

ALCOHOL AND OTHER DRUG USE DATA UW-RIVER FALLS

Chancellor's
Advisory Council
on Alcohol,
Tobacco, and
Other Drugs
November 3,
2014

UW River Falls

DIVISION OF STUDENT AFFAIRS | STUDENT HEALTH SERVICES | COUNSELING SERVICES

AMERICAN COLLEGE HEALTH ASSOCIATION NATIONAL COLLEGE HEALTH ASSESSMENT (ACHA-NCHA) UWRF 2012

- Have you received information on the following topics from your college or university on alcohol and other drug use?

Yes respondents:

- Male 72%
- Female 67%
- Total 68.1%

- Are you interested in receiving information on alcohol and other drug use from your college or university?

Yes respondents:

- Male 26%
- Female 21%
- Total 22.1%

UWRF
SPRING 2011 UW SYSTEM AOD USE SURVEY

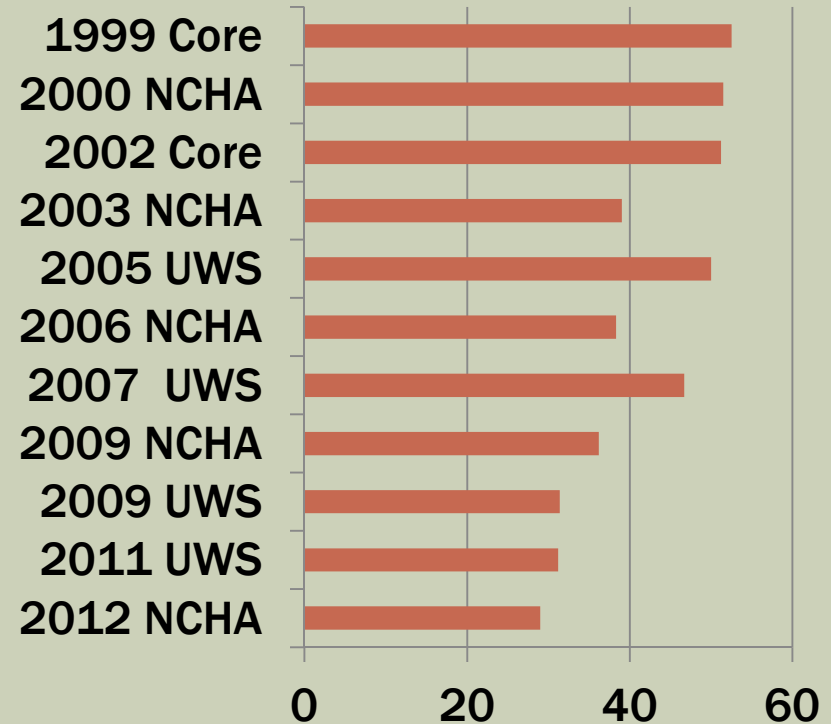
UW System AODA Use Survey-UWRF Results

- 28% of UWRF students do not drink alcohol.
- 65.3% of UW-RF students drink about the same or less now as they did the year before starting college.

ALCOHOL-BINGE DRINKING UWRF VS NATIONAL

- Core Spring 1999: 52.5% last two weeks five or more drinks in one sitting (42% nationally)
- ACHA-NCHA Spring 2000: 51.5% last two weeks five or more alcoholic drinks at a sitting (38.2% nationally)
- Core Spring 2002: 51.2% last two weeks five or more drinks in one sitting (42% nationally)
- ACHA-NCHA Spring 2003: 39.0% last two weeks five or more alcoholic drinks at a sitting (39.1% nationally)
- UW System AODA Use Survey Spring 2005: 50.0% last two weeks had at least five drinks in one sitting
- ACHA-NCHA Spring 2006: 38.3% last two weeks five or more alcoholic drinks at a sitting (36.8% nationally 2005)
- UW System AODA Use Survey Spring 2007: 46.7% last two weeks had at least five drinks in one sitting
- ACHA-NCHA Spring 2009: 36.2% last two weeks five or more drinks of alcohol at a sitting (36.7% nationally 2009)
- UW System AODA Use Survey Spring 2009: **31.4%** last two weeks had at least five drinks in a two hour time frame
- UW System AODA Use Survey Spring 2011: **31.2%** last two weeks had at least five drinks in a two hour time frame
- ACHA-NCHA Spring 2012: 29% last two weeks five or more drinks of alcohol at a sitting (34.1% nationally 2012)

