

Spring 2014 Summary Report

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The National College Health Assessment

A Summary of Health Behavior Data on University of Iowa 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 2014. Six hundred seventy-one students completed surveys, indicating a response rate of 98.8%. The survey did not ask for any identifying information.

The NCHA survey allows us to compare our results with the national dataset including over 96,000 undergraduate students at institutions of higher education.



This report and reports from previous years can be viewed online at:
<http://studenthealth.uiowa.edu/wellness/ui-health-data>

Campus photographs are courtesy of University Communication and Marketing Photography/University of Iowa.

Data Highlights

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a quick glance at the 2014 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

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
- ◆ UI students are more likely to use marijuana and tobacco in the last 30 days
- ◆ UI students are more likely to use alcohol in the last 30 days, engage in high risk drinking and experience negative consequences from alcohol use

*ACHA national dataset including over 96,000 students at institutions of higher education in Spring 2013.



Significant Changes In Last 5 Years (since 2009)

- * Cigarette use decreased significantly.
- * The percent of students who reported their health as good, very good, or excellent decreased significantly.
- * The percent of students who drink alcohol and drink it in high risk ways decreased significantly.

UI STATS

ALCOHOL & DRUGS

30-Day Prevalence:

Alcohol: 72.6%

Tobacco: 15.8%

Marijuana: 23.9%

Mean eBAC: .10

SEXUAL BEHAVIOR

Average # of partners in past 12 months: 2.6

79.3% of sexually active students used a contraceptive the last time they had vaginal sex

SLEEP & STRESS

1 in 3 students report a problem with sleep

NUTRITION

4.6% of students eat an average of 5 or more servings of fruits and veggies per day

PHYSICAL ACTIVITY

50.6% of students meet the aerobic physical activity recommendation

Health & Academic Issues

Top Ten Impediments to Learning

	Condition	% of Students
1	Stress	27.4%
2	Anxiety	24.8%
3	Sleep difficulties	17.2%
4	Work	16.4%
5	Cold/flu/sore throat	14.1%
6	Internet use/computer games	12.7%
7	Depression	11.4%
8	Alcohol use	9.6%
	Relationship difficulties	9.6%
10	ADHD	7.7%

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).

52.6% of UI students reported their health as very good or excellent.

89.5% reported their health as good, very good or excellent

Most Common Health Problems for Students*

1	Allergies	20.9%
2	Sinus Infection	16.6%
3	Strep Throat	14.4%
4	Back Pain	12.6%
5	Urinary Tract Infection	9.2%

*Diagnosed or treated in the last 12 months

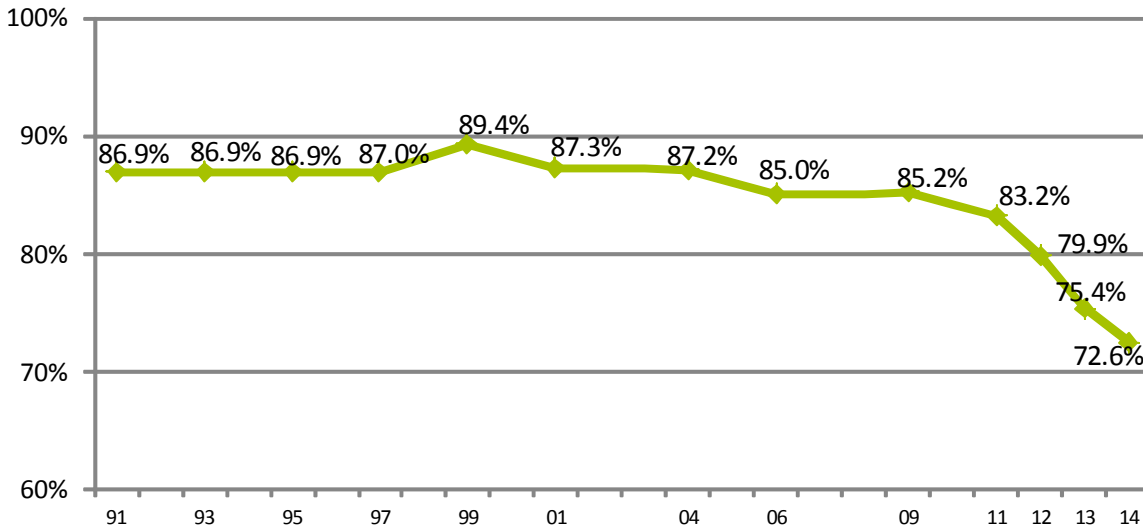


Alcohol

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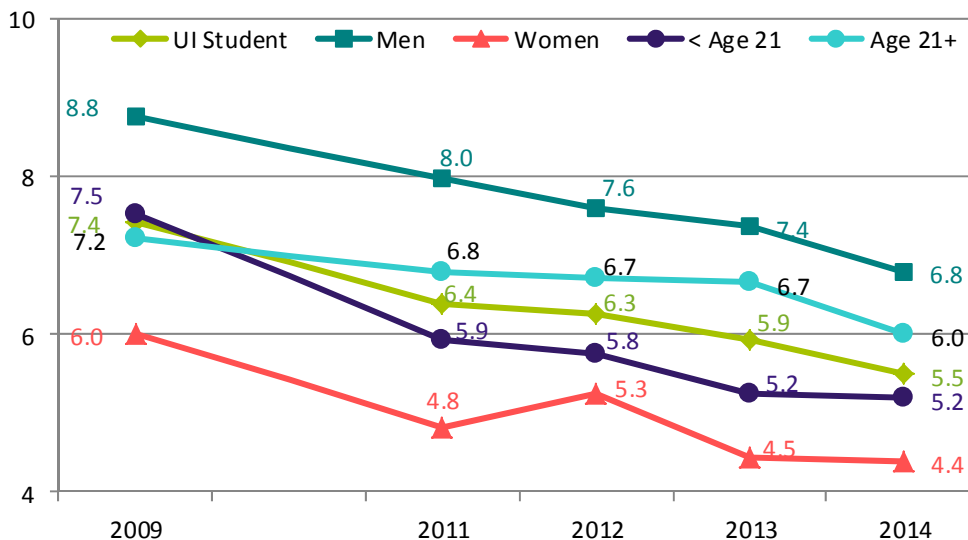
30-Day Alcohol Use

Since 2009, alcohol use in the last 30 days has decreased significantly. Alcohol use is at the lowest level in over twenty years of data collection.



