

THE NATIONAL COLLEGE HEALTH ASSESSMENT SUMMARY REPORT

The University of Iowa
Spring 2018

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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 2018. Seven hundred thirteen students completed surveys, with a response rate of 98%. The survey did not ask for any identifying information. The NCHA survey allows us to compare our results with the national dataset including over 45,000 undergraduate students at institutions of higher education.

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

Photo courtesy of Student Life Marketing & Design

COMPARISONS TO NATIONAL SAMPLE

Better

- More likely to report feeling very safe in the surrounding community
- More likely to be in the healthy weight range
- Less likely to report issues with sleep
- More likely to meet the strength training recommendation 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 and cocaine
- More likely to use alcohol, engage in high risk drinking, and experience negative consequences from use

HEALTH STATUS

87.1% of UI students reported their health as good, very good, or excellent, compared to 85.0% at the national level.

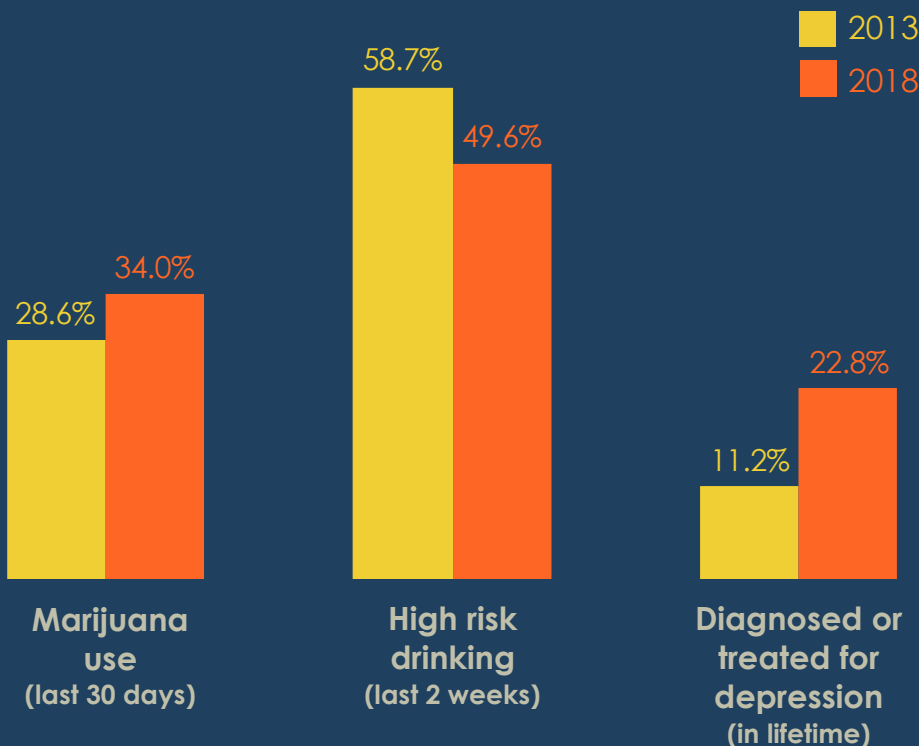
HEALTH ISSUES*

| | | |
|---|-------------------------|-------|
| 1 | Allergies | 20.4% |
| 2 | Sinus infection | 19.3% |
| 3 | Strep throat | 17.7% |
| 4 | Back pain | 16.1% |
| 5 | Urinary tract infection | 13.2% |

ACADEMIC IMPEDIMENTS*

| | | |
|----|-----------------------------|-------|
| 1 | Stress | 34.8% |
| 2 | Anxiety | 33.7% |
| 3 | Depression | 20.4% |
| 4 | Sleep difficulties | 19.2% |
| 5 | Cold/flu/sore throat | 16.8% |
| 6 | Work | 16.7% |
| 7 | Alcohol use | 12.4% |
| 8 | Internet use/computer games | 11.4% |
| 9 | ADHD | 11.0% |
| 10 | Concern for friend/family | 9.9% |

