

St. Cloud State University

Tobacco, Alcohol, and Other Drug Use

2005 CORE Survey

BOYNTON
HEALTH SERVICE

UNIVERSITY OF MINNESOTA



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Introduction

In the spring of 2005, Boynton Health Service – University of Minnesota, in conjunction with St. Cloud State University and 15 other post-secondary institutions, undertook a survey of their students' drug and alcohol behaviors.

> Funding

- > This survey was made possible by financial support from Hennepin Medical Society and the University of Minnesota's Boynton Health Service.

Of the 17 participating institutions two were four-year public institutions, seven were private institutions, and eight were four-year public institutions within the metro or near metro area. This publication presents the findings for St. Cloud State University as it relates to tobacco, alcohol and other drug use. This data will provide information which can be used by St. Cloud State University administrators and staff to address the drug and alcohol needs of their student populations.

In this publication, results are organized into the following sections:

- > Tobacco use
- > Underage alcohol use
- > Alcohol use
- > Frequencies for selected survey questions
- > Alcohol use and negative consequences
- > Marijuana and other drug use

Data are presented by two age groupings (18-24 year olds and 25+ year olds) and by gender. Reference group data when included is based on aggregate data from all four-year community and technical colleges that participated in the study (n=10).

St. Cloud State University Specific Demographics		
	Percent	
	Full-Time Student Population* n=14,037	Survey Respondents n=751
Gender		
Male	43.6	30.8
Female	56.4	63.8
Unknown	–	5.3
Ethnicity		
White	95.2	90.7
Minority	4.8	9.3

Methodology

The CORE Survey is a standardized questionnaire designed specifically to assist colleges and universities in obtaining accurate information regarding collegiate use of tobacco, alcohol and other drugs. The survey used in this study consisted of the CORE Institute's short form plus 20 additional questions designed by the Boynton Health Service staff.

Minnesota campuses within an 80 mile radius of the Twin Cities area were invited to participate in this study, the University of Minnesota and 16 other institutions joined the study. Within each school, a 25-50% random sample of undergraduate students was chosen to participate in the study (depending upon the size of the school).

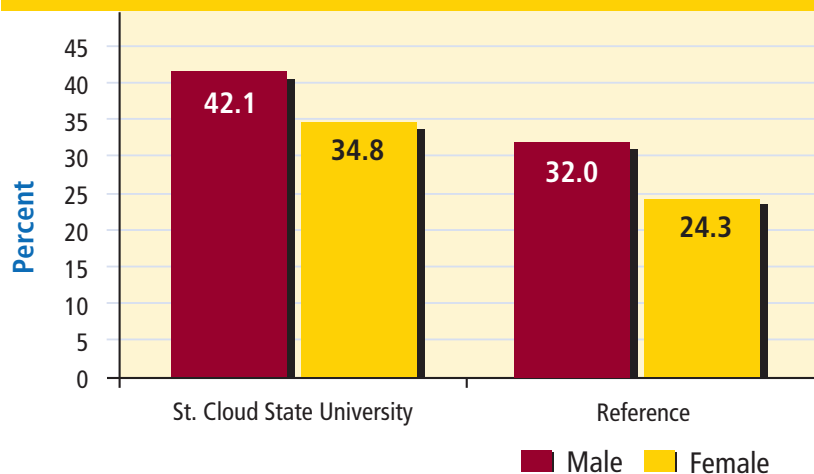
St. Cloud State University students were mailed their surveys in March and April of 2005. All 1989 randomly selected students were mailed a consent form and a survey. As an incentive to participate, students were offered a chance to win one of three gift certificates to various stores valued between \$500 and \$2000. A second survey was sent to students who did not return the first survey in order to increase participation.

> St. Cloud State University Response Rate

- > 1,989 students were randomly selected to participate in the study.
- > 751 students completed and returned the survey
- > 113 surveys were returned as undeliverable
- > final response rate was 40.3%.

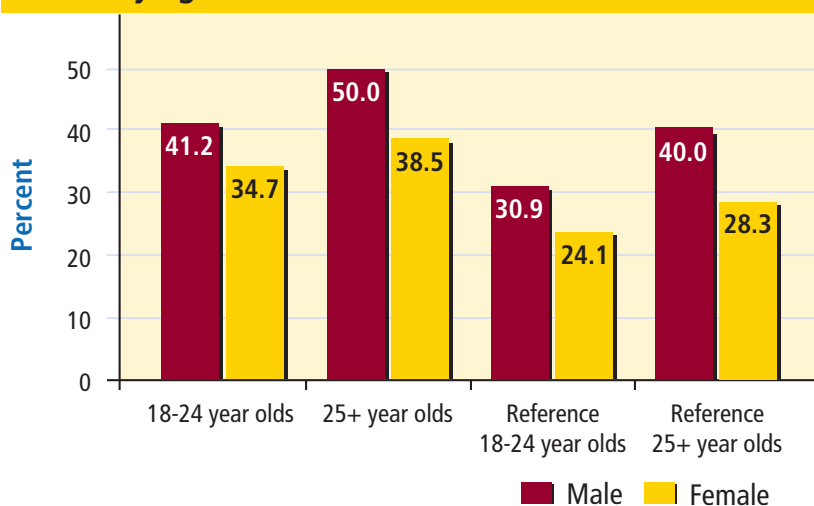
Tobacco Use

> Current Tobacco Use: By Gender



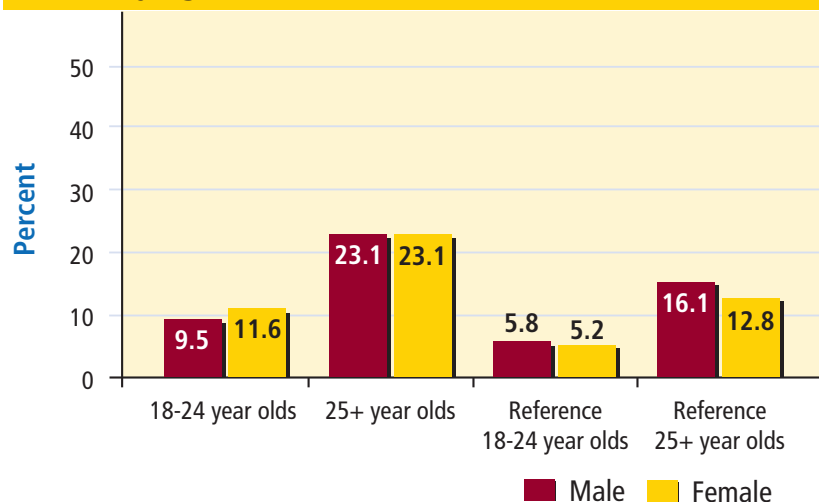
Of all surveyed participants at St. Cloud State University, 37.5% reported they are current tobacco users. The current tobacco use rate for the reference group was 27.2%. Current tobacco use is defined as any use within the past 30 days. The range of current tobacco use for the all four-year institutions was from 13.6% to 37.5%. Current tobacco use is defined as any use within the past 30 days. Reference groups for all graphs are based on aggregate data from all four-year institutions (public and private) who participated in the survey (n=10 institutions).

