

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

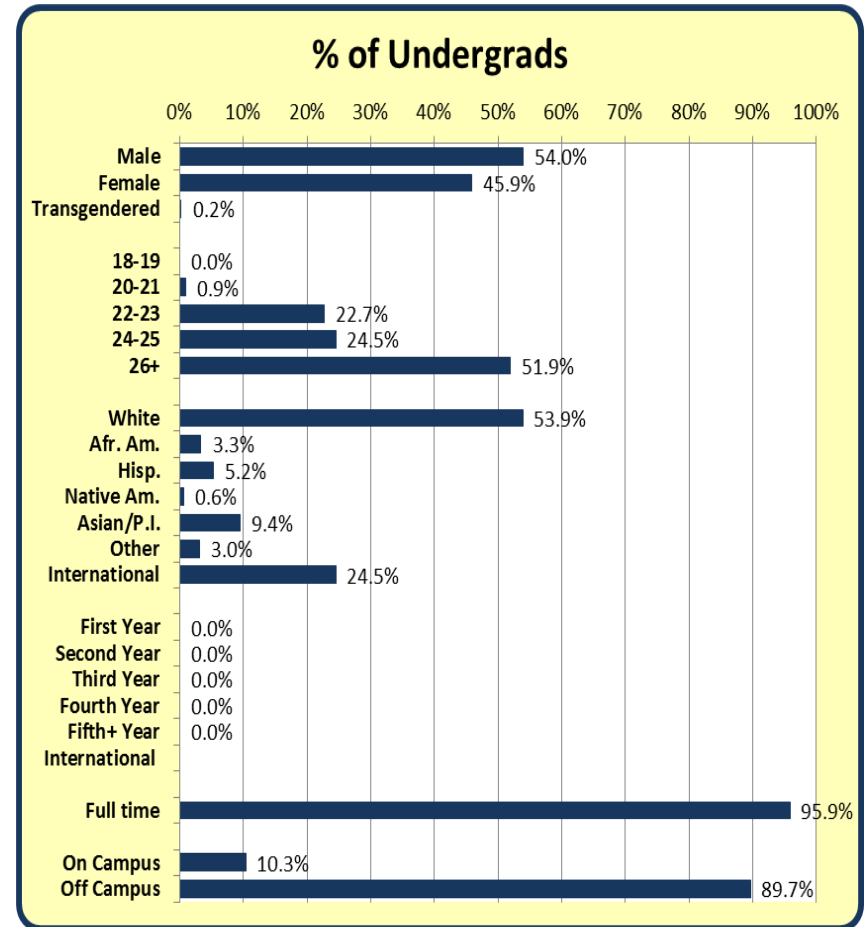
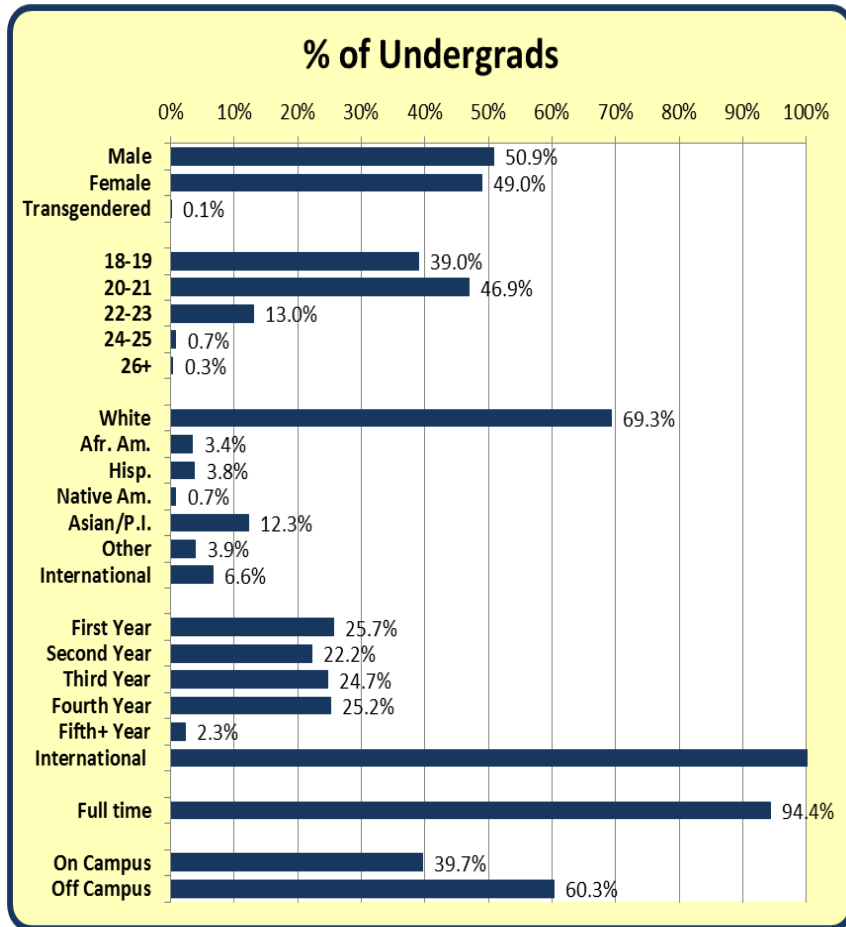
Methodology

- 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 over-sampled because of lower response rates (as in 2010)
- Email invitation with two reminder emails
- Incentives offered for participation

