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ADMINISTRATION INFORMATION, CONSIDERATIONS & LIMITATIONS

The National College Health Assessment (NCHA) survey was conducted between late February to mid-March of 2021, a period in which the COVID-19 pandemic was causing significant disruption and impacting the health and behaviors of the student body.

Four thousand four hundred thirty-eight University of Iowa (UI) graduate students were invited to take part in the anonymous online survey. Eight hundred sixty-one students completed the survey for a response rate of 19.4%.

Important considerations should be taken into account:

• Student Wellness administered a new NCHA-III survey for the first time this year. The 2019 graduate student NCHA administration used the NCHA-II survey, which is quite different. This limits the ability to make comparisons.

• At the time of survey, most classes at the University of Iowa were online, and many students lived out of the area with family members.

This report and reports from previous years can be viewed at https://studentwellness.uiowa.edu/ui-health-data. Questions can be directed to Trish Welter at trisha-welter@uiowa.edu.
COMPARISON TO NATIONAL SAMPLE*

UI graduate students are...

- more likely to feel a sense of belonging at their college/university
- more likely to report food security
- less likely to experience violence
- more likely to report feeling safe in the surrounding community
- less likely to feel that student health and well-being is a priority on campus
- more likely to report high-risk alcohol use
- more likely to experience negative consequences from alcohol use

*compared to spring 2021 national data of graduate & professional students (24,252 students from 112 schools)

COMPARISON TO UI UNDERGRADUATE STUDENTS

UI graduate students are...

- less likely to report high-risk alcohol use
- more likely to wear a helmet on a bicycle, scooter, or motorcycle
- less likely to report psychological distress, self-injury and suicide attempts
- more likely to report feeling safe on campus and in the community
- more likely to maintain social distancing and wear a mask to prevent the spread of COVID-19
- less likely to report a sense of belonging at their college/university
- more likely to drive after drinking
- more likely to struggle with alcohol or other drug abuse/addiction disorders
- less likely to get the recommended amount of sleep
GENERAL HEALTH

92.0% of UI graduate students report being in good, very good or excellent health.

ACADEMIC IMPEDIMENTS*

1. Procrastination: 37.5%
2. Stress: 36.1%
3. Anxiety: 31.8%
4. Chronic health condition: 25.9%
5. Depression: 20.7%
6. Sleep difficulties: 18.8%
7. Career: 14.5%
8. Finances: 11.4%
9. Health of someone close: 10.2%
10. Headaches/migraines: 10.0%

*Top ten of 49 items that negatively impacted academic performance in the last 12 months

I feel like I belong at my university: 70.6%
I feel that student health and well-being is a priority: 50.8%
The campus climate encourages free and open discussion about student health and well-being: 52.7%
I feel we are a campus where we look out for each other: 44.1%

*C percent of students who responded "agree" or "strongly agree"
ALCOHOL USE

Negative Consequences
28.8% of graduate students who used alcohol in the last 12 months experienced at least one negative consequence from their use.

1. Brownout: 16.5%
2. Did something I regretted: 14.3%
3. Unprotected sex: 7.5%
4. Blackout: 6.5%
5. Physically injured myself: 3.4%
6. Seriously considered suicide: 2.3%
7. Someone had sex with me without my consent: 0.5%
8. Had sex with someone without their consent: 0.1%

Number of Drinks*
2.7: average number of drinks the last time they drank alcohol in a social setting
85.4% of students drank 4 or fewer drinks the last time they drank alcohol in a social setting
* of those who used alcohol in the last 3 months

Blood Alcohol Concentration**
0.02: average blood alcohol concentration (BAC)
92.4% of students had an average BAC of <0.08
** of those who used alcohol in the last 3 months

ASSIST Scores
7.0: average alcohol score on the Alcohol, Smoking & Substance Involvement Screening Test (ASSIST)
13.5% of students had a moderate-risk ASSIST score
1.7% of students had a high-risk ASSIST score

High-risk Drinking
22.1% of all graduate respondents and 35.6% of graduate students who report alcohol use in the last two weeks have had at least one instance of high-risk drinking in that time frame (females: 4+ drinks / males: 5+ drinks).

17.4% reported driving after drinking in the last 30 days
1.6% reported that their alcohol use negatively impacted their academics
21.4% reported drinking to get drunk the last time they drank*
22.5% reported getting drunk the last time they drank*
2.2% are in recovery from at least one substance

* of those who have used alcohol in the last 3 months
Cannabis

- Used ever: 49.9%
- Used in last 3 months: 25.6%
- Used in last 30 days: 16.5%

28.1% of graduate students reporting cannabis use in the last 30 days have driven within 6 hours of use at least once.

0.8% of all graduate respondents reported that cannabis had negatively impacted their academics in the last 12 months.

