Summary of Results of the National College Health Assessment

University of Michigan, Ann Arbor Campus

February, 2014
What is the NCHA Survey

• Designed by the American College Health Association (ACHA) to align with Healthy Campus goals
• Measures prevalence of health risk and protective behavior among college students
• UM previously conducted it in 1998 (pilot), 2006 (NCHA I) and 2010 (NCHA II: revised questionnaire)—Undergraduates only
• National data compiled by ACHA (comparability issues: sampling, college types, seasonal variations, weighting)
How Can the Data be Used?

• To provide a “snapshot” in time of the behaviors, attitudes and beliefs of students with regard to health
• To compare with findings from other surveys and (especially) prior years at UM
• To develop goals to improve health outcomes and assess progress, evaluate impact
Methodology

• Conducted in February 2014 (same as in 2010)
• Random sample of 7,000 undergraduates and 5,000 graduate/professional students
• Males and undergrad minority students oversampled because of lower response rates (as in 2010)
• Email invitation with two reminder emails
• Incentives offered for participation
Response Rate & Analysis

- **3,351 respondents** (59 excluded as too incomplete)
- **Working data file**: 3,292 (1,561 undergrads, 1,731 grad/prof)
- **Response rate**: 28% overall, 22% among undergrads, 35% among grad/prof
- **Margin of sampling error**: ± 1.8% overall, ± 2.9% undergrads, ± 2.2% grad/prof
- **Data weighted** by gender, race, student status, and citizenship to match UM Winter 2014 enrollment
- **Analyses conducted on the weighted data**
Respondent Profiles

**% of Undergrads**

<table>
<thead>
<tr>
<th>Category</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Member Frat/Sor.</td>
<td>17.5%</td>
</tr>
<tr>
<td>Employed weekly</td>
<td>47.8%</td>
</tr>
<tr>
<td>Volunteer weekly</td>
<td>40.3%</td>
</tr>
<tr>
<td>Gay/Lesbian/Bisexual</td>
<td>8.7%</td>
</tr>
<tr>
<td>No Disability</td>
<td>82.1%</td>
</tr>
<tr>
<td>ADHD</td>
<td>5.1%</td>
</tr>
<tr>
<td>Chronic illness</td>
<td>3.7%</td>
</tr>
<tr>
<td>Hearing impaired</td>
<td>0.7%</td>
</tr>
<tr>
<td>Learning disability</td>
<td>1.9%</td>
</tr>
<tr>
<td>Mobility impaired</td>
<td>0.6%</td>
</tr>
<tr>
<td>Visually impaired</td>
<td>2.2%</td>
</tr>
<tr>
<td>Psychiatric condition</td>
<td>6.5%</td>
</tr>
<tr>
<td>Speech/lang. disorder</td>
<td>0.7%</td>
</tr>
<tr>
<td>Other</td>
<td>1.1%</td>
</tr>
</tbody>
</table>

**% of Grad/Prof.**

<table>
<thead>
<tr>
<th>Category</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Member Frat/Sor.</td>
<td>6.5%</td>
</tr>
<tr>
<td>Employed weekly</td>
<td>58.0%</td>
</tr>
<tr>
<td>Volunteer weekly</td>
<td>32.3%</td>
</tr>
<tr>
<td>Gay/Lesbian/Bisexual</td>
<td>8.8%</td>
</tr>
<tr>
<td>No Disability</td>
<td>82.4%</td>
</tr>
<tr>
<td>ADHD</td>
<td>5.4%</td>
</tr>
<tr>
<td>Chronic illness</td>
<td>5.3%</td>
</tr>
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<tr>
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</tr>
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<td>0.9%</td>
</tr>
<tr>
<td>Visually impaired</td>
<td>1.3%</td>
</tr>
<tr>
<td>Psychiatric condition</td>
<td>5.5%</td>
</tr>
<tr>
<td>Speech/lang. disorder</td>
<td>0.8%</td>
</tr>
<tr>
<td>Other</td>
<td>0.9%</td>
</tr>
</tbody>
</table>
Perceived Health Status

2010: 93% of Undergrads rated their health as good, very good or excellent vs. 92% in 2014
Males, white (non-Hisp), those with higher GPA rated health better
Impediments to Academic Performance: All Respondents

- Stress: 26.2%
- Anxiety: 17.8%
- Sleep difficulties: 16.8%
- Depression: 13.3%
- Internet use/computer games: 12.6%
- Cold/Flu/Sore Throat: 12.6%
- Participation in extracurricular activities: 12.2%
- Work: 10.3%
- Relationship difficulty: 8.1%
- Concern troubled friend/family: 7.6%
- Attention Deficit Disorder: 4.4%
- Sinus/ear infection, bronchitis, strep: 4.2%
- Death of friend or family member: 4.0%
- Roommate difficulties: 3.5%
- Alcohol use: 3.5%
- Finances: 3.5%
- Chronic illness (diabetes, asthma, etc.): 3.4%
- Homesickness: 3.2%
- Chronic pain: 2.3%
- Injury: 1.7%
- Drug use: 1.7%
- Learning disability: 1.6%
- Allergies: 1.6%
- Discrimination: 1.1%
- Eating disorder/problem: 0.9%
- Assault (sexual): 0.7%
- Pregnancy (self or partner): 0.6%
- Assault (physical): 0.4%
- Sexually transmitted disease: 0.1%
- Gambling: 0.1%
Top Reported Impediments to Academic Performance

Undergraduates (UG) [vs. 2010]
- Stress (31%) [25%]
- Anxiety (22%) [17%]
- Sleep difficulties (20%) [19%]
- Extra-curricular activities (16%) [13%]
- Cold/flu/sore throat (15%) [18%]
- Depression (15%) [10%]
- Internet/games (15%) [14%]
- Work (12%)
- Relationship difficulty (9%)
- Concern for troubled friend (8%)

Grad/Professional (G/P)
- Stress (18%)
- Anxiety (14%)
- Sleep difficulties (11%)
- Depression (10%)
- Internet/games (8%)
- Work (8%)
- Cold/flu/sore throat (7%)
- Concern for troubled friend (7%)
- Relationship difficulty (6%)
- Extra-curricular activities (5%)
Protective Health Behaviors

Past 30-day behaviors:
- 33% of G/P, 26% of UG [vs. 31% in 2010] females reported Breast Self Exam
- 29% of G/P, 33% of UG [vs. 31% in 2010] male respondents reported Testicular Self Exam;
  - Whites, those with lower GPAs more likely to perform TSE

Past 12-month behaviors:
- 62% of G/P, 44% of UG [vs. 48% in 2010] females reported a routine gynecological exam;
  - Whites, more likely to have had a gynecological exam
- 70% of G/P, 83% of UG [vs. 84% in 2010] reported a dental exam/cleaning
Protective Health Behaviors

