

PARTNERS IN PREVENTION  
**RESEARCH BRIEFS**

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**VOLUME 3**  
2014 - 2015



*Missouri's higher education substance abuse consortium*

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In 2014, 27% of Missouri college students reported having 5 or more drinks in a two hour period, and 28% reported having 5 or more drinks in one sitting. Binge drinking is linked to many health problems such as a higher rate of unintentional injuries, alcohol poisoning, neurological damage, and the spread of sexually transmitted infections. Additionally, recent data suggests that binge drinking could have a negative impact on academic retention.	
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Non-white students comprise more than 16% of the Missouri undergraduate population at PIP member campuses. Of the roughly 9,000 students that completed the MCHBS in 2014, (1440) students reported a race/ethnic identity other than “white”. Non-white students comprise a large proportion of the student body at Missouri college and university campuses and report unique health and behavior trends. Compared to the general sample, non-majority students report: lower drinking rates (almost 1 in 3 don't drink, compared with less than 1 in 4 for the general population), lower binge drinking rates, fewer negative consequences of alcohol use (fewer reports of hangovers, vomiting after overconsumption, and blackouts or memory loss), lower rates of both marijuana and tobacco use than the general population, and greater success when trying to quit these substances.

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The biggest obstacles to college students’ success and retention is the misuse and abuse of alcohol, the abuse of drugs, and gender violence. College and university presidents and chancellors must address the problems caused by the inappropriate, unhealthy, and illegal use of alcohol, including gender violence. College officials must work to change the campus and community environment through an integrated combination of programs, policies, and educational campaigns. In fall 2014, campus presidents and chancellors at PIP campuses across Missouri signed Letters of Commitment to show their support to address critical campus health and safety issues on their campus and in their communities and share in the responsibility of prevention. This brief highlights the critical issues that must be addressed by all members of the campus community.

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Partners in Prevention (PIP) has been Missouri’s higher education substance abuse consortium since 2000. The coalition, made up of 21 universities in Missouri, works to promote healthy behaviors on college campuses. To assist our campus in strategic planning, Partners in Prevention assesses the behaviors of potentially at-risk populations. In this brief, we review underage drinking. The data reviewed in this brief provides an encouraging snapshot of underage drinking issues with Missouri college students. Since 2007, fewer underage students report drinking in bars and at private parties. Additionally, fewer underage students report obtaining alcohol by the use of fake IDs, from family members, and stores which do not check for IDs. Conversely, there has been little change in the percentage of students reporting drinking at Greek houses, within the residence halls, and obtaining alcohol from friends over 21.

**Volume 3, Number 12: Sexual Violence** ..... 23

Partners in Prevention (PIP) is Missouri’s higher education substance abuse consortium focused on promoting healthy behaviors on college campuses. In order to gain an understanding of the current health experiences of college students, PIP implements the Missouri College Health Behavior Survey (MCHBS) each spring. The information gained from the MCHBS allows PIP to learn more about the experiences of Missouri college students. Recent updates and clarification of Title IX, Clery, and the Campus SAVE Acts require that campuses properly address gender violence on our campuses. In an effort to assist campuses, PIP surveys the prevalence of non-consensual sexual contact reported by our students.

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Missouri college students self-report experiencing various mental health issues in the past year. The most common mental health issue reported was Anxiety (44%). The next most common concerns were Chronic Sleep Issues (19%) and Major Depression (19%). In addition, the data indicates that subpopulations of students experience these mental health issues differently. Data from the Missouri College Health Behavior Survey indicates that women, individuals who identify as transgender, and individuals who identify as LGBQQ may be at greater risk of experiencing these mental health issues.

## INTRODUCTION

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August 2015

Since 2000, Partners in Prevention (PIP) has been Missouri's higher education substance abuse consortium dedicated to creating healthy and safe college campuses. It has been our pleasure to serve Missouri college campuses for the past 15 years by focusing on preventing high-risk and underage drinking among Missouri's college students.

We are also acutely aware that the health and safety dangers students experience on campus extend beyond alcohol consumption. This is why PIP also addresses other problematic health behaviors such as high risk driving behaviors and problem gambling. In addition, PIP provides support and services to campuses across the state to prevent suicide on campus and support positive mental health among college students. This year, we are looking forward to continuing our work and expanding to evaluate and address the issues related to sexual violence at Missouri's colleges and universities.

National research in college prevention is clear; a campus prevention effort that is evidence-based, comprehensive and has support from campus administrators is the most effective strategy to reduce high risk and underage drinking and the associated negative consequences among college students. Since our inception, PIP has provided training, technical assistance, funding, and support to Missouri campuses to implement evidenced-based programs.

Last year, PIP provided the Missouri higher education community with a series of thirteen research briefs. Each month your campus received several briefs about the health and safety behaviors of Missouri college students, in areas of high risk drinking, tobacco use, and driving behaviors. Also included were the health behaviors of subpopulations of students, such as students under the age of 21, those at public universities, and students who identify as lesbian, gay, bisexual, or queer. In addition, the briefs provided information about current work being implemented in Missouri to address risky health behaviors.

We hope that these briefs assisted your understanding of the key issues facing our students, as well as how Partners in Prevention and your campus are working to create a healthier and safer campus community. If you have questions about the work of the professionals on your campus affiliated with PIP, please contact your PIP representative identified at the end of this booklet. We once again thank you for your continued support, and encourage you to be vocal, visible, and visionary on issues related to alcohol, drugs, and mental health on campus.

Your Partner,



*Joan Masters, M.Ed., MACSAPP  
Senior Coordinator, Missouri Partners in Prevention*



PARTNERS IN PREVENTION  
**RESEARCH BRIEFS**

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**VOLUME 3**



*Missouri's higher education substance abuse consortium*

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FOR MORE INFORMATION, VISIT [HTTP://PIP.MISSOURI.EDU](http://pip.missouri.edu)

**A LOOK AHEAD: VOLUME 3 OF THE PARTNERS IN PREVENTION BRIEF SERIES**

Since 2000, Missouri Partners in Prevention (PIP) has been providing training, funding and technical assistance to member campuses dedicated to creating healthy and safe college and university environments. While the focus of our statewide coalition has been on preventing high-risk and underage drinking among Missouri's college students, the coalition is also dedicated to addressing other health behaviors such as prescription drugs, high-risk driving, tobacco use, and problem gambling. In addition, PIP also provides support and services to campuses across the state to prevent suicide and support positive mental health among college students.

**Look for These Topics to be addressed in Volume Three of the PIP Brief Series:**

- The Role of Alcohol in Student Retention
- Campus Policy Enforcement
- Emerging Issues for Student Veterans
- Perceptions of Peer Drinking and Social Norms
- Parental Approval of Prescription Drug Misuse
- Marijuana Use and Abuse by College Students
- Emerging Issues for Students of Color
- Emerging Health and Safety Issues for LGBQQ students

Last year, PIP provided the Missouri higher education community with a series of nineteen research briefs. These briefs highlighted the range of health behaviors including high risk drinking, tobacco use, driving behaviors, and health behaviors of subpopulations of students. In addition, the briefs provided information about current work being implemented in the state to address these behaviors.

Partners in Prevention is pleased to provide Missouri campuses with the third volume of research briefs. Briefs will be published monthly and include additional examination of the health behavior of subpopulations of students as well as additional key metrics of the Missouri College Health Behavior Survey, such as student sense of belonging and student engagement. PIP will continue to examine key health behavior issues such as alcohol, drug, and tobacco use, driving behaviors, and mental health along with new topics such as interpersonal violence and sexual health.