The percent of students who used alcohol at least 10 days in the past month has also decreased. One quarter of students drink 10 or more times in a month, a decrease of over 31% since 2009.

Average Number of Drinks



Perceptions of Peer Alcohol Use vs. Reality

Students perceived higher than actual use among their peers.

% Who Drank in Past 30 Days:

Perception: 90.6%

Reality: 72.6%

% Who Drank 10+ of the Past 30 Days:

Perception: 56.7%

Reality: 25.0%

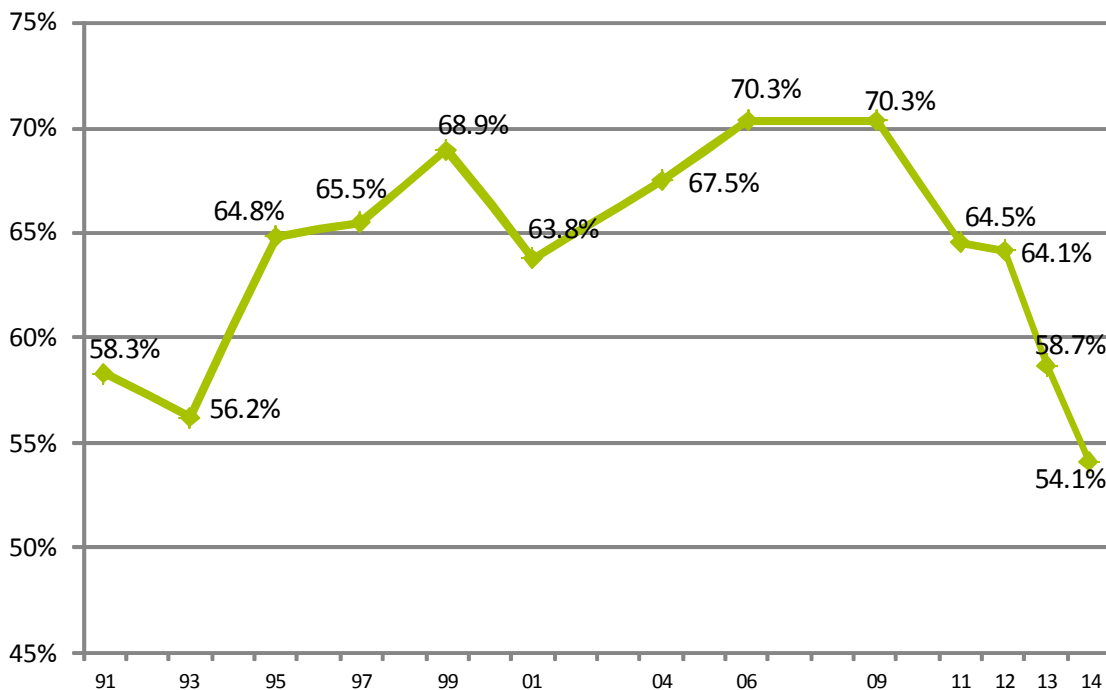
The average UI student has 5.5 drinks when they party/socialize.

Alcohol

High Risk Drinking

The percentage of students who reported having 5 or more drinks in one sitting in the past two weeks decreased significantly in the past 5 years, and is at the lowest level in over 20 years of data collection.

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



Estimated Blood Alcohol Concentration

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

UI Student: 0.10
Men: 0.10
Women: 0.10

Overall, 47.6% of students were under the legal intoxication limit of 0.08 when they last partied.

*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 .

Drinking & Driving

Nearly one-fifth of students reported driving after drinking alcohol in the last month.

Just over 4% of students reported driving after having five or more drinks in the last month.

Alcohol

Negative Consequences

54.8% of UI students have had at least one negative consequence from alcohol in the past year (out of 9 listed). This is lower than past years.

Most Common Consequences

1. Forgot where they were or what they did: 40.4%
2. Did something they later regretted: 39.4%
3. Had unprotected sex: 21.5%
4. Physically injured self: 16.8%
5. Got in trouble with police: 7.6%

Protective Behaviors

Over 80% of students practice at least one protective behavior regularly. The average student practices 3.7 of them most of the time or always when they drink.