• 59% of G/P, 54% of UG [vs. 46% in 2010] reported using sunscreen regularly
  – More likely among those with higher grades, female

• 91% of G/P, 81% of UG [81% in 2010] report “always” using a seatbelt

• 57% of G/P, 28% [30% in 2010] of UG bike riders wear a helmet “most of the time” or “always”
  – Healthy Campus 2020 goal is 37.7%

• 86% of G/P, 78% of UG motorcycle riders wear a helmet “most of the time” or “always”
  – Healthy Campus 2020 goal is 94.4%
<table>
<thead>
<tr>
<th>Vaccination</th>
<th>UM Grad/Prof 2014</th>
<th>UM Undergrad 2014</th>
<th>UM Undergrad 2010</th>
<th>UM Undergrad 2006</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hepatitis B</td>
<td>73%</td>
<td>67%</td>
<td>70%</td>
<td>70%</td>
</tr>
<tr>
<td>Measles, Mumps &amp; Rubella</td>
<td>78%</td>
<td>68%</td>
<td>68%</td>
<td>80%</td>
</tr>
<tr>
<td>Meningitis</td>
<td>60%</td>
<td>62%</td>
<td>62%</td>
<td>70%</td>
</tr>
<tr>
<td>HPV (women only)</td>
<td>53%</td>
<td>63%</td>
<td>48%</td>
<td>NA</td>
</tr>
<tr>
<td>Influenza (past year)</td>
<td>50%</td>
<td>48%</td>
<td>41%</td>
<td>23%</td>
</tr>
<tr>
<td>Varicella (chicken pox)</td>
<td>43%</td>
<td>59%</td>
<td>38%</td>
<td>44%</td>
</tr>
<tr>
<td>HPV (men only)</td>
<td>15%</td>
<td>32%</td>
<td>11%</td>
<td>NA</td>
</tr>
</tbody>
</table>
Perception of Safety

Percent of respondents who feel “very safe:”

- 92% of G/P; 93% of UG on-campus during the day
  - [vs. 92% in 2010]
- 34% of G/P; 40% of UG on-campus at night
  - [vs. 32% in 2010]
  - 2020 Healthy Campus goal is 35.1%
- 69% of G/P; 75% of UG in Ann Arbor during the day
  - [vs. 66% in 2010]
- 21% of G/P; 28% of UG in Ann Arbor at night
  - [vs. 20% in 2010]
# Abuse and Violence

Within the last 12 months were you:

<table>
<thead>
<tr>
<th>Event</th>
<th>UM G/P 2014</th>
<th>UM UG 2014</th>
<th>UM 2010</th>
<th>UM 2006</th>
<th>Healthy Campus 2020 Goals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Verbally threatened*</td>
<td>10%</td>
<td>15%</td>
<td>21%</td>
<td>NA</td>
<td></td>
</tr>
<tr>
<td>In emotionally abusive relationship</td>
<td>5%</td>
<td>6%</td>
<td>5%</td>
<td>9%</td>
<td>9.0%</td>
</tr>
<tr>
<td>In a physical fight*</td>
<td>2%</td>
<td>6%</td>
<td>7%</td>
<td>7%</td>
<td></td>
</tr>
<tr>
<td>Sexually touched against will*</td>
<td>2%</td>
<td>7%</td>
<td>5%</td>
<td>9%</td>
<td>5.4%</td>
</tr>
<tr>
<td>Physically assaulted (non-sexually)*</td>
<td>1%</td>
<td>3%</td>
<td>4%</td>
<td>4%</td>
<td>4.2%</td>
</tr>
<tr>
<td>Victim of stalking</td>
<td>2%</td>
<td>3%</td>
<td>3%</td>
<td>NA</td>
<td></td>
</tr>
<tr>
<td>Attempted sexual penetration against will*</td>
<td>0.7%</td>
<td>3.0%</td>
<td>2%</td>
<td>3%</td>
<td></td>
</tr>
<tr>
<td>In physically abusive relationship</td>
<td>0.8%</td>
<td>0.9%</td>
<td>0.8%</td>
<td>0.7%</td>
<td>2.3%</td>
</tr>
<tr>
<td>Sexually penetrated against will*</td>
<td>0.4%</td>
<td>1.6%</td>
<td>0.6%</td>
<td>2.0%</td>
<td>1.4%</td>
</tr>
<tr>
<td>In sexually abusive relationship*</td>
<td>0.5%</td>
<td>1.6%</td>
<td>0.6%</td>
<td>0.5%</td>
<td>1.4%</td>
</tr>
</tbody>
</table>

* Significant at p<.05 UM G/P 2014 vs. UM UG 2014
Non-Physical Victimization

17% of UG, 11% of G/P respondents reported non-physical victimization (being verbally threatened or stalked) in the last 12 months [vs. 22% in 2010]

Victimization more likely among

– Those with lower GPA
– Those in a fraternity/sorority
– Males than females
– Those who used alcohol during the previous 30 days
# Past 30-Day Substance Use & Perception

<table>
<thead>
<tr>
<th></th>
<th>% Used at least 1 day in past month</th>
<th>Perceived “typical” student uses 1+ days/month</th>
<th>% who perceived &quot;typical&quot; student use greater than their own</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>77%</td>
<td>70%</td>
<td>69%</td>
</tr>
<tr>
<td>Cigarettes</td>
<td>8%</td>
<td>10%</td>
<td>12%</td>
</tr>
<tr>
<td>Hookah</td>
<td>3%</td>
<td>9%</td>
<td>10%</td>
</tr>
<tr>
<td>Cigars</td>
<td>3%</td>
<td>6%</td>
<td>6%</td>
</tr>
<tr>
<td>Smokeless tobacco</td>
<td>2%</td>
<td>5%</td>
<td>3%</td>
</tr>
<tr>
<td>Marijuana</td>
<td>9%</td>
<td>21%</td>
<td>20%</td>
</tr>
<tr>
<td>Cocaine</td>
<td>0%</td>
<td>3%</td>
<td>1%</td>
</tr>
<tr>
<td>Amphetamines</td>
<td>1%</td>
<td>3%</td>
<td>2%</td>
</tr>
<tr>
<td>Ecstasy</td>
<td>1%</td>
<td>2%</td>
<td>0%</td>
</tr>
</tbody>
</table>

* All Significant at p<.05 UM G/P vs. UM UG 2014
Past 30-Day Substance Use

• Alcohol use more likely among:
  – “A or B” students, grad students, white, females, domestic students, live in fraternity/sorority house or off campus

• Cigarette use more likely among:
  – Undergrads, White, lower grades, live in fraternity/sorority house or off campus

• Marijuana use more likely among:
  – Undergrads, males, lower grades, live in fraternity/sorority house or off campus
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):

