

Students and Alcohol Conference 2018



Please don't forget to tweet
about this event!



#studentsandalcohol #alcoholimpact

Narrative inquiry: A potential intervention for hazardous and harmful drinking in student athletes

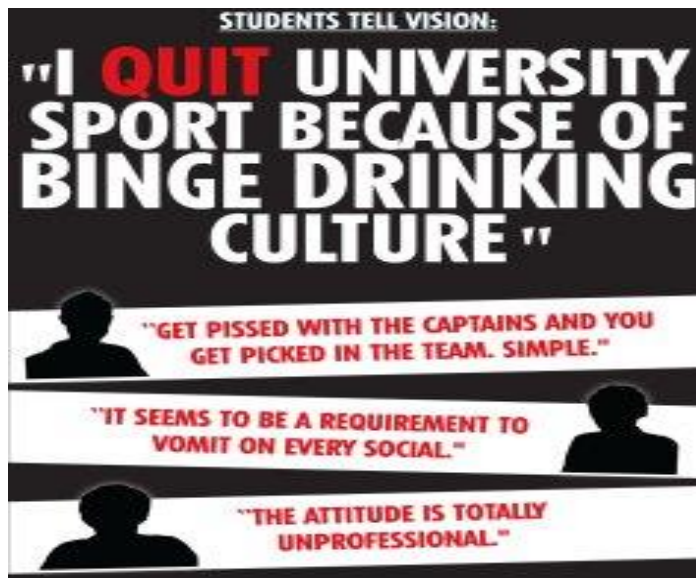
DR. SARAH
PARTINGTON
&

DR. LIZ
PARTINGTON



Setting the scene

- Over 100,000 students in the UK regularly compete in the British Universities and Colleges Sport (BUCS) programme.
- Students who participate in university sport are consistently found to engage in more hazardous alcohol behaviours (particularly binge drinking) than their non-sporting counter-parts (Partington et al, 2013; Zhou & Heim, 2014).



- Relationship between University/College sport and binge drinking holds across race and gender and continues post graduation (Green, Nelson & Hartman, 2014).
- Amongst university athletes, binge drinking has been found to be particularly prevalent in team sports (Martha, Grelot & Peretti-Watel, 2009; Partington et al, 2013).



Current student-focused interventions

THE THIRD HALF

Designed by
@YLMSPortScience

Guidelines for surviving a night out with team mates

AIS Sports Nutrition Guidelines, 2009

Enjoying a drink is often a part of relaxing with friends or celebrating a special event or victory

Athletes need to control their own intake, rather than the team environment dictating their alcohol intake

PRACTICAL SUGGESTIONS

1 Eat before or while you are drinking

Eating carbohydrate-rich foods following exercise helps replenish muscle fuel stores. Furthermore, food in the stomach slows down the rate at which alcohol can be absorbed into the blood stream. Eating slows down your drinking pace and fills you up.

2 Pace yourself

Have a non-alcoholic drink to quench your thirst before you start drinking alcohol is a good idea

3 Drink slowly

Sip your drink, do not down it in gulps. Put your glass down between sips.

6 Avoid rounds or 'shouts'

Drinking in a 'shout' with team mates encourages you to drink at someone else's pace. If you do get stuck in this situation, buy a non-alcoholic drink for yourself when it is your turn.

7 Look out for your friends and team mates

Do not be afraid to let them know that they have had too much. They may not be too impressed when you let them know, but they will most probably thank you the next day.

8 Make sure you rehydrate before you go to bed

One of the best ways to prevent a hangover is to make sure you drink water before you go to sleep. Drinking water throughout the evening is also a good option.

If you have made the decision not to drink and are worried that there might be pressure from your friends or team mates to have a few, let them know that you are the designated driver. They will respect that decision and it will save them money in cab fares.



Office for Wellness and Health Promotion

APRIL IS ALCOHOL AWARENESS MONTH



BASICS

Brief Alcohol Screening and Intervention for College Students

Schedule your BASICS appointment today!

