

St. Cloud State University

Tobacco, Alcohol, and Other Drug Use

November 2006

BOYNTON
HEALTH SERVICE

UNIVERSITY OF MINNESOTA

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Survey Demographics

	All Students
Mean Age	21.7
Age Range	18-50 yrs
Mean GPA	3.2

	Percent
Age	All Students
18-24	90.0%
25+	10.0%

	Percent		
Classification	All Students	18-24 year olds	25+ year olds
Freshman	18.1	19.6	4.8
Sophomore	21.3	23.1	4.8
Junior	28.4	27.9	32.5
Senior	30.9	28.2	55.4
Other	1.3	1.1	5.4

	Percent		
Gender	All Students	18-24 year olds	25+ year olds
Male	33.2	32.8	36.9
Female	62.7	62.8	61.9
Unspecified	4.1	4.5	1.2

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

	Percent		
Current Residence	All Students	18-24 year olds	25+ year olds
On Campus	22.4	24.4	2.8
Off Campus	77.6	75.6	97.2

Table of Contents

Survey Demographics i

Table of Contents ii

Executive Summary 1

Introduction..... 3

Methodology..... 4

Tobacco Use 6

Exposure to Second Hand Smoke 13

Alcohol Use 15

Alcohol Use and Negative Consequences 25

Smoking Status Relationship to
Alcohol, Marijuana, and Other Drug Use..... 29

Underage Alcohol Use..... 32

Marijuana and Other Drug Use 36

Conclusion..... 41

Acknowledgements 42

Snapshot: Participating Colleges and Universities..... 43

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.

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.

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.

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.

Tickler Postcard & 2006 Core Survey

You could win \$2,000!

Just for filling out a survey!
Your odds are 1 in 4,000 or better!

How does this work?
You have been randomly selected to participate in the 2006 Core Drug and Alcohol Survey being administered by your school and the University of Minnesota. You should return your survey by mail within the next 2 weeks. Survey materials must be returned postmarked by May 9, 2006, just for completing the survey you will be entered in a drawing for a \$2,000 gift certificate!

What are the prizes?
Grand Prize: \$2,000 gift certificate*
2nd Place Prize: \$500 gift certificate*
3rd Place Prize: \$500 gift certificate*
*Winners choose a gift certificate from one of the following stores:
Target, Best Buy, Macy's, Home Depot, IKEA, Sports Authority, Midwest Mountaineering, or Cabela's.

Who do I contact with questions?
Katherine Lutz, Ph.D.
Survey Administrator
(612) 624-6214
kluetz@hs.umn.edu

For more information visit:
www.bhs.umn.edu/core

UNIVERSITY OF MINNESOTA
2006 Core Drug and Alcohol Survey
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Survey Administrator
Boynton Health Service
410 Church Street SE, 54717
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Core Alcohol and Drug Survey
For use by two- and four-year institutions

Core Institute
Student Health Programs
Southern Illinois University
Carbondale, IL 62901

Please use a number 2 Pencil.

1. Classification:
Freshman
Sophomore
Junior
Senior
Grad/professional
Not seeking a degree
Other

2. Age:
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....

3. Ethnic origin:
American Indian/Alaskan Native
Hispanic
Asian/Pacific Islander
White (non-Hispanic)
Black (non-Hispanic)
Other

4. Marital status:
Single
Married
Separated
Divorced
Widowed

5. Gender:
Male
Female

6. Is your current residence as a student:
On-campus
Off-campus

7. Are you working?
Yes, full-time
Yes, part-time
No

8. Living arrangements:
A. Where: (mark best answer)
House/apartment/etc.
Residence hall
Approved housing
Fraternity or sorority
Other
B. With whom: (mark all that apply)
With roommate(s)
Alone
With parent(s)
With spouse
With children
Other

9. Approximate cumulative grade point average: (choose one)
A+ A A- B+ B B- C+ C C- D+ D D- F

10. Some students have indicated that alcohol or drug use at parties they attend in and around campus reduces their enjoyment, often leads to negative situations, and therefore, they would rather not have alcohol and drugs available and used. Other students have indicated that alcohol and drug use at parties increases their enjoyment, often leads to positive situations, and therefore, they would rather have alcohol and drugs available and used. Which of these is closest to your own view?
With regard to drugs?
With regard to alcohol?

11. Student status:
Full-time (12+ credits)
Part-time (1-11 credits)

12. Campus situation on alcohol and drugs:
a. Does your campus have alcohol and drug policies?
b. If so, are they enforced?
c. Does your campus have a drug and alcohol prevention program?
d. Do you believe your campus is concerned about the prevention of drug and alcohol use?
e. Are you actively involved in efforts to prevent drug and alcohol use problems on your campus?

13. Place of permanent residence:
In-state
USA, but out of state
Country other than USA

14. Think back over the last two weeks. How many times have you had five or more drinks* at a sitting?
None
Once
Twice
3 to 5 times
6 to 9 times
10 or more times

15. Average # of drinks* you consume a week:
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....

16. At what age did you first use... (mark one for each line)
a. Tobacco (smoke, chew, snuff)
b. Alcohol (beer, wine, liquor)
c. Marijuana (pot, hash, hash oil)
d. Cocaine (crack, rock, freebase)
e. Amphetamines (diet pills, speed)
f. Sedatives (downers, Valium)
g. Hallucinogens (LSD, PCP)
h. GHBs (GHB, GBL, Xanitol, Xanone)
i. Inhalants (glue, solvents, gas)
j. Designer drugs (ecstasy, MDMA)
k. Steroids
l. Other (legal drugs)

*A drink is a bottle of beer, a glass of wine, a mixer cooler, a shot glass of liquor, or a mixed drink.

*Other than a few cases.

Tobacco Use

Tobacco use generally starts in high school; however, initiation also can occur during young adulthood.¹ 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.

2006 Tobacco Highlights

Among St. Cloud State University Students:

- **31.1%** reported that they are current smokers, defined as any tobacco use within the past 30 days.
- **9.4%** report daily use of tobacco.
- The average number of quit attempts among current smokers who have attempted to quit smoking in the previous year was **3.4** attempts.

SCSU Handbook

St. Cloud State University has adopted a policy that prohibits the use of tobacco in St. Cloud college buildings, in accordance with the Minnesota Clean Indoor Air Act.

www.stcloudstate.edu/humanresources/policies/smoking.asp

According to recent estimates from the Centers for Disease Control, smoking is the leading cause of preventable death in the United States.² Although tobacco use in the United States has declined over the past twenty years, cigarette use among college students remains high.

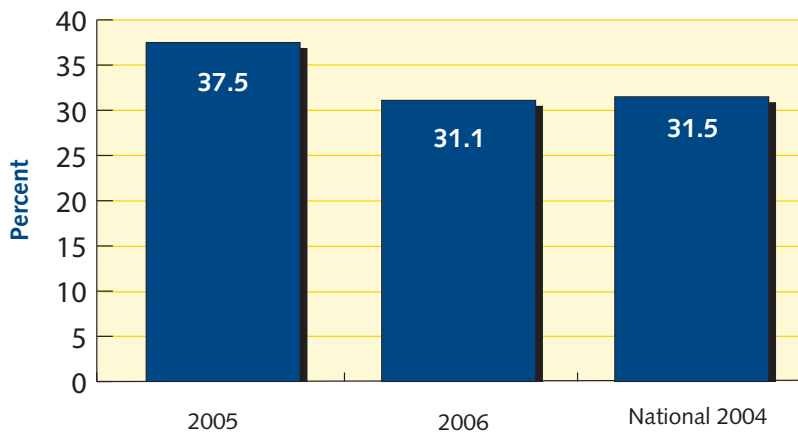
College students' pattern of tobacco use distinguishes them from the general adult population.³ They smoke fewer cigarettes per day and are less likely to be daily smokers than the general population of adults.^{4,5} Young adulthood appears to be a transition time for tobacco use, as the experimental 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.⁶ 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.

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Current Tobacco Use

(any use in past 30 days): Comparison to National Data

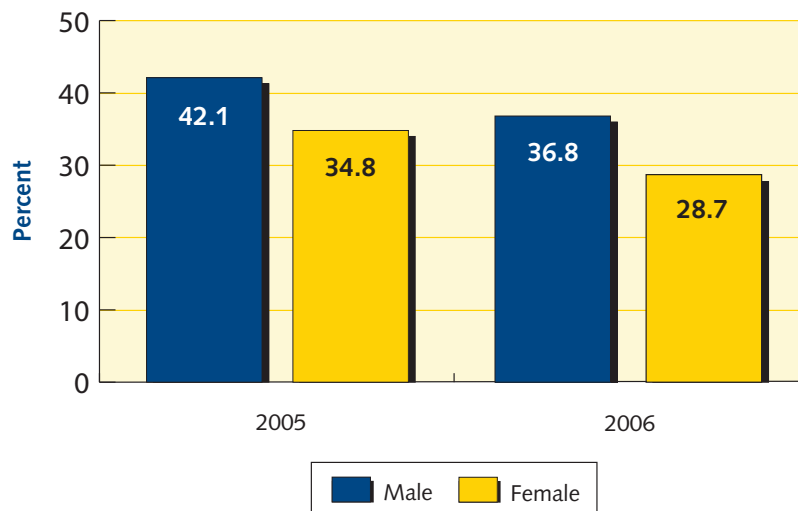


Current tobacco use for St. Cloud State University students is **31.1%**. The current tobacco use rates indicate a significant drop from 2005 to 2006. At St. Cloud State University, the current use rate dropped from **37.5%** to **31.1%** of students reporting any tobacco use in the past 30 days.

Current tobacco use is defined as any use in the past 30 days. Tobacco use includes use of cigarettes, cigars, and smokeless tobacco.

