

**2001 NEW HAMPSHIRE HIGHER EDUCATION
ALCOHOL, TOBACCO, AND OTHER DRUG SURVEY**

**UNIVERSITY OF NEW HAMPSHIRE
COMPREHENSIVE REPORT**

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Purpose and Context

Each year the University of New Hampshire undertakes a study to assess students' use, attitudes, and associated behaviors regarding alcohol. Until the year 2000 the *Core Survey*, a national survey coordinated by the University of Southern Illinois, has been the instrument used. In 2000, the Social Norming Team at the University of New Hampshire developed the *Positive Norming Survey*. Some questions were taken from the *Core Survey* so that trends could be analyzed. Other questions were included to gather information concerning students' perception about use, attitudes, and associated behaviors regarding alcohol in order to begin a social norming campaign.

During the summer of 2000, the Core Institute made the decision that it would no longer support the short version of its survey. It would only scan and report on the long version of the survey. This edition took approximately 45 minutes to complete. In August 2000, members of the New Hampshire Higher Education Alcohol, Tobacco, and Other Drug Committee explored the idea of creating its own survey. This committee was comprised of representatives from colleges across the state of New Hampshire. They meet monthly to discuss important issues and develop action plans related to alcohol, tobacco, and other drug use on college campuses in New Hampshire. There were two main reasons for this group to create a separate survey. The first reason was that member institutions wanted a survey that was shorter than the long version of the *Core Survey*. Their goal was to have an instrument that could be completed in approximately 20-25 minutes. The committee also wanted a survey that most of the colleges in New Hampshire would use so that institutional data could be compared to a statewide reference group. The Student Affairs Research and Assessment Center at the University of New Hampshire was asked

to assist in this process. This center had staff with experience conducting this type of project and also had the ability to create and scan the survey as well as report the results.

The survey contained questions from three national surveys: the *Core Survey* (short form), the *Campus Survey of Alcohol and Other Drug Norms*, and the *1999 Annual Student Health Behavior Assessment*. There were a few reasons for this decision. Institutions wanted to use questions that they had used from surveys in the past so that they could maintain trend data. These questions also solicited the type of information the committee members wanted. Additionally, since the questions had been used on national surveys committee members were confident that they were reliable and valid. Where possible, all response categories were constructed to solicit interval data for easier analysis and significance testing. In January of 2001, the instrument was drafted, pre-tested, and finalized. Due to time constraints reliability and validity could not be determine for the instrument.

Sample

University of New Hampshire

Administering the survey to selected courses was determined to be the method of administration. This approach was believed to yield the most representative sample. Thus, academic courses were the unit of sampling. The intent was for the sample to be representative of the undergraduate student body overall as well as by gender, class, and college. A proportionate stratified sample was the sampling method chosen. A list of courses (in random order) within each college was generated by the Office of Institutional Research. This list was generated as close to thirty days after registration (R+30) as possible and included department names, course number, and composition by gender and class for each course offered during

Spring Semester 2001. A list could not be generated after to R+30 because time was needed to contact faculty members a few weeks before the administration period. These classes were grouped. The demographic composition by gender and class standing within each college was determined using registration information from fall semester 2000 since registration information for spring semester 2001 was not yet available. Courses were then selected for each college, following the random order list, to create a group of courses that would reflect the composition of the college by gender and class standing. Theoretically, this would lead to a sample that was representative by college as well as the university overall, by gender and class.

The demographic composition of the sample was extremely close to the University of New Hampshire undergraduate student population in regard to gender and class, but not college (see Table 1). Consequently, for all data analyzed by college, responses were weighted to mirror the correct proportions of the population.

DEMOGRAPHIC PROPORTIONS

| | Table 1 <i>Sample</i> | <i>Population</i> |
|-------------|--------------------------|-------------------|
| Men | 43% | 41% |
| Women | 56% | 59% |
| Transgender | 1% | Not known |
| Freshman | 27% | 26% |
| Sophomore | 24% | 24% |
| Junior | 21% | 21% |
| Senior | 26% | 29% |
| Other | 2.4% | N/A |
| DCE | 2% | .8% |
| LSA | 16% | 14% |
| LA | 28% | 40% |
| E&PS | 16% | 10% |
| WSBE | 24% | 14% |
| HHS | 17% | 16% |
| TSAS | 7% | 4% |

Although responses from students in the Division of Continuing Education were obtained, this was merely by chance. The results for DCE students were not reported. Only eight

responses were collected in this study. Because of this, responses are highly susceptible to sampling error. Thus, the scores for this college may not have been an accurate representation of the students in that college. It is important to note that the target sample was undergraduate students in a degree program.

State of New Hampshire

Nine colleges in New Hampshire participated in this study. These institutions varied in affiliation (e.g., private/public, religious/secular), mission, and size. Each school chose its own sampling method. Weights were not assigned to compensate for disproportionate representation of each college in the sample for analyses (see Table 2).

INSTITUTIONAL PROPORTIONS

Table 2

| | <i>Sample</i> | <i>Proportion</i> |
|---|---------------|-------------------|
| Colby-Sawyer | 13% | 3% |
| Daniel Webster | 4% | 4% |
| Hesser | 10% | 4% |
| New Hampshire College (Southern New Hampshire University) | 10% | 16% |
| New Hampshire Technical Institute | 8% | 8% |
| Notre Dame | 6% | 3% |
| Plymouth State College | 18% | 13.4% |
| Rivier | 13% | 6.1% |
| University of New Hampshire | 19% | 42.9% |

Method

After many years of administering similar surveys, the method that had been most successful in obtaining a representative sample had been administration within classes. This has been the most efficient means of achieving a representative sample. After the courses for the sample were selected the instructors/professors for those courses were contacted via email (or mail if an email address was not available) to ask if he/she was willing to allow someone from

the University of New Hampshire Student Affairs Research and Assessment Office to come into one class during the last week in February 2001 or the first week in March 2001 to administer the survey. This time frame was chosen because it was at least two weeks prior to Spring Break. The thought was that students would not yet have left for break. Also, the time frame of the questioning would not include Spring Break week. Including this time period could likely skew the results because some questions inquired about alcohol and drug use in the previous two weeks to six months. It was also thought that instructors/professors would be more able to volunteer time during a class before Spring Break rather than after.

Faculty members were asked to reply to the email stating their willingness to allow the survey to be administered in their class. If a faculty member did not reply within a week he/she was contacted again, this time by phone. If a faculty member declined to participate or could not be contacted within another week a new course was selected and that faculty member was contacted in the same way as above. When the faculty member agreed to the survey, a day and time was scheduled for the administration. The attempt was made to avoid early mornings and Fridays; times when attendance could likely be low.

It was planned to have the survey administered by the same person to all twenty courses in order to increase consistency and thus reduce administrator-related validity issues. This person was the principal investigator. Due to scheduling conflicts this person could only survey seventeen of the twenty courses. The survey was to be administered to the other three courses by the assistant to the principal investigator.

Of the twenty courses to be surveyed, two could not be surveyed because a storm closed the university for a day and a half during the first week of March. This was the week prior to

Spring Break. The decision was made to drop these courses from the sample since they would not be able to be surveyed until after Spring Break.

The administration was simple. The administrator went to the course and arrived five minutes before the scheduled time. At the agreed upon time the administrator passed out the question sheets and answer sheets. She/he also had number two pencils available for those students that needed one. As the surveys were being passed out, directions and a confidentiality statement were read aloud. When a student finished filling out a survey she/he brought it to the front of the room and put it into a large envelope. The administrator did not touch the survey answer sheet as an additional method to ensure confidentiality for students.

Every school was informed as to how the survey was being administered to University of New Hampshire students. Each decided how it would be administered on its own campus; most schools chose the classroom method. Two schools did administer some of their surveys after spring break because the snowstorm canceled classes in which it was to be administered. For these schools data from students surveyed before the storm were compared to data from those surveyed after it to determine if the responses were relatively similar and were not influenced by the different administration times.

After the data was collected it was cleaned to remove outliers. For questions with a time frame of 6 months (e.g., in the past 6 months how many days did you use alcohol?) any answer greater than 180 was changed to a missing response so that it was not calculated in the analysis. Thus that piece of data was dropped from the aggregate data for that question only. For questions based on two weeks and 30 days, responses greater than 14 or 30, respectively, were changed to missing responses. For the questions regarding negative consequences (e.g., in the past 6 months how many times did you have a hangover?) and protective behaviors (e.g., during the past school

year, when you went out/socialized/“partied” how many times have chose not to drink?)

histograms were run to determine the existence of outliers. Outlying responses were analyzed to determine if they were possible answers to the question. If it seemed clear that these responses were erroneous or fraudulent they were changed to missing responses.

Although the members of Greek organizations are an important sub-population to study, analysis with this group of students was not performed because the sample size was too small for accurate inferences to be made.

Results

Attitudes

Students were asked about their attitudes regarding drinking alcoholic beverages. Seventy-nine percent reported that occasionally getting drunk was okay as long as it does not interfere with academics or other responsibilities (see Graph 1). Four percent stated that drinking was never good, while 13% said that drinking was okay as long as you don't get drunk. These three responses comprised 90% of all responses. Three percent believed that occasionally getting drunk was okay even if it did interfere with academics and other responsibilities, and 6% stated that frequently getting drunk is okay if that is what the person wants to do. This data would suggest that a vast majority believe that alcohol use should not interfere in one's life, even occasionally.

This pattern of attitudes is consistent by gender, class, in-state/out-of-state breakdown, other New Hampshire schools, and residence.

Incoming Alcohol Consumption

Graph 2 places the alcohol issue at University of New Hampshire in a larger context. This graph demonstrates alcohol usage for students who reported they used alcohol during the year before entering college – their senior year in high school. The data is reported nationally and for students that entered University of New Hampshire. It is important to realize that this data is from the 1999 *CIRP Survey* (Cooperative Institutional Research Program based in the Higher Education Research Institute at the University of California at Los Angeles). Thus, the reported usage was for high school seniors in 1998. Based on this data, students entering the University of New Hampshire had consumed more alcohol in their senior year than other students nationwide. This should not be construed as an excuse to remove any responsibility by University of New Hampshire to combat this problem. Rather, it is used to show that the issue is complex.

Binge Drinking

Henry Weschler created terminology used to identify types of drinking (Weschler, et al. 1994). His categories were based upon the number of days in the past two weeks one had “binged,” or had consumed five or more drinks in one sitting. The five-drink threshold is used because research suggests that this is the point where negative consequences occur and drinking has harmful effects (Weschler, 1996). “Abstainers” are people who have not consumed alcohol in a given period of time. For this study “abstainers” were people who had not consumed alcohol in the past six months or longer. “Non-binge drinkers” were people who had consumed alcohol in the past six months but who had not had five or more drinks in one sitting in the past two weeks. People who had had five or more drinks in one sitting in the past two weeks either one or

two times were defined as “infrequent binge drinkers.” Finally, “frequent binge drinkers” were people who had binged three or more times.

A higher percentage of University of New Hampshire students fall into the “frequent binge drinkers” than any of the other categories. This is true for each year in the past three years. The percentage comprising this category has decreased in the past three years. In 1999, 40% of University of New Hampshire students were “frequent binge drinkers” compared to 36% in 2000 and 32% in 2001. Even with the decrease this is still a number for concern. The longitudinal data suggests that there is a shift from “frequent binge drinkers” to “infrequent binge drinkers” and in a shift from “non-binge drinkers” to “abstainers” (see Graph 3).

The percentage of “abstainers” had increased in each of the past three years. A word of caution is appropriate here. The questions used to obtain this number are different for each year the survey was administered. In 1999 and 2000, “abstainers” were identified as people who stated that they had not used alcohol in the past year. In 2001, “abstainers” were people who consumed no alcohol in past 6 months. It is possible that the percentage of “abstainers” increased from 2000 to 2001 because a shorter time period was the time span in question. However, this would not explain an increase between 1999 and 2000.

Approximately 60% of University of New Hampshire students reported that they consumed five or more drinks in one sitting at least once in the two weeks previous to the survey. Although this was a decrease from 1999 (63%) and 2000 (61%) there was still a larger proportion of binge drinkers in 2001 than any year before 1999 (see Graph 4).

Gender

Of men, the largest percentage was “frequent binge drinkers.” There are more male “frequent binge drinkers” (43%) than female (25%). “Infrequent binge drinkers” was the

most prominent category for women in 2000 and 2001. In 2001, 34% of women were in this category. “Abstainers” were fairly equal for each gender, approximately 13%, in 2001 (see Graph 5).

Class

For each class in the past two years, “frequent binge drinkers” was the largest category. There had been a decrease in this category for each class from 2000 to 2001. Aside from this there was no clear trend in binge drinking by class. The distribution of binge drinkers for each class was very dissimilar in 2000. But for 2001, the distribution was quite similar (see Graph 6). There was an increase in the percentage of “abstainers” in each class.

In-state vs. Out-of-State

For both 2000 and 2001 there was a larger percentage of out-of-state students than in-state students that were “frequent binge drinkers” and “infrequent binge drinkers.” Thus, in-state students had a higher percentage that were “abstainers” and “non-binge drinkers.” In 2001, 30% of in-state students fit into the “frequent binge” category while the same was true of 39% of out-of-state students (see Graph 7).

Residence

There were more “frequent binge drinkers” living in off-campus apartments (40%) than students living at home (9%), living in the residence halls (28%), or living in on-campus apartments (32%) (see Graph 8). Predictably, the largest amount of “abstainers” lived at home. Unfortunately the sample size for students living in Greek houses was too small to make confident inferences.

University of New Hampshire vs. Other New Hampshire Colleges

As compared to other schools in New Hampshire, the University of New Hampshire had a higher proportion of its students in the “frequent,” “infrequent,” and “non-binge” drinking categories. The University of New Hampshire had about half as many “abstainers” as the other colleges in the state. The University of New Hampshire had 12% in this category while the other colleges in New Hampshire had 24% (see Graph 9).

Average Number of Drinks Consumed In A Typical Week

As can be seen in Graph 10, the number of drinks consumed in a typical week by University of New Hampshire students had increased slightly from 9.0 to 9.4 in the past year. But, this was not a statistically significant increase. In the past three years, there had been a statistically significant change from 1998 to 1999 and from 1999 to 2000. Aside from the 10.4 in 1999, the 9.4 average drinks per week for 2001 was the highest average in the last nine years.

Approximately 20% of the University of New Hampshire student body in 2001 did not consume alcohol in a typical week. Forty percent consumed 0-3 drinks in a typical week while 56% consumed 0-6 drinks in a typical week. There was a small portion of the campus (8%) that consumed more than twenty-six drinks in a typical week (see Graph 11).

Gender

In 2001, men consumed, on average, 13.99 drinks in a typical week while women consumed 5.98 (see Graph 12). This difference was significant ($p < .05$). The gender difference in 2000 was not statistically significant. Men had a significant increase ($p < .05$) in their average weekly consumption from 2000 to 2001. The increase was from

12.76 to 13.99 drinks. Women had a significant decrease ($p < .05$) in their average weekly usage. Women consumed 6.08 drinks per week in 2000 and 5.98 in 2001.

Class

Surprisingly, there were no significant differences in average number of drinks consumed in a typical week by class for either 2000 or 2001. In 2001, freshman reportedly consumed 8.6 drinks per week, while sophomores consumed 9.0, juniors 10.2, and seniors 9.9. There were also no clear trends in use by class (see Graph 13). No clear patterns are evident, either, when the drinking behavior for each class cohort was tracked over a period of time (see Graph 14). The only clear finding, at least for the classes of 1999, 2000, and 2001, was that each class cohort consumed the same average number of drinks per week (9.7) in their junior year.

In-state vs. Out-of-state

In 2001, In-state students on average drank 8.67 drinks per week and out-of-state students consumed 10.80 drinks per week. Although this difference seems large it was not statistically significant. Each of these groups increased its consumption from 2000 to 2001, but not significantly (See Graph 15).

Residence

The average drinks consumed per week seemingly increases as independence increases. The average for people living at home was 3.7 drinks per week. This number more than doubled to 7.8 for students living in residence halls. It was 9.4 for students living in on-campus apartments and 15.6 for students living off-campus (see Graph 16). The differences were statistically significant ($p < .05$) between students living off-campus and students living at home and students in the residence halls. One explanation is that the use

increases as supervision decreases. There is more direct supervision for students living at home (unless the student has her/his own family), while the least amount of supervision exists for students living in off-campus apartments and houses. Another explanation is that the use increases as the likelihood of parties increases. Most students living at home are not going to have parties there. Students living off-campus are the most likely to have parties. This is because generally they are legal to drink alcohol and there is less enforcement of applicable rules and laws. Yet, another possible explanation is that as students move further away from home/campus they are also getting older. Thus, the average weekly consumption was higher for people in on-campus apartments than the residence halls because a larger percentage of that population is 21 years old. The same can be true for students living off-campus.

University of New Hampshire vs. Other New Hampshire Colleges

Students at the University of New Hampshire consumed more drinks on average per week (9.39) than students at other colleges (8.34). Although there was more than one drink difference between the groups it was not statistically significant.

Average Number of Drinks Consumed When “Partying”

There was no significant change in the number of drinks students consumed when they “partied” between the last two years. The average in 2000, was 5.68 and 6.07 in 2001 (see Graph 17). A majority of the students at University of New Hampshire (61.5%) consumed 0-6 drinks when they “partied.” Also, over 11% consumed over eleven drinks when they “partied” (see Graph 18).

There has been a significant increase ($p < .05$) in the perceived use of alcohol. In 2000, students believed that their peers consumed an average 6.07 drinks when they “partied.” This perceived average was 7.95 in 2001 (seen Graph 17). Interestingly, the actual use in 2001 (6.07) equaled the perceived use in 2000 (6.07).

Gender

Both men and women drank more when they “partied” in 2001 than they did in 2000 (see Graph 19). For men it was 7.42 in 2000 and 7.85 in 2001. For women this average was 4.41 in 2000 and 4.75 in 2001. The differences between each of these sets of means were not statistically significant. But, in both 2000 and 2001, men drank in excess of three drinks more than women, which were significant differences ($p < .05$).

Class

There were no significant differences or clear patterns of use between classes. In 2001, seniors consumed 6.5 drinks when they “partied,” followed by sophomores at 6.3, juniors at 5.8, and freshman at 5.7. In 2000, freshman consumed 6.2 drinks when they “partied” followed by juniors at 6.1, and seniors and sophomores both at 5.4.

In-state vs. Out-of-state

In 2000 and 2001, out-of-state students consumed more drinks when they “partied” compared to in-state students. In 2000, out-of-state students consumed 6.02 drinks while in-state students consumed 5.48 drinks. These averages were 6.36 and 5.93 respectively in 2001. The difference was significant in 2000, but not 2001. As can be seen both groups increased their usage when they “partied,” but not significantly.

Residence

For this demographic group a similar pattern exists between the number of drinks consumed when “partying” and the number of drinks consumed per week for this demographic (see Graphs 16 and 20). Students living at home consumed 4.3 drinks when they “partied,” residence hall students consumed 5.6, on-campus apartment students consumed 7.1, but surprisingly off-campus students consumed 6.6 drinks (see Graph 20). None of these differences were significant.

University of New Hampshire vs. Other New Hampshire Colleges

There was no significant difference between the number of drinks consumed by University of New Hampshire students when they “partied” (6.07) compared to the students at other New Hampshire colleges (6.13).

Average Number of Nights “Partying” A Week

University of New Hampshire students, on average, “partied” 1.54 nights in 2001. This was an increase from 1.47 in 2000 (see Graph 21). This difference was not significant. Fifty-three percent of the students “partied” 0-1 nights per week while 80% “partied” 0-2 nights a week (see Graph 22). The perception of the number of nights students “partied” decreased from 2.72 in 2000 to 2.60 in 2001 (see Graph 21). This was not a significant change. This data does demonstrate that students have a misperception about actual “partying” and it has not improved from 2000 to 2001.

Gender

Both men and women increased the average number of nights they “partied” per week. For men this average was 1.62 in 2000 and then 1.73 in 2001. This was a significant

increase ($p < .05$). Women had an average of 1.34 in 2000 and 1.42 in 2001. This was also a significant increase ($p < .05$). The differences between men and women were significant in 2000, but not in 2001.

Class

As with all class differences so far, there were none that were significant. The averages were very similar. Freshman “partied” 1.58 nights on average per week. It was 1.54 for sophomores, 1.60 for juniors and 1.49 for seniors (see Graph 23). Seniors “partied” the least often.

In-state vs. Out-of-state

For 2001, there was no significant difference between the average number of nights “partying” per week for in-state students and out-of-state students. In-state students “partied” 1.42 nights per week while out-of-state students “partied” 1.80 nights per week. This difference was statistically significant in 2000 however. The average that year was 1.33 for in-state students and 1.71 for out-of-state students. Both groups demonstrated an increase in the average number of nights “partying” (see Graph 24). This increase was significant ($p < .05$) for the out-of-state students but not for the in-state students.

Residence

As with the other trends in this category, the number of nights “partying” increased with distance. Students living at home “partied” .88 nights per week on average. This average was 1.47 for residence hall students, 1.51 for on-campus apartment students, and 1.66 for off-campus students (see Graph 25). The difference between students at home and students living off-campus was the only one that was statistically significant ($p < .05$). This, again, could be an issue related to supervision or location of parties.

University of New Hampshire vs. Other New Hampshire Colleges

University of New Hampshire students “partied” slightly more often than students at other New Hampshire colleges (1.54 and 1.50 respectively). This difference was not statistically significant.

Consequences

Students were asked how many times they encountered a certain negative consequence as a result of their alcohol or drug use in a particular time period. For years 1992-1999 this time period was the “last year.” For 2000 it was “last semester.” For 2001, it was the “past six months.” This is important to understand when comparisons are made across years. Significance testing was not appropriate. For this analysis, the percentage of students who stated that they had experienced a particular consequence at least once was used.

Academic Consequences

The patterns of the percentage of students across years who “missed a class,” “had a memory loss,” and “performed poorly on a test/project” were extremely similar (see Graph 26). This would suggest that these three types of consequences are related. The occurrence for all of these consequences peaked in 1999. The number of these incidents decreased from 2000 to 2001 with one exception. While “missing a class” and “performing poorly on a test/project” continued to decline in 2001, the average number of occurrences of “memory loss” increased. The patterns for these consequences are also quite similar to the pattern of average number of drinks consumed per week (see Graph 10). This would support the notion that these negative consequences were also related to weekly alcohol consumption.

In 2001, strikingly, 41% of University of New Hampshire students missed a class due to their alcohol or drug use while 41% had a memory loss and 27% performed poorly on a test or project.

Emotional Consequences

It is difficult to compare patterns of emotional consequences over the past four years because many of these behaviors were not asked in 2000. The percentage of students who had done something they regretted increased slightly from 2000 to 2001 (see Graph 27).

Social Consequences

The pattern for these consequences was similar to the patterns for academic and emotional consequences. The percentage of students who had “been in a fight” as a result of drug or alcohol use increased from 2000 to 2001 although the time period for these occurrences increased slightly - a semester to 6 months (see Graph 28).

Sexual Consequences

The patterns of these consequences mirror that of other patterns (see Graph 29).

Physical Consequences

The percentage of students who “had a hangover” and “had been nauseated or vomited” increased from 2000 to 2001 (see Graph 30). The average percentage that “hurt others” or “had been hurt” declined.

Driving Consequences

Unlike all of the other patterns, the percentage of students driving under the influence of alcohol or drugs experienced a sharp drop in 1999. This is contrary to the large “spike” that occurred in 1999 in the percentage of negative consequences and in the drug and alcohol use categories. Since 1999, the percentage of students operating under the

influence of drugs or alcohol has steadily increased at approximately 6% per year (see Graph 31) while many of the other negative consequences have decreased or only slightly increased during the same time period.

Gender

Men experienced the following negative consequences significantly more often than women ($p < .05$):

- caused damage
- been criticized by friends
- thought that they had a drug or alcohol problem
- done something they regretted
- tried unsuccessfully to stop using drugs and/or alcohol

Class

The only significant difference ($p > .05$) between classes regarding these negative behaviors in 2001 was between seniors and freshmen; seniors had driven a car while under the influence of drugs or alcohol more often than freshmen.

University of New Hampshire vs. Other New Hampshire Colleges

Overall, a larger percentage of students at the other New Hampshire colleges compared to students at the University of New Hampshire reported experiencing negative consequences. Of the 23 negative behaviors students were asked about on the survey, fewer University of New Hampshire students experienced 22 of them (all but memory loss). There were significant differences ($p < .05$) between University of New Hampshire students and students from other colleges in the state for 22 of these behaviors differences (see Graphs 32, 33, 34) including:

- being in trouble with residence hall staff, police, other university official
- causing damage
- engaging in a fight or argument
- being nauseated or vomiting
- being criticized by a friend
- thinking that they had a drug or alcohol problem
- trying unsuccessfully to stop using drugs/alcohol
- driving while under the influence of drugs or alcohol
- riding with someone who was under the influence of drugs or alcohol
- being arrested for DWI/DUI
- being taken advantage of sexually
- taking advantage of someone sexually
- initiating threats of violence
- hurting others
- being hurt

Although University of New Hampshire students consume more alcohol, they reported experiencing fewer negative consequences than students at other colleges in New Hampshire.

Judicial Cases

Each year, the Judicial Programs Office reports on the various cases that have been adjudicated. One component of this reporting is describing how many cases in a given year include alcohol as one of the violations. The percentage of alcohol-related judicial cases has

increased since 1997-1998 (see Graph 35). This year, fifty-two percent of the cases involved alcohol. It is important to remember that this type of indicator is a hazy one, as there are many factors that can influence judicial cases being processed, including policy changes, alterations in behavior by students to lessen the likelihood of getting caught, more vigilant enforcement, etc. This number does not necessarily indicate increased or decreased use. Regardless, alcohol related cases have increased over the past four years.

Protective Behaviors

Students were asked how often in the last school year they had engaged in a particular protective behavior when “partying.” A protective behavior is one that would serve to protect themselves or their friends from the negative consequences of drinking. The four behaviors engaged in most often, on average, included “alternated between alcohol and non-alcoholic drinks” (3.9), “determined in advance not to exceed a certain number of drinks” (3.4), “paced drinks to one or less per hour” (3.4), and “chose not to drink” (3.3) (see Graph 36). Although it was heartening to learn that students were engaging in protective behaviors when drinking, the average number of times students that do so is low. To put these numbers into perspective, students “party” on an average of 1.54 nights per week. This would be approximately 6.16 times per month. With nine months in a school year, this means that students “partied” on average 55.44 nights. In this context, choosing not to drink 3.3 times is quite small. It is important to remember that some of these behaviors are mutually exclusive and cannot occur on the same night. If a student chose not to drink alcohol on one night, that student then cannot alternate between alcoholic and non-alcoholic drinks on the same night. Consequently, it can be assumed that one of these two protective behaviors was engaged in on a total of 7.2 nights (3.9 times for

“alternated drinks” added to 3.3 for “chose not drink”). This does somewhat complicate the understanding of this issue.

Gender

Quite surprisingly, men engaged more frequently than women in all of the protective behaviors (see Graphs 37 and 38). These differences were significant for nine of the twelve behaviors that include:

- choosing not to drink
- alternating of ed non-alcoholic drinks with alcoholic drinks
- determining to stop at certain number
- "partying" with people you knew
- watching out for friends
- using a designated driver
- keeping track of drinks
- pacing drinks to one or less per hour
- intervening to stop fight

Although men engaged in protective behaviors more often than women, they also drank more often and experienced more negative consequences than women. It is possible that men engaged in protective behaviors because of their negative experiences. Conversely, since women were not experiencing any negative consequences, they did not engage in protective behaviors.

Class

There were no clear trends by class for protective behaviors (see Graphs 39 and 40). One class had not engaged more frequently in protective behaviors, as an aggregate, than

another. There were a couple of significant differences for individual behaviors, though. Seniors “chose not to drink” significantly more often than freshmen. Seniors “watched out for friends” significantly more often than freshmen and juniors.

In-state vs. Out-of-state

As with class, there were no clear trends for this category. In-state students had higher averages for six of the behaviors while out-of-state students were higher on five (see Graphs 41 and 42). The two groups had the same average on one behavior. There were two significant differences ($p < .05$). In-state students “partied more often with people they knew” and “watched out for friends” more often.

Residence

There were also no clear trends with this category (see Graphs 43 and 44), but two significant differences ($p < .05$) existed. Off-campus students “chose not to drink” significantly more often when they “partied” than students living in the residence halls and students living at home.

University of New Hampshire vs. Other New Hampshire Colleges

There was no clear trend separating these groups. University of New Hampshire students engaged more often in some behaviors while students at other New Hampshire colleges engaged in others more (see Graphs 45 and 46). There were some statistically significant differences ($p < .05$), however. University of New Hampshire students “chose not drink” significantly more often. Students at other New Hampshire schools “partied with people they knew,” “watched out for friends,” “kept track of drinks consumed,” “intervened so a friend didn’t hurt him/herself,” “intervened to prevent a sexual assault,” and “intervened to stop a fight” significantly more often. University of New Hampshire students engaged

in protective behaviors less often, but they also experienced negative consequences less often. It is possible that they were experiencing fewer negative consequences, so there is little need to engage in protective behaviors.

