



# COLLEGE **2018** PRESCRIPTION DRUG STUDY

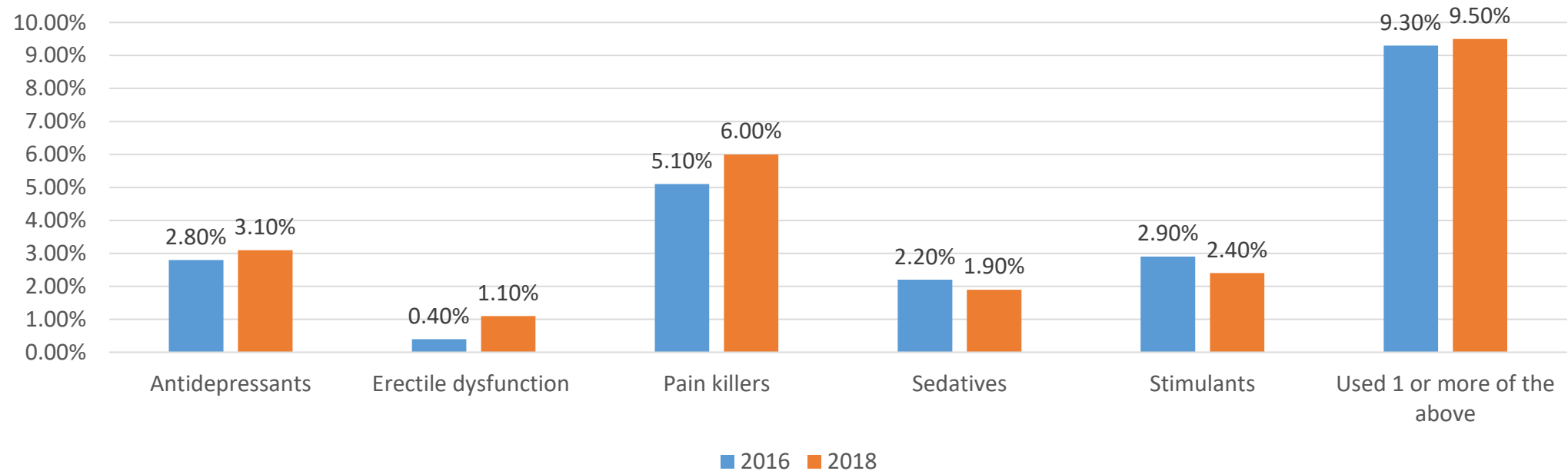
Key Findings

California State University, Sacramento

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Alexandria Byrd  
Reva Wittenberg, MPA

# ACHA-NCHA II Survey Results

Students who have used a prescription drug in the last 12 months that was not prescribed to them.



# ACHA-NCHA II Survey Results

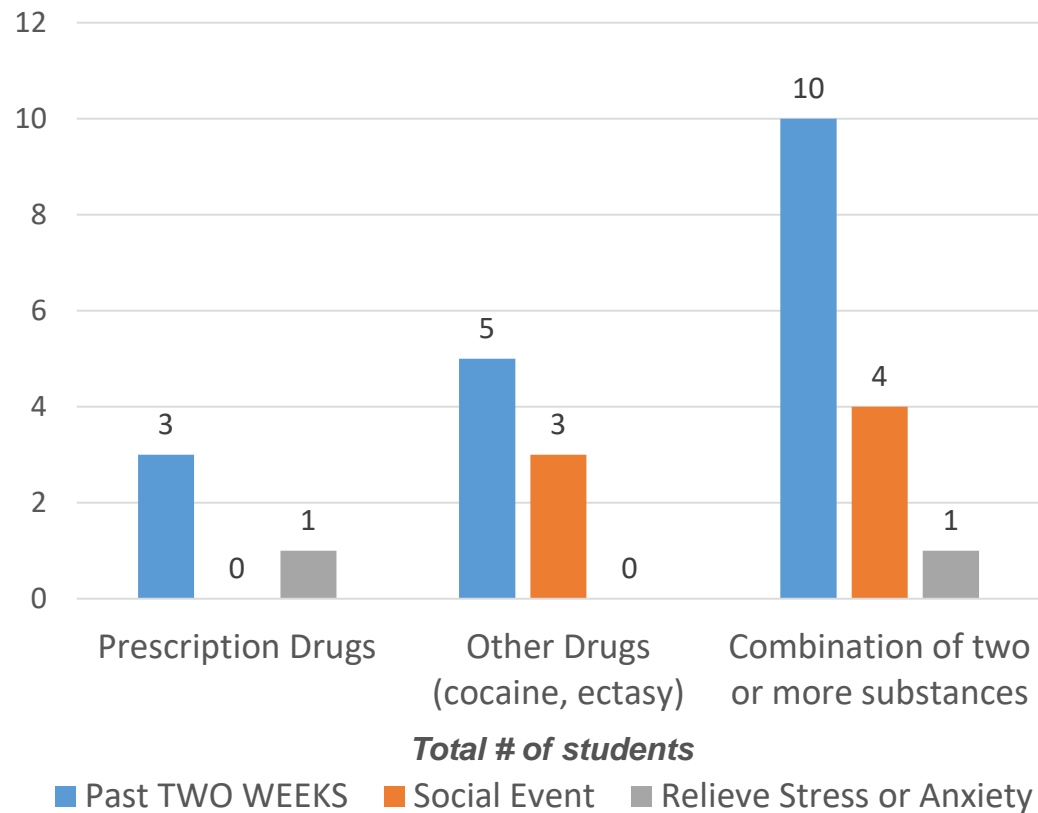
- Top 5 Academic Impediments for Sacramento State Students:
  - Sleep
  - Anxiety
  - Stress
  - Depression
  - Work



