Summary of Highlights

What Do We Know about the Status of KU Students’ Health & Well-Being & Why Does it Matter?

The American College Health Association’s National College Health Assessment II (NCHA) is a national research survey created to assist institutions of higher education collect data about their students’ habits, behaviors, and perceptions of prevalent health topics. More information can be found at http://www.acha-ncha.org/

HERO (Health Education Resource Office), part of Student Health Services, has collected NCHA data since 2003. Data collection occurs every two years in the Spring semester, where HERO staff visit large lecture classes to obtain a random sample of student participants (thanks to the collaboration of KU faculty). KU’s survey results can be compared with the national dataset, which includes over 100,000 students at 153 institutions of higher education.

This report summarizes the latest findings. If your area is interested in discussing any of the results or would like to request a presentation, please visit: http://www.studenthealth.ku.edu/hero

By participating in NCHA, HERO aligns with:

The University of Kansas
Bold Aspirations
(PROMOTE WELL-BEING)
http://boldaspirations.ku.edu/

VP of Student Affairs
PRACTICAL COMPETENCE
(PROMOTING HEALTHY LIFESTYLES)
http://studentaffairs.ku.edu/divisional-learning-outcomes

Brought to you by HERO
(Health Education Resource Office), located in Watkins Health Center

The design idea for this report came from the University of Iowa. Thank you to our colleagues at the University of Iowa Student Health & Wellness for permission to replicate.
Compared to College Students Nationwide… A Few Highlights (differences are statistically significant)

KU Students Think They Are Really Healthy

Self-report excellent/very good health (67% vs. 58.7%)

BUT ARE THEY?

**HIGHER THAN THE NATIONAL RATE**
- Feeling very safe on campus - daytime (88.4% vs. 83.9%)
- Feeling very safe in community - daytime (72.3% vs. 55.6%)
- Not smoked a cigarette in past 30 days (71.5% vs. 68.9%)
- Self-reported healthy weight (65.2% vs. 54.8%)
- Overwhelming anxiety- past 12 months (45.2% vs 49.5%)
- Feeling overwhelmed- past 12 months (76.5% vs. 82.2%)
- Overwhelmed by finances - past 12 months (25.7% vs. 34.8%)

**LOWER THAN THE NATIONAL RATE**
- Used the university’s counseling service (10.6% vs. 15.6%)
- Drank alcohol in past 30 days (74.4% vs. 64.8%)
- Used marijuana in past 30 days (22.5% vs. 16.8%)
- Drank 5+ drinks last time partied (50.1% vs. 21.6%)
- Drank 5+ drinks one sitting- past 2 weeks (51.7% vs. 31.8%)
- Drove after 5+ drinks- last 30 days (6.1% vs. 1.9%)
- Had more than 1 sexual partner- 12 months (30.6% vs. 24%)

**THAT’S A LOT OF DATA!**

Our NCHA reports can be tailored for your assessment needs. In addition to the demographic listed here, we can analyze based on enrollment status, international students, living situation, Greek affiliation, employment, athletic involvement, self-reported GPA, and more. We can also compare trends across time. Contact the Health Education Resource Office for more information, 785-864-9572.
Preventative Care

Less than $\frac{1}{2}$ (49.6%) of KU students wear sunscreen regularly.

67% of KU students reported their health as VERY GOOD OR EXCELLENT.

$\frac{3}{4}$ of students had a dental exam and cleaning in last 12 months.

