

*How can NIAAA help you?*  
Results and Recommendations  
from the  
Task Force on College Drinking

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National Institute on Alcohol Abuse and Alcoholism

*Jesuit Association of Student Personnel  
Administrators*

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# NIAAA: Bringing Science to the Field

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# NIAAA

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**National Institute on Alcohol  
Abuse and Alcoholism**

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Lead federal agency for research on the causes, consequences, prevention, and treatment of alcohol abuse, alcoholism, and alcohol problems

Responsible for 90% of U.S. research in this area

Disseminate research findings to scientists, practitioners, policy makers, and public (urging adoption of science-based information)

# NIAAA Task Force on College Drinking

- **Chairs:** Rev. Edward Malloy (Notre Dame) and Dr. Mark Goldman (South Florida)
- **Members:**
  - college presidents
  - researchers
  - students
- **Timeframe:** 1998 – 2002

# Task Force Roster:

## *Presidents*

- **Rev. Edward Malloy**, Notre Dame (co-chair)
- **Tomas Arciniega**, Cal. State Bakersfield
- **Robert Carothers**, URI
- **John Casteen**, UVA
- **Edward Foote**, U of Miami
- **Michael Hooker**, UNC Chapel Hill
- **William Jenkins**, LSU
- **William Kirwan**, Ohio State
- **James Lyons**, Cal. State Dominguez Hills
- **Susan Resneck Pierce**, U. of Puget Sound
- **Judith Ramaley**, U of Vermont

# Task Force Roster:

## *Researchers and Practitioners*

- **Mark Goldman**, USF (co-chair)
- **Marilyn Aguirre-Molina**, Columbia U.
- **David Anderson**, George Mason
- **Michael Fleming**, Wisc-Madison
- **Bill DeJong**, HEC
- **Ellen Gold**, Eastern Michigan
- **Ralph Hingson**, BU
- **Harold Holder**, PIRE
- **Patrick Johnson**, CASA, Columbia
- **Donald Kenkel**, Cornell
- **G. Alan Marlatt**, U of Washington
- **Marcus Rothschild**, VA Med. Cntr
- **Robert Saltz**, PIRE
- **Kenneth Sher**, U of Missouri
- **Henry Wechsler**, Harvard
- **Sharon Wilsnack**, U. of North Dakota
- **Robert Zucker**, U of Michigan

# NIAAA Task Force on College Drinking

- **Why created?**

- Increased Public and NIAAA concern
- Congressional Inquiries
- Gaps in Research
- Need to provide science-based information to colleges
- Bring research to the forefront of the discussion

# NIAAA Task Force on College Drinking

- **Goals**

- Source of new, comprehensive analysis and data on extent of the problem
- Science-based recommendations to presidents and administrators
- Science-based recommendations to NIAAA and the research community
- Encourage all stakeholders to embrace rigorous methodology and research-based solutions; assist with new initiatives

# Why was this task force unique?

- First project of such length (3 years) involving presidents and researchers who deliberated to reach their conclusions
- First NIH report on college drinking to offer recommendations based on a comprehensive review of the research literature
- First report to offer tiered, research-based recommendations to presidents and staff
- Offers a comprehensive research agenda to address gaps in knowledge

