

# Recent Trends in College Student Drinking and Drug Use: How does UB compare?

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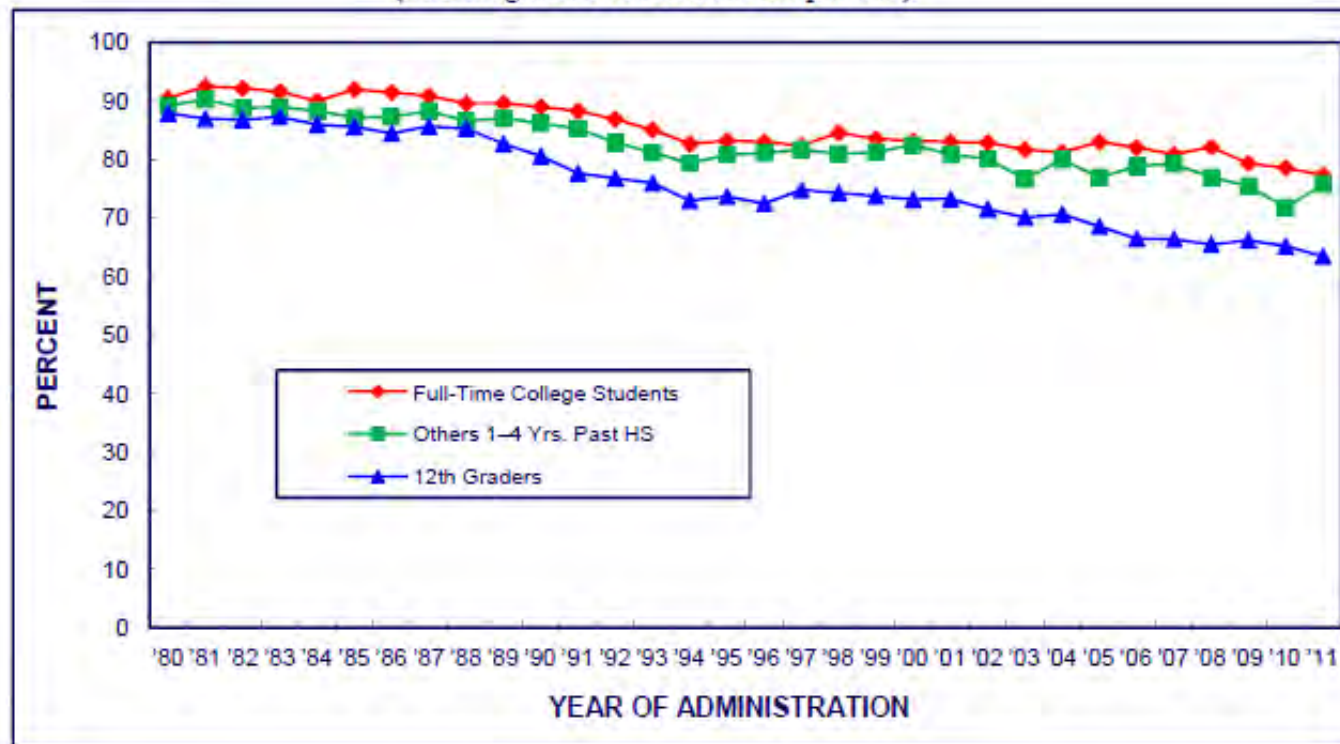
University at Buffalo, Wellness Education  
Services, Division of Student Affairs

# Overview of Talk

- National Trends in Alcohol & Drug Use among College Students
- Alcohol and Drug Use at the University at Buffalo (UB)
  - Freshmen compared to National Statistics
  - Overall compared to National Statistics
- Consequences Associated with College Substance Use
  - UB compared to National Statistics
  - UB Women's Connection Findings

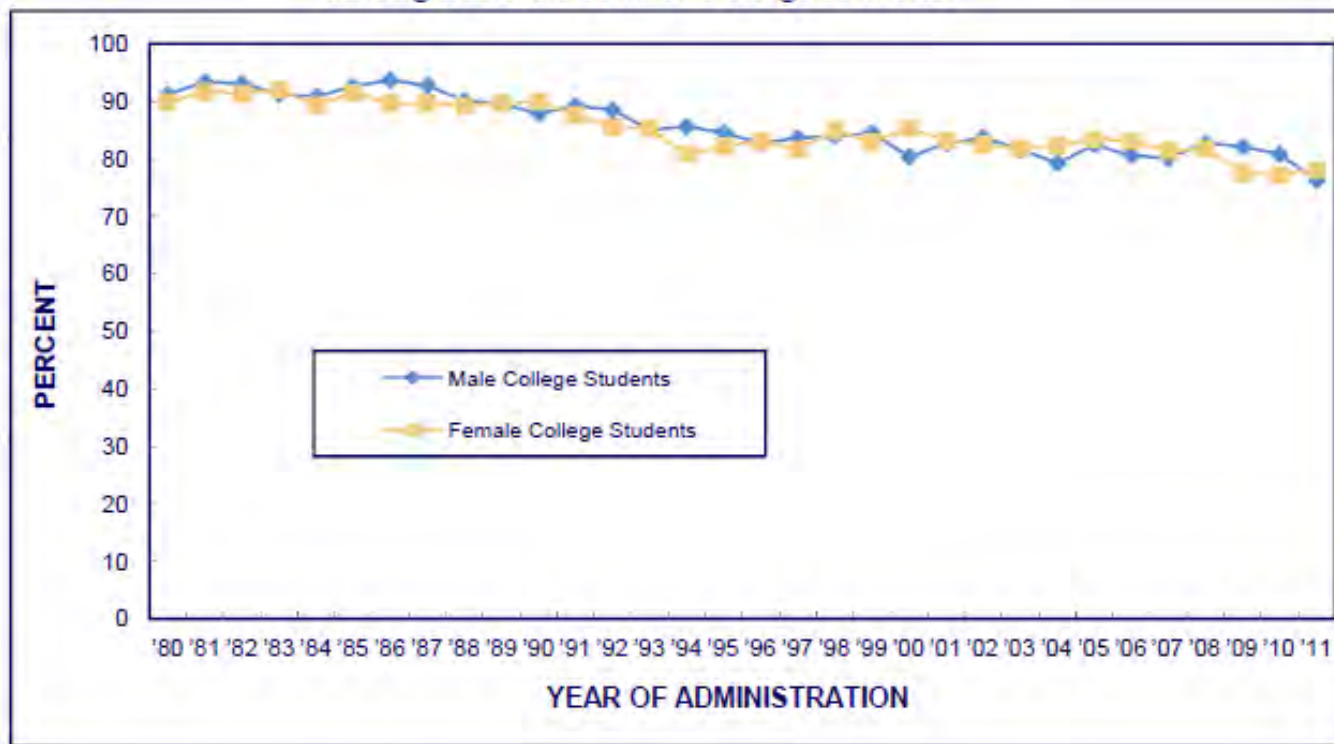
# National Statistics

**Alcohol: Trends in Annual Prevalence**  
among College Students vs. Others  
1 to 4 Years beyond High School  
(Twelfth graders included for comparison.)



