College drinking hazardous to campus communities

The consequences of college drinking are larger and more destructive than commonly realized, according to a new study supported by the National Institute on Alcohol Abuse and Alcoholism (NIAAA).

Commissioned by the NIAAA Task Force on College Drinking, the study reveals that drinking by college students age 18-24 contributes to an estimated 1,400 student deaths, 500,000 injuries, and 70,000 cases of sexual nessault or date rape each year. It also estimates that more than one-fourth of college students that age have driven in estimates that more than one-tourn of college students that age have driven in the past year while under the influence of alcohol.

college students that ago have driven in the past year while under the influence of alcohol.

The harm that college students do to themselves and others as a result of excessive drinking exceeds what many would have expected, said lead author. Ratph W. Hingson, professor of Social Behavioral Sciences and Associate Dean for Research at Boston University School of Public Health. Our data Clearly point to the need for better interventions against high-risk drinking in this population."

Dr. Hingson and colleagues from Boston University, the Harvard University School of Public Health, and the U.S. Substance Abuse and Mental Health Services Administration derived their data by integrating a number of national databases containing information about drinking and its consequences. Their study appears in the March 2002 issue of the Journal of Studies on Alcohol.

"These numbers point a picture of a deeply entrenched threat to the health and well-being of our young people," said Dr. Rayand S. Kington, acting director of NIAAA. "This study, and the NIH report released today by the Task Force on College Drinking, are an ungent call-to-action for educators, researchers, students and society in general. Today, NIAAA his sending the Task Force report to every college in the U.S.

He added: "The findings of the Task Force also serve as a timely reminder

U.S. He added: "The findings of the Task Force also serve as a timely reminder for students and others to assess their personal drinking habits on National

Task force calls for research-based alcohol abuse prevention programs

The National Institute on Alcehol Abuse and Alceholism (NIAAA) Task Porce on College Drinking noted that research on prevention of college Drinking is relatively new and the data are incomplete.

The evidence supporting the alcehol abuse prevention strategies in the literature varies widely, often reflecting the fact that some strategies have not been as thoroughly studied as others or have not been as thoroughly studied as others or have not been evaluated in college settings, said Task Force co-chair Dr. Mark Goldman of the University of South Florida.

However, the Task Force noted that alcehol research clearly indicates that multiple factors, from genetic and biological characteristics, to family and cultural backgrounds to particular college environments interect to produce various drinking patterns. They called for the use of comprehensive, integrated programs with multiple complementary components to address the problem.

Prevention strategies must simultaneously target three constituencies: The student population as a whole; the college and its surrounding environments; and the individual arisk or alcehol-dependent drinker, said Dr. Goldman.

The Task Force developed a 3-in-1 Framework to help college and universities design prevention programs that target area(s) that each strategy addresses and uses the following four-tier system to rank the strength of the scientifics the target area(s) that each strategy addresses and uses the following four-tier system to rank the strength of the scientific vidence available to support or refute each strategy:

Effective and targeted at callege students: Brief motivational interventions; altering students' expectations about the effects of alcehol.

Effective with general populations and could be applied to callege contramments: Enforcement of minimum drinking age laws; restrictions on alcohol retail outlet density, and the effectiveness of methods to prevention global and behavioral research on the acuses, treatment, and personal contractions and adoleholes made a

Alcohol Screening Day, which takes place this week on April 11. The 2,500 screening locations across the country include sites at more than 550 colleges and universities.

A blue-ribbon panel of more than three dozen college presidents, scientists and students, the Task Force was convened by NIAAA's National Advisory Council to conduct a comprehensive review of research on college drinking

and the effectiveness of methods to prevent it.

The Hingson study is one of two dozen studies commissioned by the Task Force as part of this review. Most of the commissioned papers have been published in a special supplement to the March 2002 issue of the Journal of Studies on Alcohol. The Task Force's report, titled "A Call to Action: Changing the Culture of Drinking at U.S. Colleges," outlines

recommendations for college administrators and researchers to address high-risk college drinking.

"The consequences of excessive drinking are far toe common on many college campuses nationwide, and efforts to reduce high-risk drinking and its related problems have largely failed," said Task Force co-chair Dr. Mark Goldman, Distinguished Research Professor of Psychology at the University of South

Florida. "But we need not accept high-risk drinking on our campuses as inevitable. If colleges and communities work together, they can change these work together, they can change these harmful drinking patterns. We hope this report will help them do that, by providing tools to help them make more informed decisions."

A Minority of Heavy Drinkers

A Minority of Heavy Drinkers
Though common on many campuses, alcohol abuse does not run rampant among all college and university students. Provious studies have shown that most students drink moderately or abstain, with the proportion of non-drinkers increasing from 15 to 19 percent between 1993 and 1999.
Other evidence, however, points to an increase in more extreme forms of college drinking. About 40 percent of students binge drink, defined as five or more drinks in a row for men and four or more drinks for women.
In a recent survey, about 20 percent of students reported bingeing more than three times in the last two weeks. This group of frequent binge drinkers

three times in the last two weeks. This group of frequent bings drinkers accounts for nearly 70 percent of all the alcohol consumed by college students. "Although a minority of college students engage in high-risk drinking, all students, their parents, faculty, and members of the surrounding community suffor the negative consequences of alcohol abuse, such as assault, vandalism, and traffic accidents, said Reverend Edward Malloy, president of the University of Notre Dame, and co-chair of the Task Force. "And I've lived in college dormitories for much of my adult life, so I know firsthand the impact irresponsible drinking has on the quality of the proposible drinking has on the quality of the surrounding the s sponsible drinking has on the quality of residential life."

residential life.

According to the Task Force research drinking rates are highest among incoming freshmen, males, members of raternities or sororities, and athletes. Students who attend two-year institutions, religious schools, commuter teshools, or predominantly or historically black colleges and universities drink the least.

Southeast Michigan small businesses get relief on workplace injury costs

The Michigan Chiropractic Association has obtained a grant to offer free workplace safety training to small businesses throughout Michigan. The chiropractors are partnering with the Michigan Manufacturers Association and two their industry groups to make ergonomic on-site safety training available to small businesses. The WorkSafe program is open to companies with

between 70 and 200 employees in the manufacturing, road building, and nursing home industries throughout the state of Michigan.

Funding and guidance for this program is provided by the Michigan Department of Consumer and Industry Services. Dr. Pat Chelenyak of Novi Chiropractic Clinic will conduct the first

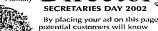
of 100 training events that will take place this spring and summer.
The WorkSafe program, in its debut year, will allow local MCA doctors to conduct 100 free on-site training sessions for employees in the three industries on the proper ways to lift and move in the workplace. The program targets companies with between 70 and 200 employees.

Ergonomic and spinal issues in the work place result in an estimated \$8 billion in medical bills, legal bills and lost product days each year nation-wide. For this reason, many larger companies have incorporated ergonomic and spinal safety training into their regular employee training. Smaller companies of 200 or fewer employees lack the resources needed to offer this type of (517) 333-3133.

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