

Illinois Higher Education Center for Alcohol, Other Drug, and Violence Prevention (IHEC)

2018 Report On

Alcohol and Other Drug Use among College Students in Illinois





ILLINOIS HIGHER
EDUCATION
C E N T E R

for alcohol, other drug
& violence prevention

***The 2018 Report on
Alcohol and Other Drug Use Among
College Students in Illinois
(Analysis of the 2018 Illinois CORE Survey)***

Funded by the

***Illinois Department of Human Services
Bureau of Positive Youth Development***

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Executive Summary

The Survey

The 2018 Illinois CORE Survey was conducted in the spring of 2018 with funding from the Bureau of Positive Youth Development of the Illinois Department of Human Services. The survey collected self-reported information from a total of 7,128 students from 15 bachelor's degree-granting institutions (*hence four-year colleges*) and 5 community colleges (*hence two-year colleges*). With the primary purpose of assessing the current incidence and prevalence of alcohol and other drug use on college campuses, the survey collected data on a wide range of issues: from students' actual use and its consequences to perceptions and attitudes towards others' use and the secondhand effects of others' use. Demographic information was also collected to enable useful comparisons of usage and attitudes among students belonging to different demographic groups and social backgrounds. The Revised CORE Long Form 2 was used in collecting this information.

Methodology

The 2018 report utilizes both descriptive and quantitative techniques to generate insight into the levels of alcohol and drug use on college campuses in the state of Illinois. Issues covered in this report include alcohol and drug use levels on college campuses, frequency of use, direct consequences and indirect effects of others' use, students' beliefs and attitudes towards others' use, attitudes towards alcohol and drug policies on college campuses and the relationship between alcohol use and the general campus climate. All analyses are based on self-reported information and comparisons are mainly made between two and four-year colleges, on the basis of gender & age groups, and occasionally by year in school. Comparison of the 2018 findings to the 2016 data is occasionally made to gauge whether or not certain groups of students are reporting progress or otherwise. Findings are visualized through an extensive application of graphs and charts. Appropriate statistical techniques are also employed, where necessary, to test the soundness of these findings.

Definitions

"Two-year colleges," as used in this report, refers to community colleges while "four-year colleges" refers to bachelor's degree-granting institutions. These references are limited to the schools that took part in the 2018 Illinois CORE Survey. "Underage students" for the purpose of this report is defined as all students below the state of Illinois's minimum legal drinking age of 21 at the time of the survey. Though this definition underestimates the number of underage students— as it excludes students who turned 21 at the time of the survey but might have used or not used alcohol in the month preceding the survey, it serves as a fairly sound proxy for the underage population in the survey. And finally, a drink for the purpose of this report is defined as: 5 oz. wine, 10 oz. wine cooler, 12 oz. beer (10 oz. microbrew, 8-9 oz. Malt Liquor, Canadian Beer or Ice Beer) or 1.5 oz. of 80 proof liquor (either a mixed drink or shot).

Key Findings

Alcohol

Alcohol use witnessed a slight decrease from 82% in 2016 to 77% in 2018. The proportion of underage drinkers, however, remained largely stable between 2016 and 2018 with the main source of alcohol for this group being friends aged 21 years or more— where approximately 72% of all underage drinkers obtained alcohol, at least once, in the previous year. Other major findings include:

- The weekly average number of drinks per drinker¹ remained the same with 9.7 drinks in 2018
- The weekly average for four-year college drinkers was 10.2 drinks and 7.2 for two-year college drinkers
- The proportion of underage drinkers stood at 33% of the entire sample and 73% of all underage students
- Heavy and episodic Binge drinking among underage male drinkers increased from 49% in 2016 to 52% in 2018
- Binge drinking among underage female drinkers slightly decreased from 50% in 2016 to 47% in 2018

Effects of Drinking

- Non-drinkers reported an average GPA of 3.44— higher than the average GPA for drinkers (3.38) and the average GPA for the entire sample (3.39)
- Approximately 23% of **all drinkers** reported ever forgetting some actions they did as a result of drinking
- About 16% of **all drinkers** reported ever missing a class as a result of drinking
- Roughly 12% of **all drinkers** reported ever performing poorly on a test as a result of drinking
- Approximately 6% of **all drinkers** reported having been taken advantage of sexually as a result of drinking

Drug Use

- Marijuana was the most widely used illicit drug with 30% of all respondents ever using it in the last year
- Marijuana use was higher among four-year college students (33%) than two-year college students (21%)
- Approximately 22% of all respondents reported ever using cigarettes in the last year

¹ This estimate is only for students who reported drinking alcohol in the last year. Non-drinkers are not included in the computation of this estimate.

Perceptions about Other's Use of Drugs and Alcohol

Generally, students tend to underestimate the number of students who take less than 3 drinks per occasion and overestimate the number of students who take 3 or more drinks on a typical occasion. We also find that:

- While approximately 77% of students actually used alcohol, students thought that roughly 97% of their peers consumed alcohol in the last year
- While actual tobacco use stood at roughly 5% of the entire sample, students thought 70% of their peers used tobacco in the last year
- While only 5% of the entire sample actually used cocaine in the last year, students thought that approximately 60% of all students used cocaine in the last year
- While actual marijuana use stood at approximately 31%, students thought that about 90% of their peers used marijuana in the last year
- Students also overestimated the number of students who used cigarettes in the last year by approximately 63 percentage points

Alcohol Use, Beliefs and Campus Social Climate

- Approximately 30% of all respondents reported experiencing the pressure to drink in the last month, but approximately 55% reported refusing a drink offer.
- Approximately 43% of all respondents ever thought that alcohol made someone unattractive, only 13% actually told someone that alcohol made them unattractive.
- Almost all students (both drinkers and non-drinkers) equally agreed or strongly agreed that drunk-driving by students is unacceptable
- Non-drinkers were less likely than drinkers to agree that it is acceptable for students to drink alcohol every weekend, to meet people, to have fun or just to get drunk.

Campus Alcohol and Drug Policies

- Approximately 46% of all respondents agreed or strongly agreed that their campus' atmosphere promotes alcohol use.
- About 83% of all respondents agreed or strongly agreed that they were aware of their schools' alcohol policies but only 76% actually followed these policies.
- Approximately 60% of all respondents agreed or strongly agreed that the alcohol policies on their campus are enforced.
- 80% of all students also agreed or strongly agreed that it was easy for underage students to access alcohol on their campuses.

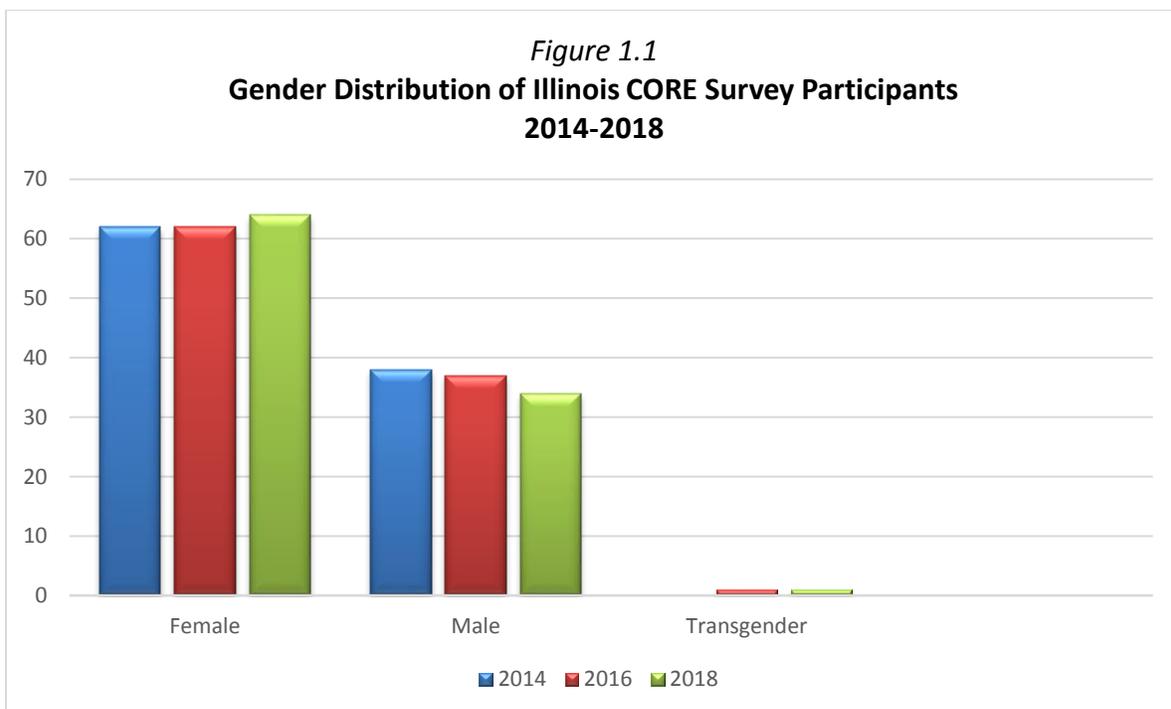
- Generally, four-year college students tend to show stronger opposition to stringent alcohol policies than two-year college students.

Background of Respondents

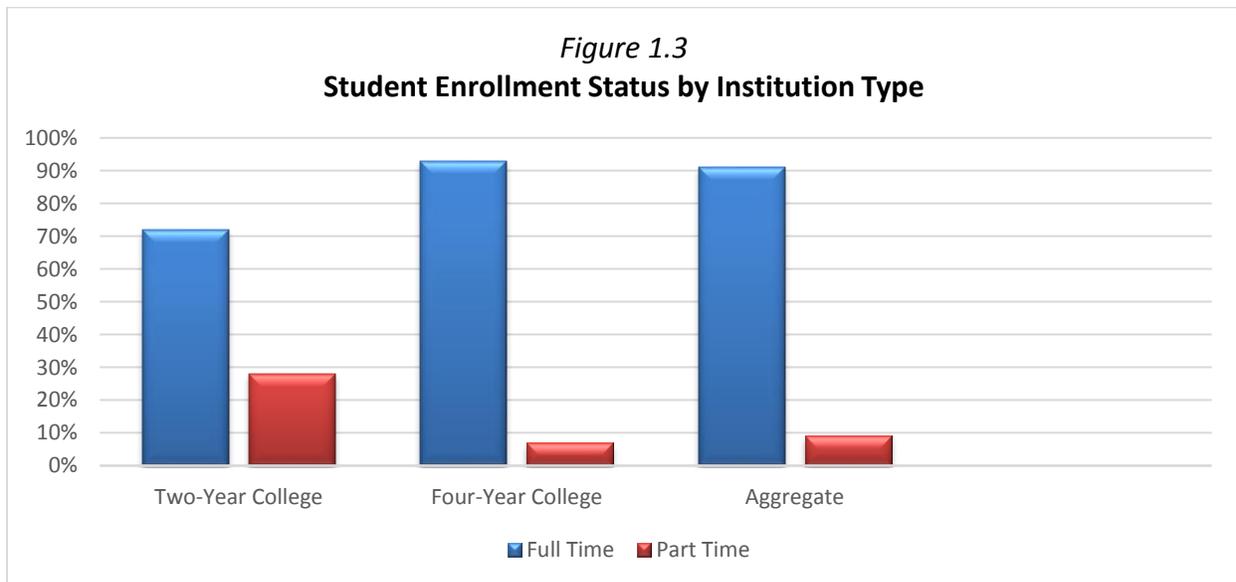
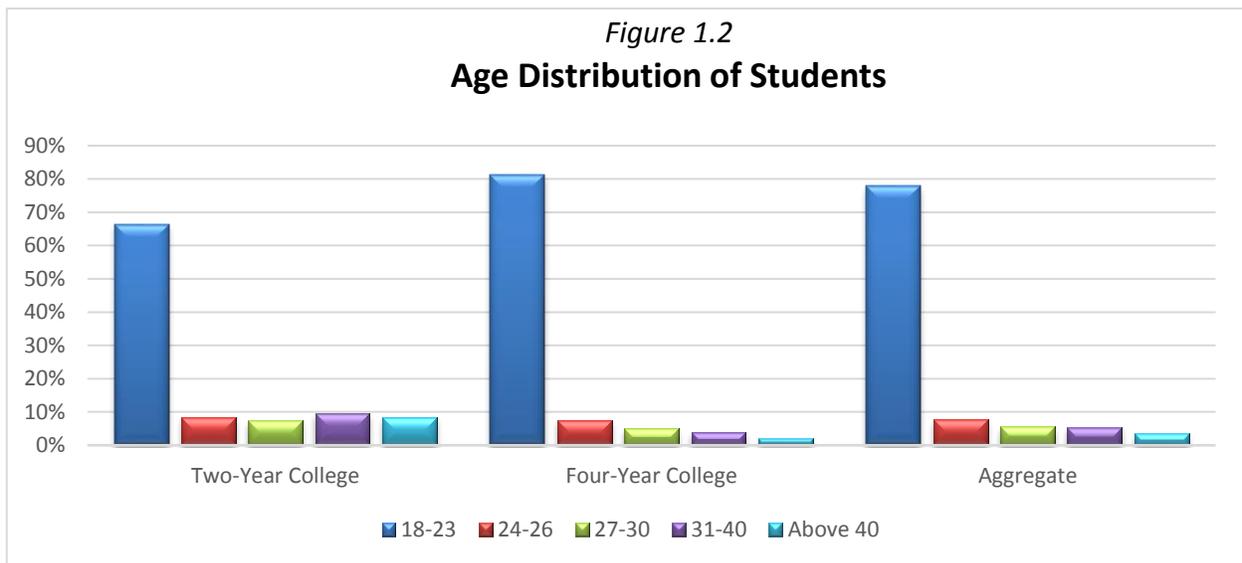
This year a total of 7,128 students took the CORE survey from twenty randomly selected universities (*hence four-year colleges*) and community colleges (*hence two-year colleges*) across the state of Illinois. Of these, 1,370 students representing approximately 19% of the entire sample belonged to two-year colleges while the remaining 5,158 students representing approximately 81% belonged to four-year colleges.

Gender and Age Distribution

As shown in Figure 1.1, the gender distribution of the 2018 survey participants remained relatively stable from the 2016 survey with female students constituting approximately 65% of the entire sample while those who identified as male constituted about 34% and transgender students constituting approximately 1% of the entire sample, just as in 2016. The distribution in two-year colleges and four-year colleges fairly reflected the statewide aggregate. Specifically, in two-year colleges, females constituted 75% of total students while males constituted roughly 24% with transgender students representing about 1% of the entire two-year college population. Also, in four-year colleges, while females constituted 62% of the total student population, males constituted 36% with transgender students representing approximately 1% of the student population.