Drug Use

Students were given a list of drugs (with examples of each), including tobacco and alcohol, and asked how many days in the past six months they had used that particular drug. The top three drugs used were quite clear and not surprising (see Graph 47). Alcohol was used on average 32.6 days. Smoking tobacco was used 21.9 days. Marijuana was used 14.2 days. Smokeless tobacco was a distant fourth, and it was used an average 2.6 days. To give this context, the time period in question is 180 days. This average of course does not take into account quantity. For some students, use for one day could be a glass of wine with dinner.

Gender

Men used all drugs, except amphetamines, more often than women (see Graphs 48 and 49). The drugs for which significant differences ($p < .05$) existed were:

- alcohol
- smokeless tobacco
- marijuana

Class

There was only one clear trend or pattern for drug use by class (see Graphs 50 and 51).

In regard to alcohol, frequency of use increased with class status. There were two significant differences ($p < .05$). Seniors consumed alcohol significantly more often than freshmen and sophomores. Although other differences between classes were not

significant, it is clear that sophomores used drugs such as sedatives, designer drugs, and other illicit drugs more often than other classes (see Graph 51).

In-state vs. Out-of-state

There were no clear trends for this demographic group. In-state students used seven of the thirteen drugs more often than out-of-state students (see Graphs 52 and 53). None of these differences were significant.

University of New Hampshire vs. Other New Hampshire Colleges

Students at other New Hampshire colleges used every drug, except alcohol, more often than University of New Hampshire students (see Graphs 54 and 55). Significant differences existed ($p < .05$) for nine of the thirteen drugs. These drugs were:

- smoking tobacco
- alcohol
- cocaine
- amphetamines
- hallucinogens
- opiates
- inhalants
- steroids
- other illicit drugs

Residence

Except for the use of opiates, students living off-campus used every drug more often than students living elsewhere (see Graphs 56 and 57). There were three significant differences ($p > .05$). Students living off-campus used smoking tobacco, alcohol, and

marijuana significantly more often than students living in the residence halls. This is logical since students in the halls cannot smoke in the buildings. They must go outside. This policy likely prompted smokers to move off-campus when it was instituted in the fall of 1999. This trend could have resulted from an enforcement issue since enforcement is less likely to occur in off-campus residences than anywhere else. If this is the case, the direction of the relationship is not clear.

Drug Use Trends

Inferences regarding drug use trends must be made with caution. The 1998-2000 surveys asked the student to think about her/his usage over the past year, and the 2001 survey asked for a 6 month time period. Also, the possible responses for questions regarding drug were different. The responses to the survey administered in 1998-2000 were “never,” “1-2 times a year,” “6 times a year,” “once a month,” “twice a month,” “once a week,” “3 times a week,” “5 times a week,” and “everyday.” For the 2001 survey, students simply filled in the number of days they used in the past year. If they had never used a drug they would fill in the “0” bubble. The 2001 interval data was converted to the scale used in 2000 so that trends could be analyzed. The drugs listed on the 2000 survey only included tobacco, alcohol, and marijuana. On the 2001 survey, tobacco was divided into two categories: smoking tobacco and smokeless tobacco. These categories were combined for trend analysis. The data for 1998-2000 was also transformed from an ordinal to an interval scale so that averages could be computed.

The frequency of tobacco stabilized after increasing in 1999 and then decreasing in 2000. The frequency of marijuana was stable for the past three years after an increase in 1999 from 1998. The frequency of alcohol use increased (see Graph 58). Designer drug (e.g., ecstasy,

MDMA) use increased in 2001 from 1998 and 1999. No information was available regarding designer drug use for 2000.

Tobacco Trends

There had been a slight decrease in the percentage of people who had not used tobacco in the past 6-12 months (depending on the year of the survey) from 2000 and 2001 (see Graph 59). In 2000, 60% were non-users and 57% percent of University of New Hampshire students comprised this category in 2001. But this 57% was still higher than the number of non-users, in 1999 (44%) and 1998 (45%). The daily use decreased consistently since 1999. The daily use was 14% in 1999, it was 12% in 2000, and 7% in 2001.

Gender

Tobacco use by men increased slightly from 2000 to 2001. Use by women, on the other hand, continued to decline since 1998 (see Graph 60).

Class

Overall, sophomores, juniors, and seniors followed almost the exact same pattern. Their usage increased from 1998 to 1999, decreased from 1999 to 2000, and increased from 2000 to 2001. At the same time freshmen followed almost the exact opposite pattern (see Graph 61). This class decreased its usage from 1998 to 1999, then stabilized from 1999 to 2000, and decreased again from 2000 to 2001. Graph 62 demonstrates the usage for each class cohort. There was no clear pattern by cohort. The class of 1999 increased slightly from 1998 to 1999. The class of 2000 dramatically increased their use from 1998 to 1999 and then in 2000 decreased to the level that they began with. The class of 2001 had the highest level of usage of the three class cohorts in 1998 but then steadily decreased their

usage each subsequent year. Graph 63 shows the usage by class status. It does not appear that year in school influences usage.

In-state vs. Out-of-state

In-state and out-of-state students have almost the exact same usage pattern. The trend lines were virtually on top of each other (see Graph 64).

Residence

Students living off-campus used at least twice as much tobacco than any other residence group (see Graph 65). This was likely related to the policy prohibiting smoking in on-campus housing. Interestingly, students living at home used tobacco more often than students living on-campus. There was only one significant difference ($p < .05$). Off-campus students used tobacco significantly more often than residence hall students. Residency information was only available for the 2001 survey. Consequently, trends could not be analyzed for this demographic category.

Marijuana Trends

There was a slight increase in the percentage (6%) of people in the “never used” category (see Graph 66). It is important to keep in mind that for the 2001 survey the time frame is six months instead of one year as it is in the other surveys. The patterns of use were similar for each year for 1998 to 2001.

Designer Drug Trends

Unfortunately, there was not any data for 2000 regarding designer drugs. There was a

slight increase in the amount of people who had said they had not used designer drugs in 2001(see Graph 67). In 1998, this percentage was 92. In 1999, 89% of those surveyed reported that they had not used designer drugs in the previous year. The proportion of this group of individuals increased to 90% in 2001. Graph 68 demonstrates this minimal change in usage.

Actual Drug Use vs. Perceived Drug Use

This analysis yields one of the most remarkable findings in this study. As discussed above, students were asked to report how many days in the past six months they used a particular drug. They were then asked how many days in the past six months the typical student at University of New Hampshire used a particular drug. Students misperceived drug use for all thirteen drugs listed – by a very large margin. The difference between actual use and perception of use was from as little as two times to as much to sixty-six times (see Graphs 69, 70, and 71). Students reported using steroids .2 days in the past six months. They thought their peers used steroids 13.2 days, 66 times as often. Students’ perceptions were least flawed in regard to alcohol, marijuana, and smoking tobacco. This was likely because these were the drugs that most University of New Hampshire students come into contact with most frequently. The differences between actual and perceived use were statistically significant ($p < .05$).

Efforts to Address Use of Alcohol By Students

The University addresses high-risk use of alcohol and support low-risk use of alcohol through a comprehensive effort that includes educational efforts, environmental management, counseling and support services. None of these efforts alone can address the complex issue of high-risk use of alcohol and its impact on this campus community. It is the combined efforts that account for our progress.

Educational Efforts

Education and Information Sharing

Data collected from these surveys are shared annually with a number of important constituent individuals and groups including: Dean Councils, Division of Student Affairs Expanded Group, Drug Advisory Committee, Academic Advisors, Vice President for Academic Affairs, Greek Team, Division of Student Affairs Team Leaders, and Health Services Staff.

Information on the social norms approach has been shared over the last few years to many departments, committees and university members including the Division of Student Affairs Team Leaders, Directors, Residence Hall Directors, Resident Assistants, Academic Advisors, Health Services Staff, Drug Advisory Committee, and Chaplains. The Social Norms Team developed a brochure for entering students' families on talking with their sons/daughters about their alcohol use. This brochure is placed into orientation packets for parents of new students. In addition, for the past two years a presentation about alcohol use on campus and encouraging parents to talk with their sons/daughters

about alcohol and high-risk use took place as part of parents' orientation during the Student Affairs presentations.

The Office of Student Life and the UNH Police Department will also send out these brochures when they send parental notification letters.

Assessment of the Reality Check Campaign

The Reality Check Campaign is being assessed annually by the Division of Student Affairs Research and Assessment Center.

Outreach programming

The University of New Hampshire offers a number of educational programs on wellness issues including alcohol, tobacco and other drugs. These are presented by professional staff and by students involved in peer education. Students in residence halls, fraternities, and sororities, as well as faculty and staff, request these programs.

The Division of Student Affairs believes in the importance and influence of students on their peers. The Peer Education Program works to help students develop the self-awareness, leadership, programming, and group process skills and knowledge to become community change agents. This is done through the traditional peer education program, which includes active and passive programming, educating through theatre, and sponsoring campus-wide programming. It also includes a more non-traditional approach of helping students develop change agent skills through a four-credit class offered through the School of Health and Human Services. Many of these students influence change on campus through both formal and informal peer education efforts.

First year Orientation

During Parents' Orientation in June, campus officials speak to parents about alcohol and other drug policies and the campus efforts to address high-risk use of alcohol and other drugs. Parents are also encouraged to talk with their son/daughter about alcohol prior to attending campus in the fall.

Orientation leaders and resident assistants are trained on alcohol and other drug policies and campus programs and services. They have opportunities to discuss this information with students both informally and in structured meetings.

Each year during fall orientation, first year students are exposed to a variety of student issues including alcohol and other drug use, sexual assault, diversity and transition. This past fall the opportunity consisted of a presentation by the new theatre troupe, WildActs, and a follow-up discussion.

Life Skills Programs for Athletes

The Athletic Department has formalized the NCAA Life Skills program. This program provides an opportunity for student athletes to be educated on various student life issues including alcohol and other drugs.

Prevention Programming in the Fraternities and Sororities

The fraternities and sororities have a number of policies that address alcohol and other drug use. The system also mandates alcohol and other drug educational programs for all new members.

Curriculum Infusion Project

The Office of Health Education and Promotion has worked with faculty to develop creative ways to present alcohol and other drug and other health information to students through various curricula.

Information and Training for Faculty and Staff

The Office of Health Education and Promotion, Health Services, offers training on recognition and referral for alcohol and other drug issues.

Environmental Management

Social Norms Strategy-Reality Check Campaign

The use of the social norms approach to education is based on the theory and research that shows that students misperceive their peers' attitudes and behaviors regarding alcohol, and that students tend to drink according to these misperceptions. The social norms approach provides information on these misperceptions by challenging the perception that high-risk use is the norm and by supporting lower-risk use of alcohol. It is believed that by informing students of the accurate norms about alcohol use on campus that students will change their drinking behaviors to be consistent with the true campus norms. This campaign will be used as part of the University's comprehensive effort to address high-risk use of alcohol, knowing that this approach supports low-risk users and encourages more low-risk behavior but has minimal impact on a small percentage of the population, which exhibits very high-risk alcohol use.

In the fall of 1999, the Vice-President of Student Affairs created the Social Norms Team. The purpose of the Social Norms Team is to research, develop and implement a social

norms campaign for the UNH community. This includes data collection and analysis, education of faculty, staff and students about social norms theory, and strategy development and implementation.

This group consists of an oversight group and action group. The oversight group provides guidance and direction for the team and ensures connection to academia. The action group has primary responsibility for development of the social norms campaign.

DATA COLLECTION AND ANALYSIS

The foundation of a strong social norms campaign is accurate and appropriate data. The Social Norms Team used various means to gather data that provided information critical to developing messages for the campaign as well as impact of the campaign. The data collected from the surveys noted below formed the basis for selection of these messages.

CORE Alcohol and Other Drug Survey: In the spring of 1999, the CORE Alcohol and Other Drug Survey was administered to a sample of UNH undergraduate students. This survey included questions on alcohol and other drug use, impact, and perception of others' use.

Student Profile Survey: In the fall of 1999, the Student Profile Survey was administered to students living in the residence halls and in on-campus apartments. Questions specifically addressing alcohol use and impact were included in this survey.

Focus Groups: In the fall of 1999 and early spring of 2000, Twelve (12) focus groups were run throughout the campus including three residence halls, five colleges/schools, 2 fraternity and sorority groups, and 2 groups involving athletes.

Positive Norming Survey: In the spring semester of 2000, instead of administering the CORE Alcohol and Other Drug Survey the Social Norms Team administered a Positive Norming Survey to a representative sample of UNH students. This survey contained a number of questions from the CORE regarding behaviors. Additional questions regarding perception of others' behaviors and protective factors were also included.

New Hampshire Higher Education Alcohol, Tobacco, and Other Drug Survey: Members of the New Hampshire Higher Education Alcohol, Tobacco, and Other Drug Committee worked with the UNH Student Affairs Research and Assessment Center to develop its own statewide survey. The survey contained questions from three national surveys: the Core Survey (short form), the Campus Survey of Alcohol and Other Drug Norms and the 1999 Annual Student Health Behavior Assessment. This survey was administered to UNH student through academic class in the spring of 2001.

DEVELOPMENT OF THE SOCIAL NORMS CAMPAIGN

The Social Norms Team determined the following message for this year's campaign based on data gathered from the New Hampshire Higher Education Alcohol, Tobacco, and Other Drug Survey, which is called the Reality Check Campaign:

- Most UNH students drink 1-6 drinks a week, or none at all
- Most UNH students drink 1-2 times a week, or not at all.
- 1,200 UNH students choose not to drink alcohol.
- Most UNH students have never:
 - missed a class
 - been in a fight

gotten sick
damaged property
had unprotected sex
done anything they later regretted

... as a result of drinking.

- Most students believe that alcohol use should never interfere with academic or everyday responsibilities.

The Social Norms Team is utilizing various means to inform students and others within this community of these messages, including posters, ads in “The New Hampshire”, and the Time and Room Schedule, MUSO posters marketing movies informational cards passed out at programs and presentations, web pages within the Division of Student Affairs, Cat Vision, hall staff newsletters, and on give-aways for events such as Homecoming, and Juke Box. A social norms web site www.unh.edu/realitycheck with information for students, parents, faculty and staff is now available.

Policies and Enforcement

CARING FOR INTOXICATED STUDENTS

Students suffering from alcohol and other drug ingestion or incapacitation requiring medical attention are transported to the local hospital. The Office of Health Education and Promotion’s Alcohol, Tobacco and Other Drug counselor reviews hospital information and follows up for assessment and education. Students are offered the option to meet with the Alcohol, Tobacco and Other Drug Counselor.

Students not requiring medical attention are put in protective custody by the police at the Strafford County Jail. Though protective custody is not a violation of law

or policy, most often students are referred to the Office of Health Education and Promotion for assessment and education.

FOLLOW-UP TO VIOLATIONS

- Individual Contact with First-Year Students
- Parental Notification
- Mandatory Alcohol and Other Drug Assessment and Education

In collaboration with the UNH and Durham Police Departments and the UNH Judicial Programs Office, staff members within the Division of Student Affairs have increased the number of individual contacts with students following their arrest or judicial referral for alcohol and drug-related infractions. A staff member meets with each new student arrested or taken into protective custody to discuss the academic and personal consequences of his/her behavior. The parents of these students are often contacted as well. The result of these efforts is a marked reduction in repeat offenders. Feedback from the parents who have been notified is also overwhelmingly positive. Sanctions as a result of violation of University policies are outlined in the Student Rights, Rules and Responsibility handbook. Often, in addition to punitive sanctions, students are required to participate in an alcohol and other drug assessment through the Office of Health Education and Promotion. These students are referred to Prime for Life (six hour educational program). This session provides an opportunity for students to gain information about alcohol effects on body and behavior, to perform a self-assessment, and to identify low-risk drinking behaviors. Exit interviews and recommendations for support or additional care are conducted within two weeks of the completion of the class.

Campus and Community Alcohol and Other Drug Coalition

The Vice-President of Student Affairs reconfigured the University Drug Advisory Committee to become a Campus Community Alcohol and Other Drug Coalition.

Membership includes faculty, staff, and student representation from the University, as well as local town representatives (police, schools, parents, town council, businesses and youth). This group was started in response to a call from New Hampshire College and University Council of Presidents to address the issue of underage drinking and high-risk alcohol use in collaboration with the colleges and towns.

Alcohol-Free Activities

Although the University does not currently have a program space with an intentional “alcohol-free” focus, there are many spaces and group on campus that offer alcohol-free programming. The Memorial Union Building (MUB) does not allow alcohol to be served in the building for any events held for students. The Division of Student Affairs Social Programming Team sponsors alcohol-free programming throughout the academic year including trips to Boston, the White Mountains, and New York City for sightseeing, shopping excursions, and cultural and outdoor activities. Campus Recreation sponsored Fall Fest the first Friday of the fall semester this year. The Campus Activities Board sponsors Homecoming, Winter Carnival, and Spring Celebration, in addition to other weekend programming. The Weekend Warriors student organization provides on-going activities for students who do not want to drink on weekends. Many other student organizations offer non-alcoholic programming such as the various concerts, speakers, and movies sponsored by MUSO. All campus residence halls have spaces that are used frequently for activities such as speakers, hall dinners, coffee houses and other events.

Campus Recreation offers a number of alcohol-free programming including fitness classes, intramural sports, and health workshops.

In addition, the Office of Health Education and Promotion provides funds to support non-alcoholic programming efforts.

Counseling and Support Service

Counseling

Students can receive short-term alcohol and/or other drug counseling from the Office of Health Education and Promotion and the Counseling Center. Students in need of long-term or in-patient care are referred to off-campus agencies.

Support Groups

The Office of Health Education and Promotion offers a support group for students who are currently questioning their alcohol and other drug use and a group for students early in their recovery process. Alcoholic Anonymous meetings are held daily Monday through Friday on the UNH campus.

The Office of Health Education and Promotion offers a peer-led Adult Children of Alcoholics Support group. Currently, there is not a Narcotics Anonymous (NA) or Al-Anon group on campus. The Office of Health Education and Promotion provides referrals to off-campus support groups.

Students Electing to Live Free (S.E.L.F.) - Engelhardt Hall – Alcohol-Free Living Option

This option is available to students who are in recovery from an alcohol or other drug addiction and to students who want to live in an alcohol-free environment.

*For further information about any of these initiatives please contact Kathleen Grace-Bishop,
Associate Director for Education and Promotion, Health Services at 862-3823 or
kgbishop@cisunix.unh.edu.*

Summaries of Results

Overall

- Students entering UNH had consumed more alcohol in their senior year in high school than other students nationwide.
- A higher percentage of UNH students fall into the “frequent binge drinkers” than any of the other categories.
- The percentage of “abstainers” had increased in each of the past three years.
- 60% of UNH students reported consuming five or more drinks in one sitting at least once during the two weeks prior to the survey.
- The number of drinks consumed in a typical week by UNH students had increased slightly from 9.0 in 2000 to 9.4 in 2001.
- Approximately 20% of the UNH student body in 2001 did not consume alcohol in a typical week.
- Forty percent of the UNH student body in 2001 consumed 0-3 drinks in a typical week while 56% consumed 0-6 drinks.
- The average number of drinks consumed when “partying” by UNH students was 6.07 in 2001 and 5.68 in 2000.
- UNH students, on average, “partied” 1.54 nights per week in 2001.
- Fifty-three percent of the students “partied” 0-1 nights while 80% “partied” 0-2 nights a week.
- In 2001, 41% of UNH students missed class due to their alcohol or drug use while 41% had a memory loss and 27% performed poorly on a test or project.
- The four protective behaviors engaged in most often, on average, were:

- Alternation between alcohol and non-alcoholic beverages (3.9 times)
- determination in advance not to exceed a certain number of drinks (3.4 times)
- pacing of drinks to one or less per hour (3.4 times)
- choice to not to drink (3.3 times)
- In the 180 days preceding the survey, UNH students reported using alcohol 32.6 days.
- In the 180 days preceding the survey, UNH students reported using smoking tobacco 21.9 days.
- In the 180 days preceding the survey, UNH students reported using marijuana 14.2 days.
- The frequency of tobacco use by UNH students stabilized in 2001 from 2000.
- The frequency of marijuana use by UNH students had been stable for 1999-2001.
- The frequency of alcohol use by UNH students increased from 2000 to 2001.
- The frequency of designer drug use by UNH students increased from 1999 to 2001.
- There had been a slight decrease (to 57%) in the percentage of people who had not used tobacco in the 6-12 months previous to survey administration.
- There was a 6% increase from 2000 to 2001 in the number of UNH students who had reported that they had not used marijuana in the six months prior to the survey.
- UNH students misperceived actual drug use for all 13 drugs on the survey.
Perceptions were two to 66 times larger than actual use.

Demographics

Gender

- Men consumed significantly more drinks in a typical week, “partied” more often in a week, and drank significantly more when they “partied” than women.
- More males than females “frequently binged.”
- Men engaged in protective behaviors when they “partied” more often than women.

The significant differences were significant for the following behaviors:

- o choice not to drink
 - o alternation between alcoholic and non-alcoholic beverages
 - o determination in advance not to exceed a certain number of drinks
 - o “partying” with people they knew
 - o watching out for friends
 - o use a designated driver
 - o keeping track of number of drinks
 - o pacing of drinks to 1 or less per hour
 - o intervening to stop a fight
- Men used alcohol, marijuana, and smokeless tobacco significantly more days in the preceding six months than women.
 - Men and women had different use trends for tobacco over the past four years.
 - There was a significant increase for men in the average number of drinks consumed in a typical week from 2000 to 2001.
 - There was a significant decrease for women in the average number of drinks consumed in a typical week from 2000 to 2001.

- There was a significant increase in the average number of drinks men and women consumed when they “partied” from 2000 to 2001.
- There was a significant increase in the average number of nights men and women “partied” in a week from 2000-2001.

Class Summary

- Freshman had a higher percentage of abstainers compared to other classes.
- Seniors, on average, consumed more drinks in a typical week and consumed, on average, more drinks when they “partied” than any other class.
- Seniors drank more often in the six months of the survey than other classes.
- Seniors, on average, “partied” fewer nights in a week than other classes.
- Juniors smoked more often in the preceding six months than other classes.
- All classes used marijuana about the same amount of time in the past six months.
- Sophomores, juniors, and seniors demonstrated similar patterns for tobacco use for the past four years. The freshmen trend was the opposite of this.
- There were different patterns of alcohol and tobacco use for class cohorts.

In-state vs. Out-of-state

- A larger percentage of out-of-state students were infrequent and frequent binge drinkers than in-state students.
- Out-of-state students on average consumed more drinks in a typical week, “partied” more nights in a week, and consumed more drinks when they “partied” than in-state students.
- Out-of-state students used alcohol, marijuana, and opiates more days in the preceding six months than in-state students.

- In-state students used sedatives, hallucinogens, designer drugs, and other illicit drugs more days in the preceding six months than in-state students.
- In-state and out-of-state students had almost the exact same tobacco use pattern over the past four years.

University of New Hampshire vs. Other New Hampshire Colleges

- A larger percentage of University of New Hampshire students were infrequent and frequent binge drinkers compared to students at other New Hampshire Colleges.
- University of New Hampshire students on average consumed more drinks in a typical week and “partied” more often in a week than students at other New Hampshire colleges.
- Students at other New Hampshire colleges on average consumed more drinks when they “partied” than University of New Hampshire students.
- Students at other New Hampshire colleges experienced negative consequences as a result of drinking or drug use more often in the preceding six months than University of New Hampshire students. The consequences with significant differences included:
 - o being in trouble with the police, hall staff, etc.
 - o causing damage
 - o being in a fight or argument
 - o being nauseated or sick
 - o driving a car while under the influence of drugs or alcohol
 - o being arrested for a DWI or DUI
 - o riding with someone who was under the influence of drugs or alcohol
 - o being criticized by a friend

- o thinking that they had a drinking or drug problem
- o being taken advantage of sexually
- o taking advantage of someone sexually
- o trying unsuccessfully to stop using drugs/alcohol
- o initiating threats of violence
- o hurting or injuring someone
- o being hurt or injured
- Students at other New Hampshire colleges engaged in protective behaviors when they “partied” more often in the past six months than University of New Hampshire students. There were significant differences for the following behaviors:
 - o choosing not to drink
 - o “partying” with people they knew
 - o watching out for friends
 - o tracking the number of drinks consumed
 - o intervening to help a friend not hurt him/herself
 - o intervening to stop a sexual assault
 - o intervening to stop a fight
- Students at other New Hampshire colleges used all drugs listed in the survey, except alcohol, more often in the preceding six months than University of New Hampshire students. There were significant differences for the drugs listed below:
 - o smoking tobacco
 - o alcohol
 - o cocaine

- o amphetamines
- o hallucinogens
- o opiates
- o inhalants
- o steroids
- o other illicit drugs

Residence

- It appears that frequent binge drinking, as well as alcohol and marijuana use (in the preceding six months), increased as distance from campus increased or supervision/enforcement decreased.
- Students living off-campus used smoking tobacco in the past six months at least twice as often as any other residential group.

Conclusion and Goals for the Future

The data suggests that interventions should occur with men, students living off campus, and those from out of state. The status of tobacco and marijuana use appears to be improving. Time will tell if these trends continue. Until further study, these two drugs should remain the focus for interventions. An assessment of the alcohol, tobacco, and other drug use with students in Greek organizations at UNH needs to be performed. Research suggests this is a group that engages in high-risk use. Social norming is an extremely promising approach to high-risk alcohol prevention that can be used with other drugs. Assessment of each of the campaign's two phases (changing perceptions and changing the culture around alcohol use) should be completed periodically. Another goal regards designer drug use. It is a problem; one requiring additional examination to determine the best approach to dealing with it. Finally, negative consequences and related protective behaviors should also be analyzed further to determine if the students that are demonstrating protective behaviors are doing so because of the negative consequences they are experiencing.

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12. Think back over the last two weeks. How many times have you had five or more drinks in one sitting?

Fill in the number

13. How many drinks do you typically consume in a week?

Fill in the number

14. Which statement below about drinking alcoholic beverages do you feel best represents your own attitudes?

Choose one statement:

- 14a. Drinking is never a good thing to do.
- 14b. Drinking is all right but a person should not get drunk.
- 14c. Occasionally getting drunk is okay as long as it doesn't interfere with academics or other responsibilities.
- 14d. Occasionally getting drunk is okay even if it does interfere with academics or responsibilities.
- 14e. Frequently getting drunk is okay if that's what the individual wants to do.

15. Which statement below about drinking alcoholic beverages do you feel best represents the most common attitude among students in general on this campus?

Choose one statement:

- 15a. Drinking is never a good thing to do.
- 15b. Drinking is all right but a person should not get drunk.
- 15c. Occasionally getting drunk is okay as long as it doesn't interfere with academics or other responsibilities.
- 15d. Occasionally getting drunk is okay even if it does interfere with academics or responsibilities.
- 15e. Frequently getting drunk is okay if that's what the individual wants to do.

16. During the last school year, when you socialized/went-out/"partied" how often did you...

- 16a. choose not to drink alcohol?
- 16b. alternate non-alcoholic with alcoholic beverages?
- 16c. determine, in advance, not to exceed a set number of drinks?
- 16d. "party" with people you know?
- 16e. watch out for friends who may have had too much alcohol?
- 16f. use a designated driver?
- 16g. eat a full meal before drinking?
- 16h. keep track of how many drinks you are having?
- 16i. pace your drinks to one or fewer drinks per hour?

17. During the last school year, when the typical student on this campus socialized/went-out/"partied" how often do you think they:

- 17a. chose not to drink alcohol?
- 17b. alternated non-alcoholic with alcoholic beverages?
- 17c. determined, in advance, not to exceed a set number of drinks?
- 17d. "partied" with people you know?
- 17e. watched out for friends who may have had too much alcohol?
- 17f. used a designated driver?
- 17g. ate a full meal before drinking?
- 17h. kept track of how many drinks they were having?
- 17i. paced their drinks to one or fewer drinks per hour?

18a. When you "party" how many drinks do you usually have? Fill in the number

18b. How many nights a week do you usually "party"? Fill in the number

19a. How many drinks do you think most students on this campus usually have when they “party”? Fill in the number

19b. How many nights a week do you think most students on this campus “party”? Fill in the number

20. Within the last school year how many times did you intervene...

- 20a. with a friend who was drunk to keep him/her from physically injuring him/herself or another person?
- 20b. to keep someone from being either a victim or a perpetrator of alcohol-related sexual assault or date rape?
- 20c. to prevent an alcohol-related fight?

