

**NORTH DAKOTA STATE UNIVERSITY CORE ALCOHOL AND DRUG SURVEY
2008**

SURVEY SUMMARY

PREPARED BY:

Lindsey Bergeron

PhD Student, Criminal Justice

DIRECTED BY:

Dr. Kevin Thompson

Department Head: Criminal Justice

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Executive Summary:

The *Core Alcohol and Drug Survey* and the *Campus Survey of Alcohol and Other Drug Norms* were developed to measure alcohol and other drug usage, as well as attitudes and perceptions among college students attending two and four year institutions, nationwide. These surveys were administered to students at North Dakota State University in 2001, 2003, 2005, 2006, and 2008 in an attempt to measure drinking and drug use behaviors, as well as students' perceptions of the norms surrounding alcohol use among students. The 2008 survey included additional questions relating to is associated with self-reported depression, anxiety, and mood disorders, alcohol and other drug treatment, and need for treatment services on and off of campus.

All undergraduate students at NDSU had the opportunity to be included in this study through a stratified random sampling procedure, which included a total of 1271 students. Specifically, the *Core Drug and Alcohol Survey* included 624 students (43.6% Male, 50.8% Female, 5.6% Unknown), and the *Campus Norms Survey* included 647 students (47.1% Male, 52.9% Female). Students were drawn from all ethnic backgrounds, all colleges, and all classes (e.g. freshman, sophomore, etc). Their key findings are summarized below.

Alcohol Consumption:

- Average number of drinks consumed per week:
 - **5.37** drinks (down from 6.51 in 2006)
- Binge Drinking:
 - **51.0 percent** reported binge drinking at least once in the past two weeks (down from 53.5 in 2006)

Drug Use:

- **20.4 percent** of NDSU students had used marijuana within the past year (a slight increase from 20.2 percent in 2006)
- **7.5 percent** of NDSU students had used marijuana within the past 30 days (down from 9.3 percent in 2006)
- The percent of NDSU students who used illegal drugs other than marijuana in the past 30 days decreased for seven out of nine illegal drug categories

Consequences of alcohol and/or drug use:

- 16 out of 19 indicators of negative consequences associated with alcohol and/or drug use decreased from 2006 to 2008

Perceived vs. Actual Amount of Alcohol Consumed

- For all but one group (male intercollegiate athletes), the perceived amount of alcohol use was much higher than the actual reported use for various student groups, suggesting that student perceptions of the amount of alcohol consumed by peers is overestimated

2008 CORE Survey Key Findings

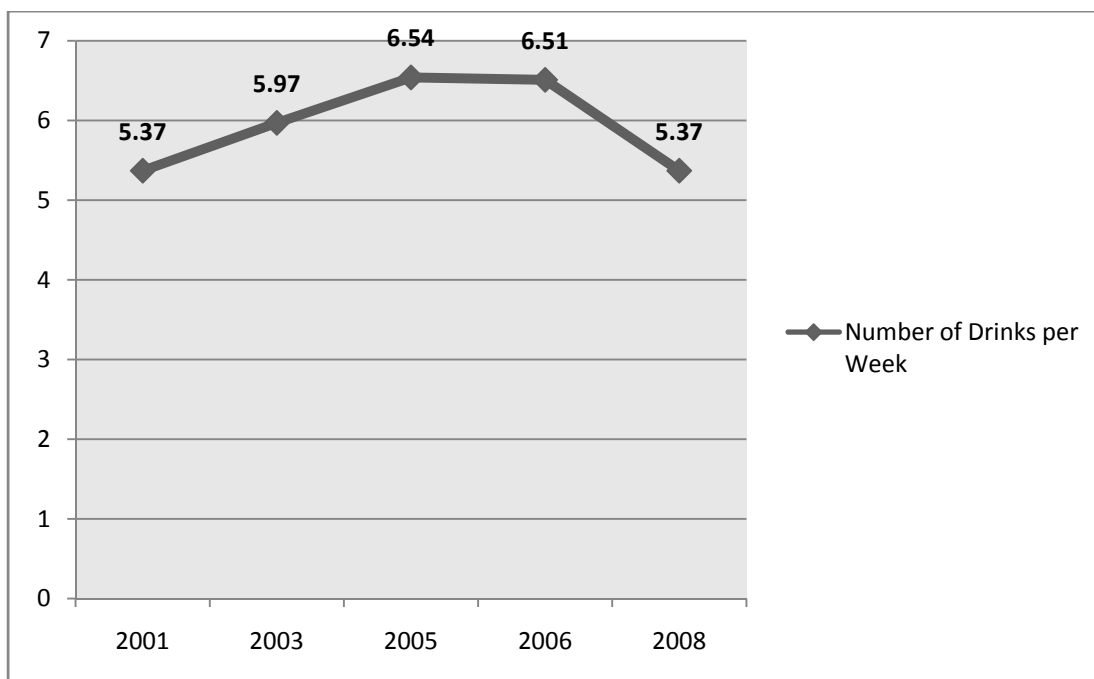
Sample Demographic Information: Samples Size = 624

