

UI National College Health Assessment Data Spring, 2007

A summary of health behavior data
of UI undergraduates

Data Highlights

Most Common Health Problems

In the past school year, UI students experiencing:

Allergies	49%
Back Pain	46%
Sinus Infections	32%
Depression	19%
Strep throat	16%

85% 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: 81%
Tobacco: 17%
Marijuana: 16%

59% had a typical
blood alcohol con-
centration (BAC)
of less than .10

Mean BAC for
women: .12
Mean BAC for
men: .08

Title: American College Health Association — National College Health Assessment Survey

This information comes from a spring, 2007 survey of our students, using the ACHA-NCHA instrument. We surveyed a random sample of undergraduate students. 378 students completed surveys, via the web.

The survey did not ask for any identifying information. The ACHA-NCHA 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	38%
Cold/Flu/Sore Throat	30%
Sleep Difficulties	29%
Concern for a trouble friend/family member	20%
Internet/computer games	19%
Depression/Anxiety/Seasonal Affective Disorder	19%
Relationship difficulty	19%
Sinus infection/ear infection/bronchitis/strep throat	12%
Death of friend or family member	10%
Alcohol Use	10%
Attention Deficit Disorder	9%
Allergies	6%
Conditions with less than 5% endorsing: Assault (physical or sexual), chronic illness, chronic pain, drug use, eating disorder, HIV, injury, learning disability, mono, pregnancy, sexually transmitted infection	

Health~Related Impediments to Learning by self-reported GPA

Condition	% of A/B students saying it impeded academics	% of C students saying it impeded academics
Stress	45%	65%
Cold/Flu/Sore Throat	36%	39%
Sleep Difficulties	35%	50%
Concern for a trouble friend/family member	22%	25%
Internet/computer games	22%	25%
Depression/Anxiety/ Seasonal Affective Disorder	24%	36%
Relationship difficulty	21%	26%
Sinus infection/ear infection/bronchitis/ strep throat	15%	20%
Death of friend or family member	12%	11%
Alcohol Use	13%	16%
Attention Deficit Disorder	12%	18%
Allergies	6.8	7%
C students: 2% sexual assault, 2% STI, 13% chronic illness, 9% chronic pain, 2% drug use, 5% eating disorder, 0% HIV, 15% injury, 11% learning disability, 13% mono, 0% pregnancy.		

