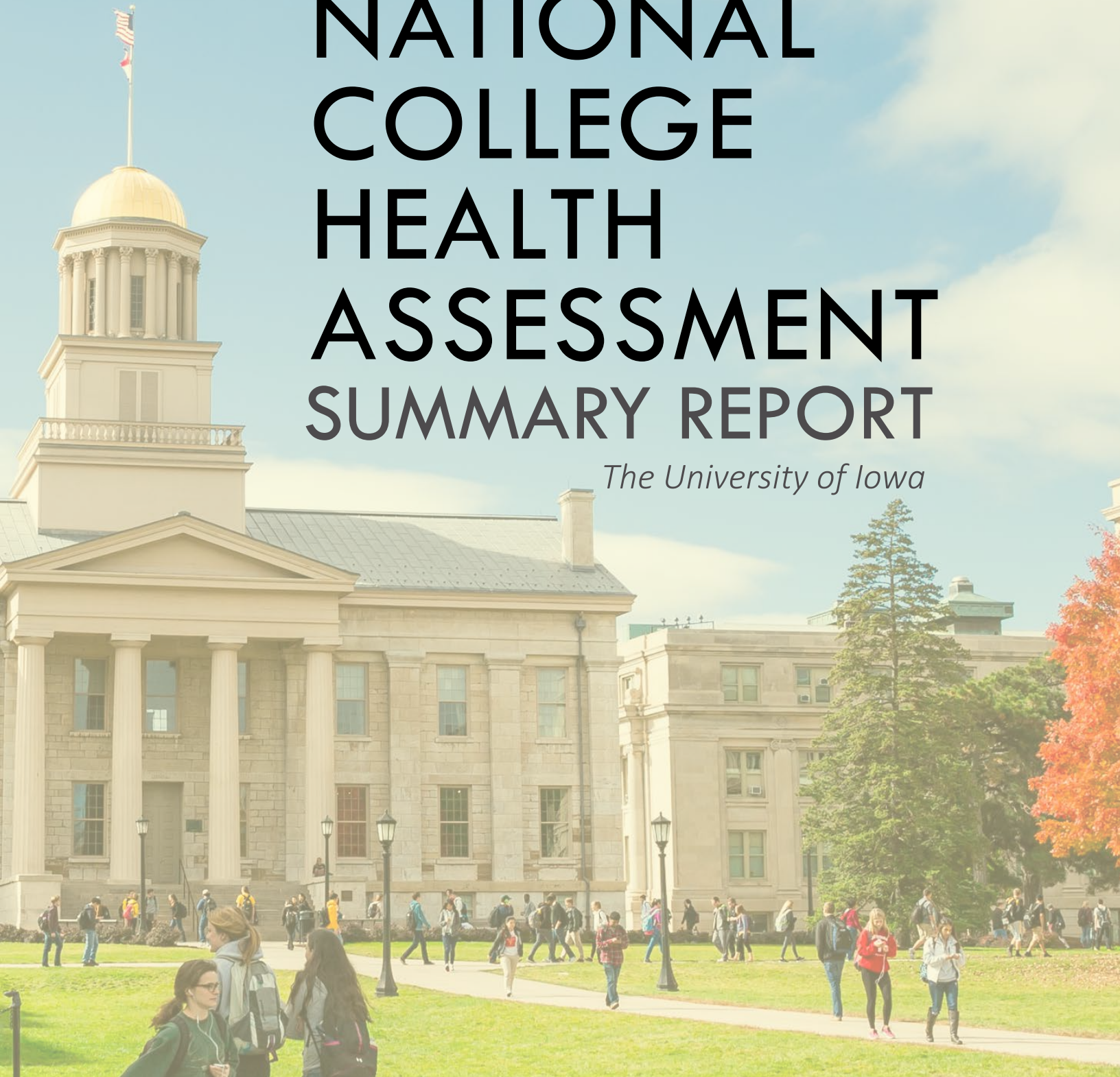


SPRING  
2019

# NATIONAL COLLEGE HEALTH ASSESSMENT SUMMARY REPORT

*The University of Iowa*



# ABOUT

## The National College Health Assessment (NCHA)

Data on UI student health behaviors, attitudes, and beliefs

568

UI undergraduates  
completed the survey

Student Wellness collects anonymous surveys, using a convenience sample of undergraduate academic courses. Our data collection occurs every year, and the information is used for needs assessment efforts to guide program development.

