Identifying Students at Risk: Using Surveillance Survey Results to Assess Alcohol and Related Harms Prevention Planning on Your Campus

Patrice Lancey, Ph.D., Associate Director
Operational Excellence and Assessment Support

Tom Hall, LCSW, Director
Education and Training Programs- Alcohol & Other Drug Prevention
Overview

- relevance to Institutional Researchers
- NIH recommended strategies for colleges
- traditional reporting surveillance results
  - CORE Alcohol and Drug Survey results
- concept of risk groups
- association to harms
- UCF intervention strategies and resources
University of Central Florida

- metropolitan research university near Orlando
- 6th largest university in U.S.
  - Fall 2007 enrollment: 48,699
  - 1968 enrollment: 2,000
- 94 Baccalaureate, 97 Master’s and 28 Doctoral Programs
- Alcohol and Other Drug Prevention – dedicated unit
  - full time positions and support
- OEAS – provides assessment, survey and analysis support
- UCF Alcohol Task Force and other community task forces
  - report to President
Alcohol Use Among College Students

What we Know?
What we know: Was alcohol available to you during your last term in high school?

Selected Results (surveys completed by 18 year old students)

Source: 2007 AlcoholEdu Survey
What we know: In the past two weeks, have you been in a situation where someone had consumed too much alcohol and may have needed help?

Selected Results (surveys completed by 18 year old students)

Source: 2007 AlcoholEdu Survey
What we know: Current alcohol consumption - The last time you consumed alcohol, how did you obtain it?

Selected Results (surveys completed by 18 year old students)

Source: 2007 AlcoholEdu Survey
What we know: Harms to college students related to alcohol use

- 1500 students aged 18-24 enrolled in college died from alcohol-related injuries
- 2 million drove under the influence of alcohol
- 3 million rode with a drinking driver
- 599,000 full-time college students were unintentionally injured under the influence of alcohol
- 696,000 were hit or assaulted by another student who had been drinking
- 97,000 experienced a date rape caused by another student who had been drinking

Source: Hingston et. Al., 2005
Changing the Culture of Drinking on College Campuses

- *2000 - heavy episodic drinking among college students identified as a major public health problem

- **2002 – universities charged with developing strategic integrated evidence-based programs
  - at-risk and alcohol dependent students
  - larger student body
  - college and surrounding community

- decrease alcohol-related morbidity
  Use Social-Ecological 3-in-1 framework to reduce harm
  - to at-risk individual and group
  - to larger student body and university community
  - surrounding community

NIH Recommendations for Effective Prevention

- conduct systematic ongoing surveillance of students using multiple methods to quantify the prevalence of nondrinkers, drinkers and alcohol-related harm
- use research-based strategies
- match intervention strategy to drinker risk group
- involve students in intervention
- conduct ongoing formal assessment of intervention strategies

Source: *Task Force of the National Advisory Council on Alcohol Abuse and Alcoholism, NIH 2002*
CORE Alcohol and Drug Survey

- chosen by the UCF Alcohol Task Force in 1999 to provide data on the current environment of alcohol and drug usage at UCF

- funded by the U.S. Department of Education and developed at the University of Southern Illinois at Carbondale

- measures alcohol and other drug usage, attitudes, and perceptions among college students
  - provides comparison to reference group
    - college and university students administered the CORE
    - reference group is not a peer group
Typical Reporting of Student Alcohol Use

![Bar chart showing alcohol use percentages over different periods and categories.](chart_image)


**Sources:** COREVILLE University 2000, 2005 and 2006 Core Alcohol and Drug Survey.
Results by Drinker Target Groups
Defining Drinker Risk Groups

- **nondrinkers**
  - never used alcohol in last year

- **nonheavy – low risk**
  - did not drink 5 or more drinks at a sitting over last two weeks
  - drinking frequency - not restricted

- **heavy – moderate risk**
  - drank 5 or more drinks at a sitting over last two weeks
    - one time or more
  - drank 1 time per week or less in last year

