

ALCOHOL USE TRENDS, 2012-2018

- 1 Undergraduate Trends in Alcohol Use:** provides an overview of alcohol use over the past 7 years for undergraduates at Stanford.
- 2 Trends of Alcohol Use by Class Year:** provides a summary of patterns and trends of alcohol use by class year over the past 7 years.
- 3 Consequences of Alcohol Consumption:** provides the most prevalent negative consequences for Stanford students as it relates to alcohol consumption.

A NOTE ON THE DATA

This report contains data from the Core Alcohol and Drug Survey (2012 to 2014) and the Office of Alcohol Policy and Education (OAPE) Annual Survey (2015-2018) for 4,701 students, of which 4,487 identified as undergraduates (95.4%). It is important to note that all data used in the analysis is based on self-reports and can be subject to social desirability bias (e.g. under/over reporting drinking behaviors to fit social norms). The data should be viewed and interpreted with caution and discretion.

The data was collected in February/March each year. In 2018, female respondents are over-represented by about 10 percentage points, and male respondents are under-represented by 12 percentage points. Fraternity/sorority respondents are under-represented by 9 percentage points compared to the overall student population. The results likely underestimate use rates, behaviors, attitudes and negative consequences.

The survey data collected is primarily for local trend analysis and the questions asked are specific to Stanford in most respects. Comparisons to national figures and benchmarking should be made with caution.

Some of the survey data presented here breaks down results in binary gender or sex categories. We recognize this is a shortcoming and is not inclusive of all students at Stanford.

1 UNDERGRADUATE TRENDS IN ALCOHOL USE

BINGE DRINKING

Over the entire period, 2012-2018, 39.5% (N=4,701) of respondents' report having engaged in binge drinking¹ at least once in the previous two weeks. Blank responses increased in 2017 and 2018 because those who responded as non-drinkers to a previous question did not see this question. Binge drinking generally is defined as four or more drinks for women or five or more drinks for men per sitting.²

Both Core and OAPE surveys ask about binge drinking, but Core does not distinguish between men and women, and focuses on five or more drinks for all respondents.

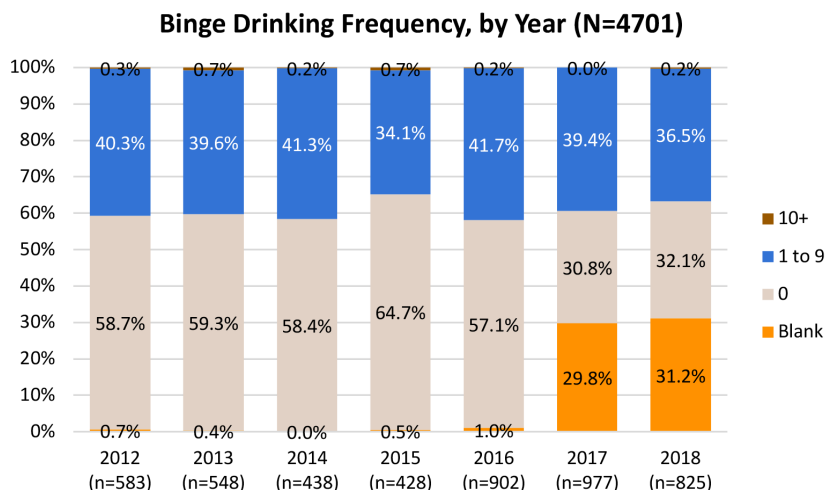


Figure 1: Frequency of Binge Drinking Over Time, based on Core and OAPE Surveys

Figure 1 shows data from Core and OAPE and represents the percentage of respondents who had: 1) not consumed more than five drinks per sitting in the past two weeks (Core) or greater than five drinks per sitting for men or greater than four drinks per sitting for women in the past two weeks (OAPE); 2) done so between 1 and 9 times; and 3) done so 10 or more times.

AVERAGE NUMBER OF DRINKS PER WEEK

In aggregate, nearly one third of students (31%) reported consuming fewer than one drink per week (i.e. half a drink or none at all). Approximately half of students (48.7%) reported between one and seven drinks per week. One tenth of students (10.3%) reported consuming between seven and 14 drinks. A small group reported more than 15 drinks (4.9%). In 2018, the "Blank" figure includes people who did not receive the question because they were filtered out of the survey logic as non-drinkers. Figure 2 shows this disaggregated by year.