# National Statistics

**Alcohol: Trends in Annual Prevalence  
among Male vs. Female College Students**

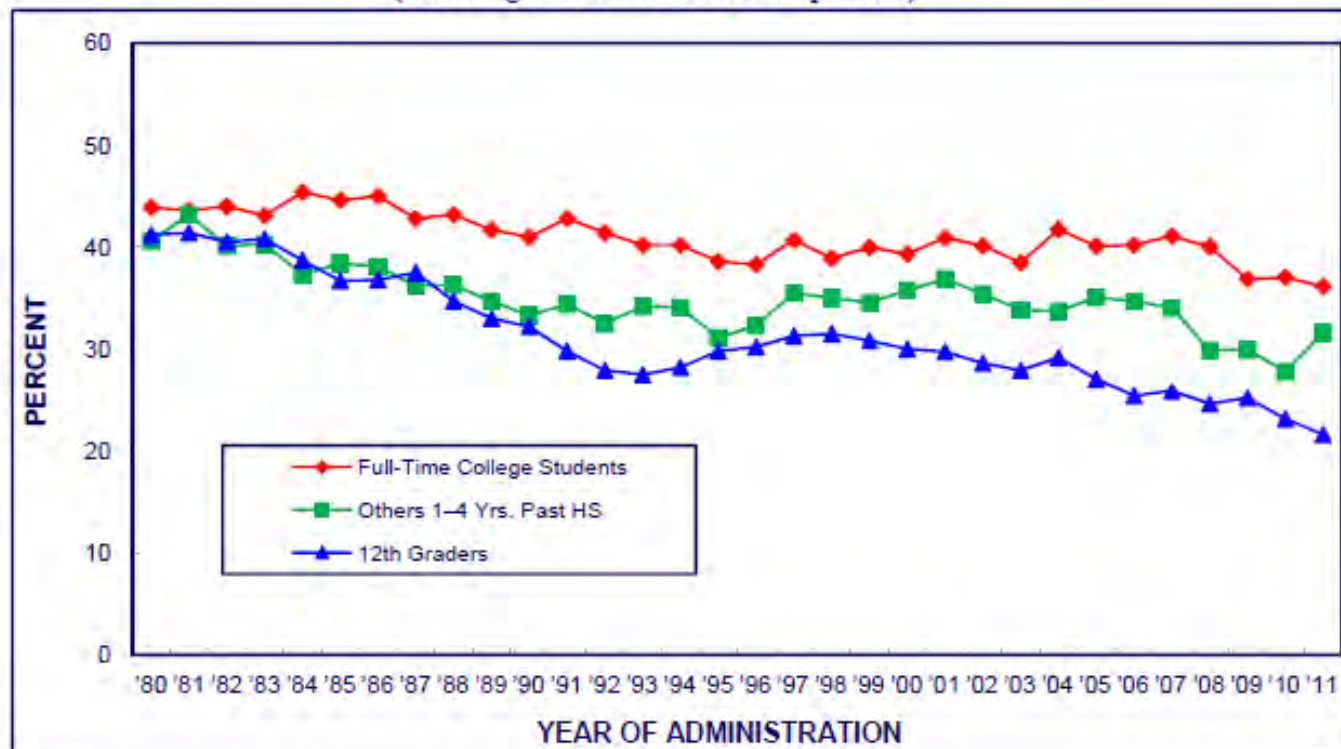


*Source.* The Monitoring the Future study, the University of Michigan.

*Note.* Others refers to high school graduates one to four years beyond high school not currently enrolled full-time in college.

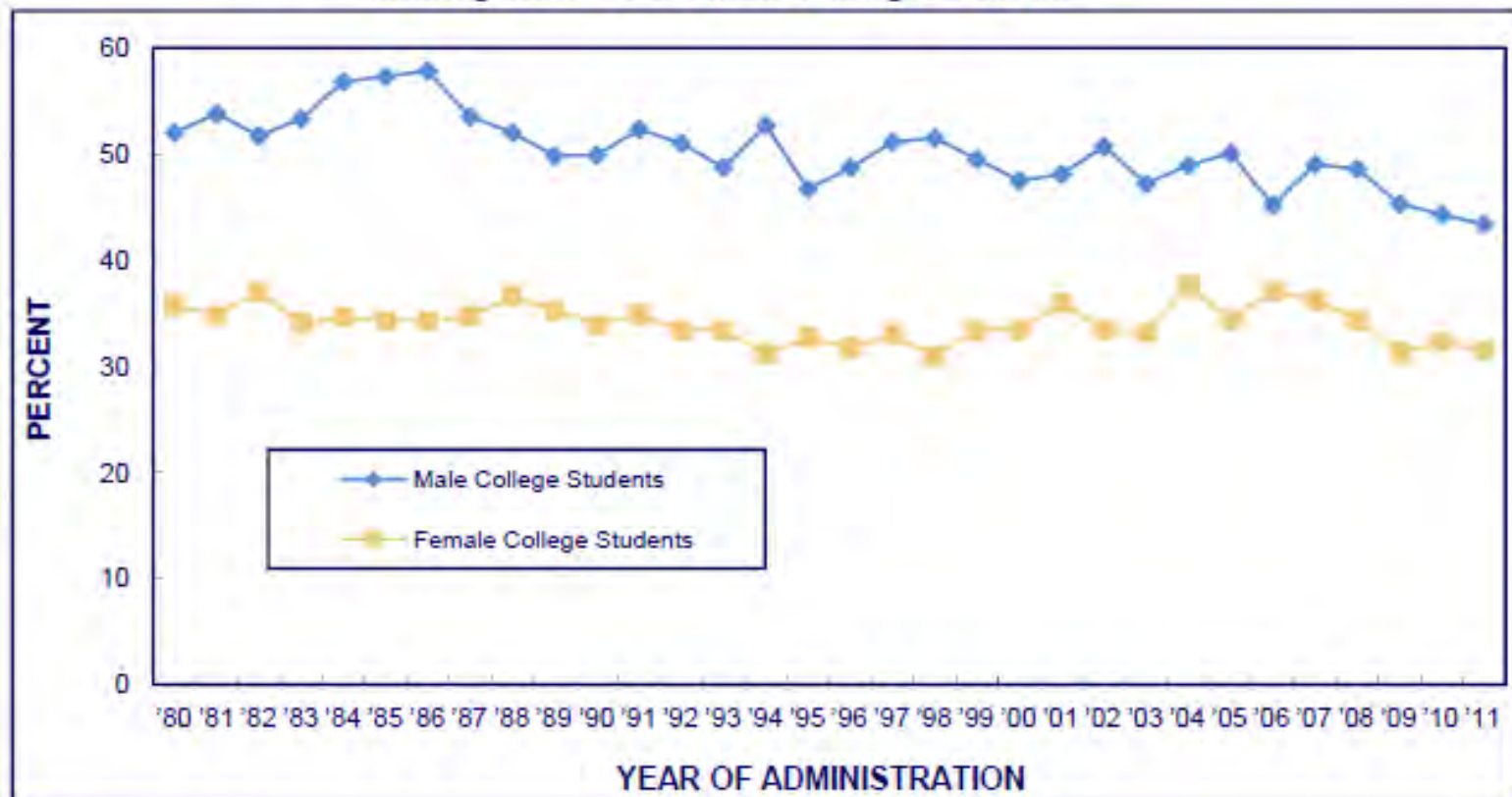
# National Statistics

**Alcohol: Trends in 2-Week Prevalence of 5 or More Drinks in a Row**  
among College Students vs. Others  
1 to 4 Years beyond High School  
(Twelfth graders included for comparison.)