- **heavy and frequent – high risk**
  - drank 5 or more drinks at a sitting over last two weeks
    - one time or more
  - drank 3 times per week or more in last year
Percent of Nondrinkers and Drinkers

COREVILLE Univ. vs. National Surveys

<table>
<thead>
<tr>
<th>Category</th>
<th>COREVILLE Univ. Fall 2005</th>
<th>National Presley, 2006</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nondrinkers (past year)</td>
<td>18%</td>
<td>26%</td>
</tr>
<tr>
<td>Nonheavy Drinkers</td>
<td>41%</td>
<td>44%</td>
</tr>
<tr>
<td>Heavy Drinkers</td>
<td>24%</td>
<td>19%</td>
</tr>
<tr>
<td>Heavy &amp; Frequent Drinkers</td>
<td>17%</td>
<td>11%</td>
</tr>
</tbody>
</table>

Sources: COREVILLE University, 2005 Core Alcohol and Drug Survey.

Estimates of Undergraduate Population by Drinking Group

Fall 2005 COREVILLE University Undergraduate Population by Type of Drinker

- Nondrinkers (past year): 6,740 (18% of Core sample)
- Nonheavy Drinkers: 15,536 (41% of Core sample)
- Heavy Drinkers: 9,082 (24% of Core sample)
- Heavy & Frequent Drinkers: 6,569 (17% of Core sample)

Source: COREVILLE University 2005 Core Alcohol and Drug Survey
Harms and Drinker Risk Groups
### Increased Harm and Risk Group Membership

<table>
<thead>
<tr>
<th>Drinkers</th>
<th>Negative Consequences</th>
<th>Negative Consequences</th>
</tr>
</thead>
<tbody>
<tr>
<td>% (n)</td>
<td>% (total count)</td>
<td>mean (SD)</td>
</tr>
<tr>
<td>2005</td>
<td>2005</td>
<td>2005</td>
</tr>
<tr>
<td>Nonheavy</td>
<td>50% (272)</td>
<td>30% (722)</td>
</tr>
<tr>
<td>Heavy</td>
<td>29% (159)</td>
<td>31% (758)</td>
</tr>
<tr>
<td>Heavy and frequent</td>
<td>21% (115)</td>
<td>39% (934)</td>
</tr>
</tbody>
</table>

* Mean differences tested using Tukey post hoc, p<.001, maximum SE=0.39

Source: COREVILLE University 2005 Core Alcohol and Drug Survey
### Negative Consequences by Risk Group

#### Percent experienced consequence due to drinking or drug use during the last year by Type of drinker

<table>
<thead>
<tr>
<th>Consequence</th>
<th>Nonheavy</th>
<th>Heavy</th>
<th>Heavy &amp; Frequent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Missed class *</td>
<td>19%</td>
<td>46%</td>
<td>77%</td>
</tr>
<tr>
<td>Poor test score *</td>
<td>24%</td>
<td>54%</td>
<td>68%</td>
</tr>
<tr>
<td>Argument or fight *</td>
<td>39%</td>
<td>38%</td>
<td>38%</td>
</tr>
<tr>
<td>Driven under influence *</td>
<td>38%</td>
<td>38%</td>
<td>75%</td>
</tr>
<tr>
<td>Thought I had a problem *</td>
<td>28%</td>
<td>28%</td>
<td>7%</td>
</tr>
<tr>
<td>Tried/failed to stop *</td>
<td>12%</td>
<td>6%</td>
<td>12%</td>
</tr>
</tbody>
</table>

* Groups significantly different (Chi-square statistic, p<.01).

