Minnesota State University Mankato, Spring 2002
Executive Summary

American College Health Association
National College Health Assessment
■
ACHA-NCHA

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The NCHA supports the health of the campus community by fulfilling the academic mission, supporting short- and long-term healthy behaviors, and gaining a current profile of health trends within the campus community.

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Introduction

Interest in a healthy environment in higher education has grown over the last decade. Administrators, practitioners, faculty, and students are becoming increasingly concerned about the health and health-related costs that affect the quality of student and academic life within the campus community.

In 1998 the American College Health Association initiated a survey to address a broad range of health, risk, and protective behaviors, consequences of behavior, and perceptions among students. The survey also assesses illness and effects of selected health conditions on academic performance.

Additional information about survey development, design, and methods can be obtained by calling the ACHA Research Director, E. Victor Leino, PhD, at (410) 859-1500, ext. 239.

This Executive Summary highlights results of the NCHA survey for Minnesota State University Mankato, Spring 2002, consisting of 1070 respondents.

Possible Uses of the NCHA

The following are possible uses of the National College Health Assessment findings:

o Determine priority health issues among student populations.
o Provide prevalence rates and formulate baseline data for tracking trends.
o Measure progress and effectiveness of intervention strategies.
o Support institutional policies and local laws that affect the health of a campus community.
o Create individual reports, information campaigns, research projects to educate both campus and community partners.
o Distribute risk factor information about the student population through summary reports that focus on specific health topics or problem areas.
o Monitor prevalence and care for specific chronic disease groups.
o Monitor acute illness and prevention efforts.
o Provide group or cohort-specific estimates.
o Assess the correlation between one characteristic or behavior and another in a given population.
o Identify students' level of self-knowledge about health protection practices and illnesses.
o Identify students' perceptions about peer behavior.
o Assess the impact of health and behavior factors on academic performance.
o Track the progress of selected objectives in Healthy Campus 2000 and Healthy Campus 2010 for ongoing and future tracking.

Note on use of data:

Missing values have been excluded from analysis. Students responding "not applicable" were excluded from several analyses, which are specifically noted throughout this document. All response categories were included, including "don't know" or "0" unless otherwise noted.

Findings

A. General Health of College Students

- 56.0% of students surveyed (54.4% male, 56.5% female) described their health as very good or excellent.

- Within the last 12 months/school year, college students reported experiencing:

Allergy problems:	33.1 %	Repetitive stress injury:	5.2 %
Anorexia:	1.5 %	Seasonal affective disorder:	5.6 %
Anxiety disorder:	8.4 %	Substance abuse problem:	5.1 %
Asthma:	9.6 %	Back pain:	49.9 %
Bulimia:	1.7 %	Broken bone/fracture:	4.9 %
Chronic fatigue syndrome:	3.2 %	Bronchitis:	9.4 %
Depression:	15.8 %	Chlamydia:	0.8 %
Diabetes:	0.9 %	Ear infection:	12.1 %
Endometriosis:	0.9 %	Gonorrhea:	0.0 %
Genital herpes:	0.4 %	Mononucleosis:	1.7 %
Genital warts/HPV:	1.7 %	Pelvic inflammatory disease:	0.2 %
Hepatitis B or C:	0.1 %	Sinus infection:	27.3 %
High blood pressure:	3.4 %	Strep throat:	16.9 %
High cholesterol:	2.5 %	Tuberculosis:	0.1 %
HIV infection:	0.2 %		

- 77.6% of college students (71.8% male, 82.0% female) experienced one or more of the above conditions within the last 12 months/school year.

B. Preventive Health

Preventive health practices among college students:

- 59.1 % reported being vaccinated against hepatitis B.
- 35.7 % reported being vaccinated against meningococcal disease.
- 45.3 % reported being vaccinated against varicella (chicken pox).
- 87.5 % reported being vaccinated with measles, mumps, rubella (2 shots).
- 18.1 % reported being vaccinated against the flu in the last year.
- 79.0 % reported having a dental exam and cleaning in the last year.
- 33.7 % of males students reported that they performed testicular self exam in the last month.
- 44.6 % of female students reported that they performed breast self exam in the last month.
- 73.5 % of females reported having a routine gynecological exam in the last year.
- 92.0 % reported having their blood pressure checked in the last 2 years.
- 41.0 % reported having cholesterol checked in the last 5 years.
- 10.6 % reported using sunscreen daily.