Partners in Prevention has made tremendous progress since its inception in 2000. National research in college

prevention is clear - campus prevention efforts that are evidence-based, comprehensive and are supported by campus administrators are the most effective strategies to reduce high risk and underage drinking and the associated negative consequences among college students. While binge and high risk drinking rates have been static nationally, Missouri rates have dropped drastically from 34% in 2007 to 27% in 2014.

Partners in Prevention encourages campus leaders to be vocal, visible, and visionary on issues related to alcohol, drugs, and mental health. The goal of Volume Three of the Partners in Prevention briefs is to assist campus understanding of the key issues facing Missouri college students, as well as how campuses are working to create healthier and safer campus communities.

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

Report prepared by Partners in Prevention Research & Evaluation Staff  
Funded by the Missouri Department of Mental Health, Division of Behavioral Health



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**KEY FINDINGS FROM THE 2014 MISSOURI COLLEGE HEALTH BEHAVIOR SURVEY**

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Partners in Prevention (PIP) has served as the Missouri higher education alcohol prevention consortium since 2000. Consisting of 21 public and private colleges and universities, the members of PIP focus on lowering college student underage and high-risk drinking, impaired driving, and other risky health behaviors. In order to achieve healthier and safer campus communities, lower the high-risk and underage alcohol use rates, campuses implement strategic plans for prevention which include evidence-based strategies. These evidence-based strategies include educational efforts, social norming campaigns, policy review and enforcement, and the implementation of approaches to address the riskiest drinkers on campus. To identify progress of our goals, and to obtain data for program implementation, PIP created the Missouri College Health Behavior Survey (MCHBS). The survey, modeled after the CORE Alcohol and Drug Survey, is an annual, online survey implemented each spring semester since 2007. The survey assesses the role of alcohol, drugs (illegal and prescription), mental health issues, and gambling on student health and wellness. The survey also provides information regarding attitudes, perceptions of other student's behaviors, campus and community laws, and policies.

**The following are key findings from the 2014 Missouri College Health Behavior Survey:**

**Alcohol Use:** Seventy-six (76%) of Missouri college students used alcohol in the past year, a rate that has been decreasing since 2012. However, 70.8% of Missouri college students reporting using alcohol in the past month, compared to 62.6% in 2012. This suggests that while more students are abstaining, those students who choose to drink are doing so more regularly. However, despite the increase in regular use, the rate of student binge drinking has remained steady since 2012 at 26.3%, and lower than the national average.

**Underage Alcohol Use:** While alcohol use is illegal in the State of Missouri for those under age 21, 67% of Missouri college students under age 21, consumed alcohol in the past year and 26.2% of underage students participated in binge drinking in the past 2 weeks.

**Location of Alcohol Use:** Most Missouri college students (66.7%) consume alcohol at off-campus social gatherings or friends' houses. Most strikingly, the number of students consuming alcohol at Fraternity/Sorority houses has increased significantly in the past three years, with 13% reporting the behavior in 2014 and 7.9% of students reporting the behavior in 2012.

**Concerning Alcohol-Related Behavior and**

**Consequences:** While the number of students who abuse alcohol on a regular basis on college campuses statewide has decreased to 1 in 4 students, the number of students

experiencing significant consequences due to their drinking is concerning. In 2014, 28.5% of students rode in a car with a driver who had been drinking and 23.5% of students drove after drinking. This is a significant traffic safety concern for communities statewide. Additionally, 27% of Missouri college students experienced a black out or memory loss as a result of their drinking in the past year and 16% of Missouri college students reporting being forced or coerced into drinking more than they wanted. This behavior suggests that some students may be engaging in high risk drinking behavior unwillingly and may be subject to hazing or other peer pressure situations within their college experience.

**Policy Enforcement:** A decreasing number of students on Missouri's colleges and universities believe that the policy about alcohol on campus is consistently enforced (55% in 2014, down from 63.2% in 2012). Additionally, a smaller number of students (48.5%) feel that the policies on their campus regarding alcohol are effective.

**Sexual Assault:** In 2012, 11.5% of Missouri college students reported that they had experienced sexual assault in the past year. In 2014, the number of students has risen to 14.6%. With the national and local emphasis on Title IX regulations, this is a trend that Partners in Prevention will work with member campuses to monitor in upcoming years.

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## MISSOURI COLLEGE HEALTH BEHAVIOR SURVEY IMPLEMENTATION

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Once Institutional Review Board approval is attained on each campus, a random sample of approximately 25% of student email addresses is obtained from campus enrollment offices. Samples are stratified, 60% male to 40% female to account for differential gender responding. Exceptions are applied to campuses with a disproportionate male enrollment.

Most campuses implement the survey over a 2-3 week period in February or March. Reminder emails are sent to students who have not yet chosen to participate. Approximately 20% of the students complete the

survey for each campus, representing a random sample of roughly 5% of the total student population. Twenty percent (20%) return rates are consistent with national averages of campus-based alcohol prevalence surveys.

Research supports that a random selection of 5% of the student body is sufficient to provide appropriate reflections of the campus population. In the 2014 implementation of the MCHBS, the overall response rate for the PIP21 schools was 26%. This indicates that the MCHBS was able to capture over 6% of the student population at our 21 colleges and universities in Missouri.

### Other Health Behaviors Assessed on the Missouri College Health Behavior Survey

#### Alcohol Use

- age of first use
- past year prevalence
- high-risk or binge drinking
- associated negative consequences
- protective factors

#### Other Substance Use

- tobacco use
- illicit or illegal drug use
- prescription drug use

#### Demographics

- age, height and weight
- gender
- ethnicity
- sexual orientation
- disability status
- year in school
- major area of study
- veteran status

#### Campus Connectedness

- living arrangements
- transfer student
- thoughts of leaving campus
- organizational involvement
- sense of belonging to campus

#### Student Perceptions

- policy enforcement
- perceptions of other student behaviors
- social norms

#### Other Areas Assessed

- Gambling Behavior
- Driving Behavior
- Relationships, Violence and Abuse
- Mental Health and Well-Being
- School Specific Questions

## MISSOURI COLLEGE HEALTH BEHAVIOR SURVEY IMPLEMENTATION

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Beginning in the fall of 2012, Partners in Prevention began publishing research briefs. These briefs provide overviews of specific health and safety issues of Missouri

college students. To access these topics covered go to: <http://pip.missouri.edu/research.html> or contact Dan Reilly at [reillyd@missouri.edu](mailto:reillyd@missouri.edu).

## MARIJUANA USE AND OTHER HIGH RISK BEHAVIORS

Partners in Prevention (PIP) has been Missouri's higher education substance abuse consortium since 2000. The coalition, made up of 21 universities in Missouri, works to promote healthy behaviors on college campuses. In order to gain an understanding of the current health behaviors of college students, PIP implements the Missouri College Health Behavior Survey (MCHBS) each year. The data gathered from the MCHBS allows PIP to assess high-risk student behaviors, such as marijuana use.

### DISCUSSION

According to the 2014 MCHBS, 23% of Missouri college students report using marijuana in the past year. MCHBS data suggest that marijuana users report engaging in other high-risk health behaviors significantly more often than their peers who do not use marijuana, as illustrated in the table below.

Students Engaging in Past Year Marijuana Use	Yes	No
2 Hour Binge Drinkers	51%	14%
Past Year Tobacco Use	46%	8%
# Sex Partners Past Year	2.39	0.97
Past Year used Alcohol or Drug to be more comfortable	58%	17%
Past year - Relationship gone farther because of alcohol or drugs	55%	17%
Emotionally\verbally abusive relationship	31%	20%
Sexually abusive relationship	28%	22%
Physically abusive relationship	32%	22%
Mentally abusive relationship	32%	21%
Past year suicidal thoughts	23%	13%

Data suggest that 51% of students who used marijuana in the past year reported higher rates of binge drinking, compared to students who did not use marijuana (14%). Similarly, 46% of marijuana users also report using tobacco, while only 8% of non-users reported using tobacco. This trend holds true for a variety of other health behaviors such as: using alcohol or drugs to be more comfortable with a sexual partner, letting a sexual encounter go further than intended due to alcohol or drugs, reporting an abusive relationship, and a higher frequency of suicidal thoughts. Additionally, marijuana users reported having an average of 2.39 sexual partners in the past year, while non-users reported having an average of 0.97 sexual partners in the same time frame.

