
American College Health Association
National College Health Assessment

University of Wisconsin-River Falls
Spring 2000, 2003, and 2006

American College Health Association (ACHA)

- 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 National College Health Assessment (NCHA)

- 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

ACHA NCHA

- 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

ACHA NCHA

- 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

ACHA NCHA at UW-River Falls

- The American College Health Association National College Health Assessment was administered to 421 UW-RF students in 2000 and 498 students in 2003 via random mailed survey. The survey yielded 408 usable mail surveys with a response rate of 30% in 2000 and 498 usable mail surveys with a response rate of 35.6% in 2003.
- Administered in the Spring of 2006 via on-line survey to 3000 randomly selected UW-RF students and yielded 705 usable web surveys with a response rate of 23.5% (Incentives offered but campus e-mail down during administration).
- National reference data available for all three administrations.

Demographic Data of Respondents Versus All UWRF Students

■ Respondents (705)

- 71.2% Female
- 28.8% Male
- 93.5% Age 24 or under
- 6.5% Age 25 or older
- 5.0% Married or domestic partner
- 2.0% International students
- 52.4% On campus
- 97.4% Full-time

■ All UWRF Students (6,508)

- 58.1% Female
- 41.9% Male
- 82.8% Age 24 or under
- 17.2% Age 25 or older
- 3.2% Married
- 0.7% International students
- 34.1% On campus
- 81.0% Full-time

Demographic Data of Respondents Versus All UWRF Students

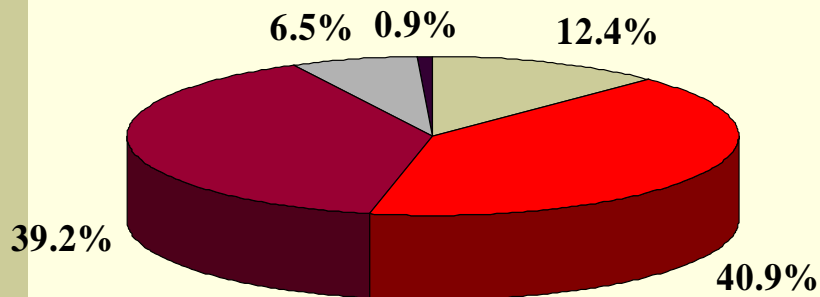
- | ■ Respondents (705) | ■ All UWRF Students (6,508) |
|---|--|
| ■ 23.7% 1st year undergrad | ■ 19.5% 1st year undergrad (freshman) |
| ■ 21.2% 2nd year undergrad | ■ 22.2% 2nd year undergrad (sophomore) |
| ■ 23.0% 3 rd year undergrad | ■ 27.1% 3rd year undergrad (junior) |
| ■ 23.0% 4 th year undergrad | ■ 23.2% 4th year undergrad (senior) |
| ■ 5.9% 5 th year or more undergrad | ■ 3.8% Graduate |
| ■ 1.0% Specials and grad | ■ 4.2% Other |

Demographic Data of Respondents Versus All UWRF Students

- | ■ Respondents (705) | ■ All UWRF Students (6,508) |
|---------------------------------------|---------------------------------|
| ■ 95.1% White | ■ 90.9% White |
| ■ 0.6% Black | ■ 1.8% African American |
| ■ 0.2% Hispanic or Latino | ■ 1.0% Latino |
| ■ 2.7% Asian/Pacific Islander | ■ 3.4% Asian or Southeast Asian |
| ■ 0.4% American Indian/Alaskan Native | ■ 0.8% Native American |
| ■ 1.0% Other | ■ 2.1% Other |

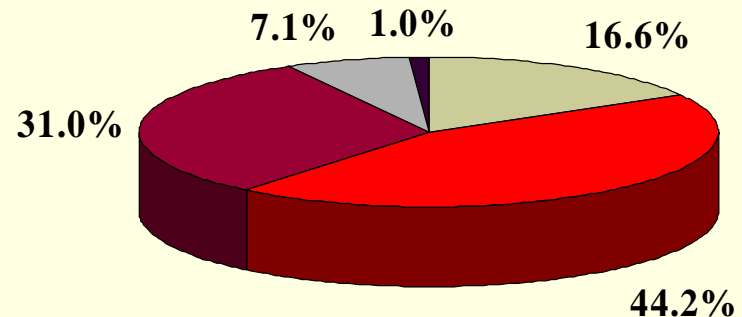
Considering Your Age, How Would You Describe Your General Health?

UW-RF 2006 Males and Females



Excellent Very Good Good Fair Poor

National 2005 Males and Females



Excellent Very Good Good Fair Poor

Do You Usually Get Health Related Information From the Following Sources? (From Highest to Lowest)

	<u>2000</u>	<u>2003</u>	<u>2006</u>	<u>2005 Nat'l</u>
■ Parents	75.1%	73.4%	74.1%	73.8%
■ Leaflets, pamphlets, flyers	68.3%	65.2%	59.7%	56.0%
■ Magazines	74.8%	57.0%	57.3%	55.1%
■ Friends	69.7%	60.5%	57.1%	58.8%
■ Internet/world wide web	47.9%	53.2%	66.2%	66.8%
■ Health center medical staff	37.6%	51.6%	57.4%	60.2%
■ Health educators	53.8%	49.4%	55.9%	54.9%
■ Television	73.8%	50.5%	49.3%	45.8%
■ Faculty/coursework	36.5%	27.9%	45.3%	36.3%
■ Campus newspaper articles	32.3%	30.9%	30.1%	26.9%
■ Resident assistant/advisors	19.6%	19.4%	19.2%	17.8%

Believable Health Information Sources (From Highest to Lowest)

	<u>2000</u>	<u>2003</u>	<u>2006</u>	<u>2005 Nat'l</u>
■ Health center medical staff	85.5%	90.4%	93.3%	90.8%
■ Health educators	85.7%	89.7%	90.1%	89.6%
■ Faculty/coursework	56.3%	53.0%	68.1%	63.2%
■ Parents	73.4%	69.6%	65.5%	65.2%
■ Leaflets, pamphlets, flyers	83.3%	69.1%	61.7%	61.9%
■ Campus newspaper articles	41.9%	42.0%	43.4%	45.0%
■ Resident assistant/advisors	35.0%	32.3%	41.5%	35.5%
■ Friends	33.2%	21.7%	23.3%	22.7%
■ Magazines	34.3%	22.0%	19.8%	23.3%
■ Internet/world wide web	24.9%	16.7%	18.9%	22.5%
■ Television	27.4%	13.8%	9.7%	13.9%

Health Insurance

- 87.1% in 2006 (84.6% in 2003 and 84.4% in 2000) of UWRF students indicated they had some kind of health insurance (86.3% nationally 2005)
- So 12.9% of UWRF students had no health insurance of any kind in 2006 (840 students)
- 5.9% (9.2% in 2003 and 6.9% in 2000) of UWRF students indicated they were not sure if they had health insurance (5.6% nationally 2005)

ACHA/NCHA

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)(2003, 2006 UWRF vs. Natl. 2005):

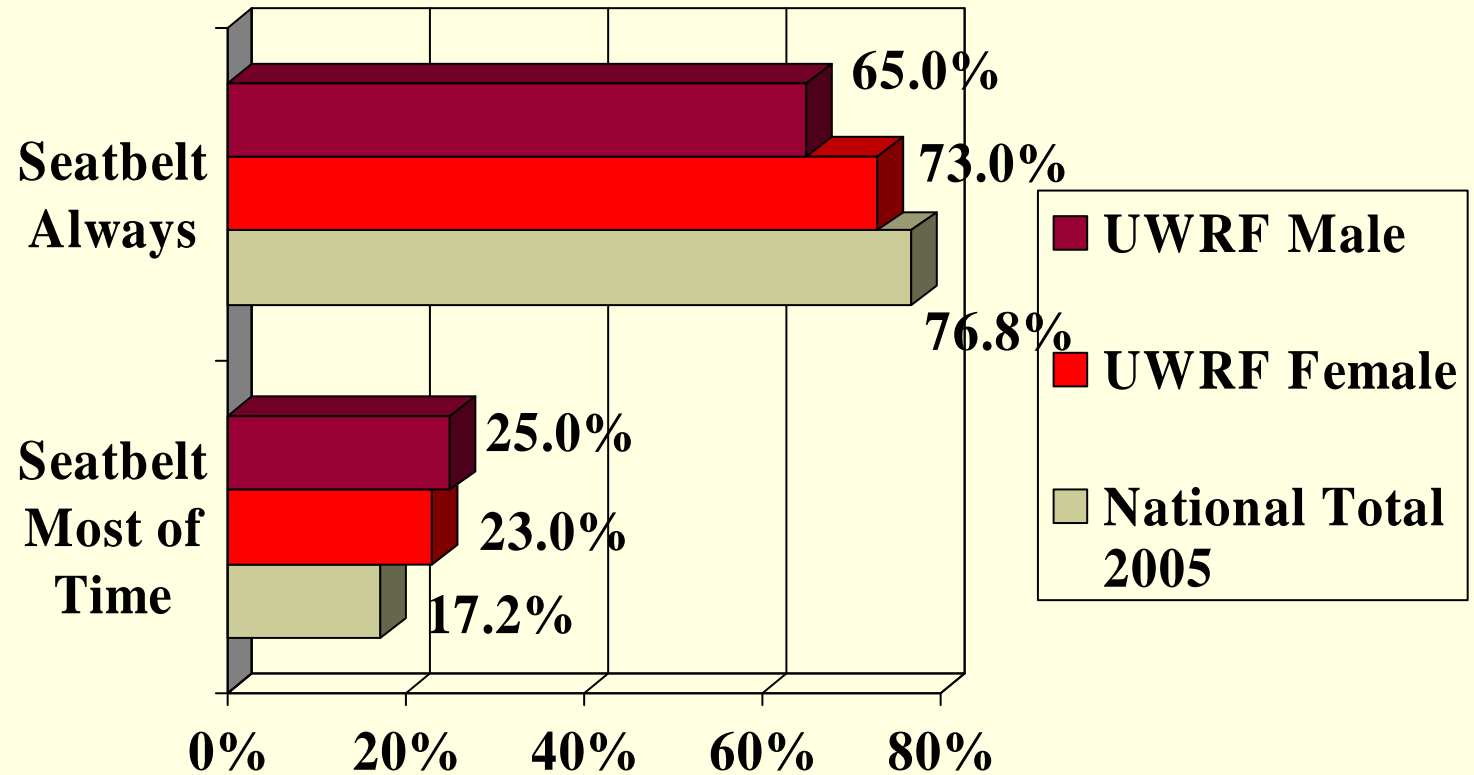
- 27.1/33.5% Stress (30.8%)
- 19.1/31.5 % Cold/Flu/Sore Throat (23.7%)
- 17.8/28.4% Sleep Difficulties (23.8%)
- 17.9/18.9% Concern for Troubled Friend/Family Member (17.7%)
- 11.3/17.2% Relationship Difficulty (14.8%)
- 8.8/17.5% Depression/Anxiety/SAD (15.6%)
- 7.4/14.4% Internet Use/Computer Games (12.0%)
- 10.1/11.5% Alcohol Use (6.5%)
- 5.4/9.7% Sinus or Ear Infection/Bronchitis/Strep Throat (8.9%)
- 9/8.9% Death of Friend/Family Member (9.2%)
- 2.7/7.6% Attention Deficit Disorder (7.3%)
- 2.1/5.2% Allergies (5.0%)
- 1.4/5.0% Learning Disability (4.2%)
- 2.9/3.4% Chronic Pain (3.3%)
- 0.6/1.5% Eating Disorder (1.3%)

Within the Last School Year, Have You Had (2003, 2006 UWRF & National 2005):

- **49.2/55.3/% Back Pain (44.2%)**
- **32.9/40.2% Allergy Problems (45.7%)**
- **22.3/28.8% Sinus Infection (26.9%)**
- **14.1/18.6 % Depression 18.8%**
- **10/13.3% Strep Throat (12.6%)**
- **7.5/12.9% Anxiety Disorder (11.5%)**
- **7.3/12.4% Ear Infection (8.9%)**
- **6.6/13.3% Asthma (11%)**
- **3.1/6.6% Repetitive Stress Injury**
- **2.9/4.7% High Blood Pressure**
- **4.6/5.4% Bronchitis (7.8%)**
- **4.1/10.7% Seasonal Affective Disorder (6.5%)**
- **1.0/3.0% Chronic Fatigue Syndrome**
- **1.2/2.3% Bulimia**
- **1.2/2.1% Anorexia**
- **1.5/2.1% Substance Abuse Problem**

