

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.



Overall use

On average, students who had tried alcohol first consumed at 17.5 years old. Students who were underage when they took the survey and students who were involved in fraternities or sororities reported a slightly lower age for their first drink – 17 years, vs. 18 years for older respondents and those not participating in the Greek system. Of students who had ever used alcohol, 95% had consumed in the past year.

Liquor was consumed more than beer, and wine was the least common. The average number of **drinks per occasion was 2.8**, and **weekly, an average of 6.5 drinks**. Overall, students reported drinking **five times a month**. Students in the Greek system, non-athletes, and those age 21+ drank more often than their counterparts, monthly.

How they use

Students who had ever used alcohol were categorized based on their drinking behavior in the past year.

Abstaining 5.7%

Drinking 69.9%
(Excluding bingeing)

Bingeing 24.4%

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. Of the nearly 800 students who binge drank, **more than half reported doing so more than once a week (52%)**.

Men, students age 21+, and those participating in the Greek system were less likely to abstain from alcohol than their counterparts. Binge drinking was more common for men, Greek participants, and underage students.

Where they used

Students had used alcohol in the last year were asked where they typically consume alcohol. The most common locations were:

- Social gathering or friend's house: 71%
- At their home: 57%
- In bars or restaurants: 48%
- At a family member's home: 34%.



Nearly two-thirds of respondents (64%) said they pre-game – drink before they go to an event. The most common locations for pre-gaming were the same as where they typically drink:

- Social gathering or friend's house: 50%
- At their home: 38%

When asked about where they were drinking the last time they drank the most alcohol, a social gathering or friend's house was the most common (38%), followed by bars/restaurants (24%), and their home (21%).

Attitudes towards alcohol use

Students were asked about their attitudes towards alcohol use. Nearly two-thirds of students (64%) said "Occasionally getting drunk is okay as long as it doesn't interfere with academics or other responsibilities."

Twelve percent of students approved of drinking so much they can't remember part of the previous evening, and 8% approved of drinking to sickness.

Contributing factors

Students were shown a list of reasons that could contribute to their decision to drink or not drink or drink less. The most common reasons selected *for* drinking were:

- **To have fun with friends: 87%**
- To relax: 41%
- To get drunk: 30%

The most common reasons *not to* drink (or drink less) were:

- **Academic obligations: 60%**
- Not in the mood: 58%
- High cost of drinks/alcohol: 57%



Non-users

Thirty percent of surveyed students had never consumed alcohol. Nearly two-thirds of these students (63%) said a reason they did not drink was so they didn't have to worry about negative consequences. Other common reasons (>50%) included legal concerns, personal values, not wanting regrets, and both academic and personal responsibilities.

Intentions to change

Students who used alcohol were asked about their intentions to change their use.

- Three out of five students (62%) saw no reason to change their use.
- One in sixteen (6%) were thinking about drinking in a healthier/safer way.
- One in 30 (3%) were ready to try and drink in a healthier/safer way.
- Three in ten (29%) were currently trying to drink in a healthier/safer way.

Two groups were more likely to be trying to drink healthier/safer: women (vs. men) and Greek students (vs. non-Greek students)