



**IOWA**

**THE UNIVERSITY OF IOWA**

**NATIONAL COLLEGE  
HEALTH ASSESSMENT**

*Graduate & Professional  
Student Summary*

**SPRING 2023**





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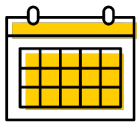
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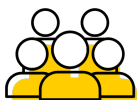




# Administration Information



The National College Health Assessment III survey was conducted between late February to mid-March of 2023. All undergraduate, graduate and professional students were invited to take the online survey.



1,084 University of Iowa graduate and professional students completed the survey, for a response rate of 14.3%.



Student Wellness administered the third version of the National College Health Assessment (NCHA-III) for the second time in 2023 (first being in 2021), but also administered an older survey version (NCHA-II) for several years prior to that. Many questions on the NCHA-III survey were not the same as NCHA-II, and in 2021, the NCHA-III was administered during a time when most University of Iowa classes were online. Both factors limit the ability to examine health behavior trends over time.



This report & NCHA 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](mailto:trisha-welter@uiowa.edu).



# Comparisons\*

## TO NATIONAL SAMPLE\*

**University of Iowa (UI) graduate and professional students are...**

- more likely to wear a helmet while riding a motorcycle, scooter, or bicycle
- less likely to drive after use of cannabis
- more likely to report being food secure
- more likely to get 7-9 hours of sleep per night



- more likely to report use of energy drinks or shots
- more likely to report having a mental health condition
- more likely to be diagnosed with anxiety
- more likely to report use of alcohol and cannabis



*\*compared to spring 2022 national sample of graduate students (13,600 from 91 schools)*

## TO UI UNDERGRADUATE STUDENTS

**UI graduate and professional students are...**

- more likely to get enough sleep to feel rested
- more likely to report high or marginal food security
- less likely to report high-risk drinking and negative consequences from use
- less likely to report use of cannabis and nicotine



- less likely to meet the physical activity guidelines
- more likely to drive after drinking alcohol
- less likely to get 7-9 hours of sleep on weeknights





# GENERAL HEALTH



89.9%

of 2023 UI graduate and professional students report being in good, very good, or excellent health (2021: 92.7%)

# ACADEMIC IMPEDIMENTS\*



**Stress: 33.8%**  
(2021: 33.1%)



**Procrastination: 32.7%**  
(2021: 35.1%)



**Anxiety: 27.6%**  
(2021: 28.4%)



**Chronic Health Condition(s): 26.7%**  
(2021: 24.7%)



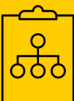
**Depression: 18.9%**  
(2021: 18.9%)



**Sleep: 17.3%**  
(2021: 17.1%)



**Cold/Virus or Other Respiratory Illness: 10.7%**  
(2021: 4.3%)



**Career: 9.7%**  
(2021: 11.9%)



**Intimate Relationships: 9.7%**  
(2021: 7.0%)



**Finances: 9.6%**  
(2021: 9.5%)

*\*Top ten of 53 items that negatively impacted academic performance in the last 12 months*

# CAMPUS CULTURE\*

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

(2021: 72.5%)

69.5% feel like they belong at the university

(2021: 54.1%)

50.2% feel that student health and well-being is a priority

(2021: 56.1%)

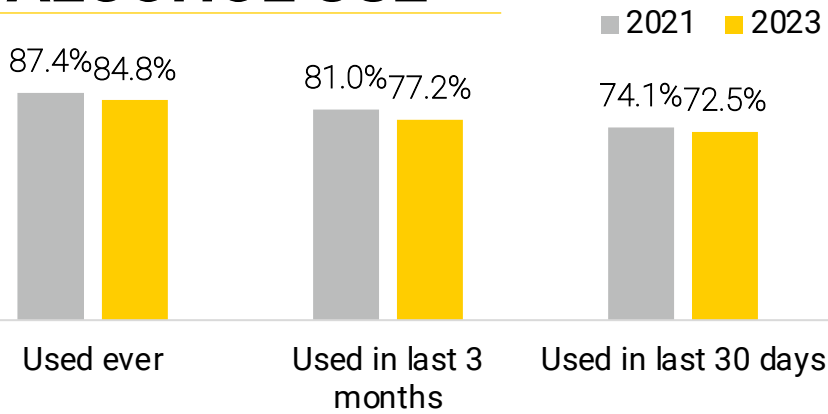
54.3% agree that the campus climate encourages free and open discussion about student health and well-being

(2021: 48.9%)

49.1% feel we are a campus where we look out for each other



# ALCOHOL USE



## High-Risk Drinking\*

**23.7%** of all graduate and professional respondents and **37.1%** of graduate and professional students who reported alcohol use in the last two weeks have had at least one instance of high-risk drinking in that time frame.