Violence

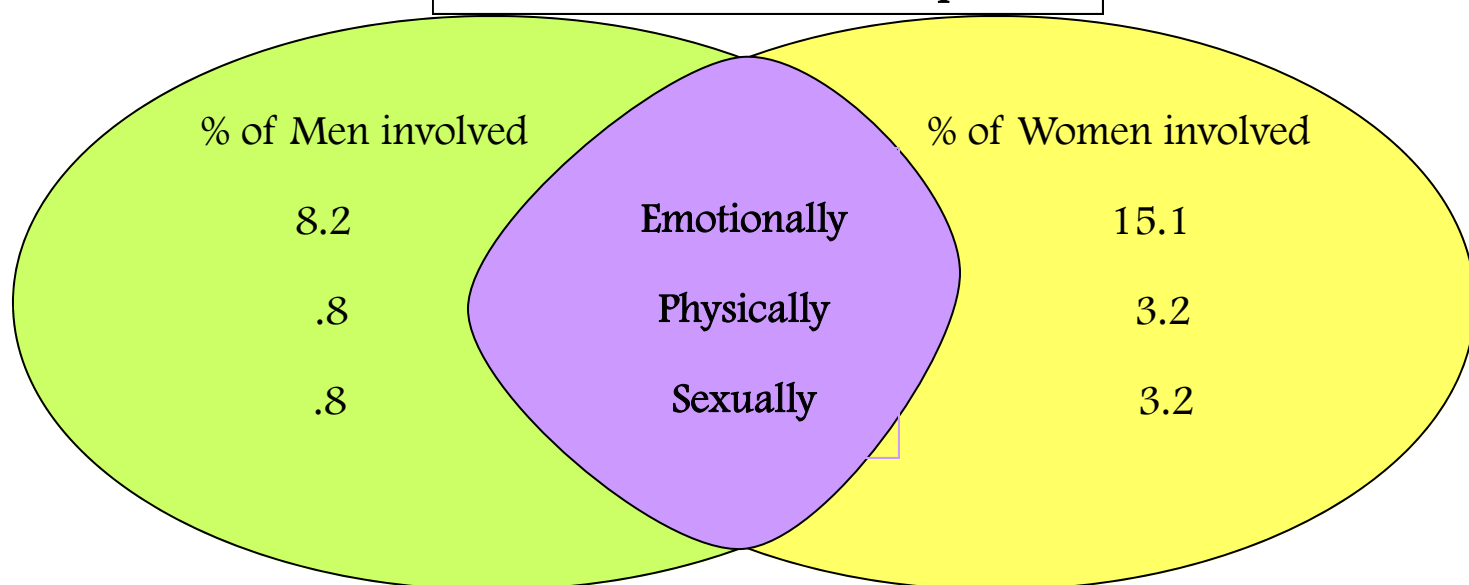
Physical Violence

Just over 15% of males reported being involved in a physical fight and 10% reported being physically assaulted. Only about 3% of females responded likewise to the same questions.

Women were over **three times more likely** than men to report receiving both verbal threats for sex against their will (8%) and sexual touching (14.7%) against their will.

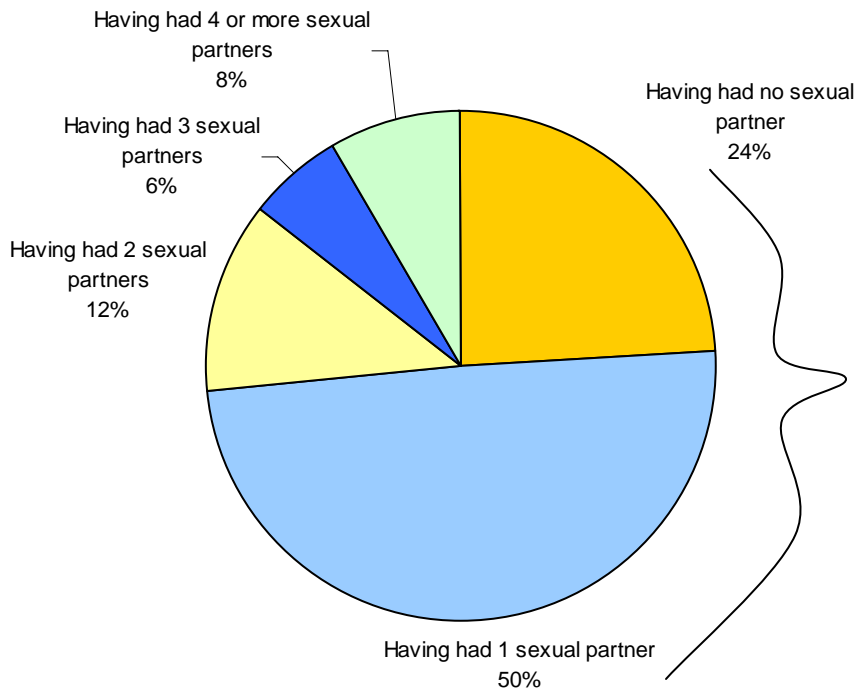
7.2% of women reported **attempted** sexual penetration against their will and 1.6% reported sexual penetration.

Abusive Relationships



Sexual Behavior

Number of Sexual Partners within the Last School Year



74% of students had either no sexual partner or one sexual partner during the last school year

Oral Sex

51.6% of women responded they had oral sex within the past 30 days. Men were less likely to report having oral sex with 43%.

Men were slightly more likely than women to have no sexual partner, with 28.7% and 22.1% respectively.

Anal Sex

Only 6.7% of men and 3.3% of women had anal sex one or more times in the past 30 days.

