



Resources

Prevention Across the Lifespan - Substance Use Prevention Among Young Adults

- **Monitoring the Future Data**
 - Past year alcohol use rates are 80.5% for college students, 72.7% for non-college (a significant difference).
 - Past month alcohol use is also higher (62.5% for college students, 54.1% for non-college).
 - However, rates of daily use are similar (1.7% for college, 1.6% for non-college), as are rates of 5+ drinks in a row (27.7% for college, 23.9% for non-college, a non-significant difference) and 10+ drinks in a row (5.2% for college, 7.8% for non-college, also non-significant).
 - <https://monitoringthefuture.org/wp-content/uploads/2023/07/mtfpanel2023.pdf>
- **Additional Links**
 - CollegeAIM: <https://www.collegedrinkingprevention.gov/collegeaim>
 - Safer Universities Program: <https://prev.org/Safer-Toolkit/index.html>
 - CDC Health Equity language suggestions: https://www.cdc.gov/healthcommunication/Health_Equity.html
 - APA language suggestions: <https://www.apa.org/about/apa/equity-diversity-inclusion/language-guidelines.pdf>
- **iCHAMP Reference**
 - Lee, C.M., Kilmer, J.R., Neighbors, C., Atkins, D.C., Zheng, C., Walker, D.D., & Larimer, M.E. (2013). Indicated prevention for college student marijuana use: A randomized controlled trial. *Journal of Consulting and Clinical Psychology*, 81, 702-709.

