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Psychiatric Nurse Practitioner
Behavioral Health-University Health Services
Context of Alcohol Culture

Binge drinking rates for 18–44 year olds

Source: MMWR, US DHHS, October 5, 2010
State Alcohol Density

Bars vs. Grocery Stores
Context of Alcohol Culture

- 50% of students exhibit high-risk drinking behaviors (national average is 36%)
- Alcohol Density: 376 establishments serve/sell alcohol within 3 miles of campus
- Average PBT of students transported to detox 0.222
ACHA High-Risk Drinking Rate

2015 ACHA-NCHA High Risk Drinking Rate

- Total UW-Madison Undergraduate: 50.3%
- Total UW-Madison Population: 42.1%
- 1st year undergraduate: 47.4%
- 2nd year undergraduate: 48.6%
- 3rd year undergraduate: 52.8%
- 4th year undergraduate: 56.1%
- 5th year or more undergraduate: 38.7%
- Graduate or professional: 23.9%
Context of Alcohol Culture

- Top 3 for lowest alcohol tax in the nation
- Several state laws protect business rather than health and wellbeing
Campus Climate
#TheRealUW is being cat called on Langdon street w/ vulgar comments spewed about your race. Traumatizing.

Yik Yak

there's a black girl on my floor constantly bitching about oppression... bitch I scored 12 pts higher than you on my ACT, yet you have a full ride & I got zero scholarships #checkYOURprivilege
What are your initial thoughts?
What are your experiences with UW–Madison’s alcohol climate?
In what ways could the alcohol culture impact sexual assault and rape culture?
Road to the survey
2013 AlcoholEdu Incoming First-Year Students’ Drinking Rates Once on Campus

<table>
<thead>
<tr>
<th>Category</th>
<th>Non-drinker</th>
<th>High-risk drinker</th>
</tr>
</thead>
<tbody>
<tr>
<td>UW–Madison Students of Color</td>
<td>66%</td>
<td>46%</td>
</tr>
<tr>
<td>UW–Madison White Students</td>
<td>33%</td>
<td>21%</td>
</tr>
</tbody>
</table>

Non-drinker

High-risk drinker
Student feedback and input

- Associated Students of Madison
- Focus Groups
- MEChA
- Survey
Completion Rates

- Sample size 4,736 undergraduate students of color
  2,000 white undergraduate students

- Response 1,195 (25.2%) of undergraduate students of color
  333 (16.7%) of a sample of white undergraduate
Describe the alcohol culture at UW–Madison

 Themes that emerged

**Students of Color**

- The alcohol culture is prevalent.
- The alcohol culture is how UW–Madison students socialize.
- The pressure to participate in the drinking culture is high.

**White Students**

- The alcohol culture is how UW–Madison students socialize.
- The UW–Madison alcohol culture encourages drinking heavily.
- Participation in the alcohol culture is dependent on who you socialize with.
Color of Drinking Take Away #1

Alcohol Use by The Majority is a Protective Factor for Academic and Social Success.
Drinker Type by Group

Students of Color
- Abstainer: 15.3%
- Nondrinker: 27.6%
- Moderate Drinker: 18.8%
- Heavy Episodic Drinker: 29.2%
- Problematic Drinker: 9.6%

White Students
- Abstainer: 8.4%
- Nondrinker: 10.9%
- Moderate Drinker: 23.6%
- Heavy Episodic Drinker: 21.4%
- Problematic Drinker: 8.4%
Color of Drinking Percentage of Drinker Risk and Top Flourishing Scores (52-56) on Diener Flourishing Scale

Students of Color
- High-Risk Drinker: 38.80%
- Moderate Drinker: 38.50%
- Nondrinker: 36.90%

White Students
- High-Risk Drinker: 51.60%
- Moderate Drinker: 42.20%
- Nondrinker: 32.70%
2016 Healthy Minds Self-Reported Average GPA and Alcohol Useage

