

CORE ALCOHOL AND DRUG SURVEY REVISED EXECUTIVE SUMMARY

The Core Alcohol and Drug Survey was revised to support programming efforts related to alcohol and other drug usage at two and four-year institutions. Development of this survey was in consultation with leading experts of the field. The survey retains items about the student's own use of drugs and alcohol, attitudes, perceptions, and opinions about alcohol and other drugs, and the consequences of use. New items address protective behaviors, support for policies, and expanded measures of the social atmosphere. There are also several items on students' demographic and background characteristics as well as spirituality.

Consequences of AOD Use

Whether an institution takes an abstinence position or a harm reduction approach, the fundamental problem is the resulting harm associated with the use of alcohol and other drugs. The following are some key findings on the negative consequences of alcohol and drug use:

- 17.6% of all students reported some form of public misconduct (such as trouble with police, fighting/argument, vandalism) at least once during the past year as a result of drinking or drug use.
- 30.5% of all students reported experiencing some kind of serious personal problems (such as suicidality, being hurt or injured, trying unsuccessfully to stop using) at least once during the past year as a result of drinking or drug use.
- 6.2% of all students reported some form of unwanted sexual outcome (such as unwanted sex, unprotected sex or being taken advantage of).
- 12.9% of all students reported that their drinking was identified as a problem either by themselves or a friend (thought they had a problem, someone expressed concern about their drinking, felt they needed more alcohol than they used to).

Consequences of Alcohol Use

The proportion of students who report having had problems as a result of drinking is another indicator of the level of substance abuse. The percentages of students who reported that within the past year they had various problematic experiences are given in Table 1. The top group of items represents public misconduct. The second group represents possibly serious personal problems. The third group represents sexual problems. The last group may consist of driving behaviors.

Table 1 - Problematic Experiences

This Institution Experience

3.9%	Been in trouble with campus police, residence hall, or other college authorities
3.0%	Been in trouble with off-campus police, or other community authorities
1.8%	Damaged property, pulled fire alarms, etc.
12.5%	Got into an argument or verbal fight
2.1%	Got into a physical fight
3.7%	Went to class under the influence
9.0%	Performed poorly on a test or important project
4.2%	Tried unsuccessfully to reduce drinking
5.8%	Injured themselves
1.6%	Injured others
25.9%	Spent too much money
2.8%	Been taken advantage sexually
2.1%	Had sex when they did not want to
3.9%	Had unprotected sex
5.1%	Drove while under the influence
6.2%	Rode in a car with the driver under the influence

Key Findings from Students Drinking Behaviors at Multiple Selection

The highest predictor of negative consequences on the survey is still the heavy episodic drinking question ($R^2 = .41$).

46.0% of students reported heavy episodic drinking in the previous two weeks (consuming 5 or more drinks for males and 4 or more drinks for females in one sitting).

When combined with frequency of drinking information ability to predict negative consequences is even higher ($R^2 = .41$). We classify these individuals as Heavy and Frequent drinkers whom pose a particular challenge to your programming efforts they are a minority experiencing the majority of problems. Some researchers see this group as a paradoxical problem (High resource requirements for a small population) and not viable targets for common interventions. Whether this population of students are the targets of interventions or not, they are a particularly at risk population.

13.4% of students are classified as heavy and frequent drinkers (consuming 5 or more drinks for males and 4 or more drinks for females in one sitting, plus drinking more than 3 times per week).

Following are some key findings on the general use of alcohol.

85.2% of the students consumed alcohol in the past year ("annual prevalence").

39.3% of the students consumed alcohol in the past 30 days ("30-day prevalence").

35.1% of underage students (younger than 21) consumed alcohol in the previous 30 days.

Not everything is bad news.

24.5% of students never drank to intoxication.

To support harm reduction efforts we report on the behaviors that students already engage in to moderate the effects of their drinking. Below are the 5 most often used behaviors on your campus. Programming could be tailored to support, encourage or expand upon students' own efforts.

