

UI Health Practices Data, 2006

A summary of health behavior data
of UI undergraduates.

Data collected by Health Iowa/Student
Health Service, Fall, 2006

INFORMATION SUMMARY

Title: Assessment of Health Interests and Practices of the University of Iowa Undergraduates

This information survey was taken in the fall of 2006 by students in physical education courses. The objective of this survey was to determine the health interests and practices of The University of Iowa undergraduates. Participation was entirely voluntary and participants were told they could skip any questions they did not want to answer.

Participants answered 100 multiple choice questions including demographic information and questions pertaining to use of Student Health and Health Iowa services.

Helpful information for reading this summary report.

In some cases, information was categorized into groups by housing location (i.e. residence halls, on/off campus).

- **West Neighborhood** includes the residence halls Rienow, Slater, Quadrangle and Hillcrest.
- **East Neighborhood** includes Currier, Stanley, Burge and Daum.
- **North Neighborhood** includes Mayflower and Parklawn.

Program Utilization

Student Health Patients

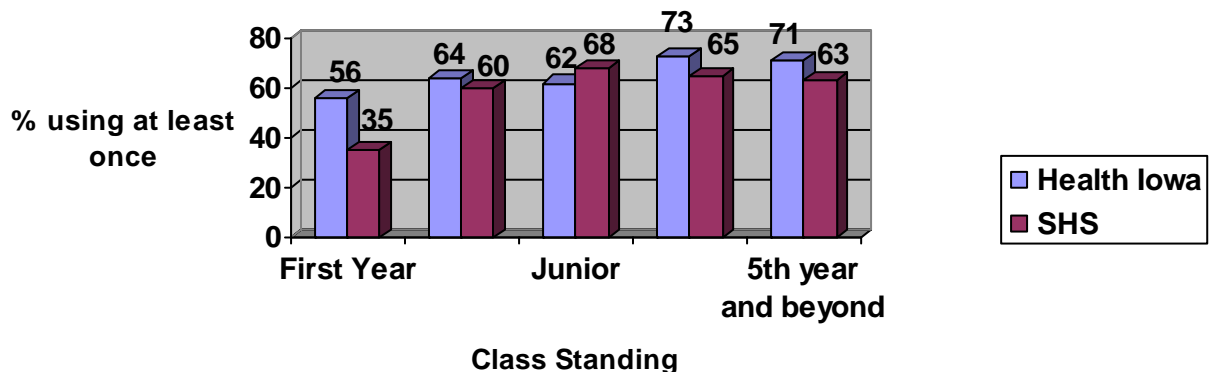
Fifty eight percent of the students surveyed had used the SHS at least once. The most frequent category of use was 1-3 times.

Health Iowa utilization

Sixty two percent of students had used at least one Health Iowa service or participated in at least one Health Iowa program.

Students living **off campus** were more frequent users of the SHS (67.9%) than those living in University Housing (39%).
In keeping with health care utilization after college, **more females** (64%) report using SHS than males (52%).

Use of SHS and Health Iowa Services



Nutrition and Weight

Eating Out

Those who live off campus are **twice as likely (40% vs. 20%)** to eat out more than 2 times a week than those who live in the residence halls. Over **50%** of the Greek population eats out more than twice a week.

Daily Fruits/Veggies

Students do not get their fruits and vegetables. Only **3% of students** say they eat the recommended 5 or more servings a day.

Binge Eating

Students who live in a fraternity or sorority have the highest percentage of those who have gone on a binge at least once with **40%**. The average for the student population is **30%**.

Weight Perceptions

Over half of the student population has tried to lose weight at least once within the past year. **Thirty two percent more** women than men have attempted to lose weight.

Weight Gain

More men would like to gain weight. **Thirty two percent** would like to gain weight, while **only 3%** of women indicated they wanted to gain weight.

Purging

Ten percent of the student population have used laxatives or vomited to get rid of food. **Fifteen percent** of women and **only 4%** of men have used these methods of weight loss.

