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

Questions can be directed to Trisha Welter: trisha-welter@uiowa.edu.
87.2% of UI students reported their health as good, very good or excellent, compared to 83.7% at the national level.

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

- **High Risk Drinking (Last 2 Weeks)**
  - 2017: 50.5%
  - 2012: 64.1%

- **Marijuana Use (Last 30 Days)**
  - 2017: 28.9%
  - 2012: 24.0%

- **Healthy Weight (BMI 18.5-24.9)**
  - 2017: 62.5%
  - 2012: 68.5%

(significant at $p<.05$)

IMPEDEMENTS 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%
10. Concern for friend or family .......... 9.3%

(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%

(Health Status)

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**ALCOHOL & OTHER DRUGS**

**Use in Last 30 Days**

- **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%)

**Other Stats**

**ALCOHOL**

**TOBACCO**

**OTHER DRUGS**

- **Used cigarettes 10+ days in last 30 days:** 6.2% up from 2012 (6.0%)
- **Used cigarettes daily:** 2.4% (lowest level in last 15+ years) down from 2012 (2.6%)
- **Use of other forms of tobacco in last 30 days:**
  - Hookah: 8.6%
  - Cigar: 3.1%
  - Smokeless: 8.9%
  - E-cigarettes: 8.6%
  - Not asked: 7.8%

- **Used marijuana 10+ days in last 30 days:** 11.5% up from 2012 (9.6%)
- **Used marijuana daily:** 4.9% up 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%
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).

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
**Sexual Health**

**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**
- 1 in 5 students (21.4%) have been tested for human immunodeficiency virus (HIV).
- 1 in 3 students (33.1%) have been tested for sexually transmitted infections (STIs).

**Violence & Safety**

**Violence & Abuse**
- Physical assault: 5.5%
- Physical fight: 9.6%
- Stalking victim: 6.4%
- Verbal threat: 19.6%

**In absence of consent:**
- Sexual touching: 8.1%
- Sexual penetration attempt: 4.7%
- Sexual penetration: 4.0%

**Abusive Relationships**
- Emotionally Abusive: 8.6%
- Physically Abusive: 9.8%
- Sexually Abusive: 2.1% (2012), 1.7% (2017)

**Feelings of Safety**
- “Very Safe”
  - On Campus: 83.7%
  - In Community: 68.4%
- Night: 32.2% (On Campus), 25.7% (In Community)

**Violence & Abuse**

**Safety Practices**
- Seatbelt use: 96.3%
- Helmet use:
  - Bike: 25.4%
  - Motorcycle: 53.3%

**Testing**

<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>55.9%</td>
<td>3.6%</td>
</tr>
<tr>
<td>2011</td>
<td>57.8%</td>
<td>55.2%</td>
<td>4.3%</td>
</tr>
<tr>
<td>2012</td>
<td>57.4%</td>
<td>50.9%</td>
<td>3.1%</td>
</tr>
<tr>
<td>2013</td>
<td>54.6%</td>
<td>48.0%</td>
<td>4.9%</td>
</tr>
<tr>
<td>2014</td>
<td>50.9%</td>
<td>49.8%</td>
<td>5.4%</td>
</tr>
<tr>
<td>2015</td>
<td>55.8%</td>
<td>51.3%</td>
<td>4.1%</td>
</tr>
<tr>
<td>2016</td>
<td>54.3%</td>
<td>51.1%</td>
<td>6.0%</td>
</tr>
<tr>
<td>2017</td>
<td>58.4%</td>
<td>55.2%</td>
<td>6.0%</td>
</tr>
</tbody>
</table>

**Number of Partners**
- None: 23.1%
- 1: 34.3%
- 2: 13.8%
- 3: 8.4%
- 4+: 20.4%

*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

<table>
<thead>
<tr>
<th>Stressor</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Academics</td>
<td>57.1%</td>
</tr>
<tr>
<td>Intimate relationships</td>
<td>32.5%</td>
</tr>
<tr>
<td>Sleep difficulties</td>
<td>31.7%</td>
</tr>
<tr>
<td>Finances</td>
<td>30.0%</td>
</tr>
<tr>
<td>Personal appearance</td>
<td>27.4%</td>
</tr>
<tr>
<td>Family problems</td>
<td>26.6%</td>
</tr>
<tr>
<td>Career-related issue</td>
<td>25.7%</td>
</tr>
<tr>
<td>Other social relationships</td>
<td>23.7%</td>
</tr>
<tr>
<td>Personal health issue</td>
<td>19.3%</td>
</tr>
<tr>
<td>Death of family member or friend</td>
<td>18.3%</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Service</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Counselor/Psychologist</td>
<td>32.4%</td>
</tr>
<tr>
<td>University Health/Counseling</td>
<td>14.7%</td>
</tr>
<tr>
<td>Psychiatrist</td>
<td>13.2%</td>
</tr>
<tr>
<td>Other Medical Provider</td>
<td>16.1%</td>
</tr>
<tr>
<td>Clergy</td>
<td>4.8%</td>
</tr>
</tbody>
</table>

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.