

[2022]
YICBP
Full Report
[Omaha Collegiate
Consortium]



Nebraska Collegiate
Prevention Alliance



Provided By

MERC

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2022 Y1CBP Full Report – OCC
January 2023

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OVERVIEW

This report is an analysis of data from the 2017-2022 administrations of the Year 1 College Behavior Profile (Y1CBP) to entering first-year students at the Omaha Collegiate Consortium (OCC). The Y1CBP is a web-based survey designed as an alcohol prevention tool for delivery to the general student population and reflects their use and perceptions prior to their time on campus. As a result, Y1CBP data are not valid as a measure of campus-wide drinking. These data are not a substitute for a valid campus-level survey of students for obtaining general alcohol/marijuana use indicators such as in the Nebraska Assessment of College Health Behaviors (NACHB), or American College Health Association (ACHA) survey.

The Y1CBP provides personalized feedback to students based on the input of their own use of alcohol/marijuana and self-reports of harms, as well as their campus norms. At OCC, these campus norms are based on the previous administrations of the Y1CBP and include both behavioral and attitudinal information. As a population-level prevention tool, the Y1CBP contains a feedback track for those students who do not use alcohol/marijuana. Instead of personalized feedback of using alcohol/marijuana, it provides reinforcement for the abstinence choice. Other aspects of educational information and social norms messages are the same.

The results in this report are valid for examining the characteristics related to alcohol/marijuana use of the entering first-year class. This includes the extent to which entering students have misperceptions about student alcohol/marijuana-related behaviors and attitudes at your school. This can be used to help design social norm messages and prevention programming for new students. You can use these data to assess whether the entering first-year students reflect the general alcohol/marijuana use patterns of high school students in your service area or deviate from these in meaningful ways. You can also use Y1CBP data over time to detect changes in the alcohol/marijuana use patterns of your entering students that might suggest need for further prevention and intervention.

METHODS

The Y1CBP is completed on a web-based platform hosted by the Omaha Collegiate Consortium. Student response data were analyzed using SPSS V.29. In 2022, the Y1CBP was completed by (n=2291) entering first-year students, with an average age of 18.41 (1439 Women and 852 Men, 1429 NE residents, 862 non-residents)

All drinking behaviors are computed from the daily drinking diary in the Y1CBP. The diary asks students to report their typical drinking week in the past month by recording the number of drinks by alcohol type and the number of hours drinking each day. The standard definition for binge drinking is having five or more drinks for men and four or more drinks for women in a single setting. A student is classified as a binger if they report having five (men) or four (women) drinks in one setting. Abstainers are determined within the Y1CBP as students who report never drinking or not drinking within the past year. These students receive abstainer feedback.

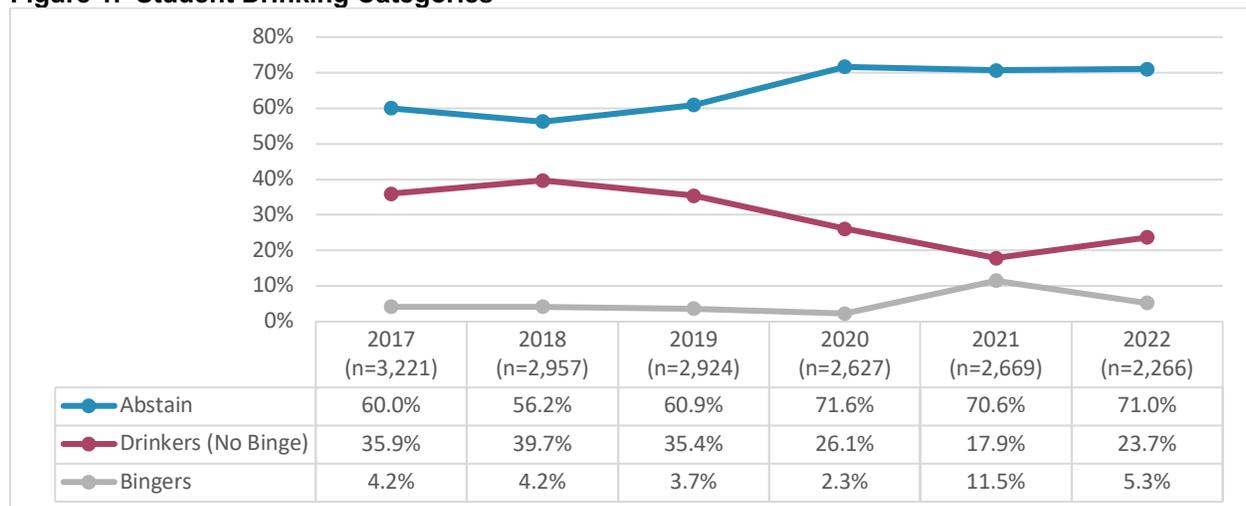
Drinks per week are calculated from the total number of drinks reported for the week in the one-week diary. The average drinks per occasion are computed by dividing the total number of drinks reported for the week by the number of days on which drinking is indicated. The number of days drinking per month is computed by taking the number of days on which drinking is reported in the one-week diary and multiplying by 4.2.

