Have you received information on the following topics from your college or university on alcohol and other drug use? Yes respondents:

- Male 72%
- Female 67%
- Total 68.1%

Are you interested in receiving information on alcohol and other drug use from your college or university? Yes respondents:

- Male 26%
- Female 21%
- Total 22.1%
28% of UWRF students do not drink alcohol.

65.3% of UW-RF students drink about the same or less now as they did the year before starting college.
Core Spring 1999: 52.5% last two weeks five or more drinks in one sitting (42% nationally)
ACHA-NCHA Spring 2000: 51.5% last two weeks five or more alcoholic drinks at a sitting (38.2% nationally)
Core Spring 2002: 51.2% last two weeks five or more drinks in one sitting (42% nationally)
ACHA-NCHA Spring 2003: 39.0% last two weeks five or more alcoholic drinks at a sitting (39.1% nationally)
UW System AODA Use Survey Spring 2005: 50.0% last two weeks had at least five drinks in one sitting
ACHA-NCHA Spring 2006: 38.3% last two weeks five or more alcoholic drinks at a sitting (36.8% nationally 2005)
UW System AODA Use Survey Spring 2007: 46.7% last two weeks had at least five drinks in one sitting
ACHA-NCHA Spring 2009: 36.2% last two weeks five or more drinks of alcohol at a sitting (36.7% nationally 2009)
UW System AODA Use Survey Spring 2009: 31.4% last two weeks had at least five drinks in a two hour time frame
UW System AODA Use Survey Spring 2011: 31.2% last two weeks had at least five drinks in a two hour time frame
ACHA-NCHA Spring 2012: 29% last two weeks five or more drinks of alcohol at a sitting (34.1% nationally 2012)
The last time you “partied”/socialized, how many alcoholic drinks did you have? (2009, 2012 UWRF vs. Natl. 2012):

- 26.4/25.5% 0 Drinks (26.4%)
- 17.0/20.9% 1-2 Drinks (21.2%)
- 20.4/23.6% 3-4 Drinks (21.2%)
- 17.2/15.5% 5-6 Drinks (14.9%)
- 8.0/6.1% 7-8 Drinks (7.4%)
- 4.9/4.3% 9-10 Drinks (4.6%)
- 6.1/4.1% 11 or More Drinks (4.4%)

How many drinks of alcohol do you think the typical student at your school had the last time he/she “partied”/socialized? (2009, 2012 UWRF vs. Natl. 2012):

- 3.9/4.2% 0 Drinks (5.0%)
- 8.5/5.4% 1-2 Drinks (6.6%)
- 26.4/25.8% 3-4 Drinks (28.1%)
- 34.1/35.5% 5-6 Drinks (33.4%)
- 17.7/16.9% 7-8 Drinks (14.4%)
- 6.7/9.4% 9-10 Drinks (8.7%)
- 2.8/2.7% 11 or More Drinks (3.7%)
While 36.4% of students reported never using alcohol or not used in the last 30 days, only 4.1% think the typical student has never used alcohol or not used in the last 30 days.
9.3% of students report using marijuana in the last 30 days. However, 75.3% think the typical student has used marijuana on one or more days in the last 30 days.
30 Day Reported Marijuana Use (includes daily) vs. Daily Use Marijuana

Overall, 30 day rates and daily use are trending up

ACHA-NCHA
UWRF
2012
While 99.8% of students report never using opiates or not using in the last 30 days, 22.9% think the typical student has used opiates on one or more days in the last 30 days.
Never Used Opiates (Heroin, Smack)

<table>
<thead>
<tr>
<th></th>
<th>2009</th>
<th>2012</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have used Opiates, But Not in Last 30 Days</td>
<td>1.7</td>
<td>2.4</td>
</tr>
<tr>
<td>30 Day Reported Opiates Use</td>
<td>0.4</td>
<td>0.2</td>
</tr>
</tbody>
</table>

ACHA-NCHA UWRF 2012

Only added as a survey question in 2009.
Taken Prescription Drugs Not Prescribed to You in the Last 12 Months

- Antidepressants (Celexa, Prozac, Zoloft, Wellbutrin, etc.) 4/5% Males, 3/4% Females
- Erectile Dysfunction (Viagra, Cialis, Levitra, etc.) 3/0% Males, 1/1% Females
- Pain Killers (Oxycontin, Vicodin, Codeine, etc.) Males 12/8%, Females 7/6%
- Sedatives (Xanax, Valium, etc.) Males 2%, Females 3%
- Stimulants (Ritalin, Adderall, etc.) 6/7% Males, 3/5% Females
Overall, fewer males and females drink and drive after any alcohol at all.
During the past 12 months, have you experienced any of the following when drinking alcohol? (2009, 2012 UWRF vs. Natl. 2012):

