

Alcohol and Other Drug Use
University of Minnesota–Twin Cities

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University of Minnesota–Twin Cities

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BOYNTON
HEALTH SERVICE

UNIVERSITY OF MINNESOTA

Snapshot: Colleges and Universities Participating in the 2007 College Student Health Survey

Two-Year Schools	Location	Enrollment–Spring 2007*
Alexandria Technical College	Alexandria, MN	3,475
Anoka-Ramsey Community College	Cambridge, MN Coon Rapids, MN	9,724
Lake Superior College	Duluth, MN	8,876
Minnesota State Community and Technical College	Detroit Lakes, MN Fergus Falls, MN Moorhead, MN Wadena, MN	6,874
North Hennepin Community College	Brooklyn Park, MN	9,329
Northwest Technical College	Bemidji, MN	1,224
Four-Year Schools	Location	Enrollment–Spring 2007*
Bemidji State University	Bemidji, MN	6,449
Concordia College	Moorhead, MN	2,698
Minnesota State University Moorhead	Moorhead, MN	9,025
University of Minnesota–Crookston	Crookston, MN	951
University of Minnesota–Duluth	Duluth, MN	9,467
University of Minnesota–Morris	Morris, MN	1,489
University of Minnesota–Rochester	Rochester, MN	306
University of Minnesota–Twin Cities	Minneapolis, MN	43,737

*Includes full-time and part-time students.

University of Minnesota–Twin Cities Survey Demographics*

	All Students
Average Age (Years)	23.4
Age Range (Years)	18-63
18-24 Years	72.6%
25 Years or Older	27.4%
Average GPA	3.38
Class Status	
First-Year Undergraduate	15.4%
Second-Year Undergraduate	14.5%
Third-Year Undergraduate	15.7%
Fourth-Year Undergraduate	15.8%
Fifth-Year Undergraduate	7.6%
Graduate or Professional	31.0%
Gender	
Male	40.1%
Female	59.7%
Transgender/Other	0.2%
Unspecified	0.0%
Ethnic Origin	
African American/Black	2.7%
American Indian/Alaskan Native	1.2%
Asian/Pacific Islander	12.7%
Latino/Hispanic	2.2%
Middle Eastern	1.0%
Caucasian/White	81.6%
Other	2.3%
Current Residence	
Residence Hall or Fraternity/Sorority	20.0%
Other	80.0%

*Based on student response.

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Introduction

For some young adults, college life includes an introduction to or increase in the use of alcohol, marijuana, and various illicit drugs. Whether students are using these substances to signify emergence into adulthood, enhance their social life, or cope with stress, substance abuse can lead to a decline in classroom performance, lower grades, aggressive behavior, property damage, and personal injury.

National Comparison

American college students consume alcohol and other drugs at very high rates. Nearly nine in ten (86.6%) college students have consumed alcohol at least one time, and nearly seven in ten (68.0%) college students consume alcohol monthly.¹ Heavy or “binge” drinking (consuming five or more alcoholic beverages in a row in the previous two weeks) rates peak between ages 21 and 23 (49.9% at age 21, 46.6% at age 22, and 47.7% at age 23).² The rate of binge drinking is 36.1% among 18- to 20-year-olds and 45.7% among 21- to 25-year-olds.² Young adults ages 18 to 22 who are enrolled in college full time are more likely than their peers who are not enrolled in college full time to consume alcohol monthly and to binge drink.²

More than half (52.0%) of college students have used an illicit drug at least once in their lifetime, nearly two in five (37.0%) college students have used an illicit drug at least once in the past year, and more than one in five (21.2%) college students have used an illicit drug in the last month.¹ Marijuana is the illicit drug of choice for college students, with nearly half (49.1%) of students having used the drug at least once in their lifetime and one-third (33.3%) having used it in the past year.¹ Among college students, 6.7% have used amphetamines, 5.7% have used cocaine, 1.7% have used methamphetamines, and 0.3% have used heroin in the previous year.¹ There is a higher prevalence among male college students (41.0%) in the use of any illicit drug in the previous year than among female college students (34.0%).² The rate of past month illicit drug use is 22.3% for all 18- to 20-year-olds and 18.7% for all 21- to 25-year-olds.²

References:

- ¹ Johnston, L. D., O'Malley, P. M., Bachman, J. G., & Schulenberg, J. E. (2006). Monitoring the Future national survey results on drug use, 1975–2005. Vol. II: College students and adults ages 19–45. Bethesda, MD: National Institute on Drug Abuse, NIH Publication No. 06-5884.
- ² Substance Abuse and Mental Health Services Administration. (2006). Results from the 2005 National Survey on Drug Use and Health: National findings. Rockville, MD: Office of Applied Studies, NSDUH Series H-30, DHHS Publication No. SMA 06-4194.

