

BD 295 Spring 2016

*WHAT'S GENDER GOT TO DO WITH IT?*

**MYTHS AND REALITIES ABOUT  
GENDER DIFFERENCES IN DRINKING  
PATTERNS AND PROBLEMS**

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# FIVE PERSPECTIVES

on Gender and Drinking

## **Perspective I**

# **Gender Convergence**

**Myth or Reality: Are Women Really  
Becoming More Like Men?**

**TABLE 1. Prevalence of women's drinking in 1981, 1991, and 2001**

<b>Age</b>	<b>1981 % (weighted <i>n</i>)</b>	<b>1991 % (weighted <i>n</i>)</b>	<b>2001 % (weighted <i>n</i>)</b>
21-30	75.5 (169)	73.7 (174)	79.7 (167)
31-40	72.1 (145)	69.3 (163)	78.8 (196)
41-50	66.3 (92)	66.2 (141)	72.9 (160)
51-60	55.9 (83)	51.3 (72)	61.3 (118)
61-70	38.8 (47)	40.6 (59)	46.0 (48)
≥71	33.0 (25) <sup>a</sup>	24.2 (30) <sup>a</sup>	33.5 (50) <sup>a</sup>
<b>Total sample</b>	<b>61.7 (562)</b>	<b>58.4 (639)</b>	<b>65.8 (740)<sup>b</sup></b>

*Notes:* Age group *n*'s may not sum to total sample *N* because of rounding.

<sup>a</sup>Age trend,  $p < .001$ ; <sup>b</sup>difference, 1991-2001,  $p < .001$ .

Source: Wilsnack, R.W. et al. 2006. "Are U. S Women Drinking Less (or More)? Historical and Aging Trends, 1981-2001," *Journal of Studies on Alcohol* 67: 341-348.

**TABLE 2. Prevalence of 30-day abstinence (12-month drinkers) in 1981 and 2001**

<b>Age</b>	<b>1981 % (weighted <i>n</i>)</b>	<b>2001 % (weighted <i>n</i>)</b>
21-30	13.9 (29)	30.5 (59) <sup>a</sup>
31-40	15.1 (27)	23.1 (52)
41-50	12.5 (14)	25.5 (47) <sup>a</sup>
51-60	24.0 (24)	28.3 (38)
61-70	6.4 (3)	23.7 (13)
≥71	27.1 (9)	36.7 (21)
<b>Total sample</b>	<b>15.5 (106)</b>	<b>27.1 (231)<sup>a</sup></b>

*Notes:* Age group *n*'s may not sum to total sample *N* because of rounding.  
<sup>a</sup>Difference, 1981-2001,  $p < .01$ .

Source: Wilsnack, R.W. et al. 2006. "Are U. S Women Drinking Less (or More)? Historical and Aging Trends, 1981-2001," Journal of Studies on Alcohol 67: 341-348.

**TABLE 3. Prevalence of heavy episodic drinking (12-month drinkers) in 1981, 1991, and 2001**

<b>Age</b>	<b>1981 % (weighted <i>n</i>)</b>	<b>1991 % (weighted <i>n</i>)</b>	<b>2001 % (weighted <i>n</i>)</b>
21-30	51.3 (108)	37.2 (78)	29.2 (56) <sup>a</sup>
31-40	30.5 (53)	24.9 (49)	25.1 (57)
41-50	30.2 (34)	13.9 (23)	24.3 (45)
51-60	16.6 (17)	21.1 (18)	12.9 (18)
61-70	22.6 (12)	14.5 (10)	14.3 (8)
≥71	2.8 (1) <sup>b</sup>	8.6 (3) <sup>b</sup>	1.5 (1) <sup>b</sup>
<b>Total sample</b>	<b>32.9 (224)</b>	<b>23.7 (182)</b>	<b>21.6 (185)<sup>a</sup></b>

**Notes:** Age group *n*'s may not sum to total sample *N* because of rounding.  
<sup>a</sup>Historical trend,  $p < .001$ ; <sup>b</sup>age trend,  $p < .001$ .

Source: Wilsnack, R.W. et al. 2006. "Are U. S Women Drinking Less (or More)? Historical and Aging Trends, 1981-2001," *Journal of Studies on Alcohol* 67: 341-348.

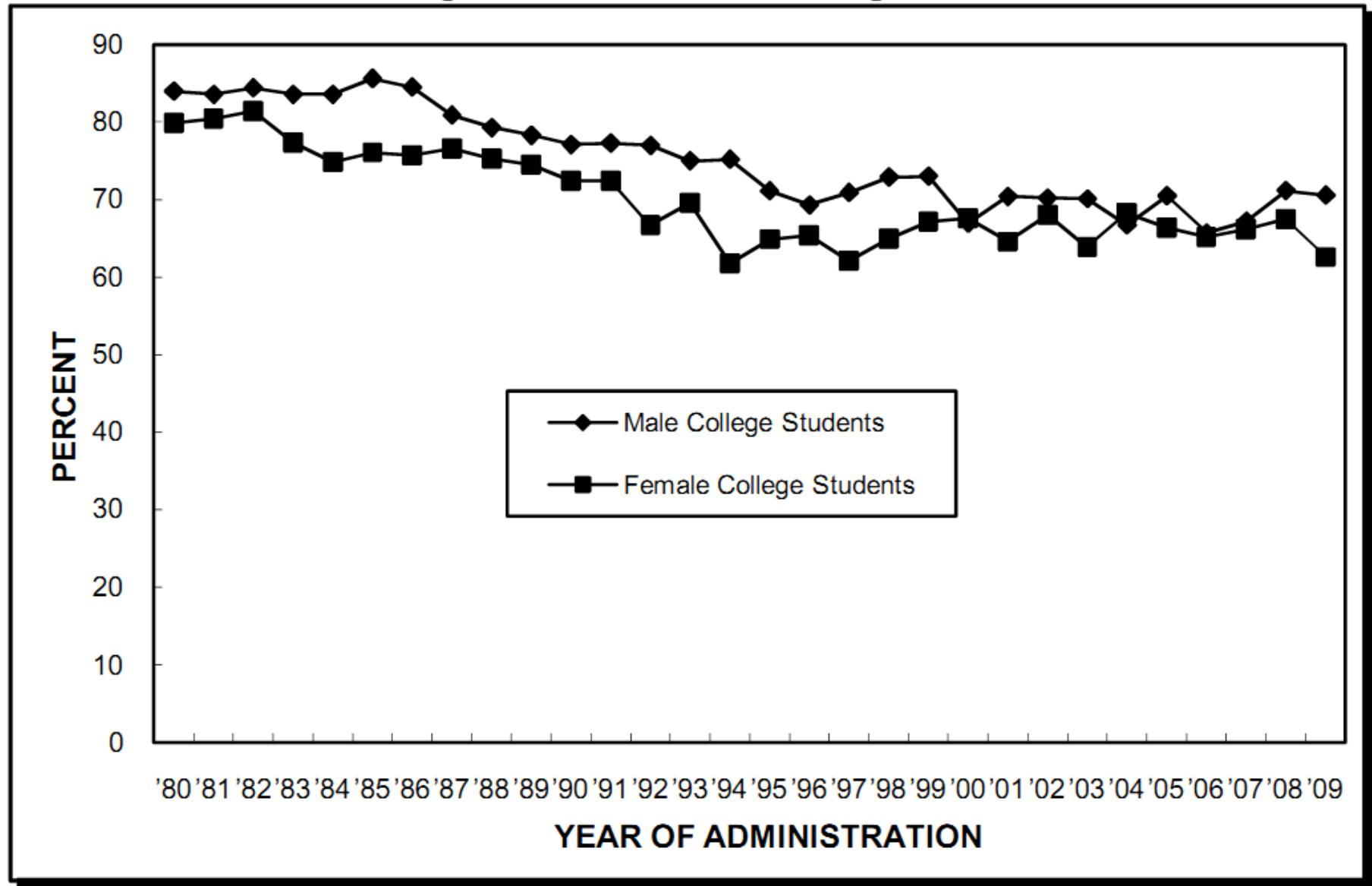
**TABLE 4. Prevalence of intoxication (12-month drinkers) in 1981, 1991, and 2001**

<b>Age</b>	<b>1981 % (weighted <i>n</i>)</b>	<b>1991 % (weighted <i>n</i>)</b>	<b>2001 % (weighted <i>n</i>)</b>
21-30	47.6 (100)	55.2 (115)	62.7 (121) <sup>a</sup>
31-40	24.4 (42)	50.5 (100)	52.6 (119) <sup>a</sup>
41-50	21.5 (24)	19.4 (33)	46.3 (86) <sup>a</sup>
51-60	14.2 (15)	25.2 (22)	24.4 (33)
61-70	8.9 (5)	9.1 (6)	8.8 (53)
≥71	2.8 (1) <sup>b</sup>	4.7 (2) <sup>b</sup>	3.9 (2) <sup>b</sup>
<b>Total sample</b>	<b>27.4 (187)</b>	<b>36.2 (278)</b>	<b>42.9 (365)<sup>a</sup></b>

*Notes:* Age group *n*'s may not sum to total sample *N* because of rounding.  
<sup>a</sup>Historical trend,  $p < .001$ ; <sup>b</sup>age trend,  $p < .001$ .

Source: Wilsnack, R.W. et al. 2006. "Are U. S Women Drinking Less (or More)? Historical and Aging Trends, 1981-2001," *Journal of Studies on Alcohol* 67: 341-348.

