

American College Health Association
National College Health Assessment
University of Wisconsin-River Falls
Spring 2000, 2003, 2006, 2009, and 2012

UW System Alcohol and Other Drug Abuse Use Survey
University of Wisconsin-River Falls
Spring 2005, 2007, 2009, 2011

THE NATIONAL RESEARCH CONSORTIUM
OF COUNSELING CENTERS IN HIGHER EDUCATION

Undergraduate and Graduate Student Coping
With Stressful Experiences
UW-River Falls, Spring 2011

- Mission: The American College Health Association (ACHA) will be the principal advocate and leadership organization for college and university health. The association will provide advocacy, education, communications, products and services, as well as promote research and culturally competent practices to enhance its members' ability to advance the health of all students and the campus community.
- ACHA has created a national database and provides individualized data sets and results back to participating Institutions of Higher Education
- Goal: To create a college-appropriate health instrument to collect local and national data about risk and protective behaviors, perceived norms, and incidence and prevalence of a variety of health problems and conditions which may affect academic performance, retention, and campus life

- Takes approximately 30 minutes to take and consists of 58 questions relating to:
 - General health
 - Health education and safety
 - Alcohol, tobacco, and other drugs
 - Sexual behavior and contraception
 - Health related perceptions
 - Mental and physical health
 - Body image, nutrition, and exercise
 - Impediments to academic performance
 - Demographic data

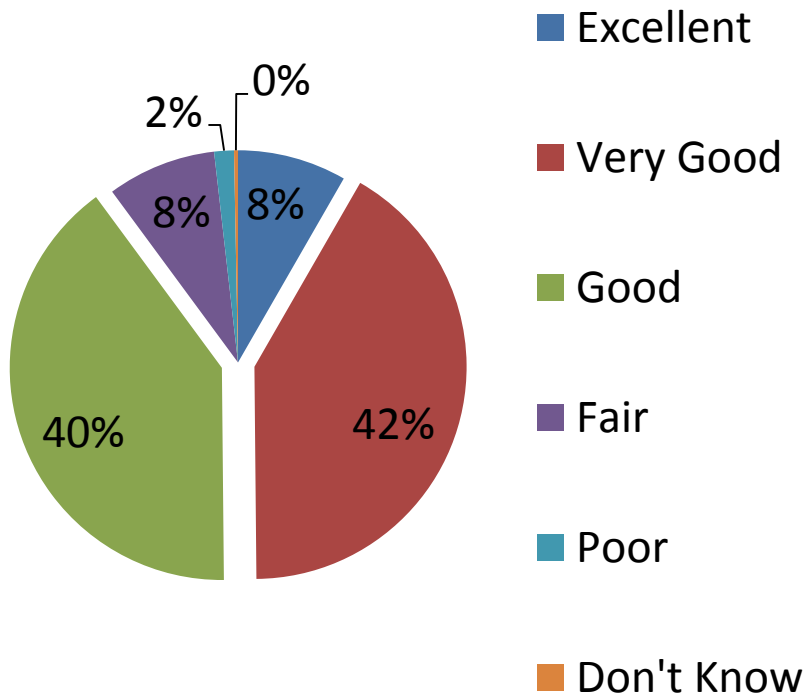
- Results to help individual institutions in:
 - Generating incidence rates for a variety of students' health behaviors and perceptions
 - Program planning
 - Prioritizing campus needs
 - Allocating resources
 - Designing programs or strategies for intervention
 - Identifying protective and risk factors associated with academic performance
 - Measuring progress on goals

- The American College Health Association National College Health Assessment was administered in spring of:
 - 2000 to UWRF students via random mailed survey yielding 408 usable mail surveys with a response rate of 30%
 - 2003 to UWRF students via random mailed survey yielding 498 usable mail surveys with a response rate of 35.6%
 - 2006 to UWRF students via on-line survey to 3000 randomly selected students yielding 705 usable web surveys with a response rate of 23.5% (Incentives offered but campus e-mail down during administration).
 - 2009 to UWRF students via on-line survey to 3000 randomly selected students yielding 517 usable web surveys with a response rate of 17.2%
 - 2012 to UWRF students via on-line survey to 4,000 randomly selected students yielding 655 usable web surveys with a response rate of 16.4%
- National reference data available for all administrations.

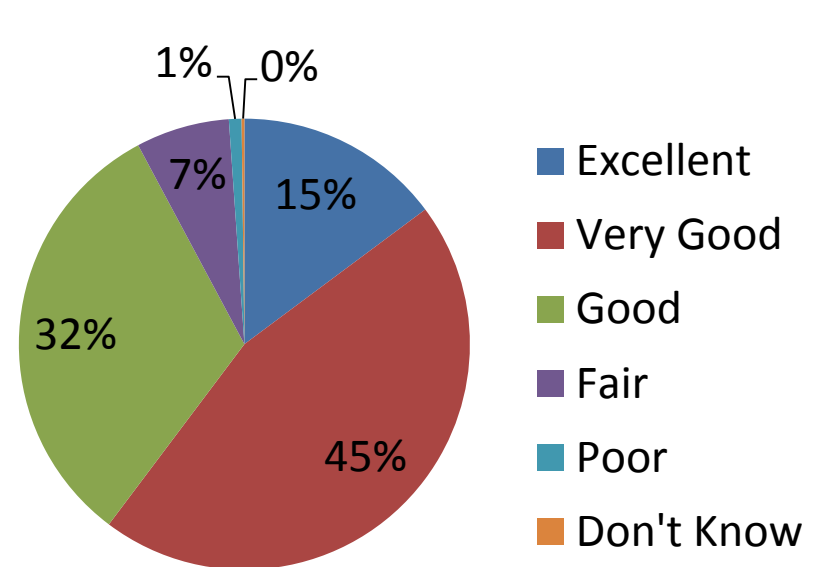
2012 Demographic Data of Respondents Versus All UWRF Students

- Respondents (655)
 - 73.1% Female
 - 25.8% Male
 - 0.2% Transgender
 - 87.9% Age 24 or under
 - 12.1% Age 25 or older
 - 6.9% Married or domestic partner
 - 6.5% International students
 - 42.2% On campus
 - 92.9% Full-time
- All UWRF Students
 - 60.2% Female
 - 39.8% Male
 - 85% Age 24 or under
 - 15% Age 25 or older
 - 5.5% Married
 - 1.8% International students
 - 38.4% On campus
 - 85.6% Full-time

How Would You Describe Your General Health (UWRF)



How Would You Describe Your General Health (2012 National)



Ever Received Information From Your University (UWRF)?
2000/2003/2006/2009/2012 vs. (Natl. 2012)

- 47.3/52.4/70.4%/73.9%/68.1% Alcohol and other drug use (**68.1%**)
- 18.6/39%/54%/50.5%/45.4% Tobacco use (**33.2%**)
- 27.5/47.1/53.9%/49.8%/53.3% Sexual assault/relationship violence prevention (**61.5%**)
- 12/15.7/18.7%/ 22.1%/30.9% Violence prevention (**37.8%**)
- 13.2/10.4/12.5%/23.9%/24.1% Injury prevention (**35.0%**)
- 29.7/11/12.9%/25.5%/32.9% Suicide prevention (**34.2%**)
- 43.4/31/25.8%/ 39.6%/42.3% Pregnancy prevention (**42.9%**)
- 44.6/37.3/33.8%/45.2%/44.3% Sexually transmitted disease/Infection prevention (**53.5%**)
- 28.7/38/31.1%/61%/60.6% Nutrition (**54.2%**)
- 39/43.9/41.7%/67.3%/64.8% Physical activity (**59.8%**)
- 20.6/22/13.8%/28.9% How to help others in distress (**34.9%**)

2012 UW-RF Rates*

| | |
|----------------------------------|--------------|
| Cigarettes | 14.8% |
| Alcohol | 63.6% |
| Marijuana | 9.3% |
| Tobacco from Hookah | 5.3% |
| Smokeless Tobacco | 3.5% |
| Cigars, Little Cigars, Cloves | 5.2% |

*percentage of students who reported using each drug listed at least once *within the 30 days* prior to completing the ACHA-NCHA survey

2012 UW-RF Perception Rates#

| | |
|----------------------------------|--------------|
| Cigarettes | 83.9% |
| Alcohol | 95.9% |
| Marijuana | 75.3% |
| Tobacco from Hookah | 72.2% |
| Smokeless Tobacco | 68.8% |
| Cigars, Little Cigars, Cloves | 68.6% |

percentage of students who reported how often they think the typical student at UW-RF used each drug listed at least once *within the 30 days* prior to completing the ACHA-NCHA survey

Alcohol- Binge Drinking

- Core Spring 1999: 52.5% last two weeks five or more drinks in one sitting (42% nationally)
- ACHA-NCHA Spring 2000: 51.5% last two weeks five or more alcoholic drinks at a sitting (38.2% nationally)
- Core Spring 2002: 51.2% last two weeks five or more drinks in one sitting (42% nationally)
- ACHA-NCHA Spring 2003: 39.0% last two weeks five or more alcoholic drinks at a sitting (39.1% nationally)
- UW System AODA Use Survey Spring 2005: 50.0% last two weeks had at least five drinks in one sitting
- ACHA-NCHA Spring 2006: 38.3% last two weeks five or more alcoholic drinks at a sitting (36.8% nationally 2005)
- UW System AODA Use Survey Spring 2007: 46.7% last two weeks had at least five drinks in one sitting
- ACHA-NCHA Spring 2009: 36.2% last two weeks five or more drinks of alcohol at a sitting (36.7% nationally 2009)
- UW System AODA Use Survey Spring 2009: 31.4% last two weeks had at least five drinks in a two hour time frame
- UW System AODA Use Survey Spring 2011: 31.2% last two weeks had at least five drinks in a two hour time frame
- ACHA-NCHA Spring 2012: 29% last two weeks five or more drinks of alcohol at a sitting (34.1% nationally 2012)

The last time you
“partied”/socialized, how many
alcoholic drinks did you have? (2009,
2012 UWRF vs. Natl. 2012):

- 26.4/25.5% 0 Drinks (**26.4%**)
- 17.0/20.9% 1-2 Drinks (**21.2%**)
- 20.4/23.6% 3-4 Drinks (**21.2%**)
- 17.2/15.5% 5-6 Drinks (**14.9%**)
- 8.0/6.1% 7-8 Drinks (**7.4%**)
- 4.9/4.3% 9-10 Drinks (**4.6%**)
- 6.1/4.1% 11 or More Drinks (**4.4%**)

How many drinks of alcohol do you
think the typical student at your
school had the last time he/she
“partied”/socialized? (2009, 2012
UWRF vs. Natl. 2012):

- 3.9/4.2% 0 Drinks (**5.0%**)
- 8.5/5.4% 1-2 Drinks (**6.6%**)
- 26.4/25.8% 3-4 Drinks (**28.1%**)
- 34.1/35.5% 5-6 Drinks (**33.4%**)
- 17.7/16.9% 7-8 Drinks (**14.4%**)
- 6.7/9.4% 9-10 Drinks (**8.7%**)
- 2.8/2.7% 11 or More Drinks (**3.7%**)

Within the last 30 days, did you drive after drinking any alcohol at all? (2012 UWRF vs. **Natl. 2012**):

- 82.6% No (**84.3%**)
- 17.4% Yes (**15.7%**)

Within the last 30 days, did you drive after having 5 or more drinks? (2012 UWRF vs. **Natl. 2012**):

- 98.5% No (**98.2%**)
- 1.5% Yes (**1.8%**)

During the past 12 months, when you “partied”/socialized, did you (sometimes, most of the time, or always) (2009, 2012 UWRF vs.

Natl. 2012):

- 41.9/46.6% Alternate non-alcoholic and alcoholic beverages (**47.1%**)
- 49.7/52.6% Avoid drinking games (**47.8%**)
- 57.4/56.2% Chose not to drink alcohol (**53.8%**)
- 43/48% Determine, in advance, not to exceed a set number of drinks (**49.6%**)
- 73.6/73.3% Eat before and/or during drinking (**73.6%**)
- 40.9/44% Have a friend let you know when you’ve had enough (**41.9%**)
- 61.4/63.5% Keep track of how many drinks you were having (**63.8%**)
- 43/45.9% Pace your drinks to 1 or fewer per hour (**43.6%**)
- 74.8/68.9% Stay with the same group of friends the entire time you were drinking (**73.6%**)
- 65.3/65.8% Stick with only one kind of alcohol when drinking (**63.6%**)
- 70.9/70.2% Use a designated driver (**69.1%**)

During the past 12 months, have you experienced any of the following when drinking alcohol? (2009, 2012 UWRF vs. **Natl. 2012**):

- 23.7/25.9% Did something you later regretted (**28.1%**)
- 24.4/23.5% Forgot where you were or what you did (**24.6%**)
- 11.1/9.7% Physically injured yourself (**11.9%**)
- 1.6/1.7% Physically injured another person (**1.7%**)
- 11.7/12.6% Had unprotected sex (**15.2%**)
- 4.3/3.4% Got in trouble with the police (**2.8%**)
- 1.6/0.3% Someone had sex with me without my consent (**1.4%**)
- 0.2/0.2% Had sex with someone without their consent (**0.4%**)
- 1.4/1.2% Seriously considered suicide (**1.7%**)

Within the Last 12 Months, Have Any of the Following Affected Your Academic Performance (lower grade on exam or project, lower grade in course, incomplete or dropped course)(2003, 2006, 2009, 2012 UWRF vs. **Natl. 2012**):

- 27.1/33.5/24.8/30% Stress (**27.2%**)
- 17.8/28.4/20.9/20.4% Sleep Difficulties (**20.6%**)
- 19.1/31.5/17.1/16.8% Cold/Flu/Sore Throat (**15.0%**)
- 7.4/14.4/11.8/14.3% Internet Use/Computer Games (**12.5%**)
- 17.9/18.9/9.8/12.7% Concern for Troubled Friend/Family Member (**10.4%**)
- 8.8/17.5/11.5 /11.8% Depression(only since 2009) /Anxiety/SAD (**11.4%**)
- 11.3/17.2/11.8/11% Relationship Difficulty (**9.6%**)
- 9/8.9/5.1/6.9% Death of Friend/Family Member (**5.4%**)
- 5.4/9.7/5.5/6.1% Sinus or Ear Infection/Bronchitis/Strep Throat (**5.4%**)
- 10.1/11.5%/6.9/4.6% Alcohol Use (**4.4%**)
- 2.1/5.2/1.2/1.2% Allergies (**2.4%**)

Within the Last 12 Months, Have You Been Diagnosed or Treated by a Professional for any of the Following: (2009, 2012 UWRF vs. Natl. 2012):

- 9.7/14.5% Anxiety (**12%**)
- 9/15% Depression (**10.9%**)
- 0.6/1.3% Substance Abuse or Addiction (alcohol or other drugs) (**1.1%**)

Have you ever been diagnosed with depression?