21. Are you aware of campus resources to help you or a friend deal with alcohol abuse?

Yes or No

22. In the past 30 days how many days did you use:

- | | |
|---|---------------------------------------|
| 22a. smoking tobacco (cigarettes, cigars, pipes)? | 22h. hallucinogens (LSD, PCP)? |
| 22b. smokeless tobacco (chew, snuff, dip)? | 22i. opiates (heroin, smack, horse)? |
| 22c. alcohol (beer, wine, liquor)? | 22j. inhalants (glue, solvents, gas)? |
| 22d. marijuana (pot, hash, hash oil)? | 22k. designer drugs (ecstasy, MDMA)? |
| 22e. cocaine (crack, rock, freebase)? | 22l. steroids? |
| 22f. amphetamines (diet pills, speed)? | 22m. other illicit drugs? |
| 22g. sedatives (downers, ludes)? | |

23. In the past 6 months how many days do you think the average student on your campus used...

- | | |
|---|---------------------------------------|
| 23a. smoking tobacco (cigarettes, cigars, pipes)? | 23h. hallucinogens (LSD, PCP)? |
| 23b. smokeless tobacco (chew, snuff, dip)? | 23i. opiates (heroin, smack, horse)? |
| 23c. alcohol (beer, wine, liquor)? | 23j. inhalants (glue, solvents, gas)? |
| 23d. marijuana (pot, hash, hash oil)? | 23k. designer drugs (ecstasy, MDMA)? |
| 23e. cocaine (crack, rock, freebase)? | 23l. steroids? |
| 23f. amphetamines (diet pills, speed)? | 23m. other illicit drugs? |
| 23g. sedatives (downers, ludes)? | |

24. Is alcohol abuse a problem on your campus? Yes or No

25. In the last 6 months how many days did you use...

- | | |
|---|---------------------------------------|
| 25a. smoking tobacco (cigarettes, cigars, pipes)? | 25h. hallucinogens (LSD, PCP)? |
| 25b. smokeless tobacco (chew, snuff, dip)? | 25i. opiates (heroin, smack, horse)? |
| 25c. alcohol (beer, wine, liquor)? | 25j. inhalants (glue, solvents, gas)? |
| 25d. marijuana (pot, hash, hash oil)? | 25k. designer drugs (ecstasy, MDMA)? |
| 25e. cocaine (crack, rock, freebase)? | 25l. steroids? |
| 25f. amphetamines (diet pills, speed)? | 25m. other illicit drugs? |
| 25g. sedatives (downers, ludes)? | |

26. In the past 6 months, how many times have you experienced the following due to YOUR drinking or other drug use.

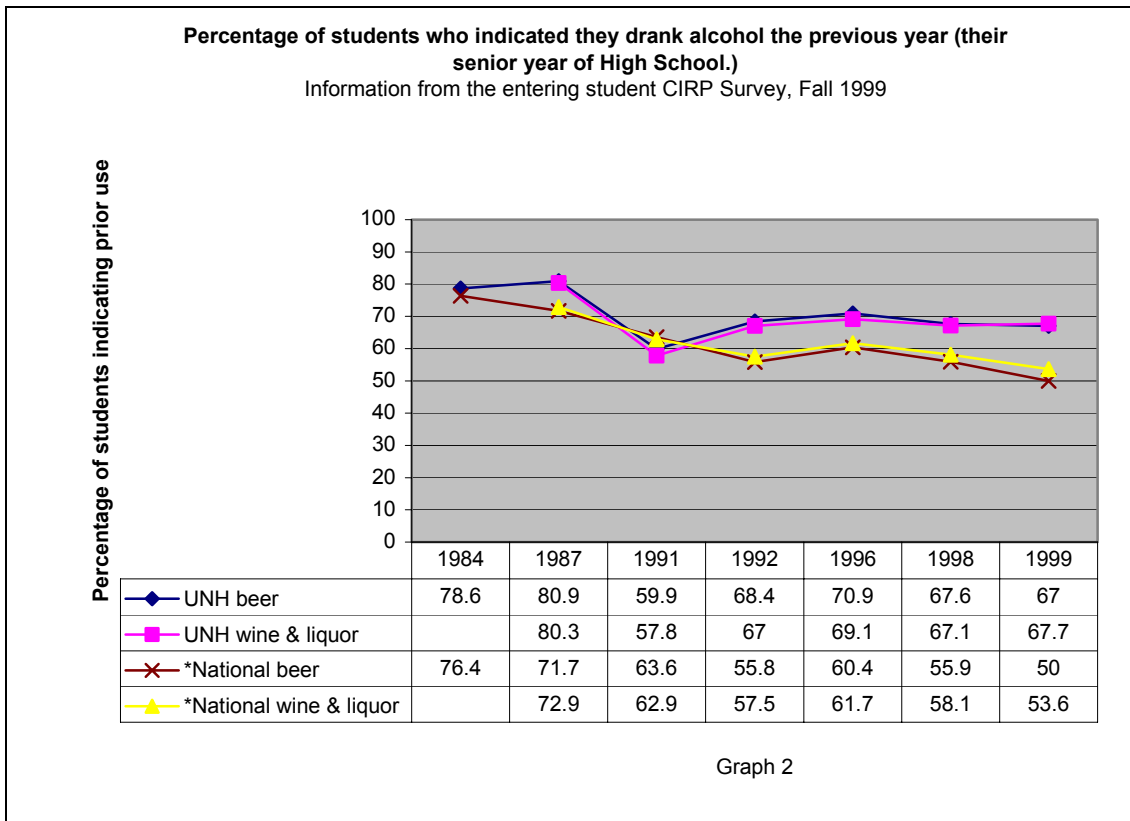
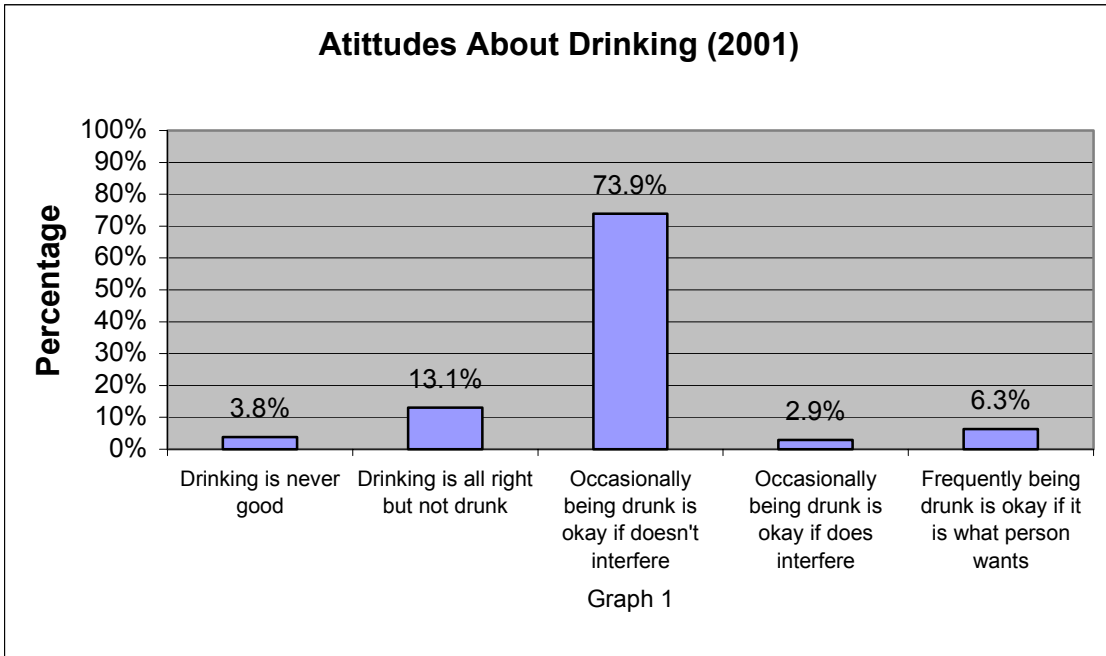
- 26a. had a hangover
- 26b. performed poorly on a test or important project
- 26c. been in trouble with police, residence hall, or other college authorities
- 26d. damaged property, pulled a fire alarm, etc.
- 26e. got into an argument or fight
- 26f. got nauseated or vomited
- 26g. driven a car while under the influence
- 26h. missed a class

- 26i. been criticized by someone I know
- 26j. thought I might have a drinking or drug problem
- 26k. had a memory loss
- 26l. done something I later regretted
- 26m. been arrested for DWI/DUI
- 26n. ridden with someone who was drunk or used drugs
- 26o. have been taken advantage of sexually (unwanted touching, intercourse, etc.)
- 26p. have taken advantage of another sexually (unwanted touching, intercourse, etc.)
- 26q. had unprotected sex with someone
- 26r. tried unsuccessfully to stop using
- 26s. seriously thought about suicide
- 26t. seriously tried to commit suicide
- 26u. initiated threats of physical violence
- 26v. hurt or injured another person
- 26w. been hurt or injured

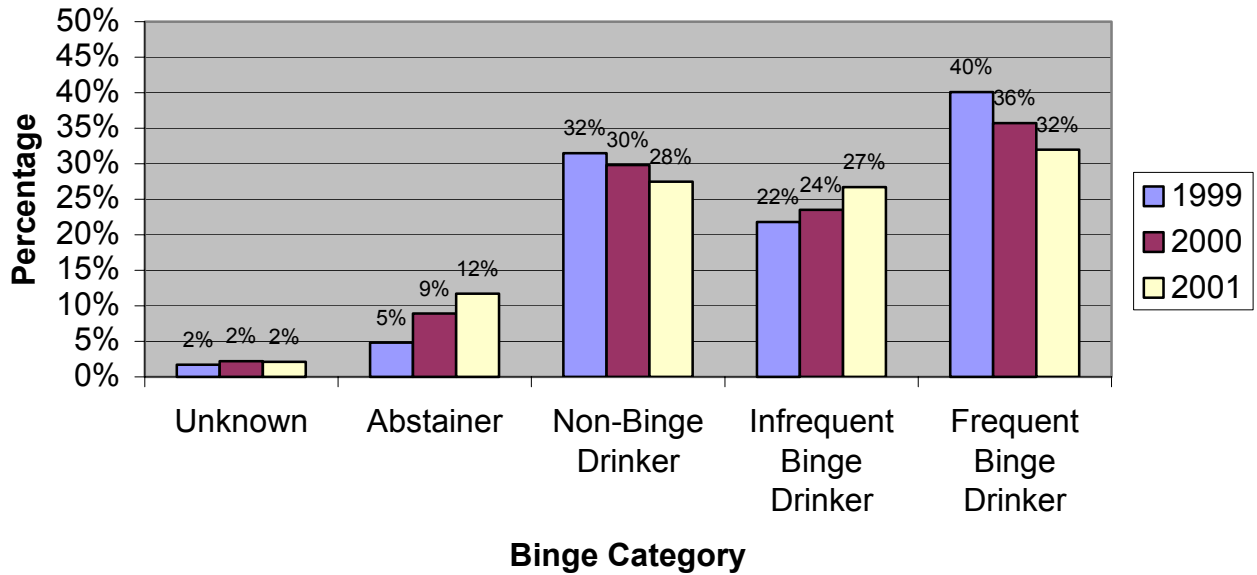
27. College

- A = Division of Continuing Education
- B = Engineering and Physical Sciences
- C = Health and Human Services
- D = Liberal Arts
- E = Life Sciences and Agriculture
- F = Thompson School of Applied Science
- G = Whittemore School of Business

APPENDIX II Graphs

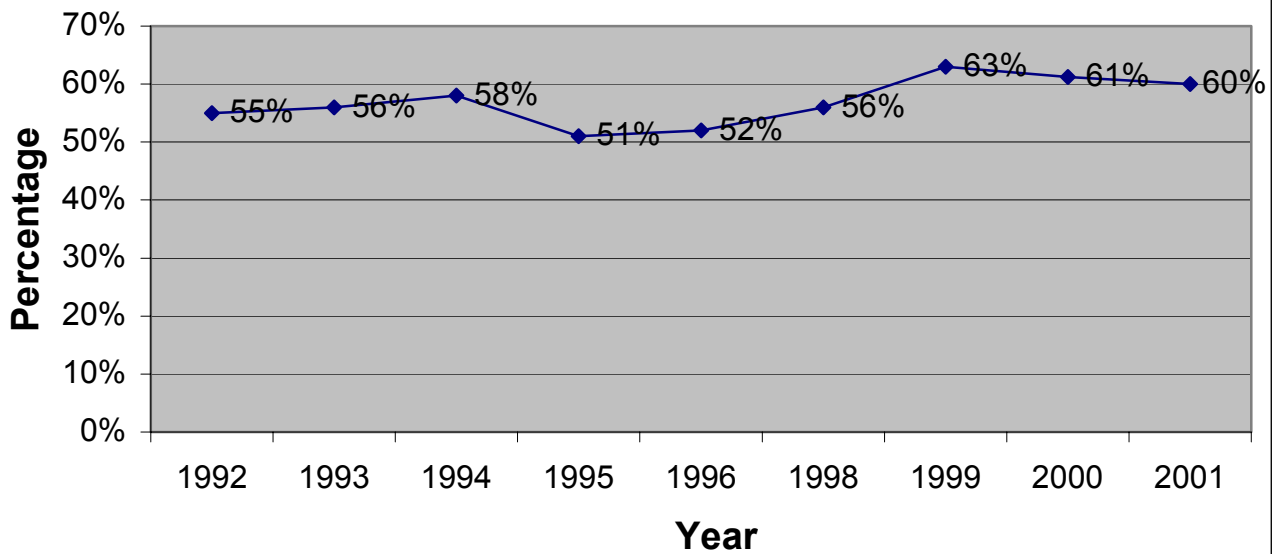


Binge Drinking Trends



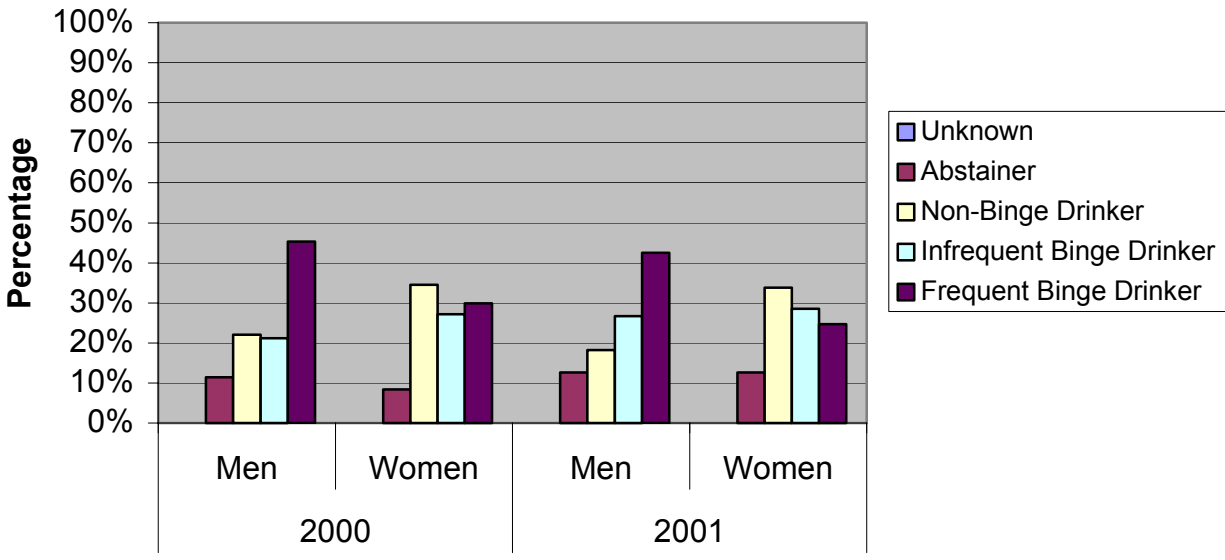
Graph 3

Students who had consumed 5 or more drinks in one sitting at least one time in the last two weeks



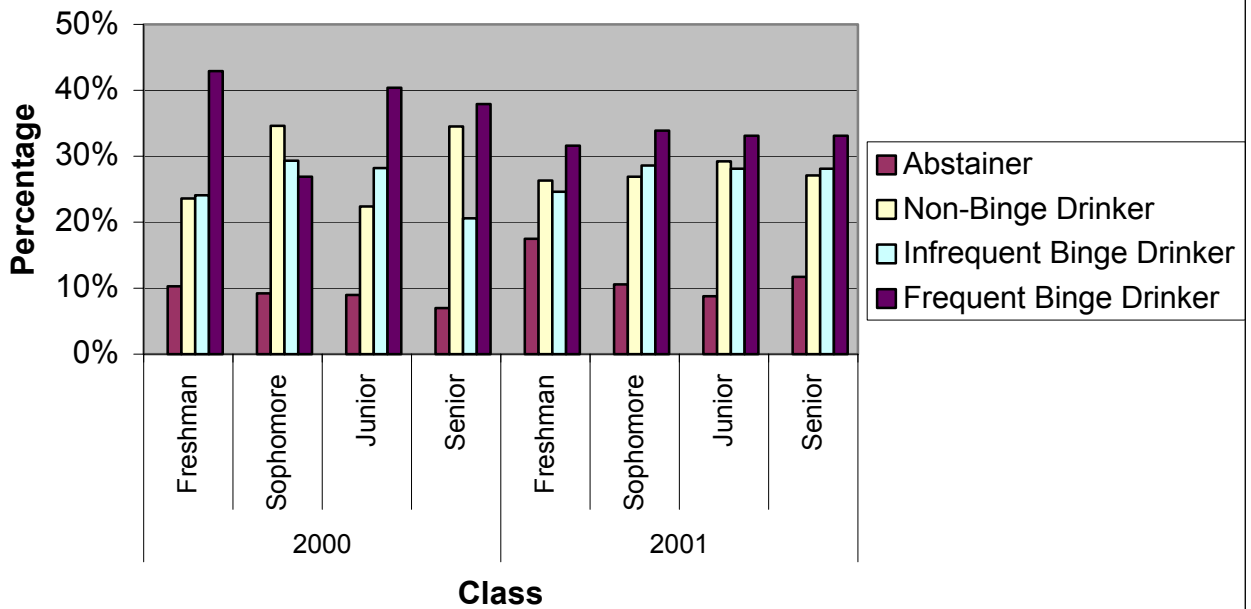
Graph 4

Binge Drinkers by Gender and Year



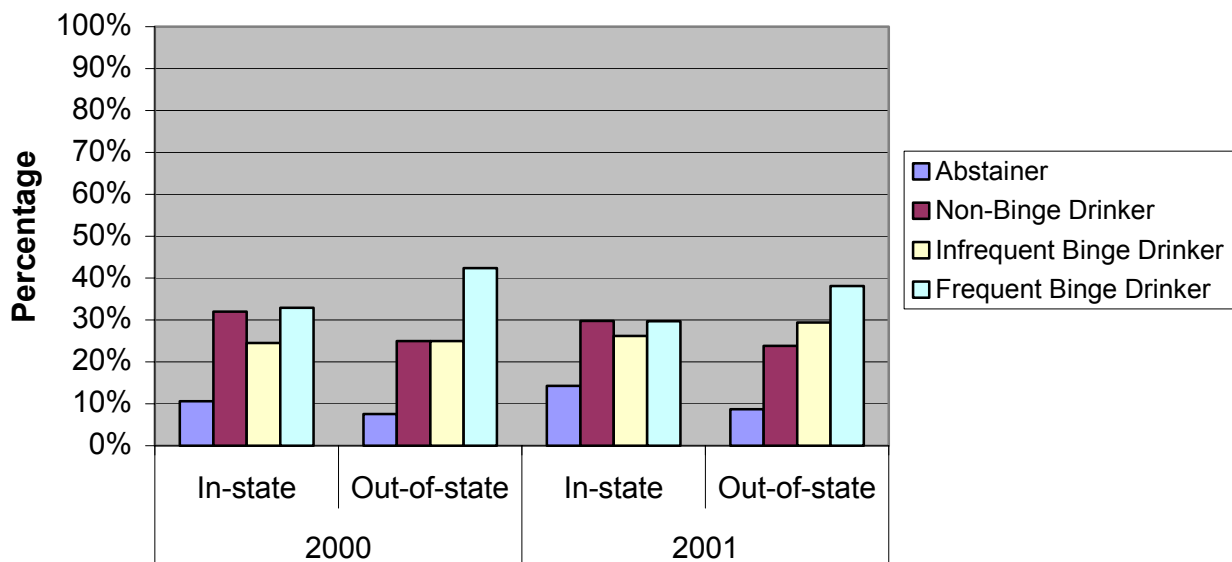
Graph 5

Binge Drinkers by Class and Year



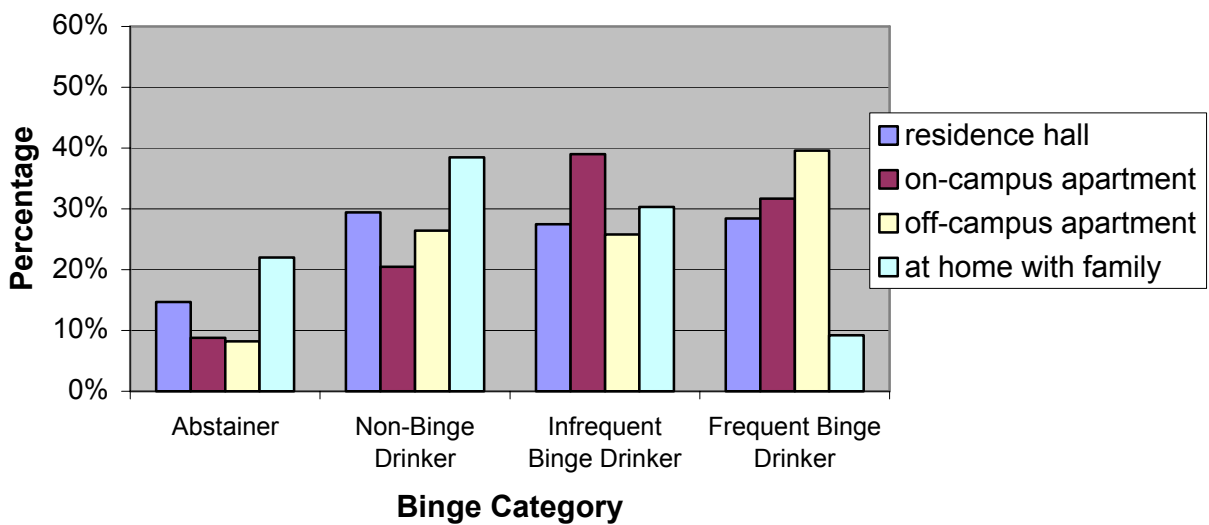
Graph 6

Binge Drinkers by State and Year



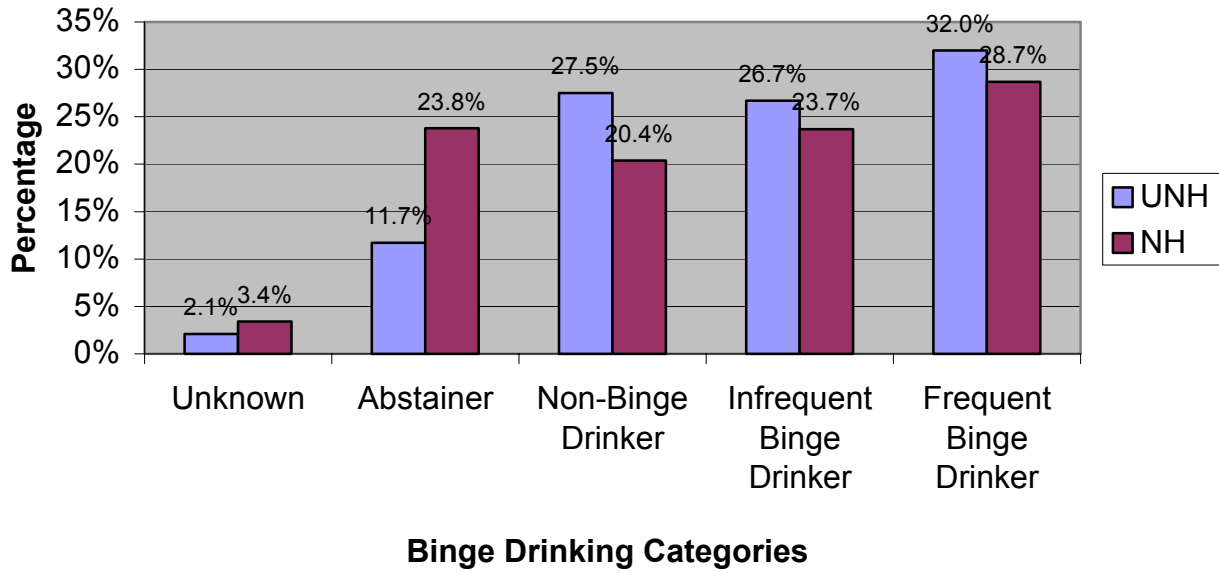
Graph 7

Binge Drinkers by Residence (2001)



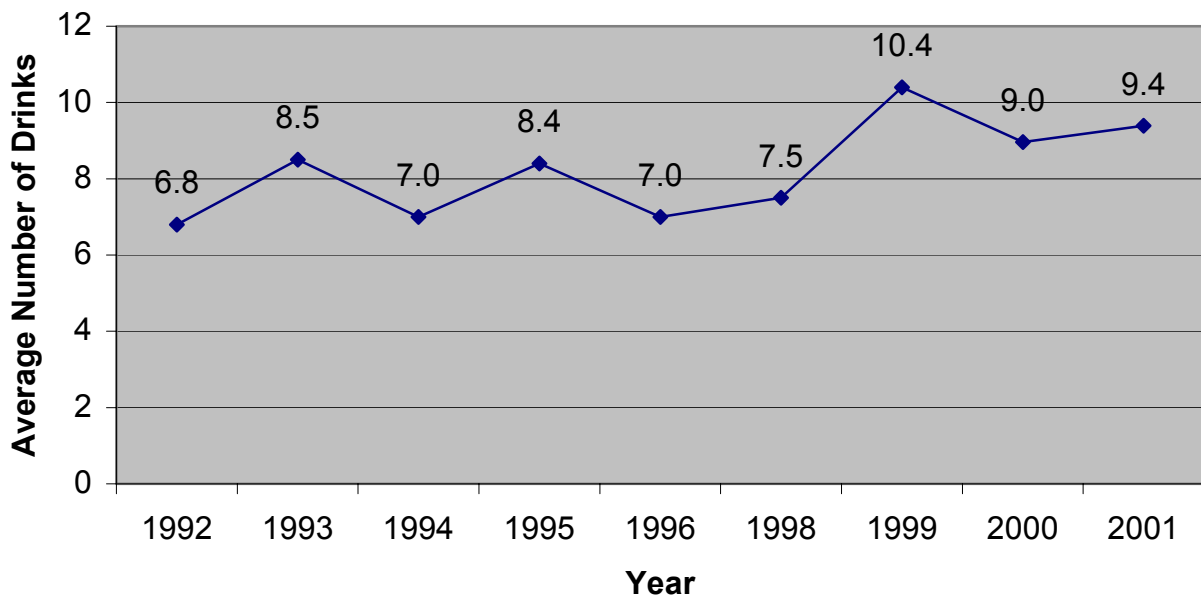
Graph 8

Binge Drinkers: UNH vs. NH (2001)



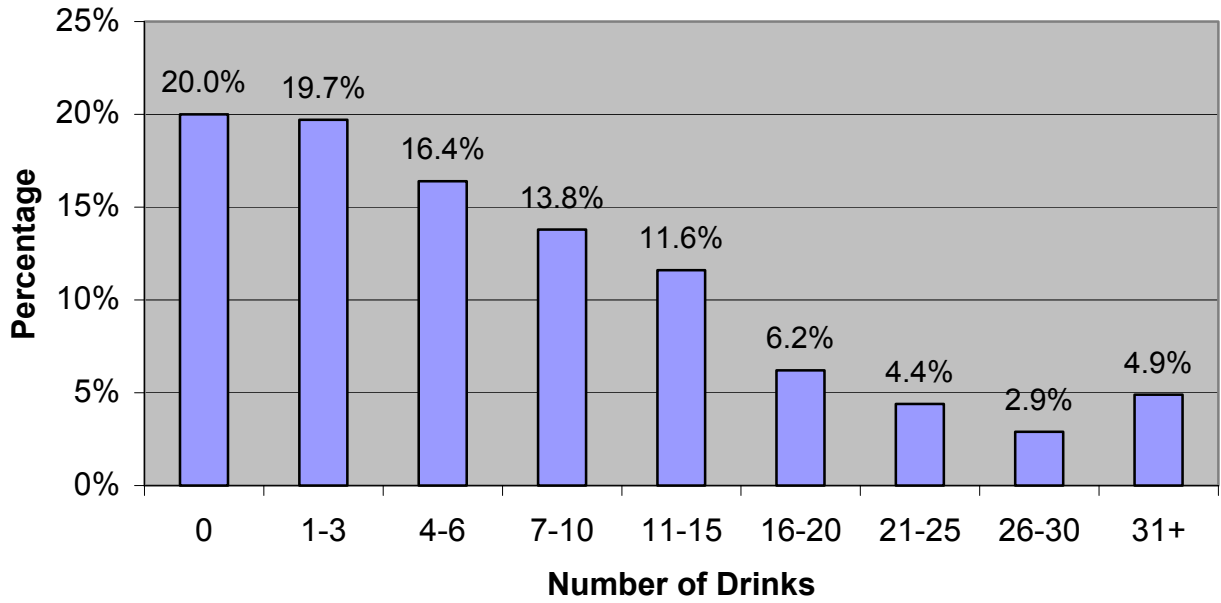
Graph 9

Number of Drinks Typically Consumed in a Week



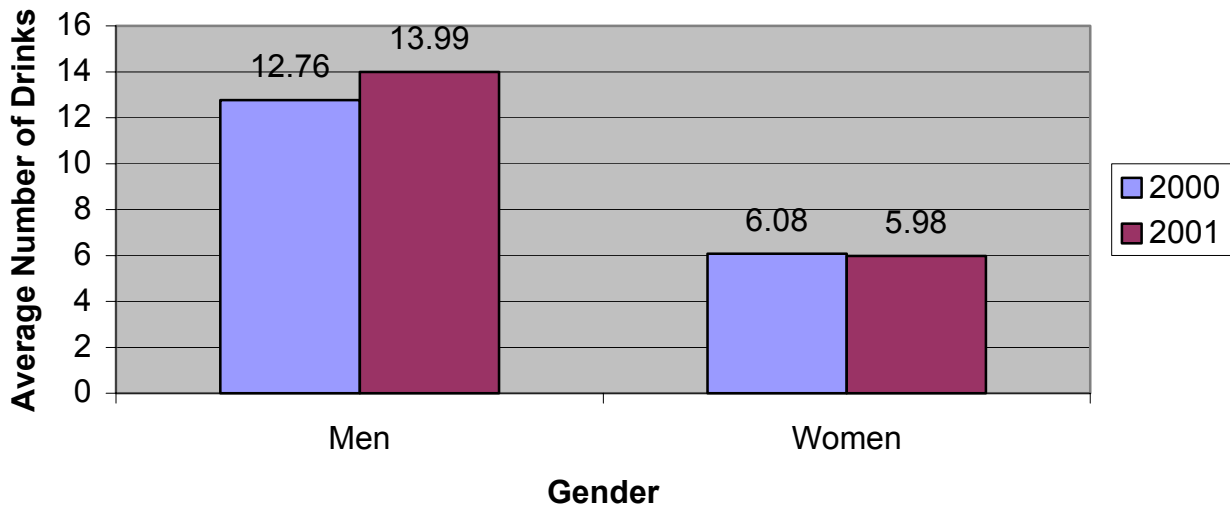
Graph 10

Number of Drinks Typically Consumed in a Week (2001)



