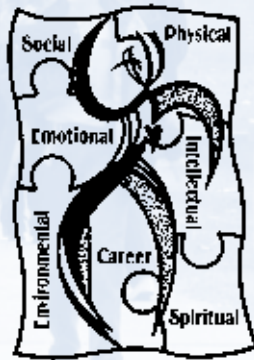


UNIVERSITY OF WISCONSIN-RIVER FALLS

STUDENT HEALTH

Behavior and Risk Data
2000 and 2003



September 2004

Presented by

UW-RF Student Health and Counseling Services

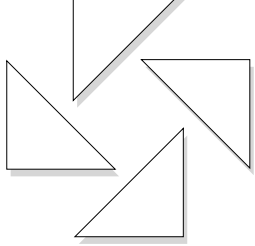
THE AMERICAN COLLEGE HEALTH ASSOCIATION NATIONAL COLLEGE HEALTH ASSESSMENT

The National College Health Assessment is a survey consisting of 58 questions relating to risks and behaviors associated with general health; alcohol, tobacco, and other drugs; sexual behavior and contraception; mental and physical health; and body image, nutrition, and exercise.

- Administered in the Spring of 2000 via mailed survey (with cover letter) to 1420 randomly selected UW-RF students (from all students) and in the Spring of 2003 via mailed survey (with cover letter) to approximately 1398 randomly selected students (from all students)
- Yielded 421 (408 usable surveys) with response rate 30% in 2000 and 498 surveys (490 usable surveys) with a response rate of 35.6% in 2003
- Nationally 16,024 surveys were completed at 28 Postsecondary Institutions in 2000 and 20,724 surveys were completed at 37 Postsecondary Institutions in 2003

Survey Facts 2000/2003

Within the Last School Year, Have You Had
(2003, UW-RF vs. Natl) (not collected in 2000):

- 49.2% Back Pain (44.2%)
 - 32.9% Allergy Problems (45.7%)
 - 22.3% Sinus Infection (26.9%)
 - 14.1 % Depression (18.8%)
 - 10% Strep Throat (12.6%)
 - 7.5% Anxiety Disorder (11.5%)
 - 7.3% Ear Infection (8.9%)
 - 6.6% Asthma (11%)
 - 4.6% Bronchitis (7.8%)
 - 4.1% Seasonal Affective Disorder (6.5%)
- 
- 60.6/66.7% of our students said they always wear a seatbelt compared to 69.2/72.5% nationally. However, 29.1/23.1% of our students said they wear a seatbelt most of the time compared to 19.6/19.4% nationally. Fewer of our students wear a seatbelt all the time compared to national data.
 - 44/50.9% of our students said they'd had enough sleep so they felt rested 4-7 of the past 7 days while 56/49.1% said they'd only had enough sleep for 0-3 of the past 7 days.
 - 1.9/2.4% of our students described themselves as gay/lesbian, bisexual, transgendered, or unsure.
 - 35.3/38.9% of our students volunteer at least 1 or more hours per week compared to 33/36.5% nationally.
 - 48/49.2% of our students work 1-19 hours per week for pay compared to 35.7/38.2% nationally.

Health and Academic Connection

Within the Last School Year, Have any of the Following Affected Your Academic Performance (select most serious) (lower grade on exam or project, lower grade in course, incomplete or dropped course)(2000/2003, UW-RF vs. Natl. 2000/2003):

- 33.2/27.1% Stress (28.7/32%)
- 30.1/19.1 % Cold/Flu/Sore Throat (21.6/25.3%)
- 19.2/17.9% Concern for Troubled Friend/Family Member (16.4/18.4%)
- 23.3/17.8% Sleep Difficulties (20.7/24%)
- 12.4/11.3 % Relationship Difficulty (15.1/15.9%)
- 12/10.1% Alcohol Use (7.9/7.8%)
- 9.1/9% Death of Friend/Family Member (7.9/8.9%)
- 8.1/8.8% Depression/Anxiety/SAD (11.2/14.6%)
- 5.8/7.4% Internet Use/Computer Games (8.6/12.2%)
- 11.4/5.4% Sinus or Ear Infection/Bronchitis/Strep Throat (7.8/8.9%)

