• Most UM students use alcohol but research indicates they are safer and have fewer negative consequences.
• UM students who report current marijuana use has remained steady at about 25%; 5% use daily.
• Tobacco use has declined steadily among UM students but e-cigarette use has doubled in two years.
• Prescription drug use among UM students is relatively low; 8.5% report using stimulants, 5.6% use pain killers.
• 2% or fewer report using other drugs such as opiates, cocaine, or club drugs.
While we aren’t seeing a dramatic difference in how many UM students report using alcohol, the data suggest fewer UM students are engaging in dangerous drinking behaviors.
Fewer UM students are drinking and driving, especially after consuming 5 or more drinks.

% of students who drove after drinking any alcohol within the last 30 days

% of students drove after drinking 5+ alcoholic drinks within the last 30 days
Negative consequences associated with alcohol use are being reported by fewer UM students.

% of UM students who report doing something they later regretted when drinking alcohol

% of UM students who report forgetting where they were or what they did when drinking alcohol

Students responding "N/A, don't drink" were excluded from this analysis.
THE CHANGING NATURE OF STUDENT HEALTH AT UM: ALCOHOL

% of UM students who report physcially injuring themselves when drinking alcohol

Students responding "N/A, don't drink" were excluded from this analysis

% of UM students who report physcially injuring another person when drinking alcohol

Students responding "N/A, don't drink" were excluded from this analysis
More UM students are engaging in behaviors to keep themselves safe while drinking.

% of UM students who report getting into trouble with the police when drinking alcohol

Student responding "N/A, don't drink" were excluded from this analysis

% of UM students who report mostly or always pacing their drinks to one or fewer an hour

Students responding "N/A, don't drink" were excluded from this analysis
% of UM students who report *mostly or always* avoiding drinking games

Students responding "N/A, don't drink" were excluded from this analysis

% of UM students who report *mostly or always* keeping track of how many drinks they consume

Students responding "N/A, don't drink" were excluded from this analysis
The University of Montana is doing a better job of educating their students about alcohol and other drug use.