

Drinking and Other Risk Behaviors among UD College Students in 2010

**A Report by
The Center for Drug and Alcohol Studies**

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Center for Drug and Alcohol Studies



College Risk Behaviors Study (2010)

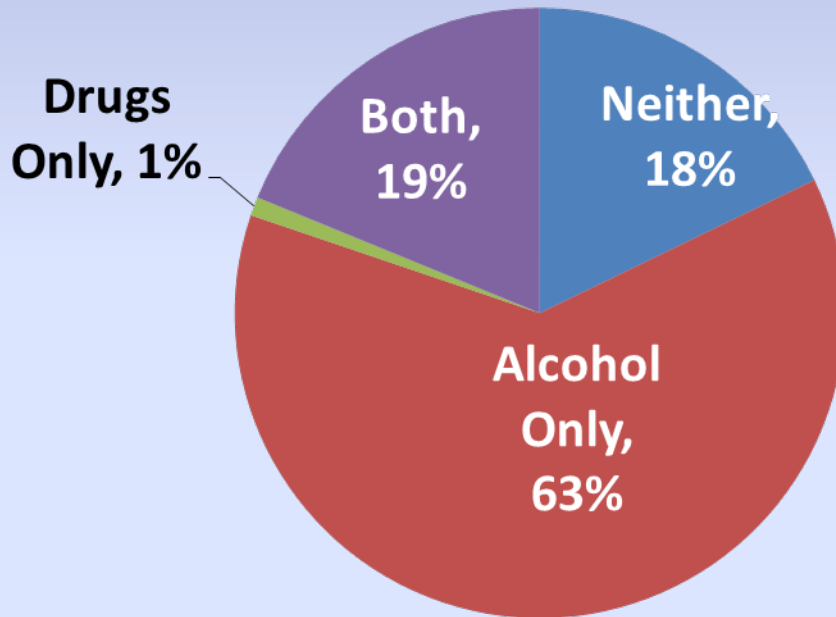
- College Risk Behaviors Study (CRBS)
 - Procedures approved by UD IRB
 - Web-based survey sent to a random sample of 2,000 UD undergraduate students
 - \$5 incentive to participate (credited to UD Card)
 - 853 were completed (43%)

Overview of Findings

- Some Findings in Various Risk Areas
- Alcohol Consumption
- Alcohol and Drug Consequences
- Alcohol Trends

Past Month Alcohol and Drug Use

Alcohol/Drug Use (All students)



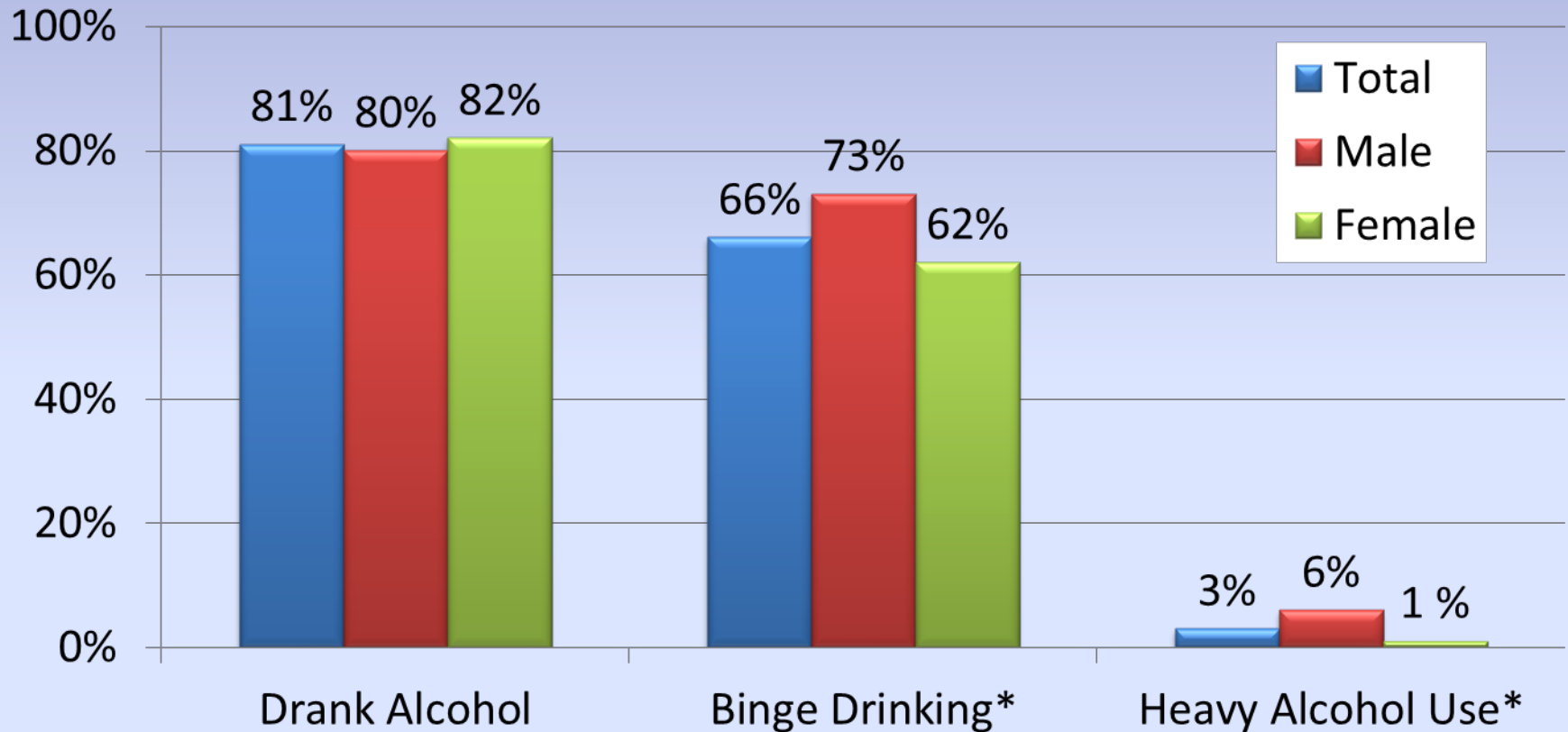
About 81% of students use alcohol, and 19% use drugs. Of those using drugs, most (66%) use only marijuana.

