

Spring 2022 Alcohol and Drug Survey Executive Summary

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Methodology:

Survey Type	Population	Response (N)	Rate	Margin of Error	Confidence Level
Web-based					
CSB	1490	368	24.7%	4.43	95%
SJU	1574	305	19.4%	5.04	95%
Total	3064	676	22.1%	3.33	95%

Demographics:

Year in school

First-year	24.2%
Sophomore	24.7%
Junior	28.0%
Senior	20.9%
Other	2.3%

Permanent Residence

U.S. Student from Minnesota	87.2%
U.S. Student Out-of-State	22.6%
International	4.2%

Ethnic Origin

White	90.3%
Black	2.3%
Hispanic/Latino/a	15.6%
Asian/Pacific Islander	3.3%
American Indian/Alaskan or Hawaiian native	0.3%
Biracial or multiracial	2.1%
Other	1.4%

GPA

Less than 2.0	1.4%
2.0-2.49	2.1%
2.5-2.99	8.3%
3.0-3.49	23.0%
3.5-4.0	63.3%
Don't know	1.2%
None (1 st semester)	0.8%

Current Residence

Total On-Campus	89.8%
On-Campus Residence Hall	56.1%
On-Campus Apartment	32.4%
On-Campus House	1.3%
Total Off-Campus	8.3%
Off-Campus House (Rented)	4.8%
Off-Campus House (Own)	1.3%
Off-Campus Apartment	0.9%
Live with Family	1.3%
Other	1.8%

Gender

Female	53.6%
Male	44.2%
Transgender Male	0.3%
Gender Variant	1.5%
Other	0.3%

Sexual Orientation

Heterosexual	88.2%
Gay/Lesbian	2.3%
Bi-sexual	6.3%
Questioning	2.3%
Other	1.0%

Key Findings – Alcohol

History of Use

	Reported drinking alcohol prior to coming to college	Reported drinking alcohol for the first time in college
CSB	54.9%	26.4%
SJU	59.4%	25.1%
Total 2022	56.9%	25.8%

Prevalence:

	Annual (reported any use in the last year)	30 day (reported any use in the last 30 days)
Total	83.5%	70.5%
Caucasian	84.8%	72.2%
SOC (Students of Color)	73.9%	58.0%
CSB	83.3%	69.9%
Caucasian	84.2%	71.0%
SOC	75.8%	59.4%
SJU	84.1%	71.6%
Caucasian	85.5%	73.7%
SOC	74.3%	58.3%
Underage	78.8%	61.0%
Of Age	90.9%	86.8%

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

CSB/SJU	Average
General avg. per week	4.84
Average number of days drink/week	1.21

For CSB/SJU students who report drinking, they drink an average of 8.12 drinks per week (CSB – 5.59, SJU – 11.20) and 1.87 days per week (CSB - 1.74, SJU – 1.96)

Frequency of alcohol use in the past year:

Did not use	16.5%
Once per year	7.4%
Six times/year	7.7%
Once per month	6.4%
Twice per month	11.5%
Once per week	30.0%
Three times/week	19.3%
Five times/week	0.8%

Frequency of alcohol use in the past month:

Usage	Percent
Did not use	29.5%
1-2 days	19.3%
3-5 days	20.5%
6-9 days	22.3%
10-19 days	7.3%
20-29 days	0.8%
30/31 days	0.3%

Average number of drinks per week:

	Percent
0 drinks	32.7%
1 drink	5.5%
2 drinks	5.3%
3 drinks	5.6%
4 drinks	5.9%
5 drinks	5.9%
6 drinks	4.3%
7-8 drinks	7.0%
9-10 drinks	5.2%
11-13 drinks	2.5%
14-15 drinks	3.7%
20+ drinks	6.5%

Approximately 67.1% of first-year students do not drink at all during an average week.

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

	All Students	Caucasian	SOC	CSB	Caucasian	SOC	SJU	Caucasian	SOC
General avg. per week	4.84	5.13	1.81	3.30	3.34	2.03	6.72	7.38	1.63
First-year students	2.35			1.89			2.87		
Sophomores	5.34			2.94			7.46		
Juniors	5.48			3.43			9.37		
Seniors	6.81			4.93			9.22		
Under-age students	4.01			2.50			5.85		
21+ students	6.37			4.25			8.29		
GPA less than 2.0	0.89			0.40			1.50		
GPA 2.0-2.49	5.14			1.75			6.50		
GPA 2.5-2.99	5.47			4.33			6.18		
GPA 3.0-3.49	6.23			3.43			8.29		
GPA 3.5 – 4.0	4.42			3.32			6.24		
Lives on-campus	4.63			3.22			6.61		
Lives off-campus	7.25			4.70			8.24		

Average drink consumption Thursday-Saturday nights:

# of drinks	Thursday	Friday	Saturday
0 drinks	83.6%	48.4%	39.7%
1-2 drinks	6.0%	12.4%	12.8%
3-4 drinks	4.6%	14.2%	16.1%
5-6 drinks	2.3%	12.7%	14.8%
7 or more drinks	3.4%	12.1%	16.4%

Approximately 90.8% of first-year students do not drink at all on an average Thursday night.

