

# 2024 IHEC Aggregate 2024 Spring Administration Aggregate Report

Illinois Assessment of College Substance Use Behaviors (IACSUB) Survey

[Executive Summary Report](#)

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**IHEC 2024 Aggregate****IHEC 2024 Administration****Illinois Assessment of College Substance Use Behaviors (IACSUB) Survey****Executive Summary****General Survey Overview**

This survey is to determine the current incidence and prevalence of alcohol and other drug use on Illinois 2 and 4-year college campuses. Furthermore, students' perception of others' use; perceptions of risk related to use; beliefs regarding use; negative consequences associated with use; experiences of secondhand effects of others' use; experiences of physical and sexual violence; and the relationship of alcohol and other drug use to campus climate issues will also be examined.

Schools from across the state of Illinois were recruited for the survey. There was a mix of 2-year and 4-year participating institutions, both private and public. Out of an initial 1,040 responses, only 705 were found to be valid with a 98% or above completion rate. The survey was distributed during the spring semester of 2024 during the months of January through May. The participating institutions were required to provide a sample that represented 10% of their student population, along with a three-week distribution period during the provided time frame.

## Survey Structure & Methods

The survey was a modified version of the Missouri Assessment of College Health Behaviors, which was provided to the Illinois Higher Education Center as a template. The IHEC staff right sized the survey to better fit the needs of the grant, in addition to providing a similar data set that would represent the substance use prevalence, attitudes and relevant behaviors. Regarding substance use, the survey was split into categories of substances, along with questions assessing belonging, mental health, and general profiling questions relating to major and extracurricular activities.

This survey was conducted by the IHEC staff through the Qualtrics platform, allowing for improved user experience and reminders. The participating schools were able to indicate their preference for reminder emails to students, which would include brief information regarding the survey, main contacts for questions, and deadlines to complete the survey. Once these details were set, the survey was then distributed during the designated timeline, with reminder emails sent to the list approximately once per week. Additionally, the participating institutions were encouraged to promote the survey distribution before and during their indicated timeline.

While giveaways were not promoted at the state level, schools who indicated their intention of giveaways for participants were instructed to set parameters. These instructions were included with emails sent to their random sample list.

**Key Data Findings**

The largest sections of the survey focused on past use rates among college students, primarily the past 30-day and past 12-month use rates. Given that this was administered in the spring semester, schools may have had difficulty recruiting responses from students due to survey fatigue, the new methodology of the survey, or low marketing strategies. When the responses were broken down, the most causes for concern were related to high intensity consumption as it relates to cannabis, past 30-day consumption rates among alcohol and cannabis, and the student perceptions and attitudes towards consumption and polysubstance use.

1. Among the top substances used, alcohol continues to be the leading substance of choice.
2. High intensity cannabis use remains as dominant on general substance use responses, with many students indicating lack of cause for concern with their use.
3. Many respondents indicated mental health and belonging as reasons they have considered leaving, with an emphasis on lack of support.
4. Students are often turning to cannabis use to self-medicate, manage anxiety and help them relax.

### Key Findings from Student's Drinking Behaviors

**80** reported as being individuals that have **not consumed alcohol in past 12 months.**

**340** reported as being individuals that have **consumed alcohol in past 12 months.**  
The following percentages come from this total.

Female high intensity drinking was defined as four or more drinks.

Male high intensity drinking was defined as five or more drinks.

Of the students who reported to consume alcohol.

271 identified as Female.

69 identified as Male.

Frequency in the past two weeks

32% of Male participants stated they had not drunk alcohol ( $n=22$ ).

39% of Female participants stated they had not drunk alcohol ( $n=107$ ).

