

As college students arrive on campus this fall, it is typically a time of new experiences, new friendships, and making memories that will last a lifetime. Unfortunately for many, it is also a time of harmful and underage drinking and dealing with its aftermath—from vandalism, sexual aggression, and other forms of violence to injuries and death.

* NIAAA defines binge drinking as a pattern of drinking alcohol that brings blood alcohol concentration (BAC) to 0.08 percent—or 0.08 grams of alcohol per deciliter—or higher. For a typical adult, this pattern corresponds to consuming 5 or more drinks (male), or 4 or more drinks (female), in about 2 hours.

The most recent statistics from the National Institute on Alcohol Abuse and Alcoholism (NIAAA) indicate that

Additionally, NIAAA's *CollegeAIM*—the *College Alcohol Intervention Matrix*, available at <https://www.collegedrinkingprevention.gov/CollegeAIM>—is a booklet and website that helps schools and parents address harmful and underage student drinking by identifying effective alcohol interventions.

For more information, please visit: <https://www.collegedrinkingprevention.gov/>

¹ SAMHSA. The estimates are weighted by the person-