

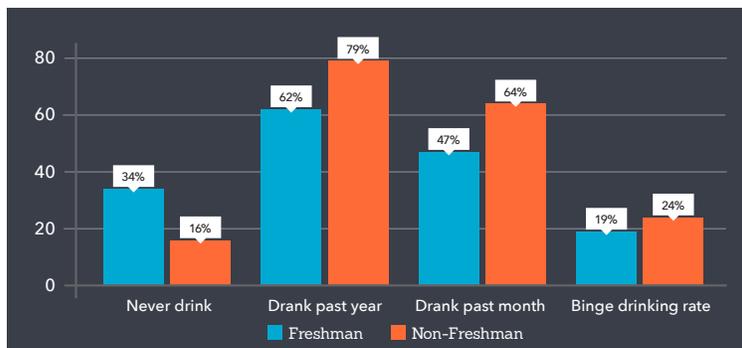
Freshman Student Health Behaviors

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 HealthBehaviors (MACHB) survey. The MACHB is an annual, online survey that has been implemented each spring since 2007. The survey assesses the roles that alcohol, drugs (illegal and prescription), tobacco, interpersonal violence, and mental health issues have on student health and wellness.

Freshman students are undergraduates who have been in school for one year or less. In the 2019 MACHB survey (N=9752), 29% of respondents are freshmen, and 97% of freshmen are younger than 21 years old.

Alcohol Use

More freshman students than non-freshmen report never using alcohol in their lifetime. Freshmen are less likely to report using alcohol in the past year or past month than non-freshmen. Freshmen report binge-drinking (consuming 5 or more drinks in a two-hour period) at least once in the past two weeks at lower rates than non-freshmen. These rates are reported below.



Of students who drink, 5.4% of freshmen are frequent binge-drinkers, defined as binge-drinking 3+ times in the past two weeks. By comparison, 7.1% of non-freshman are frequent binge-drinkers. Most freshmen (55%) report pre-gaming (consuming alcohol before a social event) and consume an average of 2.68 drinks when pre-gaming. When asked about the locations where they typically consume alcohol, freshmen

report using alcohol in residence halls and fraternity or sorority houses at higher rates than non-freshman, and lower rates of use in bars or restaurants and at sporting events than non-freshmen.

Locations Where Students Typically Consume Alcohol		
	Freshman	Non-Freshman
Social gathering/friend's house	76%	72%
Where I live	30%	59%
Bars/restaurants	21%	53%
Greek house	17%	7.7%
Residence hall	15%	4.3%
Sporting events	3.1%	6.8%

The MACHB tracks negative consequences and behaviors related to alcohol use. Overall, freshmen students report experiencing fewer negative consequences when they drink alcohol than their non-freshmen peers.

Consequences of Alcohol Use		
	Freshman	Non-Freshman
Hangover	34%	51%
Blackout or memory loss	19%	26%
Rode with a drinking driver	15%	24%
Driven after consuming	8.6%	17%
Felt pressured or coerced into drinking more	11%	14%
Missed class	10%	16%

Marijuana

After alcohol, marijuana is the most commonly used substance by freshman students. The percentage of freshmen who report using marijuana in the past year

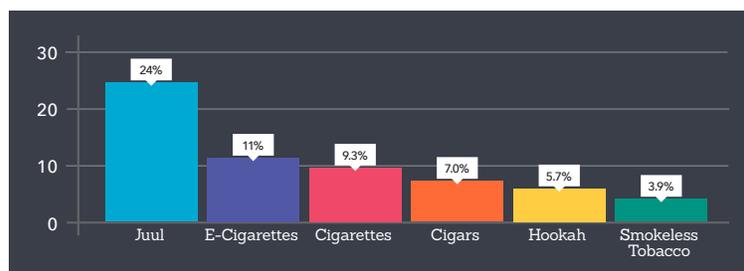
is 26% (vs. 29% of non-freshmen). Approximately 7.4% of freshmen report using marijuana at least once per week, which is lower than the rate for non-freshmen (10%). Freshmen and non-freshmen use marijuana derivatives at similar rates (14% vs 13%), and freshmen use marijuana edibles at lower rates than non-freshmen (14% vs 19%). Marijuana is used in residence halls more frequently among freshmen (16%) compared with non-freshmen (8.2%). Of freshmen who report using marijuana, 37% report driving after use at least once in the past year.

Illegal and Prescription Drugs

Eight percent (8.0%) of freshmen report using at least one illegal drug other than marijuana in the past year (vs. 10% of non-freshmen). Freshmen report use of illegal drugs at the following rates: hallucinogens/club drugs (ecstasy, LSD, mushrooms, PCP, etc.): 4.2%, K2/synthetic marijuana: 3.7%, cocaine: 2.0%, inhalants: .4%, methamphetamines: .3%, and heroin: 0.0%. Additionally, 7.7% of freshmen report prescription drug use without a doctor's prescription in the past year, while the rate for non-freshmen is 9.9%. Freshmen usage rates for various prescription drugs are as follows: pain medications: 3.9%, stimulants: 3.3%, sleeping medications: 1.6% and benzodiazepines/ sedatives: 1.5%.

Tobacco

Thirty-one percent (31%) of freshmen have used tobacco products in the past year (vs. 30% of non-freshmen). Freshmen reported using JUULs (a type of e-cigarettes) at much higher rates than non-freshmen (24% vs. 17%). Forty percent (40%) of freshmen JUUL users use the product at least 3 times per week, while 29% of non-freshmen use this frequently.



Interpersonal Violence

Twenty-four percent (24%) of freshmen report experiencing relationship abuse in their lifetime, which is lower than the rate among non-freshmen (31%).

Fourteen percent (14%) of freshmen report experiencing it in the past year, which is the same as the rate among non-freshmen. Freshmen also report lower rates of non-consensual sexual contact in their lifetime than non-freshmen (17% vs 24%), but the rate for experiencing this in the past year is higher for freshmen (7.7%) than non-freshmen (6.7%). Approximately four percent (3.8%) of freshmen experienced non-consensual sexual contact while attending their current university.

Mental Health and Well-Being

Sixty-four percent (64%) of freshmen report experiencing a mental health concern in the past year (vs 68% of non-freshmen). The most common concerns among freshmen are anxiety (54%), major depression (30%), and panic attacks (27%). Non-freshmen experienced these concerns at similar rates. Of those who reported a mental health concern, 41% of freshmen did not seek assistance. Rates of suicidal ideation and attempts are similar for freshmen and non-freshmen: suicidal thoughts during lifetime (43% vs 44%), suicidal thoughts in the past year (24% vs 23%), and suicide attempts (1.8% vs 1.9%). Thirty-six percent (36%) of freshmen sought assistance for suicide attempts or thoughts in the past year.

Summary

Freshman students report lower rates of alcohol use and binge drinking than non-freshmen. Alcohol-related risk behaviors are lower in freshman students, indicating that some behavior change occurs while students attend college. This provides campus professionals with opportunities to modify behavior and social norms while continuing to focus prevention efforts toward incoming freshmen. Policies about substance use in Greek houses and residence halls are important to monitor, as freshmen frequently use in these locations. Since use of JUUL and other vaping products has become common in teens, campuses may see a growing demand for tobacco-cessation services from incoming freshmen and other students.

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

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For more information, visit pip.missouri.edu

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