

Alcohol Consumption and Related Problems among Frostburg State University Students: *Latest Findings and Recommendations for Action*

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THE MARYLAND COLLABORATIVE
TO REDUCE COLLEGE DRINKING AND RELATED PROBLEMS

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Funding and Background

- The data contained in this presentation are derived from the Maryland College Alcohol Survey (MD-CAS), which is funded by the Behavioral Health Administration of the Maryland Department of Health.
- The Maryland Collaborative was established in 2012 and aims to use evidence-based strategies to reduce college student drinking, other substance use, and related problems.
- FSU is one of 19 colleges that comprise a partnership of institutions across the state whose presidents have agreed to join the initiative and work together to address underage and excessive drinking and related problems.

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 - 6. Tobacco/Nicotine Use and Other Substance Use
 - 7. Mental Health and Substance Use
 - 8. Sleep Habits
 - 9. Students at Risk for Binge Drinking/Cannabis Use
 - 10. Gambling/Betting
- C. Resource Needs for Addressing Excessive Drinking and Related Problems at FSU

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Participation in the Overall MD-CAS 2025

- 3,159 full-time undergraduate students ages 18-25 from thirteen schools participated in the MD-CAS 2025.
- The overall response rate was 10.7%, ranging from 6% to 27% across schools.
- The online survey was administered for three weeks in February-March 2025.
- 7% of responses obtained using new generic link/QR code.
- 68% of respondents were ages 18-20 and 62% lived in residence halls or school-owned apartments.

	MD-CAS 2025 Sample (N=3,976)
Gender	
Cisgender Women (<i>n</i> =1950)	62%
Transgender Women (<i>n</i> =13)	0%
Cisgender Men (<i>n</i> =997)	32%
Transgender Men (<i>n</i> =23)	1%
Genderqueer (<i>n</i> =22)	1%
Nonbinary (<i>n</i> =79)	3%
Gender not listed (<i>n</i> =7)	0%
Prefer not to state (<i>n</i> =38)	1%
Race/ethnicity	
Non-Hispanic White (<i>n</i> =1416)	45%
Non-Hispanic Black/African American (<i>n</i> =689)	22%
Non-Hispanic Asian (<i>n</i> =417)	13%
Hispanic (<i>n</i> =323)	10%
Other or Multiracial (<i>n</i> =239)	8%
Non-Hispanic Middle Eastern or North African	1%

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Aggregate MD-CAS 2025 Overview

- 39% **did not use either** alcohol, cannabis during the past year ($n=1,125$)
- 61% **drank alcohol in the past year** ($n=1,929$)
- 46% **drank alcohol in the past month** ($n=1,427$)
- 21% **binge drank in the past month** ($n=626$)
- 27% **used cannabis in the past year** ($n=783$)
- 19% **used cannabis in past month** ($n=527$)
- 8% **binge drank and used cannabis** in the past month ($n=240$)
- 7% **used cannabis and tobacco/nicotine** in the past month ($n=182$)
- 13% **used tobacco/nicotine** in the past month ($n=357$)
- 4% **used tobacco/nicotine, cannabis, and binge drank** in the past month ($n=115$)
- 1% **Identify as being in recovery from alcohol and/or drug problems** ($n=27$)
- 50% **reported mental health struggles affecting their daily life** ($n=1,348$)

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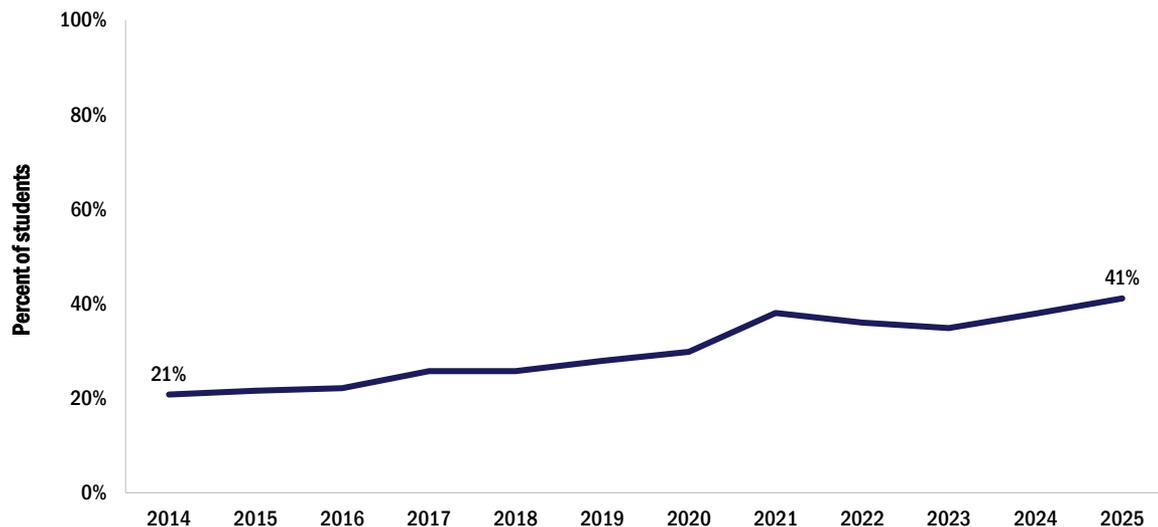


Section A Trends in Alcohol Use: Overall MD-CAS Sample, 2014-2025

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Trends in Past-year Non-Drinkers among All Students

Overall MD-CAS Sample, 2014-2025



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Definitions of Alcohol Risk Groups in the MD-CAS

LOW RISK

Students who *did not drink* during the past year (including lifetime abstainers)

MODERATE RISK

Drank during the past year, but *did not binge drink** during the past month

HIGH RISK

Binge drinking one to four times during the past month

VERY HIGH RISK

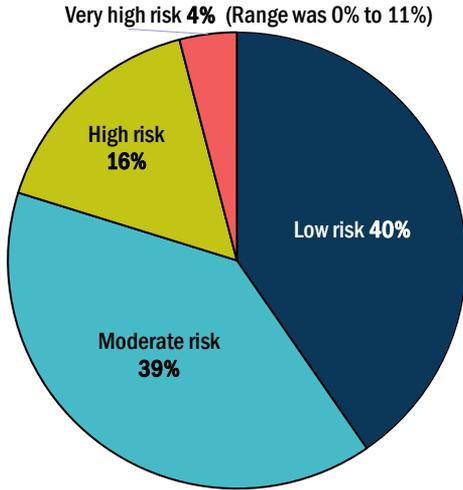
Binge drinking five or more times during the past month

**Binge drinking is defined as consuming 5 or more drinks for males/4 or more for females and transgender people on the same occasion (i.e., in a row or within a few hours) on at least one day during the past 30 days.*

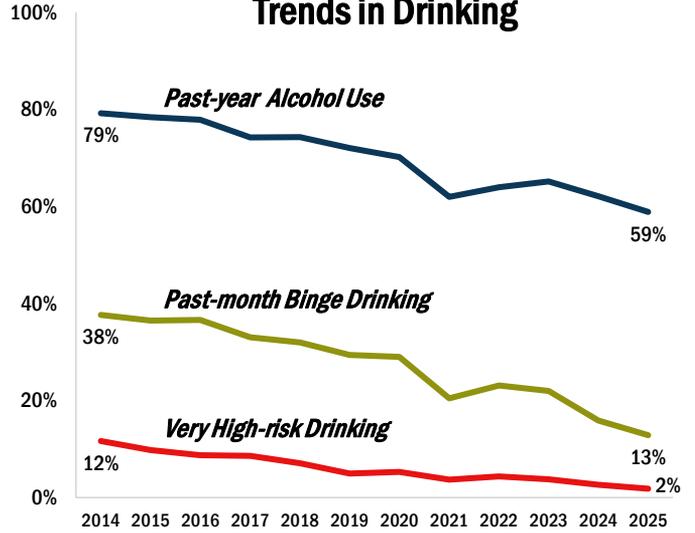
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2025 Overall MD-CAS Sample

Alcohol Risk Groups



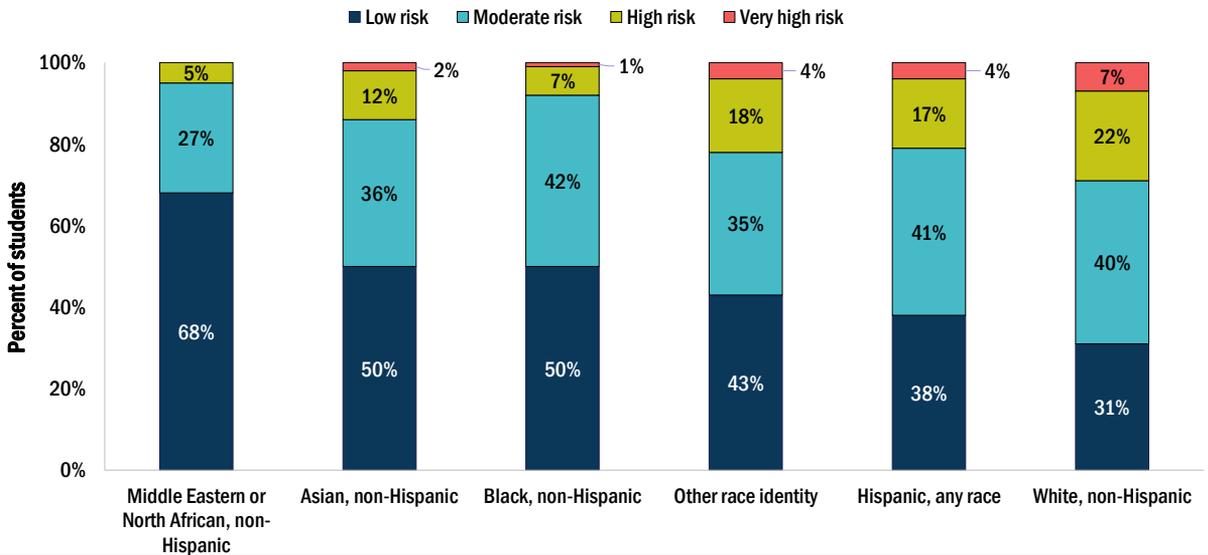
Trends in Drinking



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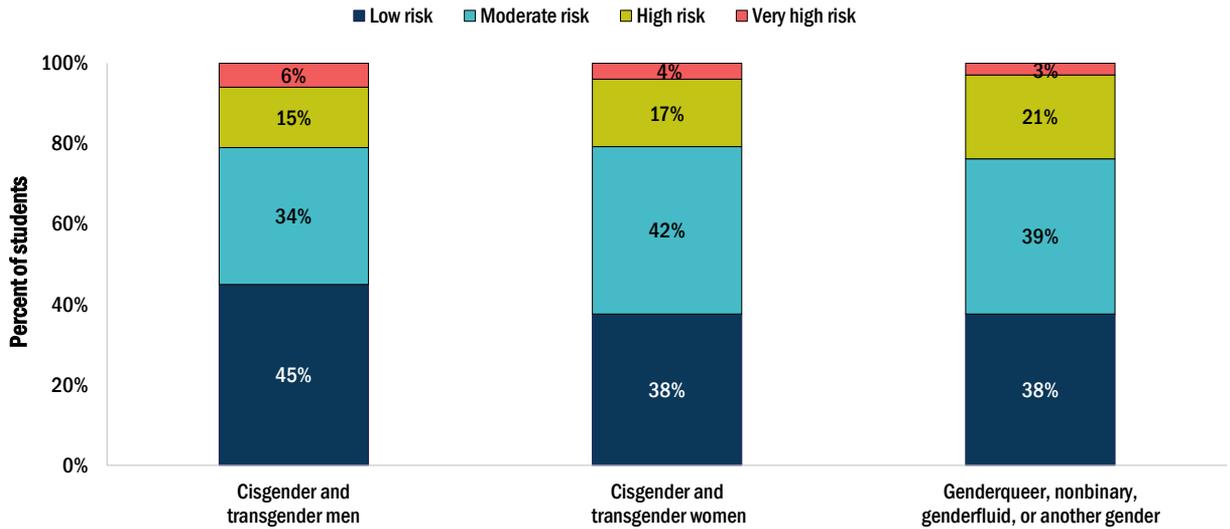
Alcohol Risk Groups by Race/Ethnicity

Overall 2025 MD-CAS Sample



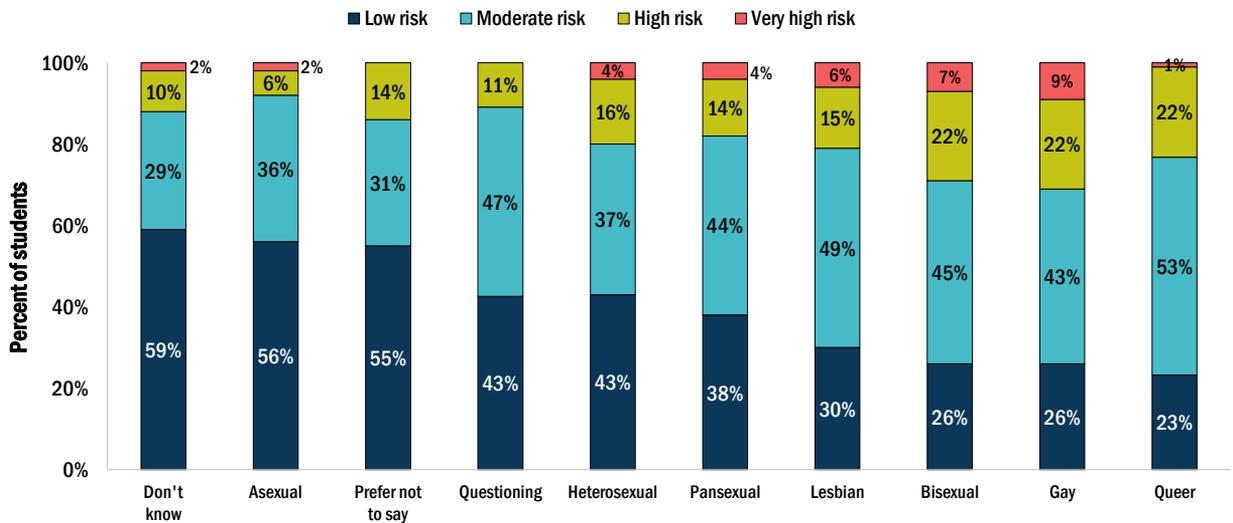
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Alcohol Risk Groups by Gender Overall 2025 MD-CAS Sample



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Alcohol Risk Groups by Sexual Orientation Overall 2025 MD-CAS Sample

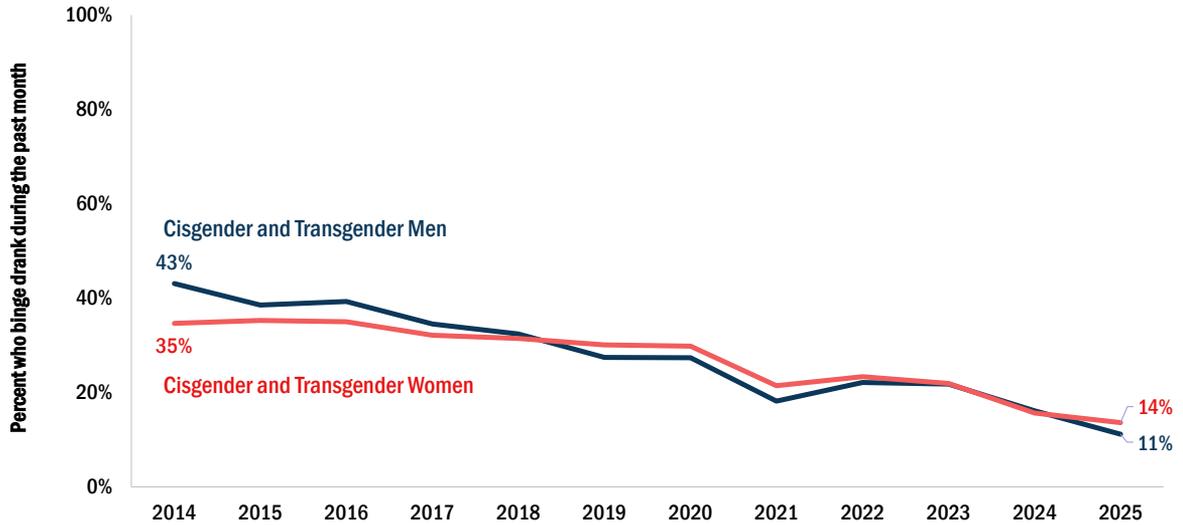


*Note: "I use a different term/Something else" not shown due to small sample size.

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Trends in Binge Drinking by Gender

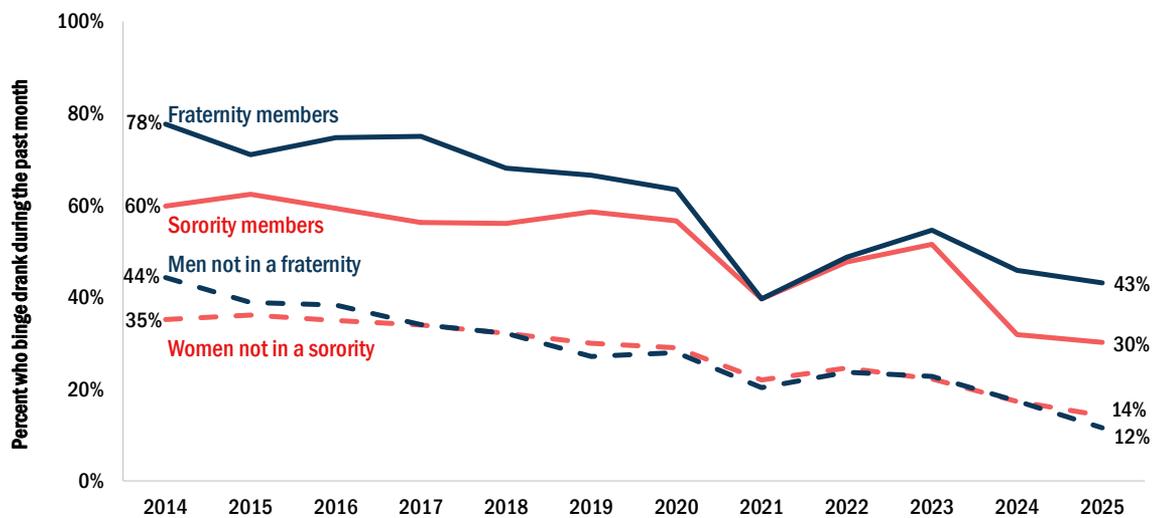
Overall MD-CAS Sample, 2014-2025



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Binge Drinking Trends by Fraternity/Sorority Members*

Overall MD-CAS Sample, 2014-2025

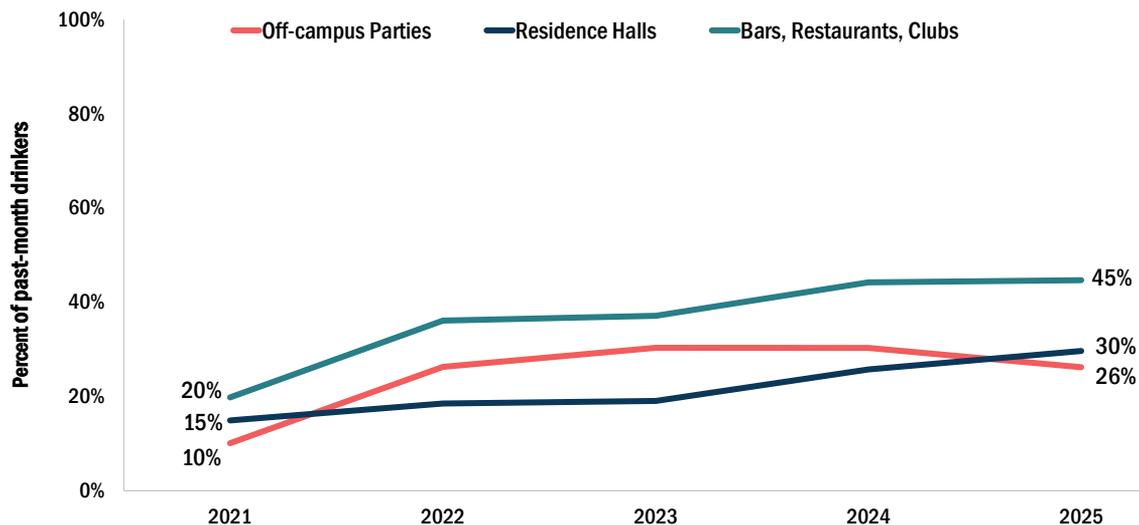


*Among students at schools with sororities/fraternities; past-month binge drinking