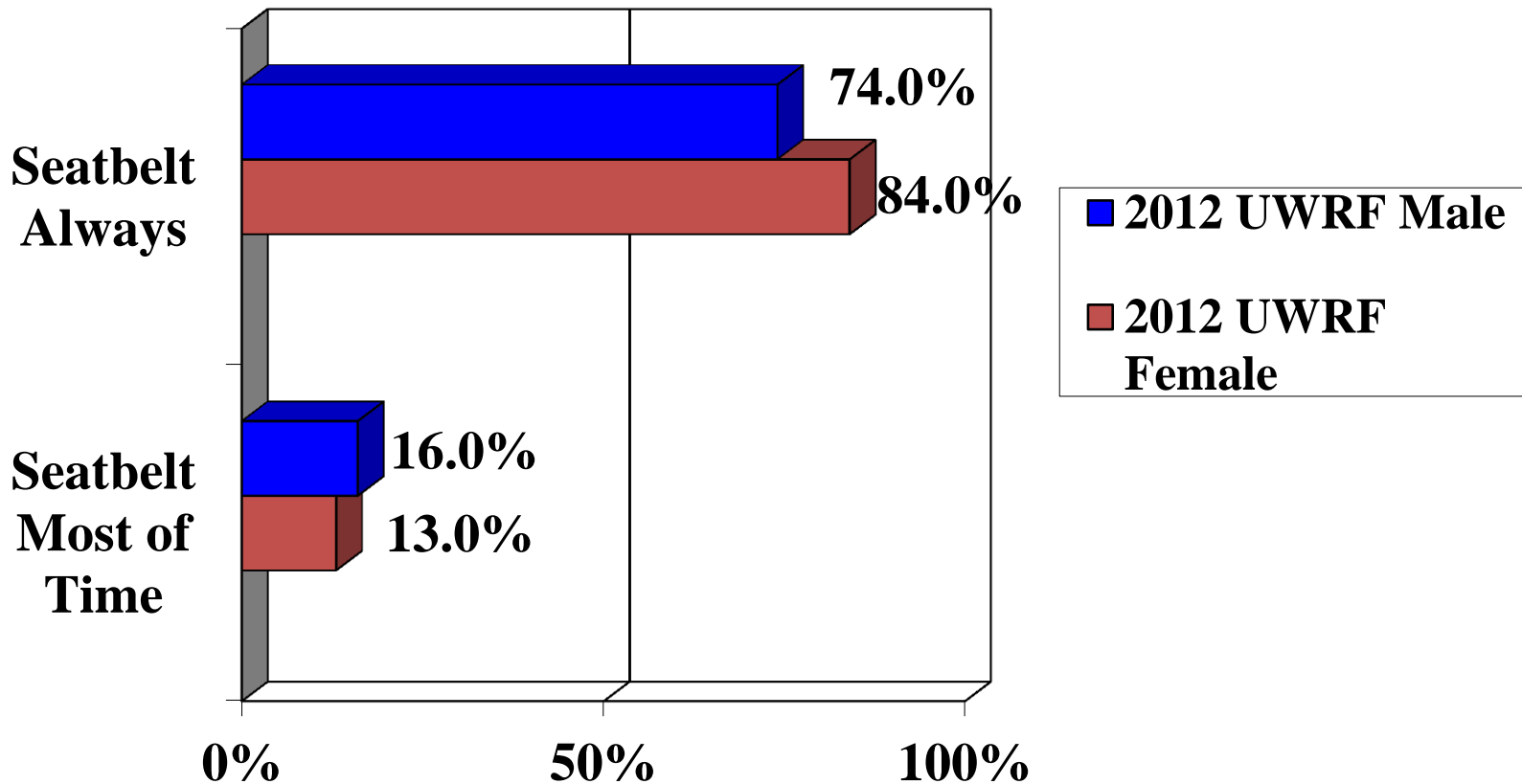
- 20.2/21.9% (**18.8%**)

Within the Last 12 Months, Has Any of the Following Been Traumatic or Very Difficult for you to Handle: (2009, 2012 UWRF vs. Natl. 2012):

- 40.2/43.4% Academics (**45.6%**)
- 19.8/25.1% Career Related Issue (**25.1%**)
- 16/16% Death of a Family Member or Friend (**16.1%**)
- 25.7/26% Family Problems (**27.9%**)
- 30.4/31.1% Intimate Relationships (**32.1%**)
- 28.8/26.6% Other Relationships (**25.2%**)
- 34.7/38.7% Finances (**33.9%**)
- 18.5/18.7% Health Problem of a Family Member or Partner (**19%**)
- 23.2/22.4% Personal Appearance (**22.2%**)
- 14.9/17.8% Personal Health Issue (**18.1%**)
- 23.9/25.8% Sleep Difficulties (**26.4%**)
- 10.8/8.8% Other (**9.3%**)

- **Do you feel safe on campus (daytime)?**
 - Not safe at all 0/**0.2%**
 - Somewhat unsafe 0.5/**0.9%**
 - Somewhat safe 7.3/**12.9%**
 - Very safe 92.2/**86%**
- **Do you feel safe on this campus (nighttime)**
 - Not safe at all 0.8/**3.6%**
 - Somewhat unsafe 9.3/**16.4%**
 - Somewhat safe 47.2/**45.2%**
 - Very safe 42.7/**34.7%**
- **Do you feel safe in the community (daytime)?**
 - Not safe at all 0.2/**1.0%**
 - Somewhat unsafe 0.5/**5.9%**
 - Somewhat safe 16.5/**37.1%**
 - Very safe 82.9/**55.9%**
- **Do you feel safe in the community (nighttime)**
 - Not safe at all 1.8/**12.2%**
 - Somewhat unsafe 13.9/**29.4%**
 - Somewhat safe 49.8/**38.9%**
 - Very safe 34.4/**19.5%**

Within Last 12 Months, How Often Did You Wear a Seatbelt in Car

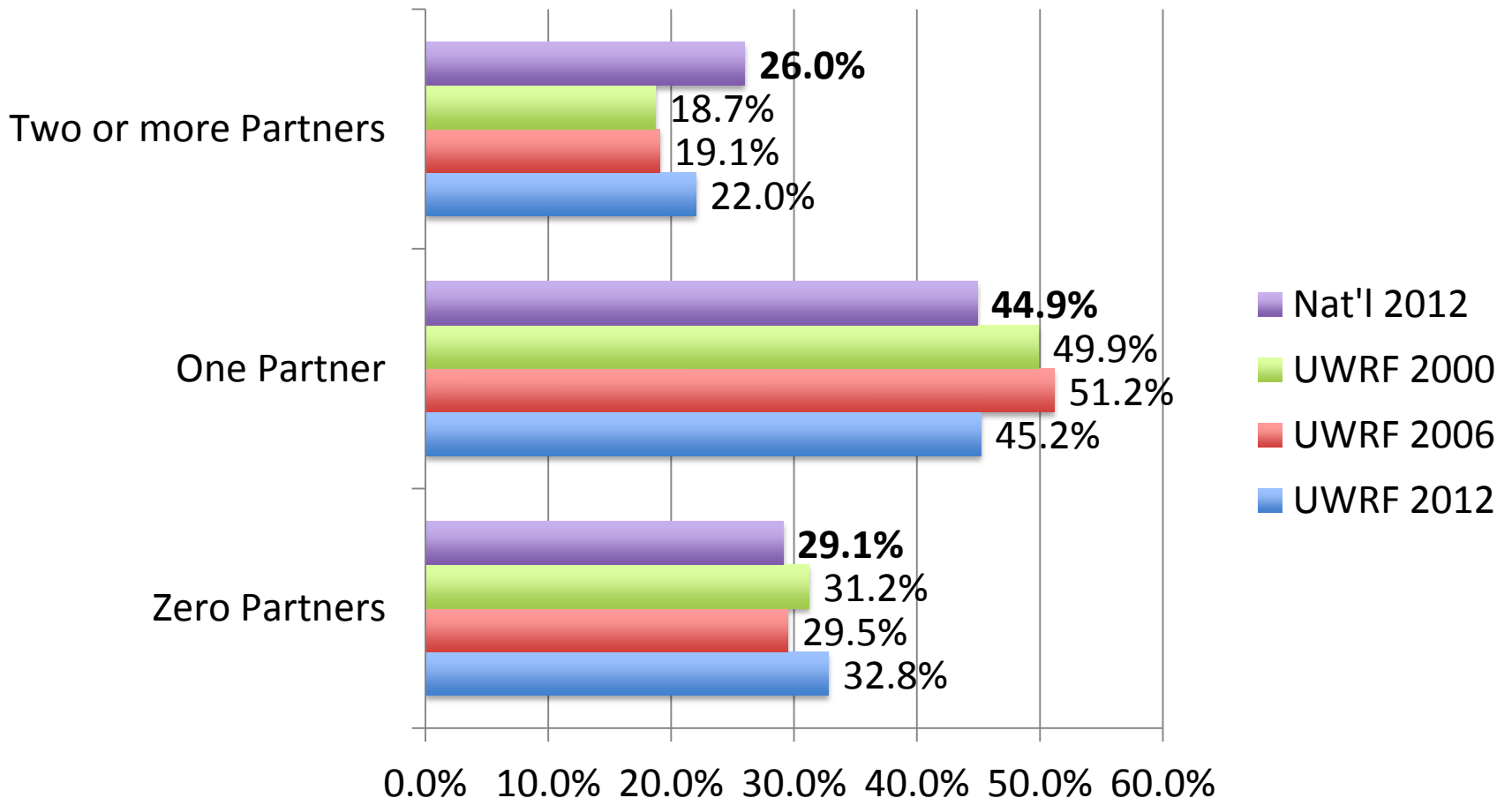


- 2000 Spring NCHA:
 - **24.1% say they have used cigarettes in the last 30 days**
- 2002 Spring Core Added Question:
 - **22.6% said they'd smoked one day or more in the last 30 days**
- 2002 Fall Campus Tobacco Survey:
 - **22% say they have smoked in the past month**
- 2003 Spring NCHA:
 - **19.2% say they have used cigarettes in the last 30 days**
- 2003 Fall Campus Tobacco Survey:
 - **22% say they have smoked in the past month**
- 2005 Spring UW System AODA Use Survey:
 - **20% say they have smoked over the past 30 days**
- 2006 Spring NCHA:
 - **14.9% say they have used cigarettes in the last 30 days (3.9% Daily)**
- 2007 Spring UW System AODA Use Survey:
 - **19% say they have smoked over the past 30 days**
- 2009 Spring NCHA:
 - **17.7% say they have used cigarettes in the last 30 days (6% Daily)**
- 2011 Spring UW System AODA Use Survey:
 - **16.7% say they have smoked over the past 30 days**
- 2012 Spring NCHA:
 - **14.8% say they have used cigarettes in the last 30 days (5.5% Daily)**

Taken Prescription Drugs Not Prescribed to You in the Last 12 Months

- Antidepressants (Celexa, Prozac, Zoloft, Wellbutrin, etc.)
4/5% Males, 3/4% Females
- Erectile Dysfunction (Viagra, Cialis, Levitra, etc.) 3/0%
Males, 1/1% Females
- Pain Killers (Oxycontin, Vicodin, Codeine, etc.) Males
12/8%, Females 7/6%
- Sedatives (Xanax, Valium, etc.) Males 2%, Females 3%
- Stimulants (Ritalin, Adderall, etc.) 6/7% Males, 3/5%
Females

Within the last 12 months, how many partners have you had oral sex, vaginal intercourse, or anal intercourse? (2000,2006,2012 vs. **2012 Natl. Data**)



Within the last 30 days did you have oral sex, vaginal intercourse, or anal intercourse? (2012 UWRF vs. **2012 ACHA-NCHA data**)

- 32.6% never had oral sex (**27.3%**)
- 28.2% have had oral sex, but not in last 30 days (**28.2%**)

