









College Alcohol, Tobacco, and Other Drug Use in New Mexico

Fall 2020

The New Mexico Higher Education Prevention Consortium

Prepared by Evaluation Specialists and The University of New Mexico:
Center on Alcoholism, Substance Abuse, and Addictions (CASAA) -
Campus Office of Substance Abuse Prevention (COSAP)

CAMPUS OFFICE OF SUBSTANCE ABUSE PREVENTION

Dear Friends,

The New Mexico Higher Education Prevention Consortium (NMHEPC) includes colleges in New Mexico whose substance abuse prevention departments serve as on-campus resource centers for college students. The NMHEPC colleges have, over time, included the Institute of American Indian Arts (IAIA), Eastern New Mexico University (ENMU), New Mexico State University (NMSU), New Mexico Institute of Mining and Technology (NMT), Santa Fe Community College (SFCC), San Juan College (SJC), and The University of New Mexico (UNM).

From 2015 to 2020, the NMHEPC has been funded through the Substance Abuse and Mental Health Services Administration's (SAMHSA) Partnerships for Success 2015 (PFS15) grant. Under the Behavioral Health Services Division of the New Mexico Human Services Department, the Office of Substance Abuse Prevention (OSAP) was awarded the PFS15 grant. OSAP formed the NMHEPC to carry out grant activities and achieve its goal to reduce risky substance use among college students in New Mexico.

Each college substance abuse prevention department works with their campus community partners and their greater communities of influence to develop and implement culturally-tailored prevention programs for their college student populations. These prevention programs focus primarily on reducing underage drinking and prescription painkiller misuse through school policy, law enforcement activities, information dissemination, media campaigns, and other evidence-based interventions. Some of the colleges' most successful interventions include an indigenous peer mentorship program, a party patrol program, family game and movie nights, a medical provider guide portal, lock box distribution, and prescription drug take-back events.

The University of New Mexico's Campus Office of Substance Abuse Prevention (UNM COSAP) leads the NMHEPC and oversees its evaluation. UNM COSAP developed the Student Lifestyle Survey (SLS) to assess substance use behaviors and attitudes among college students. It is part of an ongoing effort to understand student lifestyle choices. It provides answers to important questions about a wide range of health issues which New Mexico college students face. UNM COSAP administers the SLS in conjunction with each college every year. Throughout the PFS15 grant, the NMHEPC used the survey results to evaluate the results of past year programs and guide the development of their programs through data-driven prevention approaches.

Now that the PFS15 has come to end, we can see the fruit of our efforts in the data. The SLS findings show New Mexico's college substance abuse prevention departments have made a difference in the lives of college students and their communities during the past five years. Together, we are making progress towards our goal of reducing risky substance use among college students. By improving the well-being and safety of college students in New Mexico, we are empowering the future workforce of New Mexico.

We are pleased to share this summary of findings.

With regards from the UNM COSAP team,
Rachel Abeyta
Leonel A. Diaz Jr., M.Ed.
Randall Starling, Ph.D.

THE NEW MEXICO HIGHER EDUCATION PREVENTION CONSORTIUM

Supports Evidence-Based Programs and Practices





Consortium members have worked to reduce risky drinking and associated behaviors among New Mexico college students using several approaches…

ENFORCE AOD UNIVERSITY POLICIES

All four-year institutions work with their student housing and resident life staff to train resident advisors in effectively enforcing school alcohol and other drug policies.

PROMOTE AWARENESS OF THE ILLEGALITY OF PURCHASING AND PROVIDING ALCOHOL FOR MINORS

All consortium schools conduct campaigns to increase awareness of the legal consequences for students 21 years and older when purchasing or providing alcohol for minors.

PUBLICIZE THE RISK OF DRIVING WHILE INTOXICATED AND ASSOCIATED LEGAL CONSEQUENCES

Consortium schools collaborate with local law enforcement agencies to obtain and publicize dates of DWI Checkpoints and Saturation Patrols. Schools then develop media that describe the legal consequences and impact on career opportunities for students with a DWI conviction.

IMPLEMENT COLLEGE CAMPUS SOCIAL NORMS CAMPAIGNS

Based on their individual school data, Consortium schools conduct social norms media campaigns to reduce binge drinking and its consequences, as well as promote safe and healthy behaviors among students.

PROVIDE UNIVERSAL PREVENTION PROGRAMS TO REDUCE RISKY DRINKING

Through programs such as new student orientation and freshmen experience seminars, students complete an online assessment tool that lets them see how their drinking habits, family history, and campus norms affect their life and future.

NEW MEXICO HIGHER EDUCATION PREVENTION CONSORTIUM: REDUCING ALCOHOL AND OTHER DRUG ABUSE AMONG COLLEGE STUDENTS

The New Mexico Higher Education Prevention Consortium is committed to collaboratively reducing the negative consequences associated with alcohol and other drug use. We do this through implementation of evidence-based programs designed to increase wise decision-making. The ultimate goal of the consortium is to promote academic success and well-being among all New Mexico college students.

This report shows data collected using the New Mexico Student Lifestyles Survey. This survey was developed at the University of New Mexico, to describe the nature and magnitude of student alcohol, tobacco, and other drug use problems, and inform the evaluation of evidence-based prevention strategies applied to those problems. The survey has been conducted each Spring at Consortium colleges across the state since before 2015, with few modifications. Additionally, a fall administration occurred for the first time in 2019. Each year the colleges that participated in the survey has varied, as shown below.

NMHEPC MEMBER PARTICIPATION BY YEAR

Consortium Member	2015 Spring	2016 Spring	2017 Spring	2018 Spring	2019 Spring	2019 Fall
Eastern New Mexico University	●	●				
Institute of American Indian Arts				●		●
New Mexico Institute of Mining and Technology	●	●	●	●	●	●
New Mexico State University	●	●	●	●	●	●
San Juan College	●	●	●	●		●
Santa Fe Community College	●	●	●			
University of New Mexico	●	●	●	●	●	●

In the first section of this report we present findings for the Fall 2019 survey from approximately 867 students. We start by presenting results of Latent Class Analyses conducted to identify groups of individuals at greatest risk of experiencing alcohol use problems.

In the second section we show key data points over the last five years for the entire Consortium. Our intention in presenting these charts is to show general trends over time. However, because Consortium participation varied over time, we are not able to compare or assess the significance of change across years. It should also be noted that all but one data collection occurred in the spring. The exception was the Fall 2019 survey. It is possible that seasonal differences – that substance use can vary depending on time of year – could influence estimates from that timepoint.

UNM COSAP and the New Mexico Higher Education Prevention Consortium member schools appreciate and wish to acknowledge the financial support provided by the New Mexico Department of Human Services, Behavioral Health Services Division's Office of Substance Abuse Prevention.

TARGETING PREVENTION EFFORTS
Identifying Drinking Patterns to Better Understand Risk

College students are a very diverse group of people. By identifying groups of individuals that are at greatest risk, interventions and limited resources can be better targeted.



Targeting prevention efforts requires understanding risk behavior patterns. A student's risk of negative consequences related to their alcohol use is not captured by a single behavior, such as number of drinks consumed per week. By looking at several behaviors together, patterns of risk can be identified that provide a more complete, accurate, and stable picture of overall student drinking behavior.

We identified several groups of college students, each with their own pattern of alcohol use. We used a multivariate statistical method called Latent Class Analysis (LCA) to analyze the full sample of college students that participated in the New Mexico Student Lifestyles Survey in Spring 2019.



We analyzed men and women separately because drinking behavior has consistently been shown to differ by gender. This allowed us to focus on differences and similarities in the drinking patterns of women and men.

We used three measures of alcohol use to identify distinct groups of women and men.

1. Average number of drinks consumed per week
2. Binge drinking episodes in the past two weeks
3. Number of days alcohol was consumed over the past month

We then compared the groups to see if they differed significantly on three types of outcomes.

1. Academic achievement
2. Negative drinking consequences
3. Age, legal drinking status, place of residence



WOMEN'S DRINKING BEHAVIOR PATTERNS
Were Best Characterized by Three Groups

Three measures of alcohol use were included in a multivariate analysis to identify these 3 distinct groups of women:

1. What is the average number of drinks you consume per week?
2. How many binge drinking episodes did you have in the past two weeks?
3. On how many days did you consume alcohol over the past month?

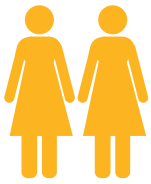
Very Occasional Drinkers* - 55% of all women

- 97% of the women classified as very occasional drinkers drank an average of zero drinks per week, and 3% drank an average of 1 to 3 per week.
- Similarly, 99% did not binge drink at all in the past 2 weeks. The 1% who did binge did so only once during this time.
- 13% drank on 1 to 2 days out of the past 30 days, while the rest did not drink at all during this time.

**Women classified as very occasional drinkers were more likely to be under age 21 than other women.*

Light Drinkers - 33% of all women

- 95% of women classified as light drinkers typically consumed no more than 3 drinks per week.
- 24% binge drank only one time during the past two weeks (and 67% did not binge drink at all during this time).
- 32% drank on only 1 to 2 days out of the past month, and 38% drank on 3 to 5 days during this time.



