



spring
2012



National College Health Assessment

A Summary Report

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A Summary of Health Behavior Data on UI Undergraduate Students

The American College Health Association's National College Health Assessment (NCHA) II instrument was used to survey a convenience sample of undergraduate students in the spring of 2012. Eight hundred eighty-two students completed surveys, indicating a response rate of 98.7%. The survey did not ask for any identifying information.

The ACHA-NCHA II survey allows us to compare our results with the national dataset including over 100,000 students at institutions of higher education.

This report can be viewed online at
<http://www.studenthealth.uiowa.edu/wellness/health-iowa-data>

Photographs courtesy of University
Communication and Marketing
Photography/University of Iowa.

healthIOWA
Promoting student wellness

Data Highlights



A Quick Glance at the 2012 Data

Comparison to College Students Nationwide*

Better Than National Rate

- ◆ UI students are more likely to report feeling very safe in the surrounding community
- ◆ UI students are more likely to meet the physical activity recommendations for health (58.9% vs. 48.3%)
- ◆ UI students are more likely to be at a healthy weight (BMI 18.5-24.9: 68.5% vs. 62.7%)
- ◆ UI students report fewer problems with stress and sleep, and are less likely to report having mental health conditions

Worse Than National Rate

- ◆ UI students are less likely to wear a helmet when riding a bike or motorcycle
- ◆ UI students have more sexual partners on average (2.7 vs. 2.1)
- ◆ UI students are more likely to use marijuana, hookah and cigarettes in the past 30 days
- ◆ UI students are worse in regard to almost all alcohol measures including 30-day use (79.9% vs. 65.9%), high-risk drinking (64.1% vs. 34.1%), and percent of students going over the legal intoxication limit last time they drank (58.0% vs. 33.9%)

*ACHA national dataset including over 100,000 students at institutions of higher education in Spring 2011.

Notable Changes Since 2011

- * *Self-reported health status worsened*
- * *Driving after drinking decreased*
- * *Negative consequences from alcohol use decreased*
- * *Illegal use of prescription stimulants increased*
- * *Stress levels decreased*
- * *Fruit and vegetable intake increased*
- * *Physical activity levels increased*



UI STATS>>>

ALCOHOL & DRUGS

30-Day Prevalence:

Alcohol: 79.9%

Tobacco: 18.3%

Marijuana: 24.0%

Mean eBAC: 0.11

SEXUAL BEHAVIOR

Average # of partners in past 12 months: 2.70

83.2% of sexually active students used a contraceptive the last time they had sex

SLEEP & STRESS

3 out of 10 students report a problem with sleep

NUTRITION

6.0% of students eat an average of 5 or more servings of fruits and veggies per day

PHYSICAL ACTIVITY

58.9% of students meet the aerobic physical activity recommendation

Photo above from University Communication & Marketing Photography/ University of Iowa.



Health & Academic Issues

>>>Health Issues & Status

Most Common Health Problems for UI Students*

1	Allergies	25.4%
2	Sinus Infection	19.1%
3	Strep Throat	13.9%
4	Back Pain	13.7%
5	Urinary Tract Infection	10.9%

*Percent of students diagnosed or treated in the last 12 months

50.4% of students reported their health as very good.
92.5% reported their health as good, very good or excellent



Impediments to Learning<<<

Top Ten Impediments to Learning

	Condition	% of Students
1	Stress	24.0%
2	Anxiety	17.3%
3	Sleep difficulties	15.5%
4	Cold/flu/sore throat	13.5%
5	Work	12.4%
6	Internet use/computer games	11.7%
7	Alcohol use	10.9%
8	Depression	9.1%
9	Relationship difficulties	8.9%
10	Concern for a troubled friend or family member	8.0%

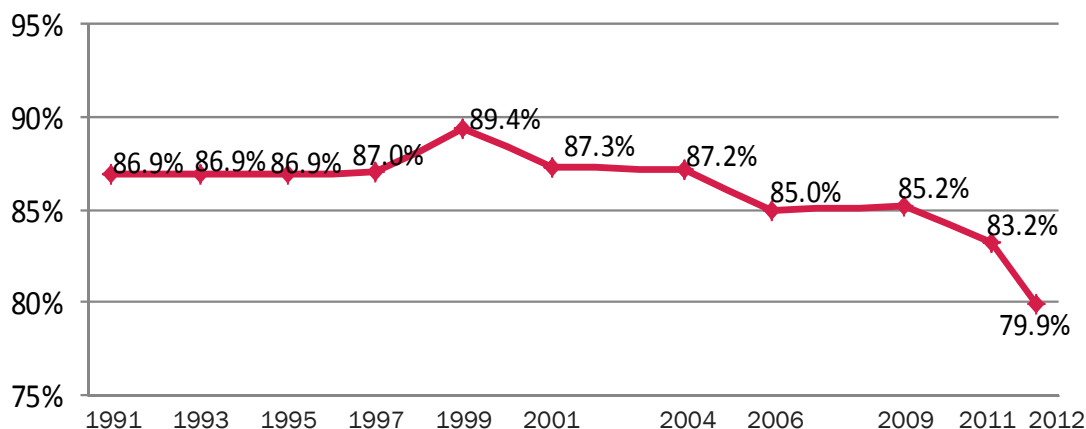
Students were asked which health problems negatively impacted their academics in the last 12 months (e.g., caused them to drop a course, or to receive a lower grade on a project, exam or in the course overall).

Alcohol Use



30-Day Alcohol Use

Nearly 8 in 10 students have used alcohol in the past 30 days. Since 2009, rates have sharply declined. Alcohol use is at the lowest level in over twenty years of data collection.



The percent of students who drank at least 10 days in the past month has also decreased. Nearly 1 in 3 students drink 10 or more times in a month, a decrease of 18% since 2009.

Perceptions of Peer Alcohol Use vs. Reality

Students perceived higher than actual use among their peers.

