

The National College Health Assessment (NCHA) 2006

Summary of Results

Health Promotion and Community Relations

University Health Service

University of Michigan

www.uhs.umich.edu/ncha

What is NCHA?

- Survey designed and conducted by the American College Health Association (ACHA)
- Survey previously conducted at UM in 1998, as a pilot for ACHA
- We hope to repeat every two years

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
- To **develop goals** to improve health outcomes, e.g. Healthy Campus 2010

Methodology

- Conducted in February 2006
- Random sample of 5000 undergraduates
- Men and racial/ethnic minorities over-sampled
- Web-based survey
- Email invitation with one reminder e-mail
- Incentives were offered

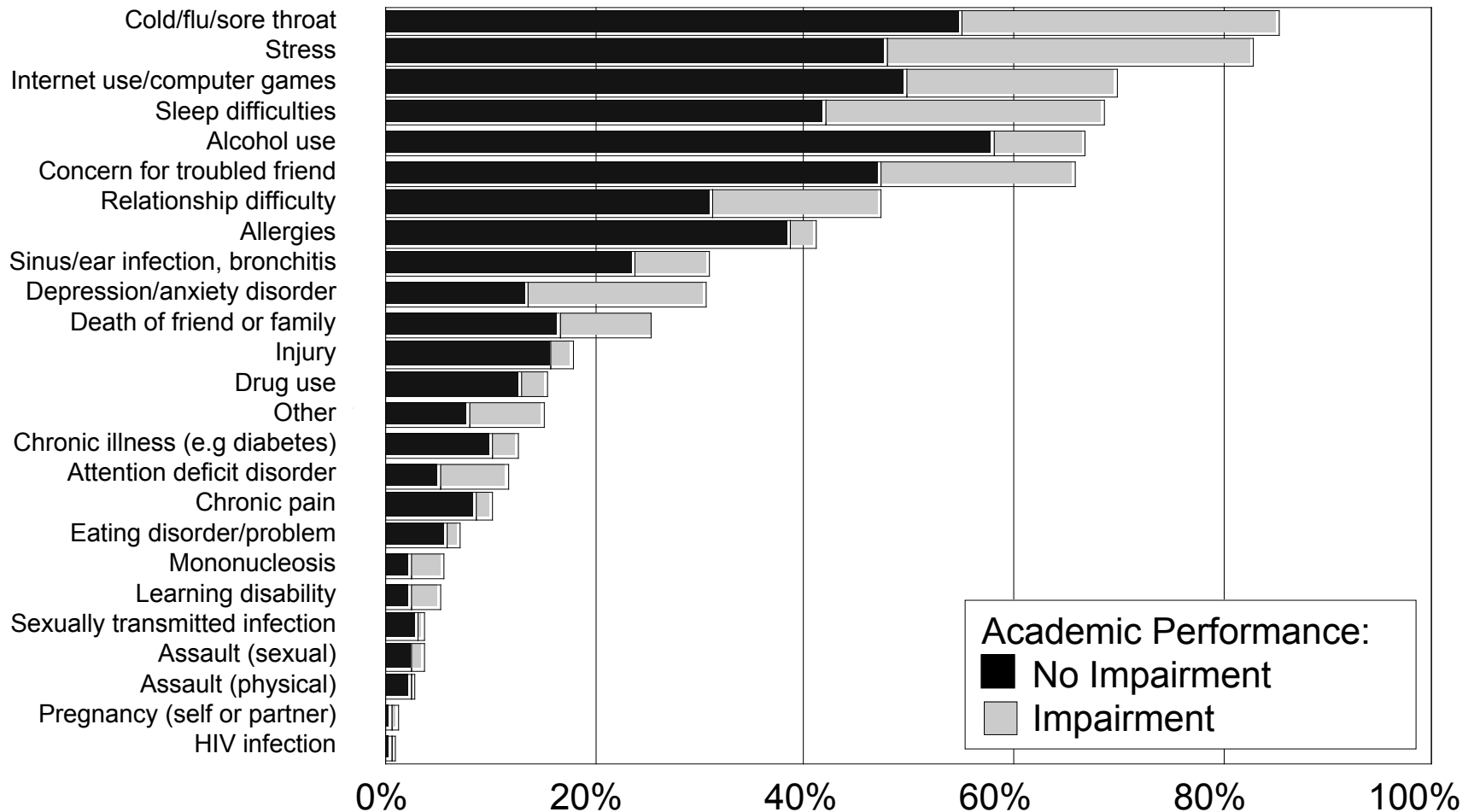
Response Rate and Analysis

- 946 responses (19% response rate)
- Data set was weighted based on gender and race/ethnicity to match proportions within the UM undergraduate student body
- Analysis was performed on weighted data set
- Margin of error +/- 3.2%

