

Alcohol and Other Drug (AOD) Quick Look

Undergraduate Health and Wellness Survey 2026 (n= 4,415)

Key Insights:

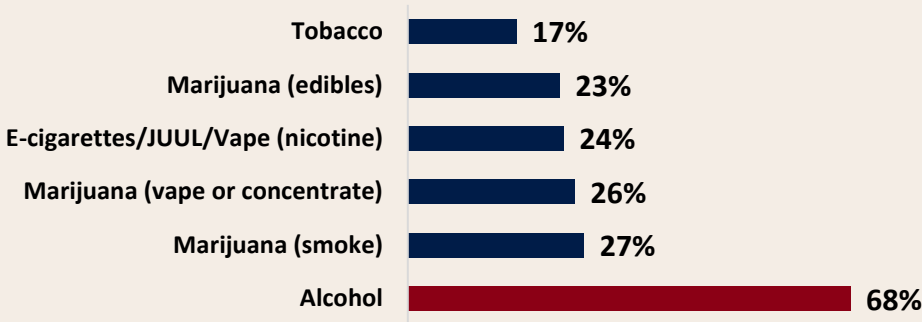
- ✓ 68% of students have consumed alcohol since August 2025.
- ✓ Students reported an average Blood Alcohol Content (BAC) of 0.07.
- ✓ Students consumed an average of 4 drinks per week, with 34% of U of A students reporting they binge drank (5+ drinks in one sitting) within the past two weeks.
- ✓ 48% of 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 regretted, and missing classes.



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

0.07 is the average **BAC** for U of A students

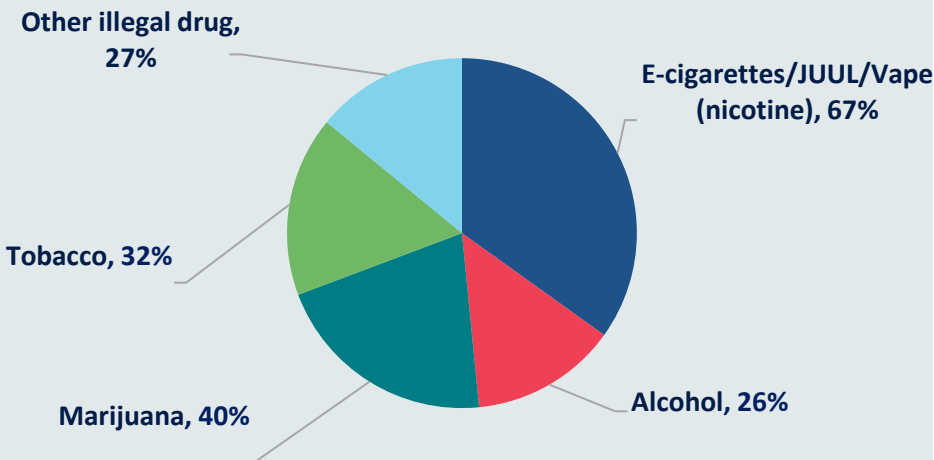
Select AOD use since August 2025:



On average, students had **3 drinks** when they drink in a social setting



Among those that have used said substance since August 2025, students **felt the need to stop or cut down use of** the following:

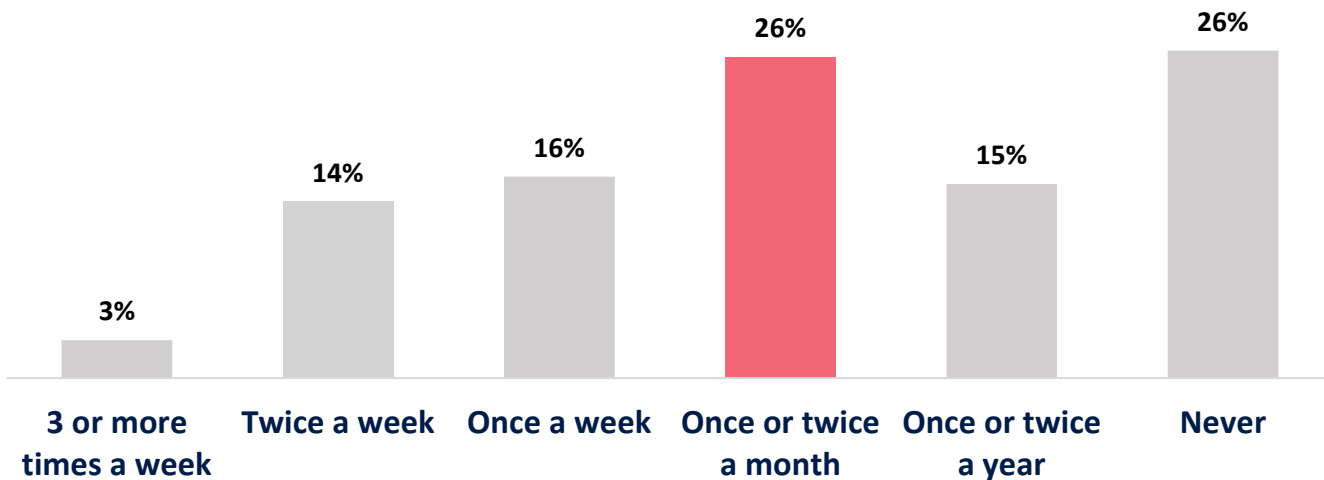


Students drink an average of 4 drinks per week



34% of students reported they **binge drank** (5+ drinks in one sitting) within the past 2 weeks; Among those, **5%** did so **6 or more times**

Frequency of alcohol use in a social setting:



Select protective behaviors: Usually/always do the following when they drink

- Eat before or during the time they are drinking, **92%**
- Use a rideshare service or have a designated driver, **91%**
- Drink lower alcohol content drinks, **74%**
- Stop drinking at least 1 to 2 hours before going home, **65%**
- Alternate with non-alcoholic beverages, **55%**
- Avoid shots of hard liquor, **37%**

Select consequences of drinking or using substances since August 2025

- Did something they later regretted, **42%**
- Missed a class, **38%**
- Brownout (forgetting where one is/did for short periods of time), **37%**
- Blackout (forgetting where one is/did for a long period of time), **26%**