St. Cloud State University

Tobacco, Alcohol, and Other Drug Use

November 2006

Boynton Health Service

University of Minnesota
St. Cloud State University
Tobacco, Alcohol, and Other Drug Use

November 2006
## Survey Demographics

<table>
<thead>
<tr>
<th></th>
<th>All Students</th>
<th>18-24 year olds</th>
<th>25+ year olds</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mean Age</strong></td>
<td>21.7</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Age Range</strong></td>
<td>18-50 yrs</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Mean GPA</strong></td>
<td>3.2</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Percent</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Age</strong></td>
<td>All Students</td>
<td>18-24</td>
<td>25+</td>
</tr>
<tr>
<td>18-24</td>
<td>90.0%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>25+</td>
<td>10.0%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Percent</th>
<th>18-24 year olds</th>
<th>25+ year olds</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Classification</strong></td>
<td>All Students</td>
<td>18-24 year olds</td>
<td>25+ year olds</td>
</tr>
<tr>
<td>Freshman</td>
<td>18.1</td>
<td>19.6</td>
<td>4.8</td>
</tr>
<tr>
<td>Sophomore</td>
<td>21.3</td>
<td>23.1</td>
<td>4.8</td>
</tr>
<tr>
<td>Junior</td>
<td>28.4</td>
<td>27.9</td>
<td>32.5</td>
</tr>
<tr>
<td>Senior</td>
<td>30.9</td>
<td>28.2</td>
<td>55.4</td>
</tr>
<tr>
<td>Other</td>
<td>1.3</td>
<td>1.1</td>
<td>5.4</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Percent</th>
<th>18-24 year olds</th>
<th>25+ year olds</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Gender</strong></td>
<td>All Students</td>
<td>18-24 year olds</td>
<td>25+ year olds</td>
</tr>
<tr>
<td>Male</td>
<td>33.2</td>
<td>32.8</td>
<td>36.9</td>
</tr>
<tr>
<td>Female</td>
<td>62.7</td>
<td>62.8</td>
<td>61.9</td>
</tr>
<tr>
<td>Unspecified</td>
<td>4.1</td>
<td>4.5</td>
<td>1.2</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Percent</th>
<th>18-24 year olds</th>
<th>25+ year olds</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ethnic Origin</strong></td>
<td>All Students</td>
<td>18-24 year olds</td>
<td>25+ year olds</td>
</tr>
<tr>
<td>American Indian/Alaskan Native</td>
<td>0.6</td>
<td>0.4</td>
<td>2.5</td>
</tr>
<tr>
<td>Hispanic</td>
<td>0.8</td>
<td>0.8</td>
<td>1.2</td>
</tr>
<tr>
<td>Asian/Pacific Islander</td>
<td>4.0</td>
<td>3.6</td>
<td>8.6</td>
</tr>
<tr>
<td>White (non-Hispanic)</td>
<td>90.7</td>
<td>91.8</td>
<td>80.2</td>
</tr>
<tr>
<td>Black (non-Hispanic)</td>
<td>1.7</td>
<td>1.5</td>
<td>3.7</td>
</tr>
<tr>
<td>Other</td>
<td>2.1</td>
<td>1.9</td>
<td>3.7</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Percent</th>
<th>18-24 year olds</th>
<th>25+ year olds</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Current Residence</strong></td>
<td>All Students</td>
<td>18-24 year olds</td>
<td>25+ year olds</td>
</tr>
<tr>
<td>On Campus</td>
<td>22.4</td>
<td>24.4</td>
<td>2.8</td>
</tr>
<tr>
<td>Off Campus</td>
<td>77.6</td>
<td>75.6</td>
<td>97.2</td>
</tr>
</tbody>
</table>
# Table of Contents

Survey Demographics

Table of Contents

Executive Summary

Introduction

Methodology

Tobacco Use

Exposure to Second Hand Smoke

Alcohol Use

Alcohol Use and Negative Consequences

Smoking Status Relationship to Alcohol, Marijuana, and Other Drug Use

Underage Alcohol Use

Marijuana and Other Drug Use

Conclusion

Acknowledgements

Snapshot: Participating Colleges and Universities
**Executive Summary**

This report represents the most comprehensive analysis of tobacco, alcohol, marijuana, and other drug use among St. Cloud State University undergraduate students to date.

In the spring of 2006, Boynton Health Service sent surveys designed to assess the use of tobacco, alcohol, marijuana, and other drugs on the St. Cloud State Campus to a random sample of St. Cloud State University undergraduate students.

In February of 2006, 2,669 surveys were sent via U.S. mail to undergraduate students. 862 students responded and 76 were undeliverable, establishing a response rate of 33.2%.

Boynton Health Service used a modified Core Alcohol and Drug Survey from the Core Institute in Carbondale, Illinois. National trends from the Core Survey have been reported whenever possible.

Boynton's modifications to the survey focused on tobacco and alcohol use exclusively. Questions added to the survey addressed Blood Alcohol Content (BAC) calculation, perception of level of intoxication, and more in-depth questions related to tobacco use.

Further analysis will be done to determine the reliability of the alcohol use questions in determining high risk use of alcohol.

**Participating Students**

- 2,669 surveys were sent via U.S. mail to undergraduate students.
- 862 students responded.
- 76 surveys were undeliverable.
- The final response rate was 33.2%.

