



# The State of Spartan Health 2022

## Alcohol

While it's common for college students to use alcohol, the data shows that most MSU students drink responsibly. Still, it's important that students have accurate information about alcohol in order to prevent high-risk use, which is often associated with many of the most serious failures, traumas and disappointments students experience while in college.

### Of MSU Students:

**67%**

Most of the time or always track how many drinks they consume when they party.

**89%**

Most of the time or always use a designated driver if they have been partying.

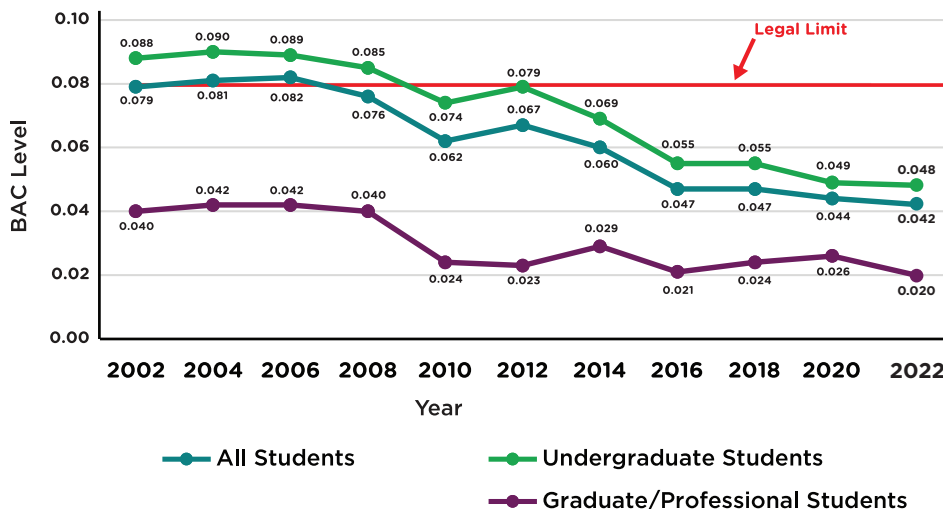
**32%**

Chose not to drink at all in the past 30 days, up from 29% in 2020.

### What We're Watching

- **Alcohol use steadily declined** among undergraduate students between 2012 and 2020 and remained relatively flat between 2020 and 2022. Over the past 20 years, the average **blood alcohol content** among undergraduate students the last time they partied **declined by nearly half**.
- The number of students who reported doing something while drinking that they later regretted **increased** from about 30 percent in 2021 to about 38 percent in 2022.
- The percent of students who reported they had sex without giving consent after drinking **doubled** from 1.2 percent in 2021 to 2.4 percent in 2022.

**Average BAC Last Time Partied By Year, Student Status**



### Learn More

There is more where this came from! Scan the QR code below or visit **healthpromotion.msu.edu/data** for data on topics like nutrition, fitness, emotional wellness and more.

