

# WHAT IS BINGE DRINKING?

BINGE DRINKING IS A PATTERN OF CONSUMING ALCOHOL THAT BRINGS A PERSON'S BLOOD ALCOHOL CONCENTRATION (BAC) TO 0.08 GRAMS PERCENT OR ABOVE. THIS TYPICALLY HAPPENS WHEN BIOLOGICAL MALES CONSUME **5 OR MORE DRINKS** OR BIOLOGICAL FEMALES CONSUME **4 OR MORE DRINKS** IN ABOUT 2 HOURS<sup>1</sup>

## BINGE DRINKING:



5 DRINKS IN TWO HOURS



4 DRINKS IN TWO HOURS

## MODERATE DRINKING:

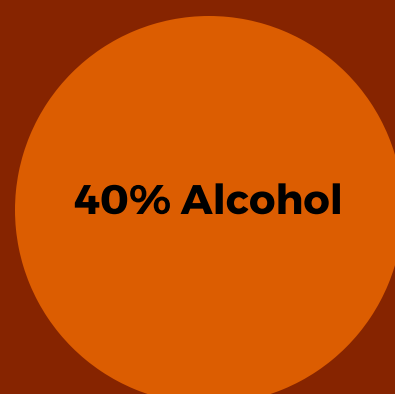
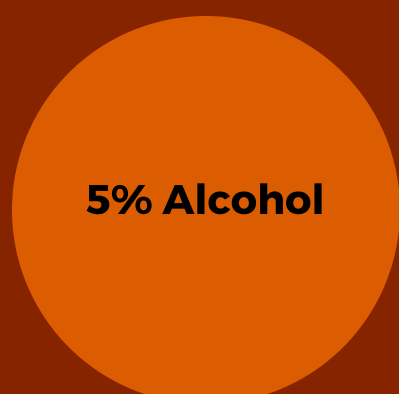


2 DRINKS PER DAY



1 DRINK PER DAY

## A STANDARD DRINK IS:



70.7% OF COLLEGE STUDENTS REPORT NOT BINGE DRINKING IN THE LAST TWO WEEKS<sup>2</sup>

EACH BEVERAGE PORTRAYED HERE REPRESENTS ONE STANDARD DRINK OF "PURE" ALCOHOL, DEFINED IN THE UNITED STATES AS 0.6 FL OZ OR 14 GRAMS. THE PERCENT OF PURE ALCOHOL, EXPRESSED HERE AS ALCOHOL BY VOLUME (ALC/VOL), VARIES WITHIN AND ACROSS BEVERAGE TYPES. ALTHOUGH THE STANDARD DRINK AMOUNTS ARE HELPFUL FOR FOLLOWING HEALTH GUIDELINES, THEY MAY NOT REFLECT CUSTOMARY SERVING SIZES<sup>3</sup>

### SOURCES:

<sup>1</sup> THE NATIONAL INSTITUTE ON ALCOHOL ABUSE AND ALCOHOLISM

<sup>2</sup> NCHA-ACHA REFERENCE DATA - FALL 2017

<sup>3</sup> NIAAA.NIH.GOV



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# SIGNS OF ALCOHOL POISONING

REVIEW THESE SIGNS TO RECOGNIZE WHEN SOMEONE HAS HAD TOO MUCH TO DRINK, AND MIGHT BE IN DANGER (AS WELL AS HOW TO AVOID HARMFUL ALCOHOL CONSUMPTION)

## SIGNS OF ALCOHOL POISONING

Confusion

Vomiting

Slow Breathing

Low Body Temperature

Lack of Consciousness

Seizures

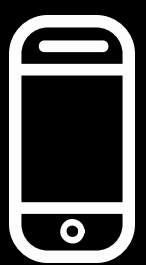
## TIPS FOR REDUCING RISK IF YOU CHOOSE TO DRINK

- Set a limit of drinks & count your drinks
- Alternate alcoholic & non-alcoholic beverages
- Eat something before drinking
- Don't mix alcohol with drugs (including caffeine)
- Avoid drinking games

## OTHER OPTIONS

- Be the designated driver
- Don't drink

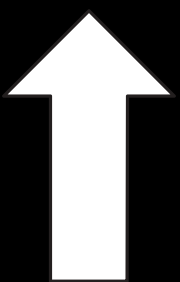
## HOW TO HELP SOMEONE WITH ALCOHOL POISONING



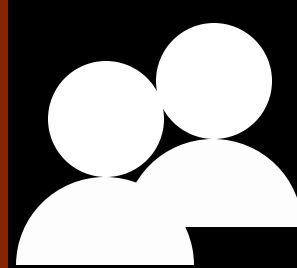
IMMEDIATELY CALL 911



KEEP THEM AWAKE



KEEP THEM SITTING UP



ALWAYS KEEP SOMEONE WITH THEM



KEEP THEM WARM IF THEY ARE COLD



DO NOT FORCE THEM TO EAT OR DRINK



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# DUI FYI

DRIVING UNDER THE INFLUENCE OF ALCOHOL OR OTHER DRUGS LEAD TO **40,100 FATALITIES** IN THE UNITED STATES IN 2017. KEEP YOUR EYES, MIND, AND CAR ON THE ROAD BY AVOIDING DRINKING AND DRIVING<sup>1</sup>

THE AVERAGE COST OF A FIRST TIME DUI OFFENSE IN 2017 WAS \$9,310.<sup>3</sup> THIS INCLUDES:

Fines

Court Fees

Increase in Insurance

Sanctions

Lost Wages

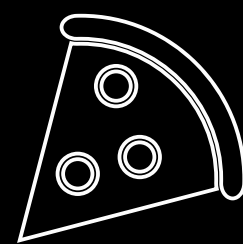
DID YOU KNOW?

