

Special Edition

College Spring Break and Alcohol Use

It is estimated that during Spring Break, 45% of college women and 75% of college men get drunk daily. Out of these numbers, half will binge drink. The average male reported drinking 18 drinks per day and the average female reported up to 10 drinks per day during Spring Break. According to the CDC, binge drinking is defined as a female consuming four or more drinks on a single occasion and a male consuming five or more drinks in one sitting.



Binge drinking is associated with many health problems including:

- Studies of MRI scans of the teen brain have showed the those who drink heavily show damaged nerve issue compared to those who do not drink
- Chronic diseases such as high blood pressure, stroke, heart disease, and liver disease
- Alcohol use disorder
- Unintentional injured such as car crashes, falls, burns, and alcohol poisoning

Alcohol poisoning occurs when there is so much alcohol in a person's bloodstream that areas of the brain that control basic life-support systems such as breathing, heart rate and temperature control—starts to shut down.

Symptoms of Alcohol Poisoning:

- Confusion
- Vomiting
- Seizures
- Slow breathing (less than eight breaths a minute)
- Irregular breathing (a gap of more than 10 seconds between breaths)
- Blue-tinged skin or pale skin
- Low body temperature (hypothermia)
- Passing out (unconsciousness)

HOW TO HELP A FRIEND

tips for when someone is experiencing signs of alcohol poisoning



Immediately call 911.



Be prepared to tell emergency responders how much alcohol was consumed and when.



Try to keep the intoxicated person awake.



Never leave an unconscious person alone.



Alcohol poisoning hampers a person's gag reflex and can cause a person to choke on their own vomit.



Keep a vomiting person sitting up or on their side to prevent choking.

How to Stay Safe during Spring Break

- Spring break is not an excuse to drink excessively or drink more than you normally would. Drink no more than one drink per hour and alternate alcoholic drinks with non-alcoholic drinks. Eat a real meal before drinking and snack throughout the time you are drinking



- Hydrate: Consider limiting alcohol consumption while being out in the sun or on the beach all day, and consider alternating water for alcohol (drink-for-drink) throughout the week
- Know your surroundings: Become familiar with where you're staying and the neighborhood.
 - Make plans with friends to meet up at specific locations or times
 - Stay in groups and avoid going off alone (intoxicated spring breakers often make easy targets for theft and other crimes)
- If you need help, ask for it. If there's an emergency, don't rely on a bystander to call for help. Call for help yourself to be sure first responders or police get the message.
- Always make sure there is a designated, non-drinking driver if you are drinking. If your designated driver takes a drink, they are no longer your designated driver. Call a cab.
- Watch your drink. Watch your drink being made, do not accept a drink from anyone else, and keep your drink in hand.

Sober Spring Break Options

- Unplug from social media
- Look for opportunities to help other by volunteering: There are plenty of nonprofits that would welcome some extra hands serving food, building homes, clearing brush or other helpful projects
- Get Outside: There are many public nature areas to hike, bike and enjoy nature. And as a bonus, many of them have low to no entrance fees.
- Go to a museum: Social distancing is easy in large exhibit spaces and attendance rates are low during the pandemic.
- Remember all those things you mentioned you like to do but don't have the time for? Maybe it's playing a sport, gardening, cooking, crafting, reading for fun, or going to the park. Now you have the time to do it.

St. Patrick's Day

Why do people drink on St. Patrick's Day?

St. Patrick's Day falls during the Christian observance of Lent. St. Patrick, the patron saint of Ireland, was a Christian missionary and priest beloved by generations of Irish citizens. Honoring the anniversary of his death, St. Patrick's Day is one where it is acceptable to break Lent restrictions and indulge in alcohol, often in excessive amounts. Even if you're not observing Lent, it can be difficult to avoid the avalanche of advertising and social pressures around drinking on March 17th. Green-themed drinks, special events at bars and drinking stories may be all your family and friends talk about leading up to the day. It's important to remember that St. Patrick's Day celebrates Irish culture and heritage, not binge drinking.



St. Patrick's Day and Drunk Driving

- Every 30 minutes on average, someone dies because of an alcohol-related car crash on St. Patrick's Day
- 62% of fatal St. Patrick's Day car crashes involved a drunk driver
- 33% of pedestrians killed in car crashes over the holiday were intoxicated with blood alcohol level over 0.08.

