
National College Health Assessment

Spring 2000



Executive Summary

American College Health Association

Florida International University Spring 2000

American College Health Association
National College Health Assessment

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ACHA-NCHA

The NCHA supports the health of the campus community by fulfilling the academic mission, supporting short- and long-term healthy behaviors, and gaining a current profile of health trends within the campus community.

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Introduction

Interest in a healthy environment in higher education has grown over the last decade. Administrators, practitioners, faculty and students are becoming increasingly concerned about the health and health-related costs affecting the quality of student and academic life within the campus community.

In 1998 the American College Health Association initiated a survey to address a broad range of health, risk, and protective behaviors, consequences of behavior, and perceptions among students. The survey also assesses illness and effects of selected health conditions on academic performance.

This Executive Summary highlights results of the NCHA survey for Florida International University, consisting of 1236 respondents, with 506 responding from Biscayne Bay Campus (BBC), and 730 responding from University Park Campus (UPC).

Additional information about survey development, design, and methods can be obtained by calling the FIU Wellness Centers at 305.919.5307, BBC, or 305.348.4020, UPC.

Possible Uses of the NCHA

The following are possible uses of the National College Health Assessment:

- Determine priority health issues among student populations.
- Provide prevalence rates and formulate baseline data for tracking trends.
- Measure progress and effectiveness of intervention strategies.
- Support institutional policies and local laws that affect the health of a campus community.
- Create individual reports, information campaigns, research projects to educate both campus and community partners.
- Distribute risk factor information about the student population through summary reports that focus on specific health topics or problem areas.
- Monitor prevalence and care for specific chronic disease groups.
- Monitor acute illness and prevention efforts.
- Provide group or cohort-specific estimates.
- Assess the correlation between one characteristic/behavior and another in a given population.
- Identify students' level of self-knowledge about health protection practices and illnesses.
- Identify students' perceptions about peer behavior.
- Assess the impact of health and behavior factors on academic performance.
- Track the progress of selected objectives in Healthy Campus 2000 and Healthy Campus 2010 for ongoing and future tracking.

Note on use of data:

Missing values have been excluded from analysis. Students responding, "not applicable" were excluded from several analyses, which are specifically noted throughout this document. All response categories were included, including, "don't know" or "0" unless otherwise noted.

Findings

A. General Health of FIU Students

- 65.2% of students surveyed (72.1% male; 60.7% female) described their health as “very good” or “excellent.”
- Within the last 12 months/school year, FIU students reported:

Allergy problems	29.2%	Repetitive stress injury	4.4%
Anorexia	2.1%	Seasonal affective disorder	1.6%
Anxiety disorder	6.6%	Substance abuse problem	3.9%
Asthma	7.2%	Back pain	38.6%
Bulimia	1.9%	Broken bone/fracture	4.8%
Chronic fatigue syndrome	3.8%	Bronchitis	6.5%
Depression	12.8%	Chlamydia	2.2%
Diabetes	1.8%	Ear infection	7.6%
Endometriosis	1.5%	Gonorrhea	1.8%
Genital herpes	2.2%	Mononucleosis	2.0%
Genital warts/HPV	2.2%	Pelvic inflammatory disease	1.8%
Hepatitis B or C	1.6%	Sinus infection	15.0%
High blood pressure	5.2%	Strep throat	11.3%
High cholesterol	6.0%	Tuberculosis	1.6%
HIV	1.6%		

- 61.8% of FIU students (63.4% male; 68.1% female) experienced one or more of the above conditions within the last 12 months/school year.

B. Preventive Health

➤ Preventive health practices among FIU students:

- 60.7% reported being vaccinated against hepatitis B.
- 32.0% reported being vaccinated against meningococcal disease.
- 61.9% reported being vaccinated against varicella (chicken pox).
- 84.5% reported being vaccinated with measles, mumps, rubella (2 shots).
- 32.9% reported being vaccinated against the flu in the last year.
- 67.2% reported having a dental exam and cleaning in the last year.
- 39.2% of males reported that they performed testicular self-exam in the last month.
- 46.2% of females reported that they performed breast self-exam in the last month.
- 58.5% of females reported having a routine gynecological exam in the last year.
- 84.6% reported having their blood pressure checked in the last 2 years.
- 62.2% reported having cholesterol checked in the last 5 years.
- 17.4% reported using sunscreen daily.

