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

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

**Changes** (significant at p<.05)

<table>
<thead>
<tr>
<th>Condition</th>
<th>2011</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>High risk drinking</td>
<td>last 2 weeks</td>
<td>64.5%</td>
</tr>
<tr>
<td>Cigarette use</td>
<td>last 30 days</td>
<td>19.5%</td>
</tr>
<tr>
<td>Marijuana use</td>
<td>daily use</td>
<td>3.2%</td>
</tr>
</tbody>
</table>

**Academic Issues & General Health**

**Impediments to Learning***

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

**Health Problems***

<table>
<thead>
<tr>
<th>Condition</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Sinus infection</td>
<td>24.5%</td>
</tr>
<tr>
<td>2 Allergies</td>
<td>20.8%</td>
</tr>
<tr>
<td>3 Strep throat</td>
<td>16.9%</td>
</tr>
<tr>
<td>4 Urinary tract infection</td>
<td>15.4%</td>
</tr>
<tr>
<td>5 Back pain</td>
<td>15.3%</td>
</tr>
</tbody>
</table>

*last 12 months

Nearly 9 in 10 students (86.4%) reported their health as good, very good or excellent.
### Alcohol & Other Drugs

**Use in Last 30 Days**

- **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:**
  - Hookah: 4.3%
  - Cigars: 6.8%
  - Smokeless: 6.2%
  - ECigarettes: 5.8%

- **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%

*When extrapolated, there are 2100 fewer students on campus who use alcohol compared to 5 years ago.*
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).

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.

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.
Sexual Health

**Abusive Relationships***
- Emotionally: 9.0%
- Physically: 3.6%
- Sexually: 2.2%

**Violence & Abuse***
- 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%

**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***

<table>
<thead>
<tr>
<th>Number of Partners</th>
<th>None</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4+</th>
</tr>
</thead>
<tbody>
<tr>
<td>24.6%</td>
<td>36.6%</td>
<td>10.6%</td>
<td>10.1%</td>
<td>18.1%</td>
<td></td>
</tr>
</tbody>
</table>

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**

**Safety Practices***
- 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)

**Feelings of Safety**
- 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 Health

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

<table>
<thead>
<tr>
<th>Stressor</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Academics</td>
<td>58.2%</td>
</tr>
<tr>
<td>Intimate relationships</td>
<td>33.3%</td>
</tr>
<tr>
<td>Finances</td>
<td>32.0%</td>
</tr>
<tr>
<td>Sleep difficulties</td>
<td>31.8%</td>
</tr>
<tr>
<td>Personal appearance</td>
<td>31.5%</td>
</tr>
<tr>
<td>Career-related issue</td>
<td>30.0%</td>
</tr>
<tr>
<td>Other social relationships</td>
<td>25.9%</td>
</tr>
<tr>
<td>Family problems</td>
<td>24.6%</td>
</tr>
<tr>
<td>Personal health issue</td>
<td>23.2%</td>
</tr>
<tr>
<td>Health problem of family/friend</td>
<td>18.6%</td>
</tr>
</tbody>
</table>

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

Stress Levels in Last 6 Months

- None/Less than Average: 12.7%
- Average: 35.5%
- More than average: 43.1%
- Tremendous: 8.7%

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

<table>
<thead>
<tr>
<th>Service</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Counselor/Psychologist</td>
<td>30.7%</td>
</tr>
<tr>
<td>University Health/Counseling</td>
<td>18.5%</td>
</tr>
<tr>
<td>Other medical provider</td>
<td>16.9%</td>
</tr>
<tr>
<td>Psychiatrist</td>
<td>14.0%</td>
</tr>
<tr>
<td>Clergy</td>
<td>3.5%</td>
</tr>
</tbody>
</table>