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

Student Wellness collects anonymous surveys, using a convenience sample of undergraduate academic courses. Our data collection occurs every year, and the information is used for needs assessment efforts to guide program development.

568
UI undergraduates completed the survey

99% RESPONSE RATE

The NCHA survey allows us to compare our results with the national dataset including over 70,000 undergraduate students at institutions of higher education.

Report Contents

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07 STRESS, SLEEP & MENTAL HEALTH

08 SEXUAL HEALTH, SAFETY & VIOLENCE

This report & reports from previous years can be viewed here. Questions can be directed to Stephanie Beecher.

STUDENT WELLNESS
5 & 10 YEAR TRENDS

Daily marijuana use (Last 30 days)

- 2009: 3.1%
- 2014: 2.7%
- 2019: 7.0%

High risk drinking (Last 2 weeks)

- 2009: 70.3%
- 2014: 54.1%
- 2019: 47.7%

10+ days drinking (Last 30 days)

- 2009: 36.4%
- 2014: 25.0%
- 2019: 18.1%

Diagnosed or treated for depression (Last 12 months)

- 2009: 9.0%
- 2014: 9.3%
- 2019: 17.6%

Significant difference (p<.05) when comparing 2009 & 2019 data, and 2014 & 2019 data

OTHER NOTABLE CHANGES

E-cigarette use

- 2019: 26.8%
  ↑↑ from 2016 (5.8%)

- 2019: 14.9%
  ↑↑ from 2016 (1.5%)

- 2019: 7.5%
  ↑ from 2016 (1.4%)

E-cigarette use has only been measured since 2016

Ever received vaccination

- 2019: 62.1%
  ↑↑ from 2009 (35.5%)

Mental Health

- 2019: 25.6%
  ↑↑ from 2009 (8.5%)

- 2019: 10.2%
  ↑ from 2009 (4.5%)
COMPARISONS TO NATIONAL SAMPLE

+ BETTER

UI students are...
• more likely to be in the healthy weight range
• less likely to report issues with sleep or stress
• more likely to meet the strength and aerobic training recommendation for health
• more likely to report feeling very safe in the surrounding community

- WORSE

UI students are...
• more likely to engage in high risk drinking and experience negative consequences from drinking
• more likely to have unprotected sex
• more likely to use tobacco and nicotine products
• less likely to wear a helmet when riding a bike or motorcycle

UI HEALTH STATUS

HEALTH ISSUES*

<table>
<thead>
<tr>
<th>Rank</th>
<th>Condition</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Allergies</td>
<td>21.5%</td>
</tr>
<tr>
<td>2</td>
<td>Sinus infections</td>
<td>19.9%</td>
</tr>
<tr>
<td>3</td>
<td>Strep throat</td>
<td>15.3%</td>
</tr>
<tr>
<td>4</td>
<td>Back pain</td>
<td>14.9%</td>
</tr>
<tr>
<td>5</td>
<td>Urinary tract infections</td>
<td>12.6%</td>
</tr>
</tbody>
</table>

ACADEMIC IMPEDIMENTS*

<table>
<thead>
<tr>
<th>Rank</th>
<th>Issue</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Stress</td>
<td>32.7%</td>
</tr>
<tr>
<td>2</td>
<td>Anxiety</td>
<td>30.6%</td>
</tr>
<tr>
<td>3</td>
<td>Sleep difficulties</td>
<td>20.0%</td>
</tr>
<tr>
<td>4</td>
<td>Depression</td>
<td>19.8%</td>
</tr>
<tr>
<td>5</td>
<td>Cold/flu/sore throat</td>
<td>17.1%</td>
</tr>
<tr>
<td>6</td>
<td>Work</td>
<td>15.0%</td>
</tr>
<tr>
<td>7</td>
<td>ADHD</td>
<td>10.6%</td>
</tr>
<tr>
<td>8</td>
<td>Alcohol use</td>
<td>10.3%</td>
</tr>
<tr>
<td>9</td>
<td>Internet use/computer games</td>
<td>9.5%</td>
</tr>
<tr>
<td>10</td>
<td>Relationship difficulties</td>
<td>8.6%</td>
</tr>
</tbody>
</table>

88.7% of UI students reported their health as good, very good, or excellent, compared to 81.6% at the national level.

