

9-3-02

Selected Responses by ECU Students to the OtC Health Survey--2002

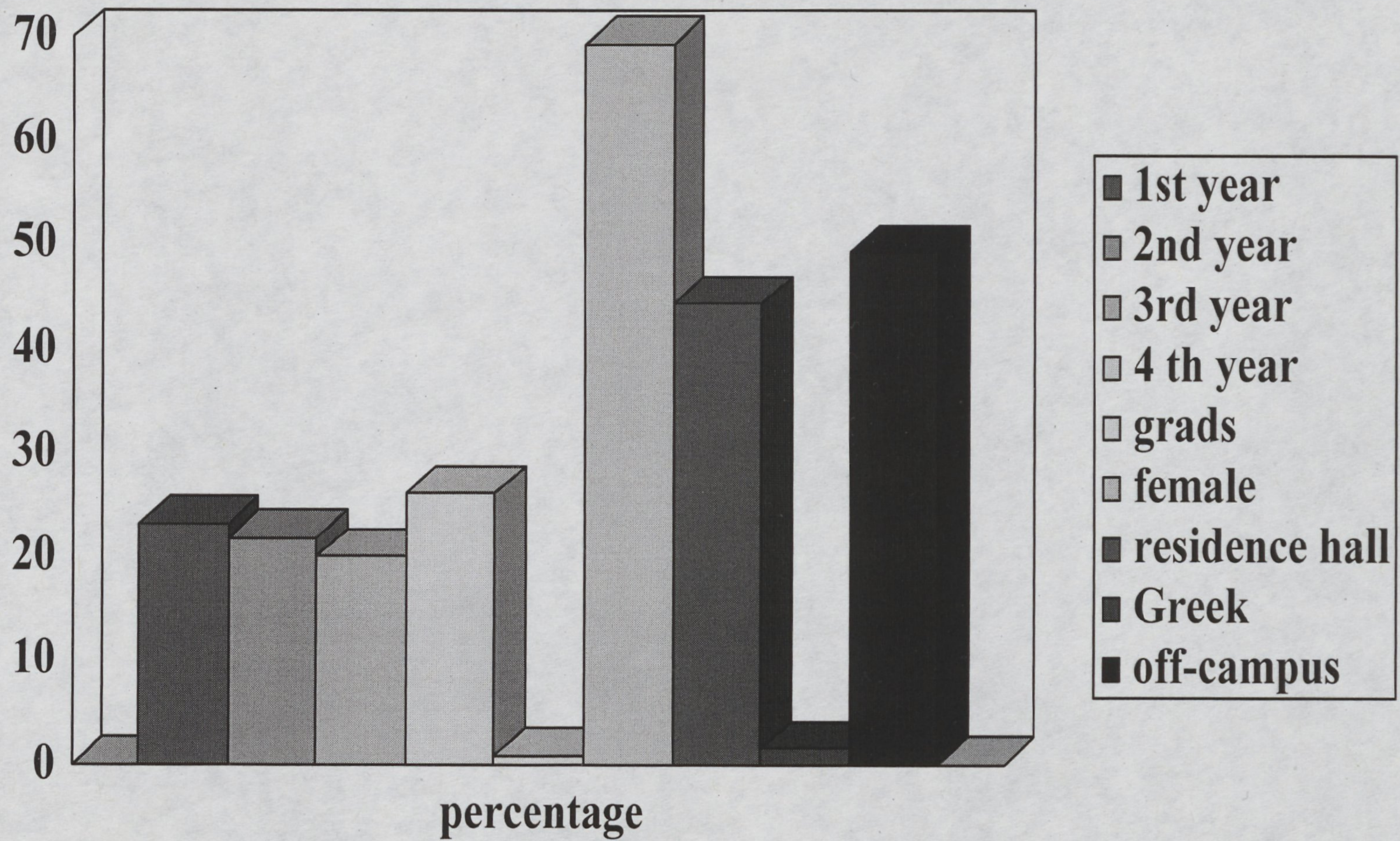
Prepared by:

Initiative to Reduce the Impact of
Alcohol, Drugs and Violence at ECU

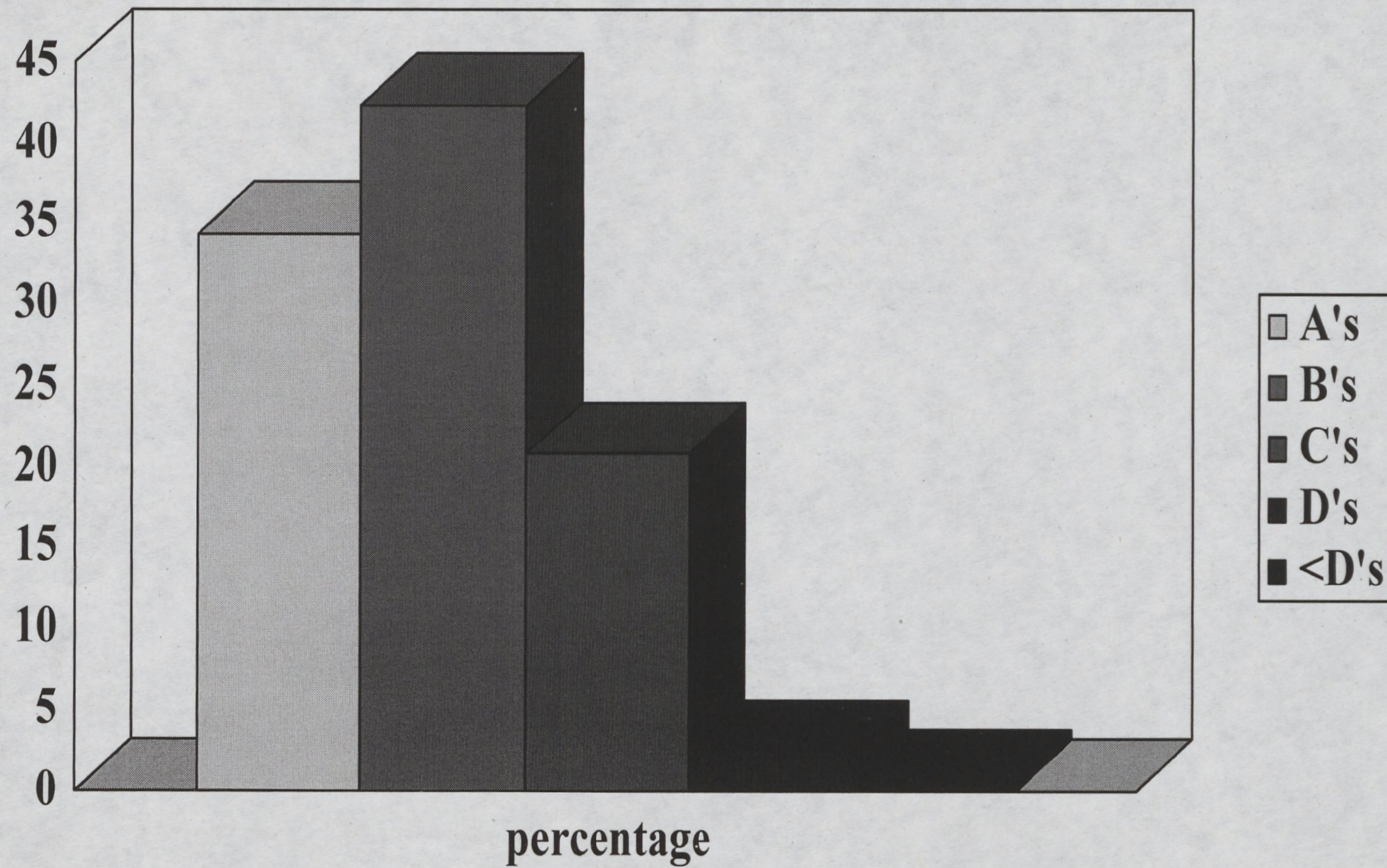
The Outside the Classroom Health Survey

- During February of 2002, 1600 e-mail letters were sent to a random selection of ECU students (163 bounced).
- The e-mail letter explained the purpose of the survey, confidentiality, offered three \$50 gift certificates as incentive, and had a hot-link to the survey on the OtC server.
- The survey was reviewed and approved by the ECU IRB.
- Survey has extensive questions regarding alcohol, other drugs, sexual activity, diet and activities.
- The same process was used at all 10 CAMPUS grant recipients in North Carolina (ASU, ECU, Guilford College, NCCU, NC School of the Arts, NCSU, UNC-A, UNC-CH, UNC-W and WFU).

Distribution of Respondents by Class, Sex, & Residence--432/1437



Breakdown of Respondents by Grade Point Average



TOP TEN PROBLEMS

Have you thought that any of the below were problems at your school:
(great or very great combined)