- Female- 50.8 percent
- Mean Age- 21.05
- 92.1 percent- White
- 94.3 percent- Single
- 69.3 percent- Off Campus Resident
- Classification
 - Freshman: 19.7 percent
 - Sophomore: 23.7 percent
 - Junior: 24.8 percent
 - Senior: 26.5 percent
 - Graduate/Professional:* 4.2 percent
- Self-Reported Grades:
 - Mean GPA: 3.28
 - 40.0 percent: A
 - 48.8 percent: B
 - 10.9 percent: C
 - 0.3 percent: D
 - 0.0 percent: F

Alcohol Consumption Trends: 2001-2008

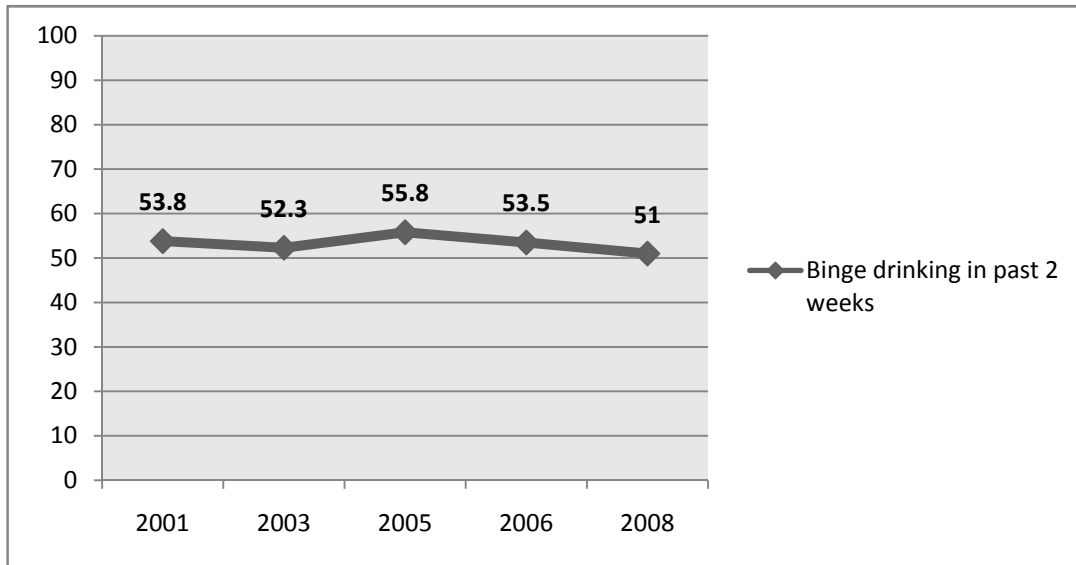
	Consumed Alcohol in Past Year - Percent	Consumed Alcohol in Past 30 days - Percent	Consumed Alcohol in Past 30 days (↓21) – Percent	Consumed 5+ Drinks/Sitting in Past 2 Weeks (Binge Drinking) - Percent
NDSU '08	84.3	74.2	63.2	51.0
NDSU '06	86.7	78.7	73.9	53.5
NDSU '05	87.1	77.8	67.1	55.8
NDSU '03	89.1	80.6	75.3	52.3
NDSU '01	88.6	81.2	78.6	53.8
National '05	84.5	72.8	68.1	30

Graph 1. Mean Number of Drinks Consumed Per Week



****National Reference 2005 = 5.81 drinks/week**

Graph 2. Percent Binge Drinking in Past 2 Weeks



****National Reference 2005 = 30 percent**

Binge Drinking-Past Two Weeks

Binge Drinking	Percent 2006	Percent 2008
None	46.5	48.4
Once	14.6	18.3
Twice	14.8	14.1
3-5 Times	17.3	14.6
6-9 Times	5.2	2.9
10+ Times	1.6	.8

