

The background of the entire page is a photograph of the Old Capitol building in Iowa. The building is shown in silhouette against a dramatic sky at sunset or sunrise. The sky is filled with wispy clouds, and the sun is low on the horizon, creating a warm orange and yellow glow. An American flag flies from a tall pole in front of the building's central dome. The building has a classical architectural style with a prominent dome and several windows.

IOWA

**THE NATIONAL COLLEGE
HEALTH ASSESSMENT III**
GRADUATE AND PROFESSIONAL STUDENT
SUMMARY REPORT
THE UNIVERSITY OF IOWA
SPRING 2021



CONTENTS

- 3 ADMINISTRATION INFORMATION, CONSIDERATIONS & LIMITATIONS**
- 4 COMPARISONS TO NATIONAL GRADUATE AND PROFESSIONAL SAMPLES & TO UI UNDERGRADUATE STUDENTS**
- 5 GENERAL HEALTH, CAMPUS CULTURE & ACADEMIC IMPEDIMENTS**
- 6 ALCOHOL USE**
- 7 OTHER SUBSTANCE USE**
- 8 NUTRITION, FOOD SECURITY, PHYSICAL ACTIVITY & WEIGHT**
- 9 STRESS, SLEEP & MENTAL HEALTH**
- 10 SEXUAL HEALTH, SAFETY & VIOLENCE**



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>. 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

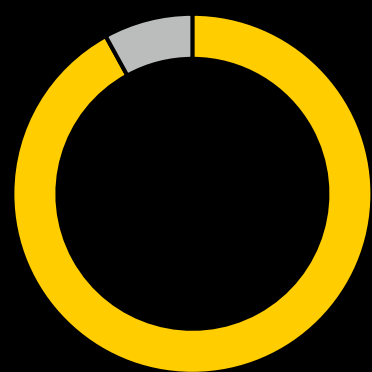


ACADEMIC IMPEDIMENTS*

- 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%

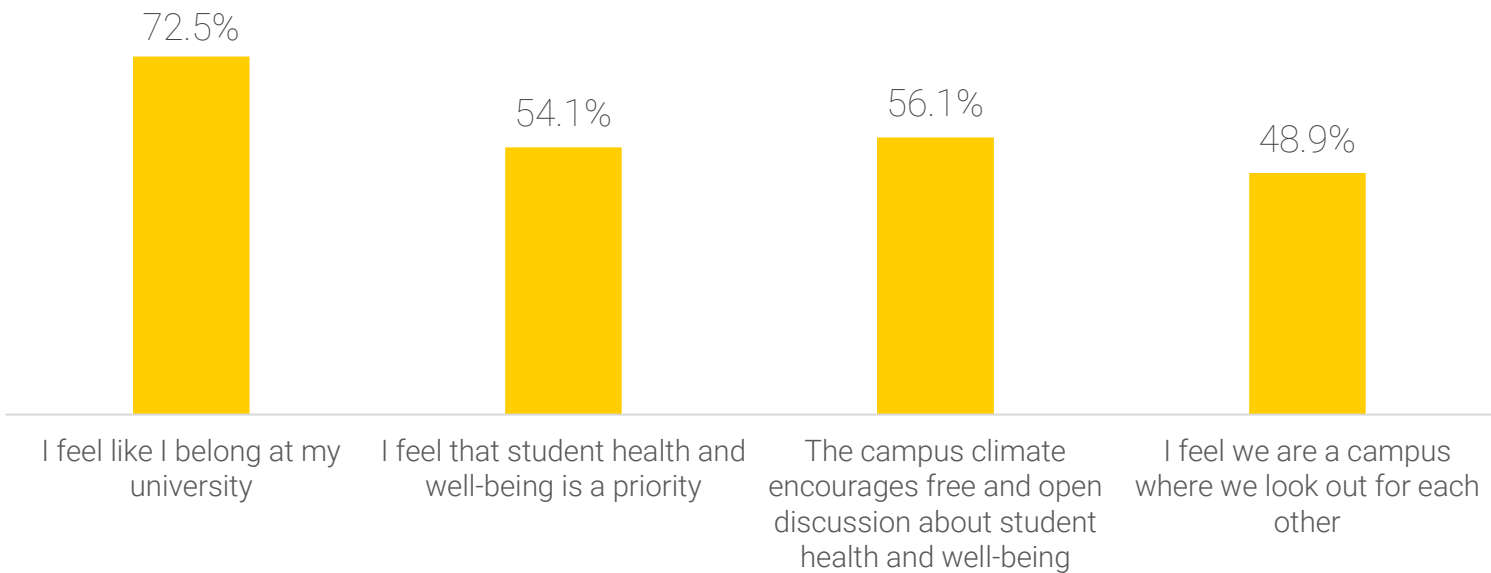
**Top ten of 49 items that negatively impacted academic performance in the last 12 months*