### SUMMARY

Marijuana use remains a controversial topic in Missouri and across the US. Creating a intervention plan to

address marijuana use alone can prove difficult due to its taboo nature, and when use is coupled with one or more of the above behaviors, the potential for harm to the user greatly increases. While it is unfortunate that students are being affected by multiple negative health behaviors at once, it also presents an opportunity for selecting a variety of interventions for this group of students in order to lower overall rates of marijuana use. MCHBS data asks students to report on a variety of demographics, in addition to marijuana specific circumstances, such as where the student typically uses. This makes it possible for campuses to filter data in order to get a better profile of a typical user on their campus and create a well-targeted intervention.

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

Report prepared by Partners in Prevention Research & Evaluation Staff

Funded by the Missouri Department of Mental Health, Division of Behavioral Health

## **BINGE DRINKING AND STUDENT RETENTION: BINGE DRINKERS CONSIDERATION OF TRANSFERRING**

Partners in Prevention (PIP) has been Missouri's higher education substance abuse consortium since 2000. The coalition, made up of 21 universities in Missouri, works to promote healthy behaviors on college campuses. In order to gain an understanding of the current health behaviors of college students, PIP implements the Missouri College Health Behavior Survey (MCHBS) each year. The information gained from the MCHBS allows PIP to learn more about the high-risk behaviors that students are engaging in, such as binge drinking.

Binge drinking is a pattern of alcohol misuse that involves consuming excessive amounts of alcohol in either one single sitting, or a two hour period. The MCHBS utilizes both definitions when collecting data on the number of binge drinkers and the frequency with which they practice this behavior. In 2014, 27% of Missouri college students reported having 5 or more drinks in a two hour period, and 28% reported having 5 or more drinks in one sitting. Binge drinking is linked to many health problems such as a higher rate of unintentional injuries, alcohol poisoning, neurological damage, and the spread of sexually transmitted infections. Additionally, recent data suggests that binge drinking could have a negative impact on academic retention.

### **DISCUSSION**

The Missouri College Health Behavior Survey measures both the health behaviors of Missouri college students as well as their academic experience and sense of belonging at their current college or university. According to the 2014 MCHBS, 25.6% of Missouri college students have considered transferring out of their current academic institution. Of those students who considered transferring in the past year, 41.1% of students noted that difficulties keeping up with academic expectations were a reason for their consideration of transfer. According to this data, there is a sizable number of students who consider leaving Missouri's higher education institutions each year.

According to the Missouri College Health Behavior Survey, one population of students- binge drinkers- are more likely to consider transferring than their non-binge drinking counterparts. Twenty-six (26%) of binge drinkers, or students who have reported having 5 or more drinks in a 2 hour period, considered transferring in the past year compared to 25% of students who are non-binge drinkers. However, the difference is most striking between those students who do not binge drink and those who are frequent binge drinkers- students who binge drank three or more times in the past two weeks.

**Those who frequently binge drink are twenty-percent more likely to consider transferring than those who do not binge drink.** For those students who frequently binge drink, the percentage of students who have thought about transferring climbs from 25% to 30%.

	<b>% of Students who thought of Transferring</b>
All Students	25.6%
Did not Binge Drink	25%
Binge 1 or 2 Times	26%
Binge Drank 3 or More Times	30%

*MCHBS 2014 N = 8994*

While further examination is necessary, multiple alcohol-related factors may affect a student's academic success and retention at their college and university. Of all Missouri college students, 45% reported experiencing a hangover, 27% blacked-out due to drinking, 15% missed class, and 9% performed poorly on a test or project due to drinking in the past year. Each of these alcohol-related consequences may affect student academic performance and therefore, lead to consideration of transfer. Additionally, as negative consequences rise for those students who are frequent binge drinkers, more alcohol-related academic struggle and failure may be present for those students.

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## Alcohol Related Consequences that Likely Affect Academic Function

- » 50.5% of Missouri college students reported a hangover in the past year
- » 27% of Missouri college students experienced a blackout in the past year
- » 17.4% of Missouri college students missed class due to drinking in the past year
- » 11% of Missouri college students performed poorly on a test or project in the past year

## SUMMARY

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This relationship could indicate a connection between high binge drinking rates and the intent to transfer out

of one's current institution. If retention is negatively impacted by student binge drinking, alcohol education initiatives now have the ability to not only protect the health of students, but also ensure the institution's ability to retain its student body. Programs that focus on giving students the knowledge and tools necessary to make safe and healthy decisions in regards to regarding alcohol can benefit your institution in a variety of ways. For more information on evidence-based alcohol initiatives, contact Partners in Prevention.

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

Report prepared by Andrew Gillen and Partners in Prevention Research & Evaluation Staff

Funded by the Missouri Department of Mental Health, Division of Behavioral Health



**VETERAN STUDENT HEALTH BEHAVIORS ON MISSOURI UNIVERSITY CAMPUSES**

Partners in Prevention (PIP) is Missouri's higher education substance abuse consortium focused on promoting healthy behaviors on college campuses. In order to gain an understanding of the current health behaviors of college students, PIP implements the Missouri College Health Behavior Survey (MCHBS) each spring. The information gained from the MCHBS not only allows PIP to learn more about the risky behaviors of Missouri college students as a whole, but also provides the opportunity to focus on the behaviors of particular demographics and sub-populations of Missouri's college campuses.

**DISCUSSION**

Of the nearly 9,000 students who participated in the 2014 MCHBS, 279 students report affiliation with the U.S Armed Forces. Though this is a small pool of students (.031%), student veterans represent a unique, growing population of the student body at higher education institutions in Missouri. The MCHBS collects data on students who are currently enlisted in the armed forces, and those who have completed their tenure with the military. This is an important differentiation, because the two groups report a variety of unique, different health and behavior trends.

Distinguishing currently enlisted from previously enlisted veterans is apparent when assessing binge drinking levels, defined as having five or more drinks within a two-hour period in the previous two weeks. Currently enlisted veterans binge drink slightly more (30%) than their non-veteran counterparts (26%) and nearly twice

as much as previously enlisted veterans (16%), however, student veterans report comparable levels of marijuana and prescription drug abuse compared to the non-veteran student. When compared to the rest of the student body, veterans are far more likely to use tobacco. For example, both enlisted and previously enlisted students report higher levels of cigarette smoking, higher reported use of cigars, higher use of smokeless tobacco, higher use of pipe tobacco, and, more frequent daily cigarette use than non-veterans. Finally, both enlisted and previously enlisted men and women report higher rates of gambling than non-veterans. The majority of these occurrences happen among friends rather than at a casino or other gambling niche.

