

Binge Drinking: The Facts

How do you fit in with the crowd, why do you drink with them?



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Introduction

- **Pauline Luther**
 - **Teacher**
 - **County-wide Project Coordinator**
 - **STAR Grant**



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Invitation-Save the Date!

- STAR Summit
 - May 17 (Saturday)
 - 8:30-3:30
 - Location: TBA



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Survey Discussion



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Question 1

It is impossible to overdose on alcohol.

A. True

I Speak of Dreams

<http://lizditz.typepad.com/>

B. False

Survey Discussion



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Question 2

“Binge Drinking” is a term that refers to drinking a large amount of alcohol (4-5 drinks) in a short amount of time.

A. True

B. False

Binge Drinking



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The National Institute on Alcohol Abuse and Alcoholism (NIAAA) National Advisory Council approved the following definition/statement:

A “binge” is a pattern of drinking alcohol that brings blood alcohol concentration (BAC) to 0.08 gram percent or above.

Binge Drinking



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**For the typical adult, this pattern
corresponds to consuming**

- **5 or more drinks (male)**
- **4 or more drinks (female)**

in about 2 hours

Binge Drinking



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A “drink” refers to half an ounce of alcohol which is found in:

- **one 12-oz. Beer**
- **one 5-oz. glass of wine**
- **one 1.5-oz. Shot of distilled spirits**

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Question 3

Alcohol poisoning occurs when a person mixes wine, beer and hard liquor.

A. True

Facts About Alcohol Poisoning

<http://www.collegedrinkingprevention.gov/OtherAlcoholInformation/factsAboutAlcoholPoisoning.aspx>

B. False

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Question 4

Binge drinking in your teens or early twenties does not put you at risk for becoming an alcoholic later in life.

A. True

Alcohol and Teen Drinking
[More Information, Help and Support](http://www.focusas.com/Alcohol.html)

<http://www.focusas.com/Alcohol.html>

B. False

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Question 5

Alcohol speeds up a drinker's breathing, heart rate and reaction time.

A. True

B. False

Effects of Alcohol



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Short term effects of alcohol on the body

We drink, we feel different.

We stop drinking and sooner or later we feel 'normal' again.

But what's really going on inside our bodies and how does alcohol affect us in the short term?

a few drinks tonight? ▶

Find out what happens to you and your body on a typical night out with the [Drinking Time Machine](#).

Survey Discussion



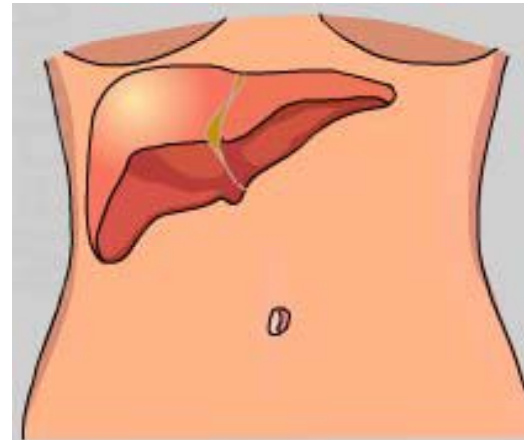
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Question 6

The liver can only process a half-ounce of alcohol per hour.

A. True

B. False



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Question 7

Drinking games are a good way to pace or monitor your drinking.

A. True

B. False



http://road2death.com/stages_intoxication.htm

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Question 8

Drinking heavily on a regular basis does not have any long-term effect on your brain or heart.

A. True

Alcohol Effects & You

B. False

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Question 9

Signs of alcohol poisoning include vomiting, slow breathing, clammy skin and being unresponsive.

A. True

B. False

A graphic of a puzzle piece with the words 'Alcohol Poisoning' written on it. The puzzle piece is light green and yellow, with a shadow effect.

**Alcohol
Poisoning**

http://www.brad21.org/alcohol_poisoning.html

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Question 10

If someone shows signs of alcohol poisoning, it's best to just let the person sleep it off.

A. True

Health Topics
Alcohol Poisoning:
How to Help a Drunk Friend

<http://healthcenter.ucdavis.edu/topics/alcoholpoisoning.html>

B. False



What are 4 things to do if someone passes out from binge drinking?

- **Call for help 9-1-1**
- **Turn them on their side**
- **Monitor breathing and pulse**
- **Don't leave them alone**

1 Rule

A Sobering View of What Impairment Can Do

**NO STANDING, WALKING, OR LEAVING
YOUR SEAT!!**

3 Field Sobriety Tests

- **The Horizontal Gaze Nystagmus (HGN)**
- **The walk-and-turn**
- **The one-leg stand**



Review



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Thank you and be safe!

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