



# Student Health Services **Athlete Alcohol Survey** Assessment Report

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**Choose One:** Needs Assessment

**Date of Assessment Implementation:** February 2013

**Date of Report:** April 2013

## **Purpose of Assessment**

The Athlete Alcohol Survey was conducted to get a clearer picture of alcohol use and high-risk drinking within various sub-populations at Cal Poly Pomona. Data collected every three years via the National College Health Assessment (NCHA) has shown a consistent pattern of less alcohol use amongst Cal Poly Pomona students as compared to the national average. While this lower rate can be applauded, anecdotal reports indicated that some populations on campus do not fit the profile suggested by the NCHA data. The Athlete Alcohol Survey was intended to provide data to support the anecdotal information.

**Division Learning Outcome** Social & Civic Engagement

## **Targeted Learning Outcome**

None, this was a needs assessment.

## **Assessment Methodology**

The study went through the IRB approval process. The survey was administered to all Student-Athletes via CampusLabs email survey. The questions on the survey were from the NCHA and used with permission. Each student received an email with a unique survey link so that they could fill it out only once and reminders could be sent.

## **Results**

The Athlete Alcohol Survey had 100 respondents, for a 35% response rate. The demographic breakdown of the respondents disproportionately favored those ages 18-20, 1<sup>st</sup> and 2<sup>nd</sup> year students, and those who lived on campus as compared to that of the 2010 NCHA at CPP. The gender breakdown between the Athlete Alcohol Survey and the 2010 NCHA at CPP were virtually identical. The median number of drinks consumed the last time the student drank was similar for women when comparing the Athlete Alcohol Survey to the NCHA, however male athletes showed a higher number of drinks than males in the overall student body (6 drinks as compared to 5). Current users of alcohol were identical between the two surveys, and binge drinking was less common amongst athletes than the general student body as was driving after having had any alcohol and after having had 5 drinks or more.

## **Conclusion**

The Athlete Alcohol Survey showed that the Student-Athlete population on campus has drinking behaviors that are unique from those of the general student body. While overall it appears that athletes engage in less risky drinking behaviors, there are places where rates are higher (ex. Average number of drinks for male athletes).

## **Implications for Practice**

In collaboration with Athletics, Student Health and Counseling-Health Promotion and the Alcohol and other Drug Council targeted programs, educational campaigns, and policy should be designed to address high-risk drinking that occurs in sub-populations at CPP. Additionally, further research into other subpopulations (ex. Residential housing) that may have varying drinking rates should be explored.