Though veterans report similar levels of stress in both their academic and personal lives, when taking a close look at the mental health data, glaring differences emerge. Enlisted, previously enlisted, and civilian students report differing levels of suicidal thoughts,

	Currently Enlisted <i>N = 112</i>	Previously Enlisted <i>N = 167</i>	Non Veteran <i>N = 8685</i>
Binge Drinking	30%	16%	26%
Reported gambling in past year	36%	42%	26%
Any tobacco use in past year	51%	45%	37%
Of smokers, use 3 or more times per week	33%	68%	31%
Suicidal thoughts in past year	12%	20%	15%
Attempted suicide in past year	1%	2%	1%
Sought assistance for your suicide attempt/thoughts	11%	29%	33%
Experienced Depression in past year	16%	24%	19%
Experienced sleep issues in past year	26%	31%	19%
Experienced Anxiety in past year	27%	50%	44%

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suggesting that one-fifth of previously enlisted men and women report suicidal thoughts. When assessing mental health issues, such as major depressive disorder, mixed results emerge. For major depression disorder, previously enlisted students report higher rates than any other population. Both previous enlisted and currently enlisted students report higher rates of chronic sleep issues than civilians. Interestingly, mixed results surface when students are asked to self-reported anxiety disorders. Previously enlisted students report the highest rates of general anxiety, followed by civilians and currently enlisted students, respectively.

## **SUMMARY**

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In sum, the growing population of veteran students at Missouri universities and college campuses report unique and specific health needs and behaviors different than their non-veteran counterparts. A better understanding of the problems and needs of this population will help to develop more targeted and effective solutions to assess their health behaviors and concerns.

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

*Report prepared by Andrew Gillen and Partners in Prevention Research & Evaluation Staff*

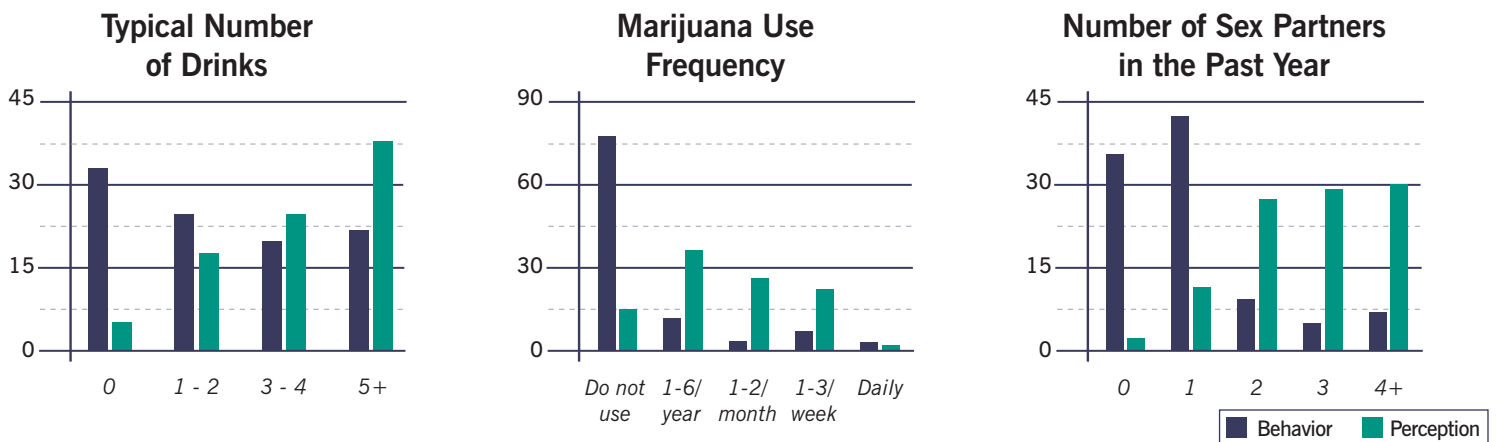
*Funded by the Missouri Department of Mental Health, Division of Behavioral Health*

## STUDENT MISPERCEPTIONS OF HIGH RISK BEHAVIOR

Partners in Prevention (PIP) has been Missouri's higher education substance abuse consortium since 2000. The coalition, made up of 21 universities in Missouri, works to promote healthy behaviors on college campuses. In order to gain an understanding of the current health behaviors of college students, PIP implements the Missouri College Health Behavior Survey (MCHBS) each year. The data gathered from the 2014 MCHBS reinforces the existence of strong student misperceptions of risky behaviors.

### DISCUSSION

According to social norms theory, college student behavior is often influenced by their perceptions of what they think is "normal" or "typical". However, research indicates that students often misperceive typical health behaviors of other students. The social norms theory predicts that if students hold these misperceptions they will be more likely to partake in high-risk behavior. Conversely, if through prevention efforts we are able to correct



these misperceptions, we will be able to reduce high-risk behaviors. For example, college students typically think that other college students drink more than they actually do. Several campuses have documented success in reducing high-risk drinking by correcting these misperceptions.

Results from the 2014 Missouri College Health Behavior Survey strongly supports the existence of student misperceptions of high-risk behavior. The results reveal striking differences between student perceptions and actual behaviors of alcohol use, marijuana use and sexual activity. When queried about typical drinking, Missouri students report consuming an average of 2.6 drinks compared to perceptions that other students consume 4.2 drinks.

Likewise, 76% of Missouri college students report they have not used marijuana in the past year compared to the perception that 88% of college students have

smoked in this timeframe. Additionally, there are strong misperceptions regarding Missouri college student sexual behavior. Seventy-eight percent (78%) of Missouri college students report 0 to 1 sexual partners in the past year, while 86% report they think the typical student has had more than two sexual partners.

### SUMMARY

Recognizing these strong misperceptions between student behaviors and perceptions Missouri Partners in Prevention provides campuses with extensive support and resources to implement social norms campaigns to correct student misperceptions. For more information on these campaigns and technical assistance please visit: <http://pip.missouri.edu/sn.html>

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

Report prepared by Dan Reilly and Partners in Prevention Research & Evaluation Staff

Funded by the Missouri Department of Mental Health, Division of Behavioral Health



## PRESCRIPTION DRUG MISUSE

Partners in Prevention (PIP) is Missouri's higher education substance abuse consortium dedicated to creating healthy and safe college campuses. The coalition is comprised of 21 public and private colleges and universities in Missouri. In order to gain an understanding of the current health behaviors of college students, PIP implements the Missouri College Health Behavior Survey (MCHBS) each year. The information gained from the MCHBS allows PIP to learn more about the high-risk behaviors that students are engaging in, such as prescription drug misuse.

### DISCUSSION

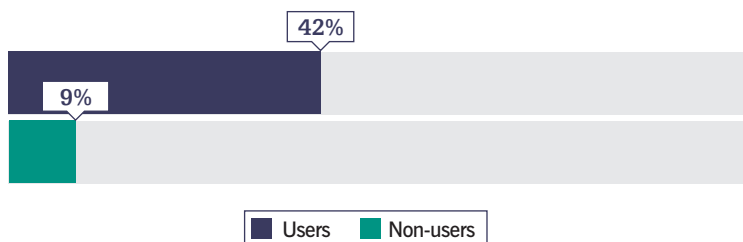
When examining the 2014 MCHBS results of students who misuse prescription drugs\* compared to those who do not, interesting findings arise. There is relatively little difference between students who are non-users and users when examining whether or not prescription drug misuse is discussed within their family setting and if their parents have shared disapproval about prescription drug misuse. Eighty-four percent (84%) of users perceive their parents would disapprove of misusing prescription drugs similar to 93% of non-users.

#### Perceptions of Parental Approval



Conversely, prominent differences are noted when comparing peer approval of prescription drug use. Users perceive a much higher rate of approval from their peers. Forty-two percent (42%) reporting they perceive their friends to approve, while only 9% of non-users perceive their friends approve of misusing prescription drugs.

#### Perceptions of Peer Approval



Similarly, users report easier access to prescription drugs. Thirty-one percent (31%) of students who use prescription drugs report having “very easy” access, twice that of non-users. An alarming amount of students report gaining access from friends. The most common way for students to obtain prescription drugs is from friends (56%), followed by 16% of students report obtaining prescription drugs from family members. Interestingly, a large percentage of prescription drug exchange is nonmonetary. Fifty-one percent (51%) of users said they are given prescription drugs rather than stealing (1%) or purchasing (31%).

