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## State University System of Florida

### **Drug Use & Abuse Among College Students**

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[www.flbog.edu](http://www.flbog.edu)



# Overview

- **Consequences of Drug Use**
- **Factors & Influences of Drug Use**
- **Utilization among**
  - **18-25 year olds**
  - **College students**



# Consequences of Drug Use Among College Students

- **Short-term effect of drug use**
  - **Reduced capacity for learning**
  - **Memory loss**
  - **Fall behind academically, lower GPA**
  - **Impaired perceptual motor skills**
  - **More likely to engage in risky sexual behavior**
  - **Impulsive behaviors**
  
- **Long-term effect of drug use**
  - **Treatment Needs**
  - **Legal record**
  - **Death**



Source: National Center on Addiction and Substance Abuse



# Factors & Influences of Drug Use Among College Students

- **Likelihood increased by**
  - **History of drug use in middle/high school**
  - **Peer pressure & perceived use among peers**
  - **Escape & avoidance**
  - **Genetics (abuse), family history**
  - **Greek & athletic membership, freshmen**
  - **Mental health issues**



Source: National Center on Addiction and Substance Abuse



# Factors & Influences of Drug Use Among College Students

- Likelihood decreased by
  - Parental concerns & expectations
  - Campus & community involvement
  - Health education
    - Accurate & perceived drug use
  - Engagement in spiritual & religious practices



Source: National Center on Addiction and Substance Abuse



# 18-25 Year Olds Current Use & Misuse by Drug Type

Any Illicit Drug Use **23%**

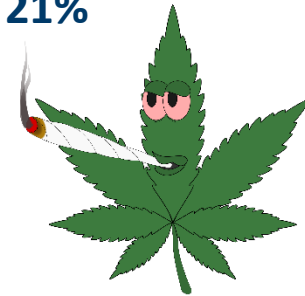
Marijuana Use **21%**

Pain Reliever Misuse **2%**

Tranquilizer Misuse **2%**

Stimulant Misuse **2%**

Hallucinogen Use **2%**



## Use/Misuse < 1%

- Inhalant
- Heroin
- Methamphetamine
- Sedative Misuse
- Cocaine/Crack



Source: 2016 National Survey on Drug Use and Health



# 18-25 Year Olds Substance Abuse Disorders

**Substance Abuse Disorder** is a clinically significant impairment caused by the recurrent use of alcohol, drugs, or both. Impairments include health problems, disabilities, & failure to meet major responsibilities at work, home, or school.

- **5% with disorder due to recurrent Marijuana use (1.7 million)**
- **1% with disorder due to recurrent Opioid use (392,000)**
- **Less than 1% had a disorder due to recurrent use of:**
  - Pain Reliever
  - Cocaine
  - Tranquilizer
  - Stimulant
  - Heroin
  - Methamphetamine



Source: 2016 National Survey on Drug Use and Health



# 18-25 Year Olds Opioid Use

- **7% of people ages 18 to 25, currently misuse Opioids**
  - **Prescription pain killers are the most commonly misused type of Opioid**
  - **<1% use Heroin**



