The National College Health Assessment

Spring 2013 Summary Report

A Summary of Health Behavior Data on UI Undergraduate Students

The American College Health Association's National College Health Assessment (NCHA) II instrument was used to survey a convenience sample of undergraduate students in the spring of 2013. Nine hundred thirty students completed surveys, indicating a response rate of 99%. The survey did not ask for any identifying information.

The ACHA-NCHA II survey allows us to compare our results with the national dataset including over 75,000 undergraduate students at institutions of higher education.

STUDENT HEALTH & WELLNESS

This report can be viewed online at:

Photographs courtesy of University Communication and Marketing Photography/University of Iowa.

UI Stats

ALCOHOL & DRUGS
30-Day Prevalence:
Alcohol: 75.4%
Tobacco: 20.1%
Marijuana: 28.6%

Mean eBAC: .10

SEXUAL BEHAVIOR
Average # of partners in past 12 months: 3

77% of sexually active students used a contraceptive the last time they had sex

SLEEP & STRESS
One-third of students report a problem with sleep

NUTRITION
4.0% of students eat an average of 5 or more servings of fruits and veggies per day

PHYSICAL ACTIVITY
53.6% of students meet the aerobic physical activity recommendation

a quick glance at the 2013 data

Comparison to College Students Nationwide*

Better Than National Rate
- UI students are more likely to report feeling very safe in the surrounding community
- UI students are less likely to report negative feelings (e.g., sad, hopeless, anxious, overwhelmed) or issues with sleep
- UI students are more likely to be at a healthy weight (BMI 18.5-24.9: 66.1% vs. 61.4%)

Worse Than National Rate
- UI students are less likely to wear a helmet when riding a bike or motorcycle
- UI students have more sexual partners on average (3 vs. 2.2)
- UI students are more likely to use marijuana, hookah and cigarettes in the past 30 days
- UI students are worse in regard to almost all alcohol measures including 30-day use (75.4% vs. 64.9%), high-risk drinking (58.7% vs. 35.6%), and percent of students going over the legal intoxication limit last time they drank (51.7% vs. 38.1%)

ACHA national dataset including over 75,000 students at institutions of higher education in Spring 2012.

Notable Changes Since 2012
* *The percent of students who drink alcohol and drink it in high risk ways decreased*
* *Marijuana, cigarette, & hookah use increased*
* *The percent of students who meet the physical activity recommendation for health decreased*

Health & Academic Issues

52.3% of UI students reported their health as very good or excellent.

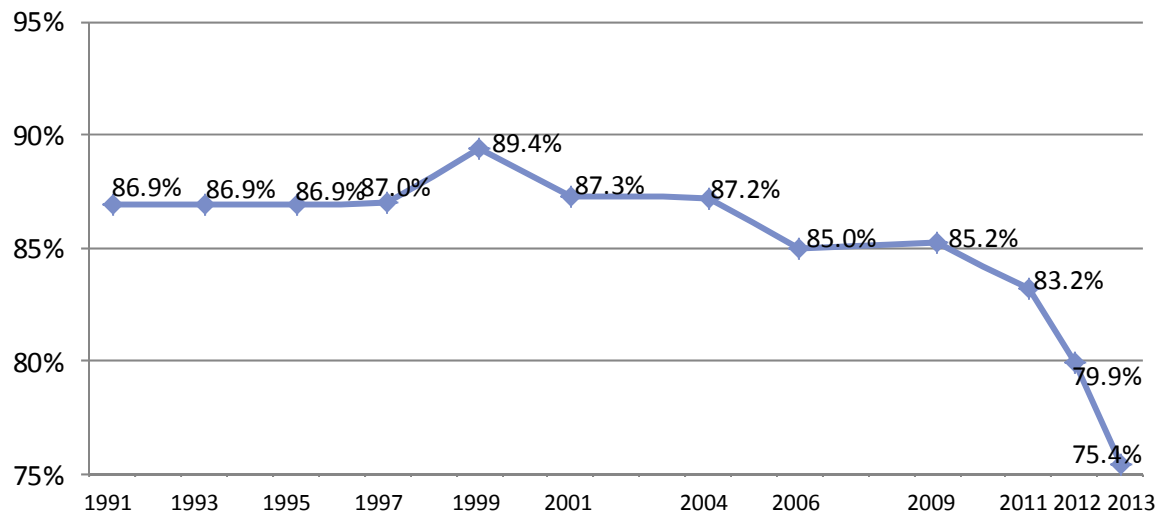*91.3% reported their health as good, very good or excellent*

Most Common Health Problems for Students*		
1	Allergies	18.9%
2	Sinus Infection	15.3%
3	Strep Throat	14.2%
4	Back Pain	10.8%
5	Urinary Tract Infection	7.6%

*Percent of students diagnosed or treated in the last 12 months

Top Ten Impediments to Learning		
	Condition	% of Students
1	Stress	26.1%
2	Anxiety	19.4%
3	Sleep difficulties	14.6%
4	Work	13.2%
5	Cold/flu/sore throat	12.9%
6	Alcohol use	11.4%
7	Internet use/computer games	10.2%
8	Depression	8.9%
9	Relationship difficulties	8.0%
10	Concern for a troubled friend or family member	7.6%

Students were asked which health problems negatively impacted their academics in the last 12 months (e.g., caused them to drop a course, or to receive a lower grade on a project, exam or in the course overall).

Alcohol Use

30-Day Alcohol Use

About 3 in 4 students have used alcohol in the past 30 days. Since 2009, rates have decreased significantly. Alcohol use is at the lowest level in over twenty years of data collection.

Chart: 30-Day Alcohol Use percentages by year
- 1991: 86.9%
- 1993: 86.9%
- 1995: 86.9%
- 1997: 87.0%
- 1999: 89.4%
- 2001: 87.3%
- 2004: 87.2%
- 2006: 85.0%
- 2009: 85.2%
- 2011: 83.2%
- 2012: 79.9%
- 2013: 75.4%

