

National College Health Assessment Summary

The University of Iowa

Spring 2015

Comparisons to National Sample.....	2
Changes	2
Academic Issues	2
General Health.....	2
Alcohol.....	3
Tobacco.....	3
Other Drugs.....	3
Nutrition.....	4
Weight	4
Physical Activity	4
Sexual Health	5
Violence & Safety.....	5
Sleep.....	6
Stress.....	6
Mental Health	6

The American College Health Association's National College Health Assessment (NCHA) II instrument was used to survey a sample of undergraduate students in the spring of 2015. Five hundred sixty-nine students completed surveys, with a response rate exceeding 99%. The survey did not ask for any identifying information.

The NCHA survey allows us to compare our results with the national dataset including over 66,000 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>

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Photo from Student Life Marketing & Design



Comparisons to National Sample²



Better

- ◆ More likely to report feeling very safe in the surrounding community
- ◆ Less likely to report negative feelings associated with mental health conditions
- ◆ Less likely to report issues with sleep
- ◆ More likely to meet the physical activity recommendations for health



Worse

- ◆ Less likely to wear a helmet when riding a bike or motorcycle
- ◆ Greater average number of sex partners
- ◆ More likely to use marijuana
- ◆ More likely to use alcohol, engage in high risk drinking and experience negative consequences from use

Changes

Significant changes in last six years ($p < .05$)

High risk drinking (last 2 wks)

2009: 70.3%
2015: 54.2%



Stress affecting academics

2009: 22.5%
2015: 28.8%



Tobacco use (last 30 days)

2009: 23.4%
2015: 15.1%



Academic Issues & General Health

Impediments to Learning*

	Condition	%
1	Stress	28.8%
2	Anxiety	19.7%
3	Sleep difficulties	17.4%
4	Cold/flu/sore throat	14.7%
5	Work	13.8%
6	Alcohol use	11.9%
7	Depression	9.5%
8	Internet use/computer games	9.4%
9	Extracurricular activities	7.9%
10	Relationship difficulties	6.7%

Health Status

53.7% of students reported their health as very good or excellent.

89.3% reported their health as good, very good or excellent.

