
2005 Texas Survey of Substance Use Among College Students

Main Findings Report



Acknowledgements

A number of people contributed to the 2005 Texas College Survey and the production of this report. Recognition should go to James Dyer, Ph.D., Melissa Tackett-Gibson, Ph.D., and Jim VanBeek, M.S., at the Public Policy Research Institute of Texas A&M University for their expert collaboration in all aspects of this survey, including questionnaire development, sampling, weighting, and data collection.

Acknowledgements are also due to my colleagues Martin Arocena, Ph.D., Penny Harmonson, C.P.S., Mimi McKay, M.A., M.L.I.S., and Karen Ruggiero, Ph.D., at the Mental Health and Substance Abuse Division of Texas Department of State Health Services for their valuable comments on the drafts and continuous support of the study.

A special note of appreciation is given to Mary Hill, Coordinator for Texas Higher Education Statewide Prevention Initiatives & Chairperson of the Texas SPF SIG Advisory Committee, for consistently providing information and constructive suggestions to all aspects of college substance prevention in Texas, and to Stacey Stevens, Ph.D., for her in-depth review and important contributions in the conclusions of this report.

Finally, thanks are due to the students, campus administrators, and local prevention and health professionals who encouraged and supported the participation in this survey, and thereby helped contribute to the scientific knowledge of college substance use patterns in Texas.

© April 2007, Texas Department of State Health Services (DSHS), Austin, Texas. DSHS grants full permission to reproduce and distribute any part of this document for non-commercial use. Appropriate credit is appreciated. DSHS Substance Abuse Services provides educational materials on substance use, develops prevention, intervention, and treatment programs, and conducts studies on the problems of substance use in Texas.

Mental Health and Substance Abuse Program Services
Texas Department of State Health Services
PO Box 12668 ♦ Austin, Texas 78711-2668
909 W. 45th Street ♦ Austin, Texas 78751
(512) 206-5000 ♦ (866) 378-8440
Web site: <http://www.dshs.state.tx.us/sa/>

Table of Contents

| | |
|----|--|
| 1 | Methodology |
| 3 | Prevalence of Tobacco, Alcohol, Inhalant, and Over-the-Counter Medicine Use |
| 7 | Prevalence of Illicit Drug Use |
| 10 | Comparisons to College Students Nationwide |
| 10 | Consequences of Substance Use |
| 11 | Other Behavior Associated with Substance Use |
| 13 | Current Need for Intervention Services and Previous Treatment Experience |
| 13 | Student Knowledge and Opinions of Campus Substance-Related Policies and Programs |
| 13 | Conclusions |
| 16 | References |
| 17 | Appendix A: Substance Use Prevalence Tables |

2005 Texas Survey of Substance Use Among College Students

Main Findings Report

by Liang Y. Liu, Ph.D.
Mental Health and Substance Abuse Program Services
Texas Department of State Health Services

In the spring of 2005, the Texas Department of State Health Services, in conjunction with the Public Policy Research Institute at Texas A&M University, conducted a statewide survey of substance use and related behaviors among undergraduate students aged 18 to 26. Some 4,634 students from 40 randomly selected public and private universities, colleges, and community colleges participated in the study. Survey data were collected through telephone interviews and online survey forms. Weights were calculated to adjust the data analysis for the sample design and for differences in mode of data collection.

This study, sponsored by Texas's Strategic Prevention Framework State Incentive Grant from the Center for Substance Abuse Prevention, Substance Abuse and Mental Health Services Administration, is designed to assess and characterize the levels in behaviors and attitudes toward alcohol and drug use among the college population across the state. It also supports the work of substance abuse prevention programs targeting this age group.

This report presents main findings of the 2005 survey of substance use and related behaviors among college and university students in Texas. Alcohol is the most often used substance on college campuses, and it is the substance most associated with problems. Students who binge drink are more likely than non-binge drinkers to experience negative consequences due to their alcohol use, and they are more likely to engage in other risk behaviors in addition to binge drinking. Many students also suffer impairment as a result of others' abuse of alcohol.

Methodology

The current survey is a follow-up to a 1997 survey of college students (Kerber and Wallisch, 1999). However, substantial changes were made to the study design and the mode of administration previously developed in 1997. With these modifications, comparisons between the 2005 survey and the previous survey are limited. The sampling frame in 2005 was broadened to include undergraduate students aged 18 to 26 at all public and private universities, colleges, and community colleges across the state. With the addition of community colleges and small institutions, sampling bias toward large four-year institutions was significantly reduced. In contrast to 1997's simple random sample, a multi-stage cluster design was used in the 2005 study. New measures related to mental health, use of internet for drug information and acquisition, and recreational use of prescription drugs were added to the survey instrument (Dyer et al., 2005). A mixed mode approach in survey administration was used to collect data via telephone interviews and email solicitation to the online survey forms.

Survey data was collected from March 2005 to May 2005. Campus recruitment was successful, with a cooperation rate of 61 percent. A total of 761 telephone interviews and 3,873 online questionnaires

were completed from the 40 participating campuses. Of those campuses, 17 were public and private community colleges and 23 were public and private four-year institutions. In order to control access to the online survey, each sampled student in the sample was assigned a unique alphabetic password. Each password could only be used once so that an individual could submit one completed survey. A password and its resultant survey record were active for two days, so that a respondent could leave the survey and return within two days to complete the record. Respondents surveyed by telephone were not offered their passwords, nor given the option to return to the survey online.

The survey also automatically excluded those participants who did not fall within the eligibility requirements. The screening questions determined if a respondent was an undergraduate, registered in more than four hours, and between the ages of 18 and 26. Validation rules were also used to prevent errors related to skip patterns within the survey. Participants who did not qualify to continue past a skip were automatically taken to the next question section.

The college instrument was developed to measure alcohol and drug usage and attitudes as well as other addictive behaviors. Much of the focus was on alcohol use and abuse. Questions related to student life (housing, academic major, grade point average, and student activities), knowledge of the school's alcohol policies and programs, gambling and sexual behaviors, mental health, and basic demographic information are also included. The survey required an average of 25 minutes to complete online and 29 minutes by phone.

Since the sampling design involved the selection of campuses within strata and the selection of students within sampled campuses, post-stratification weights were used to adjust the data analysis. To ensure the sample data accurately represented the population of the selected schools, two additional post hoc adjustments were applied in the weights to adjust the gender distribution and the differences in mode of data collection. All the survey findings in this report are weighted. Table 1 is a description of the student sample.

Table 1. Demographic Description of Sample: Texas College Students, 2005

| | N | Weighted % | | N | Weighted % |
|--------------------------|-------|------------|---|-------|------------|
| Total Sample | 4,634 | | Annual Parental Household Income | | |
| Gender | | | Less than \$20,000 | 376 | 10.0% |
| Male | 1,722 | 42.7% | \$20,000 to \$60,000 | 1,201 | 28.3% |
| Female | 2,908 | 57.3% | Greater than \$60,000 | 2,097 | 38.6% |
| Race/Ethnicity | | | Don't know/refused | 960 | 23.1% |
| Anglo | 3,143 | 60.5% | Class Standing | | |
| Hispanic | 939 | 25.7% | Freshman | 1,068 | 28.9% |
| African American | 228 | 8.8% | Sophomore | 1,169 | 33.1% |
| Asian, Pacific Islander | 223 | 4.6% | Junior | 1,129 | 20.1% |
| Native American | 20 | 0.3% | Senior | 1,248 | 18.0% |
| Other | 4 | 0.1% | Grade Point Average (GPA) | | |
| Age | | | A+ to A- | 1,558 | 34.3% |
| Age 18 to 20 | 2,310 | 50.4% | B+ to B- | 2,006 | 48.9% |
| Age 21 to 26 | 2,324 | 49.6% | C+ to C | 701 | 14.1% |
| Employment Status | | | C- to F | 135 | 2.7% |
| Working Full-Time | 560 | 19.5% | Fraternity/Sorority Member | | |
| Working Part-Time | 2,014 | 42.7% | Non-Member | 4,034 | 88.6% |
| Not Employed | 2,002 | 37.8% | Member | 590 | 11.4% |

Prevalence of Tobacco, Alcohol, Inhalant, and Over-the-Counter Medicine Use

The prevalence of lifetime, past-year, and past-month (current) use of all substances in the state as a whole is shown in Appendix A, Table A1. The prevalence tables by gender, race/ethnicity, age, membership in a fraternity/sorority, class standing, parental annual income, and type of institution are presented in Appendix A, Tables A1-A7.