The percent of students who drank at least 10 days in the past month has also decreased. Nearly 27.4% of students drink 10 or more times in a month, a decrease of nearly 25% since 2009.
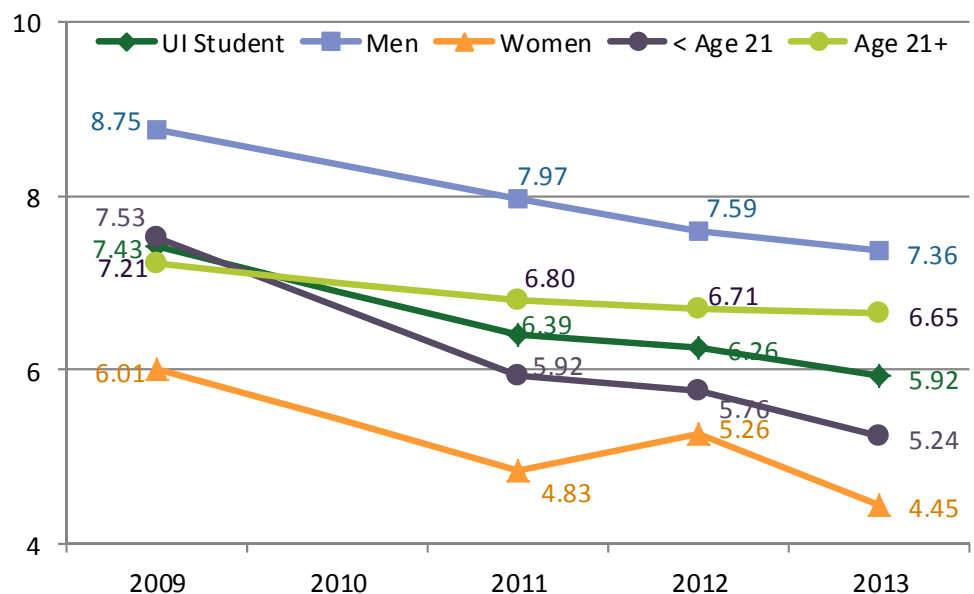
Students perceived higher than actual use among their peers.

% Who Drank in Past 30 Days:
Perception: 91.3%
Reality: 75.4%

% Who Drank 10+ of the Past 30 Days:
Perception: 55.0%
Reality: 27.3%

Average Number of Drinks

The average number of drinks has decreased since 2009. The average UI student has 5.9 drinks when they party/ socialize.

Chart: Average Number of Drinks by year and group
Legend: UI Student, Men, Women, < Age 21, Age 21+

- Men: 2009: 8.75, 2011: 7.97, 2012: 7.59, 2013: 7.36
- UI Student: 2009: 7.43, 2011: 6.39, 2012: 6.26, 2013: 5.92
- < Age 21: 2009: 7.53, 2011: 5.92, 2012: 5.76, 2013: 5.24
- Age 21+: 2009: 7.21, 2011: 6.80, 2012: 6.71, 2013: 6.65
- Women: 2009: 6.01, 2011: 4.83, 2012: 5.26, 2013: 4.45

Alcohol Use

Estimated Blood Alcohol Concentration

The eBAC* of students who reported having 1 or more drinks last time they partied or socialized was averaged:

UI Student: 0.10
Men: 0.10
Women: 0.11

Overall, 48.3% of students were under the legal intoxication limit of 0.08 when they last partied. This number has increased in recent years.

*eBAC is calculated using reported number of drinks consumed, approximate time of consumption, sex, weight and average rate of ethanol metabolism. Students who reported 0 drinks were excluded as well as students who reported a BAC ≥0.50.

Risky Drinking

The percentage of students who reported having 5 or more drinks in one sitting in the past two weeks decreased slightly in the past year. When extrapolated to all UI students, 1,080 fewer students are high-risk drinkers compared to last year.

Groups that have higher rates of risky drinking include men, intramural participants and members of a fraternity or sorority.
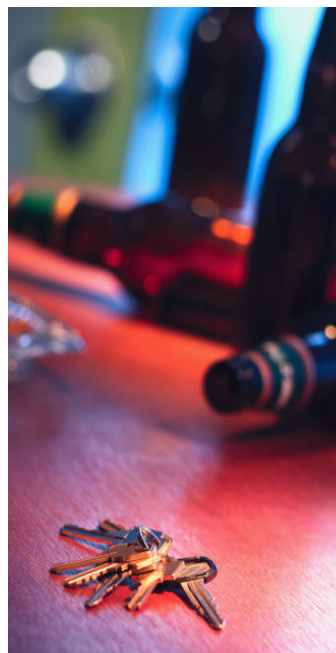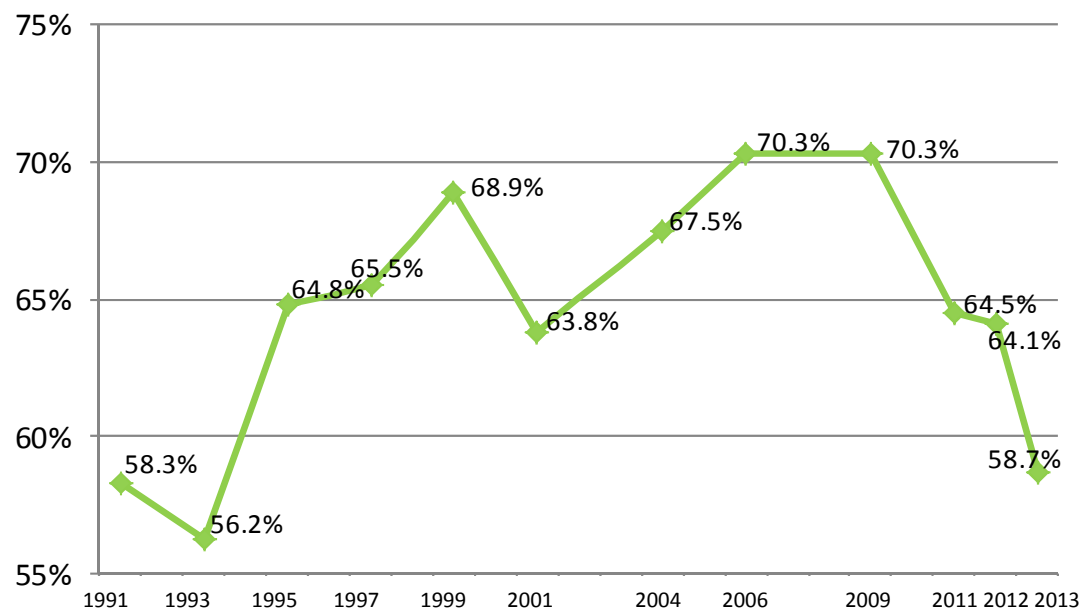
Drinking & Driving

Nearly a quarter of students reported driving after having alcohol in the past month, which is an increase from 2011 and 2012 levels.

Just over 3% of students reported driving after having five or more drinks in the past month.