<table>
<thead>
<tr>
<th>Activity</th>
<th>UM G/P 2014</th>
<th>UM UG 2014</th>
<th>UM 2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stay with same group of friends while drinking</td>
<td>96%</td>
<td>95%</td>
<td>95%</td>
</tr>
<tr>
<td>Eat before/during drinking*</td>
<td>97%</td>
<td>96%</td>
<td>94%</td>
</tr>
<tr>
<td>Use a designated driver</td>
<td>88%</td>
<td>89%</td>
<td>87%</td>
</tr>
<tr>
<td>Keep track of how many drinks you had*</td>
<td>84%</td>
<td>79%</td>
<td>80%</td>
</tr>
<tr>
<td>Stick with only one kind of alcohol*</td>
<td>86%</td>
<td>77%</td>
<td>75%</td>
</tr>
<tr>
<td>Choose not to drink alcohol</td>
<td>61%</td>
<td>57%</td>
<td>60%</td>
</tr>
<tr>
<td>Determine, in advance, not to exceed a set # of drinks *</td>
<td>64%</td>
<td>56%</td>
<td>54%</td>
</tr>
<tr>
<td>Alternate non-alcoholic beverages*</td>
<td>69%</td>
<td>60%</td>
<td>54%</td>
</tr>
<tr>
<td>Avoid drinking games*</td>
<td>73%</td>
<td>55%</td>
<td>53%</td>
</tr>
<tr>
<td>Have a friend let you know when you had enough*</td>
<td>39%</td>
<td>51%</td>
<td>47%</td>
</tr>
<tr>
<td>Pace drinks to 1 or less per hour</td>
<td>68%</td>
<td>45%</td>
<td>43%</td>
</tr>
</tbody>
</table>

* Significant at p<.05 UM G/P vs. UM UG 2014

** Report doing ‘always’, ‘most of the time’, or ‘sometimes’
# Undesirable Consequences of Drinking

<table>
<thead>
<tr>
<th>In past year, % of drinkers who experienced consequences as a result of their drinking:</th>
<th>UM G/P 2014</th>
<th>UM UG 2014</th>
<th>UM 2010</th>
<th>UM 2006</th>
<th>Healthy Campus 2010 Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Injured yourself*</td>
<td>7%</td>
<td>17%</td>
<td>20%</td>
<td>25%</td>
<td>2.50%</td>
</tr>
<tr>
<td>Did something you later regretted*</td>
<td>29%</td>
<td>43%</td>
<td>42%</td>
<td>42%</td>
<td>No goal</td>
</tr>
<tr>
<td>Forgot where you were, what you did*</td>
<td>21%</td>
<td>39%</td>
<td>38%</td>
<td>39%</td>
<td></td>
</tr>
<tr>
<td>Had unprotected sex*</td>
<td>14%</td>
<td>18%</td>
<td>10%</td>
<td>11%</td>
<td></td>
</tr>
<tr>
<td>Got in trouble with the police*</td>
<td>0.8%</td>
<td>4%</td>
<td>3%</td>
<td>NA</td>
<td></td>
</tr>
<tr>
<td>Injured another person</td>
<td>0.7%</td>
<td>2%</td>
<td>3%</td>
<td>5%</td>
<td></td>
</tr>
<tr>
<td>Had sex without giving consent*</td>
<td>0.5%</td>
<td>2%</td>
<td>1%</td>
<td>NA</td>
<td></td>
</tr>
<tr>
<td>Had sex without getting consent</td>
<td>0.2%</td>
<td>0.4%</td>
<td>0.1%</td>
<td>NA</td>
<td></td>
</tr>
</tbody>
</table>

* Significant at p<.05 2014 G/P vs. 2014 UG
Prevalence of at Least One Undesirable Consequence of Drinking by Number of Drinks at Last Time Partied

2014 National College Health Assessment, #22
# Binge Drinking

<table>
<thead>
<tr>
<th>Over the Past 2 Weeks, At Least One Occasion Drank...</th>
<th>UM G/P 2014</th>
<th>UM UG 2014</th>
<th>UM 2010</th>
<th>UM Student Life Survey 2009</th>
<th>UM 2006</th>
<th>Healthy Campus 2020 Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>5+ Drinks*</td>
<td>28%</td>
<td>41%</td>
<td>41%</td>
<td>45%</td>
<td>31.6%</td>
<td></td>
</tr>
<tr>
<td>4+ Drinks (if Female), 5+ Drinks (if Male)*</td>
<td>33%</td>
<td>45%</td>
<td>46%</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Significant at p<.05 UM G/P vs. UM UG 2014

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2014 National College Health Assessment, #23
Binge Drinking in Last 2 Weeks

Positively correlated with:

- Number of sexual partners
- Number of types of physical victimization
- Prescription drug misuse
## Undesirable Consequences of Drinking: Undergrads, Fraternity/Sorority Members vs. Non-Members

<table>
<thead>
<tr>
<th>Event</th>
<th>Overall</th>
<th>Frat/Sor Non-Member</th>
<th>Frat/Sor Member</th>
<th>UM 2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Injured yourself*</td>
<td>17%</td>
<td>14%</td>
<td>25%</td>
<td>20%</td>
</tr>
<tr>
<td>Did something you later regretted*</td>
<td>43%</td>
<td>40%</td>
<td>52%</td>
<td>42%</td>
</tr>
<tr>
<td>Forgot where you were, what you did*</td>
<td>39%</td>
<td>34%</td>
<td>58%</td>
<td>38%</td>
</tr>
<tr>
<td>Had unprotected sex*</td>
<td>18%</td>
<td>16%</td>
<td>27%</td>
<td>10%</td>
</tr>
<tr>
<td>Got in trouble with the police*</td>
<td>4%</td>
<td>3%</td>
<td>6%</td>
<td>3%</td>
</tr>
<tr>
<td>Injured another person*</td>
<td>2%</td>
<td>1%</td>
<td>4%</td>
<td>3%</td>
</tr>
<tr>
<td>Had sex without giving consent*</td>
<td>2%</td>
<td>1%</td>
<td>3%</td>
<td>1%</td>
</tr>
<tr>
<td>Had sex without getting consent</td>
<td>0.4%</td>
<td>0.4%</td>
<td>0.3%</td>
<td>0.1%</td>
</tr>
</tbody>
</table>

* Significant at p<.05 2014 Frat/Sor Member vs. Non-Member
Use of Protective Strategies:*
Undergrads, Fraternity/Sorority Members vs. Non-Members

