

NCHA and NIU Data Dashboards 2011, 2013, 2015

Alcohol

Evelyn Comber
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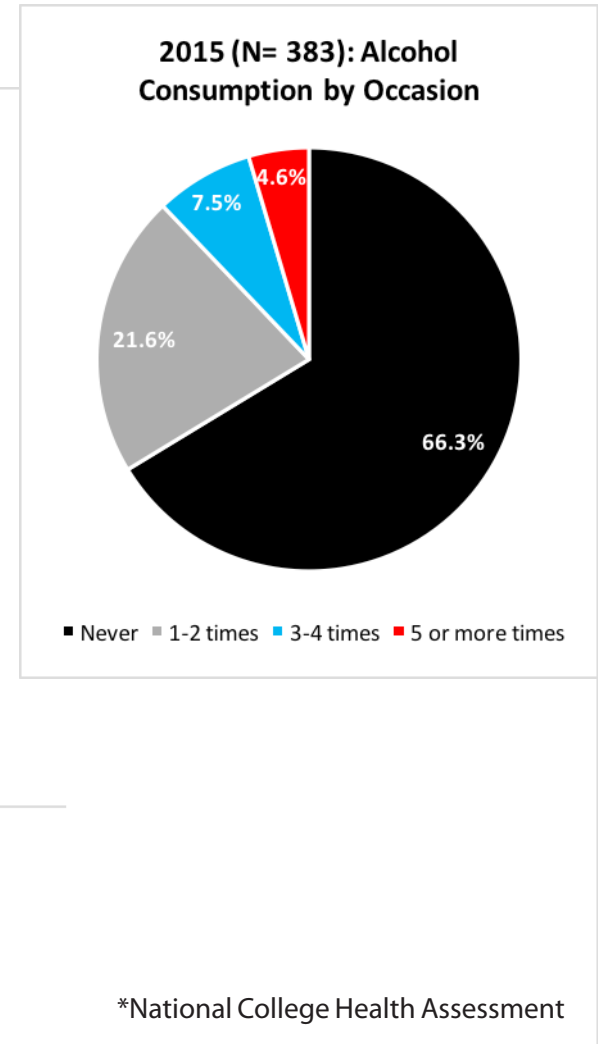
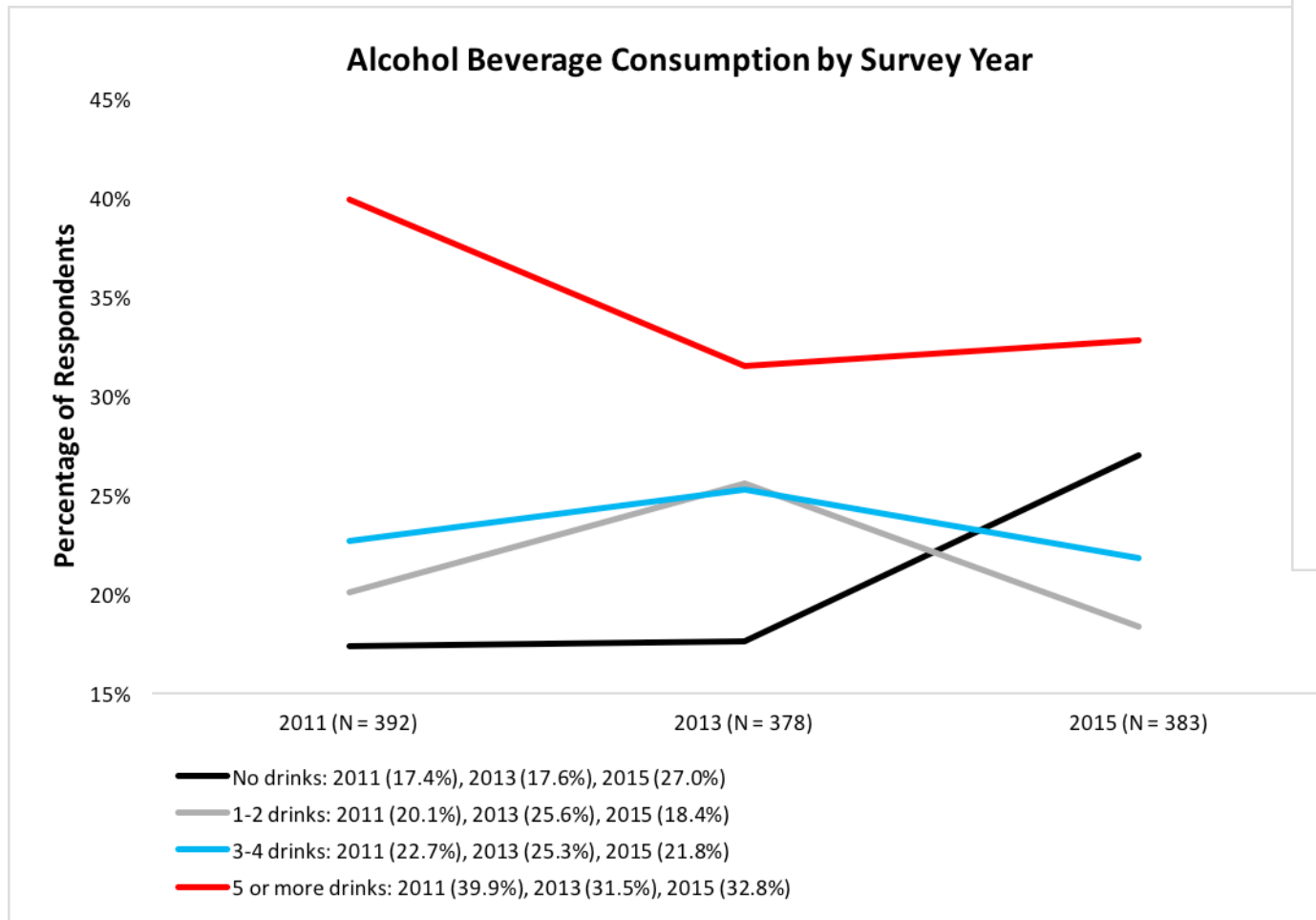