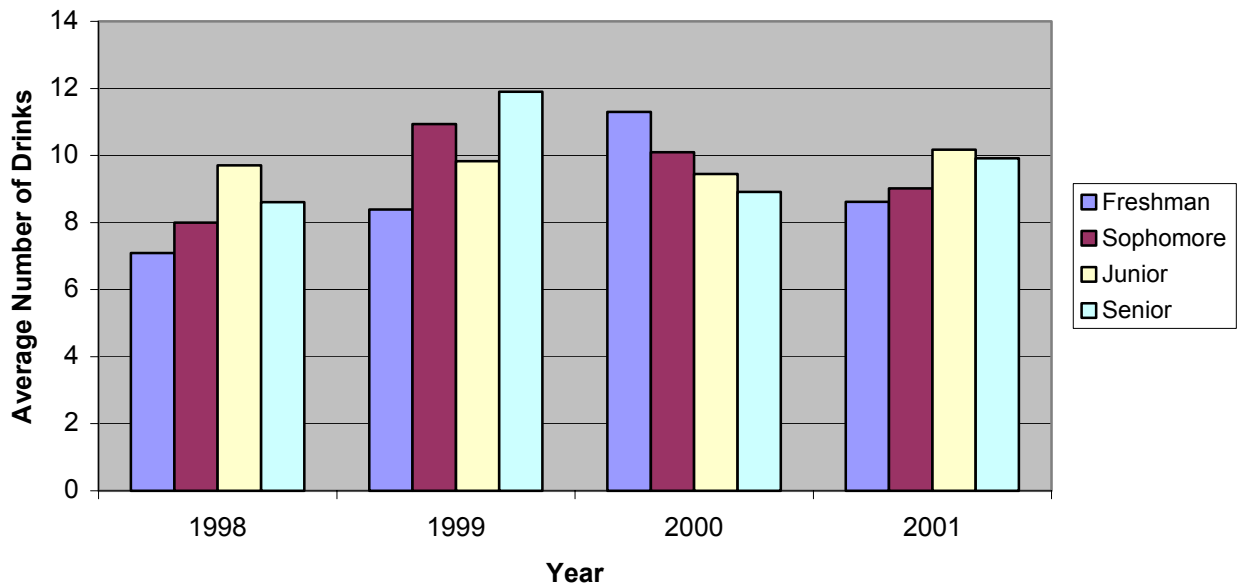
Graph 11

Number of Drinks Typically Consumed In A Week by Gender and Year



Graph 12

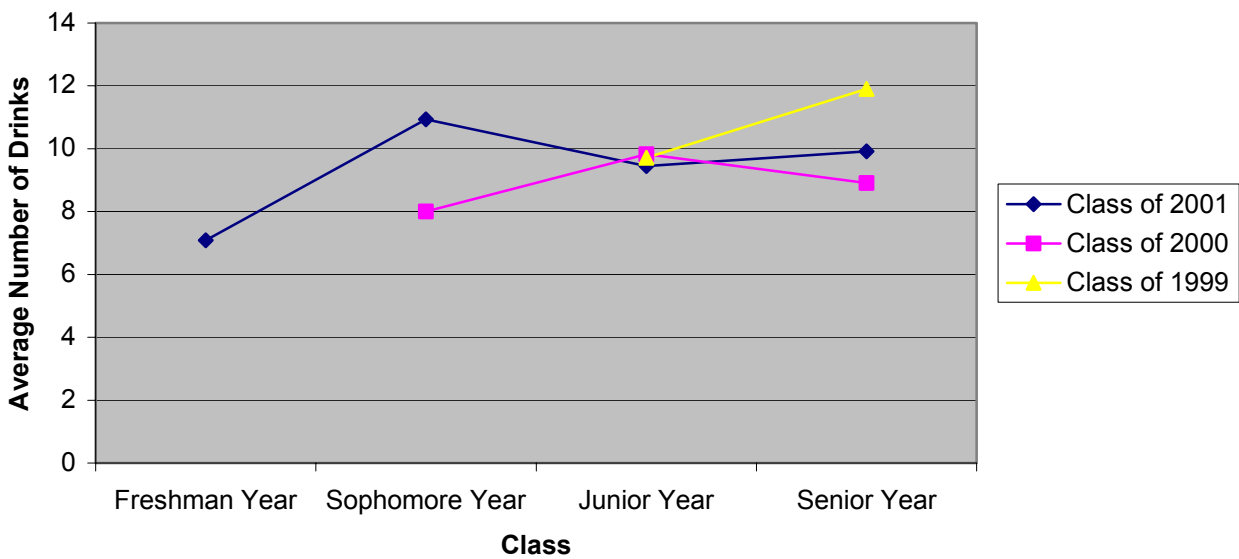
Drinks Typically Consumed in a Week



Graph 13

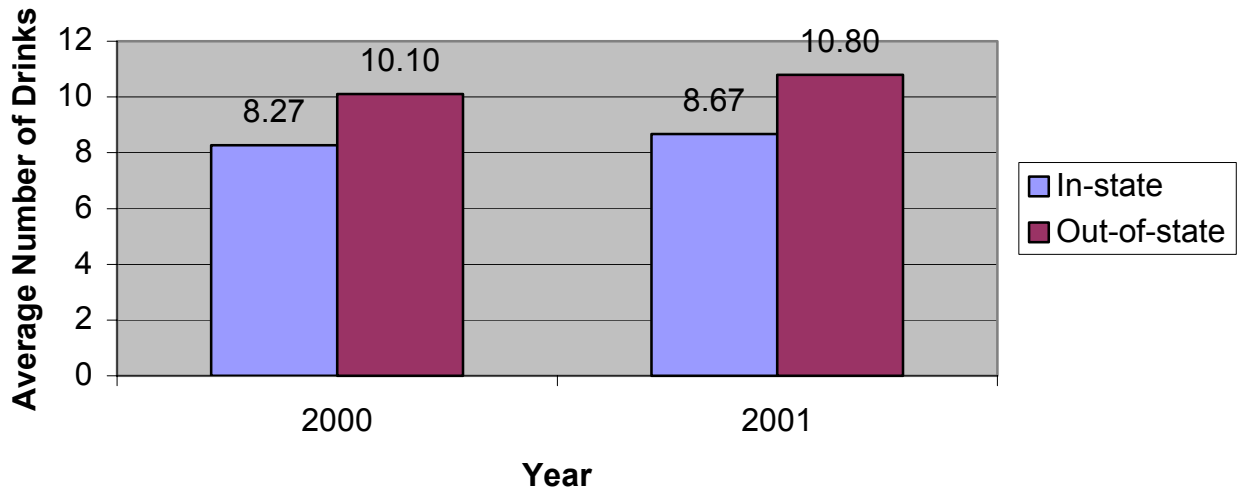
Drinks Typically Consumed in a Week

(UNH began collecting this data in 1998)



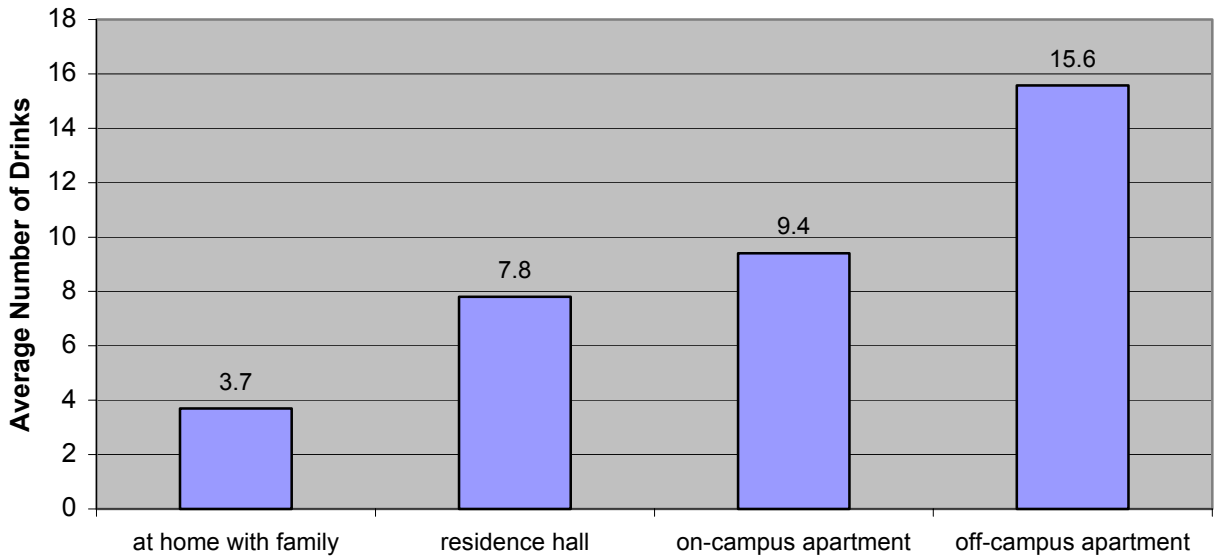
Graph 14

Number of Drinks Typically Consumed in a Week by State and Year



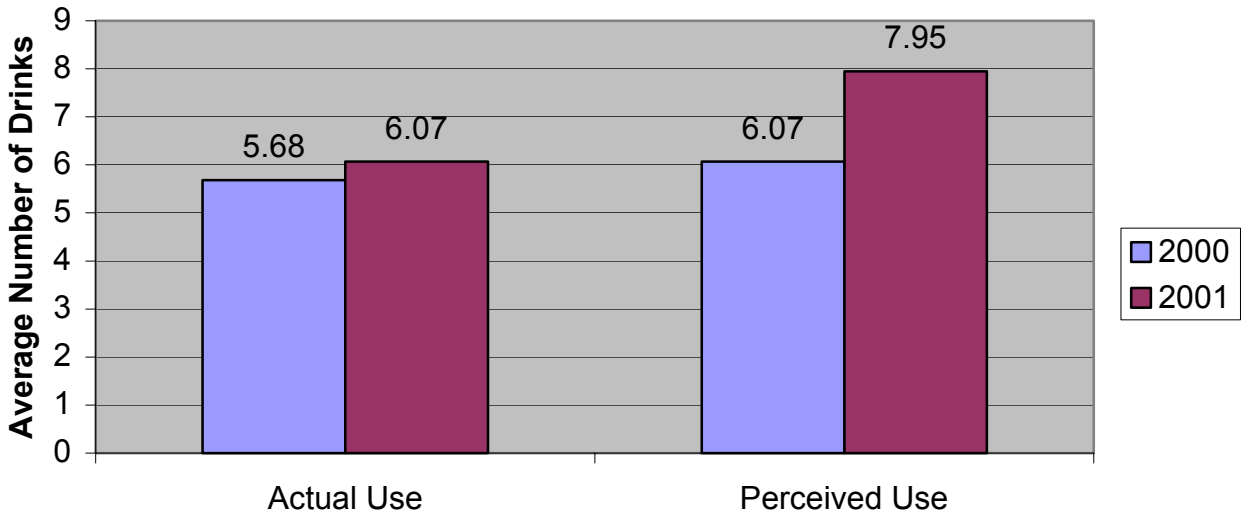
Graph 15

Number of Drinks Typically Consumed in a Week by Residence (2001)



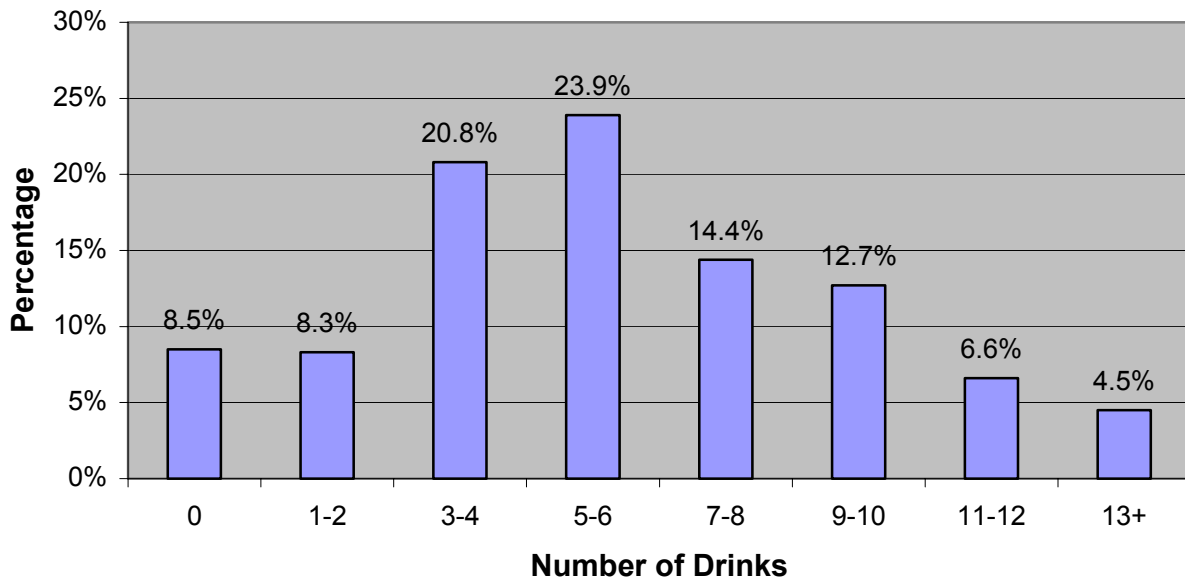
Graph 16

Average Number of Drinks Consumed When "Partying" - Actual vs. Perceived by Year



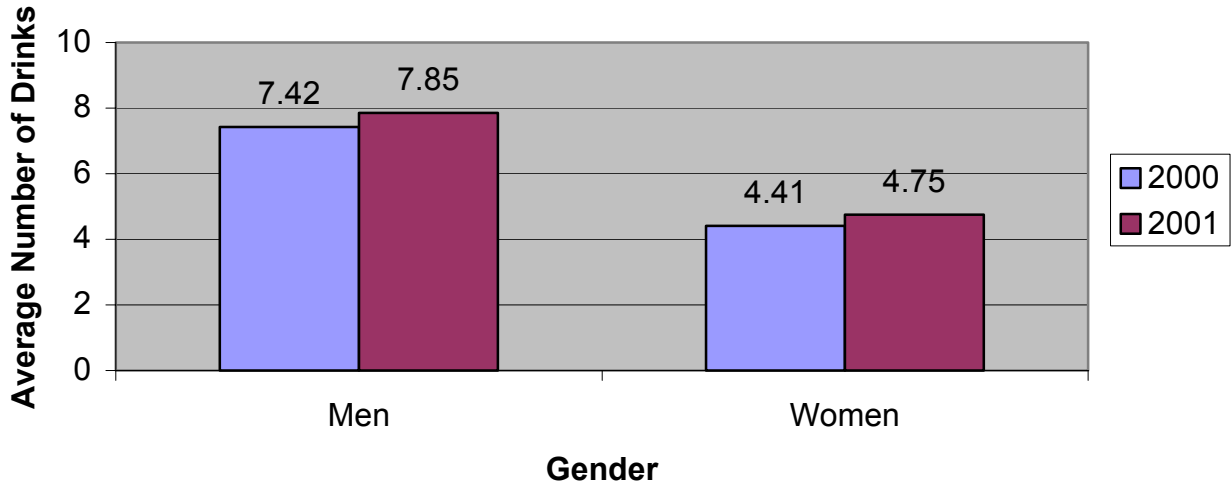
Graph 17

Frequency of Drinks Consumed When "Partying" (2001)



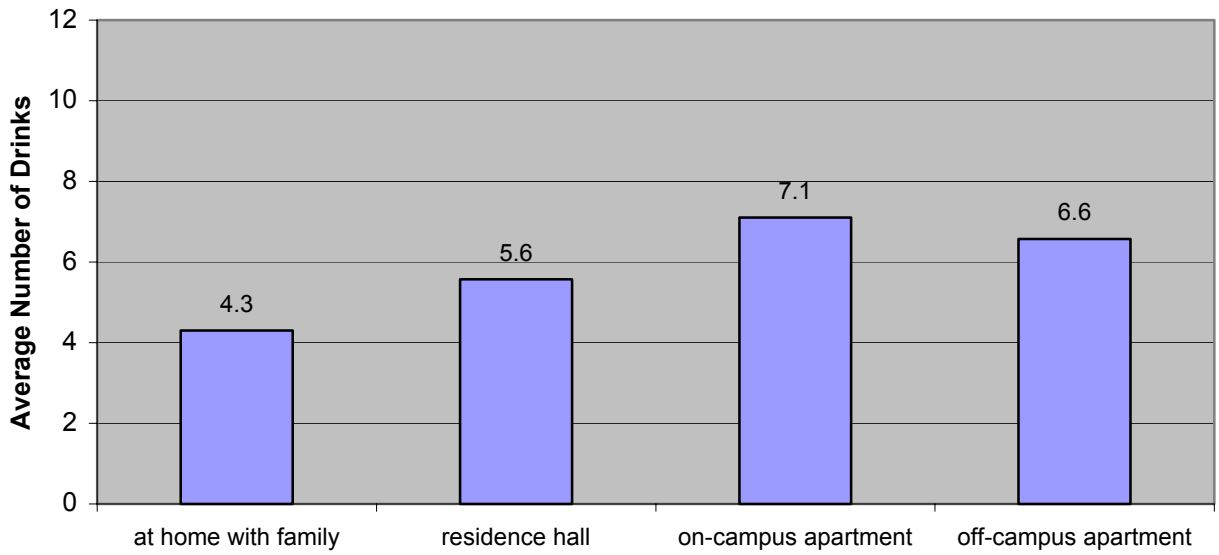
Graph 18

Number of Drinks Consumed When "Partying" by Gender and Year



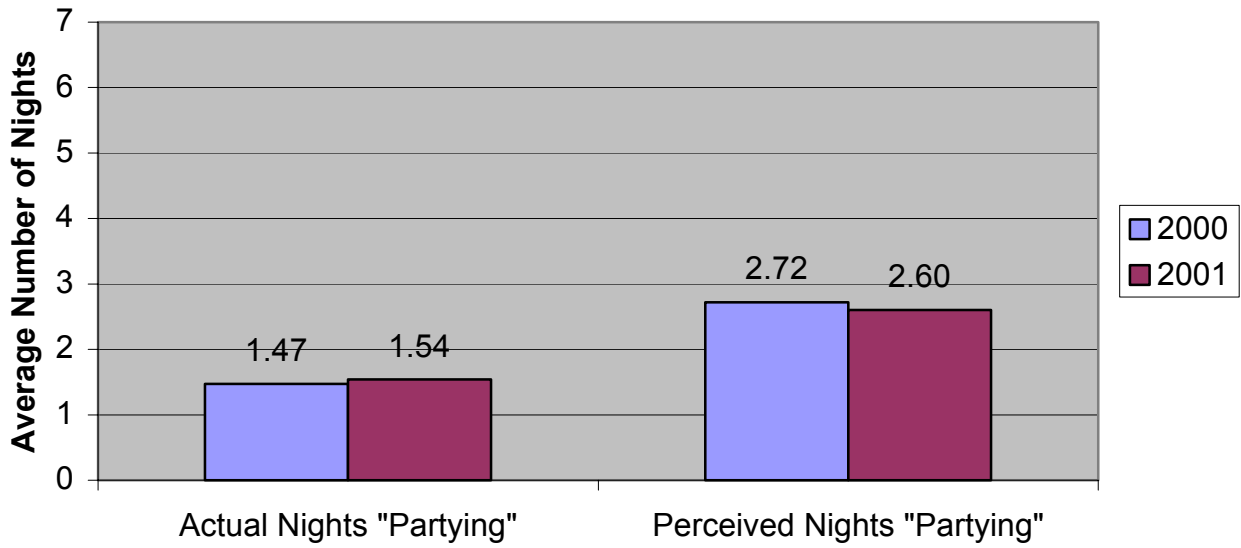
Graph 19

Number of Drinks Consumed When "Partying" by Residence (2001)



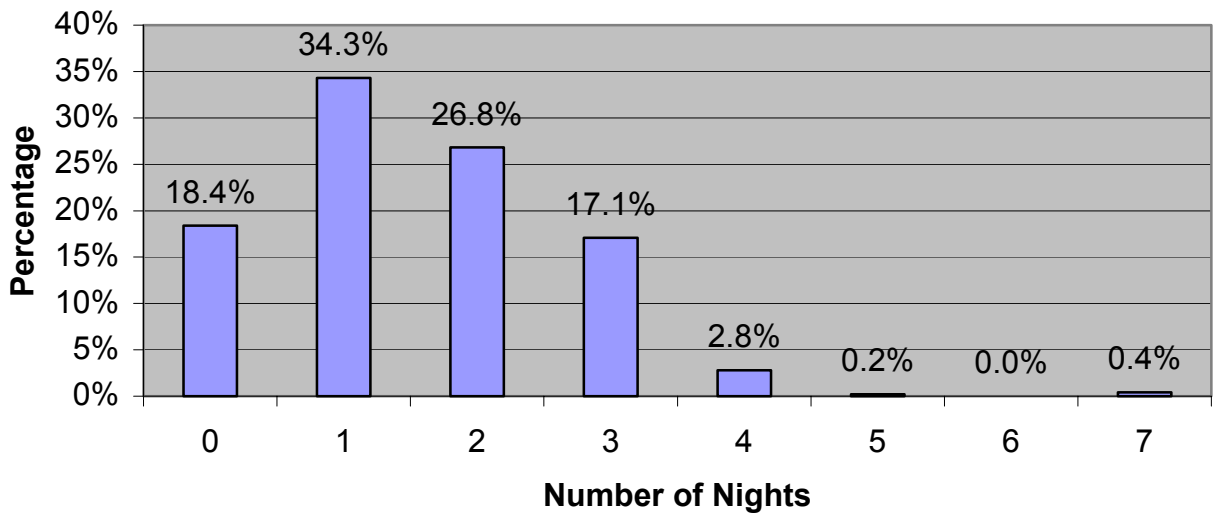
Graph 20

Number of Nights A Week "Partying" - Actual vs. Perceived by Year



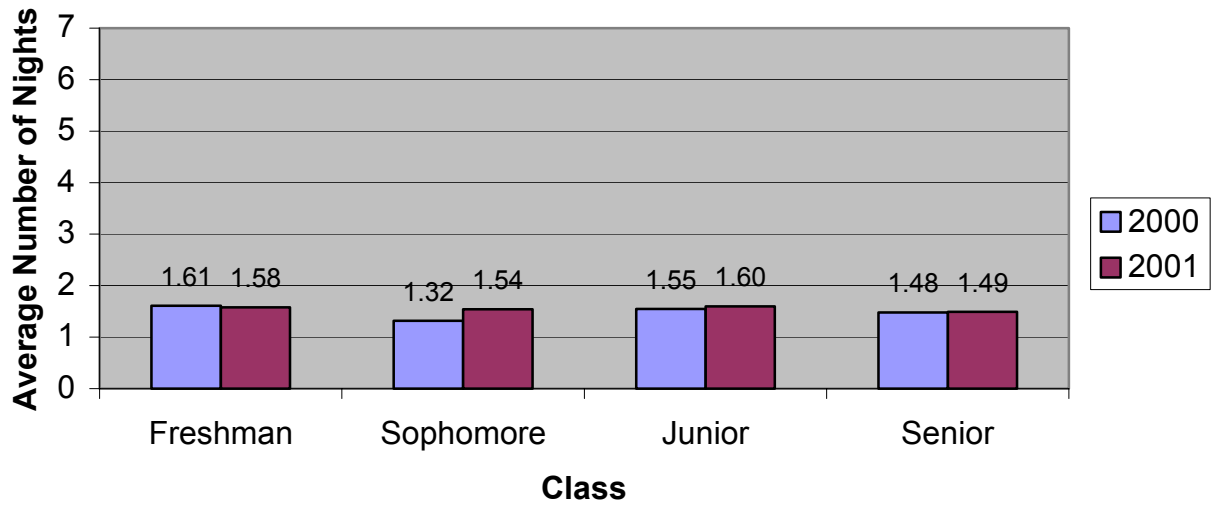
Graph 21

Frequency of Nights A Week Spent "Partying" (2001)



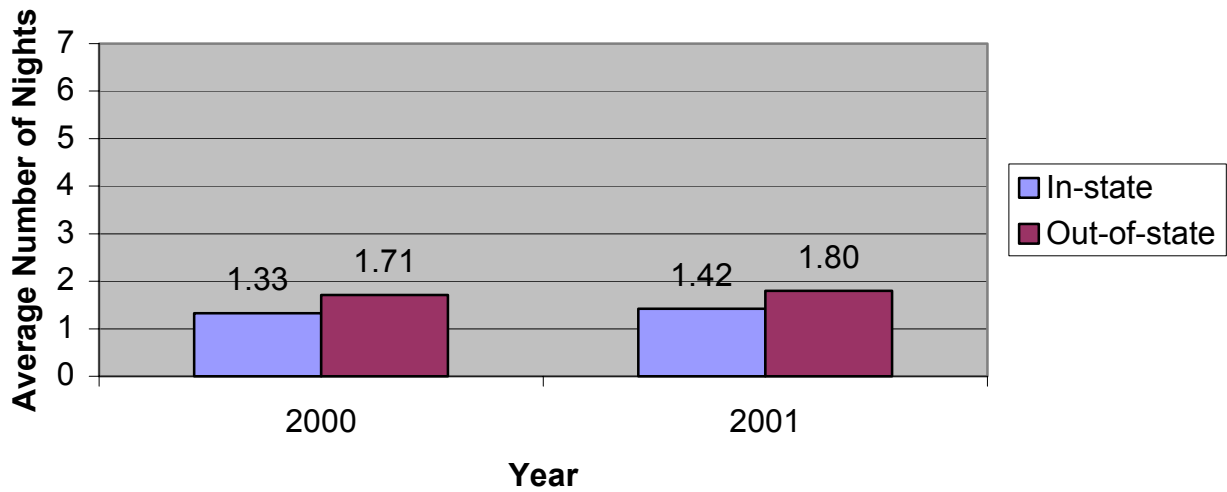
Graph 22

Number of Nights A Week "Partying" by Class and Year



Graph 23

Number of Nights a Week "Partying" by State and Year



Graph 24

Number of Nights a Week "Partying" by Residence (2001)

