

the **RED CUP** Q&A



separating alcohol fact from fiction
EVERY TUESDAY IN THE DAILY WILDCAT

Q What is the average GPA of students who drink heavily?

A. It doesn't take a rocket scientist to guess that students who drink more heavily perform worse than others. Although we all know a few students who manage to pull 4.0s in spite of heavy partying, studies repeatedly indicate that heavy drinkers get lower GPAs than those students who drink moderately. A joint study by Indiana University and State University of NY of over 12,000 university students covering 168 colleges and universities reveal the following data:

Heavy use students were five times less likely to get a 4.0 than those who drank lightly to moderately. Heavy drinkers were three and a half times less likely to get a 3.5 GPA, almost two times less likely to get a 3.0, two times less likely to get a 2.5, and one and a half times less likely to get a 2.0. The definitions of heavy drinkers for this study were over 21 drinks weekly for males and 14 drinks weekly for females. Males had a higher mean drinking problem score when compared to females.

Here at the UA there is a definite trend regarding alcohol use and GPA. Utilizing the most recent 2010 Health & Wellness Survey, the average number of drinks consumed increases as GPA decreases. Students who have a GPA of 4.0 consume a mean of 3.10 drinks per week. Those with a 3.0 GPA drink a mean of 4.24 drinks per week. Finally, those with a 2.0 consume a mean of 5.53 drinks per week.

The take-away message is clear and predictable; there is a direct negative correlation between how much one drinks and their GPA. To enhance your scholastic success, find a healthy balance between alcohol consumption and attention to academics.



wildfact

Heavy drinkers reduce their future weekly earnings between .03 and 9.8%.*

*according to the Western Economic Association



Got a question about alcohol?

Email it to redcup@email.arizona.edu



www.health.arizona.edu

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