

# Fact Sheet

## Missouri Assessment of College Health Behaviors for Athletes: MACHB-A

**Missouri Partners in Prevention (PIP) is a higher education substance abuse consortium dedicated to creating healthy and safe college campuses.**

The MACHB-A was designed and implemented in the fall of 2017 at Northwest Missouri State University in Maryville, MO. Northwest has a small population of athletes compared to the general population and the athletic population was not being captured effectively within the standard MACHB, however, the influence of the subpopulation is vast on the community due to Northwest's athletic pride. The MACHB-A was able to provide Northwest with useful well-being data within Northwest Athletics. As an outcome of the implementation, Northwest Missouri State University Athletics is championing training and programming on the topic of student-athletes' health and wellness. In 2018, the assessment was expanded to other Partners in Prevention campuses and four campuses in the PIP coalition implemented the MACHB-A in the fall of 2018.

### The MACHB-A Examines the Following Health Behaviors

#### Demographics

Demographic data is gained from the MACHB-A including age, racial/ethnic background, gender, sexual orientation, and athletic team that the student participates in.

#### Alcohol Use and Abuse

Questions about alcohol are asked on the MACHB-A in order to gain information about drinking patterns among college-athletes such as

how much and how often students are drinking, what problematic alcohol-related behaviors occur, how students stay safe while drinking, and more. Approximately 30 questions on the MACHB-A focus on alcohol.

#### Illicit and Prescription Drug Use

Questions on the MACHB-A ask student-athletes to self-report illicit drug use and use of prescription drugs without a doctor's prescription. These questions help determine which drugs are being used and frequency of use. Questions about prescription drugs also ask students to report how they obtain prescription drugs without a prescription and from whom. Approximately 15

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questions about illicit and prescription drug use are included on the MACHB-A.

## **Mental Health**

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Questions about mental health on the MACHB-A ask student-athletes about support systems on and off-campus, mental health concerns such as anxiety, major depression, panic attacks, etc.,

suicidal thoughts and attempts, and help-seeking behaviors. Approximately 10 questions about mental health are included on the MACHB-A.

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

Report prepared June 27, 2019 by Margo Leitschuh,  
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