

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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 - 10. Gambling/Betting
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Participation in the Overall MD-CAS 2026

- 2,168 full-time undergraduate students ages 18-25 from 9 schools participated in the MD-CAS 2026.
- The overall response rate was 14.1%, ranging from 10% to 20% across schools.
- The online survey was administered for three weeks in February-March 2026.
- 8.1% of responses obtained using generic link/QR code.
- 69% of respondents were ages 18-20 and 71% lived in residence halls or school-owned apartments.

	MD-CAS 2026 Sample (N=2,168)
Gender	
Cisgender Women (<i>n</i> =1350)	62%
Transgender Women (<i>n</i> =4)	0%
Cisgender Men (<i>n</i> =619)	29%
Transgender Men (<i>n</i> =35)	2%
Genderqueer (<i>n</i> =23)	1%
Nonbinary (<i>n</i> =69)	3%
Gender not listed (<i>n</i> =10)	0%
Prefer not to state (<i>n</i> =33)	2%
Race/ethnicity	
Non-Hispanic White (<i>n</i> =853)	39%
Non-Hispanic Black/African American (<i>n</i> =522)	24%
Non-Hispanic Asian (<i>n</i> =336)	15%
Hispanic (<i>n</i> =242)	11%
Other or Multiracial (<i>n</i> =159)	7%
Non-Hispanic Middle Eastern or North African (<i>n</i> =19)	1%

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Aggregate MD-CAS 2026 Overview

- 46% **did not use** alcohol, cannabis, or tobacco during the past year ($n=913$)
- 53% **drank alcohol in the past year** ($n=1156$)
- 38% **drank alcohol in the past month** ($n=814$)
- 15% **binge drank in the past month** ($n=325$)
- 22% **used cannabis in the past year** ($n=445$)
- 15% **used cannabis in past month** ($n=299$)
- 6% **binge drank and used cannabis** in the past month ($n=128$)
- 5% **used cannabis and tobacco/nicotine** in the past month ($n=105$)
- 10% **used tobacco/nicotine** in the past month ($n=193$)
- 3% **used tobacco/nicotine, cannabis, and binge drank** in the past month ($n=66$)
- 2% **Identify as being in recovery from alcohol and/or drug problems** ($n=47$)
- 52% **reported mental health struggles affecting their daily life** ($n=1026$)

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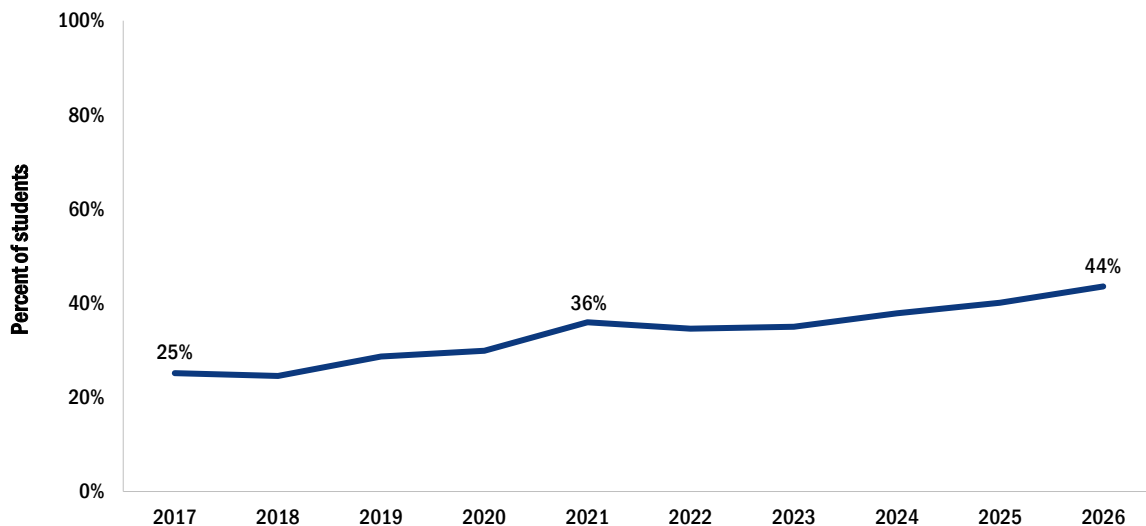


Section A Trends in Alcohol Use: Overall MD-CAS Sample, 2017-2026

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Trends in Past-year Non-Drinkers among All Students

Overall MD-CAS Sample, 2017-2026



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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

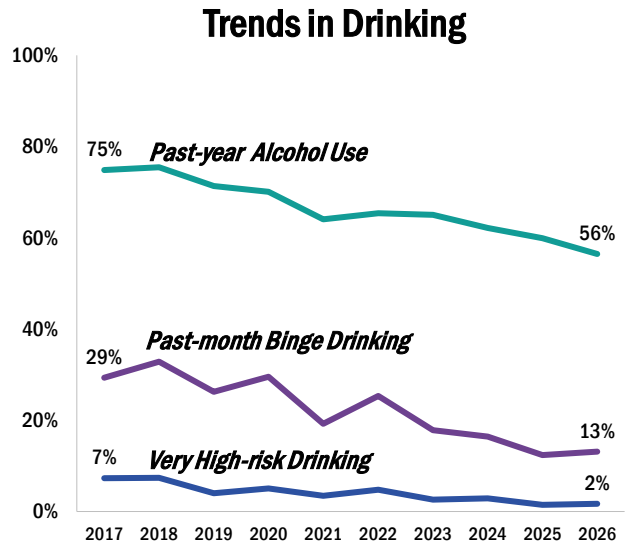
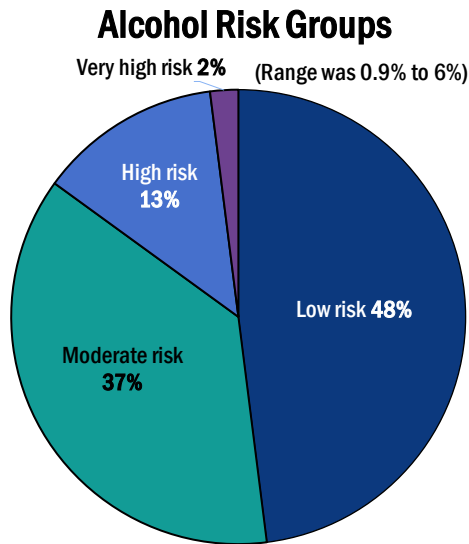
VERY HIGH RISK

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.*

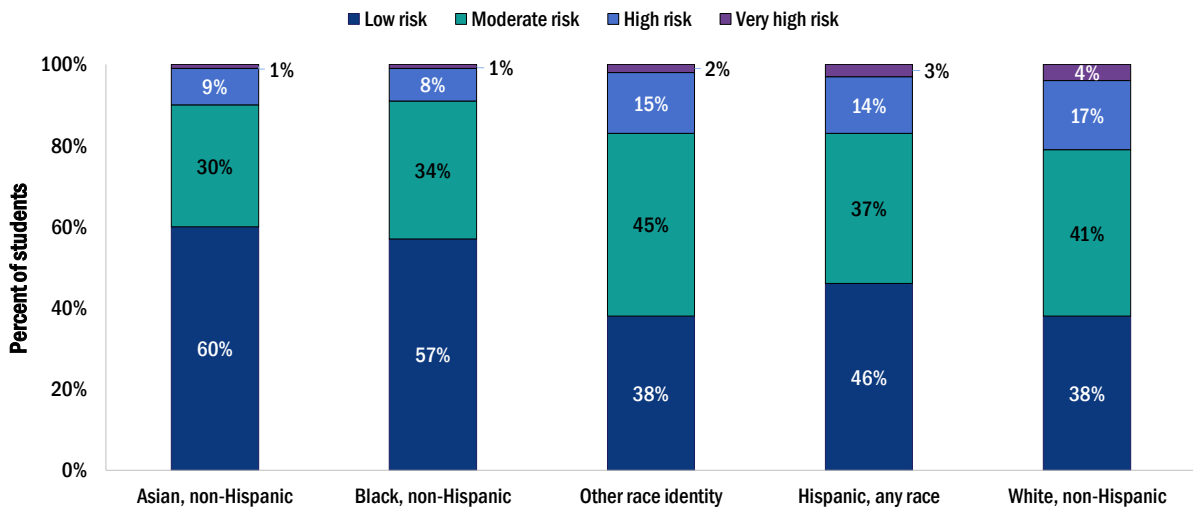
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2026 Overall MD-CAS Sample



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Alcohol Risk Groups by Race/Ethnicity Overall 2026 MD-CAS Sample

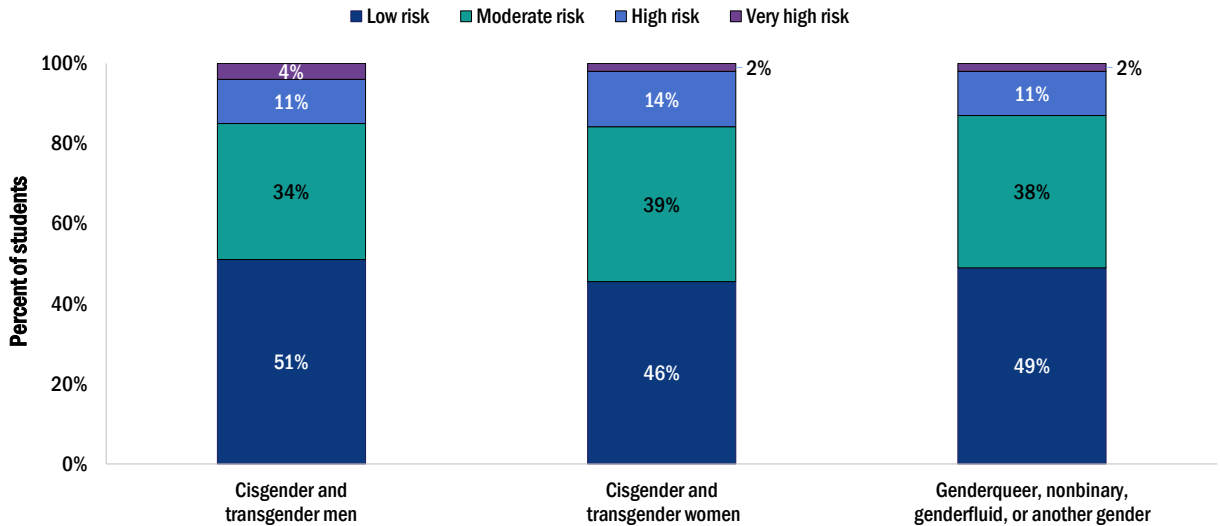


Note: Middle Eastern/North African students not included due to low sample size.

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Alcohol Risk Groups by Gender

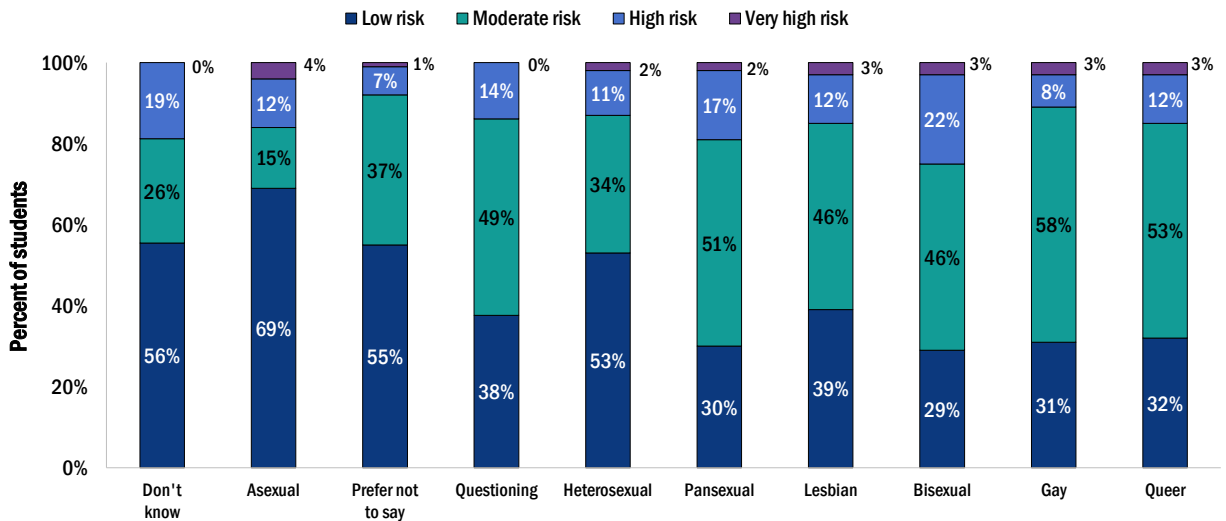
Overall 2026 MD-CAS Sample



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Alcohol Risk Groups by Sexual Orientation

Overall 2026 MD-CAS Sample

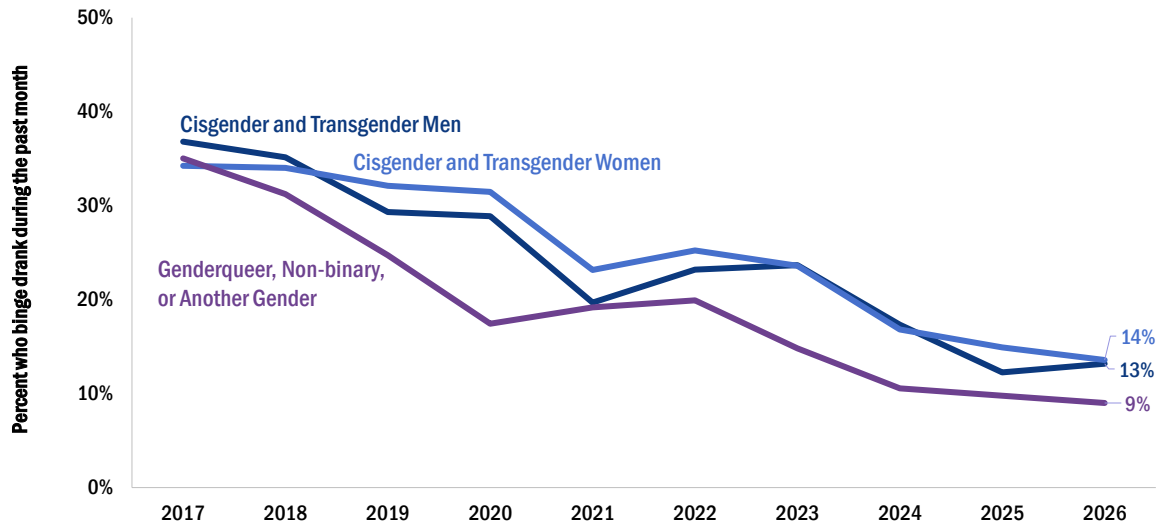


Note: "I use a different term/Something else" not shown due to small sample size.

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Trends in Binge Drinking by Gender

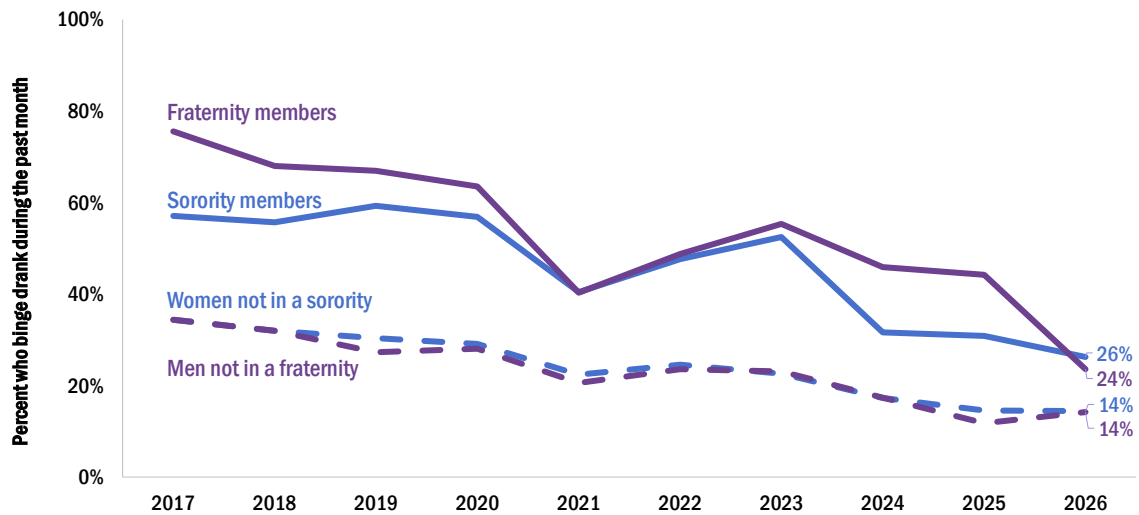
Overall MD-CAS Sample, 2017-2026



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Binge Drinking Trends by Fraternity/Sorority Members*

Overall MD-CAS Sample, 2017-2026

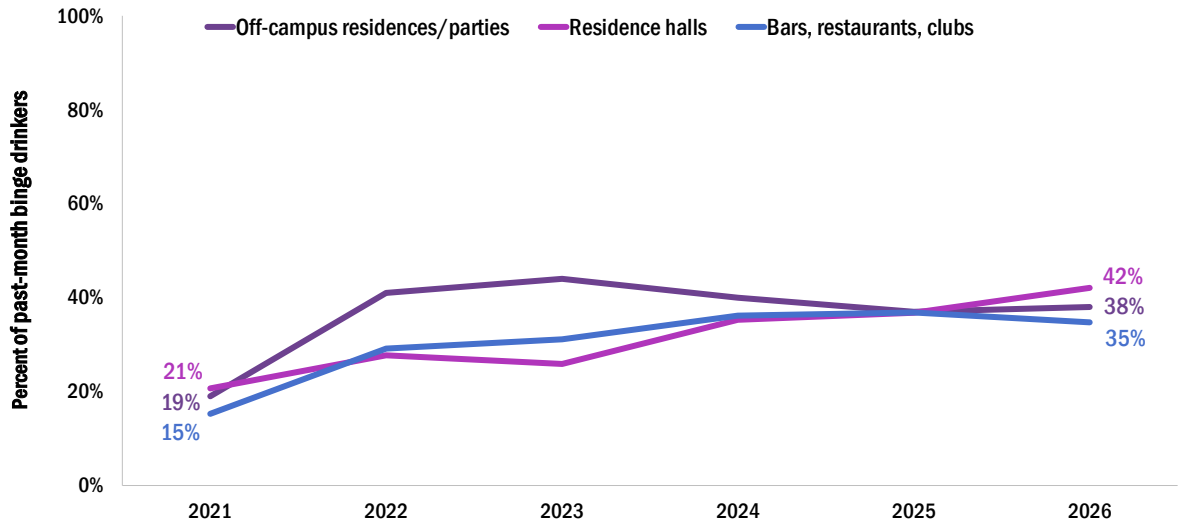


*Among students at schools with sororities/fraternities; past-month binge drinking

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Where Students Binge Drink

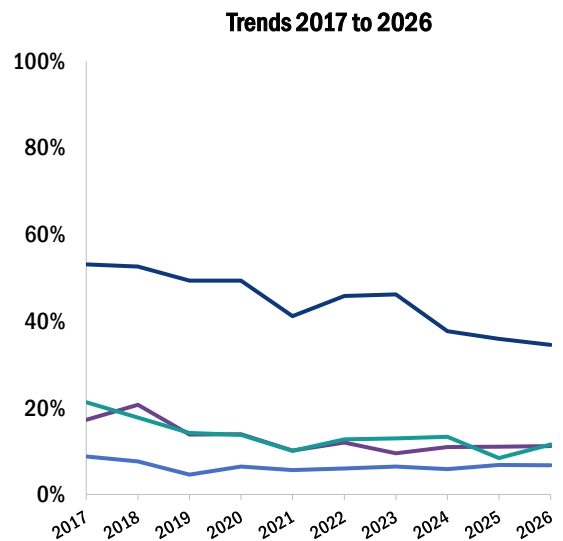
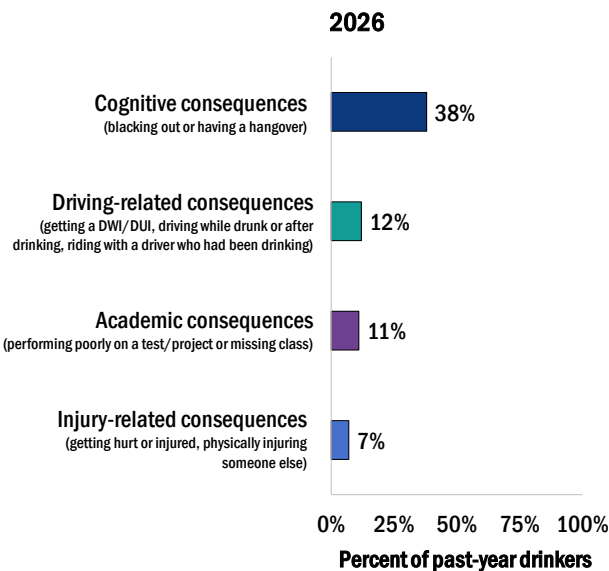
Among Past-month Binge Drinkers, Overall MD-CAS Sample, 2021-2026



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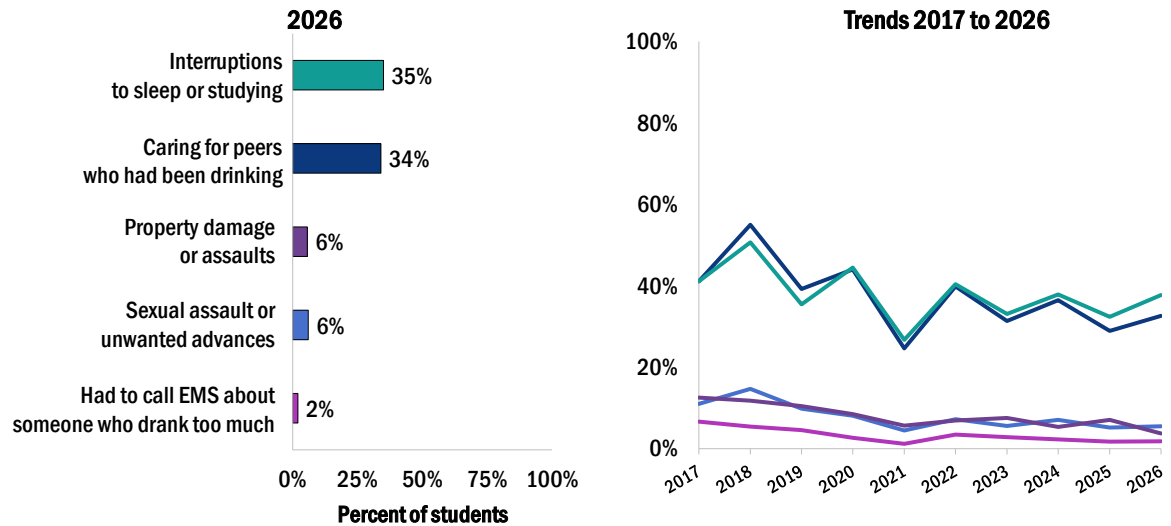
Direct Consequences of Alcohol Use