Vaginal Sex

Vaginal sex was the most commonly reported with 44.6% of men and 57.4% of women responding having it one or more times in the past 30 days.

Sexual Behavior

Emergency Contraception

16.7% of sexually active UI students reported using the “morning after pill” within the last school year.

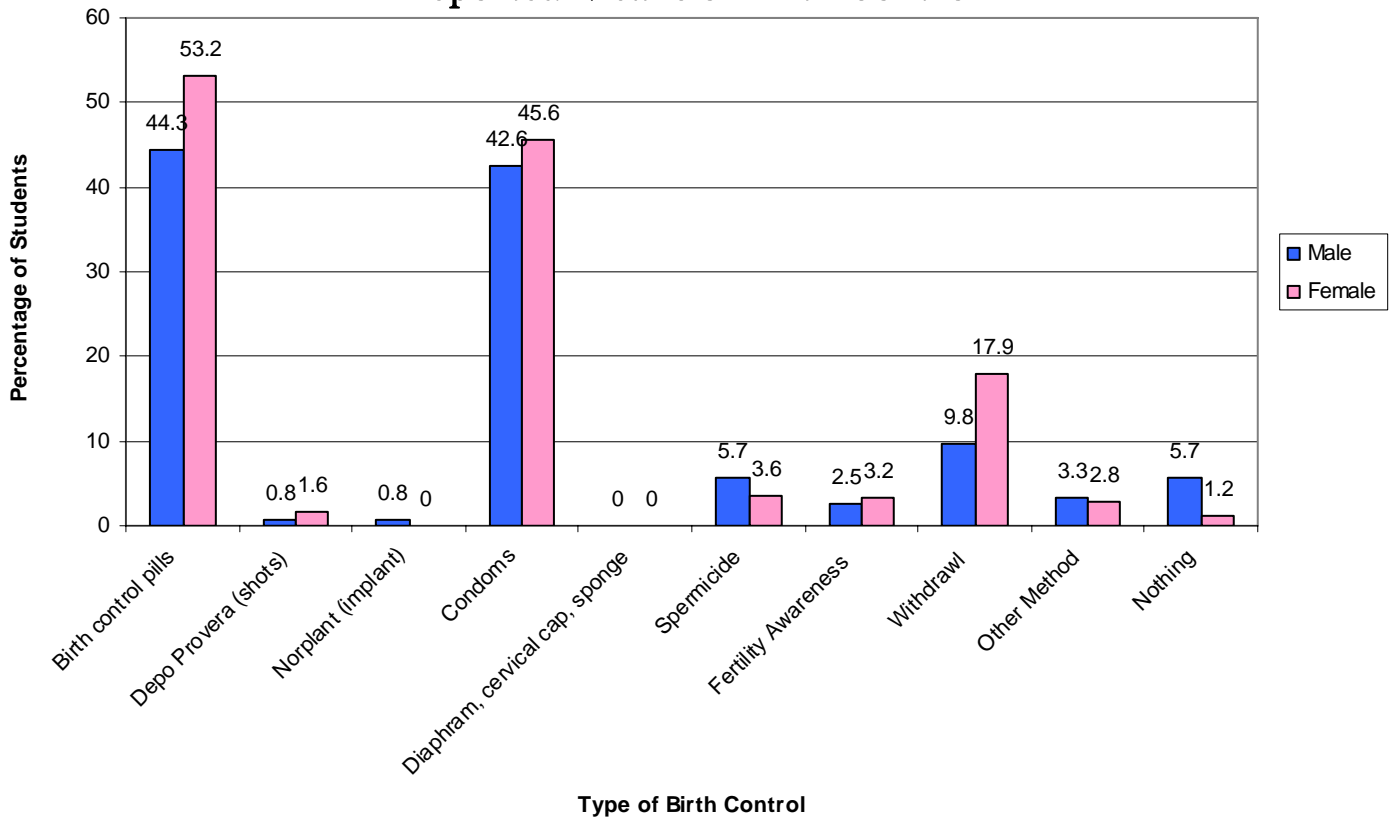
Unintentional Pregnancy

1.1% of Iowa students reported experiencing an unintentional pregnancy or got someone pregnant within the last school year.