Twice as many women than men would like to lose weight (**80% vs. 40%**). **Seventy percent** of those who live in a fraternity/sorority wanted to lose weight, which is **over 10% more** than those who live in the residence halls. Of those on campus, more people in the **West neighborhood** wanted to shed pounds.

Nutrition and Weight

Distribution of BMI among UI Undergraduates

BMI Category	Total (% total)	Women (% total)	Men (% total)
<18.5 Underweight	20 (3%)	14 (4%)	6 (2%)
18.5-24.9 Healthy Range	423 (67%)	251 (77%)	172 (57%)
25-29.9 Overweight	127 (20%)	41 (13%)	86 (28%)
>30 Obese	58 (9%)	20 (6%)	38 (13%)
Overall total	628	326	302

Weight vs. BMI mismatch

Sixty-five percent of women in the healthy BMI range (18.5-24.9) would like to lose between 1-10lbs. Of men in the healthy range, **only 28%** had the desire to lose weight.

Desire to gain weight

Twenty-three percent of men with healthy BMI ranges wanted to gain between 1-10 lbs. **Only one** percent of women in this range desired to gain 1-10 lbs. In the underweight category, around 35% of both sexes had the desire to gain weight.

Obesity

A person in the BMI range of greater than 30 are classified as obese. Of these men, **only 42%** would like to lose weight. Of obese women, **80%** would like to lose weight.

Physical Activity

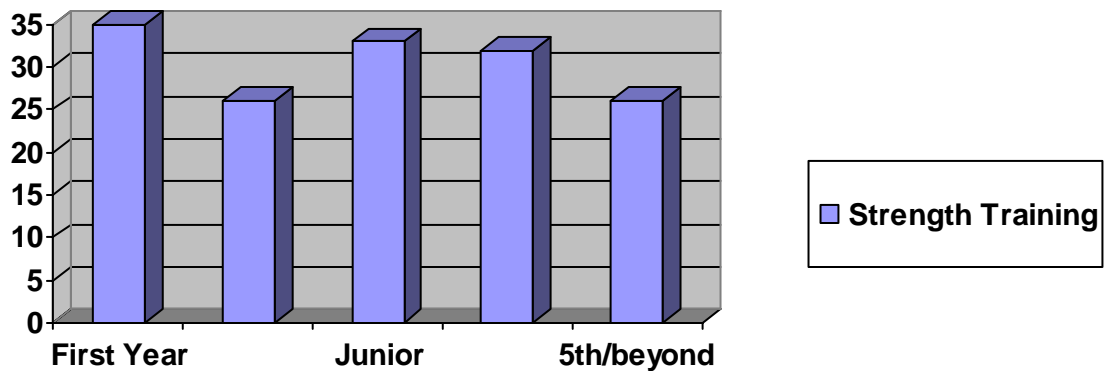
Daily Physical Activity

Less than 20% of all students get 30 minutes of daily physical activity 5 times a week or more. The least active group are those in the Greek community with less than 10%. The most active group are those who live in the West neighborhood, as **over 50%** of them get 30 minutes of physical activity 3 days a week or more and 25% for 5 days a week or more.

Aerobic Activity

Close to half of all students do aerobic exercise 3 times/wk or more. For students living in the residence halls, the north neighborhood had **significantly less** students exercising with 42% vs. an average of 56% in the other residence halls.

Sophomore/5th Year Senior Slump?



% of students reporting they engage in strength training activities at least 3 or more times a week.