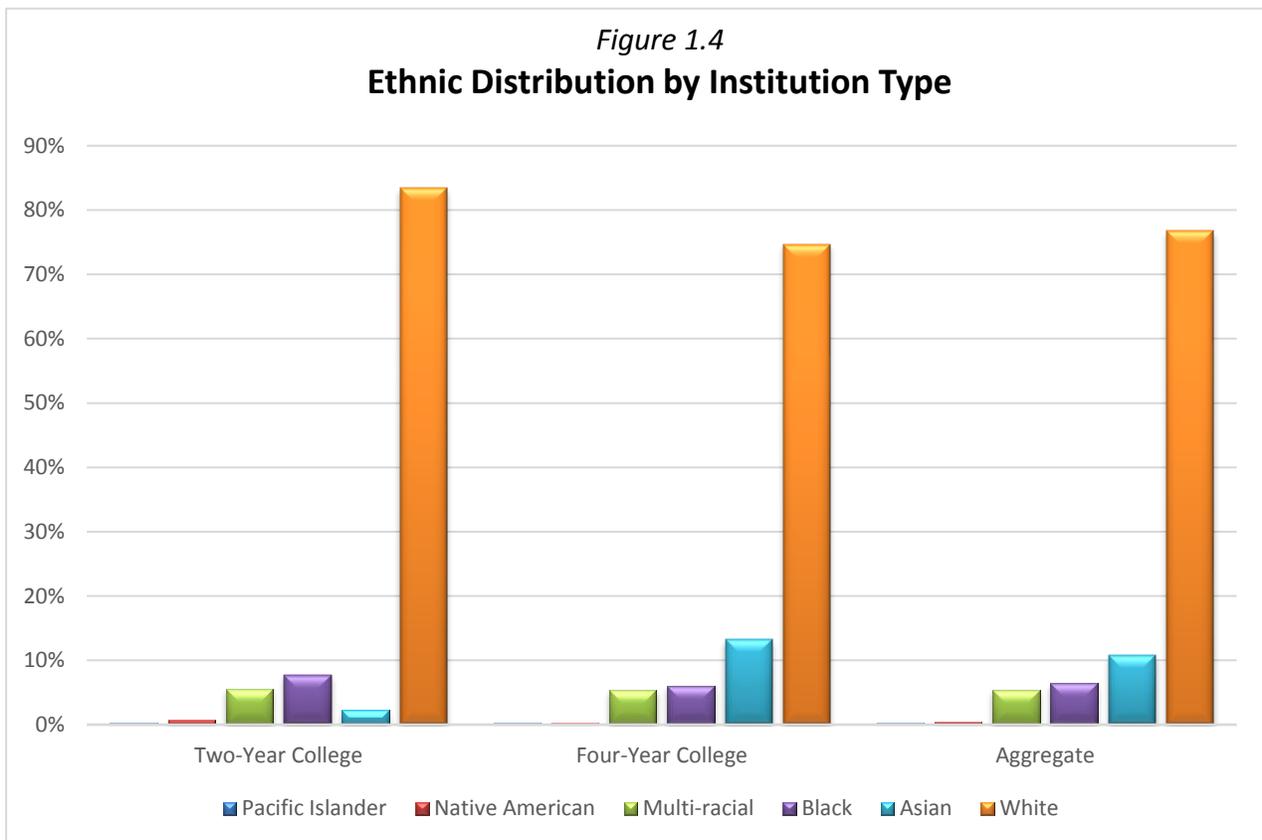


The mean age of the entire sample of 7,128 students stood at 22.6 years with a standard deviation of about 6 years. However, the mean age differed statistically between two and four-year college students. Specifically, while two-year college students averaged 24.5 years with a standard deviation of 9 years, four-year college students had an average age of 22.1 years with a standard deviation of 6 years. As Figure 1.2 shows, the proportion of two-year college students who were aged 27 years or above at the time of the survey stood at 26% as compared to 11% in four-year colleges. Again, even though, the proportion of students who reported studying on part-time basis stood at 9% across the sample, the figure stood at 28% for two-year colleges and 8% in the four-year colleges showing that community colleges continue to provide services for many non-traditional students.



Ethnic and Racial Background of Respondents

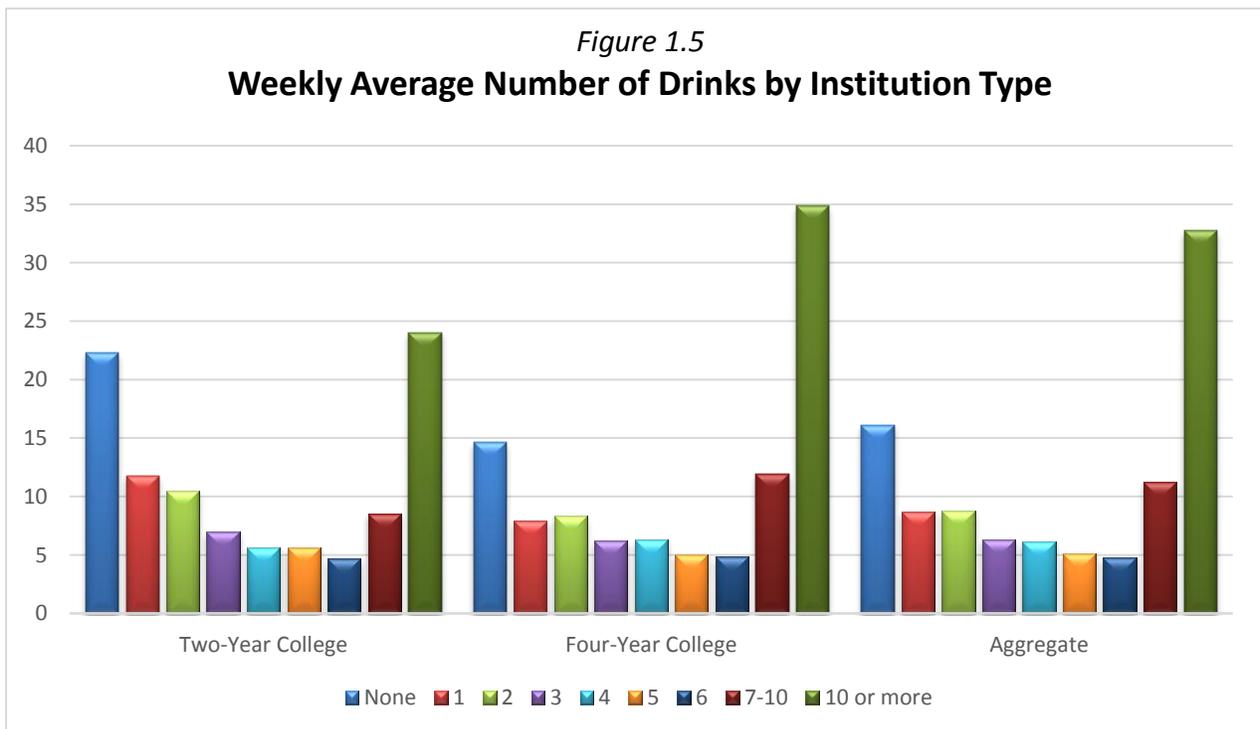
The survey participants belonged to diverse ethnic and racial backgrounds as shown in *Figure 1.4*. Specifically, approximately 78% of the respondents identified as White, 11% as Asian, approximately 7% as Black or African American, 6% as multi-racial, approximately 0.8% as Native American and roughly 0.2% as Pacific Islander. The distribution within two-year and four-year colleges followed a similar trend. Specifically, the proportion of students who identified as White stood at 86% and 76% in the two-year and four-year colleges, respectively. Those who identified as Asian stood at 2% and 13% in the two and four-year colleges, respectively, while those who identified as Black or African-American stood at 6% in two-year colleges and 7% in the four-year colleges. Students who identified as multi-racial constituted 5% and 6% of the two-year and four-year college population, respectively.



Alcohol Consumption

By Institution Type

The percentage of students who reported ever drinking alcohol in the last year slightly decreased from 82% to approximately 77% of the entire sample in 2018. This was fueled by decreases in the proportion of students who reported drinking in both four-year and two-year colleges with the proportion of four-year college students who drank decreasing from about 85% in 2016 to 80% in 2018 and the proportion of two-year college students who drank also decreasing from 72% in 2016 to about 67% in 2018. These decreases were only seen in the number of students who drank, as the weekly average number of drinks per drinker remained the same at 10 drinks. The weekly average number of drinks reported at two-year institutions remained the same with 7.2 drinks. We found that the number of drinks taken by four-year college students in 2018 was both statistically higher and significantly different than their two-year counterparts².



Again, the proportion of four-year college students who reported taking 7 or more drinks in a week (47%) was significantly higher than the proportion of two-year college students (33%). Table 1.0 and *Figure 1.6* provides a breakdown of the statistics on drinking across different demographics on both four-year and two-year college campuses.

² Results of the relevant tests are reported in the appendix

Table 1.0 Statistics¹ on the Weekly Average Number of Drinks by Institution, Year in School and Gender

Classification	2018 Average [Number of Drinks]	2016 Average [Number of Drinks]	Standard Deviation [2018]	Minimum [2018]	Maximum [2018]
Two-Year College	7.2	7.4	11.2	0	95
Four-Year College	10.0	10.2	13.0	0	97
Freshmen	8.0	8.2	11.2	0	97
Sophomore	9.4	9.2	12.3	0	87
Junior	12.0	11.1	13.4	0	96
Senior	13.2	12.0	14.7	0	98
Graduate	7.0	6.8	9.2	0	90
Male	14.1	13.8	16.8	0	96
Female	7.7	7.2	9.0	0	100
Transgender	5.1	4.9	9.2	0	46
Aggregate	10.1	9.7	12.6	0	97

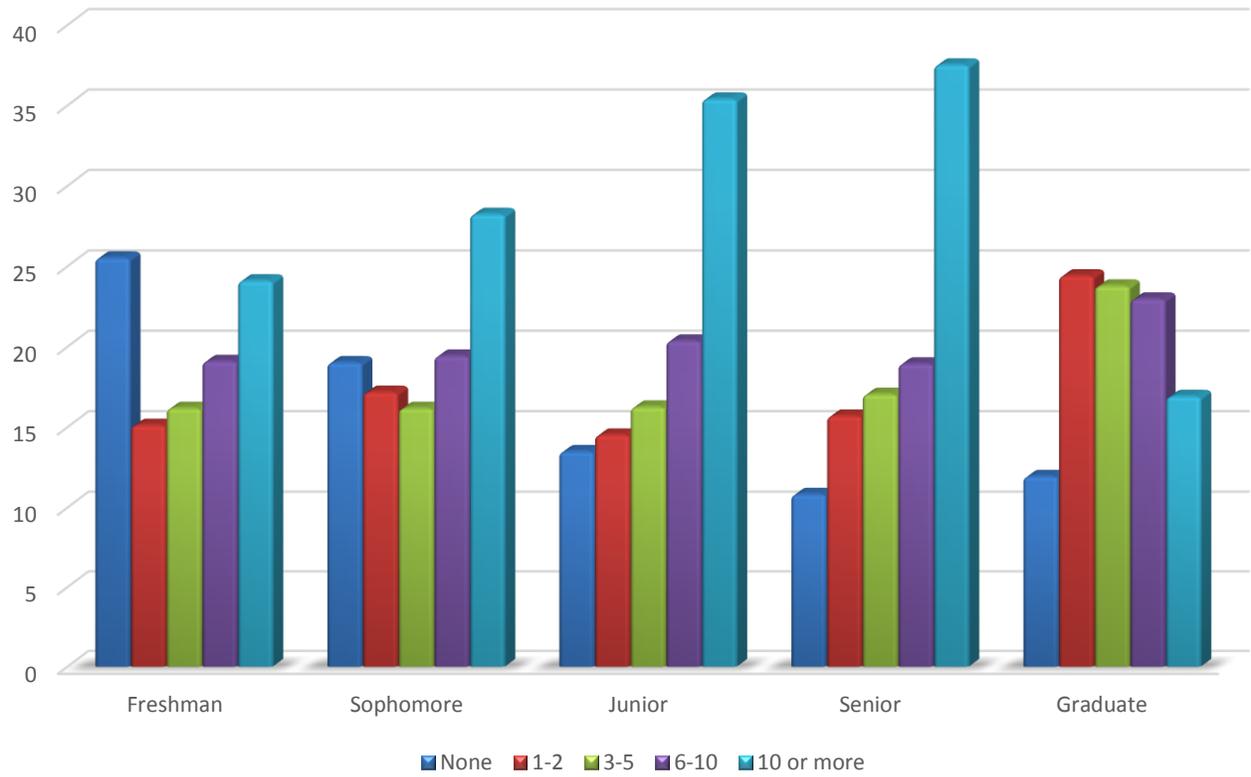
¹ The statistics are computed based on the drinker sample.

By Year in School

Among the different year groups, seniors continued to report the highest mean number of drinks with a weekly average of 13 drinks per drinker. This represented a 1-drink increase from the 2016 average of about 12 drinks per drinker. Unsurprisingly, the share of seniors who reported not drinking at all was lower (about 10.5%) than any other year group. Approximately 39% of all seniors also reported drinking more than 10 drinks per week. This was followed by juniors, approximately 36% of whom reported taking more than 10 drinks a week. Consequently, juniors also reported drinking an average of about 12 drinks per week (from about 11 drinks in 2016). Among sophomores, the weekly average number of drinks stood at 10 drinks per drinker with about 26% reporting not drinking at all and 28% reporting that they consumed more than 10 drinks per week.

Surprisingly, even though freshmen were less likely to drink than any other group (with about 38% reporting no alcohol consumption), they reported a higher weekly average number of drinks (8 drinks per drinker) than graduate students who were more likely to report alcohol consumption than freshmen.

