

Minimizing Risk of Overconsumption of Alcohol in College Aged Students in Manhattan, New York



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Introduction

- The borough of Manhattan in New York City is home to roughly 50 colleges and universities combined. The overconsumption of alcohol in college age students has become an increasingly problematic issue and even more so concerning within such a densely populated area of higher education communities. The plethora of colleges and universities combined with the community conditions of excessive availability of alcohol within Manhattan has undoubtedly been impactful to the statistics and consequences of intoxicated behaviors and actions that can lead to risk taking. (1)

Community Assessment

- The population of Manhattan, New York is estimated at about 1,632,480 people all living in an area of just 23 square miles
- Racial composition: White: 58.9%, Non-Hispanic White: 50.7%, Asian: 10.3%, Black or African American: 15.5%
- About 27% of the population of Manhattan is foreign-born
- The community of Manhattan includes the highest cost of living in the United States, but also some of the most profound income inequality in the country. Manhattan is one of the wealthiest jurisdictions in the U.S. and the only county in the country with a per capita income of more than \$100,000. (2)

Problem in the Community

- Overconsumption of alcohol has increasingly become a more serious problem amongst college-aged adults. Over the past fifty years, the number of college students that drink alcohol has steadily increased (3).
- This is due to the normalization of binge drinking (3).
- It has been reported that, “80% of students have used alcohol, and of those students who drink, approximately 40% engage in heavy episodic drinking” (3)
- Another prevalent negative effect of overconsumption of alcohol in college aged students, is the parallel between alcohol consumption and eating disorders. Many college aged students tend to eat less on days that they are drinking because they are worried about the calories from drinking (3)

Percentage Who Drink Excessively (%)	
All New Yorkers	15.3
Sex	
Men	20.4
Women	10.7
Age group (in years)	
18–24	22.5
25–44	19.8
45–64	11.0
≥ 65	6.3

Proposed Solution

- Provide a educationally based program, “Drinking Less To Do More” to help prevent and reduce the over consumption of alcohol in this population

Seminars

- A single seminar will be held for each college campus in order to discuss warning signs of alcohol abuse and ways they can help themselves and those around them

Screenings & Questionnaires

- Questionnaires and screenings about drinking habits to focus on individual-oriented interventions in order to help students identify if they are exhibiting dangerous drinking habits

Interventions

- Free access to counseling, in person or over the phone
- Alcohol anonymous groups specifically for this populations
- Mentors and support groups that participating in spreading positive drinking habits in their population and college campuses

References

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Learning Objectives

- College students will verbalize the importance of drinking in moderation over the legal age
- This college-age populations will learn and develop healthier habits relating to drinking and overall make Manhattan a safer place for this age group to succeed without the negative effects of binge and excessive drinking
- This population will know they have access to multiple resources and education sources related to drinking that can help major problems in either their lives or those around them through “Drinking Less To Do More”
- Resources include access to AA meetings, certified therapists, and other substance use programs for young adults (4)
- Overall Goal:** Breaking the stigma around drinking and helping this population identify the negative effects of unhealthy drinking habits