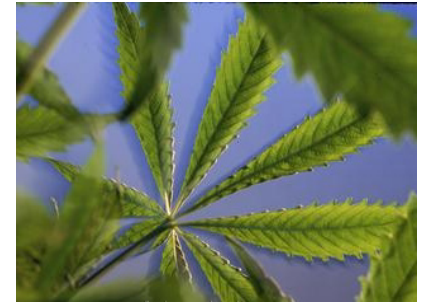




# Tobacco & Alcohol Use among



# Minnesota College Students

Data from a 2006 survey of students in 12 post-secondary schools

Edward P. Ehlinger, MD, MSPH  
Director and Chief Health Officer  
Boynton Health Service  
University of Minnesota

# Background to this report

- Data have been helpful
  - Policy and Program Development
  - Resource Allocation
- Funding:
  - Hennepin Medical Society
  - Blue Cross/Blue Shield of Minnesota
- Clearway - MPAAT

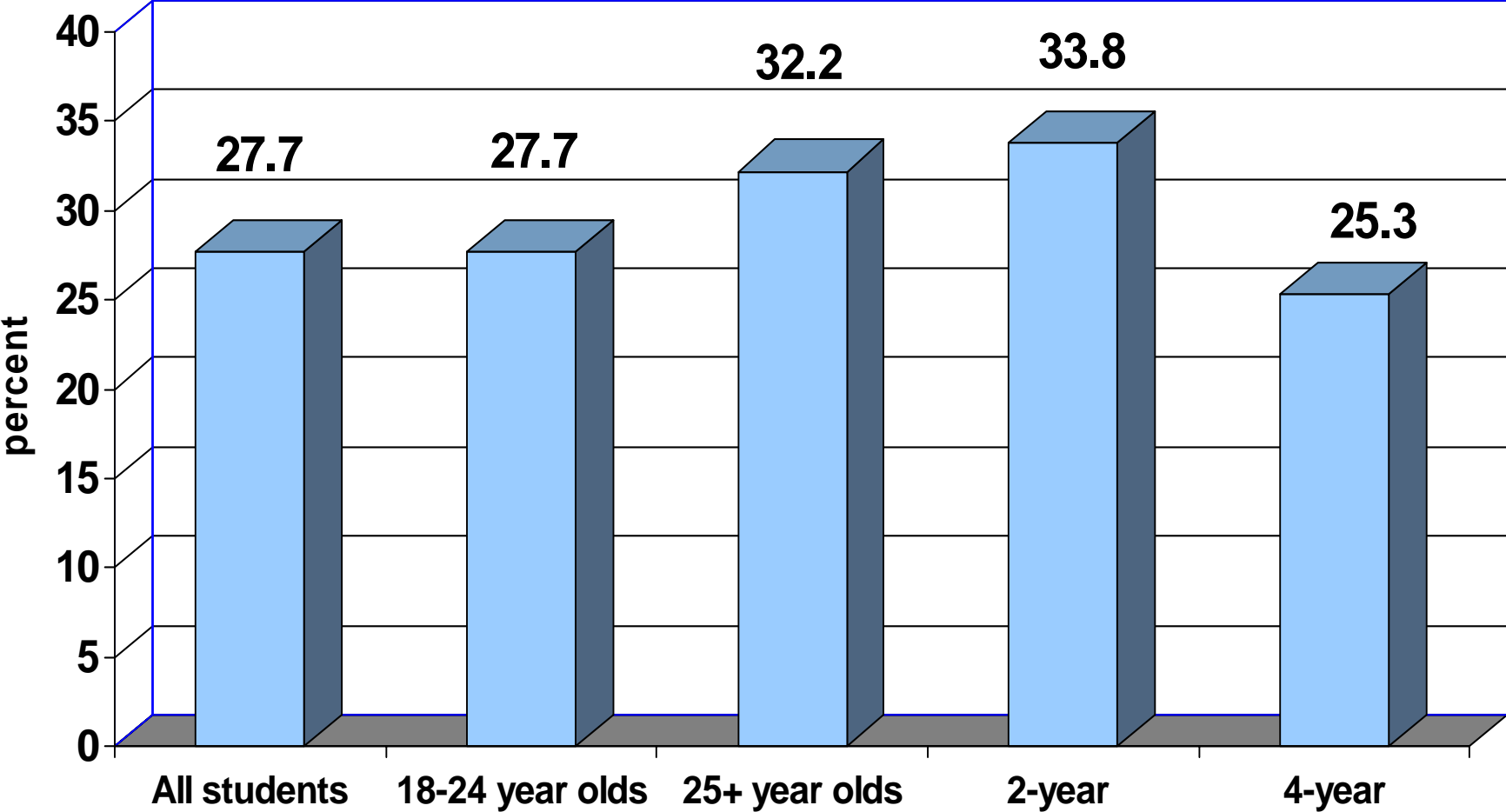
# Participating schools

- Alexandria Technical College
- Anoka Technical College
- Hennepin Technical College
- Lake Superior College
- Normandale Community College
- St. Cloud Technical College
- St. Cloud State University
- University of Minnesota
- Winona State University
- Augsburg College
- Hamline University
- Saint Mary's University of Minnesota

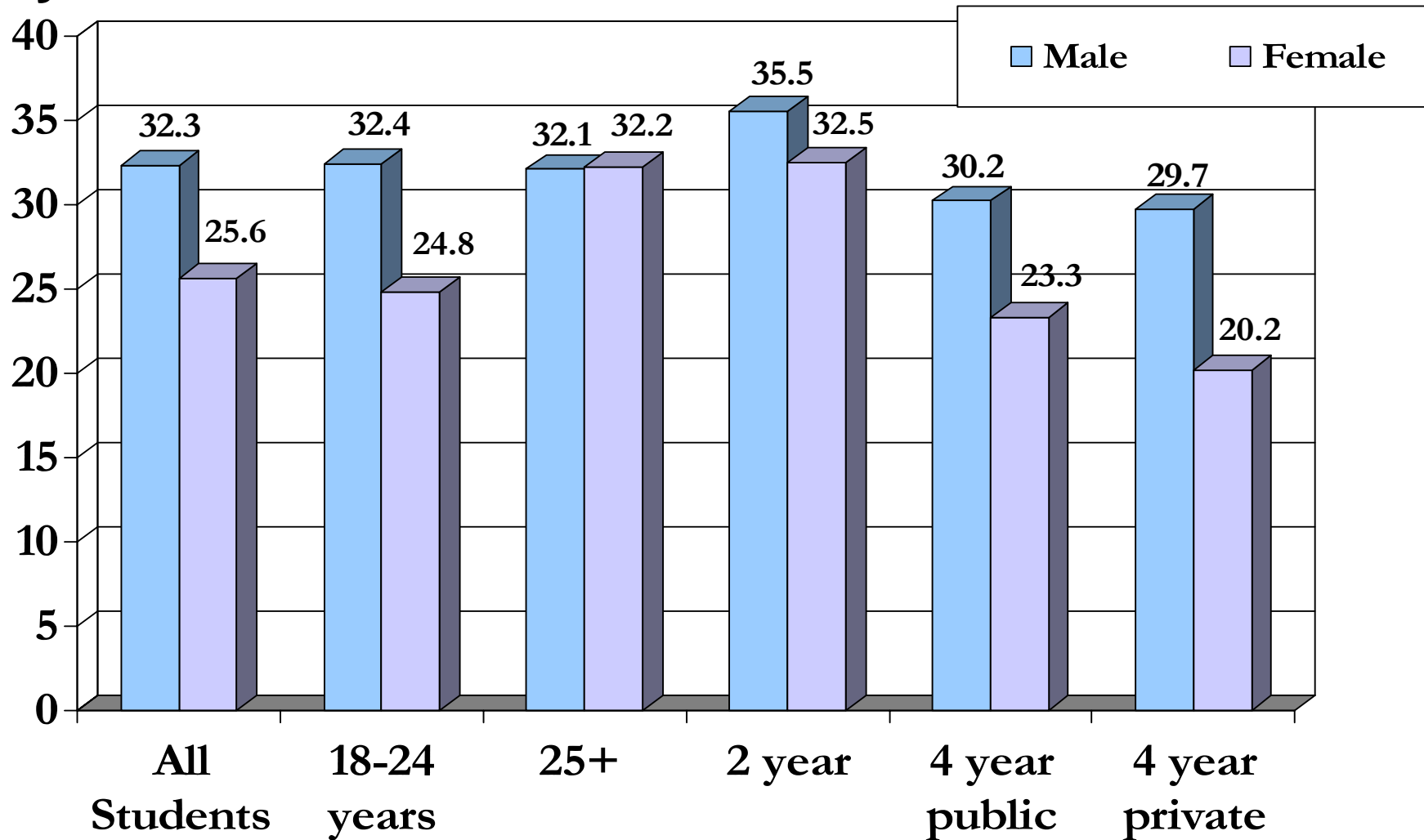
# **Tobacco Use Among College Students**

Results of CORE Alcohol, Tobacco, and Other Drug Survey  
Among 12 Minnesota Colleges and Universities  
2006