College students reported the following behaviors within the last 12 months/school year:

	N/A, didn't drive, ride, or skate within the last 12 months / school year	Never	Rarely or sometimes	Mostly or always	Mostly or always (N/A responses not included)*
Wore a seatbelt	0.1%	0.7%	16.7%	82.5%	82.6%
Wore a helmet when riding a bicycle	37.2%	54.7%	5.3%	2.9%	4.6%
Wore a helmet when riding a motorcycle	70.7%	10.0%	3.8%	15.6%	53.1%
Wore a helmet when inline skating	52.3%	44.2%	2.3%	1.3%	2.8%

* Students responding "N/A, didn't drive, ride, or skate within the last 12 months/school year" were excluded from this analysis.

C. Academic Impacts

Within the last 12 months/school year students reported the following factors affecting their individual academic performance, i.e. received an incomplete, dropped a course, received a lower grade in a class, on an exam, or on an important project (listed alphabetically):

Alcohol use:	13.7%	Eating disorder/problem:	0.9%
Allergies:	3.4%	HIV infection:	0.1%
Assault (physical):	0.5%	Injury:	2.2%
Assault (sexual):	0.5%	Internet use/computer games:	8.1%
Attention deficit disorder:	2.8%	Learning disability:	2.2%
Cold/flu/sore throat:	22.1%	Mononucleosis:	1.0%
Concern for a troubled		Pregnancy (yours or your partner's):	0.6%
friend or family member:	16.4%	Relationship difficulty:	14.3%
Chronic illness:	1.0%	Sexually transmitted disease:	0.3%
Chronic pain:	1.6%	Sinus infection/ear infection/	
Death of a friend or family member:	8.4%	bronchitis/strep throat:	7.7%
Depression/anxiety disorder/seasonal		Sleep difficulties:	24.5%
affective disorder:	10.6%	Stress:	32.3%
Drug use:	4.0%		

D. Violence

Within the last 12 months/school year, college students reported experiencing:

	Male	Female	Total
A physical fight	20.1%	5.6%	11.2%
Being physically assaulted (non-sexually)	7.4%	3.8%	5.5%
Verbal threats for sex against their will	1.4%	3.4%	3.0%
Sexual touching against their will	4.2%	12.5%	9.8%
Attempted sexual penetration against their will	0.6%	4.6%	3.2%
Sexual penetration against their will	0.6%	2.4%	1.8%
An emotionally abusive relationship	13.0%	13.8%	13.9%
A physically abusive relationship	0.8%	2.4%	2.5%
A sexually abusive relationship	1.4%	1.8%	1.8%

E. Alcohol, Tobacco, and Other Drug Use

Thirty day prevalence - substance use reported by college students (male, female, total):

Alcohol

	Male	Female	Total
Never used	8.5%	12.3%	11.0%
Used, but not in the last 30 days	8.5%	11.6%	10.5%
Used 1-9 days	49.3%	58.2%	55.4%
Used 10-29 days	32.7%	17.7%	22.7%
Used all 30 days	1.1%	0.2%	0.5%

Cigarettes

	Male	Female	Total
Never used	44.2%	45.1%	45.3%
Used, but not in the last 30 days	13.0%	18.9%	16.6%
Used 1-9 days	16.3%	13.0%	14.0%
Used 10-29 days	13.2%	9.1%	10.5%
Used all 30 days	13.2%	13.8%	13.6%

Marijuana

	Male	Female	Total
Never used	55.8%	62.9%	60.8%
Used, but not in the last 30 days	18.4%	21.3%	19.8%
Used 1-9 days	12.7%	9.3%	10.8%
Used 10-29 days	5.9%	5.5%	5.5%
Used all 30 days	7.1%	1.0%	3.1%

Reported use versus perceived use - reported use for all students within the past 30 days compared with how often students perceived the typical student on campus used substances within the same time period:

	Never		Used one or more days		Used daily	
	Reported use (total)	Perception of typical use	Reported use (total)	Perception of typical use	Reported use (total)	Perception of typical use
Alcohol	11.0%	0.5%	78.1%	59.2%	0.5%	40.3%
Cigarettes	45.3%	1.9%	24.5%	43.8%	13.6%	54.3%
Marijuana	60.8%	13.7%	16.3%	66.4%	3.1%	19.9%

■   14.1% of college students reported driving after having 5 or more drinks in the last 30 days.*

*Students responding "N/A, don't drive" were excluded from this analysis.

