

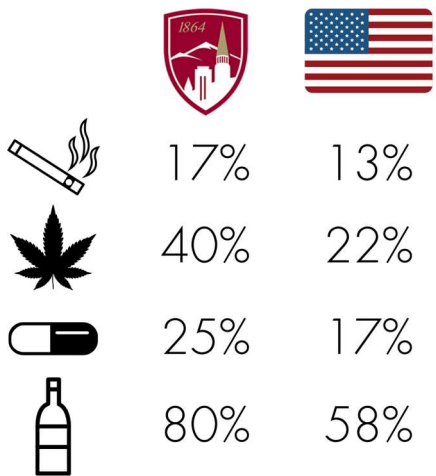
DU Student Alcohol and Other Drug Trends

National College Health Assessment, Spring 2019

The National College Health Assessment is a research survey on college students' health-related habits, behaviors, and perceptions. At DU, we administer this survey every three years.

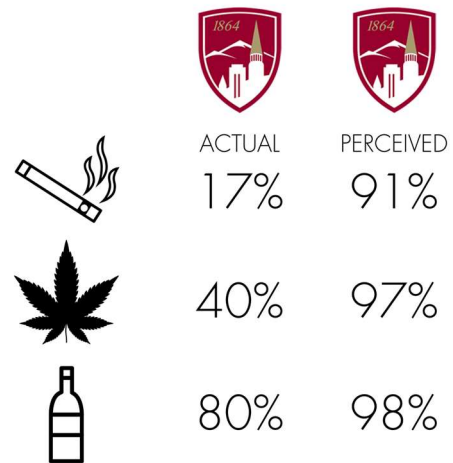
In the Spring 2019 administration of the survey, 570 randomly selected DU students participated (17.4% response rate), both undergraduate and graduate students. Please note that the demographic characteristics of the survey sample differed from the overall DU student population. Females, undergraduate students, and White students were overrepresented.

Compared to their peers nationally, DU students have **higher** rates of e-cigarette, cannabis, prescription drug, and alcohol use (last 30 days).



*Cigarette icon represents e-cigarette use

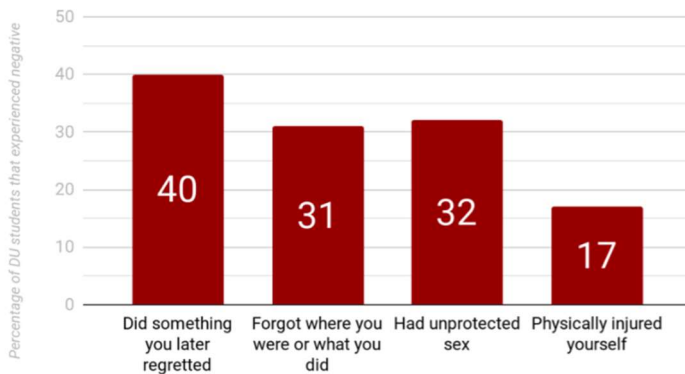
DU students also tend to **overestimate** their fellow students' use (last 30 days).



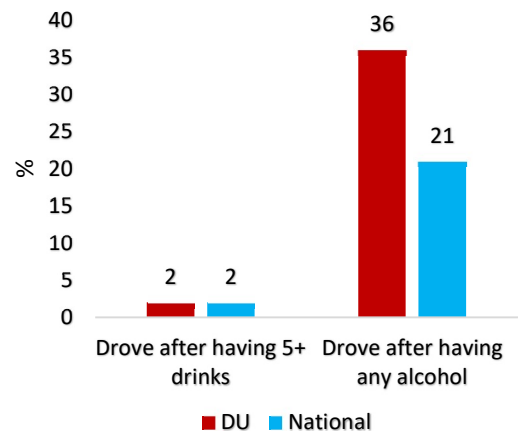
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57% of DU students reported experiencing one or more negative outcomes when drinking alcohol (last 12 months). Below are the top 4 negative outcomes:

DU NCHA 2019: Negative consequences of alcohol use, last 12 months



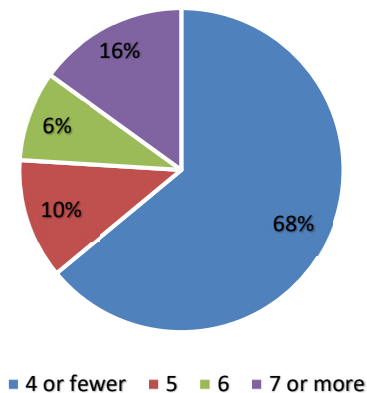
Although the rate has declined over time, **a higher percentage** of DU students reported driving after drinking any alcohol (last 30 days) compared to their national peers.



Of DU students who drink, **99%** use one or more harm reduction strategies “most of the time” or “always” when drinking. The most commonly reported strategies are displayed below:

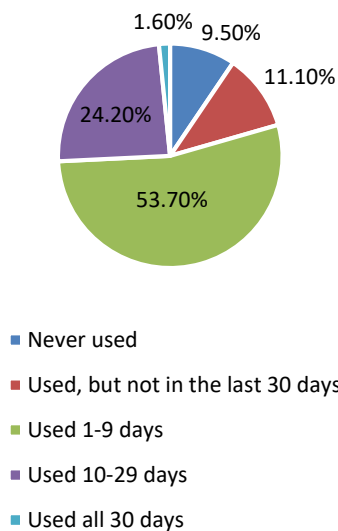
Strategy	% using strategy <i>most of the time or always</i>
Stay with the same group of friends the entire time drinking	92
Eat before and/or during drinking	82
Use a designated driver	70
Keep track of how many drinks being consumed	71
Stick with only one kind of alcohol when drinking	41

The majority of DU students who drink reported consuming **4 or fewer drinks** the last time they partied or socialized.



The majority of DU students who drank within the last 30 days reported using alcohol 1-9 days. However, DU students perceive their peers are drinking 10-29 days.

Alcohol: Actual Use Breakdown



Alcohol: Perceived Use Breakdown

