

# Summary of Results of the National College Health Assessment

**University of Michigan, Ann Arbor Campus  
February 2010**



Health Promotion and Community Relations  
University Health Service  
Division of Student Affairs

# Overview

- What is the NCHA Survey?

- Methodology

- Results:

Academic impairment

Protective behaviors, safety

Abuse and violence

Alcohol and other drugs

Sexual health

Physical activity

Nutrition and weight

Mental health

Information received

Comparison to HC2010 goals

# What is the NCHA Survey?

- Designed by the American College Health Association (ACHA) to align with Healthy Campus 2010 goals
- Measures prevalence of health risk and protective behaviors among college students
- UM previously conducted it in 1998 (pilot) and 2006 (NCHA I)
- Revised in 2009 (NCHA II)
- National data compiled and published by ACHA

# How Can the Data be Used?

- To provide a “**snapshot**” in time of the behaviors, attitudes and beliefs of undergraduate students with regard to health
- To **compare** with findings from other surveys, e.g. national NCHA, UM 2006
- To **develop goals** to improve health outcomes, e.g. Healthy Campus 2010

# Methodology

- Conducted in February 2010
- Random sample of 5000 undergraduates ages 18 and older
- Men and racial/ethnic minorities oversampled
- Web-based survey
- Email invitation with two reminder emails
- Incentives were offered

# Response Rate & Analysis

- 910 respondents (18% response rate)
- Margin of error +/- 3.19
- Data are weighted by gender and race to reflect the UM Winter 2010 undergraduate enrollment
- Analyses were conducted on the weighted data set

# Respondent Characteristics

<b>Age</b>	
18	18%
19	25%
20	22%
21	23%
22	10%
23	2%
24+	1%
<b>Year in School</b>	
First	27%
Second	23%
Third	26%
Fourth	21%
Fifth or More	3%
Graduate or Other	0.3%

<b>Cumulative GPA</b>	
A	42%
B	50%
C	8%
D/F	0.3%
NA	0.7%
<b>Sexual Orientation</b>	
Heterosexual	93%
Gay/Lesbian	3%
Bisexual	3%
Unsure	1%

# Respondent Characteristics

<b>Residence</b>	
Campus Residence Hall	43%
Other University Housing	4%
Fraternity/Sorority	4%
Off-Campus	47%
With Parents	2%
Other	0.3%
<b>Member of a Fraternity/Sorority</b>	15%
<b>International Student</b>	9%
<b>Full-time Student</b>	98%

<b>Insurance Status</b>	
University Plan	8%
Parent's Plan	82%
Another Plan	4%
Do Not Have	5%
Not Sure	2%

# Perceived Health Status

- 93% rated their health as good, very good or excellent
- Males and non-whites reported better health

