TITAN UP THE PARTY PRESENTATIONS
TECHNICAL REPORT

Student Wellness
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Overview

Titan up the Party is a presentation that focuses on alcohol awareness. This presentation addresses standard drink size, binge drinking, and how to be a friend when alcohol poisoning is a concern. Titan up the Party was facilitated 14 times in the 2015-2016 academic year. The two presenters, Laura Ross and Olivia Hill, were employed by Student Wellness at California State University of Fullerton (CSUF). Laura Ross, Health Educator, and Olivia Hill, Peer Health Educator, presented to various student groups including fraternities and sororities, academic classes, housing residents, club sports, and scholars only upon request. A pretest and a posttest that consisted of 6 questions each were completed by 446 of the student participants. After running the paired sample t-test, we found there was a significant association when asked “What percentage of CSUF students drank in the last 30 days?” and “Binge drinking is.” This proves to show that students may have not known how often their peers drank and how to define binge drinking. We also found that there was no significant association when asked “What is a standard drink? and “Alcohol poisoning is when.” This conveys that a sufficient amount of the student participants already knew the correct answers to these questions. All in all, Titan up the Party was a beneficial presentation to the students with 90% (384) who would recommend it to a friend.
The Titan Up the party presentation was facilitated on 14 different dates during the 2014-2015 academic year. A total of 446 students completed the survey. There were 93% (13) presentations given in 2014 and 7% (1) presentation given in 2015. The number of participants per presentation ranged from 5 to 69 people.
The 446 students who completed the survey represented 5 different student groups such as sororities and fraternities, housing residents, scholars, and academic classes. Fraternities and Sororities had the highest completion rate at 47% (209) and the second largest group were those in the academic classes, made up of 30% (135).
There were a total of two presenters: Laura Ross, Health Educator, and Olivia Hill, Peer Health Educator. Laura Ross presented to 87% (390) of the students and Olivia Hill presented to 13% (56).
The first question on the pre-test pertaining to standard drink size consisted of 85% (377) of students who answered and 15% (69) who refrained. The majority of students, 80% (301), answered “12 oz. of beer, 5 oz. of wine, or 1.5 oz. of hard liquor” correctly on the pre-test. The lowest proportion at 4% (15) of students answered that a standard drink is “any alcohol in a regular cup.”
Of the 374 students who responded to the question based on what percentage of CSUF students drank alcohol in the last 30 days, the majority, 48% (179), answered “60% of CSUF students” correctly on the pre-test. The lowest amount of students, 11% (40), responded that 90% of students have drank in the last 30 days.
Out of the 366 students who completed this question, the majority of students, 62% (228) answered “drinking 5 or more drinks for men or 4 or more drinks for women in a short period” correctly when asked what binge drinking is. The lowest frequency at 8% (31) of students believed that “drinking enough alcohol that your BAC reaches .10.”
Of the 370 students who answered this question, 95% (352) of students answered “all of the above” in regards to the signs of alcohol poisoning, making up the vast majority.
According to the alcohol awareness relevance question, of the 361 students who answered, 91% (329) of students responded “yes” that alcohol awareness is indeed relevant at this time in their life. The other 9% (32) of students do not believe alcohol awareness is relevant at this time.
Similar to the previous question, out of the 358 students who answered this question, the consensus of 83% (298) agreed that yes, alcohol awareness will be more relevant in a few years, while 17% (58) of students stated “no.”
Overwhelmingly, of the 433 students who answered the first question on the post test, 96% (414) answered “12 oz. of beer, 5 oz. of wine, or 1.5 oz. of hard liquor” similar to the pre-test which had 80% (301) of the 377 participants answer correctly. It is important to note that all other incorrect answers decreased in frequency from pre-test to post test. After running the paired sample t-test, there was no significant association between the results in the pre and post test (p=.32).
The most common response to the question regarding how much CSUF students drank in the last 30 days was “60%”, chosen by 48% (179) of the 374 students who answered in the pre-test, increasing to 58% (247) of the 429 who answered in the post-test. All other incorrect responses decreased from pre-test to post-test, except for the response “50%”, which increased from 27% (99) to 32% (135). After running the paired sample t-test, there was a significant association between the results in the pre and post test (p=.00).
Of the 366 participants, the majority of students in the pre-test, 62% (228), and of the majority of the 436 participants in the post test, 93% (407), chose “drinking 5 or more drinks for men or 4 or more drinks for women in a short period” as their response. Similar to the previous questions, all other incorrect responses decreased, and it is important to note that 0% (0) selected “drinking enough alcohol that your BAC reaches .10” on the post test. After running the paired sample t-test, there was a significant association between the results in the pre and post test (p=.00).
“All of the above” was chosen by 79% (352) of the 370 participants in the pre-test and increased to 96% (423) of the 439 participants in the post test. No other response came close to the majority, showing that most students know the multiple signs of alcohol poisoning. After running the paired sample t-test, there was no significant association between the results in the pre and post test (p=.44).
According to the question about being a good friend on the post test, 434 students responded and 89% (387) of students would “stay with them and monitor for signs of alcohol poisoning.” The next highest answer consisted of 8% (36) of students who marked “tell them to stop drinking and tell them to go to sleep.”
For the Likert scale question regarding whether or not students are more likely to monitor their drinking, 87% (371) “strongly agreed or agreed” that they would monitor their drinking whereas on the other hand, only 4% (17) of students, “strongly disagreed or disagreed.” This leaves the remaining 9% (39) of the total 427 participants neutral.
Of the 427 student participants, 95% (405) “strongly agreed or agreed” that they are more likely to identify the signs of alcohol poisoning after participating in the presentation. Only about 3% (10) “strongly disagreed or disagreed” and the residual 3% (12) neither agreed nor disagreed.
The majority, 93% (400) of 426 students “strongly agreed or agreed” that they are more likely to help a friend who drank too much. Only 3% (11) of students “strongly disagreed” that they would help a friend, with 0% (0) who marked “disagree.” The remaining 4% (15) were neutral.
Of the 426 student participants, 90% (384) “strongly agreed or agreed” that they would recommend the workshop to a friend. Only 3% (11) of students “strongly disagreed or disagreed” that they would not recommend the workshop to a friend. The remaining 7% (31) neither agreed nor disagreed.
Titan Up the Party Pre-Test