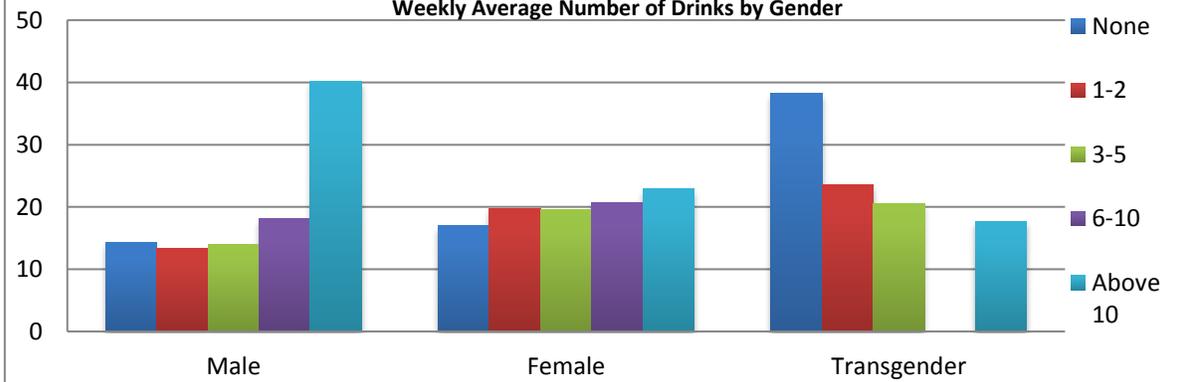
Figure 1.9
Daily Average Number of Drinks by Year In School



By Gender

When compared on the basis of gender, transgender students were most likely to report not consuming alcohol (about 38%) in the three months leading to the survey. Accordingly, the reported average number of drinks (5.1

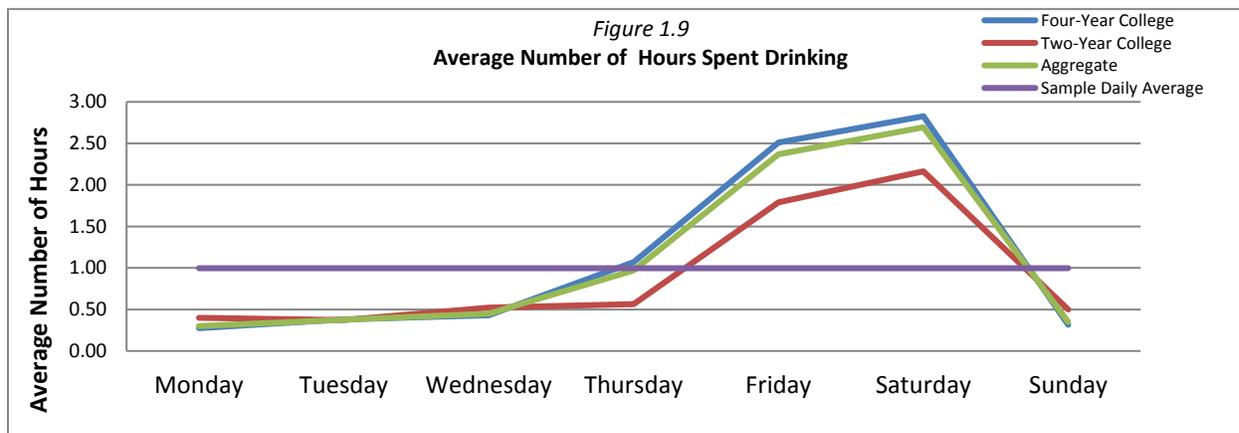
Figure 1.8
Weekly Average Number of Drinks by Gender



drinks per week) by the transgender population sample was slightly lower than the sample average and the 2016 reported average of about 4.9 drinks per week for the transgender students. Males reported the highest weekly average number of drinks, approximately 14 drinks per drinker, and also had the highest proportion of students who took more than 10 drinks per week. Although the average number of drinks reported by female students was about 3 drinks below the sample average, it still represented an increase of about 2 drinks from the 2016 average of 5 drinks per female drinker with approximately 17% reporting no alcohol consumption in the last year.

Number of Drinks and Number of Hours Spent Drinking

Alcohol use among students remains a fundamental challenge on college campuses, not just because of the health implications of irresponsible alcohol use, but also because of the amount of time students spend drinking at the expense of other personal development activities such as academic work or learning new skills. To assist health educators, programmers and college administrators to better understand parts of the economic costs of alcohol use to student drinkers, the Illinois CORE survey collected information on the average number of hours students typically spend drinking. As figure 1.9 shows, the weekly average number of hours spent drinking stood at approximately 7 hours per person for the entire sample of drinkers, thus a daily average of 1 hour per drinker. However, the number of hours spent drinking is usually less than 1 hour from Monday to Thursday, from there it begins to increase to approximately 1 hour 47 minutes for two-year college students and 2 hours 30 minutes for four-year college students



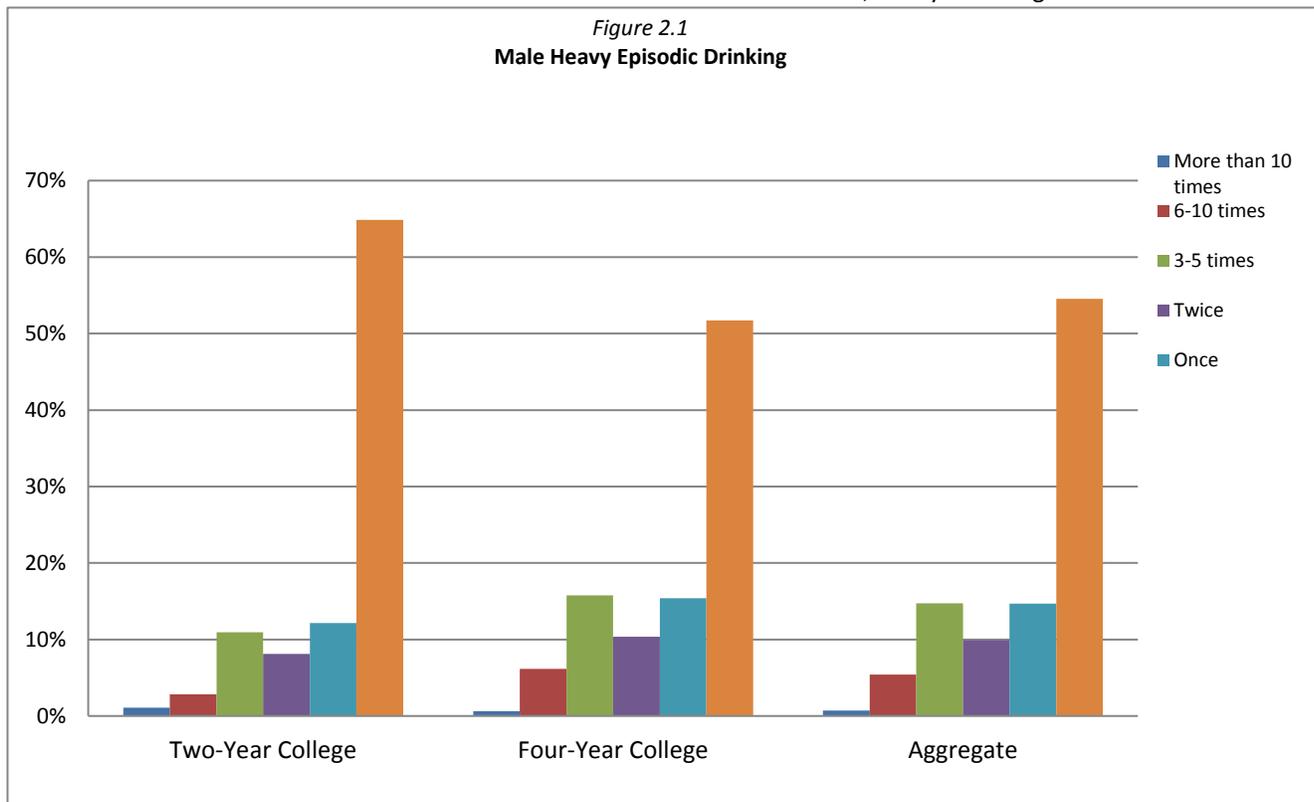
on Fridays. It reaches a maximum on Saturdays when four-year college students spend close to 3 hours drinking while two-year college students spend approximately 2 hours drinking. On Sunday however, it declines to less than 1 hour for both two-year and four-year college students. On the other hand, the average number of drinks consumed in a week stood at about 9.7 drinks per drinker, thus a daily average of about 1.4 drinks per drinker. As figure 2.0 shows, the average number of drinks is usually below the daily average of about 1.4 drinks from Monday to Thursdays for both two-year and four-year colleges. On Fridays, it increases to approximately 2.5 drinks on average for two-year college drinkers and roughly 3.5 drinks on average for four-year college drinkers before peaking at approximately 3 drinks on average for two-year college drinkers and about 4 drinks on average for four-year college drinkers on Saturdays. On Sundays, the average number of drinks decline to levels below one drink per drinker in

both two-year and four-year colleges. A comparison of figures 1.9 and 2.0 reveals a clear association between the number of hours spent drinking and the number of drinks consumed, offering an insight into some of the dynamics of drinking among college students.

Heavy Episodic Drinking

Heavy episodic drinking for the purpose of this report is defined as taking five or more drinks for males and four or more drinks for females within a two-hour period. According to the National Institute on Alcohol Abuse and Alcoholism (2014)³, drinking in this manner tends to bring blood alcohol concentration (BAC) levels to 0.08 g/dL and has been found to be associated with high degree health and safety risks such as car crashes, sexual assault and the potential to damage the liver and other organs of the body over the long-term.

Consequently, heavy episodic drinking reduction remains core to the agenda of health educators and programmers on college campuses across the country. But to assist in effective prevention programming, there is often the need for evidence on the rates of heavy episodic drinking. To this end, the 2018 survey collected self-reported information on heavy episodic drinking on both males and females. Figure 2.1 shows the frequency of heavy episodic drinking among male students in two and four-year colleges. Overall, male students who reported heavy episodic drinking at least once in the last two weeks stood at 45% of all male drinkers. However, four-year college male drinkers were

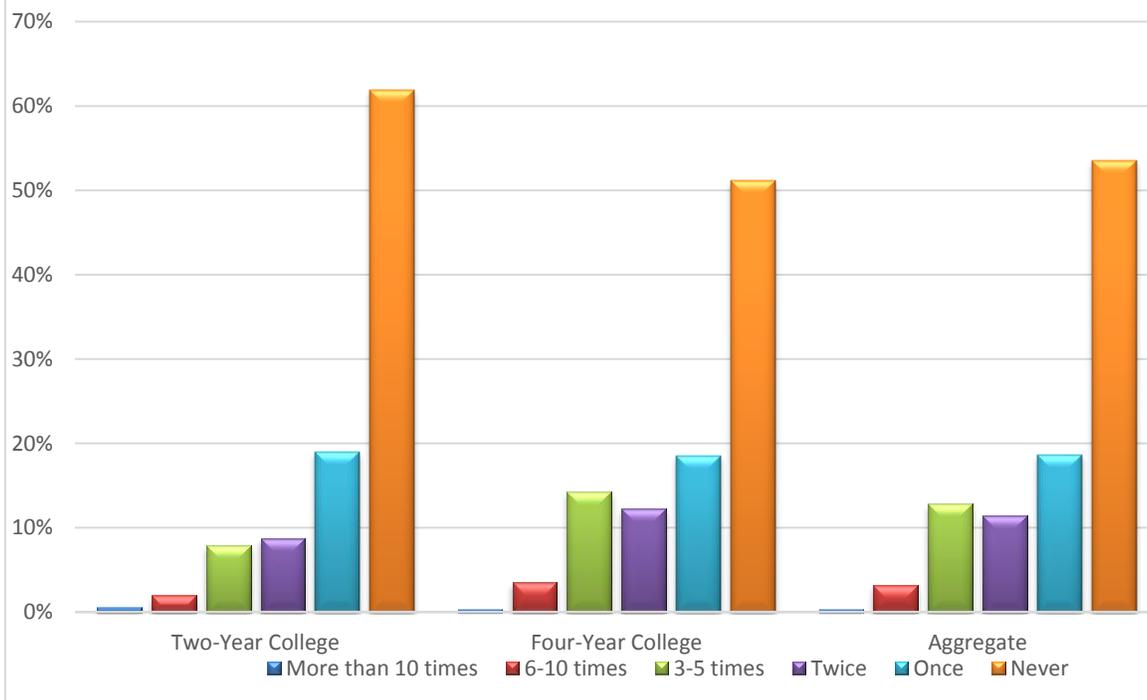


³ <https://www.niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/moderate-binge-drinking>

more likely to engage in heavy episodic drinking (48%) than their two-year college counterparts, 35% of whom reported drinking heavily in the two weeks leading up to the survey.

Among female students, the proportion who engaged in heavy episodic drinking stood at 46% of all female drinkers as shown in figure 2.2. However the proportion of female drinkers in two-year colleges who reported drinking heavily in the last two weeks was significantly lower (38%) than female drinkers in four-year colleges—49% of whom drank heavily in the two weeks leading up to the survey.