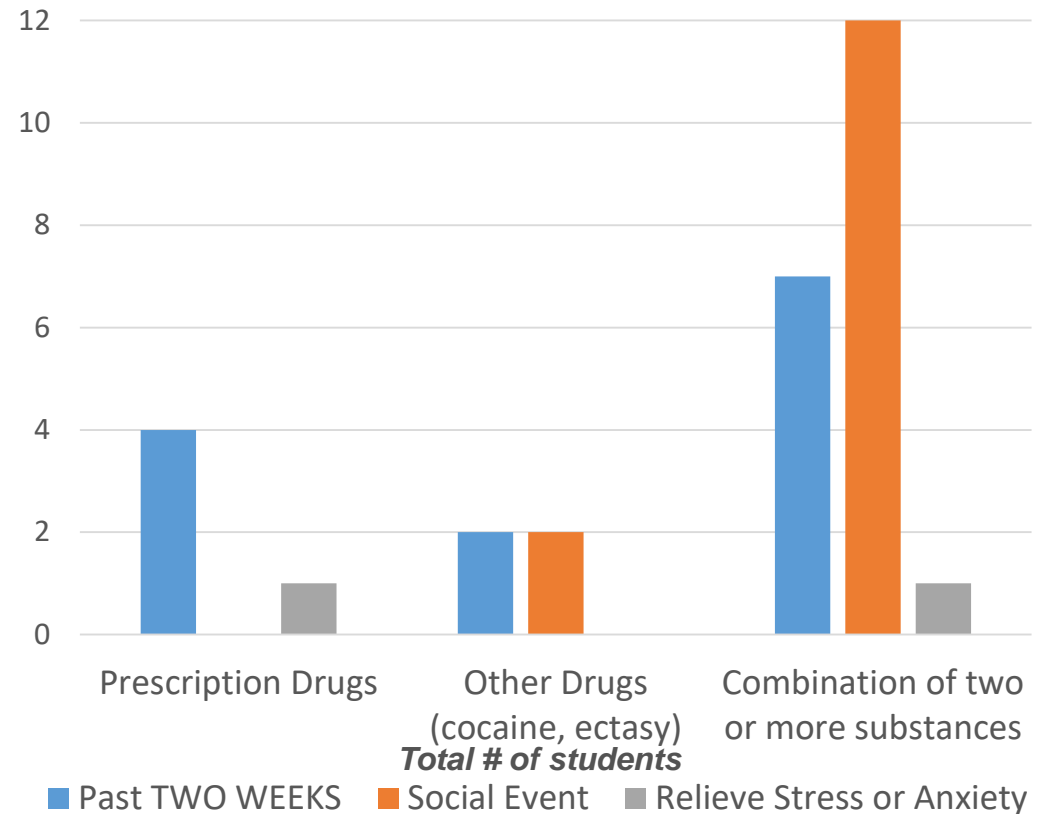
- This has remained consistent over 2016 & 2018 results.