**St. Cloud State University Handbook:**

St. Cloud State University is located north of the Twin Cities in St. Cloud, Minnesota. The school offers associate degrees, bachelor’s degrees, and specialist degrees in 175 undergraduate and graduate programs of study. It is part of the MNSCU (Minnesota State Colleges and Universities).
Major findings from this study:

Tobacco:

• Among all students who participated in the survey 31.1% reported they used tobacco products within the past 30 days.
• The rate of daily tobacco use was 9.4% among all survey participants. The daily use rate for students age 25 years of age and older was higher than among students ages 18-24 years of age (21.7% vs. 8.1%, respectively).
• There is a strong association between tobacco and alcohol use. The difference in high risk drinking rates among students who use tobacco products versus those who do not use tobacco products was 72.2% vs. 40.6%, respectively.
• The relationship between tobacco and marijuana use also showed a significant association with tobacco users having a 33.2% past 30 day use rate for marijuana versus a 7.7% past 30 day marijuana use rate for non-tobacco users.

Alcohol:

• The high risk drinking rate (consuming five or more drinks at one sitting within the past two weeks) was 53.7% among 18-24 year old students, and 25.0% among students over the age of 24.
• Among students aged 18-20 years old who participated in the survey 67.0% reported using alcohol within the past 30 days.
• Students who engaged in high risk drinking reported an average of 27.7 negative consequences within the past 12 months as a result of drinking and drug use. Compared to an average of 6.4 negative consequences within the past 12 months among students who reported they did not engage in high risk drinking.

Marijuana and Other Drugs:

• Among survey participants 15.5% reported using marijuana within the past 30 days and 8.0% reported using an illegal drug other than marijuana within the past 12 months.
Introduction

In the spring of 2006, Boynton Health Service at the University of Minnesota and St. Cloud State University, in conjunction with ten other post-secondary institutions, undertook a survey of their students’ drug and alcohol behaviors.

Of the twelve participating institutions, three were four-year public institutions, three were private institutions, and six were two-year public institutions within the state of Minnesota. Among all institutions, four were from the metropolitan area and eight were from greater Minnesota. This publication contains the findings for St. Cloud State University as it relates to tobacco, alcohol, and other drug use. These data will provide information which can be used by St. Cloud State University administrators, faculty, and staff to address the drug and alcohol needs of their student populations.

These data have proven to be helpful to the staff, faculty, and students at post secondary institutions. The dissemination of data to a widespread audience helps bring clarity to potential problems on campus. Prevalence of smoking rates, high risk drinking, marijuana use, drug use and negative consequences, when measured and reported on individual campuses, helps identify problems and prompts action. Staff members from St. Cloud State University are strongly encouraged to disseminate the data widely. Other schools, including the University of Minnesota have found the data to be a very powerful tool to help make decisions related to policy, design programs for education, and to initiate campaigns that target specific behavior.

It is expected this information will provide an accurate picture of the undergraduate student population and their use of tobacco, alcohol, marijuana, and other drugs.

The Purpose of this Report

• Assess tobacco use rates among college students
• Assess alcohol use rates by college students, especially underage students
• Learn more about the relationship between tobacco, alcohol, marijuana, and other drug use
• Explore the relationship between alcohol and other drug use and the resulting negative consequences
• Examine marijuana and other illegal drug use by college students
Methodology

The Core Alcohol and Drug Survey is a tool used by schools across the country. Boynton Health Service has been conducting the Core Survey using consistent methodology since 1992.

Students were surveyed using a modified Core Survey sent to a random sample of 2,669 undergraduate students on the St. Cloud State University campus. Only degree seeking students with a minimum of six or more credits were eligible for the survey.

An incentive was provided for students who responded to the survey. They did not need to complete the survey to be eligible for the prizes. The incentives were gift certificates valued at $2,000 (2), $500 (4) or $250 (2) at a variety of stores in the area determined to be popular among students. The incentives proved to be very helpful in encouraging students to respond to the survey.

There were four separate mailings sent to the selected students:

1. **Tickler Postcard** sent to all 2,669 students indicating they have been selected and are now eligible to participate in the survey and could win a gift certificate for $2,000, $500 or $250. Participation in the survey was limited to the original sample. Students that called in asking to participate were graciously turned down.

2. **Survey One** containing the survey, cover letter, pencil, return envelope (postage paid) and a return postcard were sent to the entire sample of 2,669.

3. **Reminder Postcard** was sent to all students who had not sent back their return postcard. The reminder postcard also served as their entry into the contest and provided their consent to be part of the survey or decline. The cards are mailed back separately and not matched with the return surveys.

4. **Survey Two** was sent to all students who had not yet sent in their return postcard. This was approximately 80% of the original sample. The contents are the same as Survey One.

5. **Multiple Emails** were also sent to students who had not yet responded. This strategy resulted in a 33.2% response rate and 862 students completed the survey. Surveys determined to be undeliverable were removed from the original sample size.

**Methodology Highlights**

- A total of 2,669 undergraduate students from St. Cloud State University were randomly selected to participate in this study. Of the 2,669 students sent surveys, 862 completed and returned the survey. 76 surveys were undeliverable. The overall response rate was 33.2%.

- The mean age of the survey respondents was 21.7 with a range from 18 to 50 years of age.

- The gender breakdown for the completed surveys consisted of 33.2% males, 62.7% females and 4.1% of students chose not to report their gender.
The survey used in 2005 consisted of the Core Survey short form plus 20 questions developed by Boynton Health Service at the University of Minnesota. The 2006 survey used the Core short form plus an additional 21 questions developed by Boynton Health Service. The additional questions provide more detailed information about aspects of level of alcohol use or tobacco use.