Overall 2026 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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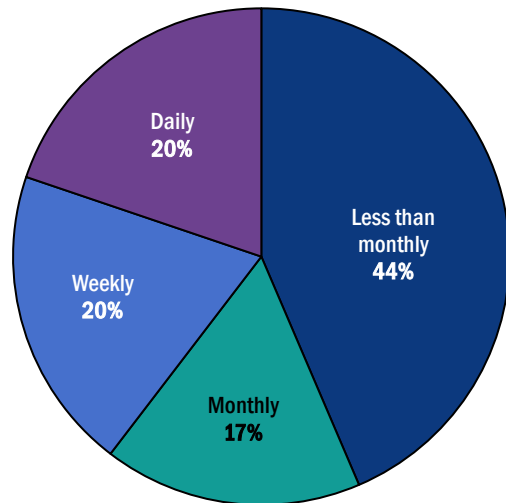
Cannabis Use, Consequences, and Access to Cannabis Overall MD-CAS Sample, 2017-2026

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22% of Students Used Cannabis during the Past Year

Overall 2026 MD-CAS Sample

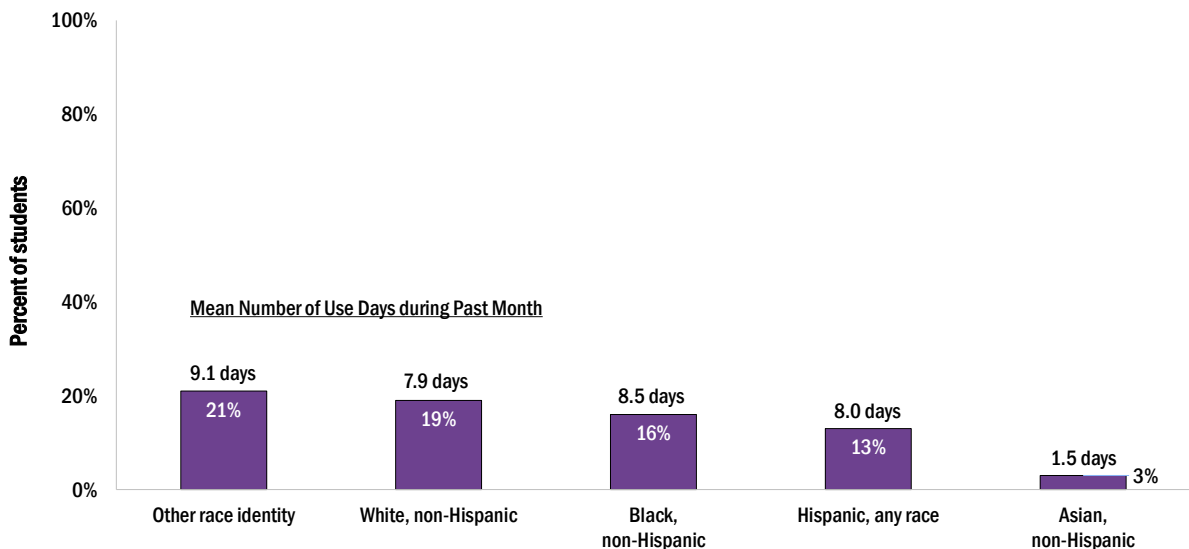
How often did these students ($n=445$) use cannabis in the past year?



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Past-month Cannabis Use, by Race/Ethnicity

Overall 2026 MD-CAS Sample

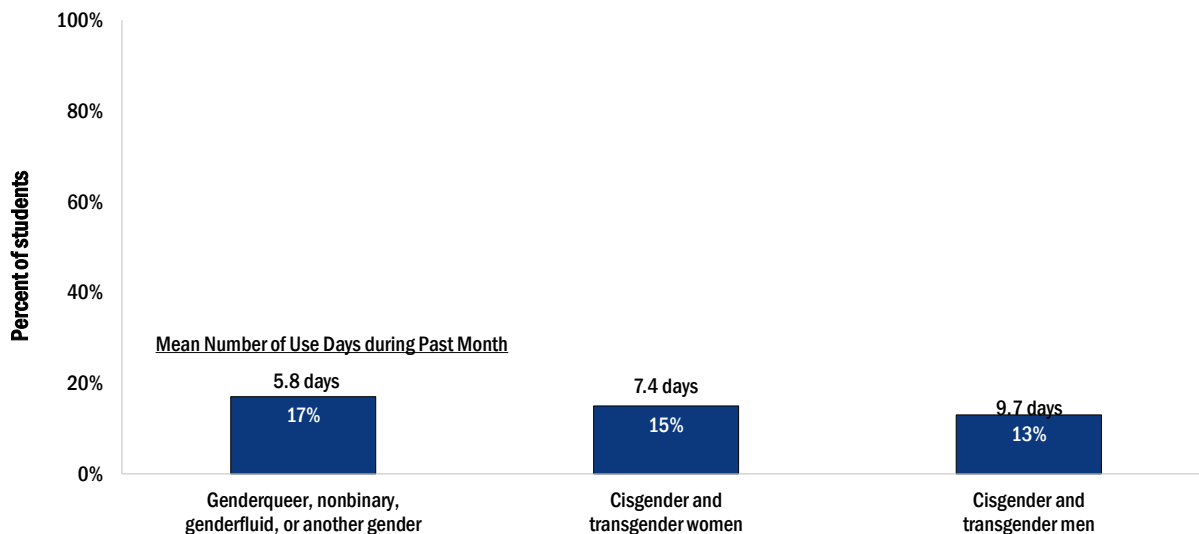


Note: Middle Eastern/North African students not included due to low sample size.

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Past-month Cannabis Use, by Gender

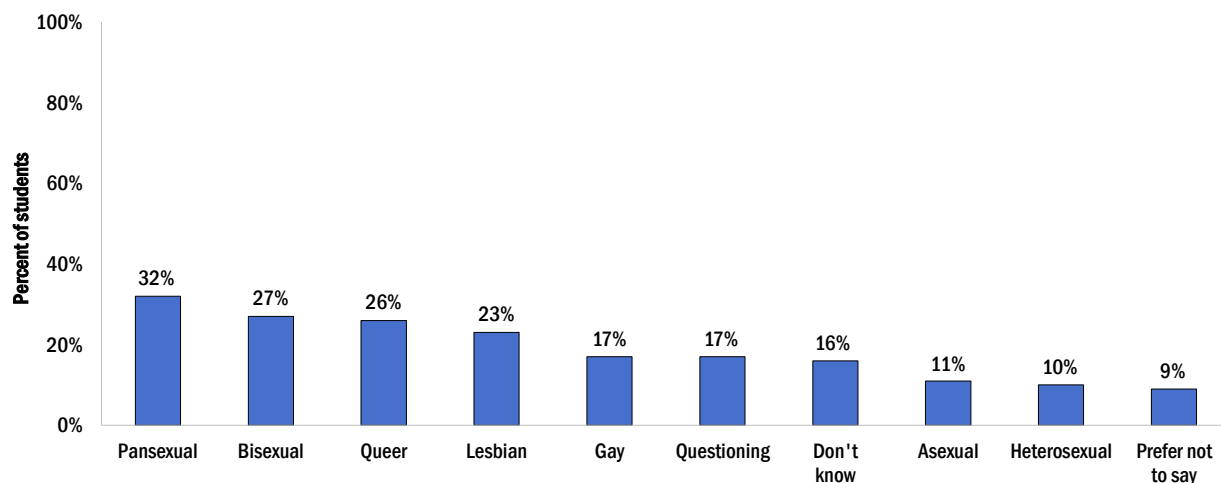
Overall 2026 MD-CAS Sample



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Past-month Cannabis Use, by Sexual Orientation

Overall 2026 MD-CAS Sample

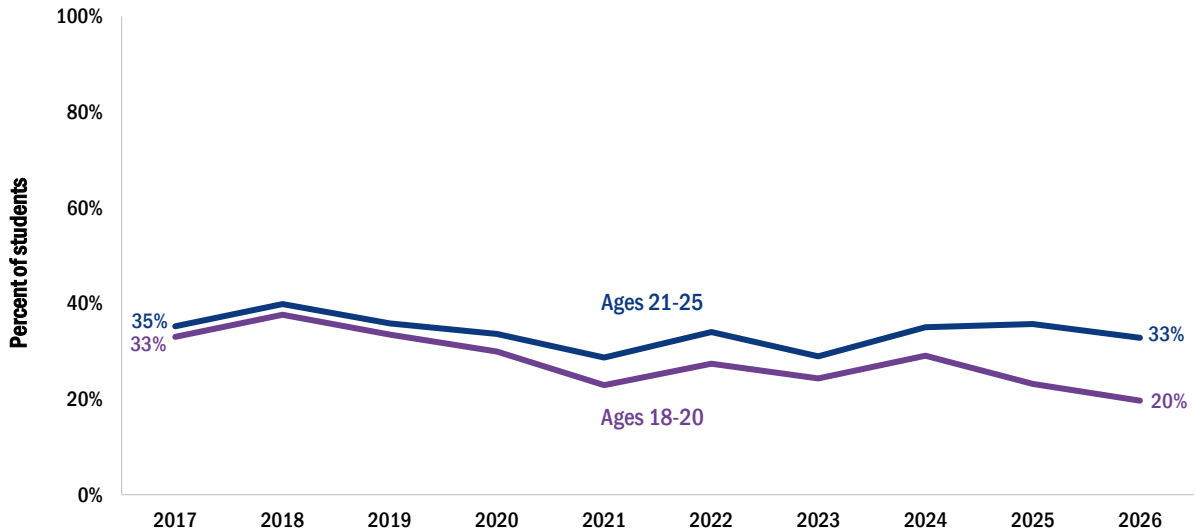


Note: "I use a different term/ Something else" not shown due to small sample size.

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Trends in Past-year Cannabis Use, by Age Category

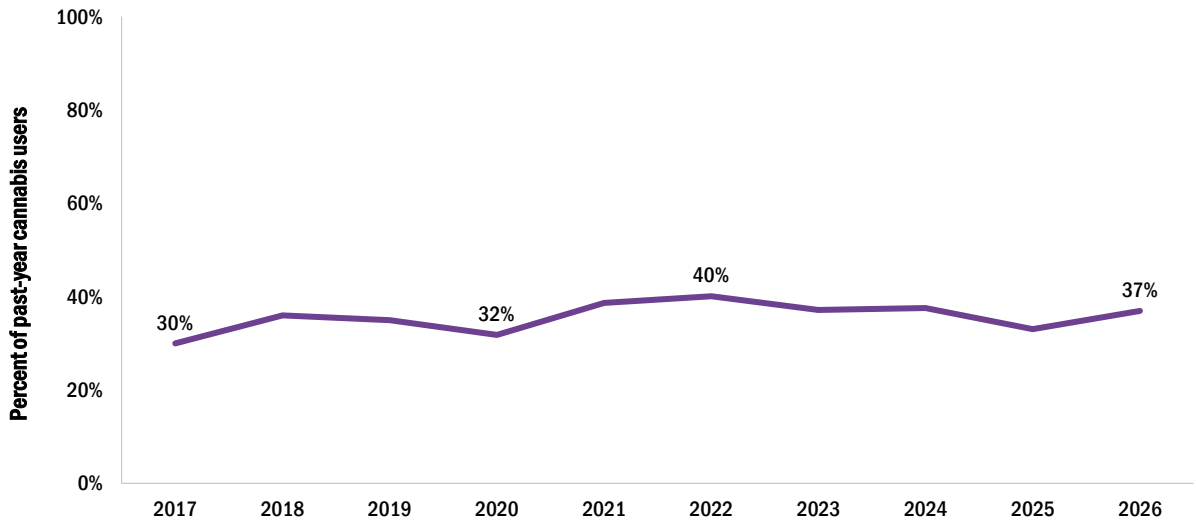
Overall MD-CAS Sample, 2017-2026



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Trends in Frequent Cannabis Use

among Past-year Cannabis Users, Overall MD-CAS Sample, 2017-2026

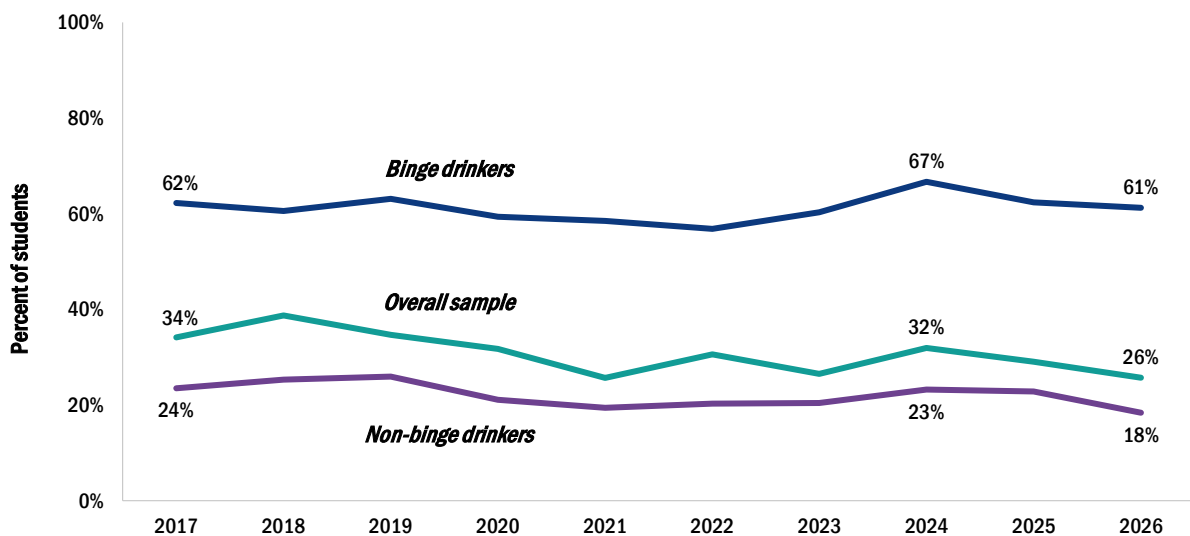


Note: "Frequent" cannabis use is defined as using cannabis weekly or more often.

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

Overall MD-CAS Sample, 2017-2026



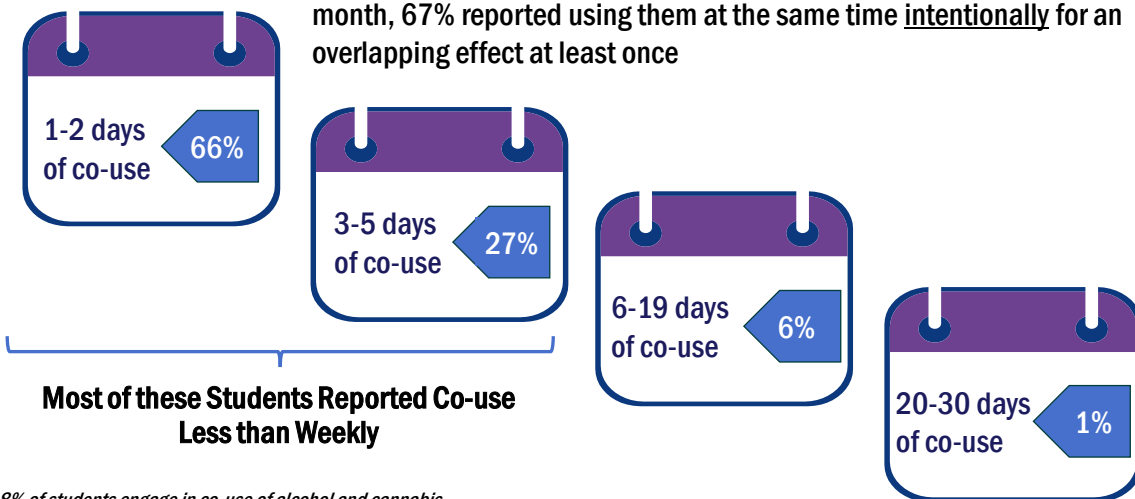
25

Students' Co-use of Alcohol and Cannabis

Overall 2026 MD-CAS Sample

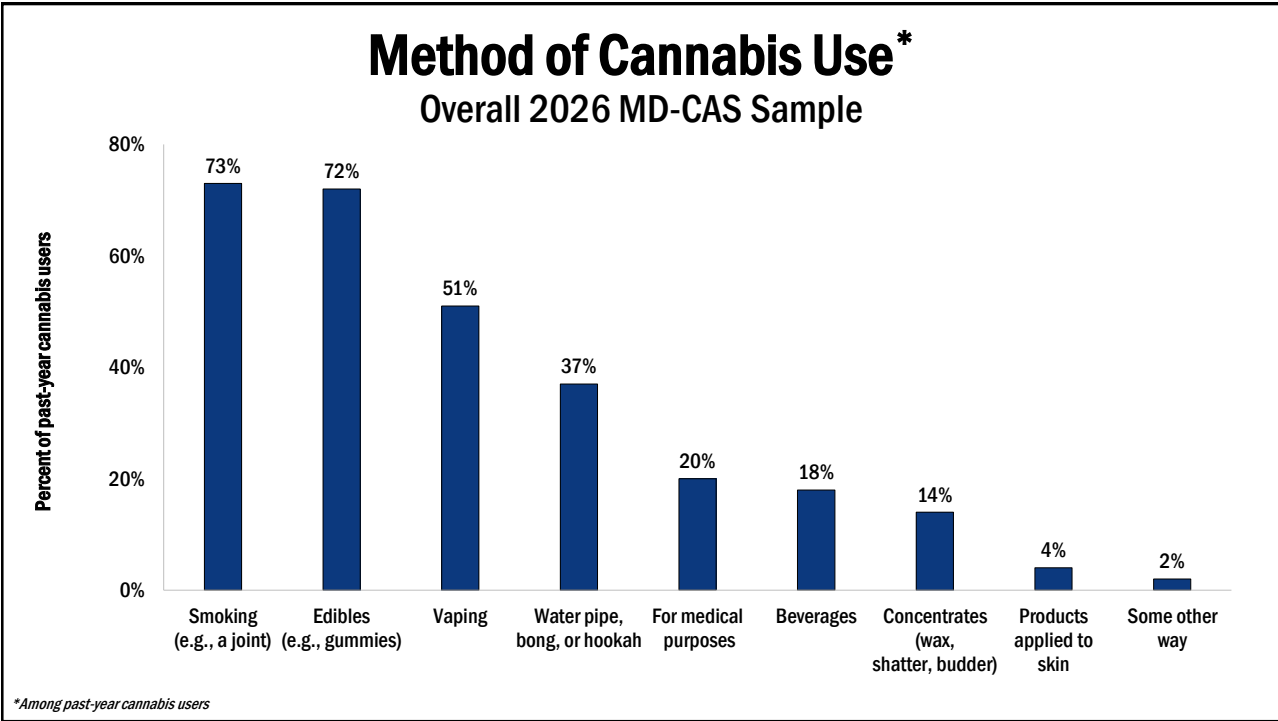


Among students who used both alcohol and cannabis during the past month, 67% reported using them at the same time intentionally for an overlapping effect at least once

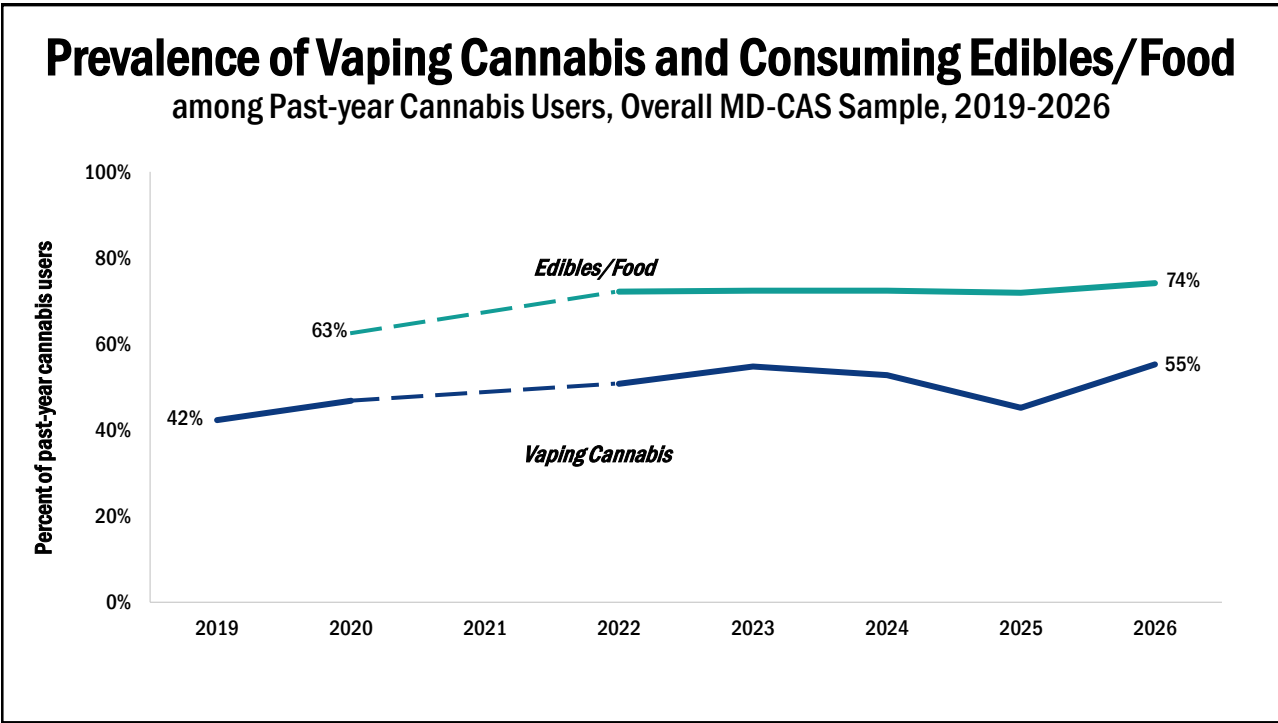


*8% of students engage in co-use of alcohol and cannabis.