# National Statistics

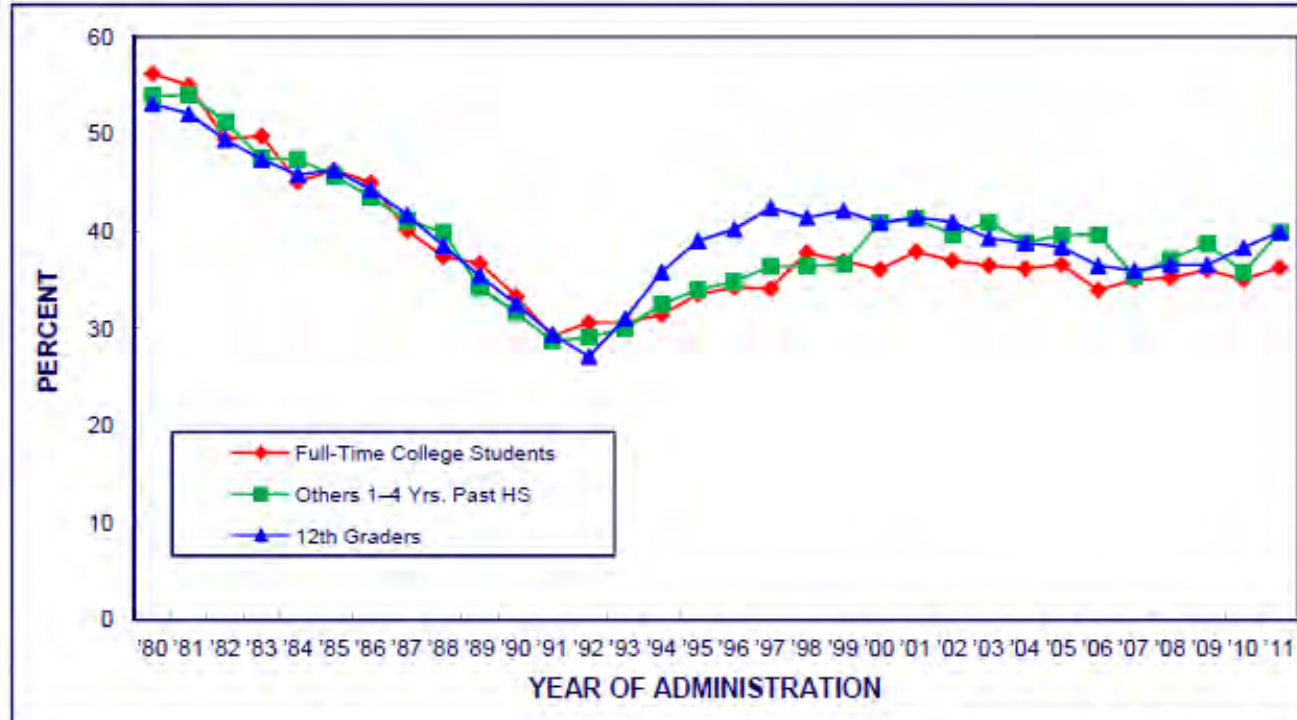
**Alcohol: Trends in 2-Week Prevalence of 5 or More Drinks in a Row among Male vs. Female College Students**





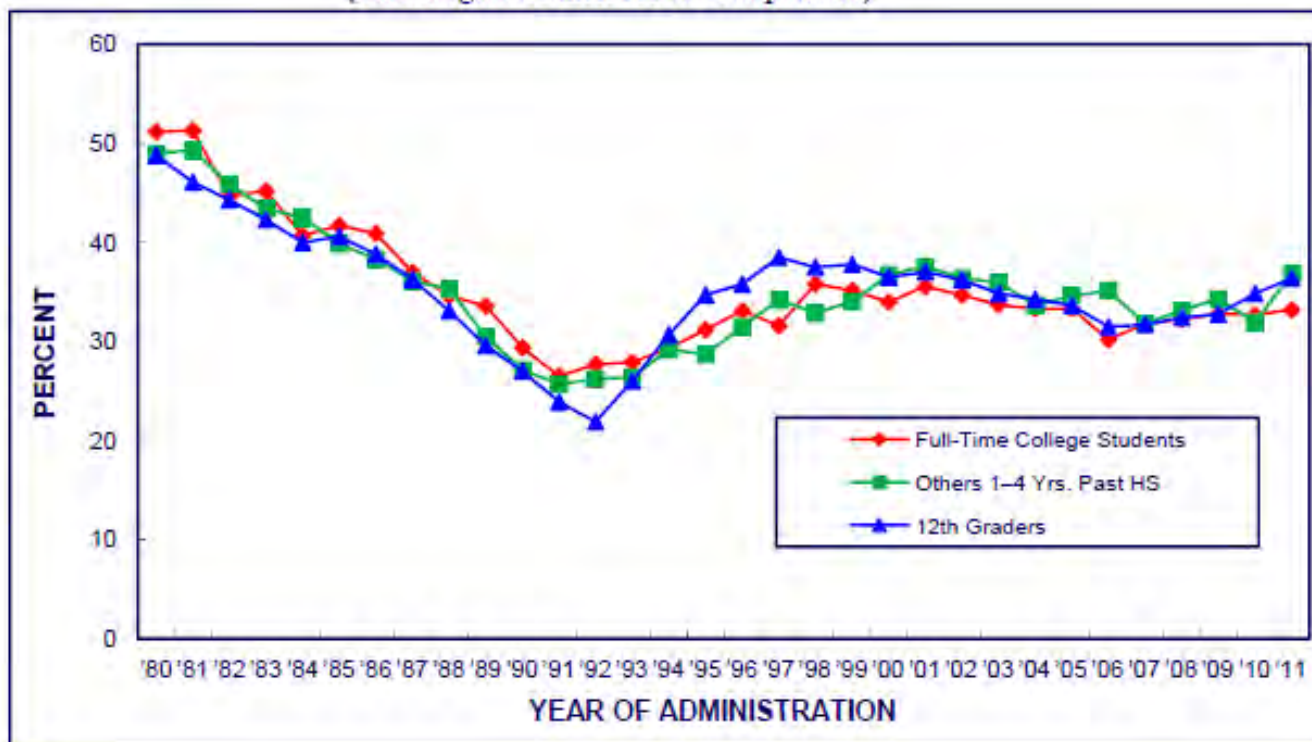
# National Statistics

**Any Illicit Drug:** Trends in Annual Prevalence  
among College Students vs. Others  
1 to 4 Years beyond High School



# National Statistics

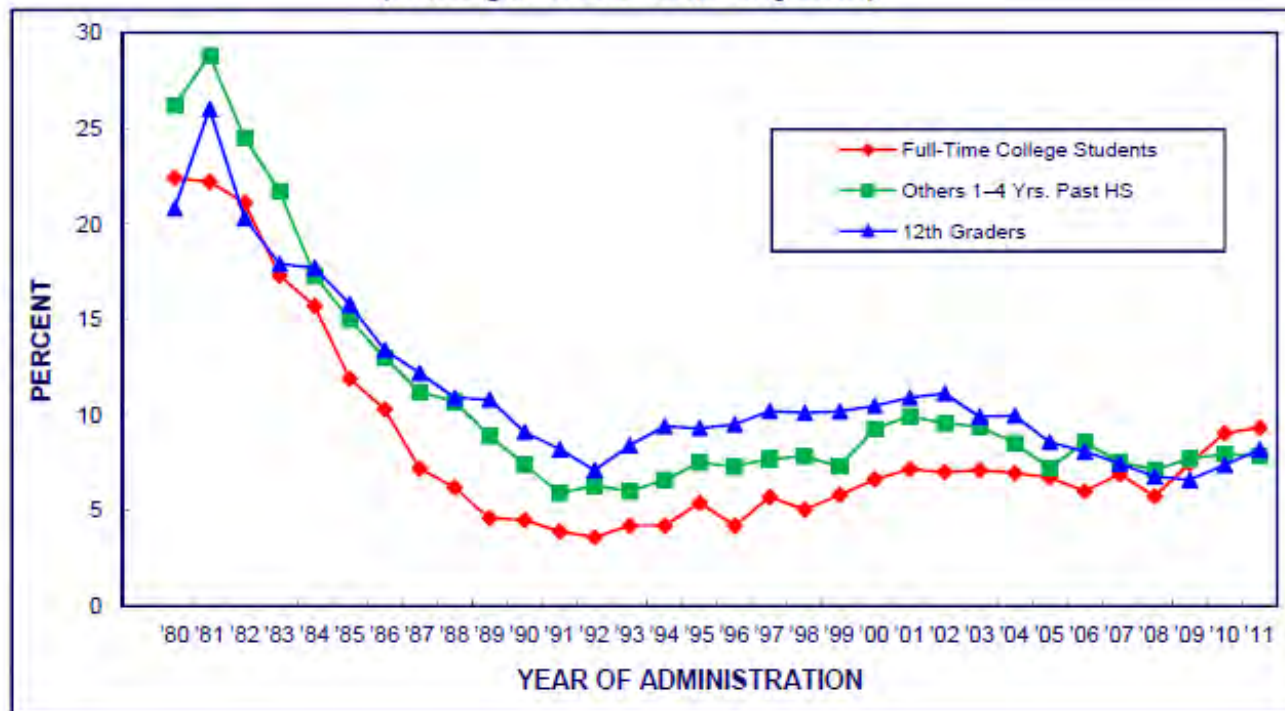
**Marijuana: Trends in Annual Prevalence**  
among College Students vs. Others  
1 to 4 Years beyond High School  
(Twelfth graders included for comparison.)