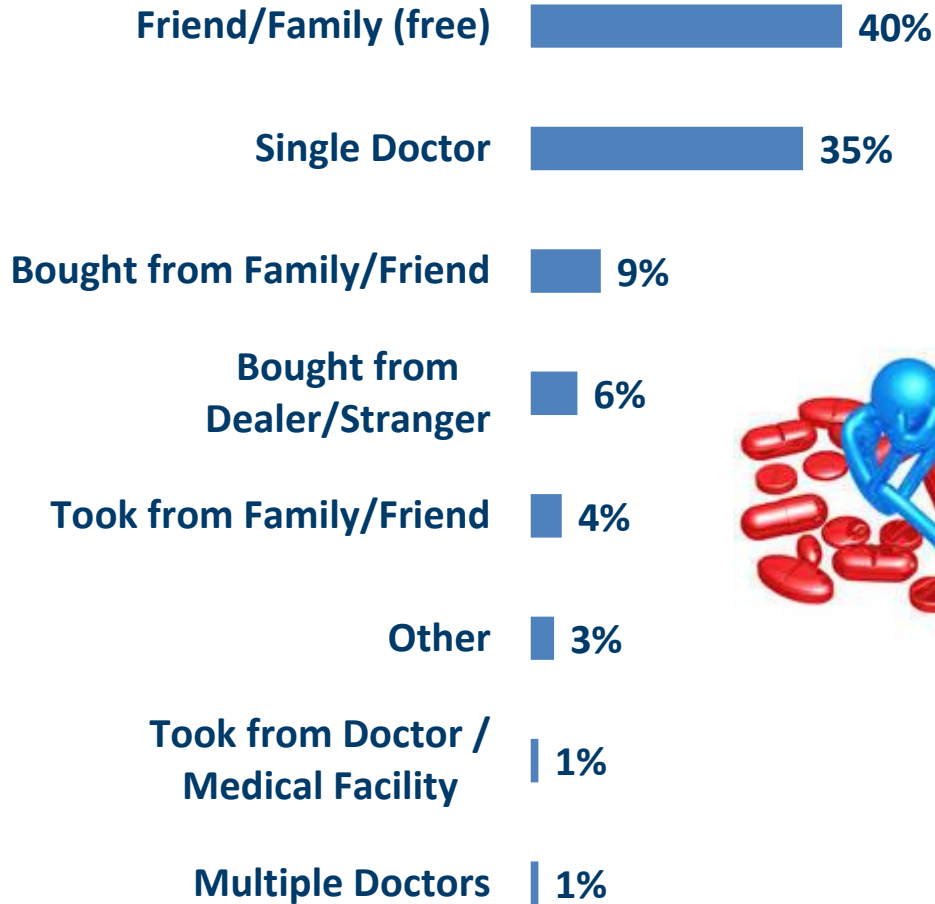
Source: 2016 National Survey on Drug Use and Health