Condom Use

61.2 % of students having vaginal sex and 24.6% of students having anal sex used a condom.

Reported Means of Birth Control



Mental Health

Students were asked to rate how often they felt emotions of being overwhelmed, exhausted, very sad, and hopeless using the ranges of never, 1-10 times and over 11 times during the last school year.

Feeling Overwhelmed

67.7% of students reported feeling overwhelmed by all they had to do 1-10 times during the last school year. Women were more likely (32.8%) than men (22.3%) to feel this way 11+ times during the year.

Feeling Exhausted

27.8% of students felt exhausted 11+ times during the last school year. 65.2% felt it at least once, but not more than 10 times.

Feeling Very Sad

Women were almost twice as likely than men to feel very sad 11+ times during the last school year with 15.6% feeling this way.

Of all students, 66.7% felt this way between 1-10 times.

Hopelessness

58% of students felt hopeless 1-10 times during the last school year, only 8.6% felt this way often (11+ times).

Mental Health

Diagnosis

Almost equal amounts (17.2% and 17.5%) of men and women were diagnosed with depression. Of those, 28.8% were diagnosed within the last school year, more men reported being diagnosed than women 38.1% vs. 25%.

Treatment

About 24% of students diagnosed are currently in therapy for depression and 40% are currently taking medication.

Suicide

Almost 12% of students seriously considered attempting suicide at least once during the last school year. Close to 2% of students actually attempted suicide. Extrapolating this data to all UI students would mean that about 600 students attempted suicide.

43% of UI students surveyed reported feeling so depressed that it was difficult to function at least once in the last school year.

Preventive Health

Health Snapshot

- **68%** of UI students rate their health as very good or excellent.
- **87%** report having health insurance.
- Most have been vaccinated against measles, mumps, rubella (**85%**), meningitis (**68%**) and hepatitis B (**70%**).

Seatbelts

Over 97% of students mostly or always wear a seatbelt in the car.