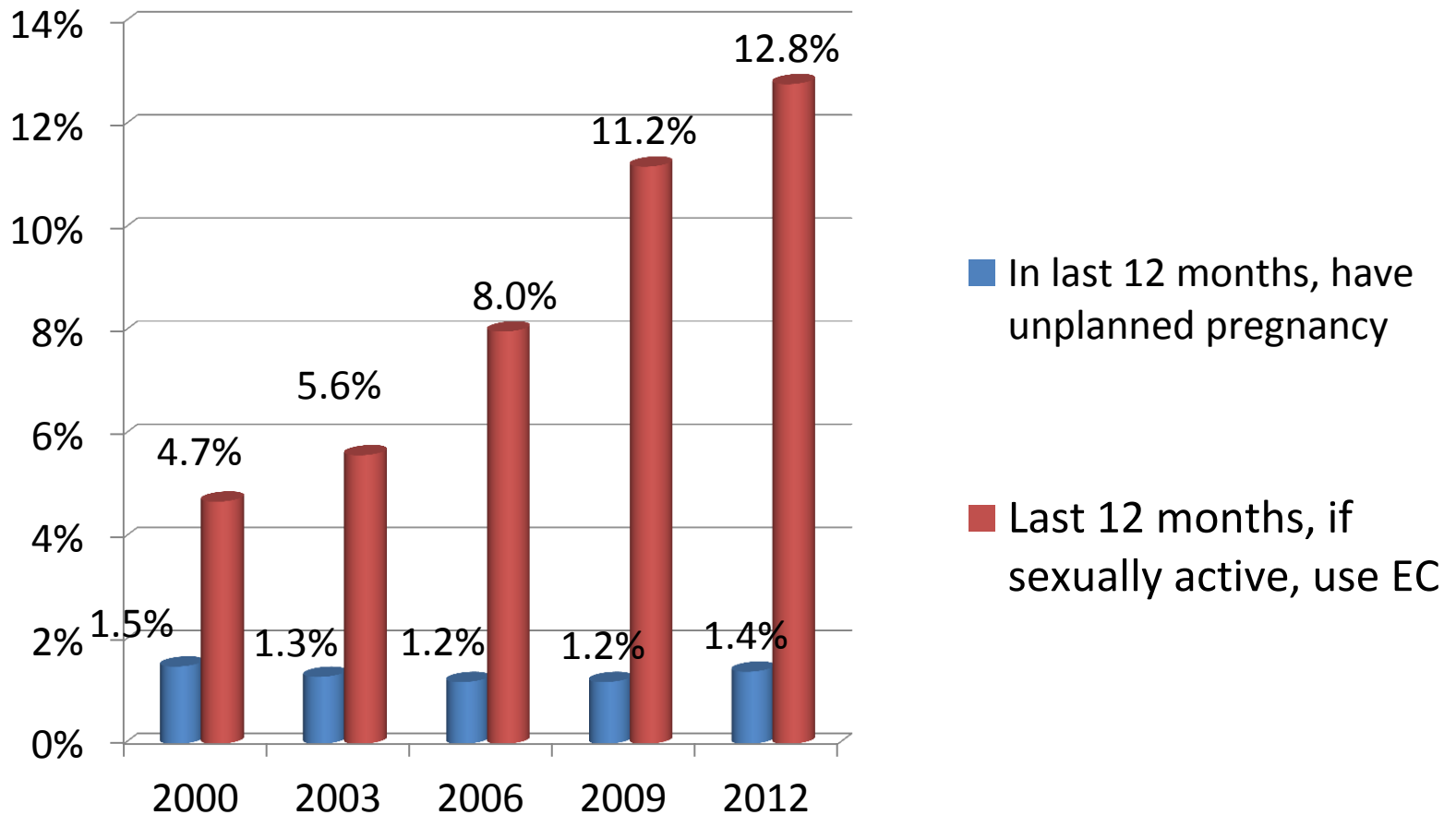
- 32.6% never had vaginal intercourse (**30.1%**)
- 18.9% have had vaginal intercourse, but not in last 30 days (**20.3%**)

- 77.6% never had anal intercourse (**76%**)
- 18.6% have had anal intercourse, but not in last 30 days (**19%**)

Method of birth control used to prevent pregnancy the last time you had vaginal intercourse (2009, 2012 UWRF vs. **2012 ACHA-NCHA data**)

- 59.9/68.1% Birth control pills (**61.6%**)
- 6.8/4.1% Birth control shot (**3.2%**)
- 0.7/3.6% Birth control implants (**1.8%**)
- 1.4/0.8% Birth control patch (**1.0%**)
- 11.5/7.2% Cervical ring (**4.8%**)
- 4.7/3.6% Intrauterine device (IUD) (**6.4%**)
- 64.8/64.3% Male Condoms (**62%**)
- 0/0% Female Condoms (**0.7%**)
- 0/0.3% Diaphragm or cervical cap (**0.5%**)
- 0/0.6% Contraceptive sponge (**0.4%**)
- 4.7/3.3% Spermicide (**4.0%**)
- 5.8/4.7% Fertility awareness (**6.0%**)
- 24.3/32% Withdrawal (**27.5%**)
- 2.5/2.7% Sterilization (**2.6%**)
- 1.8/2.2% Other (**2.1%**)

ACHA NCHA Unplanned Pregnancy and Emergency Contraception Use (UWRF)



Emergency Contraception FDA Approved for OTC Use 2006

How many servings of fruits and vegetables do you usually have per day? (2012 UWRF vs. **2012 Natl. Data**)

- 5.5% of UWRF students say they do not eat fruits and vegetables (**5.5%**)
- 62.4% say they eat 1-2 servings per day (**57.6%**)
- 26.8% say they eat 3-4 servings per day (**30.5%**)
- 5.4% say they eat 5 or more servings per day (**6.4%**)

How would you describe your weight?

(2000, 2003, 2006, 2009, 2012 UWRF vs. **2012 Natl. Data**)

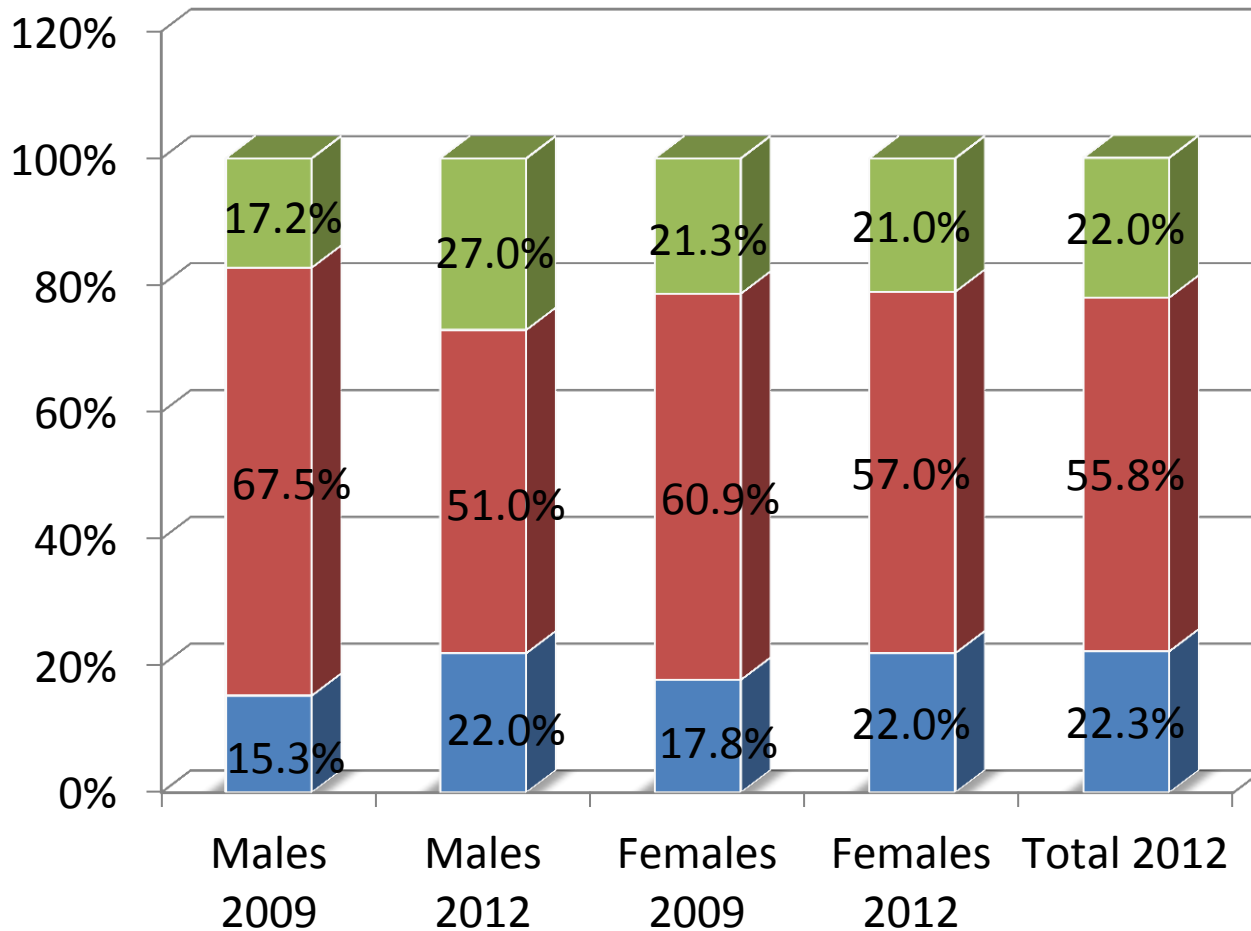
- 54/52/44/53/49% UWRF females describe their weight as about right **(56%)**
- Compared to 59/57/51/52/52% UWRF males describe their weight as about right **(55%)**

However:

- 57/57/69/58/61% of UWRF females say they are trying to lose weight **(60%)**
- Compared to 24/26/43/40/37% of UWRF males who say they are trying to lose weight **(36%)**

UW-River Falls 2009/2012 Physical Activity

Moderate Intensity Cardio or Aerobic Exercise for at least 30 Minutes Last 7 Days



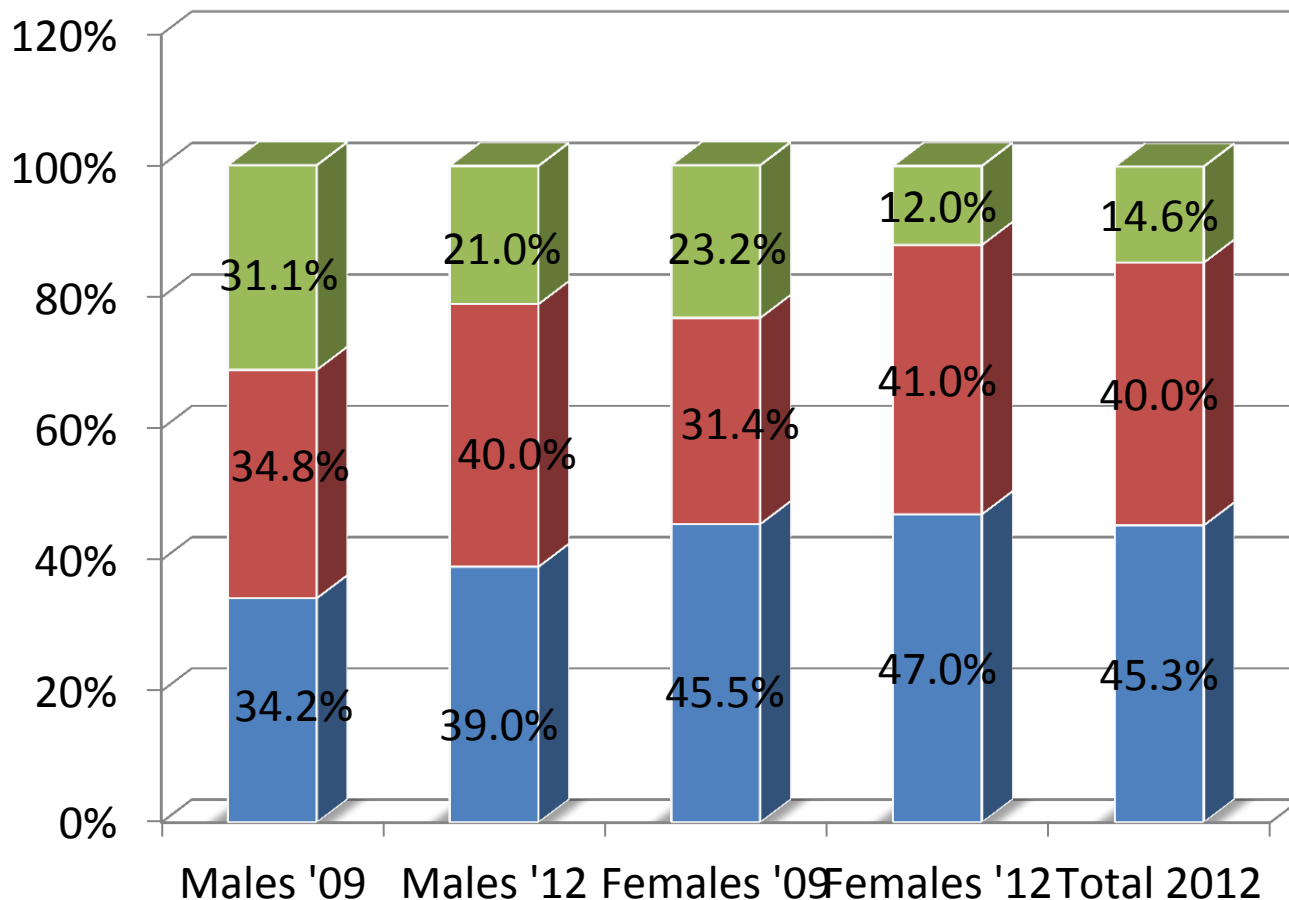
2007 American College of Sports Medicine and American Heart Association updated physical activity guidelines recommend moderate exercise 30 minutes on 5 or more days per week OR 20 minutes of vigorous exercise 3 or more days per week.