# CHOICES & Weed It Out Pre-Survey

2016-2017



2017-2018



# FREQUENCY OF USE

## Have you ever used the following for non-medical reasons?



Pain  
Medications



Sedatives

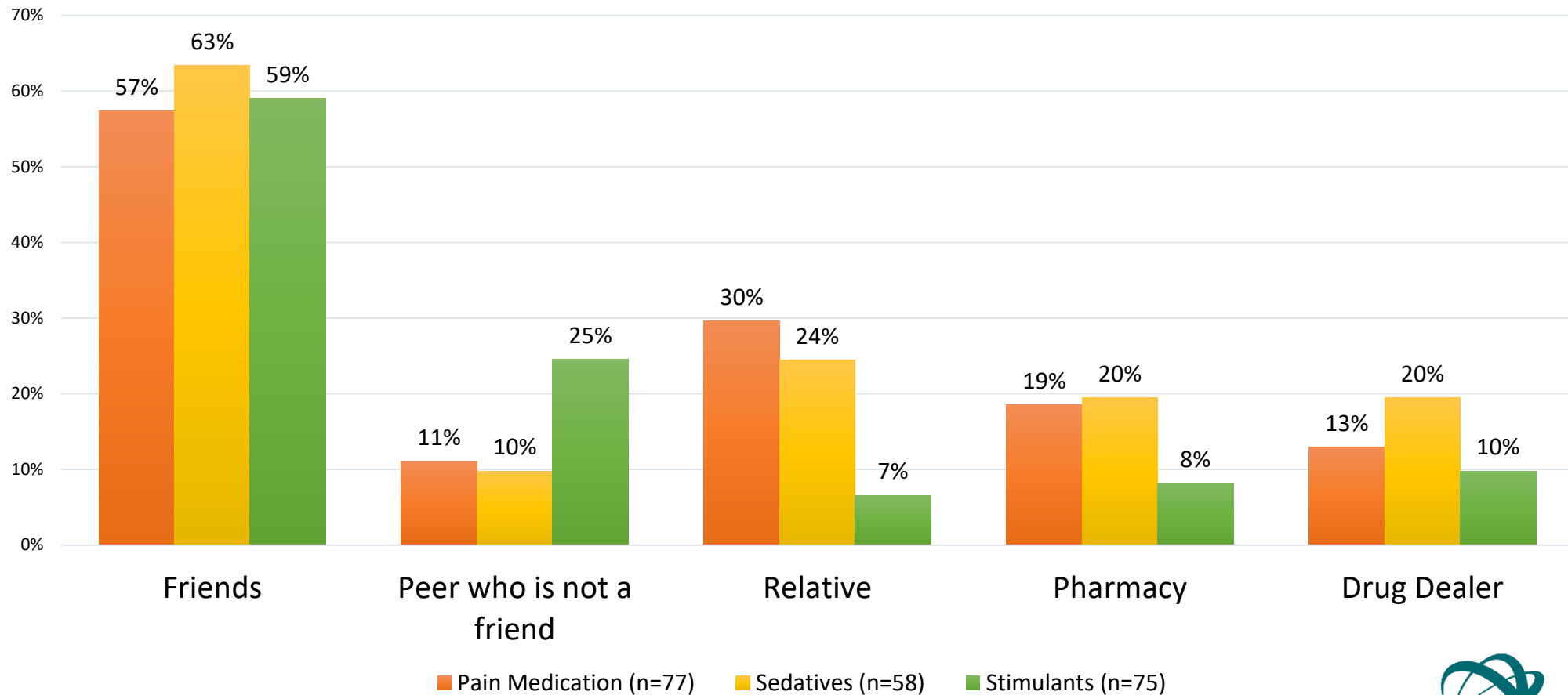


Stimulants

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Key Findings: California State University, Sacramento

