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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.

1,882 University of Iowa undergraduates completed the survey, for a response rate of 9.3%.

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 UNDERGRADUATE SAMPLE*
University of Iowa (UI) undergraduate students are...

- more likely to feel they belong at their university
- more likely to meet the physical activity guidelines
- more likely to report high or marginal food security
- more likely to get 7-9 hours of sleep on weeknights

- more likely to text/email while driving
- less likely to report feeling very safe on campus and in the surrounding community at night
- more likely to have used alcohol, cannabis, and tobacco/nicotine in the last 3 months
- more likely to report high risk drinking

*compared to spring 2022 national sample of undergraduate students (54,204 students from 129 schools)

TO UI GRADUATE & PROFESSIONAL STUDENTS
UI undergraduate students are...

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

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

88.3% of 2023 UI undergraduate students report being in good, very good, or excellent health
(2021: 90.3%)

ACADEMIC IMPEDIMENTS*

<table>
<thead>
<tr>
<th>Condition</th>
<th>2023 Percentage</th>
<th>2021 Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Procrastination</td>
<td>50.5%</td>
<td>53.6%</td>
</tr>
<tr>
<td>Stress</td>
<td>44.6%</td>
<td>45.3%</td>
</tr>
<tr>
<td>Anxiety</td>
<td>40.4%</td>
<td>37.4%</td>
</tr>
<tr>
<td>Chronic Health Condition(s)</td>
<td>32.5%</td>
<td>29.7%</td>
</tr>
<tr>
<td>Depression</td>
<td>26.6%</td>
<td>28.0%</td>
</tr>
<tr>
<td>Sleep</td>
<td>23.9%</td>
<td>24.5%</td>
</tr>
<tr>
<td>Cold/Virus or Other Respiratory Illness</td>
<td>21.9%</td>
<td>8.4%</td>
</tr>
<tr>
<td>ADHD</td>
<td>14.4%</td>
<td>12.2%</td>
</tr>
<tr>
<td>Headaches/Migraines</td>
<td>13.3%</td>
<td>14.1%</td>
</tr>
<tr>
<td>Upper Respiratory Illness</td>
<td>12.5%</td>
<td>4.4%</td>
</tr>
</tbody>
</table>

*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"

72.0% feel like they belong at the university

44.8% feel that student health and well-being is a priority

56.1% agree that the campus climate encourages free and open discussion about student health and well-being

41.7% feel we are a campus where we look out for each other

(2021: 73.4%)
(2021: 42.9%)
(2021: 57.7%)
(2021: 42.6%)
# Alcohol Use

<table>
<thead>
<tr>
<th></th>
<th>2021</th>
<th>2023</th>
</tr>
</thead>
<tbody>
<tr>
<td>Used ever</td>
<td>81.5%</td>
<td>81.3%</td>
</tr>
<tr>
<td>Used in last 3 months</td>
<td>77.3%</td>
<td>77.5%</td>
</tr>
<tr>
<td>Used in last 30 days</td>
<td>68.5%</td>
<td>70.3%</td>
</tr>
</tbody>
</table>

### Number of Drinks*

- **Average number of drinks last time they drank alcohol in a social setting**
  - 2021: 3.9 drinks
  - 2023: 4.1 drinks
- **49.3%** of students drank 4 or fewer drinks the last time they drank alcohol in a social setting (2021: 67.8%)

### Blood Alcohol Concentration*

- **Average blood alcohol concentration (BAC)**
  - 2021: 0.06
- **71.5%** of students had an average BAC of <0.08 (2021: 73.4%)

### High-Risk Drinking*

- **39.9%** of all undergraduate respondents and **67.9%** of undergraduate 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: 33.0%, 58.2%)

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

### Negative Consequences

- **49.3%** of undergraduate students who used alcohol in the last 12 months experienced at least one negative consequence from their use.
  - (2021: 43.7%)

- **Brownout:** 34.2%
  - (2021: 27.3%)
- **Did something regretted:** 29.3%
  - (2021: 25.2%)
- **Blackout:** 18.5%
  - (2021: 15.0%)
- **Unprotected sex:** 15.8%
  - (2021: 14.4%)
- **Physically injured self:** 11.7%
  - (2021: 8.4%)

### Other Statistics*

- **4.0%** reported that their alcohol use negatively impacted their academics (2021: 2.9%)
- **9.8%** reported driving after drinking in the last 30 days (2021: 9.9%)
- **46.4%** reported ever using a fake ID (2021: 34.3%)
- **54.9%** reported drinking to get drunk the last time they drank* (2021: 47.3%)
- **53.0%** reported getting drunk the last time they drank* (2021: 46.0%)
- **1.6%** are in recovery from at least one substance (2021: 0.8%)

*Of those who have used alcohol in the last 3 months
**OTHER SUBSTANCE USE**

**Cannabis**

- **Used in last 3 months**  
  - 2021: 35.0%  
  - 2023: 36.0%  

- **Used in last 30 days**  
  - 2021: 23.4%  
  - 2023: 27.0%

**Nicotine**

- **30.1%** have used at least one nicotine product in the last 3 months  
  (2021: 25.6%)

