

UNIVERSITY OF MAINE

# ANNUAL REPORT

## 2009-2010

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ALCOHOL AND DRUG EDUCATION  
PROGRAMS (ADEP)

Division of Student Affairs

JULY 15, 2010

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## **ALCOHOL AND DRUG EDUCATION PROGRAMS MISSION:**

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The mission of the University of Maine's Alcohol and Drug Education Programs (ADEP) is to change the campus drinking culture and gain a greater understanding of the dynamics of our community; provide substance use and abuse related education and resources to individuals and groups; empower students to make healthy choices around the issue of alcohol use; encourage an environment conducive to academic success where substance abuse is not tolerated; and continually monitor, measure, and improve our approaches to increase safety and reduce risks through primary prevention of substance abuse for members of our university community.

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## **CURRENT AOD PREVENTION AND EDUCATION STRATEGIES**

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The office of Alcohol and Drug Education Programs strives to meet the prevention, education and treatment needs of the University of Maine community with regards to Alcohol, Tobacco, Other Drugs, and Hazing Prevention programs. The following report is a compilation of all of the programs and services offered throughout the 2009-2010 academic year.

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EDUCATIONAL PROGRAMMING: FOR THE PURPOSE OF CHANGING KNOWLEDGE,  
ATTITUDES, AND BEHAVIORAL INTENTIONS

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A major goal of the ADEP program is to provide a great breadth and depth of educational programming with the goal of reducing the high-risk drinking and drug use on campus.

The following is a listing of the programs conducted for the past year.

- ADEP, Safe Campus, Health Center, UVAC, Public Safety and Peer Educators hosted Room to Room programming in the FYRE Residence Halls in the evenings in the fall and spring semester. Over 700 first-year students participated in the programs.
- Alcohol education targeted at first year students in residence halls, Explorations classes, fraternities and sororities, and athletics.
- National Collegiate Alcohol Awareness Week in October, we hosted programs for 5 days, including information tables every day, an awareness poster campaign and a drink-out to stop drinking for 24 hours.
- Safety Week, hosted in conjunction with Student Government and many other offices both in and out of Student Affairs, targeted a different safety area each day of the week to included: Health and Wellness, Alcohol and other Drugs, Personal Safety, Hazing Prevention, Sexual Assault and stalking awareness, and suicide prevention. This program served over 1500 students over the course of the week.

- The Great American Smoke Out and Tobacco Awareness Week was held in November. We hosted information tables, smoking cessation resources and informational advertisements, which were distributed across campus.
- Academic offerings include the Classroom Alternatives curriculum infusion program, an alcohol education program conducted in classrooms in the fall and spring semester. Additionally, worked with communications, business, and child development faculty to design specific lessons for their classes.
- The ADEP Peer Education class, a three-credit CHF course, had students participate in programs throughout the fall semester, which included information tabling, safe spring break events, assisting public safety with roadblocks and participating in residence hall fairs. Additionally, two students worked with ADEP in the spring to continue their work.
- We offered targeted programs for high-risk populations (e.g., fraternity, sorority, athletes, first-year students) through speakers and directed programming for alcohol, hazing prevention, and risk management in both fall and spring semesters.
- In conjunction with the Athletic department, we conducted a comprehensive alcohol, other drug, and hazing prevention program for all athletes on campus. This included the Alcohol and Hazing Prevention educational sessions for each team, an all-athlete meeting, and regular meetings with the athletic cooperative support group, a coaches meeting

each semester, meetings with the Student Athletic Advisory Committee, and the Student Athletic Advisory Board.

- We conducted two office programs called Thirsty Thursdays and Furnishing Fridays, which we provided free mocktails, root beer for students, faculty, and staff to stop by our office. We served over 500 students in these programs and received much exposure from the University community
- The 4.20 Healthy High 5K took place on April 20<sup>th</sup> and was intended to provide an alternative program for the popular marijuana use day. The race had over 450 runners and over 300 spectators.

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HEALTH PROMOTION, WELLNESS AND PROMOTING A NORMATIVE ENVIRONMENT  
THROUGH ENVIRONMENTAL MANAGEMENT

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- A bystander intervention social norms campaign addressing the positive engagement of the student body was disbursed across campus in the beginning of the fall, during Halloween week, and spring semesters.
- We distributed public service announcements, bulletin boards, and media campaigns regarding alcohol overdose, bystander intervention, drinking and driving and tobacco awareness, and other AOD/risk management topics.
- We distributed a monthly campaign via bulletin boards both paper and on-line in the following themes: Bystander Intervention, Hazing Prevention, Drug Awareness, Safe Spring Break, Furnishing Alcohol, Drinking and Driving and Alcohol overdose:.

- E-Chug, E-Toke, the Drinkers Wheel, and other on-line screening tools for alcohol are advertised and offered to students throughout the semester. Over 1000 students used these programs for on-line screening.
- The Late Night Local offered free rides to students on and off campus on Friday and Saturday evenings. This program is run by Alpha Delta and Gamma Sigma Sigma..
- Campus Activities and Events and other Student Affairs offices offered alcohol-free social and recreational options six nights a week for students.
- Aroostook Hall and Gannett Hall were offered as a chemical-free residence hall and students living in the hall signed a contract to remain free of alcohol and other drugs in that environment.
- We conducted parent education/engagement through Orientation, parental notification, parent newsletters and brochures.
- We worked on responsible retailing campaigns with local retailers and bar owners through our work with the Community Coalition and area retailers.

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EARLY INTERVENTION, TREATMENT, AND REFERRAL STRATEGIES

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- The Brief Alcohol Screening and Intervention for College Students (BASICS) program served students this academic year through class and individual meetings for screening and brief intervention (see quantitative data section for numbers).

- The Collegiate Alcohol Management Program (CAMP), an overnight field intervention program, conducted one trip for students in danger of suspension based on their conduct violations related to alcohol.
- We conducted a risk management and anti-hazing training for athletic teams, greek-letter organizations sport clubs, intramurals, and one honor society.
- We referred many students to off campus treatment agents and counselors as well as AA and other self-help programs for alcohol, other drugs and tobacco cessation.
- Referral services are also offered via our website and through our printed office resources.

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#### ENFORCEMENT AND POLICY EFFORTS

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- The University of Maine student handbook Alcohol Beverage and Drug Policies were revised for the 2009-2010 academic year.
- The Alcohol and Drug policy for the University of Maine was distributed to each student on campus in the fall and new students in spring semester via e-mail.
- The director worked with University of Maine System office staff to update and revise the Alcohol and Drug Policy. The revision will continue with next year with a committee to update System policy.
- Weekly case management meetings, to discuss trends and intervention with students, including the Counseling Center, Public Safety, Residence Life

and Programs, the Deans office, and the Community Standards office ensure consistent enforcement of policies.

- The director participated in meetings of the Penobscot County Underage Drinking Task Force in the fall and spring with local law enforcement.

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#### TRAINING PROGRAMS

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- Community Coordinators, Resident Assistants, Student Ambassadors, and Peer educators were trained on Motivational Interviewing skills and the BASICS program in the fall and spring.
- Community Coordinators and Resident Assistants were trained on alcohol policy, environmental management, social norms, and bystander intervention prior to school opening.
- BASICS and motivational interviewing training was conducted for the Counseling Center, Student Affairs Staff, the Sexual Assault prevention personnel, academic advisors and Public Safety officers in December.
- ADEP conducted an AOD informational training for all members of the Health Center Staff.
- Additional Alcohol trainings were conducted at Husson College, University of Maine at Farmington, and Hermon, and John Bapst High School.

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#### RESEARCH AND DEVELOPMENT

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- We conducted an evaluation of the BASICS program through an on-line survey sent to all students who went through the program in the past year.