Alcohol Use

Top Protective Behaviors for Students

#		
1	Use a designated driver	65.6%
2	Stay with the same group of friends	64.2%
3	Eat before/during drinking	61.3%
4	Keep track of number of drinks consumed	35.8%
5	Stay with only one kind of alcohol	30.6%
6	Have a friend let them know when they have had enough	24.8%
7	Determine not to exceed a set number of drinks	20.0%
8	Avoid drinking games	14.8%

Regular use of protective behaviors has decreased. 80.8% of students practice at least one protective behavior regularly. The average student practices 3.6 of them most of the time or always when they drink.

Above, the percent of students who said they practiced these most of the time or always in the past 12 months.

Negative Consequences

58.9% of UI students have had at least one negative consequence from alcohol in the past year (out of 9 consequences listed). This is slightly higher than last year, but less than in 2011 and 2009. Significantly fewer students reported getting in trouble with police compared to 2011 and 2009 levels.

Most Common Negative Consequences

#		
1	Did something they later regretted	43.4%
2	Forgot where they were or what they did	43.7%
3	Had unprotected sex	25.5%
4	Physically injured self	17.3%
5	Got in trouble with police	6.1%

One in 10 students has ever decided not to call for medical assistance for themselves or a friend who had been drinking because they were afraid of getting into trouble.
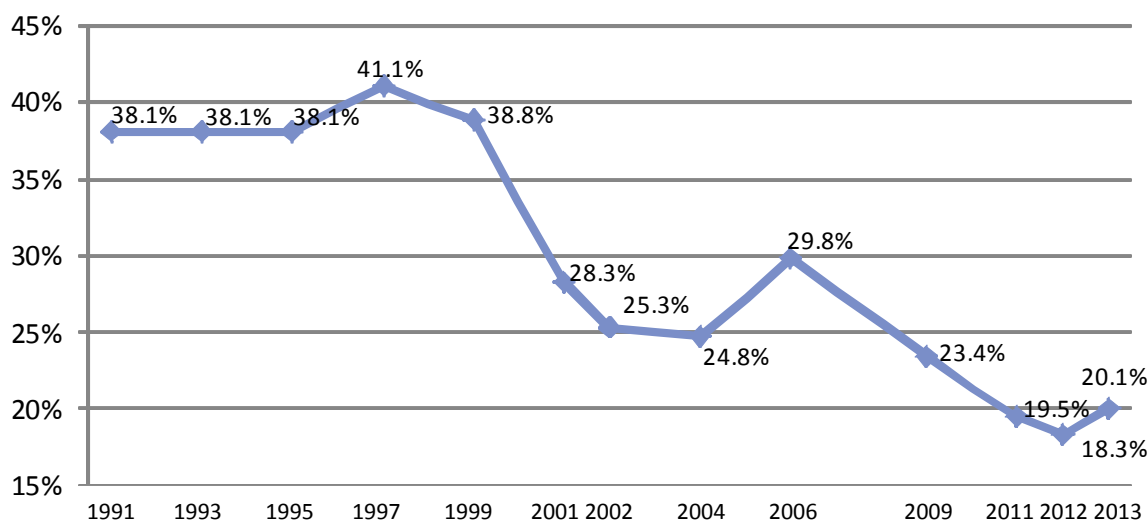
Tobacco

Cigarettes

Cigarette use had been on a decline for several years. However, it increased in 2013. Just over 20% of students have used cigarettes in the past 30 days.

Line chart — Cigarette use:
- 1991: 38.1%
- 1993: 38.1%
- 1995: 38.1%
- 1997: 41.1%
- 1999: 38.8%
- 2001: 28.3%
- 2002: 25.3%
- 2004: 24.8%
- 2006: 29.8%
- 2009: 23.4%
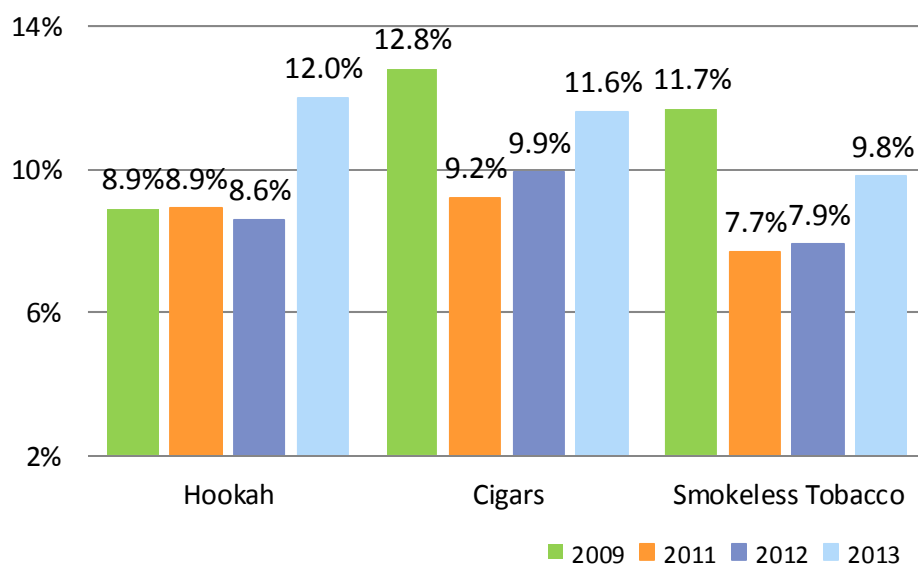- 2011: 19.5%
- 2012: 18.3%
- 2013: 20.1%

Eight percent of students smoked at least 10 of the past 30 days, and 3.9% of students are daily smokers.

Misperceptions

Students greatly overestimate the percent of their peers who use tobacco products. Students perceived that about 85% of their peers smoked cigarettes in the past 30 days—more than 4 times the actual percent.

Students also estimated that 72.2% of students used hookah in the past 30 days—more than 6 times the actual percent.