% reporting last 2 weeks, 5 or more drinks



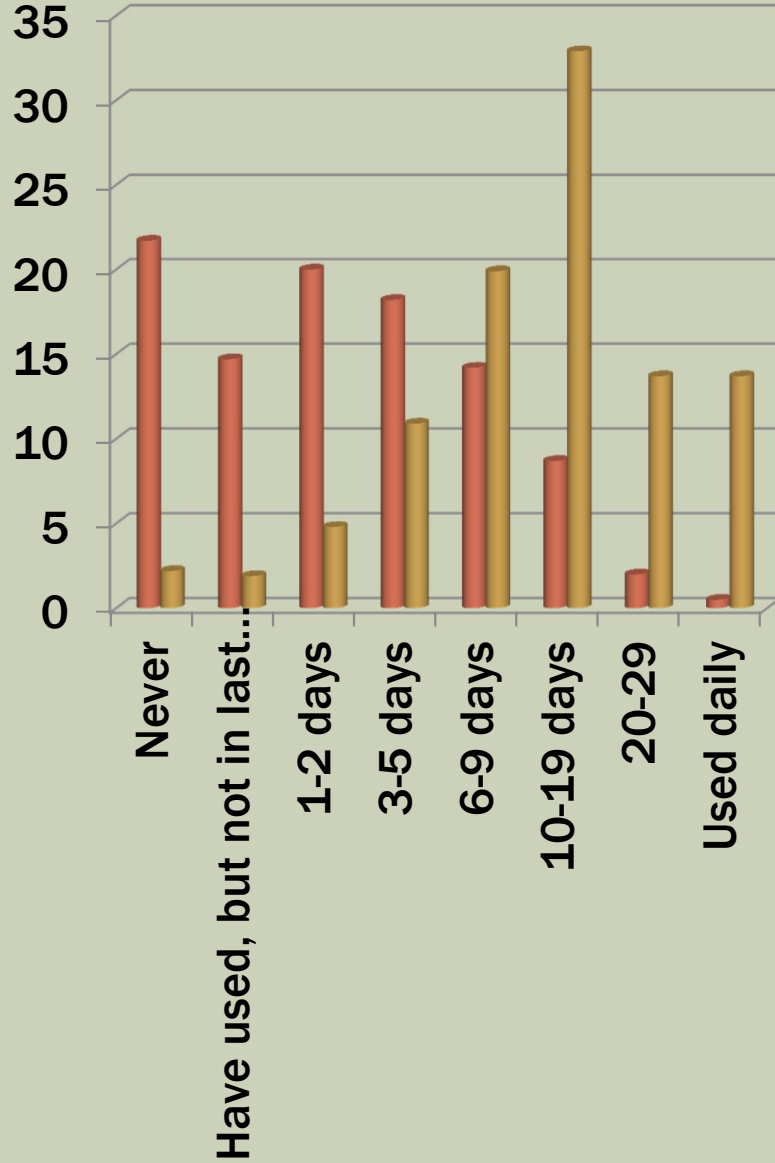
ACHA-NCHA UWRF 2009/2012 VS NATL 2012 NUMBER OF DRINKS REPORTED VS PERCEIVED

The last time you “partied”/socialized, how many alcoholic drinks did you have? (2009, 2012 UWRF vs. Natl. 2012):

- 26.4/25.5% 0 Drinks (**26.4%**)
- 17.0/20.9% 1-2 Drinks (**21.2%**)
- 20.4/23.6% 3-4 Drinks (**21.2%**)
- 17.2/15.5% 5-6 Drinks (**14.9%**)
- 8.0/6.1% 7-8 Drinks (**7.4%**)
- 4.9/4.3% 9-10 Drinks (**4.6%**)
- 6.1/4.1% 11 or More Drinks (**4.4%**)

How many drinks of alcohol do you think the typical student at your school had the last time he/she “partied”/socialized? (2009, 2012 UWRF vs. Natl. 2012):

- 3.9/4.2% 0 Drinks (**5.0%**)
- 8.5/5.4% 1-2 Drinks (**6.6%**)
- 26.4/25.8% 3-4 Drinks (**28.1%**)
- 34.1/35.5% 5-6 Drinks (**33.4%**)
- 17.7/16.9% 7-8 Drinks (**14.4%**)
- 6.7/9.4% 9-10 Drinks (**8.7%**)
- 2.8/2.7% 11 or More Drinks (**3.7%**)