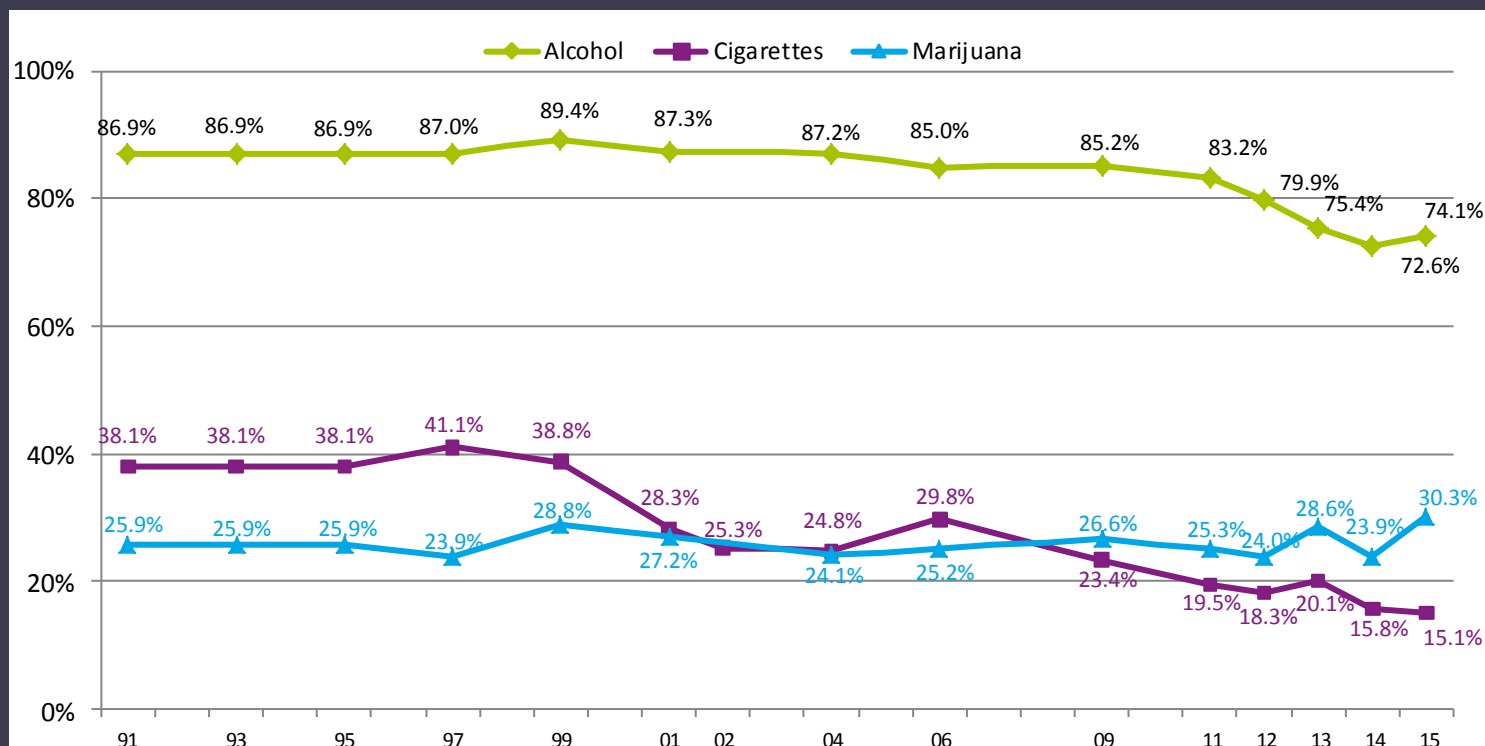
Health Problems*

1	Allergies	19.9%
2	Sinus Infection	17.5%
3	Back Pain	14.1%
4	Strep Throat	12.3%
5	Urinary Tract Infection	9.6%

*last 12 months

Alcohol & Other Drugs

Use in Last 30 Days



Other Stats

Alcohol

Used alcohol 10+ days in last 30 days: 26.1%

↓ from 2009 (36.4%)

High risk drinking (5+ drinks on one occasion in last 2 weeks): 54.2%

↓ from 2009 (70.3%)

Average # of drinks: 5.8

↓ from 2009 (7.4)

Average BAC (of users): 0.10

1+ negative consequences: from use in last year: 58.7%

↓ from 2009 (65.1%)



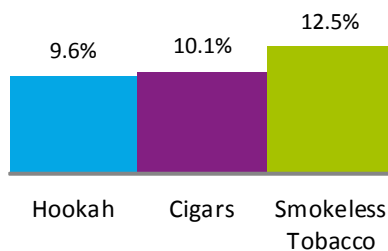
Tobacco

Used cigarettes 10+ days in last 30 days: 6.7%

↓ from 2009 (8.9%)

Used cigarettes daily: 4.6%

Use of other forms of tobacco in last 30 days:



Other Drugs

Used marijuana 10+ days in last 30 days: 11.8%

↑ from 2009 (8.5%)

Used marijuana daily: 4.4%

↑ from 2009 (3.1%)

Other use in last 30 days:

Cocaine: 3.6%

Hallucinogens: 1.6%

MDMA: 1.3%

Illegal prescription drug use in last 12 months:

Pain killers: 10.0%

Sedatives: 6.5%

Stimulants: 20.6%

↑ from 2009 (15.5%)