NORTHERN ILLINOIS UNIVERSITY

Wellness Promotion

Division of Student Affairs

Reported Alcohol Consumption Trends by NIU Students

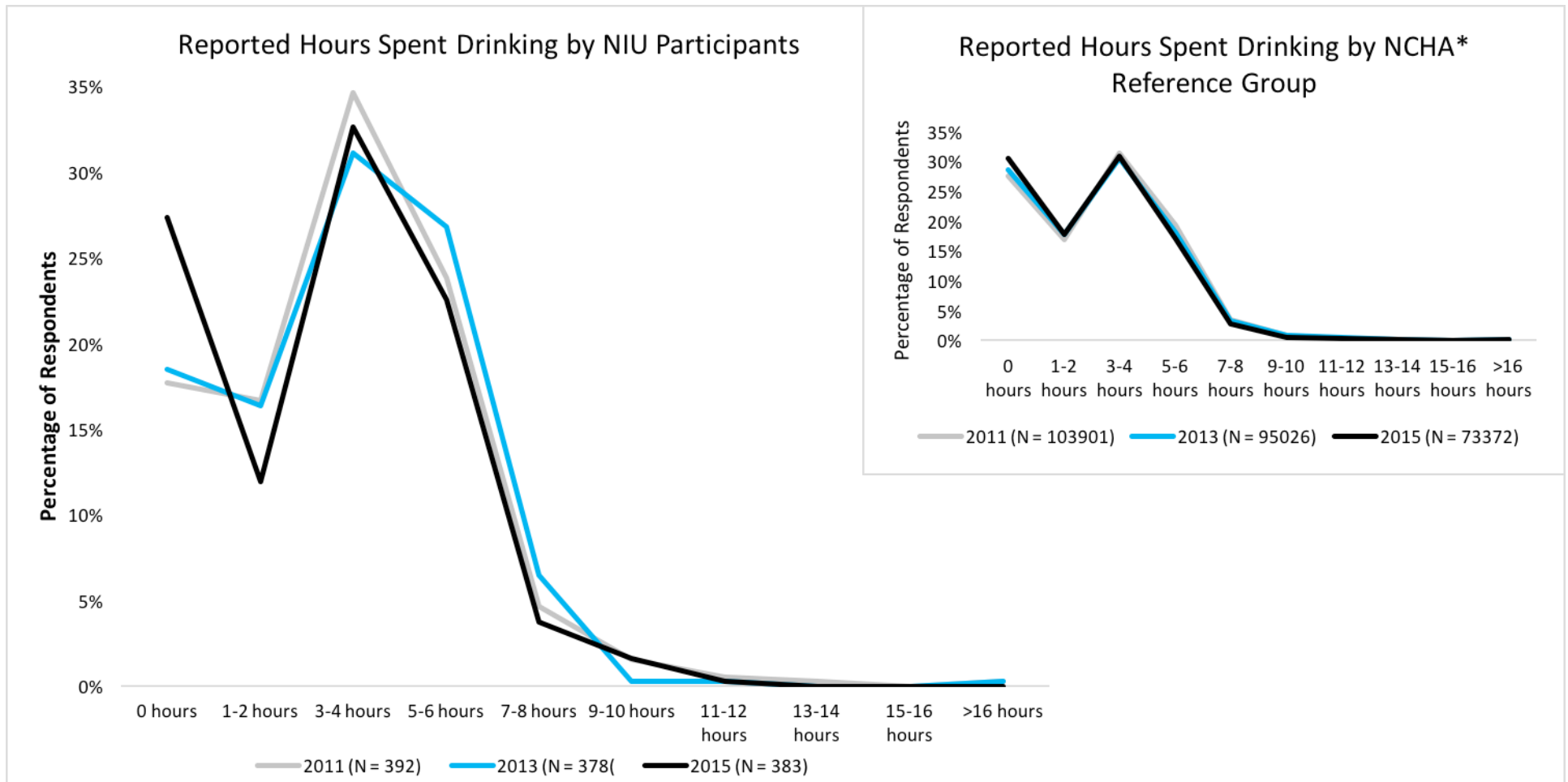


Fewer NIU undergraduate students have reported consuming 5 or more drinks the last time they partied in 2015 than the 2013 and 2011. More students are reporting that they are consuming zero or 1–2 drinks the last time they partied. For those who reported consuming 3-4 drinks, the trend has been relatively stable across the three time points.

In 2015, 4.6% of NIU undergraduate participants in this survey reported consuming five or more (5+) drinks on five or more occasions across two weeks. Less than 22% of these students consumed 5+ drinks on one or two occasions in the two-week period; while two-thirds of respondents (66.3%) did not consume 5+ servings of alcohol on any occasion. The trends in reported alcohol consumption is comparable to those reported by the NCHA* reference group.



