

National College Health Assessment

The ACHA-National College Health Assessment is a national research survey organized by the American College Health Association (ACHA).

This survey was organized to assist college health service providers, health educators, counselors, and administrators in collecting data about their students' habits, behaviors, and perceptions on prevalent health topics.

The NCHA survey was first administered in Spring 2000.

More than 825,000 students at 550+ colleges and universities across the country have taken the survey since the survey's inception in Spring 2000. In Spring 2010 alone, 39 institutions participated with a final data set consisting of 30,093 students. The NCHA has been used by two-year and four-year public and private institutions from varied geographical regions, Carnegie Foundation Classifications, and campus settings. NCHA allows the schools administering the surveys to choose the primary purpose, surveying method, sample size, target population, and time period. NCHA offers the survey on paper or online and in the spring or fall. The survey is voluntary, but schools may choose to offer any incentives to increase response.

According to the U.S. Census Bureau, the majority of college students are of legal drinking age. However, those under 21 should not drink at all.

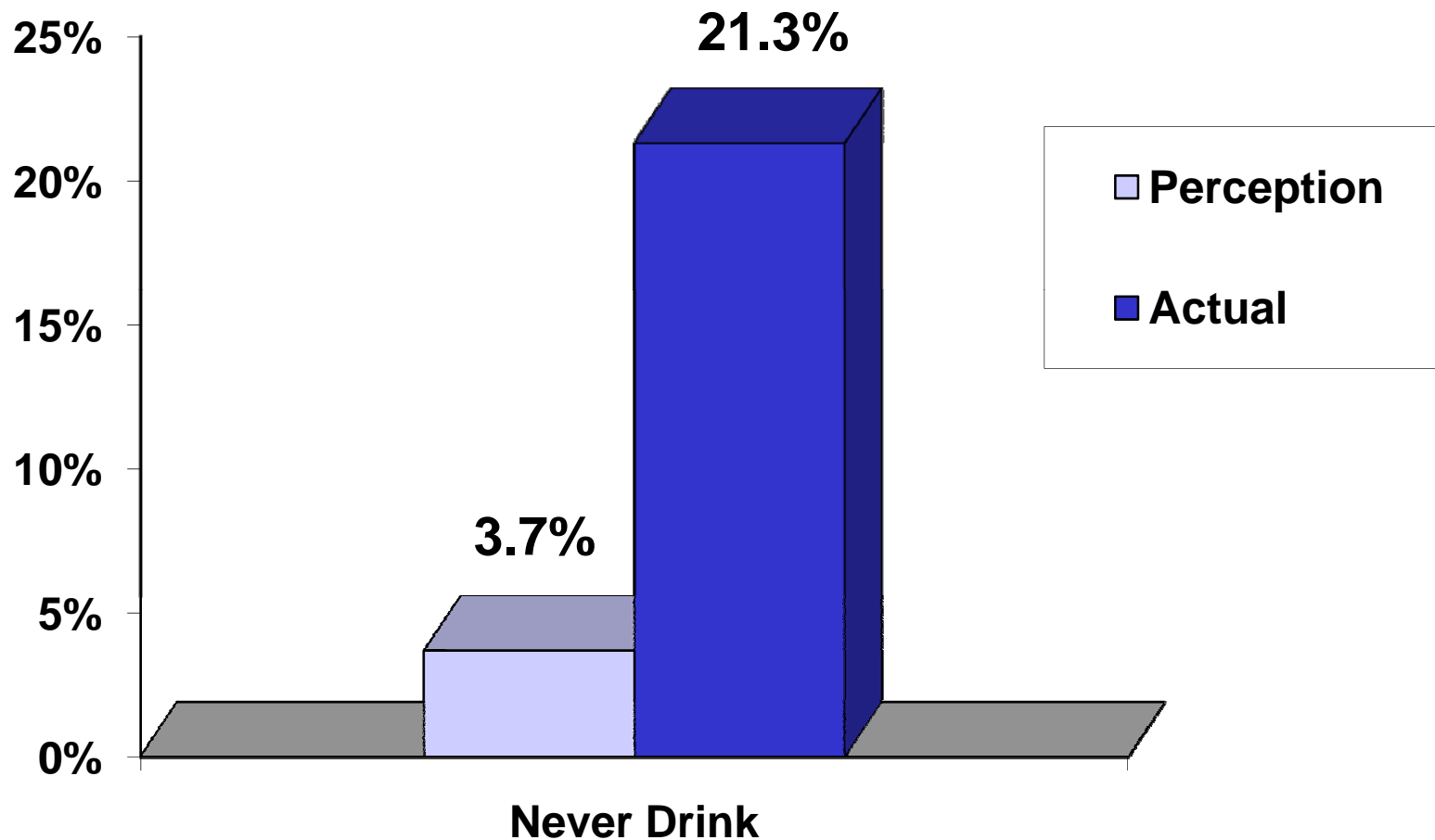
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NOTE: Starting with the Fall 2008 report, the NCHA survey was revised and named the ACHA-NCHA-II. General categories of information for which data are collected remained the same, however a number of questions were modified and new questions were added to monitor a variety of health constructs.