➤ FIU students reported the following behaviors within the last 12 months/school year:

	N/A, didn't drive, ride or skate within the last 12 months/school year	Never	Rarely or sometimes	Mostly or always	Mostly or always (N/A responses not included)*
Wore a seatbelt	1.6%	2.6%	13.3%	82.6%	83.9%
Wore a helmet when riding a bicycle	56.2%	27.2%	8.2%	8.4%	19.2%
Wore a helmet when riding a motorcycle	76.3%	6.7%	3.0%	14.1%	59.3%
Wore a helmet when inline skating	64.0%	26.0%	4.4%	5.6%	15.5%

**Students responding, "N/A, didn't drive, ride or skate within the last 12 months/school year," were excluded from this analysis.*

C. Academic Impacts

- Within the last 12 months/school year FIU students reported the following factors affecting their individual academic performance, i.e. received an incomplete, dropped a course, received a lower grade in a class, on an exam, or on an important project (listed alphabetically):

Alcohol Use	3.5%	Eating disorder/problem	2.1%
Allergies	3.2%	HIV infection	1.7%
Assault (physical)	1.4%	Injury	3.8%
Assault (sexual)	1.8%	Internet use/computer games	5.0%
Attention deficit disorder	4.3%	Learning disability	3.3%
Cold/flu/sore throat	12.2%	Mononucleosis	1.4%
Concern for a troubled friend or family member	11.4%	Pregnancy (yours or your partner's)	2.4%
Chronic illness	2.0%	Relationship difficulty	10.9%
Chronic pain	2.6%	Sexually transmitted disease	1.5%
Death of a friend or family member	6.8%	Sinus infection/ear infection/bronchitis/strep throat	4.2%
Depression/anxiety disorder/seasonal affective disorder	8.3%	Sleep difficulties	12.1%
Drug use	3.2%	Stress	19.5%

D. Violence

- Within the last 12 months/school year, FIU students reported experiencing:

	Male	Female	Total
A physical fight	13.4%	4.3%	7.8%
Being physically assaulted (non-sexually)	4.8%	3.1%	3.8%
Verbal threats for sex against their will	4.5%	3.9%	4.6%
Sexual touching against their will	5.6%	9.8%	8.2%
Attempted sexual penetration against their will	1.7%	2.6%	2.6%
Sexual penetration against their will	1.7%	2.3%	2.3%
An emotionally abusive relationship	11.5%	17.4%	15.0%
A physically abusive relationship	4.0%	5.7%	4.8%
A sexually abusive relationship	1.7%	3.3%	2.8%

E. Alcohol, Tobacco and Other Drug Use

- Thirty day prevalence - substance use reported by FIU students (male, female, total):

Alcohol	Male	Female	Total
Never used	25.4%	28.0%	26.6%
Used, but not in the last 30 days	14.7%	17.5%	15.9%
Used 1-9 days	41.8%	43.1%	42.1%
Used 10-29 days	16.9%	10.1%	12.3%
Used all 30 days	1.1%	1.3%	1.2%

Cigarettes	Male	Female	Total
Never used	66.0%	69.5%	68.0%
Used, but not in the last 30 days	9.6%	11.4%	10.7%
Used 1-9 days	11.0%	9.8%	9.5%
Used 10-29 days	5.3%	3.5%	4.5%
Used all 30 days	8.1%	5.8%	7.3%

Marijuana	Male	Female	Total
Never used	70.9%	77.9%	75.4%
Used, but not in the last 30 days	11.0%	12.7%	11.9%
Used 1-9 days	9.0%	5.6%	7.1%
Used 10-29 days	6.8%	2.6%	3.9%
Used all 30 days	2.3%	1.1%	1.7%

- **Reported use versus perceived use** - reported use for FIU students within the past 30 days compared with how often students perceived the typical student on campus used substances within the same time period:

	Never		Used one or more days		Used daily	
	Reported use (total)	Perception of typical use	Reported use (total)	Perception of typical use	Reported use (total)	Perception of typical use
Alcohol	28.6%	7.1%	54.3%	55.4%	1.2%	37.5%
Cigarettes	68.0%	7.9%	14.0%	38.9%	7.3%	53.1%
Marijuana	75.4%	17.7%	11.0%	57.5%	1.7%	24.8%

- 8.4% of FIU students reported driving after having 5 or more drinks in the last 30 days.*

*Students responding, "N/A, don't drive," were excluded from this analysis.

Findings contd.

- **Estimated BAC (Blood Alcohol Content) of FIU students:** This is an estimated figure based on the reported number of drinks consumed during the last time all students (including non-drinkers) "partied" or socialized, their approximate time of consumption, sex and the average rate of ethanol metabolism.

