

Alcohol-related consequences for college students between the ages of 18-24ⁱ:

- **Death:** 1,700 die each year from alcohol-related unintentional injuries, including motor vehicle crashes
- **Injury:** 599,000 are unintentionally injured under the influence of alcohol
- **Assault:** More than 696,000 are assaulted by another student who has been drinking
- **Sexual Abuse:** More than 97,000 are victims of alcohol-related sexual assault or date rape
- **Unsafe Sex:** 400,000 have unprotected sex and more than 100,000 report having been too intoxicated to know if they consented to having sex
- **Academic Problems:** About 25 percent of students report academic consequences of their drinking including missing class, falling behind, doing poorly on exams or papers, and receiving lower grades overall
- **Health Problems/Suicide Attempts:** More than 150,000 develop an alcohol-related health problem
- **Drunk Driving:** 2.1 million drive under the influence of alcohol each year

Nearly half (48 percent) of all of the alcohol consumed by students attending 4-year colleges is consumed by underage students.ⁱⁱ

Over two out of every five of all college students are binge drinkers.^{iii,iv}

In 2001, approximately 44 percent of college students reported binge drinking^v, in a college survey. This percentage is almost identical to rates in three previous surveys.

College Alcohol Survey of four colleges indicated that binge-drinking levels are associated with ease of access to alcohol, price, special promotions, and outlet density in college communities.^{vi}

Students who attended schools with high rates of heavy drinking experienced a greater number of secondhand effects, including disruption of sleep or studies, property damage, and verbal, physical, or sexual violence.^{vii}

Drinking reduces the number of hours spent studying per day among college students. Each additional drink per occasion is associated with fifteen minutes less studying per day.^{viii}

Binge drinking is associated with lower grades among college students. Approximately five drinks per occasion are associated with a GPA lower by half a grade.^{ix}

Each additional drink consumed by college students per occasion increased the probability of missing a class by 8 percent and getting behind in school by 5 percent.^x

Approximately 6 percent of college students have been diagnosed as alcohol dependent and nearly one-third of students would be given an alcohol abuse diagnosis under psychiatric criteria.

Approximately 44 percent of students reported at least one symptom of either abuse or dependence.^{xi}

One out of every four college students who drink report having forgotten where they were or what they did while drinking during the school year. The incidence of blackout was doubled (54 percent) among frequent binge drinkers.^{xii}

In 2001, 23 percent of underage college students reported obtaining alcohol from a parent or relative, up from 17 percent in 1993.^{xiii}

Four in every five college students drink and about half of these engage in heavy drinking.^{xiv} Self-reported heavy drinking by college students has remained at approximately 44 percent for the past decade.^{xv}

Eighteen percent of US college students reported suffering from clinical significant alcohol-related problems in the past year, compared with 15 percent of their non-college-attending peers. College students were also more likely to be diagnosed as alcohol abusers than their non-college-attending peers.^{xvi}

Heavy-drinking college students not only place their own health at risk, but also they jeopardize the well-being of others. As many as 46 percent of the 4,553 people killed in 2001 in crashes involving 18–24-year-old drinking drivers are persons other than the drinking driver.^{xvii}

ⁱ Hingson, Ralph, et al., “Magnitude of Alcohol-Related Mortality and Morbidity among U.S. College Students Ages 18-24: Changes from 1998 to 2001.” Annual Review of Public Health 26 (2005): 259-279.

ⁱⁱ Wechsler, Henry, et al. “Underage College Student’s Drinking Behavior, Access to Alcohol, and the Influence of Deterrence Policies: Findings from the Harvard School of Public Health College Alcohol Study.” Journal of American College Health, 50, vol. 2 (2002), 223-236.

ⁱⁱⁱ Substance Abuse and Mental Health Services Administration. “Findings from the 2005 National Household Survey on Drug Use,” Washington, DC: Department of Health and Human Services, Office of Applied Studies, 2006.

<http://oas.samhsa.gov/NSDUH/2k5NSDUH/2k5results.htm#Ch3>

^{iv} Wechsler, Henry, et al. “Trends in College Binge Drinking During a Period of Increased Prevention Efforts: Finding from Four Harvard School of Public Health College Alcohol Study Surveys 1993-2001.” Journal of American College Health 50 (2002): 203-22. <http://www.hsph.harvard.edu/cas/Documents/trends/>

^v Wechsler, Henry, et al. “Trends in College Binge Drinking During a Period of Increased Prevention Efforts.” Journal of American College Health. 50, No. 5, (2002).

^{vi} Wechsler, Henry, et al. “Trends in College Binge Drinking During a Period of Increased Prevention Efforts.” Journal of American College Health. 50, No. 5, (2002).

^{vii} Wechsler, Henry, et al. “Trends in College Binge Drinking During a Period of Increased Prevention Efforts.” Journal of American College Health. 50, No. 5, (2002).