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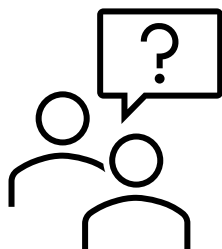


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The Majority of Students who Used Cannabis Didn't Know the Potency of the Cannabis they Used

69% of students did not know the usual THC level in the cannabis they used

71% of students did not know the highest level of THC in the cannabis they used

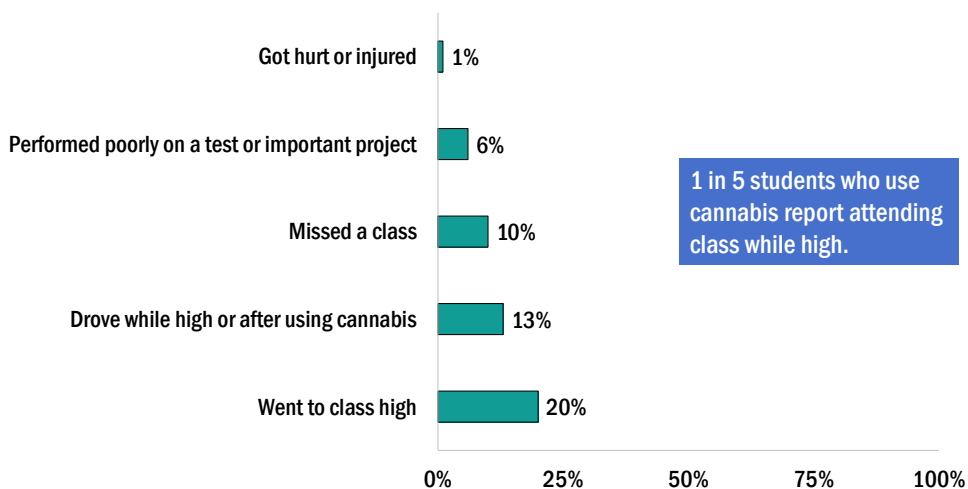


How can we increase student knowledge of the harms of high-potency THC, and unreliability in product labeling?

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Direct Consequences of Cannabis Use

Overall 2026 MD-CAS Sample



1 in 5 students who use cannabis report attending class while high.

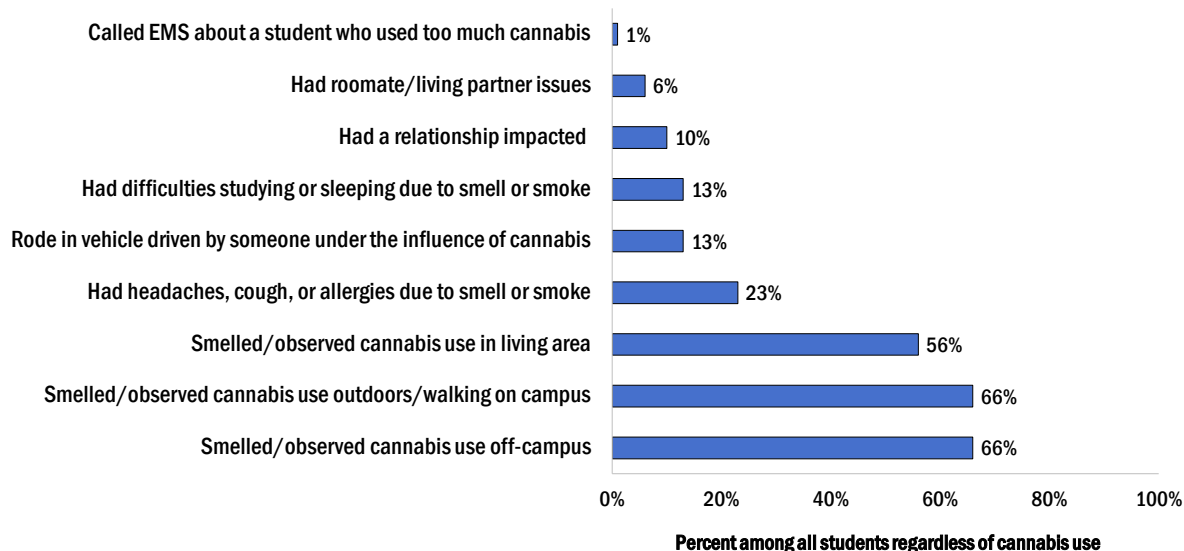


Percent of students who used cannabis in the past year

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Harms Experienced as a Result of Others' Cannabis Use

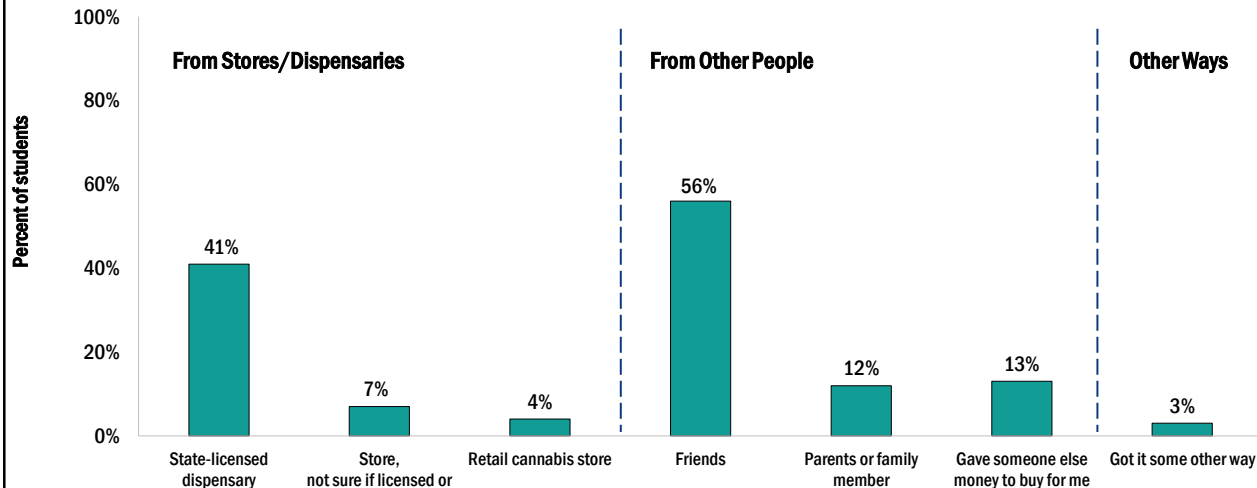
Overall 2026 MD-CAS Sample



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How Students Obtained Cannabis in Maryland

Overall 2026 MD-CAS Sample

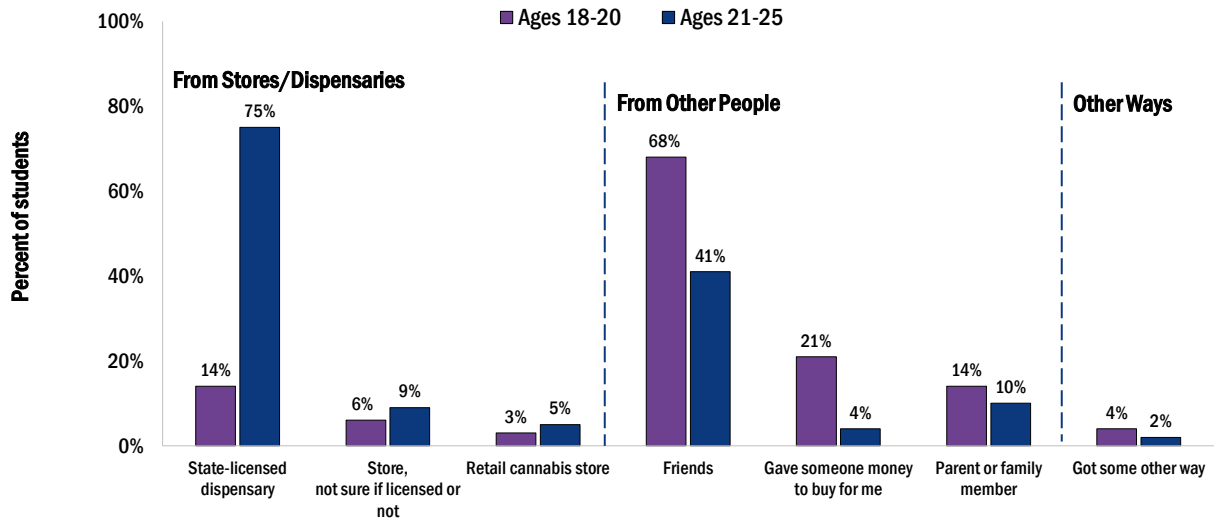


**Among students who obtained cannabis in Maryland during the past year, 8% of students who used cannabis during the past year did not obtain cannabis in Maryland.*

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How Students Obtained Cannabis in Maryland

Overall 2026 MD-CAS Sample, by age group

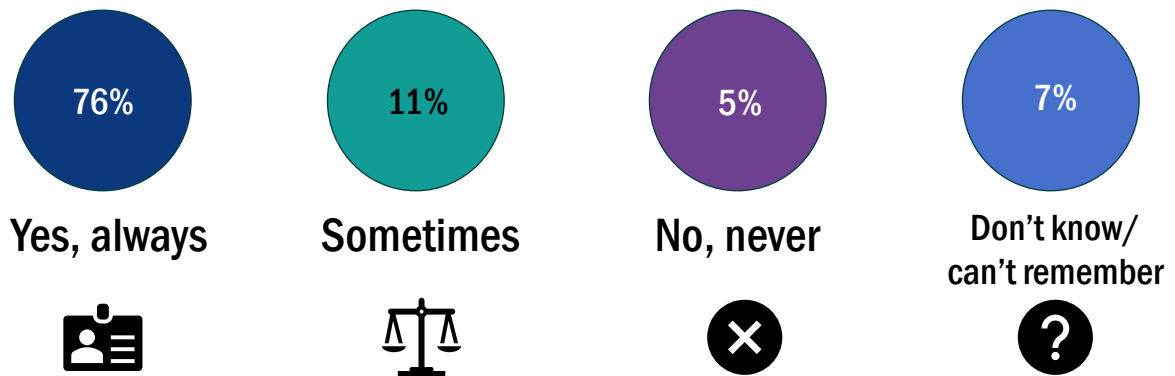


*Among students who obtained cannabis in Maryland during the past year, 8% of students who used cannabis during the past year did not obtain cannabis in Maryland.

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

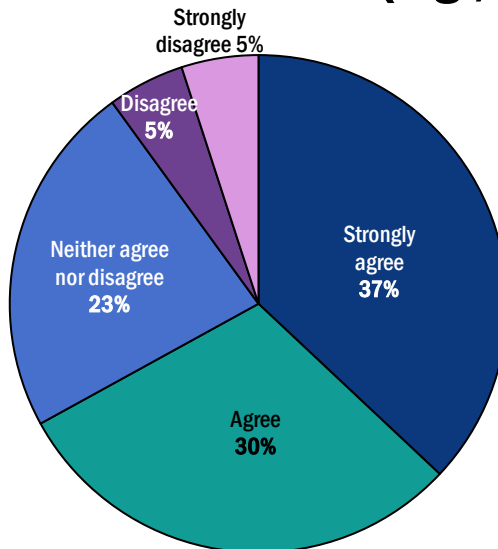
Overall 2026 MD-CAS Sample (N=201)



*Among students who obtained cannabis from a retail store/dispensary 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).”



67% of all students support an odor policy.

42% of students who used cannabis during the past year support an odor policy.

**Overall MD-CAS 2026 data*

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Students' Substance Use during 21st Birthday Celebration

Overall 2026 MD-CAS Sample



During their 21st Birthday Celebration



36% of students did not use alcohol or cannabis.



47% of students only drank alcohol.



2% of students only used cannabis.



12% of students drank alcohol and used cannabis.

Note: Among students who are ≥21 years old, MD-CAS 2026. 4% preferred not to say or were unsure.

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How Many Drinks did Students Consume at 21st Birthday Celebration?

Overall 2026 MD-CAS Sample

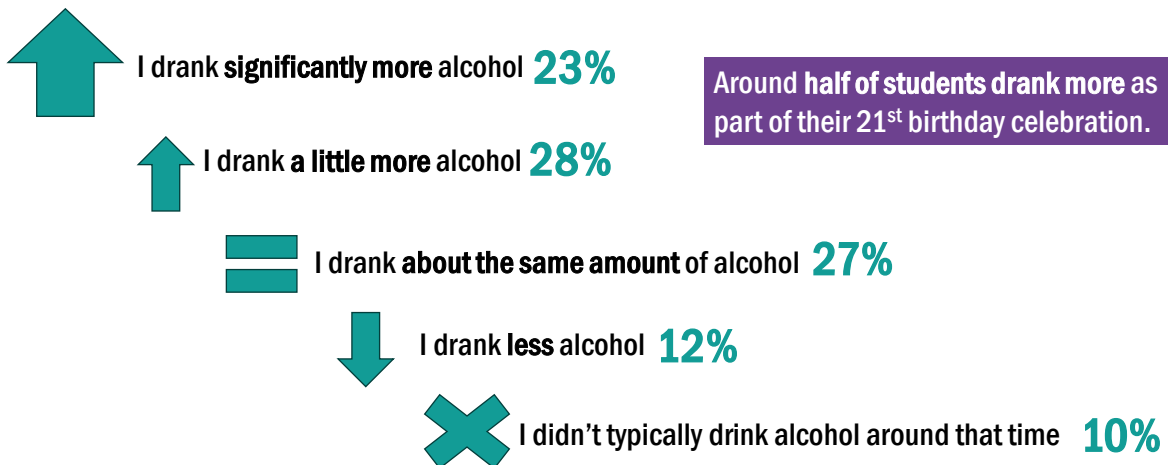
Of students who consume alcohol as part of the 21st Birthday celebration,
most consume between 1-5 drinks.

Number of drinks consumed at 21 st birthday celebration	%
1 or 2	42%
3 to 5	34%
6 to 10	19%
More than 10	5%

Note: Among the 377 students who are ≥21 years old and drank alcohol as part of the birthday celebration.

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How did the amount of alcohol you drank during your 21st birthday celebration compare with the amount you usually drank on a typical occasion around that time?



38

How did the amount of cannabis you used during your 21st birthday celebration compare with the amount you usually used on a typical occasion around that time?



I used **significantly more** cannabis **14%**



I used a **little bit more** cannabis **19%**



I used **about the same amount** of cannabis **53%**



I used **less** cannabis **12%**



I didn't typically use cannabis around that time **2%**

Most students did not increase their cannabis use as part of their 21st birthday celebration.

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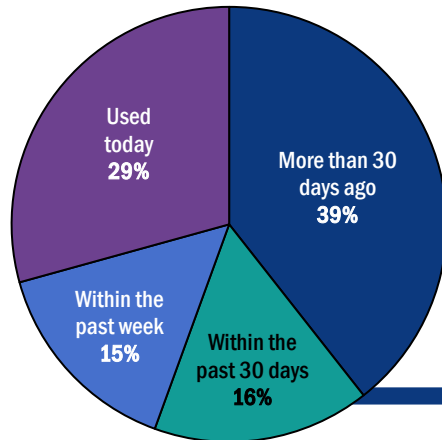
Tobacco/Nicotine and Other Substance Use
Overall MD-CAS Sample, 2015-2026

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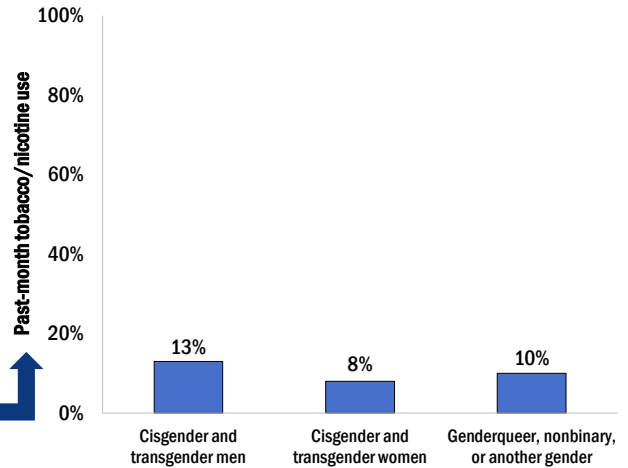
16% of Students Used Tobacco/Nicotine in Past Year

Overall 2026 MD-CAS Sample

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



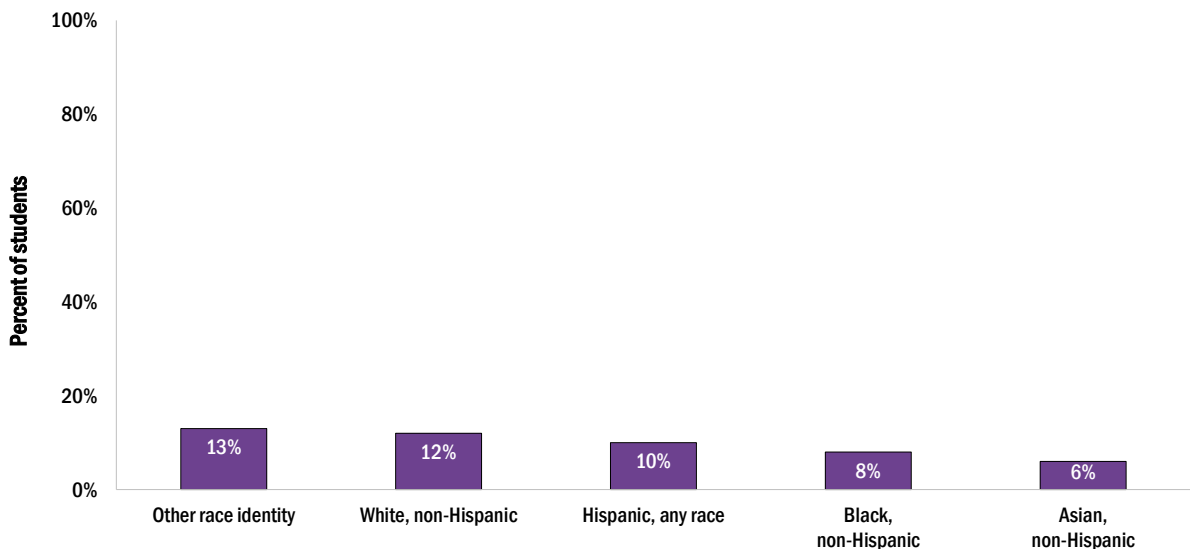
Is there a difference in tobacco use during the **past month** by gender?



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Past-month Tobacco/Nicotine Use, by Race/Ethnicity

Overall 2026 MD-CAS Sample

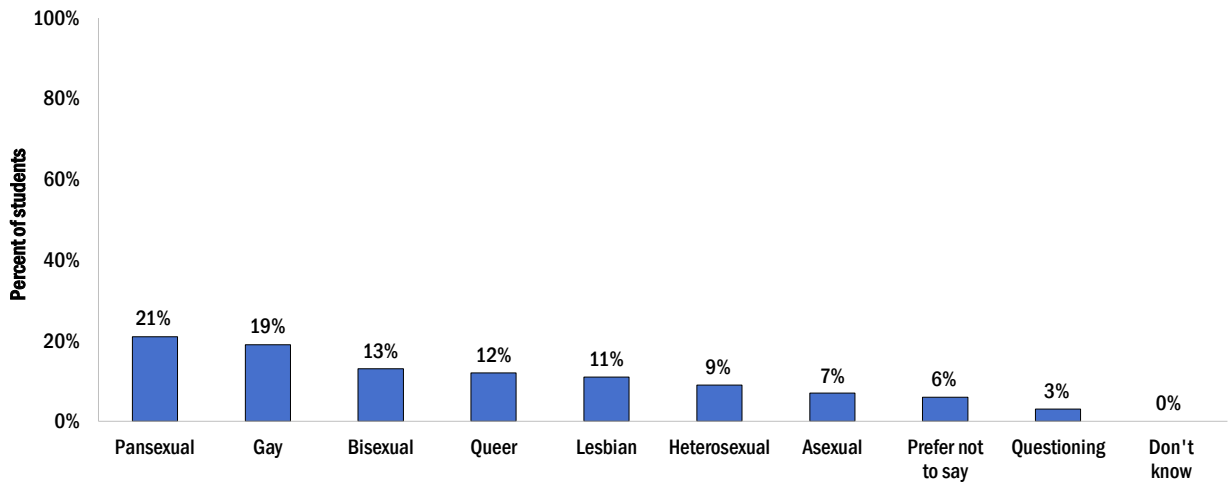


Note: Middle Eastern/North African students not included due to low sample size.