Estimated BAC	Male	Female	Total
Less than .08	73.5%	74.6%	74.1%
Less than .10	79.9%	83.1%	81.9%

Mean	0.063	0.062	0.062
Median	0.028	0.034	0.032
Mode	0.000	0.000	0.000

- **Reported** number of drinks consumed the last time FIU students "partied" or socialized:

Number of drinks	Male	Female	Total
Less than/equal to 4	62.6%	81.3%	75.1%
Less than/equal to 5	68.8%	88.4%	81.6%
Less than/equal to 6	75.1%	91.4%	85.7%

Mean	4.36	2.68	3.53
Median	3.00	2.00	2.00
Mode	0.00	0.00	0.00

- **Reported** number of times FIU students consumed five or more drinks in a sitting within the last two weeks:

	Male	Female	Total
None	61.9%	77.4%	72.2%
1-2 times	22.0%	15.4%	17.5%
3-5 times	13.0%	5.4%	8.1%
6 or more times	3.1%	1.8%	2.2%

- FIU students reported doing the following when they "partied" or socialized during the last 12 months/school year.*

When at a party or when going out....	usually or always
alternate non-alcoholic with alcoholic beverages:	36.7%
determine in advance not to exceed a set number of drinks:	47.9%
choose not to drink alcohol:	35.3%
use a designated driver:	65.9%
eat before and/or during drinking:	69.9%
have a friend let you know when you have had enough:	40.4%
keep track of how many drinks being consumed:	64.2%
pace drinks to one or fewer an hour:	41.5%
avoid drinking games:	63.9%
drink an alcoholic look-alike:	13.3%

**Students responding "N/A, don't drink" were excluded from this analysis.*

- 91.7% of FIU students reported usually doing or always doing one or more of the above behaviors when drinking alcohol during the last 12 months/school year.*

**Students responding, "N/A, don't drink," were excluded from this analysis.*

- FIU students who drank alcohol reported the following consequences occurring in the last 12 months/school year as a result of their own drinking:*

	Male	Female	Total
Being physically injured	7.1%	9.9%	8.6%
Being physically injured by another person	5.2%	1.9%	3.5%
Being involved in a fight	6.7%	3.8%	5.1%
Doing something they later regretted	22.3%	21.3%	21.6%
Forgetting where they were or what they had done	15.6%	16.1%	15.9%
Having someone use force or threat of force to have sex with them	2.6%	2.6%	2.8%
Having unprotected sex	15.7%	11.7%	13.5%

**Students responding, "N/A, don't drink," were excluded from this analysis.*

F. Sexual Behavior

- FIU students reported the following within the last 12 months/school year:

	Male	Female	Total
Having had no sexual partner	23.5%	25.3%	24.7%
Having had 1 sexual partner	33.6%	52.9%	46.1%
Having had 2 sexual partners	12.2%	11.9%	11.4%
Having had 3 sexual partners	9.6%	6.2%	7.6%
Having had 4 or more sexual partners	21.2%	3.6%	10.2%

- Number of partners among FIU students reporting to have at least one sexual partner within the last 12 months/school year:*

	Male	Female	Total
Mean	4.56	1.90	3.26
Median	2.0	1.0	1.0
Mode	1.0	1.0	1.0

**Only students reporting to have at least one sexual partner are included in these calculations.*

Oral sex within the past 30 days	Male	Female	Total
Never did this sexual activity	19.8%	26.2%	24.9%
Have not done this during the last 30 days	23.1%	25.5%	23.4%
Did this 1 or more times	57.2%	48.3%	51.7%

Vaginal sex within the past 30 days	Male	Female	Total
Never did this sexual activity	22.5%	23.1%	22.9%
Have not done this during the last 30 days	21.0%	19.8%	19.9%
Did this 1 or more times	56.6%	57.1%	57.3%

Anal sex within the past 30 days	Male	Female	Total
Never did this sexual activity	63.1%	73.1%	69.9%
Have not done this during the last 30 days	24.3%	22.9%	22.6%
Did this 1 or more times	12.6%	4.0%	7.5%

Type of sexual behavior	Oral	Vaginal	Anal
<i>Sexually active students reported...</i>			
Using a condom within the last 30 days (mostly or always)*	7.3%	40.6%	27.3%
Using a condom the last time they had sex**	7.4%	44.2%	27.8%

*Students responding, "Never did this sexual activity," or "Have not done this during the last thirty days" were excluded from the analysis.