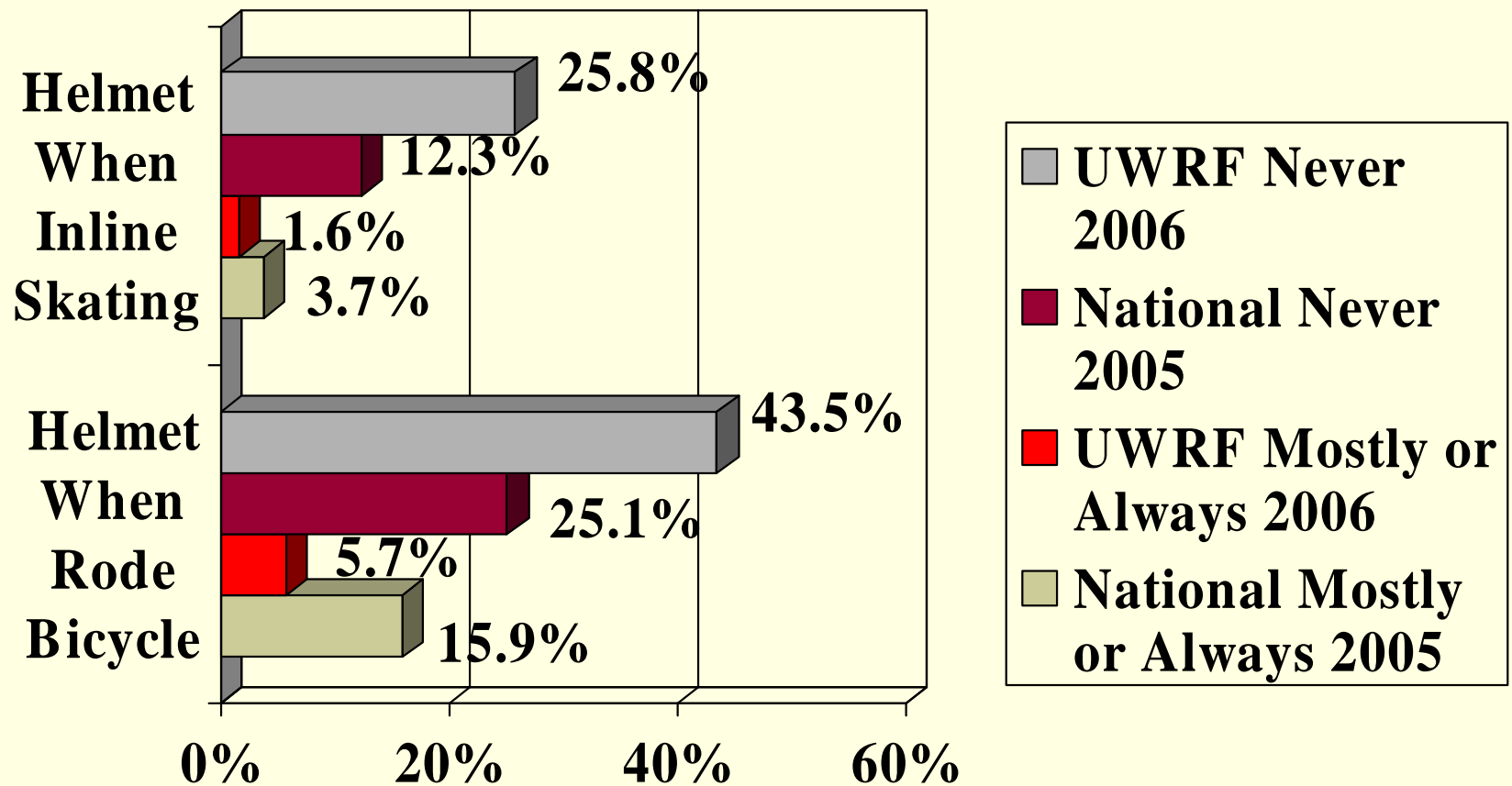
ACHA NCHA 2006 Seatbelt

Within Last School Year, How Often Did You Wear a Seatbelt in Car



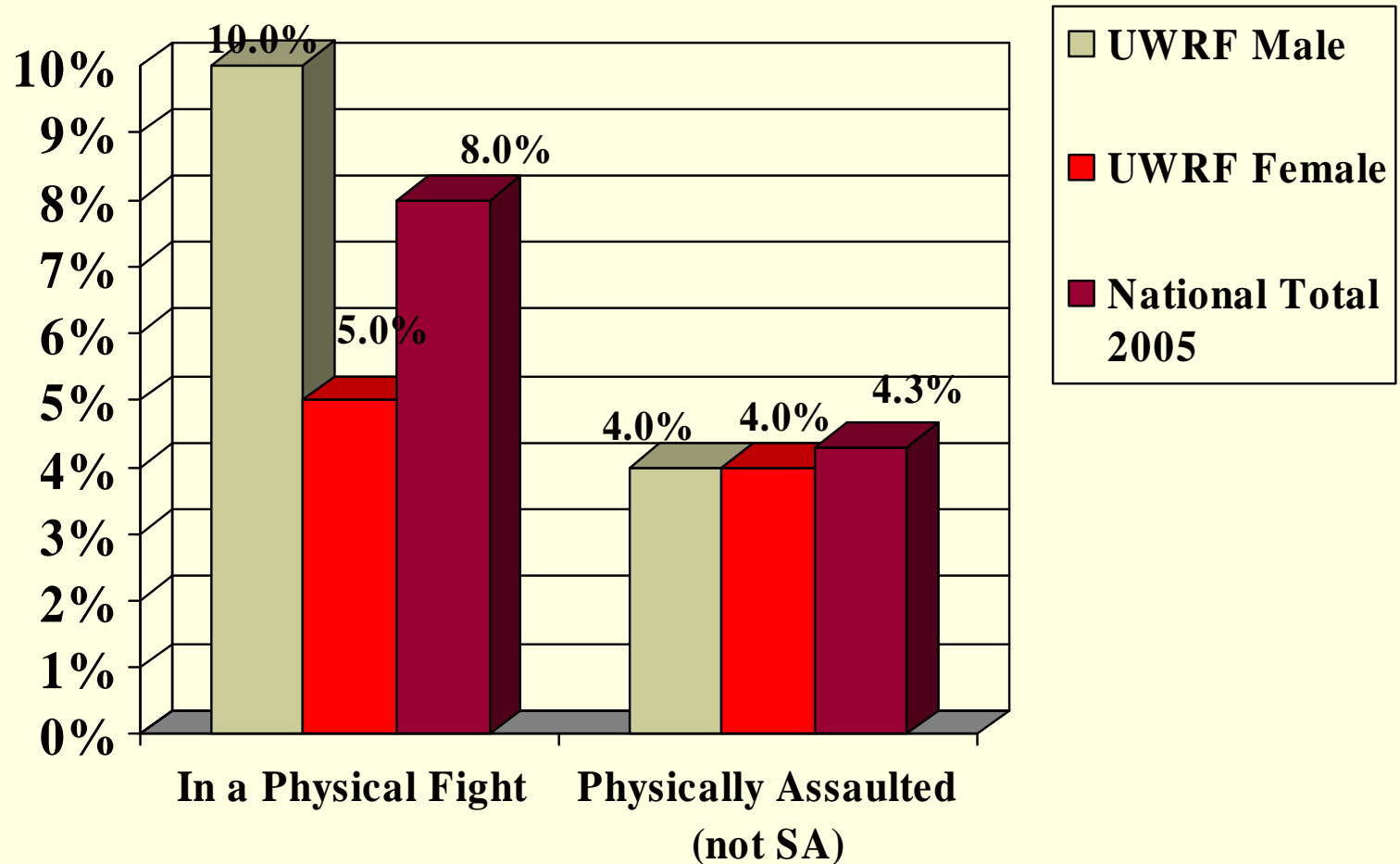
ACHA NCHA 2006 Helmet-

Within Last School Year, How Often Did You Wear



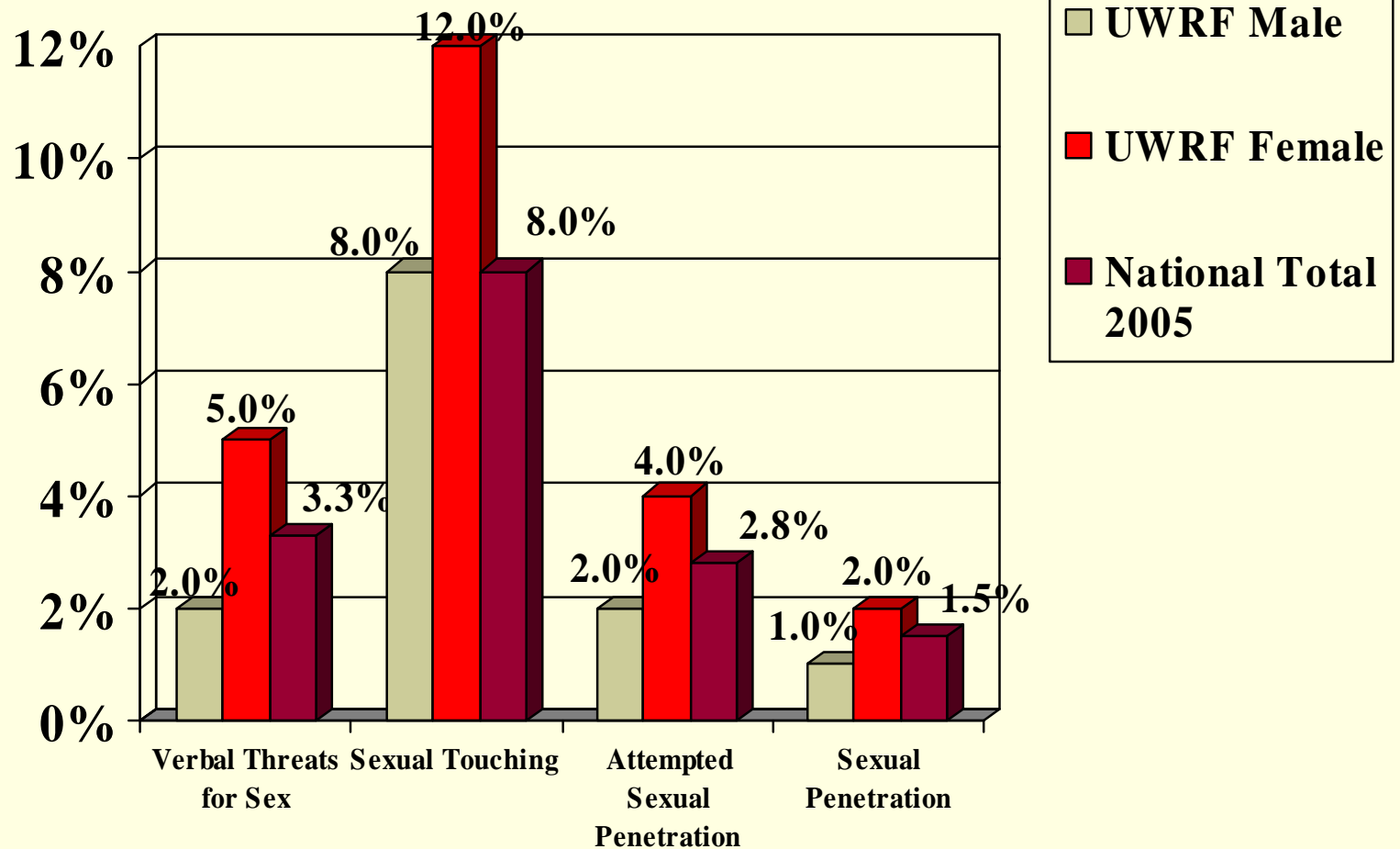
ACHA-NCHA 2006 Violence

Within the Last School Year, Were You



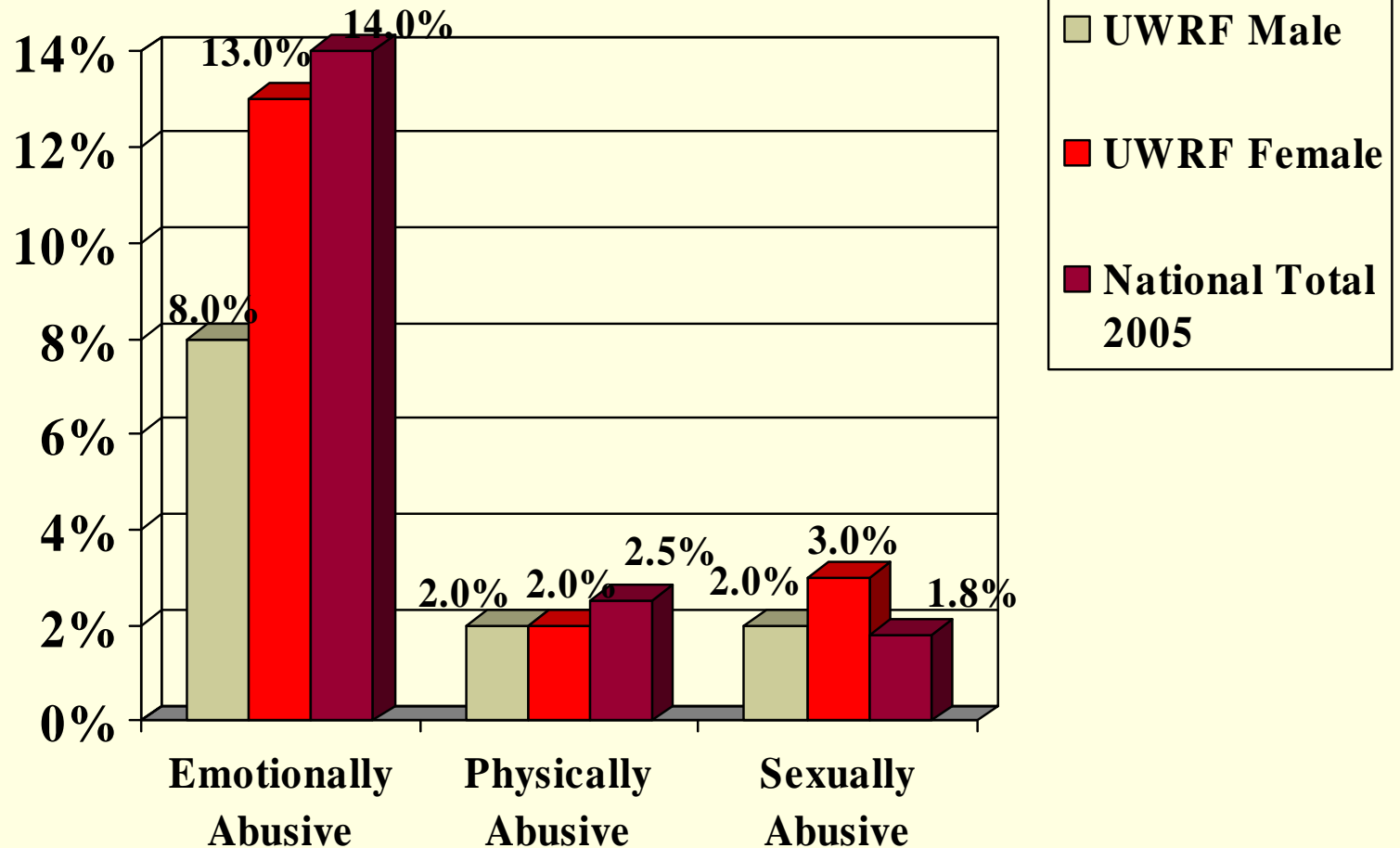
ACHA-NCHA 2006 Violence

Experienced Against Your Will Within Last School Year



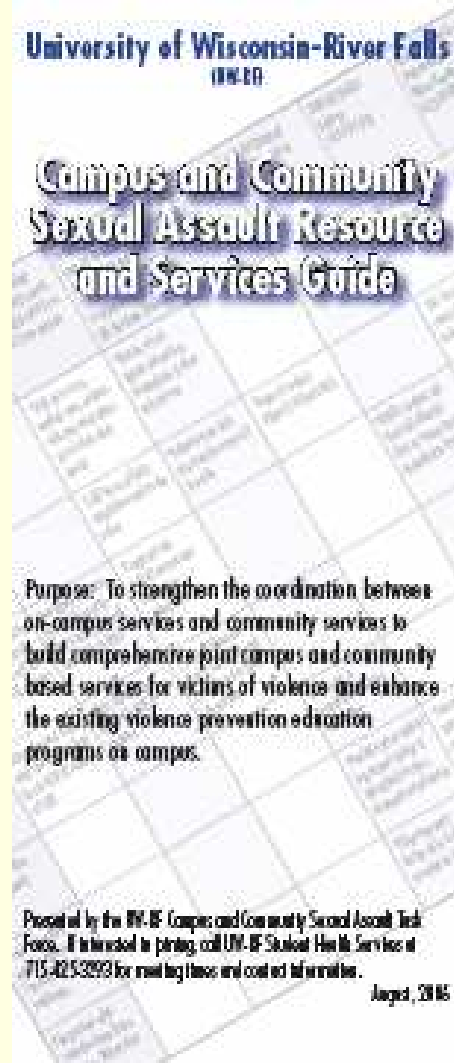
ACHA-NCHA 2006 Violence

Relationship Within Last School Year That Was

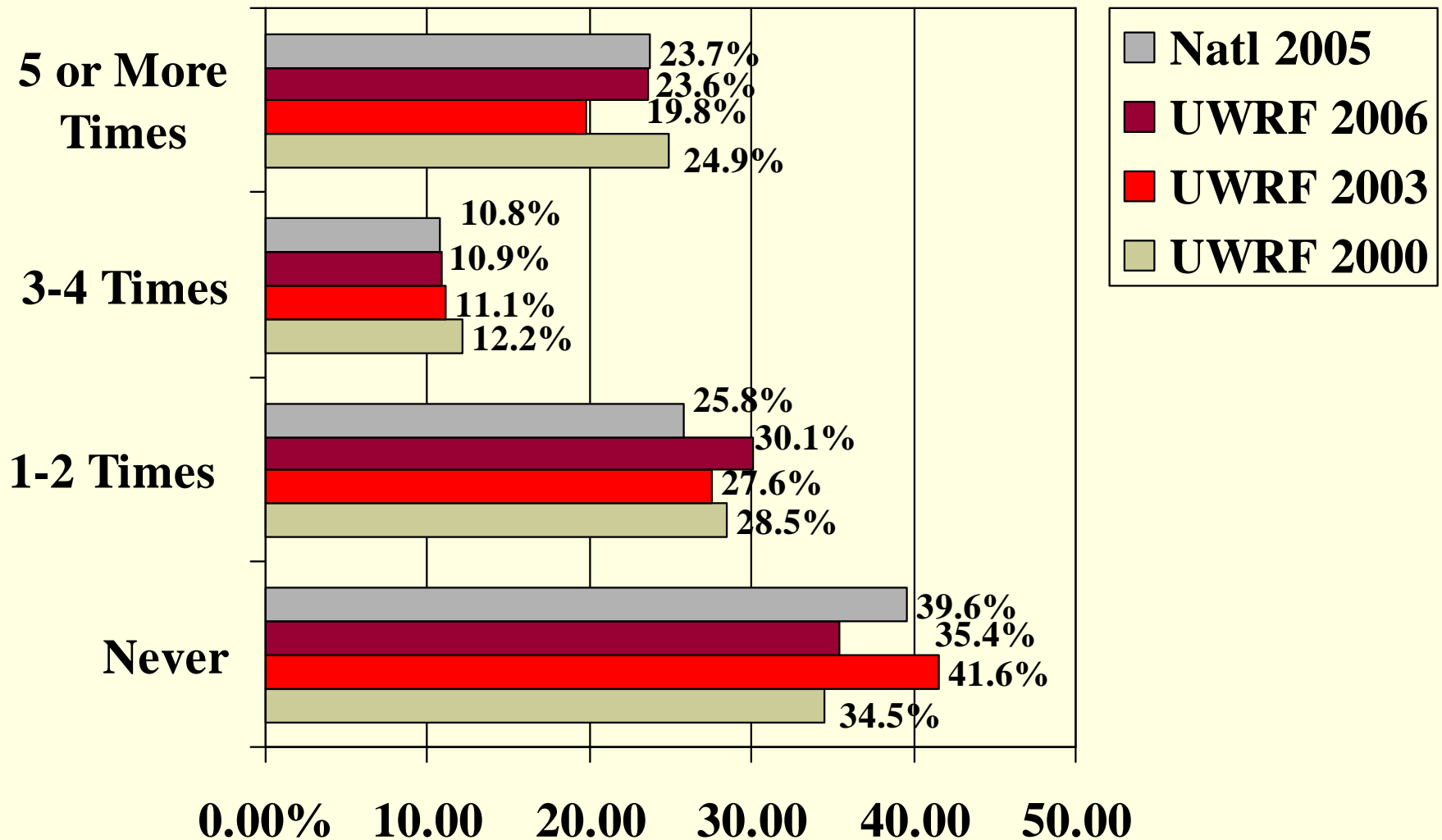