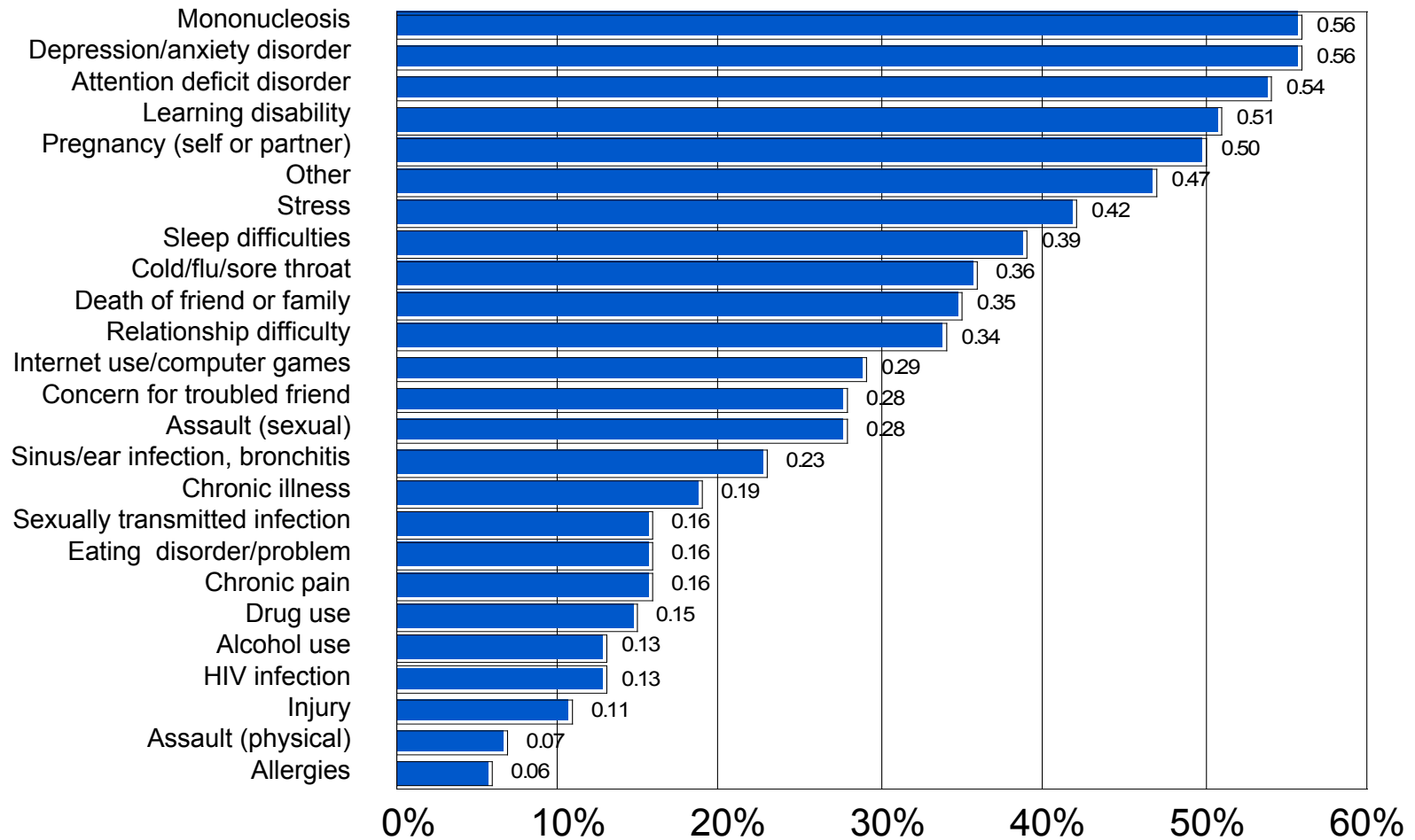
Perceived Health Status

- 95% of respondents rated their health as excellent, very good or good
- Students with higher GPA reported better health