STUDENT SELF-REPORTED DRINKING

Drinking Patterns

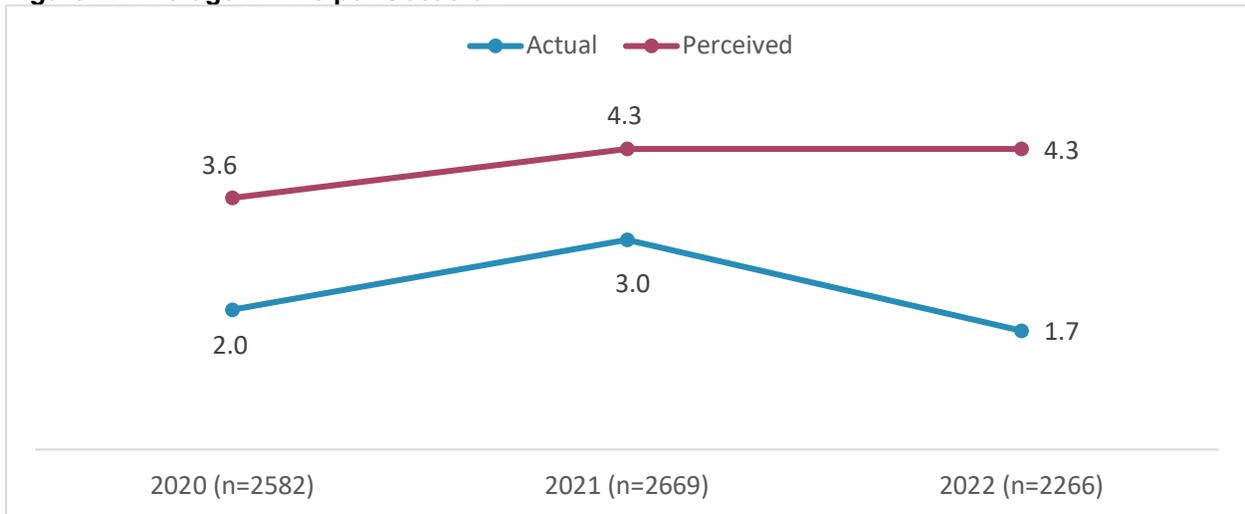
Drinking patterns are shown in Figure 1. Overall, 71% of OCC students reported abstaining from alcohol in 2022, which was similar to 2020-2021 rates, but slightly higher than 2017-2019. The percentage of OCC students who reported binge drinking in 2022 was half of what was reported in 2021, but higher than other years examined. This compares to 17.5% of Nebraska high school seniors who reported binge drinking on the 2021 Youth Risk Behavior Survey (YRBS). It depicts that entering OCC students binge drank much less than the nearest Nebraska peer group.

Figure 1. Student Drinking Categories



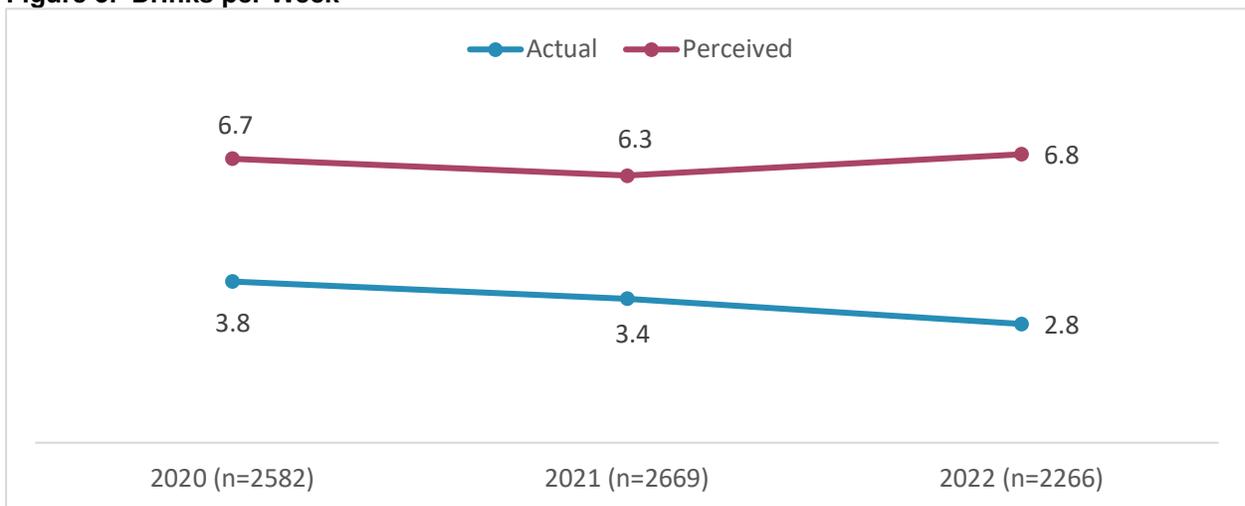
Students' actual and perceived average drinks per occasion and drinks per week, are shown in Figures 2 to 3. In 2022, OCC students reported drinking about 1.7 drinks per drinking occasion, as presented in Figure 2, which was the lowest in the previous years. In comparison, OCC students thought that their peers consumed higher levels of drinking than they did (4.3 drinks per occasion) which continues the similar trends of recent years.

Figure 2. Average Drinks per Occasion



Meanwhile, OCC entering students reported drinking 2.8 drinks per week in 2022, as presented in Figure 3, which is lower than the previous years. However, in comparison, OCC students perceived that their fellow students drank 6.8 drinks per week. So overall, students thought that their peers drank less three times more drinks per week than they actually did.

