The National College Health Assessment Summary

The University of Iowa

Spring 2011

CONTENTS

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 2011. Eight hundred and seventy-five students completed surveys, indicating a response rate of 97.9%. 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 90,000 students at institutions of higher education.

health IOWA
Promoting student wellness

Picture from University Relations Photography / University of Iowa

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

Data Highlights

Most Common Health Problems for University of Iowa Students

1	Sinus infection	17.4%
2	Allergies	16.9%
3	Strep Throat	12.8%
4	Back Pain	11.1%
5	Urinary Tract Infection	9.1%

Percent of students diagnosed or treated in the last 12 months

Comparison to College Students Nationwide*

Better Than National Rate

- Over 94% of UI students report their health as good, very good or excellent, compared to 91.7% of college students nationwide
- UI seatbelt use is 97.2% vs. 95.8% nationwide
- UI students are more likely to meet the physical activity recommendations for health (55.2% vs. 48.7%)

Worse Than National Rate

- UI students are more likely to experience a physical fight, physical assault and verbal threats
- UI students are more likely to use marijuana, hookah and cigarettes in the past 30 days
- UI students are worse in regard to all alcohol measures including 30-day use (83.2% vs. 65.2%), high-risk drinking rate (64.5% vs. 35.1%), and percent of students going over the legal intoxication limit last time they drank (55.8% vs. 37.1%)

ACHA national dataset including over 90,000 students at institutions of higher education in Spring 2010.

ALCOHOL & DRUGS

30-Day Prevalence:
Alcohol: 82.3%
Tobacco: 19.5%
Marijuana: 25.3%

Mean eBAC: 0.10

SEXUAL BEHAVIOR

Average # of partners in past 12 months: 2.74

81.5% of sexually active students used a contraceptive the last time they had sex

SLEEP & STRESS

One-third of students report a problem with sleep

NUTRITION

3.6% of students eat an average of 5 or more servings of fruits and veggies per day

PHYSICAL ACTIVITY

55.2% of students meet the physical activity recommendation for health

Picture from University Relations Photography / University of Iowa

Health-Related Impediments to Learning

Top Ten Health-Related Impediments to Learning			
Rank in 2011	**Condition**	**% of Students**	**Rank in 2009**
1	Stress	24.9%	1
2	Anxiety	19.1%	4
3	Sleep difficulties	15.4%	3
4	Cold/flu/sore throat	15.0%	2
5	Internet use/computer games	13.0%	8
5	Work	13.0%	6
7	Alcohol use	11.6%	5
8	Depression	9.6%	9
9	Relationship difficulties	9.4%	7
10	Participation in extracurricular activities	8.1%	12

What is an Impediment to Learning?

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).

Conditions that students less frequently reported impacting their academics include allergies, assault, ADHD, concern for a friend or family member, chronic health problem, chronic pain, death of friend or family member, discrimination, drug use, eating disorder, finances, gambling, homesickness, injury, learning disability, pregnancy, roommate difficulties, STIs, and sinus/ear/throat infection.
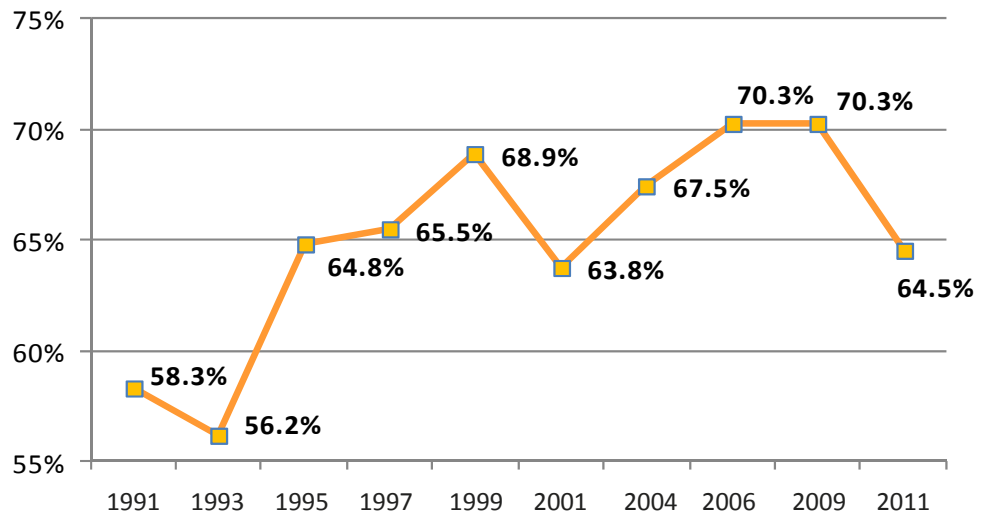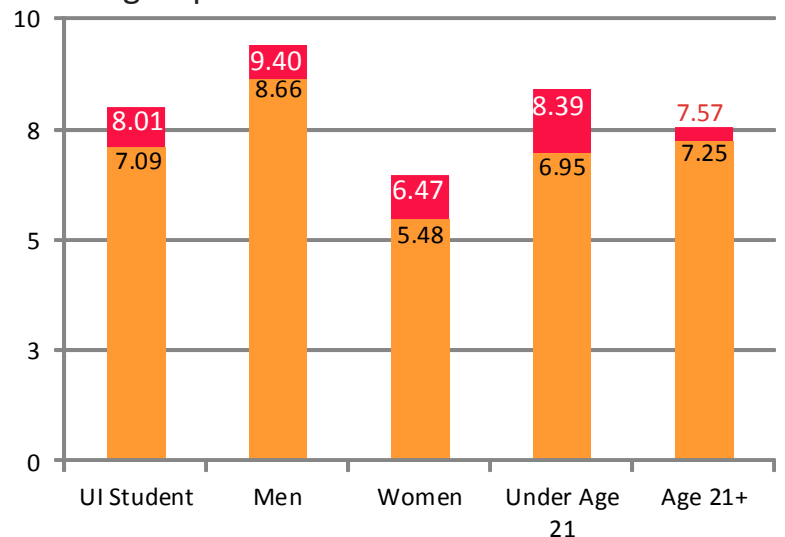
Alcohol Use

Risky Drinking

The percentage of students who reported having 5 or more drinks in one sitting in the past two weeks decreased to the lowest level in a decade. When extrapolated to all UI students, 1,160 less students are high-risk drinkers compared to 2009.

