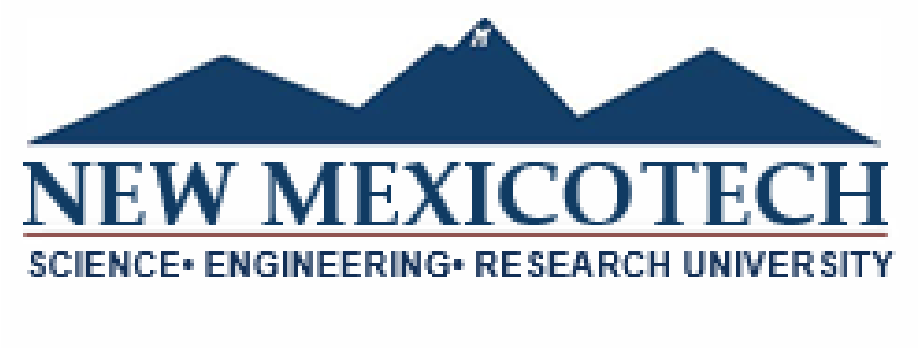


NMT Fall 2023
Student Lifestyle Survey (SLS)
Executive Summary

Division of Student Life
Health and Well-being Cluster

NMT Fall 2023 Student Lifestyle Survey

Background

The NMT Student Lifestyle (SLS) Survey had been initially conducted annually by Tech's Alcohol Safety and Awareness Program (ASAP) office. New Mexico Tech's ASAP office was originally funded by a New Mexico Office of Substance Abuse Prevention (OSAP) grant. That grant also consolidated efforts of several New Mexico's colleges and universities led by the University of New Mexico. That 5–year grant ended in 2019 at which time NMT was unable to find funding to keep the full-time position and associated programs at full capacity.

In 2022, The Division of Student Life (DSL) restructured its offices and a Health and Well-being Cluster (HWC) was created to help consolidate our resources to provide related support and programming. The HWC is comprised of the Counseling Center, Student Access Services, Recreation and Well-being Center, and Title IX Office.

One of the goals of the HWC is to revitalize Tech's ASAP activities, especially to reduce risky drinking and substance misuse and their related negative consequences among college students. The reimplementation of the SLS will allow us to re-establish our baseline data and make better data-driven decision for our future supports services, education and awareness prevention programs.

In fall 2023, NMT's HWC reunited with UNM, NMSU, and ENMU to plan for a November to December distribution of the SLS on these New Mexico campuses. With only minor changes, the current SLS is very similar to the survey instrument utilized by Tech from 2014 to 2019. Below are some of the results and findings of the NMT Fall 2023 SLS.

Executive Summary

We distributed the SLS to all NMT student on the Student Community email distribution list on November 8, 2023. There was a reminder sent out on November 19, 2023 and then a final reminder on December 12, 2023 (after final exams). The email invitations and reminders provided a link and QR code to the University of New Mexico's secured REDcap platform where all of the survey data was gathered. Tech's IRB approved the survey (#2023-09-003) on October 4, 2023. There were 10 $25 gift cards offered as incentives to encourage our student to participate in this survey. Five (5) for the NMT Bookstore and five (5) for the NMT Food Services.

There were 246 students who initially started the survey. This number was larger than the numbers of participating students at any of the other three (3) NM institutions of higher education who also distributed the same SLS this past fall. There were 162 (65.9%) students who completed the entire survey. There were 84 (34.1%) students who completed various sections. None of the questions were required so no one was forced to answer all of the questions to continue through the survey.

Findings

Alcohol Use

- **1.4** is the average number of drinks consumed per week for all students. However, students think typical students on their campus consume an average of **4.3** drinks each week.
- **42%** of Techies reported drinking NO alcohol in the past 30 days.
- **58%** of all students reported having had alcohol on one or more days in the past 30 days.
- **37%** of all students also reported not to have any alcohol in the past 12 months.
- **12%** of our students reported they were touched in a sexual way without their consent after the consumption of alcohol during the past 12 months.

Binge Drinking

- **76%** of all students reported not having five or more drinks in a sitting over the past two weeks. However, **5%** reported to binge drinking 3-5 times, and another **1%** reported binge drinking 6-9 times in the past two weeks.

Alcohol and Academic Consequences

- **88%** did not perform poorly on a test or important project due to alcohol.
- **83%** did not miss a class because of alcohol.
- **98%** of students have NOT been in trouble with police, RA, or other college authority due to alcohol.

Student Protective Behaviors Associated with Drinking Alcohol (Usually or Always responses)

- **66%** of students stop drinking 1-2 hours before going home.
- **62%** alternate with non-alcoholic beverages.
- **88%** have a designated driver.
- **75%** keep track of the number of drinks they have.
- **72%** eat before and during the time they're drinking.
- **54%** hang out with people who drink less or more slowly.
- **86%** refuse to ride with a driver who has been drinking.
- **86%** watch a friend's drink while he/she is gone.
- **42%** decide ahead not to exceed a set number of drinks.
- **36%** avoid drinking games.
- **34%** limit the number of drinks per hour.

