Alcohol

Middlebury College
Fall 2010 Survey

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Overview

• Why talk about alcohol now?
• Data on first-year alcohol use
• Data on responsible and problematic drinking … and its consequences
• Student perceptions of policies
• Summary and suggestions
Why Now?

- Recent trends (especially for first-years) are concerning
- We need accurate information for alcohol policy discussions
- We need baseline statistics on alcohol use to evaluate trends and policy effectiveness
- We are seeing more student energy and engagement on issues related to alcohol and social life, although their opinions are divided
Our Changing Student Body

• A diverse student body of many cultures and values
  › Different expectations for social life
  › Different experiences with alcohol
• The rise of more complicated mental health profiles
• More first years entering College with high-risk drinking behavior
The Data

- Our own survey (fall 2010)
- Public safety and health services data
- AlcoholEdu
- Data from Custodial Services
Our Survey

- 400 students per class were invited to participate
- 766 students completed the survey
- Yielding a return rate of over 47%
- Just under one third of the student body participated
Definitions

A drink is defined as:

- 12 oz. of beer
- 4 oz. of wine
- 1 oz. of liquor
First-year Students
First-years

Percentage

High-risk drinkers

Middlebury Fall midpoint
AlcoholEdu Data 2010

2008
2009
2010

40
44
55
Where do first-year students drink?

- **Dorm**: 69.7%
- **Social House**: 30.9%
- **Bar**: 8.6%
- **Off Campus**: 3.3%
- **Language House**: 0%

*Middlebury Fall 2010 Study*
Where do first-year students get their alcohol?

- 48.0% a small party with friends
- 25.0% upper class student
- 24.0% a larger student run party
- 12.0% other
- 10.0% a social house party
- 3.0% liquor store using fake id
- 0% bar/restaurant using fake id

Middlebury Fall 2010 Study
First-years

How are they drinking?

• 59% are pre-loading (start to drink before going out)

• 43% are doing shots

AlcoholEDU data
Public Safety and Emergency Alcohol Transfers (All Students)

<table>
<thead>
<tr>
<th></th>
<th>2009-10</th>
<th>2010-11</th>
</tr>
</thead>
<tbody>
<tr>
<td>PS to sober friend</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td>MVAA and PS to emergency room</td>
<td>26</td>
<td>41</td>
</tr>
</tbody>
</table>
Transfers to Sober Friend for Alcohol by Class Year
September 2010 to May 2011

Number of Students

First-year: 53
Sophomore: 18
Junior: 12
Senior: 17
Visits to the Emergency Room for Alcohol by Class Year
September 2010 to May 2011

Number of Students

- First-year: 27
- Sophomore: 11
- Junior: 1
- Senior: 2

Total: 41
First-years: Summary

• Drinking increases dramatically within the first 6-8 weeks on campus
• Drinking in their dorms
• Drinking shots
• Most at risk for ER visits and sober friend transfers
General Alcohol Use
Alcohol Use

- Quantity Consumed
- Rate of Consumption
Alcohol Use

- Quantity Consumed
- Rate of Consumption
Greatest number of drinks consumed in one drinking period in the last two weeks*

*Non-drinkers removed
Greatest number of drinks in one drinking period in the last two weeks

• 19.3% of students did not drink
  • 22% of females did not drink
  • 16% of males did not drink

• 11% of students had 10 or more drinks
  • 4.4% of females had 8 or more drinks
  • 7% of males had 15 or more drinks
Alcohol Use

- Quantity Consumed
- Rate of Consumption
In the last two weeks, how many times have you had four or more drinks in a row within a two hour period?

Females: High Risk Drinking

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Never</th>
<th>Once</th>
<th>Twice</th>
<th>3 or more times</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>52</td>
<td>24</td>
<td>15</td>
<td>9</td>
</tr>
</tbody>
</table>

Middlebury Fall 2010 Study
In the last two weeks, how many times have you had five or more drinks in a row within a two hour period?

Males: High Risk Drinking

Percentage

- Never: 46
- Once: 20
- Twice: 16
- 3 or more times: 18

Middlebury Fall 2010 Study
Consequences of Other Students’ Drinking

At Middlebury

Middlebury Fall 2010 Study
In the last year ...

- 86% of students took care of someone who drank too much
- 74.5% had sleep interrupted
- 53.6% had studying interrupted
- 20% had a campus event interrupted
- 8.7% took someone for emergency care

Middlebury Fall 2010 Study
In the last year ... 

- 85.9% found cans, bottles or litter around their residence (41.2% reported this happening 10 or more times)
- 66.4% found vomit in or around residence
- 39.8% had personal property or residence damage
- 7% thought of transferring due to the alcohol use of others
In the last year ...