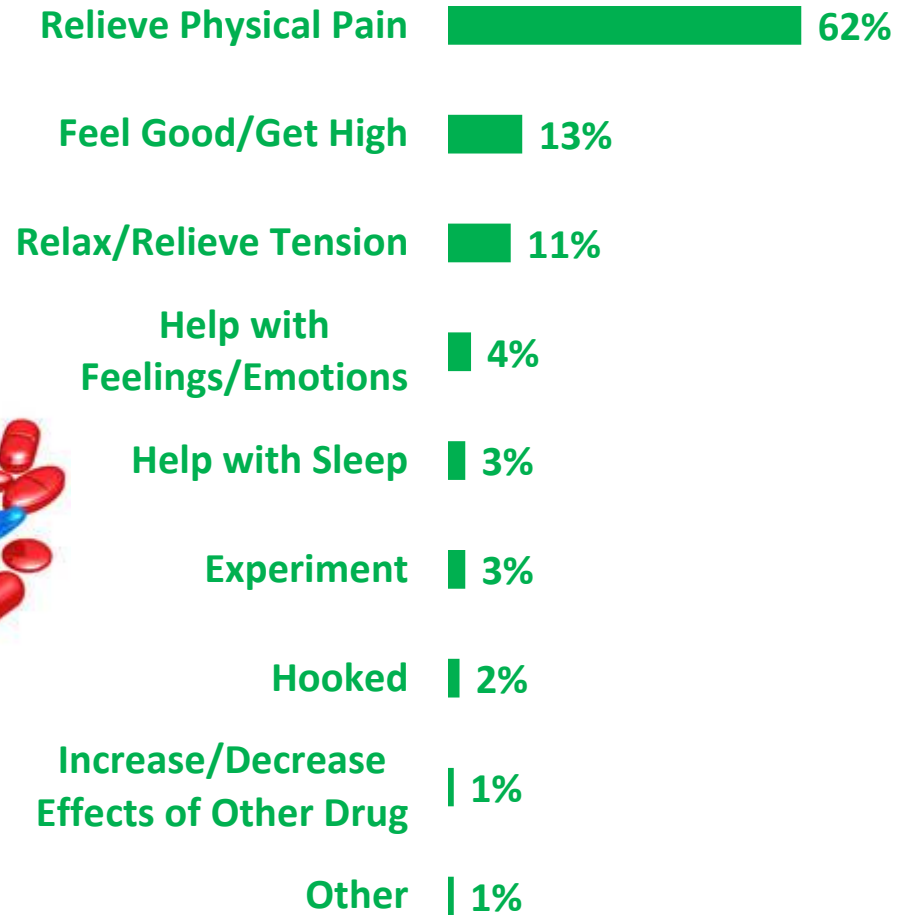


# People Age 12+ Misuse of Prescribed Pain Medication: Sources & Reasons

## Sources of Prescriptions



## Reasons for Misuse

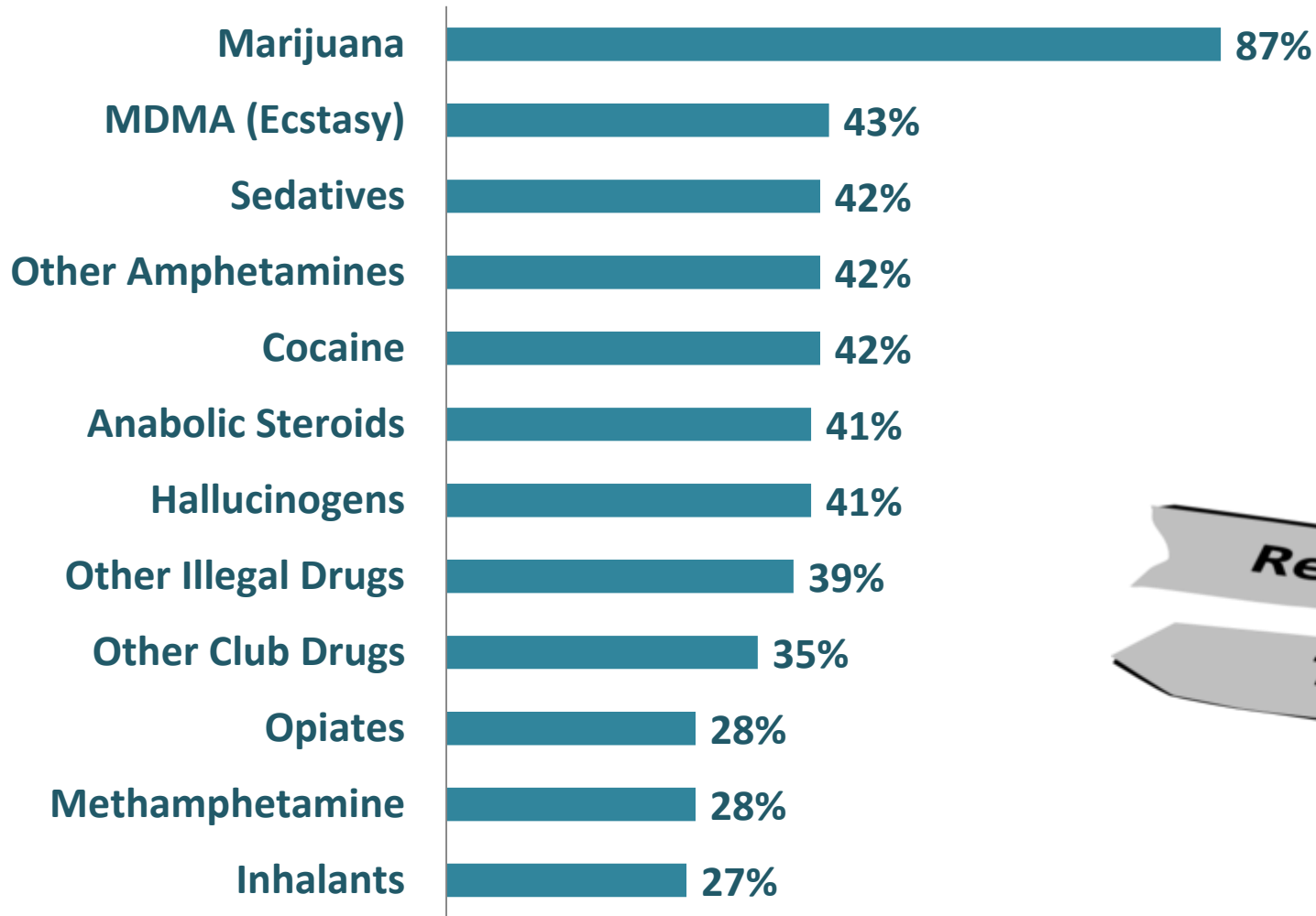


Source: 2016 National Survey on Drug Use and Health