(2021: 25.3%, 38.1%)

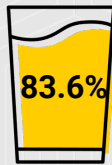
\*(females: 4+ drinks / males: 5+ drinks)

## Number of Drinks\*



average number of drinks last time they drank alcohol in a social setting  
(2021: 2.8)

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



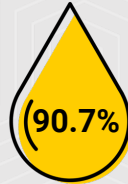
of students drank 4 or fewer drinks the last time they drank alcohol in a social setting  
(2021: 82.2%)

## Blood Alcohol Concentration\*



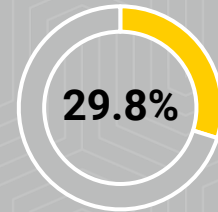
average blood alcohol concentration (BAC)  
(2021: 0.03)

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



of students had an average BAC of <0.08  
(2021: 90.4%)

## Negative Consequences



of graduate and professional students who used alcohol in the last 12 months experienced at least one negative consequence from their use.  
(2021: 31.8%)

- Brownout: **17.3%**  
(2021: 19.6%)
- Did something regretted: **16.5%**  
(2021: 16.4%)
- Unprotected sex: **7.5%**  
(2021: 9.6%)
- Blackout: **6.9%**  
(2021: 7.5%)
- Physically injured self: **2.7%**  
(2021: 3.7%)

## Other Statistics



**1.6%**

reported that their alcohol use negatively impacted their academics in the last 12 months  
(2021: 1.6%)



**19.6%**

reported driving after drinking\*  
(2021: 18.6%)



**23.6%**

reported drinking to get drunk the last time they drank\*\*  
(2021: 23.3%)



**24.4%**

reported getting drunk the last time they drank\*\*  
(2021: 24.1%)



**1.7%**

are in recovery from at least one substance  
(2021: 2.0%)

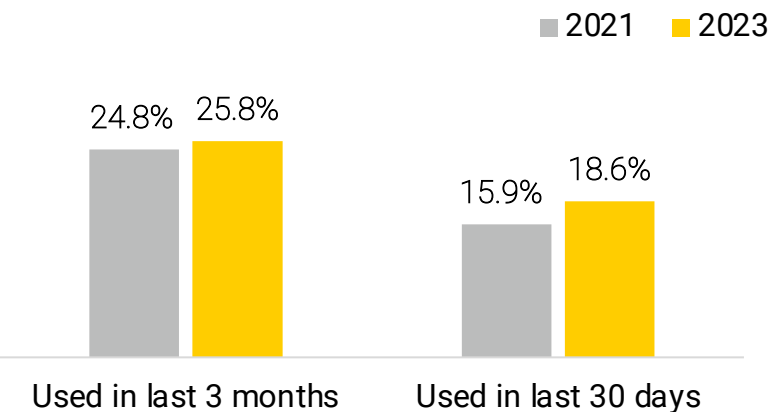
\*of those who have used alcohol in the last 30 days

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



# OTHER SUBSTANCE USE

## Cannabis

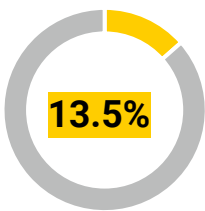


**22.8%** of graduate and professional students reporting cannabis use in the last 30 days have driven within 6 hours of use at least once.  
(2021: 29.5%)



**0.6%** of all graduate and professional student respondents reported that cannabis had negatively impacted their academics in the last 12 months.  
(2021: 1.1%)

## Nicotine

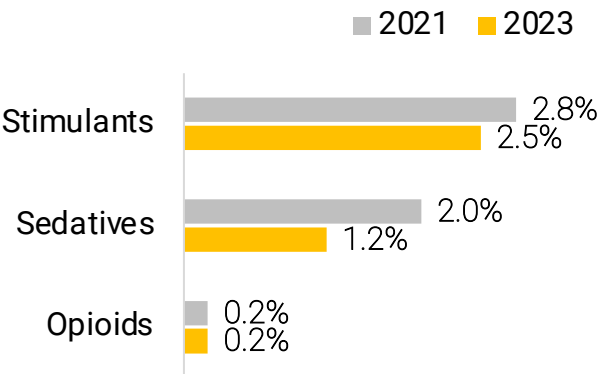


have used at least one nicotine product in the last 3 months  
(2021: 13.2%)

