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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.

7,513 University of Iowa (UI) graduate and professional students were invited to take part in the anonymous online survey. 1,406 students completed the survey for a response rate of 18.7%.

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](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 and professional students are...

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

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

COMPARISON TO UI UNDERGRADUATE STUDENTS

UI graduate and professional 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 on weeknights
GENERAL HEALTH

92.7% of UI graduate and professional students report being in good, very good, or excellent health.

ACADEMIC IMPEDIMENTS*

1. Procrastination: 35.1%
2. Stress: 33.1%
3. Anxiety: 28.4%
4. Chronic health condition: 24.7%
5. Depression: 18.9%
6. Sleep difficulties: 17.1%
7. Career: 11.9%
8. Finances: 9.5%
9. Headaches/migraines: 9.3%
10. Health of someone close: 8.5%

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

CAMPUS CULTURE*

72.5% 54.1% 56.1% 48.9%

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

*percent of students who responded “agree” or “strongly agree”
**ALCOHOL USE**

- **Number of Drinks***
  - 2.8: average number of drinks the last time they drank alcohol in a social setting
  - 82.2% of students drank 4 or fewer drinks the last time they drank alcohol in a social setting

- **Blood Alcohol Concentration****
  - 0.03: average blood alcohol concentration (BAC)
  - 90.4% of students had an average BAC of <0.08

- **ASSIST Scores**
  - 7.0: average alcohol score on the Alcohol, Smoking & Substance Involvement Screening Test (ASSIST)
  - 14.0% of students had a moderate-risk ASSIST score
  - 1.1% of students had a high-risk ASSIST score

**High-risk Drinking**
25.3% of all graduate and professional respondents and 38.1% of graduate and professional 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).

**Negative Consequences**
31.8% of graduate and professional students who used alcohol in the last 12 months experienced at least one negative consequence from their use.

1. Brownout: 19.6%
2. Did something I regretted: 16.4%
3. Unprotected sex: 9.6%
4. Blackout: 7.5%
5. Physically injured myself: 3.7%
6. Seriously considered suicide: 2.1%
7. Someone had sex with me without my consent: 0.9%
8. Got in trouble with the police: 0.3%
9. Had sex with someone without their consent: 0.2%
10. Needed medical help: 0.2%

18.6% reported driving after drinking in the last 30 days
24.1% reported getting drunk the last time they drank*
23.3% reported drinking to get drunk the last time they drank*
1.6% reported that their alcohol use negatively impacted their academics
2.0% are in recovery from at least one substance

*of those who have used alcohol in the last 3 months
29.5% of graduate and professional students reporting cannabis use in the last 30 days have driven within 6 hours of use at least once.

1.1% of all graduate and professional respondents reported that cannabis had negatively impacted their academics in the last 12 months.

**Cannabis ASSIST Scores**

- **3.5** average score
- **13.5%** moderate-risk
- **0.6%** high-risk

**Other Illicit Drugs**

- **Cannabis**
  - Used ever: 49.2%
  - Used in last 3 months: 24.8%
  - Used in last 30 days: 15.9%

- **Other Illicit Drugs**

**Nicotine**

35.4% have ever used nicotine.
13.2% have used at least one nicotine product in the last 3 months:

1. E-cigarettes or other vape products: 6.0%
2. Cigarettes: 4.5%
3. Cigars: 2.1%
4. Chewing/Smokeless Tobacco: 1.3%
5. Hookah: 0.8%

**Illegal Use of Prescription Drugs**

- **Opioids**
  - Used Ever: 5.7%
  - Used Last 3 Months: 0.2%

- **Sedatives**
  - Used Ever: 7.0%
  - Used Last 3 Months: 2.0%

- **Stimulants**
  - Used Ever: 13.6%
  - Used Last 3 Months: 2.8%
**NUTRITION & FOOD SECURITY**

**Average Daily Fruit & Vegetable Intake**

- **Fruit**
  - 0: 11.8%
  - 1-2: 57.2%
  - 3-4: 25.2%
  - 5+: 2.5%

- **Vegetable**
  - 0: 5.7%
  - 1-2: 52.5%
  - 3-4: 32.9%
  - 5+: 8.9%

**Food Security** (USDA Food Security Index)

- **High or marginal**
  - 80.4%

- **Low**
  - 13.4%

- **Very low**
  - 6.2%

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**PHYSICAL ACTIVITY**

**Percent of Students Meeting Recommendations**

- **Aerobic activity**
  - 66.6%

- **Strength training**
  - 54.0%

- **Active adults**
  - 46.9%

- **Highly active adults**
  - 34.7%

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**WEIGHT**

- 53.9% of UI graduate and professional students are in the desired weight range (BMI of 18.5-24.9), with an average BMI of 25.6. Despite that, 51.0% are trying to lose weight.

