

Spring 2016 Alcohol and Drug Survey CSB Executive Summary

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Methodology:

	Survey Type	Population	Response (N)	Rate	Margin of Error	Confidence Level
CSB	Web-based	1852	426	23.0%	4.17	95%

Demographics:

Year in school

First-year	25.1%
Sophomore	31.7%
Junior	21.0%
Senior	22.0%

Permanent Residence

U.S.	96.9%
International	3.1%

Ethnic Origin

White	88.0%
Black	0.9%
Hispanic/Latino/a	2.6%
Asian/Pacific Islander	4.7%
American Indian/Alaskan or Hawaiian native	0.2%
Biracial or multiracial	2.8%
Other	0.6%

GPA

Less than 2.0	0.2%
2.0-2.49	1.2%
2.5-2.99	9.7%
3.0-3.49	32.4%
3.5-4.0	55.2%
Don't know	1.0%

Gender

Woman	424	99.5%
Man	<u>1</u>	0.2%
Questioning	1	0.2%

Current Residence

Total On-Campus	93.3%
On-Campus Residence Hall	60.3%
On-Campus Apartment	31.6%
On-Campus House	1.4%
Total Off-Campus	5.6%
Off-Campus House (Rented)	2.9%
Off-Campus Apartment	2.2%
Live with Family	0.7%

Identifying a transgender

No	99.8%
Yes	0%
Unsure	0.2%

Sexual Orientation

Heterosexual	95.3%
Gay/Lesbian	0.7%
Bi-Sexual	2.6%
Questioning	0.5%
Other	0.8%

Legacy Students	Yes
Any member of immediate family attended CSB/SJU	36%
Any member of extended family attended CSB/SJU	42.7%
Any member of immediate family attended CSB/SJU while you were in attendance	18.6%
Any member of extended family attended CSB/SJU while you were in attendance	14.9%
Did anyone you know previously attend (from your community, school, etc.) CSB/SJU while you were in attendance?	81.7%

Alcohol Use History

	Reported drinking alcohol prior to coming to college	Reported drinking alcohol for the first time in college
2016	48.9%	36.6%
<u>2013</u>	43.9%	36.2%

Drinking Prevalence and Behavior

Prevalence:

	Annual (reported any use in the last year)		30 day (reported any use in the last 30 days)	
	2016	<u>2013</u>	2016	<u>2013</u>
CSB	84.1%	80.3%	76.2%	71.4%
Caucasian	85.6%	81.5%	77.3%	72.4%
SOC	72.3%	71.8%	68.1%	63.5%
Underage	78.6%		67.7%	
Of Age	95.2%		94.5%	

Frequency of alcohol use in the past year for CSB students:

	2016	<u>2013</u>
Did not use	15.7%	20.1%
Once per year	4.2%	5.2%
Six times/year	7.4%	10.2%
Once per month	9.8%	7.5%
Twice per month	15.2%	16.9%
Once per week	33.9%	28.2%
Three times/week	12.3%	11.1%
Five times/week	1.2%	0.4%

Frequency of alcohol use in the past month:

Usage	Percent CSB
Did not use	23.6%
1-2 days	20.4%
3-5 days	28.5%
6-9 days	20.1%
10-19 days	6.6%
20-29 days	0.7%

Average (mean) number of drinks per week and average number of days CSB students report drinking:

CSB	Average 2016	Average <u>2013</u>
General avg. per week	3.73	3.44
Average number of days drink/week	1.2	0.9

For CSB students who report drinking, they drink an average of 5.54 drinks per week and 1.57 days per week.

Average number of drinks per week:

	Percent 2016	Percent <u>2013</u>
0 drinks	32.6%	38.3%
1 drink	6.4%	7.3%
2 drinks	9.9%	8.2%
3 drinks	9.6%	7.3%
4 drinks	10.2%	10.8%
5 drinks	8.6%	5.5%

6 drinks	4.7%	7.1%
7-8 drinks	6.2%	5.5%
9-10 drinks	6.6%	4.8%
11-13 drinks	1.0%	1.0%
14-15 drinks	1.2%	1.5%
20+ drinks	2.0%	2.2%

Approximately 45.0% of CSB first year students do not drink at all during an average week

Average (mean) number of drinks per week for total and selected groups:

	CSB	CSB Caucasian	CSB SOC
General avg. per week	3.73	3.77	3.45
First-year students	3.53	3.61	3.06
Sophomores	3.08	3.15	2.45
Juniors	3.79	3.93	2.28
Seniors	4.88	4.85	5.1
Under-age students	3.2	3.3	2.9
21+ students	4.7	4.8	4.4
GPA less than 2.0	5 (n=1)	5 (n=1)	No Data
GPA 2.0-2.49	1.8	1.1	4 (n=1)
GPA 2.5-2.99	2.5	2.8	2
GPA 3.0-3.49	4.54	4.72	3.52
GPA 3.5 – 4.0	3.46	3.42	4.15
Lives on- campus	3.7	3.8	3.4
Lives off- campus	3.9	3.8	5 (n=1)

Percentages of students reporting average drink consumption Thursday-Saturday nights:

# of drinks	Thursday	Friday	Saturday
0 drinks	88.9%	52.2%	34.9%
1-2 drinks	6.4%	20.5%	14.9%
3-4 drinks	2.4%	15.9%	24.2%
5-6 drinks	1.2%	6.6%	16.1%
7 or more drinks	0.9%	4.6%	9.7%

Approximately 94.0% of CSB first year students do not drink at all on an average Thursday night

Average number of drinks students reported consuming Thursday-Saturday nights:

CSB Students	Thursday	Friday	Saturday
Mean # of drinks	0.74	2.53	4.06

CSB Students	Thursday	Friday	Saturday
Average BAC	0.065	0.071	0.087

Binge drinking (4+ drinks for women) in past two weeks:

	2016	<u>2013</u>
0 Times	51.3%	52.4%
Once	19.2%	20.4%
Twice	16.3%	15.4%
3-5 Times	11.8%	10.5%
6-9 Times	1.0%	0.9%
10+ Times	0.5%	0.3%

--Approximately 49.1% of CSB Caucasian students and 45.8% of CSB Students of Color reported engaging in binge drinking in the last two weeks

Greatest number of drinks consumed in one sitting during the past two weeks:

	2016	<u>2013</u>
Did not drink	28.4%	33.2%
1-6 drinks	55.5%	50.3%
7-9 drinks	11.7%	11.5%
10 or more drinks	4.3%	4.8%

Activity	CSB 2016	CSB <u>2013</u>
Attended a house party during the last school year	68%	61.0%
Never or rarely drink prior to attending an on-campus, weekend event at which alcohol will not be available	66.6%	66.0%
Never or rarely drink prior to attending off-campus weekend activities, including going to bars and parties	59.5%	No Data

Percentages of students reporting change in alcohol consumption over the past year:

	Decreased	Stayed the same	Increased
CSB	20.3%	34.3%	28.0%

Social Norms Perceptions

	Perception "Average" CSB student (as estimated by CSB students)	Reality Actual average CSB student
Drinking frequency	2.1 days/week	1.2 days/week
Amount of drinking	5.9 drinks/week	3.73 drinks/week

CSB students believe that 61.7% of CSBSJU students drink alcohol in a typical week (2016)

"An occasional drunk is okay as long as it does not interfere with academics or other responsibilities."

	Estimated percentage of students	Actual percentage
Agree to strongly agree with statement	94.3%	78.5%

"An occasional drunk is okay as long as it does not harm anyone."

	Estimated percentage of students	Actual percentage
Agree to strongly agree with statement	90.1%	69.8%

Negative consequences of drinking: (in order of frequency, during the past year)

Have Experienced	CSB 2016	CSB 2013
Had a hangover	62.0%	57.4%
Got nauseated or vomited	53.1%	44.5%
Had a memory loss	40.8%	31.5%
Done something they later regretted	38.9%	32.8%
Had to have someone take care of them	41.9%	34.3%
Been criticized by someone they knew	24.2%	23.8%
Got into an argument or fight	19.0%	21.5%
Missed a class	12.6%	14.9%
Performed poorly on a test or important project	17.3%	15.4%
Been in trouble with police, res hall, etc.	8.4%	8.2%
Been hurt or injured	7.2%	9.8%
Have been taken advantage of sexually	12.1%	9.2%
Driven a car while under the influence	4.2%	4.9%
Thought they might have a drinking problem	10.1%	6.5%
Damaged property, pulled fire alarm, etc.	1.0%	1.5%
Tried unsuccessfully to cut down on alcohol use	4.5%	3.4%

Seriously thought about suicide	3.0%	2.5%
Tried unsuccessfully to stop using alcohol	2.7%	2.2%
Have taken advantage of another sexually	1.2%	0.8%
Been taken to detox/hospital	0.5%	0.6%
Sought help on-campus for a drinking problem	1.2%	0.6%
Seriously tried to commit suicide	0.7%	0.5%
Been arrested for DWI/DUI	0.0%	0.2%
Sought help off-campus for a drinking problem	0.7%	0.3%

Additional negative consequences of others' alcohol use: (events that took place within the last year and alcohol was involved, in order of frequency)

