

**Live Well, Be Well**  
**“Let’s Talk Collegiate Alcohol Awareness Week”**

*Introduction*

Welcome to Live Well, Be Well! A podcast where we speak candidly about all things health and well-being! My name is Christine Glissmann and I’m a Health Educator for Health Promotion Services at UC San Diego.

On this episode of Live Well Be Well, I’ll be discussing alcohol and drugs- including my approach to education, resources, and information on an upcoming alcohol awareness week.

So we hope you get inspired, we hope you feel connected, and we hope you discover new ways to live your best life. Let’s get started!

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Again, my name is Christine and I am a Health Educator with a focus on Alcohol, Tobacco, and Other Drugs as well as the Collegiate Recovery Coordinator. I am new to UCSD and am very excited to engage students in education and programming surrounding these topics.

So, why do we educate college students on alcohol and drugs? Its not because everyone uses in college, so let’s bust that myth. Every 2-3 years UC San Diego students participate in the National College Health Assessment Survey. This survey assesses various topics and factors related to health and well-being, one of those topics being alcohol. And what the data tells us is that 25.9% of participating students have never used alcohol and 60.5% have never used cannabis. A decent proportion don’t use as often as we think and may never. The reason we educate the student body is because if someone chooses to use alcohol and drugs it more often than not equates to an experimentation game- how much, how fast, what type, what’s your mood, and so on. My job is to make sure if you choose to use, you have an understanding of what you are getting yourself into. I want you to know how it affects people differently, what happens when you mix drugs, how great the environment and mood impacts your buzz or high, and how to reduce harm for yourself and your community.

Next week, October 19<sup>th</sup> to 23<sup>rd</sup>, is National Collegiate Alcohol Awareness Week, which is all about bringing attention to the impact of excessive drinking among college students. Excessive drinking can refer to a single session or overall weekly consumption. The Center for Disease Control (CDC) among other institutions, classify binge drinking as 5 or more drinks in a single session for males and 4 or more drinks in a single session for females- a single session generally being 2 hours. For overall weekly consumption, 15 or more drinks per week for men and 8 or more drinks for females is classified as a heavy drinking pattern. Any amount of drinking can increase your risk for negative health, social, or legal consequences, but the more chronic and repetitive the use the higher the risk for these things are. During this awareness week, myself and the other health educators will highlight education, ways to reduce harm and stay out of trouble, and the resources available on campus. Follow our social media pages to learn more.

Some quick general prevention tips include: eating protein and fat forward meals before you start drinking, alternate alcoholic beverages with water, and make sure you are in the right mood before you consume. Drugs do not change your mood, but heighten whatever mood you are currently in. So, if you are a crying mess before you drink, you are a buzzed or drunk crying mess after you drink.

Now, there are some people that may discover that their alcohol use only produces negative consequences. If this sounds like you, I encourage you to reach out to me at [cglissman@health.ucsd.edu](mailto:cglissman@health.ucsd.edu) and I can give you more information on the Collegiate Recovery Program. The Collegiate Recovery Program at UCSD is a safe and supportive space for students in recovery or those seeking recovery from any addiction. Weekly Zoom meetings are available as well as opportunities to engage in social events and programming.

Whether your alcohol and drug goals are abstinence or moderation, myself and the entire Health Promotion Services team is here to help. You can sign up for a 1-on-1 Brief Alcohol or Cannabis Screening and intervention, a health coaching appointment, or find out more about the recovery program. All of these resources can be found on our website.

### *Closing*

So that concludes this episode of Live Well Be Well! If you like what you heard and would like to learn more about topics related to health and well-being, there's much more to come! Be sure to check out our website [healthpromotionservices.ucsd.edu](http://healthpromotionservices.ucsd.edu) and follow us on Instagram and Facebook under @UCSDHPS. Stay tuned for our next episode of Live Well, Be Well.

Until next time, be kind, be true, be you. And remember, to be well is to live well.