

healthyhorns issues brief

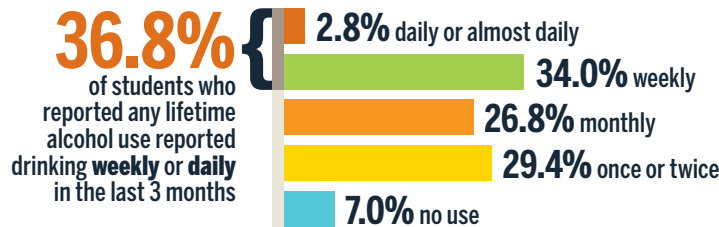
Alcohol Use

FALL 2023

Lifetime Alcohol Use

62.6% reported having used alcohol at some point in their lives

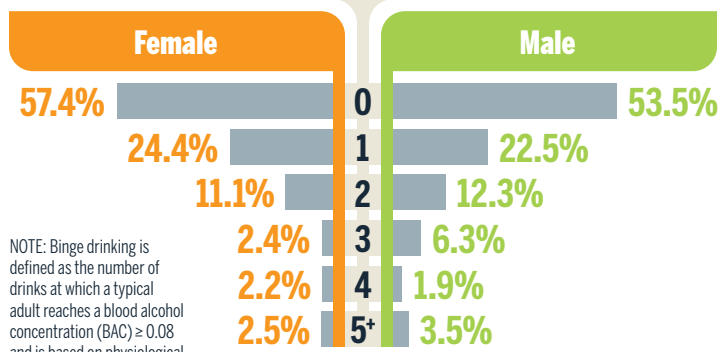
Frequency of Alcohol Use in the Last 3 Months¹



High-Risk Drinking Behavior³

43.8% reported binge drinking on at least one occasion in the last 2 weeks

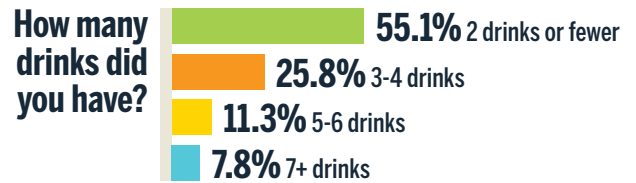
Number of Binge Drinking Episodes in the Last 2 Weeks



NOTE: Binge drinking is defined as the number of drinks at which a typical adult reaches a blood alcohol concentration (BAC) ≥ 0.08 and is based on physiological differences in alcohol metabolism between females (4+ drinks in one sitting) and males (5+ drinks).⁴

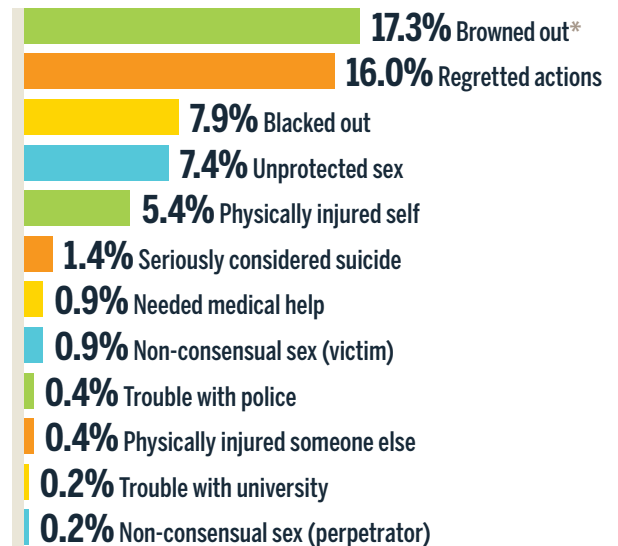
Most Recent Alcohol Use²

36.3% intended to get drunk | **36.0%** actually got drunk



Alcohol-Related Consequences in the Last 12 Months¹

28.2% reported experiencing at least one alcohol-related consequence



* Alcohol-induced "fragmentary blackout" characterized by spotty memories for events, with "islands" of memories separated by missing periods of time in between.⁵

Drinking and Driving

14.2% of students who drank in the last 30 days indicated that they had driven a car after consuming alcohol

¹ Includes students who reported drinking alcohol at some point in their lives.

² Includes students who reported drinking alcohol in the last 3 months.

³ Includes students who reported drinking alcohol in the last 2 weeks.

⁴ Substance Abuse and Mental Health Services Administration [SAMHSA]. Key substance use and mental health indicators in the United States: Results from the 2021 National Survey on Drug Use and Health. Rockville, MD: Center for Behavioral Health Statistics and Quality; 2021. HHS Publication No. PEP22-07-01-005, NSDUH Series H-57.

⁵ National Institute on Alcohol Abuse and Alcoholism [NIAAA]. Interrupted memories: Alcohol-induced blackouts. Bethesda, MD: National Institutes of Health; 2021.

healthyhorns

University Health Services
Counseling and Mental Health Center
Longhorn Wellness Center
Division of Student Affairs

Data source is 2023 American College Health Association's National College Health Assessment (ACHA-NCHA III).
FIELD DATES: OCTOBER 8-NOVEMBER 12, 2023. Total of 2,478 respondents for a web survey among University of Texas at Austin students. Note: Graduate student category includes graduate and professional students.