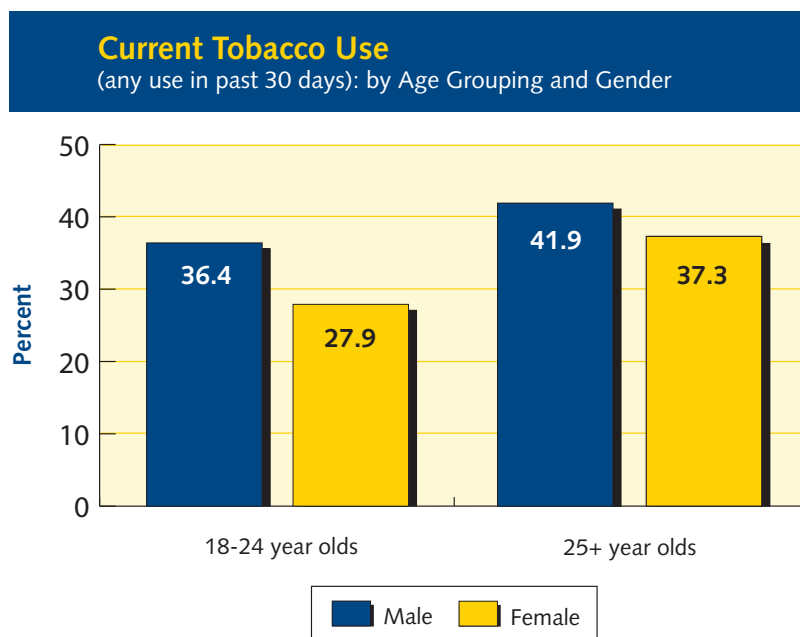
Current Tobacco Use

(any use in past 30 days): by Gender

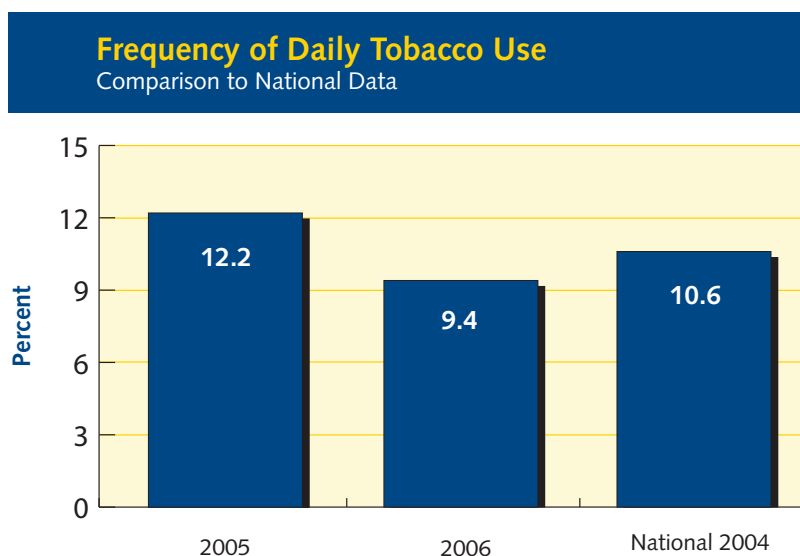


In general, female use rates have been lower than male use rates. Tobacco use rates among St. Cloud State University students have fallen for males and females between 2005 and 2006.

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.

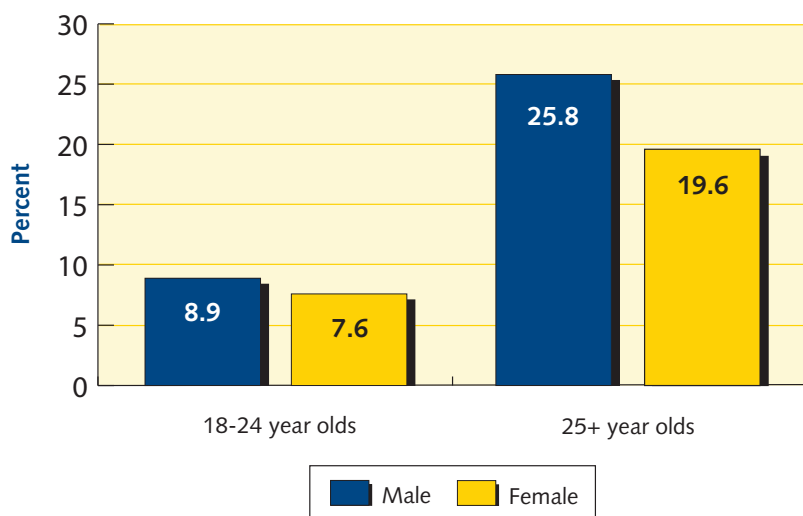


Between 2005 and 2006, the daily use rate for students attending St. Cloud State University substantially decreased from **12.2%** to **9.4%**. Among all undergraduates, the frequency of daily tobacco use is **9.4%** compared to **10.6%** at the 2004 national level.



Daily Tobacco Use

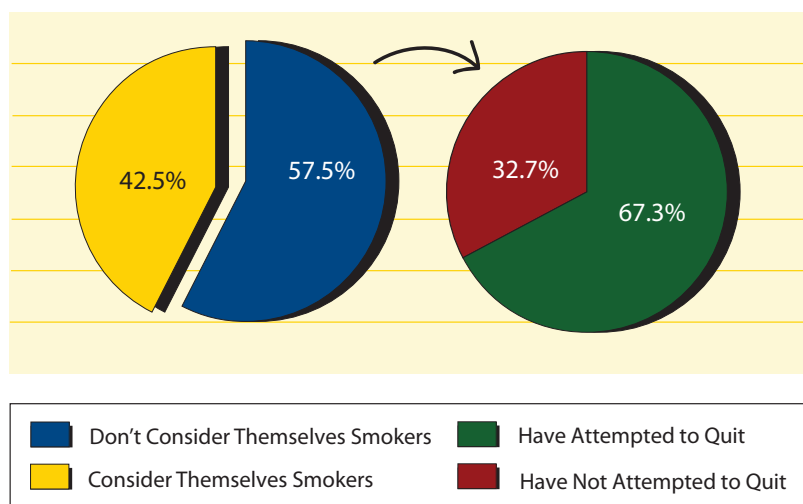
All Students: by Age Grouping and Gender



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.

Quit Attempts: Current Tobacco Users

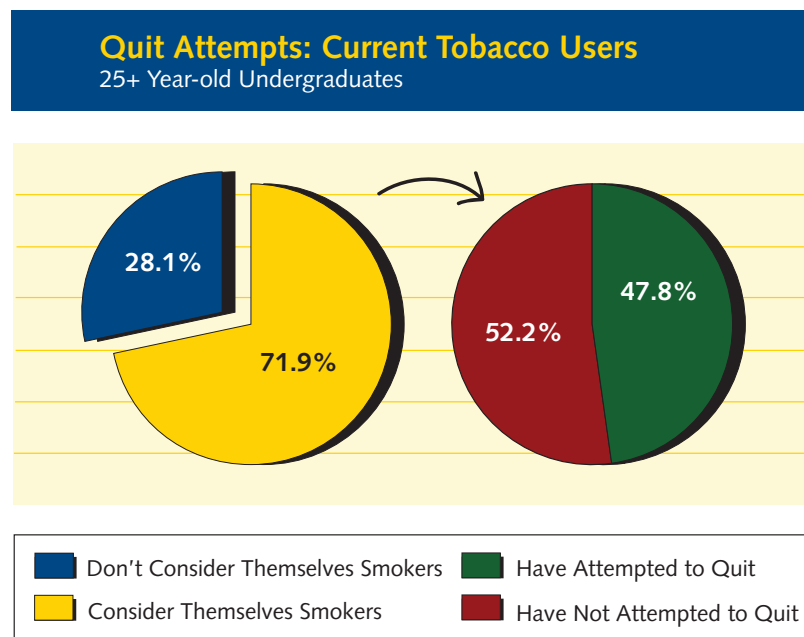
18-24 Year-old Undergraduates



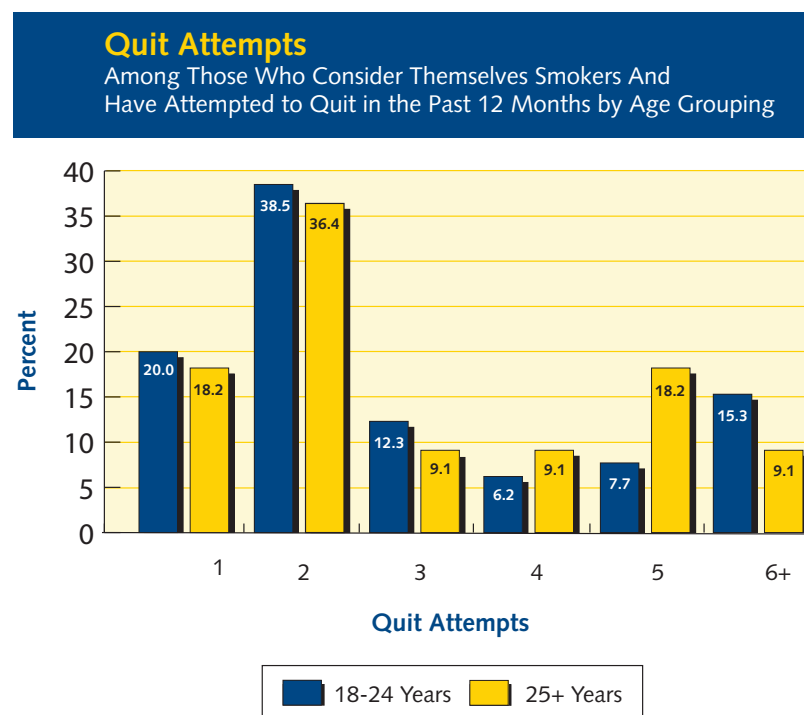
Among St. Cloud State University students 18-24 years old who reported using tobacco products within the previous 30 days, **57.5%** do not consider themselves smokers. Of the half (**42.5%**) who defined themselves as a smoker, **67.3%** have attempted to quit within the past 12 months.

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 within the past 12 months.



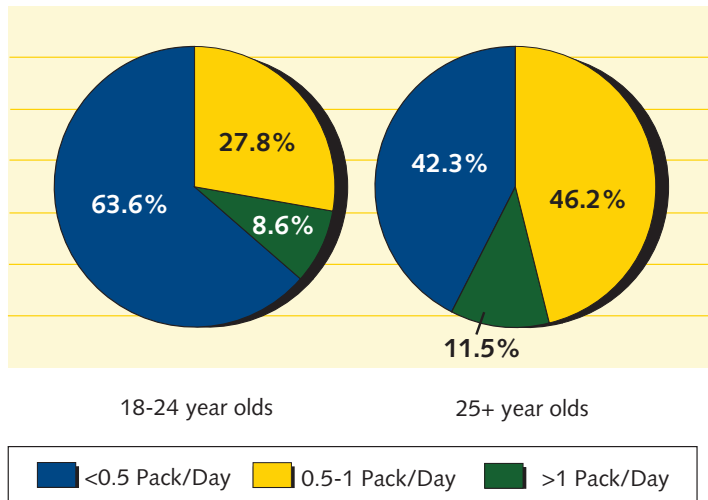
Students ages 18-24 years old who consider themselves smokers and reported they attempted to quit at least once within the past 12 months averaged **3.8** quit attempts with a range of **1** to **30** attempts. Students age 25 years and older who consider themselves smokers and reported they attempted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

Average Number of Cigarettes Smoked

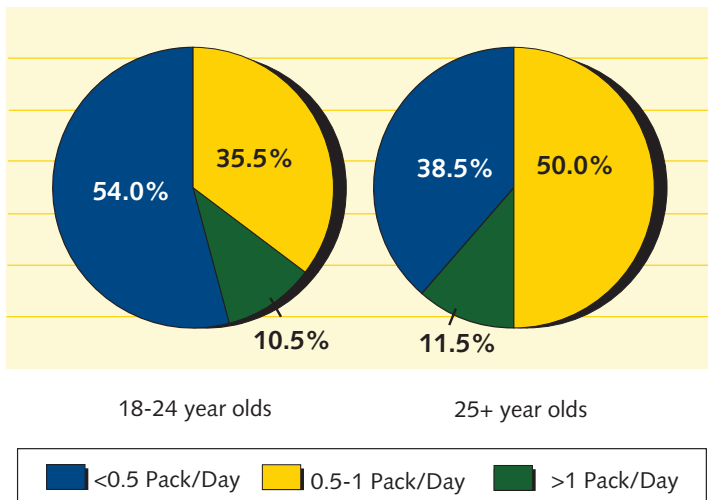
Weekday (Monday – Thursday): by Current Tobacco Users



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.