Because of this, directly comparing pre- and post-redesign estimates on similar data points, without taking into account the impact of the survey's redesign, might lead to erroneous conclusions.

Perception vs. Reality

Percentage of College Students Who Never Drink



Source: National College Health Assessment, Spring 2011 Findings, American College Health Association. Based on previous 30-day period.

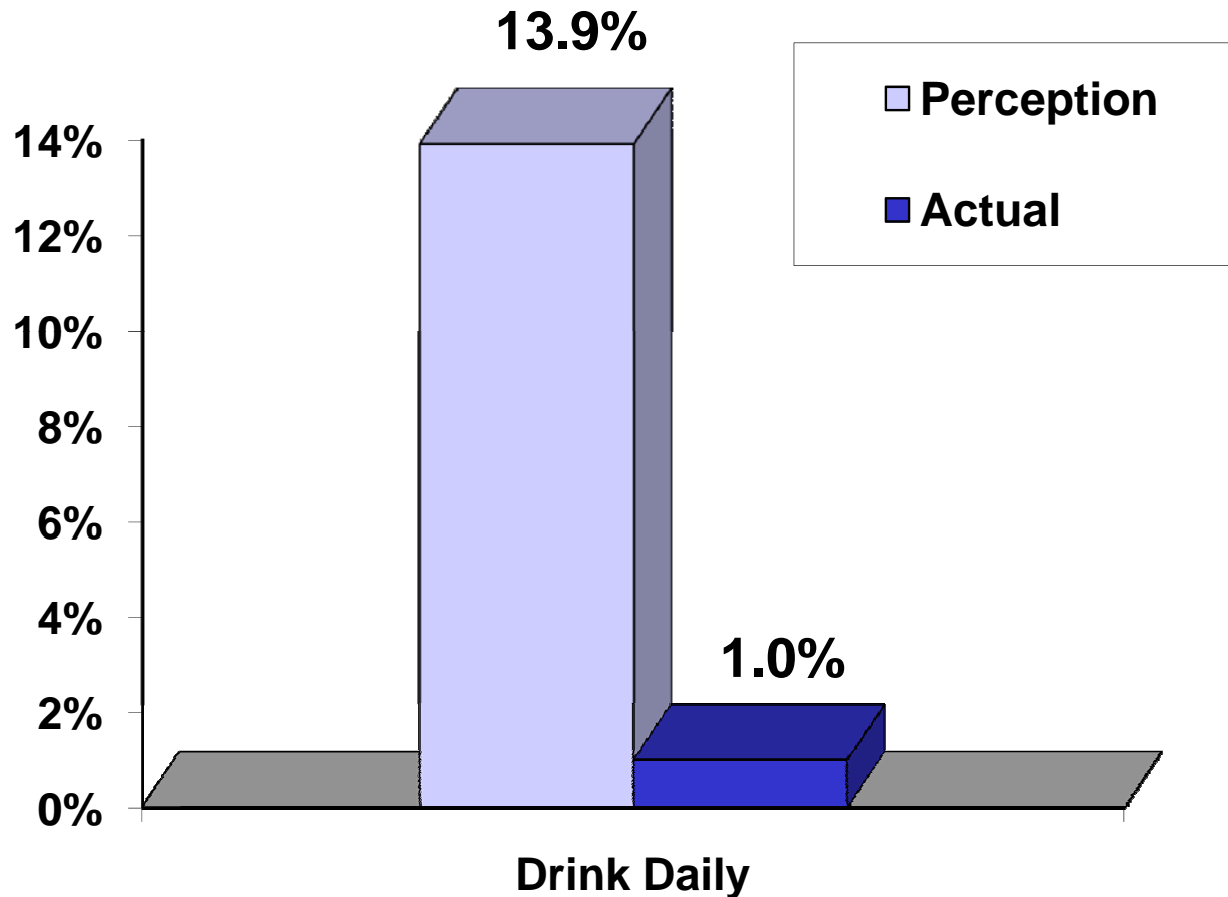
http://www.acha-ncha.org/docs/ACHA-NCHA-II_ReferenceGroup_DataReport_Spring2011.pdf