### SUMMARY

Educational efforts to address prescription drug misuse appear to be necessary on many of our campuses. The 2014 MCHBS data suggests that student users perceive their behavior as relatively acceptable by peers and report fairly easy access to prescription drugs. If campuses can educate friends of misusers about the dangers of these drugs, approval of this behavior may decrease. Additionally, if we can limit access to prescription drugs, misuse may decline as well. Campus educators can help prevent prescription drug misuse by educating those with appropriate prescriptions on how to keep their medications safe, out of sight, and out of the hands of others. **To obtain more resources and prevention materials, contact Missouri Partners in Prevention and MoSafeRX at [rx.missouri.edu](http://rx.missouri.edu).**

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

Report prepared by Wendy Walden and Partners in Prevention Research & Evaluation Staff

Funded by the Missouri Department of Mental Health, Division of Behavioral Health

\*Prescription drug misuse defined as students who report “use of prescription drugs without a doctor’s prescription”.

## CONSISTENCY OF ALCOHOL POLICY ENFORCEMENT

Partners in Prevention (PIP) has been Missouri's higher education substance abuse consortium since 2000. The coalition, made up of 21 universities in Missouri, works to promote healthy behaviors on college campuses. In order to gain an understanding of the current health behaviors of college students, PIP implements the Missouri College Health Behavior Survey (MCHBS) each year. Data gathered from the 2014 MCHBS highlights students' perceptions of the consistency of alcohol policy enforcement on our campuses.

### DISCUSSION

To assess views of our efforts, we ask about students' knowledge of prevention programs, perceptions of our concerns and the consistency of enforcement. In general, we find that our students are aware of our programs (75%), and believe that we are concerned with the prevention of alcohol and drug abuse (80%). However, only 55% of our students believe that the alcohol policies are consistently enforced.

The data also reveals that there is a large range in the perception of consistency of enforcement by campus. The campus with the highest perception of consistency of enforcement is 78% and the campus with the lowest perception of consistency of enforcement is 32%. **The data also indicates a general trend that campuses with higher perception of consistency of enforcement have lower binge drinking rates.** These findings support the environmental management approach in which a strong predictor of student drinking behavior is predicated on access and acceptance of alcohol use. Theoretically, more drinking will occur in environments where students have a negative (or low) perception of conduct consequences associated with their drinking.

Student perceptions of prevention programs, campus concern and policy enforcement have been relatively consistent over the past three years. Trends may imply a slight decrease in student perceptions for all three areas. Student perceptions of prevention programs have decreased from 82% in 2012 to 75% in 2014. Student perceptions of campus concern have decreased from 85% in 2012 to 80% in 2014. Additionally, student perceptions of policy enforcement have decreased from 63% in 2012 to 55% 2014.

#### Do you believe that your campus is concerned about the prevention of drug and alcohol abuse?



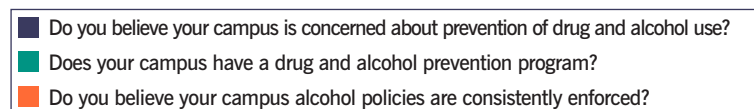
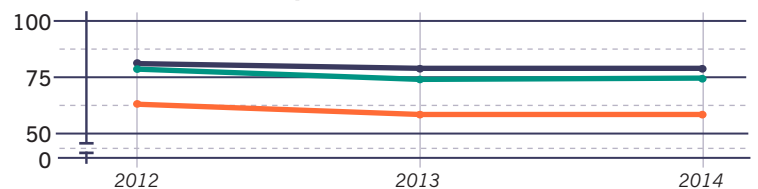
#### Does your campus have an alcohol and drug prevention program?



#### Do you believe that your campus alcohol policies are consistently enforced?



#### Student Perception Over the Past 3 Years



### SUMMARY

Student perceptions of enforcement identify potential insights for environmental change efforts on our campuses. Basically, half of our students do not believe that our policies are consistently enforced. Environmental management approaches predict that if we can increase students' perceptions of consistent enforcement, we can reduce high-risk drinking.

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

Report prepared by Dan Reilly and Partners in Prevention Research & Evaluation Staff

Funded by the Missouri Department of Mental Health, Division of Behavioral Health

## MINORITY STUDENT HEALTH BEHAVIORS

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Partners in Prevention (PIP) is Missouri's higher education substance abuse consortium focused on promoting healthy behaviors on college campuses. In order to gain an understanding of the current health behaviors of college students, PIP implements the Missouri College Health Behavior Survey (MCHBS) each spring. The information gained from the MCHBS not only allows PIP to learn more about the risky behaviors of Missouri college students as a whole, but also provides the opportunity to focus on the behaviors of particular demographics and sub-populations of students at Missouri's college campuses.

### DISCUSSION

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Non-white students comprise more than 16% of the Missouri undergraduate population at PIP member campuses. Of the roughly 9,000 students that completed the MCHBS in 2014, (1440) students reported a race/ethnic identity other than "white". Non-white students comprise a large proportion of the student body at Missouri college and university campuses and report unique health and behavior trends.

Generally, these students report beginning drinking later in life than their peers. Compared to the general sample, non-majority students report: lower drinking rates (almost 1 in 3 don't drink, compared with less than 1 in 4 for the general population), lower binge drinking rates, fewer negative consequences of alcohol use (fewer reports of hangovers, vomiting after overconsumption, and blackouts or memory loss), lower rates of both marijuana and tobacco use than the general population, and greater success when trying to quit these substances.

In addition to the alcohol, tobacco, and drug use data, non-majority students report notable differences on mental health and sexual behavior portions of the MCHBS survey. For instance, non-white students report lower instances of suicidal thoughts and self-injury attempts but similar levels of stress in both their personal and academic life. Regarding sexual behavior, these students report similar numbers of sexual partners compared to the general population. Results suggest a lower occurrence of

abusive relationships among non-white Missouri college students. Minority students also reported being less likely to use drugs or alcohol to help them feel more comfortable with a sexual partner, and fewer instances where they engaged in unplanned sexual behavior due to alcohol and drug use than the general population.

#### Non-white Students

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- » Drink less and have lower high-risk drinking rates
- » Experience fewer alcohol related negative consequences
- » Lower levels of tobacco use
- » Lower levels of marijuana use

### SUMMARY

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In recognizing the diversity of Missouri university and college campuses it is important to understand the unique and specific health needs and behaviors of students. Minority students, a large and growing demographic on campus, are representative of this need and are indeed unique in their health behaviors. A better understanding of the behavior of non-white students will help professionals to develop more targeted and effective solutions for their needs.

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

Report prepared by Partners in Prevention Research & Evaluation Staff  
Funded by the Missouri Department of Mental Health, Division of Behavioral Health

## CAMPUS ADMINISTRATOR SUPPORT FOR CAMPUS PREVENTION EFFORTS

Consisting of 21 public and private colleges and universities, the institutional members of PIP focus on lowering college student underage and high-risk drinking, impaired driving, and other health behaviors with negative consequences. In order to achieve healthier and safer campus communities, improve retention and decrease high-risk and underage alcohol use rates, campuses implement strategic plans for prevention that include evidence-based strategies.

