Greek Life 101 Training:
October 2009

Social Norms & Alcohol Use in the Greek Community

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Presentation Objectives

- By the end of this session you will...
  - Understand the difference between perception vs. reality of drinking on campus
  - Be able to identify 2 symptoms of alcohol poisoning
  - Know how to identify 3 protective behaviors around drinking
The Scott Krueger Story
A Snapshot of High-Risk Drinking Consequences

- **Death** – 1,700 college students between 18-24 years of age die each year from alcohol-related injuries.

- **Injury** - 599,000 students between 18-24 years of age are injured each year under the influence of alcohol.

- **Sexual Assault** – more than 97,000 students between the ages of 18-24 are victims of alcohol-related sexual assault.

Hingson et al., 2005
New York State
Alcohol Laws

- Legal age to drink alcohol in New York State is 21 years old

- It is a felony in New York State to obtain, use or distribute a fake I.D.
Standard definition of a drink

The body can metabolize slightly less than ½ ounce of pure alcohol per hour.

12 oz. 4-5% alcohol
1 oz. 100 proof (50% alcohol)
4 oz. 12% alcohol
Social Norms & Drinking

- How many drinks do you think the typical RPI undergraduate student consumes in one evening?
Risk related to different Quantity & Frequency

0 Drinks Daily
- No known alcohol-related problem
- Live longer than people drinking 3 or more per day

1-2 Drinks Daily
- No known increased risk
- May live longer than abstainers or those who drink 3 or more per day

3 Drinks Daily
- Higher blood pressure
- More heart disease
- More cirrhosis for women
- Shorter lives
Binge Drinking

- 4 or more drinks in one sitting for women within the last two weeks
- 5 or more drinks in one sitting for men within the last two weeks
Female High-Risk Drinking
Number of Times Had 5 or More Alcoholic Drinks at a Single Setting in Past 2 Weeks

Number of Drinks Consumed

RPI NCHA Survey 2007, n=1331
Male High-Risk Drinking
Number of Times Had 5 or More Alcoholic Drinks at a Single Setting in Past 2 Weeks

Number of Drinks Consumed

RPI NCHA Survey 2007, n=1331
The 70/30 Phenomena

70% of drinkers consume 10% of all the alcohol. That means 30% of drinkers are consuming 90% of all the alcohol!

That means *MOST* people are making low-risk drinking choices most of the time!
Protective Behaviors

- Use a designated driver
- Eat before and/or during drinking
- Keep track of how many drinks consumed
- Alternate non-alcoholic with alcoholic beverages
- Pace drinks to one or fewer an hour
- Avoid drinking games
- Drink an alcohol look-alike
- Educate yourself and others about alcohol
- Attend alcohol education programs (TIPS)
How Often Did You Eat Before and/or During Drinking During Last School Year if You Partied/Socialized

RPI NCHA Survey 2007, n=1331
How Often Did You Avoid Drinking Games During Last School Year if You Partied/Socialized

Frequency

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<th>Non-Greek</th>
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RPI NCHA Survey 2007, n=1331
BLACKOUTS

- Periods of amnesia when alcohol consumption levels prevent the formation of memories in the brain

PASSOUTS

- Loss of consciousness
- Body’s natural way of preventing further chemical poisoning
Symptoms of Alcohol Poisoning
(any ONE of these signs)

- **Respiration**: less than 9 breaths per minute
- **Pulse**: outside of 50 to 140 beats per minute
- **Pupil Dilation**: unevenly responsive to light.
- **Pain Response**: does not respond to shoulder pinch.
- **Cold, clammy or bluish skin**
If You Suspect Alcohol Poisoning:

- Pinch Test
- Roll the person on his/her left side (BACCHUS Maneuver)
- Call Public Safety or 911
- Stay with the person AND
- Continue to monitor respiration – the person’s BAC could still be rising

Good Samaritan Policy
Signs of Alcohol or Other Drug Abuse

- Blackouts
- Change in physical appearance (i.e., weight, hygiene)
- Excessive fatigue
- Expressions of hopelessness, fear or worthlessness
- Losing interest in things that used to be important (sports, hobbies, friends, etc.)
- A negative change in the classroom, drop in grades
- Arrest or injury related to alcohol or other drugs
- Denial or defensiveness when confronted
Basic Intervention Steps

- I care... about you
- I see... here’s what I have noticed – times, dates, facts
- I feel... scared for you, frustrated that you don’t see what’s happening, etc.
- I want... you to see someone at Student Health and Counseling Services
- I will... be here if you want to talk
Campus and Community Alcohol Abuse Resources

- RPI Student Health & Counseling Center
  (M-F 8am-5pm & Sat/Sun 10am-2pm)
- Alcoholics Anonymous of Albany: http://albanynyaa.org/ (three on-campus dates and locations provided)
- Al-Anon of Albany: http://www.al-anon-8ny.org/ (one meeting at Samaritan Hospital)
- Hudson Mohawk Recovery Center, Troy, NY: 518-272-3918
- TIPS Training (Training for Intervention Procedures)
- PRIME For Life Alcohol Risk Reduction (5 hour curriculum)
- National Institute on Alcohol Abuse and Alcoholism (NIAAA): http://www.niaaa.nih.gov/
- Substance Abuse and Mental Health Services Administration (SAMHSA): http://www.samhsa.gov/
Health Education Services

- Private consultation, brochures, condoms, health awareness events (Breast Cancer Awareness, World AIDS Day, National Nutrition Month, etc.), presentations in your Greek Life Houses and more!

- Tara Schuster, Health Educator

- Phone: 276-2305

- schust@rpi.edu

- Drop by the office ~ Anytime!


RPI National College Health Assessment, Spring 2007
Take Home Message

- Review of Objectives:
  1) perception vs. reality of drinking
  2) alcohol poisoning symptoms
  3) protective behaviors

- When in doubt, seek help!

- **EMPOWER** yourself and others to make low-risk choices around alcohol with the skills you now have in your toolkit!
Thank You!
Have a Great Year!