Completed surveys were scanned by the Core Institute, and the data sent to Boynton Health Service for analysis. The data were analyzed using SPSS. Significance of correlations are identified where appropriate in the report.
Tobacco use generally starts in high school; however, initiation also can occur during young adulthood. Preventing smoking initiation and other types of tobacco product use among young adults is critical to reducing long term use of tobacco products and the subsequent negative health consequences.

According to recent estimates from the Centers for Disease Control, smoking is the leading cause of preventable death in the United States. Although tobacco use in the United States has declined over the past twenty years, cigarette use among college students remains high.

College students' pattern of tobacco use distinguishes them from the general adult population. They smoke fewer cigarettes per day and are less likely be daily smokers than the general population of adults. Young adulthood appears to be a transition time for tobacco use, as the experimental smoking begun during adolescence matures to established use. Most initiated use during high school, but as many as 25% of adult smokers began smoking when they were in college. Youthful tobacco users may begin as social smokers, believing that they can control their usage, but proceed into adulthood retaining it as a habit. Because initiation of smoking frequently begins in youth, it is critical for colleges to both document and prevent the use of tobacco products in this specific population. The need for colleges to document the problem of tobacco use and to prevent its initiation and use is critical.

References
Current tobacco use for St. Cloud State University students is 31.1%. The current tobacco use rates indicate a significant drop from 2005 to 2006. At St. Cloud State University, the current use rate dropped from 37.5% to 31.1% of students reporting any tobacco use in the past 30 days.

In general, female use rates have been lower than male use rates. Tobacco use rates among St. Cloud State University students have fallen for males and females between 2005 and 2006.
Among St. Cloud State University students, 30.4% of all students ages 18-24 years old and 38.6% of students age 25 years and older reported they are current tobacco users.

Between 2005 and 2006, the daily use rate for students attending St. Cloud State University substantially decreased from 12.2% to 9.4%. Among all undergraduates, the frequency of daily tobacco use is 9.4% compared to 10.6% at the 2004 national level.
Overall, 9.4% of St. Cloud State University students surveyed reported they use tobacco on a daily basis. Among students ages 18-24 years old, 8.1% reported daily tobacco use, while 21.7% of students age 25 years and older indicated daily tobacco use.

Among St. Cloud State University students 18-24 years old who reported using tobacco products within the previous 30 days, 57.5% do not consider themselves smokers. Of the half (42.5%) who defined themselves as a smoker, 67.3% have attempted to quit within the past 12 months.

A quit attempt is defined as having stopped smoking for one day or longer because they were trying to quit smoking.
Among students age 25 years and older who reported using tobacco products within the past 30 days, **28.1%** do not consider themselves smokers. Among the **71.9%** who do consider themselves to be a smoker, **47.8%** have made at least one quit attempt attempted within the past 12 months.

Students ages 18-24 years old who consider themselves smokers and reported they attempted to quit at least once within the past 12 months averaged **3.8** quit attempts with a range of **1** to **30** attempts. Students age 25 years and older who consider themselves smokers and reported they attempted to quit at least once within the past 12 months averaged **3.0** quit attempts with a range of **1** to **6** attempts.

Among 18-24 year old students who reported they were current tobacco users **37.3%** indicated they were planning on quitting smoking prior to graduation. Of current smokers age 25 years and older, **40.6%** reported they planned on quitting smoking prior to graduation.
St. Cloud State University students ages 18-24 years old reported smoking, on average, 9.7 cigarettes per weekday and students age 25 years and older averaged 11.7 cigarettes.

St. Cloud State University students ages 18-24 years old reported smoking, on average, 11.4 cigarettes per weekend day and students age 25 years and older averaged 12.6 cigarettes.
St. Cloud State University students who reported they used tobacco on a daily basis smoked on average 16.2 cigarettes on weekdays and 18.4 cigarettes on weekend days. While students who were current tobacco users smoked on average 9.9 cigarettes on weekdays and 11.7 cigarettes on weekend days.

Current tobacco users reported where they have used tobacco over the past year. The most popular locations continue to be bars, restaurants, and cars. It will be interesting to note use rates in bars and restaurants as more local ordinances take effect. Smokers also report a much higher exposure to second hand smoke (page 13) which would correlate with where smokers report they are using tobacco. In addition, all the locations listed are places that could potentially expose non-smokers to second hand smoke.
Exposure to Second Hand Smoke

Environmental exposure to tobacco smoke (ETS) has been linked with a variety of health problems including rhinitis/pharyngitis, nasal congestion, persistent cough, conjunctival irritation, headache, wheezing (bronchial constriction), exacerbation of chronic respiratory conditions, asthma onset, increased severity of, or difficulty in controlling asthma, frequent upper respiratory infections and/or episodes of otitis media, pneumonia and bronchitis. In addition, chronic exposure has been linked to lung cancer and ischemic heart disease.

Awareness of the harmful effects of environmental tobacco smoke (ETS) has prompted many college campuses to develop and enforce tobacco control policies, but tobacco policies still vary widely across campuses.