99%  
RESPONSE  
RATE

The NCHA survey allows us to compare our results with the national dataset including over **70,000** undergraduate students at institutions of higher education.

This report & reports from previous years can be viewed [here](#). Questions can be directed to [Stephanie Beecher](#).

### Report Contents

03 TRENDS & CHANGES

04 COMPARISONS TO  
NATIONAL SAMPLE &  
UI HEALTH STATUS

05 ALCOHOL &  
OTHER DRUGS

06 NUTRITION, ACTIVITY  
& WEIGHT

07 STRESS, SLEEP &  
MENTAL HEALTH

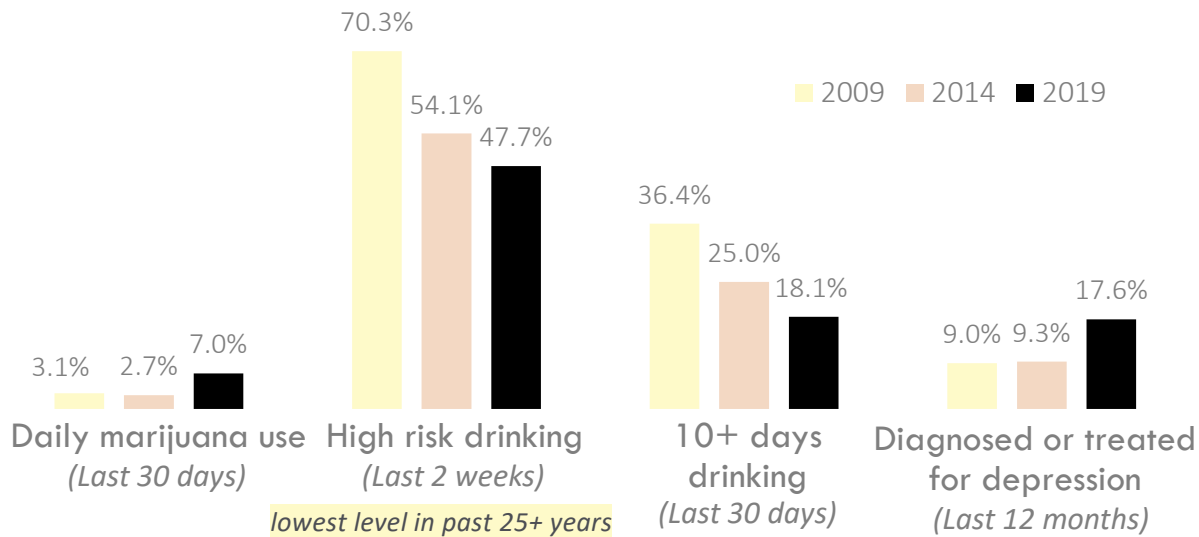
08 SEXUAL HEALTH,  
SAFETY & VIOLENCE

**STUDENT WELLNESS**



# TRENDS & CHANGES

## 5 & 10 YEAR TRENDS



Significant difference ( $p < .05$ ) when comparing 2009 & 2019 data, and 2014 & 2019 data

## OTHER NOTABLE CHANGES

### E-cigarette use

26.8% Any use in last 30 days  
↑↑ from 2016 (5.8%)

14.9% 10+ days in last 30 days  
↑↑ from 2016 (1.5%)

7.5% Daily use  
↑ from 2016 (1.4%)

*E-cigarette use has only been measured since 2016*

### Ever received vaccination

62.1% Human Papillomavirus (HPV)  
↑↑ from 2009 (35.5%)

### Mental Health

25.6% Diagnosed or treated for anxiety (Last 12 months)

↑↑ from 2009 (8.5%)

10.2% Seriously considered suicide (Last 12 months)

↑ from 2009 (4.5%)

# COMPARISONS TO NATIONAL SAMPLE

## + BETTER

*UI students are...*

- more likely to be in the healthy weight range
- less likely to report issues with sleep or stress
- more likely to meet the strength and aerobic training recommendation for health
- more likely to report feeling very safe in the surrounding community

