

## Missouri Assessment of College Health Behaviors (MACHB) 2021

### *Who takes it?*

A random sample of approximately 25% of all undergraduate students

### *When is it administered?*

Annually during the spring semester

The survey takes approximately 15 – 20 minutes to complete

### *What office administers it?*

Office of the Dean of Student Life

### *Who originates the survey?*

Missouri Partners in Prevention (MOPIP) is a statewide coalition composed of institutions of higher education in Missouri and relevant state agencies to collaboratively develop strategies for promoting positive, healthy choices among Missouri's college students. MOPIP offices are located on the University of Missouri-Columbia campus.

### Partners in Prevention

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### *When are results typically available?*

Raw data by early summer; formal presentation mid-late summer

### *What type of information is sought?*

Information is gathered in many areas including demographics, COVID-19 (unique to this year's survey), policy and programs, alcohol, drugs, driving, mental health and well-being, tobacco, and interpersonal violence.

### *From whom are the results available?*

Office of the Dean of Student Life

### *To whom are the results regularly distributed?*

Campus Partners in Prevention committee, Student Life, Student Health Center and University Counseling Service.

### *Are the results available by department or discipline?*

Results may be made available by the following categories by submitting a special request to the Dean of Student Life:

- academic discipline
- gender identity and sexual orientation
- student athletes
- students of color

- veterans
- underage students
- students with disabilities
- sexual health behaviors

*Are the results comparable to the data of other universities?*

Results are reported for Truman State University in comparison to all MOPIP member institutions in aggregate form. We do not have direct comparison data regarding individual colleges and universities.

### **Selected MACHB 2021 Results and Interpretation:**

#### General overview

Truman’s survey response rate of 23% (N = 230) in 2021 marks a continued decline from the 31% response in 2020, but still exceeds the overall PIP response rate of 18% (N = 10154) which remained the same from 2020. This decline may be a result of the circumstances of the COVID-19 pandemic and the campus safety measures instituted at Truman. Limited in-person activities and a variety of course delivery systems made it difficult for students to connect, both with each other and with offices of the University. In-person advertising and promotion of the survey was also limited, which may have reduced the level of participation on the survey.

#### *Alcohol use at Truman:*

The percent of Truman State University respondents indicating they have used alcohol sometime in their lifetime decreased slightly over the past year, decreasing from 80% in 2020 to 77% in 2021, which is 1% higher than the aggregate MOPIP 2021 rate of 76%. This same trend on slightly decreased alcohol use can be observed in the responses on alcohol use within the last year: Truman students reported 76% in 2021 vs. 77% in 2020, and the MOPIP aggregate rate dropped from 73% in 2020 to 71% in 2021.

The most frequent reasons cited for the 23% of respondents **not** consuming alcohol (ranked highest to lowest) include:

<b>Reason Cited</b>	<b>Truman 2019</b>	<b>Truman 2020</b>	<b>Truman 2021</b>	<b>Truman Rank Order</b>	<b>Aggregate MOPIP</b>	<b>MOPIP Rank Order</b>
Don't have to worry about any negative consequences	68% (1)	63% (2)	69%	1	53%	1
Don't want to do something I later regret	60% (2)	46% (4)	62%	2	41%	5
Personal beliefs/values	58% (4)	58% (3)	62%	2	47%	2
Against the law/policy	60% (2)	64% (1)	60%	4	41%	5
Too many Academic Responsibilities	50% (5)	42% (5)	45%	5	44%	3
Too many Personal responsibilities	46% (6)	33% (6)	45%	5	42%	4

There were two new responses included for this question on the 2021 survey that were not included in previous surveys: “Potential of getting sick or having a hangover” and “Potential of having a blackout”. The reason students reported for not drinking this year are more polarized in 2021, with six responses selected by more than 60% of respondents as compared to only two in 2020. This year’s responses are similar to the responses from 2019, perhaps indicating the 2020 responses as an outlier.

The percentage of students who reported having their first drink between the ages of 18-20 decreased from 2020, from 41% to 36.3%, which is encouraging; it may indicate a correlation between Truman’s focus on prevention programs and reduced alcohol usage.

The most common source by which Truman students under the legal age of 21 obtain alcohol, by a substantial degree, is from friends over the age of 21 (33%), followed by family members (22.4%) including parents, siblings and extended family.

This indicates a need to continue to make clear the repercussions from the University, of providing alcohol to minors. Additionally, with an apparent rising proportion of families and/or family members condoning underage alcohol use, we should explore opportunities to provide continuing education to those parties about consequences of underage drinking both on and off campus.