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Where Students Binge Drink

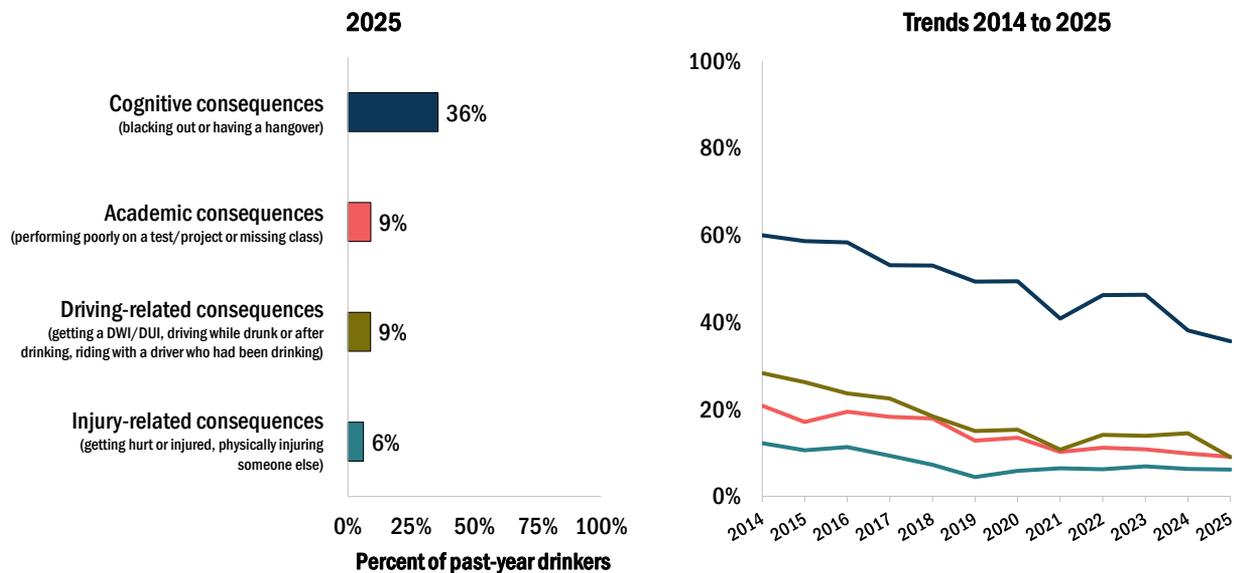
Among Past-month Binge Drinkers, Overall MD-CAS Sample, 2021-2025



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Direct Consequences of Alcohol Use

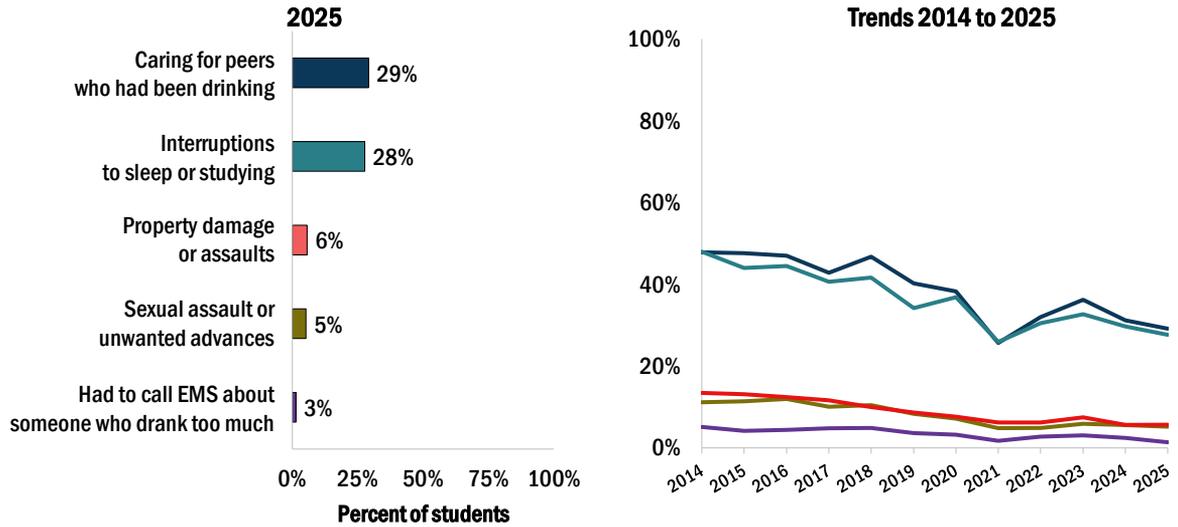
Overall 2025 MD-CAS Sample



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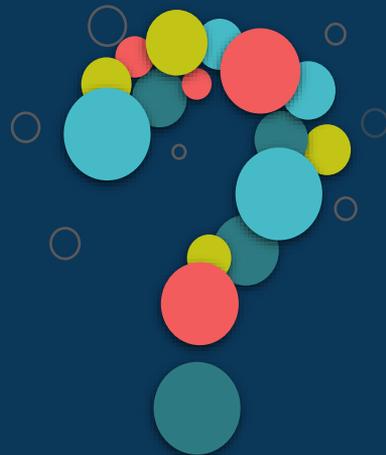
Trends in Harms Experienced as a Result of Other's Alcohol Use

Overall MD-CAS Sample



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**Views from Campus:
What have you been seeing?**



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Cannabis Use, Consequences, and Access to Cannabis Overall MD-CAS Sample, 2015-2025

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Students' Understanding of Maryland's Cannabis Law and Federal Drug-Free Schools and Communities Act



The Basics

68% knew legalization only applies to adults ≥ 21 and that recreational cannabis use is illegal for anyone under 21.

The Details

78% knew it is not legal to use cannabis on campus, regardless of age.

61% knew that it is legal to use cannabis in a private residence.

61% knew it is not legal to use cannabis in motor vehicles.

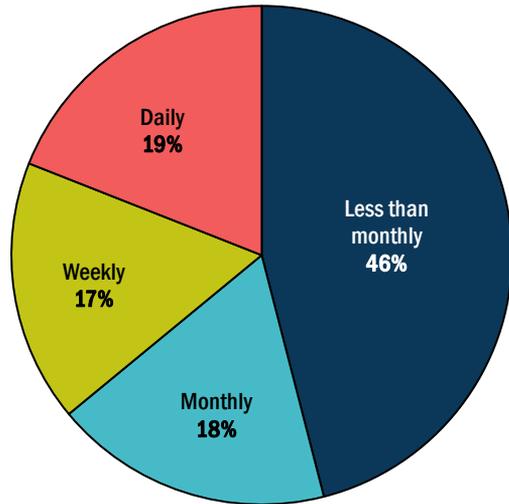
30% knew it is not legal to use cannabis in public places.

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27% of Students Used Cannabis during the Past Year

Overall 2025 MD-CAS Sample

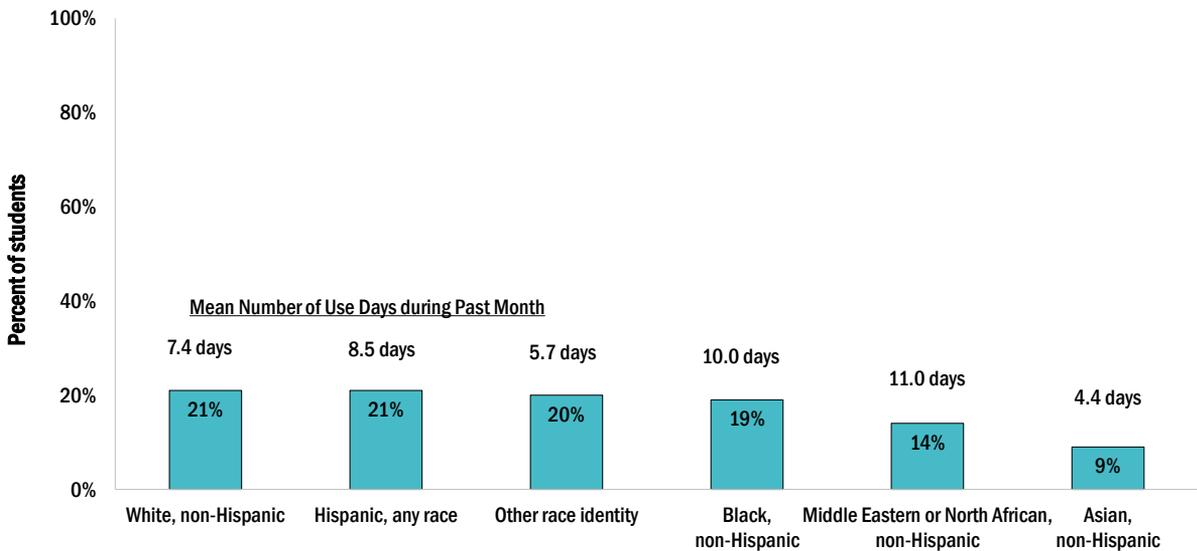
How often did these students ($n=783$) use cannabis in the past year?



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Past-month Cannabis Use, by Race/Ethnicity

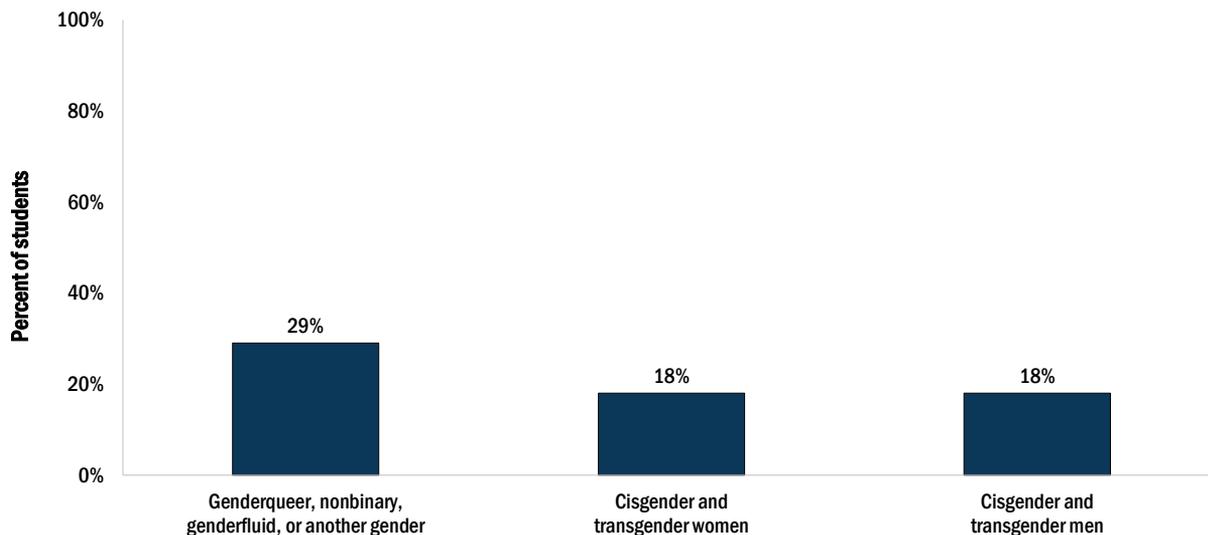
Overall 2025 MD-CAS Sample



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Past-month Cannabis Use, by Gender

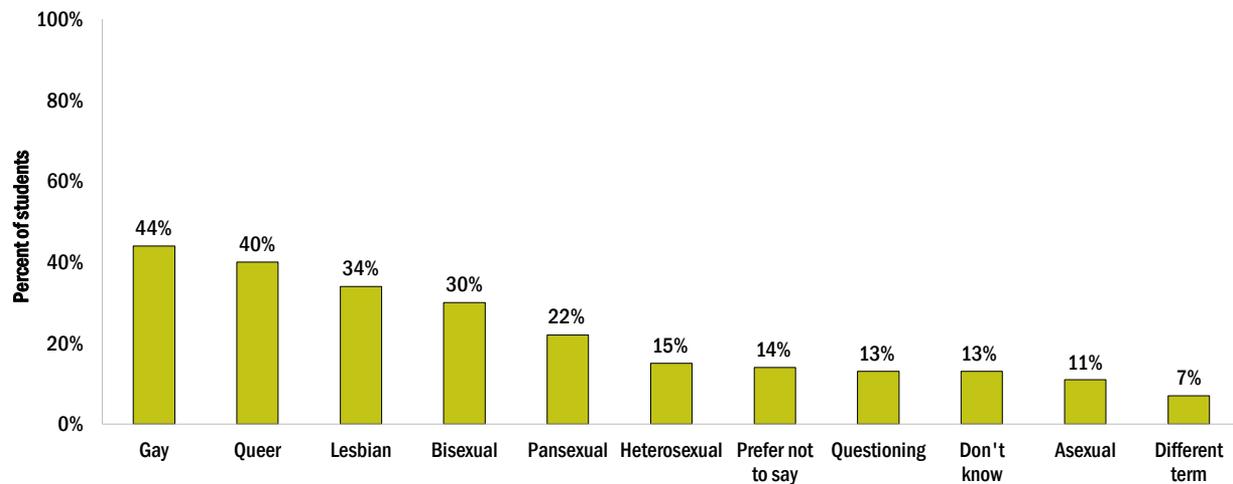
Overall 2025 MD-CAS Sample



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Past-month Cannabis Use, by Sexual Orientation

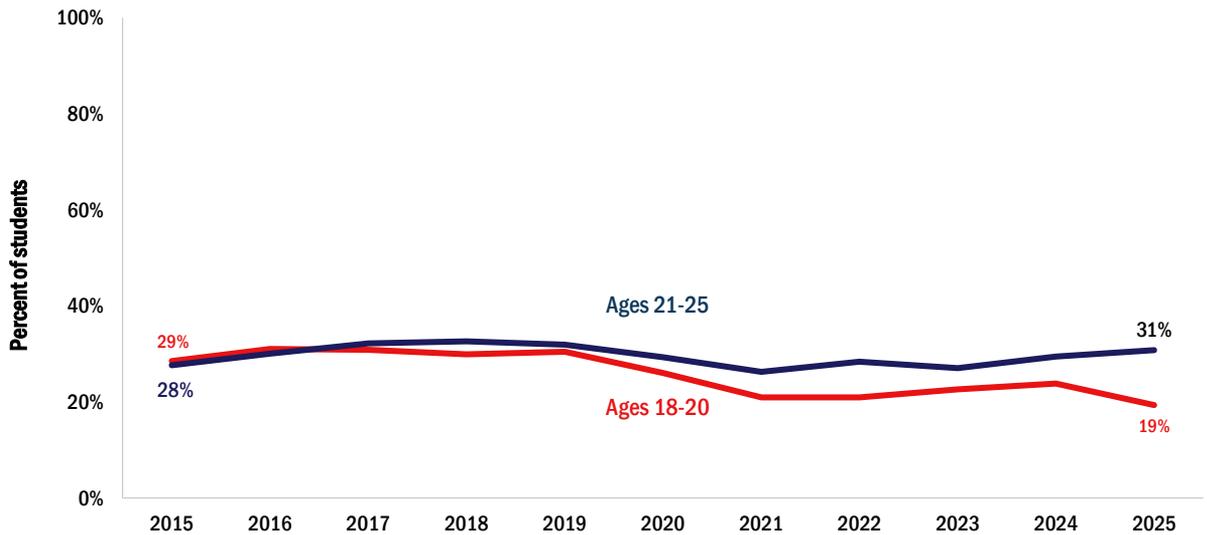
Overall 2025 MD-CAS Sample



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Trends in Past-year Cannabis Use, by Age Category

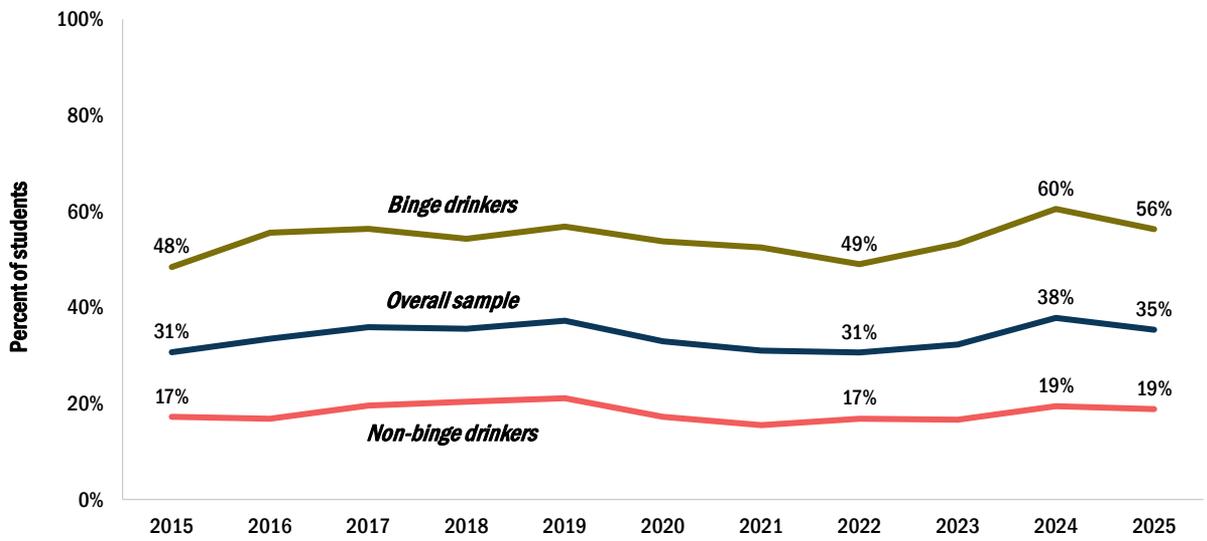
Overall MD-CAS Sample, 2015-2025



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Trends in Past-year Cannabis Use, Overall and by Binge Drinking

Overall MD-CAS Sample, 2015-2025



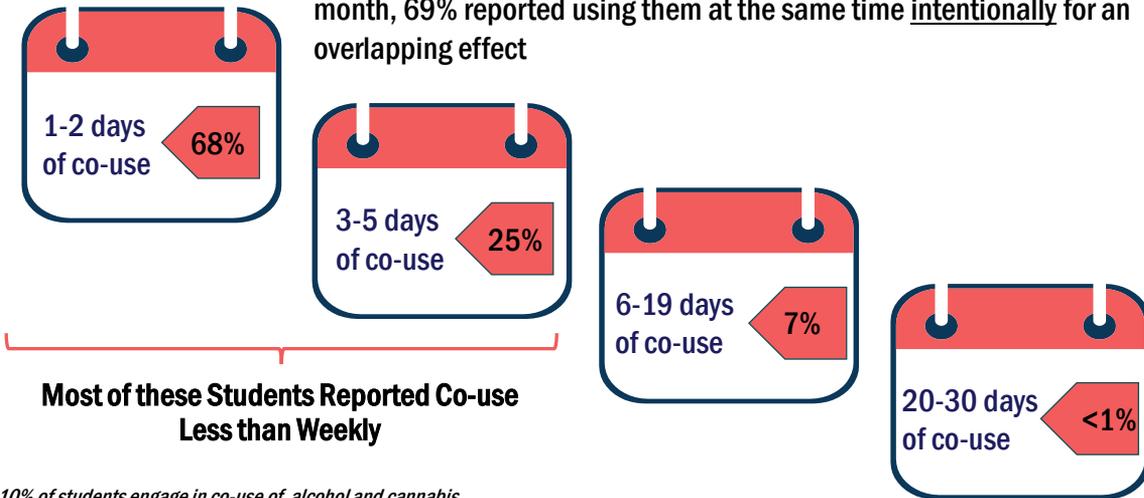
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Students' Co-use of Alcohol and Cannabis

Overall 2025 MD-CAS Sample



Among students who used both alcohol and cannabis during the past month, 69% reported using them at the same time intentionally for an overlapping effect