% of Who Drank in Past 30 Days:

Perception: 94.6%
Reality: 79.9%

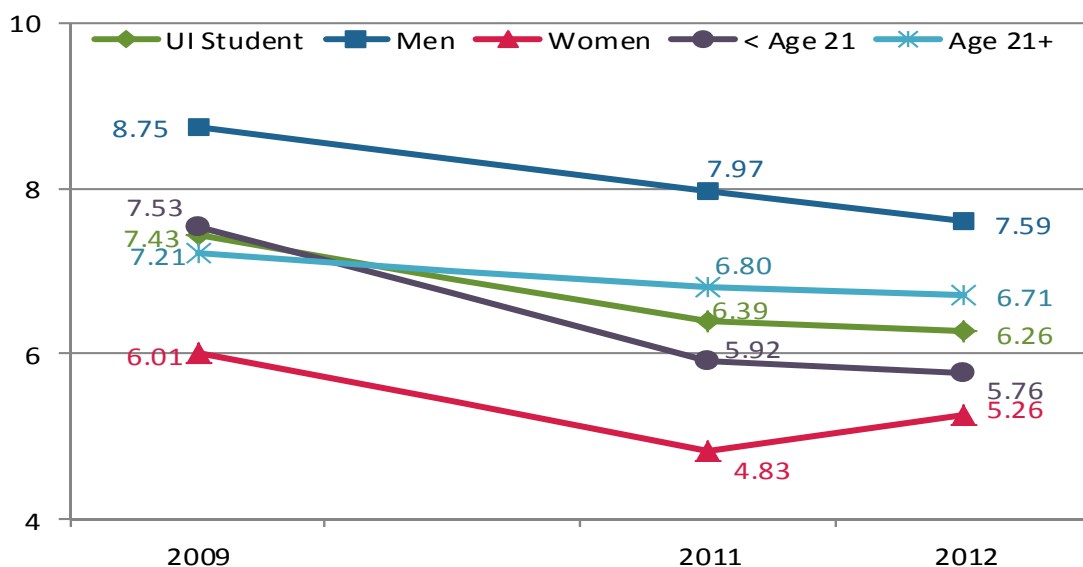
% of Who Drank 10+ of the Past 30 Days:

Perception: 63.0%
Reality: 29.8%



Average Number of Drinks

The average number of drinks has decreased since 2009. The average UI student has 6.26 drinks when they party/socialize. This number has decreased in some groups more than others.



Alcohol Use

Estimated Blood Alcohol Concentration

The eBAC* of students who reported having 1 or more drinks last time they partied or socialized was averaged:

UI Student: 0.11
Men: 0.10
Women: 0.12

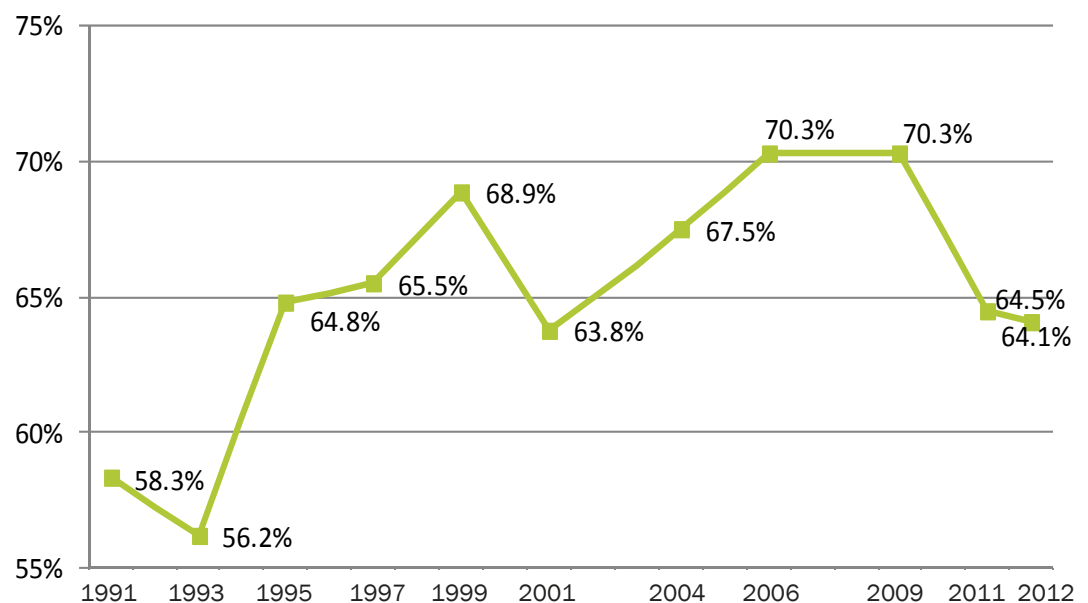
Overall, 42% of students were under the legal intoxication limit of 0.08 when they last partied.

*eBAC is calculated using reported number of drinks consumed, approximate time of consumption, sex, weight and average rate of ethanol metabolism. Students who reported 0 drinks were excluded as well as students who reported a BAC ≥ 0.50 .

Risky Drinking

The percentage of students who reported having 5 or more drinks in one sitting in the past two weeks decreased slightly in the past year. When extrapolated to all UI students, 1,240 less students are high-risk drinkers compared to 2009.

Groups that have higher rates of risky drinking include men, intramural participants and members of a fraternity or sorority.



Drinking & Driving

About 17% of students reported driving after having alcohol in the past month, a 40% decrease since 2009.

Just over 3% of students reported driving after having five or more drinks in the past month. This measure also decreased in the past few years—it is less than half the rate in 2009.



Alcohol Use

>>>Protective Behaviors

There are many things students can do to practice safer drinking. Regular use of protective behaviors has increased since 2011, for 8 of the 11 behaviors measured. Over 85% of students practice at least one of these behaviors regularly. The average student practices 3.9 of them most of the time or always when they drink.

**At right, the percent of students who said they practiced these most of the time or always in the past 12 months.*

Top Protective Behaviors for Students

1	Use a designated driver	74.6%
2	Stay with the same group of friends	69.1%
3	Eat before/during drinking	67.7%
4	Keep track of number of drinks consumed	40.4%
5	Stay with only one kind of alcohol	34.2%
6	Have a friend let them know when they have had enough	30.1%
7	Determine not to exceed a set number of drinks	21.0%
8	Avoid drinking games	18.2%

Negative Consequences<<<

Most Common Negative Consequences

1	Did something later regretted	43.6%
2	Forgot where they were or what they did	42.9%
3	Had unprotected sex	25.2%
4	Physically injured self	16.8%
5	Got in trouble with police	5.0%

58.3% of UI students have had at least one negative consequence from alcohol in the past year (out of 9 consequences listed).

