New Mexico Higher Education Prevention Consortium: MAKING STRIDES IN REDUCING ALCOHOL AND OTHER DRUG ABUSE among college students in New Mexico.

The New Mexico Higher Education Prevention Consortium is committed to collaboratively reducing the negative consequences associated with alcohol and other drug use. We do this through implementation of evidence-based programs designed to increase wise decision-making. The ultimate goal of the Consortium is to promote academic success and well-being among all New Mexico college students.

Since 2005, the New Mexico Department of Health Office of Substance Abuse Prevention has supported a statewide Consortium of colleges across New Mexico to address negative consequences associated with alcohol and drug use among students. The University of New Mexico Campus Office of Substance Abuse Prevention (COSAP) has led the collaboration to build prevention capacity at New Mexico post-secondary institutions.

This report summarizes data collected in spring 2013 using the New Mexico Student Lifestyles Survey developed at The University of New Mexico. The survey includes measures of alcohol, tobacco, and other drug use behaviors and attitudes from almost 2,700 students at seven colleges from around the state.

2012-2013 CONSORTIUM MEMBERS INCLUDE:
• Eastern New Mexico University
• New Mexico State University
• New Mexico Institute of Mining and Technology
• Santa Fe Community College
• San Juan College
• The University of New Mexico
• The University of New Mexico, Valencia Campus

The University of New Mexico Campus Office of Substance Abuse Prevention and the New Mexico Higher Education Prevention Consortium member schools wish to acknowledge the financial support provided by the New Mexico Department of Human Services, Behavioral Health Services Division’s Office of Substance Abuse Prevention; Karen Cheman, MPH, Program Manager.
The New Mexico Higher Education Prevention Consortium supports **EVIDENCE-BASED PROGRAMS AND PRACTICES**.

Consortium members do the following in an effort to reduce risky behaviors related to alcohol and other drug use among their college students…

**ENFORCE UNIVERSITY POLICIES RELATED TO ALCOHOL AND OTHER DRUGS**
All four-year institutions work with their student housing and resident life staff to train resident advisors to effectively enforce school policies.

**PROMOTE AWARENESS OF THE ILLEGALITY OF PURCHASING AND PROVIDING ALCOHOL FOR MINORS**
All Consortium schools conduct campaigns to increase awareness of the legal consequences for students 21 years and older of purchasing or providing alcohol for minors.

**PUBLICIZE THE RISK OF DWI ARREST AND LEGAL CONSEQUENCES**
Consortium schools collaborate with local law enforcement agencies to obtain and publicize dates of DWI Checkpoints and Saturation Patrols. Schools then develop media that describe the legal consequences and impact on career choices for students with a DWI conviction.

**IMPLEMENT COLLEGE CAMPUS SOCIAL NORMS CAMPAIGNS**
Based on their individual school data, Consortium schools conduct social norms media campaigns to reduce binge drinking and its consequences, as well as promote safe and healthy behaviors among students.

**PROVIDE UNIVERSAL PREVENTION PROGRAMS TO REDUCE RISKY DRINKING**
Through programs such as new student orientation and freshmen experience seminars, students complete an online assessment tool that lets them see how their drinking habits, family history, and campus norms may affect their life and future.

**PREVENTION WORKS!**
9.7% fewer New Mexico college students reported drinking alcohol in the past 30 days in 2013 than in 2008.

Weekly alcohol consumption has decreased 24.5%, and student perceptions of their peers’ alcohol use have become more accurate, dropping 27.6% from 2008 to 2013.

Reducing the gap between the actual number of drinks consumed and the perceived number of drinks consumed is the goal of the social norms campaigns that all Consortium schools use to reduce risky drinking.
Underage students are **DRINKING LESS** and have **REDUCED ACCESS TO ALCOHOL**.

Underage Binge Drinking (past two weeks)

<table>
<thead>
<tr>
<th>Year</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>2008</td>
<td>40.0%</td>
</tr>
<tr>
<td>2013</td>
<td>32.5%</td>
</tr>
</tbody>
</table>

Underage Alcohol Use (past 30 days)

<table>
<thead>
<tr>
<th>Year</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>2008</td>
<td>60.2%</td>
</tr>
<tr>
<td>2013</td>
<td>51.5%</td>
</tr>
</tbody>
</table>

Underage students report drinking an average of 2.65 drinks per week, which reflects a **28.0% reduction since 2008**.