Nicotine products used in the last 3 months:

- E-cigarettes or Other Vape Products: **8.6%**  
(2021: 6.0%)
- Cigarettes: **5.6%**  
(2021: 4.5%)
- Cigars: **1.8%**  
(2021: 2.1%)
- Hookah: **1.2%**  
(2021: 0.8%)
- Chewing/Smokeless Tobacco: **1.1%**  
(2021: 1.3%)

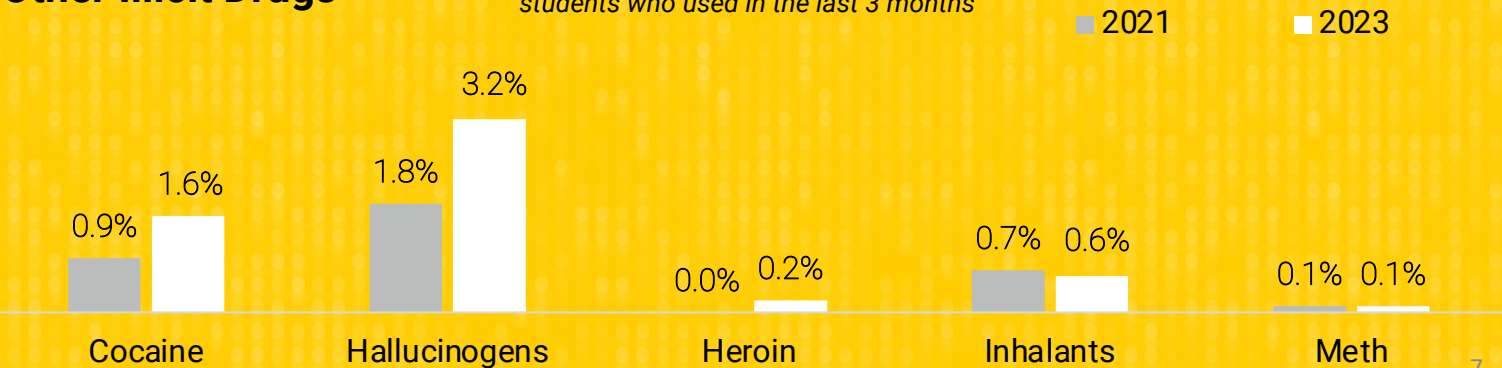
## Illegal Use of Prescription Drugs\*



*\*percent of UI graduate and professional students who used in the last 3 months*

## Other Illicit Drugs\*

*\*percent of UI graduate and professional students who used in the last 3 months*





# NUTRITION

## Average Daily Fruit & Vegetable Intake



19.5%

of students reported eating 3+ servings of fruit per day in the last 7 days. (2021: 21.0%)



34.7%

of students reported eating 3+ servings of vegetables per day in the last 7 days. (2021: 41.8%)

### Beverages

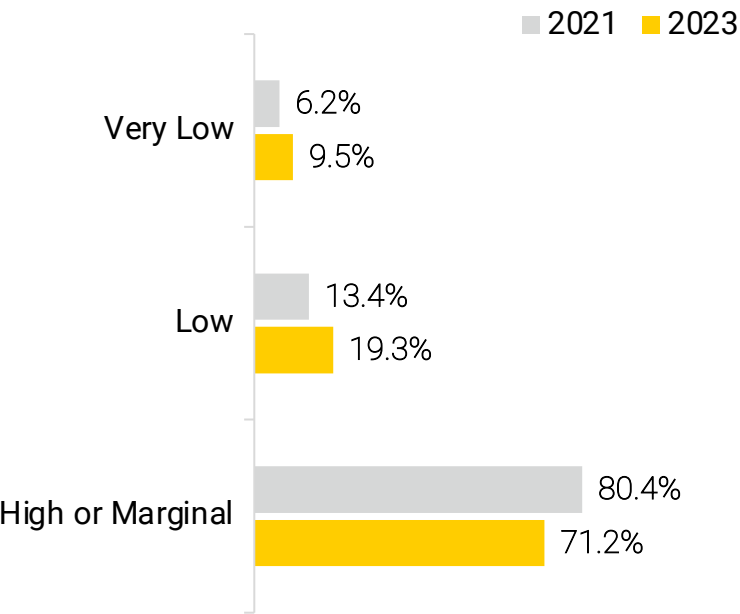
56.2% drink 1+ sweetened beverage per day\*\* (2021: 48.3%)