Other Tobacco Products

Bar chart — Percent using in the last 30 days:

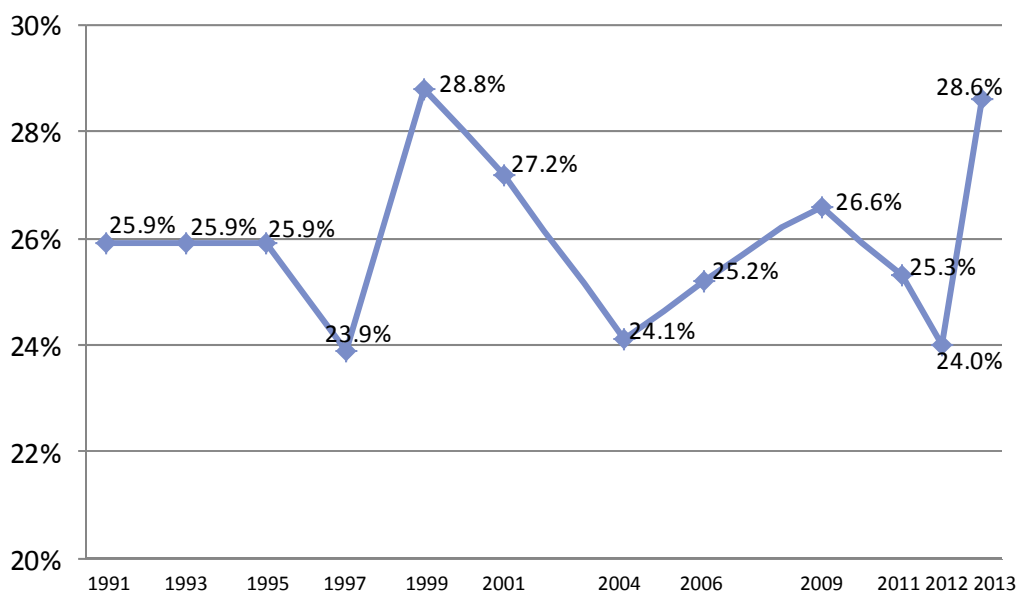| Product	2009	2011	2012	2013
Hookah	8.9%	8.9%	8.6%	12.0%
Cigars	12.8%	9.2%	9.9%	11.6%
Smokeless Tobacco	11.7%	7.7%	7.9%	9.8%

*Percent using in the last 30 days.

Other Drugs

Marijuana Use

Marijuana use has increased. 28.6% of UI students have used marijuana in the past 30 days (although students perceive that nearly 78% have).

Nearly 12% of students used it at least 10 times in the past month, and 4.1% use marijuana daily.
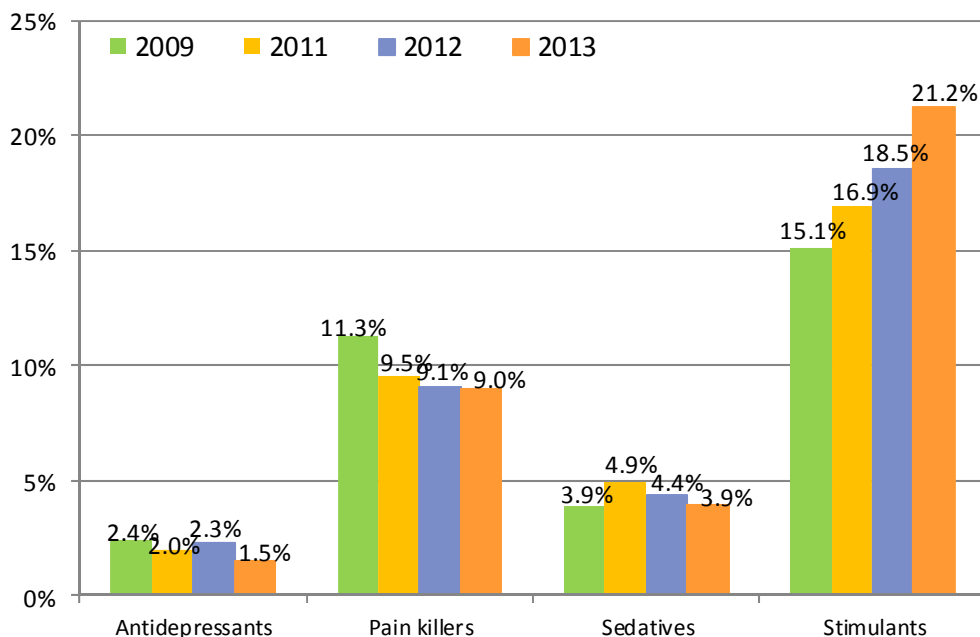
Marijuana use chart (percentages by year):

Year	%
1991	25.9%
1993	25.9%
1995	25.9%
1997	23.9%
1999	28.8%
2001	27.2%
2004	24.1%
2006	25.2%
2009	26.6%
2011	25.3%
2012	24.0%
2013	28.6%

Other Drug Use

Use in Last 30 Days	
MDMA	3.5%
Other Amphetamines	3.3%
Cocaine	1.9%
Hallucinogens	1.4%
Sedatives	1.4%
Anabolic Steroids	0.4%
Inhalants	0.4%
Methamphetamine	0.4%
Opiates	0.2%

*Illegal Use of Prescription Drugs**

Bar chart legend: 2009, 2011, 2012, 2013

	2009	2011	2012	2013
Antidepressants	2.4%	2.0%	2.3%	1.5%
Pain killers	11.3%	9.5%	9.1%	9.0%
Sedatives	3.9%	4.9%	4.4%	3.9%
Stimulants	15.1%	16.9%	18.5%	21.2%

*last 12 months

Safety

Involvement in Incidents of Violence/Abuse*

Type	Men	Women
Physical fight	16.6%	3.3%
Physical assault (not sexual assault)	5.4%	3.0%
Verbal threat	26.4%	13.8%
Sexual touching without their consent	3.3%	9.4%
Sexual penetration attempt without their consent	0.9%	6.0%
Sexual penetration without their consent	0.9%	3.5%
Stalking victim	1.8%	3.3%
Involvement in emotionally abusive relationship	5.3%	10.0%
Involvement in physically abusive relationship	1.6%	1.3%
Involvement in sexually abusive relationship	1.3%	3.0%

Past 12 months

Feelings of Safety

men / women

On Campus
- Daytime: 87.5% / 86.6%
- Night: 50.7% / 13.9%

In the Community
- Daytime: 70.6% / 61.5%
- Night: 37.4% / 9.8%

Percent of students who reported feeling "very safe"
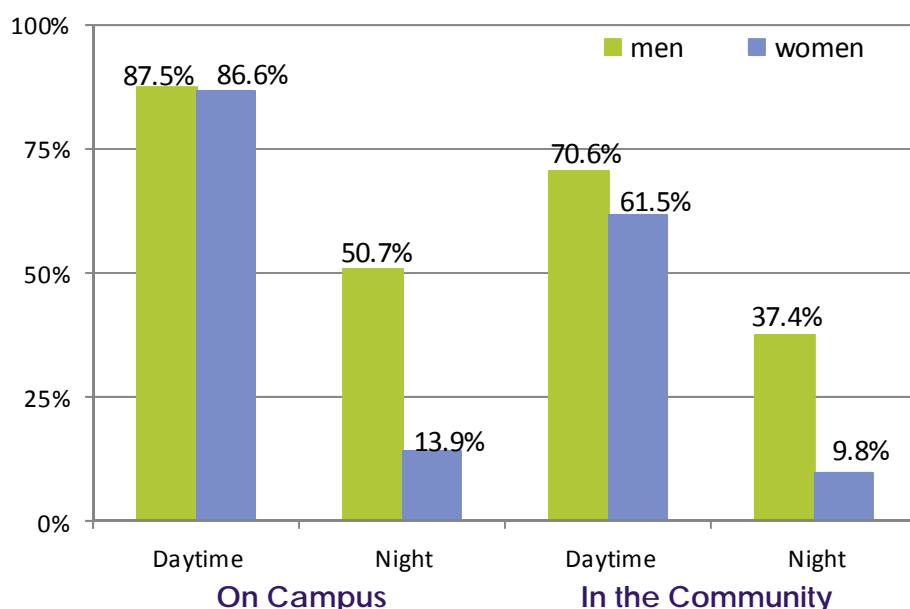
Safety Practices*

