

Drury University Key Findings from the 2024 Missouri Assessment of College Health Behaviors

Partners in Prevention (PIP) is Missouri's higher education substance misuse consortium dedicated to building and sustaining healthy and safe college campuses. The coalition is comprised of 26 public and private colleges and universities in the state. This brief includes data for the 23 4-year institutions in the coalition; 2-year campuses participate in a separate version of the survey, and their data is not included in this statewide aggregate. The campuses in the coalition work to prevent high-risk behaviors by implementing evidence-based strategies including education, social norming campaigns, policy review and enforcement, and more. 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. The survey assesses the roles that alcohol, cannabis, other drugs (illegal and prescription), tobacco/nicotine, interpersonal violence, and mental health concerns have on student health and well-being.

Data consistently shows that academic achievement and retention are impacted by the health, safety, and well-being of students. Substance misuse, experiences of interpersonal violence, and mental health concerns are intersectional issues that impact students' ability to succeed and thrive while attending institutions of higher education. Comprehensive and evidence-informed prevention and health promotion practices are an investment in the lives of students and the overall campus environment.

The following are key findings for Drury University from the 2024 MACHB survey (N=166):

5-Year Trends

The MACHB data has shown some consistent positive trends in the health behaviors of Drury students over the past 5-years. Generally, rates of alcohol use have decreased along with consequences of alcohol use (e.g., vomiting, hangover). Rates of heavy drinking had

been steadily decreasing, but have increased since 2023. Rates of any prescription drug misuse without a doctor's prescription have increased slightly, but rates of any misuse of a valid prescription have decreased (with the exception of sleeping medication, which has increased since 2023). Tobacco/nicotine product use had been steadily decreasing but has increased since 2023. Cannabis use has gone back and forth between increasing and decreasing, but has shown a decrease since 2023. Past year experiences of mental health concerns had been steadily increasing, but in 2024 decreased. However, despite the decrease, mental health concerns such as disordered eating and self-injury remains some of the highest in the state. Rates of past year suicidal thoughts and past year suicide attempts have also remained steady, with a decrease in both since 2023. However, those who sought assistance for suicidality has also decreased since 2023. Additionally, rates of lifetime and past year non-consensual sexual contact have remained relatively steady with a decrease since 2023.

Retention

Thirty-four percent (34%) of Drury students have thought about transferring from their current college/university in the past year, which is the third highest statewide. Additionally, 17% say they have thought of discontinuing their college/university education in the past year. Students report that the top reasons contributing to their decision to either transfer or discontinue their education are not having enough money to pay for school (47%), their own mental health concerns (42%), lack of friends/loneliness (29%), difficulties keeping up with academic expectations (26%), and don't feeling like they belong on campus (20%).*

Sense of Belonging & Engagement

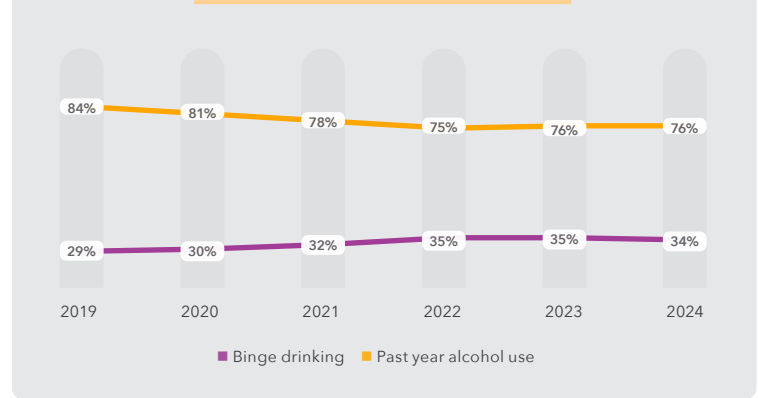
Nearly three out of four (74%) of Drury students agree that they feel a sense of belonging to their campus community. Students also believe that they have the responsibility to contribute to the safety and well-being of other students at their school (83%), that involvement in campus/community causes is important to them (66%) and that they should make a difference on campus/in the community (64%). Eighty-seven percent (87%) of Drury students report that they are currently involved in campus organizations/activities.

