



**The National Center on
Addiction and Substance Abuse
at Columbia University**

www.casacolumbia.org



Wasting the Best and the Brightest

Wasting the Best and the Brightest: Substance Abuse at America's Colleges and Universities

March 15, 2007

**The Henry J. Kaiser Family Foundation
Washington, DC**

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Commission on Substance Abuse at Colleges and Universities II

- Rev. Edward A. Malloy (Chair)
- The Honorable Nancy Kassebaum Baker
- Frederick M. Bohen
- Marcel A. Bryar, Esq.
- Julius L. Chambers, Esq.
- Harvey V. Fineberg, MD, PHD
- Glen R. Hanson, DDS, PhD
- Cheryl G. Heaton, DrPH
- David Mathews, PhD
- Fernando S. Mendoza, MD, MPH
- Herbert Pardes, MD
- The Honorable Pamela Ann Rymer
- Charles A. Sanders, MD
- Louis W. Sullivan, MD



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Methodology

- Nationally representative survey of 2,000 students
- Surveys of 400 college & university administrators
- Analysis of 6 national data sets
- Interviews with key researchers & leaders in field
- 8 focus groups with college students and parents
- Review of 800 books, reports and articles



49.4% of College Students (3.8 Million) Binge Drink, Abuse Illegal Drugs And/Or Abuse Prescription Drugs

- 45.0 % binge drink
- 20.9% abuse prescription and/or illegal drugs

Source: CASA's analysis of the 2005 National Survey on Drug Use and Health

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22.9% of College Students (1.8 Million) Meet Medical Criteria for Alcohol, Drug Abuse or Dependence

– Compared to 8.5% of rest of population

Source: CASA's analysis of the 2005 National Survey on Drug Use and Health

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Students Meeting Medical Criteria for Alcohol, Drug Abuse or Dependence

- 12.3% alcohol abuse
- 7.7% alcohol dependence
- 2.5% drug abuse
- 4.7% drug dependence

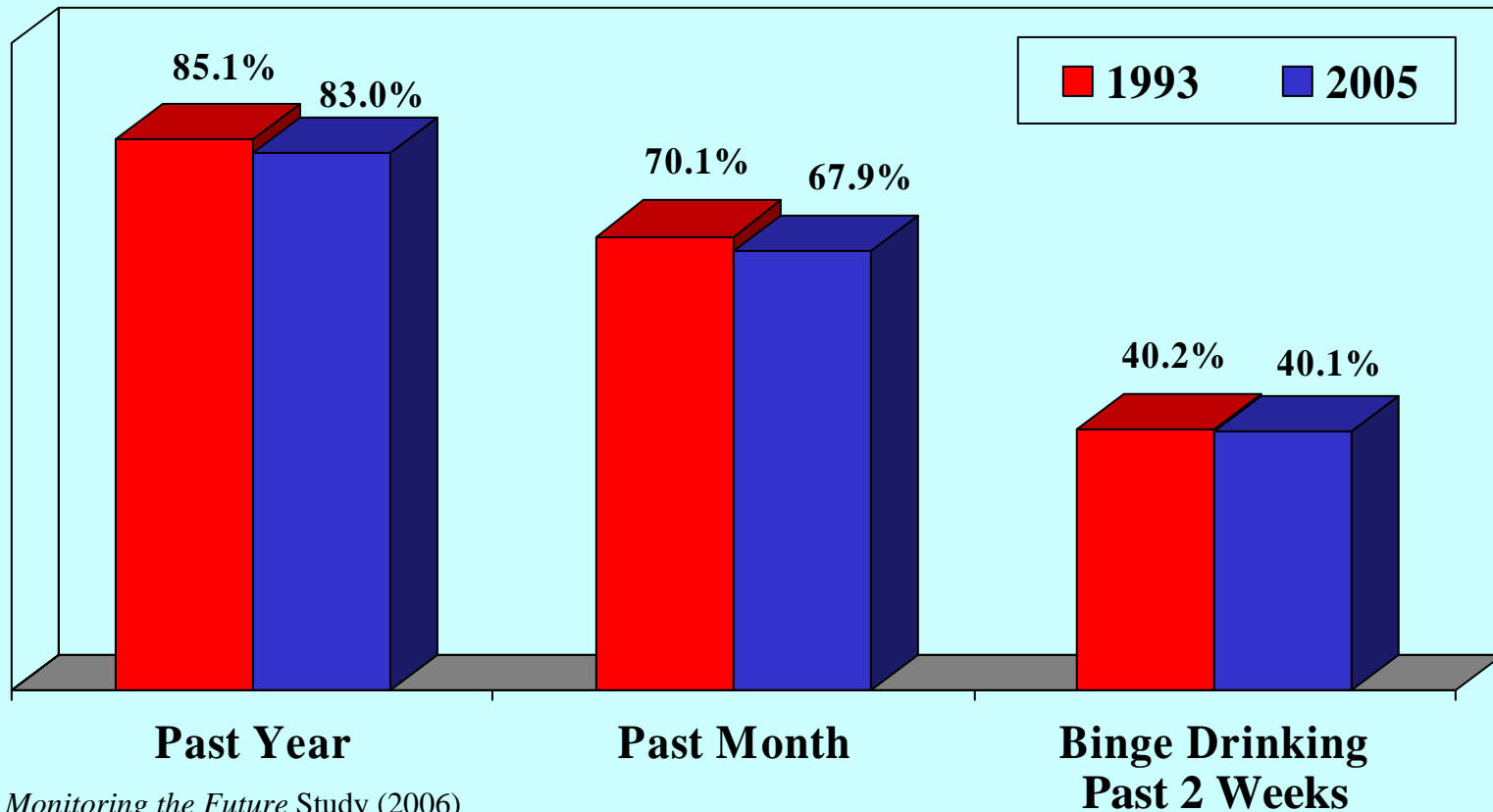
Source: CASA's analysis of the 2005 National Survey on Drug Use and Health