- We conducted an Alcohol and Other Drug use survey through the Office of Substance Abuse and the Higher Education Alcohol Prevention Partnership (HEAPP) to measure alcohol attitudes and behaviors in November (see attached report).
- We were the recipients of the Department of Education Grant, which focused on changing behaviors and enforcement around furnishing alcohol to minors.
- In FY 2009-2010, we also received a mini-grant from HEAPP to continue to expand our capacity toward creating a better and more educated campus environment regarding the use and misuse of alcohol.

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#### OUTREACH, PARTNERSHIPS AND COALITIONS

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- The Tobacco Free Campus Committee , formed in the summer of 2007, co-chaired by the Director of ADEP met throughout the academic year and provided the Vice President of Student Affairs and Vice President of Administration with a recommendations report, two open forums and culminated with the announcement of the January 2011 Tobacco Free Campus Policy implementation.
- ADEP and the Counseling Center co-sponsored an alcohol-use support group which met weekly.
- Our Substance Abuse Prevention Community Coalition met on a bi-monthly basis to work together on common issues of alcohol and other drug trends both on and off campus.

- ADEP brought together offices working on prevention and wellness efforts across campus for a Prevention Cooperative meeting. This group will continue to meet once a semester to identify efforts with which the can collaborate.
- We worked closely with the Higher Education Alcohol Prevention Partnership (HEAPP) to host meetings, trainings, and work on grant proposals.
- We met regularly with the campus, Old Town and Orono Police departments to work cooperatively on enforcement and community policing efforts.
- We were actively involved with Bangor Health and Wellness collaborative programs including their funding of a tobacco-prevention intern in our office.
- We participated as part of the Safe Campus Task force to address issues of sexual assault as they pertain to alcohol and other drug usage among students.
- In order to create and maintain collaborative efforts between UMaine and area enforcement and treatment facilities, we continue to stay in touch and refer students to Wellspring, Acadia hospital, Eastern Maine Medical Center, Mabel Wadsworth Women's health center, Orono and Old town police, and a Penobscot county court judge.

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## QUANITITATIVE PROGRAMMING REPORT

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Group	Number Served	Total Student Contact Hours
Greek Letter Organizations	14 Programs for 12 Chapters	580
Residence Halls	25 Programs with 11 Halls	625
Classroom Programs:	34 Programs <ul style="list-style-type: none"> <li>• Athlete's for Sexual Responsibility</li> <li>• Educational Psychology</li> <li>• Graduate Level Substance Abuse Course</li> <li>• Greek Peer Education</li> <li>• Peer Education Program</li> <li>• SOC 214</li> <li>• Transitions Program</li> </ul>	550
First year classes	Foundation/Explorations fall class= 226 Academic Recovery Program spring class=109	335
Athletic Teams	Fall 400 Athletes Spring 242 Athletes	642
BASICS Individual Sessions	Total number seen individually 189 Total number of sessions 398 Total from hospitalizations 18	398
BASICS Group Programs	Total 24 programs	174
PARTY Programs	Total 8 programs	80
CAMP	1 Trips with 6 students 4 Male 2 Female	144
Other programming: 5 e-chug Challenges 2 Room-to-Room Programs Mocktails with Recreation Center Health Fair Sex Carnival Healthy High 5K Halloween Mocktails 2 Haze Screenings 2 High School Programs BASICS for RAs Kim Trela's staff Coaches' Forum Diversity Film panel Students from Old Town party Commuter Week, "How to Help a Friend" Counseling Center Interns Touchstone Peer Training	Unknown number of participants. Estimated at total of over 1000	

**Other Data:**

**Class Year or Status**

FY 91  
Second 43  
  
Third 18  
  
Fourth 14  
Fifth 2  
  
Graduate student 0 Employee 1  
  
Other 2 Unknown 17

**Referral Source**

Conduct 138  
  
Athletics 5 Coach 3  
  
Self 26 EAP 1 Parent 1  
  
Court 8 Attorney 2  
  
Counseling Center 3 RA 3  
  
Fraternity/Sorority 5 Other 2

**Reason for Referral**

Alcohol 119  
  
Marijuana 36 Drug 2  
  
Alcohol and Marijuana 6 Alc and Drug 4  
  
Assessment \_\_\_\_\_  
  
Tobacco 1 Gambling 1  
  
Personal 1 (family alcoholism)  
  
Hospitalization 18 Other 9

**Number of Sessions \***

1 83 2 50 (100)  
3 18 (54) 4 4 (16) 5 3 (15)  
6 4 (24) 7 3 (21) 8 1 (8) 9 \_\_\_\_\_ 10 \_\_\_\_\_  
11 1 (11) 12 2 (24) 13 2 (26) 14 \_\_\_\_\_ 15 \_\_\_\_\_  
16 1 (16) 17 \_\_\_\_\_ 18 \_\_\_\_\_ 19 \_\_\_\_\_ 20 \_\_\_\_\_

**Total Sessions - 398**

\*For example, 50 students attended two sessions for a total of 100 sessions. 18 students attended 3 sessions for 54 sessions, etc.

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**NOTE: THE OVERALL AOD PREVENTION STRATEGIES USED BY ALCOHOL AND  
DRUG EDUCATION PROGRAMS ARE THOSE RECOMMENDED BY NIAAA, SAMHSA,  
THE SAFE AND DRUG FREE SCHOOLS ACT, AND THE HIGHER EDUCATION CENTER  
FOR ALCOHOL AND OTHER DRUG PREVENTION**

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APPENDIX: FALL 2009 ATOD SURVEY RESULTS

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This report reflects findings of a study conducted at the University of Maine, Orono during the fall semester 2009. These outcomes report the use of alcohol, tobacco, and other drugs on this campus as reported by participants.

This survey was electronically distributed through email to all enrolled students. The survey passed through Human Subject Review at the University of Maine. The questionnaire included topics such as use of alcohol, consequences of alcohol and drug use, and perceptions of substance use by other students, decisions processes and outcomes by self and others while under the influence of various substances, and risk reduction choices as it pertains to alcohol, drug, and other substance use.

This report is based on findings from a campus-wide study analyzing students' responses to questions on various substances including alcohol, illegal drugs, tobacco, risk reduction, and other behaviors associated with the above substances. Other aspects of this survey asked students to respond to perceptions of campus policies and enforcement, personal implications from use or use from others, and effects from self or peers using substances in an academic environment.

This survey includes participant's responses about the influence of substance use on sexual behaviors, gambling, and academic performance as previous research indicates a relationship between these types of behaviors and alcohol, drug, and other substance use.

The development of this survey by the Higher Education Alcohol Prevention Partnership reflects a collaboration effort between other national surveys, higher education alcohol professionals within the state, and available research. These sources were aligned and adapted to meet the needs of students attending Maine colleges and universities in order to gain information to guide practices on these campuses and at the state level.

