SPRING 2019

NATIONAL COLLEGE HEALTH ASSESSMENT

GRADUATE STUDENT SUMMARY REPORT

The University of Iowa
The National College Health Assessment (NCHA)
Data on UI student health behaviors, attitudes, and beliefs

856
UI graduate students completed the survey

21.0% RESPONSE RATE

Student Wellness collected anonymous online surveys from graduate students for the first time in 2019. The data will be used for needs assessment efforts to guide program development.

The NCHA survey allows us to compare our results with the national graduate student dataset including 12,569 graduate students at institutions of higher education.

Sex & Gender
- Female: 67.2%
- Male: 29.9%
- Non-binary: 2.9%

Sexual Orientation
- Heterosexual: 83.0%
- LGBTQ+: 16.9%

Race & Ethnicity
- White: 77.2%
- Asian or Pacific Islander: 12.9%
- Hispanic or Latino/a: 5.4%
- Black: 2.7%
- American Indian, Native Alaskan or Hawaiian: 1.3%
- Biracial or Multiracial: 3.5%
- Other: 2.7%

Sample Snapshot
- Median Age: 27
- Full Time: 84%
- Work: 90%

This report & reports from undergraduate students can be viewed here. Questions can be directed to Steph Beecher.
**COMPARISONS TO NATIONAL SAMPLE**

**+ BETTER**

UI students are...
- more likely to seek out mental health resources
- more likely to use contraceptives
- less likely to use marijuana, cigarettes and cigars
- more likely to meet aerobic and strength training recommendations

**- WORSE**

UI students are...
- more likely to use alcohol & e-cigarettes
- more likely to feel anxious, overwhelmed and exhausted
- less likely to report feeling very safe on campus and in the community at night

**UI HEALTH STATUS**

<table>
<thead>
<tr>
<th>HEALTH ISSUES*</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1  Allergies</td>
<td>17.6%</td>
</tr>
<tr>
<td>2  Sinus infections</td>
<td>16.5%</td>
</tr>
<tr>
<td>3  Back pain</td>
<td>13.5%</td>
</tr>
<tr>
<td>4  Migraine headaches</td>
<td>11.1%</td>
</tr>
<tr>
<td>5  Urinary tract infections</td>
<td>8.2%</td>
</tr>
</tbody>
</table>

**ACADEMIC IMPEDIMENTS*  |

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1  Stress</td>
<td>24.1%</td>
</tr>
<tr>
<td>2  Anxiety</td>
<td>21.3%</td>
</tr>
<tr>
<td>3  Depression</td>
<td>15.5%</td>
</tr>
<tr>
<td>4  Sleep difficulties</td>
<td>14.4%</td>
</tr>
<tr>
<td>5  Work</td>
<td>13.8%</td>
</tr>
<tr>
<td>6  Concern for troubled friend/family</td>
<td>9.2%</td>
</tr>
<tr>
<td>7  Cold/flu/sore throat</td>
<td>7.3%</td>
</tr>
<tr>
<td>8  Relationship difficulties</td>
<td>6.1%</td>
</tr>
<tr>
<td>9  ADHD</td>
<td>6.0%</td>
</tr>
<tr>
<td>10 Finances</td>
<td>5.3%</td>
</tr>
</tbody>
</table>

86.3% of UI students reported their health as good, very good, or excellent, compared to 87.1% at the national level.

*last 12 months
### ALCOHOL & OTHER DRUGS

#### HIGH RISK DRINKING
- 21.6% UI, 20.6% National
- 5+ drinks on one occasion in the last 2 weeks

#### USE IN THE LAST 30 DAYS
- 75.7% use, 70.3% 10+ days

#### AVERAGE NUMBER OF DRINKS
- Male: 3.1, Female: 2.6

#### AVERAGE BLOOD ALCOHOL CONTENT
- Male: 0.03, Female: 0.04, National: 0.03

#### USE IN THE LAST 30 DAYS
- **Cigarettes**
  - 2.6% 10+ days in last 30 days
  - National: 2.7%
  - 1.9% Daily use
  - National: 1.8%

- **E-cigarettes**
  - 1.6% 10+ days in last 30 days
  - National: 1.0%
  - 1.2% Daily use
  - National: 0.8%

#### OTHER DRUGS
- **SEDATIVES**: 1.8%
  - National: 1.1%

- **AMPHETAMINES**: 1.6%
  - National: 1.3%

- **COCAINE**: 0.4%
  - National: 0.6%

- **HALLUCINOGENS**: 0.4%
  - National: 0.4%

#### MARIJUANA USE IN THE LAST 30 DAYS
- 11.0% use, 12.7% 10+ days

#### ILLEGAL PRESCRIPTION DRUG USE
- **STIMULANTS**: 4.1%
  - National: 3.6%

- **SEDATIVES**: 3.2%
  - National: 2.1%

- **ANTIDEPRESSANTS**: 3.1%
  - National: 2.4%

- **PAIN KILLERS**: 2.5%
  - National: 3.3%

32.9% of students have had at least one negative consequence from alcohol in the last year.
**PHYSICAL ACTIVITY**

