

In 2011, the U.S. Department of Education awarded the Connecticut Department of Mental Health and Addiction Services (DMHAS) funding to support Connecticut college campuses to establish and expand evidence-based strategies to reduce alcohol and other drug usage. The goal of the Connecticut Healthy Campus Initiative (CHCI) is to assist colleges in Connecticut to create and sustain healthy campus and community environments.

The Center for Public Health and Health Policy at UConn Health conducted a [program evaluation](#) to assess whether the CHCI sub-grantee campuses reduced alcohol and other drug use and related problems between 2011 and 2014. As part of the evaluation, ten CHCI sub-grantee campuses administered the Core Alcohol and Drug Survey to students aged 18 to 24 in the spring of 2011 (n=6,073), and eight did so in 2014 (n=3,968). The response rate was 21.0 percent in 2011. The response rate for 2014 is unavailable.

Alcohol Use in Past 30 Days (Table 1)

Seventy-eight percent of students reported consuming alcohol in the past 30 days in 2011; in 2014, this had decreased to 75.9%. Two-thirds reported drinking one to nine days and about one-sixth consumed alcohol ten to thirty days. When examining the data by age group, the findings indicate that 21 to 24 year-olds consumed alcohol more frequently than underage students. Significantly fewer females reported consuming alcohol in the past 30 days in 2014 than 2011.

Age Range	CHCI 2011	CHCI 2014
18 to 24 Year Olds*	78.3	75.9
18 to 20 Year Olds*	73.0	69.3
21 to 24 Year Olds*	87.2	85.8
Gender	CHCI 2011	CHCI 2014
Male	77.8	74.9
Female*	78.4	76.1

**p* < .05 for difference between 2011 and 2014

Drinks per week (Table 2)

The average number of drinks consumed per week by respondents was significantly lower in 2014 (5.1) compared to 2011 (6.0). Students of legal drinking age (21 to 24 years-

old) consumed an average of about two drinks more per week than underage students (18 to 20 years-old). When examining the results by gender, males consumed close to twice as many drinks per week as females in both 2011 and 2014. However, both males and females consumed significantly less alcohol per week in 2014 than in 2011.

Table 2. Average number of drinks per week

Age Range	CHCI 2011 Mean (C.I. ^a)	CHCI 2014 Mean (C.I. ^a)
18 to 24 Year Olds*	6.0 (5.8, 6.3)	5.1 (4.8, 5.3)
18 to 20 Year Olds*	5.3 (5.1, 5.6)	4.4 (4.1, 4.7)
21 to 24 Year Olds*	7.3 (6.9, 7.7)	6.0 (5.6, 6.5)
Gender	CHCI 2011 Mean (C.I. ^a)	CHCI 2014 Mean (C.I. ^a)
Male	8.6 (8.1, 9.1)	7.9 (7.3, 8.6)
Female*	4.4 (4.2, 4.6)	3.5 (3.3, 3.7)

^a 95% confidence interval for mean

**p* < .05 for difference between 2011 and 2014

Binge Drinking (Table 3)

Over one-half of the 18 to 24 year-old respondents in 2011 and 2014 reported binge drinking at least once in the last two weeks. Binge drinking was defined as consuming five or more drinks at one time. The average number of binge drinking occurrences was lower in 2014 than in 2011 for the two age groups. Males had a significantly higher rate of binge drinking than females. Males and females reported significantly fewer binge drinking occurrences in 2014.

Table 3. Number of Times had Five or More Drinks at a Sitting in Last Two Weeks

Age Range	CHCI 2011 Mean (C.I. ^a)	CHCI 2014 Mean (C.I. ^a)
18 to 24 Year Olds*	1.7 (1.6, 1.7)	1.4 (1.4, 1.5)
18 to 20 Year Olds*	1.5 (1.4, 1.6)	1.3 (1.2, 1.4)
21 to 24 Year Olds*	2.0 (1.9, 2.1)	1.6 (1.5, 1.7)
Gender	CHCI 2011 Mean (C.I. ^a)	CHCI 2014 Mean (C.I. ^a)
Male	2.1 (2.0, 2.2)	2.0 (1.9, 2.1)
Female*	1.4 (1.4, 1.5)	1.1 (1.0, 1.2)

^a 95% confidence interval for mean

**p* < .05 for difference between 2011 and 2014

Consequences of Alcohol (Table 4)

Students reported experiencing many negative consequences due to their alcohol use. The most frequently noted consequences that students reported experiencing at least once in the past year were having a hangover, being nauseated or vomiting, doing something that was later regretted and having memory loss.

Consequences of alcohol	CHCI 2011	CHCI 2014
Hangover*	70.7	68.3
Nauseated or vomited*	58.8	54.9
Later regretted action*	41.8	38.1
Had a memory loss*	41.7	36.8
Argument or fight*	37.3	32.1
Been criticized*	33.6	31.2
Missed class*	34.2	28.5
Poor test score	25.4	24.8
Driven under influence	19.6	19.6
Been hurt/injured*	18.1	16.4
Trouble with police*	16.2	13.8
Thought I had a problem	10.2	10.8
Have been taken advantage of sexually	9.1	8.7
Damaged property, fire alarm	5.7	5.7
Thought about suicide*	4.5	5.8
Tried/failed to stop	4.5	4.8
Taken advantage of someone sexually	2.7	2.1
Tried to commit suicide*	1.5	2.3
Arrested for DWI/DUI	1.3	1.4
Experienced at least one consequence*	80.4	78.2

* $p < .05$ for difference between 2011 and 2014

Student Reported Effects of Alcohol (Table 5)

With all of the acknowledged negative consequences of alcohol, why do students drink? The data suggest that the primary reasons students drink are related to the perceived increase in sociability, especially to facilitate social interactions.

Effects	CHCI 2011	CHCI 2014
Breaks ice	82.6	81.0
Enhances social activity	82.1	80.3
Gives something to do*	78.5	74.5
Gives people something to talk about*	73.8	69.8
Facilitates connection	70.3	68.9
Allows more fun*	71.8	68.2
Facilitates male bonding*	68.3	64.8
Facilitates female bonding	61.3	60.7
Facilitates sexual opportunities*	58.4	49.8
Deal with stress	47.6	48.6
Makes women sexier*	34.3	29.0
Makes food taste better*	26.5	29.2
Makes men sexier	25.2	23.5
Makes me sexier	26.2	26.2

* $p < .05$ for difference between 2011 and 2014

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