The most common locations for student to consume alcohol are reported to be as follows:

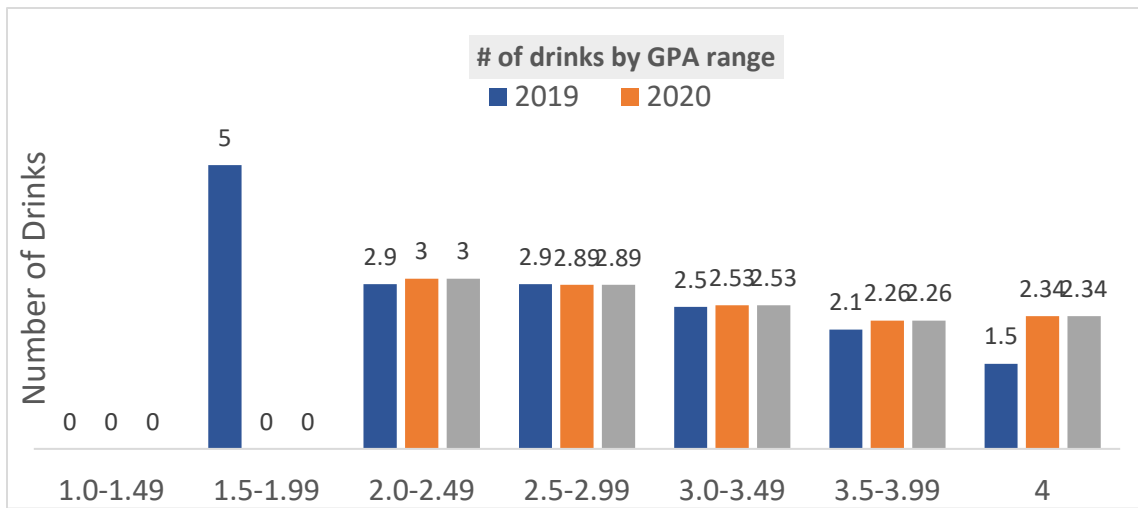
	<u>2019</u>	<u>2020</u>	<u>2021</u>	<u>MOPIP 2021</u>
social gatherings or friend’s house	79%	77%	65%	60%
where I live	47%	54%	56%	53%
at home (parents’/family’s residence)	N/A	N/A	37%	44%
bars and restaurants (indoor)	35%	42%	23%	36%
fraternity or sorority house	16%	12%	7.7%	5.1%
residence hall	4.6%	4.4%	6.5%	4.9%

\*Of those who live in a residence hall, 18% of them say they drink “where I live”

\*Of those who live in a Greek house, 67% of them say they drink “where I live”

Several factors may contribute to the decrease in drinking at fraternity or sorority houses at Truman, including the threat of the COVID-19 pandemic and the restrictions placed on large, in-person gatherings such as parties due to the pandemic. One Greek organization on campus was nearly removed for violating campus policies, which may have also led to increased caution by fraternities and sororities, and thus a lower number of students who reporting drinking at those locations.

The survey results are consistent with research that demonstrates a correlation between academic performance and self-reported drinking level, though other factors certainly impact the number of drinks a student chooses to consume. Generally, those with higher GPAs drank less, with the exception of students with a 4.0, who drank more than those with slightly lower GPAs.



Range	1.0-1.49	1.5-1.99	2.0-2.49	2.5-2.99	3.0-3.49	3.5-3.99	4.0
2019 N	0	1	10	67	155	197	53
2020 N	0	1	3	49	110	167	41
2021 N	0	1	2	44	103	153	35

**Select Findings and Interpretation are provided within two contexts:**

- (1) longitudinal comparisons, and
- (2) data directly related to goals established as part of the 2020-21 strategic plan submitted to MOPIP

**Longitudinal findings and interpretations of the MACHB Data**

The results and interpretations below continue the previous pattern of the assessment report for the annual MACHB survey.