Impairment of Academic Performance Ranked by Prevalence



Impairment of Academic Performance Ranked by Effect



Protective Health Practices

- 83% always wore a seat belt
- 41% of males do monthly testicular exam
- 40% of females do monthly breast exam
- 25% of bike riders wear helmets most of the time or always
- 14% use sunscreen daily

In past year:

- 89% had a blood pressure check
- 85% had a dental exam and cleaning
- 58% of females had a gynecology exam
- 42% had a cholesterol check

Immunization

Measles, mumps, rubella	80%
Hepatitis B	77%
Meningitis	70%
Varicella (chicken pox)	44%
Flu (during last year)	23%

Fruit and Vegetable Intake

- 8% ate 5+ servings per day vs 25.5% for Healthy Campus 2010 goal
- 61% ate 2 or fewer servings per day
- UM NCHA very similar to National NCHA 2005
- Students with higher GPAs and those living in residence halls ate more servings of fruit and vegetables
- BMI was unrelated to fruit and vegetable intake

Exercise

	UM NCHA 2006	National NCHA 2005	Healthy Campus 2010 Goals
Vigorous and moderate 3+ days/week	41%	44%	55%
Muscle strengthening/ toning 2+ days/week	48%	Not comparable	65%

Exercise continued

- White students and members of Greek organizations exercised more
- BMI was unrelated to exercise

Body Mass Index

	UM NCHA 2006	National NCHA Spring 2005	Healthy Campus 2010 Goals
Underweight (18.5 & under BMI)	5%	5%	No goal
“Normal” or “Healthy” weight (18.5 – 24.9 BMI)	69%	65%	75%
Overweight or Obese (25 and above BMI)	27%	30%	16%

Perceptions of Weight

- 14% at normal or underweight described themselves as slightly overweight
- 24% who were overweight or obese described themselves as slightly underweight or about the right weight
- Females tended to perceive themselves as overweight more often than males did

Weight Intentions and Practices

Currently trying to:

Do nothing about weight	19%
Stay the same weight	23%
Lose weight	49%
Gain weight	9%

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

Exercised	54%
Nothing	41%
Dieted	35%
Vomited/took laxatives	3%
Took diet pills	3%

Sleep

Slept enough to feel rested	UM NCHA 2006	National NCHA 2005
<3 days per week	41%	NA
3-5 days per week	49%	47%
6-7 days per week	10%	13%

Sleep continued

- 69% said they had sleep difficulties
- 42% said difficulties affected academic performance
- White students and students living off-campus were more likely to sleep enough to feel rested when they woke up in the morning

Number of Sexual Partners

Within the Last School Year	UM NCHA 2006	National NCHA 2005	Perception: How many partners did the “typical” UM student have? UM NCHA
No partners	36%	26%	1%
1 partner	41%	46%	13%
2 partners	8%	12%	33%
3 partners	7%	7%	28%
4 or more partners	9%	9%	24%
Mean # of partners	1.3	2.06	3

81% of respondents believed that the “typical” student had more sexual partners than the respondent did

Type of Sexual Activity

	Oral sex	Vaginal sex	Anal sex
Never in lifetime	31%	43%	82%
In last 30 days:			
0 times	25%	18%	15%
1 or more times	43%	39%	3%

About 70% of respondents believed that the “typical” student had more of each type of sexual activity than the respondent did.

Use of Condoms at Last Intercourse

Type of sex:	UM NCHA 2006	National NCHA 2005
Oral	3%	4%
Vaginal	61%	53%
Anal	33%	28%

HIV Testing

- 16% had been tested
- Females, students of color (except Asian), off-campus residents and older students were more likely to have been tested

Contraception and Emergency Contraception Used by Self or Partner

Contraceptive use at last vaginal intercourse	UM NCHA 2006	National NCHA 2005	Healthy Campus 2010 Goals
Any method	97%	96%	100%

Emergency contraception	UM NCHA 2006	National NCHA 2005	Healthy Campus 2010 Goals
Within last school year	11%	11%	10%

Abuse and Violence

	UM NCHA 2006	National NCHA 2005
During last school year		
In emotionally abusive relationship	9%	13%
Sexually touched against will	9%	9%
In a physical fight	7%	7%
Physically assaulted (non-sexually)	4%	4%
Verbally threatened for sex against will	3%	4%
Attempted sexual penetration against will	3%	3%
Sexually penetrated against will	2%	2%
In physically abusive relationship	1%	2%
In sexually abusive relationship	1%	2%