This is a decrease of 8.3% since 2011 and 10.4% since 2009.



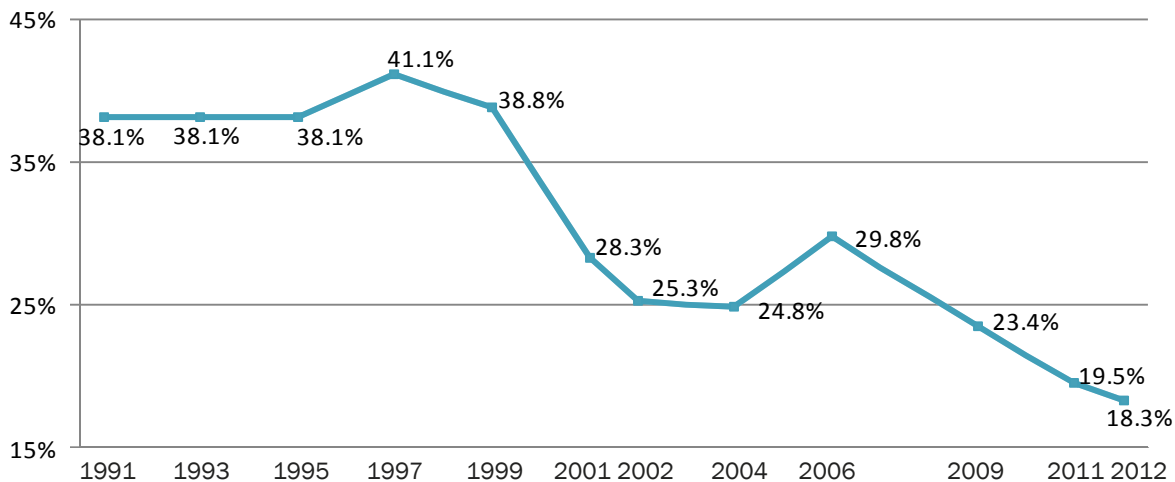
8.1% of students have ever decided not to call for medical assistance for themselves or a friend who had been drinking because they were afraid of getting into trouble. This is a decrease from 10.7% in 2011.

Tobacco Use



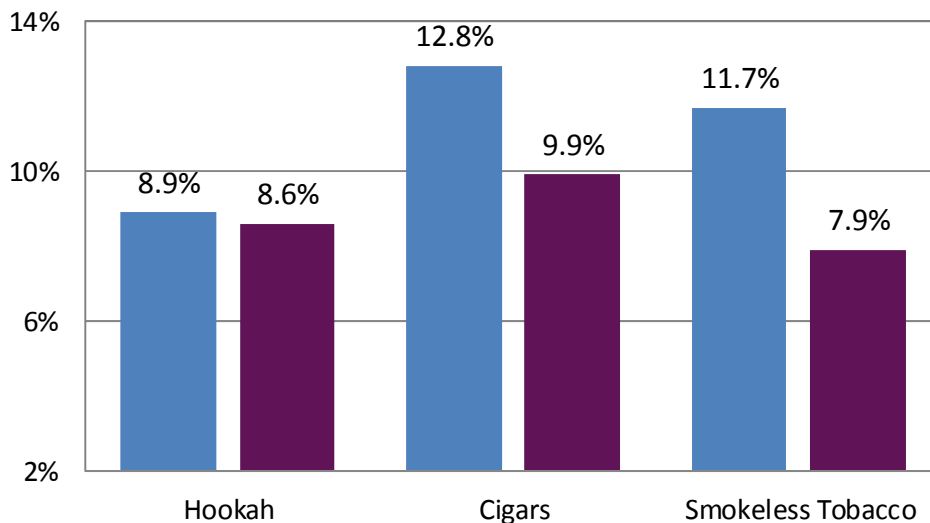
Cigarettes

Cigarette use continues to be on the decline. Just under 20% of students have used cigarettes in the past 30 days.



Six percent of students smoked at least 10 of the past 30 days, and 2.6% of students are daily smokers. The number of daily smokers has also declined over time, from 9.5% ten years ago.

Other Tobacco Products



*Percent using in the last 30 days.

■ 2009 ■ 2012

Misperceptions

Students greatly overestimate the percent of their peers who use tobacco products. Students perceived that about 87% of their peers smoked cigarettes in the past 30 days—almost 5 times the actual percent.

Students also estimated that 72% of students used hookah in the past 30 days—more than 8 times the actual percent.



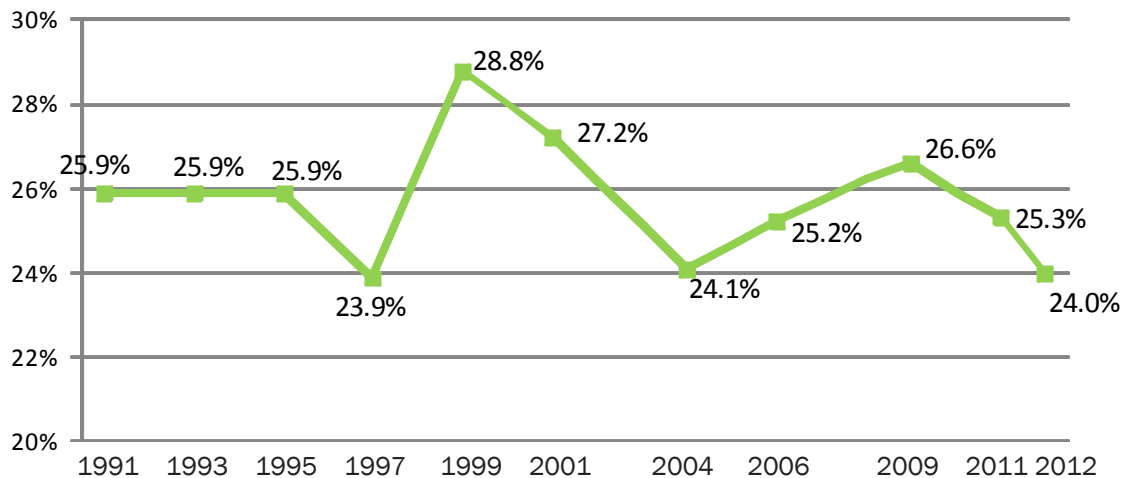


Other Drug Use

Marijuana Use

30-day prevalence of marijuana use has remained pretty stable over the past twenty years. Nearly one in four students has used marijuana in the past 30 days (although students perceive that over 80% have).