Figure 2.2
Female Heavy Episodic Drinking



Underage Drinking

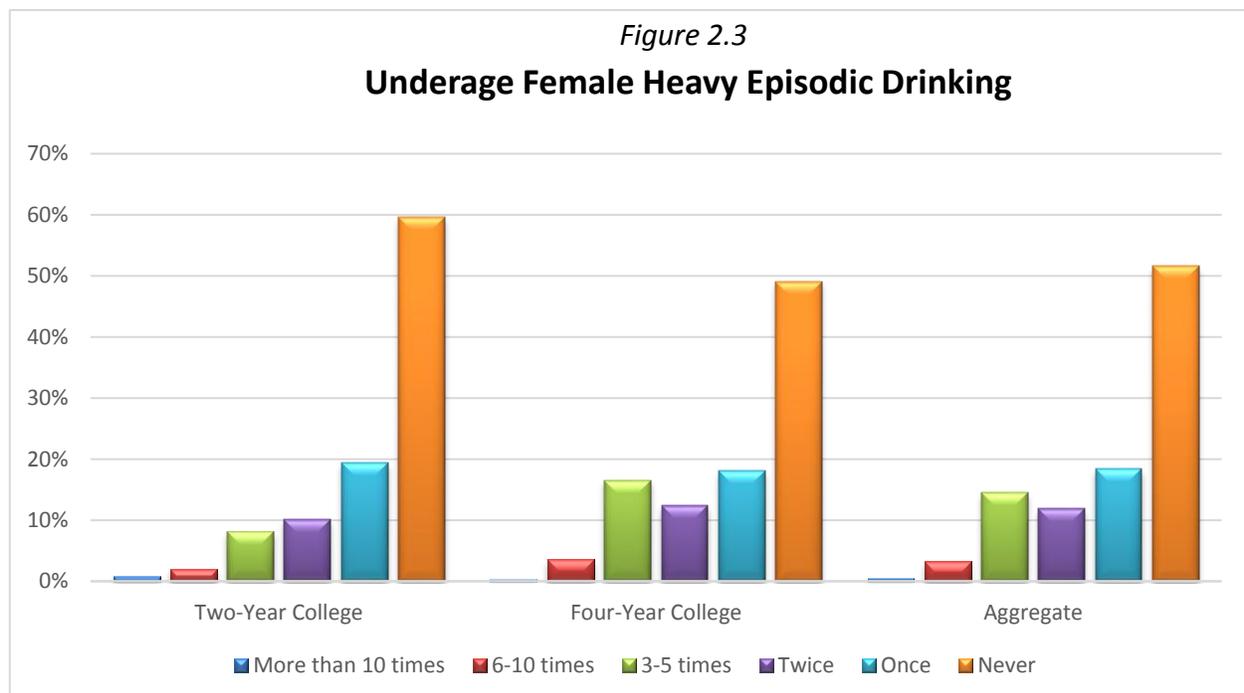
An underage student, for the purpose of this survey, is defined as any respondent below the minimum legal drinking age of 21 at the time of the survey. Overall, the proportion of underage drinkers stood at approximately 31% of the entire sample (both drinkers and non-drinkers). When expressed as a percentage of all underage students, the proportion of underage drinkers stands at about 73%, representing a marginal increase from the 2016 figure of 72%. On the basis of gender, the proportion of underage female students who reported ever drinking was 74% compared to males (72%) and transgender students (69%). Also, underage drinkers as a percentage of all underage students was higher in four-year colleges (77%) than in two-year colleges, where approximately 63% of all underage students reported ever drinking in the last year (*not shown*).

Table 2.0 Underage Drinkers by Gender

	Male	Female	Transgender	Aggregate
Underage Non-Drinkers	28%	26%	31%	27%
Underage Drinkers	72%	74%	69%	73%

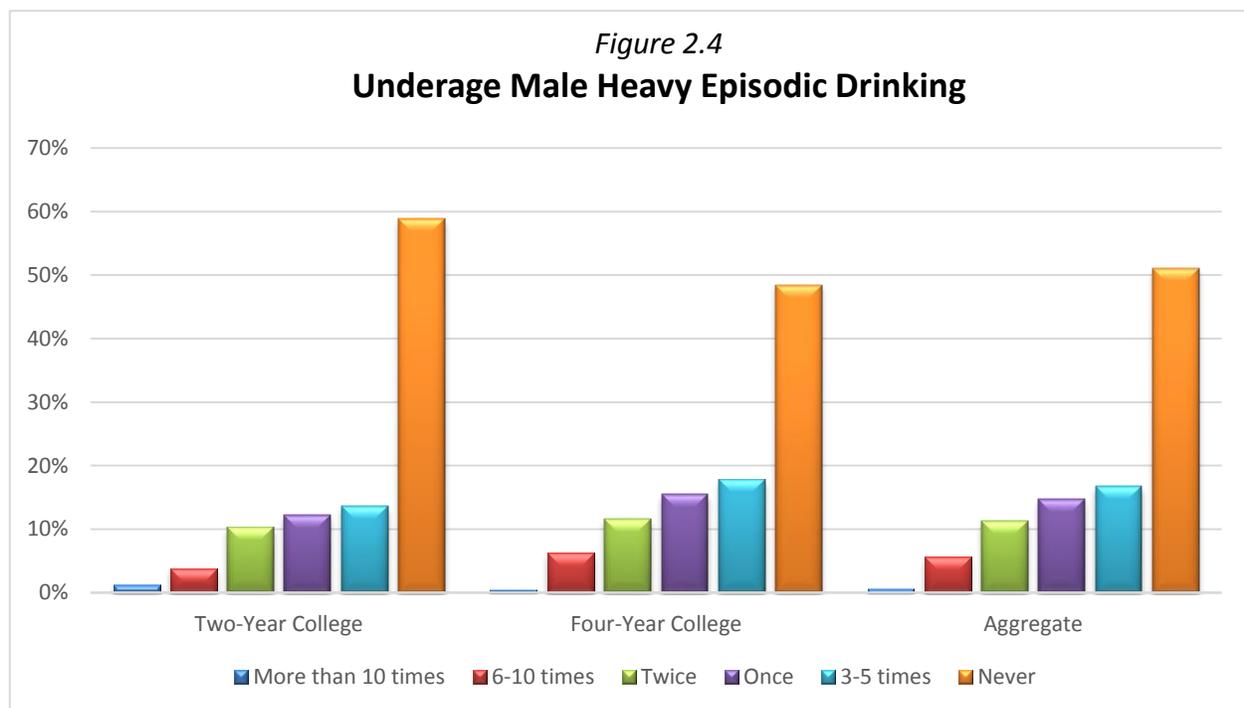
Underage Heavy Episodic Drinking

The proportion of underage female drinkers who drank heavily, at least once, in the two weeks leading up to the survey stood at 48%. More specifically, 18% engaged in heavy episodic drinking (exactly once) in the two weeks preceding the survey, 12% reported drinking heavily (exactly twice), 15% (3-5 times), 3% (6-10 times) and about 1% (more than 10 times) in the two weeks preceding the survey. However, underage female drinkers in four-year colleges were more likely than their two-year college counterparts to engage in heavy episodic drinking in the two-



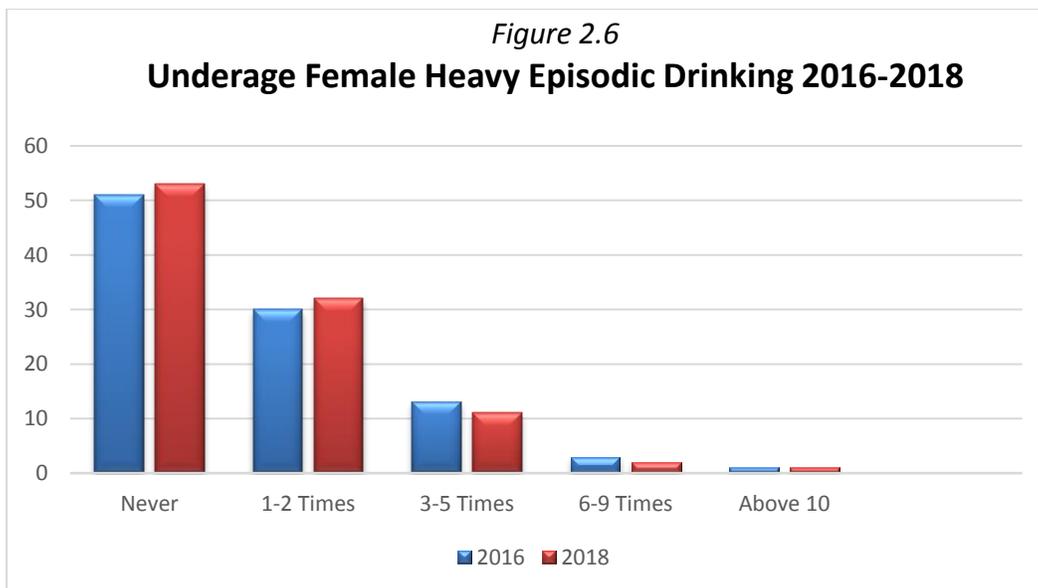
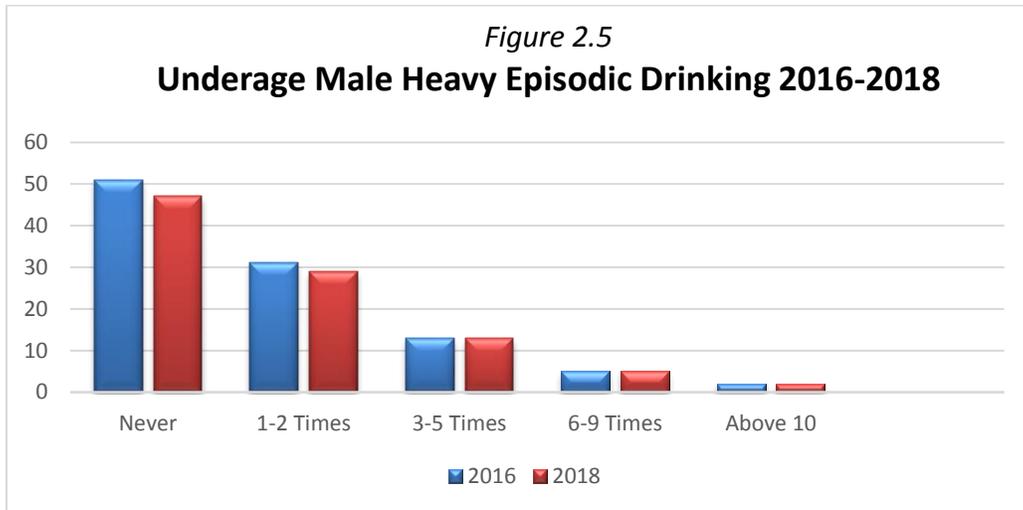
weeks leading up to the survey. Specifically, while the proportion stood at 51% of all underage female drinkers in four-year colleges, only 40% of underage female drinkers in two-year colleges reported heavy episodic drinking in the two weeks leading up to the survey as shown in Figure 2.3.

However, the proportion of underage male drinkers who reported heavy episodic drinking in the two weeks preceding the survey was slightly higher (49%) than the female cohort (48%). Fifteen percent of all underage male drinkers reported once engaging in heavy episodic drinking, in the two weeks preceding the survey, 11% reported heavily drinking exactly twice, 17% reported heavily drinking 3-5 times, 6% reported drinking heavily 6-10 times in the last two weeks and roughly 1% reported heavily drinking more than ten times in the two weeks preceding the survey. Similar to the distribution among underage female drinkers, underage male drinkers in four-year colleges were more likely (52%) to report heavy episodic drinking than their two-year counterparts, 41% of whom reported heavy episodic drinking in the last two weeks leading up to the survey as shown in figure 2.4



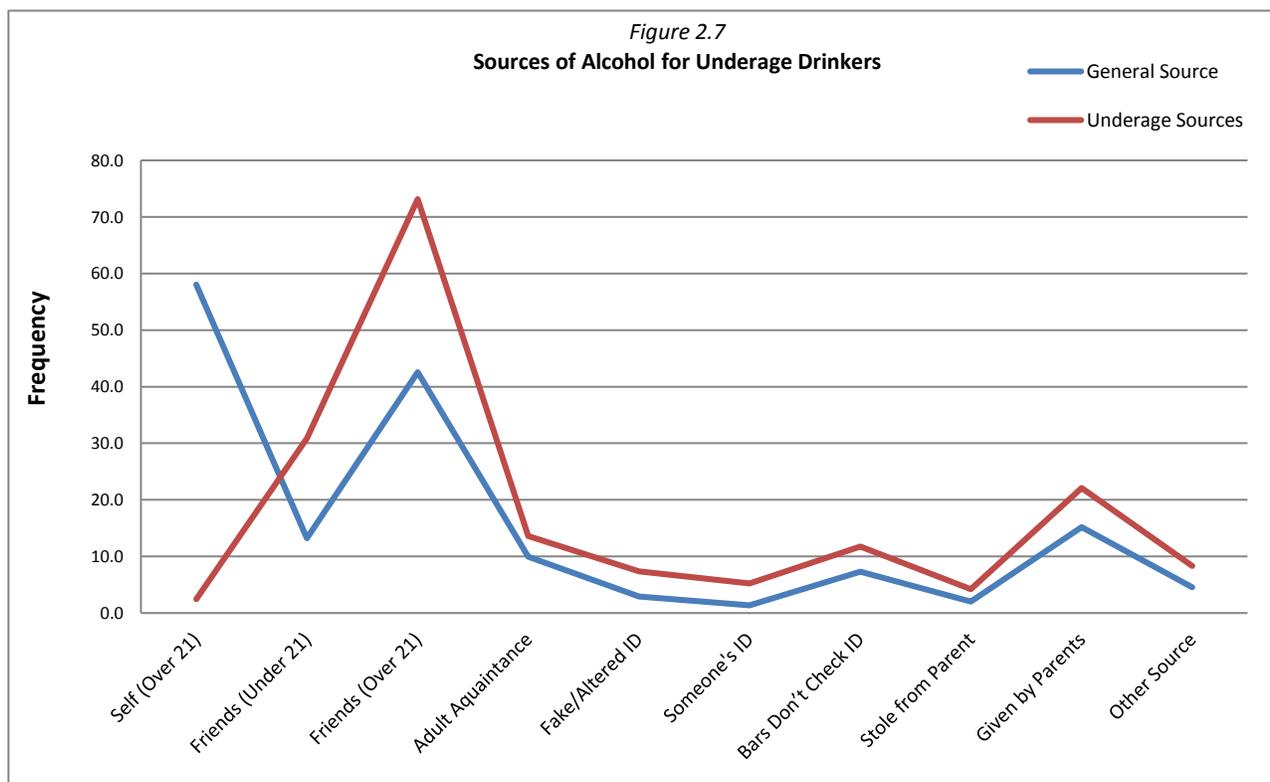
Generally, the 2018 statistics point to discernible increases in the frequency of underage binge drinking from 2016. For example, on aggregate, the proportion of underage male drinkers who engaged in heavy episodic drinking in the two weeks preceding the survey rose from approximately 39% in 2016 to 48% in 2018. As can be seen in figure 2.5, this increase is fueled by an approximate 11 percentage point increase in those who drank heavily one time, and a 2 percentage point increase in those who drank heavily 6-9 times in the last two weeks. Marginal declines are seen in the proportion of male underage drinkers who engaged in heavy episodic drinking 3-5 times a week and more than 10 times a week in the two weeks preceding the survey.

Among female underage drinkers, those who engaged in heavy episodic drinking in the last two weeks also increased from 33% in 2016 to approximately 48% in 2018. Among female underage drinkers, the rise in the number of heavy episodic drinkers is strongly fueled by a 9 percentage point increase in those who drank heavily once in the last two weeks leading up to the survey. However, unlike their male counterparts, marginal increases are also observed for those who engaged in heavy episodic drinking 3-5 times and 6-9 times a week as shown in figure 2.6. On the positive side, the proportion of underage female drinkers who engaged in heavy episodic drinking more than 10 times a week decreased from approximately 1% to nearly zero.