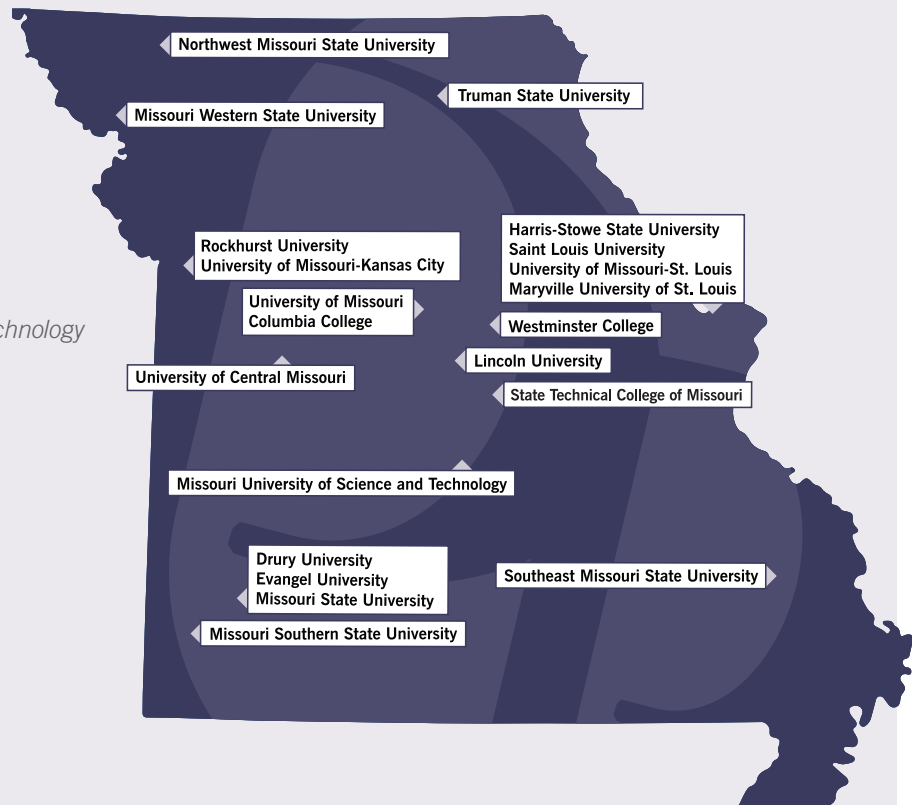
**In fall 2014, campus presidents and chancellors at PIP campuses across Missouri signed Letters of Commitment to show their support to address critical campus health and safety issues on their campus and in their communities.** Partners in Prevention wishes to thank these leaders for their tremendous support and visionary leadership.

Colleges and universities strive to be safe places where students thrive academically and grow personally, socially, and professionally. As leaders and staff members of institutions of higher education in the State of Missouri, it is our shared Responsibility to create a campus and community culture that encourages, supports, and enhances every student's potential.

The biggest obstacles to college students' success and retention is the misuse and abuse of alcohol, the abuse of drugs, and gender violence. College and university presidents and chancellors must address the problems caused by the inappropriate, unhealthy, and illegal use of alcohol, including gender violence. College officials must work to change the campus and community environment through an integrated combination of programs, policies, and educational campaigns.

## PIP PRESIDENTS AND CHANCELLORS WHO HAVE SIGNED LETTERS OF SUPPORT

- Dr. Scott Dalrymple - *Columbia College*
- Dr. David Manuel - *Drury University*
- Dr. Carol Taylor - *Evangel University*
- Dr. Dwaun J. Warmack - *Harris-Stowe State University*
- Dr. Kevin Rome, Sr. - *Lincoln University*
- Dr. Mark Lombardi - *Maryville University*
- Dr. Alan Marble - *Missouri Southern State University*
- Mr. Clifton Smart III - *Missouri State University*
- Dr. Cheryl Schrader - *Missouri University of Science and Technology*
- Dr. Robert Vartabedian - *Missouri Western State University*
- Dr. John Jasinski - *Northwest Missouri State University*
- Rev. Thomas Curran - *Rockhurst University*
- Dr. Fred Pestello - *Saint Louis University*
- Dr. Kenneth Dobbins - *Southeast Missouri State University*
- Dr. Donald Claycomb - *State Technical College of Missouri*
- Dr. Troy Paino - *Truman State University*
- Dr. Charles Ambrose - *University of Central Missouri*
- Dr. R Bowen Loftin - *University of Missouri*
- Mr. Leo Morton - *University of Missouri-Kansas City*
- Dr. Thomas George - *University of Missouri-St. Louis*
- Dr. George Forsythe - *Westminster College*



CONTINUED ➔

FOR MORE INFORMATION, VISIT [HTTP://PIP.MISSOURI.EDU](http://pip.missouri.edu)

Therefore, as leaders of institutions of higher education in the State of Missouri, our presidents and chancellors of PIP campuses have shared their commitment to serve as a proud member of Missouri Partners in Prevention by committing to:

- » Support the work of the Partners in Prevention professionals on campus.
- » Support the work outlined in the annual campus strategic plan for prevention, authored by the Partners in Prevention professionals on campus.
- » Foster campus and community collaboration to create an environment and culture that supports and encourages healthy and responsible decision-making about alcohol.
- » Communicate to all constituents that the campus does not tolerate the abuse of alcohol and drugs.

The following suggestions for administrators are evidence-based prevention practices designed to help lower problematic drinking and drug use on campuses and increase retention.

Our Partners in Prevention members, made up of health educators, health and counseling staff, police, conduct officers, and other student affairs professionals are eager to partner with campus leaders to advance prevention efforts at your campus.

## SUGGESTIONS FOR HIGHER EDUCATION ADMINISTRATORS

### Support the work of the Partners in Prevention campus-coalition at your college/university.

- » Review the prevention strategic plan and relevant campus data annually with key administrators and Partners in Prevention coalition members.
- » Support the implementation of evidence-based education, policy, and enforcement to address the behavior of high-risk drinkers on campus, such as Greeks and/or student athletes.

### Provide leadership on consistent messaging to students regarding the culture of drinking on campus.

- » Explore opportunities to revise, codify, and consistently enforce campus policies that support healthy community norms.
- » Lead a broad exploration of the institutional traditions, expectations, and culture that may support a high-risk drinking culture. Examine how high-risk drinking events affect the culture of drinking on campus.

### Task others on campus to share in the responsibility of prevention.

- » Task others such as marketing, alumni relations, conduct officers, orientation and parent relations, and safety representatives on campus to share in the responsibility of prevention.
- » Explore potential opportunities to partner with the surrounding community to share positive community norms.
- » Utilize faculty as an ally in prevention. Consider the effect class scheduling and test/assignment schedules and overall faculty expectations have on high-risk behavior.

Contact Partners in Prevention at (573) 884-7551.  
Report prepared by Partners in Prevention Research & Evaluation Staff  
Funded by the Missouri Department of Mental Health, Division of Behavioral Health

FOR MORE INFORMATION, VISIT [HTTP://PIP.MISSOURI.EDU](http://PIP.MISSOURI.EDU)



## UNDERAGE DRINKING

Partners in Prevention (PIP) has been Missouri's higher education substance abuse consortium since 2000. The coalition, made up of 21 universities in Missouri, works to promote healthy behaviors on college campuses. In order to gain an understanding of the current health behaviors of college students, PIP has implemented the Missouri College Health Behavior Survey (MCHBS) each year since 2007. To assist our campus in strategic planning, Partners in Prevention assesses the behaviors of potentially at-risk populations. In this brief, we review underage drinking.

### DISCUSSION

#### Drinking Differences by Legal Status

According to the 2014 MCHBS, when comparing student drinking by legal status interesting differences emerge. While a greater percentage of students over the age of 21 (85% versus 67%) report drinking in the past year, more underage students report consuming five or more drinks in a two-hour period (38% versus 31%). Underage students also typically choose different locations for their drinking. While 52% of students above the legal age report drinking in bars, only 10% of our underage Missouri college students report doing so.

