

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, 6235 students from 23 schools participated.

### Tobacco use

Overall, **one out of six** students used some type of tobacco in the past year. Cigarettes were the most common, followed by JUUL

- **Cigarettes: 16%**
- **JUUL: 14%**
- **E-cigarettes: 12%**
- **Cigars: 9%**



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

Approximately one in twenty students used tobacco weekly, and one in ten used tobacco daily. Women were more likely than men and students involved in fraternities or sororities were more likely than non-Greek students to use e-cigarettes and JUUL. Students age 21+ were more likely than underage students to use cigarettes, e-cigarettes, and smokeless tobacco.

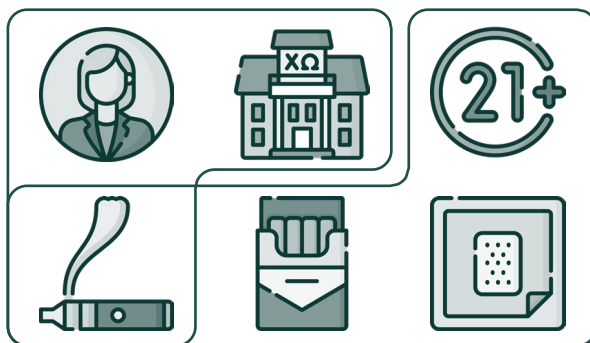
### Use of other illicit drugs

Five percent of students reported that they had used the following drugs in the past year:

- **Hallucinogens: 4%**  
Ex: mushrooms, LSD, MDMA, Ecstasy
- **Cocaine: 2%**
- **Opioids: 1%**  
Ex: heroin, fentanyl, oxycodone
- **Methamphetamines: 0.3%**  
Ex: meth, ice, speed



Only 0.3% of the entire student population reported using any of these weekly.



## Prescription drug use

Nearly half of all students (47%) said they currently used prescription medication or over-the-counter (OTC) drugs. Overall, 11% of students reported using prescription drugs without a doctor's prescription in the past year

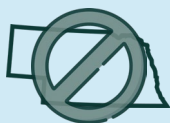
Students were asked how often they used four classes of prescription drugs:

Any use in the past year

- **Pain medication or opiates: 5.8%**  
Ex: Vicodin, OxyContin, Morphine
- **Stimulants: 3%**  
Ex: Dexedrine, Adderall, Ritalin
- **Sleeping medication: 2.9%**  
Ex: Ambien, Halcion, Restoril
- **Sedatives or benzodiazepines: 1.6%**  
Ex: Xanax, Klonopin, Valium



Men, students involved in Greek life, and non-Nebraska residents were more likely than their counterparts to miss-use stimulants. Students under 21 were more likely than older students to use pain medication without a prescription.



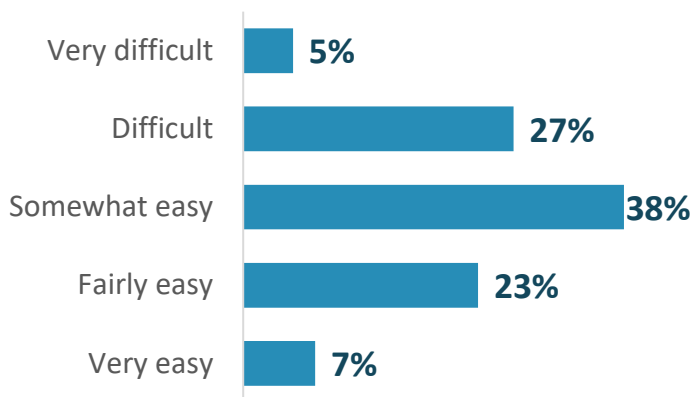
## Obtaining prescription drugs

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: 29%**
- **From friends: 25%**
- From family: 20%
- They purchased them from others: 13%

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



## Use with alcohol

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

## 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 half (46%) drove after using prescription drugs. One third reported driving under the influence of prescription drugs five times or more in the past year.