> Current Tobacco Use By Age and Gender



Among St. Cloud State University students who completed the survey, 37.1% of all 18-24 year olds and 43.1% of students aged 25 and older reported they are current tobacco users. The current tobacco use rate for the reference group (based on all four-year institutions who participated in the survey) was 26.7% among 18 – 24 year olds and 32.8% for students aged 25 and older.

> Daily Tobacco Use By Age and Gender



Overall, 12.2% of St. Cloud State University students surveyed reported they use tobacco on a daily basis. Among 18 – 24 year olds, 11.1 % reported daily tobacco use, while 22.2% of students aged 25 and older indicated daily tobacco use. The rate of daily tobacco use for the reference group (based on all four-year institutions who participated in the survey) was 6.3% with a range from 0.3 to 12.2%.

> Average Number of Quit Attempts: By Age

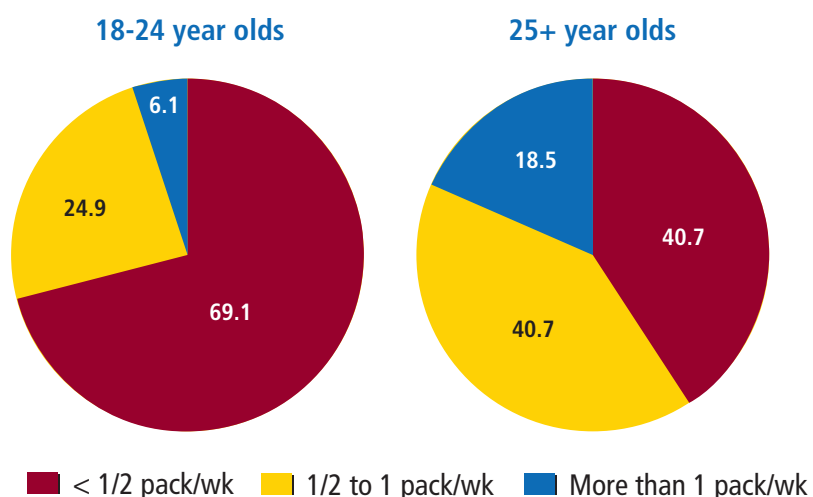
One-half (56.4%) of St. Cloud State University students 18 – 24 years old who reported using tobacco products within the previous 30 days, do not consider themselves smokers. Of the 43.6% who defined themselves as a smoker, 57.4% have attempted to quit within the past 12 months. A quit attempt is defined as having stopped smoking for one day or longer because they were trying to quit smoking. The average number of quit attempts (by those who consider themselves smokers and reported they attempted to quit at least once within the past 12 months) was 3.5 quit attempts with a range of 1 to 16 attempts.

Among students aged 25 and older who reported using tobacco products within the past 30 days, 32.3% do not consider themselves smokers. Among the nearly two-thirds (67.7%) who do consider themselves to be a smoker, 71.4% have made at least 1 quit attempt within the past 12 months. The average number of quit attempts (by those who consider themselves smokers and reported they attempted to quit at least once within the past 12 months) was 5.2 quit attempts with a range of 2 to 20 attempts.

Among 18-24 year old students who reported they were current tobacco users 34.6% indicated they were planning on quitting smoking prior to graduation. Of current smokers aged 25 and older, 32.3% reported they planned on quitting smoking prior to graduation.

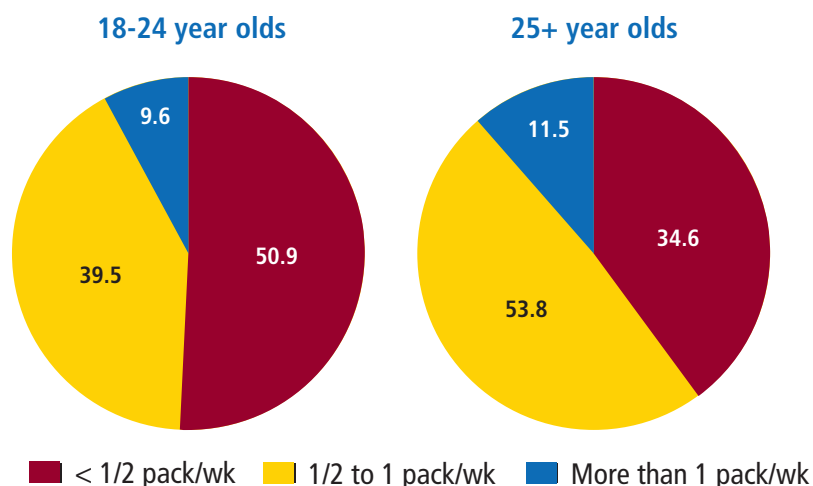
> Number of Cigarettes Smoked by Current Tobacco Users: By Age Grouping (18-24 years; 25+ years)

> Average Number of Cigarettes Smoked Per Weekday Weekday (Monday through Thursday)



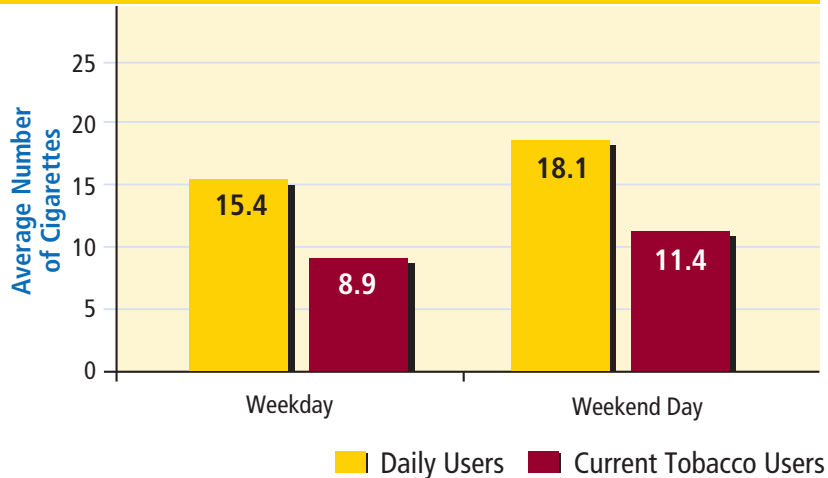
St. Cloud State University students 18-24 years old reported smoking, on average, 8.5 cigarettes per weekday and students aged 25 and older averaged 11.7 cigarettes.

> Average Number of Cigarettes Smoked Per Weekend Day Weekend Day (Friday through Sunday)



St. Cloud State University students 18-24 years old reported smoking, on average, 11.3 cigarettes per weekend day and students age 25 and older averaged 12.6 cigarettes.