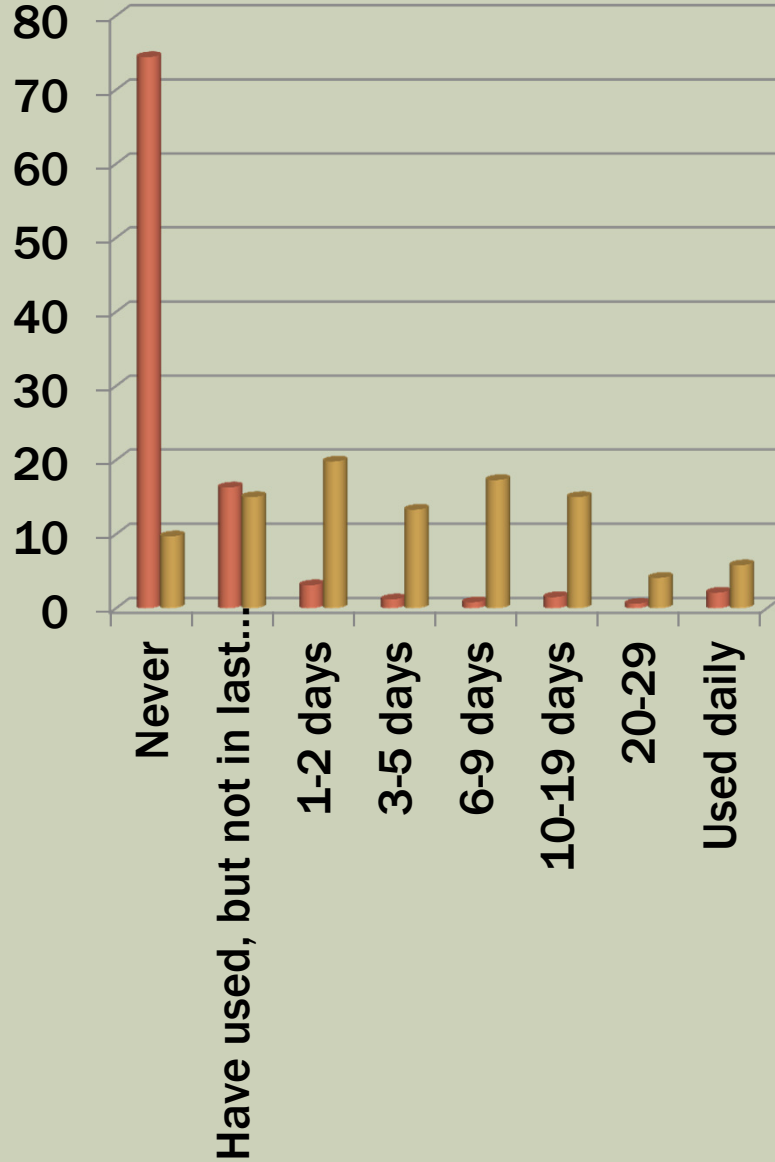


■ How many days did you use alcohol last 30 days

■ How often you think typical student used alcohol last 30 days

ACHA-NCHA UWRF 2012

While 36.4% of students reported never using alcohol or not in the last 30 days, only 4.1% think the typical student has never used alcohol or not used in the last 30 days.