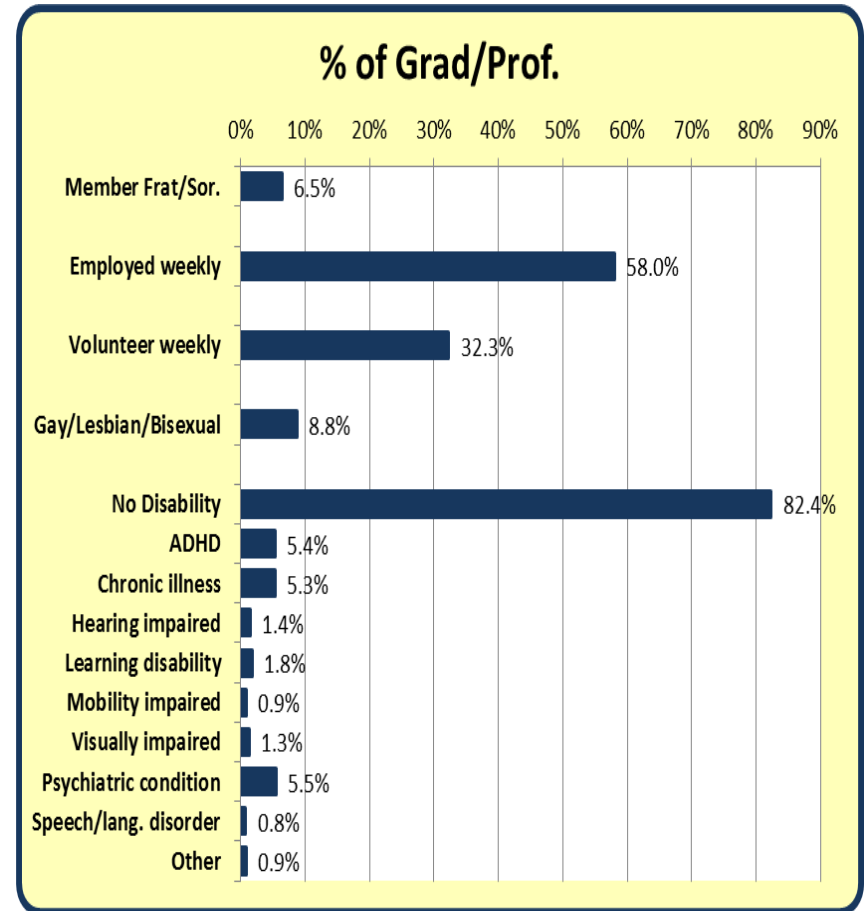
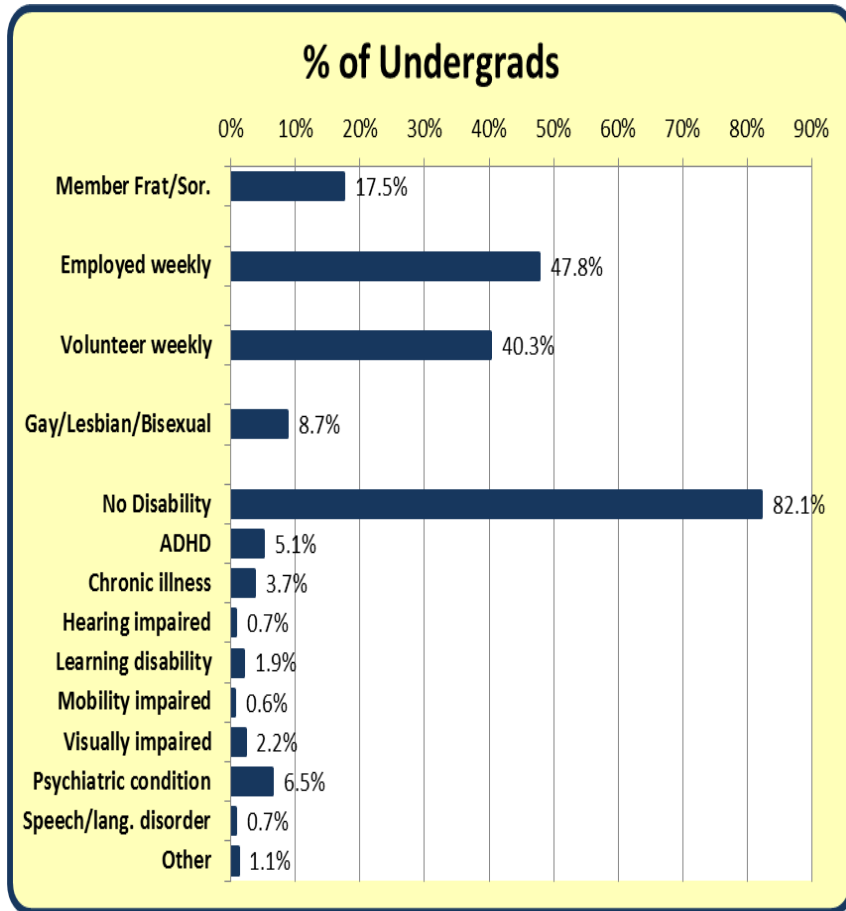
Response Rate & Analysis

- **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:** $\pm 1.8\%$ overall, $\pm 2.9\%$ undergrads, $\pm 2.2\%$ grad/prof
- **Data weighted** by gender, race, student status, and citizenship to match UM Winter 2014 enrollment
- **Analyses conducted on the weighted data**