Seatbelt in car: 95.7%

Helmet on bike: 27.2%

Helmet on motorcycle: 62.8%

Helmet when inline skating: 38.2%

Answered mostly or always in past 12 months. Only includes students who have done this activity in the past 12 months
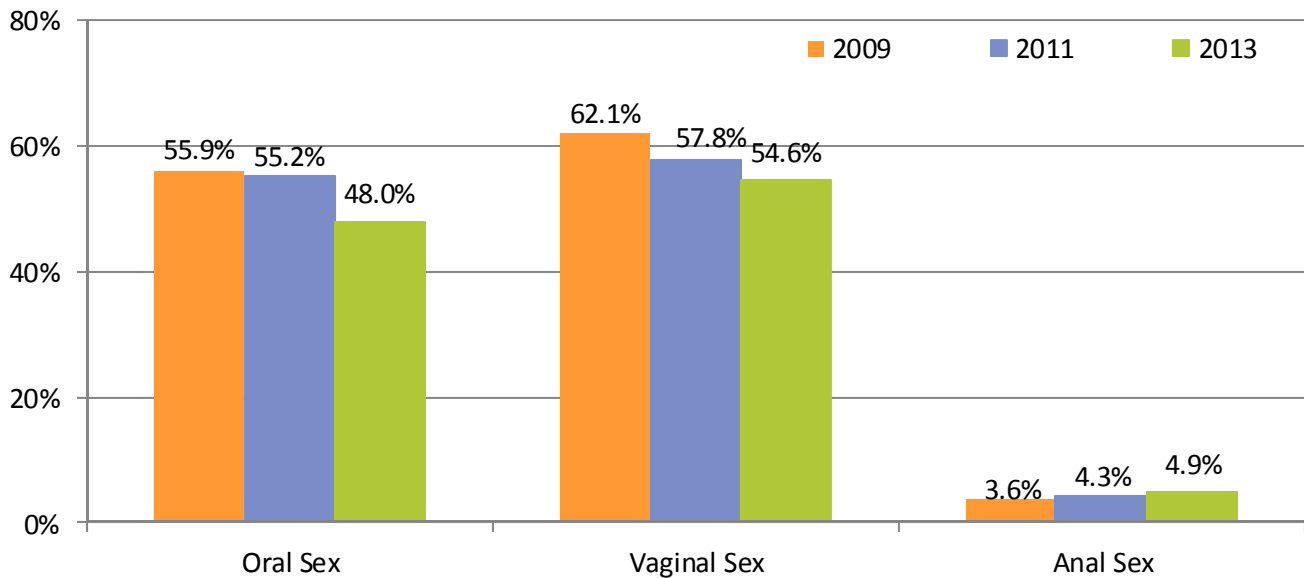
Sexual Behavior

Sexual Activity in the Past 30 Days

Bar chart legend: 2009, 2011, 2013

|	2009	2011	2013
Oral Sex	55.9%	55.2%	48.0%
Vaginal Sex	62.1%	57.8%	54.6%
Anal Sex	3.6%	4.3%	4.9%

Number of Sexual Partners

Nearly 60% percent of students had either no sexual partners or one sexual partner in the past year.

Of those who were sexually active, the average number of partners in the past 12 months was 3.01, which has increased in recent years.

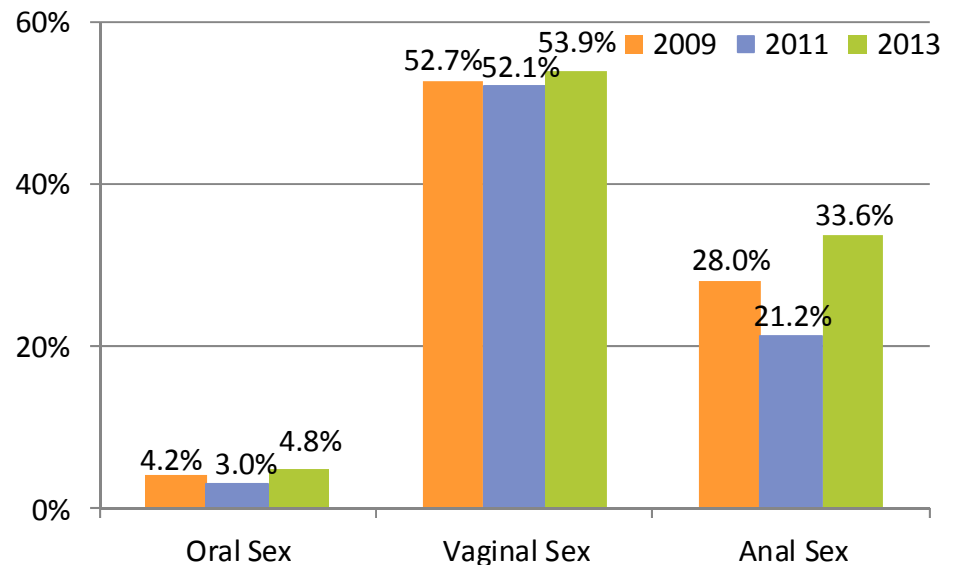| No partners	1 partner	2 partners	3 partners	4 or more partners
24.7%	34.7%	12.1%	9.8%	18.7%
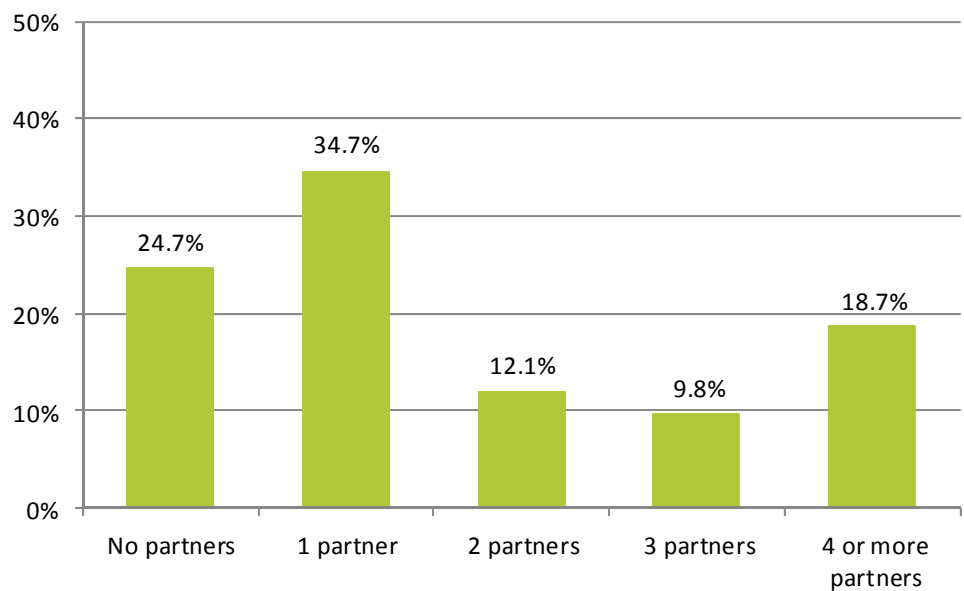
STI Testing