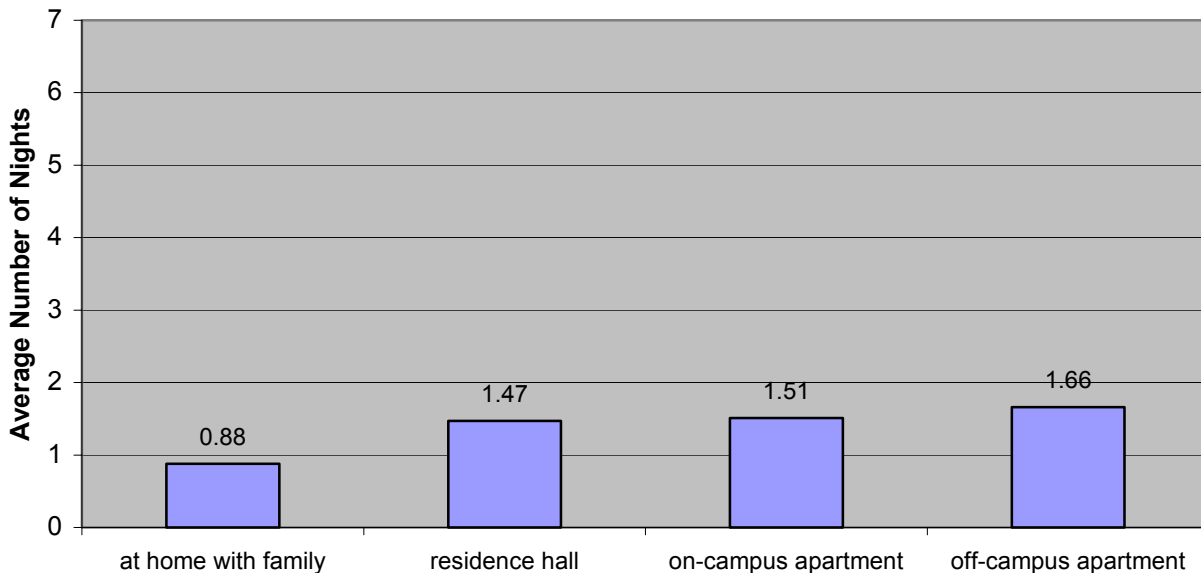
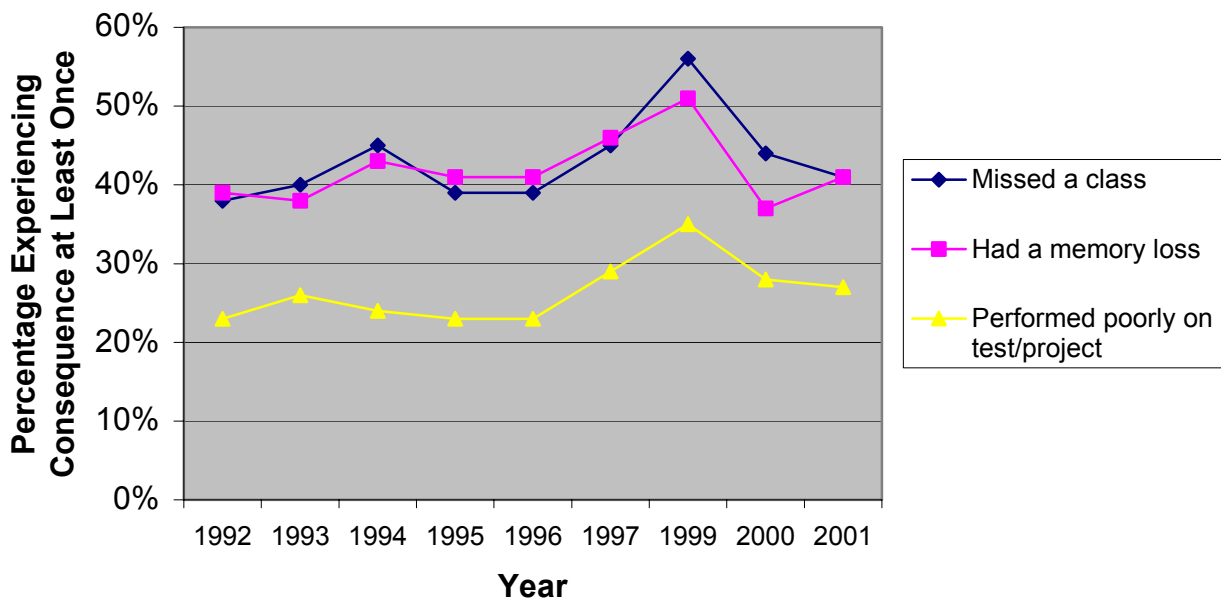


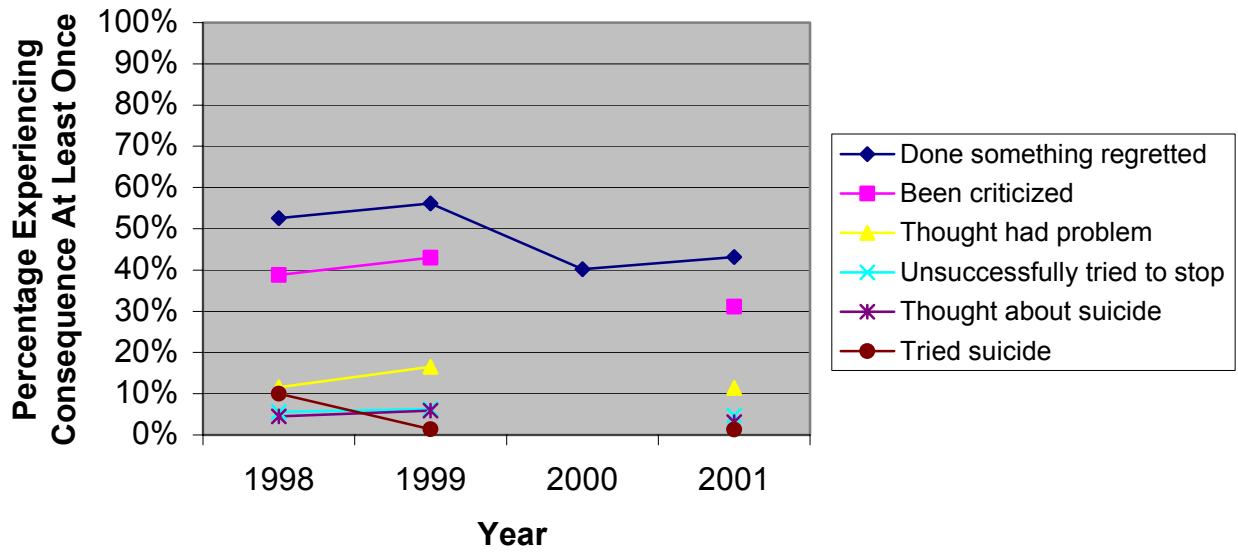
Chart 25

Academic Consequences by Year



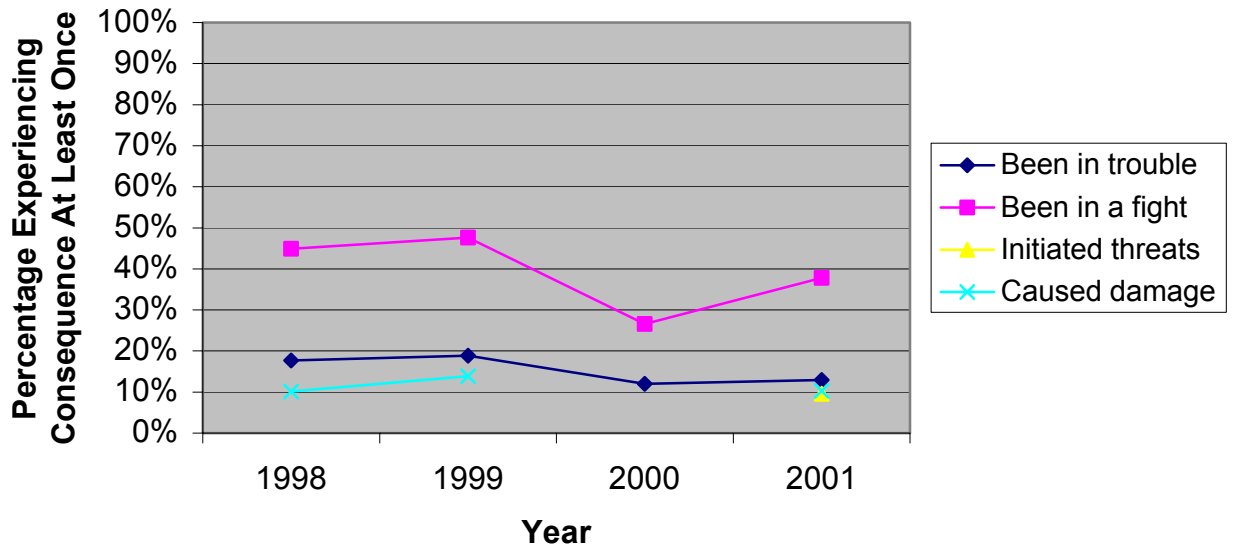
Graph 26

Emotional Consequences by Year



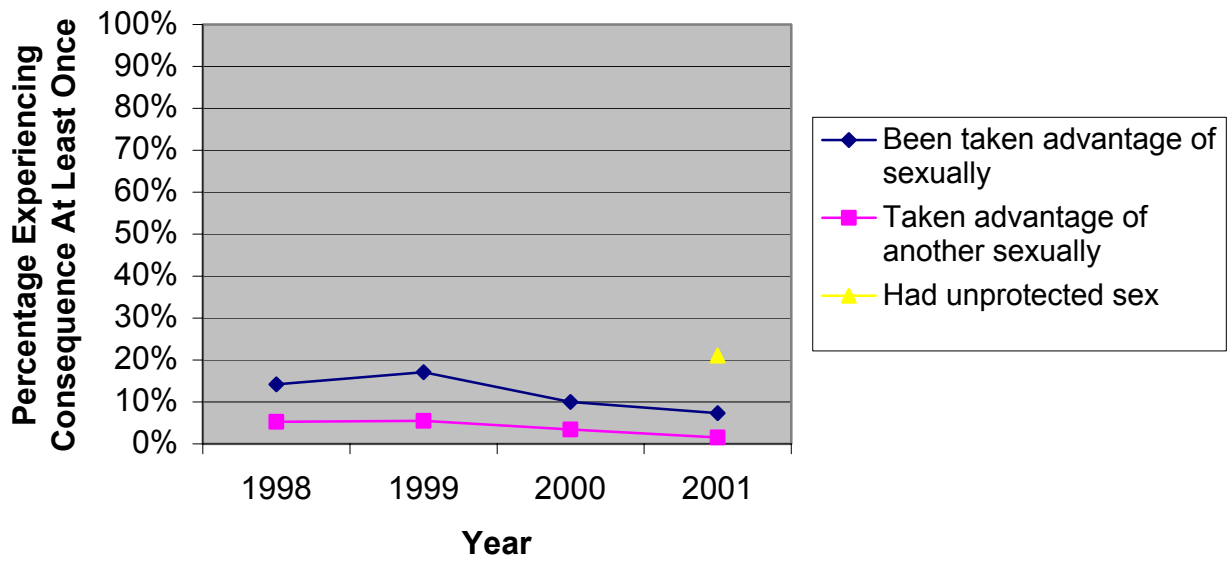
Graph 27

Social Consequences by Year



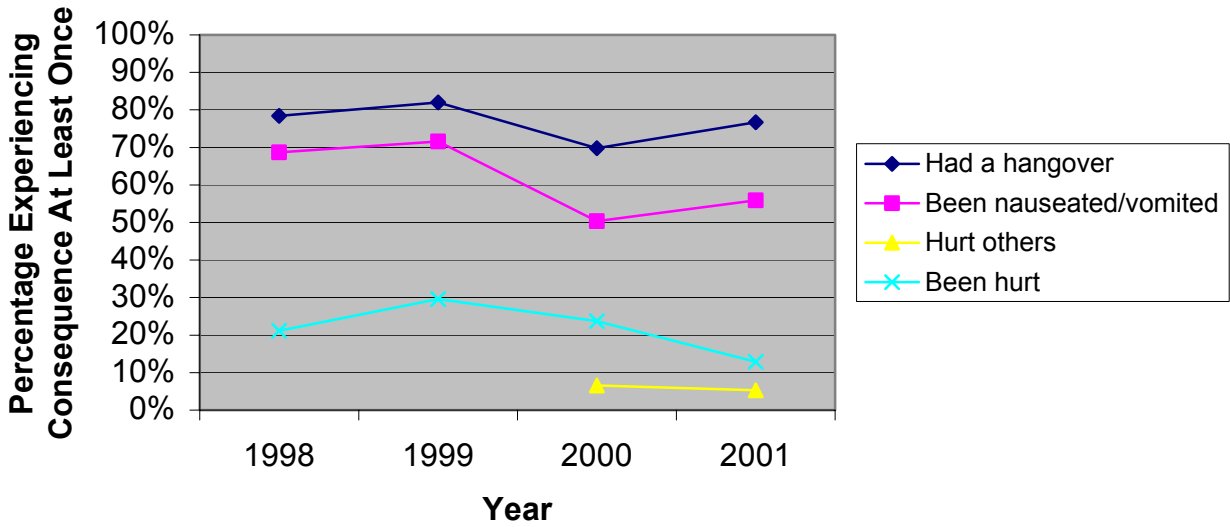
Graph 28

Sexual Consequences by Year



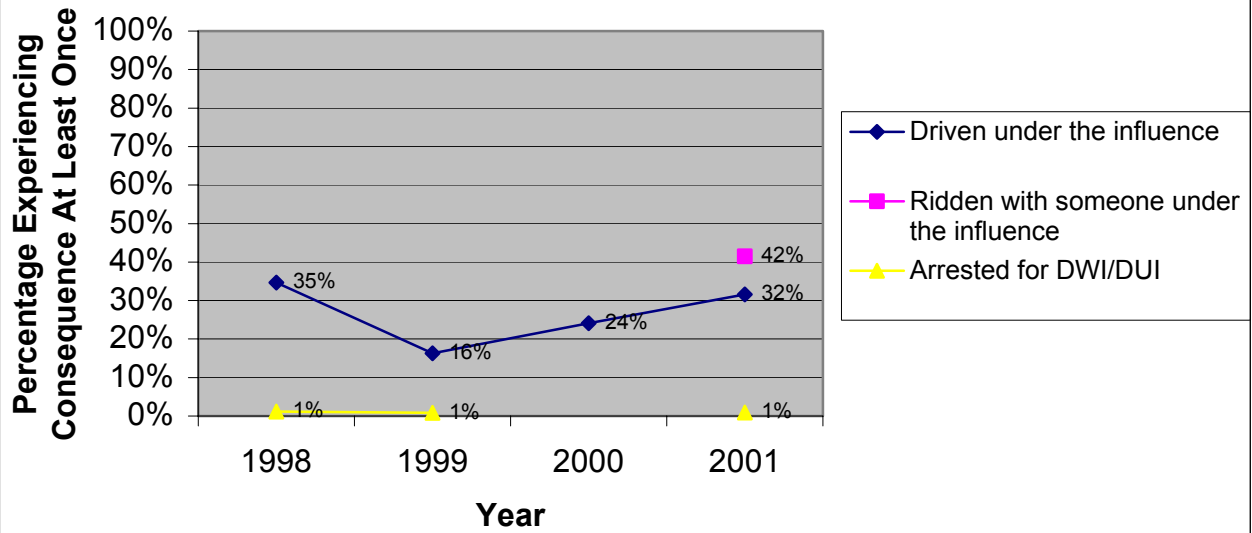
Graph 29

Physical Consequences Year



Graph 30

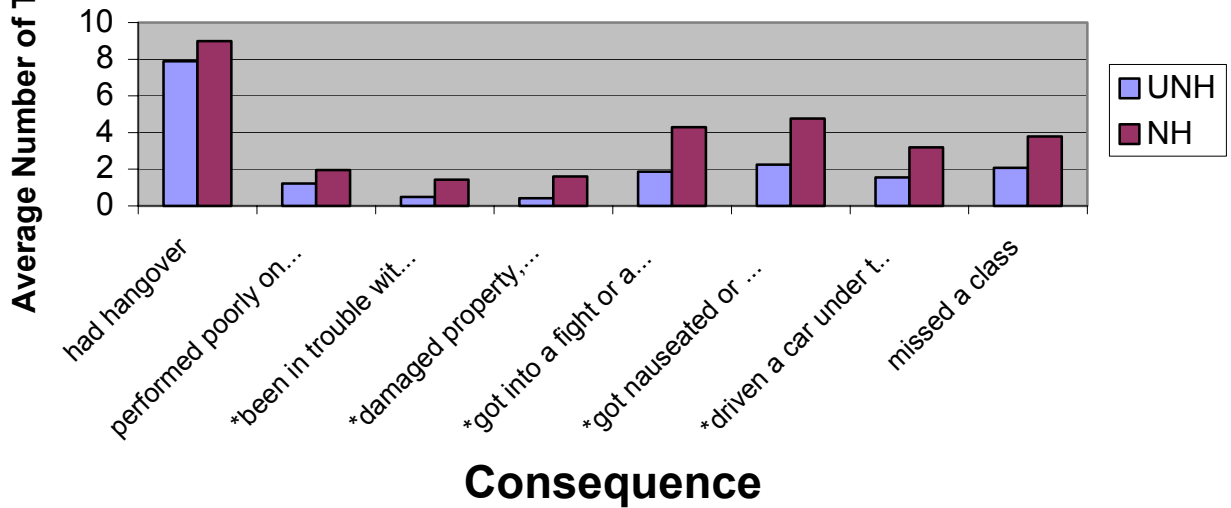
Driving Consequences by Year



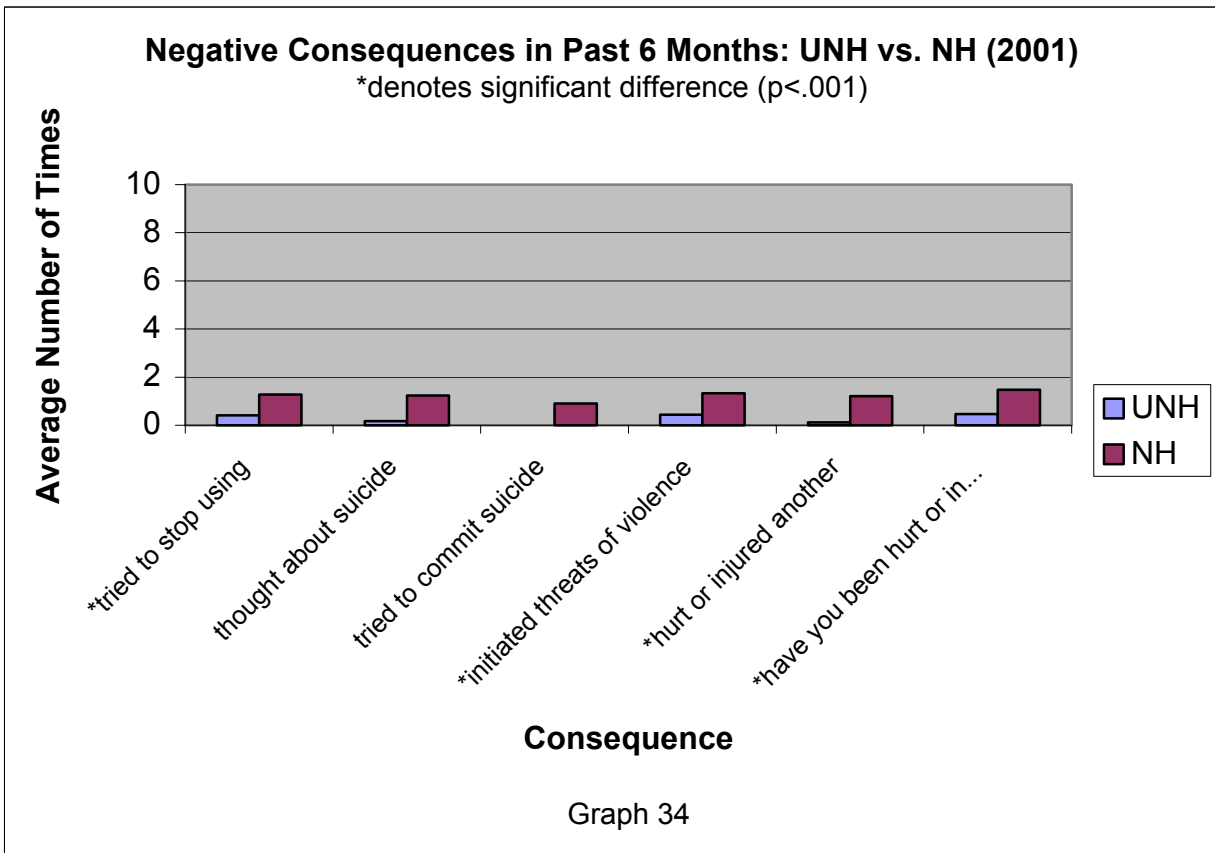
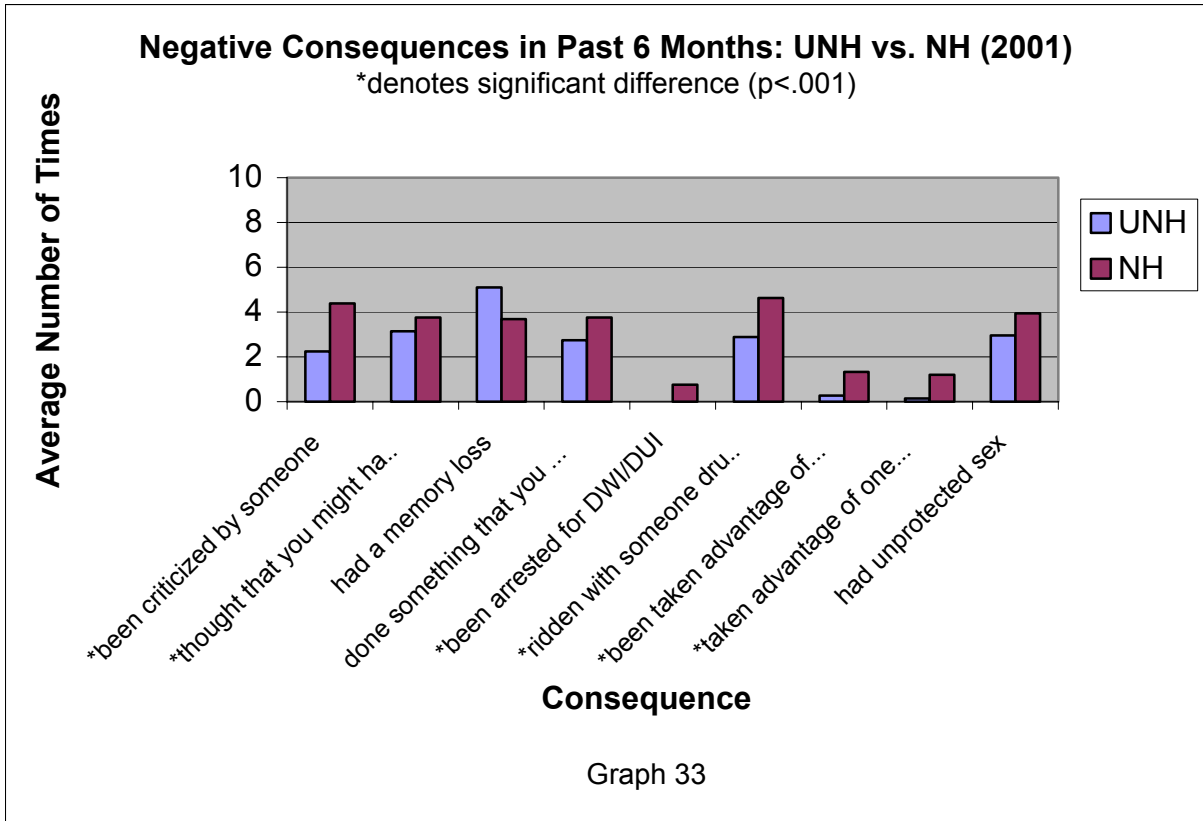
Graph 31

Negative Consequences in Past 6 Months: UNH vs. NH (2001)

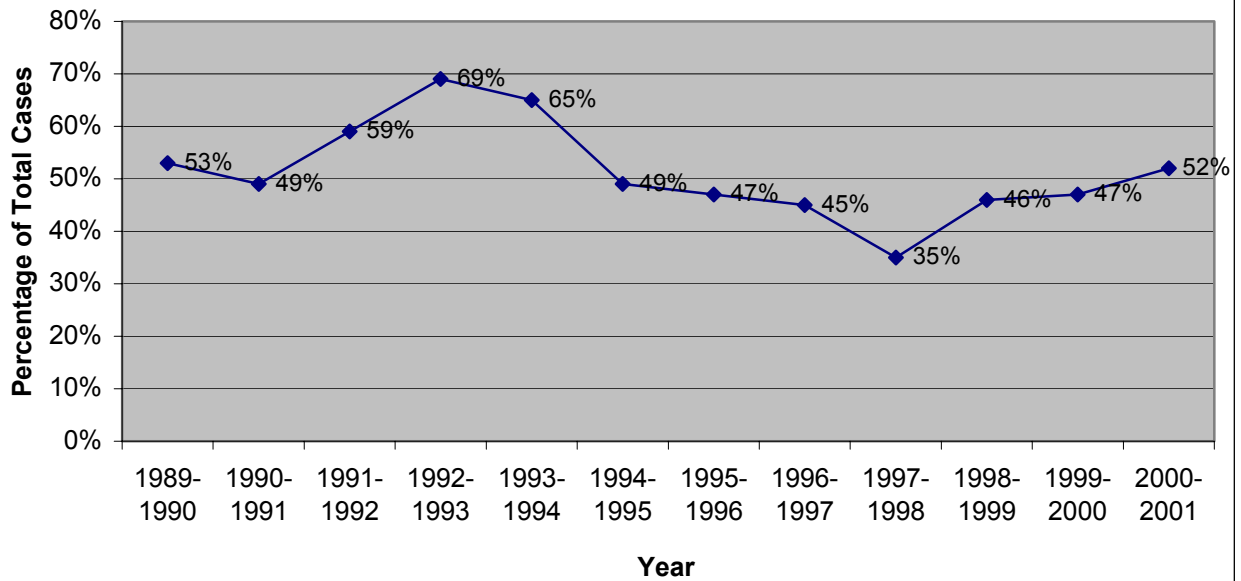
*denotes significant difference (p<.001)



Graph 32



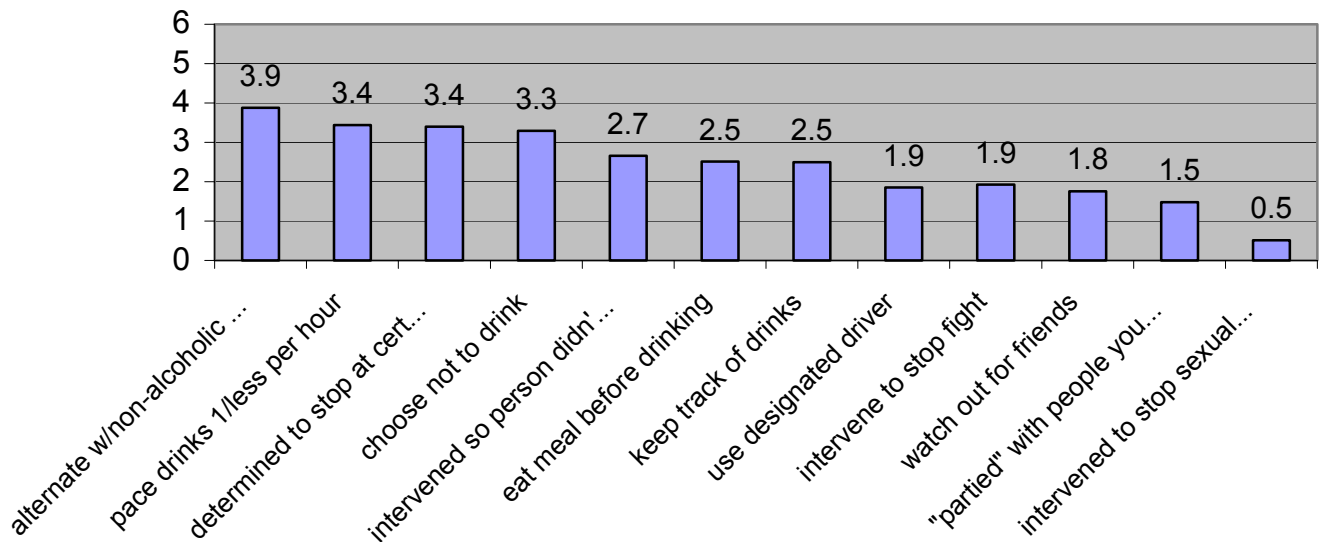
Alcohol Related Judicial Cases



Graph 35

Protective Behaviors in Past School Year (2001)