Percentages may not sum to 100 due to rounding



# SUS Students *PERCEIVED* Drug Use

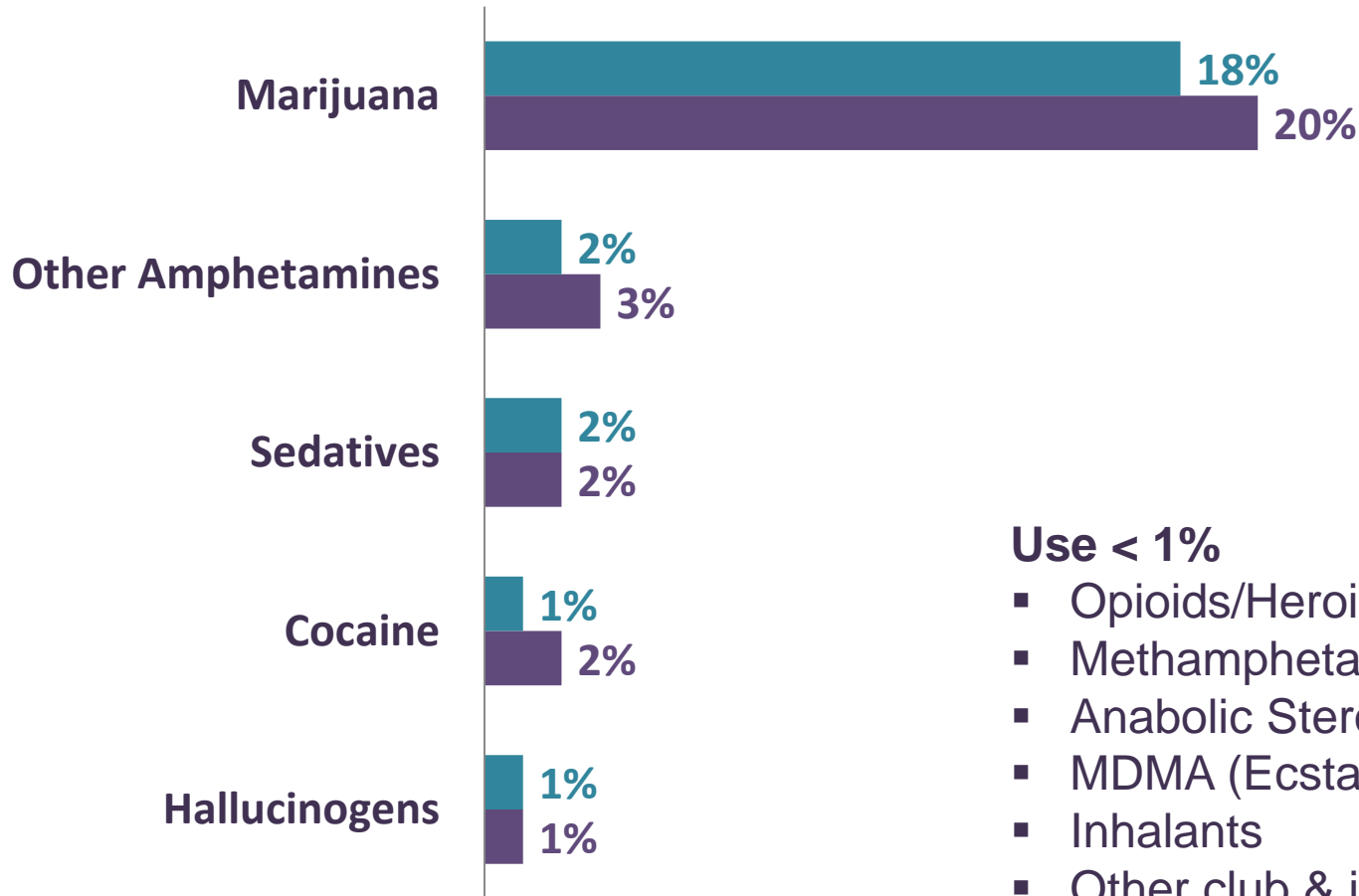


Source: National College Health Assessment



# College Students *ACTUAL* Drug Use

■ SUS Students   ■ All College Students