Groups that have higher rates of risky drinking include men, students of legal age (21+), students who are white, intramural participants and members of a fraternity or sorority.

Chart: Risky Drinking (percentage)

Year	Percentage
1991	58.3%
1993	56.2%
1995	64.8%
1997	65.5%
1999	68.9%
2001	63.8%
2004	67.5%
2006	70.3%
2009	70.3%
2011	64.5%

Estimated Blood Alcohol Concentration

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 0.10 for women. Overall, about 44% of students were under the legal intoxication limit of 0.08 when they last partied. This is an increase from 2009, when only 36% of students had an eBAC under 0.08.

*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.

Average Number of Drinks

The average number of drinks has decreased since 2009. The average UI student has 7.09 drinks when they party/socialize*. This number has decreased in some groups more than others.

Chart: Average Number of Drinks

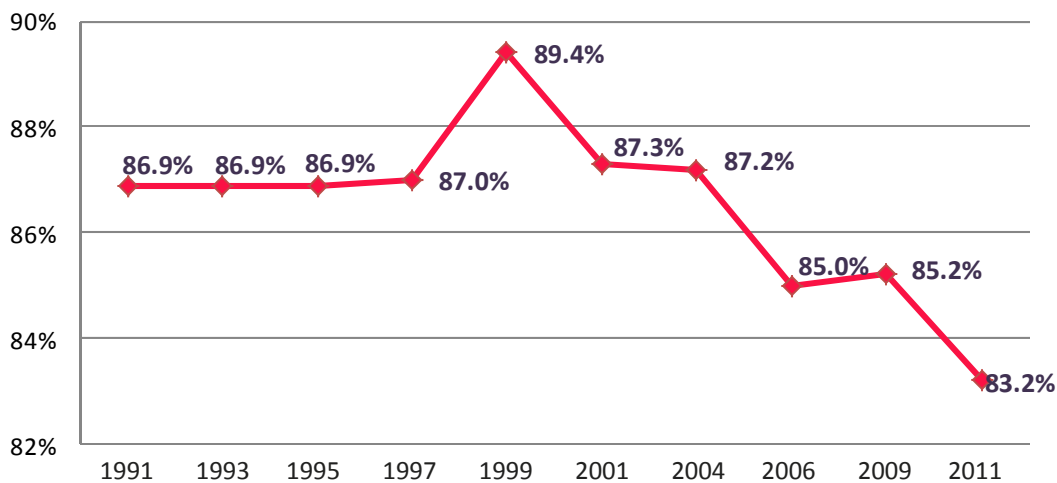| Group	2009 Level	2011 Level
UI Student	8.01	7.09
Men	9.40	8.66
Women	6.47	5.48
Under Age 21	8.39	6.95
Age 21+	7.57	7.25

■ 2009 Level ■ 2011 Level

*of drinkers

Alcohol Use

30-Day Alcohol Use

Just over 83% of students have used alcohol in the past 30 days. This is at the lowest level in twenty years of data collection.

Year	Percentage
1991	86.9%
1993	86.9%
1995	86.9%
1997	87.0%
1999	89.4%
2001	87.3%
2004	87.2%
2006	85.0%
2009	85.2%
2011	83.2%

The percent of students who drank at least 10 days in the past month has also decreased. Just over 30% of students drink 10 or more times in a month, a decrease of 16% since 2009. When extrapolated to the whole student population, this represents 1,200 fewer students who drink that often.

Drinking & Driving

About one in five students reports driving after having alcohol in the past month, a 24% decrease since 2009. When extrapolated to the whole student population, this represents 1,300 fewer students who were behind the wheel when potentially impaired. Just under 5% of students reported driving after having five or more drinks in the past month. This measure also decreased since 2009.

Perceptions of Peer Alcohol Use vs. Reality

Students were asked to report how many days they used alcohol in the last 30 days. They were also asked how often they believe the typical UI student uses alcohol.

Students perceived higher than actual use among their peers.

% of Who Drank in Past 30 Days:
Perception: 97.1%
Reality: 83.2%
Overestimated

% of Who Drank 10-29 of the Past 30 Days:
Perception: 52.8%
Reality: 29.4%
Overestimated

% of Who Have Drank All 30 of the Past 30 Days:
Perception: 10.0%
Reality: 1.0%
Overestimated

Alcohol Use

Protective Behaviors

There are many things students can do to practice safer drinking. Regular use of protective behaviors has increased since 2009, for 10 of the 11 behaviors measured. Over 89% of students practice at least one of these behaviors regularly.

