

2014 LAKE REGION STATE COLLEGE NDCORE ALCOHOL AND DRUG SURVEY

Summary

The NDCORE Survey was developed in conjunction with the Core Institute of Southern Illinois University to identify high-risk drinking predictors for ND college students and used to develop evidence-based interventions specific to North Dakota and for each campus. The NDCORE Survey contains several items about alcohol and drugs, including questions specific to ND culture. Included are questions regarding respondent demographics, alcohol and drug behaviors, and perceptions of alcohol and other drugs.

All undergraduate students at Lake Region State College (LRSC) had the opportunity to be included in this study through a stratified random sampling procedure, which included a total of 235 students.¹ Students were drawn from all ethnic backgrounds, all colleges, and all classes (e.g. freshman, sophomore). The key findings are summarized²below.³ The resulting data set is compared with data from previous LRSC NDCORE surveys and with the North Dakota composite data from all eleven NDUS institutions. It is also compared with the most recent National CORE data set collected from 39,064 students nationwide in 2013.

Overall Findings

Demographics

- 51.9% of students are freshman, 35.3% are sophomore, 6.8% identified themselves as junior, and 6% identified themselves as senior
- 95.7% are full-time students
- 42.1% are male, 49.8% are female, and 8.1% chose not to respond
- 75.7% of students are between the age of 18-22, with an average age of 21.62
- 50% live on-campus
- 73% reported they work full or part-time

Alcohol Use (Entire Population)

- The average number of drinks consumed by students per week is 3.09.
- The peak blood alcohol content (BAC) for **males is 0.0492**; for **females it is 0.0826**.
- 38.6% reported having **five or more drinks at a sitting** at least once over the past two weeks
- 55.9% have used alcohol within the past 30 days
- 78.7% have used alcohol at least once within the last year.
- The most common places to use alcohol were private parties (49.8%), their own homes (41.9%), and at a bar or restaurant (20%).

Alcohol Use (Students Under 21 Years of Age)

- The peak blood alcohol content (BAC) for **males is 0.0534**, for **females it is 0.1050**.
- 46.7% reported having **five or more drinks at a sitting** at least once over the past two weeks
- The most common sources for those under the age of 21 to obtain alcohol is from **friends over 21** (68.5%), **friends under 21** (40.3%), and **parents with their consent** (16.9%).

¹ This analysis excluded 34 surveys completed by students who identified themselves as graduate students, non-degree seeking, or other students, resulting in a total sample size of 235.

² Inquiries on the entire data set can be directed to Becky Lambole, NDUS Director of Student Affairs, at 701-224-2688 or rebecca.lambole@ndus.edu.

³ This report was prepared by Dr. Ericka Wentz, Research Consultant and Jane Vangsness Frisch, AVP for Student Success – NDSCS.

Alcohol Use for Entire Student Population

Question	2014	2012	2010	2008	2014 ND Aggregate	National*
Average Number of Drinks per week	3.09	2.4	3.13	3.61	4.36	4.1
Alcohol Use within the last 30 days	55.9%	57.8%	55.3%	63%	66.6%	68.6%
Alcohol use in the last year	78.7%	77.9%	72.5%	81.9%	80.4%	81.3%
Peak BAC						
Male	.0492	.076	.084	.096	.0950	N/A
Female	.0826	.07	.067	.092	.1016	N/A

Alcohol Use for Students Under 21

Question	2014	2012	2010	2008	2014 ND Aggregate	National*
Average Number of Drinks per week	3.72	1.99	3.25	4.11	4.04	N/A
Alcohol Use within the last 30 days	58.3%	54.3%	51.7%	54.7%	60.9%	N/A
Alcohol use in the last year	84.1%	78.4%	70.7%	78.3%	76.4%	N/A
Peak BAC						
Male	.0534	.085	.106	.116	.0901	N/A
Female	.1050	.07	.07	.083	.0993	N/A

Age of first use (Alcohol)

Have not used	Under 10	10-11	12-13	14-15	16-17	18-20	21-25	26+
18.9%	2.1%	0.4%	6.9%	21.5%	30.9%	13.7%	5.2%	0.4%

Abstainer and High-Risk Alcohol Use

	2014	2012	2010	2008	2014 NDCORE Aggregate
Abstainers					
Weekly	54.6%	53.1%	53.4%	53.1%	41.4%
30 day	44.1%	42.2%	44.7%	37%	33.4%
Amount 6+drinks/week	19.7%	11.9%	15.5%	18.3%	24.5%
Frequency 3+ times/week	12.2%	10%	13.8%	12.8%	13.8%
Five or more drinks in a sitting in the past 2 weeks	38.6%	37%	41.2%	51.4%	45.8%

Tobacco and Marijuana Use

- 27.1% of students used tobacco within the past 30 days
- 35.9% of students used tobacco at least once within the last year
- Marijuana was the most commonly reported illicit drug ever used by LRSC Students
- 14.7% first used marijuana between the age of 16-17; 10.8% between the age of 18-20; 64.1% have never used marijuana
- 13.8% of students used marijuana within the past 30 days
- 24.5% of students used marijuana at least once within the last year
- 8% of LRSC students believe that marijuana is necessary for a good time
- The most common places to use marijuana were at private parties (17.7%), in a car (15.8%), or in their own homes (8.4%).
- The most common sources used to obtain marijuana were friends at school (43.9%) or friends at home (36.6%).