Figure 3. Drinks per Week

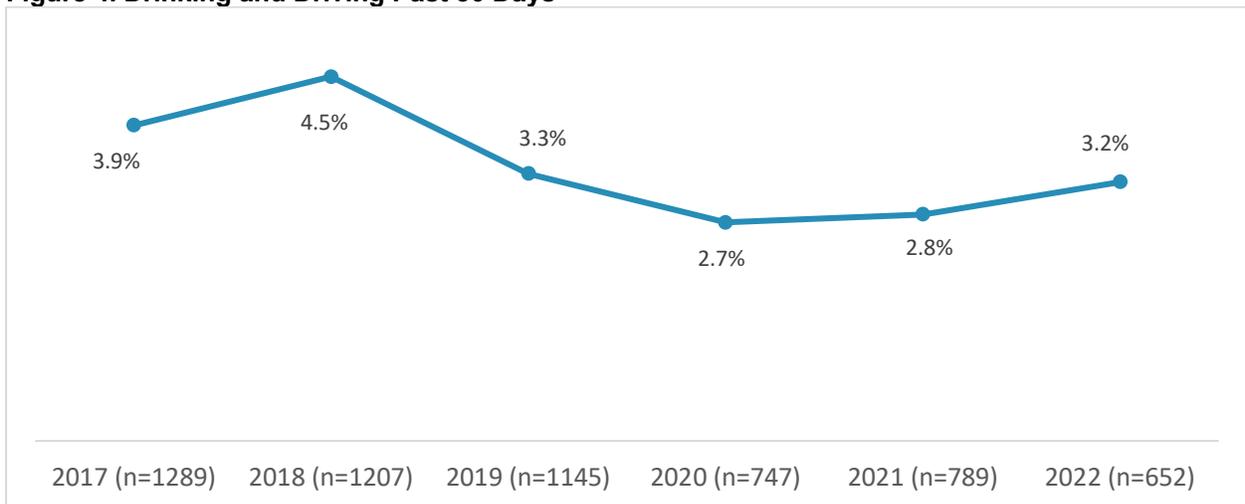


Lastly, OCC students reported drinking an average of 4.4 times per month. Incoming students estimated that their peers have drunk 11.6 times per month. Students thought that their peers drank more than twice as often per month than they actually did.

Drinking Related Harms

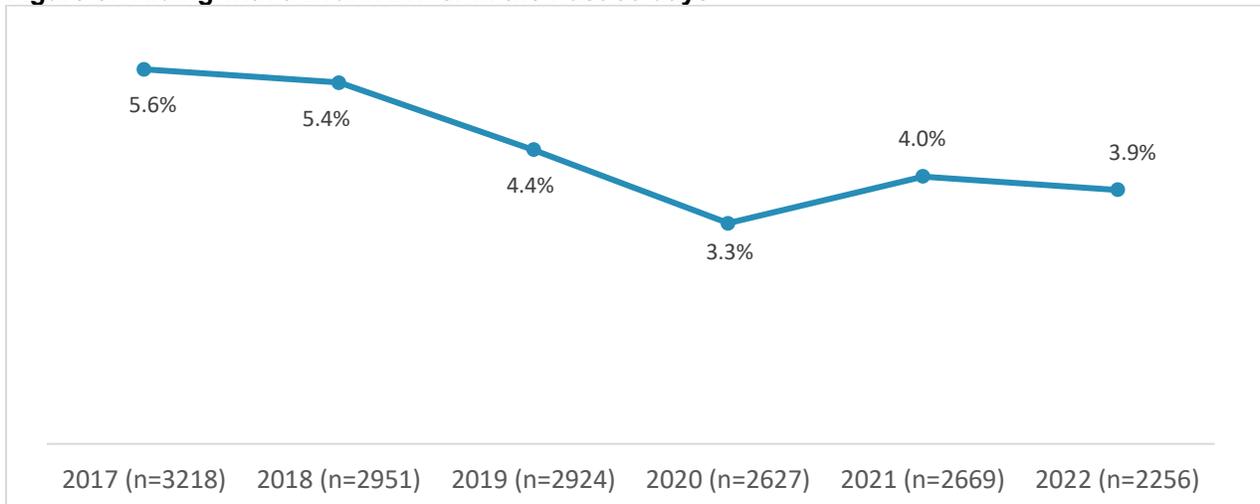
In 2022, 3.2% of the OCC students reported drinking and driving in the past 30 days, which was slightly higher than the previous year (Figure 4). This behavior was much more frequent among Nebraska high school seniors reported in the 2021 YRBS (7.7%).

Figure 4. Drinking and Driving Past 30 Days



In 2022, 3.9% of OCC students reported riding with a drunk driver in the past 30 days (Figure 5). This rate is significantly lower than the 13.9% rate reported by high school seniors on the 2021 YRBS.

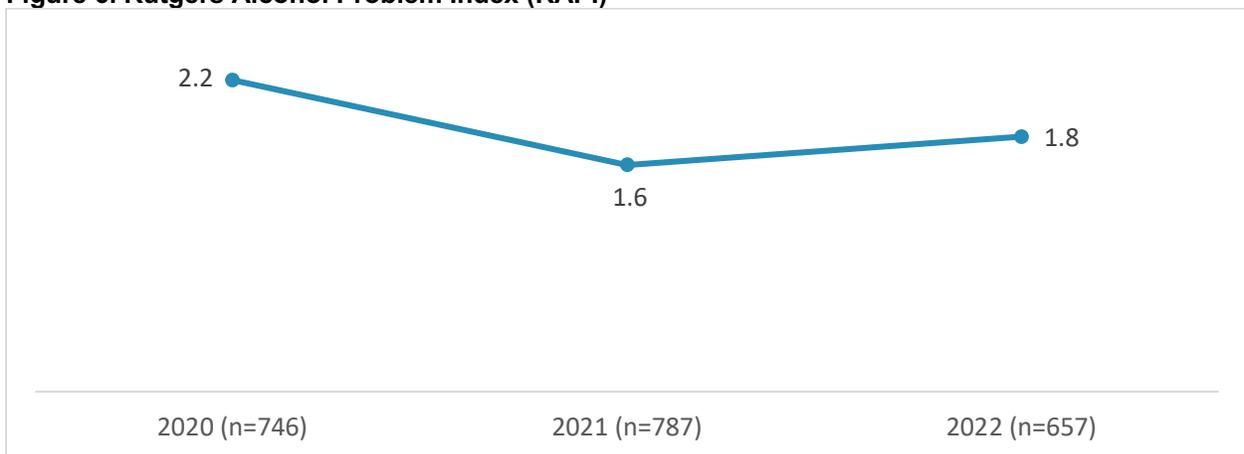
Figure 5. Riding with a Drunk Driver in the Past 30 days