Tobacco

- More than half (52 percent) of all college students in Texas reported use of some type of tobacco product (cigarettes, cigars, or smokeless tobacco) during their lifetime; 28 percent used tobacco in the past month.
- Fifty-one percent of students had ever smoked cigarettes or cigars at some point in their lives, and 26 percent had smoked cigarettes or cigars in the past month. Of the past-month smokers, 36 percent were Anglo males and 32 percent Anglo females.
- College students were much more likely to smoke cigarettes or cigars than use smokeless tobacco. Some 16 percent of college students had ever used smokeless tobacco, and 6 percent had used smokeless tobacco in the past month. Among students who used smokeless tobacco in the past month, 68 percent were Anglo males.
- About 20 percent of college students who had ever used tobacco reported first use at age 13 or younger. The age of first-time tobacco use is strongly associated with type of institution, with a higher proportion of community college students starting tobacco use at age 13 or younger.

Alcohol

- Alcohol was the most commonly used substance among college students. Eighty-four percent of students had drunk an alcoholic beverage at least once during their lifetimes, 78 percent had drunk alcohol in the past year, and 66 percent had drunk alcohol in the past month.
- Almost 30 percent of college students reported binge drinking, which is defined as consuming five or more drinks in a row for men and four or more drinks in a row for women on at least two occasions within the past month.
- Over 11 percent of college students were frequent binge drinkers, that is, they binged on six or more occasions within the last month.
- Sixteen percent of college students reported getting drunk often and 9 percent had abused alcohol. Getting drunk is defined here as becoming drunk on three or more occasions within the past month. Alcohol abuse is defined as having suffered six or more negative experiences as a result of drinking since the beginning of the school year.
- When asked to describe their current drinking behaviors, most binge drinkers considered themselves to be light or moderate drinkers. About 26 percent of binge drinkers considered themselves light drinkers, and 61 percent said they were moderate drinkers.

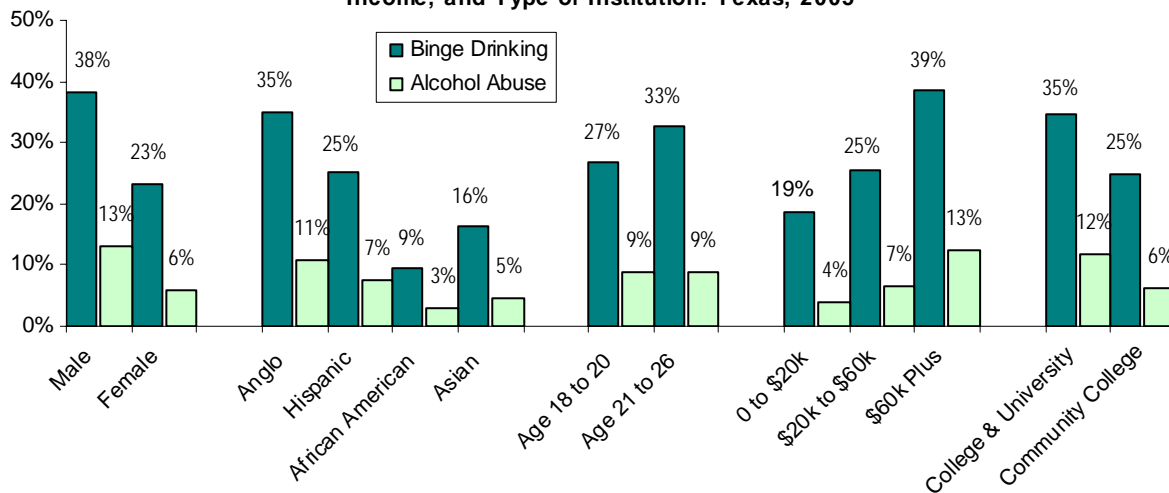
Factors Related to Alcohol Use and Binge Drinking

Demographic Factors

- Although the legal drinking age in Texas is 21, about 58 percent of college students aged 18 to 20 reported drinking an alcoholic beverage within the past month. The majority (81 percent) of underage past-year drinkers reported obtaining alcohol from someone age 21 or older.
- Women were almost as likely as men to have ever used alcohol, but they were less likely than men to currently drink, binge drink, and abuse alcohol (Figure 1).

- Thirty-five percent of Anglos and 25 percent of Hispanics reported binge drinking in the past month. African American students had the lowest binge drinking at 9 percent. Anglo students also had the highest percentage of getting drunk often (21 percent) and abusing alcohol (11 percent).
- Students with parents earning over \$60,000 a year were more likely than students from less wealthy families to currently drink, binge drink, and abuse alcohol.
- Students in four-year institutions were more likely than those in two-year colleges to report past-month use of alcohol, binge drinking, and abusing alcohol.

Figure 1. Percentage of College Students Who Reported Binge Drinking and Alcohol Abuse by Gender, Race/Ethnicity, Age, Annual Parental Household Income, and Type of Institution: Texas, 2005



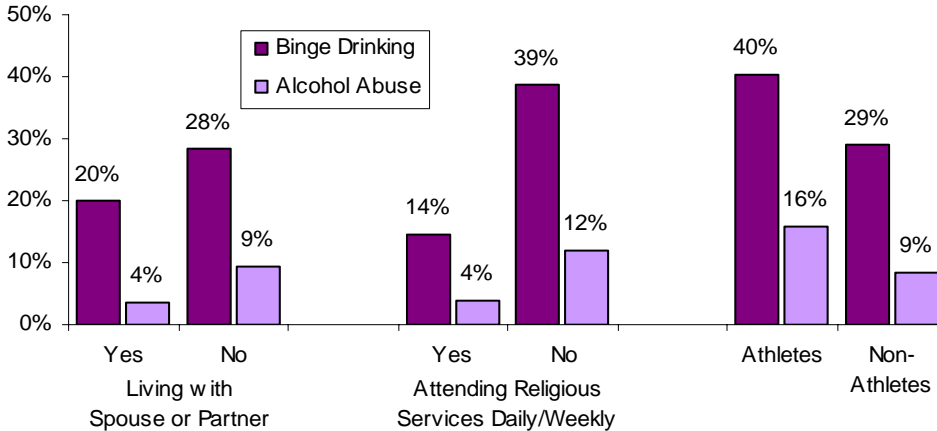
- Prevalence of alcohol use increased linearly by class standing and peaked at the senior year. However, junior students reported the highest rate of binge drinking (38 percent) and abusing alcohol (11 percent).
- Academic performance is associated with binge drinking. Thirty-five percent of students who earned school grades of C+ or lower in 2005 were binge drinkers, compared to 28 percent of those who earned A's and B's.

Lifestyle Factors

- Binge drinking and abusing alcohol were positively associated with a student's number of close friends, having roommate(s), attending parties or clubs daily/weekly, skipping a class or lab daily/weekly, having a majority of friends who drank alcohol in the past month, and having a large percentage of friends who are heavy or problem drinkers.
- Students who said they had more than eight friends were more likely to be binge drinkers than those with fewer than eight friends (42 percent versus 24 percent).
- Members of fraternities or sororities were more likely than non-members to currently drink (72 percent versus 65 percent), binge drink (42 percent versus 28 percent), get drunk often (26 percent versus 15 percent), and abuse alcohol (14 percent versus 8 percent).
- Among fraternity and sorority members, those who participated in fraternity or sorority activities daily/weekly during a typical semester were two to three times more likely to binge drink, get drunk often, or abuse alcohol than their peers who reported participation as less frequent.

- Students who lived with a spouse/partner or parent/relative and students who regularly attended religious services were less likely to binge drink, get drunk often, or abuse alcohol than other students (Figure 2).
- Overall, college student athletes were more likely than non-athletes to report current use of alcohol and to binge drink or abuse alcohol (Figure 2). Male athletes drank more than female athletes on college campus. Also, students who regularly participated in sporting events during a typical semester were more likely to engage in binge drinking, alcohol abuse, and getting drunk.

Figure 2. Binge Drinking and Alcohol Abuse Among College Students, by Selected Lifestyle Factors: Texas, 2005



High School Drinking Behavior

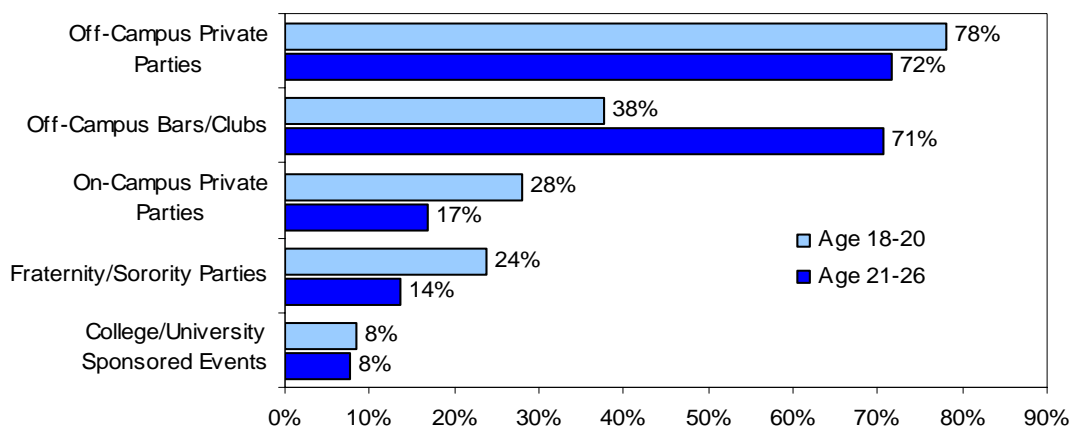
- Many students had already established a pattern of drinking before coming to college. Sixty-seven percent of all college students had drunk alcohol before reaching the age of 18.
- About 12 percent of lifetime users of alcohol said they had five or more drinks in a row daily/weekly during their last year in high school, and 47 percent said they did so at least once a month in high school.
- College students who reported drinking at least several times a month in high school were more likely than those who drank less frequently in high school to binge drink in college.
- Students who binge drank during their last year in high school (59 percent) were three times more likely than students who did not binge drink during their last year in high school (18 percent) to be binge drinkers in college.
- Forty-nine percent of college binge drinkers reported drinking a lot or a little more than they did in high school, 17 percent reported no change in consumption, and 34 percent reported a decrease of some kind.