Response rates – 3 year trends

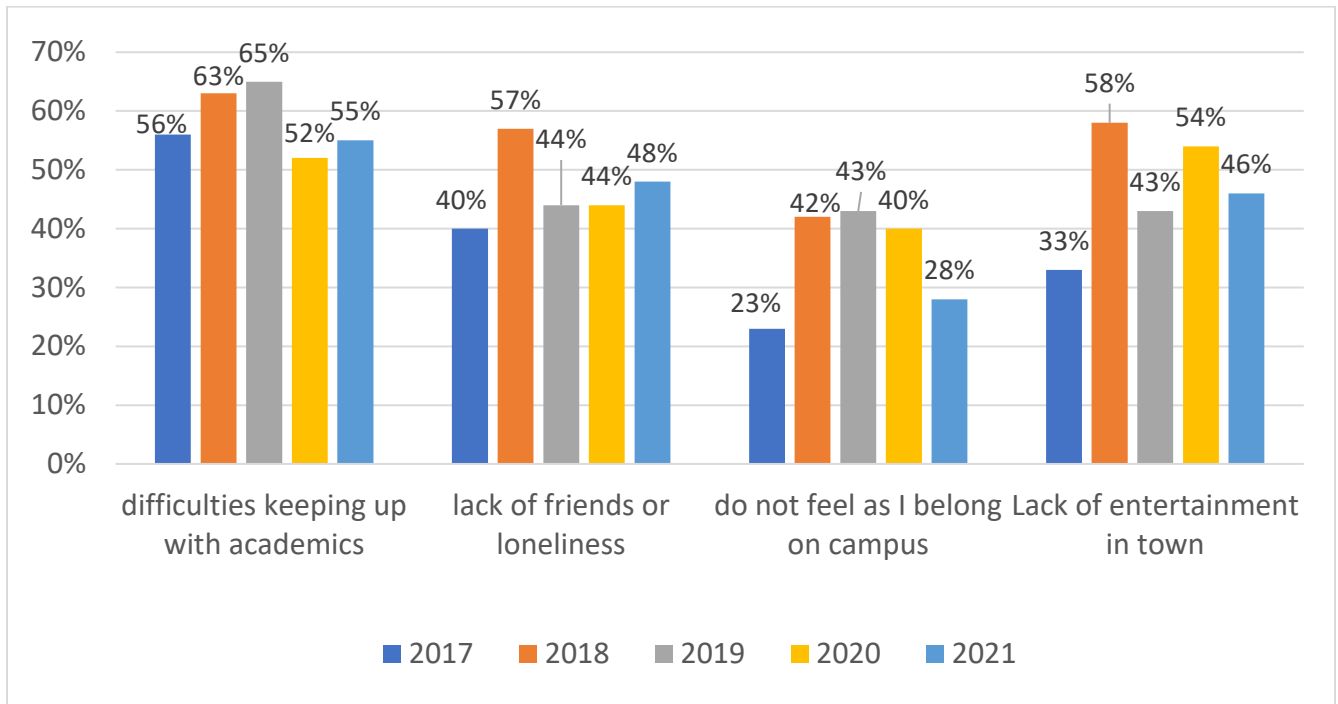
2019 Truman – n = 598 (40%) vs. PIP (21 institutions participating) – n = 9,752 (22%)  
 2020 Truman – n = 404 (31%) vs. PIP (21 institutions participating) – n = 8,769 (18%)  
 2021 Truman – n = 230 (23%) vs. PIP (24 institutions participating) – n = 10,154 (18%)

Item	Truman 2019	PIP 2019	Truman 2020	PIP 2020	Truman 2021	PIP 2021
Thought of leaving school in past year	25%	18%	24%	19%	28%	21%
Not involved in any campus activity/organization	12%	30%	12%	32%	11%	39%
Ever held a leadership position in any activities	53%	35%	53%	32.8%	58%	28.4%
Never used alcohol	21%	21%	21%	23%	23%	24%

Item	Truman 2019	PIP 2019	Truman 2020	PIP 2020	Truman 2021	PIP 2021
Experienced major depression in the last year	31%	31%	33%	33%	30%	35%
Experienced chronic sleep issues in the last year	20%	20%	18%	22%	25%	16%
Experienced anxiety in the last year	58%	57%	61%	61%	61%	64%
Experienced suicidal thoughts in your lifetime	48%	44%	46%	50%	46%	46%
Experienced suicidal thoughts in the past year	27%	23%	25%	26%	28%	25%
Attempted suicide in the past year	0.4%	1.8%	2.1%	1.5%	1.5%	1.6%
Been concerned about a friend having suicidal thoughts or behaviors in the last year	56%	47%	45%	52%	51%	44%

The percentage of students who considered transferring from Truman increased to 28% in 2021, up from 24% in 2020. The most common reasons for leaving the University are listed on the following page. As an academically high-achieving institution, “difficulties keeping up with academics” continues to be the most common reason student cite when considering leaving Truman State (55% compared to 37% at PIP institutions overall). Students’ sense of belonging on campus improved, signifying there were sufficient ways for students to engage with classes, organizations, and peers throughout the pandemic.