- 5-7 Days
- 1-4 Days
- 0 Days

The 2009 survey separated moderate and vigorous exercise. Only about 20% of our student respondents over all met the recommended moderate level of physical activity.

UW-River Falls 2009/2012 Physical Activity

Vigorous Intensity Cardio or Aerobic Exercise for at least 20 Minutes Last 7 Days



2007 American College of Sports Medicine and American Heart Association updated physical activity guidelines recommend moderate exercise 30 minutes 5 or more days per week OR 20 minutes of vigorous exercise 3 or more days per week.

- 3-7 Days
- 1-2 Days
- 0 Days

The 2009 survey separated moderate and vigorous exercise. 39% of male respondents and 47% of females have had no vigorous physical activity in the prior week. 46.2% of our student respondents over all met the recommended vigorous level of physical activity.

Body Mass Index

| | 2003 | 2006 | 2009 | 2012 | Natl. 2012 |
|---------|------|------|-------|-------|------------|
| Females | 23.8 | 25.2 | 24.63 | 25.04 | 24.2% |
| Males | 25.1 | 25.5 | 25.15 | 25.33 | 24.94% |

$$BMI = 703 \times \text{weight}(\text{lbs}) / \text{height}(\text{in}) / \text{height}(\text{in})$$

BMI stands for **B**ody **M**ass **I**ndex. It is a number that shows body weight adjusted for height.

BMI is not the only indicator of health risk.

BMI is just one of many factors related to developing a chronic disease (such as heart disease, cancer, or diabetes).

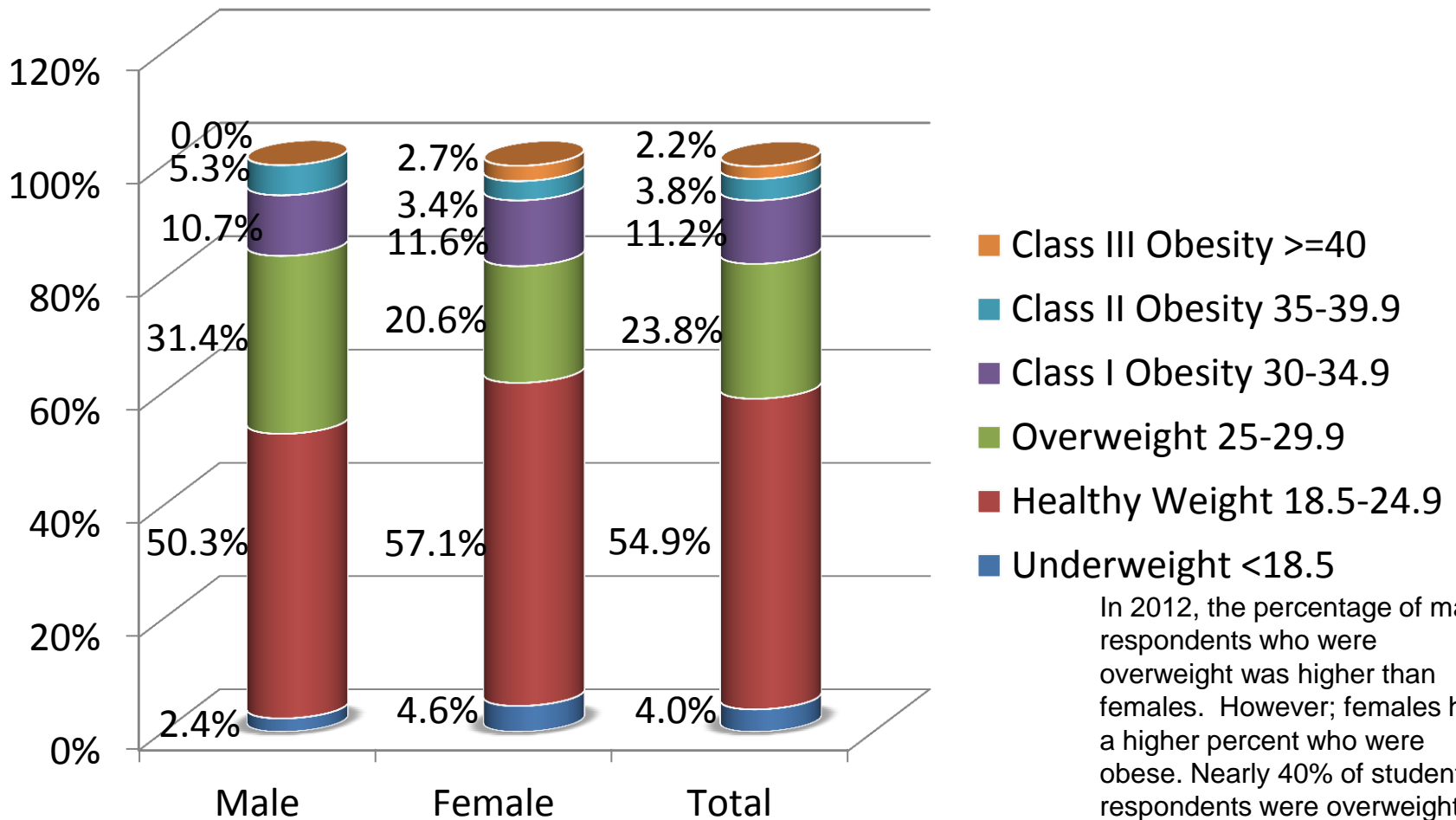
Body Mass Index Values

“Ideal” below 25

“Overweight” 25-29

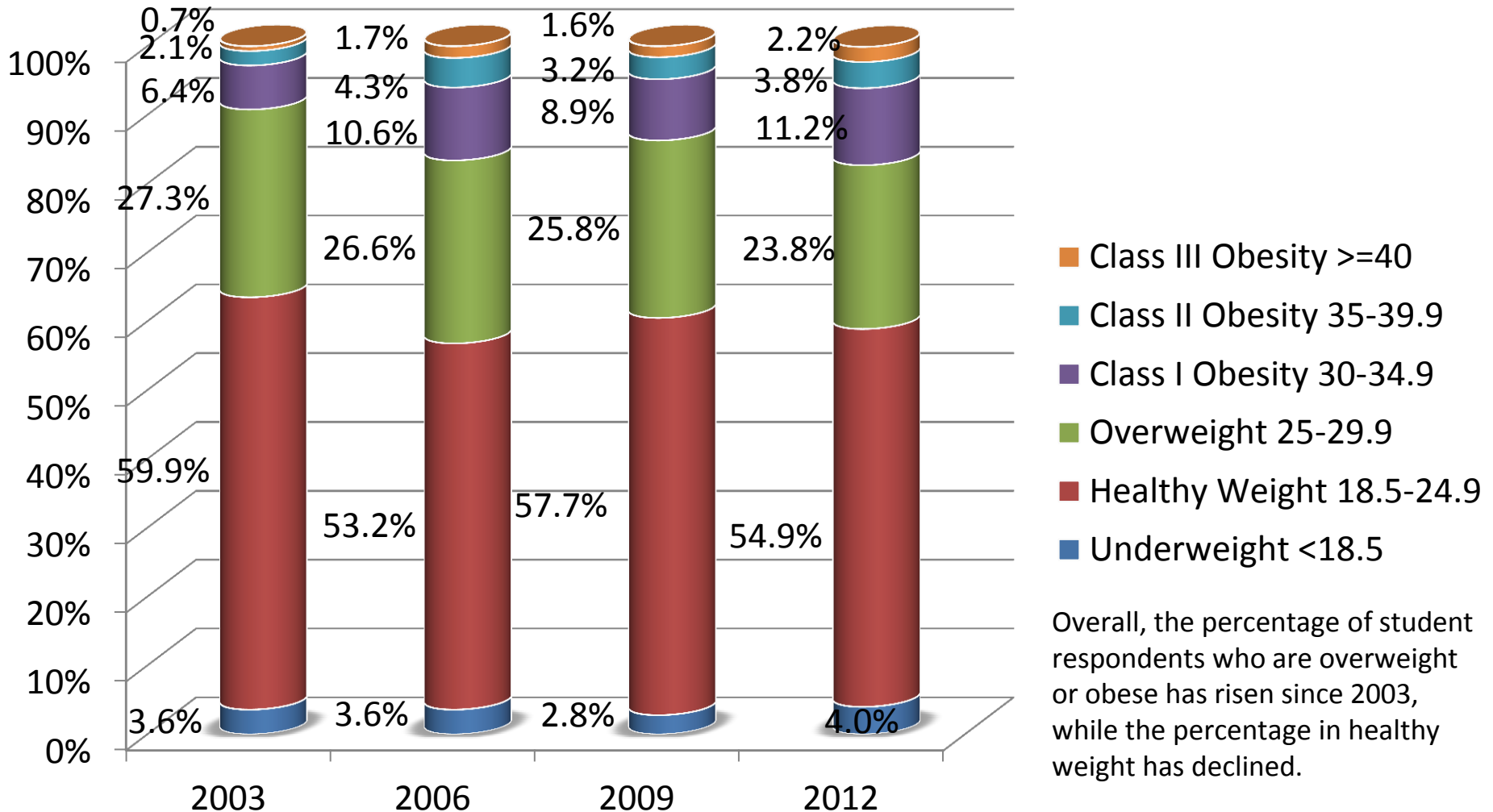
“Obese” ≥ 30

UWRF 2012 BMI by Category

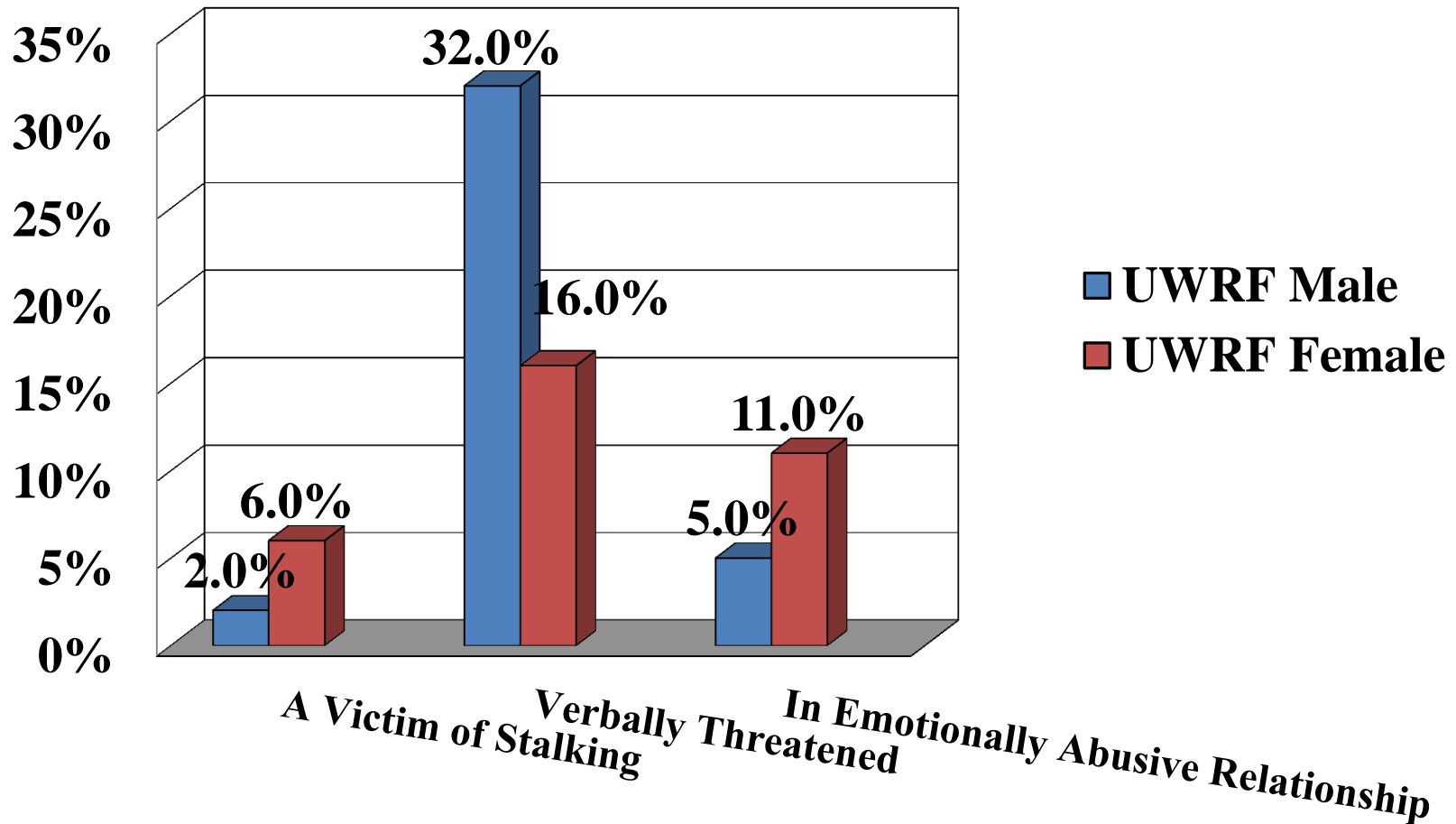


In 2012, the percentage of male respondents who were overweight was higher than females. However; females had a higher percent who were obese. Nearly 40% of student respondents were overweight or obese.

