Attached to this document is the Executive Summary of the results for the Core Alcohol and Drug Survey which was conducted at Kalamazoo College in 2009. The “long form” version of the survey was sent to all students on campus in February 2009. Approximately 1,000 surveys were distributed via campus mail with a letter explaining the survey, encouraging participation, and describing applicable incentives for participation (baked goods, meal coupons, & raffle entry).

The Core survey was developed through support of the U.S. Department of Education and is recognized as a reliable and valid self-report survey instrument designed to “assess the nature, scope, and consequences of alcohol and other drug use on college campuses.” (www.core.siuc.edu) The survey is currently administered through Southern Illinois University, Carbondale, and is generally regarded as an excellent tool for colleges and universities to gather information regarding student behaviors, attitudes, and beliefs related to alcohol and drug use. The survey is widely used by higher education institutions throughout the nation for such assessment.

During the implementation of the survey at Kalamazoo College, 314 useable surveys were returned, representing approximately a 31% return rate, and a sample size of approximately 23% of the student body. The demographics of the returned surveys were fairly representative of the student body. One concern may be the male response rate of 31.6%, which is a bit low compared to the actual student body make up (closer to 44% men).

Some of the information from this survey was shared with a few student organizations (PHA and SSDP), as well as members of the Alcohol Task Force in Spring of 2009 to help in their work on related issues. The survey results were also used to help shape the content and format of education sessions conducted during Orientation for the Class of 2013 this past Fall. Additionally, some information was shared with students during two campus discussions hosted by Student Development in Fall 2009 (.ppt slides from these sessions are posted on this web-site). As we head into 2010, the survey results will continue to be used to guide current and future work at Kalamazoo College related to alcohol and drug education on campus.
Please be sure to review the entire document for further details, but for your convenience some highlighted findings from the 2009 Core survey are listed below:

- 88% of students consumed alcohol in the past year
- 80% consumed alcohol in past 30 days
- 74% of underage students consumed alcohol
- 48% reported “binge drinking” one or more times in past 2 weeks – for the Core survey, “binge” is defined as 5 or more standard drinks in one sitting. Drinking 5+ drinks is viewed as high risk because of the increased number of negative consequences which occur at this level of drinking.
- 37% of students said they “don’t know” or the “campus is not concerned” about the prevention of alcohol and drug use
- 96% of respondents said they believe alcohol use at K is “about the same” or “less than” other campuses – data seems to indicate student alcohol use at K is higher than the reference sample in 3 of 4 areas (lifetime, annual, and 30 day)
- Alcohol was reported to be involved in the following incidents:
  - 83% of physical violence
  - 100% of theft involving force or threat of force
  - 50% of forced sexual touching or unwanted sexual intercourse
- 60% of students believe alcohol “facilitates sexual opportunities”
- 8% report being “taken advantage of sexually” after drinking or drug use
- 34% report suffering a memory loss one or more times over the past year due to alcohol or drug use
- 49% have felt pressure to drink or use drugs
- 97% of students believe their peers drink once or more a week; 52% of students actually report drinking once or more per week
- 31% of students reported their drinking increased over the past 12 months
- 55% report that other students’ drinking interferes with their life – some examples include: 32% indicate another person’s drinking has interrupted their studying, 10% say it makes them feel unsafe, and 19% say it prevents them from enjoying campus events
Recommendations under consideration:

- Weight the data to see if behavior or use rates change when weighted to better represent the actual make up of current student body – biggest concern area would be lower number of male respondents. This lower percentage of male respondents may cause campus aggregate behavior and use indicators to be artificially low, as men typically engage in more high-risk behaviors.
- Compare “K” data with like institutions – currently all comparative data is with a sample of 70,000 + college students from across the country.
- Conduct focus groups to probe deeper and gather more detail on some questions.
- Complete Core survey in 2011 to assess changes, establish a more complete data set, and begin regular campus assessment of alcohol and drug behaviors, attitudes, and opinions.

Final note(s) to readers

As the College’s work in this important area of student and campus health continues, please refer back to this site for updates on information as data from this survey is further analyzed, understood, and used to enhance the effectiveness of work done on campus.