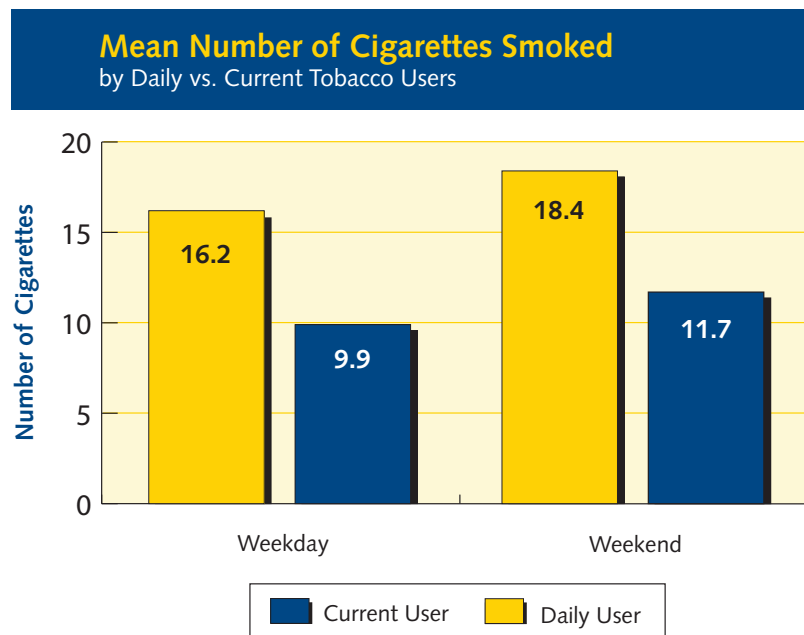
Average Number of Cigarettes Smoked

Weekend (Friday – Sunday): by Current Tobacco Users



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.

Where have you used tobacco?

(based on responses from students who used in past 30 days)

Location	Percent Who Indicated Use	
	18-24 year olds	25+ year olds
Campus Events	33.0	25.0
Residence Hall	28.6	15.6
Fraternity/Sorority	19.8	6.3
Bar/Restaurant	73.6	84.4
In a car	77.1	84.4
Where I live	70.9	90.6
Private party	79.3	71.9
Work site	46.3	59.4
Other	23.8	37.5

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.⁷⁻¹⁰ In addition, chronic exposure has been linked to lung cancer¹¹ and ischemic heart disease.¹²

Awareness of the harmful effects of environmental tobacco smoke (ETS) has prompted many college campuses to develop and enforce tobacco control policies,¹³ but tobacco policies still vary widely across campuses.¹⁴

References

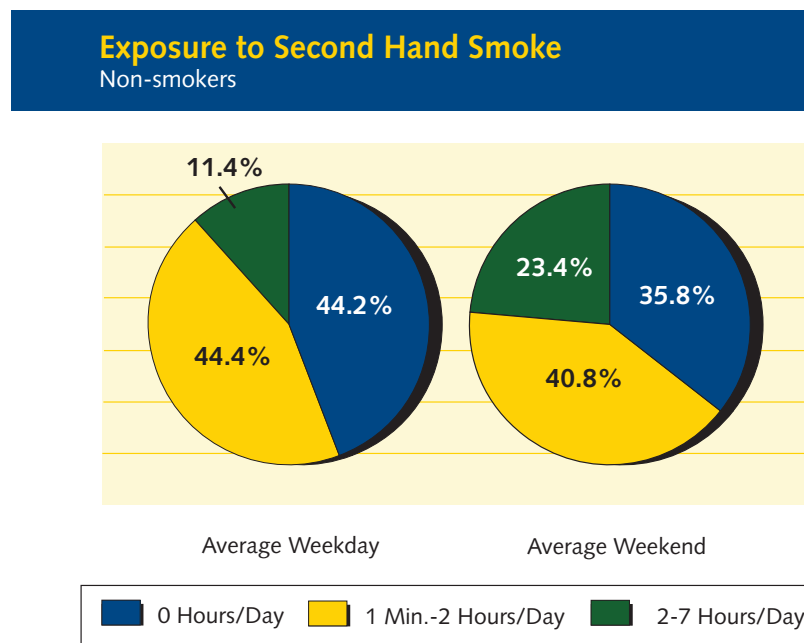
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2006 Second Hand Smoke Highlights

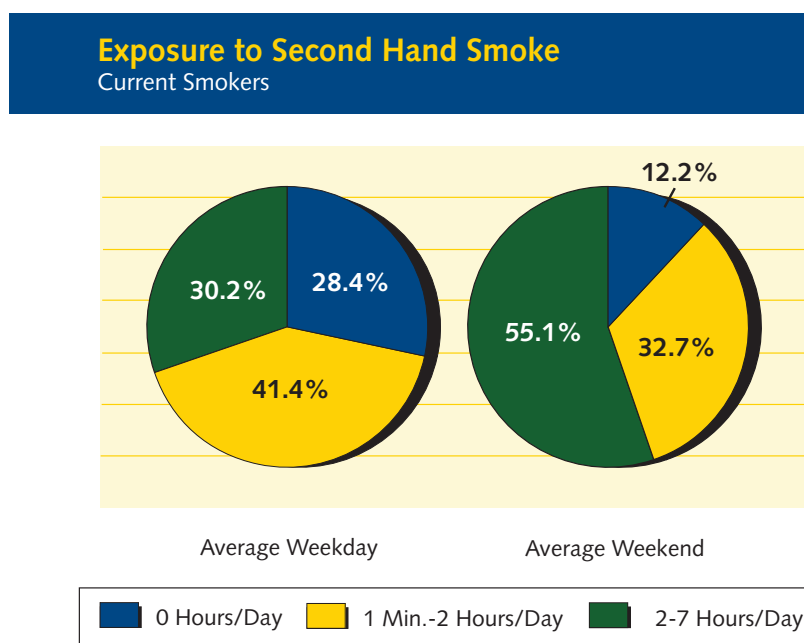
Among St. Cloud State University students:

- **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.¹⁵ 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.¹⁶

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.¹⁷ 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.¹⁸

Consequences of Alcohol Use

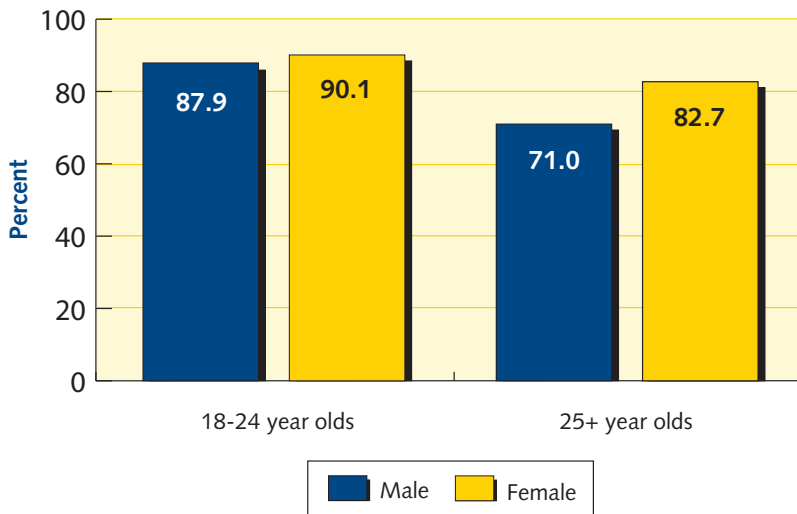
Alcohol-related Negative Consequences	National Burden on College Students Per Year
Death (ages 18-24) ¹⁹	1,700
Injury (ages 18-24) ¹⁹	599,000
Assault (ages 18-24) ¹⁹	696,000
Sexual abuse (ages 18-24) ¹⁹	97,000
Unsafe sex (ages 18-24) ¹⁹	400,000
Academic problems ^{20, 21}	25% of all students
Vandalism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

References

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- Read JP. Kahler CW. Strong DR. Colder CR. (2006). Development and preliminary validation of the young adult alcohol consequences questionnaire. *Journal of Studies on Alcohol*. 67(1):169-77, 2006 Jan.
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- Hingson R. Heeren T. Winter M. Wechsler H. (2005) Magnitude of alcohol-related mortality and morbidity among U.S. college students ages 18-24: changes from 1998 to 2001. *Annual Review of Public Health*. 26:259-79.
- Presley CA. Meilman PW. Leichter JS. College factors that influence drinking. *Journal of Studies on Alcohol - Supplement*. (14):82-90, 2002 Mar.
- Wechsler H. Lee JE. Nelson TF. Kuo M. Underage college students' drinking behavior, access to alcohol, and the influence of deterrence policies. Findings from the Harvard School of Public Health College Alcohol Study. *Journal of American College Health*. 50(5):223-36, 2002 Mar.
- OSAP. Office for Substance Abuse Prevention. Take a look at college drinking – White Paper Report. OSAP Bulletin, May, 1991.
- Presley, C.A.; Meilman, P.W. & Lyeria, R. Alcohol and Drugs on American College Campuses: Use Consequences and perceptions of the Campus Environment. Vol II: 1990-92. Carbondale, IL: Southern Illinois University at Carbondale, 1995.

Alcohol Use Within Past 12 Months

All Students: by Age Grouping and Gender

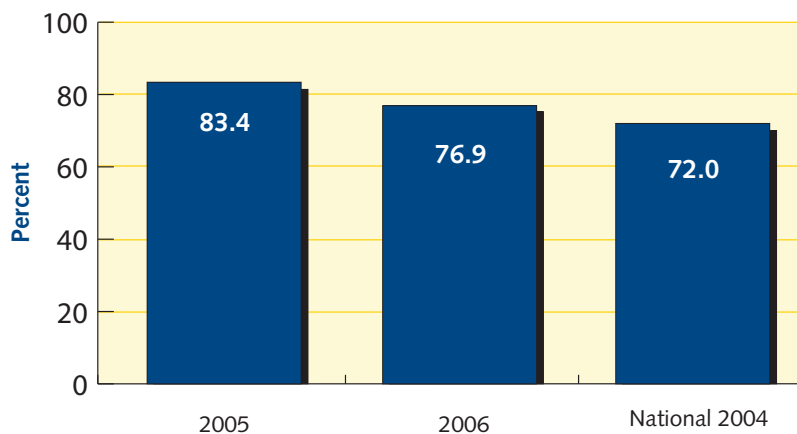


The past 12 month alcohol use rate for all students attending St. Cloud State University was **87.3%**. The past 12 month alcohol use rate among students ages 18-24 years old was **89.1%** while the rate for students age 25 years and older was **78.6%**.