Alcohol Consumption

Definitions

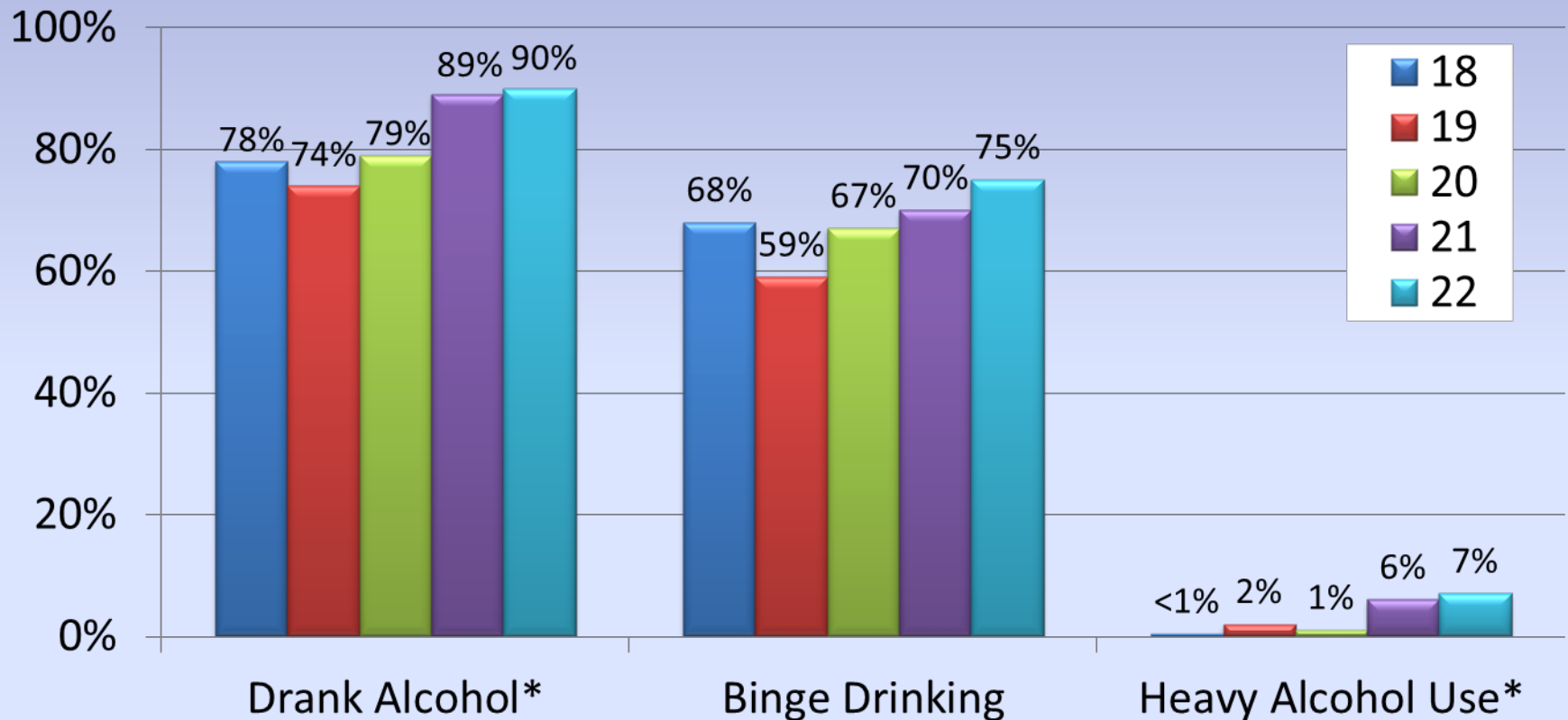
- **Binge Drinking**
 - Having five or more drinks in a single sitting
- **Occasional Binge Drinking**
 - Binge drinking 1-9 times per month
- **Frequent Binge Drinking**
 - Binge drinking 10 or more times per month
 - If they binge drink every Thursday, Friday, and Saturday, it would be 13 times, so these students binge drink almost every chance they get.
- **Heavy Alcohol Use**
 - Drinking 20 or more times per month
 - Over 99% of heavy alcohol users are also binge drinkers