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No Real Improvement in Rates of Student Drinking



Source: *The Monitoring the Future Study* (2006)

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Increases in Heavy Drinking

	1993 (%)	2001 (%)	% Change
Drinking to get drunk*	39.9	48.2	20.8
Intoxicated 3 or more times*	23.4	29.4	25.6
Drinking on 10 or more occasions*	18.1	22.6	24.9
Frequent binge drinking‡	19.7	22.8	15.7
Daily drinking (1993-2005)	3.9	4.6	17.9

Sources: Wechsler, H., Lee, J. E., Kuo, M., Seibring, M., Nelson, T. F., & Lee, H. (2002); *The Monitoring the Future Study* (2006)

* In past 30 days

‡ Defined as 3 or more times in past 2 weeks.



Heavy Drinking Increasing Faster Among College Women (1993-2001)

	Men	Women
% increase in frequent binge drinking*	12.5	22.2
% increase in being drunk 3 or more times‡	24.6	30.2

Source: Wechsler, H., Lee, J. E., Kuo, M., Seibring, M., Nelson, T. F., & Lee, H. (2002)

* Defined as 3 or more times in past 2 weeks.

‡ In past 30 days.



Increases in Prescription Drug Abuse

	1993 (%)	2005 (%)	% Change
Tranquilizers	0.4	2.2	450
Opioids	0.7	3.1	343
Sedatives	0.4	1.3	225
Stimulants	1.5	2.9	93

Source: The *Monitoring the Future* Study (2006)



Increases in Illicit Drug Use

	1993 (%)	2005 (%)	% Change
Any illicit drug	15.1	19.5	29.1
Marijuana	14.2	17.1	20.4
Illicit drugs other than marijuana	5.4	8.2	51.9
Daily marijuana use	1.9	4.0	110.5

Source: The *Monitoring the Future* Study (2006)



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College Students Who:

Drink	67.9%	5.3 million
Binge drink	40.1%	3.1 million
Smoke	23.8%	1.8 million
Use illicit drugs	19.5%	1.5 million
Use illicit drugs other than marijuana	8.2%	636,000
Use marijuana daily	4.0%	310,000
Abuse prescription opioids	3.1%	240,000

Source: The *Monitoring the Future* Study (2006)



Substance Abuse Among College Men and Women (2005)

	Men (%)	Women (%)
Binge drinkers	50.1	34.4
Prescription opioid abusers	9.6	7.7
Prescription stimulants abusers	7.4	6.3
Use any illicit drug	22.9	17.5
Daily heavy smokers	6.0	7.1

Source: The *Monitoring the Future* Study (2006)



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Drinking, Smoking, Other Drug Use More Prevalent Among Fraternity & Sorority Members

	Members (%)	Non-members (%)
Drinkers	88.5	67.1
Binge drinkers	63.8	37.4
Marijuana users	21.1	16.4
Cigarette smokers	25.8	20.7

Source: CASA's analysis of the 2004 *National College Health Assessment*



Most College Students Who Use Alcohol, Cigarettes or Other Drugs Started Before College