### *Demographics*

<b>Total Participants: n=1747 (100%)</b>	Other: n=38 (2.2%)
Male: n=781 (45%)	Attended schools other than UMAINE
Female: n=951 (55%)	Yes: n=447 (25.7%)
Transgender: n=5 (0.3%)	No: n=1265 (72.5%)
In-state: n=1482 (85.4%)	On-campus: n=720 (41.5%)
Out-of-state: n=227 (13.1%)	Other univ. housing: n=53 (3.1%)
Canada: n=10 (0.6%)	Greek houses: n=31 (1.8%)
Other Country: n=16 (0.9%)	With parents: n=93 (5.4%)
Caucasian: n=1617 (93.4%)	Off-campus: n=839 (48.3%)
Black/ African American: n=8 (0.5%)	Military service FT: n=3 (0.2%)
Latino/a: n=16 (0.9%)	Military service PT: n=6 (0.3%)
Asian: n=33 (1.9%)	National guard: n=7 (0.4%)
Hawaii/ Pacific Islander: n=5 (0.3%)	Veteran: n=19 (1.1%)
American Indian: n=15 (0.9%)	Spouse of a veteran: n=13 (0.7%)
	Child of a veteran: n=116 (6.6%)

Athletics: n=114 (6.5%)  
 Club sports: n=503 (28.8%)  
 Student government: n=71 (4.1%)  
 Greek member: n=207 (11.8%)  
 Academic orgs: n=416 (23.8%)  
 Music, theatre, arts: n=212 (12.1%)  
 Other groups: n=588 (33.7%)

Other Country:

Caucasian: n=9,157 (77%)  
 Black/ Af. American: n=141 (1.1%)  
 Latino/a: n=123 (1%)  
 Asian: n=125 (1%)  
 American Indian: n=217 (1.8%)  
 International: n=337 (2.8%)  
 Other: n=2,010 (16.9%)

**Campus population: n=11,867 (100%)**

Male: n=6,072 (51%)  
 Female: n=5,795 (49%)  
 In-state:  
 Out-of-State: 15%  
 Canada:

On-campus: 40%  
 Off campus: 60%

### *Tobacco*

During the 2009-2010 academic year, President Kennedy, upon recommendation of a Tobacco Free taskforce, decided that in January, 2011 the campus will implement a tobacco-free policy. This section expands on participant responses about tobacco use and decisions or practices associated with the use of tobacco at the institution.

**Table 1: Cigarettes use over the last 3 survey years**

	2007	2008	2009
Have used but not in the last 12 months	13.8% (n=205)	13.2% (n=282)	14% (n=241)
Have used in the past year but not in the last 30 days	10.7% (n=160)	9.4% (n=201)	9% (n=161)
1-2 days	4.8% (n=71)	4% (n=86)	4% (n=76)
3-5 days	1.7% (n=26)	1.9% (n=41)	1.8% (n=32)
6-9 days	1.6% (n=24)	1.3% (n=28)	1.3% (n=23)
10-19 days	1.6% (n=24)	1.7% (n=36)	1.7% (n=29)
20-29 days	1.2% (n=18)	1.9% (n=41)	1.8% (n=31)
Everyday	6.2% (n=92)	5% (n=108)	4.2% (n=74)
<b>Total</b>	<b>41.6% (n=620)</b>	<b>39% (n=823)</b>	<b>38% (n=667)</b>
Never Used	58.4% (n=884)	61.4% (n=1311)	62% (n=1065)
<b>Total</b>	<b>100% (n=1504)</b>	<b>99.3% (n=2134)</b>	<b>100% (n=1732)</b>

Since the campus is about to make a transition to become tobacco-free, I compared responses from three years of data on this campus. Using information about cigarettes, as the most frequently reported tobacco product used by students, the reported use is similar across the three years. However, that being said an increase of 3.6% in the number of students NOT using cigarettes occurred over the last 3 years. As well, more students reported not using cigarettes in the last 12 months, although it is a minimal amount, for a campus moving to be tobacco-free these numbers support that decision. For students who use cigarettes, the total number of participants who reported use in the last month was lower in 2009 than either of the previous years. One particular noteworthy change is **the 2% reduction in the number of students who reported smoking cigarettes everyday between the 2007 and 2009.**

Using Crosstabulation to understand more about the use of tobacco and where students lived, we found that overall 85% of the participants, regardless of where they live, had not used cigarettes within the last month, last year, or ever. Of the 15% who reported cigarette use within the last month, 88 out of 1732 (5%) of students lived in a campus residence hall, 147 out of 1732 (8%) of students lived in other off-campus housing. The remaining 2% lived in other university housing, fraternity or sorority house, or parent or guardian home. As the campus prepares to become tobacco-free, the students who live in on-campus residence halls may require additional education and explanation of policies to encourage the best rate of compliance.

**Table 2: Cigarette use by Gender**

	Men	Women	Transgender
<b>Never Used</b>	458	604	3
<b>Have used, not in the last year</b>	102	139	0
<b>Have used, not in the last month</b>	70	90	1
<b>1-2 days</b>	45	31	0
<b>3-5 days</b>	14	18	0
<b>6-9 days</b>	16	7	0
<b>10-19 days</b>	17	12	0
<b>20-29 days</b>	18	13	0
<b>Everyday</b>	36	37	1
<b>Total</b>	776	951	5

**Table 3: Cigar use by Gender**

	Men	Women	Transgender
<b>Never Used</b>	341	662	4
<b>Have used, not in the last year</b>	129	155	0
<b>Have used, not in the last month</b>	201	93	0
<b>1-2 days</b>	49	21	0
<b>3-5 days</b>	15	3	0
<b>6-9 days</b>	12	1	0
<b>10-19 days</b>	10	0	1
<b>20-29 days</b>	11	4	0
<b>Everyday</b>	2	0	0
<b>Total</b>	770	939	5

**Table 4: Smokeless Tobacco use by Gender**

	Men	Women	Transgender
<b>Never Used</b>	555	871	5
<b>Have used, not in the last year</b>	92	40	0
<b>Have used, not in the last month</b>	61	20	0
<b>1-2 days</b>	19	0	0
<b>3-5 days</b>	5	0	0
<b>6-9 days</b>	6	1	0
<b>10-19 days</b>	5	0	0
<b>20-29 days</b>	8	2	0
<b>Everyday</b>	10	2	0
<b>Total</b>	761	936	5

***Tobacco and Marijuana***

Cigarettes are the most commonly reported tobacco-based product at the University of Maine based on reports from these participants. I also considered how those who smoked cigarettes within the last month related to the number of students who smoked marijuana during the same time period. This indicated that these two products are related. In fact, more than half (57.5%) of students who reported use of cigarettes within the last month also reported using marijuana.

***Tobacco and Alcohol***

Another common relationship in the literature is between tobacco products and alcohol. Using a similar technique of recoding tobacco use into two groups (those who reported use in the last month and those who did not) and comparing them to students who reported use of alcohol in all three categories (1-2 drinks in a day, 3-5 drinks in a day, and 6+ drinks in a day) the findings indicated relationship between use across these substances. More than 87% of students who reported using a tobacco-based product in the last month also consumed 1-2 drinks (89.4% of those who smoked cigarettes, 87% smoked cigars, and 95% of those who used smokeless tobacco). When considering the overall use of tobacco products and consuming 1-2 drinks of alcohol, the mean number indicated consumption between 6-9 days.

Since the reported consumption of alcohol was compartmentalized into three different amounts within a day, I also considered the use of tobacco-based products for those who reported consuming 3-5 drinks in at least one day within the last month. Similar to those who used tobacco and consumed 1-2 drinks, drinking 3-5 drinks in at least one day indicated a relationship between the use of this substance and the consumption of alcohol. Again, this is not unexpected but is important to note. In fact, more than 82% of students who reported using a tobacco-based product in the last month also consumed 3-5 drinks (82% cigarettes, 85% cigars, and 95% smokeless tobacco). Anticipated, as the amount of alcohol consumption increased the number of students reporting use should decrease. In this case, the number of students who used cigarettes or cigars and consumed 3-5 drinks of alcohol in a single day within the last month was indeed lower than those who consumed 1-2 drinks. Interestingly, the number of participants reporting using smokeless tobacco and consuming 3-5 drinks remained the same instead of declining. Examining how students who fell into this category reported use of tobacco use and consuming 3-5 drinks was averaged and findings show alcohol was consumed (3-5 drinks) was a mean of 3-5 days. This outcome indicated a lower number of days where 3-5 drinks of alcohol was consumed compared to 1-2 drinks. For smokeless tobacco users in the last month and consumed 3-5 drinks in at least

one day indicated the mean was right on the line between 3-5 and 6-9 days. This makes use of smokeless tobacco use and consuming 3-5 drinks in a single day higher than either of the other two tobacco-based products.