Top Protective Behaviors		
1	Use a designated driver	67.0%
2	Stay with the same group of friends	65.3%
3	Eat before/during drinking	61.2%
4	Keep track of number of drinks consumed	40.9%
5	Stay with only one kind of alcohol	29.4%
6	Have a friend let them know when they have had enough	24.4%
7	Determine not to exceed a set number of drinks	22.0%
8	Avoid drinking games	19.4%

**Above: Behaviors practiced most of the time or always in the past 12 months.*

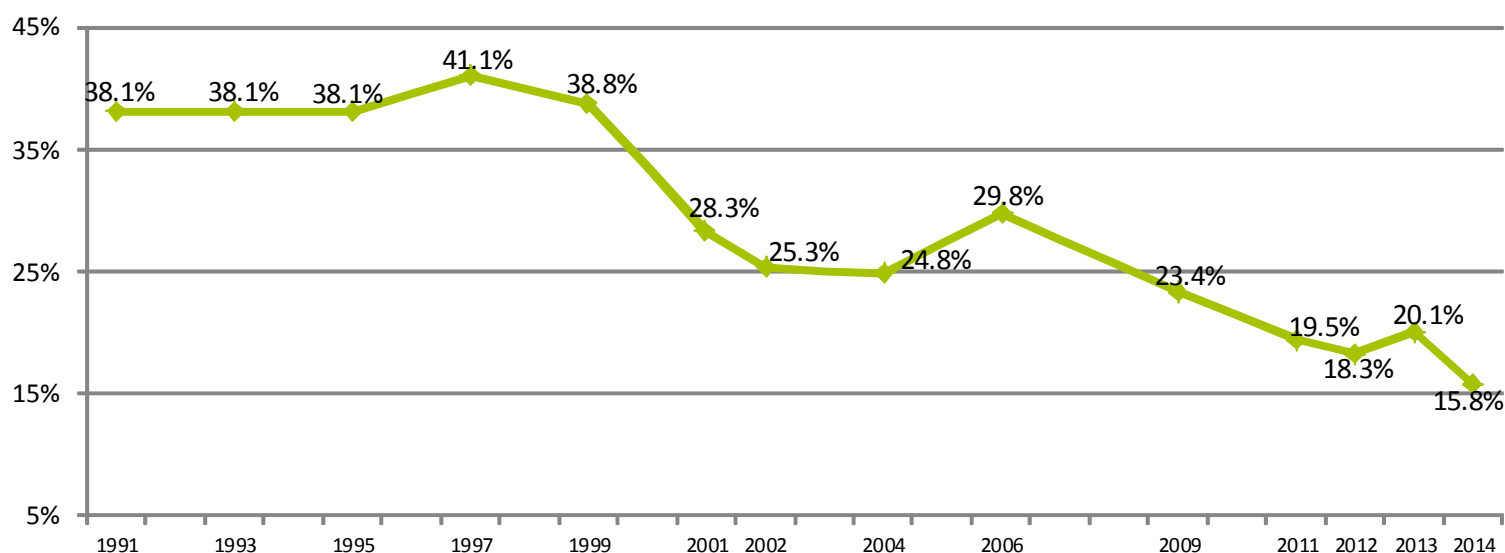
6.4% of students have ever decided not to call for medical assistance for themselves or a friend who had been drinking because they were afraid of getting into trouble. This percent has decreased in the last 5 years.

Tobacco

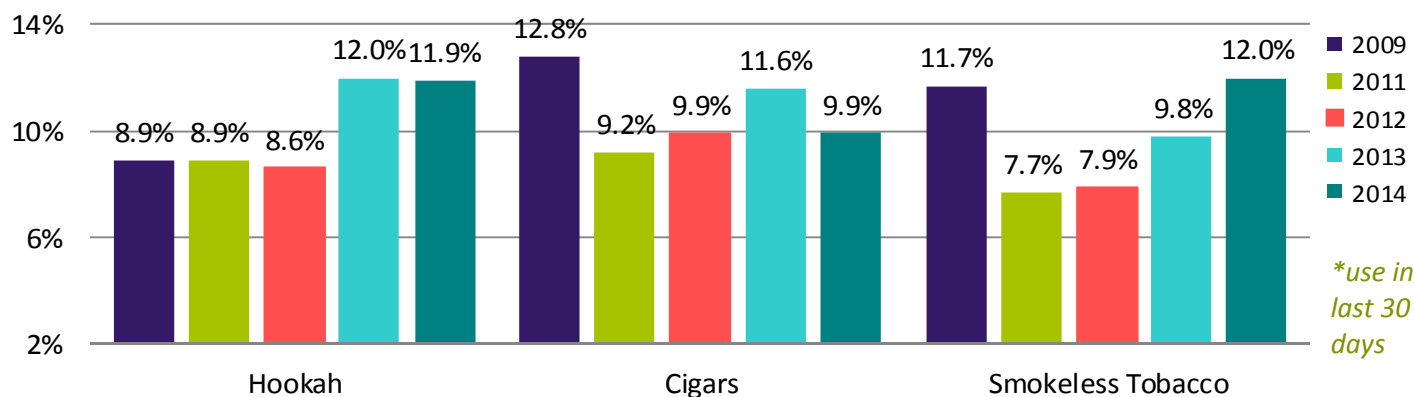
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Cigarettes

Cigarette use has gone down in the last twenty years. 15.8% of UI students have used cigarettes in the last 30 days. 6.5% of students smoked at least 10 of the last 30 days, and 3.3% of students are daily smokers.



Other Tobacco Products



Misperceptions

Students greatly overestimate the percent of their peers who use tobacco products. Students perceived that about 81.6% of their peers smoked cigarettes in the past 30 days—more than 5 times the actual percent.

Students also estimated that 72.9% of students used hookah in the past 30 days—more than 6 times the actual percent.