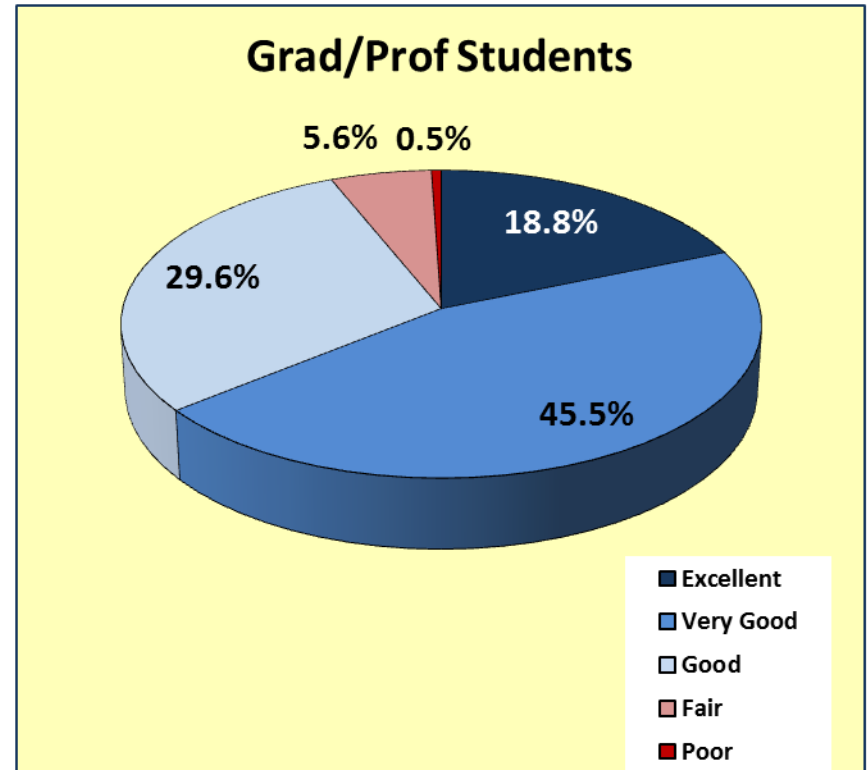
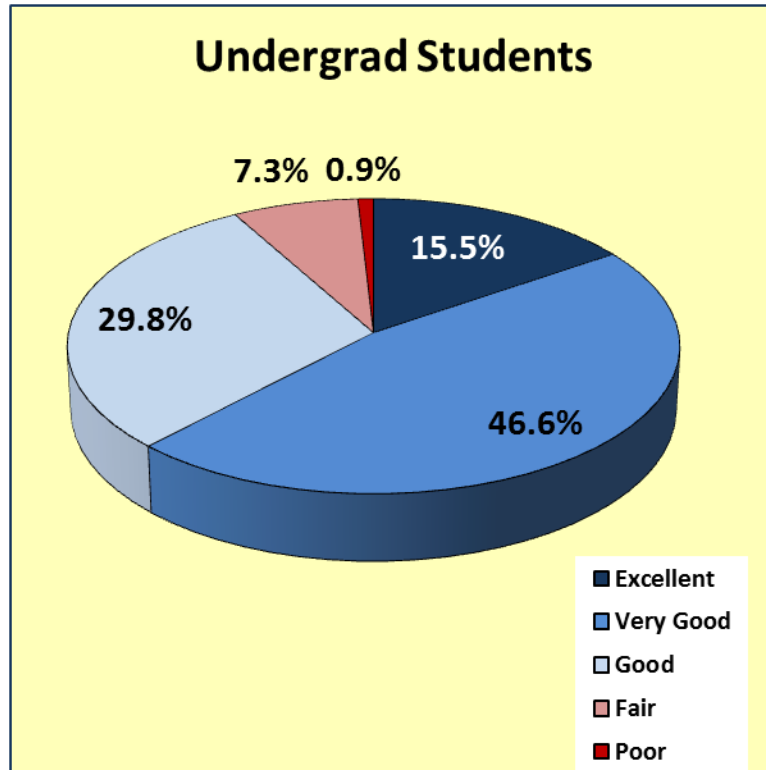
Respondent Profiles