CREDIT CARD DEBT

Estimated credit card debt owed by UW-RF students versus national data:

UW-RF 2000 - \$2,248,771 (\$422/student) (\$694/student nationally)

UW-RF 2003 - \$2,339,237 (\$415/student) (\$553/student nationally)

Students and Credit Card Debt: At the University of Minnesota, a study done in 2001 indicated that credit card debt was higher among tobacco and alcohol users than non-users, that as GPA decreased credit card debt increased, as work hours increased credit card debt also increased, and that credit card debt was higher among males than females.

UW System 2004 Report on Student Credit Card Use: Recommendations include prohibiting credit card vendors from offering free gifts as marketing incentives when soliciting on UW lands, ensuring that policies or practices of various university units are consistent, considering using part of revenues generated from university sponsored credit cards for credit card education, and including in university credit card education programming information about loan alternatives.

Remember:

Think of using a credit card as getting a loan. Every time you charge something, you're borrowing the money until you pay it back later that month, during the next billing cycle, or over time. If you think you might need help, credit counseling is available, such as through Family Means at 1-800-780-2890.

ALCOHOL, TOBACCO, AND OTHER DRUG USE

UW-RF students believe 91.7% of their peers have smoked a cigarette in the last 30 days, when in reality it's 19.2%.

2003 UW-RF Student Usage vs. Perception rates

	Usage*	Perception#	
Cigarettes	19.2%	91.7%	*percentage of students who reported using each drug listed at least once within the 30 days prior to completing the ACHA-NCHA survey
Cigars	2.6%	45.2%	
Chew	4.4%	62.0%	
Alcohol	70.5%	98.1%	
Marijuana	9.8%	67.0%	≠ 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
Cocaine	0.4%	22.3%	
Amphetamines	2.8%	39.8%	
Rohypnol	0.0%	6.8%	
Other	0.4%	30.4%	

Resources:

- Tobacco Cessation Resources:
UW-RF Student Health Services 425-3293 or River Falls Medical Clinic (basic office visits covered for students) 425-6701.
Wisconsin Tobacco Quitline: Free cessation counseling at 1-877-270-STOP.
- Alcohol and other drug assessments (3 free sessions) for current students and first offender classes (for a fee) are available at Kinnic Falls Alcohol-Drug Abuse Services, Inc. by calling 426-5950. (provided by UW-RF Counseling Services)
- UW-RF Alcohol, Tobacco, and Other Drug Coalition (Student Health Services 425-3293)

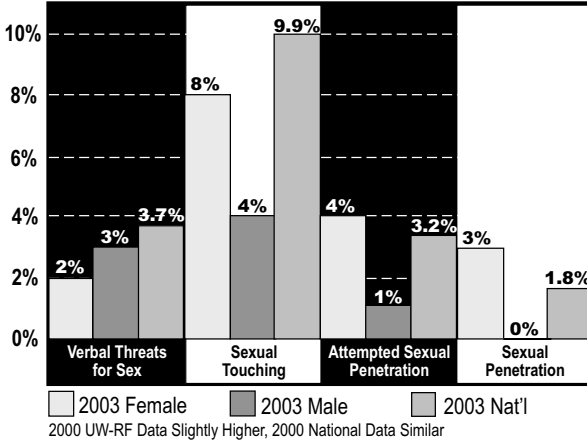
- UW-RF students greatly overestimate the amount of tobacco, drug, and alcohol use of other students.
- If students have a more accurate picture of use on campus they are less likely to feel they have to engage in these behaviors to fit in or believe that "everyone is doing it except me."
- UW-RF Alcohol and other drug policies are available at:
<http://www.uwrf.edu/policies/>
- UW-RF Tobacco policy: Smoking is not allowed in any UW-RF campus building or vehicle or within 25 feet of all campus buildings.

SEXUAL ASSAULT AND RELATIONSHIP VIOLENCE

7 out of 10 rape or sexual assault victims knew their attacker
(Campus Data, wcasa.org).

