

Minnesota State University Mankato
Executive Summary
Spring 2004

American College Health Association
National College Health Assessment

ACHA-NCHA

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.

Table of Contents

I. Introduction	2
II. Possible Uses of the NCHA	3
III. Findings	
A. General Health of College Students	4
B. Preventive Health	5
C. Academic Impacts	6
D. Violence	6
E. Alcohol, Tobacco, and Other Drug Use	7
F. Sexual Behavior	10
G. Nutrition and Exercise	12
H. Depression	13
IV. Demographics and Student Characteristics	15

Suggested citation for this document: American College Health Association. National College Health Assessment: Minnesota State University Mankato Executive Summary Spring 2004. Baltimore: American College Health Association; 2004.

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 at (410) 859-1500, ext. 239.

This Executive Summary highlights results of the ACHA-NCHA survey for NCHA Spring 2004 for Minnesota State University Mankato, consisting of 1,367 respondents.

Possible Uses of the NCHA

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

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

59.4% of students surveyed (65.6% male and 54.0% female) described their health as very good or excellent.

Within the last school year, college students reported experiencing:

Allergy problems:	34.7	Repetitive stress injury:	5.5
Anorexia:	1.2	Seasonal affective disorder:	5.0
Anxiety disorder:	10.0	Substance abuse problem:	3.5
Asthma:	8.6	Back pain:	44.1
Bulimia:	1.9	Broken bone/fracture:	5.7
Chronic fatigue syndrome:	1.9	Bronchitis:	5.5
Depression:	15.3	Chlamydia:	1.3
Diabetes:	1.4	Ear infection:	10.2
Endometriosis:	0.7	Gonorrhea:	0.3
Genital herpes:	0.6	Mononucleosis:	2.1
Genital warts/HPV:	2.1	Pelvic inflammatory disease:	0.7
Hepatitis B or C:	0.4	Sinus infection:	21.7
High blood pressure:	3.0	Strep throat:	13.0
High cholesterol:	2.0	Tuberculosis:	0.8
HIV infection:	0.3		

70.1% of college students (67.8% male and 81.4% female) experienced one or more of the above conditions within the last school year.

B. Preventive Health

Preventive health practices among college students:

- 57.7% reported being vaccinated against hepatitis B.
- 40.6% reported being vaccinated against meningococcal disease.
- 49.3% reported being vaccinated against varicella (chicken pox).
- 76.8% reported being vaccinated with measles, mumps, rubella (2 shots).
- 25.5% reported being vaccinated against the flu in the last year.
- 78.9% reported having a dental exam and cleaning in the last year.
- 37.7% of males students reported that they performed testicular self exam in the last month.
- 40.7% of female students reported that they performed breast self exam in the last month.
- 69.9% of females reported having a routine gynecological exam in the last year.
- 89.9% reported having their blood pressure checked in the last 2 years.
- 33.6% reported having cholesterol checked in the last 5 years.
- 11.4% reported using sunscreen daily.

College students reported the following behaviors within the last school year:

Percent (%)	N/A, didn't drive, ride or skate w/in last school year	Never	Rarely or Sometimes	Mostly or Always	Mostly or Always (N/A responses not included)
Wore a seatbelt	0.5	1.8	13.8	83.9	84.3
Wore a helmet when riding a bicycle	44.4	47.3	5.2	3.0	5.5
Wore a helmet when riding a motorcycle	69.5	10.3	5.6	14.6	48.0
Wore a helmet when inline skating	54.5	42.5	1.9	1.2	2.9

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

C. Academic Impacts

Within the last 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:	14.2	Eating disorder/problem:	0.7
Allergies:	2.3	HI V infection:	0.1
Assault (physical):	0.9	Injury:	2.4
Assault (sexual):	0.5	Internet use/computer games:	12.9
Attention deficit disorder:	5.8	Learning disability:	2.7
Cold/flu/sore throat:	19.1	Mononucleosis:	1.0
Concern for a troubled friend or family member:	12.1	Pregnancy (yours or partner's)	1.0
Chronic illness:	1.1	Relationship difficulty:	14.6
Chronic pain:	1.6	Sexually transmitted disease:	0.4
Death of a friend/family member:	8.4	Sinus infection/ear infection/ bronchitis/strep throat:	5.3
Depression/anxiety disorder/seasonal affective disorder:	10.3	Sleep difficulties:	21.8
Drug use:	2.9	Stress:	27.2