Average number of drinks students reported consuming by night

CSB/SJU Students	Thursday	Friday	Saturday
Mean # of drinks	0.69	2.53	3.20

Average BAC by night (of those who reported drinking)

CSB/SJU Students	Thursday	Friday	Saturday
Average BAC	0.094	0.103	0.112

Binge drinking (4+ drinks for women, 5+ for men per sitting/occasion) in past two weeks:

	Women (CSB%)	Men (SJU%)
0 Times	52.4%	54.2%
Once	23.1%	14.4%
Twice	14.1%	11.6%
3-5 Times	8.6%	16.9%
6-9 Times	1.2%	1.8%
10+ Times	0.6%	1.1%

Approximately 46.7% of students reported engaging in binge drinking within the past two weeks (47.6% of CSB students and 47.6% of SJU students).

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

Did not drink	34.4%
1-6 drinks	40.0%
7-9 drinks	11.6%
10 or more drinks	13.9%

Students reporting change in alcohol consumption over the past year:

	Decreased	Stayed the same	Increased
CSB	22.0%	35.5%	22.6%
SJU	24.0%	40.7%	16.0%
Total	22.8%	37.7%	19.6%

Relationship of Alcohol Use to Various Student Status

Reported First Use of Alcohol

Alcohol Use	CSB Average # of drinks per week	SJU Average # of drinks per week
First used prior to college	4.25	7.07
First used in college	2.74	5.03

Legacy status and Knowing Other Students Previously

CSB/SJU Legacy Students	Yes	Yes, Avg. # of drinks per week	No, Avg. # of drinks per week
Any member of immediate family attended CSB/SJU	37.3%	CSB – 3.81 SJU – 6.91	CSB – 3.01 SJU – 6.68
Any member of extended family attended CSB/SJU	41.2%	CSB – 3.66 SJU – 7.76	CSB – 3.06 SJU – 6.06
Any member of immediate family attended CSB/SJU while you were in attendance	16.4%	CSB – 5.35 SJU – 6.48	CSB – 2.95 SJU – 6.79
Any member of extended family attended CSB/SJU while you were in attendance	16.1%	CSB – 5.20 SJU – 8.50	CSB – 2.94 SJU – 6.41
Did anyone you know previously attend (from your community, school, etc.) CSB/SJU while you were in attendance?	73.2%	CSB – 3.34 SJU – 7.68	CSB – 3.17 SJU – 4.48

Activity	CSB/SJU
Attended a house party in St. Joseph during the current school year	50.6%
Used a fake ID in last year to obtain alcohol	20.6%
Never or rarely drink prior to attending an on-campus, weekend event at which alcohol will not be available	76.5%
Never or rarely drink prior to attending off-campus weekend activities, including going to bars and parties	46.6%

Reported Fake ID Use to Obtain Alcohol.

Alcohol Use	Never used fake ID to obtain alcohol	Used fake ID in last year
Average number of days drink per week	0.92	1.74
Average number of drinks per week	3.61	9.43

Reported House Party Attendance

House party attendance since start of academic year	Average # of days drink per week		Avg # of drinks per week	
	CSB	SJU	CSB	SJU
Never	0.75	0.80	2.22	3.89
1-3 times a semester	1.01	1.26	3.50	7.59
1-3 times a month	1.58	1.50	4.96	8.38
Once a week or more	1.60	1.46	4.50	12.10