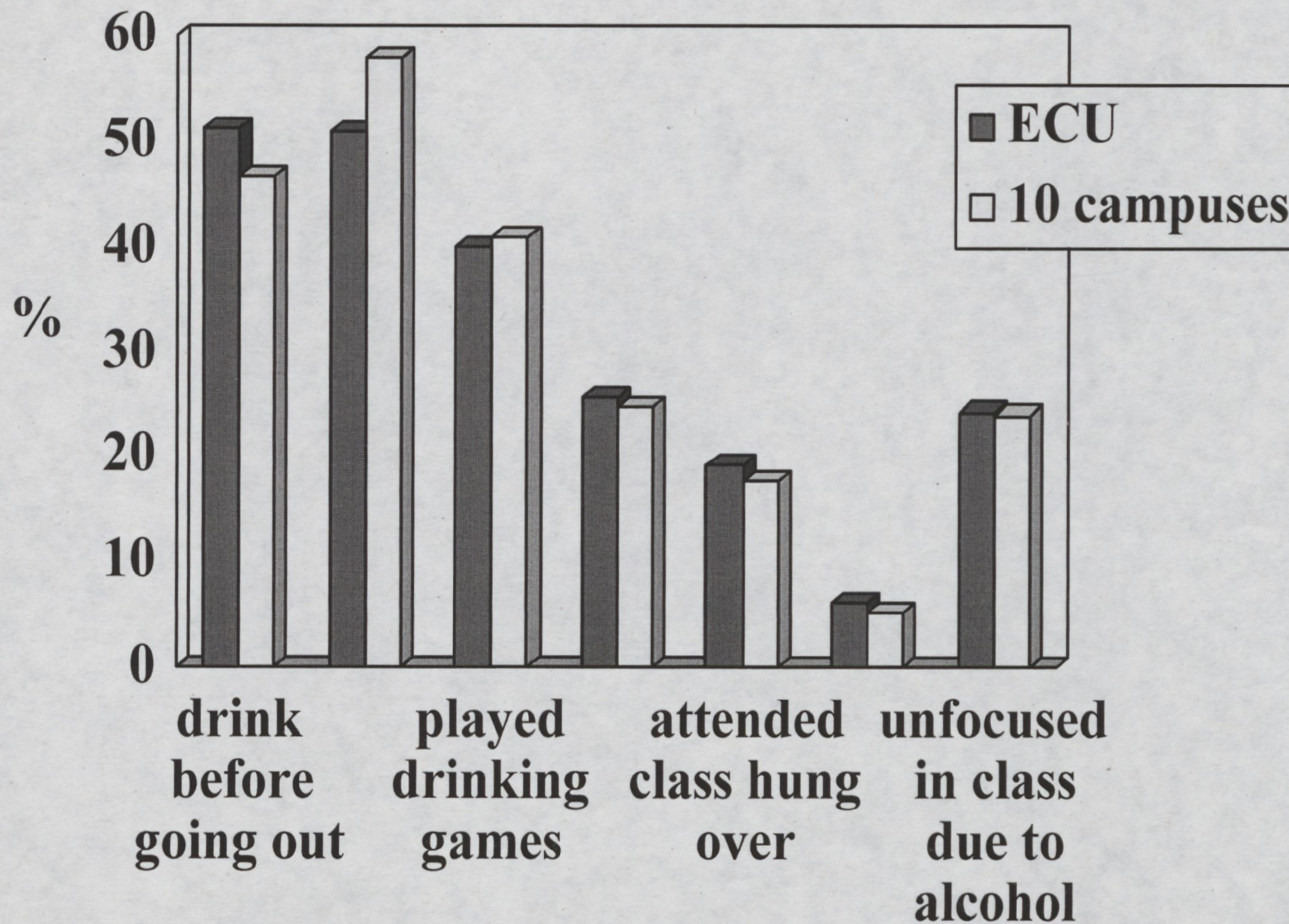
- Stress--60.3% (58.8% for all 10 campuses)
- Tobacco--47.7% (35.5%)
- Alcohol--39.2% (25.2%)
- STDs--38.1% (12.6%)
- Nutrition--32.2% (28.3%)
- Marijuana--29.1% (18.5%)
- Depression--22.5% (25.0%)
- Other Drug--20.6% (9.6%)
- Eating Disorder--18.9% (19.8%)
- Violence on campus--18.4% (4.4%)

Self-report of Drinking and Drug Use

- Abstain or non-drinker--23.7% (24.9%)
- Light drinkers--42.7% (40.9%)
- Moderate drinker--30.0% (30.3%)
- Heavy drinker--3.5% (3.9%)
- Currently in recovery from alcohol use--9.9% (6.4%)
- Drinking in bars--51.7% (35.7%)
- Drinking in off-campus apartments--59.6% (51.2%)
- Used marijuana in last year--36.7% (40.0%)
- Used ecstasy one or more times in last year--9.8% (10.7%)
- Used cocaine (or crack) one or more times in last year--9.8% (7.2%)

Patterns of Consumption of Alcoholic Beverages (all bar codes on next page)