- No Alcohol Use
  - 64.9% (N=1189)
  - 26.8% (N=481)

- Any Alcohol Use
  - 61.0% (N=2920)
  - 32.2% (N=1538)

- Diagnosed Substance Abuse Disorder
  - 60.0% (N=33)
  - 29.0% (N=16)
Campus Grade and Alcohol Trends

• 2017 the Average GPA of Adjudicated Alcohol Students was 3.8

• Greek Women (Highest Risk Female Group) Consistently have a higher than campus GPA

2017-2018 Residents of Witte and Sellery had the highest reported GPAs.
Color of Drinking Take Away #2

Safety is a concern among all students.

Students of color’s safety is impacted more disproportionately.
Do you avoid specific areas—on or off campus—due to concerns about alcohol use of others?

- Students of Color
- White Students
- Color of Drinking (2015)

- Yes: 41.6% for Students of Color, 40.2% for White Students, 61.5% for Color of Drinking (2015)
- No: 31.3% for Students of Color, 46.2% for White Students, 59.8% for Color of Drinking (2015)
- Unsure: 12.2% for Students of Color, 7.2% for White Students, 0.0% for Color of Drinking (2015)
<table>
<thead>
<tr>
<th>Location</th>
<th>Students of color</th>
<th>White students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fraternity/sorority housing</td>
<td>83%</td>
<td>86%</td>
</tr>
<tr>
<td>Langdon Street</td>
<td>67%</td>
<td>73%</td>
</tr>
<tr>
<td>House parties</td>
<td>48%</td>
<td>54%</td>
</tr>
<tr>
<td>State Street and bars</td>
<td>47%</td>
<td>49%</td>
</tr>
<tr>
<td>Tailgates</td>
<td>42%</td>
<td>38%</td>
</tr>
<tr>
<td>Lakeshore Path</td>
<td>27%</td>
<td>28%</td>
</tr>
<tr>
<td>Camp Randall</td>
<td>23%</td>
<td>23%</td>
</tr>
<tr>
<td>Southeast Residence Halls</td>
<td>21%</td>
<td>21%</td>
</tr>
<tr>
<td>Regent Street</td>
<td>15%</td>
<td>14%</td>
</tr>
<tr>
<td>Other Locations</td>
<td>5%</td>
<td>4%</td>
</tr>
<tr>
<td>Lakeshore Residence Halls</td>
<td>4%</td>
<td>3%</td>
</tr>
</tbody>
</table>
Has alcohol use impacted your health (physical, mental, overall well-being) in the time you have attended UW–Madison?

Students of Color

- Yes: 13.7%
- No: 19.1%
- Unsure: 64.4%

White Students

- Yes: 16.4%
- No: 16.6%
- Unsure: 70.0%
21% of the general student body scored positively for depression

- Of those groups that fared worse:
  - Black students 27%
  - Latino students 36%
  - Lesbian, gay, bisexual 37%
  - Transgender/gender non-conforming 53%
  - Financially struggling students 34%

- Used PH-Q 9 screener to evaluate symptoms (versus self-report)
Other specific populations fared worse:
- Black students 23%, Latino students 35%, Arab-American students 27%
- Lesbian, gay, bisexual 26%
- Transgender/gender non-conforming 37%
- Financially struggling students 29%

Used the GAD-9 to assess anxiety scores

16% of the general student body scored positively for anxiety
Transgender/gender non-conforming (40%) students were about four times more likely to experience suicidal ideation compared to their cisgender counterparts.

Students of color were more likely to endorse suicidal ideation.

9% of the students experienced suicidal ideation in the last year.
Female Undergraduate Victimization (Nonconsensual Penetration or Sexual Touching Involving Physical Force) Rates by Race

- American Indian or Alaska Native: 46.2%
- Asian: 17.6%
- Black/African American: 30.6%
- Native Hawaiian or Other Pacific Islander: 47.2%
- White: 28.9%
Alcohol-facilitated Sexual Assault

Nationwide, approximately **50-75%** of sexual assaults on college campuses involve the use of alcohol by either the victim, perpetrator, or both.