Past Month Drinking Behaviors by Gender



Though women are just as likely to drink alcohol, men are more likely to binge drink or drink heavily.

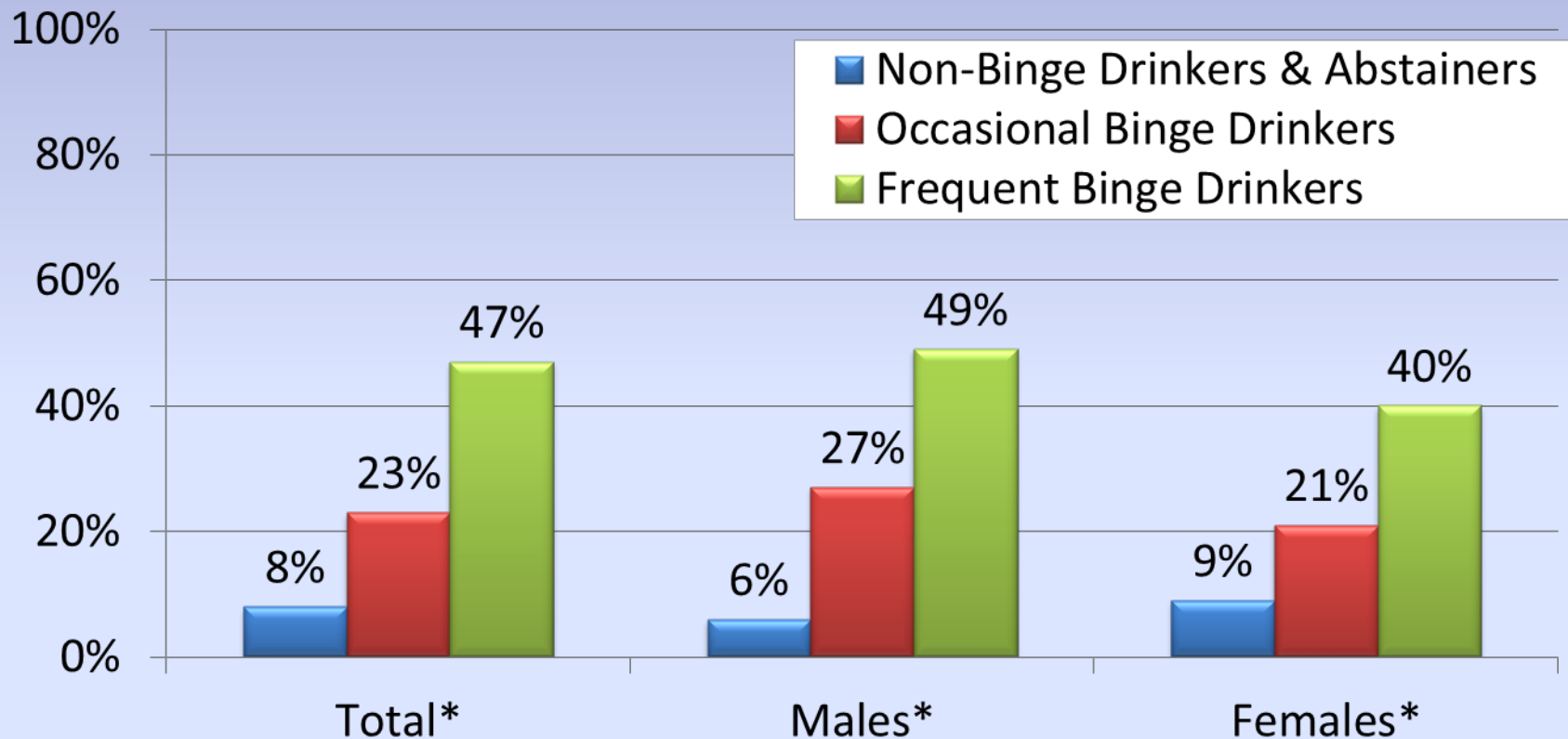
Past Month Drinking Behaviors by Age



Casual drinking and heavy drinking tend to increase as students get older.