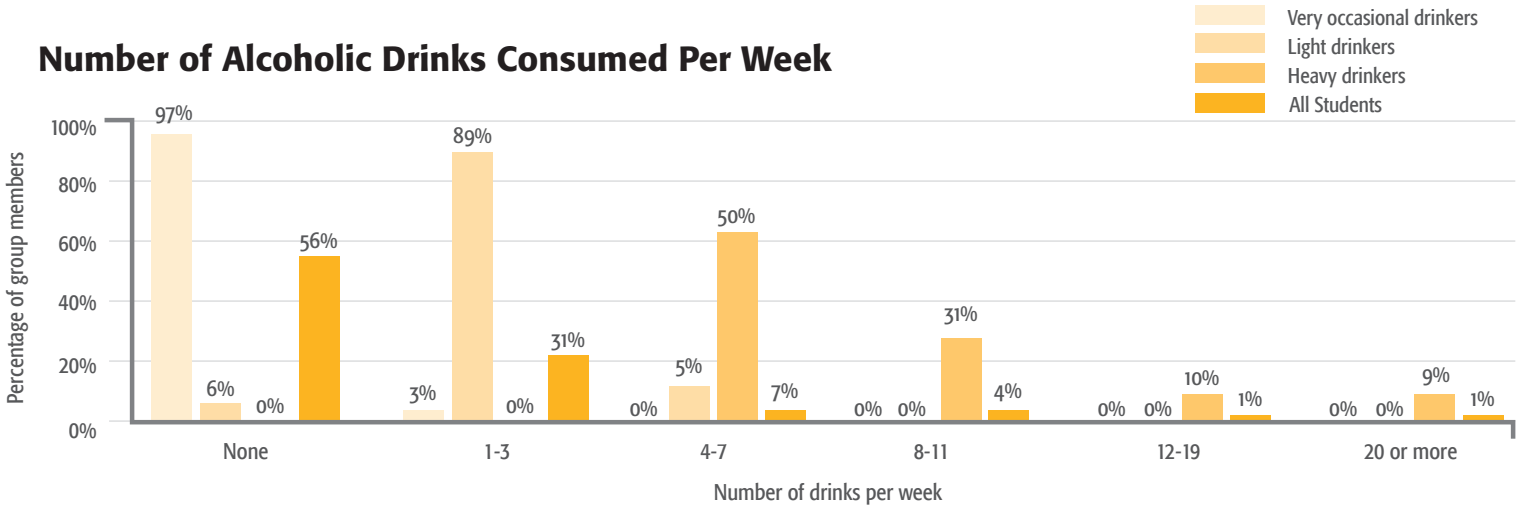
Heavy Drinkers - 12% of all women

- 100% of women classified as heavy drinkers consumed 4 or more drinks per week, and half of them consumed 8 or more.
- 47% binge drank on 2 or more occasions in the past two weeks.
- 90% drank on 6 or more of the past 30 days.

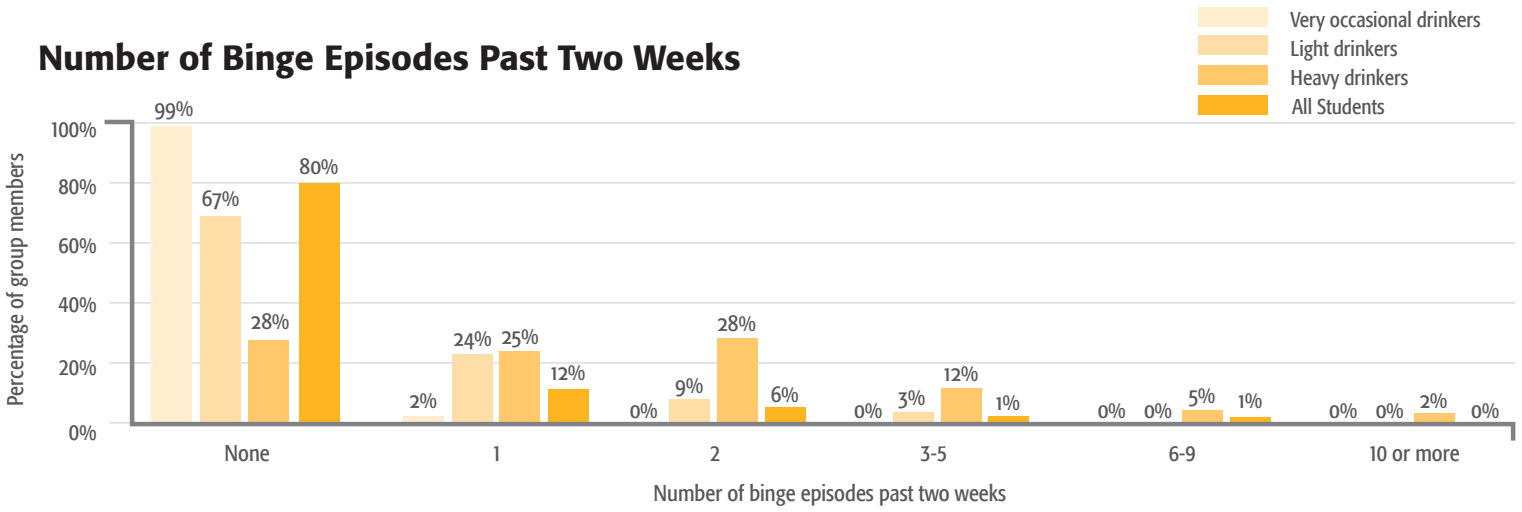
**Heavy drinking women had rates of being injured and thinking about suicide two times higher than those of light drinking women.*

RESPONSE PATTERNS OF WOMEN
in Each Drinking Group

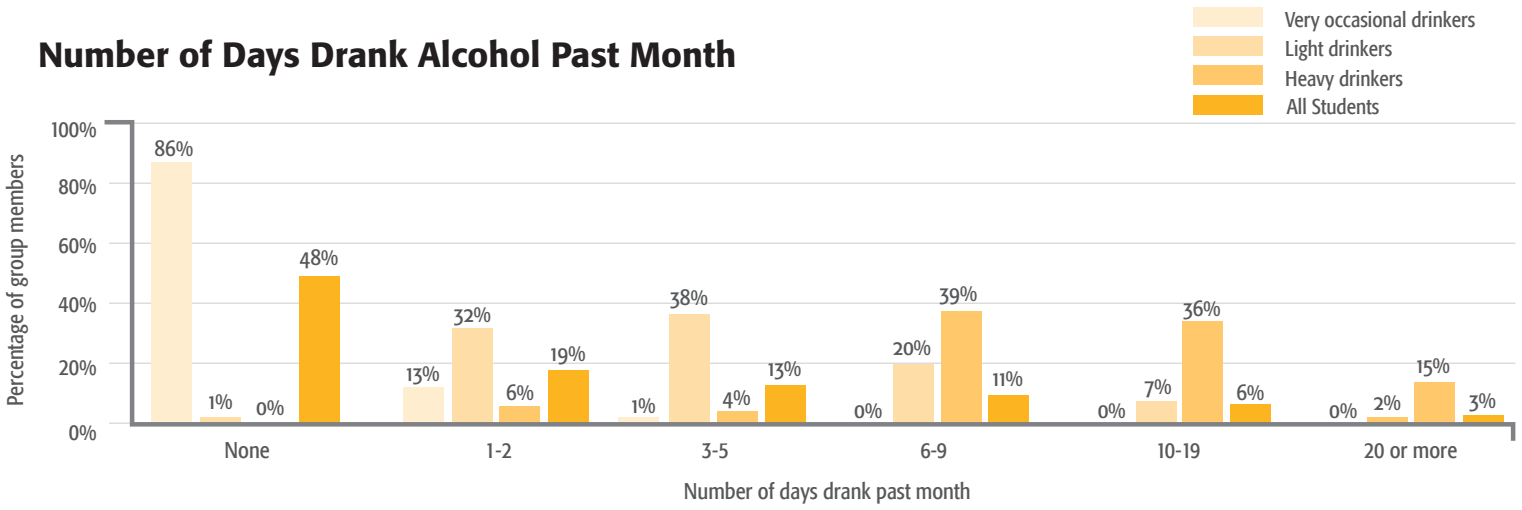
Number of Alcoholic Drinks Consumed Per Week



Number of Binge Episodes Past Two Weeks



Number of Days Drank Alcohol Past Month



MALE DRINKING BEHAVIOR PATTERNS
Were Best Characterized by Four Groups

Three measures of alcohol use were included in a multivariate analysis to identify these 4 distinct groups of men:

1. What is the average number of drinks you consume per week?
2. How many binge drinking episodes did you have in the past two weeks?
3. On how many days did you consume alcohol over the past month?

Very Occasional Drinkers* - 53% of all men

- 99% of the men classified as very occasional drinkers drank an average of zero drinks per week, and 1% drank an average of 1 to 3 per week.
- Similarly, 96% did not binge drink at all in the past 2 weeks. Of the 4% who did binge drink, 3% did so only once during this time, and 1% did so twice.
- 13% drank on 1 to 2 days out of the past 30 days, and 4% on 3 to 5 days, while the remaining 83% did not drink at all during this time.

**Men classified as very occasional drinkers were more likely to be under age 21 than men in other drinking groups.*

Light Drinkers - 24% of all men

- 99% of men classified as light drinkers consumed no more than 1 to 3 drinks per week.
- 25% binge drank one time during the past two weeks (and 67% did not binge drink at all during this time).
- 35% drank on only 1 to 2 days out of the past month, and 37% drank on 3 to 5 days during this time.

Heavy Drinkers - 8% of all men

- 97% of men classified as heavy drinkers consumed 4 or more drinks per week.
- 74% binge drank on 1 or 2 occasions in the past two weeks, but 26% did not binge drink during this recent period.
- 64% drank on 6 or more of the past 30 days.