# Top Reported Impediments to Academic Performance

25% Stress

19% Sleep difficulties

18% Cold/flu/sore throat

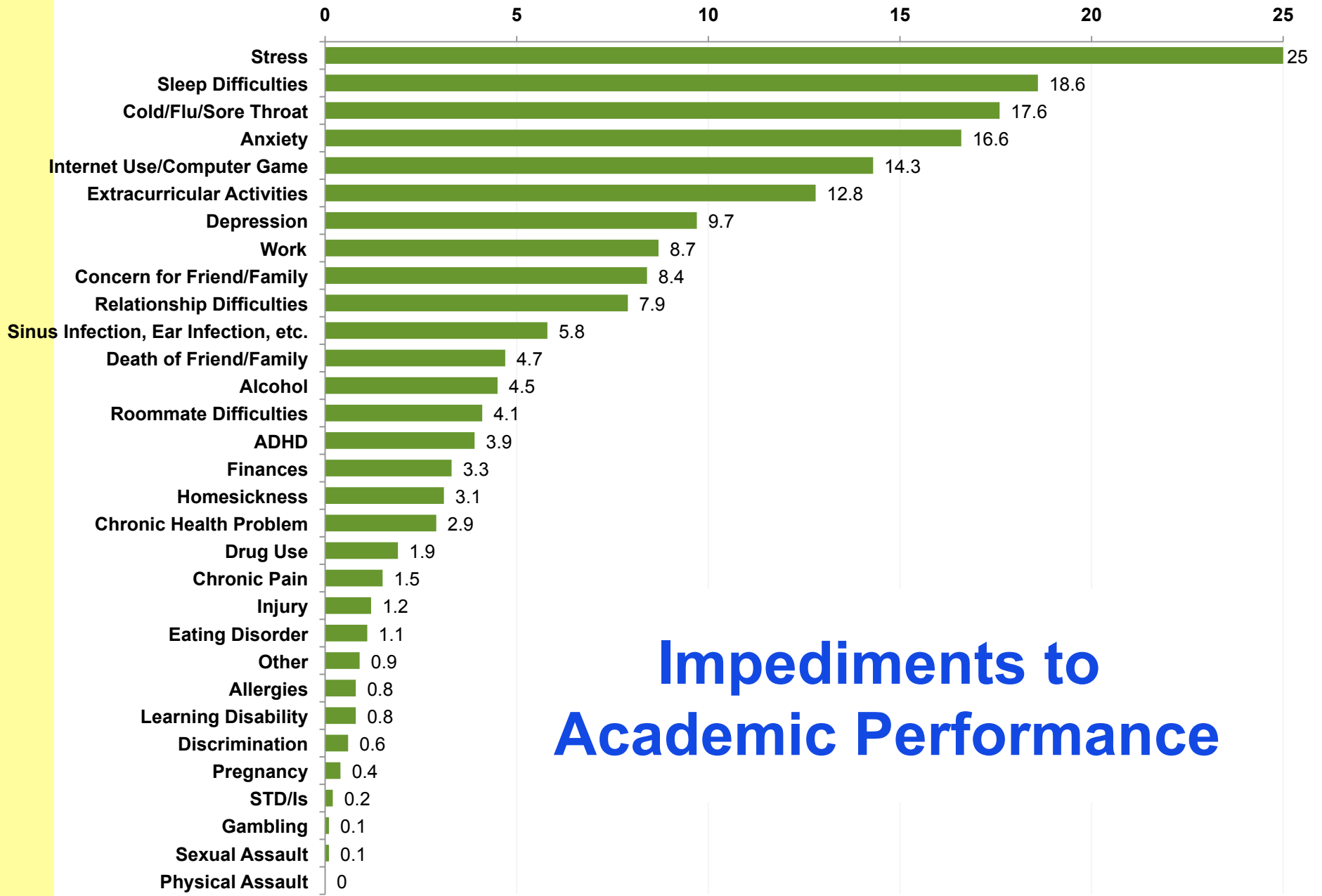
17% Anxiety

14% Internet use/computer games

13% Extracurricular activities

10% Depression

Percent (%) of Students



# Impediments to Academic Performance

# Protective Health Behaviors

## Past 30-day behaviors:

- 31% of female respondents reported Breast Self Exam
- 31% of male respondents reported Testicular Self Exam; Males in fraternities are more likely to perform TSE

## Past 12-month behaviors:

- 48% of female respondents reported a routine gynecological exam; Females who are white, older, live off-campus or in a sorority house are more likely to have had a gynecological exam in the last 12 months
- 84% reported a dental exam/cleaning

# Protective Health Behaviors

- 46% reported using sunscreen regularly
  - More likely among those with higher grades, female
- 81% report “always” using a seatbelt
- 30% of bike riders wear a helmet “most of the time” or “always”

# Immunization

Have you received the following vaccinations (shots)?	UM 2010	UM 2006	National NCHA 2009
Hepatitis B	70%	70%	73%
Measles, Mumps & Rubella	68%	80%	71%
Meningitis	62%	70%	54%
HPV (women only)	48%	NA	See note below
Influenza (past year)	41%	23%	33%
Varicella (chicken pox)	38%	44%	42%
HPV (men only)	11%	NA	See note below

National NCHA 2009:

29% of males and females (combined) reported receiving HPV vaccine

# Perception of Safety

Percent of respondents who feel  
“very safe:”

- 92% on-campus during the day\*
- 32% on-campus at night
- 66% in Ann Arbor during the day\*
- 20% in Ann Arbor at night\*