- An opportunity to examine drinking habits while enhancing overall wellness
- Non-judgmental, harm-reduction approach
- Available to all students; meet with a Health Promotion Specialist
- Schedule your appointment today, in person at ESH 203 or call (213) 740-4777
- Paid for by the Student Health Fee (aka FREE!)

All opportunities remain completely confidential



@usc_owhp

USC Student Affairs

Alcohol and your health

Alcohol consumption is not just someone else's problem.

Many people drink at harmful levels.

People in WA drink 12 litres of pure alcohol per year.

This is equal to 43.6 bottles of vodka (500ml, 40% alc. vol.)

This is 2 litres higher than the national average.

12L 10L

Of Western Australians over 18 years of age, almost:

1 in 4 drink at levels that place them at risk of alcohol-related harm and ill health in their lifetime.

1 in 5 drink at risky levels (better known as binge drinking) at least weekly.

1 in 13 drink daily

use costs

Alcohol can have toxic effects on your body.

The more you drink, and the more often you drink, the more likely you are to experience alcohol-related diseases.

cancer of the mouth and throat

stroke

breast cancer (women)

heart disease

liver disease + cancer

By reducing how much we drink we can free up hospital services:

88,542 bed days could be freed up every year for other uses if it weren't for alcohol-attributable conditions.

Less waiting time in Emergency Departments

Cost savings \$ for the community

Account 10 Western Australians die each week from alcohol-related causes

Every 18 minutes 1 person presents at a Perth emergency department for an alcohol-related injury

Every 32 minutes 1 person is hospitalised for an alcohol-attributable condition every day of the year

The truth about beer for athletes

- 1** **Binge drinking:** Negative effects on recovery and adaptation
- 2** **2.3%** Reduced alcohol drinks have been shown to have good hydration properties
- 3** Adding sodium to beer may improve fluid retention properties
- 4** The vitamin content in beer is not high (as often claimed), but it does contain some micronutrients
- 5** Most calories in beer are not useful for the athlete.

mysportscience
@mysportscience
www.mysportscience.com

Advice: One beer after hard exercise no problem.

Drinking water with that beer and adding some salt might improve hydrating properties.

Most calories are from alcohol and this is metabolised in the liver and cannot be used by the muscle.

Socio-cultural problem – socio-cultural interventions

“Alcohol is a channel through which the culture and values of being a sports person are epitomised.” Zhou & Heim, (2014).



Narrative Inquiry: A sociocultural intervention



Modern story telling!

“There’s so much gossip and talking about what happened the night before.”



“Hearing everyone’s funny stories about being drunk is a massive part of it.”



“Alcohol does give you a lot of stories, like you know ‘oh my god I remember when that guy did that,’ or you’ve got a video of someone doing something and it’s absolutely hilarious.”