**Students responding, "Never did this sexual activity," were excluded from the analysis.

- **Reported** means of birth control used among sexually active FIU students or their partners to prevent pregnancy the last time they had vaginal intercourse:

	Male	Female	Total
Birth control pills	24.1%	29.2%	26.2%
Depo Provera (shots)	0.3%	2.1%	1.4%
Norplant (implant)	0.6%	0.2%	0.4%
Condoms	38.2%	34.8%	35.0%
Diaphragm, cervical cap, sponge	0.3%	1.0%	0.6%
Spermicide	3.6%	3.5%	3.9%
Fertility awareness	4.4%	3.7%	4.0%
Withdrawal	16.9%	20.2%	17.8%
Other method	2.8%	2.4%	2.7%
Nothing	10.2%	6.2%	8.1%

- 6.6% of sexually active FIU students reported using (or reported their partner used) emergency contraception ("morning after pill") within the last 12 months/school year (male: 7.6%; female: 5.4%).*

*Students responding, "Not sexually active," were excluded from the analysis.

- 5.7% of FIU students who had vaginal intercourse within the last 12 months/school year reported experiencing an unintentional pregnancy or got someone pregnant within the last 12 months/school year (male: 4.6%; female: 5.5%).**

**Students responding, "Have not had vaginal intercourse within the last 12 months/school year," were excluded from the analysis.

G. Nutrition and Exercise

- Within the last 30 days, FIU students reported:

	Male	Female	Total
Exercising to lose weight	38.8%	48.3%	43.9%
Dieting to lose weight	16.1%	31.0%	25.1%
Vomiting or taking laxatives to lose weight	0.8%	2.2%	1.7%
Taking diet pills to lose weight	1.9%	9.2%	5.9%
Doing none of the above	47.6%	36.8%	39.0%

- FIU students reported usually eating the following number of servings of fruits and vegetables:

	Male	Female	Total
Don't eat fruits and vegetables	9.4%	5.4%	7.1%
1 or 2 per day	69.9%	64.4%	66.0%
3-4 per day	15.5%	23.5%	21.2%
5 or more per day	5.2%	6.7%	5.7%

- FIU students reported the following behaviors within the past 7 days:

Participated in vigorous exercise for 20 minutes (or 30 minutes moderate exercise)	Male	Female	Total
0 days	25.2%	40.2%	34.4%
1-2 days	27.8%	29.8%	29.3%
3-5 days	35.8%	24.9%	28.4%
6+ days	11.2%	5.1%	7.9%

Exercising to strengthen muscles	Male	Female	Total
0 days	30.0%	48.2%	41.0%
1-2 days	23.9%	26.5%	25.7%
3-5 days	36.3%	20.6%	26.6%
6+ days	9.8%	4.8%	6.7%

Getting enough sleep to feel rested in the morning	Male	Female	Total
0 days	12.7%	16.0%	15.9%
1-2 days	29.7%	26.6%	27.3%
3-5 days	41.2%	36.9%	37.9%
6+ days	16.4%	20.4%	18.8%

- **Estimated average Body Mass Index (BMI):** This figure incorporates reported sex, height and weight to form a general indicator of physical health:

BMI	Male	Female	Total
Less than 18.5 - Underweight	4.4%	7.8%	6.5%
18.5-24.9 - Healthy Weight	46.1%	72.8%	63.0%
25-29.9 - Overweight	39.1%	12.5%	22.3%
30-34.9 - Class I Obesity	8.2%	4.1%	5.6%
35-39.9 - Class II Obesity	1.2%	1.5%	1.4%
Less than/equal to 40 - Class III Obesity	1.2%	1.4%	1.3%

Mean	25.2	25.4	25.3
Median	25.0	21.8	23.0
Mode	25.1	21.0	21.0

H. Depression

- FIU students reported experiencing the following within the last 12 months/school year:

Feeling overwhelmed by all they had to do			
	Male	Female	Total
Never	22.9%	12.6%	17.2%
1-10 times	64.3%	68.9%	66.5%
11+ times	12.9%	18.5%	16.4%

Feeling so depressed it was difficult to function			
	Male	Female	Total
Never	63.0%	53.0%	56.4%
1-10 times	30.5%	38.5%	35.8%
11+ times	6.5%	8.5%	7.8%

Feeling exhausted (not from physical activity)			
	Male	Female	Total
Never	26.1%	12.9%	18.8%
1-10 times	58.5%	68.4%	63.7%
11+ times	15.5%	18.8%	17.5%