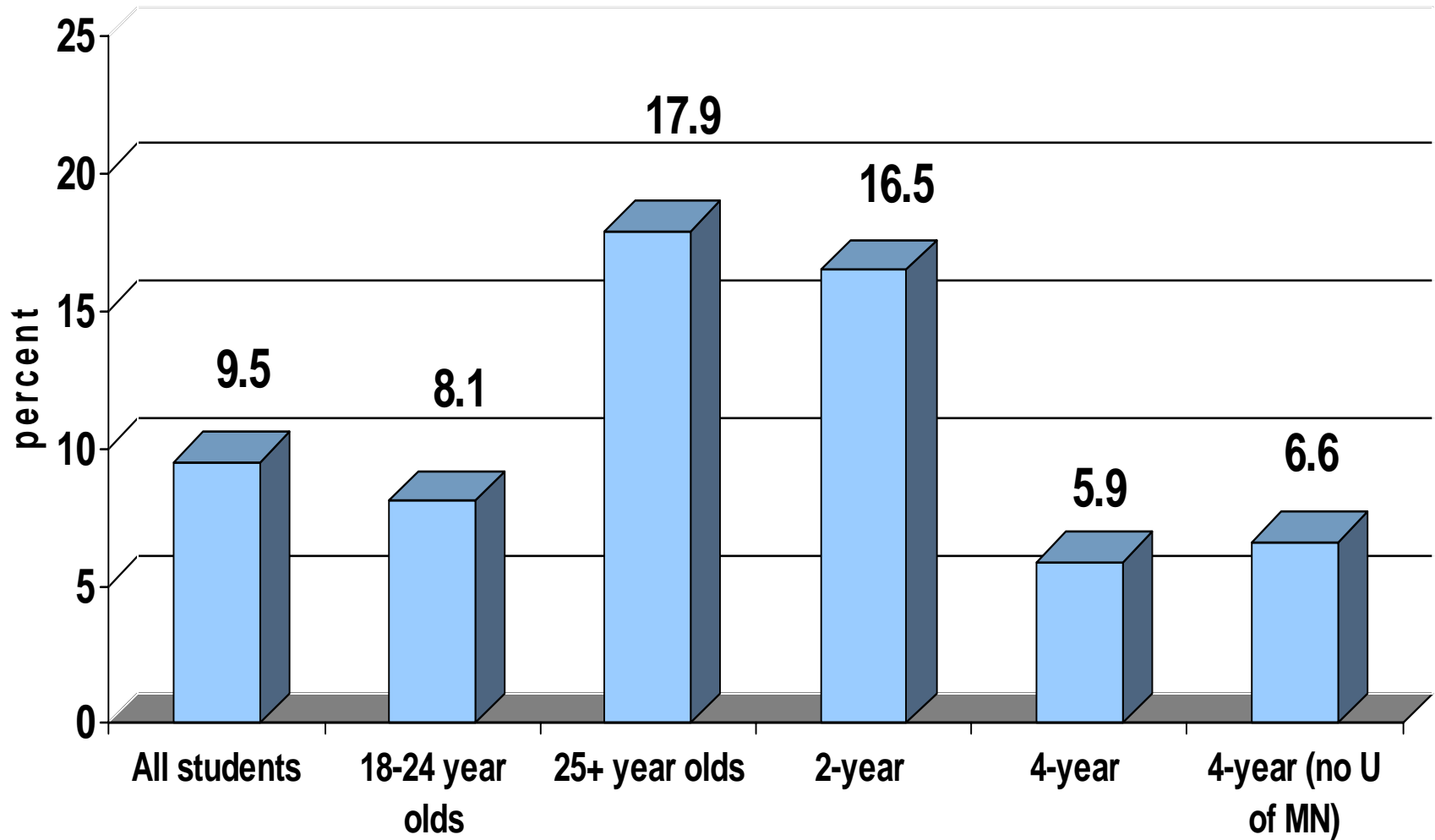
# Current Tobacco Use



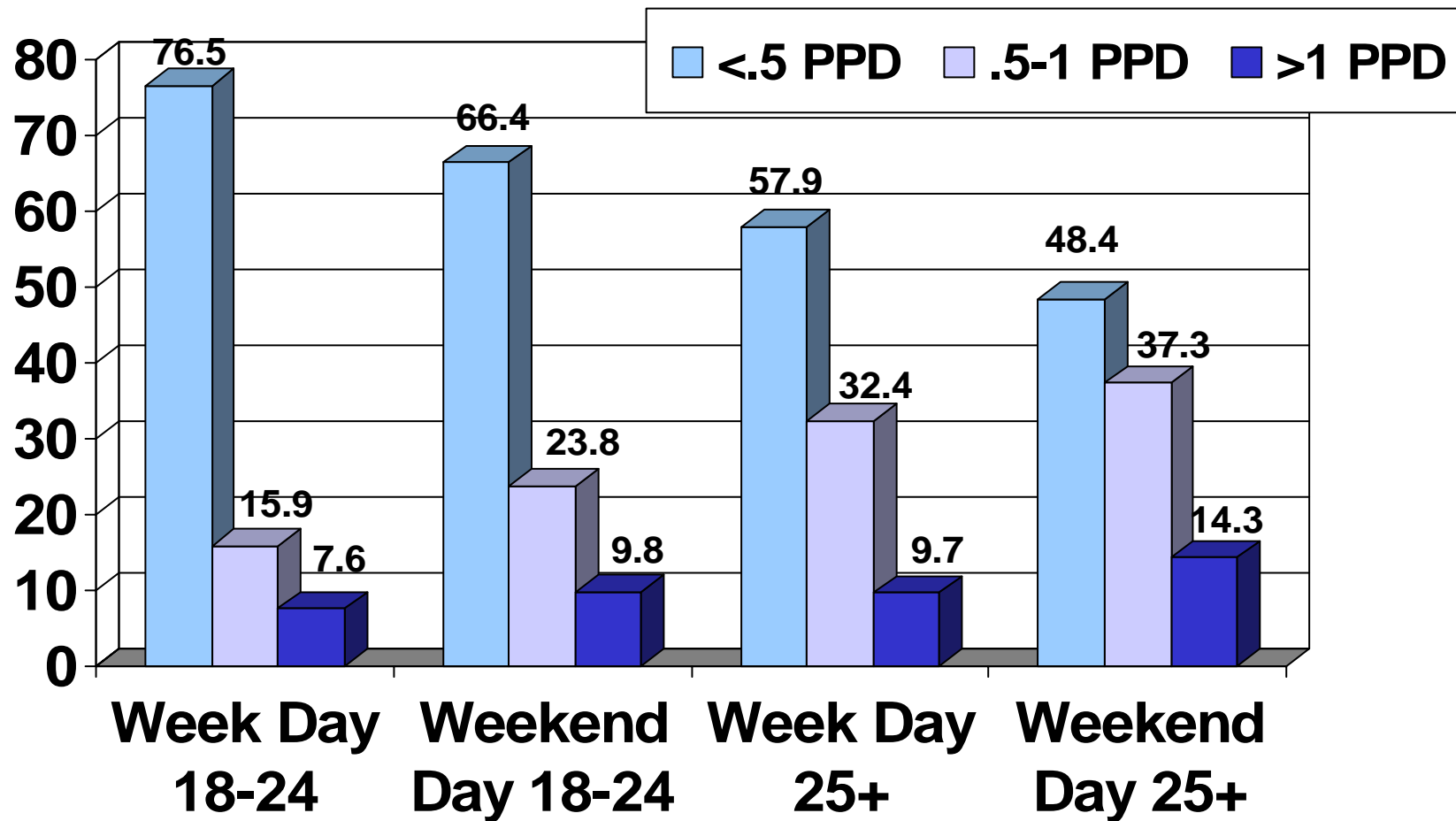
# Current Tobacco Use By Gender



# Daily Tobacco Use



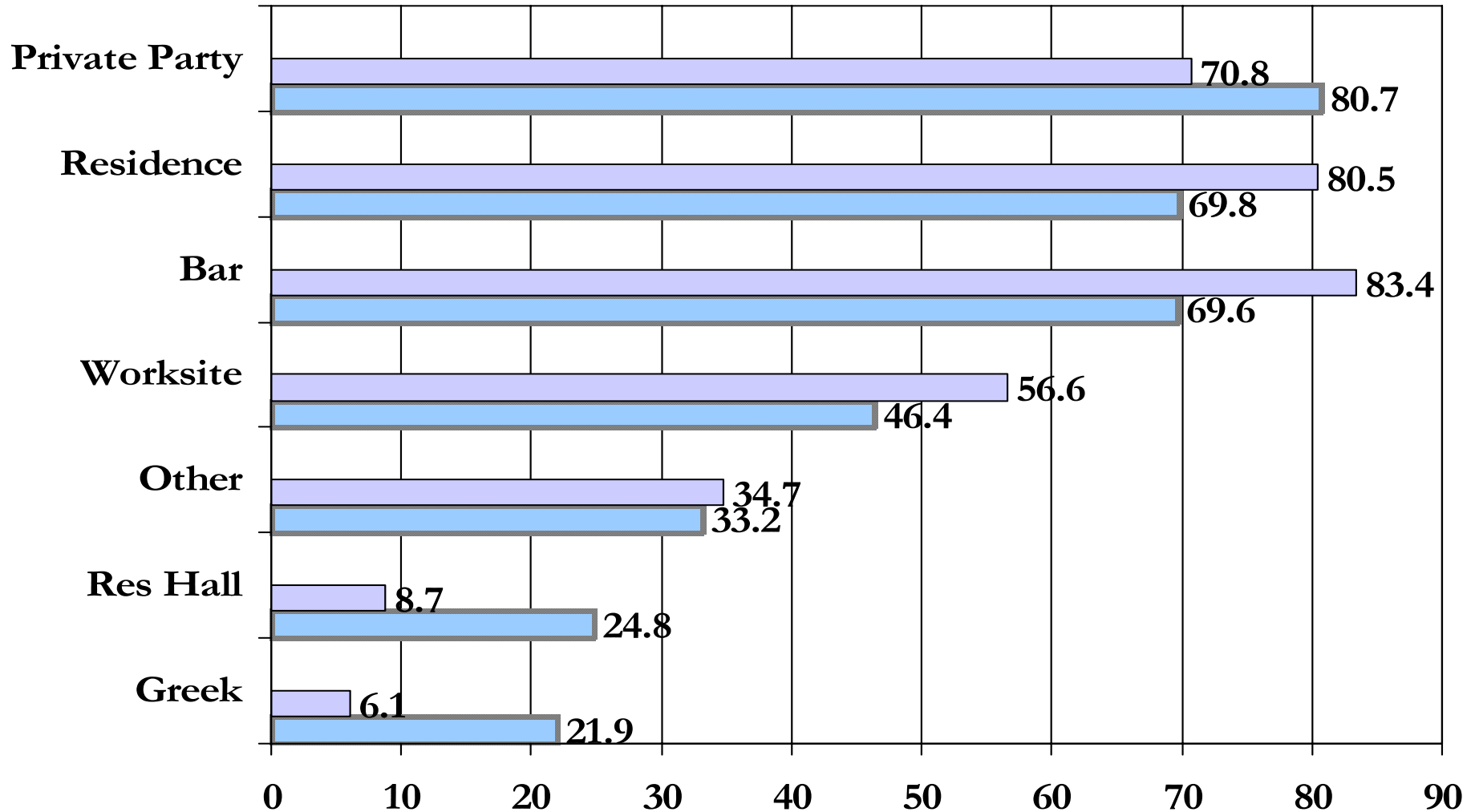
# Amount of Tobacco Smoked per Day Week Day and Weekend Day