Cannabis ASSIST Scores

- Average score: 3.8
- Moderate-risk: 15.3%
- High-risk: 0.7%

Other Illicit Drugs

- Cocaine: Used Ever 8.0%, Used in Last 3 Months 1.0%
- Hallucinogens: Used Ever 13.5%, Used in Last 3 Months 2.0%
- Heroin: Used Ever 0.4%, Used in Last 3 Months 0.0%
- Inhalants: Used Ever 4.9%, Used in Last 3 Months 0.7%
- Meth: Used Ever 1.9%, Used in Last 3 Months 0.0%

Nicotine

35.7% have ever used nicotine.

12.0% have used at least one nicotine product in the last 3 months:

1. E-cigarettes or other vape products: 5.7%
2. Cigarettes: 4.6%
3. Cigars: 1.4%
4. Hookah: 0.9%
5. Chewing/Smokeless Tobacco: 0.6%

Illegal Use of Prescription Drugs

- Opioids: Used Ever 6.4%, Used in Last 3 Months 0.3%
- Sedatives: Used Ever 6.8%, Used in Last 3 Months 2.1%
- Stimulants: Used Ever 12.7%, Used in Last 3 Months 2.2%
PHYSICAL ACTIVITY

Percent of Students Meeting Recommendations*

<table>
<thead>
<tr>
<th>Activity</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aerobic activity</td>
<td>68.9%</td>
</tr>
<tr>
<td>Strength training</td>
<td>52.7%</td>
</tr>
<tr>
<td>Active adults</td>
<td>46.9%</td>
</tr>
<tr>
<td>Highly active adults</td>
<td>34.0%</td>
</tr>
</tbody>
</table>

*Aerobic activity: 75+ min of vigorous intensity activity, 150+ min of moderate intensity activity or a combination of the two per week
Strength training: 2+ days per week of moderate or greater intensity activities for all major muscle groups
Active adults: meeting both the aerobic & strength training recommendations
Highly active adults: meeting the strength training recommendation and attaining more than double the recommended amount of aerobic activity

NUTRITION & FOOD SECURITY

Average Daily Fruit & Vegetable Intake**

<table>
<thead>
<tr>
<th>Intake Level</th>
<th>Fruit</th>
<th>Vegetable</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>11.3%</td>
<td>5.6%</td>
</tr>
<tr>
<td>1-2</td>
<td>68.6%</td>
<td>51.2%</td>
</tr>
<tr>
<td>3-4</td>
<td>17.7%</td>
<td>34.1%</td>
</tr>
<tr>
<td>5+</td>
<td>2.3%</td>
<td>9.1%</td>
</tr>
</tbody>
</table>

Food Security* (USDA Food Security Index)

<table>
<thead>
<tr>
<th>Security Level</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>High or marginal</td>
<td>79.5%</td>
</tr>
<tr>
<td>Low</td>
<td>14.0%</td>
</tr>
<tr>
<td>Very low</td>
<td>6.5%</td>
</tr>
</tbody>
</table>

Average USDA Food Security Index Score* 0.85

<table>
<thead>
<tr>
<th>Dietary Behavior</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drink 1+ sweetened beverage per day**</td>
<td>49.9%</td>
</tr>
<tr>
<td>Have had energy drinks/shots at least 5 days in the last month</td>
<td>6.0%</td>
</tr>
<tr>
<td>Cut the size of or skipped meals*</td>
<td>15.0%</td>
</tr>
<tr>
<td>Were unable to afford to eat balanced meals*</td>
<td>25.0%</td>
</tr>
<tr>
<td>Reported going hungry*</td>
<td>6.5%</td>
</tr>
<tr>
<td>Reported eating less*</td>
<td>10.8%</td>
</tr>
<tr>
<td>Reported eating less*</td>
<td>10.8%</td>
</tr>
</tbody>
</table>

WEIGHT

50.2% of UI graduate students are in the desired weight range (BMI of 18.5-24.9), with an average BMI of 26.1. Despite that, 52.9% are trying to lose weight.

*last 7 days
*last 30 days
**last 7 days
80.7% of UI graduate students reported a moderate or high stress level in the last year.

**Top Stressors** (last 12 mos)

1. Procrastination: 70.4%
2. Personal appearance: 42.2%
3. Health of someone close: 41.6%
4. Finances: 37.3%
5. Academics: 37.1%
6. Career: 36.9%
7. Family: 34.1%
8. Intimate relationships: 32.0%
9. Death of someone close: 25.3%
10. Microaggression: 18.7%

92.7% reported at least one thing (of 18) to be difficult or challenging, with the average graduate student reporting experiencing 4.4 challenges/stressors in the last 12 months.

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**MENTAL HEALTH**

**Psychological Distress**

On the Kessler-6, 22.6% of graduate students reported moderate psychological distress and 17.3% reported serious psychological distress.

**Self-Harm**

5.7% of graduate students have attempted self-injury and 0.8% have attempted suicide in the last 12 months.

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**SLEEP**

64.5% of graduate students get the recommended 7-9 hours of sleep on weeknights, compared to 77.8% on weekends.

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**Conditions**

14.4% of UI graduate students reported having one mental health condition, and 31.7% reported having two or more.