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.

Current Alcohol Use

All Students: Comparison to National Data

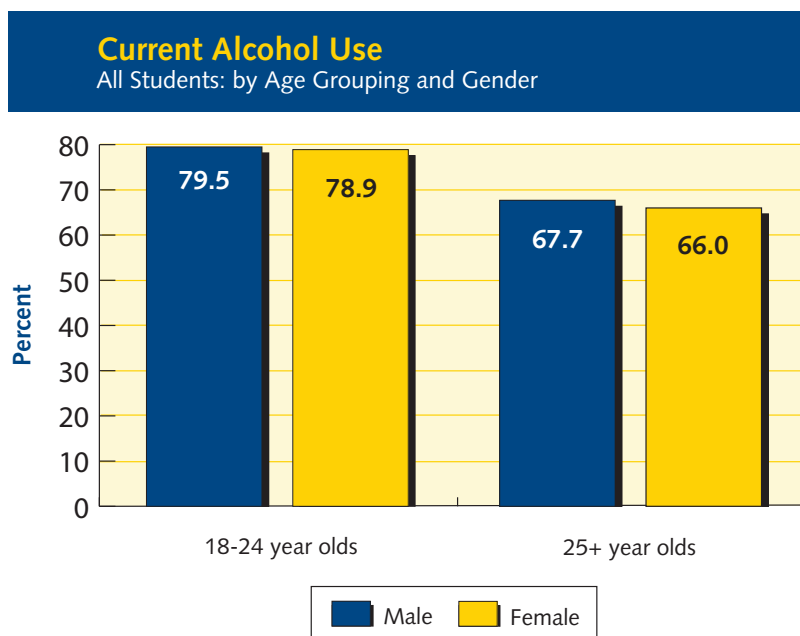


The current alcohol use rate for all St. Cloud State University students who participated in the survey was **76.9%**. This is higher than the national average. Between 2005 and 2006, current alcohol use among St. Cloud State University students has decreased from **83.4%** to **76.9%**.

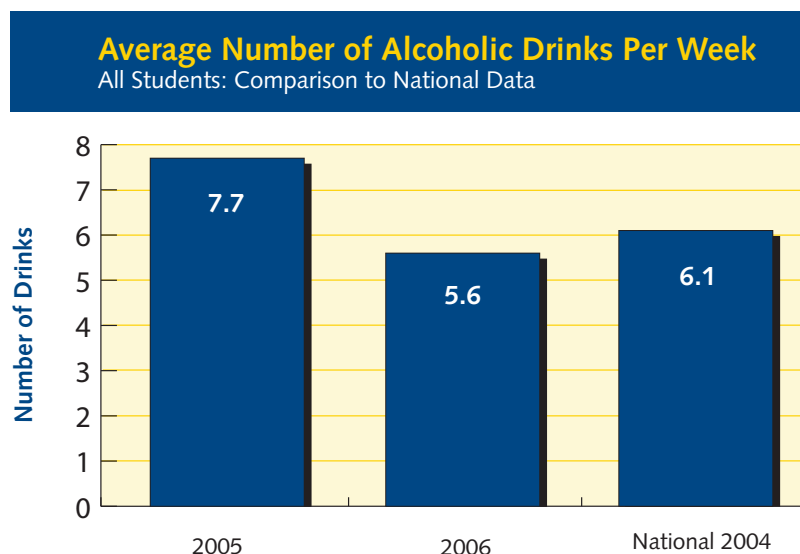
Current alcohol use is defined as consuming a bottle of beer, a glass of wine, a wine cooler, a shot of liquor, or a mixed drink within the last 30 days.

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.

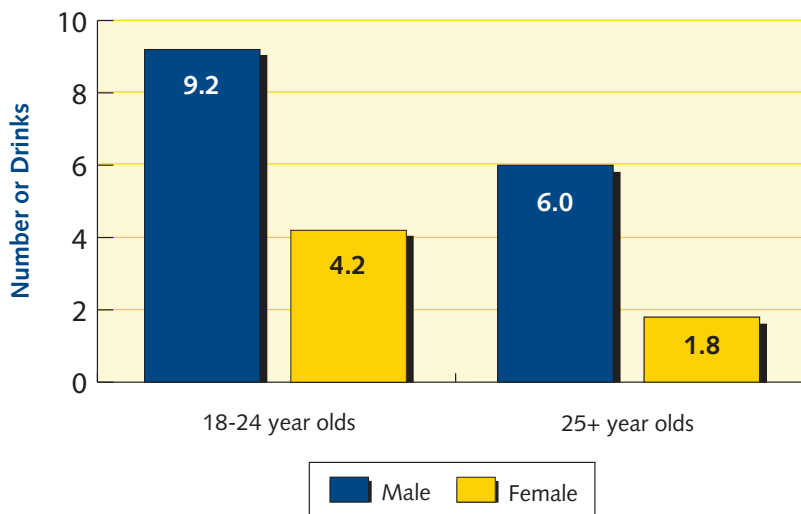


The average number of drinks consumed per week for St. Cloud State University undergraduates is below the national average. Between 2005 and 2006, the average number of drinks decreased from **7.7** to **5.6** drinks per week. Like “current use” the average number of drinks per week may serve as an indicator of overall alcohol use.



Average Number of Alcoholic Drinks Per Week

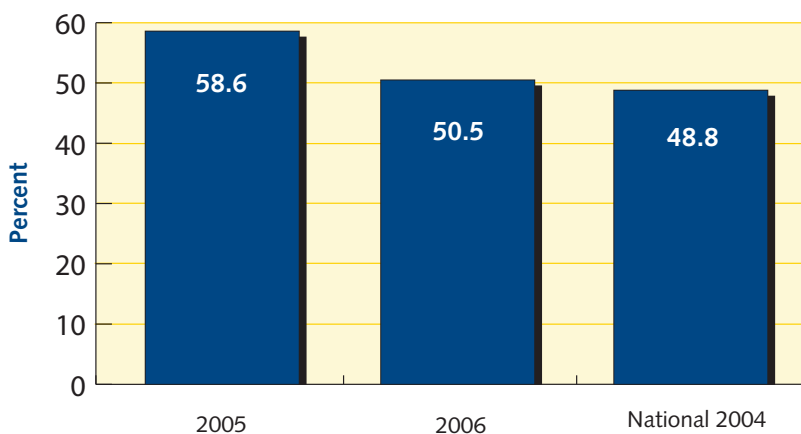
All Students: by Age Grouping and Gender



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**.

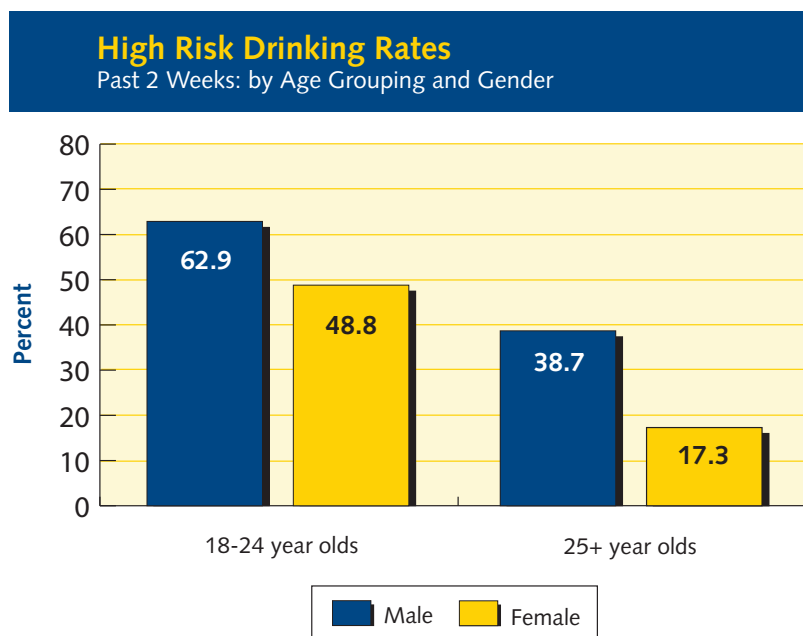
High Risk Drinking Rates

All Students: Comparison to National Data

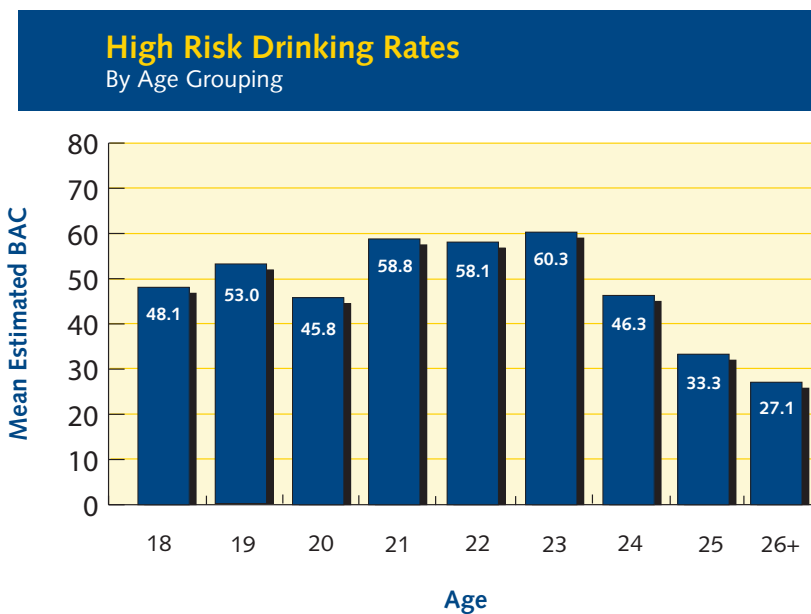


A high risk drinking (HRD) episode is defined as consumption of five or more drinks at one sitting. Between 2005 and 2006 the HRD rate for St. Cloud State University students decreased from **58.6%** to **50.5%**. The 2006 rate is higher than the 2004 national rate (Core) of **48.8%**.

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.