St. Patrick's Day and Drinking Facts

- St. Patrick's Day is the biggest day of the year where high school & college students are introduced to binge drinking
- American revelers spend an average \$43 per person on St. Patrick's Day, with 40% spent on drinks alone
- The average number of drink consumed per person on St. Patrick's Day is 4.2 drinks. (The average per normal day is 1.94 drinks per person).
- Binge drinking cost the United States \$191 billion in 2010 because of losses in workplace productivity, health care expenditures, criminal justice costs and related expenses.
- Of the Americans who do drink on St. Patrick's Day, 50% will choose beer

Feeling lucky?

Getting home safe on St. Patrick's Day has nothing to do with luck. More people die in drunken-driving crashes around the holiday than on an average day.

28% Percent of fatal crashes that involved a drunken driver on a daily average in 2016



39% Percent of fatal crashes that involved a drunken driver on St. Patrick's Day in 2016



69% Percent of fatal crashes that involved a drunken driver from midnight to 6 a.m. after St. Patrick's Day in 2016



29 People killed daily in 2016 in crashes involving a drunken driver on a daily average

60 People killed in 2016 in crashes involving a drunken driver during the St. Patrick's Day holiday

269 People killed from 2012-2016 in crashes involving a drunken driver during the St. Patrick's Day holiday

Source: National Highway Transportation Safety Administration



Tips to Enjoy St. Patrick's Day Safely

- **Create a plan for your St. Patrick's Day activities:**

- **Designate a Driver:** Under no circumstances should you drink and drive. Have a volunteer or designate someone to remain sober for the duration of the day/evening.
- **Have a back up driver plan:** If no volunteers or your designated driver is expectantly unable to go out, make sure you have an alternate plan to get home. Options can include Uber or Lyft, asking a sober friend for a ride, or renting a room at a nearby hotel.
- **Don't bring valuables:** In most cases, a night out for St. Patrick's Day will not require you to wear expensive jewelry and accessories. Limit yourself to the necessities, such as a small amount of cash and your phone. The less you bring, the less you risk losing.



- **Be aware of you surroundings when at the bars:**

- **Hydrate and eat:** Don't drink on an empty stomach and keep your belly full. Drink water to stay hydrated.
- **Stay by your drinks:** Always remain by your drink and never leave it unattended. You should also never accept a drink that has been opened for you (unless given by a bartender).
- **Watch out for your friends:** Friends don't let friends drive drunk. The motto holds true especially on holidays such as St. Patrick's Day. If your friend is intoxicated and looks like they're about to get behind the wheel, take their keys and arrange a different way to get them home.

- **Celebrate at home instead of going out:**

- **Host the party:** Consider hosting a party at your home instead of going out to a bar. It's a safer setting where you can control the flow of alcohol
- **Allow your friends to stay the night:** Having a party at home is having a safe place for friends to sleep. If they drink too much, take their keys and arrange an area for them to rest until the morning.

McFarland is a small community south of Madison in Dane County. In January of 2017, a group of concerned citizens came together to discuss substance abuse problems in the McFarland area. The McFarland RADAR is a result of these meetings

We are comprised of local representatives from schools, businesses, churches, village administration as well as parents, and youth—all working together to promote healthy lifestyles

For more information go to: <https://www.radarmc.com/>



For time, day and place of meetings, please contact Cathy Kalina at CathyK@fsmad.org

The McFarland RADAR (RADAR stands for Relevant Alcohol & Drug Awareness Resources) Coalition works to develop, implement and support environmental strategies to reduce substance abuse.

We believe by working together, we can nurture social and environmental changes to make the McFarland area a safer and healthier place, brightening the future of our children, youth and families.

McFarland RADAR Mission Statement

“The mission of McFarland’s RADAR Coalition is to promote healthy lifestyles in the McFarland area through alcohol and drug abuse prevention and education efforts.”

HOW CAN YOU HELP?

We are asking you to give the gift of time. Make a difference in the lives of our youth and our community by

1. Working with us in providing support for planning, project management and awareness campaigns
2. Helping with coalition events, conferences, workshops, and fairs held throughout the year.
3. Being a voice for change in our community, it is time to come together and be that force for change in the McFarland area.