

Coalition for Action on High Risk Drinking: Annual Report 2014

(Includes 2011-12, 2012-13, and 2013-14 data)

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1. Introduction

Background

In 2008, a diverse group of concerned members of the University of Alberta (UA) community met informally to address alcohol-related health and social issues on campus by identifying existing alcohol misuse programming and policies at the university; identifying gaps and needs, and coordinating activities to address the identified needs and gaps. This group later formed the Coalition for Action on High Risk Drinking (CAHRD) in 2008. As a result of initial meetings and discussion, members of CAHRD pooled resources to help deliver the Check Yourself campaign to UA students during the 2009-2010 and 2010-2011 academic years. Between September 2011 and April 2014, CAHRD members broadened the strategies they use to address high risk drinking by using a multicomponent intervention approach that included an online resource to facilitate behaviour change (e.g. Check Yourself), as well as alcohol use environmental interventions (e.g. policy changes in residence).

CAHRD Mission & Mandate

CAHRD members at the University of Alberta believe that high risk drinking among students is a health and wellness issue with numerous related potential negative effects, including:

- Increased injuries and incidents of disorderly conduct, damage to property and sexual misconduct
- Decreased academic success, with the potential to prompt withdraw from university study
- Damage to the reputation of the University

For these reasons, the members of the Coalition believe that a strong, and, where possible, coordinated response to high risk drinking among students is appropriate and desirable.

The mandate of CAHRD is to serve as a coordinated resource to support the University of Alberta's response to issues related to high risk drinking among students. The functions of CAHRD are:

1. Information sharing and collaboration
2. Consultation and advice
3. Monitoring of trends in alcohol use, misuse, and alcohol-related incidents on campus

This report details CAHRD's activities in relation to these three functions. Due to gaps in the publication of annual reports during the 2011-2012 and 2012-2013 academic years, this report will provide an account of CAHRD activities for the following periods:

- September 2011 to August 2012
- September 2012 to August 2013
- September 1, 2013 to April 30, 2014

Data Sources

Office of Student Judicial Affairs

The OSJA works with students who have violated the Code of Student Behaviour while under the influence of alcohol. The OSJA records cases as academic or non-academic. Academic offences include all academic misconduct (plagiarism, cheating, etc.), plus misrepresentation of facts (for academic advantage) and participation in an academic offence. Non-academic offences include events such as student violations of safety or dignity, misuse of university resources, misrepresentation of facts for "other" advantage, and participation in a non-academic offence. Alcohol is typically a factor only in non-academic cases, with occasional exceptions. The OSJA provided data on non-academic offences in which alcohol misuse was a suspected or confirmed factor.

Because some incidents involving students require involvement of multiple units on campus, OSJA data may overlap with other data presented in this report, specifically, data from University of Alberta Protective Services and Residence Services.

University of Alberta Protective Services

UA Protective Services provided aggregate data related to incidents recorded in the 2013-2014 academic year. UA Protective Services provided data for the following categories of incidents: (1) offences under the Gaming and Liquor Act; (2) first aid responses where alcohol was a factor; (3) public intoxication with no arrest or charges. These data provide a snapshot of the frequency of alcohol-related incidents involving students at the University of Alberta, but likely under-represent the number of student and alcohol-related incidents to which Protective Services become involved.

University of Alberta Residence Services

Statistics provided were based on incidents that occurred within University of Alberta student residences during the 2011-2012, 2012-2013, and 2013-2014 academic years. University of Alberta campus residences in the Edmonton area were included in the report. Incidents are classified by the main violation and where alcohol was a contributing factor. Underrepresentation of the frequency of alcohol-related incidents may also occur in instances when the cause of the incident is unknown (e.g., vandalism that is detected after the fact and may have been done by students who were under the influence at the time). The number of incidents reported, include recorded incidents pertaining to alcohol use, and incidents that were most likely related to alcohol use. Such acts include underage drinking, vomiting, problematic behaviours that occur under the influence, open alcohol, and drinking games. Students who have violated the Community Standards regarding alcohol use go through a restorative justice process facilitated by Residence Services staff.

Between the 2011-2012 year and 2013-2014 year, Residence Services instituted policy changes in Lister Centre, the largest residence at the University of Alberta. In 2011-2012, Residence Services introduced a restorative justice framework to address code of conduct violations. In addition, major staffing changes in Lister occurred among primary reporting staff (Residence Assistance and Coordinators) in the 2012-2013 year. Initial staff adjustments to these policy changes impacted the quality of incident reporting, and may have led to the underreporting of incidents in 2011-2012 and 2012-2013, therefore caution should be taken when interpreting data from these years. Increased staff numbers and familiarity with new policies improved the quality of incident reporting in the 2013-2014 year.

University of Alberta Sexual Assault Centre

The University of Alberta Sexual Assault Centre provided data on the number of clients who sought help from SAC and who reported that the sexual assault in question involved alcohol. The Centre provides support services primarily to University of Alberta students; approximately 95% of clients are UAlberta students. Assault or abuse incidents were classified as suspected of involving alcohol only when the information was provided by the client; thus, alcohol-involvement in sexual assaults experienced by clients of the Centre may be underrepresented by these data. It is also important to note that clients may visit the Centre for support concerning an event that happened prior to coming to the University of Alberta and that clients do not have to be students to receive support.

Campus Experiences with Alcohol Survey

During the 2009/2010 and 2010/2011 academic years, Dr. Cameron Wild of the School of Public Health conducted the Campus Experiences with Alcohol Survey (CEA). The CEA is a University survey. In March 2011, the survey collected data from 1,170 undergraduate students (19.5% response rate). The March 2011 survey used a random sampling approach to obtain a sampling frame of 6,000¹ students who were then invited to complete the survey electronically. Participants were entered into a draw to win one of 10 \$100 gift cards for completing a survey. The 2011 CEA data is provided in this report to provide comparative data on alcohol use patterns and alcohol-related harms and risks that are reported by students who used the Check Yourself tool in the 2013/14, 2012/13 and 2011/12 academic years.

Check Yourself

Check Your Drinking is an anonymous, interactive online self-assessment tool that was developed by a partnership between addiction experts and a research-based organization that develops electronic behaviour-change programs. Check Your Drinking provides a personalized assessment-feedback report based on user responses to a small set of questions about one's personal drinking patterns. Research has shown that problem drinkers tend to overestimate the amount and frequency of alcohol use by their peers. The detailed report provides feedback to the user about how their drinking habits compare to others their age and gender to correct such norm misperceptions. Controlled trials have demonstrated that the tool is effective at reducing alcohol consumption among problem drinkers (Cunningham et al., 2009; Cunningham et al., 2012; Wild et al., 2014).

For the purposes of this project, the University version of the tool was used, which employs Canadian University student norms for drinking rates and rates of problems and a student-oriented feedback report. In 2010, Check Your Drinking – University was customized for the University of Alberta under the title, **Check Yourself**, and additional survey questions were added to measure university student-specific alcohol related harms, as well as alcohol protective behaviours and UA-specific demographics.