Alcohol Use

About half (43%) of Drury students report using alcohol in the past 12 months. Binge-drinking (defined as a pattern of drinking that brings a person's blood alcohol concentration (BAC) to 0.08 g/dl or above, which typically means consuming 4+ drinks for women and 5+ drinks for men in a 2-hour period at least once in the past two weeks) is a high-risk alcohol use behavior that PIP closely monitors each year. The binge-drinking rate increased to 19% in 2024 from 17% in 2023. Approximately 3.1% of Drury undergraduate students engage in frequent binge drinking, defined as binge-drinking 3 or more times in the past 2 weeks. Chart 1 shows the alcohol use trend among Drury students from 2019-2024.

The MACHB also tracks consequences of and safety behaviors for alcohol use in the past 12 months. The

Chart 1: Alcohol Use Trend



top 3 reported consequences of alcohol use among students at Drury include hangover (35%), vomiting (24%), and blackout/memory loss (17%). Students also report engaging in safety and protective behaviors related to alcohol use, with students saying they always engage in the following behaviors: keep track of their drink at all times (76%), eat before/during alcohol consumption (65%), and make sure to get home safe with a friend (80%).

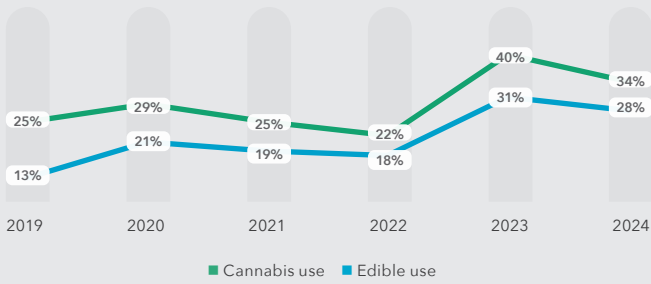
Underage Alcohol Use

More than half (55%) of Drury students who have consumed alcohol in their lifetime report that they first started drinking before age 21. Forty-two percent (42%) of Drury students under the age of 21 report consuming alcohol in the past 12 months and 13% of underage students report binge-drinking in the past 2 weeks (remained steady since 2023). Underage students at Drury report that they obtain alcohol in a variety of ways, the most common being from friends over 21 (32%), from family members (12%), or alcohol is readily available at home (6.7%).*

Cannabis Use

Missouri legalized cannabis for adult/recreational use in November 2022 with the passage of Amendment 3; however, cannabis use among Drury students decreased this year with 34% of students reporting use in the past 12 months (compared to 40% in 2023). In 2024, edibles/edible cannabis products use (28%) and derivative use (5.9%) also decreased since 2023.

Chart 2: Past Year Cannabis Use Trend



Approximately 10% of Drury students report frequent cannabis use (using cannabis one or more times per week)—compared to 12% statewide. Of students who report using cannabis, 18% report driving after use at least once in the past 12 months and 27% report attending class after use. Related to perceptions of others’ use, though 65% of Drury students have not used cannabis in the past year, most students (61%) believe that their peers use cannabis 1 or more times per month.

Given the relatively recent change in Missouri state law, questions were included on the 2024 survey about intentions to change use given the legalization of cannabis for adult-use. Among students who do not currently use cannabis, the majority (88%) said that they do not plan to start using. Among students who currently use cannabis, most (63%) said that they plan to use cannabis the same amount as before legalization.

Illegal Drug Use and Drugs of Concern

Approximately 16% of Drury students report using at least one illegal drug/drug of concern in the past 12 months and use rates of various types are shown in Table 2. We have denoted ‘drugs of concern’ that may be legal to purchase or obtain in Missouri with 2 asterisks in the table below.

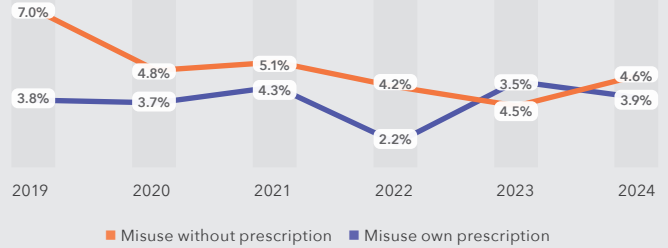
Table 1: Illegal Drug Use and Drugs of Concern Used in the Past 12 Months

Delta-8 THC**	11%
Hallucinogens (LSD, PCP, mushrooms, etc.)	4.6%
Cocaine	0.7%
MDMA/Ecstasy/Molly	1.3%
Heroin	0.0%

Prescription Drug Misuse

Approximately 4.6% of Drury students report prescription drug use without a doctor’s prescription in the past 12 months (an increase from 3.5% in 2023). Additionally, 3.9% of students with a valid prescription report using in a manner other than prescribed in the past 12 months (a slight decrease from 4.5% in 2023). Past year misuse of either type is included in Chart 3.

