

SPRING
2019

NATIONAL COLLEGE HEALTH ASSESSMENT

GRADUATE STUDENT
SUMMARY REPORT

The University of Iowa



ABOUT

The National College Health Assessment (NCHA)

Data on UI student health behaviors, attitudes, and beliefs

856

UI graduate students completed the survey

Student Wellness collected anonymous online surveys from graduate students for the first time in 2019. The data will be used for needs assessment efforts to guide program development.

21.0% RESPONSE RATE

SAMPLE SNAPSHOT

SEX & GENDER

Female: 67.2%

Male: 29.9%

Non-binary: 2.9%

SEXUAL ORIENTATION

Heterosexual: 83.0%

LGBTQ+: 16.9%

RACE & ETHNICITY

White: 77.2%

Asian or Pacific Islander: 12.9%

Hispanic or Latino/a: 5.4%

Black: 2.7%

American Indian, Native

Alaskan or Hawaiian: 1.3%

Biracial or Multiracial: 3.5%

Other: 2.7%

27

MEDIAN AGE

84%

FULL TIME

90%

WORK

The NCHA survey allows us to compare our results with the national graduate student dataset including 12,569 graduate students at institutions of higher education.

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STUDENT WELLNESS

This report & reports from undergraduate students can be viewed [here](#). Questions can be directed to [Steph Beecher](#).

COMPARISONS TO NATIONAL SAMPLE

+ BETTER

UI students are...

- more likely to seek out mental health resources
- more likely to use contraceptives
- less likely to use marijuana, cigarettes and cigars
- more likely to meet aerobic and strength training recommendations

- WORSE

UI students are...

- more likely to use alcohol & e-cigarettes
- more likely to feel anxious, overwhelmed and exhausted
- less likely to report feeling very safe on campus and in the community at night

UI HEALTH STATUS

HEALTH ISSUES*

1	Allergies	17.6%
2	Sinus infections	16.5%
3	Back pain	13.5%
4	Migraine headaches	11.1%
5	Urinary tract infections	8.2%

ACADEMIC IMPEDIMENTS*

1	Stress	24.1%
2	Anxiety	21.3%
3	Depression	15.5%
4	Sleep difficulties	14.4%
5	Work	13.8%
6	Concern for troubled friend/family	9.2%
7	Cold/flu/sore throat	7.3%
8	Relationship difficulties	6.1%
9	ADHD	6.0%
10	Finances	5.3%

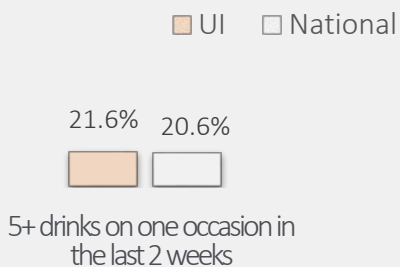
86.3%

of UI students reported their health as good, very good, or excellent, compared to 87.1% at the national level.

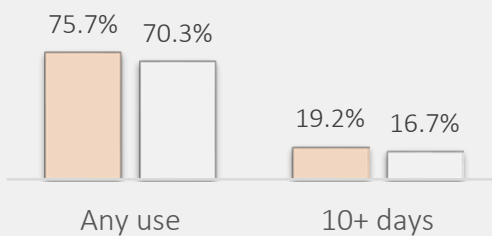
*last 12 months

ALCOHOL & OTHER DRUGS

HIGH RISK DRINKING



USE IN THE LAST 30 DAYS



AVERAGE NUMBER OF DRINKS

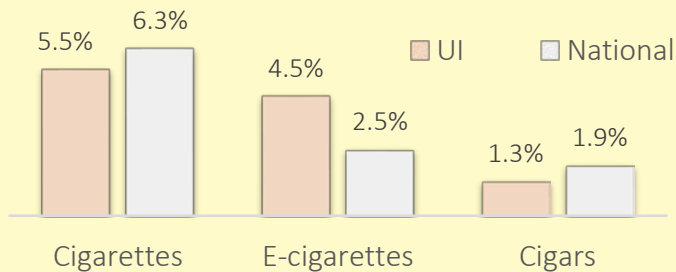


AVERAGE BLOOD ALCOHOL CONTENT



32.9% of students have had at least one negative consequence from alcohol in the last year