Total Experienced Harms

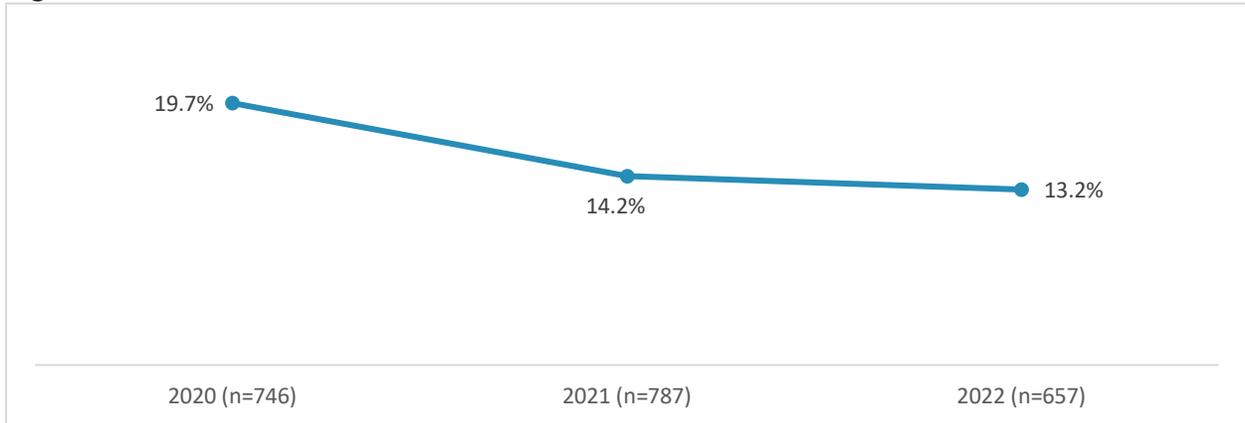
The Rutgers Alcohol Problem Index (RAPI) is a 23-item self-administered screening tool for assessing drinking-related harms/problems in students; the Y1CBP adapted 16 items from the RAPI. In 2022, OCC entering students who used alcohol averaged 1.8 reported problems on the RAPI, as presented in Figure 6. The level was similar to those in the previous few years.

Figure 6. Rutgers Alcohol Problem Index (RAPI)



Meanwhile, (13.2%) of entering OCC drinkers reported five or more problems, which is considered an important cut-off for negative drinking outcomes. This number was lower than the previous years, as shown in (Figure 7).

