

National college drinking statistics

(Numbers are approximate)

Death

1,825 college students (ages 18 to 24) die from alcohol-related injuries

Injury to self

599,000 college students (18 to 24) are injured while under influence of alcohol

Assault

599,000 college students (18 to 24) are injured while under influence of alcohol

Injury

696,000 college students (18 to 24) are assaulted by another student who has been drinking

Sexual abuse

97,000 college students (18 to 24) are victims of alcohol-related sexual assault or date rape

Unsafe sex

400,000 college students (18 to 24) have unprotected sex, and more than 100,000 students report having been too intoxicated to know if they consented to having sex

Academic problems

One quarter of college students (18 to 24) report having academic consequences because of their drinking

Alcohol abuse and dependence

19 percent of college students (18 to 24) met the criteria for alcohol abuse or dependence, but only 5 percent of these students sought treatment for alcohol problems in the year preceding the survey

Drunk driving

3.36 million college students (18 to 24) have driven under the influence of alcohol

Other consequences

These include suicide attempts, health problems, vandalism, property damage and involvement with the police

Blood alcohol level, typical effects

0.01 - 0.04

Mild relaxation; slight loosening of inhibitions; slight loss of social discomfort; mild intensification of mood

0.05 - 0.06

Small buzz; slight sedation; feelings of warmth and relaxation; loss of shyness; emotion and behavior can become exaggerated; fine motor skills decline; reaction time slows. There may be only minimal awareness of these effects. Driving is a risky choice.

0.08

Blood alcohol limit for DUI in Washington state

0.07 - 0.09

Fuzzy thinking; motor skills clearly impaired; speech may be noticeably impaired; sight and hearing acuity are reduced; judgment ability is slowed and reduced. Ability to decide about further drinking is impaired and ability to evaluate and respond to sexual situations is diminished. (Warning: legally impaired consent is the same as no consent)

0.1 - 0.2

Emotions unstable; perceptions, thinking, judgment, reaction time are all significantly impaired

0.25 - 0.3

Confusion, disorientation, dizziness, exaggerated emotions; all sense perceptions distorted. Numbness; severe risk of injury

0.3 - 0.4

Stupor; motor functions severely impaired; unable to stand/walk. Vomiting, incontinence are high risk. Loss of pain awareness. Impaired consciousness. Risk of death.

0.4+

High risk of impaired circulation, respiration or heart rhythm. Coma and death due to anesthesia of brain areas and nervous system functioning are very possible.

SOURCE: U.S. Department of Health and Human Services