Binge Drinking on a College Campus

Stonehill Health and Wellness Office
What is Binge Drinking?

- Binge drinking is when a person consumes an excessive amount of alcohol within a **short period of time**.
  - For **Men**, 5 drinks in a row is equal to a Binge.
  - For **Women**, 4 drinks in a row is equal to a Binge.
Binge drinking is **more common among men** than women.

**90%** of alcohol that is consumed by those under the age of 21 in the U.S. is in the form of **binge drinks**.
What is Considered a Drink?

- 12 ounces of a Beer or Wine Cooler
- 8 ounces of Malt Liquor
- 5 ounces of Wine
- 1.5 ounces of 80 proof Hard Alcohol

One mixed drink with
- 1.5 fl oz (44 mL) of 80-proof liquor (such as vodka, gin, scotch, bourbon, brandy, or rum)

5 fl oz (148 mL) of wine

12 fl oz (355 mL) of beer or wine cooler

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Dangers of Binge Drinking

- Alcohol Poisoning
- Liver Disease
- Neurological Damage
- Unwanted Pregnancy
- Sexually Transmitted Diseases
Danger Signs of Alcohol Poisoning

- Vomiting
- Confusion
- Irregular heart beat
- Slow breathing
- Pale/blue tinted skin

*If these symptoms are present, call 911 immediately.*
If you or someone you know has a problem with binge drinking, feel free to call Stonehill’s **Counseling and Testing Center** at (508)565-1331
Sources

http://www.cdc.gov/alcohol/fact-sheets/binge-drinking.htm
http://www.mayoclinic.com/health/alcohol-poisoning/DS00861/DSECTION=symptoms

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