Top conditions ever diagnosed include:

1. Anxiety: 35.6%
2. Depression: 28.1%
3. ADD/ADHD: 11.6%

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**Services**

61.3% of UI graduate students reported receiving psychological or mental health services in their lifetime, and 38.3% reported using them in the last 12 months. Of those who have received services in the last 12 months, 33.3% reported receiving on campus services.

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**Flourishing**

<table>
<thead>
<tr>
<th>Lead a purposeful &amp; meaningful life</th>
<th>Have supportive &amp; rewarding relationships</th>
<th>Are optimistic about the future</th>
</tr>
</thead>
<tbody>
<tr>
<td>69.2%</td>
<td>70.9%</td>
<td>64.0%</td>
</tr>
</tbody>
</table>

*percent of students who agree or strongly agree
**SEXUAL HEALTH**

<table>
<thead>
<tr>
<th></th>
<th>Had Sex in Last 30 Days</th>
<th>Mostly/Always Use Barrier*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vaginal Sex</td>
<td>51.6%</td>
<td>32.9%</td>
</tr>
<tr>
<td>Oral Sex</td>
<td>43.9%</td>
<td>1.1%</td>
</tr>
<tr>
<td>Anal Sex</td>
<td>4.1%</td>
<td>17.1%</td>
</tr>
</tbody>
</table>

*among sexually active students

**VIOLENCE***

**Intimate Partner Violence**

- 10.0% were called names, insulted or put down
- 2.1% had partner(s) who insisted on knowing who they were with and where they were or who tried to limit contact with family/friends
- 2.0% were pushed, grabbed, shoved, slapped, kicked, bit, choked or hit without consent
- 0.5% were forced into unwanted sexual contact by being held down or hurt in some way
- 0.9% were pressured into unwanted sexual contact by threats, coercion, alcohol or other drugs

*last 12 months

**SAFETY**

**Feelings of Safety**

- **During the Day**
  - In the Surrounding Community: 21.4%
  - On Campus: 27.6%
  - Overall: 65.7%

- **At Night**
  - In the Surrounding Community: 82.4%
  - On Campus: 82.4%

**Behaviors**

**Mostly or Always Wear a Helmet***:
- Motorcycle or scooter: 70.8%
- Bicycle: 69.5%

*last 12 months; of those who have ridden

**Driving**:

- While texting/emailing/using apps**: 51.5%
- Had an accident***: 3.9%

**Top pregnancy prevention***:
- External condoms: 39.8%
- Birth control pills: 36.0%

**Violence Outside Intimate Relationships**

- In a physical fight: 0.5%
- Physically assaulted: 0.2%
- Verbally threatened: 5.4%
- Sexually touched w/o consent: 1.6%
- Sexual penetration attempt w/o consent: 0.4%
- Sexually penetrated or made to w/o consent: 0.3%
- Victim of stalking: 1.6%

**On Campus**

- Feelings of Safety
- Behaviors
- Violence Outside Intimate Relationships

**On Campus**

- Feelings of Safety
- Behaviors
- Violence Outside Intimate Relationships

**On Campus**

- Feelings of Safety
- Behaviors
- Violence Outside Intimate Relationships
9.1% of UI graduate students reported that they had COVID-19 (confirmed by a healthcare provider) and another 10.5% suspected they had COVID-19. Of those who had confirmed or suspected COVID-19, 43.5% reported moderate and 7.7% reported severe symptoms, and 1.2% reported that they had been hospitalized from COVID-19. 24.7% of graduate students had a loved one who had long-term effects and 11.8% had a loved one who died from COVID-19.

**Perceptions**

- 45.5% of students think the campus has done enough to protect students.
- 37.8% of students think the measures they can take to protect one another are effective.
- 96.0% of students think the campus policies implemented can reduce the spread of the virus.
- 96.6% of students follow campus COVID-19 policies.

**Protective Behaviors**

- 87.9% disinfect hands and avoid touching the face.
- 91.7% maintain a 6 feet distance.
- 98.4% wear a mask when they can’t maintain distance.

**Pandemic Impact**

- 79.0% of UI graduate students reported that their professors were supportive.
- 35.7% reported that as a result of the pandemic, they had witnessed discriminatory or hostile behavior towards others based on race/ethnicity, and 4.1% said they experienced discrimination or hostile behavior because of their race/ethnicity. 26.1% of Asian or Pacific Islander students reported experiencing this kind of behavior as a result of the pandemic.
- 34.5% of those who have received counseling or therapy thought access to mental health services became more difficult during the pandemic.
- 44.4% had more financial stress and 89.5% had more overall stress due to the pandemic.

77.4% of students are taking precautions to protect one another, and 44.4% had more financial stress and 89.5% had more overall stress due to the pandemic.

87.9% disinfect hands and avoid touching the face, 91.7% maintain a 6 feet distance, and 98.4% wear a mask when they can’t maintain distance.

96.0% of students follow campus COVID-19 policies.