2007 Alcohol and Other Drug Use Highlights

Among the individuals from 14 Minnesota colleges and universities who participated in the 2007 College Student Health Survey:

- **70.5%** report using alcohol within the past 30 days.
- **37.1%** report engaging in high-risk drinking within the past two weeks.
- **6.8%** report using an illicit drug within the past 12 months, with **3.3%** having used sedatives, **2.7%** having used cocaine, **1.9%** having used hallucinogens, and **1.2%** having used amphetamines.
- **11.3%** of students report using marijuana within the past 30 days.

Methodology

Students completed the 2007 College Student Health Survey, developed by Boynton Health Service at the University of Minnesota. As an incentive, all students who responded to the survey received a \$5 gift card and entry into a drawing for gift certificates valued at \$3,000 (one), \$1,000 (one), and \$500 (two) at a variety of stores.

Participants were contacted through multiple mailings and e-mails:

- Postcards were sent to randomly selected students notifying them of their eligibility to participate in the survey.
- Students at eleven schools were e-mailed a link to an online version of the survey, and students at three schools received a paper survey via U.S. Mail.
- Reminder postcards/multiple e-mails were sent to all students to encourage participation.
- All students received a minimum of two invitations to participate in the survey.

University of Minnesota–Twin Cities Methodology Highlights

- **6,000** students from the University of Minnesota–Twin Cities were randomly selected to participate in this study.
- **2,920** completed and returned the survey.
- **0** surveys were undeliverable.
- **48.7%** was the overall UMTC response rate. (Surveys determined to be undeliverable were removed from the original sample size.)



2007 College Student Health Survey Postcard

Results

The past-12-month alcohol use rate for all students attending the University of Minnesota–Twin Cities (UMTC) is **84.2%**. The rates are nearly identical across gender and age group. The past-12-month alcohol use rate for UMTC students ages 18-24 is **83.9%** compared to a rate of **85.0%** for students age 25 and older.

Definition: 12-Month Alcohol Use

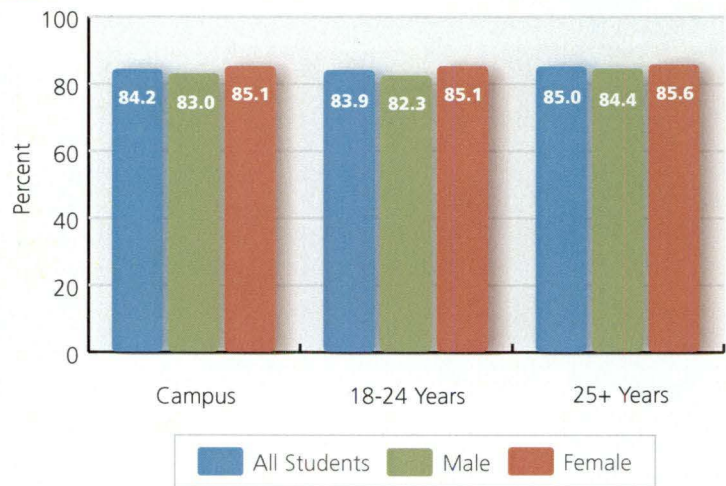
Twelve-month alcohol use is defined as consuming at least one bottle of beer, glass of wine, wine cooler, shot glass of liquor, or mixed drink within the past year.

Nearly three-fourths (**73.7%**) of University of Minnesota–Twin Cities students ages 18-24 report using alcohol within the past 30 days. The current alcohol use rate for UMTC students ages 18-24 has remained fairly constant since 1992, ranging from a low of **71.2%** in 2004 to a high of **78.9%** in 1996.

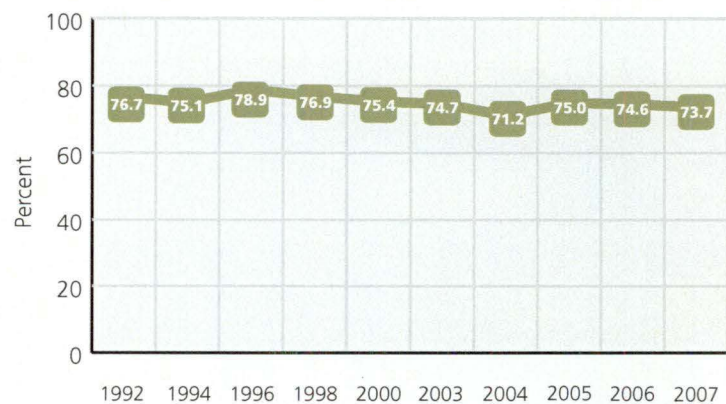
Definition: Current Alcohol Use

Current alcohol use is defined as consuming at least one bottle of beer, glass of wine, wine cooler, shot glass of liquor, or mixed drink within the past 30 days.