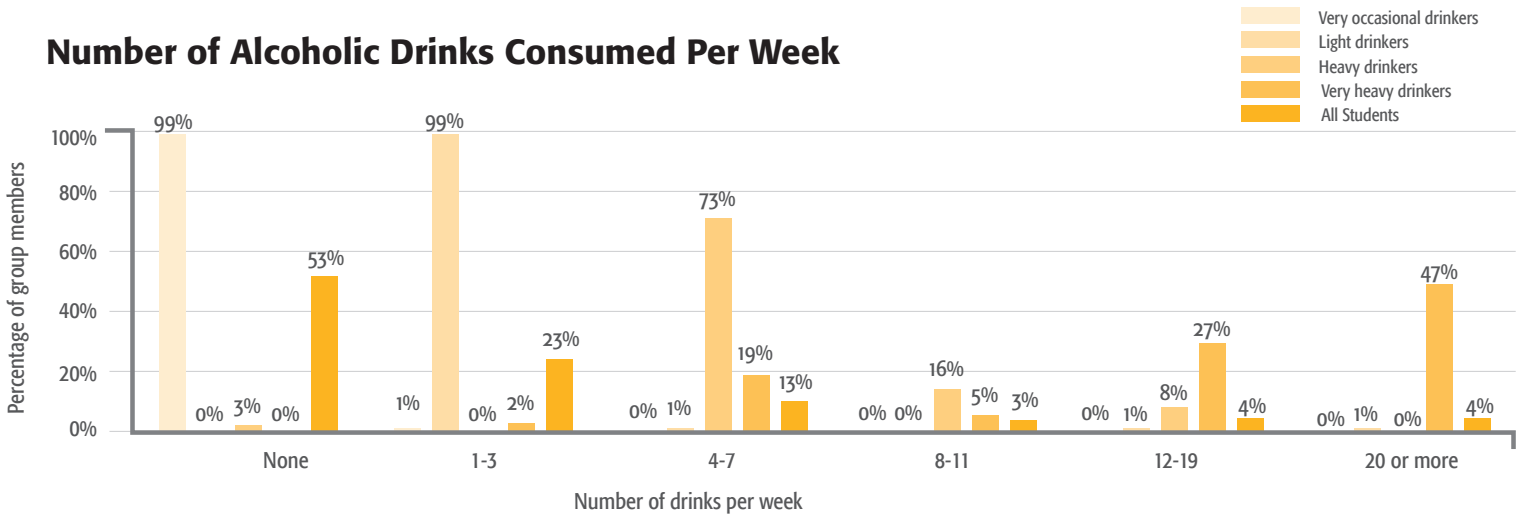
Very Heavy Drinkers** - 15% of all men

- 47% of men classified as very heavy drinkers consumed 20 or more drinks per week.
- 100% of men in this group binge drank on one or more occasions in the past two weeks, and 38% binge drank 6 or more times during this period.
- 83% drank on 10 or more of the past 30 days.

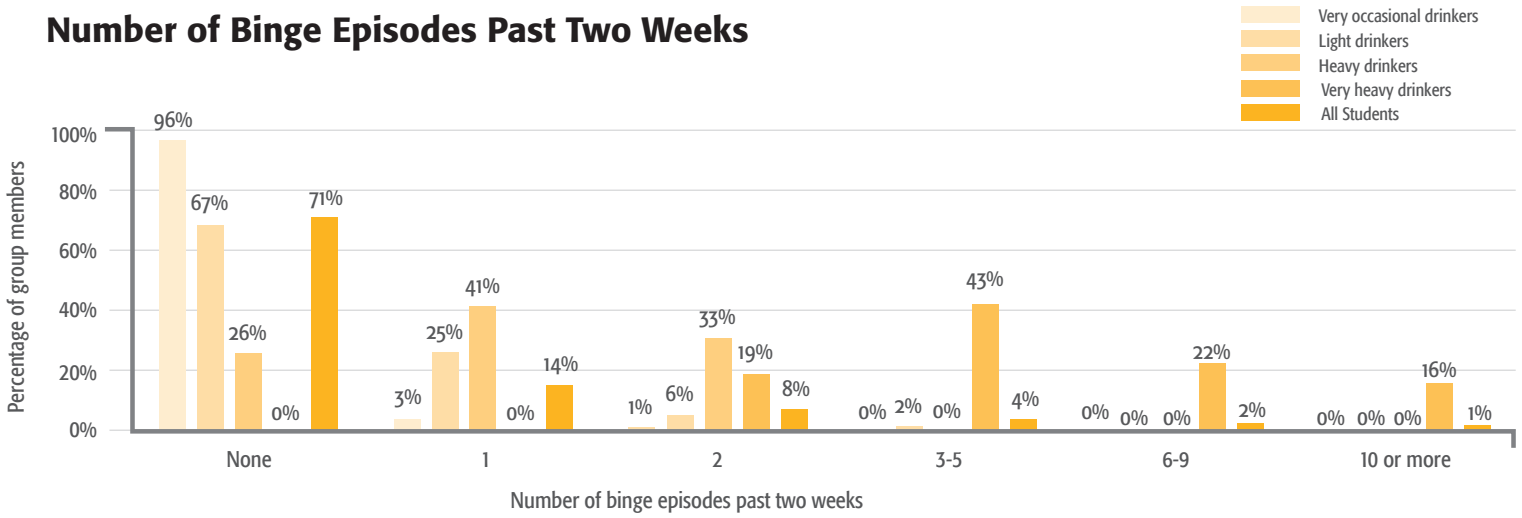
***Men who were very heavy drinkers at least twice as likely to report taking advantage of another person sexually than men in any other drinking group.*

RESPONSE PATTERNS OF MEN
in Each Drinking Group

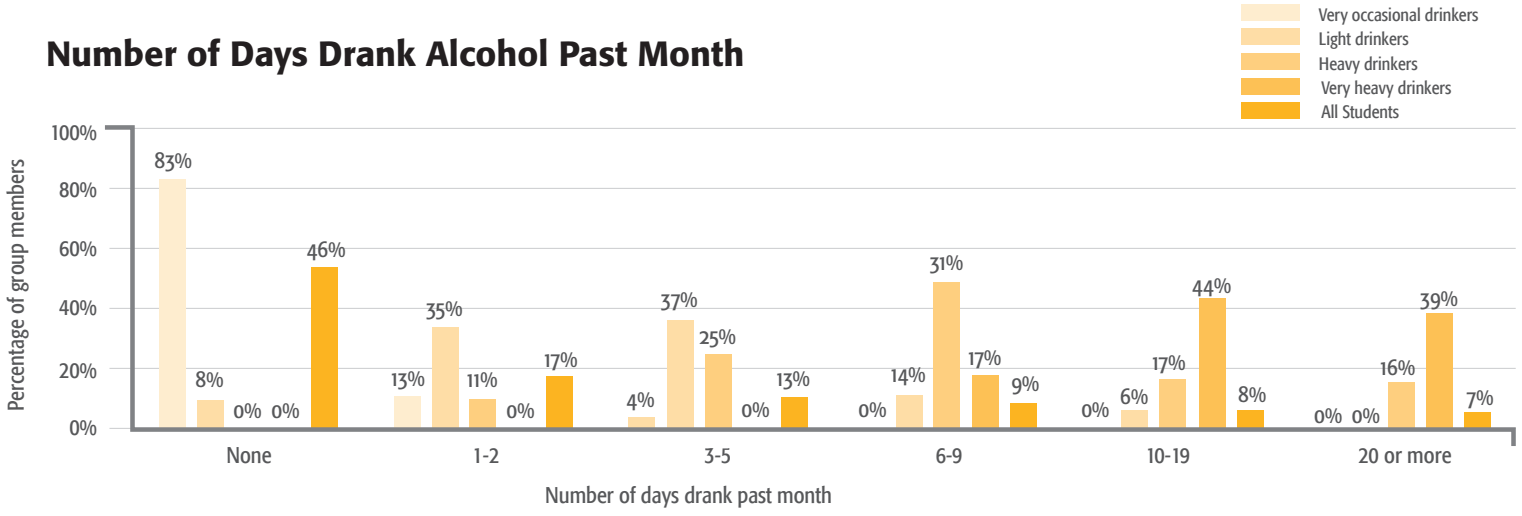
Number of Alcoholic Drinks Consumed Per Week



Number of Binge Episodes Past Two Weeks

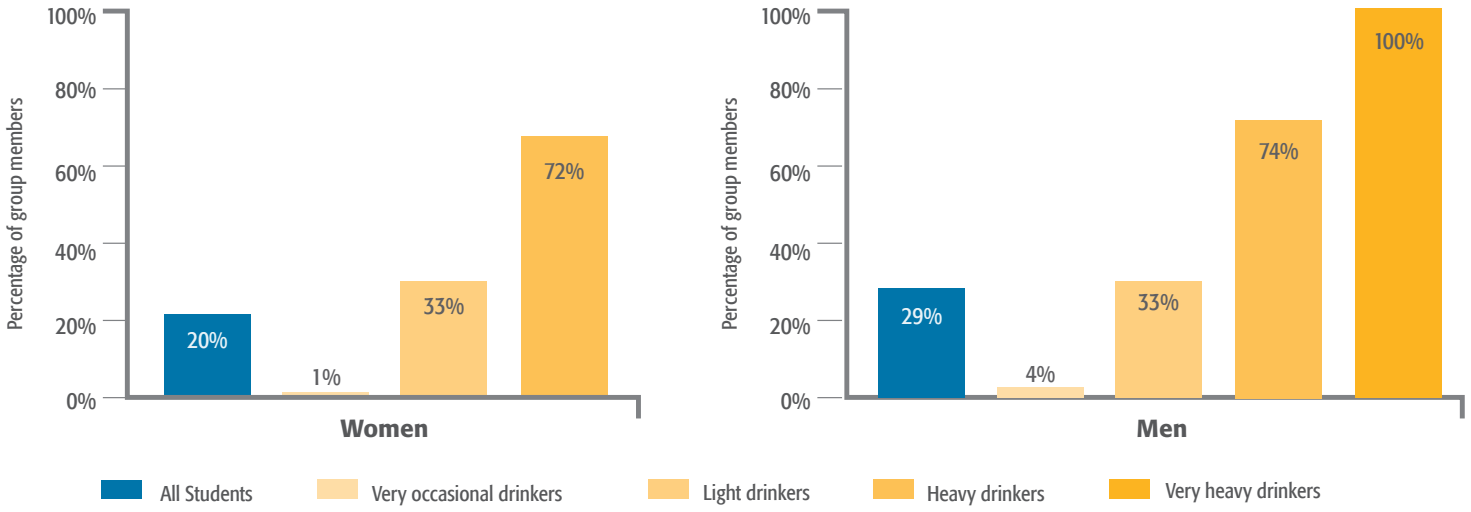


Number of Days Drank Alcohol Past Month



BINGE DRINKING VARIES BY GROUP
for Both Women and Men

Binge Drinking Levels of Women and Men by Drinking Group
(percent past two weeks)



Binge drinking is defined as consuming 5 or more drinks in about 2 hours for men, and 4 or more drinks in about 2 hours for women.