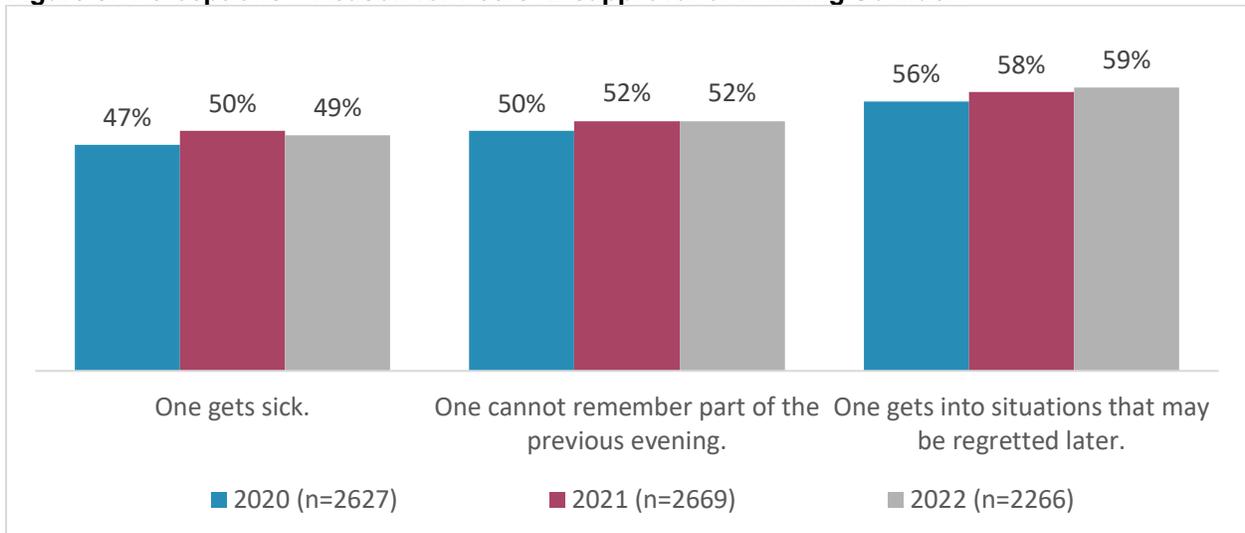
Figure 7. Five or More Problems



Student Perceptions

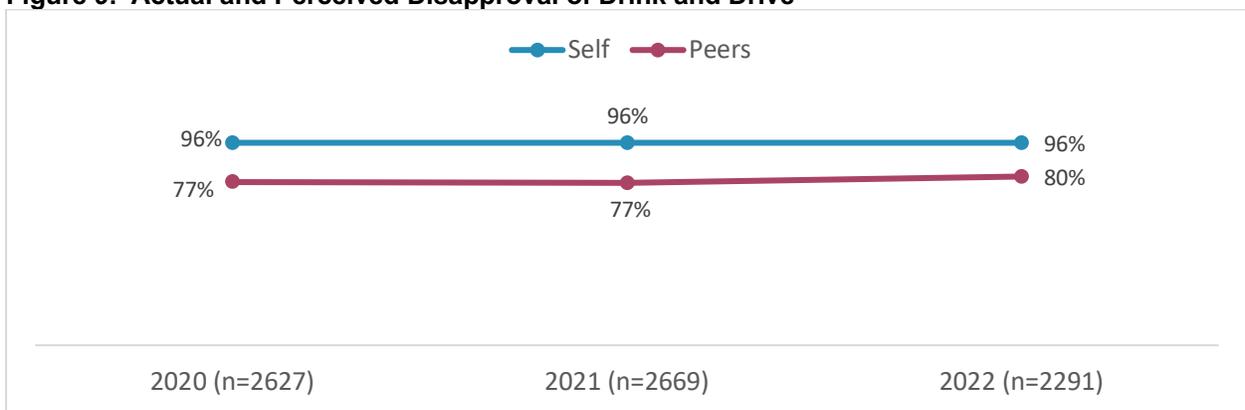
Student perceptions are shown in Figure 8 through 10. Entering students thought that almost half or more of their peers disapproved of drinking so much that one gets sick (49%), one cannot remember part of the previous evening (52%), and one gets into situations that may be regretted later (59%) (Figure 8). This was similar to the findings in previous years.

Figure 8. Perceptions – Reason for Peers’ Disapproval of Drinking So Much



Entering OCC students perceived greater support for drinking and driving than that actually exists among their peers. Students thought that four-fifths (80%) of peers disapproved of drinking and driving when nearly all (96%) disapproved (Figure 9). This pattern is consistent with the previous years. It is clear that entering students overestimated the support for dangerous drinking among their peers. These discrepancies suggest a need to address normative perceptions in prevention materials.

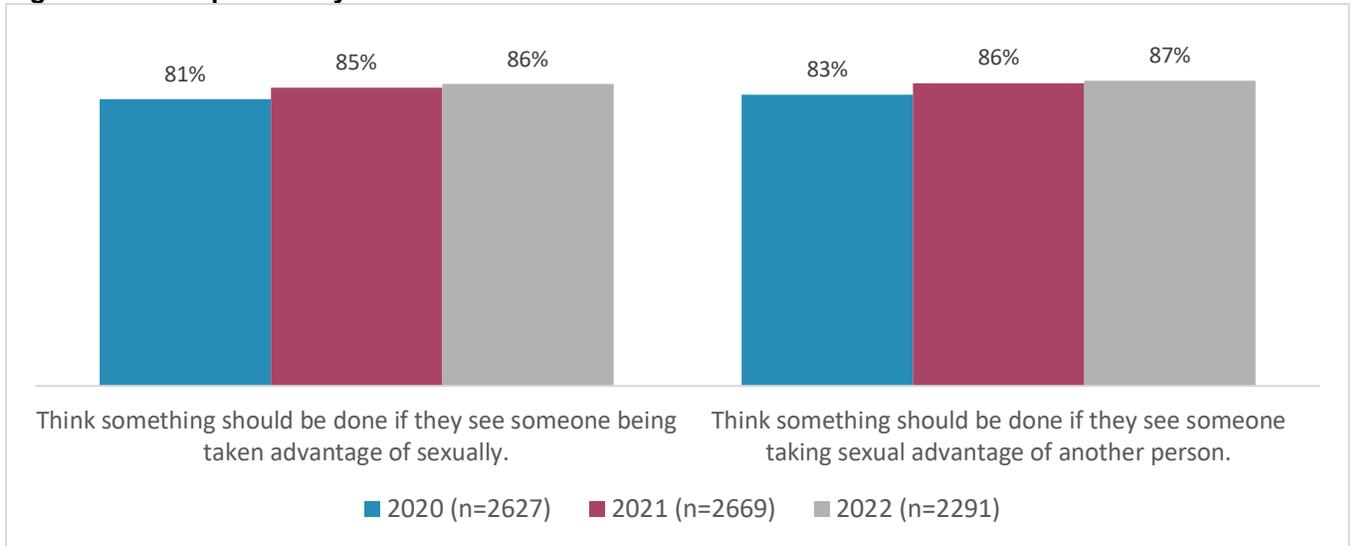
Figure 9. Actual and Perceived Disapproval of Drink and Drive



Respondents were asked what percentage of OCC students think something should be done when witnessing certain sexual situations (Figure 10). Entering students believed more than 8 out of 10 peers thought something should be done if someone

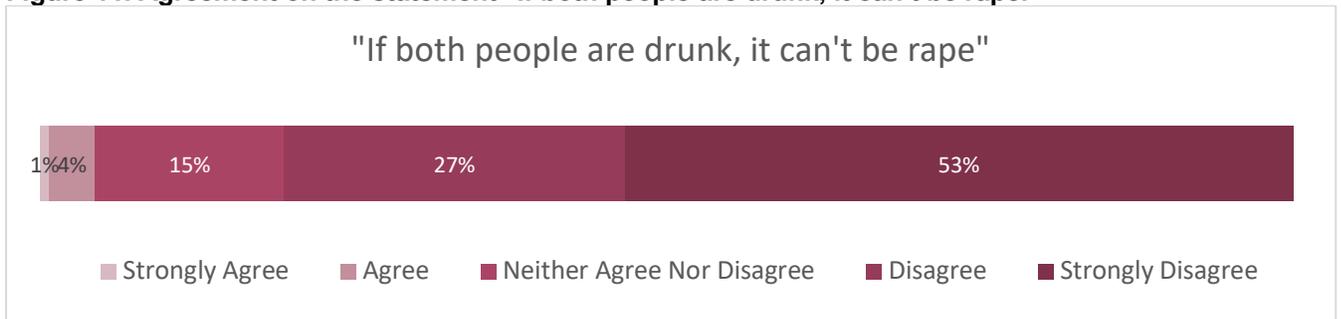
was taking sexual advantage of another person (87%) or being taken advantage of sexually (86%).

Figure 10. Perceptions - Bystander Intervention



When students (n=2,266) were asked to respond with their level of agreement with the statement, "If both people are drunk, it can't be rape," only (5%) agreed or strongly agreed, as shown in Figure 11.