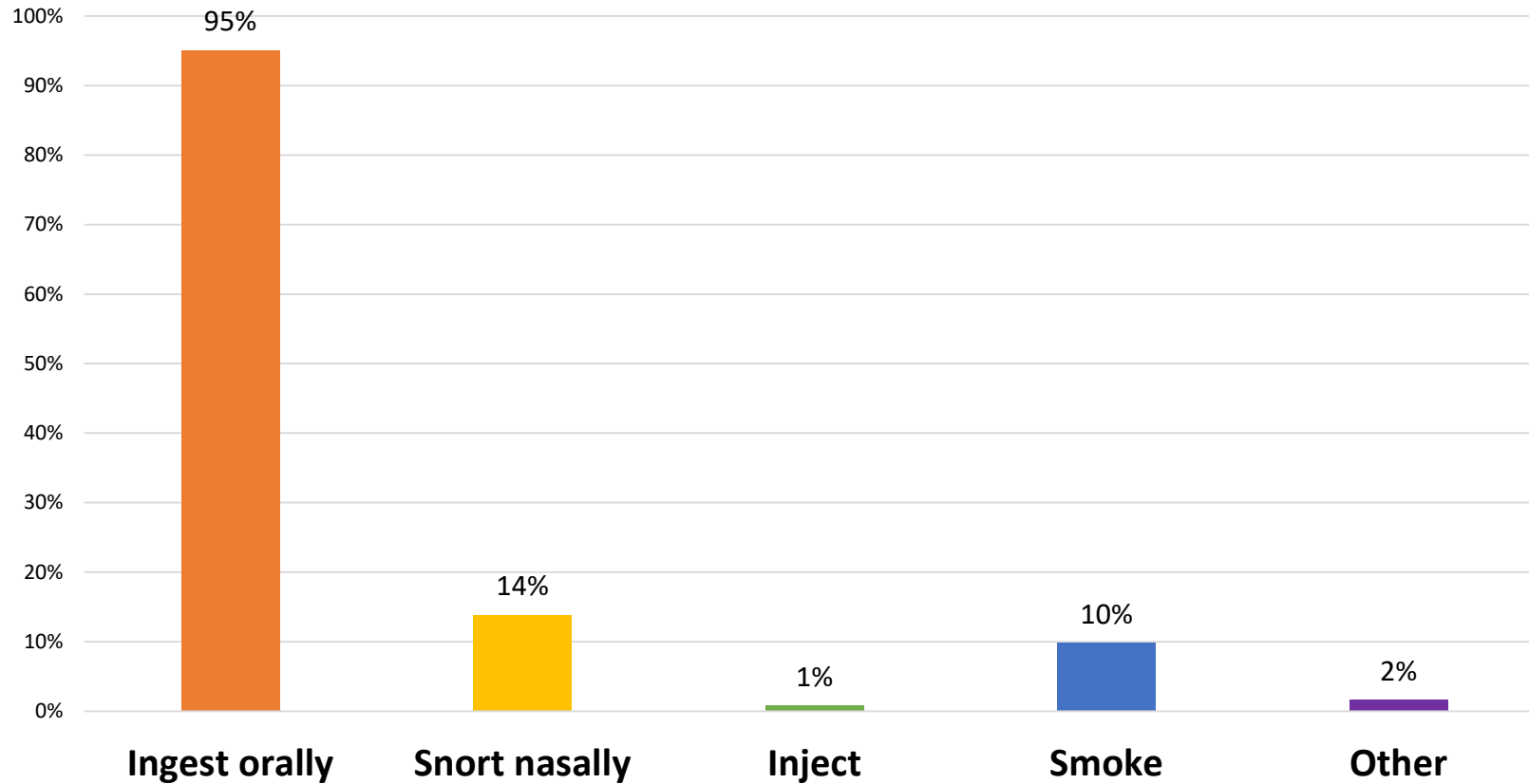
## Means by which students obtain prescription drugs for non-medical use



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# How have you taken prescription drugs for non-medical reasons? (*n* = 149)