> Average Number of Cigarettes Smoked by Daily Tobacco Users vs. Current Tobacco Users



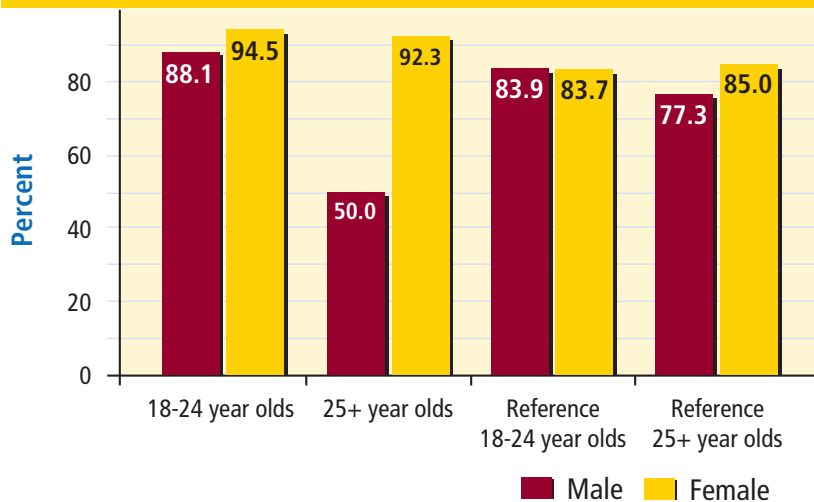
St. Cloud State University students who reported they used tobacco on a daily basis smoked on average 15.4 cigarettes on weekdays and 18.1 cigarettes on weekend days. While students who were current tobacco users smoked on average 8.9 cigarettes on weekdays and 11.4 cigarettes on weekend days.

Where have you used tobacco... (based on responses from students who used tobacco within the past 30 days)

Location	Percent Who Indicated Use	
	18-24 year olds	25+ year olds
Campus Event	38.0	22.5
Residence Hall	42.4	9.7
Fraternity/Sorority	21.2	9.7
Bar/Restaurant	77.6	83.9
In a Car	80.4	80.6
Where I Live	73.1	87.1
Private Party	86.1	71.0
Work Site	48.5	48.4
Other	34.6	41.9

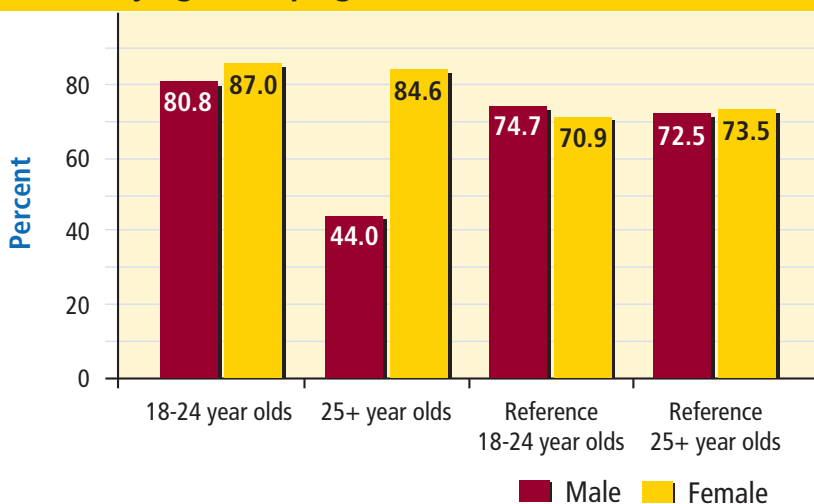
Alcohol Use

> Alcohol Use Within the Past 12 Months By Age Grouping and Gender



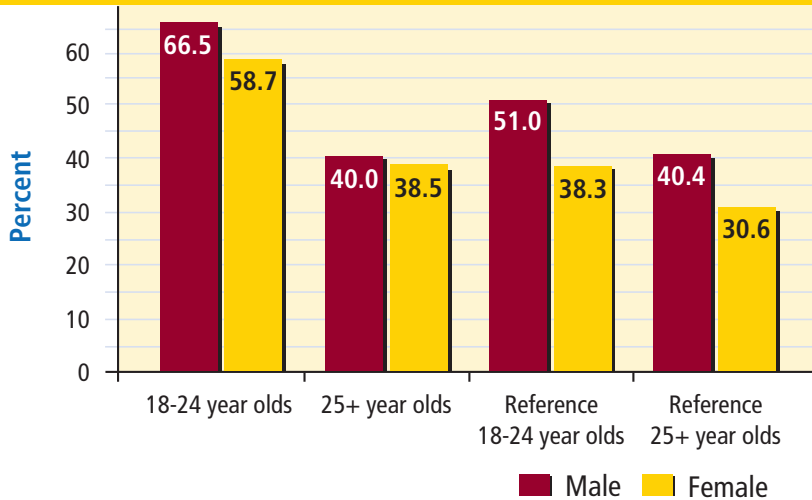
The past 12 month alcohol use rate for all students attending St. Cloud State University was 91.0% compared to a reference rate of 83.6% (based on all four-year institutions who participated in the survey). The range for 12 month alcohol use among all four-year community and technical colleges was between 51.8% and 91.0%. At St. Cloud State University the past 12 month alcohol use rate among students 18 – 24 years old was 92.8% while the rate for students aged 25 and older was 76.4%. Past 12 month alcohol use is defined as, use of any alcohol within the past 12 months.

> Alcohol Use Within the Past 30 Days By Age Grouping and Gender



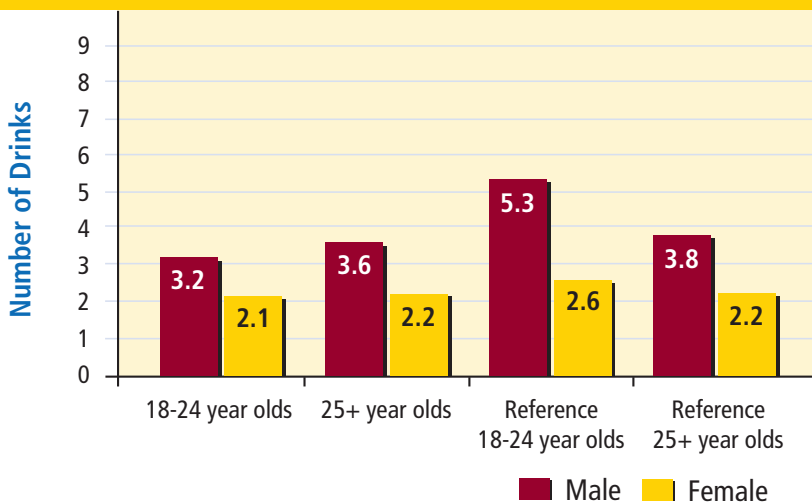
The current alcohol use rate for St. Cloud State University students was 83.4%. The reference group (based on all four-year institutions who participated in the survey) rate for current alcohol use was 72.1% with a range between 30.0% and 83.4%. The current alcohol use rate for St. Cloud State University students 18 – 24 years old was 85.2% and 70.4% for students aged 25 and older. Current alcohol use is defined as, use of any alcohol within the past 30 days.