Please also review the other materials found on this web-site, including slides related to the PowerPoint presentation held as part of the “Alcohol Discussion” meetings conducted in September and October, and handouts from the “Student Life Seminar” taught by Peer Leaders during Orientation 2009.
Executive Summary

CORE ALCOHOL AND DRUG SURVEY LONG FORM - FORM 194
EXECUTIVE SUMMARY

The Core Alcohol and Drug Survey was developed to measure alcohol and other drug usage, attitudes, and perceptions among college students at two and four-year institutions. Development of this survey was funded by the U.S. Department of Education. The survey includes several types of items about drugs and alcohol. One type deals with the students' attitudes, perceptions, and opinions about alcohol and other drugs, and the other deals with the students' own use and consequences of use. There are also several items on students' demographic and background characteristics as well as perception of campus climate issues and policy.

Key Findings from students at Kalamazoo College

Following are some key findings on the use of alcohol:

- 87.7% of the students consumed alcohol in the past year ("annual prevalence").
- 80.1% of the students consumed alcohol in the past 30 days ("30-day prevalence").
- 73.7% of underage students (younger than 21) consumed alcohol in the previous 30 days.
- 48.2% of students reported binge drinking in the previous two weeks. A binge is defined as consuming 5 or more drinks in one sitting.

Following are some key findings on the use of illegal drugs:

- 44.7% of the students have used marijuana in the past year ("annual prevalence").
- 23.7% of the students are current marijuana users ("30-day prevalence").
- 14.4% of the students have used an illegal drug other than marijuana in the past year ("annual prevalence").
- 5.5% of the students are current users of illegal drugs other than marijuana ("30-day prevalence").

The most frequently reported illegal drugs used in the past 30 days were:

- 23.7% Marijuana (pot, hash, hash oil)
- 2.3% Amphetamines (diet pills, speed)
- 1.3% Sedatives (downers, ludes)
Following are some key findings on the consequences of alcohol and drug use:

- 34.4% reported some form of public misconduct (such as trouble with police, fighting/argument, DWI/DUI, vandalism) at least once during the past year as a result of drinking or drug use.
- 22.5% reported experiencing some kind of serious personal problems (such as suicidality, being hurt or injured, trying unsuccessfully to stop using, sexual assault) at least once during the past year as a result of drinking or drug use.

Following are some key findings on opinions about the campus environment:

- 96.7% of students said the campus has alcohol and drug policies;
- 3.3% said they "don't know"; and
- 0.0% said there wasn't a policy.

- 18.4% of students said the campus has an alcohol and drug prevention program;
- 67.1% said they "don't know"; and
- 14.5% said there wasn't a program.

- 62.6% of students said the campus is concerned about the prevention of drug and alcohol use;
- 16.9% said they "don't know"; and
- 20.5% said the campus is not concerned.

With regard to students' perceptions of other students' use:

- 97.1% of students believe the average student on campus uses alcohol once a week or more.
- 50.5% of students believe the average student on this campus uses some form of illegal drug at least once a week.
- 20.5% of students indicated they would prefer not to have alcohol available at parties they attend.
- 70.1% of students indicated they would prefer not to have drugs available at parties they attend.
The following percentages of survey respondents said they saw drinking as a central part of the social life of the following groups:

- 83.2% of the respondents said they saw drinking as central in the social life of male students.
- 75.2% of the respondents said they saw drinking as central in the social life of female students.
- 14.8% of the respondents said they saw drinking as central in the social life of faculty/staff.
- 34.7% of the respondents said they saw drinking as central in the social life of alumni.
- 84.5% of the respondents said they saw drinking as central in the social life of athletes.
- 29.7% of the respondents said they saw drinking as central in the social life of fraternities.
- 29.2% of the respondents said they saw drinking as central in the social life of sororities.
- 67.7% of the students said they believe the social atmosphere on campus promotes alcohol use.
- 30.5% of the students said they believe the social atmosphere on campus promotes drug use.
- 5.5% of the students said they do not feel safe on campus.

Compared to other campuses...

- 3.9% feel that alcohol use is greater
- 46.3% feel that alcohol use is less
- 49.8% feel alcohol use is about the same

On the Core Alcohol and Drug Survey, respondents were asked to report whether students on this campus cared about a number of campus climate issues (with the response options being "not at all", "slightly", "somewhat", and "very much"). The following percentages of respondents on this campus indicated that their fellow students cared "somewhat" or "very much" about the following issues:

- 90.2% said students cared about sexual assault
- 87.3% said students cared about harassment because of sexual orientation
- 84.0% said students cared about harassment because of race or ethnicity
- 82.3% said students cared about harassment because of gender
- 80.7% said students cared about assaults that are non-sexual
- 66.1% said students cared about harassment because of religion
- 57.0% said students cared about campus vandalism
- 41.5% said students cared about alcohol and other drug use
Table 1 shows the percentage of students who reported having experienced any of the following within the last year and, if so, the percentage who reported consuming alcohol or other drugs shortly before these incidents.