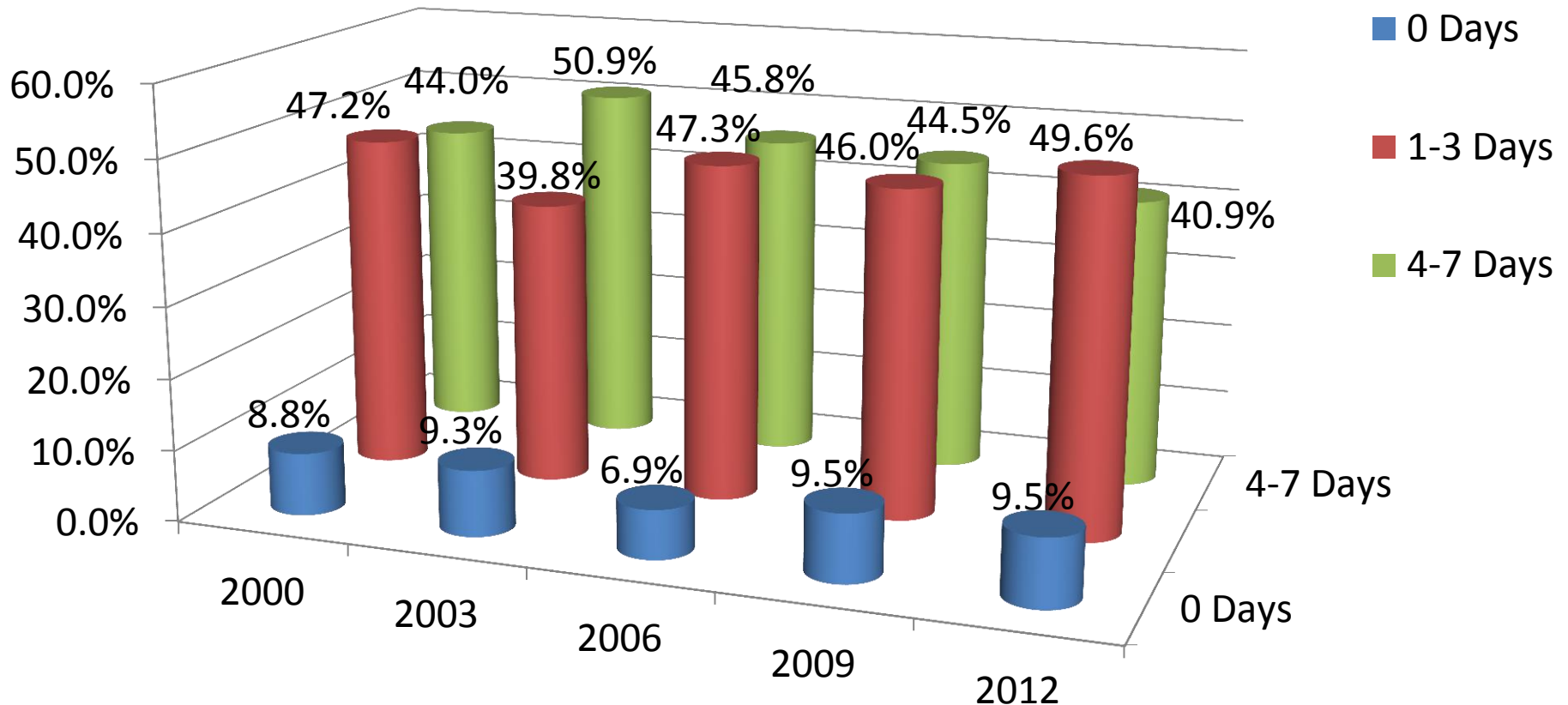
UWRF 2003, 2006, 2009 and 2012 BMI



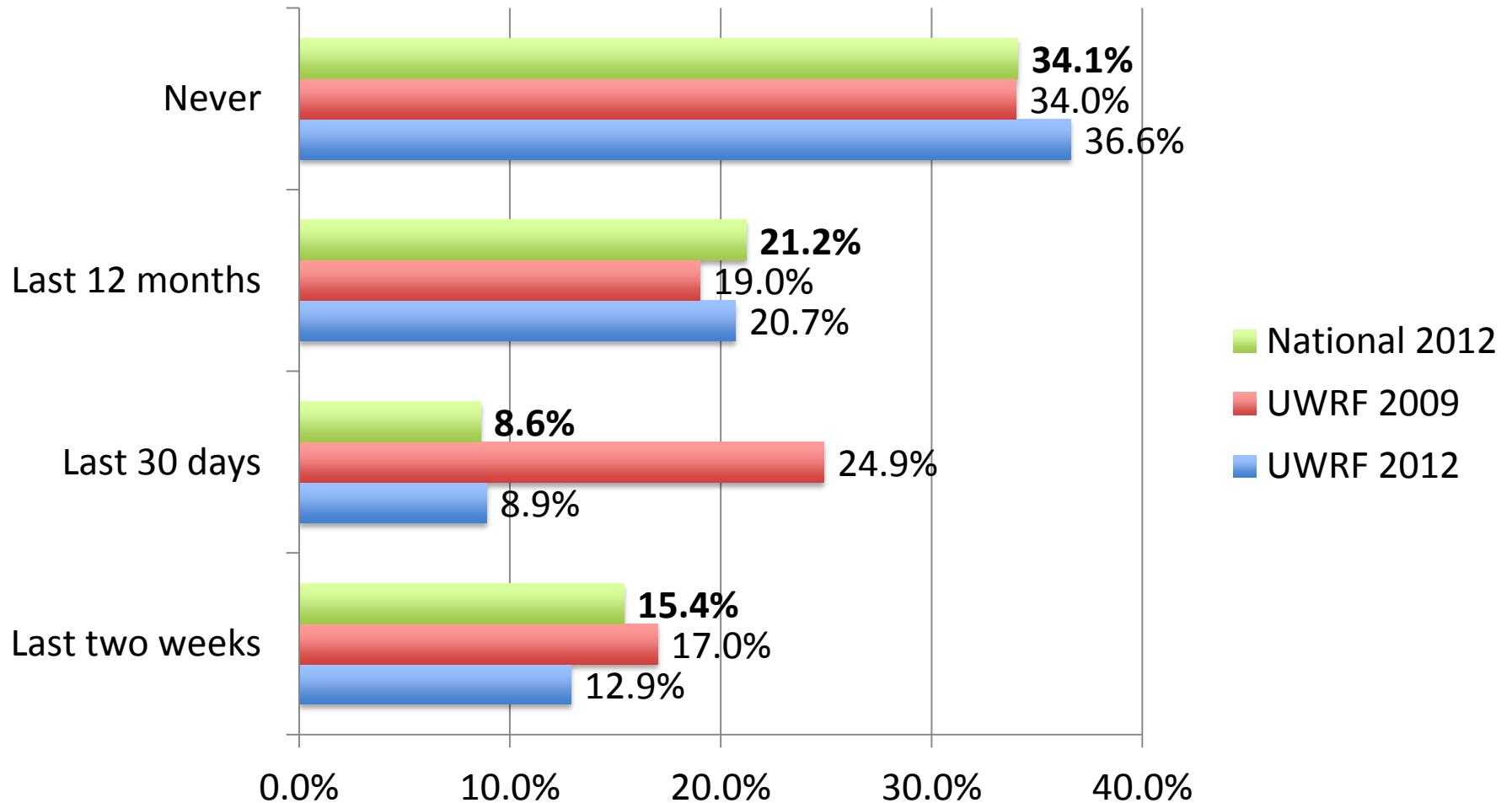
Within the Last 12 Months, Were You



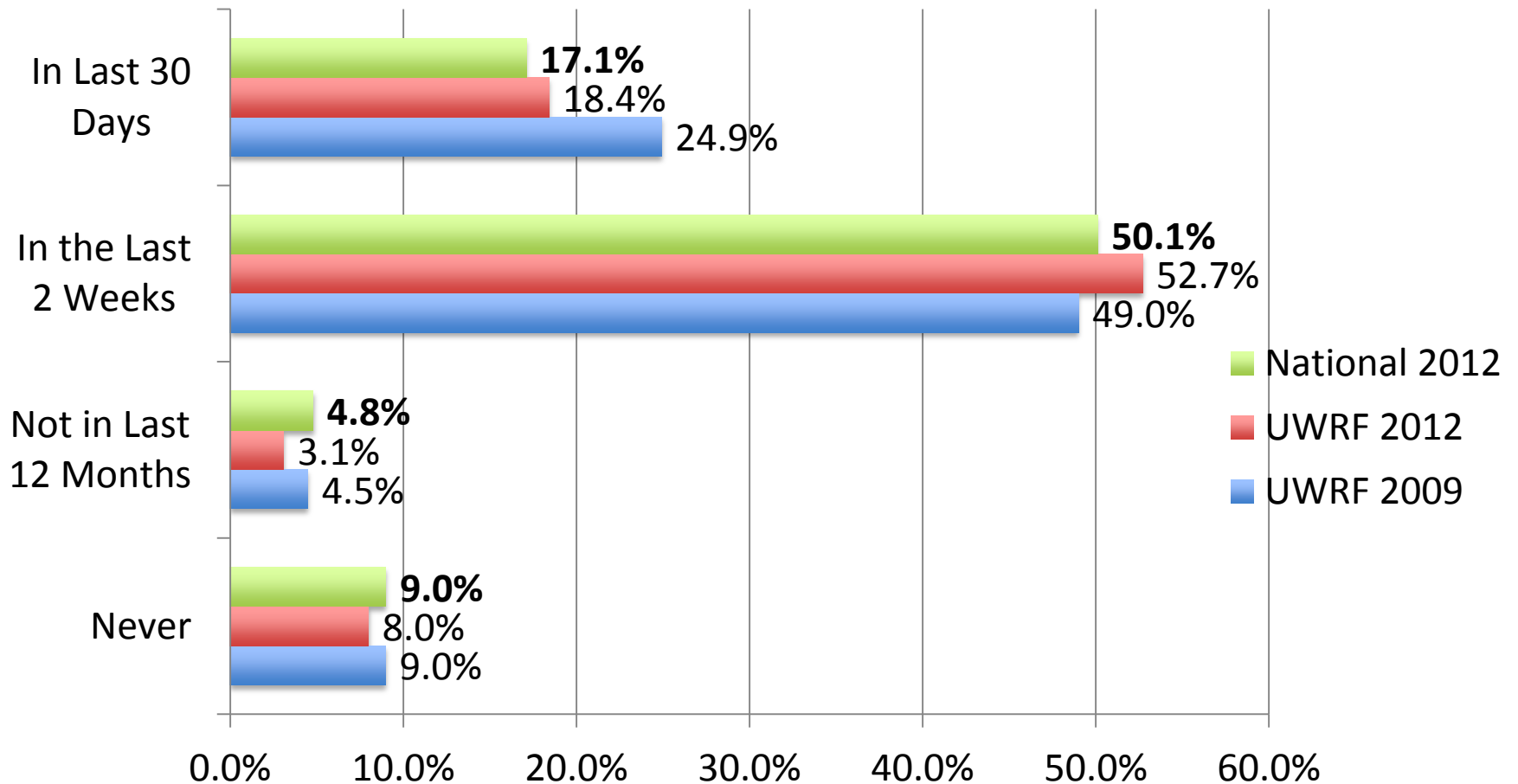
Past 7 Days Got Enough Sleep So Felt Rested When Woke Up in Morning



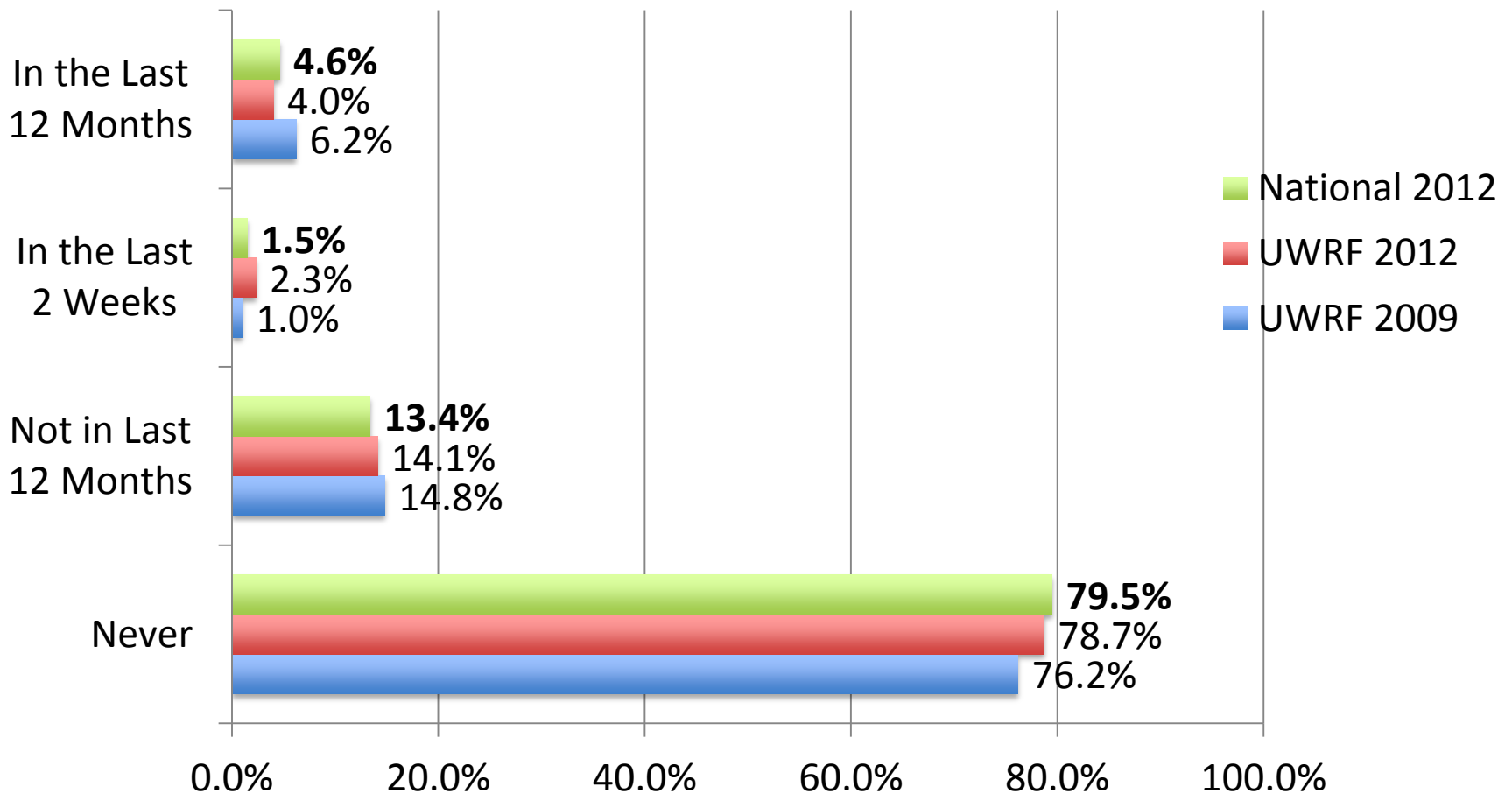
Have you ever felt things were hopeless?