GENERAL HEALTH



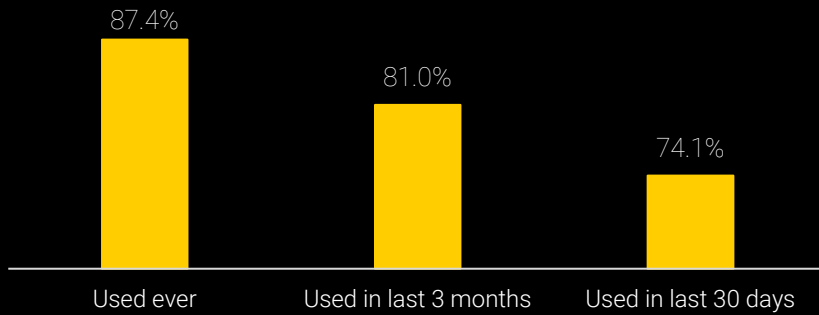
92.7% of UI graduate and professional students report being in good, very good, or excellent health.

CAMPUS CULTURE*



**percent of students who responded "agree" or "strongly agree"*

ALCOHOL USE



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).

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

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

Blood Alcohol Concentration**

0.03: average blood alcohol concentration (BAC)

90.4% 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)

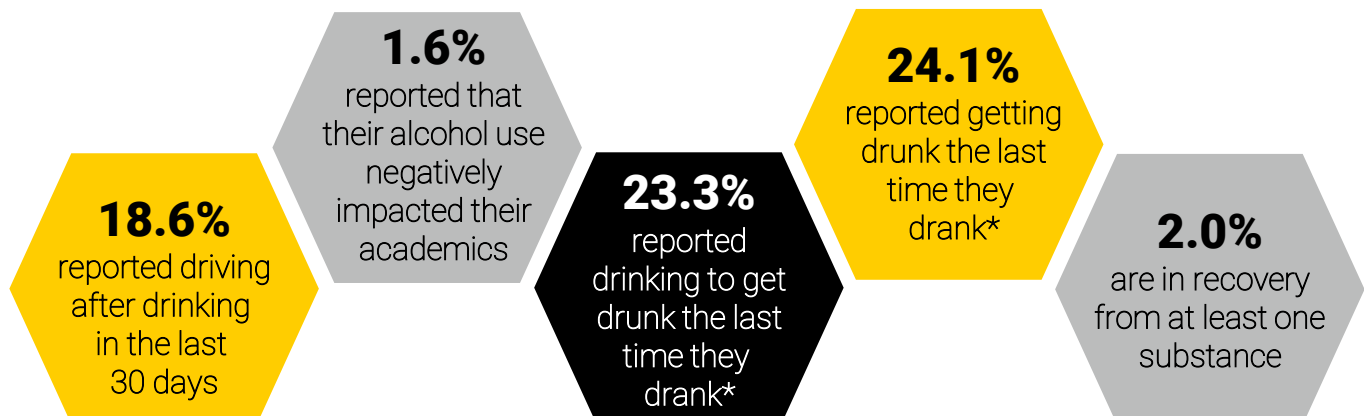
14.0% of students had a moderate-risk ASSIST score

1.1% of students had a high-risk ASSIST score

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.

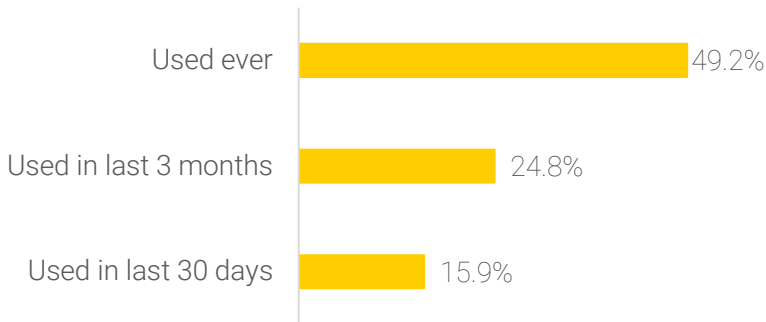
1. Brownout: 19.6%
2. Did something I regretted: 16.4%
3. Unprotected sex: 9.6%
4. Blackout: 7.5%
5. Physically injured myself: 3.7%
6. Seriously considered suicide: 2.1%
7. Someone had sex with me without my consent: 0.9%
8. Got in trouble with the police: 0.3%
9. Had sex with someone without their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



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

OTHER SUBSTANCE USE

Cannabis



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.