**Nicotine products used in the last 3 months:**
- E-cigarettes or Other Vape Products: **26.0%**  
  (2021: 21.9%)
- Cigarettes: **11.3%**  
  (2021: 8.3%)
- Cigars: **2.8%**  
  (2021: 3.2%)
- Chewing/Smokeless Tobacco: **1.8%**  
  (2021: 1.9%)
- Hookah: **1.3%**  
  (2021: 1.5%)

**Illegal Use of Prescription Drugs***

- **Stimulants**  
  - 2021: 4.1%  
  - 2023: 4.0%
- **Sedatives**  
  - 2021: 2.1%  
  - 2023: 1.2%
- **Opioids**  
  - 2021: 0.6%  
  - 2023: 1.3%

*percent of UI undergraduate students who used in the last 3 months

**Other Illicit Drugs***

- **Cocaine**  
  - 2021: 2.4%  
  - 2023: 1.4%
- **Hallucinogens**  
  - 2021: 4.1%  
  - 2023: 2.8%
- **Heroin**  
  - 2021: 0.0%  
  - 2023: 0.1%
- **Inhalants**  
  - 2021: 0.7%  
  - 2023: 0.4%
- **Meth**  
  - 2021: 0.0%  
  - 2023: 0.2%

*percent of UI undergraduate students who used in the last 3 months

---

26.9% of undergraduate students reporting cannabis use in the last 30 days have driven within 6 hours of use at least once.  
(2021: 35.5%)

2.4% of all undergraduate student respondents reported that cannabis had negatively impacted their academics in the last 12 months.  
(2021: 2.6%)

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*E-cigarette or Other Vape Product Use*  
(2021: 21.9%)  
(2023: 26.0%)

*Illegal Use of Prescription Drugs*  
- **Stimulants**  
  - 2021: 4.1%  
  - 2023: 4.0%
- **Sedatives**  
  - 2021: 2.1%  
  - 2023: 1.2%
- **Opioids**  
  - 2021: 0.6%  
  - 2023: 1.3%

*percent of UI undergraduate students who used in the last 3 months

---

Other Illicit Drugs*  
- **Cocaine**  
  - 2021: 2.4%  
  - 2023: 1.4%
- **Hallucinogens**  
  - 2021: 4.1%  
  - 2023: 2.8%
- **Heroin**  
  - 2021: 0.0%  
  - 2023: 0.1%
- **Inhalants**  
  - 2021: 0.7%  
  - 2023: 0.4%
- **Meth**  
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  - 2023: 0.2%

*percent of UI undergraduate students who used in the last 3 months

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(2021: 35.5%)

2.4% of all undergraduate student respondents reported that cannabis had negatively impacted their academics in the last 12 months.  
(2021: 2.6%)
**NUTRITION**

**Average Daily Fruit & Vegetable Intake**

- **18.4%** of students reported eating 3+ servings of fruit per day in the last 7 days. (2021: 22.9%)
- **25.2%** of students reported eating 3+ servings of vegetables per day in the last 7 days. (2021: 31.3%)

**Beverages**

- **72.5%** drink 1+ sweetened beverage per day**  
  (2021: 64.2%)
- **20.5%** have had energy drinks/shots at least 5 days in the last month  
  (2021: 9.0%)

**FOOD SECURITY***

**USDA Food Security Index**

<table>
<thead>
<tr>
<th>Level</th>
<th>2021</th>
<th>2023</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very Low</td>
<td>9.5%</td>
<td>16.6%</td>
</tr>
<tr>
<td>Low</td>
<td>19.5%</td>
<td>22.3%</td>
</tr>
<tr>
<td>High or Marginal</td>
<td>71.0%</td>
<td>61.1%</td>
</tr>
</tbody>
</table>

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

**PHYSICAL ACTIVITY**

**Percent of Students Meeting Recommendations***

<table>
<thead>
<tr>
<th>Activity</th>
<th>2021</th>
<th>2023</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aerobic Activity</td>
<td>67.7%</td>
<td>76.1%</td>
</tr>
<tr>
<td>Strength Training</td>
<td>55.1%</td>
<td>53.7%</td>
</tr>
<tr>
<td>Active Adults</td>
<td>47.7%</td>
<td>49.7%</td>
</tr>
<tr>
<td>Highly Active Adults</td>
<td>35.2%</td>
<td>38.4%</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

**WEIGHT**

- **61.6%** of UI undergraduate students are in the desired weight range (BMI of 18.5-24.9), with an average BMI of **24.5**  
  (2021: 63.3%, 24.55, 50.5%)
- **46.8%** are trying to lose weight.
MENTAL HEALTH

Psychological Distress
On the Kessler-6, 52.8% and 19.4% of students reported moderate and serious psychological distress, respectively. (2021: 52.8%, 21.7%)

Self-Harm
11.7% of undergraduate students have attempted self-injury and 2.3% have attempted suicide in the last 12 months. (2021: 10.6%, 2.0%)

Conditions
15.4% of undergraduate students reported having one mental health condition (2021: 13.0%), and 34.3% reported having two or more (2021: 29.1%).