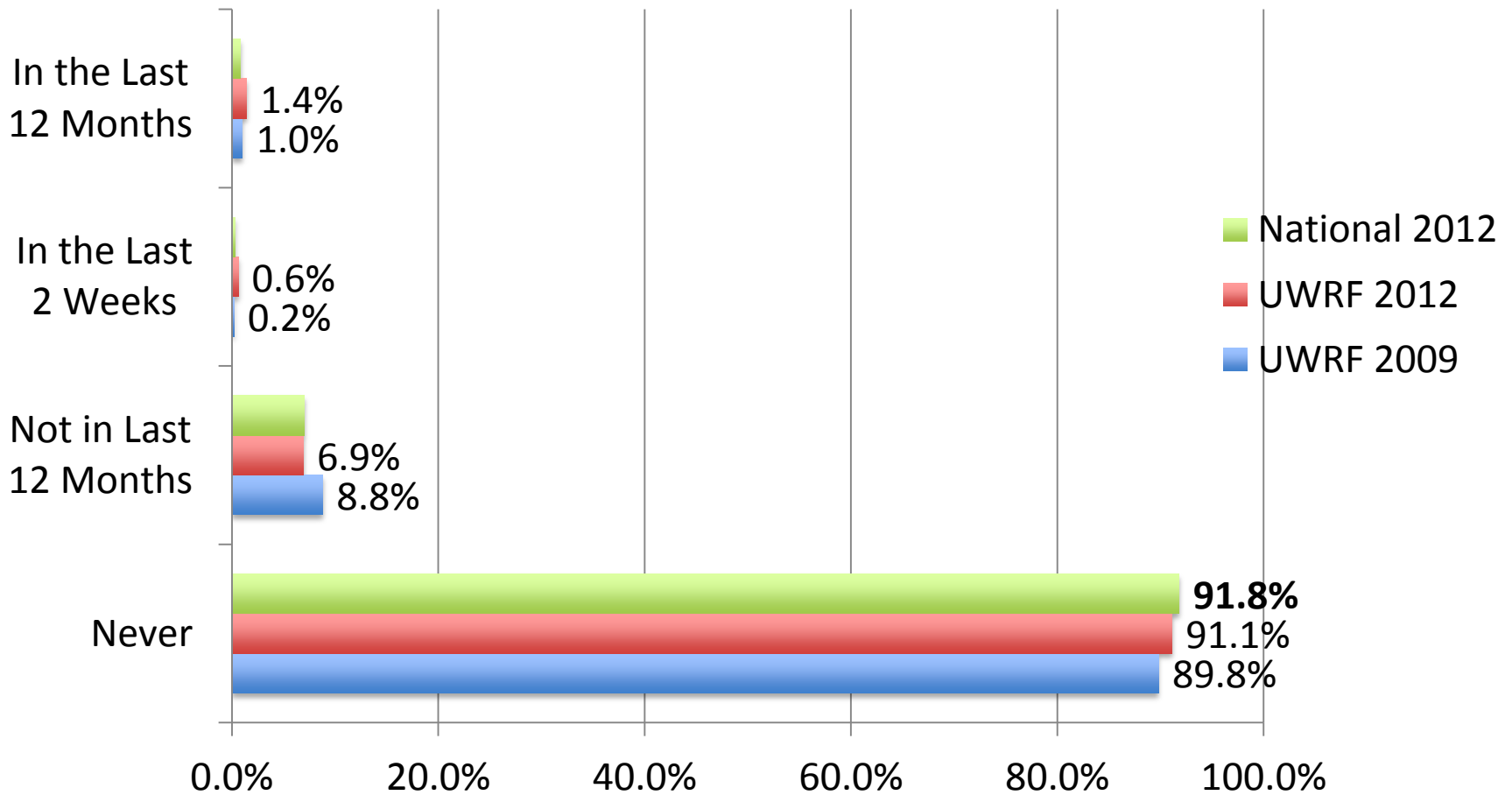
Have You Ever Felt Overwhelmed by all you had to do



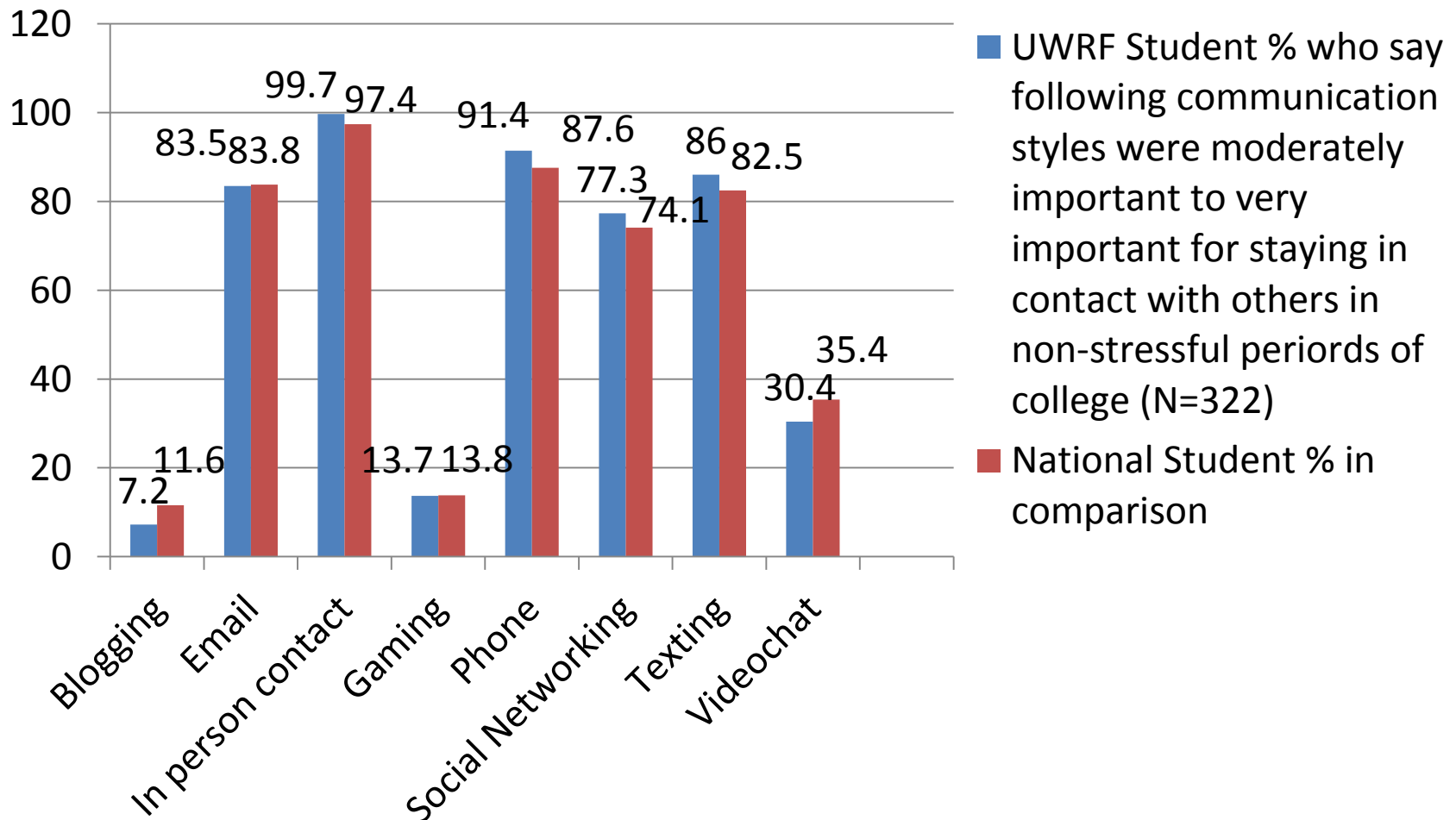
Have You Ever Seriously Considered Suicide?



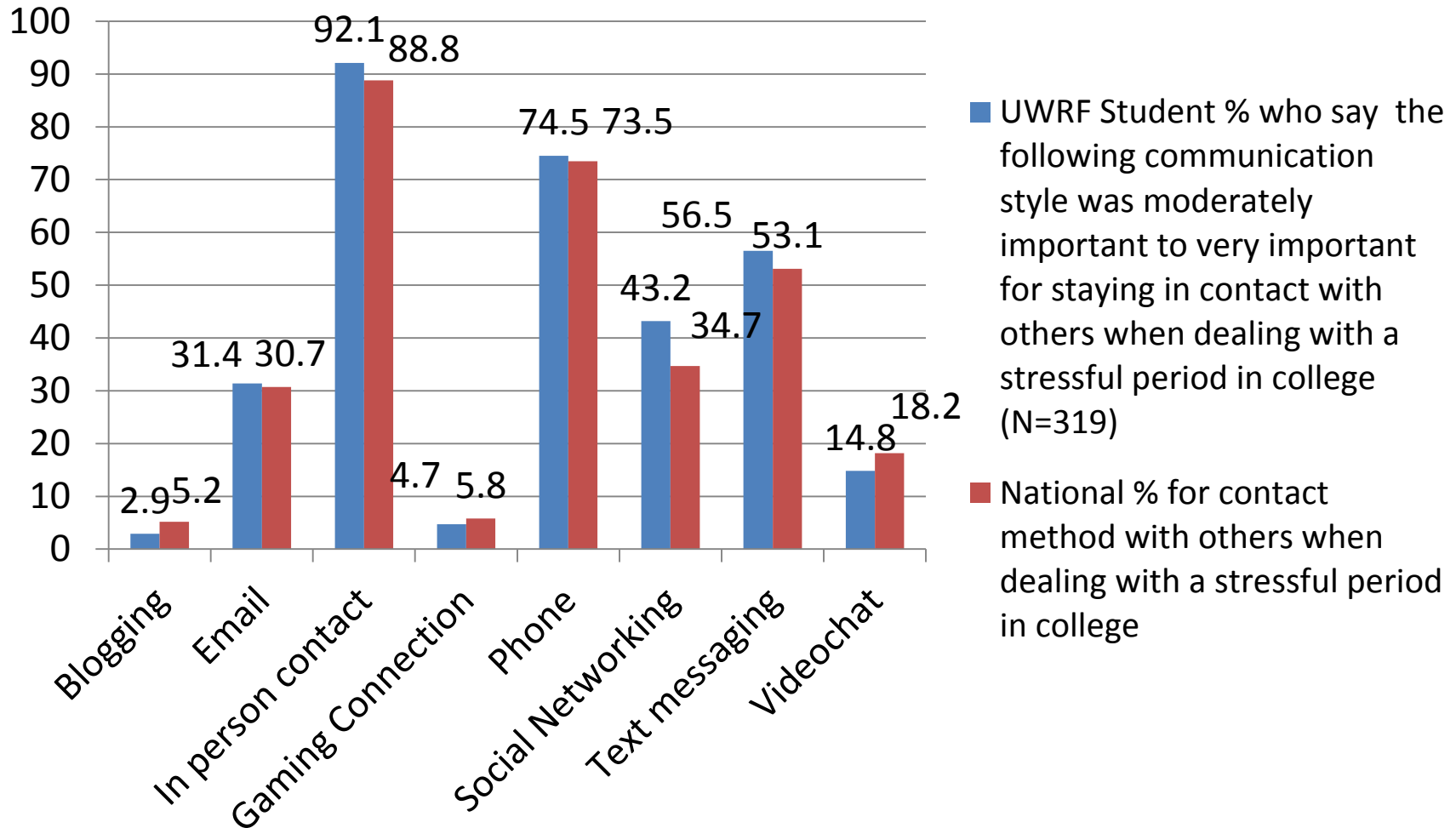
Have You Ever Attempted Suicide?