UW-RF Student Data:

UW-RF Have You Experienced Against Your Will in Last Year



Counseling is available for relationship issues or sexual assault by calling UW-RF Counseling Services at 425-3884/3531. Efforts are underway through the Campus Sexual Assault Task Force (Student Health and Counseling Services 425-3293/3884).

Resources for victims of sexual assault:

For immediate help after the assault:

- Immediately Call 911
- River Falls Police- 425-0909
- UW-RF Public Safety- 425-3133
- Sexual Assault Nurse Examiner-866-688-2194 or by calling 911 or River Falls Area Hospital at 425-6155

In 2003, within the past year:

- 8% of UW-RF female students have experienced sexual touching against their will.
- 3% of UW-RF male students have experienced verbal threats for sex.
- 10% of UW-RF female students and 9% of male students have been in an emotionally abusive relationship within the past year compared to 15% and 10% (respectively) nationally (2003).
- 2% of UW-RF female students have been in a physically abusive relationship within the past year (2003).

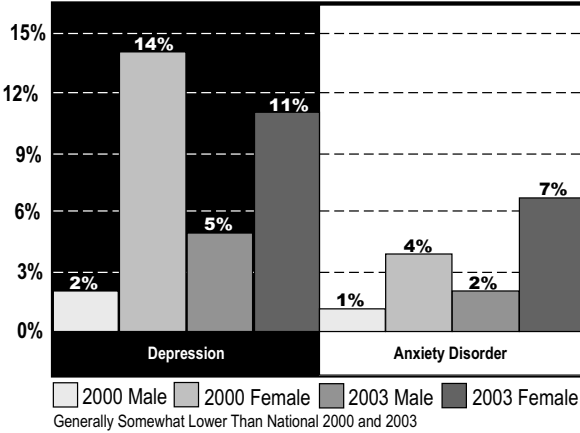
For support and reporting after the immediate crisis, contact:

- UW-RF Dean of Students Office-425-3711
- UW-RF Counseling-425-3884
- UW-RF Student Health Services- 425-3293
- Turningpoint- 425-6751

MENTAL HEALTH

Of UW-RF students diagnosed with depression, more are seeking help.

Ever been diagnosed with Depression or Anxiety Disorder



More students are being treated for depression:

In 2000, for UW-RF, of those diagnosed with depression:

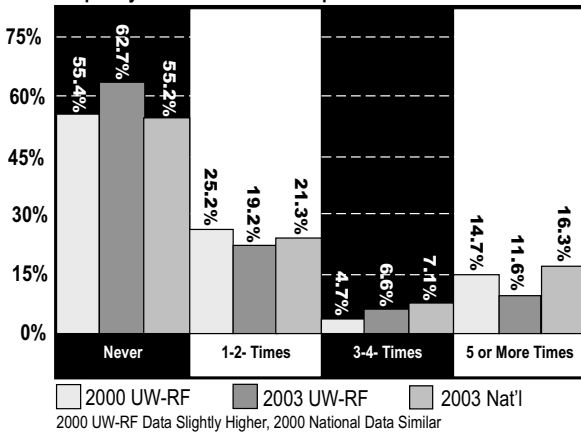
- 10% of males and 11% of females in therapy
 - 9% of males and 26% of females taking medication
- But in 2003, numbers rose to:
- 14% of males and 14% of females in therapy
 - 57% of males and 35% of females taking medication (Similar trend nationally)

Services Available:

Personal counseling is available through UW-RF Counseling Services on campus free of charge for students (and faculty and staff through the Employee Assistance Program) by calling 425-3884 or 425-3531. UW-RF Counseling Services works with others on campus and in the community to promote the mental health of UW-RF students, faculty, and staff.

As part of the University Committee on Health and Wellness, a Mental Health Subcommittee has been established that includes UW-RF staff, faculty, and students, and members of the community. For more information, please call UW-RF Counseling Services at 425-3884.