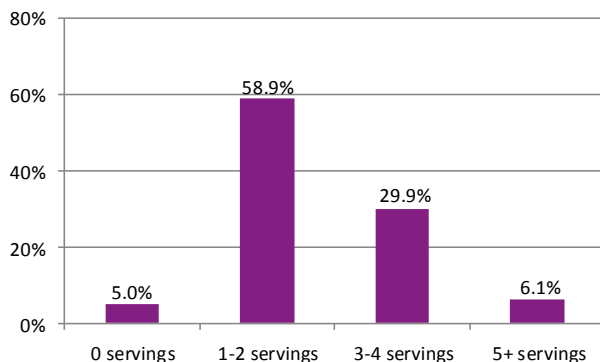
Nutrition, Weight & Activity

4



Nutrition

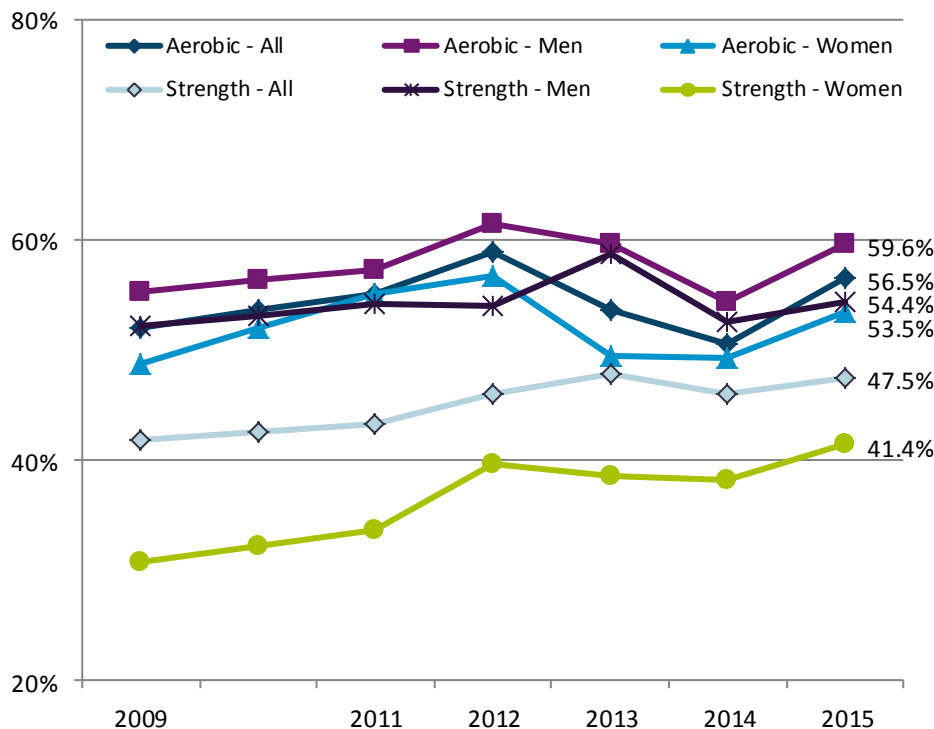
Fruit & vegetable intake continues to be an issue, with the vast majority of students not meeting the national recommendation (5+ servings/day).



The American College of Sports Medicine recommends getting:

- One OR a combination of the following for aerobic activity:
 ≥ 30 mins of moderate intensity activity ≥ 5 days/wk
 ≥ 20 mins of vigorous intensity activity ≥ 3 days/wk
- Strength training ≥ 2 days/wk

Below are the percent of students meeting these guidelines.



Physical Activity

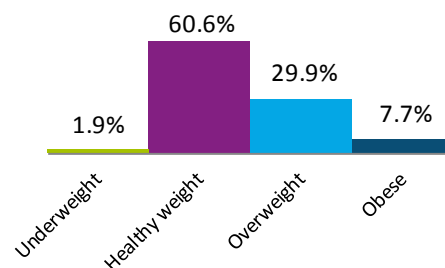


Weight



Body Mass Index

The average body mass index for students is 24.45.



53.8% of students are trying to lose weight.

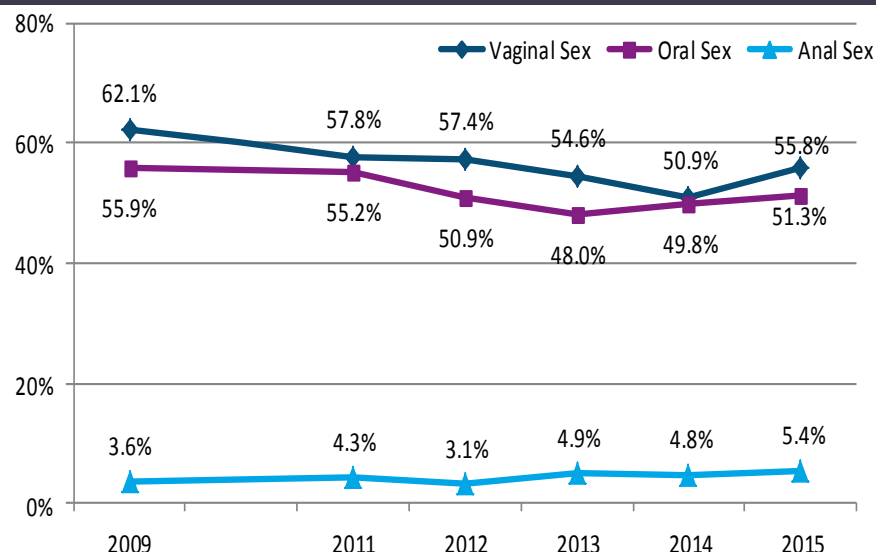
In the last 30 days...