<table>
<thead>
<tr>
<th>Activity</th>
<th>Overall</th>
<th>Frat/Sor Non-Member</th>
<th>Frat/Sor Member</th>
<th>UM 2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stay with same group of friends while drinking</td>
<td>95%</td>
<td>96%</td>
<td>94%</td>
<td>95%</td>
</tr>
<tr>
<td>Eat before/during drinking</td>
<td>96%</td>
<td>95%</td>
<td>97%</td>
<td>94%</td>
</tr>
<tr>
<td>Use a designated driver</td>
<td>89%</td>
<td>89%</td>
<td>92%</td>
<td>87%</td>
</tr>
<tr>
<td>Keep track of how many drinks you had*</td>
<td>79%</td>
<td>81%</td>
<td>72%</td>
<td>80%</td>
</tr>
<tr>
<td>Stick with only one kind of alcohol</td>
<td>77%</td>
<td>77%</td>
<td>75%</td>
<td>75%</td>
</tr>
<tr>
<td>Choose not to drink alcohol*</td>
<td>57%</td>
<td>60%</td>
<td>45%</td>
<td>60%</td>
</tr>
<tr>
<td>Determine, in advance, not to exceed a set # of drinks</td>
<td>56%</td>
<td>57%</td>
<td>54%</td>
<td>54%</td>
</tr>
<tr>
<td>Alternate non-alcoholic beverages*</td>
<td>60%</td>
<td>64%</td>
<td>49%</td>
<td>54%</td>
</tr>
<tr>
<td>Avoid drinking games*</td>
<td>55%</td>
<td>58%</td>
<td>43%</td>
<td>53%</td>
</tr>
<tr>
<td>Have a friend let you know when you had enough</td>
<td>51%</td>
<td>45%</td>
<td>55%</td>
<td>47%</td>
</tr>
<tr>
<td>Pace drinks to 1 or less per hour*</td>
<td>45%</td>
<td>48%</td>
<td>35%</td>
<td>43%</td>
</tr>
</tbody>
</table>

** * Significant at p<.05 2014 Frat/Sor Member vs. Non-Member

** Report doing ‘always’, ‘most of the time’, or ‘sometimes’
Prescription Drug Misuse

Percent taking prescription drugs not prescribed to them in the last 12 months:

<table>
<thead>
<tr>
<th>Drug Type</th>
<th>UM G/P 2014</th>
<th>UM UG 2014</th>
<th>UM 2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stimulants (Ritalin, Adderall)*</td>
<td>4%</td>
<td>10%</td>
<td>9%</td>
</tr>
<tr>
<td>Painkillers (OxyCotin, Vicodin)*</td>
<td>4%</td>
<td>5%</td>
<td>6%</td>
</tr>
<tr>
<td>Sedatives (Xanax, Valium)*</td>
<td>3%</td>
<td>5%</td>
<td>3%</td>
</tr>
<tr>
<td>Antidepressants</td>
<td>3%</td>
<td>2%</td>
<td>2%</td>
</tr>
<tr>
<td>Erectile dysfunction drugs</td>
<td>1%</td>
<td>1%</td>
<td>0.6%</td>
</tr>
<tr>
<td>1 or more of the above*</td>
<td>9%</td>
<td>14%</td>
<td></td>
</tr>
</tbody>
</table>

* Significant at p<.05 UM G/P vs. UM UG 2014
Prescription Drug Misuse

Positively correlated with:

- Increased BAC at last time partied or socialized
- Difficulty getting to sleep
- Number of emotional problems
- Number of health problems
- Number adverse outcomes from drinking
- Sexually abusive relationships
- Physical victimization
- Non-physical victimization
- Number of sexual partners
Type of Sexual Activity

<table>
<thead>
<tr>
<th></th>
<th>Oral Sex</th>
<th>Vaginal Sex</th>
<th>Anal Sex</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>UM G/P 2014</td>
<td>UM UG 2014</td>
<td>UM 2010</td>
</tr>
<tr>
<td>No, never done</td>
<td>22%</td>
<td>34%</td>
<td>37%</td>
</tr>
<tr>
<td>2014</td>
<td>24%</td>
<td>42%</td>
<td>44%</td>
</tr>
<tr>
<td>Not in last 30 days</td>
<td>73%</td>
<td>83%</td>
<td>85%</td>
</tr>
<tr>
<td>2014</td>
<td>20%</td>
<td>21%</td>
<td>19%</td>
</tr>
<tr>
<td>2010</td>
<td>23%</td>
<td>13%</td>
<td>13%</td>
</tr>
<tr>
<td>Yes, in last 30 days</td>
<td>50%</td>
<td>40%</td>
<td>38%</td>
</tr>
<tr>
<td>2014</td>
<td>56%</td>
<td>37%</td>
<td>37%</td>
</tr>
<tr>
<td>2010</td>
<td>5%</td>
<td>4%</td>
<td>2%</td>
</tr>
</tbody>
</table>
## Condom / Barrier Use at Last Intercourse if reporting past 30-day activity

### 2014 National College Health Assessment, #30

<table>
<thead>
<tr>
<th>Used Condom</th>
<th>Oral Sex</th>
<th>Vaginal Sex</th>
<th>Anal Sex</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never/Rarely</td>
<td>96%</td>
<td>95%</td>
<td>96%</td>
</tr>
<tr>
<td>Sometimes</td>
<td>1%</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td>Most of the time / Always</td>
<td>3%</td>
<td>4%</td>
<td>3%</td>
</tr>
</tbody>
</table>

Significant at p<.05 UM 2010 vs. NCHA 2009
Number of Sexual Partners

73% of undergraduates [vs. 75% in 2010] reported 0 or 1 sexual partners in the past year.

<table>
<thead>
<tr>
<th>Number Sexual Partners in Past 12 Months</th>
<th>UM G/P 2014</th>
<th>UM UG 2014</th>
<th>UM 2010</th>
<th>UM 2006</th>
</tr>
</thead>
<tbody>
<tr>
<td>No partners</td>
<td>24%</td>
<td>37%</td>
<td>39%</td>
<td>36%</td>
</tr>
<tr>
<td>1 partner</td>
<td>57%</td>
<td>36%</td>
<td>36%</td>
<td>41%</td>
</tr>
<tr>
<td>2 partners</td>
<td>8%</td>
<td>10%</td>
<td>10%</td>
<td>8%</td>
</tr>
<tr>
<td>3 partners</td>
<td>5%</td>
<td>6%</td>
<td>6%</td>
<td>7%</td>
</tr>
<tr>
<td>4 or more partners</td>
<td>7%</td>
<td>11%</td>
<td>9%</td>
<td>9%</td>
</tr>
<tr>
<td>Mean # of partners</td>
<td>1.31</td>
<td>1.44</td>
<td>1.34</td>
<td>1.26</td>
</tr>
</tbody>
</table>
## Sexually Transmitted Infections