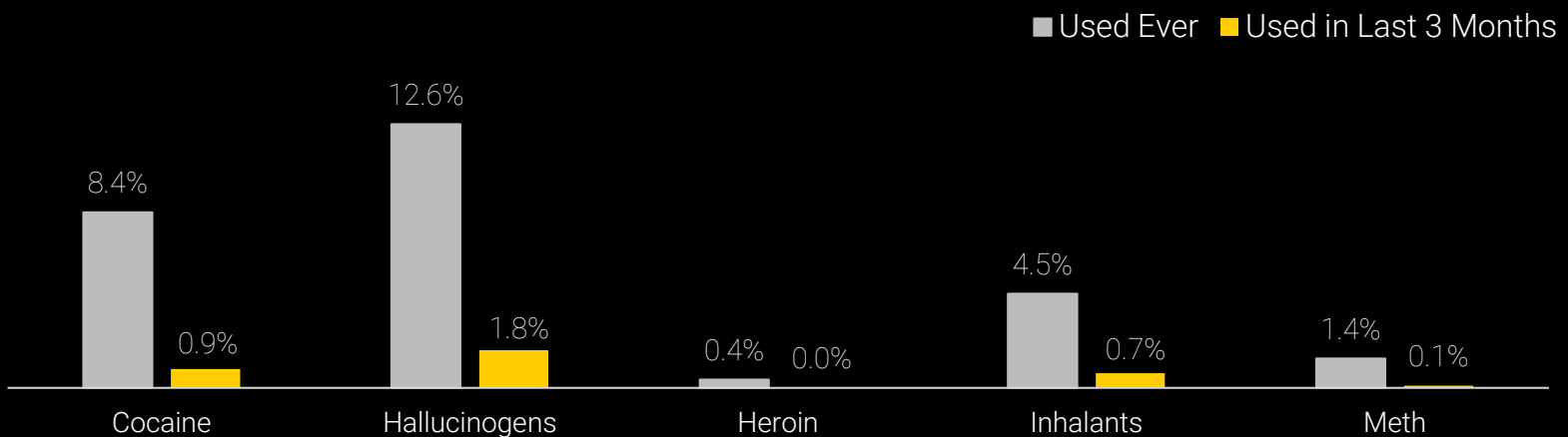
Cannabis ASSIST Scores

3.5 average score

13.5% moderate-risk

0.6% high-risk

Other Illicit Drugs

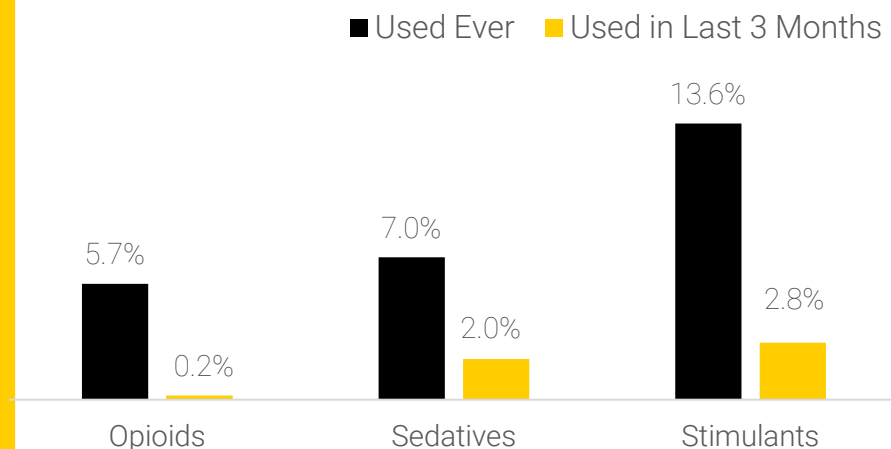


Nicotine

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%

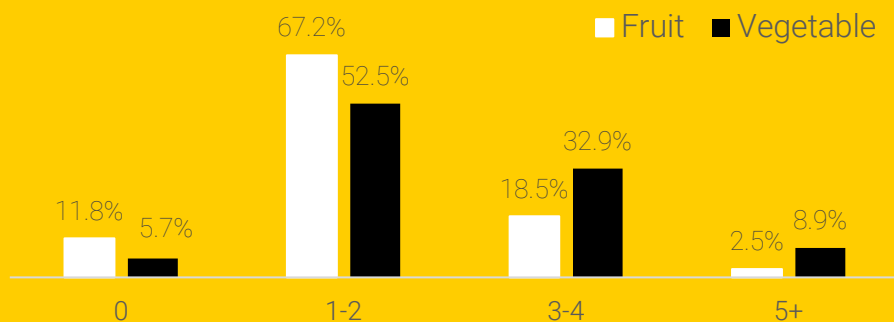
Illegal Use of Prescription Drugs



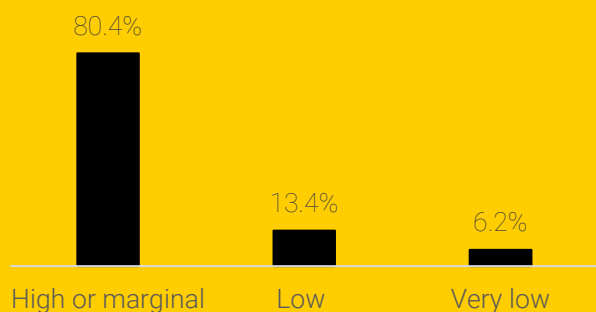
NUTRITION & FOOD SECURITY

8

Average Daily Fruit & Vegetable Intake**



Food Security* (USDA Food Security Index)



**last 7 days
*last 30 days

48.3%
drink 1+
sweetened
