

# University of Iowa Health Assessment Data Spring, 2009

A summary of health behavior data  
of UI undergraduates

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

# Data Highlights

## Most Common Health Problems

In the past school year, UI students experiencing:

Allergies	21%
Sinus Infections	20%
Strep throat	14%
Back Pain	12%
Urinary Tract Infection	10%

55% of UI students experienced one or more of the above health conditions during the last school year.

## 30-Day Prevalence of Alcohol and Other Drugs

Alcohol: 85%  
Tobacco: 23%  
Marijuana: 27%

45% had a typical  
blood alcohol con-  
centration (BAC)  
of less than .10

Mean BAC for  
women: .13  
Mean BAC for  
men: .11

## **National College Health Association 2009 Survey & AlcoholEdu Executive Summary 2008-2009**

This information comes from two surveys, a NCHA survey and a survey of students who participated in AlcoholEDU.

AlcoholEDU is an online alcohol prevention program that was designed for population-level, primary prevention for high risk behaviors. A survey was given to students who had completed part one of the program by August 2008. Included in the data set are 3,657 students of 4,199 eligible freshmen.

ACHA-NCHA II instrument was used to survey a convenience sample of undergraduate students in the spring of 2009. 852 students completed surveys, indicating a response rate of 95%. The survey did not ask for any identifying information. The ACHA-NCHA II survey allows us to compare our results with the national data-set including over 90,000 students at institutions of higher education.

# Health-Related Impediments to Learning

Students were asked which health problems negatively impacted their academics (e.g., caused them to drop a course, or to receive a lower grade on a project, exam or in the course overall). The most significant self-reported health impediments to learning:

Condition	% saying it impeded academics
Stress	23%
Cold/Flu/Sore Throat	20%
Sleep Difficulties	18%
Anxiety	15%
Alcohol Use	14%
Relationship difficulty	11%
Internet/computer games	10%
Depression	8%
Sinus infection/ear infection/ bronchitis/strep throat	7%
Concern for a troubled friend/family member	7%
Death of friend or family member	4%
Attention Deficit Disorder	4%
Conditions with less than 5% endorsing: Homesickness, gambling, death of a friend or family, Attention Deficit Disorder (ADD), chronic illness, chronic pain, drug use, eating disorder, injury, learning disability, pregnancy, sexually transmitted infection, participation in extracurricular activities, discrimination, finances and roommate difficulties	

# Alcohol and Other Drugs

## Estimated Blood Alcohol Concentration (eBAC)

The eBAC\* of students who reported having 1 or more drinks last time they partied or socialized was on average **0.11 for men** and **0.13 for women**. Overall, about **36%** of **students** were under the legal intoxication limit at 0.8 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 of 0.50 or greater.

## Risky Drinking

The percentage of students who reported having 5 or more drinks in one sitting within the past 2 weeks was **77% for men** and **64% for women**. Overall, **70%**

## Usual Number of Drinks

Average number of drinks by **men** was **9** and **6** for **women** the last time they partied or socialized with alcohol.

