

DARTMOUTH

Dartmouth Student Well-Being: High-Risk Drinking Prevention

In his *Moving Dartmouth Forward (MDF)* address on Jan. 29, 2015, President Philip J. Hanlon '77 said: “to truly create a safe environment—and one that is advantageous to learning—we will also have to tackle the challenge of excessive drinking.” Our campus continues to address the reduction of high-risk drinking and related harms by implementing effective strategies and best practices in the field of prevention.

To combat public health problems, members of the community must be informed and involved in making positive change. In support of this goal, a series of reports will be released over the course of several months sharing current Dartmouth data, information, and recommendations with the community.

Series authors:

Caitlin K. Barthelmes

Director

The Student Wellness Center

Dawn Gillis

Assessment and Program Evaluation Coordinator

The Student Wellness Center

Questions?

Contact caitlin.barthelmes@dartmouth.edu

DARTMOUTH

CHANGING HIGH-RISK BEHAVIORS: ENVIRONMENTAL STRATEGIES (4/5)

Because college student drinking occurs in the context of a living-learning environment, successful interventions for reducing high-risk drinking must operate to reach individual students, the entire student body, and the greater college community. Comprehensive prevention plans must include environmental management strategies that change the appeal and availability of alcohol. Developing and enforcing campus alcohol and other drug policies and limiting alcohol availability are two strategies that can shift an environment away from risky drinking toward more positive behaviors.¹

Alcohol Management Program Policy

The [Alcohol Management Program](#) (AMP) oversees the registration process and policies that undergraduate organizations must follow when alcohol is being served at events held on and off campus. A variety of environmental strategies are integrated into registration requirements, including managing Tier 2 events (40-150 attendees) with at least two Training for Intervention Procedures (TIPS)-trained bartenders to serve alcohol and at least two door monitors to increase the safety of party participants entering and exiting the event. Tier 3 events (with more than 150 attendees) require non-organization-affiliated bartenders, either through the AMP event staff or a licensed caterer, and also third-party security to increase safety and risk management. AMP continues to uphold additional risk-reduction requirements across tiers. Some examples include risk management advising meetings, additional sober door monitors, Safety and Security party checks, and wristbands for students who are legally able to drink. There were more than 1,500 registered AMP events in 2018-2019.

Limiting Alcohol Availability: Hard Alcohol Policy

[Dartmouth's Alcohol and Other Drug Policy](#) prohibits the possession, consumption, or service of hard alcohol (30 proof or higher). Individuals and organizations have been identified for violating this policy and have gone through the College's judicial process as a result of their behavior.

What does alcohol 'proof' mean? Proof is the percent of alcohol per volume expressed as a fraction of 200. For instance, 30 proof is 30/200 or 15 percent ABV (alcohol by volume), which means 15 percent of the substance is pure alcohol.

Typical alcohol content of standard drinks:

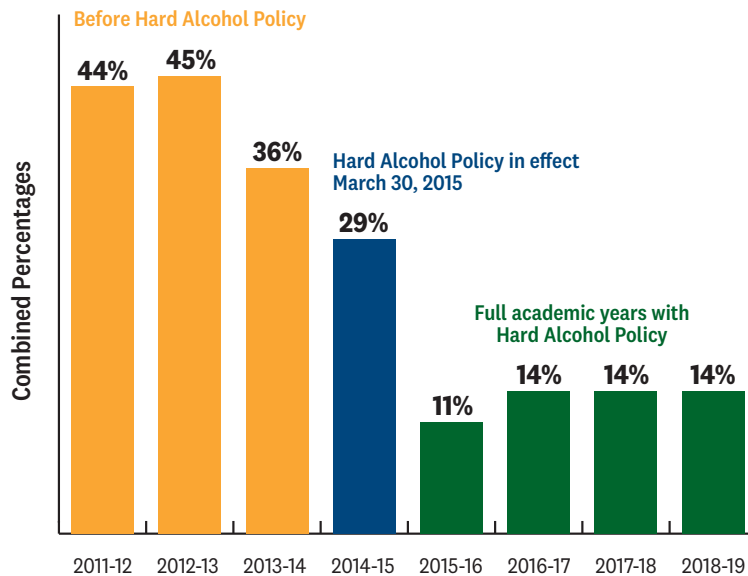
- A 12 oz. standard beer or cider is 5 percent ABV (10 proof)
- A 12 oz. malt beverage is 7 percent ABV (14 proof)
- A 12 oz. high-gravity beer or cider is 6 to 10 percent ABV (12-20 proof)
- 5 ounces of wine or Champagne is 12 percent ABV (24 proof)
- 1.5 ounces of liquor/hard alcohol is 40 percent ABV (80 proof)



DARTMOUTH

Since the implementation of more evidence-based alcohol prevention efforts began in 2011-2012, we have seen a decrease in reported use of hard alcohol by students referred to our alcohol education program, BASICS. There was a dramatic drop in reported hard alcohol use from 2014-2015 to 2015-2016, after the announcement and implementation of the hard alcohol policy. Reported hard alcohol consumption dropped by approximately 50 percent from the 2014 academic year to 2018 academic year and has remained steady for the past three years. We should be cautious of generalizing these results to all Dartmouth students as individuals invited to BASICS are typically higher-risk given their involvement in an alcohol-related incident or association with a high-risk group (e.g. athletics, the Greek community).