Source of Obtaining Alcohol

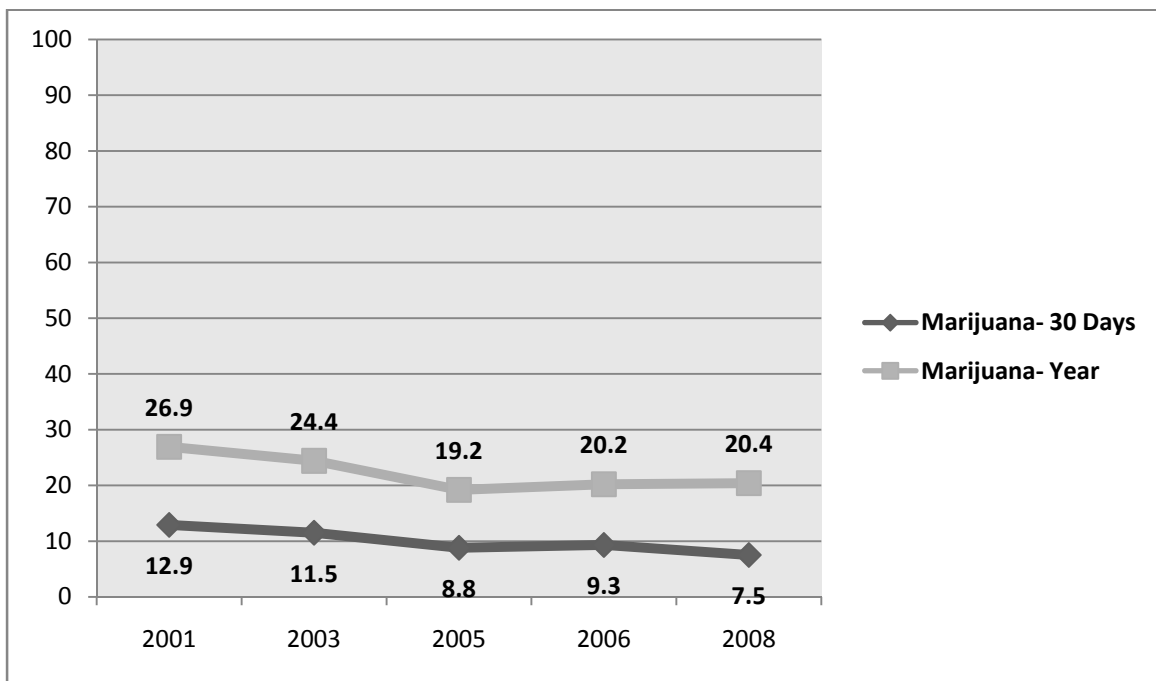
Question: “If you consume alcohol, from which of the following sources do you obtain it? (Mark as many as apply).

Source	Percent 2006	Percent 2008
Friends Under 21	24.7	18.8
Friends Older than 21	64.5	53.6
Using a fake or false (someone else’s ID)	4.4	7.0
Adult Acquaintances	9.5	9.5
Parents	10.0	12.4
Other	32.6	6.0

Illegal Drug Use

	Percent Marijuana Use in Past Year	Percent Marijuana Use in Past 30 Days
NDSU '08	20.4	7.5
NDSU '06	20.2	9.3
NDSU '05	19.2	8.8
NDSU '03	24.4	11.5
NDSU '01	26.9	12.9
National '05	30.1	16.7