# Alcohol and Other Drugs

## Perceived Use vs. Actual Use

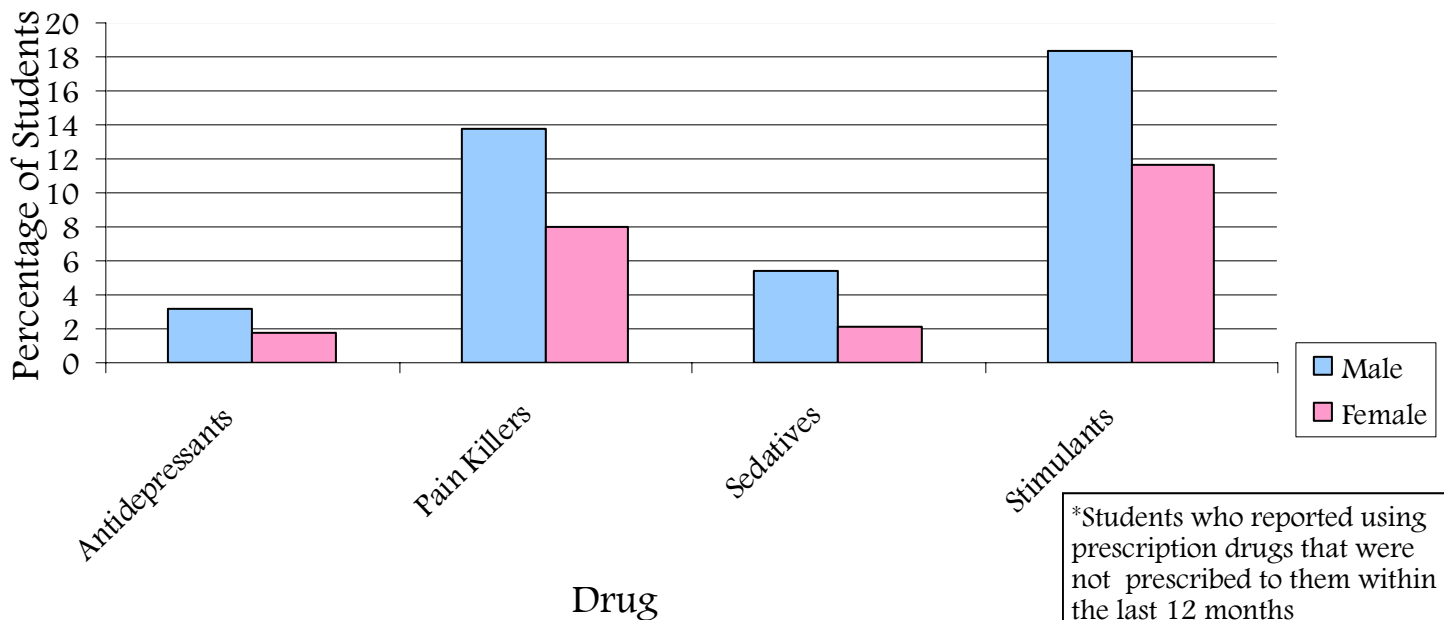
Students were asked to give their 30 day prevalence along with how often they believe the typical student uses alcohol or other drugs.

Students **always** perceived higher than actual use among their peers.

	Actual	Perceived
Alcohol	85%	96%
Cigarettes	23%	90%
Marijuana	27%	81%

Also, between 50-65% of students reported they have **never** used either cigarettes or marijuana, however students perceive that only 2-9% of students have never used either drug.

## Prescription Drug Misuse\*



# Alcohol and Other Drugs

## Incoming Students

Over half of incoming freshmen students reported that they have chugged alcohol, taken shots, chosen 'harder' alcohol or pre-gamed before coming to college. The most common risk behavior was taking shots with 73%.

## Current Students

Over 50% of current students reported doing something they later regretted or forgetting where they were or what they did as a consequence of drinking.

## Protective Behaviors

Over 70% of students practice one of these protective behaviors while drinking alcohol: eating before and/or during drinking, using a designated driver, and staying with the same group of friends the entire time while drinking.

# Alcohol and Other Drugs

## Impacts of AlcoholEdu

AlcoholEdu cohort was compared with previous freshmen who had not taken the course and it was found that AlcoholEdu students:

- Had *fewer* hangovers
- Had *fewer* blackouts
- Had *fewer* ETC transports

Almost three-fourths of drinkers reported that the course changed the way they perceive other students drinking. In addition, 71% of the freshman class indicated that they “support the choice not to drink.”

## AlcoholEdu Students:

43% indicated changing or thinking of changing their drinking behaviors

66% reported engaging in protective behaviors

81% reported that their current understanding of BAC will change the way they consume alcohol

90% indicated that they learned new facts about alcohol because of AlcoholEdu

91% or students reported AlcoholEdu assisted in preparing them to express concern to someone about their alcohol use