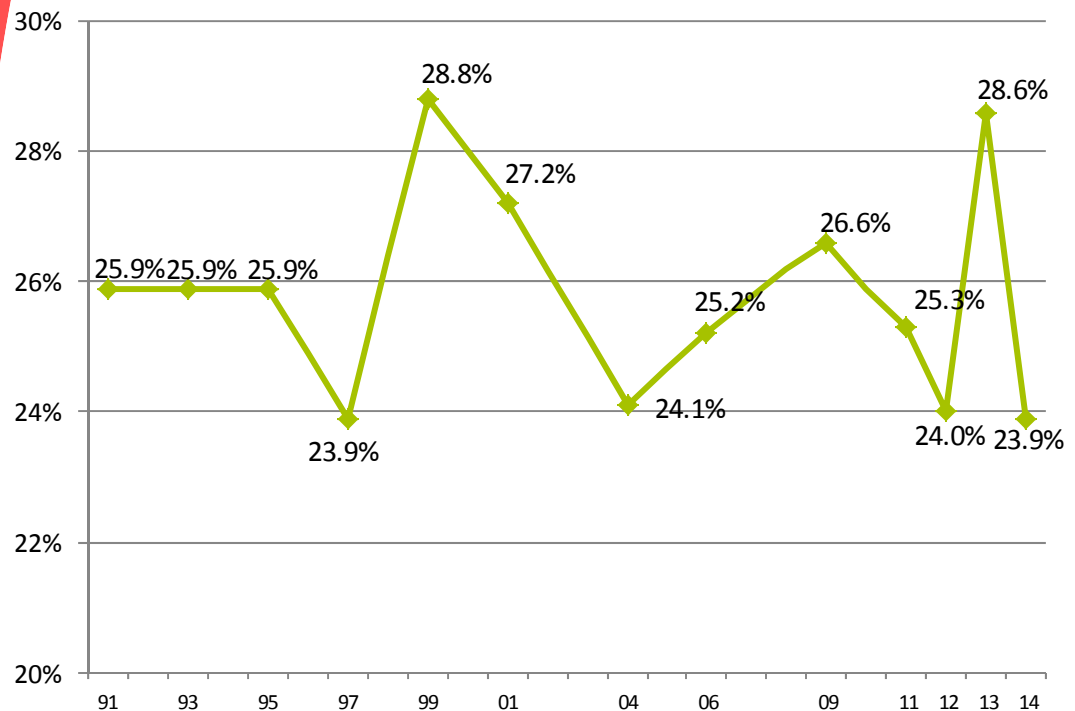


Other Drugs

Marijuana Use

Nearly one in four UI students has used marijuana in the last 30 days (although students perceive that three-fourths of students have used).

Nearly 10% of students used it at least 10 times in the last month, and 2.7% use marijuana daily.

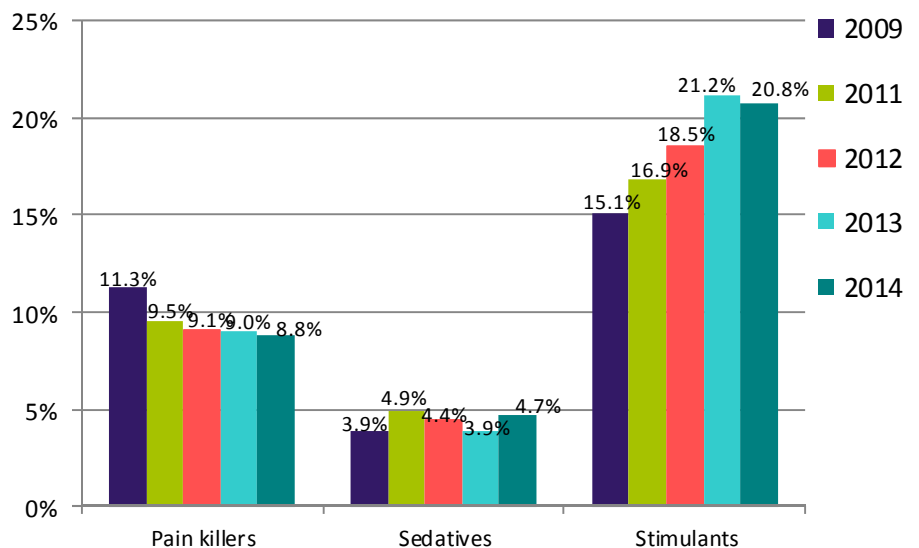


Use of Other Illicit Drugs*

Anabolic Steroids: 1.8%
 Cocaine: 4.5%
 Hallucinogens: 1.1%
 Inhalants: 0.3%
 MDMA: 2.1%
 Meth: 0.6%
 Opiates: 0.6%
 Sedatives: 2.6%
 Other Amphet.: 4.5%

*last 30 days

Illegal Use of Prescription Drugs*



*last 12 months

Involvement in Incidents of Violence/Abuse*

Most violence/abuse measures have decreased since 2009.

Type	Men	Women
Physical fight	12.1%	3.0%
Physical assault (not sexual assault)	4.1%	3.6%
Verbal threat	27.3%	13.2%
Sexual touching without their consent	3.4%	8.9%
Sexual penetration attempt without their consent	0.3%	4.6%
Sexual penetration without their consent	0.3%	3.0%
Stalking victim	1.0%	5.0%
Involvement in emotionally abusive relationship	5.4%	9.8%
Involvement in physically abusive relationship	2.4%	2.0%
Involvement in sexually abusive relationship	1.3%	2.6%