Graph 3: Percent Marijuana Use: 2001-2008

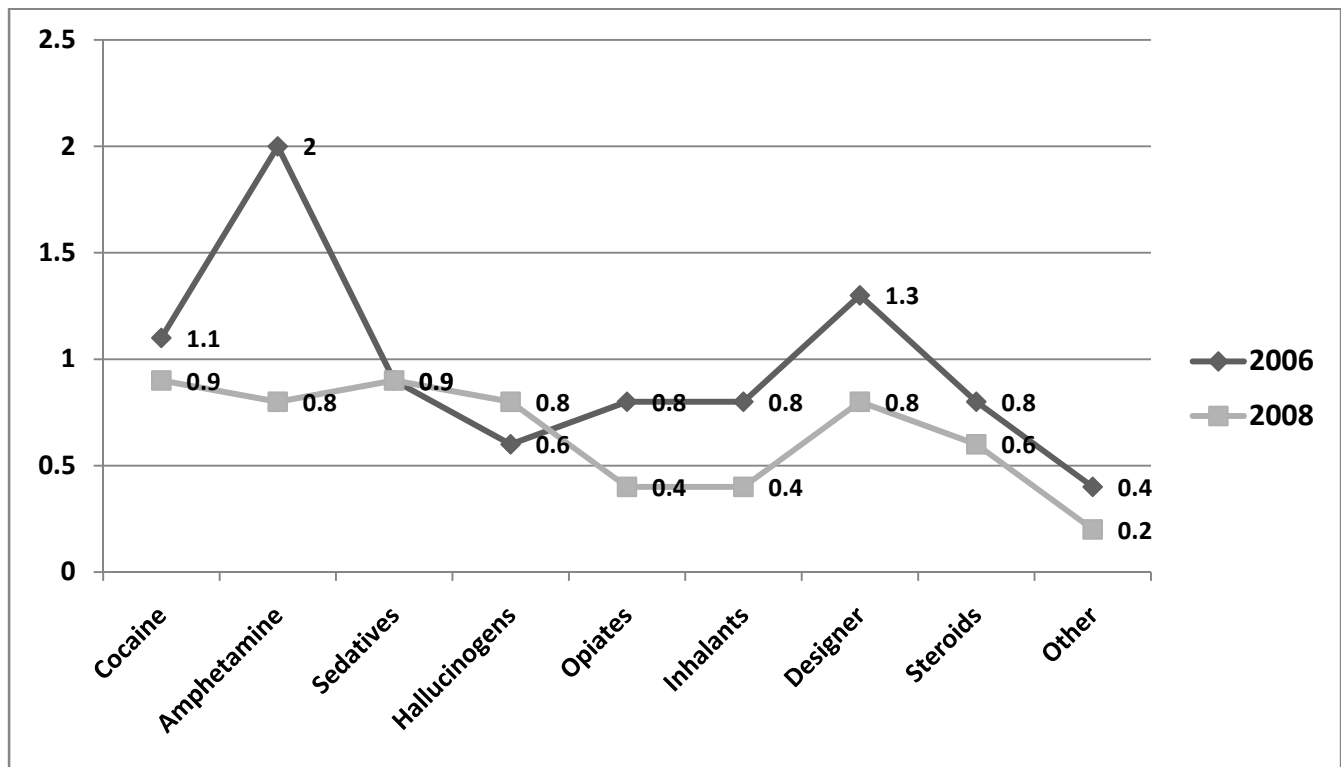


****National Reference 2005: 30 Days = 16.7 percent; Year = 30.1**

Other Illegal Drug Use

Drug	Percent Used in Past 30 Days 2006	Percent Used in Past 30 Days 2008	Percent National Reference 2005
Cocaine	1.1	.9	2.1
Amphetamine	2.0	.8	3.3
Sedatives	.9	.9	2.0
Hallucinogens	.6	.8	1.0
Opiates	.8	.4	.7
Inhalants	.8	.4	.5
Designer Drugs	1.3	.8	.8
Steroids	.8	.6	.4
Other Drugs	.4	.2	.8

Graph 4: Percent Other Illegal Drug Use in Past 30 Days: 2006 and 2008



Consequences of Alcohol and/or Drug Use

NDSU '08 Percentage	NDSU '06 Percentage	NDSU '05 Percentage	NDSU '03 Percentage	NDSU '01 Percentage	Reference '05 Percentage	Experience
67.6	71.3	70.3	70.3	72.6	62.8	Had a hangover
51.0	58.0	57.1	61.3	63.9	53.8	Got nauseated or vomited
29.7	37.2	45.8	42.9	48.8	26.3	Driven a car while under the influence
33.8	33.4	38.7	36.8	43.1	30.7	Missed a class
36.1	41.2	38.4	35.1	43.8	38.1	Done something I later regretted
33.0	36.3	32.4	32.6	36.2	34.3	Had a memory loss
31.8	33.4	29.9	30.1	31.4	30.3	Been criticized by someone I now
33.1	37.4	35.4	30.9	36.8	31.0	Got into an argument or fight
12.0	16.7	17.8	17.5	16.9	13.9	Been in trouble with police, residence halls, or other college authorities
14.7	14.3	12.6	11.9	17.4	15.5	Been hurt or injured
9.0	12.4	10.0	10.1	14.3	10.3	Been taken advantage of sexually
7.4	7.0	7.3	7.6	10.4	7.0	Damaged property, pulled fire alarms, etc.
2.3	3.5	2.3	3.3	5.0	3.0	Taken advantage of another sexually
2.5	3.0	2.9	3.1	4.1	4.0	Seriously thought about suicide
1.0	3.0	3.7	2.7	0.6	1.4	Been arrested for DUI/DWI
0.5	1.2	.8	.4	.9	1.1	Tried to commit suicide
2.6	3.5	4.4	N/A	N/A	4.8	Tried unsuccessfully to stop using
7.9	9.0	10.2	N/A	N/A	10.4	Thought I might have a drinking/drug problem
24.2	24.3	26.5	N/A	N/A	21.8	Performed poorly on a test or important project