\* Significant at  $p < .05$  UM 2010 vs. NCHA National 2009

# Abuse and Violence

Within the last 12 months were you:	UM 2010	UM 2006	National NCHA 2009
Verbally threatened	21%	NA	21%
In emotionally abusive relationship	5%* ^	9%	10%
In a physical fight	7%	7%	7%
Sexually touched against will	5%* ^	9%	7%
Physically assaulted (non-sexually)	4%	4%	5%
Victim of stalking	3%*	NA	7%
Attempted sexual penetration against will	2%	3%	2%
In physically abusive relationship	0.8%*	0.7%	2%
Sexually penetrated against will	0.6%^	2%	1%
In sexually abusive relationship	0.6%*	0.5%	1%

\* Significant at  $p < .05$  UM 2010 vs. National NCHA

^ Significant at  $p < .05$  UM 2010 vs. 2006

# Non-physical Victimization

22% of respondents reported non-physical victimization (being verbally threatened or stalked) in the last 12 months:

- More likely to report lower GPA
- More likely to be in a fraternity/sorority
- More likely to be male than female
- More likely to report alcohol use during the last 30 days

# Past 30-Day Substance Use & Perception

	UM 2010	UM 2006	National NCHA 2009	Healthy Campus 2010 Goals	Perceive d use of “typical” student UM 2010	% who perceived greater use than their own UM 2010
Alcohol	69%	73%	69%	NA	96%	73%
Cigarettes	12%* ^	16%	17%	10.5%	77%	82%
Hookah	10%	NA	8%	None	69%	78%
Cigars	6%	7%	NA	2%	59%	76%
Smokeless tobacco	3%	2%	NA	1%	46%	68%
Marijuana	20%*	18%	15%	1%	82%	82%
Cocaine	1%	1%	NA ↓	7.4% ↓	30%	51%
Amphetamines	2%	3%			31%	42%
Rohypnol, GHB/Liq X	0.1%	0%			24%	44%
Ecstasy	0.4%	0%			27%	52%

\* Significant at  $p < .05$  UM 2010 vs. National NCHA

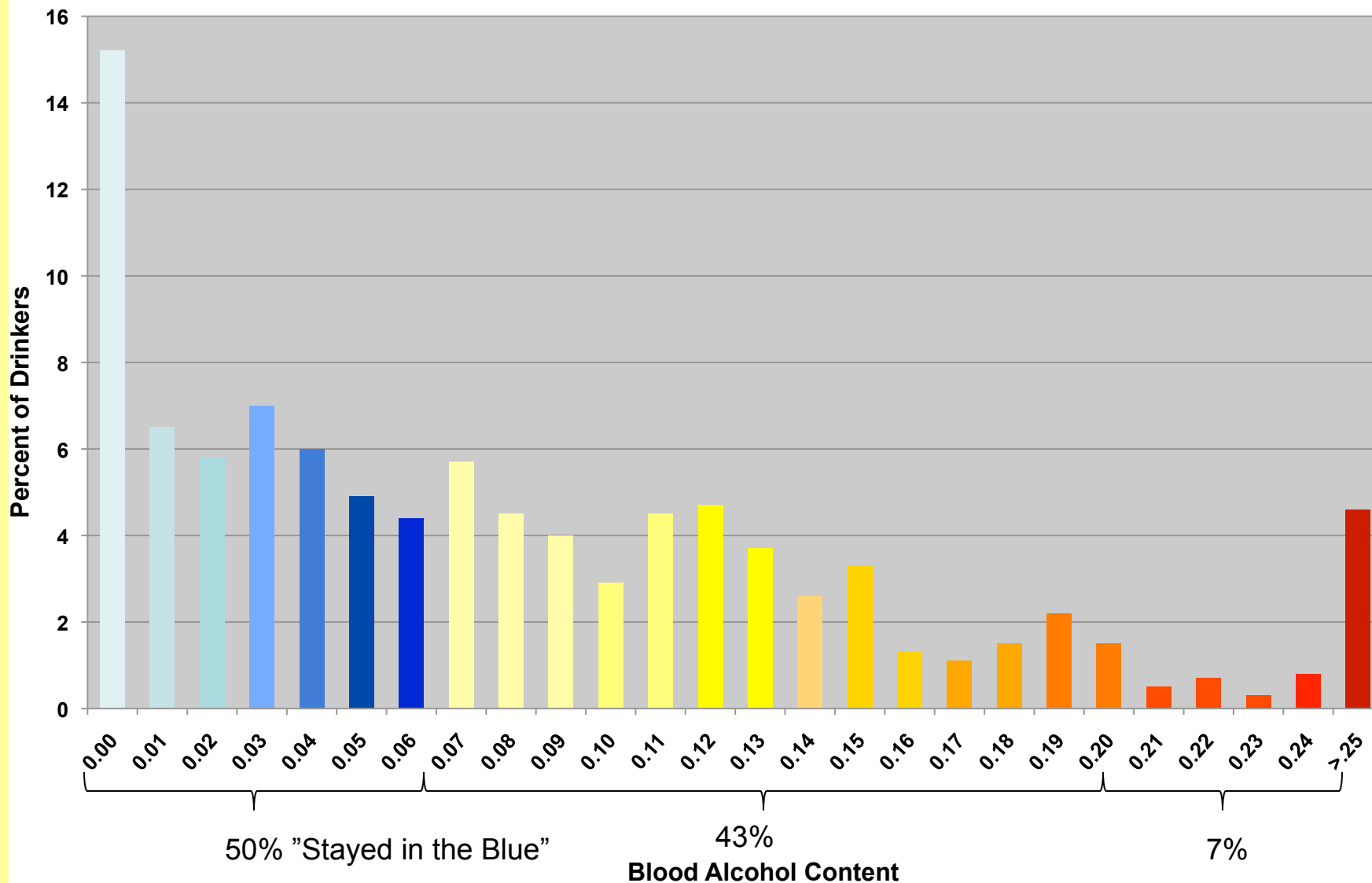
^ Significant at  $p < .05$  UM 2010 vs. UM 2006