> High Risk Drinking Rates By Age Grouping and Gender



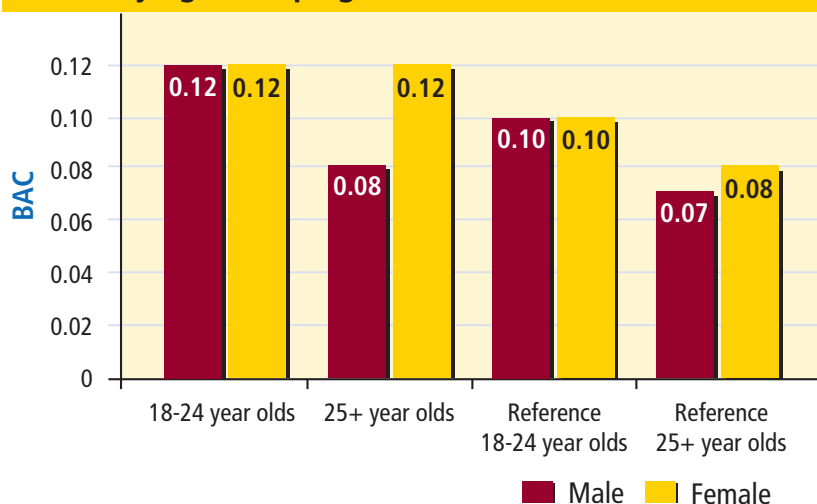
The high risk drinking rate (consuming five or more alcoholic drinks at one sitting) for St. Cloud State University students was 58.6% compared to a reference rate of 41.8% (based on all four-year institutions who participated in the survey). The range for high risk drinking among the reference group was between 8.7% and 58.6%. Among 18-24 year old students at St. Cloud State University, 61.2% reported high risk drinking while 38.0% of student aged 25 and older indicated high risk drinking.

> Average Number of Drinks per Week By Age Grouping and Gender



Students were asked to report the average number of alcoholic drinks they consume per week. The mean number of alcoholic drinks consumed per week by all students attending St. Cloud State University students was 7.7 drinks per week. The mean number of drinks for the reference group (based on all four-year institutions who participated in the survey) was 5.3 drinks per week, with a range between 1.5 and 7.7 drinks per week. For students 18 to 24 years old at St. Cloud State University, the mean number of drinks per week as 8.0 compared to 4.4 for students aged 25 and older.

> Average Estimated Blood Alcohol Content (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 reference BAC (based on all four-year institutions who participated in the survey) was 0.10. The average BAC among St. Cloud State University students aged 18 – 24 and 25 and older was 0.11 and 0.12, respectively.

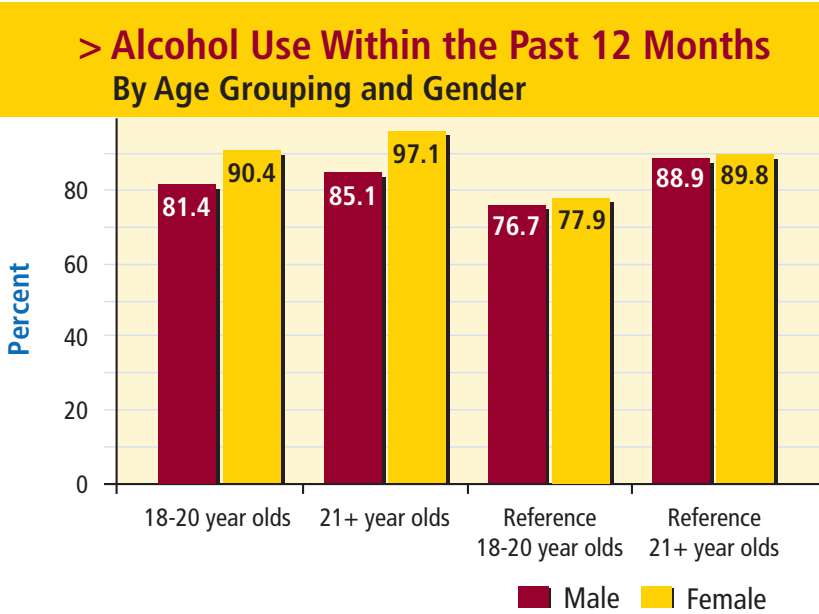
BAC (blood alcohol content)

BAC stands for blood alcohol content. 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)
- > Concentration of alcohol in the beverage consumed (Based on the alcohol content of one typical 12 ounce can of beer containing 4.5% alcohol)
- > Time period
- > Gender

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.

Underage Alcohol Use



The past 12 month alcohol use rate for St. Cloud State University students age 18-20 by gender was 81.4% for males, and 90.4% for females. The past 12 month use rate for 21+ year old males and females was 85.1% and 97.1%, respectively.

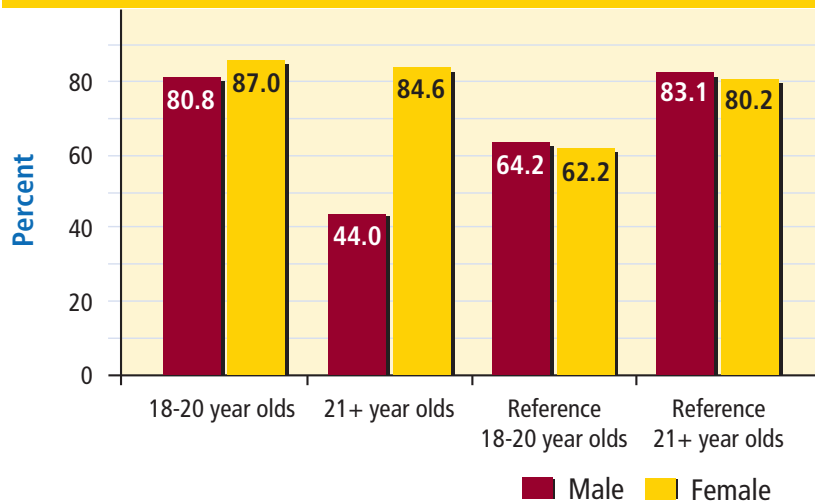
> Why Look at Underage Alcohol Use?

Underage drinking poses a high risk to both the individual and society¹. For example, the rate of alcohol-related traffic crashes is greater for drivers ages 16 to 20 than for drivers age 21 and older². Adolescents also are vulnerable to alcohol-induced brain damage, which could contribute to poor performance at school or work. In addition, early onset of drinking is associated with an increased likelihood of developing alcohol abuse or dependence later in life¹.