Availability of Alcohol

- Among underage past-year drinkers, 81 percent obtained alcohol from legal-drinking-age persons, 38 percent from someone under age 21, 38 percent from parents or other relatives, 27 percent from someone else who made it, and 23 percent bought it without getting carded.
- About 8 percent of underage past-year drinkers said they obtained alcohol by using a fake identification at a bar or store. Men (11 percent) were two times more likely than women (5 percent) to do so.

- More than one-fourth of college students said they usually could get alcohol without being carded from a local restaurant, a local bar/club off-campus, or a local gas station.
- Most of the current alcohol users had drinks at off-campus private parties and off-campus bars (Figure 3).
- Only 2 percent of students owned a home brewing kit for making alcoholic beverage, and 1 percent said they had ever obtained alcohol from an online store or seller.
- Students who owned home brewing kits (60 percent) were two times more likely than other students (35 percent) to binge drink.
- Students who obtained alcohol from online stores (49 percent) were five times more likely than other students (10 percent) to report abusing alcohol.

Figure 3. Percentage of Current Drinkers in College Who Attended Various Places to Obtain Alcohol, by Age: Texas, 2005



Perceptions of Peer Alcohol Use

- Most students disagreed with the notion that drinking is an important part of the college experience either for themselves or their peers. Eighty percent of college students opposed the statement, “You can’t make it socially without drinking” or “It’s important to show how much you can drink.”
- Students on college campuses tended to overestimate the levels of alcohol consumption among their peers and school student body. The average of students’ estimates of past-month alcohol use among all campus students was about 71 percent, compared to their own reported rate of past-month drinking at 66 percent.
- Students also overestimated the percentage of heavy or problem drinkers, responding on average that 13 percent of their close friends at school were heavy or problem drinkers, compared to the actual rate of reported behavior at 4 percent.

Perceptions of Parental Attitudes and Their Use of Alcohol

- Ninety percent of college students said they had a great or good relationship with their parents or the adults who raised them. Male students (93 percent) were more likely than female students (88 percent) to say so.
- Some 32 percent of college students believed that their family didn’t approve of drinking alcohol, 46 percent said their family accepted light drinking but disapproved of heavy drinking, and only 3 percent said their family accepted heavy drinking.

- Students who said their family disapproved of drinking were much less likely to currently drink, binge drink, and abuse alcohol than those who said their family accepted alcohol use (Table 2).
- Students' drinking problems are related to their father's and/or mother's use of alcohol. Female binge drinkers (21percent) were two times more likely than male binge drinkers (11 percent) to have been brought up by alcoholic fathers and/or mothers.

Table 2. Prevalence of Alcohol Use and Abuse Among College Students, by Perceived Family Attitudes of Drinking: Texas, 2005

| | Past-Month Alcohol Use | Binge Drinking | Alcohol Abuse |
|-----------------------------------|------------------------|----------------|---------------|
| Family Didn't Approve of Drinking | 55.3% | 24.5% | 6.8% |
| Family Accepted Light Drinking | 75.0% | 33.2% | 10.5% |
| Family Accepted Heavy Drinking | 79.5% | 48.4% | 15.7% |

Reasons Students Did Not Drink Alcohol

- Fifty-three percent of college students had ever decided to reduce the drinking amount or stop drinking all together even for a short period of time. Among those who would limit or stop drinking, 55 percent said because they didn't want to drink and drive and 37 percent said because drinking was getting too expensive.

Inhalants

- The term *inhalants* refers to many different household and commercial products that can be abused by sniffing or huffing (inhaling through the mouth). Inhalants include volatile substances (such as gasoline, glue, and paint), anesthetics (such as ether and nitrous oxide), aerosols (such as hair spray, deodorant, and Freon), and nitrites (poppers and amyl or butyl nitrite).
- About 5 percent of college students reported ever having used inhalants. One percent had used inhalants in the past school year, and only 0.3 percent had used inhalants in the past month.
- Males (6 percent) were more likely than females (3 percent) to report lifetime inhalant use. Anglos and Hispanics were more likely to use inhalants than other ethnic or racial groups.
- Binge drinkers (9 percent) were about three times as likely as non-binge drinkers (3 percent) to report ever using inhalants.

Dextromethorphan (DXM)

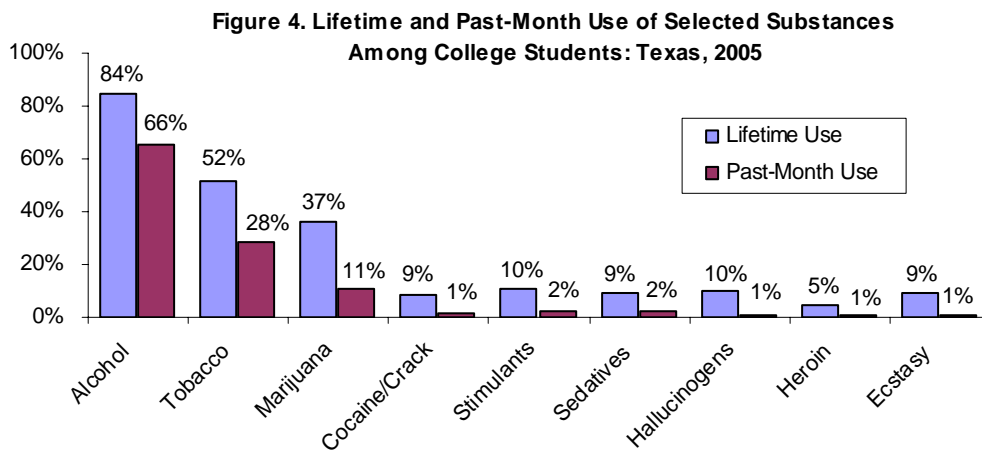
- DXM is a legal cough suppressant available in a variety of over-the-counter cough and cold medicines, such as Robitussin-DM, Coricidin, and Drixoral cough suppressant. When taken in large doses, DXM can produce hallucinations and a sense of dissociation.
- DXM is often used in combination with other drugs such as marijuana, Ecstasy, or alcohol, which increases the dangerous physiological effects.
- Five percent of Texas college students reported having used DXM at some point in their lives for the purpose of getting high. Less than 1 percent had abused these drugs in the month before the survey.

Prevalence of Illicit Drug Use

Any Illicit Drug

- Illicit drug use refers to the non-medical use of marijuana, crack or powder cocaine, stimulants, sedatives, hallucinogens, heroin and other opiates, club drugs, steroids, and Rohypnol.

- Illicit drug use was much less common than the use of alcohol among college students in Texas (Figure 4). Twenty-three percent of all students had used an illicit drug in the past year, and 13 percent had used an illicit drug in the past month.
- Male students (17 percent) were much more likely than females (9 percent) to report past-month use of any illicit drug. Sixteen percent of students who earned school grades of C+ or lower were current drug users, compared to 12 percent of those who earned A's and B's.
- College student fraternity or sorority members (15 percent) were more likely than non-members (12 percent) to report past-month use of any illicit drug. Over 17 percent of student athletes had used an illicit drug in the past month, compared to 12 percent of non-athletes.
- Students who used illicit drugs were very likely to drink alcohol as well. Forty-five percent of past-year drug users said they generally drank alcohol on the occasions of using drugs.
- About 73 percent of college students who had ever used an illicit drug reported a decrease in drug use since beginning college as a freshman, 12 percent reported an increase in drug use, and 11 percent reported no change in their drug use.
- Among those who reported they increased their drug use since beginning college, 17 percent were abusing drugs, meaning they had experienced six or more negative consequences as a result of using drugs since the beginning of the school year.



Marijuana

- Marijuana was the most popular used illicit drug and the third most prevalent substance that college students reported using after alcohol and tobacco. About 37 percent of college students had ever used marijuana during their lifetimes and 11 percent had used it in the past month.
- Males (15 percent) were twice as likely as females (7 percent) to smoke marijuana in the past month. Anglos and students from wealthier families were also more likely to smoke marijuana in the past month.
- Only 13 percent of college students thought it was very dangerous to use marijuana; 61 percent believed using marijuana was not very dangerous or not dangerous at all.