31.1% of UI students reported that they have ever been tested for sexually transmitted infections. 21.8% reported that they have ever been tested for HIV. Both of these numbers have decreased in the past few years.

Sexual Behavior

Contraceptive Use

Over half of students who were sexually active used a condom/ barrier most of the time or always when having vaginal sex in the last 30 days. Barrier use was less common for anal and oral sex.

Chart: Contraceptive use by type of sex and year (2009, 2011, 2013)

- Oral Sex: 4.2% (2009), 3.0% (2011), 4.8% (2013)
- Vaginal Sex: 52.7% (2009), 52.1% (2011), 53.9% (2013)
- Anal Sex: 28.0% (2009), 21.2% (2011), 33.6% (2013)

77% of UI students used a birth control method the last time they had vaginal sex.

Contraceptive Use Last Time Had Vaginal Sex*	
Birth control pills	72.1%
Male condom	67.9%
Withdrawal	28.4%
Birth control shots	7.2%
Birth control implants	6.2%
Vaginal ring	4.8%
Intrauterine device	4.6%
Spermicide	2.8%
Fertility awareness	3.2%
Birth control patch	1.3%
Female condom	0.6%
Other method	1.5%

*Of students who used protection. Excluded students who have not had vaginal intercourse in the past 12 months. Students could report more than one type of contraceptive.

Types of Contraceptives Used

Birth control pills and male condoms are by far the most common birth control methods.

Nearly 55% of the sample used a male condom plus another method. Another quarter of students used two or more methods (excluding male condoms).
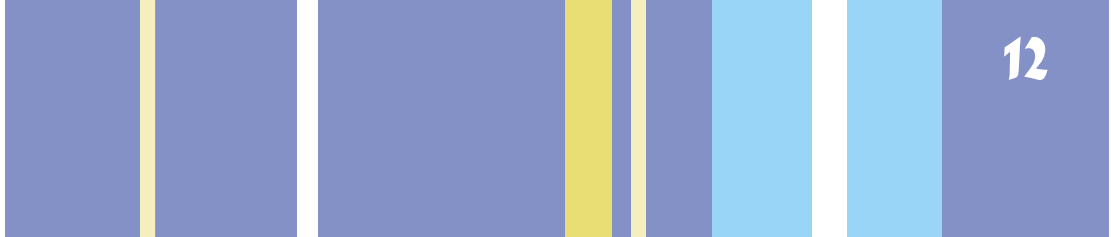
18.1% of UI students reported using the "morning after pill" in the last year

1.3% of UI students reported an unintentional pregnancy in the last year (of students who have had vaginal sex)
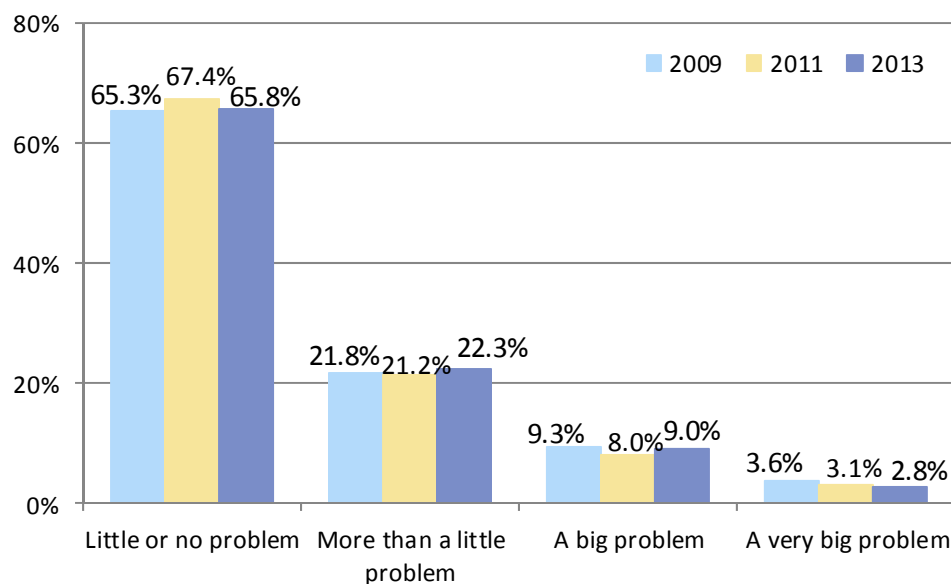
Sleep & Stress

34.4% of students report getting enough sleep to feel rested at least 5 of the past 7 days.

Problems with Sleepiness During Daytime Activities

Chart legend: 2009, 2011, 2013

- Little or no problem: 65.3%, 67.4%, 65.8%
- More than a little problem: 21.8%, 21.2%, 22.3%
- A big problem: 9.3%, 8.0%, 9.0%
- A very big problem: 3.6%, 3.1%, 2.8%

37.0% of students report more than average stress in the past 6 months, and 5.5% report having tremendous stress. Only 14.7% reported having no stress or less than average stress.

Nearly 70% of students reported at least one thing that was difficult to handle in the past 12 months.