Sexual Assault Resources

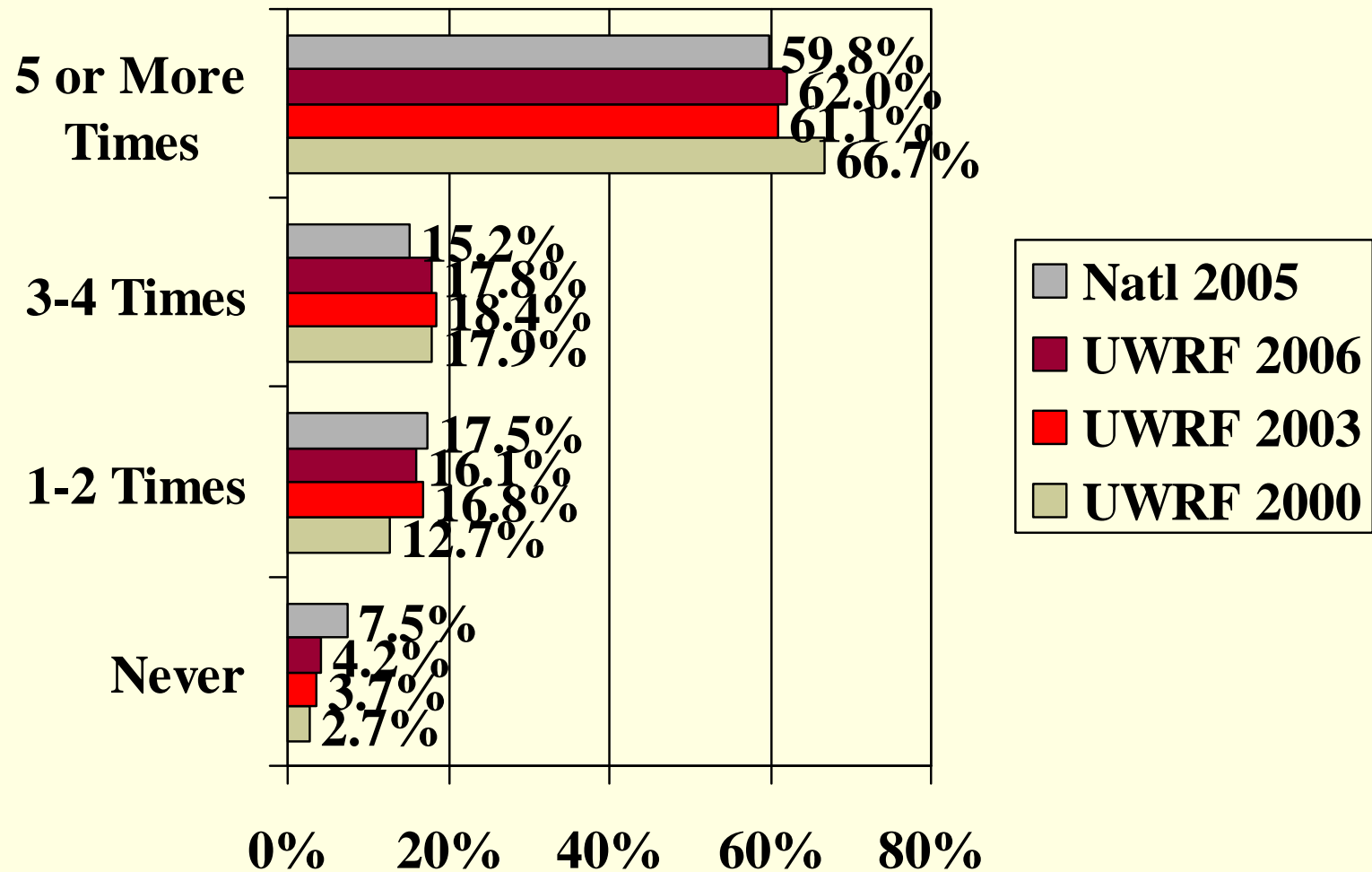
- **UW-RF Campus Sexual Assault Task Force/Grants**
- **Follow-Up After Sexual Assault**
 - **S.A.R.T (Sexual Assault Response Team) includes S.A.N.E. nurses, law enforcement, victim advocates, and staff from 4 area hospitals**
 - **Sexual Assault Nurse Examiner (S.A.N.E.) Call 911 or police or go to one of 4 hospitals in Saint Croix or Pierce Counties**
 - **Student Health Services- Pierce County Reproductive Health Services and the River Falls Medical Clinic**



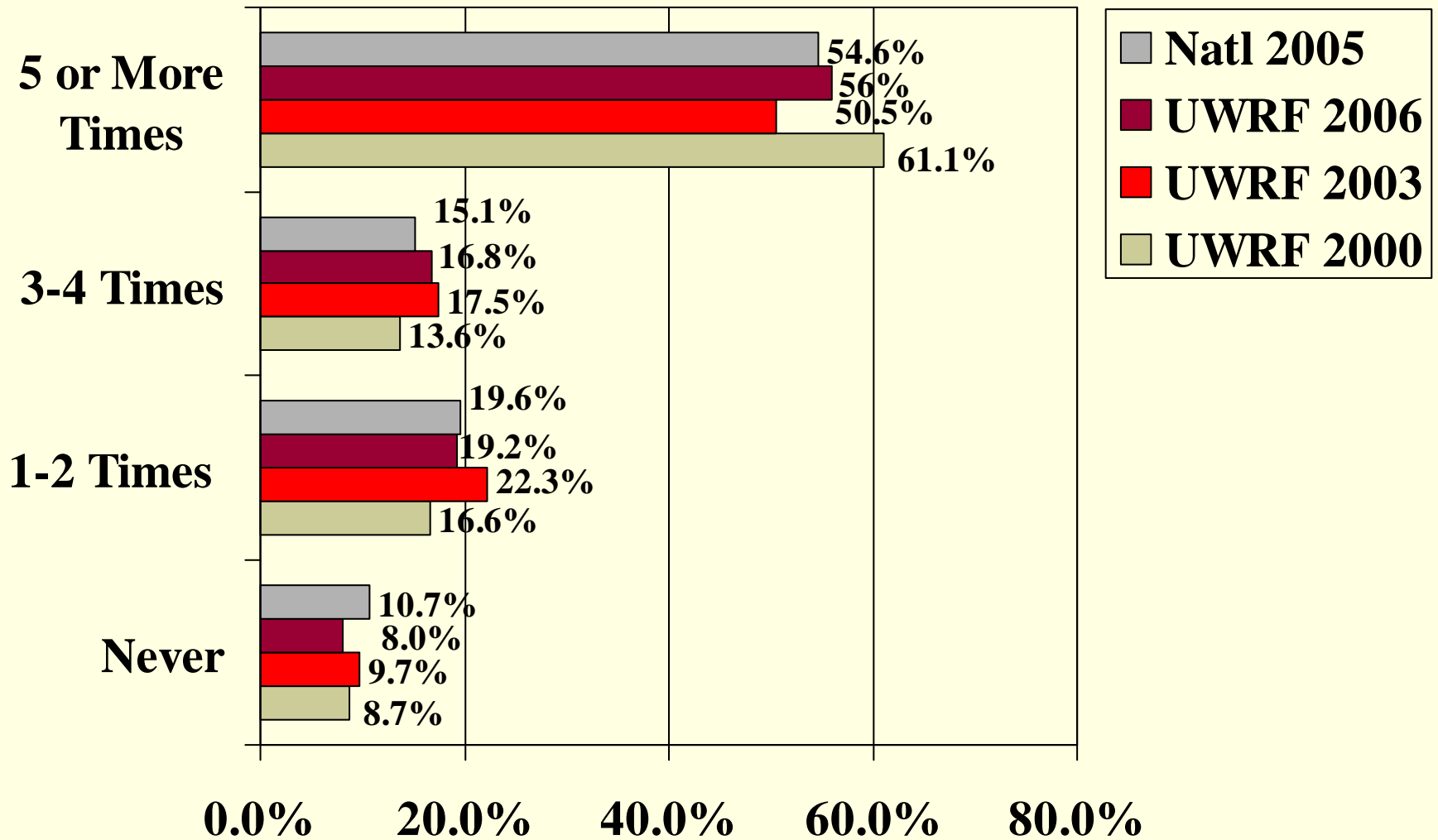
Within Last School Year Felt Things Were Hopeless



