



# THE NATIONAL COLLEGE HEALTH ASSESSMENT SUMMARY

THE UNIVERSITY OF IOWA

SPRING 2017

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 2017. Six hundred twenty-two 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 75,000 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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**STUDENT  
HEALTH  
& WELLNESS**

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# COMPARISONS TO NATIONAL SAMPLE

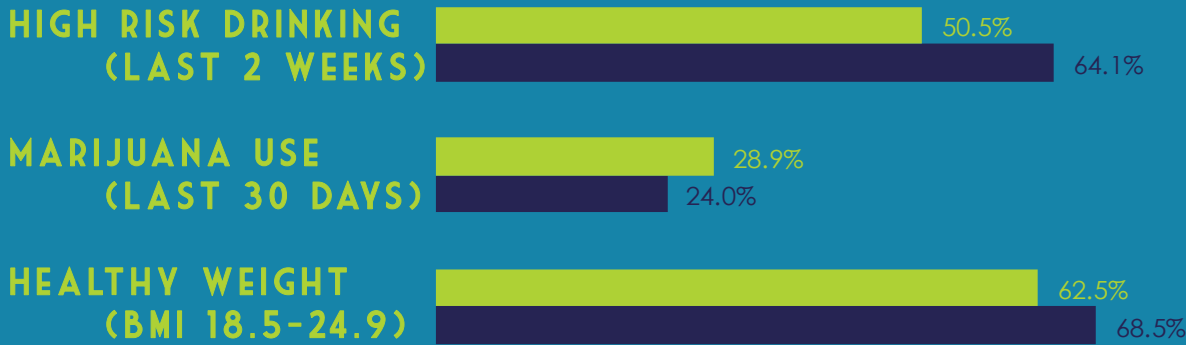
## BETTER

- 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
- More likely to be sexually active and have a 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 IN LAST 5 YEARS



(significant at  $p < .05$ )

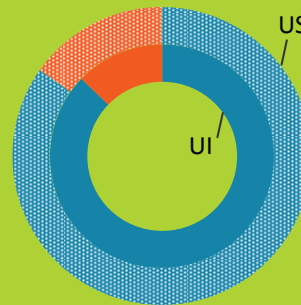
2017  
2012

## IMPEDIMENTS TO LEARNING

1	Stress	35.8%
2	Anxiety	30.4%
3	Sleep difficulties	20.9%
4	Depression	17.7%
5	Cold/flu/sore throat	17.4%
6	Work	14.8%
7	Alcohol use	10.3%
8	Extracurricular activities	9.8%
9	ADHD	9.3%
	Concern for friend or family	9.3%

(last 12 months)

## HEALTH STATUS



87.2% of UI students reported their health as good, very good or excellent, compared to 83.7% at the national level.

