WHAT IS BINGE DRINKING?

Binge drinking is a pattern of consuming alcohol that brings a person’s blood alcohol concentration (BAC) to 0.08% or above. This typically happens when biological males consume 5 or more drinks or biological females consume 4 or more drinks in about 2 hours¹.

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:

- **Beer**
  - 12 oz serving
  - 5% Alcohol

- **Wine**
  - 5 oz serving
  - 12% Alcohol

- **Liquor**
  - 1.5 oz serving
  - 40% Alcohol

70.7% of college students report not binge drinking in the last two weeks².

Sources:

1. The National Institute on Alcohol Abuse and Alcoholism
2. NCHA-ACHA Reference Data – Fall 2017
3. NIAAA.NIH.GOV

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 sizes³.
PRESCRIPTION DRUG MISUSE

PRESCRIPTION DRUG MISUSE IS DEFINED AS TAKING A MEDICATION IN A DOSE OR MANNER THAN WHAT IS PRESCRIBED OR SELF-MEDICATING USING SOMEONE ELSE'S MEDICATION

PRESCRIPTION DRUGS THAT ARE COMMONLY MISUSED AMONG COLLEGE STUDENTS:

- **Stimulants**: Prescribed to treat Attention-Deficit Hyperactivity Disorder (i.e., Adderall, Ritalin)
- **Opioids**: Prescribed to treat pain (i.e., Vicodin, OxyContin, Codeine)
- **Sedatives**: Prescribed to treat anxiety and sleep disorders (i.e., Valium, Xanax)
- **Antidepressants**: Prescribed to prevent or treat depression (i.e., Celexa, Lexapro, Prozac, Zoloft)

MISUSING PRESCRIPTION DRUGS CAN LEAD TO:
- Increases in blood pressure
- Increases in heart rate
- Seizures
- Difficulty breathing
- Organ damage
- Heart attack
- Addiction
- Stroke
- Death

REPORTED PRESCRIPTION DRUG MISUSE IN THE PAST 12 MONTHS BY COLLEGE STUDENTS

- 84% of college students reported not misusing one or more medications within the last 12 months
- 75% of college students feel taking ADHD medication not prescribed to them is unethical
- 53% of college students feel misusing ADHD medication is a form of cheating
- 7 in 10 students say it is relatively easy to get access to prescription stimulants without a prescription
- 84% of college students reported not misusing one or more medications within the last 12 months

SOURCES:
1. FALL 2017 NCHA-ACHA REFERENCE GROUP
2. CPAMM, PILOT CAMPUS STIMULANT MEDICATION MISUSE PREVENTION PEER EDUCATION TOOLKIT
3. NATIONAL COUNCIL ON PATIENT INFORMATION AND EDUCATION. "GET THE FACTS"
4. NATIONAL INSTITUTE ON DRUG ABUSE. MISUSE OF PRESCRIPTION DRUGS
5. NATIONAL INSTITUTE ON DRUG ABUSE FOR TEENS. PRESCRIPTION DRUGS

NASPA Health, Safety and Well-being Initiatives
# MARIJUANA FYI

MARIJUANA IS A PSYCHOACTIVE DRUG DERIVED FROM THE CANNABIS PLANT THAT IS INTENDED FOR MEDICAL AND RECREATIONAL USE

## METHODS OF CONSUMPTION:

<table>
<thead>
<tr>
<th>Method</th>
<th>Time to take effect</th>
<th>Potency</th>
<th>Impact on Body</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smoking</td>
<td>Within minutes. Effects can last up to 6 hours.</td>
<td></td>
<td>Inhalation of smoke that has same cancer-causing chemicals as tobacco smoke.³</td>
</tr>
<tr>
<td>Edibles</td>
<td>90 minutes to 4 hours. Effects can last up to 8 hours.</td>
<td>A single serving contains 10 mg of THC, but the potency can vary so check the packaging.</td>
<td></td>
</tr>
<tr>
<td>Vaping</td>
<td>Within minutes. Effects vary by THC level, but can last up to 8 hours.</td>
<td>Varies by extract &amp; pen. Range from 50-80% THC.</td>
<td></td>
</tr>
<tr>
<td>Dabbing</td>
<td>Heat marijuana concentrates &amp; inhale the vapor</td>
<td></td>
<td>Vaporization through dabbing delivers a very high dose of THC in a short period of time. The safety of dabbing is still being researched.</td>
</tr>
</tbody>
</table>

## DID YOU KNOW?

College students think 82.8% of their peers have consumed marijuana in the last 30 days, when only 17.3% reported using marijuana in that time frame.¹  
Don't consume marijuana just because "everyone's doing it".