N = 432 ECU; = 3753 10 campuses



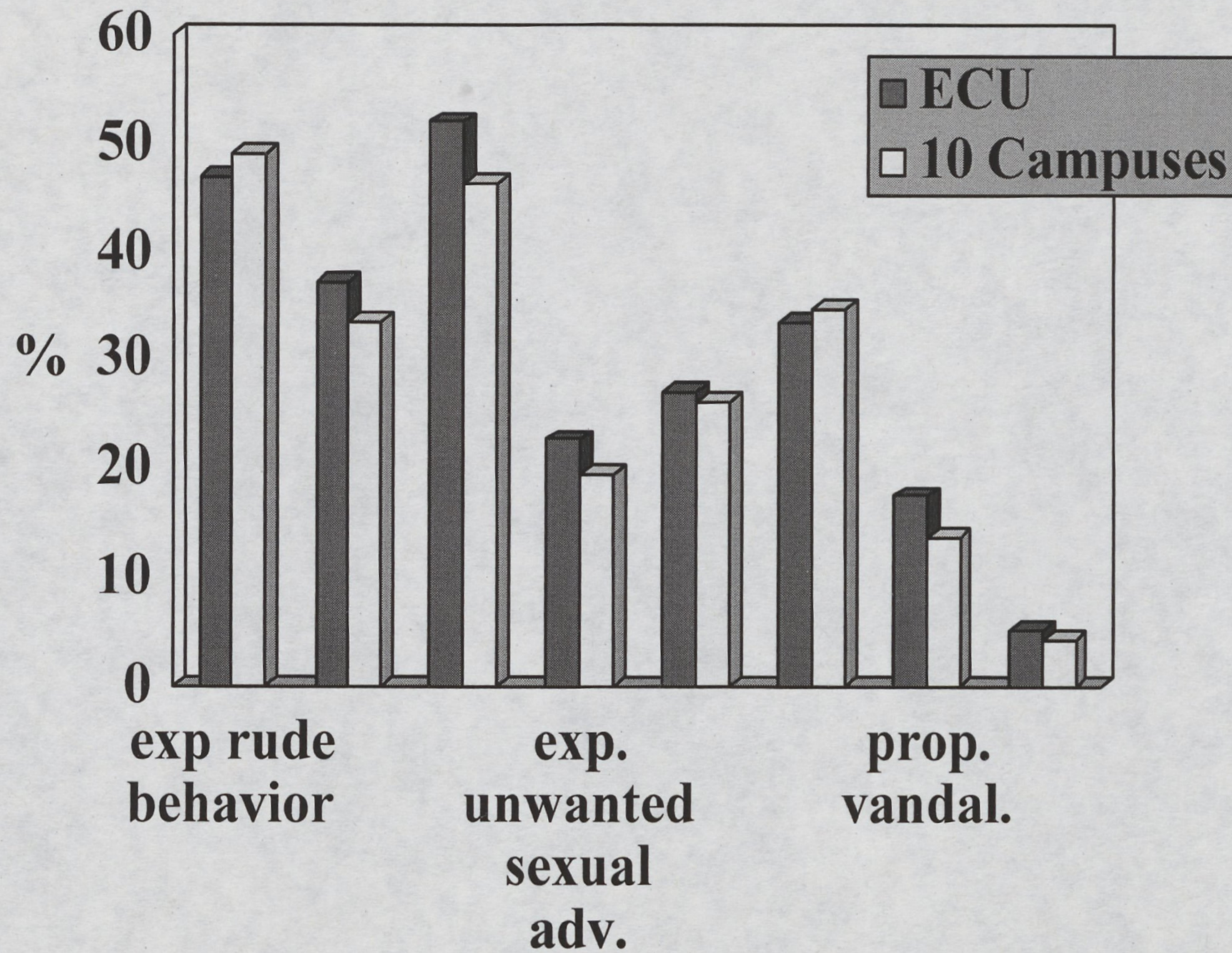
Bar codes

- Start drinking before going out
- Worried about a friend drinking too much
- Had played drinking games
- Were ashamed of something done while drinking
- Attended a class while hungover
- Attended a class drunk
- Were unfocused in class because of alcohol

Realities and Myths

- What students say they do:
 - » Rate of consumption--one per 45 min, 3.5 drinks (2.8) at a setting
 - » Had at least one drink in 2 past weeks--69.4% (69.7%)
 - » Had five or more drinks in one day in past 2 weeks--42.8% (39.1%)
 - » Had 10 or more drinks in one day in past 2 weeks--16.5% (13.1%)
 - » Frequently getting drunk is OK--3.5% (3.7%)
- What students believe others do:
 - » Females consume 4.8 drinks per setting (3.8)
 - » Males consume 8.1 drinks per setting (6.5)
 - » Other ECU students had 5+ drinks--55.5% (45.1%)
 - » Other ECU students had 10+ drinks--32.7% (22.7%)
 - » Others think frequently getting drunk is OK--50.6% (29.9%)