- 82.9% Eat food before or while drinking
- 80.1% Know where your drink has been at all times
- 80.1% Prevent a friend from driving* under the influence of alcohol
- 79.9% Use a designated non-drinking driver*
- 74.6% Keep track of how many drinks you've had

To provide a fuller picture, the 5 least often used strategies are listed below. These can help inform programming efforts regarding potential educational topics.

- 13.2% Intentionally not eat food before drinking
- 28.2% Monitor your BAC (Blood Alcohol Concentration) to reduce drinking-related problems
- 48.0% Chug alcohol
- 48.7% Hold a drink so people stop bothering you about drinking
- 48.7% Put extra ice in your drink

Top 5 venues for drinking. Education, policy and enforcement efforts should keep these locations and events in mind whenever they are discussed.

Locations

- Off-campus residences
- Bars/restaurants
- Other location
- On-campus residences
- Fraternity house

Locations

- At a party
- Relaxing in your residence
- Visiting at a friend's residence
- Pre-gaming
- Drinking games

Key Findings on Marijuana

Marijuana has long been the second most prevalent drug used on campuses. Marijuana on college campuses continues to be associated with significantly higher negative consequences when combined with alcohol (on average, less than 3% of marijuana users at colleges do not drink alcohol).

School

- 26.8% of the students have used marijuana in the past year ("annual prevalence").
- 14.8% of the students are current marijuana users ("30-day prevalence").

Key Findings on Prescription Drugs

Prescription drugs, as an overall category, have become the third most used and abused substance on college campuses.

School

- 12.5% of the students used a prescription drug in the past year ("annual prevalence").
- 7.4% of the students are current users of prescription drugs in the past year ("30-day prevalence")

The most frequently reported prescription drugs used in the last year:

Prescription

- 9.0% Stimulants (Adderall, Ritalin)
- 4.6% Sedatives/Anti-Anxiety (Valium, Xanax)
- 4.2% Pain Medication (Vicodin, OxyContin, Fentanyl)

Key Findings on Other Illegal Drugs

Following are some key findings on the use of illegal drugs

School

- 7.6% of the students have used an illegal drug other than marijuana in the past year ("annual prevalence").
- 1.8% of the students are current users of illegal drugs other than marijuana ("30-day prevalence").

The most frequently reported illegal drugs used in the past 30 days were:

- 0.7% Amphetamines/Methamphetamine
- 0.7% Designer drugs (ecstasy, MDMA)
- 0.5% Hallucinogens
- 0.2% Cocaine

Following are some key findings on opinions about the campus environment

89.8% of students felt valued or that staff cared about them;
78.3% of students felt that the campus encourages students to seek help with drinking problems.

71.1% of students indicated a high pressure environment;
63.3% of students indicated an environment where drinking is celebrated.

In contrast, 75.8% of students indicated that their decision to not drink is respected by other students.

73.0% of students indicated a disruptive environment;
8.8% considered transferring due to other students' drinking;
25.4% believe the schools' academic reputation is reduced by other students' drinking.

49.9% of students indicated the campus promotes alcohol or drug use;
80.1% believe that is acceptable to engage questionable drinking;
15.0% believe that is acceptable to miss a class due to a hangover, or drive after drinking.

Social Norming Theory suggests that if students perceive a culture of drug use, and the students identify with the cultural element, they are more likely to participate in the behavior. The discrepancies between student behaviors and their perceptions of average student behaviors appears below. Programming goals could be to educate against misperceptions such as these:

78.5% of students believe the average student on campus uses Alcohol once a week or more often, but in fact, only 33.9% actual students report usage at that rate.

55.7% of students believe the average student on campus uses Marijuana once a week or more often, but in fact, only 9.9% actual students report usage at that rate.

55.2% of students believe the average student on campus uses Tobacco once a week or more often, but in fact, only 5.8% actual students report usage at that rate.

5.5% of students believe the average student on campus uses Prescription Pain Medication once a week or more often, but in fact, only 0.0% actual students report usage at that rate.

28.2% of students believe the average student on campus uses Prescription Stimulants once a week or more often, but in fact, only 2.3% actual students report usage at that rate.

