

HEALTH PRACTICES*
2004 UI Undergraduate health Interests and Practices Survey
(2001, 1999, 1997, 1995 survey results included)

PRACTICES		UNHEALTHY PRACTICES						HEALTHIER PRACTICES				
SLEEP and STRESS	Description	2004	2001	1999	1997	1995		2004	2001	1999	1997	1995
Restful Sleep	≤2 nights/wk	68.0	61.6	59.9	58.5	56.4	>2 nights/wk	32.0	38.1	40.1	41.5	43.6
Stress Management	≤50% of time	45.2	41.4	41.1	42.7	46.0	>50% of time	54.4	58.1	58.9	57.3	54.0
SEATBELT												
Wear seatbelt	Not always	43.5	51.1	45.1	49.0	51.8	Always	56.5	48.7	54.9	51.0	48.2
NUTRITION and WEIGHT												
Perceived Weight: would like to	Gain weight	15.8	16.7	18.6	20.0	20.0	Maintain Weight	21.6	19.4	20.1	18.8	20.8
	Lose weight	62.5	61.5	59.2	57.9	57.0						
Attempted weight loss	≥1 in last 12 months	59.9	61.5	59.2	57.9	57.0	No attempts	40.1	37.0	40.8	42.1	43.0
Gone on binges	Yes	34.5	40.2	29.0			No	65.5	59.3	71.0		
Vomited after eating	Yes	16.5	14.6	16.4	11.5	12.3	No	82.0	79.1	83.4	88.5	87.7
Too much thought to food	>50% if time	19.7					≤50% of time	80.4				
Eating Out	>2 times/wk	35.4					≤2 times/wk	64.4				
Positive Body Image	<50% of time	44.2					≥50% if time	55.8				
Concerned about fat in diet	No		48.0	40.8			Yes		48.7	58.0		
EXERCISE												
Aerobic Exercise	<3 times/wk	50.4	49.4	42.8	42.7	52.5	≥3 times/wk	49.6	49.9	57.2	57.3	47.5
Strength training	<3 times/wk	65.1	62.3	55.5	56.7	65.8	≥3 times/wk	35.0	37.1	45.5	43.3	34.2
Barriers to exercise	1 st - Time	39.1					No barriers	13.6				
	2 nd – willpower	21.8										
SEXUAL HEALTH												
Pap Smear(female respondent)	<1 time/year	44.4	28.7	39.0	45.5	47.5	≥1 time/year	55.6	64.4	61.1	54.5	52.5
Breast Self-Exam (females)	<1 time/month	62.4	76.4	76.6	82.5	85.3	≥1 time/month	37.5	18.1	23.1	17.5	14.7
Testicular Self-Exam	<1 time/month	71.7	74.8	84.5	86.8	92.6	≥1 time/month	28.0	13.8	15.5	13.2	7.4
Physical Exam(male)	<1 time/year			67.1	64.5	70.5	≥1 time/year			32.9	35.5	29.5
Sexual partner #	<1 in last 12 months	37.8	29.2	34.8	28.5	28.2	≤1 in last 12 months	62.2	68.8	65.2	71.5	71.8
Male partner wore a condom (female respondent)	Not always	59.2	54.6	57.9	55.3	57.0	No male partner/no sex, Always	24.5 16.3	20.8 18.1	32.0 10.1	26.6 18.1	25.2 17.8
Condom use (male respondent)	Not always	53.6	47.6	63.0	59.9	56.5	No Sex, Always	20.0 26.4	25.8 16.9	19.4 17.6	24.3 15.8	26.3 17.2
Oral/Mechanical contraception	Not always	42.4	39.1	41.2	62.1	60.9	No Sex, Always	23.7 33.9		30.6	28.5	37.9 39.1
Spermicides	Not always	70.7	91.7	97.0	96.0	95.1	No Sex, Always	25.8 3.3	3.3	3.0	4.0	4.9
Unintended/ Regretted Sex (alcohol related)	≥1 in last 12 months	29.0	27.0	28.4	22.6	23.9	0 times in last 12 months	70.9	67.0	71.6	77.4	76.1
Unintended/ Regretted Sex (not alcohol-related)	≥1 in last 12 months		21.1	15.1	17.0	20.7	0 times in last 12 months		76.7	76.9	83.0	79.3

* Weighted by gender and grade level of undergraduate subjects