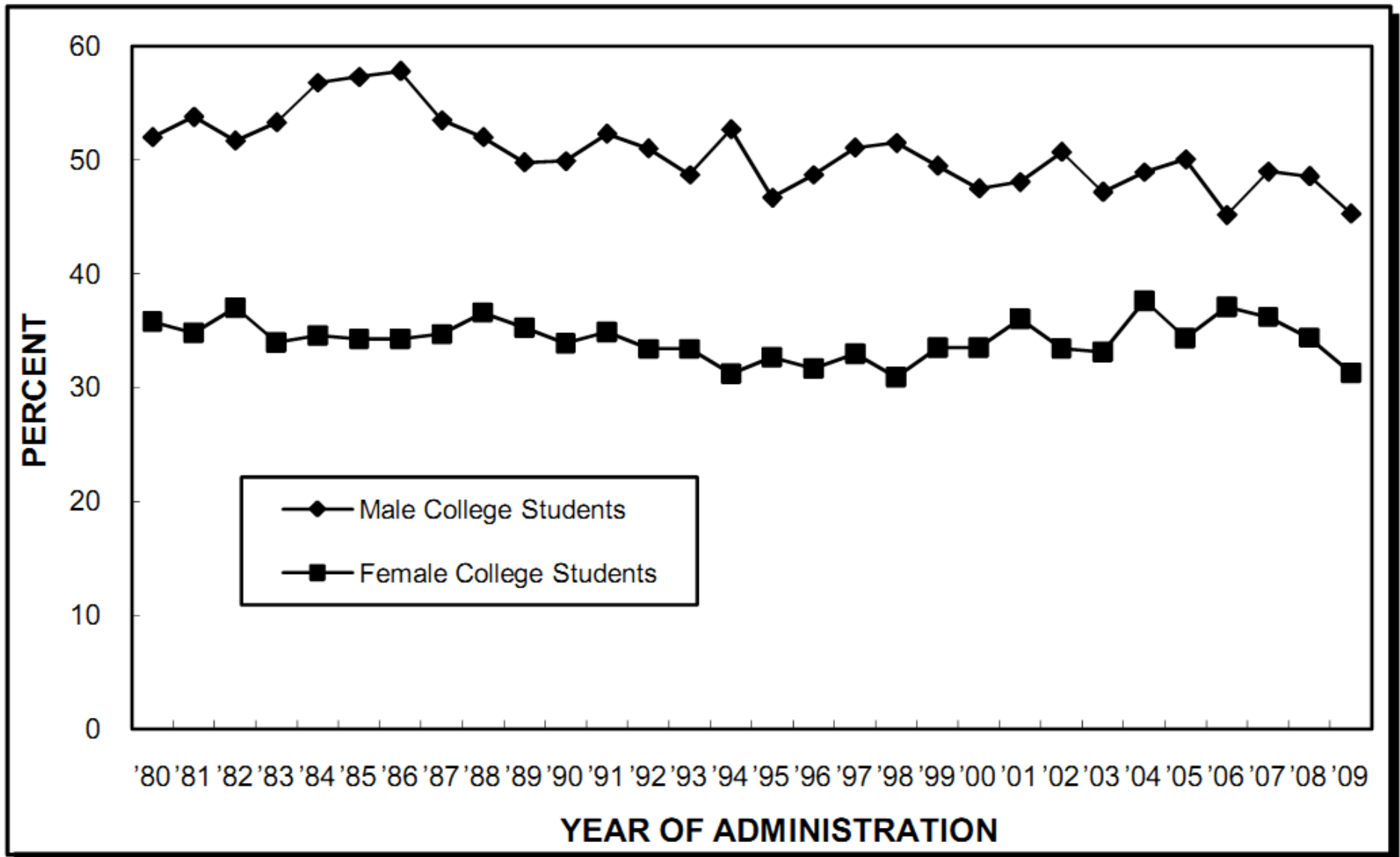
## Alcohol: Trends in 30-Day Prevalence among Male vs. Female College Students



Source. The Monitoring the Future study, the University of Michigan.