Almost 10% of students used it at least 10 times in the past month, and 3.9% use marijuana daily.

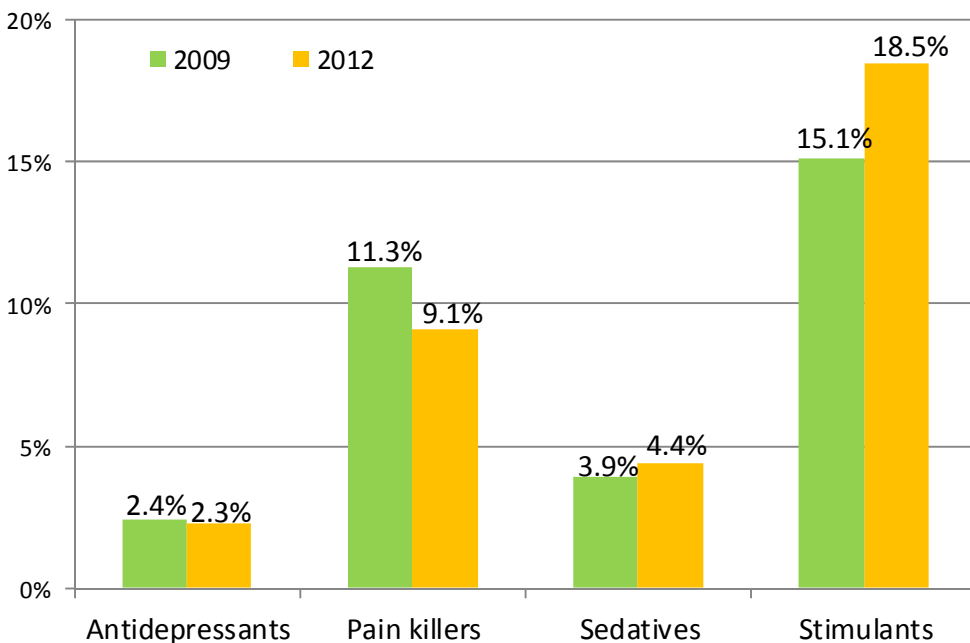


Other Drug Use

Use in Last 30 Days

Cocaine	1.3%
Methamphetamine	0.6%
Other Amphetamines	2.7%
Sedatives	3.4%
Hallucinogens	1.4%
Anabolic Steroids	0.2%
Opiates	0.3%
Inhalants	0.3%
MDMA	2.7%
Other Club Drugs	0.7%

Illegal Use of Prescription Drugs*



*last 12 months

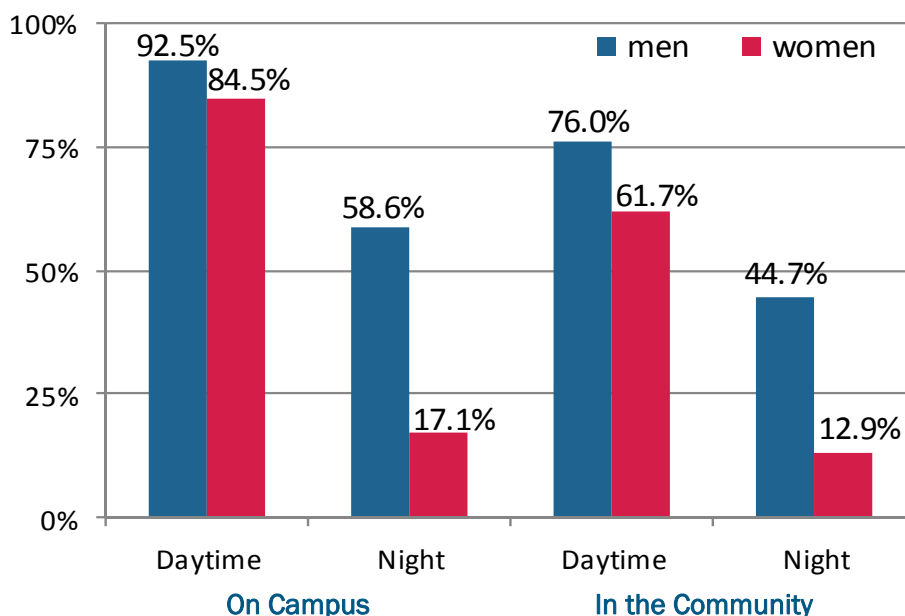
Safety

Involvement in Incidents of Violence/Abuse

Type	Men	Women
Physical fight	15.1%	2.8%
Physical assault (not sexual assault)	5.0%	3.6%
Verbal threat	30.4%	17.2%
Sexual touching without their consent	3.1%	8.3%
Sexual penetration attempt without their consent	2.0%	3.4%
Sexual penetration without their consent	1.7%	2.1%
Stalking victim	3.1%	5.8%
Involvement in emotionally abusive relationship	5.6%	11.3%
Involvement in physically abusive relationship	1.7%	2.5%
Involvement in sexually abusive relationship	0.8%	1.3%

* Past 12 months

Feelings of Safety



* Percent of students who reported feeling "very safe"