Top Stressors in the Past 12 Months	
Academics	46.2%
Finances	28.3%
Intimate relationships	27.5%
Career-related issue	25.2%
Sleep difficulties	24.1%
Other social relationships	22.0%
Personal appearance	21.5%
Family problems	19.6%

Mental Health

Feelings in Past 30 Days

Felt overwhelmed:
55.3%

Felt exhausted:
49.5%

Felt overwhelming anxiety:
27.7%
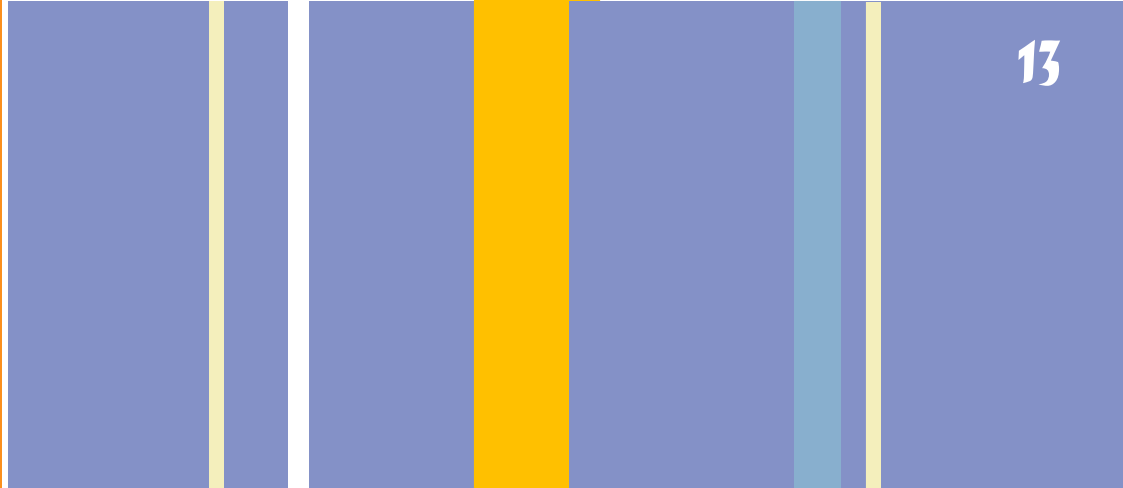
Felt very sad:
27.6%

Felt very lonely:
26.9%

Felt things were hopeless:
18.1%

Felt overwhelming anger:
17.8%

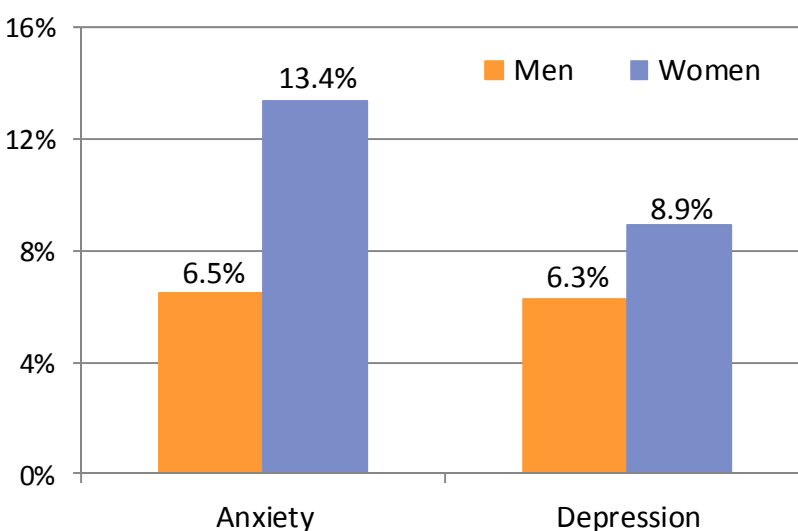Felt so depressed that it was difficult to function:
12.6%

Women were more likely than men to report most of these negative feelings

Mental Health Conditions

Depression and anxiety were the most commonly diagnosed or treated mental health conditions (in the past 12 months).

13.6% of men and 21.0% women reported at least one mental health condition.

Ever Received Mental Health Services	
Counselor/Psychologist	25.4%
University Health/Counseling	13.0%
Psychiatrist	10.7%
Other medical provider	9.2%
Clergy	3.8%

68.9% of students said they would consider seeking help from a mental health professional in the future if they had a personal problem that was bothering them.

1 in 20 UI students reported intentionally cutting, burning, bruising, or injuring themselves in the past year.

Preventive Health

Vaccinations	
Measles, Mumps & Rubella	62.9%
Hepatitis B	62.4%
Meningococcal Meningitis	54.0%
Varicella (chicken pox)	48.5%
Influenza (shot or mist)	46.8%
Human Papillomavirus (HPV)	42.3%

All reported vaccination rates have decreased since 2012. With the exception of flu vaccines, the UI vaccination rates were all below national rates.

30.1% of male students reported doing a testicular self exam in the last 30 days.

Just under half of female students reported having a routine gynecological exam in the past 12 months. This is a sharp decrease from over 60% in 2012.

31.5% of female students reported performing a breast self exam in the last 30 days.

Over half (52.5%) of UI students report using sunscreen regularly with sun exposure.

Health Information Interests

UI students reported receiving information on many health topics. They also reported that they were interested in receiving information from the university on health. Top interests include:
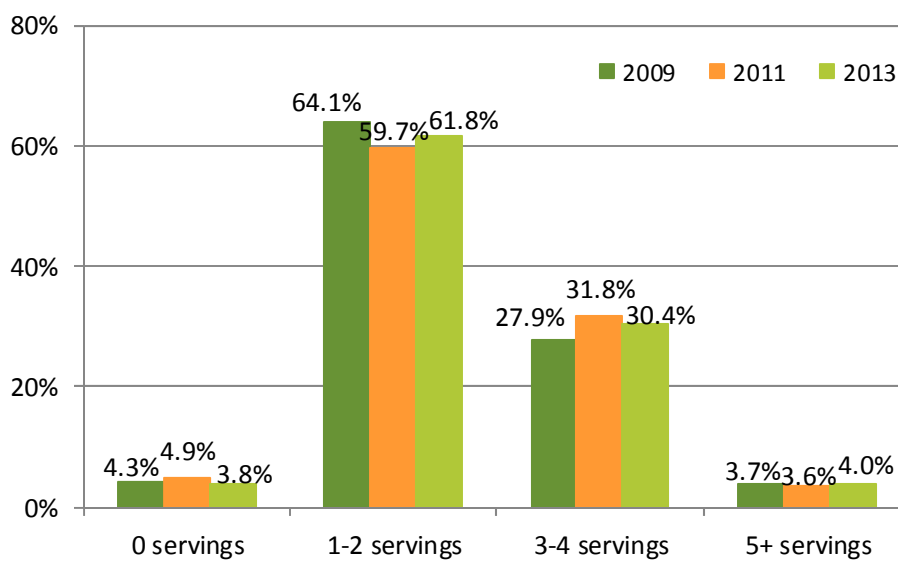
1. Nutrition
2. Physical activity
3. Stress reduction
4. Sleep difficulties
5. Depression & anxiety