References

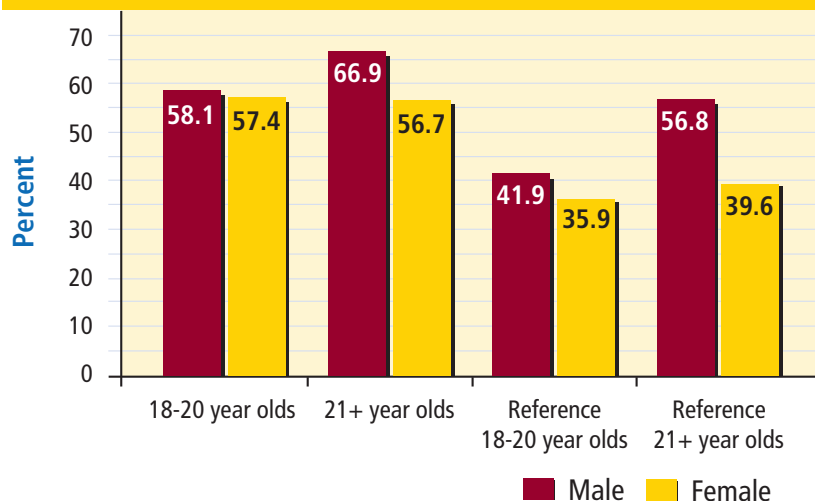
1. O'Malley, P.M.; Johnston, L.D.; and Bachman, J.G. Alcohol use among adolescents. *Alcohol Health & Research World* 22(2):85-93, 1998.
2. Zador, P.L.; Krawchuk, S.A.; and Voas, R.B. Driver-related relative risk of driver fatalities and driver involvement in fatal crashes in relation to driver age and gender: An update using 1996 data. *Journal of Studies on Alcohol* 61(3): 387-395, 2000.

> Alcohol Use Within the Past 30 Days By Age Grouping and Gender



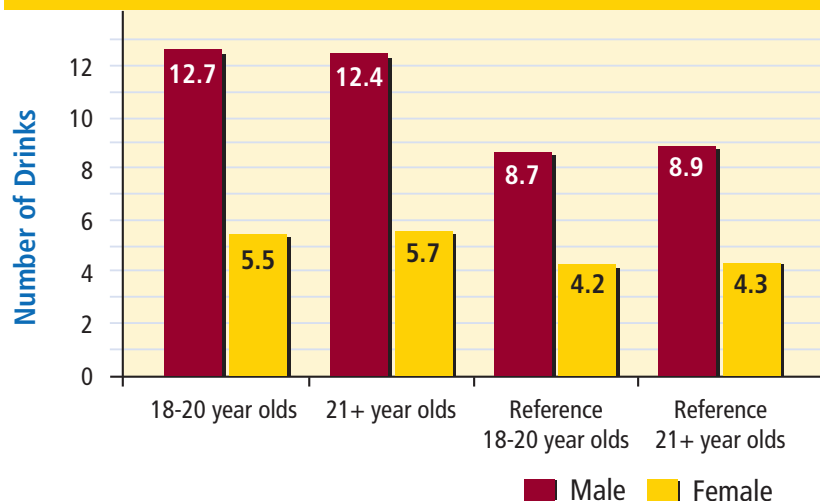
The percent of St. Cloud State University male students aged 18-20 years who used alcohol within the past 30 days was 70.9% compared to 79.5% for females aged 18-20 years. The past 12 month alcohol use rate for males and females aged 21 years and older was 80.3% and 92.0%, respectively.

> High Risk Drinking Rates By Age Grouping and Gender



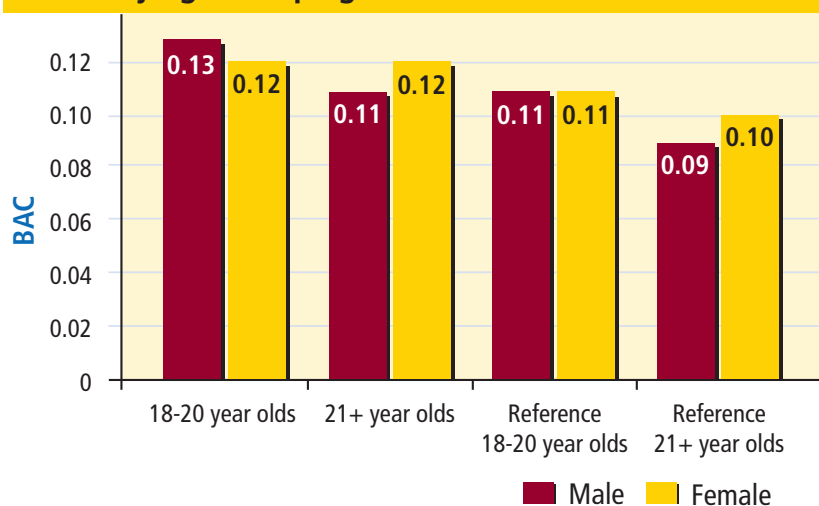
The percent of St. Cloud State University male students 18-20 year olds who engaged in high risk drinking within the past two week was 58.1% compared to 57.4% for females. The high risk drinking rates for males and females aged 21 and older was 66.9% and 56.7%, respectively.

> Average Number of Drinks per Week By Age Grouping and Gender



The average number of alcoholic drinks per week consumed by St. Cloud State University students aged 18 -20 was 12.7 drinks per week for males compared to 5.5 drinks per week for females. Students aged 21 and older averaged 12.4 drinks per week for males and 5.7 drinks per week for females.

> Average Estimated Blood Alcohol Content (BAC) By Age Grouping and Gender



The average estimated Blood Alcohol Content (based on the last time the student “partied/socialized”) for students age 18-20 attending St. Cloud State University was 0.13 for males and 0.12 for females. The average estimated Blood Alcohol Content for students aged 21 and older was 0.11 and 0.12 for males and females, respectively.