Next, considering how the use of tobacco products and consuming 6+ drinks in the last month were related I followed the same pattern of breaking apart the subgroups of tobacco-based items. Similar to findings from cigarette and cigar use in the 1-2 drink and 3-5 drink categories, the reports of participants who used cigarette or cigars in the last month and also reported drinking 6+ drinks was 71%. The mean number of days for consuming alcohol for these types of tobacco product users was between 3-5 days. As noticed by the earlier findings of smokeless tobacco and alcohol consumption, on average this subgroup consumed 6+ drinks more days in the month. For students who reported using smokeless tobacco and consumed 6+ drinks in the last month, the mean was between 10-19 days.

Given that the smokeless tobacco group showed a higher number of days, on average, for consuming alcohol. This is a useful piece of knowledge to use for educational messages or programming.

Finally, I considered alcohol as a singular group to learn more about what type of tobacco-based products, if any, they used within the last month. There were 1215 students who reported consumption of alcohol during the previous month. Out of 1735 total participants, 639 (53%) reported never using cigarettes with an additional 191 or 16% who had not used cigarettes in the last year. These two groups total 69% of the students who reported consuming alcohol had not smoked cigarettes at least within the last year.

For those students who fell into the categories of alcohol and tobacco use within the last month, patterns indicated that use of these two substances were distributed throughout the month instead of being focused. What this means is that participants could report their use based on the number of days they consumed alcohol and used tobacco 72 (6%) reported 1-2 days 29 (2%) reported 3-5 days, 22 (2%) between 6-9 days, 28 (2%) at 10-19 days, and 29 (2%) at 20-29 days, and everyday reports of 64 (5%). Cigarettes were the most frequently used tobacco-based product and 22% of those who consumed alcohol within the last month also used smokeless tobacco with an additional 18% of participants who consume alcohol also reported using smokeless tobacco during 20-29 days in the last month. Together, 40% of the total number of participants who consumed alcohol within the last month also used smokeless tobacco more than 20 days in the last month.

### ***Tobacco use and Military Involvement***

I examined what activities students who reported tobacco use were involved with on campus. Looking at those students who used tobacco within the last month, those who were involved either as a veteran or active status in the military showed little tobacco use. Active Military affiliated students reported use of cigarette and cigars in the last month at the same rate (16% or 1 person). In addition, two spouses of an active military personnel reported use of cigarettes (15%). As far as students who have committed to serving in the military (i.e. ROTC) reflected that 9% (n=1) use cigarettes and/or cigars.

### ***Tobacco use and Campus Involvement***

#### ***1. Sport Clubs and Athletics***

Use of tobacco-based products by inter-collegiate athletes shows that 7% (n=8) smoked cigarettes within the last month, 8% (n=9) smoked cigars within the last month, and 4% (n=5) used smokeless tobacco within the last month. Students who participated in intramural or club sports

indicated higher tobacco use compared to inter-collegiate athletes. For those who participated in intramural sports, cigarette use among these students was 16% (n=79), cigar use was 10% (n=49), and 6% for those who used smokeless tobacco.

### 2. Greek

Among students who reported a fraternity or sorority affiliation as well as tobacco use within the last month, 6% (n=13) reported use of cigarettes, 6% (n=13) used cigars, and 4% for smokeless tobacco.

### 3. Academic Organizations

The same percentage of students in academic organizations reported tobacco products as the students who were greek. Academic organization participants showed 10% (n=40) used cigarettes, 6% (n=24) used cigars, and 2% (n=7) used smokeless tobacco.

### 4. Campus Government

Students who were involved in student government reflected tobacco use similarly to other organization participants. This particular group indicated 7% (n=5) used cigarettes and the same for cigars within the last month, and 3% used smokeless tobacco.

### 5. Music, Theater, and Arts

Of all of the student groups that were listed as options for participants, music, theater, and arts (MTA) were the group with the highest percentage of tobacco-based product use. Specifically, 14% (n=30) of MTA students reported cigarettes use, 10% (n=22) reported cigars use, and 2% (n=4) used smokeless tobacco within the last month.

## Alcohol

The following section involves information about alcohol based on participants' responses. The first table uses the options for amount and frequency of alcohol use by gender. This survey allowed men and women to report how much alcohol they consumed and for how many days out of the previous month. For example, some of the students who reported drinking 1-2 drinks 10-19 days out of the month could also be the same students who drank 6+ drinks 3-5 days out of the month as the two amounts of days added together are still less than the total number of days in a month. However, given the table it is easy to observe the patterns of men and women throughout the past month as well as the differences between students who reported no use of alcohol in the last month or ever.

Table 5: Frequency and Amount of Alcohol Use by gender

	Male (1-2)	Male (3-5)	Male (6+)	Female (1-2)	Female (3-5)	Female (6+)	Transgender <sup>1</sup>
Never Used	134	183	207	141	234	364	4
Have, not in the last year	22	43	63	44	59	102	3
Have, but not in the last month	87	68	98	135	150	140	3
1-2 days in the month	160	134	130	219	193	109	1

<sup>1</sup> All transgender participant responses are reported collectively as the numbers were so small. Any significance will be expanded upon in the narrative.

3-5 days in the month	101	123	84	172	121	63	0
6-9 days in the month	101	89	89	84	65	37	1
10-19 days in the month	84	56	49	79	40	19	0
20-29 days in the month	47	25	16	28	16	9	0
Everyday	7	4	0	11	2	1	0
<b>TOTAL</b>	743	725	736	913	880	844	12

When examining alcohol use on campuses, gender is not the only relevant issue. Another factor is about location, where students are consuming alcohol and where students live who reported use of alcohol. For participants at the University of Maine the locations available for students to select from included: campus residence hall, other university or college housing, fraternity or sorority house, parent or guardians home, other off-campus housing. Based on these locations, two locations were significantly more likely for consumption of alcohol and included off-campus housing and on-campus residence halls. Both of these locations were the most frequent regardless of amount consumed in at least one day in measured throughout the month including 1-2 drinks, 3-5 drinks, and 6+ drinks.

To determine how many participants consumed alcohol within the last month, I recoded the variables into a new variable that identified students who consumed any alcohol within the last month. Based on participant responses, 1217 (70%) of students consumed alcohol within the last month. In the next several sections I explore how gender, involvement in student groups, where students lived, and what academic year participants were associated and how they reported their alcohol consumption.

### ***Gender and Alcohol Consumption***

Gaining more information about how alcohol consumption varied by gender is useful for educating students. The number of male students who consumed of the total number of students who consumed alcohol within the last month was 555 (46%), the number of women was 54% (n=660), and 0.1% (n=2) were transgender. It should be noted that there were more women who completed the survey than men and so these percentages parallel the percentages of participants by gender.

To further understand how gender and consumption are associated. I separated those who drank 1-2 drinks in at least one day within the last month, 3-5 drinks in at least one day within the last month, and 6+ drinks in at least one day within the last month. Understanding there is some overlap in the students between these groups, for example those who drank 1-2 on some days and 3-5 on others, these numbers still demonstrate broad differences based on amount of alcohol consumed and gender breakdown.

For those who consumed 1-2 drinks in at least one day, 593 (54%) of those who consumed in the last month were women leaving 500 (46%) as males. There are transgendered students in these groups; however, their numbers are too small to include. Note that these percentages are almost identical to the gender breakdown on the survey showing no differences between genders.

The next category was how participants reported the amount of alcohol consumed in terms of drinking 3-5 drinks in at least one day within the last month. Findings show an increase in the

number of men in this group from the previous group. In fact, the reported breakdown of men and women in this group was 50-50. Noting the breakdown of gender in the survey there are more male participants in this category than the percentage in the survey. This is important to note the higher responses from men

Similar to the reports from participants in the 3-5 drinks in at least one day in the last month category, more men reported consumption of 6+ drinks by percentage compared to women. Men had more of an increase here with 60% (n=368) and women at 39% (238). Again, as previously noted, the percentage of men who took part in the survey was lower making their response to this question even more significant.