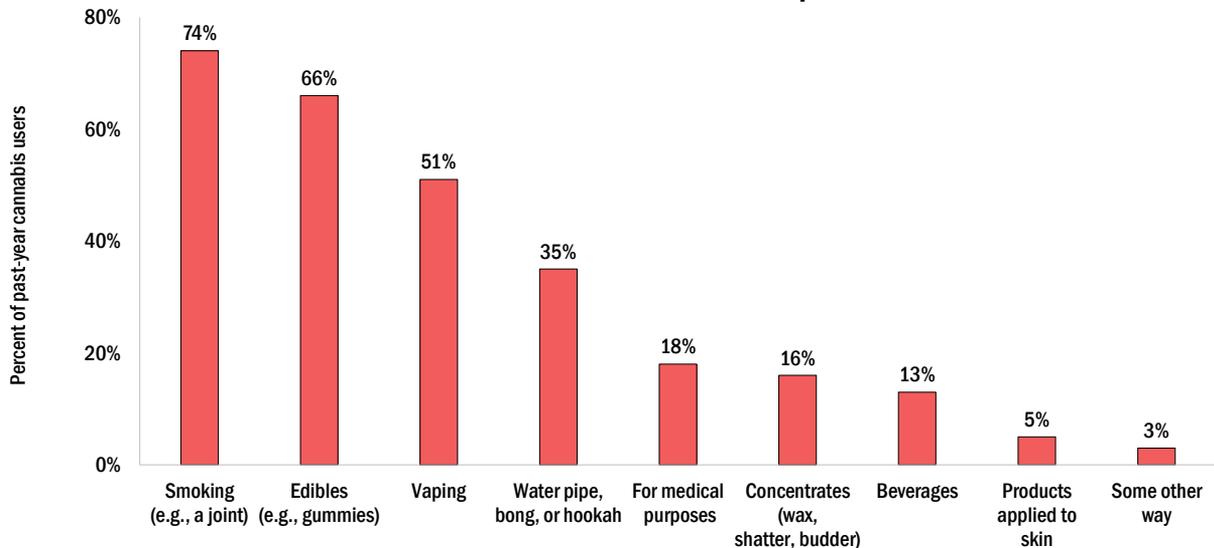


**10% of students engage in co-use of alcohol and cannabis.*

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Method of Cannabis Use*

Overall 2025 MD-CAS Sample

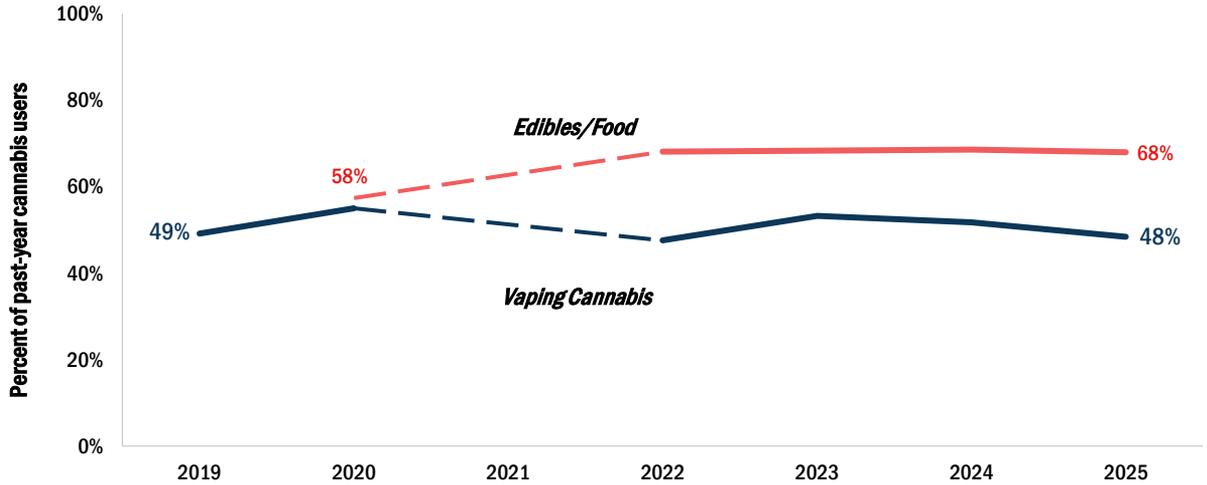


**Among past-year cannabis users*

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Prevalence of Vaping Cannabis and Consuming Edibles/Food

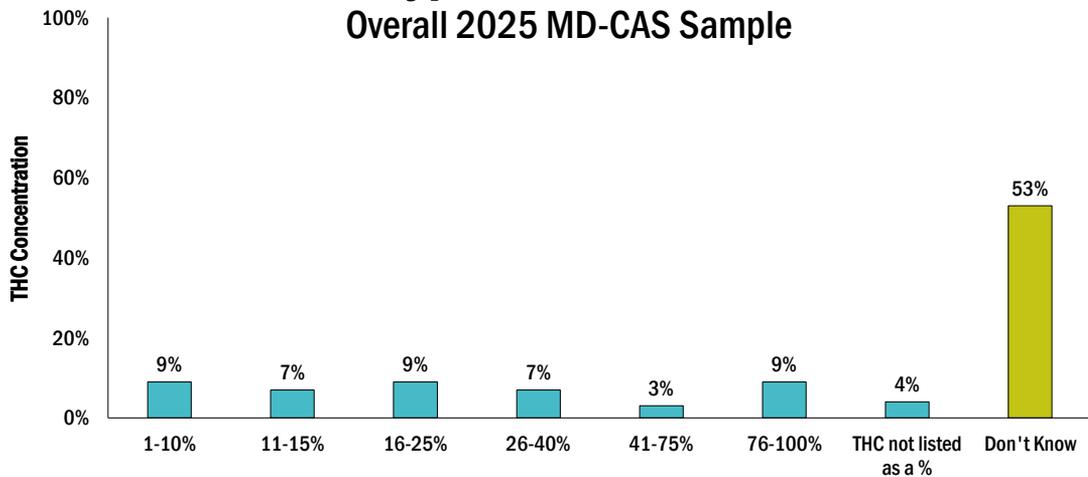
among Past-year Cannabis Users, Overall MD-CAS Sample, 2019-2025



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THC Concentration of Most Frequently Used Type of Cannabis

Overall 2025 MD-CAS Sample



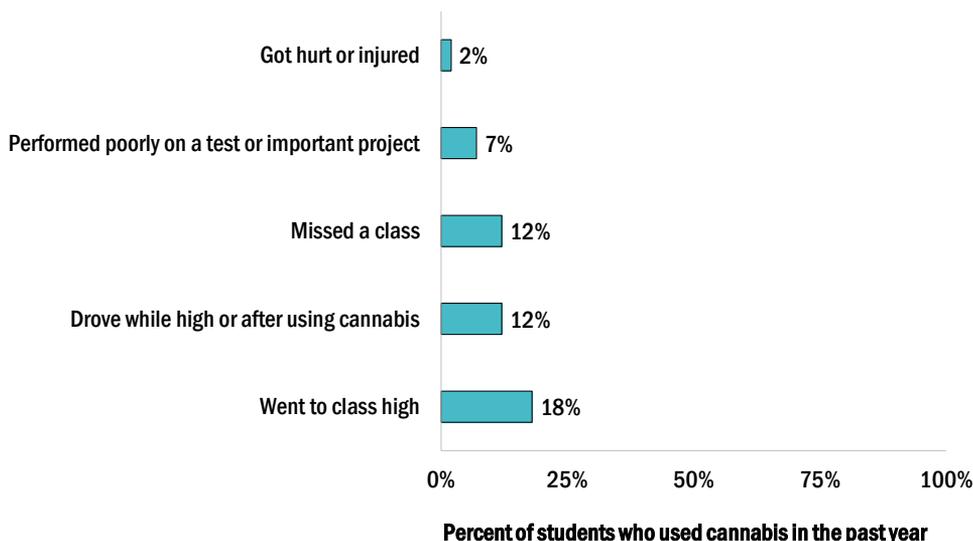
*Among students who used cannabis in the past year. (N=763)

Note: Using high potency cannabis was more common among students who use cannabis frequently.

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Direct Consequences of Cannabis Use

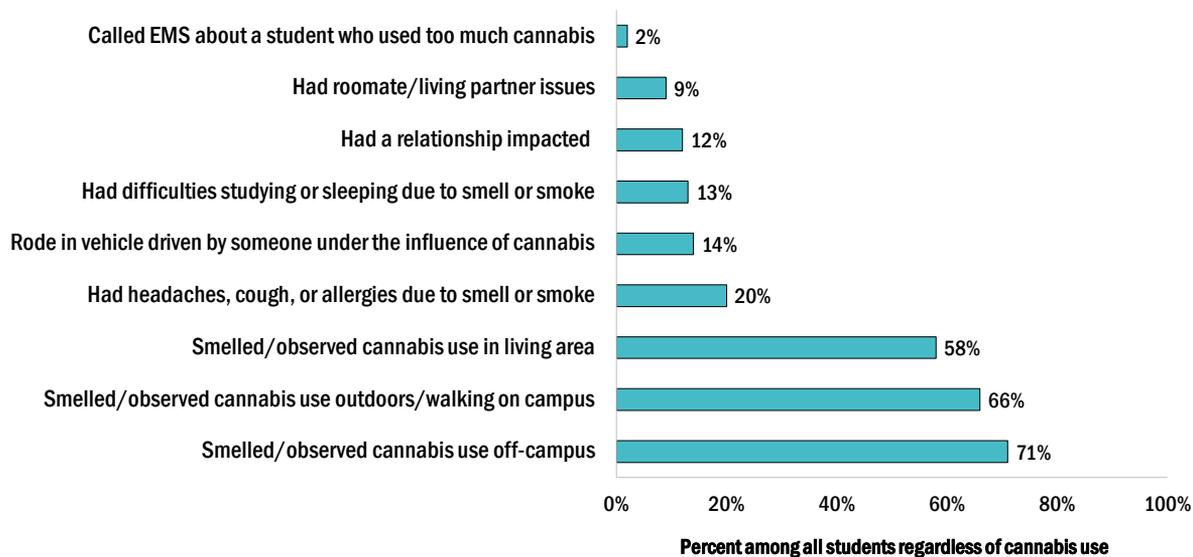
Overall 2025 MD-CAS Sample



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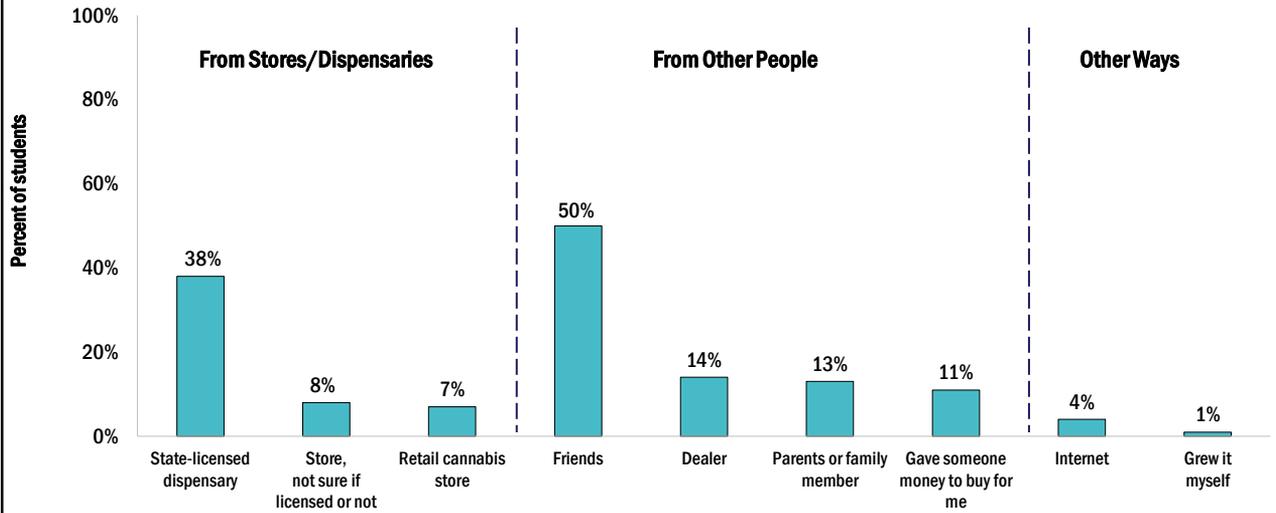
Harms Experienced as a Result of Others' Cannabis Use

Overall 2025 MD-CAS Sample



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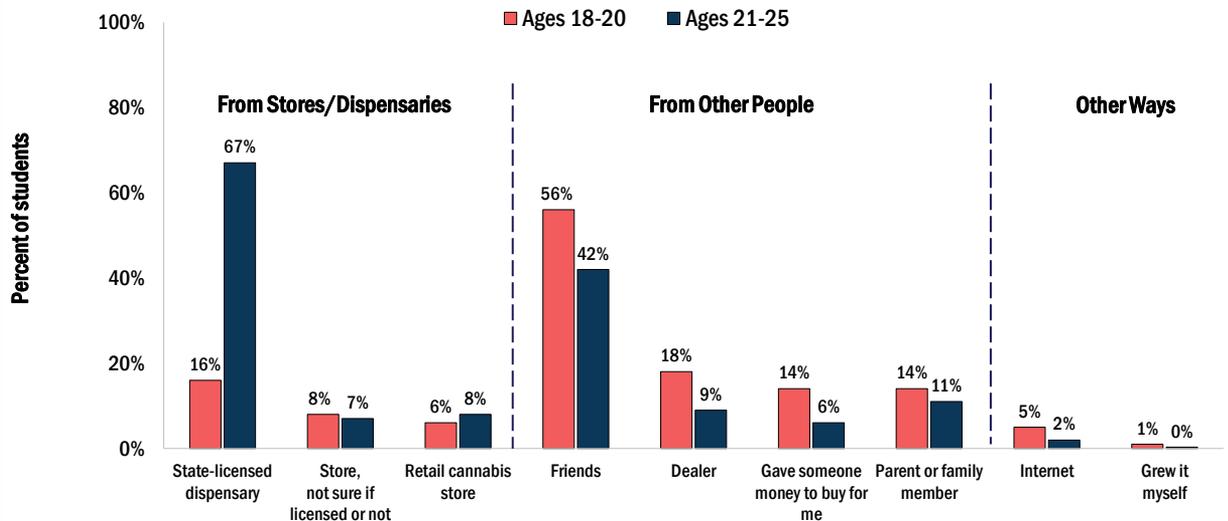
How Students Obtained Cannabis in Maryland Overall 2025 MD-CAS Sample



*Among students who obtained cannabis in Maryland in the past year, 9% of students who used cannabis did not obtain cannabis in Maryland.

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How Students Obtained Cannabis in Maryland Overall 2025 MD-CAS Sample

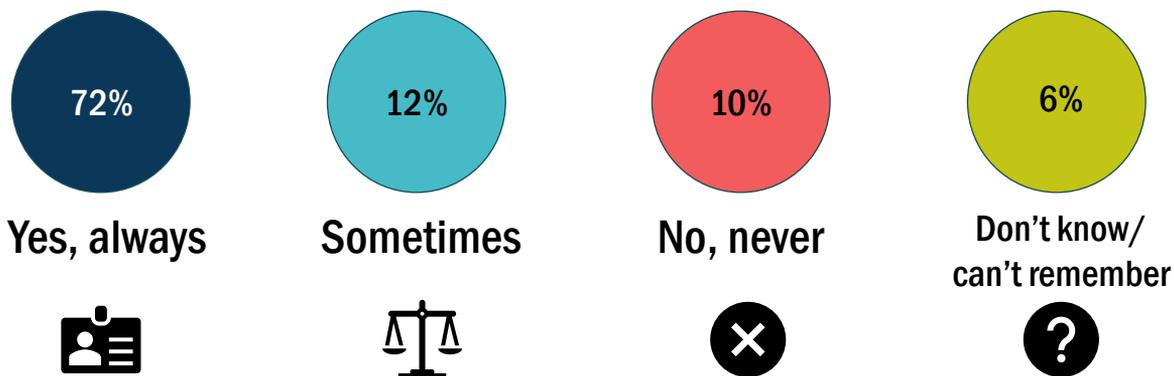


*Among students who obtained cannabis in Maryland in the past year, (N=1,068)

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Were Students who Bought Cannabis at a Dispensary or Store Carded or Asked for ID?

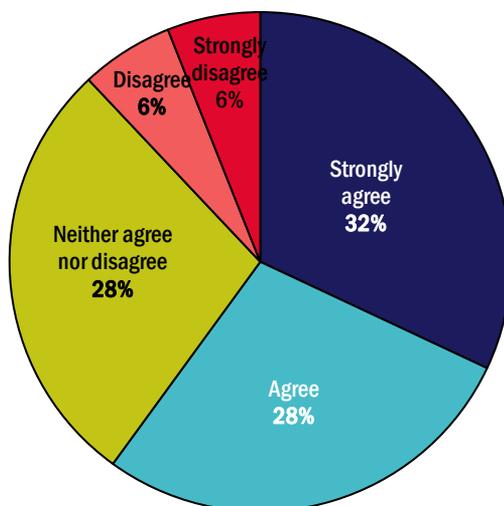
Overall 2025 MD-CAS Sample (N=348)



**Among students who obtained cannabis in Maryland in the past year*

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“ I would support a campus policy that prohibits a strong cannabis smell or odor (e.g., smoke).”



60% of all students support an odor policy.

39% of students who used cannabis during the past year support an odor policy.

**Overall MD-CAS 2025 data*

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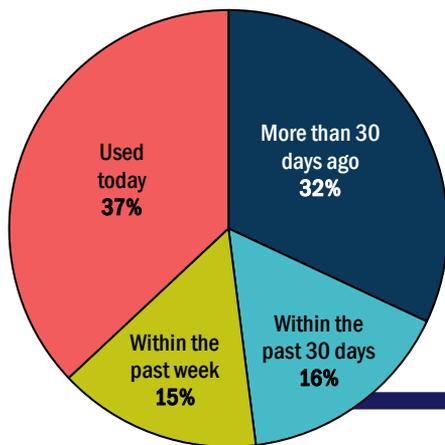


Tobacco/Nicotine and Other Substance Use Overall MD-CAS Sample, 2015-2025

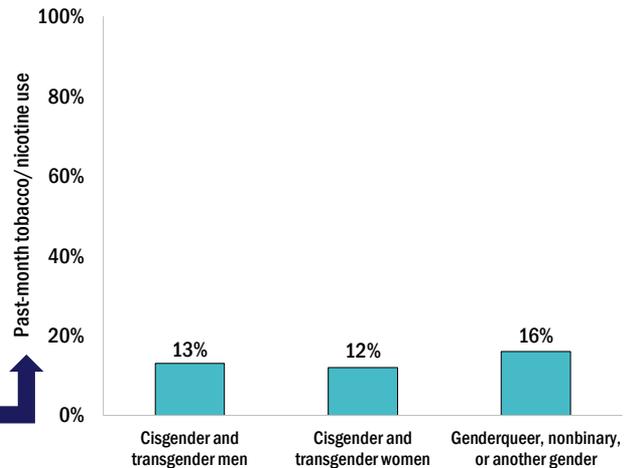
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19% of Students Used Tobacco/Nicotine in Past Year Overall 2025 MD-CAS Sample

How long has it been since these students used tobacco or nicotine during the **past year**?



Is there a difference in tobacco use during the **past month** by gender?

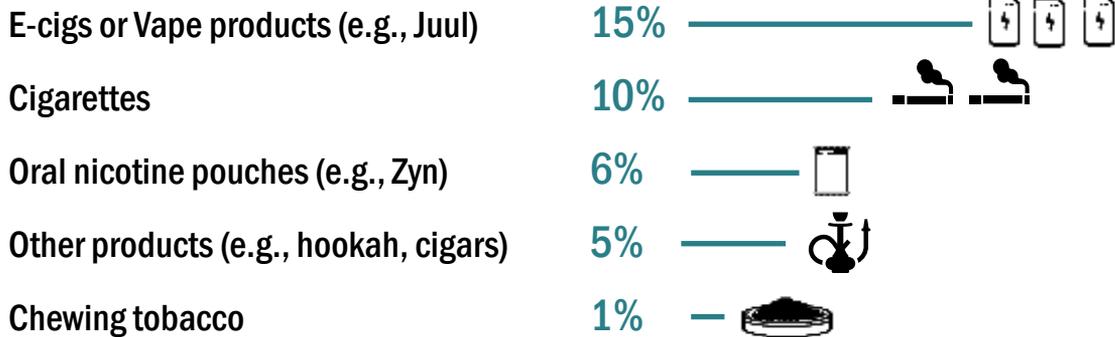


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Types of Tobacco/Nicotine Used in Past Year

Overall 2025 MD-CAS Sample

Methods of Use



49% of students who used tobacco/nicotine during the past year reported wanting to cut down or stop.

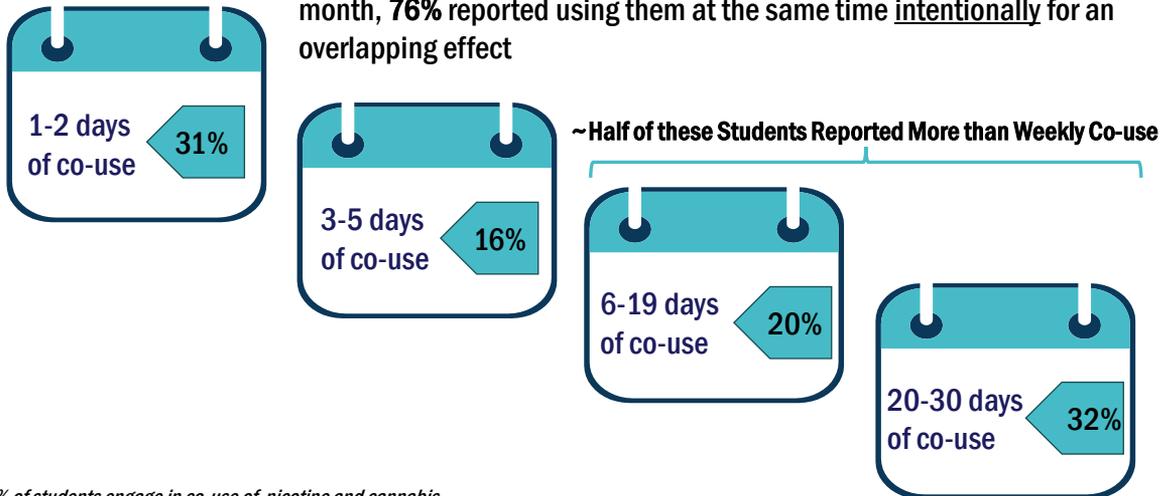
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Students' Co-use of Nicotine and Cannabis

Overall 2025 MD-CAS Sample



Among students who used both alcohol and cannabis during the past month, **76%** reported using them at the same time intentionally for an overlapping effect



*5% of students engage in co-use of nicotine and cannabis.