Chart 3: Past Year Prescription Drug Misuse



Of students who report misuse of either type, 33% have combined them with alcohol at least once, which can have serious health effects. Rates of misuse both with and without a prescription are shown in Table 2.

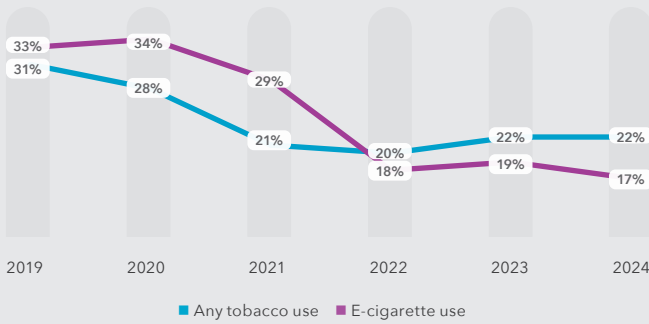
Table 2: Prescription Drug Misuse in the Past 12 Months

	Misuse without valid prescription	Misused own prescription
Stimulants (Adderall, Ritalin, etc.)	2.6%	0.7%
Pain medications (Oxycontin, Vicodin, etc.)	2.0%	1.3%
Sleep medications (Ambien, Halcion, etc.)	0.0%	1.3%
Benzodiazepines/sedatives (Xanax, Valium, etc.)	0.0%	0.7%

Tobacco and Nicotine Use

Twenty-two percent (22%) of Drury students report using tobacco/nicotine products at least once in the past 12 months (remained stable since 2023). Past year usage rates for various types of tobacco/nicotine products are as follows: e-cigarettes/vaporizers - includes JUUL/Puff Bar, etc. (17%), cigarettes (10%),

Chart 4: Past Year Tobacco/Nicotine Use



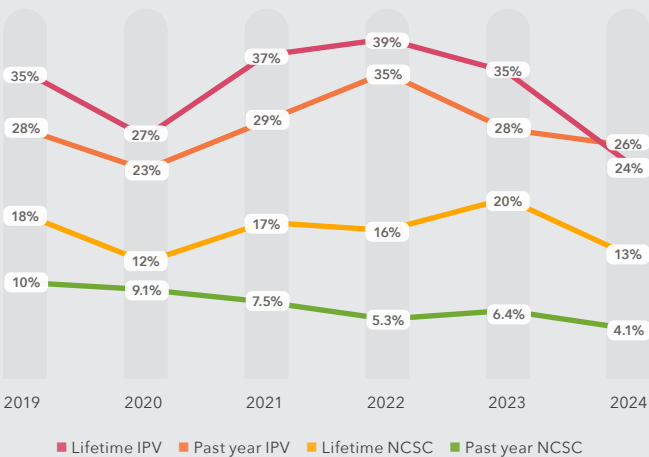
cigars (5.4%), smokeless tobacco/nicotine (6.0%), and hookah (0.7%). * Among students who have used e-cigarettes in the past year, 17% report using every day. Additionally, students who use tobacco say they have considered quitting (16%), tried to quit (13%), or successfully quit using (44%) since entering college.

Interpersonal Violence

Around one-quarter (24%) of Drury students report experiencing intimate partner violence (IPV) in their lifetime, and 13% report IPV in the past 12 months. The most common forms of abuse students report experiencing in the past 12 months include emotional/psychological/mental abuse (11%), verbal abuse (6.8%), sexual abuse (2.1%) and financial abuse (2.1%).*

More than 1 in 4 (26%) of Drury students report experiencing non-consensual sexual contact (NCSC) in their lifetime, and 4.1% report NCSC in the past

Chart 5: Interpersonal Violence Trend



12 months. The majority of NCSC occurred on-campus in residence hall buildings (46%) and at bars/restaurants (31%).*