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

Top Protective Behaviors for Students

1	Stay with the same group of friends	71.6%
2	Use a designated driver	71.5%
3	Eat before/during drinking	69.8%
4	Keep track of number of drinks consumed	37.5%
5	Stay with only one kind of alcohol	35.1%
6	Have a friend let them know when they have had enough	23.6%
7	Determine not to exceed a set number of drinks	18.8%
8	Avoid drinking games	17.2%

Negative Consequences

Almost 64% of students have experienced at least one negative consequence from alcohol in the past 12 months (of the nine measured).
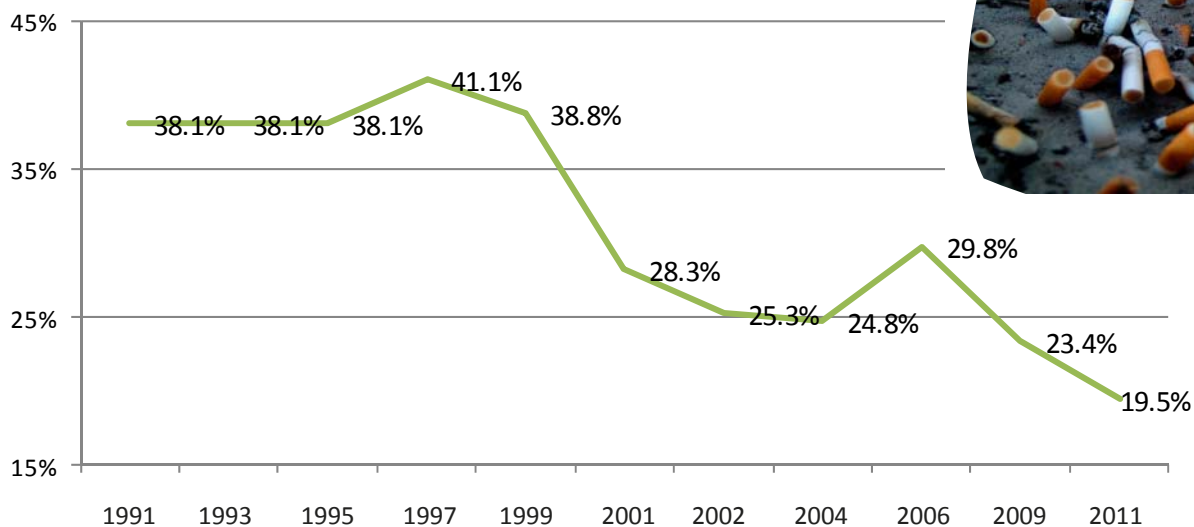
Most Common Negative Consequences

		2009	2011	Change
1	Did something later regretted	51.2%	46.2%	-5.0%
2	Forgot where was or what did	49.3%	45.9%	-3.4%
3	Had unprotected sex	25.7%	24.2%	-1.5%
4	Physically injured self	25.1%	17.7%	-7.4%

10.7% 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.

Tobacco Use

Cigarettes

Cigarette use has decreased in the past twenty years. Just under 20% of students have used cigarettes in the past 30 days.

Chart showing cigarette use percentages over time:
- 1991: 38.1%
- 1993: 38.1%
- 1995: 38.1%
- 1997: 41.1%
- 1999: 38.8%
- 2001: 28.3%
- 2002: 25.3%
- 2004: 24.8%
- 2006: 29.8%
- 2009: 23.4%
- 2011: 19.5%

Eight percent of students smoked at least ten of the past 30 days, and 3.3% of students are daily smokers. The number of daily smokers has also declined over time, from 12.9% ten years ago.

Other Tobacco Products

Hookah	
Never used	64.8%
Used in the last 30 days	10.5%
Used daily in last 30 days	0.2%

Cigars, Little Cigars, and Clove Cigarettes	
Never used	66.2%
Used in the last 30 days	9.2%
Used daily in last 30 days	0.3%

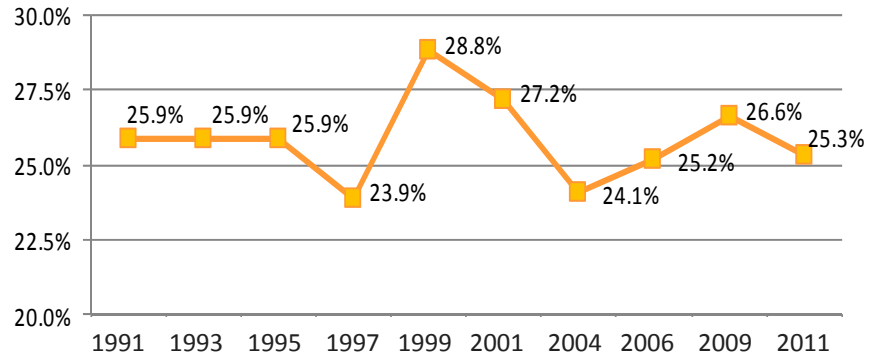| Smokeless Tobacco	
Never used	83.4%
Used in the last 30 days	7.7%
Used daily in last 30 days	1.3%

Misperceptions

Students greatly overestimate the percent of their peers who use tobacco products. Students perceived that about 86.7% of their peers smoked cigarettes in the past 30 days—an overestimate by 67.2%. They also estimated that 70.8% of students used hookah in the past 30 days—an overestimate of 60.3%.
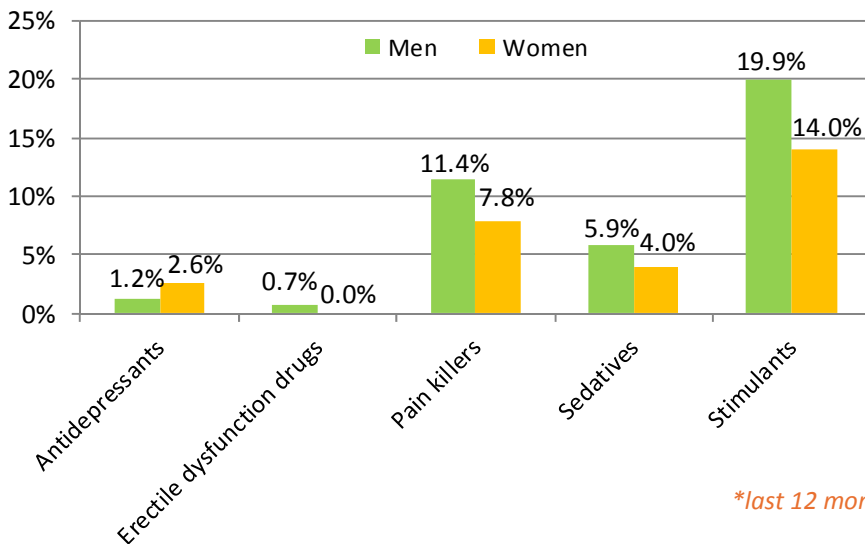
Other Drug Use