In 2013-2014, the Check Yourself tool was promoted at three levels: mass marketing, targeted marketing, and personalized marketing. Mass marketing strategies included a poster campaign and digital signage across the UA campus (SUTV slides) that ran from January 2014 to April 2014. Targeted strategies included the Lister Hall competition in October 2013, and non-personalized individual emails to all UA students in February and March 2013. Finally, personalised marketing

¹ Subject to ethical and UA administrative approvals, a new pool of student email addresses is drawn every year.

comprised of in-person referrals to the Check Yourself tool from Protective Services, Residence Services, or the OSJA between September 2013 and April 2013. In-person referrals were conducted by Protective Services, Residence Services, or the Office of Student Judicial Affairs when students committed an alcohol-related Code of Conduct infraction or were identified as being at risk of harms related to their alcohol use. The 2013/2014 data presented in this report are based on 1121 respondents who indicated that they were accessing the Check Yourself site for themselves (although 1218 respondents completed Check Yourself during this time period, 48 reported that they were just trying out the test to see what the results would look like, and 49 were taking it for someone else).

Comparative data on Check Yourself are also provided for the 2011/12 and 2012/13 academic years. Readers should note, however, that little promotion of Check Yourself was undertaken by U of A during these academic years. However, in-person referrals were conducted for students who may have an alcohol-related Code of Student Behaviour or Community Standards infraction, or may be identified as at risk of alcohol related harms by Protective Services, Residence Services, or OSJA. Data from 2011-2012 are based on 53 respondents who accessed Check Yourself (although 80 people completed the tool during this period, 13 were trying out the tool, and 14 were taking it for someone else). Data from 2012-2013 are based on the 85 respondents who were accessing the website for themselves; of a total of 105 respondents, 16 reported that they were trying out the tool and 4 were taking it for someone else.

2. Campus Survey (2011) and Check Yourself Participant Characteristics

Respondents to the Campus Experiences with Alcohol (CEA) Survey (2011) were most likely to be female (62.6%), about 23 years old, living off-campus (90.6%), and in a 4-year bachelor's degree program.

Data from 2013/14, 2012/13, and 2011/12 indicate that Check Yourself users were most likely to be in their early 20's (mean = 20.84 years, 20.93 years, and 22.32 years, respectively).

In 2013/14 and 2011/12, Check Yourself users were mostly female (56.74% and 50.90% respectively), lived in residence (60.20% and 67.90% respectively), and were in a four-year bachelor's degree program (82.80% and 17.5% respectively).

Box 1: Student Enrolment at the University of Alberta for reporting years

	2011-2012	2012-2013	2013-2014
Undergrad, FT	29,268	29,947	29,661
Undergrad, PT	2,032	1,957	1,987
Graduate, FT	5,968	6,083	6,137
Grad, PT	1,506	1,515	1,527
All Students	38,774	39,502	39,312

Source: <http://www.why.ualberta.ca/ualbertafacts/students>

Table 1: 2011 Campus Experiences with Alcohol Survey & Check Yourself User Characteristics (2011-2014)

	Campus Experiences with Alcohol Survey (2011)		Check Yourself Users 2011-2012		Check Yourself Users 2012-2013		Check Yourself Users 2013-2014	
	Number	Percent	Number	Percent	Number	Percent	Number	Percent
Total	1,170	--	80		105		1218	--
Using CY for themselves			53	66.25%	85	81.00%	1121	92.04%
Gender								
Female	668	62.6%	27	50.90%	38	44.70%	636	56.74%
Male	399	37.4%	26	49.10%	47	55.30%	485	43.26%
Age (years)	M = 22.57yrs	SD = 3.38	M = 22.32yrs	SD = 4.62	M = 20.93yrs	SD = 3.05	M = 20.84yrs	SD = 3.78
15-17	--	--	2	3.8%	--	--	14	1.2%
18-19	84	7.9%	13	24.5%	34	40%	487	43.4%
20-21	370	34.7%	16	30.25%	25	29.4%	300	26.8%
22-24	437	41.0%	10	18.9%	17	20%	197	17.6%
25 and older	175	16.4%	12	22.6%	9	10.6%	120	10.7%
Live in residence								
Yes	101	9.4%	15	67.90%	34	40.00%	675	60.20%
No	978	90.6%	36	28.30%	51	60.00%	438	39.10%
Type of program			53	66.3	85	81.00%		
4-year bachelor's	948	87.9%	14	17.5%	4	3.80%	928	82.80%
Other	130	12.1%	13	16.3%	16	15.20%	166	14.80%
Reason for taking the test			36	67.90%	74	87.10%		
For yourself	--	--	53	66.3%	85	81.00%	1121	92.00%
For someone you know	--	--	14	17.5%	4	3.80%	49	4.00%
Checking out CYD	--	--	13	16.3%	16	15.20%	48	3.90%
Type of program								
4yr bachelor's	--	--	36	67.90%	74	87.10%	928	82.80%
Other	--	--	10	12.50%	11	12.94%	166	14.80%
Used Check Yourself in the past								
Yes	498	49.8%	6	11.3	3	3.50%	47	94.80%
No			44	83	82	96.50%	1063	4.20%

#498 CEA respondents self-reported having completed Check Yourself in 2010-2011

In 2011-2012, 80 people tried Check Yourself; however, only 53 indicated they were using the tool for themselves. The remainder were either trying the tool for someone else (n=14), just testing it to see what the results would look like (n=13). The results presented in this report are limited to those taking the test for themselves.

In 2012-2013, 105 people tried Check Yourself; however, only 85 indicated they were using the tool for themselves. The remainder were either trying the tool for someone else (n=5), just testing it to see what the results would look like (n=16). The results presented in this report are limited to those taking the test for themselves.

In 2013-2014, 1218 people tried Check Yourself; however, only 1121 people indicated they were using the tool for themselves. The remainder were either trying the tool for someone else (n=49), just testing it to see what the results would look like (n=48). The results presented in this report are limited to those taking the test for themselves.

3. Patterns of Alcohol Use

Check Yourself, 2013-2014

Check Yourself users provided data on their alcohol use patterns. Over half of respondents (55%) who consume alcohol reported that they drink four times a month or less (Table 2). In addition, 58% of respondents reported that they have 4 or fewer drinks when they typically drink. In relation to 'binge drinking', which is defined as consuming five or more alcoholic drinks at one occasion, 59% of respondents reported doing so infrequently; 18% of alcohol users reported never binge drinking, while 40.9% reported binge drinking once a month or less often. Weekly drinking quantity was also measured, and Check Yourself users reported drinking an average of 5.7 drinks per week.