CHANGES IN LAST FIVE YEARS

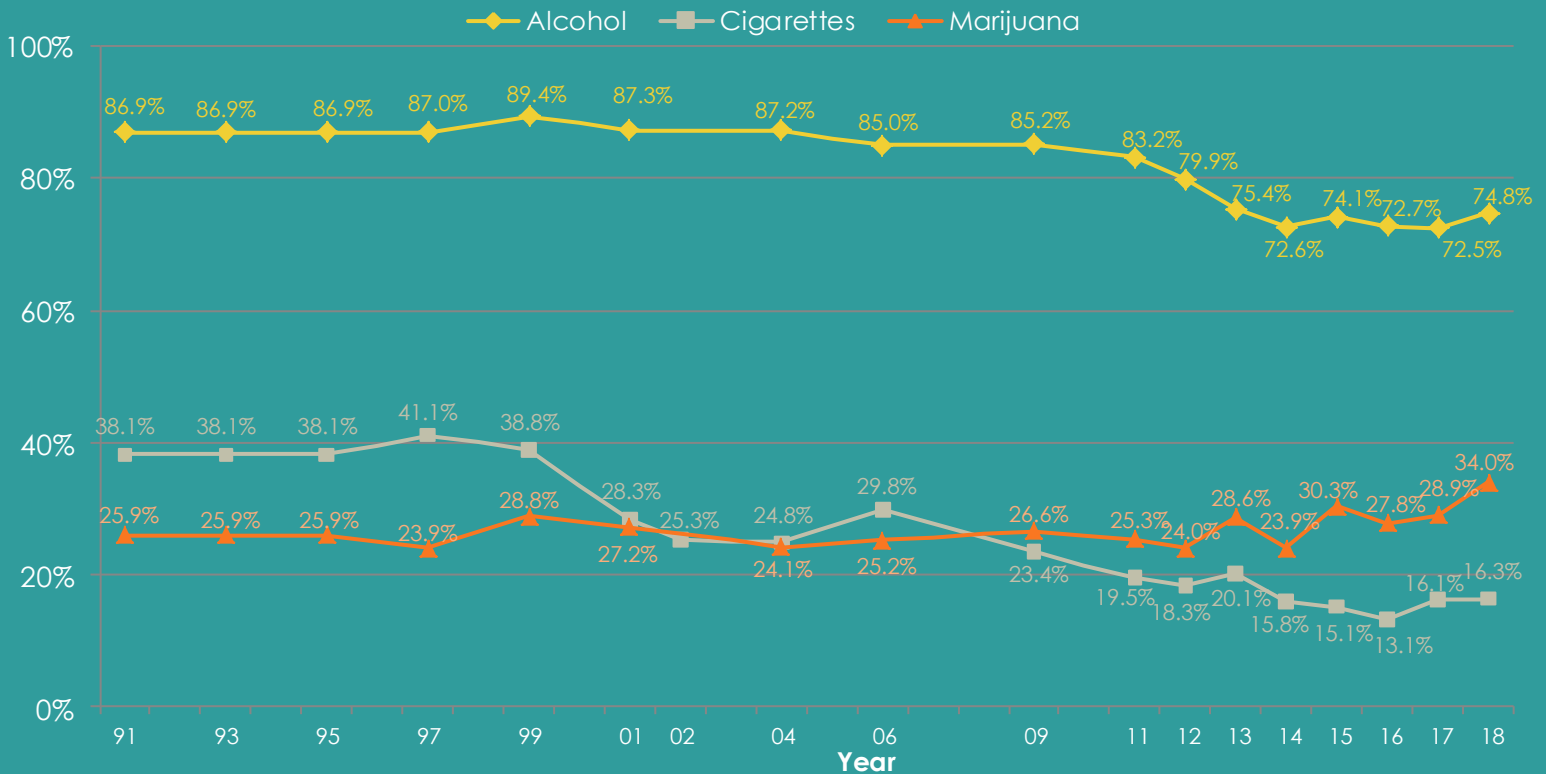


(significant at $p < .05$)

*last 12 months

ALCOHOL & OTHER DRUGS

USE IN LAST 30 DAYS



ALCOHOL

Used alcohol 10+ days in last 30 days: **22.7%**

↓ from 2013 (27.4%)

High risk drinking (5+ drinks on one occasion in last 2 weeks): **49.6%**

↓ from 2013 (58.7%)
lowest level in past 25+ years

Average # of drinks: **5.3**

↓ from 2013 (5.9)

Average BAC (of users): **0.09**

↓ from 2013 (0.10)

1+ negative consequences from use in last year: **56.0%**

↓ from 2013 (58.9%)

TOBACCO

Used cigarettes 10+ days in last 30 days: **6.5%**

↓ from 2013 (8.0%)

Used cigarettes daily: **3.0%**

↓ from 2013 (3.9%)

Use of other forms of tobacco in last 30 days:

E-cigarettes: 25.0%

↑ from 2016 (5.8%)

e-cigarette use has only been measured since 2016

Cigars: 7.4%

↓ from 2013 (11.6%)

Smokeless: 6.7%

↓ from 2013 (9.9%)

Hookah: 3.3%

↓ from 2013 (12.0%)