Marijuana Use

30-day prevalence of marijuana use has remained pretty stable over the past twenty years. About one in four students has used marijuana in the past 30 days (although students perceive that over 80% have). Over 10% of students used it at least 10 times in the past month, and 3.2% use marijuana daily.

25.9% 25.9% 25.9% 23.9% 28.8% 27.2% 24.1% 25.2% 26.6% 25.3%

1991 1993 1995 1997 1999 2001 2004 2006 2009 2011

Illegal Use of Prescription Drugs

Stimulants remain the most commonly used illegal prescription drug by students. Men are more likely to illegally use all of these prescriptions, with the exception of antidepressants.

Men   Women

Antidepressants	1.2%	2.6%
Erectile dysfunction drugs	0.7%	0.0%
Pain killers	11.4%	7.8%
Sedatives	5.9%	4.0%
Stimulants	19.9%	14.0%

last 12 months

Other Drug Use

Cocaine	Meth	Other Ampheta-mines	Sedatives	Hallucino-gens	Anabolic Steroids	Opiates	Inhalants	MDMA	Other Club Drugs
1.7%	0.1%	2.3%	1.2%	1.7%	0.3%	0.3%	0.5%	0.8%	0.2%

Safety

Involvement in Incidents of Violence/Abuse

Most violence/abuse measures have decreased since 2009.

|	Type of Violence/Abuse	2011 Percent*	Change Since 2009
More common for men	Physical fight	9.8%	-5.5%
	Physical assault (not sexual assault)	6.0%	-1.8%
	Verbal threat	24.6%	-6.1%
More common for women	Sexual touching without their consent	6.6%	-0.2%
	Sexual penetration attempt without their consent	2.3%	-0.1%
	Sexual penetration without their consent	1.7%	+0.1%
	Stalking victim	4.1%	+0.6%
	Involvement in emotionally abusive relationship	8.6%	-0.3%
	Involvement in physically abusive relationship	2.0%	-0.3%
Same	Involvement in sexually abusive relationship	0.5%	-0.8%

* Past 12 months

Feelings of Safety

Men are more likely to report feeling "very safe" on campus and in the surrounding community.

Chart legend: ■ men ■ women

Campus — Daytime: men 93.0%, women 89.9%
Campus — Night: men 49.3%, women 15.5%
Community — Daytime: men 77.5%, women 66.4%
Community — Night: men 36.2%, women 10.9%
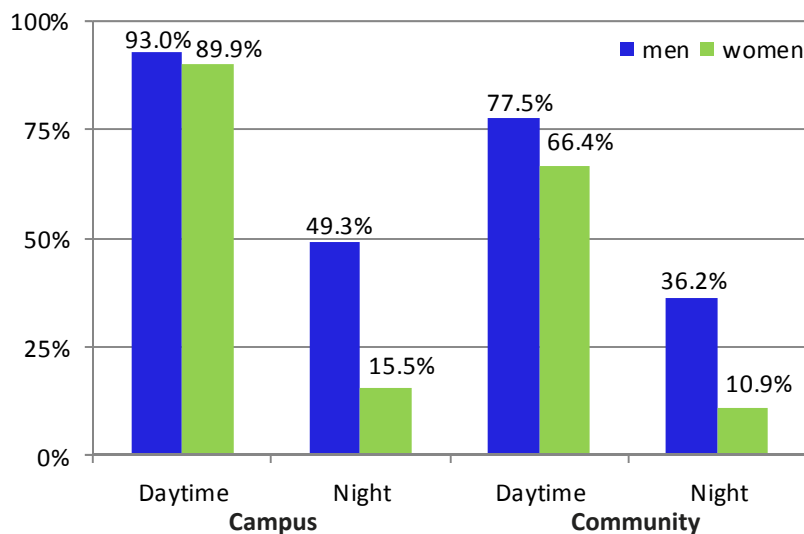
*Safety Practices**

Seatbelt in car: 97.2%
Helmet on bike: 17.6%
Helmet on motorcycle: 54.1%
Helmet when inline skating: 28.8%