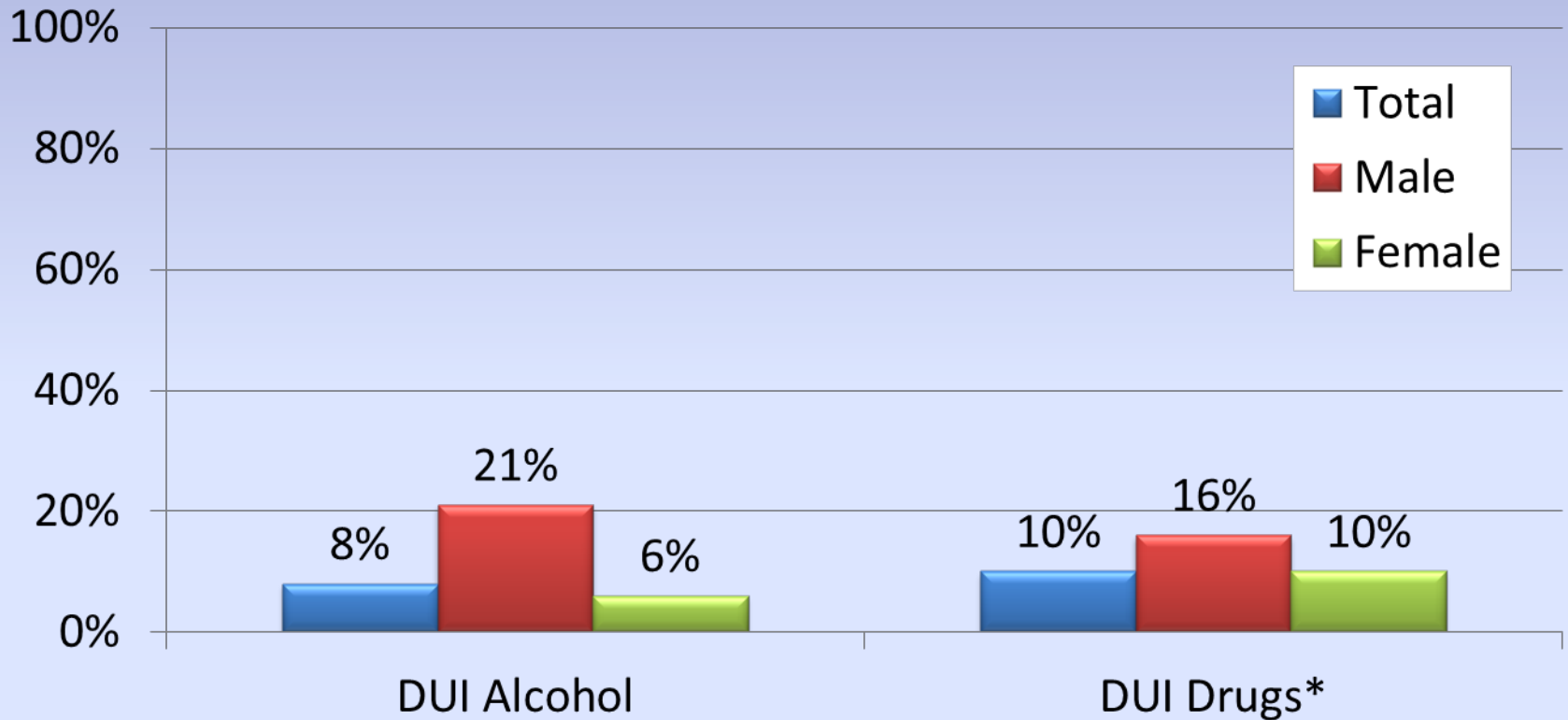
Consequences

Past Month Unprotected Sex by Alcohol Use



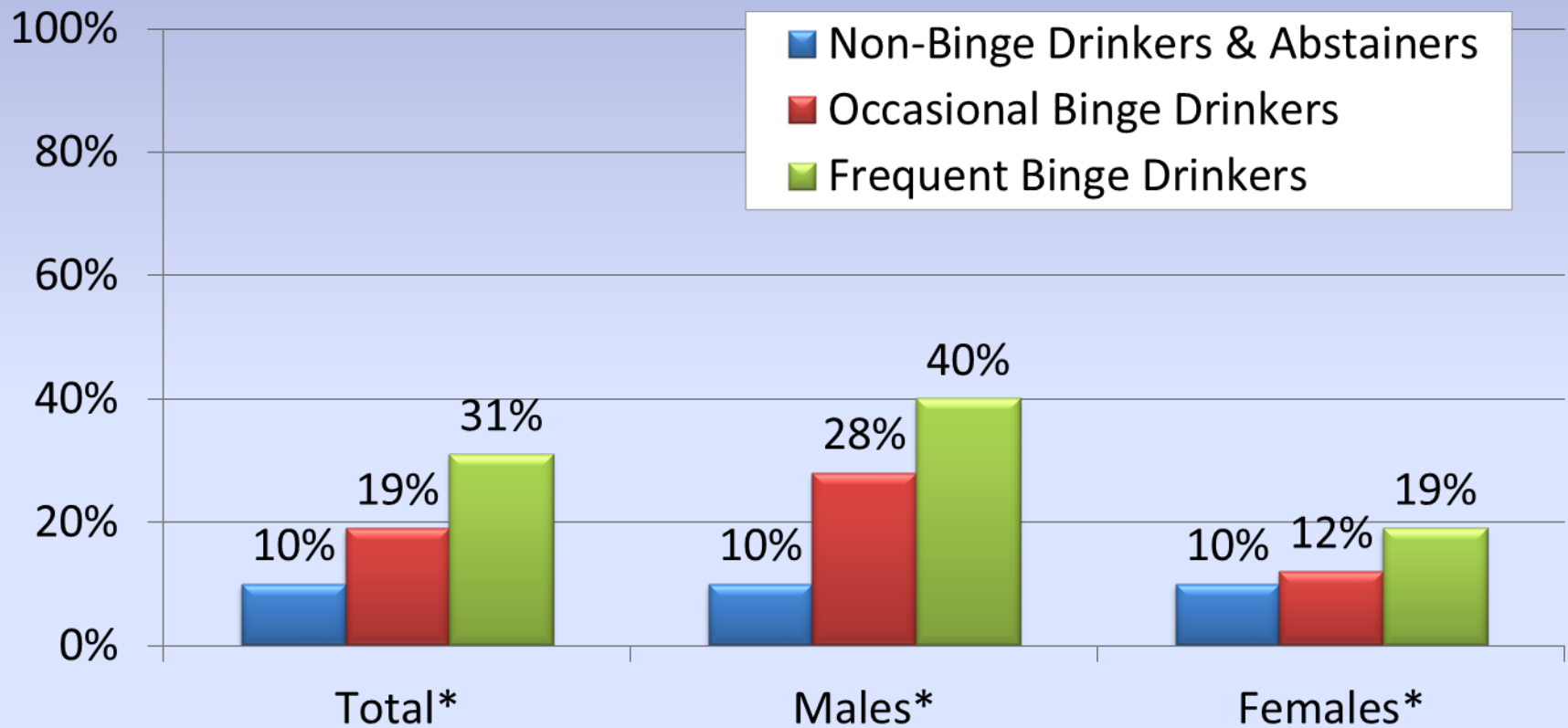
Binge drinkers were more than twice as likely as non-binge drinkers and abstainers to have unprotected sex.