Event	Percentage of students who experienced event (2016)	Approximate number of people who experienced event, based on percentage(2016)	Percentage of students who experienced event (2013) (CSB)	Approximate number of people who experienced event, based on percentage (2013)
Sexual harassment	8.5%	34 CSB students	8.2%	52 CSB Students
Forced sexual touching/fondling	8.5%	34 CSB Students	6.5%	41 CSB Students
Threats of physical violence	2.8%	11 CSB students	2.3%	15 CSB Students
Actual physical violence	2.2%	9 CSB students	2.3%	15 CSB Students
Unwanted sexual intercourse	4.0%	16 CSB students	2.7%	17 CSB Student
Ethnic/racial harassment	0.7%	3 CSB students	0.4%	3 CSB Students

Negative consequences of others' alcohol use: (in order of frequency)

"Other people's alcohol use..." Percent who answered "yes"	Total CSB	Caucasian	SOC
Caused me to take care of a friend or give needed assistance	60.9%	61.4%	57.1%
Disrupted my sleep	53.4%	53.5%	52.4%
Messed up my living space	37.3%	37.8%	33.3%
Didn't interfere with my life	28.6%	28.9%	26.2%
Interrupted my studying	32.6%	31.1%	45.2%
Prevented me from enjoying events	31.6%	31.7%	31.0%
Made me feel unsafe	28.5%	27.3%	38.1%
Caused a friend to be traumatized/assaulted	19.3%	18.7%	23.8%
Insulted or humiliated me	11.9%	11.4%	16.7%
Adversely affected my academic performance	8.1%	7.6%	11.9%
Adversely affected my involvement in an athletic team or organization	7.0%	6.1%	14.3%
Made me think of transferring to another school	7.0%	6.7%	9.5%
Disrupted a class	4.7%	2.9%	19.0%

Lowering Risk

Protective strategies:

Percent who sometimes, usually or always engage in these behaviors during the past year	CSB 2016	CSB <u>2013</u>
Eat before and/or during drinking	76.1%	72.0%
Choose not to drink alcohol	60.0%	64.4%
Use a designated driver	57.9%	59.8%

Keep track of your drink so no one tampers with it	74.1%	69.7%
Keep track of how many drinks you are having	68.7%	63.4%
Determine in advance not to exceed a certain number of drinks	54.5%	50.8%
Alternate non-alcoholic with alcoholic beverages	52.9%	44.6%
Pace your drinks to one or fewer per hour	43.2%	40.2%
Have a friend let you know when you've had enough to drink	48.4%	42.4%
Avoid drinking games	34.1%	37.4%
Drink an alcohol look-alike	24.9%	26.2%

Personal Beliefs about Alcohol Use: (in order of frequency)

Statement	CSB Percent who endorsed
Alcohol should be consumed in moderation.	88.3%
Alcohol enhances social activity.	76.6%
Alcohol gives people something to talk about.	71.2%
Alcohol facilitates a connection with peers.	67.1%
Alcohol allows people to have more fun.	52.4%
Alcohol facilitates sexual opportunities.	34.6%
Alcohol makes it easier to deal with stress.	33.1%
Alcohol makes food taste better.	12.3%
I only think about getting drunk when I go out.	5.3%

Perceptions of Campus Environment:

Statement	Percentage of students who endorsed	
Alcohol is a central part of the social life of:		
SJU students	85.2%	
CSB students	75.9%	
Male athletes	62.5%	
Female athletes	50.4%	
Students on study abroad programs	69.0%	
Alumni	37.3%	
Social atmosphere promotes alcohol use		
At CSB	70.2% indicated somewhat or yes	
At SJU	74.4% indicated somewhat or yes	
CSB/SJU provides enough on-campus social activities on weekend nights	2016- 78.7% indicated agree or strongly agree	<i>2013 – 69.9% indicated agree or strongly agree</i>
Students' alcohol use is problematic when riding the Link on weekend nights	2016 - 47.2% indicated agree or strongly agree	<i>2013 – 35.4% indicated agree or strongly agree</i>

Beliefs about alcohol use on-campus	About the same as other campuses	Greater than other campuses	Less than other campuses
CSB campus	55.7%	4.3%	39.9%
SJU campus	65.4%	6.7%	27.9%