NIU Does Not Differ from NCHA* Reference Group in Hours Spent Drinking

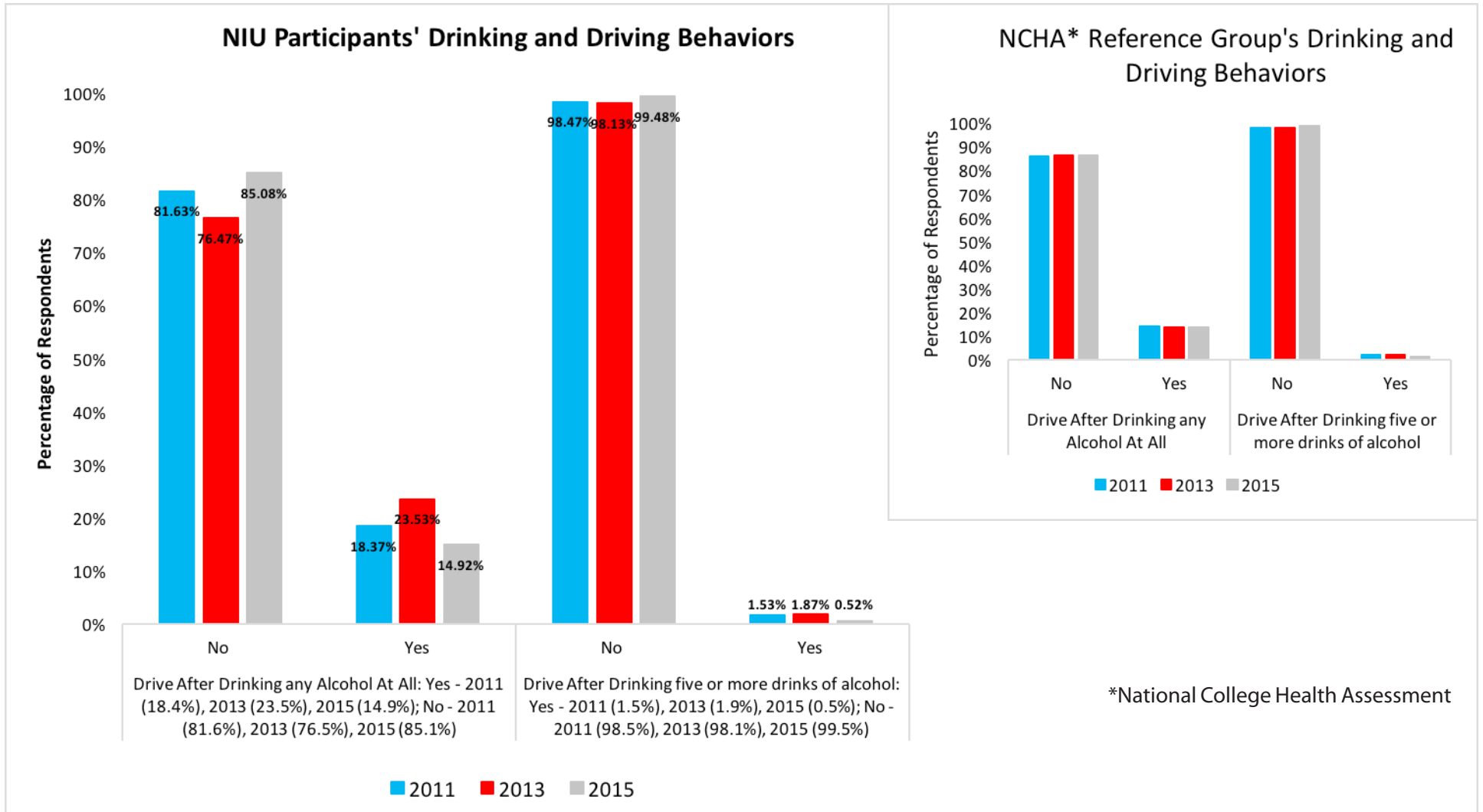


A majority of NIU undergraduate participants reported spending zero hours or 3-4 hours drinking the last time they partied. The trends being reported are differing from year to year, which indicates that more students are reporting drinking less than in the previous two survey years. Further, in 2015, more NIU participants indicated spending no hours drinking the last time they partied than in the 2011 and 2013. For those who reported spending more than 6 hours partying, the trend has been relatively stable across the three time points. The trends in hours spent drinking the last time they partied is comparable to the NCHA* reference group.