12.3% have had energy drinks/shots at least 5 days in the last month (2021: 6.2%)

\*\*last 7 days

# FOOD SECURITY\*

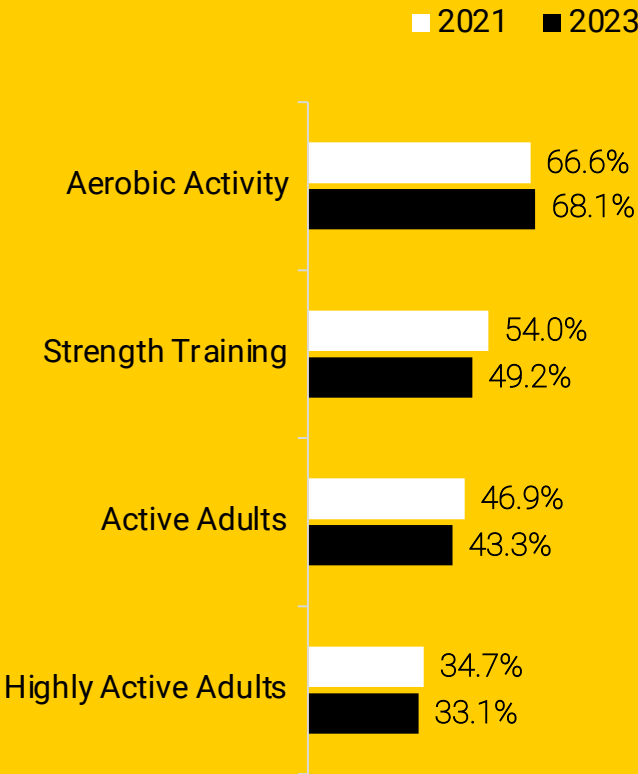
## USDA Food Security Index



\*last 30 days of having access to enough food for an active, healthy life

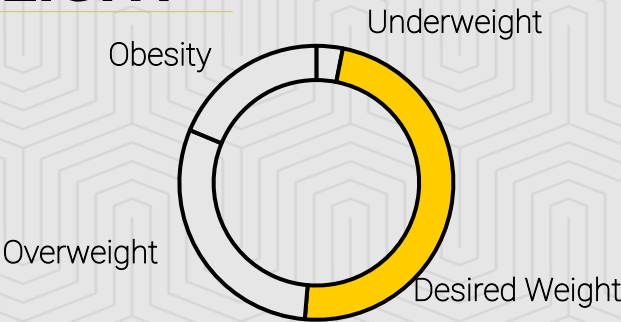
# PHYSICAL ACTIVITY

## 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



48.2% of UI graduate and professional students are in the desired weight range (BMI of 18.5-24.9), with an average BMI of 26.0.  
47.2% are trying to lose weight. (2021: 53.9%, 25.6, 51.0%)



# MENTAL HEALTH

## Psychological Distress

On the Kessler-6, **52.3%** and **12.0%** of students reported moderate and serious psychological distress, respectively. (2021: 51.1%, 14.6%)

## Self-Harm

**5.4%** of graduate and professional students have attempted self-injury and **0.8%** have attempted suicide in the last 12 months. (2021: 4.5%, 0.6%)

## Conditions

**17.8%** of graduate and professional students reported having one mental health condition (2021: 15.0%), and **31.1%** reported having two or more (2021: 28.2%).