Campus Experiences with Alcohol, 2011

Most of the 1,170 students who completed the Campus Experiences with Alcohol (2011) survey reported that they had tried alcohol at some point in their lifetime (89.6%), and are current drinkers (85.7%; see Table 2). About one in five (20.6%) reported drinking 2 or more times per week, while most reported drinking monthly or less (30.9%) or 2-4 times per month (34.2%). About half of respondents typically have fewer than 2 drinks when drinking (53.5%), and a further one-quarter (24.7%) reported having between three and four drinks when they drink. Less than one-quarter (21.8%) of respondents reported binge drinking on days when they drink (i.e., consuming 5 or more drinks per occasion). Students reported typically drinking 4.5 drinks per week on average.

Comparison of Check Yourself 2013-14 and Campus Experiences with Alcohol 2011

When compared with the CEA 2011 data, Check Yourself users in 2013/2014 reported drinking more frequently, and on average drinking larger quantities of alcohol at one occasion and during a typical week. Interestingly, reports of 'binge drinking' were similar in both the 2011 CEA and the 2013/2014 Check Yourself reporting year (Table 2).

Table 2: Patterns of alcohol use: 2011 Campus Experiences with Alcohol Survey & 2013-2014 Check Yourself

Indicator	Measure	CEA Survey 2010-2011		CY 2011-2012		CY 2012-2013		CEA Survey 2013-2014	
		Number	%	Number	%	Number	%	Number	%
Lifetime alcohol use	% of all respondents who ever drank alcohol in lifetime	975	89.6%	--	--	--	--	--	--
Frequency of alcohol use	% of respondents who drink __								
	Never	167	14.3%	2	3.80%	3	3.50%	87	7.80%
	Monthly or less	362	30.9%	7	13.20%	10	11.80%	183	16.30%
	2-4 times a month	400	34.2%	19	35.80%	36	42.40%	433	38.60%
	2-3 times a week	205	17.5%	20	37.70%	25	29.40%	306	27.30%
	4 or more times a week	36	3.1%	5	9.40%	11	12.90%	112	10.00%
Drinking quantity	% of respondents who, on a typical day when drinking, have __?								
	0-2 drinks	625	53.5%	15	28.30%	27	31.80%	397	35.40%
	3-4 drinks	288	24.7%	8	15.10%	24	28.20%	255	22.70%
	5-6 drinks	151	12.9%	11	20.80%	16	18.80%	216	19.20%
	7-9 drinks	63	5.4%	14	26.40%	14	16.50%	167	14.90%
	10+ drinks	41	3.5%	5	9.40%	4	4.70%	87	7.80%
Weekly drinking quantity	Average number of drinks respondents report drinking in a typical week	4.5 drinks per week		9.38 drinks per week**		7.17 drinks per week		5.7 drinks per week**	
Binge frequency	% of respondents who have 5 (five) or more drinks on one occasion __								
	Never	344	29.6%	8	15.10%	25	29.40%	202	18.00%
	Less than monthly	446	38.3%	5	9.40%	16	18.80%	306	27.30%
	Once per month	140	12.0%	14	26.40%	21	24.70%	153	13.60%
	Weekly (& 2-3 times per month)	210	18.1%	19	35.80%	16	18.80%	122	10.90%
	Daily or almost daily (& 2-4 times per week)	23	2.0%	0	0.00%	0	0.00%	4	0.40%

* In 2011-2012, users who reported drinking 52 drinks or less were included in the calculation of the average number of drinks respondents reported drinking in a typical week. Three outliers were removed, these outliers reported typically drinking an average of 87 to 102 drinks a week. Due to a small sample size (n=53) and potential over-representation of problem drinkers, the average number of drinks reported is higher than in other reporting years.

** In 2013-2014, users who reported drinking 40 drinks or less were included in the calculation for the average number of drinks respondents reported drinking in a typical week. This average was adjusted to remove 29 outliers. The 29 respondents reported drinking over 40 alcohol drinks a week and were excluded from this calculation due to questions about the authenticity of their response to this question.

4. Alcohol-Related Risks and Harms

Self-Reported UA Student Experiences

The Alcohol Use Disorders Identification Test (AUDIT; Babor, Higgins-Biddle, Saunders, & Monteiro, 2001) was developed as a screener for alcohol use problems. Ten questions assess alcohol use patterns, dependence symptoms and harmful alcohol-related consequences. Total scores indicate what level of intervention, if any, would be most appropriate. A sex-specific criterion, which sets a score of 6 or higher as the cut-off for females and 8 or higher for males, indicates that a minimum of a brief intervention is warranted.

Using the sex-specific cut-off, 60.93 % of UA students who completed Check Yourself for themselves in the 2013/2014 academic year met clinical criteria for problem drinking (see Table 4). This is a larger proportion than the 38.7% of UA students who were classified as problem drinkers in the 2011 CEA Survey, and suggests that Check Yourself attracts drinkers who experience hazardous and harmful alcohol consumption.

Among 2013/2014 Check Yourself users who were problem drinkers, the most common designation was in the harmful zone (29.5% of all problem drinkers). This group would likely benefit from brief counselling and ongoing monitoring (Babor et al., 2001). Rates of problem drinking in 2013/2014 were higher than those recorded in the 2011 CEA survey.

Table 3: Problem drinking status based on the Alcohol Use Disorder Identification Test (AUDIT; 2011 Campus Experiences with Alcohol Survey, 2013-2014 Check Yourself)

Indicator	Measure	CEA Survey 2010-2011		CY 2011-2012		CY 2012-2013		CY 2013-2014	
		Num	Per	Num	Per	Num	Per	Num	Per
Problem drinking status	% whose AUDIT scores fall in the given range								
	No Problem (0 -7)	781	69.1%	11	20.80%	28	32.90%	440	39.90%
	Hazardous (8 - 10)	129	11.4%	6	11.30%	21	24.70%	191	17.00%
	Harmful (11 - 19)	197	17.4%	16	30.20%	24	28.20%	331	29.50%
	Dependence (20 or more)	24	2.1%	20	37.70%	12	14.10%	159	14.20%
	Sex-specific cut-off for hazardous or harmful drinking (6+ for females, 8+ for males)	404	38.7%	36	67.92%	53	62.35%	683	60.93%

University Residence Incidents

University of Alberta Residence Services maintains records of all incident reports made for occurrences within any of the university-managed student housing buildings. This includes, Lister Centre (Henday Hall, Mackenzie Hall, Kelsey Hall, and Schäffer Hall), HUB, Michener Park, Graduate Residence, Newton Place, International House, East Campus Village, Residence Saint-Jean. Readers should note that some incidents may also be attended to by University of Alberta Protective Services and so may also be accounted for in that section of this report.

During the 2013-2014 academic year, there were 136 were alcohol-related (e.g., open alcohol, intoxication, vandalism, violence, etc.). See Table 4 below.

Individuals found responsible for violating Residence Community Standards may be put on a period of alcohol probation, and/or go through the restorative justice process.