OTHER DRUGS

Used marijuana 10+ days in last 30 days: **17.1%**

↑ from 2013 (11.8%)

Used marijuana daily: **7.7%**

↑ from 2013 (4.1%)

Other illicit drug use in last 30 days:

Cocaine: 4.7%

↑ from 2013 (1.9%)

Hallucinogens: 1.8%

Sedatives: 1.7%

MDMA: 1.0%

Illegal prescription drug use in last 12 months:

Stimulants: 19.9%

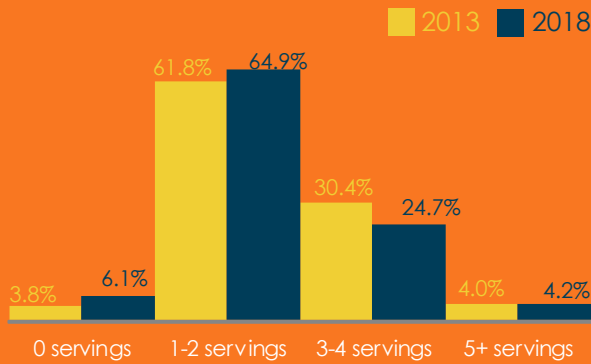
Pain killers: 8.2%

Sedatives: 7.6%

NUTRITION, ACTIVITY & WEIGHT

FRUIT & VEGETABLE INTAKE

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



WEIGHT

Weight Loss

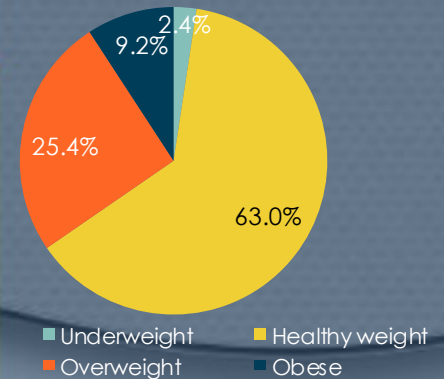
55.0% of students are currently trying to lose weight.

Measures to lose weight in the last 30 days

- 61.1% have exercised
- 48.7% have dieted
- 5.4% have vomited or used laxatives
- 4.8% have used diet pills

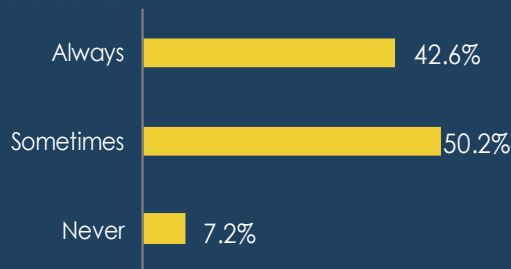
Body Mass Index

The average body mass index (BMI) for students is 24.3.



