

HEALTH PRACTICES*

2006 Health Interests and Practices Survey

PRACTICES

SLEEP and STRESS	Description	Entire Sample	First Year	Men	Women	Greek	West Neighborhood	East Neighborhood	North Neighborhood	Off campus	Live in Fraternity/Sorority
							Rienow, Slater, Quad, Hillcrest	Currier, Stanley, Burge, Daum	Mayflower, Parklawn		
Stress Management	Manages stress well more than 50% of time	63%	60%	67%	60%	67%	58%	60%	57%	65%	69%
Quantity of Sleep	Average hours nightly sleep	7.4 hours	7.4 hours	7.3 hours	7.4	7.4	7.3	7.6	7.2	7.4	7.4
	8+ hours nightly	36%	34%	38%	34%	39%	28%	39%	28%	39%	36%
NUTRITION and WEIGHT											
Perceived Weight: would like to	Gain weight	16%	20%	32%	3%	11%	19%	19%	24%	15%	16%
	Lose weight	62%	58%	40%	80%	69%	62%	54%	56%	62%	70%
Attempted weight loss	≥1 in last 12 months	59%		42%	74%	69%	61%	69%	59%	57%	62%
Gone on binges	Yes, at least once	30%	29%	21%	37%	35%	28%	24%	27%	31%	40%
Vomited/used laxatives after eating	Yes	10%	13%	4%	15%	15%	13%	7%	11%	9%	15%
Eating Out	>2 times/wk	34%		37%	32%	51%	19%	19%	23%	41%	47%
Fruits and Veggies eaten daily	≥5 a day	3%	3%	2%	3%	2%	3%	3%	3%	3%	2%
PHYSICAL ACTIVITY											
Aerobic Exercise	3 times/wk or more	49%	55%	52%	47%	57%	57%	55%	42%	47%	51%
Strength training	3 times/wk or more	31%	35%	39%	25%	42%	36%	33%	24%	30%	30%
Get 30 minutes of physical activity daily (such as walking)	3 days or more per week	43%	46%	44%	43%	29%	51%	48%	35%	41%	48%
	5 or more days weekly	18%	20%	21%	16%	9%	25%	21%	12%	15%	21%
Barriers to exercise	1 st - Time	39%	37%	34%	44%	40%	36%	33% (willpower)	50%	39%	50%
	2 nd – willpower	23%	27%	22%	24%	27%	25%	31% (time)	22%	22%	18%
Most frequent mode of transportation around campus	Walking	59%	64%	53%	64%	74%	76%	84%	23%	53%	88%

PRACTICES

SEXUAL HEALTH	Description	Entire Sample	First Year	Men	Women	Greek	West Neighborhood	East Neighborhood	North Neighborhood	Off campus	Live in Fraternity/ Sorority
							Rienow, Slater, Quad, Hillcrest	Currier, Stanley, Burge, Daum	Mayflower, Parklawn		
Pap Smear (female respondent)	<1 time/year				53%	53%	32%	39%	43%	65%	57%
If vaginal intercourse, main method of pregnancy prevention	Condoms	34%		49%	21%	32%	38%	34%	50%	31%	22%
	Other methods	38%		34%	57%	48%	24%	24%	21%	50%	59%
	Withdrawal or no method	5%		8%	2%	7%	4%	0%	6%	6%	4%
Sexual partner #	≤1 in last 12 months	65%	70%	61%	68%	58%	74%	66%	68%	62%	66%
Male partner wore a condom (female respondent)	Always (those who did not have sex or male partner excluded from analysis)				33%	37%	44%	27%	65%	27%	28%
Condom use (male respondent)	Always (those who did not have sex excluded from analysis)			33%		30%	41%	50%	47%	29%	27%
Reasons condoms not used	Not necessary; decrease pleasure; under the influence of alcohol/drugs; condoms awkward to obtain	23% not necessary		29% not necessary	25% not necessary	20% not necessary	13% decrease pleasure; 9% not necessary	14% not necessary; 7% under influence AOD	20% not necessary; 11% decrease pleasure	28% not necessary; 18% decrease pleasure	22% not necessary; 13% under influence AOD
Tested for STI	At least once	27%	16%	17%	35%	43%	18%	18%	15%	33%	30%
Unintended/ Regretted Sex (alcohol related)	≥1 in last 12 months	29%	29%	37%	22%	48%	23%	24%	36%	30%	31%

	Description	Entire Sample	First Year	Men	Women	Greek	West Neighborhood	East Neighborhood	North Neighborhood	Off campus	Live in Fraternity/Sorority
ALCOHOL							Rienow, Slater, Quad, Hillcrest	Currier, Stanley, Burge, Daum	Mayflower, Parklawn		
30-day prevalence	At least once	85%	84%	86%	85%	96%	81%	73%	85%	88%	94%
Average number of drinks usually had	4 or fewer	42%	41%	30%	53%	34%	49%	49%	46%	40%	41%
	5 or more	58%	59%	70%	47%	66%	52%	51%	54%	60%	59%
Riskier behaviors, last 6 months – 1 or more times	Shots	78%	74%	79%	76%	92%	75%	63%	66%	80%	90%
	Chugging	63%	64%	70%	58%	83%	62%	52%	67%	62%	83%
	Beer Bongs	37%	34%	47%	28%	55%	33%	27%	33%	37%	53%
	Keg stands	26%	27%	32%	21%	37%	21%	23%	37%	24%	35%
	Pre-gaming	75%	77%	76%	74%	91%	76%	67%	71%	74%	92%
	Drinking games	76%	73%	77%	74%	90%	72%	59%	68%	78%	90%
Negative Consequences, last 6 months – 1 or more times	Hangover	73%	63%	74%	72%	90%	57%	57%	68%	79%	85%
	Vomiting	52%	47%	56%	48%	67%	45%	42%	43%	53%	68%
	Miss class	41%	31%	42%	39%	63%	28%	25%	32%	45%	60%
	Argument	48%	44%	48%	49%	64%	40%	45%	41%	52%	55%
	Injure self	32%	32%	32%	32%	44%	29%	21%	26%	35%	40%
	Injure someone else	9%	12%	13%	5%	12%	8%	8%	14%	8%	9%
	Damage property	13%	14%	20%	7%	18%	11%	13%	11%	12%	17%
	Get arrested or in trouble	8%	10%	11%	6%	12%	9%	4%	13%	8%	11%
	Blackout	45%	44%	49%	41%	63%	38%	34%	41%	47%	58%
	Drove	24%	22%	27%	21%	25%	21%	13%	23%	27%	22%

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Protective Behaviors, last 6 months – 1 or more times	Alternated alcoholic with non-alcoholic drinks	49%	45%	53%	60%	45%	40%	43%	52%	54%
	Drank a set number of drinks	52%	45%	57%	66%	44%	45%	45%	54%	66%
	Chose not to drink	82%	78%	85%	88%	78%	83%	79%	83%	85%
	Ate before and while drinking	85%	83%	87%	96%	78%	78%	79%	88%	97%
	Used a designated driver	72%	67%	76%	87%	64%	64%	64%	75%	89%
	Counted drinks	66%	60%	70%	75%	65%	65%	72%	64%	71%
	Paced drinks	38%	34%	41%	42%	33%	37%	33%	39%	46%
	Avoided drinking games	48%	44%	52%	54%	43%	61%	54%	47%	53%
	Acted as a designated driver	61%	57%	65%	74%	52%	50%	58%	63%	80%
	Refused to ride with someone who had been drinking	50%	43%	56%	61%	55%	44%	51%	47%	64%
	Used a buddy system	65%	50%	76%	77%	66%	57%	64%	65%	73%