References

2006 Second Hand Smoke Highlights

Among St. Cloud State University students:

- **64.2%** of nonsmokers are exposed to second hand smoke over the weekend.
- **87.8%** of smokers are exposed to second hand smoke over the weekend.
- **55.1%** of smokers are exposed to second hand smoke for two or more hours a day over the weekend.
Among non-smokers, the percent of people exposed to second hand tobacco smoke was **55.8%** on a weekday and **64.2%** on a weekend day. Among non-smoking students **11.4%** of non-smoking students were exposed to two or more hours a day during the week and **23.4%** of non-smoking students were exposed to two or more hours a day on the weekend.

Exposure to second hand smoke increases the amount of smoke that a smoker is exposed to. Everyone, including smokers, should limit their exposure to second hand smoke. Among current smokers, the percent of people exposed to second hand tobacco smoke was **71.6%** on a weekday and **87.8%** on a weekend day. Among current smoking students **30.2%** were exposed to secondhand smoke two or more hours a day during the week and **55.1%** were exposed to two or more hours a day on the weekend.
Alcohol Use

High risk drinking and alcohol-related problems among college students have been well documented. The importance of understanding each school’s licit and illicit drug use and consequences of that use is critical. Alcohol use among college students is problematic, because the pattern of alcohol consumption puts them at increased risk for negative consequences. A substantial proportion of U.S. college students drink alcoholic beverages and report significant deleterious effects.

In particular, high-risk patterns of drinking are problematic, and put students at increased risk of experiencing many negative consequences. Short-term consequences of high risk alcohol use include decreased academic performance, social and legal problems and increased risk of injury and death. In the longer term, drinking patterns exhibited during the college years have been associated with significant risk factors for alcohol dependence and abuse in conjunction with evidence of academic attrition, early departure from college and less favorable labor market outcomes.

Alcohol-related problems are often considered the most serious public health threat on American college campuses. Alcohol related injuries appear to be on the rise, and more than 1,700 college students ages 18-24 died in 2001 as the result of alcohol-related injuries, compared to about 1,500 in 1988. The “Consequences of Alcohol Use” table on page 16 shows the burden of alcohol use across our nation’s college campuses. Recent serious alcohol-related events among college students in Minnesota and across the nation have raised public awareness of the prevalence of and problems associated with alcohol use among college undergraduates. In Minnesota alone, in 2005, nine college students who drank to intoxication were later found dead from an alcohol related injury. The real threat of morbidity and mortality faced by our college student compels all colleges and universities to address these issues.

### 2006 Alcohol Use Highlights

**St. Cloud State University Students:**

- High risk drinking rates (defined as five or more drinks in previous two weeks) for all students ages 18-24 years old is **53.7%**, and **25.0%** for students age 25 years and older.
- **51.7%** of all students reported that they had been intoxicated at least once per month in the previous year.
- The estimated BAC on the most recent drinking occasion averaged **0.12** for males and **0.12** for females.
- **76.9%** of all students report they have used alcohol in the past 30 days.
St. Cloud State University Handbook

St. Cloud State University has a specified policy about use of alcohol, which prohibits any alcohol use on campus without a permit. This includes residence halls. Sanctions are also specified for alcohol violators.  

### Consequences of Alcohol Use

<table>
<thead>
<tr>
<th>Alcohol-related Negative Consequences</th>
<th>National Burden on College Students Per Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Death (ages 18-24)\textsuperscript{19}</td>
<td>1,700</td>
</tr>
<tr>
<td>Injury (ages 18-24)\textsuperscript{19}</td>
<td>599,000</td>
</tr>
<tr>
<td>Assault (ages 18-24)\textsuperscript{18}</td>
<td>696,000</td>
</tr>
<tr>
<td>Sexual abuse (ages 18-24)\textsuperscript{19}</td>
<td>97,000</td>
</tr>
<tr>
<td>Unsafe sex (ages 18-24)\textsuperscript{19}</td>
<td>400,000</td>
</tr>
<tr>
<td>Academic problems\textsuperscript{20, 21}</td>
<td>25% of all students</td>
</tr>
<tr>
<td>Vandalism\textsuperscript{21}</td>
<td>11% of students</td>
</tr>
<tr>
<td>Police involvement\textsuperscript{21}</td>
<td>5% of college students</td>
</tr>
<tr>
<td>Dropout (freshmen)\textsuperscript{22}</td>
<td>159,000</td>
</tr>
<tr>
<td>Health problems\textsuperscript{23}</td>
<td>150,000</td>
</tr>
<tr>
<td>Suicide Attempts\textsuperscript{23}</td>
<td>1.2-1.5%</td>
</tr>
<tr>
<td>Drunk Driving (ages 18-24)\textsuperscript{15}</td>
<td>2.1 million students</td>
</tr>
<tr>
<td>Arrests (ages 18-24)\textsuperscript{19}</td>
<td>2.2% of students</td>
</tr>
</tbody>
</table>

### References

The current alcohol use rate for all St. Cloud State University students who participated in the survey was 76.9%. This is higher than the national average. Between 2005 and 2006, current alcohol use among St. Cloud State University students has decreased from 83.4% to 76.9%.

The past 12 month alcohol use rate for all students attending St. Cloud State University was 87.3%. The past 12 month alcohol use rate among students ages 18-24 years old was 89.1% while the rate for students age 25 years and older was 78.6%.

Twelve month alcohol use is defined as consuming a bottle of beer, a glass of wine, a wine cooler, a shot glass of liquor, or a mixed drink within the past year.

The current alcohol use rate for all St. Cloud State University students who participated in the survey was 76.9%. This is higher than the national average. Between 2005 and 2006, current alcohol use among St. Cloud State University students has decreased from 83.4% to 76.9%.

