregon State University on an ROTC scholarship to fulfill his dream of joining the United States Airforce. After a few semesters, his drinking had become so out of control, he was unable to pass his classes and was kicked out of the ROTC program and lost his scholarship. He realized he was an alcoholic, and began to take steps to quit drinking and improve his grades. After working tirelessly for almost a year, he was able to stay sober, pass his classes, and petition to earn his spot back in to ROTC. He’ll tell you he did it, but he did it the hard way.”  
–BMCC Staff





# Consequences of abusing Alcohol

## Other Consequences

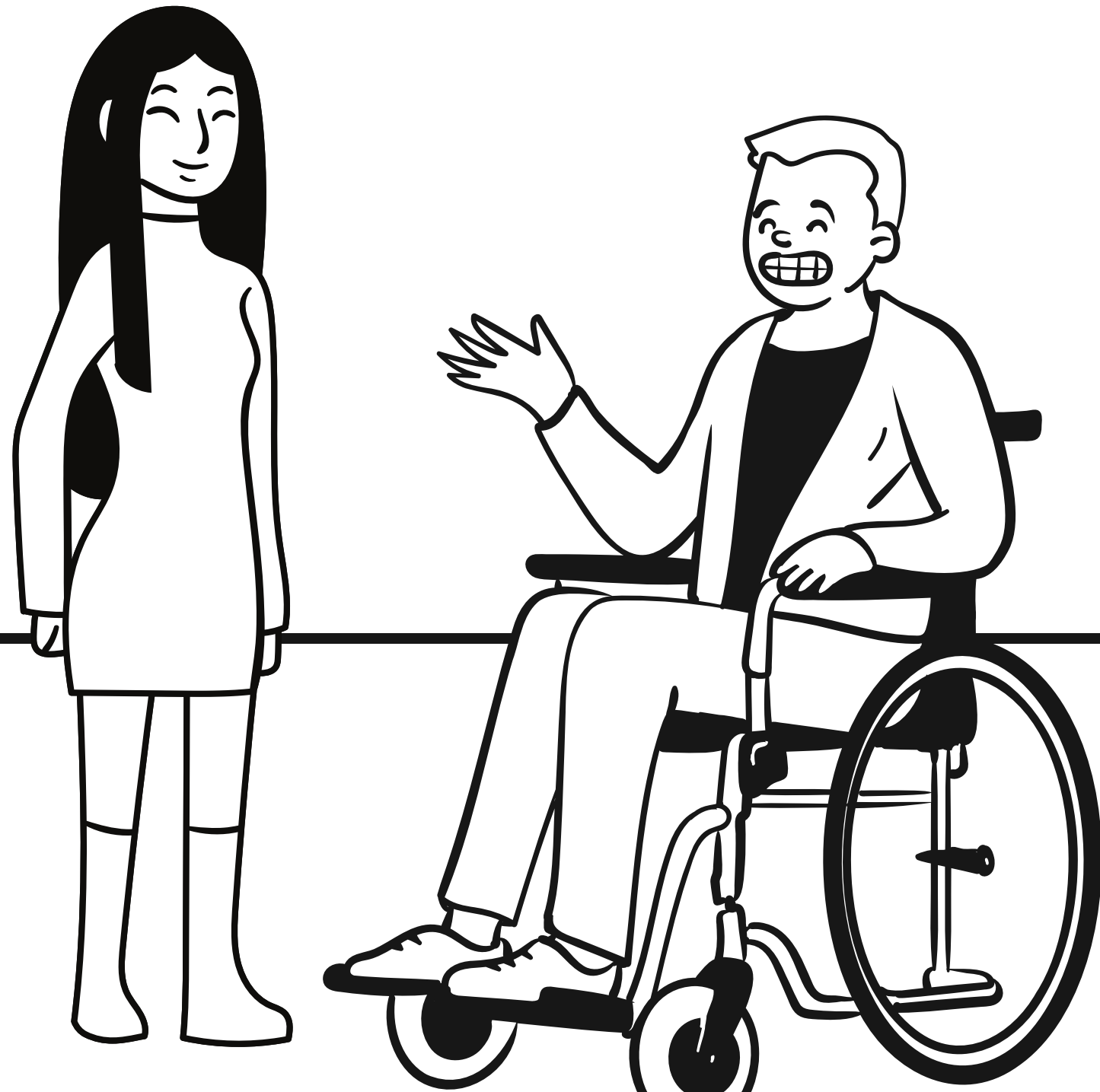
Other consequences include suicide attempts, health problems, injuries, unsafe sexual behavior, drug use, and driving under the influence of alcohol, as well as vandalism, damage, and involvement with the police.

**“Now that marijuana has become more popular among young adults, people often don't think twice about where they get it from. There have been numerous cases where weed was laced with fentanyl and people have died. I knew someone who tried marijuana and later found out it could have been laced with cocaine or meth. This is why young adults should wait to be 21 to get it from a doctor or medical store instead of purchasing it from a person on the street or someone who isn't regulating their product. Or maybe just not use marijuana at all??? That's what I have to say.” – BMCC Student**



# Tips for Drinking Responsibly

It is federal law that anyone under the age of 21 does not consume alcoholic beverages. BMCC does not support underage drinking. This is merely an informational tool for adults over 21 to use when deciding to drink.



- 1. Know your limit & plan ahead.**
- 2. Eat food before and while you drink.**
- 3. Sip your drink (slow down).**
- 4. Skip a drink now and then and substitute with a non-alcoholic drink (water is best).**
- 5. Do not consume more than one drink per hour.**
- 6. Appoint a designated driver. NEVER DRINK & DRIVE!**
- 7. Respect the choices of those who do not wish to drink.**
- 8. Keep track of how many drinks you are consuming.**
- 9. Avoid drinking games.**
- 10. Never accept a drink from someone you don't know.**
- 11. If you are pregnant, might be pregnant, or are attempting to become pregnant, do not consume any type of alcoholic beverage.**

# **Where To Go At BMCC For Help Changing Your Relationship With Alcohol**

**Caitlin Steele [csteele@bluecc.edu](mailto:csteele@bluecc.edu)**

**Health And Wellness Resource Center, Morrow Hall Rm. 153**



# Where To Go In The Community For Help Changing Your Relationship With Alcohol

## Umatilla County Alcohol and Drug

541-278-6330 Pendleton  
541-564-9390 Hermiston

## Eastern Oregon Alcohol Foundation

541-276-3518 Pendleton

## Eastern Oregon Detox Center

541-278-2558 Pendleton

## Blue Mtn Associates/Grand Ronde Recovery

541-663-4104 Pendleton

## New Horizons

541-289-0190 Herimston





## **Information Provided By:**

<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/college-drinking>

<https://preventionlane.org/young-adults-alcohol-safe-drinking-tips>