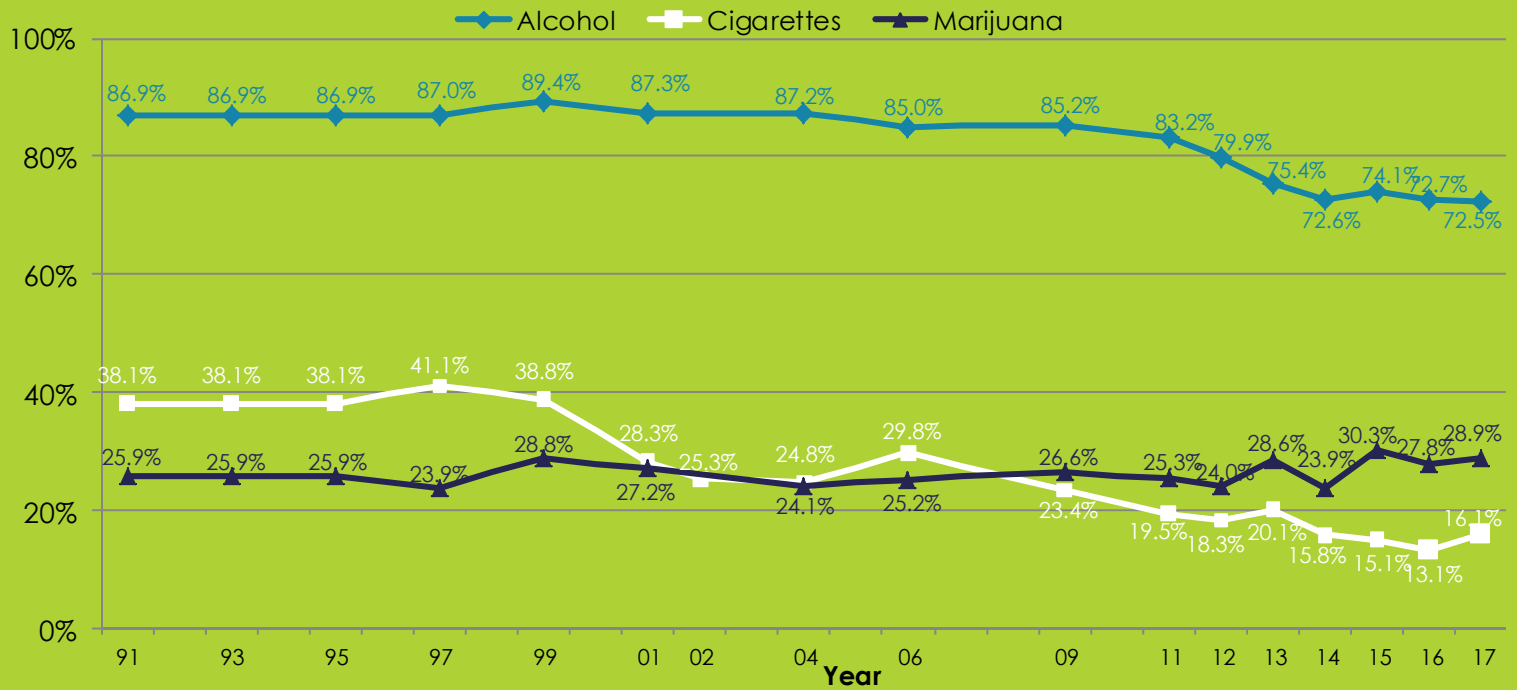
## HEALTH ISSUES

- 1 Allergies ..... 22.3%
- 2 Sinus infection ..... 22.2%
- 3 Strep throat ..... 18.3%
- 4 Back pain ..... 15.0%
- 5 Urinary tract infection .... 11.8%

(last 12 months)

# ALCOHOL & OTHER DRUGS

## Use in Last 30 Days



## OTHER STATS

### ALCOHOL

Used alcohol 10+ days in last 30 days: **19.0%**

*(lowest level in last 25+ years)*

↓ from 2012 (29.8%)

High risk drinking (5+ drinks on one occasion in last 2 weeks): **50.5%**

*(lowest level in last 25+ years)*

↓ from 2012 (64.1%)

Average # of drinks: **5.4**

↓ from 2012 (6.3)

Average BAC (of users): **0.10**

↓ from 2012 (0.11)

1+ negative consequences from use in last year:

**56.6%**

↓ from 2012 (58.3%)



### TOBACCO

Used cigarettes 10+ days in last 30 days: **6.2%**

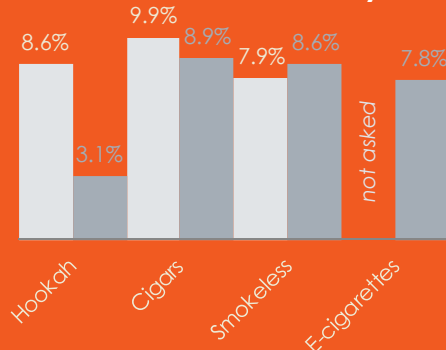
↑ from 2012 (6.0%)

Used cigarettes daily: **2.4%**

*(lowest level in last 15+ years)*

↓ from 2012 (2.6%)

Use of other forms of tobacco in last 30 days:



■ 2012  
■ 2017



### OTHER DRUGS

Used marijuana 10+ days in last 30 days: **11.5%**

↑ from 2012 (9.6%)

Used marijuana daily: **4.9%**

↑ from 2012 (3.9%)

Other use in last 30 days:

Cocaine: 2.9%

Hallucinogens: 1.5%

MDMA: 1.2%

Illegal prescription drug use in last 12 months:

Pain killers: 7.6%

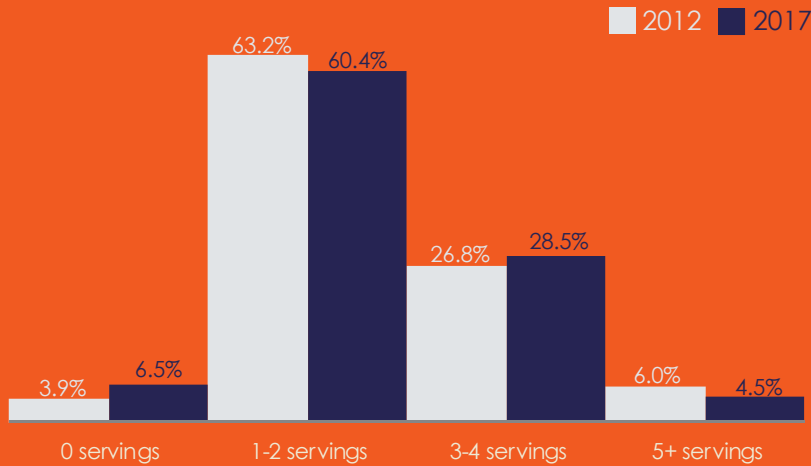
Sedatives: 6.0%

Stimulants: 15.0%



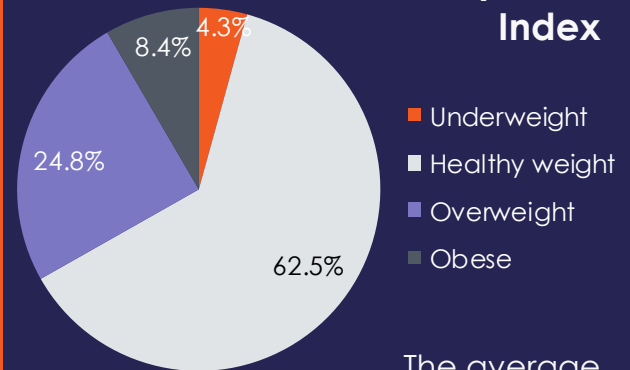
## FRUIT & VEGGIE INTAKE

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



## WEIGHT

### Body Mass Index



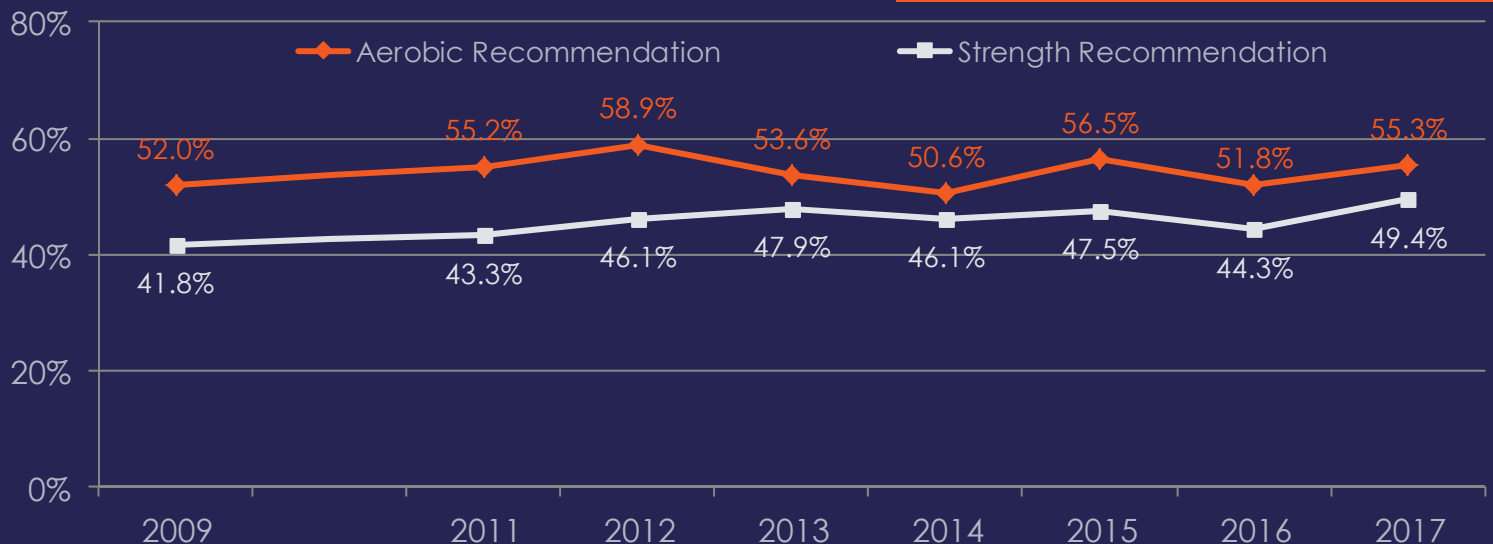
The average body mass index (BMI) for students is 24.29.

