Alcohol and Other Drug Trends at the University of Idaho

September 2014
Alcohol and Other Drugs Program
Counseling & Testing Center
UI Alcohol and Other Drugs Program Vision and Mission Statements:

• **Vision:** Faculty, staff, students, and community members will work collaboratively to develop a comprehensive, evidence-based approach to reduce the harm associated with alcohol and other drug use by implementing prevention and intervention strategies on an individual, community, and environmental level.

• **Mission:** The University of Idaho Alcohol and Other Drugs Program is to encourage and support responsible choices concerning the use of alcohol and other drugs while promoting a safe and healthy University community.
Student Alcohol Use

- never used
- past 30 days

Data points for never used:
- 2005: 72
- 2007: 67.9
- 2009: 70.9
- 2011: 68
- 2013: 65.5

Data points for past 30 days:
- 2005: 17.1
- 2007: 19.6
- 2009: 20.3
- 2011: 20.1
- 2013: 22.5
Never used Alcohol/Past 30 day Alcohol Use University of Idaho vs National.
Reported numbers of drinks consumed last time UI students “partied”.

had 0 drinks last time "partied"
had 1-4 drinks 
had 5 or 6 drinks 
had 7 or more drinks 

Reported numbers of drinks consumed last time a student “partied”.

- 0-4 drinks
- 5-6 drinks
- 7+ drinks
For student who reported drinking, numbers of drinks they consumed last time they “partied”.

- 1-4 drinks
- 5-6 drinks
- 7+ drinks
Reported and Perceived #'s of drinks consumed.

- Reported number of drinks consumed: male = 4.3
- Perceived number of drinks consumed: male = 5.7
- Reported number of drinks consumed: female = 3
- Perceived number of drinks consumed: female = 5.5
- Reported number of drinks consumed: total = 3.6
- Perceived number of drinks consumed: total = 5.6
Binge Drinking Last Two Weeks (5 or more drinks).

- None UIdaho
- 1-2 Times UIdaho
- None National
- 1-2 Times National

Line chart showing the percentage of binge drinking over time from 2005 to 2013 for UIdaho and National data.
Cigarette and Smokeless Tobacco Use (Past 30 days).

- **Past 30 day cigarette use UIdaho**
- **Past 30 day smokeless Tob UIdaho**
- **Past 30 day cigarette use National**
- **Past 30 day smokeless Tob National**
Binge Drinking Last Two Weeks (5 or more drinks).

- 3-5 Times UIdaho
- More than 5 times UIdaho
- 3-5 Times National
- More than 5 times National
Student Marijuana Use.

- Ever used marijuana Uidaho
- Past 30 days marijuana use Uidaho
- Ever used marijuana National
- Past 30 days marijuana use National
Reported marijuana use vs perceived use.

- Reported past 30 days marijuana use: 14.9%
- % who indicated "the typical student" has used during past 30 days: 83.0%
Using Prescription Drugs that were not prescribed to them (within the last 12 months).

<table>
<thead>
<tr>
<th>PRESCRIPTION DRUG</th>
<th>MALE</th>
<th>FEMALE</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pain killers</td>
<td>7%</td>
<td>7%</td>
<td>7%</td>
</tr>
<tr>
<td>Stimulants</td>
<td>7%</td>
<td>4%</td>
<td>5%</td>
</tr>
<tr>
<td>Antidepressants</td>
<td>3%</td>
<td>3%</td>
<td>3%</td>
</tr>
<tr>
<td>Sedatives</td>
<td>2%</td>
<td>2%</td>
<td>2%</td>
</tr>
<tr>
<td>Erectile dysfunction drugs</td>
<td>.5%</td>
<td>.6%</td>
<td>.6%</td>
</tr>
<tr>
<td><strong>Used 1 or more of the above</strong></td>
<td><strong>14%</strong></td>
<td><strong>13%</strong></td>
<td><strong>13%</strong></td>
</tr>
</tbody>
</table>
Past 30 days used other amphetamines: 1.8%
Past 30 days used sedatives: 1.3%
Past 30 days used cocaine: 1%
Past 30 days used MDMA: 1%
Past 30 days used hallucinogens: 0.6%
Past 30 days used meth
Past 30 days used steroids
Past 30 days used opiates
Past 30 days used inhalants

2009 2011 2013
Use a designated driver
Stay with the same group of friends the entire time drinking
Eat before and/or during drinking
Keep track of how many drinks being consumed
Stick with only one kind of alcohol when drinking
Determine in advance not to exceed a set number of drinks
Avoid drinking games
Have a friend let you know when you have had enough
Pace drinks to one or fewer an hour
Alternate non-alcoholic with alcoholic beverages
Consequences occurring as a result of their own drinking (last 12 months).

<table>
<thead>
<tr>
<th>Event</th>
<th>Percentage</th>
</tr>
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<tbody>
<tr>
<td>Did something you later regretted</td>
<td>37%</td>
</tr>
<tr>
<td>Forgot where you were or what you did</td>
<td>33%</td>
</tr>
<tr>
<td>Had unprotected sex</td>
<td>19%</td>
</tr>
<tr>
<td>Physically injured yourself</td>
<td>17%</td>
</tr>
<tr>
<td>Got in trouble with the police</td>
<td>3%</td>
</tr>
<tr>
<td>Seriously considered suicide</td>
<td>2%</td>
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<tr>
<td>Had sex with someone without giving your consent</td>
<td>2%</td>
</tr>
<tr>
<td>Physically injured another person</td>
<td>1%</td>
</tr>
<tr>
<td>Had sex with someone without getting their consent</td>
<td>.4%</td>
</tr>
<tr>
<td>Reported one or more of the above</td>
<td>54%</td>
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</tbody>
</table>