## RULES & REGULATIONS

Use or possession of marijuana on campus is prohibited for students, including those who are 21 years or older or with a medication recommendation. Any federal or state drug conviction can disqualify a student from receiving financial aid.

## CROSS FADING

Consuming marijuana at the same time as other drugs (prescribed or not) is likely to result in greater impairment than when using either one alone. Ask your doctor if marijuana could interfere with your prescribed medication.

## SOURCES:

1. FALL 2017 NCHA-ACHA REFERENCE GROUP  
   GOOD TO KNOW COLORADO / RESPONSIBILITY GROWS HERE  
   STATE OF COLORADO: COLORADO MARIJUANA

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¹. Method: Joints, pipes, blunts, waterpipes, bongs  
². Method: Marijuana-infused edibles and drinks  
³. Method: E-cigarettes, vape pens, and vaporizers
How to Help a Friend
Learn to recognize when someone has had too much and may be in danger

Signs of Alcohol Poisoning
- Confusion
- Vomiting
- Slow Breathing
- Low Body Temperature
- Seizures
- Lack of Consciousness

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

Signs of Consuming Too Much Marijuana
- Increase in heart rate
- Dryness of the mouth
- Feelings of paranoia or anxiety
- Delusions or hallucinations

How to Help Someone Who Has Had Too Much
- Immediately call 911
- Keep them awake
- Always keep someone with them
- Do not force them to eat or drink

Source: https://pubs.niaaa.nih.gov/publications/alcoholoverdosefactsheet/overdosefact.htm

CDC.gov

NASPA: Health, Safety and Well-being Initiatives
MARIJUANA IMPACTS ON THE BRAIN & BODY

RESPIRATORY

Marijuana smoke irritates the lungs. Daily or near-daily use may lead to a daily cough, bronchitis, mucus and wheezing. Marijuana smoke contains the same cancer-causing chemicals as tobacco smoke.

SECONDHAND SMOKE

Secondhand smoke from marijuana has many of the cancer-causing chemicals as tobacco smoke. You shouldn’t smoke around children, pregnant women, or anyone who doesn’t want to be exposed to secondhand smoke.

CROSS FADING

Using alcohol and marijuana at the same time is likely to result in greater impairment than when using either one alone. Use both with caution, and remember, it’s not a good idea to combine them. Ask your doctor if marijuana could interfere with your prescribed medication.

MEMORY LOSS

Daily or near-daily use of marijuana can damage your memory. Marijuana, especially in high doses, can cause temporary psychosis (not knowing what is real, hallucinations and paranoia) while you are high.

MENTAL HEALTH

Frequent or daily use is likely to increase the risk of developing schizophrenia and other psychoses; the higher the use the greater the risk.
### Symptoms of Using Too Much Marijuana

The symptoms of using too much marijuana are similar to the typical effects of using marijuana, but more severe. These symptoms may include: extreme confusion, anxiety, paranoia, panic, fast heart rate, delusions or hallucinations, increased blood pressure and severe nausea/vomiting.

### Methods of Use

#### Did You Know?

DID YOU KNOW?

College students think 82.8% of their peers have consumed marijuana in the last 30 days, when only 17.3% reported using marijuana in that time frame.

Don't consume marijuana just because "everyone is doing it".

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### Signs and Symptoms of Too Much

The symptoms of using too much marijuana are similar to the typical effects of using marijuana, but more severe. These symptoms may include: extreme confusion, anxiety, paranoia, panic, fast heart rate, delusions or hallucinations, increased blood pressure and severe nausea/vomiting.

IF SOMEONE IS HAVING TROUBLE BREATHING, HAS PALE SKIN, OR IS UNRESPONSIVE, CALL 911.
Prescription drug misuse is defined as taking a medication in a dose or manner than what is prescribed or self-medicating using someone else's medication.

**STIMULANTS**

Prescribed to treat attention-deficit hyperactivity disorder (i.e. Ritalin, Adderall)

**SEDATIVES**

Prescribed to treat anxiety and sleep disorders (i.e. Valium, Xanax)

**OPIOIDS**

Prescribed to treat pain (i.e. Vicodin, Oxycontin, Codeine)

**ANTI-DEPRESSANTS**

Prescribed to prevent or treat depression (i.e. Celexa, Lexapro, Prozac, Zoloft)
HEALTH EFFECTS OF RX MISUSE
- Increase in blood pressure
- Increase in heart rate
- Seizures
- Stroke
- Difficulty breathing
- Organ damage
- Drug addiction
- Death

WAYS TO PREVENT RX MISUSE

Dispose expired and unused prescription medications appropriately (i.e. Utilize the Montana Pharmacy Safe Medication Disposal Initiative)

Never use another person’s prescription, never give your prescription medications to others, and store your prescriptions safely

Do not stop or change your dose regimen without discussing it with a doctor

DID YOU KNOW?
The majority of college students (84%) do not misuse or abuse prescription medication.
(Fall 2017 NCHA-ACHA Reference Group)

#RedRibbonWeek
#DrugFree
JUUL, VAPE, AND E-CIGARETTE IMPACTS ON THE BRAIN & BODY

DID YOU KNOW?