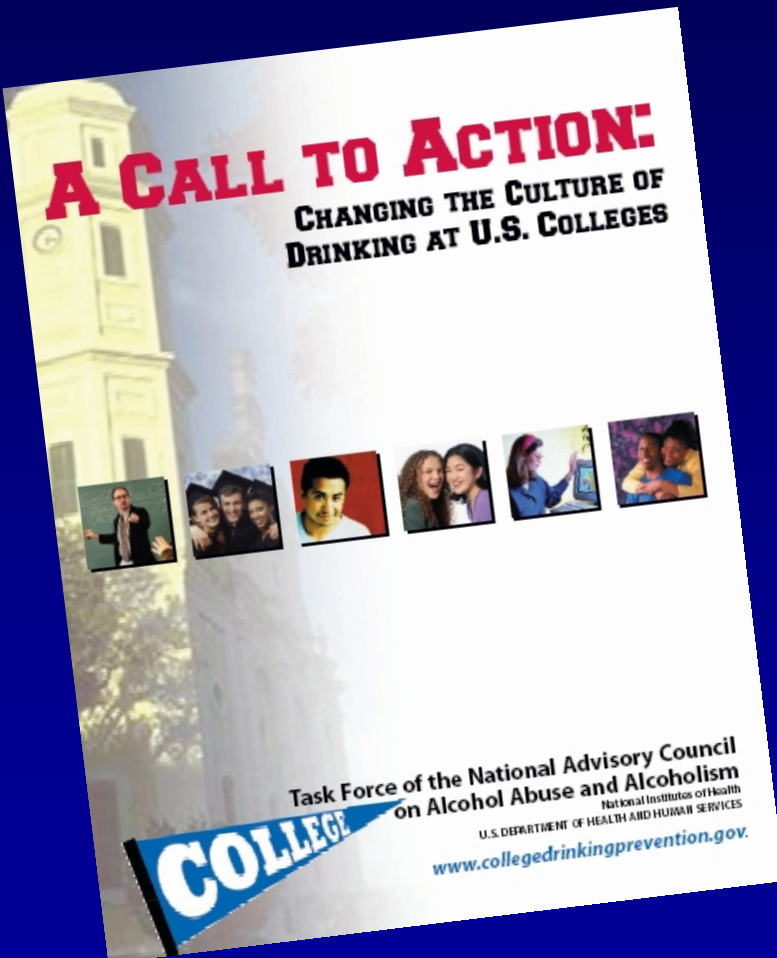


# Task Force Report and Related Materials

- Task Force Report
- Related materials include--
  - 2 Panel Reports
  - 3 Brochures
  - Planning and evaluation handbook
  - Journal articles



