

AlcoholEdu

About AlcoholEdu

- AlcoholEdu is an online course that educates students about the impacts of alcohol and provides them with the information to make healthy decisions. The course is required for all incoming first-year undergraduate degree-seeking students, including transfer students.
- In addition to the educational modules, students participate in a pre/post assessment pre-arrival that measures their knowledge, attitudes, beliefs and behaviors around alcohol and other drug. Approximately forty-five days after taking the course students receive a follow up survey post-arrival to campus to measure knowledge, attitudes, beliefs and behaviors around alcohol and other drugs once they are in the campus environment.

2022 Fall Completion

- 9,879 students completed the pre-arrival survey
- 7,085 students completed the post-arrival survey

2023 Fall Completion

- 9,097 students completed the pre-arrival survey
- 7,221 students completed the post-arrival survey

Numbers provided in this report at each time frame may be lower than the amount of students who completed a survey, as students are able to opt out of questions.

Categorization of How First-year Students Are Drinking

- Students are categorized into one of five drinker categories based on information they provide about their drinking behaviors. Definitions of these drinker categories are provided below the table in this section.
- The percent of students reporting never drinking alcohol in the past year decreased slightly amongst students from pre-arrival to post-arrival, as they transitioned into the campus environment.
- A higher percent of students were categorized as moderate, heavy episodic, and problematic drinkers post-arrival when compared to pre-arrival.
- Problematic drinking rates doubled amongst first year students once on campus (2% to 4%).
- Compared to last year, more students post-arrival are engaging in low-risk drinking.
- Compared to last year, high-risk drinking has decreased amongst first year students
 - Heavy episodic drinking and problematic drinking was lower pre/post-arrival to campus amongst this year's incoming students.
 - Problematic drinking still doubled amongst first-year students both years.

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Drinker Categories, Pre- and Post-Arrival, 2022 and 2023

Numbers may not add up to 100% based on rounding

| Drinker Risk Categories | Drinker Subcategories | 2022 | | 2023 | |
|---------------------------------------|---------------------------------------|---------------------------------|----------------------------------|---------------------------------|----------------------------------|
| | | Pre-Arrival to Campus n=8886 | Post-Arrival to Campus n=6132 | Pre-Arrival to Campus n=5201 | Post-Arrival to Campus n=5201 |
| Non- and moderate drinker rate | | 84% | 78% | 88% | 84% |
| | No alcohol in the past year | 41% | 38% | 46% | 45% |
| | No alcohol in the past 2 weeks | 28% | 22% | 27% | 22% |
| | Moderate drinkers | 15% | 17% | 15% | 17% |
| High-risk drinker rate | | 16% | 22% | 12% | 16% |
| | Heavy episodic drinkers | 13% | 18% | 11% | 14% |
| | Problematic drinkers | 2% | 4% | 1% | 2% |

Moderate Drinkers: a student who on the day of highest alcohol use in the past two weeks, had 1-4 drinks (male) or 1-3 drinks (female).

Heavy Episodic Drinker: on the day of highest alcohol use in the past two weeks, the student had 5-9 drinks (male) or 4-7 drinks (female).

Problematic Drinker: on highest day of use in the past two weeks, the student had 10+ drinks (male) or 8+drinks (female).

Low-Risk Drinking Rate: male students who report drinking 4 or less drinks, female students who report drinking 3 or less.

High-Risk Drinking Rate: students who report on their highest day of alcohol use in two weeks consuming 4 or more drinks (female) and 5 or more drinks (male).

Drinking Patterns Amongst Students Post-Arrival, Key Takeaways

- A high percentage of post-arrival drinkers engage in chugging alcohol (70%), doing shots (86%), and pregaming (84%).
 - Pregaming stayed consistent from 2022 to 2023 at 84% of drinkers.
 - Chugging alcohol increased from 68% to 70% 2022 to 2023.
 - Doing shots increased from 84% to 86% 2022 to 2023
- The vast majority of drinkers (79%) see no need to change the way they drink. This stayed the same from 2022 and 2023
- The top way drinkers obtain alcohol continues to be from a party or social event at a private residence (18%)
- The number of students reporting that their top way of obtaining alcohol is using a fake ID is down the lowest it has been in four years at 6%.
- The top three locations that drinkers reported being most likely to drink at were fraternity or sorority house (19%) a bar or nightclub (18%), and in an on campus residence (19%). Drinking in fraternity and sorority housing moved to number 1 in 2023 when it was number 4 in 2022.

Drinking Behaviors Post-Arrival (Amongst Drinkers Only): When you drink, to what degree do you do the following:

| Students who endorsed* | 2021 | 2022 | 2023 |
|-------------------------|------|------|------|
| Chugging Alcohol | 69% | 68% | 70% |
| Doing Shots | 86% | 84% | 86% |
| Pregaming | 83% | 84% | 84% |

*Scale Never (1) to Always (5), students were included who answered 2, 3, 4, & 5

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Drinker Stages of Change Post-Arrival (Amongst All Students)

| | 2021 | 2022 | 2023 |
|---|------|------|------|
| I see no need to change the way I drink | 78% | 79% | 79% |
| I am currently trying to drink alcohol in a healthier and safer way | 11% | 11% | 15% |
| I am thinking about drinking alcohol in a healthier and safer way | 7% | 6% | 8% |
| I am ready to try drinking alcohol in a healthier and safer way | 3% | 4% | 3% |

Procuring Alcohol Post-Arrival (Amongst all students): When you choose to drink, how do you usually obtain alcohol?