Current alcohol use is defined as consuming a bottle of beer, a glass of wine, a wine cooler, a shot of liquor, or a mixed drink within the last 30 days.
The percentage of St. Cloud State University 18-24 year old undergraduates who have used alcohol in the past 30 days was 78.7% compared to 65.9% for those age 25 years and older. The current alcohol use rate for males and females ages 18-24 years old was similar.*

*Note: Due to the number of students that did not report their gender, overall rates may be slightly inconsistent with rates reported by gender.

The average number of drinks consumed per week for St. Cloud State University undergraduates is below the national average. Between 2005 and 2006, the average number of drinks decreased from 7.7 to 5.6 drinks per week. Like “current use” the average number of drinks per week may serve as an indicator of overall alcohol use.
The average number of drinks per week for students ages 18-24 years old was **5.9** compared to an average of **3.3** drinks per week for students age 25 years and older. Males ages 18-24 years old had the highest average number of drinks consumed per week with **9.2**.

A high risk drinking (HRD) episode is defined as consumption of five or more drinks at one sitting. Between 2005 and 2006 the HRD rate for St. Cloud State University students decreased from **58.6%** to **50.5%**. The 2006 rate is higher than the 2004 national rate (Core) of **48.8%**.
The high risk drinking rates for students ages 18-24 years old was 53.7% compared to 25.0% for students age 25 years and older. Males ages 18-24 years old had the highest HRD rate.

Examining the high risk drinking rate across ages showed that the peak years for engaging in high risk drinking occurred between the ages of 18 and 24 years old.
The average estimated Blood Alcohol Content (BAC) (based on the last time the student “partied/socialized”) for students attending St. Cloud State University was 0.12. The average BAC among St. Cloud State University students ages 18-24 years old and age 25 years and older was 0.12 and 0.08, respectively.

The mean BAC for students ages 18-24 years old is significantly above the legal limit of 0.08.
The overall BAC for St. Cloud State University students was 0.12. Other research has indicated that these calculated BACs may be even higher as college students tend to over pour standard drink sizes and therefore underestimate the total number of drinks that they consume.24


The survey respondents reported “experience” was compared against their calculated BAC for the last time they partied/socialized. As students’ calculated BAC levels increased, the number of students reporting lower than the expected level of effects dramatically increased. As students’ level of intoxication increased, their perception of intoxication based on their calculated BAC was severely compromised. Among those who had 0.07 or higher BAC calculated for their most recent drinking occasion, between 80%-100% of them reported that they perceived their symptoms to be much less than expected based on tables of symptoms of intoxication by BAC.

*Source: American Council on Drug Education
The data presented in this graph highlights the gap between perceived symptoms and the actual level of intoxication. As the student’s level of intoxication increases, they were more likely to underestimate their level of intoxication.

Among SCSU students, 34.6% of males and 24.2% of females reported being intoxicated between one and five times per week within the course of the past year. The percentage of students who reported they had never been intoxicated within the past year was similar for males and females at 22.0% and 20.3%, respectively.
Among all students, 51.7% reported feeling intoxicated one time per month or more. Among current drinkers (those who have consumed alcohol at least one time in the previous 30 days), 65.5% report that they have been intoxicated at least once a month or more in the previous year. Frequency of self reported intoxication is associated with an increased number of negative consequences due to alcohol and other drug use.
Alcohol Use and Negative Consequences

In an attempt to understand the relationship between alcohol use and alcohol related negative consequences, survey respondents were asked which negative consequences they have experienced as a result of their drinking or drug use. The list included nineteen consequences that range from mild to severe.

The respondents were to indicate which consequences they experienced and the number of times they experienced that consequence within the course of the past year. The consequences were tallied, resulting in a score for those surveyed. Ten occurrences of each consequence could be listed for each consequence resulting in a maximum possible score of 190.

Survey Question: Please indicate how often you have experienced the following due to your drinking or drug use during the last year:

- had a hangover
- performed poorly on a test or important project
- damaged property, pulled fire alarm, etc.
- got into an argument or fight
- got nauseated or vomited
- been in trouble with police, residence hall, or other college authorities
- driven a car while under the influence
- missed a class
- been criticized by someone I know
- had a memory loss
- done something I later regretted
- been arrested for DWI/DUI
- have been taken advantage of sexually
- have taken advantage of another sexually
- tried unsuccessfully to stop using
- thought I might have a drinking or other drug problem
- seriously thought about suicide
- seriously tried to commit suicide
- been hurt or injured

2006 Negative Consequences Highlights

Among St. Cloud State University Students:

- Students who reported drinking alcohol within the past 12 months on average experienced 18.9 negative events as a result of their alcohol or drug use in the previous year.
- On average, students who reported drinking six or more drinks per week experienced 27.7 negative consequences in the previous year.
- Students who engage in high risk drinking practices defined as consuming five or more drinks at one sitting within the past two week period, are more likely to report drinking and driving.
The more times a student reported being intoxicated in the previous year, the more likely they were to report negative consequences. For those who never drank enough to be intoxicated in the previous year, they experienced an average of 2.2 negative consequences from their alcohol consumption. However, for those that reported being intoxicated once a week or more, they experienced on average 38.0 negative consequences – more than 17 times the number of negative consequences experienced by students who reported never being intoxicated within the past year.