## - WORSE

*UI students are...*

- more likely to engage in high risk drinking and experience negative consequences from drinking
- more likely to have unprotected sex
- more likely to use tobacco and nicotine products
- less likely to wear a helmet when riding a bike or motorcycle

## UI HEALTH STATUS

### HEALTH ISSUES\*

1	Allergies	21.5%
2	Sinus infections	19.9%
3	Strep throat	15.3%
4	Back pain	14.9%
5	Urinary tract infections	12.6%

### ACADEMIC IMPEDIMENTS\*

1	Stress	32.7%
2	Anxiety	30.6%
3	Sleep difficulties	20.0%
4	Depression	19.8%
5	Cold/flu/sore throat	17.1%
6	Work	15.0%
7	ADHD	10.6%
8	Alcohol use	10.3%
9	Internet use/computer games	9.5%
10	Relationship difficulties	8.6%

88.7%

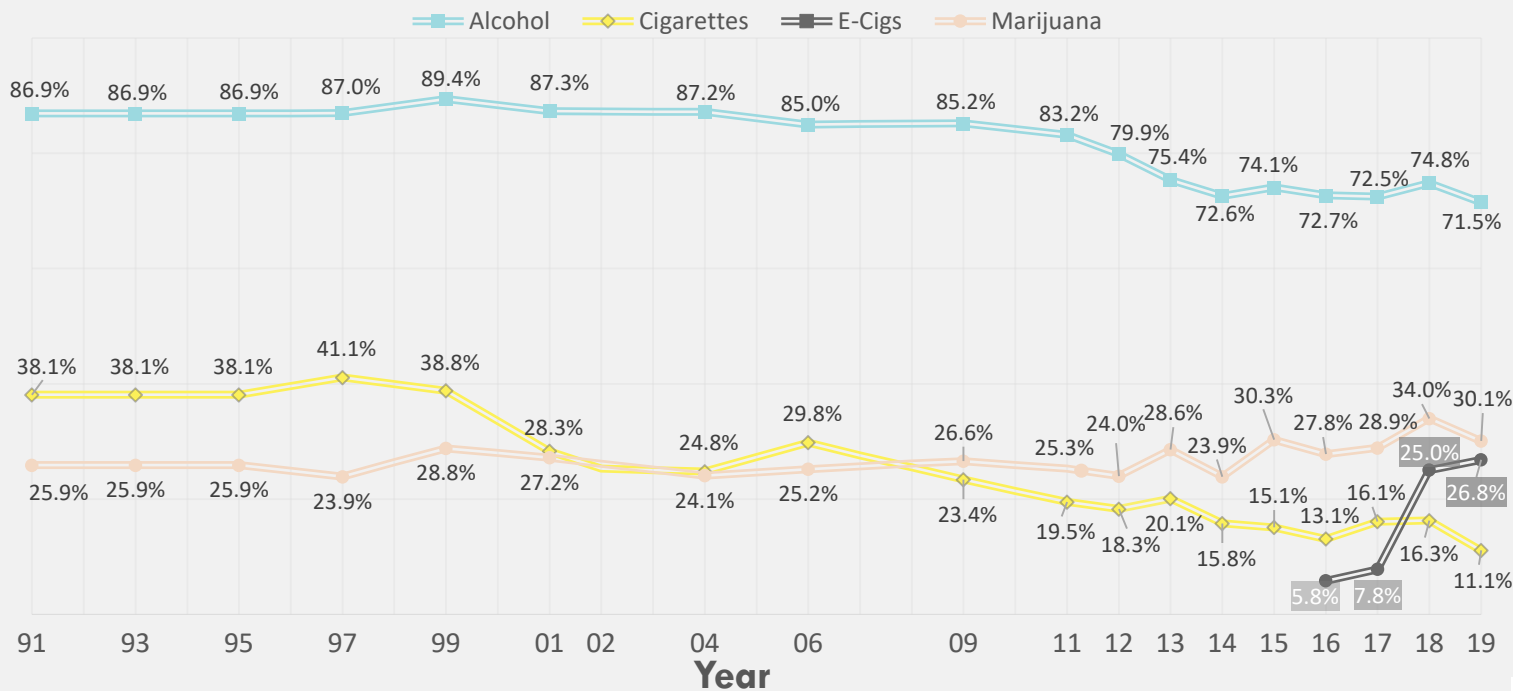
of UI students  
reported their health  
as good, very good,  
or excellent,  
compared to 81.6%  
at the national level.