MEETS RECOMMENDATIONS

- **Aerobic activity**
  - 45.4%
  - National: 41.5%

- **Strength training**
  - 36.6%
  - National: 35.6%

The American College of Sports Medicine recommends getting:

- One OR a combination of the following for aerobic activity:
  - ≥30 mins of moderate intensity activity ≥5 days/wk
  - ≥20 mins of vigorous intensity activity ≥3 days/wk
- Strength training ≥2 days/wk
**TOP STRESSORS** *(Difficult to handle in last 12 months)*

- Academics: 45.3%
- Career related issue: 35.1%
- Finances: 31.8%
- Sleep difficulties: 28.2%
- Intimate relationships: 25.8%
- Family problems: 25.1%
- Personal appearance: 22.5%
- Personal health issue: 21.0%
- Health of family or partner: 20.6%
- Other relationships: 19.8%

**OVERALL STRESS LEVEL** *(Last 12 months)*

- None/Less than average: 5.6%
- Tremendous: 16.1%
- More than average: 48.6%
- Average: 29.6%

**SLEEPINESS DURING DAILY ACTIVITIES** *(Last 7 days)*

- Little or no problem: 65.1%
- More than a little problem: 20.1%
- A big problem: 10.8%
- A very big problem: 3.9%

**FEELINGS** *(Last 30 days)*

- Exhausted: 68.9%
- Overwhelmed: 67.5%
- Overwhelming anxiety: 40.6%
- Very sad: 39.4%
- Very lonely: 34.6%
- Hopeless: 24.8%
- So depressed it was difficult to function: 21.9%
- Overwhelming anger: 16.7%

**DIAGNOSED/TREATED CONDITIONS** *(Last 12 months)*

- Anxiety: 27.9%
  - National: 20.7%
- Depression: 22.2%
  - National: 16.2%
- Panic attacks: 12.1%
  - National: 8.2%
- ADHD: 6.6%
  - National: 5.1%
- Insomnia: 6.6%
  - National: 5.3%

**MENTAL HEALTH**

- 41.4% of women
- 29.1% of men

Diagnosed/treated for at least one mental health condition

**EVER RECEIVED SERVICES**

<table>
<thead>
<tr>
<th></th>
<th>MEN</th>
<th>WOMEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety</td>
<td>46.2%</td>
<td>59.5%</td>
</tr>
<tr>
<td>Depression</td>
<td>20.6%</td>
<td>28.6%</td>
</tr>
<tr>
<td>Panic attacks</td>
<td>17.5%</td>
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<td>ADHD</td>
<td>16.2%</td>
<td>29.3%</td>
</tr>
<tr>
<td>Insomnia</td>
<td>91.0%</td>
<td></td>
</tr>
</tbody>
</table>

54.1% of students felt tired or sleepy during the day at least 3 of the last 7 days.

National: 53.8%

16.8% of students report getting enough sleep to feel rested at least 6 of the last 7 days.

National: 16.0%

5.6% of students said they would consider seeking help from a mental health professional in the future if they had a personal problem that was bothering them.
**SEXUAL HEALTH, SAFETY & VIOLENCE**

**SEXUAL ACTIVITY**
(Last 30 days)
- Vaginal sex: Male 56.7%, National 56.7%
- Oral sex: Male 46.8%, National 46.9%
- Anal sex: Male 4.5%, National 6.0%

**NUMBER OF PARTNERS**
(Last 12 months)
- None: Male 25.1%, National 19.4%
- 1: Male 58.9%, National 64.1%
- 2: Male 6.2%, National 6.6%
- 3: Male 3.6%, National 3.8%
- 4 or more: Male 6.0%, National 5.9%

**PROTECTION**
80.8% of those who had sex in the last 12 months used birth control the last time they had vaginal sex.

**TOP CHOICES INCLUDE:**
1. Male condoms 46.9%
2. Birth control pills 42.1%
3. Intrauterine device 26.5%

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(Last 12 months)
- None: Male 25.1%, National 19.4%
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**REPORT FEELING “VERY SAFE”**

**FEMALE**
- **CAMPUS**
  - Day: 79.6%
  - Night: 17.0%
- **COMMUNITY**
  - Day: 62.5%
  - Night: 11.4%

**MALE**
- **CAMPUS**
  - Day: 95.3%
  - Night: 56.9%
- **COMMUNITY**
  - Day: 82.7%
  - Night: 42.4%

**43.6%** of students have been tested for human immunodeficiency virus (HIV)  National: 39.4%

**VIOLENCE & ABUSE**

**INCIDENTS OF VIOLENCE***
- Verbal threat: 11.6%
- Stalking victim: 3.9%
- Physical assault: 1.8%
- Physical fight: 1.1%

**ABUSIVE RELATIONSHIPS***
- Emotionally Abusive: Male 9.4%, Female 5.6%
- Physically Abusive: Male 1.6%, Female 0.9%
- Sexually Abusive: Male 1.6%, Female 0.4%

**83.7%** of students have received information about sexual assault/relationship violence prevention

*Last 12 months*