Campus Community Coalition for High Risk Alcohol Use

UND Health & Wellness

University of North Dakota
• Health & Wellness Hub
• University Counseling Center
• Student Health Services
• Wellness Center
• Financial Wellness
• Work Well
UND AOD ASSESSMENT TOOLS

Health & Wellness Data
• American College Health Association-National College Health Assessment
• CORE Alcohol & Other Drug Survey
• Opinion Leader Survey
• Student Focus Groups

General UND Data
• Campus Alcohol Risk Assessment
• Institutional Research
• Police Reports
• Dean of Students Office
• Housing
Figure 4. Frequency of Alcohol Use in Past 30 Days

- 0 Days: 24.0%
- 1-5 Days: 41.8%
- 6-19 Days: 31.4%
- 20-30 Days: 2.9%

2012 UND CORE Alcohol and Other Drug Survey
Figure 5. High Frequency Use of Alcohol Trends over Time (2004-2012 CORE)
Quantity of Alcohol Consumed

Mean Number Drinks Per Week

5.89
UND STUDENTS

4.60
NRG STUDENTS

2012 UND CORE Alcohol and Other Drug Survey
Figure 6. Binge Drinking (Past 2 Weeks) Trends over Time (2004 - 2012 CORE)
# Underage Alcohol Use

Table 1. Alcohol Use among Underage (< 21 years) Students

<table>
<thead>
<tr>
<th></th>
<th>UND Students 2008</th>
<th>UND Students 2010</th>
<th>UND Students 2012</th>
<th>ND Aggregate 2012*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol Use (Past 30 Days)</td>
<td>75.5%</td>
<td>72.8%</td>
<td>67.5%</td>
<td>66.4%</td>
</tr>
<tr>
<td>Alcohol Use (Past Year)</td>
<td>83.4%</td>
<td>83.0%</td>
<td>81.5%</td>
<td>80.9%</td>
</tr>
<tr>
<td>Average Number of Drinks (Per Week)</td>
<td>6.02</td>
<td>5.85</td>
<td>4.97</td>
<td>4.57</td>
</tr>
</tbody>
</table>

*2012 ND Aggregate reflects CORE Survey data collected statewide in 2012

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**46.8%** of UND students under the age of 21 reported binge drinking (consuming 5+ drinks in a single sitting) within the past two weeks.²

The most common sources for obtaining alcohol among UND student respondents under age 21 include the following:

- **83.9%** Friends older than 21
- **37.2%** Friends younger than 21
- **30.5%** Parents with Consent

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2012 UND CORE Alcohol and Other Drug Survey
Table 8. Legal Citations Reported by UND Students

<table>
<thead>
<tr>
<th>Citation</th>
<th>% of UND Students - 2012**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minor in Possession</td>
<td>17.6</td>
</tr>
<tr>
<td>DUI</td>
<td>2.6</td>
</tr>
<tr>
<td>Disorderly Conduct</td>
<td>1.3</td>
</tr>
<tr>
<td>Assault</td>
<td>0.6</td>
</tr>
</tbody>
</table>

2012 UND CORE Alcohol and Other Drug Survey
Table 9. Negative Impact of Others’ Alcohol Use on Campus

<table>
<thead>
<tr>
<th>Impact</th>
<th>% of UND Students**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interrupts studying</td>
<td>59.7</td>
</tr>
<tr>
<td>Interferes in other ways</td>
<td>52.9</td>
</tr>
<tr>
<td>Messes up living space</td>
<td>46.8</td>
</tr>
<tr>
<td>Prevents from enjoying events</td>
<td>30.9</td>
</tr>
<tr>
<td>Makes feel unsafe</td>
<td>30.1</td>
</tr>
<tr>
<td>Adversely affects involvement on athletic team/in organized group</td>
<td>14.7</td>
</tr>
</tbody>
</table>

* Categories not mutually exclusive
**UND students who reported that others’ drinking does interfere with their life (32.3% of total sample)
Students Prioritize Academics Over a Night of Drinking

Never missed a class because of drinking (CORE)

<table>
<thead>
<tr>
<th>Year</th>
<th>UND</th>
<th>NRG</th>
</tr>
</thead>
<tbody>
<tr>
<td>2008</td>
<td>67.1</td>
<td>71.9</td>
</tr>
<tr>
<td>2010</td>
<td>72.1</td>
<td>73.6</td>
</tr>
<tr>
<td>2012</td>
<td>73.7</td>
<td>73.6</td>
</tr>
</tbody>
</table>