* Past 12 months

Safety Practices*

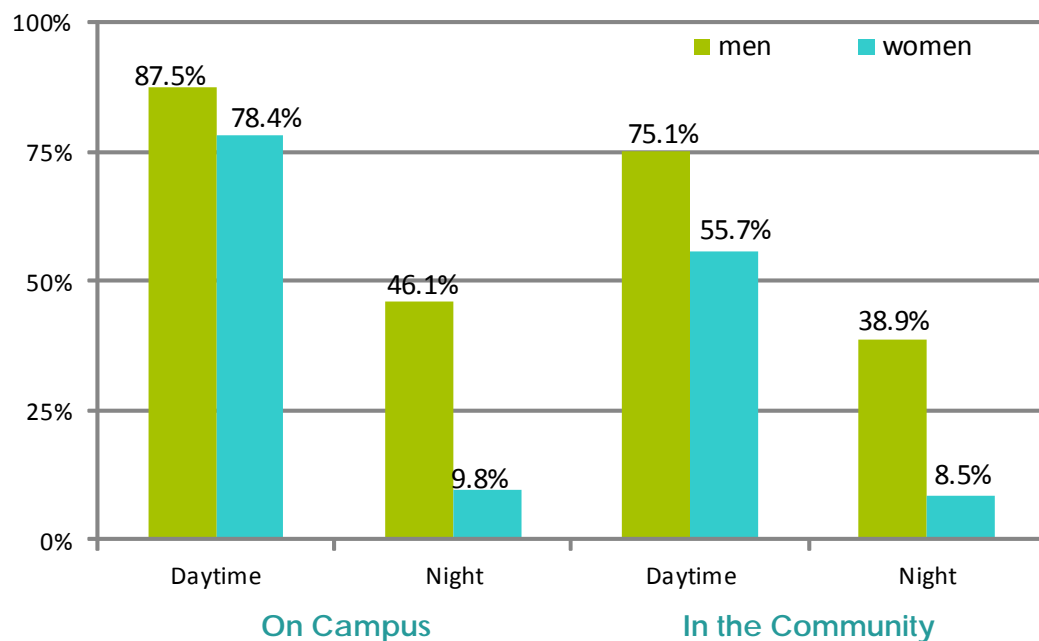
Seatbelt in car:
95.4%

Helmet on bike:
22.9%

Helmet on
motorcycle:
56.3%

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

Feelings of Safety*

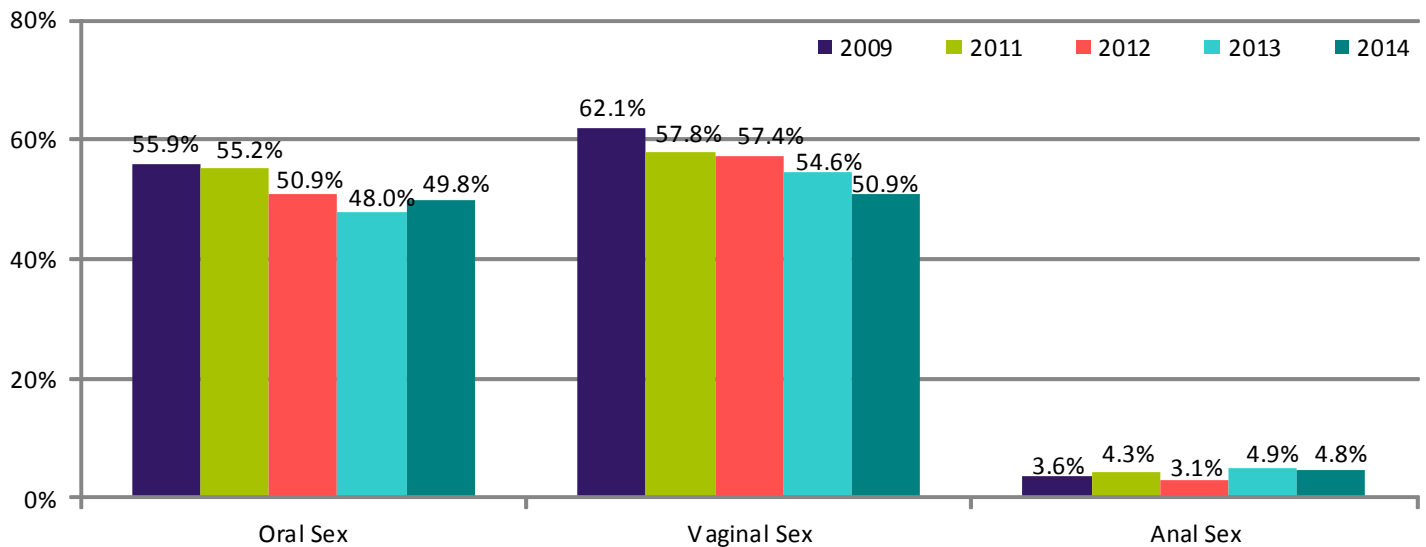


* Percent of students who reported feeling "very safe"

Sexual Health

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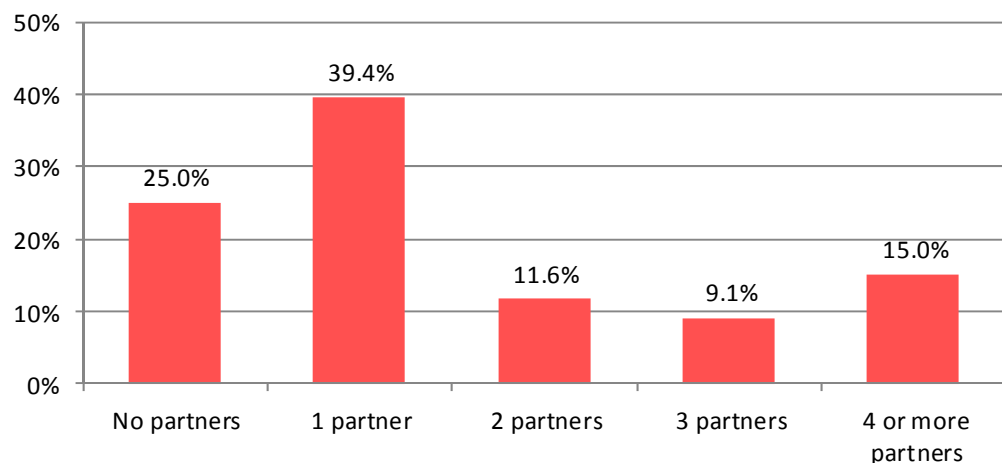
Sexual Activity in the Last 30 Days



Number of Partners

Nearly two-thirds 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 2.6, which is lower than in recent years.