USE IN THE LAST 30 DAYS



Cigarettes

2.6% 10+ days in last 30 days
National: 2.7%

1.9% Daily use
National: 1.8%

E-cigarettes

1.6% 10+ days in last 30 days
National: 1.0%

1.2% Daily use
National: 0.8%

OTHER DRUGS

Any use in the last 30 days

SEDATIVES: 1.8%

National: 1.1%

AMPHETAMINES: 1.6%

National: 1.3%

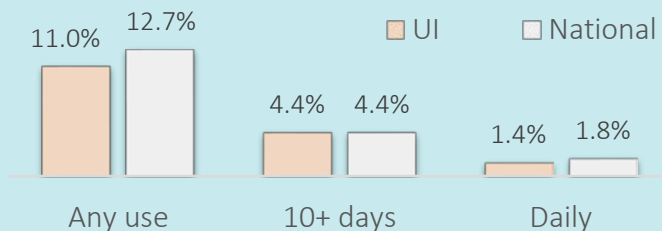
COCAINE: 0.4%

National: 0.6%

HALLUCINOGENS: 0.4%

National: 0.4%

MARIJUANA USE IN THE LAST 30 DAYS



ILLEGAL PRESCRIPTION DRUG USE

Any use in the last 12 months

STIMULANTS: 4.1%

National: 3.6%

ANTIDEPRESSANTS: 3.1%

National: 2.4%

SEDATIVES: 3.2%

National: 2.1%

PAIN KILLERS: 2.5%

National: 3.3%

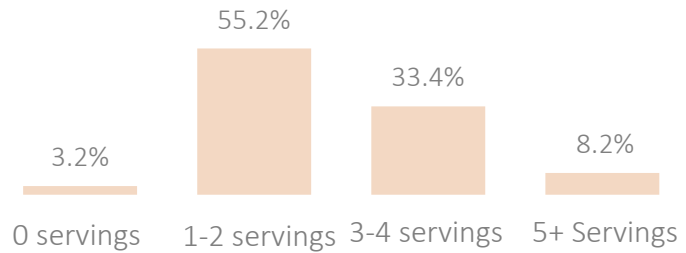
NUTRITION, ACTIVITY & WEIGHT

FRUIT & VEGGIE INTAKE



of students meet the recommendation for fruit/veggie intake (5+ servings/day)

National: 7.7%

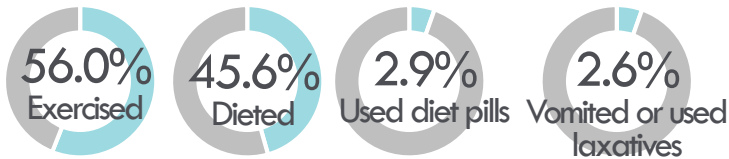


WEIGHT LOSS

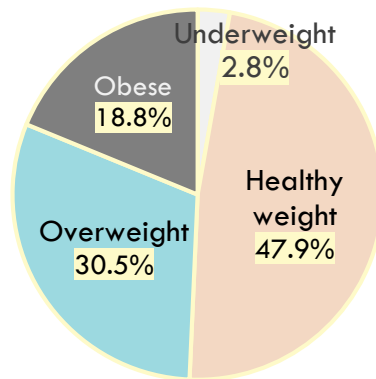
55.5%

of students are currently trying to lose weight

MEASURES TO LOSE WEIGHT IN THE LAST 30 DAYS



BODY MASS INDEX

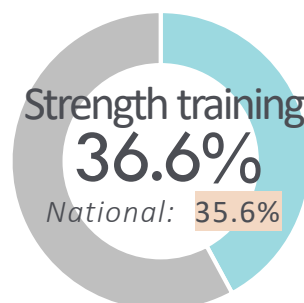
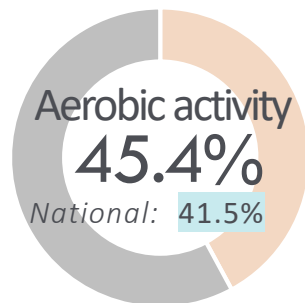


