AlcoholEdu® for College
2010/2011 Executive Summary

University of Michigan

January 2011
I. A Profile of University of Michigan Students’ Drinking Behaviors

- What are the drinking behaviors of students before they arrive on campus?
- How often, where, when and why do your first-year students drink?
- How do your students compare to students nationally?
- What is the impact of high-risk drinking on your students?

II. Mitigating Risk and Impacting Culture

- What did your students gain from taking AlcoholEdu?
- How can your campus engage students to change the drinking culture?

III. Implications for Your Institution’s Prevention Strategy

- How can these data inform your prevention efforts moving forward?
This Executive Summary contains data from your institution’s 2010 implementation of AlcoholEdu for College. Findings are based on self-report data obtained from 5,018 first-year Michigan students who completed all three AlcoholEdu for College Surveys.

**Note:** An additional 1052 students completed Part 1 of the course, but did not complete all three surveys so were not included in the final data set.

- When measured prior to their arrival on campus, your students’ drinking rates are similar to the national average.

- When measured midway through the fall semester 34% of Michigan students reported drinking in a high risk way.

- Michigan students are most commonly drinking in a fraternity/sorority house (41%) or in an off-campus residence (27%).

- The most common drinking-related risk behaviors that your students engage in are doing shots (51%) and pre-gaming (48%).

- Drinking rates are similar for men and women. Women are drinking in a high-risk way as frequently as men.

- After completing AlcoholEdu, students reported increases in positive behavioral intentions. Among high-risk drinkers who did not see a need to change their drinking behavior before the course, 44% indicated a readiness to change their drinking after completing the course.
In looking at the drinking rates of students prior to their arrival on campus (Survey 1), your institution is similar to the national average for high-risk drinkers. Understanding your students' pre-college drinking behaviors can help your campus establish appropriate messaging that sets clear behavioral expectations early in the semester.

- **Non-drinkers:** 0 drinks in the past two weeks
- **Light/Moderate drinkers:** 1-3 drinks for women; 1-4 drinks for men on at least one occasion in the past two weeks
- **High-risk drinkers:** 4 or more drinks for women; 5 or more drinks for men on at least one occasion in the past two weeks (includes Problematic drinkers - 8-plus drinks for women; 10+ drinks for men on at least one occasion in the past two weeks)

![Graph showing the percentage of students in different drinking categories for the University of Michigan and the national average.](image-url)
Findings from AlcoholEdu for College Survey data supports previous studies (1) that demonstrate a relationship between the age of first drink and the likelihood of developing alcohol problems as adults. Your institution's data also support these findings.

While 35% of Michigan students have never had a drink, 7% were age 14 or younger when they first started drinking (17% of these students are currently high-risk drinkers).

(1) Grant Dawson, Journal of Substance Abuse (1997); Norberg et al., Alcoholism: Clinical and Experimental Research (2009)
Understanding The "College Effect"

Student drinking rates nationally follow a typical pattern: alcohol use generally rises the summer before a student enters college, and then increases substantially after arriving on campus. This phenomenon, known as the “College Effect,” is represented by the conceptual graphic below.

*Drinking rate is the proportion of students who have had more than a taste or sip of alcohol in the two weeks prior to the survey.*

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**Mitigating the College Effect**

Through evidence-based education and prevention efforts, including AlcoholEdu, institutions can mitigate the impact of the College Effect, effectively flattening the curve that represents growth in high-risk drinking.
The data below show your first-year student drinking rates measured midway through the fall semester (Survey 3) as compared to the national aggregate for all students taking AlcoholEdu during the same time period.

Note: As drinking rates vary from campus to campus, it may be helpful to also compare your rates to those of a peer group (by region, athletic conference, Carnegie classification, etc.). If you are interested in a peer benchmark report, please contact your Partner Services Director.
Examining Gender Differences

The percentage of students in each drinking category is similar for men and women.

Additionally, women report drinking in a high-risk way* as frequently as men.

**Frequency of high risk drinking in the last two weeks (Drinkers only)**

<table>
<thead>
<tr>
<th></th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td>44%</td>
<td>46%</td>
</tr>
<tr>
<td>Once</td>
<td>26%</td>
<td>27%</td>
</tr>
<tr>
<td>Twice</td>
<td>16%</td>
<td>15%</td>
</tr>
<tr>
<td>Three or more times</td>
<td>14%</td>
<td>12%</td>
</tr>
</tbody>
</table>

*In response to the question: During the past two weeks, how many times have you had five or more drinks (for men)/four or more drinks (for women) in a row within a 2 hour period?

Data represents student responses collected in Survey 3, 30-45 days after completing AlcoholEdu for College.
Observing Drinking Rates Across Years

Drinking rates, measured midway through fall semester, have remained steady since last year. It is important to consider the multiple factors that influence drinking rates and how these factors may vary from year to year on your campus.

Data represents student responses collected in Survey 3, 30-45 days after completing AlcoholEdu for College.

