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ADMINISTRATION

New Mexico

Eastern New Mexico University
Student Alcohol, Tobacco and Other Drug Use

Spring 2015

The New Mexico Higher Education Prevention Consortium

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NEW MEXICO HIGHER EDUCATION PREVENTION CONSORTIUM:

REDUCING ALCOHOL AND OTHER DRUG ABUSE AMONG COLLEGE STUDENTS

The New Mexico Higher Education Prevention Consortium is committed to collaboratively reducing the negative consequences associated with alcohol and other drug use. We do this through implementation of evidence-based programs designed to increase wise decision-making. The ultimate goal of the consortium is to promote academic success and well-being among all New Mexico college students.

The New Mexico Office of Substance Abuse Prevention (OSAP) supports a statewide consortium of colleges across New Mexico to address negative consequences associated with alcohol and drug use among students. The University of New Mexico (UNM) Campus Office of Substance Abuse Prevention (COSAP) has led the collaboration to build prevention capacity at New Mexico post-secondary institutions.

This report summarizes data collected in spring 2015 using the New Mexico Student Lifestyles Survey developed at The University of New Mexico. The survey includes measures of alcohol, tobacco, and other drug (ATOD) use behaviors and attitudes from almost 3,000 students at six colleges from around the state.

2014-2015 CONSORTIUM MEMBERS INCLUDE:
- Eastern New Mexico University
- New Mexico State University
- New Mexico Institute of Mining and Technology
- Santa Fe Community College
- San Juan College
- University of New Mexico

EVIDENCE BASED PROGRAMS AND PRACTICES

To reduce risky drinking and drinking behaviors among college students at New Mexico colleges Consortium members…

ENFORCE AOD UNIVERSITY POLICIES

All four-year institutions work with their student housing and resident life staff to train resident advisors to effectively enforce school AOD policies.

PROMOTE AWARENESS OF THE ILLEGALITY OF PURCHASING AND PROVIDING ALCOHOL FOR MINORS

All consortium schools conduct campaigns to increase awareness of the legal consequences for students 21 years and older of purchasing or providing alcohol for minors.

PUBLICIZE THE RISK OF DWI ARREST AND LEGAL CONSEQUENCES

Consortium schools collaborate with local law enforcement agencies to obtain and publicize dates of DWI Checkpoints and Saturation Patrols. Schools then develop media that describe the legal consequences and impact on student career choices for students with a DWI conviction.

IMPLEMENT COLLEGE CAMPUS SOCIAL NORMS CAMPAIGNS

Based on their individual school data, Consortium schools conduct social norms media campaigns to reduce binge drinking and its consequences, as well as promote safe and healthy behaviors among students.

PROVIDE UNIVERSAL PREVENTION PROGRAMS TO REDUCE RISKY DRINKING

Through programs such as new student orientation and freshmen experience seminars, students complete an online assessment tool that lets them see how their drinking habits, family history, and campus norms affect their life and future.

Prevention works!

TARGETING PREVENTION EFFORTS
Identifying Drinking Patterns to Better Understand Risk

College students are a very diverse group. By identifying groups of individuals that are at greatest risk, interventions and limited resources can be better targeted.

Targeting prevention efforts requires understanding risk behavior patterns. A student's risk of negative consequences related to their alcohol use is not captured by a single behavior, such as number of drinks consumed per week. By looking at several behaviors together, patterns of risk can be identified that provide a more complete, accurate and stable picture of overall student drinking behavior.

Groups of college students, each with their own pattern of alcohol use, were identified. A multivariate statistical method called Latent Class Analysis (LCA) was used to analyze the full sample of college students that participated in the New Mexico Student Lifestyles Survey in 2015.

Men and women were analyzed separately because drinking behavior has consistently been shown to differ by gender. This allowed us to focus on differences and similarities between men and women's drinking patterns.

Three measures of alcohol use were used to identify distinct groups of women and men.

1. Average number of drinks consumed per week
2. Binge drinking episodes in the past two weeks
3. Number of days alcohol was consumed over the past month

Groups were then tested to see if they differed significantly on a number of outcomes.

• Academic achievement
• Negative drinking consequences
• Age, legal drinking status, place of residence

WOMEN'S DRINKING BEHAVIOR PATTERNS
Were Best Characterized by Three Groups

Three measures of alcohol use were included in a multivariate analysis to identify these 3 distinct groups of women:

> 1. What is the average number of drinks you consume per week?
> 2. How many binge drinking episodes did you have in the past two weeks?
> 3. On how many days did you consume alcohol over the past month?
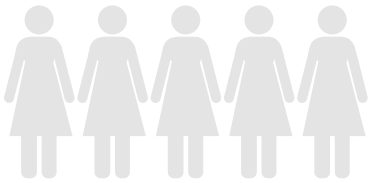
Non Drinkers* - 50% of all women

- None of the women classified as non-drinkers consumed 1 or more drinks per week.
- None binge drank in the past two weeks.
- 10% drank on 1 to 2 days out of the past 30 days.
- ★ Women classified as non-drinkers were significantly more likely to be Freshmen and under age 21 than other women.

*Women classified as non-drinkers may still have consumed some alcohol as measured by their responses to the three questions used to identify the groups.
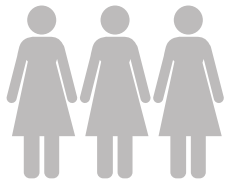
Light Drinkers - 32% of all women