Average Number of Times

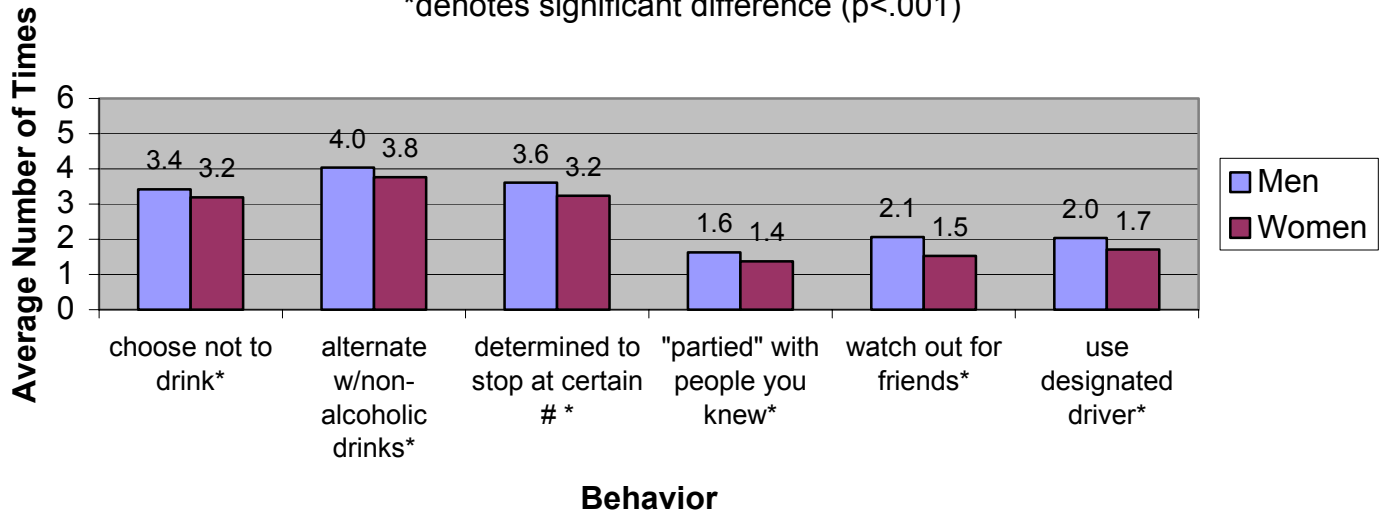


Behavior

Graph 36

Protective Behaviors in Past School Year by Gender (2001)

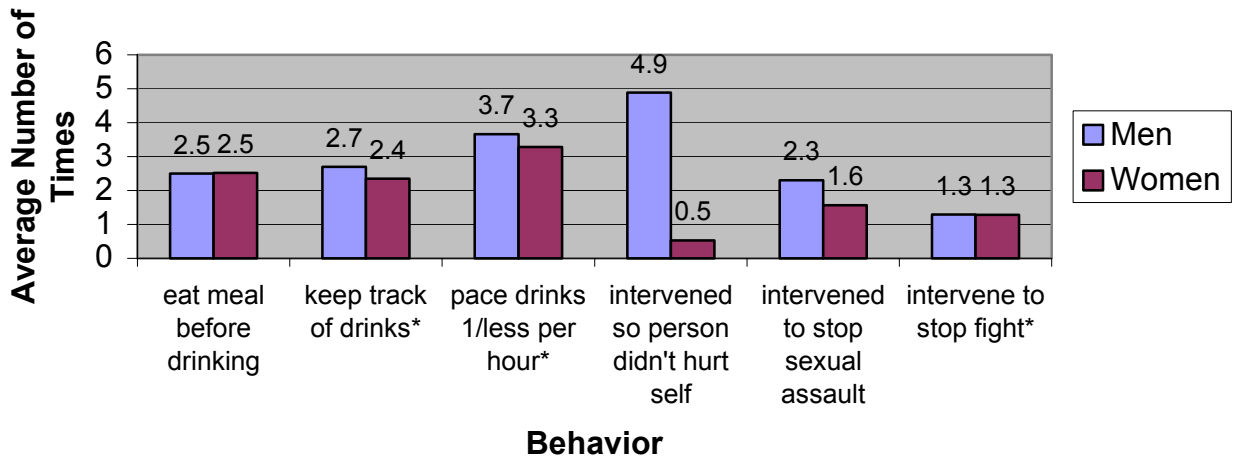
*denotes significant difference (p<.001)



Graph 37

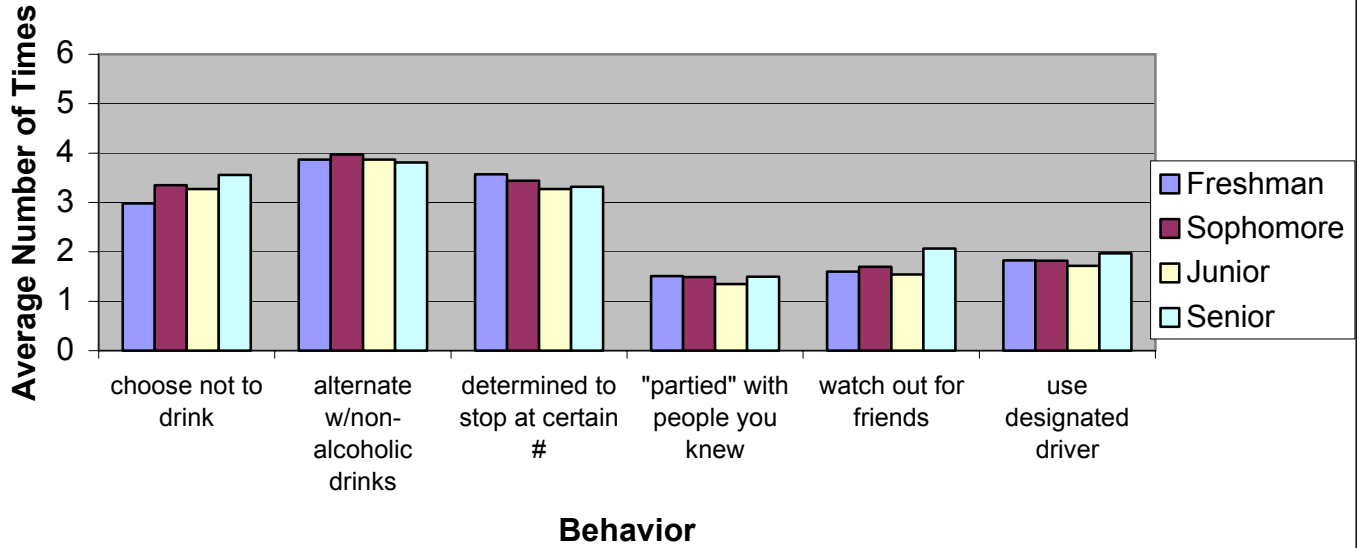
Protective Behaviors in Past School Year by Gender (2001)

*denotes significant difference (p<.001)



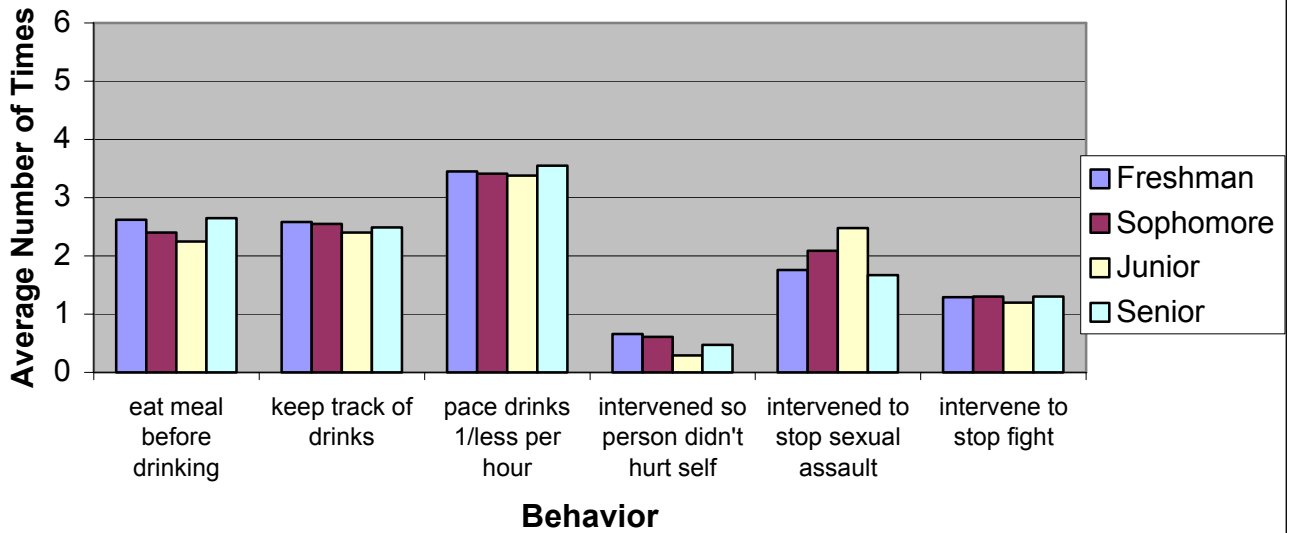
Graph 38

Protective Behaviors in Past School Year by Class (2001)



Graph 39

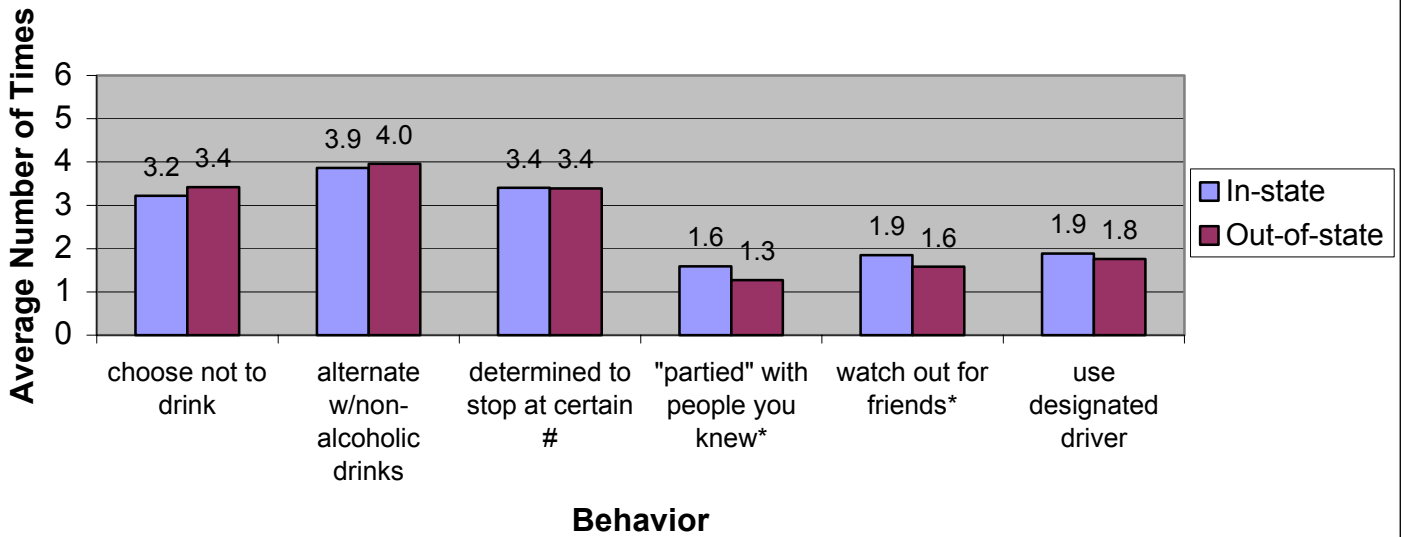
Protective Behaviors in Past School Year by Class (2001)



Graph 40

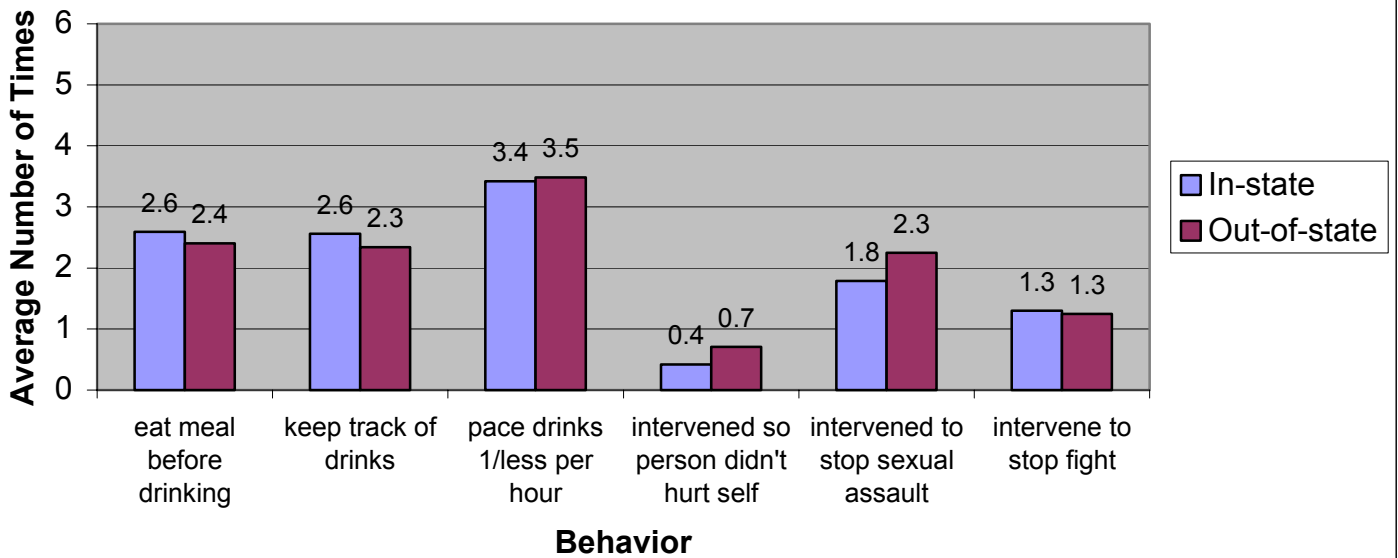
Protective Behaviors in Past School Year by State (2001)

*denotes significant difference (p<.001)



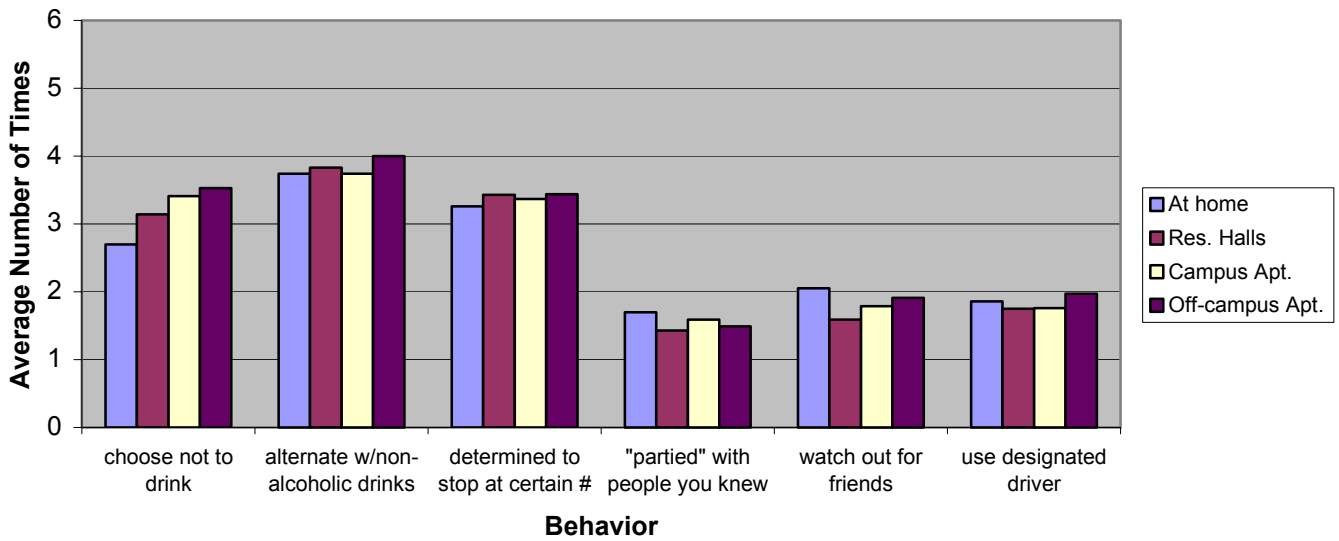
Graph 41

Protective Behaviors in Past Year by State (2001)



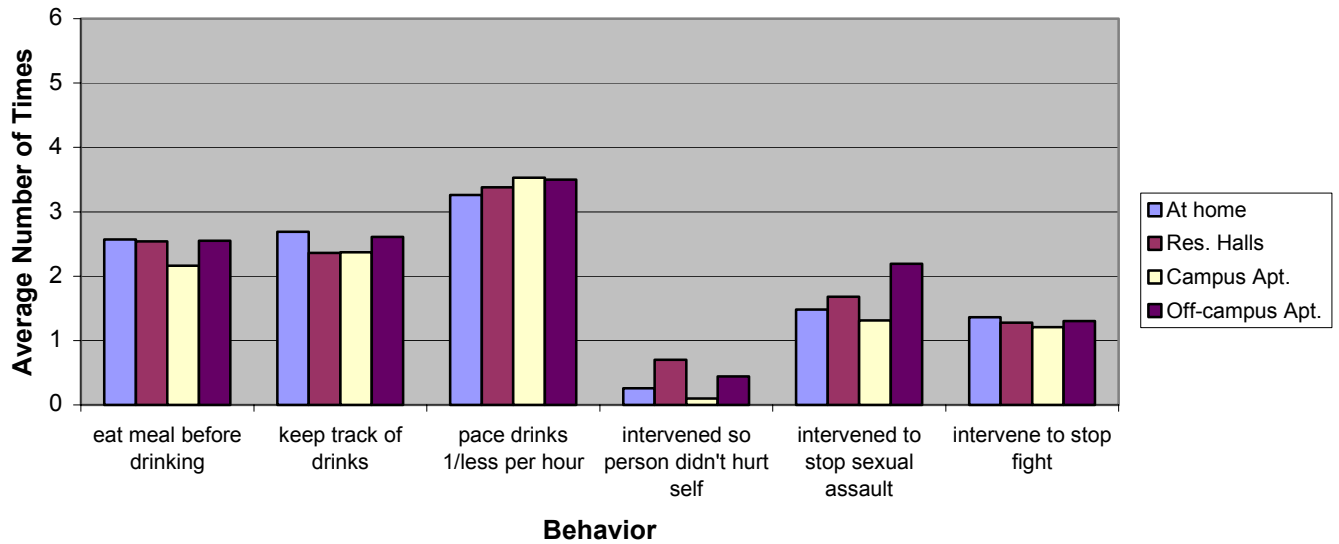
Graph 42

Protective Behaviors in Past School Year by Residence (2001)



Graph 43

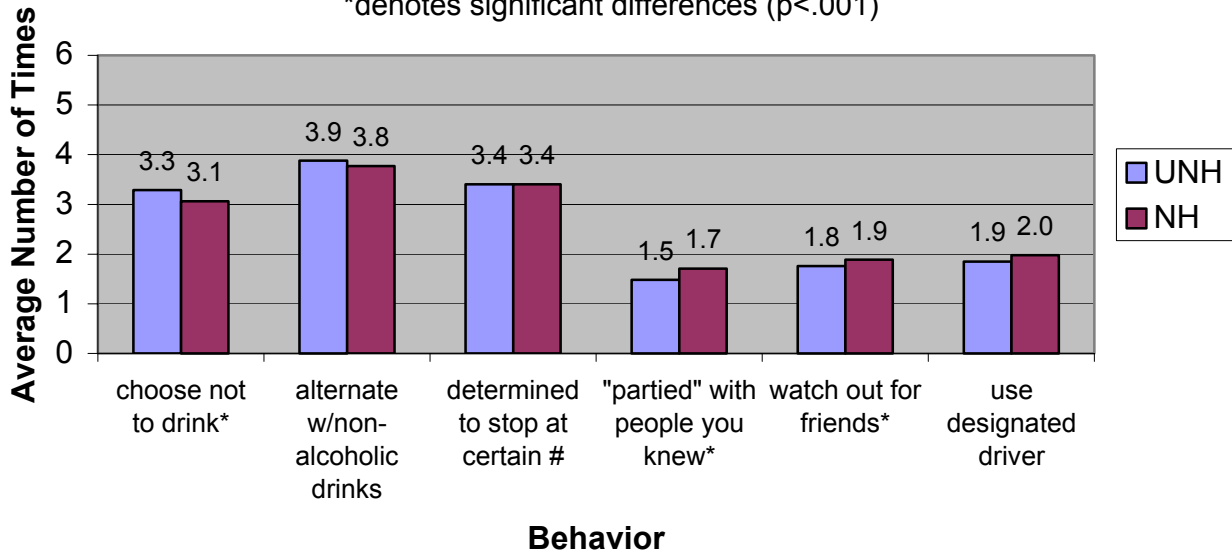
Protective Behaviors in Past Year by Residence (2001)



Graph 44

Protective Behaviors in Past School Year by School (2001)

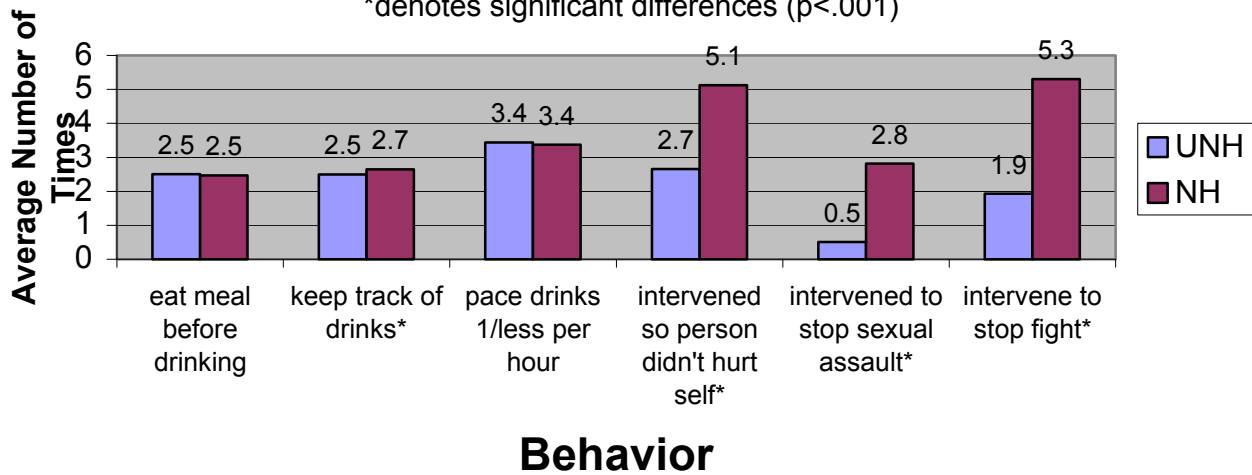
*denotes significant differences (p<.001)



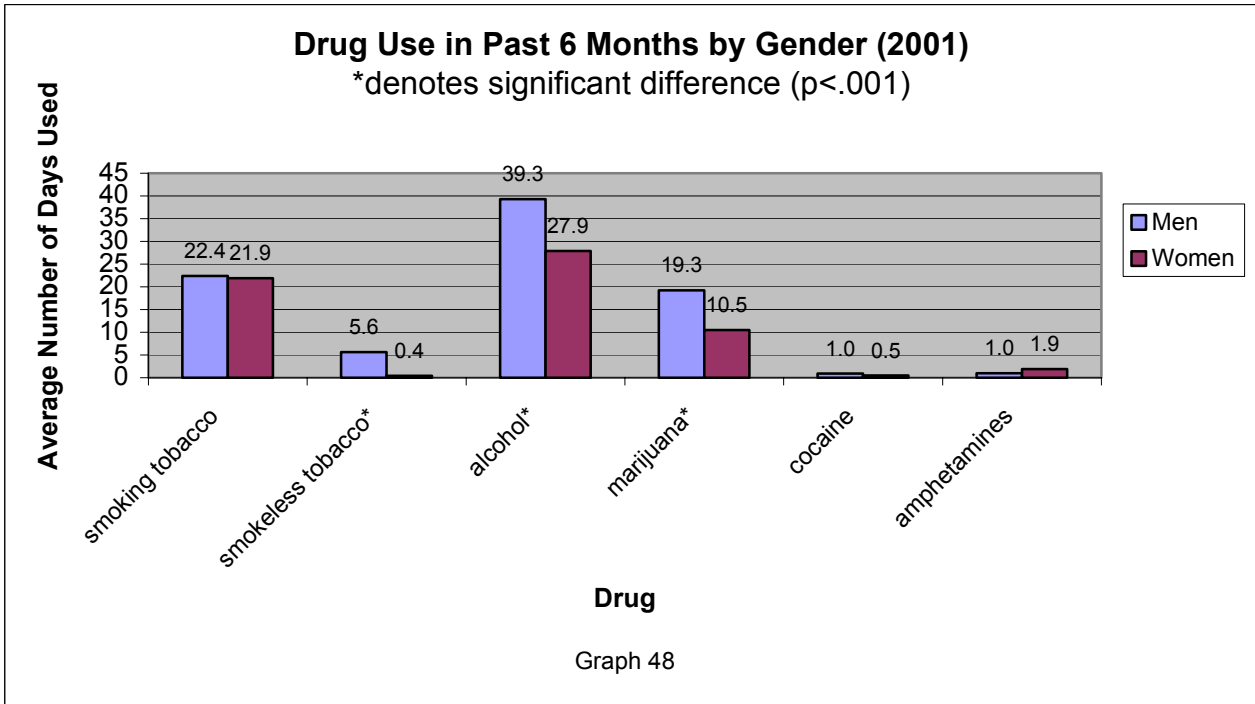
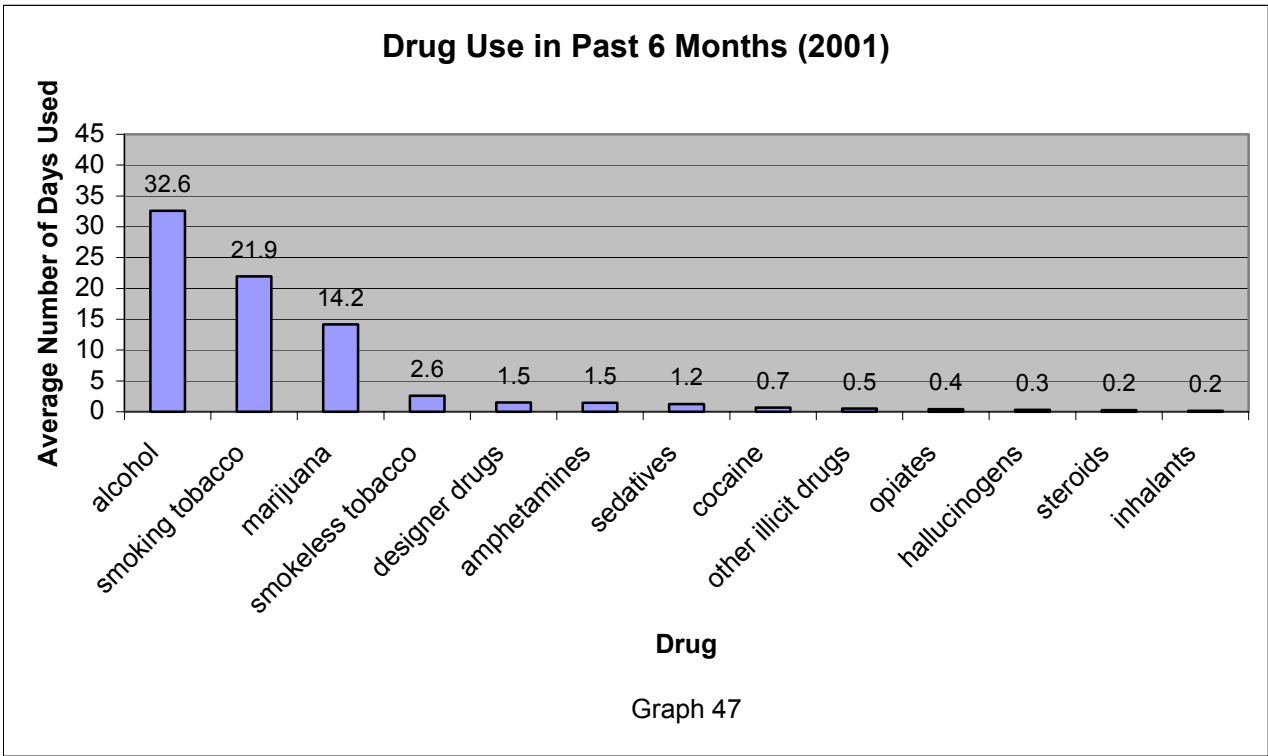
Graph 45