Typical factors impacting college students’ drinking rates from year to year:

- Alcohol policy changes
- Changes in enforcement of alcohol policy
- Shifts in composition of first year class
- Consistency in the timing of data collection

Data shows:

- 34% High risk drinkers
- 19% Light/Moderate drinkers
- 47% Non-drinkers

2009

- 34% High risk drinkers
- 19% Light/Moderate drinkers
- 47% Non-drinkers

2010

- 34% High risk drinkers
- 18% Light/Moderate drinkers
- 48% Non-drinkers
Identifying Peak Drinking Days

Understanding drinking behaviors across time may be useful for identifying weekly patterns or targeting highest-risk days/events for prevention and enforcement efforts.

Note: This is a snapshot of a 3-week period of time during the fall semester. As drinking rates are impacted by academic calendars, campus-wide events, holidays, etc., these rates may not be reflective of drinking patterns across the entire semester.
Where Students Drink

Michigan students are most commonly drinking in a fraternity/sorority house or in an off-campus residence. Every effort should be made to target these particular locations with increased prevention and enforcement initiatives.

<table>
<thead>
<tr>
<th>Location</th>
<th>Michigan</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fraternity/sorority house</td>
<td>41%</td>
<td>15%</td>
</tr>
<tr>
<td>Off-campus residence</td>
<td>27%</td>
<td>41%</td>
</tr>
<tr>
<td>On-campus residence</td>
<td>17%</td>
<td>21%</td>
</tr>
<tr>
<td>Athletic Event</td>
<td>8%</td>
<td>3%</td>
</tr>
<tr>
<td>All other location(s)</td>
<td>8%</td>
<td>19%</td>
</tr>
</tbody>
</table>

Data represents student responses collected in Survey 3, 30-45 days after completing AlcoholEdu for College.
**Why Students Drink**

In Survey 3, Michigan students indicated their top 5 most important reasons for choosing to drink on a particular occasion.

How important to you is each of the following reasons for drinking alcoholic beverages:

<table>
<thead>
<tr>
<th>Reason</th>
<th>Percentage Important/ Very Important</th>
</tr>
</thead>
<tbody>
<tr>
<td>To have a good time with my friends</td>
<td>67%</td>
</tr>
<tr>
<td>To celebrate</td>
<td>64%</td>
</tr>
<tr>
<td>Be outgoing in social situations</td>
<td>46%</td>
</tr>
<tr>
<td>Feel happy</td>
<td>39%</td>
</tr>
<tr>
<td>To get drunk</td>
<td>36%</td>
</tr>
</tbody>
</table>

Additionally, there were noteworthy differences between male and female responses for the particular reasons indicated below.

<table>
<thead>
<tr>
<th>Reason</th>
<th>Percentage Important/Very Important</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>All</td>
</tr>
<tr>
<td>To be outgoing in social situations</td>
<td>46%</td>
</tr>
<tr>
<td>To feel more confident or sure of myself</td>
<td>33%</td>
</tr>
</tbody>
</table>
Why Students Do Not Drink

In Survey 3, Michigan students indicated their top 5 most important reasons for choosing not to drink on a particular occasion.

<table>
<thead>
<tr>
<th>Reason</th>
<th>Percentage Important/ Very Important</th>
</tr>
</thead>
<tbody>
<tr>
<td>I'm going to drive</td>
<td>70%</td>
</tr>
<tr>
<td>I have other things to do</td>
<td>64%</td>
</tr>
<tr>
<td>I don't have to drink to have a good time</td>
<td>62%</td>
</tr>
<tr>
<td>I don't want to lose control</td>
<td>53%</td>
</tr>
<tr>
<td>I don't want to spend the money</td>
<td>50%</td>
</tr>
</tbody>
</table>

In addition, there were noteworthy differences between Survey 1 and Survey 3 responses for the particular reasons indicated below.

<table>
<thead>
<tr>
<th>Reason</th>
<th>Survey 1</th>
<th>Survey 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am worried about being caught by authorities</td>
<td>59%</td>
<td>47%</td>
</tr>
<tr>
<td>I'm not old enough to drink legally</td>
<td>46%</td>
<td>37%</td>
</tr>
</tbody>
</table>
Effective prevention includes actively engaging students to reinforce positive behavioral intentions of drinkers and non-drinkers alike. The data below can inform decisions around investments in planning and prioritizing alcohol-free activities.

### This year, your students are most interested in the following activities:

<table>
<thead>
<tr>
<th>Rank</th>
<th>Activity</th>
<th>Interest</th>
</tr>
</thead>
<tbody>
<tr>
<td>#1</td>
<td>Live Music</td>
<td>2,740</td>
</tr>
<tr>
<td>#2</td>
<td>Movie Nights</td>
<td>2,652</td>
</tr>
<tr>
<td>#3</td>
<td>Nothing Specific – just a place to hang out</td>
<td>2,485</td>
</tr>
<tr>
<td>#4</td>
<td>Intramural Sports Tournaments</td>
<td>2,464</td>
</tr>
<tr>
<td>#5</td>
<td>Fitness Classes</td>
<td>2,198</td>
</tr>
<tr>
<td>#6</td>
<td>Outdoor Adventures</td>
<td>2,026</td>
</tr>
</tbody>
</table>

In addition, this year 524 students indicated an interest in planning alcohol-free events and activities.