Combined Percentages of Self-Reported Hard Alcohol Use (July-June)



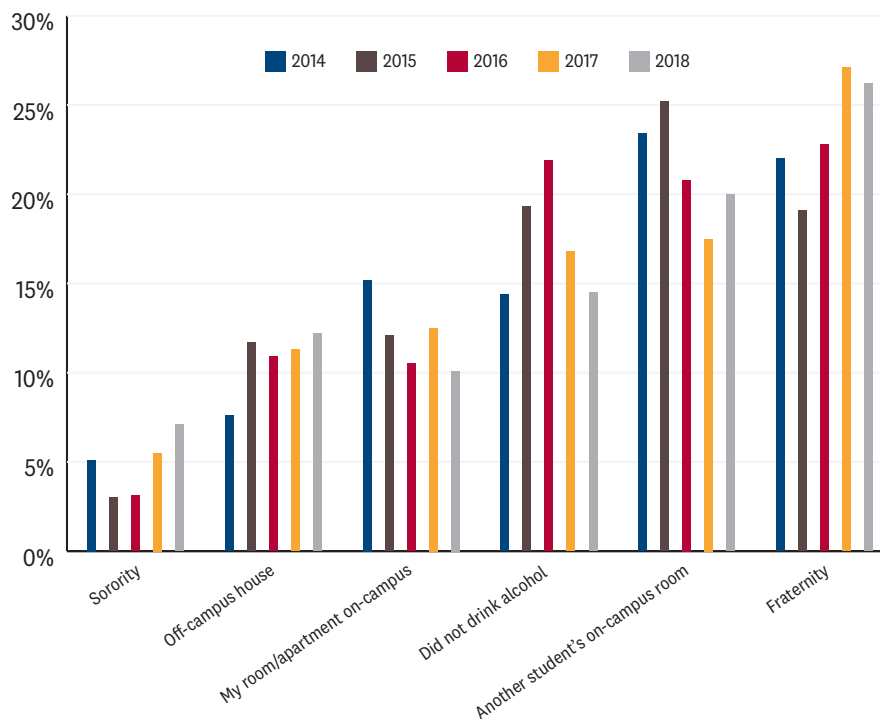
- Data from confidential BASICS (Brief Alcohol Screening and Intervention for College Students) baseline survey. Student responses based on incident that led to referral or last time drank (if no incident precipitated participation in BASICS).
- Combined percentages summed from each response item for hard alcohol consumed (shots, energy drinks, punch, and other mixed drinks). Students could respond in the affirmative to more than one type of drink containing hard alcohol.

DARTMOUTH

The Myth of Drinking Displacement

A reoccurring concern regarding environmental initiatives that reduce access to alcohol in one place (e.g. campus) is the fear that riskier drinking is displaced to other locations (e.g. off-campus). However, research indicates that when safer environmental interventions are employed, higher intoxication displacement does not occur.² Our data echoes that finding. While an initial increase in reported alcohol use in off-campus houses occurred in 2015, that rate has held relatively steady since then. Additionally, fraternities and another student's on-campus room have continued to remain the most frequently reported locations for drinking alcohol.

Self-Reported Location of Where Students Drank Alcohol Where did you drink alcohol?



- Data from the confidential BASICS (Brief Alcohol Screening and Intervention for College Students) baseline survey. Student responses were based on the incident that led to their referral or the last time they drank (if no incident precipitated their participation in BASICS). Academic year reported starts July of year shown.
- Location response choices that had results of less than 5% each year include: Affinity house, My room/apartment off-campus, Other on-campus location, Other off-campus location (restaurant etc.), and Other.

**POLICY AND ENFORCEMENT ARE
POWERFUL PREVENTION TOOLS**



DARTMOUTH

¹Cronce, J. M., Toomey, T. L., Lenk, K., Nelson, T. F., Kilmer, J. R., & Larimer, M. E. (2018). NIAAA's College Alcohol Intervention Matrix. *Alcohol research : current reviews*, 39(1), 43-47.

²Saltz, R. F., Paschall, M. J., McGaffigan, R. P., & Nygaard, P. M. (2010). Alcohol risk management in college settings: the safer California universities randomized trial. *American journal of preventive medicine*, 39(6), 491-499.