Helmets

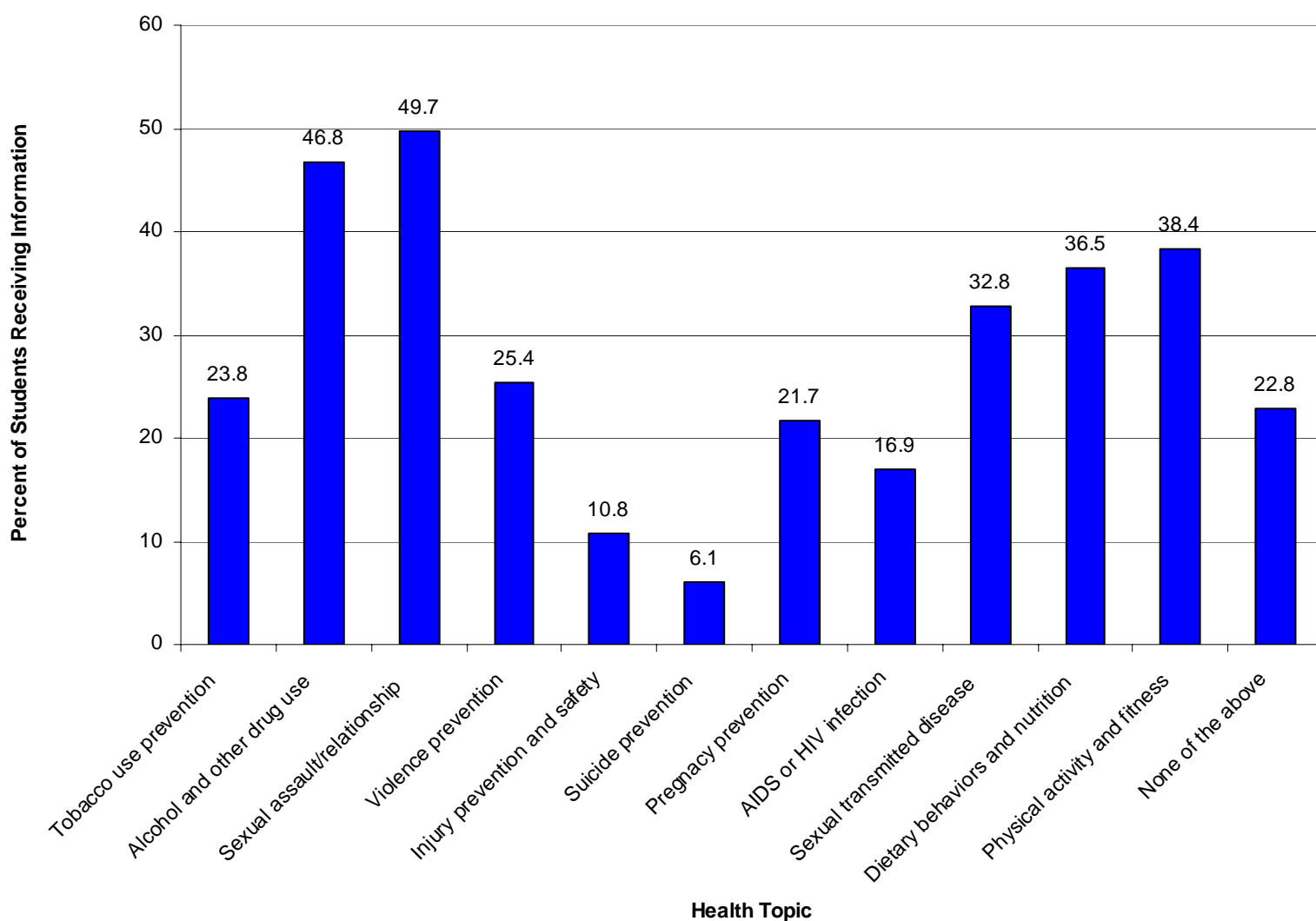
Only 18.2% of students mostly or always wear a helmet when riding a bicycle. **Close to 26%** never wear a helmet when biking.

When riding a motorcycle, **almost 66%** of students wear a helmet.

Only about 6% of students wear a helmet when inline skating.

Health Information Believability and Sources

Information Students have Received from UI Sources by Health Topic



Financial Health

Credit Cards

63% of UI students report having at least one credit card.

Good news

43% of those with credit cards say they pay their full balance each month!

Bad News

9% of our students carry \$1000 or more in credit card debt.

About 2% have \$6000 or more on credit cards!