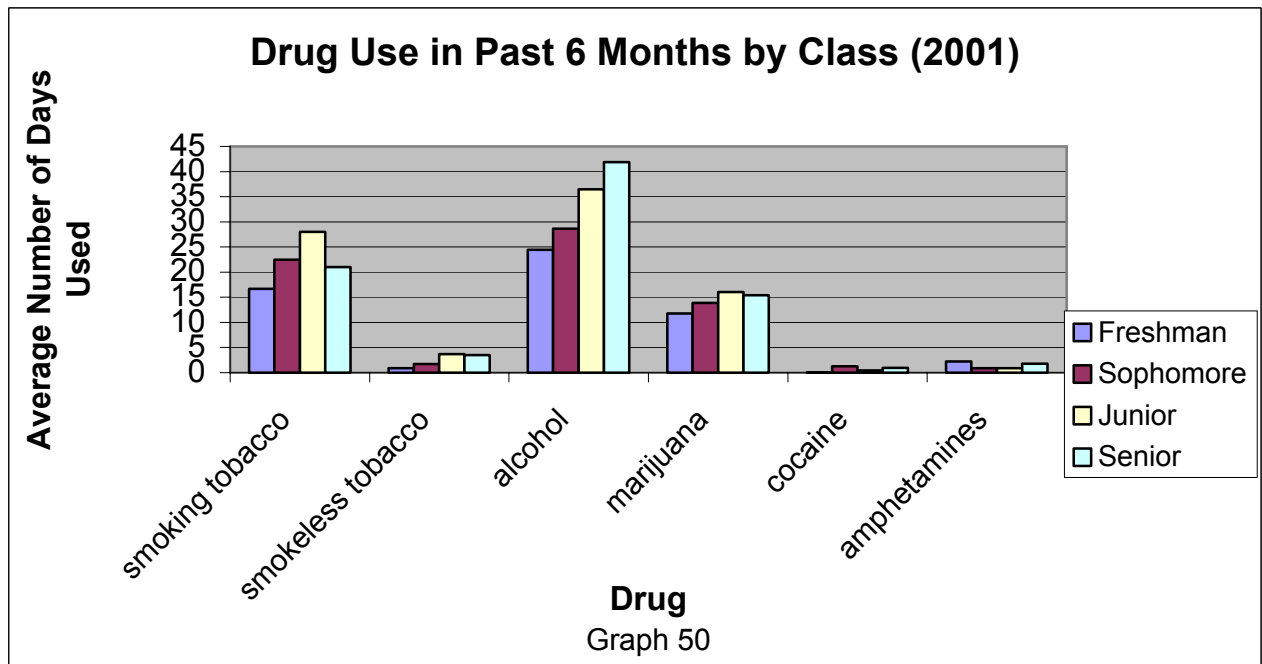
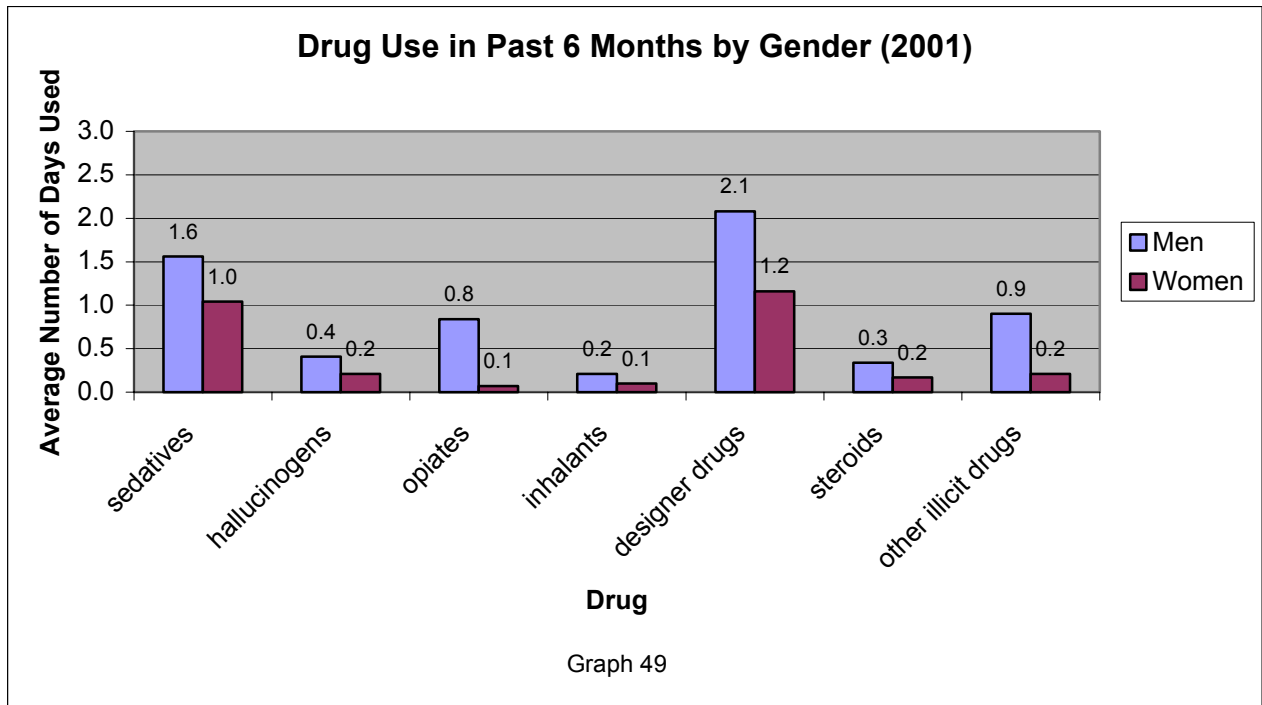
Protective Behaviors in Past School Year by School (2001)

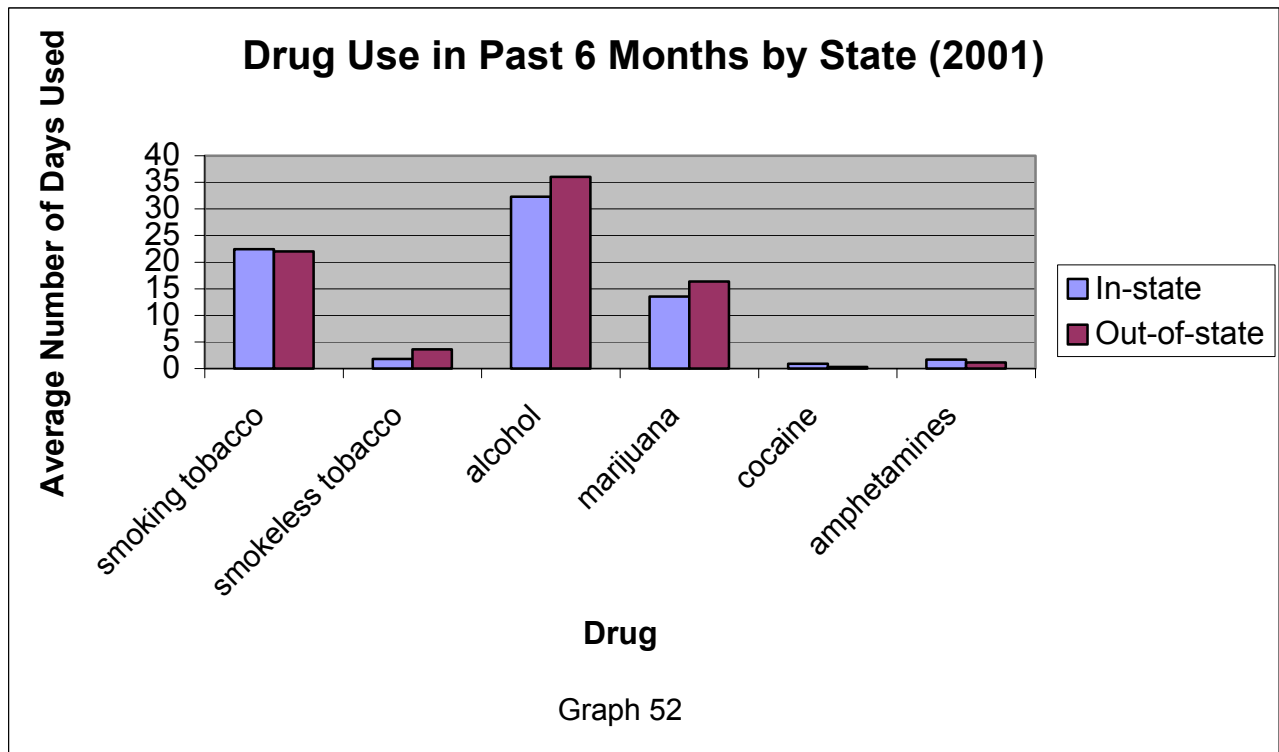
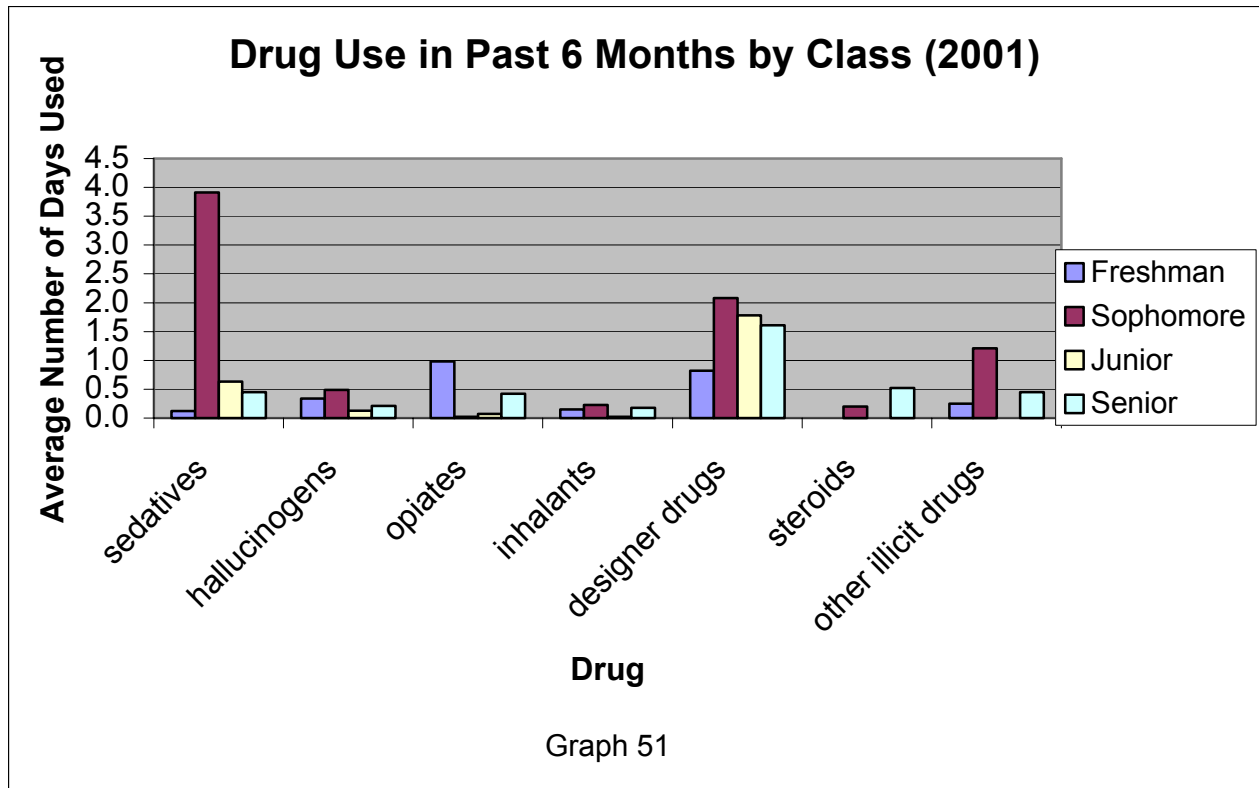
*denotes significant differences (p<.001)

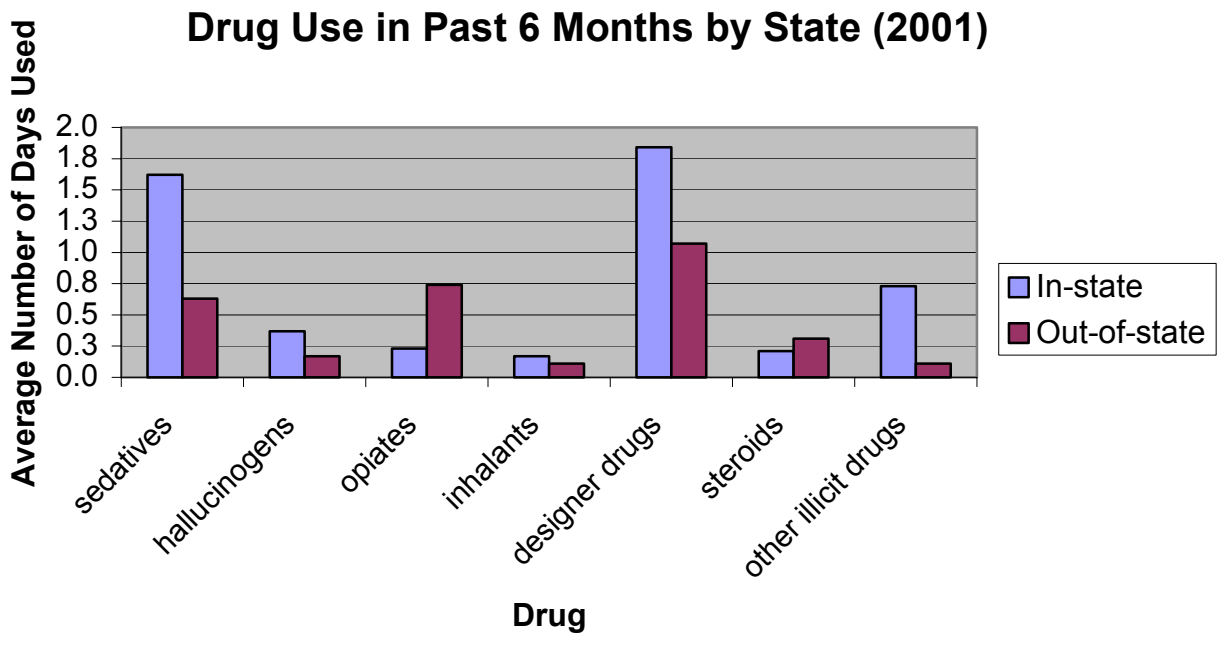


Graph 46

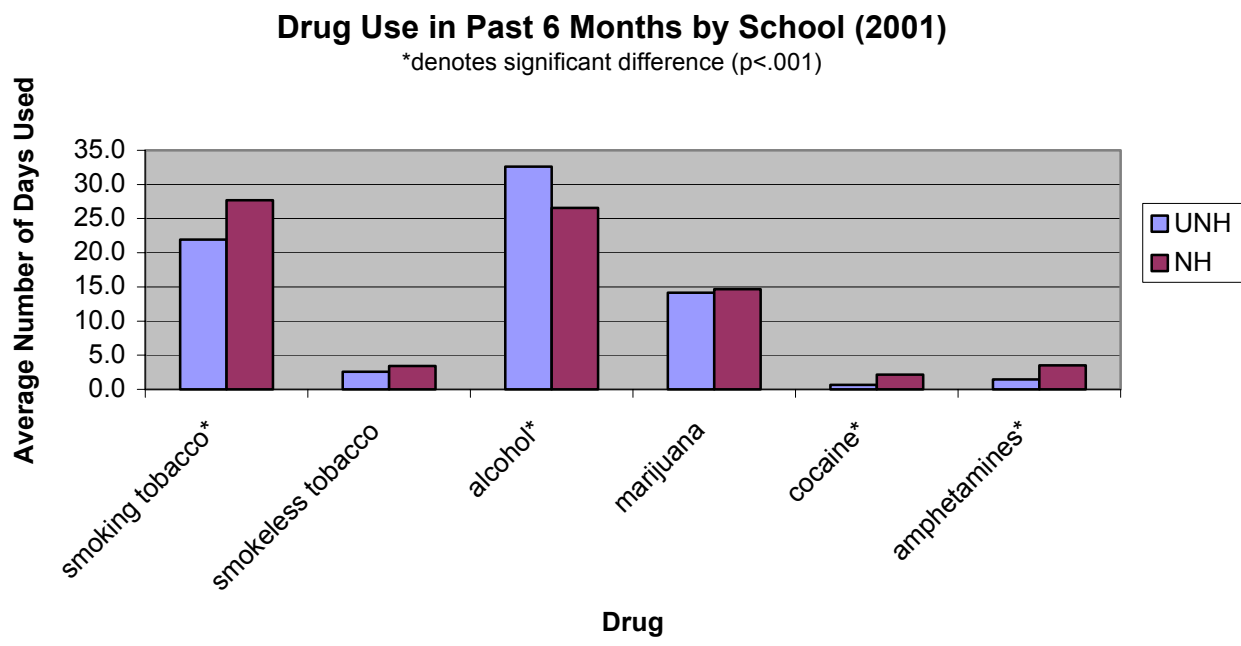








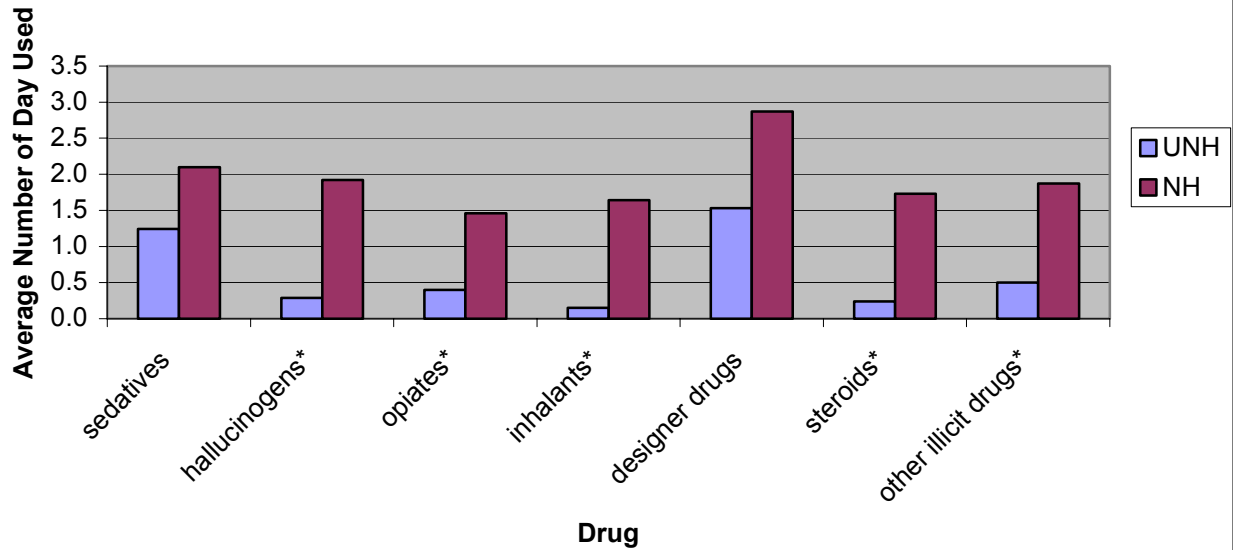
Graph 53



Graph 54

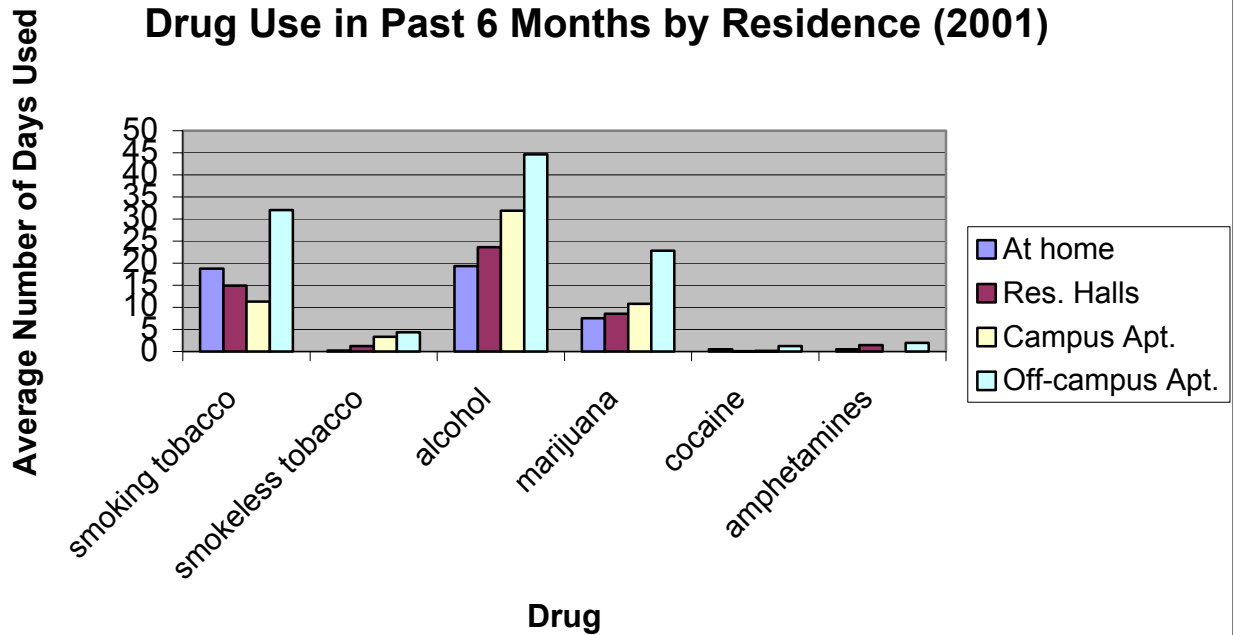
Drug Use in Past 6 Months by School (2001)

*denotes significant difference (p<.001)

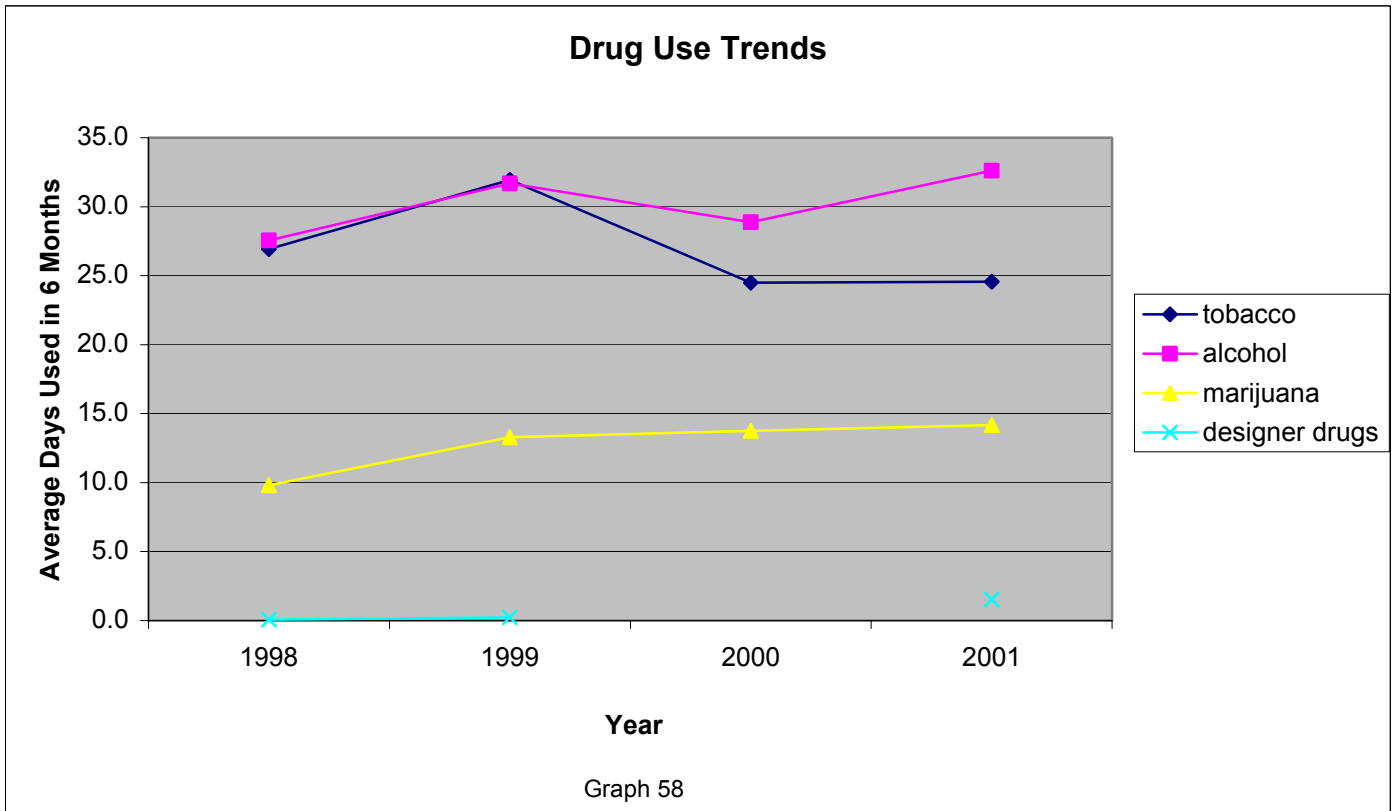
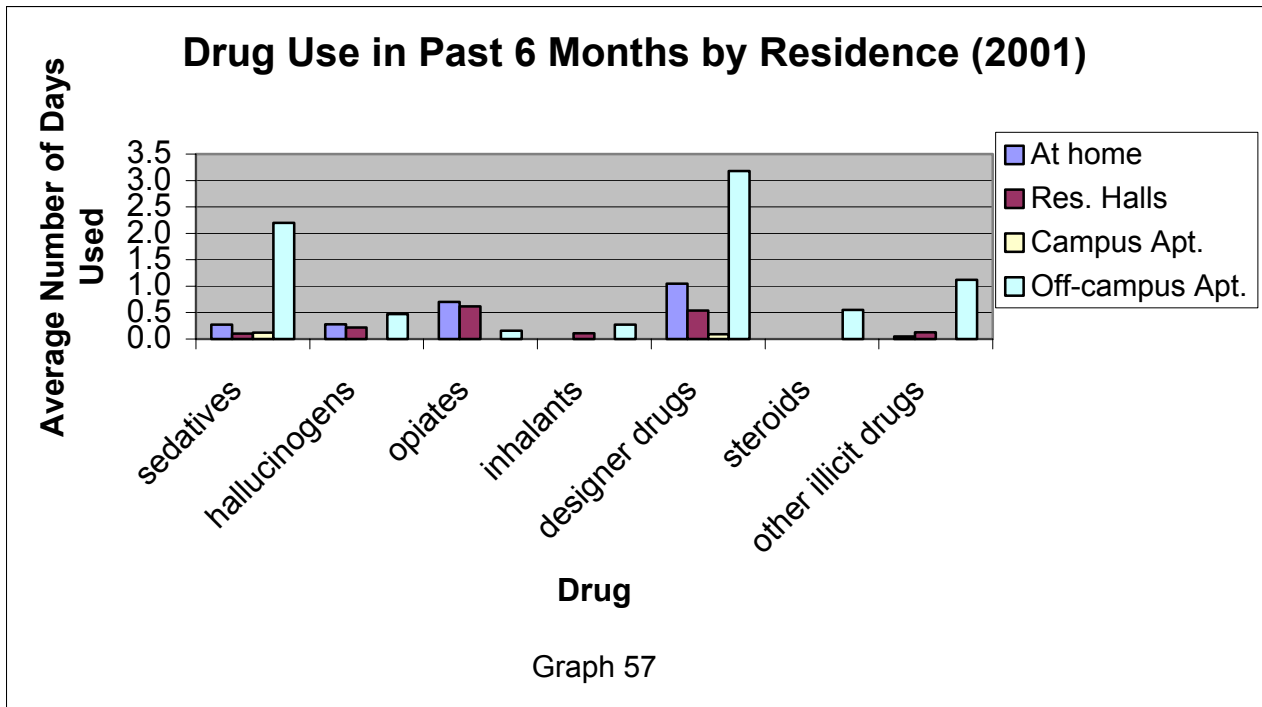


Graph 55

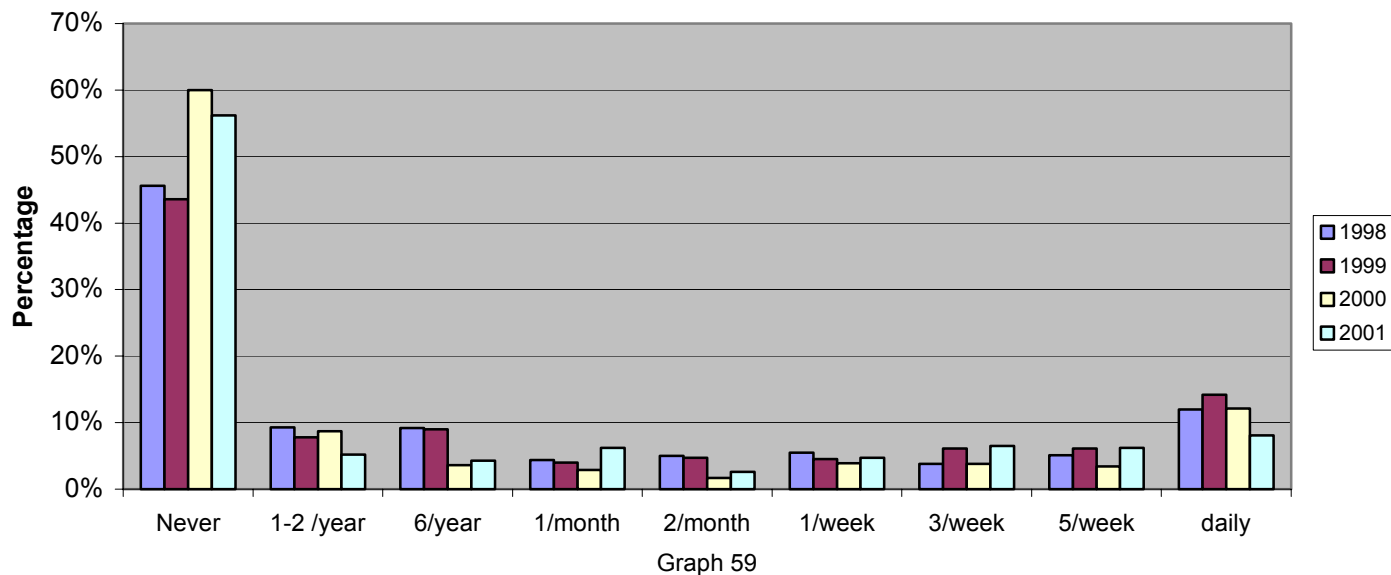
Drug Use in Past 6 Months by Residence (2001)



