

AlcoholEdu

About AlcoholEdu

- AlcoholEdu is an online course that educates students about the impacts of alcohol and provides them with the information to make healthy decisions. The course is required for all incoming first-year undergraduate degree-seeking students, including transfer students.
- In addition to the educational modules, students participate in a pre/post assessment pre-arrival that measures their knowledge, attitudes, beliefs and behaviors around alcohol and other drug. Approximately forty-five days after taking the course students receive a follow up survey post-arrival to campus to measure knowledge, attitudes, beliefs and behaviors around alcohol and other drugs once they are in the campus environment.
- 9,879 students completed the pre-arrival survey
- 7,085 students completed the post-arrival survey
- Numbers provided in this report at each time frame may be lower than the amount of students who completed a survey, as students are able to opt out of questions.

Categorization of How First Year Students Are Drinking

- Students are categorized into one of five drinker categories based on information they provide about their drinking behaviors. Definitions of these drinker categories are provided below the table in this section.
- The percent of students reporting never drinking alcohol in the past year decreased slightly amongst students from pre-arrival to post-arrival, as they transitioned into the campus environment.
- A higher percent of students were categorized as moderate, heavy episodic, and problematic drinkers post-arrival when compared to pre-arrival.
- Problematic drinking rates doubled amongst first year students once on campus (2% to 4%).
- Compared to last year, more students post-arrival are engaging in low-risk drinking.
- Compared to last year, high-risk drinking has decreased amongst first year students
 - Heavy episodic drinking and problematic drinking was lower pre/post-arrival to campus amongst this year's incoming students.
 - Problematic drinking still doubled amongst first year students both years.

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Drinker Categories, Pre- and Post-Arrival, 2021 and 2022

Numbers may not add up to 100% based on rounding

Drinker Risk Categories	Drinker Subcategories	2021		2022	
		Pre-Arrival to Campus n=9683	Post-Arrival to Campus n=6969	Pre-Arrival to Campus n=8886	Post-Arrival to Campus n=6132
Non- and moderate drinker rate		83%	74%	84%	78%
	No alcohol in the past year	40%	36%	41%	38%
	No alcohol in the past 2 weeks	28%	21%	28%	22%
	Moderate drinkers	14%	17%	15%	17%
High-risk drinker rate		18%	27%	16%	22%
	Heavy episodic drinkers	15%	21%	13%	18%
	Problematic drinkers	3%	6%	2%	4%

Moderate Drinkers: a student who on the day of highest alcohol use in the past two weeks, had 1-4 drinks (male) or 1-3 drinks (female).

Heavy Episodic Drinker: on the day of highest alcohol use in the past two weeks, the student had 5-9 drinks (male) or 4-7 drinks (female).

Problematic Drinker: on highest day of use in the past two weeks, the student had 10+ drinks (male) or 8+ drinks (female).

Low Risk Drinking Rate: male students who report drinking 4 or less drinks, female students who report drinking 3 or less.

High-Risk Drinking Rate: students who report on their highest day of alcohol use in two weeks consuming 4 or more drinks (female) and 5 or more drinks (male).

Drinking Patterns Amongst Students Post-Arrival, Key Takeaways

- A high percentage of post-arrival drinkers engage in chugging alcohol (68%), doing shots (84%), and pregaming (84%).
 - Pregaming increased from 83% of drinkers in 2021 to 84% of drinkers in 2022.
 - Chugging alcohol decreased from 68% to 69% 2021 to 2022.
 - Doing shots decreased from 86% to 84% in
- The vast majority of drinkers (79%) see no need to change the way they drink. This is similar to 2021 (78%).
- The top way drinkers obtain alcohol continues to be from a party or social event at a private residence (19%)
- The number of students reporting that their top way of obtaining alcohol is using a fake ID is down the lowest it has been in three years at 8%.
- The top three locations that drinkers reported being most likely to drink at were a bar or nightclub (23%), in an off campus residence (19%), and in an on campus residence (15%). Drinking in an on campus residence increased from 13% in 2021 to 15% in 2022.

