

An Update on Minority Student Health Behaviors

Partners in Prevention (PIP) is a statewide coalition of 21 public and private colleges and universities in Missouri with the mission of building safe and healthy campuses. PIP tracks students' high-risk behaviors and behaviors that promote health and wellness through the annual implementation of the Missouri Assessment of College Health Behaviors (MACHB) survey. By examining student mental health concerns, PIP can track the well-being of Missouri college students of specific subpopulations. This brief is an update from the 2014 Minority Student Health Behaviors¹ brief, and it looks at the current health behaviors of minority college students in Missouri.

Background

According to the MACHB 2018, approximately 17% of Missouri college students report their race/ethnicity other than "white". The minority demographic is important to consider as they represent a large population of the Missouri college student body and a large population on their respective campuses. It is important to recognize the health behaviors of minority students as college and university campuses strive to create safe, positive environments for all students across the state.

Key Findings

- Drink less and report lower rates of binge drinking and frequent binge drinking
- Experience fewer alcohol-related negative consequences
- Report lower rates of marijuana and tobacco use
- Report higher rates of prescription drug use
- Over 1 in 4 have experienced abuse in an intimate relationship

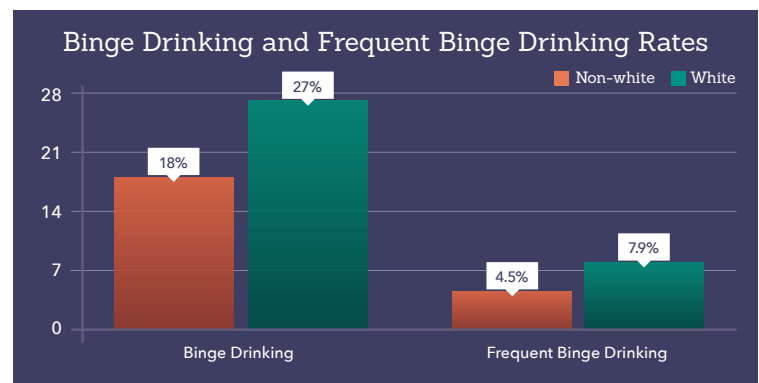
Alcohol

According to the MACHB 2014, non-white students report beginning drinking later in life. They also report lower binge drinking rates and fewer negative

consequences from alcohol consumption. Data from the MACHB 2018 reflects similar findings.

Seventy-nine percent (79%) of Missouri college students have consumed alcohol in their lifetime. Seventy-four percent (74%) of non-white students and 81% of white students report consuming alcohol in the past year. In addition to reporting a lower rate of drinking in the past year, minority students also report a lower rate of drinking before the legal age of 21 (63% non-white v. 73% white).

Compared to their peers, minority students report lower rates of "binge" drinking, defined as consuming five or more drinks in a two-hour period (18% v. 27%). They also report lower rates of frequent binge drinking, defined as binge drinking at least three times over the past two weeks (4.5% non-white v. 7.9% white).



In regards to the consequences related to alcohol consumption, minority students report experiencing

a hangover (38%), vomiting (30%), and blackout or memory loss (17%) at lower rates than their white peers. Non-white Missouri college students also report lower rates of driving after drinking (14% non-white v. 17% white) and engaging in risky sexual behavior (10% non-white v. 14% white) than their white peers.

Consequences of Consuming Alcohol		
	Non-white	White
Hangover	38%	52%
Vomiting	30%	42%
Blackout/memory loss	17%	27%
Drive after drinking	14%	17%
Risky sexual behavior	10%	14%

Marijuana, Tobacco, and Other Drugs

In addition to lower drinking rates and fewer negative consequences from alcohol use, the MACHB 2014 also reported that non-white students use tobacco and marijuana at lower rates than their white peers. Comparable findings have come from the MACHB 2018.

In the past year, 28% of non-white students and 30% of white students report using marijuana. However, compared to their white peers, non-white students report using marijuana at least three times per week at a slightly higher rate (4.3% v. 3.2%). They also report a higher rate of daily marijuana use (4.3% non-white v. 3.3% white). When it comes to the use of marijuana derivatives, minority students report slightly lower rates than their white peers (8% v. 11%).

Minority students also report slightly lower rates of tobacco use in the past year (24% non-white v. 26% white). Of students who have used tobacco in the past

year, non-white students report lower rates of cigarette (11% non-white v. 14% white) and e-cigarette (9% non-white v. 14% white) use than their white peers.

In the past year, 13% of non-white students and 10% of white students report using prescription drugs without a doctor's prescription in the past year. Compared to their white peers, non-white students report lower rates of stimulant use (4.4% v. 6.9%) and use of sedatives (1.6% v. 2.9%) in the past year. However, non-white students report higher rates of pain medication use (6.2% non-white v. 3.7% white) and sleep medication use (2.4% non-white v. 1.2% white) than their white peers.

Interpersonal Violence

Minority students experienced a slightly lower occurrence of abusive relationships in their lifetime than their white peers (28% non-white v. 30% white). However, it is still necessary to recognize that more than one in four minority students are experiencing intimate partner abuse. Sexual abuse (8.5% non-white v. 9.5% white) and emotional abuse (20% non-white v. 21% white) are experienced by minority students at slightly lower rates than their white peers, while psychological abuse (6.5% non-white v. 5.1% white) and physical abuse (10% non-white v. 7.9% white) are experienced at higher rates than their peers.

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

Report prepared 11/5/18 by Michelle Burns, graduate assistant. Data prepared by Alex Swanson, graduate research assistant, and Dong Ding, research coordinator.

References:

1. Minority Student Health Behaviors: http://pip.missouri.edu/docs/briefs/PIP_3_9.pdf