Alcohol Use and Negative Consequences

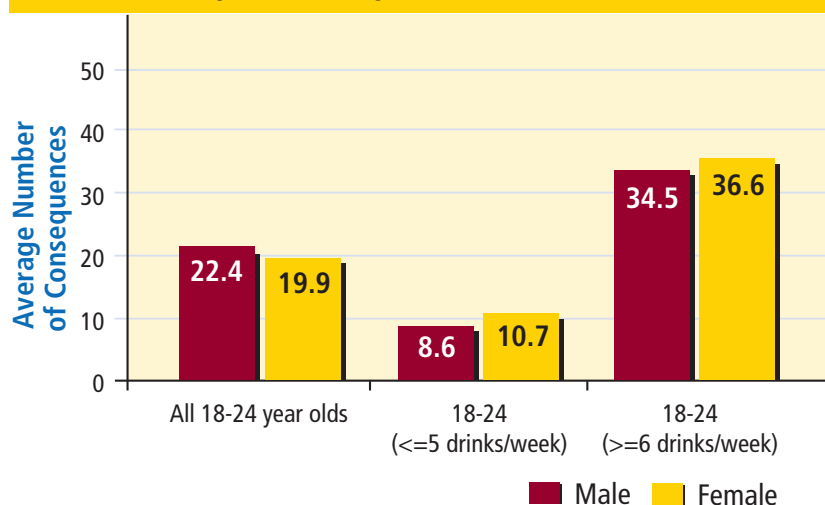
Survey Question

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

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

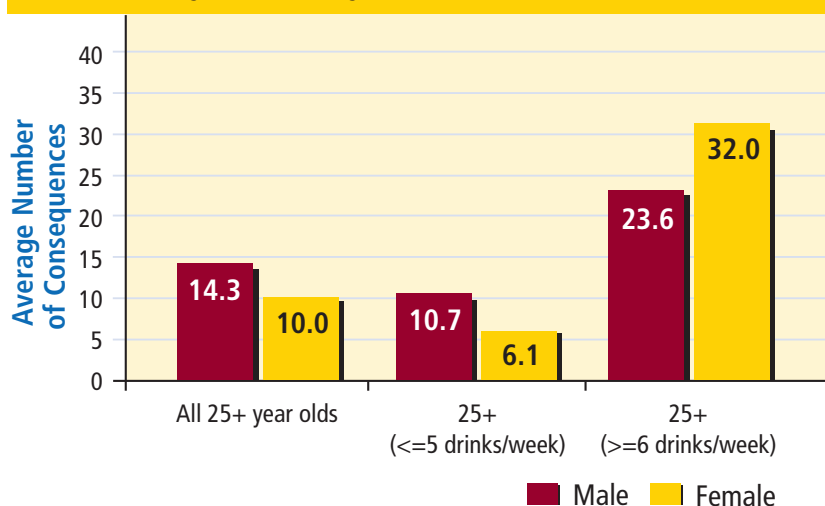
In an attempt to understand the relationship between alcohol use and alcohol related negative consequences survey respondents were asked which negative consequences they have experienced as a result of their drinking or drug use. The list included 19 consequences that range from mild to severe (listed in side box). 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.

> Average Number of Negative Consequences Related to Average Number of Drinks/Week (18-24 year olds) By Gender



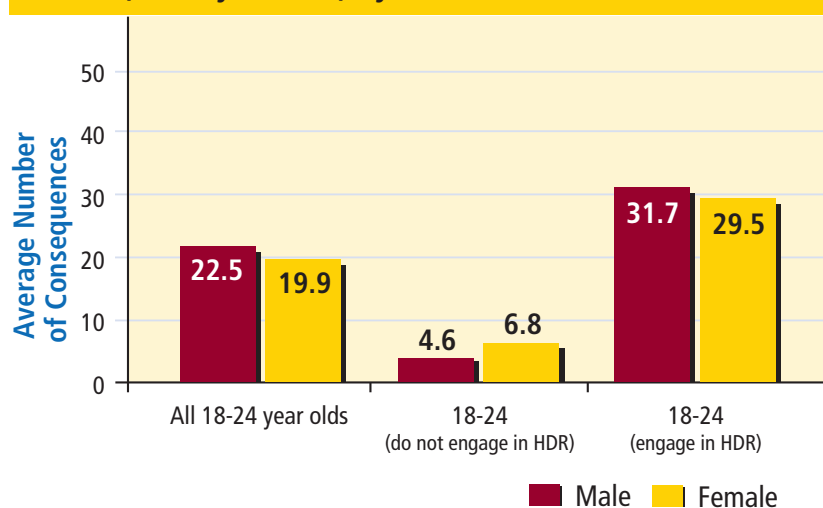
The average number of negative consequences in the past 12 months due to drinking as reported by St. Cloud State University students was 8.6 for males 18-24 year olds that consumed an average of five or less drinks in a week while females reported 10.7 negative consequences. For those students aged 18 – 24 who consumed six or more drinks per week, males cited an average of 34.5 negative consequences in the past 12 months while females reported 36.6 negative consequences.

> Average Number of Negative Consequences Related to Average Number of Drinks/Week (25+ year olds) By Gender



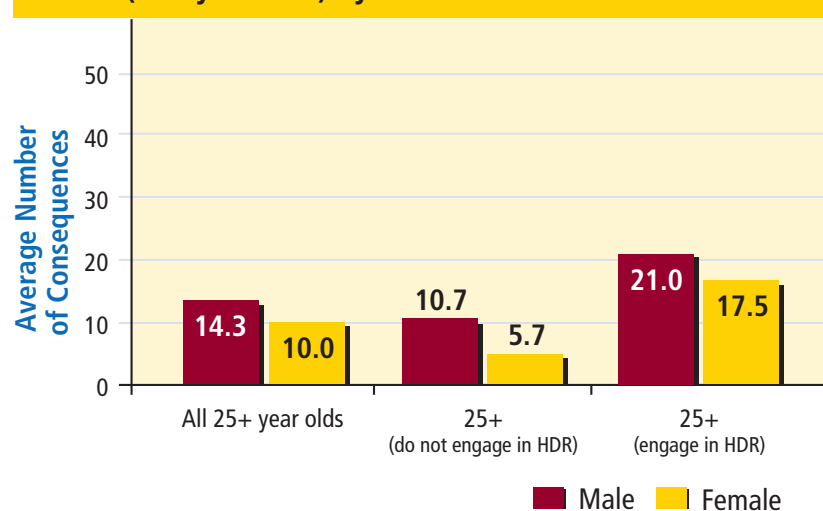
Among St. Cloud State University students aged 25 and older who consumed five or less drinks in a week, the average number of negative consequences reported in the past 12 months was 10.7 for males and 6.1 for females. For students aged 25 and older who consumed six or more drinks per week, males reported an average of 23.6 negative consequences in the previous year while females cited 32.0 negative consequences.

> Average Number of Negative Consequences Related to High Risk Drinking (18-24 year olds) By Gender



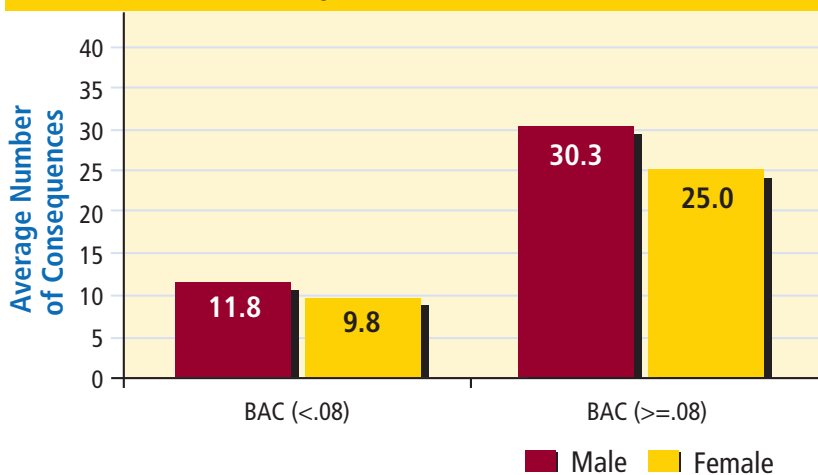
St. Cloud State University students aged 18-24 that engage in high risk drinking at least once within the past two weeks reported on average of 31.7 negative consequences in the past 12 months due to their drinking for males and 29.5 negative consequences for females. High risk drinking is defined as drinking five or more drinks on a single occasion. For students aged 18 – 24 who did not engage in high risk drinking, males cited an average of 4.6 negative consequences in the previous year while females reported 6.8 negative consequences.

> Average Number of Negative Consequences Related to High Risk Drinking (25+ year olds) By Gender



On average, the number of negative consequences due to drinking reported in the past 12 months for St. Cloud State University students aged 25 older that engage in high risk drinking was 21.0 for males and 17.5 negative consequences for females. High risk drinking is defined as drinking five or more drinks on a single occasion at least once within the past two weeks. For those aged 25 and older who did not engage in high risk drinking, males cited an average of 10.7 negative consequences in the previous year while females reported 5.7 negative consequences.