Questions about stalking are included on the MACHB every other year, and in 2024 4.7% of Drury students report experiencing stalking in the past 12 months. The most common methods of stalking students report include social networking (56%), using a cell phone (56%), showing up in-person showing up outside of their home (33%), and showing up in-person outside of their class (22%).*

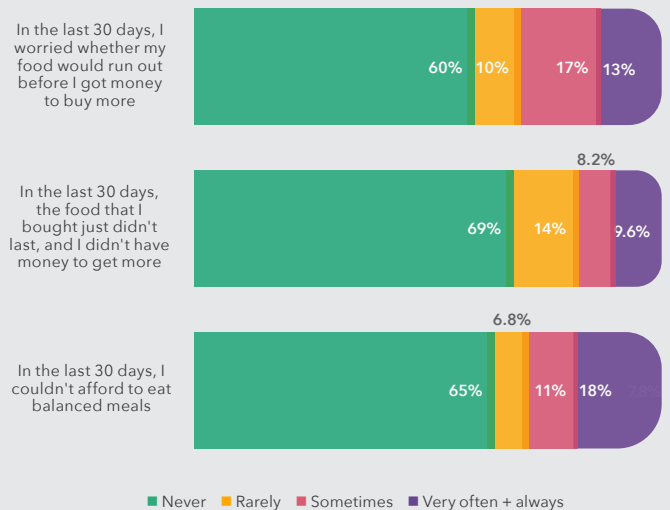
Sixty percent (60%) of Drury students feel that they have the skills to intervene/prevent a potentially harmful situation, while only 42% of students say they know where to go to find resources on bystander intervention/violence prevention and related trainings at their campus. The majority of Drury students (95%) report that they would want a peer to do something if they themselves were in danger of being harmed by someone else.

Well-Being and Sexual Health

Students are asked to gauge their stress levels in the two weeks prior to completing the survey and in 2024, 28% report stress that is overwhelming and 6.0% report stress that is unbearable.

To better understand experiences of food insecurity in the past 30 days, students are asked to report if

Chart 6: Food Insecurity



they are very often or always unable to afford eating balanced meals (18%), worrying whether food would run out before getting money to buy more (13%), or worrying that the food bought wouldn't last and they didn't have money to get more (9.6%).

New questions were added to the MACHB survey this year related to sex work and sugar dating. Students were asked to report if they currently or previously had traded sex and/or sexual services for money, and 1.3% of Drury students report doing so previously, and 0.0% report doing so currently. Students were also asked if they have participated in sugar dating/sugaring (i.e., providing companion services for money or something of value. Zero percent (0.0%) of Drury students report doing so previously and 0.0% report doing so currently.

Questions related to sexual health and STI testing are also included on the MACHB. Forty-seven percent (47%) of Drury students report that they had not been tested for STIs in the past year because they are not sexually active, 39% have not been tested but are sexually active, and 12% of students have been tested in the past year. Among students who were not tested, the most common barriers/factors contributing to their decision were not thinking they are at risk of getting an STI (65%), being worried someone close to them would find out (10%), or shame/embarrassment (10%).* Students also report using sexual health products themselves/with partners in the past year such as contraception/pregnancy prevention methods (66%),

