UCLA Undergraduate Alcohol Use and Behaviors

Alcohol Use

<table>
<thead>
<tr>
<th>Alcohol Use</th>
<th>Never used (26%)</th>
<th>Not in the last 30 days (14%)</th>
<th>Used in last 30 days (59%)</th>
<th>5+ drinks in one sitting within last 2 weeks (25%)</th>
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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

- 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

- 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.