Alcohol Use—Past 12 Months All Students by Gender

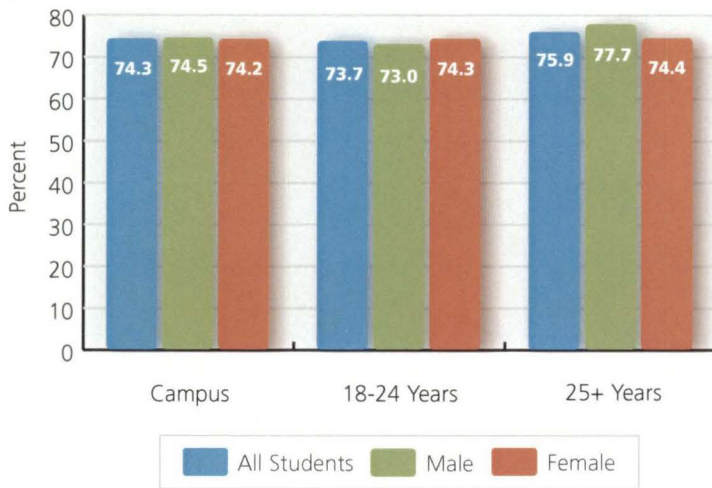


Current Alcohol Use 18- to 24-Year-Old Students: Longitudinal



Current Alcohol Use

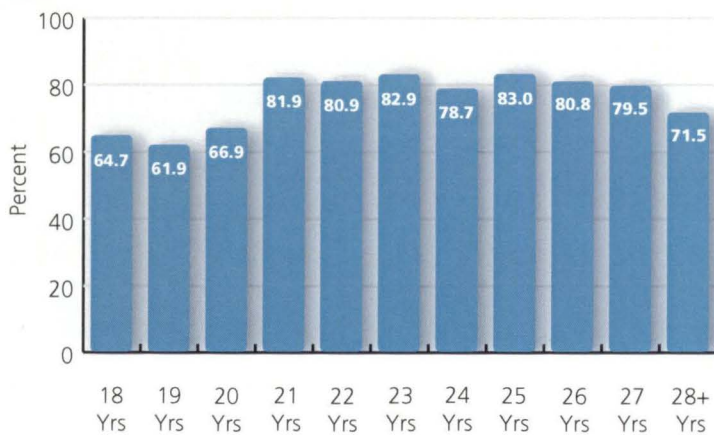
All Students by Age Group and Gender



The current alcohol use rate for all students attending the University of Minnesota–Twin Cities is **74.3%**. As with the past-12-month alcohol use rate, the percentage of UMTC students who consumed alcohol within the past 30 days is similar across both gender and age group. The current use rate for UMTC students ages 18-24 is **73.7%** compared to a rate of **75.9%** for students age 25 and older.

Current Alcohol Use

All Students by Age



University of Minnesota–Twin Cities students ages 18-20 report a range of current alcohol consumption from **61.9%** to **66.9%**. The rate of current alcohol consumption increases after age 20, with a range from **71.5%** to **83.0%**. The peak years for current alcohol consumption among UMTC students are between the ages of 21 and 27.

The average number of alcoholic drinks consumed per week by University of Minnesota–Twin Cities students ages 18-24 has remained fairly constant since 1996, ranging from a low of **4.2** drinks per week in 1996 to a high of **4.9** drinks per week in 2005. The results from the 2007 survey show that the average number of alcoholic drinks consumed per week by UMTC students is **4.5**.

Average Number of Drinks per Week

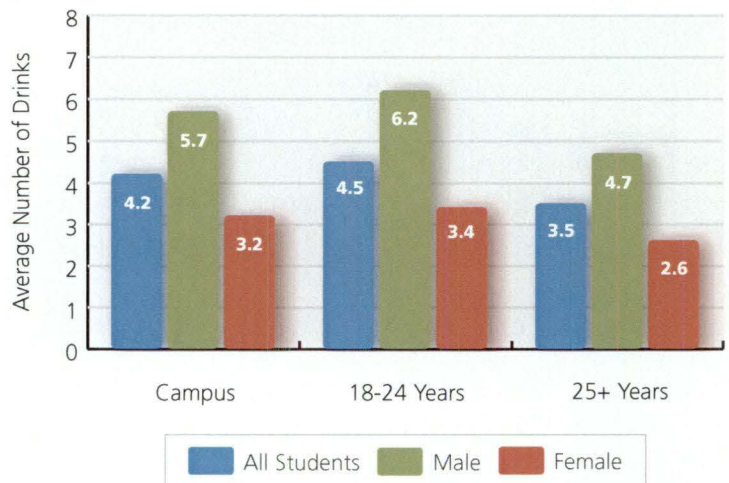
18- to 24-Year-Old Students: Longitudinal



University of Minnesota–Twin Cities students ages 18-24 report a higher average number of alcoholic drinks consumed per week compared to UMTC students age 25 and older (**4.5** drinks per week vs. **3.5** drinks per week, respectively). In both age groups, males report a higher average number of alcoholic drinks consumed per week compared to females.