UA Violations of Student Code of Behaviour

The Office of Student Judicial Affairs is responsible for responding to allegations of breaches of the Student Code of Behaviour. For this report, OSJA provided data on the total number of cases opened during the reporting period, the number of cases in which the incident involved a violation of the Alberta Liquor and Gaming Act (ALGA), and the number of cases where alcohol was a suspected contributing factor based on reports by the student (see Table 5). In the 2013/14 academic year, 4 (16%) of OSJA files involved a direct violation of the Alberta Liquor and Gaming Act and an additional 13 (52%) of cases involved an infraction where alcohol was suspected to be a contributing factor (for example, vandalism while intoxicated). In total, there were 17 cases directly or indirectly involving alcohol. Alcohol-related incidents that directly violate the ALGA were higher in the 2011-12 academic year, while no cases were reported in 2012-13. The number of cases that were suspected to have alcohol as a contributing factor was consistent across the three years (see Table 5).

Between September 2011 - August 2012 and September 2012 – August 13 the proportion of alcohol-related Student Code of Behaviour violations as a percentage of all cases the OSJA dealt with decreased from 29% to 25%. Due to a shorter reporting period (September 2013 – April 2014), the proportion of alcohol-related Code of Behaviour violations the OSJA dealt with was higher (68%) than in the two previous reporting years. Caution should be taken when interpreting these findings.

Table 4: Reported alcohol-related and alcohol-suspected residence incidents (Residence Services)

Indicator	Measure	2010-2011 Academic Year		2011- 2012	2012- 2013	2013- 2014
		Number	Percent	Number	Number	Number
Alcohol-related incidents	Residence incidents in which alcohol misuse the primary violation	26	10%	24	78	118
Secondarily alcohol-related incidents	Residence incidents in which alcohol was a suspected contributor to a violation	13	5%	4	0	18

Table 5: Alcohol-related violations of the Student Code of Behaviour (OSJA)

Indicator	Measure	2010-2011 Academic Year		2011-2012 Academic Year		2012-2013 Academic Year		2013-2014 Academic Year***	
		Number	Percent	Number	Percent	Number	Percent	Number	Percent
Violation of a rule related to the ALGA*	% of all OSJA cases where alcohol was a known contributor or element of the violation	4	8.0%	6	9.1%	0	0%	4	16%
Alcohol-related incidents*	% of all OSJA cases where alcohol was a suspected contributor	14	28.0%	13	19.7%	13	25%	13	52%

*Violations of the Alberta Liquor and Gaming Act (as Breach of Rules External to the Code [section 30.3.6(2)])

** Violations of the Code of Student Behaviour in which the student reported the incident was related to alcohol consumption (e.g. "I did it because I was drunk").

*** 2013-2014 data is from the reporting period September 1, 2013 to April 30, 2014. This is a shorter period of time than the cases presented in previous years; 2011-2012 and 2012-2013 data account for cases during the period September 1 to August 31. Therefore the higher proportion of cases in the 2013/2014 data may be due to fewer cases observed during a shorter reporting period. Caution is advised when interpreting the 2013/14 OSJA data.

UA Protective Services Incidents

University of Alberta Protective Services (UAPS) records information about incidents that their members respond to on campus. Recorded information includes the nature of the incident and where possible, the affiliation of the perpetrator to the University.

Table 6 summarizes the information provided for the 2013-2014 academic year. Reported cases include offences under the Gaming and Liquor Act, alcohol-related cases in which First Aid responses were required, and alcohol-related cases that did not involve arrest or charges. Of the incidents that only involved UA students, 21 involved intoxication, and 8 were violations of the Alberta Liquor and Gaming Act. Note that some incidents may occur at a University residence and so may also be accounted for in the University Resident Incidents section of this report.

Table 6: Reported alcohol-related incidents addressed by University of Alberta Protective Services

Indicator	Measure	Incidents involving students 2013-2014	Total Incidents 2013-2014
		Number	Number
Offence Under Gaming & Liquor Act	Number of incidents that violate bylaws in the Gaming and Liquor Act	8	22
First aid responses where alcohol was a contributing factor	Number of First Aid responses where alcohol was a contributing factor	22	22
Intoxicated persons (no arrest/charges)	Number of incidents with no arrest or charges where the person was intoxicated	21	34

Alcohol-Involved Sexual Assault

The University of Alberta Sexual Assault Centre records basic information about individuals that seek supportive services, including whether assault or abuse case is suspected to have involved the use of alcohol. Alcohol involved cases may be underrepresented because cases are only identified as “alcohol involved” when a client states so. When an individual does not mention this, the case is categorised as “unknown”, leading to the large proportion of cases under the “unknown” category.

Clients who reported that alcohol was involved in the incident are divided into four categories: *use of alcohol by survivor, perpetrator, both, or cases that are not applicable*. Between 2011/12 and 2013/14, the proportion of survivor alcohol involved cases increased, while the overall proportion of cases in which alcohol use was suspected decreased from 29.49% to 22.34% of reported assault or abuse cases (see Table 7).

Table 7: UA Sexual Assault Centre clients who reported alcohol-involvement in the assault

Indicator	Measurement	2011-12		2012-13		2013-14	
		Number	Percent	Number	Percent	Number	Percent
Did assault/abuse involve suspected use of alcohol?							
Yes – Assault/abuse involves use of alcohol by:							
	Survivor	6	4.03%	8	5.76%	7	7.45%
	Perpetrator	3	2.01%	5	3.60%	2	2.13%
	Both	25	16.78%	19	13.67%	11	11.70%
	N/A	1	0.67%	1	0.72%	1	1.06%
	Total	35	29.49%	33	23.74%	21	22.34%
No – Assault/abuse involves use of alcohol by:							
	N/A	--	--	5	3.60%	22	23.40%
	None	44	29.53%	36	25.90%	5	5.32%
	Total	44	29.53%	41	29.50%	27	28.72%
Unknown– Assault/abuse involves use of alcohol by:							
	N/A	--	--	3	2.16%	32	34.04%
	None	67	44.97%	57	41.01%	10	10.64%
	Total	67	44.97%	60	43.17%	42	44.68%

5. Protective and Harm Reduction Behaviours

A variety of strategies can be used to try to protect oneself or others from becoming too intoxicated or reducing the risk associated with drinking to excess. *Check Yourself* users were asked to report how often they use such protective strategies when drinking.

Table 8 shows the percentage of drinkers who report **usually or always** use each strategy.

The 2013/2014 *Check Yourself* data indicates that among those who drink, the most commonly used strategies are those that are intended to prevent the most serious of alcohol harms (harm reduction strategies). Over half of respondents reported that they *use a designated driver* (83.4%), and *know where their drink has been at all times* (78.6%). This is consistent with the 2011 CEA survey data and *Check Yourself* user responses from other years (Table 10).

