National College Health Assessment 2012 - Alcohol Data

**Alcohol Harm Reduction Metrics of Success**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Measure** | **2009** | **2011** | **2012** | **Target** |
| Percent of students engaging in high-risk drinking in past 2 weeks | 70.3% | 64.5% | 64.1% | 55% |
| Average number of drinks per occasion | 7.43 | 6.39 | 6.26 | 4 |
| Percent of students drinking 10 or more days per month | 36.4% | 30.4% | 29.8% | 20% |

**Alcohol Stats & Change**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Statistics** | | | **Percent Change** | | **Point Change** | |
| Measure | **2009**  *n=852* | **2011**  *n=875* | **2012**  *n=882* | **Since 2011** | **Since 2009** | **Since 2011** | **Since 2009** |
| 30 day prevalence | 85.2% | 83.2% | 79.9% | -4.0% | -6.2% | -3.3% | -5.3% |
| 10+ days with drinking in past month | 36.4% | 30.4% | 29.8% | -2.0% | -18.1% | -0.6% | -6.6% |
| High risk drinking (5+/occasion in past 2 weeks) | 70.3% | 64.5% | 64.1% | -0.6% | -8.8% | -0.4% | -6.2% |
| Average number of drinks last time partied | 7.43 | 6.39 | 6.26 | -2.0% | -15.7% | -0.13 | -1.17 |
| Of those who had 1+ drinks at the last party | 8.01 | 7.09 | 7.00 | -1.3% | -12.6% | -0.09 | -1.01 |
| ≤4 drinks last time partied | 24.2% | 32.8% | 31.6% | -3.7% | 30.6% | -1.2% | 0.07 |
| Typical BAC (of those who had 1+ drink) | 0.12 | 0.10 | 0.11 | 10.0% | -8.3% | .01 | -.01 |
| BAC < .08 | 36.3% | 44.2% | 42.0% | -5.0% | 15.7% | -2.2% | 5.7% |
| BAC < .10 | 45.2% | 54.2% | 51.6% | -4.8% | 14.2% | -2.6% | 6.4% |
| Reported driving after any alcohol in past month | 28.3% | 21.4% | 17.0% | -20.4% | -39.8% | -4.4% | -11.3% |
| Reported driving after 5+ drinks in past month | 6.7% | 4.8% | 3.1% | -35.4% | -53.7% | -1.7% | -3.6% |
| Ever decided not to call for help when friend needed it, because afraid of getting into trouble | 11.0% | 10.7% | 8.1% | -24.3% | -26.4% | -2.6% | -2.9% |

**Protective Behaviors & Negative Consequences**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Statistics** | | | **Percent Change** | | **Point Change** | |
| Measure | **2009**  *n=852* | **2011**  *n=875* | **2012**  *n=882* | **Since 2011** | **Since 2009** | **Since 2011** | **Since 2009** |
| **Protective Behaviors (past 12 months, “always” or “most of the time”)** | | | | | | | |
| Alternated w/ non-alcoholic beverages | 10.9% | 12.0% | 15.7% | 30.8% | 44.0% | 3.7% | 4.8% |
| Avoided drinking games | 14.6% | 17.2% | 18.2% | 5.8% | 24.7% | 1.0% | 3.6% |
| Chose not to drink alcohol | 8.4% | 10.3% | 12.0% | 16.5% | 42.9% | 1.7% | 3.6% |
| Determined not to exceed a set # of drinks | 16.6% | 18.8% | 21.0% | 11.7% | 26.5% | 2.2% | 4.4% |
| Ate before/during drinking | 66.6% | 69.8% | 67.7% | -3.0% | 1.7% | -2.1% | 1.1% |
| Had a friend let them know when had enough | 20.4% | 23.6% | 30.1% | 27.5% | 47.5% | 6.5% | 9.7% |
| Kept track of how many drinks | 33.7% | 37.5% | 40.4% | 7.7% | 19.9% | 2.9% | 6.7% |
| Paced drinks to one or less per hour | 10.3% | 11.6% | 16.0% | 37.9% | 55.3% | 4.4% | 5.7% |
| Stayed with the same group of friends | 71.8% | 71.6% | 69.1% | -3.5% | -3.8% | -2.5% | -2.7% |
| Stayed with only one kind of alcohol | 31.1% | 35.1% | 34.2% | -2.6% | 10.0% | -0.9% | 3.1% |
| Used a designated driver | 70.7% | 71.5% | 74.6% | 4.3% | 5.5% | 3.1% | 3.9% |
| *Any Protective Behavior* | 87.6% | 89.3% | 85.4% | -4.4% | -2.5% | -3.9% | -2.2% |
| *Average Number of Protective Behaviors* | 3.44 | 3.77 | 3.86 | 2.4% | 12.2% | 0.09 | 0.42 |
| **Negative Consequences (past 12 months)** | | | | | | | |
| Did something later regretted | 51.2% | 46.2% | 43.6% | -5.6% | -14.8% | -2.6% | -7.6% |
| Forgot where was or what did | 49.3% | 45.9% | 42.9% | -6.5% | -13.0% | -3.0% | -6.4% |
| Got in trouble with police | 8.9% | 8.6% | 5.0% | -41.9% | -43.8% | -3.6% | -3.9% |
| Had sex without giving consent | 3.4% | 2.1% | 2.0% | -4.8% | -41.2% | -0.1% | -1.4% |
| Had sex without getting consent | 0.6% | 0.5% | 1.0% | 100.0% | 66.7% | 0.5% | 0.4% |
| Had unprotected sex | 25.7% | 24.2% | 25.2% | 4.1% | -1.9% | 1.0% | -0.5% |
| Physically injured self | 25.1% | 17.7% | 16.8% | -5.1% | -33.1% | -0.9% | -8.3% |
| Physically injured someone else | 3.4% | 3.4% | 2.7% | -20.6% | -20.6% | -0.7% | -0.7% |
| Seriously considered suicide | 1.8% | 1.8% | 1.9% | 5.6% | 5.6% | 0.1% | 0.1% |
| *Any Negative Consequence* | 65.1% | 63.6% | 58.3% | -8.3% | -10.4% | -5.3% | -6.8% |
| *Average Number of Negative Consequences* | 1.64 | 1.49 | 1.38 | -7.4% | -15.9% | -0.11 | -0.26 |