# Past 30-Day Substance Use

- Alcohol use more likely among:
  - “B” students, older, those living off-campus or living in a fraternity/sorority house, fraternity or sorority member
- Cigarette use more likely among:
  - White, lower grades, older, those living off-campus
- Marijuana use more likely among:
  - White, those living off-campus or living in a fraternity/sorority house, fraternity or sorority member

# Blood Alcohol Content

(Last Time Partied/Socialized, Drinkers Only)



# Use of Protective Strategies

During the last 12 months, when you “partied or socialized” how often did you (drinkers only):	UM 2010
Stay with same group of friends while drinking	95%
Eat before/during drinking	94%
Use a designated driver	87%
Keep track of how many drinks you had	80%
Stick with only one kind of alcohol	75%
Choose not to drink alcohol	60%
Determine, in advance, not to exceed a set # of drinks	54%
Alternate non-alcoholic beverages	54%
Avoid drinking games	53%
Have a friend let you know when you had enough	47%
Pace drinks to 1 or less per hour	43%
Drink an alcohol look-alike	NA

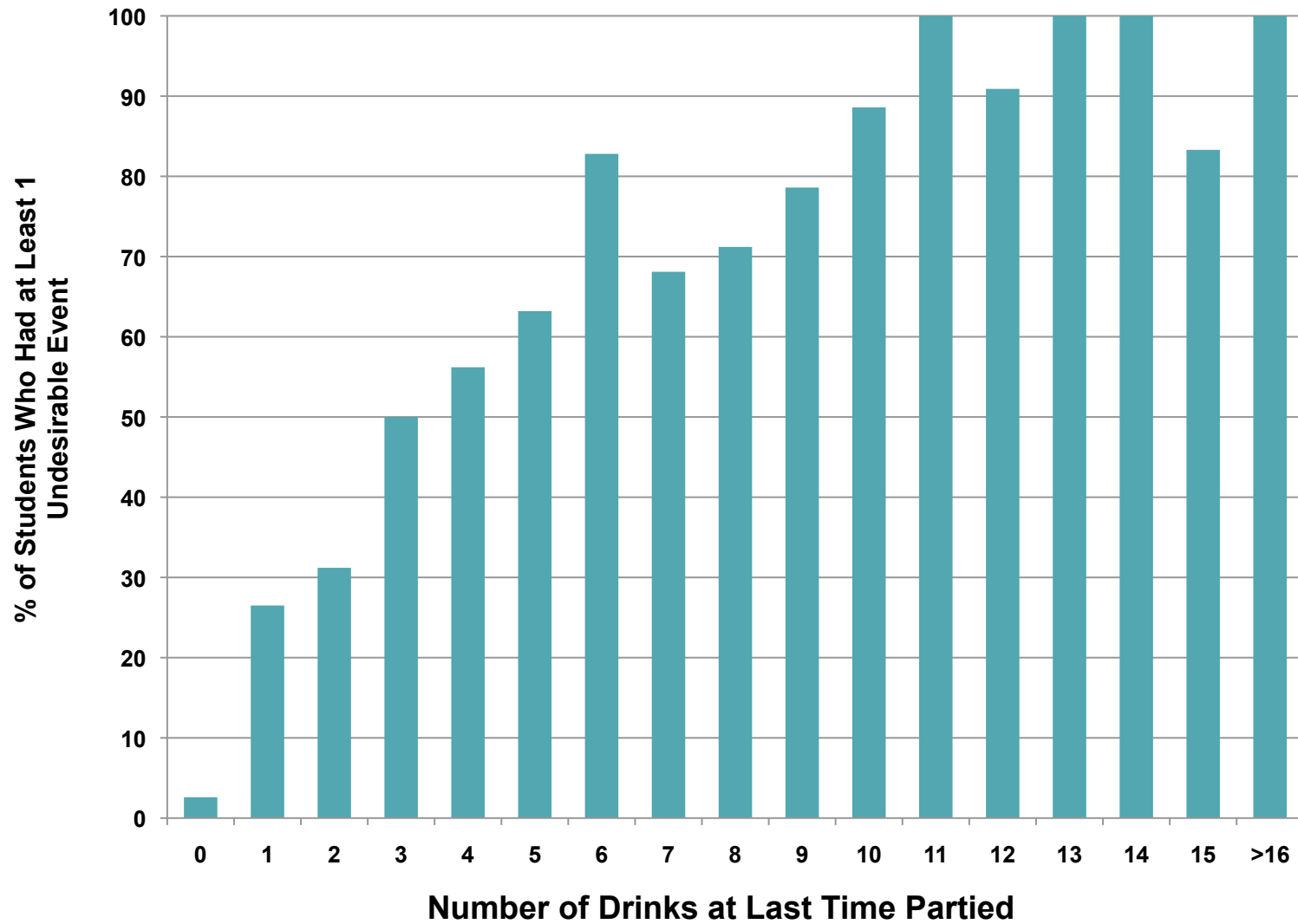
# Undesirable Consequences of Drinking

In past year, % of drinkers who experienced consequences as a result of their drinking:	UM 2010	UM 2006	National NCHA 2009	Healthy Campus 2010 Goal
Injured yourself	20%*^	25%	16%	2.5%
Did something you later regretted	42%*	42%	36%	No goal ↓
