

**ADDITIONAL SURVEY FACTS FROM 2005
UW SYSTEM ALCOHOL AND
OTHER DRUG USE SURVEY**

- 54% of UW-RF students drink about the same or less now as they did the year before starting college.
- 59% of UW System students engaged in binge drinking, compared to 54% nationally.
- Defined as 5 or more drinks in one sitting during the past 14 days

**ADDITIONAL SURVEY FACTS FROM SPRING 2004
UW-RF CORE FACULTY AND STAFF ENVIRONMENTAL
ALCOHOL AND OTHER DRUG SURVEY RESULTS**

- 60.1% of faculty/staff have been personally aware of a student whose academic performance has been affected by alcohol and other drug use.
- 38.7% of faculty/staff indicated they would not know how to refer a student or colleague with alcohol or other drug problems for help.
- 94.7% of faculty/staff say if they knew how to refer students to appropriate services for suspected alcohol and other drug problems, they would refer.

**FOR MORE INFORMATION OR QUESTIONS, CONTACT
KEVEN SYVERSON AT STUDENT HEALTH SERVICES
(425-3293 or keven.syverson@uwrf.edu)**

STUDENT USAGE DURING LAST 30 DAYS

UW-RF/ UW SYSTEM	DID NOT USE	1-5 DAYS	6-10 DAYS	11-15 DAYS	≥ 16 DAYS
	%	%	%	%	%
Cigarettes	80/73	8	2	2	7
Other Tobacco	91/90	5	*	*	3
Alcohol	28/20	40	16	9	9
Marijuana	89/80	6	*	*	2

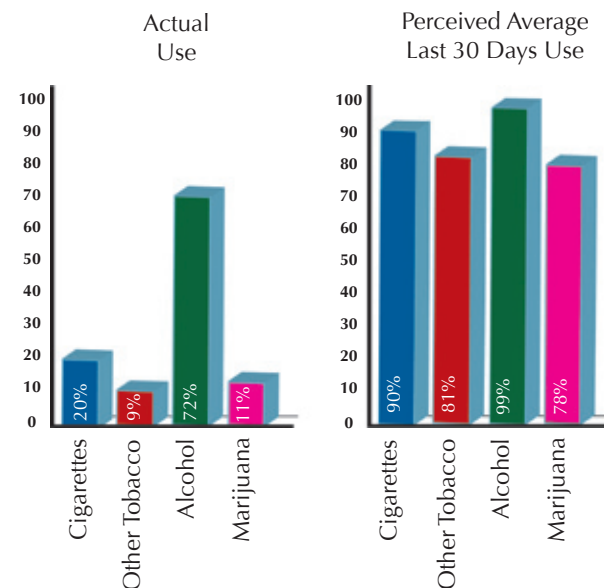
*Less than 1%

**PERCEIVED AVERAGE STUDENT USAGE
DURING LAST 30 DAYS**

UW-RF/ UW SYSTEM	DID NOT USE	1-5 DAYS	6-10 DAYS	11-15 DAYS	≥ 16 DAYS
	%	%	%	%	%
Cigarettes	10/6	24	23	21	21
Other Tobacco	19/16	36	22	14	10
Alcohol	*/*	18	34	24	25
Marijuana	22/10	47	16	8	6

*Less than 1%

**ACTUAL VERSUS PERCEIVED USE
LAST 30 DAYS**



The University's Coalition on Alcohol, Tobacco, and Other Drugs (ATOD) is a sub-committee of the University Health and Wellness Committee. The goal is to reduce alcohol and drug abuse and its negative consequences among UW-RF Students.

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

- A binge drinking rate no higher than 46.5% (we are currently at 50%).
- Greater student and staff involvement in alcohol and drug abuse prevention related activities.
- Enhanced faculty attention to alcohol and drug abuse and its relationship to academic performance in the classroom.
- Increased UW System/UW-RF Administrative support through funding and staffing, etc.

A few examples of how we intend to accomplish this:

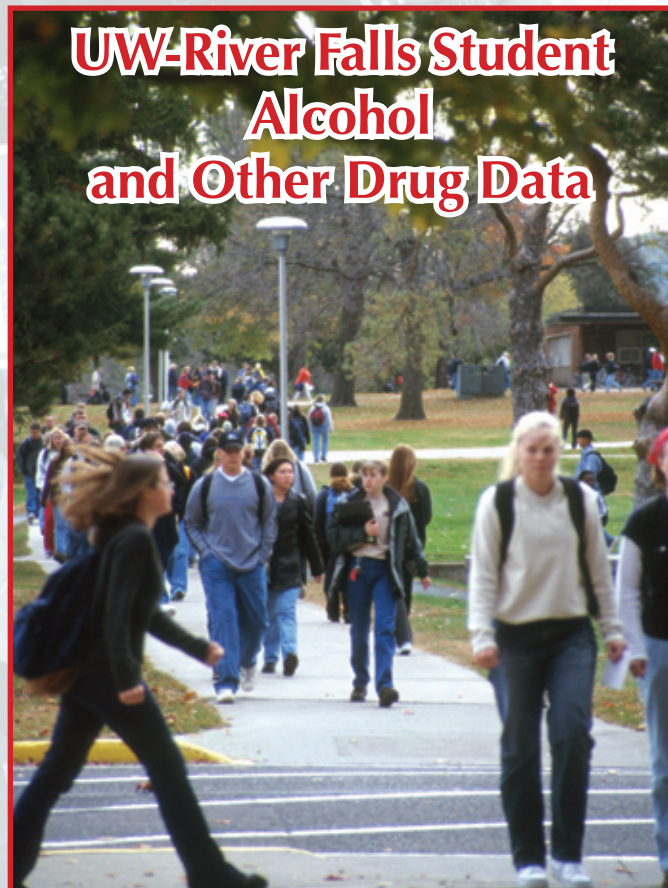
- Continue social norming campaign to correct students' misperceptions of alcohol and tobacco use on campus.
- Send 21st birthday cards to students encouraging a safe 21st birthday celebration.
- Distribute safer host party brochure guide to students.
- Conduct responsible host party training to junior/senior athletes living off campus.
- Host a simulated house party on campus each fall to educate about risks.
- Collaborate with on and off campus partners to address alcohol and other drug related concerns.
- Provide Alcohol and Other Drug Assessments and under age drinking classes for students through KinnicFalls Alcohol-Drug Abuse Services.
- Design and distribute UW-RF student alcohol and other drug data brochures to campus and community members.
- Implement policies designed to reduce alcohol consumption among students.
- Implement policies designed to reduce smoking rates and protect students from secondhand smoke exposure.

Information regarding campus alcohol and other drug policies is available on Dean of Students webpage at www.uwrf.edu/policies/ (click on Alcohol and Other Drugs).

Student Health and Counseling Services
Address: 24 East Hathorn Hall
River Falls, WI 54022
715-425-3293/3884
Web sites:
www.uwrf.edu/student-health-service
www.uwrf.edu/counseling



**The UW System Alcohol and Other Drug Use Survey
was administered to UW-RF undergraduate students
via an online, non-targeted over-random sample in
March 2005**



**UW-River Falls Student
Alcohol
and Other Drug Data**

1,176 students returned the questionnaire with a response rate = 25.4%

Margin of Error ±.03 @ 95% confidence interval

This survey was administered as part of a UW System assessment effort on all four-year campuses and UW Colleges, with a total of 51,455 students contacted and 12,240 respondents (response rate = 23.8%) (Margin of error ±.01 @95% confidence interval)

**Presented by the University's Coalition on Alcohol,
Tobacco, and Other Drugs**

This brochure is meant to educate the greater campus community on alcohol, tobacco, and other drugs related to usage data, services, efforts underway to address alcohol, tobacco, and other drug issues and how you as a student or faculty/staff can get involved in the effort to reduce these rates on campus. The bottom line is academics suffer when one abuses these substances.

How faculty and staff can make a difference in reducing student alcohol, tobacco, and drug use rates on our campus:

- **Refrain from joking about heavy drinking.** Comments on Monday mornings such as “sobered up yet?” implicitly support the idea that heavy drinking is normative and OK.
- **Reclaim Thursdays and Fridays as academic days.** Schedule morning classes and quizzes.
- If you smoke, abstain from smoking on campus or throwing (littering) cigarette butts on the ground.
- Offer the **Wisconsin Quitline** number of **1-877-270-STOP** to those wanting to quit smoking or chewing tobacco. This is a free service to all who call from inside Wisconsin.
- **Include discussion** about alcohol, tobacco, and other drugs in your curriculum. Visit this website for more information: <http://academic.hws.edu/alcohol/dvpphe/infusex.htm>

SERVICES

If you are concerned about your drinking, a friend's drinking, or a student's drinking, services are available:

- UW-RF Counseling Services (425-3884/3531)
- Alcohol and Other Drug Assessments and underage drinking classes are available for students through an agreement with KinnicFalls Alcohol-Drug Abuse Services at 426-5950 (fee for classes and court-ordered assessments)

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

UW-RF Student Binge Drinking Trends

- **Core Alcohol and Drug Survey Spring 1999:** 52.5% last two weeks five or more drinks in one sitting (42% nationally)
- **National College Health Assessment Spring 2000:** 51.5% last two weeks five or more alcoholic drinks at a sitting (38.2% nationally)
- **Core Alcohol and Drug Survey Spring 2002:** 51.2% last two weeks five or more drinks in one sitting (42% nationally)
- **National College Health Assessment Spring 2003:** 39.0% last two weeks five or more alcoholic drinks at a sitting (39.1% nationally)
- **UW System AOD Use Survey Spring 2005:** 50.0% last two weeks had at least five drinks in one sitting.