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Other Substance Use among Students

Overall 2025 MD-CAS Sample

Substance	% of students who used during the past year
Prescription drugs used nonmedically	3%
Prescription stimulants	2%
Prescription analgesics (pain relievers)	<1%
Prescription tranquilizers	<1%
Prescription sedatives	<1%
Other substances	
Hallucinogens	3%
Cocaine	1%
Ecstasy	<1%
Heroin	<1%
Methamphetamine	<1%

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Mental Health and Substance Use

Overall MD-CAS Sample, 2025

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Students' Recovery and Use Reduction

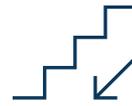
Overall 2025 MD-CAS Sample



1% of students identifying as in recovery from alcohol or drug problems



20% of students who used alcohol and/or cannabis during the past year want to or tried to cut down or stop drinking or using drugs



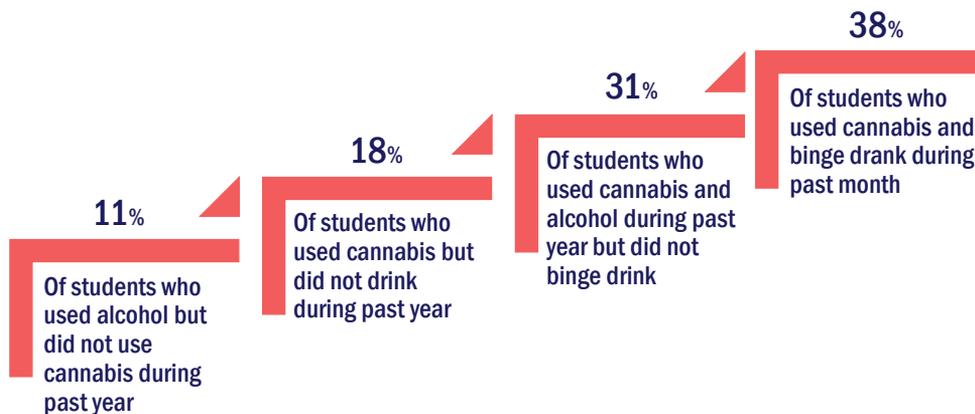
38% of students who binge drank and used cannabis* wanted to or tried to cut down or stop

**Binge drank and used cannabis during the past month*

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% of Students Who Wanted or Tried to Cut Down or Stop

Overall 2025 MD-CAS Sample



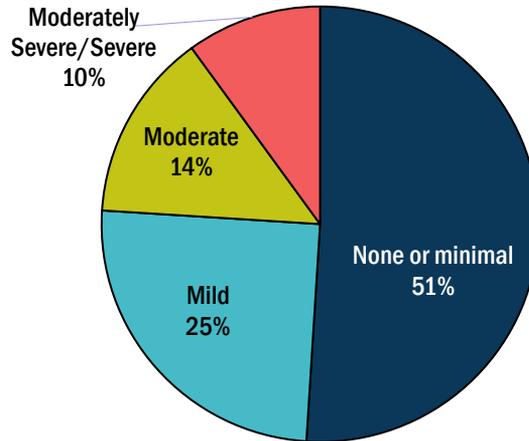
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Depressive Symptoms, Overall 2025 MD-CAS Sample

Based on the PHQ-8, a standardized measure asking how often student experienced depressive symptoms over the last two weeks: “not at all”, for “several days”, “more than half the days”, or “nearly every day”

Depressive Symptoms

- decreased interest in normal activities
- feeling down
- feeling a sense of hopelessness
- change in sleep and/or appetite
- negative self image
- trouble concentrating
- letting others down



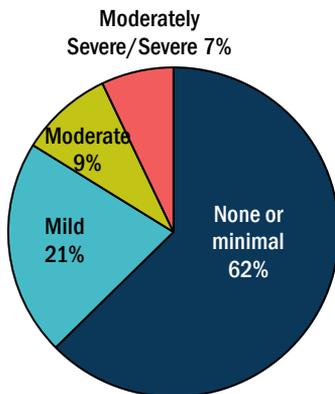
Distribution of Level of Depressive Symptoms

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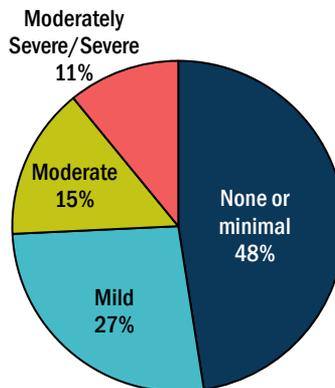
Depressive Symptoms, by Gender

Overall 2025 MD-CAS Sample

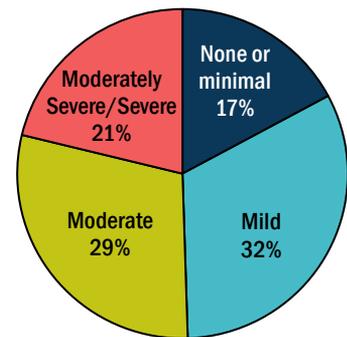
Distribution of Level of Depressive Symptoms



Cisgender and Transgender Men



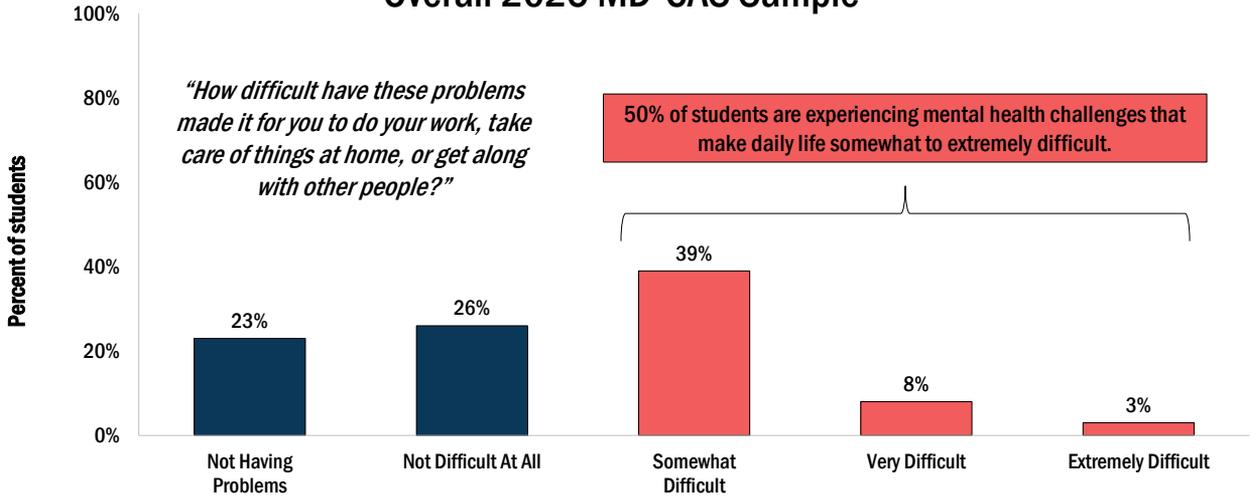
Cisgender and Transgender Women



Genderqueer, Nonbinary, or Another Gender

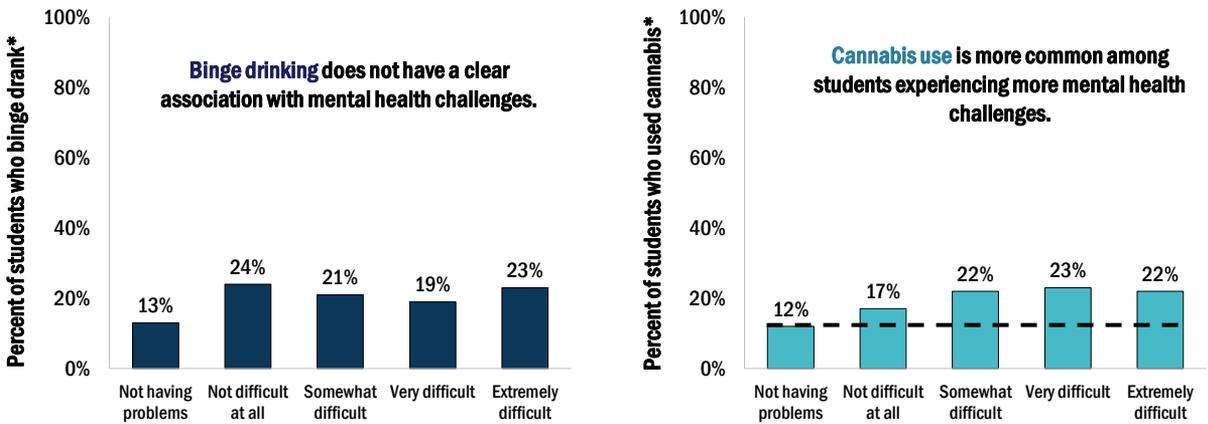
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Half of Students Are Experiencing Mental Health Challenges That Affect Their Daily Life Overall 2025 MD-CAS Sample



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Association between Mental Health Challenges and Binge Drinking and Cannabis Use Overall 2025 MD-CAS Sample



“How difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?”

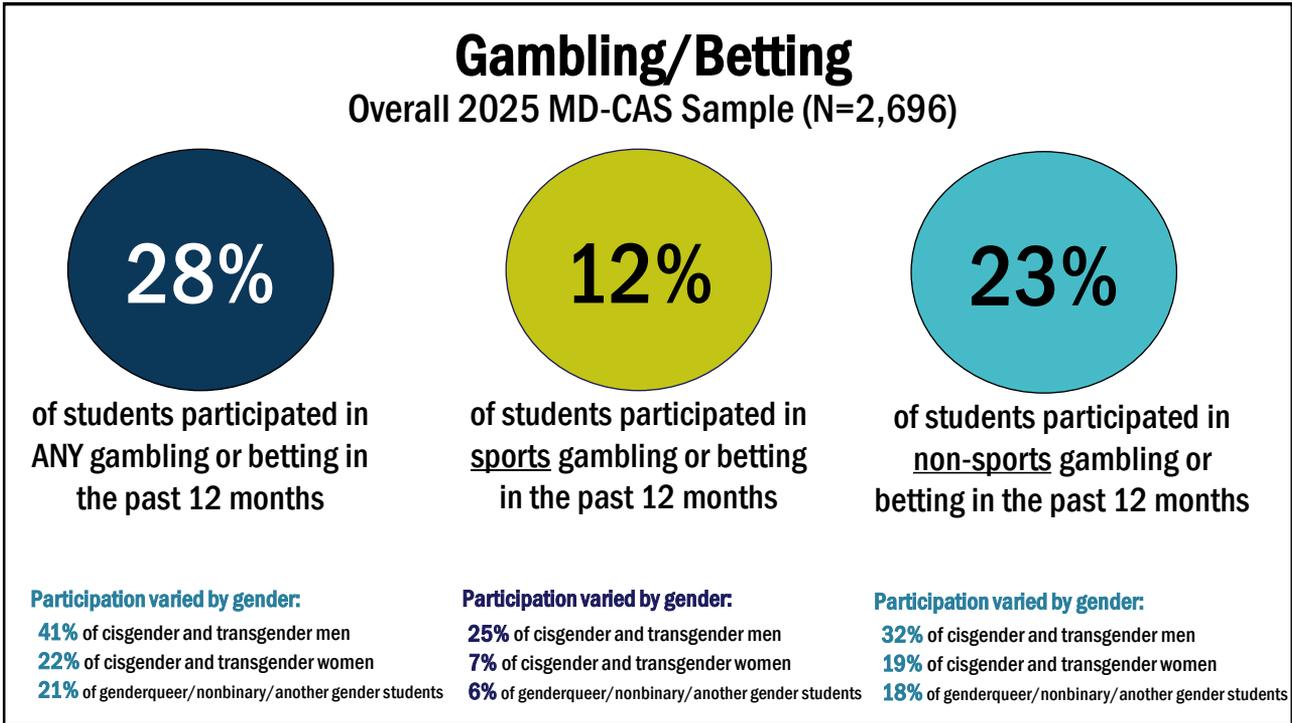
*Past-month binge drinking / past-month cannabis use.

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Gambling/Betting Overall MD-CAS Sample, 2025

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Types of Sports Gambling/Betting

Overall 2025 MD-CAS Sample

I have not participated in any of these activities	88%
Participated in a season-long fantasy sports league	5%
Played daily or weekly fantasy sports (e.g., DraftKings, FanDuel, etc.)	4%
Placed a bet on a sports event using a mobile app or website	4%
Placed a bet on a sports event informally among friends	4%
Placed a bet on a sports event with a sportsbook/bookie	1%
Placed a bet on a sports event at a casino or in person sportsbook or kiosk	<1%
Placed a bet on eSports	<1%
Placed a bet at a horse racetrack/off track betting parlor	<1%
Other sports betting activities	<1%

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Frequency and Wagering

Among Students Who Engaged in Sports Gambling/Betting



How often?	%
Once a year or less	41%
A few times per year	20%
Monthly	7%
A few times per month	14%
Weekly	7%
A few times per week	8%
Daily	3%



How much?	%
Less than \$1	23%
Between \$1 and \$10	40%
Between \$10 and \$20	20%
Between \$20 and \$50	12%
Between \$50 and \$100	3%
More than \$100	2%

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Types of Non-sports Gambling/Betting

Overall 2025 MD-CAS Sample

I have not participated in any of these activities	77%
Purchased a lottery, Powerball, Mega Millions, or instant scratch-off ticket	14%
Played casino games in person (e.g., poker, blackjack, roulette, craps, baccarat, or slot machine)	7%
Played games of skill for money in person (e.g., backgammon, mahjong, puzzles, word games, trivia, board games, strategy games, bridge)	3%
Traded cryptocurrencies (e.g., digital currency such as Bitcoin, Ethereum, Ripple) or high-risk stocks (e.g., options, margins, futures)	2%
Played casino games online (e.g., poker, blackjack, roulette, craps, baccarat, or slot machine)	2%
Played dice, spades, or other “street games”	2%
Bet on skins or loot boxes in video games	2%
Played games of skill for money online (e.g., backgammon, mahjong, puzzles, word games, trivia, board games, strategy games, bridge)	1%
Other gambling/betting activities NOT related to sports	<1%

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Frequency and Wagering

Among Students Who Engaged in Non-sports Gambling/Betting



How often?	%
Once a year or less	43%
A few times per year	34%
Monthly	7%
A few times per month	8%
Weekly	3%
A few times per week	3%
Daily	2%



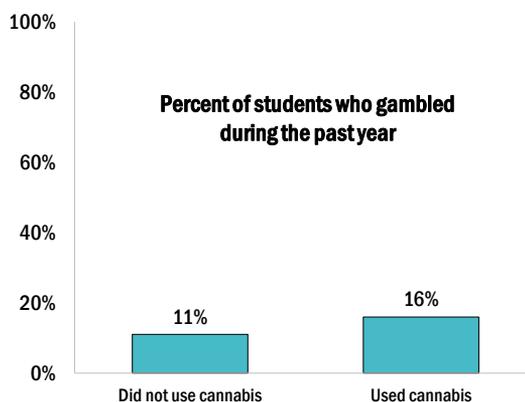
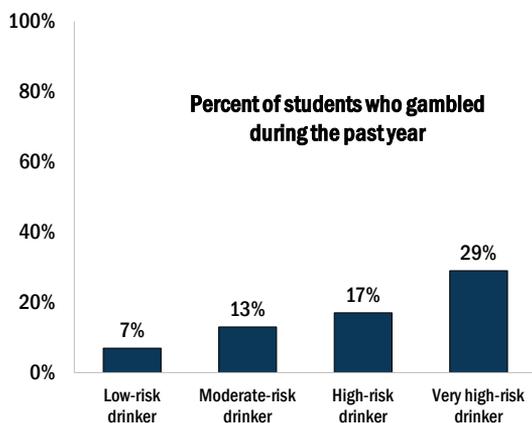
How much?	%
Less than \$1	23%
Between \$1 and \$10	43%
Between \$10 and \$20	17%
Between \$20 and \$50	9%
Between \$50 and \$100	4%
More than \$100	4%

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Sports Gambling

Past-month High-risk Drinkers and Cannabis Users

Overall 2025 MD-CAS Sample



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Section B

Maryland College Alcohol Survey (MD-CAS) Results:

Frostburg State University, 2025

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School Participation in the MD-CAS 2025

- The online survey was administered for three weeks 2/16/25 – 3/09/25.
- FSU participated in the MD-CAS annually since 2014.
- In 2025, 358 full-time undergraduate FSU students ages 18 to 25 participated (17.4% response rate).
- 63% of respondents were ages 18-20 and 65% lived in residence halls or school-owned apartments.
- When compared with the overall FSU student body, men and non-Hispanic Black students were underrepresented

	FSU MD-CAS 2025 Sample	Overall FSU Student Body*
Gender		
Cisgender Women	53%	49%
Transgender Women	0%	
Cisgender Men	42%	51%
Transgender Men	1%	
Genderqueer	1%	
Nonbinary	1%	
Genderfluid	1%	
Gender not listed or prefer not to say	1%	
Race/ethnicity		
Non-Hispanic White	69%	61%
Non-Hispanic Black/ African American	14%	25%
Hispanic	8%	7%
Non-Hispanic Asian	1%	1%
Other or Multiracial	7%	6%
Non-Hispanic Middle Eastern or North African	0%	

*National Center for Education Statistics. (2022). Integrated postsecondary education data system. Available at: <http://nces.ed.gov/ipeds/>

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FSU MD-CAS 2025 Overview

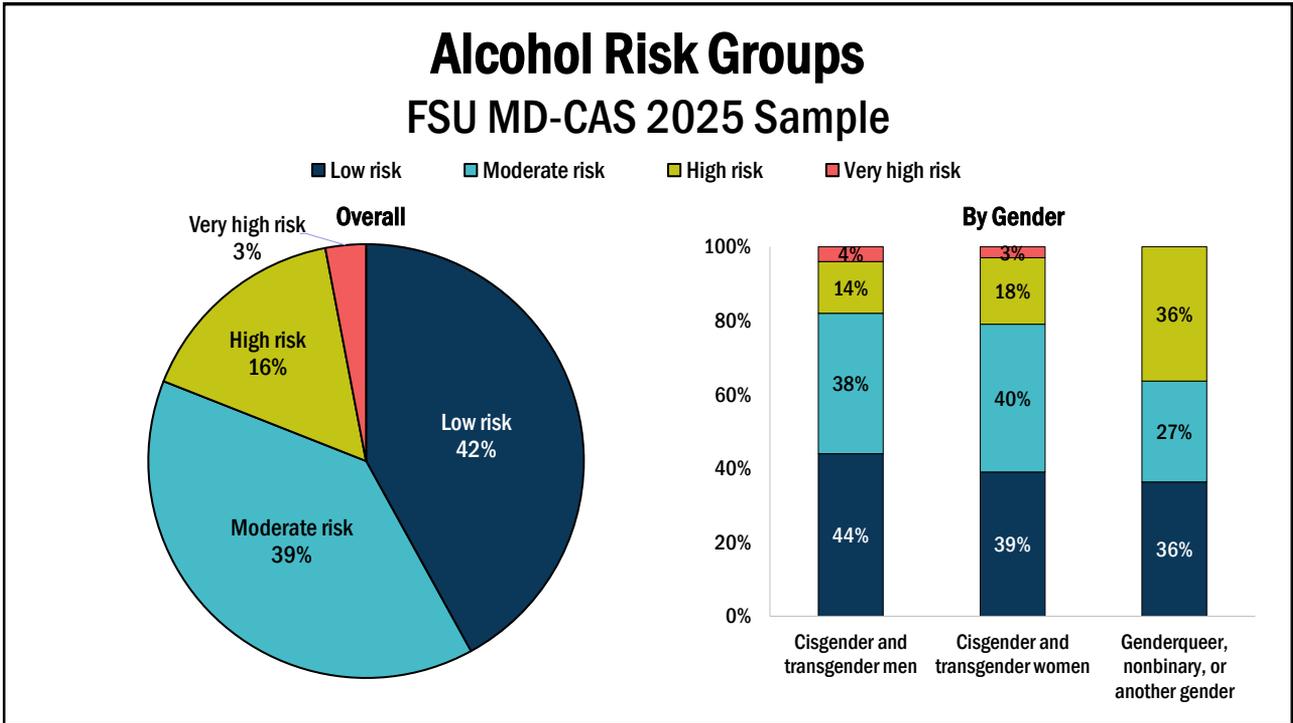
- 42% **did not use either** alcohol or cannabis during the past year ($n=133$)
- 59% **drank alcohol in the past year** ($n=213$)
- 45% **drank alcohol in the past month** ($n=158$)
- 20% **binge drank in the past month** ($n=69$)
- 27% **used cannabis in the past year** ($n=86$)
- 19% **used cannabis in past month** ($n=59$)
- 8% **binge drank and used cannabis** in the past month ($n=26$)
- 8% **used cannabis and tobacco/nicotine** in the past month ($n=24$)
- 14% **used tobacco/nicotine** in the past month ($n=42$)
- 4% **used tobacco/nicotine, binge drinking, and cannabis** in the past month ($n=13$)
- 1% **identify as being in recovery from alcohol and/or drug problems** ($n=3$)
- 48% **reported mental health struggles affecting their daily life** ($n=142$)