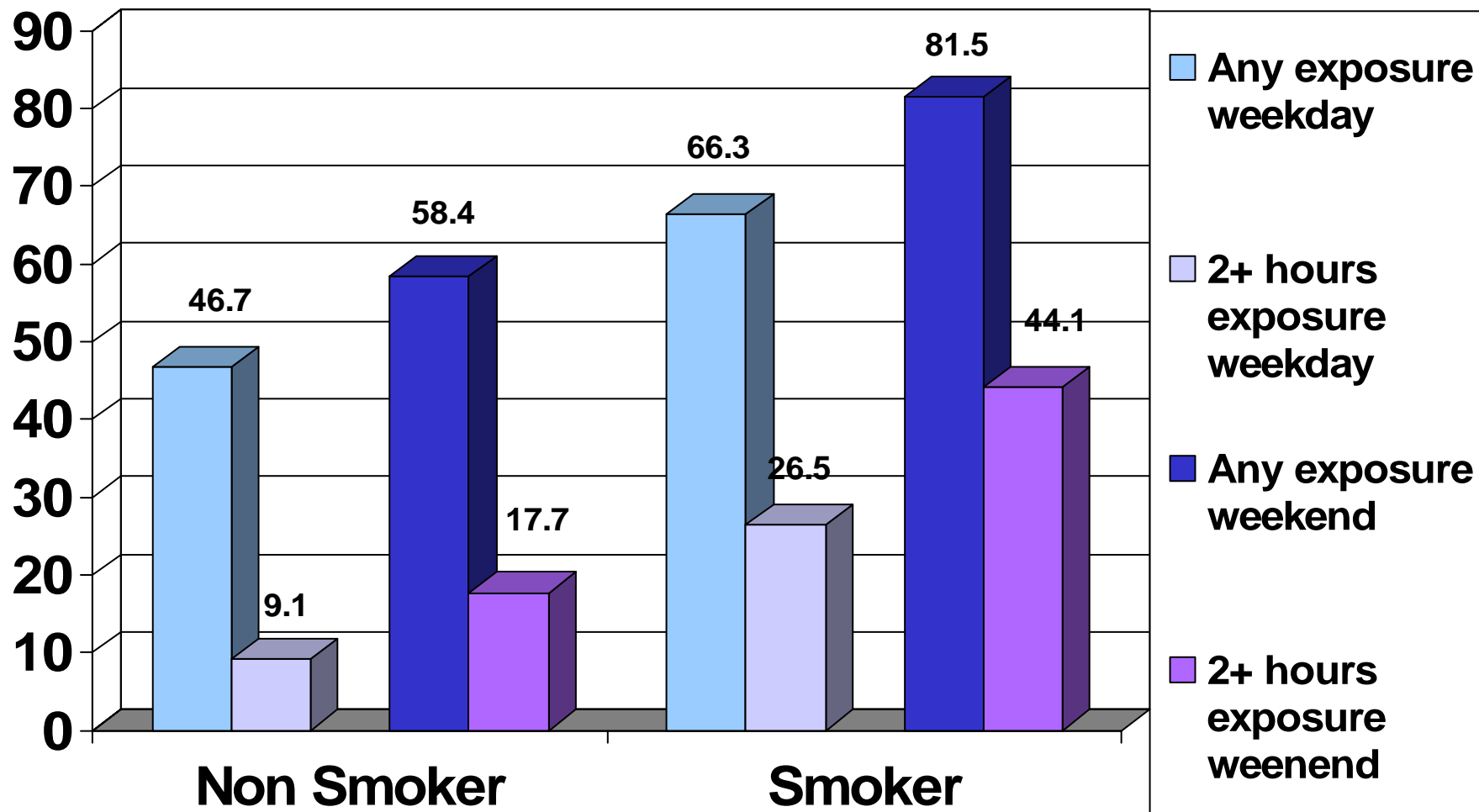
# Where Current Users Use Tobacco

18-24 year olds

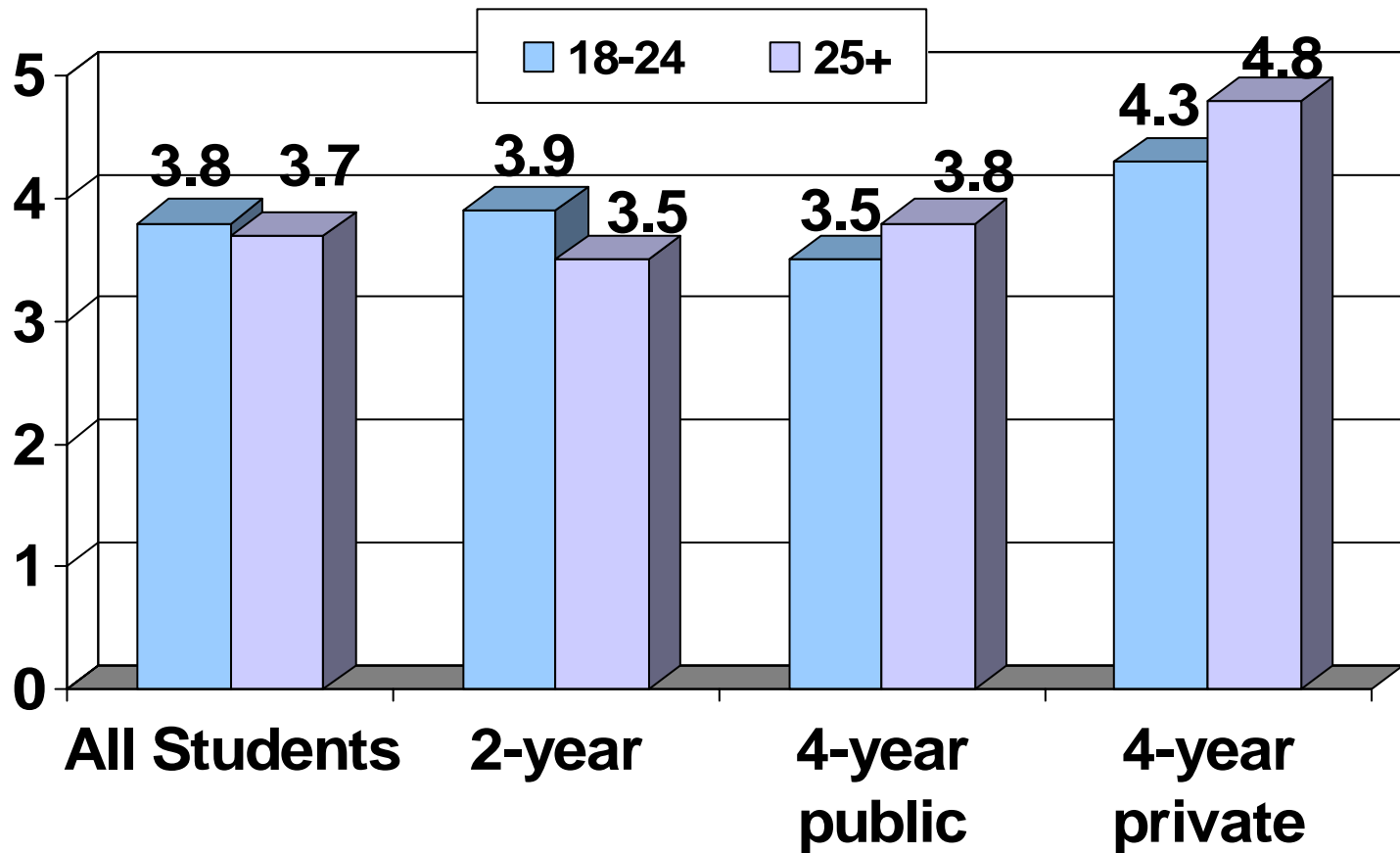
25+



# Exposure to Second Hand Smoke All Schools



# Quit Attempts in last 12 months Among those who consider themselves smokers



# Findings from this survey

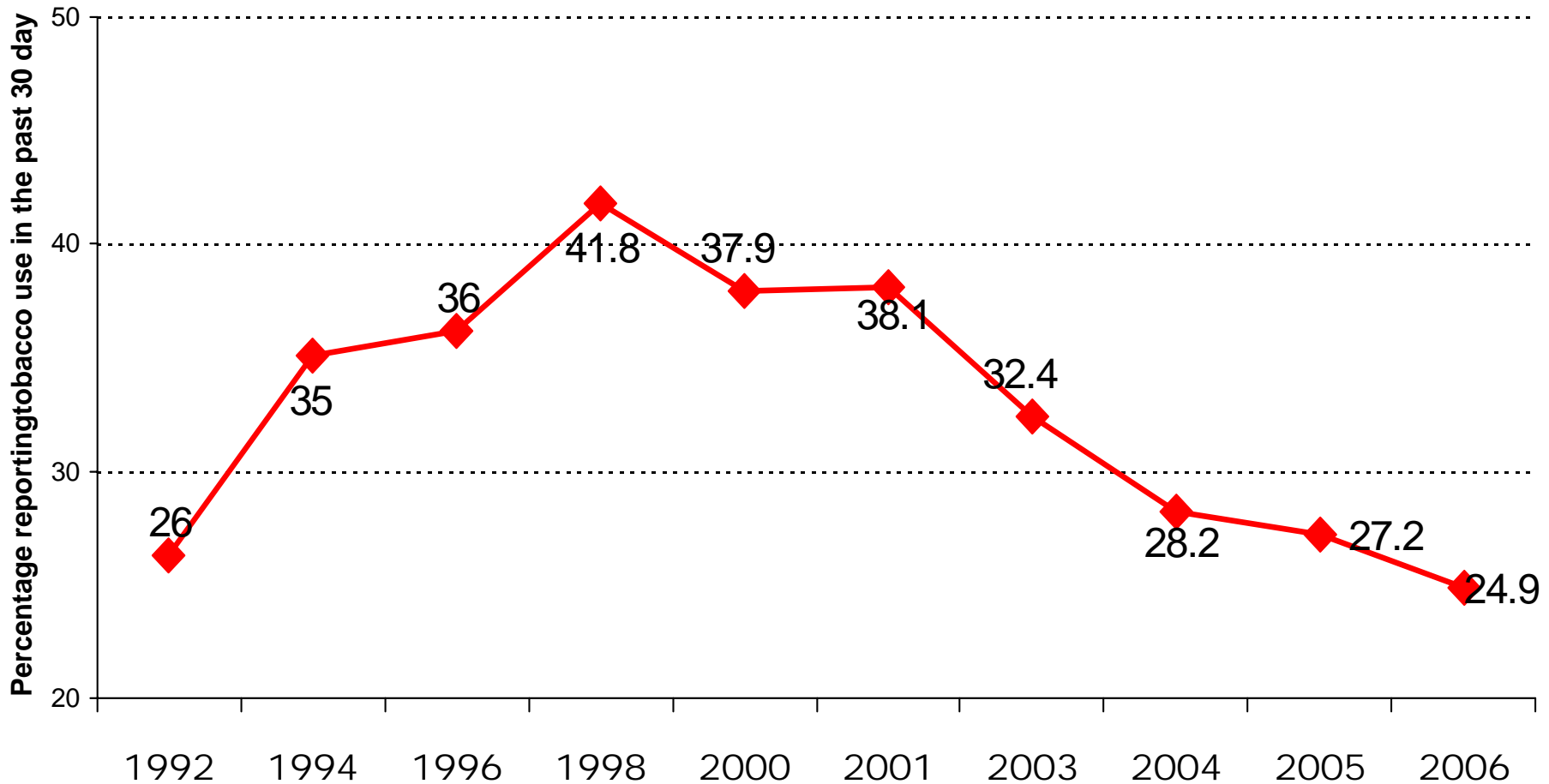
- Higher tobacco use rates (30 day and daily) in older students
- Males have higher rates than females
- Higher number of cigarettes being smoked on weekends
- High percentage of 30 day users DO NOT consider themselves smokers
- Exposure to second hand smoke is still significant
- Percent who attempt to quit and number of quit attempts similar between 18-24 and 25+ year olds

# The Good News is in the Tobacco Use Trends

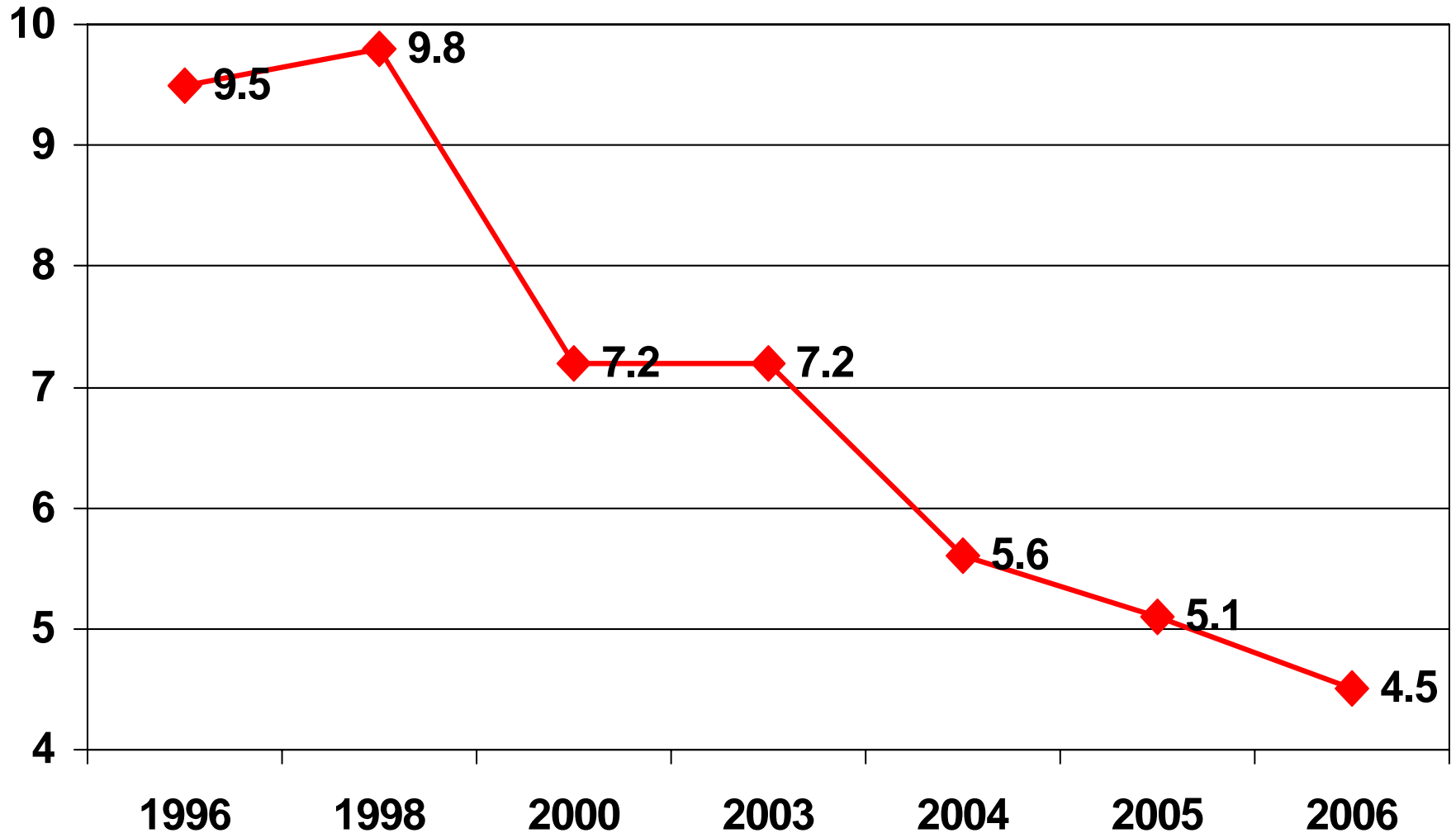
- 8 schools participated in 2005 and 2006 Surveys
  - 7 of the 8 reported lower current tobacco use rates in 2006 versus 2005
  - 6 of the 8 reported lower daily tobacco use rates in 2006 versus 2005

# Current Tobacco Use Among Age 18 – 24 Students University of Minnesota - Twin Cities Campus , 1992-2006

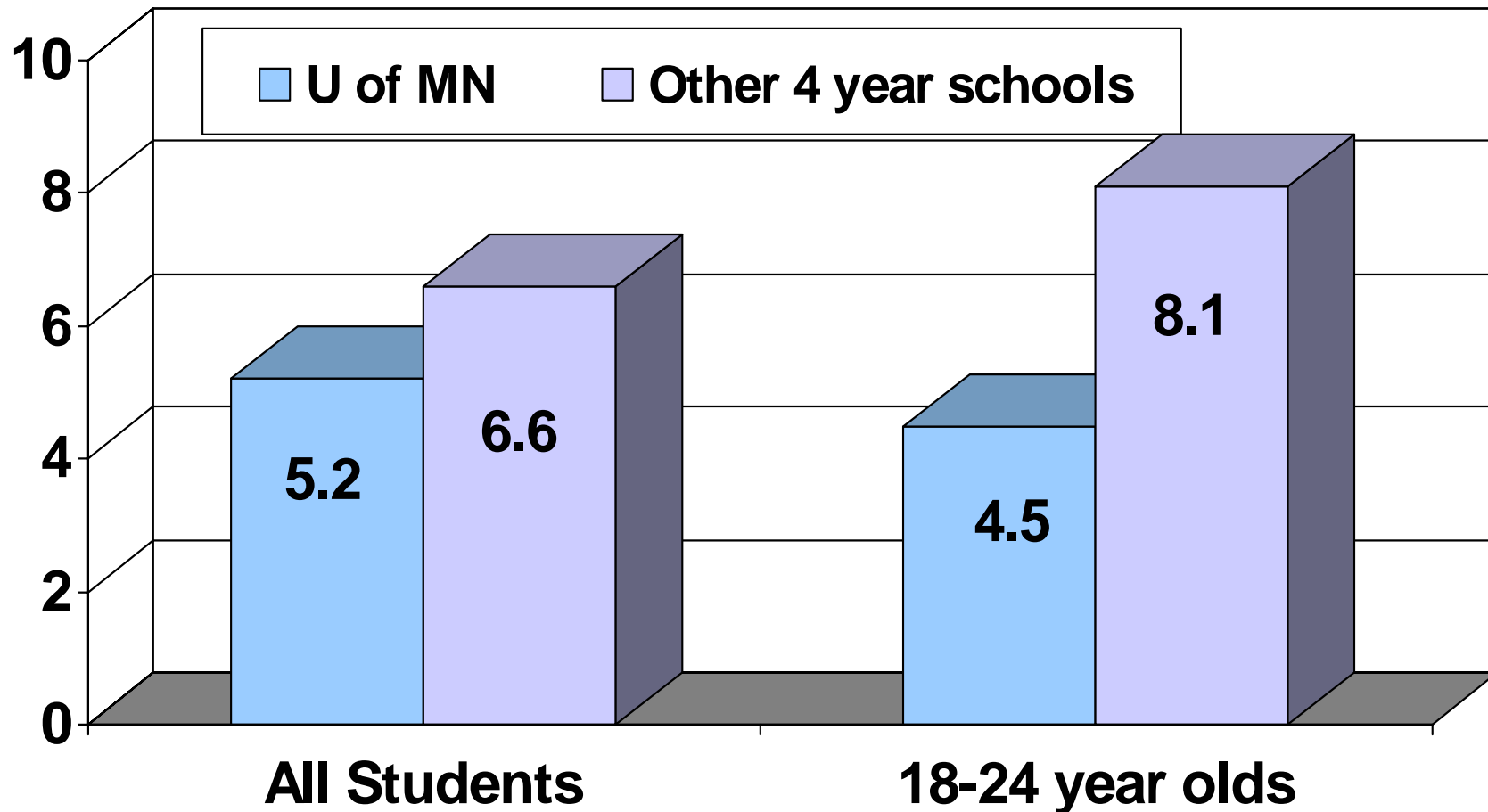
(Current Use is any tobacco use in last 30 days)(From CORE and SHS)