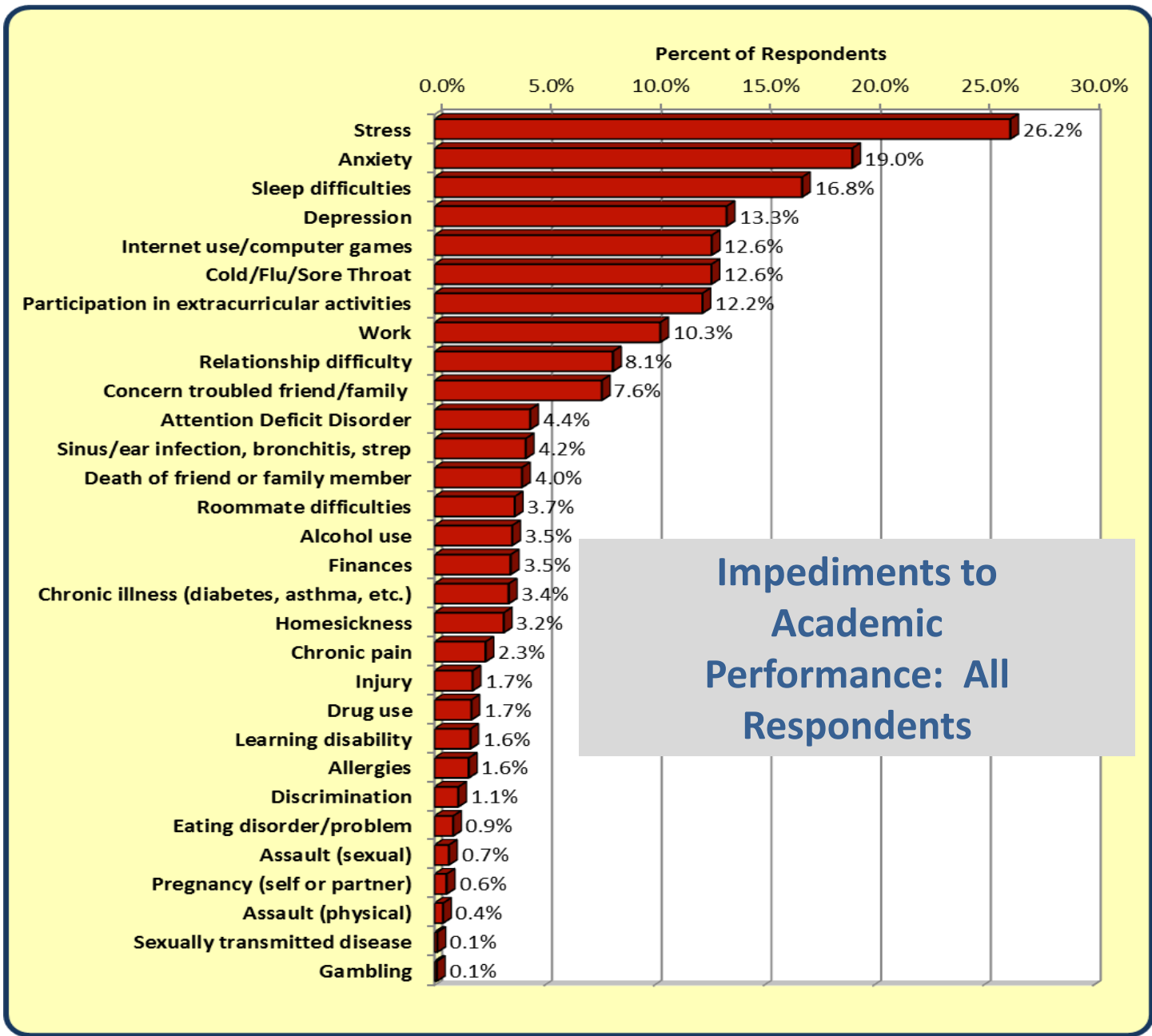
Respondent Profiles



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



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%**

IMMUNIZATION

Have you received the following vaccinations (shots)?	UM Grad/Prof 2014	UM Undergrad 2014	UM Undergrad 2010	UM Undergrad 2006
Hepatitis B	73%	67%	70%	70%
Measles, Mumps & Rubella	78%	68%	68%	80%
Meningitis	60%	62%	62%	70%
HPV (women only)	53%	63%	48%	NA
Influenza (past year)	50%	48%	41%	23%
Varicella (chicken pox)	43%	59%	38%	44%
HPV (men only)	15%	32%	11%	NA

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

* 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

	% Used at least 1 day in past month					Perceived "typical" student uses 1+ days/month			% who perceived "typical" student use greater than their own		
	UM G/P 2014*	UM UG 2014	UM 2010	UM 2006	Healthy Campus 2020 Goals	UM G/P 2014	UM UG 2014	UM 2010	UM G/P 2014	UM UG 2014	UM 2010
Alcohol	77%	70%	69%	73%	NA	94%	96%	96%	67%	70%	73%
Cigarettes	8%	10%	12%	16%	14.4%	60%	66%	77%	73%	77%	82%
Hookah	3%	9%	10%	NA	7.4%	49%	63%	69%	65%	75%	78%
Cigars	3%	6%	6%	7%	NA	41%	49%	59%	62%	69%	76%
Smokeless tobacco	2%	5%	3%	2%	3.5%	37%	44%	46%	58%	66%	68%
Marijuana	9%	21%	20%	18%	15%	69%	87%	82%	77%	82%	82%
Cocaine	0%	3%	1%	1%	NA	20%	28%	30%	42%	49%	51%
Amphetamines	1%	3%	2%	3%	NA	23%	27%	31%	44%	45%	42%
Ecstasy	1%	2%	0%	0%	NA	27%	30%	27%	46%	52%	52%

