The University’s Coalition on Alcohol, Tobacco, and Other Drugs (ATOD) is a sub-committee of the University Health and Wellness Committee. The goal is to reduce alcohol and drug abuse and its negative consequences among UW-RF Students.

By 2007, the University’s Coalition on ATOD hopes to achieve:

- A binge drinking rate no higher than 46.5% (we are currently at 50%).
- Greater student and staff involvement in alcohol and drug abuse prevention related activities.
- Enhanced faculty attention to alcohol and drug abuse and its relationship to academic performance in the classroom.
- Increased UW System/UW-RF Administrative support through funding and staffing, etc.

A few examples of how we intend to accomplish this:

- Continue social norming campaign to correct students' misperceptions of alcohol and tobacco use on campus.
- Send 21st birthday cards to students encouraging a safe 21st birthday celebration.
- Distribute safer host party brochure guide to students.
- Conduct responsible host party training to junior/senior athletes living off campus.
- Host a simulated house party on campus each fall to educate about risks.
- Collaborate with on and off campus partners to address alcohol and other drug related concerns.
- Provide Alcohol and Other Drug Assessments and under age drinking classes for students through KinnicFalls Alcohol-Drug Abuse Services.
- Design and distribute UW-RF student alcohol and other drug data brochures to campus and community members.
- Implement policies designed to reduce alcohol consumption among students.
- Implement policies designed to reduce smoking rates and protect students from secondhand smoke exposure.

Information regarding campus alcohol and other drug policies is available on Dean of Students webpage at www.uwrf.edu/policies/ (click on Alcohol and Other Drugs).

Student Health and Counseling Services
Address: 24 East Hathorn Hall
River Falls, WI 54022
715-425-3293/3884
Web sites:
www.uwrf.edu/student-health-service
www.uwrf.edu/counseling

1,176 students returned the questionnaire with a response rate = 25.4%
Margin of Error ±.03 @ 95% confidence interval

This survey was administered as part of a UW System assessment effort on all four-year campuses and UW Colleges, with a total of 51,455 students contacted and 12,240 respondents (response rate = 23.8%) (Margin of error ±.01 @95% confidence interval)

Presented by the University’s Coalition on Alcohol, Tobacco, and Other Drugs
How faculty and staff can make a difference in reducing student alcohol, tobacco, and drug use rates on our campus:

- **Refrain from joking about heavy drinking.**
- **Offer the Wisconsin Quitline number of 1-877-270-STOP to those wanting to quit smoking or chewing tobacco.** This is a free service to all who call from inside Wisconsin.
- **Include discussion about alcohol, tobacco, and other drugs in your curriculum.** Visit this website for more information: http://academic.hws.edu/alcohol/devpphe/infusex.htm
- **Schedule morning classes and quizzes.**

### UW-RF Student Binge Drinking Trends

#### BINGE DRINKING RATES (Defined as 5 or more drinks in one sitting during the past 14 days)

<table>
<thead>
<tr>
<th>Years</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Core Alcohol and Drug Survey 1999:</td>
<td>52.5%</td>
</tr>
<tr>
<td>National College Health Assessment Spring 2000:</td>
<td>51.2%</td>
</tr>
<tr>
<td>National College Health Assessment Spring 2003:</td>
<td>39.0%</td>
</tr>
<tr>
<td>UW System AOD Use Survey 2005:</td>
<td>50.0%</td>
</tr>
</tbody>
</table>

#### UW-RF Student Experienced The Following Due To Drinking (UW-RF/UW System)

<table>
<thead>
<tr>
<th>Effect</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 62/69% had a hangover</td>
<td></td>
</tr>
<tr>
<td>• 40/47% did something later regretted</td>
<td></td>
</tr>
<tr>
<td>• 10/44% had a memory loss</td>
<td></td>
</tr>
<tr>
<td>• 34/38% missed a class</td>
<td></td>
</tr>
<tr>
<td>• 31/35% have driven a car while under the influence of alcohol</td>
<td></td>
</tr>
<tr>
<td>• 30/38% gotten into an argument or fight</td>
<td></td>
</tr>
<tr>
<td>• 21/23% been hurt or injured</td>
<td></td>
</tr>
<tr>
<td>• 17/20% performed poorly on a test or important project</td>
<td></td>
</tr>
<tr>
<td>• 15/21% had unprotected sex</td>
<td></td>
</tr>
</tbody>
</table>