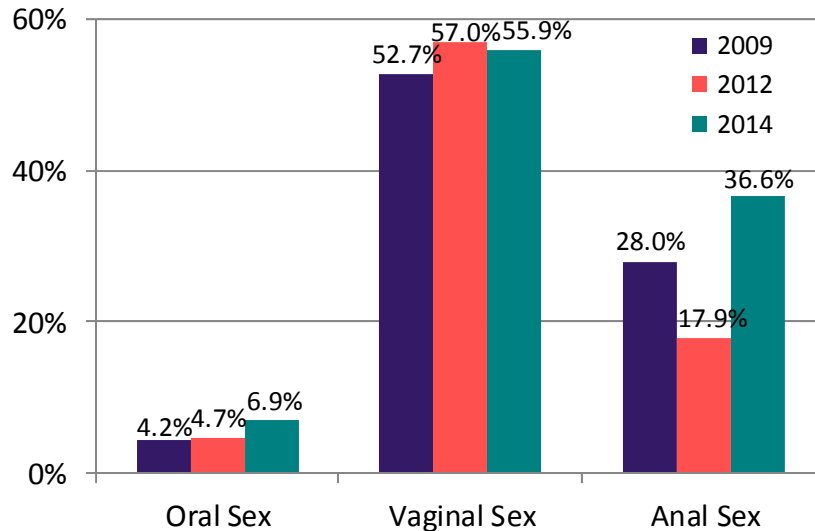
STI Testing

31.8% of UI students reported that they have ever been tested for sexually transmitted infections. 22.5% reported that they have ever been tested for HIV. Both of these numbers are slightly higher than last year, but lower than in 2011 and 2012.

Sexual Health

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.



79.3% of UI students used a birth control method the last time they had vaginal sex (of those who had sex).

Types of Contraceptives Used with Vaginal Sex*

Contraceptive Use	
Birth control pills	71.4%
Male condom	71.1%
Withdrawal	31.1%
Intrauterine device	7.9%
Birth control shots	6.9%
Birth control implants	4.7%
Fertility awareness	4.7%
Vaginal ring	4.7%
Spermicide	2.2%
Birth control patch	0.9%
Female condom	0.6%
Other method	2.5%

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

Nearly 59% of the sample used a male condom plus another method. Another 28.8% of students used two or more methods (excluding male condoms).

*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.

16.4% of sexually active UI students reported using the "morning after pill" in the last year

2.1% of sexually active UI students reported an unintentional pregnancy in the last year

Sleep & Stress

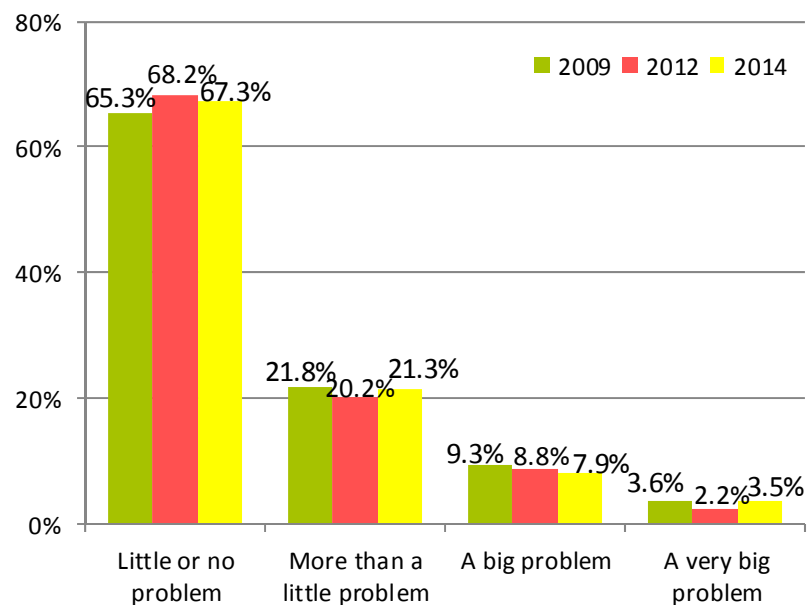
Top Stressors in the Past 12 Months

Academics	49.0%
Intimate relationships	27.7%
Career-related issue	27.6%
Finances	26.8%
Sleep difficulties	24.0%
Personal appearance	22.6%
Other social relationships	22.4%
Family problems	21.2%

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

One-third of students report more than average stress in the last 6 months, and 7.0% report having tremendous stress. Only 15.1% reported having no stress or less than average stress.

Problems with Sleepiness During Daytime Activities



35% of students report getting enough sleep to feel rested at least 5 of the last 7 days.