Past Year Self-Reported DUI



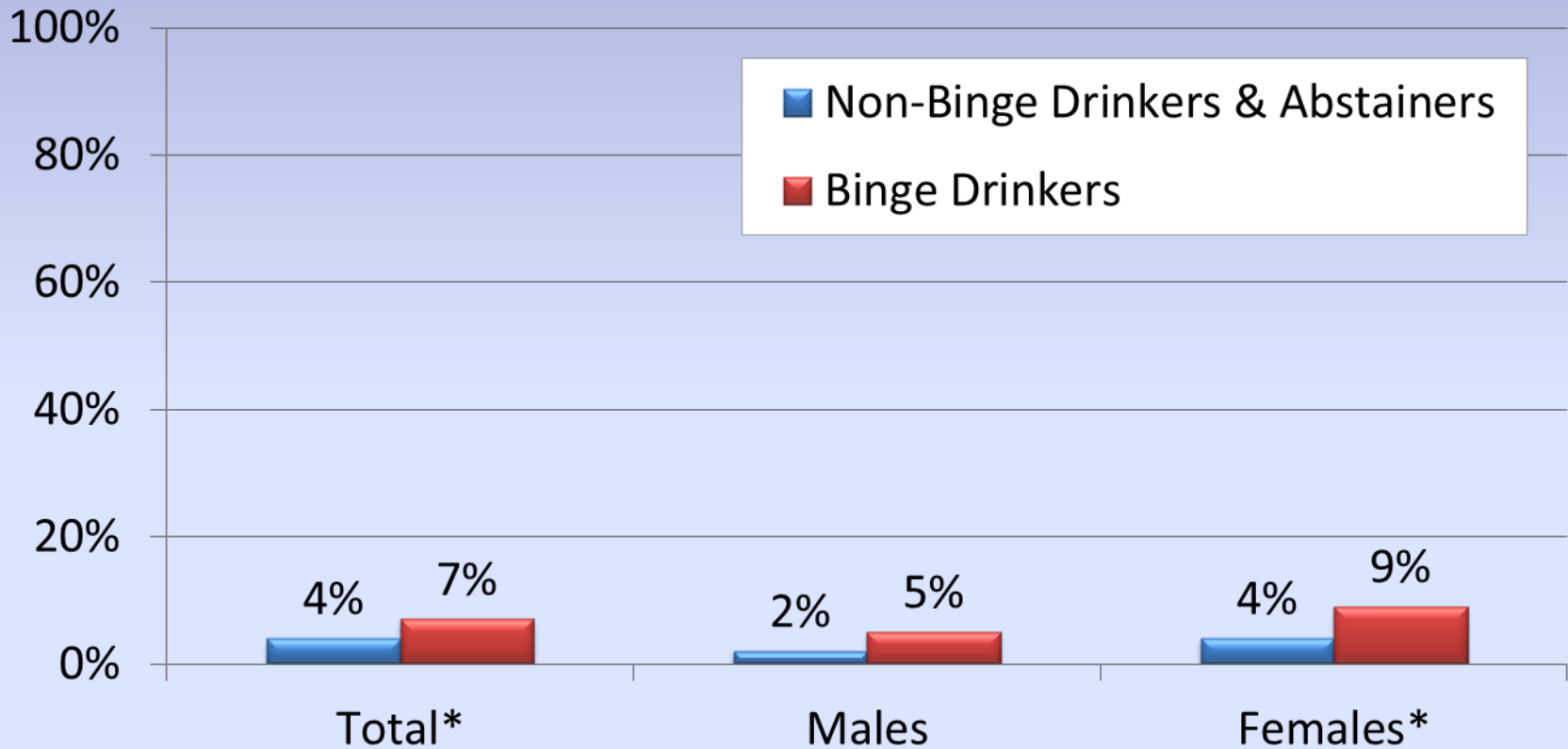
Nearly one in eight students has driven under the influence of alcohol in the past year.