beverage
per day**

Average USDA
Food Security
Index Score*
0.82

6.2%
have had energy
drinks/shots at
least 5 days in
the last month

24.0%
were unable to
afford to eat
balanced
meals*

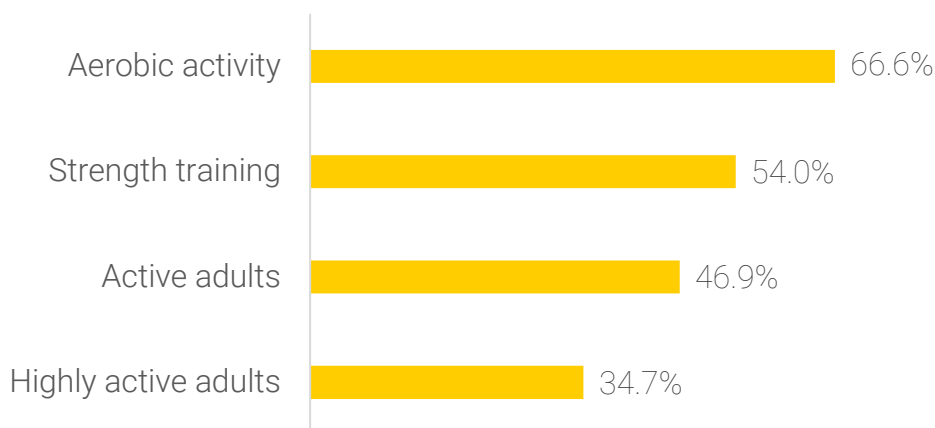
14.6%
cut the size of or
skipped meals*

6.4%
reported going
hungry*

10.5%
reported eating
less*

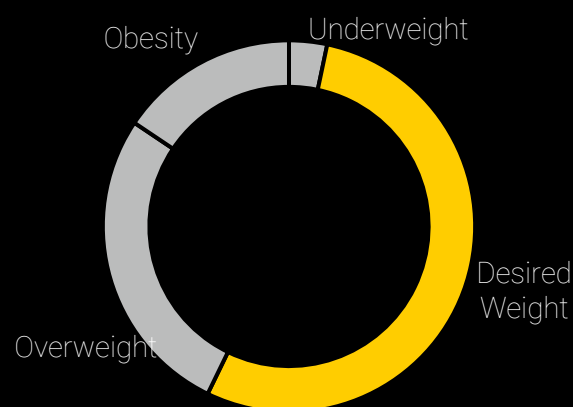
PHYSICAL ACTIVITY

Percent of Students Meeting Recommendations*



*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

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.