*National College Health Assessment



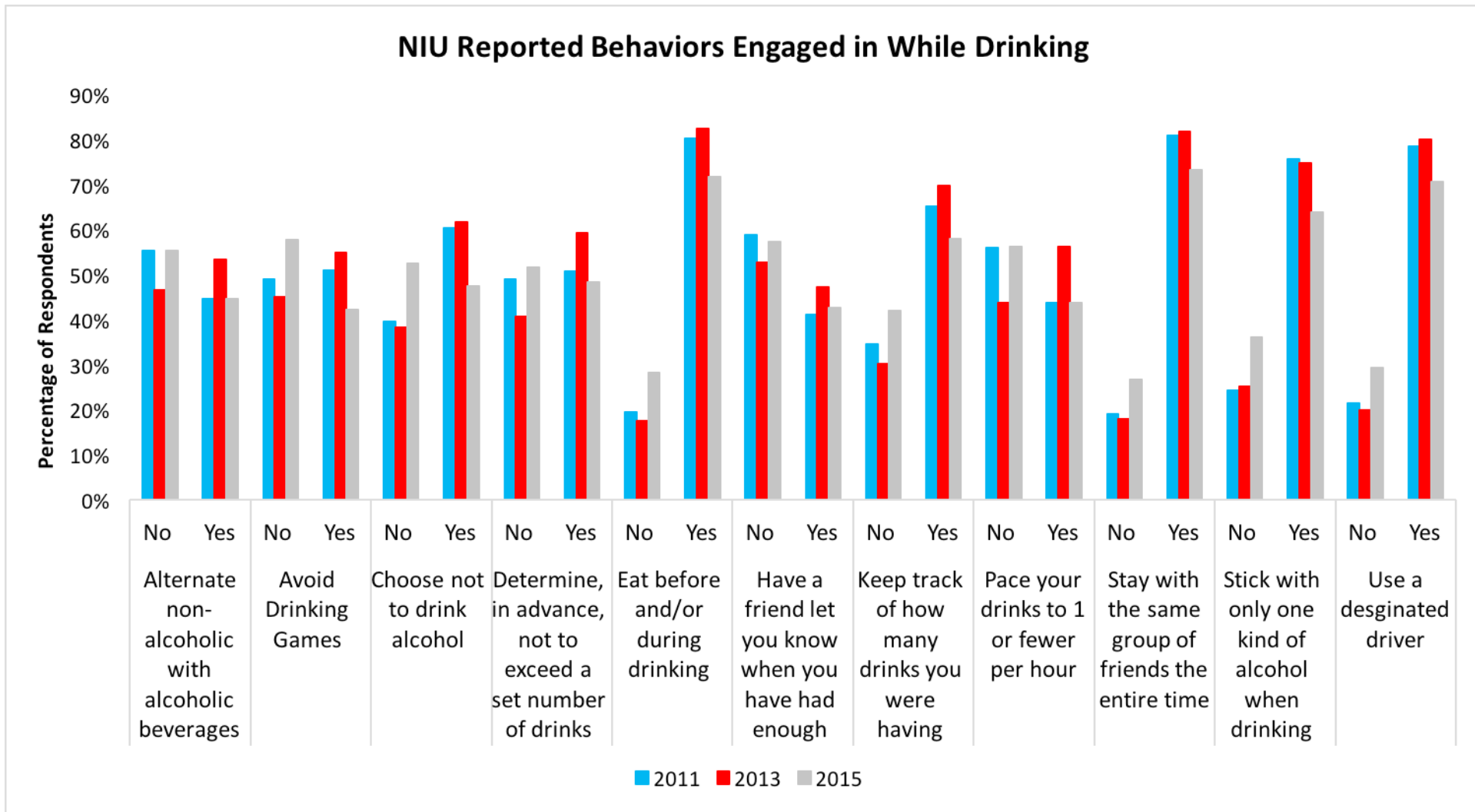
NIU Does Not Differ from NCHA* Reference Group on Drinking and Driving Behaviors



A majority of NIU undergraduate participants reported not driving after drinking any alcohol, and especially, not after drinking five or more drinks in the last 30 days. Some students did report driving after drinking alcohol, and a very small minority of participants indicated driving after 5 or more drinks. These trends are comparable to the NCHA* reference group.