Sources of Alcohol for Underage Drinkers

According to the 2018 CORE survey, approximately 80% of all students agreed or strongly agreed that it was easy for underage students to access alcohol. The fact that easy access to alcohol is strongly associated with heavy episodic drinking is well established in the health literature (Wechsler et. al, 2002)⁴. Consequently, effective prevention programming requires programmers to have firm knowledge of the pathways via which students, particularly underage students, obtain alcohol. Thus, data becomes an important consideration. The 2018 survey collected information on the sources of alcohol and frequency at which students obtain alcohol from such sources. Figure 2.7 provides a visual comparison of the sources of alcohol for the entire sample and a subsample of underage students.

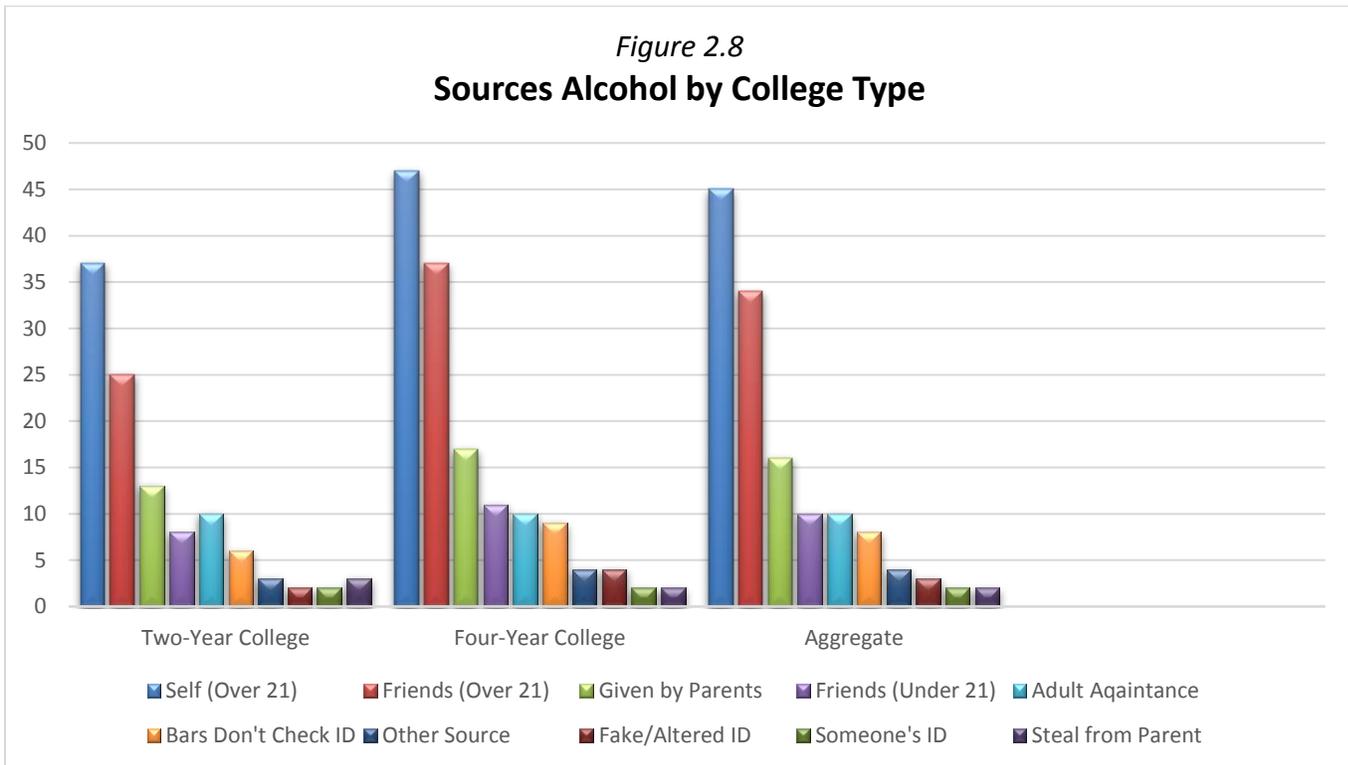


While the single largest source of alcohol for the general sample was self-purchase (approximately 45%), only 2.5% of the underage students reported ever purchasing alcohol themselves. The single largest source for most underage students was from friends aged 21 years or more, from whom approximately 73% of all underage students reported ever getting alcohol. This was followed by those who obtained alcohol from their parents with permission—approximately 22% of all underage drinkers reported getting alcohol from this source at least once in the last year.

⁴ Wechsler, H., Lee, J. E., Nelson, T. F., & Kuo, M. (2002), Underage College Students' Drinking Behavior, Access To Alcohol, And The Influence Of Deterrence Policies: Findings From The Harvard School Of Public Health College Alcohol Study. *Journal of American College Health, 50*(5), 223-236

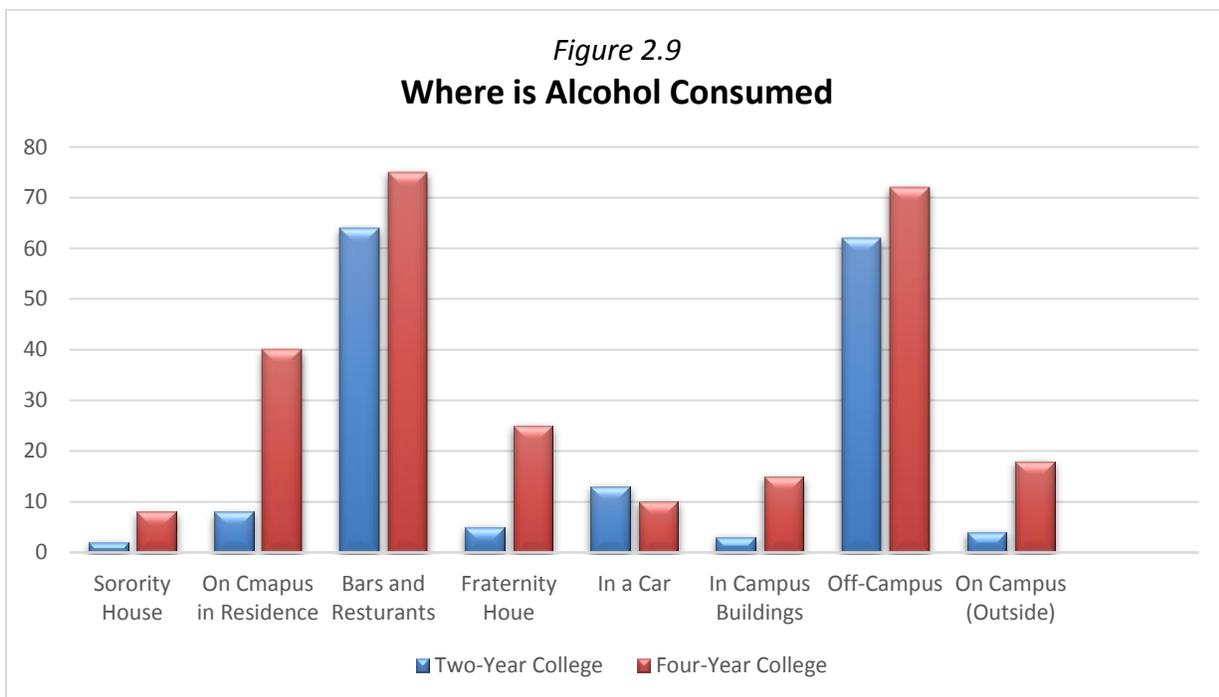
About 10% of all underage students also reported ever obtaining alcohol from adult acquaintances and 8% reported ever getting alcohol from bars or restaurants that don't check IDs. As shown in figure 2.8, the sources of alcohol on most college campuses did not appear to differ greatly. When compared by the type of institution, the proportion of students who reported ever buying alcohol themselves was higher (approximately 47%) in four-year colleges than in two year colleges where approximately 37% reported getting alcohol themselves. However, the proportion of students who reported obtaining alcohol from their friends aged 21 or above was also higher in four-year colleges than in two-year colleges. The other sources appeared relatively similar on both four-year and two-year college campuses.

Figure 2.8
Sources Alcohol by College Type



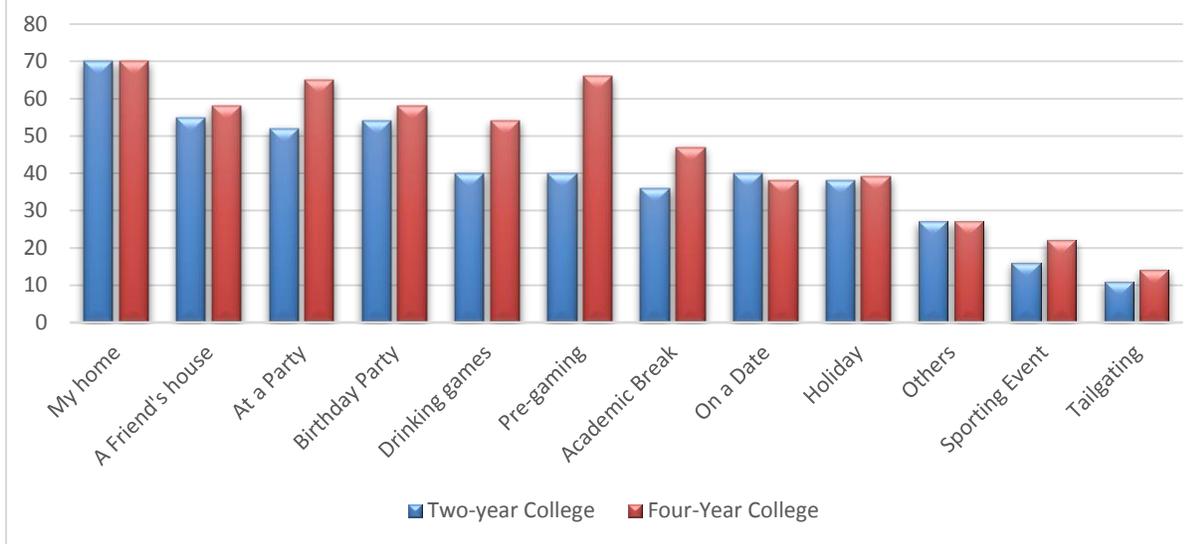
Where Is Alcohol Consumed?

Knowing where college students consume alcohol plays a vital role in both understanding and mitigating the risks that student drinkers face upon drinking. Typically, the risk of drunk driving, physical or sexual assault increases with distance. The farther the location is from campus or place of residence, the higher the exposure to such risks as students make their way back to campus after drinking. Again, closing the pathways to alcohol access for underage drinkers requires an understanding of the physical locations and social events where alcohol is usually consumed in today's colleges. The 2018 survey collected self-reported information on the places and events where students consumed alcohol in the last month before the survey. The findings from the survey are presented in figures 2.9 and 3.0 below.



Generally, students in two-year and four-year colleges differ significantly in terms of physical locations where they consumed alcohol. This could be explained, in part, by the differences in infrastructural set-ups and the social avenues that both campuses offer for events that may necessitate drinking. For example, the most popular locations for consuming alcohol were venues off-campus as well as bars and restaurants for both four-year and two-year college students. Four-year college students were significantly more likely to consume alcohol in an on campus residence (40%) compared to two-year college students (8%). Four-year college students were also more likely to consume alcohol in buildings located on campus such as sororities, fraternities or in other campus buildings. Two-year college students were slightly more likely to consume alcohol in a car with 13% compared to 10% for Four-year students.

Figure 3.0
Social Events Where Alcohol is Consumed



Similarly, four-year and two-year college students differ in terms of the social events where alcohol is consumed with the exception of in their homes, holiday, on a date, and other location where both groups are equally likely to drink. Beyond that, four-year college students were more likely to drink at any of the other mentioned event. For example, the percentage of students who drank at friend's house in the last one month was 65% for four-year colleges and 58% for two-year colleges. Similarly, drinking at parties (65% vs. 52%), pre-gaming (66% vs. 40%), birthday party (58% vs. 53%), drinking games (54% vs. 40%), were more popular among four-year college students than two-year college students.

Effects of Drinking

Effective prevention requires programmers to understand the health, physical, and social risks that students are usually exposed to during and after drinking. This section discusses students' self-reported effects of alcohol use in the last one month. On aggregate, approximately 12% of all drinkers reported performing poorly on a test, at least once, in the last month.

Table 3.0 : Effects of Drinking

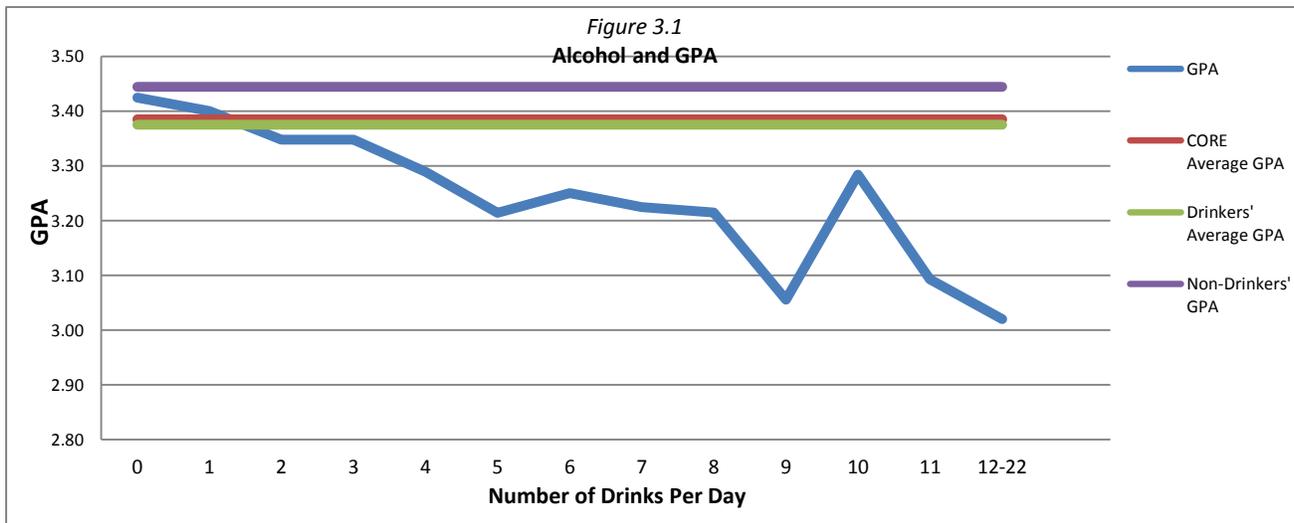
	Two-Year College	Four-Year College	Aggregate
Performed Poorly on a Test	11%	13%	12.3%
Drove Under the Influence	15%	11%	11.4%
Went to Class Under the Influence	5%	10%	8.8%
Missed a Class	11%	17%	16.2%
Forgot Actions	16%	25%	23.2%
Passed Out	12%	14%	13.3%
Taken Advantage of Sexually	6%	6%	6.4%
Had Unprotected Sex	9%	9 %	9.0%
Injured Yourself	5%	8%	7.3%
Injured Others	2%	2%	1.8%

The percentage of drinkers who reported ever missing a class stood at about 16% of all drinkers while those who reported ever forgetting an action they did stood at about a quarter of all drinkers. Approximately 6% reported having ever been abused sexually as a result of drinking in the last month while those who reported ever having unwanted sex as a result of drinking stood at about 7%. Approximately 7% also reported ever injuring themselves as a result of drinking, in the last month. When compared by the type of institution effects of drinking are more prevalent in four-year students with them reporting more in all categories than two-year students except for driving under the influence, 15 % for two-year students and 11% for four-year students.