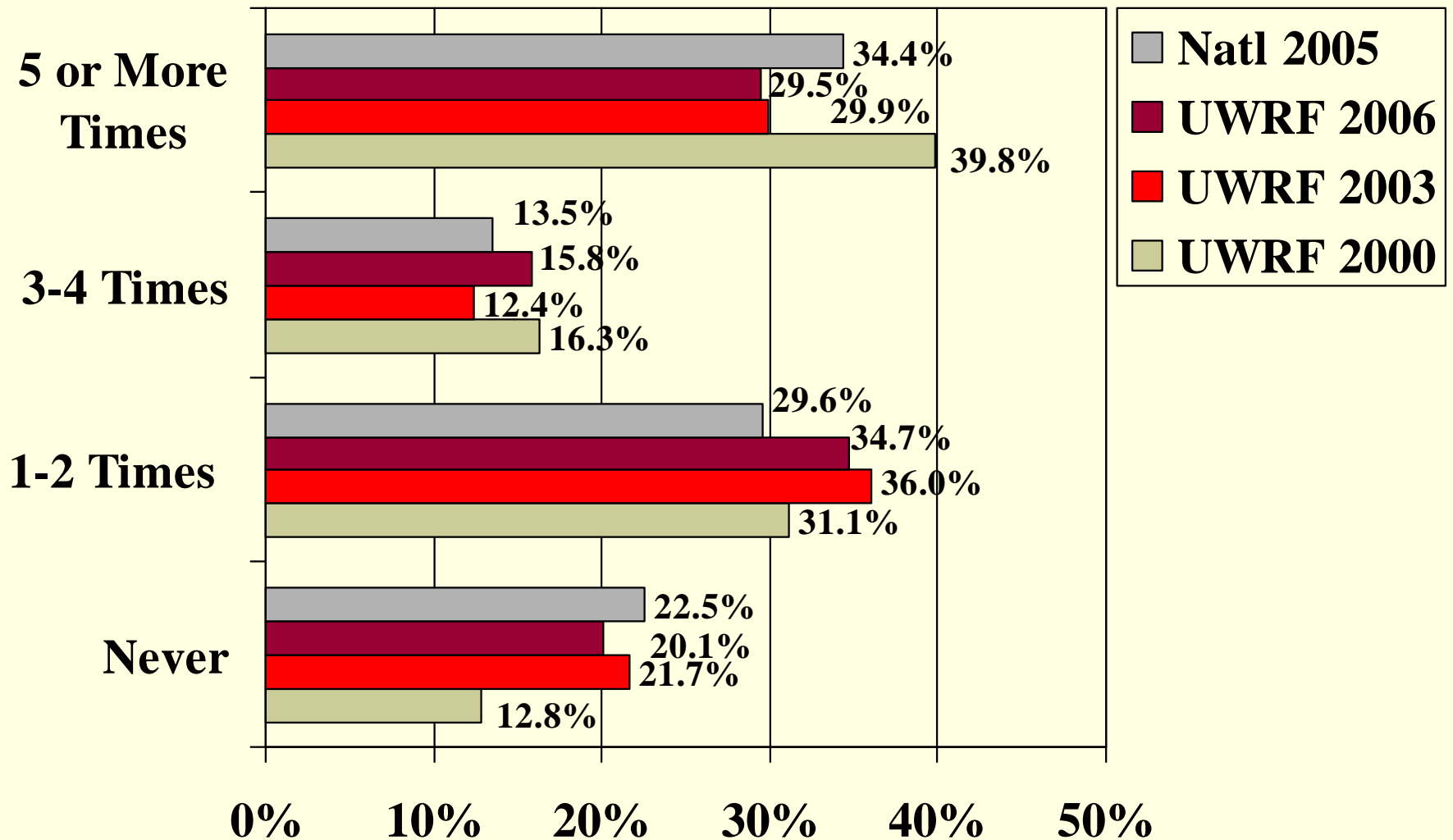
Felt Overwhelmed By All had To Do



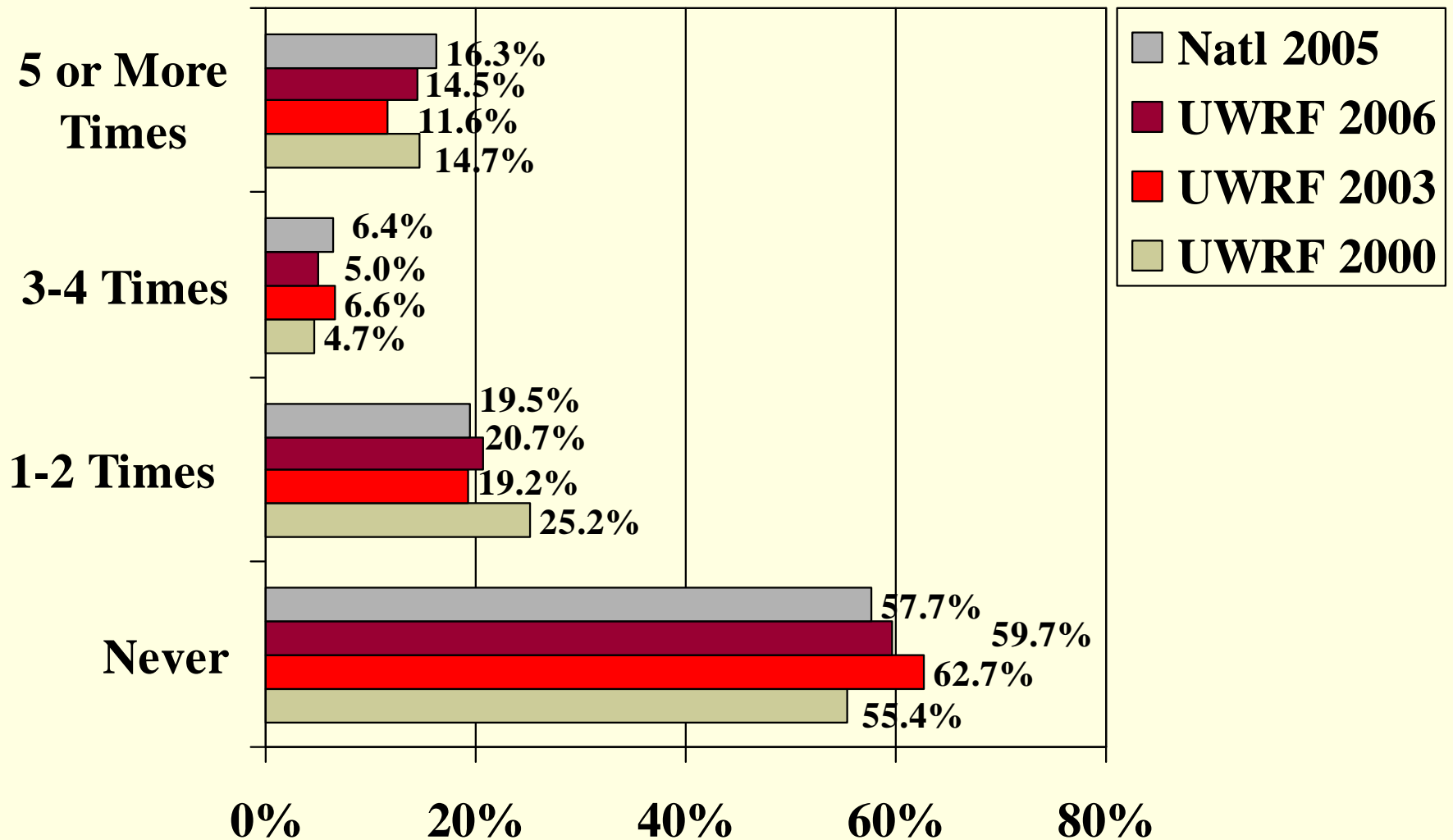
Within Last School Year Felt Exhausted



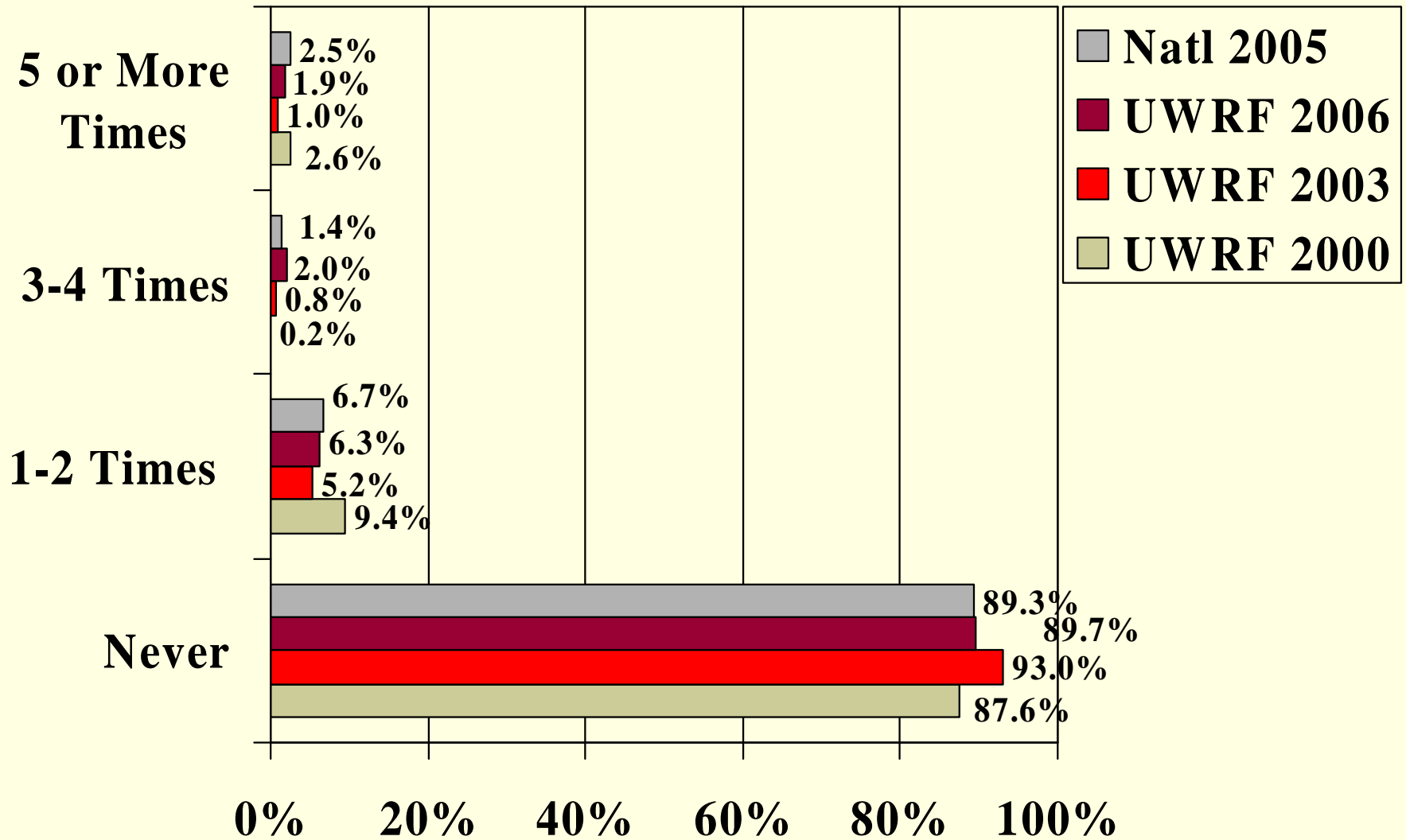
Within Last School Year Felt Very Sad



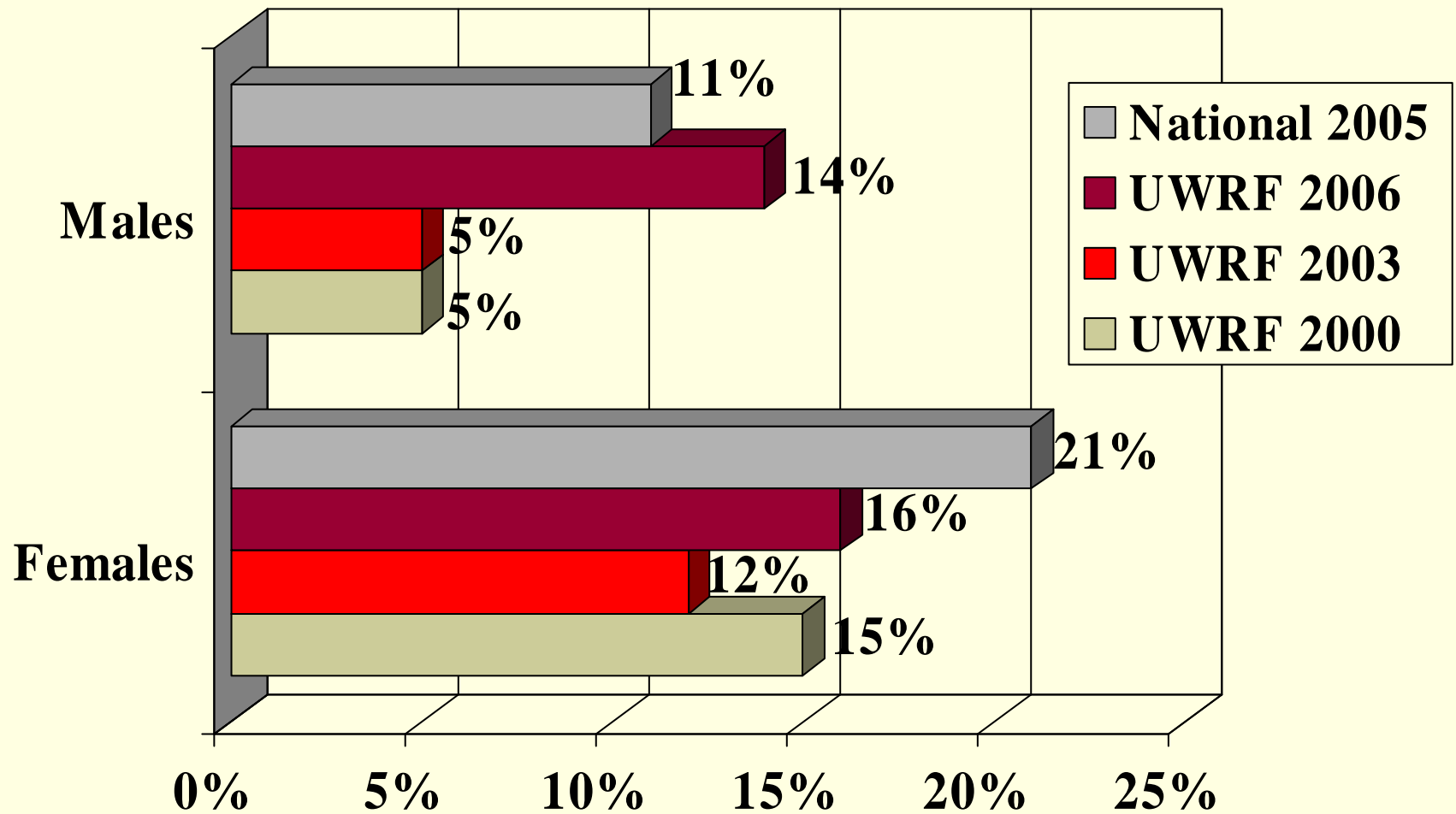
Within Last School Year Felt So Depressed It Was Difficult To Function