Frequency in Last Year Felt so Depressed was Difficult to Function



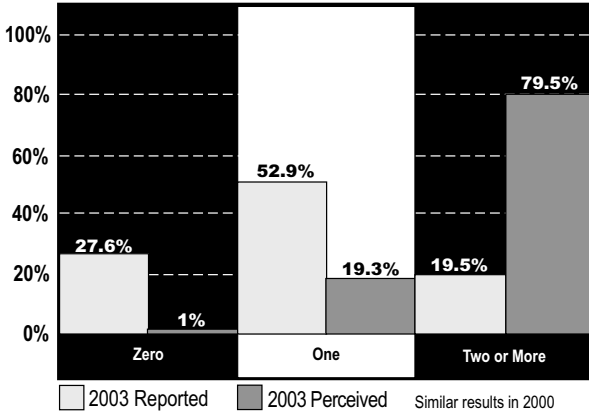
25.2% in 2000 and 19.2% in 2003 of students said they'd felt so depressed it was difficult to function 1-2 times in the last year, while 14.7% in 2000 and 11.6% in 2003 said they'd felt so depressed it was difficult to function 5 or more times in the last year.

SEXUALITY

80.5% of UW-RF students have had zero or one sexual partner in the last 12 months.

Students overestimate how much other students have sex:

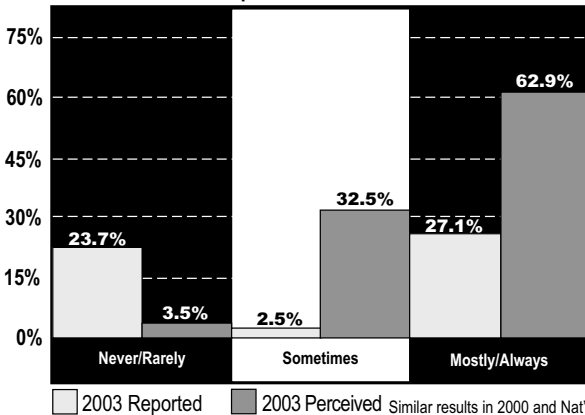
**No. Sexual Partners Last 12 Mos. (Oral, Anal, Vaginal)
Reported vs. Perceived**



Following national trends, the number of sexual partners students thought the typical student had was much higher than students' reported number of sexual partners, indicating that students overestimate the number of sexual partners of their peers.

However, students tend to underestimate how often other students use condoms:

**Frequency Last 30 Days of Condom Use with Vaginal Intercourse
Reported vs. Perceived**



Reported frequency of condom use with vaginal intercourse during last 30 days is much lower than the perceived frequency of typical student use.

Vaginal intercourse last 30 days:

Reported:

- 30.9% never done this
- 17.9% not done this in the last 30 days
- 15.5% 1 to 4 times last 30 days

Perceived:

- 1.9% said zero last 30 days
 - 58.2% 1 to 4 times last 30 days
- (Similar results for 2000 and nat'l).

Method of pregnancy prevention last time had vaginal intercourse (UWRF 2000/2003 vs. nat'l.):

- 34.3/ 27.6 % Say have not had vaginal intercourse (25.6%)
- 37/42.9% Birth control pills (39.5%)
- 31.6/37.8% Condoms (35.3%)
- 14.2/15.3% Withdrawal (14.8%)
- 2.7/2.4% Nothing (3.6%)

Sexuality Resources

- Pap smears and exams, most STD testing and exams, HIV testing, pregnancy testing, and emergency contraception are available for current students through UW-RF Student Health Services through agreements with Pierce County Reproductive Health Services (425-8003) and the River Falls Medical Clinic (425-6701). Pierce County Reproductive Health Services also offers birth control and safer sex supplies at a reduced cost.
- UW-RF Student Health and Counseling Services works with others on campus and in the community to provide services, education, and other efforts to promote healthy sexuality.

PHYSICAL ACTIVITY AND NUTRITION

Regular physical activity improves one's mood, helps relieve depression, and increases feelings of well-being.

UW-RF student activity levels:

On how many days did you participate in vigorous exercise for at least 20 minutes or moderate exercise for at least 30 minutes?