Cocaine or Crack

- Nearly 9 percent of college students reported using cocaine or crack at least once during their lifetimes, and 1.4 percent reported using cocaine or crack in the past month.
- Males students and members of fraternities/sororities were more likely to report prevalence use of cocaine or crack.

Stimulants

- Ten percent of all college students reported ever using stimulants (uppers, amphetamine, crystal meth, Ritalin, etc.), and only 2 percent had used them in the past month.
- Anglo students (3 percent) were more likely than Hispanics or Asians (1 percent) to use stimulants in the past month. Students in four-year institutions also reported much higher use of stimulants than their peers in two-year colleges.

Sedatives

- More than 9 percent of college students had ever used sedatives (downers, red devils, yellow jackets, Valium, etc.) during their lifetimes, and only 2 percent had used downers in the past month.
- Males, Anglos, and students from wealthier families were more likely to use sedatives.

Hallucinogens or Psychedelics

- Ten percent of students reported using hallucinogens or psychedelics at least once during their lifetimes, and less than 1 percent reported use during the past month.
- Males were two times more likely than females to use hallucinogens or psychedelics.

Heroin or Other Opiates

- Five percent of college students reported ever using heroin or other opiates (codeine, morphine, oxycodone, Vicodin, etc.), and only 1 percent used them during the past month.
- Anglo students reported the highest prevalence use of heroin or other opiates.

Club Drugs

- Nine percent of students reported using Ecstasy (MDMA) in their lifetimes, and only 1 percent of students used Ecstasy in the past month.
- About 2 percent of students had ever used Ketamine (Special K) or GHB (gamma hydroxy butyrate, Fantasy) during their lifetimes.
- Males, older students aged 21 to 26, and students in two-year colleges were more likely to report lifetime use of these club drugs.

Steroids

- Almost 1 percent of college students reported ever using steroids in their lifetimes. Members of an athletic team (2.2 percent) were more likely to report lifetime use of steroids than non-athletic members (0.8 percent).

Rohypnol

- More than 1 percent of students reported lifetime use of Rohypnol. Males, Anglos, older students aged 21 to 26, and students from wealthier families were more likely to have used Rohypnol in their lifetimes.

Factors Related to Illicit Drug Use

Perceptions of the Danger of Drug Use

- Students were asked how dangerous they thought it was for persons their age to use illicit drugs. Marijuana was thought to be the least threatening illicit drug to use. Only 13 percent of college

students thought marijuana was very dangerous to use. Fifty-seven percent and 69 percent believed that sedatives and stimulants were very dangerous, respectively.

- Some 72 to 75 percent of college students believed that hallucinogens, club drugs, and Rohypnol were very dangerous to use, and 86 to 89 percent thought that cocaine, crack, and heroin were very dangerous.
- The perceived danger of using drugs can be a strong predictor of student use. Students who thought that drugs were dangerous to use were less likely to actually use those drugs. For example, only 7 percent of college students who believed marijuana was very dangerous to use had actually used it in the past month; whereas, 52 percent of those who believed marijuana was not dangerous at all had used it.

Availability of Illicit Drugs

- Among college students who had ever used illicit drugs, only 4 percent said they had obtained a drug from an online pharmacy, store, or seller for non-medical purposes.
- Among students who had ever taken prescription drugs to get high, 27 percent said they got the drugs from a doctor's prescription, 36 percent got them from someone with a prescription, 21 percent got them from someone without a prescription, and 10 percent took the drugs from a friend or family member with a prescription without their knowledge.
- There are reports of people being given drugs without their knowledge. Twenty-two percent of all college students said they knew someone who had been given a drug without his/her knowledge or permission (e.g. it was slipped into his/her drink).

Comparisons to College Students Nationwide

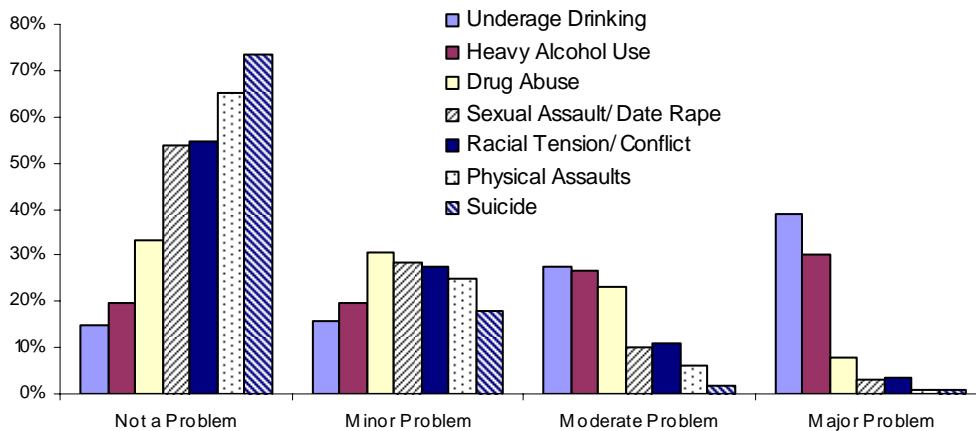
- Findings of the Monitoring the Future study (Johnston et al., 2006) were used to compare the behaviors of college students at the national level to those living in Texas. Although the results of the two surveys are generally comparable, caution should still be exercised when comparing the two sets of estimates since some differences in sampling design, data collection, and analytical protocols between the two studies exist.
- Texas college students reported lower prevalence use of marijuana than their counterparts nationally. For example, past-month use of marijuana was 11 percent among college students in Texas compared to 17 percent in the nation.
- Findings on lifetime and past-month use of cocaine/crack or Ecstasy were remarkably similar between college students in Texas and college students nationwide.
- College students in Texas also tended to binge drink less than students nationwide. The percentage of binge drinkers on Texas campuses was 30 percent, compared to 40 percent on campuses nationwide (The national study defined binge drinking as five or more drinks in a row in the past two weeks).
- Past-month use of cigarettes was slightly higher among Texas college students (26 percent) than their counterparts in the nation (24 percent).

Consequences of Substance Use

- College students believed alcohol abuse was much more of a problem on campus than drug abuse. Thirty-nine percent believed underage drinking was a "major" problem and 30 percent thought heavy alcohol use was a "major" problem, but only 8 percent of students believed drug abuse was a "major" problem on campus (Figure 5).

- Among students who had drunk alcohol in the past year, 47 percent had a hangover, 23 percent regretted something that they did while under the influence of alcohol, 17 percent had temporary memory loss, 14 percent argued with a friend; 7 percent physically hurt themselves, and 4 to 5 percent caused property damage or gotten into trouble with the police as a result of drinking.
- Binge drinkers were nearly six times as likely (39 percent) as non-binge drinkers (7 percent) to miss a class due to drinking, and they were more than four times as likely (28 percent) as non-binge drinkers (6 percent) to fall behind in school work due to drinking.
- Of students who had used illicit drugs in the past year, 17 percent regretted something that they did due to drug use, 16 percent had a hangover, 12 percent had temporary memory loss, and 6 percent argued with a friend as a result of using drugs.
- Overall, past-year alcohol users were more likely to report these problems as a result of drinking than past-year drug users were to report them as a result of using drugs.

Figure 5. Percentage of College Students Describing the Extent of Social Problems at Their Campuses: Texas, 2005

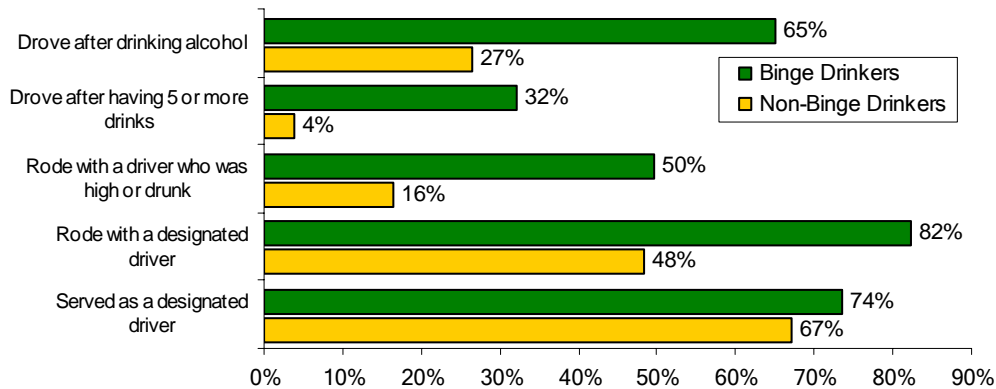


Other Behavior Associated with Substance Use

Driving While Drunk or High from Drugs

- Twenty-nine percent of college students said they had driven after drinking within the past month, and 11 percent said they had driven after drinking five or more drinks. Twelve percent of all students believed they could consume four or more drinks in an hour and still drive safely.
- More than 8 percent of students admitted having driven when they were high or stoned from drugs. About 23 percent of students reported riding as a passenger with a driver while drunk or high from drugs.
- Many students served as designated drivers (58 percent) or rode in a car driven by designated drivers (46 percent). Unfortunately, some 11 percent of students reported drinking more than one drink when they last served as a designated driver. Seven percent of students had been in a car accident involving a driver that had been drinking.
- Binge drinkers were much more likely than non-binge drinkers to put themselves and others at risk as a result of drinking and driving (Figure 6).