^{viii} Williams, Jenny, Lisa Powell, and Henry Wechsler. “Does Alcohol Consumption Reduce Human Capital Accumulation? Evidence from the College Alcohol Study.” Research Paper Series, No. 18. Chicago, IL: University of Chicago, February 2002.

http://www.impacteen.org/generalarea_PDFs/capitalaccumulationfeb2002_final.pdf

^{ix} Williams, Jenny, Lisa Powell, and Henry Wechsler. “Does Alcohol Consumption Reduce Human Capital Accumulation? Evidence from the College Alcohol Study.” Research Paper Series, No. 18. Chicago, IL: University of Chicago, February 2002.

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^x Williams, Jenny, Lisa Powell, and Henry Wechsler. “Does Alcohol Consumption Reduce Human Capital Accumulation? Evidence from the College Alcohol Study.” Research Paper Series, No. 18. Chicago, IL: University of Chicago, February 2002.

http://www.impacteen.org/generalarea_PDFs/capitalaccumulationfeb2002_final.pdf

^{xi} Knight, John, et al. “Alcohol Abuse and Dependence among U.S. College Students.” Journal of Studies on Alcohol 63 no. 3 (May 2002), 263-270. http://www.hsph.harvard.edu/cas/Documents/dependence_0602/

^{xii} Wechsler, Henry, et al. “College Binge Drinking in the 1990s: A Continuing Problem—Results of the Harvard School of Public Health 1999 College Alcohol Study.” Journal of American College Health 48.10 (2000): 199-210. http://www.hsph.harvard.edu/cas/Documents/cont_problem/

^{xiii} Wechsler, Henry, et al. “Underage College Students’ Drinking Behavior, Access to Alcohol, and the Influence of Deterrence Policies: Findings from the Harvard School of Public Health College Alcohol Study.” Journal of American College Health 50.5 (2002): 223-36. <http://www.hsph.harvard.edu/cas/Documents/underminimum/>

^{xiv} National Institute on Alcohol Abuse and Alcoholism. "A Call to Action: Changing the Culture of Drinking at US Colleges." NIH Publication No. 02-5010. Bethesda, MD: Institute on Alcohol Abuse and Alcoholism, 2002.

^{xv} Wechsler, Henry, et al. "Trends in College Binge Drinking During a Period of Increased Prevention Efforts: Findings from four Harvard School of Public Health Study Surveys, 1993-2001." Journal of American College Health, 50, vol. 5 (2002), 203-217.

^{xvi} Slutske, Wendy S. "Alcohol Use Disorders among US College Students and Their Non-College-Attending Peers." Archives of General Psychiatry 62 (2005): 321-327.
http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=15753245&dopt=Abstract

^{xvii} Hingson, Ralph, et al., "Magnitude of Alcohol-Related Mortality and Morbidity among U.S. College Students Ages 18-24: Changes from 1998 to 2001." Annual Review of Public Health 26 (2005): 259-279.

<http://www.madd.org/docs/College%20Statistics.pdf>

Alcohol-related sexual assault is a common occurrence on college campuses. Although estimates of the incidence and prevalence vary dramatically because different sources use different definitions and many victims are unwilling to report sexual assaults to the police or other authorities, at least 50 percent of college student sexual assaults are associated with alcohol use (Abbey, 1991, 2002; Abbey et al., 1996, 1998; Copenhaver and Grauerholz, 1991; Harrington and Leitenberg, 1994; Koss, 1992; Koss et al., 1987; Miller and Marshall, 1987; Muehlenhard and Linton, 1987; Presley et al., 1997; Tyler et al., 1998). Further, when alcohol is involved, acts meeting the legal definition of rape appear more likely to occur (Ullman et al., 1999).

Although many studies on the negative consequences of student drinking have been published, a systematic assessment of the damage is far from complete. There is a need for:

- More longitudinal studies that track drinking histories and subsequent collegiate performance;
- Research on the cost of lost educational opportunities and impaired athletic performance due to drinking;
- Information on the clustering of adverse consequences by type of damage or among student subgroups; and
- Studies exploring what consequences students perceive and experience as negative to help researchers understand why students misuse alcohol.

http://www.collegedrinkingprevention.gov/niaacollegematerials/panel01/highrisk_04.aspx

Each year, approximately 5,000 young people under the age of 21 die as a result of underage drinking; this includes about 1,900 deaths from motor vehicle crashes, 1,600 as a result of homicides, 300 from suicide, as well as hundreds from other injuries such as falls, burns, and drownings (For references, see NIAAA's publication Alcohol Alert No. 67, Underage Drinking).

Drinking continues to be widespread among adolescents, as shown by nationwide surveys as well as studies in smaller populations. According to an annual survey of U.S. youth, three-fourths of 12th graders, more than two-thirds of 10th graders, and about two in every five 8th graders

have consumed alcohol. The survey is titled *Monitoring the Future* (MTF) and can be found online at http://monitoringthefuture.org/pubs/monographs/vol1_2005.pdf.

When youth drink they tend to drink intensively, often consuming four to five drinks at one time. MTF data show that 11 percent of 8th graders, 22 percent of 10th graders, and 29 percent of 12th graders had engaged in heavy episodic, or binge, drinking within the past two weeks. The NIAAA defines binge drinking as a pattern of drinking alcohol that brings blood alcohol concentration [BAC] to 0.08 grams percent or above. For the typical adult, this pattern corresponds to consuming five or more drinks for men, or four or more drinks for women, in about 2 hours.)