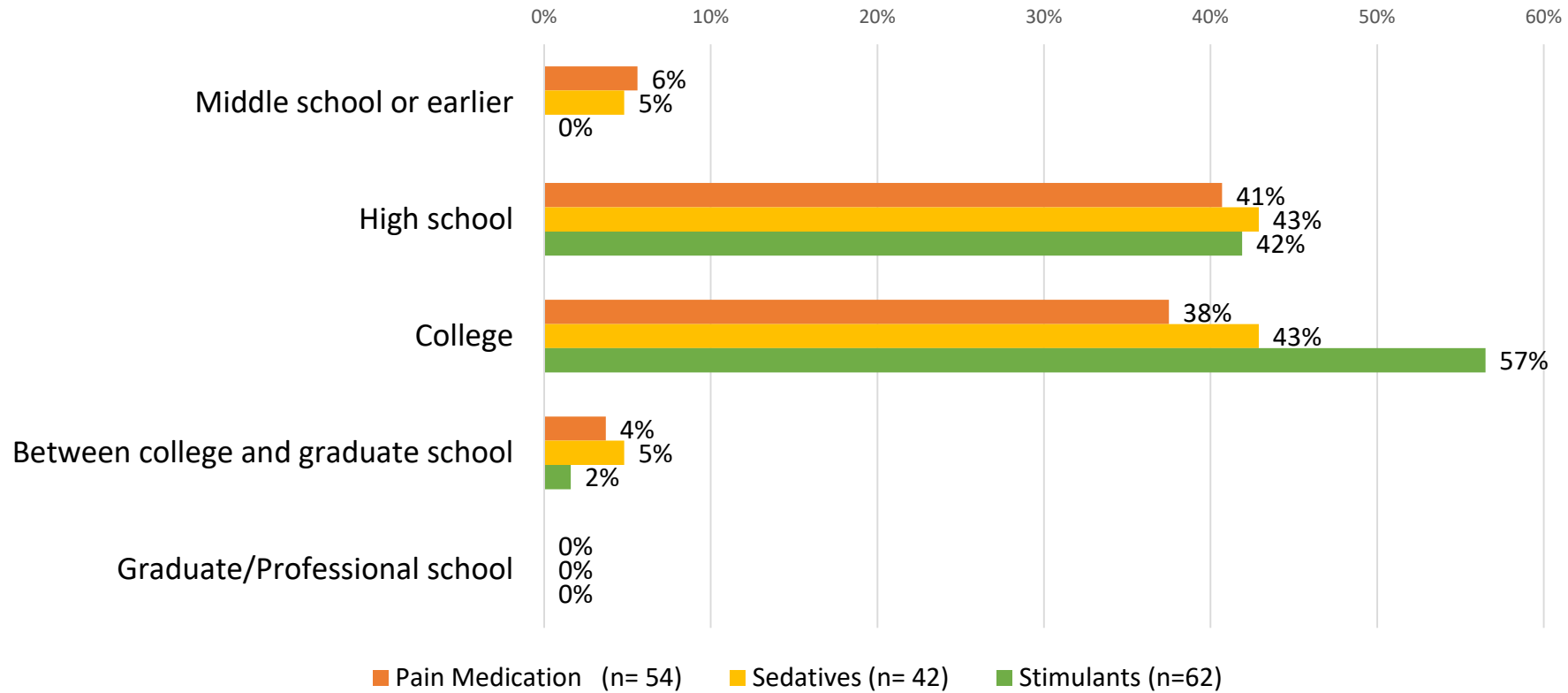




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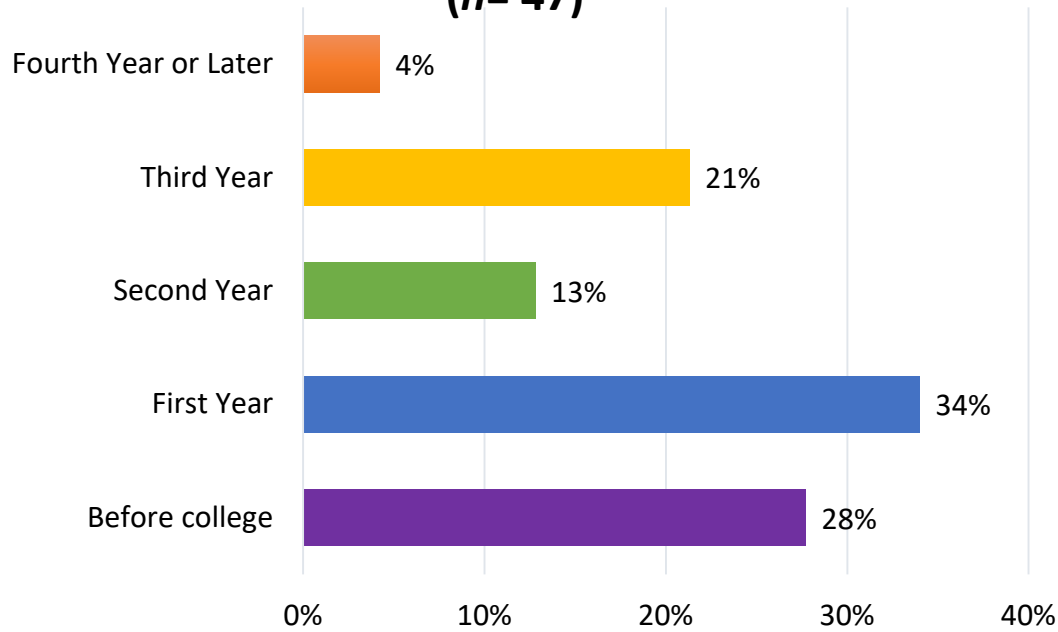
# When did you start using the following for non-medical reasons?