Figure 6. Percentage of Past-Month Alcohol Users in College Who Reported Specific Driving Behaviors in the Past Month, by Binge Drinking: Texas, 2005



Mental Health

- Six percent of college students in Texas had serious psychological distress, based on the scale consisting of six questions that asked how frequently the students experienced symptoms of psychological distress during the past month.
- Students who had serious psychological distress were more likely to report abusing alcohol and/or drugs in the past school year.
- About 5 percent of all college students said that they had ever seriously considered or attempted suicide in the past twelve months. Only 1 percent of college students believed suicide was a “major” problem on campus.
- More than 19 percent of all students had ever received doctor’s prescription for the treatment of depression, anxiety disorder, bipolar disorder, ADHD (Attention Deficit Hyperactivity Disorder), or schizophrenia. Among those students, 35 percent were currently under a doctor or psychiatrist treatment for mental health disorders at the time of the survey.

Gambling Behavior

- Thirty-eight percent of college students in Texas said they had placed a bet or gambled money on various gambling activities at least once within the past year. Among students who participated in gambling activities, one-third bet on games at a casino, card parlor, race track, or sporting events, and 7 percent bet on gambling games online.
- Only 2 percent of all students felt that they had a problem with betting money or gambling during the past year.
- Males and athletic-team members were more likely to gamble and to have gambling problems if they did gamble. Gambling and problem gambling were also significantly associated with binge drinking, alcohol abuse, and heavy or problem drinking.

Risky Sex

- About 19 percent of students who had been sexually active reported they were drinking the last time they had sex, and 4 percent said they were using illicit drugs the last time they had sex.
- Among sexually active students who had drunk alcohol in the past year, 12 percent said that at least once they failed to use protection as a result of drinking alcohol.
- Men were more likely than women to have been drinking alcohol the last time they had sex, and to have ever failed to use protection as a result of drinking.

- Members of fraternities or sororities, students with two or more sexual partners, binge drinkers, and heavy or problem drinkers often were more likely to fail to use protection as result of drinking alcohol.

Current Need for Intervention Services and Previous Treatment Experience

- Ten percent of all Texas college students reported abusing alcohol and/or drugs in the past school year, meaning that they had suffered six or more negative experiences due to their alcohol and/or drug use since the beginning of the school year.
- Only 13 percent of binge drinkers and 25 percent of alcohol abusers thought they had a drinking problem. Students who were abusing alcohol at the time of the survey and admitted they had a drinking problem represented about 2 percent of the entire college population.
- Less than 1 percent of all college students were abusing drugs at the time of the survey and admitted that they had a drug problem. Three percent of all students reported that they had ever wanted to cut down or stop their use of drugs, but could not.
- About 3 percent of all students had received counseling or treatment for an alcohol and/or drug related problem since starting college.
- Five percent of all college students thought they had a drug problem. Among them, 32 percent had ever sought help or been to counseling and 20 percent had received treatment or attended substance abuse support groups since starting college.

Student Knowledge and Opinions of Campus Substance-Related Policies and Programs

- Forty-one percent of college students in Texas reported that their school prohibits all alcohol use on campus by students. About 35 percent didn't know what the alcohol policy was on their campus.
- Nearly 90 percent of all students said they would support their university if it were to offer free alcohol and drug counseling to students, if it were to make the alcohol rules more clear, or if it were to have the policy of drug testing student athletes. About 77 percent would support the setting aside some dormitories as alcohol-free, and 72 percent would like to see stricter enforcement of alcohol rules or fining of student organizations that offer alcohol to minors.
- Some 43 percent of all students had received information from their universities about drugs other than alcohol. About 37 to 40 percent had received information about the dangers of alcohol overdose, where to get help for alcohol-related problems, or the long term health effects of heavy drinking.
- Only 10 percent of all students said they had ever attended a drug and alcohol abuse prevention event provided by their college's drug and alcohol program. Half of the college students didn't know if there was a drug and alcohol abuse prevention program on their campus.

Conclusions

Alcohol use or abuse continues to be the most prevalent problem among college students in Texas, causing adverse personal and social consequences for young adults, campuses, and the community as a whole. Two-thirds of college students reported drinking an alcoholic beverage within the past month prior to the survey and nearly one-third reported bingeing on alcohol. The high percentage of binge drinking and alcohol abuse reported, and the associated risky behaviors that occurred more

frequently as a result, point to the need for additional intervention efforts and opportunities to examine the feasibility of providing brief intervention or brief treatment services on college campuses as part of intervention programs or enforcement activities.

Despite laws that make it illegal for anyone under age 21 to purchase or possess alcohol, underage students report an easy access to alcohol. About one-fourth of underage college drinkers admitted they bought alcohol without being carded on and off campus. One crucial task to reduce underage drinking is to enforce underage alcohol laws. Campus polices should affirm that the campus environment does not support underage drinking and that legal interventions enforcing existing laws, such as drunk-driving which has had an impact, are constantly and consistently implemented to ensure ongoing success. Campus leaders also need to work with other community leaders or coalitions to create changes in the broader environment to prevent illegal alcohol sales and social provision of alcohol to the underage population (Toomey and Wagenaar, 2002).

Many individuals on college campuses overestimate the levels of alcohol consumption among their peers and school student body. The survey results also show that more than one-third of Texas college students didn't know what the alcohol policy was on their campus, even though campuses are federally mandated to provide it to each student, and half didn't know if there was a drug and alcohol abuse prevention program on their campus. There is a strong need for college administrators to reassess the communication of campus rules and polices toward alcohol and drugs, and to effectively communicate with the students to increase awareness regarding where to receive information and where they can seek help for substance abuse. Social norms interventions and environmental strategies should be enhanced, such as exploring the implementation of substance free housing to decrease alcohol consumption, which was endorsed by 77 percent of survey respondents.

The study revealed interesting differences in use patterns among subgroups of survey respondents that are supported by other research literature. In particular, differences exist among college students and college student athletes and also among college students and college student fraternity or sorority members. In this survey and others, college student athletes reported different and higher use patterns (Wechsler et al., 1997), using more with regard to amount and frequency (Hildebrand et al., 2001), and using for different reasons (Martens et al., 2005; Read et al., 2003). Differences in use patterns and reasons for use also existed among college students and college student fraternity and sorority members, with more fraternity and sorority members reporting binge drinking. Although fraternities and sororities represent a small percentage of the total student body population, their influence as a center for social activities on campus is typically high (Wechsler et al., 2000, 2002). It would serve college administrators well to work more closely with external bodies that govern these organizations (e.g. the National Collegiate Athletic Association and inter/national fraternity or sorority councils) to develop interventions and policies specific to these groups.

Given that this survey and others report the early ages at which students begin to consume alcohol, it would be desirable to begin intervention efforts at the junior high-school levels and to continue these interventions throughout the college years. With the consistent success in reducing alcohol use and other related problems among youth, the comprehensive community intervention programs are considered to have significant potential to reduce college-age drinking problems (Hingson and Howland, 2002). Since college administration has influence on the campus' physical and social environments, these programs will be even more likely to succeed if they combine the environmental

and institutional change with the theory-based educational strategies designed to change individual behaviors.

A valuable source for college administrators to develop strategies for changing campus culture and to foster environments that promote healthy lifestyles is the Higher Education Center for Alcohol and Other Drug Abuse and Violence Prevention, which is established by the U.S. Department of Education. Their web page at www.higheredcenter.org includes prevention updates, informative articles and services, and available programs on nation's campuses. Also, the reader is encouraged to refer to *A Call to Action: Changing the Culture of Drinking at U.S. Colleges* (National Institute on Alcohol Abuse and Alcoholism [NIAAA], 2002) for a series of recommendations for effective college alcohol prevention. The NIAAA website at www.collegedrinkingprevention.gov is a one-stop resource for comprehensive research-based information on issues related to alcohol abuse and binge drinking among college students. The newly released *The Surgeon General's Call to Action to Prevent and Reduce Underage Drinking* (U.S. Department of Health and Human Services, 2007) also addresses the risk of drinking and identifies six goals to attempt to change the culture and attitudes toward drinking in U.S.

References

Dyer, J., Tackett-Gibson, M., and VanBeek, J. (2005). *Methodology Report for the Texas College Survey of Drug and Alcohol Use, 2005*. College Station, TX: Public Policy Research Institute, Texas A&M University.