1. What is considered a standard drink?
   a. Any alcohol in a regular size cup
   b. 5 oz. of beer, 5 oz. of wine, or 5 oz. of hard liquor
   c. 12 oz. of beer, 5 oz. of wine, or 1.5 oz. of hard liquor
   d. A can of beer, a glass of wine, or a mixed drink

2. According to the National College Health Assessment, what percentage of CSUF students drank alcohol in the past 30 days?
   a. 30%
   b. 50%
   c. 90%
   d. 60%

3. Binge drinking is
   a. Drinking as much alcohol as you can when you get to a party
   b. Drinking enough alcohol that you vomit and pass out
   c. Drinking 5 or more drinks for men or 4 or more drinks for women in a short period
   d. Drinking enough alcohol that your BAC reaches .10.

4. Alcohol poisoning is when
   a. Someone drinks large amounts of alcohol in a short period of time
   b. Their skin is pale and cold and have slow breathing
   c. They pass out and can’t be awakened
   d. They vomit
   e. All of the above

5. The topic of alcohol awareness is relevant to me now? Yes   No

6. The topic of alcohol awareness will be more relevant to me in the next few years? Yes   No

Titan Up the Party Post-Test

1. What is considered a standard drink?
a. Any alcohol in a regular sized cup  
b. 5 oz. of beer, 5 oz. of wine, or 5 oz. of hard liquor  
c. 12 oz. of beer, 5 oz. of wine, or 1.5 oz. of hard liquor  
d. A can of beer, a glass of wine, or a mixed drink  

2. According to the National College Health Assessment, what percentage of CSUF students drank alcohol in the past 30 days?  
a. 30%  
b. 50%  
c. 90%  
d. 60%  

3. Binge drinking is  
a. Drinking as much alcohol as you can when you get to a party  
b. Drinking enough alcohol that you vomit and pass out  
c. Drinking 5 or more drinks for men or 4 or more drinks for women in a short period  
d. Drinking enough alcohol that your BAC reaches .10.  