### Within last 12 months, were you diagnosed with:

<table>
<thead>
<tr>
<th>Condition</th>
<th>UM G/P 2014</th>
<th>UM UG 2014</th>
<th>UM 2010</th>
<th>UM 2006</th>
<th>Healthy Campus 2020 Goals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chlamydia</td>
<td>0.6%</td>
<td>0.6%</td>
<td>0.9%</td>
<td>2%</td>
<td>3.1%</td>
</tr>
<tr>
<td>Genital Herpes</td>
<td>0.5%</td>
<td>0.0%</td>
<td>0.8%</td>
<td>1%</td>
<td>NA</td>
</tr>
<tr>
<td>Genital Warts/HPV</td>
<td>0.8%</td>
<td>0.7%</td>
<td>0.7%</td>
<td>3%</td>
<td>NA</td>
</tr>
<tr>
<td>Gonorrhea</td>
<td>0.2%</td>
<td>0.2%</td>
<td>0.5%</td>
<td>0.3%</td>
<td>NA</td>
</tr>
<tr>
<td>Pelvic Inflammatory Disease</td>
<td>0.2%</td>
<td>0.0%</td>
<td>0.3%</td>
<td>0.4%</td>
<td>NA</td>
</tr>
<tr>
<td>HIV Infection</td>
<td>0.3%</td>
<td>0.2%</td>
<td>0.1%</td>
<td>0.5%</td>
<td>NA</td>
</tr>
</tbody>
</table>
HIV Testing

• 34% of Grad/Professional students, 15% of undergrads [vs. 12% in 2010] reported ever being tested for HIV

• Among undergrads, prevalence of ever being tested greater among
  – Females
  – 20+ year olds
  – Those with lower GPAs
  – More sexually active
  – Sexual minorities
  – More frequent users of illegal drugs
  – Those living in fraternity/sorority house or off campus
## Contraception, Emergency Contraception (used by self or partner), and Unintentional Pregnancy

<table>
<thead>
<tr>
<th>Contraceptive use at last vaginal intercourse</th>
<th>UM G/P 2014</th>
<th>UM UG 2014</th>
<th>UM 2010</th>
<th>Healthy Campus 2010 Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any method</td>
<td>83.2%</td>
<td>86.7%</td>
<td>91%</td>
<td>62.3%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Emergency contraception</th>
<th>UM G/P 2014</th>
<th>UM UG 2014</th>
<th>UM 2010</th>
<th>UM 2006</th>
</tr>
</thead>
<tbody>
<tr>
<td>Of those who ever had sex</td>
<td>8%</td>
<td>18%</td>
<td>10%</td>
<td>11%</td>
</tr>
<tr>
<td>Of all students</td>
<td>6%</td>
<td>10%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

0.5% Undergrad [1% in 2010], 0.5% Grad females reported unintentional pregnancy -- 2020 Healthy Campus Goal is 1.4%
## Contraceptive Methods at last vaginal intercourse

<table>
<thead>
<tr>
<th>Contraception use at last vaginal intercourse of those who have had vaginal intercourse</th>
<th>UM G/P 2014</th>
<th>UM UG 2014</th>
<th>UM 2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male Condom</td>
<td>59%</td>
<td>72%</td>
<td>75%</td>
</tr>
<tr>
<td>Oral Contraceptives</td>
<td>49%</td>
<td>67%</td>
<td>59%</td>
</tr>
<tr>
<td>Withdrawal</td>
<td>20%</td>
<td>32%</td>
<td>26%</td>
</tr>
<tr>
<td>Fertility Awareness</td>
<td>6%</td>
<td>5%</td>
<td>7%</td>
</tr>
<tr>
<td>Spermicide</td>
<td>3%</td>
<td>3%</td>
<td>6%</td>
</tr>
<tr>
<td>Ring</td>
<td>5%</td>
<td>3%</td>
<td>5%</td>
</tr>
<tr>
<td>Intrauterine Device</td>
<td>15%</td>
<td>6%</td>
<td>NA</td>
</tr>
<tr>
<td>Depo Provera (shots)</td>
<td>1%</td>
<td>2%</td>
<td>1%</td>
</tr>
<tr>
<td>Patch</td>
<td>0.3%</td>
<td>0.0%</td>
<td>1%</td>
</tr>
<tr>
<td>Norplant (implants)</td>
<td>1.4%</td>
<td>0.6%</td>
<td>0.8%</td>
</tr>
<tr>
<td>Female Condom</td>
<td>0.4%</td>
<td>0.0%</td>
<td>0.5%</td>
</tr>
<tr>
<td>Diaphragm, Cap</td>
<td>0.3%</td>
<td>0.0%</td>
<td>0.5%</td>
</tr>
<tr>
<td>Contraceptive Sponge</td>
<td>0.1%</td>
<td>0.0%</td>
<td>NA</td>
</tr>
<tr>
<td>Sterilization</td>
<td>0.9%</td>
<td>0.0%</td>
<td>NA</td>
</tr>
<tr>
<td>Other Method</td>
<td>0.7%</td>
<td>1.4%</td>
<td>2%</td>
</tr>
<tr>
<td>2 or more methods</td>
<td>38%</td>
<td>58%</td>
<td>99%*</td>
</tr>
</tbody>
</table>

* Possible discrepancy in coding for tabulation.
## Physical Activity in Past 7 Days

<table>
<thead>
<tr>
<th>Exercise Type</th>
<th>UM G/P 2014</th>
<th>UM UG 2014</th>
<th>UM 2010</th>
<th>UM 2006</th>
<th>Healthy Campus 2020 Goals</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Moderate / Intense Exercise ≥ 3 days/week</strong></td>
<td>59%</td>
<td>60%</td>
<td>50%</td>
<td>41%</td>
<td>53.6%</td>
</tr>
<tr>
<td>2010 &amp; 2014 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?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2006 Q: Participate in vigorous exercise for at least 20 minutes or moderate exercise for at least 30 minutes?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Strength-Training Exercise ≥ 2 days/week</strong></td>
<td>32%</td>
<td>34%</td>
<td>36%</td>
<td>48%</td>
<td>41.4%</td>
</tr>
<tr>
<td>2010 &amp; 2014 Q: 8-10 strength-training exercises for 8-12 repetitions?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2006 Q: Exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

**UM**
**G/P**
**2014**
**UM**
**UG**
**2014**
**UM**
**2010**
**UM**
**2006**
**Healthy Campus 2020 Goals**
Physical Activity

• 43% of G/P, 46% of UG respondents [vs. 48% in 2010] met physical activity goals
  – More likely if white

• Vigorous physical activity (3+ days per week) more likely among:
  – White respondents, higher GPA

• Strength-training exercises (2+ days per week) more likely among:
  – Respondents with higher grades, males, Live off campus
Fruits and Vegetables

• 9% of G/P, 6% of UG [vs. 7% in 2010] reported eating 5 or more servings per day
  – Healthy Campus 2020 goal is 6.6%

• 53% of G/P, 63% of UG [vs. 62% in 2010] reported eating 2 or fewer servings per day
  – More likely if lower grades, younger, male, international or non-white