Top conditions ever diagnosed include:

Anxiety: **38.5%**

Depression: **29.2%**

ADD/ADHD: **12.0%**

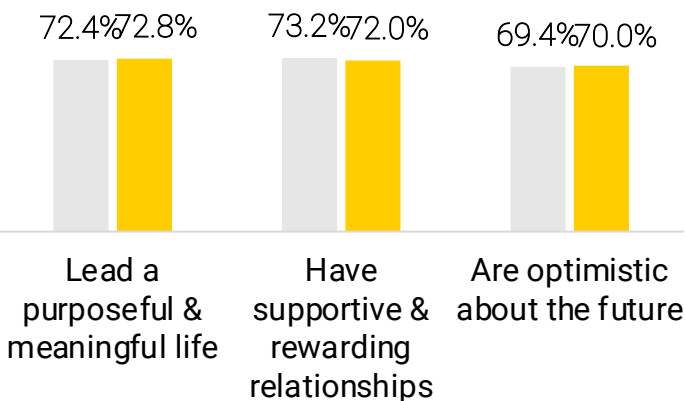
## Services

**64.4%** reported receiving psychological or mental health services in their lifetime, and **42.8%** reported using them in the last 12 months (2021: 59.7%, 36.6%).

Of those who have received services in the last 12 months, **41.5%** reported receiving on campus services (2021: 43.1%).

## Flourishing\*

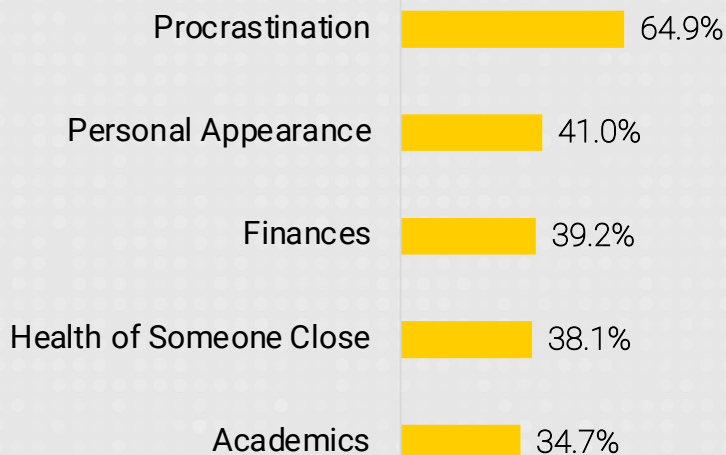
■ 2021 ■ 2023



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

# STRESS

## Top Stressors (last 12 months)



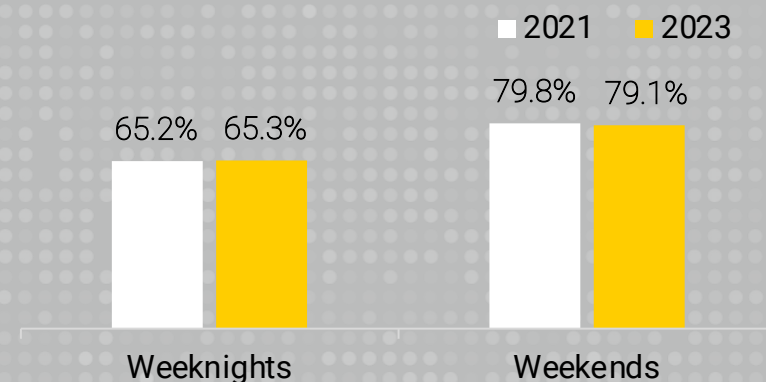
**90.1%** reported at least one thing (of 18) to be difficult or challenging, with the average graduate and professional student reporting experiencing **4.3** challenges/stressors in the last 12 months. (2021: 89.6%, 4.0)



**75.7%** of UI graduate and professional students reported a moderate or high stress level in the last 30 days. (2021: 77.5%)