Alcohol Use and GPA

Figure 3.2 shows the relationship between students' grade point average and amount of alcohol consumed per day. This is based on student' self-reported grade point averages (GPA's) and levels of alcohol use per day. While the analysis is not robust enough to conclude that the amount of alcohol use influences students' GPA, it is easy to observe a generally negative relationship between alcohol use and GPA; higher levels of alcohol consumption is associated with lower GPA. Perhaps, the most remarkable finding is that the average GPA for non-drinkers is higher

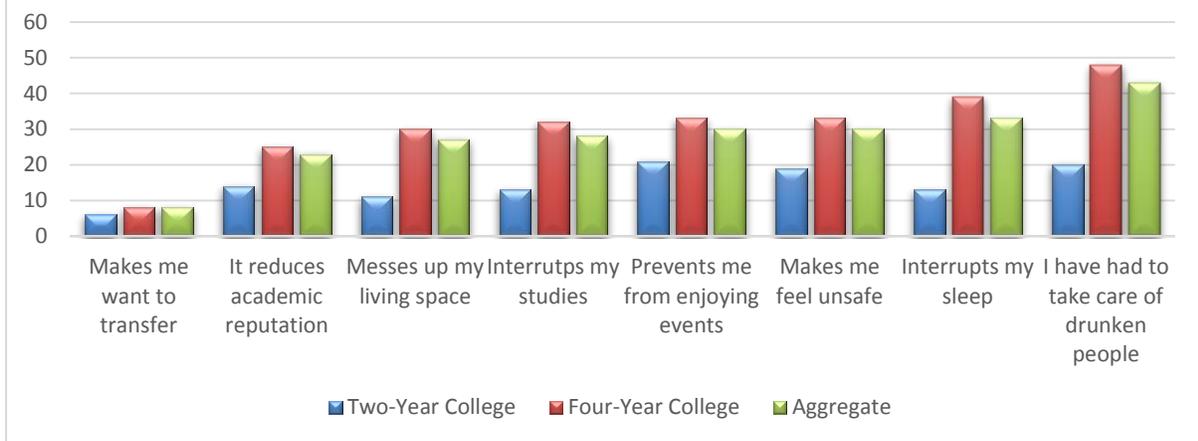
(3.44 with a standard deviation of 0.61) than the GPA for drinkers (3.38) as well as the GPA for the entire sample (3.39) on average



Effects of Others' Drinking

While irresponsible drinking behaviors could expose the drinker to several health risks in both the short-term and the long-term, it could have deleterious impact on non-drinkers too. While the most commonly known adverse effects of drinking on others are generally drunk driving, driving with someone who is intoxicated or injuring others, there exists a range of social consequences of drinking that could impact both the social climate on campus and the reputation of the relevant institution. Consequently, data on such effects can help to inform the urgency of prevention efforts on college campuses. To assist in understanding these consequences, the 2018 Survey collected information from participants on how the drinking behaviors of others affect their social environment and their personal well-being. As shown in figure 3.2, roughly 28% of all respondents reported that someone's drinking ever interrupted their studies, with approximately 23% reporting that they felt the drinking behaviors of others reduced their school's academic reputation. Again, approximately 33% of all respondents also reported that others' drinking behaviors ever made them feel unsafe, while roughly 27% also said a drunken person ever messed up their living space. The proportion of students whose sleep was ever interrupted by the behavior of a drunken person stood at about 39% of the entire sample with roughly 5% experiencing this often. Approximately 43% of all respondents also reported ever taking care a drunken person, with 21% of all respondents doing this a few times and 4% doing it often. Consequently, about 8% reported that the drinking behaviors of others made them ever feel like transferring from their current institution.

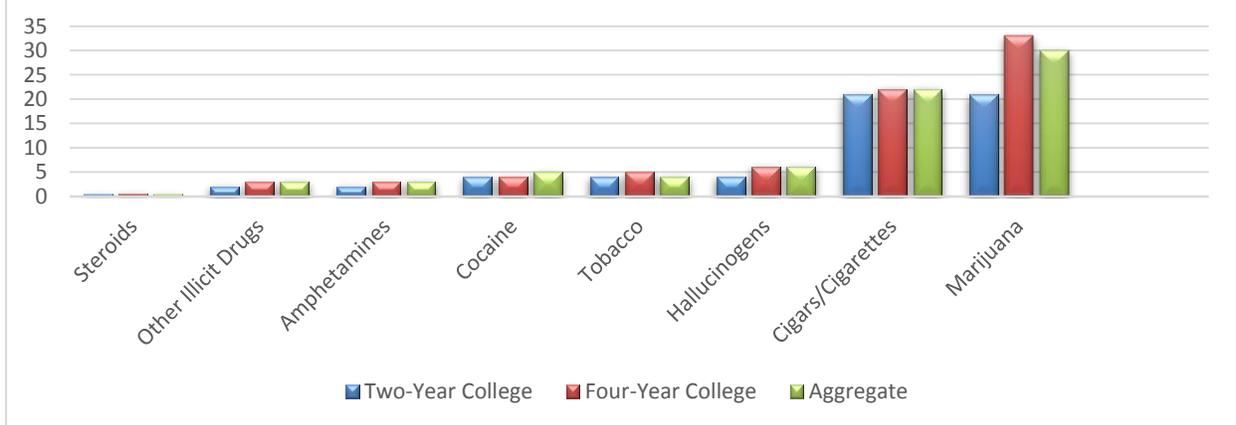
Figure 3.2
Effects of Other's Drinking



Drug Use

Alcohol use exceeded the use of any other drug (legal or illicit) not prescribed in the last year. Specifically, the number of people who reported ever using alcohol in the last year stood at about 72% of the entire sample. This compares to 22% of the entire sample who reported using cigars, cigarettes or pipe tobacco in the last year, as shown in figure 3.3. Approximately 45% of the entire sample also reported ever using marijuana in the last year. However, those who reported using marijuana at least once in a month stood at about 25% of the entire sample. About 9% also reported ever using tobacco in the last year, 10% reported ever using hallucinogens without prescription, roughly 9% said they had ever used cocaine, 4% also used amphetamines, approximately 1% reported ever using steroids without prescription and about 3% also said they used other illegal drugs without prescription in the last year.

Figure 3.3
Drug Use by Institution Type



The use of many of the aforementioned drugs in the last year differed only slightly between two-year and four-year colleges as shown in Figure 3.5. For example, marijuana use stood at 46% in four-year colleges and 44% in two-year colleges in the last year. Cocaine use also stood at approximately 9% in both two-year and four-year colleges. The rate of use of steroids, amphetamines and hallucinogens without prescription in the last year was also similar among both groups. However, a recognizable difference exists between the two groups regarding cigar and cigarette use. Specifically, while roughly 46% of two-year college students reported using cigars and cigarette, the statistic for four-year colleges stood at approximately 36%— ten percentage points lower.

Perceptions about Alcohol and Drug Use on College Campuses

On college campuses, the drinking behaviors of individual students are strongly influenced by perceived drinking norms or perceptions of others' drinking habits. Generally, students tend to overestimate the amount of alcohol taken by their colleagues. As a result, they attempt to make up for the gap by drinking more or excessively. Therefore, knowing the perceptions of students regarding alcohol use on college campuses is important for developing effective prevention programs and helping bust the myth about alcohol use on college campuses. This section discusses, based on the 2016 Survey, the attitudes and perceptions of students regarding alcohol and other drug use on their respective campuses.

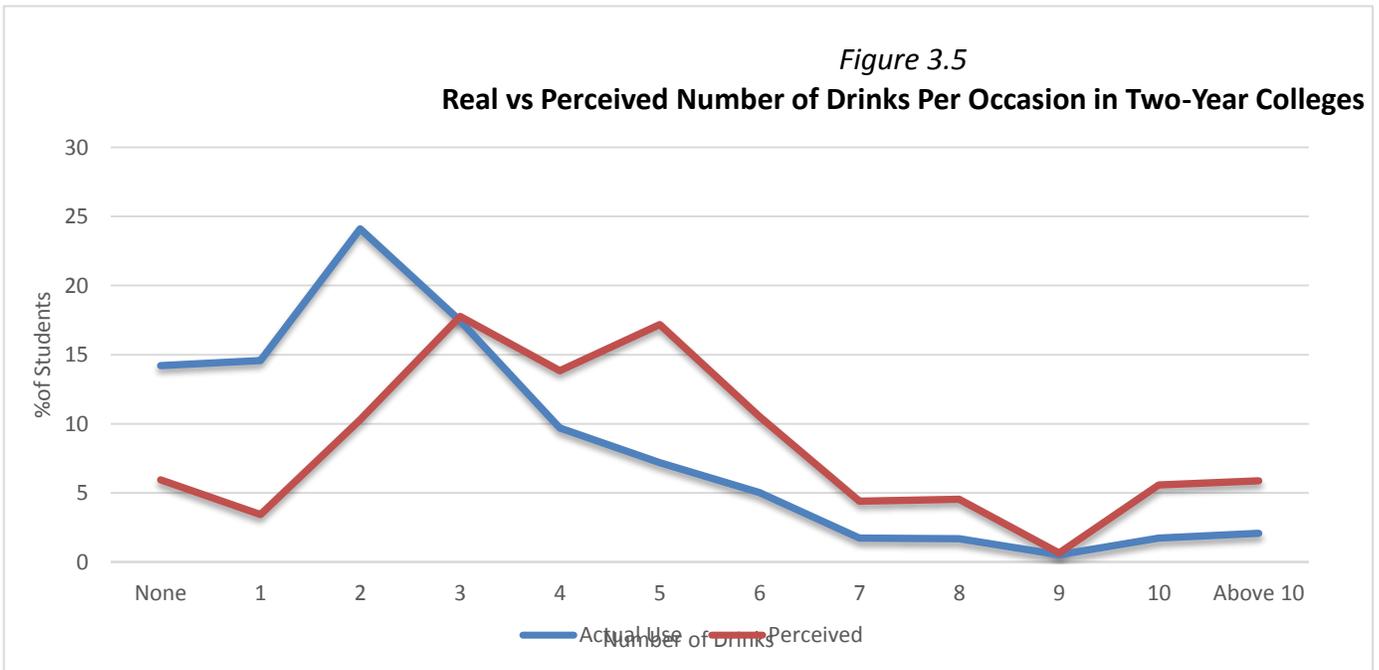
Alcohol Use: Perceptions

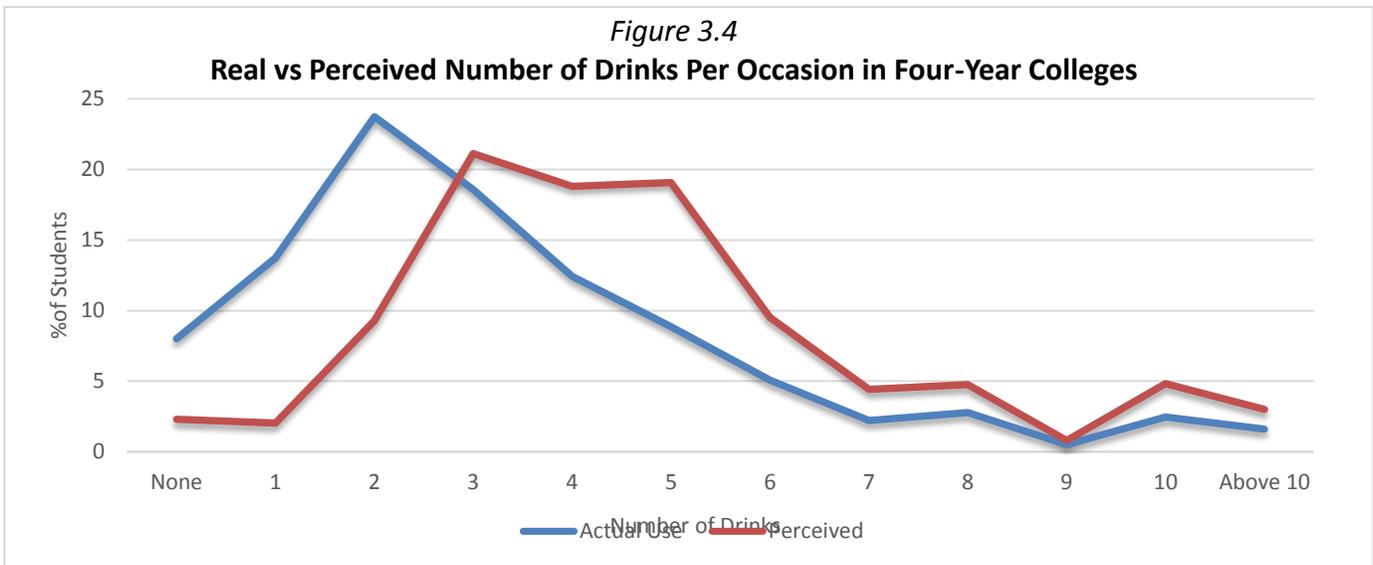
Earlier in the Survey, students were asked to report the amount of alcohol they drink on a typical occasion (for example at a party, birthday, etc.). Later, they were asked to report how much alcohol *they think* an average student drinks during such occasions: the perceived alcohol use. The findings are presented in *Table 5.0 and Figures 3.4 & 3.5*. In both the four-year and two-year colleges, we observe similar discrepancies between the reported actual level of alcohol consumption and the perceived amounts of alcohol use with the former mostly exceeding the latter.

