

# Binge Drinking Rates

(Defined as 5 or more drinks in one sitting during the past 14 days)

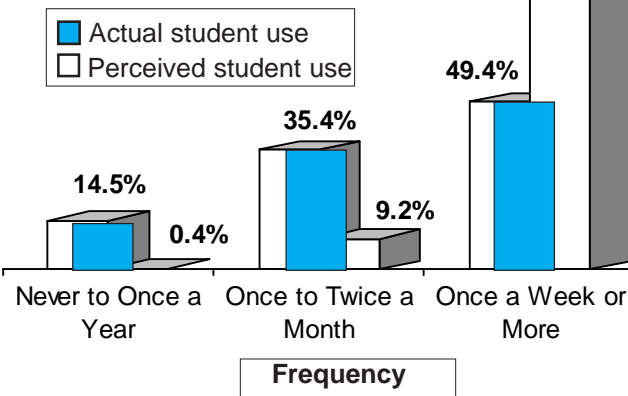
## UW-RF

### Student Binge Drinking Trends

- Core Spring 2002: **51.2%** (46.5% national mean)
- ACHA NCHA Spring 2000: **51.5%** (38.2% national mean)
- Core Spring 1999: **52.5%** (42% national mean)

The UW-RF binge drinking rate has remained steady the past 3 years. We are concerned with this because rising binge drinking rates are directly related to student academic and health problems.

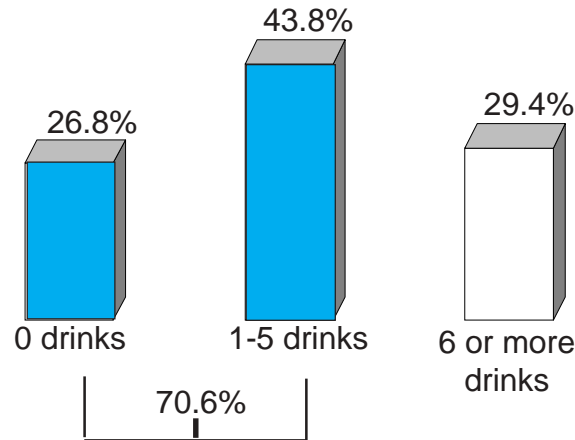
### What percentage of UW-RF students have used alcohol in the past year?



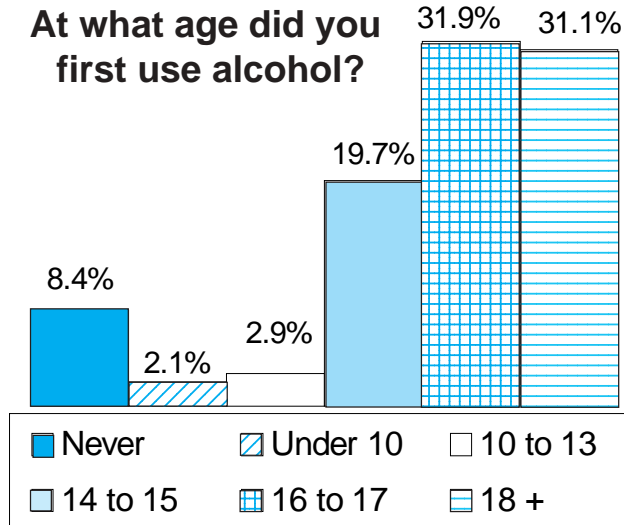
We have a higher than average binge drinking rate, but our students still overestimate how often their fellow students drink. Research indicates that correcting misperceptions of student drinking rates will reduce binge drinking rates. Students will feel less pressure to drink when they know that alcohol consumption among their peers is less than commonly perceived (social norm approach).

## Core Alcohol and Drug Survey UW-RF Students Spring 2002 Results

### In any given week, most (70.6%) UW-RF students consume 5 or fewer drinks (n=522)

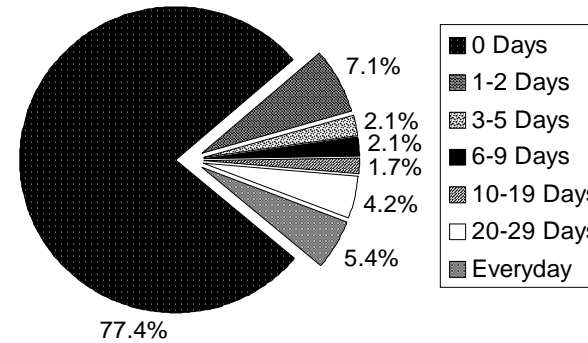


### At what age did you first use alcohol?



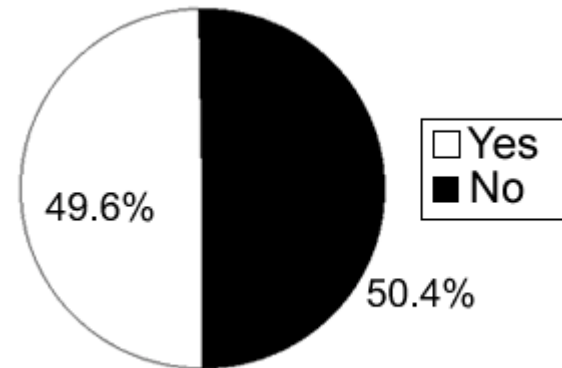
Nearly 1 in 3 students tried alcohol for the first time after turning 18. The climate we set on campus can influence the amount of drinking done by our students.