Average Number of Drinks per Week

All Students by Age Group and Gender



High-Risk Drinking

18- to 24-Year-Old Students: Longitudinal



The high-risk drinking rate for University of Minnesota–Twin Cities students ages 18-24 has fluctuated from 1992 to 2007. The lowest rates were reported in 1992 and 2004 (**37.6%** and **39.6%**, respectively), and the highest rates were reported in 1994 and 2005 (**49.6%** and **45.1%**, respectively). The current high-risk drinking rate for UMTC students ages 18-24 is **41.6%**.

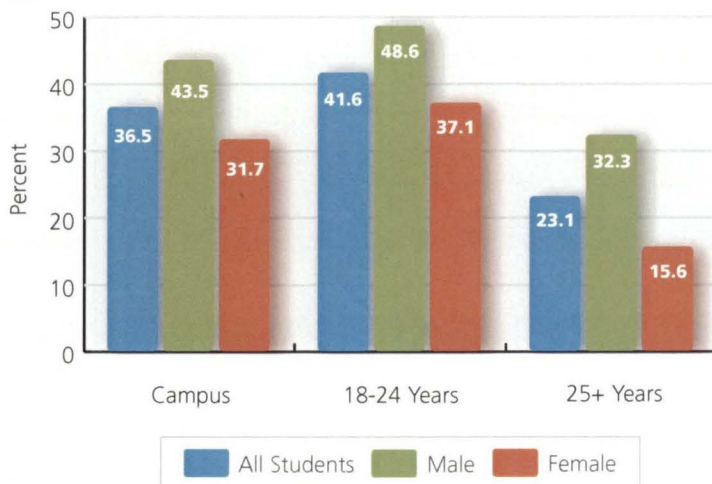
Definition:

High-Risk Drinking

High-risk drinking is defined as consumption of five or more alcohol drinks at one sitting within the past two weeks.

High-Risk Drinking

All Students by Age Group and Gender

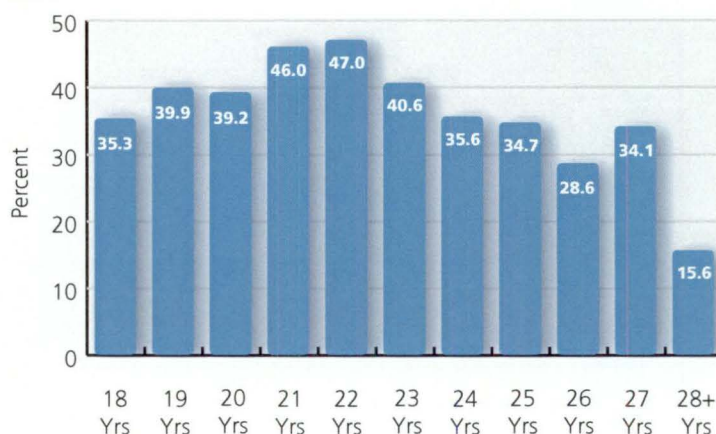


The high-risk drinking rate for all University of Minnesota–Twin Cities survey respondents is **36.5%**. University of Minnesota–Twin Cities students ages 18-24 report a higher high-risk drinking rate compared to UMTC students age 25 and older (**41.6%** vs. **23.1%**, respectively). Within each age group, males report a higher high-risk drinking rate compared to females.

The peak years for engaging in high-risk drinking among University of Minnesota–Twin Cities students are between ages 19 and 23.

High-Risk Drinking

All Students by Age



Students attending UMTC overestimate the actual high-risk drinking rate on campus. The estimate from all students is **41.8%**, and the actual high-risk drinking rate at the university is **36.5%**. Those who have engaged in high-risk drinking tend to estimate a higher level of this behavior among their peers (**49.7%**), while those who have not engaged in high-risk drinking estimate very accurately at **37.3%**.

High-Risk Drinking Rates on Campus—Perceived vs. Actual

All Students

Question asked: In the past two weeks, what percentage of students at your school do you think had five or more drinks at a sitting? (One drink = one shot of alcohol, 12-ounce can of beer, mixed drink containing 1 or 1.5 ounces of alcohol, 12-ounce wine cooler, or 5-ounce glass of wine.)