- 72% of women classified as light drinkers consumed no more than 1 to 3 drinks per week.
- 32% binge drank on 1 or more occasions in the past two weeks.
- 54% drank on only 1 to 2 days out of the past 30 days, and 42% drank on 3 to 9 days of the past 30.
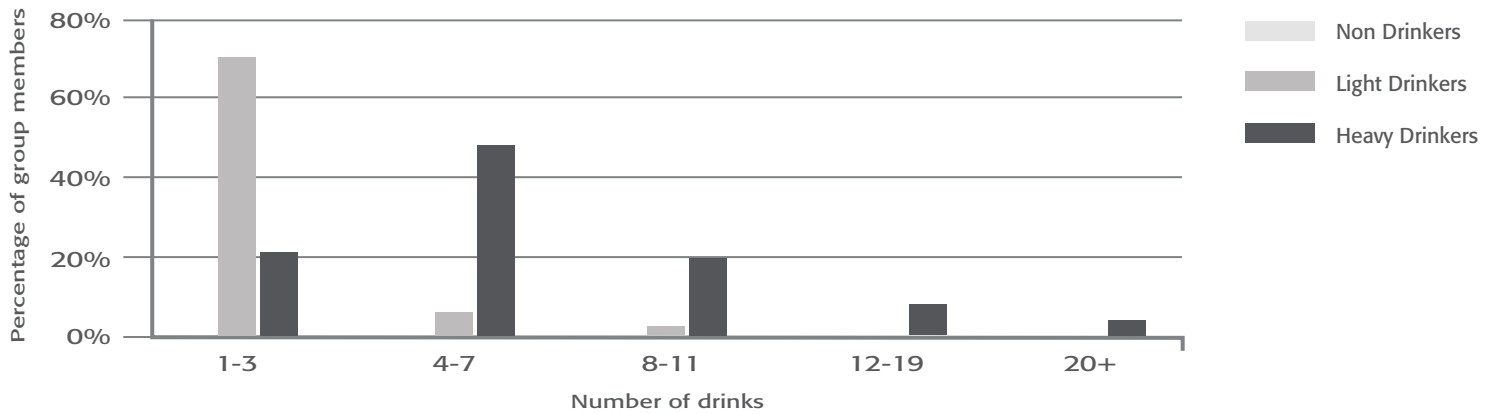
Heavy Drinkers - 18% of all women

- 77% of women classified as heavy drinkers consumed 4 or more drinks per week.
- 82% binge drank on 1 or more occasions in the past two weeks.
- 76% drank on 6 or more of the past 30 days.
- ★ Women classified as heavy drinkers were significantly more likely to live in Sorority houses than women in the light and non-drinking groups.

RESPONSE PATTERNS OF WOMEN
in Each Drinking Group

Number of Alcoholic Drinks Consumed Per Week

Percentage of group members

- Non Drinkers
- Light Drinkers
- Heavy Drinkers

Number of drinks: 1-3, 4-7, 8-11, 12-19, 20+

Number of Binge Episodes Past Two Weeks

Percentage of group members

- Non Drinkers
- Light Drinkers
- Heavy Drinkers

Number of binge episodes: 1, 2, 3-5, 6-9, 10+

Number of Days Drank Alcohol Past Month

Percentage of group members

- Non Drinkers
- Light Drinkers
- Heavy Drinkers

Number of days drank: 1-2, 3-5, 6-9, 10-19, 20+
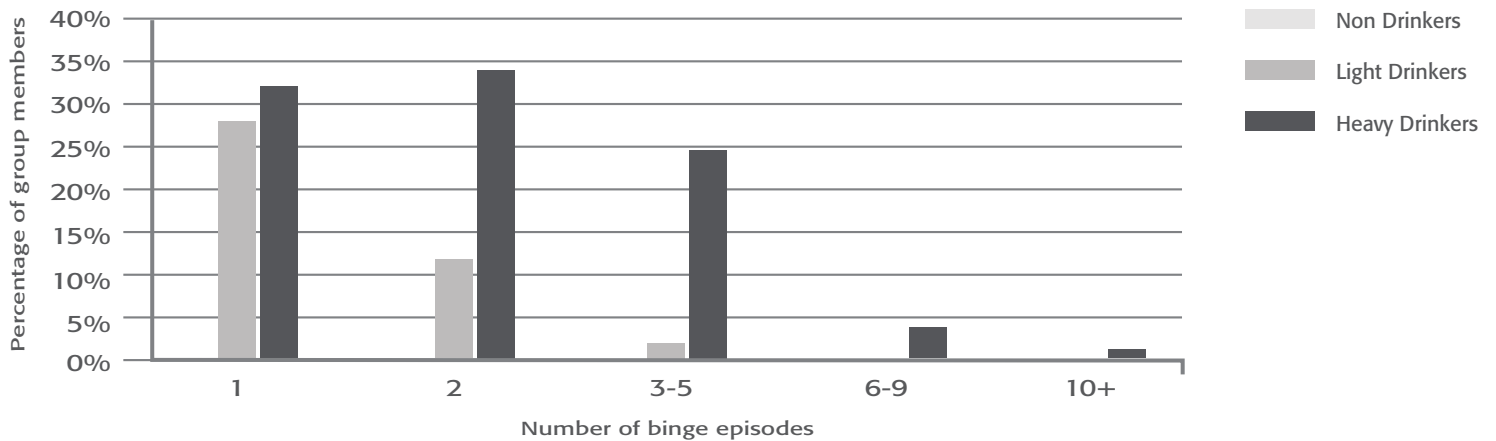
MALE DRINKING BEHAVIOR PATTERNS
Were Best Characterized by Four Groups

Three measures of alcohol use were included in a multivariate analysis to identify these 4 distinct groups of men:

1. What is the average number of drinks you consume per week?
2. How many binge drinking episodes did you have in the past two weeks?
3. On how many days did you consume alcohol over the past month?

Non Drinkers* - 45% of all men

- 99% of men classified as non-drinkers consumed zero drinks per week.
- None binge drank in the past two weeks.
- 92% drank on zero days out of the past 30 days.
- ★ Men classified as non drinkers were significantly more likely to be Freshmen and under age 21 than other men.

   Men classified as non-drinkers may still have consumed some alcohol as measured by their responses to the three questions used to identify the groups.

Light Drinkers - 26% of all men

- 74% of men classified as light drinkers consumed no more than 1-3 drinks per week.
- 68% did not binge drink at all in the past two weeks, and 23% had one binge episode during that time.
- 50% drank on only 1 to 2 days out of the past 30 days.

Heavy Drinkers - 19% of all men

- 100% of men classified as heavy drinkers consumed 1 or more drinks per week, and 45% consumed 20 or more drinks per week.
- 86% binge drank on 1 or more occasions in the past two weeks.
- 25% drank on 3 to 5 of the past 30 days, and 68% drank on 6 or more of the past 30 days.
- ★ Men classified as heavy drinkers were significantly more likely to live in Fraternity houses than males in the light and non-drinking groups.