Actual: Question 8A5: Within the last thirty days, on how many days did you use: Alcohol (beer, wine, liquor)? (Never used; Have used, but not in the last 30 days; 1-2 days; 3-5 days; 6-9 days; 10-19 days; 20-29 days; Used daily)

Perception: Question 9A5: Within the last 30 days, how often do you think the typical student at your school used Alcohol (beer, wine, liquor)? (Never used; Have used, but not in the last 30 days; 1-2 days; 3-5 days; 6-9 days; 10-19 days; 20-29 days; Used daily)

Perception vs. Reality

Percentage of College Students Who Drink Daily



Source: National College Health Assessment, Spring 2011 Findings, American College Health Association. Based on previous 30-day period.

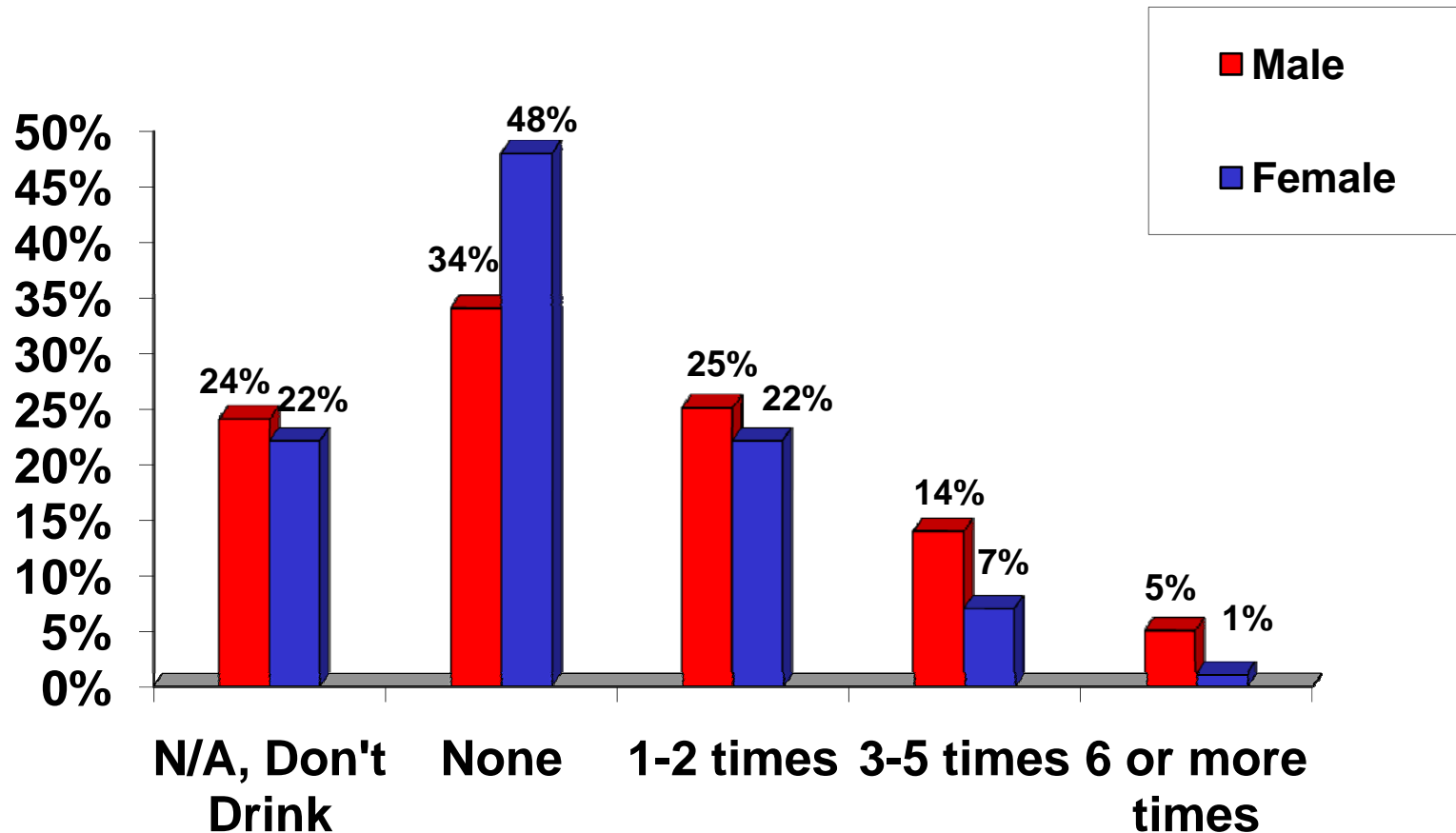
http://www.acha-ncha.org/docs/ACHA-NCHA-II_ReferenceGroup_DataReport_Spring2011.pdf

