

healthyhorns issues brief

Alcohol Use

FALL 2021

Lifetime Alcohol Use

63.8% reported having used alcohol at some point in their lives

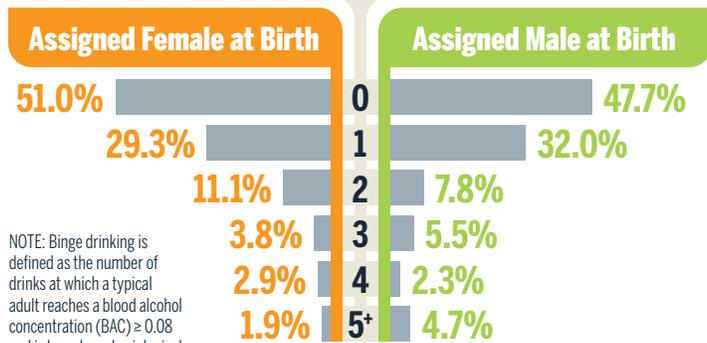
Frequency of Alcohol Use in the Last 3 Months¹



High-Risk Drinking Behavior¹

50.3% reported binge drinking on at least one occasion in the last 2 weeks

Number of Drinks 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) \geq 0.08 and is based on physiological differences in alcohol metabolism between people assigned female at birth (4+ drinks in one sitting) and people assigned male at birth (5+ drinks).² Further research is needed to establish binge drinking criteria based on alcohol metabolism among intersex people, non-binary people, and transgender people receiving gender-affirming hormone therapy.

¹ Includes students who reported any lifetime alcohol use.

² 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.

³ National Institute on Alcohol Abuse and Alcoholism [NIAAA]. Interrupted memories: Alcohol-induced blackouts. Bethesda, MD: National Institutes of Health; 2021.

Most Recent Alcohol Use¹

33.8% intended to get drunk

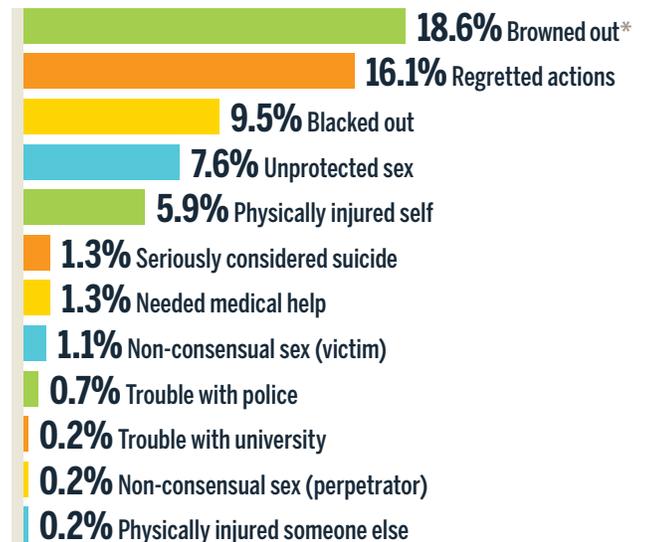
33.6% actually got drunk

How many drinks did you have?



Alcohol-Related Consequences in the Last 12 Months¹

32.4% 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.³

Drinking and Driving

15.7% of students who drank in the last 30 days indicated that they had driven a car after consuming alcohol

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

Data source is 2021 American College Health Association's National College Health Assessment (ACHA-NCHA III).
FIELD DATES: OCTOBER 24-NOVEMBER 21, 2021. Total of 682 respondents for a web survey among University of Texas at Austin students.



TEXAS
The University of Texas at Austin