Past Year Victim of Assault by Alcohol Use



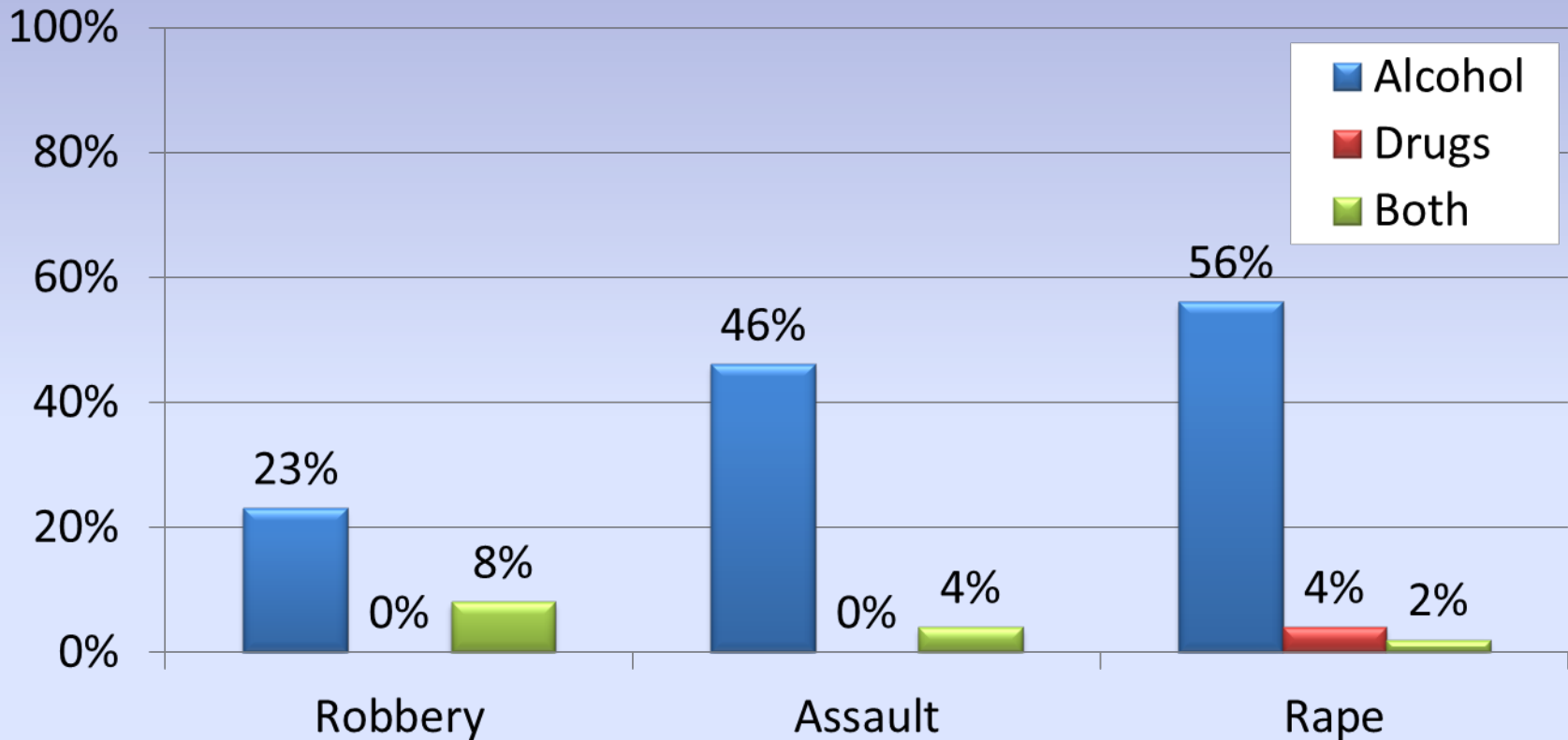
Binge drinkers were nearly twice as likely as non-binge drinkers and abstainers to be a victim of assault.

