

Binge Drinking

Introduction

Over the years binge drinking has been defined and described in a few different ways, and the standards have fluctuated. Some say binge drinking is when a person drinks heavily for a few days and then goes back to their normal life shortly after the binge is through. Others say that binge drinking is defined as drinking for two days repeatedly, with sober breaks in between. The facts common to the various interpretations are that in order for the drinking to be classified as “binge”, a male has to consume five or more drinks between 1 to 3 hours, and a female must drink four or more drinks in the same amount of time. It is also prevalent among college students, as binge drinking is more likely to happen in social situations while in groups. Effects of binge drinking are heavy; with adolescents who binge drink often risking brain damage and memory loss as they enter their adult years. Also, just as with any form of drinking, liver damage is also a high risk. Studies show that binge drinking is becoming more and more of a problem, with an increase in the consumption of alcohol.

Section 1: Background and Problem Statement

CDC (Federal Government Web site)

http://www.cdc.gov/alcohol/quickstats/binge_drinking.htm

Healthy People 2010 did not have my topic, so I chose this Web site for my Federal Government Web Site. I am actually glad they did not have my topic because as I was looking for it I realized that Healthy People 2010 is a confusing site and not very helpful. I really liked the CDC’s Web site because it did not offer an over-load of information, so I was not overwhelmed. It gave short and specific facts, which I really liked.

Science Direct

http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B6WH0-4KJ74YH-2&_user=843411&_rdoc=1&_fmt=&_orig=search&_sort=d&_view=c&_version=1&_urlVersion=0&_useri d=843411&md5=1c0eb9caa3ab3aea541f131265effead

This Web site was very informative. It was not organized well and was difficult to navigate, but once I started reading the text I liked it. The only part of the set up I did enjoy was that it had an outline to direct me easier to the part I wanted to read, although it was not at the top of the page like I would expect. The information given was high-quality and had a good balance of text and statistics.

College Alcohol Study

http://www.hsph.harvard.edu/cas/Documents/97_survey-surveyReport/

This Web site did not really stand out for me, it was just average. It was not set up amazingly and although it offered good information, I found it hard to navigate. They had a section exclusively for

talking about the mailing and response rate of the questionnaires they sent out, and I think that was a waste of time and space. They could have dropped that and explained more about binge drinking.

Politics.co.uk

[http://www.politics.co.uk/reference/issue-briefs/health/public-health/binge-drinking-\\$481506.htm](http://www.politics.co.uk/reference/issue-briefs/health/public-health/binge-drinking-$481506.htm)

I really liked this Web site because it is structured and gets right to the point. The headings are easy to understand and follow and were exactly what I was looking for. This was my favorite Web Site by far because the information was very good and not confusing at all. It offered a variety of topics within the binge drinking subject, like the background, controversies, and statistics.

Section 2: Research

NCBI

<http://www.ncbi.nlm.nih.gov/pubmed/8952206>

This study took place at a residential campus with over 23,000 students, and took five years to complete. They attempted an intervention on binge drinking by changing the view of drinking norms. A traditional intervention did not work, but a media campaign showed an 18.5% drop in the number of students who viewed binge drinking as normal; from 69.7% to 51.2%. Once the students were polled, a reduction in binge drinking of 8.8% was found; from 43.0% to 34.2%.

American Journal of Public Health

<http://www.ajph.org/cgi/content/abstract/85/7/982>

This study was about the relationship of the effects of binge drinking and gender. A survey was mailed to 140 four-year colleges in forty different states with 17,592 students completing it. The results showed that when both female and male college students consumed an equal amount of four drinks, they suffered the same short-term effects afterwards. This study denounces the idea of females being affected more by binge drinking.

JAMA

<http://jama.ama-assn.org/cgi/content/abstract/289/1/70>

This study is a bit different than the first two because this one is researching adults and binge drinking instead of college students. The objective was to find out how many adults took part in binge drinking, the differences in locations, and the prevalence of the binge drinking episodes. They found that between 1993 and 2001, the total number of binge-drinking episodes among US adults increased from about 1.2 billion to 1.5 billion, which is about 17%. The study also showed that over 69% of binge drinkers were 26 years of age or older.

Elsevier

<http://linkinghub.elsevier.com/retrieve/pii/S1054139X02004573>

This study was done to discover the social groups and environmental factors associated with binge drinking. The researchers sent out a twenty-page survey to full-time undergraduate students, who then responded anonymously to questions pertaining to their social life, school activities, and substance use. They found that students in an environment where alcohol is cheap and easily accessible were more likely to take part in binge drinking.

Section 3: Statistics

Ezine Articles

<http://ezinearticles.com/?What-Are-The-Binge-Drinking-Statistics?&id=958506>

I really liked this Web site because it had a mixture of text and statistics. It was not just a listing of statistics, they were all explained. They found that almost 42% of all college students, male and female, binge drink. Because of this, nearly 1,400 college students between the ages of 18 and 24 die each year from binge drinking. Also, they estimate that there are almost 500,000 injuries, 600,000 assaults, and 40,000 cases of unprotected sex as a result of binge drinking a year. This data was presented very well and was really easy to understand.

In The Know Zone

<http://www.intheknowzone.com/binge/stats.htm>

Although this Web site was just straight up bulleted facts, it was organized well and still easy to understand. These statistics covered many different aspects of binge drinking, including prevalence, contributing factors, and economic costs. They showed that 28% of high school seniors admit to binge drinking at least once in the two weeks before they were surveyed. They also found that binge drinkers spend an average of \$500 a year on alcohol.