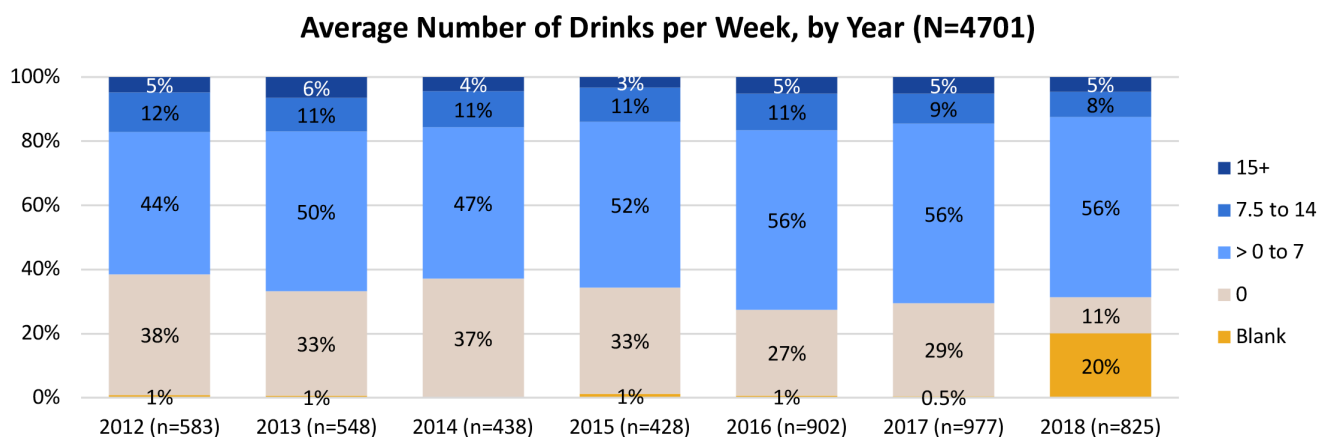


Figure 2: 2012-2018 Average Number of Drinks per Week, by Year, Based on aggregated OAPE and Core Surveys

¹ The National Institute on Alcohol Abuse and Alcoholism defines binge drinking as consuming greater than five drinks per sitting for men or greater than four drinks per sitting for women.

² Binge drinking is currently defined, nationally, on the gender binary. This is not reflective of Stanford's perspectives on gender.

FREQUENCY OF BINGE DRINKING

Figure 3 shows the frequencies of binge drinking in greater detail according to OAPE survey for 2015-2018. 38.8% (n=3132) of students reported having engaged in binge drinking at least once in the previous two weeks.

Most students who engaged in binge drinking in 2015-2018, whether 4 or more drinks for women or 5 or more drinks for men per sitting in the past two weeks, did so between one and three times.

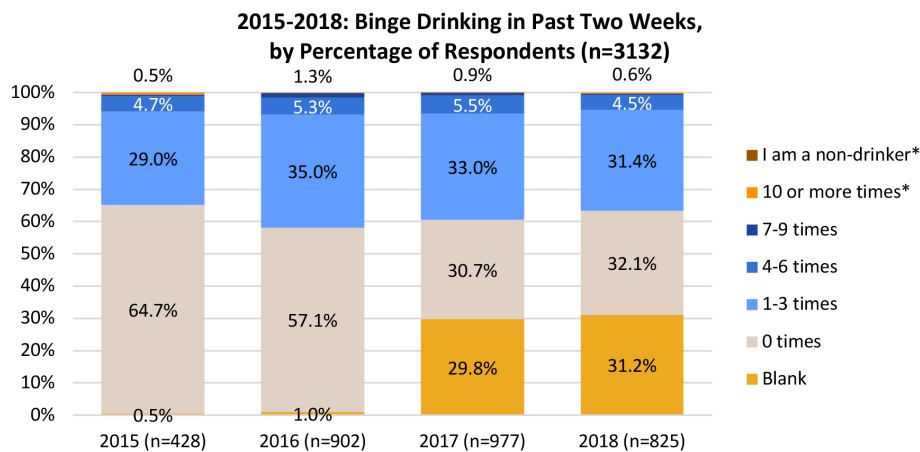


Figure 3: 2015-2018 Binge Drinking in Past Two Weeks, based on OAPE Data
 *Not labelled. "10 or more times" was among available responses and represented 0.7% or less each year. "I am a non-drinker" was among available responses and represented 0.01% in 2017, or 1 response.

The majority of respondents do not engage in binge drinking; students did not see this question and therefore had blank responses if they had expressed having zero drinks per week in a previous question.

2 TRENDS OF ALCOHOL USE BY CLASS YEAR

FREQUENCY OF BINGE DRINKING BY CLASS YEAR

Data³ reflects that students engaged in binge drinking behavior slightly more in their junior and senior years than in their frosh or sophomore years. In addition, the percentage of students who have not engaged in binge drinking in the previous two weeks hovers around 50% throughout the undergraduate period. Note that student data from 2015-2018 contains blanks if respondents indicated having zero drinks per week in a previous question and therefore did not see this question.