barrier/STI prevention methods (60%) and emergency contraception (18%). *

Mental Health

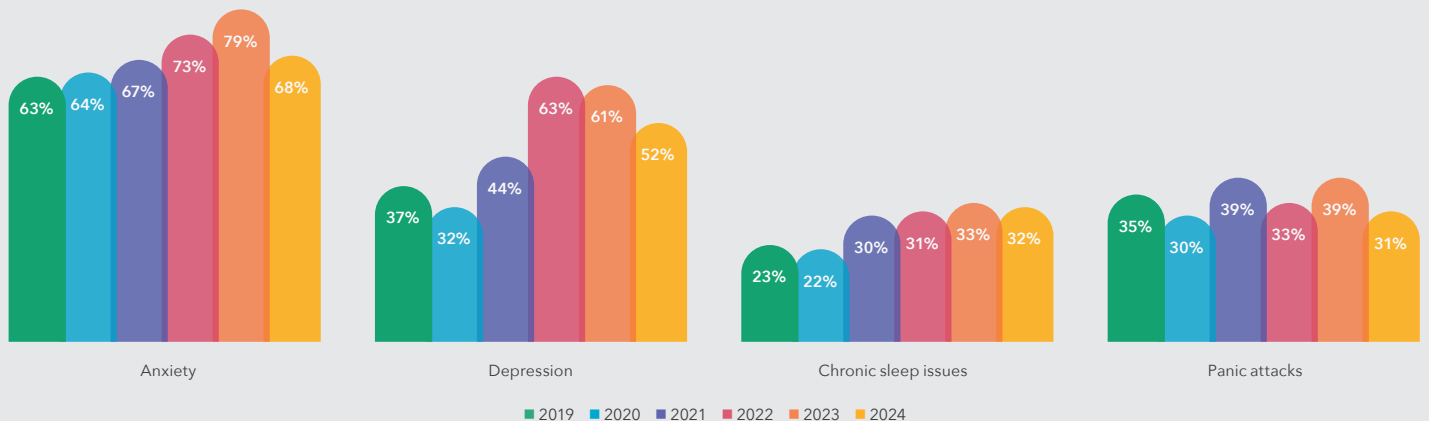
Drury students self-report experiencing issues related to mental health in the past 12 months, the most common being anxiety (68%), depression (52%), chronic sleep issues (32%), and panic attacks (31%). * Students are also asked to report if their mental health concern had been diagnosed by a mental health or medical professional. Almost half (49%) of those who had experienced a mental health concern had not received a diagnosis, 43% report being diagnosed with an anxiety disorder, and 33% report being diagnosed with major depression.*

For Drury students who had experienced a mental health concern in the past 12 months, 17% did not seek assistance. For those who did seek assistance, their primary source of assistance was family/friends (37%), an off-campus medical doctor (30%), college/university counseling services (24%), or an off-campus mental health provider (22%). Fourteen percent (14%) said they did not seek assistance but practice self-care or other types of management on their own.*

Suicidality

Almost half (48%) of Drury students report having suicidal thoughts in their lifetime, and 19% of students report suicidal thoughts in the past 12 months. In the

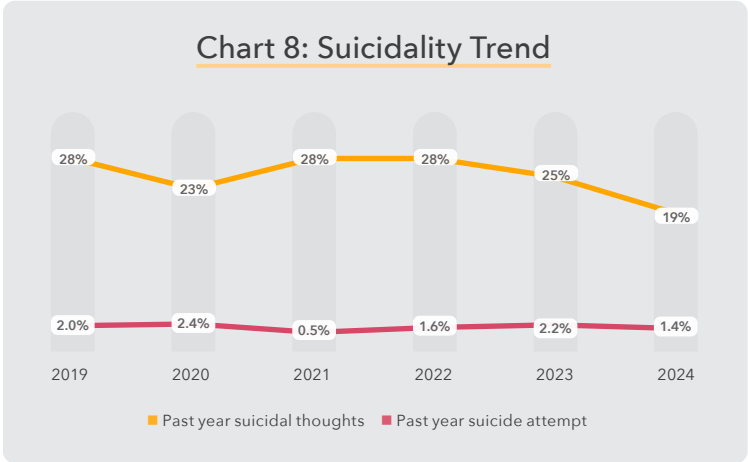
Chart 7: Past Year Mental Health Concern Trend



past 12 months, 1.4% of students report attempting suicide. For those who had thoughts or attempts in the past 12 months, 37% sought assistance. The most common places Drury students primarily sought assistance were friends/family (60%), college/university counseling services (50%), an off-campus medical doctor (40%), or an off-campus mental health provider (30%). * Additionally, 46% of Drury students have been concerned about a friend having suicidal thoughts or exhibiting suicidal behaviors in the past 12 months.

Summary

Partners in Prevention continues to monitor the critical health behaviors of college students. To reiterate, data consistently shows that academic achievement and retention are impacted by the health, safety, and well-being of students. Substance misuse, experiences of interpersonal violence, and mental health concerns are intersectional issues that impact students' ability to succeed and thrive while attending institutions of higher education. Comprehensive and evidence-informed prevention and health promotion practices are an investment in the lives of students and the overall campus environment. For more information about Partners in Prevention and to explore our research, visit mopip.org.



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

Report and data prepared by Meg Mottola, Research Coordinators. August 2024.

*question is a select all that apply