Very Heavy Drinkers - 10% of all men

- 100% of men classified as very heavy drinkers consumed 1 or more drinks per week, and 45% consumed 20 or more drinks per week.
- 99% binge drank on one or more occasions in the past two weeks, and 36% binge drank on 6 or more occasions during this period.
- 39% drank on 10 or more of the past 30 days, and 35% drank on 20 or more of the past 30 days.
- ★ Men classified as very heavy drinkers were significantly more likely to live in Fraternity houses than males in the light and non-drinking groups.
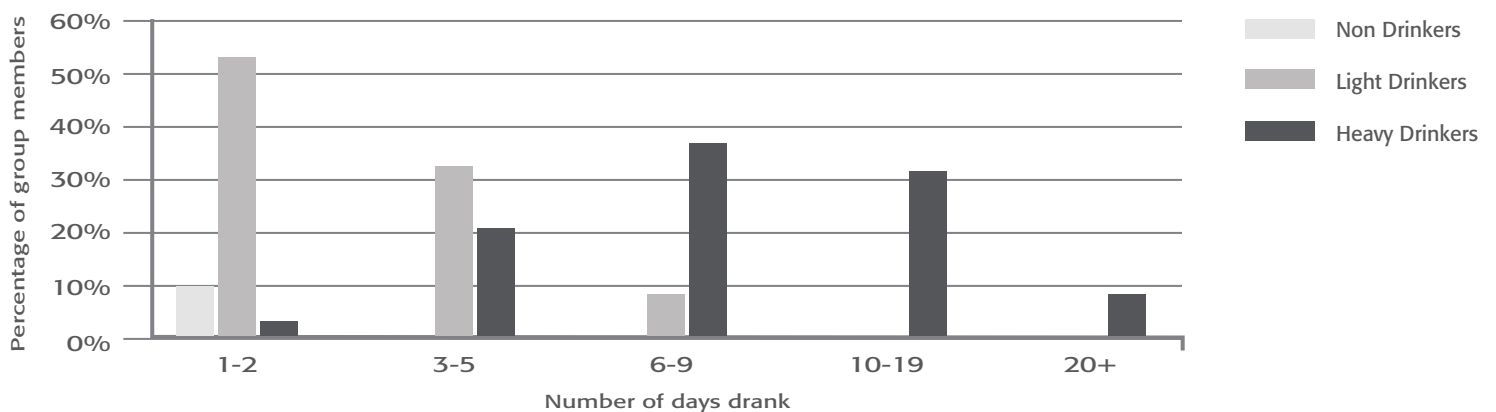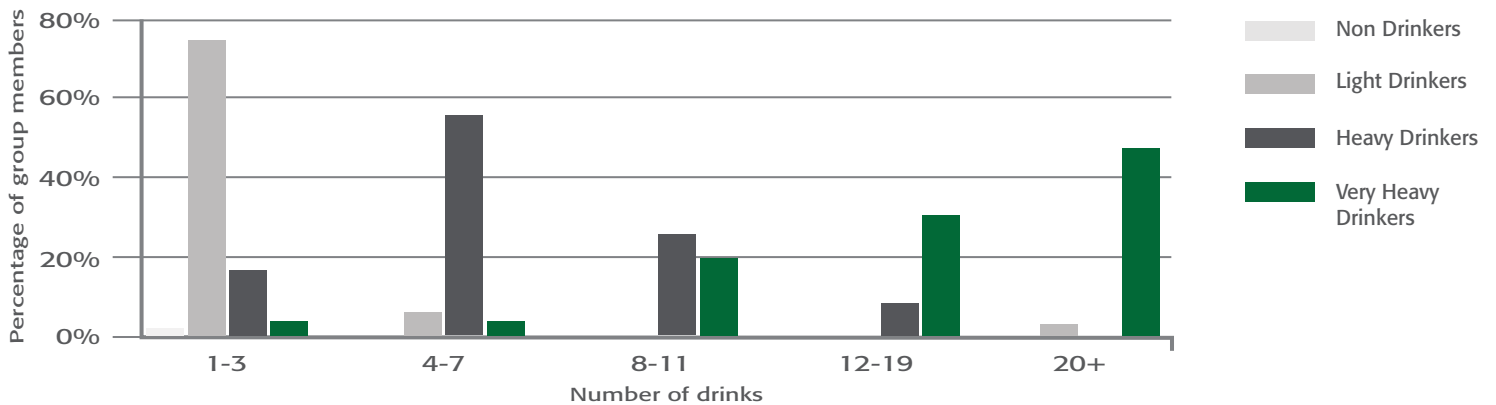
RESPONSE PATTERNS OF MEN
in Each Drinking Group