Hildebrand, K. M., Johnson, D. J., and Bogle K. (2001). "Comparison of Patterns of Alcohol Use Between High School and College Athletes and Non-athletes - Statistical Data Included." *College Student Journal*, 35: 358-365.

Hingson, R. W. and Howland, J. (2002). "Comprehensive Community Interventions to Promote Health: Implications for College-Age Drinking Problems." *Journal of Studies on Alcohol*, Supplement No. 14: 226-240.

Johnston, L. D., O'Malley, P. M., Bachman, J. G., and Schulenberg, J. E. (2006). *Monitoring the Future National Survey Results on Drug Use, 1975-2005. Volume II: College Students and Adults Ages 19-45* (NIH Publication No. 06-5884). Bethesda, MD: National Institute on Drug Abuse, 302 pp.

Kerber, L. and Wallisch, L. (1999). *1997 Texas Survey of Substance Use Among University Students*. Austin, TX: Texas Commission on Alcohol and Drug Abuse. <http://www.tcada.state.tx.us/research/college/1997/>.

Martens, M. P., Beck, N. C., Watson, J. C., and Royland, E. M. (2005). "Development of the Athlete Drinking Scale." *Psychology of Addictive Behaviors*, 19(2), 158-164.

National Institute on Alcohol Abuse and Alcoholism. (2002). *A Call to Action: Changing the Culture of Drinking at U. S. Colleges* (NIH Publication No. 02-5010). Bethesda, MD: National Institute on Alcohol Abuse and Alcoholism.

Read, J. P., Wood, M. D., Kahler, C. W., Maddock, J. E., and Palfai, T. P. (2003). "Examining the Role of Drinking Motives in College Student Alcohol Use and Problems." *Psychology of Addictive Behaviors*, 17, 13-23.

Toomey, T. L. and Wagenaar, A. C. (2002). "Environmental Policies to Reduce College Drinking: Options and Research Findings." *Journal of Studies on Alcohol*, Supplement No. 14: 193-205.

U.S. Department of Health and Human Services. (2007). *The Surgeon General's Call to Action to Prevent and Reduce Underage Drinking*. Rockville, MD: U.S. Department of Health and Human Services, Office of the Surgeon General.

Wechsler, H., Davenport, A. E., Dowdall, G. W., Grossman, S. J., and Zanakos, S. I. (1997). "Binge Drinking, Tobacco, and Illicit Drug Use and Involvement in College Athletics: A Study of Students at 140 American Colleges." *Journal of American College Health*, 45: 195-200.

Wechsler, H., Lee, J. E., Kuo, M., and Lee, H. (2000). "College Binge Drinking in the 1990s: A Continuing Problem -- Results of the Harvard School of Public Health 1999 College Alcohol Study." *Journal of American College Health*, 48(10): 199-210.

Wechsler, H., Lee, J. E., Kuo, M., Seibring, M., Nelson, T. F., and Lee, H. (2002). "Trends in College Binge Drinking During a Period of Increased Prevention Efforts: Findings from 4 Harvard School of Public Health College Alcohol Surveys: 1993-2001." *Journal of American College Health*, 50(5): 203-217.

Appendix A

Substance Use Prevalence Tables

Table A1. Prevalence and Recency of Substance Use Among College Students, by Gender: Texas, 2005

| | Lifetime Use | | | Past-Year Use | | | Past-Month Use | | |
|----------------------|--------------|-------|--------|---------------|-------|--------|----------------|-------|--------|
| | Total | Male | Female | Total | Male | Female | Total | Male | Female |
| Alcohol | 84.3% | 85.1% | 83.6% | 78.4% | 79.3% | 77.8% | 65.6% | 68.3% | 63.6% |
| Tobacco | 51.7% | 58.0% | 47.1% | 38.2% | 45.1% | 33.0% | 28.1% | 36.0% | 22.2% |
| Cigarettes | 50.7% | 56.4% | 46.4% | 36.8% | 42.2% | 32.8% | 26.4% | 32.3% | 22.0% |
| Smokeless Tobacco | 15.8% | 27.3% | 7.3% | 9.0% | 16.0% | 3.7% | 5.8% | 11.4% | 1.6% |
| Inhalants | 4.5% | 6.3% | 3.2% | 0.9% | 1.5% | 0.4% | 0.3% | 0.4% | 0.1% |
| DXM (e.g. Coricidin) | 4.6% | 5.5% | 4.0% | 2.2% | 2.1% | 2.2% | 0.7% | 0.5% | 0.8% |
| Any Illicit Drug | 38.2% | 42.6% | 34.9% | 23.2% | 27.3% | 20.2% | 12.5% | 17.1% | 9.0% |
| Marijuana | 36.5% | 40.6% | 33.5% | 20.7% | 25.0% | 17.6% | 10.7% | 15.3% | 7.4% |
| Marijuana Only* | 17.5% | 17.5% | 17.4% | 8.1% | 7.8% | 8.3% | 2.6% | 3.5% | 2.0% |
| Cocaine/Crack | 8.5% | 10.8% | 6.8% | 3.8% | 5.7% | 2.3% | 1.4% | 2.5% | 0.6% |
| Stimulants | 10.4% | 12.3% | 9.0% | 5.3% | 6.5% | 4.4% | 2.2% | 3.2% | 1.5% |
| Sedatives | 9.4% | 10.2% | 8.8% | 4.8% | 6.0% | 3.9% | 2.1% | 3.3% | 1.2% |
| Hallucinogens | 10.2% | 14.2% | 7.3% | 3.5% | 5.9% | 1.7% | 0.6% | 0.8% | 0.4% |
| Heroin/Other Opiates | 5.0% | 5.8% | 4.3% | 2.4% | 3.1% | 1.9% | 0.9% | 1.1% | 0.8% |
| Steroids | 0.9% | 1.4% | 0.5% | 0.2% | 0.4% | 0.1% | 0.1% | 0.2% | 0.0% |
| Rohypnol | 1.4% | 1.9% | 1.1% | 0.1% | 0.2% | 0.0% | 0.0% | 0.0% | 0.0% |
| Ketamine | 1.8% | 2.4% | 1.3% | 0.0% | 0.1% | 0.0% | 0.0% | 0.0% | 0.0% |
| GHB | 1.6% | 2.8% | 0.7% | 0.4% | 0.9% | 0.1% | 0.0% | 0.0% | 0.0% |
| MDMA (e.g. Ecstasy) | 9.0% | 10.8% | 7.7% | 3.3% | 4.9% | 2.1% | 0.9% | 1.2% | 0.6% |

* "Marijuana Only" indicates use of no other illicit drug besides marijuana.

Table A2. Prevalence and Recency of Substance Use Among College Students, by Race/Ethnicity: Texas, 2005

| | Lifetime Use | | | | Past-Year Use | | | | Past-Month Use | | | |
|----------------------|--------------|----------|----------|---------|---------------|----------|----------|---------|----------------|----------|----------|---------|
| | African | | | | African | | | | African | | | |
| | Anglo | Hispanic | American | Asian** | Anglo | Hispanic | American | Asian** | Anglo | Hispanic | American | Asian** |
| Alcohol | 87.5% | 84.8% | 69.7% | 70.1% | 82.5% | 77.5% | 63.5% | 62.0% | 70.8% | 62.0% | 51.4% | 44.8% |
| Tobacco | 58.1% | 50.4% | 26.5% | 33.4% | 44.9% | 35.1% | 14.9% | 20.0% | 32.2% | 27.0% | 10.6% | 17.0% |
| Cigarettes | 56.8% | 49.3% | 26.5% | 33.4% | 42.7% | 34.7% | 14.9% | 19.9% | 29.7% | 26.4% | 10.6% | 16.9% |
| Smokeless Tobacco | 20.6% | 11.2% | 3.3% | 7.7% | 11.9% | 5.5% | 3.1% | 4.3% | 7.4% | 4.4% | 1.4% | 3.2% |
| Inhalants | 5.4% | 4.7% | 0.8% | 0.2% | 1.1% | 0.7% | 0.3% | 0.0% | 0.4% | 0.2% | 0.1% | 0.0% |
| DXM (e.g. Coricidin) | 5.1% | 5.0% | 2.3% | 1.1% | 2.4% | 2.0% | 1.7% | 0.4% | 0.7% | 0.8% | 0.4% | 0.0% |
| Any Illicit Drug | 42.8% | 37.3% | 22.1% | 21.0% | 27.0% | 21.5% | 10.9% | 11.1% | 14.4% | 11.9% | 4.0% | 7.1% |
| Marijuana | 40.6% | 36.4% | 21.4% | 20.0% | 23.9% | 19.6% | 10.1% | 10.3% | 12.0% | 11.2% | 3.5% | 6.4% |
| Marijuana Only* | 17.9% | 18.3% | 17.4% | 11.4% | 8.8% | 7.8% | 6.6% | 4.6% | 2.9% | 2.2% | 2.0% | 2.7% |
| Cocaine/Crack | 10.3% | 8.0% | 0.7% | 3.4% | 4.1% | 4.2% | 0.7% | 3.1% | 1.7% | 1.6% | 0.1% | 0.2% |
| Stimulants | 13.4% | 7.8% | 1.3% | 4.8% | 6.5% | 4.5% | 0.8% | 2.9% | 3.1% | 1.3% | 0.1% | 0.6% |
| Sedatives | 12.3% | 7.6% | 0.8% | 0.6% | 6.0% | 4.5% | 0.3% | 0.4% | 2.9% | 1.4% | 0.3% | 0.1% |
| Hallucinogens | 11.9% | 11.2% | 0.9% | 2.3% | 4.4% | 3.0% | 0.4% | 1.1% | 0.5% | 1.0% | 0.1% | 0.1% |
| Heroin/Other Opiates | 6.5% | 3.6% | 1.2% | 0.4% | 3.0% | 2.0% | 0.5% | 0.3% | 1.4% | 0.1% | 0.4% | 0.1% |
| Steroids | 1.1% | 0.6% | 0.3% | 0.0% | 0.2% | 0.2% | 0.3% | 0.0% | 0.1% | 0.0% | 0.3% | 0.0% |
| Rohypnol | 1.9% | 1.1% | 0.1% | 0.0% | 0.1% | 0.0% | 0.1% | 0.0% | 0.0% | 0.0% | 0.1% | 0.0% |
| Ketamine | 1.9% | 2.3% | 0.3% | 0.1% | 0.1% | 0.0% | 0.1% | 0.0% | 0.0% | 0.0% | 0.1% | 0.0% |
| GHB | 2.2% | 1.0% | 0.3% | 0.0% | 0.6% | 0.1% | 0.3% | 0.0% | 0.0% | 0.0% | 0.1% | 0.0% |
| MDMA (e.g. Ecstasy) | 10.7% | 8.5% | 1.2% | 5.7% | 3.3% | 4.3% | 0.8% | 2.6% | 0.9% | 1.3% | 0.1% | 0.0% |