To what extent do YOU agree or disagree with the following situations	CSB students who agree or strongly agree	CSB students who think OTHER CSBSJU students agree or strongly agree
Drinking is never a good thing to do.	7.2%	4.4%
Drinking is all right but a student should never get drunk.	31.0%	14.3%
Drinking is all right as long as a student isn't underage.	39.8%	21.6%
Drinking is all right as long as a student doesn't drink and drive.	92.0%	92.5%
Pre-gaming is just a normal part of a drinking occasion.	60.3%	90.8%
An occasional "drunk" is OK as long as it DOES NOT interfere with academics or other responsibilities.	78.5%	94.3%
An occasional "drunk" is OK even if it DOES interfere with academics or other responsibilities.	6.6%	34.2%
An occasional "drunk" is OK as long as it DOES NOT harm anyone.	69.8%	90.1%
A frequent "drunk" is OK if that's what the student wants to do.	21.0%	57.4%

Key Findings – Marijuana, Prescription, & Other Illegal Drugs

Prevalence: Marijuana

	Annual (reported any use in the last year) 2016	30 day (reported any use in the last 30 days) 2016	Annual (reported any use in the last year) <u>2013</u>	30 day (reported any use in the last 30 days) <u>2013</u>
CSB	27.1%	12.3%	24.2%	8.9%

Marijuana Use History

	Reported using marijuana prior to coming to college	Reported marijuana use for the first time in college
CSB	18.2%	14.0%

Beliefs about Use of marijuana on campus	About the same as other campuses	Greater than other campuses	Less than other campuses
CSB for CSB Campus	22.2%	1.3%	76.5%

Prevalence: Prescription Drug Misuse

	Percent Reporting Never Misusing CSB 2016	Percent Reporting Never Misusing CSB <u>2013</u>
Legal prescription medication for purpose other than the reason it was prescribed	92.9%	93.7%
Prescription drug that was not prescribed for them	89.7%	91.5%
Prescription drug in a manner or at a dose that was not recommended by a health care provider	94.6%	94.9%

Top Five Reasons for Misusing Prescription Drugs

Reasons	Percentage of CSB students who reported misusing prescription drugs 2016	Percentage of CSB students who reported misusing prescription drugs 2013
1. To relieve pain	13.6%	8.0%
2. To be able to focus	12.4%	5.1%
3. To enhance studying	11.9%	4.5%
4. To relieve anxiety	11.9%	3.1%
To relax	----	2.5%
5. To cope with stress	8.4%	----

Top Five Ways of Obtaining Misused/Abused Prescription Drugs

Reasons	Percentage of CSB students who reported misusing prescription drugs 2016	Percentage of CSB students who reported misusing prescription drugs 2013
1. From a prescription they had	11.5%	6.2%
2. Given for free from a friend	10.1%	4.6%
3. Given for free from a relative	5.3%	2.8%
4. Bought from a friend	7.0%	2.0%
5. Took from a relative without asking	----	1.1%
6. Bought from a drug dealer/stranger	1.8%	-----

Prevalence: Other Illegal Drugs (e.g., meth, cocaine, LSD, speed, synthetic, club, etc.)

	30 day (reported any use in the last 30 days) 2016	30 day (reported any use in the last 30 days) 2013
CSB	1.2%	0.3%

Change in illegal drug use over the past year:

	Decreased	Stayed the same	Increased	Did not use
CSB 2016	0.3%	2.8%	1.3%	95.6%
CSB 2013	6.0%	9.7%	3.3%	80.9%

Campus Environment:

Statement	Endorse
Social atmosphere promotes illegal drug use At CSB 2016	2.0% said somewhat or yes

Key Findings—the “Stop at Buzzed” Campaign

- 95.3% of students reported being familiar with the campaign.
- A majority (68.1%) of students understood the campaign to be “a student-developed campaign to promote moderate drinking” as opposed to “an alcohol education program” (26.5%) or other options (2.3%).
- For those who indicated that “Stop at Buzzed” had influenced their actual drinking habits, 32.1% reported *increased* alcohol use over the past year versus 24.5%, who reported decreased alcohol use in the past year. 39.6% of those that claimed that the campaign had influenced their actual drinking habits stated that their alcohol use had not changed within the last year.

Reports of opinions regarding the campaign: (in order of frequency)

Statement	CSB Percent who answered “Yes”
I believe the “Stop at Buzzed” campaign should continue on our campuses.	87.5%
“Stop at Buzzed” has influenced my thoughts about alcohol and drinking.	49.7%
I think about what it means for me to stop at buzzed.	59.3%
I typically read e-mail messages that come from “Buzzed.”	40.4%
I think about whether to stop at buzzed when I drink.	50.0%
“Stop at Buzzed” has influenced my beliefs and attitudes regarding alcohol and drinking.	41.5%
“Stop at Buzzed” has influenced my actual drinking behavior.	27.5%
I get annoyed when I see “Stop at Buzzed” messages.	4.5%