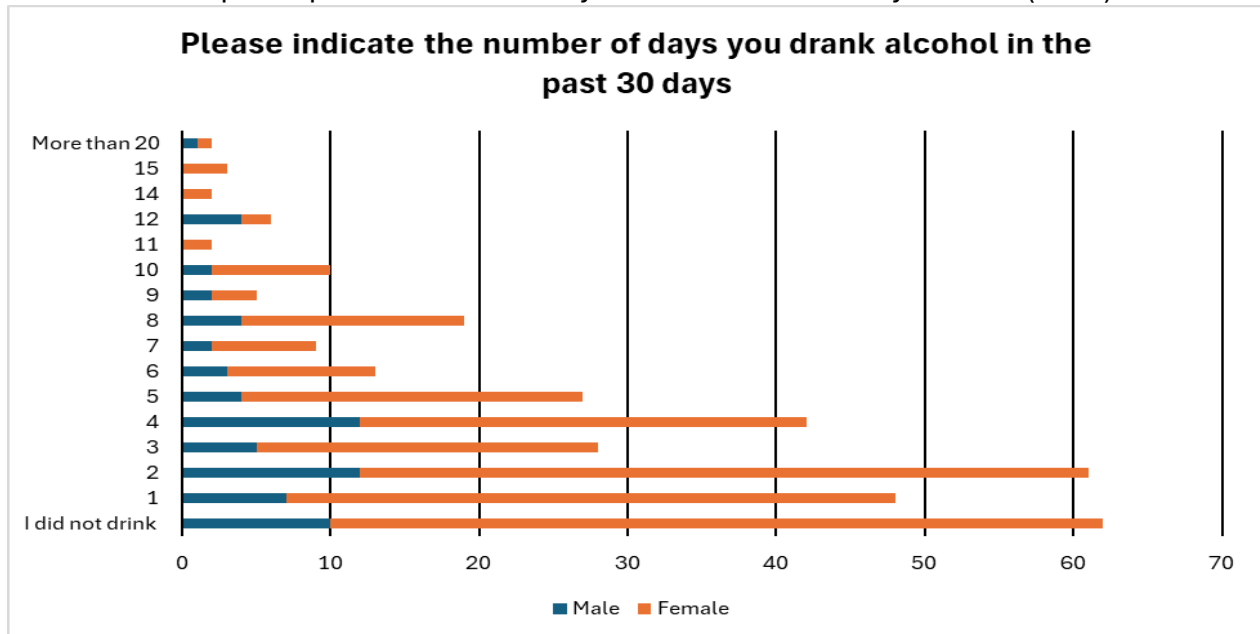
65% of Male participants indicated drinking alcohol on five or less days ( $n=44$ ).

57% of Female participants indicated drinking alcohol on five or less days ( $n=155$ ).

Frequency in the past 30 days

46% of female participants drank alcohol five or less days ( $n=125$ ).

53% of male participants answered they drank alcohol four days or less ( $n=36$ ).



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**Key Findings from Student's Cannabis Use Behaviors**

**50** reported as being individuals that have **not used cannabis in past 12 months.**

**176** reported as being individuals that have **used cannabis in past 12 months.** The following percentages come from this total.

**Frequency in the past 30 days**

33% of participants said that they had not used cannabis in the past 30 days ( $n=57$ ).

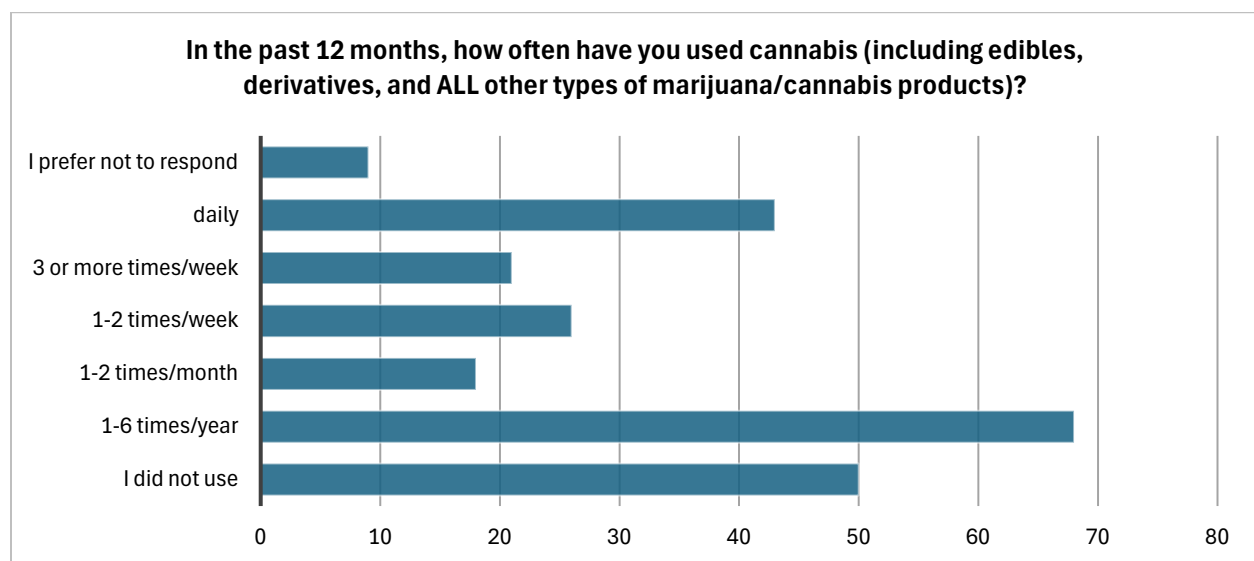
23% of participants said that they had used cannabis more than 20 days out of the past 30 days ( $n=40$ ).