- 57.4% of UW-RF students active only 0-2 days a week in 2003; was 47.4% in 2000.
- 26.3% of UW-RF students met the recommended levels of activity on most days of the week in 2003; was 34% in 2000.
- This data indicates student activity levels have declined from 2000 to 2003.

Body Mass Index (BMI) Rates:

- BMI is a number that shows body weight adjusted for height. It is not the only indicator of health risk, but rather just one of many factors related to developing a chronic disease (such as heart disease, cancer, or diabetes).
- The average UW-RF male student is classified as overweight (25.06). Individuals with BMI rates of 25 and above are at increased risk for diabetes, heart disease, and cancer. Healthy weight BMI rates are between 18.5 to 24.9. Both UW-RF males and females are above national rates (2003).
- 52% of UW-RF females would describe their weight as being about right and yet 57% are trying to lose weight. If you are concerned about a student that is struggling with an eating disorder, contact UW-RF Student Health and Counseling Services at 425-3293/3884.

Tips to Increase Physical Activity Levels:

- Walk (lunch or break) with friends or co-workers. Activities can be split into several short periods and still be beneficial.
- Join the Body Shop (425-3110) (reduced rate for students) or the Strength and Conditioning Center (425-0607) on campus. UW-RF employees who use Humana are eligible for a \$50.00 Wellness benefit discount by joining a health or fitness center. Send a letter with pertinent information from the membership to: Humana Claims, PO Box 14601, Lexington, KY 40512-4601 or call 1-800-448-6262.
- Physical activity need not be strenuous to be beneficial.
- Select activities that you ENJOY and can fit into your daily life.
- Call UW-RF Student Health Services (425-3293) to learn more about how you can increase your activity levels.

Consult a physician prior to beginning any exercise program.

UW-RF Activity Levels 2000/2003

- 0-2 days: 47.4/57.4%
(55.8% 2003 Nat'l)
- 3-7 days: 52.6/42.7%
(44.3% 2003 Nat'l)

To calculate your BMI:
 $703 \times \text{wgt}(\text{lbs}) / \text{height}(\text{in})^2$

Body Mass Index Rates:

2003	UW-RF	Nat'l
Females	23.78	23.31
Males	25.06	24.73

Data not available in 2000

Tie to Academics

Students' health concerns influence academic achievement as well as other aspects of their lives. While minor injuries and episodic illnesses may be inconvenient and uncomfortable, more complex issues have greater impact on academic and scholarly life, the quality of relationships, and long-term well-being. These issues are inter-related and include dysfunctional stress, mental health issues, problem drinking, at-risk sexual behavior, interpersonal violence, isolation, disordered body image, etc. Prevention is the essential core response and an interdisciplinary approach to addressing these issues is imperative.

UW-RF University Committee on Health and Wellness

This Committee is comprised of UW-RF students, faculty, and staff, and community members.

- The mission of the University Committee on Health and Wellness is to work collaboratively to identify and address health and wellness issues that affect UW-RF students, faculty, and staff in a broad, systematic manner, based on available data, information, and research.
- Priority areas identified by the committee include responsible sexual behavior, substance use and abuse (alcohol, tobacco, and other drugs), physical activity and nutrition, mental health, and other prevention issues (such as immunizations and communicable disease, seat belt use, credit card debt, travel abroad health).
- If interested in participating on this committee, contact UW-RF Student Health and Counseling Services at 425-3293/3884.

UW-RF Student Health and Counseling Services

- Certain basic health services are available for students through UW-RF Student Health Services through agreements with the River Falls Medical Clinic (425-6701) and Pierce County Reproductive Health Services (425-8003).
- Personal counseling is available through UW-RF Counseling Services on campus free of charge for students (and faculty and staff through the Employee Assistance Program) by calling 425-3884 or 425-3531.
- Visit the Student Health Services webpage at www.uwrf.edu/student-health-service and the Counseling Services webpage at www.uwrf.edu/counseling for more information on services, helpful web links, staff, etc.