Physical Activity

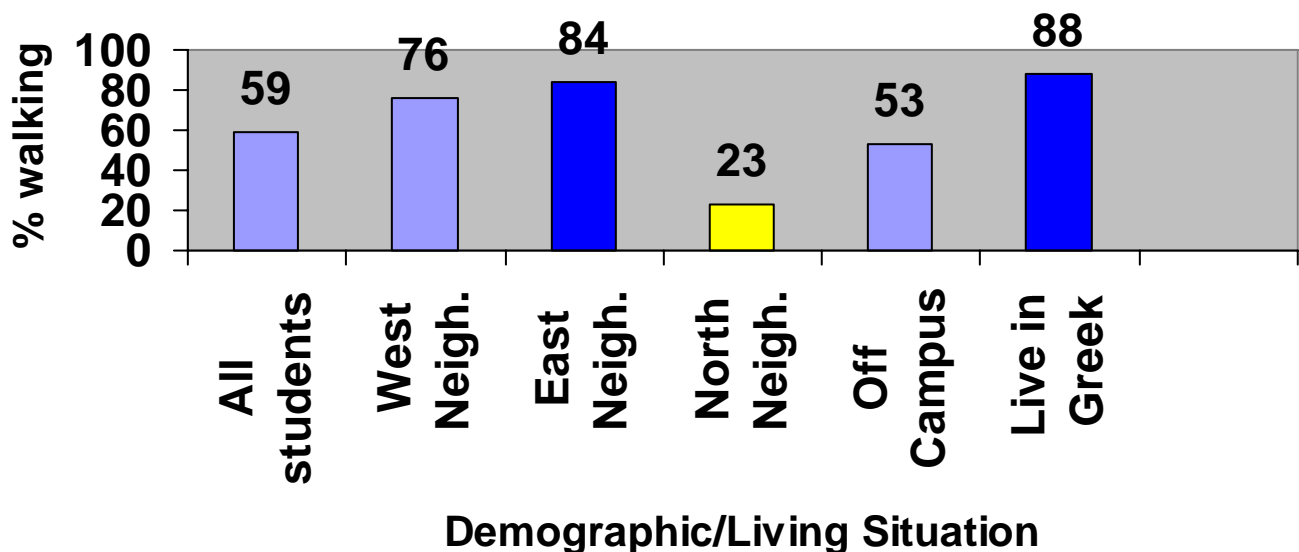
Barriers to exercise

The **#1 barrier** to exercise was **time**, followed by **willpower**. Students who reported time as a barrier the most were those living in the north neighborhood and those living in a fraternity or sorority.

Walking

Walking was reported to be the most frequent mode of transportation on campus. Those living in the East neighborhood and those living in fraternity/sorority were between 3 and 4 times more likely to walk around campus than those who live in the north neighborhood.

Walking as most frequent mode of transportation



Alcohol

Prevalence

85% of all students have consumed alcohol **at least once** within the last 30 days.

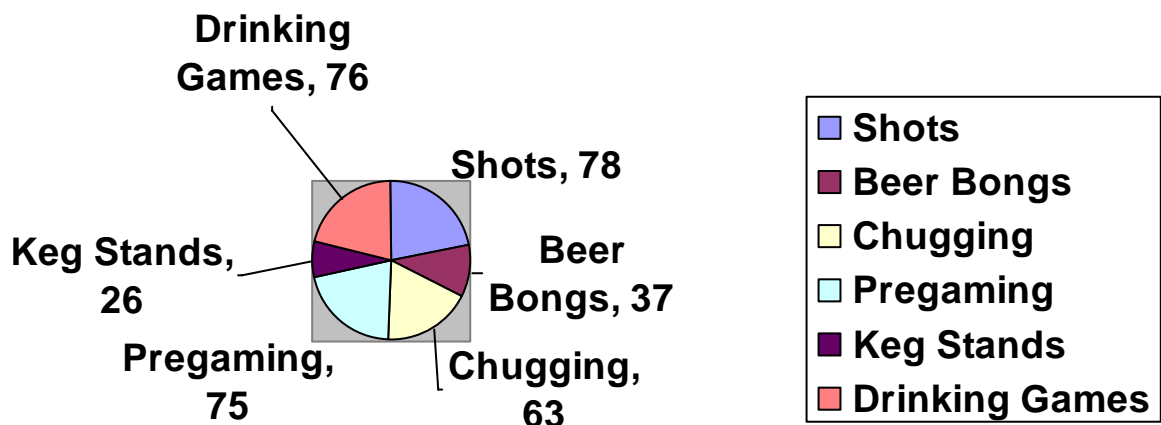
Typical Number of Drinks

Fifty three percent of women have 4 or fewer drinks, **only 30%** of men have 4 or fewer drinks. **Men are more likely** than women to have 5 or more drinks by **23%**.