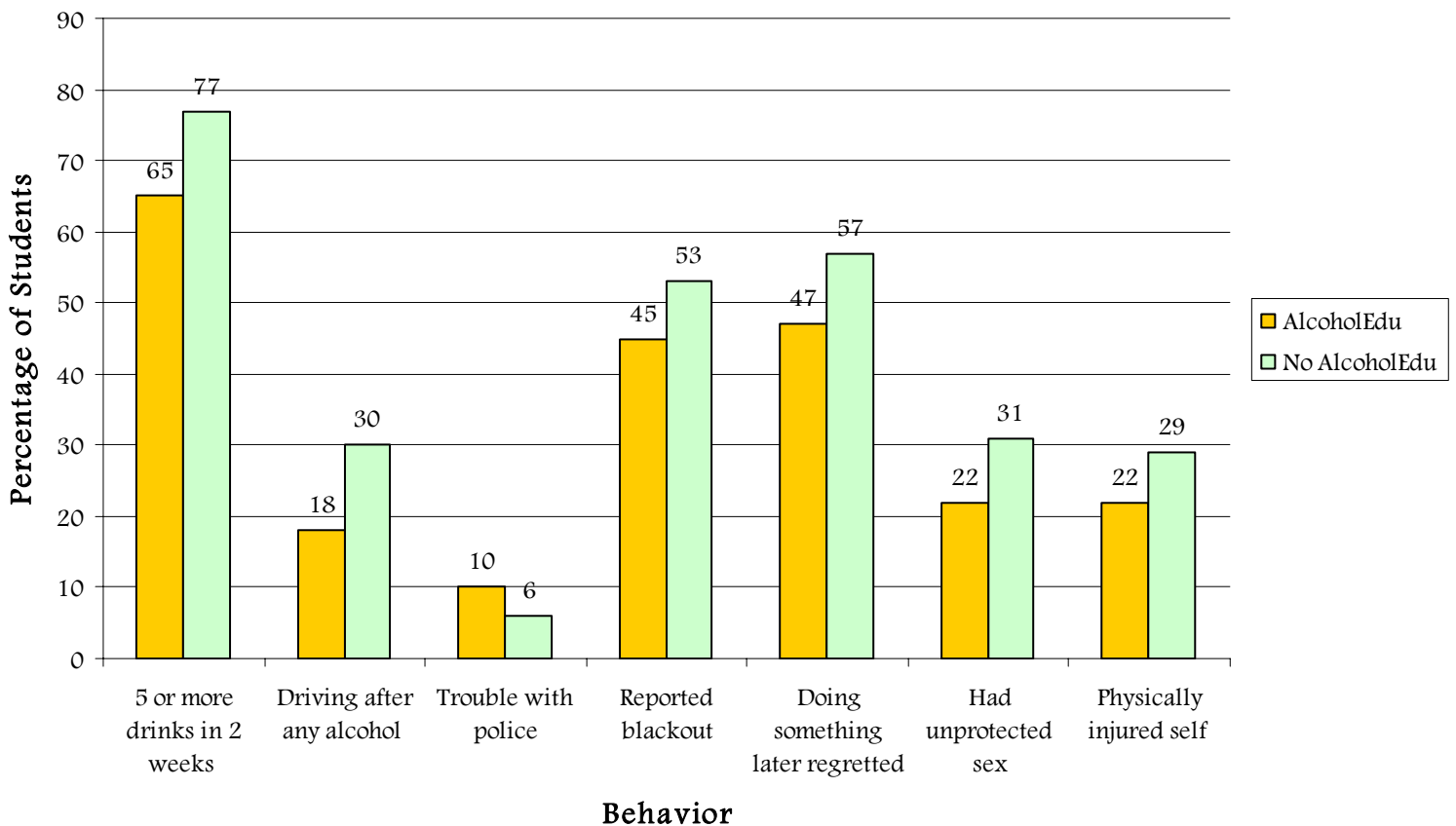
10 20 30 40 50 60 70 80 90

# AlcoholEdu compared to Student Body

## AlcoholEdu vs. No Intervention

Students were asked on the NCHA report to indicate if they had taken **AlcoholEdu**. Their answers were compared to students who had not taken the course. Results found that students who took **AlcoholEdu** were **very often less likely** to report negative effects of alcohol.

### Impact of AlcoholEdu





# Safety

## Drinking and Driving

Less than 7% of students reported driving after having 5 or more drinks in the last 30 days. 28% of students report driving after having **any** alcohol.

## Preventing Tragedy

Over three-fourths of AlcoholEdu students reported that this program **prepared them to help** a friend or acquaintance in situations where they have identified an alcohol overdose.

## Deciding to Call for Help

Eleven percent of students indicated that they decided **not to call** for medical assistance for themselves or a friend who had been drinking because they were **afraid of getting into trouble**.

## Safety

### Physical Aggression with Men

**Men** who experienced a physical fight or assault was **23%** and **10%**, respectively. Verbal threats were even more common with **41%** of **men** experiencing them.

### Physical Aggression with Women

**Women** were much less likely to be involved in a physical fight (6%), physical assault (5%), or experience verbal threats (20%).