FOOD SECURITY

Access to affordable, nutritious food

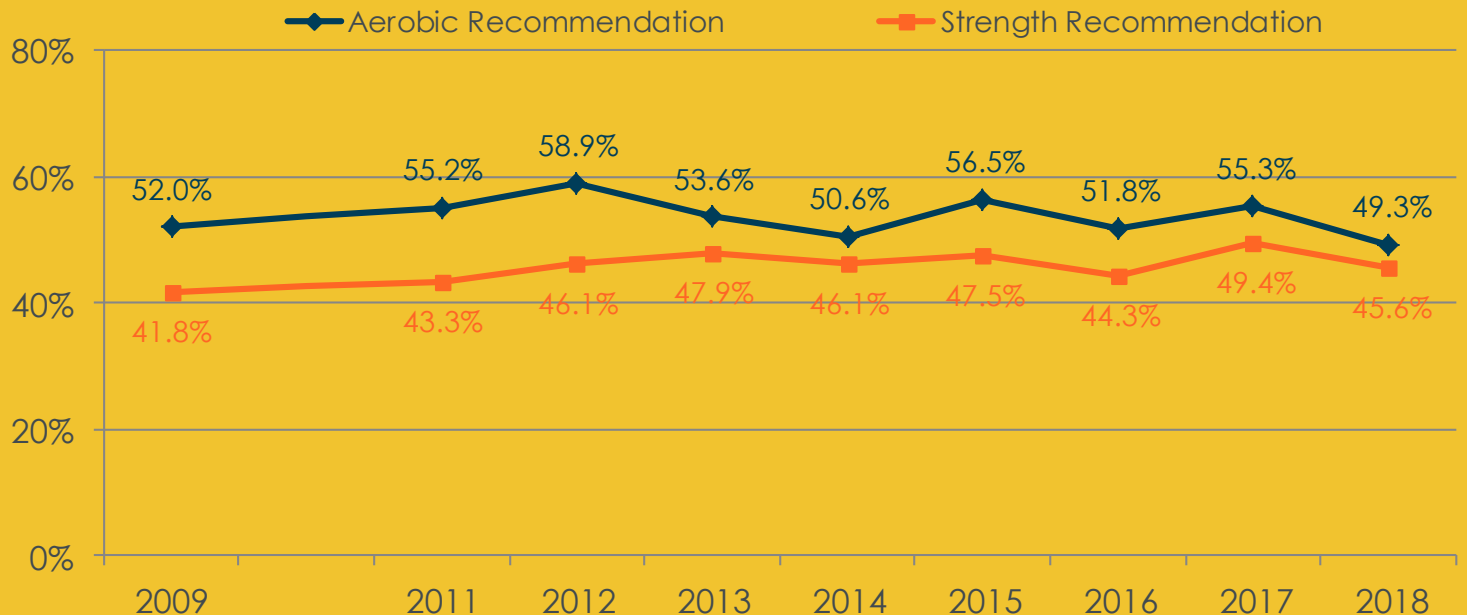


PHYSICAL ACTIVITY

The American College of Sports Medicine recommends getting:

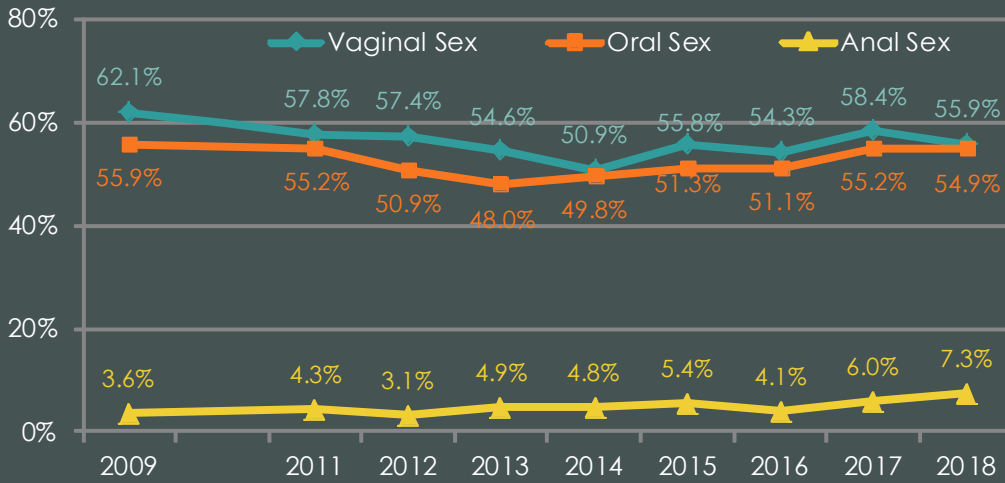
- One **OR** a combination of the following for aerobic activity:
 - ≥30 mins of moderate intensity activity ≥5 days/wk
 - ≥20 mins of vigorous intensity activity ≥3 days/wk
- Strength training ≥2 days/wk

The percent of students meeting these guidelines is below.



SEXUAL HEALTH

SEXUAL ACTIVITY**



PROTECTION

76.1% used birth control the last time they had vaginal sex.

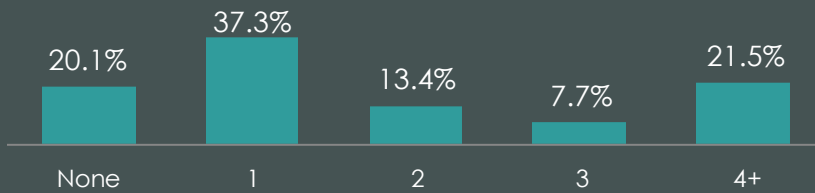
Top choices include:

1. Birth control pills: 67.5%
2. Male condom: 53.2%

Barrier use (mostly/always):

Vaginal sex: 42.1%
Oral sex: 6.0%
Anal sex: 29.1%

NUMBER OF PARTNERS*



TESTING

40.7% of students have been tested for sexually transmitted infections (STIs).

27.4% have been tested for human immunodeficiency virus (HIV).