- 62.6% of students have exercised to lose weight
- 44.1% have dieted to lose weight
- 6.5% have used diet pills to lose weight
- 3.7% have vomited or used laxatives to lose weight

Diet pills and vomiting/laxatives were more commonly used means to lose weight in 2015 than they have been in the last six years.

Sexual Health

Sexual Activity**



Protection

78.0% used birth control the last time they had vaginal sex.

Top choices include:

Birth control pills	70.2%
Male condom	67.1%
Withdrawal	34.5%
Intrauterine device	7.9%

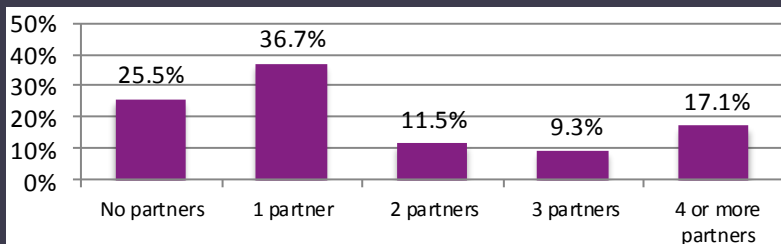
Barrier use (mostly/always):

Vaginal sex: 50.2%

Oral sex: 3.0%

Anal sex: 27.5%

Number of Partners*



STI Testing

35.0% of UI students reported that they have ever been tested for sexually transmitted infections.

22.7% have ever been tested for HIV.

Violence & Safety

Abusive Relationships*

Emotionally: 9.7%

Physically: 3.4%

Sexually: 1.8%

These numbers are higher than in recent years.

Violence & Abuse*

Physical fight: 10.2%

Physical assault: 5.8%

Verbal threat: 25.6%

Stalking victim: 4.6%

In absence of consent:

Sexual touching: 9.0%

Sexual penetration attempt: 2.3%

Sexual penetration: 1.8%

Safety Practices*

Seatbelt use: 97.3%

Helmet use:

Bike: 24.3%

Motorcycle: 54.7%

(mostly/always used; only includes those who did activity in last 12 months)

Feelings of Safety

Feeling "very safe":

In the Daytime: ☀️

On campus:

87.5%

In the community:

68.1%

At Night: 🌙

On campus:

31.6%

In the community:

23.4%

*in the last 12 months

**in the last 30 days

Sleep, Stress & Mental Health

6

Sleep

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

Sleepiness during daily activities

No problem: 10.6%

A little problem: 54.5%

More than a little problem: 22.3%

A big problem: 10.2%

A very big problem: 2.3%

53.1% of students feel tired, dragged out, or sleepy during the day at least 3 days a week.



Stress

Top stressors in the last 12 months

Academics	51.3%
Finances	29.0%
Intimate relationships	28.7%
Career-related issue	26.6%
Sleep difficulties	25.9%
Personal appearance	23.2%
Family problems	21.3%
Other social relationships	20.8%
Health problem of family/friend	17.9%
Personal health issue	15.1%

72.0% of students reported at least one thing that was difficult to handle.

Stress levels

No/less than average: 13.4%

Average: 43.6%

More than average: 36.8%

Tremendous: 6.3%



Mental Health

16.4% of men and 29.1% of women reported being diagnosed or treated for at least one mental health condition in the last year.

Anxiety: 10.9%

Depression: 8.3%

Feelings in last 30 days

Overwhelmed: 62.4%

Exhausted: 60.3%

Very sad: 34.8%

Very lonely: 32.8%

Overwhelming anxiety: 30.5%

Hopeless: 22.8%

Overwhelming anger: 18.9%

So depressed that it was difficult to function: 16.6%

All of these have increased in recent years

Self harm & suicidality*

Self harm: 1.8%

Seriously considered suicide: 2.7%

Attempted suicide: 0.9%



**last year*

Use of Mental Health Services

Ever Received Services

Counselor/Psychologist	26.3%
University Health/Counseling	14.7%
Psychiatrist	10.4%
Other medical provider	13.1%
Clergy	4.8%

72.0% 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.