42

Past-month Tobacco/Nicotine Use, by Sexual Orientation

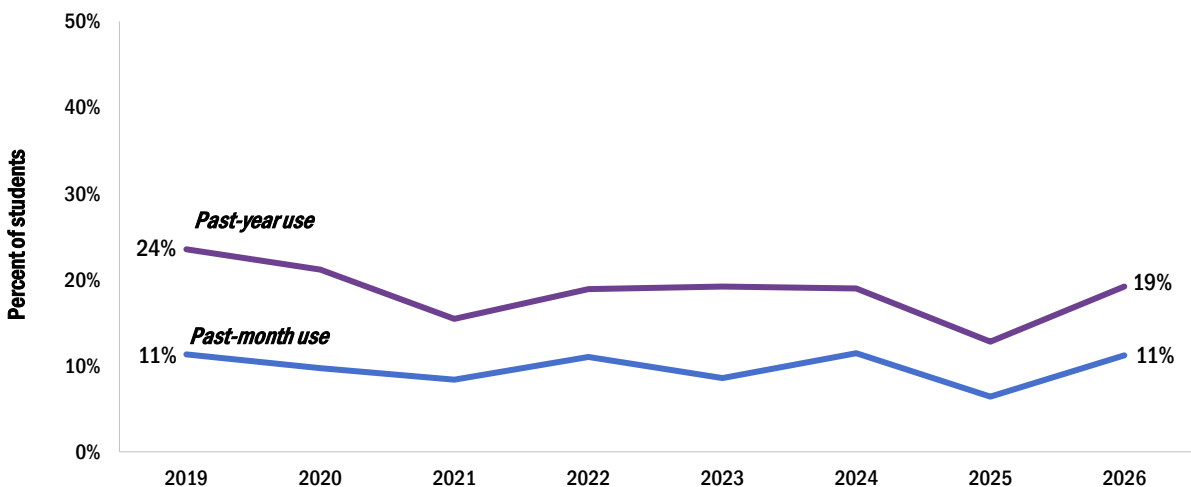
Overall 2026 MD-CAS Sample



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Trends in Any Tobacco/Nicotine Use

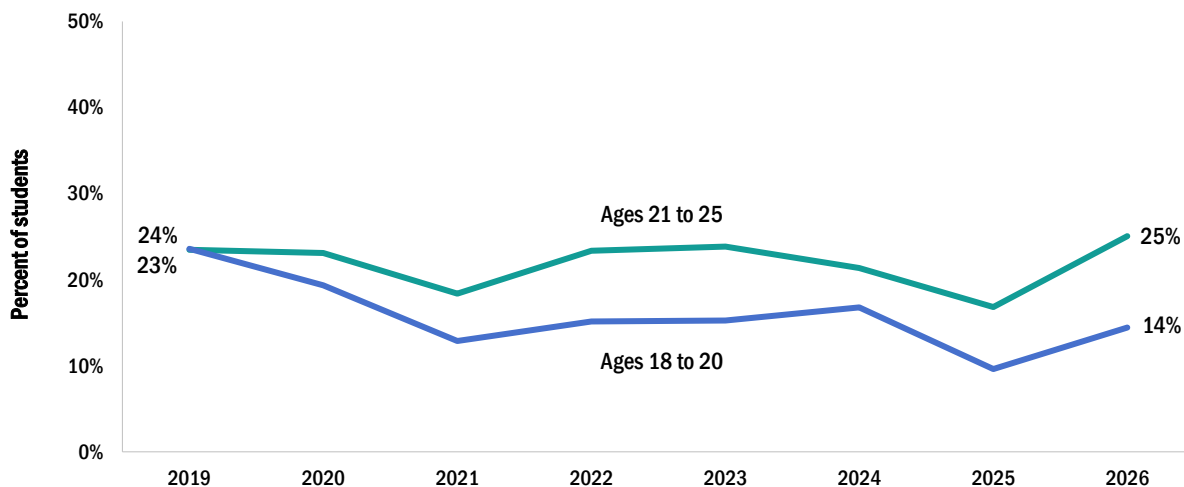
Overall MD-CAS Sample, 2019-2026



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Trends in Past-Year Tobacco/Nicotine Use, by Age Category

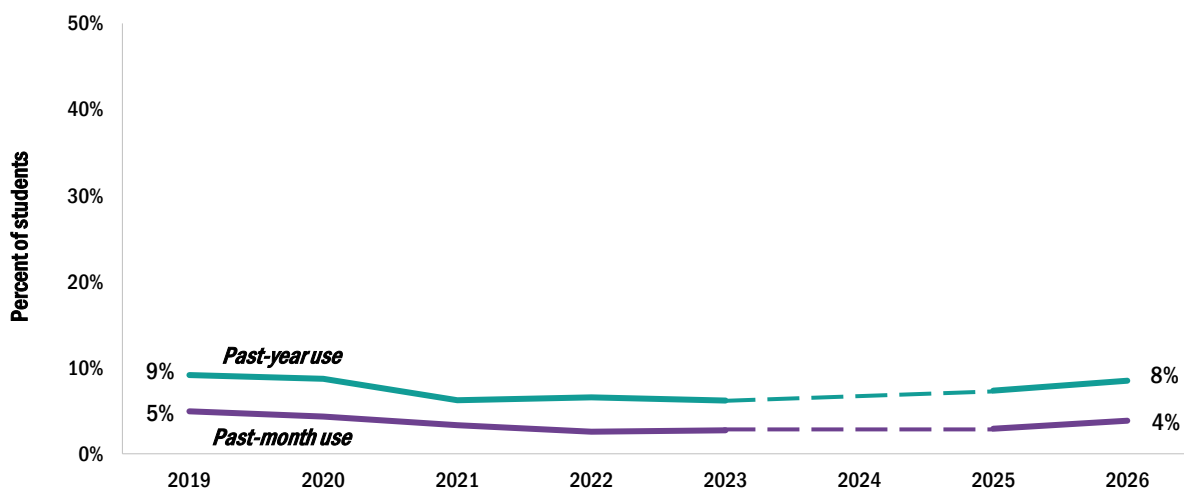
Overall MD-CAS Sample, 2019-2025



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Trends in Cigarette Use

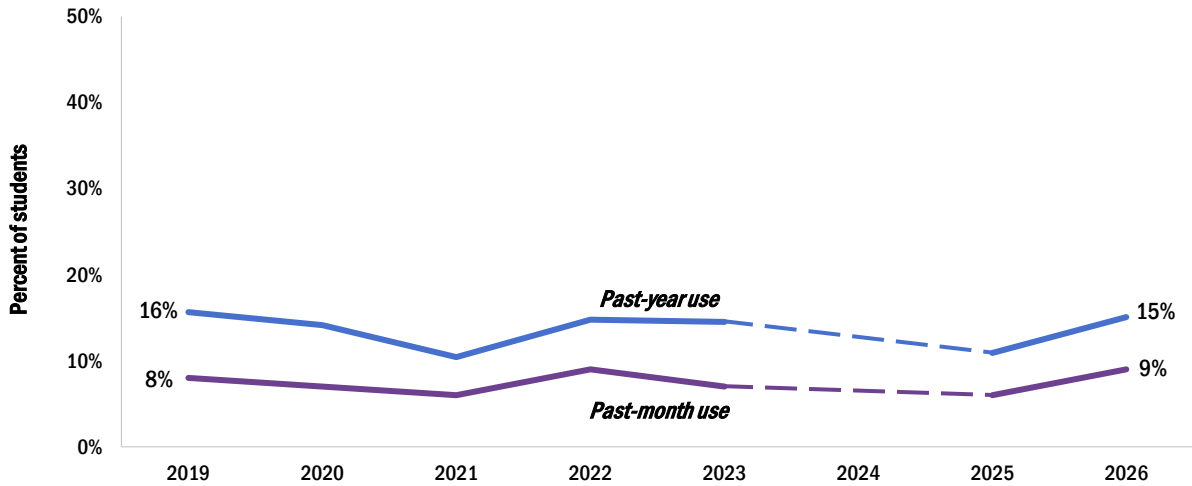
Overall MD-CAS Sample, 2019-2026



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Trends in E-Cigarette Use/Vaping

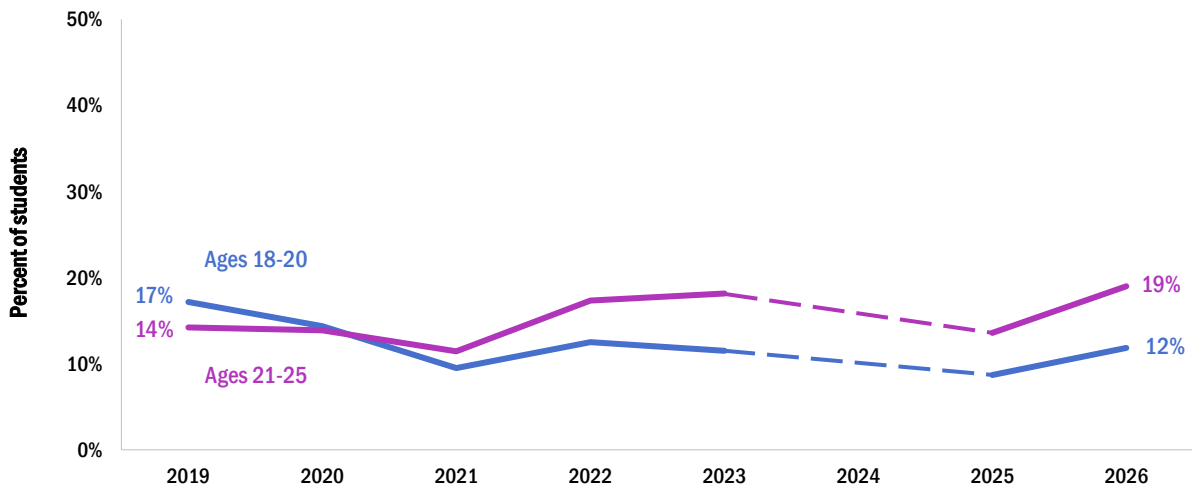
Overall MD-CAS Sample, 2019-2026



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Trends in Past-Year E-Cigarette Use/Vaping, by Age Category

Overall MD-CAS Sample, 2019-2026



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Types of Tobacco/Nicotine Used

Among Students who Used Tobacco/Nicotine in Past Year

Overall 2026 MD-CAS Sample

Methods of Use

E-cigs or Vape products (e.g., Juul)

73%



Cigarettes

53%



Oral nicotine pouches (e.g., Zyn)

29%



Other products (e.g., hookah, cigars)

27%



Chewing tobacco

4%



48% of students who used tobacco/nicotine during the past year reported wanting to cut down or stop.

49



Hallucinogen Use and Microdosing

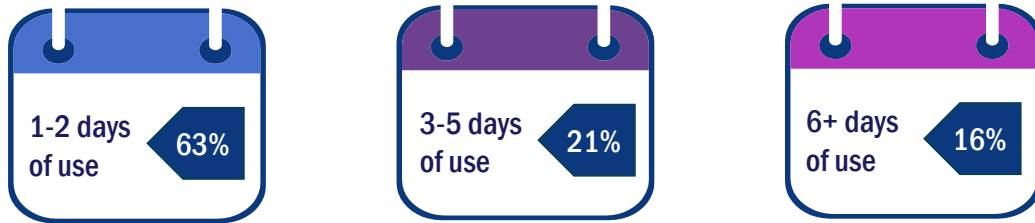
Overall MD-CAS Sample, 2026

50

3% of Students Used Hallucinogens or Psychedelics during the Past Year

Overall 2026 MD-CAS Sample

Among these Students,
the Frequency of Hallucinogens or Psychedelics Use in the Past Year

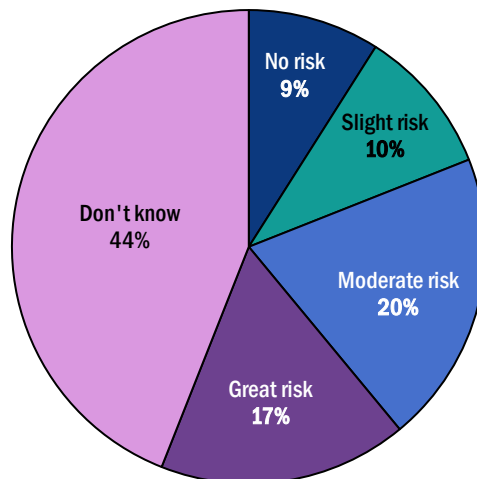


*N=57

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How Much Do You Think People Risk Harming Themselves if They Microdose?

Overall 2026 MD-CAS Sample

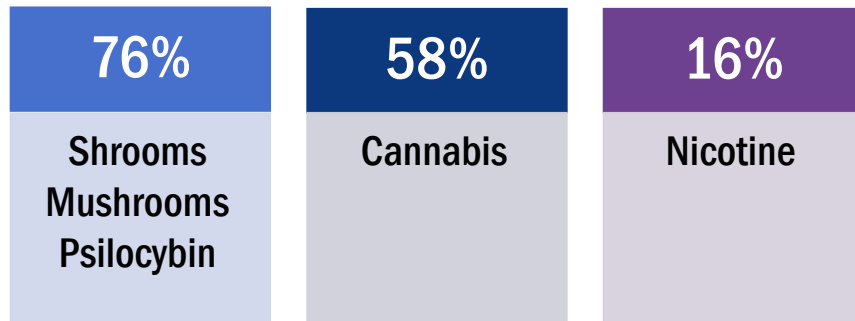


52

1.3% of Students Microdosed in the Past Year

Overall 2026 MD-CAS Sample

What Substances Did They Microdose?



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Mental Health and Substance Use
Overall MD-CAS Sample, 2026

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Students' Recovery and Use Reduction

Overall 2026 MD-CAS Sample



2% 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



35% 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

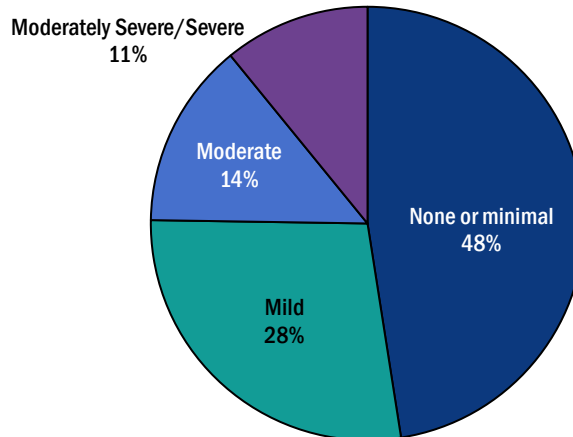
55

Depressive Symptoms, Overall 2026 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



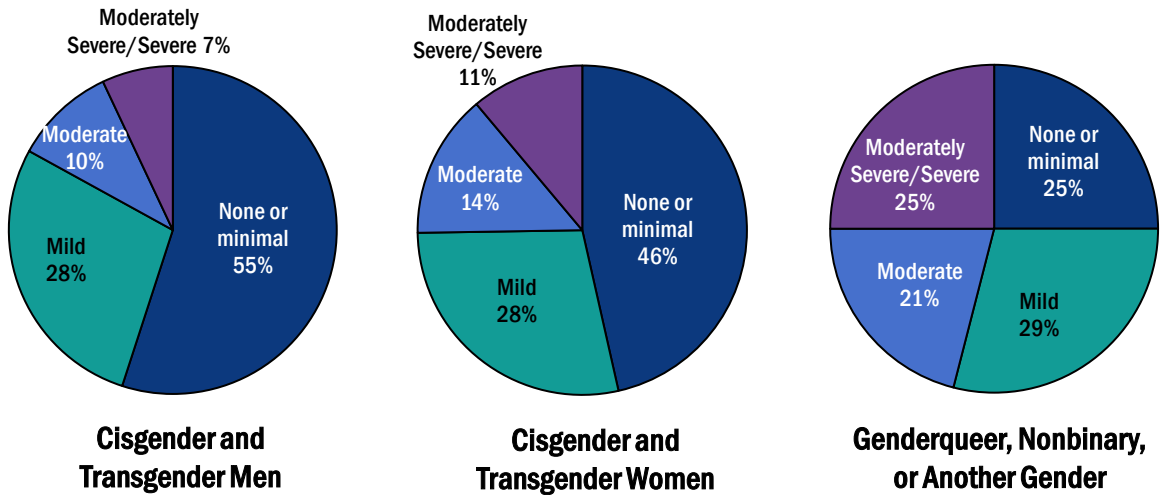
Distribution of Level of Depressive Symptoms

56

Depressive Symptoms, by Gender

Overall 2026 MD-CAS Sample

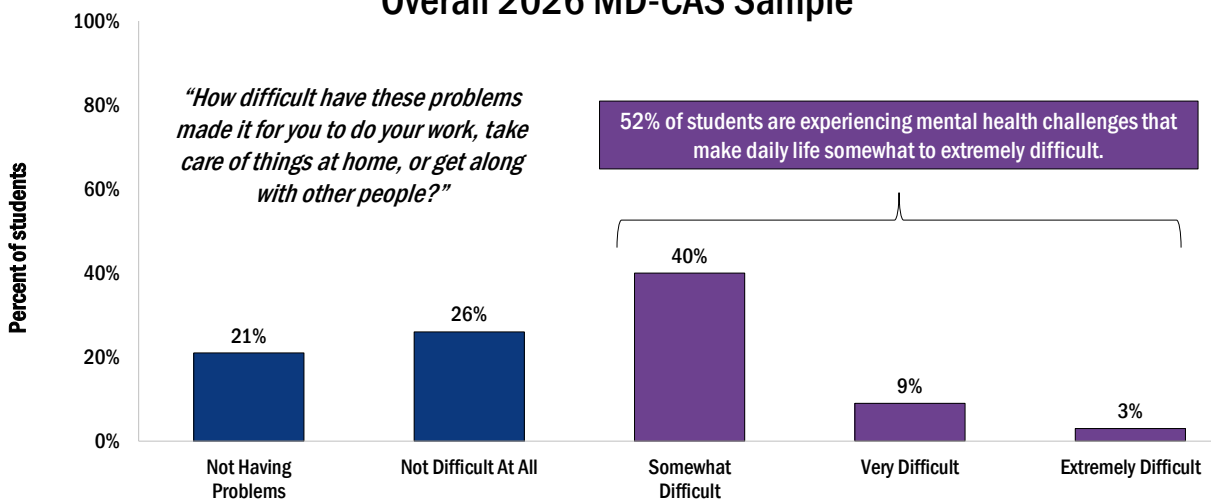
Distribution of Level of Depressive Symptoms



57

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

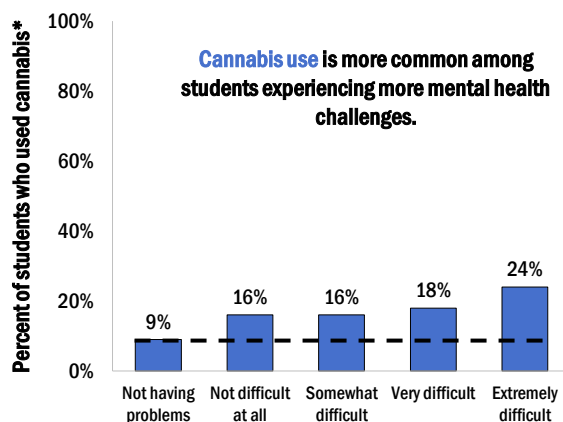
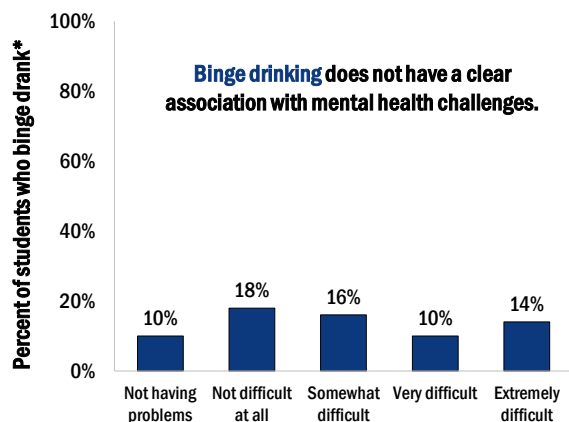
Overall 2026 MD-CAS Sample



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Association between Mental Health Challenges and Binge Drinking and Cannabis Use

Overall 2026 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, 2026

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Gambling/Betting

Overall 2026 MD-CAS Sample (N=1,952)

26%

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

8%

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

22%

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

Participation varied by gender:

37% of cisgender and transgender men
22% of cisgender and transgender women
15% of genderqueer/nonbinary/another gender students

Participation varied by gender:

19% of cisgender and transgender men
4% of cisgender and transgender women
3% of genderqueer/nonbinary/another gender students

Participation varied by gender:

28% of cisgender and transgender men
20% of cisgender and transgender women
14% of genderqueer/nonbinary/another gender students

61

Types of Sports Gambling/Betting

Overall 2026 MD-CAS Sample

I have not participated in any of these activities	92%
Participated in a season-long fantasy sports league	4%
Played daily or weekly fantasy sports (e.g., DraftKings, FanDuel, etc.)	3%
Placed a bet on a sports event using a mobile app or website	2%
Placed a bet on a sports event informally among friends	2%
Placed a bet on a sports event with a sportsbook/bookie	1%
Placed a bet on eSports	1%
Placed a bet on a sports event at a casino or in person sportsbook or kiosk	<1%
Placed a bet at a horse racetrack/off track betting parlor	<1%
Other sports betting activities	<1%

62

Frequency and Wagering

Among Students Who Engaged in Sports Gambling/Betting



How often?	%
Once a year or less	43%
A few times per year	22%
Monthly	8%
A few times per month	12%
Weekly	7%
A few times per week	6%
Daily	2%



How much?	%
Less than \$1	27%
Between \$1 and \$10	44%
Between \$10 and \$20	20%
Between \$20 and \$50	5%
Between \$50 and \$100	2%
More than \$100	2%

63

Money Spent on Sports Betting

Among Students Who Engaged in Sports Gambling/Betting, by frequency



When you engage in sports betting activities, **how much money** do you typically wager **per week**?

Amount of Money	% of Students who gamble less than weekly	% of Students who gamble weekly or more
Less than \$1	25%	36%
Between \$1 and \$10	47%	28%
Between \$10 and \$20	18%	32%
Between \$20 and \$50	6%	0%
Between \$50 and \$100	2%	4%
More than \$100	2%	0%



The majority of students wager \$10 or less per week.

64

Types of Non-sports Gambling/Betting

Overall 2026 MD-CAS Sample

I have not participated in any of these activities	78%
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)	5%
Played games of skill for money in person (e.g., backgammon, mahjong, puzzles, word games, trivia, board games, strategy games, bridge)	2%
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%
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)	2%
Played dice, spades, or other “street games”	1%
Other gambling/betting activities NOT related to sports	1%

65

Frequency and Wagering

Among Students Who Engaged in Non-sports Gambling/Betting



How often?	%
Once a year or less	46%
A few times per year	37%
Monthly	4%
A few times per month	7%
Weekly	3%
A few times per week	2%
Daily	0%



How much?	%
Less than \$1	25%
Between \$1 and \$10	48%
Between \$10 and \$20	14%
Between \$20 and \$50	7%
Between \$50 and \$100	4%
More than \$100	3%

66

Money Spent on Non-Sports Betting

Among Students Who Engaged in Non-Sports Gambling/Betting, by frequency



When you engage in non-sports betting activities, how much money do you typically wager per week?

Amount of Money	% of Students who gamble less than weekly	% of Students who gamble weekly or more
Less than \$1	26%	8%
Between \$1 and \$10	49%	25%
Between \$10 and \$20	13%	38%
Between \$20 and \$50	6%	17%
Between \$50 and \$100	4%	4%
More than \$100	2%	8%

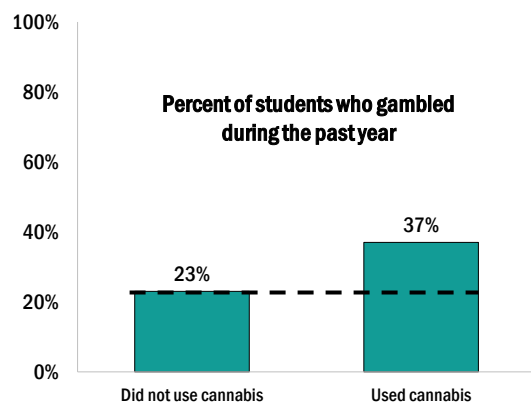
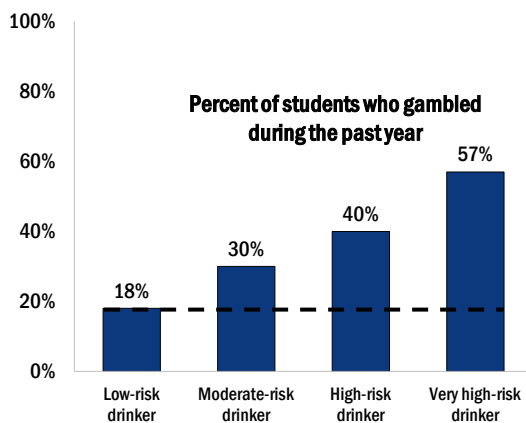


Students who gamble less than weekly wager less than students who gamble weekly or more.