### Reasons contributed to considering leaving Truman State



Responses to the “lack of friends or loneliness” option should be closely monitored going forward. While an increase in loneliness due to COVID-19 pandemic protocols was unavoidable, Truman must continue to encourage participation in events and organizations to create positive, meaningful relationships between students. In addition, as the University transitions to a new provider in Complete Family Medicine, special attention must be paid to the continued promotion and support of the Student Health Center and University Counseling Services, whose services have been essential to students during COVID-19.

**Select findings related to goals identified in the 2020-2021 Truman PIP Strategic Plan:**

**Strategic Goal #1:** Reduce the rate of binge drinking of Truman students to below the 2020 reported rate of 25%.

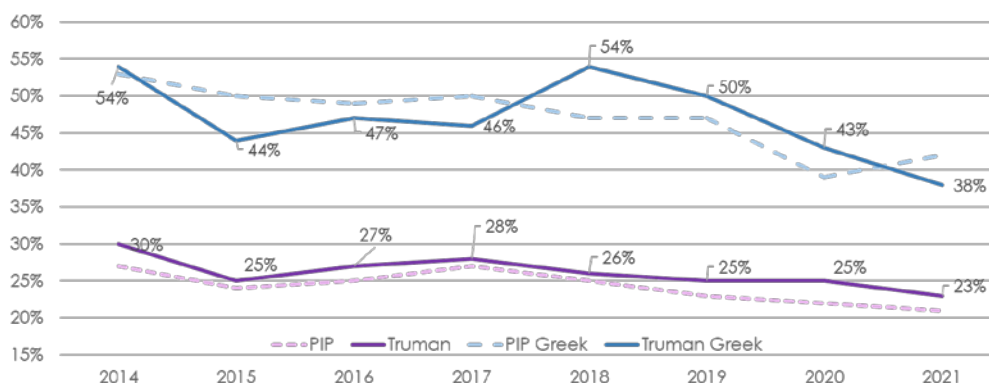
The 2021 survey results indicate the rate of binge drinking among Truman students decreased to 23% from the 2020 level of 25%. This level is still higher than the aggregate MOPIP level of 21%, which is down from the 2020 MOPIP level of 22%. However, the most dramatic change in this area is among Greek Life students, whose rate of binge drinking decreased 5% from 2020 to 2021 to 38%. Truman Greek Life students self-reported binge-drinking at lower rates than the MOPIP aggregate for the first time since 2017.

Alcohol binge drinking rate – 2 hour (all students, % of responses on MACHB) – 5 year trend

Data	2017	2018	2019	2020	2021
Truman	28%	26%	25%	25%	23%
MOPIP	25%	26%	23%	22%	21%

Outcome: The overall percentage of students reporting binge drinking in the past year did decrease below the 2020 report, and members of Fraternity and Sorority Life continued to reduce the rate of binge drinking in their community. However, this population continues to maintain relatively high rates of binge drinking, and with many in-person events resuming in 2021, this statistic has potential to rebound in the future. This is clearly an area in which a focus on programming and additional prevention measures should continue.

Truman vs. MOPIP Self-Reported Binge Drinking Rates – 8 year trend



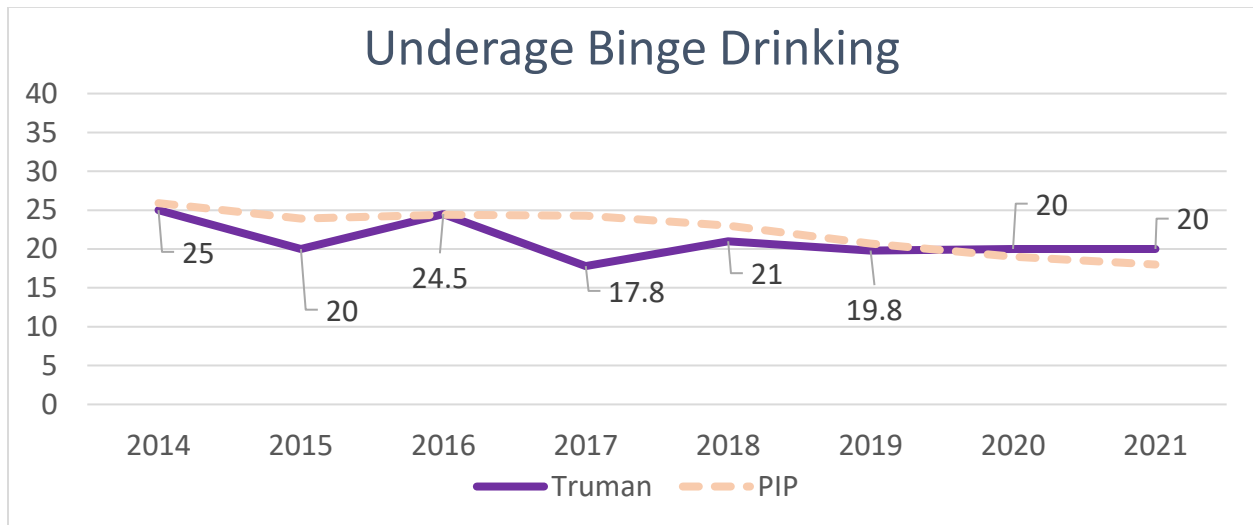
**Strategic Goal #2:** Reduce the rate of reported underage drinking of Truman students to below the 2020 reported rate of 65.2%.