The average body mass index (BMI) for UI grad students is 25.96

National: 25.55

PHYSICAL ACTIVITY

MEETS RECOMMENDATIONS



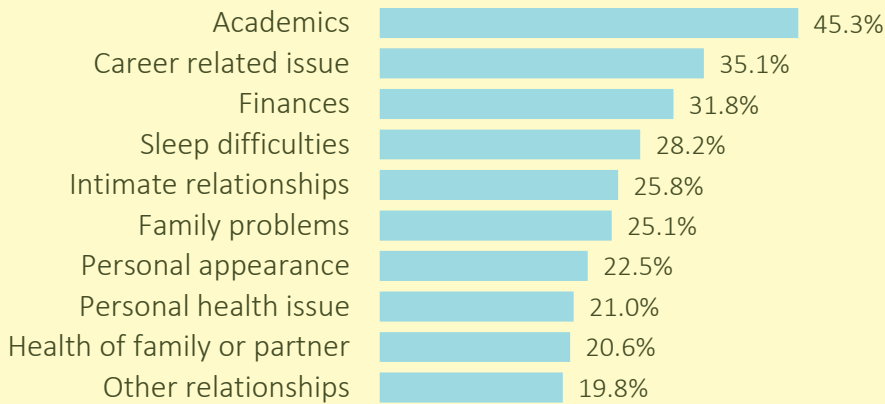
The American College of Sports Medicine recommends getting:

- 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

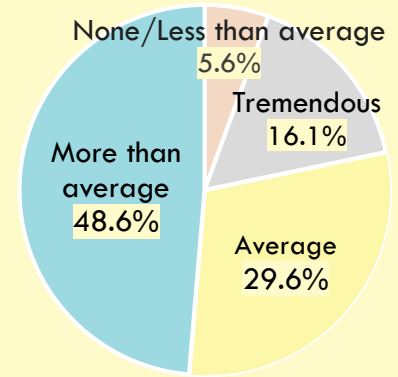
STRESS, SLEEP & MENTAL HEALTH

STRESS

TOP STRESSORS *(Difficult to handle in last 12 months)*



OVERALL STRESS LEVEL *(Last 12 months)*

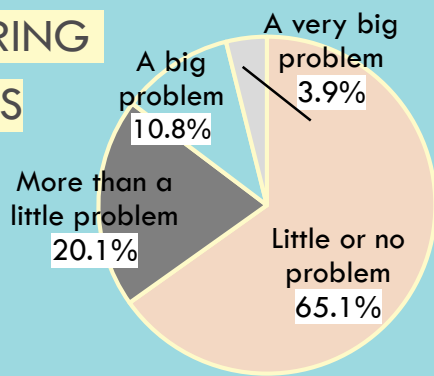


SLEEP

SLEEPINESS DURING

DAILY ACTIVITIES

(Last 7 days)



54.1% of students felt tired or sleepy during the day at least 3 of the last 7 days.