Fewer students reported using strategies to moderate the way they consume alcohol or limit the quantity they consume. With regard to strategies designed to moderate the pace of drinking, 50.9% report that they *avoid trying to keep up or out-pace their peers*. In addition, the most commonly used limiting strategy, *drinking water while drinking alcohol*, was reportedly used consistently by only 41.6% of respondents. This data is consistent with the 2011 CEA survey and *Check Yourself* user data from previous years (Table 8).

Check Yourself users were also asked if they used peer-protective strategies in the last year to limit alcohol-related harms among friends (Table 9). The most reported peer-protective strategies were *making sure a friend who had been drinking does not get into a fight* (47.4%) and *ensuring that a friend does not go home with someone they would later regret* (47.1%). Fewer students reported using peer-protective strategies, compared to those who report using self-protective strategies. The peer-protective strategy data from 2013/14 *Check Yourself* users differs slightly from the CEA 2011 survey, but is consistent with findings from *Check Yourself* users in other reporting years (2011-2012 and 2012-2013) [Table 9 and 10].

Table 8: Number and percentage of drinkers who reported using self-protective strategies usually or always* (Campus Experiences with Alcohol Survey)

Indicator	Measure	CEA Survey 2009-2010		CY 2013-2014		CY 2012-2013		CY 2011-2012	
		Number	Percent	Number	Percent	Number	Percent	Number	Percent
Stopping/limiting drinking strategies	Drink water while drinking alcohol	721	45.0%	466	41.57%	36	42.35%	21	25.30%
	Alternate alcoholic and non-alcoholic drinks	459	28.7%	301	26.85%	20	23.53%	11	20.75%
	Determine not to exceed a set number of drinks	431	27.8%	371	33.00%	22	26.19%	12.00	22.64%
	Leave the bar/party at a predetermined time	412	26.4%	315	28.10%	16	18.82%	10	18.87%
	Have a friend let you know when you have had enough to drink	269	17.9%	288	25.69%	18	17.65%	10	18.87%
	Stop drinking at a predetermined time	259	16.7%	201	17.93%	8	8/85	8	15.09%
	Put extra ice in your drink	223	14.2%	139	12.40%	27	31.76%	3	5.66%
Manner of drinking strategies	Avoid trying to "keep up" or "out-drink" others	741	49.0%	571	50.94%	34	40.00%	21	39.62%
	Drink slowly, rather than gulp or chug	736	45.8%	413	36.84%	27	31.76%	15	28.30%
	Avoid mixing different types of alcohol	521	32.9%	300	27.00%	22	25.88%	11	20.75%
	Avoid drinking games	420	27.0%	270	24.00%	17	20.00%	9.00	16.98%
Harm reduction strategies	Drink shots of liquor (never or rarely)	376	23.5%	437	38.98%	42	49.41%	21	39.62%
	Know where your drink has been at all times	1,314	82.5%	885	78.95%	65	76.47%	34	64.15%
	Use a designated driver (or walk, or use a taxi)	1,291	82.7%	935	83.41%	73	85.88%	39	73.58%
	Make sure you go home with a friend	1,053	66.9%	745	66.46%	45	52.94%	32	60.38%

*Unless otherwise noted

Table 9: Number and percentage of respondents who reported using the peer-protective strategies within the past year (Campus Experiences with Alcohol Survey)

Indicator	Measure	CEA Survey 2009-2010		CY 2013-2014		CY 2012-2013		CY 2011-12	
		Number	Percent	Number	Percent	Number	Percent	Number	Percent
Peer-protective strategies	Stayed sober to keep others in your group safe while they drank	1,314	71.4%	326	29.10%	16	18.82%	15	28.30%
	Got a friend home who was too drunk to get there on their own	1,196	65.0%	326	29.10%	19	18.82%	16	30.20%
	Stopped a friend from drinking over their limit or getting too drunk	998	54.4%	404	36.00%	31	18.82%	26	49.10%
	Made sure a friend who had been drinking didn't get into a fight	902	49.1%	531	47.40%	27	31.76%	17	32.10%
	Made sure a friend who had been drinking didn't leave with someone they would later regret	821	44.7%	528	47.10%	34	40.00%	22	41.50%
	Helped a friend keep track of how much they were drinking or what they were drinking	828	45.0%	526	46.90%	42	49.41%	28	52.80%

6. CAHRD Member Activities

Check Yourself

The Check Yourself tool is an online interactive questionnaire that provides personalized feedback to respondents. The feedback compares the respondent's drinking patterns to the norms, or average rates, for a university student of the same sex and similar age. The feedback report provides concrete information about the risks associated with the individual's drinking patterns, and summarizes the implications in terms of annual drinking expenditures, caloric consumption, and health impacts. Research has shown that such personalized normative feedback brief interventions are effective in helping some problem drinkers reassess their behaviour and adjust their drinking to be more moderate (Cunningham et al., 2009; Cunningham et al., 2012; Wild et al., 2014).

In the 2013-2014 academic year, 1121 individuals used Check Yourself and indicated that they were using the tool for themselves (rather than using it for someone else or just to see what the results looked like). This is the largest number of Check Yourself users at the University of Alberta since the tool was made available to students in 2009. Few students used the tool during the 2011/12 and 2012/13 academic years due to little to no campus promotion of the online tool. However, user numbers increased in the 2013/14 academic year following targeted promotion to students living in Lister Hall in October 2013, and a coordinated social marketing strategy and an alcohol use social norm campaign between January 2014 and April 2014.

Data in Table 10 indicate that students whose drinking is more problematic were more likely to access the online resource than students whose drinking is more moderate. In the 2013/14 academic year, the rate of problem drinking among the Check Yourself users (60.9%) was 22.2% higher than among the more representative sample of UA students who completed the 2011 Campus Experiences with Alcohol Survey. A rise in the proportion of Check Yourself users who met the criteria for problem drinking was observed in 2011/12 (67.42%), this was followed by a slight decline in the 2012/13 and 2013/14 reporting years (Table 12). The 2011/12 sharp increase in the proportion of problem drinkers who used Check Yourself may be attributable to help seeking behaviour of problem drinkers.

Table 10. Uptake of Check Yourself

Indicator	Measure	2009-2010		2010-2011		2011-2012		2012-2013		2013-2014	
		Academic Year		Academic Year		Academic Year		Academic Year		Academic Year	
		Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent
Use of the Check Yourself tool	Number of Check Yourself visitors using tool "for oneself"	330	--	909	--	53	66.3%	85	81%	1121	92%
Check Yourself use by target group	% of Check Yourself tool users who meet sex-specific criteria for problem drinking*	146	78.5%	420	46.2%	36	67.92%	53	62.35%	683	60.93%
Uptake from direct invitation	% of those personally invited who used Check Yourself tool**	151	15.1%	712	11.9%	3	5.7%	3	3.5%	313	27.9%
	% of those invited via Lister Competition to use Check Yourself tool***	--	--	--	--	--	--	--	--	223	19.9%

*Sex specific cut-offs: AUDIT score of 8 and higher (males) or 6 and higher (females)

**includes only those individuals who provided a tracking code to link with their invitation.

***Includes Check Yourself users who were invited to complete the tool through the October 2013 Lister Competition. This competition sought to introduce Lister resident to Check Yourself and promote low-risk drinking among the residents.