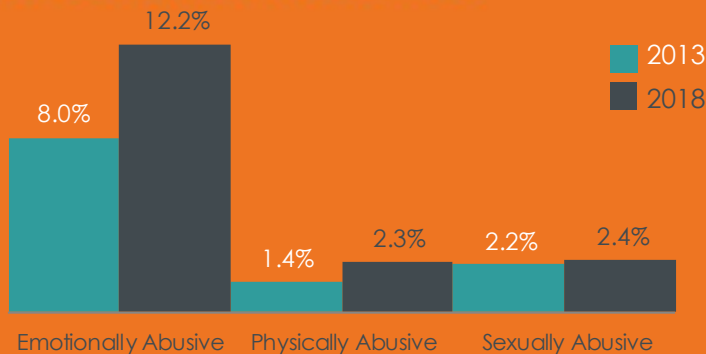
VIOLENCE & ABUSE

INCIDENTS OF VIOLENCE*

Physical assault: 5.0%
Physical fight: 10.5%
Stalking victim: 6.0%
Verbal threat: 22.4%

In absence of consent:
Sexual touching: 12.0%
Sexual penetration attempt: 4.4%
Sexual penetration: 3.0%

ABUSIVE RELATIONSHIPS*



SAFETY

FEELINGS

| Report Feeling "Very Safe" | On Campus | In Community |
|----------------------------|-----------|--------------|
| Day | 84.2% | 65.8% |
| Night | 29.0% | 22.6% |

BEHAVIORS*

Seatbelt use: 95.4%

Helmet use:

Bike: 24.9%
Motorcycle: 55.8%

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

*in the last 12 months

**in the last 30 days

SLEEP, STRESS & MENTAL HEALTH

SLEEP

1 in 10 students (10.0%) report getting enough sleep to feel rested at least 6 of the last 7 days.

1 in 2 students (55.7%) feel tired or sleepy during the day at least 3 days a week.

Sleepiness during daily activities

Little or no problem: 58.6%

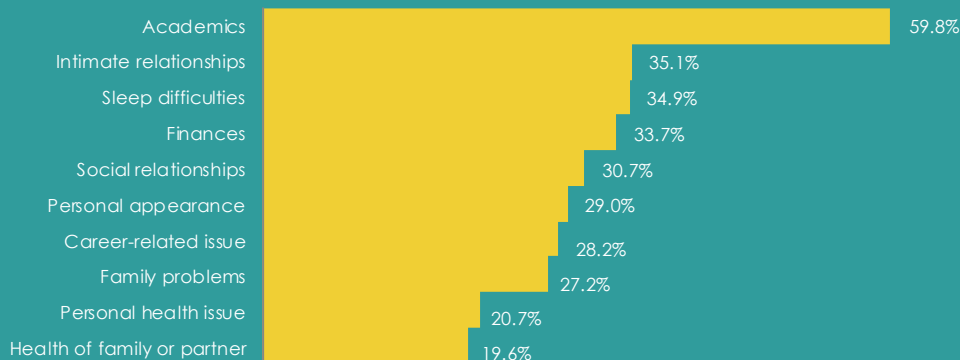
More than a little problem: 25.2%

A big problem: 12.0%

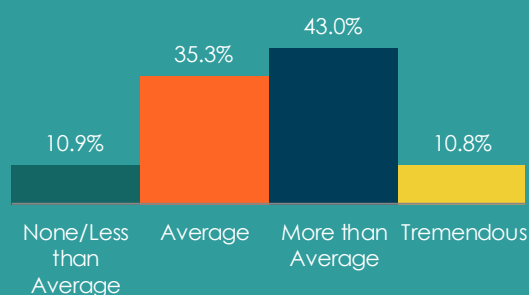
A very big problem: 4.2%

STRESS

TOP STRESSORS *



STRESS LEVELS*



*in the last 12 months

MENTAL HEALTH

FEELINGS/BEHAVIORS

Feelings in last 30 days

Overwhelmed: 65.7%

Exhausted: 60.5%

Overwhelming anxiety: 40.8%

Very sad: 39.9%

Very lonely: 37.9%

Hopeless: 29.0%

Overwhelming anger: 21.4%

So depressed that it was difficult to function: 21.3%

Self harm & suicidality in last 12 months

Self harm: 9.0%

Seriously considered suicide: 13.4%

Attempted suicide: 4.0%

Nearly all of these are at the highest levels in the last several years, and all are higher than five years ago.

CONDITIONS

21.0% of men and 34.9% of women reported being diagnosed or treated for at least one mental health condition in the last year.

Anxiety: 22.9% of students
Depression: 18.2% of students

USE OF SERVICES

| Ever Received Services | |
|------------------------------|-------|
| Counselor/Psychologist | 36.5% |
| University Health/Counseling | 20.4% |
| Psychiatrist | 12.9% |
| Other Medical Provider | 20.0% |
| Clergy | 4.5% |

76.2% 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.