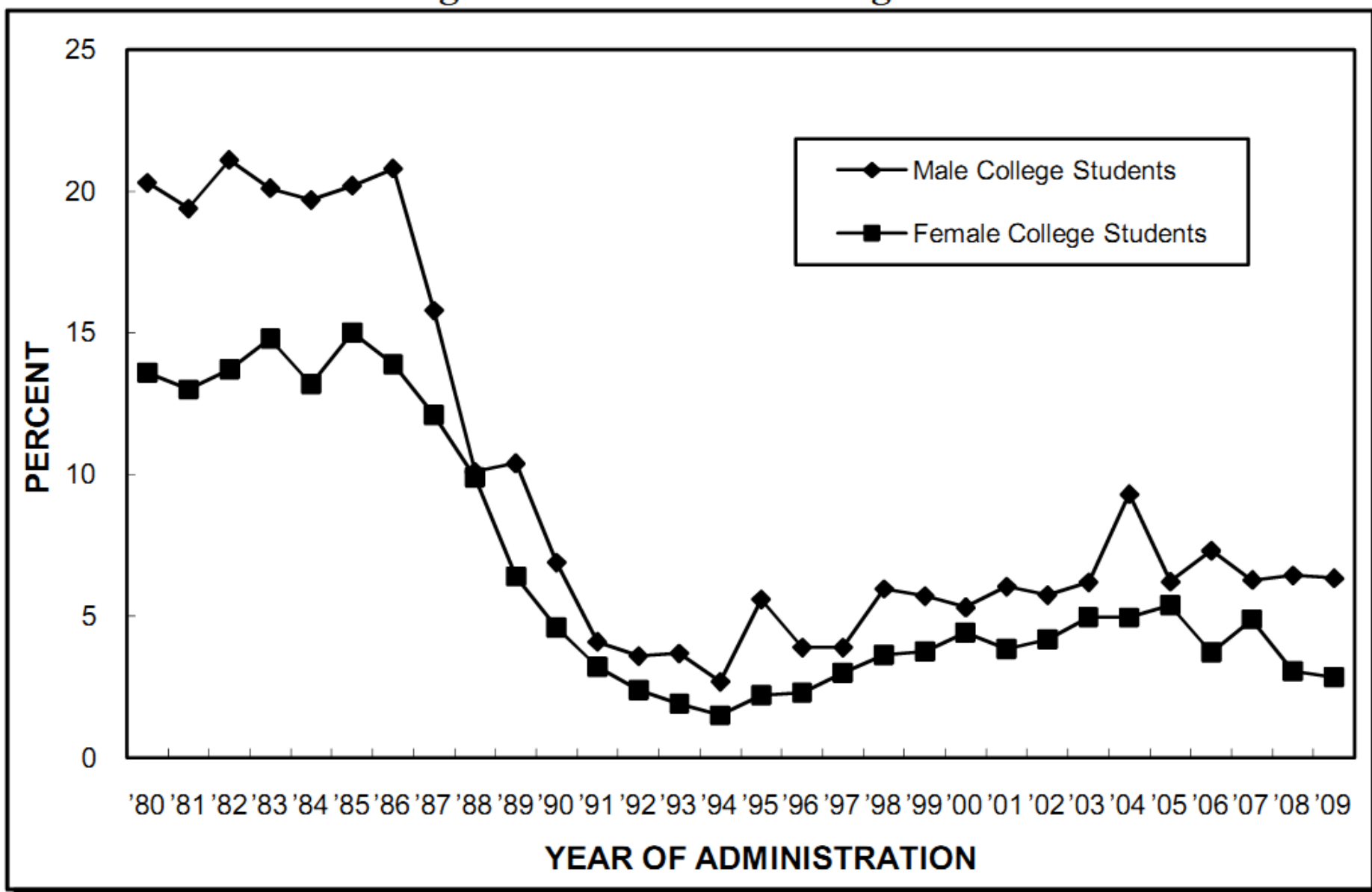


## Alcohol: Trends in 2-Week Prevalence of 5 or More Drinks in a Row among Male vs. Female College Students



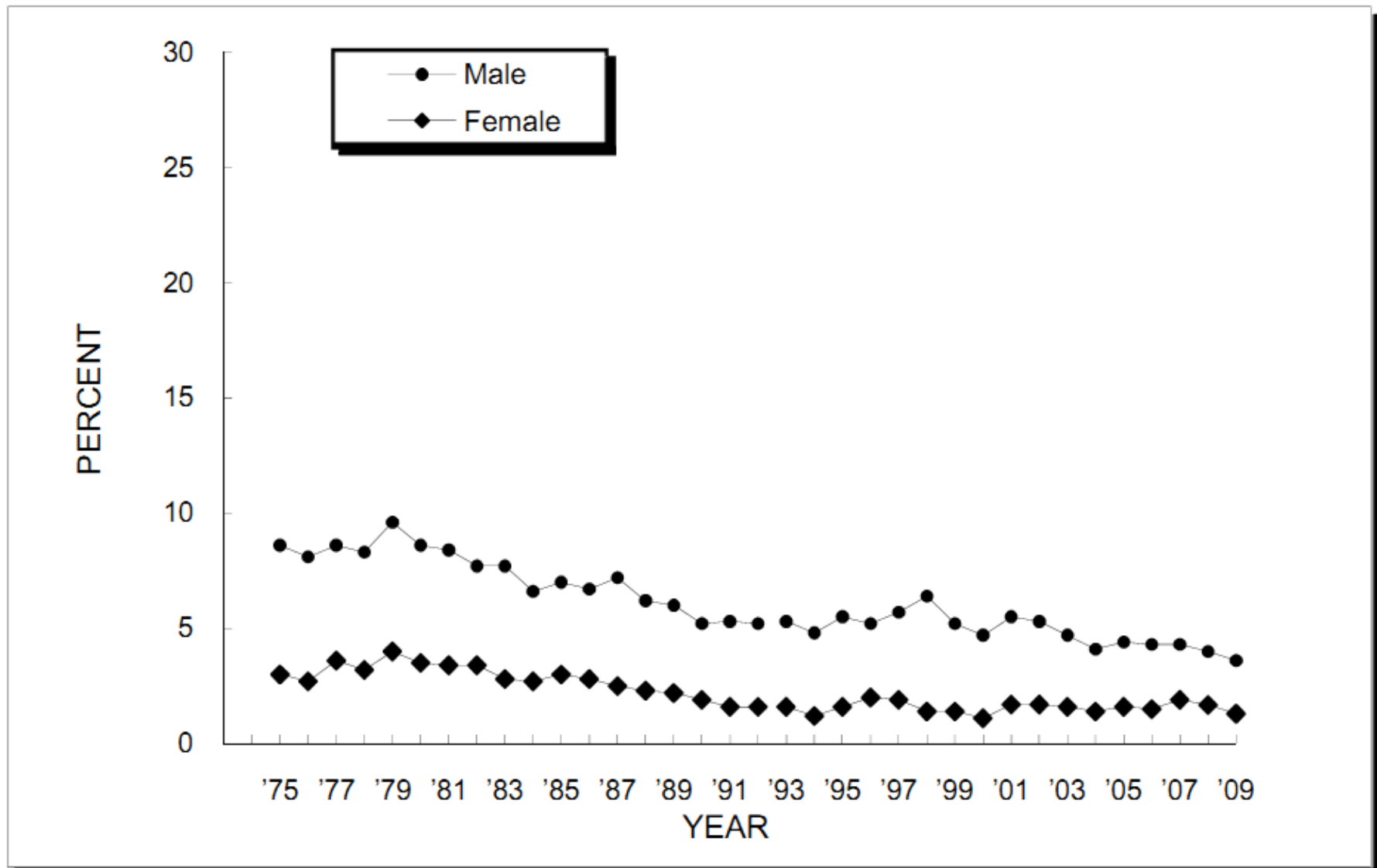
Source. The Monitoring the Future study, the University of Michigan.

## Cocaine: Trends in Annual Prevalence among Male vs. Female College Students



Source. The Monitoring the Future study, the University of Michigan.

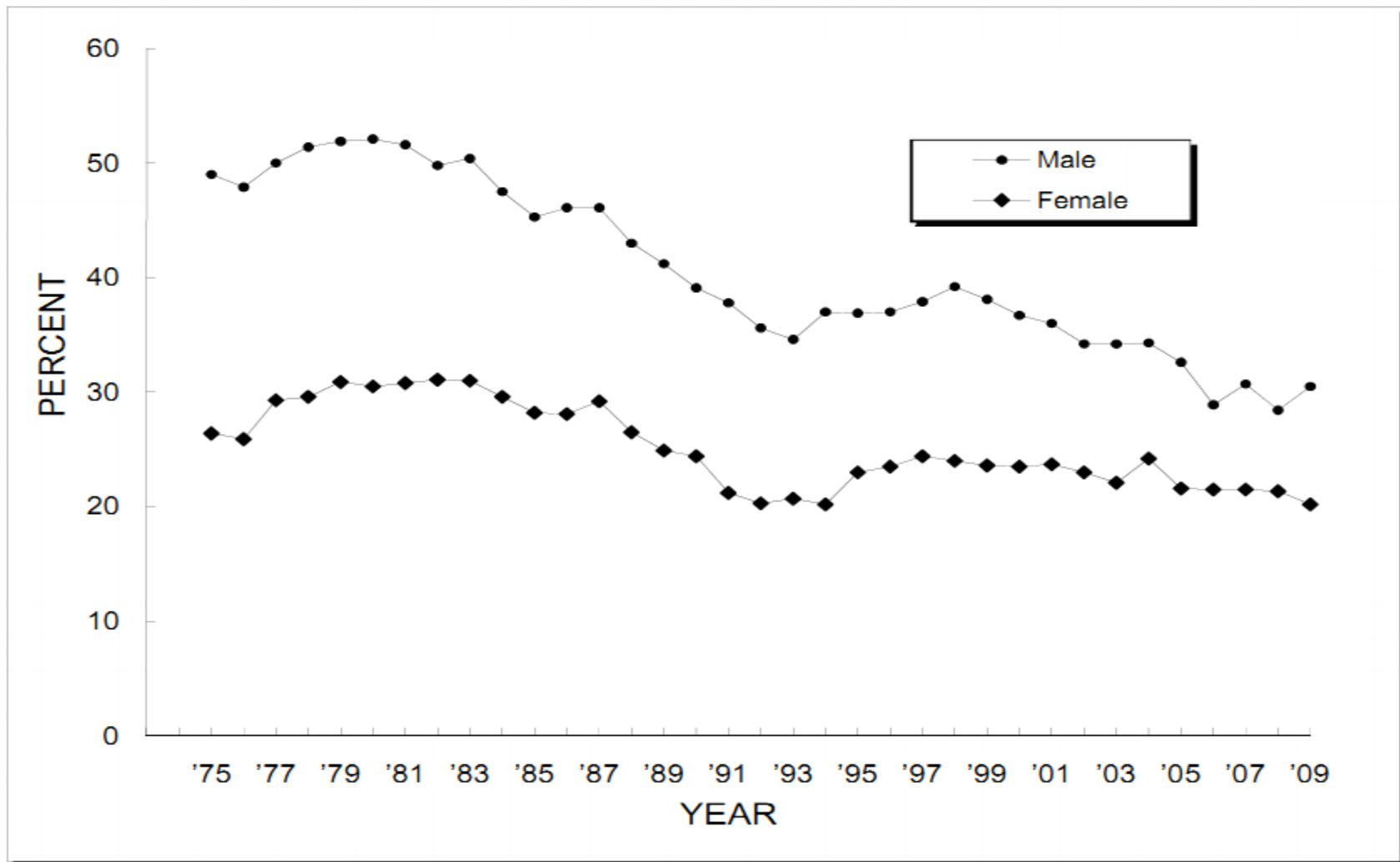
## Alcohol:\* Trends in 30-Day Prevalence of Daily Use in Grade 12



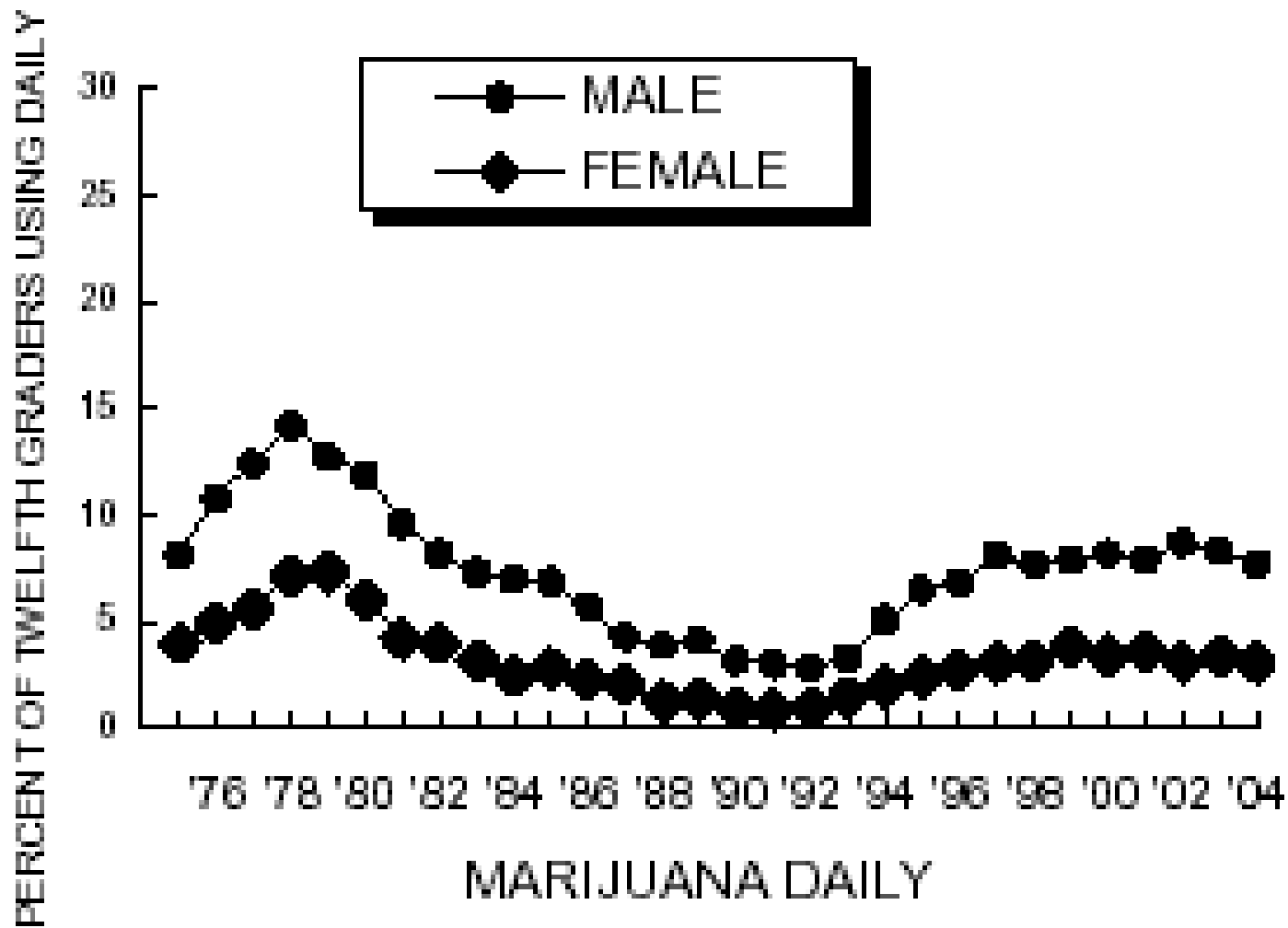
Source. The Monitoring the Future study, the University of Michigan.

