

The Nebraska Assessment of College Health Behaviors (NACHB) was administered in 2022. The NACHB survey is designed to assess students' personal attitudes and behaviors related to alcohol, drugs, mental health issues, and personal violence. The NACHB helps understand individuals' attitudes towards campus and community policies, other student's behavior, and bystander interventions. The data from the survey makes it possible to research trends of these behaviors on campus over time. In 2022, 5,381 students from 19 schools participated.

Tobacco use

Overall, **three out of ten** students used some type of tobacco in the past year. E-cigarettes were the most common, followed by JUUL

- **E-cigarettes: 16%**
- JUUL: 14%
- Cigarettes: 12%
- Cigars: 8%



Fewer than 5% of students used smokeless tobacco, hookahs, or tobacco pipes.

Approximately one in eight students used tobacco weekly, and one in eleven used tobacco daily. Men were more likely than women to use e-cigarettes, and students involved in fraternities or sororities were more likely than non-Greek students to use both e-cigarettes and JUUL. Students age 21+ were more likely than underage students to use both cigarettes and e-cigarettes.

Use of other illicit drugs

Students were asked how often they used these classes of drugs:

- **Hallucinogens: 4%**
Ex: mushrooms, LSD, MDMA, Ecstasy
- **Cocaine: 2.2%**
- **Opioids: 1%**
Ex: heroin, fentanyl, oxycodone
- **Methamphetamines: 0.4%**
Ex: meth, ice, speed



This represents 6% of the students, and fewer than 10 students reported using any of these weekly.

Perceived danger

- **92%** of students said using prescription drugs without a prescription, or using prescription drugs other than as directed was equally as dangerous as using illegal drugs
- **6%** said prescription drugs without a prescription are safer
- **3%** said illegal drugs are safer

Prescription drug use

Nearly half of all students (45%) said they currently used prescription medication or over-the-counter (OTC) drugs. Overall, 10% of students reported using prescription drugs without a doctor's prescription. (This percentage was the same, whether or not they used prescribed or OTC drugs.)

Students were asked how often they used four classes of prescription drugs:

- **Pain medication or opiates: 5.6%**
Ex: Vicodin, OxyContin, Morphine
- **Stimulants: 4%**
Ex: Dexedrine, Adderall, Ritalin
- **Sleeping medication: 2.9%**
Ex: Ambien, Halcion, Restoril
- **Sedatives or benzodiazepines: 1.5%**
Ex: Xanax, Klonopin, Valium

Fewer than 1% of students reported using any of these .

Men were more likely than women to use stimulants, and underage students were more likely than students age 21+ to use pain medications without a prescription.

Use with alcohol

Six percent of respondents said they had consumed alcohol while taking prescription drugs in a manner other than prescribed in the past year.

Students involved in Greek organizations were more likely than non-Greek students to drink alcohol while taking prescription drugs (8% vs. 5%).

Obtaining prescription drugs

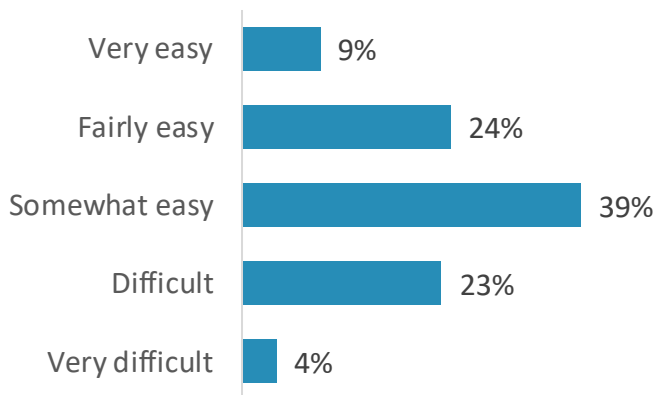
Students were shown a list of possible source for obtaining prescription drugs without a prescription. The most common methods for students who used non-prescribed prescription drugs include:

- **They were given them: 39%**
- **From friends: 39%**
- They purchased them from others: 20%
- From family: 20%

These represent 4% or less of the overall student body.

Students were asked how easy they thought it was for the typical student to obtain prescription drugs without a prescription. One in three thought it was very easy or fairly easy.

Perceived ease of obtaining prescription drugs



Driving under the influence

Seven percent of the student population drove a vehicle after using prescription drugs. Of those who used a prescription drugs without a doctor's prescription, nearly one in four (23%) drove after using prescription drugs. One in ten reported driving under the influence of prescription drugs five times or more in the past year.