*\*last 12 months*



# ALCOHOL & OTHER DRUGS

## USE IN THE LAST 30 DAYS



### ALCOHOL

#### High risk drinking

- 47.7%** 5+ drinks on one occasion in last 2 weeks  
*National: 28.3%*
- 18.1%** 10+ days of drinking in the last 30 days  
*National: 11.7%*
- 56.5%** 1+ negative consequence from use in last 12 months

#### TYPICAL USE

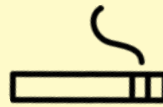
Average blood alcohol content (B.A.C.) of users

**.09** Male .09  
Female .09

*National: .06*

Average # of drinks

**5.2** Male 6.6  
Female 4.1



### TOBACCO & E-CIGS

#### Cigarettes

- 4.5%** 10+ days in last 30 days  
*National: 2.6%*
- 2.9%** Daily use  
*National: 1.6%*

#### E-cigarettes

- 14.9%** 10+ days in last 30 days  
*National: 4.1%*
- 7.5%** Daily use  
*National: 2.2%*

#### Other tobacco use (last 30 days)

- 5.2%** Smokeless
- 4.1%** Cigars
- 1.6%** Hookah



### OTHER DRUGS

#### Marijuana

- 16.8%** 10+ days in last 30 days  
*National: 8.2%*
- 7.0%** Daily use  
*National: 3.3%*

#### Other illicit drug use (last 30 days)

- 2.9%** Cocaine *National: 1.7%*
- 2.3%** Hallucinogens *National: 1.3%*
- 1.1%** MDMA *National: 0.7%*

#### Illegal prescription drug use (last 12 months)

- 15.1%** Stimulants  
*National: 6.2%*
- 5.8%** Sedatives  
*National: 3.1%*
- 4.6%** Pain killers  
*National: 4.4%*

