

Students who Frequently Drink and Drive

Partners in Prevention (PIP) is Missouri's higher education substance abuse consortium dedicated to creating healthy and safe college campuses. The coalition is comprised of 21 public and private college and universities in the state that work to lower high-risk behaviors among college students by implementing strategic plans for prevention which include evidence-based strategies. To measure progress and obtain data needed for the implementation of programs, PIP created the Missouri Assessment of College Health Behaviors (MACHB) Survey. The MACHB is an annual, online survey implemented each spring to assess the roles that alcohol, drugs (illegal and prescription), tobacco, interpersonal violence, and mental health issues have on student health and wellness. While rates of drinking and driving among Missouri college students have been steadily decreasing, 16% of Missouri college students in the 2018 MACHB report driving after consuming alcohol at least once in the past year. Only 5.6% of students report frequent drinking and driving (driving after consuming alcohol 3 or more times in the past year).

Prevalence and Demographics

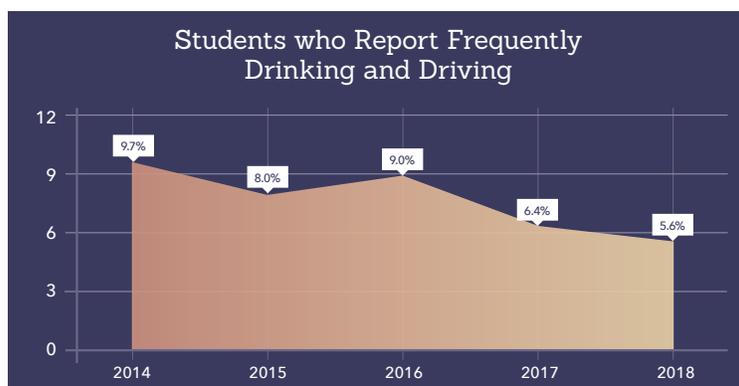
According to the 2018 MACHB, 75% of students who frequently drink and drive are age 21 and over. Fifty-four percent (54%) are seniors or have 5 or more years attending school. Around 60% of students who frequently drink and drive live off-campus, and were slightly more likely to engage in this behavior if they lived off-campus without their parents than with their parents (36% vs 24%). Students who frequently drink and drive are less likely to know that their campus has an alcohol and other drug prevention program (72% said "no" or "unsure"), though all surveyed campuses have such programs. Around 59% of frequent drinkers and drivers also did not believe that their campus was concerned about alcohol and other drug use. Rates of students who

frequently drink and drive have been decreasing over the past 5 years, indicating that prevention surrounding drinking and driving has been effective.

Drinking and Driving and Other Alcohol Related Behaviors

81% of students who frequently drink and drive also report binge-drinking at least once in the past two weeks (consuming 5+ drinks in a 2 hour period) and in general, the more often they report binge-drinking, the more likely they were to have indicated that they frequently drink and drive. Frequent drinkers and drivers have high rates of negative consequences due to alcohol use. Eighty-seven percent (87%) had experienced a hangover, 81% had been hurt or injured as a result of alcohol use, 81% had received medical attention due to alcohol use, 82% had experienced a blackout or memory loss, and 96% had experienced alcohol poisoning at least once in the past year.

Students who frequently drink and drive were very likely to come in contact with campus conduct or law enforcement. Seventy-four percent (74%) of students who frequently drink and drive had been in trouble with campus administrators, 85% had been arrested by law enforcement as a result of alcohol use, and 87%



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had been arrested for a DUI/DWI at least once in the past year.

Frequent drinkers and drivers have high rates of negative consequences due to alcohol use. Physically, 87% had experienced a hangover, 81% had been hurt or injured as a result of alcohol use, 81% had received medical attention due to alcohol use, 82% had experienced a blackout or memory loss, and 96% had experienced alcohol poisoning at least once in the past year. Many frequent drinkers and drivers had also experienced concerning sexual-related experiences with alcohol: 77% had been taken advantage of sexually with alcohol; 86% took advantage of someone else sexually with alcohol, and 81% engaged in risky sexual behavior. Students who frequently drink and drive also experience negative consequences related to academics at high rates. Eighty-two percent (82%) had performed poorly on a test or assignment and 81% had missed class due to alcohol.

Unsurprisingly, only 6% of frequent drinkers and drivers correctly identified a designated driver as someone who has consumed no alcohol, and most (63%) indicated that they thought a designated driver was “someone who has had many alcoholic beverages but is the least drunk person in the group.” Most (53%) frequent drinkers and drivers indicate that they use a designated driver less than half the time they drink or not at all.

CHEERS to the Designated Driver

CHEERS to the Designated Driver is a statewide program designed to increase the number of designated drivers throughout the state of Missouri. The program allows participating bars, restaurants, and nightclubs in Missouri to provide free non-alcoholic beverages to the designated driver in a group of two or more. Establishment owners across Missouri are able to join CHEERS and contribute to a safer environment. As $\frac{3}{4}$ (74%) of frequent drinkers and drivers indicate consuming alcohol at bars and restaurants, usage of this program in campus communities can help norm the use of designated drivers and provide an incentive for a student in a group to be the designated driver. More information for establishments wishing to join

and campus chapters wishing to be more involved with CHEERS can be found at cheers.missouri.edu or by emailing cheers@missouri.edu.

SMART

SMART (State of Missouri Alcohol Responsibility Training) is a statewide, online responsible beverage service training available 24/7 designed to help sellers and servers of alcohol recognize fake identification, avoid service and sale to minors, avoid serving intoxicated customers, and learn laws and liability concerns related to serving underage or intoxicated customers. Responsible beverage service training is a recognized best practice in environmental prevention that can help communities prevent underage drinking and over intoxication, both of which can contribute to impaired driving. For more information visit smart.missouri.edu or contact our us at smart@missouri.edu

Conclusion

While most alcohol prevention programming is targeted toward freshmen and students living on-campus, there is clearly a need for efforts related to drinking and driving for older students and those living off-campus. Efforts should focus on educating about the definition of a designated driver as someone who has consumed no alcohol, and to promote safe ride services that are available in the campus community. Individuals who frequently engage in a dangerous and high-risk behavior like drinking and driving are overwhelmingly experiencing negative consequences and are more likely to engage in other high-risk behaviors related to alcohol, such as binge-drinking or engaging in risky sexual behavior. While these data are concerning, it is important to remember that frequent drinkers and drivers make up a small percentage of the population and that overall rates of drinking and driving (and frequent drinking and driving) continue to decrease.

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