2014 National College Health Assessment, #38
## Body Mass Index

<table>
<thead>
<tr>
<th>BMI Category</th>
<th>UM G/P 2014</th>
<th>UM UG 2014</th>
<th>UM 2010</th>
<th>UM 2006</th>
<th>Healthy Campus 2020 Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Underweight (18.5 &amp; under BMI)</td>
<td>4%</td>
<td>6%</td>
<td>4%</td>
<td>5%</td>
<td>No goal</td>
</tr>
<tr>
<td>“Normal” or “healthy” weight (18.5-24.9 BMI)</td>
<td>65%</td>
<td>71%</td>
<td>74%</td>
<td>69%</td>
<td>67.8%</td>
</tr>
<tr>
<td>Obese or overweight (over 25.0 BMI)</td>
<td>31%</td>
<td>23%</td>
<td>22%</td>
<td>27%</td>
<td></td>
</tr>
<tr>
<td>Obese (30.0 BMI or greater)</td>
<td>7%</td>
<td>5%</td>
<td></td>
<td></td>
<td>10.4%</td>
</tr>
</tbody>
</table>
Body Mass Index

• The prevalence of being overweight or obese was greater among those who are:
  – Male, have lower GPA’s, live off-campus, older, upper classmen or G/P students, domestic students

• Those who were overweight or obese were more likely to report:
  – Lower general health
  – Exercising, dieting to lose weight in the last 30 days
Perceptions of Weight

• 14% of G/P students, 10% of UG [vs. 15% in 2010] not overweight describe themselves as slightly overweight or very overweight

• 23% of G/P students, 23% of UG [vs. 19% in 2010, 24% in 2006] overweight or obese describe themselves as about the right weight or underweight
## Weight Intentions and Practices

### Are you currently trying to do any of the following about your weight?

<table>
<thead>
<tr>
<th></th>
<th>UM G/P 2014</th>
<th>UM UG 2014</th>
<th>UM 2010</th>
<th>UM 2006</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do nothing about weight</td>
<td>20%</td>
<td>22%</td>
<td>17%</td>
<td>19%</td>
</tr>
<tr>
<td>Stay the same weight</td>
<td>30%</td>
<td>27%</td>
<td>26%</td>
<td>23%</td>
</tr>
<tr>
<td>Lose weight</td>
<td>43%</td>
<td>39%</td>
<td>45%</td>
<td>49%</td>
</tr>
<tr>
<td>Gain weight</td>
<td>7%</td>
<td>12%</td>
<td>12%</td>
<td>9%</td>
</tr>
</tbody>
</table>

### Within the last 30 days, did you do any of the following to lose weight?

<table>
<thead>
<tr>
<th></th>
<th>UM G/P 2014</th>
<th>UM UG 2014</th>
<th>UM 2010</th>
<th>UM 2006</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercised</td>
<td>48%</td>
<td>47%</td>
<td>52%</td>
<td>54%</td>
</tr>
<tr>
<td>Nothing</td>
<td>48%</td>
<td>48%</td>
<td>44%</td>
<td>41%</td>
</tr>
<tr>
<td>Dieted</td>
<td>32%</td>
<td>31%</td>
<td>33%</td>
<td>35%</td>
</tr>
<tr>
<td>Vomited/took laxatives</td>
<td>1%</td>
<td>2%</td>
<td>3%</td>
<td>3%</td>
</tr>
<tr>
<td>Took diet pills</td>
<td>1%</td>
<td>2%</td>
<td>1%</td>
<td>3%</td>
</tr>
</tbody>
</table>
## Mental Health Diagnosis or Treatment in Past 12 Months

<table>
<thead>
<tr>
<th>Diagnosis</th>
<th>UM G/P 2014</th>
<th>UM UG 2014</th>
<th>UM 2010</th>
<th>Type of Treatment (All Students)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety</td>
<td>11%</td>
<td>11%</td>
<td>8%</td>
<td>None: 2.2%</td>
</tr>
<tr>
<td>Depression</td>
<td>9%</td>
<td>10%</td>
<td>7%</td>
<td>None: 1.4%</td>
</tr>
<tr>
<td>Panic Attacks</td>
<td>4%</td>
<td>5%</td>
<td>4%</td>
<td>None: 1.2%</td>
</tr>
<tr>
<td>ADHD</td>
<td>3%</td>
<td>4%</td>
<td>3%</td>
<td>None: 0.8%</td>
</tr>
<tr>
<td>Insomnia</td>
<td>3%</td>
<td>3%</td>
<td>2%</td>
<td>None: 0.9%</td>
</tr>
<tr>
<td>OCD</td>
<td>1%</td>
<td>2%</td>
<td>2%</td>
<td>None: 0.3%</td>
</tr>
<tr>
<td>Bipolar Disorder</td>
<td>1%</td>
<td>1%</td>
<td>1%</td>
<td>None: 0.1%</td>
</tr>
<tr>
<td>Phobia</td>
<td>1%</td>
<td>0%</td>
<td>1%</td>
<td>None: 0.1%</td>
</tr>
<tr>
<td>Substance Abuse/Addiction</td>
<td>0%</td>
<td>1%</td>
<td>1%</td>
<td>None: 0.1%</td>
</tr>
<tr>
<td>Schizophrenia</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
<td>None: 0.0%</td>
</tr>
</tbody>
</table>

- 18% of G/P, 15% of UG [vs. 16% in 2010] report lifetime diagnosis of depression
# Emotional Disturbances

<table>
<thead>
<tr>
<th>Within the last 12 months, have you...</th>
<th>UM G/P 2014</th>
<th>UM UG 2014</th>
<th>UM 2010</th>
<th>UM 2006</th>
</tr>
</thead>
<tbody>
<tr>
<td>Felt overwhelmed by all you had to do*</td>
<td>81%</td>
<td>90%</td>
<td>89%</td>
<td>94%</td>
</tr>
<tr>
<td>Felt exhausted (not by physical activity)*</td>
<td>79%</td>
<td>84%</td>
<td>83%</td>
<td>93%</td>
</tr>
<tr>
<td>Felt very sad*</td>
<td>55%</td>
<td>66%</td>
<td>62%</td>
<td>80%</td>
</tr>
<tr>
<td>Felt very lonely*</td>
<td>53%</td>
<td>65%</td>
<td>62%</td>
<td>NA</td>
</tr>
<tr>
<td>Felt overwhelming anxiety*</td>
<td>46%</td>
<td>56%</td>
<td>50%</td>
<td>NA</td>
</tr>
<tr>
<td>Felt things were hopeless*</td>
<td>36%</td>
<td>49%</td>
<td>50%</td>
<td>62%</td>
</tr>
<tr>
<td>Felt overwhelming anger*</td>
<td>27%</td>
<td>36%</td>
<td>35%</td>
<td>NA</td>
</tr>
<tr>
<td>Felt so depressed that it was difficult to function*</td>
<td>29%</td>
<td>34%</td>
<td>31%</td>
<td>42%</td>
</tr>
<tr>
<td>Seriously considered attempting suicide*</td>
<td>4%</td>
<td>7%</td>
<td>7%</td>
<td>11%</td>
</tr>
<tr>
<td>Intentionally injured self</td>
<td>3%</td>
<td>4%</td>
<td>5%</td>
<td>NA</td>
</tr>
<tr>
<td>Attempted suicide</td>
<td>0%</td>
<td>1%</td>
<td>1%</td>
<td>1%</td>
</tr>
</tbody>
</table>