# Task Force Report



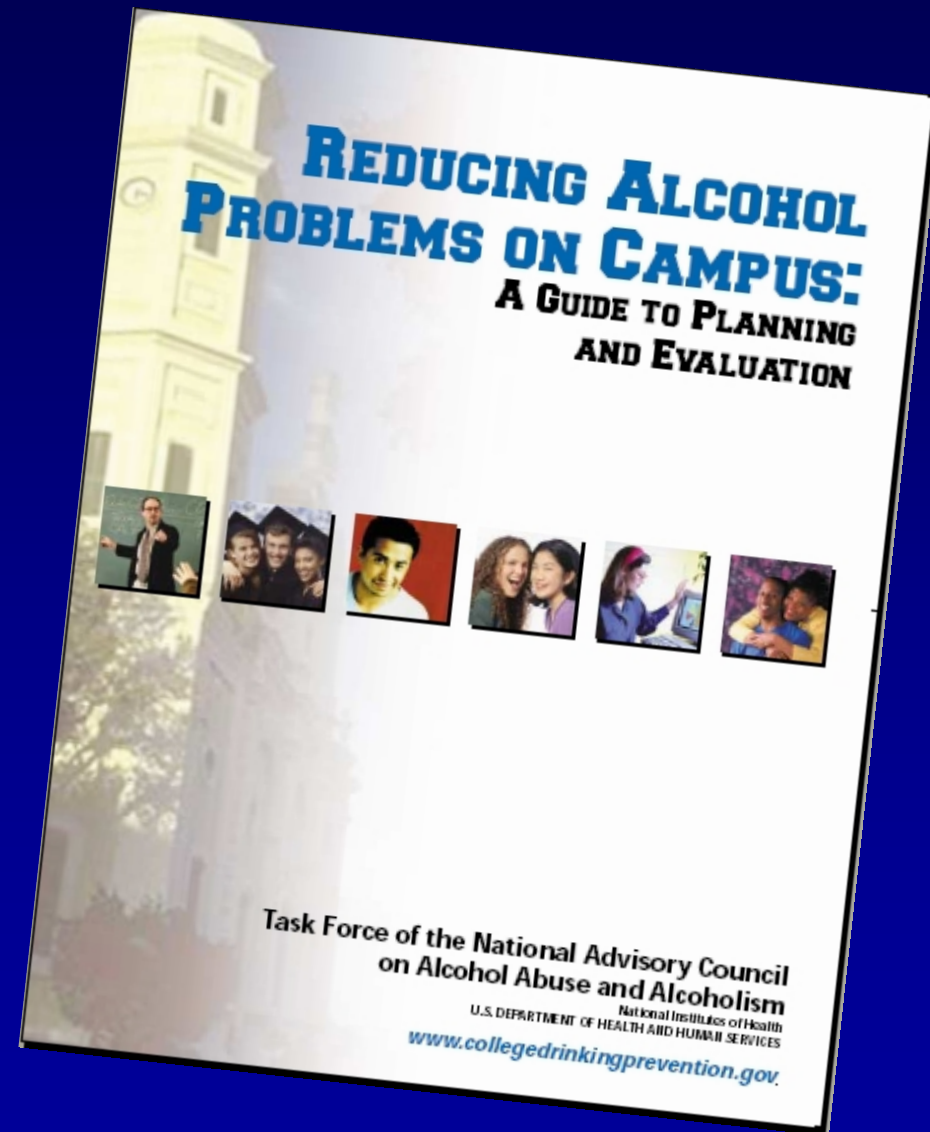
- **Key Features:**

- Analysis and extent of the problem
- Research-based recommendations for presidents & administrators
- Recommendations for future researchers
- Recommendations to NIAAA for supporting future research
- “3 in 1 Framework”
- 4 Tiers

*Originally published April 9, 2002*

# Planning and Evaluation Handbook

- Saltz and DeJong co-authors
- Complements and extends Task Force Report - “nuts and bolts” strategies
- Low-cost options for all staff
- Integrating evaluation early in process
- User-friendly - intended for all staff



# **Results and Recommendations**

# Snapshot of College Drinking Consequences

(all statistics are annual)

- **Death:** 1,400 Alcohol-Related Unintentional Injury Deaths
- **Injury:** 500,000 unintentional injuries
- **Assault:** 600,000 assaults
- **Sexual Abuse:** 70,000 victims of sexual assault
- **Unsafe sex:** 400,000 had unprotected sex; 100,000 too intoxicated to give consent
- **Drunk Driving:** 2.1 Million Drove Under the Influence
- **Academic problems:** 25% report negative academic consequences

# Other relevant trends

- **Students who drink most include:**
  - Males
  - Whites
  - Members of fraternities and sororities
  - Athletes
  - Some first year students
- **Schools where excessive drinking is more likely to occur:**
  - Greek systems dominate
  - Athletic teams are prominent
  - Schools in Northeast
- **Schools where excessive drinking is least likely to occur:**
  - 2-year institutions
  - Religious schools
  - Commuter schools
  - HBCUs

# Recommendations

The 3-in-1 Framework -- “a useful introduction to encourage presidents, administrators, college prevention specialists, students, and community members to think in a broad and comprehensive fashion about college drinking”

- Individuals, including at-risk or alcohol-dependent drinkers
- Student body as a whole
- College and surrounding community

# Recommendations

- **Tier 1** Evidence of Effectiveness Among College Students
- **Tier 2:** Evidence of Success With General Populations That Could Be Applied to College Environments
- **Tier 3:** Evidence of Logical and Theoretical Promise, But Require More Comprehensive Evaluation
- **Tier 4:** Evidence of Ineffectiveness



# Tier 1

- Combining cognitive-behavioral skills with norms clarification and motivational enhancement interventions
- Brief motivational enhancement interventions
- Challenging alcohol expectancies