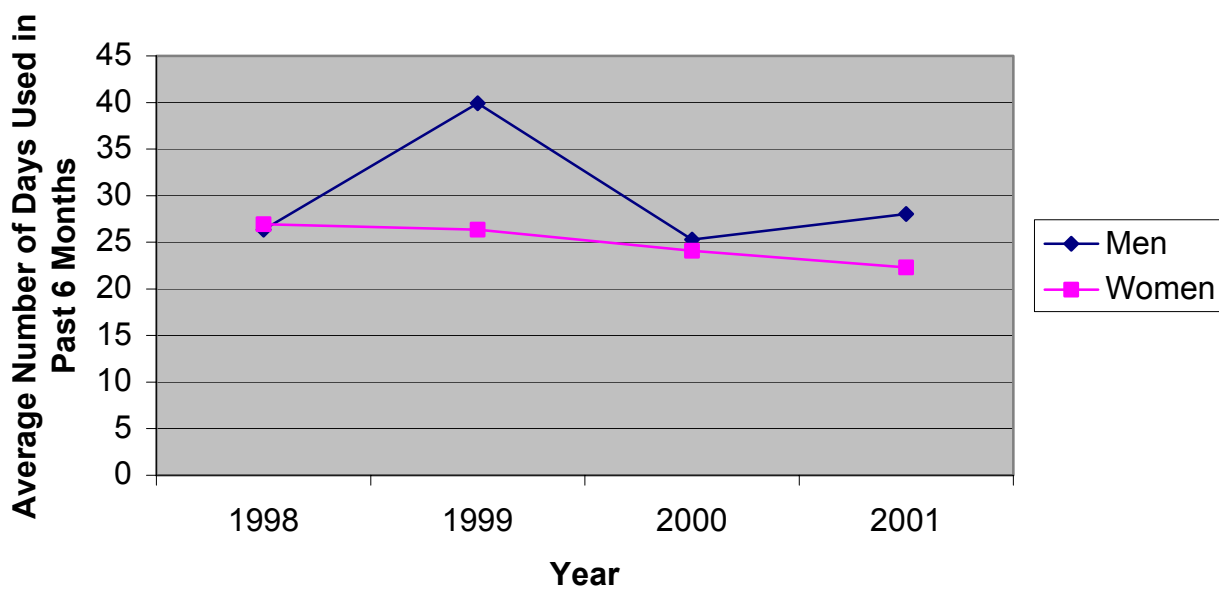
Graph 56



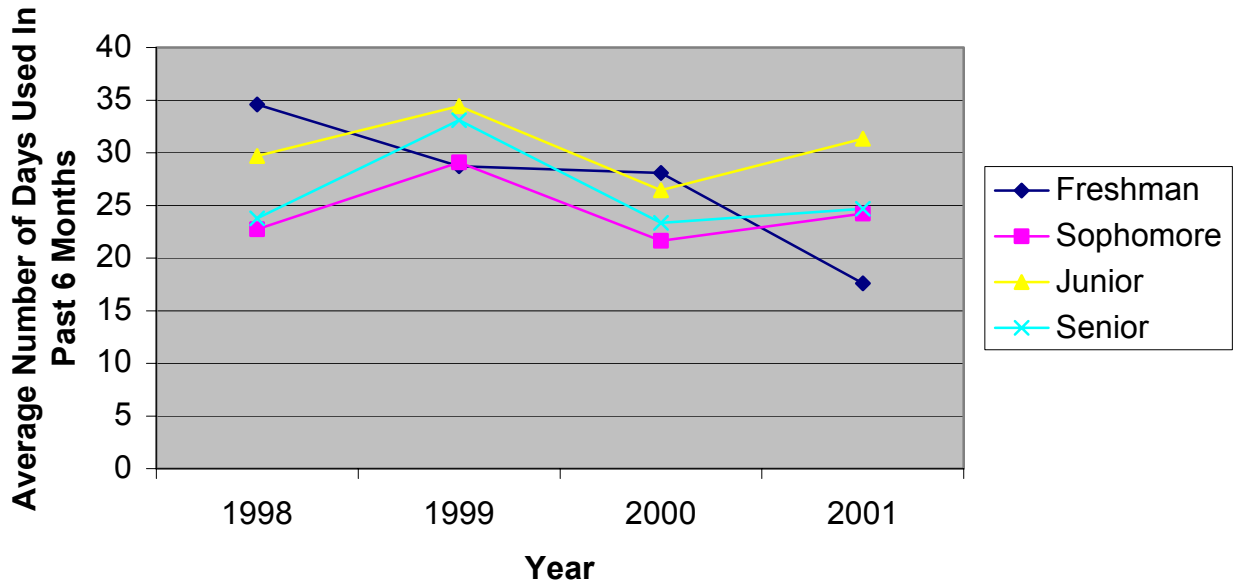
Tobacco Trends by Use



Tobacco Use Trends by Gender

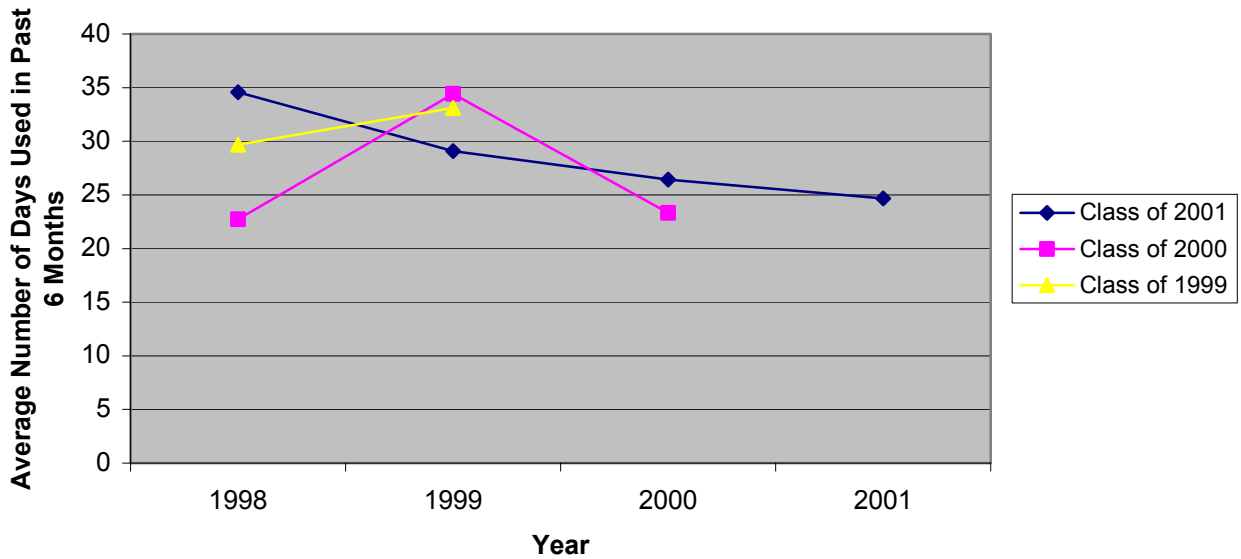


Tobacco Trends by Class



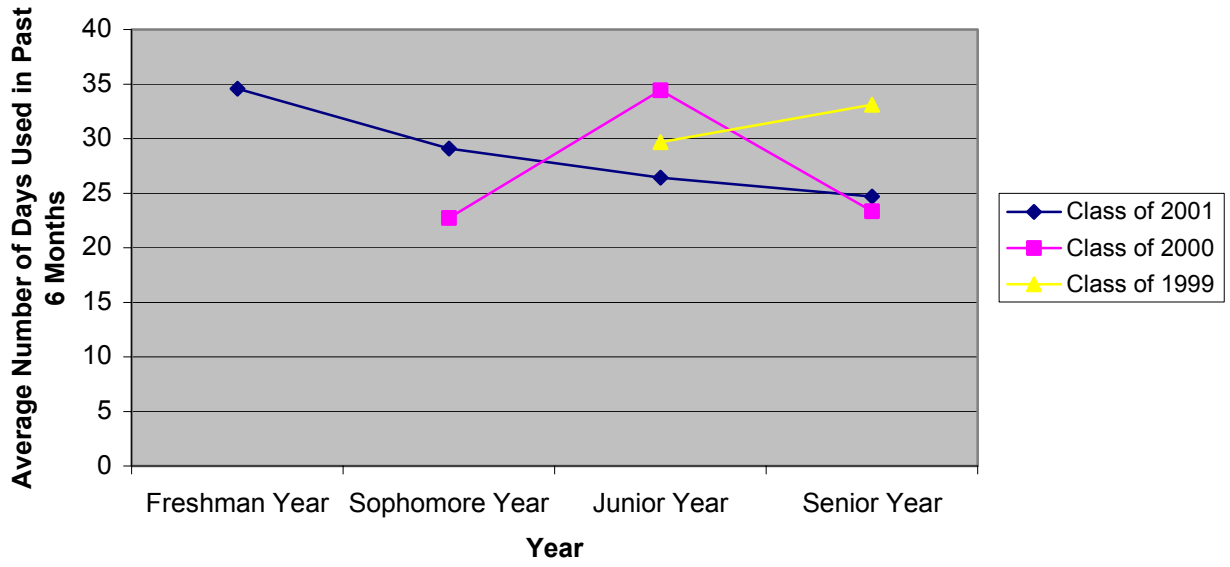
Graph 61

Tobacco Trends Class



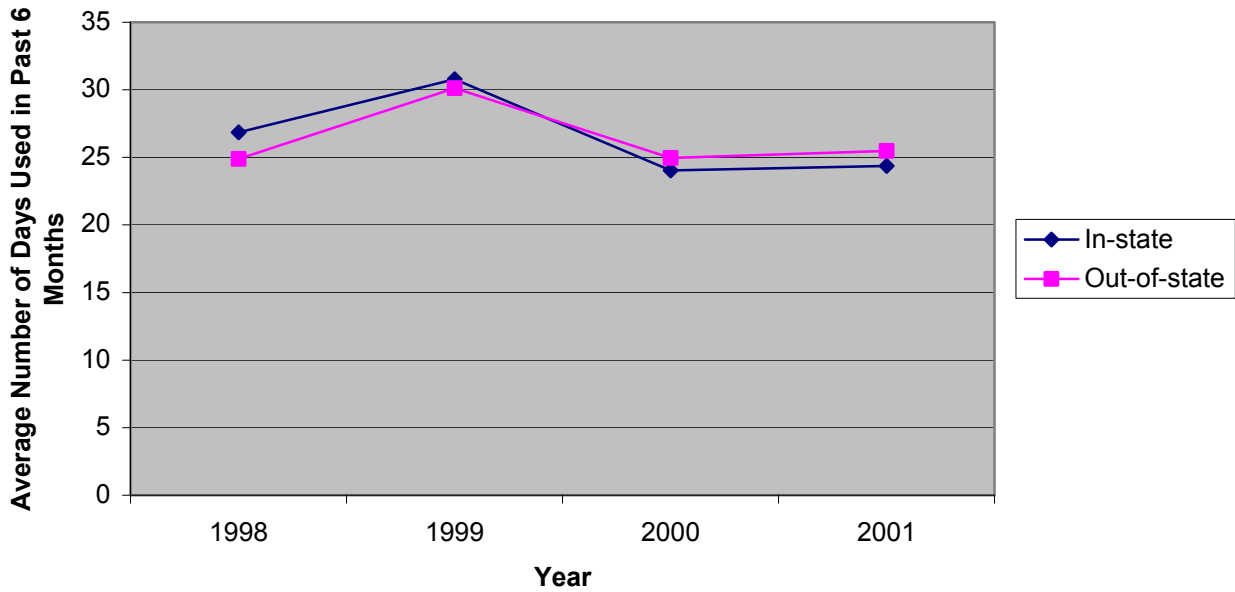
Graph 62

Tobacco Trends by Class
 (UNH began collecting this data in 1998)



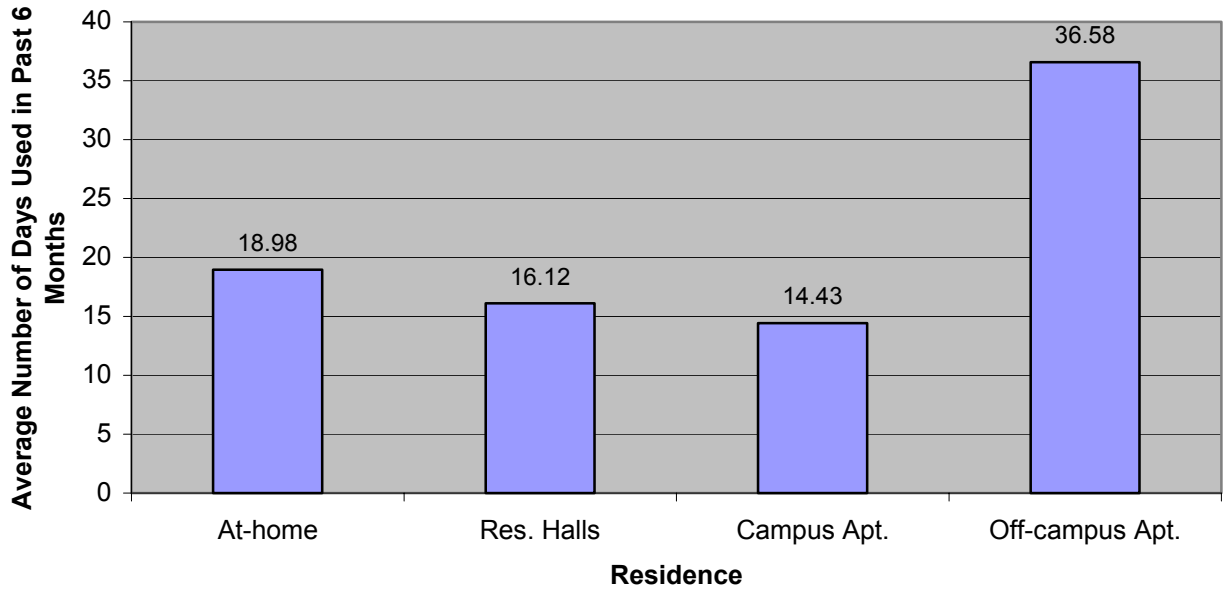
Graph 63

Tobacco Trends by State



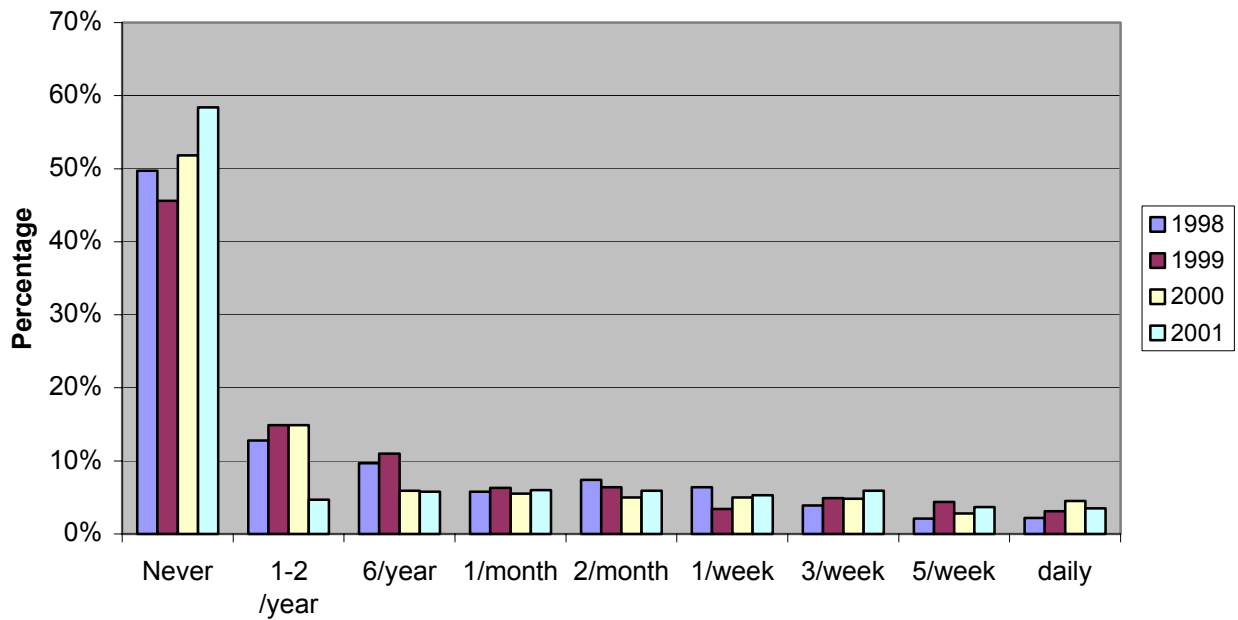
Graph 64

Tobacco Use by Residence

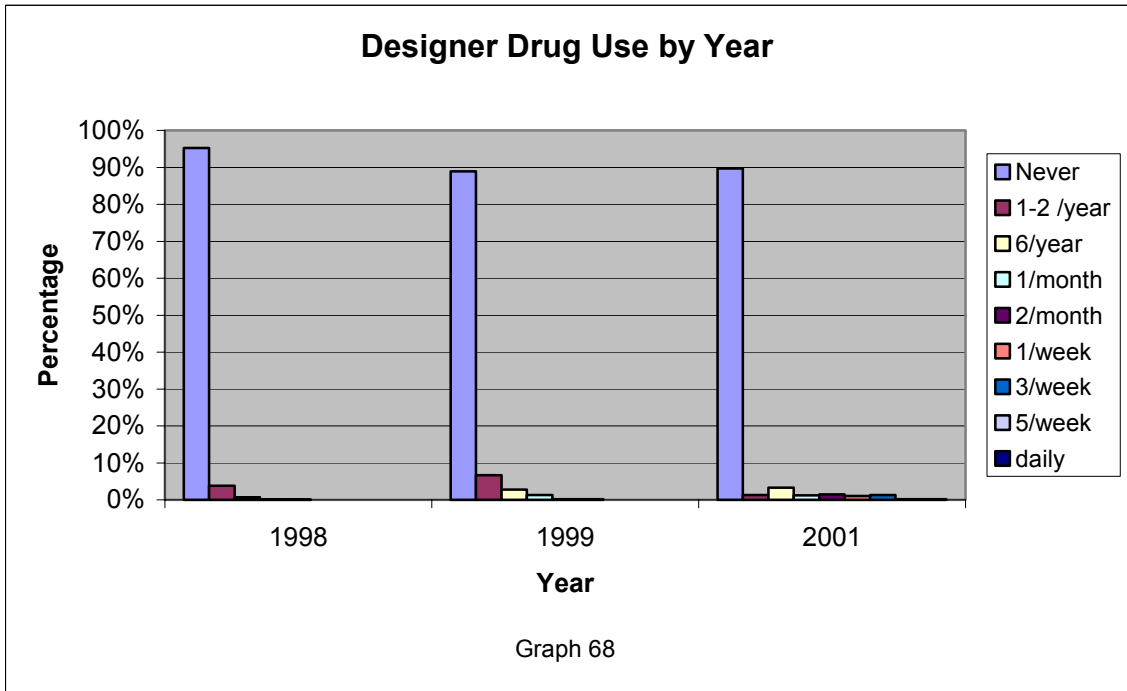
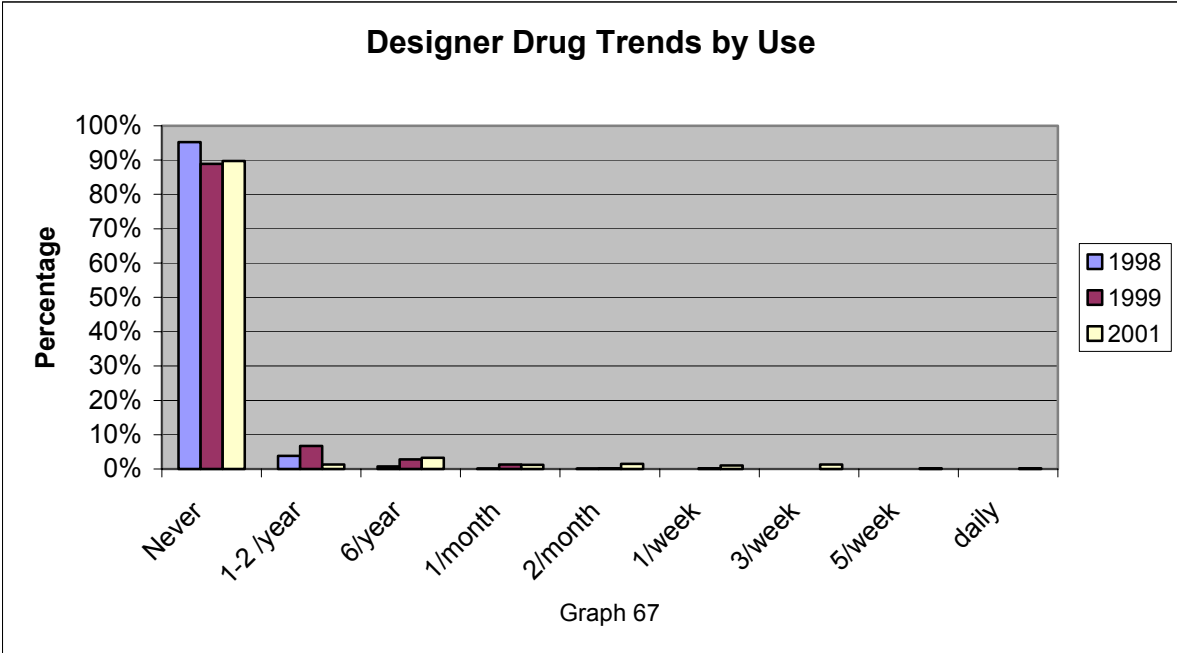


Graph 65

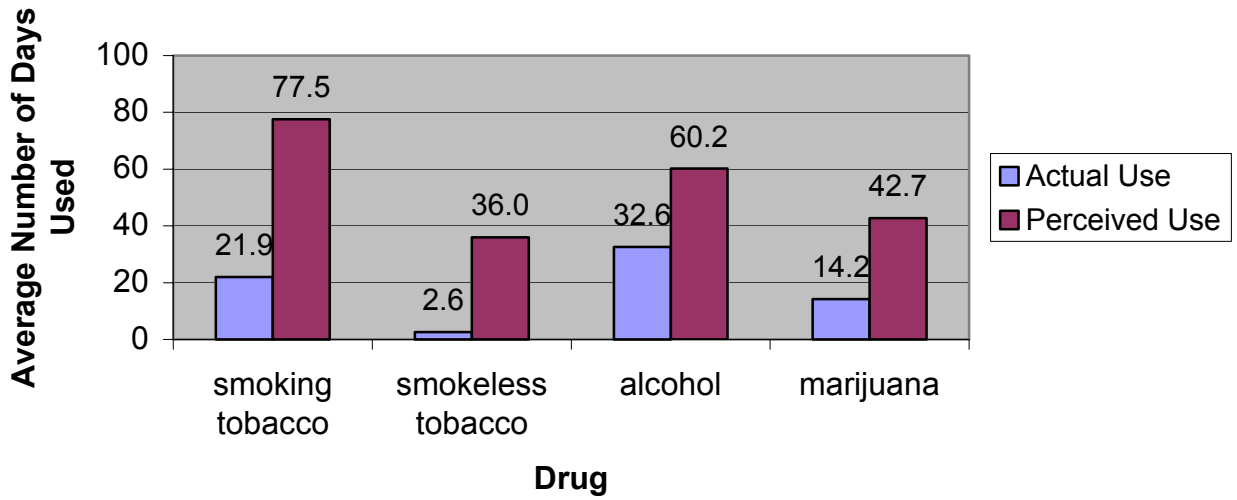
Marijuana Trends by Use



Graph 66

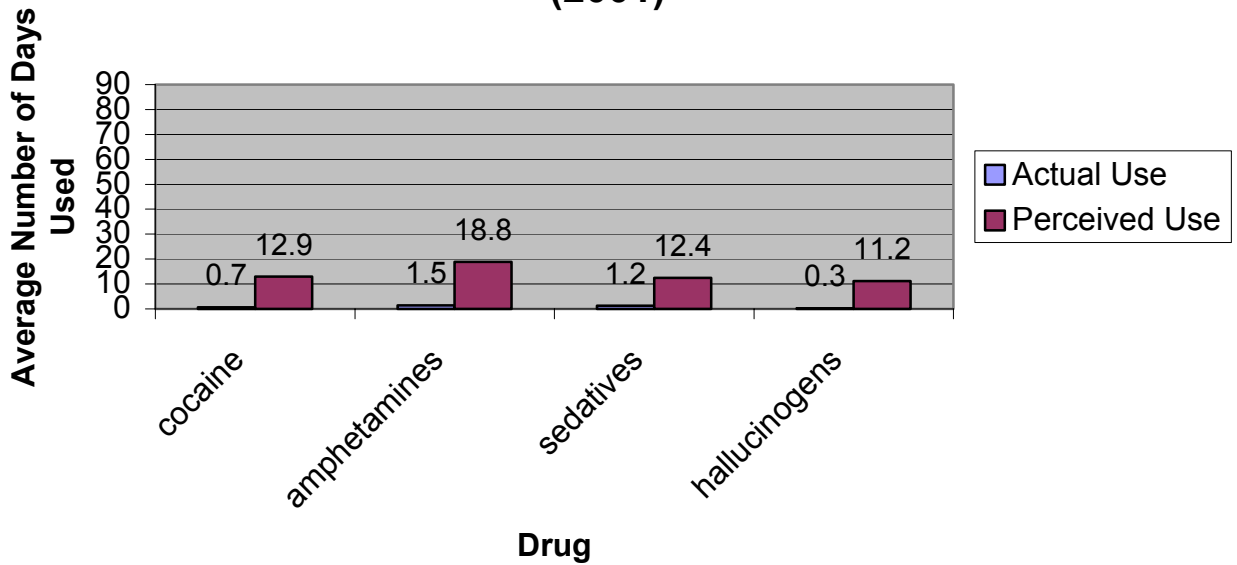


Drug Use in Past 6 Months: Actual vs. Perceived (2001)



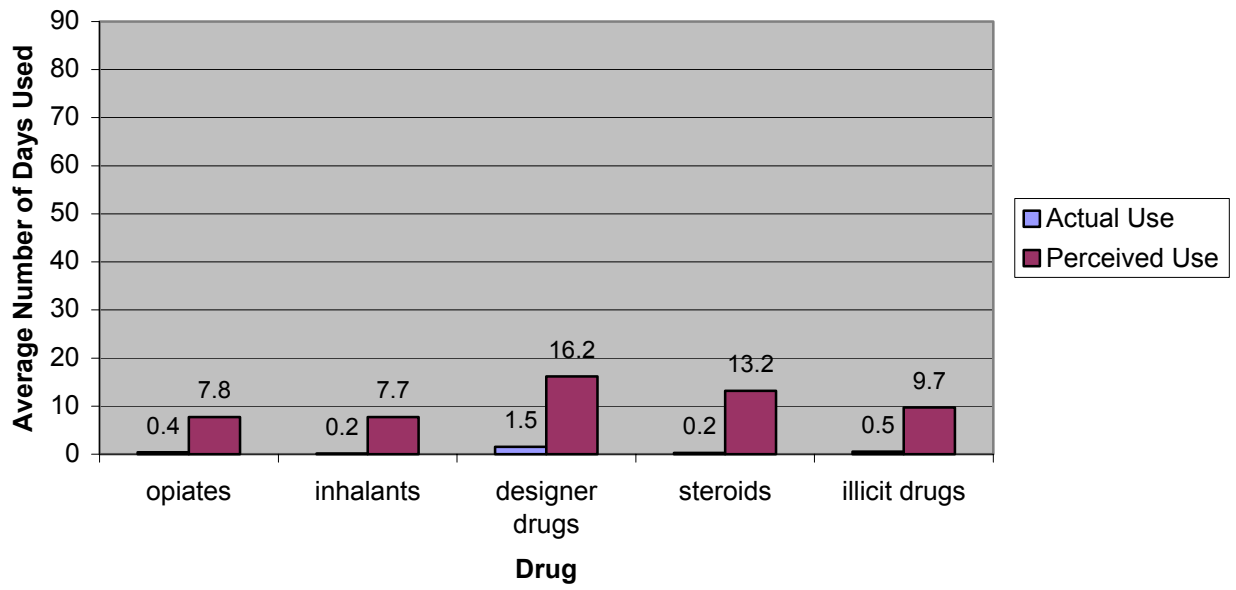
Graph 69

Drug Use in Past 6 Months: Actual vs. Perceived (2001)



Graph 70

Drug Use in Past 6 Months: Actual vs. Perceived (2001)



Graph 71