Abuse and Violence continued

- 23% of respondents reported at least one instance of abuse in the past year
- Women were more likely to report sexual assault or to have been in emotionally abusive relationships
- Men and members of Greek organizations were more likely to report having been involved in a physical fight or having been physically assaulted

Emotional Well-being

	UM NCHA 2006	National NCHA 2005
Within the last school year, how many times have you...	At least once	
Felt overwhelmed by all you had to do	94%	94%
Felt exhausted (not by physical activity)	93%	92%
Felt very sad	80%	81%
Felt things were hopeless	62%	64%
Felt so depressed that it was difficult to function	42%	46%
Seriously considered attempting suicide	11%	10%
Attempted suicide	1%	2%

Had vs Ever Diagnosed

	Ever diagnosed	Had during last school year
Depression	11% (36% in therapy, 40% on medication)	17%
Anxiety disorder	7%	13%
Seasonal affective disorder	3%	12%
Anorexia	2%	2%
Bulimia	1%	3%

Emotional Troubles continued

Emotional troubles were more likely to be reported by:

- Females
- Students with lower GPAs
- Students who had experienced abuse or violence

Use and Perceptions of Alcohol, Tobacco and Other Drugs

In last 30 days...	No use	Use	Healthy Campus 2010 Goals	Perceived use of "typical" student	% who perceived greater use than their own
Alcohol	27%	73%		98%	45%
Cigarettes	84%	16%	10.5%	86%	73%
Cigars	93%	7%	2%	53%	49%
Smokeless tobacco	98%	2%	1%	42%	41%
Marijuana	82%	18%	1%	86%	72%
Cocaine	99%	1%	7.4% ↓	28%	28%
Amphetamines	97%	3%		37%	36%
Rohypnol, GHB/Liquid X	>99%	<1%		20%	20%
Ecstasy	>99%	<1%		29%	29%
Other drugs	98%	2%		44%	42%

Other Interesting Alcohol, Tobacco and Other Drug Results

- Use was not correlated with subjective health status or GPA
- White respondents and off-campus residents were more likely to report using alcohol, marijuana and cigarettes