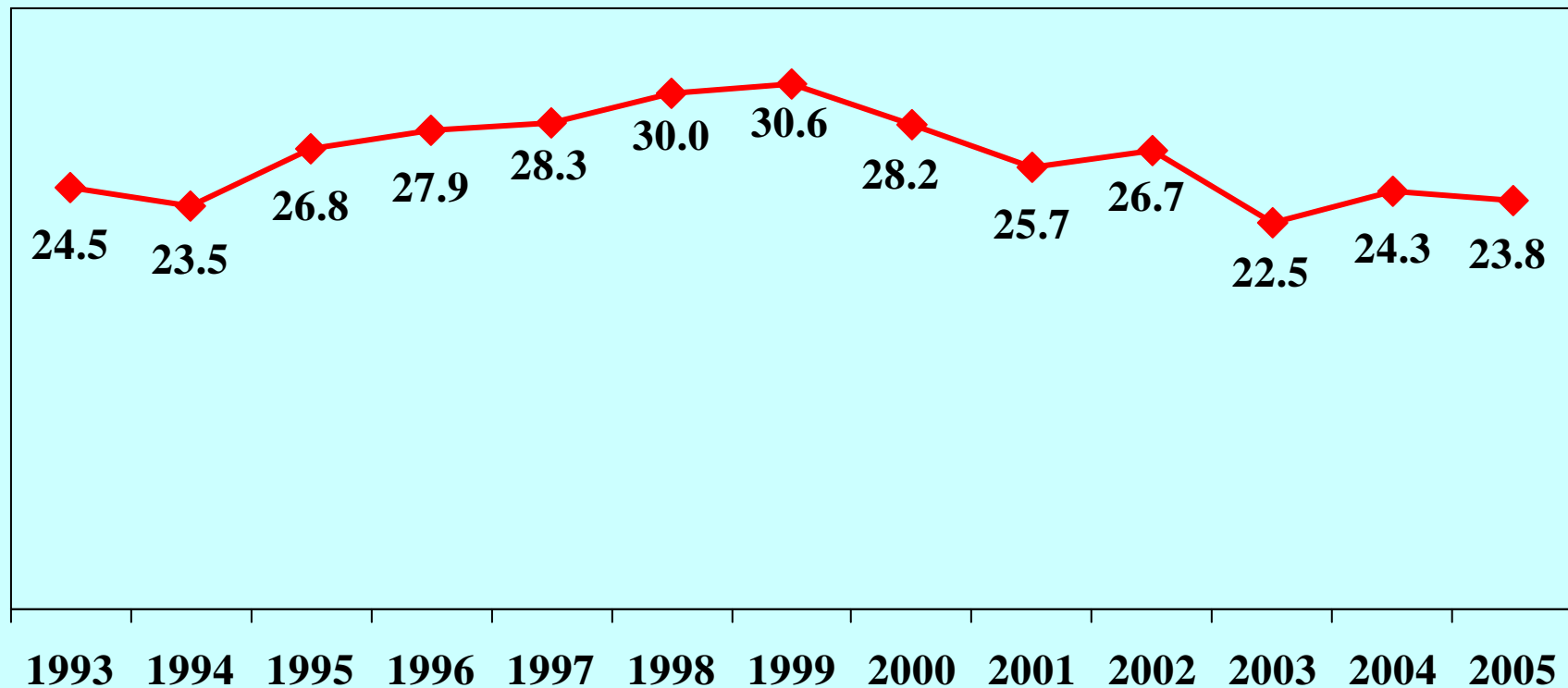
	Started before college (%)
Alcohol	74.5
Cigarettes	81.4
Illicit drugs	75.4

Sources: CASA's analysis of the 2005 National Survey on Drug Use and Health; *Shinew, K.J.; Parry, D. C. (2005)*



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% of College Students Who Smoke