Forgot where you were, what you did	38%*	39%	31%	
Had unprotected sex	10%*	11%	16%	
Got in trouble with the police	3%	NA	4%	
Injured another person	3%^	5%	3%	
Had sex without giving consent	1%	NA	2%	
Had sex without getting consent	0.1%	NA	0.5%	

\* Significant at  $p < .05$  UM 2010 vs. NCHA

^ Significant at  $p < .05$  UM 2010 vs. UM 2006

# Prevalence of at Least One Undesirable Consequence of Drinking by Number of Drinks at Last Time Partied



# Binge Drinking

(5+ Drinks on at Least One Occasion)  
over the Past 2 Weeks

<b>UM 2010</b>	<b>UM 2006</b>	<b>National NCHA 2009</b>	<b>UM Student Life Survey 2009</b> <i>4+ for women, 5+ for men</i>	<b>Healthy Campus 2010 Goal</b>
41%*	45%	37%	46%	25%

\* Significant at  $p < .05$  UM 2010 vs. National NCHA 2009

# Binge Drinking in Last 2 Weeks

Correlated with:

- Increased emotional disturbance
- Increased number of sexual partners
- Increased average number of incidents of physical victimization
- Increased prescription drug misuse

# Prescription Drug Misuse

Percent taking prescription drugs not prescribed to them in the last 12 months:	UM 2010	National NCHA 2009
Stimulants (Ritalin, Adderall)	9%*	7%
Painkillers (OxyCotin, Vicodin)	6%*	9%
Sedatives (Xanax, Valium)	3%*	4%
Antidepressants	2%*	3%
Erectile dysfunction drugs	0.6%	1%

\* Significant at  $p < .05$  UM 2010 vs. National NCHA 2009

# Prescription Drug Misuse

Significantly correlated with:

- Increased BAC at last time partied or socialized
- Poorer sleep
- More reports of emotional disturbances
- Increased instances of consequences of drinking
- Intimate partner violence
- Physical victimization
- Non-physical victimization
- Number of sexual partners

# Type of Sexual Activity

	Oral Sex		Vaginal Sex		Anal Sex	
	UM 2010	National NCHA 2009	UM 2010	National NCHA 2009	UM 2010	National NCHA 2009
No, never done	37%*	27%	44%*	30%	85%*	77%
Not in last 30 days	25%*	28%	19%	20%	13%*	18%
Yes, in last 30 days	38%*	45%	37%*	50%	2%*	5%

\* Significant at  $p < .05$  UM 2010 vs. NCHA 2009

# Condom / Barrier Use at Last Intercourse

if reporting past 30-day activity

	<b>Oral Sex</b>	<b>Vaginal Sex</b>	<b>Anal Sex</b>
Never/Rarely	96%	24%	63%
Sometimes	0.8%	9%	0%
Most of the time / Always	3%*	67%*	37%*

\* Significant at  $p < .05$  UM 2010 vs. NCHA 2009

# Number of Sexual Partners

76% of respondents reported 0 or 1 sexual partners in the past year

Within the last 12 months:	UM 2010	UM 2006	National NCHA 2009
No partners	39%* ^	36%	29%
1 partner	36%* ^	41%	45%
2 partners	10%	8%	11%
3 partners	6%	7%	6%
4 or more partners	9%	9%	9%
Mean # of partners	1.34	1.26	2.07

\* Significant at  $p < .05$  UM 2010 vs. NCHA

^ Significant at  $p < .05$  UM 2010 vs. UM 2006

# Sexually Transmitted Infections

Within last 12 months, were you diagnosed with:	<b>UM 2010</b>	<b>UM 2006</b>	<b>National NCHA 2009</b>	<b>Healthy Campus 2010 Goals</b>
Chlamydia	0.9%	2%	0.9%	0.2%
Genital Herpes	0.8%	1%	0.8%	0.5%
Genital Warts/HPV	0.7% ^	3%	2.2%	0.5%
Gonorrhea	0.5%	0.3%	0.4%	0.5%
Pelvic Inflammatory Disease	0.3%	0.4%	0.3%	0.4%
HIV Infection	0.1%	0.5%	0.3%	No goal

^ Significant at  $p < .05$  UM 2010 vs. UM 2006

# HIV Testing

- 12% reported ever being tested for HIV
- More likely if:
  - 20 years old or older
  - Live in a fraternity/sorority house or off-campus

# Contraception, Emergency Contraception (used by self or partner), and Unintentional Pregnancy

Contraceptive use at last vaginal intercourse	UM 2010	Healthy Campus 2010 Goal
Any method	91%	100%

1% reported unintentional pregnancy

Emergency contraception	UM 2010	UM 2006	National NCHA 2009	Healthy Campus 2010 Goal
Within last school year	10%	11%	15%	10%

# Contraceptive Methods

## at last vaginal intercourse

	UM 2010	National NCHA 2009
Male Condom	75%	62%
Oral Contraceptives	59%	63%
Withdrawal	26%	27%
Fertility Awareness	7%	5%
Spermicide	6%	6%
Ring	5%	5%
Depo Provera (shots)	1%	3%
Patch	1%	1%
Norplant (implants)	0.8%	0.8%
Female Condom	0.5%	0.6%
Diaphragm, Cap	0.5%	0.5%
Other Method	2%	2
Combined methods	99%	NA

# Physical Activity in Past 7 Days

	UM 2010	UM 2006	National NCHA 2009	Healthy Campus 2010 Goals
<p><b>Moderate / Intense Exercise <math>\geq</math> 3 days/week</b></p> <p><i>2010 Q: A) Moderate-intensity cardio or aerobic exercise for at least 30 minutes, or B) Vigorous-intensity cardio or aerobic exercise for at least 20 minutes?</i></p> <p><i>2006 Q: Participate in vigorous exercise for at least 20 minutes or moderate exercise for at least 30 minutes?</i></p>	50%	41%	N A	55%
<p><b>Strength-Training Exercise <math>\geq</math> 2 days/week</b></p> <p><i>2010 Q: 8-10 strength-training exercises for 8-12 repetitions?</i></p> <p><i>2006 Q: Exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting?</i></p>	36%	48%	N A	65%