NIU Trends of Reported Healthy Behaviors Engaged in While Drinking

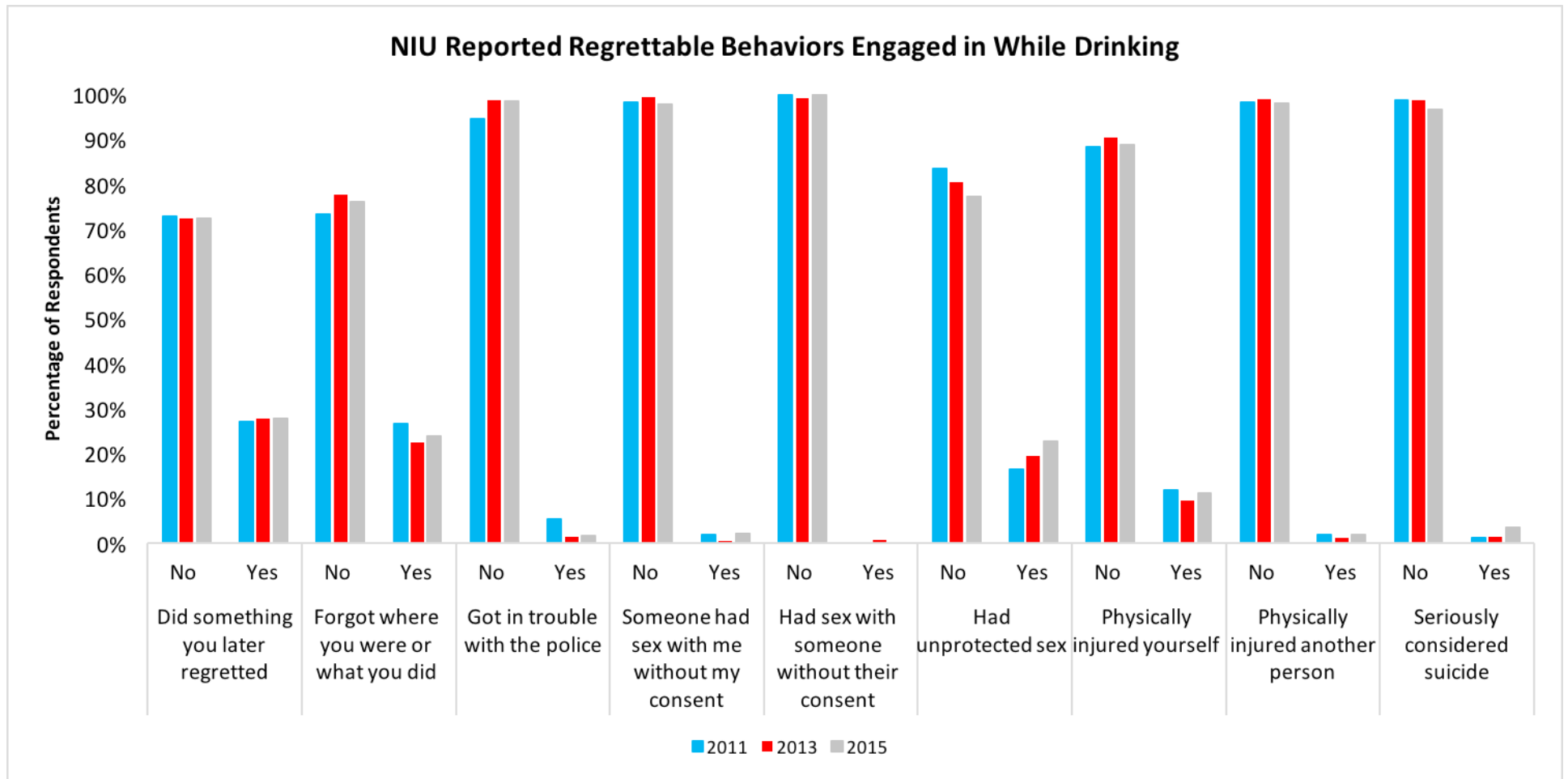


A majority of NIU undergraduate participants report eating before and/or during drinking, staying with the same group of friends while drinking, sticking to one type of alcohol, and using a designated driver. However, NIU undergraduate participants vary in their other reported drinking behaviors. Participants indicate being split evenly when it comes to behaviors like alternating non-alcoholic with alcoholic beverages, avoiding drinking games, choosing not to drink alcohol, determining the number of drinks they will drink in advance, and so forth. However, NIU participants indicated a little more often that they would not have a friend let them know when they have had enough to drink. These trends are comparable to the National College Health Assessment (NCHA) reference group.

*National College Health Assessment



NIU Trends of Reported Regrettable Behaviors Engaged in While Drinking



A majority of NIU undergraduate participants indicated that they did not partake in the “regrettable” behaviors asked about. For instance, they reported not doing something they regretted later, forgetting where they were, getting in trouble with the police, having sex without consent, having unprotected sex, and so forth. A small minority of NIU participants indicated that they had engaged in some of these behaviors (e.g., doing something they regretted, forgetting where they were, having unprotected sex, etc.). These trends are comparable to the National College Health Assessment (NCHA) reference group.

*National College Health Assessment



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