> Average Number of Negative Consequences Related to Estimated Blood Alcohol Content All Students By Gender



Among St. Cloud State University students who's estimated BAC was less than 0.08 on the "last time they partied/socialized", males averaged 11.8 negative consequences in the past 12 months while females reported 9.8 negative consequences. For St. Cloud State University students who's estimated BAC was more than 0.08 the "last time they partied/socialized", males reported an average of 30.3 negative consequences in the past 12 months and females 25.0 negative consequences.

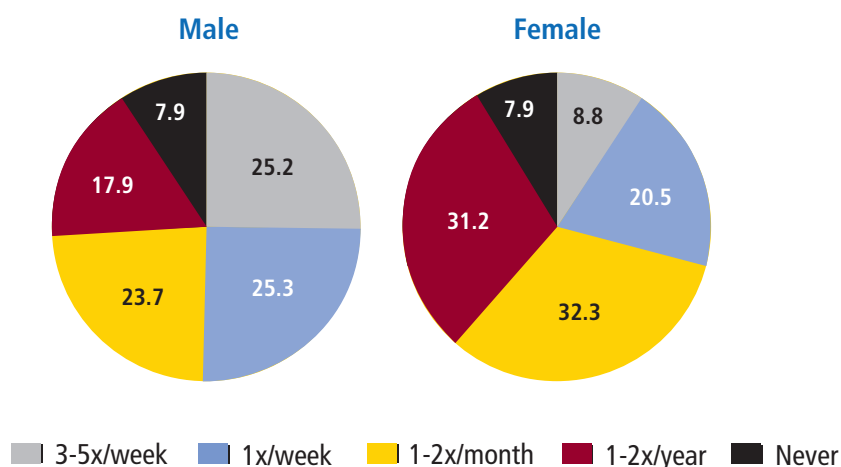
Frequencies for the following survey question: If a person "passed out" from alcohol/drug use and you cannot wake them up, how likely is it you would call "911"?

St. Cloud State University Students

Response to Question	Percent of Students		
	All Students	Did not use alcohol within the past 30 days	Used alcohol within the past 30 days
Very likely	48.8	71.3	44.6
Somewhat likely	30.1	16.4	32.6
Somewhat unlikely	13.0	6.6	14.0
Very unlikely	8.1	5.7	8.7

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 48.8% of St. Cloud State University students reported they would be "very likely" to call 911. The percent of students who reported they would be "very likely" to call 911 in this situation based on all four-year institutions who participated in the survey was 55.5% with a range from 48.8% to 70.7%. For St. Cloud State University students who had consumed alcohol in the previous 30 days, 44.6% said it was "very likely" they would call 911, while among those students who had consumed no alcohol in the previous 30 day, 71.3 % reported that they would be "very likely" to call 911.

> Frequencies for the following survey question: How often in the past year did you drink enough to feel intoxicated?
(Only students who reported consuming alcohol within the past 30 days are included)



Among all St. Cloud State University students who reported drinking to the point of feeling intoxicated 1 or more times per week, 50.5% were male and 29.3% were female.

> The following table is percentages obtained from student's response to the following question:

In the past two week what percentage of students at St. Cloud State University do you think had 5 or more drinks at a sitting? (one drink equals one shot of alcohol, a 12 ounce can of beer, a mixed drink containing 1 or 1 1/2 ounces of alcohol, a 12 ounce wine cooler, or a 5 ounce glass of wine).

	Students response to question (Their perception of High Risk Drinking)	Actual High Risk Drinking Rate
18-24 year olds		58.6
Males	50.3	
Females	56.3	
25+ year olds		
Males	33.0	
Females	48.3	

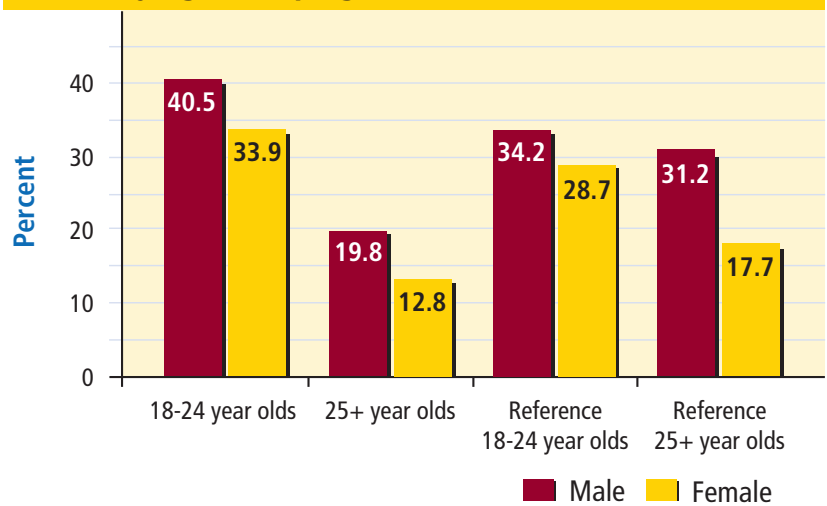
St. Cloud State University students tend to under-estimate the amount of high risk drinking that takes place among their students. There is some evidence to indicate that students who over estimate the amount that other students drinks, are more likely to drink at the level that they believe others in their colleges drink³.

References

- Perkins H.W., Linkenbach J., DeJong W (2001). Estimated blood alcohol levels reached by binge and nonbinge drinkers: a survey of young adults in Montana. *Psychology of Addictive Behavior* 15(4), 317-320.