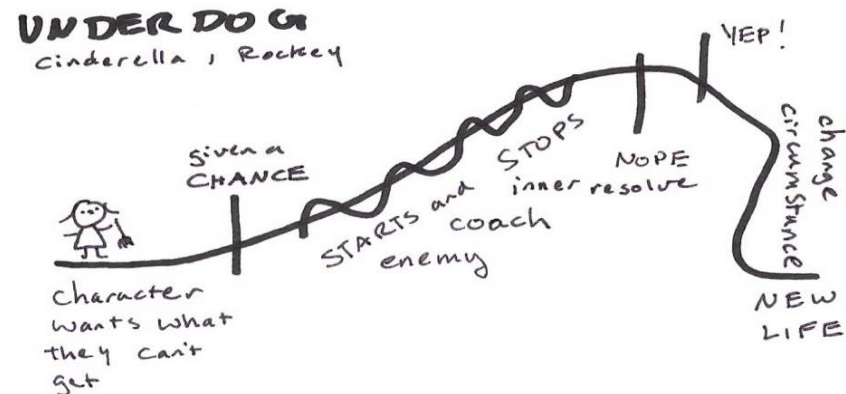
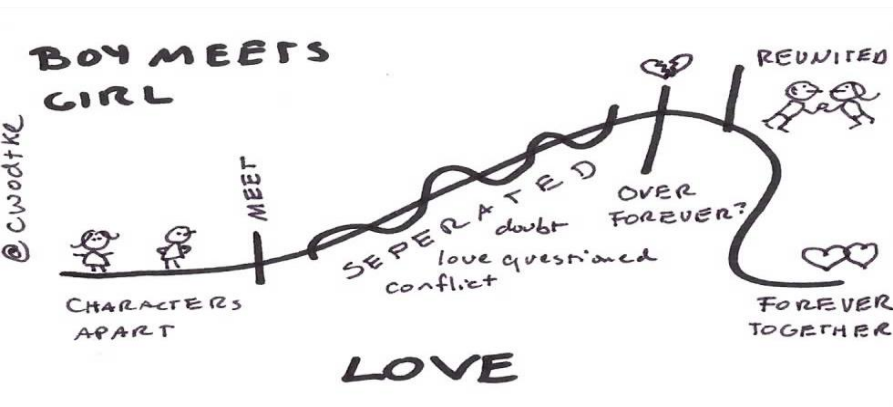
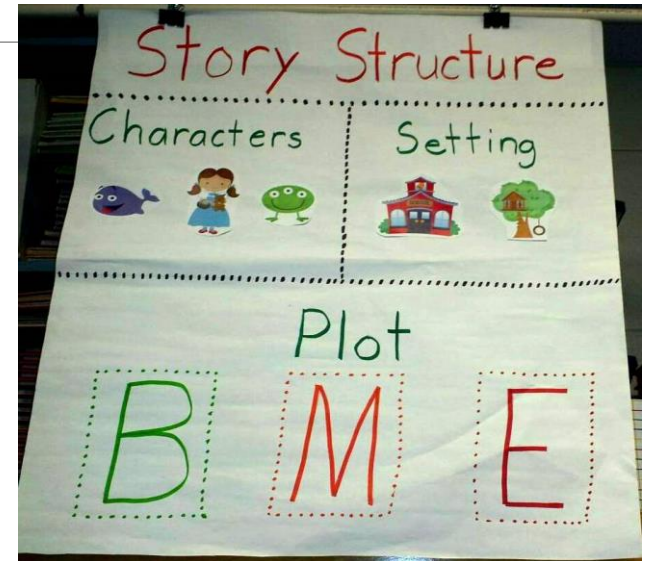
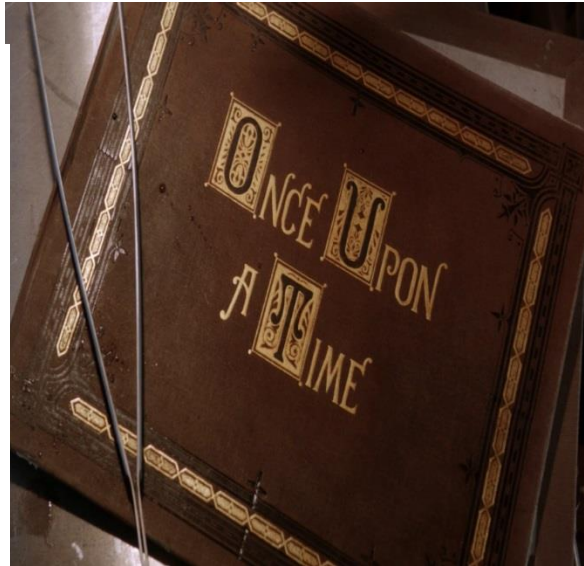


“We have S & C training on a Thursday and we’re all hungover and we’re all telling the stories and discussing what happened last night.”

The study of stories: Introduction to Narrative Inquiry

Elements of Plot

- Exposition
- Rising action
- Climax
- Falling action
- Resolution



Stories can

Open up dialogue



Narrative as a
knowledge
translation tool for
facilitating impact
(Smith et al, 2015).

Teach



Reassure, reinvigorate &
remind



Create new possible
futures/selves

Practical Task One:

Deconstructing the narratives

Read the stories provided and for each, answer the following questions:

What genre do you think this story fits into?

- E.g. Adventure, romance, comedy, tragedy?