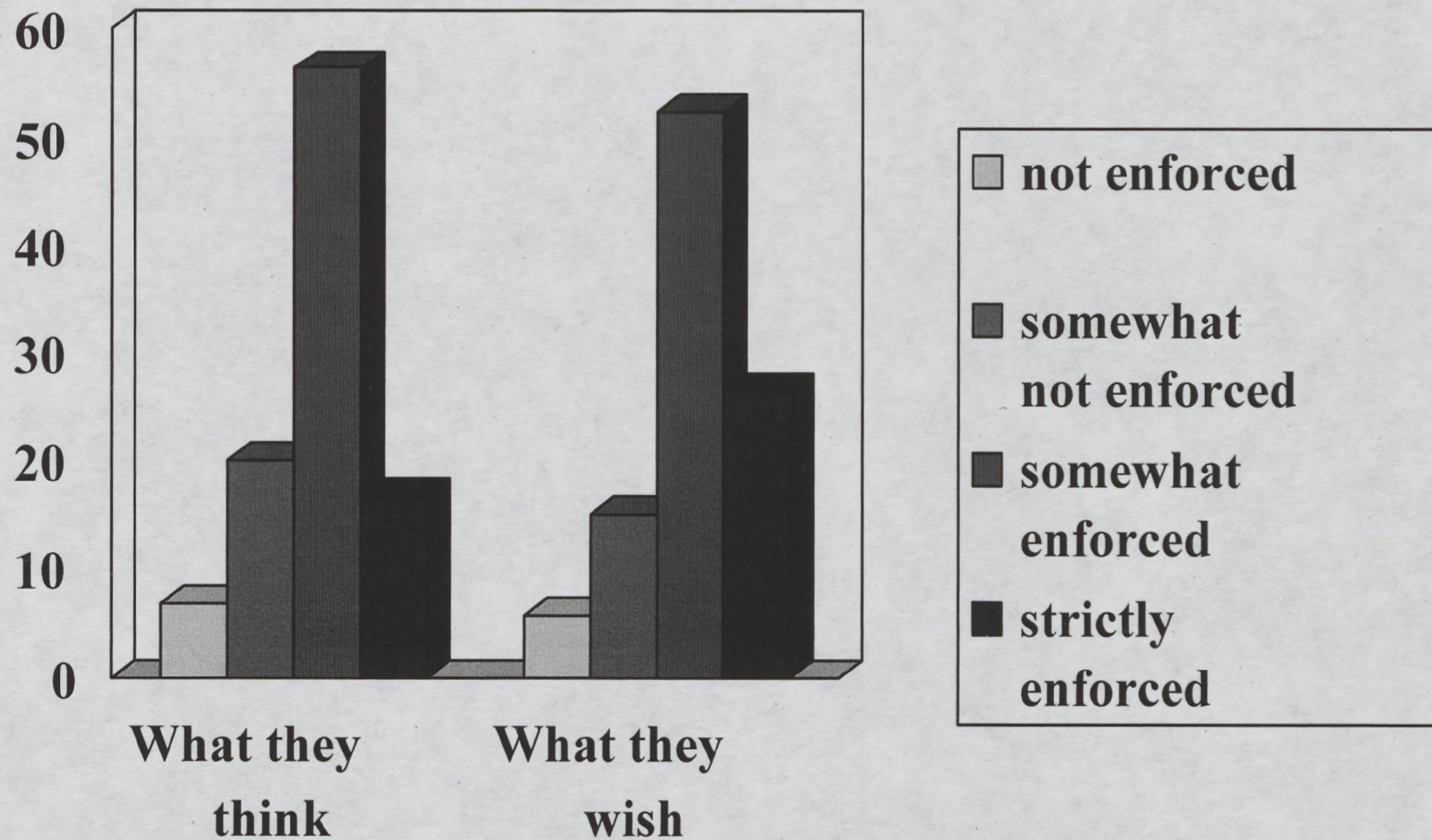
Secondary Consequences of Somebody Else's Alcohol Consumption