## Abusive intimate relationships

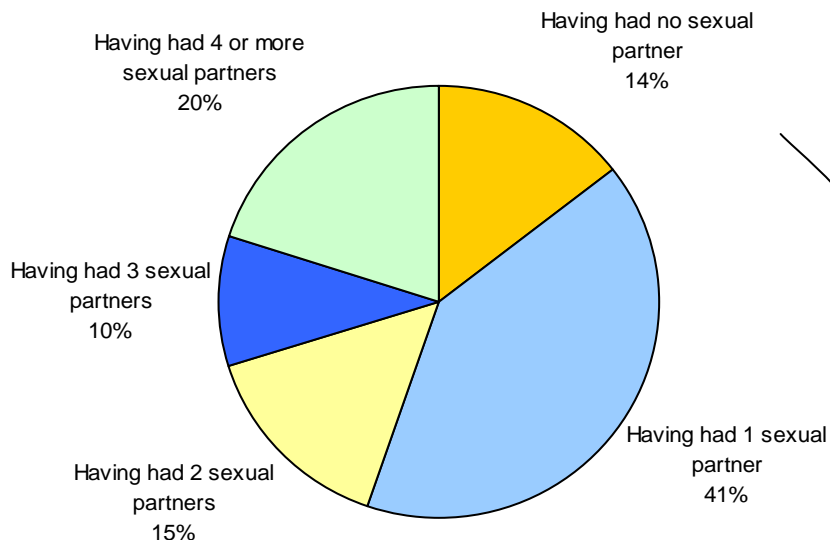
% of Men involved

% of Women involved

8%	Emotionally	11%
3%	Physically	1%
2%	Sexually	1%

# Sexual Behavior

## Number of Sexual Partners within the Last 12 Months



55% of students had either no sexual partner or one sexual partner during the last school year

### Oral Sex

Over half (56%) responded they had oral sex within the past 30 days.

### Number of Partners

Men had on average one more sexual partner than women (3 to 2) within the past 12 months.

### Anal Sex

66% of Men and 81% of women have never engaged in anal sex. Only 4% of students reportedly had it within the past 30 days.

### Vaginal Sex

Vaginal sex was the most commonly reported with 59% of men and 65% of women responding having it one or more times in the past 30 days.

# Sexual Behavior

## Emergency Contraception

20% of sexually active UI students reported using the “morning after pill” within the last school year.