Number of Alcoholic Drinks Consumed Per Week

Percentage of group members

- Non Drinkers
- Light Drinkers
- Heavy Drinkers
- Very Heavy Drinkers

Number of drinks: 1-3, 4-7, 8-11, 12-19, 20+

Number of Binge Episodes Past Two Weeks

Percentage of group members

- Non Drinkers
- Light Drinkers
- Heavy Drinkers
- Very Heavy Drinkers

Number of binge episodes: 1, 2, 3-5, 6-9, 10+

Number of Days Drank Alcohol Past Month

Percentage of group members

- Non Drinkers
- Light Drinkers
- Heavy Drinkers
- Very Heavy Drinkers
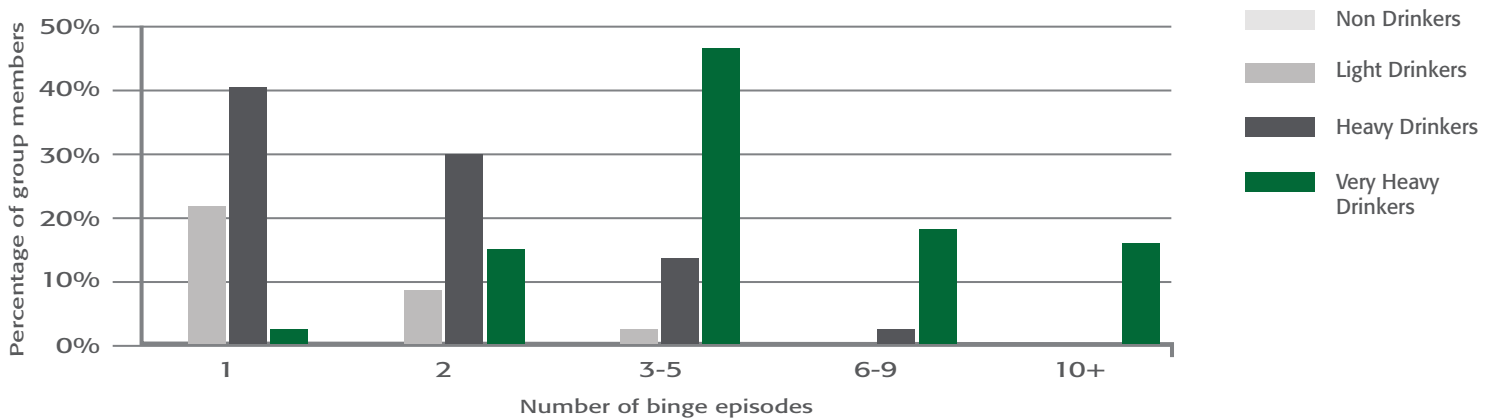
Number of days drank: 1, 2, 3-5, 6-9, 10+
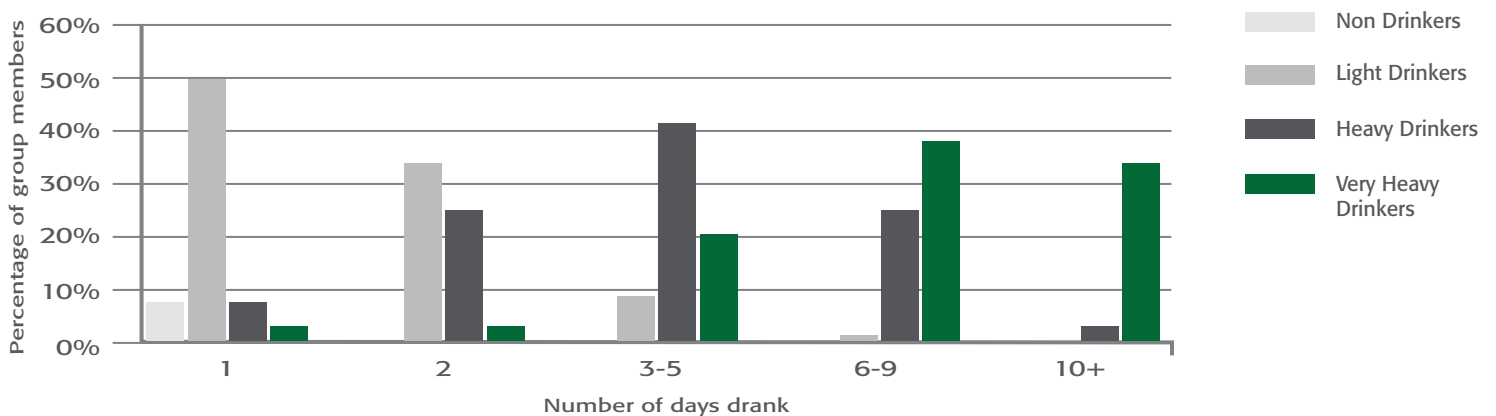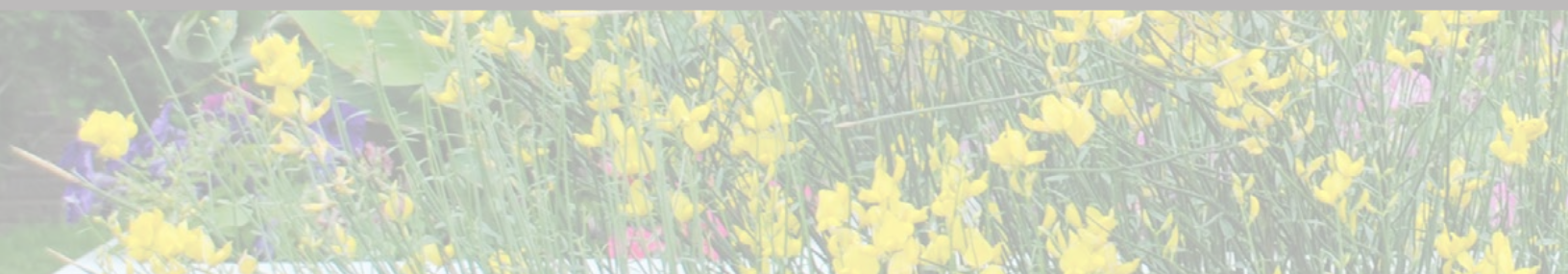
Eastern New Mexico University
Spring 2015 Student Survey Results

ACADEMIC CONSEQUENCES
and Alcohol Use are Associated Among ENMU Students

Students that Report Missing a Class Due to Drinking Alcohol by Drinking Group (% past 12 months)

Percentage of students

Women
- All: 17
- Non Drinkers: 5
- Light Drinkers: 20
- Heavy Drinkers: 50

Men
- All: 27
- Non Drinkers: 9
- Light Drinkers: 22
- Heavy Drinkers: 53
- Very Heavy Drinkers: 62

Legend: All | Non Drinkers | Light Drinkers | Heavy Drinkers | Very Heavy Drinkers

