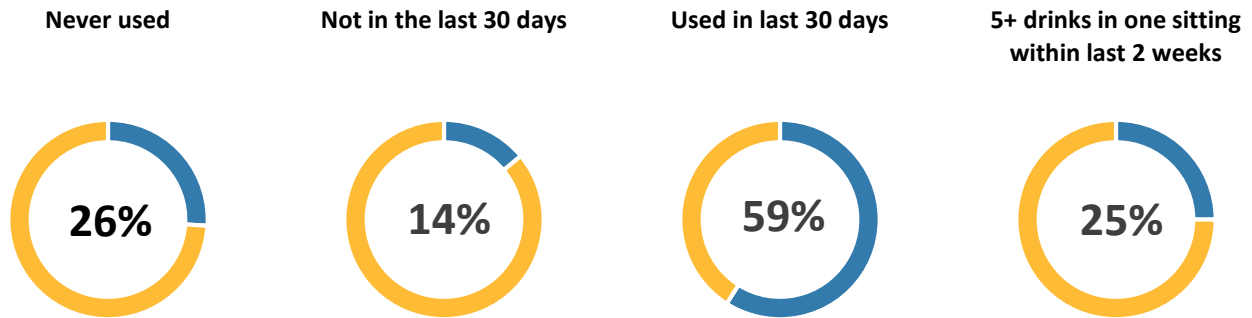




# SAIRO Data Bite

## UCLA Undergraduate Alcohol Use and Behaviors

### Alcohol Use



### Experiences and Behaviors

Students reported consuming an average of **2.8 drinks** the last time they partied/socialized

**3.7%** of students said they drove after drinking some amount of alcohol in the last 30 days

**75%** of students reported consuming **no more than 4 drinks** in one sitting in the last 2 weeks

#### Experiences after drinking

% of respondents who reported experiencing the following (N=572)

Did something you later regretted	24.9%
Forgot where you were or what you did	22.2%
Had unprotected sex	10.3%
Seriously considered suicide	3.0%
Someone had sex with me without my consent	1.4%
Got in trouble with the police	0.9%
Physically injured yourself	0.4%
Had sex with someone without their consent	0.2%

% reporting "NA - Don't drink": 31%

#### Behaviors when partying/socializing in the last 12 months

% of students reporting "Always" doing the following behaviors (N=572)

Use a designated driver	51.0%
Stay with same group of friends entire time	32.9%
Eat before and/or during drinking	26.6%
Keep track of how many drinks you were having	25.4%
Have a friend let you know when you have had enough	15.8%
Avoid drinking games	12.3%
Determine, in advance, not to exceed a set number of drinks	11.6%
Alternate non-alcoholic with alcoholic beverages	10.0%
Pace your drinks to 1 or fewer per hour	7.7%
Stick with only one kind of alcohol when drinking	5.8%
Choose not to drink alcohol	2.6%

Source: NCHA Survey 2016 (N=572)

The ACHA-National College Health Assessment II (ACHA-NCHA II) is a national research survey organized by the American College Health Association (ACHA) to assist colleges in collecting data about their students' habits, behaviors, and perceptions on health topics. More information on the survey and instrument is available here: <http://www.achanCHA.org>. More reports on NCHA data for UCLA are available here: <http://www.sairo.ucla.edu/By-Survey/NCHA>.