BAC (blood alcohol content)

(based on responses from students who used in past 30 days)

BAC measures the percentage of alcohol in a person's blood and the calculation for BAC is based on a simple formula which takes into account the following factors:

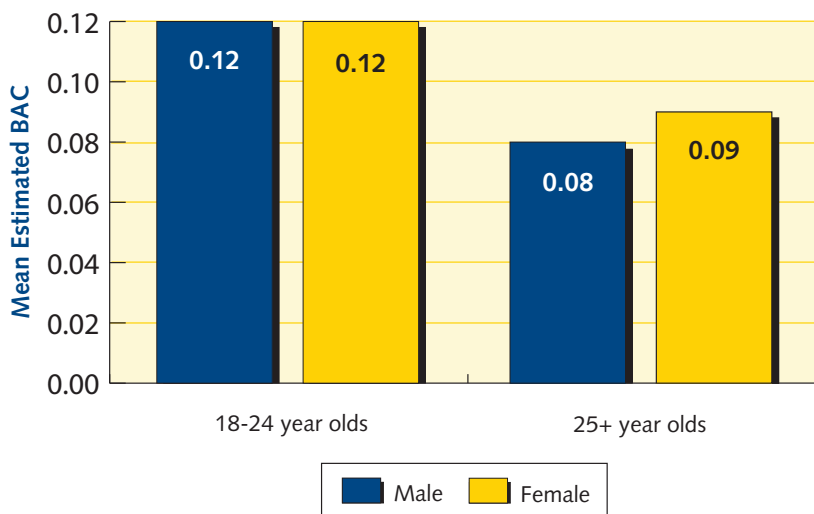
- Body weight
- Amount of alcohol consumed (number of drinks)
- Time period
- Gender
- Concentration of alcohol in the beverage consumed (Based on the alcohol content of one typical 12 ounce can of beer containing 4.5% alcohol)

It should be noted that the calculated BAC in this study is an estimated BAC based on reported information and using an estimated alcohol content for one 12 ounce can of beer.

The blood alcohol content (BAC) on the most recent socializing/ partying occasion was calculated using four different survey questions. These included the number of drinks consumed on that occasion, the number of hours over which those drinks were consumed, the weight of the student and the gender of the student.

Mean Estimated BAC

by Age Grouping and Gender



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.

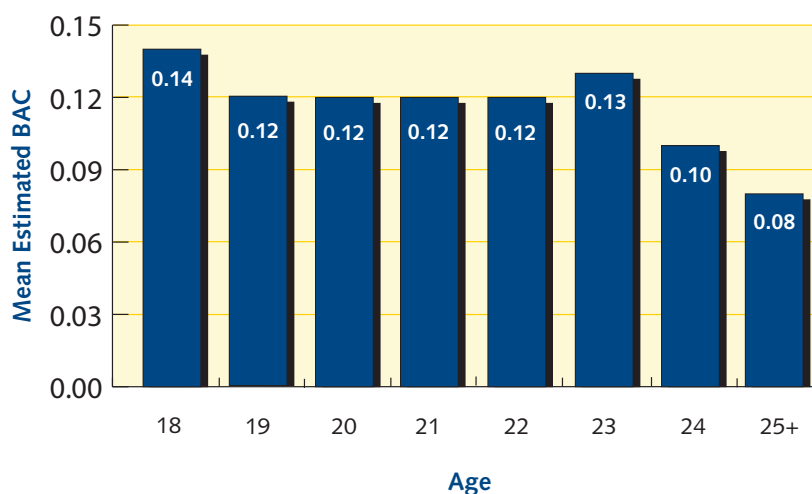
The overall BAC for St. Cloud State University students was **0.12**. Other research has indicated that these calculated BACs may be even higher as college students tend to over pour standard drink sizes and therefore underestimate the total number of drinks that they consume.²⁴

24. White AM, Kraus C L, Flom JD, Kestenbaum LA, Mitchell JR, Shah K and Swartzwelder HS. College Students Lack Knowledge of Standard Drink Volumes: Implications for Definitions of Risky Drinking Based on Survey Data. Alcoholism: Clinical & Experimental Research 2006; 29(4):631-638.)

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

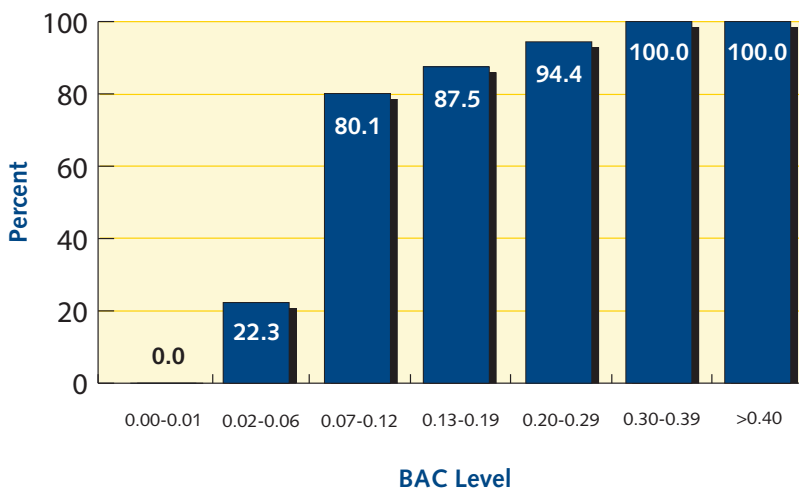
Mean Estimated BAC on Last Partying Occasion By Age Grouping



Students calculated BAC by students reported effect based on the last time they partied or socialized

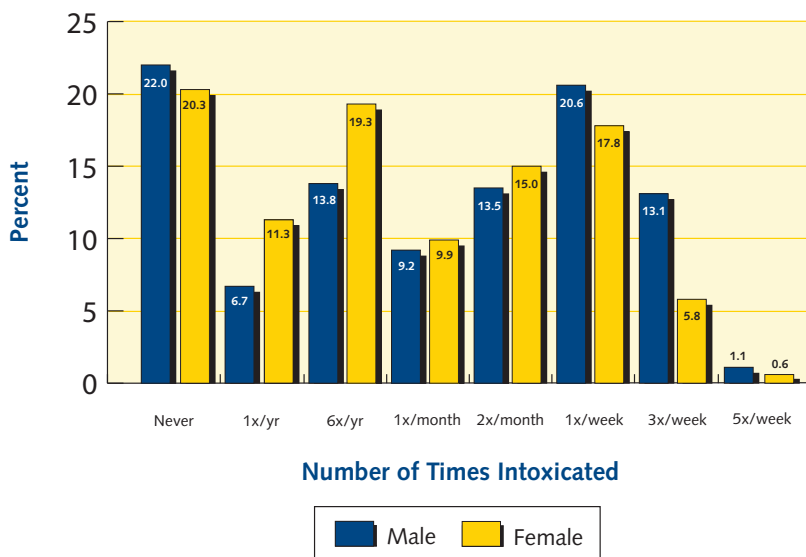
Student calculated BAC range	Expected Effects*	# of students	Percent	
			accurately rep. "expected effect"	rep. lower than "expected effect"
.00 -.01	No effects	53	45.3	0
.02 -.06	Euphoric, social, talkative, fewer inhibitions	166	57.2	22.3
.07 -.125	Felt excited, emotional, less rational, had slowed reactions	171	16.4	80.1
.13 -.19	Felt confusion, had impaired balance/mvt, slurred speech, nausea and vomiting possible	136	8.8	87.5
.20 -.29	Had sever motor impairment (staggering and falling)	107	3.7	94.4
.30 -.39	Stupor and loss of consciousness	13	0	100
.40 and above	Onset of coma, and possible death due to respiratory arrest	5	0	100

Students Reporting Lower than Expected Perceptions of Intoxication: by BAC Level



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.

Number of Times Intoxicated Within Past Year

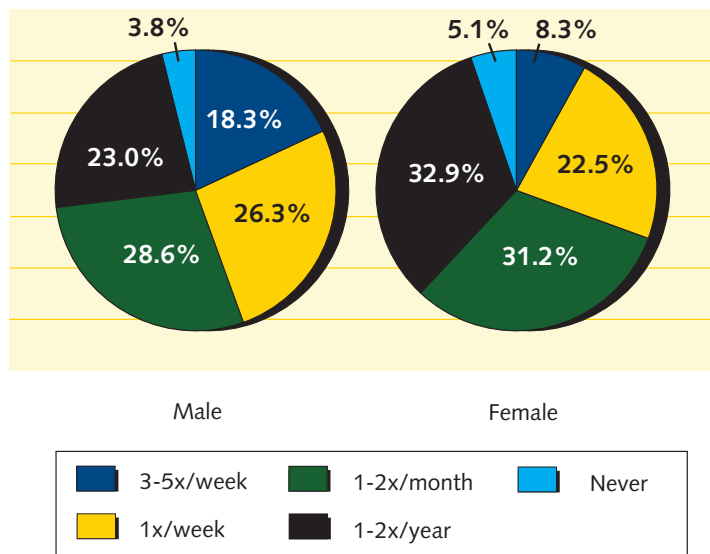


Among SCSU students, **34.6%** of males and **24.2%** of females reported being intoxicated between one and five times per week within the course of the past year. The percentage of students who reported they had never been intoxicated within the past year was similar for males and females at **22.0%** 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.