# Frequency of Daily Tobacco Use 18-24 year old students

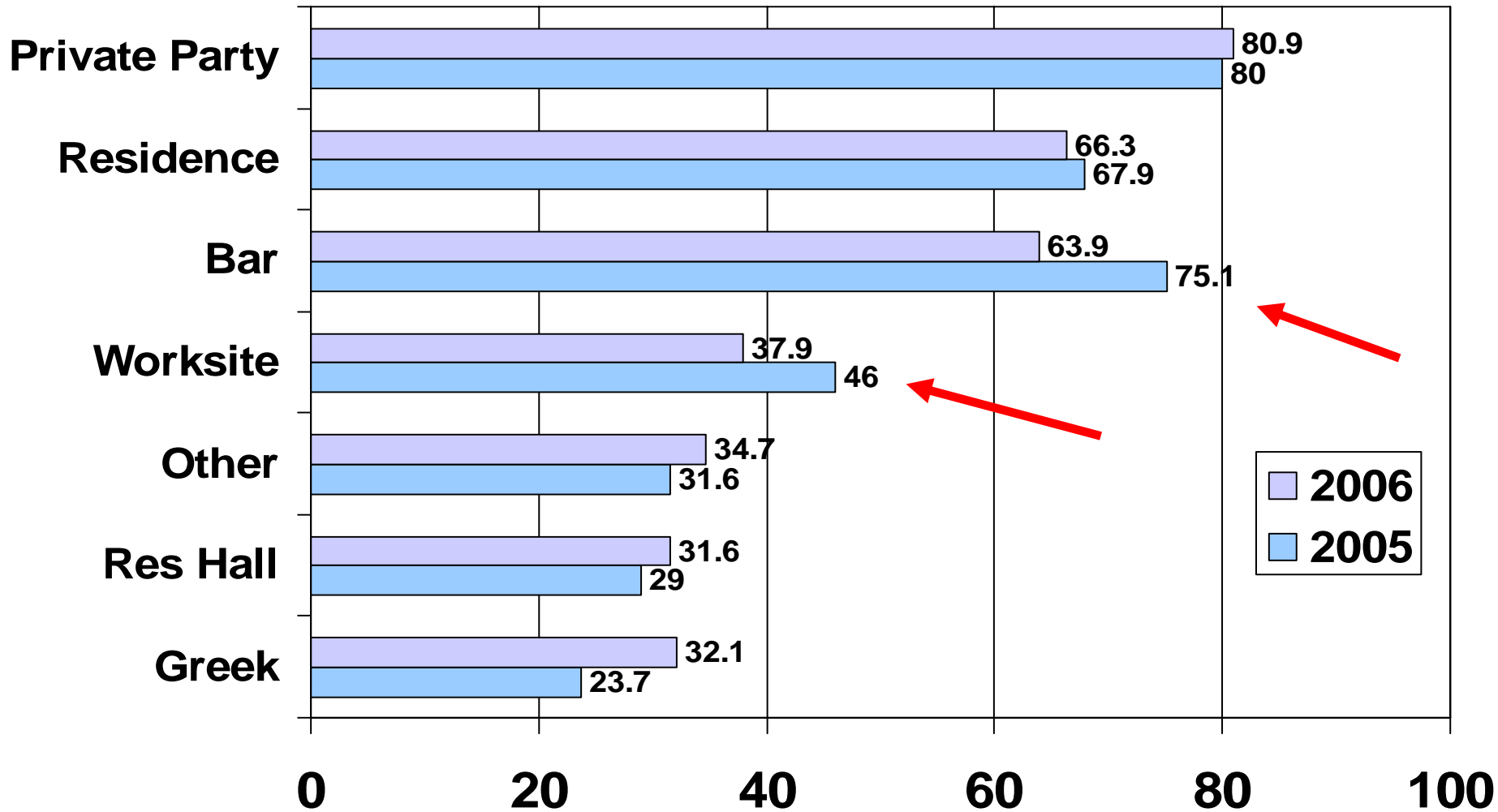


# Comparison of Daily Smoking U of MN and other 4-year schools

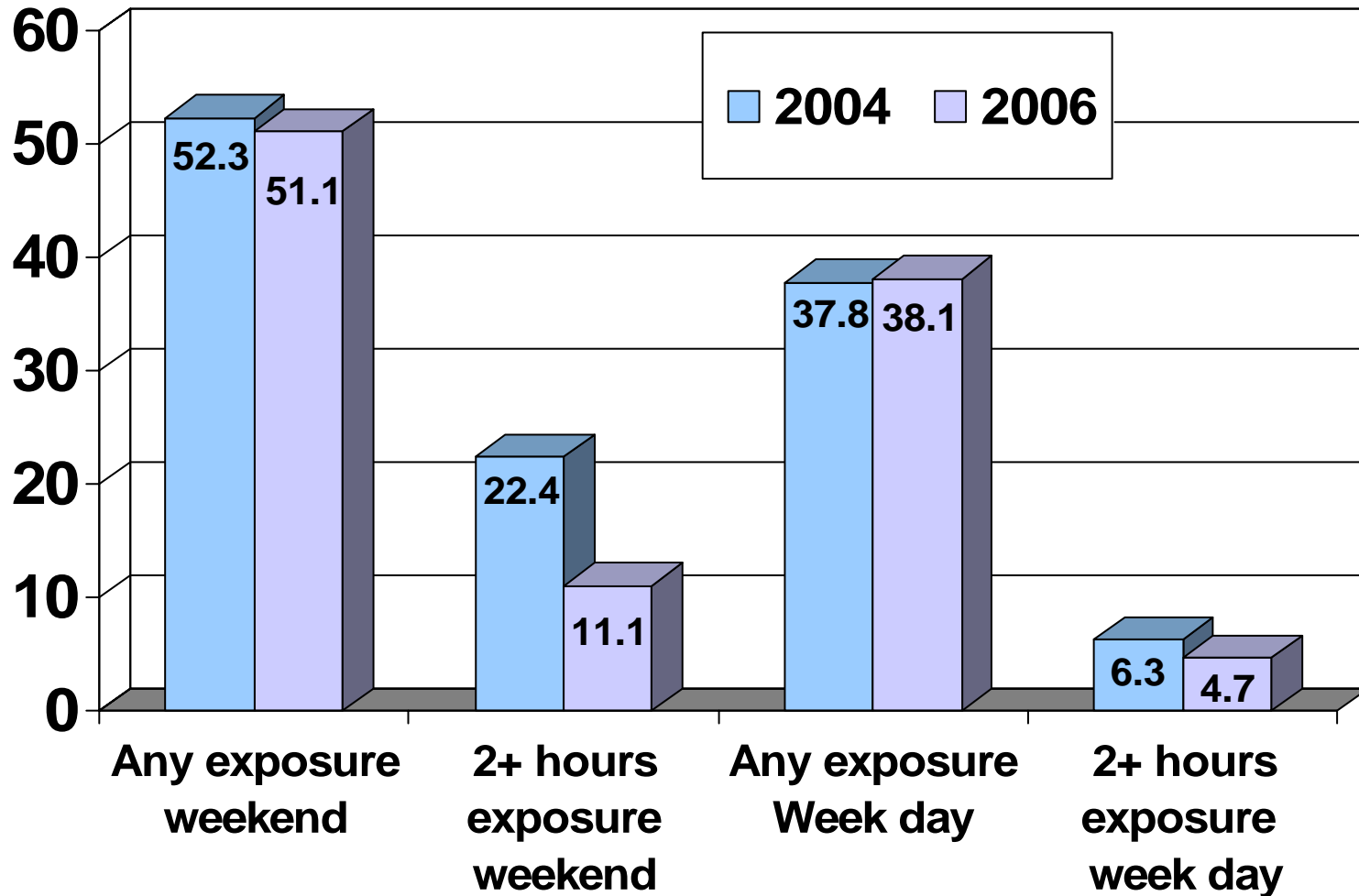


# Changes in Where People Smoke 2005-2006

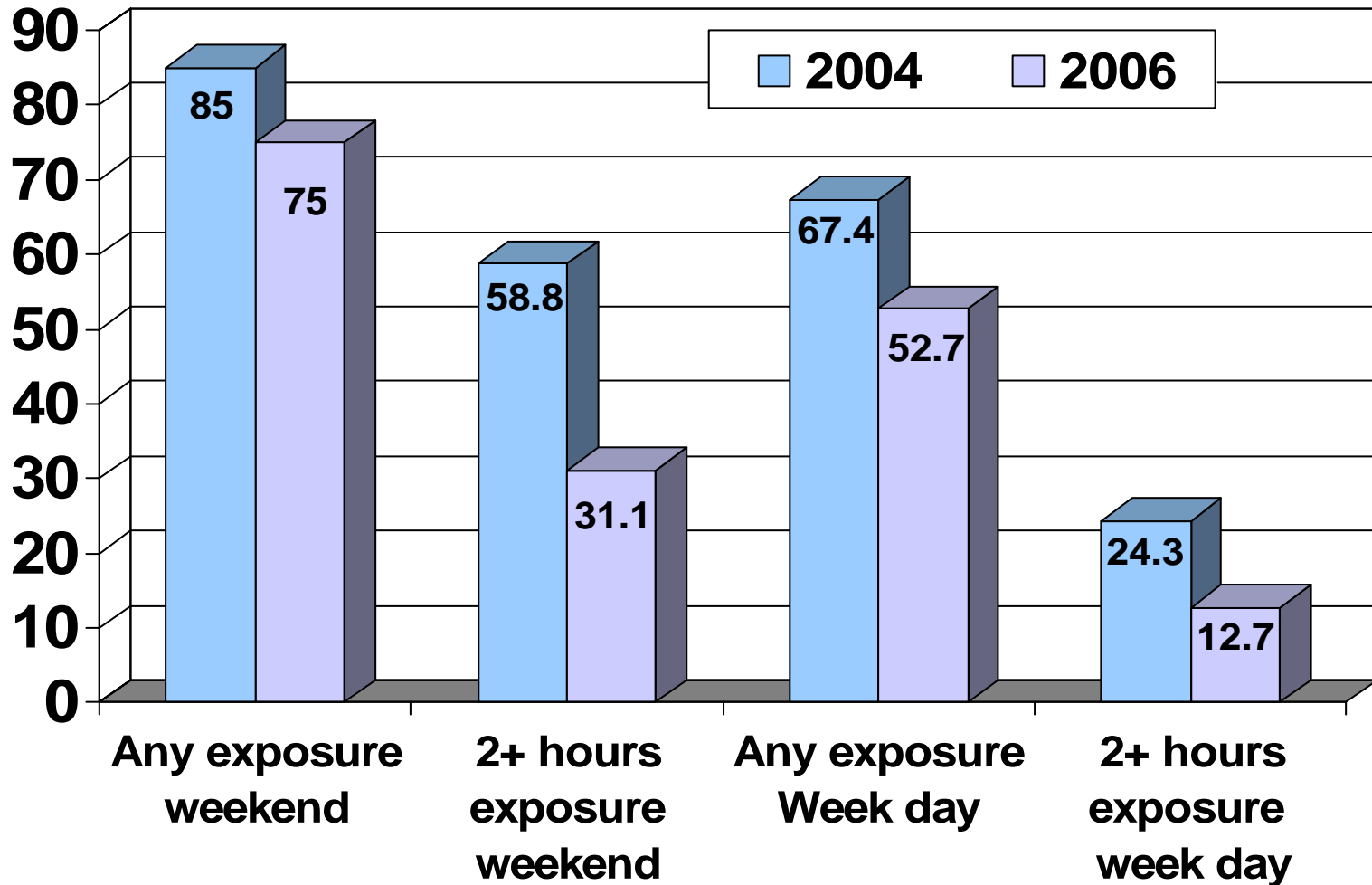
## University of Minnesota Students 18-24 years old



# Exposure to Second Hand Smoke – Non-Smokers University of Minnesota Students



# Exposure to Second Hand Smoke – Smokers University of Minnesota Students



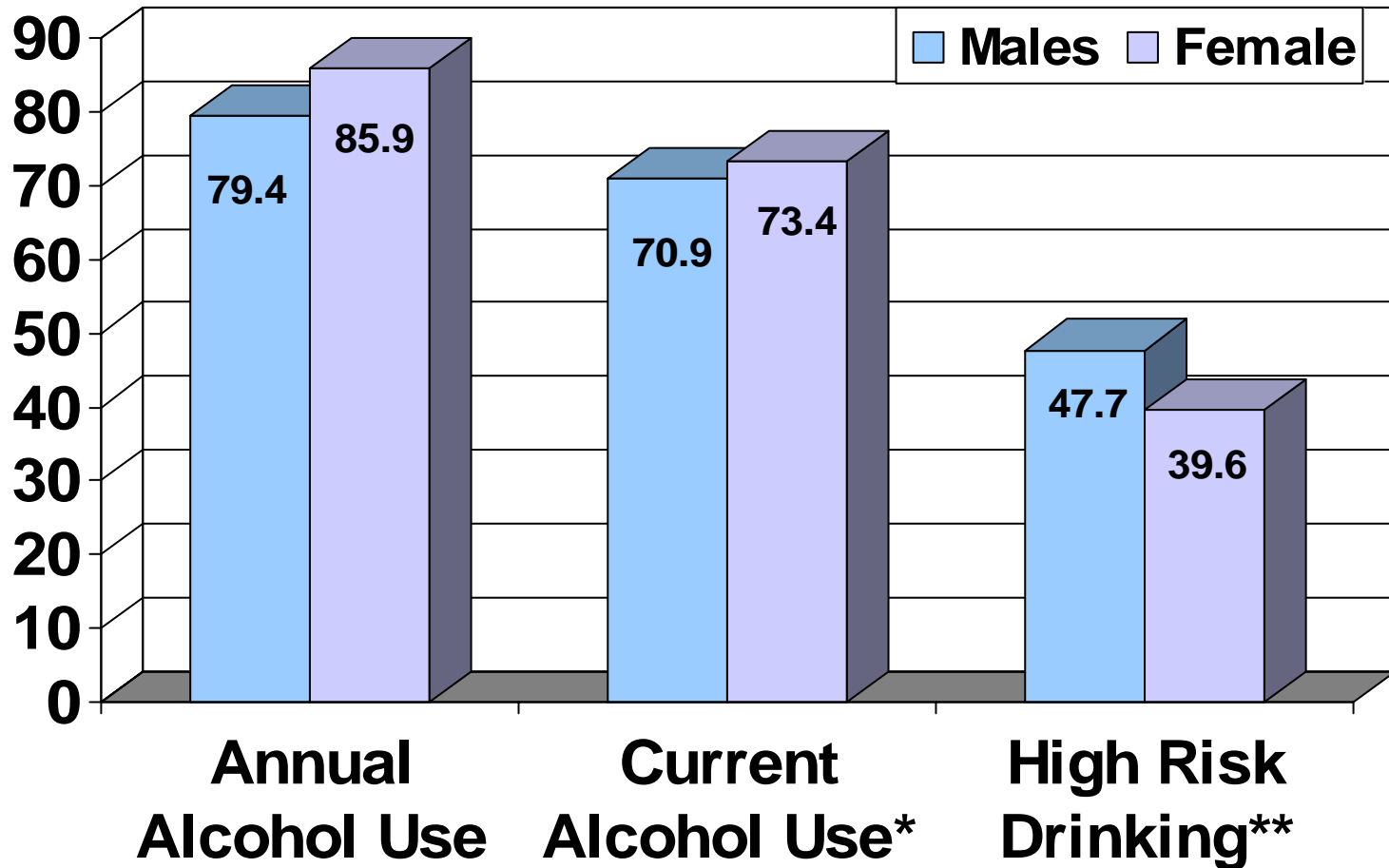
# Conclusions

- Comprehensive and sustained approach to tobacco control appears to be working
  - Particularly in reducing daily use
- Rates of smoking and second hand smoke exposure still too high
- Smoke free bar and restaurant ordinance appears to be reducing exposure to second smoke among college students

# **Alcohol Use Among College Students**

Results of CORE Alcohol, Tobacco, and Other Drug Survey  
Among 12 Minnesota Colleges and Universities  
2006