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*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
MENTAL HEALTH

Psychological Distress

On the Kessler-6, 51.1% of graduate and professional students reported moderate psychological distress and 14.6% reported serious psychological distress.

Self-Harm

4.5% of graduate and professional students have attempted self-injury and 0.6% have attempted suicide in the last 12 months.

Top Stressors (last 12 months)

1. Procrastination: 68.4%
2. Personal appearance: 38.4%
3. Health of someone close: 37.3%
4. Academics: 34.5%
5. Finances: 33.9%
6. Career: 31.0%
7. Intimate relationships: 30.9%
8. Family: 30.8%
9. Death of someone close: 21.7%
10. Microaggression: 16.8%

89.6% reported at least one thing (of 18) to be difficult/challenging, with the average graduate or professional student reporting experiencing 4.0 challenges/stressors in the last 12 months.

TOP STRESSORS (last 12 months)

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- Academics: 34.5%
- Finances: 33.9%
- Career: 31.0%
- Intimate relationships: 30.9%
- Family: 30.8%
- Death of someone close: 21.7%
- Microagression: 16.8%

77.5% of UI graduate and professional students reported a moderate to high stress level in the last year.

65.2% of graduate and professional students get the recommended 7-9 hours of sleep on weeknights, compared to 79.8% on weekends.

SLEEP

66.8% feel tired or sleepy 3+ days/week
52.8% nap at least once a week

77.5% of UI graduate and professional students reported a moderate to high stress level in the last year.

Conditions

15.0% of UI graduate and professional students reported having one mental health condition, and 28.2% reported having two or more.

Top conditions ever diagnosed include:
1. Anxiety: 32.4%
2. Depression: 25.9%
3. ADD/ADHD: 11.2%

Services

59.7% of UI graduate and professional students reported ever receiving psychological or mental health services, and 36.6% reported using them in the last 12 months. Of those who have received services in the last 12 months, 43.1% reported receiving on campus services.

Flourishing*

- Lead a purposeful & meaningful life: 72.4%
- Have supportive & rewarding relationships: 73.2%
- Are optimistic about the future: 69.4%

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

<table>
<thead>
<tr>
<th>Had Sex in Last 30 Days</th>
<th>Mostly/Always Use Barrier*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vaginal Sex</td>
<td>54.9%</td>
</tr>
<tr>
<td>Oral Sex</td>
<td>48.1%</td>
</tr>
<tr>
<td>Anal Sex</td>
<td>4.1%</td>
</tr>
</tbody>
</table>

*among sexually active students

Average number of sexual partners in the last 12 months*: 1.6

5.9% have used emergency contraception in the last 12 months*

0.4% experienced unintentional pregnancy in the last 12 months*

35.3% have ever been tested for HIV

86.4% used pregnancy prevention the last time they had vaginal intercourse*

Top pregnancy prevention*: Birth control pills: 39.7%
Extral condoms: 36.9%

**SAFETY**

**Feelings of Safety**

<table>
<thead>
<tr>
<th>During the Day</th>
<th>At Night</th>
</tr>
</thead>
<tbody>
<tr>
<td>In the Surrounding Community</td>
<td>68.8%</td>
</tr>
<tr>
<td>On Campus</td>
<td>84.1%</td>
</tr>
</tbody>
</table>

**Behaviors**

Mostly or Always Wear a Helmet*:
- Motorcycle or scooter: 72.0%
- Bicycle: 70.7%

Driving:
- While texting/emailing/using apps**: 54.9%
- Had an accident***: 4.4%

**VIOLENCE**

**Intimate Partner Violence**

- 8.8% were called names, insulted or put down
- 2.2% had partner(s) who insisted on knowing who they were with and where they were or who tried to limit contact with family/friends
- 1.8% were pushed, grabbed, shoved, slapped, kicked, bit, choked or hit without consent
- 0.4% were forced into unwanted sexual contact by being held down or hurt in some way
- 1.0% were pressured into unwanted sexual contact by threats, coercion, alcohol or other drugs

*last 12 months

**Violence Outside Intimate Relationships**

<table>
<thead>
<tr>
<th>In a physical fight</th>
<th>Physically assaulted</th>
<th>Verbally threatened</th>
<th>Sexually touched w/o consent</th>
<th>Sexual penetration attempt w/o consent</th>
<th>Sexually penetrated or made to w/o consent</th>
<th>Victim of stalking</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.4%</td>
<td>0.4%</td>
<td>5.0%</td>
<td>1.9%</td>
<td>0.5%</td>
<td>0.6%</td>
<td>1.9%</td>
</tr>
</tbody>
</table>