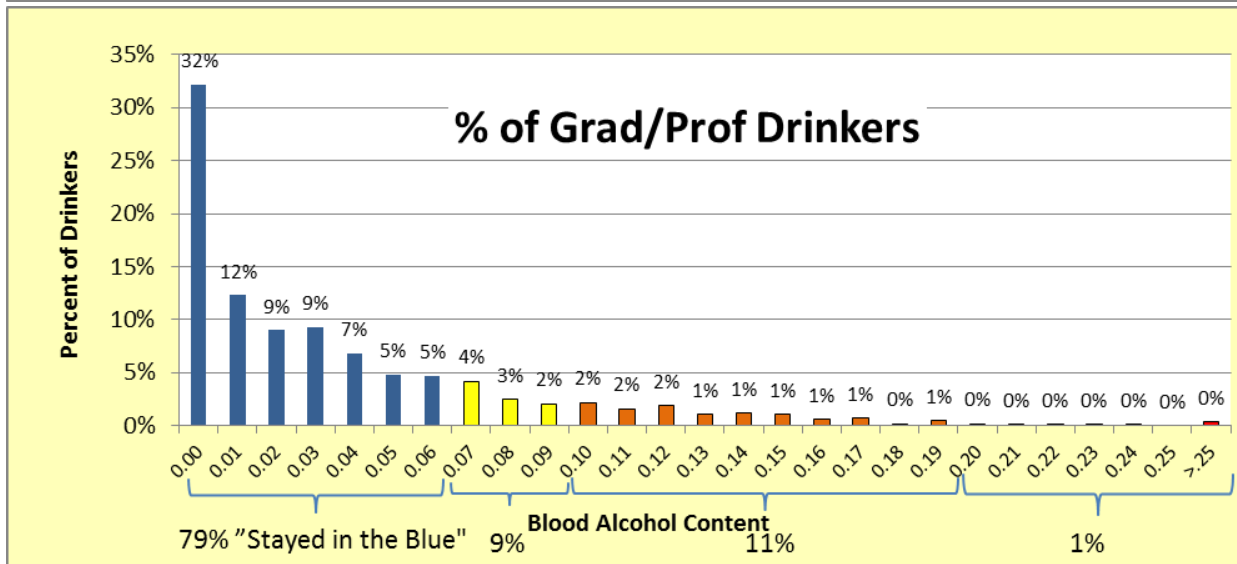
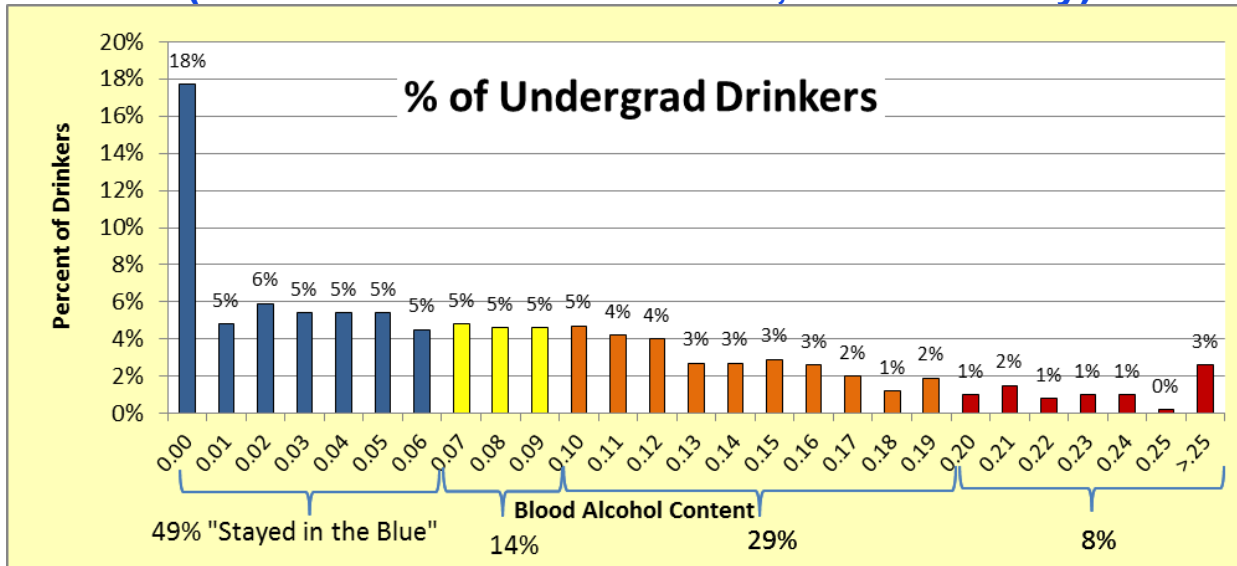
* All Significant at $p < .05$ UM G/P vs. UM UG 2014