22.3% OF COLLEGE STUDENTS IN THE UNITED STATES REPORTED DRIVING AFTER HAVING ANY ALCOHOL IN THE LAST 30 DAYS,

A DUI COULD END UP COSTING THE SAME AS



97 Years of Netflix



776 Large Pizzas

A DESIGNATED DRIVER, RIDE SERVICES SUCH AS LYFT AND UBER, OR PUBLIC TRANSIT ARE SAFE OPTIONS TO GET HOME. CHECK IF YOUR CAMPUS PROVIDES ANY SAFE RIDE OPTIONS.

SOURCES:

<sup>1</sup> [HTTPS://WWW.NSC.ORG/ROAD-SAFETY/SAFETY-TOPICS/FATALITY-ESTIMATES](https://www.nsc.org/road-safety/safety-topics/fatality-estimates)

<sup>2</sup> CADE REFERENCE DATA SET NCHA REFERENCE DATA - SPRING 2017

<sup>3</sup> [HTTPS://DUI.DRIVINGLAWS.ORG/RESOURCES/HOW-MUCH-DOES-A-FIRST-OFFENSE-DUI-COST.HTM](https://dui.drivinglaws.org/resources/how-much-does-a-first-offense-dui-cost.htm)



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# TRICKS AND TIPS ON HOW TO STAY SAFE THIS HALLOWEEN

The Health, Safety, and  
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NASPA encourages you to  
celebrate Halloween in a  
safe and healthy way



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**DON'T TAKE  
CANDY (OR  
DRINKS)  
FROM  
STRANGERS**

**WEAR  
REFLECTIVE  
CLOTHING**

**BRING A  
FLASHLIGHT**

**KNOW  
YOUR DRINK  
LIMITS AND  
STICK TO  
THEM**

**WEAR A  
COSTUME  
NOT A  
CULTURE**

**THINK ABOUT YOUR  
HALLOWEEN  
COSTUME, IS IT A  
CHARACTER OR  
CULTURAL  
APPROPRIATION?**

The definition of cultural appropriation is, "the act of taking or using things from a culture that is not your own, especially without showing that you understand or respect this culture".

[dictionary.cambridge.org](https://dictionary.cambridge.org)

**STAY WITH A  
GROUP AND  
TELL EACH  
OTHER  
WHERE YOU  
GO**

**DON'T MIX  
ALCOHOL  
AND DRUGS**

**CHARGE  
YOUR PHONE  
BEFORE YOU  
LEAVE  
OR BRING  
A BATTERY  
PACK**

**GET A SAFE  
RIDE HOME  
(UBER, LYFT,  
DESIGNATED  
DRIVER OR  
CAMPUS  
RIDESHARE)**



**1 OUT OF 5 COLLEGE STUDENTS  
CHOOSE NOT TO DRINK  
ALCOHOL**

**JOIN THE CROWD!**

**#ALCOHOLAWARENESS**

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**(FALL 2017 ACHA-NCHA REFERENCE GROUP)**



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**38.3% OF COLLEGE STUDENTS  
HAVEN'T CONSUMED ALCOHOL IN  
THE LAST 30 DAYS**

**DON'T DRINK JUST BECAUSE  
"EVERYONE IS DOING IT"**

**#ALCOHOLAWARENESS**

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**51.7% OF COLLEGE STUDENTS  
CONSUMED ZERO TO FOUR  
DRINKS THE LAST TIME THEY  
PARTIED**

**KNOW YOUR LIMIT!**

**#ALCOHOLAWARENESS**

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**88.2% OF COLLEGE STUDENTS  
USE A DESIGNATED DRIVER  
WHEN THEY PARTY OR SOCIALIZE**

**PARTY SMARTER!**

**#ALCOHOLAWARENESS**

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**AT PARTIES, 69.6% OF COLLEGE  
STUDENTS KEEP TRACK OF HOW  
MANY ALCOHOLIC DRINKS THEY  
HAVE CONSUMED**

**KNOW YOUR LIMIT!**

**#ALCOHOLAWARENESS**

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**22.3% OF COLLEGE STUDENTS  
REPORTED DRIVING AFTER  
CONSUMING ANY ALCOHOL IN  
THE LAST 30 DAYS**

**BUZZED DRIVING IS  
DRUNK DRIVING!**

**#ALCOHOLAWARENESS**

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