

# Health Behaviors of Greek College Students

Partners in Prevention (PIP) is a statewide coalition of 21 public and private colleges in Missouri with the mission of building safe and healthy campuses. PIP gathers data from the Missouri Assessment of College Health Behaviors (MACHB) in order to assess risk among college students. Data from the MACHB can be utilized to gain a better understanding of student choices and assist in program development to best address student environments. The survey inquires if students participate in Greek organizations (IFC, PHA, NPHC, and Social Greek Organizations). Based on self-reports, 15% of students at Missouri campuses reported involvement in Greek organizations in the 2016 survey. There is quite a range of Greek participation by institution. The campus with the highest Greek participation had a rate of 46%. The campus with the lowest Greek participation, has no students involved in Greek organizations.

## Greek Alcohol and Marijuana Use

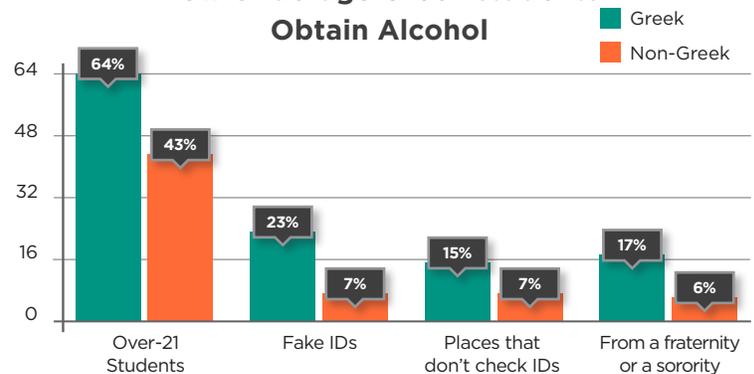
Ninety-two percent (92%) of Greek students responded that they have consumed alcohol in the past year compared to 72% of non-Greek students. Forty-nine percent (49%) of Greek students reported “binge” drinking, defined as having 5 or more drinks in a 2 hour period at least once in the past two weeks, compared to 20% of non-Greek students.

	Greek	Non-Greek
<b>Consumed alcohol in the past year</b>	92%	72%
<b>Binge drinking rate</b>	49%	20%

Differences were also observed when comparing students under the legal drinking age of 21. Eighty-nine percent (89%) of underage Greek students reported drinking in the past year compared to 63% of non-Greek students. Additionally, 47% of Greek underage students reported binge drinking in the past year compared to 20% of non-Greek underage students.

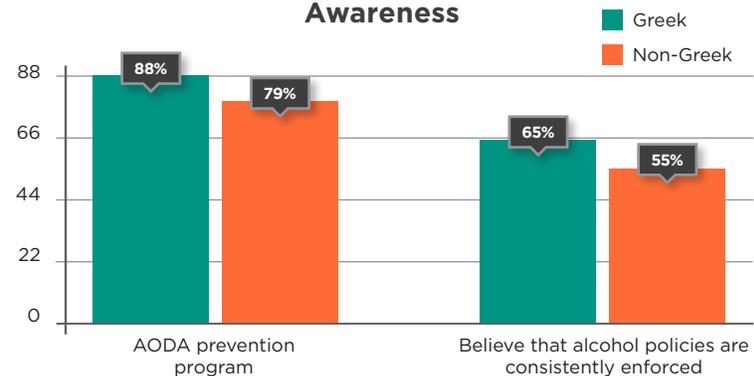
The most common ways for underage Greek students to obtain alcohol were from friends of legal drinking age (64 % vs. 43 % non-Greek), fake IDs (23 % vs. 7% non-Greek) or going to places that did not check IDs (15% vs. 7% non-Greek).

**How Underage Greek students Obtain Alcohol**



While Greek students reported drinking at higher levels and having more access to alcohol, they were also more aware that their campus had alcohol and drug prevention programs and policies.

**Awareness**



Greek students also report more marijuana smoking in the past year than non-Greek students. (Greek 40% vs. Non-Greek 22%). However, only 13% of Greek

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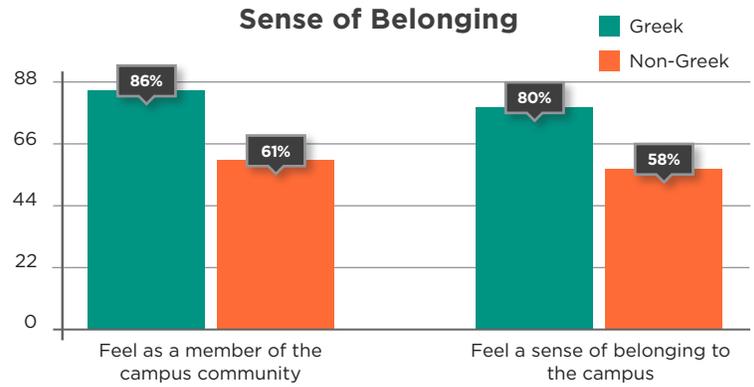
students who reported using marijuana in the past year indicated that they used marijuana at Greek houses.

## Mental Health

Greek and non-Greek students reported similar levels of stress, with approximately 28% reporting overwhelming or unbearable stress within the past two weeks. Both groups reported academics as the most common source of stress (93% for Greek students and 87% for non-Greek students). Differences emerged for other sources of stress based on Greek affiliation. Greek students reported a much higher rate of stress from organization involvement and responsibilities (46%) than non-Greek students (17%). Greek students also reported greater levels of stress associated with roommates (23%) than non-Greek students (15%). While Greek students may be experiencing more stress, they stated they were more likely to have someone to talk to about their stress (97%) compared to non-Greek students (88%).

## Sense of Belonging

Greek students report having greater levels of connection with campus. Greek students were more likely to see themselves as a member of the campus community (86%) and feel a greater sense of belongingness to campus (80%) than non-Greek students (61% and 58% respectively).



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