58



Characterizing Excessive Drinking and Related Problems

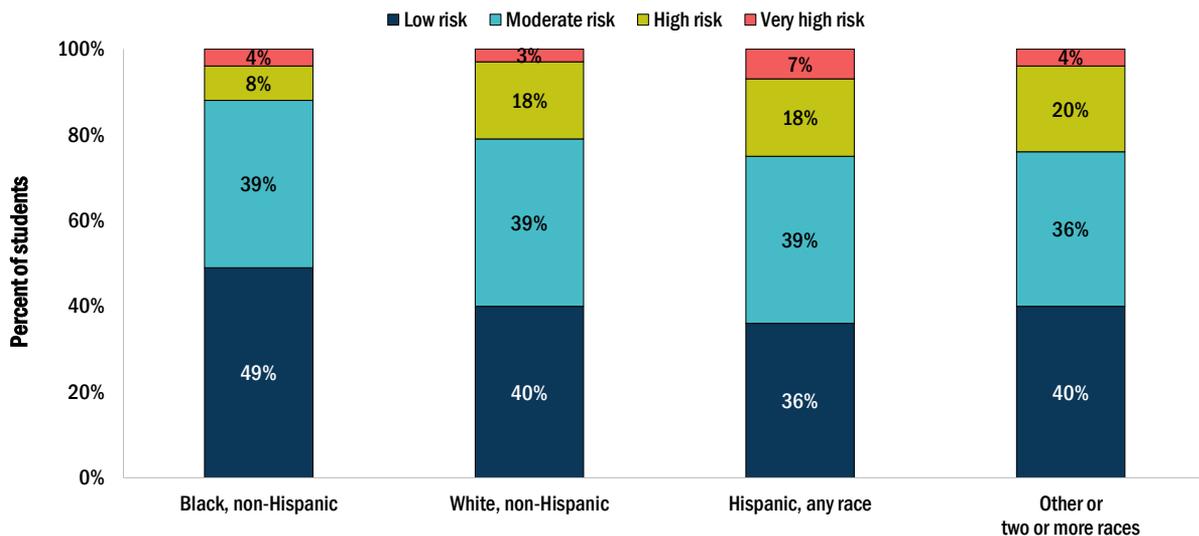
59



60

Alcohol Risk Groups by Race/Ethnicity

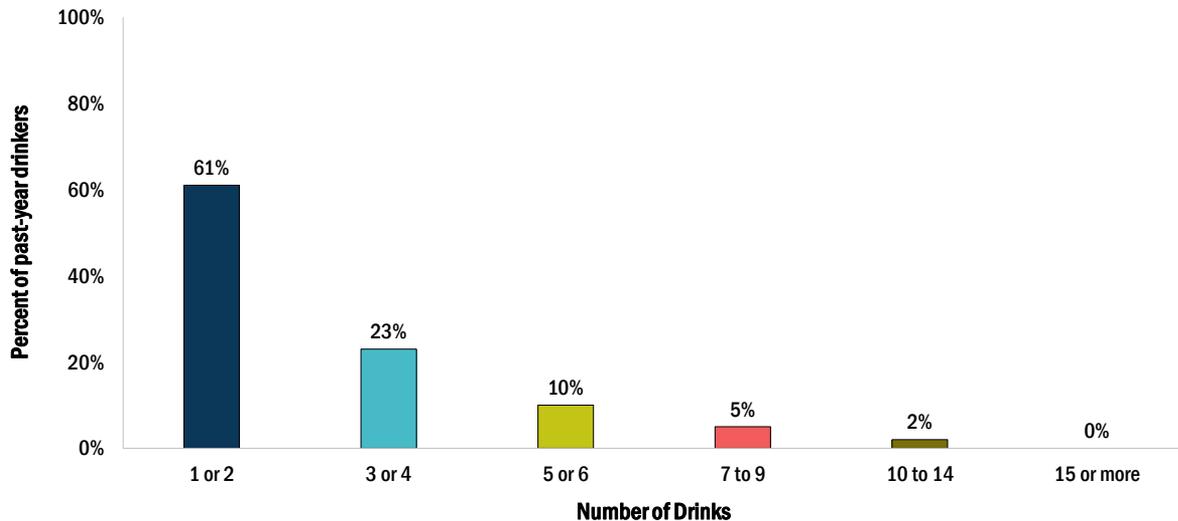
FSU MD-CAS 2025 Sample



Note: Asian students not included due to low sample size.

61

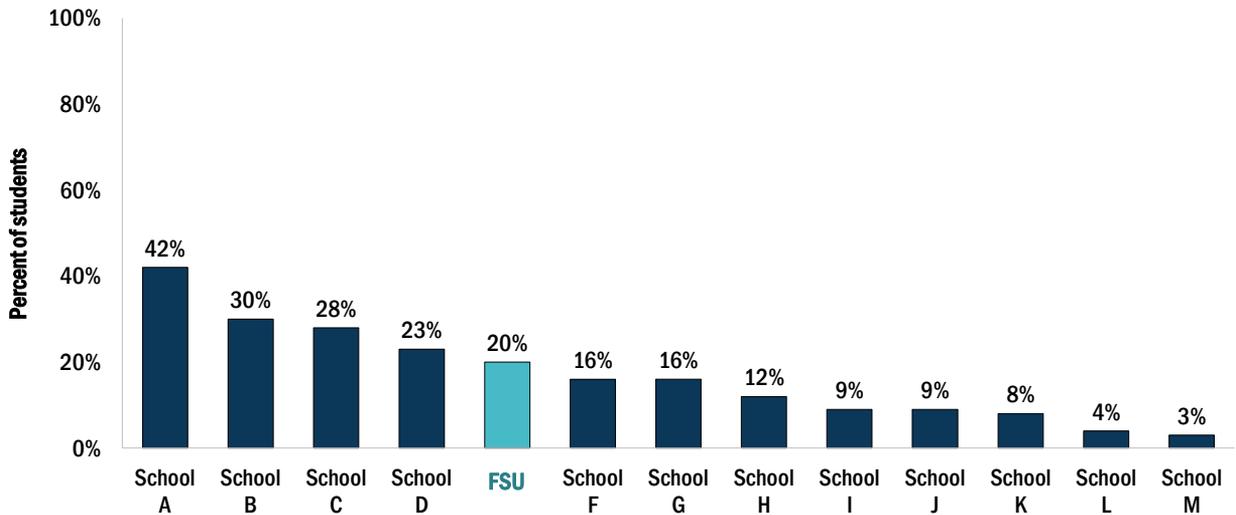
Number of Alcoholic Drinks Consumed in a Typical Week among FSU past-year drinkers



62

What Proportion of Students Binge Drink?

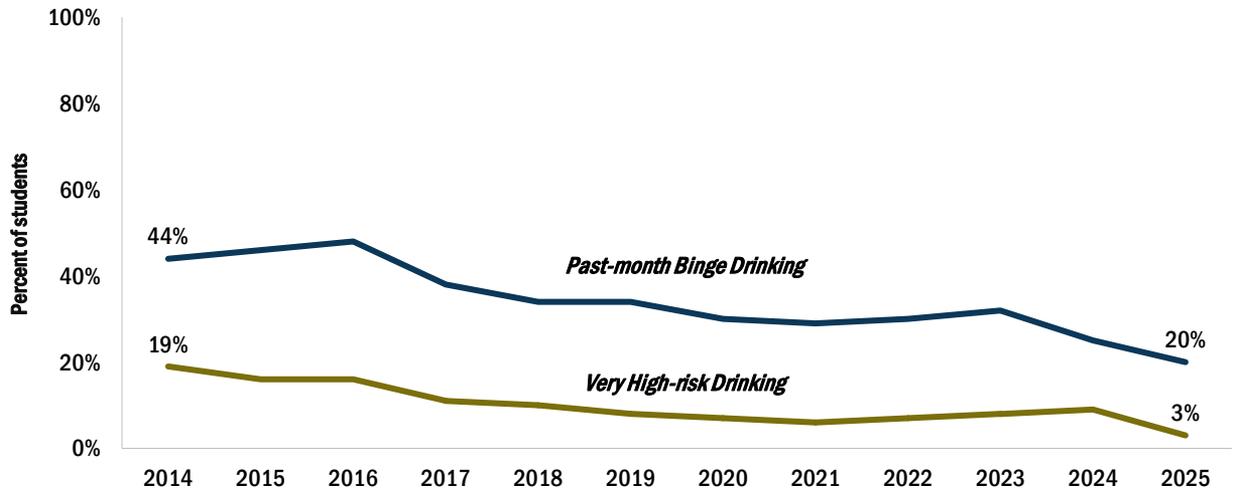
By School, MD-CAS 2025



63

Trends in Binge and Very High-risk Drinking

FSU MD-CAS 2025 Sample



64

In What Contexts Do FSU Students Drink?

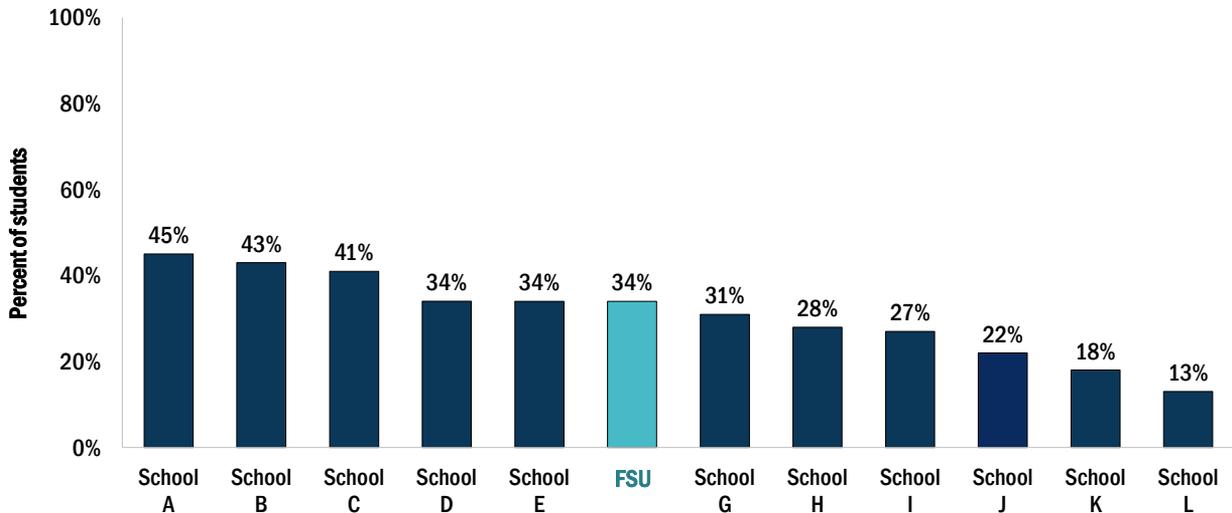
	Percent who said they drank alcohol in that context "sometimes" or "often"
Alone	11%
When you have no class or obligations	41%
While engaging in academics*	2%
Right before or while driving a car	1%
With other family members	23%
With parents/guardians	31%
With parents/guardians (underage students)	34%

Note: Among past-year drinkers, MD-CAS 2025. "Engaging in academics" included before going to class, while in online class, or while studying.

65

What Proportion of Underage Students Drink with Parents/Guardians?

By School, MD-CAS 2025

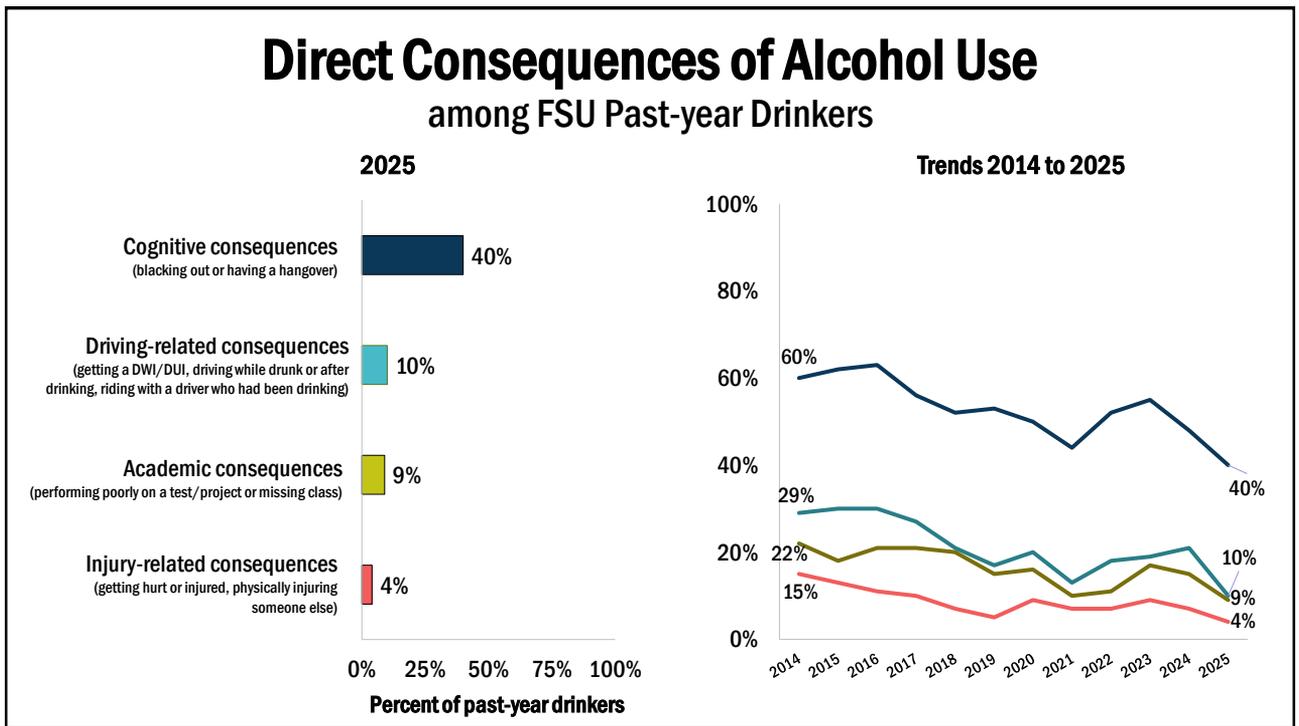


66



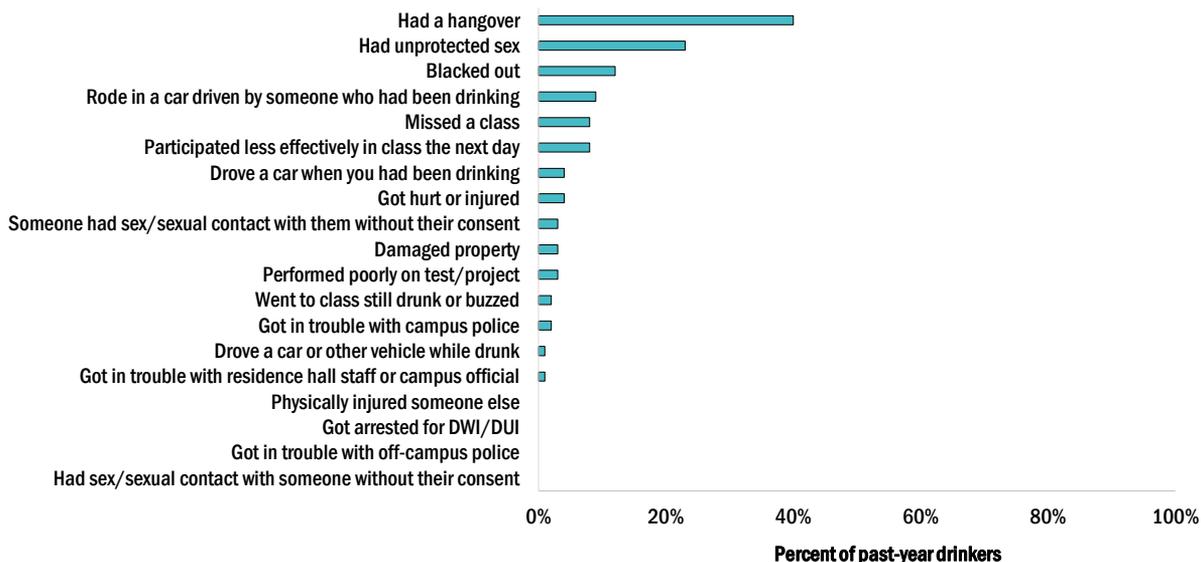
Alcohol-related Direct Consequences and Harms to Others

67



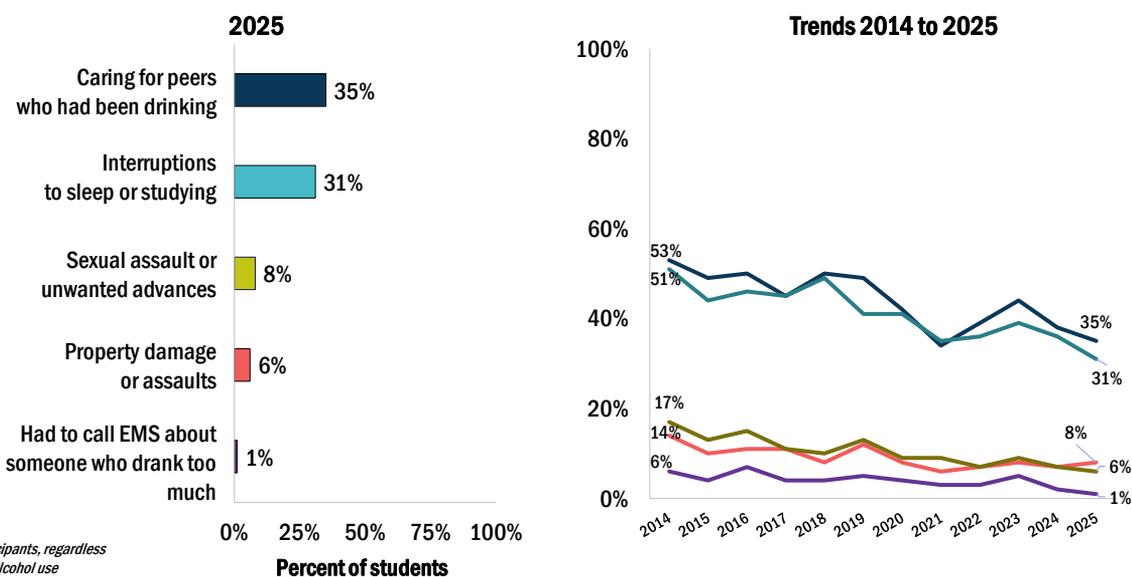
68

Direct Consequences of Alcohol Use among FSU Past-year Drinkers (Detailed Breakdown)



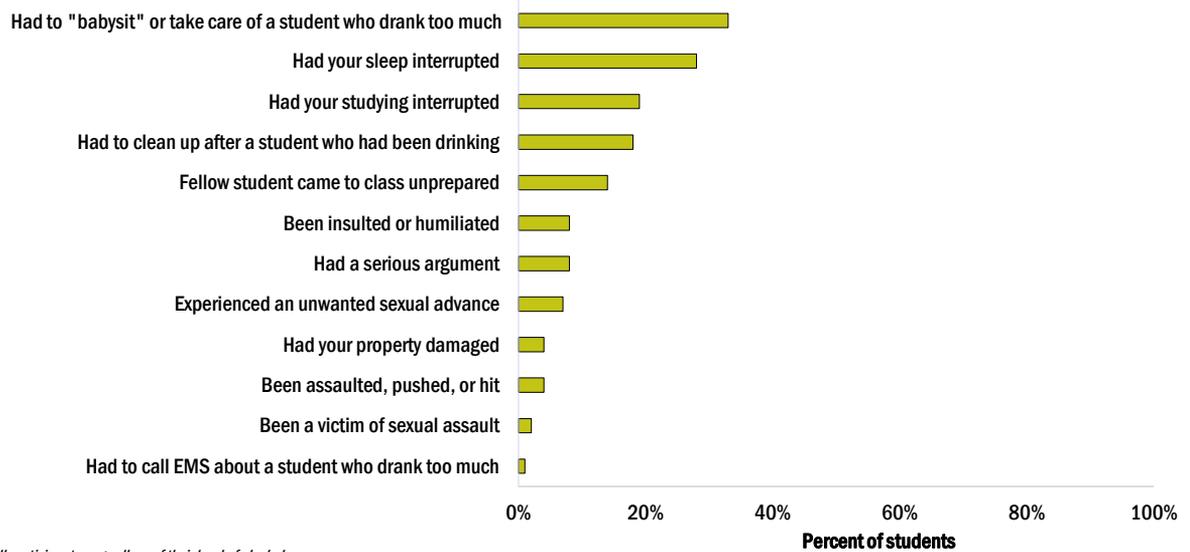
69

Harms Experienced as a Result of Other's Alcohol Use among FSU Students*



70

Harms Experienced as a Result of Other's Alcohol Use among FSU Students (Detailed Breakdown)



