



BOARD *of* GOVERNORS

State University System of Florida

Alcohol Use & Abuse Among College Students

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www.flbog.edu



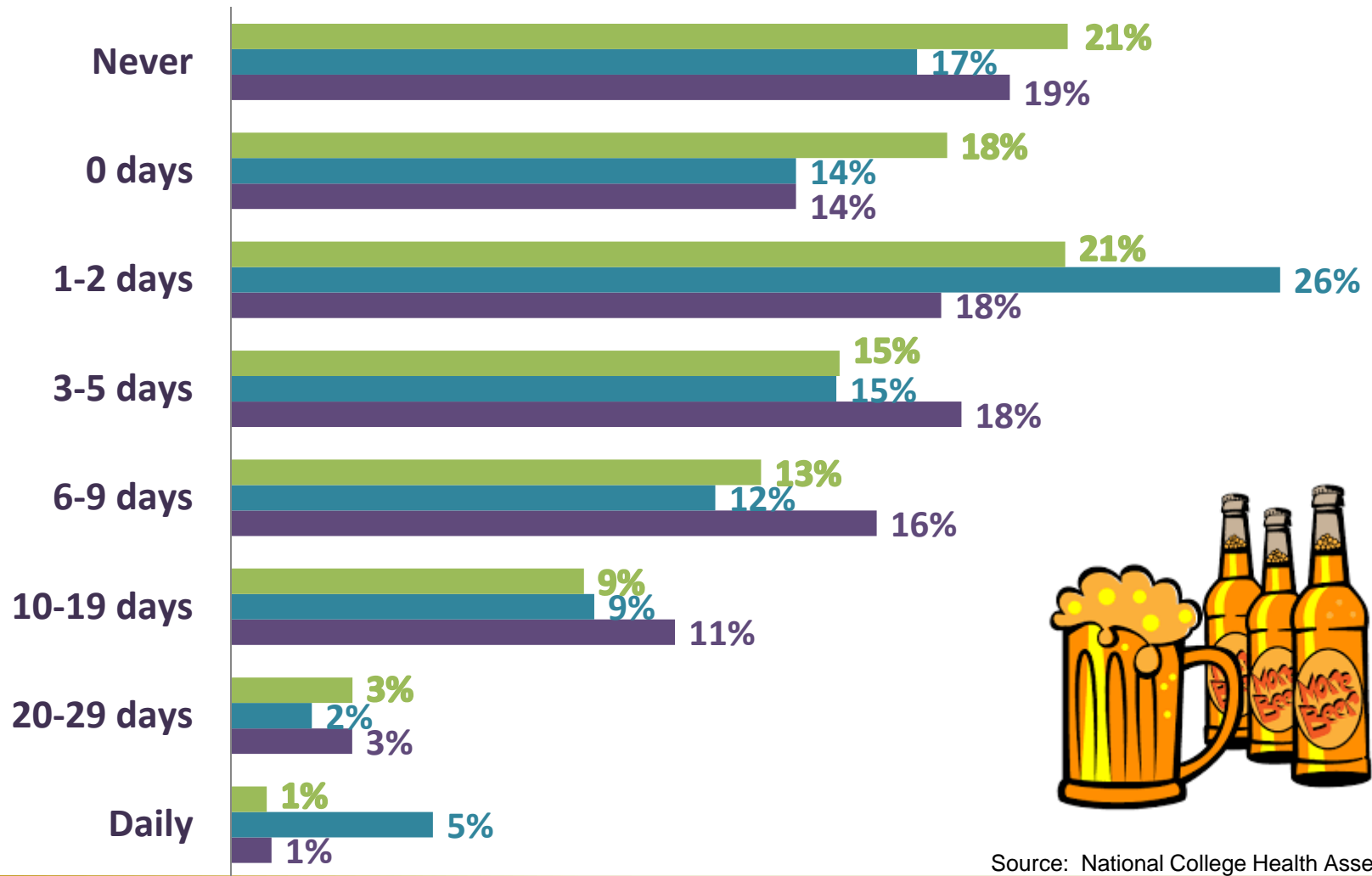
Overview

- **Utilization**
- **Factors & Influences of Alcohol Use**
- **Consequences & Impact of Alcohol Use**



College Students *ACTUAL* & *PERCEIVED* Alcohol Use Within Last 30 Days

SUS ACTUAL SUS PERCEIVED All College Students ACTUAL



Source: National College Health Assessment



SUS Students Compared to All College Students & All 18-25 Year Olds

Current Users of Alcohol



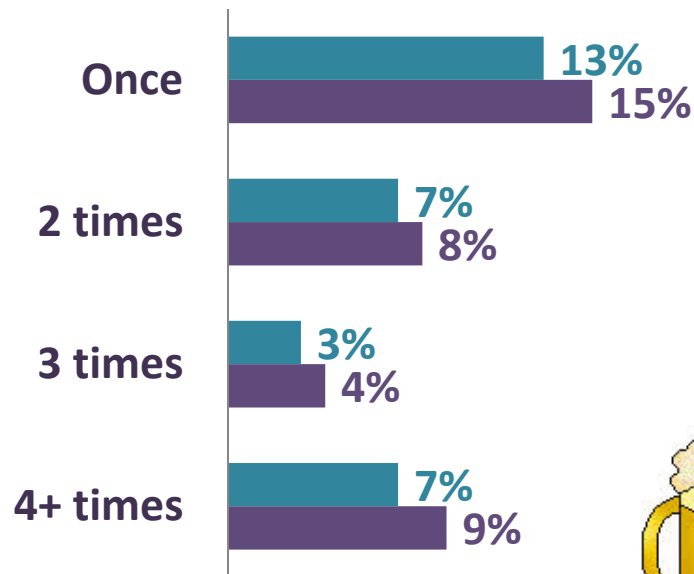
Source: 2016 National Survey on Drug Use and Health, National College Health Assessment