Safety Practices *

Seatbelt in car: 96.7%

Helmet on bike: 22.3%

Helmet on motorcycle:
55.4%

Helmet when inline skating:
29.5%

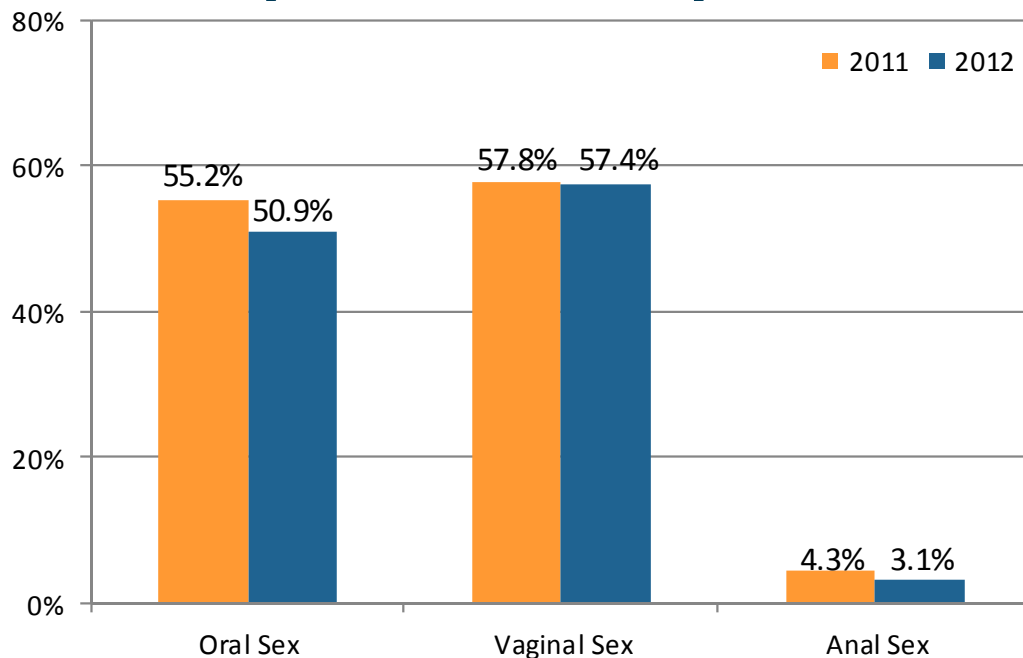
* Answered mostly or always in past 12 months. Only includes students who have done this activity in the past 12 months.



Photo from University Communication & Marketing Photography/University of Iowa.

Sexual Behavior

Sexual Activity in the Past 30 Days



STI Testing

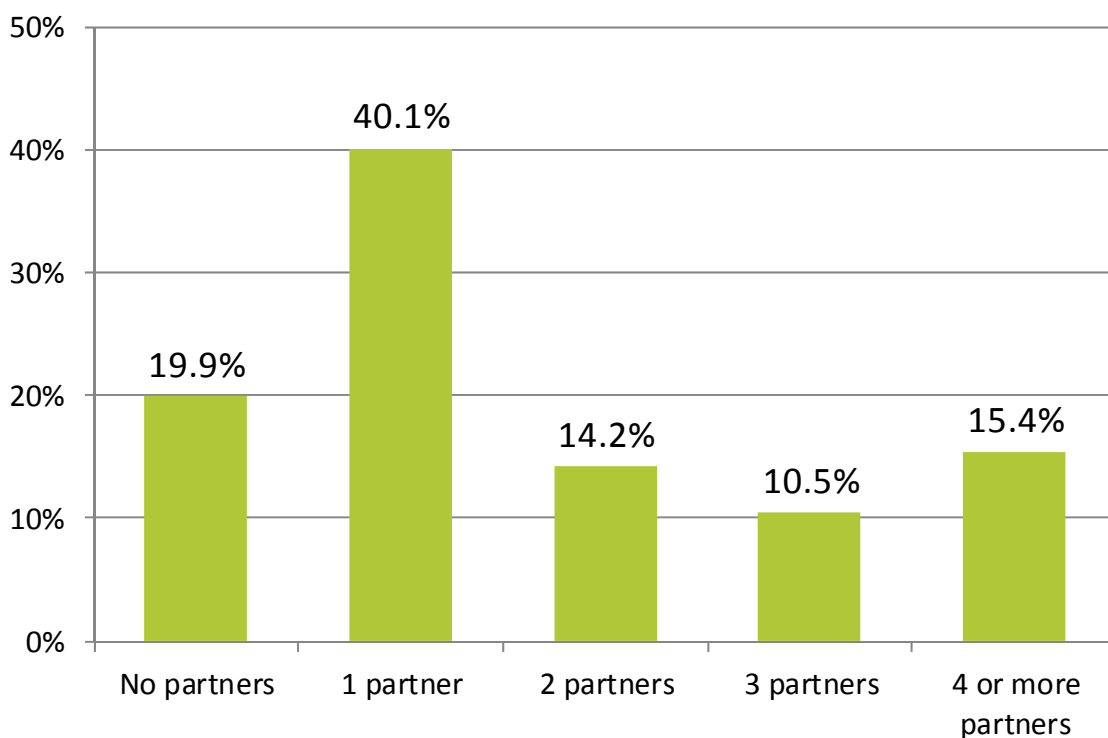
>>35.7% of UI students reported that they have ever been tested for sexually transmitted infections.

>>25.4% reported that they have ever been tested for HIV.

Number of Sexual Partners

Sixty percent of students had either no sexual partners or one sexual partner in the past year. This number has increased in recent years.

Of those who were sexually active, the average number of partners in the past 12 months was 2.70.

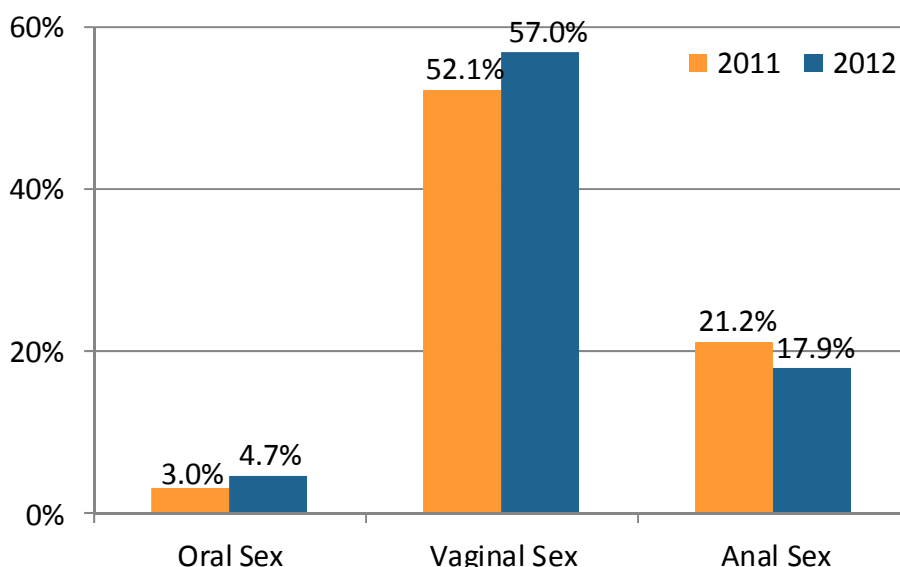


Sexual Behavior

Contraceptive Use



Over half of students who were sexually active used a condom/barrier most of the time or always when having vaginal sex in the last 30 days. Barrier use was less common for anal and oral sex.