Actual: Question 8A5: Within the last thirty days, on how many days did you use Alcohol (beer, wine, liquor)? (Never used; Have used, but not in the last 30 days; 1-2 days; 3-5 days; 6-9 days; 10-19 days; 20-29 days; Used daily)

Perception: Question 9A5: Within the last 30 days, how often do you think the typical student at your school used Alcohol (beer, wine, liquor)? (Never used; Have used, but not in the last 30 days; 1-2 days; 3-5 days; 6-9 days; 10-19 days; 20-29 days; Used daily)

College Student Drinking

Drinking 5 or More Drinks in a Sitting Within the Last 2 Weeks



Source: National College Health Assessment, Spring 2011 Findings, American College Health Association. Based on previous 30-day period.

http://www.acha-ncha.org/docs/ACHA-NCHA-II_ReferenceGroup_DataReport_Spring2011.pdf

Question 13: Over the last two weeks, how many times have you had five or more drinks of alcohol at a sitting? (N/A, Don't drink; None; 1 time; 2 times; 3 times; 4 times; 5 times; 6 times; 7 times; 8 times; 9 times; 10 or more times)

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Positive Norms

- **68% of college students used a designated driver when they socialized during the last school year.**
- **70% of college students consumed 4 or fewer drinks the last time they socialized.**
- **85% of college students consumed 6 or fewer drinks the last time they socialized.**
- **66% of college students did not consume 5 or more drinks in a sitting within the last two weeks.**

