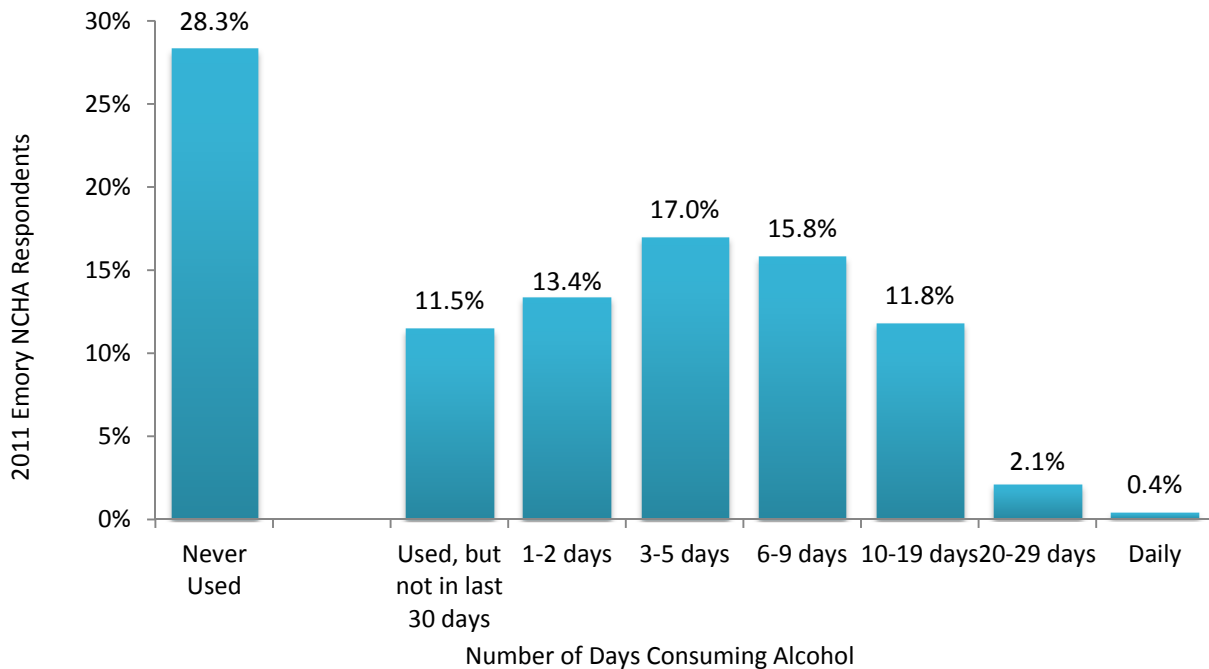


Alcohol use on campus

The majority of students nationally, and the majority of Emory students specifically, report using alcohol at least once in the past 30 days.¹

But that doesn't mean that every student chooses to drink. According to student surveys, 30% of Emory undergraduates have never used alcohol, and an additional 10% of previous users didn't use alcohol in the past month.¹

Figure 1. Frequency of Alcohol Use in Last 30 days, 2011 Emory Undergraduate Respondents (n=835)



If you choose to use alcohol...

Learn more about Emory's [Alcohol and Drug Abuse Policy](#) and the University's expectations if you choose to use alcohol.

Among the 70% of Emory undergraduates who do use alcohol, many report using harm reduction strategies to help lower the risk of negative consequences related to alcohol use. These strategies include:

- Stay with the same group of friends throughout the party.
- Eat before and/or during drinking.
- Keep track of the number of drinks you have. Set a limit before you go out and stick to it.

¹ American College Health Association. American College Health Association-National College Health Assessment II: Institutional Data Report Fall 2011 Emory University. Hanover, MD: American College Health Association; 2011.

- Pace your drinks to one drink per hour, and be sure to alternate with water or other non-alcoholic drinks throughout the night.
- Avoid drinking games.

Tracking the number of drinks

In [Rethinking Drinking](#), the National Institute on Alcohol Abuse and Alcoholism (NIAAA) explains the quantity related to low risk use for men and women.

