

THE NATIONAL COLLEGE HEALTH ASSESSMENT SUMMARY

The University of Iowa

Spring 2016

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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 2016. Five hundred ninety-three 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 74,000 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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Comparisons to National Sample²

Better

Worse

- ♦ 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

- ♦ 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 at p<.05)

High risk drinking	last 2 weeks
Cigarette use	last 30 days
Marijuana use	daily use



Academic Issues & General Health

Impediments to Learning*

	Condition	%
1	Stress	31.7%
2	Anxiety	25.9%
3	Sleep difficulties	17.2%
4	Depression	15.8%
5	Cold/flu/sore throat	15.3%
6	Work	13.4%
7	Alcohol use	11.9%
8	Internet use/computer games	10.4%
9	Relationship difficulties	8.0%
10	Extracurricular activities	7.4%



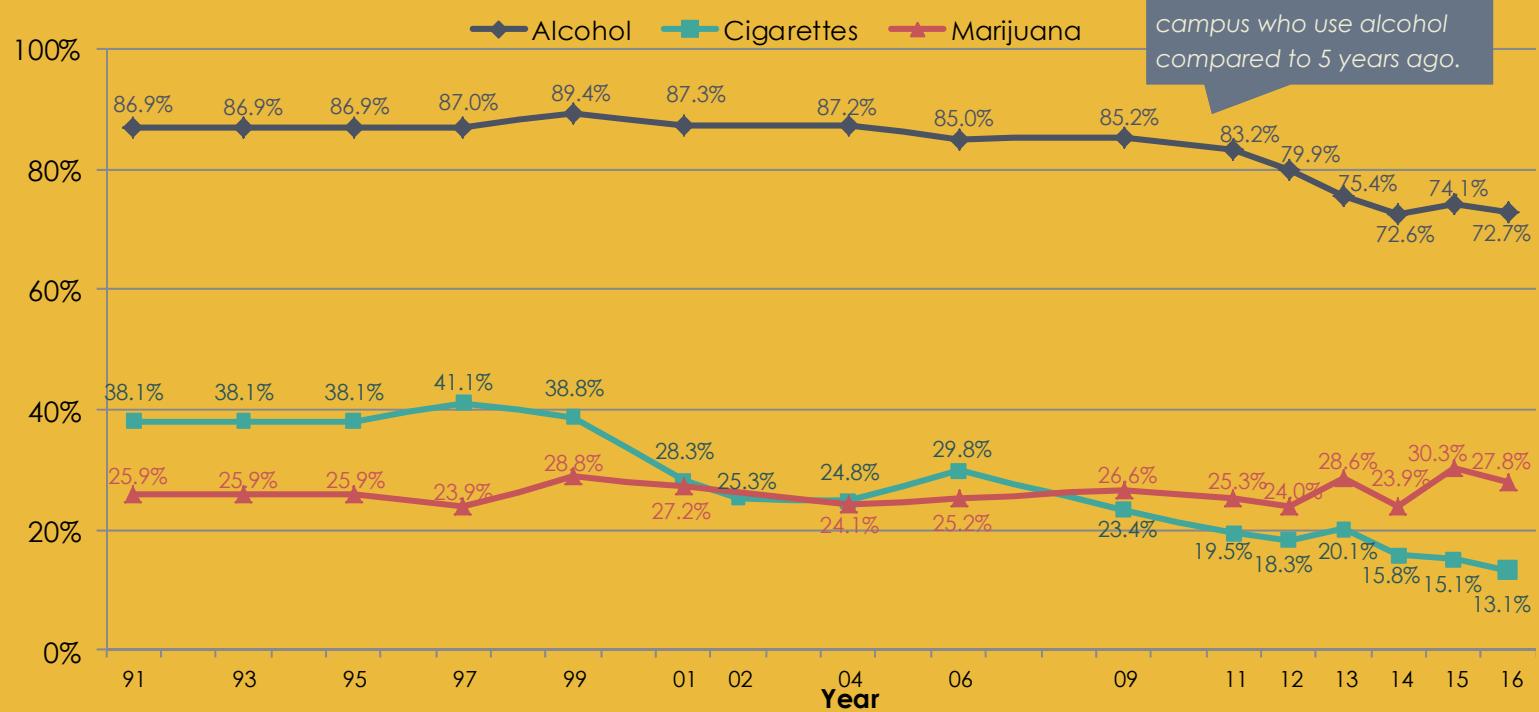
Nearly 9 in 10 students (86.4%) reported their health as good, very good or excellent.