Residence Alcohol Policy Changes

In the summer of the 2011/2012 academic year, the University of Alberta announced immediate changes to alcohol policies in all University of Alberta residences on Edmonton campuses. These changes were intended to reduce high-risk drinking and its associated harms. The changes focused on alcohol use environmental factors and prohibited the use of alcohol without a permit in public spaces (lounges and hallways) within residence buildings. In addition, alcohol consumption among residents of legal age was restricted to private areas such as bedrooms, and living rooms in apartment style suites (University of Alberta, 2012).

During the same period, the University introduced changes in Lister Hall by designating three residence towers (Kelsey, Henday, MacKenzie) as first year and transfer student residences, and designating Schäffer tower as a residence for senior students. By altering the demographic profile of students in the Kelsey, Henday and MacKenzie towers, the University set out to create a residence space with programming specifically designed for first year and transfer students. These demographic changes support multifaceted efforts in Lister Hall to change the alcohol use culture among residents by promoting a culture of alcohol use moderation through target specialized programming among first year and transfer students (University of Alberta, 2012).

The changes introduced across University of Alberta residences in Edmonton and Lister Hall in July 2012 were initiated in light of health and safety concerns following reports of alcohol related harms experienced by students, and secondary harms experienced by the wider residence community in preceding years. Lister Hall implemented the following changes between 2012 and 2014 to strengthen the University's commitment to address alcohol-related harms among Lister residents and support students' success (University of Alberta, 2012):

- Established a Community Resource Team to provide student services and resources that are relevant to the first-year population in September 2012. This includes the introduction of:
 - A community liaison officer from University Protective Services who is on site full-time between Monday and Friday
 - A social worker
 - The continuation of the faculty-in-residence program.
- Amended staff hiring practices in 2012; student staff were only hired by Residence Services rather than sharing the workforce with the Lister Hall Student Association (LHSA)
- Expanded First Year programming to increase access to non-alcohol related recreational activities

University Alcohol Policy

In August 2013 an updated version of the University Alcohol Policy was approved by the Vice-President, Finance and Administration. The updated policy included changes to approval guidelines for University related events where alcohol may be present. In particular, the University will not grant permission for University related events where potential risks are assessed to be too high or when the only purpose of the event is the consumption of alcohol. These events include, for example, pub crawls, “drink a small town dry” or similar events, or the provision of sale of alcohol on buses (University of Alberta, 2013).

Alcohol Related Event Statistics – Dean of Students

All student group events that involve alcohol are required to receive approval from the Student Event Risk Management Coordinator at the Dean of Students. Statistics on the number student group event approvals are included below in Table 15 for the 2013/2014 academic year. Changes to the University Alcohol Policy in 2013 ceased the approval of party buses, pub crawls, and events such as “drink a small town dry”; these events are therefore not included in the table.

Table 11: Number of student group alcohol related events during the 2013/2014 academic year

2013-2014	
Item	Number
Off-campus alcohol event approvals	167
Private party requests	4
Party buses	0

University Wellness Services: 2013 ACHA-NCHA II Survey

In the spring of 2011, University Wellness Services conducted the 2013 ACHA-NCHA II Survey at the University of Alberta. The ACHA-NCHA II is a national survey, primarily used in the United States and organized by the American College Health Association (ACHA). The survey collects data on students’ habits, behaviours, and perceptions of prevalent health issues (American College Health Association [ACHA], 2013).

The 2013 University of Alberta ACHA-NCHA II Survey had 1,462 respondents, and a response rate of 29.2%. Among the health issues surveyed, respondents provided data on alcohol use patterns and perceptions, protective behaviours, and alcohol-related harms. The survey questions and methodology differ from those used in the Check Yourself tool, and the 2011 CEA survey, therefore comparisons of responses are limited.

Self-report alcohol use data from the University of Alberta ACHA-NCHA II Survey showed that most students (45.6%) use alcohol between 10 and 20 days in a 30-day period. Furthermore, 9.1% of students use alcohol on a daily basis within a 30-day period, and 4.4% of students never use alcohol (ACHA, 2013). The measures of alcohol use in the ACHA-NCHA II Survey differ from those used in the Check Yourself survey, where respondents were asked about their typical alcohol use (Table 2).

In relation to drinking quantity, according to the 2013 ACHA- NCHA II Survey, most (44.7%) UA students reported drinking 4 or fewer drinks the last time they partied. This differs from responses received during the 2013 Check Yourself campaign; 58.1% of Check Yourself respondents reported drinking four (4) or fewer drinks when they typically consume alcohol (Table 2). Among heavy drinkers, 17.9% of UA students consumed seven (7) or more drinks when they last partied according to the 2013 ACHA-NCHA Survey. This is slightly lower than reports from the 2013/14 Check Yourself data that found 22.7% of UA students typically consume seven (7) or more drinks when they drink (Table 2).

The frequency of binge drinking was also assessed in the 2013 ACHA-NCHA II Survey. This data illustrates that among UA students who drink alcohol, 51% did not have five (5) or more drinks at an occasion in the last two weeks (ACHA, 2013). However, 22.3% of UA students had five or more drinks at an occasion 1 to 2 times in the last two weeks, and 7.7% had five more or more drinks at an occasion 3 or more times in the last two weeks (ACHA, 2013). When compared to 2013/14 Check Yourself data, more (11.3%) UA students reported having 5 or more drinks at one occasion as frequently as 2 to 3 times per month or more (Table 2).

The 2013 ACHA-NCHA II Survey also asked UA students about protective behaviours and alcohol use. Students reported that they practiced the following strategies most as a means to reduce harms: *stay with the same group of friends the entire time* (89.9%), *use a designated driver* (83.5%), *eat before or during drinking* (82.2%), and *keep track of how many drinks they are consuming* (66.3%) (ACHA, 2013). When compared to 2013/14 Check Yourself data, the most reported self-protective strategies reported by UA students included: *using a designated driver* (83.41%), *knowing where one's drink has been at all times* (78.95%), *making sure one goes home with a friend*(66.46%), and *avoiding trying to "keep up" or "out drink" others* (50.94%) [Table 8].

Lister Check Yourself Competition

High-risk drinking among 18-24 year olds living in Lister Centre can result in very serious primary and secondary social and health harms within this population. To compliment the recently introduced policies and programmes developed by Lister residence staff, a competition to increase use of Check Yourself was administered by Lister Residence Services between October 1 and October 31, 2013.

The Lister Hall competition was promoted to Lister residents through floor meetings conducted by Residence Assistants (RAs). To increase participation, a monetary prize was made available to the floor in classic Lister, Henday, or Schäffer Hall with the highest number of participants. Floor codes were assigned to each respective floor to assist in the identification of the number of respondents from each floor who completed the tool during data analysis.