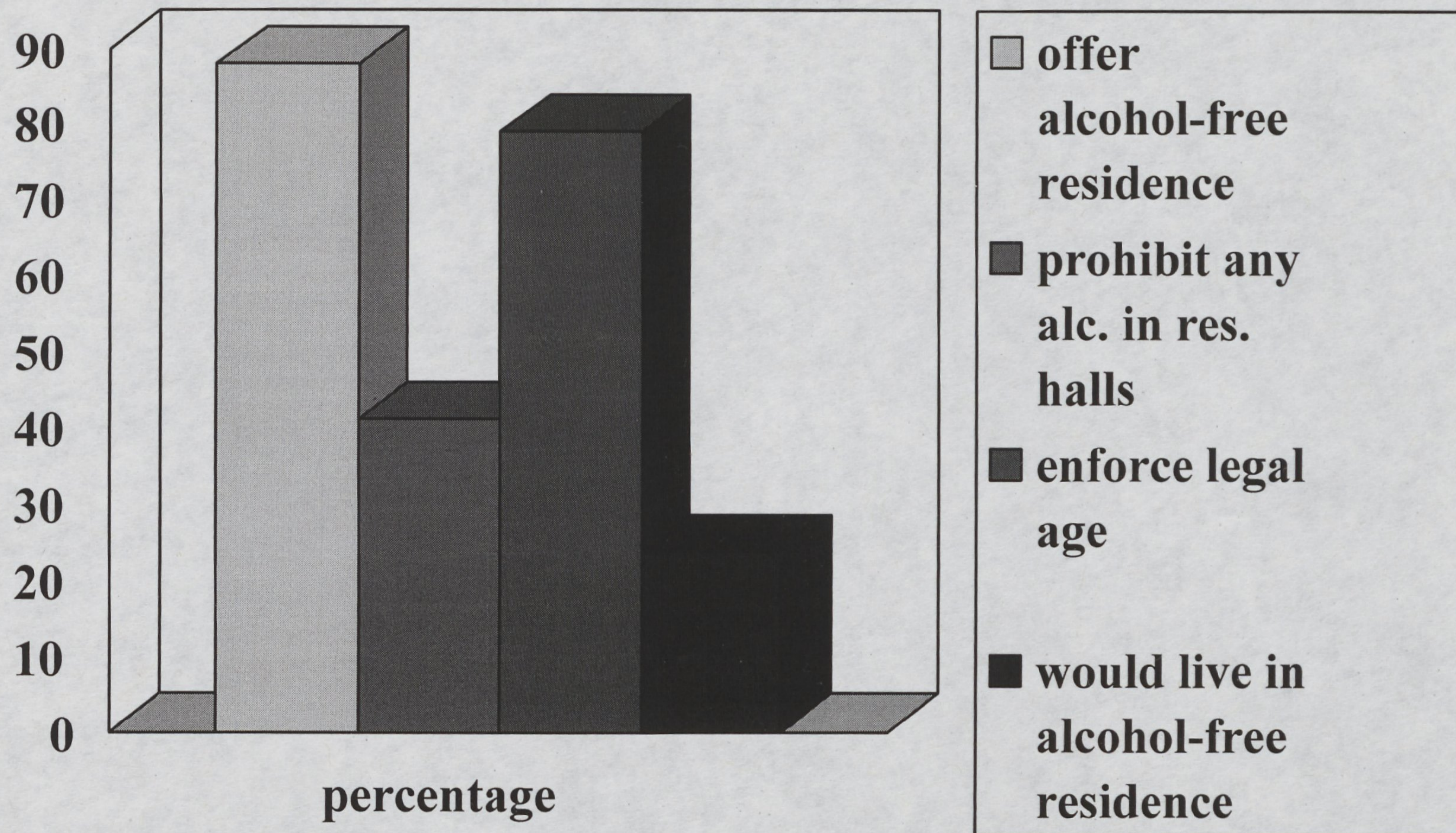
Bar codes

- Experienced rude behavior
- Had their studying interrupted
- Had their sleep interrupted
- Experienced an unwelcome sexual advance
- Found vomit in a common space--bathroom, hallway, etc.
- Had to baby-sit someone who had been drinking
- Had their property damaged or destroyed
- Had someone start a physical fight with them