Students who reported consuming on average five or fewer drinks per week experienced on average 9.2 negative consequences over the past year. Whereas students who consumed on average six or more drinks per week experienced on average 33.0 negative consequences over the past 12 months. The number of negative consequences reported by males and females was similar for both levels of average number of drinks consumed per week.
Students who reported they do not engage in high risk drinking (consuming five or more drinks at one sitting within the past two weeks) experienced on average 6.4 negative consequences over the course of the past year. On the other hand, students who reported they engaged in high risk drinking within the past two weeks reported they experienced on average 27.7 negative consequences.

Students were asked if they would call 911 when someone has “passed out” due to drinking and they are unable to wake them. Though this is a clear example of when 911 must be called, only 52.3% of St. Cloud State University students reported they would be “very likely” to call 911. For St. Cloud State University students who had consumed alcohol in the previous 30 days, 46.2% said it was “very likely” they would call 911, while among those students who had consumed no alcohol in the previous 30 days, 69.4% reported that they would be “very likely” to call 911.
The rates for selected negative consequences were 3 times higher among students who engaged in high risk drinking compared to students who did not engage in high risk drinking.

Almost half of St. Cloud State University students who have engaged in high risk drinking have driven while intoxicated one or more times in the previous 12 months.

Note: The rate for HRD is based on behavior in the past two week period while the rate for negative consequences is based on reported experiences within the previous 12 month period.

<table>
<thead>
<tr>
<th>Negative Consequences</th>
<th>All Students</th>
<th>Non-HRD</th>
<th>HRD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Driven While Intoxicated</td>
<td>32.4</td>
<td>15.0</td>
<td>49.4</td>
</tr>
<tr>
<td>Argument</td>
<td>42.3</td>
<td>22.1</td>
<td>61.8</td>
</tr>
<tr>
<td>Poor Test/Project</td>
<td>32.1</td>
<td>13.4</td>
<td>50.2</td>
</tr>
<tr>
<td>Missed Class</td>
<td>39.0</td>
<td>17.1</td>
<td>60.1</td>
</tr>
<tr>
<td>Been Taken Advantage of Sexual</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(includes males and females)</td>
<td>11.0</td>
<td>5.5</td>
<td>16.5</td>
</tr>
</tbody>
</table>

Percent of Students
Smoking Status Relationship to Alcohol, Marijuana, and Other Drug Use

Tobacco use has been associated with the use of other substances. In particular, it has been associated with alcohol consumption and other drug use, especially with marijuana consumption.\textsuperscript{25,26}

There is a significant cross-correlation between smoking tobacco and alcohol consumption.\textsuperscript{26} It is important to assess the occurrence of risky behaviors (tobacco use) by addressing other similar risky behaviors (alcohol use). The focus on multiple risky behaviors among college students may have a broader beneficial effect through the moderation of multiple risky behaviors.

References

2006 Smoking Relationship Highlights

Among St. Cloud State University Students:

- High risk drinking rates were almost two times higher among tobacco users versus non-tobacco users (72.2\% vs. 40.6\%, respectively).

- There is a strong association between tobacco use and marijuana use. The rate for 30 day marijuana use among tobacco users versus non-tobacco users was 33.2\% vs. 7.7\%, respectively.

- Past 12 month drug use was significantly higher among tobacco users versus non-tobacco users (15.9\% vs. 4.5\%, respectively).
There is a strong association between tobacco use and alcohol use. As the graph illustrates, students who use tobacco had significantly higher rates of high risk drinking versus students who do not use tobacco products (72.2% vs. 40.6%, respectively).

The average number of drinks consumed per week was also higher for tobacco users versus non-tobacco users. The average number of drinks consumed for all students was 5.6 drinks per week. The average number of drinks consumed per week for tobacco users versus non-tobacco users was 9.3 vs. 3.6, respectively.
There is a strong association between tobacco use and marijuana use. Students who used tobacco had 4 times the rate of marijuana use as compared to non-tobacco users. The marijuana use rate for all students at St. Cloud State University in the last 30 days is 15.5%.

The past 12 months other drug use rate was also significantly higher for tobacco users versus non-tobacco users (15.9% vs. 4.5%, respectively). The past 12 months other drug use rate for all students who participated in the survey was 8.0%. Students who used tobacco products had other drug use rates that were twice the average use rate for all students who participated in the survey.
Underage Alcohol Use

Underage drinking is a significant problem occurring on college campuses. It has been estimated that underage drinking cost the citizens of Minnesota $1.0 billion in 2001.\textsuperscript{28}

Underage students tended to drink alcohol less frequently but are more likely to drink to excess when they drink, and high risk drinking and intoxication are associated with an increase in the number of negative consequences experienced by those students.\textsuperscript{29}

Understanding the degree of underage drinking on college campuses and the associated negative consequences will assist in the development of policies and programs which can be implemented to improve the health of students.

\textbf{References}


\textbf{2006 Underage Alcohol Use Highlights}

Among St. Cloud State University Students:

- Of students ages 18-20 years old who participated in the survey, \textbf{83.5\%} report they used alcohol within the previous year.

- The 30 day use rate for students ages 18-20 years old was \textbf{67.0\%}.

- Survey respondents ages 18-20 years old reported a high risk drinking rate (consuming five or more drinks at one sitting within the past two weeks) of \textbf{49.0\%}. 
The percent of St. Cloud State University male students ages 18-20 years who used alcohol within the past 30 days was **67.0%** compared to **71.9%** for females ages 18-20 years old. The past 30 day alcohol use rate for males and females age 21 years and older was **84.0%** and **82.1%**, respectively.