<table>
<thead>
<tr>
<th>Experience</th>
<th>Used Alcohol or Drugs</th>
<th>Incident</th>
</tr>
</thead>
<tbody>
<tr>
<td>5.8%</td>
<td>5.6%</td>
<td>Ethnic or racial harassment</td>
</tr>
<tr>
<td>9.4%</td>
<td>69.0%</td>
<td>Threats of physical violence</td>
</tr>
<tr>
<td>3.9%</td>
<td>83.3%</td>
<td>Actual physical violence</td>
</tr>
<tr>
<td>0.3%</td>
<td>100.0%</td>
<td>Theft involving force or threat of force</td>
</tr>
<tr>
<td>3.9%</td>
<td>50.0%</td>
<td>Forced sexual touching or fondling</td>
</tr>
<tr>
<td>1.9%</td>
<td>50.0%</td>
<td>Unwanted sexual intercourse</td>
</tr>
</tbody>
</table>

On the Core Alcohol and Drug Survey, students were asked to rate the degree of risk people take when they act in certain ways, listed below. The response options were, "no risk", "slight risk", "moderate risk", "great risk", and "can't say". The numbers listed below indicate the percentage of respondents who felt there was "great risk" associated with the following behaviors:

- 2.3% try marijuana once or twice
- 4.3% smoke marijuana occasionally
- 26.9% smoke marijuana regularly
- 40.8% try cocaine once or twice
- 88.5% take cocaine regularly
- 38.7% try LSD once or twice
- 80.3% take LSD regularly
- 39.3% try amphetamines once or twice
- 80.6% take amphetamines regularly
- 15.1% take one or two drinks of an alcoholic beverage (beer, wine, liquor) nearly every day
- 68.5% take four or five drinks nearly every day
- 41.0% have five or more drinks in one sitting
- 53.9% take steroids for body building or improved athletic performance
- 27.9% consume alcohol prior to being sexually active
- 39.7% regularly engage in unprotected sexual activity with a single partner
- 92.1% regularly engage in unprotected sexual activity with multiple partners

Sexual Behavior:

55.9% of the students reported engaging in sexual intercourse within the past year. Of these, 19.4% used alcohol the last time they had intercourse and 4.7% used drugs.
In the last 30 days, the following percentages of students engaged in the behaviors described below:

- 74.1% refused an offer of alcohol or other drugs
- 25.8% bragged about alcohol or other drug use
- 83.9% heard someone else brag about alcohol or other drug use
- 6.2% carried a weapon such as a gun, knife, etc. (not hunting or job related)
- 49.0% experienced peer pressure to drink or use drugs
- 10.8% held a drink to have people stop bothering you about why you weren't drinking
- 22.8% thought a sexual partner was not attractive because he/she was drunk
- 10.8% told a sexual partner that he/she was not attractive because he/she was drunk

The following data describes how students say their friends would feel if they...

- Tried marijuana once or twice: 21.8% of their friends would disapprove
- Smoked marijuana occasionally: 39.9% of their friends would disapprove
- Smoked marijuana regularly: 77.9% of their friends would disapprove
- Tried cocaine once or twice: 88.8% of their friends would disapprove
- Took cocaine regularly: 98.7% of their friends would disapprove
- Tried LSD once or twice: 82.6% of their friends would disapprove
- Took LSD regularly: 97.4% of their friends would disapprove
- Took one or two drinks every day: 67.5% of their friends would disapprove
- Took four or five drinks every day: 96.8% of their friends would disapprove
- Had five or more drinks at one sitting: 55.3% of their friends would disapprove

The following are some key findings on the perceived effects of alcohol:

- 81.1% say it breaks the ice
- 76.2% say it enhances social activity
- 41.8% say it makes it easier to deal with stress
- 68.4% say it facilitates a connection with peers
- 76.1% say it gives people something to talk about
- 61.2% say it facilitates male bonding
- 53.4% say it facilitates female bonding
- 63.9% say it allows people to have more fun
- 76.9% say it gives people something to do
- 15.3% say it makes food taste better
- 22.7% say it makes women sexier
- 18.3% say it makes men sexier
- 15.2% say it makes me sexier
- 59.7% say it facilitates sexual opportunity
Use of Drugs

The following tables provide additional details about students’ reported use of drugs at this institution. Unless otherwise indicated, percentages are based on the total number of students responding validly to a given item.

