

# Fact Sheet

## Missouri Assessment of College Health Behaviors

Missouri Partners in Prevention (PIP) is a higher education substance misuse consortium dedicated to creating healthy and safe college campuses.

First implemented in 2007, the Missouri Assessment of College Health Behaviors (MACHB) survey is designed to understand the roles that alcohol, tobacco, drugs (illegal and prescription), mental health, suicidality, and interpersonal violence have on

engage in bystander intervention behaviors. The survey is administered online each spring to undergraduate students at the 26 PIP campuses. Several campuses also use the tool to survey graduate students on campus. The PIP research team analyzes the survey data and works with campuses to implement evidence-informed strategies for prevention.

Questions about cannabis use are used to gain information such as age of first use, frequency of

Questions about alcohol are asked in order to gain information about drinking patterns on campus such as who is engaging in alcohol use, how frequently, where alcohol use is occurring, what problematic alcohol-related behaviors occur, students' perceptions of others' alcohol use, and more. This data helps campuses understand their students' behaviors and implement policies, educational programs, social norms clarification and evidence-based strategies, such as BASICS (Brief Alcohol Screening and Intervention for College Students), to impact alcohol use and abuse on campus. The alcohol related questions comprise the largest section of the MACHB.

drugs (either without a doctor's prescription or taking their own prescription in a manner other than prescribed). These questions help determine which drugs are being used and frequency of use. Students are also asked to report how they obtain prescription drugs without a prescription and from whom. This data helps campuses understand trends of drug use to implement policies and best practices such as promoting resources such as safe storage and disposal of prescription drugs.

Questions related to tobacco/nicotine product use on the MACHB are asked to gain information on what types of tobacco/nicotine products students use, how frequently, and if/how they have tried quitting. This data has helped campuses implement smoke and tobacco-free policies and implement evidence-based practices like tobacco cessation programs to help students quit using tobacco/nicotine products.