223 Lister residents, between the age of 17 and 23 years (M = 18.5 years) completed the Check Yourself survey between October 1 and 30, 2013. Students living in Henday recorded the highest participation with 110 respondents, while Kelsey recorded no participation.

Frequency of alcohol use:

Overall, 88% of Lister respondents reported drinking alcohol. Most respondents (77.3%) consumed alcohol 2 to 4 times a month or more frequently. When compared to the 2011 Campus Experience with Alcohol (CEA) survey, the Lister competition data (Table 12) indicates that a larger proportion of Lister respondents (77.3%) consumed alcohol at a higher frequency (2 to 4 times a month or more often) than their University of Alberta (UA) peers (54.8%).

Quantity of Alcohol Use:

Nearly a third of Lister residents reported consuming 0 to 2 drinks when they drink, while the majority of respondents (71.3%) usually consume more than 3 drinks. Just over half (53.4%) of Lister residents reported usually drinking 5 or more drinks, while only 21.8% of UA students reported doing the same in the 2011 CEA survey (Table 12). Thus, Lister residents typically consume more alcohol than their UA peers usually do.

Frequency of binge drinking (5+ drinks):

Half of Lister respondents reported drinking five (5) or more drinks in one sitting once a month or less. 23.3% of Lister respondents reported binge drinking as frequently as 2 to 3 times a month, while 13.5% of respondents reported binge drinking 2 to 4 times a week. When compared to the 2011 CEA survey (Table 12), a greater proportion (48.9%) of Lister residents binge drink frequently, i.e. 2 to 3 times per month or more, whereas 20.1% of UA students reported frequent binge drinking in the 2011 CEA.

Table 12: 2013 Lister Competition Alcohol Use Patterns

		Lister Competition Check Yourself Participants (2013)		CEA Survey 2011	
		Number	Percent	Number	Percent
Frequency of Alcohol Use	How often do you have a drink that contains alcohol				
	Never	27	12.10%	167	14.30%
	Monthly or Less	35	15.70%	362	30.90%
	2 to 4 times a month	84	37.70%	400	34.20%
	2 to 3 times a week	55	24.70%	205	17.50%
	4 or more times a week	22	9.90%	36	3.10%
Quantity of Alcohol Use	On a typical day when you drink, how many alcoholic drinks do you have?				
	0 to 2 Drinks	64	28.70%	625	53.50%
	3 to 4 Drinks	40	17.90%	288	24.70%
	5 to 6 Drinks	48	21.50%	151	12.90%
	7 to 9 Drinks	45	20.20%	63	5.40%
	10+ Drinks	26	11.70%	41	3.50%
Frequency of binge drinking (5+ drinks)	How often do you have five or more drinks on one occasion?				
	Never	50	22.40%	344	29.60%
	Less than monthly	38	17.00%	446	38.30%
	Once per month	26	11.70%	140	12.00%
	2 to 3 times per month	52	23.30%		
	Weekly	25	11.20%	210	18.10%
	2 to 4 times per week	30	13.50%		
	Daily or almost daily	2	0.90%	23	2.00%

AUDIT Scores

A higher proportion (65%) of Lister respondents were identified as hazardous drinkers, experiencing alcohol-related harms, and having signs of dependency than was reported by their UA peers (30.9%) in the 2011 CEA survey (Table 13).

In addition, Lister respondents were 32.2 times more likely to meet sex-specific cut-offs for hazardous or harmful drinking, than the more representative sample of students in the 2011 CEA survey (Table 13).

Table 13: 2013 Lister Competition AUDIT Scores

Indicator	Measure	Check Yourself Lister Competition October 2013		CEA 2011	
		Number	Percent	Number	Percent
Problem Drinking	% whose AUDIT scores fall in the given range				
	No problem (1-7)	78	35%	781	69.1%
	Hazardous (8-10)	37	16.6%	129	11.4%
	Harmful (11-19)	66	29.6%	197	17.4%
	Dependence (20+)	42	18.8%	24	2.1%
	Sex specific cut-off for hazardous or harmful drinking (6+ for females; 8+ for males)	158	70.9%	404	38.7%

Protective Strategies:

Few Lister residents reported using protective behaviours frequently (i.e. “usually” or “always”). Strategies to stop drinking or moderate drinking were reported by less than half of Lister respondents. For example, only 21.5% of respondents “usually” or “always” “stop drinking at a predetermined time”; and 37.2% “usually” or “always” “drink slowly, rather than gulp” (Table 14).

Harm reduction strategies were the most frequently practiced protective behaviours, with the “use of a designated driver” and “knowing where one’s drink is at all times” “usually” or “always” practiced by 84.3% and 83.4% of respondents respectively.

Peer-protective strategies (Table 15) were also not practiced by a large proportion of respondents. The frequent use of strategies to reduce alcohol related risks and harms among one’s friend(s) were reported by less than half of respondents. The most reported peer-protective strategy was “making sure one’s friend did not get into a fight when drinking”; 45.3% of Lister respondents reported using this strategy frequently. However, only 23.3% reported frequently staying sober to keep friends safe while they drank.

Table 14: Protective Strategies

Check Yourself Lister Competition October 2013				CEA 2011	
Indicator	Measure	Number	Percent	Number	Percent
Stopping/limiting drinking strategies	Drink water while drinking alcohol	82	36.80%	456	49.90%
	Alternative alcohol and non-alcoholic drinks	56	25.10%	300	33.00%
	Leave the bar/party at a predetermined time	72	32.30%	260	28.80%
	Have a friend let you know when you have had enough to drink	73	32.70%	163	18.40%
	Stop drinking at a predetermined time	48	21.50%	164	18.10%
	Put extra ice in your drink	30	13.50%	113	12.50%
Manner of drinking strategies	Avoid trying to “keep up” or “out drink” others	106	47.50%	533	58.70%
	Drink slowly, rather than gulp or chug	83	37.20%	461	50.30%
	Drink shots of liquor (never or rarely)	90	40.40%	199	21.80%
Harm reduction strategies	Know where your drink has been at all times	186	83.40%	802	88.20%
	Use a designated driver (or walk, or use taxi)	188	84.30%	795	87.90%
	Make sure you go home with a friend	173	77.60%	618	68.40%

Table 15: Peer Protective Strategies

Check Yourself Lister Competition October 2013				CEA 2011	
Indicator	Measure	Number	Percent	Number	Percent
Peer protective strategies	Stayed sober to keep others in your group safe while they drank	52	23.30%	787	72.00%
	Got a friend home who was too drunk to get there on their own	58	26.50%	712	65.40%
	Stopped a friend from drinking over their limit or getting too drunk	58	26.60%	584	53.60%
	Made sure a friend who had been drinking didn't get into a flight	101	45.30%	524	48.20%
	Made sure a friend who had been drinking didn't leave with someone they would later regret	83	37.90%	504	46.40%
	Helped a friend keep track of how much they were drinking or what they were drinking	87	39.90%	502	46.10%

Health & Wellness Team: Party Mode

During the 2013/2014 academic year, the Health and Wellness Team developed “Party Mode”, a health promotion tool to address risky drinking at UA student parties.