* "Marijuana only" indicates use of no other illicit drug besides marijuana.

** "Asian" refers to Asians and Pacific Islanders.

Table A3. Prevalence and Recency of Substance Use Among College Students, by Age: Texas, 2005

| | Lifetime Use | | Past-Year Use | | Past-Month Use | |
|----------------------|--------------|-----------|---------------|-----------|----------------|-----------|
| | Age 18-20 | Age 21-26 | Age 18-20 | Age 21-26 | Age 18-20 | Age 21-26 |
| Alcohol | 78.1% | 90.5% | 71.7% | 85.3% | 57.6% | 73.7% |
| Tobacco | 44.2% | 59.4% | 33.9% | 42.6% | 23.9% | 32.4% |
| Cigarettes | 43.4% | 58.1% | 32.7% | 40.9% | 22.4% | 30.5% |
| Smokeless Tobacco | 13.6% | 18.2% | 8.8% | 9.1% | 5.5% | 6.2% |
| Inhalants | 3.1% | 6.0% | 1.1% | 0.6% | 0.3% | 0.2% |
| DXM (e.g. Coricidin) | 4.1% | 5.2% | 2.1% | 2.3% | 0.6% | 0.7% |
| Any Illicit Drug | 31.7% | 44.7% | 22.5% | 24.0% | 11.8% | 13.2% |
| Marijuana | 30.3% | 42.8% | 20.2% | 21.3% | 10.4% | 11.0% |
| Marijuana Only* | 16.0% | 19.0% | 8.7% | 7.4% | 3.1% | 2.1% |
| Cocaine/Crack | 5.8% | 11.3% | 3.5% | 4.0% | 1.3% | 1.6% |
| Stimulants | 8.4% | 12.4% | 5.4% | 5.1% | 2.4% | 2.0% |
| Sedatives | 6.5% | 12.5% | 3.7% | 6.0% | 2.0% | 2.2% |
| Hallucinogens | 6.2% | 14.3% | 3.5% | 3.5% | 0.6% | 0.6% |
| Heroin/Other Opiates | 3.4% | 6.6% | 1.9% | 2.9% | 0.8% | 1.0% |
| Steroids | 0.4% | 1.4% | 0.2% | 0.2% | 0.1% | 0.1% |
| Rohypnol | 0.2% | 2.6% | 0.1% | 0.1% | 0.0% | 0.0% |
| Ketamine | 0.9% | 2.7% | 0.0% | 0.1% | 0.0% | 0.0% |
| GHB | 1.1% | 2.2% | 0.7% | 0.1% | 0.0% | 0.0% |
| MDMA (e.g. Ecstasy) | 5.9% | 12.1% | 3.5% | 3.0% | 0.8% | 0.9% |

* "Marijuana only" indicates use of no other illicit drug besides marijuana.

Table A4. Prevalence and Recency of Substance Use Among College Students, by Membership in a Fraternity/Sorority: Texas, 2005

| | Lifetime Use | | Past-Year Use | | Past-Month Use | |
|----------------------|--------------|--------|---------------|--------|----------------|--------|
| | Non-Member | Member | Non-Member | Member | Non-Member | Member |
| Alcohol | 83.6% | 89.6% | 77.8% | 83.8% | 64.8% | 71.6% |
| Tobacco | 51.4% | 54.6% | 37.7% | 42.1% | 27.7% | 31.5% |
| Cigarettes | 50.3% | 53.9% | 36.2% | 41.8% | 26.0% | 30.0% |
| Smokeless Tobacco | 15.6% | 17.5% | 8.7% | 10.9% | 5.7% | 6.5% |
| Inhalants | 4.8% | 2.4% | 0.9% | 0.5% | 0.3% | 0.0% |
| DXM (e.g. Coricidin) | 4.7% | 4.3% | 2.2% | 1.7% | 0.6% | 0.9% |
| Any Illicit Drug | 37.8% | 41.4% | 22.6% | 28.1% | 12.1% | 15.4% |
| Marijuana | 36.2% | 39.0% | 20.4% | 23.2% | 10.7% | 11.4% |
| Marijuana Only* | 17.3% | 18.4% | 8.0% | 8.6% | 2.6% | 3.1% |
| Cocaine/Crack | 8.4% | 9.3% | 3.6% | 5.1% | 1.3% | 2.4% |
| Stimulants | 10.0% | 13.5% | 4.8% | 9.0% | 2.0% | 4.1% |
| Sedatives | 9.4% | 10.1% | 4.6% | 6.5% | 2.1% | 2.3% |
| Hallucinogens | 10.3% | 9.1% | 3.4% | 4.2% | 0.6% | 0.0% |
| Heroin/Other Opiates | 5.0% | 4.5% | 2.4% | 2.8% | 0.8% | 1.7% |
| Steroids | 0.8% | 1.1% | 0.2% | 0.8% | 0.0% | 0.5% |
| Rohypnol | 1.4% | 1.6% | 0.1% | 0.2% | 0.0% | 0.0% |
| Ketamine | 1.9% | 0.8% | 0.0% | 0.0% | 0.0% | 0.0% |
| GHB | 1.6% | 1.7% | 0.4% | 0.3% | 0.0% | 0.0% |
| MDMA (e.g. Ecstasy) | 9.1% | 7.8% | 3.3% | 3.4% | 0.9% | 0.5% |

* "Marijuana only" indicates use of no other illicit drug besides marijuana.

Table A5. Prevalence and Recency of Substance Use Among College Students, by Class Standing: Texas, 2005