67

Gambling/Betting among High-risk Drinkers and Cannabis Users

Overall 2026 MD-CAS Sample



Notes: Any (sports and non-sports) gambling/betting; past-year cannabis use

68



Section B

Maryland College Alcohol Survey (MD-CAS) Results: Frostburg State University, 2026

69

School Participation in the MD-CAS 2026

- The online survey was administered for three weeks 2/22/26 – 3/08/26.
- FSU participated in the MD-CAS annually since 2014.
- In 2026, 309 full-time undergraduate FSU students ages 18 to 25 participated (16% response rate).
- 62% of respondents were ages 18-20 and 58% lived in residence halls or school-owned apartments.
- When compared with the overall FSU student body, men and non-Hispanic Black students were overrepresented

	FSU MD-CAS 2026 Sample	Overall FSU Student Body*
Gender		
Cisgender Women	59%	50%
Transgender Women	0%	
Cisgender Men	37%	50%
Transgender Men	1%	
Genderqueer	0%	
Nonbinary	1%	
Genderfluid	1%	
Gender not listed or prefer not to say	0%	
Race/ethnicity		
Non-Hispanic White	69%	62%
Non-Hispanic Black/ African American	16%	24%
Hispanic	8%	7%
Non-Hispanic Asian	1%	1%
Other or Multiracial	6%	5%
Non-Hispanic Middle Eastern or North African	0%	

*National Center for Education Statistics. (2024). Integrated postsecondary education data system. Available at: <http://nces.ed.gov/ipeds/>

70

FSU MD-CAS 2026 Overview

- 45% did not use either alcohol or cannabis during the past year ($n=121$)
- 55% drank alcohol in the past year ($n=171$)
- 42% drank alcohol in the past month ($n=128$)
- 18% binge drank in the past month ($n=53$)
- 24% used cannabis in the past year ($n=67$)
- 16% used cannabis in past month ($n=45$)
- 8% binge drank and used cannabis in the past month ($n=23$)
- 7% used cannabis and tobacco/nicotine in the past month ($n=18$)
- 14% used tobacco/nicotine in the past month ($n=37$)
- 4% used tobacco/nicotine, binge drinking, and cannabis in the past month ($n=12$)
- 3% Identify as being in recovery from alcohol and/or drug problems ($n=9$)
- 41% reported mental health struggles affecting their daily life ($n=110$)

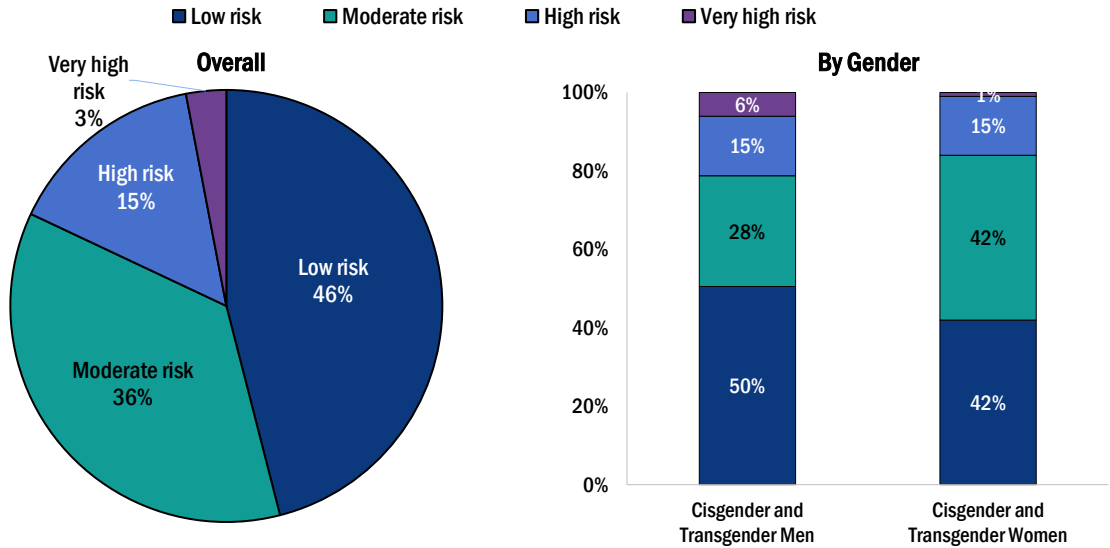
71



Characterizing Excessive Drinking and Related Problems

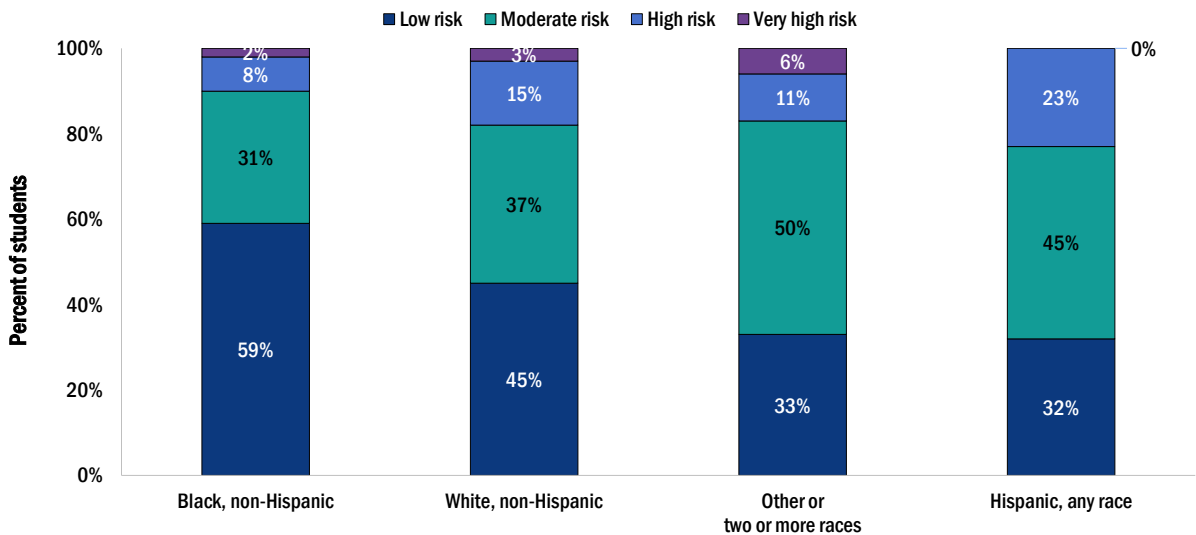
72

Alcohol Risk Groups FSU MD-CAS 2026 Sample



73

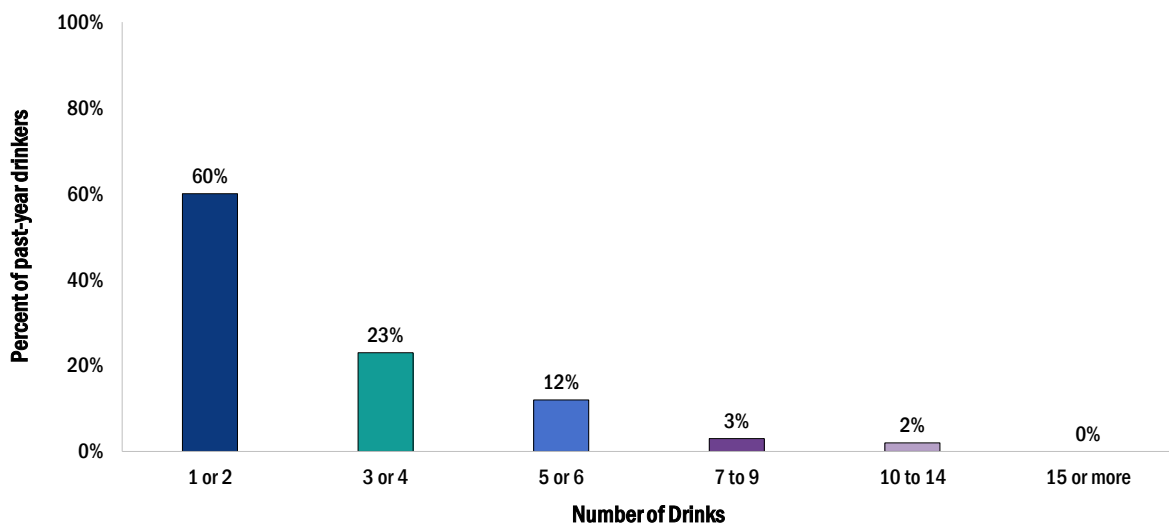
Alcohol Risk Groups by Race/Ethnicity FSU MD-CAS 2026 Sample



Note: Asian and Middle Eastern/North African students not included due to low sample size.

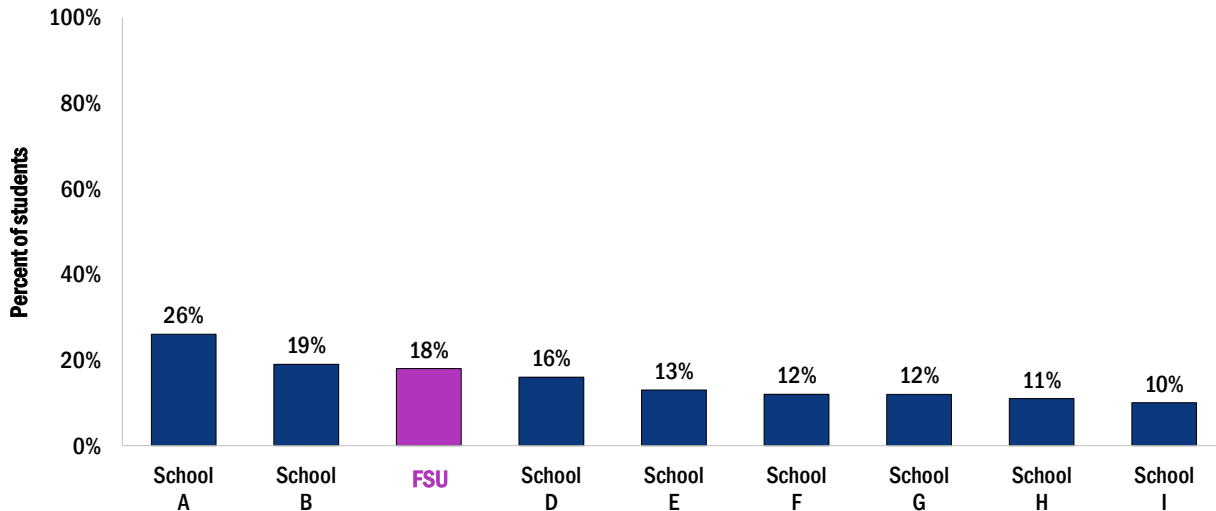
74

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



75

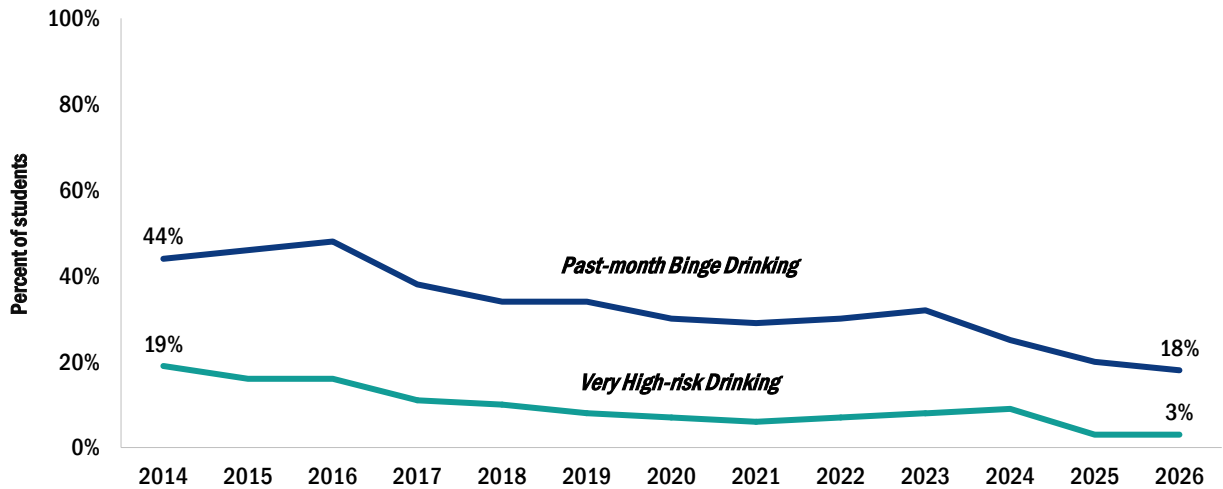
What Proportion of Students Binge Drink? By School, MD-CAS 2026



76

Trends in Binge and Very High-risk Drinking

FSU MD-CAS 2026 Sample



*Unadjusted numbers

77



Do FSU Students Drink with Parents?



25% of students said they drank alcohol with their parents or guardians “sometimes” or “often”



17% of underage students said they drank alcohol with their parents or guardians “sometimes” or “often”

Note: Among past-year drinkers, MD-CAS 2026.

78



FSU Students' Substance Use during 21st Birthday Celebration

FSU 2026 MD-CAS Sample



During their 21st Birthday Celebration,



27% of students
did not use alcohol
or cannabis.



50% of students
only drank alcohol.



0% of students
only used cannabis.



19% of students
drank alcohol and
used cannabis.

Note: Among students who are ≥ 21 years old, MD-CAS 2026. 5% preferred not to say or were unsure.

79

How Many Drinks did FSU Students Consume at 21st Birthday Celebration?

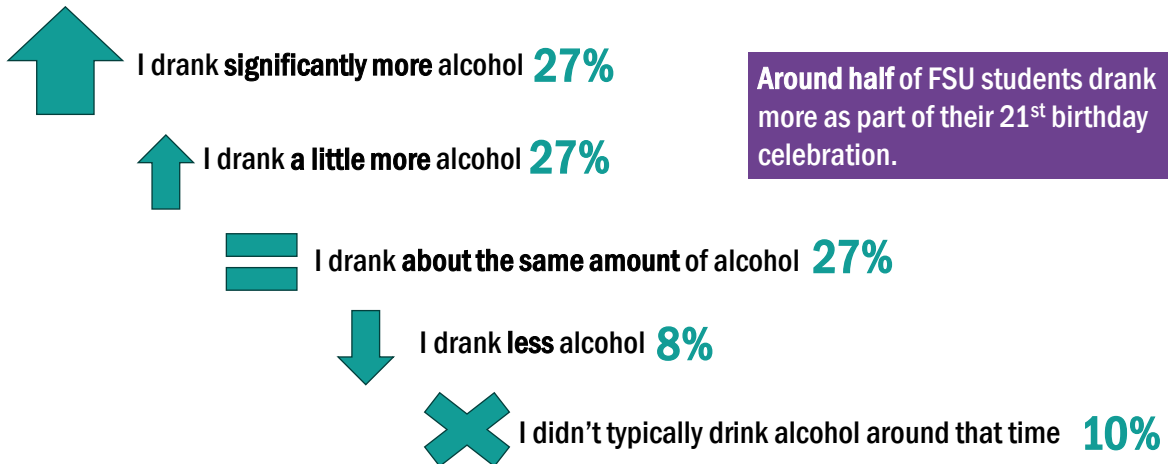
Of students who consume alcohol as part of the 21st Birthday celebration,
most consume between 1-5 drinks.

Number of drinks consumed at 21 st birthday celebration	%
1 or 2	32%
3 to 5	36%
6 to 10	27%
More than 10	5%

Note: Among the 73 students who are ≥ 21 years old and drank alcohol as part of the birthday celebration.

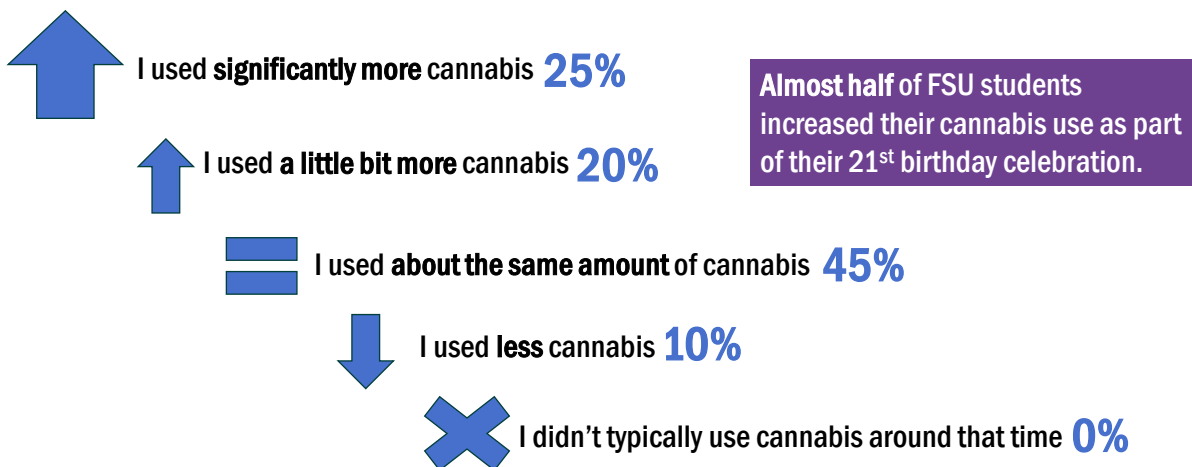
80

How did the amount of alcohol you drank during your 21st birthday celebration compare with the amount you usually drank on a typical occasion around that time?



81

How did the amount of cannabis you used during your 21st birthday celebration compare with the amount you usually used on a typical occasion around that time?

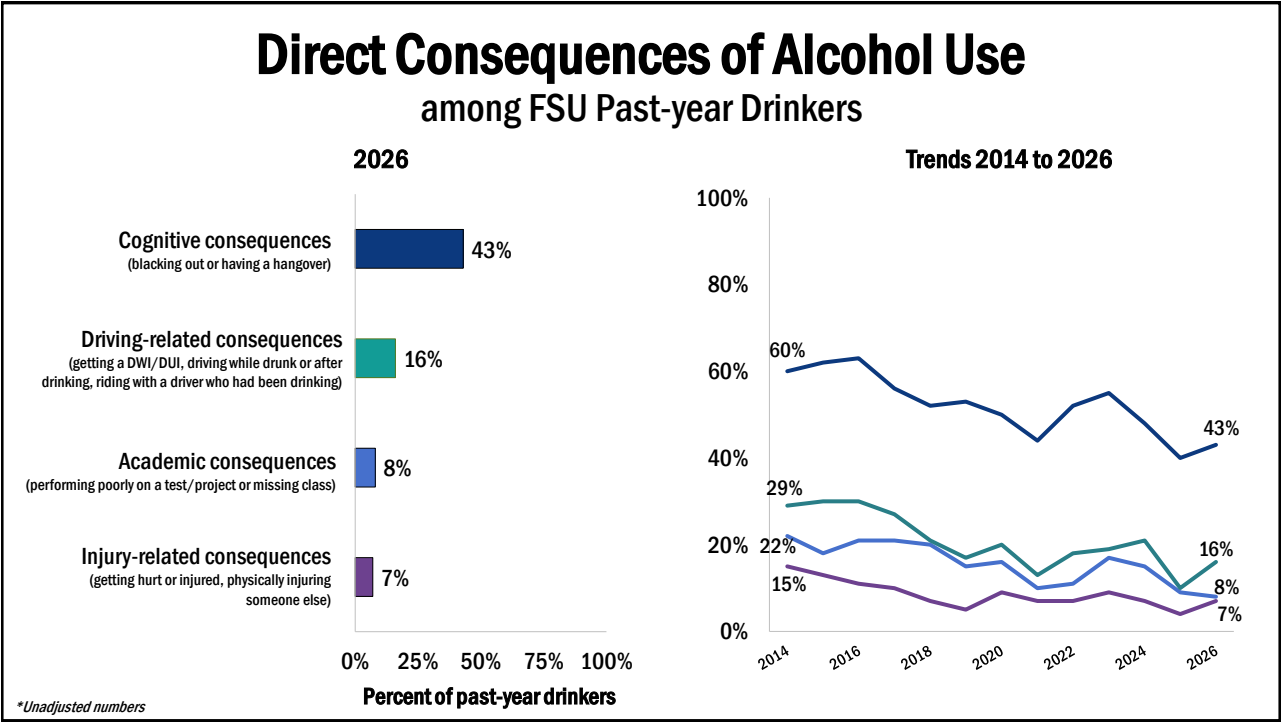


82



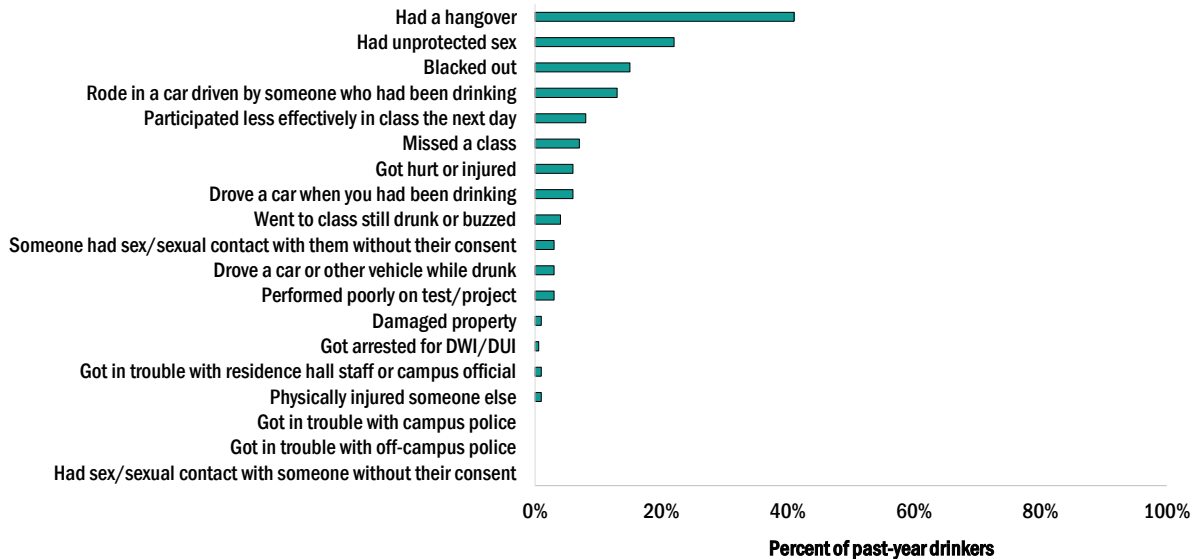
Alcohol-related Direct Consequences and Harms to Others