83.2% of UI students used a birth control method the last time they had vaginal sex.

(excludes students who have not had vaginal sex)

Contraceptive Use Last Time Had Vaginal Sex*

Birth control pills	75.2%
Male condom	69.6%
Withdrawal	29.6%
Birth control shots	5.0%
Vaginal ring	4.8%
Intrauterine device	4.6%
Spermicide (foam, jelly, cream)	2.9%
Birth control implants	2.7%
Fertility awareness	1.9%
Birth control patch	0.8%
Female condom	0.8%
Other method	1.9%

*Of students who used protection. Excluded students who have not had vaginal intercourse in the past 12 months. Students could report more than one type of contraceptive.

Types of Contraceptives Used

Birth control pills and male condoms are by far the most common birth control methods.

Nearly 56% of the sample used a male condom plus another method.

Another quarter of students used two or more methods (excluding male condoms).



20.8% of UI students reported using the "morning after pill" in the last year
(of sexually active students)

0.9% of UI students reported an unintentional pregnancy in the last year
(of students who have had vaginal sex)

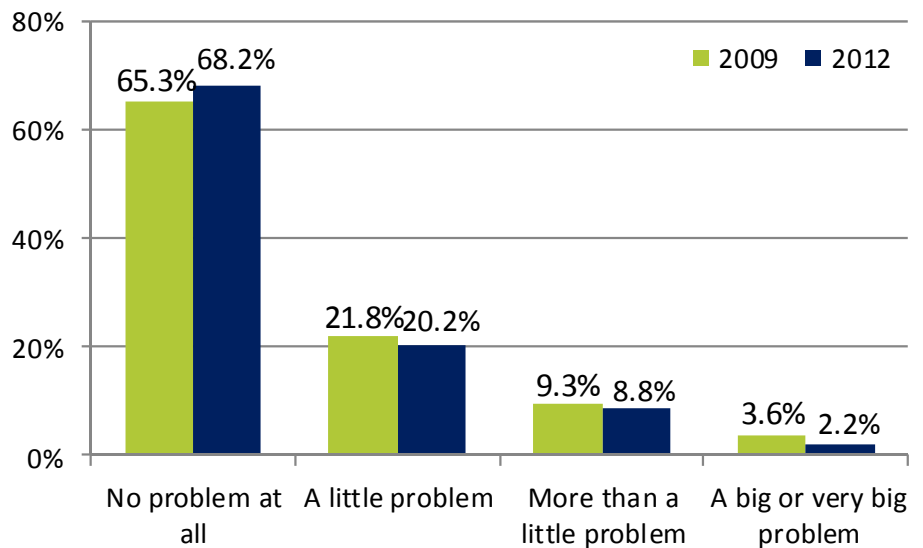
Sleep & Stress

Sleep<<<



37.9% of students report getting enough sleep to feel rested at least 5 of the past 7 days.

Reported Problems with Sleepiness During Daytime Activities



>>>Stress

Top Stressors in the Past 12 Months

Academics	42.0%
Intimate relationships	29.8%
Finances	25.2%
Sleep difficulties	23.4%
Career-related issue	22.5%
Family problems	20.5%
Personal appearance	19.6%
Other social relationships	19.1%

Thirty-six percent of students report more than average stress in the past 6 months, and 5.7% report having tremendous stress. Only 13.3% reported having no stress or less than average stress.

Almost 70% of students reported at least one thing that was difficult to handle in the past 12 months.



Nearly all stress indicators have improved from 2009 and 2011 levels.

Mental Health

Feelings in Past 30 Days

Felt overwhelmed:
59.9%

Felt exhausted:
51.8%

Felt overwhelming
anxiety: 27.0%

Felt very lonely:
26.0%

Felt very sad:
25.2%

Felt things were
hopeless: 17.5%

Felt overwhelming
anger: 16.3%

Felt so depressed that
it was difficult to
function: 12.6%

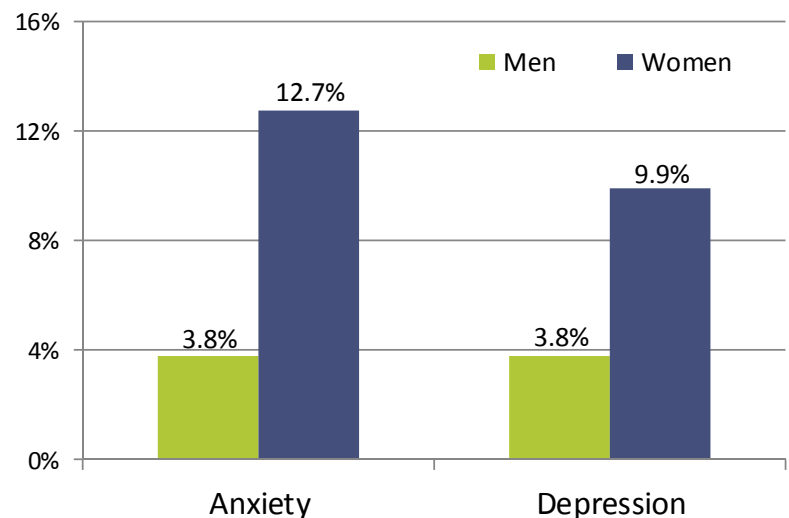
>>>students reported
nearly all of these
feelings less frequently
than they did in 2011

Mental Health Conditions

Depression and anxiety were the most commonly diagnosed or treated mental health conditions (in the past 12 months).