# Physical Activity

- 48% of respondents met Healthy Campus 2010 physical activity goals
  - More likely if white
- Vigorous physical activity (3+ days per week) more likely among:
  - White respondents
- Strength-training exercises (2+ days per week) more likely among:
  - Respondents with higher grades
  - Males
  - Members of a social fraternity/sorority

# Fruits and Vegetables

- 7% reported eating 5 or more servings per day
- 62% reported eating 2 or fewer servings per day
  - More likely if lower grades, younger

# Body Mass Index

	<b>UM 2010</b>	<b>UM 2006</b>	<b>National NCHA 2009</b>	<b>Healthy Campus 2010 Goal</b>
Underweight (18.5 & under BMI)	4%	5%	5%	No goal
“Normal” or “healthy” weight (18.5- 24.9 BMI)	74%* ^	69%	63%	75%
Obese or overweight (over 25.0 BMI)	22%* ^	27%	32%	16%

\* Significant at  $p < .05$  UM 2010 vs. NCHA

^ Significant at  $p < .05$  UM 2010 vs. UM 2006

# Body Mass Index

Those who are overweight or obese were more likely to:

- Report lower grades
- Be male
- Report lower general health
- Exercise to lose weight in the last 30 days
- Report no instances of emotional disturbance in the last 12 months

# Perceptions of Weight

- 15% at normal or underweight described themselves as overweight or very overweight
- 19% at overweight or obese described themselves as underweight or about the right weight.
  - This is a significantly lower proportion than the 24% who reported the same perception in 2006

# Weight Intentions and Practices

Are you currently trying to do any of the following about your weight?	UM 2010	UM 2006
Do nothing about weight	17%	19%
Stay the same weight	26%	23%
Lose weight	45%	49%
Gain weight	12%	9%

Within the last 30 days, did you do any of the following to lose weight?	UM 2010	UM 2006
Exercised	52%	54%
Nothing	44%	41%
Dieted	33%	35%
Vomited/took laxatives	3%	3%
Took diet pills	1%	3%

# Mental Health Diagnosis or Treatment in Past 12 Months

	Diagnosed or Treated	Type of Treatment			
		None	Medication	Psycho- therapy	Medication + therapy
Anxiety	8%	2%	2%	2%	2%
Depression	7%	2%	2%	1%	2%
Panic Attacks	4%	0.4%	1%	1%	0.8%
ADHD	3%	0.5%	2%	0.1%	0.5%
Insomnia	2%	1%	0.5%	0.3%	0.2%
OCD	2%	1%	0.1%	0.6%	0.1%
Bipolar Disorder	1%	0%	0.6%	0.1%	0.3%
Phobia	1%	0.2%	0.3%	0.1%	0.1%
Substance Abuse/ Addiction	1%	0.1%	0%	0.4%	0.1%
Schizophrenia	0%	0%	0%	0.1%	0.1%

16% report lifetime diagnosis of depression

# Emotional Disturbances

Within the last 12 months, have you...	UM 2010	UM 2006	National NCHA 2009
Felt overwhelmed by all you had to do	89%*^	94%	86%
Felt exhausted (not by physical activity)	83%^	93%	81%
Felt very sad	62%^	80%	62%
Felt very lonely	62%*	NA	58%
Felt overwhelming anxiety	50%	NA	49%
Felt things were hopeless	50%*^	62%	46%
Felt overwhelming anger	35%*	NA	38%
Felt so depressed that it was difficult to function	31%^	42%	31%
Seriously considered attempting suicide	7%^	11%	6%
Intentionally injured self	5%	NA	5%
Attempted suicide	1%	1%	1%

\* Significant at  $p < .05$  UM 2010 vs. National NCHA

^ Significant at  $p < .05$  UM 2010 vs. UM 2006

# Emotionally Disturbing Events

More likely to be reported by:

- Alcohol users (vs. abstainers)
- Those who experienced at least one consequence of drinking past year
- Those who misused at least one prescription drug in past year
- Females
- Those who experienced sexual, physical, non-physical, or intimate partner violence in past year
- Those who got less than three days of restful sleep per week
- Bisexual respondents (vs. heterosexuals)