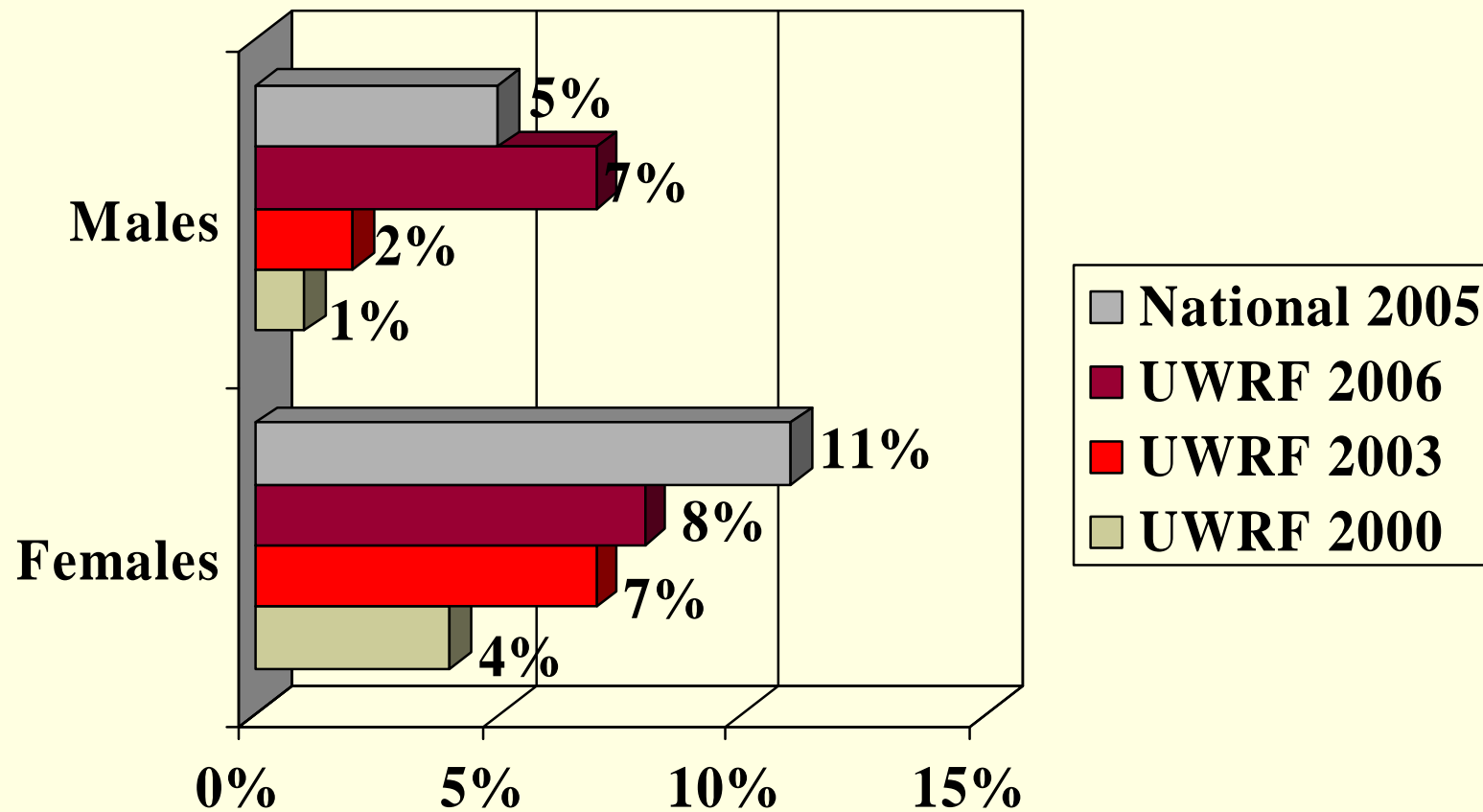
Within Last School Year Seriously Considered Attempting Suicide



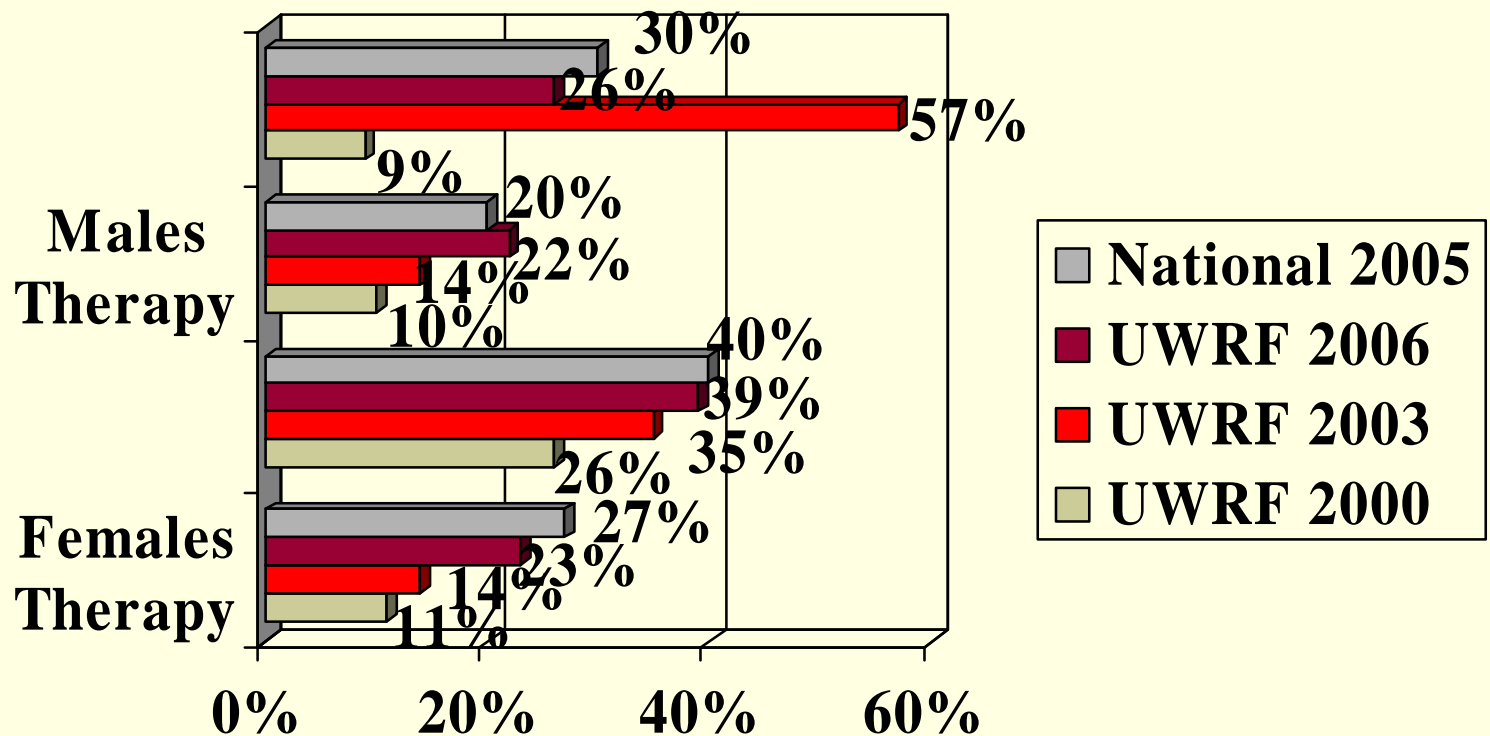
Ever Been Diagnosed With Depression



Ever Been Diagnosed With Anxiety Disorder



Of those Diagnosed with Depression, Currently Taking Medication or in Therapy



Methamphetamine UWRF 2006

ACHA NCHA Added Question

- 0.1% of UWRF Students Used Methamphetamine on One or More Days Within the Last 30
- 2.2% Used, But Not in the Last 30 Days
- 97.7% Never Used
- 26.7% Have Had a Friend or Family Member Use Methamphetamine
- 56% Have Not Had a Friend or Family Member Use Methamphetamine
- 17.2% Are Unsure

2006 UWRF ACHA-NCHA Reality vs. Perception

2006 UW-RF Rates*

2006 UWRF Rates*	
Cigarettes	14.9%
Cigars	4.0%
Chew	2.9%
Alcohol	68.5%
Marijuana	7.6%
Cocaine	0.4%
Amphetamines	1.2%
Rohypnol	0.0%
Other	1.5%

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

2006 UW-RF Perception Rates#

2006 UWRF Rates*	
Cigarettes	85.5%
Cigars	51.9%
Chew	67.0%
Alcohol	97.7%
Marijuana	65.5%
Cocaine	21.2%
Amphetamines	30.6%
Rohypnol	16.2%
Other	35.6%

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

- 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-Will Be Doing Spring 2007

During the Last School Year, if You Partied or Socialized, How Often Did You (Always or Usually) 2006 UWRF vs. 2005 Nationally ACHA NCHA

- 63.5% Eat before and/or during drinking (60.3%)
- 62.6% Use a designated driver (60.2%)
- 49% Keep track of how many drinks they are having (49.6%)
- 31.5% Avoid drinking games (33.2%)
- 28.5% Determine, in advance, not to exceed a set number of drinks (29.8%)
- 22% Pace drinks to one or fewer per hour (23.1%)
- 21.8% Have a friend let them know when they've had enough (22.1%)
- 20.7% Chose not to drink alcohol (22.4%)
- 18% Alternate non-alcoholic with alcoholic beverages (23.5%)

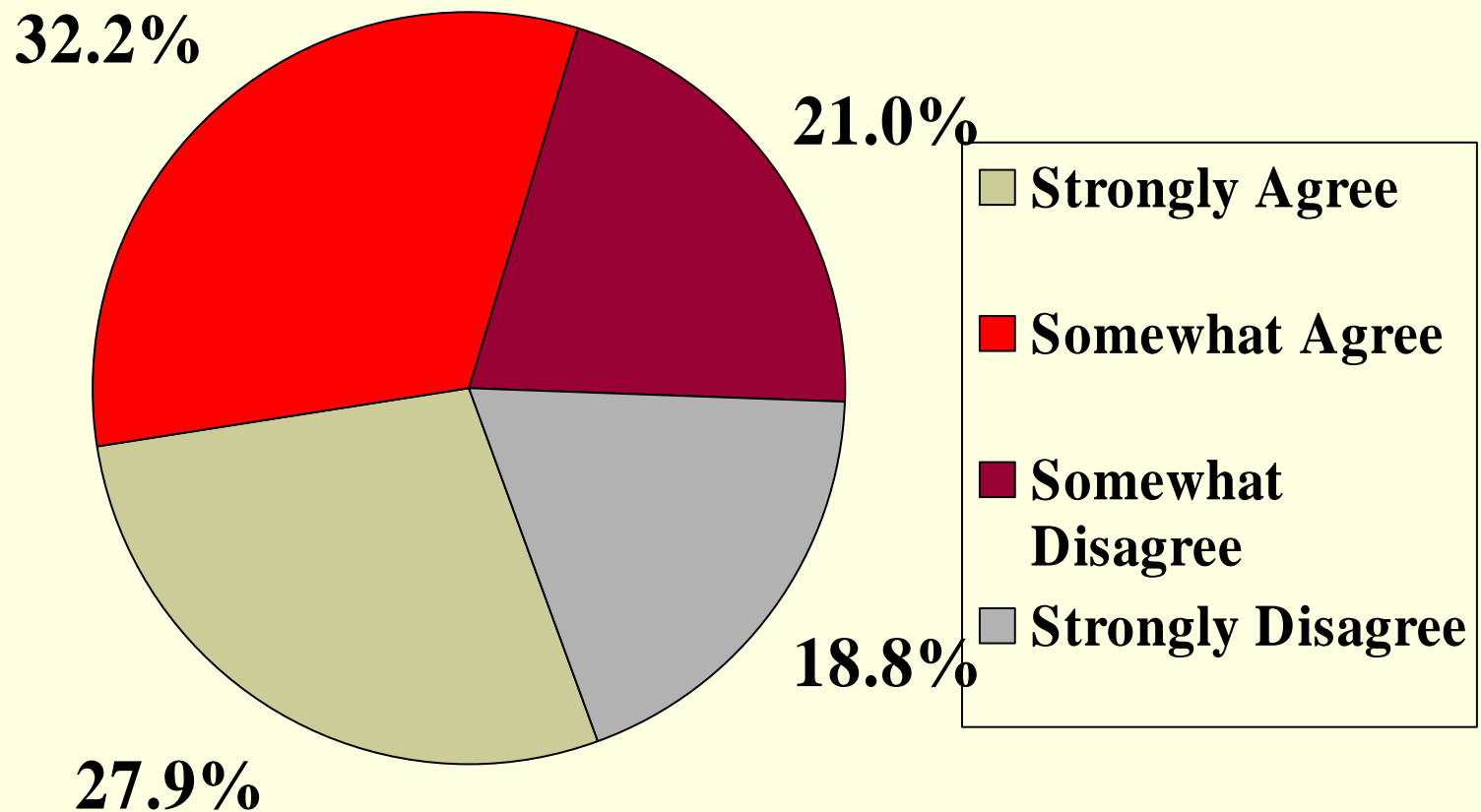
Negative Consequences as a Result of Alcohol 2006 UWRF vs. 2005 Nationally ACHA NCHA

