YOU GOTTA KNOW!!!

Facts, Myths, and Info you NEED to know about Substance Use among FIU Students

This research was funded by:

the National Center on Minority Health and Health Disparities (NCMHD)

through

the Center for Substance Use and AIDS Research on Latinos in the United States (C-SALUD).

Spectrum Programs Inc. and Miami Behavioral Health Center are collaborating with C-SALUD on this project.

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406 FIU students filled out surveys on March 4-5, 2008 in GC during the Wellness Expo

- The Average Age of students in this survey was 22
- 43% males
- 56% females

Survey Demographics:
- 11% White, Non Hispanic
- 5.4% Asian
- 14.5% Black, Not Hispanic
- 59.6% Hispanic
- 8.4% Other

Binge Drinking

Binge drinking is when students consume 5 or more drinks over a short period of time in one sitting. For females, binge drinking is sometimes considered 4 or more drinks.

As a result of excessive drinking, students face consequences such as missing class, falling behind in school work, doing something they regret, forgetting where they were or what they did, arguing with friends, participating in unplanned risky sexual activities; getting hurt, getting pulled over by the police, or getting intoxicated.

- In a study conducted at FIU 24.6% of students binge drink
- Hispanics are twice as likely (16.3%) to binge drink compared to Non-Hispanics (8.4%).
DRIVING UNDER THE INFLUENCE

Driving under the Influence (DUI) is a result of drinking. Under Florida law, DUI is an offense, proved by impairment of normal faculties or unlawful blood alcohol content (BAC) of .08 or above. Here are some of the penalties that can occur for Driving under the Influence:

- **Fine Schedule**: s. 316.193(2)(a)-(b), F.S.
  - First Conviction: Not less than $250, or more than $500. With Blood Alcohol Content (BAC) of .20 or higher or minor in the vehicle: Not less than $500, or more than $1,000

- **Community Service**: s. 316.193 (6)(a), F.S.
  - First Conviction: Mandatory 50 hours of community service or additional fine of $10 for each hour of community service required

In 2005, Florida ranked as the state with the 3rd highest traffic fatalities due to alcohol (42%). FIU students are more likely to drive under the influence (6.9%) than the national survey (4.1%).

**WHAT CAN HAPPEN WHEN YOU DRINK?**

Some of the things that can happen as a result of drinking are: physically injuring someone else, fighting, doing something you later regret, getting forced to have sex, or having unprotected sex.

This is how the FIU data compared to the national survey data:

- **FIU students** were about 2.5 times more likely (6.9%) to physically injure someone vs. (2.8%) national
- **FIU students** were 3 times more likely (12.3%) to be involved in a fight vs. (4.3%) national
- **FIU students** were more likely (28.3%) to do something they later regret vs. (25.2%) national
- **FIU students** were about 4 times more likely (3.7%) to be forced to have sex vs. (<0%) national
- **FIU students** were at higher risk (14.5%) of having unprotected sex vs. (10%) national
When asked whether or not they had consumed alcohol in the past 30 days this is how FIU students responded:

- 0 drinks = 19.7%
- 1-2 drinks = 20.2%
- 3-4 drinks = 21.9%
- 5-6 drinks = 6.7%
- 7-8 drinks = 5.2%
- 9-10 drinks = 3.9%

- The majority of FIU students answered between 3-4 drinks while the majority of the national survey (26%) reported not drinking.
- Hispanics were two times more likely (34.2%) to consume alcohol compared to Non-Hispanics (16.5%)

“Typical Student” Alcohol Use

When students were asked how many drinks they thought the typical student at FIU had consumed in the past 30 days this is how they answered:

- 0 drinks = 2.2%
- 1-2 drinks = 4.7%
- 3-4 drinks = 26.6%
- 5-6 drinks = 28.3%
- 7-8 drinks = 7.1%
- 9-10 drinks = 4.9%

- The majority of FIU students (28.3%) responded between 5-6 drinks.
- The NATIONAL SURVEY students’ (35%) response was 5-6 drinks.

How does this compare to the reported alcohol use?
Drug Use

FIU students were asked about personal Drug Use and if they knew a friend who had used any of these drugs in the past 30 days:

<table>
<thead>
<tr>
<th>Drug</th>
<th>Personal use</th>
<th>Know a friend who has used</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tobacco</td>
<td>16%</td>
<td>33%</td>
</tr>
<tr>
<td>Marijuana</td>
<td>12%</td>
<td>31%</td>
</tr>
<tr>
<td>Ecstasy</td>
<td>2%</td>
<td>11%</td>
</tr>
<tr>
<td>Xanax</td>
<td>2%</td>
<td>6%</td>
</tr>
<tr>
<td>Oxycontin</td>
<td>2%</td>
<td>6%</td>
</tr>
</tbody>
</table>

Alcohol Myths

Based on the following True/False questions this is how FIU students answered:

TRUE or FALSE? Beer is less intoxicating than other types of alcoholic beverages. 19.3% Hispanics, 10.9% Non-Hispanics answered True
Fact: One 12 ounce can of beer, one 4 ounce glass of wine or one normal mixed drink or cocktail are all equally intoxicating.