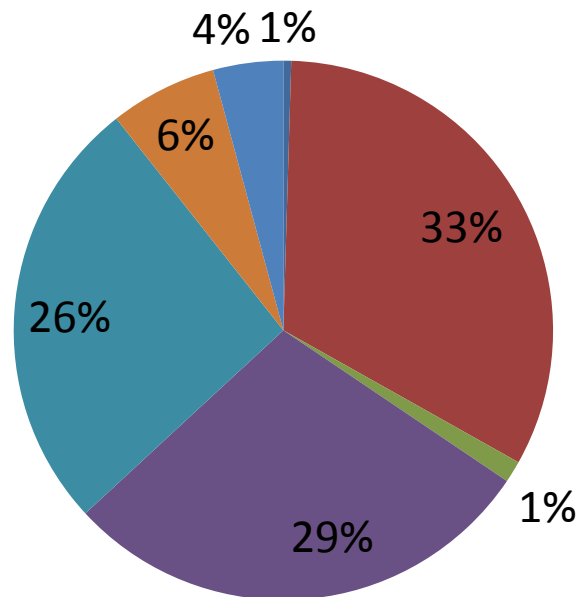


Undergraduate and Graduate Student Coping
With Stressful Experiences, UWRF, Spring 2011



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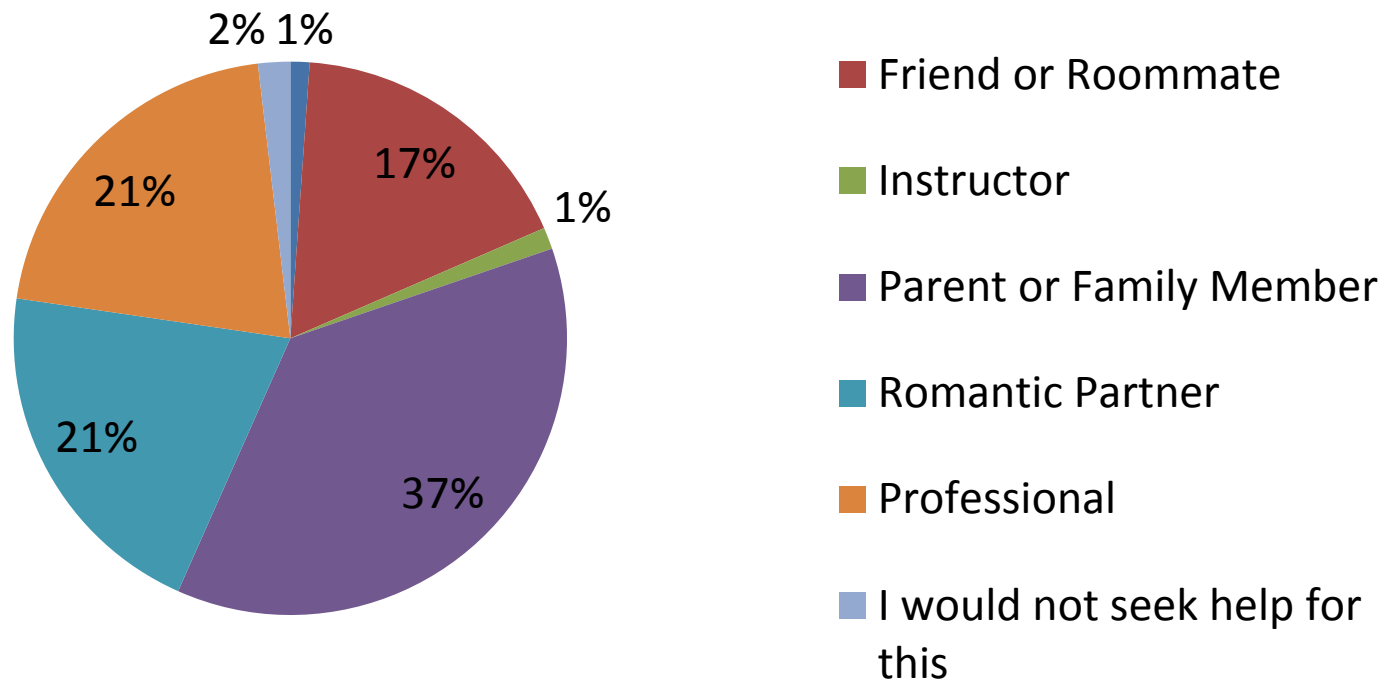


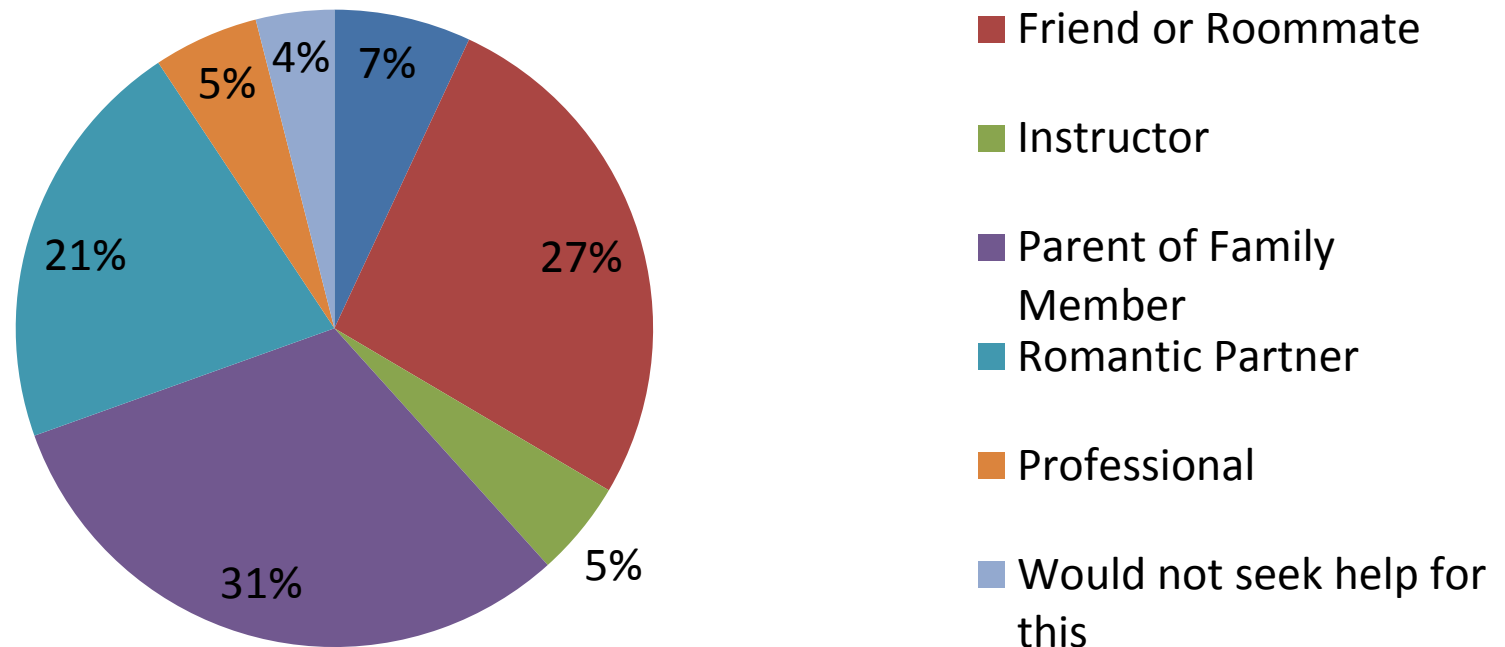
Undergraduate and Graduate Student Coping
With Stressful Experiences, UWRF, Spring 2011**Who Student's would talk to for emotional problems at
UWRF (N=322)**

- Advisor
- Friend or Roommate
- Instructor
- Parent or Family Member
- Romantic Partner
- Professional
- I would not seek help for this

Undergraduate and Graduate Student Coping
With Stressful Experiences, UWRF, Spring 2011

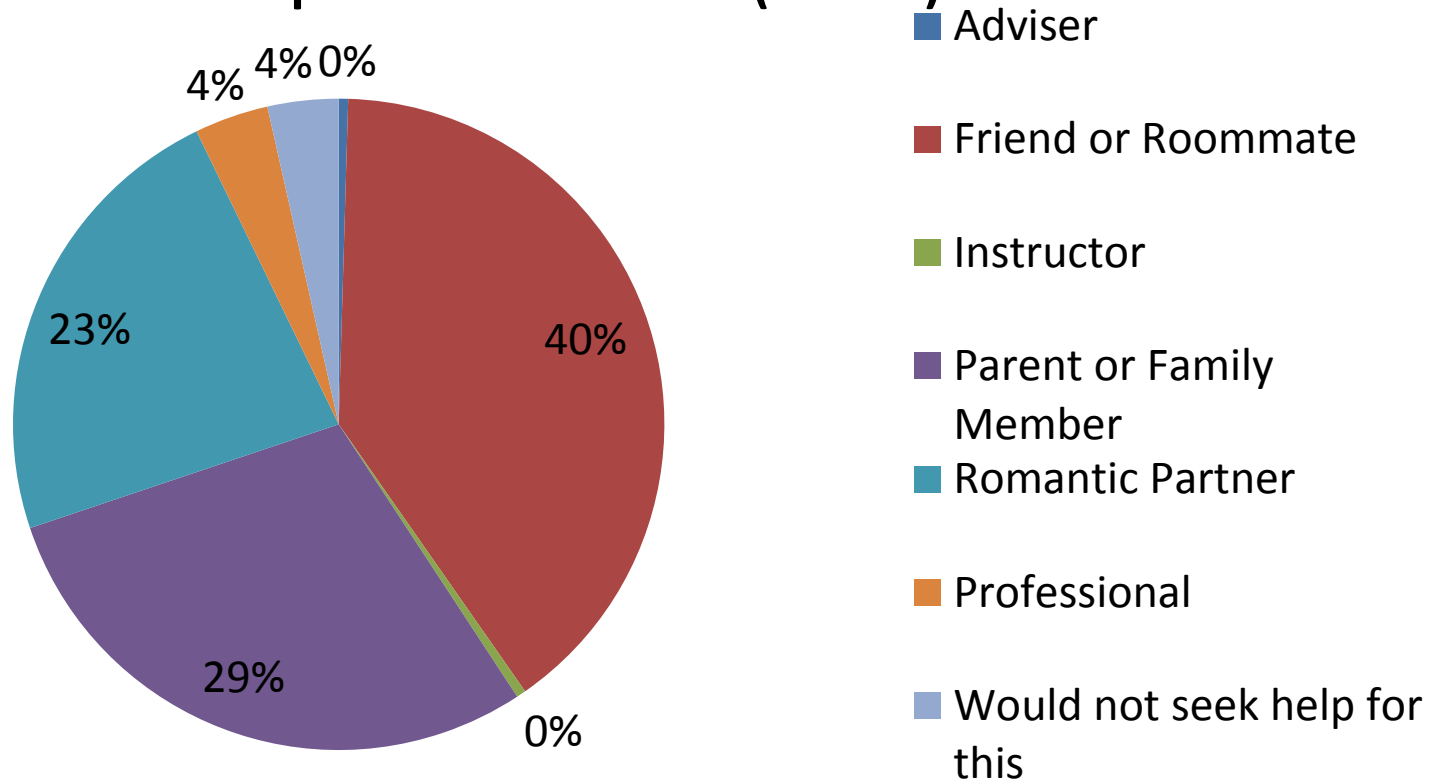
**Who students would seek help from for health problems
at UWRF (N=322)**



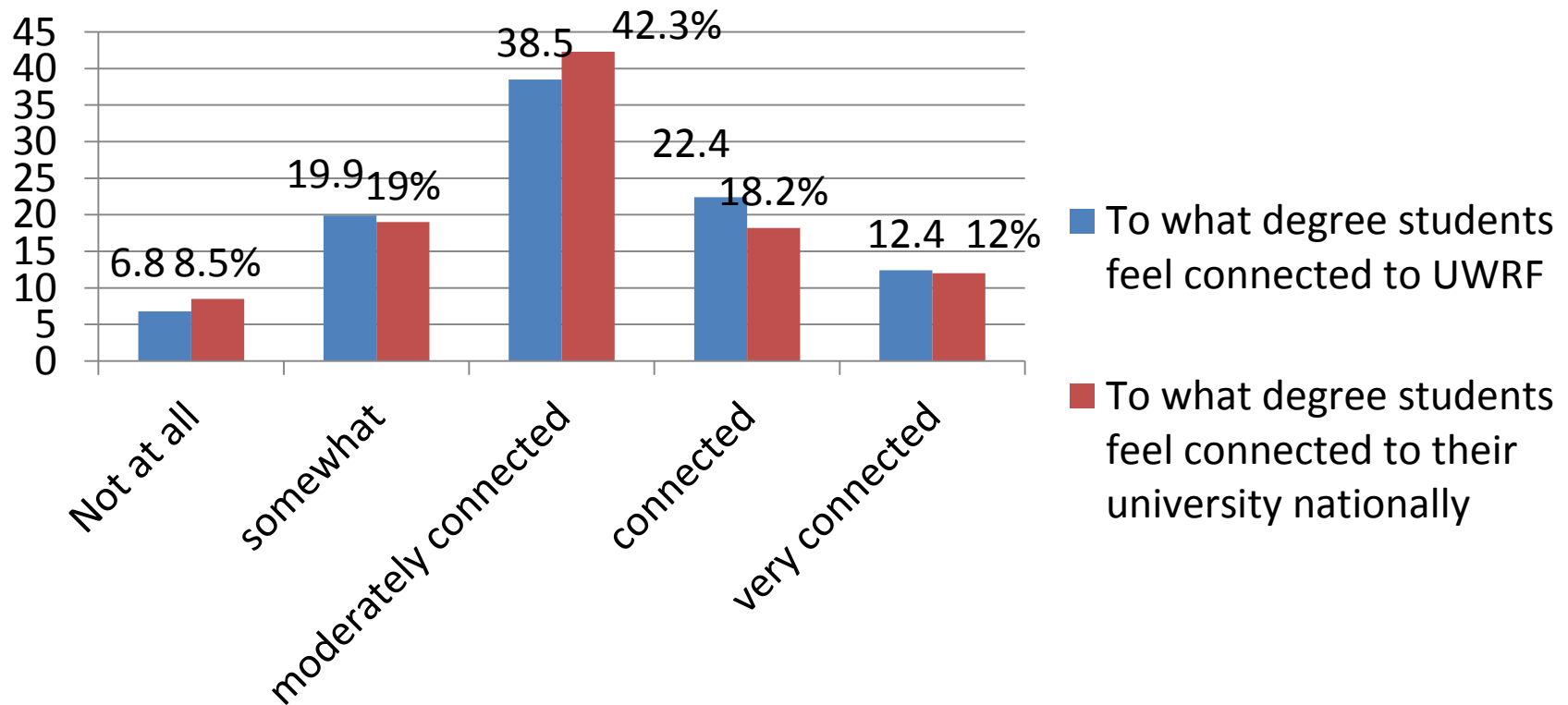
Undergraduate and Graduate Student Coping
With Stressful Experiences, UWRF, Spring 2011Who students would seek help from for "life issues" at
UWRF (N=322)