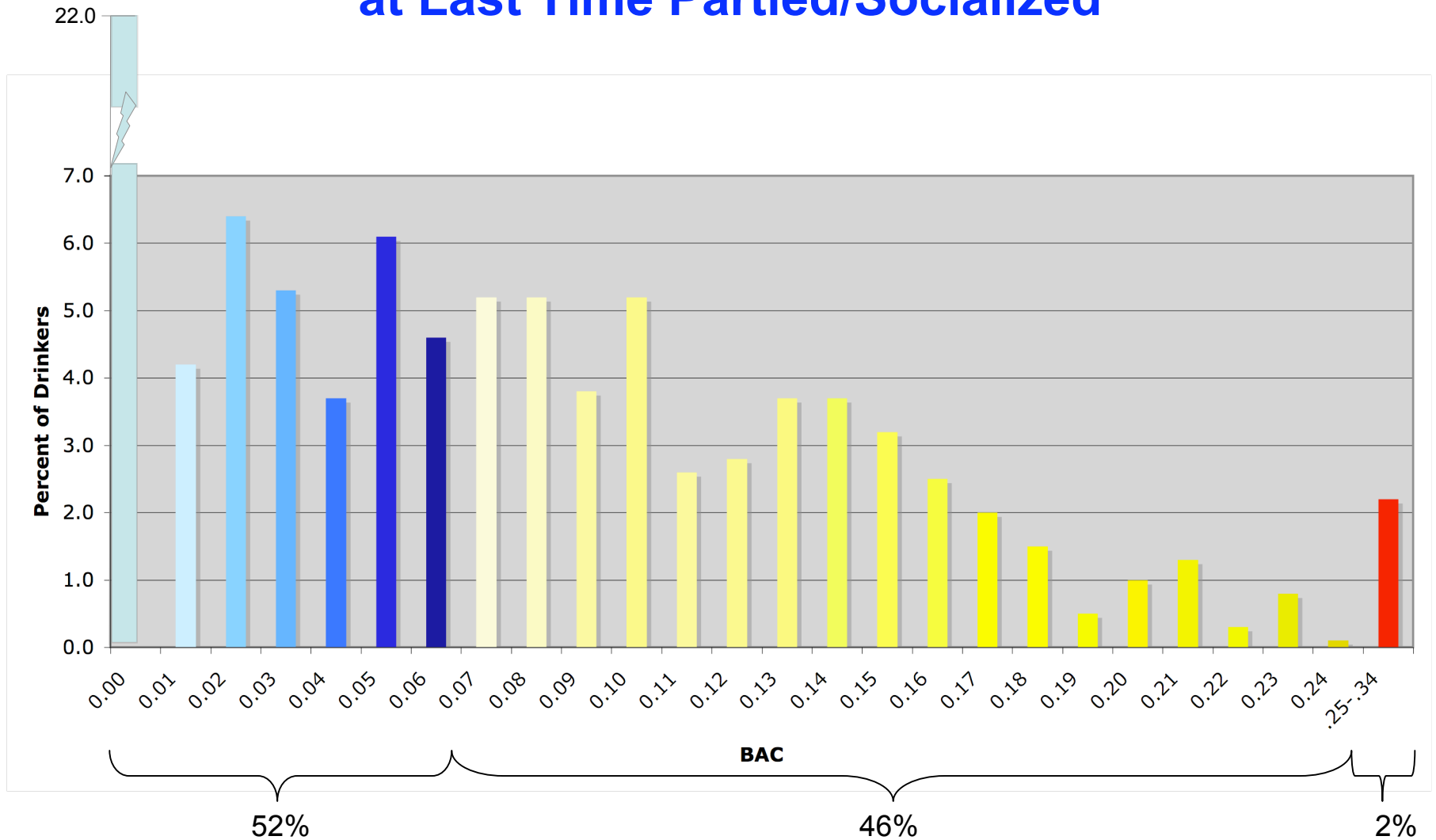
Binge Drinking

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

UM NCHA 2006	National NCHA 2005	UM Student Life Survey 2005 4+ drinks for women, 5+ drinks for men	Healthy Campus 2010 goal
45%	40%	53%	20%

Blood Alcohol Concentration (BAC)