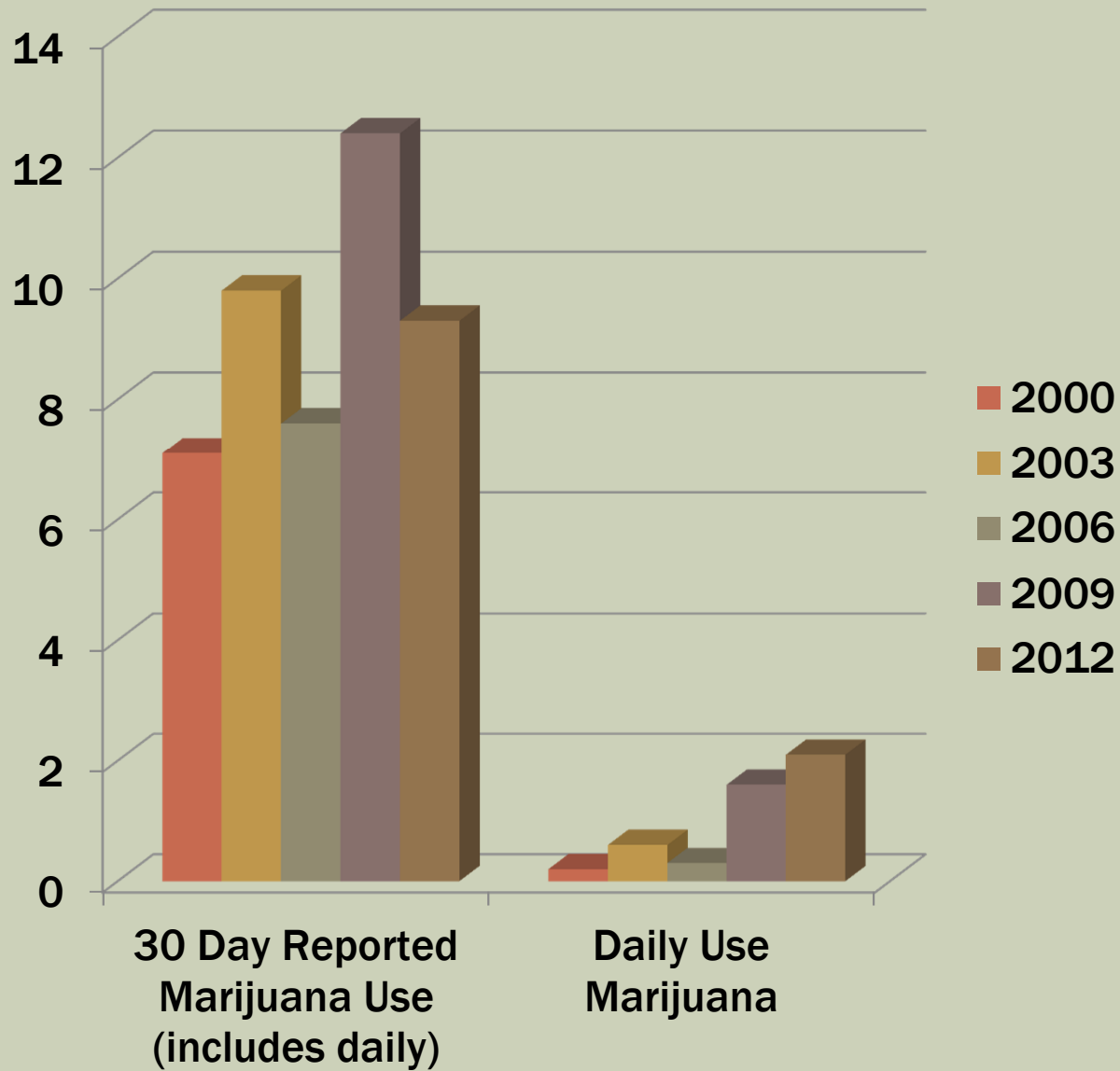


■ How many days did you use marijuana last 30 days

■ How often you think typical student used marijuana last 30 days

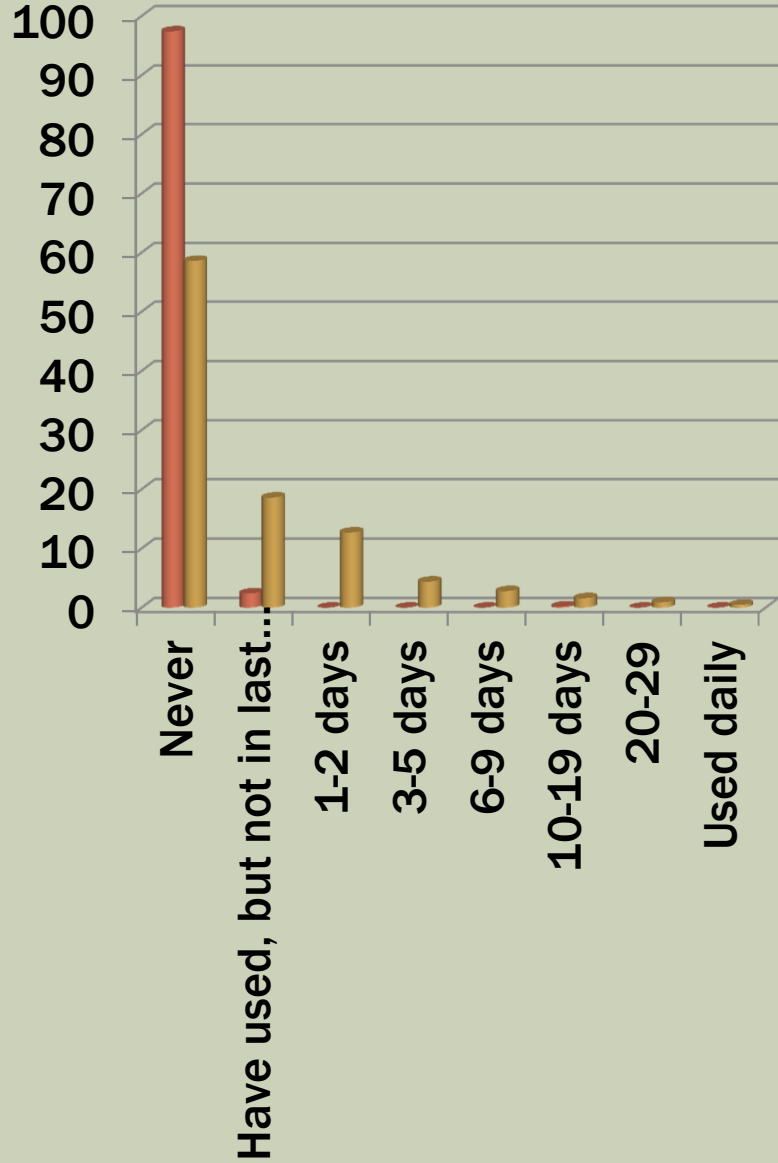
ACHA-NCHA UWRF 2012