For comparison purposes some figures are included from a reference group of 71189 students from 148 institutions from the 2006 Aggregated National Data.

In general, substantial proportions of students report having used alcohol, tobacco, and marijuana in response to the question, "At what age did you first use _____?" whereas comparatively few report having used each of the other substances. This question examines "lifetime prevalence" as opposed to annual prevalence and 30-day prevalence.

Table 2 describes lifetime prevalence, annual prevalence, 30-day prevalence, and high frequency use (3 times a week or more).

Table 2 - Substance Use

<table>
<thead>
<tr>
<th>Substance</th>
<th>Lifetime Prevalence</th>
<th>Annual Prevalence</th>
<th>30-Day Prevalence</th>
<th>3X/Week or more</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tobacco</td>
<td>44.9</td>
<td>50.4</td>
<td>42.6</td>
<td>38.6</td>
</tr>
<tr>
<td>Alcohol</td>
<td>87.8</td>
<td>87.1</td>
<td>87.7</td>
<td>84.2</td>
</tr>
<tr>
<td>Marijuana</td>
<td>52.2</td>
<td>45.3</td>
<td>44.7</td>
<td>30.1</td>
</tr>
<tr>
<td>Cocaine</td>
<td>3.8</td>
<td>9.2</td>
<td>2.9</td>
<td>5.2</td>
</tr>
<tr>
<td>Amphetamines</td>
<td>8.7</td>
<td>13.8</td>
<td>5.5</td>
<td>6.2</td>
</tr>
<tr>
<td>Sedatives</td>
<td>3.8</td>
<td>8.0</td>
<td>2.6</td>
<td>4.2</td>
</tr>
<tr>
<td>Hallucinogens</td>
<td>8.3</td>
<td>8.3</td>
<td>7.4</td>
<td>3.5</td>
</tr>
<tr>
<td>Opiates</td>
<td>1.3</td>
<td>2.8</td>
<td>1.0</td>
<td>1.3</td>
</tr>
<tr>
<td>Inhalants</td>
<td>4.2</td>
<td>4.0</td>
<td>2.6</td>
<td>1.2</td>
</tr>
<tr>
<td>Designer drugs</td>
<td>3.8</td>
<td>7.6</td>
<td>2.6</td>
<td>2.9</td>
</tr>
<tr>
<td>Steroids</td>
<td>0.0</td>
<td>1.2</td>
<td>0.3</td>
<td>0.6</td>
</tr>
<tr>
<td>Other drugs</td>
<td>1.6</td>
<td>4.6</td>
<td>1.3</td>
<td>2.1</td>
</tr>
</tbody>
</table>

Notes:
Coll. = Kalamazoo College
Ref. = Reference group of 71189 college students
The average number of drinks consumed per week at this institution is 4.8 drinks. The national average is 5.5 drinks (based on a sample of 70247). The percentage of students who report having binged in the last two weeks at this institution is 48.2% compared to the national average of 46.7%.

Consequences of Alcohol and Drug Use

The proportion of students who report having had problems as a result of drinking or drug use is another indicator of the level of substance abuse. The percentages of students who reported that within the past year they had various problematic experiences are given in Table 3. The top group of items represents public misconduct or behaviors that involve actual or potential harm to others. The second group represents possibly serious personal problems. The last group may consist of less serious (and more common) experiences which nevertheless may indicate excessive use.

