At a Glance:
Key Findings from the 2020 Missouri Assessment of College Health Behaviors

Below are key findings from the 2020 Missouri Assessment of College Health Behaviors (MACHB) survey.

This survey was implemented online at 23 institutions of higher education in the state.

Alcohol

Binge Drinking rate

<table>
<thead>
<tr>
<th>All students</th>
<th>Under 21</th>
</tr>
</thead>
<tbody>
<tr>
<td>22%</td>
<td>19%</td>
</tr>
</tbody>
</table>

Negative Consequences of Alcohol Use¹

<table>
<thead>
<tr>
<th>Missed Class</th>
<th>Poor academic performance</th>
<th>Hangover</th>
<th>Blackout or memory loss</th>
<th>Drove after drinking</th>
<th>Alcohol poisoning</th>
</tr>
</thead>
<tbody>
<tr>
<td>15%</td>
<td>8%</td>
<td>45%</td>
<td>23%</td>
<td>12%</td>
<td>4%</td>
</tr>
</tbody>
</table>

Cannabis

Frequency of Cannabis Use

- 1-6x/year: 14%
- 1-2x/month: 4.6%
- 1x+/week: 11%

CBD Use¹

- No use: 82%
- Any use: 17%
- PNR⁴: 1.1%

Other Drugs

Illegal Drug Use¹

- No use: 93%
- Any use: 6.5%
- PNR⁴: 0.5%

Tobacco Use¹

- No use: 71%
- Any use: 28%
- PNR⁴: 0.9%

Interpersonal Violence and Mental Health

Interpersonal Violence¹

- NCSC³ lifetime: 23%
- NCSC³ past year: 6.9%
- Relationship abuse: 14%
- Stalking: 7.3%

Mental Health Concerns¹

- Anxiety: 61%
- Major depression: 33%
- Panic attacks: 30%
- Chronic sleep issues: 22%

Help Seeking

- Sought assistance, mental health concern: 66%
- Did not seek assistance: 33%

Suicidality¹

- Suicidal thoughts: 25%
- Suicide attempts: 2.1%
- Sought help: 38%

¹ Data collected prior to COVID-19 campus closures.
² PNR = Prefer not to respond.
³ NCSC = Non-consensual Sexual Contact.

This data is taken from the 2020 Missouri Assessment of College Health Behaviors survey (N=8769), implemented at 23 institutions of higher education in the state. Data was collected prior to COVID-19 campus closures. For more information on the survey please visit pip.missouri.edu/research.html

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