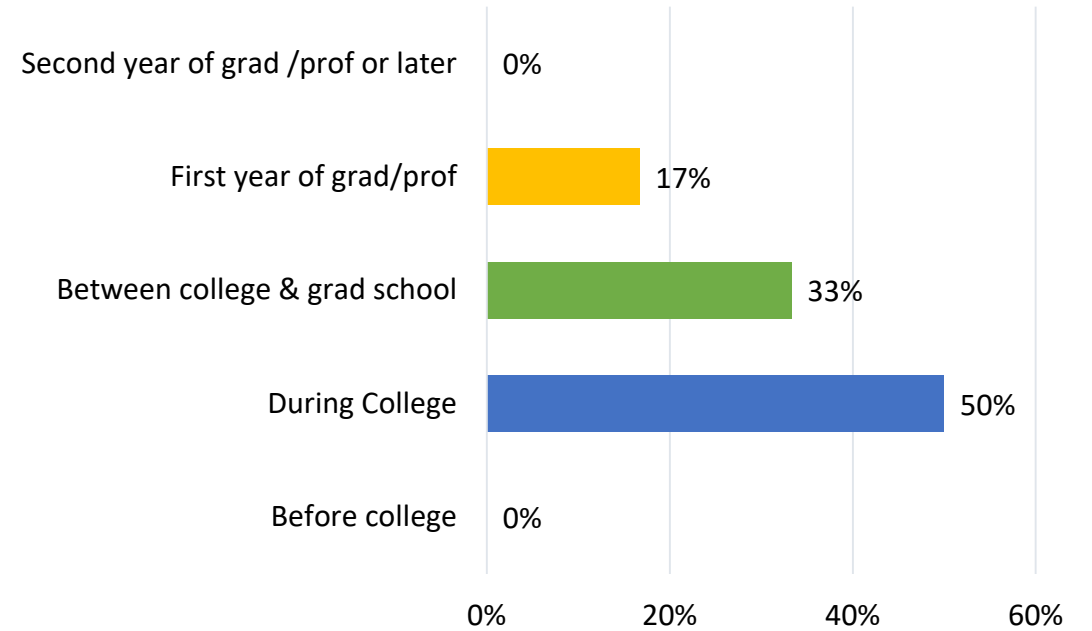
*Note. Self-reported among students who indicated they had ever used a prescription drug for non-medical reasons; students who responded "prefer not to say" are not presented in charts but are included in the percentage calculation.*

## When did you start using prescription drugs to study?

**Undergraduate Students**  
(n= 47)



**Graduate/Professional Students**  
(n= 6)



# CONSEQUENCES OF USE

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**DRUG STUDY**

Key Findings: California State University, Sacramento

**Pain Medications**

**29%**  
**Been depressed**

**25%**  
**Experienced withdrawals**

**23%**  
**Emotional problems<sup>2</sup>**

**Sedatives**

**26%**  
**Been depressed**

**21%**  
**Memory loss**

**19%**  
**Done something I wish I hadn't**

**Stimulants**

**57%**  
**Positive effects on grades<sup>1</sup>**

**16%**  
**Emotional problems<sup>2</sup>**

**12%**  
**Been depressed**

<sup>1</sup> Response option "Experienced a positive impact on your academics as a result of your use"

<sup>2</sup> Response option "Experienced emotional or psychological problems"

# REASON FOR USE

## Top 5 Reasons for Non-Medical Use of Prescription Drugs

<b>Pain Medications</b>	<b>Sedatives</b>	<b>Stimulants</b>
Relieve pain (54%)	Sleep (58%)	Help study or improve grades (83%)
Get high (41%)	Relieve anxiety (46%)	Enhance social interactions or situations (30%)
Sleep (37%)	Feel better (28%)	See what it was like (27%)
Relieve anxiety (37%)	Get high (26%)	Get high (20%)
Feel better (33%)	See what it was like (22%)	Like the way they feel (20%)