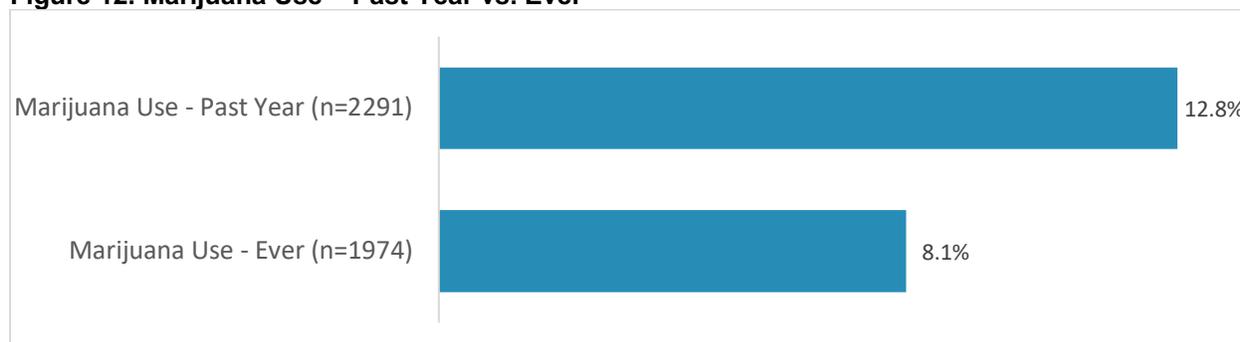
Figure 11. Agreement on the statement "If both people are drunk, it can't be rape."



STUDENT SELF-REPORTED USE OF MARIJUANA

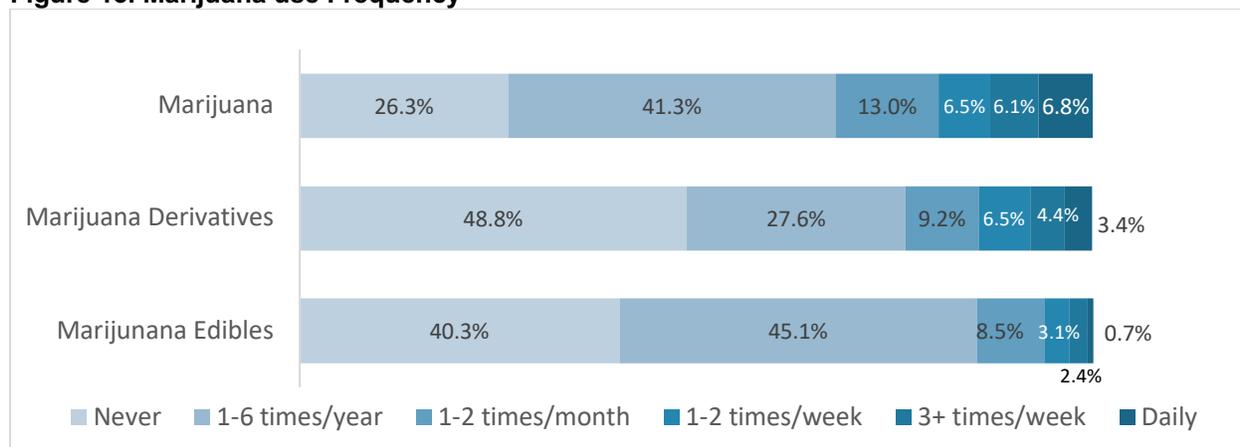
Approximately one in eight (12.8%) entering students reported using marijuana in the past year. Among those who did not use marijuana in the past year, 8.1% reported having ever used it (Figure 12).

Figure 12. Marijuana Use – Past Year vs. Ever



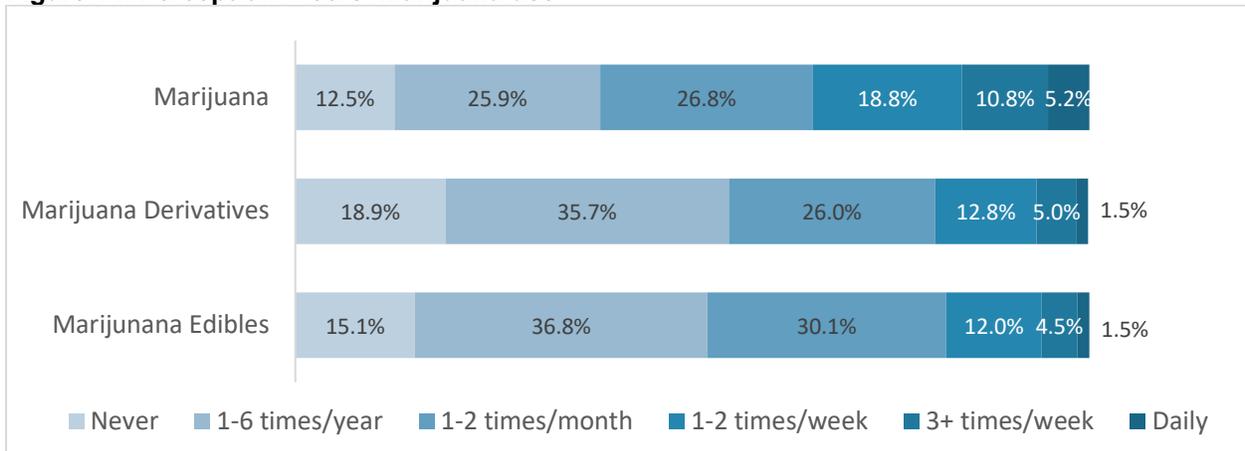
Students who used marijuana in the last year (n=293) were asked about the types of marijuana they used (Figure 13). Three out of four (74%) reported using marijuana, 51% reported using marijuana derivatives, and 60% used marijuana edibles (Figure 13).