Consequences of Alcohol Use

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

Have Experienced	CSB/SJU	CSB	SJU
Had a hangover	63.7%	63.7%	63.9%
Got nauseated or vomited	51.4%	51.8%	51.1%
Had to have someone take care of them	32.3%	37.2%	26.4%
Had a memory loss	31.9%	33.2%	30.5%
Done something they later regretted	28.6%	28.7%	28.6%
Been criticized by someone they knew	20.0%	21.6%	18.1%
Performed poorly on a test or important project	18.8%	17.2%	20.8%
Missed a class	17.6%	11.8%	24.8%
Got into an argument or fight	16.2%	16.9%	15.4%
Been hurt or injured	11.3%	12.2%	10.2%
Thought they might have a drinking problem	8.7%	6.6%	11.3%
Been in trouble with police, res hall, etc.	8.5%	8.8%	8.3%
Driven a car while under the influence	6.2%	4.5%	8.3%
Have been taken advantage of sexually	6.0%	8.5%	3.0%
Seriously thought about suicide	5.2%	4.8%	5.6%
Damaged property, pulled fire alarm, etc.	3.2%	1.5%	5.3%
Tried unsuccessfully to cut down on alcohol use	2.0%	2.1%	1.9%
Tried unsuccessfully to stop using alcohol	1.0%	1.5%	0.4%
Been taken to detox/hospital	0.8%	0.9%	0.8%
Sought help on-campus for a drinking problem	0.7%	0.9%	0.4%
Have taken advantage of another sexually	0.2%	0.3%	0.0%
Been arrested for DWI/DUI	0.2%	0.0%	0.4%
Sought help off-campus for a drinking problem	0.2%	0.0%	0.4%
Seriously tried to commit suicide	0.0%	0.0%	0.0%

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

Percent who answered "yes" to:	CSB/SJU	CSB	SJU
Disrupted my sleep	54.6%	58.9%	49.0%
Caused me to take care of a friend or give needed assistance	52.2%	57.0%	45.9%
Messed up my living space	38.4%	40.9%	35.0%
Interrupted my studying	30.1%	33.4%	25.7%
Made me feel unsafe	28.9%	38.1%	17.1%
Caused a friend to be traumatized/assaulted	21.7%	29.4%	12.1%
Prevented me from enjoying events	15.1%	15.6%	14.4%
Insulted or humiliated me	10.2%	11.3%	8.9%
Adversely affected my academic performance	6.6%	5.0%	8.2%
Adversely affected my involvement in an athletic team or organization	5.5%	4.7%	6.6%
Made me think of transferring to another school	8.5%	9.4%	7.4%
Disrupted a class	2.1%	1.6%	2.7%

26.7% of students reported that others alcohol use didn't interfere with their life (CSB-26.7%, SJU-27.0%)

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	Approximate number of people who experienced event, based on percentage
Sexual harassment	10.8%	64 people (51 CSB students)
Forced sexual touching/fondling	6.0%	36 people (25 CSB students)
Threats of physical violence	4.6%	27 people (9 CSB students)
Actual physical violence	2.6%	15 people (6 CSB students)
Unwanted sexual intercourse	2.4%	14 people (10 CSB students)
Ethnic/racial harassment	1.5%	9 people (5 CSB students)
Theft involving force or threat	0.2%	1 person (0 CSB students)

Lowering Risk

Protective strategies: (in order of frequency)

Behavior	Engage in behaviors during the past year (Sometimes, usually or always)	CSB	SJU
Eat before and/or during drinking	71.3%	71.8%	70.9%
Use a designated driver	64.9%	67.3%	62.1%
Keep track of your drink so no one tampers with it	63.6%	72.8%	52.4%
Keep track of how many drinks you are having	60.1%	61.1%	58.9%
Choose not to drink alcohol	57.2%	61.3%	52.4%
Alternate non-alcoholic with alcoholic beverages	46.8%	48.8%	44.5%
Determine in advance not to exceed a certain number of drinks	43.6%	48.7%	37.3%
Have a friend let you know when you've had enough to drink	35.6%	36.3%	34.6%
Pace your drinks to one or fewer per hour	34.2%	41.1%	25.6%
Avoid drinking games	27.6%	28.9%	25.9%
Drink an alcohol look-alike	20.6%	23.0%	17.8%

