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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.
**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

*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%)

CAMPUS CULTURE*

69.5% feel like they belong at the university
(2021: 72.5%)

50.2% feel that student health and well-being is a priority
(2021: 54.1%)

54.3% agree that the campus climate encourages free and open discussion about student health and well-being
(2021: 56.1%)

49.1% feel we are a campus where we look out for each other
(2021: 48.9%)

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

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

<table>
<thead>
<tr>
<th>Used ever</th>
<th>Used in last 3 months</th>
<th>Used in last 30 days</th>
</tr>
</thead>
<tbody>
<tr>
<td>87.4%</td>
<td>81.0%</td>
<td>74.1%</td>
</tr>
</tbody>
</table>

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)
- 83.6% 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)
- 90.7% of students had an average BAC of <0.08 (2021: 90.4%)

Negative Consequences

- 29.8% 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%)

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%)

*(females: 4+ drinks / males: 5+ drinks)
**of those who have used alcohol in the last 3 months
**OTHER SUBSTANCE USE**

**Cannabis**

<table>
<thead>
<tr>
<th></th>
<th>2021</th>
<th>2023</th>
</tr>
</thead>
<tbody>
<tr>
<td>Used in last 3 months</td>
<td>24.8%</td>
<td>25.8%</td>
</tr>
<tr>
<td>Used in last 30 days</td>
<td>15.9%</td>
<td>18.6%</td>
</tr>
</tbody>
</table>

- **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**

- **13.5%** 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***

<table>
<thead>
<tr>
<th></th>
<th>2021</th>
<th>2023</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stimulants</td>
<td></td>
<td>2.8%</td>
</tr>
<tr>
<td>Sedatives</td>
<td>1.2%</td>
<td>2.0%</td>
</tr>
<tr>
<td>Opioids</td>
<td>0.2%</td>
<td>0.2%</td>
</tr>
</tbody>
</table>

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

**Other Illicit Drugs***

<table>
<thead>
<tr>
<th></th>
<th>2021</th>
<th>2023</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cocaine</td>
<td>0.9%</td>
<td>1.6%</td>
</tr>
<tr>
<td>Hallucinogens</td>
<td>1.8%</td>
<td>3.2%</td>
</tr>
<tr>
<td>Heroin</td>
<td>0.0%</td>
<td>0.2%</td>
</tr>
<tr>
<td>Inhalants</td>
<td>0.7%</td>
<td>0.6%</td>
</tr>
<tr>
<td>Meth</td>
<td>0.1%</td>
<td>0.1%</td>
</tr>
</tbody>
</table>
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%)

FOOD SECURITY*

USDA Food Security Index

- 6.2% Very Low
- 13.4% Low
- 80.4% High or Marginal

PHYSICAL ACTIVITY

Percent of Students Meeting Recommendations*

- Aerobic Activity: 2021 - 66.6%, 2023 - 68.1%
- Strength Training: 2021 - 54.0%, 2023 - 49.2%
- Active Adults: 2021 - 46.9%, 2023 - 43.3%
- Highly Active Adults: 2021 - 34.7%, 2023 - 33.1%

* last 7 days
** last 30 days

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%)

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

SLEEP

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

<table>
<thead>
<tr>
<th></th>
<th>2021</th>
<th>2023</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weeknights</td>
<td>65.2%</td>
<td>65.3%</td>
</tr>
<tr>
<td>Weekends</td>
<td>79.8%</td>
<td>79.1%</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Activity</th>
<th>2021</th>
<th>2023</th>
</tr>
</thead>
<tbody>
<tr>
<td>In a physical fight</td>
<td>0.4%</td>
<td>1.3%</td>
</tr>
<tr>
<td>Physically assaulted</td>
<td>0.4%</td>
<td>1.7%</td>
</tr>
<tr>
<td>Verbally threatened</td>
<td></td>
<td>5.0%</td>
</tr>
<tr>
<td>Sexually touched w/o consent</td>
<td>1.9%</td>
<td>2.1%</td>
</tr>
<tr>
<td>Sexual penetration attempt w/o consent</td>
<td>0.5%</td>
<td>0.8%</td>
</tr>
<tr>
<td>Sexually penetrated or made to w/o consent</td>
<td>0.6%</td>
<td>0.5%</td>
</tr>
<tr>
<td>Victim of stalking</td>
<td>1.9%</td>
<td>2.1%</td>
</tr>
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</table>

SEXYUAL HEALTH

<table>
<thead>
<tr>
<th>Activity</th>
<th>Mostly/Always Used Barrier*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vaginal</td>
<td>54.8%</td>
</tr>
<tr>
<td>Oral</td>
<td>47.5%</td>
</tr>
<tr>
<td>Anal</td>
<td>4.1%</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Activity</th>
<th>During the Day</th>
<th>At Night</th>
</tr>
</thead>
<tbody>
<tr>
<td>On Campus</td>
<td>78.6%</td>
<td>28.9%</td>
</tr>
<tr>
<td>In the Surrounding Community</td>
<td>59.5%</td>
<td>21.7%</td>
</tr>
</tbody>
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Behaviors

Mostly or Always Wear a Helmet*: Motorcycle or scooter: 62.7% Bicycle: 67.5%

Driving:
While texting/emailing/using apps**: 57.4%
Had an accident***: 6.3%

*last 12 months; of those who have ridden
**last 2 weeks; of those who have driven
***last 12 months; of those who have driven