Figure 13. Marijuana use Frequency



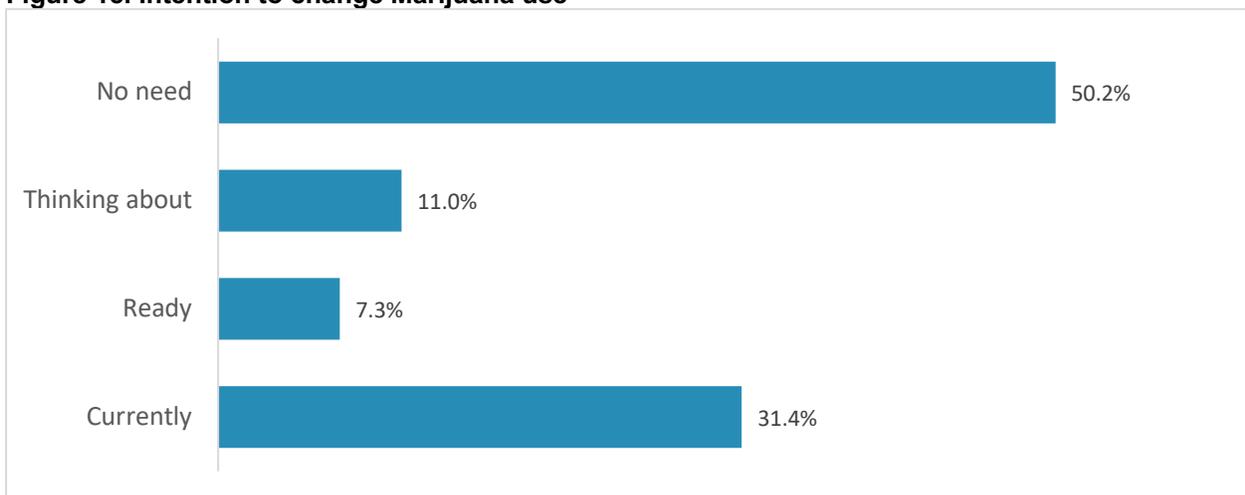
Most OCC entering students (88%) believed that their peers use marijuana, more than five times the actual use. Students believed 81% of their peers used marijuana derivatives, and 85% used marijuana edibles (Figure 14).

Figure 14. Perception- Peers' Marijuana use



Among marijuana users (n=245), 18% reported they are either ready, or thinking about changing their pattern of marijuana use. Nearly one in four (31%) said they were or currently trying to change their pattern of use. The remaining 50% do not feel a need to change their marijuana use (Figure 15).

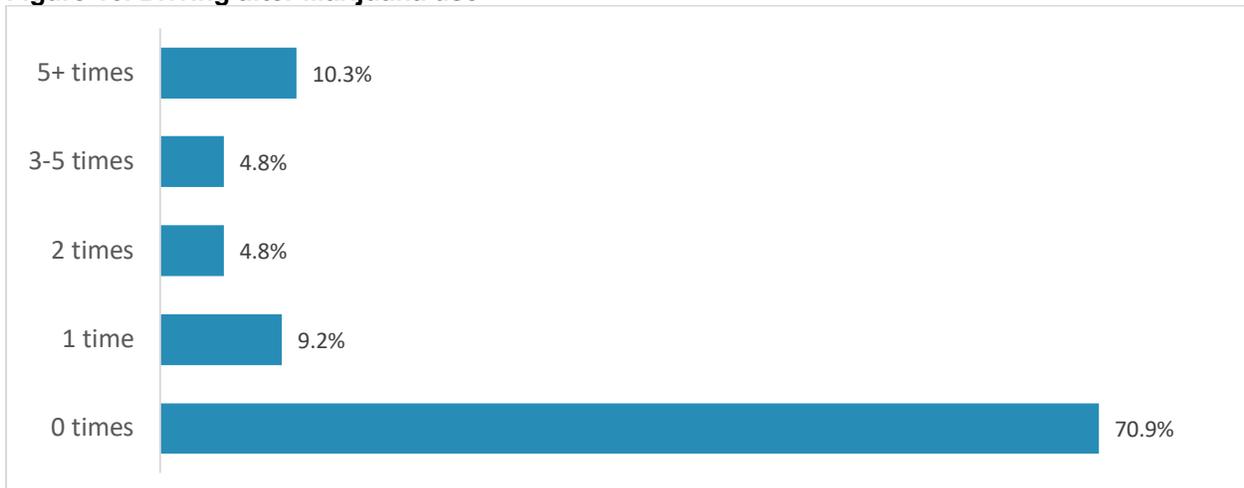
Figure 15. Intention to change Marijuana use



Marijuana Related Harms

Among students who used marijuana (n=292), about two thirds reported never driving after use. Nine percent reported driving at least once after using marijuana, while 4.8% reported driving more than once after using marijuana, as presented in Figure 16.

Figure 16. Driving after Marijuana use



Four out of five entering OCC students (n=2,265) reported they did not ride with a driver who used marijuana (Figure 17).

Figure 17. Riding with a driver who used Marijuana



SUMMARY

Overall, OCC first year entering students reported similar levels of abstinence in 2022 (71%) as in the previous two years. One in twenty incoming OCC students reported binge drinking. In terms of drinking-related harms, OCC students reported low levels of drinking and driving and riding with a drunk driver that were much lower than behaviors reported by high school seniors in the 2021 YRBS.

Despite some of these positive results, OCC entering students reported experiencing problems because of their drinking. One out of eight (13%) first-year students reported five or more RAPI problems. This suggests a need to provide programming and counseling for students who are having problems and not relying only on interventions designed to reduce consumption as these alone may not be enough. Few students reported driving under the influence of marijuana, and the majority of students reported not riding as passenger with a driver who had used marijuana.