Past Year Victim of Sexual Assault by Alcohol Use



Binge drinking females were more than twice times as likely to be a victim of sexual assault.

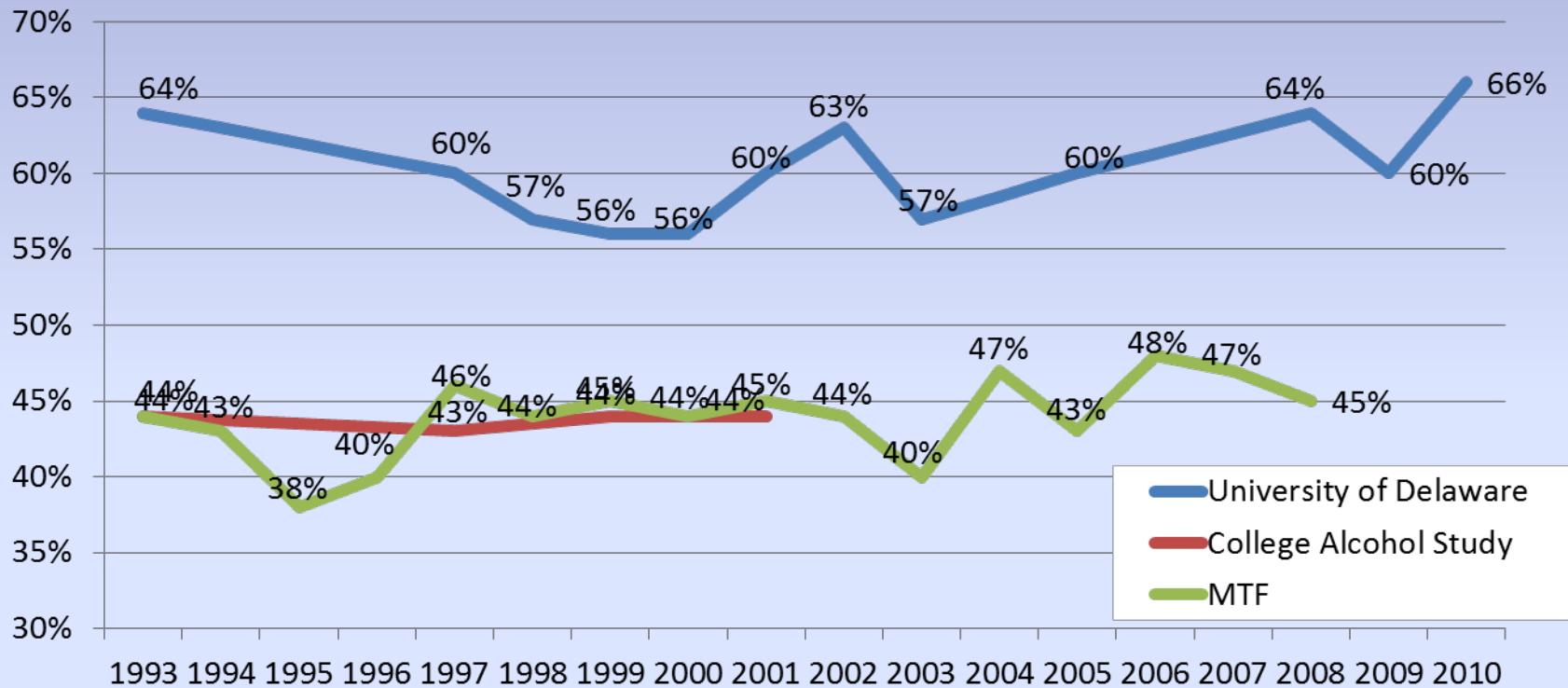
Substance Use at Time of Victimization



Roughly half of all victims of these crimes reported having been under the influence of alcohol and/or drugs at the time.