## 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

The percent of students meeting these guidelines is below.



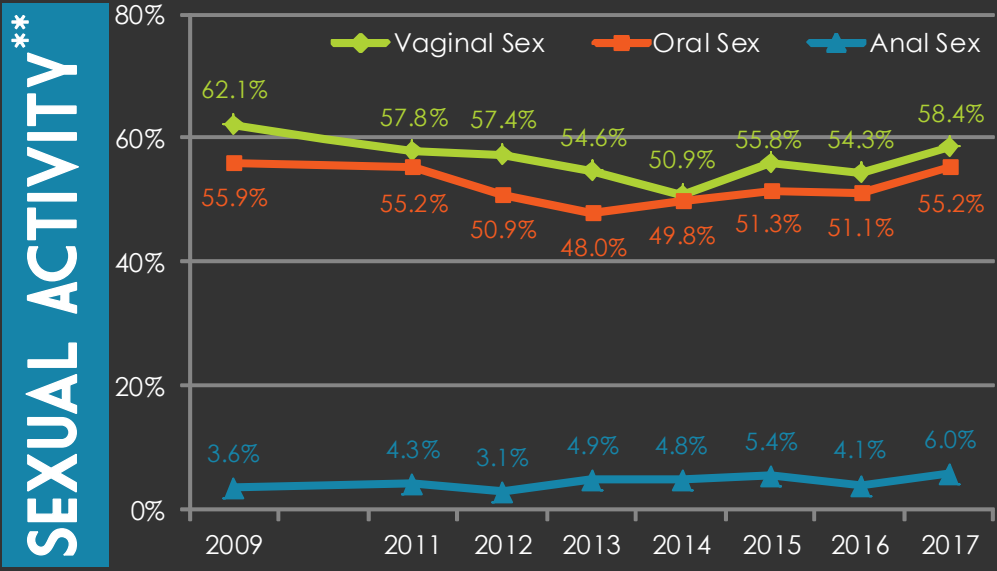
### Weight Loss

**51.9% of students are currently trying to lose weight.**

#### Measures to lose weight in the last 30 days

- 59.7% have exercised
- 42.0% have dieted
- 4.0% have used diet pills
- 2.9% have vomited or used laxatives