Entering students at OCC expressed similar misperceptions about levels of drinking and marijuana use among their peers as in the past years. They were especially likely to misperceive the norms about support for drinking and driving, and marijuana use frequency. These findings suggest that social norms marketing to entering students may be a desirable strategy and that the social norms messages in the Y1CBP are an important feedback tool for addressing these misperceptions.

APPENDIX: 2022 Y1CBP Summary Tables

Table 1. Drinking Categories 2022

	All	
	Frequency	Percent
Abstainer	1609	71.0
Drinker	538	23.7
Bingers	119	5.3
Total	1091	100

Table 2. Student Drinking 2022

	All	
	N	Mean
Drinks per Week	648	2.84
Average Drinks per Occasion	648	1.70
Times Drink per Month	648	11.9

Table 3. Drink and Drive Past 30 Days 2022

	All	
	Frequency	Percent
No	631	96.8
Yes	21	3.2
Total	652	100

Table 4. Ride with Drunk Driver Past 30 Days 2022

	All	
	Frequency	Percent
No	2169	96.1
Yes	87	3.9
Total	2256	100

Table 5. Student Perceptions on other's drinking behaviors 2022

	All	
	N	Mean
Perceptions Average Drinks per Occasion	2266	4.29
Perceptions Drinks per 'Week	2266	6.79
Perceptions Times per month	2266	11.58
Perceptions Disapprove Drink so much that one gets sick.	2266	48.91
Perceptions Disapprove Drink so much that one cannot remember part of the previous evening.	2266	51.85
Perceptions Disapprove Drink so much that one gets into situations that may be regretted later.	2266	58.63
Perceptions Disapprove Drink and Drive	2266	79.46
Perceptions Think something should be done if they see someone being taken advantage of sexually.	2102	85.56
Perceptions Think something should be done if they see someone taking sexual advantage of another person.	2085	86.50

Table 6. Average Number of Problems on the Rutgers Alcohol Problem Index 63(RAPI) 2022

RAPI	All	
	N	Mean
	657	1.8219

Table 7. Five or more Problems on the Rutgers Alcohol Problem Index (RAPI)2022

	All	
	Frequency	Percent
No	570	86.8
Yes	87	13.2
Total	657	100

Table 8. Agreement on the statement "If both people are drunk, it can't be rape." 2022

	All	
	Frequency	Percent
Strongly Agree	29	1.3
Agree	85	3.8
Neither Agree Nor Disagree	350	15.4
Disagree	606	26.7
Strongly Disagree	1196	52.8
Total	2266	100

Table 9. Approve of Drinking and Driving 2022

	All	
	Frequency	Percent
No	2205	96.2
Yes	61	2.7
Total	2266	100

Table 10. Marijuana Use Past Year 2022

	All	
	Frequency	Percent
No	1973	86.1
Yes	293	12.8
Total	2266	100

Table 11. Marijuana Use Ever 2022

	All	
	Frequency	Percent
No	1814	91.9
Yes	160	8.1
Total	1974	100

Table 12. Frequency of Marijuana Use 2022

	All	
	Frequency	Percent
Never	77	26.3
1-6 times/year	121	41.3
1-2 times/month	38	13.0
1-2 times/week	19	6.5
3+ times/week	18	6.1
Daily	20	6.8
Total	293	100

Table 13. Frequency of Marijuana Derivatives Use 2022

	All	
	Frequency	Percent
Never	143	48.8
1-6 times/year	81	27.6
1-2 times/month	27	9.2
1-2 times/week	19	6.5
3+ times/week	13	4.4
Daily	10	3.4
Total	145	100

Table 14. Frequency of Marijuana Edibles Use 2022

	All	
	Frequency	Percent
Never	118	40.3
1-6 times/year	132	45.1
1-2 times/month	25	8.5
1-2 times/week	9	3.1
3+ times/week	7	2.4
Daily	2	0.7
Total	293	100

Table 15. Perceived Frequency of Other's Marijuana Use 2022

	All	
	Frequency	Percent
Never	284	12.5
1-6 times/year	586	25.9
1-2 times/month	607	26.8
1-2 times/week	426	18.8
3+ times/week	245	10.8
Daily	118	5.2
Total	2266	100

Table 16. Perceived Frequency of Other's Marijuana Derivatives Use 2022

	All	
	Frequency	Percent
Never	428	18.9
1-6 times/year	810	35.7
1-2 times/month	589	26.0
1-2 times/week	290	12.8
3+ times/week	114	5.0
Daily	35	1.5
Total	2266	100

Table 17. Perceived Frequency of Other's Marijuana Edible Use 2022

	All	
	Frequency	Percent
Never	343	15.1
1-6 times/year	835	36.8
1-2 times/month	682	30.1
1-2 times/week	271	12.0
3+ times/week	102	4.5
Daily	33	1.5
Total	2266	100

Table 18. Intention to change Marijuana Use 2022

	All	
	Frequency	Percent
Currently	77	31.4
Ready	18	7.3
Thinking about	27	11.0
No need	123	50.2
Total	245	100

Table 19. Total Race Demographic

Race	Frequency	Percent
White	1,562	68%
Black/African American	93	4%
Native Hawaiian/Other Pacific Islander	4	0%
American Indian/Alaska Native	11	0%
Asian	131	6%
Multi-Racial	233	10%
Other Race	0	0%
Unknown	24	1%

Table 20. Total Ethnicity Demographic

Ethnicity	Frequency	Percent
Latino	233	10%
Not Latino	2,058	90%
Unknown	0	0%

Table 21. Total Age Demographic

Age	Frequency	Percent
15 – 17	310	14%
18 – 20	1869	82%
21 – 24	62	3%
25 – 44	47	2%
45 – 64	3	0%
65 and older	0	0%