Health Problems*

1	Sinus infection	24.5%
2	Allergies	20.8%
3	Strep throat	16.9%
4	Urinary tract infection	15.4%
5	Back pain	15.3%

*last 12 months

Alcohol & Other Drugs Use in Last 30 Days



Other Stats



Used alcohol 10+ days in last 30 days: 23.2%
 ↓ from 2011 (30.4%)

High risk drinking (5+ drinks on one occasion in last 2 weeks): 50.9%
 ↓ from 2011 (64.5%)

Average # of drinks: 5.3
 ↓ from 2011 (6.4)

Average BAC (of users): 0.10

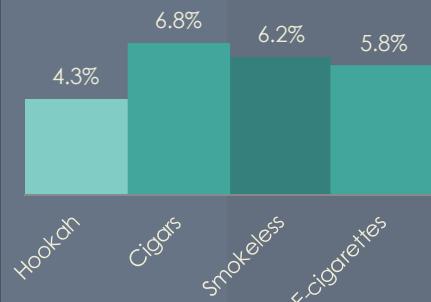
1+ negative consequences from use in last year: 58.3%
 ↓ from 2011 (63.6%)



Used cigarettes 10+ days in last 30 days: 6.3%
 ↓ from 2011 (8.1%)

Used cigarettes daily: 3.4%

Use of other forms of tobacco in last 30 days:



Used marijuana 10+ days in last 30 days: 12.3%
 ↑ from 2011 (10.7%)

Used marijuana daily: 5.5%
 ↑ from 2011 (3.2%)

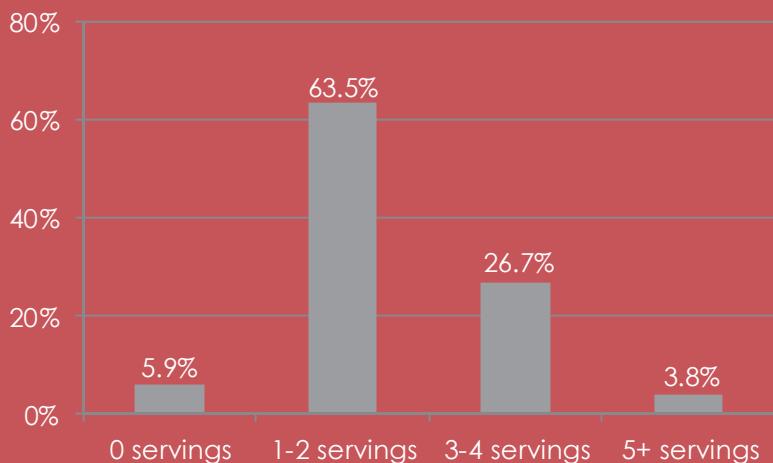
Other use in last 30 days:
 Cocaine: 3.4%
 Hallucinogens: 1.2%
 MDMA: 1.5%

Illegal prescription drug use in last 12 months:
 Pain killers: 8.4%
 Sedatives: 7.0%
 Stimulants: 16.8%

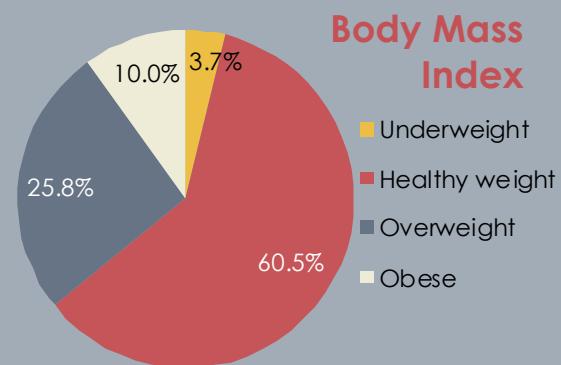
Nutrition, Weight & Activity

Fruit & Veggie Intake

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



Weight



The average body mass index (BMI) for students is 24.28.

55.3% of students are currently trying to lose weight.

Measures to lose weight in the last 30 days

61.0% have exercised

48.4% have dieted

6.4% have used diet pills

4.6% have vomited or used laxatives

Vomiting/laxatives as a means to lose weight was higher in 2016 than in the last 7 years.

Physical Activity

The American College of Sports Medicine recommends getting:

- One OR a combination of the following for aerobic activity:

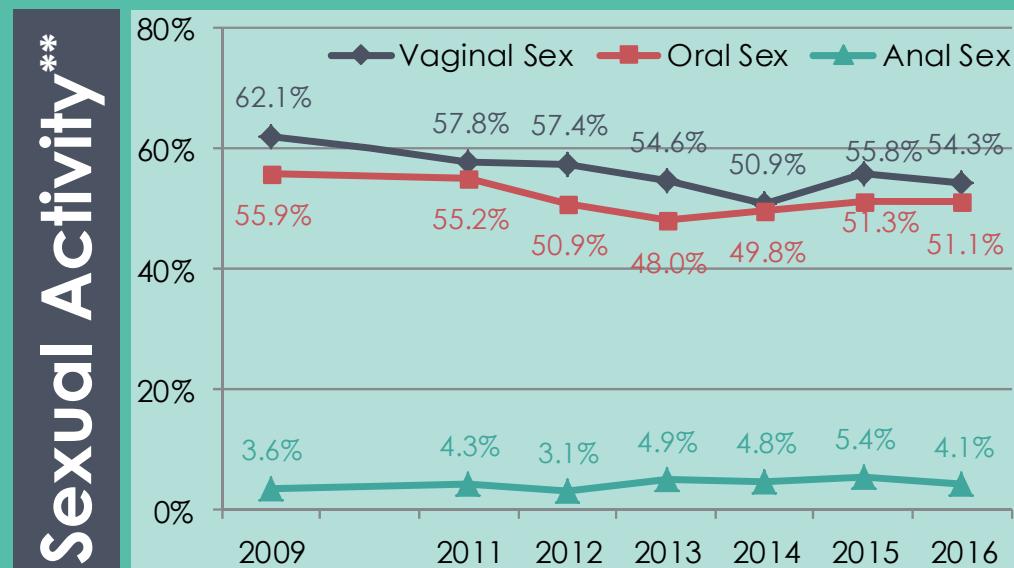
≥30 mins of moderate intensity activity ≥5 days/wk
≥20 mins of vigorous intensity activity ≥3 days/wk