Trends

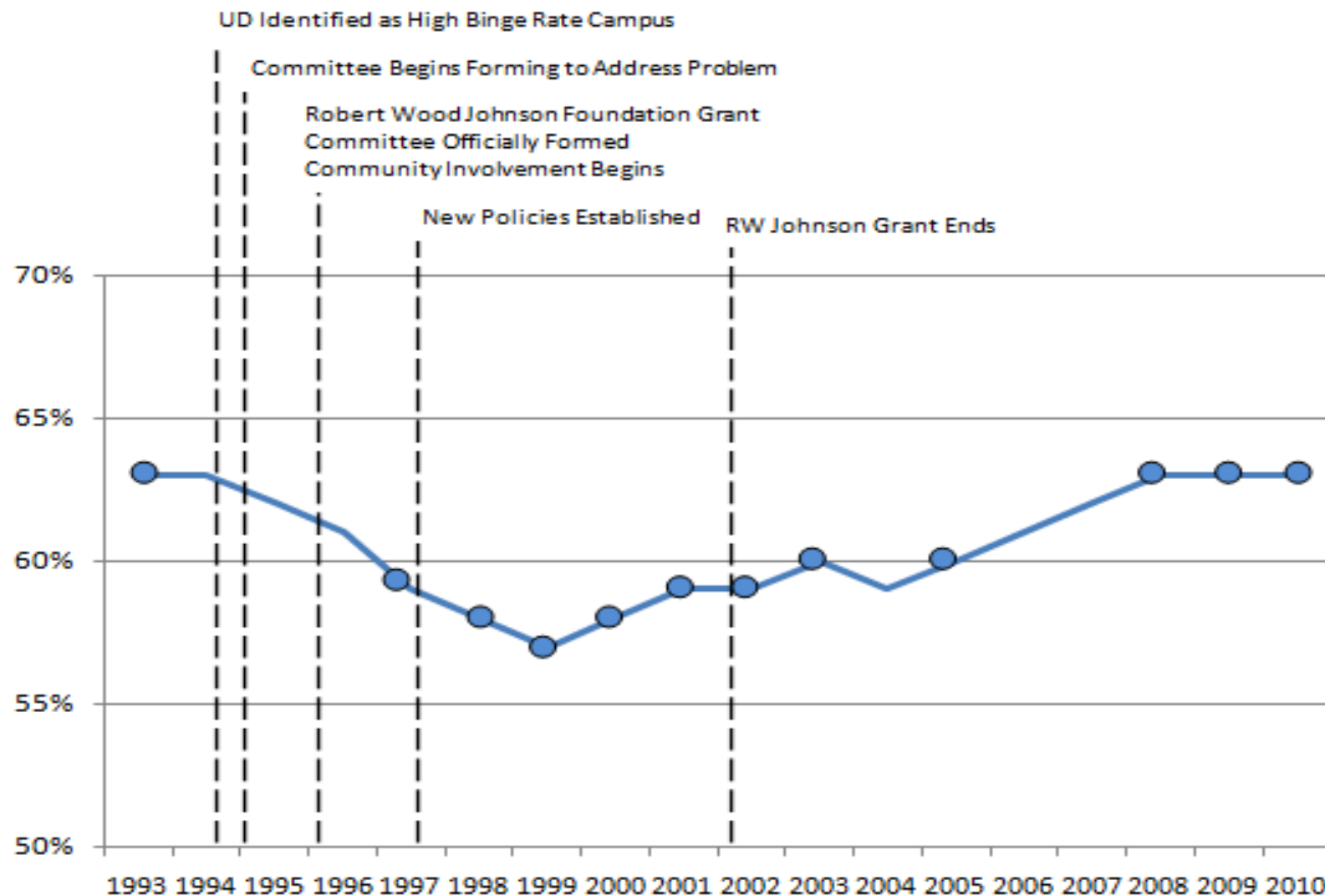
Trends in Binge Drinking at University of Delaware and Nationally



The changes in binge drinking rates at University of Delaware appear to be a local phenomenon and not something occurring nationally.

Trends in Binge Drinking at UD and campus action points

Trends in Binge Drinking at University of Delaware



Note: Trend line is based on a four-year rolling average. Data from 1993, 1997-2003, and 2005 from the College Alcohol Study. Data beginning in 2008 are from the College Risk Behaviors Study.