Overall, these findings show that when accounting as alcohol consumption in a single day increased it was also more likely to be consumed by male students.

### ***Year in College and Alcohol Consumption***

In order to compute this information, I had to consider each semester as a pair in order to associate participant responses with academic year. It is known that some students complete their credit hours in differing ways, but to best organize this information I assumed students were taking a full course load. For example, students who have been at the University either 1 or 2 semesters will be reported in this document as a first year student. Students who are in their third or fourth semester are classified for the purposes of this report as a sophomore. Juniors are in the 5<sup>th</sup> and 6<sup>th</sup> semester with seniors being in the 7<sup>th</sup> and 8<sup>th</sup> semesters. All others are classified as beyond 8<sup>th</sup> semester and identified as *other*. Similar to other subsections, I specifically focused on the students who consumed alcohol in this first section.

This information considers alcohol consumption by academic year.

*First Year students: 19%* (16% of these students are in their first semester)

*Sophomores: 26%*

*Juniors: 23%*

*Seniors: 21%*

*Others: 11%*

This section reports USE of alcohol within the last month by participants according to semesters enrolled at this institution.

1<sup>st</sup> semester: 56%

2<sup>nd</sup> semester: 58%

3<sup>rd</sup> semester: 68%

4<sup>th</sup> semester: 68%

5<sup>th</sup> semester: 75%

6<sup>th</sup> semester: 80%

7<sup>th</sup> semester: 83%

8<sup>th</sup> semester: 77%

9<sup>th</sup> semester: 81%

10<sup>th</sup> semester: 73%

Beyond 10: 69%

These findings are not expected because current higher education literature shows that first year students are more likely to consume alcohol. Even though the survey demonstrates about 25% of respondents per academic year, these numbers show that more seniors and those beyond their senior year had a higher percentage of alcohol consumption during the month preceding the survey. One reason for these findings might be based on the month when the survey was administered. However, the unanticipated results are worth noting.

### ***Where the Student lives and Alcohol Use***

This section describes where students who consumed alcohol within the last month reported living at the time of the survey.

Campus Residence Hall: 36% (n=434)

Residence Life students showed an increase in alcohol consumption at the 6+ drinks in a single day when compared to all participants, regardless of where they live, over the past month.

Other university housing: 3% (n=36)

Fraternity or Sorority house: 2% (n=28)

Parent or guardians home: 4% (n=52)

Other off-campus housing: 55% (n=664)

Other above groups, except for on campus residence hall students, did not show any real differences between their alcohol consumption (in terms of amount between 1-2, 3-5, and 6+) based on their reports of the previous month.

### ***Student Involvement and Alcohol Use***

The numbers in this section reflect the percentage of students who identified both being in the following organizations and consumed alcohol within the last month. Note that students may participate in more than one organization.

Inter-collegiate Athletics: 68% (n=78) consumed alcohol within the last month

86% of participants who reported being an intercollegiate athlete also reported consuming 1-2 drinks on at least 1 day in the last month. 77% athletes said they drank 3-5 drinks in at least one day in the past month, and 41% drank 6+ in at least one day in the last month.

It is important to note that the students who are listed in the categories above are not necessarily different students. When considering the athletes who reported alcohol consumption in the last month including all amounts (1-2, 3-5, and 6+) indicated that those who are drinking alcohol were present in multiple categories above showing that fewer athletes were drinking more frequently and differing amounts.

Intramural/Club Sports: 78% (n=390) consumed alcohol within the last month

68% of intramural/club sport participants in this survey stated they consumed 1-2 drinks in at least one day within the last month, 62% reported consumption of 3-5 drinks in at least one day within the last month, and 50% of these students reported drinking 6+ drinks in at least one day in the past month.

Fraternity/ Sorority: 79% (n=164) consumed alcohol within the last month

55% of the fraternity and sorority women who reported consuming alcohol in the last month also reported drinking 6+ drinks in at least one day. 87% drank 1-2 drinks in at least one day and 79% drank 3-5 in at least one day. Compared to other group participants on campus, this is the organization where participants reported the most alcohol consumption in the month prior to the survey.

Academic Organization: 69% (n=288) consumed alcohol within the last month

Campus Government: 76% (n=54) consumed alcohol within the last month

Music, Theater, Arts: 69% (n=147) consumed alcohol within the last month

Table 6: Participant Perception of Alcohol use by Peers

	1-2	1-2 perceived	3-5	3-5 perceived	6+	6+ perceived
Never used	278	40	420	53	575	68
Have, not last year	66	24	104	23	166	45
Have, not last month	224	66	219	72	238	105
1-2 days	380	259	328	219	239	305
3-5 days	273	294	244	341	147	288
6-9 days	185	369	154	479	127	423
10-19 days	163	369	96	313	68	266
20-29 days	75	145	41	100	25	81
Everyday	18	95	6	55	1	54
Total	1662	1661	1612	1655	1586	1635

It is clear from the above numbers that students reports less alcohol use than what is perceived. This is not uncommon, but the drastic differences indicate an area where more education needs to take place to help align the reality and perception of alcohol use. It would also be interesting to note the perception by faculty members and other staff.

Chart 1: Consumption: Real versus Perceived 1-2 drinks

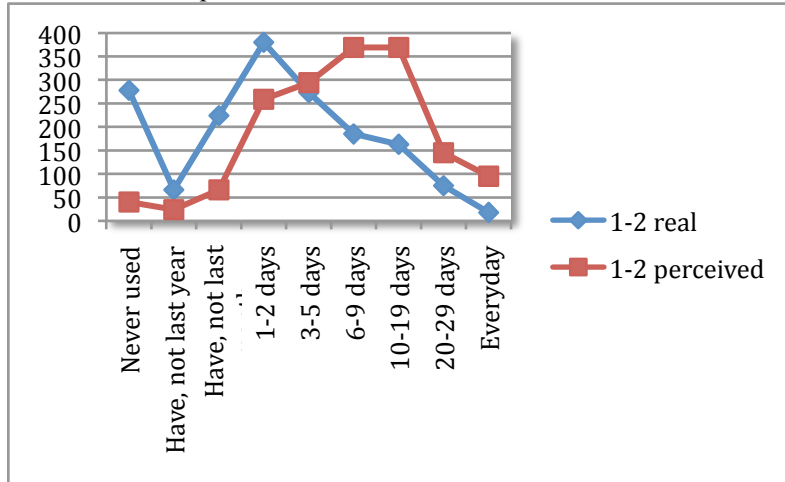


Chart 2: Consumption: Real versus Perceived 3-5 drinks

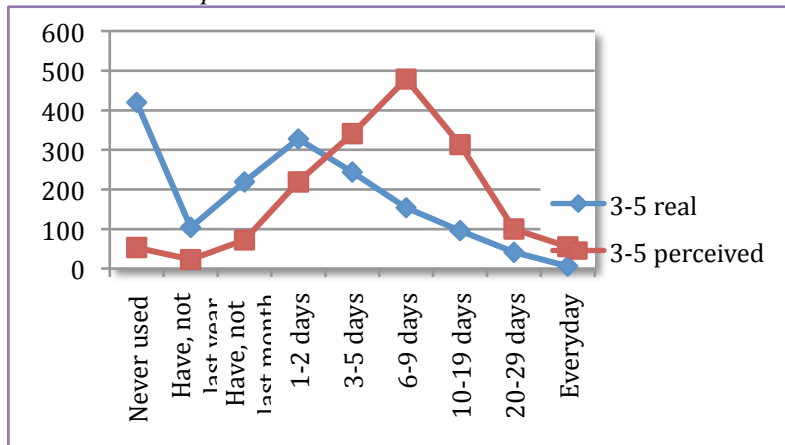
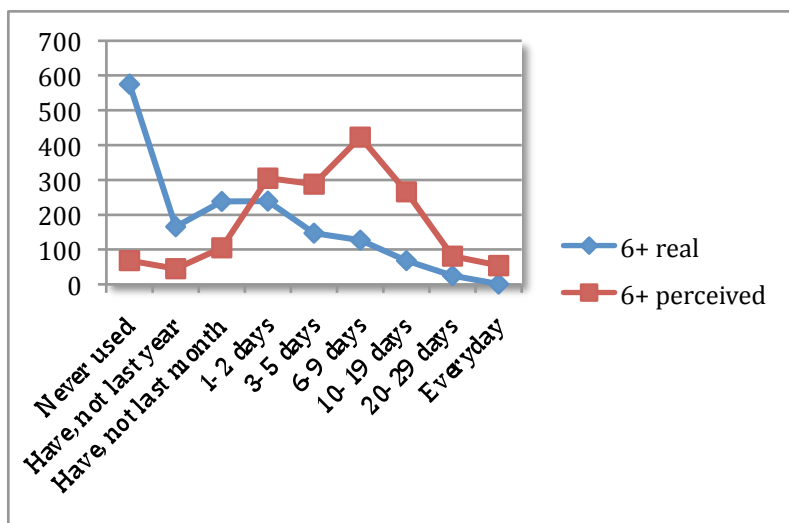