What is the basic plot/storyline?

- What happens?

What was this story about?

- Key themes?

Who are the heroes and/or villains in this story?

What is not talked about in this story?

- What is hidden from view?

#StoryDecon

Practical Task Two: What is the impact of the story?

What cultural values can be identified from this story?

What emotions/feelings might this story elicit in the reader/listener?

What behaviours might this story engender in those who hear/read it?

What possible motives might the story-teller have for telling this story?

What criteria are required in order to be eligible to tell this story?

What do you think would happen if you told a story that was the opposite of this one?



Practical Task Three: Telling a different story?

Can we construct a story that espouses the positive values of the culture but doesn't centre around excessive drinking????

What are the positive values in this culture?

What new story could be told to showcase these values?

What would happen in the story?

Who would be the heroes and villains?

What emotions would we try to elicit?

Who would be a credible teller of this new story?

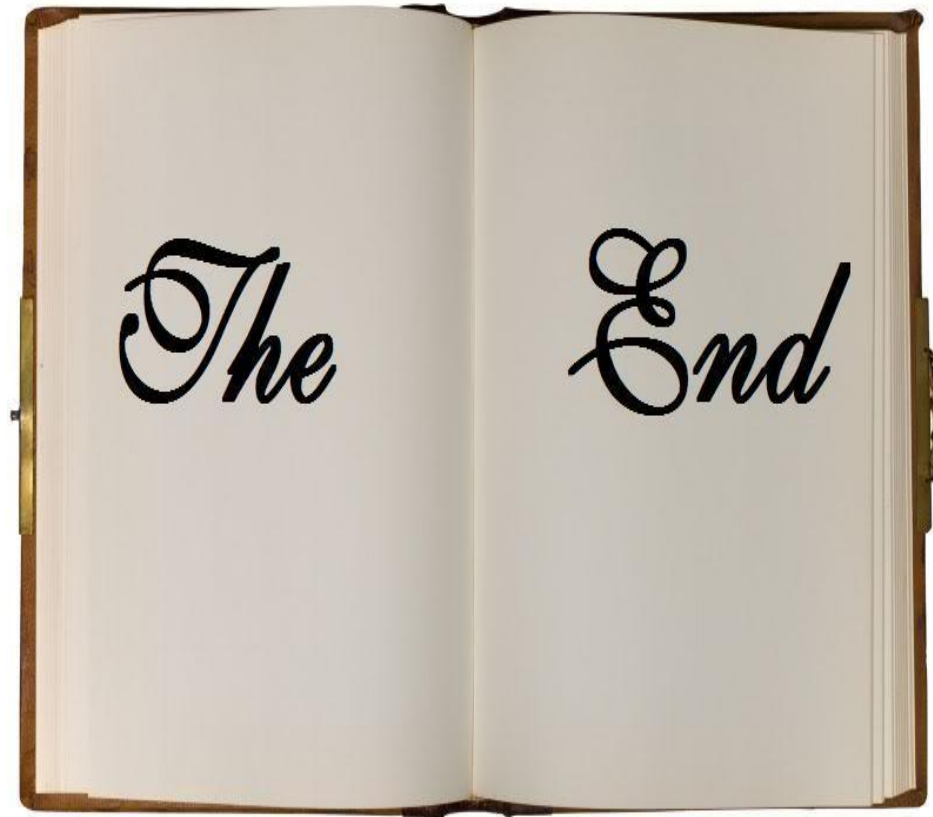


Can we construct a story that centres around excessive drinking that brings to light the hidden negative values of the culture????

Answer the same questions as above, but substitute negative for positive.

Conclusions and recommendations

- 1) Identify dominant narratives that support destructive behaviours. Look for narrative silences, alternative stories and behaviours that are constrained.
- 2) Use narratives to open up a dialogue.
- 3) Share the existing stories and talk about their impact.
- 4) Bring to light the untold stories.
- 5) Use new stories to create new selves and new behaviours.



Over to You

How might you use what you have learned today in your local context?

Who would need to be involved?

What steps would you need to take?

What is your first step?