On the UW-Madison campus, **76%** of sexual assaults involve the use of alcohol.

Majority of victims were ingesting alcohol voluntarily the night of perpetration.
Alcohol use specifically high-risk drinking is tied to how UW-Madison students connect and belong.
Has your personal alcohol use or the alcohol use of others impacted your overall sense of belonging at UW–Madison?

<table>
<thead>
<tr>
<th></th>
<th>Students of Color</th>
<th>White Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>28.0%</td>
<td>57.4%</td>
</tr>
<tr>
<td>No</td>
<td>33.0%</td>
<td>56.5%</td>
</tr>
<tr>
<td>Unsure</td>
<td>14.6%</td>
<td>10.5%</td>
</tr>
</tbody>
</table>
Top Belonging Themes

Students of Color

- If you don’t drink, you don’t fit in at UW–Madison.
- Alcohol use by others makes me feel isolated.
- Alcohol use amplifies racial issues.

White Students

- Alcohol helps you fit in and belong.
- If you don’t drink, you don’t belong.
- Alcohol helps you meet new people.
- Drinking alcohol helps me feel like I belong at UW–Madison.
- Alcohol helps you bond with people socially.
Campus Climate Survey

How often do you feel like you belong?

- White Students: 75%
- Students of Color: 50%
Campus Climate Survey

How often do you feel...

<table>
<thead>
<tr>
<th></th>
<th>Students of Color</th>
<th>White Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Safe</td>
<td>65</td>
<td>80</td>
</tr>
<tr>
<td>Welcomed</td>
<td>65</td>
<td>87</td>
</tr>
<tr>
<td>Respected</td>
<td>64</td>
<td>83</td>
</tr>
<tr>
<td>Excluded</td>
<td>23</td>
<td>9</td>
</tr>
</tbody>
</table>
Racial climate and microaggressions impact student of color’s wellbeing and retention the most.
Microaggressions

For this survey, microaggressions were defined as:

Brief and commonplace daily verbal, behavioral, or environmental indignities, whether intentional or unintentional, that communicate hostile, derogatory, or negative racial slights and insults towards people of color.

(Sue et al, 2007)
Have you experienced microaggressions at UW–Madison?

- Yes: Students of Color
  - 61.7%
- No: Color of Drinking (2015)
  - 38.3%
Have you witnessed a microaggression?
Have you intervened?

<table>
<thead>
<tr>
<th></th>
<th>Students of Color witnessed</th>
<th>Students of Color intervened</th>
<th>White students witnessed</th>
<th>White students intervened</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes and unsure</td>
<td>84%</td>
<td>50%</td>
<td>60%</td>
<td>45%</td>
</tr>
<tr>
<td>No</td>
<td>16%</td>
<td>50%</td>
<td>40%</td>
<td>55%</td>
</tr>
</tbody>
</table>
Have you experienced or witnessed hostile, harassing, or intimidating behavior?

**Campus Climate Survey**

- **Students of Color**: 45%
- **White Students**: 30%

**Yes**
Have you considered leaving the university?

<table>
<thead>
<tr>
<th></th>
<th>Yes and Unsure*</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Students of Color</td>
<td>28.8%</td>
<td>79.1%</td>
</tr>
<tr>
<td>White Students</td>
<td>20.9%</td>
<td>71.1%</td>
</tr>
</tbody>
</table>

*Yes and Unsure includes those who are unsure and those who are considering it.
### Reasons for considering leaving

