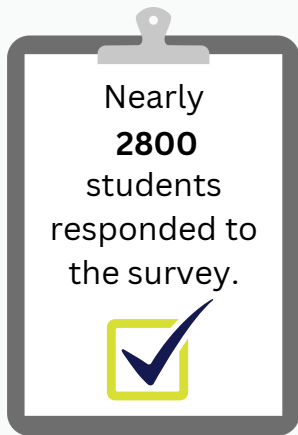


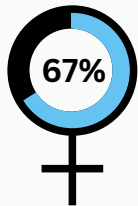
# NEEDS ASSESEMENT RESULTS



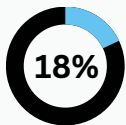
The **WV Collegiate Strategic Prevention Framework Partnership for Success (C-SPF-PFS)** initiative seeks to enhance prevention infrastructure and build capacity among higher education institutions to prevent the onset and reduce the progression of substance misuse and its related problems among higher education students. Using data to inform the planning and selection of prevention strategies to address substance misuse, C-SPF-PFS uses an assessment that is completed by the **West Virginia Collegiate Initiative to Advance Healthy Campus Communities (WVCIA)** every two years to identify the needs of students in higher education throughout the state. The data gathered from these assessments is used to inform initiatives and evidence-based programming to support WVCIA's mission to proactively address substance use disorders, violence, and mental health issues among college students.

The **American College Health Association's National College Health Assessment (ACHA-NCHA)** was administered during the school year of 2023-2024 and is a nationally recognized survey that collects data about college students' health habits, behaviors, and perceptions.

## DEMOGRAPHICS



of respondents were women.



participated in some type of athletics, either as a varsity, intramural, or club level.



reported having low or very low food security.



**5%** reported being part of a fraternity or sorority.



**85%** of students reported having "good" overall health or better.

**27%** were in their first undergraduate year (freshman).

**35%** indicated that they were a first-generation student.

### Health insurance held by students:

**3%** No health insurance

**56%** Health coverage through their parent or guardian

**16%** Medicare, Medicaid, or VA/Tricare



# SUBSTANCE USE

Students who responded showed concern regarding their consumption of alcohol, cannabis, and tobacco. Overall, 2% of respondents reported being diagnosed with an alcohol and drug-related addiction or dependency at some point in their lives.

**71%** indicated having ever used alcohol.

**38%** reported having ever used cannabis.

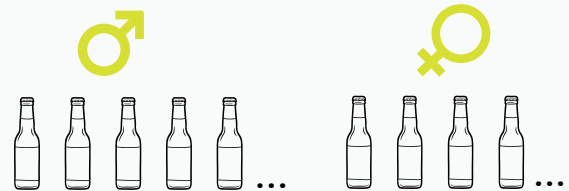
**61.2%** reported drinking alcohol at least once within the past three months.

**21.6%** reported use of cannabis at least once within the past three months.

**7%** who consumed alcohol within the past three months reported getting drunk unintentionally the last time they drank.

**Binge drinking:** 5 drinks or more at a time for males. 4 drinks or more at a time for females.

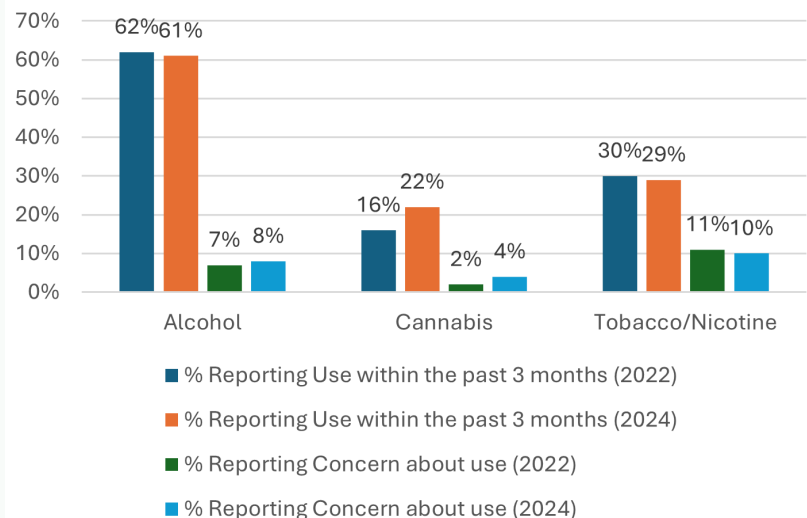
**26%** indicated having five or more drinks the last time they socialized.



## High-risk or concerning behaviors when drinking within the past 12 months:

- 13%** Unprotected sex
- 3%** Seriously considering suicide
- 6%** Intentionally or unintentionally injuring themselves
- 9%** Experiencing a blackout
- 18%** Experiencing a brownout

## Students Substance Use Within the Past 3 Months and Concern (2022 vs 2024)



## Regarding other substances...

**6%** reported use of cocaine.

**5%** reported misuse of sedatives or sleeping pills.

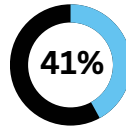
**7%** reported misuse of prescription stimulants.