Key Findings: Additional Questions

Q 38. What is your weight (in pounds)?

- **Males: 187.74**
- **Females: 144.43**

Q 39. Think about the occasion you drank the most in the past month. How much did you drink?

- **Males: 10.56 drinks**
- **Females 5.59 drinks**

Q 40. Think of the occasion you drank the most during the past month. How many hours did you spend drinking on that occasion?

- **Males: 8.48 hours**
- **Females: 4.78 hours**

Q 46. Have you been through treatment for alcohol or drugs?

- **Yes: 3.6%**
- **No: 96.2%**

Peak BAC

- **Men*:** Peak BAC = .0685
- **Women*:** Peak BAC = .0986

*Calculated from Q38, Q39, Q40

CAMPUS SURVEY OF ALCOHOL AND OTHER DRUG NORMS

In 2008, 647 students completed the Campus Survey of Alcohol and Other Drug Norms at North Dakota State University. The purpose of this survey instrument is to assess students' alcohol and other drug attitudes and usage. Key findings from this survey are presented below.

In this section, students were asked to report the number of drinks they typically consume when at a party or bar, and then asked to report how many drinks they perceive different groups of students consuming in similar settings. Results regarding perceived versus the actual number of drinks consumed by several different groups of students in 2008, in addition to trends in actual alcohol consumption by NDSU students from 2001-2008.

Perceived vs. Actual Amount of Alcohol Consumed

<u>Student Group</u>	<u>Perceived Use'08</u>	<u>Actual Number of Drinks Consumed</u>				
		<u>'08</u>	<u>'06</u>	<u>'05</u>	<u>'03</u>	<u>'01</u>
Students in General	5.88	4.15	4.31	4.92	4.86	4.55
Male Intercollegiate Athletes	6.00	6.04	6.59	NA	NA	NA
Female Inter. Athletes	5.56	3.39	4.00	NA	NA	NA
Males	7.49	5.21	5.34	6.09	5.92	5.55
Females	4.98	3.20	3.53	3.22	3.88	3.29
Fraternity Members	7.28	6.06	6.67	6.76	6.00	4.67
Sorority Members	5.83	2.92	3.85	3.79	3.97	3.31
Off Campus Students	6.65	4.59	4.84	5.35	4.78	4.56
On Campus Students	5.42	3.39	3.35	3.88	4.93	4.53

Perceived vs. Actual Alcohol Consumption at Events

<u>Drinking Events</u>	<u>Perceived # of Drinks '08</u>	<u>Number of Reported Drinks</u>				
		<u>'08</u>	<u>'06</u>	<u>'05</u>	<u>'03</u>	<u>'01</u>
Off Campus Parties	7.12	4.98	5.45	5.89	5.70	5.60
Fraternity Social Functions	5.41	3.03	3.55	4.66	5.17	4.64
Bars	5.71	3.89	4.27	4.54	4.45	4.18
School Dances	3.59	2.26	2.67	3.28	3.55	3.18
Sorority Social Functions	4.09	2.29	1.77	3.22	2.69	2.69
Residence Hall Get-Togethers	3.00	1.94	1.70	2.50	2.93	2.45
Athletic Events	3.66	1.72	1.69	1.82	1.40	1.31

Frequency of Alcohol Consumption

<u>Student Group</u>	<u>Perceived frequency for Use</u>	<u>Actual frequency of Use</u>
All Students	Once/Week	Once/Week
Males	3 times/Week	Once/Week
Females	Twice/Month	Once/Week
Fraternity Members	3 times/Week	Once/Week
Sorority Members	Once/Week	Twice/Month
Off-Campus Students	Once/Week	Once/Week
On Campus Students	Twice/Month	Once/Week
Intercollegiate Athletes	Once/Week	Twice/Month