**Frequency in the past 12 months**

22% of participants said that they had not used cannabis in the past 12 months ( $n=50$ ).

30% of participants said that they used cannabis between 1-6 times in the past 12 months ( $n=68$ ).

19% of participants answered that were daily cannabis users in the past 12 months ( $n=43$ ).



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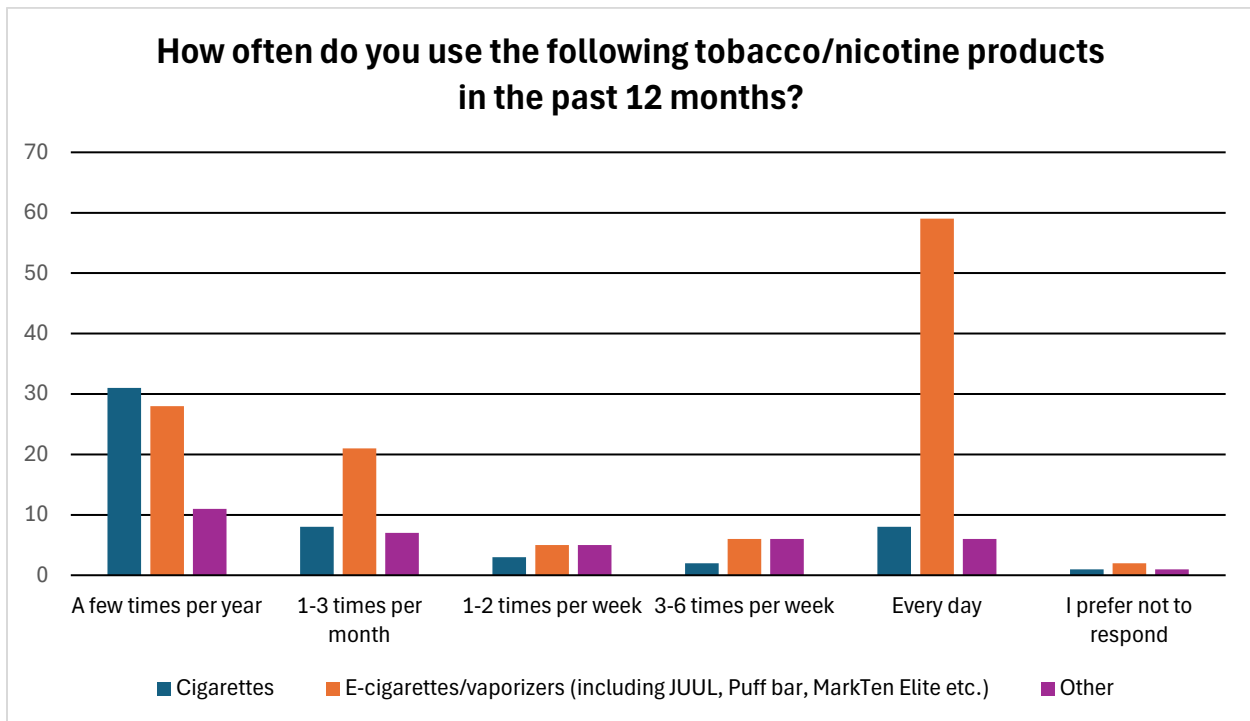
**Key Findings from Student's Tobacco/Nicotine Use Behaviors**

**44** reported as being individuals that have **not used tobacco/nicotine in past 12 months.**

**216** reported as being individuals that have **used tobacco/nicotine in past 12 months.** The following percentages come from this total.

