
- Among college students ages 18-24:
  - Unintentional alcohol-related injury deaths per 100,000 increased 3% from 1,440 to 1,825 in 2005 but decreased to 1,569 in 2010, and 1,590 in 2013 (24% since 1998) per 100,000
  - The proportion who:
    - Drank 5+ drinks per occasion increased 7% (41.7%-44.7%) in 2005 then declined to 41.6% in 2010 and then 40.0% in 2012 (down 11% since 2005)
    - Drove under the influence increased 26.5% to 28.7% in 2005 then decreased to 20.8% in 2010 and 19% in 2012 (down 35% since 2005)
    - The highest proportions engaging in these behaviors are among 21-24 year olds, not 18-20 year olds

Source: National Household Survey on Drug Use and Health

Ages 21-24: p<0.05
Ages 18-20: p<0.01

Source: National Household Survey on Drug Use and Health

Ages 18-20 and 21-24: p=<0.01
Alcohol: Trends in 2-Week Prevalence of 5 or More Drinks in a Row among College Students vs. Others 1-4 Years Beyond HS, 1980-2013

Source: Monitoring the Future, 2014
Alcohol- vs. Non-Alcohol-Related Traffic Fatalities, Rate Per 100,000, Ages 18-24, United States, 1982-2013

Sources: U.S. Fatality Analysis Reporting System, 2015; U.S. Census Bureau, 2015
Preventable deaths from drugs, motor vehicles and firearms

Drug-induced deaths, pushed by increasing prescription narcotic overdoses, outnumbered motor vehicle deaths in 2009, according to preliminary government data for that year.

Drug deaths now outnumber traffic fatalities in U.S., data show

— Lisa Girion and Scott Glover (Sept. 18, 2011)

![Graph showing drug, firearm, and vehicle deaths from 2000 to 2009.]

Note: 2009 figures are preliminary. In recent years, preliminary figures have tended to understate drug-induced deaths while motor vehicle figures changed little.
Sources: Centers for Disease Control. Data analysis by Doug Smith and Lisa Girion
Credits: Thomas Suh Lauder, Anthony Pesce, Sandra Poindexter
### Alcohol Attributable Deaths < Age 21

<table>
<thead>
<tr>
<th></th>
<th>Annual Average</th>
<th>Percent Change</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Poisoning</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2001-2005</td>
<td>252</td>
<td></td>
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<tr>
<td>2006-2010</td>
<td>400</td>
<td>↑58</td>
</tr>
<tr>
<td><strong>Traffic</strong></td>
<td></td>
<td></td>
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<tr>
<td>2001-2005</td>
<td>2,075</td>
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<tr>
<td>2006-2010</td>
<td>1,580</td>
<td>↓24</td>
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</tbody>
</table>

Source: CDC, ARDI, 2014
# Drug Use Among College Students and College Students Who Binge Drink, Ages 18-25

### National Household Survey on Drug Use and Health, 2011

<table>
<thead>
<tr>
<th>All Respondents</th>
<th>Prescription Drug Misuse*</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th>1999</th>
<th>2009</th>
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<tbody>
<tr>
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<td>7</td>
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<tr>
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<td>Non</td>
<td>4</td>
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<tr>
<td>Illicit Drug Use†</td>
<td>Total</td>
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<td>23</td>
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<td>Any Drug Use</td>
<td>Total</td>
<td>20</td>
<td>26</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>College</td>
<td>21</td>
<td>26</td>
<td></td>
<td></td>
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<tr>
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<td>Non</td>
<td>20</td>
<td>26</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Respondents who Binge</th>
<th>Prescription Drug Misuse*</th>
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<th></th>
<th></th>
<th></th>
<th>1999</th>
<th>2009</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Total</td>
<td>6</td>
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<td></td>
<td></td>
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</tr>
<tr>
<td></td>
<td>College</td>
<td>6</td>
<td>10</td>
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<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Non</td>
<td>7</td>
<td>10</td>
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<td></td>
</tr>
<tr>
<td>Illicit Drug Use†</td>
<td>Total</td>
<td>30</td>
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<td>36</td>
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<td></td>
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<tr>
<td></td>
<td>Non</td>
<td>29</td>
<td>33</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Any Drug Use</td>
<td>Total</td>
<td>32</td>
<td>37</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>College</td>
<td>33</td>
<td>39</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Non</td>
<td>31</td>
<td>36</td>
<td></td>
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</tr>
</tbody>
</table>
Hospitalizations for drug and alcohol overdoses on the rise: 1999-2008

