

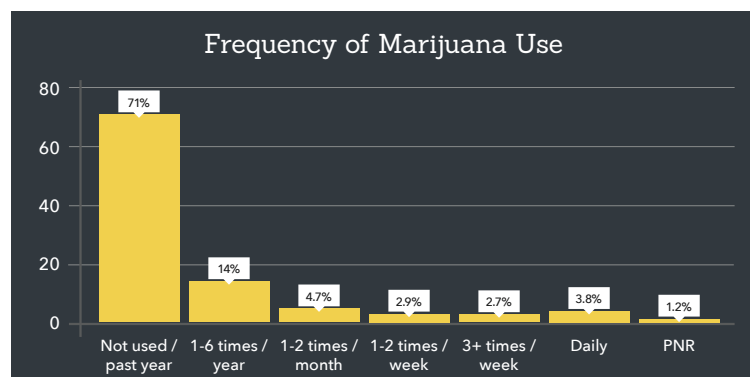
Marijuana and Other Illegal Drug Use among Missouri College Students

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 the state who work to lower high-risk behaviors by implementing strategic plans for prevention utilizing evidence-based strategies. To measure progress and obtain data needed for the implementation of programs, PIP created the Missouri Assessment of College Health Behaviors (MACHB) Survey. The MACHB is an annual, online survey that has been implemented each spring since 2007. This brief will focus on self-reported behaviors from Missouri college students regarding marijuana use.

Prevalence

According to the 2019 MACHB, 29% of Missouri college students report using marijuana at least once in the past year and 38% have used at least once in their lifetime. Nineteen percent (19%) of students report that their age of first using marijuana was before age 18, and 19% of students report first using marijuana at 18 or older.

Students who report use are also asked to report how often they use marijuana, and the frequency of marijuana use is shown in graph 1. The MACHB asks students to report if they have used 2 specific types of marijuana; 13% of students report using marijuana derivatives such as wax, dabs, and oils and 18% report using marijuana edibles at least once in the past year. Students report using marijuana most often at social gatherings or friends' houses (70%), where they live (55%), in a car (44%) or outdoors (40%).* For students



who report using in a car, 58% report that the car was parked off campus and 30% report that the car was being driven. Among users, 23% are currently trying to use less or quit using altogether.

Reasons for Use

New questions were added to the 2019 MACHB to determine students' motivations for using marijuana, the most common being to relax (76%), to have fun with friends (68%), and to get high (60%).* A full list of reasons for use are shown in table 1.

Reasons for Using Marijuana	
To relax	76%
To have fun with friends	68%
To get high	60%
I like how it feels	53%
It helps me sleep	45%
It doesn't negatively affect my academics	30%
It helps me relieve pain	30%
Because my friends are using marijuana	28%
To escape/so I can forget my problems	22%
Because there will not be negative consequences	19%
I have nothing better to do	18%
So I can lose my inhibitions	6.7%
Other	4.1%

Consequences of Use

New questions were also added to determine negative consequences that students experience as a result of

marijuana use, the most common being driving after use (35%), feeling in a fog, sluggish, tired, or dazed the morning after using (34%), and feeling sick or throwing up (14%)*. A full list of consequences of marijuana use are shown in table 2.

Negative Consequences of Marijuana Use	
Driven after consuming any marijuana product	35%
Felt in a fog, sluggish, tired, or dazed the morning after using	34%
Felt very sick to my stomach or thrown up	14%
Engaged in risky sexual behavior	9.4%
Missed class	8.2%
Performed poorly on a test or assignment	5.7%
Had a 'blackout' or memory loss after using marijuana heavily	5.4%
Been in trouble with campus administrators	2.3%
Damaged property or done something disruptive	2.2%
Been arrested by campus police or other law enforcement	1.3%
Been hurt or injured	1.2%
Received medical attention	0.9%
Been arrested for DUI/DWI	0.8%

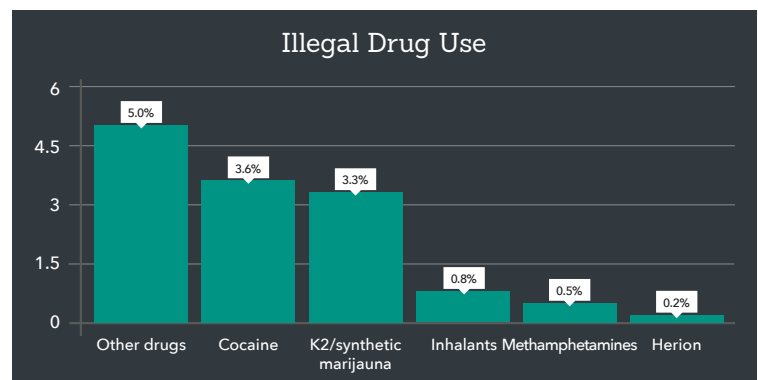
Perceptions of Use

Students tend to overestimate the percentage of students who use marijuana and the frequency that others students are using. Ninety percent (90%) of students perceive that their peers have used marijuana at least once in the past year, while the reality is that 71% of students have not used marijuana in the past

year. It is important to correct these misperceptions, as students tend to use substances to the extent that they believe their peers are using, which could increase use.

Illegal Drug Use

Every other year, the MACHB includes a full range of questions on illegal drug use. Among Missouri college students, 9.5% report using at least one illegal drug other than marijuana in the past year. Use rates of illegal drugs are show in graph 2. The category for other drugs is comprised of hallucinogens and club drugs including ecstasy/MDMA, mushrooms, LSD, and PCP.



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

Report prepared 6/11/2019 by Margo Leitschuh, Communications Coordinator. Data prepared by Dong Ding, Research Coordinator, and Kennedy Brown, Undergraduate Research Assistant.