Party Mode aims to emphasise the dissemination of information to increase party safety and reduce alcohol related risks through the use of checklists for party planners and party goers on a student-focused website. The party planner checklists will prepare the party planner to consider ways to create a safe party environment and implement peer-protective strategies, while the party-goer checklist will disseminate information about alcohol use moderation strategies and low-risk drinking guidelines.

The Party Mode program was developed and planned over the fall and winter of the 2013/2014 academic year. Planning and implementation of the project will occur during the summer of the 2013/2014 and fall of the 2014/2015 academic year.

Initiatives and Activities

Table 16: Initiatives, programs, and activities undertaken at the University of Alberta targeting risky alcohol use during 2013/2014 academic year

Event/Activity	Date(s)	Audience	Purpose/Description
Residence Assistant Training in Lister	August 2013 - Present	Lister Hall Residence Assistants	Understand alcohol policy and how to use restorative justice to address inappropriate drinking
Residence Services expanded First Year programming	September 2013 - Present	Lister Centre	Create and emphasize programming (recreational activities etc.) to promote alternatives to alcohol use
Residence Services implementation of one-on-one check-ins with residents, presentations, addressing drinking behaviour	September 2013-Present	Lister Centre	To promote alcohol-use moderation; referrals to Check Yourself for students who may be exhibiting harms related to alcohol use
Party Mode: Health and Wellness Team	September 2013 – Present	University of Alberta students organizing parties	Promote alcohol moderation, risk reduction and protective strategies
Direct Referrals to Check Yourself	September 2013-Present	University of Alberta students	Any student who was listed in an incident report due to alcohol as the primary or secondary factor was referred to Check Yourself
Lister Check Yourself Competition	October 2013	1,180 Lister Residents	Promote Check Yourself Promote low-risk drinking and protective strategies
Check Yourself posters in East Campus and Lister residences	Jan 2014-April 2014	All East Campus Residence Students	Passive promotion of Check Yourself
Check Yourself posters in 25 North Campus buildings	Jan 2014- April 2014	Undergraduate and graduate students in the 25 campus buildings	Passive promotion of Check Yourself
1 Check Yourself University LRT Poster Advert	Feb 2014-March 2014	All students who enter the University LRT station	Passive promotion of Check Yourself
Check Yourself SUTV Slides on screens across North Campus	Jan 2014-April 2014	All students	Passive promotion of Check Yourself
Alcohol use social norm messages on SUTV screens across the North Campus	Jan 2014-April 2014	All students	Promote alcohol use social norms at University of Alberta
Community Helpers Program Training -	Jan 2014 – Present	Peer helper trainees	Promote knowledge of Check Yourself as a tool that can be

Event/Activity	Date(s)	Audience	Purpose/Description
Community Social Work Team			used to assist peers with questions or worries about their drinking
3 mass email invitations to Check Yourself via weekly Student Digest	March 2014	All students	Invite students to use Check Yourself
Sexual Assault Centre workshops	Varied	60 workshops reaching over 2,000 students	The workshop includes a section on alcohol (alcohol-facilitated sexual assault, alcohol being used to excuse perpetrator's behavior, etc.) as well as information about consent (i.e. consent is not valid if the individual is too drunk to consent).
Sexual Assault Centre poster campaign	September 2013-Present	Students	Poster campaigns addressing the issue of consent & alcohol, including one original U of A SAC poster ("Wasted, Drunk, Tipsy, Sober: Sex without consent is sexual assault") and three posters from the SAVE "Don't Be That Guy" campaign.

7. Summary and Recommendations

Trends and Emerging Issues

CAHRD partners have continued their efforts to address high risk drinking among students at the University of Alberta. During the reporting period (2011-2014), a variety of university stakeholders have implemented new campus-wide and residence-specific alcohol policy changes to address alcohol misuse risk factors among students. These included, increasing student programming to deemphasize high-risk drinking in residences; engaging students through Party Mode to find solutions to high risk drinking; increasing the promotion of Check Yourself to students; raising awareness of issues surrounding alcohol use and sexual assault; and implementing the 2013 ACHA-NCHA II survey to study student habits, behaviours, and perceptions of prevalent health issues, including alcohol use.

Patterns & frequency of alcohol use

Data from tools such as Check Yourself, the Campus Experiences with Alcohol and NCHA II surveys provide the university community with information about alcohol-use trends among students. The 2013/2014 cycle of Check Yourself recorded the highest number of respondents (1121 respondents) to date who were completing the tool for themselves. Key findings from 2013/14 Check Yourself data indicate that most (50%) UA students who accessed this online tool are moderate drinkers (less than 4 drinks a month), while 58% typically have four or fewer drinks at one occasion. In addition, 59% infrequently consume more than five drinks at one occasion (Table 2).

Despite the prevalence of moderate alcohol-use among students, there is a small, but significant proportion of the UA student population who are problem drinkers. In 2013/14, 17% of students were characterized as hazardous drinkers, while 29.5% were classified as exhibiting harmful alcohol use practices, and 14.2% met criteria for alcohol dependence (Table 3).

Alcohol-related incidents

Reports from university stakeholders including the Office of Student Judicial Affairs (OSJA), Residence Services, and Protective Services illustrate trends in alcohol-related Code of Conduct and Alberta Gaming and Liquor Act violations among students.

Data from Residence Services from the 2011/12 and 2012/13 years pose interpretation challenges due to inconsistent reporting. Though 2013/14 Residence Service data is more reliable, it cannot be compared to previous years' data (Table 4).

Data from the OSJA indicate that overall violations of the Alberta Liquor and Gaming Act are fairly consistent year to year, though no violations were recorded in 2012/2013 at the OSJA due to a change in how charges under the Code are applied. Code of Student Behaviour infractions for cases in which alcohol was a suspected contributor remained consistent year to year (Table 5).

Finally, data from University of Alberta Protective Services indicate that among incidents involving students in the 2013/14 academic year, first aid responses where alcohol was a contributing factor were most frequently responded to, whereas offences under the Alberta Liquor and Gaming Act were most infrequently recorded during the same period of time (Table 6).

Recommendations

- Continue to monitor trends in alcohol-use and misuse among the UA student population through administrative records from stakeholders who oversee student-involved alcohol-related alcohol events, incidents etc.,
- Continue to widely promote brief intervention tools such as Check Yourself through campus-wide marketing, and residence competitions.
- Assess how alcohol-related prevention and brief intervention activities across the U of A campus can be better coordinated and integrated into omnibus student services (e.g., mental health programming).

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