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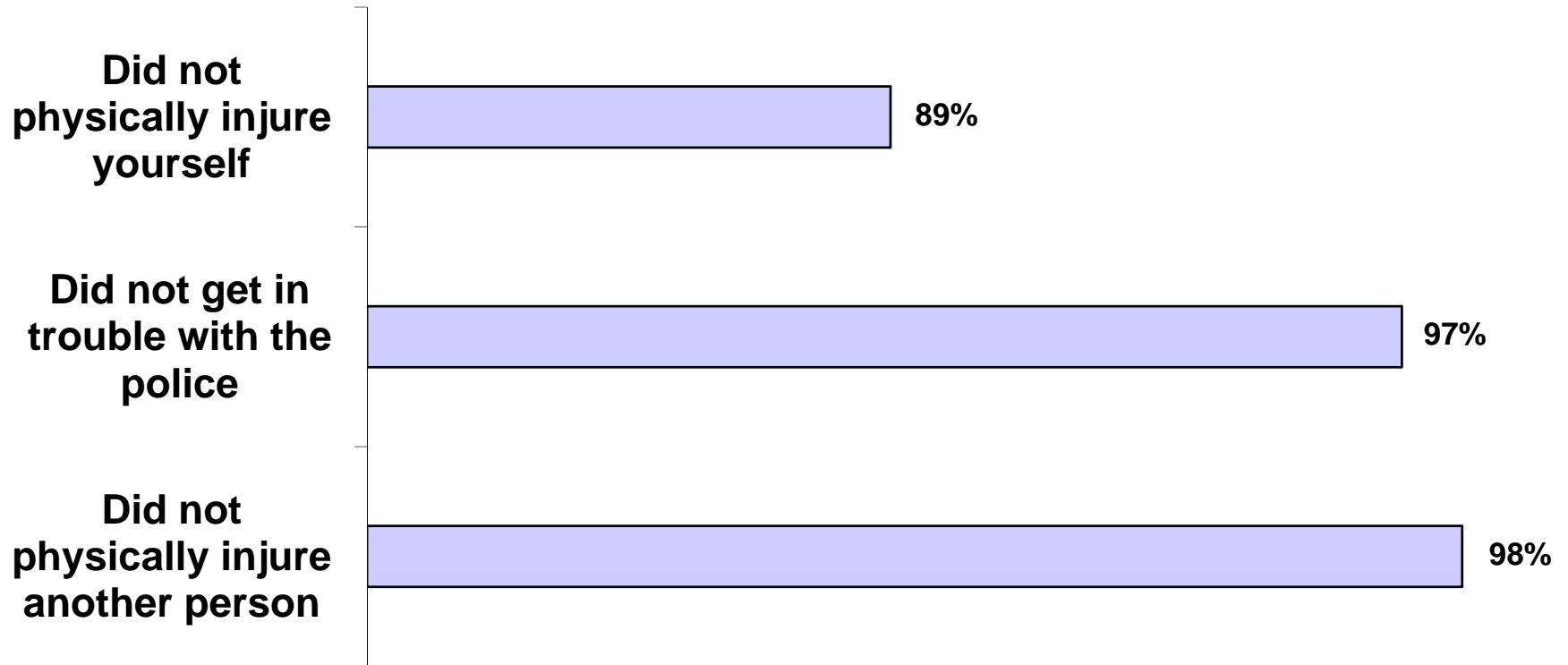
Designated driver use: Question 15K: During the last 12 months, when you “partied”/socialized, how often did you: Use a designated driver? (Not applicable/Don’t Drink, Never, Rarely, Sometimes, Most of the time, Always) (Note: Students responding “N/A, don’t drink” were excluded from this analysis.)

Drinks consumed: Question 10: The last time you “partied”/socialized, how many alcoholic drinks did you have? (0; 1-2; 3-4; 5-6; 7-8; 9-10; 11-12; 13-14; 15-16; GE 17)

Consuming 5+ drinks in one sitting: Question 13: Over the last two weeks, how many times have you had five or more drinks of alcohol at a sitting? (N/A, Don’t Drink; None; 1 time; 2 times; 3 times; 4 times; 5 times; 6 times; 7 times; 8 times; 9 times; 10 or more times)

Behavioral Norms

Consequences Not Occurring as a Result of Drinking Among College Students



Source: American College Health Association-National College Health Assessment (ACHA-NCHA-II), Spring 2011. Based on previous 30-day period.