Generally, we find that students tend to underestimate the number of people who take fewer than 3 drinks on a typical occasion. For example, on aggregate, while students thought that only 2% of people don't drink at all on a typical occasion, the actual number of people who said they never drank on a typical occasion stood at roughly 10%. Also, the number of people who said they took just one drink on a typical occasion was roughly 12 percentage points higher than students thought. Similarly, the number of people who reported taking just two drinks was about 16 percentage points higher than the perceived number of people. Similarly, for 4 drinks, the actual amount is lower than the perceived amount by about 6 percentage points and by 11 percentage points for 5 drinks. Similar discrepancies are observed for the number of people who take 6-9 drinks. However, most students were able to correctly predict that, indeed, just about 1% of all drinkers take 9 drinks on a typical occasion.

Table 5.0 Perceived Alcohol Use Per Occasion: Aggregate			
	Actual Use	Perceived	Difference (Actual – Perceived)
Zero	10%	32	+8
1	14%	2%	+12
2	24%	8%	+16
3	19%	17%	+2
4	11%	17%	-6
5	9%	20%	-11
6	5%	10%	-5
7	2%	5%	-3
8	3%	6%	-3
9	1%	1%	0
10	2%	6%	-4
Above 10	2%	5%	-3

Figure 3.5
Real vs Perceived Number of Drinks Per Occasion in Two-Year Colleges





Other Drug Use: Perceptions

Across the state, the reported use of drugs without prescription and the perceived use of such drugs on both two and four-year college campuses showed significantly wide differences, as shown in *Figures 3.8 & 3.9*. In general, we observe that students tend to overestimate the number of people who use drugs without prescription. For example, while actual tobacco use in the last year stood at just about 5% across the sample, students thought that approximately 70% of their peers used tobacco in the last year, a 61 percentage point difference. Similarly, students overestimated the number of people who ever took cocaine in the last year by approximately 55 percentage points. Again, while actual marijuana use in the last year stood at 31%, it was perceived that about 90% of all students ever took marijuana in the last year. The use of cigarettes on college campuses was also overestimated by roughly 63 percentage points, hallucinogens by 51 percentage points, steroids and other illegal drugs by roughly 46 percentage points and amphetamines by about 44% percentage points as shown in *Table 6.0*.

These differences reflect the perceptions on both four-year and two-year colleges. It is therefore unsurprising that, as shown in figures 3.6 and 3.7, similar disparities between actual and perceived usage exist on both four-year and two-year college campuses across the state.

Table 6.0: Perceived Drug Use In The Last Year: Aggregate

	Actual	Perceived	Difference (Actual-Perceived)
Tobacco	9%	68%	-59%
Cocaine	8%	54%	-46%
Marijuana	45%	85%	-40%
Cigars/Cigarettes	38%	82%	-44%
Hallucinogens	10%	53%	-44%
Steroids	1%	47%	-46%
Other Illegals	3%	49%	-46%
Amphetamines	4%	45%	-41%

Figure 3.6

Real vs Perceived Drug Use in the Past Year in Two-Year Colleges

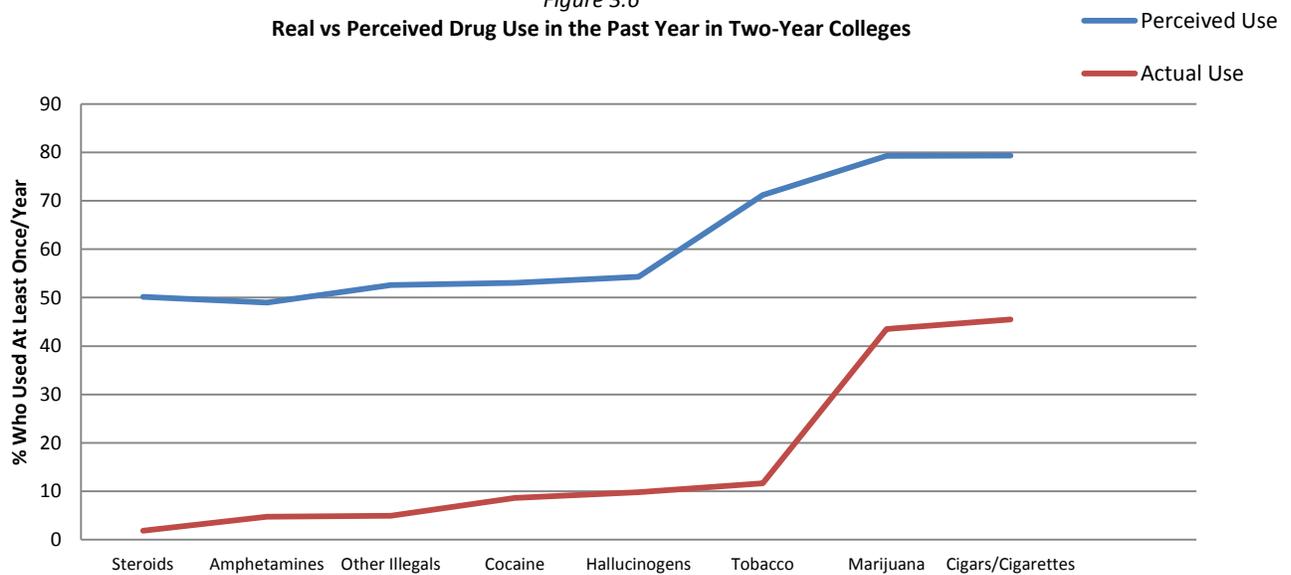
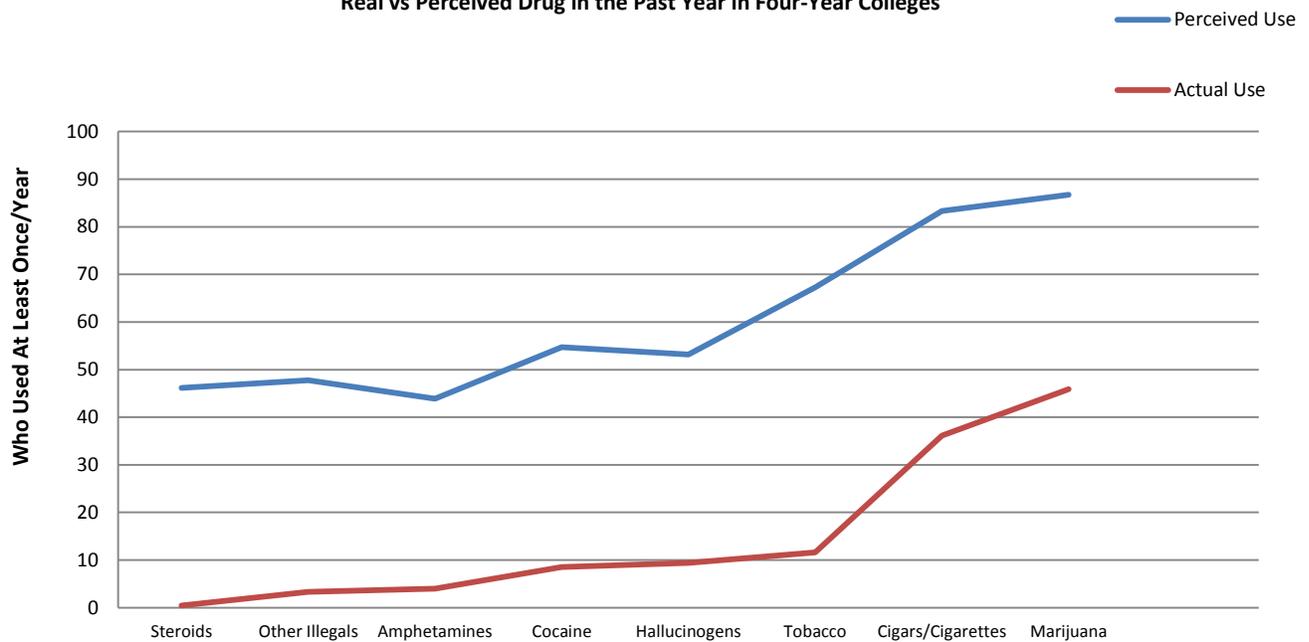


Figure 3.7
Real vs Perceived Drug in the Past Year in Four-Year Colleges

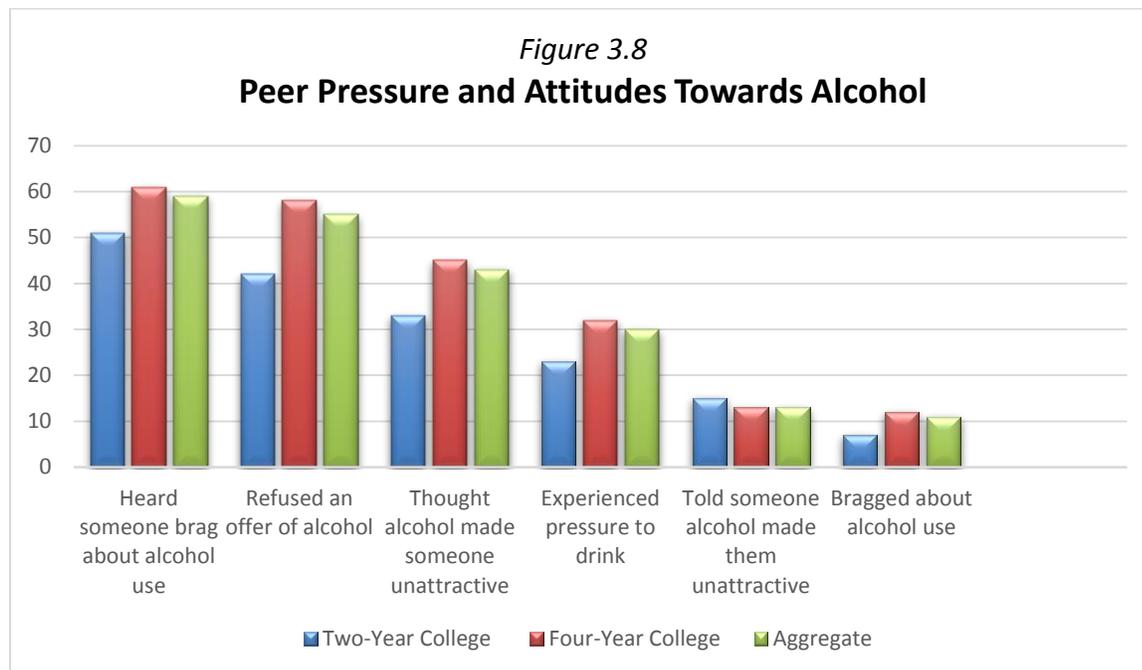


Peer Pressure and Alcohol Use

The tendency of college students to depend on their peers for advice has significant implications for the perceptions and attitudes of many students towards drug and alcohol use. The direct and indirect persuasion of peers could influence students to engage in several risk-taking activities, such as irresponsible alcohol use, often by portraying alcohol and other drug use as a positive and socially acceptable experience (Santor et. al., 2000). This may foster an atmosphere of irresponsible alcohol use on campus that may have negative consequences for both the social environment and the school's reputation. Knowledge of the social climate on campus regarding alcohol use thus becomes important in prevention programming.

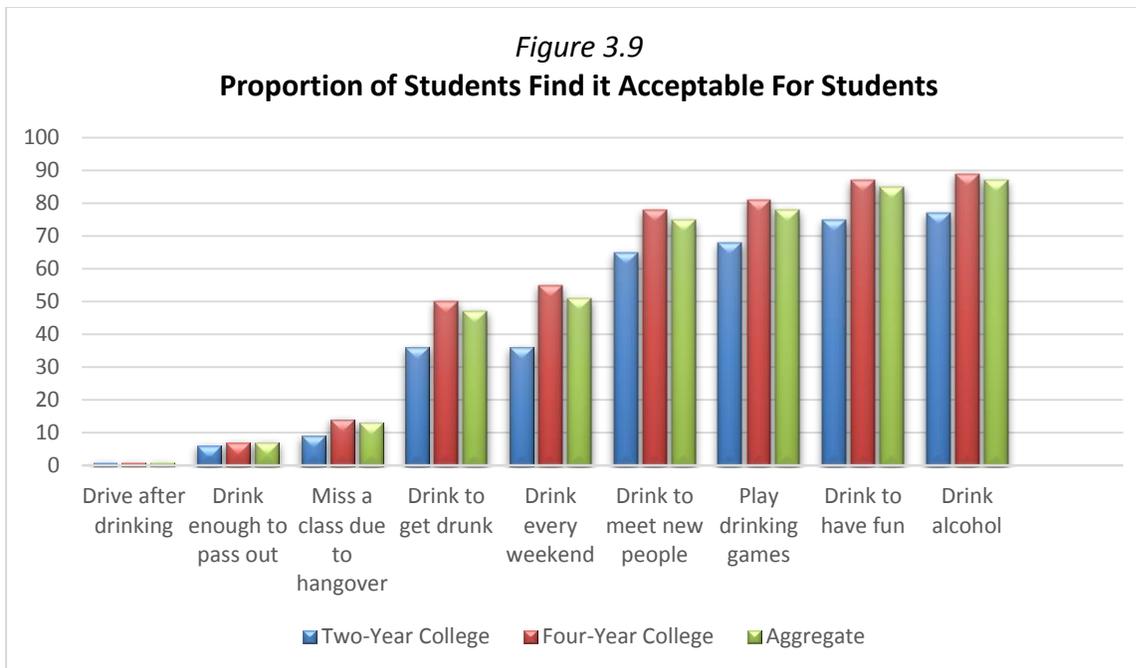
The 2018 Survey asked students to report how often they have experienced different forms of pressure to use alcohol or have sought to positively change the attitudes of others towards drinking. As *Figure 3.8* shows, approximately 59% of all respondents reported ever hearing someone brag about alcohol use on campus in the month preceding the survey. Conversely, only 11% of all respondents said they ever bragged about alcohol use in the last month. But even though approximately 30% of all respondents reported having ever experienced the pressure to drink, approximately 55% reported actually being able to refuse an offer of alcohol. Thus, 45% could not

decline an offer of alcohol. Also, while about 43% of all respondents said they ever thought alcohol made someone look unattractive, only 13% said they actually told someone alcohol made them look unattractive.