| | Lifetime Use | | | | Past-Year Use | | | | Past-Month Use | | | |
|----------------------|--------------|-----------|--------|--------|---------------|-----------|--------|--------|----------------|-----------|--------|--------|
| | Freshman | Sophomore | Junior | Senior | Freshman | Sophomore | Junior | Senior | Freshman | Sophomore | Junior | Senior |
| Alcohol | 79.5% | 80.8% | 89.6% | 92.3% | 71.9% | 74.5% | 84.4% | 89.4% | 58.5% | 58.4% | 74.2% | 80.5% |
| Tobacco | 48.7% | 51.1% | 52.6% | 56.8% | 39.4% | 36.2% | 38.8% | 39.9% | 26.9% | 26.9% | 30.8% | 29.4% |
| Cigarettes | 48.3% | 49.4% | 51.7% | 55.7% | 38.1% | 34.7% | 37.2% | 38.4% | 26.1% | 24.8% | 28.8% | 27.5% |
| Smokeless Tobacco | 13.4% | 15.1% | 16.4% | 20.7% | 8.4% | 9.1% | 8.9% | 9.8% | 4.7% | 6.1% | 6.3% | 6.6% |
| Inhalants | 4.9% | 3.7% | 5.5% | 4.7% | 0.8% | 1.0% | 0.3% | 1.3% | 0.1% | 0.3% | 0.2% | 0.5% |
| DXM (e.g. Coricidin) | 4.5% | 4.3% | 3.8% | 6.5% | 1.8% | 2.1% | 2.2% | 2.8% | 0.3% | 0.7% | 0.4% | 1.4% |
| Any Illicit Drug | 32.8% | 39.3% | 39.9% | 42.8% | 22.2% | 23.6% | 23.3% | 24.4% | 12.8% | 12.7% | 10.7% | 13.7% |
| Marijuana | 31.7% | 38.0% | 37.4% | 40.3% | 19.4% | 21.7% | 20.5% | 21.4% | 10.3% | 11.5% | 9.2% | 11.7% |
| Marijuana Only* | 14.5% | 19.0% | 17.6% | 19.3% | 7.5% | 9.2% | 7.7% | 7.4% | 2.5% | 3.5% | 1.8% | 2.4% |
| Cocaine/Crack | 7.7% | 7.9% | 10.4% | 8.8% | 3.9% | 4.1% | 3.3% | 3.3% | 1.4% | 1.4% | 1.8% | 1.2% |
| Stimulants | 9.8% | 10.2% | 9.3% | 13.1% | 5.9% | 4.6% | 4.1% | 6.9% | 2.5% | 1.6% | 2.6% | 2.4% |
| Sedatives | 9.0% | 8.8% | 10.4% | 10.2% | 4.9% | 4.7% | 4.4% | 5.3% | 2.4% | 2.2% | 1.7% | 2.1% |
| Hallucinogens | 10.2% | 10.1% | 7.9% | 12.9% | 3.4% | 3.2% | 3.7% | 4.1% | 0.7% | 0.3% | 0.7% | 0.6% |
| Heroin/Other Opiates | 5.0% | 4.4% | 4.7% | 6.4% | 2.7% | 2.2% | 1.7% | 3.3% | 1.7% | 0.2% | 0.6% | 1.4% |
| Steroids | 0.5% | 0.9% | 0.6% | 1.7% | 0.1% | 0.2% | 0.4% | 0.3% | 0.1% | 0.0% | 0.3% | 0.1% |
| Rohypnol | 0.5% | 0.9% | 2.8% | 2.1% | 0.0% | 0.1% | 0.0% | 0.3% | 0.0% | 0.0% | 0.0% | 0.0% |
| Ketamine | 1.7% | 1.5% | 2.0% | 2.0% | 0.0% | 0.0% | 0.0% | 0.1% | 0.0% | 0.0% | 0.0% | 0.0% |
| GHB | 0.8% | 1.2% | 3.0% | 2.3% | 0.1% | 0.9% | 0.1% | 0.2% | 0.0% | 0.0% | 0.0% | 0.1% |
| MDMA (e.g. Ecstasy) | 8.1% | 8.1% | 10.2% | 10.6% | 3.6% | 4.3% | 2.3% | 2.2% | 1.9% | 0.2% | 0.7% | 0.5% |

* "Marijuana only" indicates use of no other illicit drug besides marijuana.

Table A6. Prevalence and Recency of Substance Use Among College Students, by Parental Annual Household Income: Texas, 2005

| | Lifetime Use | | | Past-Year Use | | | Past-Month Use | | |
|----------------------|--------------|----------------|------------|---------------|----------------|------------|----------------|----------------|------------|
| | \$0 to \$20K | \$20K to \$60K | \$60K Plus | \$0 to \$20K | \$20K to \$60K | \$60K Plus | \$0 to \$20K | \$20K to \$60K | \$60K Plus |
| Alcohol | 77.9% | 84.8% | 88.8% | 72.3% | 78.1% | 84.6% | 59.3% | 63.2% | 74.6% |
| Tobacco | 49.9% | 50.4% | 58.7% | 38.1% | 34.2% | 45.0% | 26.2% | 27.6% | 32.5% |
| Cigarettes | 48.6% | 49.5% | 57.4% | 36.5% | 32.8% | 43.2% | 24.5% | 25.8% | 30.3% |
| Smokeless Tobacco | 13.1% | 15.7% | 20.2% | 9.3% | 7.9% | 12.0% | 7.3% | 5.7% | 7.5% |
| Inhalants | 3.2% | 3.6% | 5.5% | 0.2% | 1.1% | 0.8% | 0.0% | 0.3% | 0.2% |
| DXM (e.g. Coricidin) | 3.5% | 4.6% | 5.0% | 1.5% | 2.7% | 1.8% | 1.0% | 1.2% | 0.6% |
| Any Illicit Drug | 36.6% | 39.9% | 42.6% | 20.9% | 21.3% | 28.1% | 11.9% | 12.1% | 15.3% |
| Marijuana | 35.7% | 37.5% | 41.0% | 18.3% | 19.2% | 25.8% | 10.0% | 10.9% | 13.2% |
| Marijuana Only* | 20.1% | 21.1% | 17.0% | 8.6% | 9.2% | 7.9% | 2.5% | 2.9% | 2.7% |
| Cocaine/Crack | 7.0% | 8.8% | 9.2% | 2.6% | 3.9% | 4.4% | 0.9% | 1.8% | 1.4% |
| Stimulants | 7.2% | 9.6% | 12.6% | 3.1% | 4.7% | 6.6% | 1.5% | 2.3% | 3.1% |
| Sedatives | 8.0% | 8.6% | 11.3% | 4.0% | 3.2% | 6.3% | 1.2% | 1.4% | 2.9% |
| Hallucinogens | 8.3% | 8.4% | 12.6% | 3.1% | 2.6% | 4.9% | 0.2% | 0.6% | 0.6% |
| Heroin/Other Opiates | 4.7% | 5.2% | 5.2% | 2.2% | 2.8% | 2.8% | 1.8% | 1.0% | 1.0% |
| Steroids | 0.2% | 0.9% | 1.1% | 0.0% | 0.1% | 0.4% | 0.0% | 0.0% | 0.2% |
| Rohypnol | 0.1% | 1.0% | 2.1% | 0.0% | 0.2% | 0.1% | 0.0% | 0.0% | 0.0% |
| Ketamine | 0.7% | 1.7% | 1.6% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% |
| GHB | 0.6% | 0.4% | 3.1% | 0.0% | 0.1% | 0.9% | 0.0% | 0.0% | 0.0% |
| MDMA (e.g. Ecstasy) | 6.8% | 8.8% | 10.4% | 3.3% | 3.9% | 3.4% | 2.4% | 0.8% | 0.5% |

* "Marijuana Only" indicates use of no other illicit drug besides marijuana.

Table A7. Prevalence and Recency of Substance Use Among College Students, by Type of Institution: Texas, 2005

| | Lifetime Use | | Past-Year Use | | Past-Month Use | |
|----------------------|------------------------|-------------------|------------------------|-------------------|------------------------|-------------------|
| | College and University | Community College | College and University | Community College | College and University | Community College |
| Alcohol | 86.2% | 82.4% | 81.0% | 76.0% | 68.5% | 62.9% |
| Tobacco | 51.4% | 52.0% | 37.0% | 39.3% | 26.9% | 29.2% |
| Cigarettes | 50.2% | 51.1% | 35.6% | 37.9% | 24.7% | 28.0% |
| Smokeless Tobacco | 16.4% | 15.3% | 10.3% | 7.7% | 7.0% | 4.7% |
| Inhalants | 3.9% | 5.1% | 1.3% | 0.4% | 0.5% | 0.1% |
| DXM (e.g. Coricidin) | 5.4% | 3.9% | 2.7% | 1.6% | 0.9% | 0.4% |
| Any Illicit Drug | 37.9% | 38.4% | 23.2% | 23.2% | 13.1% | 11.9% |
| Marijuana | 35.6% | 37.3% | 19.9% | 21.5% | 10.9% | 10.6% |
| Marijuana Only* | 17.9% | 17.0% | 7.6% | 8.5% | 2.7% | 2.5% |
| Cocaine/Crack | 7.2% | 9.7% | 3.6% | 3.9% | 1.5% | 1.3% |
| Stimulants | 11.8% | 9.2% | 7.2% | 3.5% | 3.5% | 1.0% |
| Sedatives | 8.1% | 10.6% | 4.6% | 5.1% | 2.0% | 2.2% |
| Hallucinogens | 8.7% | 11.5% | 3.8% | 3.3% | 0.6% | 0.5% |
| Heroin/Other Opiates | 5.5% | 4.5% | 2.9% | 2.0% | 1.1% | 0.7% |
| Steroids | 0.9% | 0.8% | 0.5% | 0.0% | 0.2% | 0.0% |
| Rohypnol | 1.0% | 1.7% | 0.2% | 0.0% | 0.0% | 0.0% |
| Ketamine | 1.3% | 2.2% | 0.1% | 0.0% | 0.0% | 0.0% |
| GHB | 1.2% | 2.0% | 0.2% | 0.6% | 0.1% | 0.0% |
| MDMA (e.g. Ecstasy) | 7.3% | 10.6% | 2.3% | 4.2% | 0.5% | 1.2% |

* "Marijuana only" indicates use of no other illicit drug besides marijuana.