Type of tobacco/nicotine product use in the past 12 months.

35% Of participants said that they used E-cigarettes/vaporizers every day ( $n=59$ ).



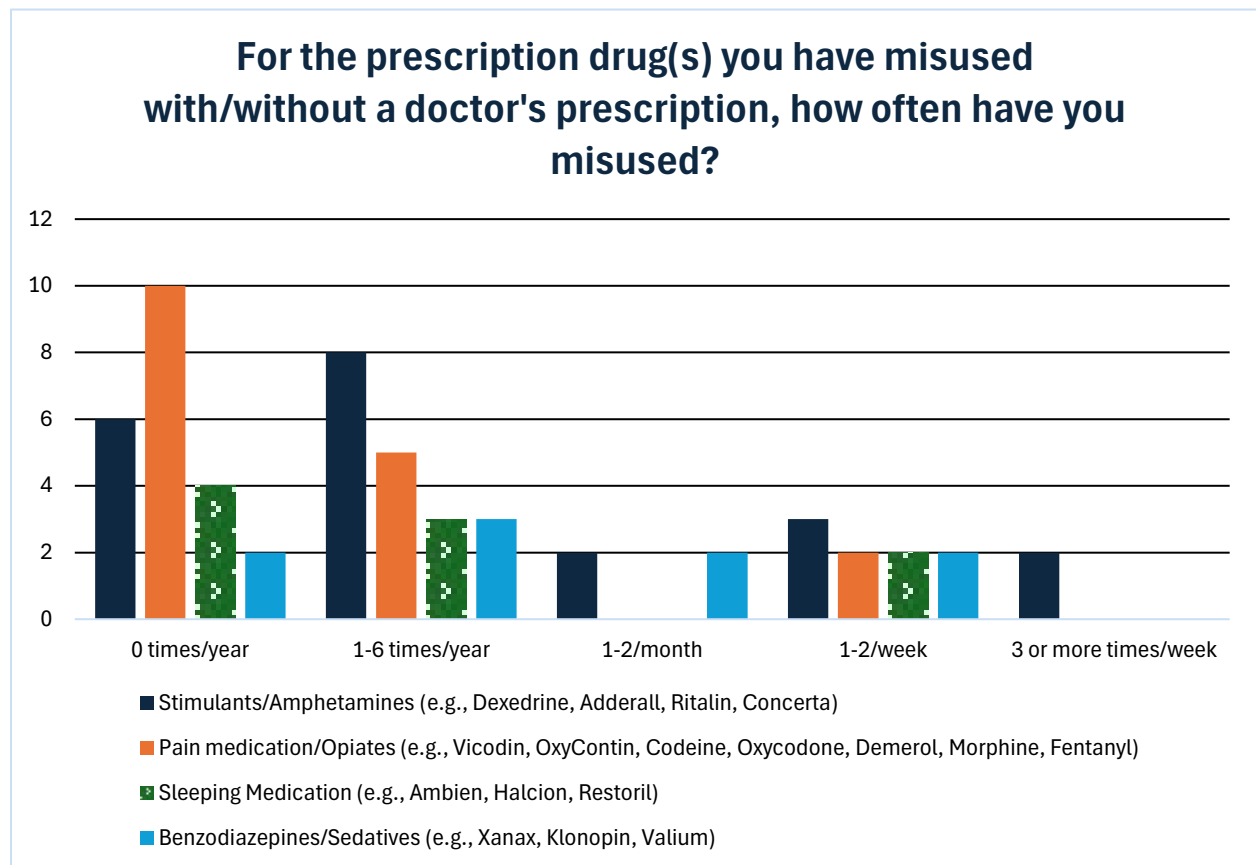
### Key Findings from Student's Prescription Drug Use Behaviors

- 640** reported as being individuals that have **not used prescription drugs in past 12 months.**
- 42** reported as being individuals that have **used prescription drugs in past 12 months.**

The following data is shown as the raw data collected without use of percentages due to the small sample of students that used prescription drugs in the past 12 months.