Top conditions ever diagnosed include:
Anxiety: 41.7%
Depression: 30.1%
ADD/ADHD: 13.5%

Services
55.6% reported receiving psychological or mental health services in their lifetime, and 37.8% reported using them in the last 12 months (2021: 50.1%, 33.1%).
Of those who have received services in the last 12 months, 34.9% reported receiving on campus services (2021: 41.3%).

Flourishing*
76.4% of students feel tired or sleepy 3+ days/week (2021: 73.0%)
59.0% nap at least once a week (2021: 57.7%)

STRESS

Top stressors (last 12 months)

<table>
<thead>
<tr>
<th>Stressor</th>
<th>2021</th>
<th>2023</th>
</tr>
</thead>
<tbody>
<tr>
<td>Procrastination</td>
<td></td>
<td>76.0%</td>
</tr>
<tr>
<td>Personal Appearance</td>
<td></td>
<td>59.4%</td>
</tr>
<tr>
<td>Academics</td>
<td></td>
<td>47.9%</td>
</tr>
<tr>
<td>Finances</td>
<td></td>
<td>43.0%</td>
</tr>
<tr>
<td>Health of Someone Close</td>
<td></td>
<td>40.1%</td>
</tr>
</tbody>
</table>

93.8% reported at least one thing (of 18) to be difficult or challenging, with the average undergraduate student reporting experiencing 5.1 challenges/stressors in the last 12 months. (2021: 92.7%, 4.8)

79.3% of UI undergraduate students reported a moderate or high stress level in the last 30 days. (2021: 78.8%)

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>69.5%</td>
<td>68.9%</td>
</tr>
<tr>
<td>Weekends</td>
<td>72.9%</td>
<td>75.3%</td>
</tr>
</tbody>
</table>

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

### Intimate Partner Violence

- **10.0%** were called names, insulted or put down. (2021: 9.0%)

- **5.2%** had partner(s) who insisted on knowing who they were with and where they were or who tried to limit contact with family/friends. (2021: 5.0%)

- **2.7%** were pushed, grabbed, shoved, slapped, kicked, bit, choked or hit without consent. (2021: 2.4%)

- **1.2%** were forced into unwanted sexual contact by being held down or hurt in some way. (2021: 1.3%)

- **3.5%** were pressured into unwanted sexual contact by threats, coercion, alcohol or other drugs. (2021: 2.8%)

### Violence Outside Intimate Relationships

#### 2021  2023

<table>
<thead>
<tr>
<th>Behavior</th>
<th>2021</th>
<th>2023</th>
</tr>
</thead>
<tbody>
<tr>
<td>In a physical fight</td>
<td>1.9%</td>
<td>2.2%</td>
</tr>
<tr>
<td>Physically assaulted</td>
<td>1.8%</td>
<td>2.0%</td>
</tr>
<tr>
<td>Verbally threatened</td>
<td>8.8%</td>
<td>11.3%</td>
</tr>
<tr>
<td>Sexually touched w/o consent</td>
<td>5.8%</td>
<td>9.3%</td>
</tr>
<tr>
<td>Sexual penetration attempt w/o consent</td>
<td>2.6%</td>
<td>2.7%</td>
</tr>
<tr>
<td>Sexually penetrated or made to w/o consent</td>
<td>1.9%</td>
<td>2.2%</td>
</tr>
<tr>
<td>Victim of stalking</td>
<td>3.2%</td>
<td>3.4%</td>
</tr>
</tbody>
</table>

**SEXUAL HEALTH**

### Had Sex in Last 30 Days

<table>
<thead>
<tr>
<th>Type</th>
<th>Mostly/Always Used Barrier*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vaginal</td>
<td>41.0%</td>
</tr>
<tr>
<td>Oral</td>
<td>40.7%</td>
</tr>
<tr>
<td>Anal</td>
<td>2.8%</td>
</tr>
</tbody>
</table>

Average number of sexual partners in the last 12 months*: **2.0** (2021: 2.0)

- **17.7%** have used emergency contraception in the last 12 months* (2021: 14.2%)

- **0.6%** experienced unintentional pregnancy in the last 12 months*

- **13.5%** have ever been tested for HIV (2021: 16.2%)

- **88.4%** used pregnancy prevention the last time they had vaginal intercourse* (2021: 92.2%)

### Top pregnancy prevention methods*:
- Birth control pills: **53.4%**
- External condoms: **49.4%**

**SAFETY**

### Feelings of Safety

- **70.3%** During the Day
- **40.5%** At Night

### On Campus
- **70.3%** During the Day
- **40.5%** At Night

### In the Surrounding Community
- **14.4%** During the Day
- **8.6%** At Night

**Behaviors**

- **Mostly or Always Wear a Helmet***: Motorcycle or scooter: **46.1%**
  - Bicycle: **44.2%**

- **Driving**:
  - While texting/emailing/using apps**: **61.9%**
  - Had an accident***: **8.2%**

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

*among sexually active students