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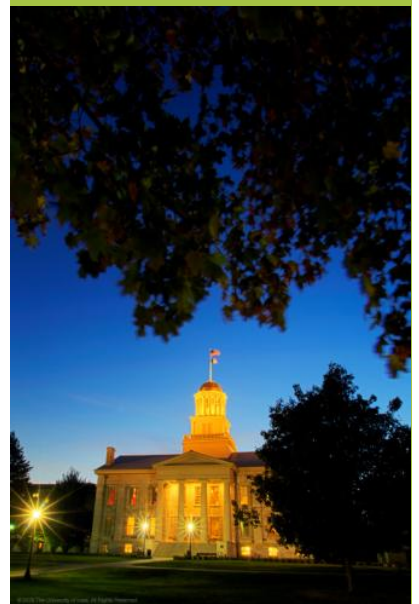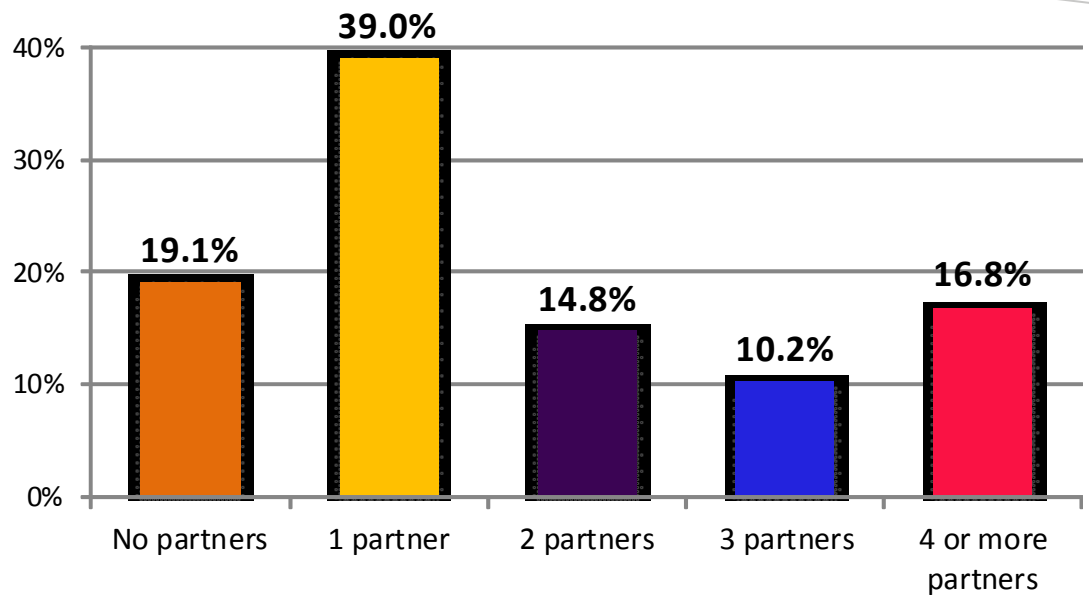

Picture from University Relations Photography / University of Iowa
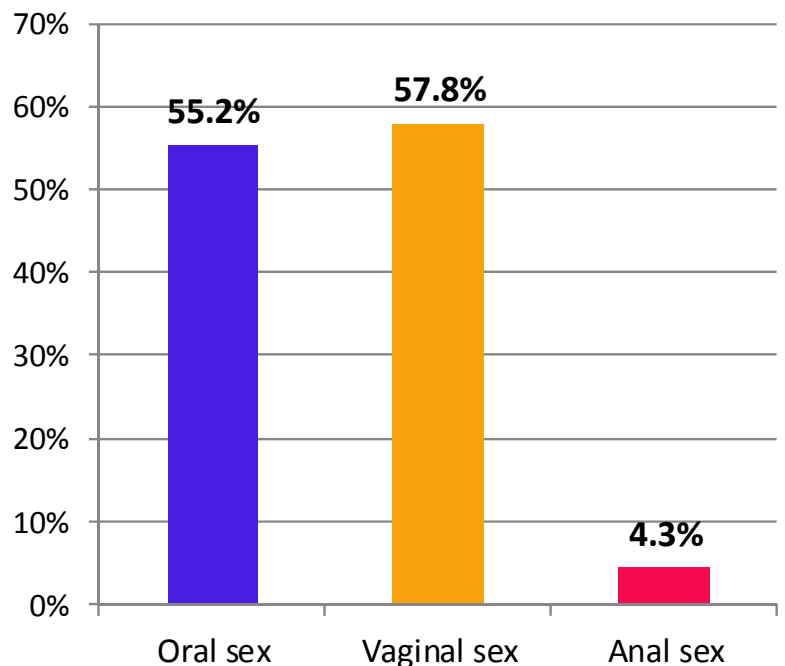
Sexual Behavior

Number of Sexual Partners

Over 58% of students had either no sexual partners or one sexual partner in the past year.

The average number of partners in the past year was 2.74. Men and students who were not in a relationship had more partners, on average.

Number of Sexual Partners chart:
- No partners: 19.1%
- 1 partner: 39.0%
- 2 partners: 14.8%
- 3 partners: 10.2%
- 4 or more partners: 16.8%

81.5% of University of Iowa students used a contraceptive the last time they had sex.

Excludes students who have not had sex in the past 12 months.

Sex in the Past 30 Days

Well over half of students had oral or vaginal sex in the past 30 days.

Sex in the Past 30 Days chart:
- Oral sex: 55.2%
- Vaginal sex: 57.8%
- Anal sex: 4.3%