Underage Drinking Rate – 7 year trend

2015	2016	2017	2018	2019	2020	2021
69.9%	62.4%	63.9%	65.3%	66.2%	65.2%	63.1%

Outcome: The 2021 survey results indicate underage students consumed alcohol at a lower rate than in 2020, with a reduction of 2.1% to 63.1%. Though this is the lowest rate since 2016, it is not a substantial decrease. We need to explore new and improved prevention programming, information distribution and other tactics to keep this downward trend alive.

The chart below reflects the percentage of underage students who engaged in binge drinking. This percentage has not changed noticeably since 2017, indicating a need to engage in further prevention efforts specifically targeted at our younger students.



**Strategic Goal #3:** Reduce the rate of reported regular cannabis use (1-2 times per month or more) to below the 2020 reported rate (17.9%).

*Note:* Cannabis use by means of smoking, edibles, vaporized, derivatives or others are included in the MACHB data.

Marijuana Use

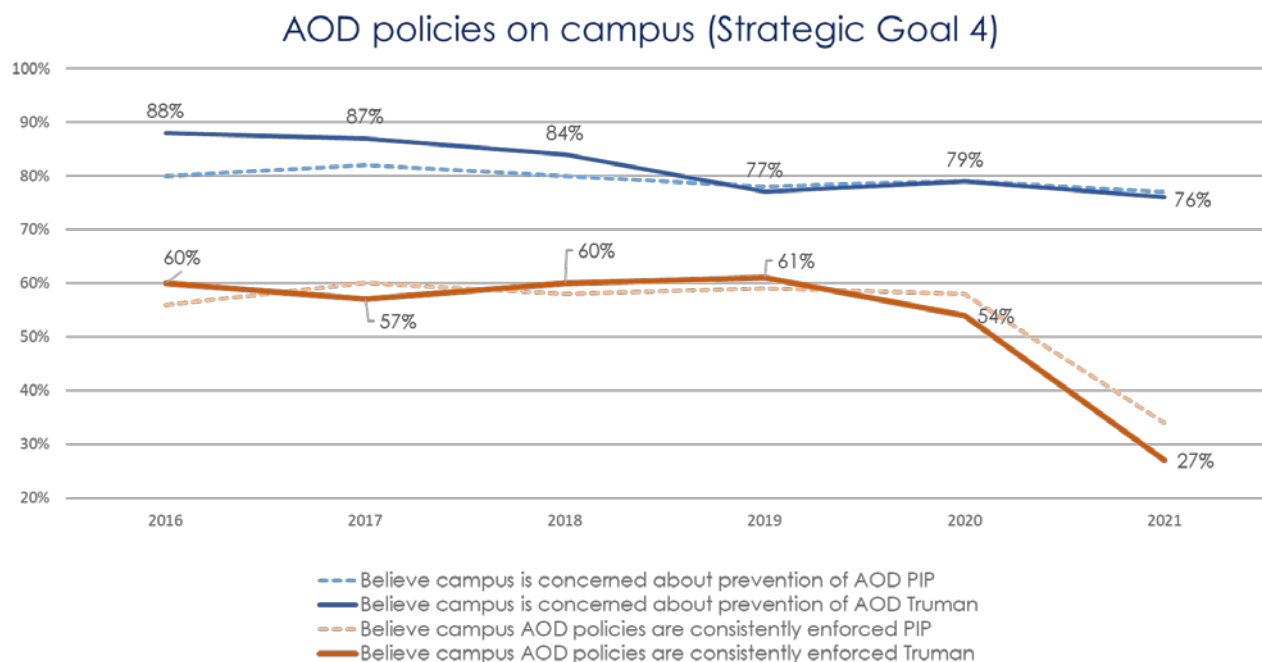
	2019	2020	2021	PIP
1-2 times / month	13.7%	17.9%	12.1%	14.3%
Smoking (1-2 times/month)	NA	15.5%	9.3%	11.7%
Edibles(1-2 times/month)	3.3%	13.4%	13.4%	16.6%
Vaporized(1-2 times/month)	NA	7.2%	4.6%	6.7%