What Students Think ECU does About Enforcement, and What They Wish



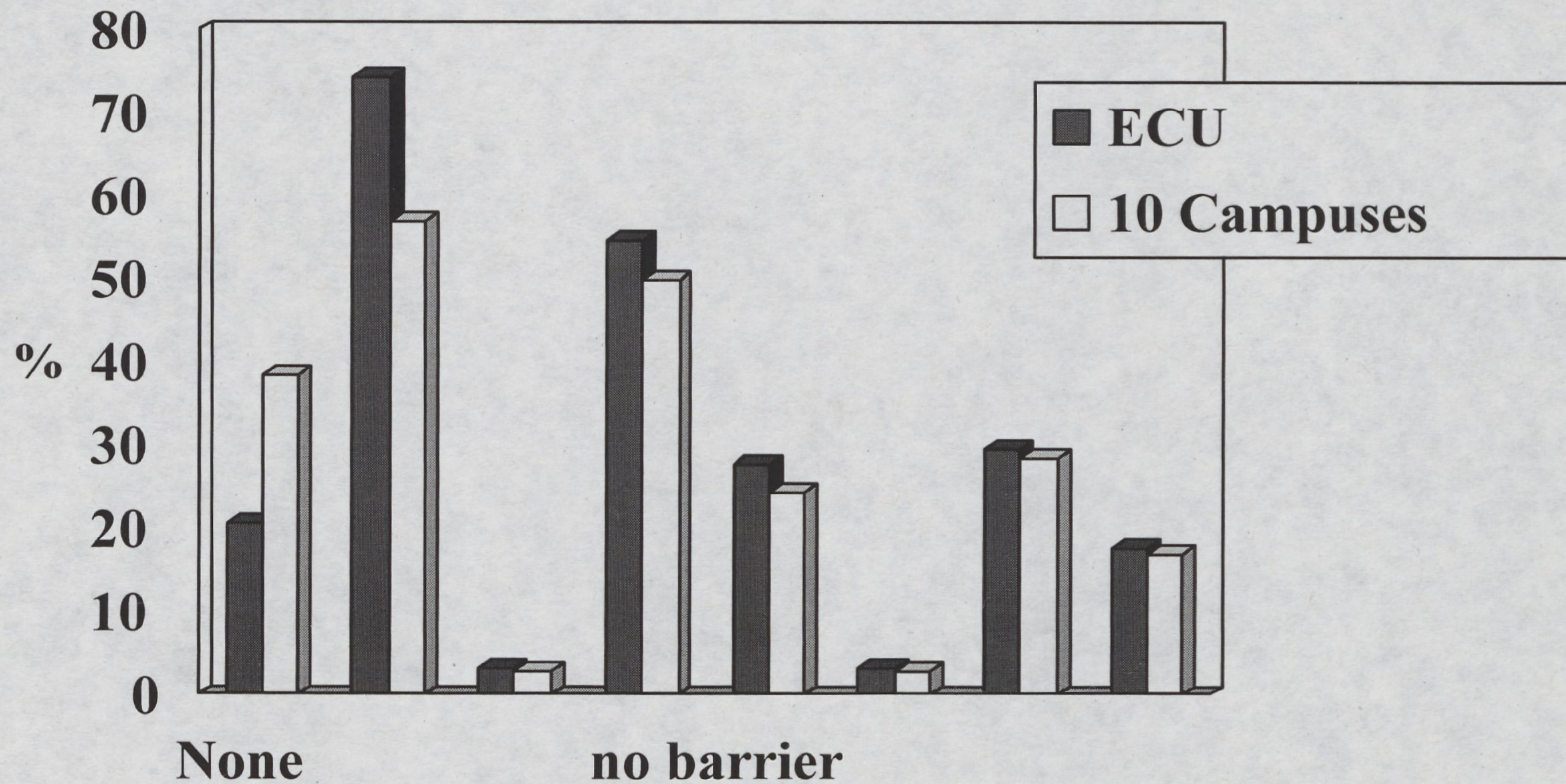
What Students Think ECU Should Do with Housing



Summary #1

- ECU students believe there is a significant drinking problem at this university, about 1.5X that of the 10 campus average.
- Large percentages report secondary effects due to the drinking of others--this reinforces that belief.
- Yet, a large percentage are abstinent or near-abstinent.
- Students grossly over-estimate the consumption by their peers and the attitudes of their peers (3.5% vs. 50.6%).
- The perceptions by our students about alcohol and drug use, violence and safety at ECU are the major differences from the combined 10 campus survey. Their self-reports of drinking behaviors do not differ markedly.
- There is strong interest in alcohol- or substance-free residence halls. A previous attempt at this failed.