To download the names and contact information of students interested in these activities and others, or to view data on any custom activities you may have added to this exercise, please visit the Student Engagement section of the Hub.
The most common drinking-related risk behaviors that your students engage in are doing shots and pre-gaming. Michigan may consider dedicating educational efforts that highlight the risks associated with these specific behaviors.

*Note: Graph represents grouped responses of 5, 6, and 7 on a 7-point scale (1 = not at all; 7 = always) for drinkers only.*

Data collected in Survey 3, 30-45 days after completing AlcoholEdu for College.
While a majority of students did not experience negative consequences as a result of their drinking, certain behaviors worth noting are detailed below.

Data represents student responses collected in Survey 3, 30-45 days after completing AlcoholEdu for College.
Marijuana Use and High-Risk Drinking

The following data, collected midway through the fall semester (Survey 3), can help inform programs and polices related to marijuana use on your campus.

In Survey 3, Marijuana use by your students is similar to the national average.

At Michigan, the high risk drinking rate among students who have used marijuana is above that of your general first year population.

- **All first-year students (n= 5018)**
  - Non-drinkers: 48%
  - Light/moderate drinkers: 34%
  - High-risk drinker: 18%

- **Marijuana users (n= 650)**
  - Non-drinkers: 16%
  - Light/moderate drinkers: 9%
  - High-risk drinker: 75%
Gains from AlcoholEdu

Since last year AlcoholEdu has enabled Michigan to provide 11,493 students with a baseline of knowledge and decision-making strategies around alcohol use, translating to 28,733 hours of prevention education (based on average course time of 2.5 hours).

Exam Scores, Fall 2010

Mean exam scores increased 30%

<table>
<thead>
<tr>
<th></th>
<th>Pre-Course</th>
<th>Post-Course</th>
</tr>
</thead>
<tbody>
<tr>
<td>58%</td>
<td>88%</td>
<td></td>
</tr>
</tbody>
</table>

In Fall 2010, students reported that AlcoholEdu...

- Prepared me to identify and/or help someone who has alcohol poisoning: 91%
- Helped me establish a plan for responsible decisions around alcohol: 86%
- Changed my perceptions of others' drinking related behaviors: 66%
- Stimulated me to reflect on my personal attitudes and behaviors: 65%

Data represents student responses collected in Survey 2, immediately following completion of Part 1 of AlcoholEdu.
Among the 51% (588 students) of high risk drinkers who saw “no need to change the way they drink” before taking AlcoholEdu, 44% (260 students) indicated their readiness to change after completing the course.
Positive Behavioral Intentions

After completing AlcoholEdu, Michigan students reported an increase in several positive behavioral intentions. Programming efforts aimed at further promoting these behaviors can reinforce the messages students received through AlcoholEdu.

Pre-Course Intentions

<table>
<thead>
<tr>
<th>Activity</th>
<th>Pre-Course</th>
<th>Post-Course</th>
</tr>
</thead>
<tbody>
<tr>
<td>Set a limit</td>
<td>60%</td>
<td>76%</td>
</tr>
<tr>
<td>Avoid drinking games</td>
<td>29%</td>
<td>58%</td>
</tr>
<tr>
<td>Pace drinks</td>
<td>36%</td>
<td>64%</td>
</tr>
<tr>
<td>Alternate alcohol and non-alcohol</td>
<td>53%</td>
<td>68%</td>
</tr>
<tr>
<td>Reduce frequency of drinking</td>
<td>30%</td>
<td>50%</td>
</tr>
<tr>
<td>Reduce number of drinks</td>
<td>30%</td>
<td>56%</td>
</tr>
</tbody>
</table>

Intention has been shown to be the most important variable in predicting behavior change (Ajzen, 1991).

Data represents student responses collected just before (Survey 1) and immediately following (Survey 2) Part 1 of AlcoholEdu for College.
Guiding Principles for Success

Beyond what the data reveals, there are a number of guiding principles that drive successful prevention efforts.

1. Be intentional with efforts and gather data on whether they succeed.
2. Don’t try to do it all – a few targeted interventions can be very effective.
3. Stay attuned to new research to inform your efforts.
4. Implement programs strategically to mitigate costs.
5. Test your messages and strategies against the research base, behavior theory, and your instincts.
6. Develop a comprehensive prevention program that includes complementary efforts.
7. Ground all strategies in data.
8. Make decisions based upon your unique culture, allies, and resources.
Additional Resources

A number of reports benchmarking your institution’s data against the national average (i.e., drinking trends among women, other drug use on campus) are provided online via the Hub @ www.outsidetheclassroom.com (once you are logged in, click on the “Reports” tab).

You may also request reports that allow you to benchmark your data against that of specific peer groups such as athletic conferences, national affiliations, regional groups and others.

For assistance accessing your online reports, or to request peer benchmark reports, please contact your Partner Services Director.

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