

# Findings from the National College Health Assessment

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Spring 2013

# About the Survey

- ▶ Conducted Feb. 19, 2013 - Mar. 15, 2013
- ▶ 1,274 completed surveys
- ▶ Web-based
- ▶ Confidential
- ▶ 65 questions
- ▶ National reference group of 123,078

# Demographics

Category	Descriptor	% of Respondents	
		2013	2010
Age	Under 21	47.2	46.7
	21-29	48.9	40.7
	30 and higher	3.9	12.5
Sex	Female	48.7	63.8
	Male	49.5	35.3
Year in School	1 <sup>st</sup> year undergraduate	21.8	25.2
	2 <sup>nd</sup> year undergraduate	21.2	20.7
	3 <sup>rd</sup> year undergraduate	21.5	24.5
	4 <sup>th</sup> year or more undergraduate	25.4	22.9
	Graduate or professional	9.8	5.1
Full-time Student Status	Yes	91.6	89.7

Category	Descriptor	Percentage of Respondents	
		2013	2010
Ethnicity	White	77.1	81.1
	Black- not Hispanic	14.7	10.1
	Hispanic or Latino/a	3.2	3.2
	Asian or Pacific Islander	4.6	2.8
	American Indian or Alaskan Native	1.5	1.7
	Biracial or Multiracial	3.8	2.8
	Other	1.9	2.0
Greek Membership	Yes	10.3	9.6
Current Living Situation	Campus residence hall	16.2	16.6
	Fraternity or sorority house	0.5	0.1
	Other university housing	5.5	3.2
	Off-campus housing	48.9	53.0
	Parent/guardian's home	24.0	19.6
	Other	4.8	7.4

The following slides provide information on the percentage of students reporting various health behaviors, attitudes, and impacts. Percentages shown in parentheses are the respective data points from the same assessment, conducted at MTSU in 2010, and are provided for comparison purposes.

More information on the national reference sample is available at [www.acha-ncha.org](http://www.acha-ncha.org).

# General Health/ Disease Prevention

- ▶ Students were most interested in receiving information related to:
  - ▶ Stress reduction- 56.5%
  - ▶ Nutrition- 52.6%
  - ▶ Physical activity- 50.6%
  - ▶ Sleep difficulties- 46.2%
  - ▶ How to help others in distress- 44.9%
  - ▶ Depression/anxiety- 43.3%
- ▶ Students reported increases in the following disease prevention practices:
  - ▶ HPV vaccination- 34.6% (22.3%)
  - ▶ Influenza vaccination- 33.5% (29.4%)
  - ▶ Meningococcal vaccination- 55.7% (44.0%)
  - ▶ Dental exam/cleaning in last 12 months- 64.6% (63.1%)
- ▶ Students reported decreases in the following disease prevention practices:
  - ▶ MMR vaccination- 68.1% (71.7%)
  - ▶ Being tested for HIV- 27.8% (31.6%)

# Academic Impacts

- ▶ Top ten factors negatively impacting academics:
  - ▶ Stress- 27.3% (27.3%)
  - ▶ Sleep difficulties- 22.4% (22.7%)
  - ▶ Work- 20.1% (15.9%)
  - ▶ Anxiety- 18.2% (18.5%)
  - ▶ Cold/ flu/ sore throat- 13.0% (15.6%)
  - ▶ Internet use/ computer games- 12.0% (11.2%)
  - ▶ Depression- 11.3% (11.9%)
  - ▶ Relationship difficulty- 9.2% (11.5%)
  - ▶ Concern for a troubled friend or family member- 10.2% (12%)
  - ▶ Upper respiratory infection- 6.0% (8.7%)
- ▶ Work jumps ahead of anxiety
- ▶ Internet use/computer games jumps from 9<sup>th</sup> place to 6<sup>th</sup> place

# Alcohol, Tobacco & Other Drug Use

Substance	% Actual Use						% Perception of Use					
	Not in last 30 days		Once or more in last 30 days		Used daily		Not in last 30 days		Once or more in last 30 days		Used daily	
	2013	2010	2013	2010	2013	2010	2013	2010	2013	2010	2013	2010
Alcohol	42.8	41.5	55.8	57.6	1.4	1.0	5.3	2.8	76.7	70.7	18	25.7
Cigarettes	81.9	80.2	11.8	9.3	6.3	10.5	11.9	4.2	58.8	45.6	29.3	47.2
Smokeless tobacco	93.1	95.5	4.9	3.3	2.0	1.2	25.8	10.9	61.5	60.3	12.8	18.8
Tobacco from a water pipe (hookah)	87.6	92.3	12.2	7.6	0.2	0.1	20.9	9.7	72.5	67.3	6.6	7.9
Marijuana	83.0	86.4	12.8	10.7	4.2	3.0	13.0	11.3	71.6	70.3	15.4	18.4



# Sexual Behavior

## # of Sexual Partners in Previous 12 Months (oral, vaginal, or anal)

# of Partners	Male		Female	
	2013	2010	2013	2010
0	33.2	27.3	27.5	23.0
1	42.4	47.9	45.1	54.5
2	9.3	9.7	12.4	10.1
3	4.8	6.2	7.5	5.9
4 or more	10.3	9.3	7.5	6.3

## Condom Usage

	% Males		% Females	
	Engaged in this activity	Always used a condom	Engaged in this activity	Always used a condom
Oral Sex	41.0% (47.9%)	3.0% (2.1%)	47.1% (52.4%)	3.1% (4.1%)
Vaginal Intercourse	42.4% (47.9%)	33.3% (31.7%)	52.7% (59.8%)	26.2% (28.9%)
Anal Intercourse	5.5% (7.8%)	21.1% (23.4%)	6.0% (5.7%)	17.6% (11.9%)

# Contraceptive Use

	2013	2010
Birth control pills	59.3	53.1
Vaginal ring	3.2	3.4
Intrauterine device	3.1	4.8
Other hormonal method	9.8	7.0
Male condom	60.5	58.5
Female condom	0.2	0.5
Spermicide	3.9	6.3
Fertility awareness	7.1	7.5
Withdrawal	35.3	34.9
Sterilization	2.1	7.3
Other method	1.9	3.6

	2013	2010
Used (partner used) emergency contraception	12.8	13.1
Experienced (partner experienced) unintended pregnancy	2.6	4.3

# Safety

	2013	2010	USA % 2013
On their campus (daytime)	77.7	68.5	83.9
On their campus (nighttime)	18.7	12.0	34.9
In the surrounding community (daytime)	48.3	45.9	55.6
In the surrounding community (nighttime)	13.0	10.8	20.3