

## The 7th Conference on Health Care of the Chinese in North America



### Predictors of Binge Drinking in Undergraduate Asian Americans

*Edward Ma, H. Chung, MD, J. Hull, PhD, J. Mueller, PhD and J. Mahler, MD,  
Cornell University and the New York Hospital-Cornell Medical Center,  
Westchester Division, White Plains, NY*

---

#### **Abstract**

#### **Objective**

To identify risk factors associated with binge drinking among Asian American college students.

#### **Methods**

The study was presented as an investigation of patterns of alcohol use in college students, including risk factors associated with heavy drinking. Subjects completed an 83 item survey that covered demographic, peer and social reference, physiological, family history, attitudinal and acculturation factors related to drinking patterns.

#### **Results**

Having a best friend who was a heavy drinker increased the odds of binge drinking (drinking more than five servings of alcohol per occasion more than twice a year) by a factor of 20. Feeling that drinking is an integral part of social life increased the odds of binge drinking by a factor of 13 while a permissive attitude towards intoxication increased the odds by a factor of 2. Lack of religious involvement increased the odds by a factor of 7. Being Korean or born in the United States increased the odds by a factor of 3 and 2, respectively. Gender being male, involvement in Greek activities, or fast flushing were not associated with binge drinking in this sample.

#### **Conclusion**

Although ethnicity and acculturation were associated with binge drinking, clearly the Asian American college student's social environment appears to play a more significant role in shaping binge drinking behavior. Future studies should employ large samples including other ethnic groups to determine the importance of social, ethnic and acculturative variables that influence heavy alcohol consumption in this population.