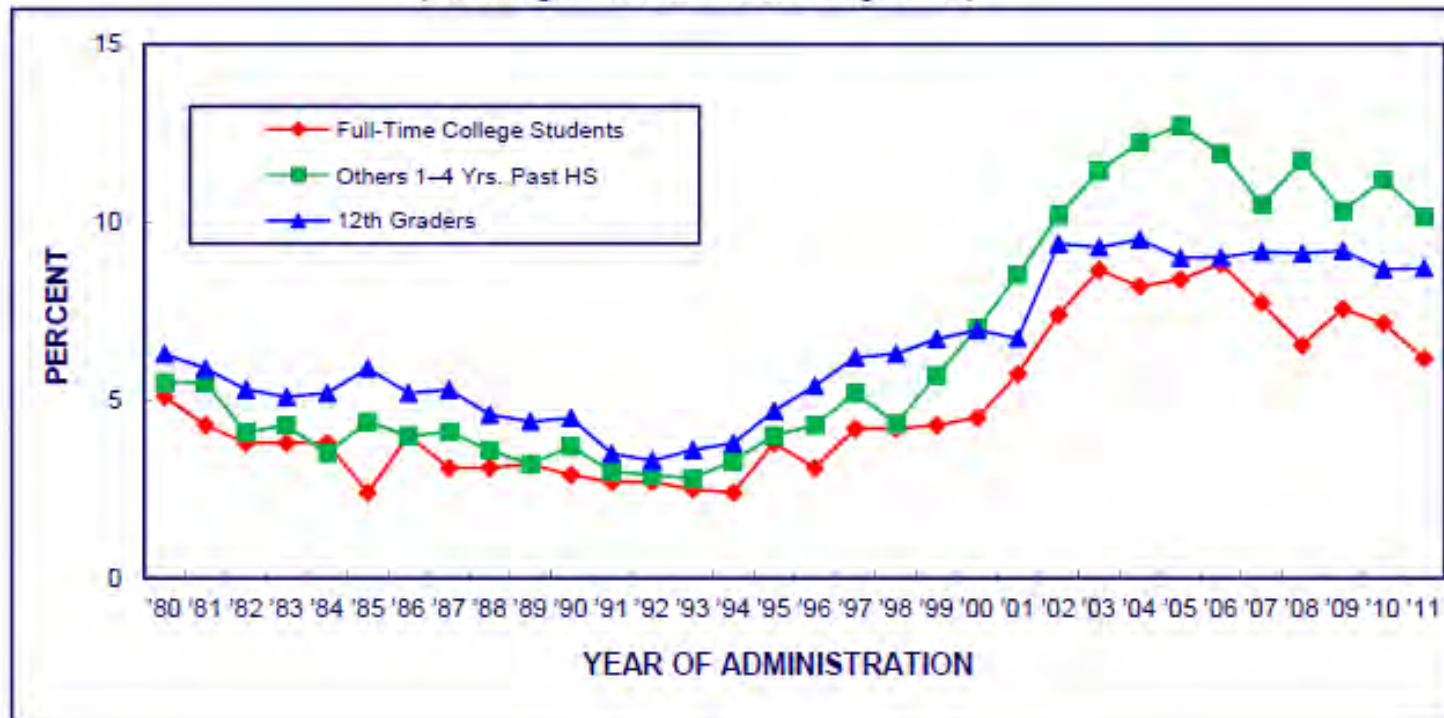
# National Statistics

**FIGURE 9-11**  
**Amphetamines: Trends in Annual Prevalence**  
**among College Students vs. Others**  
**1 to 4 Years beyond High School**  
(Twelfth graders included for comparison.)



# National Statistics

**Narcotics other than Heroin:** <sup>a</sup> Trends in **Annual** Prevalence  
among College Students vs. Others  
1 to 4 Years beyond High School  
(Twelfth graders included for comparison.)



# Alcohol & Drug Use at UB

- AlcoholEdu 2011/2012
  - UB compared to the National Average
- National College Health Assessment, Spring 2010
  - UB compared to the National Average

# AlcoholEdu



# Incoming Student Drinking



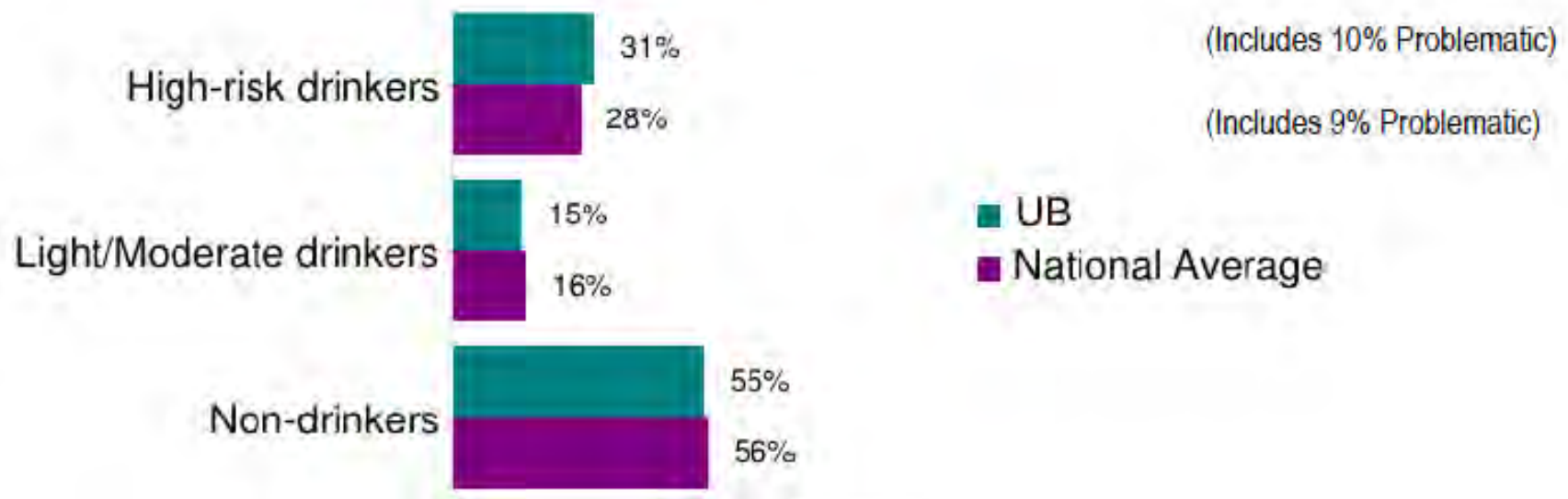
**Non-drinkers:** 0 drinks in the past two weeks