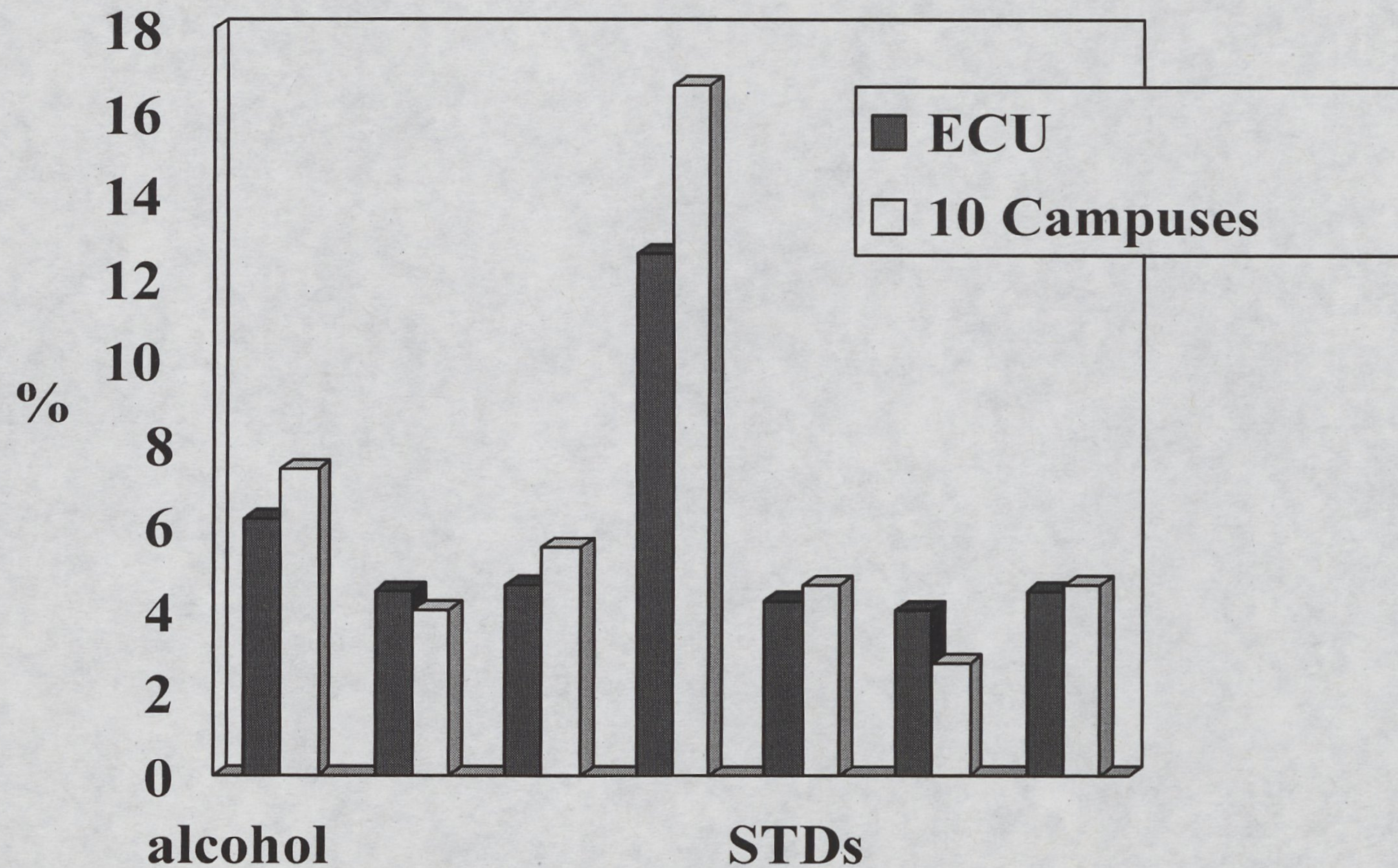
Sexual Activity During the Last Year (bar codes on next page)



Bar codes

- 0 sexual partners during the past year
- More than one sexual encounter with an opposite sex partner
- More than one sexual encounter with a same sex partner
- Currently in a monogamous relationship
- **Never** or rarely use a barrier during intercourse
- Physically forced to have sex by someone they knew or did not know
- Regretted having sexual intercourse
- Has been in an emotionally, physically, or sexually abusive relationship

During the past year have you sought counseling from a student, a school adult, or a professional about: (majority state other student)



Bar codes

- Alcohol
- Marijuana
- Eating disorders
- Depression
- STDs
- Violence
- Suicide

Summary #2

- Our students are sexually active: abstinence was <20%.
- About half consider themselves in a monogamous relationship, and half of those state this situation has existed for more than a year. Only 5% are married.
- A small percentage have had forced intercourse.
- A significant percentage are not using protection.
- Only 3 students have sought counseling about alcohol. 73% of faculty say they know how to refer a student, but there were only 11 referrals by faculty for '01-'02.
- Students get most of their "counseling" from other students. Only significant percentage for use of professional counseling was for depression (4.2%), but a higher percentage still report talking to other students (6.3%).

CONCLUSION

- YES, we do have a problem with alcohol and other drugs, but comparable to other NC schools.
- Far too many students report secondary effects of alcohol and drug consumption by their peers.
- Sexual activity is comparable to other schools.
- Many students are interested in our providing relief: e.g. alcohol-free residence halls and stricter enforcement.
- The disparity in self-reports and perceptions make an effective normalization campaign possible.
- Since students seek counseling from students and 50+% of the students are worried about drinking by friends, students should be educated to provide counseling to their peers.