Spring 2015

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

Questions can be directed to Trisha Welter: trisha-welter@uiowa.edu

Photo from Student Life Marketing & Design
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
- 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

**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***

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

**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***

<table>
<thead>
<tr>
<th>Condition</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Allergies</td>
<td>19.9%</td>
</tr>
<tr>
<td>2 Sinus Infection</td>
<td>17.5%</td>
</tr>
<tr>
<td>3 Back Pain</td>
<td>14.1%</td>
</tr>
<tr>
<td>4 Strep Throat</td>
<td>12.3%</td>
</tr>
<tr>
<td>5 Urinary Tract Infection</td>
<td>9.6%</td>
</tr>
</tbody>
</table>

*last 12 months
Alcohol & Other Drugs

Use in Last 30 Days

**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%)
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

Abusive Relationships*
- Emotionally: 9.7%
- Physically: 3.4%
- Sexually: 1.8%
  These numbers are higher than in recent years.

Sexual Activity*

<table>
<thead>
<tr>
<th>Year</th>
<th>Vaginal Sex (%)</th>
<th>Oral Sex (%)</th>
<th>Anal Sex (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>62.1</td>
<td>57.8</td>
<td>55.9</td>
</tr>
<tr>
<td>2011</td>
<td>57.4</td>
<td>43.6</td>
<td>52.2</td>
</tr>
<tr>
<td>2012</td>
<td>57.4</td>
<td>43.6</td>
<td>50.9</td>
</tr>
<tr>
<td>2013</td>
<td>54.6</td>
<td>49.8</td>
<td>50.9</td>
</tr>
<tr>
<td>2014</td>
<td>50.9</td>
<td>49.8</td>
<td>50.9</td>
</tr>
<tr>
<td>2015</td>
<td>55.8</td>
<td>51.3</td>
<td>55.8</td>
</tr>
</tbody>
</table>

Violence & Safety

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%

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*

<table>
<thead>
<tr>
<th>No partners</th>
<th>1 partner</th>
<th>2 partners</th>
<th>3 partners</th>
<th>4 or more partners</th>
</tr>
</thead>
<tbody>
<tr>
<td>25.5%</td>
<td>36.7%</td>
<td>11.5%</td>
<td>9.3%</td>
<td>17.1%</td>
</tr>
</tbody>
</table>

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.

Feelings of Safety

In the Daytime:
- On campus: 87.5%
- In the community: 68.1%

At Night:
- On campus: 31.6%
- In the community: 23.4%
Sleep, Stress & Mental Health

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

<table>
<thead>
<tr>
<th>Stressor</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Academics</td>
<td>51.3%</td>
</tr>
<tr>
<td>Finances</td>
<td>29.0%</td>
</tr>
<tr>
<td>Intimate relationships</td>
<td>28.7%</td>
</tr>
<tr>
<td>Career-related issue</td>
<td>26.6%</td>
</tr>
<tr>
<td>Sleep difficulties</td>
<td>25.9%</td>
</tr>
<tr>
<td>Personal appearance</td>
<td>23.2%</td>
</tr>
<tr>
<td>Family problems</td>
<td>21.3%</td>
</tr>
<tr>
<td>Other social relationships</td>
<td>20.8%</td>
</tr>
<tr>
<td>Health problem of family/friend</td>
<td>17.9%</td>
</tr>
<tr>
<td>Personal health issue</td>
<td>15.1%</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Service</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Counselor/Psychologist</td>
<td>26.3%</td>
</tr>
<tr>
<td>University Health/Counseling</td>
<td>14.7%</td>
</tr>
<tr>
<td>Psychiatrist</td>
<td>10.4%</td>
</tr>
<tr>
<td>Other medical provider</td>
<td>13.1%</td>
</tr>
<tr>
<td>Clergy</td>
<td>4.8%</td>
</tr>
</tbody>
</table>

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.