High-Risk Drinking Status	Students' Perception of High-Risk Drinking by School Peers	Actual High-Risk Drinking Rate
All Students	41.8%	36.5% of All Students
High-Risk Drinkers	49.7%	
Non-High-Risk Drinkers	37.3%	

Blood Alcohol Content

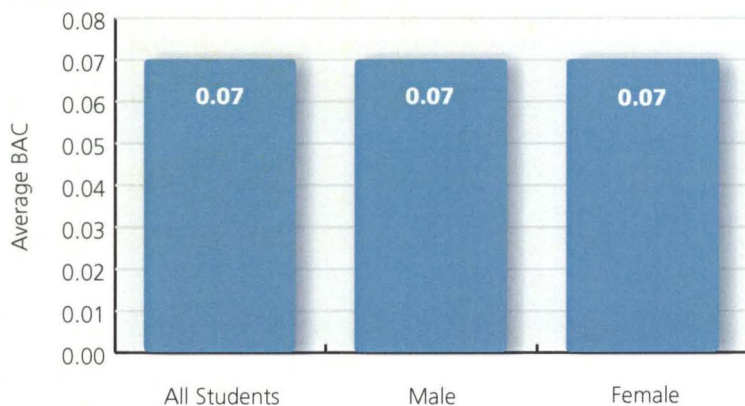
Blood alcohol content (BAC) measures the percentage of alcohol in a person's blood. The calculation of BAC is based on a simple formula that takes into account the following factors:

- Gender
- Current body weight
- Amount of alcohol consumed (number of drinks)
- Time period of consumption
- Concentration of alcohol in the beverage consumed (based on the alcohol content of one typical can of beer containing 4.5% alcohol)

The blood alcohol content of a student on the most recent socializing/partying occasion was calculated based on answers to four different survey questions (gender, current body weight, amount of alcohol consumed, and time period of consumption). It should be noted that the BAC calculated in this study is an estimate. This information is self-reported, and students tend to underestimate the actual amount of alcohol they consume.

Average Estimated Blood Alcohol Content

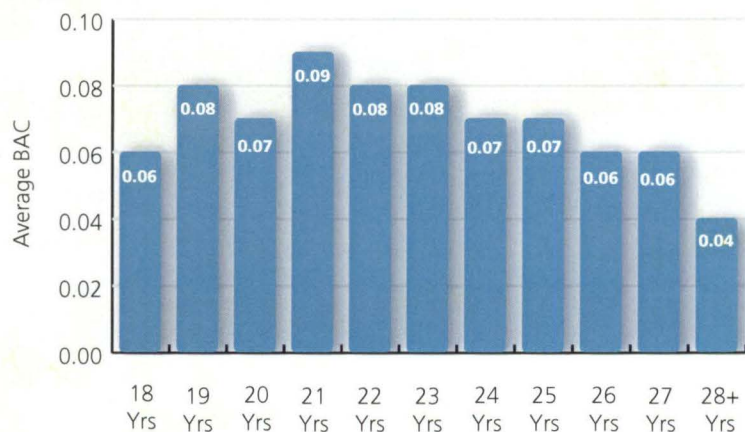
All Students by Gender



For students attending the University of Minnesota–Twin Cities, the average estimated blood alcohol content, based on the last time the students partied/socialized, is **0.07**. The average BAC for both males and females is also **0.07**.

Average Estimated Blood Alcohol Content

All Students by Age



The estimated BAC levels for University of Minnesota–Twin Cities students range from **0.04** to **0.09**, with the estimated BAC for all survey respondents averaging **0.07**. The highest estimated BAC is reported by students age 21, although students ages 19, 22, and 23 all have estimated BAC levels that meet the legal driving limit of 0.08 for individuals of legal drinking age.

In an attempt to understand the relationship between alcohol/drug use and alcohol/drug-related negative consequences, survey respondents were asked which negative consequences they have experienced as a result of drinking or drug use. The list includes 19 consequences that range from mild to severe. Respondents were instructed to indicate which consequences they experienced and the number of times they experienced each consequence within the course of the past year. The consequences were tallied and the number of occurrences ranged from 0 to 10, resulting in a maximum possible score of 190.