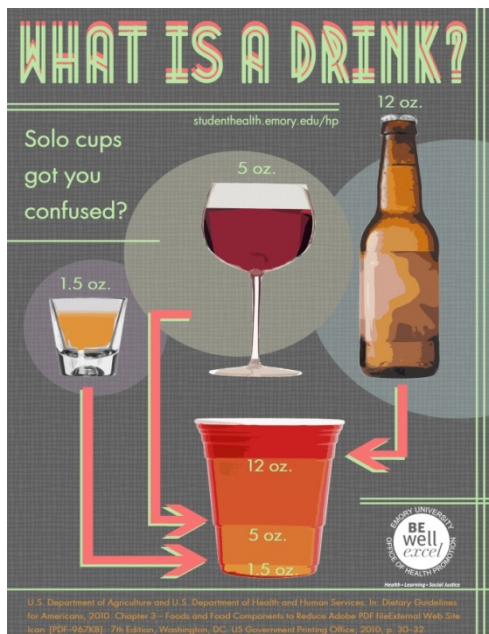
Some people choose not to drink. For people who choose to use alcohol, drinkers with the lowest rates of alcohol use disorders stay within these limits:

- For men, no more than 4 drinks on any day and 14 per week;
- For women, no more than 3 drinks on any day and 7 per week.

Depending on your health status, your doctor may advise you to drink less or not at all.²

Red solo cups: A tricky pour

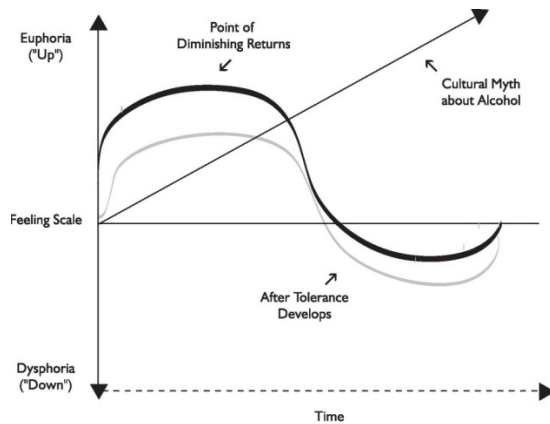
One cup does not necessarily equal one drink. Check out the standard serving size for these different types of alcohol, and keep them in mind when counting your drinks.



² http://pubs.niaaa.nih.gov/publications/RethinkingDrinking/Rethinking_Drinking.pdf (accessed 6/19/13).

Myth v. Reality

Drinking more and more alcohol throughout the event does not result in feeling better and better. Alcohol is a drug, which means that different dose levels affect your body in different ways. At a blood alcohol content (BAC) of .03—.05, people may report feeling more relaxed, less anxious, and able to interact more easily with other people. At higher BAC levels, however, people begin to feel the depressive effects of alcohol, including impaired judgment, decreased motor skills, possible loss of consciousness and risk of alcohol poisoning.



Biphasic Response to Alcohol

* Used with permission from Cornell University's Gannett Health Services (6/13).

Alcohol and consent for sex

Sexual activity requires consent, which is a clear, positive, voluntary, and ongoing agreement between participants. High risk alcohol use can severely limit the ability to give sober and enthusiastic consent. It can also impair a person's judgment about whether consent has been given. People who are incapacitated from alcohol or drugs cannot give consent for sexual activity.

Alcohol-related emergencies (potentially a call-out box so people can find the info quickly)

Call 911 immediately if a person shows signs of alcohol poisoning such as:

- Passed out and/or unresponsive
- Slow or irregular breathing
- Low body temperature
- Vomiting.

Emory is a community where members take care of each other. In incidents where an individual experiences severe intoxication or serious injury related to the consumption of alcohol (or other drugs), the primary concern is for the health and safety of the individual. Emory University seeks to support students and student organizations who call for help for themselves or others in such medical emergencies, and to remove barriers to acquiring help.

If you have questions or would like to learn more about the prevention of high risk alcohol use at Emory, please contact Willie Bannister (wbannis@emory.edu) or Jessica Hill (jessica.hill@emory.edu) in the Office of Health Promotion.