Note. Daily use for alcohol is defined as use on 20 or more occasions in the last 30 days.

**Alcohol: Trends in 2-Week Prevalence of Heavy Drinking\*  
in Grade 12 by Gender**

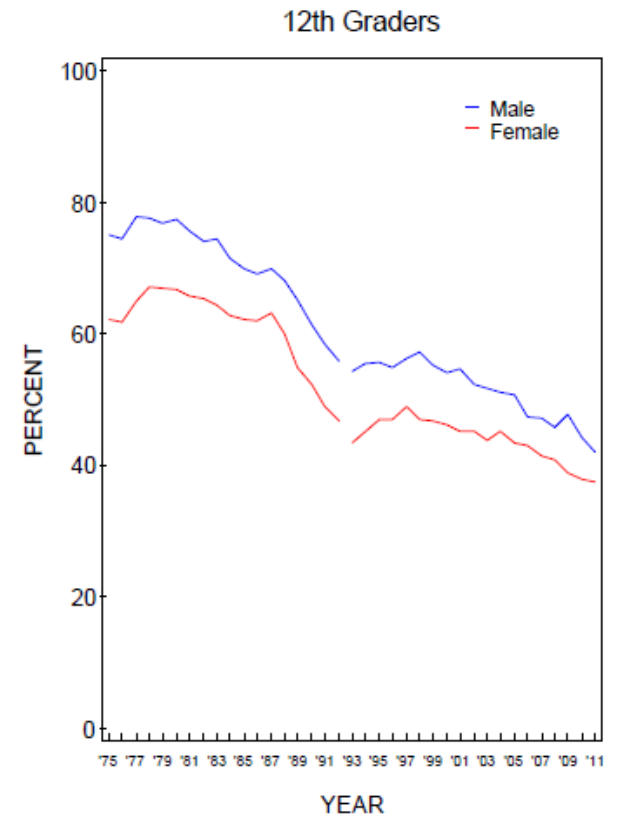
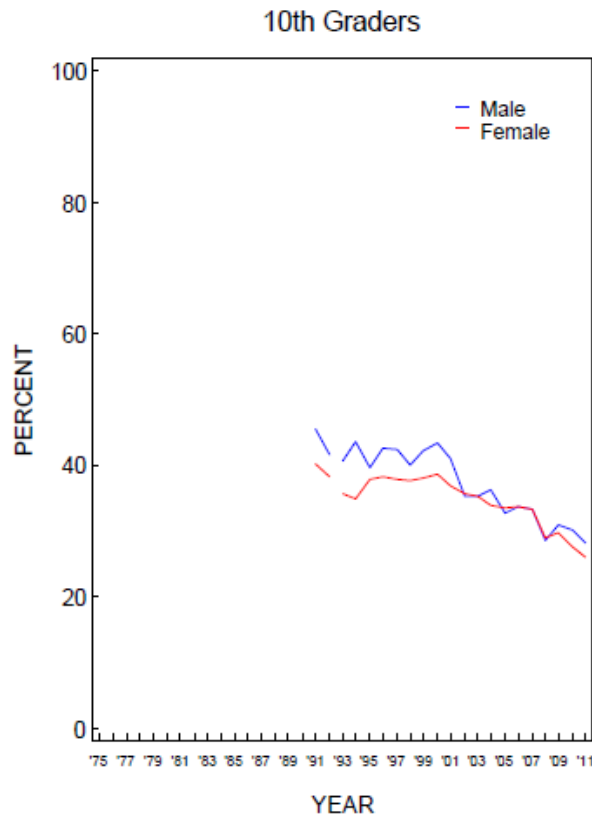
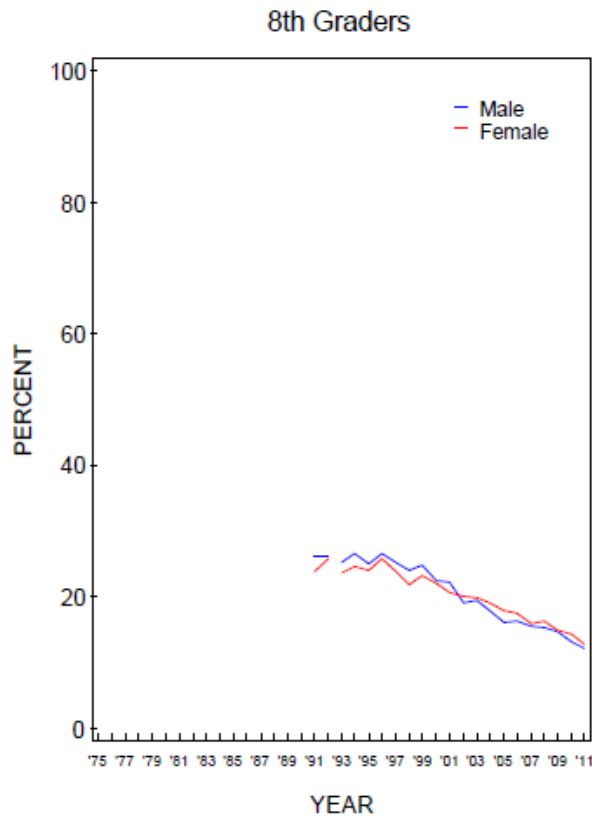


Source. The Monitoring the Future study, the University of Michigan.



Johnston, L. D., O'Malley, P. M., Bachman, J. G., & Schulenberg, J. E. (2005). *Monitoring the Future national survey results on drug use, 1975-2004: Volume I, Secondary school students* (NIH Publication No. 05-5727). Bethesda, MD: National Institute on Drug Abuse.

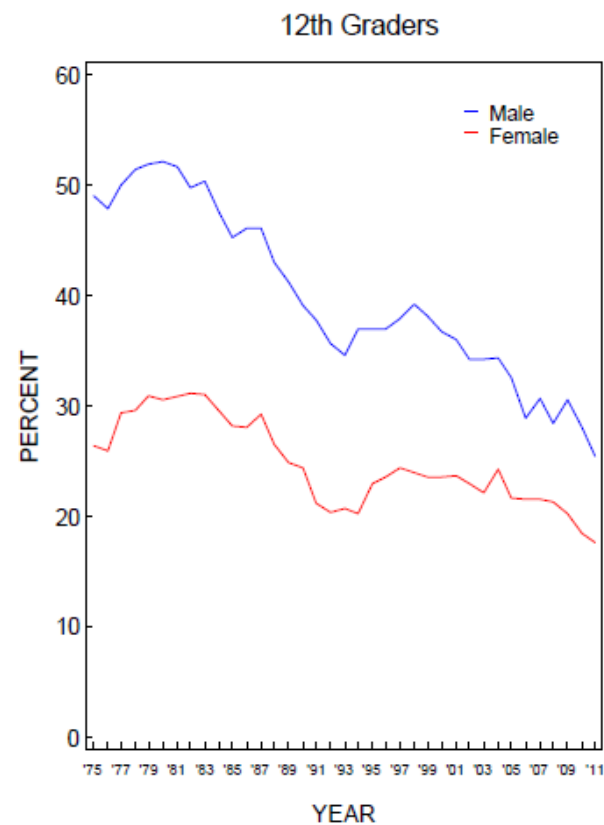
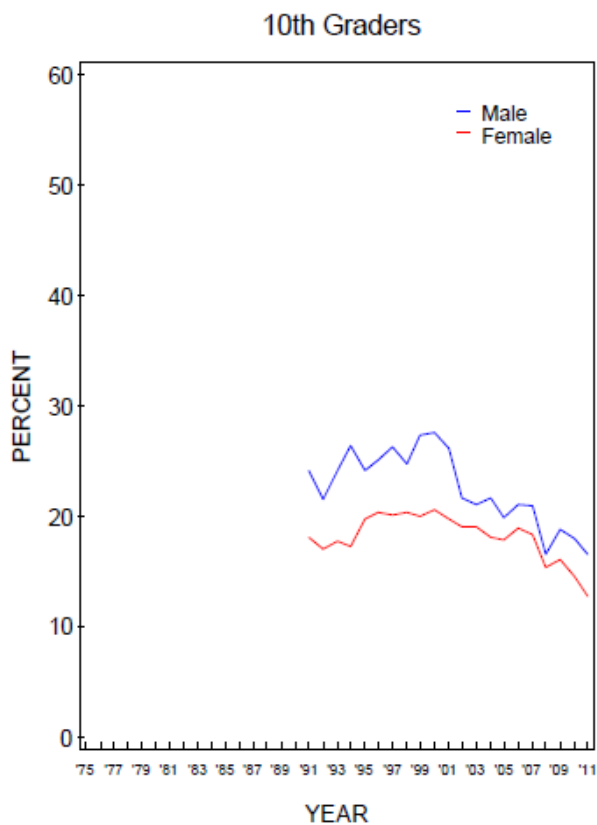
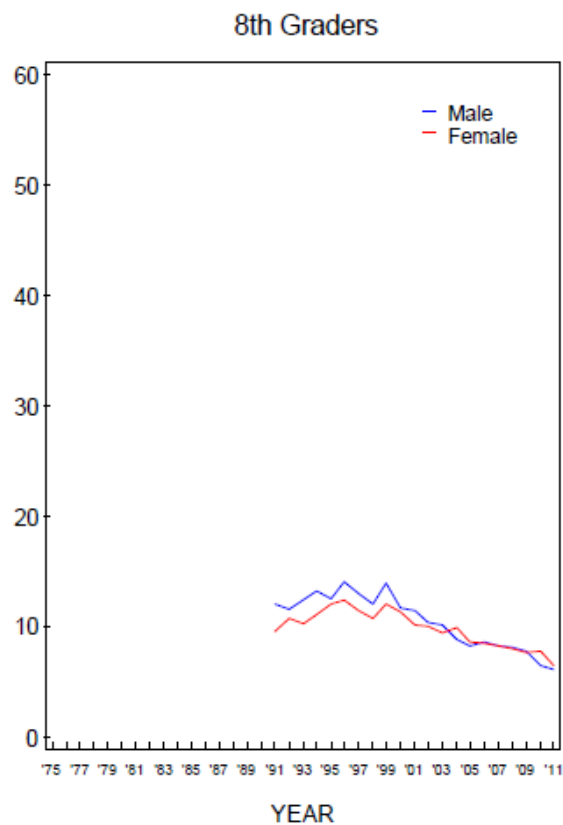
**Alcohol:\* Trends in 30-Day Prevalence by Gender**