# Stress

- 9% reported less than average or no stress
- 42% reported average stress
- 49% reported more than average or tremendous stress
- Females are significantly more likely to report more than average or tremendous stress
- Higher stress levels are significantly correlated with:
  - Increased emotional disturbances, non-physical victimization, and intimate partner violence

# Traumatic or Difficult Situations

Within the last 12 months, have any of the following been traumatic or very difficult to handle:

	UM 2010	National NCHA 2009
Academics	48%*	45%
Intimate relationships	29%*	33%
Finances	26%*	35%
Other social relationships	25%	25%
Sleep difficulties	25%	25%
Career-related issues	23%*	25%
Family problems	22%*	26%
Personal appearance	21%	21%
Personal health issue	17%	17%
Health problem of family member or partner	15%*	18%
Death of a family member or friend	12%*	16%

\* Significant at  $p < .05$  UM 2010 vs. National NCHA

# Lifetime Use of Mental Health Services

- 27% counselor/psychologist
  - 10% psychiatrist
  - 8% other medical provider
  - 4% clergy
- 
- 14% ever received mental health services from U-M Counseling or Health Service

# Sleep Quality

- 75% did not sleep enough to feel rested on 5 or more days/week
- 19% reported that sleep difficulties affected their academic performance
- Poor sleep quality was correlated with:
  - Increased instances of emotional disturbance
  - Younger students
  - Increased misuse of prescription drugs in the last 12 months
  - Sexual, physical, and non-physical victimization and intimate partner violence
  - Higher BAC at last time “partied or socialized”
  - Fewer days of vigorous exercise in the past week
  - Increased stress levels
  - Being female
  - Poor grades

# Disability or Medical Conditions

16% or reported one or more disabilities or medical conditions

	UM 2010	National NCHA 2009
Psychiatric condition	4%	4%
ADHD	4%	5%
Chronic Illness	4%	4%
Partially sighted or blind	2%	1%
Other disability	2%	2%
Deaf or hard of hearing	2%	1%
Learning disability	1%*	4%
Speech or language disorder	0.7%	0.8%
Mobility or dexterity disability	0.6%	0.8%

\* Significant at  $p < .05$  UM 2010 vs. National NCHA 2009

# Received Information from UM

HC 2010 Goal for all topics = 55%

↑ Met goal  
 →  
 ← Did not meet goal  
 ↓

Topic:	UM 2010	Interested In receiving info UM 2010	UM 2006
Alcohol and Other Drug Use	89% ^	28%	55%
Cold/Flu/Sore Throat	84%	47%	
Sexual Assault/Relationship Violence Prevention	84% ^	38%	58%
Depression/Anxiety	73%	47%	
STI Prevention	68% ^	42%	42%
Stress Reduction	67%	63%	
Nutrition	65% ^	61%	32%
Physical Activity	62% ^	56%	30%
Pregnancy Prevention	48% ^	31%	23%
Violence Prevention	42% ^	32%	30%
Eating Disorders	40%	25%	
How to Help Others in Distress	36%	54%	
Grief and Loss	31%	36%	
Suicide Prevention	32%	31%	
Tobacco Use	30% ^	19%	19%
Relationship Difficulties	27%	36%	
Injury and Violence Prevention	26%	32%	
Problem Use of Internet/Computer Games	23%	23%	
Sleep Difficulties	21%	54%	

^Significant at  $p < .05$  UM 2010 vs. UM 2006

# Healthy Campus 2010 Summary

UM did **not** meet goals for:

- Tobacco use, last 30 days
- Marijuana use, last 30 days
- Contraception use overall
- Condom use with vaginal or anal sex
- Injuring self while drinking
- Information received by students from UM including: tobacco, violence, injury prevention, suicide, and pregnancy

# Healthy Campus 2010 Summary:

## UM exceeded goals for:

- Information received by students from UM including: alcohol and other drugs, sexual assault, STIs, diet/nutrition, and physical activity
- Emergency contraception use
- Unintended pregnancies
- Past 30 day illicit drug use
- Intimate partner violence including:
  - Physical abuse by a partner
  - Sexual abuse by a partner
  - Emotional abuse by a partner

## For more information:

[www.uhs.umich.edu/ncha](http://www.uhs.umich.edu/ncha)

ContactUHS@umich.edu

University Health Service

University of Michigan