# Tier 2

- Increased enforcement of minimum drinking age laws
- Implementation, increased publicity, and enforcement of other laws to reduce alcohol-impaired driving
- Restrictions on alcohol retail outlet density
- Increased prices and excise taxes
- Responsible beverage service policies
- Formation of campus and community coalition involving all major stakeholders (for implementation)

# Tier 3

- Adopting and evaluating promising campus-based policies and practices, such as:
  - Friday classes and exam
  - Expanded alcohol-free late night student activities
  - Eliminating keg parties where underage drinking is prevalent
  - Alcohol-free dormitories
  - Older, salaried resident assistants
  - Controlling or eliminating alcohol at sports events; prohibiting tailgating parties that model heavy alcohol use
  - Refusing sponsorship gifts from alcohol industry
  - Banning alcohol on campus, including at faculty and alumni events

# Tier 3 (continued)

- Increasing enforcement at campus-based events that promote drinking
- Increasing publicity about enforcement of underage drinking laws on campus and eliminating “mixed messages”
- Consistently enforcing disciplinary actions associated with policy violations

# Tier 3 (continued)

- Conducting marketing campaigns to correct student misperceptions about alcohol use
- Provision of “safe rides” program
- Regulation of happy hours and sales
- Informing new students and parents about alcohol policies and penalties before arrival and during orientation periods

# Tier 4

- Informational, knowledge-based, or values clarification interventions about alcohol and problems associated with excessive use, when used alone
- Providing blood alcohol content feedback

# Conclusions

- Problems associated with abusive and underage college drinking are more widespread than previously recognized
- NIAAA report and conclusions are not an end, but a beginning – we want to continue to be a resource for information and research
- Provide the foundation for science, rather than anecdote, to guide college drinking prevention efforts

# **On-going Products and Activities**

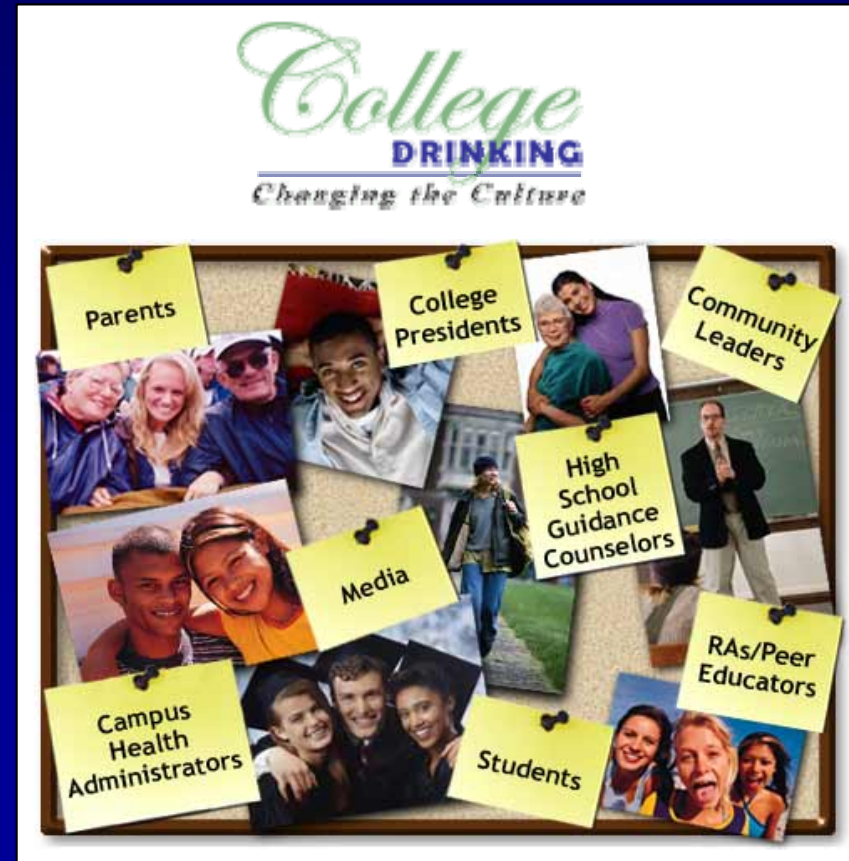
- **NIAAA College Drinking Web site**
- **Orientation Fact Sheet**
- **New College Bulletin**
- **Regional Workshops**
- **Curriculum for Campus Health Care Providers**
- **NIAAA Rapid Response Grant Program**