- If You Drink Alcohol, Within the Last School Year, Have You Experienced As a Consequence of Your Drinking:
 - 28.6% Did something later regretted (26.8%)
 - 22.9% Forgot where you were or what you did (21.5%)
 - 17.5% Physically injured yourself (12.7%)
 - 10% Had unprotected sex (12.1%)
 - 6.4% Been involved in a fight (5.1%)
 - 5.3% Physically injured another person (3.3%)
 - 1.8/1.6% Someone used force or threat of force to have sex with them (1.6%)
 - 0.7% Had someone use force or threat of force to have sex with you (1%)

UWRF Smoking Data

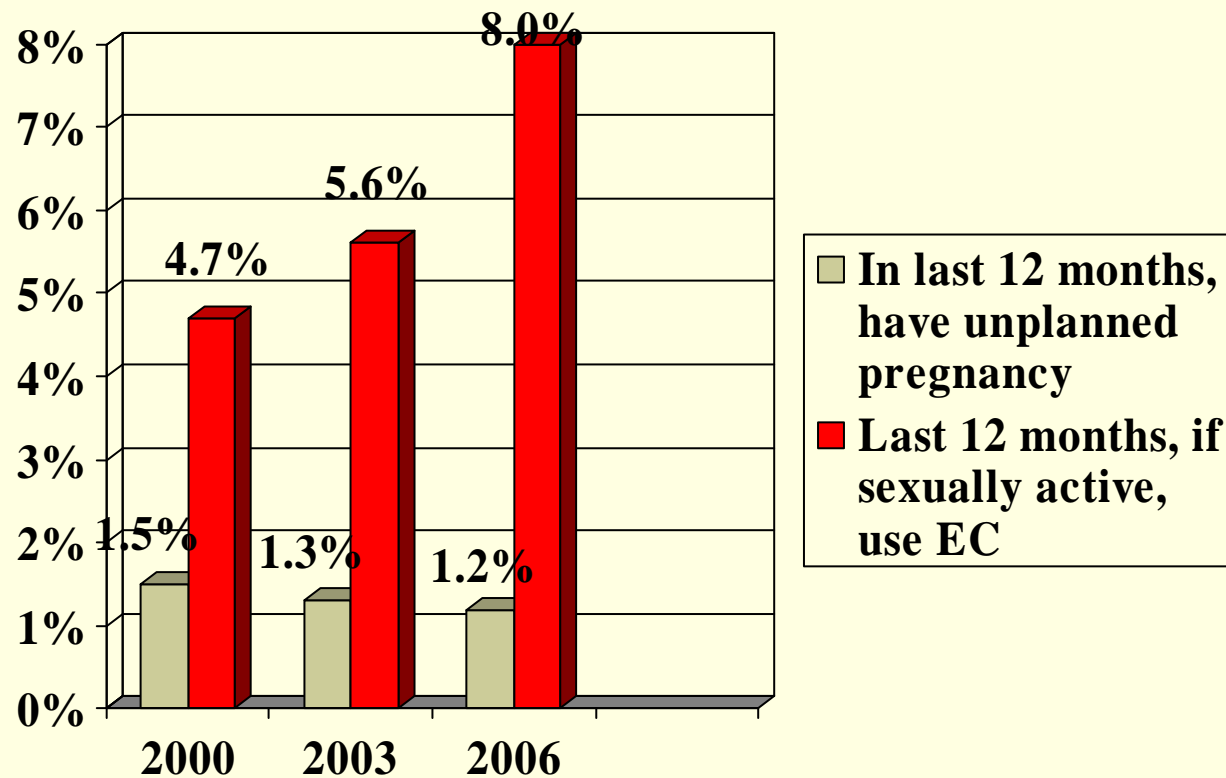
- 2000 Spring NCHA:
 - **24.1% say they have used cigarettes in the last 30 days**
- 2002 Spring Core Added Question:
 - **22.6% said they'd smoked one day or more in the last 30 days**
- 2002 Fall Campus Tobacco Survey:
 - **22% say they have smoked in the past month**
- 2003 Spring NCHA:
 - **19.2% 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**
- Spring 2006 NCHA:
 - **14.9% say they have used cigarettes in the last 30 days (3.9% Daily)**
 - **Compared to 19.3% nationally 2005 (5.8% Daily)**

2006 UWRF Smoking Should Not Be Allowed Anywhere on Campus



60.1% Somewhat or Strongly Agree

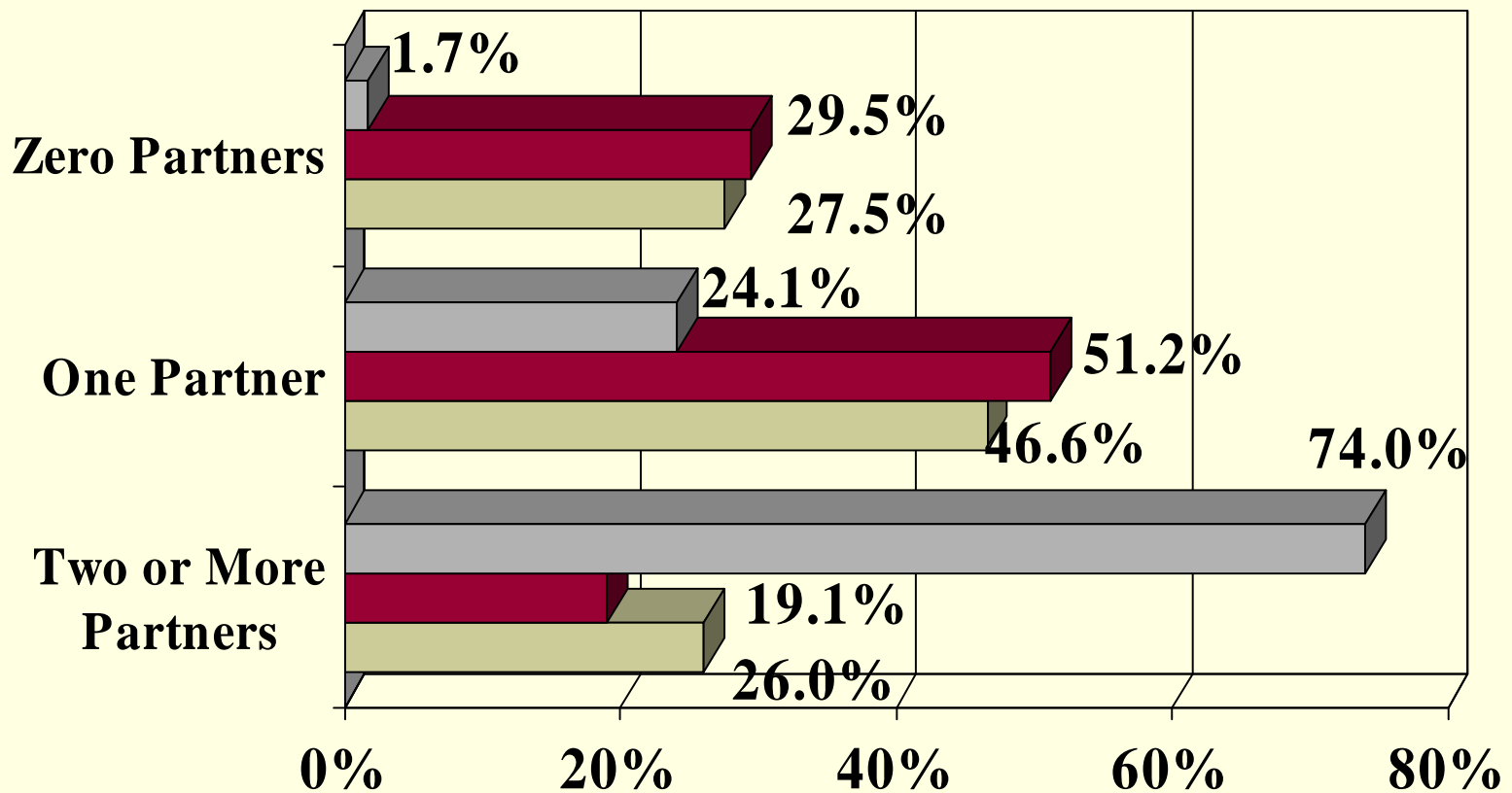
ACHA NCHA Unplanned Pregnancy and Emergency Contraception Use (UWRF)



Emergency Contraception FDA Approved for OTC Use 2006

2006 ACHA NCHA Sexuality

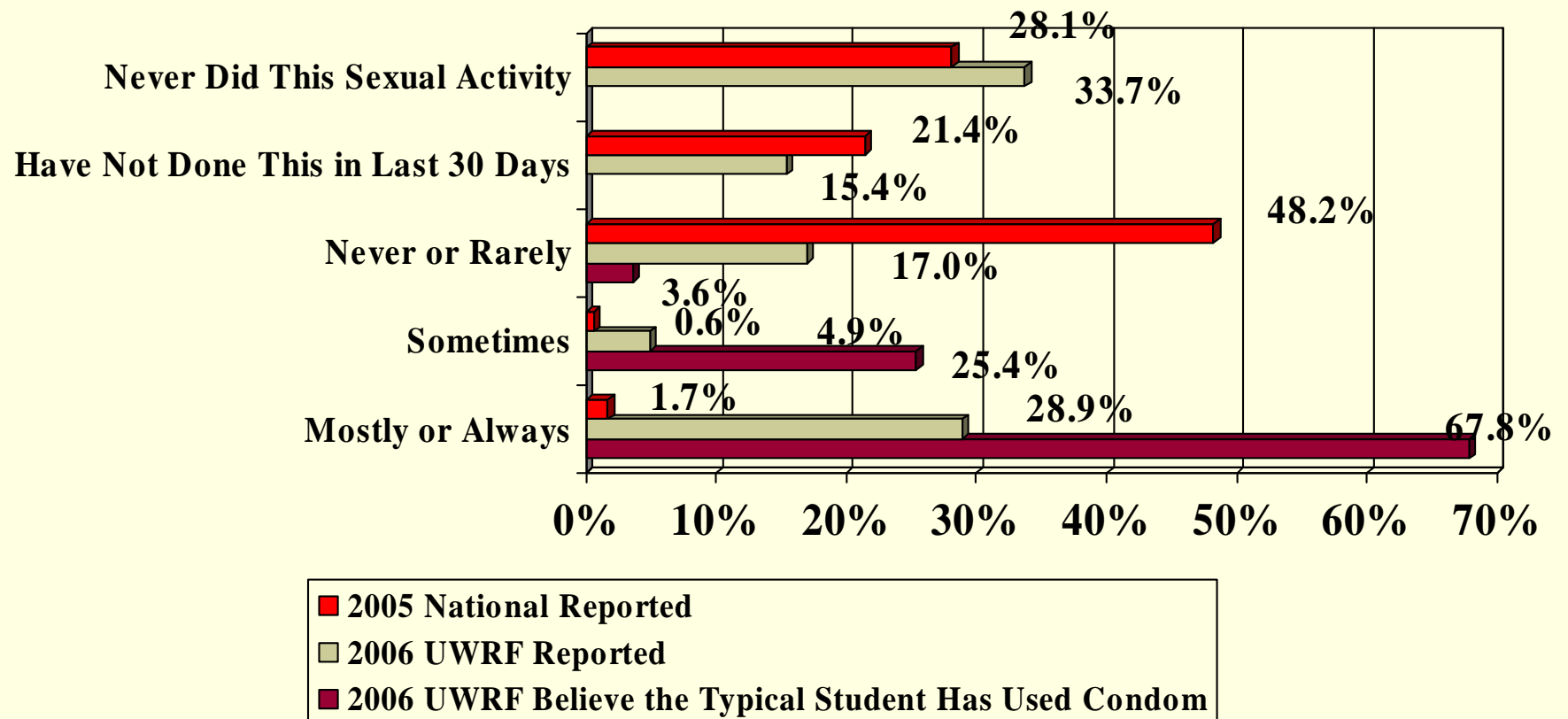
Number Sexual Partners Last School (Oral, Anal, Vaginal)



■ 2005 National ■ UWRF Reported ■ UWRF Believe Typical Student Had

2006 ACHA NCHA Sexuality

Used Condom With Vaginal Intercourse Last 30 Days



3.2% of UWRF Students believe the Typical Student Has Not Had Vaginal Intercourse in the Past 30 Days

UWRF 2000, 2003, 2006 Vs. National 2005 ACHA NCHA Sexuality

- Method of pregnancy prevention last time had vaginal intercourse (select all that apply):
 - 34.3/ 27.6/27.9% Say have not had vaginal intercourse (23.8%)
 - 31.6/37.8/41.4%% Condoms (35.5%)
 - 37/42.9/41.1%% Birth control pills (37.3%)
 - 14.2/15.3/16.2% Withdrawal (14.9%)
 - 4.4/5.7/4.5% Spermicide (3%)
 - 2.7/2.4/3% Nothing (5.6%)
 - 2.2/6.1/3.8% Depo Provera (shot) (1.9%)
 - 1/3.7/3.5% Other (6.3%)
 - 3.7/3.7/2.1% Fertility awareness (2.7%)

Which of the following best describes you (2000/2003/2006 vs. National 2005)?