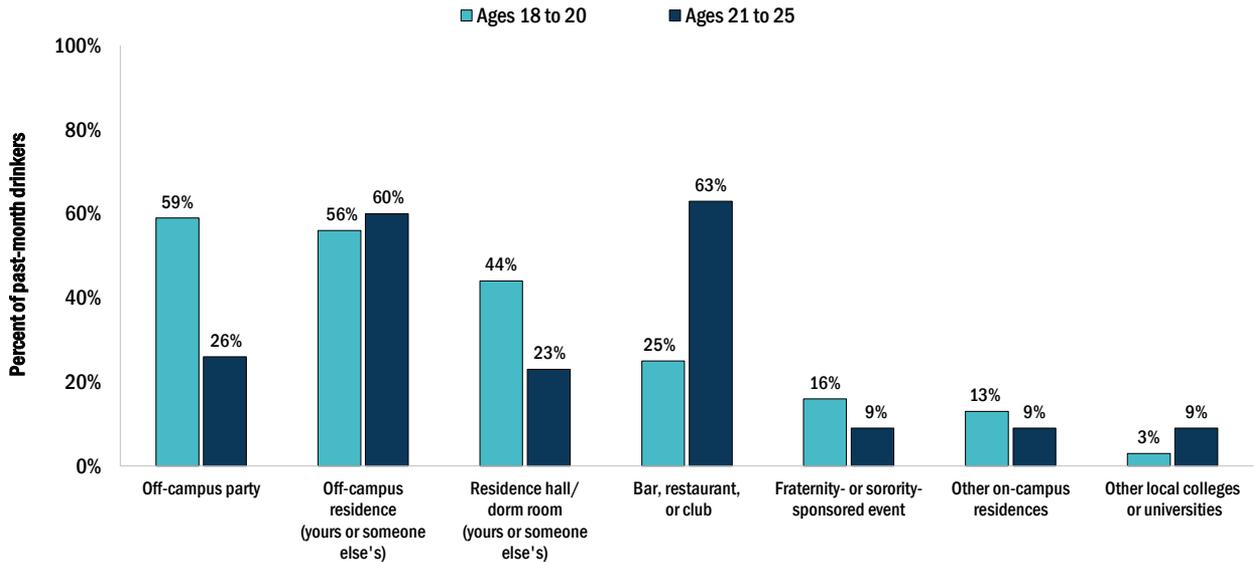
71



Access to Alcohol

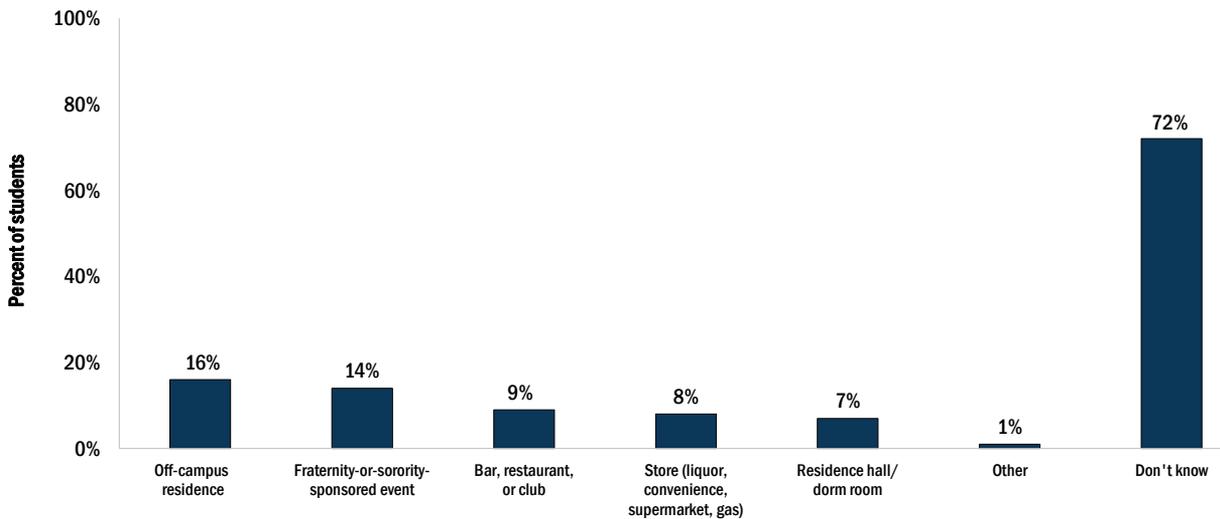
72

Where Do FSU Students Binge Drink? By Age, among Past-month Binge Drinkers, MD-CAS 2025



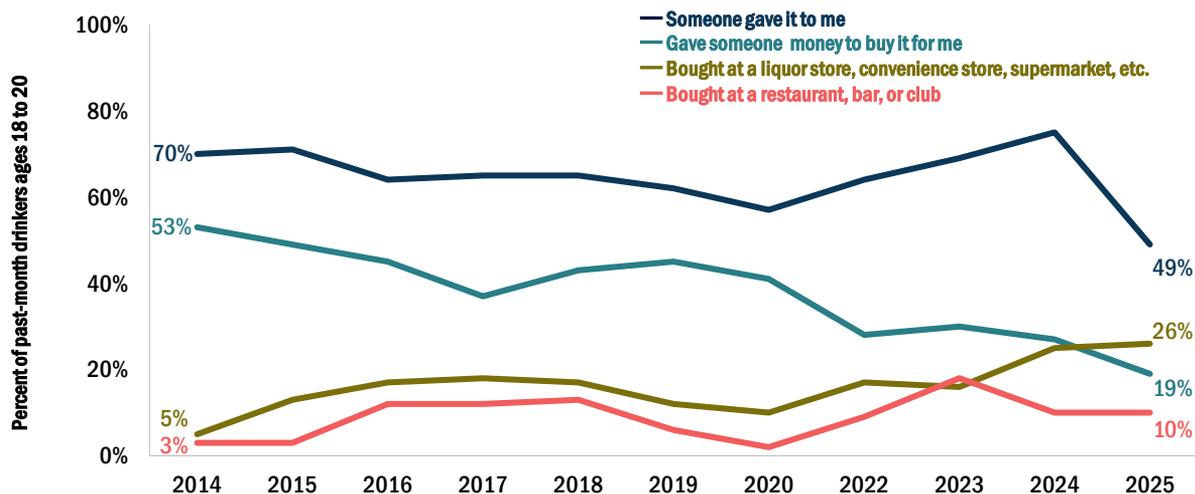
73

Where FSU Students Say They Can Get Alcohol without Showing an ID



74

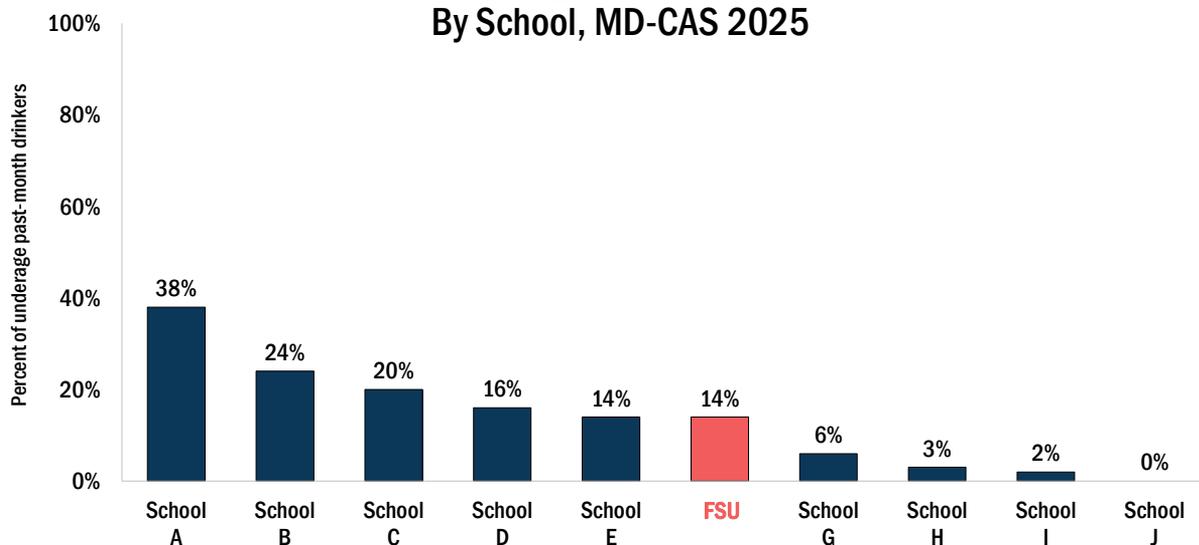
How Alcohol Was Obtained by Underage Drinkers among FSU Past-month Drinkers Ages 18 to 20



75

Proportion of Underage Past-month Drinkers Using a False ID

By School, MD-CAS 2025



Note: Past-month false ID use

76



On- and Off-campus Climate and Policy Enforcement

77

FSU Students' Understanding of Maryland's Cannabis Law and Federal Drug-Free Schools and Communities Act



72% knew legalization only applies to adults ≥ 21 and cannabis is still illegal for anyone under 21.

78% knew it is not legal to use cannabis on campus, regardless of age.

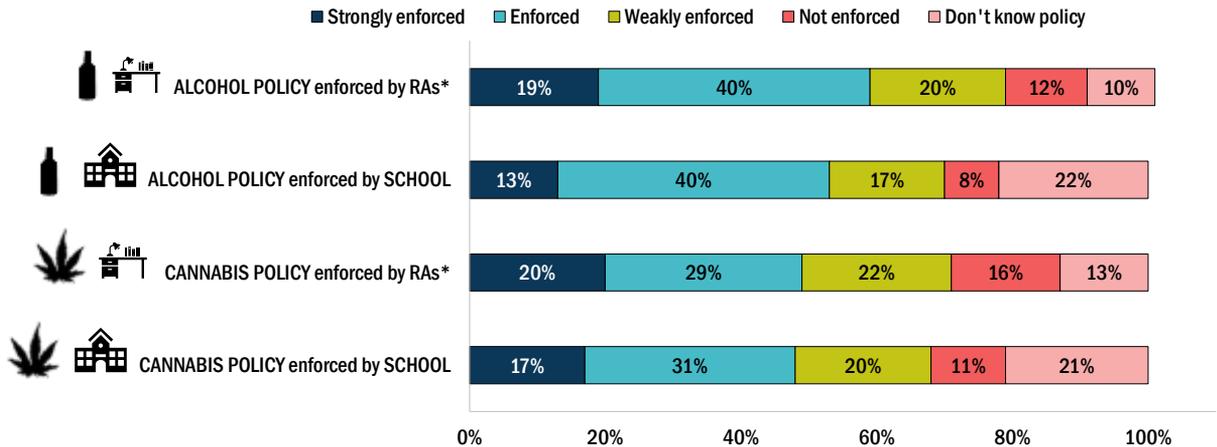
59% knew that it is legal to use cannabis in a private residence.

58% knew it is not legal to use cannabis in motor vehicles.

34% knew it is not legal to use cannabis in public places.

78

How Strongly Do FSU Students Think Policies Are Enforced?

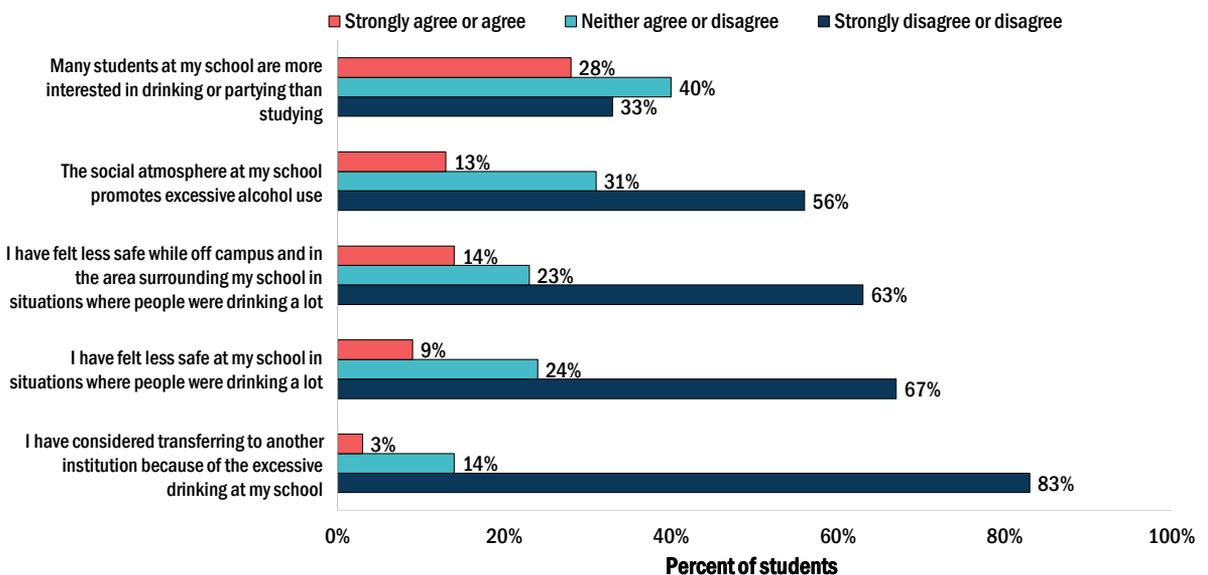


To be effective, consequences must be: **Certain, Swift, and Sufficiently severe**

Note: Among students living in residence halls

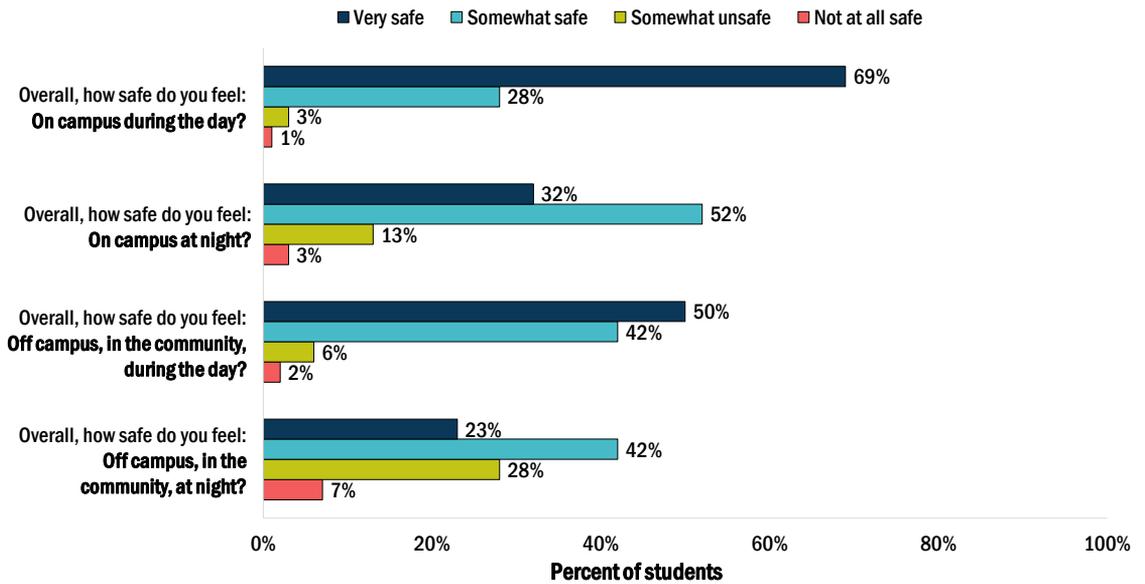
79

Student Perceptions of FSU Campus Climate Related to Alcohol use



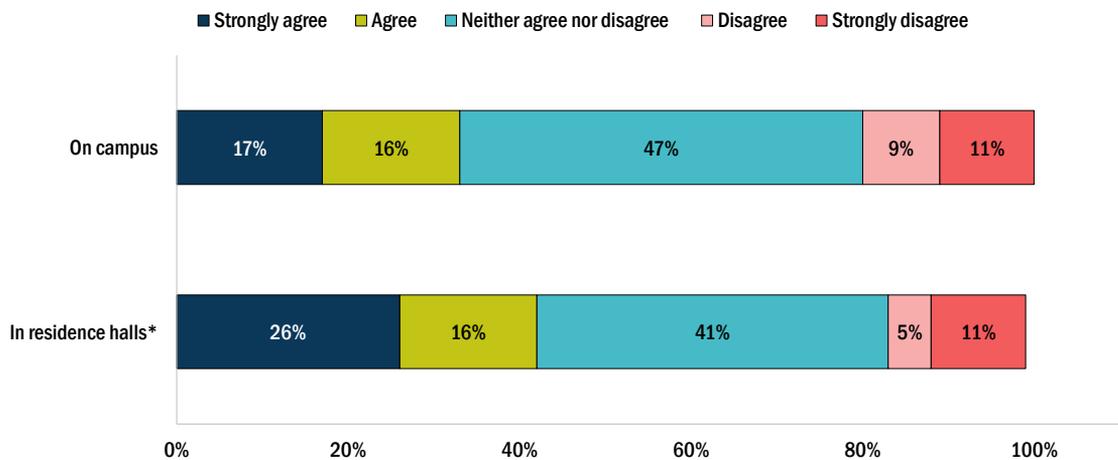
80

Student Perceptions of FSU Campus Safety



81

“I would like stronger enforcement of the policy prohibiting cannabis use.”

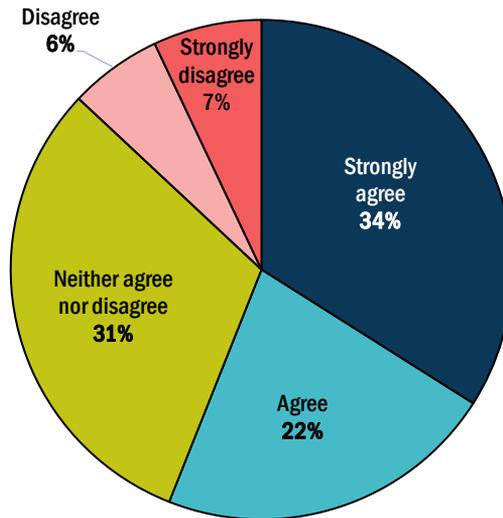


To be effective, consequences must be: Certain, Swift, and Sufficiently severe

Note: Among students living in residence halls

82

“ I would support a campus policy that prohibits a strong cannabis smell or odor (e.g., smoke).”



Most FSU students would support an odor policy.

83

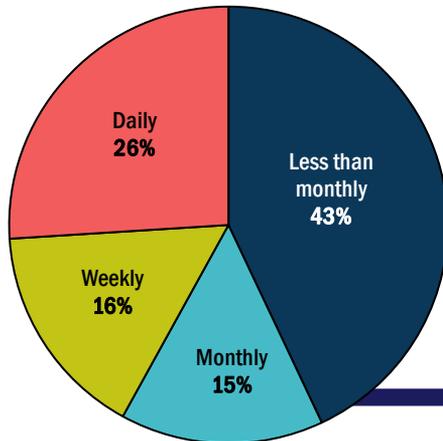


Cannabis Use, Consequences, and Access to Cannabis

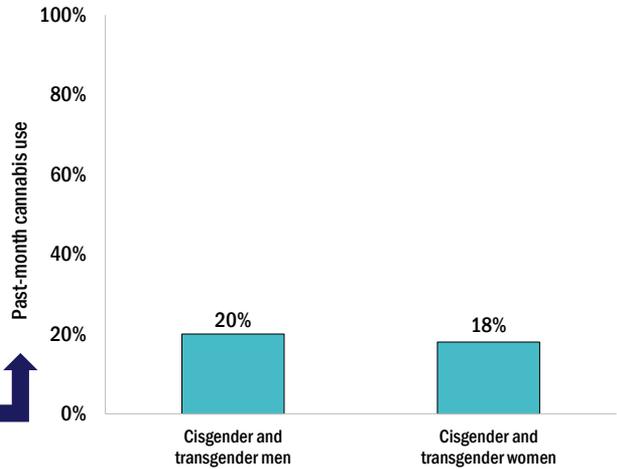
84

27% of FSU Students Used Cannabis in Past Year

How often did these students use cannabis during the **past year**?