<table>
<thead>
<tr>
<th>Students of color</th>
<th>White students</th>
</tr>
</thead>
<tbody>
<tr>
<td>55% Racial climate</td>
<td>40% Academic reasons</td>
</tr>
<tr>
<td>45% Mental health</td>
<td>38% Mental health</td>
</tr>
<tr>
<td>40% Academic reasons</td>
<td>33% Interpersonal reasons</td>
</tr>
<tr>
<td>25% Financial reasons</td>
<td>30% Alcohol climate</td>
</tr>
<tr>
<td>23% Interpersonal reasons</td>
<td>24% Other reasons</td>
</tr>
<tr>
<td>20% Alcohol climate</td>
<td>19% Financial reasons</td>
</tr>
</tbody>
</table>
Campus Climate Survey

Seriously Considered Leaving

- Students of Color: 19%
- White Students: 10%
### Reasons for Leaving

**Students of color**

- 58% Campus Climate and Culture
- 37% Personal Reasons
- 30% Unsafe or Hostile Environment
- 29% Financial Concerns
- 26% Relations with Other Students
- 23% Academics Too Difficult
- 22% Managing Demands of School Work
- 16% Too Much of a Party Atmosphere
- 15% Difficulty Managing Demands of School and Activism
- 15% Other Academic Issue

**White students**

- 40% Personal Reasons
- 36% Financial Concerns
- 27% Academics Too Difficult
- 27% Campus Climate and Culture
- 26% Difficulty Managing Demands of School and Activism
- 24% Other Academic Issue
- 22% University Is Too Big
- 18% Relations with Other Students
- 17% Career Change Options
- 17% Too Much of a Party Atmosphere
Allowances and exceptions are made academically to support drinkers and the alcohol culture.
I have to find alternative study spaces because of the alcohol culture.

When assigned group work, group meetings are scheduled around the consumption of alcohol.

My professors or TAs discuss alcohol in the classroom.

Have you experienced the following?

<table>
<thead>
<tr>
<th></th>
<th>Students of Color</th>
<th>White Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>I have to find alternative study spaces because of the alcohol culture.</td>
<td>46.6%</td>
<td>43.7%</td>
</tr>
<tr>
<td>When assigned group work, group meetings are scheduled around the consumption of alcohol.</td>
<td>37.4%</td>
<td>41.8%</td>
</tr>
<tr>
<td>My professors or TAs discuss alcohol in the classroom.</td>
<td>49.3%</td>
<td>57.0%</td>
</tr>
</tbody>
</table>
Have you experienced the following because of your own alcohol use in the last year?

<table>
<thead>
<tr>
<th></th>
<th>Students of Color</th>
<th>White Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Too hungover to attend class</td>
<td>18%</td>
<td>29%</td>
</tr>
<tr>
<td>Chose to drink instead of study</td>
<td>39%</td>
<td>48%</td>
</tr>
<tr>
<td>Received a poor final grade because I chose to drink instead of study</td>
<td>12%</td>
<td>13%</td>
</tr>
<tr>
<td>Missed class</td>
<td>16%</td>
<td>20%</td>
</tr>
<tr>
<td>Performed poorly on an assignment</td>
<td>16%</td>
<td>25%</td>
</tr>
</tbody>
</table>
Survey Debrief

- What are your initial thoughts?
- Thinking about your role in the community, how does this information affect you or your work?
- What does this mean for sexual assault?
Campus Responses

- UWPD added Langdon Street to The First 45 Days
- Red Gym Hosted the “Red Gym After Hours,” an alcohol free event open to all students.
- University Housing changed policy to address violators and help them see the environmental impact of their drinking behavior.
- Center for Leadership and Involvement asked Fraternity and Sorority Life to not load their buses in front of the Red Gym.
Summary

- Alcohol use on this campus is correlated with academic and social success among majority students.

- Students of color experience more negative consequences than white students by not participating in the drinking culture, which impacts
  - Safety, mental health, considering leaving the university, and sense of belonging.

- High-risk drinking is how UW–Madison students connect. Allowances are made both academically and socially to participate in HRD.
Questions, Thoughts, Reactions?
Contact Information

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