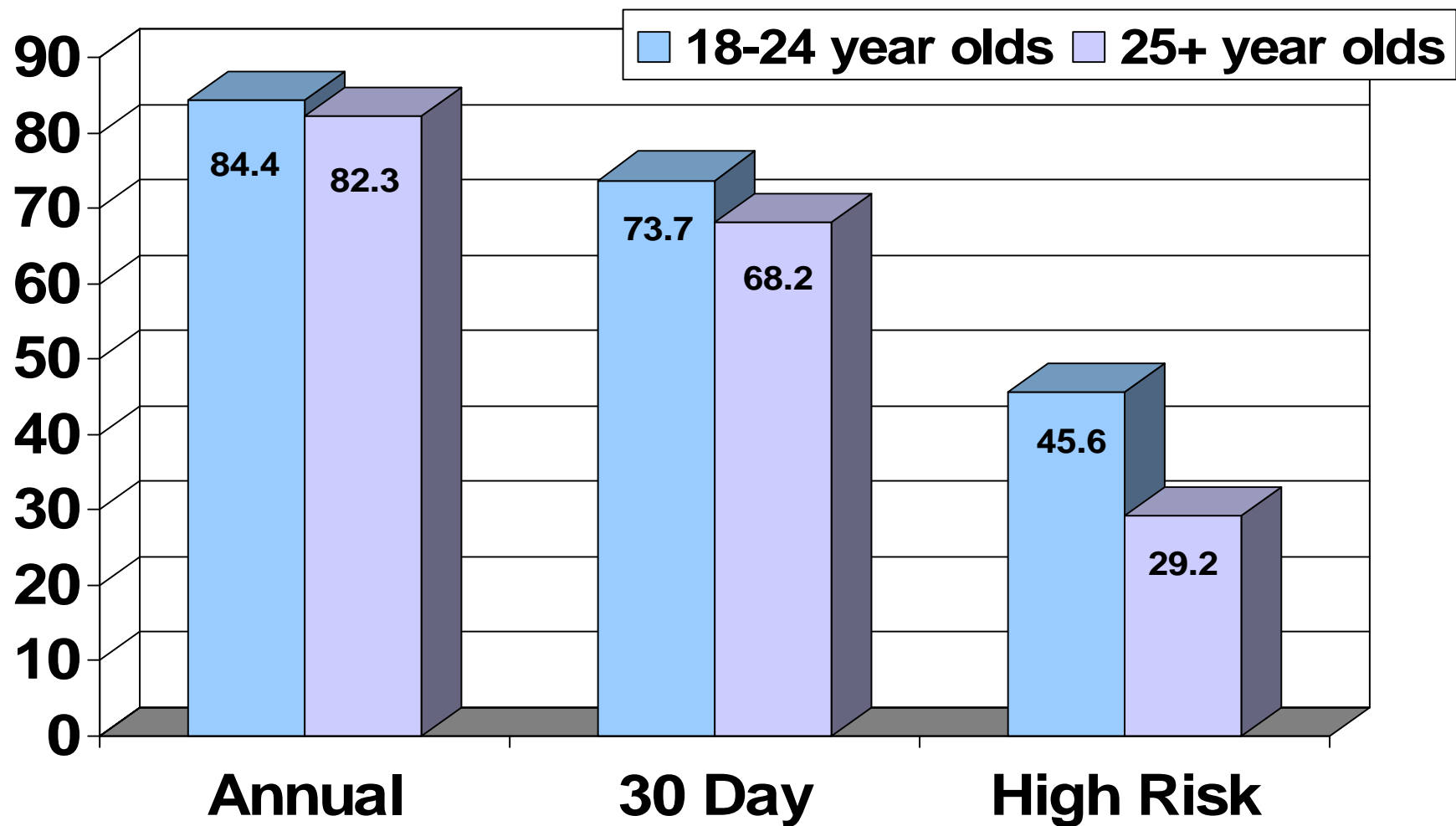
# Alcohol Use Measures by Gender



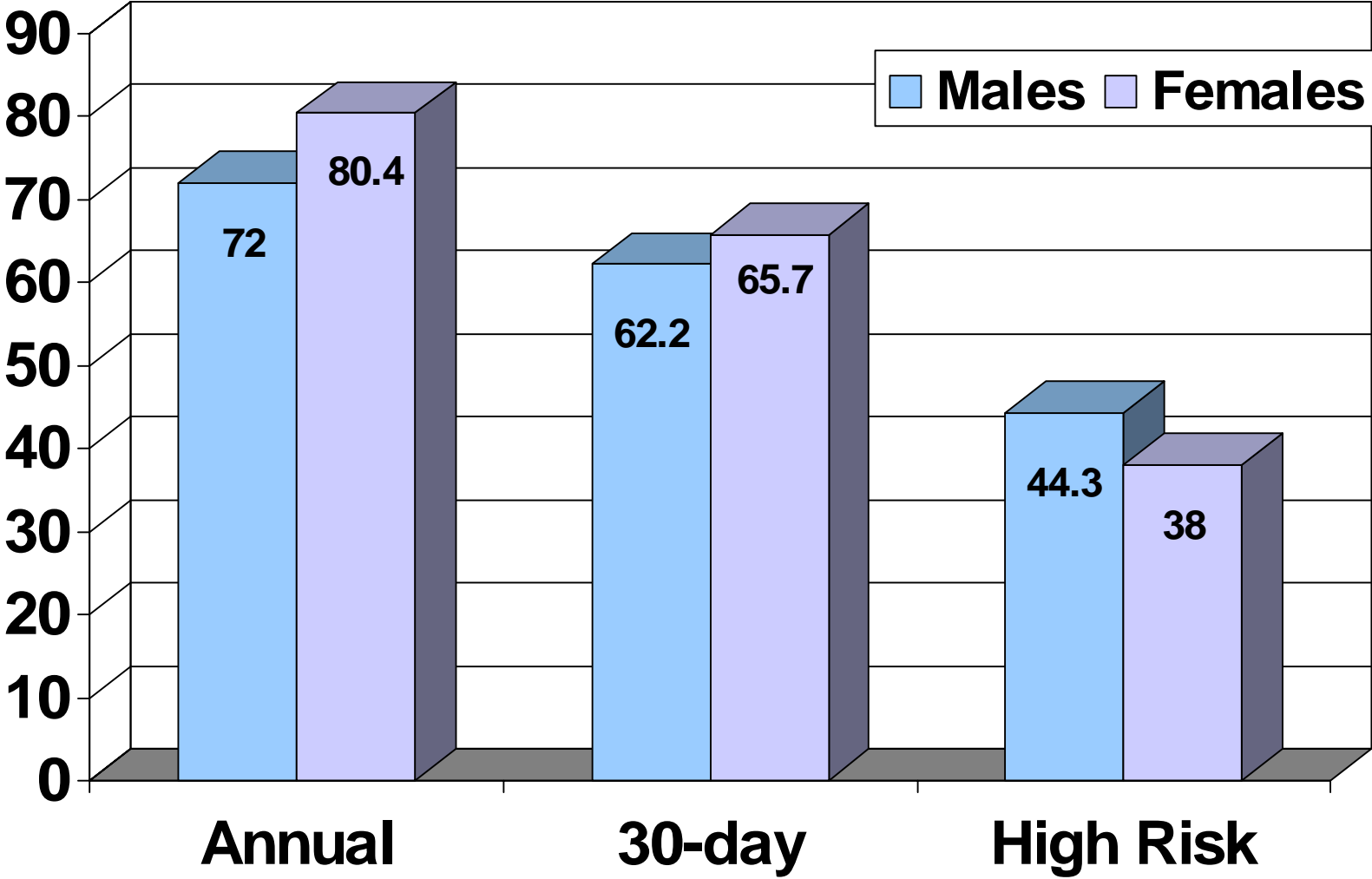
\* Any alcohol consumption in the previous 30-day period