* Significant at p<.05 UM G/P vs. UM UG

- **Healthy Campus 2020 goal for attempted suicide is < 1.2%**
Emotionally Disturbing Events

More likely to be reported by:

- Females vs. males
- Undergrads vs. grad/professional
- Domestic (especially minorities) vs. international
- LGB vs. heterosexuals
- Alcohol users vs. non-drinkers
- Those who experienced 1+ harmful consequence of drinking in past year
- Those who misused 1+ prescription drugs in past year
- Those who got fewer days of restful sleep per week
- Those who exercised fewer days per week
Number Emotional Problems and Self-Harm

<table>
<thead>
<tr>
<th># Emotional Problems Experienced</th>
<th>% of Respondents</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>0%</td>
</tr>
<tr>
<td>1</td>
<td>0.35%</td>
</tr>
<tr>
<td>2</td>
<td>0.35%</td>
</tr>
<tr>
<td>3</td>
<td>0.04%</td>
</tr>
<tr>
<td>4</td>
<td>0.04%</td>
</tr>
<tr>
<td>5</td>
<td>0.04%</td>
</tr>
<tr>
<td>6</td>
<td>0.04%</td>
</tr>
<tr>
<td>7</td>
<td>0.79%</td>
</tr>
<tr>
<td>8</td>
<td>2.68%</td>
</tr>
</tbody>
</table>

- **Harmed self**
- **Considered Suicide**
- **Attempted Suicide**

2014 National College Health Assessment, #46
Stress

• 7% of G/P, 9% of UG [vs. 9% in 2010] reported less than average or no stress
• 33% of G/P, 36% of UG [vs. 42% in 2010] reported average stress
• 58% of G/P, 57% of UG [vs. 49% in 2010] reported more than average or tremendous stress
• Greater stress more likely to be reported by:
  – Females, domestic students, those with lower GPA’s, upper classmen
• Higher stress levels are significantly correlated with:
  – Increased emotional disturbances, victimization, and more traumatic/very difficult problems encountered
## Traumatic or Difficult Situations

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

<table>
<thead>
<tr>
<th>Category</th>
<th>UM G/P 2014</th>
<th>UM UG 2014</th>
<th>UM 2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Academics*</td>
<td>40%</td>
<td>53%</td>
<td>48%</td>
</tr>
<tr>
<td>Intimate relationships*</td>
<td>24%</td>
<td>29%</td>
<td>29%</td>
</tr>
<tr>
<td>Finances</td>
<td>22%</td>
<td>22%</td>
<td>26%</td>
</tr>
<tr>
<td>Other social relationships*</td>
<td>14%</td>
<td>24%</td>
<td>25%</td>
</tr>
<tr>
<td>Sleep difficulties *</td>
<td>19%</td>
<td>22%</td>
<td>25%</td>
</tr>
<tr>
<td>Career-related issues*</td>
<td>34%</td>
<td>26%</td>
<td>23%</td>
</tr>
<tr>
<td>Family problems*</td>
<td>16%</td>
<td>21%</td>
<td>22%</td>
</tr>
<tr>
<td>Personal appearance*</td>
<td>11%</td>
<td>20%</td>
<td>21%</td>
</tr>
<tr>
<td>Personal health issue*</td>
<td>13%</td>
<td>15%</td>
<td>17%</td>
</tr>
<tr>
<td>Health problem of family member or partner</td>
<td>12%</td>
<td>13%</td>
<td>15%</td>
</tr>
<tr>
<td>Death of a family member or friend *</td>
<td>10%</td>
<td>13%</td>
<td>12%</td>
</tr>
</tbody>
</table>

* Significant at p<.05 UM G/P vs. UM UG 2014
Lifetime Use of Mental Health Services

- **A Counselor/Psychologist:**
  - 38% of G/P, 32% of UG [vs. 27% in 2010]

- **A Psychiatrist**
  - 15% of G/P, 12% of UG [vs. 10% in 2010]

- **Other Medical Provider**
  - 12% of G/P, 12% of UG [vs. 8% in 2010]

- **Member of Clergy**
  - 7% of G/P, 4% of UG [vs. 4% in 2010]

- **UM Counseling or Health Center**
  - 19% of G/P, 18% of UG [vs. 14% in 2010]
Sleep Quality

• 33% of G/P, 37% of UG did not sleep enough to feel rested on 5 or more days/week [vs. 75% in 2010*]
• 11% of G/P, 20% of UG [vs. 19% in 2010] reported that sleep difficulties affected their academic performance

• Poor sleep quality more common among:
  – Females, younger students, those with lower GPA, minorities/internationals

• Poor sleep quality correlated with:
  – Increased instances of emotional disturbance
  – Victimization
  – Higher BAC at last time “partied or socialized”
  – Fewer days of vigorous exercise in the past week
  – Increased stress levels

* Possible discrepancy in coding
## Disability or Medical Conditions

18% of G/P, 18% of UG [vs. 16% in 2010] reported one or more disabilities or medical conditions

<table>
<thead>
<tr>
<th>Condition</th>
<th>UM G/P 2014</th>
<th>UM UG 2014</th>
<th>UM 2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psychiatric condition</td>
<td>6%</td>
<td>7%</td>
<td>4%</td>
</tr>
<tr>
<td>ADHD</td>
<td>5%</td>
<td>5%</td>
<td>4%</td>
</tr>
<tr>
<td>Chronic Illness</td>
<td>5%</td>
<td>4%</td>
<td>4%</td>
</tr>
<tr>
<td>Partially sighted or blind</td>
<td>1%</td>
<td>2%</td>
<td>2%</td>
</tr>
<tr>
<td>Other disability</td>
<td>1%</td>
<td>1%</td>
<td>2%</td>
</tr>
<tr>
<td>Deaf or hard of hearing</td>
<td>1.4%</td>
<td>0.7%</td>
<td>2%</td>
</tr>
<tr>
<td>Learning disability</td>
<td>2%</td>
<td>2%</td>
<td>1%</td>
</tr>
<tr>
<td>Speech or language disorder</td>
<td>0.8%</td>
<td>0.7%</td>
<td>0.7%</td>
</tr>
<tr>
<td>Mobility or dexterity disability</td>
<td>0.9%</td>
<td>0.6%</td>
<td>0.6%</td>
</tr>
</tbody>
</table>
## Received Information from UM