Marijuana derivatives (1-2 times/month)	3.6%	5.0%	3.7%	4.0%
Other (1-2 times/month)	NA	2.2%	0.5%	0.8%

Outcome: The marijuana usage rate among Truman students sharply reversed course from the 2020 survey data. This year’s rate is the lowest since 2017’s 11.3% usage among Truman students. The PIP Committee’s work in this area appear to have yielded dividends. The various ways in which the legalization of marijuana use continues to expand across the country, we will need to clarify the contradiction between federal laws prohibiting drugs within a specific radius area the campus, with state laws and how students who have been prescribed medical marijuana understand how to appropriately manage that dichotomy.

**Strategic Goal #4:** Increase the percentage of students that believe that campus alcohol and drug policies are consistently enforced to above the 2020 reported rate (54%).

This year, PIP included a new response to the question related to consistent enforcement of alcohol and drug policies on campus. Previously, the only response options were ‘yes’ or ‘no.’ The 2020 survey included an ‘unsure’ response on this question. Of all respondents, 50% chose this new answer, bringing the percentage of students who believe policies are consistently enforced at Truman down to 27%, compared with 34% at all MOPIP institutions.

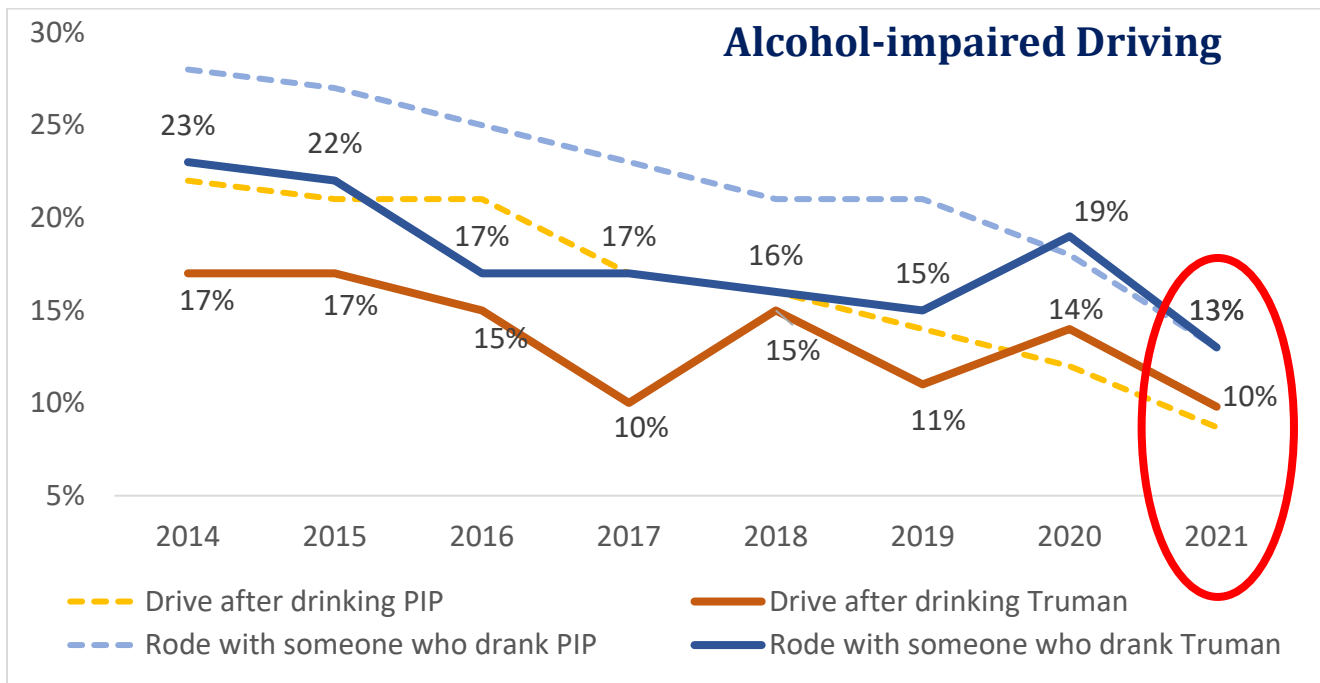


The addition of “unsure” as a possible response really changes what we can learn from this question. Further investigation into this majority response is certainly worthwhile. Given the data is so different from past years it seems to create a new baseline for future benchmarking. My interpretation of this information indicates a strong need for additional outreach and enhanced education about our policies and how staff members are trained to enforce university drug and alcohol policy.