Chart 3: Consumption: Real versus Perceived 6+ drinks



In all three categories identifying the alcohol consumed in at least one single day shows how people assume 6-9 days out of the month (or roughly the same number of days as weekends in a month).

### Alcohol use and Other Drugs

Considering the frequency of students who reported use of alcohol in the last month, I wanted to see the relationship between the students who consumed alcohol and also reported use of other drugs. For the use of this survey, specific drugs were pre-identified including: Marijuana, Cocaine, Hallucinogens, Methamphetamine, Amphetamines, Ecstasy, Steroids, Inhalants, Prescription Drugs (not prescribed with an intent to get high), Over the counter drugs (used with an intent to get high), and Other Drugs.

The following table uses a population of those participants who indicated they consumed alcohol in the last month and then distributed how they reported other drug use. The most frequently used drug by participants who consumed alcohol in the last month was marijuana.

Table 7: Other Drug use By Frequency

	Marijuana	Cocaine	Hallucinogens	Meth	Amphetamines
Have but not in the last year	225 (19%)	72 (6%)	83 (7%)	11 (0.9%)	35 (3%)
Have but not in the last month	191 (16%)	23 (2%)	43 (4%)	3 (0.2%)	16 (1.3%)
1-2 days	101 (8%)	17 (1.4%)	17 (1.4%)	2 (0.2%)	4 (0.3%)
3-5 days	59 (5%)	4 (0.3%)	3 (0.2%)	0	1 (0.8%)
6-9 days	34 (3%)	1	2 (0.2%)	0	0
10-19 days	58 (5%)	1	0	0	1 (0.8%)
20-29 days	53 (5%)	0	0	0	3 (0.2%)
Everyday	60 (5%)	1	1 (0.1%)	1 (0.08%)	3 (0.2%)
Never	432 (36%)	1090 (90%)	1053 (88%)	1185 (99%)	1140 (95%)
Total	1213	1209	1202	1202	1203

\*Students who consumed any alcohol within the last month

	Ecstasy	Steroids	Inhalants	Pres. Drugs to get high	Over the counter (to get high)	Other Drugs
Have but not in the last year	59 (5%)	4	22	71 (6%)	34 (3%)	44 (4%)

Have but not in the last month	33 (3%)	3	12	47 (4%)	22 (2%)	19 (2%)
1-2 days	16 (1%)	1	5	35 (3%)	18 (1%)	10 (0.8%)
3-5 days	6 (0.3%)	1	4	6	5	2
6-9 days	2	1	0	5	1	2
10-19 days	0	0	0	3	2	0
20-29 days	2	1	1	1	2	1
Everyday	1	2	1	2	3	4
Never	1087 (90%)	1181 (99%)	1157 (96%)	1031 (86%)	1122 (93%)	1110 (93%)
Total	1204	1193	1202	1201	1207	1192

\*Students who consumed any alcohol within the last month

#### *Locations to Consume Alcohol:*

Students not only reported the amount of alcohol they consumed, but the survey also asked where the alcohol consumption took place. Based on the responses, the most popular response for locations to consume alcohol was off-campus housing. Almost half (48%) of the total sample population reported consuming alcohol in this location and the students who consumed alcohol off-campus were on campus students (32%), and another 60% were students lived off-campus.

The second most frequent location for reported consumption of alcohol was at a bar or restaurant. 32% of the total population stated they had participated in this behavior and 73% of those students reported living in off-campus housing.

Review of reported drinking locations by participants showed 18% of students reported drinking on campus. 77% of those students lived on-campus. However, unlike the students who go off campus to drink, fewer numbers are coming on campus to consume alcohol with only 15% of those who consumed alcohol on campuses reported living off campus.

Another option on the survey was for participants to report if they consumed alcohol at an on-campus event. Of the small number of students (51 or 3% of the total sample population) who reported this behavior, both on-campus residents and off-campus students were even in terms of frequency (43%).

A popular notion is that alcohol consumption is taking place at greek houses. The survey explored participant's reported consumption of alcohol at fraternity/sorority houses and 14% reported this behavior. **Interestingly, more than half of those students were on-campus residents going to fraternity/sorority houses to drink.** A little more than 1/3 of these students lived off campus and went to fraternity/sorority houses to drink.

*The following section reflects how students who consumed alcohol in the previous month reported participating in various alcohol-based games or structured events:*

The table includes the differences between the students who consumed 1-2 drinks, 3-5 drinks and 6+ drinks on at least one day within the last month across the top. The categories show the frequency of pre-gaming or pre-partying for those who consumed alcohol. I also included a category to reflect the differences by students who consumed any amount at all (since some of the students fell into multiple amount subgroups) to better illustrate the pre-gaming and pre-partying behaviors of participants.

Table 8: Frequency of Drinking in preparation for going out (pre-gaming or pre-partying)

	1-2 drinks	3-5 drinks	3-5 drinks	Consumed*
Never	242	118	43	258
Only 1-2 times a year	144	84	40	148
More than 2 times a year but less than 1 time per month	143	118	70	164
About 1 time per month	135	113	69	143
A few times a month	192	181	145	211
About 1 time per week	134	134	124	156
a few times a week	95	97	98	105
Daily	2	2	2	2
<b>Total</b>	<b>1088</b>	<b>848</b>	<b>592</b>	<b>1188</b>

\*Students who consumed any alcohol within the last month

As the above table indicates, 45% of participants reported drinking in preparation for going out through pre-partying or pre-gaming on average once a month and of those students, 45% lived in off-campus housing and 38% lived in campus residence halls.

Similar to the structure of the pre-party table, the table below reflects reported behavior of chugging and shotgunning.

Table 9: Frequency of Chugging or Shotgunning Alcohol

	1-2 drinks	3-5 drinks	3-5 drinks	Consumed*
Never	458	275	107	495
Only 1-2 times a year	182	141	88	195
More than 2 times a year but less than 1 time per month	150	136	103	161
About 1 time per month	99	95	86	112
A few times a month	101	102	104	116
About 1 time per week	59	59	61	65
a few times a week	35	35	37	37
Daily	2	2	2	2
<b>Total</b>	<b>1087</b>	<b>846</b>	<b>589</b>	<b>1184</b>

\*Students who consumed any alcohol within the last month

Although this behavior was reported less frequently than pre-partying, it should still be noted how 25% of students reported chugging alcohol on average once a month. Of these students who reported chugging alcohol, 55% of those students lived off-campus and 39% lived in campus residence halls.