Both were much more common in women.

One in 10 men and 1 in 5 women reported at least one mental health condition.



Ever Received Mental Health Services

Counselor/Psychologist	26.8%
University Health/Counseling	13.4%
Psychiatrist	11.2%
Other medical provider	9.7%
Clergy	3.4%

67.3% of students said they would consider seeking help from a mental health professional in the future if they had a personal problem that was bothering them.

Women were more likely than men to report negative feelings in the past 30 days.



Under 4% of UI students reported intentionally cutting, burning, bruising, or otherwise injuring themselves in the past year.

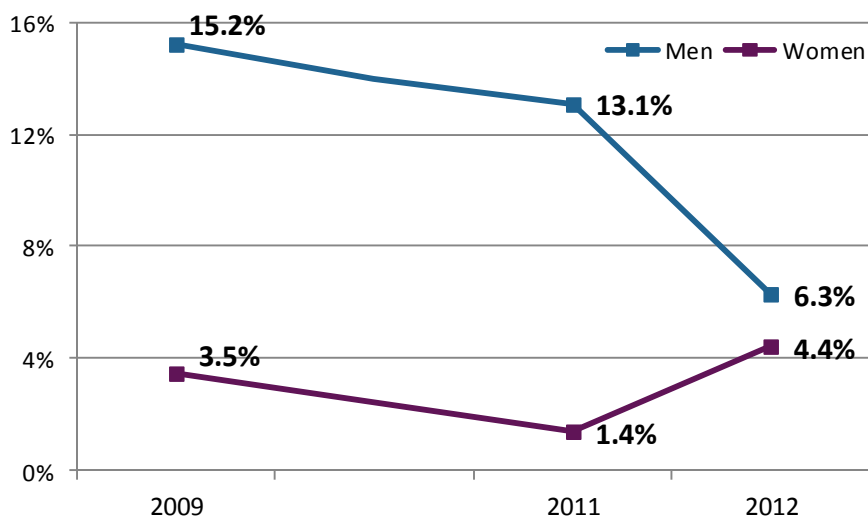
5.1% of students reported seriously considering suicide and 1.8% report attempting suicide in the past year.



Gambling

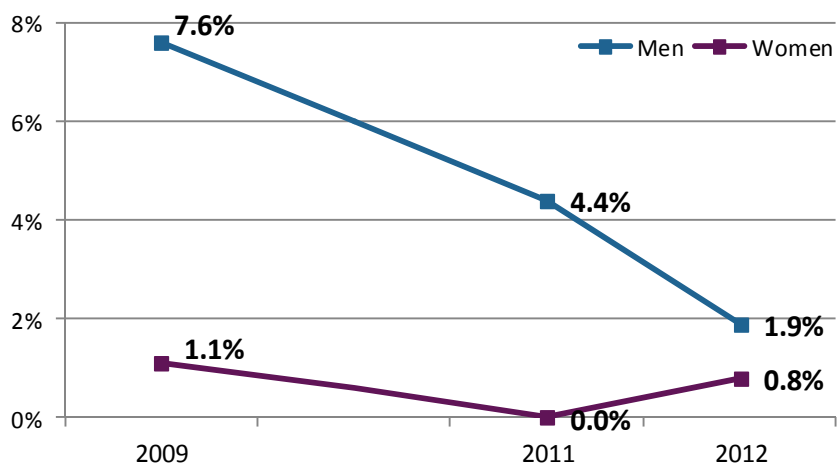
Gambling Issues

5.6% of students reported that they have felt the need to bet more and more money. This percent has continued to decline, though there are gender differences.



Lying About Gambling

1.3% of students reported that they have had to lie to people that are important to them about how much they gambled. Again, men were more likely to report this behavior, although the gender gap is closing.



0.5% of students reported that their gambling has negatively impacted their academics in the past 12 months.

**caused them to drop a course, or to receive a lower grade on a project, exam or in the course*

Preventive Health



Vaccinations

Hepatitis B	70.2%
Measles, Mumps & Rubella	67.6%
Meningococcal Meningitis	58.5%
Varicella (chicken pox)	52.1%
Human Papillomavirus (HPV)	50.8%
Influenza (shot or mist)	49.1%

Though many vaccination rates have remained fairly stable in the past few years, flu and HPV vaccines have increased significantly. Since 2009, the HPV vaccination rate has increased over 15 percentage points. The flu vaccine rate has increased almost 9 percentage points.



61% of male students reported doing a testicular exam in the last 30 days.

Just over one-third (33.9%) of female students reported having a routine gynecological exam in the past 12 months.



35.5% of female students reported performing a breast self exam in the last 30 days.



Just over half (50.7%) of UI students report using sunscreen regularly with sun exposure.



79.2% of UI students report having a dental exam/cleaning in the past year.

Health Information Interests

UI students reporting receiving information on many health topics. They also reported that they were interested in receiving information from the university on health. Top interests include:

1. Nutrition (45.1%)
2. Stress reduction (40.6%)
3. Physical activity (40.5%)
4. Sleep difficulties (35.7%)
5. How to help others in distress (32.8%)
6. Depression/anxiety (30.7%)