Use of Designated Drivers

- **45%** reported having served as a sober designated driver on one or more occassions in the past 12 months.

Riding with Drivers Under the Influence of Alcohol

- **89%** reported not riding in a car or other vehicle driven by someone who had been drinking alcohol.

Drinking and Driving

- **85%** of students have not driven under the influence in the past 12 months.
- **73%** think that a DUI/DWI conviction would impact their career opportunities a great deal.
- **46.3%** of students did not know or were unsure that drunk driving was felony criminal offense.

Perception of Risk of Drinking and Driving

- **49%** of students reported they were somewhat likely to very likely to be arrested for DWI if they were driving after having had too much to drink.

Social Norms About Drinking and Driving

- **94%** of students reported they thought their closest friends would have **Strongly disapproved** or **Disapproved** if they drove a car while under the influence of alcohol.
- **54%** of students reported they thought their closest friends would have **Strongly disapproved** or **Disapproved** if they provided alcohol to someone under 21.

Tobacco and Other Drug Use

- **82%** of students reported not using tobacco in the last 30 days.
- **81%** of students reported not using marijuana in the last 30 days.
- **73%** of students reported driving a vehicle while high or within 6 hours of using marijuana in the past 12 months.
- **99%** of students reported not using prescription drugs not prescribed to them in the last 30 days.

During the past 30 days on how many days did you:

Days	0 Days		1-2 Days		3-5 Days		6-9 Days		10-19 Days		20-29 Days		All 30 Days	
	%	#	%	#	%	#	%	#	%	#	%	#	%	#
Tobacco / Nicotine	82.4	145	4.5	8	1.7	3	2.3	4	1.7	3	1.1	2	6.3	11
Alcohol	44.3	78	21.0	37	15.9	28	10.8	19	6.3	11	1.1	2	0.6	1
Marijuana	81.3	143	4.5	8	1.7	3	3.4	6	3.4	6	1.7	3	4.0	7
Cocaine	98.3	173	1.1	2	0.0	0	0.0	0	0.0	0	0.0	0	0.6	1
Methamphetamine	99.4	175	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.6	1
Prescription Drugs Non-Prescribed	98.9	174	0.6	1	0.0	0	0.0	0	0.0	0	0.0	0	0.6	1
Sedatives	99.4	175	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.6	1
Heroin	99.4	175	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.6	1
Hallucinogens	95.5	168	2.8	5	1.1	2	0.0	0	0.0	0	0.0	0	0.6	1

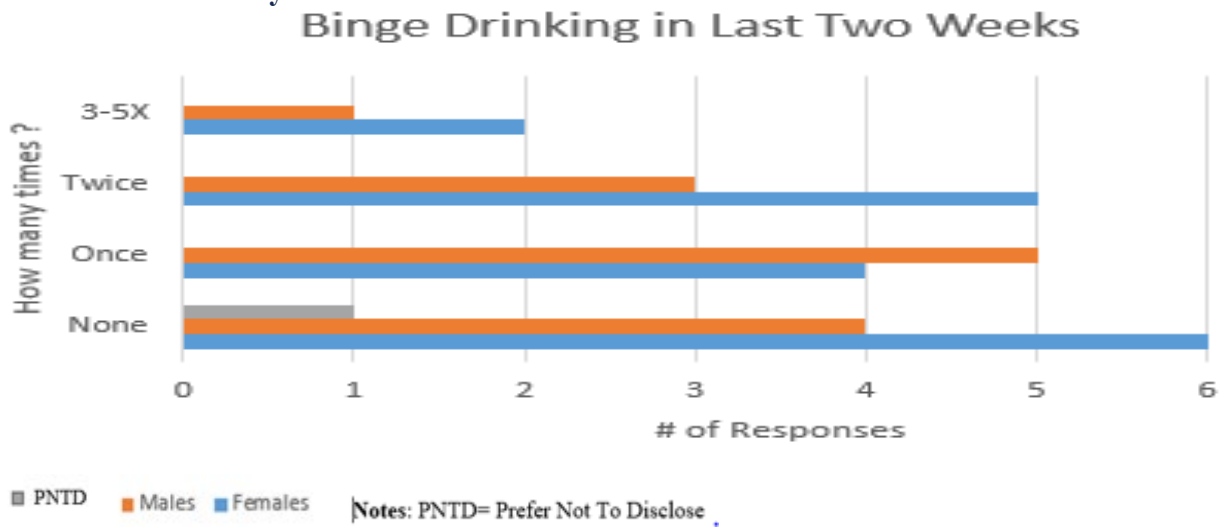
Tobacco / Nicotine: Smoke, E-Cig / Vape, Chew, Hookah
Alcohol: Beer, Wine, Liquor
Marijuana: Pot, Weed, Dabs, Oil Edibles
Cocaine: Crack, Powder, Freebase
Methamphetamine: Meth, Speed