Risk Behaviors

The three most popular risk behaviors (over the last six months that occurred 1 or more times) were shots (78%), drinking games (76%), and pre-gaming (75%). Those in the Greek community were much more likely to engage in risk behaviors by close to **15% more than average** in all areas. The East neighborhood were least likely to engage in risk behaviors by **around 10% less** in almost all categories.

% of students participating in risky drinking behaviors



Alcohol

Protective Behaviors

Eating before drinking and choosing not to drink were the most popular forms of protective behaviors with **85%** and **82%** respectively. The least likely were **pacing (38%)** and **avoiding drinking games (48%)**.

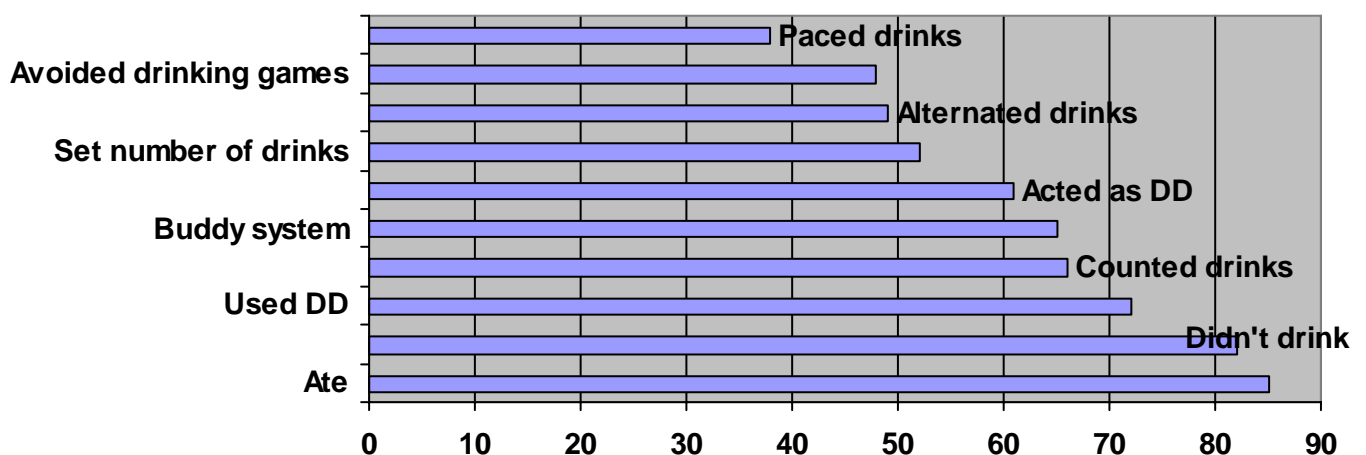
Negative Consequences

Having a hangover (73%) was the most common negative consequence. Men were **at least twice as likely** as women to injure someone else, damage property and get arrested or in trouble. Those **living off campus** were more likely to **miss class** than those who live in the residence halls.

The Greek Paradox

Despite the higher number of Greeks practicing protective behaviors, they were the group that **always reported more negative consequences** than any other group.

Protective Behaviors Practiced by Undergraduates in sample



Tobacco and Other Drugs

Light/Occasional Smokers

Since 2002, percentage of undergraduates smoking less than one cigarette a day has gone up almost **10% to 74%** today.

Prevalence of Tobacco

Almost 30% of students have smoked a cigarette within the last 30 days, **up 5%** from the 2004 survey.

Quitting

Fewer students are trying to quit smoking. **In 2002, 53%** of students had tried to quit. According to the latest survey, **46%** of students tried to quit at least once within the past 12 months.

Hookah

Almost half (46%) of students have tried Hookah (smoking with a water pipe) within the last 12 months.

Prevalence of Other Drugs

During the last 30 days:

- 25.2%** used marijuana
- 5.1%** used Adderall/Ritalin (off prescription)
- 4.5%** used cocaine
- 3%** used amphetamines
- 2.8%** used hallucinogens
- 2.7%** used sedatives
- 1.8%** used steroids
- 1.4%** used club drugs

Sexual Health

Unintended/regretted Sex (alcohol related)

Men were much more likely to engage in **unintended/regretted sex (37%)** than **women (22%)**. **Greeks** reported the highest **(48%)** rates.