73.5% of UI students report having a dental exam/cleaning in the past year.
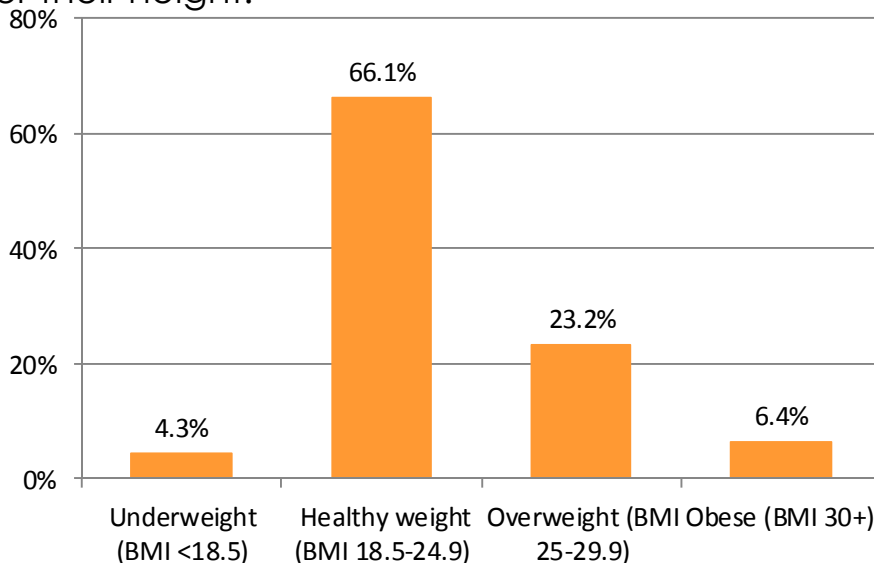
Nutrition & Weight

Fruit & Vegetable Intake

The percent of students who eat enough fruits and vegetables remains low, with only 4% of students meeting the recommendation of 5+ servings a day.

Chart (Fruit & Vegetable servings, 2009/2011/2013):
- 0 servings: 4.3%, 4.9%, 3.8%
- 1-2 servings: 64.1%, 59.7%, 61.8%
- 3-4 servings: 27.9%, 31.8%, 30.4%
- 5+ servings: 3.7%, 3.6%, 4.0%

Weight

The average body mass index (BMI) was 23.63. Nearly two-thirds of students are at a healthy weight for their height.

Chart (Weight):
- Underweight (BMI <18.5): 4.3%
- Healthy weight (BMI 18.5-24.9): 66.1%
- Overweight (BMI 25-29.9): 23.2%
- Obese (BMI 30+): 6.4%

Almost half of students (48.2%) are trying to lose weight.

In the past 30 days...
- 60.0% of students have exercised to lose weight
- 42.3% have dieted to lose weight
- 2.7% have used diet pills to lose weight
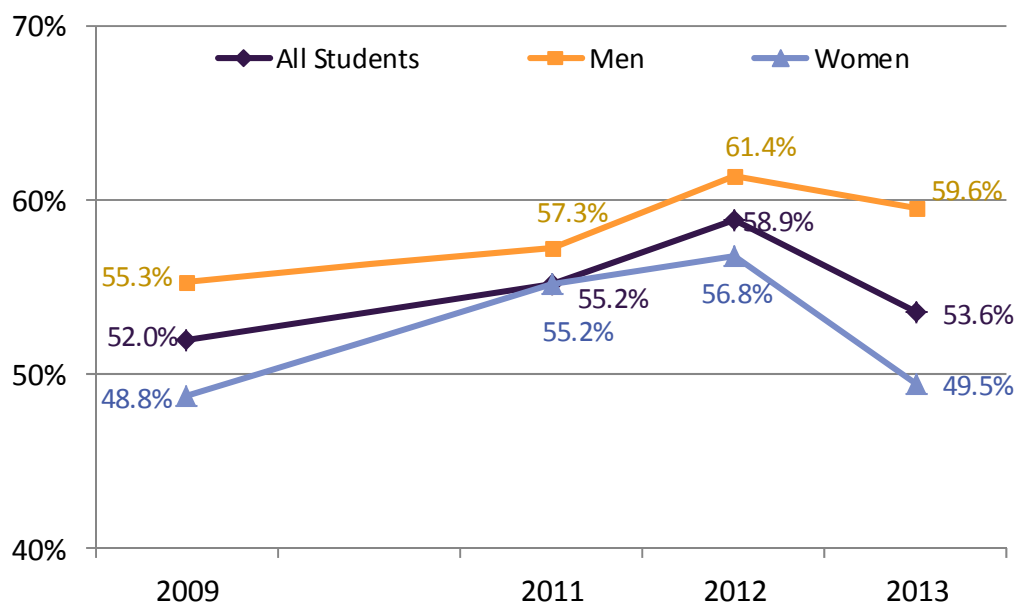- 4.3% have vomited or used laxatives to lose weight

Physical Activity

Aerobic Activity

The American College of Sports Medicine and American Heart Association recommend getting:

- ≥30 minutes of moderate intensity activity on ≥5 days/week
- ≥20 minutes of vigorous intensity activity on ≥3 days/week
- Any combination of the two

53.6% of UI students met this recommendation.

Chart: Aerobic Activity

	2009	2011	2012	2013
All Students	52.0%	55.2%	58.9%	53.6%
Men	55.3%	57.3%	61.4%	59.6%
Women	48.8%	55.2%	56.8%	49.5%

Resistance Training

47.9% of students did strengthening exercises (8-12 repetitions) at least two days per week. This has increased from 46.1% in 2012, 43.3% in 2011, and 41.8% in 2009.

Men were more likely to meet the recommendations than women. 58.7% of men did resistance training at least 2 days per week, compared to 38.6% of female students.

This report & reports from previous years can be downloaded at: http://studenthealth.uiowa.edu/wellness/ui-health-data

Questions can be directed to Trisha Welter: trisha-welter@uiowa.edu or (319)335-8094.