**Light/Moderate drinkers:** 1-3 drinks for women; 1-4 drinks for men on at least one occasion in the past two weeks

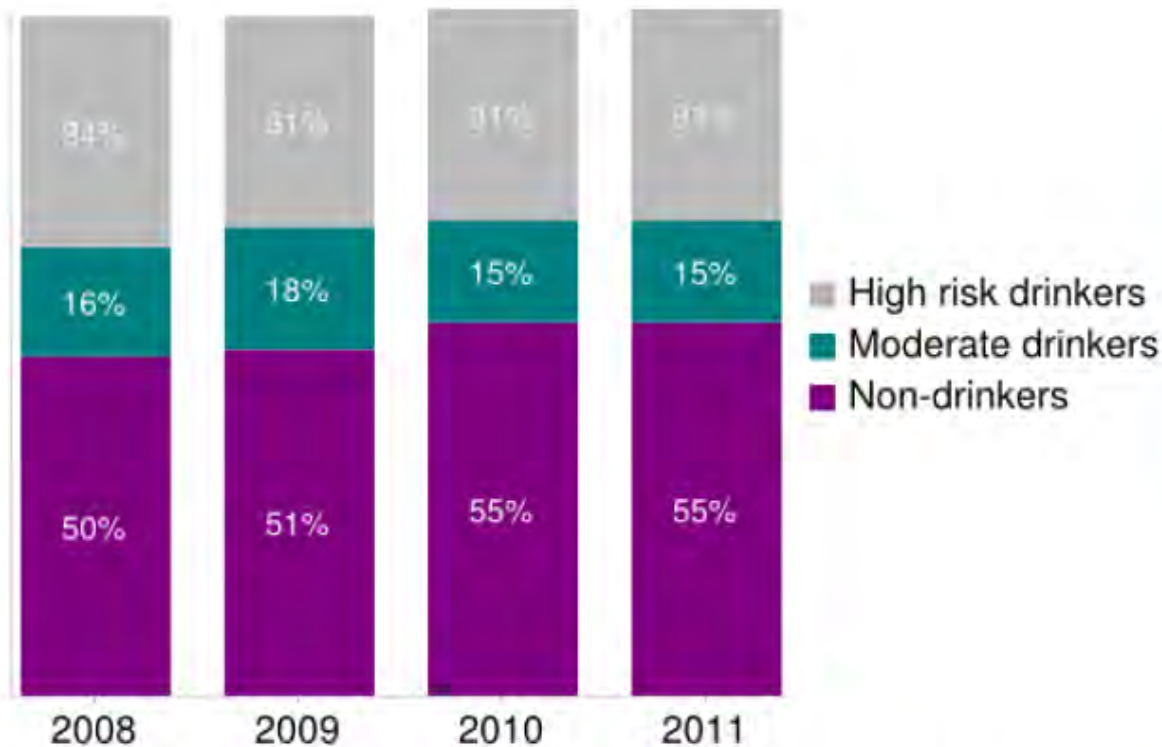
**High-risk drinkers:** 4 or more drinks for women; 5 or more drinks for men on at least one occasion in the past two weeks (includes Problematic drinkers - 8 or more drinks for women; 10 or more drinks for men)



# Student Drinking Midway through Fall Semester



# Drinking across 4 Years

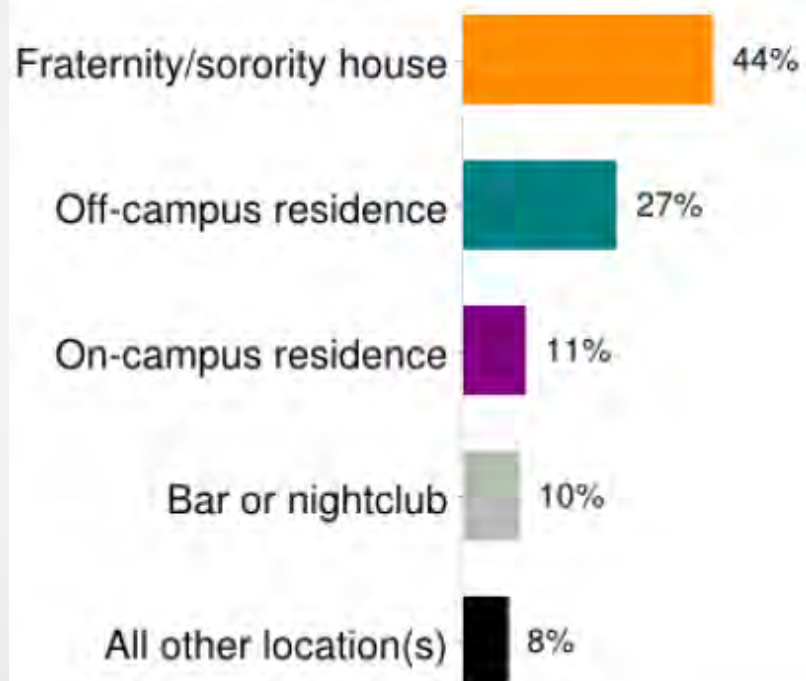


**Typical factors impacting college students' drinking rates from year to year:**

- » Alcohol policy changes
- » Changes in enforcement of alcohol policy
- » Shifts in composition of first year class
- » Consistency in the timing of data collection

Data represents student responses collected in Survey 3, 30-45 days after completing AlcoholEdu for College.

# Drinking Location

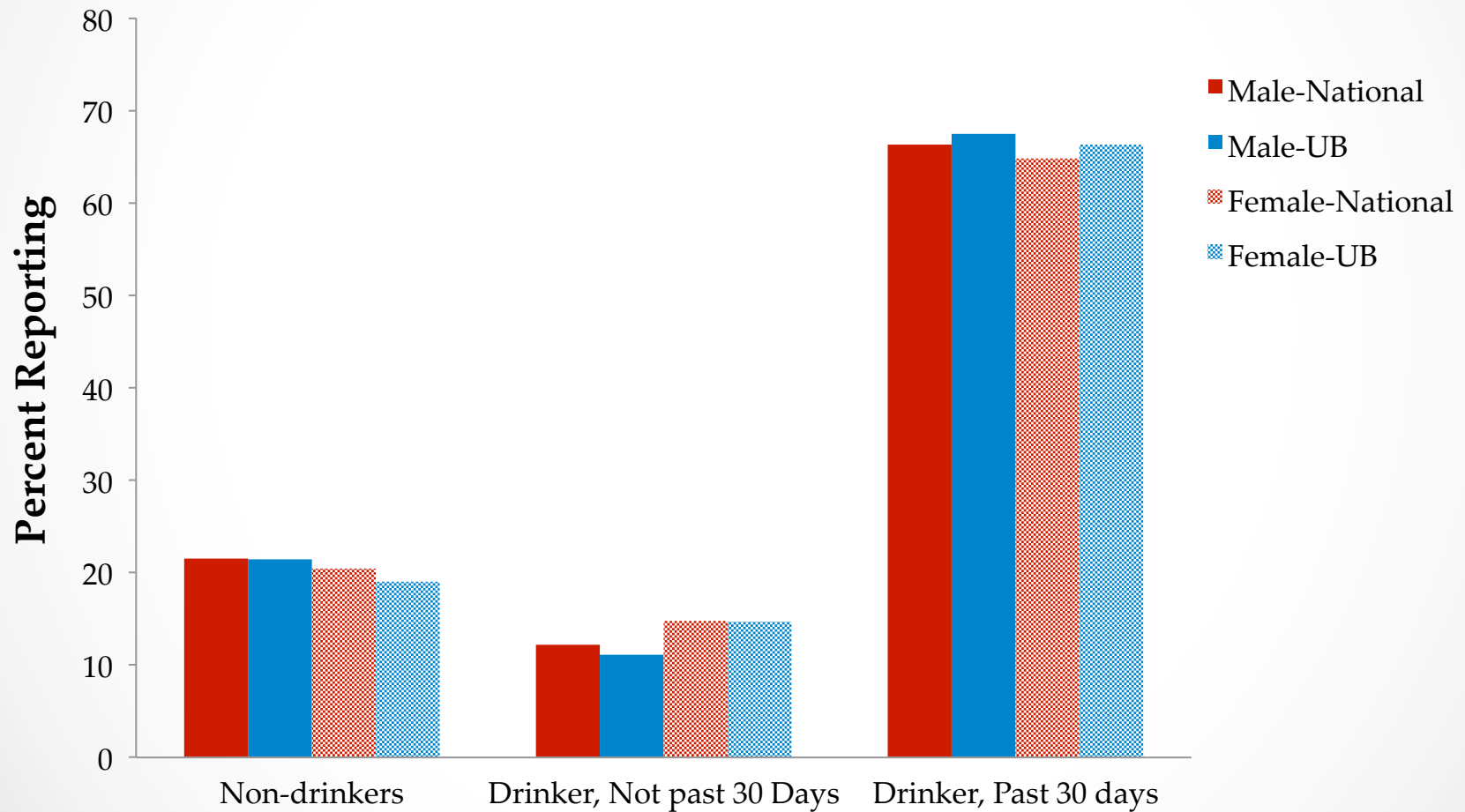


	UB	National
Fraternity/sorority house	44%	15%
Off-campus residence	27%	41%
On-campus residence	11%	21%
Bar or nightclub	10%	9%
All other location(s)	8%	14%