Attitudes towards Drinking

Students were also asked to state the extent to which they agree or disagree with the attitudes of students regarding alcohol use. *Figure 3.9* provides a breakdown of these findings by the type of institution. We find four-year college students to be generally more likely to agree with any reason for which a student would want to drink except for drunk-driving where both groups were equally likely (1.8%) to find the practice acceptable. For example, while roughly 90% of all four-year college students agreed that it was completely acceptable or reasonably acceptable (hence acceptable) for students to drink alcohol, only 77% of two-year college students agreed that it was acceptable for students to drink. Again, four-year college students were more likely to agree that it was acceptable for students to drink just to have fun (with 87% supporting this view), than two-year college students, approximately 75% of whom found this acceptable. Additionally, 81% of four-year college students were more likely to find playing drinking games acceptable. This compares to roughly 68% of their two-year college counterparts who found this practice acceptable. Similarly four-year college students are more likely than two-year college students to agree with drinking to meet people (78% against 65%), drink every weekend (55% against 36%), miss a class due to a hangover (14% against 9%) or just drinking to get drunk (50% against 36%).



Perceptions about Ease of Access and Enforcement of Alcohol Policies

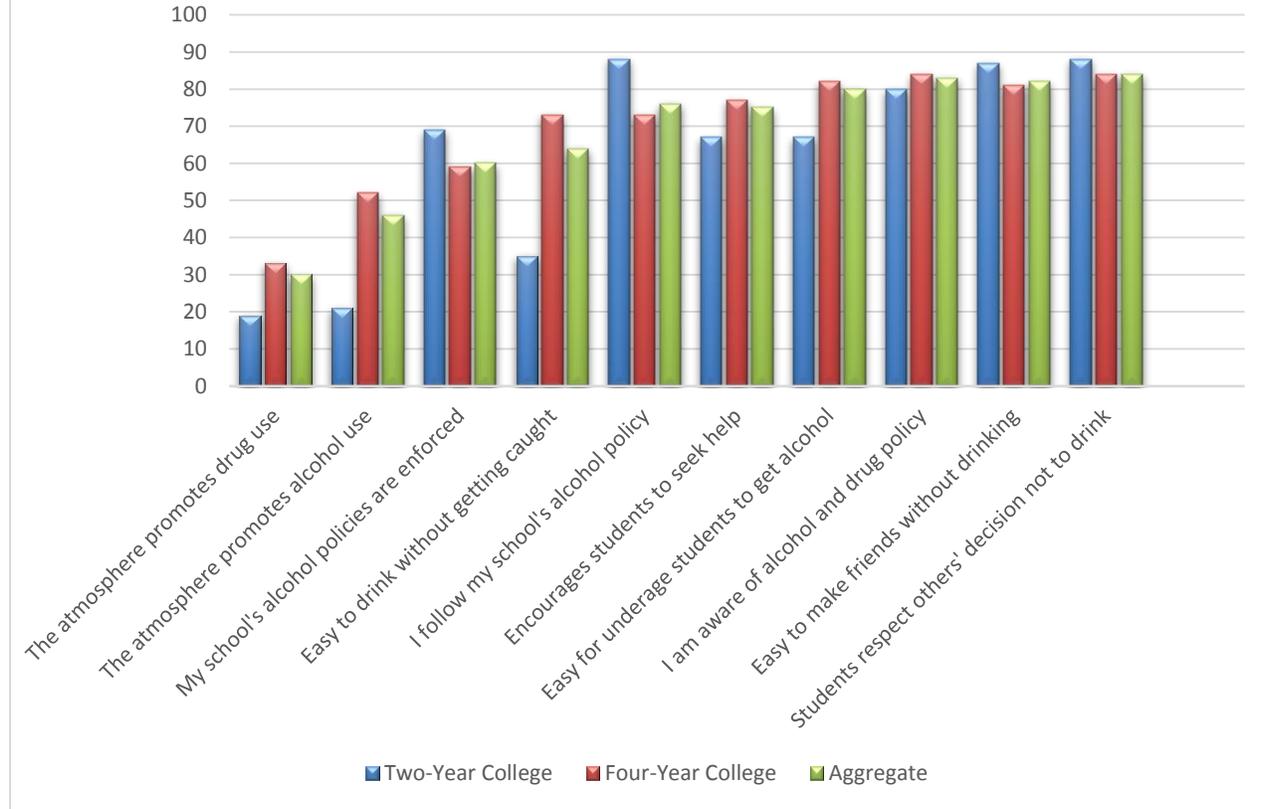
Even though most universities and colleges continue to formulate stringent alcohol use policies, irresponsible alcohol use remains a challenge on college campuses. The decisions that students make about alcohol use may be shaped by their values and beliefs, which in turn determines their adherence or otherwise to alcohol use policies. Thus, the choice to violate or obey alcohol use policies may be informed by a student’s beliefs about the extent to which these policies are enforced. It is therefore important for those engaged in campus alcohol policy administration to understand the views of students regarding these policies, the extent to which they are implemented and how the social environment promotes the adherence or violation of such policies. Accordingly, the 2018 Survey collected self-reported information on students’ views and perceptions towards alcohol policies on their campuses.

As shown in *Figure 4.0*, on aggregate, approximately 52% of four-year students and 33% of two-year students agreed that their campus’ atmosphere promotes alcohol use and drug use respectively. However, four-year college students were more than twice as likely as their two-year college counterparts to agree that their campus’ atmosphere promotes alcohol use. Similarly, while about 84% of all four-year college students agreed to being aware of their schools’ alcohol policies, only 59% agreed that these policies are being enforced, with about 82% agreeing that it was easy for underage students to get alcohol on four-year college campuses.

Approximately 77% of four-year college students agreed that their schools encourage students with drinking problems to seek help, however, just about 73% agree that they follow their schools’ alcohol policies. Among four-year college students, though 84% agreed that students tend to respect the decisions of others not to drink, only 81% agreed that it was easy to make friends without drinking. On two-year college campuses, although

approximately 80% agreed to being aware of their schools' alcohol policies just about 69% agreed that these policies are being enforced, with 67% agreeing that it is easy for underage students to access alcohol. Although two-year college students were less likely (67% of all respondents) than their four-year counterparts (77%) to agree that their schools encourage students with drinking problems to seek help, they were more likely (88%) than their four-year counterparts (73%) to agree that they follow their school's alcohol policies. Also among two-year college students, 88% agreed that students tend to respect the decisions of others not to drink and an equal proportion also agreed that it was indeed easy to make friends on campus without drinking alcohol.

Figure 4.0
Perceptions About Alcohol and Drug Use on School Campuses
(Agree/Strongly Agree)



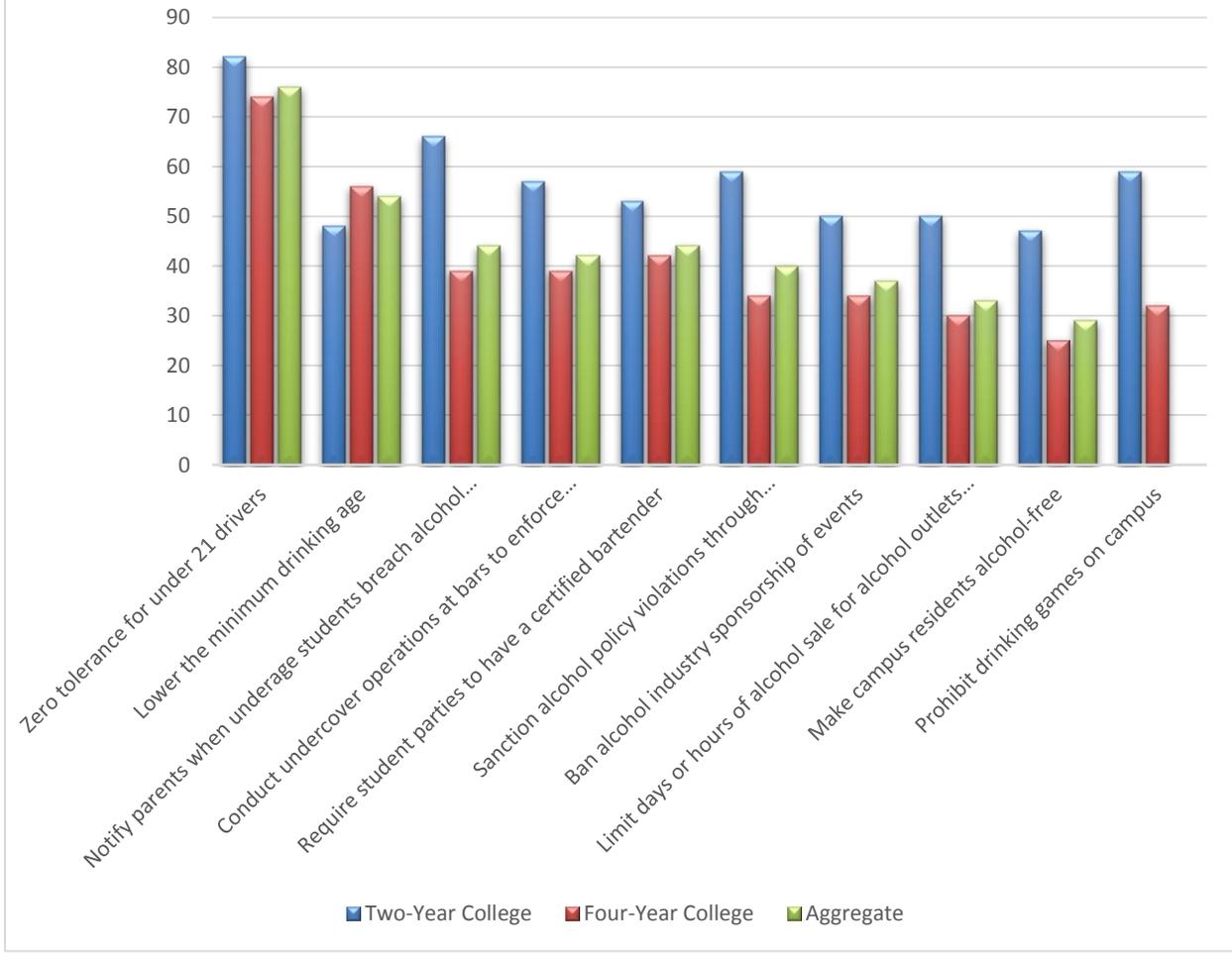
Attitudes toward Alcohol Regulation

The attitudes of students towards changes or the introduction of more stringent policies could provide an insight into the extent of inappropriate alcohol use on college campuses and how that can be handled. Specifically, the resistance of students to policies proposed to curtail alcohol use could provide a guide on possible loopholes and how these can be managed to assist prevention efforts.

In the 2018 Survey, students were asked to categorically state whether they oppose or support a number of proposed measures to deal with alcohol use on college campuses. As shown in *Figure 4.3*, two-year college students were more likely than their four-year college counterparts to support all the proposed measures to deal with alcohol use except for lowering the minimum legal age for drinking (21 years) where they switch places with four-year college students.

Specifically, regarding whether student parties should have certified bartenders, 53% of two-year college students as opposed to 42% of four-year college students supported the idea. Also, while 66% of all two-year college students supported the idea that the parents of underage students who violate alcohol use policies be notified on the first offence, only 39% of all four-year college students agreed to this idea. Similar trends are observed for making campus residence halls alcohol-free, where the level of support is 47% among two-year college student and just 25% among four-year college students. Regarding whether undercover operations may be needed at bars and restaurants to aid alcohol policy enforcement, only 39% of four-year college students as opposed to approximately 57% of two-year college students supported the idea. Similarly, support for a zero-tolerance law (for under-21 (drunk) drivers) was higher among two-year college students than four-year college students, just as the support for limiting the hours and days of sale of alcohol in outlets near school campuses garnered more support from two-year college students (50% of them) than four-year college students, only 30% of whom support the idea. In view of the foregoing, it is not surprising that the support for lowering the minimum legal age below 21 years garnered more support from four-year college students (56%) than two-year college students (48%).

Figure 4.3
Proportion of Students Who Agree or Strongly Agree

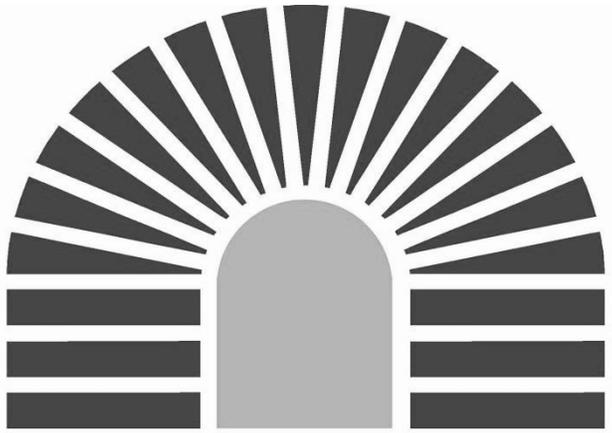


Conclusion

Alcohol use on college campuses across the state saw a downward trend between 2016 and 2018— both in the number of students who drank and the average quantity of alcohol consumed. This was fueled by lower drinking rates in four-year colleges. Community colleges, however, reported borderline declines in both the percentage of students who drank and the average amount of alcohol consumed. Underage drinking also experienced a marginal increase between 2016 and 2018. Underage heavy episodic drinking among both males and females, both additionally remained about the same between 2016 and 2018. The single largest reported source of alcohol for most underage students was friends aged 21 years and above. This was followed by underage students who obtained alcohol from their parents with permission.

This underscores the need for increased prevention efforts on four-year college campuses where the social infrastructure and peer influence make many students, particularly freshmen (many of whom are underage), susceptible to drinking,— and often binge drinking, in a bid to avoid being caught. Irresponsible alcohol use continues to affect students and schools negatively. Students reported several negative secondhand effects of others' drinking on their personal lives and the reputation of their institutions to the extent that almost 1 out of every 10 students ever thought of transferring from their current institution because of irresponsible alcohol use. The importance of this is further informed by the general students' viewpoint that alcohol policies are hardly enforced on campuses and that the campus environment generally promotes alcohol use.

Although the statistics generally point to slight declines in alcohol use on community college campuses, it is vital for administrators in community colleges to intensify prevention efforts, particularly towards the use of cigarette and marijuana, each of which was used by at least 2 out of every 10 community college students in the last year. Additionally, with over 59% of community college students supporting the idea of sanctioning students who violate alcohol policies, administrators should seek to leverage these positive attitudes to enhance prevention efforts.



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