Frequency of student misuse of prescription drugs with or without a doctor's prescription.

- 8 of the participants said that they misused stimulants 1-6 times a year.
- 3 of the participants said that they misused Benzodiazepines/sedatives 1-6 times a year.





### Key Findings from Student's Polysubstance and Other Drug Use Behaviors

**286** reported as being individuals that have **used other substances while drinking alcohol in past 12 months.**

**207** reported as being individuals that have **used other substances while using cannabis in past 12 months.**

The following data is shown as raw data reported as the data is cross sectional.

#### Types of polysubstance use by students.

108 of the participants said that they used cannabis while drinking alcohol in past 12 months.

82 of the participants said that they used tobacco/nicotine while drinking alcohol in past 12 months.

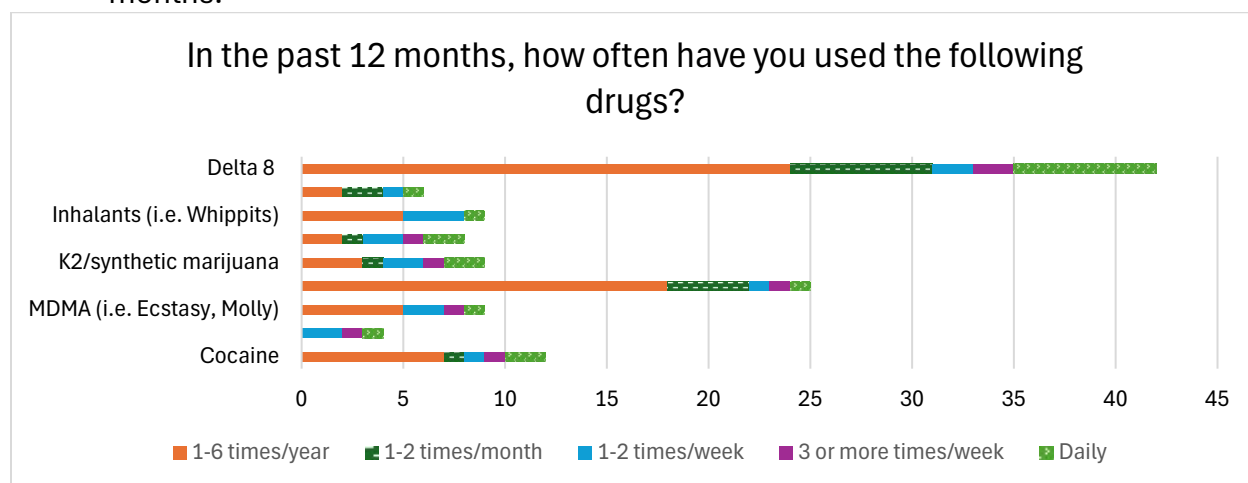
77 of the participants said that they used prescription drugs prescribed to them while drinking alcohol in past 12 months.

49 of the participants said that they had used tobacco/nicotine while using cannabis.

37 of the participants said that they had used prescription drugs prescribed to them while using cannabis.