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

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

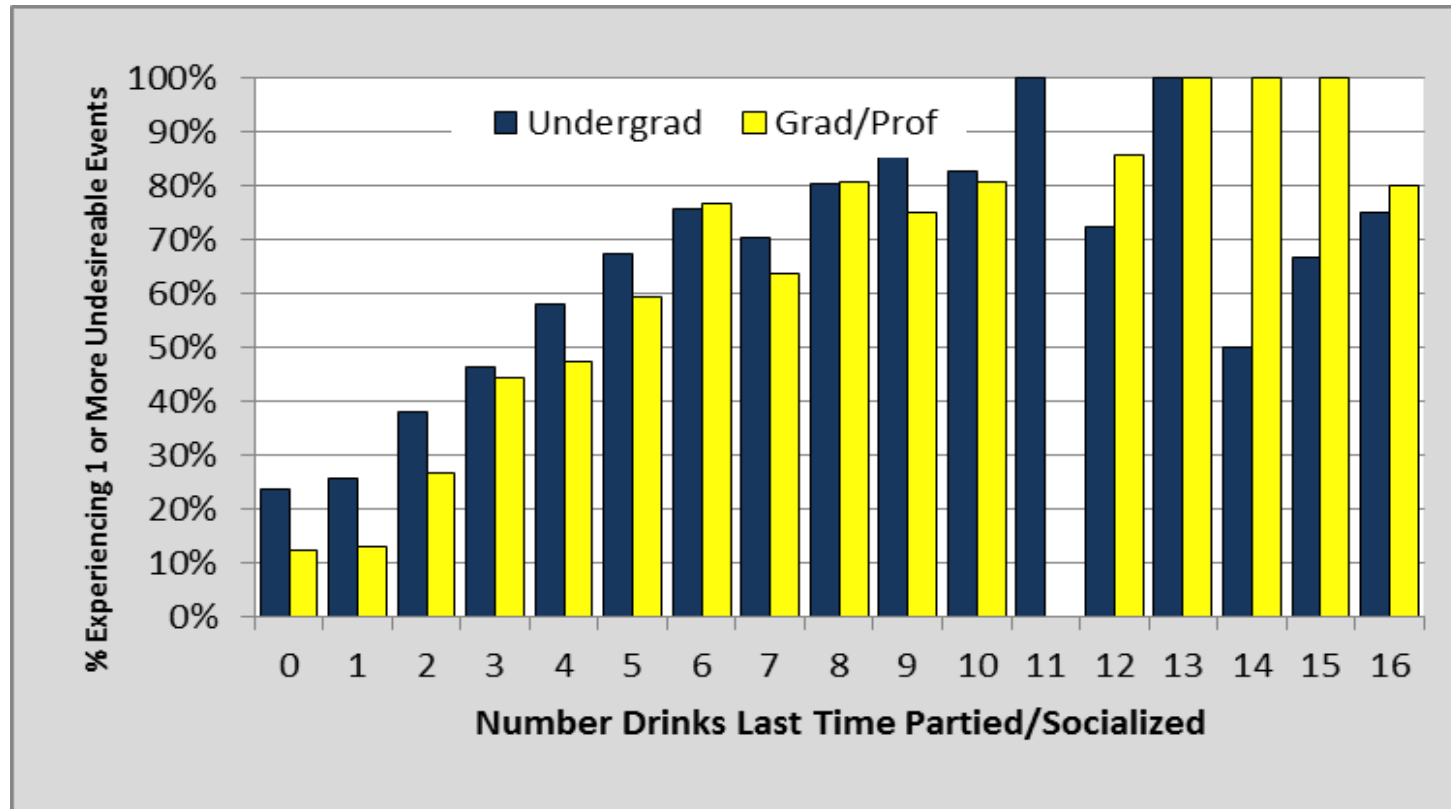
** Report doing ‘always’, ‘most of the time’, or ‘sometimes’

Undesirable Consequences of Drinking

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

* 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



	Number Drinks																
Number of ...	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Undergrads	537	134	206	234	215	228	160	95	115	28	88	7	47	7	10	14	10
Grad/Prof	216	157	202	176	123	77	64	22	26	5	26	0	7	1	2	3	5

Binge Drinking

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

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

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

In past year, % of drinkers who experienced consequences as a result of their drinking:	UM Undergrads 2014			UM UG 2010
	Overall	Non-Greek	Frat/Sor Member	
Injured yourself*	17%	14%	25%	20%
Did something you later regretted*	43%	40%	52%	42%
Forgot where you were, what you did*	39%	34%	58%	38%
Had unprotected sex*	18%	16%	27%	10%
Got in trouble with the police*	4%	3%	6%	3%
Injured another person*	2%	1%	4%	3%
Had sex without giving consent*	2%	1%	3%	1%
Had sex without getting consent	0.4%	0.4%	0.3%	0.1%

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

Use of Protective Strategies:**

Undergrads, Fraternity/Sorority Members vs. Non-Members

During the last 12 months, when you “partied or socialized” how often did you (drinkers only):	UM Undergrads 2014			UM 2010
	Overall	Non-Greek	Frat/Sor Member	
Stay with same group of friends while drinking	95%	96%	94%	95%
Eat before/during drinking	96%	95%	97%	94%
Use a designated driver	89%	89%	92%	87%
Keep track of how many drinks you had*	79%	81%	72%	80%
Stick with only one kind of alcohol	77%	77%	75%	75%
Choose not to drink alcohol*	57%	60%	45%	60%
Determine, in advance, not to exceed a set # of drinks	56%	57%	54%	54%
Alternate non-alcoholic beverages*	60%	64%	49%	54%
Avoid drinking games*	55%	58%	43%	53%
Have a friend let you know when you had enough	51%	45%	55%	47%
Pace drinks to 1 or less per hour*	45%	48%	35%	43%

* 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:	UM G/P 2014	UM UG 2014	UM 2010
Stimulants (Ritalin, Adderall)*	4%	10%	9%
Painkillers (OxyCotin, Vicodin)*	4%	5%	6%
Sedatives (Xanax, Valium)*	3%	5%	3%
Antidepressants	3%	2%	2%
Erectile dysfunction drugs	1%	1%	0.6%
1 or more of the above*	9%	14%	

* 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

	Oral Sex			Vaginal Sex			Anal Sex		
	UM G/P 2014	UM UG 2014	UM 2010	UM G/P 2014	UM UG 2014	UM 2010	UM G/P 2014	UM UG 2014	UM 2010
No, never done	22%	34%	37%	24%	42%	44%	73%	83%	85%
Not in last 30 days	28%	26%	25%	20%	21%	19%	23%	13%	13%
Yes, in last 30 days	50%	40%	38%	56%	37%	37%	5%	4%	2%