### Frequency of cigarette use in the last 30 days (n=522)



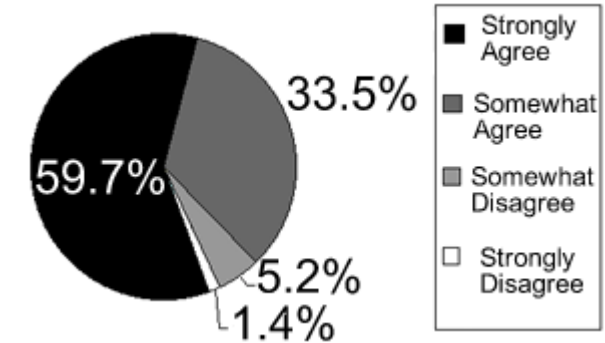
3 out of 4 UW-RF students are non-smokers. Most students who are smokers do not smoke every day. Campus and community policies can affect whether these "transitional" smokers become regular smokers.

### Have you tried to quit smoking cigarettes in the last 12 months? (n=137)



Nearly 1/2 of our students who are smoking have tried to quit during the last year. Free Quit Kits are available to any student by calling Student Health Services at 425-3293

### Should people be protected from secondhand smoke?



93% of our students agree or strongly agree that people should be protected from secondhand smoke. Our students know secondhand smoke is deadly.

### National Usage Rates Versus UW-RF Usage Rates

2000 National Rates*	2002 UW-RF Rates*
Tobacco 35.8%	Tobacco 27.4%
Alcohol 72.1%	Alcohol 79.1%
Marijuana 20%	Marijuana 11.3%
Cocaine 2.1%	Cocaine 1.0%
Amphetamines 3.8%	Amphetamines 3.0%
Sedatives 1.9%	Sedatives 0.4%
Hallucinogens 2.0%	Hallucinogens 0.6%
Opiates 0.7%	Opiates 0.6%
Inhalants 0.8%	Inhalants 0.2%
Designer drugs 3.7%	Designer drugs 0.4%
Steroids 0.6%	Steroids 0.2%
Other 1.1%	Other 1.0%

\*percentage of students who reported using each drug at least once *within the 30 days* prior to completing the Core survey

For more information on this topic, contact Keven Syverson at Student Health Services (425-3755 or keven.syverson@uwrf.edu).

## How can you make a difference in reducing student alcohol, tobacco, and drug use rates on our campus?

- Abstain from smoking on campus or throwing cigarette butts on the ground
- Discuss with students the negative relationship between excessive drinking and academics.
- Refrain from glamorizing or joking about alcohol, tobacco, or other drugs.
- Include discussion about alcohol, tobacco, and other drugs in your curriculum. Visit this website for more info: <http://academic.hws.edu/alcohol/dvpphe/infusex.htm>

If you are concerned about a student's behavior, call UW-RF Counseling Services at 425-3884 or 3531.

## Other Survey Facts

- 11.4% of UW-RF students have used marijuana in the past 30 days, compared to 20% nationally.
- 29.8% of our students have gotten into a fight or argument due to their drinking or drug use within the past year, compared to 29% nationally.
- 8.8% of our students have been taken advantage of sexually within the past year as a result of drinking or drug use, compared to 12% nationally.
- 35.2% of our students have driven a car while under the influence of alcohol or drugs within the last year, compared to 33% nationally.
- 18.4% of our students used alcohol the last time they had intercourse.
- 4.4% of our students have used illegal drugs other than marijuana within the past 30 days.

Alcohol is a factor in 40% of all academic problems and 28% of all dropouts.

- David Anderson "Breaking the Tradition on College Campuses"

Brochure edited by Emily Graham, Fall 2002

The University's Coalition on Alcohol and Other Drug Abuse (AODA) is a committee appointed by the Chancellor whose objective is to reduce alcohol and drug abuse and its negative consequences among UW-RF Students.

### By 2007, the University's Coalition on AODA hopes to achieve:

- A comprehensive approach in place to reduce the UW-RF binge drinking rate so it is at or below the national average of 46.5% (we are currently at 51.2%). This will reduce other negative consequences of alcohol use.
- Greater student involvement in alcohol and drug abuse prevention related activities.
- Increased UW System/UW-RF Administrative support through funding and staffing, etc.
- Enhanced faculty attention to alcohol and drug abuse and its relationship to academic performance in the classroom.

### A few examples of how we intend to accomplish this:

- Undertake a social norming campaign to correct students' misperceptions of alcohol use
- Send 21st birthday cards to students encouraging a safe 21st birthday celebration
- Implement a comprehensive tobacco prevention program aimed at reducing students' smoking rates and secondhand smoke exposure.



The Core Alcohol and Drug Survey was administered to 522 UW-RF students via a random sample of classes in March, 2002



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715-425-3755/3293

Web Site: [www.uwrf.edu/student-health-service](http://www.uwrf.edu/student-health-service)

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## UW-RF Student Alcohol and Other Drug Data

A Resource for Faculty and Staff

Presented by the University's Coalition on AODA