- 21.9% were made to feel unsafe
- 13.6% were pushed, hit or assaulted
- 9% were harassed based on protected characteristics (race, gender, ethnicity, etc.)
- 8.9% were threatened with physical violence
- 7.1% were taken advantage of sexually
- 3.3% were sexually assaulted

Middlebury Fall 2010 Study
College Property Damage

<table>
<thead>
<tr>
<th>Year</th>
<th>Damage Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>06/07</td>
<td>$54,418.69</td>
</tr>
<tr>
<td>07/08</td>
<td>$85,443.18</td>
</tr>
<tr>
<td>08/09</td>
<td>$88,673.03</td>
</tr>
<tr>
<td>09/10</td>
<td>$97,961.89</td>
</tr>
<tr>
<td>10/11 (April)</td>
<td>$104,500.00</td>
</tr>
</tbody>
</table>

Linda Ross and Custodial Services

Monday, October 3, 11
Student Perceptions of Drinking
Student perceptions of drinking

Agree or Strongly agree

- 86% “students respect you if you don't drink”
- 81% “easy to make friends without drinking”
- 13.8% “students view this school as a big party school”
- 34.8% “students at this school feel pressured to drink”
- 13.1% “abstaining or light drinking is the norm here”
- 70.5% “students think that heavy or binge drinking is okay”
Student Perceptions of College Policies
Which of the following do you think should be your school's approach to student drinking?

- The current alcohol policy
- A policy which imposes fewer restrictions on alcohol use
- A policy which imposes greater restrictions on alcohol use
- Don't know current policy

Middlebury Fall 2010 Study

- 56%
- 27%
- 8%
- 10%

Monday, October 3, 11
Student perceptions of College policy

- 73% of students report that the school encourages responsible drinking
- 77.5% report that the school discourages alcohol use or abuse
- 86.5% report that the school tolerates drinking but tries to keep students from becoming drunk and disorderly
How do you think your school's administration should deal with students...

Student brings alcohol into area or event where prohibited

- First-year
- Sophomore
- Junior
- Senior

**Middlebury Fall 2010 Study**

<table>
<thead>
<tr>
<th>Action</th>
<th>Percentage</th>
<th>First-year</th>
<th>Sophomore</th>
<th>Junior</th>
<th>Senior</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do Nothing</td>
<td>10</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>Talk with Student</td>
<td>72</td>
<td>73</td>
<td>77</td>
<td>81</td>
<td></td>
</tr>
<tr>
<td>Refer</td>
<td>3</td>
<td>4</td>
<td>3</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>Disciplinary Action</td>
<td>15</td>
<td>16</td>
<td>12</td>
<td>7</td>
<td></td>
</tr>
</tbody>
</table>
21 year old buys alcohol for underage friends

**Middlebury Fall 2010 Study**

<table>
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<tr>
<th>Action</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do Nothing</td>
<td>First-year: 26, Sophomore: 33, Junior: 32, Senior: 31</td>
</tr>
<tr>
<td>Talk with Student</td>
<td>First-year: 59, Sophomore: 52, Junior: 54, Senior: 56</td>
</tr>
<tr>
<td>Refer</td>
<td>First-year: 5, Sophomore: 3, Junior: 2, Senior: 5</td>
</tr>
<tr>
<td>Disciplinary Action</td>
<td>First-year: 10, Sophomore: 12, Junior: 12, Senior: 8</td>
</tr>
</tbody>
</table>
Student becomes drunk and disorderly at a campus party

- First-year: 13, 13, 11, 9
- Sophomore: 53, 57, 56, 51
- Junior: 22, 17, 18, 26
- Senior: 11, 14, 15, 14
RA or roommate reports a student is drinking heavily

<table>
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<tr>
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<th>Sophomore</th>
<th>Junior</th>
<th>Senior</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do Nothing</td>
<td>3</td>
<td>7</td>
<td>7</td>
<td>7</td>
</tr>
<tr>
<td>Talk with Student</td>
<td>45</td>
<td>51</td>
<td>51</td>
<td>57</td>
</tr>
<tr>
<td>Refer</td>
<td>46</td>
<td>40</td>
<td>39</td>
<td>34</td>
</tr>
<tr>
<td>Disciplinary Action</td>
<td>5</td>
<td>3</td>
<td>4</td>
<td>2</td>
</tr>
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Middlebury Fall 2010 Study

Monday, October 3, 11
Student requires emergency medical treatment for alcohol overdose.

Middlebury Fall 2010 Study

Monday, October 3, 11
Student commits sexual assault while drunk

Middlebury Fall 2010 Study
Summary: What Stood Out to Us

- First-years dramatically increase drinking once they arrive on campus
- First-year students are (overwhelmingly) the most likely to need assistance, including transports to the ER
- Nearly half of women and more than half of men engage in high-risk drinking, a few at very high levels
Summary: What Stood Out to Us

- Nearly all students are negatively affected by other students’ drinking, some severely; yet most students want policies to stay the same.

- Students want strong action against intoxicated students who commit violence or sexual assault, but students tolerate other alcohol related behavior no matter how disruptive.
Next Steps

• Create an alcohol and social life task force (in progress)

• Lead a collaborative review of data and policies across NESCAC schools (in progress)

• Engage follow-up studies and policy reviews annually
Steps to Consider

- Increase vigilance regarding first-year use of alcohol
- Introduce intensive training on alcohol for first years
  - bystander intervention (used Step Up! Program this fall, 2011)
  - exposure to first year data (provided this information to first year counselors)
Steps to Consider

• Improve non-alcohol social events and programming
• Reevaluate Commons programming
• Target high-risk drinkers for disciplinary and health and wellness interventions
• Ban hard alcohol
• Revisit enforcement of alcohol policies (citations, role of public safety, etc.)
End