College Students Misuse of Alcohol

of times students drank 5+ drinks in one sitting within 2 week time period

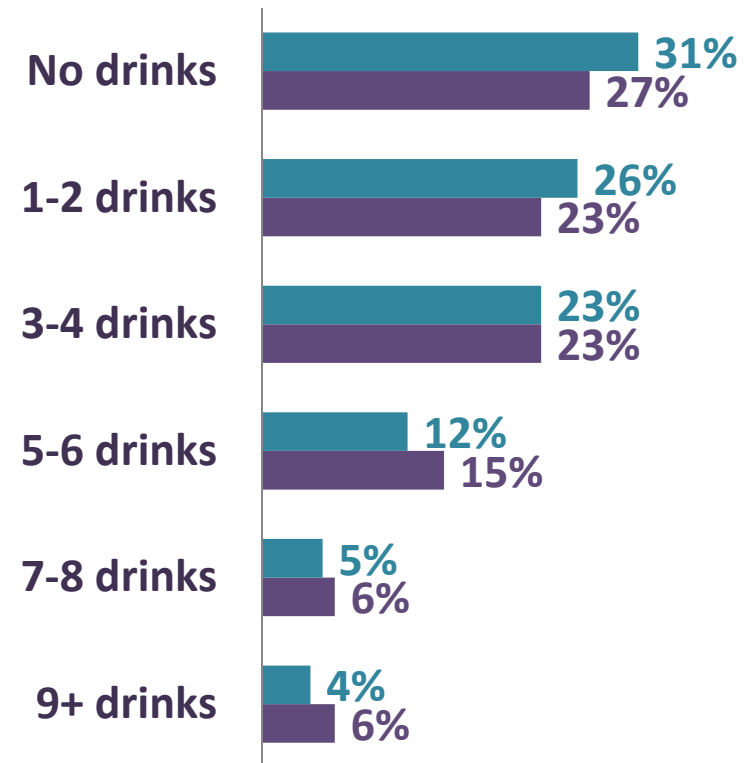
■ SUS Students ■ All College Students



Source: National College Health Assessment

of drinks during most recent social event

■ SUS Students ■ All College Students





Factors & Influences of Alcohol Use Among College Students

- **Likelihood increased by**
 - **History of alcohol use in middle/high school**
 - **Peer pressure & perceived use among peers**
 - **Escape & avoidance**
 - **Family history of alcohol dependence**
 - **College culture (Greek & athletic membership, first-year)**
 - **Mental health issues**
 - **Availability & cost of alcohol**



Source: National Center on Addiction and Substance Abuse



Factors & Influences of Alcohol Use Among College Students

- Likelihood decreased by
 - Parental concerns & expectations
 - Campus & community involvement
 - Health education
 - Engagement in spiritual & religious practices



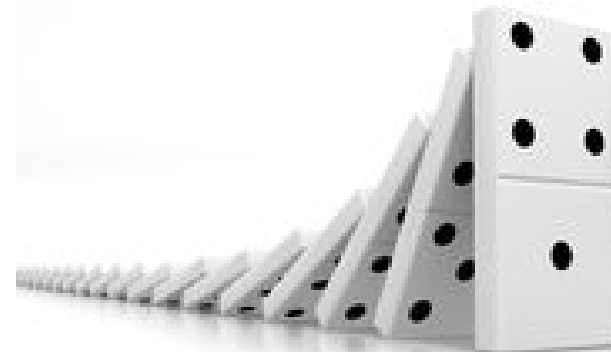
Source: National Center on Addiction and Substance Abuse



Consequences of Alcohol Use Among College Students

- **Short-term effects**
 - **Fall behind academically, lower GPA**
 - **Impulsive behaviors (e.g., fighting, vandalism)**
 - **More likely to engage in risky sexual behavior**
 - **Sexual violence**
 - **Physical injury**

- **Long-term effects**
 - **Treatment Needs**
 - **Poor physical health**
 - **Legal record**
 - **Death**



Source: National Center on Addiction and Substance Abuse



Impact of Alcohol Use on College Students



- **1% reported being diagnosed and/or treated for substance abuse (drugs & alcohol) within last 12 months [SUS students & all college students]**
- **3% reported that alcohol use interfered with academic performance within last 12 months [SUS students & all college students]**
 - **Examples: lower exam grade, lower course grade, unable to complete course**

Source: National College Health Assessment



Summary

- **Most SUS students reported using alcohol at least once during a 30 day period**
 - **Proportion of SUS students using alcohol (96%) is the same as the proportion of all college students (96%) & higher than the proportion of all 18-25 year olds nationwide (57%) using alcohol**

- **Consequences of prolonged & excessive use**
 - **3% reported academic impact**
 - **1% diagnosed and/or treated for substance (drug/alcohol) abuse**



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Alcohol / Drugs: Impact on Hazing

- **Strategic disinhibition of current group members**
 - Enhance fun of making new members endure hazing
 - Reduce anxiety or guilt about subjecting new members to mental/physical distress
 - False sense of “insurance” against responsibility

- **For new members**
 - Increase comfort & facilitate self-disclosure
 - Impair judgement, decrease resistance to risky behaviors
 - Create sense of powerlessness



Sources: Cornell University, Indiana University of Pennsylvania



Alcohol / Drugs: As a Method of Hazing

- **Substance(s) withheld from new members to underscore “privilege” of membership**
- **Drinking games**
- **Consuming large quantities to the point of getting sick or passing out**



Source: Indiana University of Pennsylvania; www.stophazing.org