4. Alcohol poisoning is when  
a. Someone drinks large amounts of alcohol in a short period of time  
b. Their skin is pale and cold and have slow breathing  
c. They pass out and can’t be awakened  
d. They vomit  
e. All of the above  

5. To be a good friend when someone is drinking too much alcohol, I should  
a. Tell them to stop drinking and tell them to go to sleep  
b. Stay with them and monitor for signs of alcohol poisoning  
c. Drink with them to make sure they have company  
d. Count how many drinks they have and how much food they ate  

6. Please rate the extent to which you agree with the following statement: (Circle one on each line)  

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly Disagree</th>
<th>Disagree</th>
<th>Neither Agree nor Disagree</th>
<th>Agree</th>
<th>Strongly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. As a result of this workshop I am more likely to monitor how much I’m drinking.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>b. As a result of this workshop I am more likely to be aware of the signs of alcohol poisoning.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>c. As a result of this workshop I am more likely to help a friend who has drank too much.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>d. I would recommend this workshop to a friend.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>
**ALCOHOL USE ON CAMPUS**

**THE MYTH:**
- Over 90% of students drank alcohol in the past 30 days
- Less than 5% of students have never used alcohol

**THE REALITY:**
- 68% of students drank alcohol in the past 30 days (43% of students did NOT)
- 25% of students have never used alcohol

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**NO ALCOHOL**
- People under age 21
- Can’t restrict their drinking to moderate levels
- Family history of alcoholism or recovering
- Women who are or may become pregnant
- Individuals who plan to drive or operate machinery or take part in other activities that require attention, skill, or coordination
- Taking prescriptions or OTC medications that can interact with alcohol
- Individuals with certain medical conditions

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**HOW MUCH ALCOHOL CAN I DRINK?**
- The Dietary Guidelines for Americans, published by the US Department of Health and Human Services recommend that if you are over the age of 21 and if you CHOOSE to drink alcohol, do not EXCEED:
  - Women = 1 drink a day
  - Men = 2 drinks a day

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**WHAT’S A DRINK?**

How much is a drink?
- Any alcohol in a regular size cup
- 5 oz. of beer, 5 oz. of wine, or 5 oz. of hard liquor
- 12 oz. of beer, 5 oz. of wine, or 1.5 oz. of hard liquor
- A can of beer, a glass of wine, or a mixed drink
WHAT'S A DRINK?

12 oz = 1 1/2 oz = 5 oz

NEGATIVE OUTCOMES OF DRINKING

- Poor academic performance
- Black out – not remembering what occurred for a given period of time
- Hangovers
- Doing something you regret
- Illness or injury
- Legal issues
- Causing problems in relationships
- Unprotected sex, and/or sexual assault

HOW DOES ALCOHOL AFFECT YOU??

Factors Affecting Absorption of Alcohol:
- Age, height, weight, gender
- Amount of food in stomach
- Rate of Drinking
- Mood
- Use of Drugs, Legal or illegal
- Alcohol Tolerance
- Family history of alcohol problems

ALCOHOL USE ON CAMPUS

- 29% of CSUF students did something they later regretted after drinking alcohol (in the last 12 months)
- 23% forgot where they were or what they did
- 21% had unprotected sex after drinking
- 9% physically injured themselves

BLOOD ALCOHOL CONTENT (BAC)

<table>
<thead>
<tr>
<th>Number of Drinks</th>
<th>Male (70 lb)</th>
<th>Male (120 lb)</th>
<th>Female (50 lb)</th>
<th>Female (100 lb)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>0.00%</td>
<td>0.00%</td>
<td>0.00%</td>
<td>0.00%</td>
</tr>
<tr>
<td>2</td>
<td>0.01%</td>
<td>0.02%</td>
<td>0.01%</td>
<td>0.02%</td>
</tr>
<tr>
<td>3</td>
<td>0.02%</td>
<td>0.04%</td>
<td>0.03%</td>
<td>0.06%</td>
</tr>
<tr>
<td>4</td>
<td>0.03%</td>
<td>0.06%</td>
<td>0.04%</td>
<td>0.08%</td>
</tr>
<tr>
<td>5</td>
<td>0.04%</td>
<td>0.08%</td>
<td>0.05%</td>
<td>0.10%</td>
</tr>
</tbody>
</table>

Mild Impairment 0.0-0.05%
- Mild speech, memory, attention, coordination, balance impairments
- Perceived beneficial effects, such as relaxation
- Sleepiness can begin