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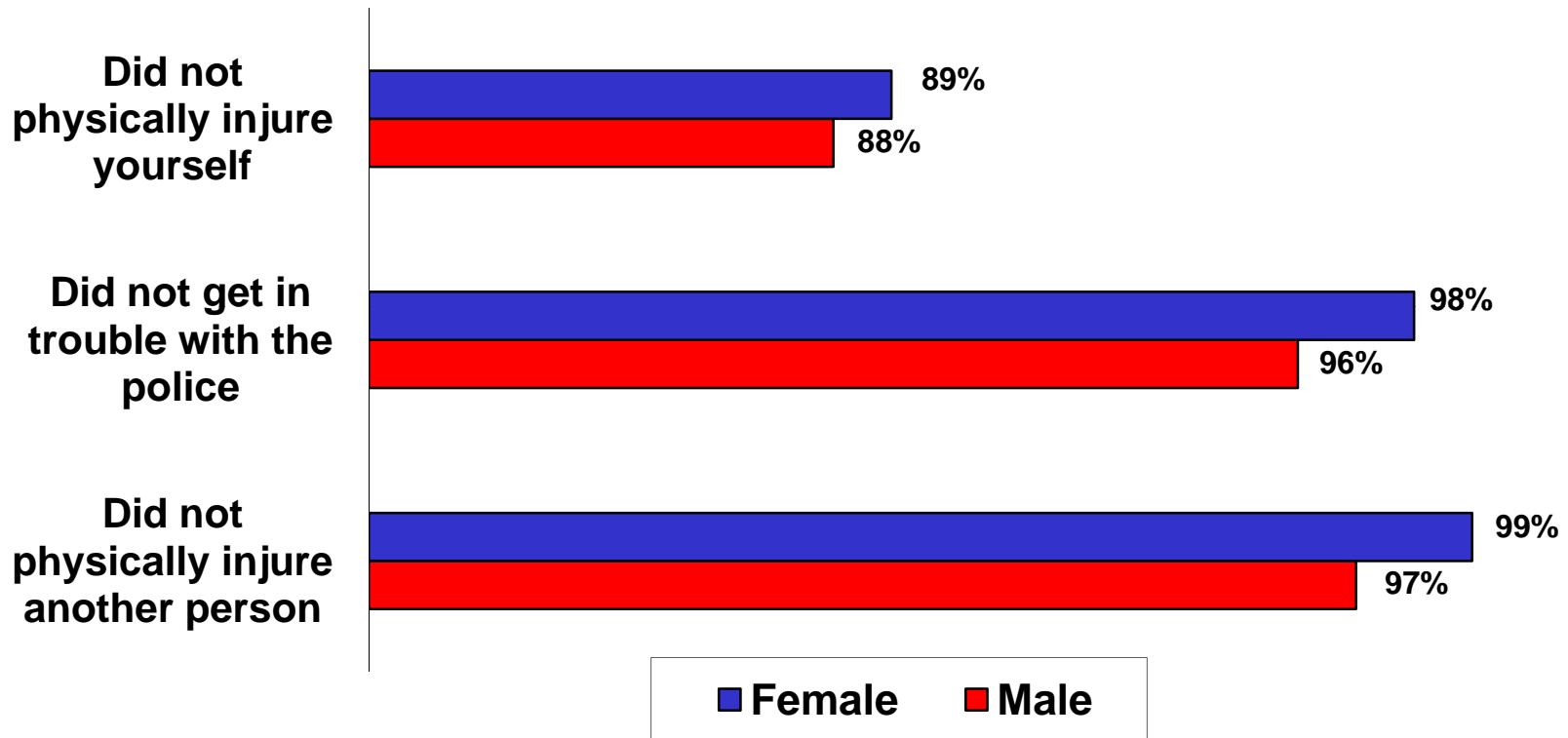
Q16G-H: Within the last twelve months, have you experienced any of the following as a consequence of your drinking: [Physically injured yourself, Physically injured another person] (Not applicable/Don't drink, No, Yes)

Q16C: Within the last twelve months, have you experienced any of the following as a consequence of your drinking: Got in trouble with the police? (Not applicable/Don't drink; No; Yes)

Note: Students responding "N/A, don't drink" were excluded from this analysis.

Behavioral Norms

Consequences Not Occurring as a Result of Drinking Among College Students



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