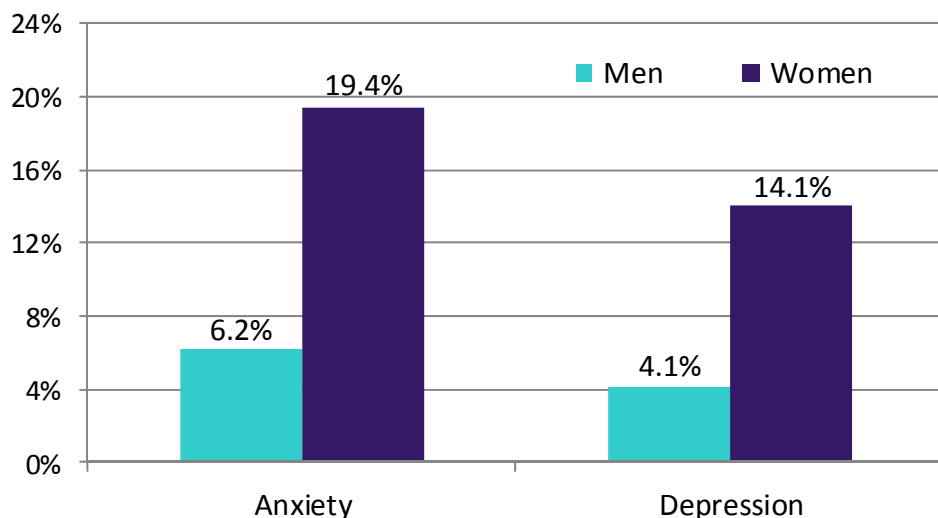
Mental Health

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Mental Health Conditions

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

17.2% of men and 27.8% women reported at least one mental health condition.



Mental Health Services

Ever Received Mental Health Services	
Counselor/Psychologist	27.9%
University Health/Counseling	13.4%
Psychiatrist	13.1%
Other medical provider	11.4%
Clergy	4.1%

72.2% 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—the highest level in 5 years.

Feelings in Past 30 Days

Felt overwhelmed: 57.9%

Felt exhausted: 51.3%

Felt overwhelming anxiety: 30.4%

Felt very sad: 29.7%

Felt very lonely: 29.4%

Felt things were hopeless: 20.5%

Felt overwhelming anger: 17.0%

Felt so depressed that it was difficult to function: 14.2%

Self Harm & Suicidality in Last Year

Self harm: 5.0%

Seriously considered suicide: 7.1%

Attempted suicide: 2.5%

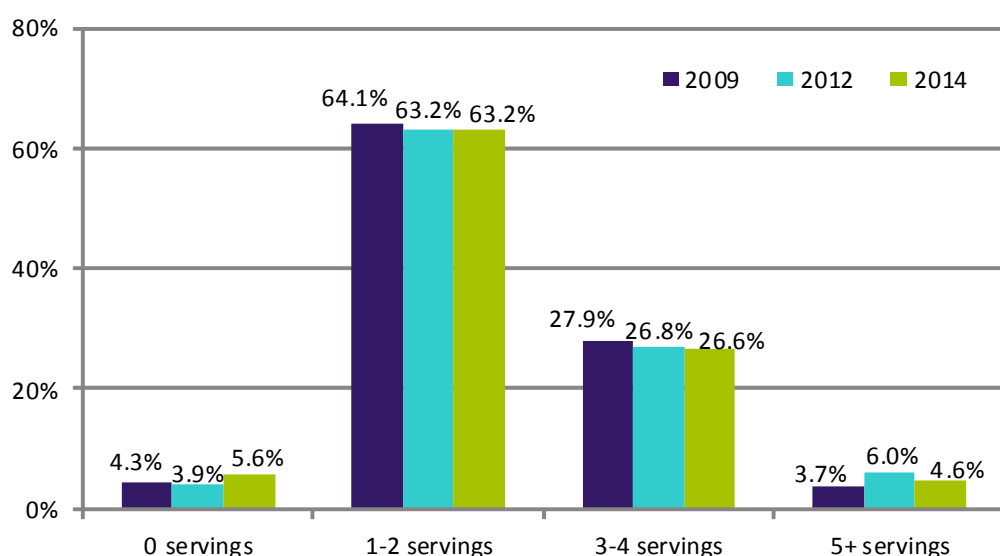
Nutrition & Weight

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Fruit & Vegetable Intake

The percent of students who eat enough fruits and



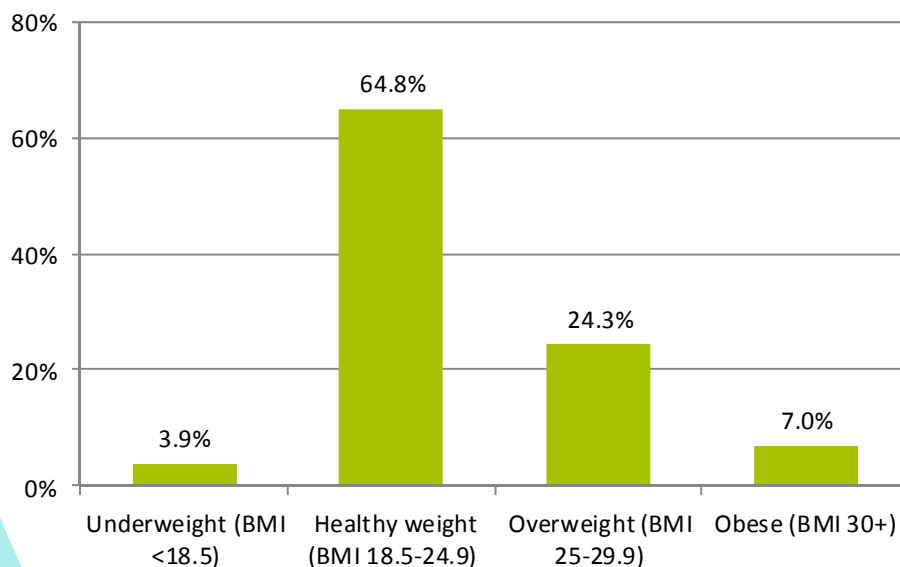
Almost half of students are trying to lose weight.