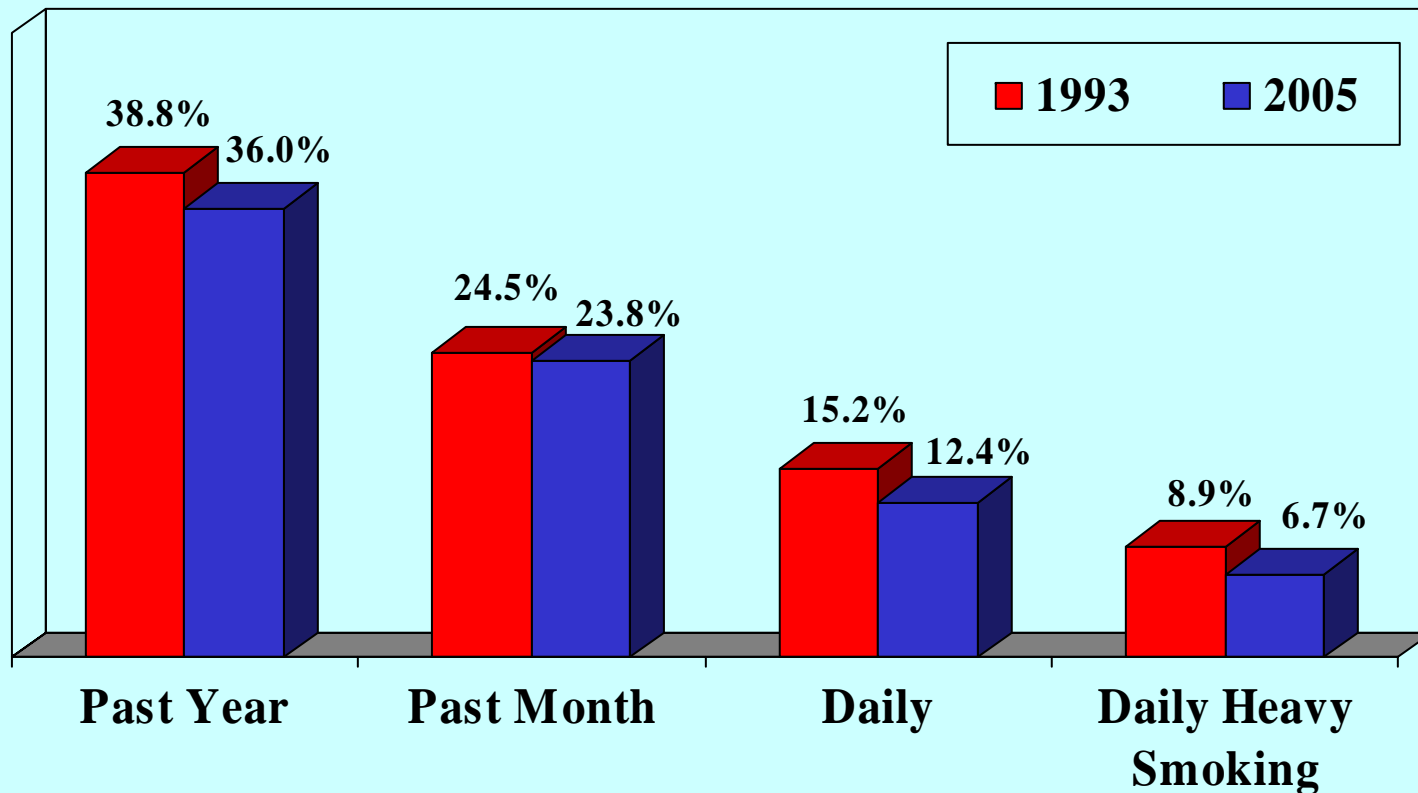


Source: *The Monitoring the Future Study* (2006)

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Annual, Past Month, Daily Smoking



Source: The Monitoring the Future Study (2006)

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Smoking

- Nevertheless, more than 1.8 million college students smoke cigarettes



Consequences

Substance abuse also linked to college student:

- Poor academic performance
- Depression
- Anxiety
- Suicide
- Medical problems
- Risky sex
- Property damage
- Vandalism
- Fights



Tragic Consequences of Alcohol Abuse

- 1,717 students died from alcohol-related injuries (2001)
- 97,000 students victims of alcohol-related sexual assaults or rape (2001)
- 696,000 students assaulted by other students who were drinking (2001)

Source: Hingson, R., Heeren, T., Winter, M., & Wechsler, H. (2005)

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How Did We Get Here?

- Failure of leadership
- Acceptance of college culture of substance abuse
- Failure to recognize addiction as health problem
- Alcohol and tobacco marketing



Colleges and Universities Have Obligation to Act

- Substance abuse compromises student academic performance and institutional intellectual integrity
- Public health and safety of students, faculty and staff
- Legal liability for foreseeable damage



Top 10 List for Colleges & Universities to Prevent & Reduce Student Substance Abuse

1. Set clear substance use policies & consequences of violations.
2. Ban alcohol & tobacco marketing and smoking on campus; ban alcohol in dorms and campus common areas and at student parties and sporting events.
3. Screen students; target high-risk students & times; provide help.
4. Hold student classes & exams Monday through Friday.
5. Educate faculty, staff, students, parents & alumni about substance abuse.



Top 10 List for Colleges & Universities to Prevent & Reduce Student Substance Abuse

6. Engage students in service activities.
7. Offer substance-free recreational opportunities.
8. Include in the academic curricula information about substance abuse.
9. Engage community in prevention, treatment and enforcement.
10. Monitor rates & consequences of student substance use & evaluate & improve programs & services.



Schools Can't Do It Alone

Changing college culture requires action by:

- Parents
- Students
- Trustees and alumni
- National Greek Organizations
- NCAA
- Local, state & federal governments
- Alcohol and tobacco merchants



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