	Over 21	Under 21
Past year alcohol use	85%	67%
2 hour binge drink	31%	38%
Drink in bars	52%	10%
Social gatherings off campus	47%	39%
Fraternities or Sororities	6%	13%
Residence Hall	2%	7%
Where I live	47%	19%

#### Obtaining Alcohol

The most likely means of accessing alcohol for students under the age of 21 is from friends who are over the age of 21 (reported by 58% of underage students). Other means reported by underage students include: from family members (9%), fraternities and sororities (6%) use of a fake ID (4%) and going to places where IDs are not checked (3%).

#### Trends in Underage Drinking

When reviewing underage drinking since 2007, interesting trends emerge. MCHBS data indicate that since 2007 there have been noticeable reductions in underage students drinking in bars, drinking at private parties, using fake IDs, obtaining alcohol from family members,

and going to locations where IDs are not checked. Conversely, there has been no change or marginal increases in students reporting drinking at fraternities and sororities, drinking in residence halls, or obtaining alcohol by a friend who is over the age 21.

	2007	2010	2012	2014	Change	Direction
Drank at bars or restaurants	15%	11%	9%	10%	33%	Decrease
Drank at private party	59%	46%	42%	39%	34%	Decrease
Drank at social Greek house	12%	14%	15%	13%	-8%	Increase
Drank at residence Hall	7%	4%	6%	7%	0%	No Change
Given alcohol by someone 21+	57%	45%	44%	58%	-2%	Increase
Used fake ID	7%	6%	6%	4%	43%	Decrease
Given alcohol by family member	14%	9%	8%	9%	36%	Decrease
Went where IDs are not checked	15%	9%	8%	3%	80%	Decrease

### SUMMARY

This data provides an encouraging snapshot of underage drinking issues with Missouri college students. Since 2007, fewer underage students report drinking in bars and at private parties. Additionally, fewer underage students report obtaining alcohol by the use of fake IDs, from family members, and stores which do not check for IDs. Conversely, there has been little change in the percentage of students reporting drinking at Greek houses, within the residence halls, and obtaining alcohol from friends over 21.

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

Report prepared by Christine Flores and Partners in Prevention Research & Evaluation Staff

Funded by the Missouri Department of Mental Health, Division of Behavioral Health

## SEXUAL VIOLENCE

Partners in Prevention (PIP) is Missouri's higher education substance abuse consortium focused on promoting healthy behaviors on college campuses. In order to gain an understanding of the current health experiences of college students, PIP implements the Missouri College Health Behavior Survey (MCHBS) each spring. The information gained from the MCHBS allows PIP to learn more about the experiences of Missouri college students. Recent updates and clarification of Title IX, Clery, and the Campus SaVE Acts require that campuses properly address gender violence on our campuses. In an effort to assist campuses, PIP surveys the prevalence of non-consensual sexual contact reported by our students.

## DISCUSSION

### Sexual Violence Differences by Gender

The 2014 MCHBS data reveals data similar to national numbers, with 20% of females reporting non-consensual sexual contact and males reporting 7% at any point in his or her life. National numbers reflect rates of 18% for women and 3% for men, according to the Rape, Abuse, & Incest National Network. Of those numbers of Missouri college students, 21% of those who experienced non-consensual sexual contact experienced it in the last year, and 31% of males experienced it within the last year.

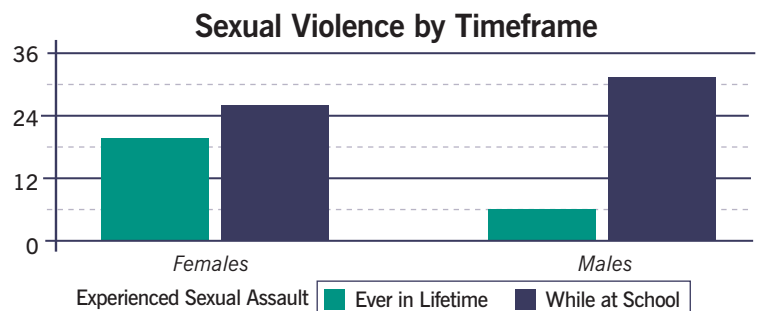
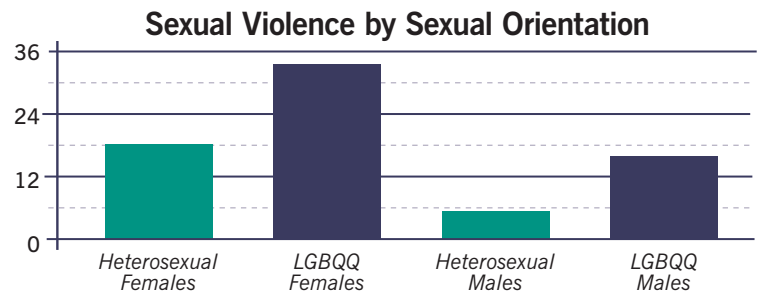
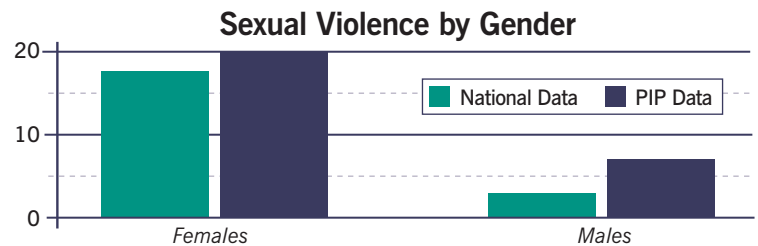
### Sexual Violence & Sexual Orientation

When comparing the data between students who identify as heterosexual males and females and those that identify as LGBQQ\* males and females, differences emerged. Heterosexual females reported experiencing non-consensual sexual contact at rates of 18% in their lifetimes. LGBQQ females reported rates of non-consensual sexual contact at 33% within their lifetimes. Of these LGBQQ females, 23% of them reported to have experienced the sexual contact while at school. When observing the data for males, 5% of heterosexual men report experiencing non-consensual sexual contact in their lifetimes, compared to 15% of LGBQQ males. Of these LGBQQ men, 33% of them reported to have experienced the unwanted sexual contact while they were at school.

## SUMMARY

This data illustrates that a fair percentage of students are at risk of experiencing non-consensual sexual contact while attending college. It is important to note that this survey does not inquire about the gender or sexual orientation of the alleged perpetrators. Although sexual violence affects everyone, these findings indicate LGBQQ individuals may

be at greater risk for experiencing sexual violence. Partners in Prevention considers Title IX compliance vital to the health and safety of all students. In an effort to help all campuses understand what is required, PIP has collected resources, guides and tools that you can access at [http://pip.missouri.edu/title\\_ix.html](http://pip.missouri.edu/title_ix.html). These resources can be used by campuses as guidance towards full understanding of Title IX, the Clery Act, the Campus SaVE Act and VAWA.



\*Note: LGBQQ: Students who identify as Lesbian, Gay, Bisexual, Queer, or Questioning.

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

Report prepared by Christine Flores and Partners in Prevention Research & Evaluation Staff

Funded by the Missouri Department of Mental Health, Division of Behavioral Health

## PREVALENCE OF MENTAL HEALTH ISSUES WITH MISSOURI COLLEGE STUDENTS

Partners in Prevention (PIP) is a statewide coalition dedicated to creating healthy and safe college campuses in Missouri. PIP is especially concerned with understanding and improving mental health across college campuses. In order to assist students with their mental health concerns, it is important to understand the issues Missouri college students are experiencing. Data presented below is from the 2014 Missouri College Health Behavior Survey (MCHBS).