Estimated BAC (Blood Alcohol Content) of college students: This is an estimated figure based on the reported number of drinks consumed during the last time all students (including non-drinkers) "partied" or socialized, their approximate time of consumption, sex, and the average rate of ethanol metabolism.

Estimated BAC	Male	Female	Total
< .08	48.1%	49.4%	48.9%
< .10	55.1%	57.6%	56.7%
Mean	0.104	0.097	0.099
Median	0.088	0.081	0.083
Mode	0.000	0.000	0.000

Reported number of drinks consumed the last time students "partied" or socialized:

Number of drinks	Male	Female	Total
<= 4	29.1%	49.8%	42.1%
<= 5	34.3%	61.6%	51.6%
<= 6	41.4%	70.9%	60.0%
Mean	8.35	4.86	6.20
Median	8.0	5.0	5.0
Mode	0.0	0.0	0.0

Reported number of times college students consumed five or more drinks in a sitting within the last two weeks:

	Male	Female	Total
None	33.5%	54.0%	46.9%
1-2 times	22.8%	28.0%	26.0%
3-5 times	28.5%	12.8%	18.3%
6 or more times	15.2%	5.1%	8.8%

College students reported doing the following when they "partied" or socialized during the last 12 months/school year:*

When at a party or when going out....	usually or always
alternate non-alcoholic with alcoholic beverages:	16.3%
determine in advance not to exceed a set number of drinks:	25.2%
choose not to drink alcohol:	22.5%
use a designated driver:	77.7%
eat before and/or during drinking:	76.5%
have a friend let you know when you have had enough:	29.3%
keep track of how many drinks being consumed:	51.7%
pace drinks to one or fewer an hour:	21.1%
avoid drinking games:	29.2%
drink an alcoholic look-alike:	3.9%

*Students responding "N/A, don't drink" were excluded from this analysis.

■   95.9% of college students reported usually doing or always doing one or more of the above behaviors when drinking alcohol during the last 12 months/school year.*

*Students responding "N/A, don't drink" were excluded from this analysis.

College students who drank alcohol reported the following consequences occurring in the last 12 months/school year as a result of their own drinking:*

	Male	Female	Total
Being physically injured	25.9%	22.1%	23.5%
Being physically injured by another person	13.4%	4.4%	8.1%
Being involved in a fight	17.4%	9.9%	13.2%
Doing something they later regretted	47.2%	43.7%	46.0%
Forgetting where they were or what they had done	41.9%	32.4%	36.5%
Having someone use force or threat of force to have sex with them	0.3%	2.9%	2.0%
Having unprotected sex	26.6%	24.3%	25.3%

*Students responding "N/A, don't drink" were excluded from this analysis.

F. Sexual Behavior

College students reported the following within the last 12 months/school year:

	Male	Female	Total
Having had no sexual partner	19.4%	18.2%	19.1%
Having had 1 sexual partner	47.3%	55.0%	51.3%
Having had 2 sexual partners	13.0%	13.3%	13.5%
Having had 3 sexual partners	7.9%	6.2%	6.9%
Having had 4 or more sexual partners	12.4%	7.3%	9.1%

Number of partners among students reporting to have at least one
sexual partner within the last 12 months/school year:*

Mean	2.36	1.80	1.99
Median	1.0	1.0	1.0
Mode	1.0	1.0	1.0

*Only students reporting to have at least one sexual partner are included in these calculations.