83



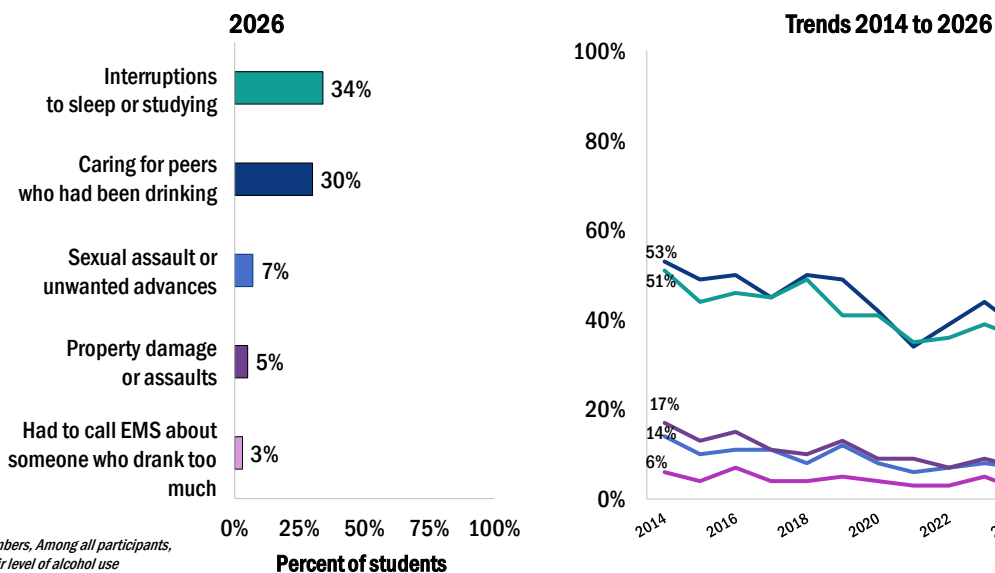
84

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



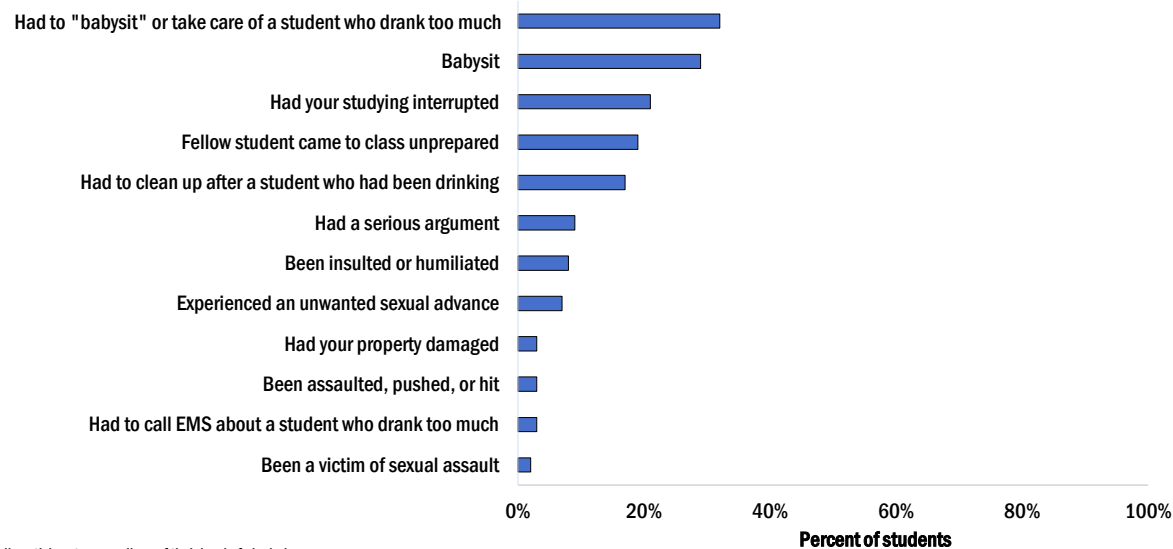
85

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



86

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



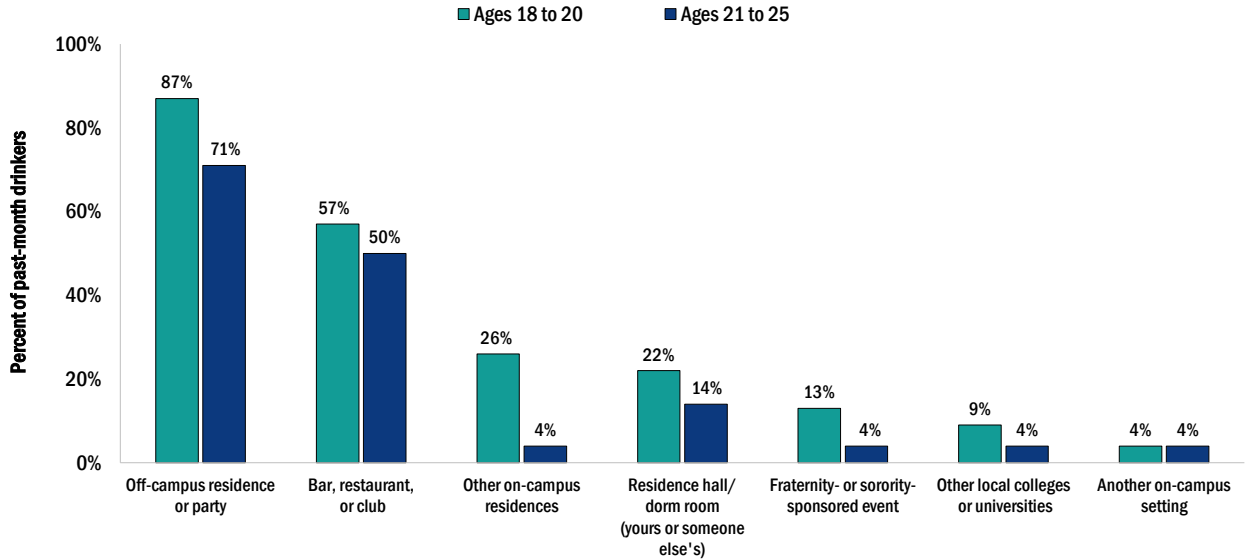
87



Access to Alcohol

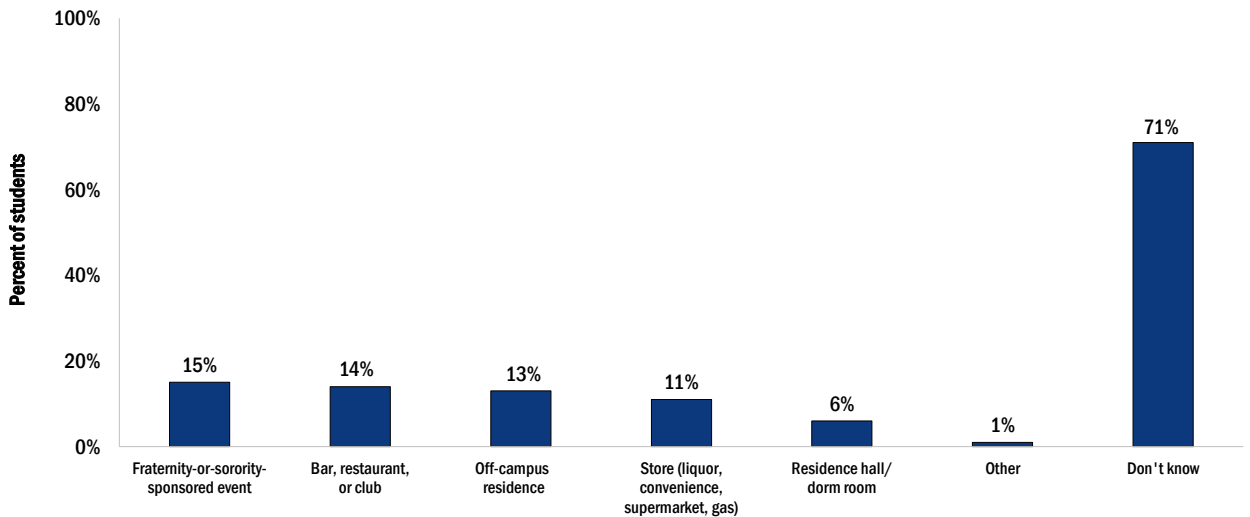
88

Where Do FSU Students Binge Drink? By Age, among Past-month Binge Drinkers, MD-CAS 2026



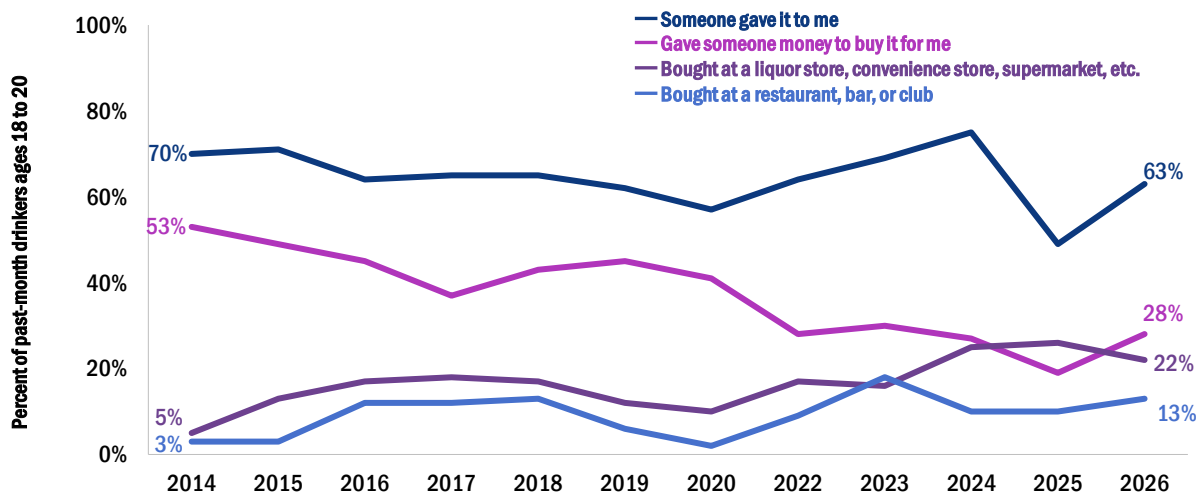
89

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



90

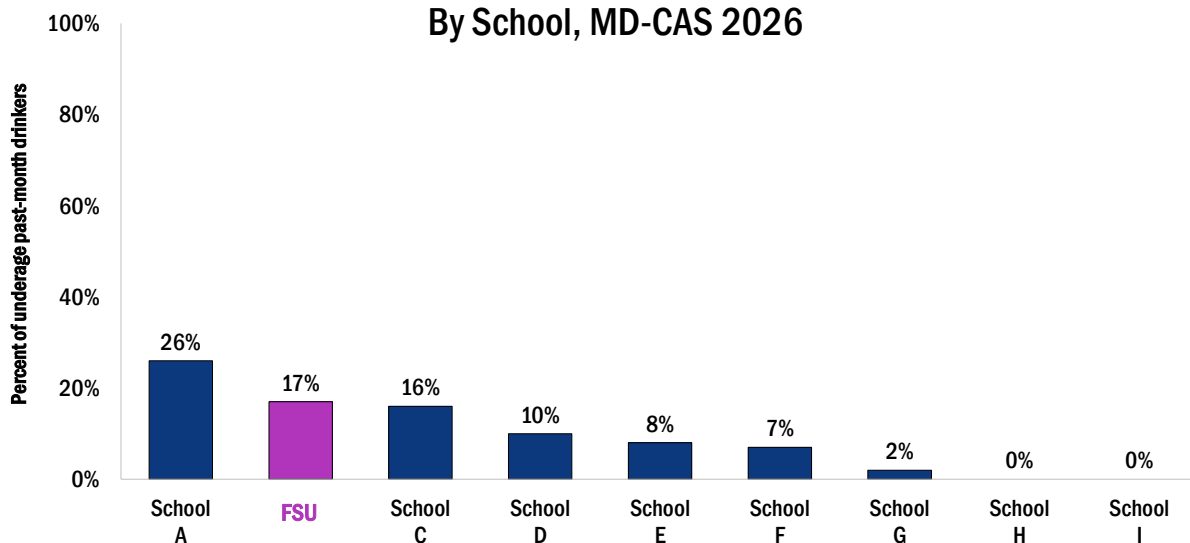
How Alcohol Was Obtained by Underage Drinkers among FSU Past-month Drinkers Ages 18 to 20



*Unadjusted numbers

91

Proportion of Underage Past-month Drinkers Using a False ID By School, MD-CAS 2026



Note: Past-month false ID use

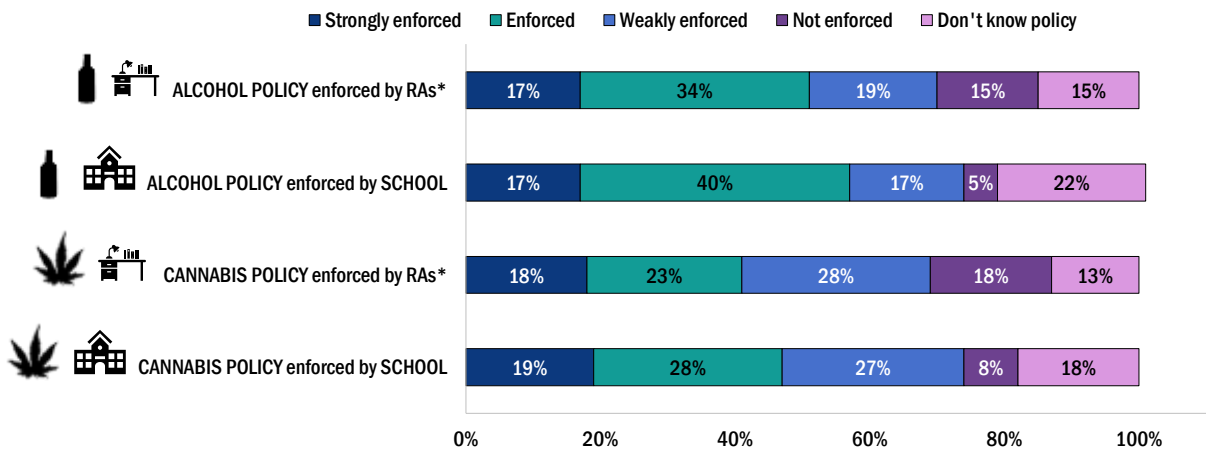
92



On- and Off-campus Climate and Policy Enforcement

93

How Strongly Do FSU Students Think Policies Are Enforced?



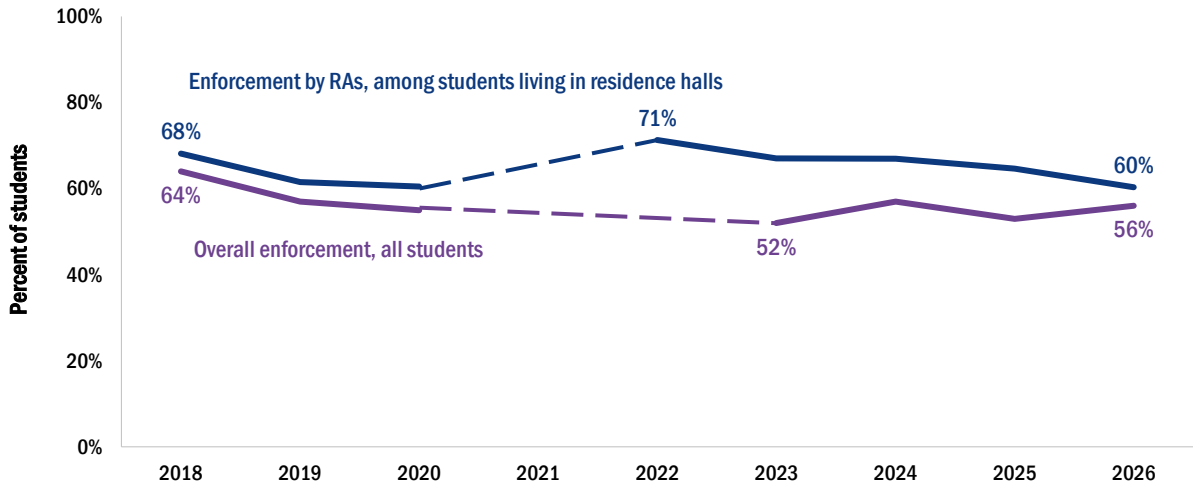
How can you increase student knowledge of policies and consequences?

**Note: Among students living in residence halls*

94

Perceived Enforcement of Campus Alcohol Policy

Percent of FSU Students Saying Policy Is “Strongly Enforced” or “Enforced”

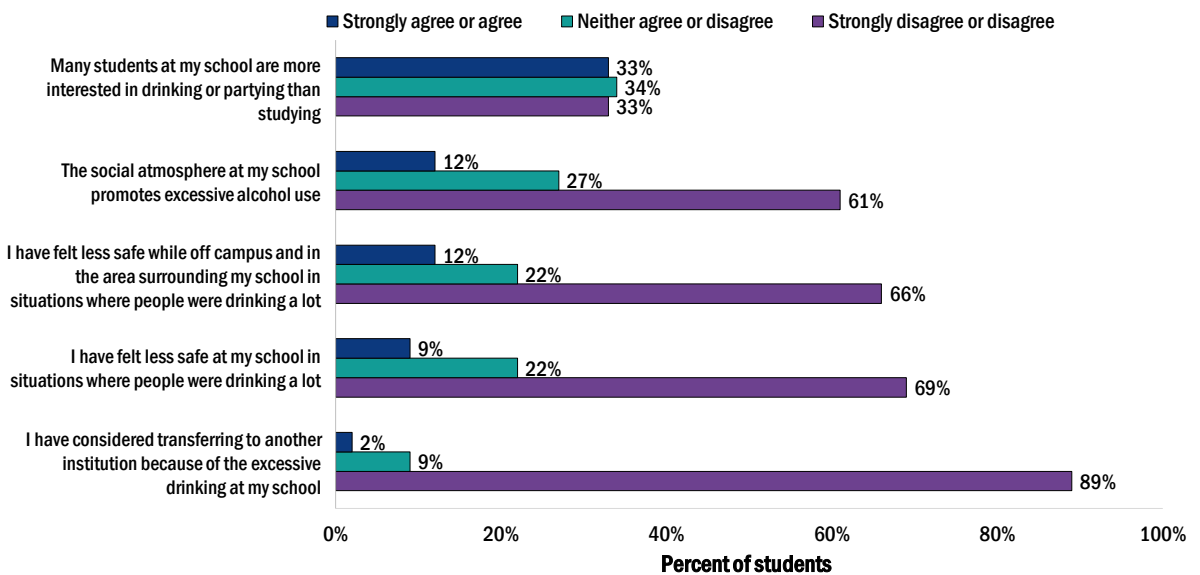


Note: Unadjusted trends.

95

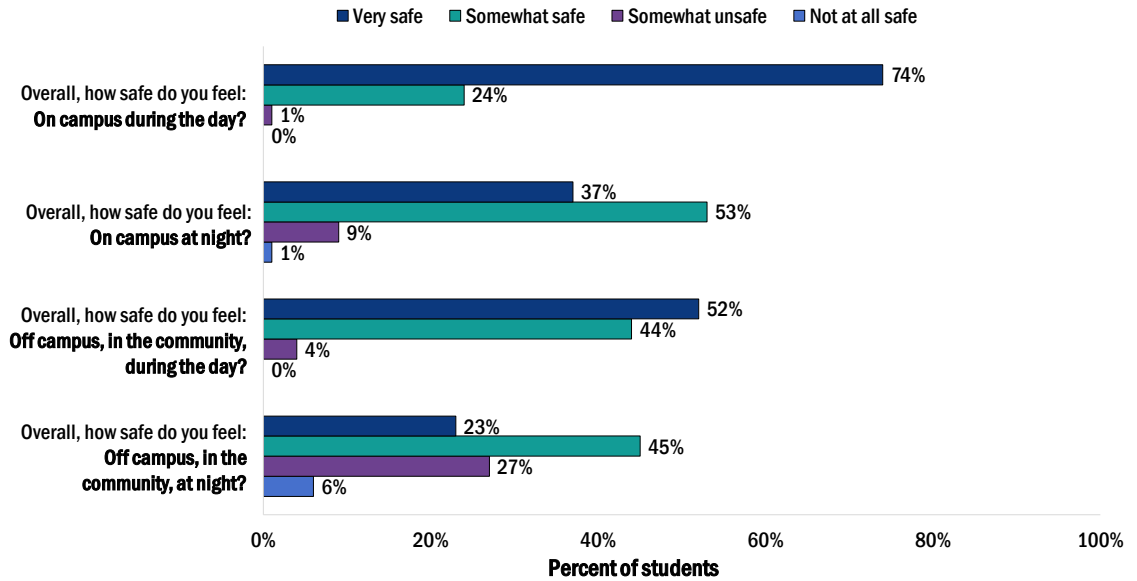
Student Perceptions of FSU Campus Climate

Related to Alcohol use



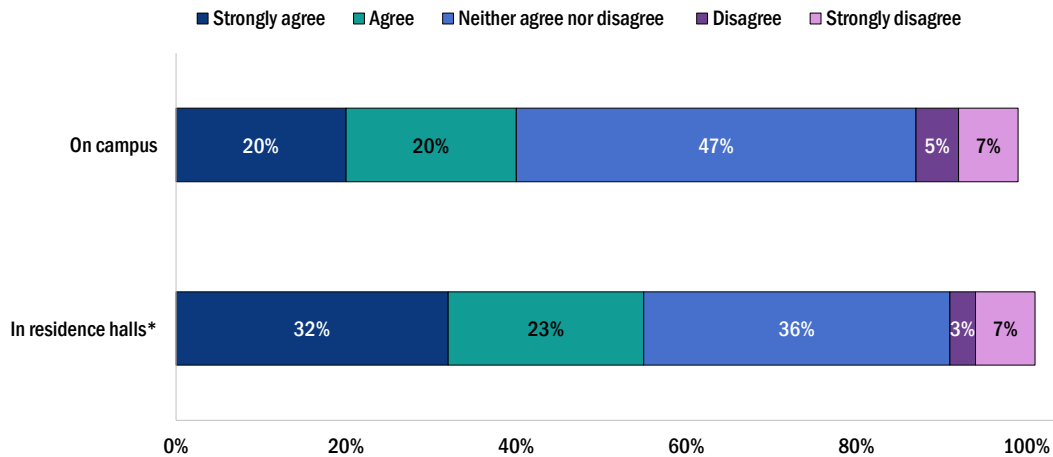
96

Student Perceptions of FSU Campus Safety



97

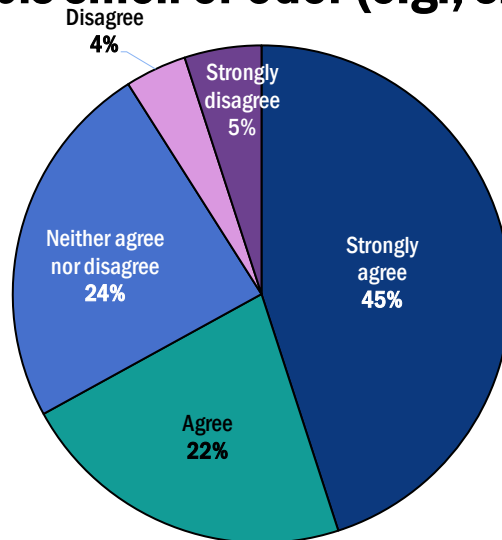
"I would like stronger enforcement of the policy prohibiting cannabis use."