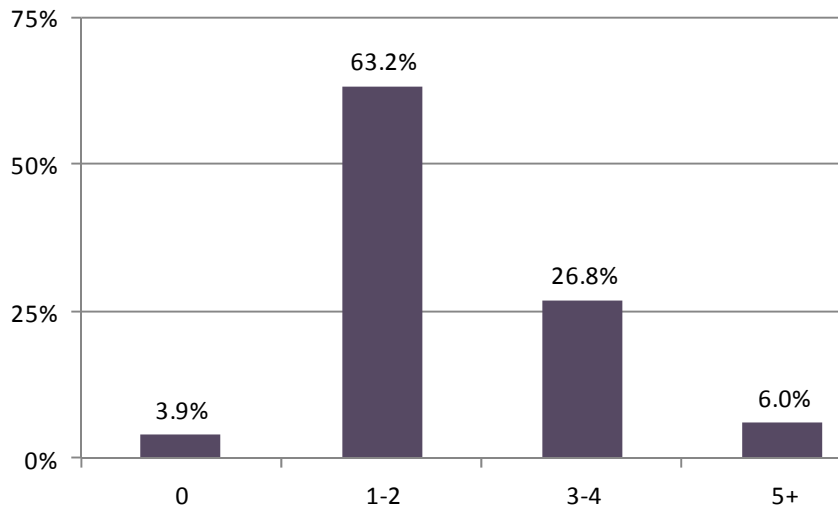
Nutrition & Weight



>>> Fruit & Vegetable Intake



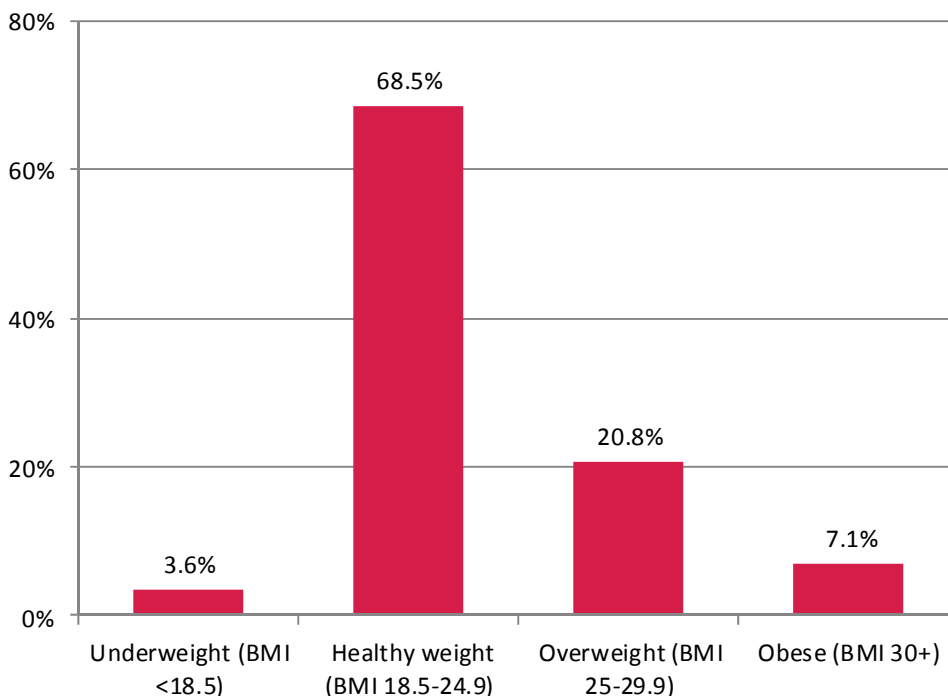
Average Daily Servings



Though the percent of students who eat enough fruits and vegetables remains low, the percentage who consume 5+ servings a day increased to 6.0%, from 3.6% in 2011.

Weight <<<

The average body mass index (BMI) was 23.75. Over two-thirds of students are at a healthy weight for their height.



Almost half of students (48.6%) are trying to lose weight.

In the past 30 days...

- 63.9% of students have exercised to lose weight
- 43.4% have dieted to lose weight
- 5.4% have used diet pills to lose weight
- 3.4% have vomited or used laxatives to lose weight

10.5% of students are trying to gain weight.



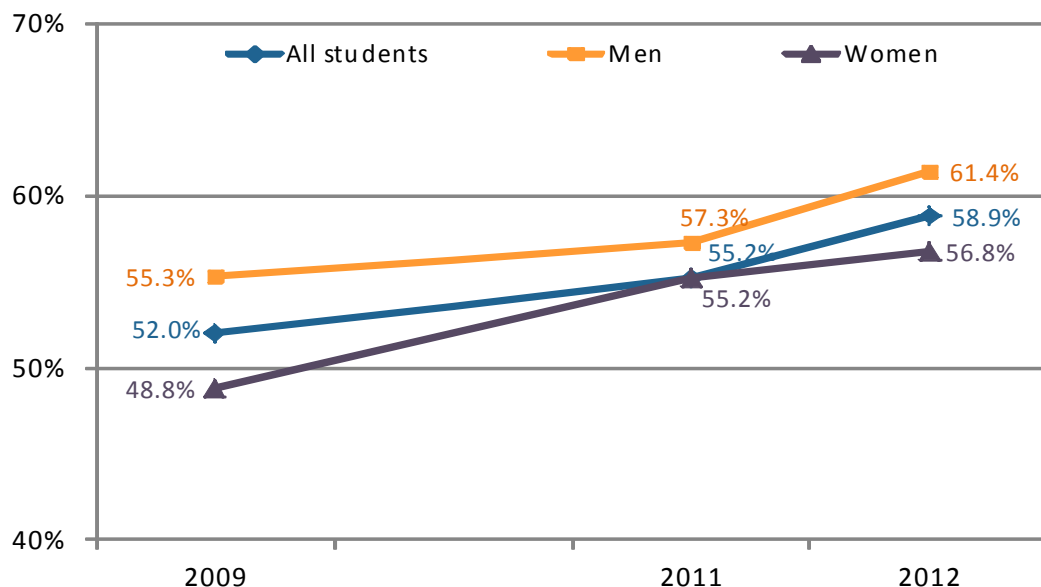
Physical Activity

>>> Aerobic Activity

The American College of Sports Medicine and American Heart Association recommend getting:

- ≥30 minutes of moderate intensity activity on ≥5 days/week
- ≥20 minutes of vigorous intensity activity on ≥3 days/week
- Any combination of the two

58.9% of UI students met this recommendation. This number has risen in recent years.



Resistance Training<<<

46.1% of students did strengthening exercises (8-12 repetitions) at least two days per week. This has increased from 43.3% in 2011 and 41.8% in 2009.

Men were more likely to meet the recommendations than women. 54.1% of men did resistance training at least 2 days per week, compared to 39.7% of female students.



This report, in addition to reports from previous years, can be downloaded at: <http://www.studenthealth.uiowa.edu/wellness/health-iowa-data>

Questions can be directed to Trisha Schiltz: trisha-schiltz@uiowa.edu or (319)335-8094.

Photograph at left courtesy of University Communication and Marketing Photography/University of Iowa.