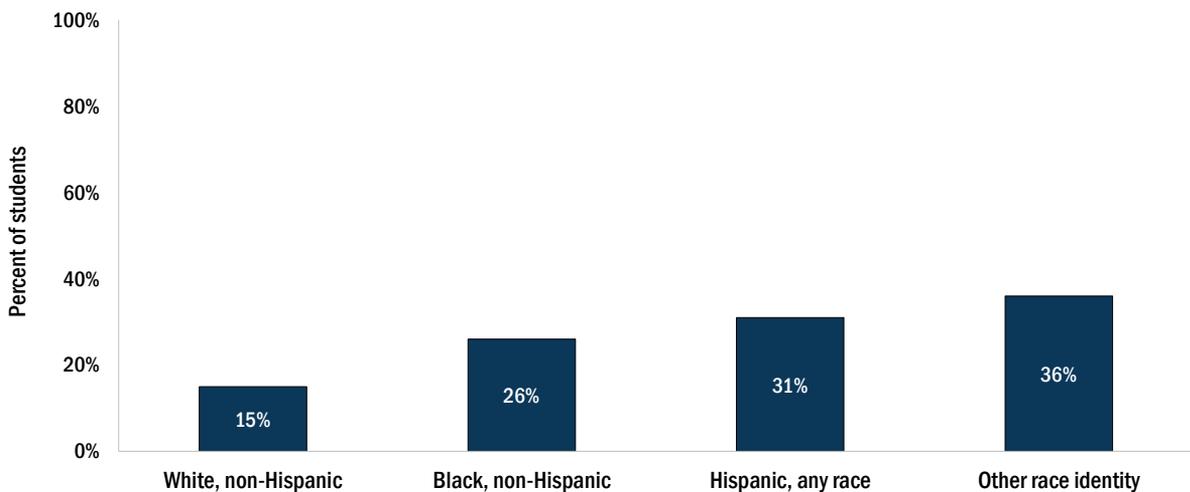
Is there a difference in cannabis use during the **past month** by gender?



85

Past-month Cannabis Use by Race/Ethnicity

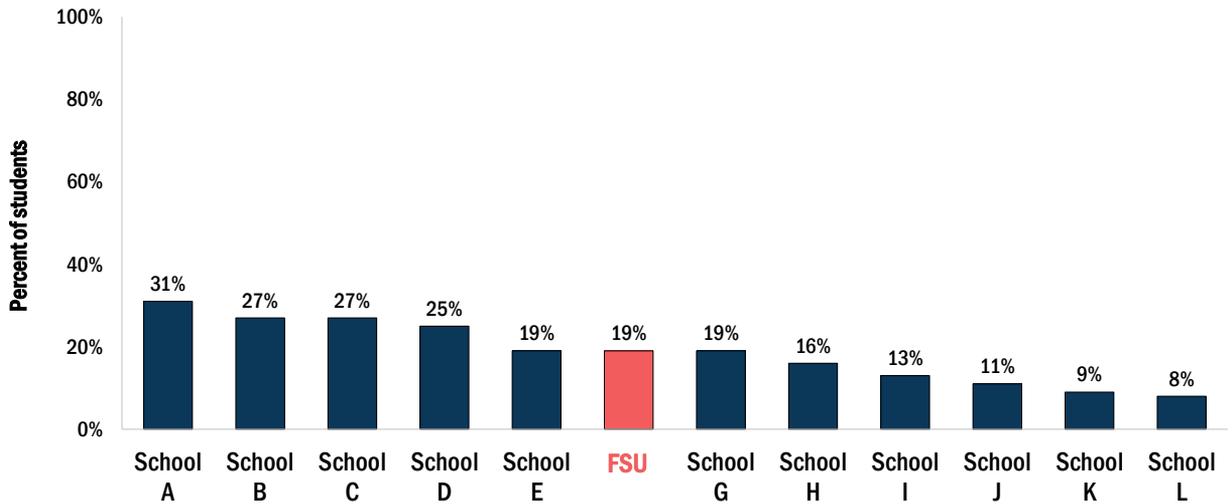
FSU MD-CAS 2025 Sample



Note: Asian students not included due to low sample size.

86

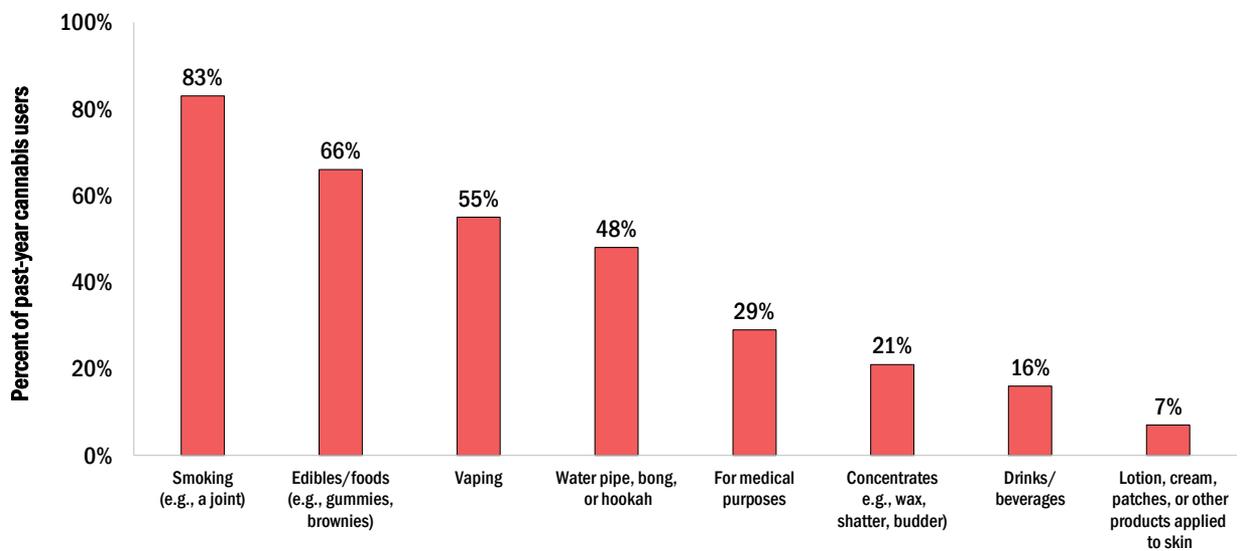
What Proportion of Students Use Cannabis? By School, MD-CAS 2025



Note: Past-month cannabis use

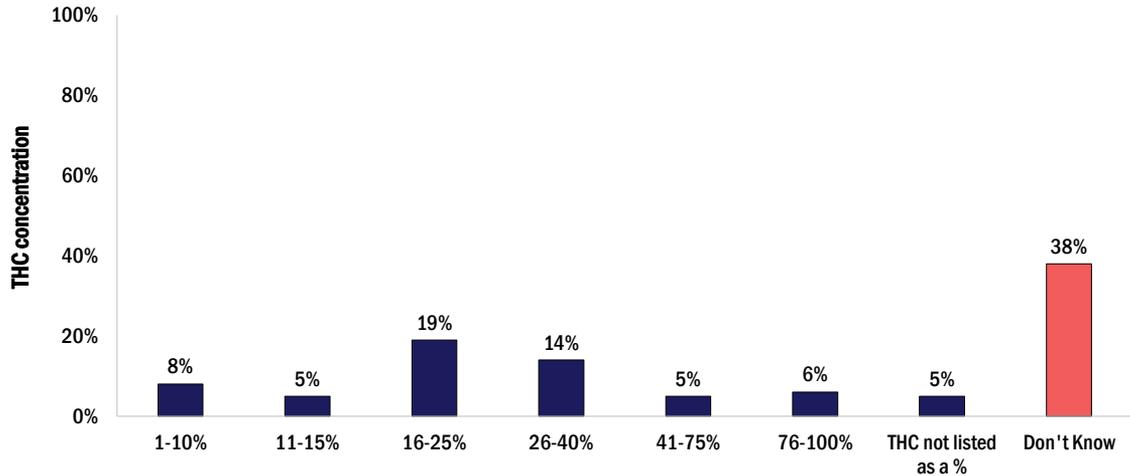
87

Method of Cannabis Use among FSU Past-year Cannabis Users



88

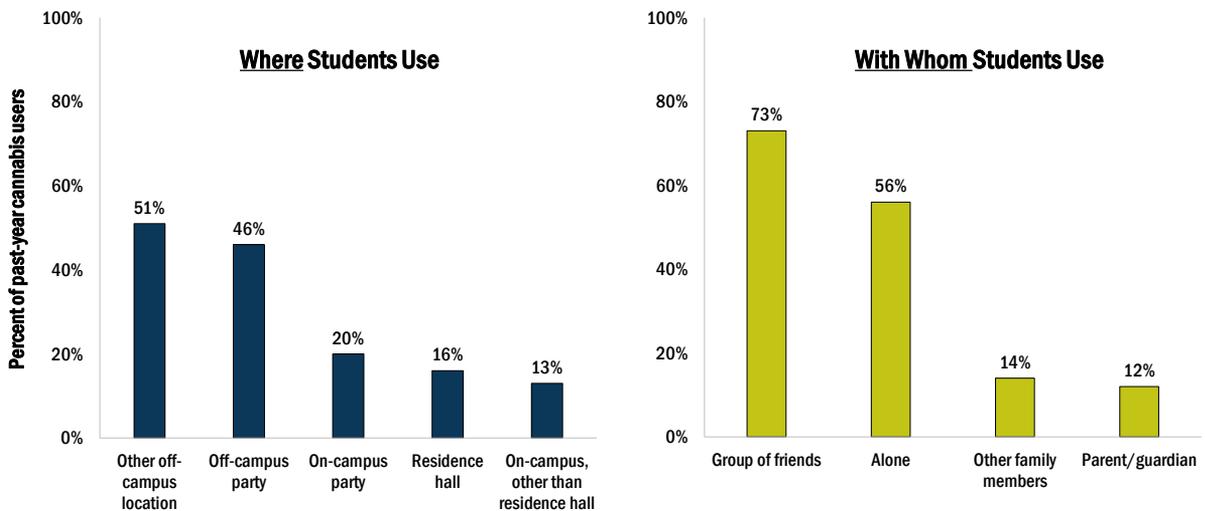
THC Concentration of Cannabis Most Frequently Used by FSU Students



**Among students who used cannabis in the past year.*

89

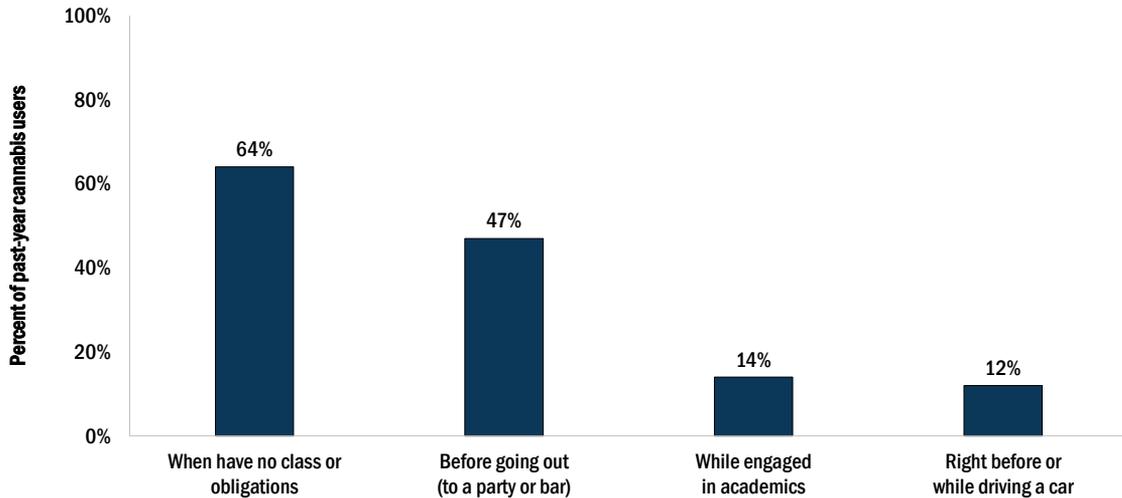
Contexts of Students' Cannabis Use among FSU Past-year Cannabis Users



**Percent of past-year cannabis users who said they used cannabis that way "sometimes" or "often"*

90

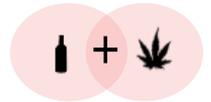
When Students Use Cannabis among FSU Past-year Cannabis Users



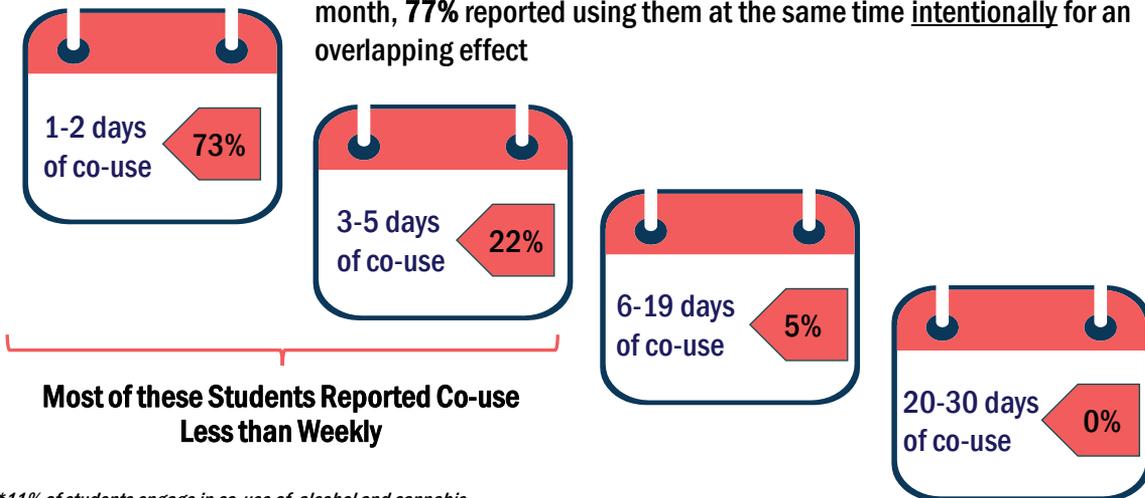
**Percent of past-year cannabis users who said they used cannabis that way "sometimes" or "often"*

91

Students' Co-use of Alcohol and Cannabis among FSU Students



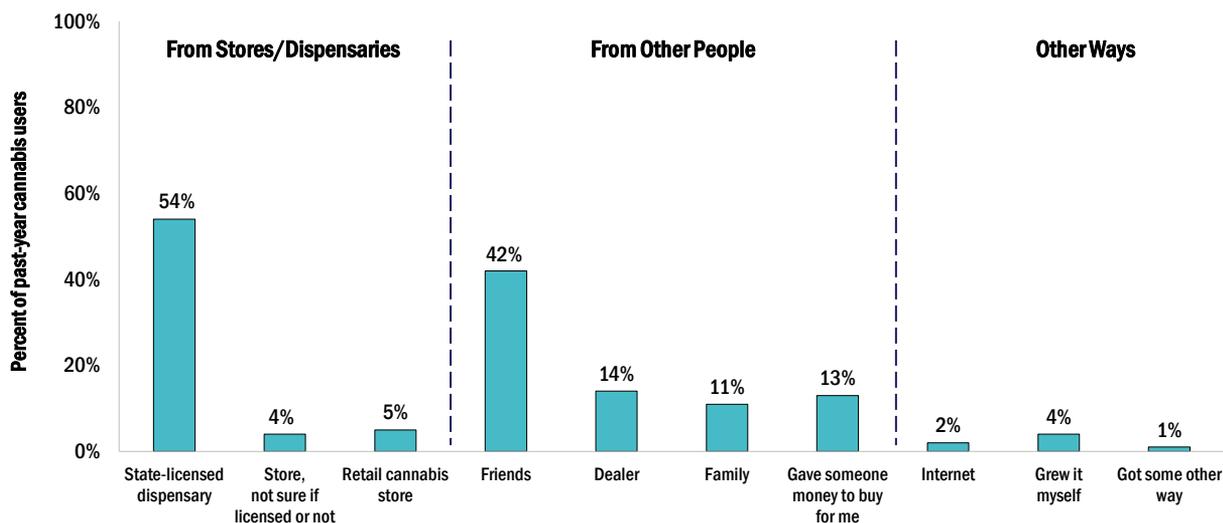
Among students who used both alcohol and cannabis during the past month, **77%** reported using them at the same time intentionally for an overlapping effect



**11% of students engage in co-use of alcohol and cannabis.*

92

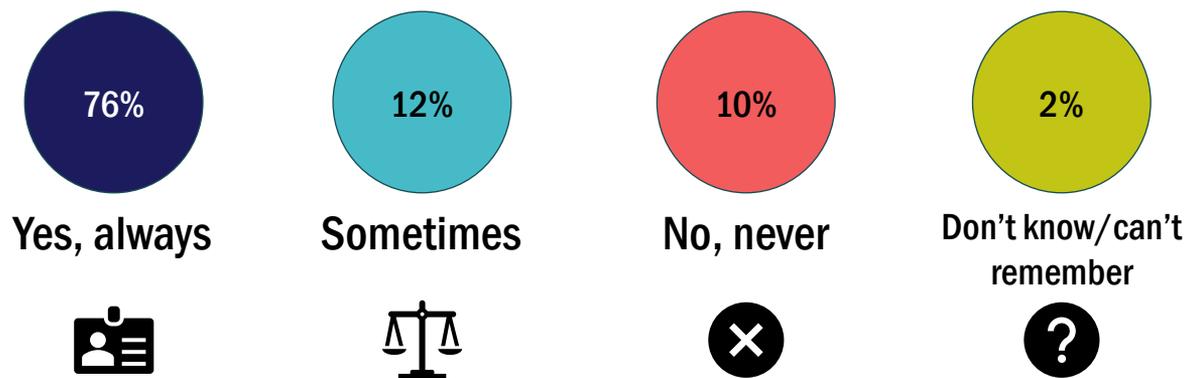
How FSU Students Obtained Cannabis in Maryland



*Among students who used cannabis during past year. 7% of students who used cannabis during the past year did not obtain cannabis in Maryland.

93

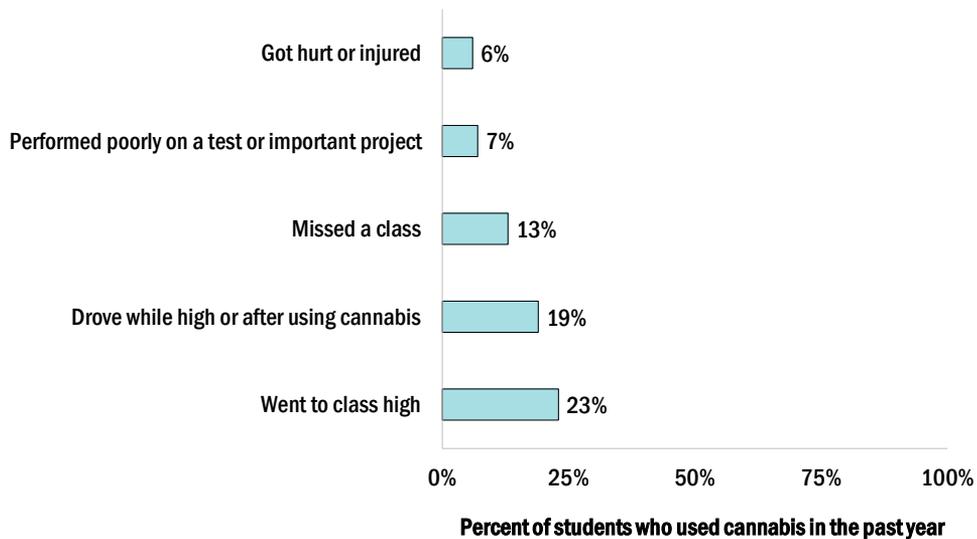
Were FSU Students Who Bought Cannabis at a Dispensary or Store Carded or Asked for ID?



*Among students who obtained cannabis from a retail cannabis store/dispensary in Maryland in the past year.