<table>
<thead>
<tr>
<th>Topic</th>
<th>Ever Received Information</th>
<th>Interested In Receiving Information</th>
<th>Healthy Campus 2020 Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Suicide Prevention</td>
<td>30%</td>
<td>38%</td>
<td>32%</td>
</tr>
<tr>
<td>Violence Prevention</td>
<td>27%</td>
<td>43%</td>
<td>42%</td>
</tr>
<tr>
<td>Pregnancy Prevention</td>
<td>21%</td>
<td>48%</td>
<td>48%</td>
</tr>
<tr>
<td>STI Prevention</td>
<td>36%</td>
<td>63%</td>
<td>68%</td>
</tr>
<tr>
<td>Alcohol and Other Drug Use</td>
<td>50%</td>
<td>91%</td>
<td>89%</td>
</tr>
<tr>
<td>Injury and Violence Prevention</td>
<td>22%</td>
<td>27%</td>
<td>26%</td>
</tr>
<tr>
<td>Tobacco Use</td>
<td>27%</td>
<td>30%</td>
<td>30%</td>
</tr>
<tr>
<td>Nutrition</td>
<td>38%</td>
<td>55%</td>
<td>65%</td>
</tr>
<tr>
<td>Physical Activity</td>
<td>58%</td>
<td>60%</td>
<td>62%</td>
</tr>
<tr>
<td>Cold/Flu/Sore Throat</td>
<td>61%</td>
<td>67%</td>
<td>84%</td>
</tr>
<tr>
<td>Sexual Assault/Relationship Violence Prevention</td>
<td>59%</td>
<td>85%</td>
<td>84%</td>
</tr>
<tr>
<td>Depression/Anxiety</td>
<td>67%</td>
<td>73%</td>
<td>73%</td>
</tr>
<tr>
<td>Stress Reduction</td>
<td>60%</td>
<td>65%</td>
<td>67%</td>
</tr>
<tr>
<td>Eating Disorders</td>
<td>23%</td>
<td>37%</td>
<td>40%</td>
</tr>
<tr>
<td>How to Help Others in Distress</td>
<td>23%</td>
<td>37%</td>
<td>36%</td>
</tr>
<tr>
<td>Grief and Loss</td>
<td>22%</td>
<td>27%</td>
<td>31%</td>
</tr>
<tr>
<td>Relationship Difficulties</td>
<td>24%</td>
<td>49%</td>
<td>27%</td>
</tr>
<tr>
<td>Problem Use of Internet/Computer Games</td>
<td>12%</td>
<td>12%</td>
<td>23%</td>
</tr>
<tr>
<td>Sleep Difficulties</td>
<td>19%</td>
<td>19%</td>
<td>21%</td>
</tr>
</tbody>
</table>

- Met/Exceeded Goal
- Have Not Met Goal
- No "Healthy Campus Goal Established"
# Received Information from UM: All Students

<table>
<thead>
<tr>
<th>Topic:</th>
<th>Healthy Campus 2020 Goal</th>
<th>UM 2014: All Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Suicide Prevention</td>
<td>33.1%</td>
<td>35.5%</td>
</tr>
<tr>
<td>Violence Prevention</td>
<td>39.6%</td>
<td>37.0%</td>
</tr>
<tr>
<td>Pregnancy Prevention</td>
<td>45.1%</td>
<td>38.4%</td>
</tr>
<tr>
<td>STI Prevention</td>
<td>57.4%</td>
<td>53.8%</td>
</tr>
<tr>
<td>Alcohol and Other Drug Use</td>
<td>71.3%</td>
<td>77.0%</td>
</tr>
<tr>
<td>Injury and Violence Prevention</td>
<td>31.7%</td>
<td>25.2%</td>
</tr>
<tr>
<td>Tobacco Use</td>
<td>38.6%</td>
<td>29.0%</td>
</tr>
<tr>
<td>Nutrition</td>
<td>57.6%</td>
<td>49.0%</td>
</tr>
<tr>
<td>Physical Activity</td>
<td>62.6%</td>
<td>59.4%</td>
</tr>
<tr>
<td>Cold/Flu/Sore Throat</td>
<td>--</td>
<td>64.8%</td>
</tr>
<tr>
<td>Sexual Assault/Relationship Violence Prevention</td>
<td>--</td>
<td>75.8%</td>
</tr>
<tr>
<td>Depression/Anxiety</td>
<td>--</td>
<td>70.6%</td>
</tr>
<tr>
<td>Stress Reduction</td>
<td>--</td>
<td>63.3%</td>
</tr>
<tr>
<td>Eating Disorders</td>
<td>--</td>
<td>32.2%</td>
</tr>
<tr>
<td>How to Help Others in Distress</td>
<td>--</td>
<td>32.0%</td>
</tr>
<tr>
<td>Grief and Loss</td>
<td>--</td>
<td>25.7%</td>
</tr>
<tr>
<td>Relationship Difficulties</td>
<td>--</td>
<td>39.9%</td>
</tr>
<tr>
<td>Problem Use of Internet/Computer Games</td>
<td>--</td>
<td>12.0%</td>
</tr>
<tr>
<td>Sleep Difficulties</td>
<td>--</td>
<td>18.5%</td>
</tr>
</tbody>
</table>

- = Met/Exceeded Goal
- = Have Not Met Goal
- = No "Healthy Campus Goal Established

2014 National College Health Assessment, #53
Healthy Campus 2020 Summary

UM met goals (undergraduates) for:

• **Information received by students from UM re:**
  – alcohol & other drugs, STI prevention, pregnancy prevention, violence prevention, suicide prevention

• **Prevalence of academic impairment from:**
  – sleep difficulties, cold/flu/sore throat, work, eating disorders

• **Prevalence of:**
  – abusive relationship, physical assault, physically abusive relationship,
  – cigarette smoking, smokeless tobacco use,
  – chlamydia,
  – contraception use, unintended pregnancy
  – moderate exercise, normal weight, obesity,
  – attempted suicide
  – feel very safe on campus at night

2014 National College Health Assessment, #54
Healthy Campus 2020 Summary -
UM 2014 did not meet goals (undergraduates) for:

- **Information received by students from UM re:**
  - nutrition, physical activity, tobacco use, injury & violence prevention
- **Prevalence of academic impairment from:**
  - stress, anxiety
- **Prevalence of:**
  - sexually touched against will, sexually penetrated w/out consent, sexually abusive relationship,
  - smoking from hookah, marijuana use,
  - injured self drinking, binge drinking,
  - fruits & vegetable consumption,
  - strength training
  - bicyclists, motorcyclists wearing helmets

2014 National College Health Assessment, #55
For more information:

www.uhs.umich.edu/ncha
ContactUHS@umich.edu

University Health Service
University of Michigan