- 98/97.5/96.6% Heterosexual (94.5%)
- 0.5/1.2/1.3% Bisexual (2.4%)
- 0.2/0.4/0.9% Gay/Lesbian (1.6%)
- 0.5/0.2/0.1% Transgendered (0.1%)
- 0.7/0.6/1.1% Unsure (1.4%)

2000/2003/2006 ACHA-NCHA

Weight, Diet, Exercise

- **52.8/52/44%** UWRF females describe their weight as about right (51% Nationally 2005)
- **58.9/57/51%** UWRF males describe their weight as about right (53% Nationally 2005)

However:

- **57/57/69%** of UWRF females say they are trying to lose weight (59% Nationally 2005)
- Compared to **24.3/26/43%** of UWRF males who say they are trying to lose weight (32% Nationally 2005)

2003 ACHA-NCHA BMI

UW-RF/Nationally BMI Rates

	2003	2006	Nationally 2005
Females	23.78	25.21	23.31
Males	25.06	25.49	24.57

Body Mass Index Values

“Ideal” below 25

“Overweight” 25-29

“Obese” ≥ 30

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

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.

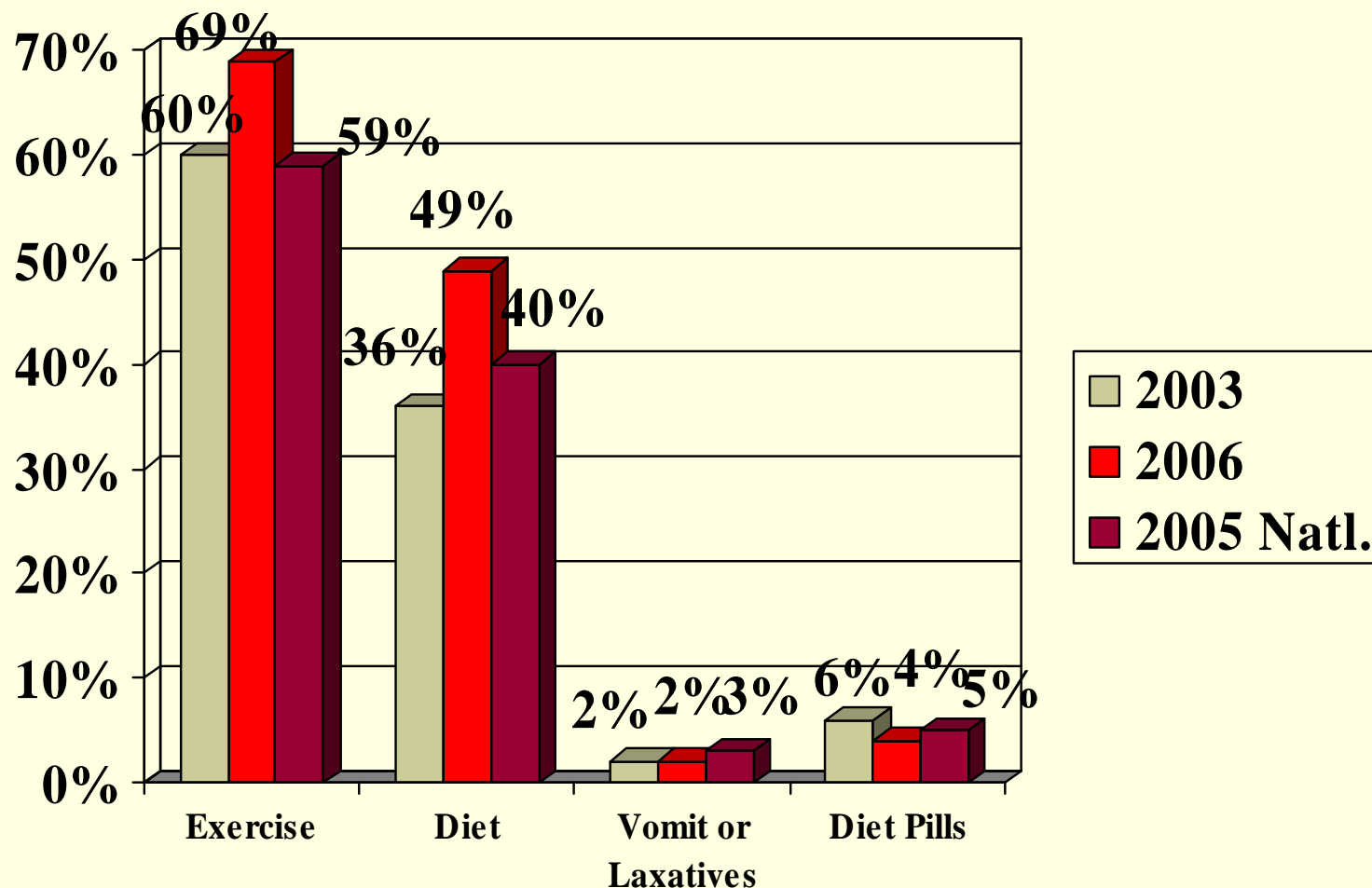
BMI is just one of many factors related to developing a chronic disease (such as heart disease, cancer, or diabetes).

2003/2006 UWRF BMI ACHA-NCHA

	Male	Female
<18.5 Underweight	2.2/2.5%	4.3/4%
18.5-24.9 Healthy Weight	49.6/46.7%	64.5/56.1%
25-29.9 Overweight	39.3/38.2%	22/21.9%
30-34.9 Class I Obesity	6.7/9%	6.3/11.3%
35-39.9 Class II Obesity	1.5/2.5%	2.3/4.7%
>= 40 Class III Obesity	0.7/1%	0.7/2%

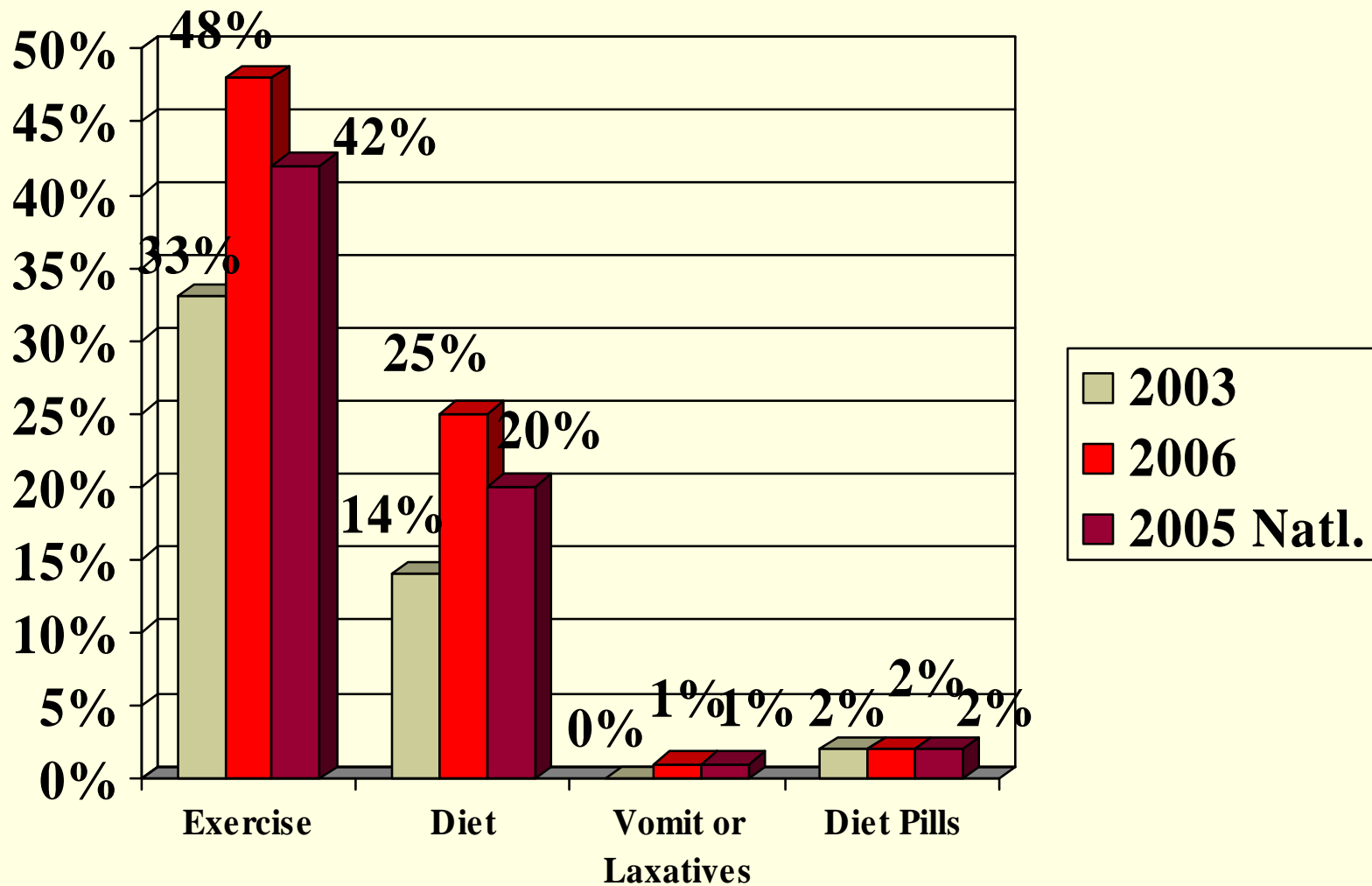
2003/2006/2005 Natl. ACHA-NCHA Weight, Diet, Exercise Females

Do Any of the Following to Lose Weight Last 30 Days



2003/2006/2005 Natl. ACHA-NCHA Weight, Diet, Exercise Males

Do Any of the Following to Lose Weight Last 30 Days



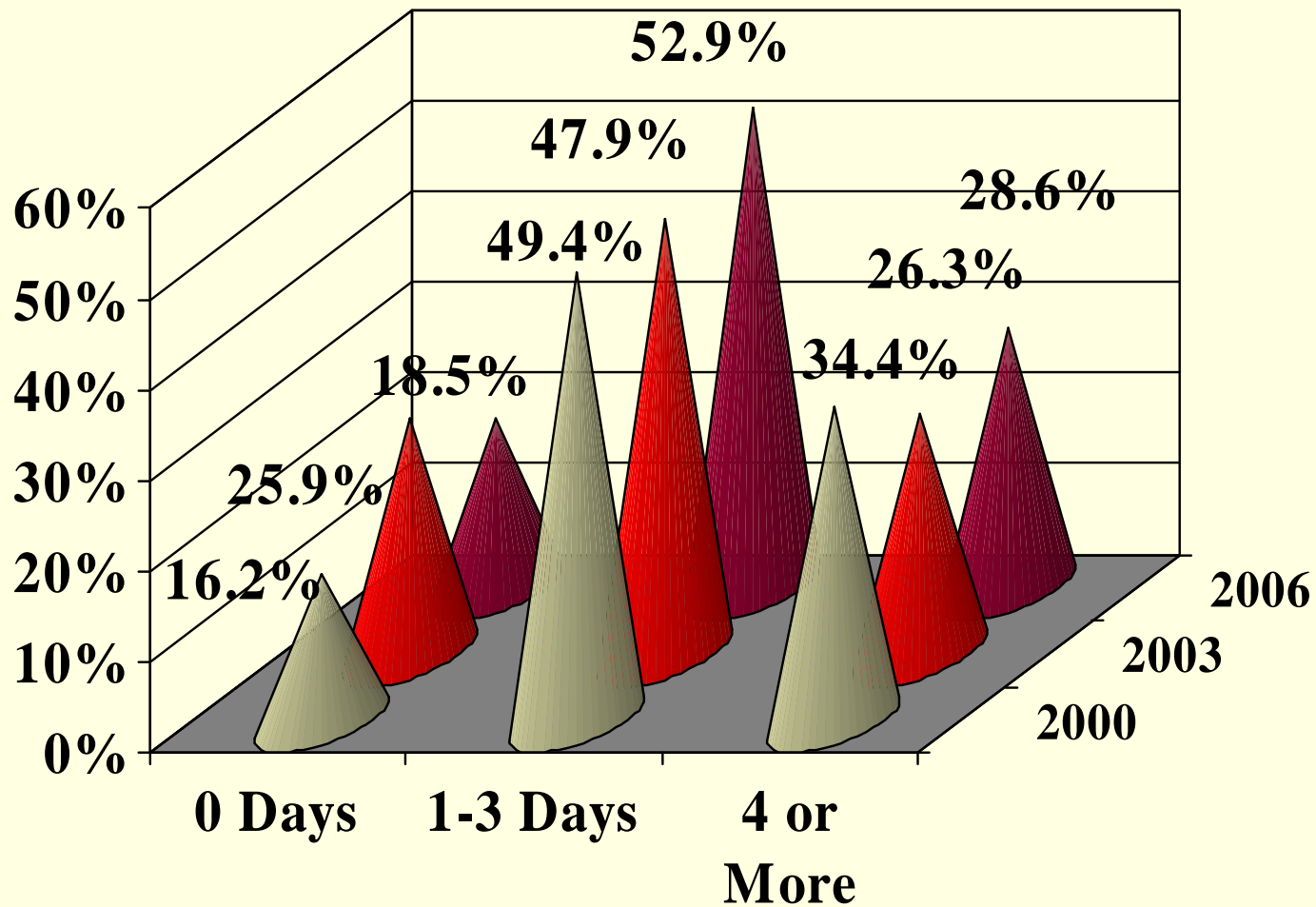
2006 ACHA-NCHA Weight, Diet, Exercise



- 4.3% of UWRF students say they do not eat fruits and vegetables (3.7% Nationally 2005)
- 64% say they eat 1-2 servings per day (62% Nationally 2005)
- 5.4% say they eat 5 or more servings per day (5.7% Nationally 2005)