# SLEEP

## Percent of Students Who Get 7-9 Hours of Sleep Each Night



**67.9%** of students feel tired or sleepy 3+ days/week (2021: 66.8%)



**50.6%** nap at least once a week (2021: 52.8%)



# VIOLENCE\*

## Intimate Partner Violence

**7.8%** were called names, insulted or put down.  
(2021: 8.8%)

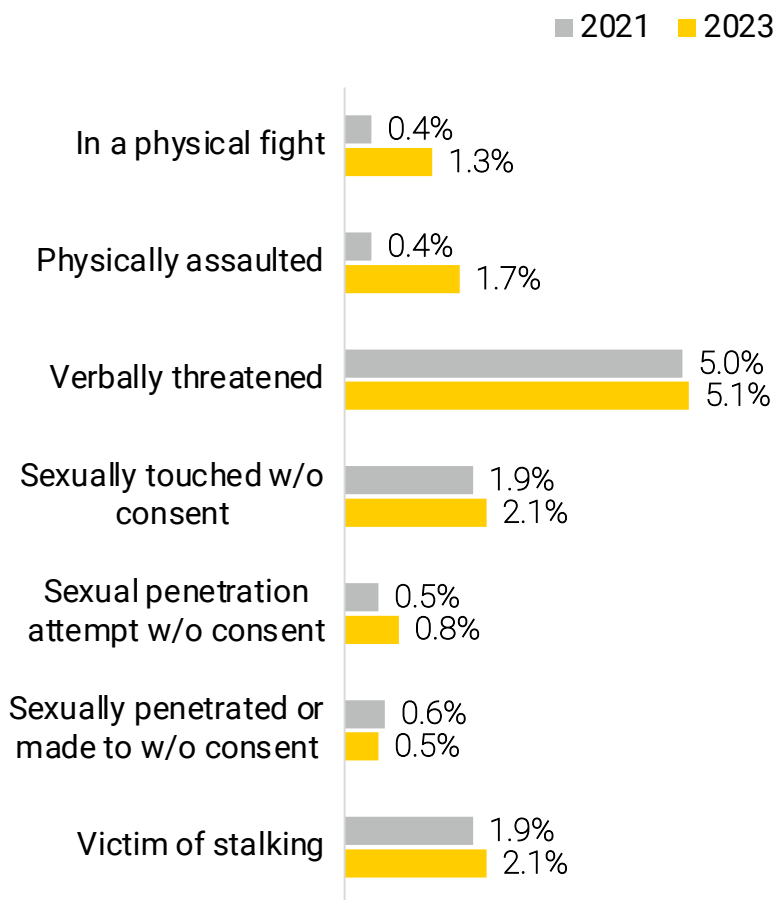
**2.7%** had partner(s) who insisted on knowing who they were with and where they were or who tried to limit contact with family/friends.  
(2021: 2.2%)

**1.3%** were pushed, grabbed, shoved, slapped, kicked, bit, choked or hit without consent.  
(2021: 1.8%)

**0.4%** were forced into unwanted sexual contact by being held down or hurt in some way.  
(2021: 0.4%)

**0.8%** were pressured into unwanted sexual contact by threats, coercion, alcohol or other drugs.  
(2021: 1.0%)

## Violence Outside Intimate Relationships



\*last 12 months

# SEXUAL HEALTH

	Had Sex in Last 30 Days	Mostly/Always Used Barrier*
Vaginal	54.8%	32.0%
Oral	47.5%	2.4%
Anal	4.1%	20.9%

Average number of sexual partners in the last 12 months\*: **1.5**  
(2021: 1.6)

**6.1%** have used emergency contraception in the last 12 months\*

**0.9%** experienced unintentional pregnancy in the last 12 months\*

**33.4%** have ever been tested for HIV  
(2021: 35.3%)

**82.9%** used pregnancy prevention the last time they had vaginal intercourse\*  
(2021: 86.4%)

Top pregnancy prevention methods\*:

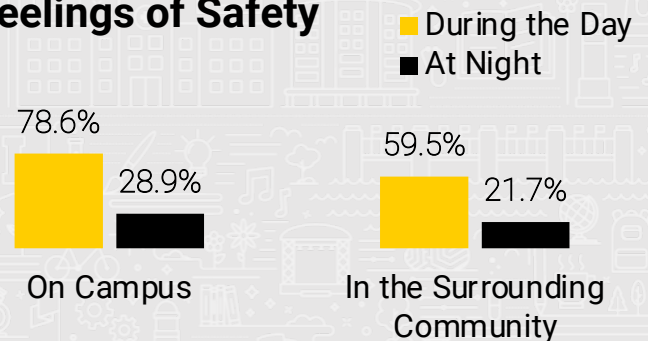
External condoms: **38.1%**

Birth control pills: **35.8%**

\*among sexually active students

# SAFETY

## Feelings of Safety



## Behaviors

**Mostly or Always Wear a Helmet\*:**

Motorcycle or scooter: **62.7%**

Bicycle: **67.5%**

\*last 12 months; of those who have ridden

**Driving:**

While texting/emailing/using apps\*\*: **57.4%**

Had an accident\*\*\*: **6.3%**

\*\*last 2 weeks; of those who have driven 10

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