

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 establish and expand evidence-based strategies to reduce alcohol and other drug usage. With this funding, DMHAS established the Connecticut Healthy Campus Initiative (CHCI).

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.

This fact sheet focuses on the use of marijuana and alcohol, comparing students involved in intercollegiate athletics to those who are not. Only respondents indicating a status of athlete or non-athlete are included. The aggregate number of responses for 2011 and 2014 are 1680 athletes and 6015 non-athletes.

Marijuana Use in Past 30 Days (Table 1)

In both 2011 and 2014, a higher percentage of athletes than non-athletes reported using marijuana at least once in the past 30 days. The percentage of athletes reporting marijuana use at least once in the past 30 days was similar in both years. The percent of non-athletes reporting having used marijuana within the past 30 days also stayed the same, 25%.

Athletic Status	CHCI 2011	CHCI 2014
Athlete	32	31
Non-athlete	25	25

Days of Marijuana Use in Past 30 Days among Users (Table 2)

Both Athletes and non-athletes reported using marijuana at the same frequency in 2014 as in 2011, approximately 9 days in the past 30, on average.

Athletic Status	CHCI 2011 Mean (C.I. ^a)	CHCI 2014 Mean (C.I. ^a)
Athlete	8.7 (7.7, 9.7)	8.9 (7.5, 10.3)
Non-athlete	9.0 (8.4, 9.6)	8.9 (8.0, 9.7)

^a 95% confidence interval for mean

Perceived Risk of Using Marijuana Occasionally and Regularly (Figures 1 and 2)

Athletes reported that they perceived less risk associated with using marijuana, regularly or occasionally, than non-athletes in 2011. This difference persisted into 2014.

Figure 1. Athlete versus non-athlete perceived risk of occasional marijuana use, combined 2011 and 2014¹

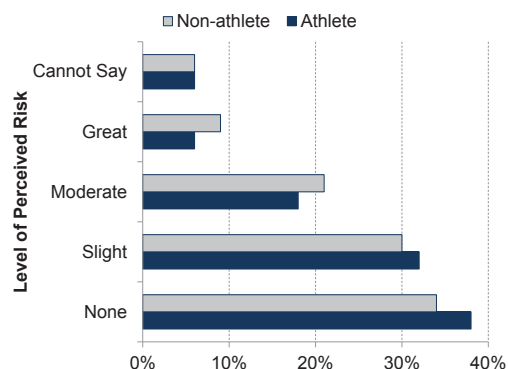
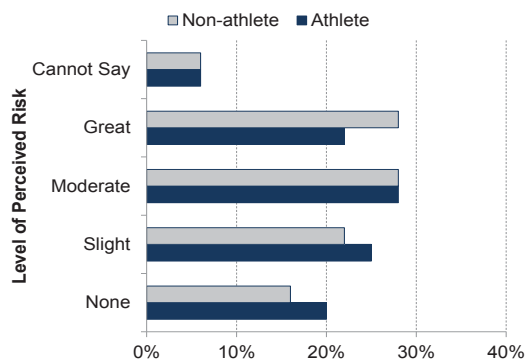


Figure 2. Athlete versus non-athlete perceived risk of regular marijuana use, combined 2011 and 2014¹



Alcohol Use Past 30 Days (Table 3)

Athletes and non-athletes reported consuming alcohol in the past 30 days in both 2011 and 2014. A greater proportion of student athletes than non-athletes consumed alcohol in the past 30 days.

Athletic Status	CHCI 2011	CHCI 2014
Athlete	85	84
Non-athlete	76	74

¹ Each bar represents combined data for 2011 and 2014.



Drinks per Week (Table 4)

In both 2011 and 2014, student athletes reported consuming, on average, more drinks per week than non-athletes. In 2014, the average weekly alcohol consumption of both athletes and non-athletes was slightly lower than in 2011.

Athletic Status	CHCI 2011 Mean (C.I. ^a)	CHCI 2014 Mean (C.I. ^a)
Athlete	8.2 (7.7, 8.8)	7.7 (6.9, 8.5)
Non-athlete	5.5 (5.2, 5.7)	4.6 (4.3, 5.0)

^a 95% confidence interval for mean

Binge Drinking (Table 5)

On average, student athletes reported binge drinking more frequently than non-athletes in both 2011 and 2014. Non-athletes reported fewer binge drinking episodes in 2014 than in 2011.

Athletic Status	CHCI 2011 Mean (C.I. ^a)	CHCI 2014 Mean (C.I. ^a)
Athlete	2.1 (2.0, 2.2)	2.1 (1.9, 2.3)
Non-athlete	1.6 (1.5, 1.6)	1.3 (1.2, 1.4)

^a 95% confidence interval for mean

Consequences of Alcohol (Table 6)

Student athletes and non-athletes reported experiencing many negative consequences stemming from their alcohol use. The data suggest that, compared to non-athletes, a greater proportion of athletes reported at least one negative effect. The most frequently noted consequences that both groups 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. A greater proportion of athletes than non-athletes reported experiencing virtually all types of consequences in the past year.

Student Reported Effects of Alcohol (Table 7)

With all of the acknowledged negative consequences of alcohol, why do students drink? Both groups reported that the primary reasons students drink are related to the perceived increase in sociability, especially the perception that alcohol facilitates social interactions. A greater proportion of student athletes than non-athletes reported having positive expectations regarding the effects of alcohol in 2014.

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Table 6. CHCI 2014 — Effects of alcohol experienced at least once in past year; reported percent of athletes and non-athletes

Consequences of alcohol	Athletes	Non-Athletes
Hangover	75	65
Nauseated or vomited	54	53
Later regretted action	41	35
Had a memory loss	40	34
Argument or fight	34	27
Missed class	33	24
Been criticized	32	28
Poor test score	28	21
Trouble with police	18	12
Been hurt/injured	17	15
Driven under influence	15	14
Thought I had a problem	12	9
Have been taken advantage of sexually	10	8
Damaged property, fire alarm	10	4
Thought about suicide	6	6
Tried/failed to stop	5	4
Taken advantage of someone sexually	4	2
Tried to commit suicide	3	2
Arrested for DWI/DUI	2	1

Table 7. CHCI 2014 — Expectations regarding effects of alcohol; reported percent of athletes and non-athletes

Effects	Athletes	Non-Athletes
Breaks ice	86	79
Enhances social activity	86	79
Gives something to do	77	74
Facilitates connection	76	67
Gives people something to talk about	74	68
Allows more fun	72	67
Facilitates male bonding	70	63
Facilitates female bonding	65	59
Facilitates sexual opportunities	58	47
Deal with stress	52	48
Makes women sexier	37	26
Makes food taste better	36	27
Makes me sexier	34	23
Makes men sexier	28	21