Alcohol use and abuse, the differences between ...

WOMEN

Nine out of 10 wives stay with their alcoholic husbands.

Women's bodies contain less water and more fat than men's bodies. Because of their smaller quantity of body water, women achieve higher concentrations of alcohol in their blood than men after drinking equivalent amounts of alcohol.

Women tend to prefer wine and liquor as their alcoholic beverage of choice.

Women alcoholics lose their jobs more often than men because of their alcohol problems.

Higher rates of alcohol problems are found among lesbian women than among hetero-sexual women.

Women tend to become problem drinkers at a later age than men and develop drinking problems more rapidly.

Two high-risk indicators for heavy drinking among women are a college degree and a high income.

There is a heightened effect from alcohol for women using oral contraceptives.

MEN

Three in 10 husbands remain with their alcoholic wives.

Men have a higher percentage of water content in their bodies, therefore enabling a greater capacity for diluting the alcohol ingested.

Men tend to prefer beer as their alcoholic beverage of choice.

A higher proportion of the alcoholic population is male -- 66 to 75%, compared to female -- 25 to 33%. The proportion of male alcoholics to female alcoholics in treatment is similar to the proportion of all male and female alcoholics.

Recovering male alcoholics and their sons tend to be less expressive and imaginative, show less appreciation for aesthetic stimuli, less innovation, and less able to acknowledge new ideas than non-alcoholic fathers and their sons.

Men are at lower risks of poly-drug use and less likely to become cross-addicted than are women.

Those individuals categorized as heavy drinkers are more likely to be male.
ALCOHOL USE AMONG COLLEGE STUDENTS

What class rank drinks the most?
Seniors in college report the heaviest alcohol consumption of all the class ranks.

Which of the sexes consumes the most alcohol?
Male collegiates tend to be the heavier drinkers, while the female collegiates tend to be light or moderate drinkers.

How does alcohol use rate in terms of grades?
Of those students who report GPAs of less than 2.0, the majority are classified as either heavier or heaviest drinkers. Students reporting lower GPAs reported higher alcohol use than did students reporting higher GPAs.

Does self-image correlate with alcohol use?
Yes! Students with lower self-esteem scores were significantly more likely to consume higher quantities of alcohol than were students with higher self-esteem scores. Students exhibiting symptoms of lower general well-being were significantly more likely to consume higher quantities of alcohol as well.

Why do college students use alcohol?
There are several reasons why students drink, such as to celebrate or simply because they like the taste of the drink. However, some researchers have suggested and supported the finding that some students often use alcohol to cope with adverse symptoms such as stress, depression, inability to sleep, and suicidal tendencies.


Campus Resources

University Counseling Services
Lafene Health Center-2nd floor
(Sherry Benton) 532-6927

Al-Anon Meeting
Union State Room #1
Thursdays, 5-6 p.m.
Beginning August 25, 1994
532-6927 (Roxanne)

Alcoholics Anonymous
Open Noon Meeting
(M-F, Noon-1 p.m.)
Ecumenical Campus Ministry
1021 Denison

Lafene Health Center
532-6544