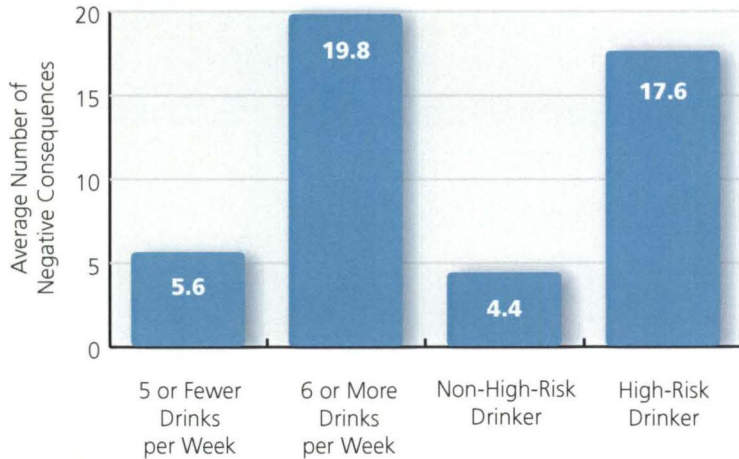
More than one in six (**17.6%**) University of Minnesota–Twin Cities students report having driven a car while under the influence of alcohol or drugs. Approximately one-fourth (**24.6%**) of students report missing a class and about one-fifth (**19.1%**) of students report performing poorly on a test or project as a result of alcohol/drug use.

Negative Consequences of Alcohol/Drug Use

Negative Consequences Due to Alcohol/Drug Use	Percent of Survey Respondents
Had a Hangover	59.1
Performed Poorly on a Test or Important Project	19.1
Been in Trouble with Police, Residence Hall, or Other College Authorities	6.4
Damaged Property, Pulled Fire Alarms, etc.	2.0
Got Into an Argument or Fight	19.9
Got Nauseated or Vomited	42.8
Driven a Car While Under the Influence	17.6
Missed a Class	24.6
Been Criticized by Someone I Know	22.0
Thought I Might Have a Drinking or Other Drug Problem	8.4
Had a Memory Loss	24.9
Done Something I Later Regretted	30.3
Been Arrested for DWI/DUI	0.7
Have Been Taken Advantage of Sexually	3.7
Have Taken Advantage of Another Sexually	0.6
Tried Unsuccessfully to Stop Using	2.7
Seriously Thought About Suicide	2.9
Seriously Tried to Commit Suicide	0.4
Been Hurt or Injured	9.1

Average Number of Negative Consequences

All Students by Average Number of Drinks and High-Risk Drinking



There appears to be a strong association between the average number of drinks UMTC students consumed per week and the total number of reported negative consequences they experienced over the past 12 months. There also appears to be an association between engaging in high-risk drinking within the past two weeks and reported negative consequences.

Likelihood of Calling 911 in an Alcohol/Drug-Related Situation

All Students

Response	Percent		
	All Students	Did Not Use Alcohol Within the Past 30 Days	Did Use Alcohol Within the Past 30 Days
Very Likely	54.2	65.2	50.4
Somewhat Likely	26.9	23.8	28.0
Somewhat Unlikely	13.4	7.5	15.5
Very Unlikely	5.5	3.5	6.1

Students were asked if they would call 911 when someone “passes out” due to alcohol/drug use and they are unable to wake the individual. In an example of a situation in which 911 must be called, only **54.2%** of all University of Minnesota–Twin Cities students report they would be “very likely” to call for emergency assistance.

The rates for the negative consequences identified generally are about two to three times higher among UMTC students who have engaged in high-risk drinking compared to UMTC students who have not engaged in high-risk drinking. Nearly one-third (**32.9%**) of students who have engaged in high-risk drinking have driven while intoxicated one or more times in the past 12 months.

The past-12-month marijuana use rate is **23.7%** for all University of Minnesota–Twin Cities students. The past-12-month use rate is higher for students ages 18-24 compared to students age 25 and older (**26.5%** vs. **15.9%**, respectively). Males within each age group have a higher rate of past-12-month marijuana use compared to females within the same age group.

Definition:
12-Month Marijuana Use

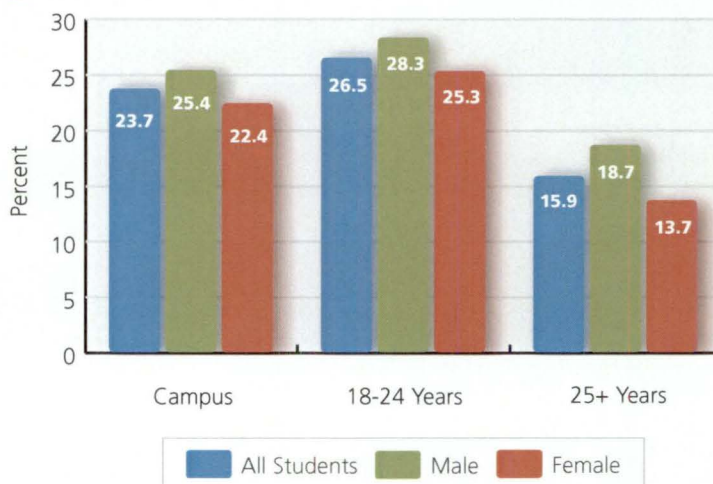
Twelve-month marijuana use is defined as any use within the past 12 months.