9.3% of students report using marijuana in the last 30 days. However 75.3% think the typical student has used marijuana on one or more days in the last 30 days.



ACHA-NCHA UWRF 2012

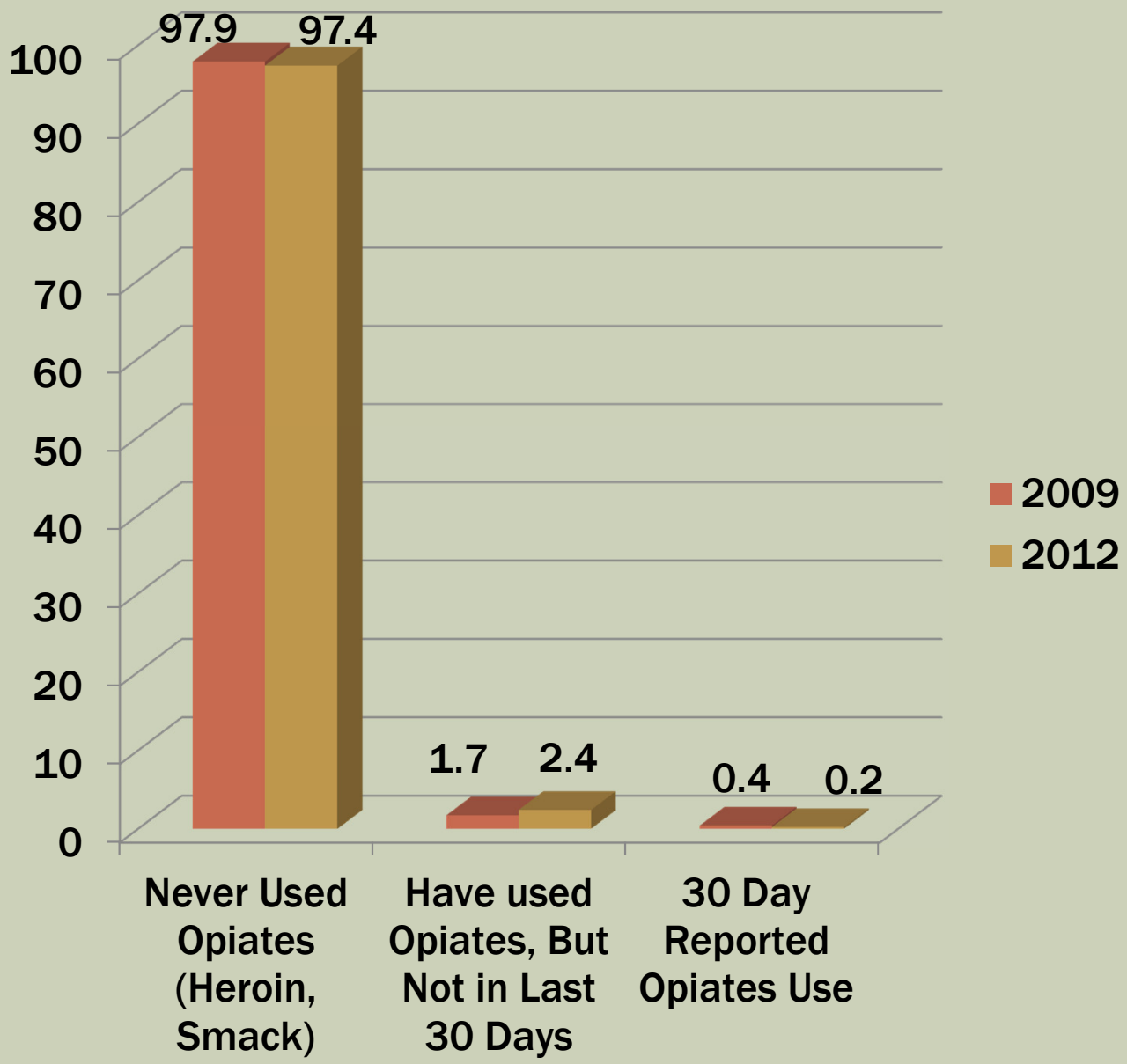
Overall, 30 day rates and daily use are trending up