*Note: Among FSU students living in residence halls

98

“ 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.

99

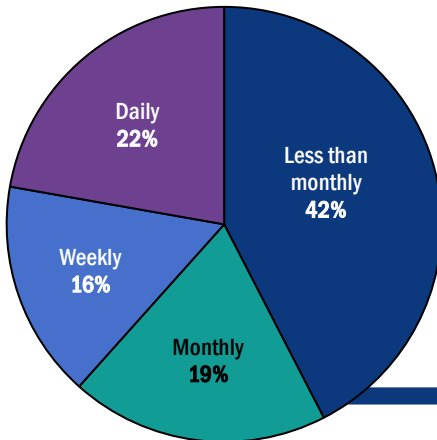


Cannabis Use, Consequences, and Access to Cannabis

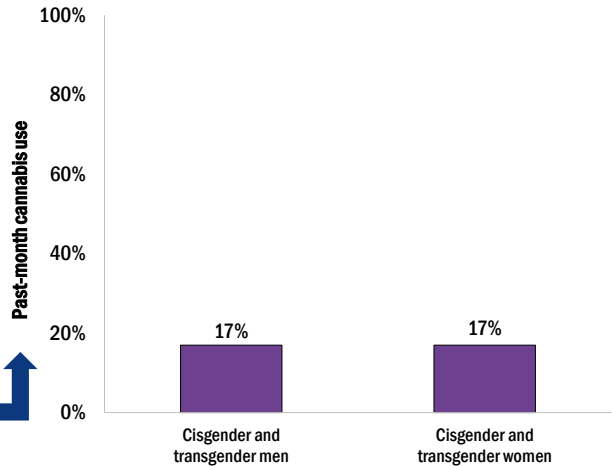
100

24% of FSU Students Used Cannabis in Past Year

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



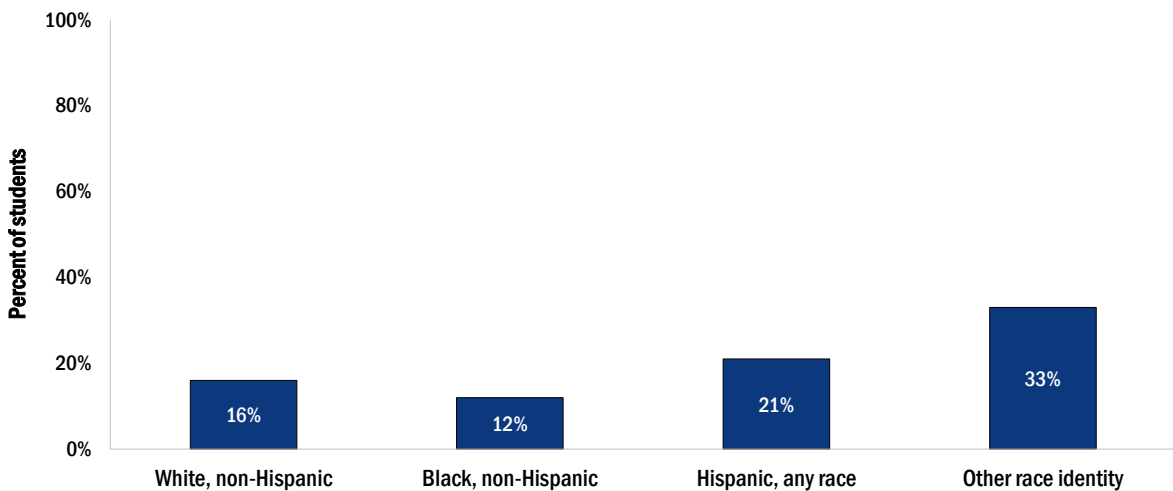
Is there a difference in cannabis use during the **past month** by gender?



101

Past-month Cannabis Use by Race/Ethnicity

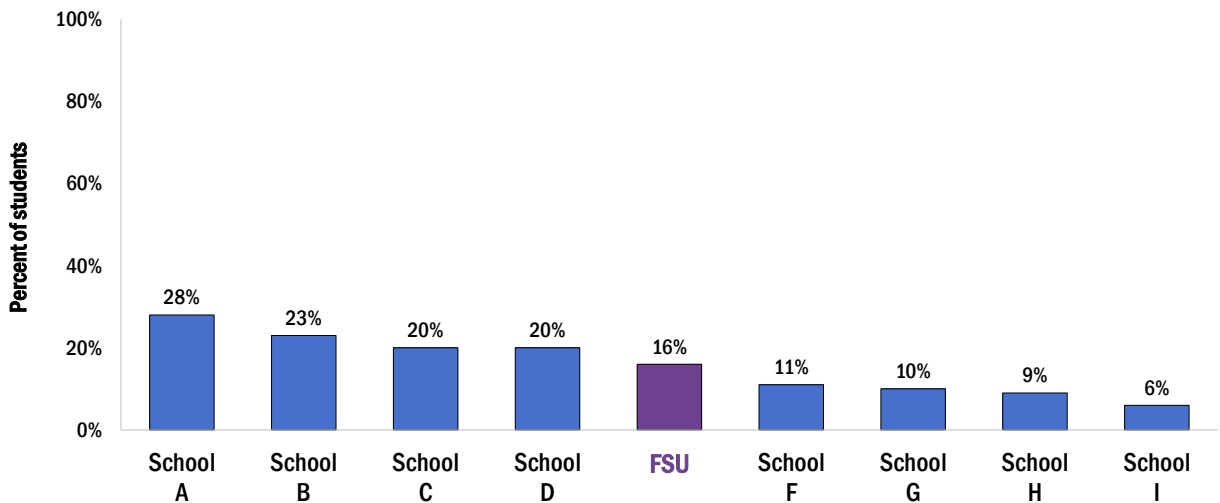
FSU MD-CAS 2026 Sample



Note: Asian and Middle Eastern/North African students not included due to low sample size.

102

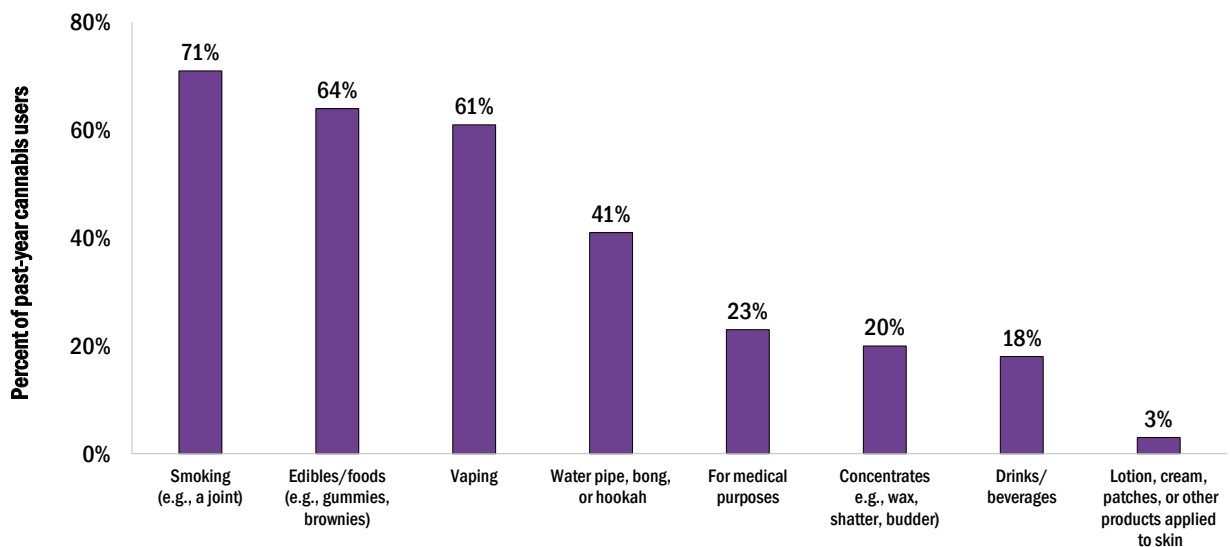
What Proportion of Students Use Cannabis? By School, MD-CAS 2026



Note: Past-month cannabis use

103

Method of Cannabis Use among FSU Past-year Cannabis Users

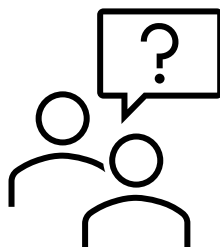


104

The Majority of FSU Students who Used Cannabis Didn't Know the Potency of the Cannabis they Used

76% of FSU students did not know the usual THC level in the cannabis they used

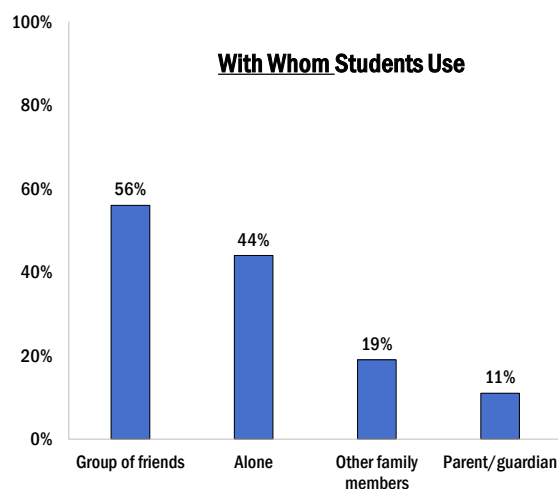
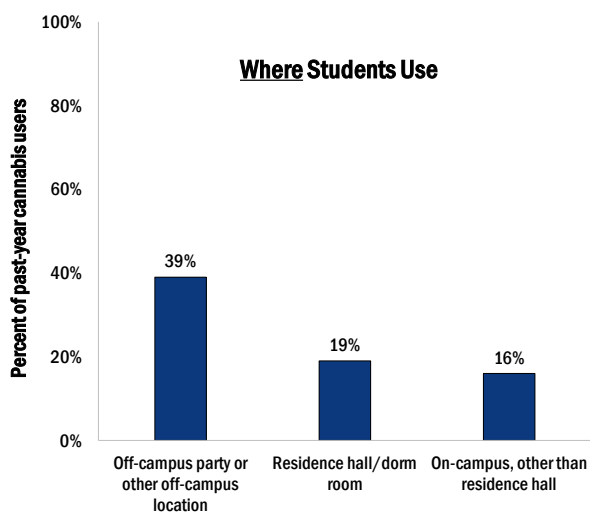
75% of FSU students did not know the highest level of THC in the cannabis they used



How can we increase student knowledge of the harms of high-potency THC, and the unreliability in product labeling?

105

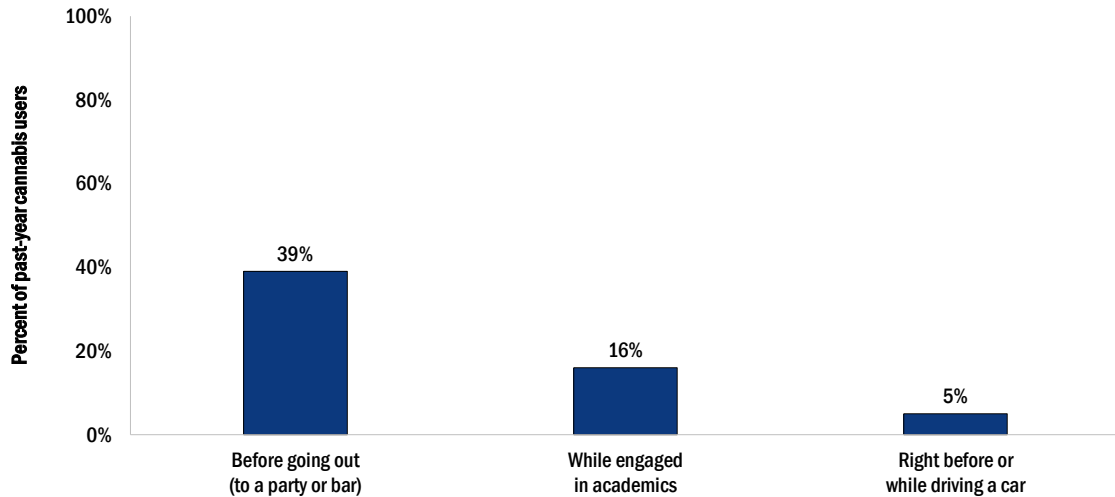
Contexts of Students' Cannabis Use among FSU Past-year Cannabis Users



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

106

When Students Use Cannabis among FSU Past-year Cannabis Users



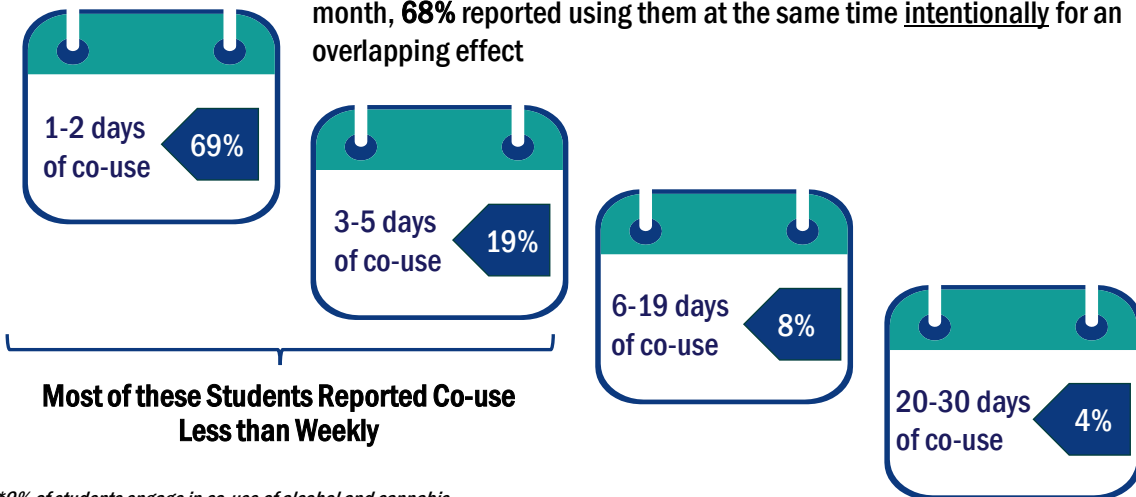
**Percent of past-year cannabis users who said they used cannabis that way "sometimes" or "often"*

107

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



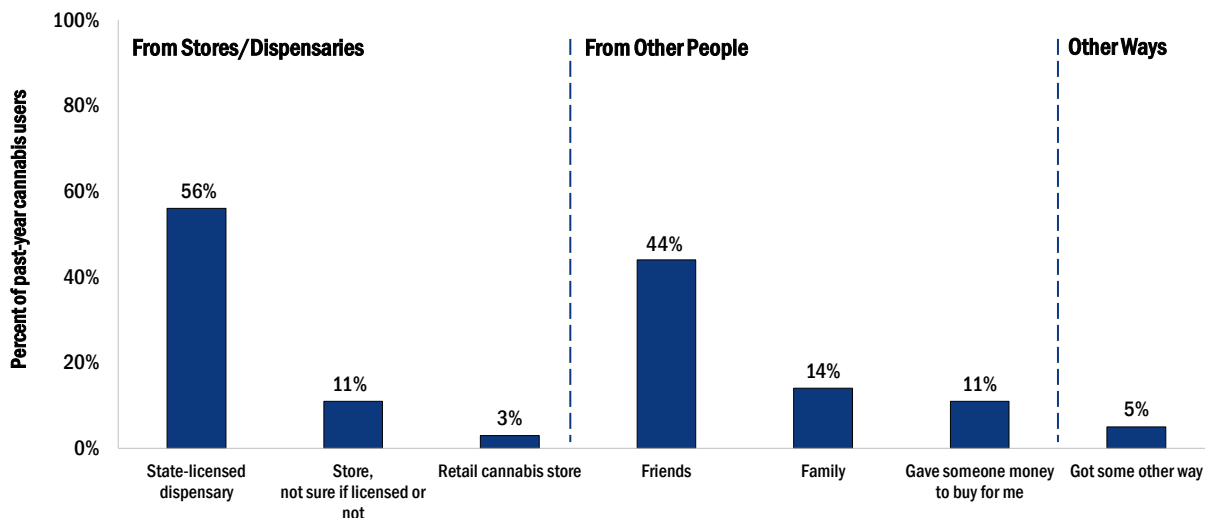
Among students who used both alcohol and cannabis during the past month, **68%** reported using them at the same time intentionally for an overlapping effect



**9% of students engage in co-use of alcohol and cannabis.*

108

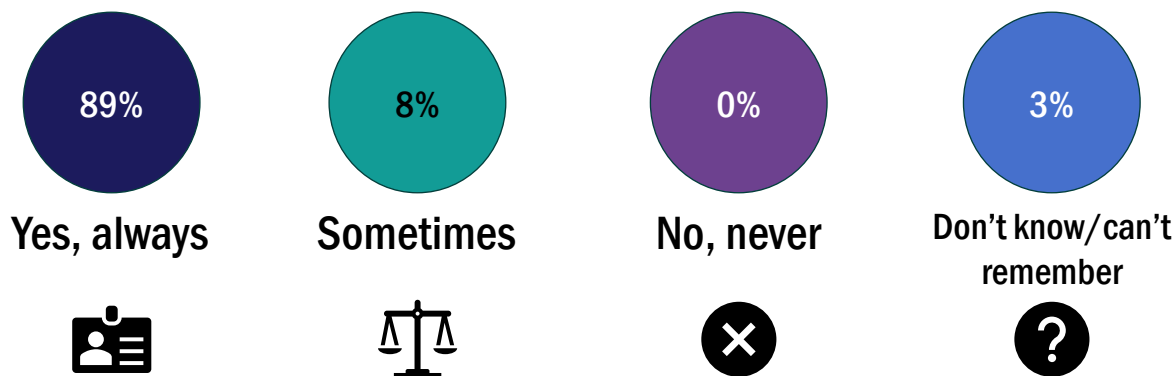
How FSU Students Obtained Cannabis in Maryland



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

109

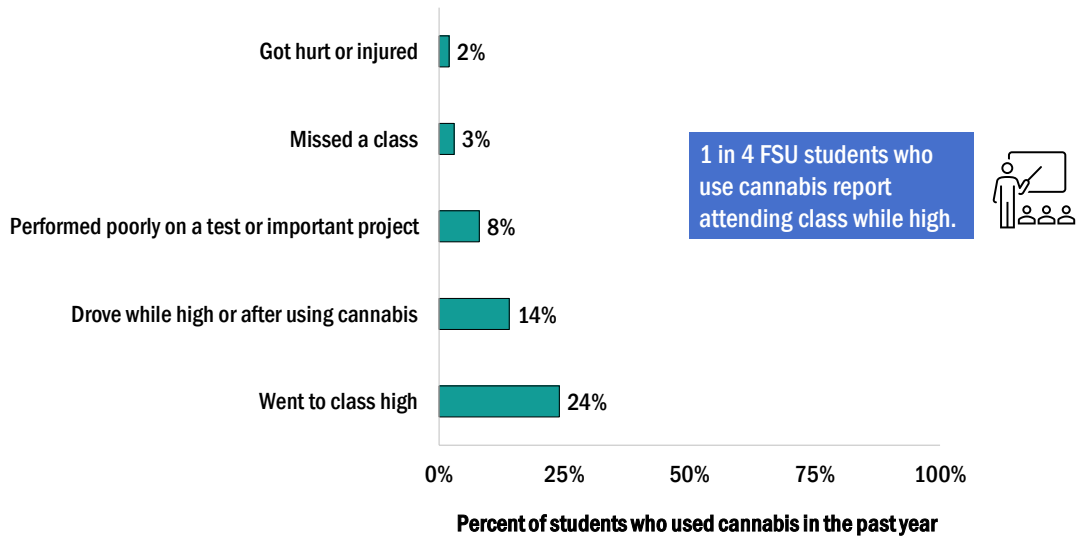
Were FSU Students Who Bought Cannabis at a Dispensary or Store Carded or Asked for ID?