\*\* Five or more drinks on a single occasion in the previous 2 weeks

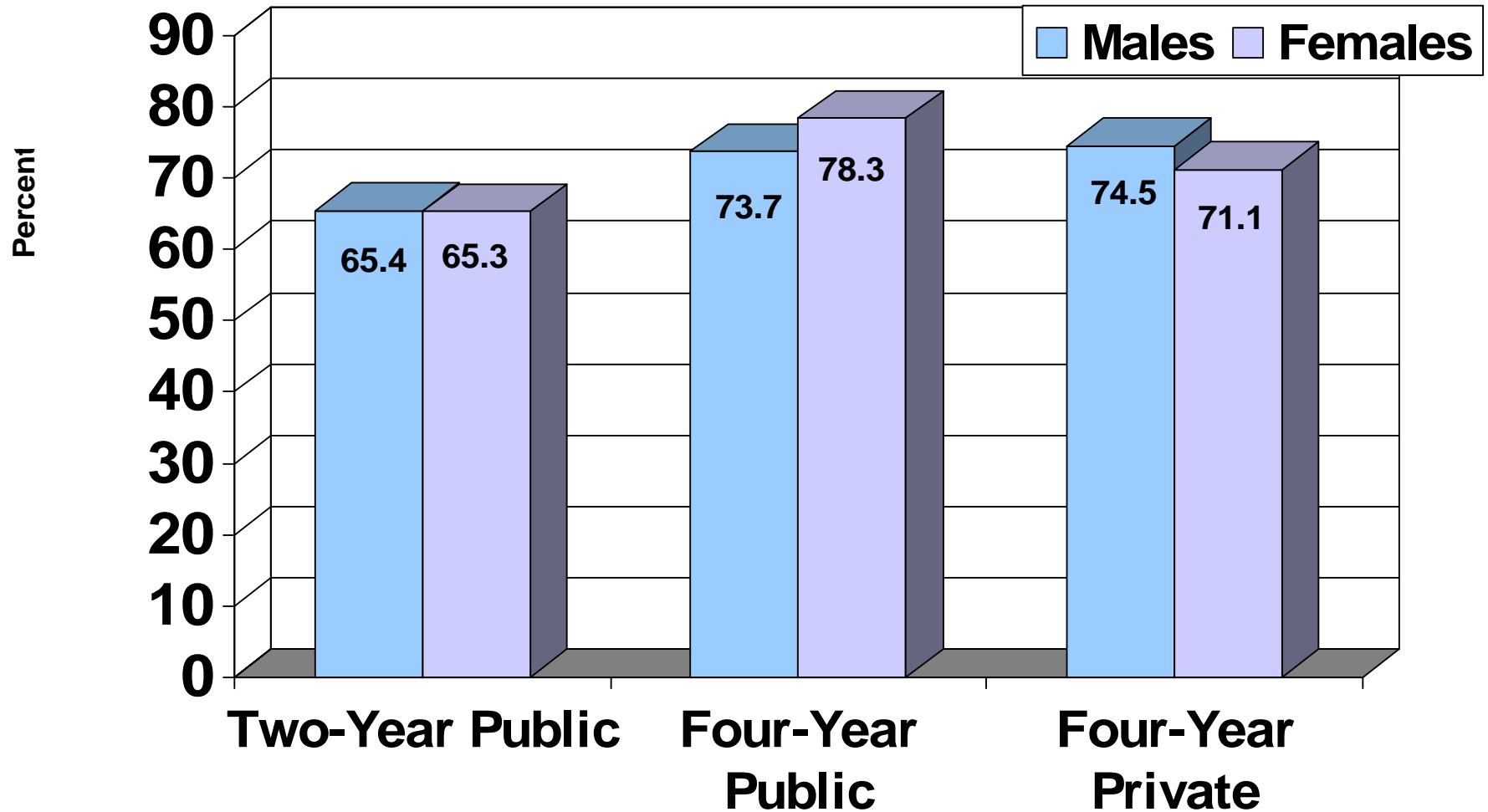
# Alcohol Use by Age Groups



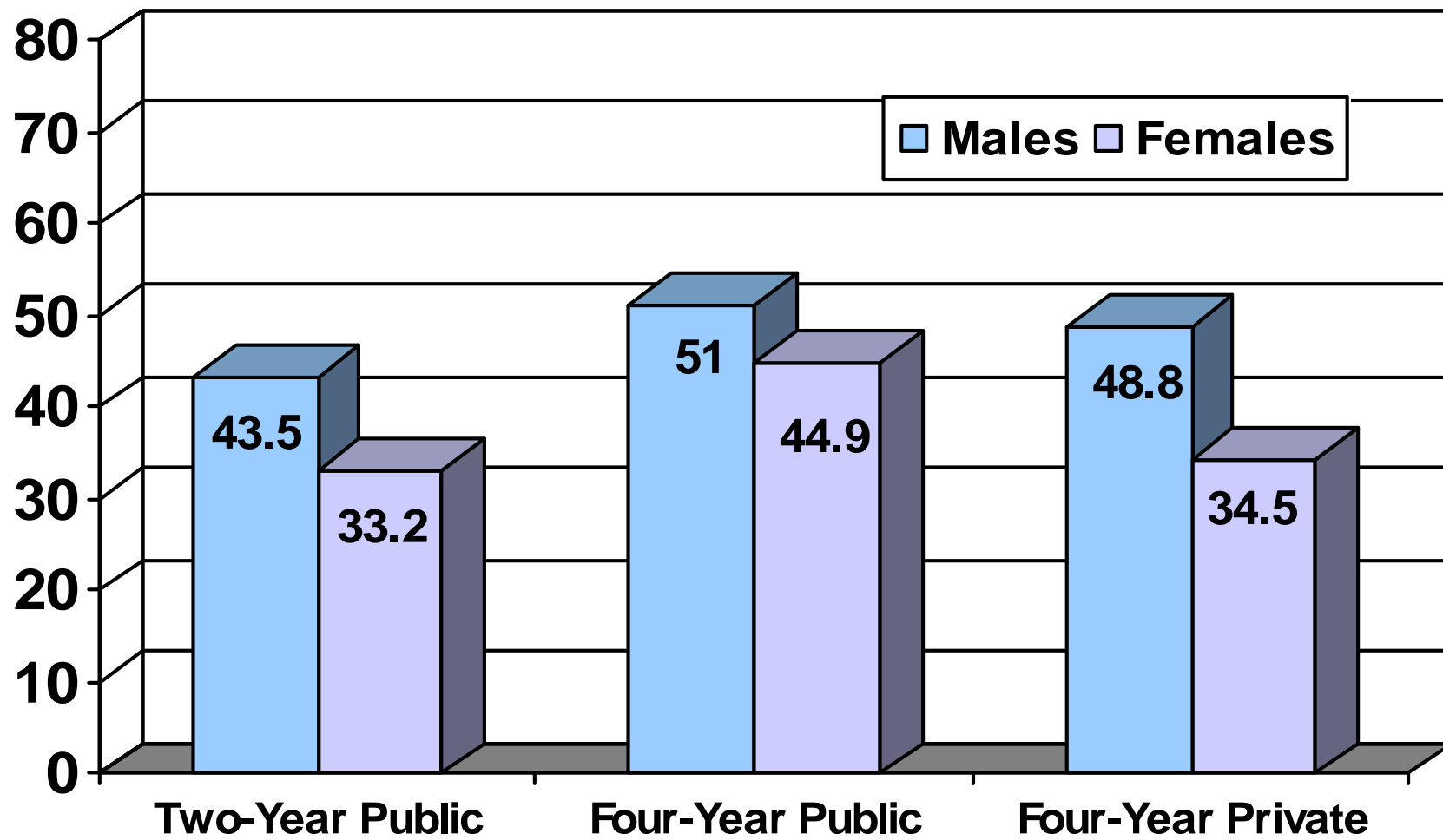
# Underage Alcohol Use



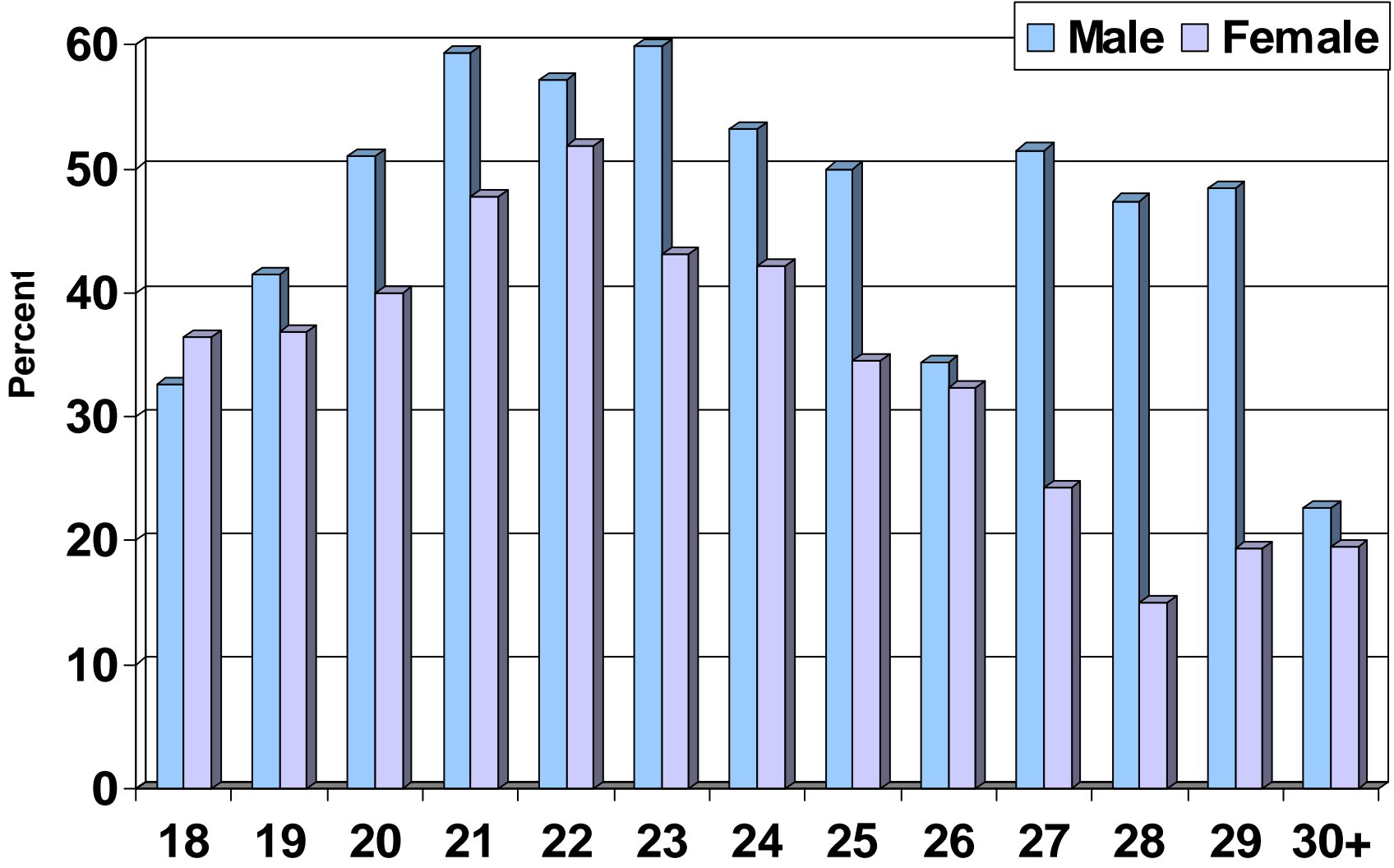
# Current Alcohol Use by Typed of Institution



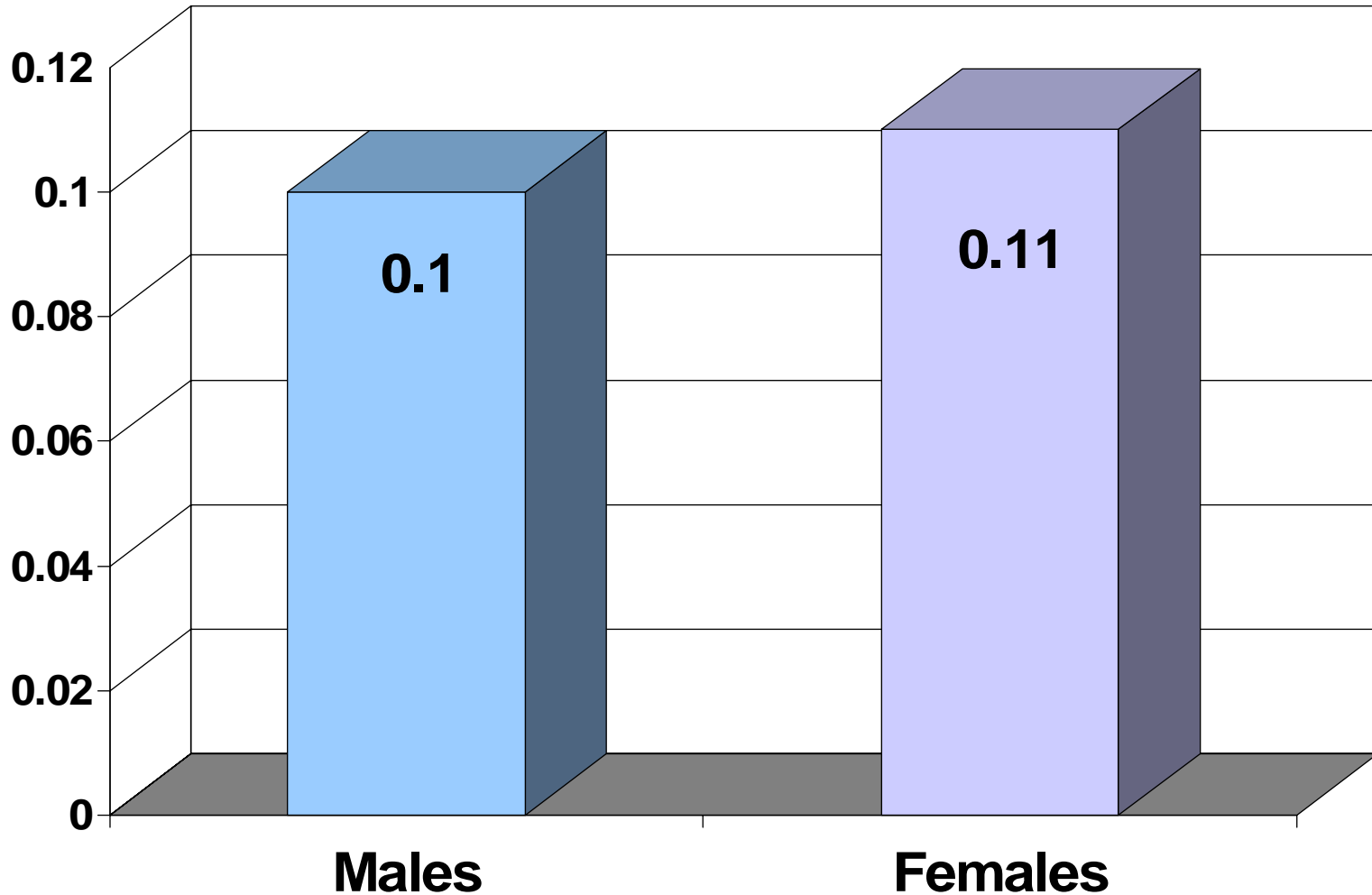
## High Risk Drinking by Type of Institution



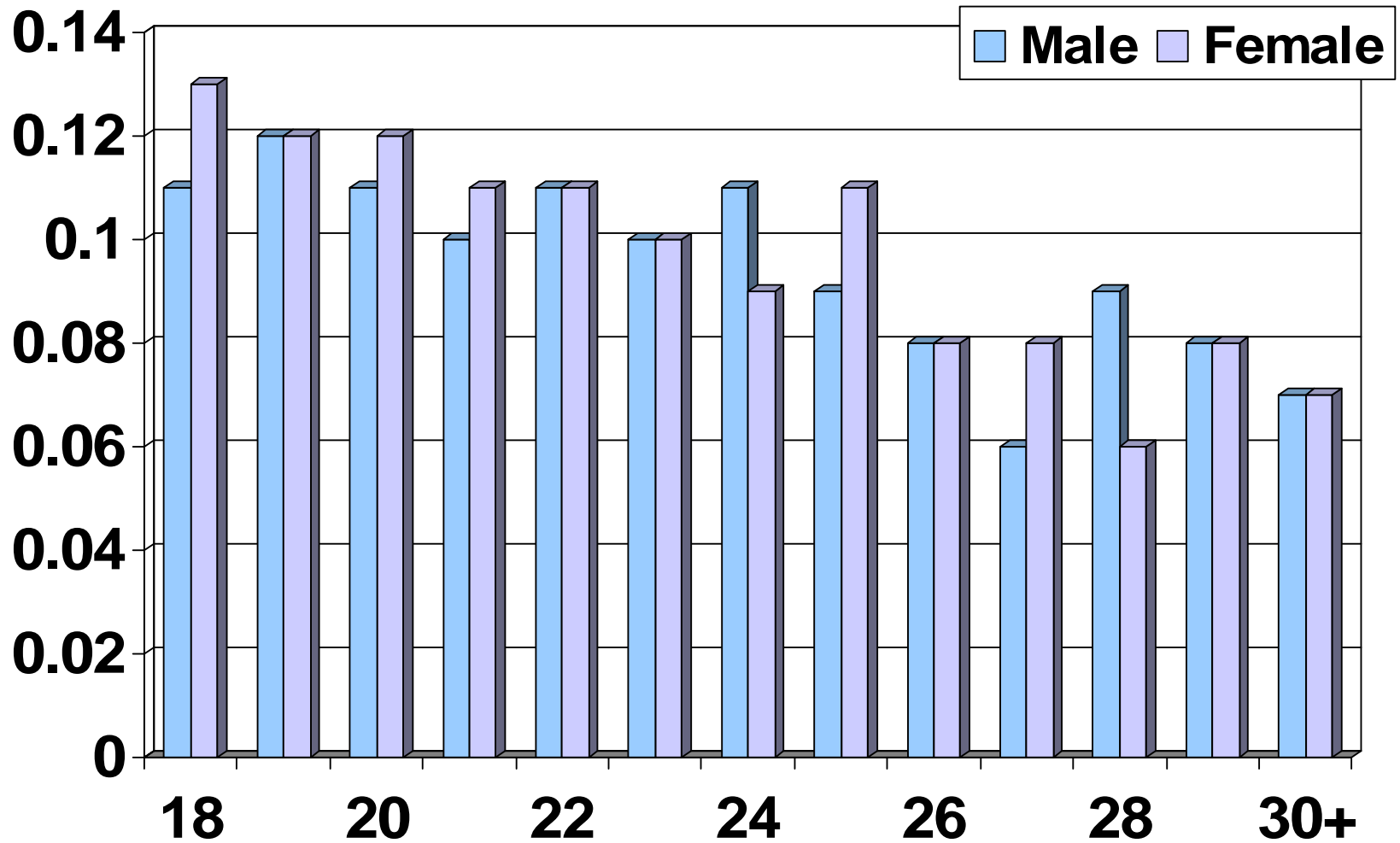
# Percent of Students who engage in HRD by Age and Gender



# Estimated BAC at Last Socializing Occasion

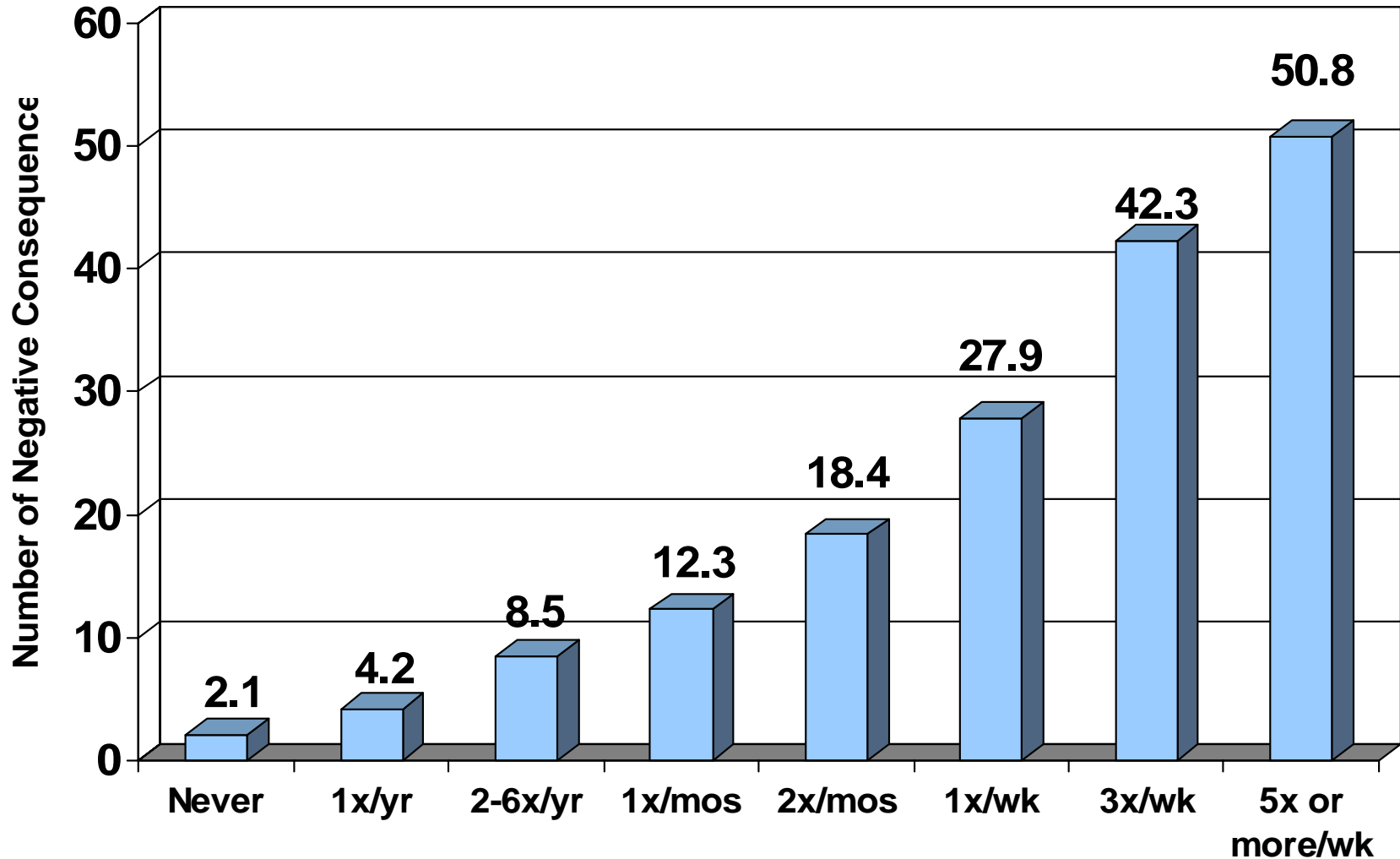


# eBAC by Age and Gender



# Negative Consequences and Alcohol Use

(by Number of Times Intoxicated in the Previous Year)



