"SECONDARY BINGE" EFFECTS

Widespread binge drinking (five or more drinks in a row) on America's college campuses is creating a public health problem with secondary effects that threaten the quality and safety of the college experience for millions of non-bingeing students, according to a Harvard study published in the December 7, 1994 issue of The Journal of the American Medical Association.

The study, conducted by the Harvard School of Public Health, examined the drinking behavior and ensuing health and social problems of over 17,000 students attending 140 American colleges. Approximately 44% of surveyed students admitted to binge drinking. Almost 20% of the binge drinkers said they indulged in binges three or more times in the two weeks preceding the 1993 survey. It also found that binge drinkers were seven to ten times more likely than non-binge drinkers to have unprotected sex, to engage in unplanned sex, to get in trouble with campus police, to damage property, or to get hurt.

One of the more startling and unique findings in the survey was that the vast majority of students (87%) have experienced one or more problems as a direct result of others' binge drinking. Such things as physical assault, sexual harassment, and impaired sleep and study time are among what the researchers are calling "secondary binge" effects.

"The discovery of secondary binge effects underscores a new call to action," said Katherine C. L forwarded to the University of Wisconsin System and chairperson of the Harvard School of Public Health College Alcohol Study Advisory Board. "College administrators need to recognize that there are millions of alert victims who need proactive support from their schools. Non-bingeing students need to understand that they have the right to demand a better campus environment and immediate intervention when binge drinking impinges on their education, health, and safety."

WHAT BINGE DRINKERS DO TO OTHERS

<table>
<thead>
<tr>
<th>Event</th>
<th>Low Bingeing Level School</th>
<th>High Bingeing Level School</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unwanted sexual advances (women)</td>
<td>15%</td>
<td>26%</td>
</tr>
<tr>
<td>Pushed, hit or assaulted</td>
<td>7%</td>
<td>12%</td>
</tr>
<tr>
<td>Serious argument or quarrel</td>
<td>13%</td>
<td>20%</td>
</tr>
<tr>
<td>Insulted or humiliated</td>
<td>21%</td>
<td>34%</td>
</tr>
<tr>
<td>Property damage</td>
<td>6%</td>
<td>15%</td>
</tr>
<tr>
<td>Study/nap interrupted</td>
<td>42%</td>
<td>68%</td>
</tr>
<tr>
<td>Required supervision (babysitting)</td>
<td>31%</td>
<td>54%</td>
</tr>
</tbody>
</table>

Note: At low bingeing schools, less than 35% of students binged. At high bingeing schools, over 50% of students binged.


Funding in part by the City of Manhattan.
THE GOOD NEWS

Fewer Youth Dying in Auto Crashes with Alcohol Involved

According to 1993 statistics compiled by the National Highway Traffic Safety Administration (NHTSA), the number of young people killed in auto accidents is continuing to decrease. Just over 40 percent of all deaths for young people (ages 15 to 20) resulted from motor vehicle crashes. While auto accidents are still the leading cause of death for teens, fewer than half of these accidents are alcohol-related. As a result, drinking and driving is no longer the leading cause of death for teenagers.

However, the need for safety belt education and drunk driving prevention is still an issue since young people continue to die in alcohol-related crashes. In 1993, more than a thousand young people—1,081 to be exact—were killed in crashes where the driver was intoxicated. Another 1,281 were killed in crashes in which the driver may not have been intoxicated but alcohol was still involved. And, in spite of the safety safety belt usage laws across the states, 38 percent of the young people killed had not bothered to buckle up.

(Source: BACCHUS NEAT, November, 1994, pp. 3-4)

Improved Behavior Cited in Collegiate Alcohol Surveys

At a time when the only news seems to be bad news about the drinking habits of college students, the BACCHUS and GAMMA Peer Education Network has released survey results providing good news about the habits of students participating in their peer education program.

Incidents of drunk driving, sexual assault, physical illness and sexual assault related to alcohol consumption were 75 percent lower among students who were members of BACCHUS or GAMMA chapters than those students surveyed in earlier national studies who were not affiliated with the peer education program. Additionally, survey results showed that nearly 75 percent of BACCHUS program members are comfortable confronting friends about problem drinking behavior.

"Peer education is clearly important in changing the behavior of students when alcohol is concerned," said Drew Hunter, executive director of BACCHUS, the nation's largest collegiate alcohol awareness and education program. "The evidence that students can and will confront each other when necessary is equally important. Students are obviously willing to help each other when given the proper education."

(Source: Drew Hunter, National BACCHUS & GAMMA Peer Education Network and BACCHUS news release, June 1994)

Cheers to K-State!

According to voluntary and anonymous survey data collected in 1991 and 1994 by the K-State Alcohol and Other Drug Education Service, the drinking patterns of K-State students have not significantly changed over the last four years. In fact, nearly half of all students surveyed either do not drink or drink two times or less per month.

