



News Release

FOR IMMEDIATE RELEASE

August 22, 2023

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The Sobering Reality of Binge Drinking Among College Students
TTUHSC Expert Shares Insights on Risks and Consequences

The National Institute on Alcohol Abuse and Alcoholism (NIAAA) recently [reported](#) 18-22 year-old college students have higher binge-drinking rates than their noncollege peers.

Students who drink alcohol at parties at the start of the school year, especially freshmen, may be particularly vulnerable to heavy drinking binges, according to Christopher Townsend, Ph.D., Texas Tech University Health Sciences Center assistant professor of Clinical Counseling and Mental Health and director of the Your Life Behavioral Health and Wellness Clinic.

popular crowd and to be accepted, be it

triggers, we're talking about people, places or things that send the brain the message that it's time to use or drink, said, using a food court analogy. It's like walking through the mall; you're not hungry, but there those aromas, and all of a sudden you

Binge drinking is defined as five or more alcoholic drinks within two hours for men and four or more alcoholic drinks within a two-hour timeframe for women. Townsend said that in situations where alcohol is flowing freely, students may not be aware of how much quickly.

having these games that they're playing They get way more alcohol in their system than the body can metabolize in a period that it could normally do with a small amount of alcohol. So, it creates a potentially dangerous time for a young person who's overindulged in alcohol.