The percent of St. Cloud State University male students ages 18-20 years old who engaged in high risk drinking within the past two weeks was **55.7%** compared to **45.4%** for females. The high risk drinking rates for males and females age 21 years and older was **62.6%** and **46.0%**, respectively.
St. Cloud State University students who report that they engaged in high risk drinking in the previous two weeks were more likely to experience negative consequences than those who did not participate in high risk drinking in the previous two week period. Underage male and female high risk drinkers experienced more than 4 times as many negative consequences than those underage who had not engaged in high risk drinking in the previous two weeks.

The average number of alcoholic drinks per week consumed by St. Cloud State University students ages 18-20 years old was 9.4 drinks per week for males compared to 4.7 drinks per week for females. Students age 21 years and older averaged 11.3 drinks per week for males and 4.5 drinks per week for females.
The average estimated Blood Alcohol Content (based on the last time the student “partied/socialized”) for students ages 18-20 years old attending St. Cloud State University was 0.12 compared to an average BAC of 0.11 for students age 21 years and older. The highest average estimated BAC (0.13) was among females ages 18-20 years old.
Marijuana and Other Drug Use

Substance abuse is a major health and behavioral concern in college students. The 2003 National Household Survey on Drug Abuse and Health results revealed that illicit drug use in 2003 tended to increase with age among young persons, peaking at college age.30

Students who smoke marijuana get lower grades and are less likely to graduate, compared with their nonsmoking peers.32-34 Use of illicit drugs and frequent sustained use of marijuana may directly affect academic achievement among college students who may experience increasing difficulty in problem solving and poor long term memory.35

Understanding the current drug use practices of college students and the negative consequences related to their use will enable college administrators, faculty and staff to develop and implement policies and programs that will aid students in making healthy choices related to drug use.

References
The past 12 month marijuana use rate for students attending St. Cloud State University was 31.9% for all students. The past 12 month marijuana use rate for St. Cloud State University students ages 18-24 years old was 33.6% and 17.9% for students age 25 years and older.

The current marijuana use rate in 2006 at St. Cloud State University is 15.5%. This compares to the national use rate in 2004 of 18.8%. Compared to 2005, marijuana use at St. Cloud State University has decreased from 16.7% to 15.5%.

Current marijuana use is defined as any use of marijuana within the last 30 days.
The current marijuana use rate (within the past 30 days) for all St. Cloud State University students was **15.5%**. The current marijuana use rate for St. Cloud State University students ages 18-24 years old was **16.5%** and **8.4%** for students age 25 years and older.

When St. Cloud State University marijuana users’ GPA is compared with the whole student population, there is no significant difference. However, frequent marijuana users have a lower GPA than non-users and the difference was statically different. \((p \leq 0.01)\)

Frequent marijuana use is defined as 10 or more days of marijuana use in the previous 30-day period.
Between 2005 and 2006, the overall rate of drug use for students at St. Cloud State University decreased from 14.1% to 8.0%.

The past 12 month use rate for selected drugs among St. Cloud State University students ages 18-24 years old ranged from 0.07% for opiates to 4.6% for amphetamines. Among St. Cloud State University students age 25 years and older, the past 12 month use rate for selected drugs ranged from 0.0% for opiates to 2.4% for amphetamines.
The highest rates for other drug use for St. Cloud State University students were reported among males ages 18-24 years old.

Illegal drugs included in the survey:
- Cocaine (crack, rock, freebase)
- Amphetamines (diet pills, speed)
- Sedatives (downers, ludes)
- Hallucinogens (LSD, PCP)
- Opiates (heroin, smack, horse)
- Inhalants (glue, solvents, gas)
- Designer drugs (ecstasy, MDMA)
- Steroids
- Other illegal drugs

Current Drug Use (Any Use Past Year – Not Marijuana)
All Students: by Age Grouping and Gender

<table>
<thead>
<tr>
<th>Age Grouping</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-24 year olds</td>
<td>10.8</td>
<td>7.9</td>
</tr>
<tr>
<td>25+ year olds</td>
<td>3.3</td>
<td>3.8</td>
</tr>
</tbody>
</table>

Legend: Male, Female
Conclusion

The 2006 Core Survey results indicate a wide range of tobacco, alcohol, marijuana, and other drug use on college campuses. The survey also provides insight into the uniqueness of each campus community. The results highlighted in this report provide a snapshot of tobacco, alcohol, and other drug use on the St. Cloud State University campus.

Many institutions lack the resources or capacity to provide programs which address substance use on their campuses. Financial assistance and “hands on” technical support are going to be needed in order for schools to implement strategies which address substance use on their campuses. Some assistance has been provided for tobacco cessation through the University of Minnesota, Hennepin Medical Society, ClearWay MN (formerly MPAAT), Blue Cross and Blue Shield of Minnesota, and other organizations. Many of these organizations have received funding to address tobacco use in the state, and many post secondary institutions have taken steps to work with these organizations. Unfortunately, there is not similar funding directed at alcohol and other drug use on college campuses.

The results of this survey will provide information that may encourage support and additional funding to be directed towards:

- Enhanced efforts to reduce high risk drinking on campus
- Tobacco use prevention and cessation
- Marijuana use reduction and prevention
- Other drug use reduction and prevention

To address these areas, technical assistance and direct “hands on” assistance to interested schools is required. The areas to direct efforts include policies aimed at restricting use, programs aimed at reduction, and prevention along with continuous evaluation.

