

The Nebraska Assessment of College Health Behaviors (NACHB) was administered in 2024. 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 2024, 6,235 students from 23 schools participated.



High-risk drinking

Binge drinking is defined as having multiple drinks in a single setting: five or more drinks for men, and four or more drinks for women. Nearly one in six (15%) students who used alcohol were reported to binge-drink in the year prior to the survey.

The NECPA uses the Rutgers Alcohol Problem Index (RAPI) screening tool to assess drinking-related harms experienced by students. On average, Nebraska college students who drank experienced **3.2 harms**, and nearly **one out of four students (24%) reported five or more harms**, an important cut-off for negative drinking outcomes. The most common harms reported were having a hangover (56%) and experiencing nausea or vomiting (45%).

Approximately one in ten students (10%) approved of drinking until they did not remember part of the previous evening. Seven percent of students approved of drinking so much they get sick.

Mental health

Less than one in five students (17%) used alcohol as a method to relieve stress in the past two weeks, and one in eleven used marijuana.



Forty-three percent of respondents had suicidal thoughts at some point in their lives. Of those students, less than half (45%) had suicidal thoughts in the past year. Three percent of these students attempted suicide during that time. More than half of students (54%) who had suicidal thoughts or attempts did not seek assistance.



Activities in cars

Of the students who drank, one in twenty (5%), drove under the influence of alcohol in the thirty days prior to taking the survey. **Men reported driving after drinking more often than women (7% vs. 4%).**

Nearly one in six students who drank (16%) said they did not use a designated driver. Of those who did, more than two-thirds (67%) had a friend or family member act as their designated driver.

Six percent of students reported riding with a drunk driver in the month prior to the survey.

Students age 21+ were nearly twice as likely to do this than underage students (9% vs. 5%).



More than 1 out of 3 students (35%) who used marijuana said they drove after use, and 12% said they did so five or more times in the past year. Twenty one percent of marijuana users used in a car while it was being driven – they were not asked if they were driving at the time.

Three percent of driving students said they never, rarely, or only sometimes wear a seatbelt while driving.

Talking on a cellphone while driving was more common: 7% said they do so most of the time or always. Similarly, 7% said they text while driving most of the time or always.



Sexual behavior

When asked whether they agreed or disagreed with the statement “If both people are drunk, it can’t be rape,” 17% did not disagree.

One in eleven students (9%) had used alcohol or drugs to help them feel more comfortable with a sexual partner in the past year. Nine percent of students had done more sexually than they had originally planned due to drinking alcohol or using drugs.



Overall, nearly a quarter of students who had ever had sex (22%) did not use protection when they had sex as a result of drinking. **One in ten (10%) had sex with someone they would not have had they been sober, and one in twelve (8%) insulted or swore at their partner because they were drinking.** While very rare, nineteen students (0.6%) reported having sex with someone without their consent.

Alcohol poisoning

Seven percent of drinking students experienced alcohol poisoning in the past year. The results included:

- 28% did not remember what happened
- 19% vomited in their sleep
- 13% were left alone
- 6% were not helped by anyone
- 5% were taken for medical attention

One in 25 students would not do anything if they were with someone with suspected alcohol poisoning.