**Strategic Goal #5:** Reduce the rate of reported driving after consuming alcohol among Truman students to below the 2020 reported rate (14%).

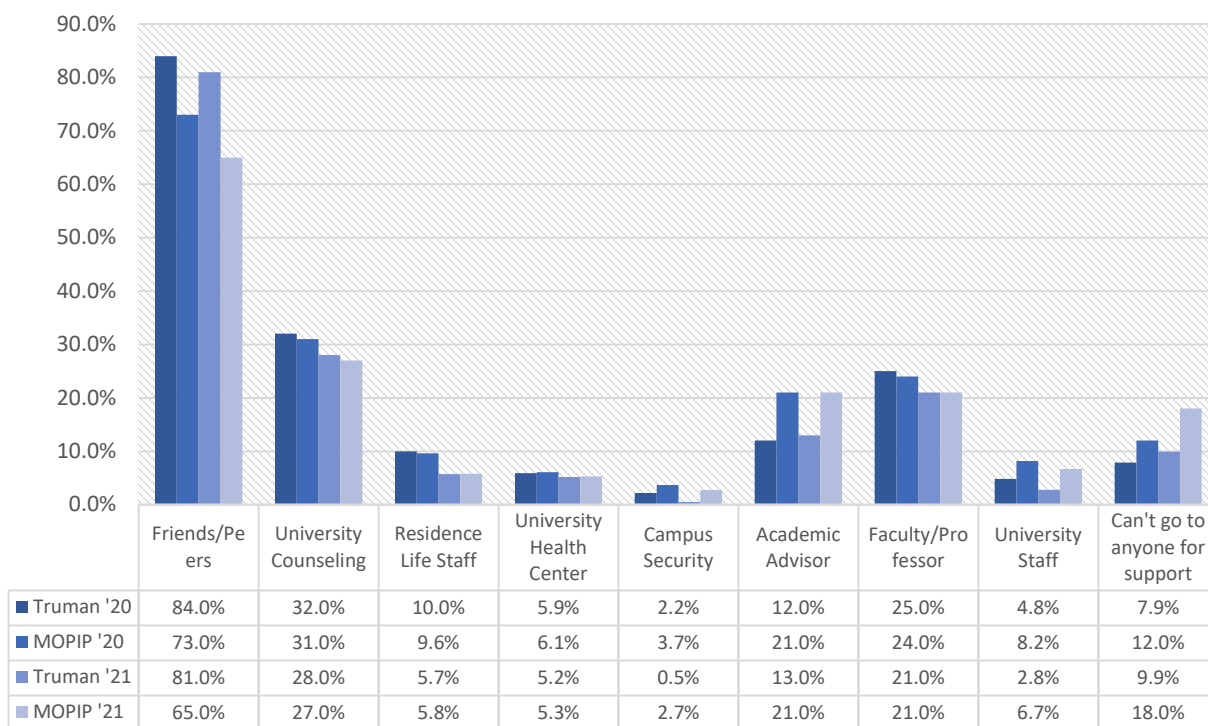
The rates of drinking and driving as well as the rates of riding with a driver who drank among Truman students took a sharp downward turn in the past year to align more with the aggregate MOPIP data; these rates decreased from 14% and 19%, to 10% and 13% respectively. While this particular year's data is encouraging, the responses on drinking and driving have been extremely variable over the past four years. Continued prevention efforts, the addition of innovative programs that resonate with students and create long term behavior change as demonstrated by evaluation of programs, and closely monitoring data in this area are critical actions in which the university should engage.



**Strategic Goal #6:** Maintain and enhance the knowledge and skills of the Truman community to support someone with mental health concerns.

Fewer students at our institution and MOPIP institutions across the state felt they could turn to people on their campuses for personal support. This may be due to lingering isolation and physical health worries caused by the COVID-19 pandemic. Students on our campus most frequently turn to other students in times of need, and utilizing services like University Counseling and Academic Advisors at a lower rate than most MOPIP institutions. The rate of Truman students indicating they have no one they can turn to is lower than the MOPIP average, which is a good sign, but overall the percent of students who felt they could not turn to anyone for support on campus rose by 2%. We must continue to improve and advertise our campus services to make sure all students know the resources available to them.

### Q161: Who do you feel you can go to on-campus when personal concerns arise?



**Strategic Goal #7:** Coordinate with the Center for Academic Excellence (CAE) to ensure staff have adequate training to implement the new work-life requirement for first year students.