Sources of Underage Alcohol Access (past 30 days)

<table>
<thead>
<tr>
<th>Source</th>
<th>2008 Percentage</th>
<th>2013 Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Got it from someone under age 21</td>
<td>31.1%</td>
<td>24.4%</td>
</tr>
<tr>
<td>Got it from someone over age 21</td>
<td>51.9%</td>
<td>43.0%</td>
</tr>
<tr>
<td>Got it at an on-campus party</td>
<td>12.3%</td>
<td>8.1%</td>
</tr>
<tr>
<td>Got it at an off-campus party</td>
<td>42.3%</td>
<td>31.7%</td>
</tr>
<tr>
<td>Got it from home of parents or relatives</td>
<td>13.6%</td>
<td>13.2%</td>
</tr>
</tbody>
</table>

65.5% of students reported that it was very easy or easy for underage students at their campus to get alcohol in 2013: **9.4% less** than responded to the same question in 2008.

66.5% of students reported police are very likely or somewhat likely to arrest an adult for giving alcohol to a minor in 2013: **25.5% more** than responded to the same question in 2008.
New Mexico College students are experiencing **fewer consequences from drinking alcohol.**

Between 2008 and 2013 New Mexico college students experienced **lower rates of every consequence** measured as a result of drinking alcohol.

<table>
<thead>
<tr>
<th>Consequences in 2013</th>
<th>All Students</th>
<th>Moderate Drinkers</th>
<th>Occasional Binge Drinkers</th>
<th>Frequent Binge Drinkers</th>
</tr>
</thead>
<tbody>
<tr>
<td>performed poorly on test or important project</td>
<td>19.9</td>
<td>13.0</td>
<td>22.0</td>
<td>37.5</td>
</tr>
<tr>
<td>missed a class</td>
<td>31.6</td>
<td>21.4</td>
<td>38.0</td>
<td>55.1</td>
</tr>
<tr>
<td>have been taken advantage of sexually</td>
<td>5.8</td>
<td>4.2</td>
<td>7.9</td>
<td>9.9</td>
</tr>
<tr>
<td>got into an argument or fight</td>
<td>28.1</td>
<td>20.5</td>
<td>34.9</td>
<td>50.2</td>
</tr>
<tr>
<td>seriously thought about suicide</td>
<td>4.7</td>
<td>2.2</td>
<td>3.5</td>
<td>10.1</td>
</tr>
<tr>
<td>been hurt or injured</td>
<td>13.4</td>
<td>8.0</td>
<td>17.5</td>
<td>26.2</td>
</tr>
<tr>
<td>driven under the influence</td>
<td>29.5</td>
<td>21.5</td>
<td>42.9</td>
<td>54.0</td>
</tr>
<tr>
<td>been in trouble with police, RA, or other college authority</td>
<td>7.8</td>
<td>6.2</td>
<td>8.4</td>
<td>15.5</td>
</tr>
<tr>
<td>been arrested for DWI/DUI</td>
<td>1.5</td>
<td>1.1</td>
<td>2.2</td>
<td>2.3</td>
</tr>
<tr>
<td>have taken advantage of another sexually</td>
<td>1.9</td>
<td>0.5</td>
<td>2.1</td>
<td>4.8</td>
</tr>
<tr>
<td>damaged property</td>
<td>8.1</td>
<td>3.4</td>
<td>9.7</td>
<td>18.3</td>
</tr>
</tbody>
</table>

*Moderate drinkers reported consuming alcohol in the past 30 days, but did not report binge drinking in the past two weeks.*

*Occasional binge drinkers reported consuming five or more drinks in one sitting on one occasion in the past two weeks.*

*Frequent binge drinkers reported consuming five or more drinks in one sitting on two or more occasions in the past two weeks.*

**Frequent binge drinkers report higher rates of alcohol-related consequences than occasional binge drinkers.**
ACADEMIC CONSEQUENCES:
The more college students drink, the more their grades suffer.

Alcohol and Academic Consequences
(Average number of drinks consumed per week: by self-reported grade average)

One in four students report having problems in school due to drinking; among college students who dropout, an estimated 30% attribute it to alcohol abuse.¹

“At a time in New Mexico when we are focusing on improved academic performance and increased graduation rates, reducing risky drinking is more important than ever.”

~ John Steiner, MPH, Director of the New Mexico Higher Education Prevention Consortium

¹ Journal of American College Health. 50, No 5, 2002
New Mexico College students are **DRINKING AND DRIVING LESS.**

![Bar chart showing drinking and driving habits](chart.png)

- **70.5%** of New Mexico college students reported it was somewhat to very likely they would be arrested if they were driving after having too much to drink in 2013: **0.3% less** than responded to the same question in 2008.

- **86.7%** of New Mexico college students reported their closest friends would disapprove or strongly disapprove if they drove a car under the influence of alcohol in 2013: **2.5% more** than responded to the same question in 2008.