<table>
<thead>
<tr>
<th></th>
<th>1991</th>
<th>1994</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do not drink alcohol</td>
<td>23%</td>
<td>18%</td>
</tr>
<tr>
<td>Drink 1-2 times a year</td>
<td>8%</td>
<td>7%</td>
</tr>
<tr>
<td>Drink 1-2 times a month</td>
<td>27%</td>
<td>31%</td>
</tr>
<tr>
<td>Drink 1-3 times a week</td>
<td>49%</td>
<td>42%</td>
</tr>
<tr>
<td>Drink more than 3 times a week</td>
<td>4%</td>
<td>9%</td>
</tr>
<tr>
<td>Drink daily</td>
<td>&lt;1%</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>Average number of drinks per drinking experience</td>
<td>38%</td>
<td>30%</td>
</tr>
<tr>
<td>Average 4 to 6 drinks per drinking experience</td>
<td>35%</td>
<td>32%</td>
</tr>
</tbody>
</table>
THE BAD NEWS

Unfortunately, it is almost impossible to talk about the good news without mentioning the "not-so-good" news as well. In an effort to present a realistic picture of the alcohol and other drug scene in the K-State/Manhattan community, the state of Kansas, and in the United States as a whole, we believe it necessary to allow space for the "Bad News."

Drinking & Driving

K-State/Manhattan

- In 1984, 30 K-State students were arrested on campus for Driving Under the Influence (DUI).
- From 1989 to 1994, the number of DUI arrests in Riley County increased 24%. Over half of all the arrests, 260 out of a total of 477, were of traditional college-aged individuals (18-25 years old).

Kansas

- In 1993, 92 drunk driving deaths occurred in Kansas.
- At some time in their lives, two out of five Kansans will be involved in an alcohol-related accident.
- 20,260 people in the state of Kansas were arrested for Driving Under the Influence in 1990.

United States

- 362,000 people in the USA were injured in alcohol-related crashes in 1993.
- In 1993, 17,461 Americans were killed in alcohol-related crashes; or about 1 person every half hour (or 48 persons per day).

Marijuana Use Is Up

K-State/Manhattan

- With the start of the '90s, marijuana use has been steadily rising at K-State. The percentage of K-State students surveyed who had smoked marijuana in the last month are indicated below:
  - 1990: 5%
  - 1993: 9%
  - 1994: 11%

United States

- In a 1994 survey of over 17,000 college students across the nation, 23.6% admitted to using marijuana within the last month. Marijuana was the most commonly used illicit drug.

Safety Belt Usage

K-State

- Although it is Kansas law to buckle up when driving, in a 1994 survey, only 44% of drivers on the K-State campus used their safety belts.

United States

- In 1993, 18-year-olds recorded the most fatalities where no safety belt was used.

Costs $$$

Kansas

- Alcohol and other drug abuse costs Kansas approximately $1 billion annually.

United States

- Each year, college students spend about $1.2 billion on alcoholic beverages.
- In 1993, the gross sales total for Anheuser-Busch companies was $11.2 billion.

THE FAR SIDE
by GARY LARSON

Dogs and alcohol
The tragic untold story
WAYS TO GET HIGH WITHOUT DRUGS

Why do people use drugs? For some individuals, drugs are used to alter their state of consciousness. Wanting to experience elation and a heightened sense of being fully alive is natural. Fortunately, there are plenty of safe methods to help us achieve an altered state, to rise above the day-to-day routine, and to feel fully alive and uplifted. And they can be accessed as quickly as most drugs, without the negative side effects.

**Relaxation (Sedative Response)**
- Watching a sunset
- Yoga
- Meditation
- Prayer
- Sitting in front of a fire
- Music
- Reading a book
- Massage
- Taking a warm bath

**Excitement (Amp-Activating Response)**
- Sky diving
- Video games
- Acrobatics
- Skiing
- White water rafting
- Water sliding
- High-level ropes course
- Sledding
- Dancing

**Fantasy (Hollow-Imaginative Response)**
- Sleep
- Day dreaming
- Visual imagery
- Hypnosis
- Reading
- Guided relaxation
- Painting
- Virtual Reality games
- Role-playing games

The next time you think a drink or some other drug might make you feel better, choose something from this list instead. Unlike most drugs, a natural high doesn’t need a warning label and it doesn’t take a chunk out of your wallet.

*Source: HealthQuest newsletter, March 1995.*

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**Campus Resources**

**University Counseling Services**
LaFort Health Center, 2nd floor
532-6927

**Al-Anon Meeting**

- Thursday 5-6 pm
- K-State Union, State Room 1
- (until 5/4/95)
- K-State Union, room 203
- Beginning 6/11/95
- 532-6927 (Revampe)

**Alcoholics Anonymous**

- Open Noon Meeting
- 2322 N.W. 16th
- 913-862-3314
- 8101 Denison

**Alcohol and Other Drug Education Service**

- LaFort Health Center, room 214
- Kansas State University
- Manhattan, KS 66506-3302
- (913) 532-6927

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