Associated Content

http://www.associatedcontent.com/article/511403/college_binge_drinking_statistics.html

I did not like this article at all because it was not easy to navigate. There was only two short paragraphs without headings, and did not give good information. It did not go into specifics, as it was very vague on the facts, only giving me a general idea of what binge drinking is.

Alcoholism Resources.com

http://www.alcoholismresources.com/binge_drinking_statistics.html

I liked this Web site because it was only about three quarters of a page, so it was not overwhelming. The information was given in short choppy paragraphs, and was mostly numerical statistics. Something I did not learn from the other articles and Web sites is that Asians are the ethnic group with the lowest percentage of binge drinkers-12.7%. American Indians and Alaskan Natives consumed the most alcohol with 32.8%. This was the only site I found that discussed race and the probabilities of binge drinkers.

Section 4: Consumer Information

Yaerd.org

<http://www.yaerd.org/binge-drinking.htm>

I do not think this is a good Web site at all. First off, you have to scroll down to get to your first bit of information, which is just so much wasted space. Also, the first paragraph is very long and overwhelming, and I am sure one does not want to read all of that. I honestly did not even attempt to read that first paragraph after just glancing at the length of it. After the horrible paragraph, the Web site gets better in the sense that it is more structured and the upcoming paragraphs have headings. They have statistics but still explain them, which I really like. I think a person visiting this site with no prior knowledge of binge drinking should avoid the first paragraph and scroll down to the good stuff.

Alcohol and Drug Information

<http://ncadi.samhsa.gov/govpubs/rpo995/>

This is a good Web site as well because it offers good information. It also has a fun “Did You Know?” box that all the other Web sites did not have. There are a lot of different sections that cover different aspects of binge drinking. They also have a good balance of text and statistics, which I think is important. A reader with no background information about binge drinking could learn a lot from this site.

Teens Health

http://kidshealth.org/teen/drug_alcohol/alcohol/binge_drink.html

This is my favorite Web site because it was made for teenagers like me. The look of it is very modern and it starts off with a story that we can relate to. The text is very easy to read and understand, and everything is right to the point. The information is set up and organized very well, and anybody coming to this Web site would get an excellent idea of just what binge drinking is.

International Center for Alcohol Policies

<http://www.icap.org/Home/PolicyIssues/BingeDrinking/tabid/123/Default.aspx>

I did not like this Web site because it is boring and not set up well. Everything is pushed to the right side, which makes for difficult reading. Only the first two paragraphs at the top are about binge drinking, and

do not even offer satisfactory information about it. If someone was looking to learn about binge drinking, I would not recommend this Web site because it is not up to par.

Conclusion

Section 1: Background and Statement

Best: Science Direct

http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B6WHO-4KJ74YH-2&_user=843411&_rdoc=1&_fmt=&_orig=search&_sort=d&_view=c&_version=1&_urlVersion=0&_userId=843411&_md5=1c0eb9caa3ab3aea541f131265effead

This was the best Web site because the information was excellent. It also had an outline, and although it was not at the top of the page like I would have anticipated, it still directed to me where I had to go. I would recommend this Web site to anyone looking to learn more about binge drinking.

Worst: College Alcohol Study

<http://www.hsph.harvard.edu/cas/Documents/97survey-surveyReport/>

I really did not like this one because it was not set up well and only some of the information was good. They wasted text by talking about how they mailed the questionnaires, instead of talking about the topic.

Section 2: Research

Coming into this project I really did not know anything about binge drinking, except for the fact that it was prevalent among college students. I learned that there are a lot of different interpretations of what binge drinking is, and how many drinks consumed classifies an episode. Most agree on the fact that five drinks for a male and four drinks for a female is technically binge drinking if consumed within one to three hours. What I found really interesting after reading all the research results is that most binge drinkers start drinking with the hopes of getting wasted. Binge drinkers do not drink for fun or entertainment; they consume so much alcohol in such a short amount of time because they want to get trashed immediately.

Section 3: Statistics

Statistics and numerical facts are always my favorite part about learning something new because numbers hit harder than words when it comes to making people aware of something. One can say "I heard that a lot of students binge drink", but when you say "70% of college students binge drink" you sit up a bit straighter and your ears perk up. Statistics are valid proof of something. It is true that 70% of college students binge drink, and it happens once a week. I also learned that binge drinkers were 14

more times probable to drive drunk, as opposed to people who drink sporadically. Binge drinking starts on average around thirteen years old, and peaks around eighteen to twenty-six years old.

Section 4: Consumer Information

Best: Teens Health

http://kidshealth.org/teen/drug_alcohol/alcohol/binge_drink.html

This was definitely the best Web site out of all sixteen of them. This Web site was the best because it focused on teenagers and the reader could get so much good information from it. It was organized and set-up very well and was fun to read.

Worst: International Center for Alcohol Policies

<http://www.icap.org/Home/PolicyIssues/BingeDrinking/tabid/123/Default.aspx>

This was not a good Web site at all because they had little to no information. They had two short paragraphs at the top of the page, and the information was not even decent. The rest of the page was pointless because they had more text but it was pushed off to the right side and was not about drinking at all. I do not recommend this Web site to anyone.

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| Back to Betty C. Jung's Web site | http://www.bettycjung.net/ |
| Back to Web site Critique Reports Directory | http://www.bettycjung.net/Pch201wsreports.htm |