D. Violence

Within the last school year, college students reported experiencing:

	Percent (%)	Male	Female	Total
A physical fight		21.6	4.8	13.1
Being physically assaulted (non-sexually)		6.9	3.5	5.2
Verbal threats for sex against their will		2.6	3.9	3.4
Sexual touching against their		4.7	11.1	8.4
Attempted sexual penetration against their will		1.0	3.3	2.2
Sexual penetration against their will		0.9	1.6	1.5
An emotionally abusive relationship		9.4	15.9	12.8
A physically abusive relationship		2.6	3.6	3.1
A sexually abusive relationship		1.2	2.0	1.8

E. Alcohol, Tobacco, and Other Drug Use

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

Alcohol

	Percent (%) Male	Female	Total
Never used	15.2	11.5	13.2
Used, but not in the last 30 days	8.0	12.8	10.2
Used 1-9 days	52.6	56.6	55.1
Used 10-29 days	23.4	19.1	20.8
Used all 30 days	0.9	0.0	0.7

Cigarette

	Percent (%) Male	Female	Total
Never used	54.7	47.8	50.8
Used, but not in the last 30 days	14.1	17.2	15.9
Used 1-9 days	11.4	13.3	12.7
Used 10-29 days	8.1	10.5	9.1
Used all 30 days	11.7	11.2	11.5

Marijuana

	Percent (%) Male	Female	Total
Never used	61.4	66.4	64.0
Used, but not in the last 30 days	17.6	17.6	17.3
Used 1-9 days	11.9	11.5	11.5
Used 10-29 days	6.0	3.6	4.9
Used all 30 days	3.1	0.8	2.3

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:

Percent (%)	Never		Used one or more days		Used daily	
	Reported Use	Perception	Reported Use	Perception	Reported Use	Perception
Alcohol	13.2	1.1	75.9	54.7	0.7	44.3
Cigarettes	50.8	3.3	21.8	43.6	11.5	53.1
Marijuana	64.0	12.4	16.4	63.6	2.3	24.0

14.2% 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 Concentration) 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	Percent (%)	Male	Female	Total
<.08		47.7	44.7	46.2
<.10		54.6	54.7	54.6
Mean		0.10	0.11	0.11
Median		0.09	0.09	0.09
Std Dev		0.09	0.18	0.15

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

Number of drinks	Percent (%)	Male	Female	Total
<=4		31.3	45.1	38.3
<=5		37.5	58.8	48.7
<=6		43.4	71.8	57.9
Mean		7.94	5.03	6.55
Median		8.00	5.00	6.00
Std Dev		5.88	3.61	5.46

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

	Percent (%)	Male	Female	Total
None		35.9	51.5	43.6
1-2 times		26.9	28.3	28.1
3-5 times		28.6	16.6	22.2
6 or more times		8.5	3.6	6.1

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

When at a party or when going out....	usually or always Percent (%)
alternate non-alcoholic with alcoholic beverages:	16.9
determine in advance not to exceed a set number of drinks:	24.0
choose not to drink alcohol:	21.5
use a designated driver:	79.1
eat before and/or during drinking:	73.0
have a friend let you know when you have had enough:	28.4
keep track of how many drinks being consumed:	48.8
pace drinks to one or fewer an hour:	19.1
avoid drinking games:	26.2
drink an alcoholic look-alike:	3.8

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

94.4% of college students reported usually doing or always doing one or more of the above behaviors when drinking alcohol during the last 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 school year as a result of their own drinking:*

	Percent (%)	Male	Female	Total
Being physically injured	26.8	23.7	25.4	
Physically injured another person	3.0	4.5	8.7	
Being involved in a fight	20.4	6.5	13.4	
Doing something they later regretted	50.9	47.2	49.2	
Forgetting where they were or what they had done	44.5	37.2	41.1	
Having someone use force or threat of force to have sex with them	1.6	2.4	2.5	
Having unprotected sex	28.5	23.3	25.8	

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

F. Sexual Behavior

College students reported the following within the last school year:

	Percent (%)	Male	Female	Total
Having had no sexual partner	21.6	17.6	19.9	
Having had 1 sexual partner	45.7	52.8	49.6	
Having had 2 sexual partners	10.6	15.1	12.0	
Having had 3 sexual partners	9.3	6.0	7.6	
Having had 4 or more sexual partners	12.8	8.5	11.0	