Frequencies for the following question:

How often in the past year did you drink enough to feel intoxicated?
(Only students who consumed alcohol in the past 30 days included)



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:

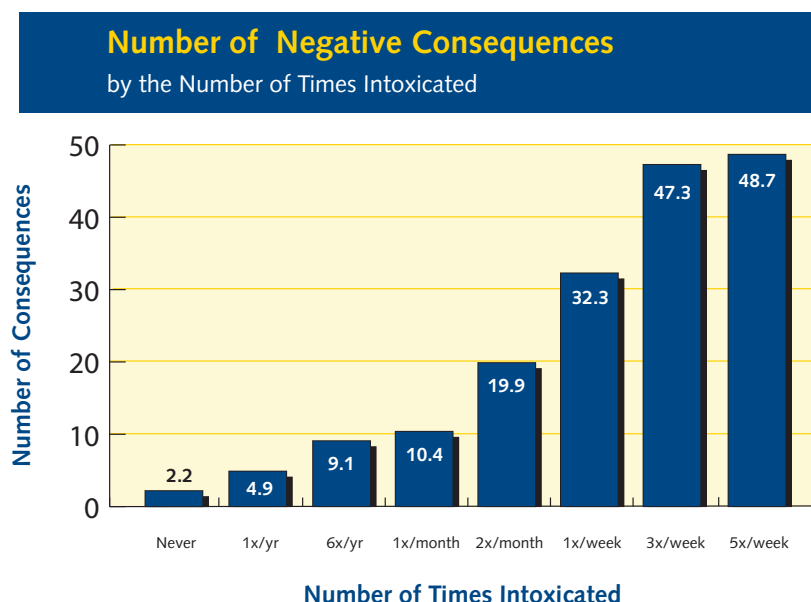
- had a hangover
- performed poorly on a test or important project
- damaged property, pulled fire alarm, etc.
- got into an argument or fight
- got nauseated or vomited
- been in trouble with police, residence hall, or other college authorities
- driven a car while under the influence
- missed a class
- 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

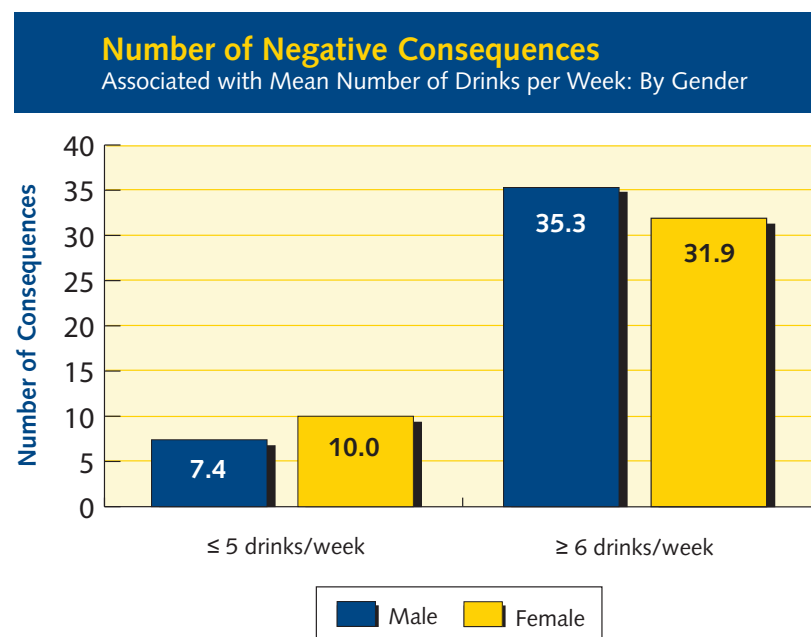
Among St. Cloud State University Students:

- 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.

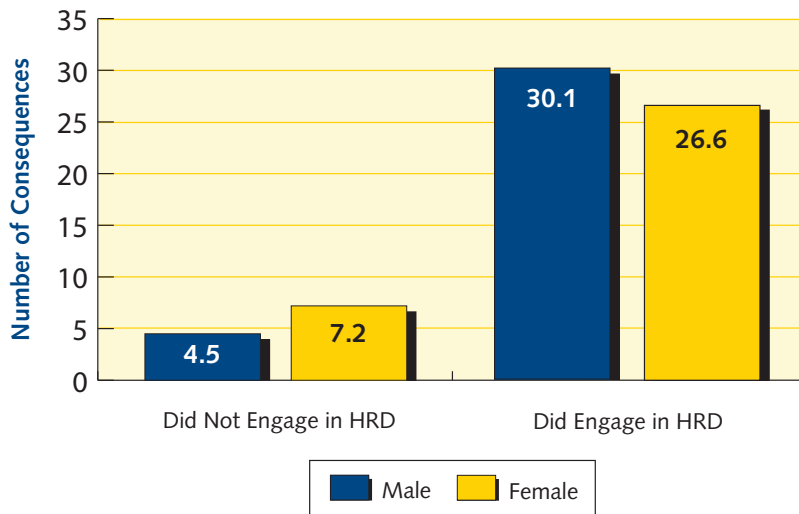
The more times a student reported being intoxicated in the previous year, the more likely they were to report negative consequences. For those who never drank enough to be intoxicated in the previous year, they experienced an average of **2.2** negative consequences from their alcohol consumption. However, 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.



Number of Negative Consequences Associated with High Risk Drinking (HRD, 5+ drinks in a single sitting): by Gender



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.

Frequencies for the following question:

If a person “passed out” from alcohol/drug use and you cannot wake them up, how likely is it you would call “911”?

Response	Percent Who Indicated Use		
	All Students	Did not use alcohol within the past 30 days	Did use alcohol within the past 30 days
Very likely	52.3	69.4	46.2
Somewhat likely	25.8	18.9	28.2
Somewhat unlikely	15.4	8.2	17.1
Very Unlikely	6.5	3.6	8.6

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.

High Risk Drinking (HRD) And Selected Consequences

Negative Consequences	Percent of Students		
	All Students	Non-HRD	HRD
Driven While Intoxicated	32.4	15.0	49.4
Argument	42.3	22.1	61.8
Poor Test/Project	32.1	13.4	50.2
Missed Class	39.0	17.1	60.1
Been Taken Advantage of Sexually (includes males and females)	11.0	5.5	16.5

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.^{25, 26}

There is a significant cross-correlation between smoking tobacco and alcohol consumption.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

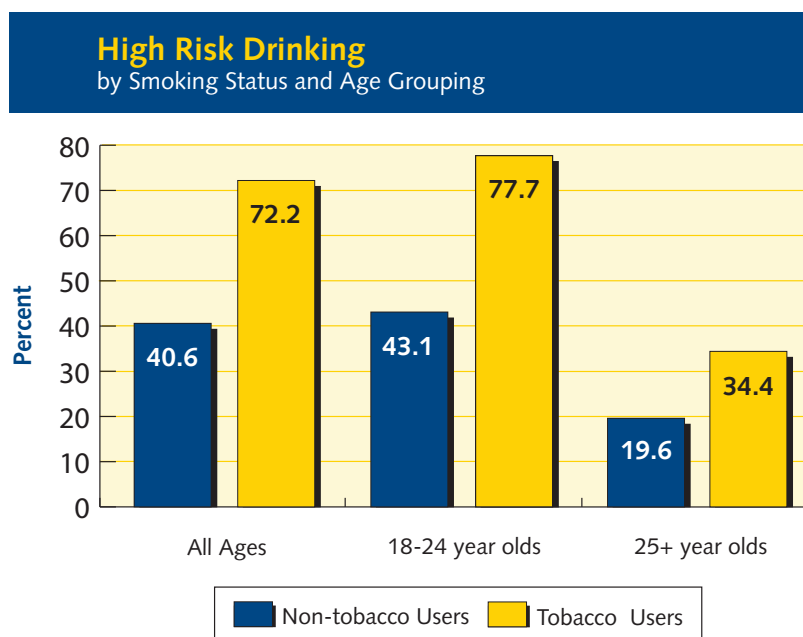
25. Goode E. (1972). Cigarette smoking and drug use on a college campus. *International Journal of the Addictions*. 7(1):133-40, 1972.
26. Rigotti NA, Lee JE, Wechsler H. (2000). US college students' use of tobacco products: results of a national survey. *JAMA*. 284(6):699-705.
27. Dierker L, Lloyd-Richardson E, Stolar M, Flay B, Tiffany S, Collins L, Bailey S, Nichter M, Nichter M, Clayton R. (2006). The proximal association between smoking and alcohol use among first year college students. *Drug & Alcohol Dependence*. 81(1):1-9.

2006 Smoking Relationship Highlights

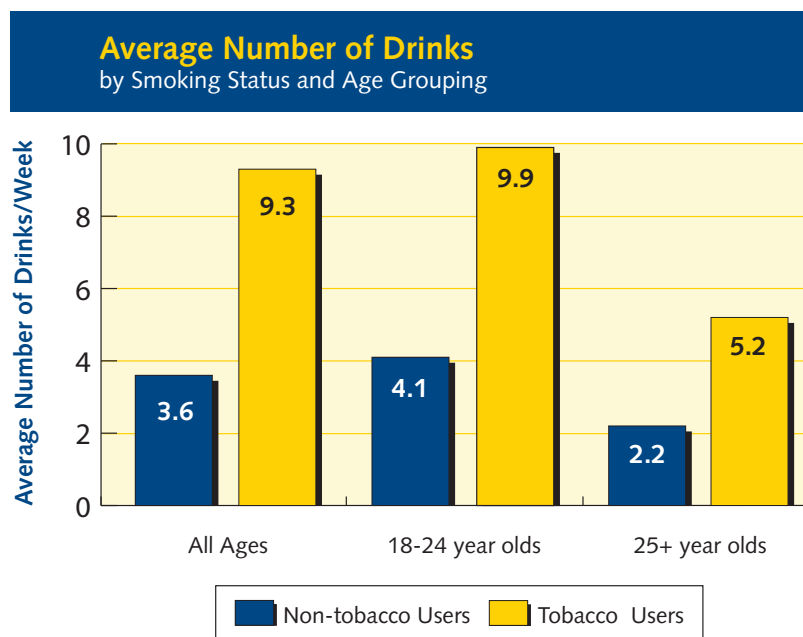
Among St. Cloud State University Students:

- 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).

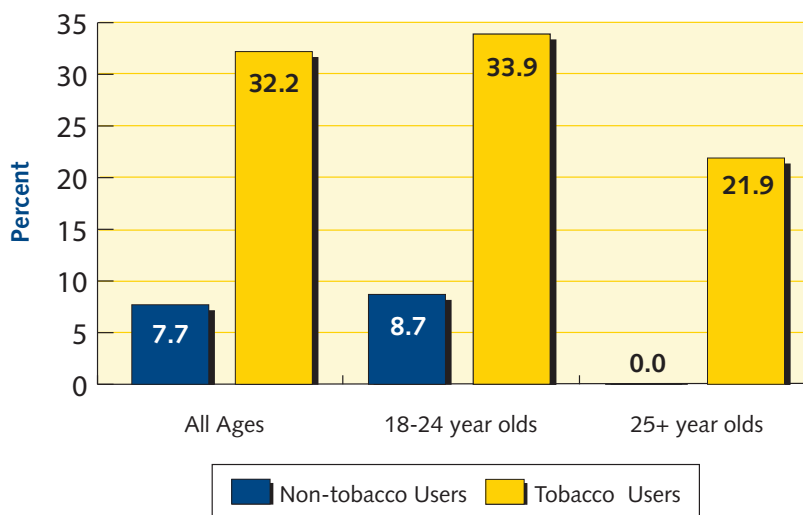
There is a strong association between tobacco use and alcohol use. As the graph illustrates, students who use tobacco had significantly higher rates of high risk drinking versus students who do not use tobacco products (72.2% vs. 40.6%, respectively).



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.