Table 3 - Problematic Experiences

<table>
<thead>
<tr>
<th>This Institution</th>
<th>Reference Group</th>
<th>Experience</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.0</td>
<td>1.4</td>
<td>Been arrested for DWI/DUI</td>
</tr>
<tr>
<td>8.0</td>
<td>13.7</td>
<td>Been in trouble with police, residence hall, or other college authorities</td>
</tr>
<tr>
<td>5.5</td>
<td>6.8</td>
<td>Damaged property, pulled fire alarms, etc.</td>
</tr>
<tr>
<td>17.7</td>
<td>27.0</td>
<td>Driven a car while under the influence</td>
</tr>
<tr>
<td>30.2</td>
<td>32.3</td>
<td>Got into an argument or fight</td>
</tr>
<tr>
<td>0.6</td>
<td>1.3</td>
<td>Tried to commit suicide</td>
</tr>
<tr>
<td>4.2</td>
<td>4.5</td>
<td>Seriously thought about suicide</td>
</tr>
<tr>
<td>15.1</td>
<td>16.2</td>
<td>Been hurt or injured</td>
</tr>
<tr>
<td>7.7</td>
<td>10.1</td>
<td>Been taken advantage sexually</td>
</tr>
<tr>
<td>1.9</td>
<td>3.2</td>
<td>Taken advantage of another sexually</td>
</tr>
<tr>
<td>2.6</td>
<td>5.2</td>
<td>Tried unsuccessfully to stop using</td>
</tr>
<tr>
<td>12.9</td>
<td>10.8</td>
<td>Thought I might have a drinking or other drug problem</td>
</tr>
<tr>
<td>11.9</td>
<td>22.1</td>
<td>Performed poorly on a test or important project</td>
</tr>
<tr>
<td>39.5</td>
<td>37.2</td>
<td>Done something I later regretted</td>
</tr>
<tr>
<td>14.6</td>
<td>30.1</td>
<td>Missed a class</td>
</tr>
<tr>
<td>34.7</td>
<td>30.9</td>
<td>Been criticized by someone I know</td>
</tr>
<tr>
<td>34.2</td>
<td>33.9</td>
<td>Had a memory loss</td>
</tr>
<tr>
<td>54.7</td>
<td>54.3</td>
<td>Got nauseated or vomited</td>
</tr>
<tr>
<td>65.2</td>
<td>62.5</td>
<td>Had a hangover</td>
</tr>
</tbody>
</table>
Differences among Student Groups

Table 4 compares substance use patterns and consequences of several campus groups: males and females, younger and older, academically more and less successful, and on and off-campus residents.

Table 4 - Differences among Student Groups

<table>
<thead>
<tr>
<th></th>
<th>Gender</th>
<th>Age</th>
<th>Average Grades</th>
<th>Campus Residence</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Female</td>
<td>Male</td>
<td>16-20</td>
<td>21+</td>
</tr>
<tr>
<td>Sample Sizes:</td>
<td>197</td>
<td>91</td>
<td>213</td>
<td>93</td>
</tr>
<tr>
<td>Currently use (in the past 30 days) alcohol</td>
<td>78.6</td>
<td>84.4</td>
<td>73.5</td>
<td>94.3</td>
</tr>
<tr>
<td>Currently use (in the past 30 days) marijuana</td>
<td>17.6</td>
<td>37.1</td>
<td>24.8</td>
<td>20.0</td>
</tr>
<tr>
<td>Currently use (in the past 30 days) illegal drugs other than marijuana</td>
<td>5.7</td>
<td>5.6</td>
<td>6.6</td>
<td>2.2</td>
</tr>
<tr>
<td>Had 6 or more binges in the past 2 weeks</td>
<td>1.0</td>
<td>4.4</td>
<td>2.8</td>
<td>1.1</td>
</tr>
<tr>
<td>Have driven a car while under the influence during past year</td>
<td>14.9</td>
<td>25.3</td>
<td>15.6</td>
<td>21.7</td>
</tr>
<tr>
<td>Have been taken advantage of sexually during past year</td>
<td>9.3</td>
<td>5.5</td>
<td>7.6</td>
<td>8.7</td>
</tr>
<tr>
<td>Have taken advantage of another sexually during past year</td>
<td>1.5</td>
<td>2.2</td>
<td>1.4</td>
<td>3.3</td>
</tr>
</tbody>
</table>

Sample Demographics

Following are some summary characteristics of the students who completed and returned the questionnaire.

- 33.5% were freshmen
- 98.4% were in the "typical" college age range of 18-22.
- 31.6% were sophomores
- 68.4% were female.
- 6.4% were juniors
- 28.8% lived off campus.
- 28.1% were seniors
- 57.1% worked part-time or full-time.
- 0.0% were graduates
- 99.7% were full-time students.
- 0.3% were other
- 30.4% reported spending at least 5 hours per month in volunteer work.