*last 12 months
**ALCOHOL & OTHER DRUGS**

**USE IN THE LAST 30 DAYS**

<table>
<thead>
<tr>
<th>Year</th>
<th>Alcohol</th>
<th>Cigarettes</th>
<th>E-Cigs</th>
<th>Marijuana</th>
</tr>
</thead>
<tbody>
<tr>
<td>91</td>
<td>86.9%</td>
<td>38.1%</td>
<td>25.9%</td>
<td>29.8%</td>
</tr>
<tr>
<td>93</td>
<td>86.9%</td>
<td>38.1%</td>
<td>25.9%</td>
<td>29.8%</td>
</tr>
<tr>
<td>95</td>
<td>86.9%</td>
<td>38.1%</td>
<td>25.9%</td>
<td>29.8%</td>
</tr>
<tr>
<td>97</td>
<td>87.0%</td>
<td>38.1%</td>
<td>25.9%</td>
<td>29.8%</td>
</tr>
<tr>
<td>99</td>
<td>87.3%</td>
<td>38.1%</td>
<td>25.9%</td>
<td>29.8%</td>
</tr>
<tr>
<td>01</td>
<td>89.4%</td>
<td>38.1%</td>
<td>25.9%</td>
<td>29.8%</td>
</tr>
<tr>
<td>02</td>
<td>87.2%</td>
<td>38.1%</td>
<td>25.9%</td>
<td>29.8%</td>
</tr>
<tr>
<td>04</td>
<td>85.0%</td>
<td>38.1%</td>
<td>25.9%</td>
<td>29.8%</td>
</tr>
<tr>
<td>06</td>
<td>85.0%</td>
<td>38.1%</td>
<td>25.9%</td>
<td>29.8%</td>
</tr>
<tr>
<td>08</td>
<td>85.0%</td>
<td>38.1%</td>
<td>25.9%</td>
<td>29.8%</td>
</tr>
<tr>
<td>10</td>
<td>85.0%</td>
<td>38.1%</td>
<td>25.9%</td>
<td>29.8%</td>
</tr>
<tr>
<td>12</td>
<td>85.0%</td>
<td>38.1%</td>
<td>25.9%</td>
<td>29.8%</td>
</tr>
<tr>
<td>14</td>
<td>83.2%</td>
<td>38.1%</td>
<td>25.9%</td>
<td>29.8%</td>
</tr>
<tr>
<td>16</td>
<td>79.9%</td>
<td>38.1%</td>
<td>25.9%</td>
<td>29.8%</td>
</tr>
<tr>
<td>18</td>
<td>75.4%</td>
<td>38.1%</td>
<td>25.9%</td>
<td>29.8%</td>
</tr>
<tr>
<td>20</td>
<td>72.6%</td>
<td>38.1%</td>
<td>25.9%</td>
<td>29.8%</td>
</tr>
<tr>
<td>22</td>
<td>72.7%</td>
<td>38.1%</td>
<td>25.9%</td>
<td>29.8%</td>
</tr>
<tr>
<td>24</td>
<td>74.8%</td>
<td>38.1%</td>
<td>25.9%</td>
<td>29.8%</td>
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<tr>
<td>26</td>
<td>71.5%</td>
<td>38.1%</td>
<td>25.9%</td>
<td>29.8%</td>
</tr>
<tr>
<td>28</td>
<td>72.5%</td>
<td>38.1%</td>
<td>25.9%</td>
<td>29.8%</td>
</tr>
<tr>
<td>30</td>
<td>74.8%</td>
<td>38.1%</td>
<td>25.9%</td>
<td>29.8%</td>
</tr>
<tr>
<td>32</td>
<td>77.8%</td>
<td>38.1%</td>
<td>25.9%</td>
<td>29.8%</td>
</tr>
<tr>
<td>34</td>
<td>80.1%</td>
<td>38.1%</td>
<td>25.9%</td>
<td>29.8%</td>
</tr>
<tr>
<td>36</td>
<td>83.2%</td>
<td>38.1%</td>
<td>25.9%</td>
<td>29.8%</td>
</tr>
<tr>
<td>38</td>
<td>85.4%</td>
<td>38.1%</td>
<td>25.9%</td>
<td>29.8%</td>
</tr>
<tr>
<td>40</td>
<td>87.0%</td>
<td>38.1%</td>
<td>25.9%</td>
<td>29.8%</td>
</tr>
<tr>
<td>42</td>
<td>89.4%</td>
<td>38.1%</td>
<td>25.9%</td>
<td>29.8%</td>
</tr>
<tr>
<td>44</td>
<td>77.8%</td>
<td>38.1%</td>
<td>25.9%</td>
<td>29.8%</td>
</tr>
<tr>
<td>46</td>
<td>72.5%</td>
<td>38.1%</td>
<td>25.9%</td>
<td>29.8%</td>
</tr>
</tbody>
</table>

**ALCOHOL**

High risk drinking
- 5+ drinks on one occasion in last 2 weeks
  - National: 28.3%
- 10+ days of drinking in the last 30 days
  - National: 11.7%
- 1+ negative consequence from use in last 12 months
  - National: 25.0%

**TYPICAL USE**

Average blood alcohol content (B.A.C.) of users
- Male: .09
- Female: .09
- National: .06