# National College Health Assessment (NCHA)

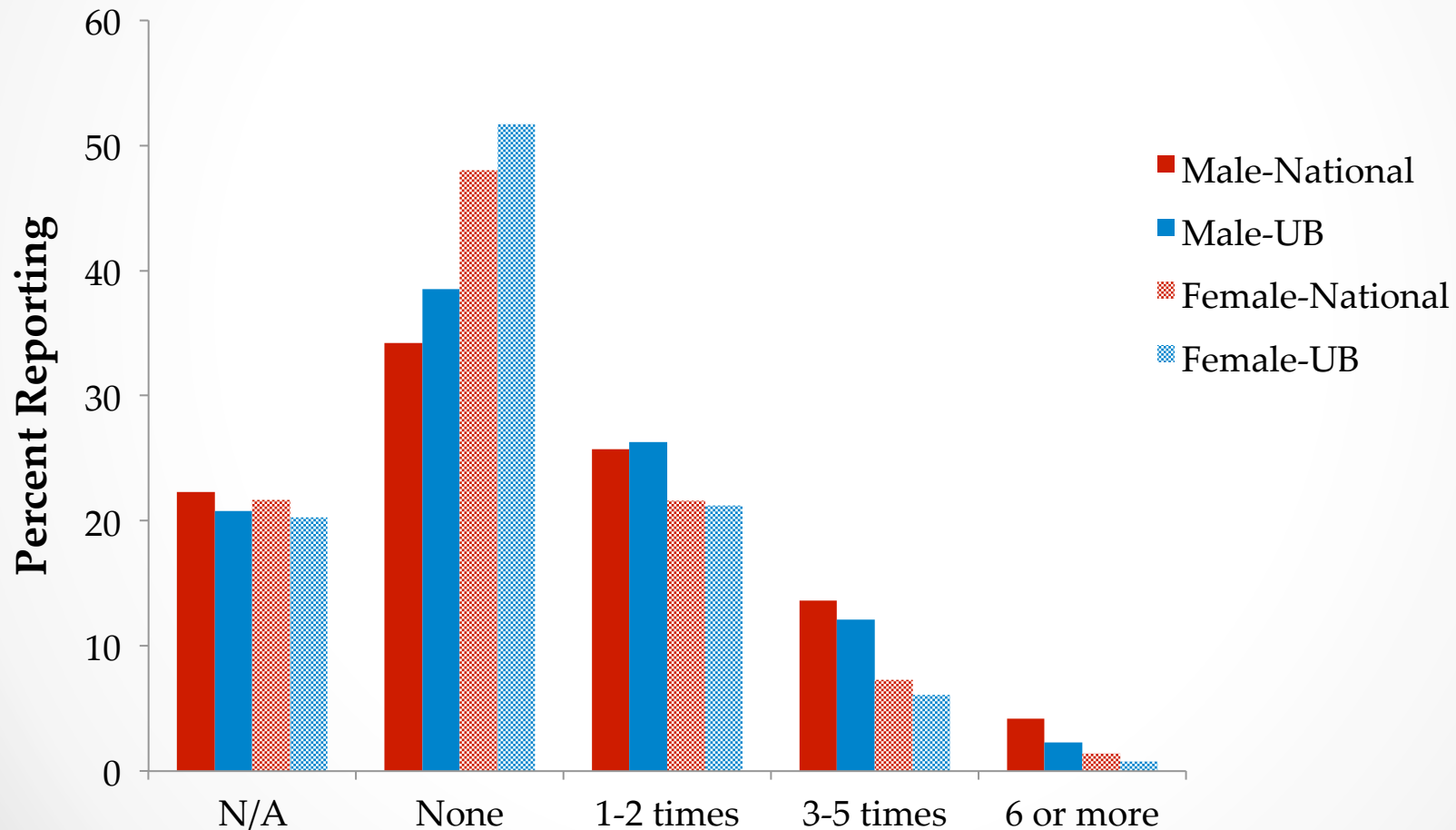


# Drinking by Gender

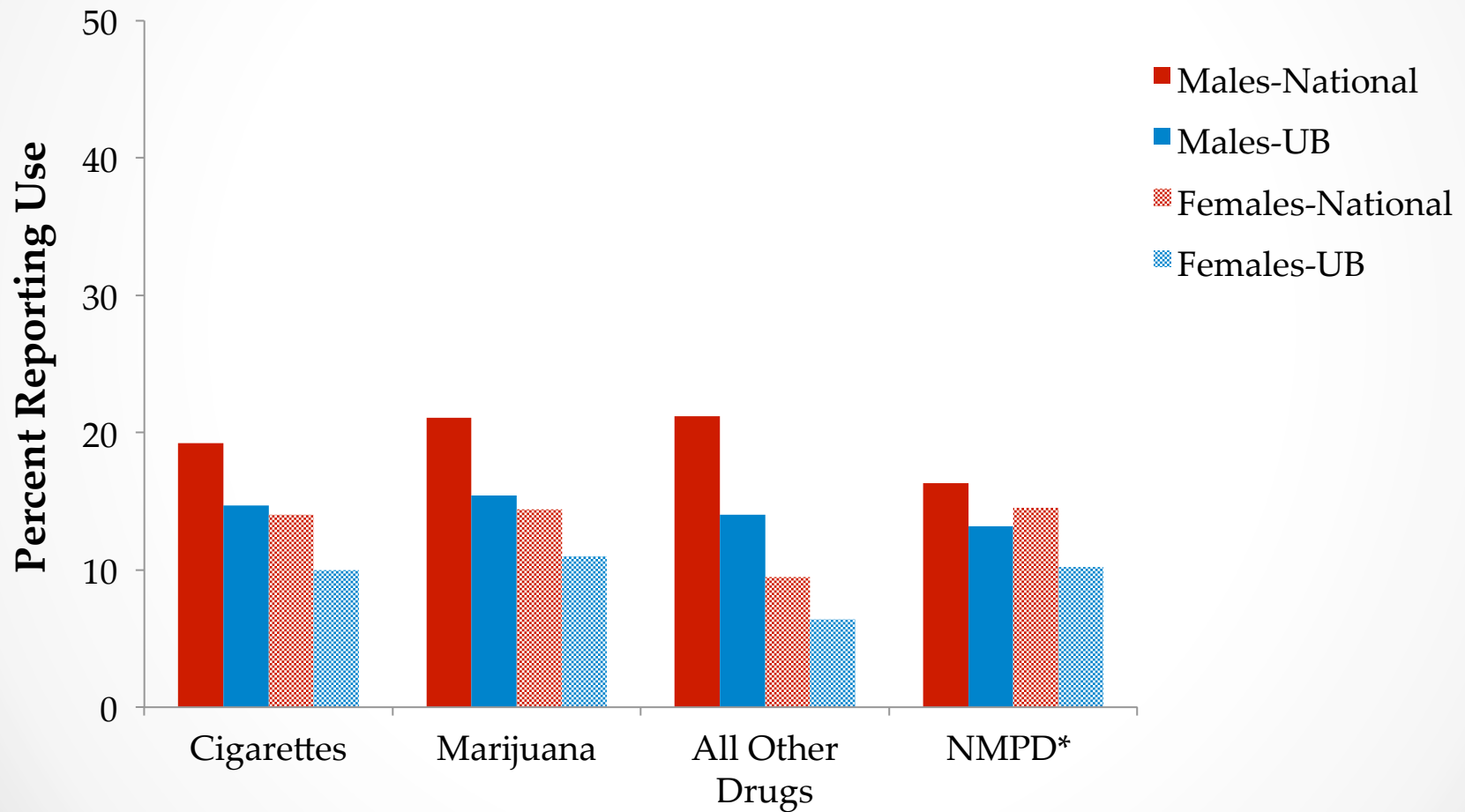




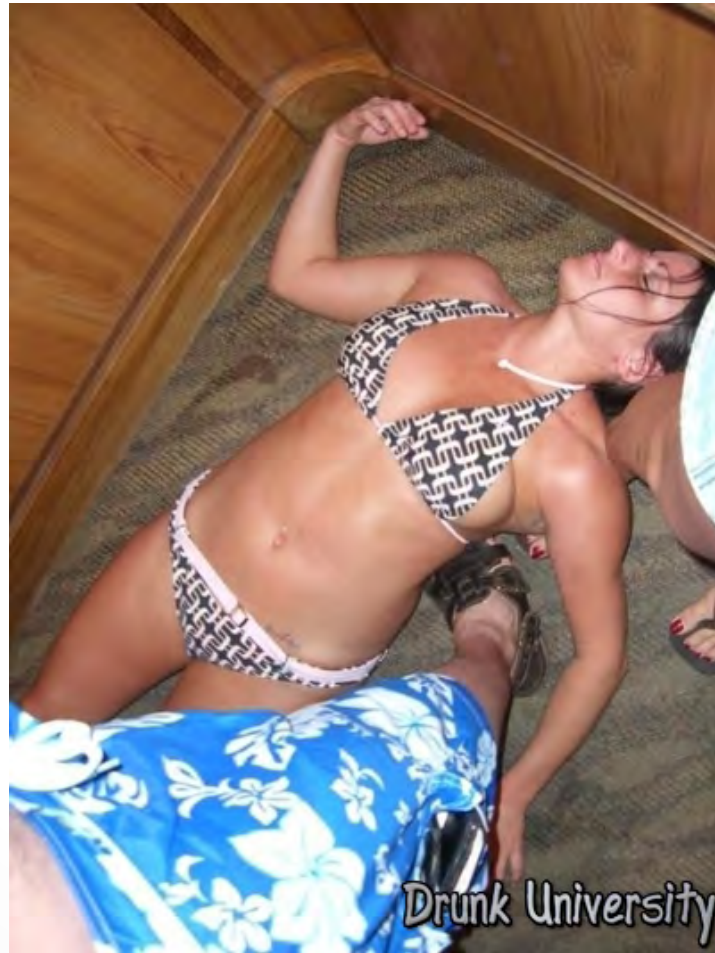
