

Alcohol Consumption and Cigarette Smoking

Trends among College students and their Non-College Peers

It's in the Numbers...

- The annual prevalence for drinking among college students is **82%**, versus **77%** of their age peers.
- The monthly prevalence for drinking among college students is **66%**, versus **58%** of their age peers.
- College students had a higher prevalence of *occasions of heavy drinking* at **39%**, while their age peers reported **37%**.
- College students did not report as high a rate for the prevalence of daily drinking; **4.3%** versus **5.1%** of their age peers.

Monitoring the Future's 2003 study on Drug Abuse captures a representative sample of college students in the United States, as well as their non-college peers.

The age bracket includes individuals aged 19-22, an age range most typical for college attendance. This bracket includes 74% of all undergraduate students enrolled full-time in a University in 2002. The drugs under comparison are taken recreationally, and are not under a doctor's orders.



In **high school**, college-bound students were **far less likely** to drink alcohol at any level compared to their non-college-bound peers.

The **drug of choice** for college students is **alcohol**, far outnumbering the rates of consumption for their non-college peers, annually.

The **largest absolute difference** between the two groups occurs for cigarette smoking. The **daily** cigarette smoking rate for those not enrolled in college is **29%**. "Only" **14%** of college students smoke daily.

The **annual** rates for **smoking** cigarettes are **nearly equivalent** between **men and women** from both the college and non-college groups.

Smoking at the rate of a **half-pack per day** stands at **8%** of college students versus **20%** of their age peers. High school senior data show the **college-bound to have much lower rates** of smoking in high school than the non-college bound.

Monitoring The Future: The Survey

The survey used a weighted sample of 1270 total college students and 880 total non-college peers of the same age bracket.

Students who dropped out of high school are not included in the non-college sample.

The college student sample includes those students who are enrolled full time.

"Occasions of

Consuming 5 or more beverages in a row over the past two weeks.

One Standard Drink=

- **10-12 oz. of Beer**
- **5 oz. of Wine or 1 Wine Cooler**
- **1 Shot or 1 Mixed Drink**