Question	2014	2012	2010	2008	2014 ND Aggregate	National Data*
Marijuana Use within the last 30 days	13.8%	10.8%	7.2%	11.6%	14%	18.8%
Marijuana use in the last year	24.5%	21.9%	18.8%	19.7%	26.3%	32.5%

Other Drugs (not including marijuana)

- The most commonly reported drugs ever used were **amphetamines** (7.3%), **non-medical use of prescription drugs** (5.2%), **sedatives** (3.4%), and **cocaine** (3.4%).
- The most frequently reported drugs used within the past 30 days were **non-medical use of prescription drugs** (1.3%), **cocaine** (0.9%) and **opiates** (0.9%).
- The most frequently reported drugs used within the last year were **non-medical use of prescription drugs** (4.3%), **hallucinogens** (2.2%), and **cocaine** (2.2%).

Medical Marijuana and Non-medical use of prescription drugs

- 1.3% report currently, or in the past, having a prescription for medical marijuana
- The most common sources to obtain non-medically used prescription drugs were **friends** (33.8%) and **doctors** (31%).

Campus Policies

% of Students that	2014	2012	2010	2008	2014 Aggregate	National Data*
are familiar with campus policies regarding alcohol and drugs	81.2%	84.2%	81.6%	78.1%	93.4%	90.8%
reported having knowledge of alcohol and drug prevention program(s) on campus	18.9%	16.2%	30.3%	38.8%	44.5%	52.2%
believe LRSC is concerned about the prevention of alcohol and drug use	57.6%	76.7%	74.3%	75.4%	75.2%	76.5%
are actively involved in efforts to prevent alcohol and drug use on campus	14.3%	15%	14.2%	15.1%	10.1%	N/A

Campus Climate

Percent of students that:	2014	2012	2010	2008	2014 Aggregate	National Data*
believe alcohol is necessary for a good time	12.9%	11.2%	9.7%	13.5%	10.2%	N/A
prefer that alcohol be available in social settings	47.2%	45%	47%	47.7%	63.3%	69.5%
prefer that drugs be available in social settings	11%	10.2%	8.2%	9.2%	14.6%	19.2%
believe their lives are unaffected by other students' alcohol use	86.4%	79.5%	85.3%	77.9%	75.2%	N/A
believe that there are enough alcohol-free activities where they live	41.7%	36.7%	27.4%	29.8%	48%	N/A

High-Risk Consequences during the Last Year (due to drinking and/or drug use)

	2014	2012	2010	2008	2014 Aggregate	National Data*
had at least one hangover	58.3%	61.4%	55.4%	64.8%	59.7%	58.3%
became nauseated or vomited at least once	37.6%	44.3%	41%	46.5%	46.4%	49.4%
reported doing something they later regretted	22.7%	27.7%	28.3%	27.8%	28%	32.3%
had a memory loss at least once	24.9%	22.4%	20.4%	24.2%	27.7%	32%
got into an argument or fight	24.8%	26.3%	26.8%	31.3%	25.6%	25.2%
missed a class	15.3%	17.9%	22.5%	24.1%	22%	23.8%
reported driving a car while under the influence	15.2%	30.5%	26.7%	34.5%	21.6%	16.5%
were criticized by someone they know	19.7%	27%	27.6%	24.8%	23.1%	26.4%
performed poorly on a test or project	17%	16.8%	25.4%	22.9%	18.6%	18.8%
reported getting hurt or injured	11.4%	13.1%	12.6%	14.1%	10.9%	13.7%
had been in trouble with police, residence hall, or campus authorities	9.2%	13.1%	12.6%	11%	12.1%	10.4%
thought they might have a drinking or drug problem	5.7%	7.1%	7.1%	12.8%	8%	9%
damaged property, pulled a fire alarm, etc.	2.2%	2.5%	2.9%	4%	4.4%	4.5%
attempted to quit unsuccessfully	2.2%	4.3%	4.2%	7.5%	3.7%	4.1%
reported taking advantage of someone sexually	0.9%	1.4%	2.1%	2.2%	2.2%	1.9%
seriously thought about suicide	3%	3.9%	6.3%	3.5%	4.2%	4.4%
were arrested for a DUI/DWI	3%	2.1%	4.6%	3.1%	1%	1%
seriously attempted suicide	0.9%	1.4%	2.5%	0.4%	1.2%	1.2%

- 13.9% of survey respondents reported that they had been **taken advantage of sexually** while under the influence of alcohol or other drugs.
- 23.8% believe that **stricter campus policies, state laws, or city ordinances** would deter them from using alcohol
 - 39.5% believe fines/fees would be the most effective deterrent
 - 23.3% believe education would be the most effective deterrent

Consequences (due to marijuana use)

	2014 LRSC	2014 Aggregate
Irritability	16.4%	17.1%
Nervousness or anxiety	25.5%	35.5%
Sleep difficulty (e.g. insomnia, disturbing dreams)	7.3%	11.2%
Decreased appetite or weight loss	10.9%	8.6%
Increased appetite or weight gain	32.7%	46.2%
Restlessness, difficulty focusing/attention	9.1%	17%
Depressed mood	3.6%	10.2%
At least one of the following physical symptoms causing significant discomfort: abdominal pain, shakiness/tremors, fever, chills, or headache	5.5%	10.2%
Difficulty remembering or recalling information	21.8%	26.9%

Parental Influence

- 74% believe that their **parents' expectations or rules** about alcohol is an effective way to limit their alcohol consumption.
- 71.7% believe that their **parents' expectations or rules** about tobacco is an effective way to limit their tobacco consumption
- 76.6% believe that their **parents' expectations or rules** about other drugs is an effective way to limit their drug consumption
- 44.7% report that their **parents have talked to them** regarding their drinking behavior
- 68.9% of students report that their parents talked to them about **their expectations** regarding their alcohol use.

References

*Southern Illinois University Carbondale/CORE Institute. (2014). *CORE Drug and Alcohol Survey*, Retrieved February 25, 2015 from <http://www.core.siuc.edu>.

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