STRESS

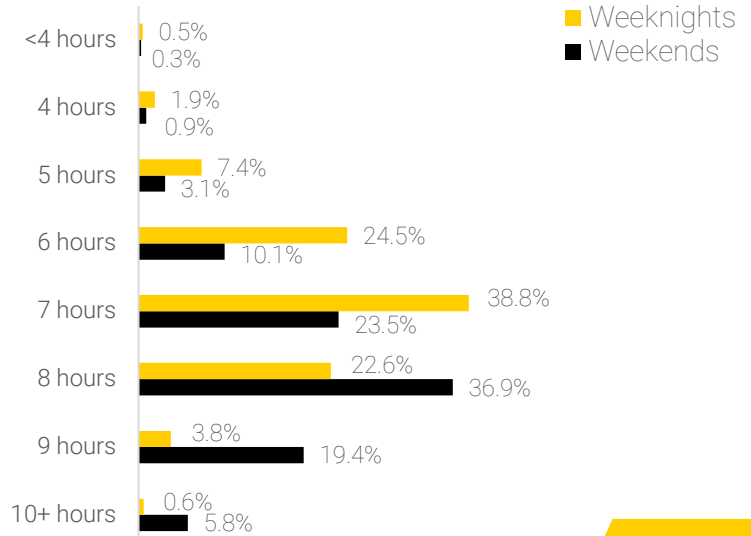
77.5% of UI graduate and professional students reported a moderate to high stress level in the last year.

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.

SLEEP



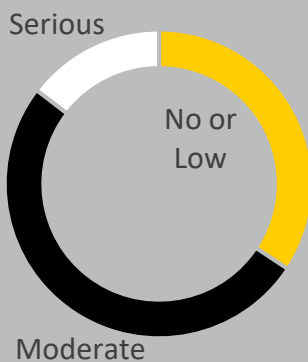
65.2% of graduate and professional students get the recommended 7-9 hours of sleep on weeknights, compared to 79.8% on weekends.

52.8%
nap at least once a week

66.8%
feel tired or sleepy 3+ days/week

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.

Conditions

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

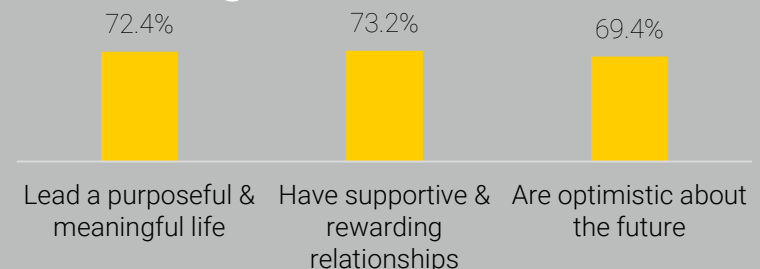
Top conditions ever diagnosed include:

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*



*percent of students who agree or strongly agree

SEXUAL HEALTH

	Had Sex in Last 30 Days	Mostly/Always Use Barrier*
Vaginal Sex	54.9%	29.7%
Oral Sex	48.1%	1.4%
Anal Sex	4.1%	14.0%

**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*

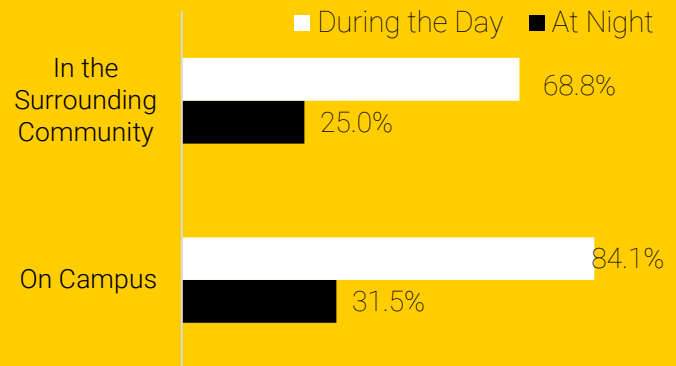
35.3% have ever been tested for HIV

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

Top pregnancy preventions*:
Birth control pills: 39.7%
External condoms: 36.9%

SAFETY

Feelings of Safety



Behaviors

Mostly or Always Wear a Helmet*:

Motorcycle or scooter: 72.0%

Bicycle: 70.7%

**last 12 months; of those who have ridden*

Driving:

While texting/emailing/using apps**: 54.9%

Had an accident***: 4.4%

***last 2 weeks; of those who have driven*

****last 12 months; of those who have driven*

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