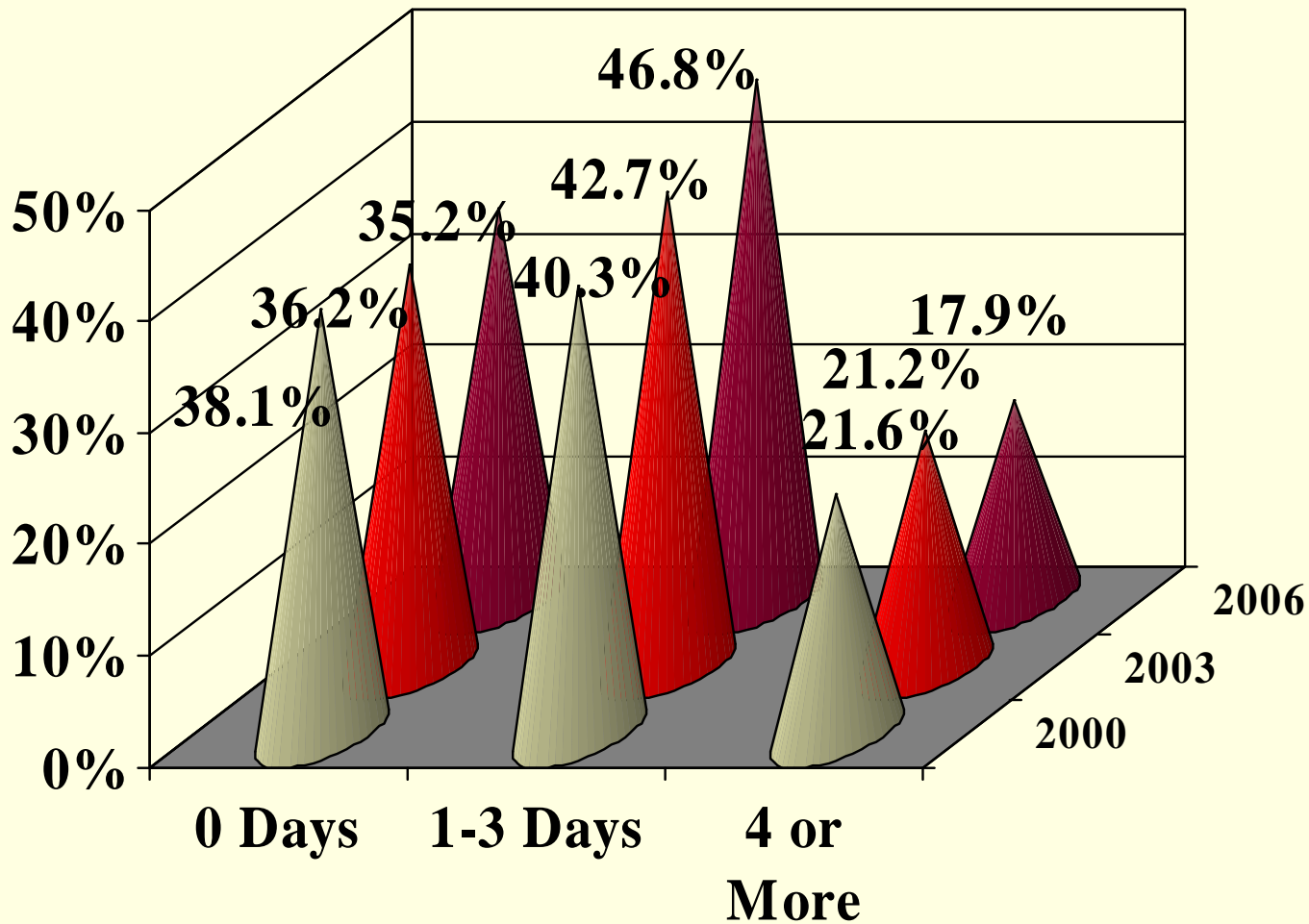
2000/2003/2006 Physical Activity

20 Minutes Vigorous or 30 Minutes Moderate Exercise Past 7 Days

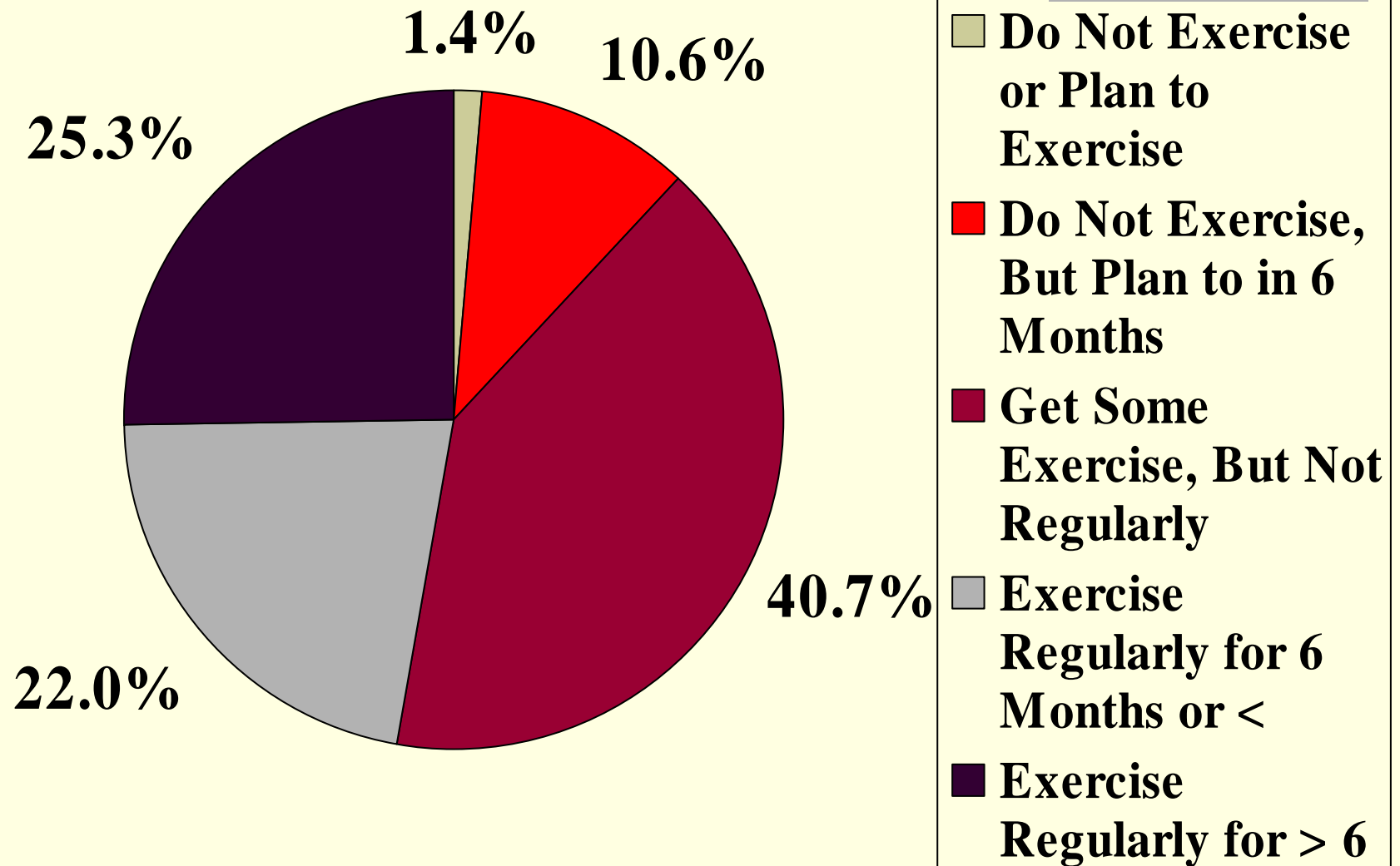


2000/2003/2006 Physical Activity

Exercises to Strengthen/Tone Muscles Such as Push-Ups, Sit-Ups, or Weights Past 7 Days



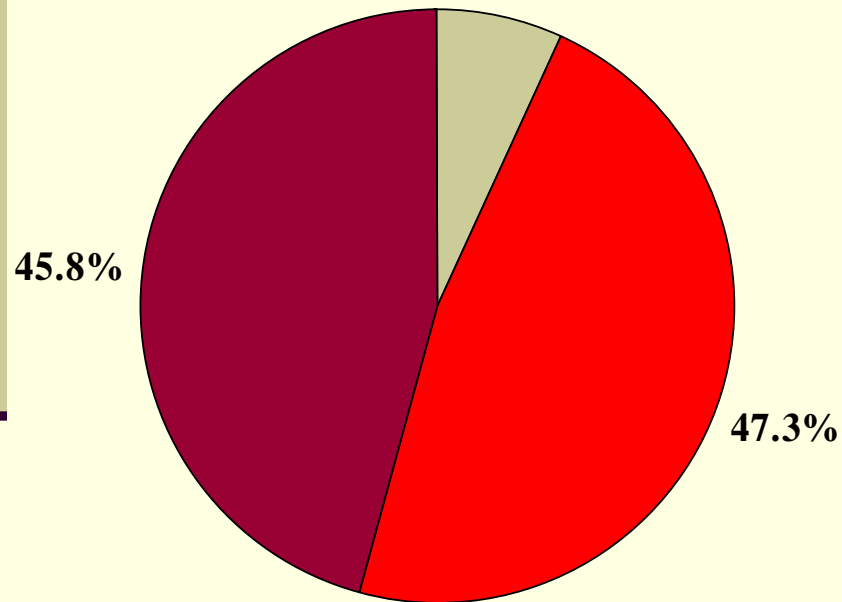
2006 UWRF Current Physical Activity Level (Added Question)



ACHA NCHA Sleep

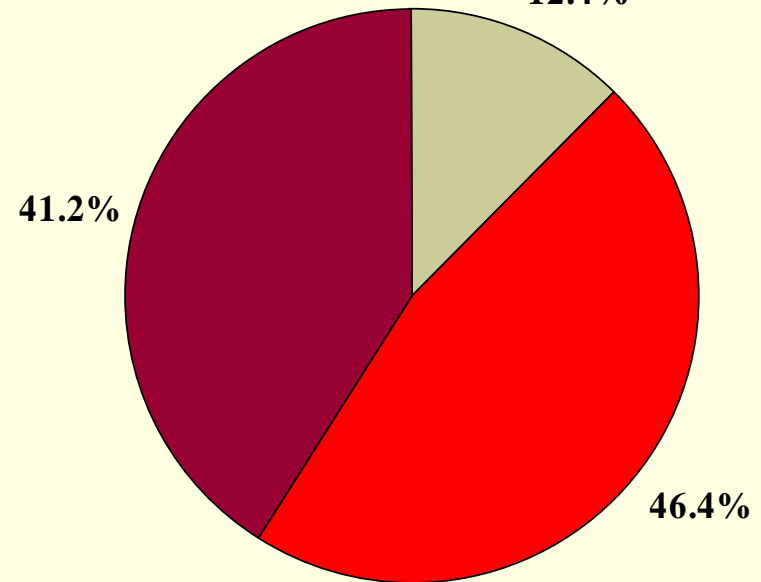
Past 7 Days Got Enough Sleep So Felt Rested

2006 UWRF
6.9%



0 Days 1-3 Days 4-7 Days

2005 National
12.4%



0 Days 1-3 Days 4-7 Days

2000/2003/2006 ACHA-NCHA

How many hours a week do you work for pay?

	2000	2003	2006	2005 Natl.
0 Hours	23.0%	27.4%	25%	35%
1-9 Hours	19.8%	23.9%	24.4%	17%
10-19 Hours	28.2%	25.3%	26.1%	19.1%
20-29 Hours	19.1%	12.3%	15.2%	14.7%
30-39 Hours	4.7%	5.3%	5.5%	6.2%
40 Hours	3.0%	2.7%	2%	4.7%
40+ Hours	2.2%	3.1%	1.7%	3.4%

2000/2003/2006 ACHA-NCHA

How many hours a week do you volunteer?

	2000	2003	2006	Natl. 2005
0 Hours	64.5%	61.1%	61.7%	61%
1-9 Hours	30.5%	35.0%	35.8%	34.8%
10-19 Hours	3.5%	2.7%	1.3%	2.8%
20-29 Hours	0.2%	0.8%	0.6%	0.9%
30-39 Hours	0.2%	0.2%	0.3%	0.2%
40 Hours	0.7%	0%	0%	0.1%
40+ Hours	0.2%	0.2%	0.3%	0.2%

2000/2003/2006 ACHA-NCHA

Total unpaid balance on all credit cards last month?

	2000	2003	2006	Nationally 2005
No CC/Not Resp.	38.4%	39.5%	39.5%	38.8%
None-pay off	32.4%	33.3%	33.3%	28.8%
\$1-\$99	2.5%	3.1%	3.2%	2.9%
\$100-\$249	3.5%	3.8%	4.2%	3.8%
\$250-\$499	5.5%	5.2%	3.9%	4.2%
\$500-\$999	4.5%	4.0%	5.5%	5.0%
\$1000-\$1,999	5.7%	4.6%	3.6%	4.8%
\$2,000-\$2,999	3.2%	1.7%	2.8%	2.9%
\$3,000-\$3,999	1.7%	1.0%	1.3%	2.0%
\$4,000-\$4,999	0.2%	0.6%	1.3%	1.4%
\$5,000-\$5,999	1.2%	0.4%	0.3%	1.2%
\$6,000 or more	1.0%	2.7%	1.0%	4.2%

Credit Card Debt

University of Minnesota-Twin Cities 1998

- Credit card debt was higher among tobacco users than non-users ($p=.005$)
- Credit card debt was higher among alcohol users than non-users ($p=.002$)
- As hours worked increased, credit card debt increased ($p<.001$)
- As GPA decreased, credit card debt increased (18-24 years only) ($p=.002$)