Drinking Behaviors Post-Arrival (Amongst Drinkers Only): When you drink, to what degree do you do the following:

Students who endorsed*	2021	2022
Chugging Alcohol	69%	68%
Doing Shots	86%	84%
Pregaming	83%	84%

*Scale Never (1) to Always (5), students were included who answered 2,3,4,&5

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Drinker Stages of Change Post-Arrival (Amongst All Students)

	2021	2022
I see no need to change the way I drink	78%	79%
I am currently trying to drink alcohol in a healthier and safer way	11%	11%
I am thinking about drinking alcohol in a healthier and safer way	7%	6%
I am ready to try drinking alcohol in a healthier and safer way	3%	4%

Procuring Alcohol Post-Arrival (Amongst all students): When you choose to drink, how do you usually obtain alcohol?

(Rows organized in descending order based on 2022 percentages.)

	2020	2021	2022
I do not drink	34%	41%	42%
Party or social event at private residence	19%	22%	19%
Friend over the age of 21	18%	11%	10%
Parent or guardian purchases or is present	10%	9%	9%
Fake ID or use someone else' ID	11%	11%	8%
I am of legal age and purchase my own	5%	4%	5%
Other family member	3%	2%	2%

Location of Drinking Post-Arrival (Amongst Drinkers Only): In the past two weeks, when you have consumed alcohol, where did you spend the most of your time drinking?

(Rows organized in descending order based on 2022 percentages.)

	2021	2022
A bar or nightclub	25%	23%
In an off-campus residence (residence hall/ campus apartment)	21%	19%
In an on campus residence (residence hall/campus apartment)	13%	15%
At home	11%	12%
Fraternity/sorority house	15%	11%
At an athletic event (tailgate, etc.)	5%	8%
None of these	5%	6%
Outdoor Setting	4%	3%
A restaurant	2%	2%
In a car	0%	0%

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Cannabis & E-Cigarette Use

- 9% of first year students used cannabis within the past two weeks without a prescription post-arrival.
- 6% of first year students have used e-cigarettes in the past two weeks.
- 24% of students indicated using a cannabis product at least once, which is higher than the 9% of students who indicated using cannabis without a prescription within the past two weeks.
- Cannabis products that first year students reported using the most are
 - 1) Smoking plant material (17% of all students)
 - 2) Edible THC products (gummies, candy, baked goods, beverages with THC), 14%
 - 3) Vaping THC oil, 12%
- First year students are skeptical of cannabis usage and nonprescription drug use amongst their peers
 - Only 18% of first year students agree with the statement "Most students at my college have never used cannabis."
 - 37% of students agreed with the statement that "Most students at my college have never used prescription drugs without a prescription."

Cannabis and Tobacco Use In The Past Two Weeks Post-Arrival: In the past two weeks, have you used any of the following without a doctors' order or prescription

(Rows organized in descending order based on 2022 percentages.)

	2021	2022
Cannabis products not prescribed to me: (THC, Weed, Grass, Marijuana)	9%	9%
E-cigarettes (electronic cigarettes/vaporizers)	8%	6%
Cigarettes	3%	3%

Cannabis Product Usage Post-Arrival: If you have used cannabis, which form did you use? (Check all that apply. This question was asked of all students regardless of their answer to cannabis use in the past 2 weeks.)

(Rows organized in descending order based on 2022 percentages.)

	2021	2022
I did not use any cannabis products	76%	76%
Smoking plant material	19%	17%
Edible THC Products (gummies, candy, baking goods, beverages with THC)	15%	14%
Vaping THC Oil	12%	12%
Smoking concentrated THC (glass or shatter)	4%	4%
Other	0%	0%

Social Norms Around Drugs: To what extent do you agree with the following statements:

	Most students at my college have never used cannabis		Most students at my college have never used prescription drugs without a prescription	
	2021	2022	2021	2022
Total Agreement*	18%	18%	37%	37%
Neutral	30%	25%	41%	43%
Total Disagreement*	52%	47%	22%	20%

*Total agreement includes students who answered strongly agree and agree.

*Total disagreement includes students who answered strongly disagree and disagree.

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Opioid Knowledge and Skills

- Two out of every three first year students reported feeling confident that they know the signs of an opioid overdose.
- One out of every three first year students report knowing how to administer naloxone nasal spray in case of an opioid overdose.

Opioid Signs and Narcan Administration Post-Arrival: To what extent do you agree with the following statements:

	I feel confident I know the signs of an opioid overdose	I know how to administer naloxone (Narcan) nasal spray in case of an opioid overdose
Total Agreement*	62%	33%
Neutral	21%	22%
Total Disagreement*	17%	45%

*Total agreement includes students who answered strongly agree and agree.

*Total disagreement includes students who answered strongly disagree and disagree.