# Frequency of Drinking 5+ Drinks in Past 2 Weeks



# Drug Use: Past 30 Days



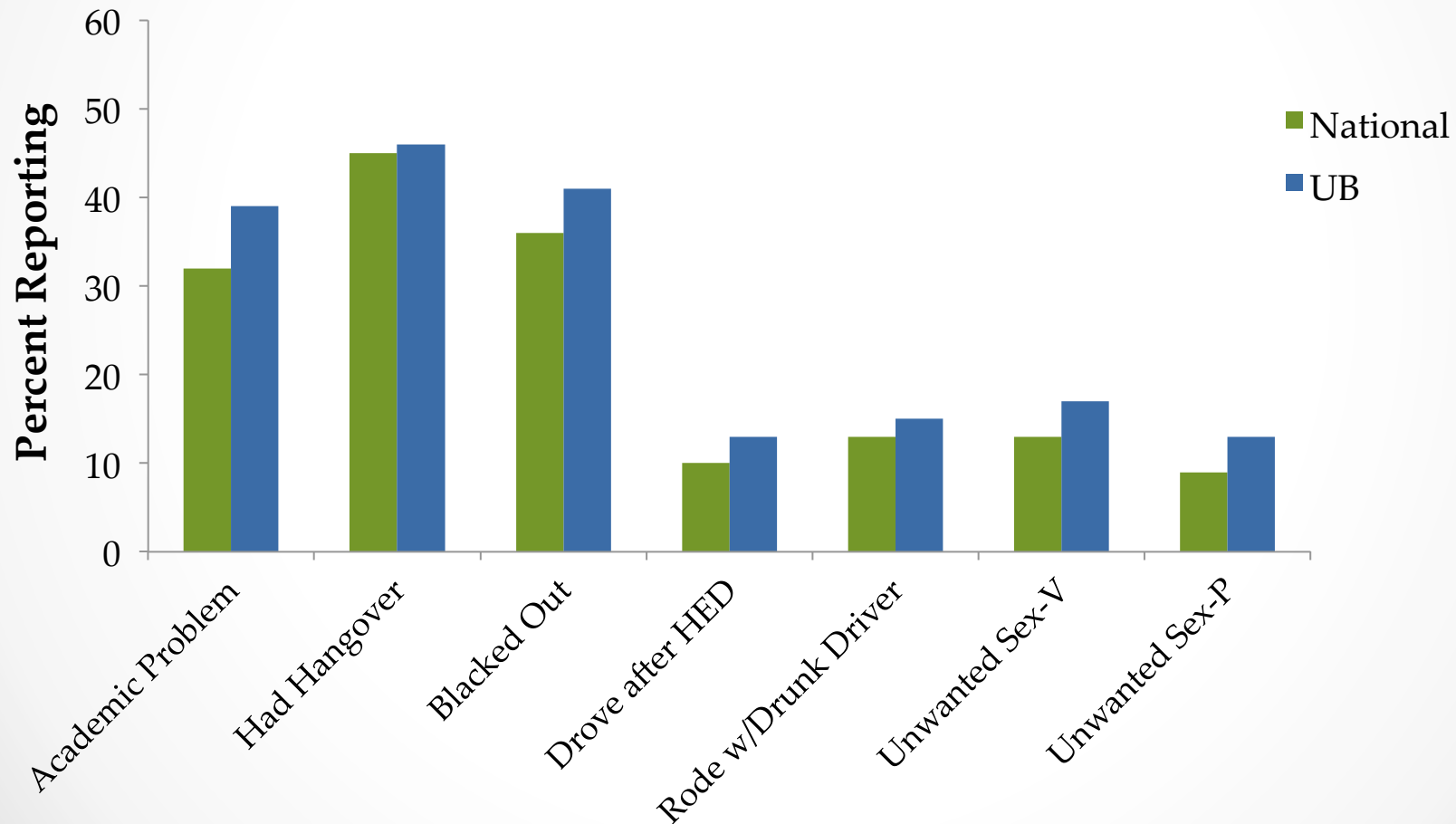
# Consequences Associated with College Substance Use