Sexual Behavior

Contraceptive Use

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

Chart:
- Oral Sex: 3.0%
- Vaginal Sex: 52.1%
- Anal Sex: 21.2%
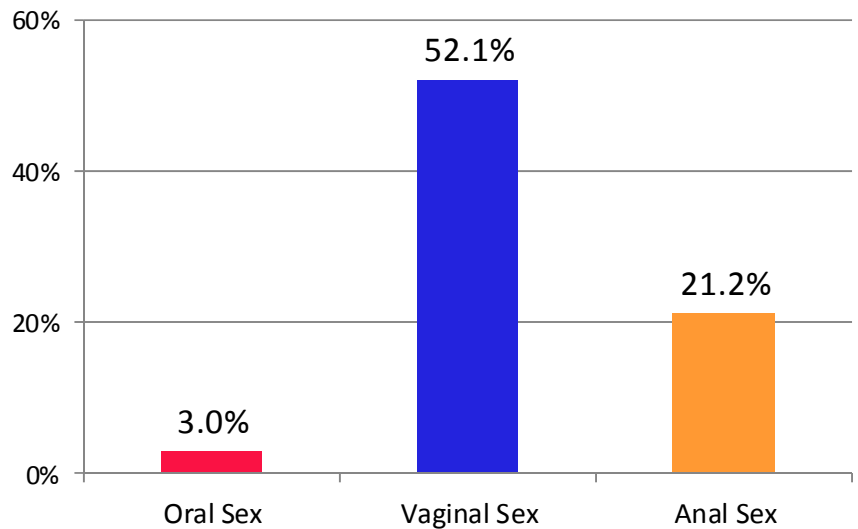
Contractive Use Last Time Had Vaginal Sex*	
Birth control pills	74.9%
Male condom	65.0%
Withdrawal	28.1%
Vaginal ring	4.7%
Birth control implants	3.2%
Birth control shots	3.0%
Spermicide (foam, jelly, cream)	2.1%
Fertility awareness	2.1%
Intrauterine device	1.9%
Birth control patch	1.1%
Female condom	1.0%
Other method	2.2%

Types of Contraceptives Used

The most common contraceptive choice was birth control pills, followed by the male condom.

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

Emergency Contraception & Unintended Pregnancy

♦ 17.7% of sexually active UI students reported using the "morning after pill" within the 12 months.

♦ 1.0% of students* reported experiencing an unintentional pregnancy or getting someone pregnant within the last 12 months.

*Excludes students who have not had vaginal intercourse in the past 12 months.

Sleep & Stress

Sleep

Over two-thirds of students report little or no problem with sleepiness during daytime activities. Eight percent report it a "big problem", and 3.1% report it a "very big problem" in the past 7 days.

52% of students report getting enough sleep to feel rested at least 4 of the past 7 days.

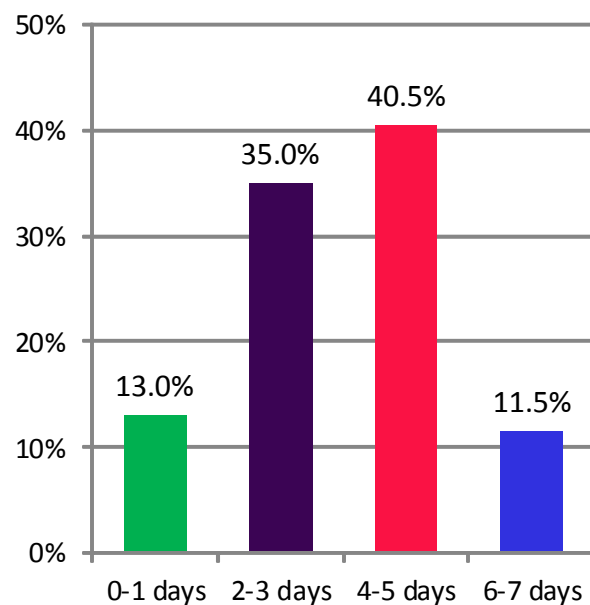| Days	Percentage
0-1 days	13.0%
2-3 days	35.0%
4-5 days	40.5%
6-7 days	11.5%

Stress

Over 40 percent of students report more than average stress in the past 6 months, while 6.4% report having tremendous stress. Only 10% reported having no stress or less than average stress.

72.9% of students reported at least one thing that was difficult to handle in the past 12 months. The most common stressor was academics. Almost 44% of students reported three or more stressors that were hard to handle in the past year.

Top Stressors in Past 12 Months

Stressor	Percentage
Academics	48.2%
Intimate relationships	32.1%
Finances	29.8%
Career-related issue	27.4%
Sleep difficulties	23.0%
Family problems	21.4%
Personal appearance	21.3%
Other social relationships	20.9%

Mental Health

Mental Health Conditions

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

Bar chart comparing Men and Women for Anxiety and Depression:
- Anxiety: Men 3.5%, Women 15.8%
- Depression: Men 2.5%, Women 13.0%

Feelings in Past 30 Days

Felt overwhelmed: 63.6%

Felt exhausted: 56.4%

Felt very sad: 29.3%

Felt very lonely: 28.6%

Felt overwhelming anxiety: 27.7%
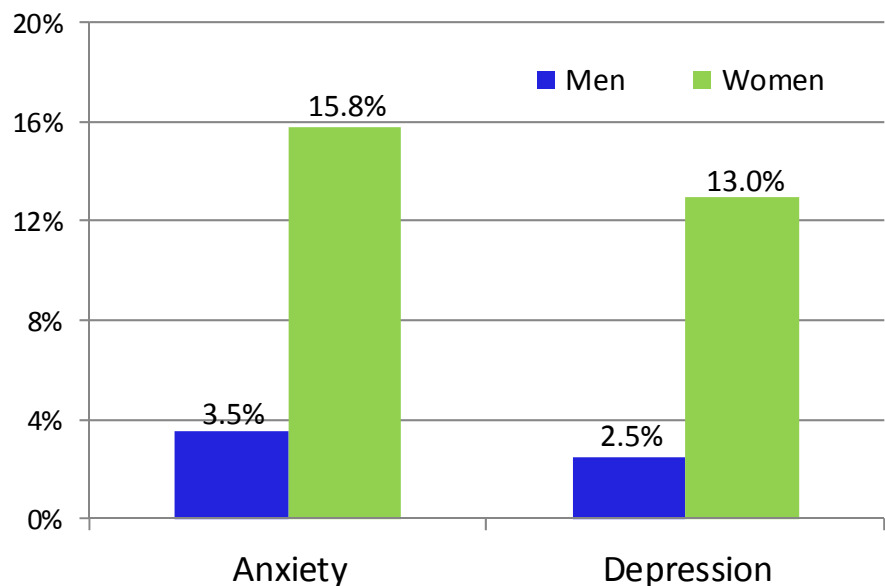
Felt things were hopeless: 19.8%

Felt overwhelming anger: 18.4%

Felt so depressed that it was difficult to function: 12.5%

Women were more likely than men to report any of these feelings in the past 30 days.

