

Holiday Binge Drinking

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[Holiday Binge Drinking: Statistics & Data \(alcohol.org\)](#)

St. Patrick's Day and College Campuses

To combat the trend of excessive drinking and driving during St. Patrick's Day in Colorado, a total of 88 law enforcement agencies upped their patrols. The chief colonel for the Colorado State Patrol told the *Denver Post* that too many people do not realize "that even one drink can impair your ability to drive."^[22] Given the nature of St. Patrick's Day celebrations, the implications of the one drink is often quickly overshadowed by the temptation and encouragement to consume much more alcohol, with little thought given to the consequences. March 17th fell on a Friday in 2017, so a number of police departments in California increased their DUI patrols, and they also issued statements in the press and social media about the dangers of binge drinking and drunk driving, suggesting safer alternatives like slowing down the rate of drinking and having a designated driver.^[23]

On college campuses, the danger of binge drinking to ring in St. Patrick's Day becomes a legitimate public health issue. According to *Esquire* magazine, "college campuses go near insane" with their celebrations. Pennsylvania State University students even created their own "State Patty's Day," so they can mark the occasion while actually on campus since the real St. Patrick's Day usually falls during spring break, which brings its own binge drinking problems.^[24]