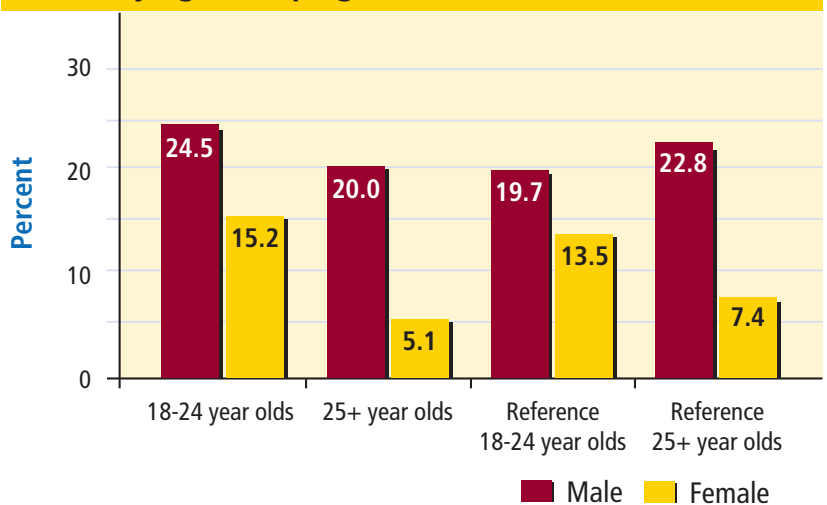
Marijuana and Other Drug Use

> Marijuana Use Within the Past 12 Months
By Age Grouping and Gender



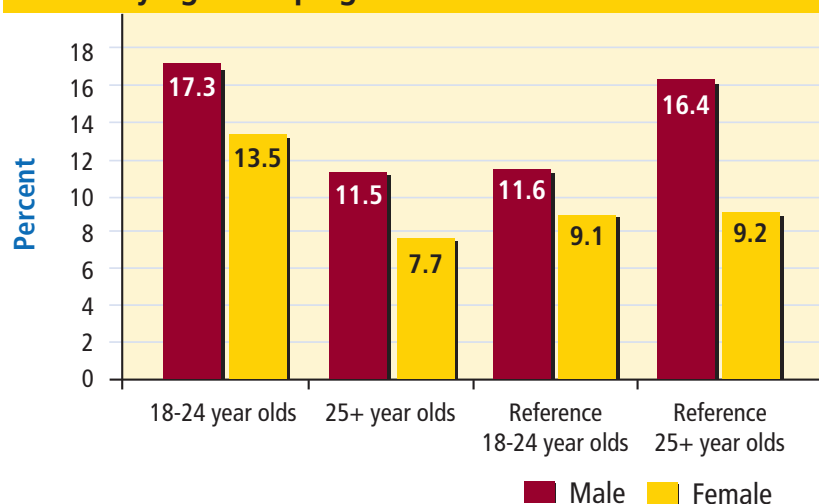
The past 12 month marijuana use rate for students attending St. Cloud State University was 33.8% for all students compared to a reference rate of 29.8% based on all four-year institutions who participated in the survey. The range for 12 month marijuana use among all four-year institutions was between 7.2% and 36.1%. The past 12 month marijuana use rate for St. Cloud State University students aged 18 - 24 was 36.1% and 15.3% for student aged 25 and older.

> Marijuana Use Within the Past 30 Days
By Age Grouping and Gender



The current marijuana use rate (within the past 30 days) for all St. Cloud State University students was 16.7% compared to a reference rate of 15.3% based on all four-year institutions who participated in the survey. The range for current marijuana use among all four-year institutions was between 2.4% and 17.9% of students. The current marijuana use rate for St. Cloud State University students 18-24 years old was 17.6% and 9.9% for students aged 25 and older.

> Any Other Drug Use (does not include marijuana) Within the Past 12 Months By Age Grouping and Gender

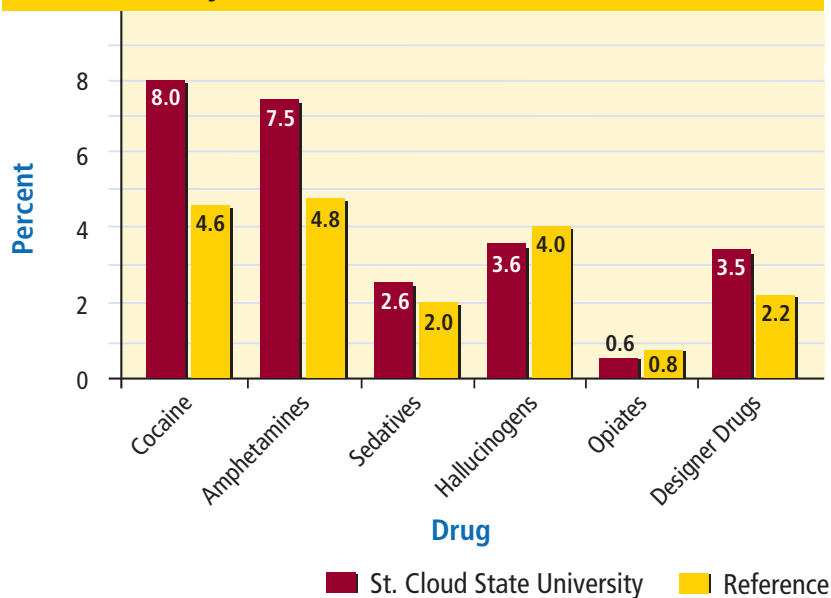


The past 12 month use rate for any drug use, excluding marijuana, among all students attending St. Cloud State University was 14.1% compared to a reference rate of 10.1% based on responses from all four-year institutions who participated in the survey. The drugs included are listed in the side box. The range for illegal drug use within the previous year, excluding marijuana, among all four-year institutions was between 0.8% and 14.1%. The past 12 month use rate for any drug use, excluding marijuana, among St. Cloud State University students 18-24 years old was 14.9% and 8.3% for students aged 25 and older.

> Listing of illegal drugs included in survey

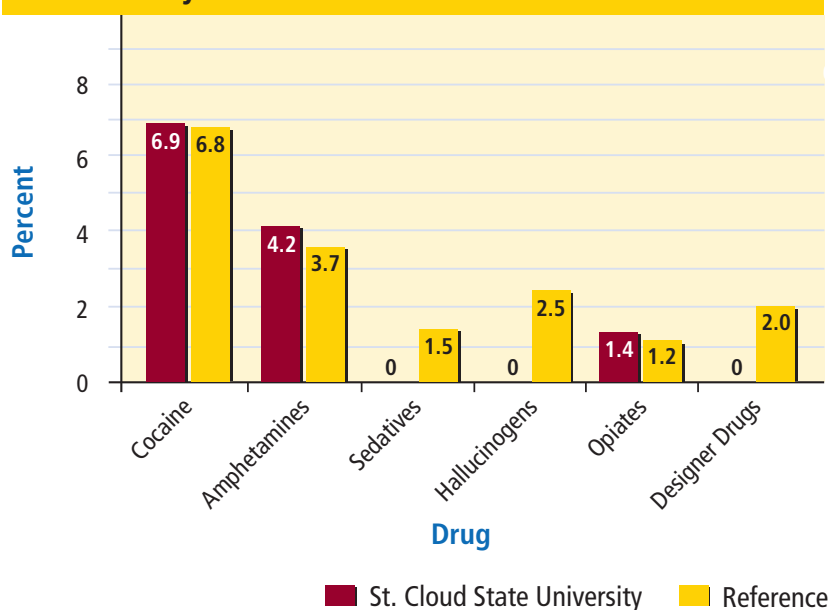
- > Cocaine (crack, rock, freebase)
- > Amphetamines (diet pills, speed)
- > Sedatives (downers, ludes)
- > Hallucinogens (LSD, PCP)
- > Opiates (heroin, smack, horse)
- > Inhalants (glue, solvents, gas)
- > Designer drugs (ecstasy, MDMA)
- > Steroids
- > Other illegal drugs

> Selected Drug Use: Past 12 Months 18-24 year olds



The past 12 month use rate for selected drugs among St. Cloud State University aged 18 -24 ranged from 0.6% for opiates to 8.0% for cocaine. The reference group rates for 18 – 24 year olds ranged from 0.8% for opiates to 4.8% for amphetamines. Among St. Cloud State University students aged 25 and older, the past 12 month use rate for selected drugs ranged from 0.0% for sedatives, hallucinogens and designer drugs to 6.9% for cocaine. The reference group rates for students aged 25 and older ranged from 1.2% for opiates to 6.8% for cocaine.

> Selected Drug Use: Past 12 Months 25+ year olds



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