Table 10: Frequency of Card Games Involving Drinking

	1-2 drinks	3-5 drinks	3-5 drinks	Consumed*
Never	239	116	43	249
Only 1-2 times a year	159	112	40	174
More than 2 times a year but less than 1 time per month	178	147	70	200
About 1 time per month	192	155	69	209
A few times a month	186	180	145	206
About 1 time per week	80	84	124	95
a few times a week	46	46	98	46
Daily	3	3	2	3
<b>Total</b>	<b>1084</b>	<b>844</b>	<b>587</b>	<b>1183</b>

\*Students who consumed any alcohol within the last month

Card games are quite popular on college campuses. In the case of this campus, 41% of students reported this behavior on average once a month with 55% of those students living off-campus and 37% of those students lived in campus residence halls.

Table 11: Frequency of playing Tabletop games involving drinking (beer-pong, beer-die)

	1-2 drinks	3-5 drinks	3-5 drinks	Consumed*
Never	229	99	39	237
Only 1-2 times a year	114	80	35	123
More than 2 times a year but less than 1 time per month	154	113	65	170
About 1 time per month	182	160	108	200
A few times a month	208	193	152	229
About 1 time per week	122	125	116	145
a few times a week	72	71	70	75
Daily	1	1	1	1
Total	1085	845	587	1183

\*Students who consumed any alcohol within the last month

The consumption of alcohol while playing a tabletop game involving alcohol in the last month was the highest reported of the categories measured. 48% of participants on this campus reported consuming alcohol while playing tabletop games involving alcohol on average once a month. The location of the students who reported this behavior reflected half (51%) of these students live off-campus and 40% live in on-campus residence halls. What is not known is where the tabletop games involving alcohol took place.

#### *Access to Alcohol*

Campuses tend to work with local establishments to reduce the access to alcohol for underage students through enforcement efforts. However, students tend to work with older students or attend functions where alcohol is present making it easier for underage students to consume alcohol. Only 5% of students who participated in this survey, regardless of where they lived, reported that it was either *sort of hard* or *very hard* to get alcohol. Of the students who had a difficult time accessing alcohol or reported it was hard to get alcohol were on-campus residence hall students (78%).

As far as students who reported alcohol was easy to find, 17% of participants in this survey reported alcohol was *sort of easy* 76% of students reported it was *very easy* to get alcohol. Combining those two together yields 93% of students reported it was very easy or sort of easy to find alcohol. More than half of the students who reported it easy to find alcohol lived in off-campus housing (58%) with 31% reporting on-campus living. Leaving only a small percentage of participants were unsure about the access to alcohol (3%).

#### *Willingness to Provide Alcohol to Minors*

Using a 5-point scale including *very willing*, *somewhat willing*, *neutral*, *somewhat unwilling*, and *very unwilling* to measure students' willingness to provide alcohol to others who are minors, a disconnect exists. Most students reported being less willing, but students said alcohol was easier to find. A focus group to explore where the alcohol access is coming from on or near campus may help in educational efforts.

4% of participants were *very willing* to provide alcohol to minors.

12% of participants were *somewhat willing* to provide alcohol to minors.

24% of participants were *neutral* about their willingness to provide alcohol to minors.

20% of participants were *somewhat unwilling* to provide alcohol to minors.

40% of participants were very unwilling to provide alcohol to minors.

#### *Consequences for Alcohol Violations*

The perception of consequences for alcohol violations was similar across the scale from *Highly likely, somewhat likely, neutral, somewhat unlikely, and highly unlikely*. In fact, only a 5% difference spread between the most select response (*neutral*) and the least selected response (*highly unlikely*). Interestingly, more students who felt consequences were unlikely are also those who reported living off-campus. Residence life is communicating policies and consequences effectively to students.

#### *Perceptions about Alcohol Enforcement*

24% of students reported that alcohol was enforced *all of the time* and was almost evenly split between on and off campus students. 45% of students reported that alcohol was enforced *most of the time*. Together more than 2/3 of students reported that alcohol was enforced.

#### *Consequences Under the Influence of Alcohol*

- 8% of students reported missing a class or lab because of alcohol use.
  - 54% women, 46% men
  - 28% were on-campus residence hall students
  - 66% were off-campus students
- 4% of students reported receiving a lower test grade than expected
  - Almost 50/50 split between men and women
  - 54% of these students reported living off-campus
- 1% reported receiving a lower grade in a class than expected
  - 63% of these students were male, 37% were women
  - 50% lived off-campus
- 5% reported damaging property while under the influence of alcohol
- 20% of students reported doing something they later regretted while under the influence of alcohol
- 13% reported having sex while under the influence of alcohol who they were not in a relationship
- 10% reported having unprotected sex while under the influence of alcohol

#### ***Risk Reduction Behaviors***

It is not uncommon in the literature to identify a reduction in inhibitions during alcohol consumption. The survey asked students to report choices about various common risk reduction options in place to compensate for a reduction of inhibitions ahead of time. The following section demonstrates the findings from students about their choices. In addition to the broad numbers, I considered and shared differences between those who consumed 1-2 drinks, 3-5 drinks, or 6+ drinks to see if any differences occur.

#### *Driven After Drinking more than a few sips of alcohol:*

- More students who consumed 6+ drinks in at least one day in the last month (40%) reported driving after drinking a few sips of alcohol. It does not mean they consumed 6+ drinks and drove, but the students who consumed this amount in at least 1 day in the last month were more likely than students who consumed 1-2 or 3-5 drinks in a single day to drive after drinking.
- 34% of those who reported consuming alcohol in the last month also said they had driven after drinking more than just a few sips of alcohol.
- 72% of students who reported this behavior reported living in off-campus housing.

#### *Driven when I thought I was close to or slightly over the legal limit:*

- Similar to those who drove after drinking, the students who reported drinking 6+ drinks in at least one day in the last month were also reported this highest percentage of those who had driven when they thought they were close to or slightly over the legal limit (17%).
- 10% of students who reported drinking alcohol in the last month also reported drinking when they thought they were close to or slightly over the legal limit for BAC.
- 66% of students who drove when close or slightly over the legal limit also reported living in off-campus housing.

*Driven when I was well past the legal limit for BAC:*

- 4% of students who reported drinking 6+ drinks in at least one day in the last month also reported to driving when they were well past the legal limit for BAC.
- 2.4% of participants who reported consuming alcohol in the last month also reported driving when they were well past the legal limit for BAC.
- 82% of students who reported driving when well past the legal limit for BAC also lived in off-campus housing.

Table 12: Alternate between drinking alcohol and non-alcoholic drinks:

Consumed during the last month	Never	Rarely	Sometimes	Usually	Always	Total
Yes	187 (16%)	282 (24%)	410 (35%)	235 (20%)	71 (6%)	1185 (100%)
No	52 (27%)	36 (18%)	45 (23%)	43 (22%)	20 (10%)	196 (100%)

Table 13: Determine in advance not to exceed a set number of drinks:

Consumed during the last month	Never	Rarely	Sometimes	Usually	Always	Total
Yes	197 (17%)	227 (19%)	295 (25%)	330 (28%)	132 (11%)	1181 (100%)
No	47 (24%)	23 (12%)	36 (18%)	39 (20%)	51 (26%)	196 (100%)

Table 14: Use a sober, non-drinking, designated driver:

Consumed during the last month	Never	Rarely	Sometimes	Usually	Always	Total
Yes	34 (3%)	40 (3%)	137 (12%)	279 (24%)	682 (58%)	1172 (100%)
No	23 (12%)	5 (3%)	11 (6%)	19 (10%)	138 (70%)	196 (100%)

Table 15: Eat right before or while drinking to slow absorption of alcohol:

Consumed during the last month	Never	Rarely	Sometimes	Usually	Always	Total
Yes	62 (5%)	123 (10%)	430 (36%)	408 (34%)	161 (14%)	1184 (100%)
No	30 (15%)	15 (8%)	47 (24%)	60 (31%)	44 (22%)	196 (100%)

Table 16: Keep accurate count of how much you have had to drink:

Consumed during the last month	Never	Rarely	Sometimes	Usually	Always	Total
Yes	61 (5%)	174 (15%)	278 (24%)	393 (33%)	274 (23%)	1180 (100%)
No	23 (12%)	16 (8%)	26 (14%)	47 (25%)	78 (41%)	190 (100%)

Table 17: Pace your drinks to 1 or fewer per hour:

Consumed during the last month	Never	Rarely	Sometimes	Usually	Always	Total
Yes	218 (18%)	378 (32%)	359 (30%)	179 (15%)	50 (4%)	1184 (100%)
No	31 (16%)	31 (16%)	52 (27%)	37 (19%)	44 (23%)	195 (100%)

Table 18: Avoid Playing Drinking games:

Consumed during the last month	Never	Rarely	Sometimes	Usually	Always	Total
Yes	298 (25%)	407 (35%)	248 (21%)	132 (11%)	94 (8%)	1179 (100%)
No	29 (15%)	38 (19%)	37 (19%)	36 (19%)	55 (28%)	195 (100%)

Table 19: Ask a friend to let you know if you have had enough:

Consumed during the last month	Never	Rarely	Sometimes	Usually	Always	Total
Yes	421 (36%)	316 (27%)	244 (21%)	134 (11%)	60 (5%)	1175 (100%)
No	67 (35%)	36 (19%)	29 (15%)	27 (14%)	33 (17%)	192 (100%)

### Education Measures

The survey asked participants if they received education materials or participated in various educational opportunities.

- Students were asked to report if they received information about alcohol, tobacco, and other substances from campus staff. 65% reported yes, they had received alcohol use prevention information. 47% of those students lived in on-campus residence halls. 44% lived in off-campus student housing. 2% lived in a fraternity or sorority house.
- 5% of students reported participating in the E-chug online alcohol screening with an almost even split between on- and off-campus students.
- 12% reported attending an alcohol education program in the residence halls.
- 6% reported attending an alcohol education program in their classroom.
- 11% reported an alcohol education activity for their campus activity or club.
- 5% attended a judicially-mandated alcohol education program
- 1% attended a judicially-mandated alcohol in-person screening and intervention session.

From the information above educational activities about alcohol, tobacco, or other drugs education in the residence halls is working. More than half who received alcohol education lived on campus. Surprisingly, the number who lived in greek houses was lower given the

option for education in each of their houses annually.

## *Marijuana and Other Drugs*

The reported drug use by students on this campus shows marijuana is the most frequently used drug. As such, I reported the use of marijuana in more detail than other drugs to assist the campus with the issues most widespread. First, Table 20, breaks down where participants reported living and how they reported their marijuana use.

Table 20: Marijuana use by reported residence of the participant

	Residence halls	Other univ. housing	Greek houses	Parent or guardian home	Other off campus Housing	Totals
Never Used	391	29	14	58	344	836
Have, not in the last year	71	10	7	9	186	283
Have, but not in the last month	89	6	2	12	115	224
1-2 days in the month	44	2	3	7	51	107
3-5 days in the month	26	1	1	2	29	59
6-9 days in the month	16	0	2	2	16	36
10-19 days in the month	29	1	0	1	29	60
20-29 days in the month	27	3	2	0	22	54
Everyday	20	1	0	2	44	67
<b>TOTAL</b>	<b>713</b>	<b>53</b>	<b>31</b>	<b>93</b>	<b>836</b>	<b>1726</b>

### *Marijuana Use:*

- 48% of participants in this study reported never using marijuana
- 6% of participants in this study reported using marijuana 1-2 days in the last month
- 4% of participants in this study reported using marijuana everyday
- 22% of participants in this study reported using marijuana during the past month

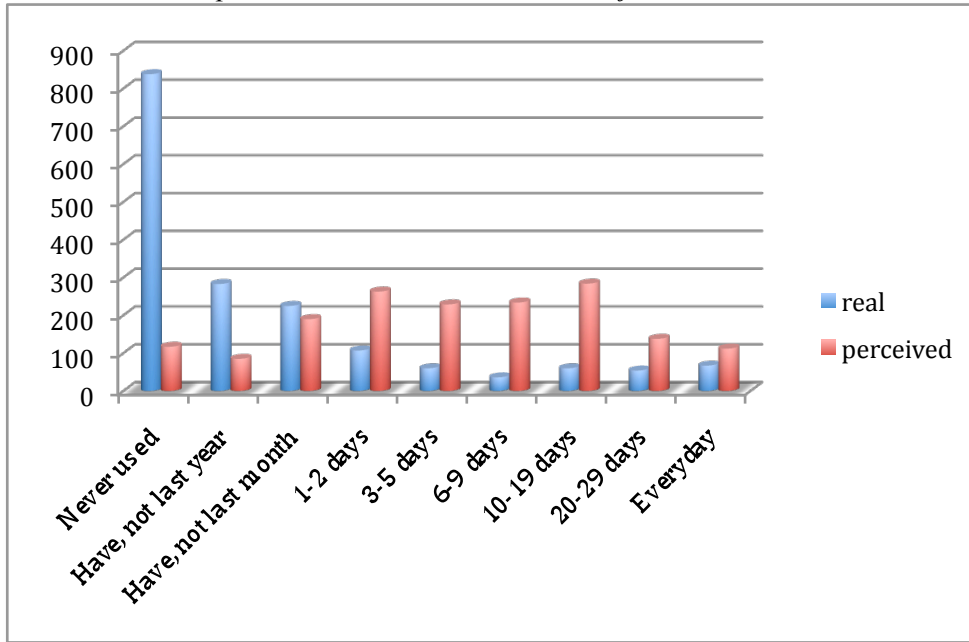
### *Location of Students who Used Marijuana in the Last Month*

As the above table (table 20) reflects, there are similarities between reported use of marijuana between those participants who live in the residence halls and off-campus. It breaks down to almost 50/50 between on and off campus for each of the measured days throughout the month with the exception of daily marijuana use where the percentage of off-campus students increased to 66% and residence hall students to 30%.

Similar to tobacco and alcohol reports earlier in this report, understanding the differences between the reported use and the perceived use is useful in terms of understanding the climate.

Similar to tobacco and alcohol use, the perception of other’s use of marijuana exceed the reality of reported use. The chart below shows how the reality and perception of marijuana use differ on this campus.

Table 21: Consumption: Real versus Perceived Marijuana Use



*Education Measures*

Students were asked to report if they received information about alcohol, tobacco, and other substances from campus staff. 36% reported yes, they had received marijuana use prevention information. 52% of those students lived in on-campus residence halls. 39% lived in off-campus student housing. 2% lived in a fraternity or sorority house. Similar to reported alcohol educational measures, the participants in greek houses was lower than expected given the availability of programs offered through the campus and the mandated education by each chapter.

*Perceptions about Other Drug enforcement*

Campuses have the expectation to enforce policies. The policies do not always indicate how students perceive their enforcement. In this survey, 26% of students reported that other drugs were enforced *all of the time* and was almost evenly split between on and off campus students. 39% of students reported that other drugs were enforced *most of the time*. Together about 2/3 of students reported that other drugs were enforced.

*Consequences Under the Influence of Marijuana and Other Drugs*

The academic consequences of using substances are hard to measure. The survey asked students to report how they perceived their personal use influenced their academics. The findings are reported below:

- 2% of students reported missing a class or lab because of drug use.
  - 24% women, 76% men
  - 43% were on-campus residence hall students

- 50% were off-campus students
- Few students reported receiving a lower test grade than expected
  - 22% women, 78% men
  - 59% of these students reported living on-campus
- 4% of students reported doing something they later regretted while under the influence of marijuana and other drugs
- 3% reported having sex while under the influence of marijuana and other drugs who they were not in a relationship
- 3% reported having unprotected sex while under the influence of marijuana and other drugs