Oral sex within the past 30 days	Male	Female	Total
Never did this sexual activity	19.8%	18.2%	19.6%
Have not done this during the last 30 days	25.5%	30.8%	29.3%
Did this 1 or more times	54.7%	51.0%	51.1%

Vaginal sex within the past 30 days	Male	Female	Total
Never did this sexual activity	21.9%	19.0%	20.5%
Have not done this during the last 30 days	17.9%	16.5%	17.1%
Did this 1 or more times	60.1%	64.5%	62.3%

Anal sex within the past 30 days	Male	Female	Total
Never did this sexual activity	78.0%	77.4%	77.8%
Have not done this during the last 30 days	18.5%	18.4%	18.3%
Did this 1 or more times	3.5%	4.2%	4.0%

Type of sexual behavior	Oral	Vaginal	Anal
Sexually active students reported...			
Using a condom within the last 30 days (mostly or always)*	2.4%	40.5%	12.5%
Using a condom the last time they had sex**	2.6%	43.6%	16.5%

*Students responding "Never did this sexual activity" or "Have not done this during the last thirty days" were excluded from the analysis.

**Students responding "Never did this sexual activity" were excluded from the analysis.

Reported means of birth control used among sexually active college students or their partners to prevent pregnancy the last time they had vaginal intercourse:

	Male	Female	Total
Birth control pills	49.6%	55.8%	52.4%
Depo Provera (shots)	3.9%	4.8%	4.3%
Norplant (implant)	0.6%	0.2%	0.3%
Condoms	40.8%	38.1%	39.5%
Diaphragm, cervical cap, sponge	0.6%	0.5%	0.5%
Spermicide	3.9%	2.6%	3.1%
Fertility awareness	2.3%	1.4%	2.1%
Withdrawal	13.2%	18.8%	16.4%
Other method	2.3%	2.2%	2.3%
Nothing	3.7%	4.9%	4.3%

■ 6.7% of sexually active college students reported using (or reported their partner used) emergency contraception ("morning after pill") within the last 12 months/school year (male: 5.6%; female: 7.3%).*

*Students responding "Not sexually active" were excluded from the analysis.

■ 2.8% of college students who had vaginal intercourse within the last 12 motnhs/school year reported experiencing an unintentional pregnancy or got someone pregnant within the last 12 months/school year (male: 2.5%; female: 2.7%).**

**Students responding "Have not had vaginal intercourse within the last 12 months/school year" were excluded from the analysis.

G. Nutrition and Exercise

Within the last 30 days, college students reported:

	Male	Female	Total
Exercising to lose weight	40.6%	60.1%	52.6%
Dieting to lose weight	16.9%	38.9%	30.6%
Vomiting or taking laxatives to lose weight	0.3%	2.9%	1.9%
Taking diet pills to lose weight	2.8%	10.7%	7.7%
Doing none of the above	49.6%	28.1%	35.9%

College students reported usually eating the following number of servings of fruits and vegetables:

	Male	Female	Total
Don't eat fruits and vegetable	6.1%	4.0%	4.5%
1 or 2 per day	72.0%	67.7%	69.5%
3-4 per day	18.5%	25.2%	22.8%
5 or more per day	3.3%	3.1%	3.2%

College students reported the following behaviors within the past 7 days:

Participated in vigorous exercise for 20 minutes (or 30 minutes moderate exercise)	Male	Female	Total
0 days	29.2%	30.2%	29.7%
1-2 days	34.6%	32.6%	33.2%
3-5 days	28.9%	29.9%	29.5%
6+ days	7.4%	7.2%	7.5%

Exercising to strengthen muscles	Male	Female	Total
0 days	38.4%	40.4%	39.4%
1-2 days	26.1%	27.1%	26.8%
3-5 days	29.0%	26.9%	27.8%
6+ days	6.5%	5.6%	6.0%

Getting enough sleep to feel rested in the morning	Male	Female	Total
0 days	8.5%	9.6%	9.0%
1-2 days	28.9%	32.5%	30.7%
3-5 days	46.2%	47.0%	47.2%
6+ days	16.4%	10.9%	13.2%

Estimated average Body Mass Index (BMI): This figure incorporates reported sex, height, and weight to form a general indicator of physical health.

