

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

One out of four college students at participating NECPA schools reported using marijuana in the past year. The same percentage reported using edibles. Marijuana derivatives like wax, dabs, oils, or shatter were less common – with approximately one in six using in the last year.

There were group differences in use of marijuana:

- Use was **higher** for men than women (28% vs. 24%).
- Students ages **21+** used more than underage peers (29% vs. 23%).
- Students involved in **Greek organizations** were more likely to use than non-Greek (31% vs. 25%).
- Approximately a quarter of **non-athletes** used versus one in five athletes (26% vs. 20%).

Why they use

Students who reported using marijuana were asked to reflect on the times they have used and given a list of 20 options to identify reasons for use. The most frequent reason given was **“to get high”**, with 57% saying most or all of the time. This answer was highly correlated with other reasons around positive feelings, such as liking the feeling, or because it was fun, or exciting.

Ten of the 20 reasons were reported more frequently by males versus females. Only one reason was reported more frequently by females: helping with depression or nervousness.

Athletic status was also associated with a negative reasons: a quarter of non-athletes said they used to cheer themselves up when in a bad mood, versus 14% of athletes.

Where they use

Two out of three students who report using marijuana used at a social gathering or friend's house (69%), or at their own home (63%). There were differences by age: nearly three quarters of those who were 21+ (72%) used at home, compared to 55% of underage students.

The outdoors (39%) and in a car (37%) were selected by more than a third of the respondents. Nearly half of male students (46%) said they used marijuana outdoors, compared to one in three female students (35%). Using in a car was more common for underage students (42%) than for students ages 21 and up (32%).

Use in a car

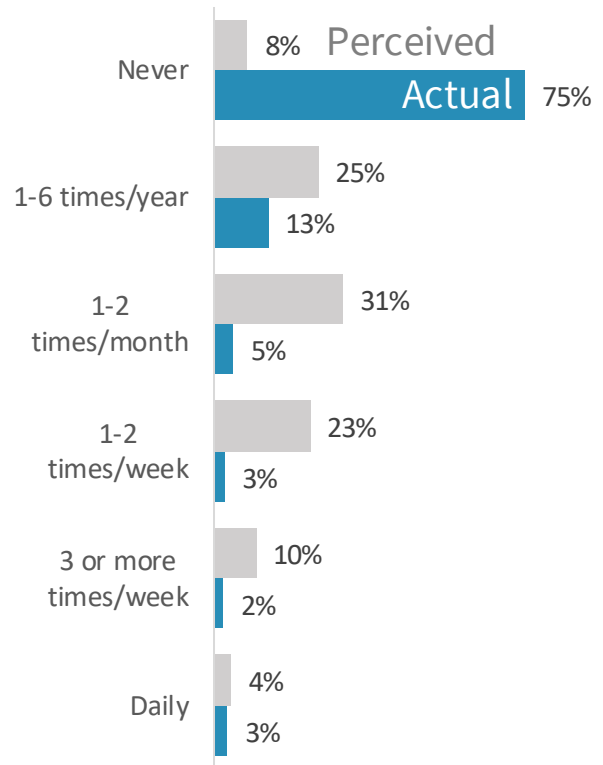
Students who said they used in a car were asked the usual status of the car at the time. Three-quarters said the car was parked off campus at the time, and 6% said the car was parked on campus. One out of five said the car was being driven.



Two out of five users (40%) said they drove a vehicle in the past year after using marijuana. One out of six (16%) said they drove after using at least five times in the past year.

Perceptions

While only a quarter of students said they used marijuana in the past year, the perception was that 92% of students believed their peers used at some point in the past year. More than a third thought fellow students were using at least weekly.



Intentions to change

Students who reported marijuana use were asked about their intentions to change their use.

- Three out of five students (61%) saw no reason to change their use.
- One in eight (12%) were thinking about using less or quitting.
- One in 20 (5%) were ready to quit or use less.
- One in five (22%) were currently trying to use marijuana less often and/or quit.