# NIAAA College Web site

[www.collegedrinkingprevention.gov](http://www.collegedrinkingprevention.gov)

- Full reports
- Online alcohol policies
- Interactive body
- New expanded parents section coming soon
- Continued popularity: 21 million hits to date, and growing each month (Feb. 05: 1.2 million hits)



# Orientation Fact Sheet

- Excerpts from Task Force Report
- Focus on first 6 weeks
- Media Release 2003– 2.7 million impressions
- Univ. Rhode Island – 2004 Orientation
- *For more information on printing with your logo, contact Fred Donodeo at NIAAA*

National Institute on Alcohol Abuse and Alcoholism

## The Hidden Consequences of College Drinking

*Fall Semester Is a Critical Time for Parents to Discuss the Risks with First-year Students*

As college students arrive on campus this fall, it's a time of new experiences, new friendships, and making memories that will last a lifetime. Unfortunately for many, it is also a time of excessive drinking and dealing with its aftermath—vandalism, violence, sexual aggression, and even death.

According to research summarized in a recent Task Force report to the National Institute on Alcohol Abuse and Alcoholism (NIAAA) at the National Institutes of Health, part of the U.S. Department of Health and Human Services, the consequences of excessive drinking by college students are more significant, more destructive, and more costly than many parents recognize. And they affect all students, whether or not they drink.

The report notes that drinking by college students aged 18 to 24 contributes to an estimated 1,400 student deaths, 500,000 injuries, and 70,000 cases of sexual assault or date rape each year. The chart summarizes other significant consequences identified in the report.

### Early Weeks Are Critical

As the fall semester begins, parents can use this important time to help prepare their college-age sons and daughters by alerting them to the consequences of excessive drinking.

### A Snapshot of High-risk College Drinking Consequences

A new analysis of existing national data estimates the annual prevalence of the consequences of college drinking for U.S. college students ages 18-24. Some 1,400 college students die each year from alcohol-related unintentional injuries. Other consequences are:



In addition, about 25 percent of college students report academic consequences, 11 percent report they have damaged property under the influence of alcohol, and 5 percent are involved with police or campus security as a result of their drinking.

Source: Task Force on College Drinking, the National Advisory Council on the National Institute on Alcohol Abuse and Alcoholism