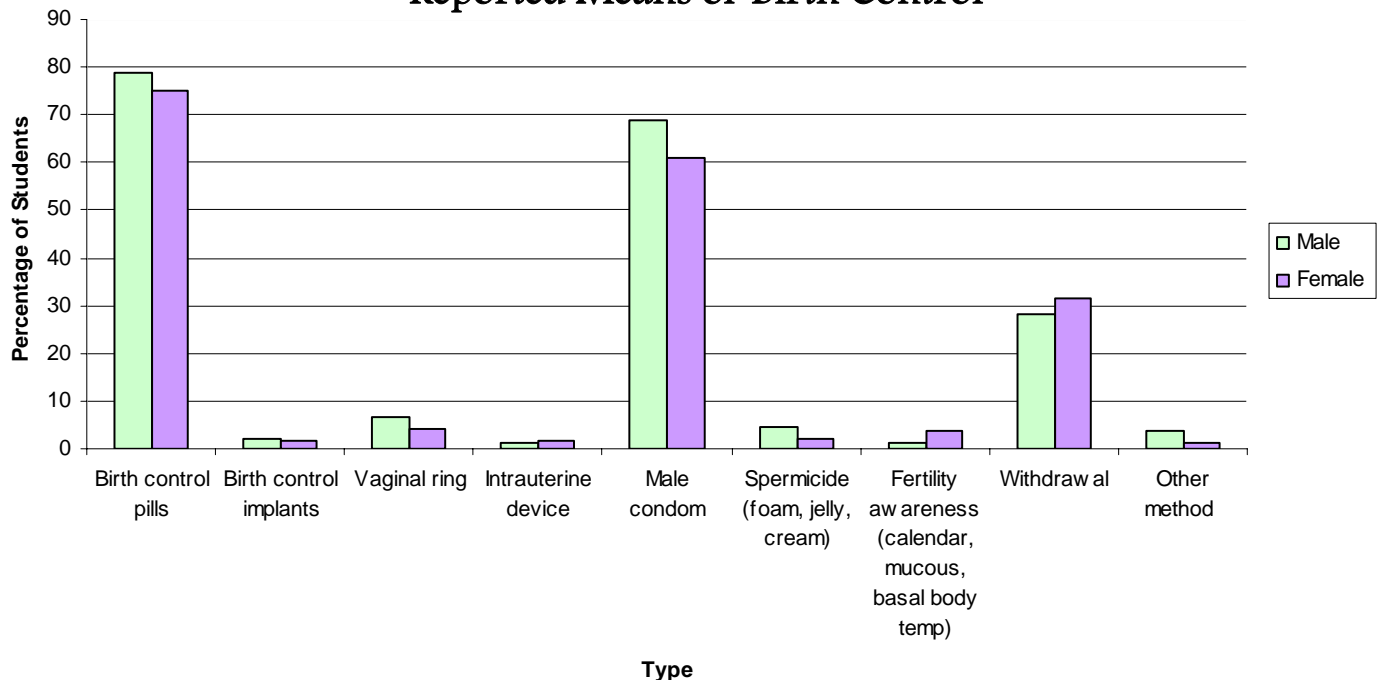
## Unintentional Pregnancy

2.4% of Iowa students reported experiencing an unintentional pregnancy or got someone pregnant within the last school year.

## Condom Use

53% of students having vaginal sex, 28% having anal sex and 4.2% having oral sex used a condom.

## Reported Means of Birth Control



# Mental Health

## Feeling Overwhelmed

40% of students reported feeling overwhelmed by all they had to do within the last few weeks.

**Women** were **more likely** to report feeling overwhelmed than men anytime within the last 12 months (92% vs. 75%).

## Feeling Exhausted

**Men** were almost three times more likely to say they **never** feel exhausted than women (24% vs. 8.2%). Most students (74%) have felt exhausted within the last 12 months.

## Diagnosis

Depression and anxiety were most commonly diagnosed or treated in the last 12 months (9% and 8.5%). **Women** were **two to three times** more likely to report being diagnosed or treated for these conditions than men.

## Hopelessness

Hopelessness was experienced by 39% of students within the past 12 months. **Women** were **more likely** to report they felt like things were hopeless (47%) vs. **men** (32%).

# Mental Health and Gambling

## Major Stressors

Academics, intimate relationships, and finances topped the list of being traumatic or very difficult to handle for students within the last 12 months (45%, 30%, and 30%).

## Suicide

Almost 5% of students seriously considered attempting suicide at least once during the last year. Close to 2% of students actually attempted suicide.

Extrapolating this data to all UI students would mean that an estimated 600 students attempted suicide.

## Lying about Gambling

5% of student reported having to lie to people important to them about how much they gambled.

## Betting More

Almost 10% of students indicated that they have felt the need to bet more and more money.

# Preventive Health

## Health Snapshot

- 94% of UI students rate their health as good, very good, or excellent.
- Most have been vaccinated against hepatitis B (73%), measles, mumps, rubella (71%), meningitis (59%).
- A little less than half (40%) of students received the flu vaccination.

## Disease Prevention

The most common disease prevention practiced reportedly were dental exams (79%), female routine gynecological exams (72% of females), and regular sunscreen use (49%).

## Transportation Safety

Most students (93%) mostly or always wear a seatbelt when they rode in a car, but only 18% mostly or always wore a helmet when they rode a bicycle.

# Nutrition and Physical Activity

## Fruits and Veggies

Most students report having 1-2 servings a day (64%) and only 4% eat the recommended servings of 5 or more a day.

## Walking as Transportation

Half of students report walking as the most common method of transportation to and from campus. Driving a car or taking the campus were 22% and 21%, respectively.

## Physical Activity

62% report 1-4 days a week of moderate-intensity cardio or aerobic exercise for at least 30 minutes. 69% of students do one or more days a week of vigorous activity for at least 20 minutes.

## Physical Activity Guidelines

2007 physical activity guidelines given by the American College of Sports Medicine and the American Heart Association recommend moderate intensity exercise for 30 minutes 5 or more days a week, or vigorous-intensity exercise for at least 20 minutes on 3 or more days a week. About 52% of students report meeting the guidelines. Slightly more men than women report meeting them with 55% to 49%, respectively.