

SUFFOLK STATS: HOW MUCH DO STUDENTS DRINK?

37%

of Suffolk 1st year students have not consumed alcohol in the past year.



55%

of Suffolk 1st year students do NOT regularly binge drink.



84%

of Suffolk 1st year students are NOT heavy or problematic drinkers.



*data from 2018-2019 Suffolk Everfi results

RESOURCES

Suffolk University Counseling, Health & Wellness

73 Tremont Street, 5th Floor
617-573-8226 | suffolk.edu/chw
Hours: 9-5pm

Counseling offers in-person or by telehealth
Same-day or urgent appointments are available
Mon - Fri 11:00-5:00pm.

Suffolk University Student Affairs

73 Tremont Street | 12th Floor
617-573-8239
studentaffairs@suffolk.edu

Suffolk University Police Department

Ridgeway Building | 4th Floor
Emergency: 617-573-8111
Non-Emergency: 617-573-8333

The Haven At College Outpatient Center through Tufts U. (open to all students in Boston area)

200 Boston Ave, Suite 1925, Medford, MA
617-600-6775
thehavenatcollege.com/locations/tufts/
(Support for college students struggling with mental health and substance use so they can remain engaged in a successful and safe college experience)

Mental Health Crisis Hotline

Call or text: (998) for immediate mental health crisis support from a local counselor

Substance Abuse & Mental Health Services Administration (SAMHSA)

National Helpline: 1-800-662-4357
Website: samhsa.gov

For more information on Suffolk student resources, visit suffolk.edu/student-life/student-services



ALCOHOL EDUCATION

IT'S YOUR CHOICE:
INFORMATION AND
SUPPORT FOR ALCOHOL
CONSUMPTION IN COLLEGE

Suffolk University Counseling, Health & Wellness
73 Tremont Street, 5th Floor
617-573-8226 | suffolk.edu/chw

Information adapted from
The Change Companies. (2010) CHOICES About Alcohol: A Brief
Alcohol Abuse Prevention Program.

HOW ALCOHOL EFFECTS THE BODY

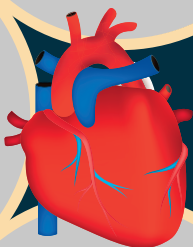
Alcohol reaches the brain within minutes. As BAC builds, thought processes, emotional responses & motor coordination are impaired.



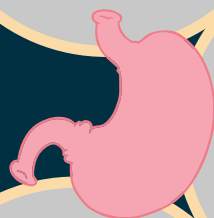
The liver removes alcohol from the bloodstream constantly at 1 drink per hour. When alcohol is consumed at a faster rate, the liver cannot keep up & BAC continues to rise.



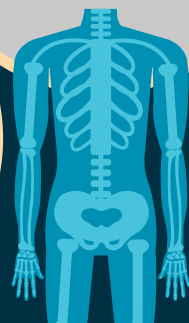
At low doses, alcohol temporarily increases heart rate, creating a mildly stimulating effect.



Alcohol is a depressant drug that slows down the central nervous system.



Alcohol affects the drinker quickly because it does not require digestion. It is absorbed directly into the bloodstream through the walls of the stomach and small intestine.



WHAT IS BAC?

Blood Alcohol Concentration is the body's ratio of alcohol to blood, usually expressed as a percentage.

For example 0.10% BAC means 1 part of alcohol for every 1,000 parts of blood. Most states set 0.08% BAC as the legal limit for drivers over 21 years old.

Remember that any amount of alcohol is against the law for those under 21.

BINGE DRINKING

According to the National Institute of Alcohol Abuse and Alcoholism (NIAAA), Binge Drinking is a pattern of alcohol consumption that results in a BAC of 0.08 or higher. The pattern typically corresponds to consuming 5 or more drinks (male), or 4 or more drinks (female), in about 2 hours.

Binge drinking poses several risks to a student's health and academic performance. When asked in a 2021 survey, students reported after taking part in binge-like activities they were more likely to fall behind in class, do poorly on exams, and receive lower grades overall.

WHAT IS "A DRINK"?



1 STANDARD DRINK
=
0.5 OUNCES OF PURE ALCOHOL
=

12 Fluid Ounces of Regular Beer (5% Alcohol)



Includes regular beers, some spiked seltzers, hard ciders, hard iced teas or lemonades.

5 Fluid Ounces of Wine (12% Alcohol)



Wine, sangria, sake, champagne.

1.5 Fluid Ounces of 80-Proof Liquor (40% Alcohol)



Includes shots or mixed drinks with vodka, gin, rum, whiskey, tequila, etc.

EFFECTS OF BAC

.02% to .04% = Lightheaded - Relaxation, sensation of warmth, "high," minor impairment of judgement

.05% to .07% = Buzzed - Relaxation, euphoria, lower inhibitions, minor impairment of reasoning & memory, exaggerated emotions

.08% to .10% = Legally Impaired - Euphoria, fatigue, impairment in balance, speech, vision, reaction time & hearing, judgement & self control

.11% to .15% = Drunk - "High" reduced, depressive effects more pronounced, gross motor impairment, judgement & perception severely impaired

.16% to .19% = Very Drunk - Strong state of depression, nausea, disorientation, dizzy, increased motor impairment, blurred vision, judgement further impaired

.20% to .24% = Dazed & Confused - Major disorientation to time and place, increased nausea & vomiting, may need assistance to stand/walk, unaffected by pain

.25% to .30% = Stupor - All mental, physical & sensory functions are severely impaired, accidents very likely, little comprehension, may pass out suddenly

.31% and up = Coma - Level of surgical amnesia, onset of coma, possibility of acute alcohol poisoning, death due to respiratory arrest is likely in 50% of cases