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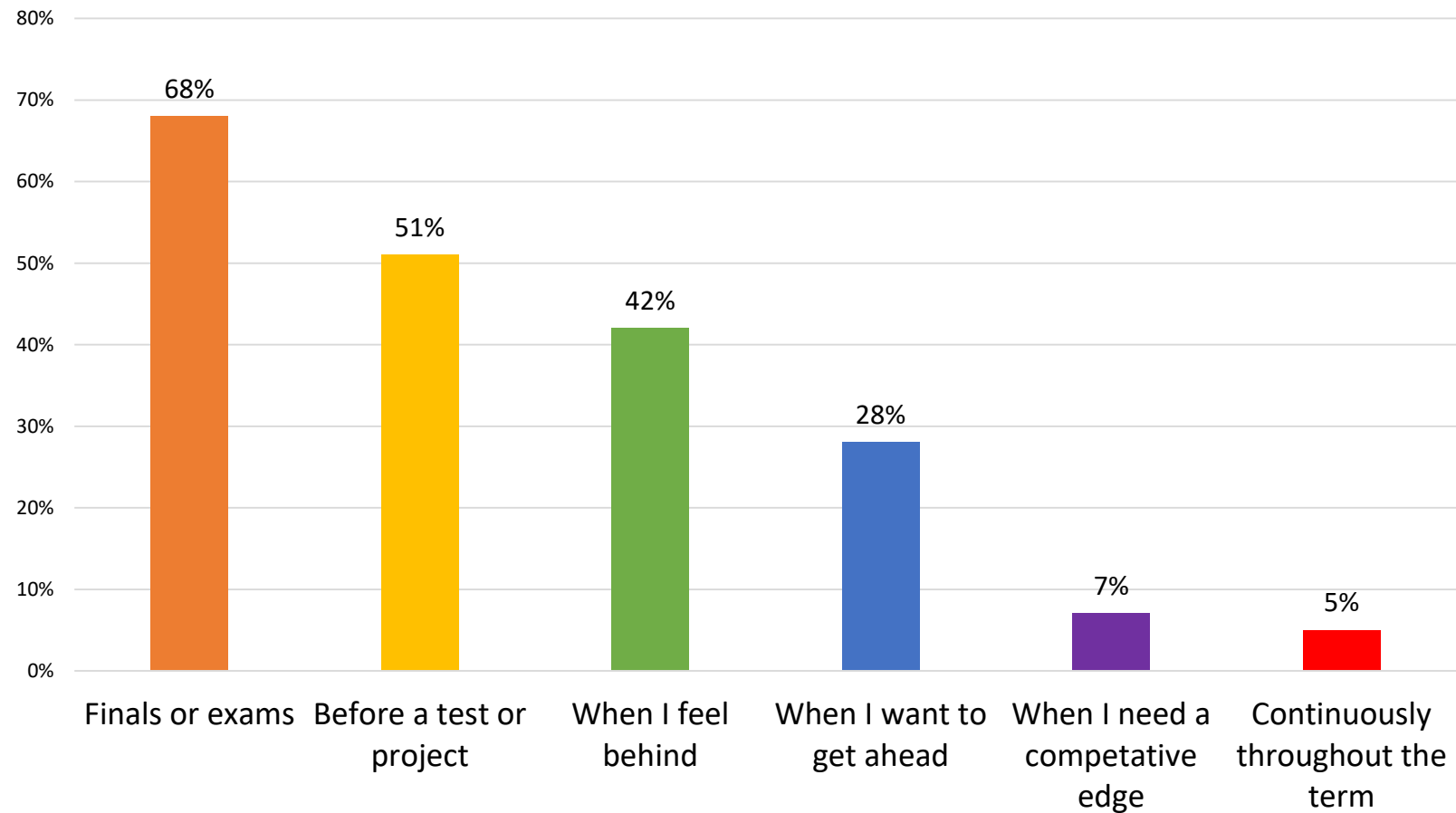
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# MISUSE AND STUDYING

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Key Findings: California State University, Sacramento

## When are you most likely to misuse prescription drugs to study?



# ALCOHOL AND OTHER DRUG USE

Do you ever use the following prescription medications while drinking alcohol?

## ALCOHOL AND OTHER DRUG USE

of students who report misusing prescriptions...