### Use < 1%

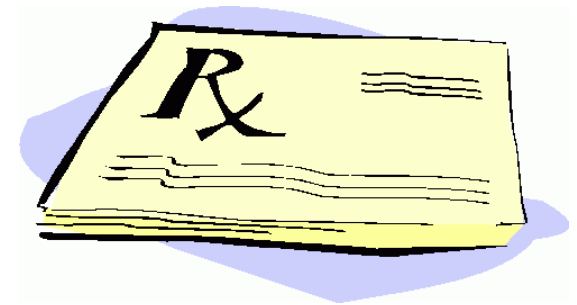
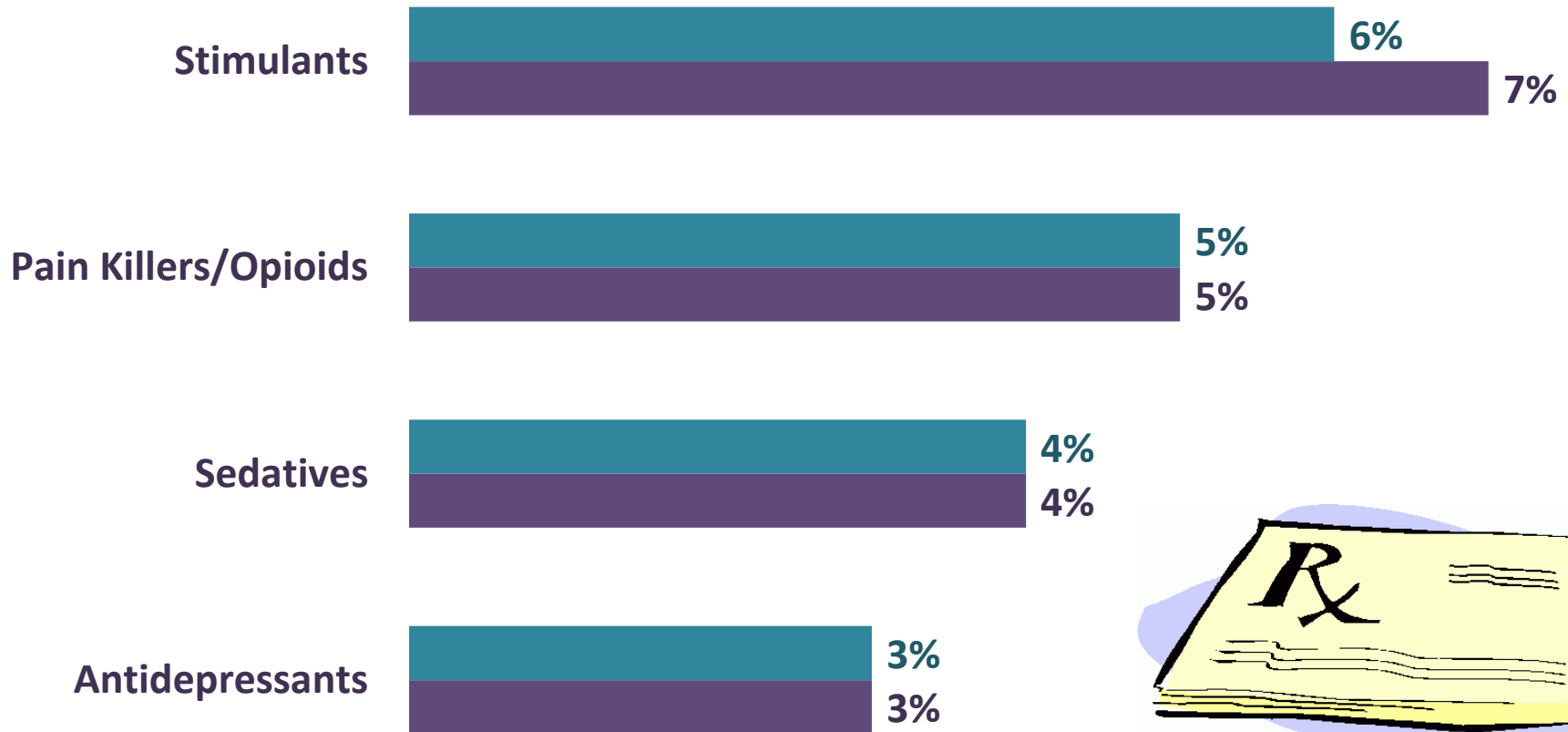
- Opioids/Heroin
- Methamphetamine
- Anabolic Steroids
- MDMA (Ecstasy)
- Inhalants
- Other club & illegal drugs