Attitudes/Beliefs/Perceptions

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

Statement	Percent who endorsed	CSB	SJU
I believe alcohol should be consumed in moderation.	86.9%	88.3%	85.6%
Alcohol enhances social activity.	81.9%	80.7%	83.3%
Alcohol “breaks the ice.”	75.2%	76.6%	73.4%
Alcohol gives people something to do.	72.6%	77.2%	66.8%
Alcohol facilitates a connection with peers.	69.2%	69.4%	69.2%
Alcohol gives people something to talk about.	67.3%	70.0%	64.3%
Alcohol allows people to have more fun. (Q.44)*	59.4%	59.8%	59.2%
I think about whether I will drink at all when I go out.	58.5%	62.4%	53.4%
I think about how many drinks I am going to have when I go out.	58.1%	63.4%	51.6%
I believe alcohol allows people to have more fun. (Q.66)*	49.7%	46.8%	53.6%
I think about my relationship with alcohol.	44.9%	45.9%	43.8%
I think getting drunk is fun.	43.3%	38.0%	50.2%
Alcohol makes it easier to deal with stress.	40.0%	35.9%	45.2%
I find myself annoyed by people who drink to the point of getting drunk.	36.5%	40.5%	31.2%
Alcohol facilitates sexual opportunities.	34.4%	36.9%	31.3%
I don’t think about anything but having fun when I go out.	26.5%	24.7%	28.8%
I believe alcohol is essential to the college social scene.	26.3%	23.4%	30.0%
Alcohol makes food taste better.	23.1%	21.8%	24.8%
I am not a fan of alcohol or those who use alcohol.	11.6%	12.3%	10.4%
I only think about getting drunk when I go out.	7.6%	7.5%	7.8%

*this question was asked twice in the survey in a slightly different way

Perceptions of Campus Environment

Statement	Percentage of students who endorsed		
	CSB	SJU	
Alcohol is a central part of the social life of:			
SJU students	87.4%	93.6%	79.5%
CSB students	77.1%	86.6%	65.2%
SJU athletes	69.0%	71.0%	66.3%
CSB athletes	56.8%	61.0%	51.3%
Students on study abroad programs	52.5%	59.9%	43.6%
Alumni	39.5%	41.5%	36.7%
Social atmosphere promotes alcohol use			
At CSB	76.1% indicated somewhat or yes		
At SJU	83.0% indicated somewhat or yes		
CSB/SJU provides enough on-campus social activities on weekend nights	37.0% indicated agree or strongly agree		
	CSB – 38.3%		
	SJU – 35.6%		
Students' alcohol use is problematic when riding the Link on weekend nights	37.4% indicated agree or strongly agree		
	CSB – 43.9%		
	SJU – 29.4%		
If substance-free living arrangements were offered, would you choose to live there?	19.2% indicated yes		
	CSB - 20.8%		
	SJU – 16.9%		

Beliefs about alcohol use on-campus	About the same as other campuses	Greater than other campuses	Less than other campuses
CSB campus	67.9%	6.7%	25.4%
SJU campus	69.9%	14.8%	15.3%

Perception of Other Students

To what extent do YOU agree or disagree with the following situations	CSB/SJU students who agree or strongly agree	CSB/SJU students who think OTHER CSBSJU students agree or strongly agree
Drinking is never a good thing to do.	8.1%	5.6%
Drinking is all right, but a student should never get drunk.	22.6%	9.9%
Drinking is all right as long as a student isn't underage.	33.0%	23.2%
Drinking is all right as long as a student doesn't drink and drive.	94.1%	89.0%
Pre-gaming is just a normal part of a drinking occasion.	65.5%	88.9%
An occasional "drunk" is OK as long as it DOES NOT interfere with academics or other responsibilities.	86.2%	91.5%
An occasional "drunk" is OK even if it DOES interfere with academics or other responsibilities.	11.7%	41.7%
A regular "drunk" is OK as long as it DOES NOT harm anyone.	48.1%	76.9%
A frequent "drunk" is OK if that's what the student wants to do.	31.2%	67.2%

Key Findings – Illegal Drug Use

Marijuana Use History

	Reported using marijuana prior to coming to college	Reported marijuana use for the first time in college
CSB	21.2%	19.1%
SJU	31.5%	16.7%
Total	25.8%	18.0%

56.2% reported never using marijuana

Prevalence: Marijuana

	Annual (reported any use in the last year)	30 day (reported any use in the last 30 days) 2019
CSB	35.6%	19.0%
SJU	43.7%	28.9%
Total	39.2%	23.4%

Method of Use (if used)	Percent who used
Smoking	35.9%
Vaping	23.2%
Oral ingestion	22.8%
Dabbing	16.2%
Gravity bong	14.7%
Marijuana tinctures	1.7%
Topical methods	1.5%
Sprays	1.0%

Form of Use (if used)	Percent who used
Traditional leaves	31.3%
Edible	29.5%
Vape	24.7%
Wax	12.5%
Powdered leaves	9.4%
Hashish	2.2%
Honey butane oil	1.7%
Tea or juice	1.9%
Shatter	3.5%
Tincture	1.9%

Student Beliefs and Perception of Other Students Beliefs

Statement	Students Believe (Agree or Strongly Agree)	Students think Other Students Believe (Agree or Strongly Agree)
Marijuana is NEVER a good thing to do.	27.4%	10.1%
Trying Marijuana once or twice is OK.	75.7%	87.4%
Using Marijuana is safer than using alcohol.	55.8%	67.4%
Getting high regularly is OK if it DOESN'T harm anyone.	52.9%	78.7%
Using marijuana is OK for medicinal purposes.	89.9%	89.9%
Using marijuana is a normal part of the CSB/SJU college experience.	25.8%	48.1%

Beliefs about marijuana use on-campus	About the same as other campuses	Greater than other campuses	Less than other campuses
CSB campus	50.6%	0.7%	48.7%
SJU campus	56.8%	5.0%	38.2%

Campus Climate

Statement	Endorse
Social atmosphere promotes marijuana use At CSB At SJU	34.4% said somewhat or yes 50.3% said somewhat or yes

Prevalence: Prescription Drug Misuse

	Report Never Misusing	CSB	SJU
Legal prescription medication for purpose other than the reason it was prescribed	91.9%	93.4%	89.9%
Prescription drug that was not prescribed for them	89.4%	91.0%	87.3%
Prescription drug in a manner or at a dose that was not recommended by a health care provider	94.9%	95.5%	94.0%

Types of medication(s) used

Type of medication	Used
Stimulants (Ritalin, Adderall, Focalin)	8.3%
Pain medication (codeine, Vicodin, OxyContin, Hydrocodon)	4.5%
Sedatives/Tranquilizers (Valium, Xanax, Ativan, Klonop)	2.7%
SSRI's (Celexa, Lexapro, Luvox, Paxil, Prozac, Zolof)	1.1%
Not sure	0.5%

*85.8% reported no or never to all

Top Five Reasons for Misusing Prescription Drugs

CSB

Reasons	Percentage of all CSB students
1. To relieve anxiety	7.4%
2. To relieve pain	6.6%
3. To be able to focus	6.3%
4. To cope with stress	6.0%
5. To enhance studying	5.6%

SJU

Reasons	Percentage of all SJU students
1. To be able to focus	9.8%
2. To enhance studying	9.4%
3. To increase energy	8.0%
4. To get high	5.4%
5. To relieve pain	4.9%

Top Five Ways of Obtaining Misused/Abused Prescription Drugs

CSB

Reasons	Percentage of all CSB students
1. Given for free from a friend	5.9%
2. Given for free from a relative	4.2%
3. From a prescription they had	3.8%
4. Bought from a friend	2.4%
5. all other reasons (tied)	0.3%

SJU

Reasons	Percentage of all SJU students
1. Given for free from a friend	8.2%
2. From a prescription they had	5.7%
3. Given for free from a relative	4.4%
4. Bought from a friend	3.9%
5. Took from a relative without asking	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)	
CSB	0.9%
SJU	2.6%
Total	1.7%

Change in illegal drug use over the past year:

	Decreased	Stayed the same	Increased	Did not use
CSB	2.8%	4.0%	0.9%	92.3%
SJU	2.3%	6.9%	1.1%	89.7%
Total	2.6%	5.3%	1.0%	91.1%

Campus Environment	
Social atmosphere promotes illegal drug use	
At CSB	8.9% said somewhat or yes
At SJU	13.3% said somewhat or yes

Key Findings—the “Stop at Buzzed” Campaign

- 87.1% of students reported being familiar with the campaign.
- A majority (52%) of students understood the campaign to be “a student-developed campaign to promote moderate drinking” as opposed to “an alcohol education program” (33.3%) or other options (6.3%).
- For those who indicated that “Stop at Buzzed” had influenced their actual drinking habits, 22.7% reported *increased* alcohol use over the past year versus 26.1%, who reported decreased alcohol use in the past year. 44.3% 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	Percent who answered “Yes”	CSB	SJU
I believe the “Stop at Buzzed” campaign should continue on our campuses.	69.4%	78.2%	58.4%
I think about what it means for me to stop at buzzed.	39.7%	46.6%	31.1%
I think about whether to stop at buzzed when I drink.	37.7%	40.5%	34.2%
“Stop at Buzzed” has influenced my thoughts about alcohol and drinking.	24.5%	31.1%	16.4%
“Stop at Buzzed” has influenced my beliefs and attitudes regarding alcohol and drinking.	19.9%	26.4%	11.8%
“Stop at Buzzed” has influenced my actual drinking behavior.	15.6%	19.7%	10.5%
I follow the “buzzed” Instagram page	10.3%	12.6%	7.5%
I get annoyed when I see “Stop at Buzzed” messages.	4.2%	2.2%	6.8%