Condom / Barrier Use at Last Intercourse if reporting past 30-day activity

Used Condom	Oral Sex			Vaginal Sex		Anal Sex		
	UM G/P 2014	UM UG 2014	UM 2010	UM G/P 2014	UM 2010	UM G/P 2014	UM UG 2014	UM 2010
Never/Rarely	96%	95%	96%	47%	24%	55%	51%	63%
Sometimes	1%	1%	1%	8%	9%	14%	15%	0%
Most of the time / Always	3%	4%	3%	45%	67%	31%	34%	37%

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

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

Sexually Transmitted Infections

Within last 12 months, were you diagnosed with:	UM G/P 2014	UM UG 2014	UM 2010	UM 2006	Healthy Campus 2020 Goals
Chlamydia	0.6%	0.6%	0.9%	2%	3.1%
Genital Herpes	0.5%	0.0%	0.8%	1%	NA
Genital Warts/HPV	0.8%	0.7%	0.7%	3%	NA
Gonorrhea	0.2%	0.2%	0.5%	0.3%	NA
Pelvic Inflammatory Disease	0.2%	0.0%	0.3%	0.4%	NA
HIV Infection	0.3%	0.2%	0.1%	0.5%	NA

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

Contraceptive use at last vaginal intercourse	UM G/P 2014	UM UG 2014	UM 2010	Healthy Campus 2010 Goal
Any method	83.2%	86.7%	91%	62.3%

Emergency contraception	UM G/P 2014	UM UG 2014	UM 2010	UM 2006
Of those who ever had sex	8%	18%	10%	11%
Of all students	6%	10%		

- 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

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

* Possible discrepancy in coding for tabulation.



Physical Activity in Past 7 Days

	UM G/P 2014	UM UG 2014	UM 2010	UM 2006	Healthy Campus 2020 Goals
<p>Moderate / Intense Exercise \geq 3 days/week</p> <p><i>2010 & 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?</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>	59%	60%	50%	41%	53.6%
<p>Strength-Training Exercise \geq 2 days/week</p> <p><i>2010 & 2014 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>	32%	34%	36%	48%	41.4%

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

Body Mass Index

BMI Category	UM G/P 2014	UM UG 2014	UM 2010	UM 2006	Healthy Campus 2020 Goal
Underweight (18.5 & under BMI)	4%	6%	4%	5%	No goal
“Normal” or “healthy” weight (18.5-24.9 BMI)	65%	71%	74%	69%	67.8%
Obese or overweight (over 25.0 BMI)	31%	23%	22%	27%	
Obese (30.0 BMI or greater)	7%	5%			10.4%

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?	UM G/P 2014	UM UG 2014	UM 2010	UM 2006
Do nothing about weight	20%	22%	17%	19%
Stay the same weight	30%	27%	26%	23%
Lose weight	43%	39%	45%	49%
Gain weight	7%	12%	12%	9%

Within the last 30 days, did you do any of the following to lose weight?	UM G/P 2014	UM UG 2014	UM 2010	UM 2006
Exercised	48%	47%	52%	54%
Nothing	48%	48%	44%	41%
Dieted	32%	31%	33%	35%
Vomited/took laxatives	1%	2%	3%	3%
Took diet pills	1%	2%	1%	3%

Mental Health Diagnosis or Treatment in Past 12 Months

Diagnosis	Diagnosed or Treated			Type of Treatment (All Students)			
	UM G/P 2014	UM UG 2014	UM 2010	None	Medication	Psycho- therapy	Medi- cation + therapy
Anxiety	11%	11%	8%	2.2%	2.9%	2.3%	3.3%
Depression	9%	10%	7%	1.4%	3.4%	1.6%	3.3%
Panic Attacks	4%	5%	4%	1.2%	1.1%	0.7%	1.0%
ADHD	3%	4%	3%	0.8%	2.1%	0.1%	0.5%
Insomnia	3%	3%	2%	0.9%	0.9%	0.2%	0.5%
OCD	1%	2%	2%	0.3%	0.3%	0.4%	0.3%
Bipolar Disorder	1%	1%	1%	0.1%	0.3%	0.1%	0.2%
Phobia	1%	0%	1%	0.1%	0.1%	0.2%	0.1%
Substance Abuse/Addiction	0%	1%	1%	0.1%	0.0%	0.3%	0.1%
Schizophrenia	0%	0%	0%	0.0%	0.0%	0.1%	0.0%