As a step toward accessing more resources, many schools have joined the Minnesota Healthy Campus Tobacco Free Network. This network, funded by ClearWay MN provides an excellent conduit for post secondary institutions to access other resources. Institutions interested in topics other than tobacco are encouraged to join the Healthy Campus Network as well. The relationships between tobacco, alcohol, and other drugs are complex. Future newsletters and sessions will discuss some of these topics.
Acknowledgements

This survey was made possible by the effort of many individuals from the various participating institutions.

Special thanks to…

Steve Frantz, System Director, Student Life/Disabilities, Minnesota State Colleges and Universities the Office of General Counsel, Office of the Chancellor, Minnesota State Colleges and Universities whose assistance made it possible for schools within the Minnesota State Colleges and Universities system to participate. We would also like to thank Jack Davis and Sue Schettle of Hennepin Medical Society, and Janelle Waldoch and Alison Babb of Blue Cross and Blue Shield of Minnesota.
## Snapshot: Participating Colleges and Universities

<table>
<thead>
<tr>
<th>Two-Year Public Institutions</th>
<th>Location</th>
<th>Full-Time Undergraduate Enrollment*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alexandria Technical College</td>
<td>Alexandria, MN</td>
<td>1,464</td>
</tr>
<tr>
<td>Anoka Technical College</td>
<td>Anoka, MN</td>
<td>958</td>
</tr>
<tr>
<td>Hennepin Technical College</td>
<td>Brooklyn Park, MN</td>
<td>1,950</td>
</tr>
<tr>
<td>Lake Superior College</td>
<td>Duluth, MN</td>
<td>1,994</td>
</tr>
<tr>
<td>Normandale Community College</td>
<td>Bloomington, MN</td>
<td>5,857</td>
</tr>
<tr>
<td>St. Cloud Technical College</td>
<td>St. Cloud, MN</td>
<td>1,965</td>
</tr>
</tbody>
</table>

*Enrollment number obtained from the Minnesota State College and university web site at http://www.mnscu.edu/index.html (numbers from sampling scheme sheet)

<table>
<thead>
<tr>
<th>Four-Year Public Institutions</th>
<th>Location</th>
<th>Full-Time Undergraduate Enrollment*</th>
</tr>
</thead>
<tbody>
<tr>
<td>St. Cloud State University</td>
<td>St. Cloud, MN</td>
<td>10,745</td>
</tr>
<tr>
<td>University of Minnesota – Twin Cities</td>
<td>Minneapolis/St. Paul, MN</td>
<td>23,402</td>
</tr>
<tr>
<td>Winona State University</td>
<td>Winona, MN</td>
<td>6,157</td>
</tr>
</tbody>
</table>

*Enrollment number obtained from the Minnesota State College and university web site at http://www.mnscu.edu/index.html (numbers from sampling scheme sheet)

<table>
<thead>
<tr>
<th>Private Institutions</th>
<th>Location</th>
<th>Full-Time Undergraduate Enrollment*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Augsburg College</td>
<td>Minneapolis, MN</td>
<td>1,604</td>
</tr>
<tr>
<td>Hamline University</td>
<td>St. Paul, MN</td>
<td>1,826</td>
</tr>
<tr>
<td>St. Mary's University of Minnesota</td>
<td>Winona/Minneapolis, MN</td>
<td>1,154</td>
</tr>
</tbody>
</table>

*Enrollment number obtained from the Minnesota Private College Council at http://www.mnprivatecolleges.com/ourcolleges/index.php (numbers from sampling scheme sheet)
Participating Schools

Alexandria Technical College
Tam Bukowski  
Sheryl Hocum

Anoka Technical College
John Cacich

Augsburg College
Diane Detloff  
Anne Garvey  
Nancy Guilbeault

Hamline University
Barb Bester  
Patti Klein  
Alan Sickbert  
Mary Heather Smith

Hennepin Technical College
Sara Miller  
Lisa Wangchuk

Lake Superior College
Beth Adams  
Jolette Gregorich  
Roger Johnson

Normandale Community College
Gail Cywinski  
Linda Gust  
Laura Hanson  
Kay Okey

St. Cloud State University
Corie Beckermann  
Lynette Sickler

St. Cloud Technical College
Lana Feddema

Saint Mary's University of Minnesota
Angel Weisbrod

University of Minnesota
Amy Bartkus  
Sara Brenner  
Evelyn Khoo  
Maria Rangel  
Julie Sanem  
Amanda Woodfield

Winona State University
Diane Palm  
Ruth Schroeder

Principal Investigator
Katherine Lust, PhD, MPH  
Boynton Health Service  
University of Minnesota  
410 Church Street SE, N217  
Minneapolis, MN 55455  
P: (612) 624-6214  
E: klust@bhs.umn.edu

Publication Coordinator
Britt Bakke  
Boynton Health Service  
University of Minnesota  
410 Church Street SE, N219  
Minneapolis, MN 55455  
P: (612) 624-2965  
E: bbakke@bhs.umn.edu

Co-Investigators
Edward P. Ehlinger, MD, MSPH  
Boynton Health Service  
University of Minnesota  
410 Church Street SE, W226  
Minneapolis, MN 55455  
P: (612) 625-1612  
E: eehlinger@bhs.umn.edu

David Golden  
Boynton Health Service  
University of Minnesota  
410 Church Street SE, W226  
Minneapolis, MN 55455  
P: (612) 626-6738  
E: dgolden@bhs.umn.edu