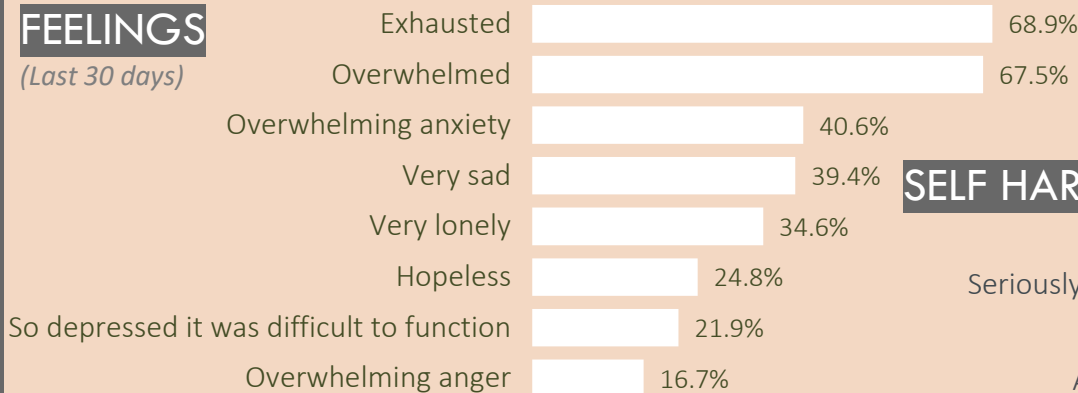
National: 53.8%

16.8% of students report getting enough sleep to feel rested at least 6 of the last 7 days.

National: 16.0%

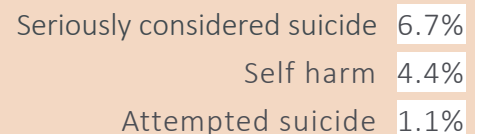
FEELINGS

(Last 30 days)



SELF HARM & SUICIDALITY

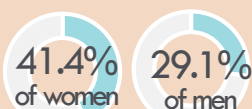
(Last 12 months)



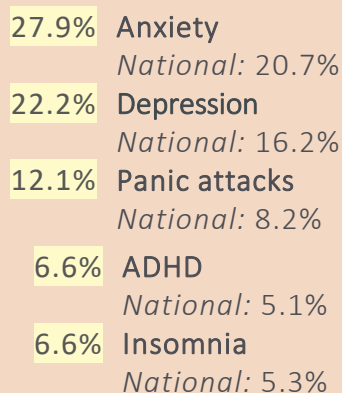
MENTAL HEALTH

DIAGNOSED/TREATED

CONDITIONS *(Last 12 months)*

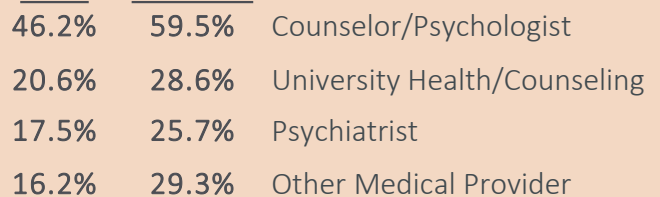


Diagnosed/treated for at least one mental health condition



EVER RECEIVED SERVICES

MEN **WOMEN**

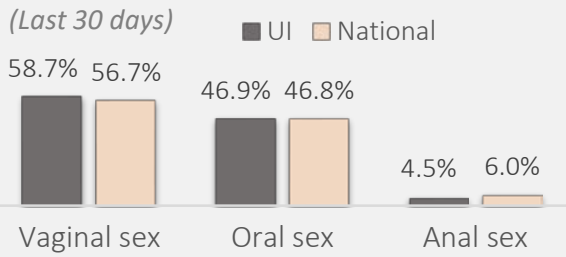


91.0% of students said they would consider seeking help from a mental health professional in the future if they had a personal problem that was bothering them.