- Strength training ≥2 days/wk

Below are the percent of students meeting these guidelines.



Sexual Health



Protection

78.4% used birth control the last time they had vaginal sex.

Top choices include:

Male condom	70.5%
Birth control pills	69.0%
Withdrawal	37.2%

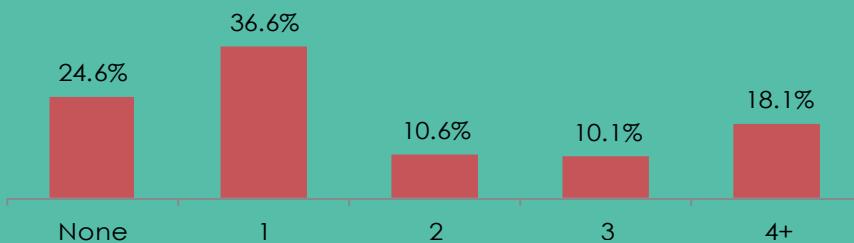
Barrier use (mostly/always):

Vaginal sex: 48.1%

Oral sex: 4.4%

Anal sex: 12.1%

Number of Partners*



1 in 3 students (35.8%) have ever been tested for sexually transmitted infections.



1 in 5 (21.6%) have been tested for HIV.

Violence & Safety

Abusive Relationships*	Violence & Abuse*	Safety Practices*	Feelings of Safety
Emotionally: 9.0% Physically: 3.6% Sexually: 2.2%	Physical fight: 7.8% Physical assault: 6.0% Verbal threat: 18.2% Stalking victim: 5.5% In absence of consent: Sexual touching: 10.1% Sexual penetration attempt: 2.9% Sexual penetration: 2.7%	Seatbelt use: 95.4% Helmet use: Bike: 24.8% Motorcycle: 57.7% (mostly/always used; only includes those who did activity in last 12 months)	Feeling "very safe": In the Daytime: ☀ On campus: 84.7% In the community: 66.0% At Night: 🌙 On campus: 30.9% In the community: 23.6%
*in the last 12 months		**in the last 30 days	

Sleep, Stress & Mental Health⁶

Sleep



1 in 3 students (31.4%) report getting enough sleep to feel rested at least 5 of the last 7 days.

Sleepiness during daily activities

No problem: 11.8%
A little problem: 54.4%
More than a little problem: 21.6%
A big problem: 9.1%
A very big problem: 3.1%



Over half of students (54.8%) feel tired, dragged out, or sleepy during the day at least 3 days a week.

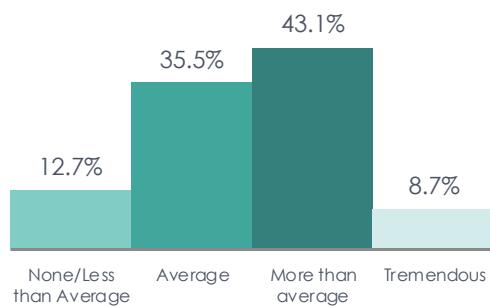
Stress

Top Stressors in the Last 12 Months

Academics	58.2%
Intimate relationships	33.3%
Finances	32.0%
Sleep difficulties	31.8%
Personal appearance	31.5%
Career-related issue	30.0%
Other social relationships	25.9%
Family problems	24.6%
Personal health issue	23.2%
Health problem of family/friend	18.6%

75.6% of students reported at least one thing that was difficult to handle.

Stress Levels in Last 6 Months



Mental Health

17.5% of men and 28.4% of women reported being diagnosed or treated for at least one mental health condition in the last year.

Anxiety: 18.0%

Depression: 14.2%

Feelings in last 30 days

Overwhelmed: 58.5%
Exhausted: 55.2%
Overwhelming anxiety: 34.1%
Very sad: 34.0%
Very lonely: 29.4%
Hopeless: 23.6%

Overwhelming anger: 19.5%
So depressed that it was difficult to function: 18.7%

Self harm & suicidality in last 12 months

Self harm: 9.2%
Seriously considered suicide: 10.6%
Attempted suicide: 3.5%

Use of Mental Health Services

Ever Received Services

Counselor/Psychologist	30.7%
University Health/Counseling	18.5%
Other medical provider	16.9%
Psychiatrist	14.0%
Clergy	3.5%

76.6% 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.