

Fact Sheet

Missouri Assessment of College Health Behaviors

Missouri Partners in Prevention (PIP) is a higher education substance abuse consortium dedicated to creating healthy and safe college campuses.

PIP is comprised of 21 public and private colleges and universities across the state. First implemented in 2007, the Missouri Assessment of College Health Behaviors (MACHB) is designed to understand the roles that alcohol, drugs (illegal and prescription), mental health issues, and power-based personal violence have on student health and wellness. The MACHB also assesses individuals' attitudes towards campus and community policies, other students' behaviors, and bystander interventions. The survey is administered online each spring to undergraduate students. The PIP staff analyzes the data from the survey and works with campuses to implement evidence-based strategies for prevention.

The MACHB Examines the Following Health Behaviors

Alcohol Use and Abuse

Questions about alcohol are asked on the MACHB in order to gain information about drinking patterns on campus such as who is engaging in alcohol use, where alcohol use is occurring, what problematic alcohol-related behaviors occur, students' perceptions of others' alcohol use, drinking and driving behavior and more. This data helps campuses understand their students' behaviors and implement policies, educational programs, social norms clarification and evidence-based strategies, such as BASICS (Brief Alcohol Screening and Intervention for College Students), to impact alcohol use and abuse on campus. Approximately 80 questions on the MACHB focus on alcohol.

Marijuana Use

Questions about marijuana use are used to gain information similar to alcohol use such as frequency, location of use, and perceptions of others' behaviors. The 2019 MACHB included new questions about negative consequences students may be experiencing as a result of their use, age of first use and reasons for using. This data helps campuses understand trends of use, create educational programs, and implement evidence-based strategies, such as brief motivational interviewing. More than 10 questions about marijuana use are included in the survey.

Illicit and Prescription Drug Use

Questions on the MACHB ask students to self-report illicit drug use and use of prescription drugs without a doctor's prescription or misuse under

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a prescription. These questions help determine which drugs are being used and frequency of use. Questions about prescription drugs also ask students to report how they obtain prescription drugs without a prescription and from whom, as well as if they misused with a doctor's prescription. These questions were clarified in 2019 to better understand misuse. This data helps campuses understand trends of drug use to implement policies and best practices such as promoting awareness of safe storage and disposal of prescription drugs and utilizing SBIRT (Screening, Brief Intervention, and Referral to Treatment). Approximately 15 to 20 questions about illicit and prescription drug use are included on the MACHB.

Tobacco Use

Questions related to tobacco on the MACHB are used to gain information about what types of tobacco students use and with what frequency. In addition, the 2019 MACHB includes questions about quitting tobacco use and JUUL use. This data has helped campuses implement smoke and tobacco-free policies and implement evidence-based practices like tobacco cessation programs to help students quit using tobacco products. 10 questions about tobacco are included in the survey.

Mental Health

Questions about mental health on the MACHB ask students to report stress levels and sources of stress, support systems on and off-campus, mental health concerns such as anxiety, major depression, panic attacks, etc., suicidal thoughts and attempts, and help-seeking behaviors. This data helps campuses understand and support the mental health needs of students and to implement best practices such as suicide prevention gatekeeper trainings and social norms clarification to increase help-seeking and reduce stigma around mental health issues. Approximately 20 questions about mental health are included on the MACHB.

Power-Based Personal Violence

Questions about power-based personal violence focus on students' experiences of non-consensual sexual contact, abusive relationships, stalking, and bystander interventions to reduce violence. This data provides campuses with knowledge about who is being impacted by violence, where the violence is occurring, and what types of stalking and abuse students are experiencing. Campuses then implement evidence-based strategies such as social norms clarification, victim advocacy and support programs, online training programs, and healthy sexuality and relationship programs.

Other

The MACHB also asks questions about other health and wellness topics. Questions about policies on campus related to alcohol, other drugs, and sexual violence are included every year as well as students' beliefs of policy enforcement. Students are also asked a few questions about their sense of belonging on campus, which is tied to student retention. A brief section on driving behavior is also included in the 2019 MACHB.

Other questions related to gambling, driving, and sexual health are cycled out every other year and help campuses understand types and frequencies of certain behaviors. The gambling questions focus on if students gamble and what methods they use. Questions about driving behaviors include if and how often students text and drive, wear seat belts, drive under the influence, drive drowsy, speed, etc. Sexual health questions ask if students use alcohol or other drugs to feel more comfortable with sexual partners and their perceptions of other students' behaviors.

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