One in four students report having problems in school due to drinking; among college students who drop out, an estimated 30% attribute it to alcohol abuse.[1]
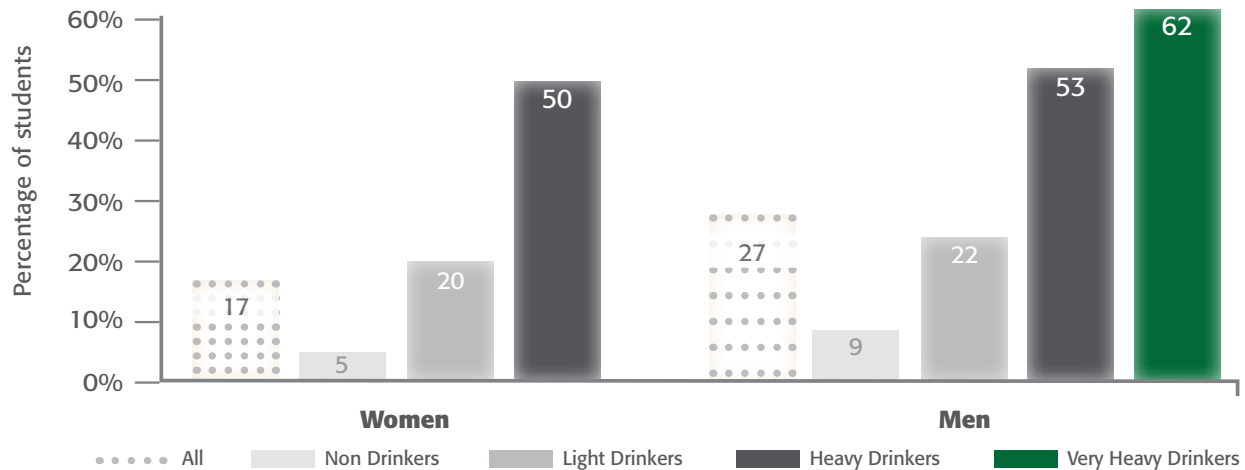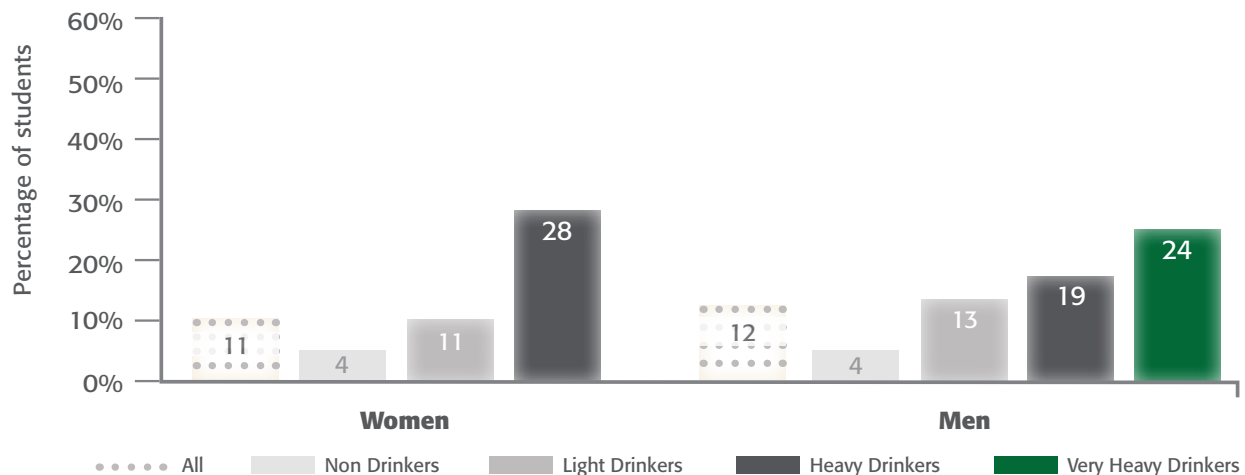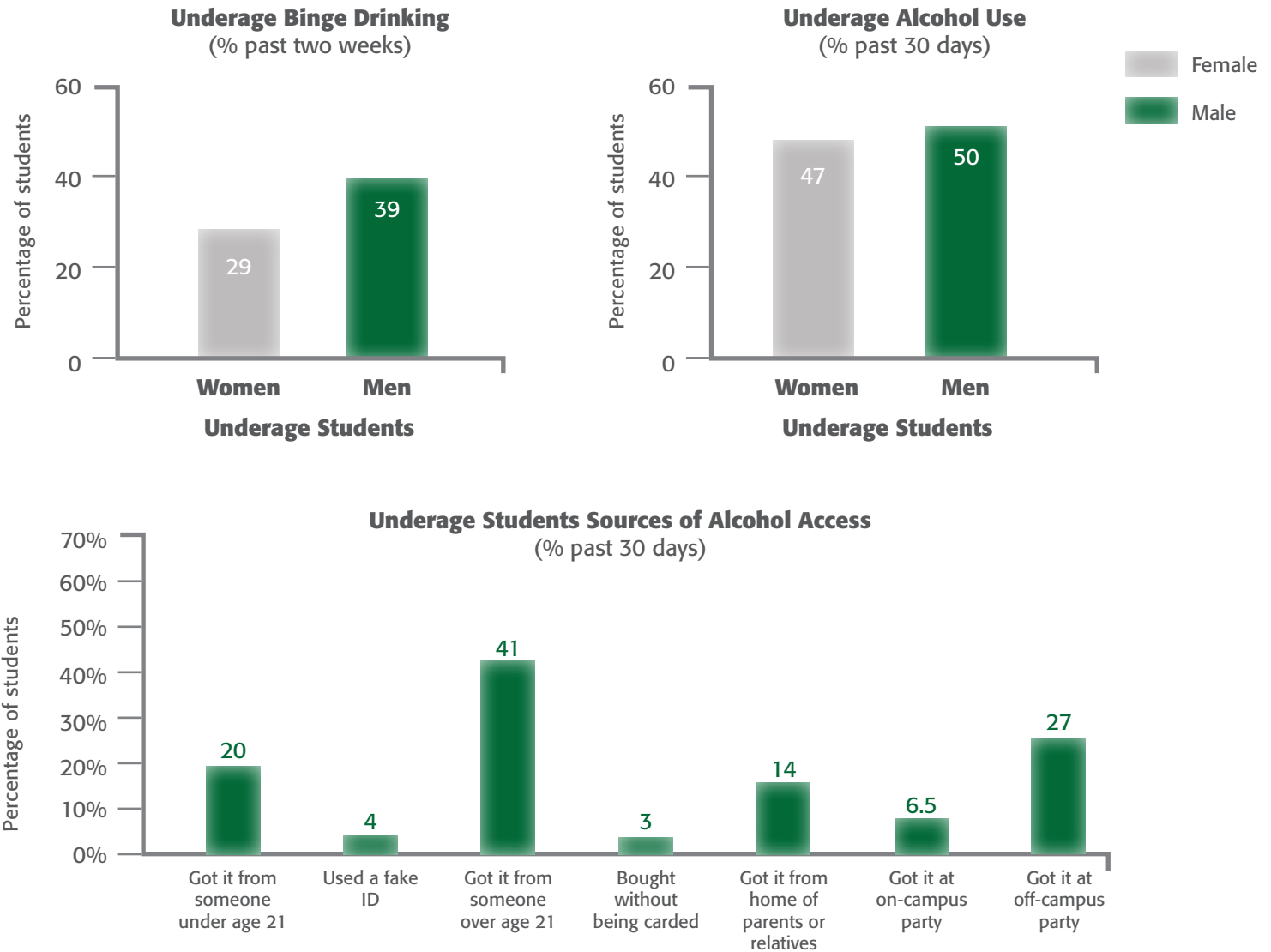
Students that Report Performing Poorly on a Test or Important Project Due to Drinking Alcohol by Drinking Group (% past 12 months)