(Rows organized in descending order based on 2023 percentages.)

| | 2020 | 2021 | 2022 | 2023 |
|--|------|------|------|------|
| I do not drink | 34% | 41% | 42% | 53% |
| Party or social event at private residence | 19% | 22% | 19% | 18% |
| Friend over the age of 21 | 18% | 11% | 10% | 7% |
| Parent or guardian purchases or is present | 10% | 9% | 9% | 7% |
| Fake ID or use someone else' ID | 11% | 11% | 8% | 6% |
| I am of legal age and purchase my own | 5% | 4% | 5% | 3% |
| Other family member | 3% | 2% | 2% | 1% |

Location of Drinking Post-Arrival (Amongst Drinkers Only): In the past two weeks, when you have consumed alcohol, where did you spend the most of your time drinking?

(Rows organized in descending order based on 2023 percentages.)

| | 2021 | 2022 | 2023 |
|---|------|------|------|
| Fraternity/sorority house | 15% | 11% | 19% |
| A bar or nightclub | 25% | 23% | 18% |
| In an on-campus residence (residence hall/campus apartment) | 13% | 15% | 16% |
| In an off-campus residence (residence hall/ campus apartment) | 21% | 19% | 13% |
| At home | 11% | 12% | 11% |
| None of these | 5% | 6% | 10% |
| At an athletic event (tailgate, etc.) | 5% | 8% | 7% |
| Outdoor Setting | 4% | 3% | 4% |
| A restaurant | 2% | 2% | 1% |
| In a car | 0% | 0% | 0% |

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Cannabis & E-Cigarette Use

- 9% of first year students used cannabis within the past two weeks without a prescription post-arrival.
- 6% of first year students have used e-cigarettes in the past two weeks.
- 24% of students indicated using a cannabis product at least once, which is higher than the 9% of students who indicated using cannabis without a prescription within the past two weeks.
- Cannabis products that first year students reported using the most are
 - 1) Smoking plant material (17% of all students)
 - 2) Edible THC products (gummies, candy, baked goods, beverages with THC), 14%
 - 3) Vaping THC oil, 12%
- First year students are skeptical of cannabis usage and nonprescription drug use amongst their peers
 - Only 21% of first year students agree with the statement "Most students at my college have never used cannabis."
 - 38% of students agreed with the statement that "Most students at my college have never used prescription drugs without a prescription."

Cannabis and Tobacco Use in the Past Two Weeks Post-Arrival: In the past two weeks, have you used any of the following without a doctors' order or prescription. (2023 data not yet available).

| | 2021 | 2022 |
|--|------|------|
| Cannabis products not prescribed to me: (THC, Weed, Grass, Marijuana) | 9% | 9% |
| E-cigarettes (electronic cigarettes/vaporizers) | 8% | 6% |
| Cigarettes | 3% | 3% |

Cannabis Product Usage Post-Arrival: If you have used cannabis, which form did you use? (Check all that apply. This question was asked of all students regardless of their answer to cannabis use in the past 2 weeks.) (2023 data not yet available).

| | 2021 | 2022 |
|---|------|------|
| I did not use any cannabis products | 76% | 76% |
| Smoking plant material | 19% | 17% |
| Edible THC Products (gummies, candy, baking goods, beverages with THC) | 15% | 14% |
| Vaping THC Oil | 12% | 12% |
| Smoking concentrated THC (glass or shatter) | 4% | 4% |
| Other | 0% | 0% |

Social Norms Around Drugs: To what extent do you agree with the following statements:

| | Most students at my college have never used cannabis | | Most students at my college have never used prescription drugs without a prescription | |
|----------------------------|---|------|--|------|
| | 2022 | 2023 | 2022 | 2023 |
| Total Agreement* | 18% | 21% | 37% | 38% |
| Neutral | 25% | 40% | 43% | 44% |
| Total Disagreement* | 47% | 39% | 20% | 18% |

*Total agreement includes students who answered strongly agree and agree.

*Total disagreement includes students who answered strongly disagree and disagree.

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Opioid Knowledge and Skills

- Almost three out of four first year students reported feeling confident that they know the signs of an opioid overdose.
- One out of every two first year students report knowing how to administer naloxone nasal spray in case of an opioid overdose.

Opioid Signs and Narcan Administration Post-Arrival: To what extent do you agree with the following statements:

| | I feel confident I know the signs of an opioid overdose | | I know how to administer naloxone (Narcan) nasal spray in case of an opioid overdose | |
|----------------------------|---|------|--|------|
| | 2022 | 2023 | 2022 | 2023 |
| Total Agreement* | 62% | 71% | 33% | 54% |
| Neutral | 21% | 19% | 22% | 21% |
| Total Disagreement* | 17% | 10% | 45% | 25% |

*Total agreement includes students who answered strongly agree and agree.

*Total disagreement includes students who answered strongly disagree and disagree.