

Binge Drinking

Brandon Bach & Collaborator

Objectives

1. At the completion of this lesson, at least 70% of participants will be able to list two risk factors of binge drinking on a post-video worksheet.
2. At the completion of this lesson, at least 90% participants will be able to define what binge drinking is on a post-video worksheet.

Today's Topic

Binge Drinking

Breakout Room

Introduce yourselves, talk about their families and why they are here at the presentation. Then, we'll come back and share!

Definition

Binge drinking is a pattern of drinking that brings a person's blood alcohol concentration (BAC) to 0.08 g/dl or above. This typically happens when males consume 5 or more drinks and females consume 4 or more drinks in the time frame of about 2 hours.

Binge Drinking among High School Students

- Binge drinking is a common pattern of behavior of alcohol consumption among 12 - 17 years old.
- According to the 2014 National Survey on Drug Use and Health (NSDUH), an estimated 8.65 million Americans age 12 to 20 reported that they were current alcohol consumers.

Binge Drinking among High School students

- Young adults and teens consume 11% of the country's alcohol in a given year, 90% of that is consumed during a drinking binge.
- Teen males binge drink more often than females.
- White students report the highest level of binge drinking followed by Hispanic students.

Binge Drinking among High School Students

- Excessive drinking is responsible for more than 3,500 deaths and a combined number of 210,000 years of potential life lost among people under age 21 each year.
- In 2011, 1 in 20 high school parents drank more than 15 drinks in a row on average.
- In 2017, 4.5 million 12 to 20-year-olds binge drank at least once in the previous month.

Ask audience

Risk factor - something that increases a person's chance of getting a disease

What do you think are risk factors for binge drinking?

Risk Factors of Binge Drinking

- Adolescents whose peers drink alcohol
- Childhood trauma
- Genetics
- Brainwaves, P300 caused by stimuli
- Childhood behavior

Risk Factors of Binge Drinking Cont.

- Teens whose parents binge drink are more likely to drink alcohol than those whose parents do not
- Low levels of parental guidance and supervision
- Alcohol advertising

Case Study

“Jackson is a 16 year old high school sophomore, who has two married parents and plenty of friends. When Jackson hangs out with his friends they are often drinking around him. He doesn't usually drink, but when he does he'll have about 6 drinks. When he hangs out with his friends they all come to his house because his parents are usually gone on the weekends to party. Jackson is involved in two clubs and plays for the basketball team after school”

Breakout Time

In your rooms discuss;

1. What risk factors is Jackson facing ?
2. Is his behavior consider binge drinking ?

Case Study Discussion

1. What health issue was being addressed in the case study?
2. What about this case study surprised you the most ?
3. What specific binge drinking risk factors are you going to look out for in the future?

Negative Effects of Binge Drinking

Short term effects

- Blackout
- Loss of coordination
- Vomiting
- Mood swings
- Raised blood pressure
- Trouble concentrating
- Alcohol poisoning

Negative Effects of Binge Drinking

Long term effects

- Liver disease,
- Memory loss,
- High blood pressure
- Loss of attention span
- Alcoholic hepatitis

Alcohol & the Teenage Brain



Video Reflections

Please see Appendix A - Video Reflection Questions.

Answer questions before we discuss!

Binge Drinking Protective Factors

- A protective factor is something that helps people decrease their risk for diseases.
- Talking to your child about binge drinking is an effective form of prevention
 - Set clear rules and boundaries
 - Set expectations
- If there is alcohol in the home keep it locked up and put away

Binge Drinking Protective Factors

- Being a good role model
 - one of the main risk factors is kids who had parents who drank when they were growing up
- Possible early signs of binge drinking to look out for are
 - problems with behavior at school or grades and mood changes such as irritability
 - changes in friends and lower energy levels
 - change of interest in hobbies or activities and rebelliousness

Discussion Questions

- i. Which of the following is not a protective factor of binge drinking
 - a. Talk to your child about alcohol use
 - b. Set clear rules and boundaries
 - c. Have alcohol easily accessible in the house
 - d. Lock up alcohol in the house
- ii. Problems with behavior at school or grades is not a sign of binge drinking.
True or False
 - a. True
 - b. False
- iii. Having a good role model is a protective factor in preventing binge drinking. True or False
 - a. True
 - b. False

My Plan

- Take out a blank document
- Write down your own definition of binge drinking
- Write down two risk factors you can easily identify
- Write down a person or place your child trust to reach out to if they find themselves encountering binge drinking

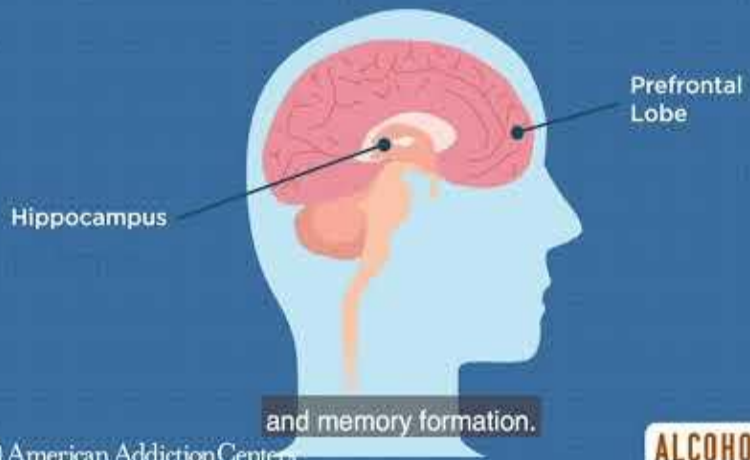
Wrap-up

Today you learned

- What is considered binge drinking
- Commonality of binge drinking among teens
- The risk factors that lead to binge drinking
- The negative effects of binge drinking
- Protective factors for binge drinking

Where to seek help

1. National Institute on Alcohol Abuse and Alcoholism
 - a. <https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/underage-drinking>
2. American Addiction Centers
 - a. <https://www.alcohol.org/teens/binge-drinking-facts/>
3. Talk It Out
 - a. <https://www.talkitoutnc.org/teenage-drinking/teen-binge-drinking/>



Thank You!

Questions and Comments

References

Centers for Disease Control and Prevention. (n.d.). *Binge drinking*. Centers for Disease Control and Prevention. <https://www.cdc.gov/alcohol/fact-sheets/binge-drinking.htm>.

Centers for Disease Control and Prevention. (n.d.). *Underage drinking*. Centers for Disease Control and Prevention. <https://www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm>.

Miller, J. W., Naimi, T. S., Brewer, R. D., & Jones, S. E. (2007). Binge drinking and associated health risk behaviors among high school students. *Pediatrics*, *119*(1), 76–85. <https://doi.org/10.1542/peds.2006-1517>

Alcohol.org.(n.d.)Teenage binge drinking effects.<https://www.alcohol.org/teens/binge-drinking/>.

U.S. Department of Health and Human Services.(n.d.)Youth drinking: risk factors and consequences - alcohol alert No. 37-1997. National Institute on Alcohol Abuse and Alcoholism. <https://pubs.niaaa.nih.gov/publications/aa37.htm>.

Zuckerman, D. (n.d.). *Binge drinking in teens and young adults*. National Center for Health Research. <https://www.center4research.org/binge-drinking-teens-young-adults/>.

References Cont.

T, Buddy. "Underage Drinking Risk Factors and Consequences." *Verywell Mind*, 16 Apr. 2020, www.verywellmind.com/underage-drinking-risk-factors-and-consequences-69483.