College students perceive their peer's alcohol consumption to be twice as high as it actually is.

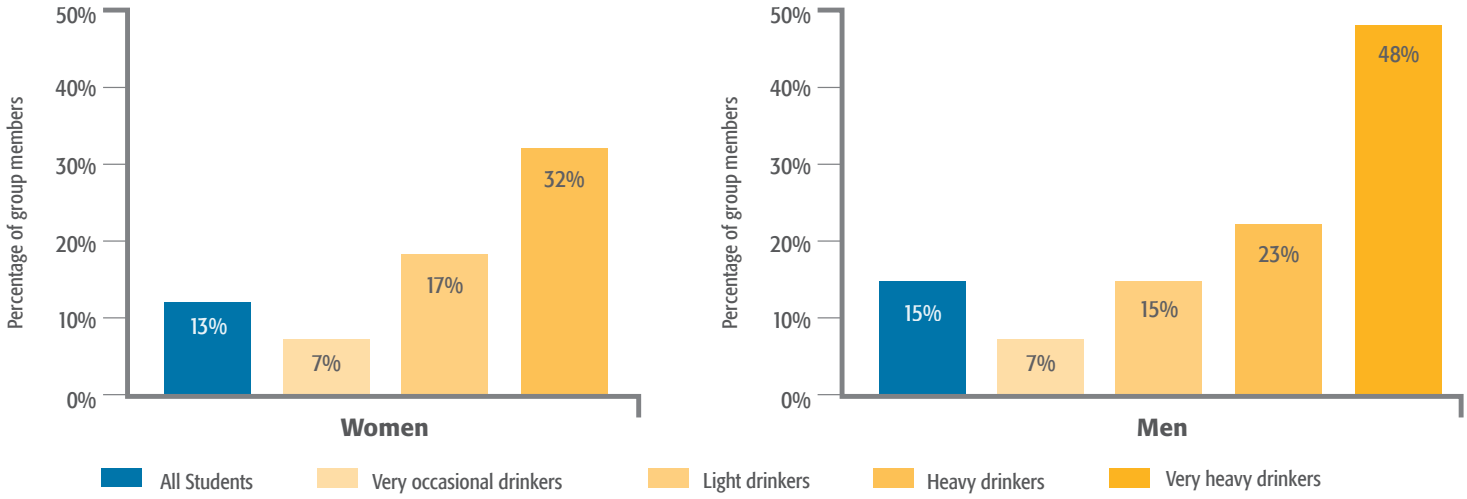
2.82 The average number of alcoholic drinks students consumed per week.

5.68 The average number of drinks respondents estimate other students consume each week.

Reducing the gap between actual numbers of drinks consumed and perceived number of drinks consumed is a goal of social norms campaigns designed to reduce risky drinking.

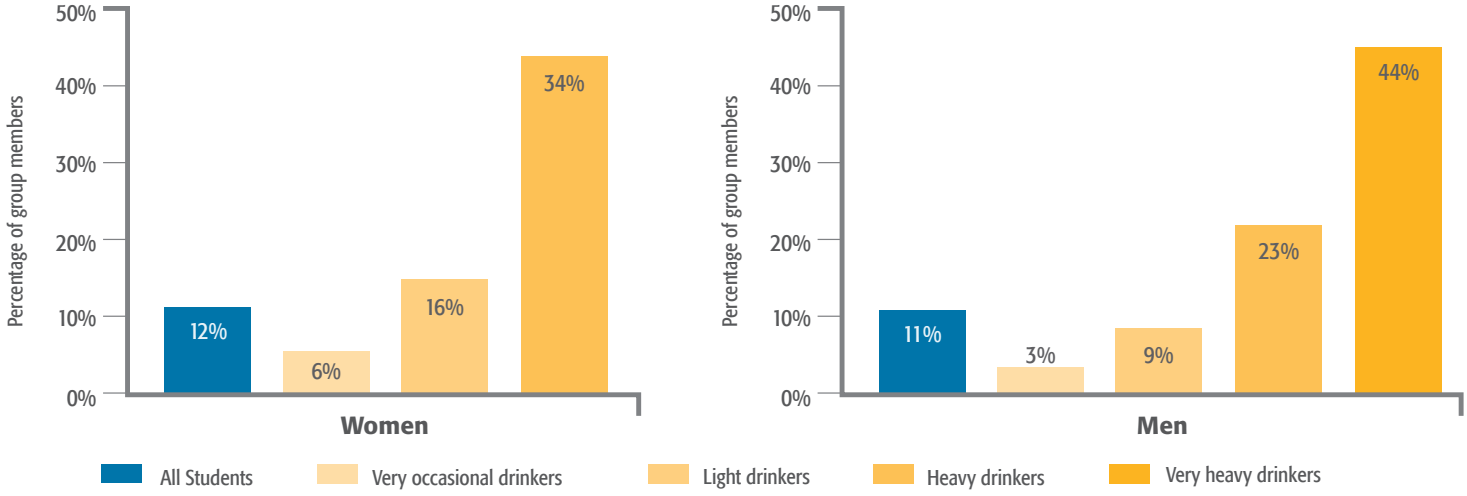
ACADEMIC CONSEQUENCES
and Alcohol Use are Associated

Students that Report Missing a Class Due to Drinking Alcohol
(percent past 12 months)



As a results of drinking alcohol, 15.5% of students report having missed a class and 15.1% report having performed poorly on a test or important project. Among students who drop out, an estimated 30% attribute it to alcohol abuse.[1]

Students that Report Performing Poorly on a Test or Important Project Due to Drinking Alcohol by Drinking Group
(percent past 12 months)



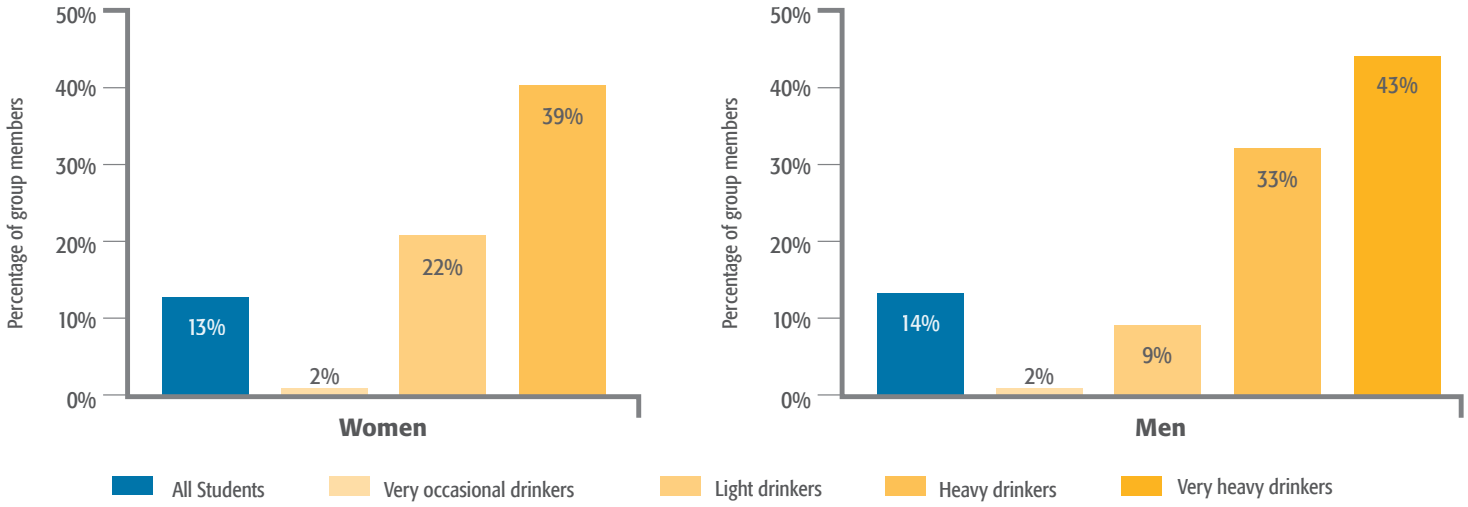
"At a time in New Mexico when we are focusing on improved academic performance and increased graduation rates, reducing risky drinking is more important than ever."
– John Steiner, MPH, Director of the New Mexico Higher Education Prevention Consortium

[1] *Journal of American College Health. 50, No 5, 2002*

DRINKING AND DRIVING BEHAVIOR
Varies Dramatically by Drinking Group

The likelihood of drinking and driving in the past 12 months differs dramatically by drinking group for both women and men.

Drinking and Driving by Drinking Group for Women and Men
(percent past 12 months)



68.5% of New Mexico college students reported it was "somewhat" to "very likely" they would be arrested if they were driving after having too much to drink. .

90.6% of New Mexico college students reported their closest friends would "disapprove" or "strongly disapprove" if they drove a car under the influence of alcohol.

54.4% of students reported having served as a sober designated driver one or more times in the past 12 months.