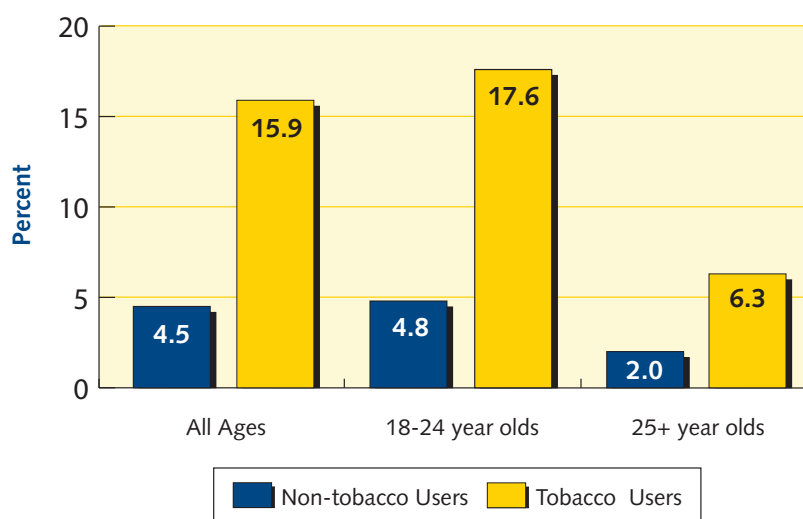


Marijuana Use (Past 30 Days) by Smoking Status and Age Grouping



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%**.

Other Illegal Drug Use (Not Marijuana, Past 12 Months) by Smoking Status and Age Grouping



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 2001.²⁸

2006 Underage Alcohol Use Highlights

Among St. Cloud State University Students:

- Of students ages 18-20 years old who participated in the survey, **83.5%** report they used alcohol within the previous year.
- The 30 day use rate for students ages 18-20 years old was **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 **49.0%**.

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.²⁹

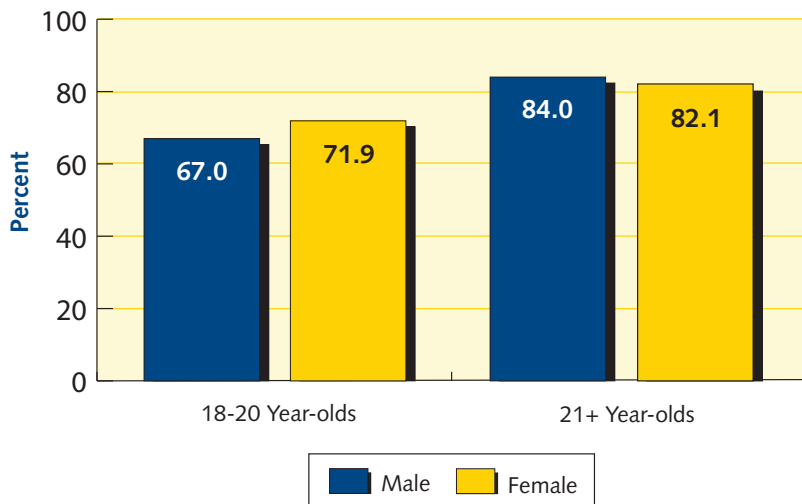
Understanding the degree of underage drinking on college campuses and the associated negative consequences will assist in the development of policies and programs which can be implemented to improve the health of students.

References

28. Pacific Institute for Research and Evaluation (PIRE) Underage Drinking Enforcement Training Center (2004). Available at: <http://www.udetc.org.factsheets/Minnesota.pdf>.
29. Wechsler H. Lee JE. Nelson TF. Kuo M. Underage college students' drinking behavior, access to alcohol, and the influence of deterrence policies. Findings from the Harvard School of Public Health College Alcohol Study. Journal of American College Health. 50(5):223-36, 2002 Mar.

Alcohol Use Past 30 Days

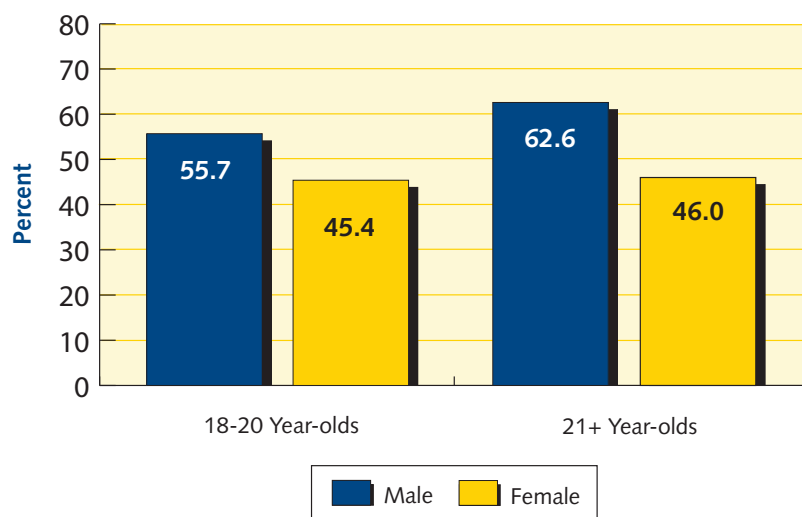
By Age Grouping and Gender



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.

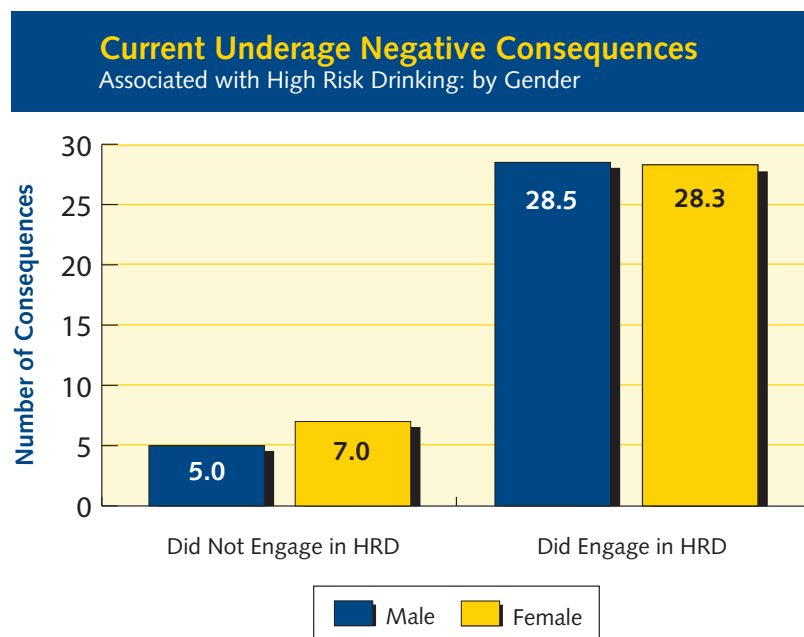
High Risk Drinking Rates

By Age Grouping and Gender

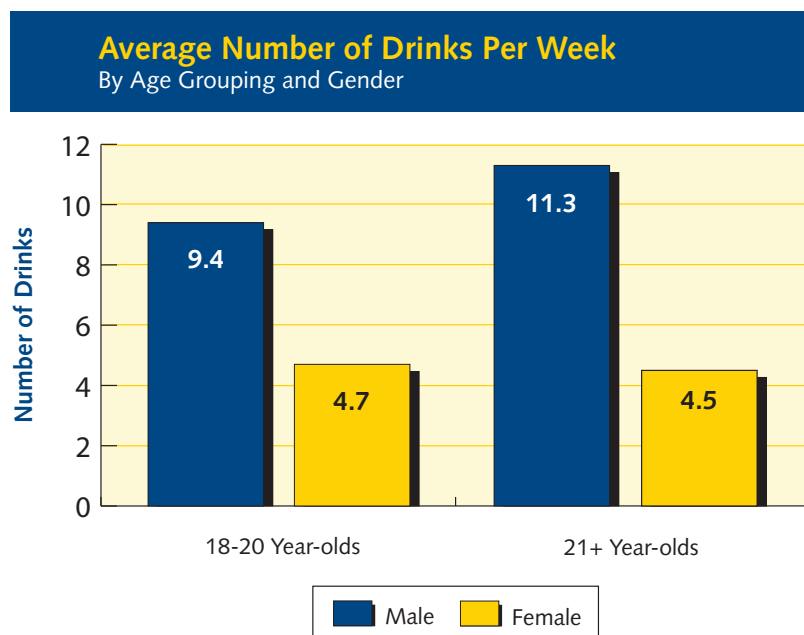


The percent of St. Cloud State University male students ages 18-20 years old who engaged in high risk drinking within the past two weeks was **55.7%** compared to **45.4%** for females. The high risk drinking rates for males and females age 21 years and older was **62.6%** and **46.0%**, respectively.

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.

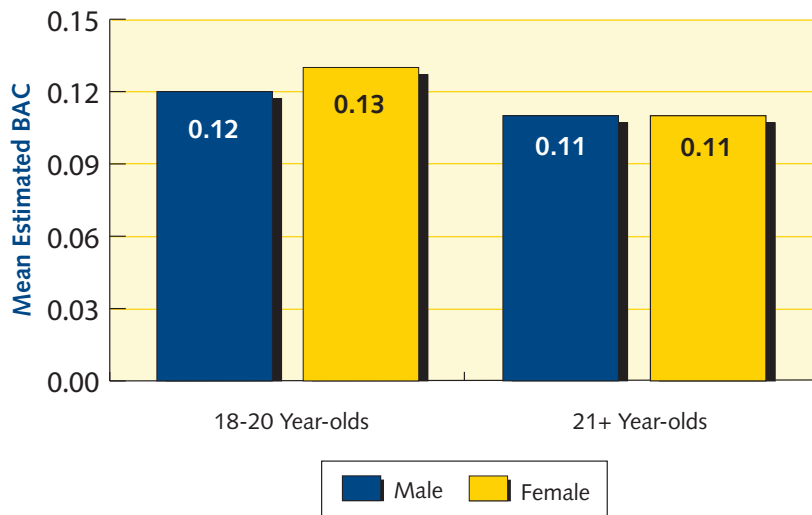


The average number of alcoholic drinks per week consumed by St. Cloud State University students ages 18-20 years old was 9.4 drinks per week for males compared to 4.7 drinks per week for females. Students age 21 years and older averaged 11.3 drinks per week for males and 4.5 drinks per week for females.



Mean Estimated BAC

By Age Grouping and Gender



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

2006 Marijuana and Other Drugs Highlights

Among St. Cloud State University students:

- Of students who participated in the survey, **15.5%** reported using marijuana within the past 30 days.
- Past 30 day use for students ages 18-24 years old is higher than for students age 25 years and older – **33.6%** and **17.9%** respectively.
- Survey respondents reported an overall illegal drug use rate of **8.0%** (this rate does not include marijuana) within the past 12 months.
- The two most commonly used illegal drugs other than marijuana are cocaine and amphetamines.

