

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.



0.06 is the average **BAC** for UA Arizona students

On average, students had **3 drinks** when they socialize



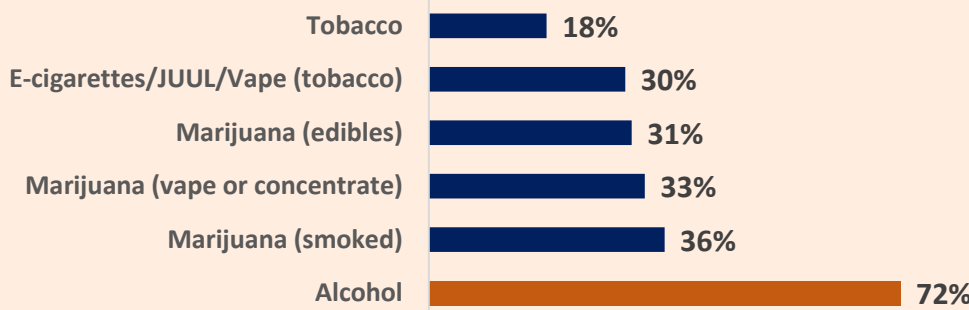
Among those who drink, **students drink an average of 4 drinks** per week



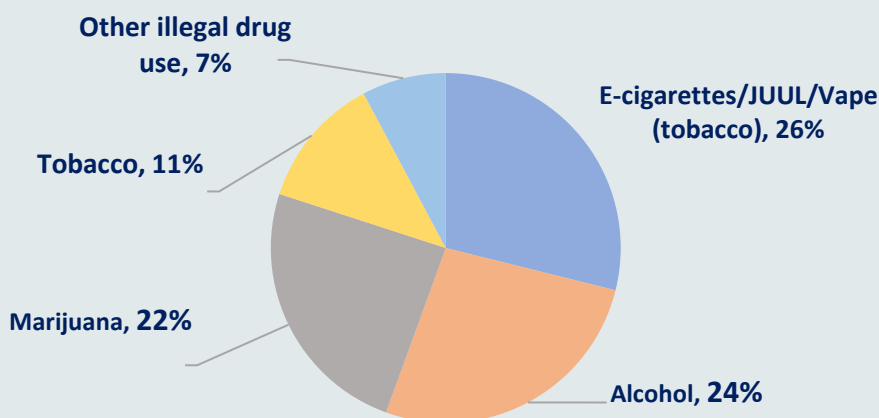
34% of students reported they **binge drink** (5+ drinks in one sitting in past 2 weeks)

Of these, **5%** did so **6 or more times**

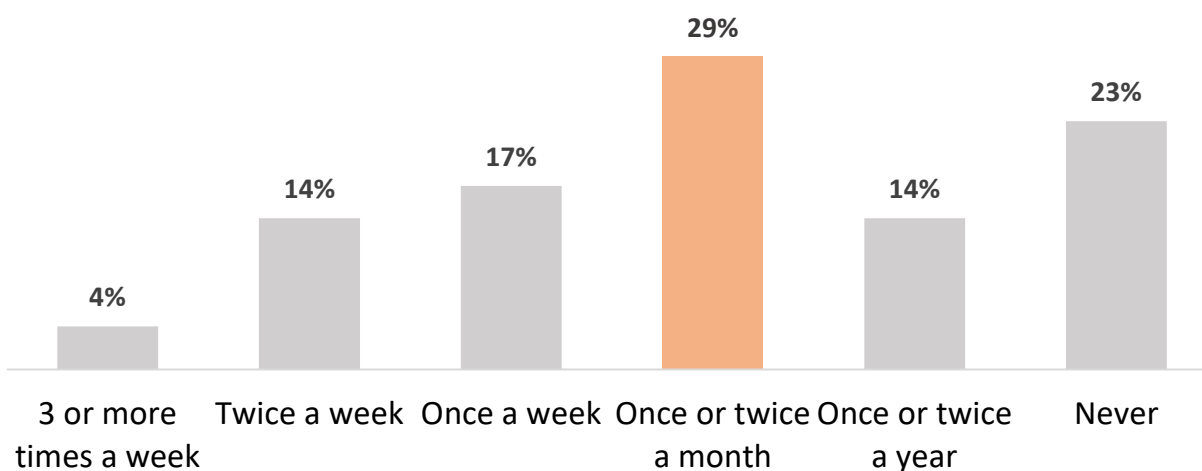
Select Alcohol and Other Drug use since August 2022:



In the **last 12 months**, students **felt the need to stop or cut down use of** the following:



Frequency of alcohol use in social settings:



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%**