- 23.7/25.9% Did something you later regretted (28.1%)
- 24.4/23.5% Forgot where you were or what you did (24.6%)
- 11.1/9.7% Physically injured yourself (11.9%)
- 1.6/1.7% Physically injured another person (1.7%)
- 11.7/12.6% Had unprotected sex (15.2%)
- 4.3/3.4% Got in trouble with the police (2.8%)
- 1.6/0.3% Someone had sex with me without my consent (1.4%)
- 0.2/0.2% Had sex with someone without their consent (0.4%)
- 1.4/1.2% Seriously considered suicide (1.7%)
During the past 12 months, when you “partied”/socialized, did you (sometimes, most of the time, or always) (2009, 2012 UWRF vs. Natl. 2012):

- 41.9/46.6% Alternate non-alcoholic and alcoholic beverages (47.1%)
- 49.7/52.6% Avoid drinking games (47.8%)
- 57.4/56.2% Chose not to drink alcohol (53.8%)
- 43/48% Determine, in advance, not to exceed a set number of drinks (49.6%)
- 73.6/73.3% Eat before and/or during drinking (73.6%)
- 40.9/44% Have a friend let you know when you’ve had enough (41.9%)
- 61.4/63.5% Keep track of how many drinks you were having (63.8%)
- 43/45.9% Pace your drinks to 1 or fewer per hour (43.6%)
- 74.8/68.9% Stay with the same group of friends the entire time you were drinking (73.6%)
- 65.3/65.8% Stick with only one kind of alcohol when drinking (63.6%)
- 70.9/70.2% Use a designated driver (69.1%)
24.1% say they have used cigarettes in the last 30 days
- 2000 Spring NCHA Survey

22.6% said they’d smoked one day or more in the last 30 days
- 2002 Spring Core Added Question

19.2% say they have used cigarettes in the last 30 days
- 2003 Spring NCHA

22% say they have smoked in the past month
- 2003 Fall Campus Tobacco Survey

20% say they have smoked over the past 30 days
- 2005 Spring UW System AODA Use Survey

14.9% say they have used cigarettes in the last 30 days
- 2006 Spring NCHA

19% say they have smoked over the past 30 days
- 2007 Spring UW System AODA Use Survey

17.7% say they have smoked over the past 30 days
- 2009 Spring NCHA

14.8% say they have smoked over the past 30 days
- 2012 Spring NCHA
The following student health behaviors were all associated with lower GPA: (t-tests, 1% significance level)

- Alcohol use more than 1-2 days per month
- Smoking cigarettes/tobacco use
- Marijuana use
- Sleep difficulties
- 6 or more mental health stressors
- 10 or more health or personal issues
- 3 or more hours/day using computer not for academics or work
- Being involved in an emotionally or physically abusive relationship
- Lower health self-report
ALCOHOL HARM REDUCTION

So... you are going out tonight?
Help make the night more fun and safer with these tips.

Be Safe.
1. Drink plenty of water! Try drinking one glass of water for every alcoholic beverage you consume.
2. Eat before and/or during the evening!
3. Make sure you stay with the group you came to the party with!
4. Have a predetermined designated driver! A safe and reliable way home helps keep the fun going all night.
5. Avoid mixing alcohol with caffeinated beverages like energy drinks!

Be Fun.

Be Falcon.
Think Before You Drink

• Decide your limits BEFORE you drink.
• Sip drinks SLOWLY
• EAT before you drink or while drinking.
• Always get your OWN drink.
• Avoid STRAIGHT shots.
• Remember you don’t HAVE to drink.

UWRF Student Health and Counseling Services
211 Hagestad Hall
715-425-3293
www.uwrf.edu/StudentHealthAndCounseling
ALCOHOL SOCIAL NORMING

Check the Facts

Studies show the less you drink, the higher your grades

A (3)  B (4.5)  C (5.5)  D (9.5)

Average # of drinks per week by GPA
(according to the 2011 UW system AODA Use Survey)

Whether you’re hitting the books or the bar, remember...

70% of UWR students have five or fewer drinks when they go out.

For more information contact
Student Health and Counseling Services at (715) 425-3393