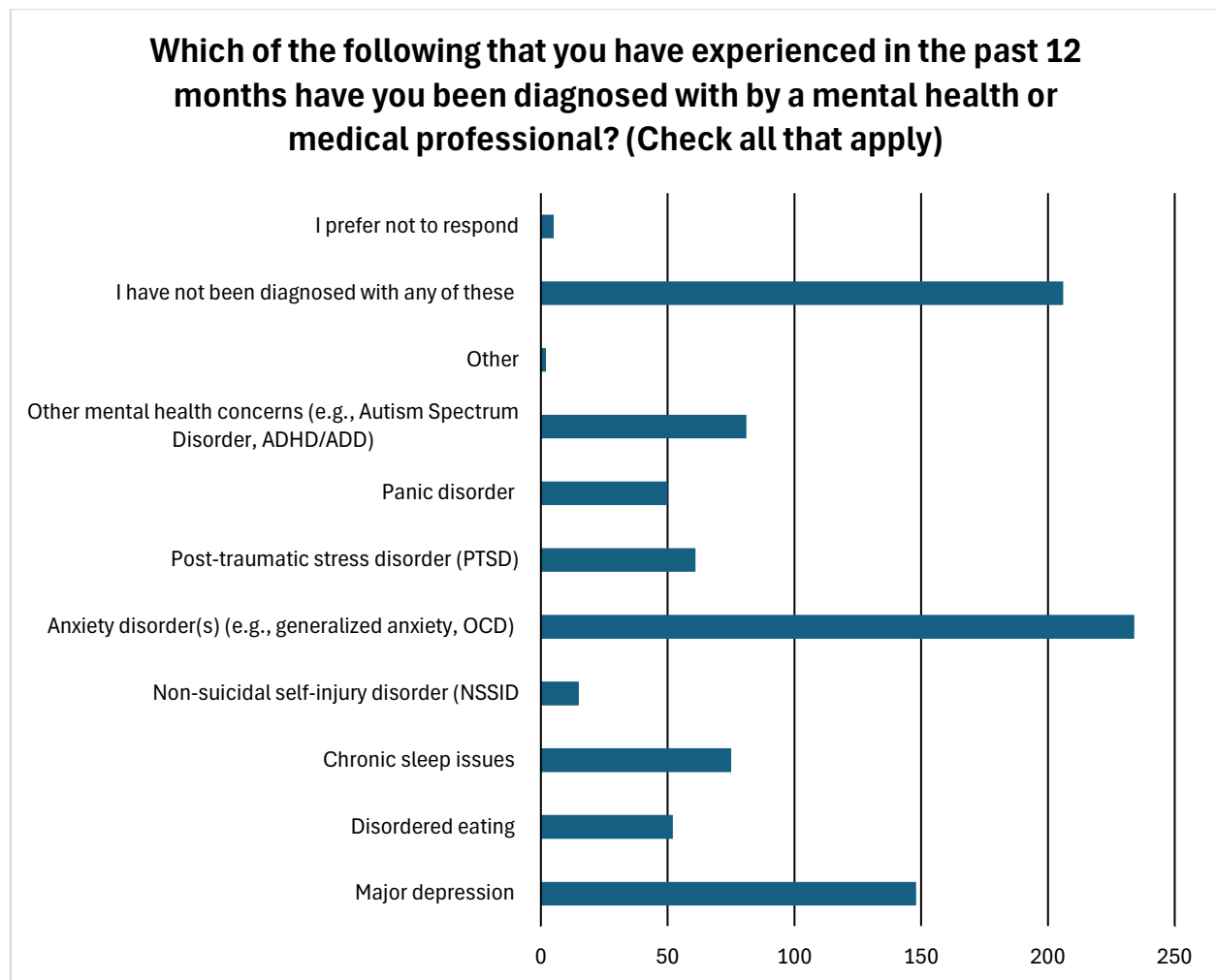
#### Other drug use by students.

66 reported as being individuals that have used other drugs 1-6 times in the past 12 months.



### Key Findings from Student's Mental Health Behaviors

- 239** reported as being individuals that have **thought about transferring from their current college/university in past 12 months.**
- 114** reported as being individuals that have **thought of discontinuing their college/university education in past 12 months.**
- 156** reported as being individuals that have **used off-campus medical doctor services as their initial source to seek assistance with their mental health.**
- 234** reported as being individuals that were **diagnosed with anxiety disorder by a mental health or medical professional.**



**Key Findings from Student's Mental Health Behaviors (Continued)**

- 320** reported as being individuals that have **had suicidal thoughts in their lifetime.**
- 146** reported as being individuals that have **had suicidal thoughts in past 12 months.**
- 16** reported as being individuals that **have attempted suicide in the past 12 months.**
- 74** reported as being individuals that **had sought assistance for their suicidal attempt/thoughts in the past 12 months.**
- 154** reported as being **individuals with barriers that stopped them from seeking assistance.**