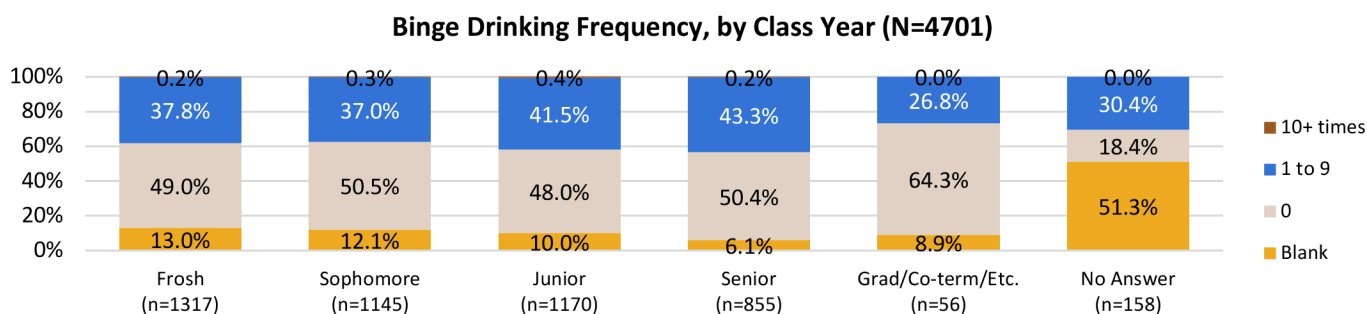


Figure 4: 2012-2018 Frequency of Binge Drinking, Based on Core and OAPE Surveys

DRINKS PER WEEK BY CLASS YEAR

Fewer students² consume zero drinks per week on average as they progress through university, and an increasing proportion consume between greater than zero (e.g. half a drink) and five drinks. Among students who consume more than five drinks per week, seniors (26.8%, n=855) do so most frequently. However, respondents who did not report their class year consumed more than 10 drinks most frequently (9.5%). Over one-third of frosh, as well as sophomores, consume zero drinks per week, and 62.5% of frosh and 68.3% of sophomores who consume alcohol, consume 5 drinks or fewer per week (excludes blanks). Though a greater proportion of junior and senior students consume more than zero drinks per week, the majority of those also consume five or fewer drinks per week. For 2016-2018, the mean number of drinks consumed per week by drinkers-only were: Frosh, 5.30; Sophomores, 4.91; Juniors, 4.94; and Seniors, 5.05.

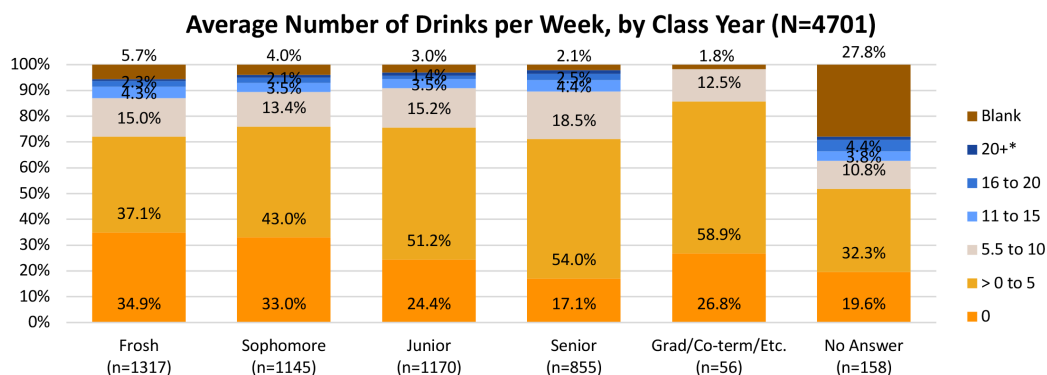


Figure 5: Average Number of Drinks per Week, by Class Year - based on Core and OAPE surveys
 *Not labeled. "20+" was among available responses and represented 1.4% or less each year.

³ Note that student data from 2017 to 2018 contains blanks if respondents indicated having zero drinks per week in a previous question and therefore did not see this question.

3 CONSEQUENCES OF ALCOHOL CONSUMPTION

FREQUENCY OF HANGOVERS

Students mostly reported no hangovers in the previous 30 days in 2015 to 2018. ⁴ Overall, 29.0% (n=3132) of respondents have reported experiencing one or more hangovers in the previous 30 days.