- **80.8%** of students reported using a designated driver in 2013: **4.3% more** than responded to the same question in 2008.

**Car crashes are the leading cause of death among college students nationally; among those nearly half were alcohol-related.**

When they choose to drink alcohol, New Mexico college students are **DOING MORE TO PROTECT THEMSELVES.**

New Mexico college students reduce the adverse consequences of alcohol use by avoiding risky practices, drinking in moderation, and engaging in safe driving behaviors.

<table>
<thead>
<tr>
<th>Protective Behaviors in 2013</th>
<th>All Students</th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>percentage in the past 12 months</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hang out with people who drink less or more slowly</td>
<td>65.1</td>
<td>64.1</td>
<td>65.7</td>
</tr>
<tr>
<td>Avoid drinking games</td>
<td>42.5</td>
<td>34.8</td>
<td>48.8</td>
</tr>
<tr>
<td>Keep track of the number of drinks you have</td>
<td>65.7</td>
<td>58.9</td>
<td>71.1</td>
</tr>
<tr>
<td>Decide ahead not to exceed a set number of drinks</td>
<td>56.0</td>
<td>45.8</td>
<td>64.0</td>
</tr>
<tr>
<td>Alternate with non-alcoholic beverages</td>
<td>58.3</td>
<td>53.1</td>
<td>62.4</td>
</tr>
<tr>
<td>Limit number of drinks per hour</td>
<td>44.2</td>
<td>35.6</td>
<td>51.0</td>
</tr>
<tr>
<td>Have a designated driver</td>
<td>80.8</td>
<td>75.8</td>
<td>84.7</td>
</tr>
<tr>
<td>Refuse to ride with a driver who has been drinking</td>
<td>75.3</td>
<td>68.1</td>
<td>80.9</td>
</tr>
<tr>
<td>Stop drinking 1-2 hours before going home</td>
<td>64.5</td>
<td>60.8</td>
<td>67.3</td>
</tr>
<tr>
<td>Eat before and during the time you’re drinking</td>
<td>79.7</td>
<td>77.4</td>
<td>81.4</td>
</tr>
<tr>
<td>Watch a friends drink while he/she is gone</td>
<td>70.5</td>
<td>63.5</td>
<td>76.2</td>
</tr>
</tbody>
</table>

From 2008 to 2013 there was an increase in the percentage of college students using eight of these eleven protective behaviors.

64.5\% of New Mexico college students reported stopping drinking 1-2 hours before going home in 2013: **3.7\% more** than responded to the same question in 2008.
ALCOHOL, TOBACCO, AND OTHER DRUG USE HAS DECREASED among New Mexico college students.

Substance use has an insidious way of interfering with a student’s ability to take advantage of all that college has to offer. Interventions to reduce rates of substance use should be part of any college’s plan to improve student retention.³

In 2013 the prevalence of cigarette use declined and the prevalence of hookah use among New Mexico college students now exceeds that of cigarettes.

³Arria, A.M., et. all (2013). The academic opportunity costs of substance use during college. College Park, MD: Center on Young Adult Health and Development.
SURVEY METHODS

In the fall of 2013, the seven Consortium member schools surveyed a total of 2667 undergraduate students using the New Mexico Student Lifestyles Survey. Sample sizes at each school ranged from 300 to 867. Each school collected a purposive sample that reflected the gender, age, ethnic/racial identity, and classification of their undergraduate student body.

Because the sample that participated in the survey was somewhat different than the undergraduate population, data for these analyses were weighted to reflect the undergraduate student population with regard to campus size and gender, as well as the varying student population sizes at the seven schools. To reduce the effect of extreme values, all responses for questions asking participants to estimate the number of drinks consumed that were greater than 40 were re-coded to a maximum value of 40.

Participation in the Consortium by member schools has changed over the years due to various circumstances involving finances and staffing. As a result, in 2008 when the first statewide summary of college alcohol, tobacco and other drug use was created for the Consortium, six schools participated in the survey. The four largest colleges that participated in 2008 also participated in 2013 (UNM, NMSU, SJC and ENMU). Thus the findings presented in this report should be viewed with an understanding that the 2008 and 2013 data are not directly comparable, but rather are meant to represent general trends among college students in New Mexico.

SAMPLE DESCRIPTION

Students participating in the survey ranged in age from 18 to 40 (with 40 being the maximum possible), with an average age of 21.60; 46.3% were male and 53.7% female; 36.5% were freshman, 28.7% sophomore, 19.5% junior, and 15.3% senior.
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