- How many days did you use opiates (heroin, smack) last 30 days
- How often you think typical student used opiates (heroin, smack) last 30 days

ACHA-NCHA UWRF 2012

While 99.8% of students report never using opiates or not using in the last 30 days, 22.9% think the typical student has used opiates on one or more days in the last 30 days.



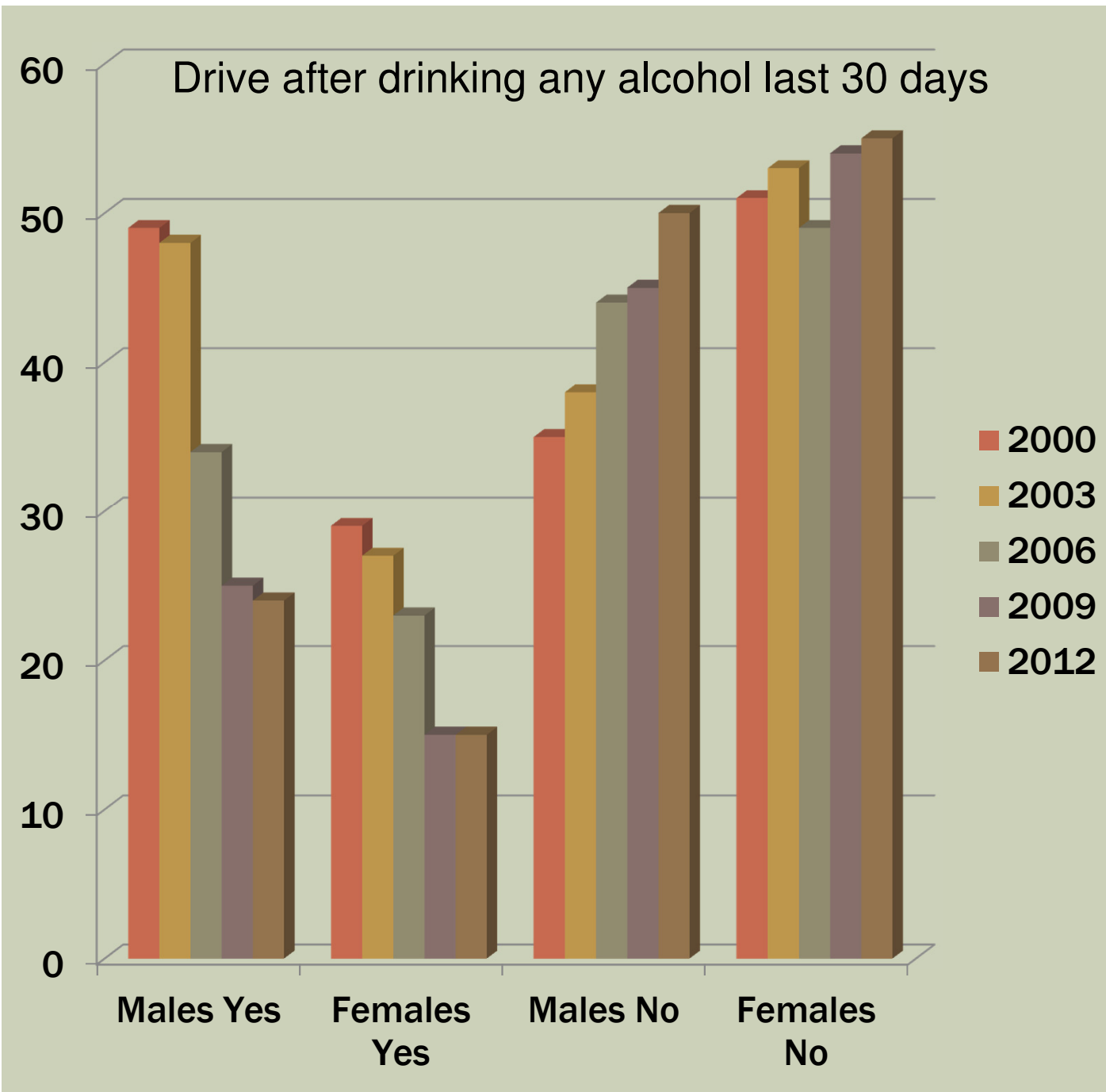
ACHA-NCHA UWRF 2012

Only added as a survey question in 2009.

ACHA-NCHA UWRF SPRING 2009/2012

Taken Prescription Drugs Not Prescribed to You in the Last 12 Months

- Antidepressants (Celexa, Prozac, Zoloft, Wellbutrin, etc.) 4/5% Males, 3/4% Females
- Erectile Dysfunction (Viagra, Cialis, Levitra, etc.) 3/0% Males, 1/1% Females
- Pain Killers (Oxycontin, Vicodin, Codeine, etc.) Males 12/8%, Females 7/6%
- Sedatives (Xanax, Valium, etc.) Males 2%, Females 3%
- Stimulants (Ritalin, Adderall, etc.) 6/7% Males, 3/5% Females



**ACHA-NCHA
UWRF**

Overall, fewer males and females and drinkig and driving after any alcohol at all.

ACHA-NCHA

UWRF Spring 2009/2012 VS. National

During the past 12 months, have you experienced any of the following when drinking alcohol? (2009, 2012 UWRF vs. Natl. 2012):

- 23.7/25.9% Did something you later regretted (28.1%)
- 24.4/23.5% Forgot where you were or what you did (24.6%)