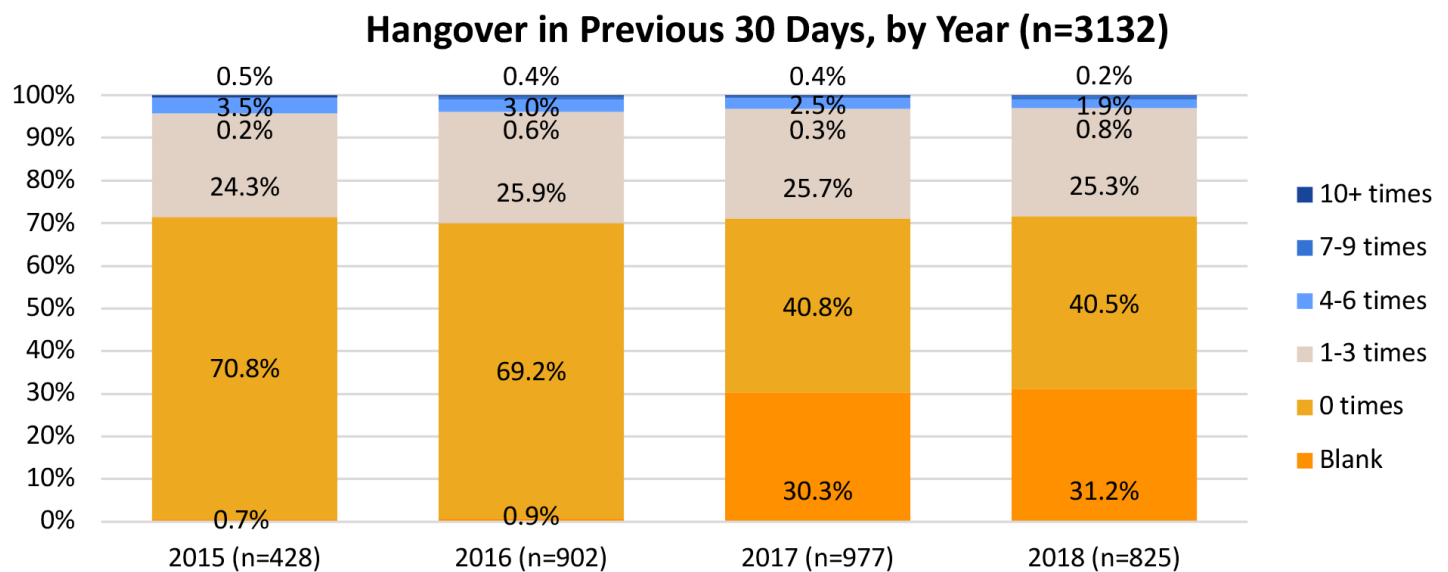


Figure 6: Frequency of Hangovers in Last 30 days, Based on OAPE Survey

FREQUENCY OF VOMITING

Similarly, for all respondents, Figure 7 shows that students reported experiencing alcohol-related vomiting less frequently than hangovers.

