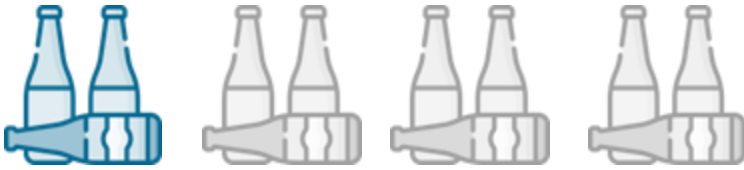


The Nebraska Assessment of College Health Behaviors (NACHB) was administered in 2022. The NACHB survey is designed to assess students' personal attitudes and behaviors related to alcohol, drugs, mental health issues, and personal violence. The NACHB helps understand individuals' attitudes towards campus 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.



## 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. One in four students who used alcohol binge-drank in the month 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 **3.5 harms**, and **three out of ten students (31%) reported five or more harms**, an important cut-off for negative drinking outcomes. The most common harms reported were having a hangover (55%) and experiencing nausea or vomiting (46%).

Approximately one in eight students (12%) approved of drinking until they did not remember part of the previous evening. One in twelve approved of drinking so much they get sick.

## Mental health

More than one in five students (22%) used alcohol as a method to relieve stress, and one in nine used marijuana.

**One in eight students said they had no one they could go to for support on-campus supports**, and one in twenty said they had no supports off-campus. More than a third of the students who experiences mental health issues in the past year did not seek assistance.

Forty-six percent of respondents had suicidal thoughts at some point in their lives. More than half of these students (54%) had suicidal thoughts in the past year. Four percent of these students attempted suicide during that time. More than half of students (57%) who had suicidal thoughts or attempts did not seek assistance.

## Activities in cars

One in sixteen students (6%) who drank drove under the influence of alcohol in the 30 days prior to taking the survey. This was higher for men, students not in the Greek system, and those age 21+. **Men reported driving after drinking three times more often than women**, and athletes drove after drinking half as often as non-athletes.

Nearly one in five students who drank (18%) said they did not use a designated driver. More than two-thirds had a friend or family member act as their designated driver.

Seven percentage of students reported riding with a drunk driver in the month prior to the survey. Students age 21+ were twice as likely to do this than underage students (10% vs. 5%).



**Two out of five students who used marijuana said they drove after use**, and 16% said they did so five or more times in the past year. Seven percent of marijuana users used in a car while it was being driven – they were not asked if they were driving at the time.

Four percent of driving students said they never, rarely, or only sometimes drive while wearing a seatbelt. Talking on a cellphone while driving was more common: 5.5% said they do so most of the time or always. Similarly, 5.9% 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”, 15% did not disagree.

One in eight students (12%) had used alcohol or drugs to help them feel more comfortable with a sexual partner in the past year. Fifteen 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 (23%) did not use protection when they had sex as a result of drinking. **One in nine (11%) had sex with someone they would not have had they been sober, and one in eleven (9%) insulted or swore at their partner because they were drinking.** While very rare, nine students reported having sex with someone without their consent.

### Alcohol poisoning

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

- 30% do not remember what happened
- 24% vomited in their sleep
- 18% were left alone
- 10% were not helped by anyone
- 5% were taken for medical attention



**One in 20 students would not do anything if they were with someone with suspected alcohol poisoning.**