Percentage of students

Women
- All: 11
- Non Drinkers: 4
- Light Drinkers: 11
- Heavy Drinkers: 28

Men
- All: 12
- Non Drinkers: 4
- Light Drinkers: 13
- Heavy Drinkers: 19
- Very Heavy Drinkers: 24

Legend: All | Non Drinkers | Light Drinkers | Heavy Drinkers | Very Heavy Drinkers

"We strive for student success at Eastern New Mexico University (ENMU). Our participation in the New Mexico Higher Education Prevention Consortium (NMHEPC) has allowed us to implement productive research based prevention and educational initiatives. Students of higher education face additional pressures associated with academic life that can only be negatively impacted by drug and alcohol use. Our goal is to minimize and prevent these risky behaviors in order for our students to have a bright future. We look forward to continuing our service to ENMU and our commitment to community policing efforts."
– Bradley D. Mauldin, Eastern New Mexico University, Chief of Police

UNDERAGE ENMU STUDENTS ARE AT RISK
For Alcohol Related Consequences

Underage Binge Drinking
(% past two weeks)

Percentage of students

- Women: 29
- Men: 39

Underage Students

Underage Alcohol Use
(% past 30 days)

Percentage of students

- Women: 47
- Men: 50

Underage Students

Legend:
- Female
- Male

Underage Students Sources of Alcohol Access
(% past 30 days)

Percentage of students

- Got it from someone under age 21: 20
- Used a fake ID: 4
- Got it from someone over age 21: 41
- Bought without being carded: 3
- Got it from home of parents or relatives: 14
- Got it at on-campus party: 6.5
- Got it at off-campus party: 27

Underage students report drinking an average of 2.53 drinks per week.

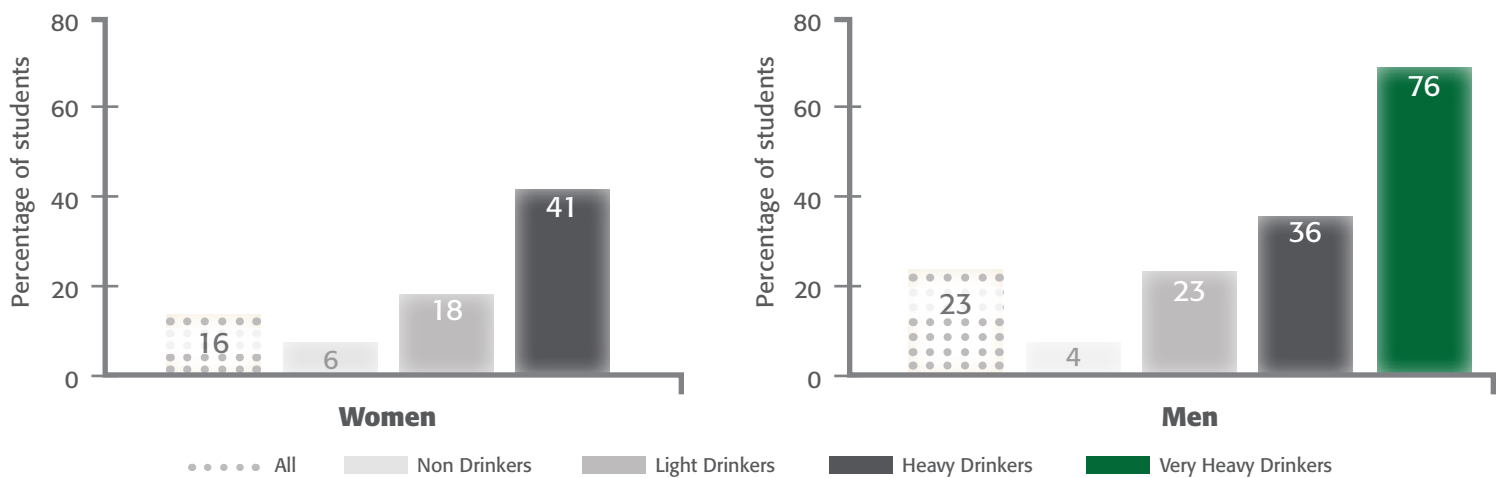**65%** of ENMU students reported it was easy or very easy for underage students at their campus to get alcohol.

59% of ENMU students reported police are somewhat or very likely to arrest an adult for giving alcohol to a minor.

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DRINKING AND DRIVING BEHAVIOR
Varies Dramatically Among ENMU Students

The likelihood of drinking and driving in the past 12 months differs dramatically by drinking group for both women and men.

Drinking and Driving by Drinking Group for Women and Men
(% past 12 months)

Women — All: 16, Non Drinkers: 6, Light Drinkers: 18, Heavy Drinkers: 41

Men — All: 23, Non Drinkers: 4, Light Drinkers: 23, Heavy Drinkers: 36, Very Heavy Drinkers: 76

Legend: All | Non Drinkers | Light Drinkers | Heavy Drinkers | Very Heavy Drinkers

68% of ENMU students reported it was "somewhat" to "very likely" they would be arrested if they were driving after having too much to drink.

83% of ENMU students reported their closest friends would "disapprove" or "strongly disapprove" if they drove a car under the influence of alcohol.