<table>
<thead>
<tr>
<th>VACCINATIONS (EVER RECEIVED)</th>
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<tbody>
<tr>
<td>1. Hepatitis B</td>
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<tr>
<td>2. Measles, Mumps, Rubella</td>
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<tr>
<td>3. Meningococcal Meningitis</td>
</tr>
<tr>
<td>4. Varicella (Chicken Pox)</td>
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<tr>
<td>5. Influenza in Last 12 Months</td>
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<tr>
<td>6. Human Papillomavirus/HPV</td>
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</table>

Males

30.5% performed a testicular self exam in the last 30 days

Females

31.3% performed a breast self exam in the last 30 days

54.7% of females had a routine gynecological exam in last 12 months
In the Past 12 Months, % of KU Students Who Have Felt…

- Overwhelmed: 80.2%
- Exhausted (not from PA): 73.8%
- Overwhelming Anxiety: 48.9%
- Lonely: 46.1%
- Sad: 51.6%
- Intentionally Injured Self: 5.7%
- Hopeless: 38.8%
- Overwhelming Anger: 34.1%
- Difficult to Function Because Depressed: 24.1%
- Considered Suicide: 6.1%
- Attempted Suicide: 1.7%

29.7% of KU students have seen a counselor, therapist or psychologist in their lifetime (10.6% from KU’s counseling services)

¼ of KU students reported that FINANCES & INTIMATE RELATIONSHIPS have been traumatic/difficult to handle in past 12 months

The Top Issues Diagnosed/Treated by a Professional in Last 12 Months:
- Anxiety (10.1%)
- Depression (9.1%)
- ADHD (7.8%)

Nearly ½ (47%) of KU students experience higher than average levels of stress in past 12 months

Women are more likely than men to be treated for DEPRESSION & ANXIETY
Alcohol Use

Perception VS Reality

KU students think their peers drink a lot more than they do...Did you have a drink in the past 30 days?

94% Perception
74% Reality

15.9% stayed sober in past 30 days (perception is only 3.2%)

In the last two weeks, more than half of students (52.6%) reported drinking five or more drinks in one sitting. (NOTE: THIS IS BINGE DRINKING BEHAVIOR)

Top Protective Behaviors

1. Used designated drive 79.3%
2. Stayed with same group of friends 78.9%
3. Eat before/during drinking 76.6%
4. Keep track of # of drinks consumed 49.8%
5. Stick with one kind of alcohol 37.5%

Of students who drink, 45.2% said they did something they later regretted (41% said they did this in 2011)

Number who drank at least once during last time “partied/socialized”

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eBAC

eBAC* of students who reported drinking last time they partied was averaged.

Overall, 48% of KU students were UNDER the legal intoxication limit of .08 *estimated blood alcohol concentration; calculated using reported # of drinks consumed, time of consumption, sex, weight, and rate of metabolism. Students reporting 0 drinks or BAC > .5 excluded from analysis.
Sexual Behavior

Of those sexually active, the average number of partners in past 12 months was 2.66

Almost 2/3 of KU Students used contraceptive at last vaginal Intercourse.

KU STUDENTS STI TREATMENT – Last 12 months:
- .4% treated for HIV (20% tested for HIV)
- .4% Gonorrhea
- .8% Genital Herpes
- 1.2% Genital Warts/HPV
- 2.0% Chlamydia

Most popular methods:
- Pill (73.4%)
- Male Condom (67.1%)
- Withdrawal (32.2%)

Always/mostly used a condom or barrier in last 30 days?
- Oral (4.8%)
- Vaginal (50.2%)
- Anal (23.1%)

Sexual Activity in Past 30 Days

- Oral Sex
- Vaginal Sex
- Anal Sex
Tobacco & Other Drug Use

% of Students Reporting Illegal Drug Use in Last 30 Days

- Opiates
- Anabolic Steroids
- Hallucinogens
- Sedatives
- Other Amphetamines
- Methamphetamine
- Cocaine
- Marijuana

Have you used marijuana in the past 30 days?

Perception vs. Reality

KU students greatly overestimate the number of peers who smoke or use other drugs.

