

Trends in SUNY Student Substance Use

This past October through December, nearly 800 SUNY Geneseo students completed a survey of substance use, attitudes, and norms. We are currently reviewing the data and comparing trends among various groups.

Overall, trends in substance use are positive. Geneseo students' alcohol use (measured as "drank in the past 30 days") has declined over the past ten years from 79% of students in 2012 to 67.5% in 2021. Just during the four years of the Environmental Prevention Grant, past 30-day alcohol use has declined from 72% to 67.5%.

Binge drinking, (measured as 4 drinks for a female-born individual or 5 drinks for a male-born individual over a 2-hour period) declined from 55% in 2012 to 42.5% in 2021. Four years ago, 14% of students said they'd binged 6-10 times over the past month, compared to 9% in \1.

In 2017, 0.3% of students who abstained from drinking cited "pursuing a sober lifestyle." In 2021, that rose to seven percent.

Cannabis (marijuana) use has risen slightly over the same 10-year period, from 26% to 31%. Still, many would be surprised that cannabis use isn't more common, considering that the perception of risk or harm for cannabis use has declined dramatically over the past ten years. Normatively, over the past four years, the percentage of students choosing "not at all wrong" for weekly cannabis use rose from 35.5% to 51%.

Perhaps SUNY students feel it's not at all wrong for someone else? It's interesting that while college students typically drink at a higher rate than their non-college peers, they use less cannabis.

Fewer than 2% of students mentioned taking other drugs. The possible exception would be stimulants, which unfortunately were not included in the survey. We have been publicizing the risks of using stimulants not prescribed for one's own use, as some look-alike pills in this and other parts of the country have been found to contain fentanyl.

The survey did include energy drinks, which about 32% of students said they use, and we know that coffee is wildly popular among college and the general adult population. The main risk we point out to students is consuming energy drinks along with alcohol. Stimulants mask some of the effects, but not the impairment and risks of alcohol use. In fact, the survey showed somewhat higher rates of binge drinking and negative consequences of drinking among energy drink users. More survey results will be forthcoming.

Online Trainings from the PRC and DePaul

The Finger Lakes Prevention Resource Center and DePaul's National Council on Alcoholism and Drug Dependence offer seminars and trainings throughout the year, for those interested in prevention, or preparation to become a substance misuse counselor. Here are two:

Cultural Humility, with Earl Greene

Cultural Humility is an on-going process in which individuals expand their capacity for learning, listening, and understanding, regardless of the length of time spent relating to cultures other than their own. **March 25, 10-1. Register Now. Free.** For more information or to register, contact Irene Lawrence at: 585-719-3482 or ilawrence@depaul.org

Native American Cultural Competency, with Pete Hill

This training will explore historical underpinnings, external factors, and cultural norms as a basis of understanding some of the dynamics that have impacted Native American communities. New approaches to Native American health and wellness will also be explored. **April 13, 9-12. \$40** For more information, please call or e-mail Elaine at (585) 719-3481, ecalvarado@depaul.org

Wellness Day at the Interfaith Center

SAVE the DATE: The Interfaith Center on Franklin St. will host a Wellness Day on March 5th.



Our Next Coalition Meeting: Weds. 3/16/22

Here's the link:

<https://geneseo.zoom.us/j/81346019726?pwd=WEVhdis2NDQwZWFuYTIxalo3SyTjUT09>

The Geneseo Healthy Campus and Community Coalition (Hc3) is a partnership between all sectors of the college, village and town, including college faculty, staff and students, community members and other stakeholders. Our purpose is to work together to reduce high-risk alcohol and other drug use, and to create a connected, healthy and inclusive community.

