


Alcohol and Other Drug Quick Look

Undergraduate Health and Wellness Survey 2024 (N= 4,567)

Key Insights:

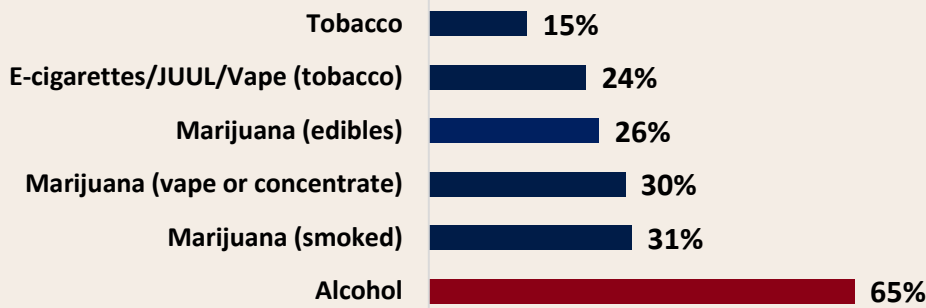
- ✓ 65% of students have consumed alcohol since August 2023.
- ✓ Students reported an average Blood Alcohol Content (BAC) of 0.07.
- ✓ Students consumed an average of 4 drinks per week, with 29% of U of A students reporting they binge drank within the past two weeks.
- ✓ 33% of students have felt the 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.



1 DRINK =
 12 oz. beer
 5 oz. wine
 1.5 oz. liquor

0.07 is the average **BAC** for U of A students

Select Alcohol and Other Drug use since August 2023:



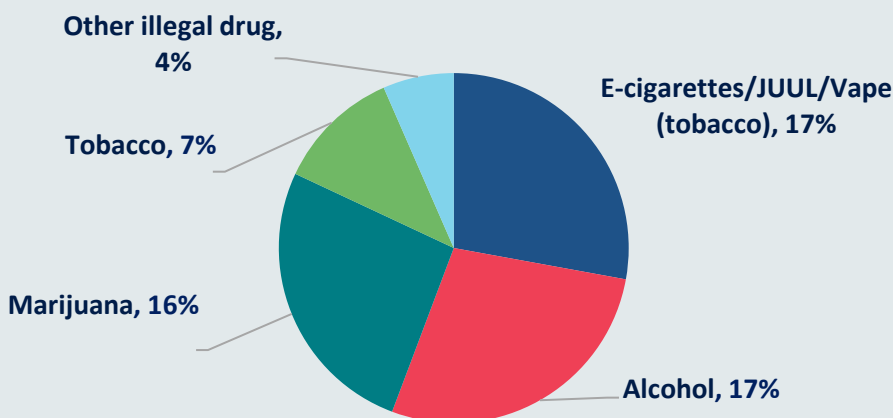
On average, students had **3 drinks** when they socialize



Students drink an average of 4 drinks per week

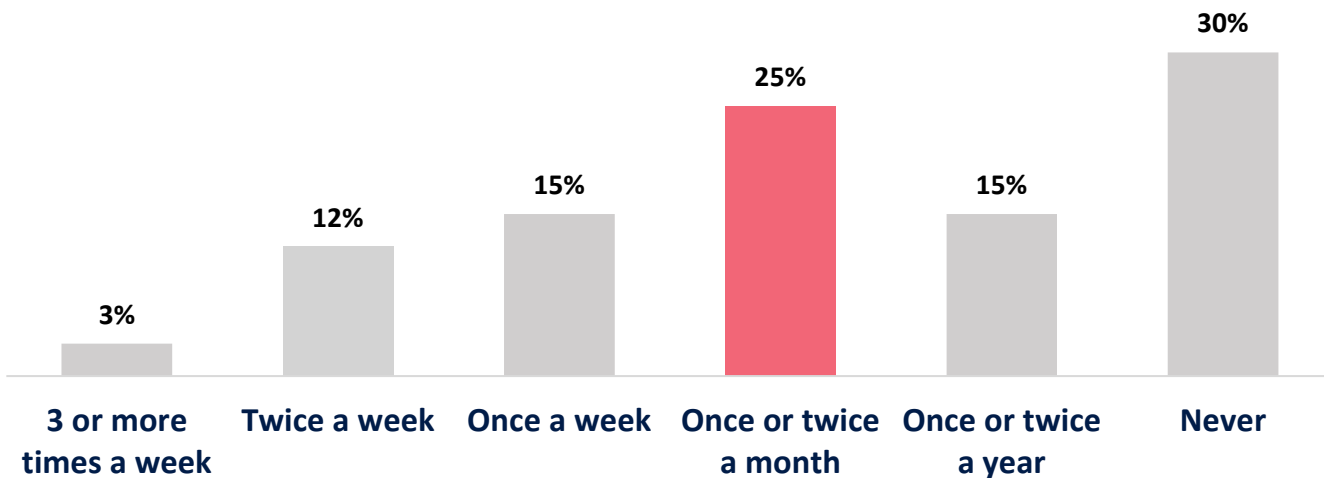


Since August 2023, students **felt the need to stop or cut down use of** the following:



29% of students reported they **binge drank** (5+ drinks in one sitting) within the past 2 weeks; Among those, **5%** did so **6 or more times**

Frequency of alcohol use in a social setting:



Protective behaviors: Usually/always do the following when they drink

- Eat before or during the time they are drinking, **92%**
- Use a rideshare service or have a designated driver, **91%**
- Drink beer or other lower alcohol content drinks, **74%**
- Stop drinking at least 1 to 2 hours before going home, **68%**
- Alternate with non-alcoholic beverages, **63%**
- Avoid shots of hard liquor, **38%**

Select consequences of drinking since August 2023

- Did something they later regretted, **38%**
- Brownout (forgetting where one is/did for short periods of time), **37%**
- Missed a class, **31%**
- Blackout (forgetting where one is/did for a long period of time), **25%**