at Last Time Partied/Socialized



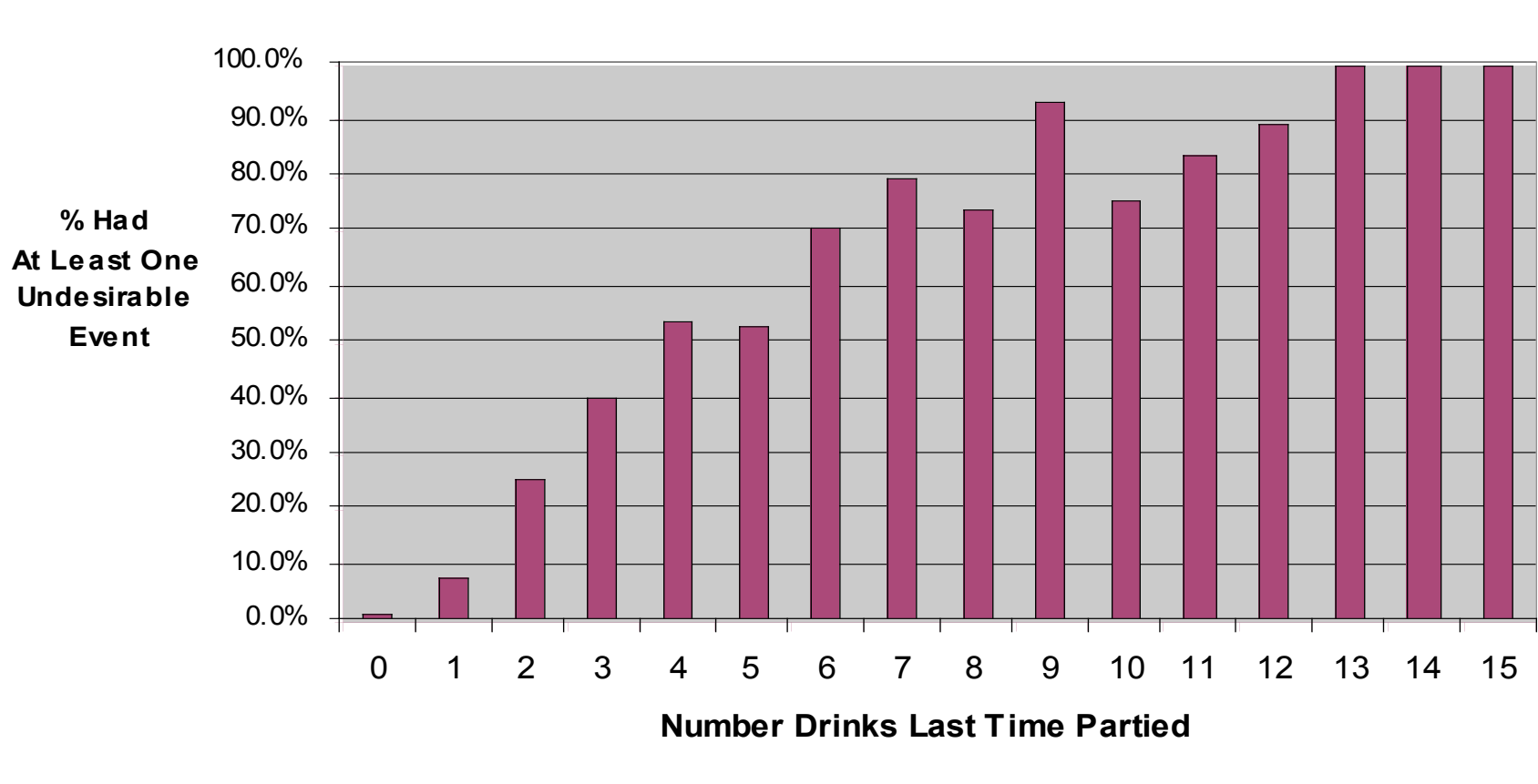
Alcohol Use

- Younger students (18-19) reported consuming more drinks on average, and had higher BAC levels, than older students
- Fraternity/sorority members reported more drinks and higher BAC levels than non-members

Undesirable Consequences of Drinking

While drinking during the last school year, did you...	Drinkers who did not experience UM NCHA	Drinkers who experienced UM NCHA 2006	Healthy Campus 2010 Goals
Injure yourself	76%	25%	3%
Injure another person	95%	5%	No goal
Get in a fight	93%	7%	2%
Do something you later regretted	58%	42%	No goal ↓
Forget where you were, what you did	61%	39%	
Experience forced sex or threat of forced sex	99%	1%	
Have unprotected sex	89%	11%	

Risk of at Least One Undesirable Consequence by Number of Drinks Consumed Last Time Partied



Consuming 4 or more drinks increases the risk to more than 50%, and more than 13 drinks almost guarantees it.

Driving after Having 5 or More Drinks During the Previous 30 days

UM NCHA 2006	National NCHA 2005
2%	6%

Use of Protective Strategies

During last school year	Used Strategy
Ate before/during drinking	99%
Kept track of how many drinks	93%
Chose not to drink alcohol	90%
Used a designated driver	87%
Alternated non-alcoholic with alcoholic beverages	84%
Determined in advance not to exceed a set number drinks	79%
Avoided drinking games	76%
Paced drinks to 1 or fewer per hour	72%
Have friend let you know when you've had enough	63%
Drank an alcohol look-alike	37%

Sources of Health Information and Believability

Source	Find source believable	Usually receive information from source
Health center medical staff	92%	60%
Health educators	92%	48%
Faculty/coursework	68%	37%
Parents	64%	79%
Leaflets, pamphlets, flyers	61%	53%
Campus newspaper articles	46%	32%
Campus peer educators	43%	12%
Resident assistants/advisors	36%	14%
Internet/world wide web	22%	76%

Received Health Information

Topic	UM NCHA	Healthy Campus 2010 Goal
Sexual assault/relationship violence prevention	58%	55% ↓
Alcohol and other drug use prevention	55%	
STD prevention	42%	
Dietary behaviors and nutrition	32%	
AIDS/HIV prevention	31%	
Violence prevention	30%	
Physical activity and fitness	30%	
Pregnancy prevention	23%	
Tobacco use prevention	19%	
Suicide prevention	13%	
None of the above	9%	

On average, students reported receiving information on >4 topics.

Correlations Among Health Factors

- Students with higher GPAs tended to get more sleep, have fewer emotional problems, drink more when they party, and have lower BMI
- Students who have lower GPAs get less sleep, smoke more often, were victimized more, viewed themselves as less healthy, and reported more emotional problems

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For more information

These slides, a full report and contact information will be available online at www.uhs.umich.edu/ncha