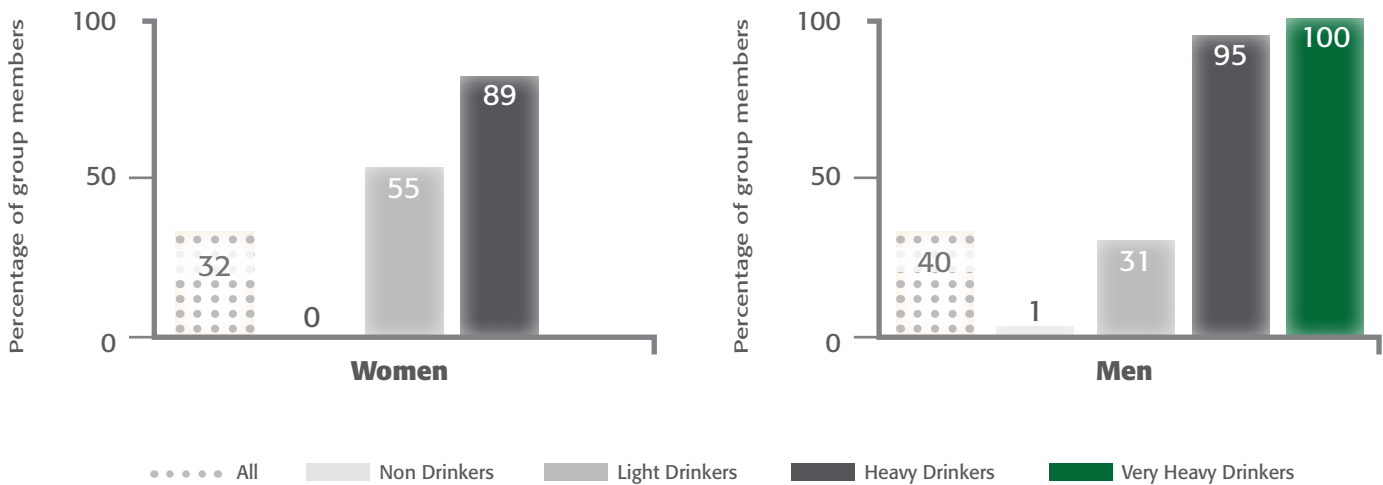**78%** of ENMU students reported using a designated driver.

Car crashes, nearly half of which are alcohol-related, are the leading cause of death among college students nationally. [2]

[2] Turner, J. and Keller, A. (2011, November). Leading causes of mortality among American college students at 4-year institutions. Presentation at the American Public Health Association, Washington DC.

BINGE DRINKING AMONG ENMU STUDENTS
Varies by Group for Both Women and Men

Binge Drinking of Women and Men by Drinking Group
(% past two weeks)

Women

- 32 (All)
- 0 (Non Drinkers)
- 55 (Light Drinkers)
- 89 (Heavy Drinkers)

Percentage of group members

Men

- 40 (All)
- 1 (Non Drinkers)
- 31 (Light Drinkers)
- 95 (Heavy Drinkers)
- 100 (Very Heavy Drinkers)

Percentage of group members

· · · · · All   Non Drinkers   Light Drinkers   Heavy Drinkers   Very Heavy Drinkers

*Binge drinking is defined as consuming 5 or more drinks in about 2 hours for men,
and 4 or more drinks in about 2 hours for women.*

> **College students perceive the alcohol consumption of their peers to be much higher than their actual consumption.**

**2.73** The average number of alcoholic drinks ENMU students consumed per week.

8.44 The average number of alcoholic drinks ENMU students estimate that their peers consume each week.

Reducing the gap between actual numbers of drinks consumed and perceived number of drinks consumed is a goal of social norms campaigns designed to reduce risky drinking.

NEGATIVE HEALTH AND SAFETY CONSEQUENCES
Consistently Increase by ENMU Student Drinking Group
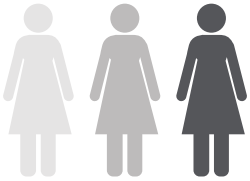
Female Consequences	All Students	Non Drinkers	Light Drinkers	Heavy Drinkers
		Student's in Each Group Experiencing the Consequence (% past 12 months)		
Have been taken advantage of sexually	5	1	7	13
Have taken advantage of another sexually	1	0	0	7
Got into an argument or fight	14	4	21	33
Seriously thought about suicide	2	2	1	7
Been hurt or injured	6	1	7	20

Male Consequences	All Students	Non Drinkers	Light Drinkers	Heavy Drinkers	Very Heavy Drinkers
		Student's in Each Group Experiencing the Consequence (% past 12 months)			
Have been taken advantage of sexually	7	2	10	5	24
Have taken advantage of another sexually	2	1	1	2	5
Got into an argument or fight	22	5	24	36	62
Seriously thought about suicide	6	2	9	3	19
Been hurt or injured	9	2	15	9	29

PROTECTIVE STRATEGIES ENMU STUDENTS
Use When They Drink

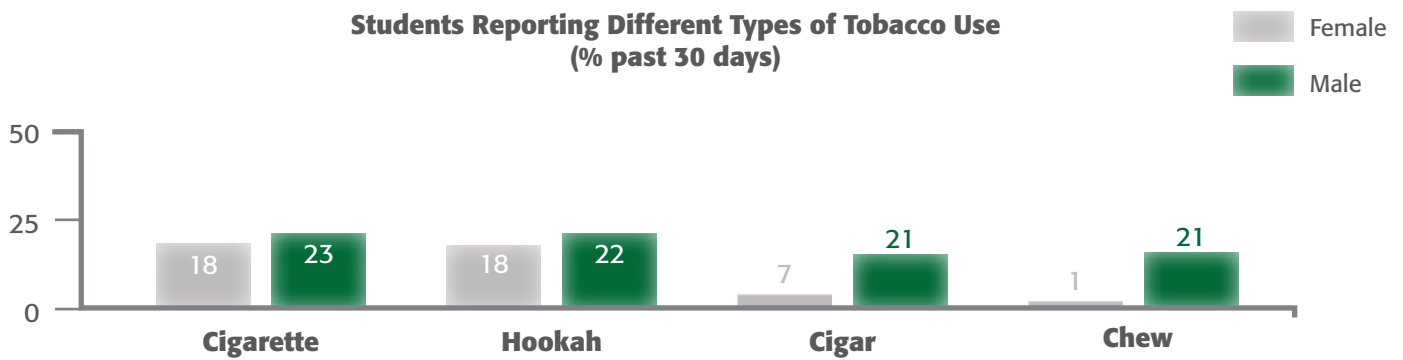| Protective Behaviors	All Students	Women	Men
	(% past 12 months)		
Hang out with people who drink less or more slowly	62	68	55
Avoid drinking games	36	45	24
Keep track of the number of drinks you have	63	68	56
Decide ahead not to exceed a set number of drinks	56	66	43
Alternate with non-alcoholic beverages	55	63	46
Limit number of drinks per hour	43	53	31
Have a designated driver	78	84	70
Refuse to ride with a driver who has been drinking	75	83	65
Stop drinking 1-2 hours before going home	61	67	52
Eat before and during the time you're drinking	75	81	68
Watch a friends drink while he/she is gone	72	79	62