**16%** misuse pain medications with alcohol

**10%** misuse sedatives with alcohol

**10%** misuse stimulants with alcohol



# ILLICIT DRUG USE





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Report using illicit drugs in place of prescription drug misuse

**Illicit Drugs Used in Place of Prescription Drug Misuse**

Marijuana	92%	Methamphetamine	11%
Hallucinogens	40%	Inhalants	6%
MDMA	38%	Heroin	2%
Cocaine	32%		



# EDUCATION AND RESOURCES

## EDUCATION AND RESOURCES



**55%** of students are aware of resources to help with prescription drug safety

**78%** of students are aware of where to go for help if concerned or worried about misuse

**91%** of students reported never taking a workshop, class, or training on the appropriate ways to use prescription drugs

# PRESCRIBED MEDICATION BEHAVIORS

## Where do you store your prescription medications? ( $n = 116$ )



**74%**  
of students store  
prescriptions in  
an unlocked  
drawer, cabinet,  
or medical cabinet

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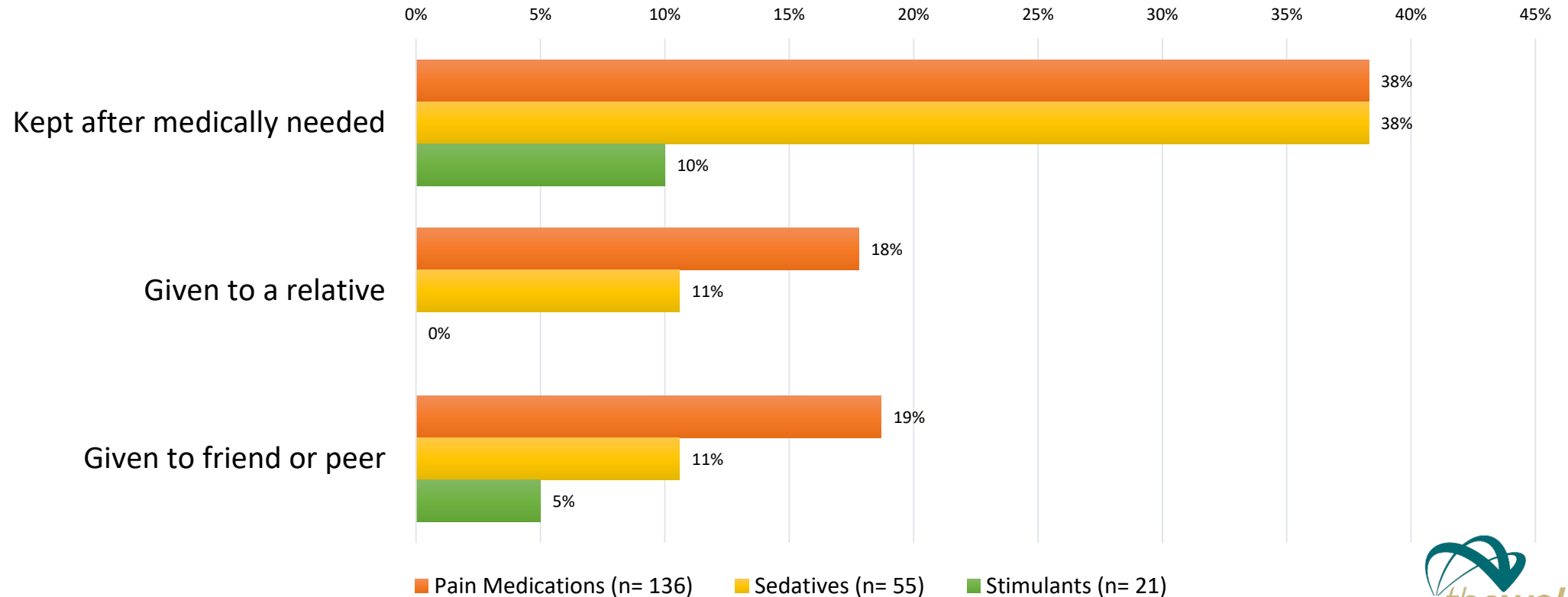
**Sac State students are more likely to keep pain medications and sedatives after no longer medically necessary, as well as provide prescriptions to friends, peers, and relatives compared to the national average.**

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## Have you done the following with your prescribed medications in the last 12 months?



# Next Steps

- Increasing education and training of staff, faculty and students on safe use of prescription drugs
- Sleep Well-Being Campaign
- Disposal Campaign
- Encourage faculty and staff to remind students of resources available during midterms and finals weeks
- Increasing education and training of staff, faculty and students on safe use of prescription drugs
- Provider & Staff Trainings for Prevention & Disposal