

Missouri Assessment of College Health Behaviors Fact Sheet

Missouri Partners in Prevention (PIP) is a higher education substance abuse consortium dedicated to creating healthy and safe college campuses. The PIP Coalition is comprised of 21 public and private college and university campuses across the state. First implemented in 2007, the Missouri Assessment of College Health Behaviors (formerly referred to as the Missouri College Health Behavior Survey or MCHBS) is designed to understand the role of alcohol, drugs (illegal and prescription), mental health issues, and power-based personal violence on student health and wellness. The survey also assesses individual's attitudes towards campus and community policies, other student's behavior, and bystander interventions. The MACHB is administered online every spring to undergraduate students at Coalition campuses across the state. The PIP Coalition analyzes the data collected from the survey in order to implement a variety of beneficial programs at participating colleges and universities.

The MACHB examines a variety of health behaviors

Alcohol Use and Abuse

Do students use a designated driver or other protective strategies? Have they encountered legal problems or trouble with campus administrators?

- Questions in this section of the survey focus on the frequency of student's alcohol use, where they drink, the direct and indirect consequences of their drinking on academic and social life, how they obtain alcohol (if they are minors), recovery options on campus, and reasons for drinking or abstaining.
- This section also includes information regarding binge drinking behavior and protective behavior strategies, such as utilizing a designated driver or taxi service.
- Roughly 80 questions on the MACHB focus on alcohol use and abuse on campus.

Perceptions of other Student's Health Behaviors

How often do you think the typical student on your campus uses marijuana?

- It is common on college campuses for students to miscalculate the frequency and severity of other student's high-risk behaviors. Information is collected on student perceptions regarding the incidence of other student's high-risk behaviors.

Illicit Substance Abuse

How often have students used or abused illicit substances and prescription drugs? Where do they commonly engage in substance abuse?

- The survey seeks to understand the abuse of illicit substances in the context of social behavior and determine the consequences of substance abuse as they relate to social, personal, and academic concerns. This section analyzes which substances are being abused, how often, by whom, and where such abuse occurs.

Tobacco Use

What types of tobacco products do students use? How often do students use them?

- Questions in this section identify what type of tobacco products are being used, how often, and in what settings. These questions also seek to identify the age of first use, the role of tobacco as a social behavior, and perceptions of health consequences. This section focuses not only on cigarette use, but a range of tobacco products, including smokeless tobacco, hookah, and E-cigarettes.

Mental Health

Have student's experienced major depression, anxiety, panic attacks, etc.? In the past year, have students had suicidal thoughts?

- This portion examines varying aspects of mental health, including what resources students would use when mental health concerns arise.

For more information, visit pip.missouri.edu

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Power-Based Personal Violence

Have students experienced non-consensual sexual contact against their will? Would students speak up and express concern if they witnessed a stranger coercing someone to have sex?

- This section gathers information about non-consensual sexual contact that students have experienced while attending college. There also have been recently added questions to the survey detailing stalking behaviors and bystander interventions.

Sexual Health

What role do drugs and alcohol play in student's sexual behavior and experience?

- This section inquires about sexual activity in the past year and perceptions of other students' sexual activity. The information is helping in identifying misperceptions of sexual behavior amid students.
- This portion also identifies the role of substances in sexual behavior and their effect on frequency of occurrence and attitude towards sexual encounters.

Driving Safety

Do students text or wear their seatbelt while they drive? Do they often speed or drive while they are drowsy?

- Questions seek to understand the frequency of engagement in a variety of hazardous behaviors, including texting, speeding, and other forms of distracted driving.

Perceptions of Prevention and Policy on Campus

Do students feel the campus is concerned about alcohol and drug prevention? Do they feel such policies are enforced effectively and consistently?

- This portion helps to understand the awareness of the prevention efforts on campus.

Sense of Belonging

Do you wish you were more connected on campus?

- This section focuses on student's feelings of interconnectedness with other students on campus, and how these feelings impact overall behavior.

Contact Partners in Prevention at (573) 884-7551.

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