



The State of Spartan Health 2020

Alcohol

High risk alcohol use is strongly correlated with many of the most serious disappointments, traumas, and failures students experience while in college. While commonly used on many college campuses, it is important for students to have accurate information about how it is used so they can make well-informed decisions when it comes to their own personal use.

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Of MSU Students¹:

65%

consume 0-4 drinks when they party

27%

are non-drinkers

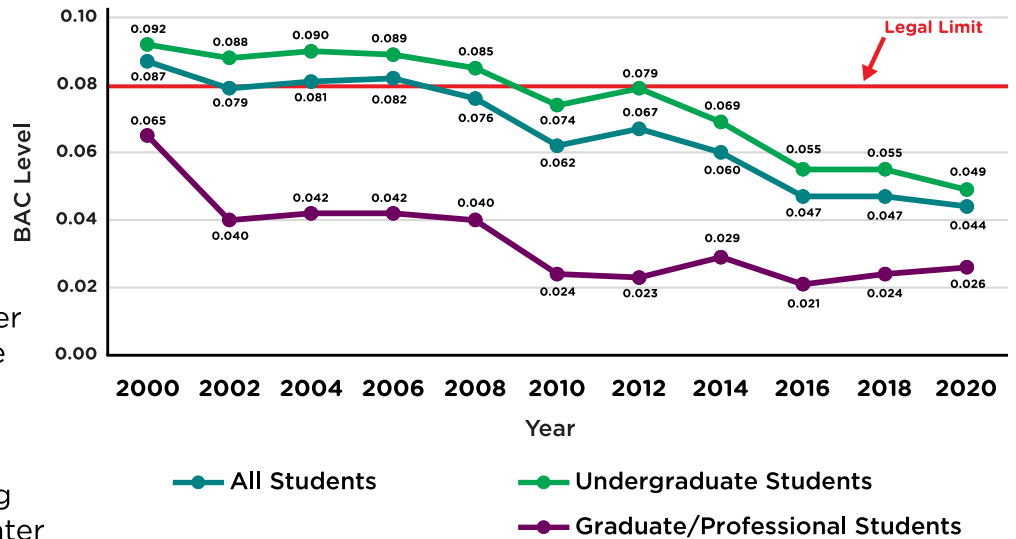
82%

choose not to drive after drinking, even if they've had just one drink

36%

who drink report having done something they later regretted

Average BAC Last Time Partied By Year, Student Status



Campus Resources

Social Norms Program: Also known as “The Ducks”, this campaign is designed to promote a better understanding of alcohol use at MSU. Visit facebook.com/msusocialnorms

B.R.A.D. (Be Responsible About Drinking): focused on promoting responsible 21st birthday celebrations. brad21.org

Educational Programs: Presentations and interactive programs including classroom presentations, “Spartan Smart,” and “Know Your Solo.”

Electronic Checkup to Go (eCHUG): An online self-assessment. echug.msu.edu

Tips for Students

Know that you do not have to drink in order to have the “real college experience.” In fact, 27% of MSU students either don’t drink or do so very infrequently.

If you think a friend may have alcohol poisoning - call 911, turn them on their side to keep them from choking, and stay with them until help arrives. Michigan is a Medical Amnesty state. bit.ly/MIMedAm

If you choose to consume alcohol, reduce your risk of unwanted consequences by consuming less alcohol over a longer period of time, eating food before and/or while drinking, staying with friends you know and trust, and making sure you have a safe plan for getting home.