

Title of Intervention: "A Matter of Degree" program

Website: <http://www.hsph.harvard.edu/amod/>

Intervention Strategies: Environment and Policies

Purpose of the Intervention: To reduce student drinking, drinking related harms and secondhand effects of alcohol

Population: College students

Setting: Ten college sites; community-based

Partners: None mentioned

Intervention Description:

- Environment and Policies: Intervention activities included keg registration, server training, over-service enforcement, substance-free residence halls, restrictive policies for Greek students, wild party enforcement, bans on alcohol ads and alcohol-related items in school stores and newspaper and a parental notification policy.

Theory: Public Health Model of Agent/Host/Environment

Resources Required:

- Staff/Volunteers: Not mentioned
- Training: Not mentioned
- Technology: Not mentioned
- Space: Not mentioned
- Budget: Not mentioned
- Intervention: Coalitions
- Evaluation: Annual surveys, community evaluation teams

Evaluation:

- Design: Quasi-experimental
- Methods and Measures:
 - Evaluations were conducted by trained local evaluation teams that observed and tracked community activities and interventions. Intervention campuses were categorized as "high" or "low" implementation sites based on number of intervention activities implemented.
 - Alcohol consumption, perceived access to alcohol, secondhand alcohol effects (assaulted, date rape, got in a fight) and alcohol-related harms such as driving after drinking were determined by self-administered surveys to students.

Outcomes:

- Short Term Impact: Schools with high implementation had a significant decrease in alcohol consumption. Schools with high implementation had increases in perceived difficulty in obtaining alcohol.
- Long Term Impact: Driving after drinking five or more drinks was significantly lower in intervention schools compared to control schools.

Maintenance: The program is still in use.

Lessons Learned: It is possible for colleges and communities to work together to enact changes that will impact heavy drinking and its negative consequences. These approaches will require involvement of key stakeholders on campus and in the community through coalitions. Results show that contrary to the concerns of some that restricting the alcohol environment would lead to increased drinking and driving as students sought out other sources of alcohol, drinking and driving decreased.

Citation(s):

Nelson, T. F., E. R. Weitzman, et al. (2005). "The effect of a campus-community environmental alcohol prevention initiative on student drinking and driving: results from the "a matter of degree" program evaluation." *Traffic Inj Prev* 6(4): 323-30.

Weitzman, E. R., T. F. Nelson, et al. (2004). "Reducing drinking and related harms in college: evaluation of the "A Matter of Degree" program." *Am J Prev Med* 27(3): 187-96.