STI Testing

Over a quarter of students surveyed have been tested for an STI **at least once**.

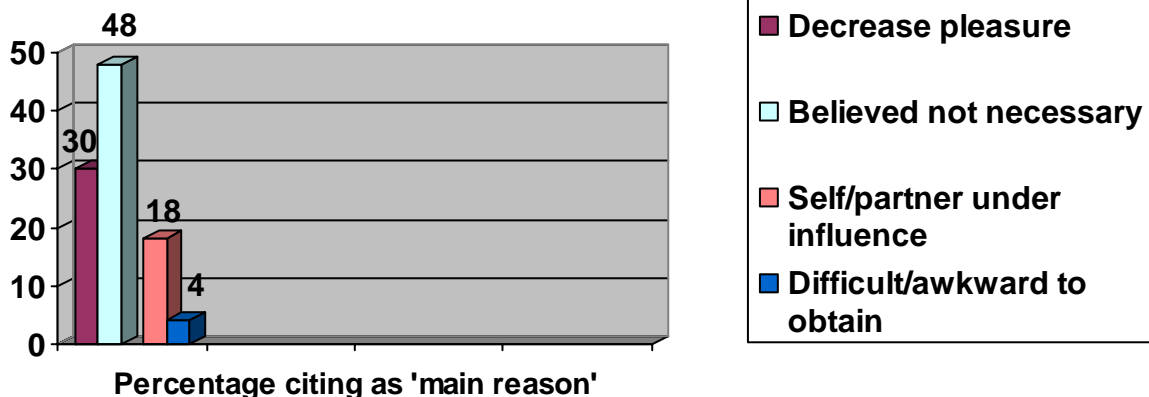
Number of Sexual Partners

Most students (65%) report they have had **only one or fewer** sexual partners within the last year. This did not significantly differ among student groups.

Pap Smear

Most (66%) sexually active young women have pap smears at least annually. **About a third** have not had a pap smear or have one less than annually.

Reasons condoms were not always used*



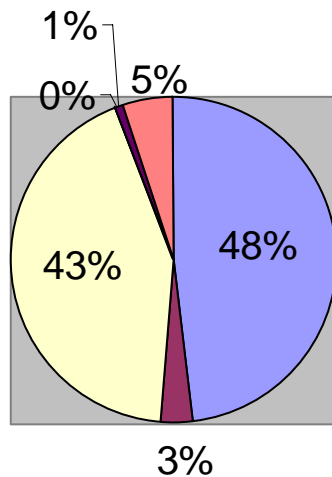
* among sexually active respondents reporting male/male or male/female intercourse

Sexual Health

Pregnancy prevention

According to male respondents, students living in the **residence halls were much more likely (46%)** to use a condom than those who **live off campus (28%)**. **Almost 50% of men** report using condoms while **34% of women** report using methods other than condoms. **Very few students (5%)** use no method of birth control.

Primary methods of contraception



- Pill/Patch/Ring
- Depo-Provera
- Condoms (male or female)
- Diaphragm/Cap/Sponge
- Fertility Awareness
- Withdrawal

SLEEP AND STRESS

Average Sleep

Students get an average of **7.4 hours** of sleep. The East neighborhood gets the most with **7.6 hours** and the North neighborhood gets the least with **7.2 hours** a night.

More than 8 hrs/night

Thirty-six percent of students report getting more than 8 hours a night. **Fewer students (28%)** in the West and North neighborhoods get more than 8 hours.

Stress Management

Almost 70% of men and those living in a fraternity/sorority report they manage stress well more than 50% of the time. **Only about 60%** of women and those who live in the residence halls report managing their stress well more than 50% of the time.

Citation:

Hansen S, Villhauer T (2006). The University of Iowa Undergraduate Health Interests and Practices Survey

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Special thanks to Renae Knox, Health Promotion Assistant, Health Iowa, for her help in preparing this report.