Increased Impairment 0.06-0.15%
- Perceived beneficial effects of alcohol, such as relaxation, give way to increasing intoxication
- Increased risk of aggression in some people
- Speech, memory, attention, coordination, balance further impaired
- Significant impairments in all driving skills
- Increased risk of injury to self and others
- Moderate memory impairment

Submax. 0.0% for each 40 minutes of drinking.
1 drink = 1.5 oz of 80 proof liquor; 12 oz of beer; 5 oz of wine. Fewer than 5 persons out of 100 will exceed these values.
**WHAT DOES “GETTING DRUNK” MEAN?**

- Drinking more alcohol than the body can break down
- Impaired brain function - poor judgment, reduced reaction time, loss of balance, coordination, motor skills or slurred speech
- Did something you later regretted, forget where you were or what you did
- Had unprotected sex, physically injured yourself or another person
- Increased risk of car accidents, violence, other injuries
- What “soree” being drunk?

**“BINGE DRINKING” DEFINED**

*Men: 5 or more drinks in a short period
Women: 4 or more drinks in a short period*

Binge drinking increases the risk of:
- Getting hurt or hurting others due to car crashes, violence, and suicide
- STDs
- Unplanned and/or unprotected sex
- STI & pregnancy
- Breast cancer, heart disease and other health conditions

More than 90% of the alcohol youth drink is while binge drinking

**ALCOHOL AND THE BRAIN**

- **MEMORY** Alcohol impairs the brain’s ability to transfer and consolidate information in long-term memory
- **ATTENTION** Your attention span is shortened for up to 48 hours after drinking
- **COORDINATION** Reduced hand-eye coordination + lowered inhibitions = HIGH RISK!

**WHAT IS “BINGE DRINKING?”**

A. 2-3 drinks at a party
B. 4-5 drinks at a party
C. 6-7 drinks at a party
D. 8-9 drinks at a party
E. Over 10 drinks at a party

**ALCOHOL & ACADEMIC PERFORMANCE**

This table below describes the relationship between the average number of drinks consumed per week and grade point average.

- **3.4 Drinks**
- **5.5 Drinks**
- **7.6 Drinks**
- **10.6 Drinks**

*Supported by FAU Center for Alcohol & Other Drug Prevention*

**Beer**

What is the relationship between alcohol and sexual assault?
SEXUAL ASSAULT

• Sexual consent is active, sober, uncoerced, and verbal
• You cannot consent to sex while intoxicated
• At least ¾ of all sexual assaults committed during the college years involve alcohol consumption by the perpetrator, the victim or both
• Sexual assault warrants support and a referral to CAPS


ALCOHOL POISONING

• Mental confusion, stupor, coma, or inability to wake up
• Vomiting
• Seizures
• Slow breathing (fewer than 8 breaths per minute)
• Irregular breathing (16 seconds or more between breaths)
• Hypothermia (low body temperature), bluish skin color, paleness

BLOOD ALCOHOL CONTENT (BAC)

Severe Impairment 0.16-0.30%
• Speech, memory, coordination, attention, reaction time, balance significantly impaired
• All driving-related skills dangerously impaired
• Judgment and decision-making dangerously impaired
• Vomiting and other signs of alcohol poisoning common
• Loss of consciousness

Life Threatening 0.31-0.45%
• Loss of consciousness
• Danger of life-threatening alcohol poisoning
• Significant risk of death in most drinkers due to suppression of vital life functions

WARNING SIGNS

ALCOHOL POISONING

Know the signs.
- C cold, clammy skin
- U unconscious or unable to be awakened
- P pupil size or unequal
- S slow and irregular breathing

Make the call.
If someone is exhibiting any of the above signs, call 911 and get help immediately.

IT'S BETTER TO BE SAFE THAN SORRY

Be a friend...
• Never leave the person alone
• Never put her or him to bed to "sleep it off"
• Get help immediately!

RESOURCES AND REFERRALS

Alcoholics Anonymous – www.aa.com
Health Promotion – (657) 278-7460
Education & Counseling Available for:
• Alcohol and Other Drug Education
• Sexual Health & Contraception
• Nutrition

Counseling and Psychological Services (CAPS) – (657) 278-3040
• Free individual & group counseling (10 sessions/year)
Community treatment facilities
• Residential
• Outpatient