Alcohol and Other Drug Quick Look

Health and Wellness Survey 2023 (N=3872)

Key Insights:

☑️ 72% of students have consumed alcohol in the past year.
☑️ Students reported an average BAC of 0.06.
☑️ Students consumed an average of 4 drinks per week, with 34% of UA students reporting they binge drink.
☑️ 45% of students have felt the need to stop or cut down their alcohol or other drug use.
☑️ Some of the consequences of alcohol use reported by students include brownout, blackout, actions they later regretted, and missing classes.

Select Alcohol and Other Drug use since August 2022:

- Tobacco: 18%
- E-cigarettes/JUUL/Vape (tobacco): 30%
- Marijuana (edibles): 31%
- Marijuana (vape or concentrate): 33%
- Marijuana (smoked): 36%
- Alcohol: 72%

On average, students had 3 drinks when they socialize.

Among those who drink, students drink an average of 4 drinks per week.

34% of students reported they binge drink (5+ drinks in one sitting in past 2 weeks).

Of these, 5% did so 6 or more times.
Frequency of alcohol use in social settings:

- 3 or more times a week: 4%
- Twice a week: 14%
- Once a week: 17%
- Once or twice a month: 29%
- Once or twice a year: 14%
- Never: 23%

Select protective behaviors while drinking in the last 12 months:

- Use a rideshare service or have a designated driver, 91%
- Eat before or during the time they are drinking, 90%
- Drink beer or other lower alcohol content drinks, 74%
- Stop drinking at least 1 to 2 hours before going home, 66%
- Alternate with non-alcoholic beverages, 59%
- Avoid shots of hard liquor, 38%

Select consequences of drinking in the last 12 months:

- Brownout (forgetting where one is/did for short periods of time), 42%
- Did something they later regretted, 39%
- Missed a class, 32%
- Blackout (forgetting where one is/did for a long period of time), 28%

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