Data from NIAAA's 2001-2002 *National Epidemiologic Survey on Alcohol and Related Conditions* (NESARC), a survey of 43,000 U.S. adults, showed that early alcohol use, independent of other risk factors, may contribute to the risk of developing future alcohol problems. Those who began drinking in their early teens were at greater risk of developing alcohol dependence at some point in their lives, and they were also at greater risk of developing dependence more quickly and at younger ages. The findings were reported in the journal *Archives of Pediatrics & Adolescent Medicine*, Volume 160, pages 739-746.

<http://www.niaaa.nih.gov/AboutNIAAA/NIAAASponsoredPrograms/underage.htm>
8th graders 10th graders drinking stats.

http://en.wikipedia.org/wiki/Amethyst_Initiative

Conclusions from a study of the Drinking Age change:

- Minimum Legal Drinking Age (MLDA) 21 laws clearly reduced youth drinking and driving. They appear to have done so both by reducing youth drinking directly and by encouraging youth to separate their drinking from their driving.
- MLDA 21 laws reduced youth drinking both by reducing alcohol availability and by establishing the threat of punishment for alcohol use. Neither works particularly well in practice, as youth still can obtain alcohol relatively easily and underage drinkers are highly unlikely to be detected and punished. But both have had some effect.
- But MLDA 21 laws probably had other effects beyond the straightforward prohibition and attempted punishment of alcohol use by youth. As listed in Chapter IIIB, 11 states have had MLDA 21 laws since the repeal of prohibition. These states also saw substantial reductions in youth drinking and driving after drinking in the 1980s. Furthermore, youth driving after drinking decreased more than youth drinking.
- This suggests that MLDA laws may have helped influence youth attitudes about drinking and driving. The principal reason for raising the drinking age to 21 was to reduce traffic crashes. Some youth and some parents may have consciously or unconsciously absorbed some of these beliefs: that youth drinking is not a problem unless it results in dangerous actions, of which by far the most dangerous is drinking and driving. Underage drinking is generally accepted, but underage drinking and driving is not. The widespread debate over the legal drinking age also may have had some "spillover" effect in states where MLDA 21 was already in place.

- However, the observations that youth drinking and driving decreased substantially more than youth drinking, and that youth drinking and driving after drinking both decreased in states which had MLDA 21 laws throughout the 1980s, suggest that MLDA 21 laws were not the only influence on youth drinking and driving during this period.

http://www.nhtsa.dot.gov/people/injury/research/FewerYoungDrivers/iv_what_caused.htm

"[The] evaluation of the research literature [in the final NIAA report] cannot be translated into a simple formula for college and university administrators and program staff to follow. School officials can learn from what others have tried, but *ultimately they must devise, through successive approximation, a tailored approach that fits the needs of their own institution*" (emphasis supplied).

[2] The 2004 National Academy of Sciences report to Congress "Reducing Underage Drinking: A College Responsibility" (NAS) (page numbers refer to the online source; limited "fair use" selections cited follow).

Statistical overview

[a] [p. 14]: For many children, alcohol use begins early, during a critical developmental period: in 2002, 19.6 percent of eighth graders were current users of alcohol (use within the past 30 days) . . . By the time young people are seniors in high school, almost three-quarters (71.5 percent) report having drunk in the past year, almost half (48.6 percent) are current drinkers, and more than one-quarter (28.6 percent) report having had five or more drinks in a row in the past 2 weeks (Johnston et al., 2003). Among 18- to 22-year-olds, 41.4 percent of full-time college students and 35.9 percent of other young adults report heavy drinking (Substance Abuse and Mental Health Services Administration, 2002).

The role of parents

[b] [p. 19]: A key role in any national response to the problem is played by parents who set models of drinking behavior for their children and who can affect the conditions under which their children have access to alcohol products.

[c] [p. 205]: "Although no well-controlled research has been conducted, the campuses that use parental notification procedures report reductions of more than one-half in the number of alcohol violations following implementation of the parental notification policies."

Student support is required

[d] [p. 28]: "Law is a blunt instrument. It is not self-executing, and it requires the affirmative support of a substantial proportion of the population and of those who are

expected to enforce it. These characteristics of a law are particularly important for instrumental prohibitions, such as the ban against underage drinking, because the level of compliance will depend heavily on the willingness of a large number of individuals to adhere to the law simply because they accept its moral authority to command their obedience."

A focus on heavy drinkers

[e] [p. 200]: "Interventions focused on students who drink heavily may have significant positive effects on the health and well-being of students and the quality of the college environment (Knight et al., 2002; Park, 1967; Perkins et al., 1980). Nationally, only one in five students report frequent heavy drinking, yet this group accounts for two-thirds of all the alcohol consumed by college students, more than half of all the alcohol-related problems other students experience, and more than 60 percent of all the reported injuries, vandalism, and problems with the police (Wechsler et al., 1998)."

http://docs.google.com/Doc?id=dfdpvzp9_1695gmfvzhr (ASCA LPR #317)