- 11.1/9.7% Physically injured yourself (11.9%)
- 1.6/1.7% Physically injured another person (1.7%)
- 11.7/12.6% Had unprotected sex (15.2%)
- 4.3/3.4% Got in trouble with the police (2.8%)
- 1.6/0.3% Someone had sex with me without my consent (1.4%)
- 0.2/0.2% Had sex with someone without their consent (0.4%)
- 1.4/1.2% Seriously considered suicide (1.7%)

ACHA-NCHA

UWRF Spring 2009/2012 VS. National

During the past 12 months, when you “partied”/socialized, did you (sometimes, most of the time, or always) (2009, 2012 UWRF vs. **Natl. 2012**):

- 41.9/46.6% Alternate non-alcoholic and alcoholic beverages (**47.1%**)
- 49.7/52.6% Avoid drinking games (**47.8%**)
- 57.4/56.2% Chose not to drink alcohol (**53.8%**)
- 43/48% Determine, in advance, not to exceed a set number of drinks (**49.6%**)
- 73.6/73.3% Eat before and/or during drinking (**73.6%**)
- 40.9/44% Have a friend let you know when you’ve had enough (**41.9%**)
- 61.4/63.5% Keep track of how many drinks you were having (**63.8%**)
- 43/45.9% Pace your drinks to 1 or fewer per hour (**43.6%**)
- 74.8/68.9% Stay with the same group of friends the entire time you were drinking (**73.6%**)
- 65.3/65.8% Stick with only one kind of alcohol when drinking (**63.6%**)
- 70.9/70.2% Use a designated driver (**69.1%**)