Ever Received Mental Health Services

Counselor/Psychologist	25.5%
Psychiatrist	9.3%
Other medical provider	10.3%
Clergy	3.3%
University Health/Counseling	11.1%

Just under 5% of UI students reported intentionally cutting, burning, bruising, or otherwise injuring themselves in the past year. 5.3% of students reported seriously considering suicide and 1.3% report attempting suicide in the past year.

Gambling

Gambling Issues

7.2% of students reported that they have felt the need to bet more and more money. This is a decrease from 2009, when 9.5% of students reported this. Men were almost 10 times as likely to report needing to bet more and more money, compared to women.

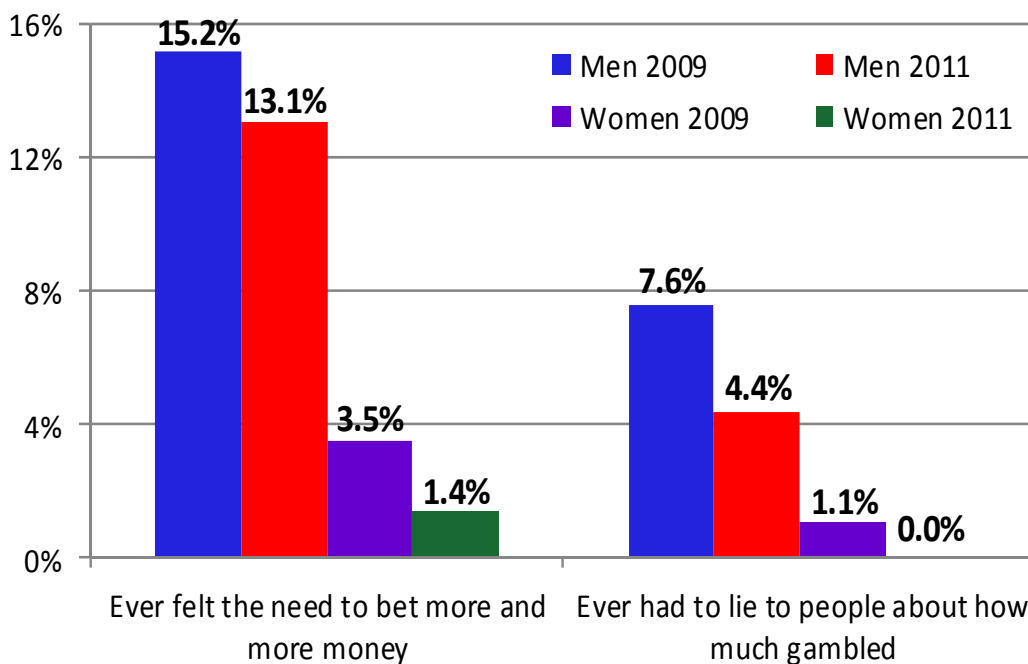0.9% of students reported that their gambling has negatively impacted their academics in the past 12 months.*

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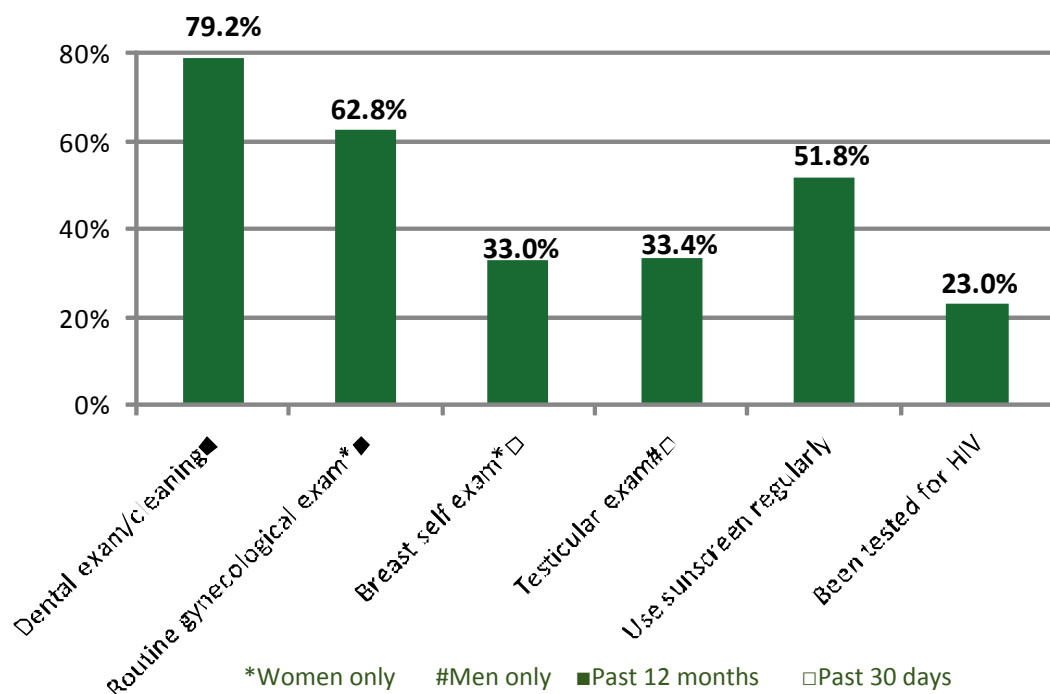
Lying About Gambling

2.2% of students reported that they have had to lie to people that are important to them about how much they gambled. Again, men were much more likely to report this behavior.