Source. The Monitoring the Future study, the University of Michigan.

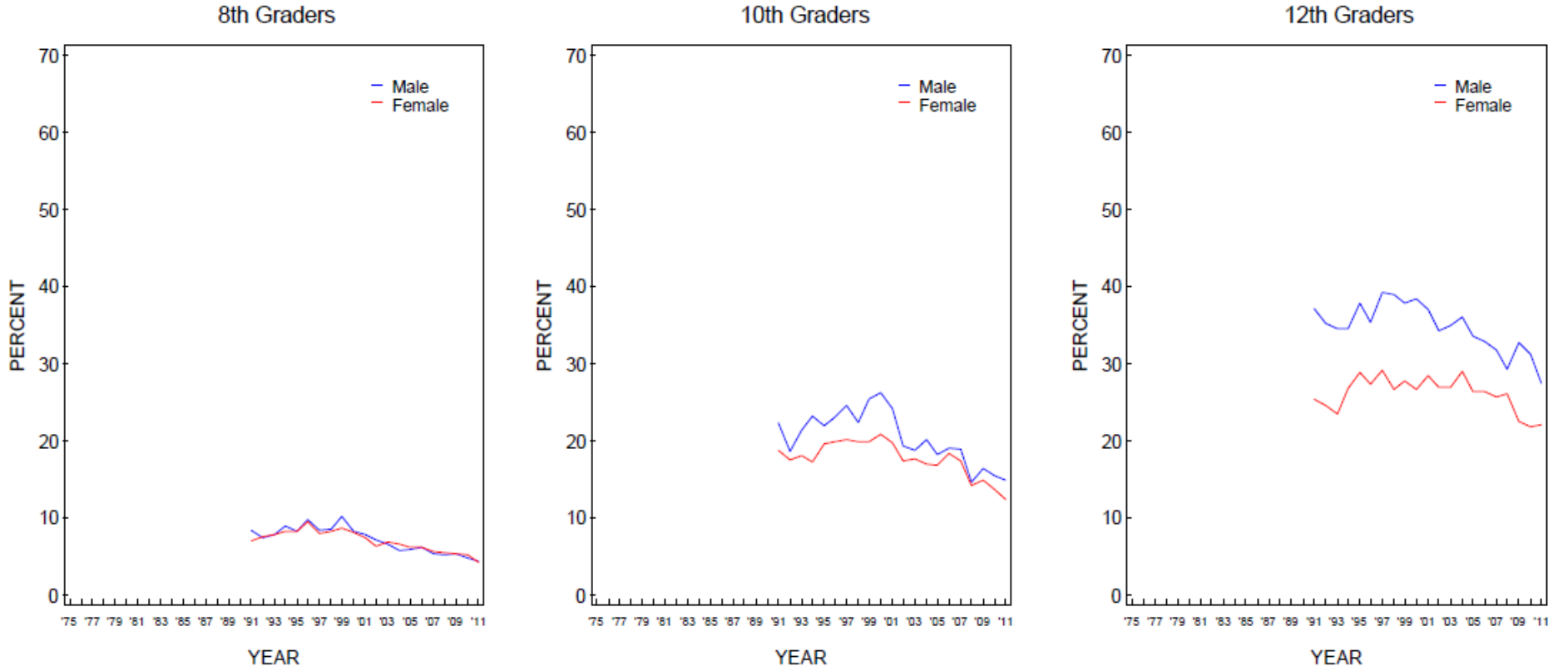
\*Beginning in 1993, a revised set of questions on alcohol use was introduced. Refer to corresponding tables for further details.

## Alcohol: Trends in 2-Week Prevalence of 5 or More Drinks in a Row by Gender



Source. The Monitoring the Future study, the University of Michigan.

## Alcohol: Trends in 30-Day Prevalence of Having Been Drunk by Gender



Source. The Monitoring the Future study, the University of Michigan.



## Perspective II

# The Biochemist's Law:

*Sex Inequalities in Consumption*

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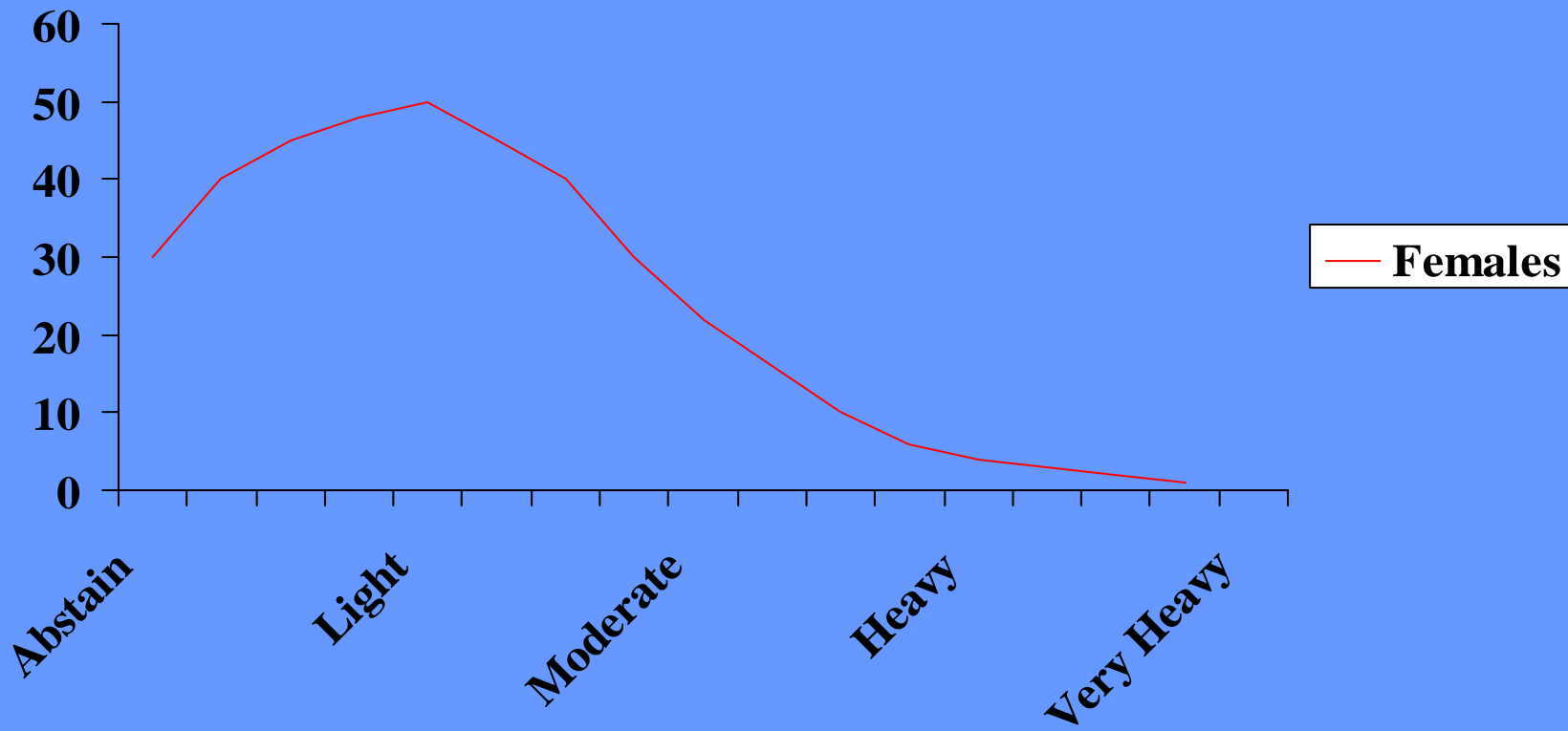
*Sex Equity in BAC*