Source: COREVILLE University - 2005 Core Alcohol and Drug Survey
Negative Consequences by Risk Group

Percent experienced consequence due to drinking or drug use during the last year by Type of drinker

- **Been criticized:**
  - Nonheavy: 6%
  - Heavy: 11%
  - Heavy & Frequent: 26%

- **Later regretted action:**
  - Nonheavy: 7%
  - Heavy: 19%
  - Heavy & Frequent: 42%

- **Been hurt/injured:**
  - Nonheavy: 20%
  - Heavy: 42%
  - Heavy & Frequent: 59%

- **Trouble w/ police, etc:**
  - Nonheavy: 6%
  - Heavy: 11%
  - Heavy & Frequent: 26%

* Groups significantly different (Chi-square statistic, p<.01).

Source: COREVILLE University - 2005 Core Alcohol and Drug Survey
How Often Missed Class

How often MISSED CLASS due to drinking or drug use in the last year by Type of drinker

<table>
<thead>
<tr>
<th>Type of drinker</th>
<th>Never</th>
<th>Once</th>
<th>Twice</th>
<th>3-5 times</th>
<th>6+ times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nonheavy</td>
<td>81%</td>
<td>5%</td>
<td>4%</td>
<td>1%</td>
<td></td>
</tr>
<tr>
<td>Heavy</td>
<td>55%</td>
<td>9%</td>
<td>10%</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Heavy &amp; Frequent</td>
<td>23%</td>
<td>12%</td>
<td>17%</td>
<td>26%</td>
<td>23%</td>
</tr>
</tbody>
</table>

Source: COREVILLE University 2005 Core Alcohol and Drug Survey
How Often Got Into an Argument or Fight

How often got into an ARGUMENT OR FIGHT due to drinking or drug use in the last year by Type of drinker

Source: COREVILLE University 2005 Core Alcohol and Drug Survey
How Often Driven Under the Influence

How often have DRIVEN UNDER THE INFLUENCE due to drinking or drug use in the last year by Type of drinker

Source: COREVILLE University 2005 Core Alcohol and Drug Survey
Research-Based Strategies

A Closer Look at UCF Strategies by Risk Group
Nondrinkers

Environmental Management Strategies
- restrict marketing and promotion of alcohol on campus
- alcohol-free options or alternative activities
- highlight a normative environment for non use/abuse of substances

Target Actions
- peer education/advocacy
- AlcoholEdu (online alcohol education)
- social norms marketing campaign
- Late Knights
- Campus Activity Board
Nonheavy

Environmental Management Strategies
- restrict marketing and promotion of alcohol on campus
- alcohol-free options or alternative activities
- monitor alcohol availability
- highlight a normative environment for non use/abuse of substances
- awareness and education
- policy development and consistent enforcement

Target Actions
- peer education/advocacy
- AlcoholEdu (online alcohol education)
- social norms marketing campaign
- Late Knights
- Campus Activity Board
- KnightWatch (UCF Police and Community Partners)
Environmental Management Strategies

- restrict marketing and promotion of alcohol on campus
- alcohol-free or alternative activities
- monitor alcohol availability
- awareness and education
- policy development and consistent enforcement
- early intervention

Target Actions

- Providing Assistance to Sanctioned Students (PASS)
- REAL Assistance (voluntary screening, assessment, intervention)
- alcohol screening (UCF Health Services, Counseling Center, and the REAL Project)
- Knight Watch (UCF Police and Community Partners)
Heavy & Frequent

Environmental Management Strategies

- restrict marketing and promotion of alcohol on campus
- alcohol-free or alternative activities
- monitor alcohol availability
- awareness and education
- policy development and consistent enforcement
- early intervention and treatment

Target Actions

- Providing assistance to Sanctioned Students (PASS)
- REAL Assistance (voluntary screening, assessment, intervention)
- alcohol screening (UCF Health Services, Counseling Center, and the REAL Project)
- Knight Watch (UCF Police and Community Partners)
- referral to off-campus mental health/addictions providers
Continue the conversation:

Patrice Lancey: plancey@mail.ucf.edu
Presentation available at:
http://www.oeas.ucf.edu/

Tom Hall: tvhall@mail.ucf.edu
http://www.aod.sdes.ucf.edu/