BMI	Male	Female	Total
< 18.5 Underweight	1.2%	5.7%	4.1%
18.5-24.9 Healthy Weight	50.1%	66.4%	60.6%
24-29.9 Overweight	37.3%	18.7%	25.4%
30-34.9 Class I Obesity	8.5%	4.7%	6.1%
35-39.9 Class II Obesity	0.9%	2.6%	2.0%
>= 40 Class III Obesity	2.0%	1.8%	1.9%
Mean	28.3	24.7	26.0
Median	24.7	22.5	23.3
Mode	24.5	21.7	21.7

H. Depression

Students reported experiencing the following within the last 12 months/school year:

Feeling overwhelmed by all they had to do

	Male	Female	Total
Never	9.6%	2.6%	5.8%
1-10 times	70.3%	60.1%	63.3%
11+ times	20.1%	37.3%	30.9%

Feeling so depressed it was difficult to function

	Male	Female	Total
Never	62.0%	55.3%	57.3%
1-10 times	30.1%	38.4%	35.9%
11+ times	7.9%	6.2%	6.8%

Feeling exhausted (not from physical activity)

	Male	Female	Total
Never	13.9%	3.9%	7.8%
1-10 times	65.6%	69.5%	67.5%
11+ times	20.5%	26.6%	24.6%

Seriously considering attempting suicide

	Male	Female	Total
Never	90.4%	88.9%	89.3%
1-10 times	8.7%	10.3%	9.9%
11+ times	0.8%	0.8%	0.8%

Feeling very sad

	Male	Female	Total
Never	25.9%	13.2%	17.6%
1-10 times	61.6%	73.0%	68.6%
11+ times	12.5%	13.7%	13.8%

Attempting suicide

	Male	Female	Total
Never	98.6%	98.1%	98.1%
1-10 times	1.4%	1.9%	1.8%
11+ times	0.0%	0.0%	0.1%

Feeling things were hopeless

	Male	Female	Total
Never	42.5%	28.2%	33.7%
1-10 times	47.6%	61.7%	56.1%
11+ times	9.9%	10.0%	10.1%

	Male	Female	Total
College students reported diagnosed with depression	6.2%	16.3%	12.5%

Of those students reporting ever having been diagnosed with depression in the item above...

	Male	Female	Total
Diagnosed with depression in the last 12 months/school year	36.4%	43.9%	44.2%
Currently in therapy for depression	13.6%	23.7%	22.7%
Currently taking medication for depression	36.4%	46.4%	44.5%

Demographics and Student Characteristics

■ Age:

Average age: 22.00
Median: 21
Mode: 21

18 - 20:	43.1 %
21 - 24:	44.8 %
25 - 29:	6.0 %
30+:	6.0 %

■ Sex:

Female: 63.8%
Male: 36.2%

■ Student status:

1st year undergraduate:	13.7 %
2nd year undergraduate:	22.1 %
3rd year undergraduate:	30.7 %
4th year undergraduate:	22.1 %
5th year or more undergraduate:	8.4 %
Graduate or professional:	2.1 %
Adult special or other:	0.9 %

Full-time student: 97.5%

■ Relationship status:

Single:	49.4 %
Married/domestic partner:	8.9 %
Engaged or committed dating relationship:	40.3 %
Separated:	0.7 %
Divorced:	0.7 %
Widowed:	0.1 %

■ Students describe themselves as:

White:	90.9 %
Black – not Hispanic:	1.7 %
Hispanic or Latino:	1.3 %
Asian or Pacific Islander:	4.0 %
American Indian or Alaskan Native:	0.5 %
Other:	1.4 %

■ Students describe themselves as:

Heterosexual:	96.7 %
Gay/Lesbian:	0.6 %
Bisexual:	1.0 %
Transgendered:	0.1 %
Unsure:	1.6 %

■ Housing:

Campus residence hall:	22.8 %
Fraternity or sorority house:	0.6 %
Other university housing:	0.8 %
Off-campus housing:	64.3 %
Parent/guardian's home:	8.0 %
Other:	3.6 %

■ Hours of paid work per week:

0 hours:	26.0 %
1-9 hours:	14.8 %
10-19 hours:	25.4 %
20-29 hours:	23.0 %
30-39 hours:	7.8 %
40 hours:	2.1 %
More than 40 hours:	0.9 %

■ Hours of volunteer work per week:

0 hours:	72.1 %
1-9 hours:	24.2 %
10-19 hours:	2.3 %
20-29 hours:	1.0 %
30-39 hours:	0.2 %
40 hours:	0.1 %
More than 40 hours:	0.0 %

■ Have any kind of health insurance (including prepaid plans, such as HMOs):

Yes: 82.3 %
Unsure: 7.9 %

NCHA Advisory Committee

Co-chairs
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