**9%** reported use of hallucinogens.

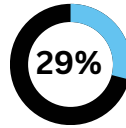
**8%** reported trying and failing to control their tobacco use.

**3%** reported trying and failing to control their alcohol use.

**2%** reported trying and failing to control their cannabis use.

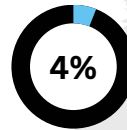


reported having used tobacco or nicotine products at some time in their life.

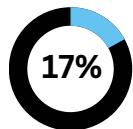


reported having consumed tobacco or nicotine products at least once within the past three months.

Fraternity or sorority membership was found to be statistically associated with higher ASSIST[1] scores for alcohol, indicating higher risk of alcohol misuse.



reported being in recovery for one or more substances, including alcohol, cannabis, and prescription medications.



reported experiencing some type of intimate relationship violence within the past 12 months.

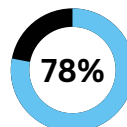


Of those who experienced intimate relationship violence, 24% were men.



People who have experienced relationship violence reported statistically higher ASSIST scores for alcohol, cannabis, and tobacco use, indicating higher risk for misuse of these substances.

## MENTAL HEALTH

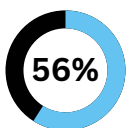


reported considering seeking professional mental health care in the future.

**55%** reported ever having been diagnosed with a mental health condition.

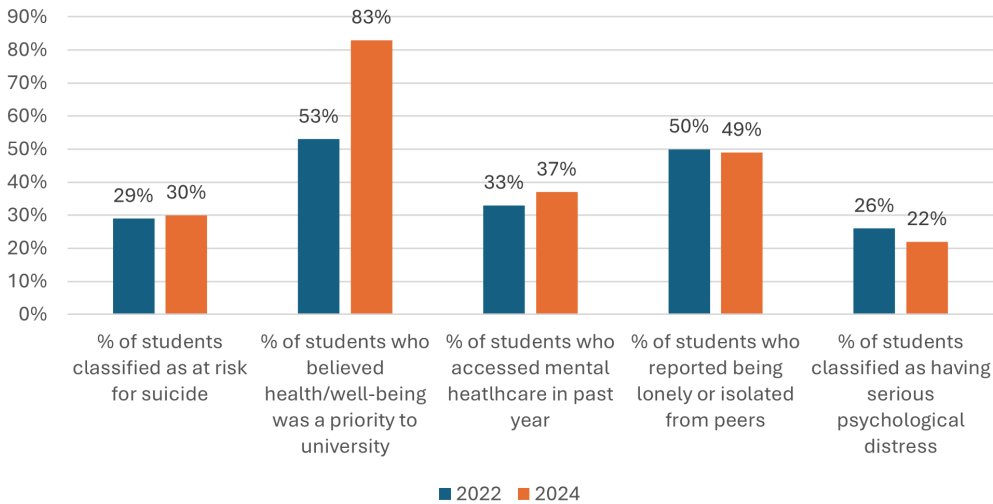


Compared to those without a diagnosed mental health condition, those with a mental health condition reported higher percentages ever using alcohol, cannabis, and tobacco.

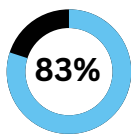


reported ever having previously used or accessed psychological or mental health services, with **37%** of students having accessed it within the past year.

## Mental Health Comparisons (2022 vs 2024)

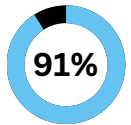


**30%** were classified as at risk of suicidal behavior as measured by *SBQ-R*[4] scores.



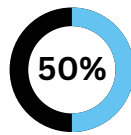
83% thought that their campus held student health and wellbeing as a priority.

49% reported feeling *lonely* or *isolated* from peers, with an average UCLA Loneliness Scale[3] score of **5.43 out of 9**.



91% agreed that they belonged on their campus or in their university.

22% were classified as having serious psychological distress using Kessler 6 scores[2].



50% reported getting less than the recommended seven hours of sleep per night on weekdays.

75% classified as having serious psychological distress have ever accessed mental health services, with **58%** having accessed it within the past year.

The average score of the *Diener Flourishing Scale*[5] was **44.86 out of 56**, indicating, on average, high perceptions of success among the surveyed college students.

[1] Alcohol, Smoking and Substance Involvement Screening Test. A tool to used to identify early signs of substance use related health risks and substance use disorders in healthcare settings.

[2] A tool used to measure psychological distress and risk for serious mental health conditions.

[3] A tool used to measure disconnection from others. Higher scores indicate more loneliness and disconnection.

[4] Suicide Behaviors Questionnaire-Revised. A tool used to help identify individuals at risk for suicidal behaviors.

[5] A tool used to measure self-perceptions of success in key areas. Higher scores indicated higher perceptions of success.

[6] Analysis conducted in SAS 9.4, with a significance value of 0.05.

This study was made possible by the following entities:

