



**IOWA**

**THE UNIVERSITY OF IOWA**

**NATIONAL COLLEGE  
HEALTH ASSESSMENT**

***Undergraduate Student Summary***

**SPRING 2023**





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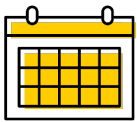
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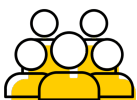




# Administration Information



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.



1,882 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](mailto: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\*



**Procrastination: 50.5%**  
(2021: 53.6%)



**Stress: 44.6%**  
(2021: 45.3%)



**Anxiety: 40.4%**  
(2021: 37.4%)



**Chronic Health Condition(s): 32.5%**  
(2021: 29.7%)



**Depression: 26.6%**  
(2021: 28.0%)



**Sleep: 23.9%**  
(2021: 24.5%)



**Cold/Virus or Other Respiratory Illness: 21.9%**  
(2021: 8.4%)



**ADHD: 14.4%**  
(2021: 12.2%)



**Headaches/Migraines: 13.3%**  
(2021: 14.1%)



**Upper Respiratory Illness: 12.5%**  
(2021: 4.4%)

*\*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: 73.4%)

72.0% feel like they belong at the university

(2021: 42.9%)

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

(2021: 57.7%)

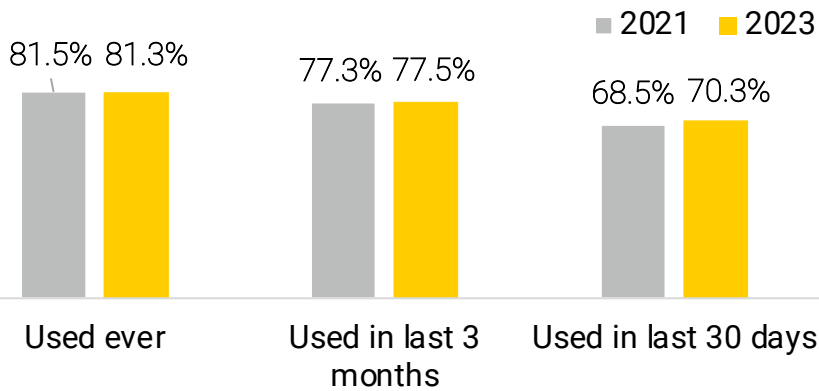
56.1% agree that the campus climate encourages free and open discussion about student health and well-being

(2021: 42.6%)

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



# ALCOHOL USE



## 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%)

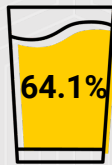
\*(females: 4+ drinks / males: 5+ drinks)

## Number of Drinks\*



average number of drinks last time they drank alcohol in a social setting  
(2021: 3.9)

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



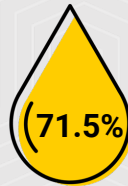
of students drank 4 or fewer drinks the last time they drank alcohol in a social setting  
(2021: 67.8%)

## Blood Alcohol Concentration\*



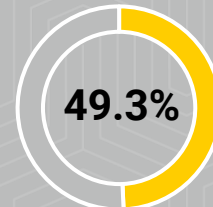
average blood alcohol concentration (BAC)  
(2021: 0.06)

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



of students had an average BAC of <0.08  
(2021: 73.4%)

## Negative Consequences



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\*



**53.0%**

reported getting drunk the last time they drank\*  
(2021: 46.0%)



**1.6%**

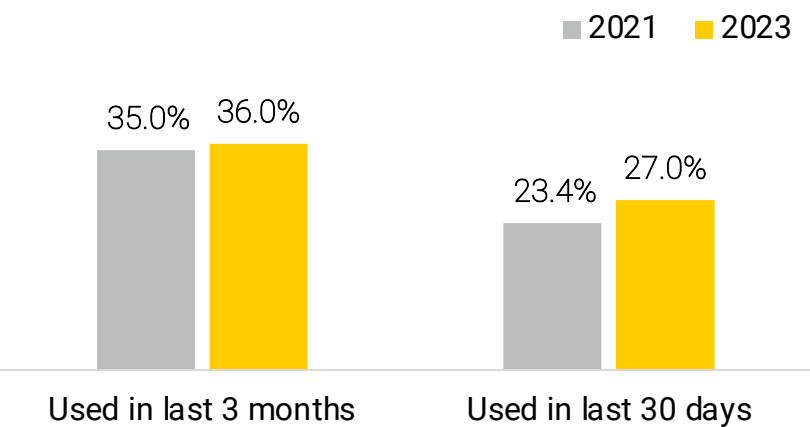
are in recovery from at least one substance  
(2021: 0.8%)

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



# OTHER SUBSTANCE USE

## Cannabis

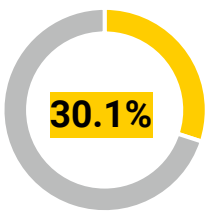


**26.9%** of undergraduate students reporting cannabis use in the last 30 days have driven within 6 hours of use at least once.  
(2021: 35.5%)



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

## Nicotine

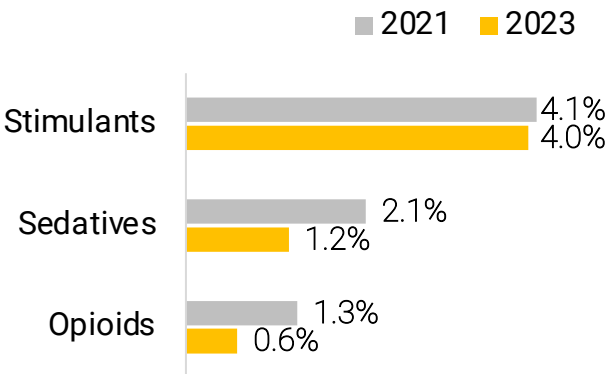


have used at least one nicotine product in the last 3 months  
(2021: 25.6%)

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%)

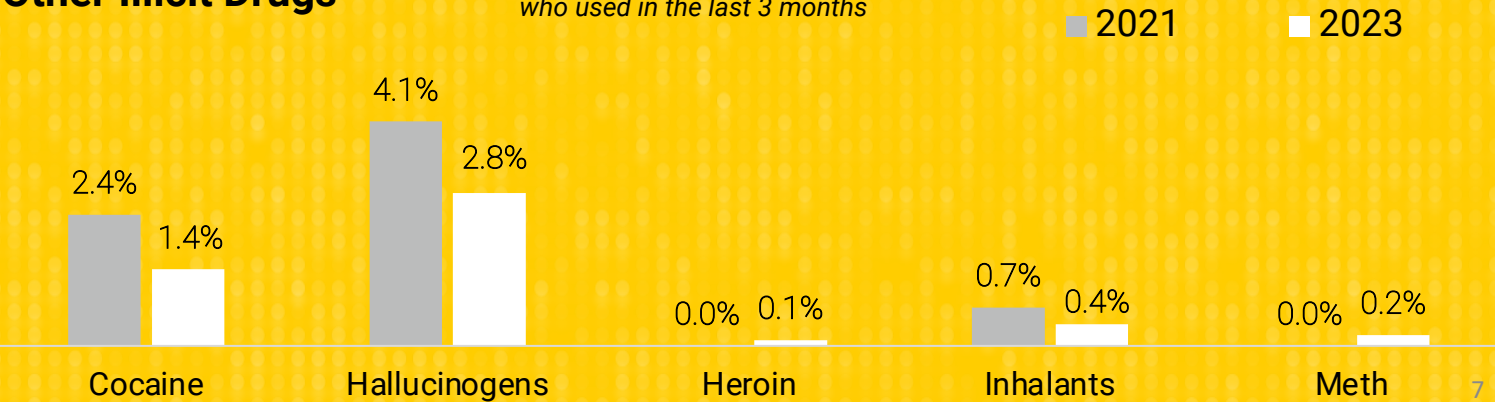
## Illegal Use of Prescription Drugs\*



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

## Other Illicit Drugs\*

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





# 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%)

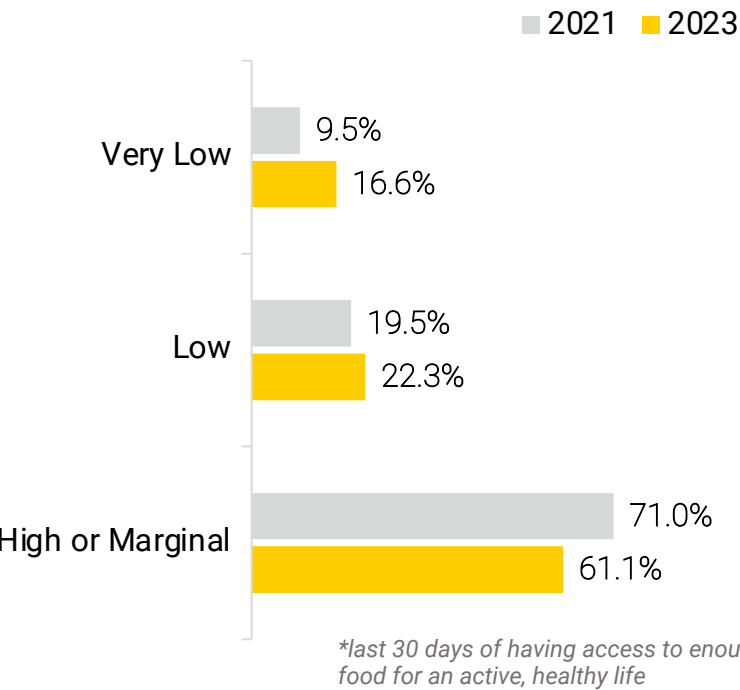
## Beverages

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%)

\*\*last 7 days

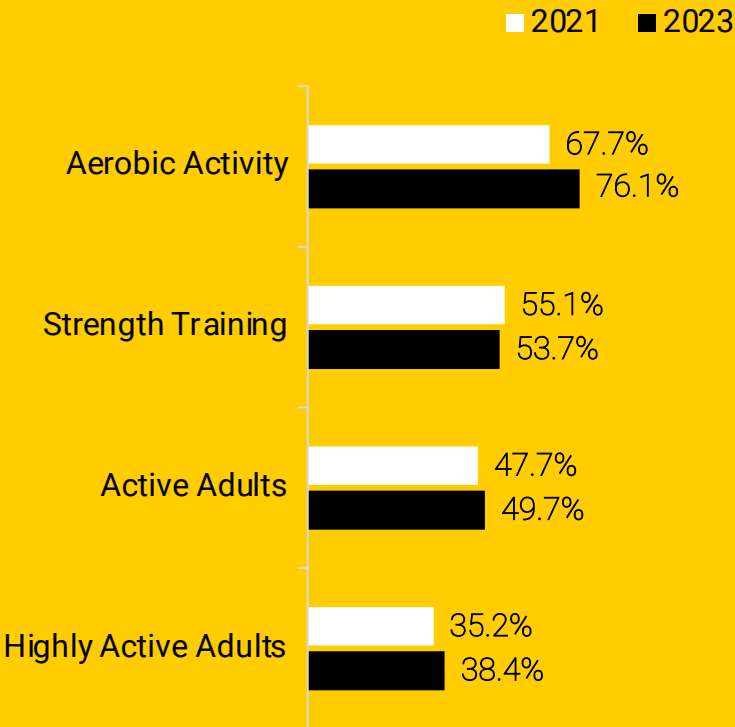
# FOOD SECURITY\*

## USDA Food Security Index



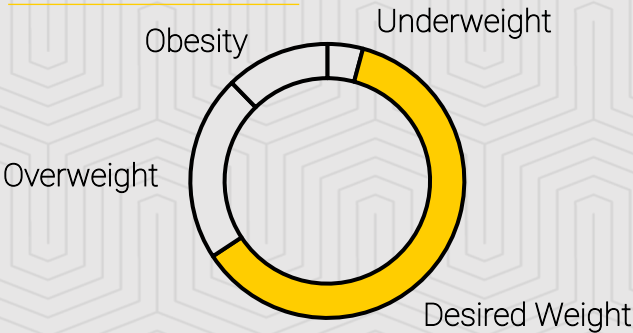
# PHYSICAL ACTIVITY

## 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



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. 46.8% are trying to lose weight. (2021: 63.3%, 24.55, 50.5%)



# 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%**

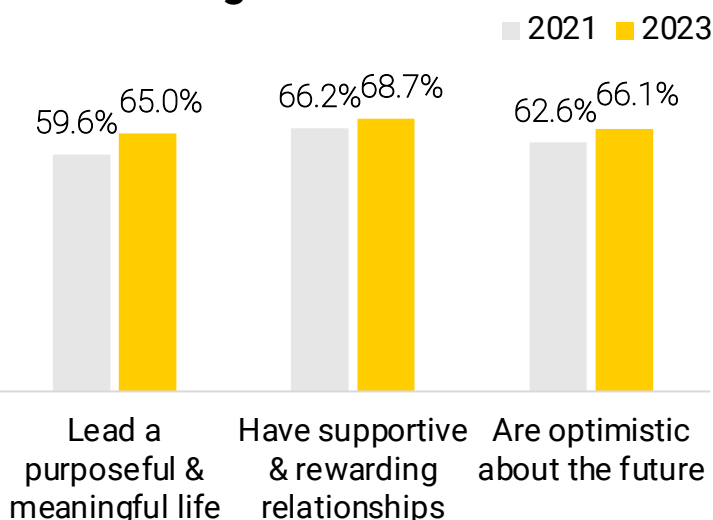
ADD/ADHD: **13.5%**

## 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%).

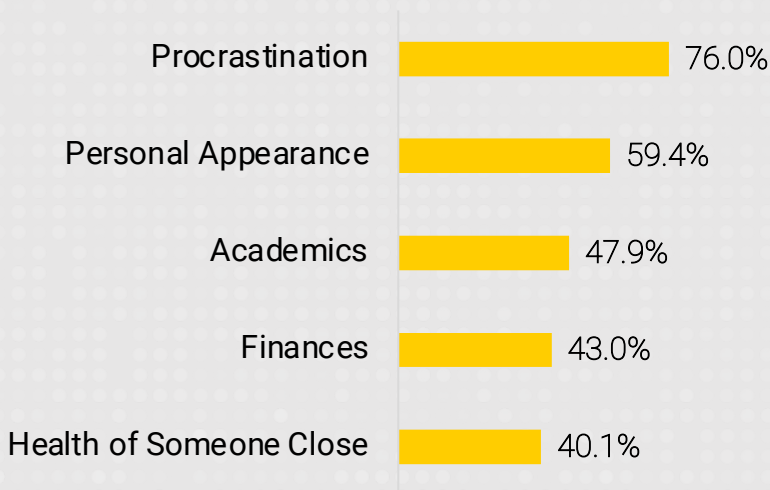
## Flourishing\*





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

# STRESS

## Top stressors (last 12 months)

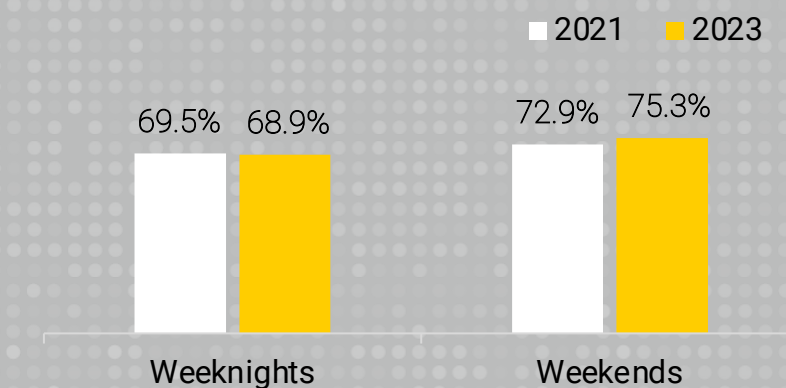



 **93.8%** reported at least one thing (of 18) to be difficult or challenging, with the average undergraduate student reporting experiencing **5.1** challenges/stressors in the last 12 months.  
(2021: 92.7%, 4.8)


 **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



 **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%)

# 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%)

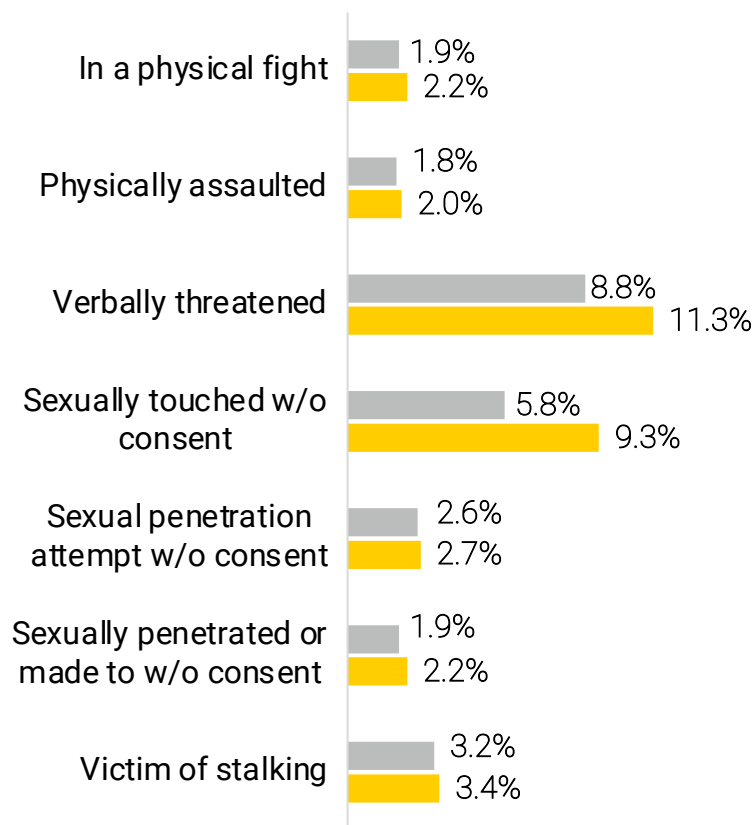
**2.7%** were pushed, grabbed, shoved, slapped, kicked, bit, choked or hit without consent.  
(2021: 2.4%)

**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



\*last 12 months

# SEXUAL HEALTH

	Had Sex in Last 30 Days	Mostly/Always Used Barrier*
Vaginal	41.0%	40.2%
Oral	40.7%	3.3%
Anal	2.8%	21.6%

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%**

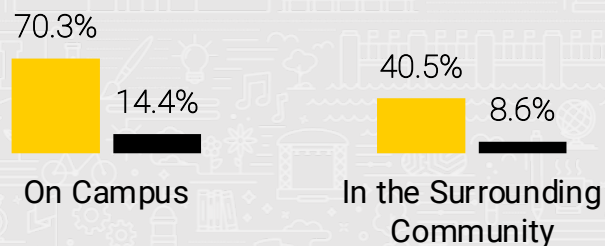
External condoms: **49.4%**

\*among sexually active students

# SAFETY

## Feelings of Safety

■ During the Day ■ At Night



## Behaviors

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

Motorcycle or scooter: **46.1%**

Bicycle: **44.2%**

\*last 12 months; of those who have ridden

**Driving:**

While texting/emailing/using apps\*\*: **61.9%**

Had an accident\*\*\*: **8.2%**

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

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