Non-Prescribed (to you) Drugs
Sedatives: Downers
Heroin: Smack, Junk, Black Tar
Hallucinogens: Mushrooms, LSD, Ecstasy, MDMA

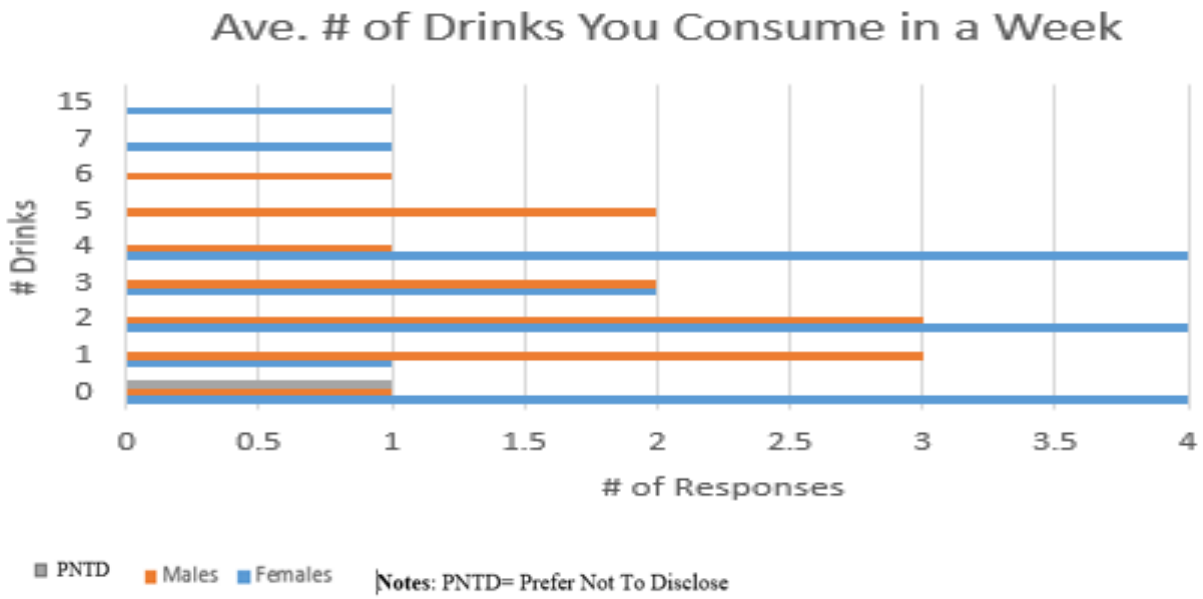
Participant Demographics

College Classification		Race	
Freshman	14.90%	Black	2.50%
Sophomore	13.70%	American Indian/Native	3.10%
		Alaskan	
Junior	21.10%	Asian/Pacific Islander	9.30%
Senior	28.60%	White (Non-Hispanic)	85.10%
Graduate/Professional	19.3%	Hispanic	Ave. Age (Mean)
Not Seeking Degree	2.5%	37.30%	20.6
Gender at Birth		Primary Residence	
Male	44.70%	On campus housing	48.40%
Female	52.20%	Off campus housing	51.60%

Cross Tabulations by Gender



Notes: PNTD= Prefer Not To Disclose



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Items of Concern and Intervention Action Plan

1. **12%** of our students reported they were touched in a sexual way without their consent after the consumption of alcohol during the past 12 months.
    - This information will be integrated into Tech New Student Awareness Training (i.e. Title IX and alcohol training) starting in Fall 2024.
2. **46.3%** of students did not know or were unsure that drunk driving was felony criminal offense.
    - New Mexico State law and the fact that drunk driving is a felony will be reviewed in Tech New Student Awareness Training.
    - This statistic will hopefully be reduced in following surveys so to close the loop.

3. As indicated in the Background Section of this Executive Summary, this Fall 2023 survey had been done annually as part of a grant. When the grant ended in 2020 and we lost the associated 1.0 Full-time Equivalent (FTE) Employee, NMT was unable to continue administering this survey with their staffing and structure at the time.

   When the Division of Student Affairs had restructured in 2022, the Health and Well-being Cluster (HWC) was formed. The HWC was tasked to address the role of this survey.

   Since New Mexico Tech has a small student population and the we survey all Full-time degree seeking on-campus students, we will administer this instrument every other year. This will help prevent survey fatigue, increase student participation, and it will coincide with our needed compliance with the **NMT Drug-Free Schools and Communities Act (DFSCA) Biennial Review**. The Director of the Recreation and Well-being Center was assigned as the lead for the DFSCA Biennial Review and the Associate Vice President for Student Affairs was tasked to administer this survey every other year.