Source: National College Health Assessment



# College Students Misuse of Prescription Drugs

■ SUS Students ■ All College Students



Source: National College Health Assessment



# Impact of Drug Use on College Students



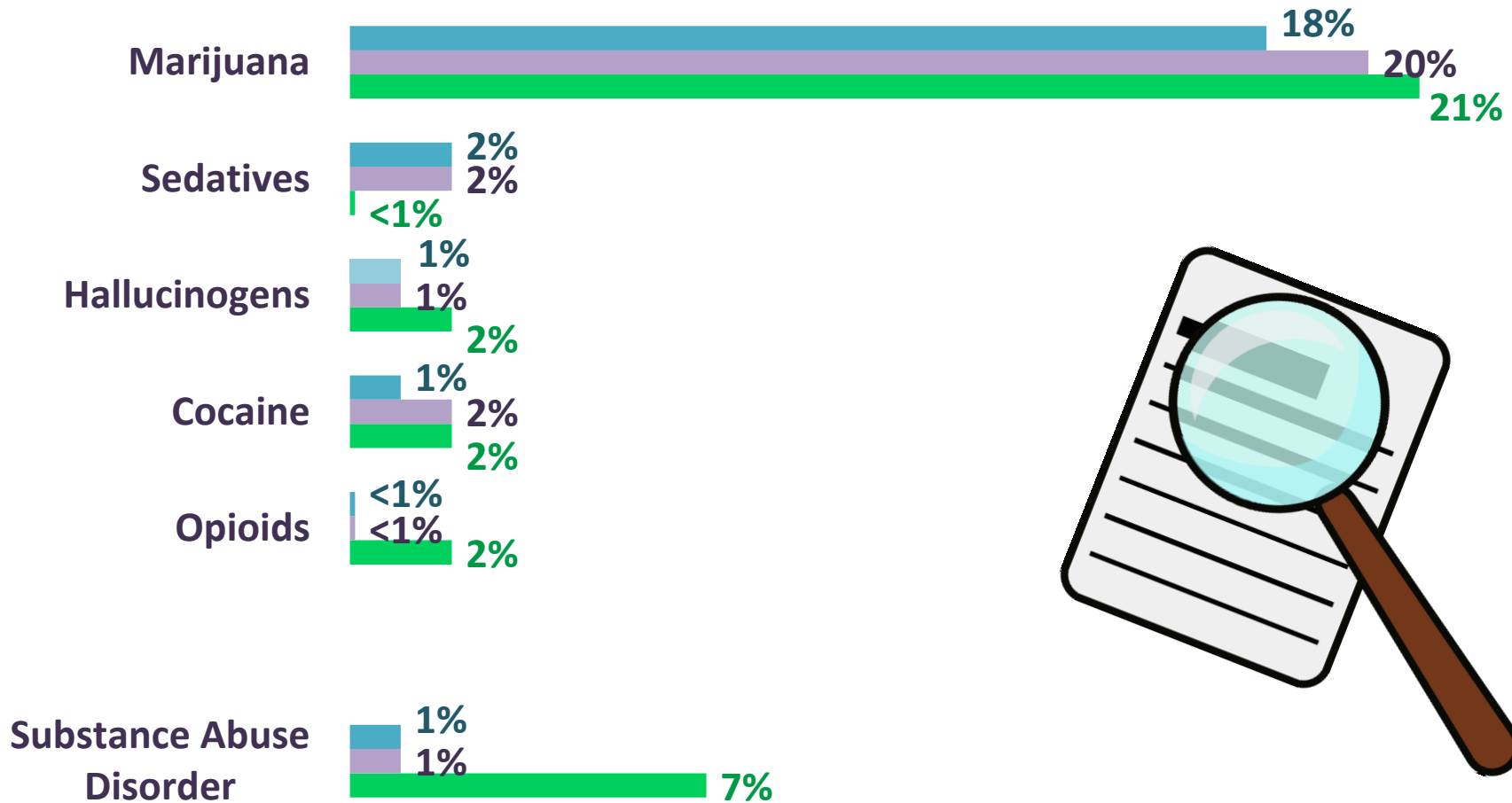
- **1% reported being diagnosed and/or treated for substance abuse (drugs & alcohol) within last 12 months [SUS students & all college students]**
- **1-2% reported that drug use interfered with academic performance within last 12 months [SUS students & all college students]**
  - **Examples: lower exam grade, lower course grade, unable to complete course**

Source: National College Health Assessment



# SUS Students Compared to All College Students & All 18-25 Year Olds

■ SUS Students   ■ All College Students   ■ All 18-25 Year Olds



Source: 2016 National Survey on Drug Use and Health, National College Health Assessment



# Summary

- **Drug use & misuse is relatively low among SUS students (<5%), with the exception of marijuana**
  - **Proportion of SUS students using marijuana (18%) is lower than the proportion of all college students (20%) & the proportion of all 18-25 year olds nationwide (21%) using marijuana**
- **Students perceive that their peers use drugs more than they actually do**
- **Consequences of prolonged & excessive use**
  - **1-2% reported academic impact**
  - **1% diagnosed and/or treated for substance (drug/alcohol) abuse or addiction**



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