# An important update: New College Bulletin



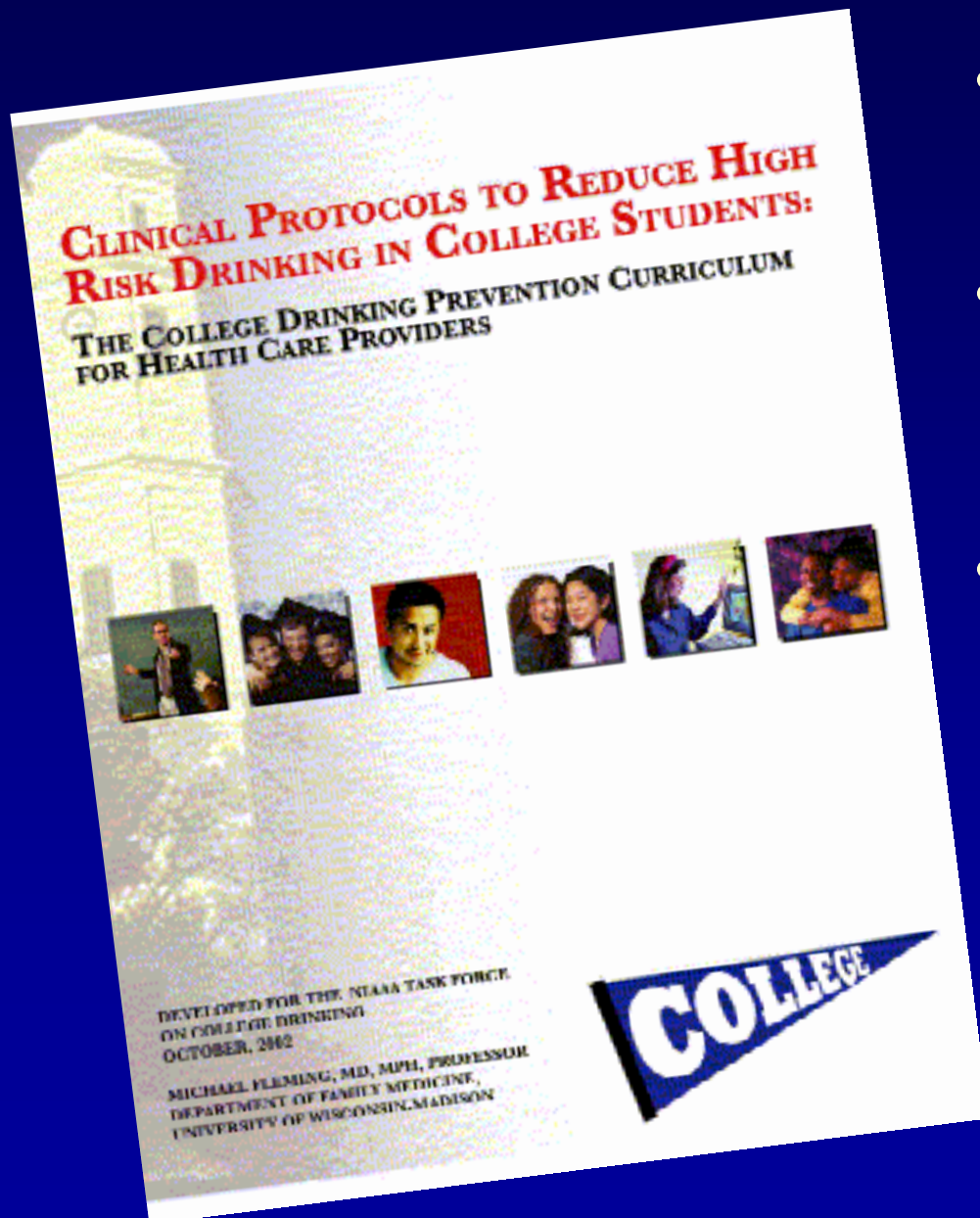
- New Statistics
- New Definition of Binge Drinking
- New Discussion of Alcohol Poisoning
- New Chart of Drinking Patterns during Freshman Year
- Updates on NIAAA’s “Rapid Response” Grant Program and “Underage Steering Committee”

# Regional Workshops



- Wake Forest (North Carolina)
- U. of Puget Sound (multi-state)
- Many in conjunction with HEC statewide coalitions
- More to come.....

# Curriculum for Campus Health Care Providers



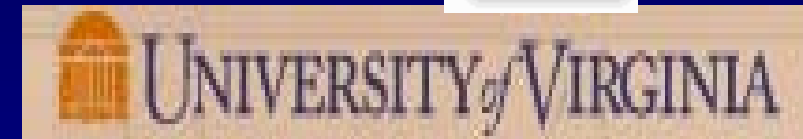
- For campus-based health clinics
- Identify and treat students either at risk for, or having, alcohol problems
- 4 modules:
  - Epidemiology and Prevention
  - Screening and Assessment
  - Brief Interventions
  - Motivational Interviewing

# Continued Support for Research

- Rapid Response Grants



- “Investigator-initiated” Grants



- *NB: Loyola Marymount and Fordham*





**For materials and more  
information:**

**[www.collegedrinkingprevention.gov](http://www.collegedrinkingprevention.gov)**

**or**

**NIAAA College Task Force Publications  
Catalog**

**Contact:**

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