Undergraduate and Graduate Student Coping
With Stressful Experiences, UWRF, Spring 2011

Who students would seek help from for relationship
problems at UWRF (N=322)



Undergraduate and Graduate Student Coping
With Stressful Experiences, UWRF, Spring 2011



Undergraduate and Graduate Student Coping
With Stressful Experiences, UWRF, Spring 2011

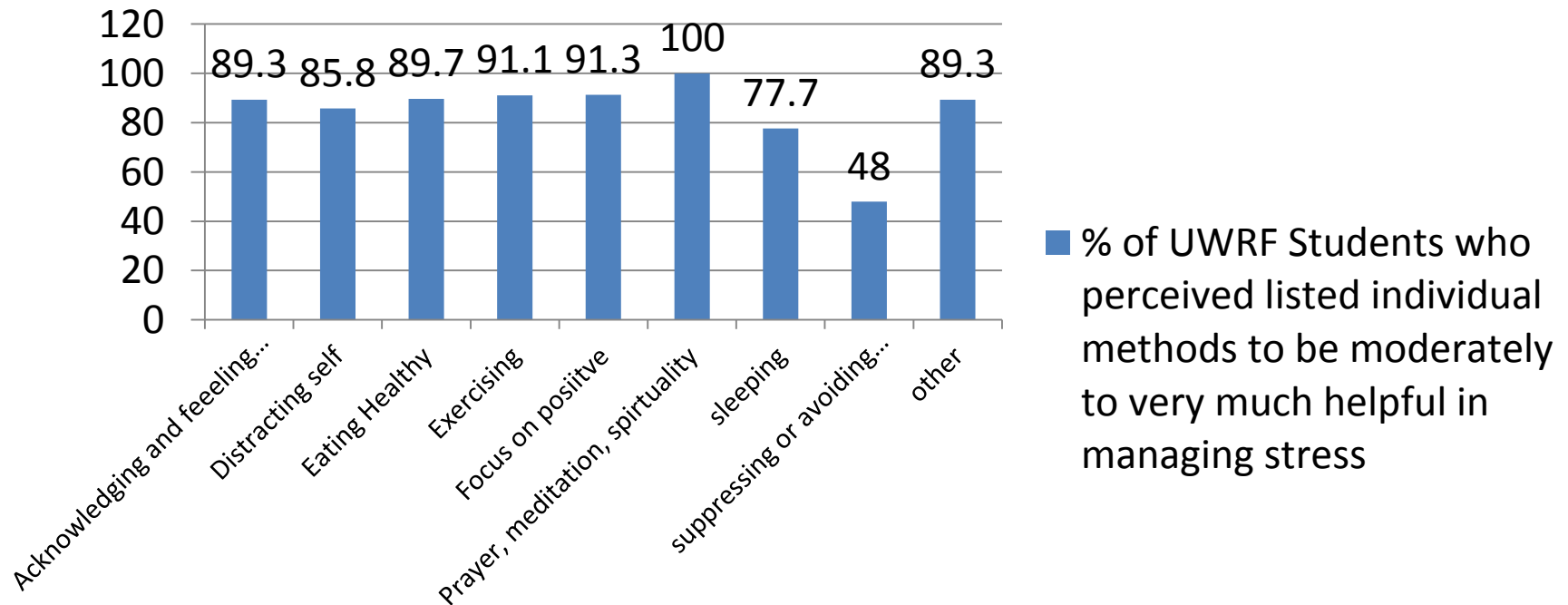
The cause of the most stressful periods of college for UWRF students (N=322) Top 5 Stressors

- Academics 26%
- Death of a close family member or friend 4%
- Discrimination 1%
- Drug or alcohol overuse or addiction 1%
- Family problems 6%
- Financial Problems 13%
- Friendship Problems 7%
- Gender identity concerns 0.5%
- Legal trouble or violation of the law 1%
- Life transitions 9%
- Emotional health problems 5%
- Physical health problems 4%
- Problems at work 6%
- Problems experienced by close friend or family member 3%
- Relationship violence 1%
- Romantic relationship problems 9%
- sexual assault 1%
- Suicide of a close family member or friend 1%
- Other traumatic experience 1%
- Other specific stressors 3%

- 1) Academics
- 2) Financial Problems
- 3) Life transitions
- 4) Romantic relationship problems
- 5) Friendship/family problems

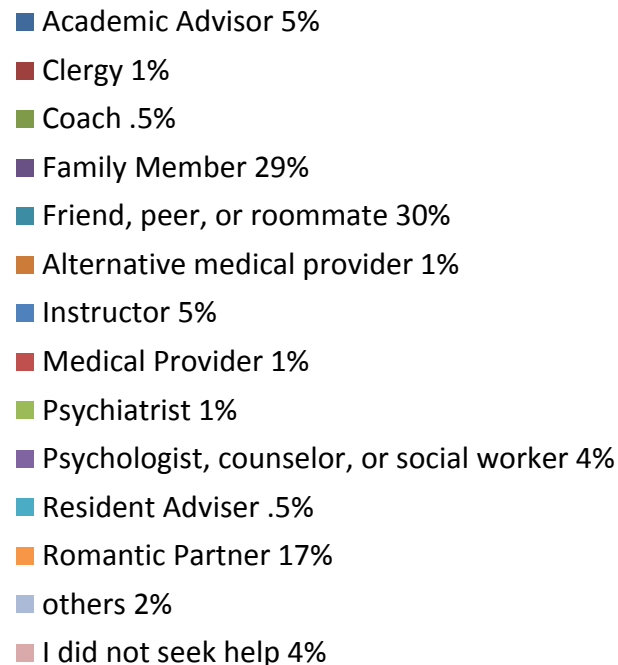
Undergraduate and Graduate Student Coping
With Stressful Experiences, UWRF, Spring 2011

% of UWRF Students who perceived listed individual methods to be moderately to very much helpful in managing stress



Undergraduate and Graduate Student Coping
With Stressful Experiences, UWRF, Spring 2011

**Who do UWRF students seek help from when they are
dealing with a stressful period? (N=322)**

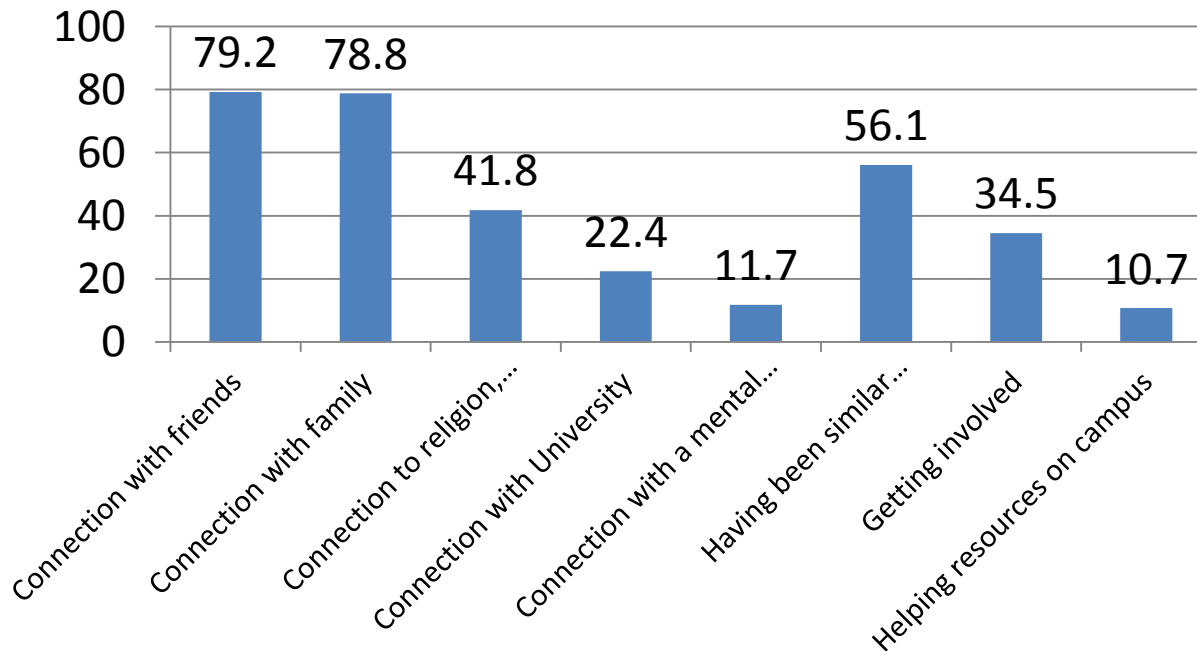


Top 5 places where
students seek help

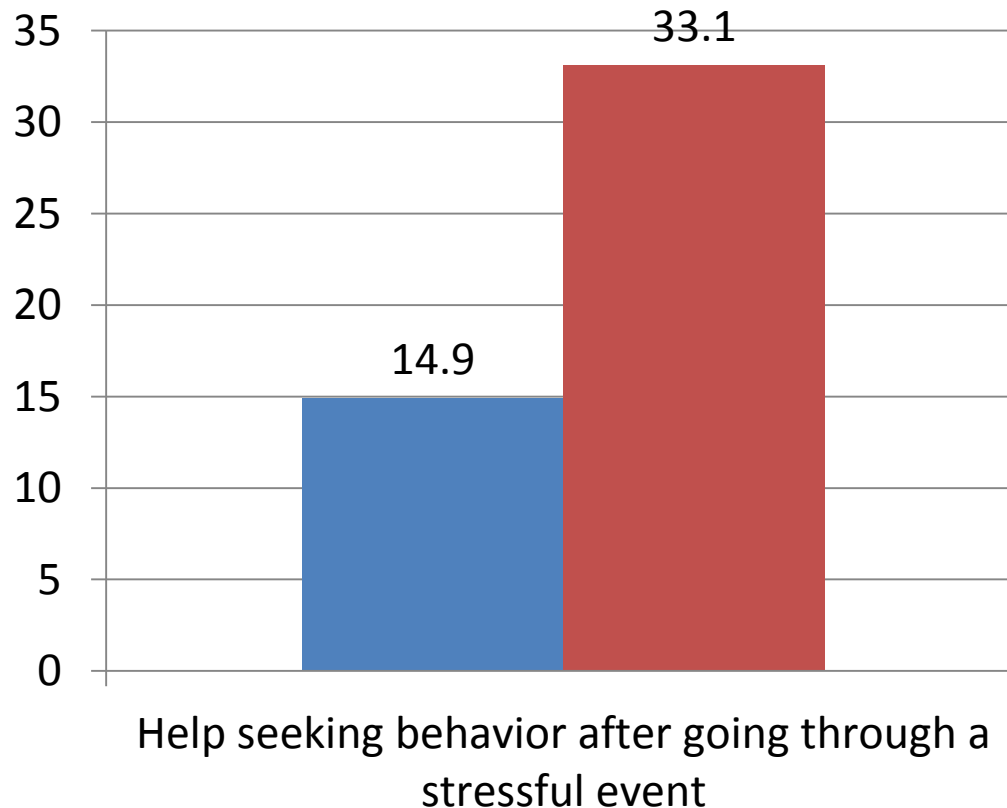
- 1) Friend/roommate
- 2) Family
- 3) Romantic Partner
- 4) Instructor, advisor
- 5) Counselor

Undergraduate and Graduate Student Coping
With Stressful Experiences, UWRF, Spring 2011

% of UWRF students who said the following improved to considerably improved a student's ability to cope during a very stressful time



■ % of UWRF students who said the following improved to considerably improved a student's ability to cope during a very stressful time

Undergraduate and Graduate Student Coping
With Stressful Experiences, UWRF, Spring 2011

- % likelihood UWRF students would seek out campus counseling after going through a stressful experience (N=322)
- % likelihood UWRF students would send a friend to campus counseling who was going through a similar stressful experience as they went through (N=320)