High-Risk Drinking and Selected Consequences*
All Students

Negative Consequences	Percent		
	All Students	Non-HRD	HRD
Driven While Intoxicated	17.6	8.8	32.9
Argument	19.9	10.9	35.7
Poor Test/Project	19.1	10.6	33.9
Missed Class	24.6	13.5	44.0
Been Taken Advantage of Sexually (Includes Males and Females)	3.7	2.2	6.2

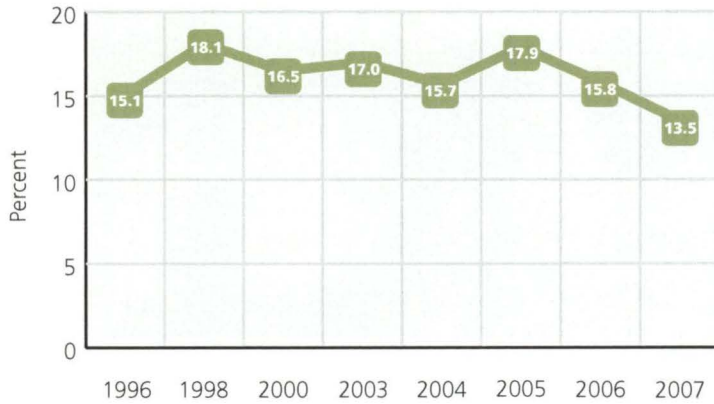
*Note: The rate for high-risk drinking is based on behavior in the past two weeks while the rate for negative consequences is based on reported experiences within the previous 12-month period.

Marijuana Use—Past 12 Months
All Students by Age Group and Gender



Current Marijuana Use

18- to 24-Year-Old Students: Longitudinal



The current marijuana use rate for UMTC students ages 18-24 has remained fairly constant since 1996. The highest current marijuana use rate was reported in 1998 (**18.1%**), and the lowest rate was reported in 2007 (**13.5%**).

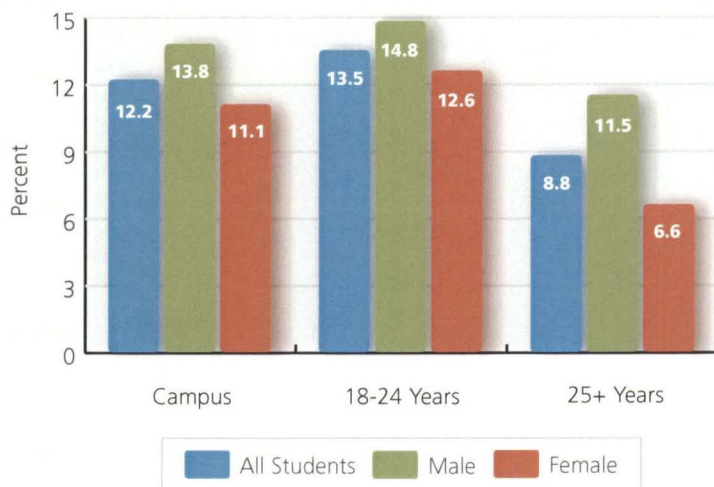
Definition:

Current Marijuana Use

Current marijuana use is defined as any use within the past 30 days.

Current Marijuana Use

All Students by Age Group and Gender

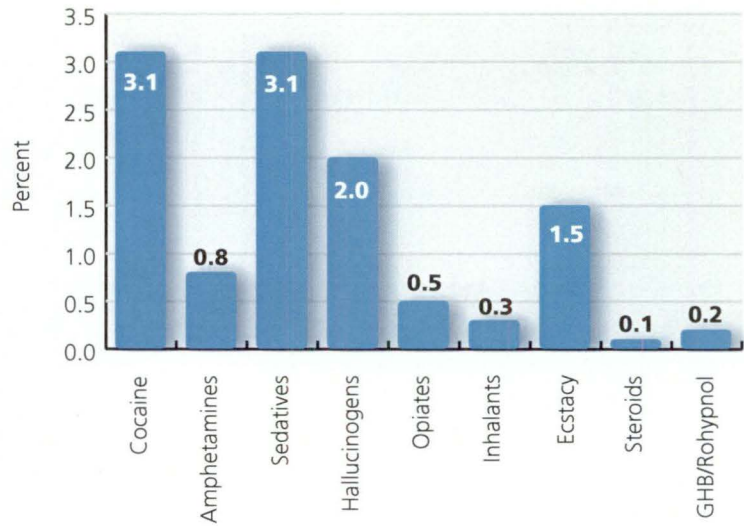


The current marijuana use rate is **12.2%** for all University of Minnesota–Twin Cities students. The rate is higher for students ages 18-24 compared to students age 25 and older (**13.5%** vs. **8.8%**, respectively). Males within each age group have a higher rate of current marijuana use compared to females within the same age group.