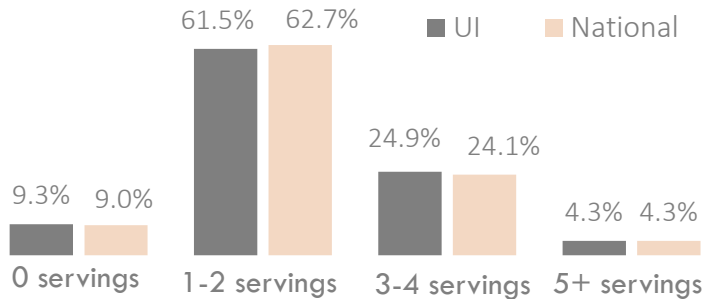
# NUTRITION, ACTIVITY & WEIGHT

## FRUIT & VEGGIE INTAKE



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

National: 4.3%

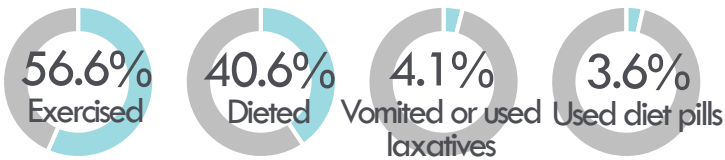


## WEIGHT LOSS

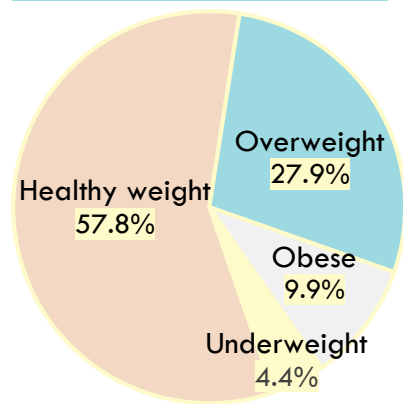
51.8%

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 students is

24.3

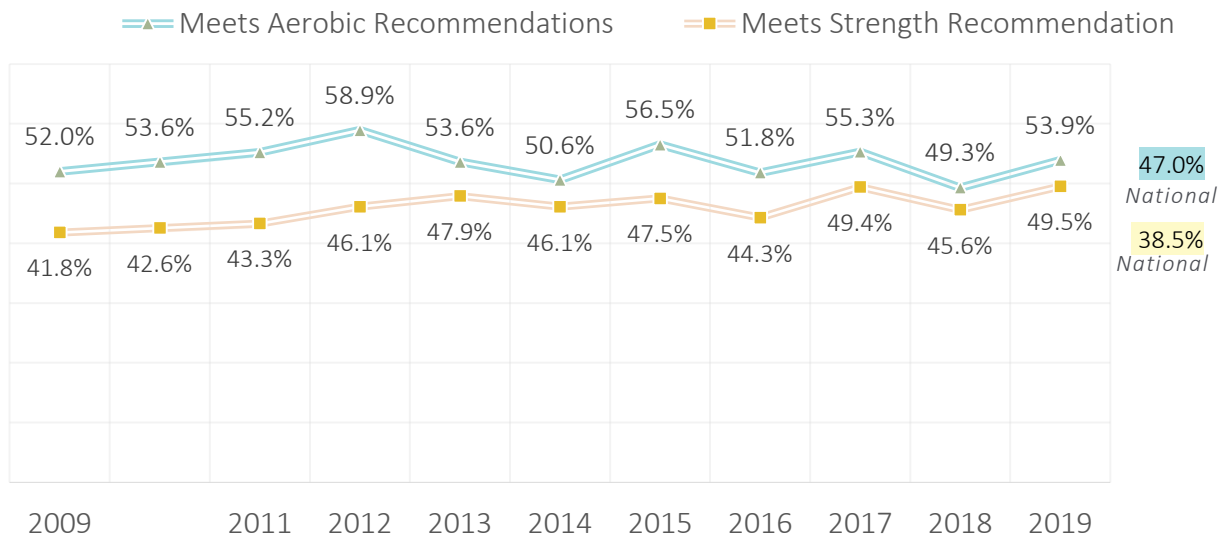
National:

25.1

## PHYSICAL ACTIVITY

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

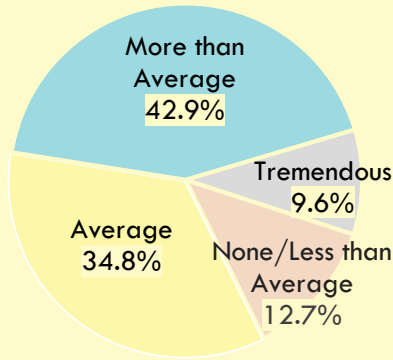


# STRESS, SLEEP & MENTAL HEALTH

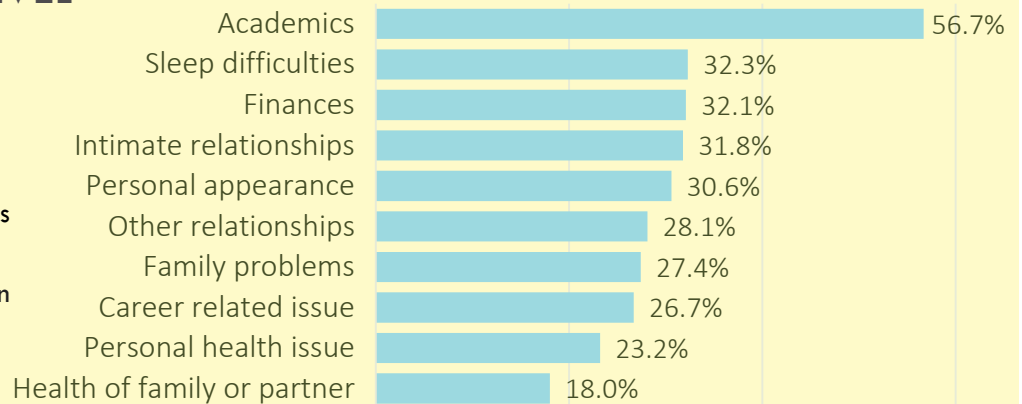
## STRESS

### OVERALL STRESS LEVEL

(Last 12 months)