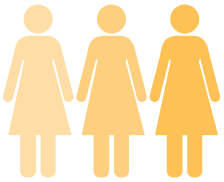


Car crashes, nearly half of which are alcohol-related, are the leading cause of death among college students nationally.[2]

[2] *Turner, J. and Keller, A. (2011, November). Leading causes of mortality among American college students at 4-year institutions. Presentation at the American Public Health Association, Washington DC.*

NEGATIVE HEALTH AND SAFETY CONSEQUENCES
Consistently Increase by Drinking Group

The more frequently and/or heavily an individual consumes alcohol the more likely they are to experience negative health and safety consequences from their drinking.



Female Consequences	All Students	Very Occasional Drinkers	Light Drinkers	Heavy Drinkers
	Student's in Each Group Experiencing the Consequence (percent past 12 months)			
Have been taken advantage of sexually	*15*	10	20	25
Have taken advantage of another sexually	*2*	1	3	3
Got into an argument or fight	*11*	5	17	24
Seriously thought about suicide	*9*	5	13	20
Been hurt or injured	*8*	3	11	24



Female Consequences	All Students	Very Occasional Drinkers	Light Drinkers	Heavy Drinkers	Very Heavy Drinkers
	Student's in Each Group Experiencing the Consequence (percent past 12 months)				
Have been taken advantage of sexually	*6*	3	6	7	20
Have taken advantage of another sexually	*2*	1	2	4	7
Got into an argument or fight	*11*	5	10	18	39
Seriously thought about suicide	*6*	3	4	11	26
Been hurt or injured	*9*	3	10	11	45

PROTECTIVE STRATEGIES
Students Use When They Drink Alcohol

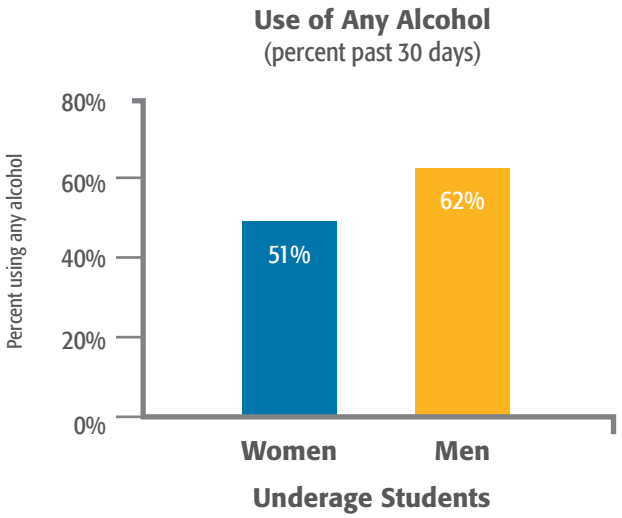
New Mexico college students reduce the adverse consequences of alcohol use by avoiding risky practices, drinking in moderation, and engaging in safe driving behaviors.

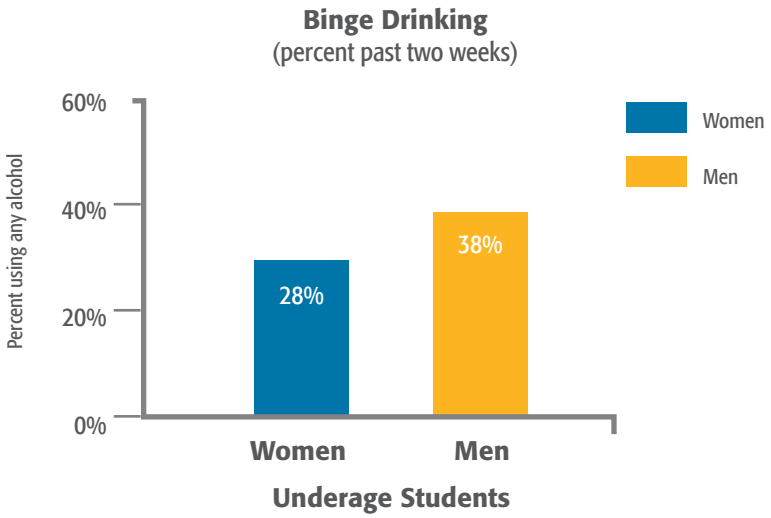
Protective Behaviors	All Students	Women	Men
	(percent past 12 months)		
Eat before and during the time you're drinking	80	82	78
Refuse to ride with a driver who has been drinking	78	83	72
Have a designated driver	77	82	68
Watch a friend's drink while she/he is gone	76	81	70
Alternate with non-alcoholic beverages	71	73	69
Keep track of the number of drinks you have	70	72	67
Stop drinking 1-2 hours before going home	69	72	66
Hang out with people who drink less or more slowly	65	67	62
Decide ahead not to exceed a set number of drinks	61	64	57
Avoid drinking games	54	60	45
Limit number of drinks per hour	50	54	44

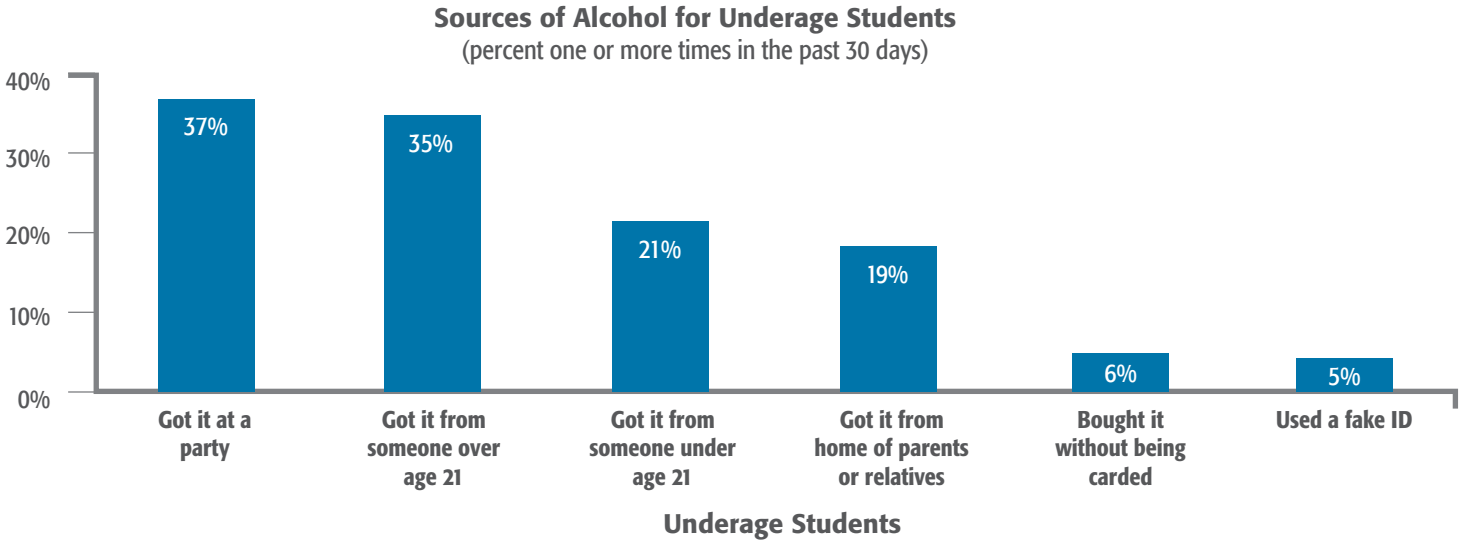


- **78%** of New Mexico college students refused to ride with a driver who had been drinking.
- **77%** of New Mexico college students reported having a designated driver.
- **60%** of women avoided drinking games – which can lead to severe overconsumption – while only 45% of men did so.
- Both men and women used these protective behaviors in the past 12 months, but **more women than men used all the protective behaviors**.

UNDERAGE STUDENTS ARE DRINKING ALCOHOL
and Obtain it from Many Different Sources







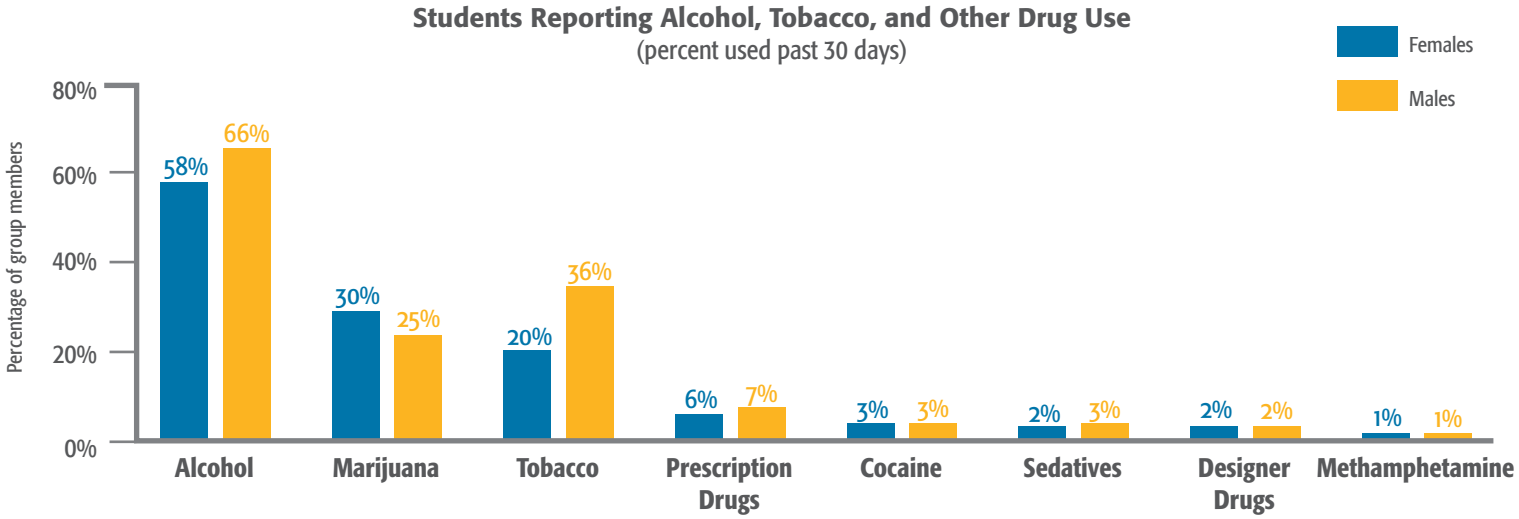
Underage students report drinking an average of 2.80 drinks per week.