The three illicit drugs most commonly used by UMTC students are cocaine (3.1%), sedatives (3.1%), and hallucinogens (2.0%). Further analysis shows that among UMTC students, 7.1% report having used at least one of the nine listed illicit drugs, with drug use ranging from 0.1% for steroids to 3.1% for sedatives and cocaine.

Selected Drug Use—Past 12 Months

All Students



Impact of Health and Personal Issues on Academic Performance—Past 12 Months All Students

Health or Personal Issue	Percent	
	Report Having Issue	Report Issue Affected Academics
Alcohol Use	31.0	17.7
Allergies	31.1	6.5
Chronic Conditions	9.8	18.5
Concerns for Troubled Friend/Family Member	39.5	34.9
Drug Use	6.4	28.5
Eating Disorder/Problems	5.3	21.4
Excessive Computer/Internet Use	32.2	41.9
Financial Difficulties	37.0	30.5
Learning Disability/ADD	4.7	65.0
Mental Health Issues	22.7	55.1
Mononucleosis	3.5	48.5
Moved/Changed Residence	24.2	16.9
Pregnancy	3.3	40.6
Relationship Issues	34.3	39.0
Serious Injury	3.8	40.9
Sexual Assault	1.2	44.1
Sexually Transmitted Infection	2.7	14.1
Sleep Difficulties	38.8	44.0
Stress	70.5	42.1
Upper Respiratory Infection	36.7	28.7
Urinary Tract Infection	7.5	12.4

Students were asked to report whether they have experienced any of the health or personal issues presented in the table to the left, and if so, whether the issue(s) affected their academic performance. The issues highlighted in red are particularly salient to this report on alcohol and other drug use. The other issues are more relevant to Reports 1-3 and 5-7 in this series.

It should be noted that although students report some issues less frequently, these issues may have a greater impact on academic performance. For example, although only **6.4%** of UMTC students report having a drug use issue, of this small percentage of students, **28.5%** report it affected their academic performance. In contrast, a larger number of students (**31.0%**) report alcohol use as an issue, but fewer of these students (**17.7%**) say their alcohol use affected their academic performance.

Further analysis shows that non-marijuana users at the University of Minnesota—Twin Cities have a slightly higher grade point average compared to UMTC students who have used marijuana within the past 30 days (**3.40** vs. **3.29**, respectively).

Participating Two-Year Schools

Alexandria Technical College
Tam Bukowski

Anoka-Ramsey Community College
Andrea Roberge

Lake Superior College
Beth Adams

Minnesota State Community and
Technical College
Shawn Anderson

North Hennepin Community College
Kristi Moebeck

Northwest Technical College
Kari Kantak

Participating Four-Year Schools

Bemidji State University
Jay Passa

Concordia College
Paul Wraalstad

Minnesota State University Moorhead
Susanne Williams

University of Minnesota–Crookston
Stacey Grunewald

University of Minnesota–Duluth
Lauretta Perry

University of Minnesota–Morris
Sandra Olson-Loy

University of Minnesota–Rochester
Kendra Weber

University of Minnesota–Twin Cities
David Golden

Principal Investigator

Katherine Lust, Ph.D., M.P.H.
Boynton Health Service
(612) 624-6214 • klust@bhs.umn.edu

Co-Investigators

Edward P. Ehlinger, M.D., M.S.P.H.
Boynton Health Service
(612) 625-1612 • eehlinger@bhs.umn.edu

David Golden
Boynton Health Service
(612) 626-6738 • dgolden@bhs.umn.edu

Research Assistant

Julia Sanem, M.P.H.
Boynton Health Service
(612) 626-3856 • jsanem@bhs.umn.edu

Publication Coordinator

Britt Bakke
Boynton Health Service
(612) 624-2965 • bbakke@bhs.umn.edu

Publication Designer

Amy Bartkus
Boynton Health Service
(612) 624-0911 • abartkus@bhs.umn.edu

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Boynton Health Service
410 Church Street S.E., Minneapolis, MN 55455
Phone: (612) 625-6410 • Fax: (612) 625-2925
<http://www.bhs.umn.edu>

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