In 2008: 1.6 million overdose hospitalizations cost $15.5 billion, up 40% since 1999; 180,000 age 18-24

White, Hingson, et al., JSAD, 2011

<table>
<thead>
<tr>
<th></th>
<th>Ages 18-24</th>
<th>Age 18+</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Drug overdoses</strong></td>
<td>↑56%</td>
<td>↑51%</td>
</tr>
<tr>
<td><strong>Alcohol overdoses</strong></td>
<td>↑25%</td>
<td>↑23%</td>
</tr>
<tr>
<td><strong>Combined alcohol and drug overdoses</strong></td>
<td>↑76%</td>
<td>↑57%</td>
</tr>
<tr>
<td><strong>Overdoses Involving alcohol</strong></td>
<td>33%</td>
<td>&gt;50%</td>
</tr>
</tbody>
</table>

Overdose defined as excessive consumption and/or poisoning based on ICD-9-CM codes
<table>
<thead>
<tr>
<th>Drinking Past 30 Days &amp; Harms Past 6 Months</th>
<th>Freshmen in 4-Year colleges (N=915)</th>
<th>Same Age, Not in College (N=716)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drank alcohol</td>
<td>61%</td>
<td>49%</td>
</tr>
<tr>
<td>Was drunk</td>
<td>44</td>
<td>36</td>
</tr>
<tr>
<td>Drove after drinking</td>
<td>8</td>
<td>7</td>
</tr>
<tr>
<td>Rode with drinking driver</td>
<td>25</td>
<td>25</td>
</tr>
<tr>
<td>Hangover</td>
<td>44</td>
<td>32</td>
</tr>
<tr>
<td>Miss school/work</td>
<td>16</td>
<td>9</td>
</tr>
<tr>
<td>Get behind school/work</td>
<td>16</td>
<td>5</td>
</tr>
<tr>
<td>Did something regretted</td>
<td>28</td>
<td>16</td>
</tr>
<tr>
<td>Forgot</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Where was</td>
<td>29</td>
<td>14</td>
</tr>
<tr>
<td>What did</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### NEXT Generation, Wave 4, 2013

<table>
<thead>
<tr>
<th>Problems experienced because of others drinking: Past 6 months</th>
<th>College Freshmen (N=915)</th>
<th>Same Age, Not in College (N=716)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Insulted/Humiliated</td>
<td>20%</td>
<td>16%</td>
</tr>
<tr>
<td>Serious argument</td>
<td>20</td>
<td>17</td>
</tr>
<tr>
<td>Property damaged</td>
<td>12</td>
<td>10</td>
</tr>
<tr>
<td>Babysit drinker</td>
<td>40</td>
<td>26</td>
</tr>
<tr>
<td>Interrupted work/sleep</td>
<td>28</td>
<td>14</td>
</tr>
<tr>
<td>Called ambulance, went to hospital</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>Called police</td>
<td>2</td>
<td>4</td>
</tr>
</tbody>
</table>
College Alcohol Study

The younger college students were when first drunk, the more likely they will experience in college:

- Alcohol Dependence
- Drive after drinking
- Alcohol related injury
- Unplanned and unprotected sex after drinking

Youth Risk Behavior Survey, 2009

- Nearly 1 million high school students and nearly 2 million 12-20 year olds consume 5 or more drinks 6 or more times per month.

- Frequent binge drinkers compared to abstainers in high school were much more likely in the past month to:

  Drink at school 32% vs. 0%

  Use marijuana at school 24% vs. 1%

  Earned mostly D’s and F’s in school within the past year 14% vs. 4%
Teen drinking, thinking don’t mix

Alcohol appears to damage young brains, early research finds

Methods

- Studied adolescents ages 16-18
  - Heavy episodic drinkers (HED), N= 39
  - Non drinkers, N=26
- 5th grade California standards
  - Test in language arts and mathematics comparable in both groups
Results

- Compared to non drinkers, HED performed worse, even after 4 weeks of sustained abstinence on:
  - Prospective memory
  - Cognitive switching
  - Inhibition task accuracy
  - Verbal memory
  - Visuospatial abilities
  - Language and achievement
- This “may affect adolescents’ daily experiences in academic and occupational settings.”