This is less than half of the 2009 rate, when 4.5% of students reported lying about their gambling.

Ever felt the need to bet more and more money
- Men 2009: 15.2%
- Men 2011: 13.1%
- Women 2009: 3.5%
- Women 2011: 1.4%

Ever had to lie to people about how much gambled
- Men 2009: 7.6%
- Men 2011: 4.4%
- Women 2009: 1.1%
- Women 2011: 0.0%

Legend: Men 2009, Men 2011, Women 2009, Women 2011

Preventive Health

Disease Prevention Practices

Bar chart values:
- Dental exam/cleaning■: 79.2%
- Routine gynecological exam*■: 62.8%
- Breast self exam*□: 33.0%
- Testicular exam#□: 33.4%
- Use sunscreen regularly: 51.8%
- Been tested for HIV: 23.0%

*Women only   #Men only   ■Past 12 months   □Past 30 days

94.1% of students report their health as good, very good, or excellent

Vaccinations	
Hepatitis B	70.9%
Measles, Mumps & Rubella	70.9%
Meningococcal Meningitis	58.6%
Varicella (chicken pox)	49.0%
Influenza (shot or mist)	44.9%
Human Papillomavirus (HPV)	43.2%

Nutrition & Weight

Fruit & Vegetable Consumption

Only 3.6% of students eat at least five servings of fruits and vegetables per day.

Weight

The average body mass index (BMI) was 23.68. Almost 70% of students are at a healthy weight for their height.
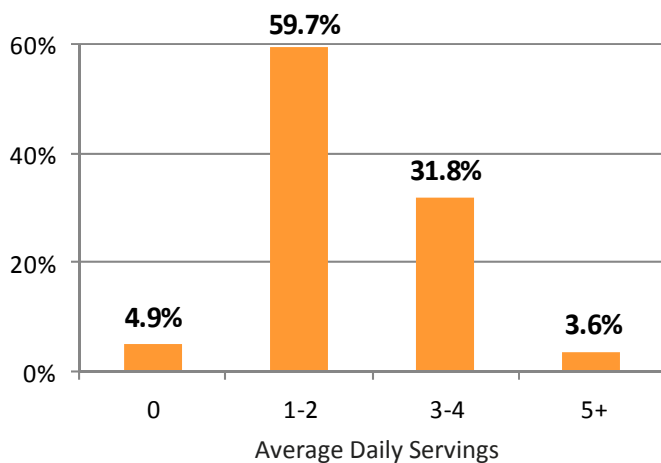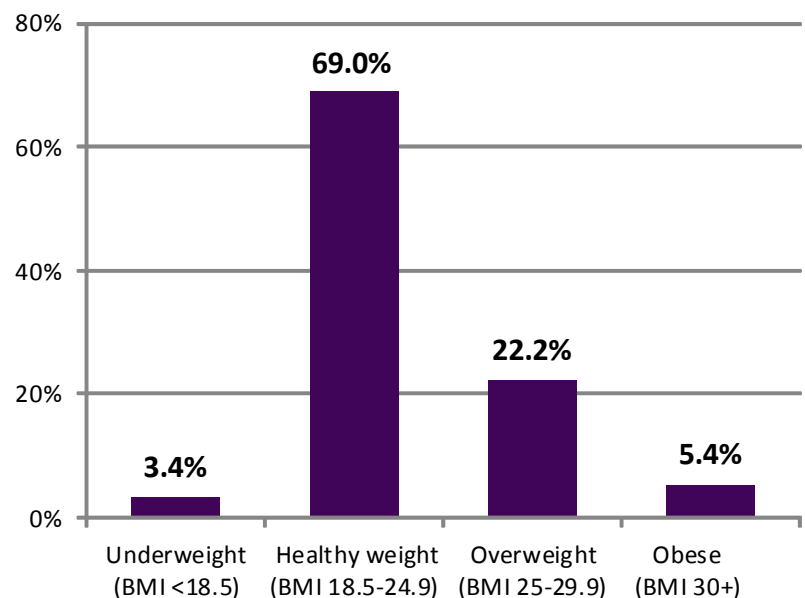

Trying to Do Something About Weight

Despite the fact that most students are at a healthy weight, over half are trying to lose weight.

Not trying to do anything	9.4%
Stay the same weight	26.9%
Lose weight	51.8%
Gain weight	11.9%

Almost 65% of students have exercised to lose weight and 43.3% have dieted to lose weight in the past 30 days.
4% have used diet pills and 2.6% have vomited or used laxatives to lose weight in the past 30 days.

Physical Activity

Physical Activity Recommendation for Health

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 or more days/week
- Any combination of the two.

55.2% of UI students met this recommendation. 43.3% of students did strengthening exercises (8-12 repetitions) at least two days per week. Men were more likely to meet the recommendations than women. Both percentages increased since 2009, when only 52% of students met the aerobic recommendation and 41.8% did strengthening training at least two days per week.

Legend:
- Moderate intensity
- Vigorous intensity
- Muscle strengthening

	0-1 days	2-3 days	4-5 days	6-7 days
Moderate intensity	30.4%	36.8%	23.2%	9.6%
Vigorous intensity	46.3%	30.7%	16.0%	7.0%
Muscle strengthening	56.7%	23.8%	17.9%	5.2%

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