Average # of drinks
- Male: 6.6
- Female: 4.1

**TOBACCO & E-CIGS**

Cigarettes
- 10+ days in last 30 days
  - National: 2.6%
- Daily use
  - National: 1.6%

E-cigarettes
- 10+ days in last 30 days
  - National: 4.1%
- Daily use
  - National: 2.2%

**OTHER DRUGS**

Marijuana
- 10+ days in last 30 days
  - National: 8.2%
- Daily use
  - National: 3.3%

Other illicit drug use (last 30 days)
- Cocaine
  - National: 1.7%
- Hallucinogens
  - National: 1.3%
- MDMA
  - National: 0.7%

Illegal prescription drug use (last 12 months)
- Stimulants
  - National: 6.2%
- Sedatives
  - National: 3.1%
- Pain killers
  - National: 4.4%
**FRUIT & VEGGIE INTAKE**

4.3% of students meet the recommendation for fruit/veggie intake (5+ servings/day)

- National: 4.3%
- UI: 61.5%
- National: 62.7%
- 0 servings: 9.3%
- 1-2 servings: 9.0%
- 3-4 servings: 24.9%
- 5+ servings: 24.1%

**WEIGHT LOSS**

51.8% of students are currently trying to lose weight

**MEASURES TO LOSE WEIGHT IN THE LAST 30 DAYS**

- Exercised: 56.6%
- Dieted: 40.6%
- Vomited or used laxatives: 4.1%
- Used diet pills: 3.6%

**BODY MASS INDEX**

- Healthy weight: 57.8%
- Overweight: 27.9%
- Obese: 9.9%
- Underweight: 4.4%

The average body mass index (BMI) for students is 24.3

**NUTRITION, ACTIVITY & WEIGHT**

- 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

**PHYSICAL ACTIVITY**

The percentage of students who meet the recommendations for aerobic and strength activities from 2009 to 2019:

- Meets Aerobic Recommendations
- Meets Strength Recommendation

The national average is shown in each year.
**STRESS, SLEEP & MENTAL HEALTH**

### TOP STRESSORS (Difficult to handle in last 12 months)

- Academics: 56.7%
- Sleep difficulties: 32.3%
- Finances: 32.1%
- Intimate relationships: 31.8%
- Personal appearance: 30.6%
- Other relationships: 28.1%
- Family problems: 27.4%
- Career related issue: 26.7%
- Personal health issue: 23.2%
- Health of family or partner: 18.0%

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

- **Female**: 35.6%
- **Male**: 18.3%

<table>
<thead>
<tr>
<th>Condition</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety</td>
<td>25.6%</td>
</tr>
<tr>
<td>Depression</td>
<td>17.6%</td>
</tr>
<tr>
<td>Panic attacks</td>
<td>9.7%</td>
</tr>
<tr>
<td>ADHD</td>
<td>9.4%</td>
</tr>
<tr>
<td>Insomnia</td>
<td>4.5%</td>
</tr>
</tbody>
</table>

### EVER RECEIVED SERVICES

- **Male**
  - Counselor/Psychologist: 25.1%
  - University Health/Counseling: 15.9%
  - Psychiatrist: 7.7%

- **Female**
  - Counselor/Psychologist: 42.9%
  - University Health/Counseling: 21.4%
  - Psychiatrist: 18.8%
  - Other Medical Provider: 23.3%

### FEELINGS (Last 30 days)

- Overwhelmed: 64.1%
- Exhausted: 58.1%
- Overwhelming anxiety: 44.2%
- Very sad: 42.2%
- Very lonely: 40.3%
- Hopeless: 30.0%
- Overwhelming anger: 25.3%
- So depressed it was difficult to function: 24.8%

### SELF HARM & SUICIDALITY (Last 12 months)

- Seriously considered suicide: 10.2%
- Self harm: 9.1%
- Attempted suicide: 3.2%

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

- Little or no problem: 58.5%
- A big problem: 11.6%
- More than a little problem: 23.6%
- A very big problem: 6.3%

### SLEEP STRESS (Last 30 days)

- Serious consideration of suicide: 10.2%
- Self harm: 9.1%
- Attempted suicide: 3.2%

### OVERALL STRESS LEVEL (Last 12 months)

- More than Average: 42.9%
- Average: 34.8%
- None/Less than Average: 12.7%
- Tremendous: 9.6%

### MENTAL HEALTH

- Female: 35.6%
- Male: 18.3%

Diagnosed/treated for at least one mental health condition

- National:
  - Anxiety: 22.3%
  - Depression: 18.4%
  - Panic attacks: 11.5%
  - ADHD: 6.1%
  - Insomnia: 5.5%

77.1% 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 HEALTH**

**NUMBER OF PARTNERS**

(Last 12 months)