UWRF SMOKING/CIGARETTE USE TRENDS

24.1% say they have used cigarettes in the last 30 days

- 2000 Spring NCHA Survey

22.6% said they'd smoked one day or more in the last 30 days

- 2002 Spring Core Added Question

19.2% say they have used cigarettes in the last 30 days

- 2003 Spring NCHA

22% say they have smoked in the past month

- 2003 Fall Campus Tobacco Survey

20% say they have smoked over the past 30 days

- 2005 Spring UW System AODA Use Survey

14.9% say they have used cigarettes in the last 30 days

- 2006 Spring NCHA

19% say they have smoked over the past 30 days

- 2007 Spring UW System AODA Use Survey

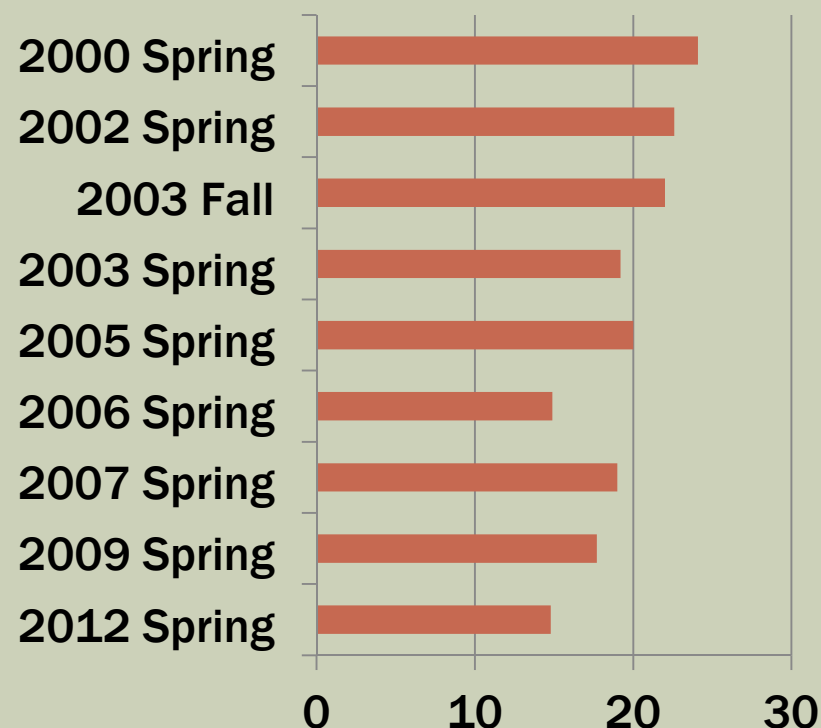
17.7% say they have smoked over the past 30 days

- 2009 Spring NCHA

14.8% say they have smoked over the past 30 days

- 2012 Spring NCHA

% reporting smoking in past 30 days



SECONDARY ANALYSIS OF UWRF
ACHA-NCHA DATA 2009
SURVEY RESEARCH CENTER

- The following student health behaviors were all associated with lower GPA : (t-tests, 1% significance level)
 - Alcohol use more than 1-2 days per month
 - Smoking cigarettes/tobacco use
 - Marijuana use
 - Sleep difficulties
 - 6 or more mental health stressors
 - 10 or more health or personal issues
 - 3 or more hours/day using computer not for academics or work
 - Being involved in an emotionally or physically abusive relationship
 - Lower health self-report

ALCOHOL HARM REDUCTION



Be Safe.



Be Fun.



Be Falcon.

5. Avoid mixing alcohol with caffeinated beverages like energy drinks!
4. Have a predetermined designated driver! A safe and reliable way home helps keep the fun going all night.
3. Make sure you stay with the group you came to the party with!
2. Eat before and/or during the evening!
1. Drink plenty of water! Try drinking one glass of water for every alcoholic beverage you consume.



Think Before You Drink



- Decide your limits **BEFORE** you drink.
- Sip drinks **SLOWLY**
- **EAT** before you drink or while drinking.
- Always get your **OWN** drink.
- Avoid **STRAIGHT** shots.
- Remember you don't **HAVE** to drink.

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UWRF Student Health and Counseling Services
211 Hagestad Hall
715-425-3293
www.uwrf.edu/StudentHealthAndCounseling

Division of
Student Affairs

ALCOHOL SOCIAL NORMING

Check the Facts

Studies show the less you **drink**
the **higher** your grades



(3)

A



(5.5)

C



(4.5)

B



(9.5)

D

Average # of drinks per week by GPA

(according to the 2011 UW system AODA Use Survey)

Whether you're
hitting the
books or the **bar**,
remember...

70% of UWRF students
have **five** or **fewer**
drinks when they
go out.

For more information contact
Student Health and Counseling Services
at (715) 425-3293

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RIVER FALLS, WISCONSIN

Division of
Student Affairs

SAFER HOUSE PARTY GUIDES

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Make your next house party a success

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STUDENT HEALTH SERVICES