

University of Virginia Alcohol Abuse Prevention Strategic Plan
Approved by the University Alcohol Advisory Committee March 16, 2007

Mission: In partnership with the University community, to promote the health, safety and quality of life for all U.Va. students.

Vision: In 2020, the UVA environment is one in which students make choices about alcohol that protect them from impairment¹ problems² and long-term health consequences³.

Long-term Goals: Reduce negative consequences of student drinking by 2012

1. Decrease average number of negative consequences by 10% for students who report drinking in the past year.
2. Increase number of students who report NO negative academic consequences of drinking by 10%.
3. Decrease average number of negative consequences experienced in previous 12 months that might indicate a more serious problem by 10%.

Shorter-term objective A: To lower the risk of impairment problems by 2010, increase by 10% the number of students whose estimated blood alcohol content (BAC) does not reach or exceed .08 when they drink.

Shorter-term objective B: lower the risk of long-term health consequences³ by 2010 increase by 10% the number of students who, on average, consume 0, 1, 2, or 3 drinks when they go out.

Shorter-term objective C: To lower the risk of impairment problems² by 2010, increase by 10% the number of students who usually or always engage in the following self-protective drinking behaviors:

1. drink one or fewer per hour
2. alternate with non-alcoholic beverages
3. eat beforehand

Shorter-term objective D: To lower the risk of impairment problems² by 2010, increase by 10% the number of students who usually or always engage in the following behaviors that protect other students:

1. ask them to slow down
2. monitor if passed out
3. call 911 if alcohol poisoning is suspected

Guiding Principles/Philosophy

The University recognizes that ...

- an evidence-informed, comprehensive and coordinated approach is more likely to result in positive change
- students must be engaged in the decision-making process
- efforts should be supported and implemented by the entire University community (students, faculty, staff, alumni, parents and Charlottesville/Albemarle community)
- programs should be tailored to meet the specific needs of the three prevention populations: universal (general population), selective (groups with high-risk behaviors) and indicated (individuals with demonstrated problems)
- efforts should be Positive, Inclusive and Empowering

Definitions:

¹Impairment: “any slowing of the mental and physical functions beyond the initial relaxation effect of alcohol” – (Lifestyle Risk Reduction Model, 1998)

²Impairment problem: “any problems, in any situation, that occur because a person has had enough alcohol to become impaired” – (Lifestyle Risk Reduction Model, 1998) i.e., missing class, fighting, regretted sex

³Long-term health consequence: includes alcoholism, heart disease, cirrhosis, pancreatitis and cancers of the mouth, throat and digestive system.