Use of Drugs

The following tables provide additional details about students' reported use of drugs at this institution. Unless otherwise indicated, percentages are based on the total number of students responding validly to a given item.

For comparison purposes some figures are included from a reference group defined on page one.

In general, substantial proportions of students report having used alcohol, tobacco, and marijuana in response to the question, "Within the last year, how often did you _____?" whereas comparatively fewer report having used each of the other substances. This question examines "Annual prevalence" as opposed to 30-day prevalence and regular use (3X/week or more).

Table 2 describes lifetime prevalence, annual prevalence, 30-day prevalence, and high frequency use (3 times a week or more).

Table 2 - Substance Use

<u>Substance</u>	<u>Annual Prevalence Coll.</u>	<u>30-Day Prevalence Coll.</u>
Prescriptions	11.5%	6.7%
Tobacco	16.9%	8.1%
Alcohol	49.2%	39.3%
Marijuana	26.3%	14.3%
Cocaine	3.2%	0.2%
Amphetamines	2.5%	0.7%
Sedatives	4.6%	1.6%
Hallucinogens	3.2%	0.5%
Opiates	1.4%	0.2%
Inhalants	0.2%	0.0%
Designer drugs	4.6%	0.7%
Steroids	0.0%	0.0%
Other drugs	0.5%	0.2%

Notes:

Coll. = 2016 Illinois State University

Differences among Student Groups

Table 3 compares substance use patterns and consequences of several campus groups: males and females, younger and older, academically more and less successful, and on and off-campus residents.

Table 3 - Differences among Student Groups

	<u>Birth Sex</u>		<u>Age</u>		<u>Average Grades</u>		<u>Campus Residency</u>	
	Female	Male	16-20	21+	A-B	C-F	On	Off
Sample Sizes	300	131	195	237	366	56	191	204
Currently use (in the past 30 days) alcohol	37.7%	42.7%	34.4%	43.5%	41.0%	33.9%	37.7%	44.1%
Currently use (in the past 30 days) marijuana	13.0%	17.6%	16.9%	12.2%	13.9%	17.9%	16.2%	13.7%
Currently use (in the past 30 days) prescription	5.0%	10.7%	9.7%	4.2%	6.0%	12.5%	7.9%	6.4%
Have driven a car while under the influence during past year	6.3%	2.3%	3.6%	6.3%	4.6%	7.1%	4.2%	6.9%
Have been taken advantage of sexually during past year	3.7%	0.8%	2.6%	3.0%	2.5%	3.6%	4.2%	2.0%

Table 4 compares substance use patterns and consequences of several campus groups: Greeks, athletes, religious groups, and race.

Table 4 - Differences among Student Groups

	<u>Greeks</u>		<u>Intercollegiate Athletes</u>		<u>Religious Group</u>		<u>Race</u>	
	Ldr/Mbr	Non-Mbr	Ldr/Mbr	Non-Mbr	Ldr/Mbr	Non-Mbr	White	Other
Sample Sizes	78	349	18	411	51	374	371	53
Currently use (in the past 30 days) alcohol	42.3%	38.7%	38.9%	39.7%	27.5%	41.7%	41.5%	22.6%
Currently use (in the past 30 days) marijuana	15.4%	14.0%	22.2%	14.1%	3.9%	16.0%	15.4%	5.7%
Currently use (in the past 30 days) prescription	10.3%	6.0%	16.7%	6.3%	0.0%	7.8%	7.3%	1.9%
Have driven a car while under the influence during past year	1.3%	5.7%	0.0%	5.1%	2.0%	5.3%	4.9%	7.5%
Have been taken advantage of sexually during past year	1.3%	2.9%	0.0%	2.7%	0.0%	2.9%	2.7%	3.8%

Sample Demographics

Following are some summary characteristics of the students who completed and returned the questionnaire.

Your Institution

69.3%	were female
18.0%	were freshmen
18.0%	were sophomores
28.9%	were juniors
27.0%	were seniors
7.2%	were graduates
79.2%	were in the "typical" college age range of 18-22
47.1%	lived off campus
72.7%	worked part-time or full-time
94.9%	were full time students