# Annual High-Risk College Drinking Consequences (NIAAA)

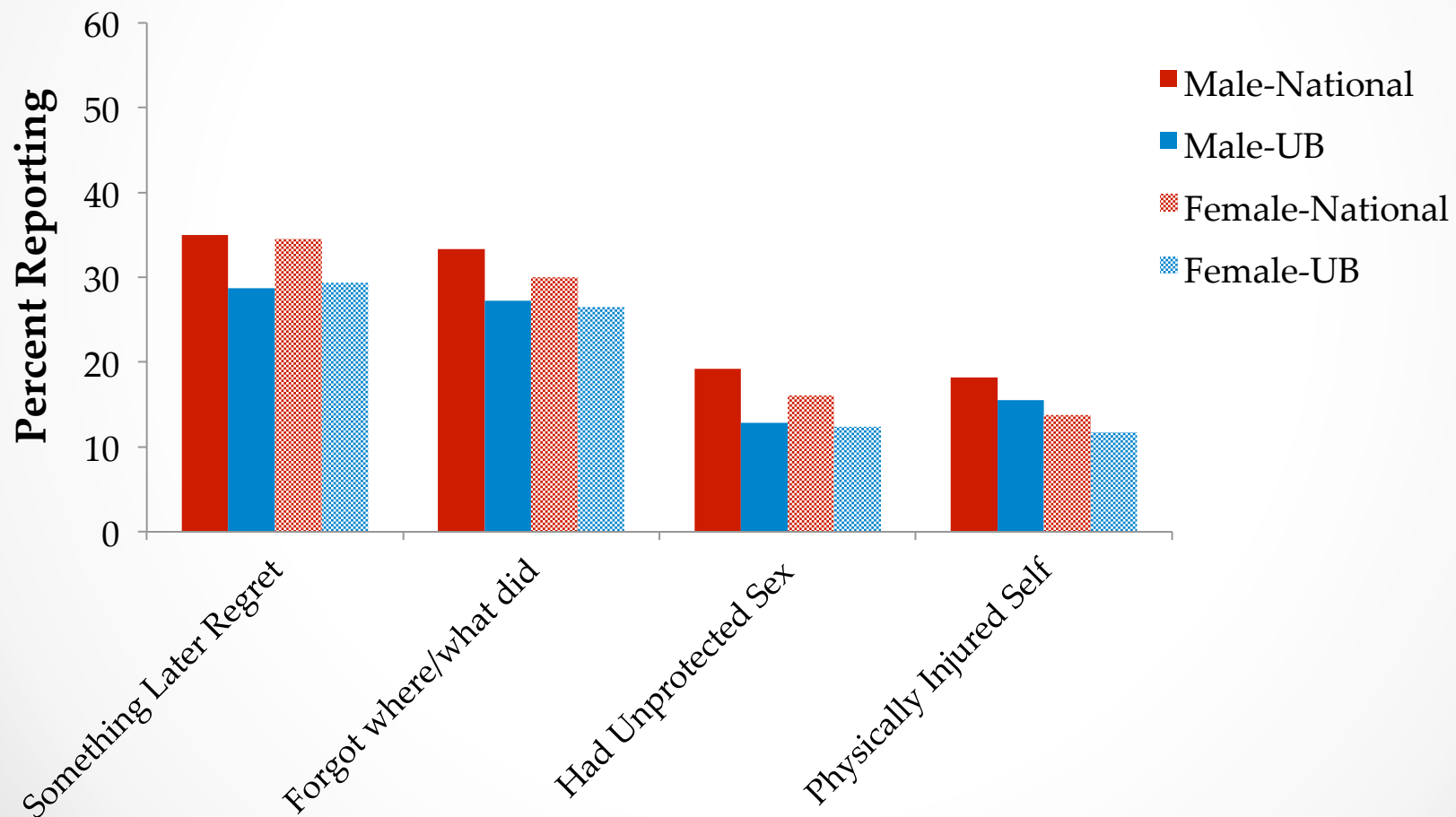
- 1,825 deaths
- 599,000 unintentional injuries
- 696,000 assaults by another drinking student
- 97,000 victims of sexual assault
- 400,000 have unprotected sex
- 25% report academic problems
- 150,000 report an alcohol-related health problem
- 3,360,000 drive under the influence
- 11% report damaging property when drunk
- 5% report involvement with police when drunk
- 31% met criteria for alcohol abuse, 6% for dependence.

# AlcoholEdu: Consequences during the Past 2 Weeks



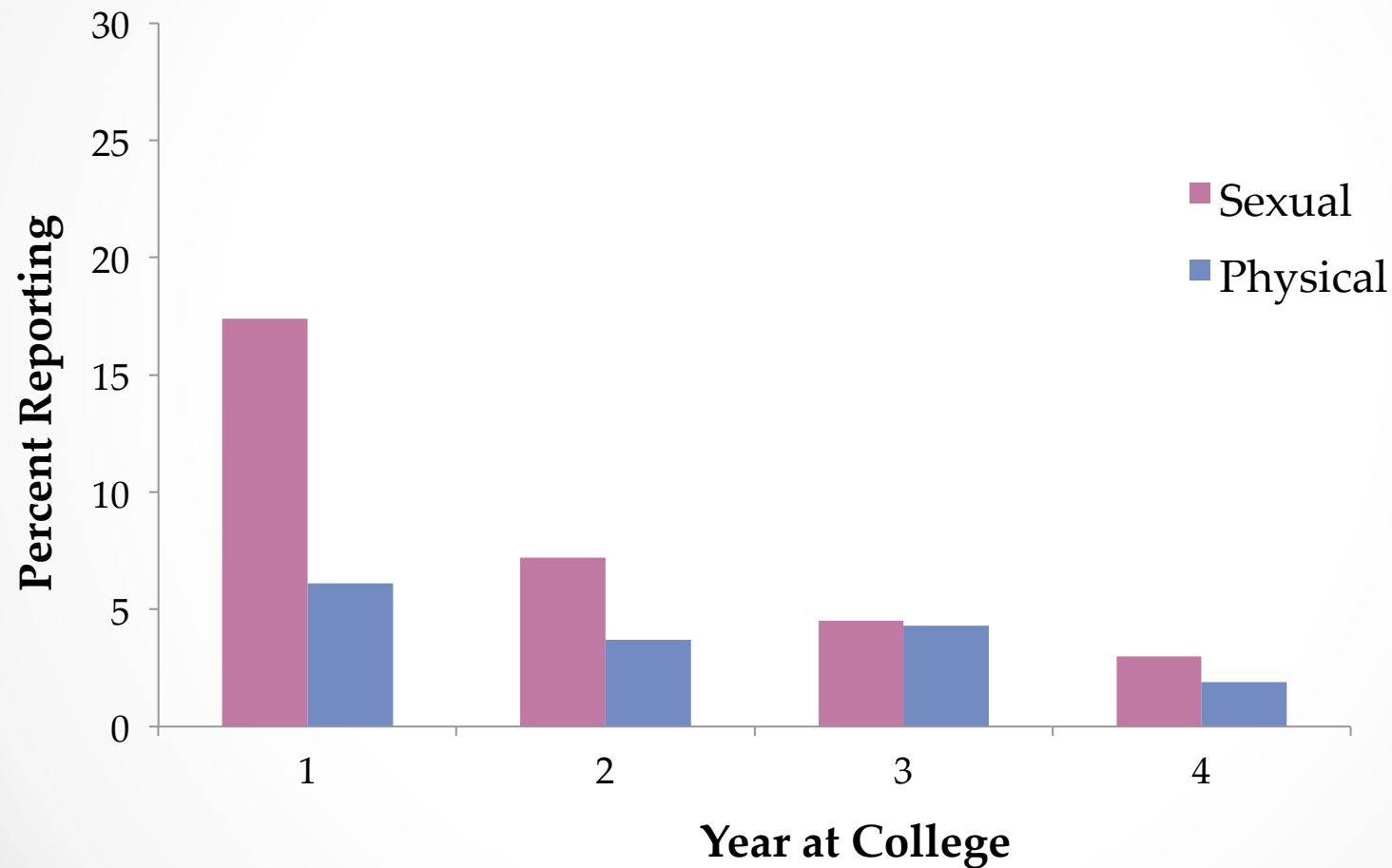


# NCHA: Consequences Associated with Drinking



# UB Women's Connection

## Victimization over 4 Years



# UB Women's Connection

## Alcohol & Aggression

### Drinking

Non-heavy days

M = 1.86 drinks

Heavy days

M = 7.46 drinks

### Odds of Aggression

Heavy v. Non-Drinking Days

Verbal 2.25

Physical 11.84

Sexual 19.44



# Summary

- Trends in college student drinking have not changed dramatically over the past 31 years
  - Rates of HED have decreased by 8 percentage points among college students
- Drug use has risen in the past few years
  - Driven primarily by increases in Marijuana and NMPD use
- Drinking among UB freshmen looks similar to the National average
  - The one exception is drinking location
- NCHA data suggest that UB student drinking rates are similar to other 4 year schools
  - However, HED frequency was lower
  - Drug use was lower

# Summary

- AlcoholEdu: UB freshmen reported higher rates of negative consequences in the past 2 weeks than the National average, when assessed mid-semester
  - However, after completing AlcoholEdu – 42% of high-risk drinkers indicated a readiness to change their drinking
- NCHA: Overall rates of negative consequences at UB were lower than the National average
  - Men and women reported similar rates of negative consequences
  - Top 10 issues affecting academics were the same at UB and Nationally – Alcohol and Drug use were not among the top 10
- UBWC: Rates of Sexual Victimization were highest in freshmen year and decreased across the 4 years.
  - Heavy drinking was associated with increased risk for verbal, physical, and sexual victimization.