- Women were more likely to engage in **ALL** of these protective behaviors than men.
- **75%** of ENMU students refused to ride with a driver who had been drinking.
- **61%** of ENMU students reported stopping drinking 1-2 hours before going home.

ALCOHOL, TOBACCO AND OTHER DRUG USE
Among ENMU Students

Students Reporting Alcohol, Tobacco, and Other Drug Use (% past 30 days)

Female / Male

Substance	Female	Male
Alcohol	53	59
Tobacco	15	34
Marijuana	14	21
Prescription Drugs	4	7
Cocaine	2	4
Methamphetamine	1	2
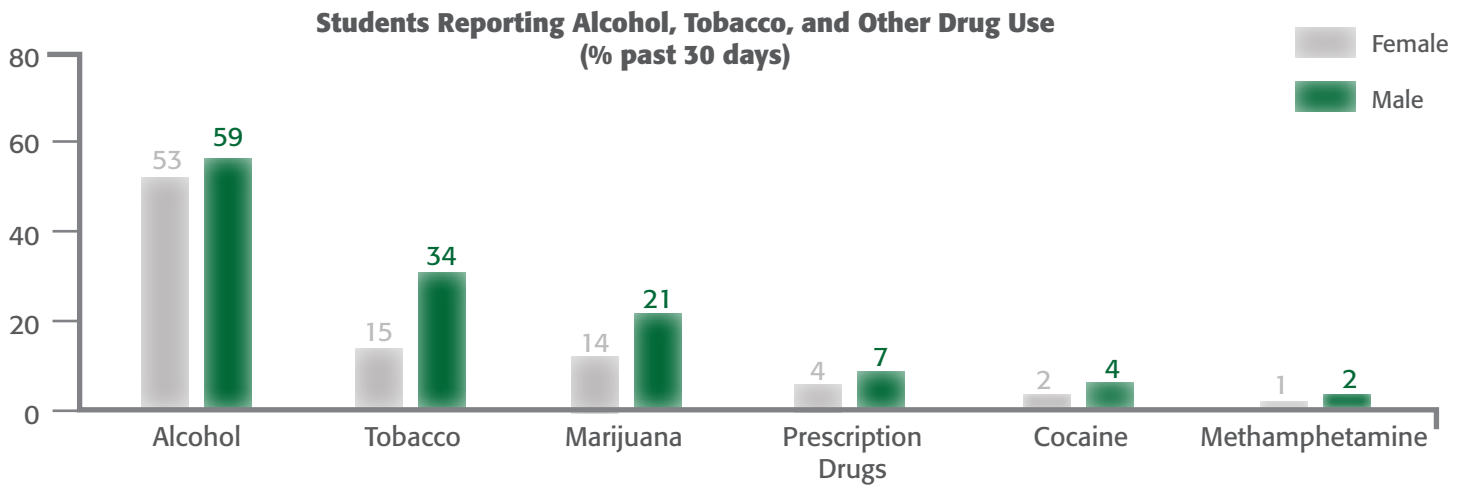
Substance use has an insidious way of interfering with a student's ability to take advantage of all that college has to offer. Interventions to reduce rates of substance use should be part of any college's plan to improve student retention.[3]

Students Reporting Different Types of Tobacco Use (% past 30 days)

Female / Male

Type	Female	Male
Cigarette	18	23
Hookah	18	22
Cigar	7	21
Chew	1	21

[3] Arria, A.M., et. all (2013). The academic opportunity costs of substance use during college. College Park, MD: Center on Young Adult Health and Development.

SURVEY METHODS

In the spring of 2015, the six consortium member schools surveyed a total of 2705 undergraduate students using the New Mexico Student Lifestyles Survey. Sample sizes at each school ranged from 194 to 767. Each school collected a purposive sample that reflected the gender, age, ethnic/racial identity, and classification of their undergraduate student body. Data analyses were conducted using weighted data that adjusted for gender and the varying student population sizes at the six schools.

The New Mexico Student Lifestyles Survey has been conducted annually since 2008. Findings have been provided to consortium member schools to assist them in planning and evaluating their prevention efforts. Participation in the consortium by member schools has varied over the years due to financing and staffing issues. This limitation may have some influence on the data and findings in this report.

SAMPLE DESCRIPTION

572 ENMU Students ranged in age from 18 to 40 (with 40 being the maximum possible), with an average age of 20.28; 56.6% were female and 43.4% male; 32.0% were freshman, 24.0% sophomore, 22.1% junior, 20.1% senior, 1.6% graduate/professional, and 0.2% not seeking degree.

Description of Survey Participants (using un-weighted data)	
Gender	
Male	43.4%
Female	56.6%
Ethnic Origin	
African American/Black	11.0%
American Indian/Native Alaskan	6.1%
Asian/Pacific Islander	4.0%
White (Non-Hispanic)	48.3%
Hispanic/Latino	41.4%
Other	4.5%
Multiple Response/Selected two or more	12.4%
Age	
Under 21	64.5%
21 and Older	35.5%
Average Age (Mean)	20.28
Average Age (Median)	20.00
Residence	
House/Apartment etc.	58.9%
Residence Hall	35.6%
Fraternity/Sorority House	1.9%
Other	3.0%

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