

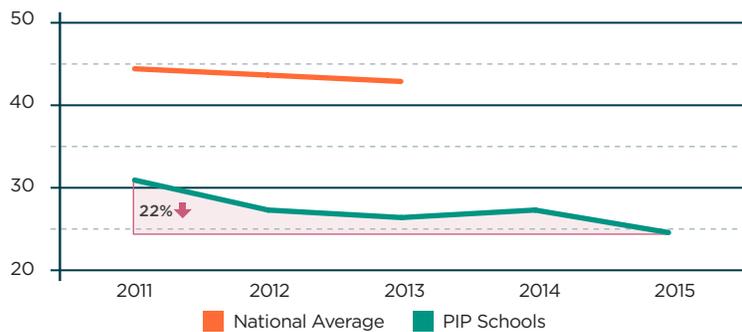
ALCOHOL: BINGE-DRINKING AND NEGATIVE CONSEQUENCES

Missouri Partners in Prevention (PIP) is a statewide coalition of 21 campuses dedicated to creating healthy and safe college and university environments. PIP implements the Missouri College Health Behavior Survey (MCHBS) each year, which helps to measure student health behaviors and perceptions. **This is the first in a series of briefs on the most critical public health issues in Missouri higher education. We define critical issues as the behaviors on campus which cause threats to the safety of our students on a daily or weekly basis.** Reducing high-risk behaviors, such as binge-drinking*, remains a core focus, despite improvements in trend data since 2011. Analysis of 2015 MCHBS data indicated noticeable differences in binge drinking rates among student groups.

DISCUSSION

Binge-drinking has been linked to many health and behavior issues, including alcohol poisoning, physical assault, sexual abuse, injury, and academic problems. Because of these health and behavior issues, it is a main focus for many campus programs. PIP schools consistently rank below the national average of binge-drinking on college campuses, and PIP schools have seen a 22% reduction in reported binge-drinking rates from 2011 to 2015, with the statewide average decreasing from 31% to 24% in those five years.

PIP vs. National Data (2011-2015)



Despite this overall positive trend, binge-drinking rates on individual campuses in 2015 ranged from 3% to 37%. When further investigating binge-drinking and risky drinking behaviors, many campuses requested information on specific subpopulations. The most requested groups were students who identified as part of a sorority or fraternity (Greek) versus those who did not (non-Greek), students who identified their race as white or Caucasian (majority) versus students who identified as a minority race (minority)**, student leaders (leaders) versus non-student leaders, and finally student athletes versus non-athletes. Of those groups, students who identified as part of a sorority or fraternity and students who identified their race as white or Caucasian reported the most negative consequences as a result of alcohol consumption. Less significant differences are seen between student athletes and non-athletes and student leaders and non-student leaders. The table below highlights some of the negative consequences of drinking that might impact student health and academic success.

Common Negative Consequences by Subpopulation (2015)

	Greeks	Non-Greeks	Majority	Minority	Athlete	Non-Athlete	Student Leader	Non-Student Leader
Had any hangovers	76%	43%	51%	35%	53%	48%	52%	46%
Had 5+ hangovers	31%	11%	16%	5.3%	20%	14%	17%	13%
Missed any class	36%	12%	16%	12%	15%	16%	18%	14%
Missed 5+ class	5.4%	1.5%	2.1%	1.8%	1.7%	2.1%	2.1%	2.1%
Had any blackouts or memory loss	52%	20%	27%	13%	30%	25%	29%	23%
Had 5+ blackouts or memory loss	11%	2.8%	4.6%	1.4%	5.0%	4.0%	4.6%	3.8%

SUMMARY

Because binge-drinking can be associated with many health and behavior concerns among college students, it is important to continually monitor and work to decrease these rates. The 2015 MCHBS reveals encouraging information with the decreasing binge-drinking rates thanks to annual monitoring and positive programs and social norming assisted by Partners in Prevention. However, certain groups, such as students participating in Greek Life on college campuses, continue to have high-rates of binge-drinking and are

a higher risk for the negative consequences associated with drinking than their peers.

**For the purpose of this brief, binge-drinking is defined as 5 or more drinks in a 2 hour period.*

***Students who identified as American Indian or Alaskan Native, Asian, Hawaiian or Pacific Islander, Black or African American, Native Caribbean, Bi-racial or Multi-racial, or Other accounted for less than 19% of the population and were therefore combined into one minority category.*

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