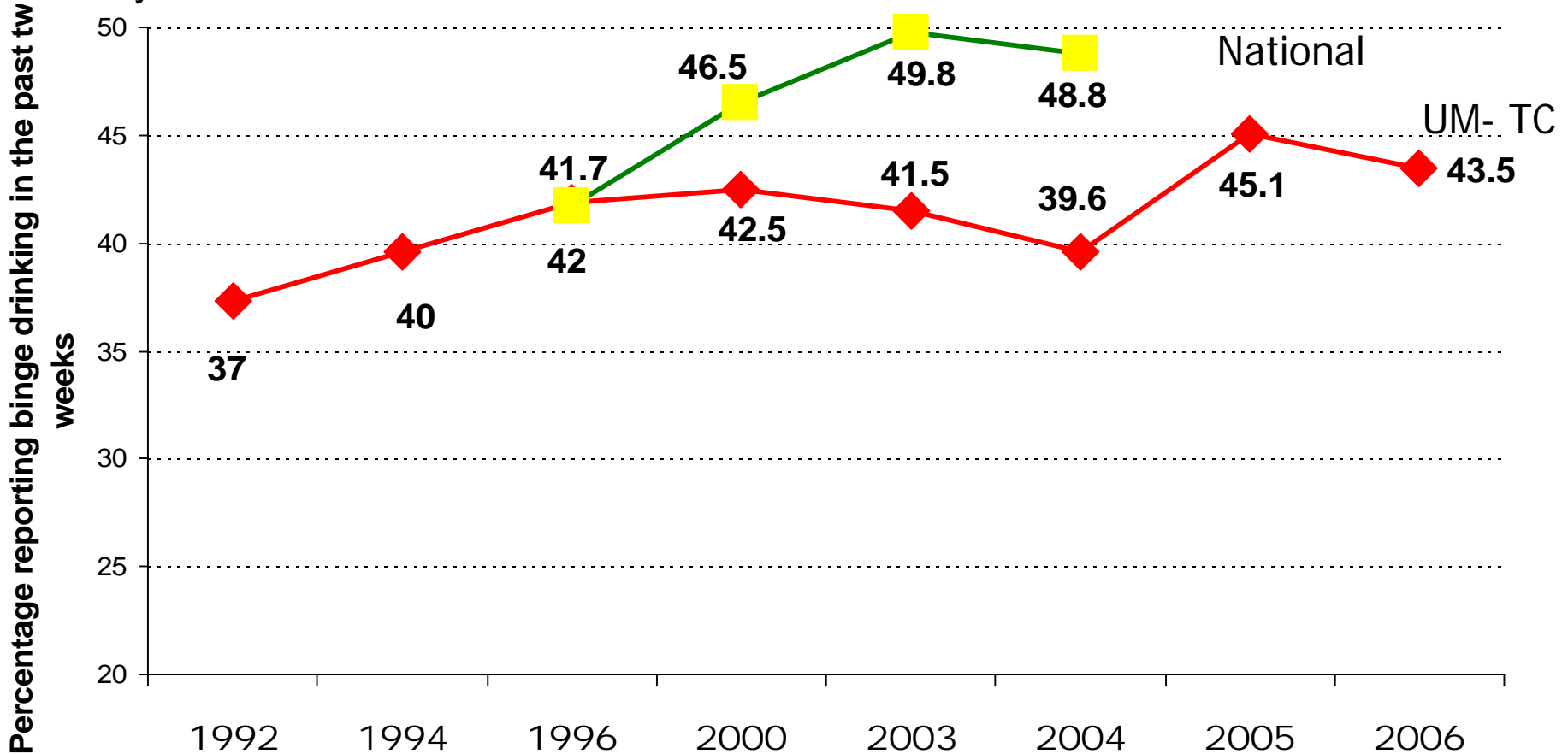
## High Risk Drinking (HRD) and selected consequences

<b>Negative Consequences</b>	<b>All students</b>	<b>Non HRD</b>	<b>HRD</b>
Driven while under influence of alcohol	27.7	18.1	54.5
Argument	32.9	22.2	63.2
Poor test or project	23.8	14.5	48.6
Missed class	29.7	18.0	62.1
Been taken advantage of sexually (includes males and females)	9.3	6.5	16.9

# High Risk Episodic Drinking

18-24 Year Old Undergraduates

University of Minnesota Twin Cities - 1992 - 2006



- 1 High Risk Episodic Drinking is defined as having 5 or more drinks on one occasion
2. Core Alcohol and Drug Survey, 1992, 1994, 1996, 2000, 2003, 2004, 2005, 2006.

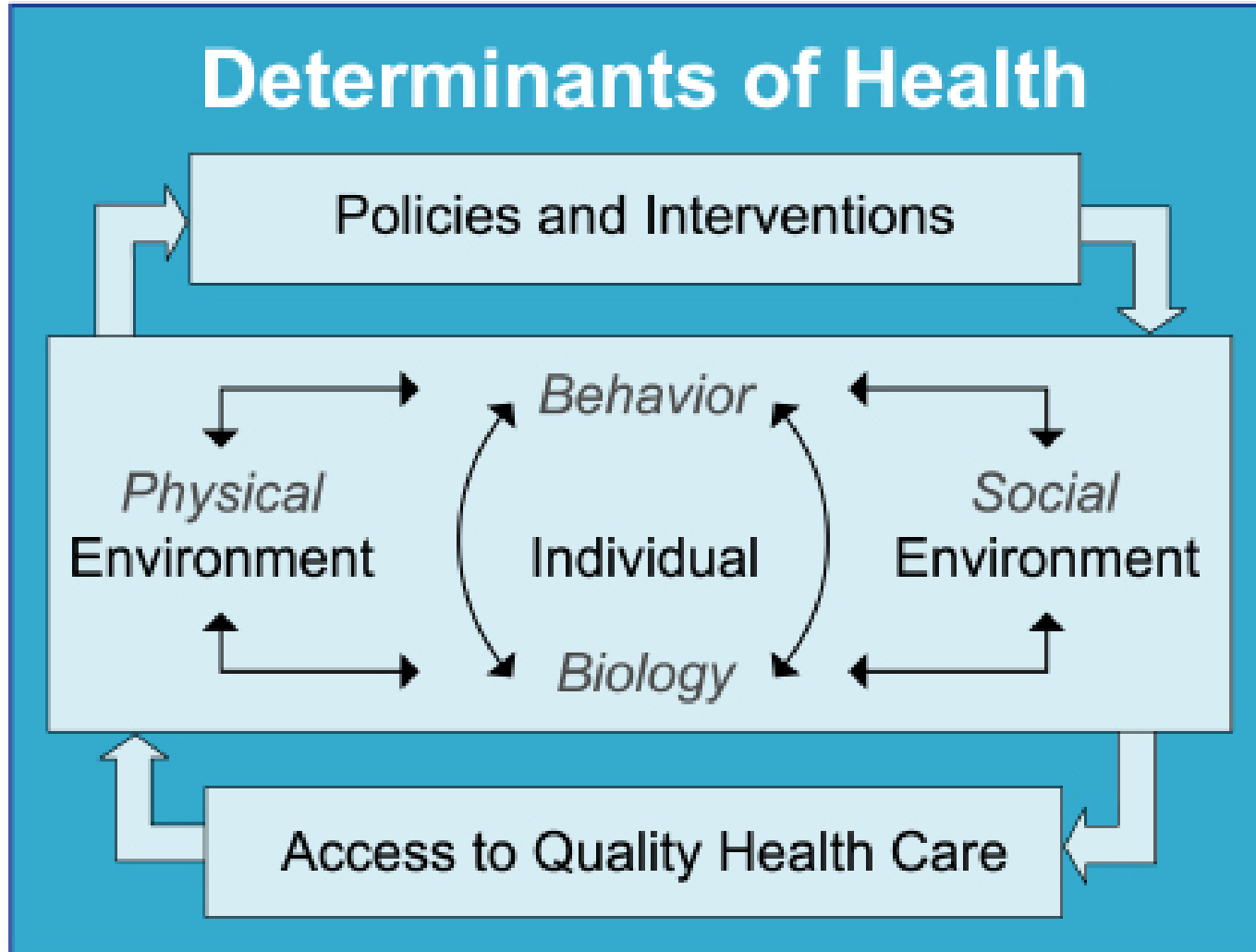
# Findings from this survey

- High risk alcohol use continues to be a problem at every age level and at every kind of post-secondary institution
- Compared to students age 21 and over, fewer underage students drink
  - When underage students drink, they have higher BAC levels than older students
- High risk drinking is linked to negative personal and academic consequences

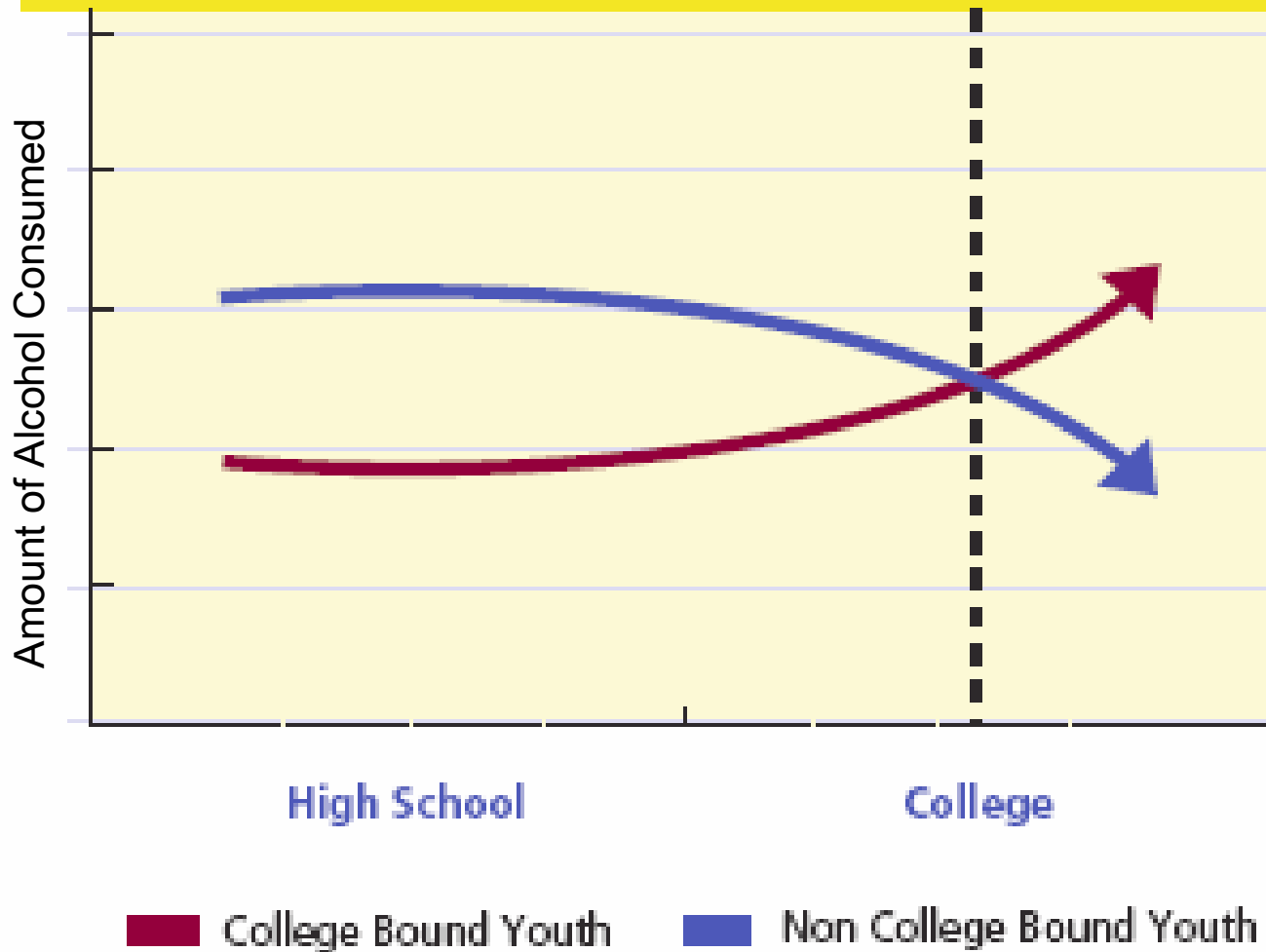
# Conclusions

- Current approaches to alcohol control are not optimally successful
  - Reducing “Binge Drinking” is an intractable problem
- In short-term focus on specific outcomes
  - DWI, Sexual Assault, Call 911
- In long-term develop comprehensive, systematic, and sustained approach similar to that used in tobacco control
- Contextual, community-based approach to the health of college students would be most effective way to simultaneously address alcohol and tobacco issues