47.1% of students reported it was "easy" or "very easy" for underage students at their campus to get alcohol.

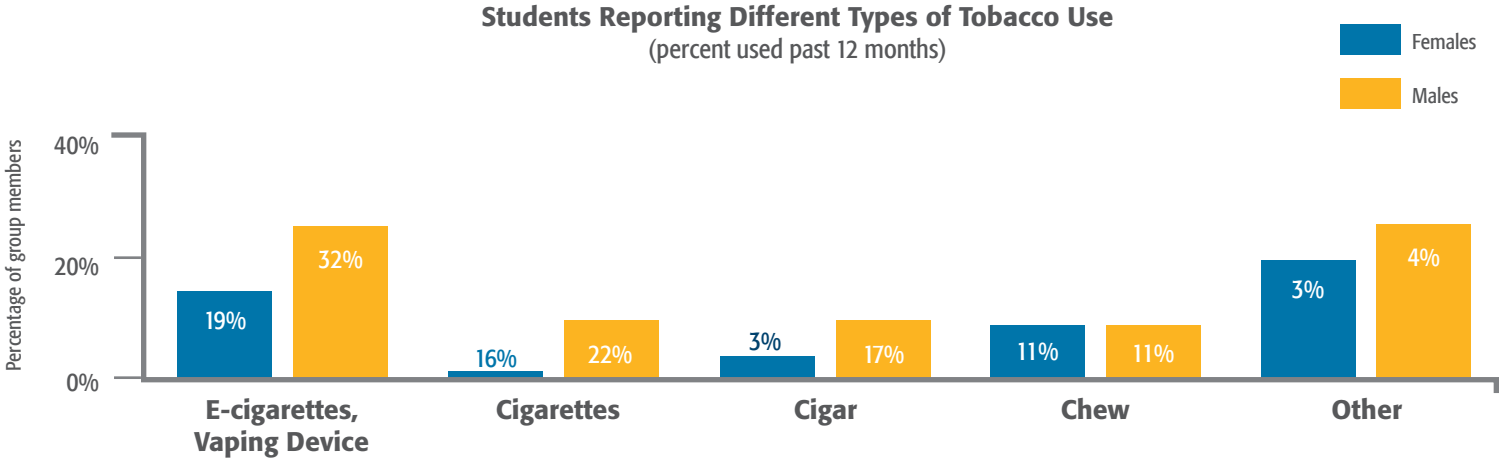
47.2% of students reported police are "somewhat likely" or "very likely" to arrest an adult for giving alcohol to a minor.

ALCOHOL, TOBACCO, AND OTHER DRUG USE

Among New Mexico college students



Substance use has an insidious way of interfering with a student's ability to take advantage of all that college has to offer. Interventions to reduce rates of substance use should be part of any college's plan to improve student retention.[3]



[3] *Arria, A.M., et. all (2013). The academic opportunity costs of substance use during college. College Park, MD: Center on Young Adult Health and Development.*

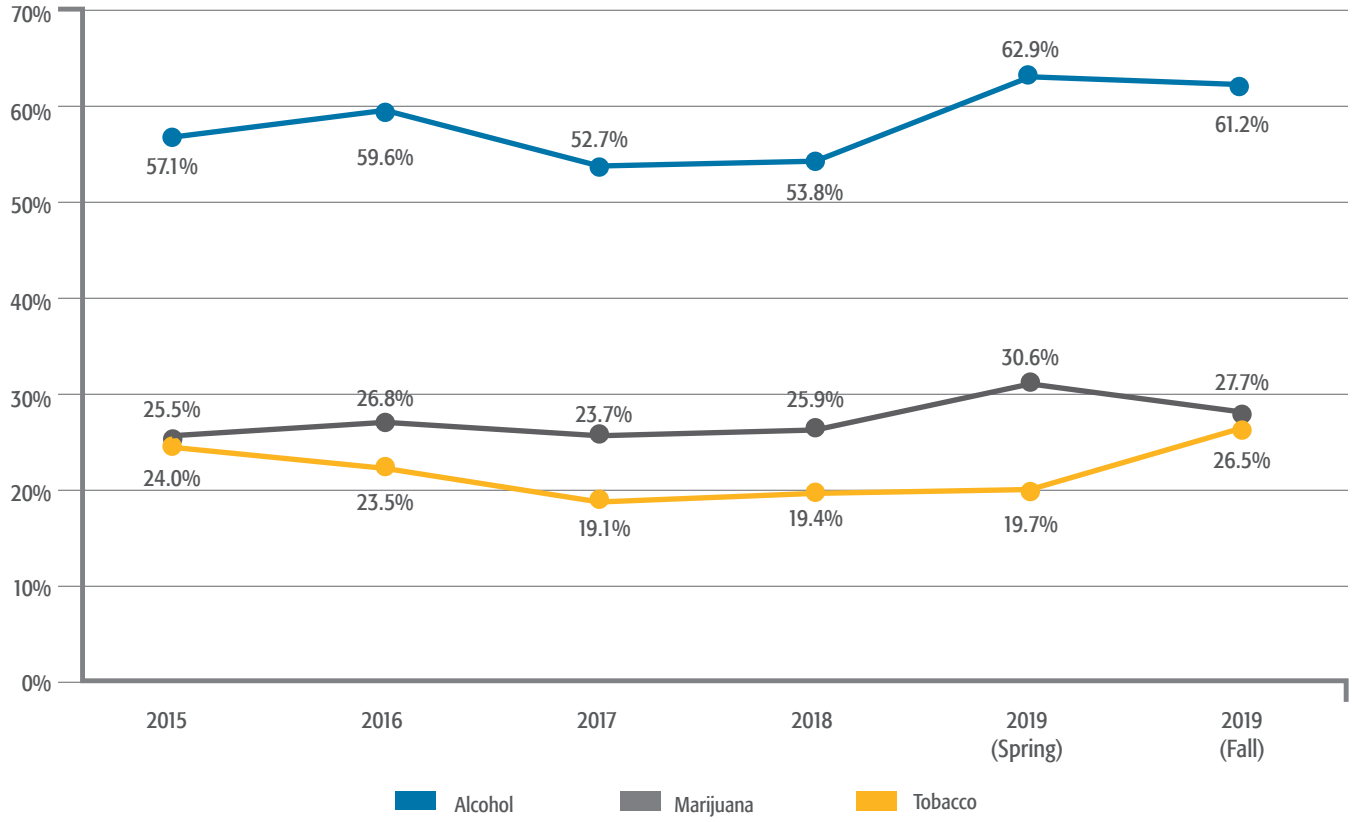
TRENDS OVER THE PAST FIVE YEARS

In this section we show findings from the last five years for the entire Consortium. The charts provide two key pieces of information. First, they show differences between different student behaviors. For example, one chart shows which substances (i.e., alcohol, marijuana, and tobacco) students used more than others. The second piece of information is trends over time. While the trends are informative, it is important to keep some caveats in mind that may have affected the findings. One is that variation did occur across time in terms of which institutions participated. Because of this, we did not compute statistical significance tests. Additionally, estimates from the final timepoint (Fall 2019) may differ since all others were from data collected in the spring. Seasonal differences are known to affect substance use reports, so differences between the fall and spring surveys may not reflect actual trends.

From 2015 to 2019, students were about twice as likely to report having used alcohol in the past 30 days than either marijuana or tobacco.

Use of all three substances remained fairly constant over time. However, about two thirds of students reported using alcohol in the past 30 days, while about a quarter of students reported using marijuana or tobacco in the same time period.

More students used alcohol than other substances
(percent who used in past 30 days)

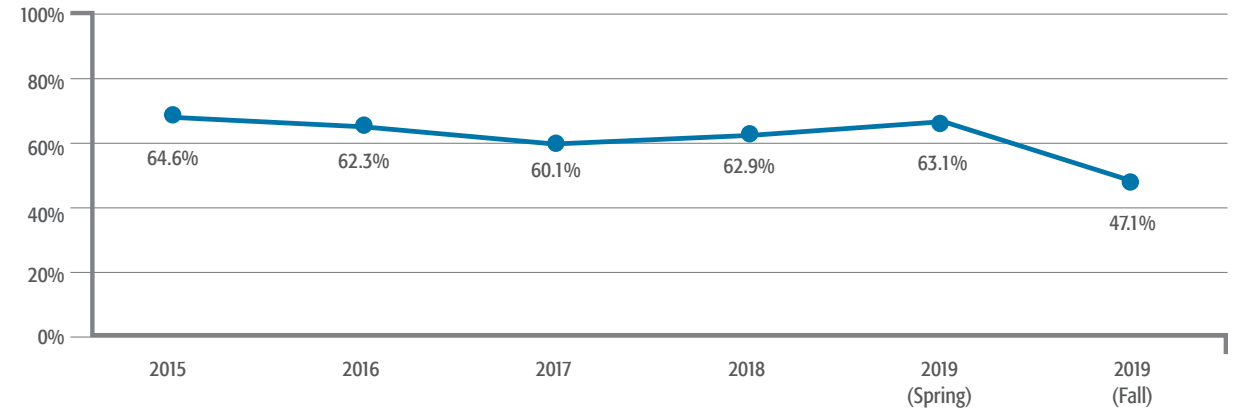


TRENDS OVER THE PAST FIVE YEARS

From 2015 to 2019, about two thirds of underage students reported it was "easy" or "very easy" to access alcohol.

