

Risk Factors Associated with Alcohol Overdose



Not Eating

Not eating to 'get drunk faster' is very dangerous. Eating prior to drinking lines the stomach and slows absorption of alcohol. Once the alcohol is in the blood only time and slow the increasing BAC.



Mixing with Other Drugs

Using other drugs when drinking can exacerbate the effects and impairments of alcohol on the body. Depending on the drug(s) used, the reactions between the substances can result in serious harm or death.



Peer Pressure to Binge

Social pressure from peers often results in a person drinking far beyond their own limits. An individual's need for belonging, commonly taken advantage of through practices like hazing, can have tragic outcomes.



Blackout Culture

Risk for alcohol overdose increase when groups promote that the goal of drinking is to 'blackout'. This is facilitated through rapid drinking activities such as handle pulls, beer funnels, and drinking games.



Underage Drinking

Underage drinkers are often inexperienced (and uneducated) drinkers. Inexperienced drinkers are not aware of their limits putting them at much higher risk for alcohol overdose.



Lack of Peer Accountability

When peers promote these risk factors within their groups and fail to hold each other accountable, they foster an environment where harm and death from alcohol overdose is highly likely.