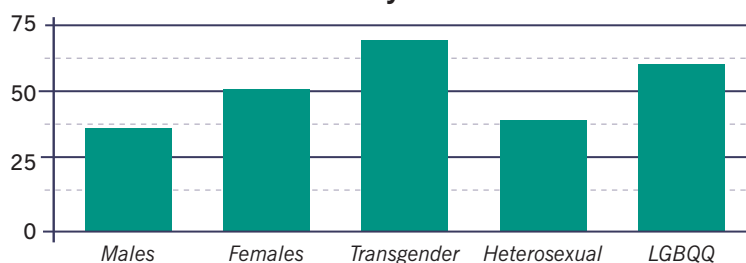
### DISCUSSION

Missouri college students self-report experiencing various mental health issues in the past year. The most common mental health issue reported was Anxiety (44%). The next most common concerns were Chronic Sleep Issues (19%) and Major Depression (19%). Students were asked the following question on the survey: "Which of the following have you experienced in the past year? (Check all that apply)." Options include Major Depression, sexual assault, eating disorder(s), chronic sleep issues, self-injury (not suicidal behavior), anxiety, abusive relationship, alcohol abuse-dependency, panic attacks, Bipolar disorder, and "other."

#### Anxiety

Regarding anxiety, males report rates of 35%, females report experiencing anxiety at rates of 50%, and individuals who identify as transgender report rates of 70%. Anxiety rates by sexual orientation include 43% for individuals who identify as heterosexual and 61% for individuals who identify as LGBQQ\*.

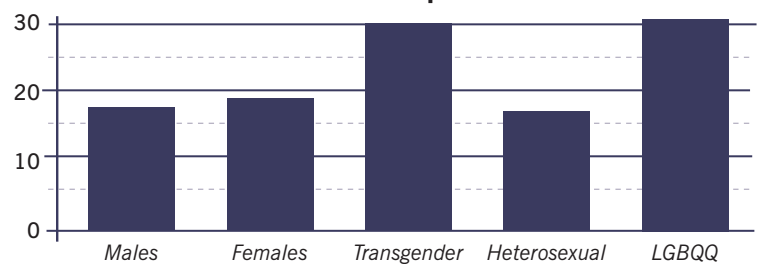
#### Anxiety Rates



#### Chronic Sleep Issues

In regards to chronic sleep issues, males report rates of 18%, females report 19%, and individuals who identify as transgender report 30%. Chronic sleep issues by sexual orientation are 18% for heterosexual individuals and 31% for individuals who identify as LGBQQ.

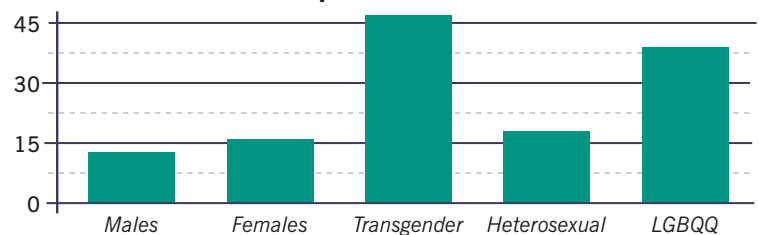
#### Chronic Sleep Issues



#### Depression

Males report depression at 13%, females report rates at 16%, and individuals who identify as transgender report 46%. Depression rates by sexual orientation include 17% for individuals who identify as heterosexual and 38% for individuals who identify as LGBQQ.

#### Depression Rates



### SUMMARY

According to this data, many Missouri college students experience anxiety, chronic sleep issues, and depression. In addition to this, it appears women, individuals who identify as transgender, and individuals who identify as LGBQQ may be at greater risk of experiencing these mental health issues.

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

Report prepared by Christine Flores and Partners in Prevention Research & Evaluation Staff

Funded by the Missouri Department of Mental Health, Division of Behavioral Health

\*Note: LGBQQ: Students who identify as Lesbian, Gay, Bisexual, Queer, or Questioning.



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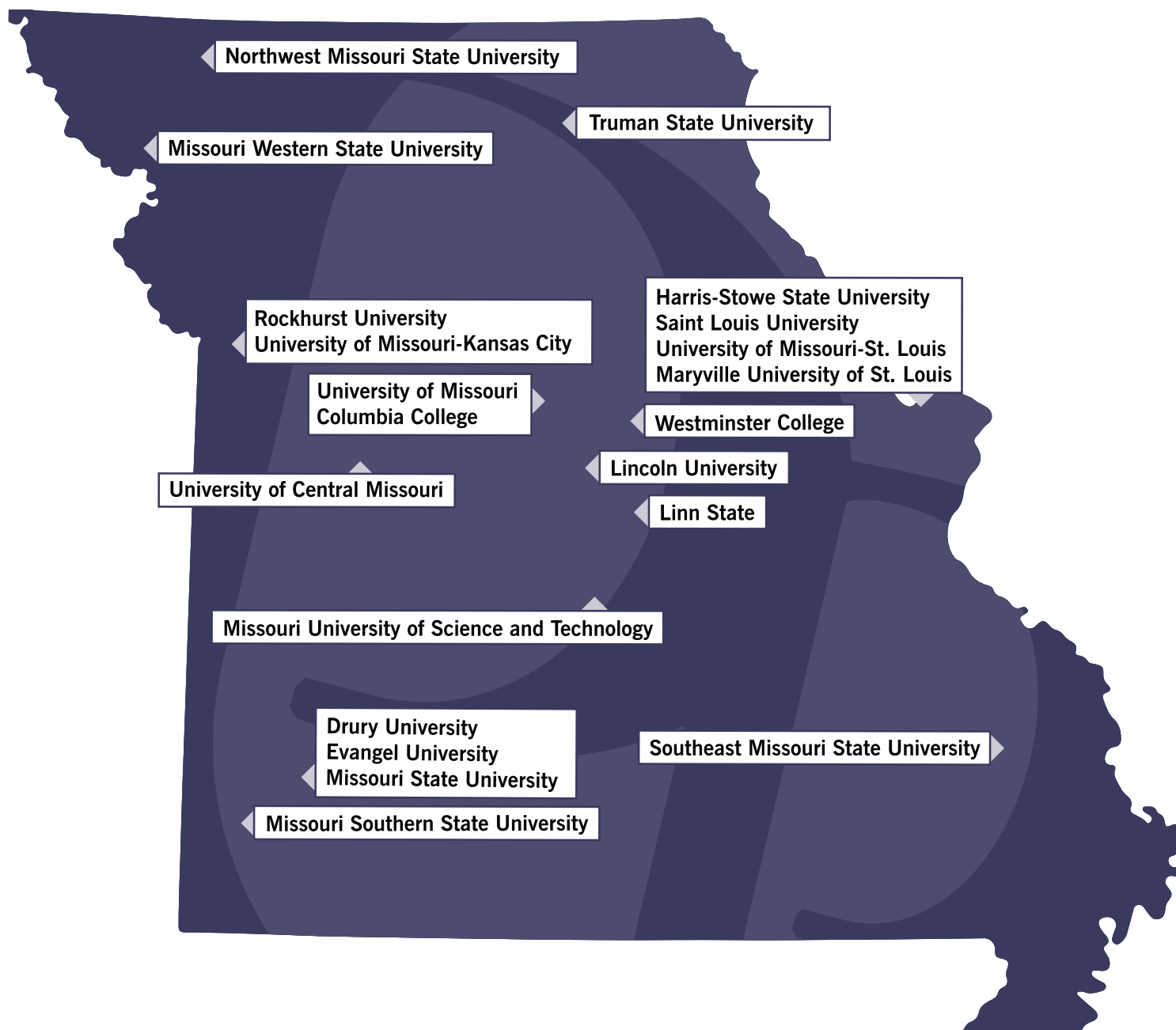
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*Missouri's higher education substance abuse consortium*

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FOR MORE INFORMATION, VISIT [HTTP://PIP.MISSOURI.EDU](http://pip.missouri.edu)