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

Mean	2.58	1.79	2.25
Median	1.00	1.00	1.00
Std Dev	5.07	1.55	3.92

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

Oral sex within the past 30 days	Percent (%)	Male	Female	Total
Never did this sexual	19.3	20.1	19.5	
Have not done this during the last 30	27.9	28.4	28.3	
Did this 1 or more times	52.8	51.5	52.2	

Vaginal sex within the past 30 days	Percent (%)	Male	Female	Total
Never did this sexual	22.9	19.6	21.5	
Have not done this during the last 30	20.8	19.9	20.2	
Did this 1 or more times	56.3	60.5	58.3	

Anal sex within the past 30 days	Percent (%)	Male	Female	Total
Never did this sexual	72.0	74.4	73.3	
Have not done this during the last 30	22.9	22.1	22.1	
Did this 1 or more times	5.1	3.5	4.5	

Type of sexual behavior	Percent (%)	Oral	Vaginal	Anal
Sexually active students reported...				
Using a condom within the last 30 days (mostly or Always)*		2.7	47.1	15.2
Using a condom the last time they had sex**		4.0	50.9	17.8

*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:

	Percent (%)	Male	Female	Total
Birth control pills	47.3	47.3	51.0	47.0
Depo Provera (shots)	2.4	2.4	3.6	2.6
Norplant (implant)	0.2	0.2	0.2	0.1
Condoms	45.1	45.1	40.7	40.7
Diaphragm, cervical cap, sponge	0.5	0.5	0.0	0.2
Spermicide	4.6	4.6	1.3	2.7
Fertility awareness	1.9	1.9	1.8	1.8
Withdrawal	15.1	15.1	17.5	15.7
Other method	2.1	2.1	4.2	3.1
Nothing	5.0	5.0	3.1	4.0

9.1% of sexually active college students reported using (or reported their partner used) emergency contraception ("morning after pill") within the last school year (male: 7.0% ; female: 11.8%).*

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

3.3% of college students who had vaginal intercourse within the last school year reported experiencing an unintentional pregnancy or got someone pregnant within the last school year.

(male: 3.7% ; female: 2.7%).**

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

G. Nutrition and Exercise

Within the last 30 days, college students reported:

	Percent (%)	Male	Female	Total
Exercising to lose weight	40.0	63.4	50.3	
Dieting to lose weight	14.2	38.1	25.3	
Vomiting or taking laxatives to lose weight	0.2	3.3	1.8	
Taking diet pills to lose weight	2.4	7.7	5.1	
Doing none of the above	53.9	27.5	37.8	

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

	Percent (%)	Male	Female	Total
Don't eat fruits and vegetables	7.6	4.8	5.8	
1 or 2 per day	71.4	68.8	70.7	
3-4 per day	16.5	23.7	19.9	
5 or more per day	4.5	2.7	3.6	

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

Participated in vigorous exercise for 20 minutes (or 30 minutes moderate exercise)

	Percent (%)	Male	Female	Total
0 days	27.4	28.7	27.9	
1-2 days	27.9	33.6	30.7	
3-5 days	36.2	29.2	33.1	
6+ days	8.5	8.5	8.4	

Exercising to strengthen muscles

	Percent (%)	Male	Female	Total
0 days	34.5	36.5	35.3	
1-2 days	23.3	31.2	27.2	
3-5 days	36.8	26.9	32.4	
6+ days	5.4	5.4	5.1	

Getting enough sleep to feel rested in the morning

	Percent (%)	Male	Female	Total
0 days	10.3	10.1	10.6	
1-2 days	29.4	33.9	32.0	
3-5 days	48.0	44.0	45.2	
6+ days	12.3	12.1	12.2	

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

BMI	Percent (%) Male	Female	Total
< 18.5 Underweight	2.2	4.8	3.6
18.5-24.9 Healthy Weight	55.7	71.4	62.9
25-29.9 Overweight	32.1	14.7	23.4
30-34.9 Class I Obesity	6.6	6.4	7.1
35-39.9 Class II Obesity	2.5	1.2	1.7
> 40 Class III Obesity	0.9	1.6	1.2
Mean	24.82	23.35	24.12
Median	24.08	22.51	23.23
Std Dev	4.34	4.97	4.80

H. Depression

Students reported experiencing the following within the last school year:

Feeling overwhelmed by all they had to do

	Percent (%) Male	Female	Total
Never	9.1	2.7	6.1
1-10 times	72.5	69.3	70.6
11+times	18.5	28.0	23.3

Feeling so depressed it was difficult to function

	Percent (%) Male	Female	Total
Never	63.4	53.8	58.5"
1-10 times	33.4	40.9	37.1
11+times	3.1	5.3	4.4

Feeling exhausted (not from physical activity)

	Percent (%) Male	Female	Total
Never	13.9	5.6	9.7
1-10 times	67.9	73.6	70.9
11+times	18.1	20.8	19.4

Seriously considering attempting suicide

	Percent (%) Male	Female	Total
Never	93.1	90.7	91.7
1-10 times	6.6	8.3	7.6
11+times	0.3	1.0	0.7

Feeling very sad

	Percent (%) Male	Female	Total
Never	29.5	15.3	22.1
1-10 times	64.4	72.5	68.6
11+times	6.1	12.2	9.3

Attempting suicide

	Percent (%) Male	Female	Total
Never	98.6	98.0	98.4
1-10 times	1.2	2.0	1.5
11+times	0.2	0.0	0.1

Feeling things were hopeless

	Percent (%) Male	Female	Total
Never	44.4	27.8	36.1
1-10 times	49.3	63.5	56.5
11+times	6.3	8.7	7.4

	Percent (%)	Male	Female	Total
College students reported diagnosed with depression		7.0	18.4	13.2
Of those students reporting ever having been diagnosed with depression in the item above...				
Diagnosed with depression in the last school year		38.5	30.0	31.1
Currently in therapy for depression		17.5	23.6	22.2
Currently taking medication for depression		40.0	41.8	41.1

Demographics and Student Characteristics

• Age:

Average age:	21.15 years
Median:	20.00 years
Std Dev:	4.41 years

18 - 20 years:	55.8%
21-24 years:	36.4%
25 - 29 years:	4.7 %
30+years:	3.1%

•Sex

Female:	51.2%
Male:	48.8%

• Student status:

1st year undergraduate:	28.6%
2nd year undergraduate:	24.8%
3rd year undergraduate:	22.6%
4th year undergraduate:	13.9%
5th year or more undergraduate:	8.6%
Graduate or professional:	0.5%
Adult special or other:	1.0%

Full-time student:	97.8
--------------------	------

• Relationship status:

Single:	53.7%
Married/domestic partner:	5.6%
Engaged or committed dating Relationship:	40.0%
Separated:	0.1%
Divorced:	0.5%
Widowed:	0.1%

• Students describe themselves as:

White:	85.7%
Black - not Hispanic:	2.0%
Hispanic or Latino:	1.4%
Asian or Pacific	4.5%
American Indian or Alaskan Native:	0.4%
Other:	1.3%

• Students describe themselves as:

Heterosexual:	97.6%
Gay/Lesbian:	0.4%
Bisexual:	0.9%
Trans gendered	0.3%
Unsure:	0.8%

• Housing:

Campus residence	32.5%
Fraternity or sorority	0.6%
Other university	1.9%
Off-campus	55.1%
Parent/guardian's	7.3%
Other:	2.6%

• Hours of paid work per week:

0 hours:	34.0%
1 -9 hours:	11.1%
10-19 hours:	22.6%
20-29 hours:	21.9%
30-39 hours:	6.9%
40 hours:	1.9%
More than 40 hours:	1.6%

• Hours of volunteer work per week:

0 hours:	76.9%
1-9 hours:	21.1%
10-19 hours:	1.5%
20-29	0.4%
30-39	0.0%
40 hours:	0.0%
More than 40	0.0%

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

Yes:	80.5%
Unsure:	9.4%

2001 NCHA Advisory Committee (Authors)

Co-chairs

Michael Haines, MS (Northern Illinois University)

Jenny Haubenreiser, MA (Montana State University)

Robert Dollinger, MD (Florida International University)

Linda Frazier, MA, RN, CHES (Colby College)

Karen Gordon, MPH

Amy Havasi, MS, Ed (Northern Illinois University)

Patti Lubin, BSN (Northwestern University)

Alejandro Martinez, PhD (Stanford University)

Craig Roberts, PA-C, MS (University of Wisconsin)

Mary Hoban, PhD, CHES, and E. Victor Leino, PhD (American College Health Association)

NCHA Executive Summary designed by 2001 NCHA Advisory Committee