

Alcohol and Other Drugs (AOD) Quick Look




CAMPUS HEALTH

Graduate Health and Wellness Survey 2025 (N= 316)

Key Insights:

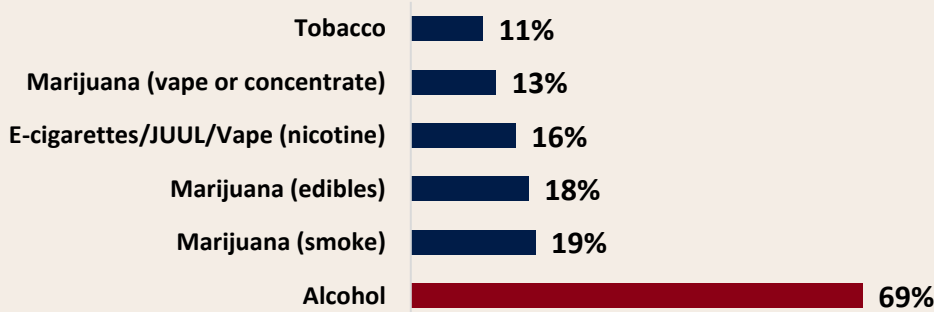
- ✔ 69% of graduate students have consumed alcohol since August 2024.
- ✔ Students reported an average Blood Alcohol Content (BAC) of 0.03.
- ✔ Students consumed an average of 2 drinks per week, with 17% of U of A students reporting they binge drank (5+ drinks in one sitting) within the past two weeks.
- ✔ 36% of graduate students have felt the need to stop or cut down their alcohol or other drug use.
- ✔ Some of the consequences of alcohol use reported by students include brownout, blackout, actions they later



1 DRINK =
 12 oz. beer
 5 oz. wine
 1.5 oz. liquor

0.03 is the average **BAC** for U of A graduate students

Select AOD use since August 2024:



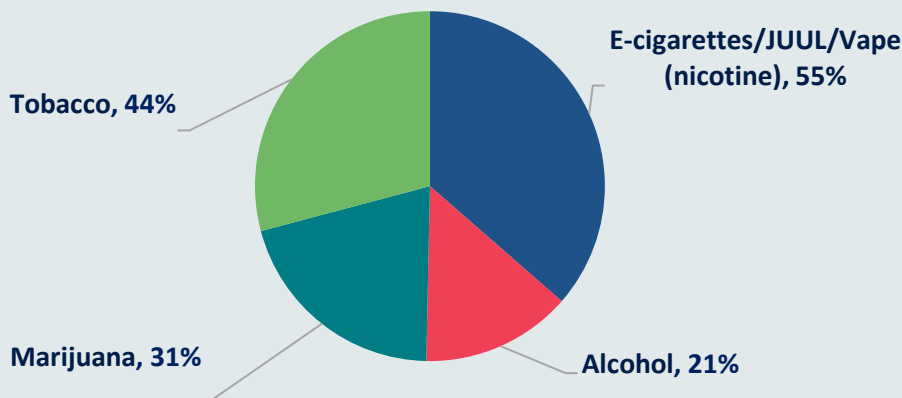
On average, graduate students had **2 drinks** when they drink in a social setting



Students drink an average of **2 drinks** per week



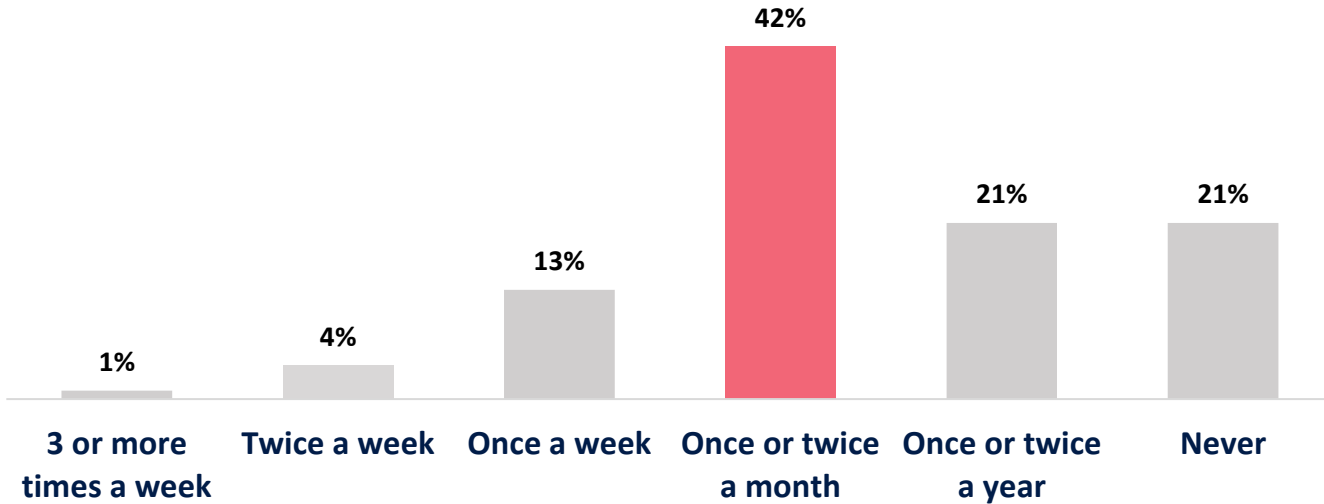
Among those that have used said substance since August 2024, graduate students **felt the need to stop or cut down use of** the following:



17% of students reported they **binge drank** (5+ drinks in one sitting) within the past 2 weeks;

Among those, **6%** did so **3 – 5 times**

Frequency of graduate student alcohol use in a social setting:



Protective behaviors: Usually/always do the following when they drink

- Eat before or during the time they are drinking, **95%**
- Use a rideshare service or have a designated driver, **90%**
- Stop drinking at least 1 to 2 hours before going home, **79%**
- Drink lower alcohol content drinks, **77%**
- Alternate with non-alcoholic beverages, **69%**
- Avoid shots of hard liquor, **65%**

Select consequences of drinking since August 2024

- Brownout (forgetting where one is/did for short periods of time), **18%**
- Did something they later regretted, **16%**
- Blackout (forgetting where one is/did for a long period of time), **9%**
- Missed a class, **7%**