<table>
<thead>
<tr>
<th></th>
<th>None</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4 or more</th>
</tr>
</thead>
<tbody>
<tr>
<td>National</td>
<td>33.7%</td>
<td>39.4%</td>
<td>41.7%</td>
<td>11.7%</td>
<td>9.2%</td>
</tr>
<tr>
<td>UI</td>
<td>22.9%</td>
<td>46.3%</td>
<td>55.0%</td>
<td>5.5%</td>
<td>5.6%</td>
</tr>
</tbody>
</table>

**SEXUAL ACTIVITY**

(Last 30 days)

<table>
<thead>
<tr>
<th></th>
<th>Vaginal sex</th>
<th>Oral sex</th>
<th>Anal sex</th>
</tr>
</thead>
<tbody>
<tr>
<td>National</td>
<td>58.6%</td>
<td>46.3%</td>
<td>55.0%</td>
</tr>
<tr>
<td>UI</td>
<td>43.4%</td>
<td>5.6%</td>
<td>5.4%</td>
</tr>
</tbody>
</table>

**PROTECTION**

78.7% of sexually active students used birth control the last time they had vaginal sex.

**TOP CHOICES INCLUDE:**

1. Birth control pills 67.9%
2. Male condoms 52.3%
3. Withdrawal 32.2%

**BARRIER USE**

(mostly/always)

<table>
<thead>
<tr>
<th></th>
<th>Vaginal sex</th>
<th>Oral sex</th>
<th>Anal sex</th>
</tr>
</thead>
<tbody>
<tr>
<td>UI</td>
<td>43.3%</td>
<td>4.0%</td>
<td>5.1%</td>
</tr>
<tr>
<td>National</td>
<td>26.6%</td>
<td>45.9%</td>
<td>23.6%</td>
</tr>
</tbody>
</table>

**REPORT FEELING “VERY SAFE”**

<table>
<thead>
<tr>
<th></th>
<th>Female</th>
<th>Male</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CAMPUS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Day</td>
<td>77.4%</td>
<td>89.7%</td>
</tr>
<tr>
<td>Night</td>
<td>9.2%</td>
<td>53.5%</td>
</tr>
<tr>
<td><strong>COMMUNITY</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Day</td>
<td>52.9%</td>
<td>75.5%</td>
</tr>
<tr>
<td>Night</td>
<td>7.2%</td>
<td>42.9%</td>
</tr>
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</table>

**INCIDENTS OF VIOLENCE**

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Verbal threat</td>
<td>22.0%</td>
<td></td>
</tr>
<tr>
<td>Physical fight</td>
<td>8.7%</td>
<td></td>
</tr>
<tr>
<td>Stalking victim</td>
<td>6.5%</td>
<td></td>
</tr>
<tr>
<td>Physical assault</td>
<td>5.0%</td>
<td></td>
</tr>
</tbody>
</table>

**ABUSIVE RELATIONSHIPS**

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Emotionally Abusive</td>
<td>Men 9.7%</td>
<td>Women 12.0%</td>
</tr>
<tr>
<td>Physically Abusive</td>
<td>Men 2.2%</td>
<td>Women 2.1%</td>
</tr>
<tr>
<td>Sexually Abusive</td>
<td>Men 0.5%</td>
<td>Women 1.7%</td>
</tr>
</tbody>
</table>

**VEHICLE USE**

<table>
<thead>
<tr>
<th></th>
<th>Bicycle</th>
<th>Motorcycle</th>
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</thead>
<tbody>
<tr>
<td>National</td>
<td>31.7%</td>
<td>69.9%</td>
</tr>
<tr>
<td>UI</td>
<td>35.7%</td>
<td>36.8%</td>
</tr>
</tbody>
</table>

**SEATBELT USE**

(mostly/always used; only includes those who did activity in last 12 months)

<table>
<thead>
<tr>
<th></th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day</td>
<td>95.7%</td>
<td>96.8%</td>
</tr>
<tr>
<td>Night</td>
<td>96.8%</td>
<td>96.8%</td>
</tr>
</tbody>
</table>

**IN ABSENCE OF CONSENT**

<table>
<thead>
<tr>
<th></th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sexual touching</td>
<td>12.9%</td>
<td>12.0%</td>
</tr>
<tr>
<td>Sexual penetration attempt</td>
<td>2.2%</td>
<td>2.1%</td>
</tr>
<tr>
<td>Sexual penetration</td>
<td>0.5%</td>
<td>1.7%</td>
</tr>
</tbody>
</table>

24.1% of students have been tested for human immunodeficiency virus (HIV)

National: 26.9%

1 in 3 students (38.9%) have been tested for sexually transmitted infections (STIs)

83.3% of students have received information about sexual assault/relationship violence prevention

*Last 12 months*