SECONDHAND EFFECTS OF ALCOHOL USE ON OR AROUND CAMPUS (UW-RF/UW System)

	Percent
Interrupts studying.....	48/42%
Interferes with class attendance or class activities	27/29%
Damage to your personal property or environment	26/22%
Makes you feel unsafe	21/20%
Prevents you from enjoying events (concerts, sporting, etc).....	15/16%
Results in you riding with an intoxicated driver.....	12/14%
Discourages you from joining athletic teams or other groups	6/5%
Adversely affects your involvement on an athletic team or in other organized groups.....	5/3%

Alcohol consumption also affects those who have not been drinking.

UW-RF STUDENTS EXPERIENCED THE FOLLOWING DUE TO DRINKING: (UW-RF/UW System)

- 62/69% had a hangover
- 40/47% did something later regretted
- 38/44% had a memory loss
- 34/38% missed a class
- 31/35% have driven a car while under the influence of alcohol
- 30/38% gotten into an argument or fight
- 21/23% been hurt or injured
- 17/20% performed poorly on a test or important project
- 15/21% had unprotected sex

Do You Know The Regulations Your College Has Against Student Alcohol Use (UW-RF/UW System)?



UW-RF CORE FACULTY AND STAFF ENVIRONMENTAL ALCOHOL AND OTHER DRUG

Survey Results Spring 2004

- 79.1% of faculty/staff know the university has a policy concerning alcohol and other drugs.
 - 81% of students know the university's policy concerning alcohol use by students (UW System AOD Use Survey, 2005).
- 34.1% of faculty/staff didn't know if the university has an alcohol or other drug prevention program for students, and 53.2% didn't know if the university has an alcohol or other drug prevention program for faculty and staff.
 - 65% of students didn't know if the university has an alcohol prevention education program (UW System AOD Use Survey, 2005).
- 83.2% of faculty/staff believe the university is concerned about the prevention of alcohol and other drug abuse.
- The Faculty and Staff Environmental Alcohol and Other Drug Survey consists of five subscales developed to assess faculty and staff:
 - perceptions of AOD problems on campus.
 - awareness of policy and policy enforcement.
 - support for programming efforts.
 - awareness of university assessment efforts.
 - perceived ability to identify students who are experiencing a problem and refer them for help.

UW-RF SMOKING CIGARETTES TREND DATA (Defined as having one or more cigarettes in the last 30 days)

- **National College Health Assessment Spring 2000:** 24.1% say they have used cigarettes in the last 30 days
- **2002 Spring Core Alcohol and other Drug Survey Added Question:** 22.6% said they'd smoked one day or more in the last 30 days
- **2002 Fall Campus Tobacco Survey:** 22% say they have smoked cigarettes in the past month
- **National College Health Assessment Spring 2003:** 19.2% say they have used cigarettes in the last 30 days
- **2003 Fall Campus Tobacco Survey:** 22% say they have smoked cigarettes in the past month
- **2005 Spring UW System AOD Use Survey:** 20% say they have smoked cigarettes over the past 30 days

UW-RF Student Health and Counseling Services offers cessation services. Call Counseling Services at 425-3884/3531 to set up a cessation counseling appointment. Students are also able to see a healthcare provider at the River Falls Medical Clinic (no charge for currently enrolled students) by calling 425-6701 to set up an appointment.

WHICH DID YOU USE WITHIN LAST 30 DAYS (UW-RF/UW System)?

	Percent
Other illegal drugs.....	5/7%
Prescription pain medication – except as prescribed.....	6/6%
Amphetamines (diet pills, speed) – except as prescribed.....	3/4%
Cocaine (crack, rock, freebase).....	1/3*
Hallucinogens (such as LSD, mushrooms).....	1/3%
Narcotics (heroin, smack, horse, opium, other opiates) (UW-RF)	*
Designer drugs (ecstasy, MDMA)	1%
Sedatives (downers, ludes) – except as prescribed (UW-RF).....	1%
PCP (UW-RF).....	*
Inhalants (glue, solvents, gas) (UW-RF)	*
Steroids (UW-RF).....	*

* Less than 1%