### UW-RF CORE FACULTY AND STAFF ENVIRONMENTAL ALCOHOL AND OTHER DRUG USE SURVEY Results Spring 2004

- 79.1% of faculty/staff know the university has a policy concerning alcohol and other drugs.
  - 81% of students know the university’s policy concerning alcohol use by students (UW System AOD Use Survey, 2005).
  - 34.1% of faculty/staff didn’t know if the university has an alcohol or other drug prevention program for students, and 53.2% didn’t know if the university has an alcohol or other drug prevention program for faculty and staff.
  - 65% of students didn’t know if the university has an alcohol prevention education program (UW System AOD Use Survey, 2005).
  - 83.2% of faculty/staff believe the university is concerned about the prevention of alcohol and other drug abuse.
  - The Faculty and Staff Environmental Alcohol and Other Drug Survey consists of five subscales developed to assess faculty and staff:
    - perceptions of AOD problems on campus,
    - awareness of policy and policy enforcement,
    - support for programming efforts,
    - awareness of university assessment efforts,
    - perceived ability to identify students who are experiencing a problem and refer them for help.

### UW-RF SMOKING CIGARETTE TREND DATA (Defined as having one or more cigarettes in the last 30 days)

- **National College Health Assessment Spring 2000:** 24.1% say they have used cigarettes in the last 30 days
- **2004 UW System Alcohol and Other Drug Survey Added Question:** 22.6% said they smoked one day or more in the last 30 days
- **2002 Fall Campus Tobacco Survey:** 22% say they have smoked cigarettes in the past month
- **National College Health Assessment Spring 2003:** 19.2% say they have used cigarettes in the last 30 days
- **2003 Fall Campus Tobacco Survey:** 22% say they have smoked cigarettes in the past month
- **2005 Spring UW System AOD Use Survey:** 20% say they have smoked cigarettes over the past 30 days

### SECONDHAND EFFECTS OF ALCOHOL USE ON OR AROUND CAMPUS (UW-RF/UW System)

<table>
<thead>
<tr>
<th>Effect</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interrupts studying .................................................</td>
<td>48/42%</td>
</tr>
<tr>
<td>Interferes with class attendance or class activities.</td>
<td>27/29%</td>
</tr>
<tr>
<td>Damage to your personal property or environment</td>
<td>26/22%</td>
</tr>
<tr>
<td>Makes you feel unsafe ............................................</td>
<td>21/20%</td>
</tr>
<tr>
<td>Prevents you from enjoying events (concerts, sporting, etc.)</td>
<td>15/16%</td>
</tr>
<tr>
<td>Results in you riding with an intoxicated driver .................................................</td>
<td>12/14%</td>
</tr>
<tr>
<td>Discourages you from joining athletic teams or other groups</td>
<td>6/5%</td>
</tr>
<tr>
<td>Adversely affects your involvement on an athletic team or in other organized groups</td>
<td>5/3%</td>
</tr>
</tbody>
</table>

### SERVICES

If you are concerned about your drinking, a friend’s drinking, or a student’s drinking, services are available:

- UW-RF Counseling Services (425-3884/3531)
- Alcohol and Other Drug Assessments and underage drinking classes are available for students through an agreement with KinnicFalls Alcohol-Drug Abuse Services at 426-5950 (fee for classes and court-ordered assessments)

### Algebraic Drinking Rates

- 5% have been drinking
- 25% have been drinking
- 30% have been drinking
- 40% have been drinking
- 50% have been drinking
- 60% have been drinking
- 70% have been drinking
- 80% have been drinking
- 90% have been drinking
- 100% have been drinking

### Do You Know The Regulations Your College Has Against Student Alcohol Use (UW-RF/UW System)?

<table>
<thead>
<tr>
<th>Regulation</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>81.65%</td>
<td>19.35%</td>
<td>Yes</td>
</tr>
</tbody>
</table>

### Students’ Use of Illegal Drugs

- 5% use prescription pain medication – except as prescribed
- 6% use Amphetamines (diet pills, speed)
- 3% use Cocaine (crack, rock, freebase)
- 1% use Hallucinogens (such as LSD, mushrooms)
- 1% use Narcotics (heroin, smack, horse, opium, other opiates)
- 1% use Designer drugs (ecstasy, MDMA)
- 1% use Sedatives (downers, ludes)
- 1% use Other illegal drugs
- 1% use PCP
- 1% use Inhalants (glue, solvents, gas)
- 1% use Steroids

* Less than 1%