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



## SLEEP

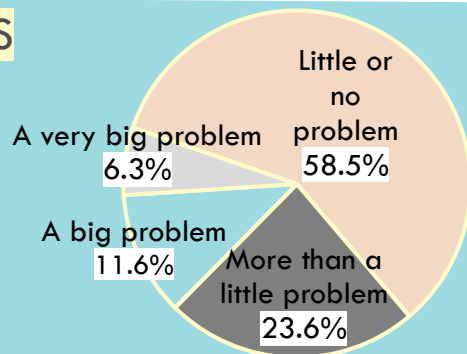
### SLEEPINESS

#### DURING

#### DAILY

#### ACTIVITIES

(Last 7 days)



**61.8%** of students felt tired or sleepy during the day at least 3 of the last 7 days.

National: **64.1%**

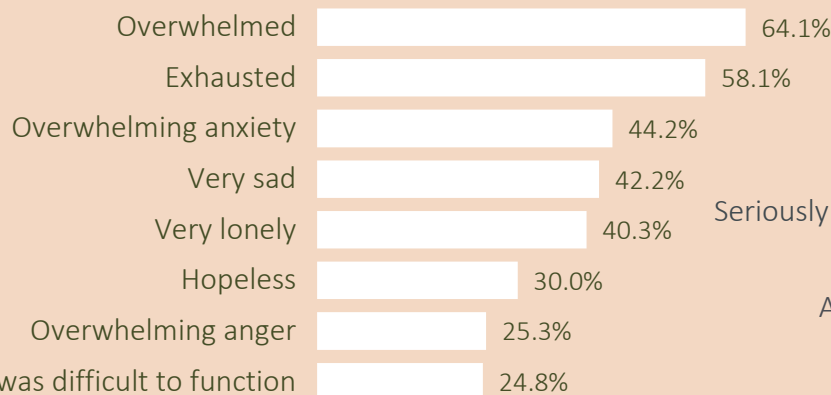
**10.6%** of students report getting enough sleep to feel rested at least 6 of the last 7 days.

National: **10.5%**

## MENTAL HEALTH

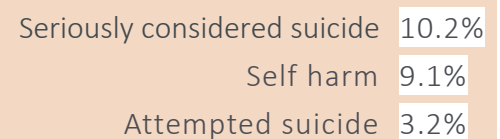
### FEELINGS

(Last 30 days)



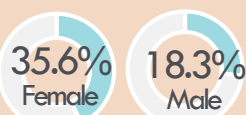
### SELF HARM & SUICIDALITY

(Last 12 months)

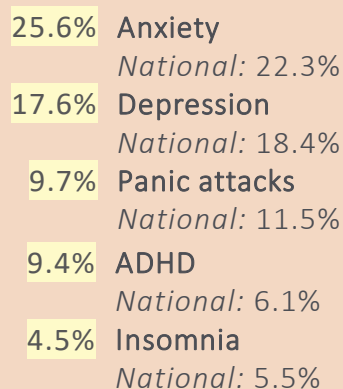


### DIAGNOSED/TREATED

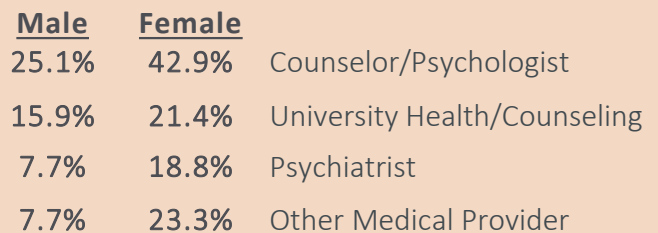
#### CONDITIONS (Last 12 months)



Diagnosed/treated for at least one mental health condition



### EVER RECEIVED SERVICES



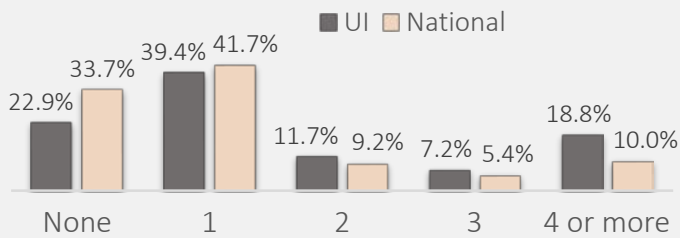
**77.1%** of students said they would consider seeking help from a mental health professional in the future if they had a personal problem that was bothering them.

