UCLA Undergraduate Alcohol Use and Behaviors

This brief provides an overview of UCLA undergraduate students’ alcohol use patterns and drinking behaviors. This report utilized data from the ACHA-National College Health Assessment III (ACHA-NCHA III) survey. Created by the American College Health Association (ACHA), the ACHA-NCHA Survey is a nationally recognized research survey that focuses on understanding the knowledge, attitudes, beliefs, and health behaviors of college students. More information on the survey and instrument is available here: http://www.achancha.org. For accompanying information and survey methodology, please visit: https://sairo.ucla.edu/by-survey/ncha

Alcohol Use

Experiences and Behaviors

16% of students reported drinking monthly in the past 3 months

7.8% of students reported driving after drinking in the last 30 days

39.6% of students reported consuming 5 or more drinks of alcohol in one sitting in the last 2 weeks

Experiences after drinking

Among those who reported using alcohol, percent who reported experiencing the following in the last 12 months (N=376)

Brownout (forgot where I was or what I did for short periods of time, but can remember once someone reminds me) 19.4%

Did something you later regretted 13.3%

Blackout (forgot where I was or what I did for a large period of time and cannot remember, even when someone reminds me) 8.0%

Had unprotected sex 7.0%

Physically injured yourself 5.6%

Seriously considered suicide 2.7%

Last time you drank

Did you get drunk?

Did you intend to get drunk?

Source: NCHA Survey 2021 (N=589)