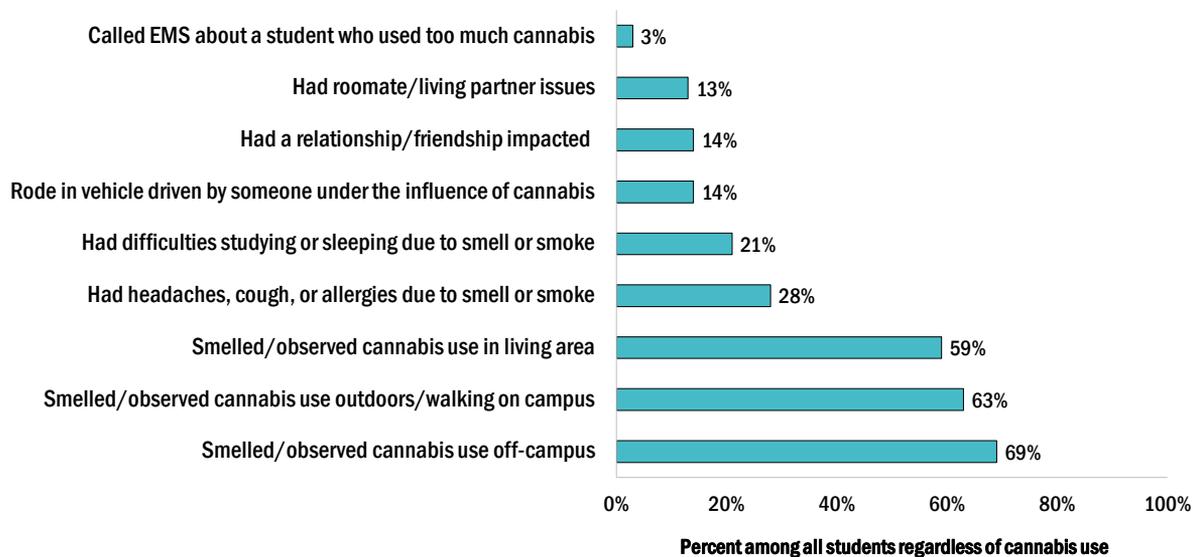
94

Direct Consequences of Cannabis Use among FSU students



95

Harms Experienced as a Result of Others' Cannabis Use among FSU Students



96

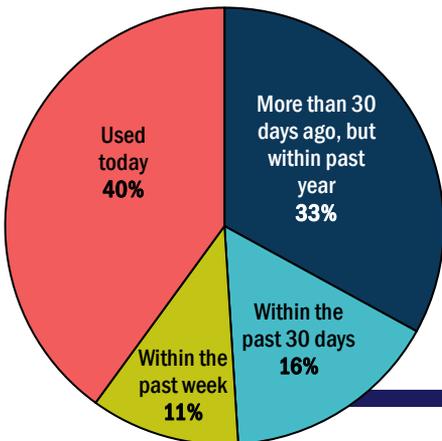


Tobacco/Nicotine Use and Other Substance Use

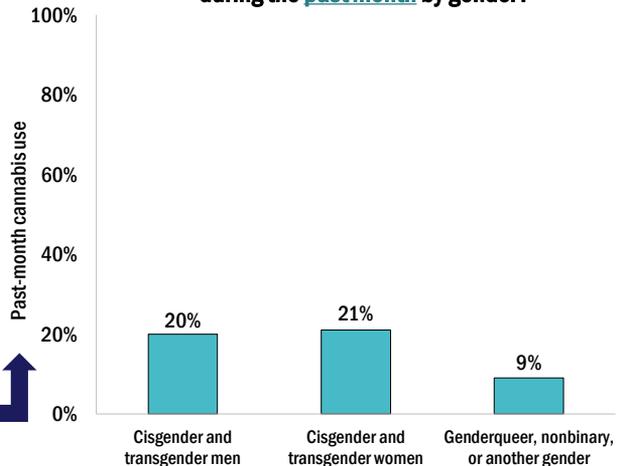
97

20% of FSU Students who Used Tobacco/Nicotine in Past Year

How long has it been since these students used tobacco/nicotine during the **past year**?



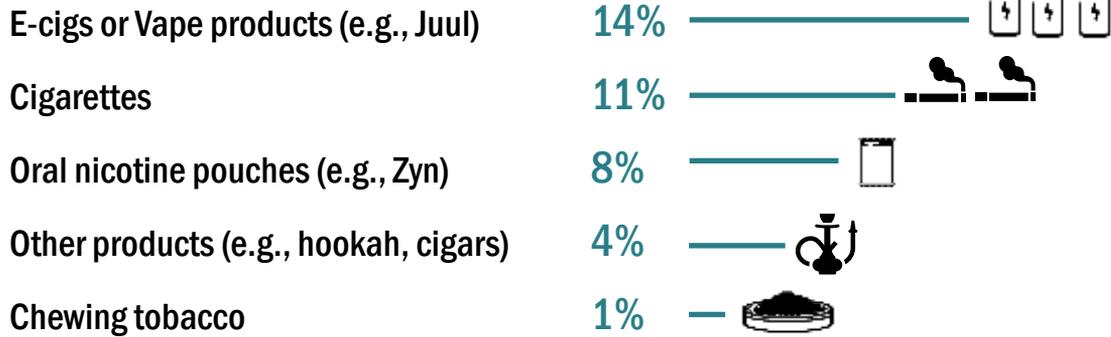
Is there a difference in tobacco/nicotine use during the **past month** by gender?



98

Types of Tobacco/Nicotine Used in Past Year among FSU students

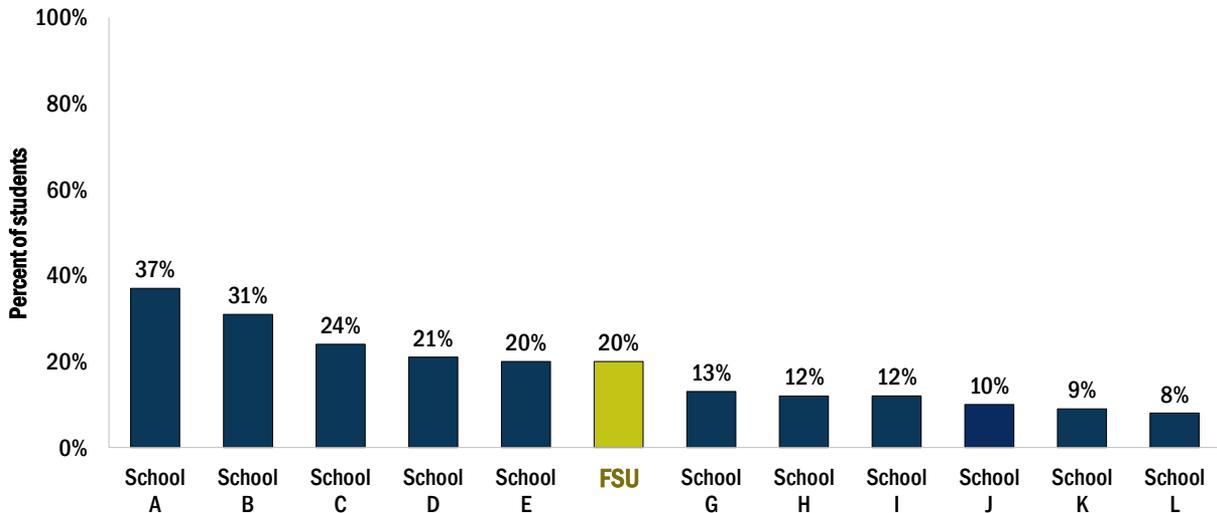
Methods of Use



47% of students who used tobacco/nicotine during the past year reported wanting to cut down or stop.

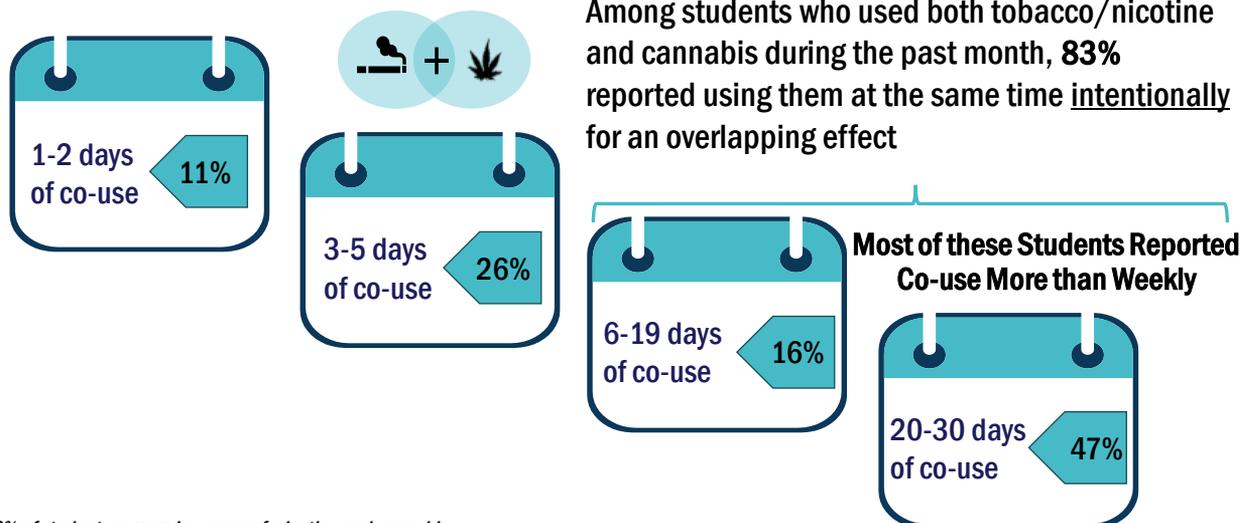
99

Past-year Tobacco/Nicotine Use By School, MD-CAS 2025



100

Students' Co-use of Tobacco/Nicotine and Cannabis among FSU Students



*6% of students engage in co-use of nicotine and cannabis.

101

Other Substance Use among FSU Students

Substance	% of students who used during the past year
Prescription drugs used nonmedically	2%
Prescription stimulants	2%
Prescription analgesics (pain relievers)	<1%
Prescription tranquilizers	<1%
Prescription sedatives	<1%
Other substances	
Hallucinogens	4%
Cocaine	1%
Ecstasy	1%
Heroin	0%
Methamphetamine	0%

102

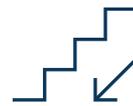
Recovery and Use Reduction among FSU Students



1% of students identifying as in recovery from alcohol or drug problems



19% of students who used alcohol and/or cannabis during the past year want to or tried to cut down or stop drinking or using drugs



25% of students who binge drank and used cannabis during the past month want to or tried to cut down or stop

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Mental Health and Substance Use

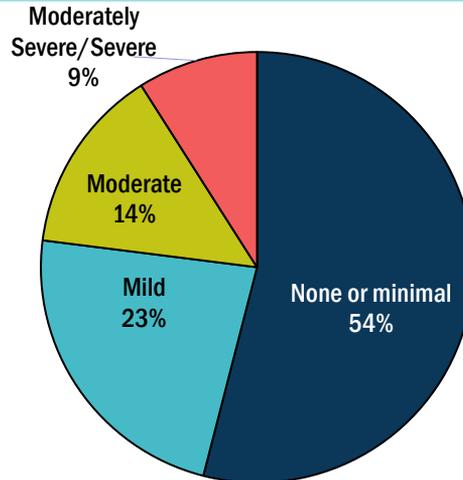
104

Depressive Symptoms among FSU students

Based on the PHQ-8, a standardized measure asking how often student experienced depressive symptoms over the last two weeks: “not at all”, for “several days”, “more than half the days”, or “nearly every day”

Depressive Symptoms

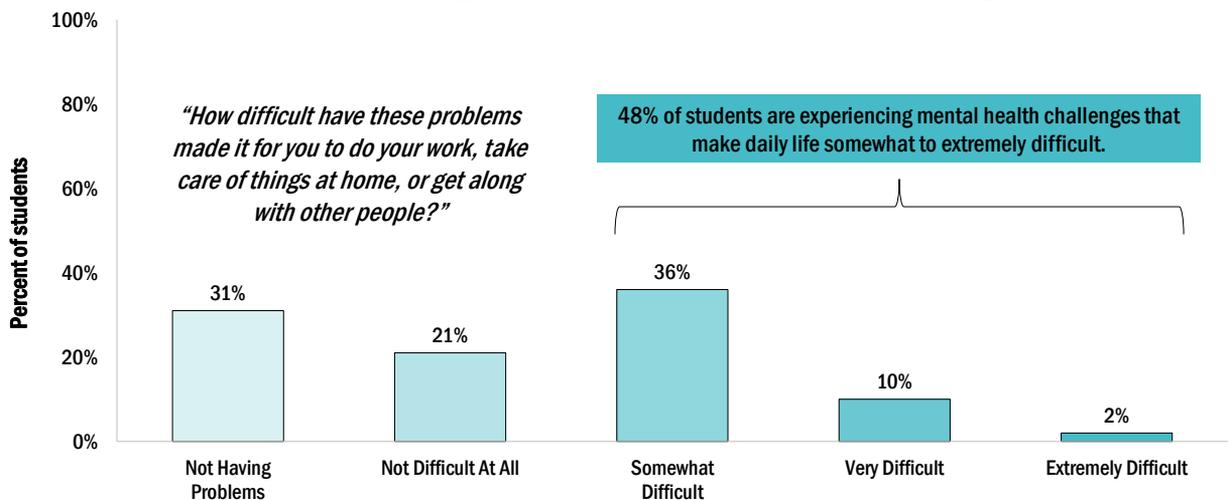
- decreased interest in normal activities
- feeling down
- feeling a sense of hopelessness
- change in sleep and/or appetite
- negative self image
- trouble concentrating
- letting others down



Distribution of Level of Depressive Symptoms

105

Almost Half of FSU Students Are Experiencing Mental Health Challenges That Affect Their Daily Life



106

Students' Access of School Resources When Experiencing Mental Health Challenges

*67% would know where
to access resources
from their school.*



*52% would feel
comfortable accessing
resources from their school.*



107



Sleep during the Past Two Weeks

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Average Amount of Sleep during the Past Two Weeks

among FSU Students, MD-CAS 2025

Average Amount of Sleep on a Weeknight

- 2% Less than 4 hours
- 4% 4 hours
- 12% 5 hours
- 21% 6 hours
- 28% 7 hours
- 23% 8 hours
- 6% 9 hours
- 2% 10 or more hours



Average Amount of Sleep on a Weekend Night

- 2% Less than 4 hours
- 5% 4 hours
- 6% 5 hours
- 9% 6 hours
- 16% 7 hours
- 29% 8 hours
- 20% 9 hours
- 12% 10 or more hours

Note: Excludes naps.

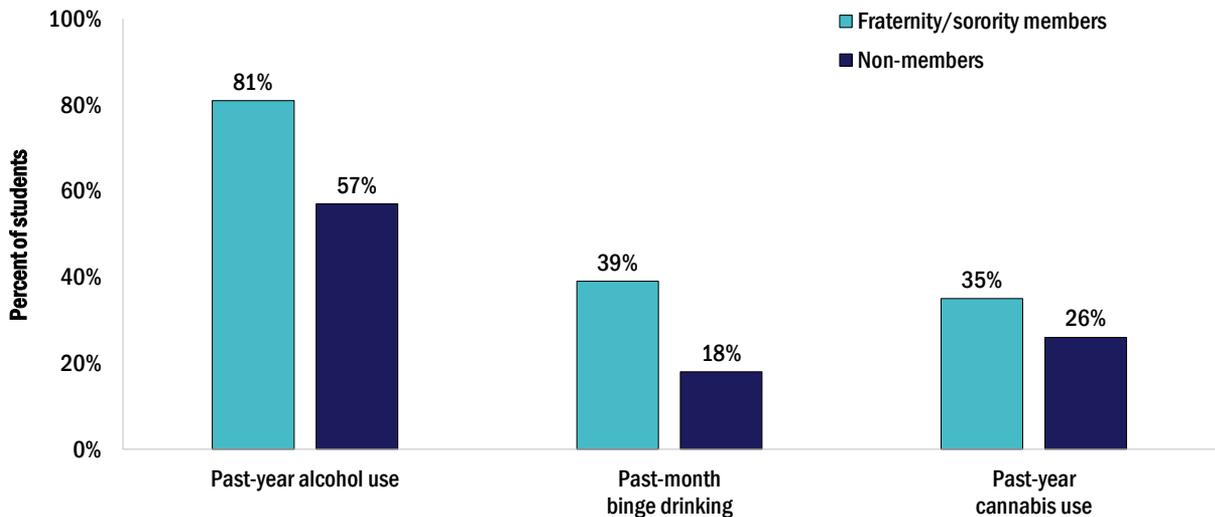
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Students At Risk for Binge Drinking and/or Cannabis Use

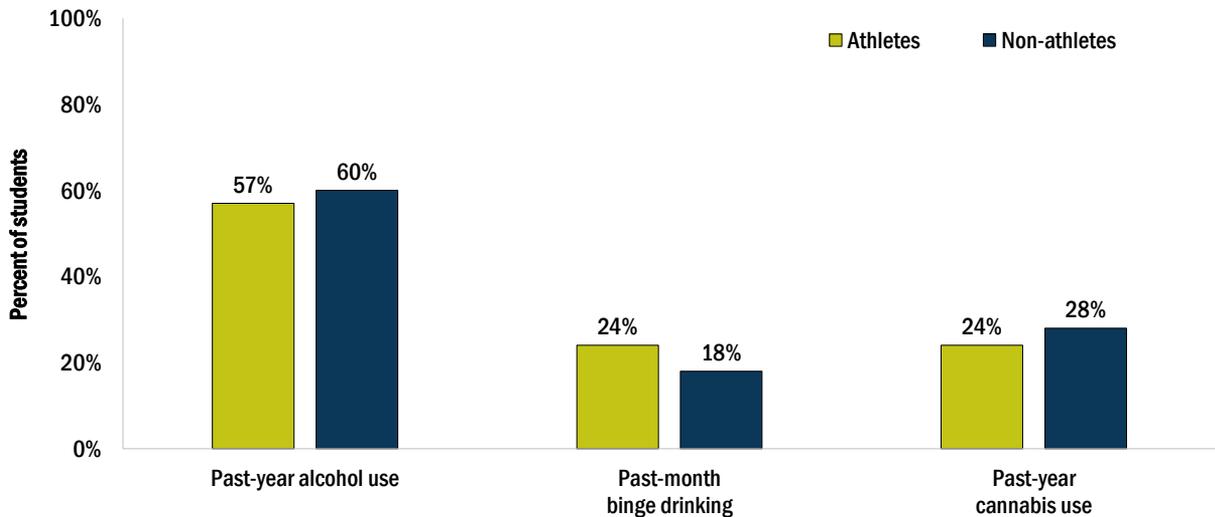
110

Alcohol and Cannabis Use among FSU Fraternity and Sorority Members



111

Alcohol and Cannabis Use among FSU Athletes and Non-athletes



112



Gambling/Betting

113

FSU Students and Gambling/Betting

27%

of students participated in ANY gambling or betting in the past 12 months

Participation varied by gender:

37% of cisgender and transgender men
20% of cisgender and transgender women

12%

of students participated in sports gambling or betting in the past 12 months

Participation varied by gender:

20% of cisgender and transgender men
7% of cisgender and transgender women

24%

of students participated in non-sports gambling or betting in the past 12 months

Participation varied by gender:

31% of cisgender and transgender men
19% of cisgender and transgender women

114

Types of Sports Gambling/Betting

FSU 2025 MD-CAS Sample

I have not participated in any of these activities	88%
Played daily or weekly fantasy sports (e.g., DraftKings, FanDuel, etc.)	5%
Participated in a season-long fantasy sports league	5%
Placed a bet on a sports event using a mobile app or website	3%
Placed a bet on a sports event informally among friends	1%
Placed a bet on a sports event with a sportsbook/bookie	1%
Placed a bet on a sports event at a casino or in person sportsbook or kiosk	1%
Other sports betting activities	1%
Placed a bet on eSports	<1%
Placed a bet at a horse racetrack/off track betting parlor	0%

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Frequency and Wagering

Among FSU Students Who Engaged in Sports Gambling/Betting



How often?	%
Once a year or less	37%
A few times per year	17%
Monthly	6%
A few times per month	14%
Weekly	11%
A few times per week	11%
Daily	3%



How much?	%
Less than \$1	31%
Between \$1 and \$10	34%
Between \$10 and \$20	17%
Between \$20 and \$50	17%
Between \$50 and \$100	0%
More than \$100	0%

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Types of Non-sports Gambling/Betting

FSU 2025 MD-CAS Sample

I have not participated in any of these activities	76%
Purchased a lottery, Powerball, Mega Millions, or instant scratch-off ticket	18%
Played casino games in person (e.g., poker, blackjack, roulette, craps, baccarat, or slot machine)	6%
Traded cryptocurrencies (e.g., digital currency such as Bitcoin, Ethereum, Ripple) or high-risk stocks (e.g., options, margins, futures)	3%
Played casino games online (e.g., poker, blackjack, roulette, craps, baccarat, or slot machine)	2%
Played games of skill for money in person (e.g., backgammon, mahjong, puzzles, word games, trivia, board games, strategy games, bridge)	2%
Other gambling/betting activities NOT related to sports	1%
Played dice, spades, or other “street games”	1%
Bet on skins or loot boxes in video games	1%
Played games of skill for money online (e.g., backgammon, mahjong, puzzles, word games, trivia, board games, strategy games, bridge)	0%

117

Frequency and Wagering

Among FSU Students Who Engaged in Non-sports Gambling/Betting



How often?	%
Once a year or less	41%
A few times per year	30%
Monthly	10%
A few times per month	12%
Weekly	3%
A few times per week	3%
Daily	1%



How much?	%
Less than \$1	26%
Between \$1 and \$10	41%
Between \$10 and \$20	11%
Between \$20 and \$50	12%
Between \$50 and \$100	8%
More than \$100	1%

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Looking Forward: Resources Needs for Addressing Excessive Drinking and Related Problems at FSU

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