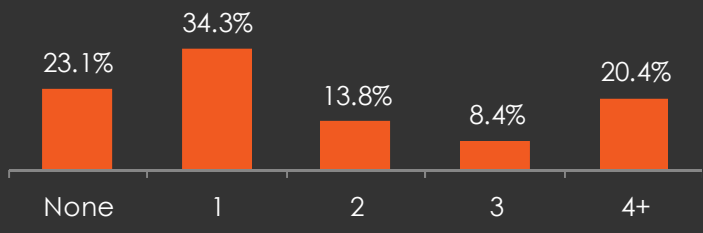
## PROTECTION

**81.0% used birth control the last time they had vaginal sex.**

- Top choices include:**
1. Birth control pills: 69.8%
  2. Male condom: 63.5%

**Barrier use (mostly/always):**  
 Vaginal sex: 45.3%  
 Oral sex: 8.6%  
 Anal sex: 36.5%

## NUMBER OF PARTNERS\*



## TESTING

**1 in 3** students (33.1%) have been tested for sexually transmitted infections (STIs).

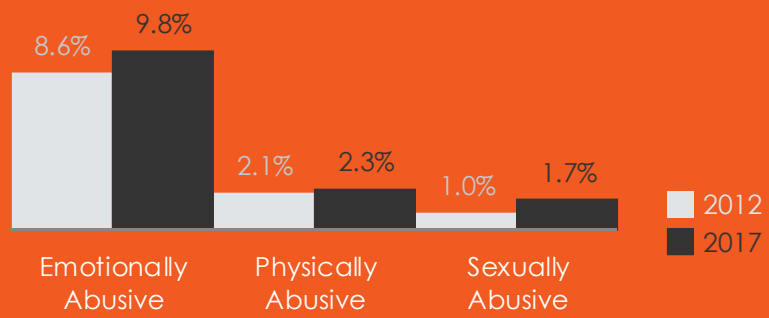
**1 in 5** (21.4%) have been tested for human immunodeficiency virus (HIV).

# VIOLENCE & SAFETY

## VIOLENCE & ABUSE\*

- |                        |                                  |
|------------------------|----------------------------------|
| Physical assault: 5.5% | <b>In absence of consent:</b>    |
| Physical fight: 9.6%   | Sexual touching: 8.1%            |
| Stalking victim: 6.4%  | Sexual penetration attempt: 4.7% |
| Verbal threat: 19.6%   | Sexual penetration: 4.0%         |

## ABUSIVE RELATIONSHIPS



## FEELINGS OF SAFETY

	On Campus	In Community
<b>Day</b>	83.7%	68.4%
<b>Night</b>	32.2%	25.7%

## SAFETY PRACTICES\*

- Seatbelt use: 96.3%
  - Helmet use:
    - Bike: 25.4%
    - Motorcycle: 53.3%
- (mostly/always used; only includes those who did activity in last 12 months)

\*in the last 12 months

\*\*in the last 30 days

## SLEEP

**1 in 3** students (32.5%) 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: 50.8%
- More than a little problem: 23.2%
- A big problem: 9.6%
- A very big problem: 4.6%

Over half of students (57.9%) feel tired or sleepy during the day at least 3 days a week.

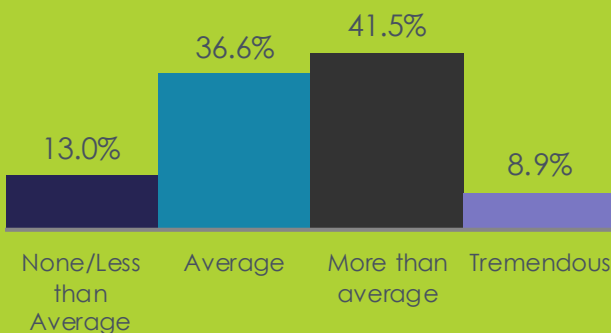
## STRESS

### Top Stressors in the Last 12 Months

Academics	57.1%
Intimate relationships	32.5%
Sleep difficulties	31.7%
Finances	30.0%
Personal appearance	27.4%
Family problems	26.6%
Career-related issue	25.7%
Other social relationships	23.7%
Personal health issue	19.3%
Death of family member or friend	18.3%

76.9% of students reported at least one thing that was difficult to handle.

### Stress Levels in the Last 6 Months



## MENTAL HEALTH

19.4% of men and 32.0% of women reported being diagnosed or treated for at least one mental health condition in the last year (*highest levels in last 8 years*).

**Anxiety: 19.9%**  
**Depression: 13.2%**

### Feelings in last 30 days

- Overwhelmed: 61.1%
- Exhausted: 58.3%
- Overwhelming anxiety: 38.1%
- Very sad: 37.4%
- Very lonely: 33.8%
- Hopeless: 27.2%
- Overwhelming anger: 23.4%
- So depressed that it was difficult to function: 17.7%

### Self harm & suicidality in last 12 months

- Self harm: 5.7%
- Seriously considered suicide: 8.4%
- Attempted suicide: 1.4%

## USE OF MENTAL HEALTH SERVICES

### Ever Received Services

Counselor/Psychologist	32.4%
University Health/Counseling	14.7%
Psychiatrist	13.2%
Other Medical Provider	16.1%
Clergy	4.8%

73.6% 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.