# SEXUAL HEALTH, SAFETY & VIOLENCE

## SEXUAL HEALTH

### NUMBER OF PARTNERS

(Last 12 months)



AVERAGE NUMBER OF PARTNERS\*

2.9

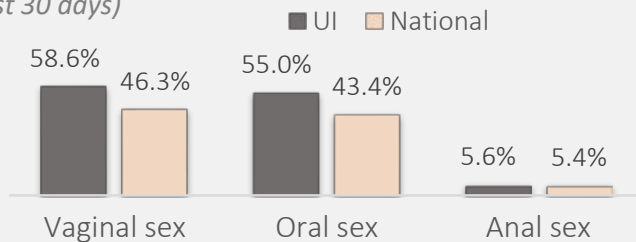
Men 3.3

Women 2.5

National 2.2

### SEXUAL ACTIVITY

(Last 30 days)



\*Of those who had sex in the last 12 months

### PROTECTION

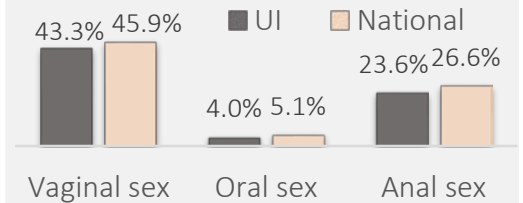
**78.7%** of sexually active students used birth control the last time they had vaginal sex

TOP CHOICES INCLUDE:

1. Birth control pills **67.9%**
2. Male condoms **52.3%**
3. Withdrawal **32.2%**

### BARRIER USE

(mostly/always)



**1 in 3** students (38.9%) have been tested for sexually transmitted infections (STIs)

**24.1%**

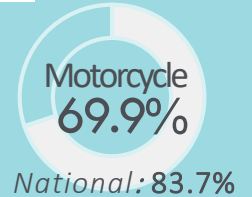
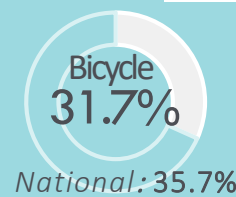
of students have been tested for human immunodeficiency virus (HIV) *National: 26.9%*

## SAFETY

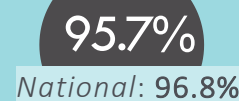
### REPORT FEELING "VERY SAFE"

Female	CAMPUS	COMMUNITY
DAY	77.4%	52.9%
NIGHT	9.2%	7.2%
Male	CAMPUS	COMMUNITY
DAY	89.7%	75.5%
NIGHT	53.5%	42.9%

### HELMET USE



### SEATBELT USE



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

## VIOLENCE & ABUSE

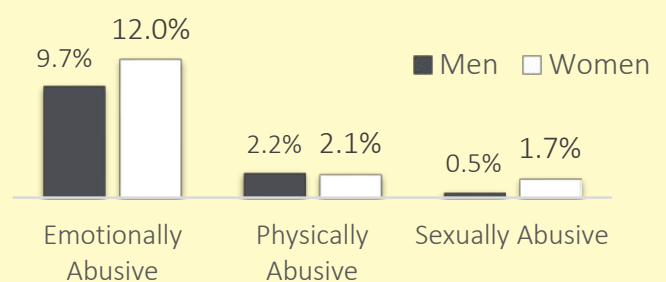
### INCIDENTS OF VIOLENCE\*

- 22.0%** Verbal threat
- 8.7%** Physical fight
- 6.5%** Stalking victim
- 5.0%** Physical assault

### IN ABSENCE OF CONSENT\*

- Sexual touching **12.9%**
- Sexual penetration attempt **4.1%**
- Sexual penetration **2.7%**

### ABUSIVE RELATIONSHIPS\*



\*Last 12 months

**83.3%** of students have received information about sexual assault/relationship violence prevention