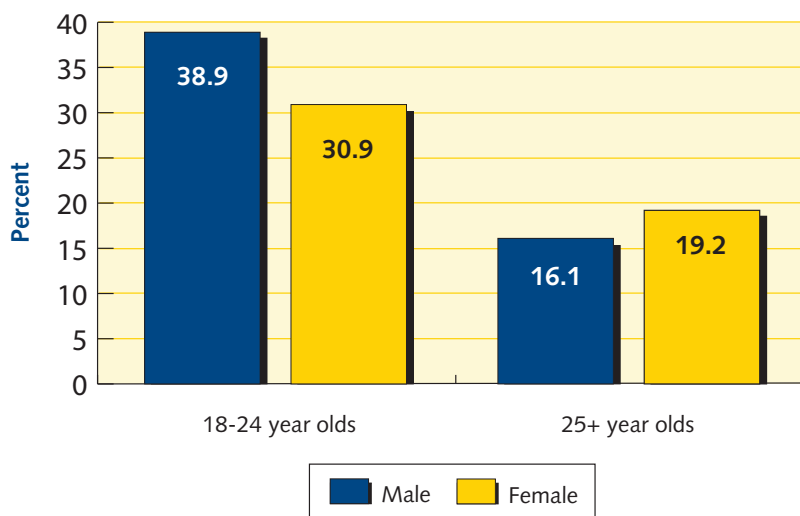
Students who smoke marijuana get lower grades and are less likely to graduate, compared with their nonsmoking peers.³²⁻³⁴ Use of illicit drugs and frequent sustained use of marijuana may directly affect academic achievement among college students who may experience increasing difficulty in problem solving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

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Marijuana Use: Past 12 Months

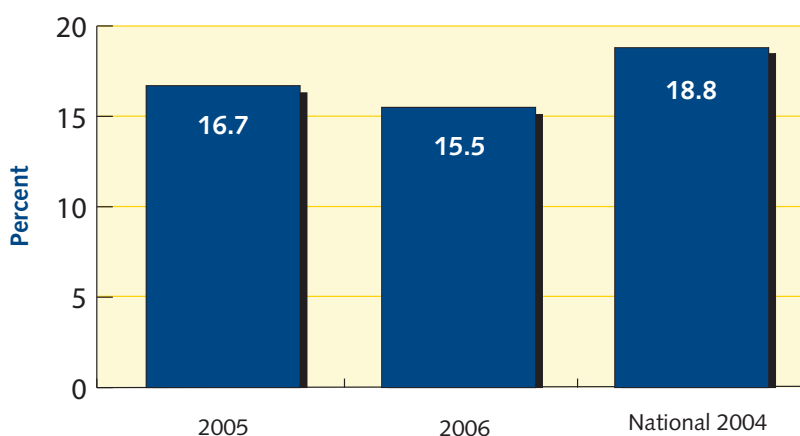
All Students: by Age Grouping and Gender



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.

Marijuana Use: Past 30 Days

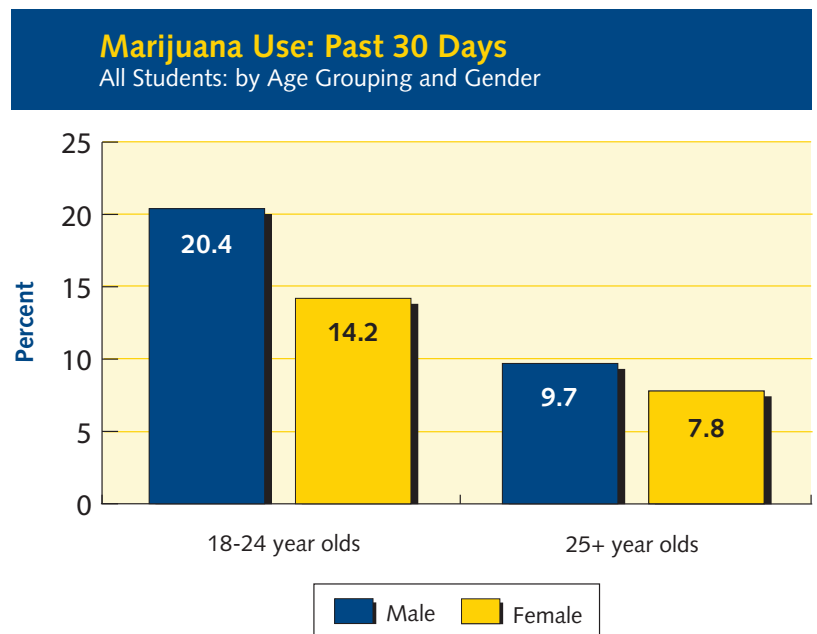
Comparison to National Data



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%**.

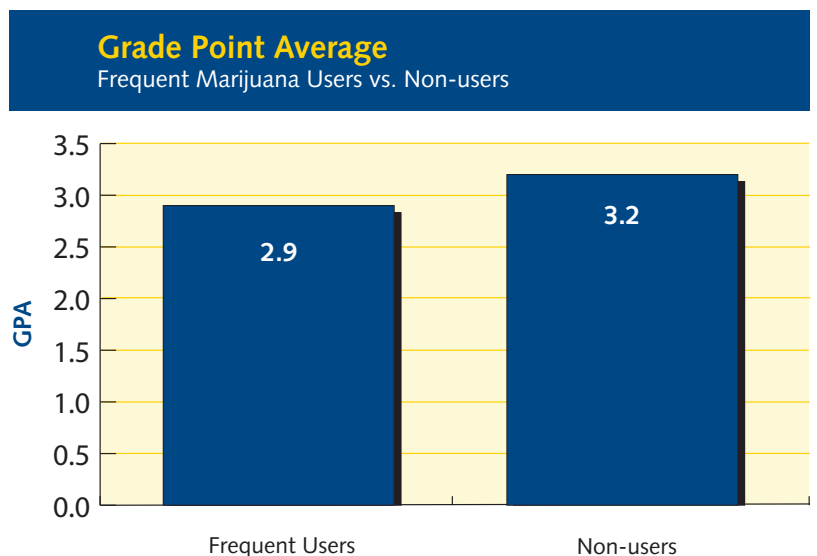
Current marijuana use is defined as any use of marijuana within the last 30 days.

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.



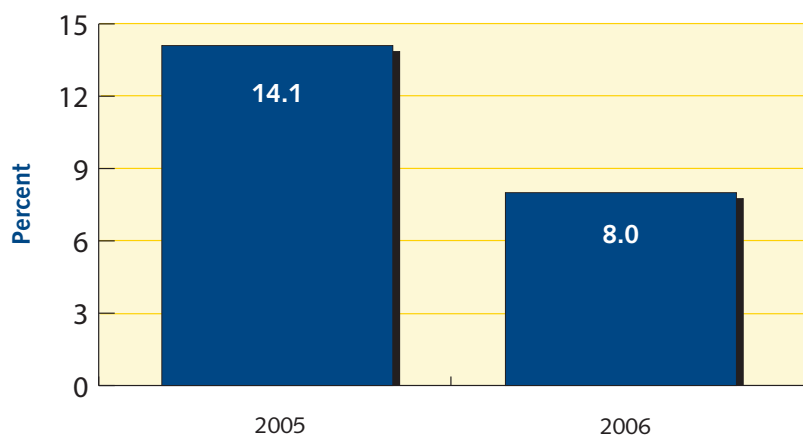
When St. Cloud State University marijuana users' GPA is compared with the whole student population, there is no significant difference. However, frequent marijuana users have a lower GPA than non-users and the difference was statically different. ($p \leq 0.01$)

Frequent marijuana use is defined as 10 or more days of marijuana use in the previous 30-day period.



Current Drug Use

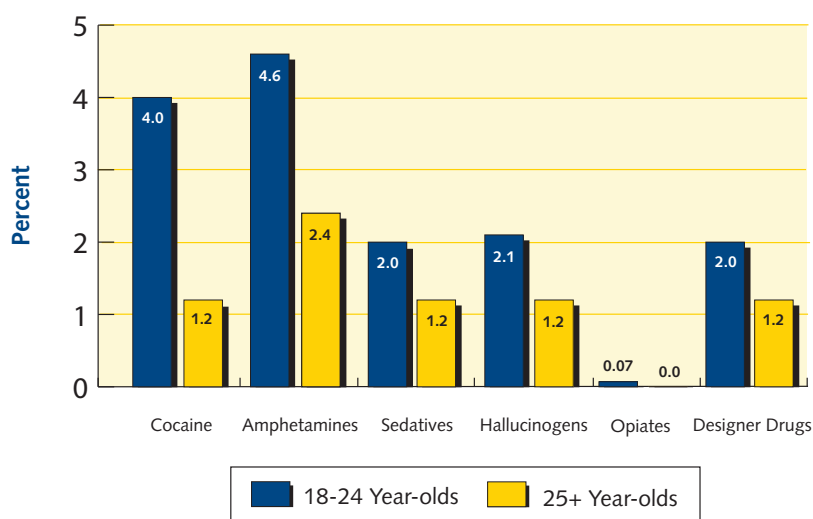
(Any Use Past Year – Not Marijuana)



Between 2005 and 2006, the overall rate of drug use for students at St. Cloud State University decreased from **14.1%** to **8.0%**.

Selected Drug Use Past 12 Months

18-24 year-olds vs. 25+ year-olds



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.

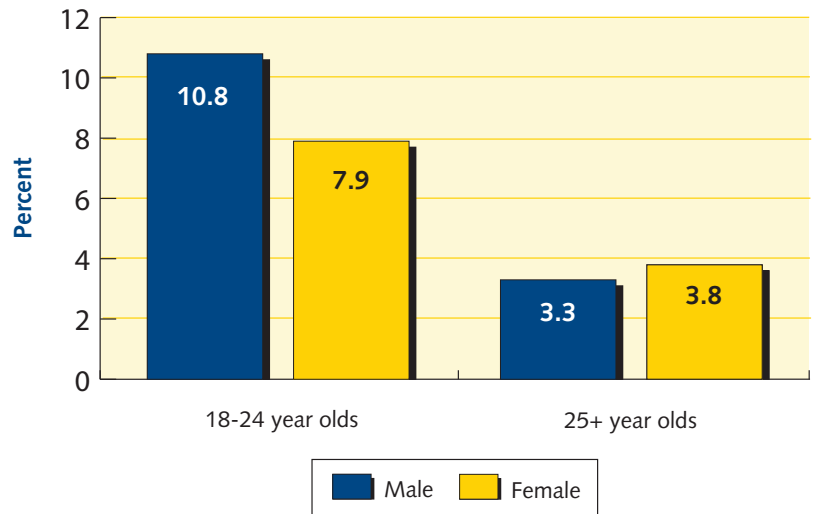
The highest rates for other drug use for St. Cloud State University students were reported among males ages 18-24 years old.

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



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.

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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

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

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

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

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

Private Institutions	Location	Full-Time Undergraduate Enrollment*
Augsburg College	Minneapolis, MN	1,604
Hamline University	St. Paul, MN	1,826
St. Mary's University of Minnesota	Winona/Minneapolis, MN	1,154

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

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