# Context is important for individual behaviors



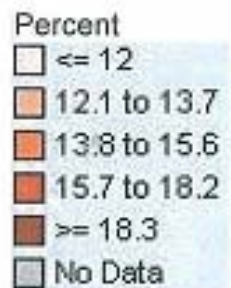
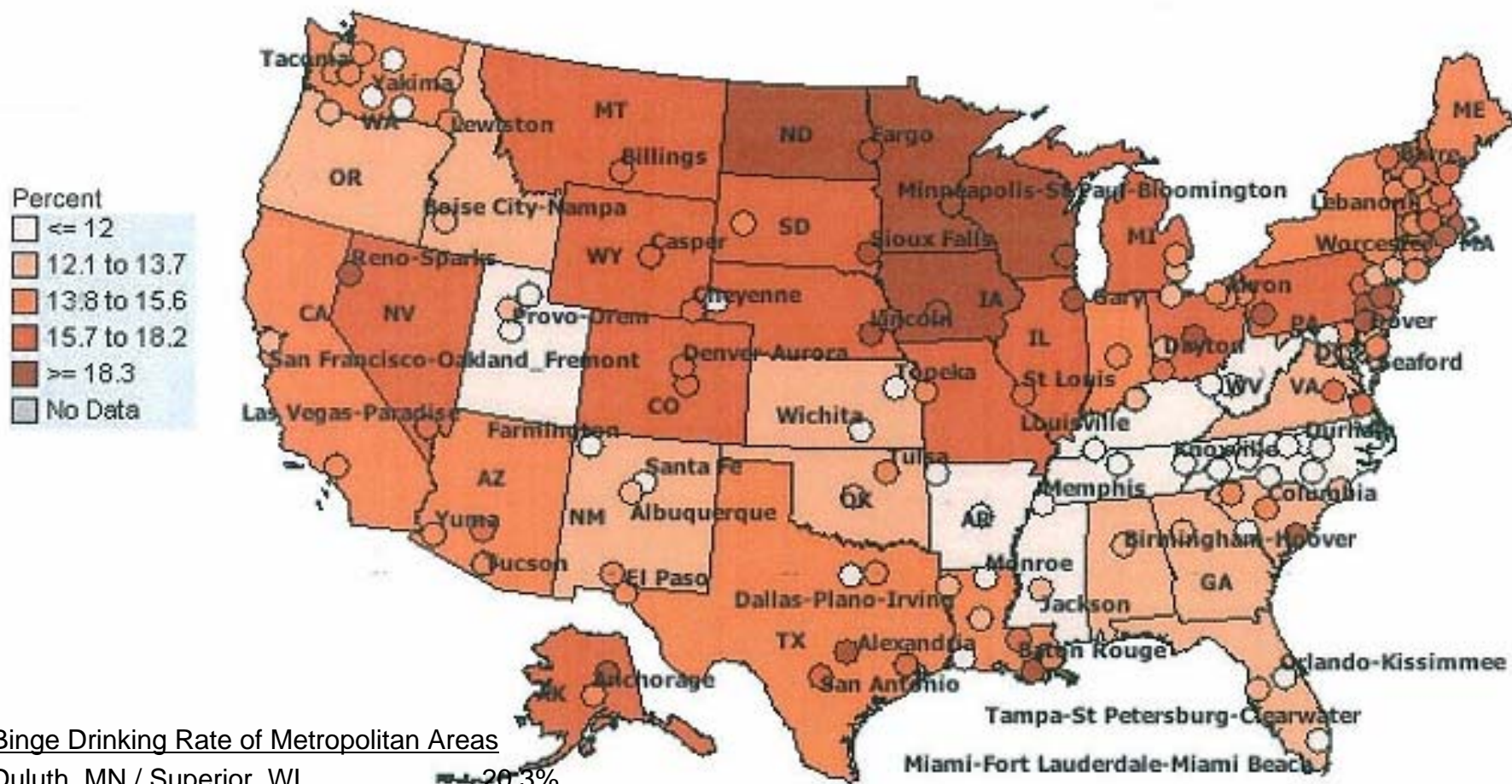
## > Effects of College on Drinking College Bound vs. Non-College Bound



E. Weitzman, 2006

# “Wet” Attitudes

Percentage of adults drinking 5 or more drinks on an occasion one of more times in last month

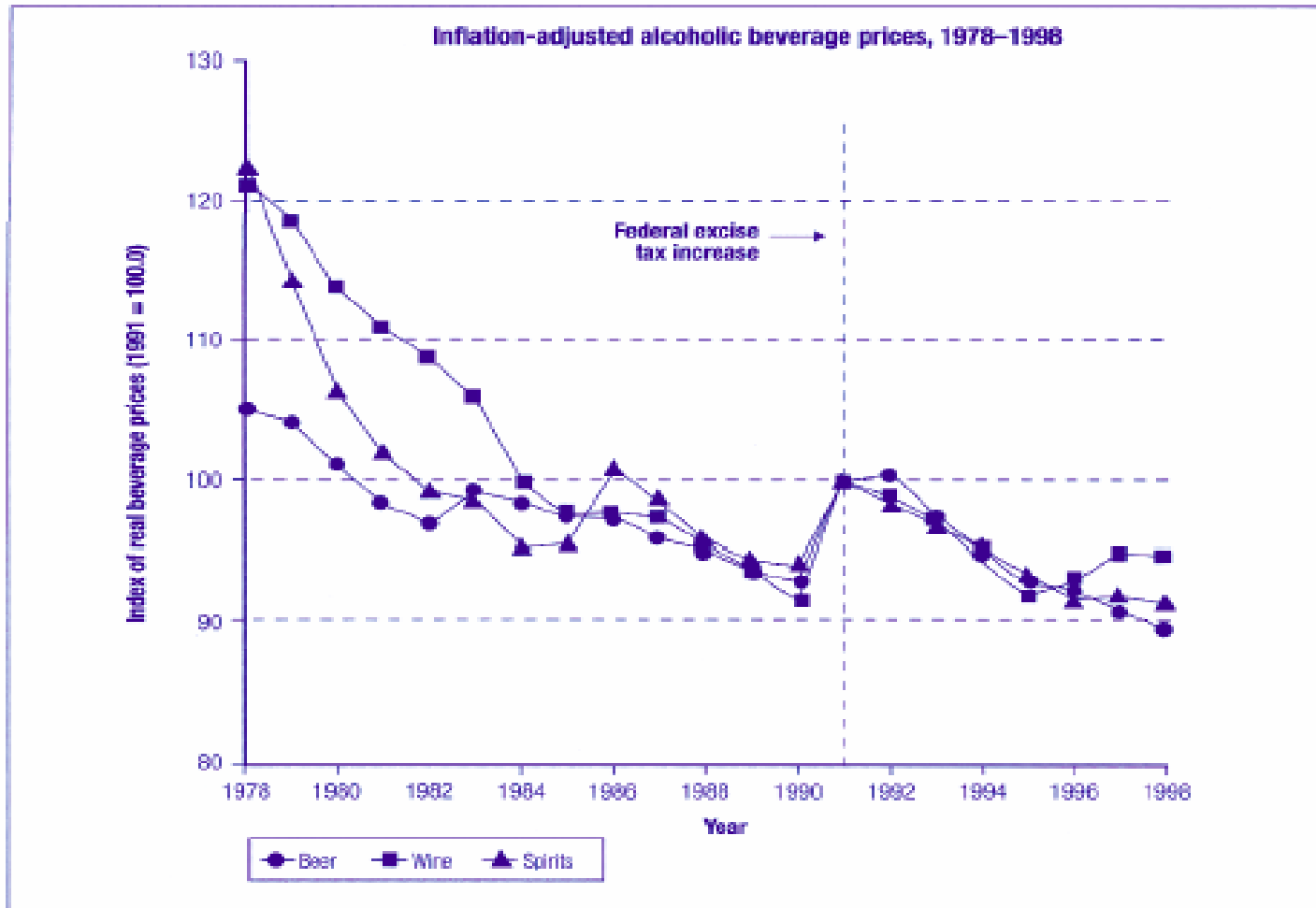


Binge Drinking Rate of Metropolitan Areas

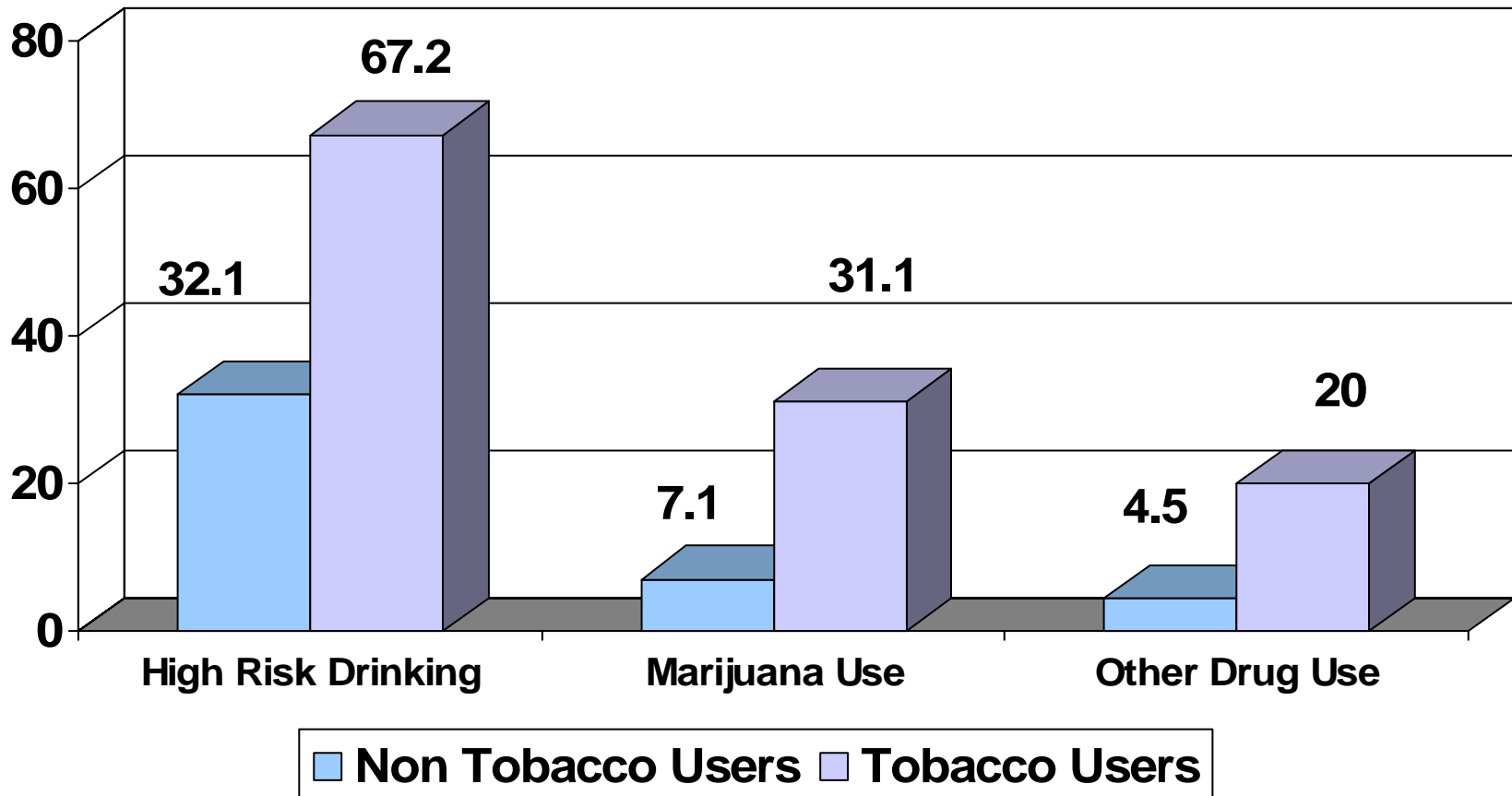
Duluth, MN / Superior, WI	20.3%
Minneapolis / St. Paul, MN	16.2%
Median Metropolitan Estimate	14.5%

CDC: BRFSS, 2004

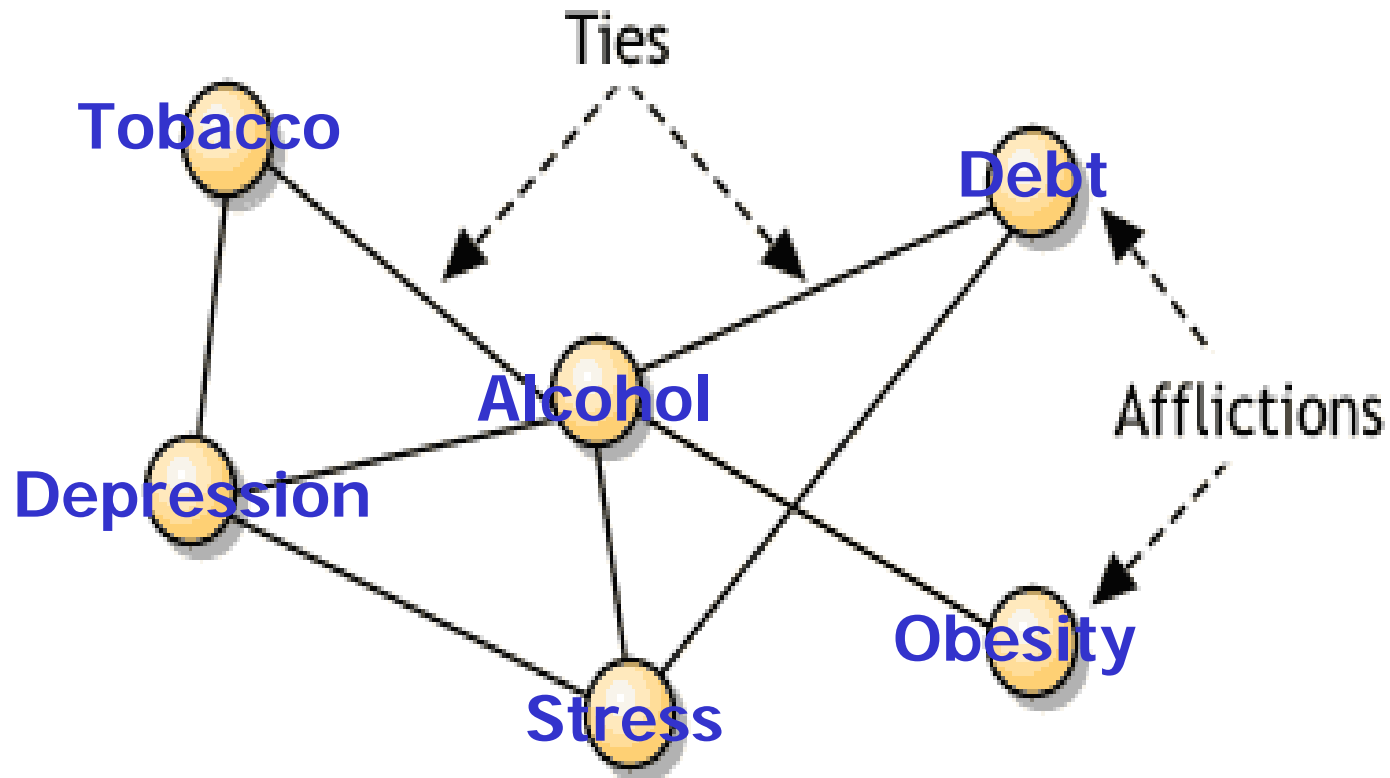
# Price of Alcohol



# Tobacco Use Relationship to Alcohol, Marijuana and Other Drug Use (all students)



# Contextual View of Health among College Students



**Thank You!**  
**Questions?**