TRUE or FALSE? Switching between beer, wine, and liquor make you drunke. 42% Hispanics, 22% Non-Hispanics answered True
Fact: Mixing types of drinks may make you sicker by upsetting your stomach, but not more intoxicated. Alcohol is alcohol.

TRUE or FALSE? Cold showers, fresh air or hot coffee help sober a person. 20% Hispanics, 14% Non-Hispanics answered True
Fact: Only TIME will remove alcohol from your system. It takes the body approximately 1 hour to eliminate the alcohol in one drink. An old saying goes “give a drunk a cup of coffee and all you have is a wide-awake drunk.”
OTHER MYTHS AND FACTS ABOUT ALCOHOL

Myth: Eating a big meal before you drink will keep you sober.
Fact: Drinking on a full stomach will only delay the absorption of alcohol into the bloodstream, not prevent it. Eating before you drink is not a defense against getting drunk.

Myth: I can drink and still be in control.
Fact: Drinking impairs your judgment which increases the likelihood that you will do something you’ll later regret such as having unprotected sex, being involved in date rape, damaging property, or being victimized by others.

Myth: Drinking isn’t all that dangerous.
Fact: One in three 18 to 24 year olds admitted to ER for serious injuries is intoxicated. And alcohol is associated with homicides, suicides, and drowning.

More Myths and FACTS about Alcohol

MYTH: I can sober up quickly if I have to.
FACT: It takes about 3 hours to eliminate alcohol content of 2 drinks depending on your weight. Nothing can speed up this process - not even coffee or cold showers.

MYTH: It’s okay for me to drink to keep up with my boyfriend.
FACT: Women process alcohol differently. No matter how much he drinks, if you drink the same amount as your boyfriend, you will be more intoxicated and more impaired.

MYTH: Beer doesn’t have as much alcohol as hard liquor.
FACT: A 12-ounce of bottle of beer has the same amount of alcohol as a standard shot of 80 proof liquor (either straight or in a mixed drink) or 5 ounces of wine.
More Myths and Facts about Alcohol

Myth: I can manage to drive well enough after a few drinks.
Fact: About one-half of all fatal traffic crashes among 18 to 24 year olds involve alcohol. If you are under 21, drinking any alcohol is illegal and you could lose your license. The risk of a fatal crash for drivers with positive BACs compared with other drivers increases with increasing BAC, and then increases more steeply for drivers younger than age 21 than for older drivers.

Myth: I’d be better off if I knew how to “hold my liquors.”
Fact: If you have to drink increasingly larger amounts of alcohol to get a “buzz” or get “high,” you are developing tolerance. Tolerance is actually a warning sign that you are developing more serious problems with alcohol.

Resources

• FIU University Health Services - Counseling and Psychological Services Center  
  http://www.fiu.edu/~psychser/  
  Offer individual, group, or workshops for current FIU students with problems. No cost for FIU students.

• Miami Butler- Designated Drivers :: 1-866-55-DRUNK  
  Private company. A percentage of the proceeds go to MADD. Company drives student and car home. Fee applies.

• Tow to Go - (AAA) :: 1 - 800 - AAA - HELP  
  Free service to anyone who drives and has a license. Confidential.

<table>
<thead>
<tr>
<th>Holidays covered 2008</th>
<th>Weekends</th>
</tr>
</thead>
<tbody>
<tr>
<td>Super Bowl Weekend</td>
<td>February 1st, 2nd, 3rd</td>
</tr>
<tr>
<td>St. Patrick’s Day</td>
<td>March 14th, 15th, 16th, 17th</td>
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<tr>
<td>Cinco de Mayo</td>
<td>May 2nd, 3rd, 4th, 5th</td>
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<tr>
<td>Memorial Day Weekend</td>
<td>May 23rd, 24th, 25th, 26th</td>
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<tr>
<td>Independence Day Weekend</td>
<td>July 4th, 5th, 6th</td>
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<tr>
<td>Labor Day Weekend</td>
<td>August 29th -30th, 31st - September 1st</td>
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<tr>
<td>Halloween</td>
<td>October 31st - November 2nd</td>
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<tr>
<td>Thanksgiving - New Year’s Day</td>
<td>November 27th - January 1st</td>
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