

A Weekly FAX from the Center for Substance Abuse Research

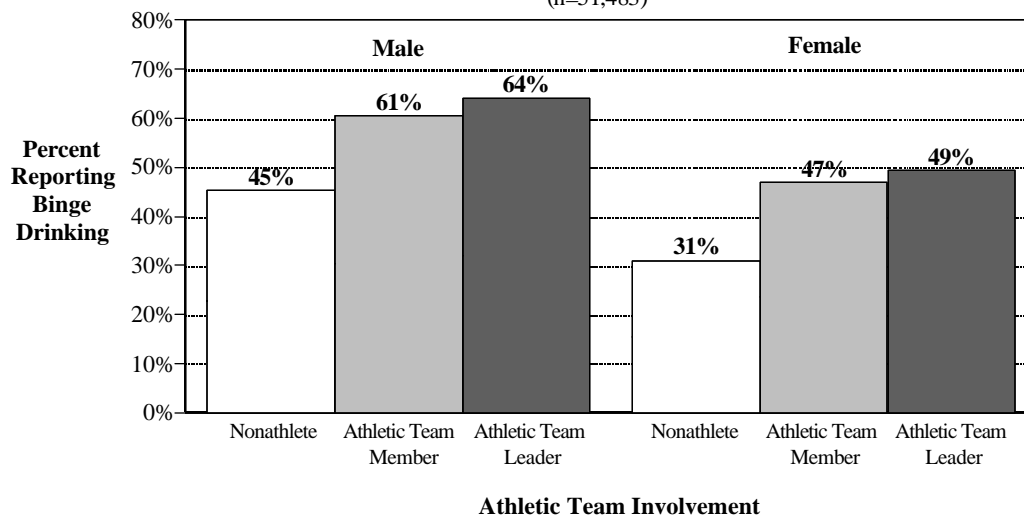
University of Maryland, College Park

College Athletes Drink Significantly More Than Nonathletes

College students involved in athletics have significantly higher levels of alcohol use than nonathletes, according to data from over 50,000 college students who completed the Core Alcohol and Drug Survey between 1994 and 1996. Both male and female college athletes were more likely than nonathletes to report that they had engaged in binge drinking* in the prior two weeks. Moreover, athletic team leaders were just as likely as other team members to binge drink (see figure below). Similar relationships were found for the number of drinks consumed per week and experiencing negative consequences of alcohol or other drug use. The authors suggest that "college healthcare providers and educators need to pay more attention to the alcohol use habits of student-athletes" (p. 261).

**Percentage of Male and Female College Students
Reporting Binge Drinking in the Prior Two Weeks,
by Level of Athletic Team Involvement**

(n=51,483)



*Binge drinking was defined as the consumption of five or more alcoholic drinks in a sitting.

SOURCE: Jami S. Leichliter et al., "Alcohol Use and Related Consequences Among Students with Varying Levels of Involvement in College Athletics," *Journal of American College Health* 46:257-262, 1998. For more information, contact Jami Leichliter at 618-453-4447.

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