About half of the students reported easy access. This finding remained stable over the years. While it dropped in Fall 2019, that may not reflect a real change. This perception may be something influenced by time of year. For example, incoming students may not have yet discovered ways to access alcohol early in their college career.

Many perceived easy underage access to alcohol on their campus
(percent reporting it was "very easy" or "easy")

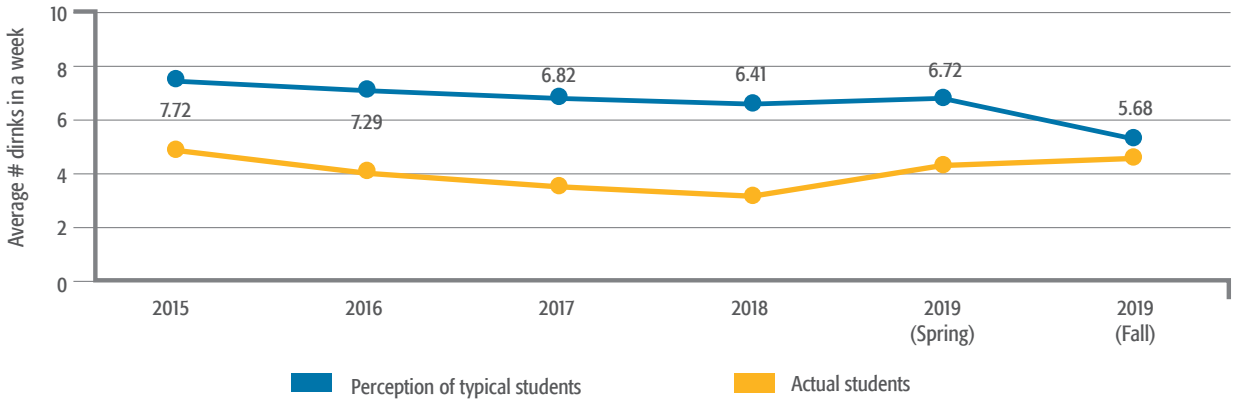


From 2015 to 2019, students' perceptions of a "typical" college student's alcohol use became more accurate.

Students often overestimate how much other students drink. This is problematic since students' perceptions of how much a "typical" student at their college drinks likely influences their own drinking behavior. Because of this, the Consortium has focused on increasing the accuracy of what students believe about their peers. The hope is to promote accurate, healthy norms about alcohol use.

This chart compares what students perceived was typical amongst their peers versus what students actually reported (e.g., the average number of drinks per week from survey respondents). As shown, students' perceptions became more accurate over time in that they came closer to what the surveys showed was typical.

Students beliefs about peers' drinking became more aligned to peers' actual drinking
(average number of drinks consumed per week: perceived and self-reported)

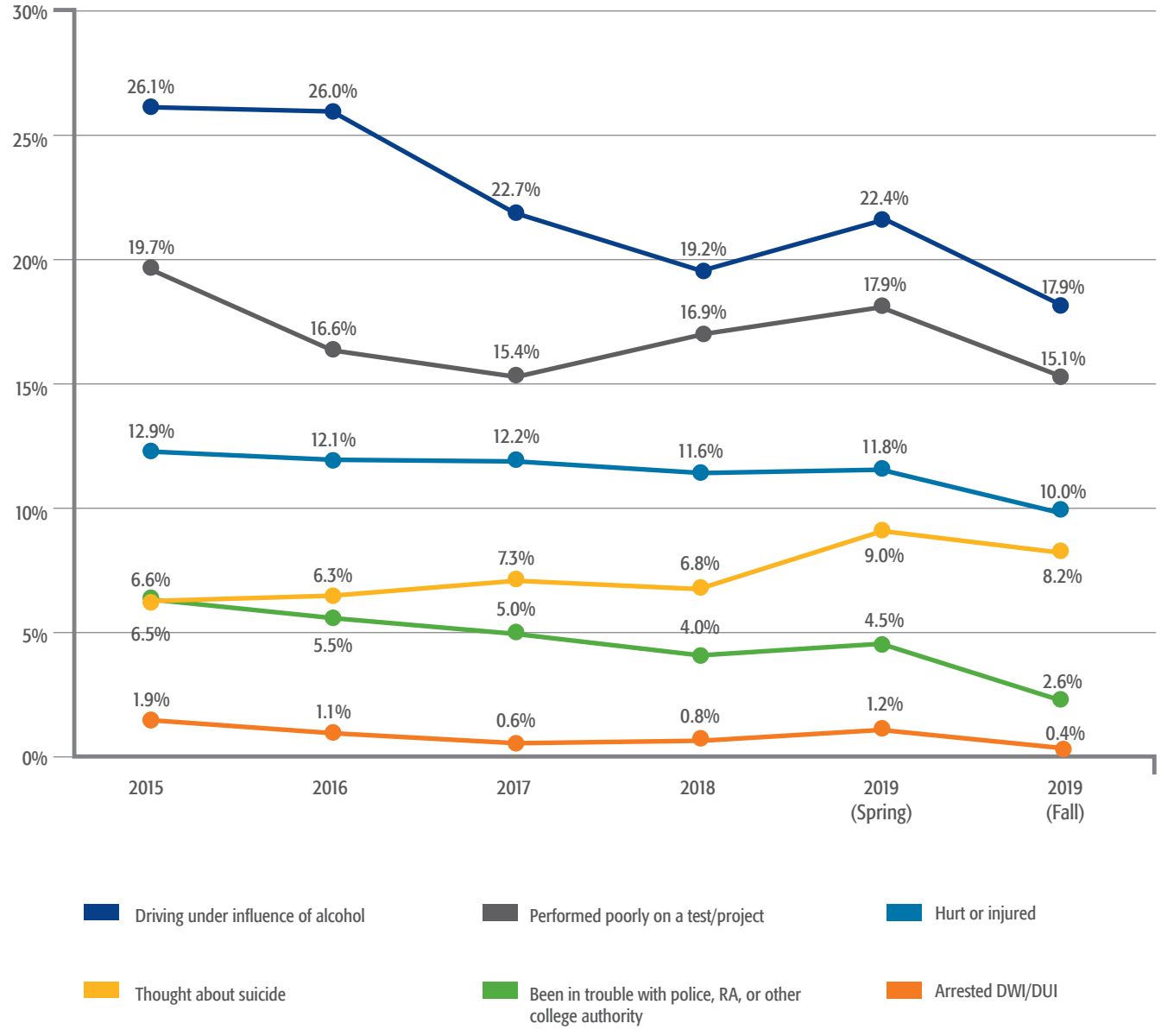


TRENDS OVER THE PAST FIVE YEARS

From 2015 to 2019, students reported fewer negative alcohol related consequences over time, except for thinking about suicide.

From 2015 to 2019, the number of students who reported negative alcohol-related consequences decreased over time in all but one area. The exception was thoughts of suicide, which increased over time. The two most common negative consequences were driving under the influence of alcohol and performing poorly on a test or project. These two consequences also showed the largest reductions over time. These reductions suggest the Consortium's efforts to reduce alcohol-related negative consequences have been successful.

Students experienced fewer alcohol related negative consequences over time
(percent reporting each consequence)