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

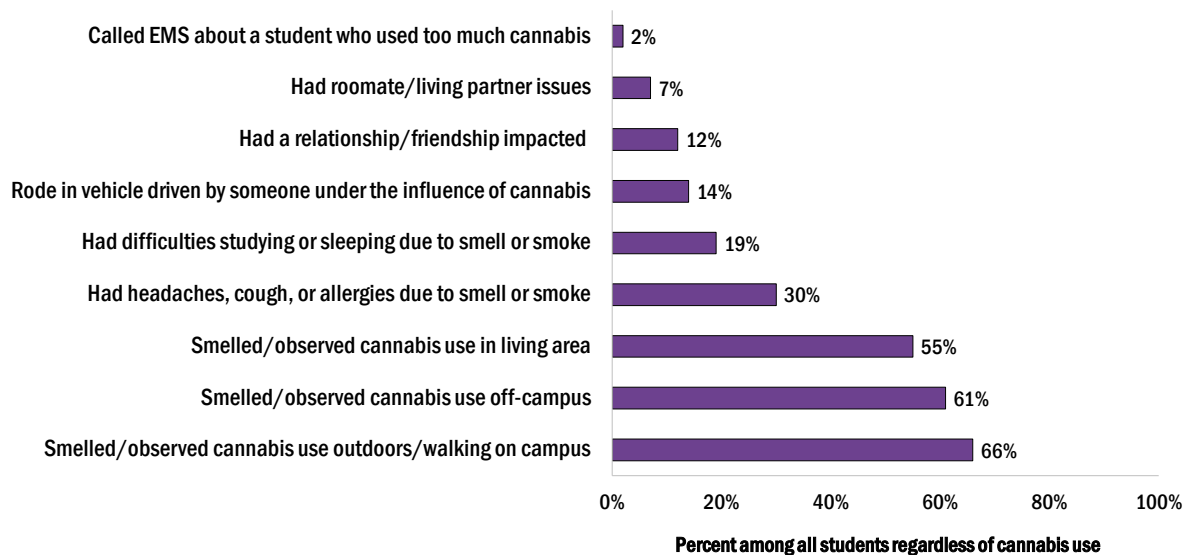
110

Direct Consequences of Cannabis Use among FSU students who used cannabis in the past year



111

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



112

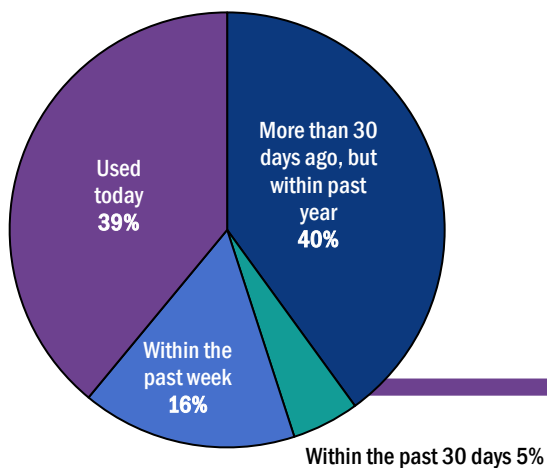


Tobacco/Nicotine Use and Other Substance Use

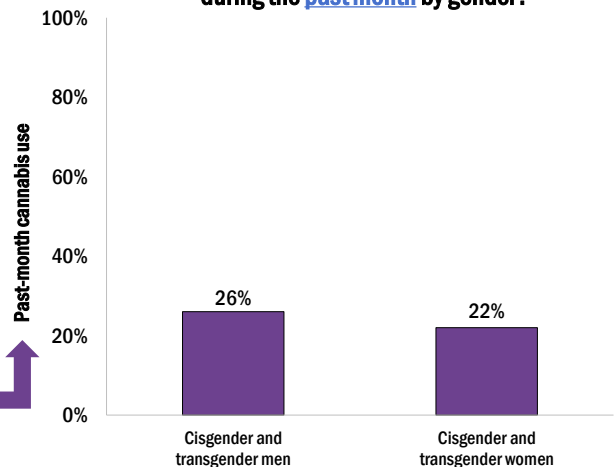
113

23% of FSU Students 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?

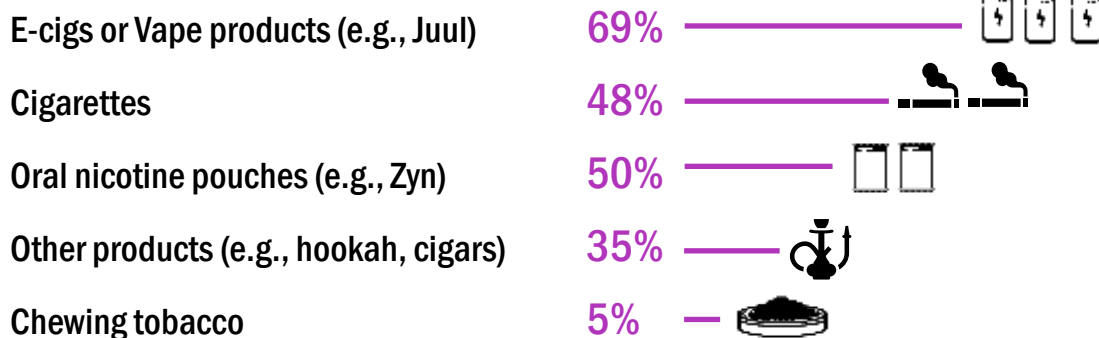


114

Types of Tobacco/Nicotine Used

among FSU students who used tobacco/nicotine in the past year

Methods of Use

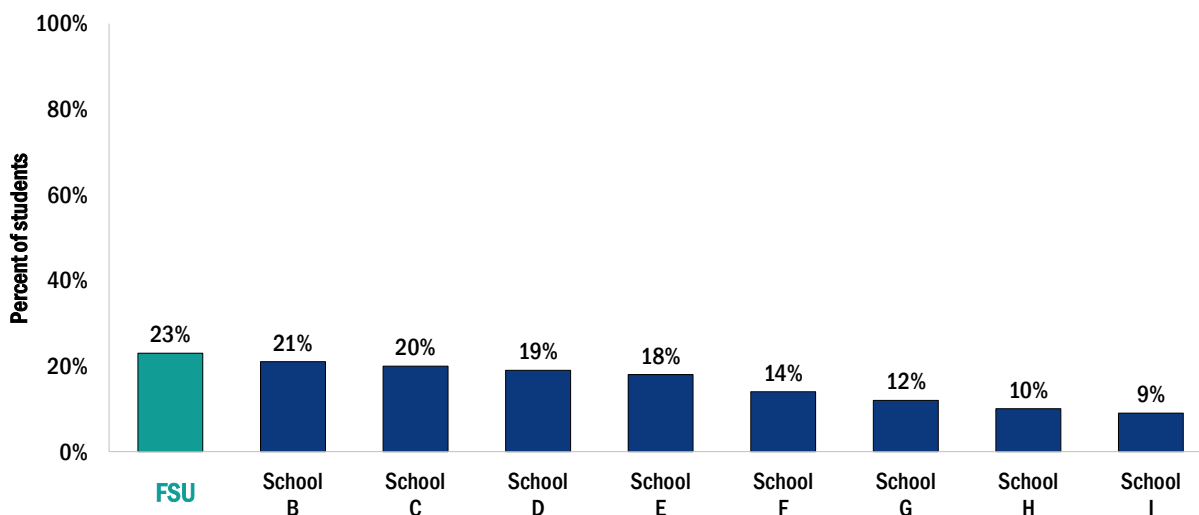


52% of students who used tobacco/nicotine during the past year reported wanting to cut down or stop.

115

Past-year Tobacco/Nicotine Use

By School, MD-CAS 2026



116

Microdosing and Hallucinogen Use Among FSU Students in the Past Year



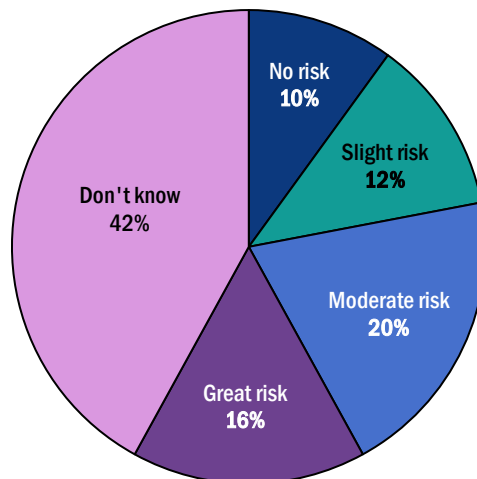
**1.9% of FSU students
microdosed in the past year.**



**2.3% of FSU students used
hallucinogens in the past year.**

117

How Much Do You Think People Risk Harming Themselves if They Microdose? Among FSU students



118

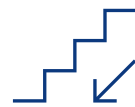
Recovery and Use Reduction among FSU Students



3% of students identifying as in recovery from alcohol or drug problems



17% 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



22% of students who binge drank and used cannabis during the past month want to or tried to cut down or stop

119



Mental Health and Substance Use

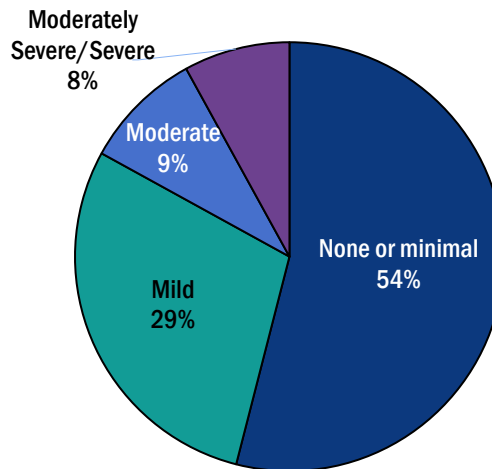
120

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

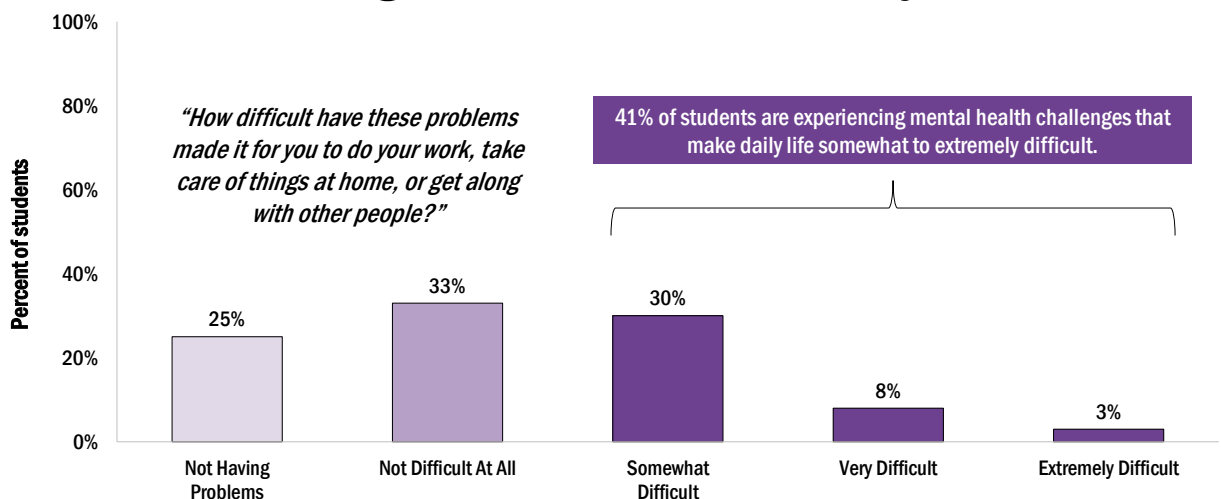
- decreased interest in normal activities
- feeling down
- feeling a sense of hopelessness
- change in sleep and/or appetite
- negative self image
- trouble concentrating
- letting others down



Distribution of Level of Depressive Symptoms

121

~40% of FSU Students Are Experiencing Mental Health Challenges That Affect Their Daily Life



122

FSU Students' Access of School Resources When Experiencing Mental Health Challenges

*76% would know where
to access resources
from their school.*



*62% would feel
comfortable accessing
resources from their school.*



123



Sleep during the Past Two Weeks

124

Average Amount of Sleep during the Past Two Weeks among FSU Students, MD-CAS 2026

Average Amount of Sleep on a Weeknight

- 1% Less than 4 hours
- 3% 4 hours
- 13% 5 hours
- 23% 6 hours
- 33% 7 hours
- 19% 8 hours
- 6% 9 hours
- 2% 10 or more hours



Average Amount of Sleep on a Weekend Night

- 1% Less than 4 hours
- 3% 4 hours
- 8% 5 hours
- 13% 6 hours
- 19% 7 hours
- 24% 8 hours
- 21% 9 hours
- 11% 10 or more hours

Note: Excludes naps.

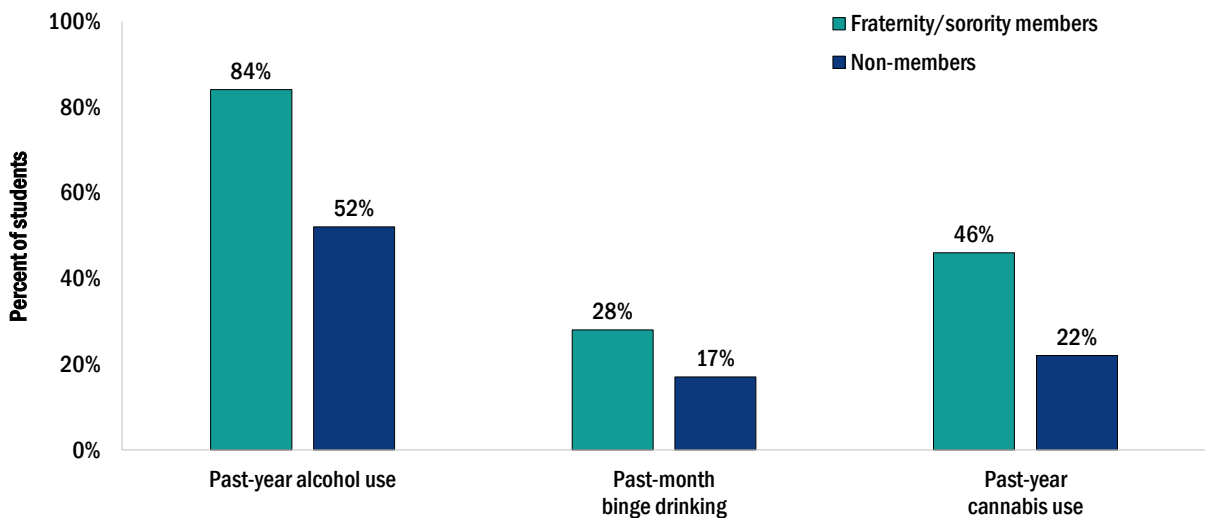
125



**Students At Risk for Binge Drinking
and/or Cannabis Use**

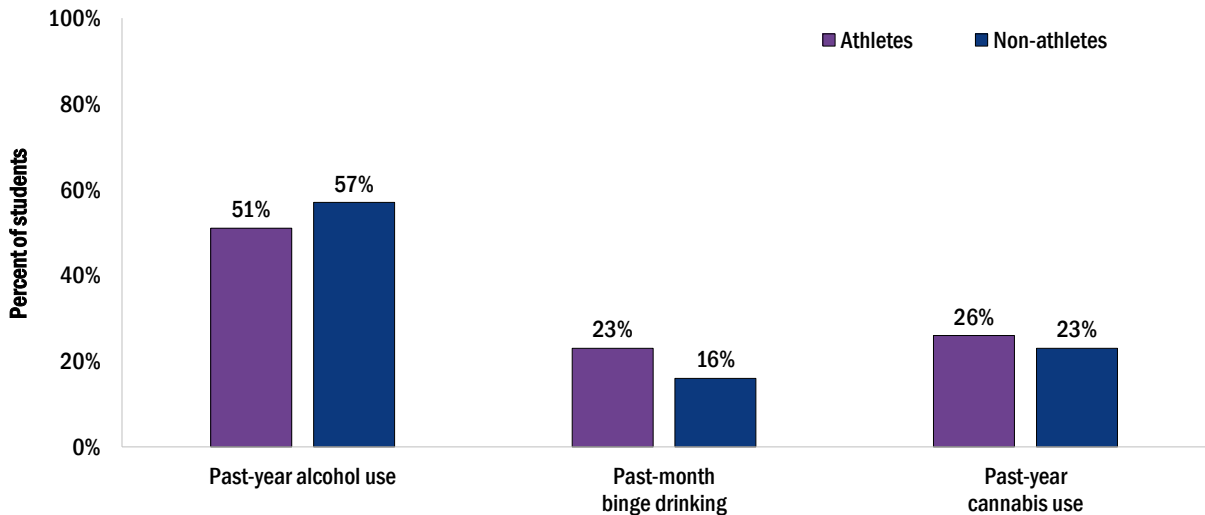
126

Alcohol and Cannabis Use among FSU Fraternity and Sorority Members



127

Alcohol and Cannabis Use among FSU Athletes and Non-athletes



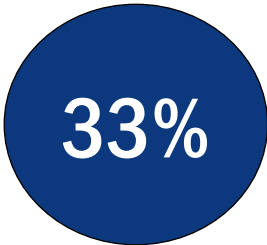
128



Gambling/Betting

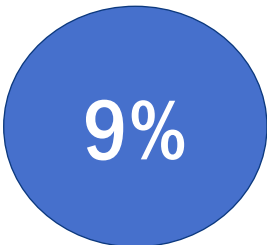
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FSU Students and Gambling/Betting



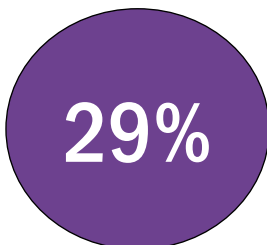
of students participated in ANY gambling or betting in the past 12 months

Participation varied by gender:
42% of cisgender and transgender men
28% of cisgender and transgender women



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

Participation varied by gender:
20% of cisgender and transgender men
3% of cisgender and transgender women



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

Participation varied by gender:
32% of cisgender and transgender men
28% of cisgender and transgender women

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Types of Sports Gambling/Betting

FSU 2026 MD-CAS Sample

I have not participated in any of these activities	91%
Participated in a season-long fantasy sports league	6%
Played daily or weekly fantasy sports (e.g., DraftKings, FanDuel, etc.)	4%
Placed a bet on a sports event informally among friends	3%
Placed a bet on a sports event using a mobile app or website	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%
Placed a bet on eSports	<1%
Placed a bet at a horse racetrack/off track betting parlor	0%
Other sports betting activities	0%

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Frequency and Wagering

Among FSU Students Who Engaged in Sports Gambling/Betting



How often?	%
Once a year or less	32%
A few times per year	24%
Monthly	8%
A few times per month	20%
Weekly	8%
A few times per week	8%
Daily	0%



How much?	%
Less than \$1	16%
Between \$1 and \$10	52%
Between \$10 and \$20	32%
Between \$20 and \$50	0%
Between \$50 and \$100	0%
More than \$100	0%

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Types of Non-sports Gambling/Betting

FSU 2026 MD-CAS Sample

I have not participated in any of these activities	71%
Purchased a lottery , Powerball, Mega Millions, or instant scratch-off ticket	20%
Played casino games in person (e.g., poker, blackjack, roulette, craps, baccarat, or slot machine)	7%
Bet on skins or loot boxes in video games	3%
Played casino games online (e.g., poker, blackjack, roulette, craps, baccarat, or slot machine)	3%
Traded cryptocurrencies (e.g., digital currency such as Bitcoin, Ethereum, Ripple) or high-risk stocks (e.g., options, margins, futures)	2%
Played dice, spades, or other “street games”	2%
Played games of skill for money online (e.g., backgammon, mahjong, puzzles, word games, trivia, board games, strategy games, bridge)	2%
Played games of skill for money in person (e.g., backgammon, mahjong, puzzles, word games, trivia, board games, strategy games, bridge)	1%
Other gambling/betting activities NOT related to sports	0%

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Frequency and Wagering

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



How often?	%
Once a year or less	45%
A few times per year	38%
Monthly	6%
A few times per month	5%
Weekly	1%
A few times per week	4%
Daily	0%



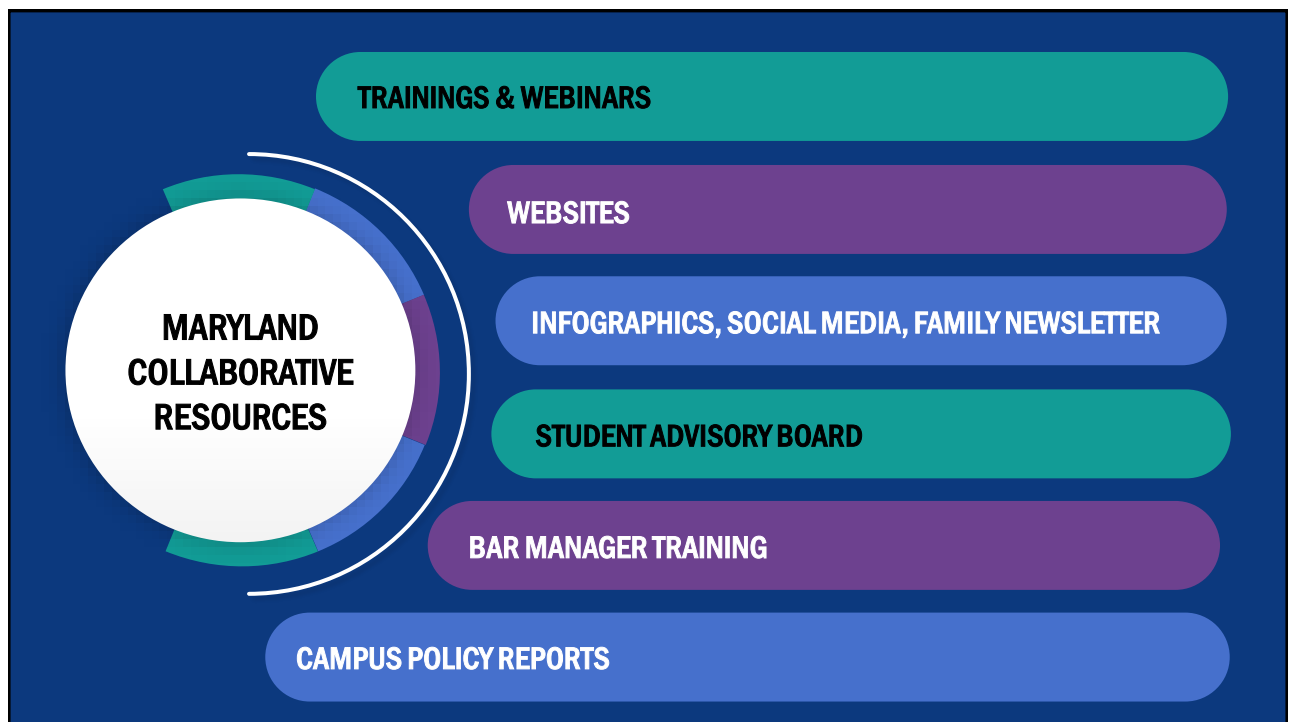
How much?	%
Less than \$1	22%
Between \$1 and \$10	55%
Between \$10 and \$20	12%
Between \$20 and \$50	9%
Between \$50 and \$100	1%
More than \$100	1%

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

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

