

Binge Drinking among Missouri College Students

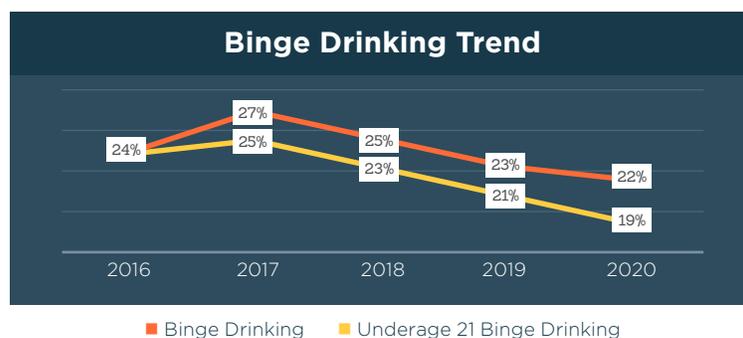
Partners in Prevention (PIP) is Missouri's higher education substance misuse consortium dedicated to creating healthy and safe college campuses. The coalition is comprised of 24 public and private colleges and universities in the state. The campuses in the coalition work to prevent and reduce high-risk behaviors by implementing evidence-informed strategies. To measure progress and obtain data needed for the implementation of programs, PIP created the Missouri Assessment of College Health Behaviors (MACHB) Survey. The MACHB is an annual, online survey that has been implemented each spring since 2007 that assesses students' experiences of substance use, mental health and well-being, and interpersonal violence. This brief will focus on binge drinking behaviors among Missouri college students.

Background

The NIAAA (National Institute on Alcohol Abuse and Alcoholism) defines binge drinking as a pattern of drinking alcohol that brings blood alcohol concentration (BAC) to 0.08 percent - or 0.08 grams of alcohol per deciliter - or higher. For a typical adult, this pattern corresponds to consuming 5 or more drinks (for men), or 4 or more drinks (for women), in about 2 hours.¹ In the MACHB survey, we define binge drinking as consuming 5 or more drinks in a 2-hour period at least once in the past 2 weeks. This definition is in line with the old NIAAA definition and is easier to calculate for students than their BAC. Binge drinking is associated with consequences such as injuries, alcohol poisoning, interpersonal violence, and more.²

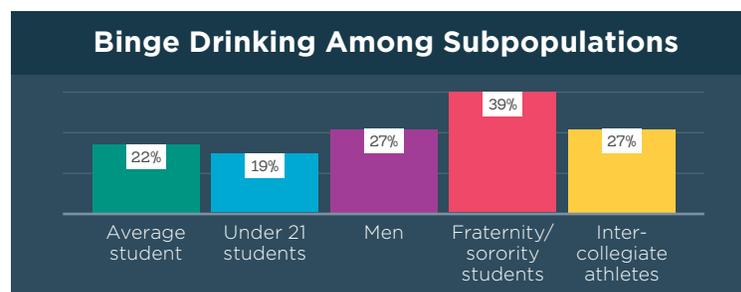
Missouri Binge Drinking Rates

In 2020, 22% of Missouri college students reported binge drinking. Binge drinking has decreased steadily statewide since 2017. Additionally, 5.4% of students



report frequently binge drinking, doing so 3 or more times in the past 2 weeks.

Binge drinking varies by subpopulation, with higher percentages of binge drinking among men, students involved in Fraternity and Sorority life, and intercollegiate athletes than the overall student average.



Consequences of Alcohol Use

Overall, students who binge drink are more likely to have experienced various consequences of alcohol use than students who do not binge drink at least once in the past year.

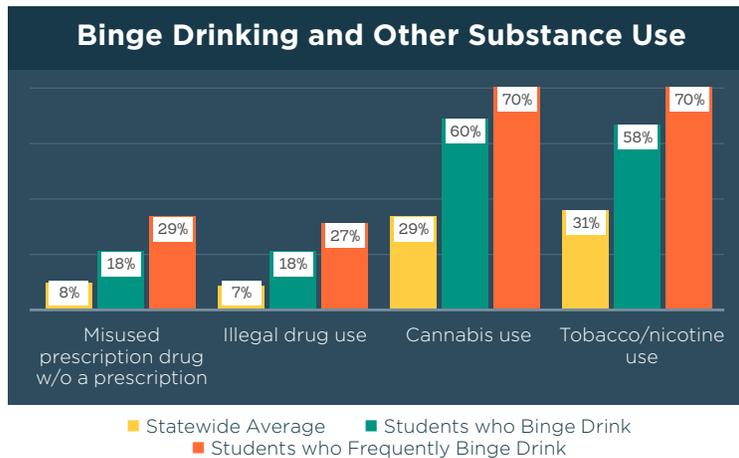
	Students who Binge Drink	Students who do not Binge Drink
Hangover	87%	34%
Hurt/Injured	30%	4.4%
Driven after drinking	28%	8.2%
Rode with someone who drove after drinking	40%	12%
Performed poorly on a test/assignment	22%	4.0%
Missed class	41%	8.0%
Blackout/memory loss	63%	12%

For more information, visit pip.missouri.edu

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Binge Drinking and Other Substance Use Behaviors

Binge drinking may also be an indicator of other high-risk behaviors. Students who report binge drinking and frequently binge drinking were more likely to have reported misusing prescription drugs, using illegal drugs (not including cannabis), using cannabis, and using tobacco/nicotine products in the past year.



Summary

Though binge drinking statewide continues to decrease, it is still an important critical health behavior to monitor. Additionally, this data shows that binge drinking is an indicator of experiencing consequences related to alcohol use, as well as other substance use behaviors. Various evidence-informed prevention strategies such as education, social norms campaigns, screening, brief intervention, and referral to treatment, and environmental management are common ways that campuses work to decrease binge drinking on campus. For more information on evidence-informed strategies related to alcohol use, consult the [NIAAA's College Alcohol Intervention Matrix \(AIM\)](#).

Contact Partners in Prevention at (573) 884-7551.

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1. Drinking Levels Defined, National Institute on Alcohol Abuse and Alcoholism (NIAAA).

2. Binge Drinking, Centers for Disease Control (CDC), 2019.