Goal not measurable through MACHB data

**Strategic Goal #8:** Monitor campus needs regarding prescription drug misuse.

#### Prescription Drug Use at Truman

	2020	2021	PIP
Stimulants	4.4%	<b>4.2%</b>	3.4%
Pain medication	1.1%	<b>2.3%</b>	2.1%
Sleep medication	0.8%	<b>0.9%</b>	0.8%
Benzodiazepines/ sedatives	2.5%	<b>1.9%</b>	1.3%
I have not used any of these without a doctor's prescription	92%	<b>93%</b>	92%

Prescription drug misuse on our campus continues to be cause for concern, as Truman reported higher percentages than PIP overall in all four categories of prescription drugs. This is a significant goal, and we should continue to remain vigilant by providing services such as take-back events for unused prescription medications, and research other promising practices and innovative programs.

- 2.3% of Truman students reported misusing drugs prescribed to them (PIP = 3.1%)
  - 1.4% stimulants (2.2% in 2020)
  - 0.5% pain medication (1.6% in 2020)
  - 0% sleep medication (0.3% in 2020)
  - 0% benzodiazepines/sedatives (0.5% in 2020)

**Strategic Goal #9:** Monitor changes in student behaviors regarding tobacco and nicotine product use.

<b>Which of the following tobacco products have you used in the past year?</b>	<b>2020</b>	<b>2021</b>	<b>PIP</b>
Do not use tobacco products	74%	77%	75%
Cigarettes	12%	10%	9.8%
Cigars	8.9%	6.6%	4.4%
Smokeless Tobacco	3.3%	2.8%	3.1%
Juuls	19%	16%	13%
Hookah	5.6%	0.5%	2.3%
E-Cigarettes	11%	15%	15%
Any tobacco products	26%	23%	23%

The majority of students continue to live tobacco-free lives. In addition, the proportion of everyday tobacco users at Truman is substantially lower than the MOPIP average across all six types of tobacco products.

Also of note is that no respondents indicated using University resources in their attempts to stop using nicotine products, and that 78% of tobacco/nicotine users indicated they had not sought assistance in quitting. We must continue to create awareness of supports for nicotine users who wish to make change.

**Strategic Goal #10:** Reduce the rate of texting and driving to below the 2020 reported rate.

<b>While driving, how often do you text-message on a cell phone?</b>	<b>2019</b>	<b>2020</b>	<b>2021</b>	<b>PIP</b>
Never	29%	30%	29%	29%
Rarely	44%	39%	43%	38%
Sometimes	21%	29%	25%	28%
Most of the time	5.0%	5.1%	2.3%	3.9%
Always	1.6%	0.8%	0.8%	1.2%

Although we did not achieve this goal, our data is not substantially different than the previous year, nor is it drastically different than other MOPIP institutions. Seventy-two percent of respondents indicated they rarely or never text while driving.

**Areas of Focus for 2021-2022, based on results from the 2021 survey:**

**Goal #1:** Binge Drinking

Reduce the rate of reported binge drinking of Truman students to below the 2021 reported rate (23%).

**Goal #2:** Underage Drinking

Reduce the rate of reported underage drinking of Truman students to below the 2021 reported rate (63.1%).

**Goal #3:** Marijuana/Cannabis Use

Reduce the rate of reported regular cannabis use (1-2 times per month or more) to below the 2021 reported rate (12.1%).

**Goal #4:** Consistent Enforcement

Increase the percentage of students that believe that campus alcohol and drug policies are consistently enforced to above the 2021 reported rate (27%).

**Goal #5:** Drinking and Driving

Reduce the rate of reported driving after consuming alcohol among Truman students to below the 2021 reported rate (10%).

**Goal #6:** Mental Health

Maintain and enhance the knowledge and skills of the Truman community to support someone with mental health concerns, demonstrated by decreasing the percentage of students who feel they cannot turn to anyone on campus when faced with personal concerns (9.9%).

**Goal #7:** Work-life Balance

Coordinate with the Center for Academic Excellence (CAE) to ensure staff have adequate training to implement the new work-life requirement for first year students.

**Goal #8:** Prescription Drug Misuse

Monitor campus needs regarding prescription drug misuse.

**Goal #9:** Tobacco and Nicotine Use

Monitor changes in student behaviors regarding the tobacco and nicotine products they use.

**Goal #10:** Safe Driving

Increase the rate of students who never text and driving to above the 2021 reported rate (29%).

**Goal #11:** Training

Support member of the coalition and related campus offices, committees, and organizations to attend educational events and receive training that promotes the MOPIP mission including the annual Meeting of the Minds (MOM) conference.