In the last 30 days...

- 57.9% of students have exercised to lose weight
- 43.2% have dieted to lose weight
- 5.8% have used diet pills to lose weight
- 3.1% have vomited or used laxatives to lose weight

Weight

The average body mass index for UI students is 24.



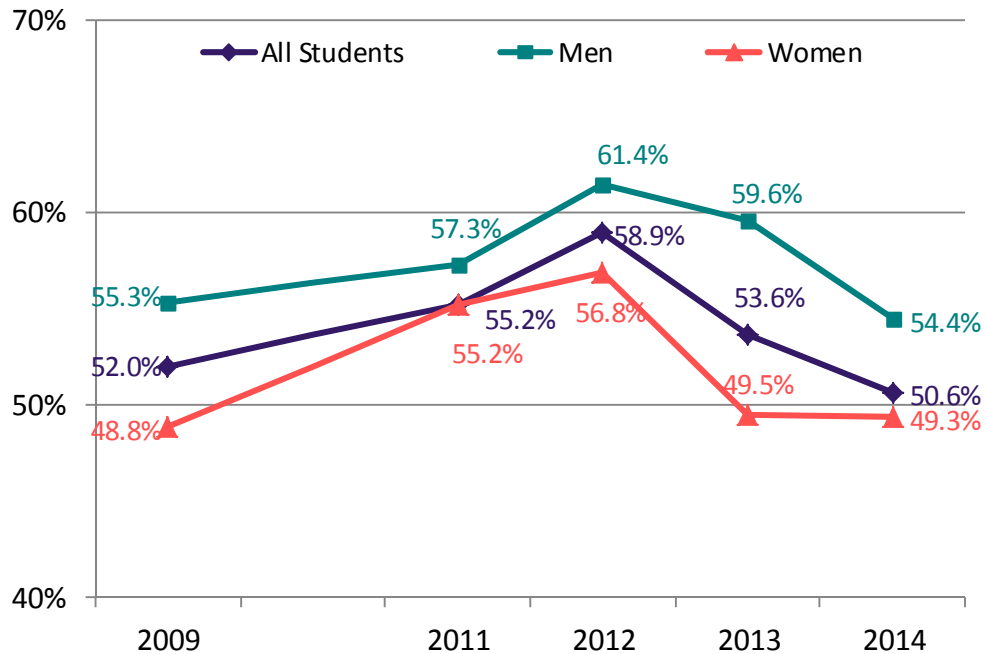
Physical Activity

Aerobic Activity

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

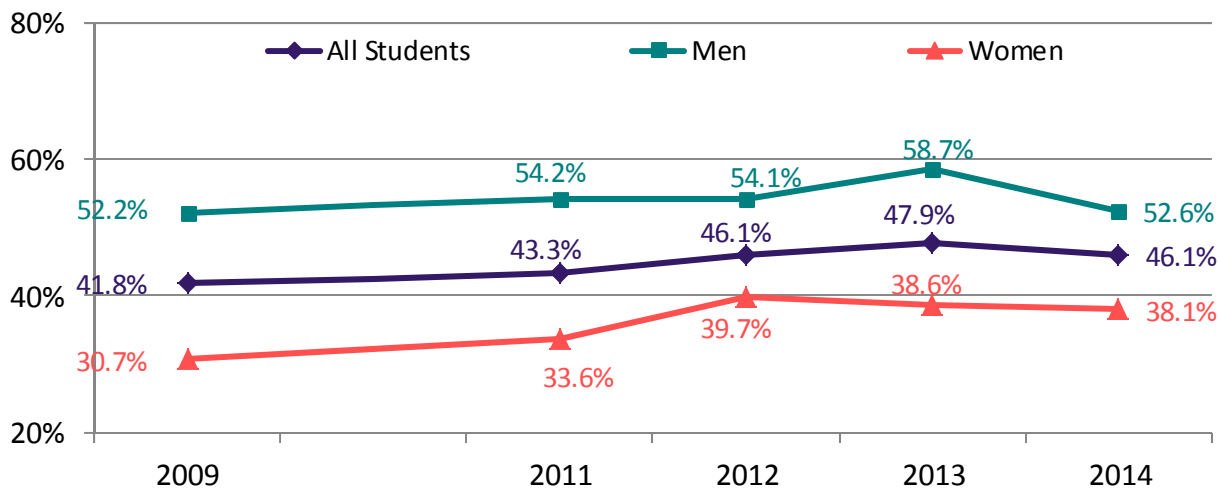
- ≥ 30 minutes of moderate intensity activity on ≥ 5 days/week
- ≥ 20 minutes of vigorous intensity activity on ≥ 3 days/week
- Any combination of the two

Just over half of UI students meet this recommendation.



Resistance Training

Less than half of students do resistance training exercises at least 2 days per week.



Other Information



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. Stress reduction
3. Physical activity
4. Sleep difficulties
5. How to help others in distress

Vaccinations

Measles, Mumps & Rubella	63.1%
Hepatitis B	59.8%
Varicella (chicken pox)	51.9%
Meningococcal Meningitis	49.9%
Influenza (shot/mist in last yr)	48.0%
Human Papillomavirus (HPV)	42.9%

Preventive Behaviors

31% of females reported performing a breast self exam in the last 30 days.

45% of female students reported having a routine gynecological exam in the last 12 months.

34% of male students reported doing a testicular self exam in the last 30 days.

50% of students reported using sunscreen regularly with sun exposure.

74% of students had a dental exam/cleaning in the last year.

This report and reports from previous years can be viewed online at:
<http://studenthealth.uiowa.edu/wellness/ui-health-data>

Questions can be directed to:
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