Have you smoked a cigarette in the past 30 days?
Perceive 84.6%
Actual 15%

Have you used tobacco from a hookah?
Perceive 77.6%
Actual 9.8%

Have you used any other tobacco or drug* in past 30 days?
Perceive 82.6%
Actual 18.7%

* examples of other tobacco & drugs include cigar, smokeless tobacco, cocaine, methamphetamine, sedatives, hallucinogens, club drugs

STIMULANTS (E.G., RITALIN, ADDERALL®) MOST COMMONLY REPORTED PRESCRIBED DRUG TAKEN (WITHOUT A PRESCRIPTION)... 18.8% IN LAST 12 MONTHS
Safety

KU Students Who Report Feeling Very Safe @ Night

Safety & Alcohol Use
Alcohol use can negatively impact KU students’ sense of safety

In the last 12 months, students:
- got in trouble with the police... 5.6%
- had sex without giving my consent... 2.1%
- had unprotected sex... 23.4%
- injured self... 17.2%
- injured others... 3.4%

Involvement in Violence/Abuse in the Past 12 Months

<table>
<thead>
<tr>
<th>Type</th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Verbal</td>
<td>30.8%</td>
<td>14.5%</td>
</tr>
<tr>
<td>2. Physical Fight</td>
<td>18.2%</td>
<td>5.1%</td>
</tr>
<tr>
<td>3. Emotionally Abusive Relationship</td>
<td>5.8%</td>
<td>9.0%</td>
</tr>
<tr>
<td>4. Sexual Touching Without Consent</td>
<td>3.3%</td>
<td>7.0%</td>
</tr>
<tr>
<td>5. Stalking</td>
<td>3.6%</td>
<td>6.5%</td>
</tr>
<tr>
<td>6. Physical Assault</td>
<td>6.0%</td>
<td>3.3%</td>
</tr>
<tr>
<td>7. Sexual Penetration Attempt Without Con-</td>
<td>2.0%</td>
<td>4.1%</td>
</tr>
<tr>
<td>sent</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. Sexual Penetration Without Consent</td>
<td>1.6%</td>
<td>2.6%</td>
</tr>
</tbody>
</table>
Physical Activity/Exercise

American College of Sports Medicine & American Heart Association recommends:

- > 30 minutes 5+ days per week @ moderate intensity

OR

- > 20 minutes 3+ days per week @ vigorous intensity

57% of KU students meet this recommendation

How Many KU Students Report No Exercise in Past 7 Days?

Weight

Self-Report Being at a Healthy Weight

~ ½ of students report trying to lose weight (48%)

Fruit and Vegetable Consumption

Only 6% of KU students consume 5+ servings of fruit/veggies per day...
up from 5% in 2011

How Many Servings of Fruits and Vegetables Do You Usually Eat Per Day?
**Focus on Academics**

43.8% reported that ACADEMICS have been very traumatic or very difficult to handle within the last 12 months

In the past 7 days, 43.3% of students said that sleepiness was more than a little problem for daytime activities

**TOP 10 IMPEDIMENTS TO LEARNING**

<table>
<thead>
<tr>
<th>INGREDIENT</th>
<th>KU</th>
<th>NATIONAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Stress*</td>
<td>24.9%</td>
<td>28.6%</td>
</tr>
<tr>
<td>2. Anxiety</td>
<td>20.4%</td>
<td>19.6%</td>
</tr>
<tr>
<td>3. Sleep difficulties*</td>
<td>17.6%</td>
<td>19.4%</td>
</tr>
<tr>
<td>4. Work*</td>
<td>15.3%</td>
<td>14.8%</td>
</tr>
<tr>
<td>5. Cold/flu/Sore Throat</td>
<td>11.4%</td>
<td>15.0%</td>
</tr>
<tr>
<td>6. Depression</td>
<td>11.5%</td>
<td>12.6%</td>
</tr>
<tr>
<td>7. Alcohol Use*</td>
<td>9.5%</td>
<td>4.1%</td>
</tr>
<tr>
<td>8. Relationship Issues</td>
<td>9.3%</td>
<td>9.8%</td>
</tr>
<tr>
<td>9. Attention Deficit/Hyperactivity Disorder*</td>
<td>9.3%</td>
<td>5.4%</td>
</tr>
<tr>
<td>10. Concern over a friend or family member</td>
<td>8.9%</td>
<td>10.5%</td>
</tr>
</tbody>
</table>

* Difference between KU and national average is statistically significant

Within the last 12 months, what factors have affected your academic performance?