2008 - 2012 UND CORE Alcohol and Other Drugs Survey
# Protective Behaviors Related to Alcohol Use

**Table 10.** Protective Behaviors Reported by Students using Alcohol in Party/Social Settings in the Past Year (2012 ACHA-NCHA)

<table>
<thead>
<tr>
<th>Behavior</th>
<th>% of UND Students - 2012</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stay with Same Group of Friends</td>
<td>89.1</td>
</tr>
<tr>
<td>Use Designated Driver</td>
<td>87.9</td>
</tr>
<tr>
<td>Eat Prior to/During Drinking</td>
<td>79.8</td>
</tr>
<tr>
<td>Track Number of Drinks</td>
<td>64.6</td>
</tr>
<tr>
<td>Use Only one Kind of Alcohol</td>
<td>56.4</td>
</tr>
<tr>
<td>Avoid Drinking Games</td>
<td>39.1</td>
</tr>
<tr>
<td>Decide not to Exceed Set Number of Drinks</td>
<td>38.9</td>
</tr>
<tr>
<td>Friend Alerts to When had Enough</td>
<td>35.0</td>
</tr>
<tr>
<td>Pace Drinks (≤ 1/hour)</td>
<td>32.4</td>
</tr>
<tr>
<td>Choose Not to Drink Alcohol</td>
<td>30.4</td>
</tr>
<tr>
<td>Alternate Non-Alcoholic Beverages</td>
<td>27.2</td>
</tr>
</tbody>
</table>

* Respondents engage in this behavior always or most of the time.

**Note:** the percentages include only those UND student respondents who reported engaging in alcohol use.
Socio-ecological Model

Environment/
Public Policy Factors

Community
Factors

Organizational
Factors

Relationship
Factors

Individual
Factors
**Environment / Public Policy**

- **UND Institutional Policies**
  - UND AOD Policies / Procedures
  - President’s Expectations/ Code of Student Life
  - Parental Notification
  - Limited Alcohol on Campus
  - Sanctioning Processes

- **Grand Forks City Ordinances**
  - Liquor Licensing
  - Mandatory Server Training
  - Social Host Ordinance
  - Alcohol Density
  - Limits on Drink Specials

- **State Laws**
  - Medical Amnesty
  - Mandatory Server Training
  - Social Host Law
  - Increase Excise Tax
• Grand Forks Substance Abuse Prevention Coalition
  – Town Hall Meetings-SAPC
• Coalition for a Healthy Greater Grand Forks
• Communities Mobilizing for Change on Alcohol (CMCA)
• City Council
  – Service/ Safety Committee
• Campus Community Committee on High Risk Alcohol Use
- UND Leadership
- Health & Wellness Culture
- Healthy UND Coalition
- UND AOD Committee
- AOD Consultants Visit
- AOD Consultant Review Task Group
- Conduct Process Working Group
- Campus Life and Safety Team
- UND Care Team
- Advocacy for Environmental and Policy Change
Peer Assisted Self-Assessment
Normative Feedback
Teaching Individuals Personal Strategies for Success
Peer Education and Outreach
Parents Lead
Support Groups
Programs and Special Events
Alcohol Overdose/Medical Amnesty
Wellness Living Learning Community
Tailored Programs to High Risk Populations
- Alcohol Screenings and Brief Interventions
- Mandatory Online Alcohol Education
- My Student Body
- Peer Assisted Self Assessments
- Student Chemical Assessment Review Program (SCARP)
- Information and Referral
- Alcohol Assessments
- One-to-One Counseling
UND Alcohol & Other Drug Committee Priorities
- Promote Evidence Based and Promising Practices
- Gather and Share Data
- Promote Role Modeling, Mentorship, and Relationships
- Conduct Educational Activities and a Media Campaign
- Enhance Campus/Community Partnerships

Next Steps
- Implement Consultant Recommendations
- Conduct Social Norms Campaign
- Promote Protective Behaviors
- Enhance Awareness of Laws, Policies, and Negative Consequences
- Implement Educational and Media Campaigns
- Advocate for Changes in Policy and Environment