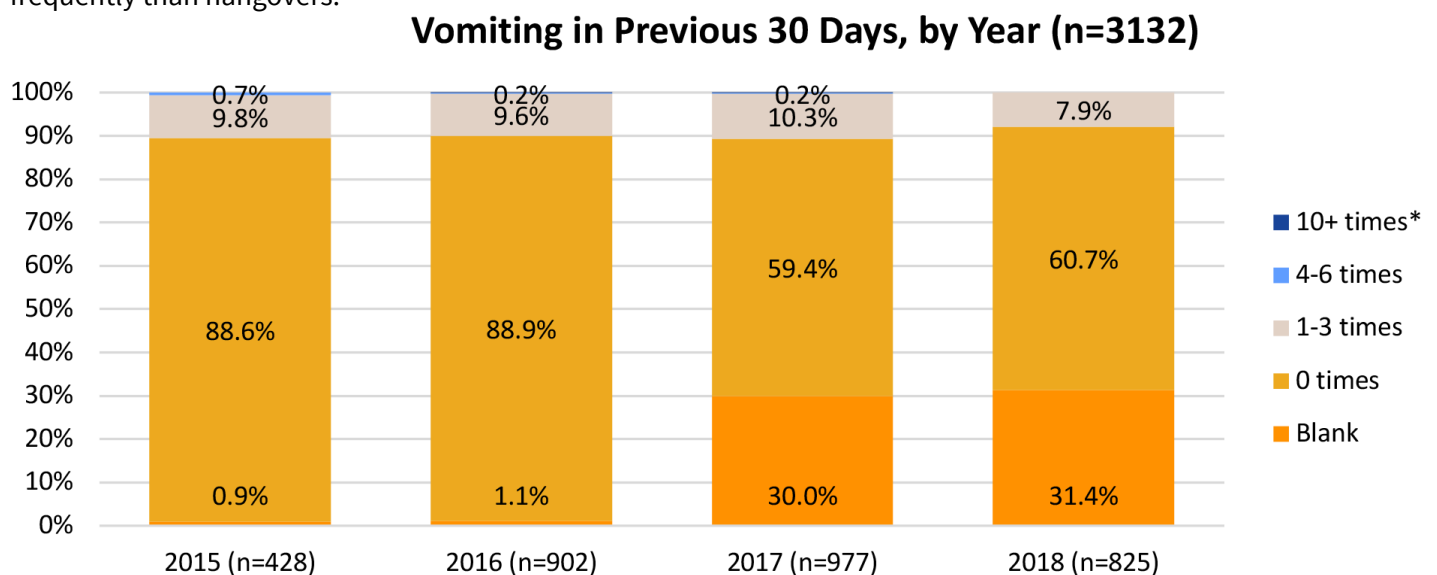


Figure 7: Frequency of Vomiting in Last 30 Days, Based on OAPE Survey

*Not labeled. "10+ times" was among available responses and represented 0.1% 2016 and 2017 only.

⁴ Note that student responses from 2017 to 2018 are blank if respondents indicated having zero drinks per week in a previous question and therefore did not see this question.

MEMORY LOSS/BLACKOUT

Figure 8 summarizes the frequency of responses to, “In the past 30 days, I forgot where I was or what I did (blackout memory loss) due to alcohol overconsumption,” and shows that students reported experiencing alcohol-related memory loss less frequently than vomiting.

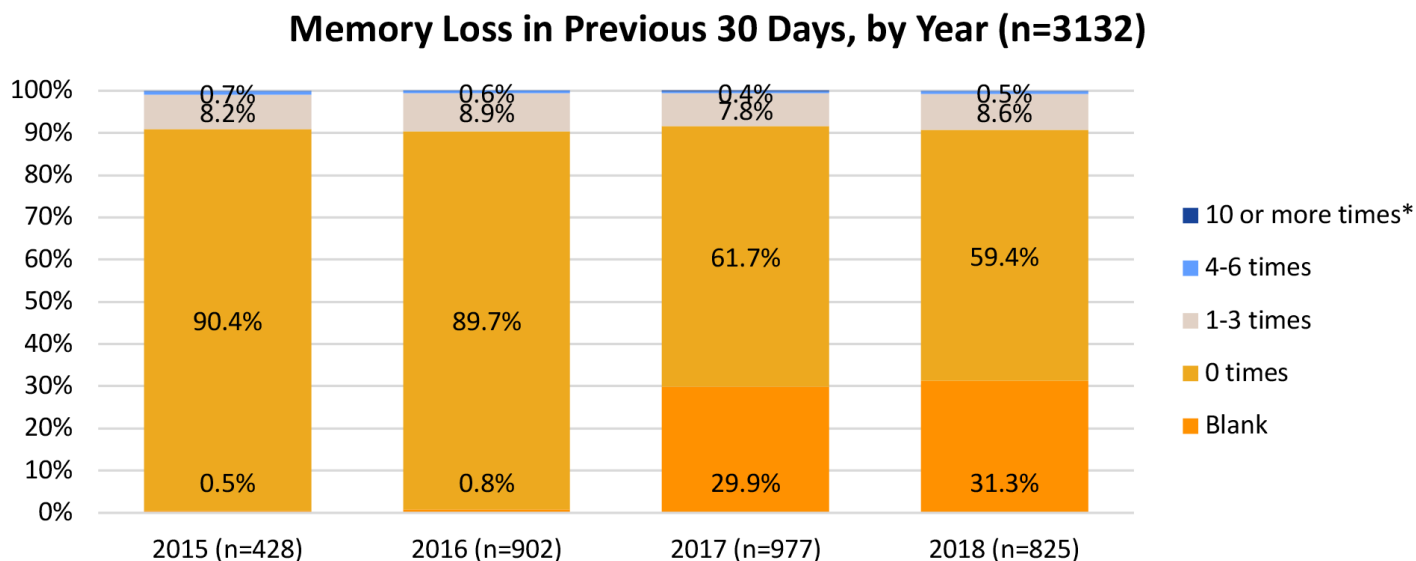


Figure 8: Frequency of Memory Loss in Last 30 Days, Based on OAPE Survey
 *Not labeled. "10+ times" was among available responses and represented 0.1% in 2017 only.