- Body Weight Differences
- Fat-to-Water Ratios
- Enzyme and Metabolism Differences

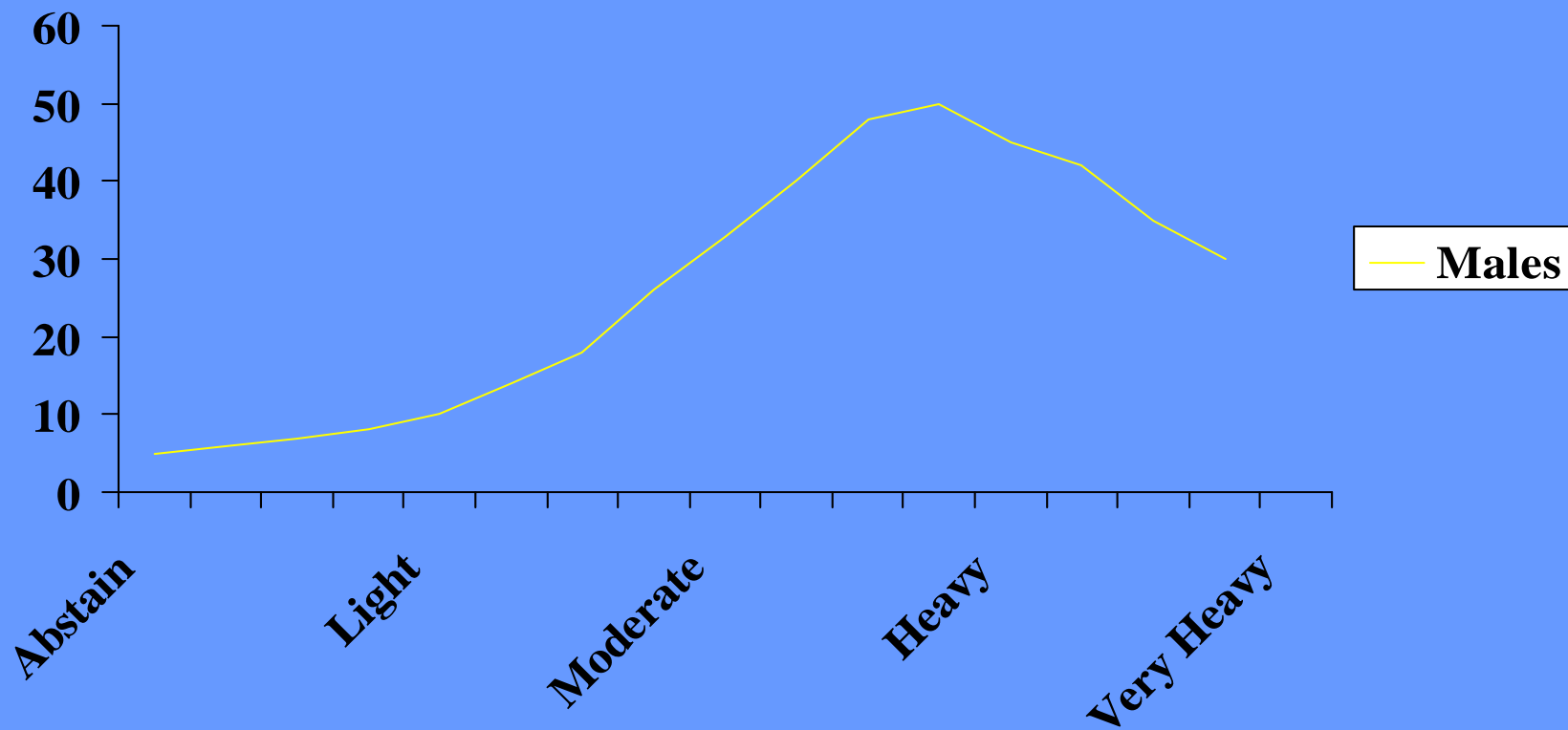
## **Perspective III**

**What does the Distribution of  
Women's and Men's Drinking  
Look Like?**

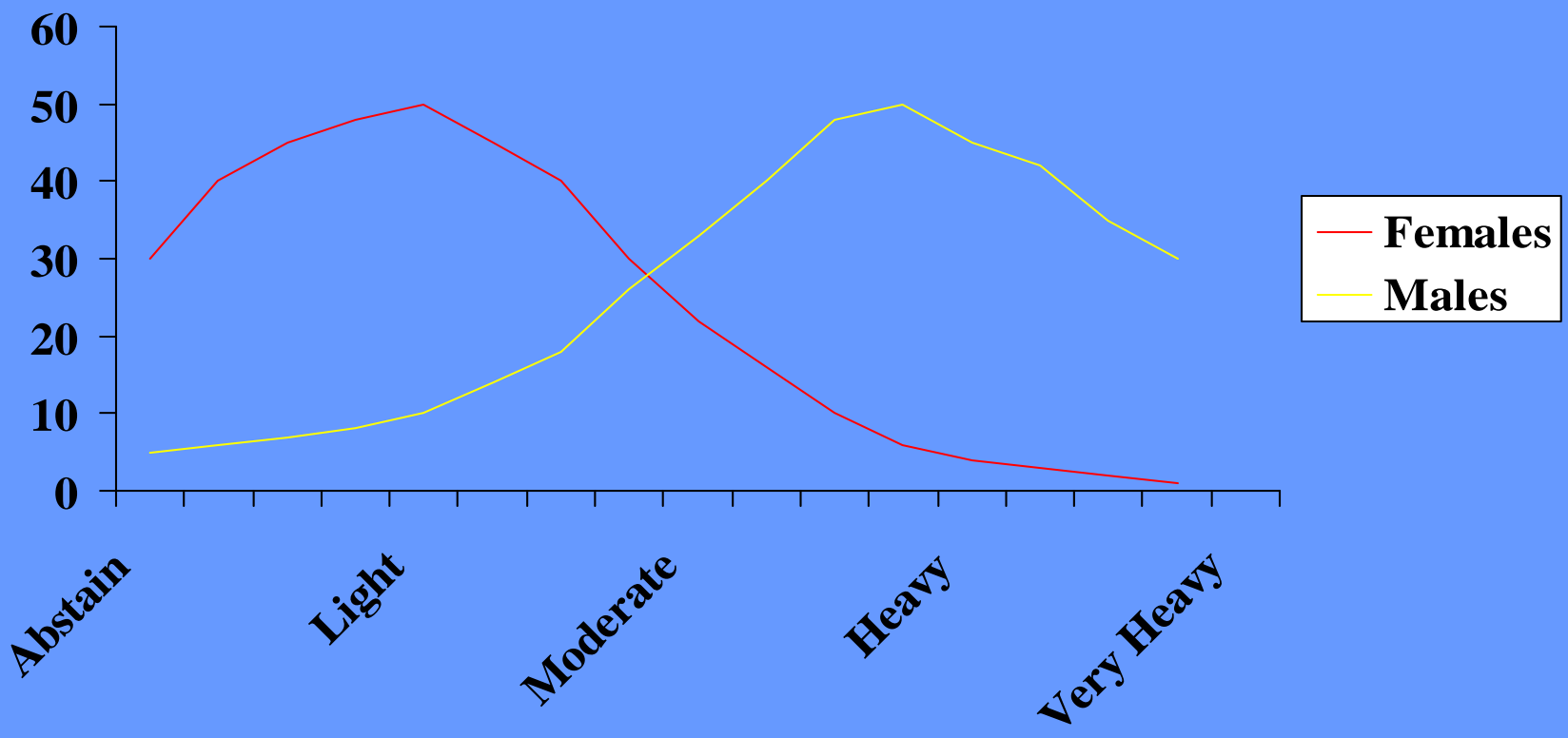
# Distribution of Female Drinking



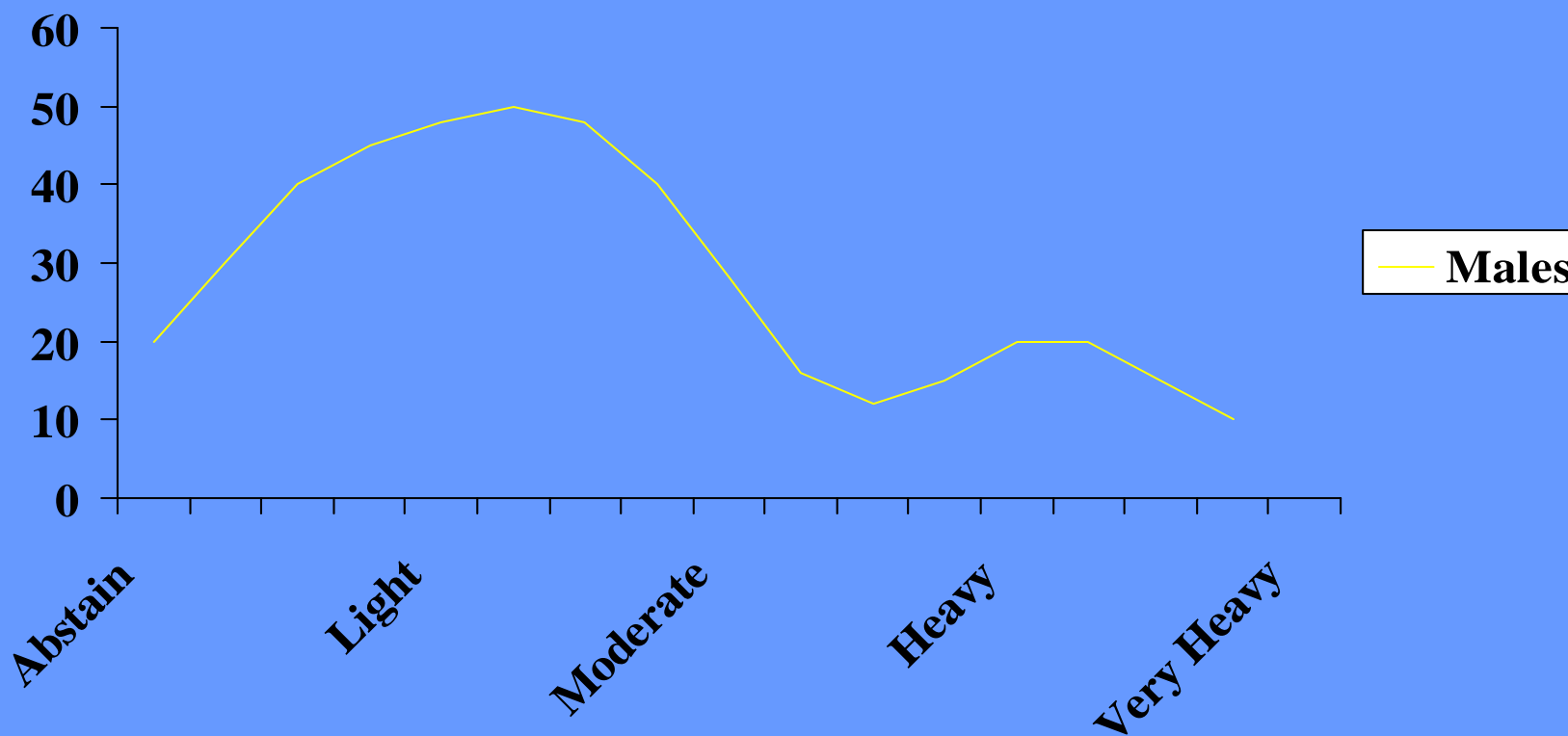
# Stereotypical Distribution of Male Drinking



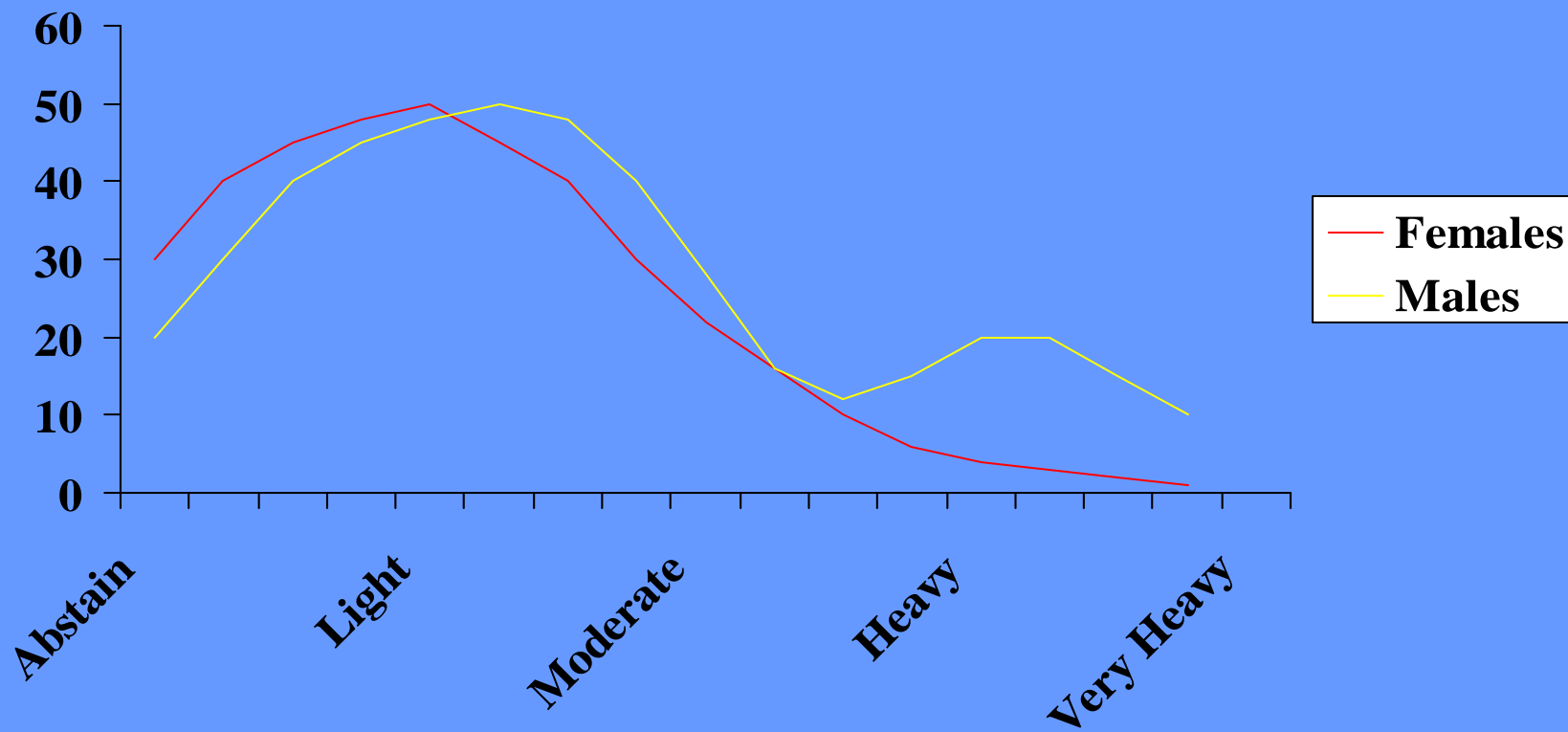
# Perceived Distribution of Female and Male Drinking



# Actual Distribution of Male Drinking



# Actual Distribution of Female and Male Drinking



## Perspective IV

# Inequalities/Equalities in Consequences of Misuse

Is Hurting oneself and others an  
“equal opportunity” experience for  
men and women?



# Experience of Negative Consequences from Drinking Within Year for College Students Nationwide by Gender (N=41,581)

<u>Consequence</u>	<u>% of Males / Females &amp; Ratio</u>	
• Property damage	• 14% / 3%	4.6
• Trouble with police or authorities	• 18% / 7%	2.6
• Driving while intoxicated	• 40% / 27%	1.5
• Been hurt or injured	• 16% / 11%	1.5
• Poor work on test or project	• 26% / 18%	1.4
• Missed class	• 34% / 24%	1.4
• Fight or argument	• 33% / 27%	1.2
• Hangover	• 65% / 56%	1.2
• Memory loss	• 29% / 24%	1.2
• Thought about suicide	• 6% / 5%	1.2
• Vomiting or nausea	• 50% / 45%	1.1

Source: Alcohol and Drugs on American College Campuses, Core Institute.

## **Perspective V**

# **Stress and Drinking in Student and Post-Collegiate Life**

**We always knew women “matured” faster.**

## **Table 2. Survey response items indicating stress-reduction motivations and other reasons for drinking**

### **Stress-reduction motives**

1. To relieve work pressures
2. For a sense of well-being
3. To help forget disappointments
4. To relieve anxieties

### **Other motives**

1. To facilitate work or study
2. To feel more relaxed with friends and acquaintances
3. To feel more relaxed with the members of the opposite sex
4. To reduce inhibitions
5. To improve sexual performance
6. To gain attention
7. To 'break the ice' in certain social situations
8. Nothing better to do
9. To celebrate
10. Because friends drink alcohol