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

Emotional Disturbances

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

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

- **Healthy Campus 2020 goal for attempted suicide is $\leq 1.2\%$**

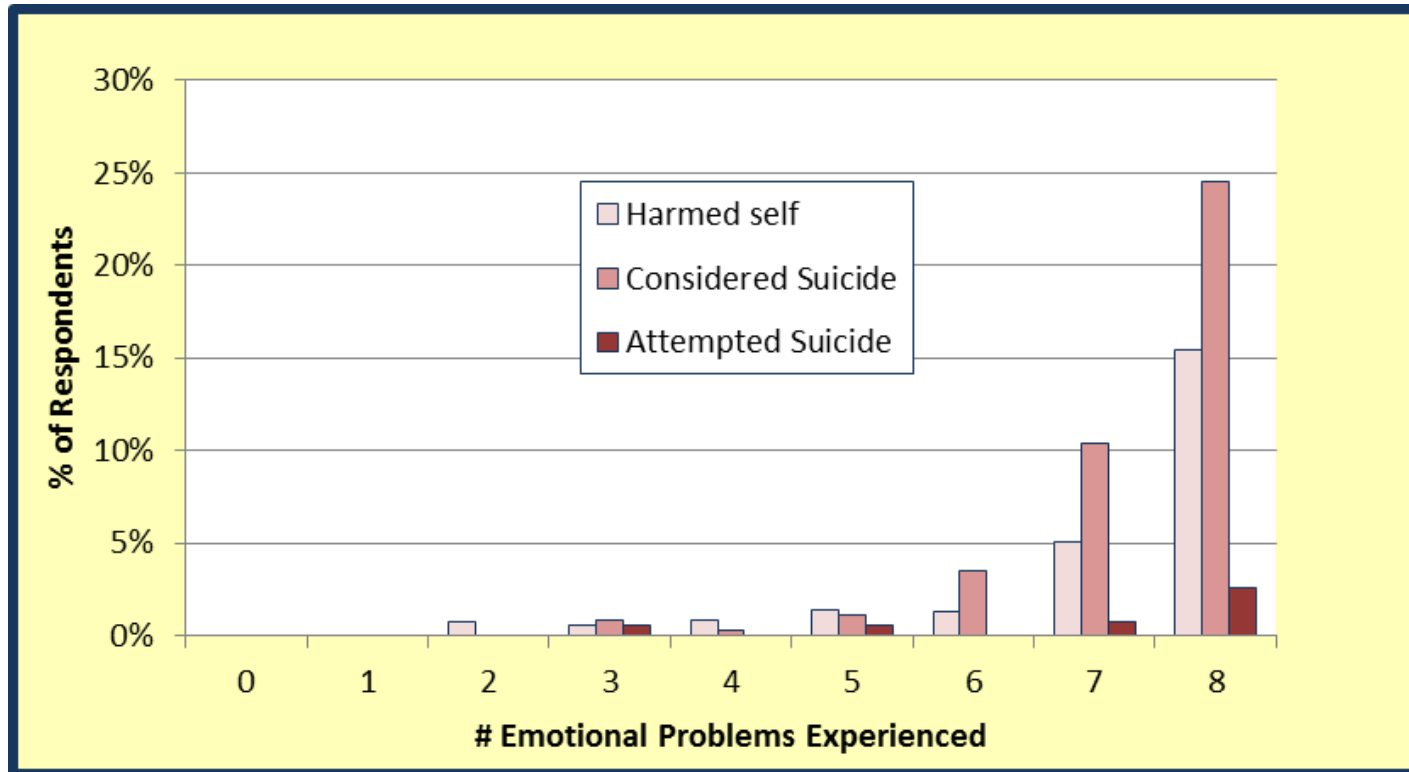


Emotionally Disturbing Events

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



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:

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

* 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

2014 National College Health Assessment, #50

Disability or Medical Conditions

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

Condition	UM G/P 2014	UM UG 2014	UM 2010
Psychiatric condition	6%	7%	4%
ADHD	5%	5%	4%
Chronic Illness	5%	4%	4%
Partially sighted or blind	1%	2%	2%
Other disability	1%	1%	2%
Deaf or hard of hearing	1.4%	0.7%	2%
Learning disability	2%	2%	1%
Speech or language disorder	0.8%	0.7%	0.7%
Mobility or dexterity disability	0.9%	0.6%	0.6%

Received Information from UM

Topic:	Ever Received Information				Interested In Receiving Information			Healthy Campus 2020 Goal
	UM G/P 2014	UM UG 2014	UM 2010	UM 2006	UM G/P 2014	UM UG 2014	UM 2010	
	Suicide Prevention	30%	38%	32%		31%	38%	
Violence Prevention	27%	43%	42%	30%	29%	33%	32%	39.6%
Pregnancy Prevention	21%	48%	48%	23%	25%	29%	31%	45.1%
STI Prevention	36%	63%	68%	42%	34%	39%	42%	57.4%
Alcohol and Other Drug Use	50%	91%	89%	55%	22%	26%	28%	71.3%
Injury and Violence Prevention	22%	27%	26%		34%	31%	32%	31.7%
Tobacco Use	27%	30%	30%	19%	18%	17%	19%	38.6%
Nutrition	38%	55%	65%	32%	56%	57%	61%	57.6%
Physical Activity	58%	60%	62%	30%	54%	52%	56%	62.6%
Cold/Flu/Sore Throat	61%	67%	84%		42%	38%	47%	--
Sexual Assault/Relationship Violence Prevention	59%	85%	84%	58%	36%	38%	38%	--
Depression/Anxiety	67%	73%	73%		50%	51%	47%	--
Stress Reduction	60%	65%	67%		61%	65%	63%	--
Eating Disorders	23%	37%	40%		26%	26%	25%	--
How to Help Others in Distress	23%	37%	36%		53%	54%	54%	--
Grief and Loss	22%	27%	31%		32%	34%	36%	--
Relationship Difficulties	24%	49%	27%		36%	33%	36%	--
Problem Use of Internet/Computer Games	12%	12%	23%		23%	19%	23%	--
Sleep Difficulties	19%	19%	21%		50%	55%	54%	--

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

Received Information from UM: All Students

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

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

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

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

For more information:

www.uhs.umich.edu/ncha

ContactUHS@umich.edu

University Health Service
University of Michigan