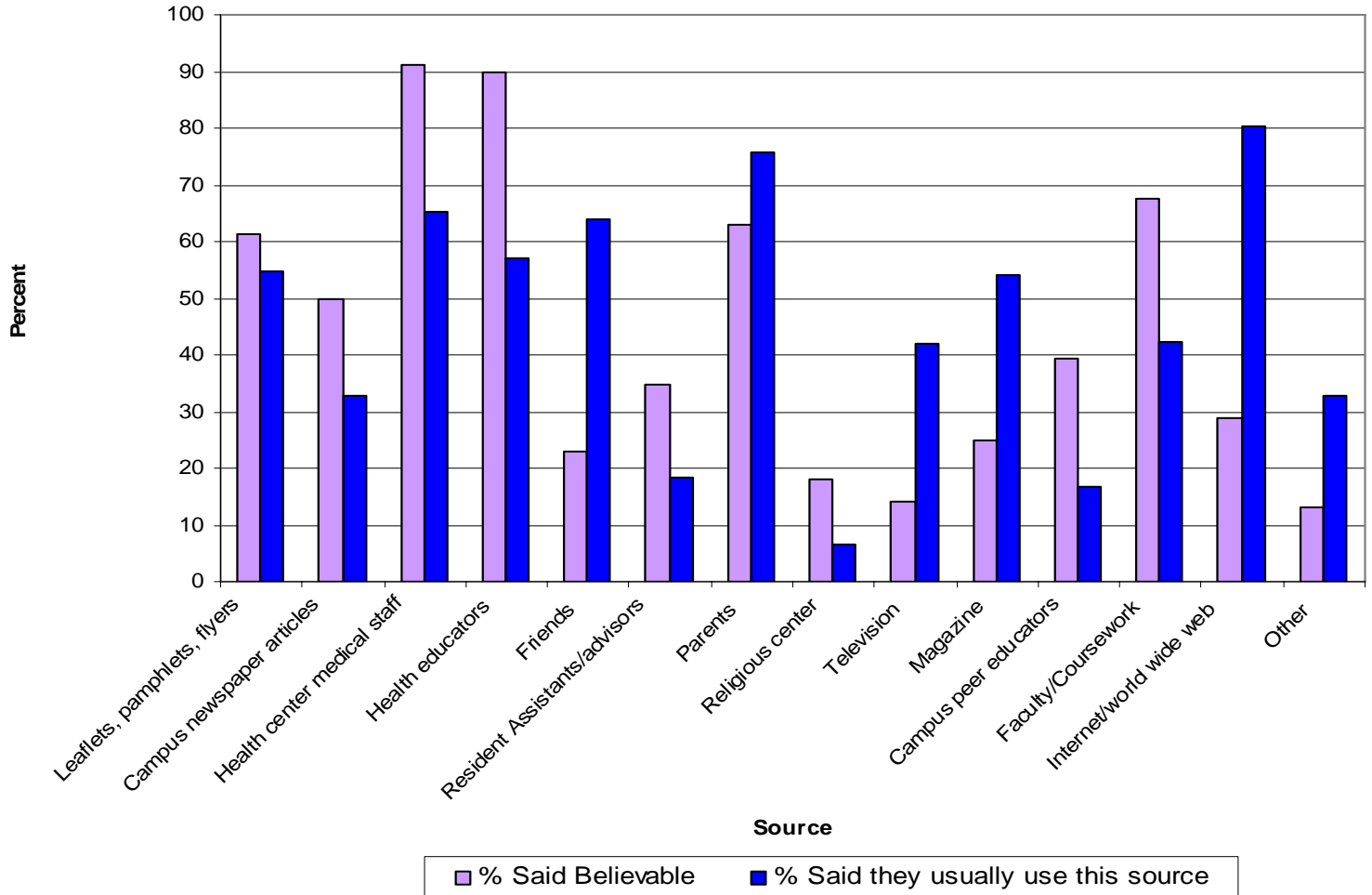
Working and Credit Cards

93% of students who do not work, also do not have credit cards or pay their balance each month.

Students working 10-19 hours per week are the group most likely to carry credit card debt of \$500 or more.

Health Information Believability and Sources

Sources Students Believe and Use for Health Information



Most Believable Sources
 91.2% of UI students ranked **health center medical staff** as believable sources of health information. The other top sources were health educators (89.9%), faculty/coursework (67.6%), and parents (62.8%).

Least Believable Sources
 Only 14.1% of students said **television** was a believable source of health information making it the least believable source. Other sources that ranked low were religious centers (18%), friends (23.1%), and magazines (25%).

Health Information Believability and Sources

Most Likely Used

Students were most likely to use the **internet** as a source of health information (**80.3%**). Parents (**75.9%**) and Health Center medical staff (**65.2%**) were also usually used.

Least Likely Used

A **religious center** was least likely to be used with **only 6.7%** responding that they use one for health information. Other low ranking sources include campus peer educators (**16.6%**) and resident assistants (**18.2%**).

Believe it or not??

Students ranked Friends (**65.7%**), television (**61.8%**) and the internet (**60.2%**) as the sources most likely to be neither believable or unbelievable.

Report compiled by Sarah Hansen, M.A., CHES, Associate Director for Education, Health Iowa/Student Health Service and Renae Knox, Health Promotion Assistant