**Table 1. Drinking characteristics of collegiate/post-collegiate young adults by gender and life stage**

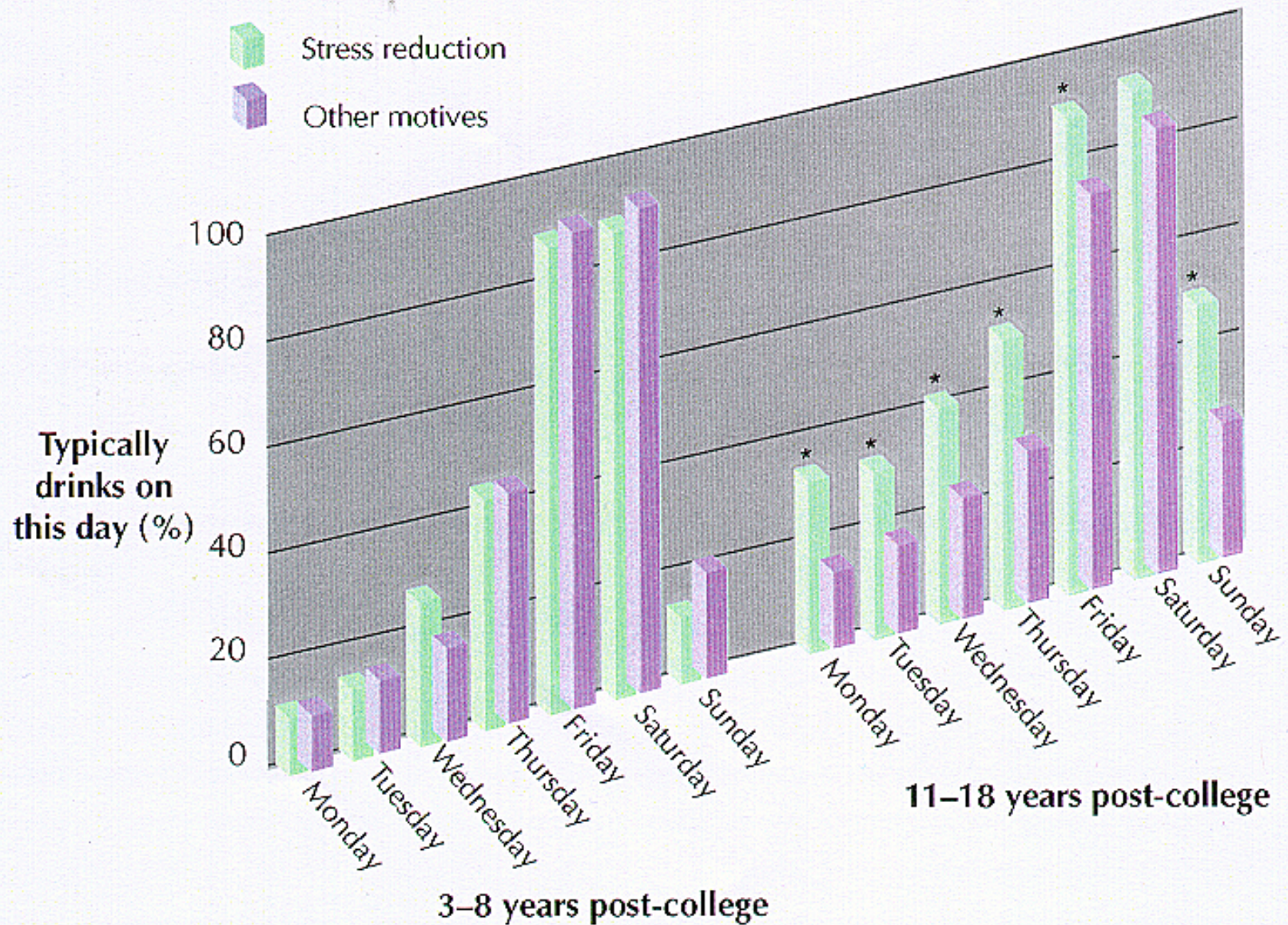
		Undergraduates <sup>a</sup>	Post-college	
			3–8 years post-college <sup>b</sup>	11–18 years post-college <sup>c</sup>
Currently drinks alcohol	Men	92.4%	96.3%	91.4% <sup>†</sup>
	Women	93.7%	95.0%	87.3% <sup>†</sup>
Average number of drinks per week	Men	17.3	7.4 <sup>†</sup>	5.5 <sup>†</sup>
	Women	7.5*	3.5 <sup>†</sup>	3.2*
Multiple negative consequences of drinking in the last 9 months	Men	68.6%	34.6% <sup>†</sup>	18.8% <sup>†</sup>
	Women	59.0%*	25.0%* <sup>†</sup>	9.7%* <sup>†</sup>
Prominent stress-reduction motivation (for drinkers identifying motivations)	Men	15.4%	33.7% <sup>†</sup>	41.2%
	Women	24.7%*	28.7%	37.2% <sup>†</sup>
Number of cases	Men	226	296	382
	Women	317	319	362

<sup>a</sup>Includes 17–24 year olds; <sup>b</sup>Includes 24–30 year olds; <sup>c</sup>Includes 31–42 year olds.

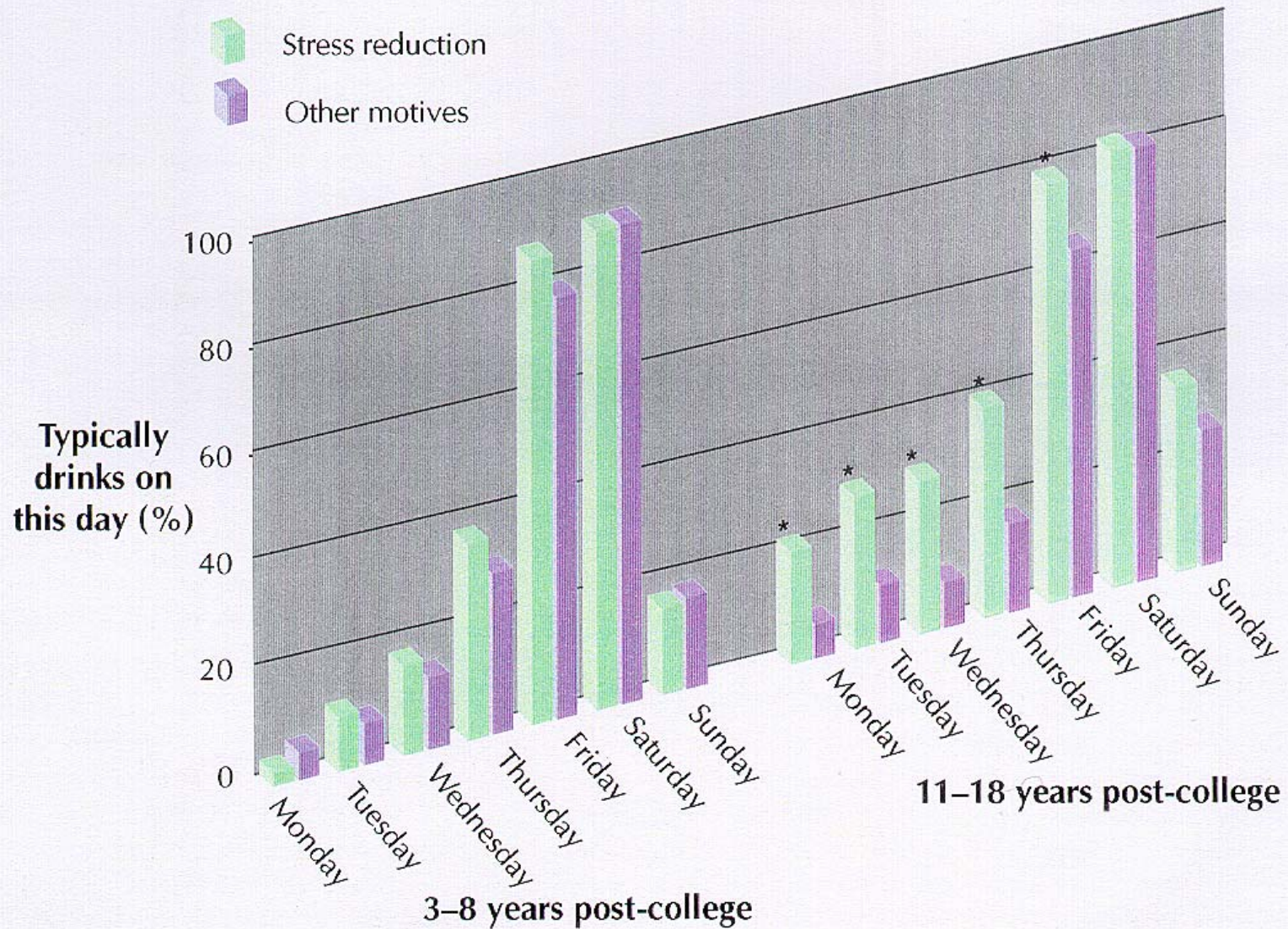
\*Significant difference compared with males ( $p < 0.05$ ).

<sup>†</sup>Significant difference compared with previous life stage category ( $p < 0.05$ ).

**Figure 1.** Percentage of post-collegiate young adult male drinkers typically drinking each day of the week by life stage and most prominent drinking motives. \*Significant difference compared with respondents in the same life-stage category with other drinking motives ( $p < 0.05$ ).



**Figure 2.** Percentage of post-collegiate young female drinkers typically drinking each day of the week by life stage and most prominent drinking motives. \*Significant difference compared with respondents in the same life-stage category with other drinking motives ( $p < 0.05$ ).



**Table 3. Mean drinks per week and percentage with multiple negative consequences among collegiate/post-collegiate young adults by life stage, gender and most prominent drinking motivation**

	Men		Women	
	Stress reduction	Other motives	Stress reduction	Other motives
<b>Undergraduates</b>				
Drinks per week	17.4	17.9	6.8	8.0
Multiple negative consequences of drinking in the last 9 months	74.2%	74.1%	67.6%	62.5%
<b>3–8 years post-college</b>				
Drinks per week	7.1	8.7	4.2	3.7
Multiple negative consequences of drinking in the last 9 months	34.9%	42.5%	24.4%	29.9%
<b>11–18 years post-college</b>				
Drinks per week	7.0	5.9	5.0*	2.9
Multiple negative consequences of drinking in the last 9 months	17.2%	26.4%	17.9%*	6.7%

\*Significant difference compared with respondents in the same life course and gender category with other drinking motives as more prominent ( $p < 0.05$ ).