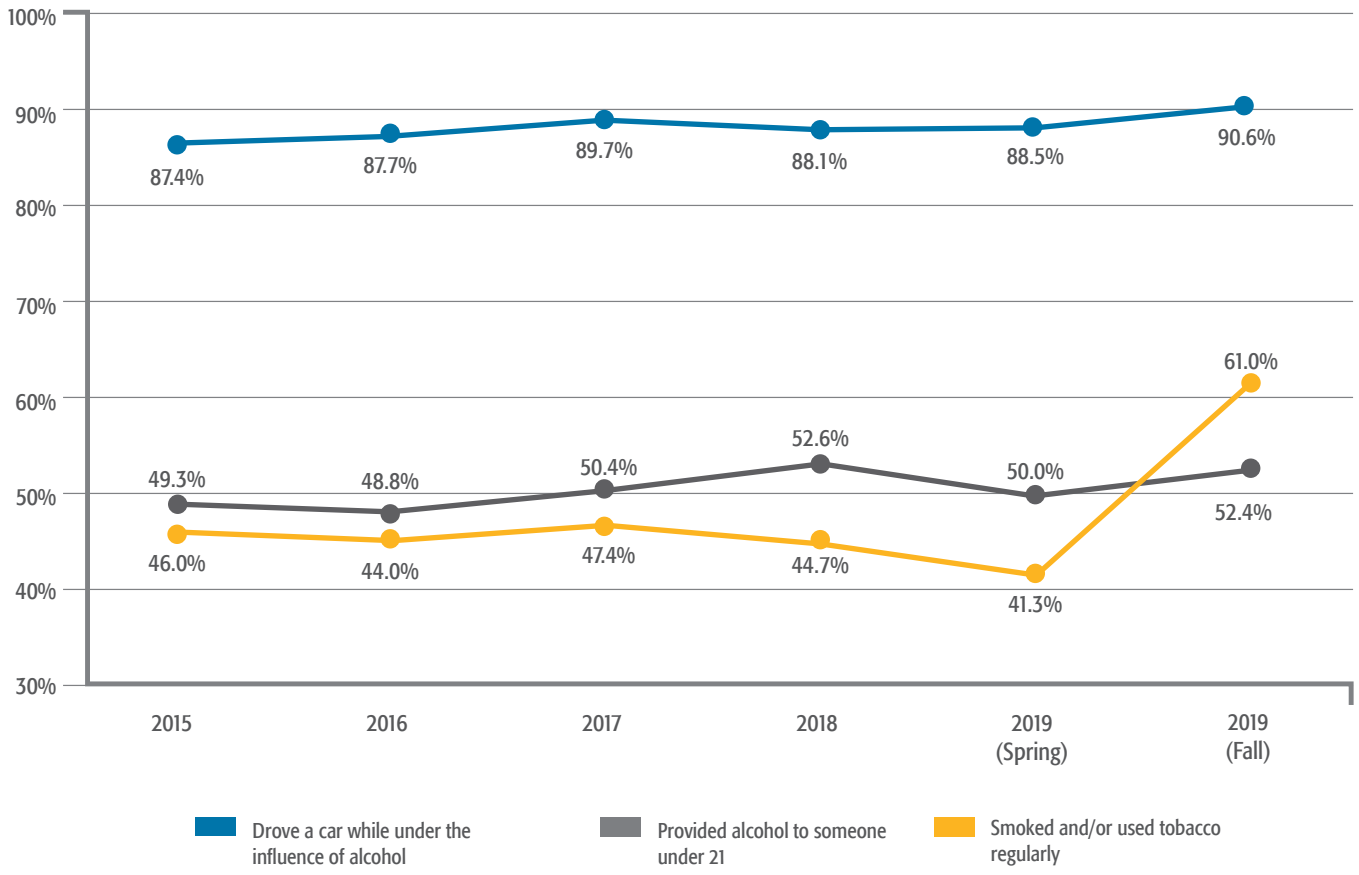


TRENDS OVER THE PAST FIVE YEARS

From 2015 to 2019, students were more likely to disapprove of driving a car under the influence of alcohol than either providing alcohol to someone under 21 or using tobacco regularly.

Students' choices and behaviors are likely influenced by what they think their friends approve or disapprove of. Across the years, about half reported their closest friends would disapprove if they provided alcohol to someone under 21 or smoked or used tobacco regularly. More promising, the vast majority reported their friends would disapprove if they drove a car while under the influence of alcohol.

Students perceived friends would disapprove of problem behaviors, particularly impaired driving
(percent of students that would "disapprove" or "strongly disapprove")

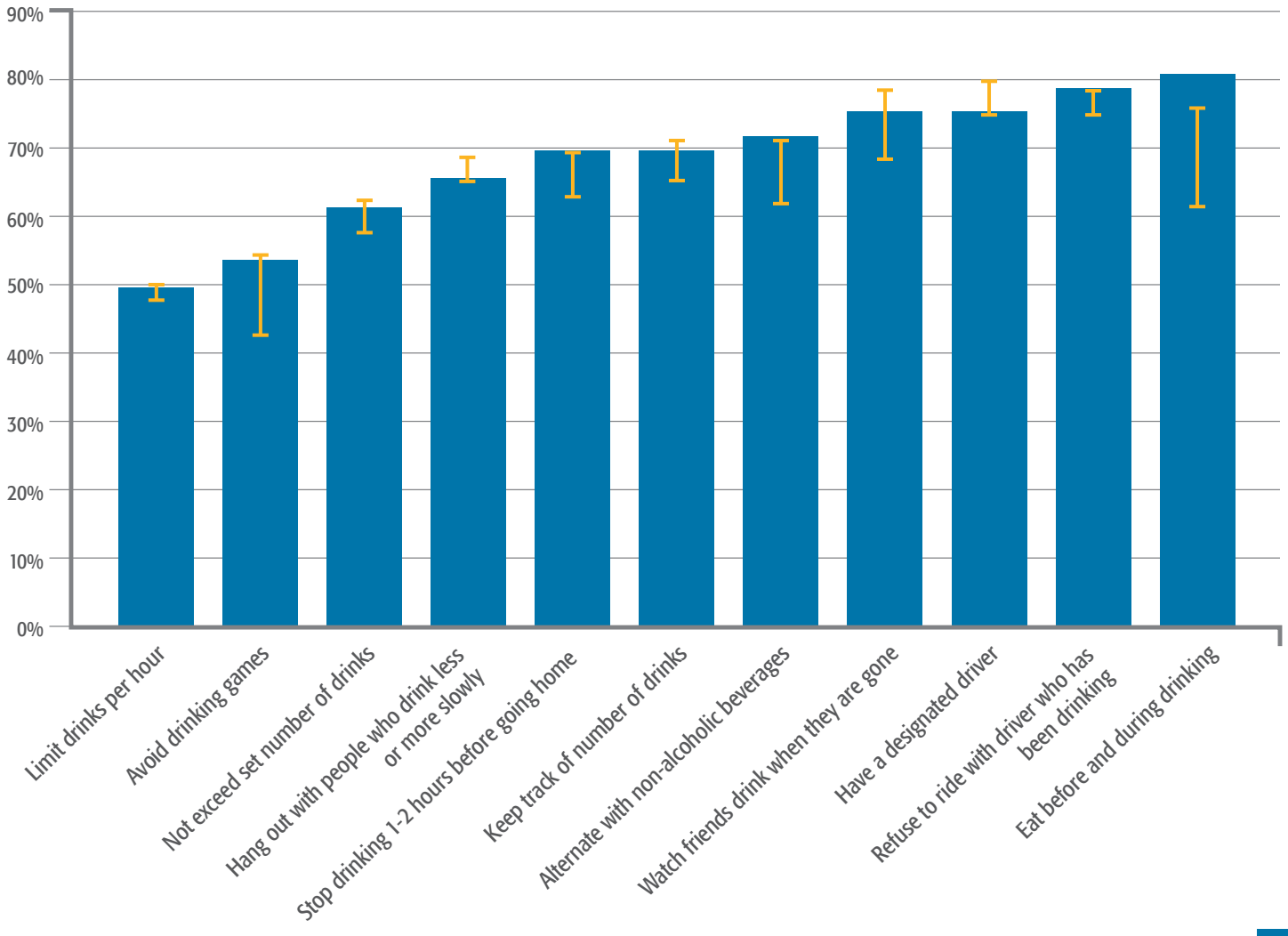


TRENDS OVER THE PAST FIVE YEARS

Half or more students that drank alcohol used strategies to protect themselves from negative consequences of alcohol use.

The chart shows the findings for Fall 2019 and the lowest and highest percentages of students across the other years. Many of these protective behaviors were promoted by Consortium schools in their prevention and risk reduction campaigns. Notably, three quarters of students reported having a designated driver and refusing to ride with a driver who has been drinking. The most common protective strategy was eating before and during drinking. Half of students reported limiting the number of drinks per hour they consumed as a protective strategy.

Students used various strategies to protect themselves
(percent using each strategy at least sometimes)



SURVEY METHODS

In the Fall of 2019, five consortium member schools surveyed a total of 867 students using the New Mexico Student Lifestyles Survey. Sample sizes at each school ranged from 56 to 285. Each school collected a purposive sample that reflected the gender, age, ethnic/racial identity, and classification of their undergraduate student body. We conducted data analyses using weighted data that adjusted for gender and the varying student population sizes at the five schools.

The New Mexico Student Lifestyles Survey has been conducted annually since 2008. Findings have been provided to Consortium member schools to assist them in planning and evaluating their prevention efforts. Participation in the Consortium by member schools has varied over the years due to financing and staffing issues.

SAMPLE DESCRIPTION

Students ranged in age from 18 to 40 (with 40 being the maximum possible), with an average (Mean) age of 22.9. 60.1% were women, 37.4% were men, 2.4% non-binary; 21.6% were freshman, 17.1% were sophomore, 18.6% junior, 22.6% senior, 19.4% graduate/professional, with 0.8% not seeking degree. The majority of students were of white non-Hispanic or Hispanic/Latinx origin, and American Indian/Native Alaskan.

Description of Survey Participants *(using unweighted data)*	
Gender	
Women	60.1%
Men	37.4%
Non-Binary	2.4%
Ethnic Origin	
White (non-Hispanic)	50.5%
Hispanic/Latinx	37.3%
American Indian/Native Alaskan	17.8%
Asian/Pacific Islander	5.9%
Other	5.0%
Black	3.8%
Multiple Response/ Selected two or more	16.4%
Age	
Under 21	38.9%
21 and Older	61.1%
Average Age (Mean)	22.9
Average Age (Median)	21.0
Residence	
Off Campus Housing	65.9%
On Campus Housing	33.4%
Fraternity/Sorority house	0.7%



THE NEW MEXICO HIGHER EDUCATION PREVENTION CONSORTIUM 2015 TO 2019



Acknowledgements

The New Mexico Higher Education Prevention Consortium wishes to thank college students of the State of New Mexico for their contribution as well as the representatives leading the prevention efforts at our member campuses.

The University of New Mexico, Albuquerque: Rachel Abeyta, Leonel Diaz, John Steiner, and Randall Starling
New Mexico State University, Las Cruces: Piper Coalson
San Juan College, Farmington: Nileta Pioche and Shawna Jameson
New Mexico Institute of Mining and Technology, Socorro: Kirstina Ward and Theresa Kappel
Institute of American Indian Arts, Santa Fe: Toney Johnson

Funding and support for the Consortium is provided by:
The State of New Mexico Human Services Department,
Behavioral Health Services Division, Office of Substance Abuse Prevention;
Karen Cheman, Prevention Manager, NPN & SEOW Director

This report was prepared by:
Jan Vanslyke, PhD, MSW
Tatiana Masters, PhD, MSW
Damian Rainey
Randall Starling, PhD
Rachel Abeyta

Data analysis provided by:
Evaluation Specialists
www.evaluationspecialists.com

For more information about the Consortium or questions about this report, contact:
Randall Starling, UNM COSAP, MSC 06 3640,
1 University of New Mexico
Albuquerque, NM 87131
505-277-0360