JUULs, Vapes, and E-Cigarettes may be marketed differently but all contain nicotine.

RESPIRATORY

Besides nicotine, e-cigarettes can contain harmful and potentially harmful ingredients, including:

- ultrafine particles that can be inhaled deep into the lungs
- flavorants such as diacetyl, a chemical linked to serious lung disease
- volatile organic compounds
- heavy metals, such as nickel, tin, and lead

MENTAL HEALTH

Using nicotine before age 25 can have lasting brain effects. These risks include:

- nicotine addiction
- mood disorders
- permanent lowering of impulse control

Nicotine also changes the way synapses are formed, which can harm the parts of the brain that control attention and learning.¹

One JUUL pod contains 20 cigarettes worth of nicotine.³ All e-cigarettes are very concentrated and can lead to ingesting large amounts of nicotine at a time.
Using nicotine, regardless of how it is delivered, increases the risk of addiction. Nicotine addiction is notoriously difficult to reverse, and use of e-cigarettes frequently leads to use of other nicotine products, including smoked cigarettes, as well as alcohol and other drugs.²

There is little evidence that e-cigarettes reliably reduce cigarette smoking or lead to smoking cessation. In fact, the nicotine contained in e-cigarettes and other vaping products may actually perpetuate addiction, in some cases making it even harder to quit smoking.²

A recent national survey showed that more than 6 of 10 American teens believe that e-cigarettes cause little or only some harm as long as they are used sometimes but not every day. Nearly 20% of young adults believe e-cigarettes cause no harm, more than half believe that they are moderately harmful, and 26.8% believe they are very harmful.¹

Using smokeless tobacco is also associated with gum recession, dental staining, and dental abrasion. ³

DID YOU KNOW? 82.3% of college students have never used e-cigarettes. (Fall 2017 NCHA-ACHA Reference Group)

¹ e-cigarettes.surgeongeneral.gov
² centeronaddiction.org/e-cigarettes
³ truthinitiative.org
1 OUT OF 5 COLLEGE STUDENTS CHOOSE NOT TO DRINK ALCOHOL

JOIN THE CROWD!

#REDRIBBONWEEK #DRUGFREE

(FALL 2017 ACHA-NCHA REFERENCE GROUP)

Health, Safety and Well-being Initiatives

NASPA®
82.7% of college students haven't used marijuana in the last 30 days.

Don't consume just because "everyone is doing it".

#RedRibbonWeek #DrugFree

(Fall 2017 ACHA-NCHA Reference Group)
7 IN 10 COLLEGE STUDENTS SAY IT IS RELATIVELY EASY TO GET ACCESS TO PRESCRIPTION STIMULANTS WITHOUT A PRESCRIPTION

PRACTICE SAFE DISPOSAL AND STORAGE!

#REDRIBBONWEEK #DRUGFREE

(2014 HARRIS POLL)
84% OF COLLEGE STUDENTS REPORTED NOT MISUSING STIMULANTS IN THE LAST 12 MONTHS

JOIN THE CROWD!

#REDRIBBONWEEK #DRUGFREE

(FALL 2017 ACHA-NCHA REFERENCE GROUP)
88.2% OF COLLEGE STUDENTS USE A DESIGNATED DRIVER WHEN THEY PARTY OR SOCIALIZE

PARTY SMARTER!

#REDRIBBONWEEK #DRUGFREE

(FALL 2017 ACHA-NCHA REFERENCE GROUP)
AT PARTIES, 69.6% OF COLLEGE STUDENTS KEEP TRACK OF HOW MANY ALCOHOLIC DRINKS THEY HAVE CONSUMED

KNOW YOUR LIMIT!

#REDRIBBONWEEK #DRUGFREE

(FALL 2017 ACHA-NCHA REFERENCE GROUP)
82.3% College students have never used e-cigarettes. Join the crowd!

#RedRibbonWeek #DrugFree

(Fall 2017 ACA-NCHA Reference Group)