SEXUAL HEALTH, SAFETY & VIOLENCE

SEXUAL HEALTH

SEXUAL ACTIVITY



AVERAGE NUMBER OF PARTNERS*



PROTECTION

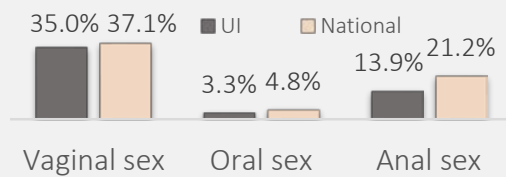
80.8% used birth control the last time they had vaginal sex

TOP CHOICES INCLUDE:

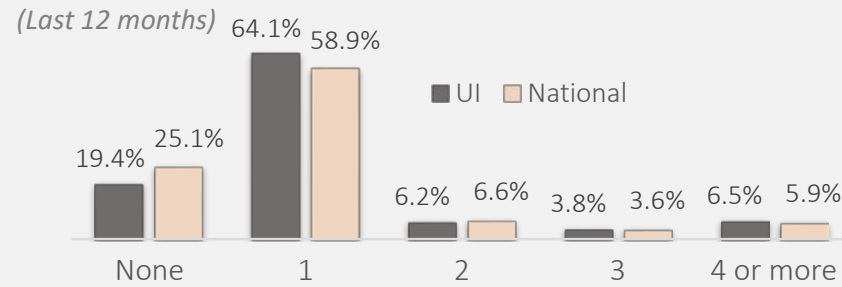
1. Male condoms **46.9%**
2. Birth control pills **42.1%**
3. Intrauterine device **26.5%**

BARRIER USE

(mostly/always)



NUMBER OF PARTNERS



1 in 2 students (55.8%) have been tested for sexually transmitted infections (STIs)

37.8%

of students have been tested for human immunodeficiency virus (HIV) *National: 39.4%*

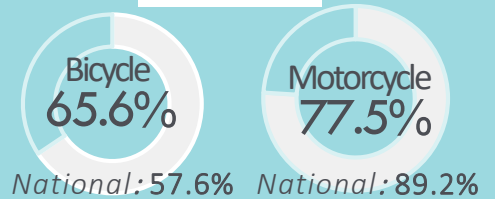
SAFETY

REPORT FEELING "VERY SAFE"

FEMALE	CAMPUS	COMMUNITY
DAY	79.6%	62.5%
NIGHT	17.0%	11.4%
Male	CAMPUS	COMMUNITY
DAY	95.3%	82.7%
NIGHT	56.9%	42.4%

29.2% of students reported feeling very safe on campus at night
National: 37.5%

HELMET USE

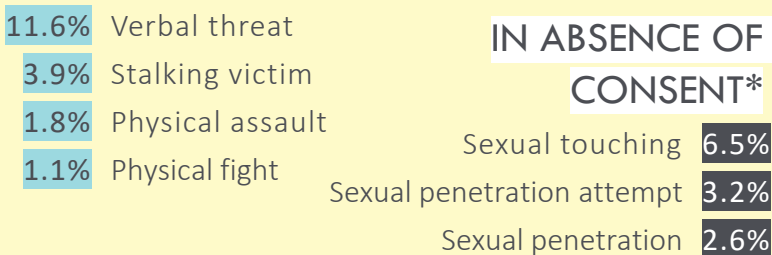


SEATBELT USE

98.4% (mostly/always used; only includes those who did activity in last 12 months)
National: 98.1%

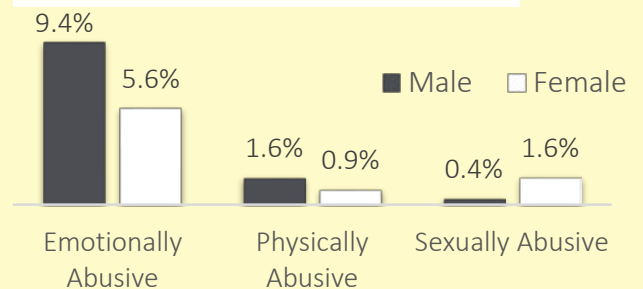
VIOLENCE & ABUSE

INCIDENTS OF VIOLENCE*



IN ABSENCE OF CONSENT*

ABUSIVE RELATIONSHIPS*



83.7% of students have received information about sexual assault/relationship violence prevention

*Last 12 months