Seriously considering attempting suicide			
	Male	Female	Total
Never	89.9%	88.3%	88.1%
1-10 times	8.1%	10.9%	10.4%
11+ times	2.1%	0.8%	1.4%

Feeling very sad			
	Male	Female	Total
Never	36.9%	21.5%	27.7%
1-10 times	54.0%	67.2%	62.0%
11+ times	9.1%	11.4%	10.3%

Attempting suicide			
	Male	Female	Total
Never	96.4%	97.3%	96.7%
1-10 times	2.6%	2.5%	2.7%
11+ times	1.0%	0.1%	0.6%

Feeling things were hopeless			
	Male	Female	Total
Never	54.3%	38.6%	44.2%
1-10 times	40.2%	53.4%	49.0%
11+ times	5.5%	8.0%	6.9%

	Male	Female	Total
FIU students reported diagnosed with depression	6.2%	10.1%	8.4%
<i>Of those students reporting ever having been diagnosed with depression in the item above...</i>			
Diagnosed with depression in the last 12 months/school year	52.6%	40.7%	43.8%
Currently in therapy for depression	50.0%	17.2%	28.1%
Currently taking medication for depression	50.0%	15.5%	25.8%

Demographics and Student Characteristics

◆ Age:

Average:	23.89
Median:	22.0
Mode:	18.0

18 – 20:	30.4%
21 – 24:	33.0%
25 - 29:	17.7%
30+:	13.7%

◆ Sex:

Female:	63.6%
Male:	36.4%

◆ Student status:

1st year undergraduate:	19.0%
2nd year undergraduate:	11.1%
3rd year undergraduate:	23.6%
4th year undergraduate:	24.5%
5th year or more undergraduate:	8.6%
Graduate or professional:	10.3%
Adult special or other:	2.9%
Full-time student:	77.9%

◆ Relationship status

Single:	51.4%
Married/domestic partner:	16.4%
Engaged or committed dating relationship:	28.0%
Separated:	1.4%
Divorced:	2.3%
Widowed:	0.4%

◆ Students describe themselves as:

White:	20.1%
Black – not Hispanic:	17.2%
Hispanic or Latino:	44.3%
Asian or Pacific Islander:	4.7%
American Indian or Alaskan Native:	0.5%
Other:	6.7%

◆ Students describe themselves as:

Heterosexual:	94.6%
Gay/Lesbian:	1.3%
Bisexual:	2.4%
Transgendered:	0.1%
Unsure:	1.6%

◆ Housing:

Campus residence:	5.1%
Fraternity or sorority:	0.7%
Other university housing:	1.5%
Off-campus:	25.0%
Parent/guardian's home:	55.0%
Other:	12.6%

◆ Hours of paid work per week:

0 hours:	26.0%
1-9 hours:	3.3%
10-19 hours:	9.1%
20-29 hours:	22.2%
30-39 hours:	13.3%
40 hours:	16.3%
More than 40 hours:	10.0%

◆ Hours of volunteer work per week:

0 hours:	76.6%
1-9 hours:	15.4%
10-19 hours:	2.9%
20-29 hours:	1.8%
30-39 hours:	0.4%
40 hours:	0.3%
More than 40 hours:	0.7%

◆ Have any kind of health insurance (including prepaid plans, such as HMOs):

Yes:	76.6%
Unsure:	4.3%

Florida International University

Biscayne Bay Campus

Spring 2000

Findings

A. General Health of BBC Students

- 63.1% of BBC students surveyed (70.0% male; 59.2% female) described their health as “very good” or “excellent.”
- Within the last 12 months/school year, BBC students reported:

Allergy problems	29.2%	Repetitive stress injury	3.1%
Anorexia	0.2%	Seasonal affective disorder	0.7%
Anxiety disorder	6.4%	Substance abuse problem	3.1%
Asthma	5.4%	Back pain	44.8%
Bulimia	0.7%	Broken bone/fracture	2.7%
Chronic fatigue syndrome	2.9%	Bronchitis	6.1%
Depression	13.8%	Chlamydia	2.0%
Diabetes	0.7%	Ear infection	7.9%
Endometriosis	1.1%	Gonorrhea	0.2%
Genital herpes	2.2%	Mononucleosis	0.5%
Genital warts/HPV	1.6%	Pelvic inflammatory disease	1.6%
Hepatitis B or C	0.7%	Sinus infection	14.3%
High blood pressure	3.1%	Strep throat	11.5%
High cholesterol	5.2%	Tuberculosis	0.9%
HIV	0.2%		

- 65.0% of BBC students (71.3% male; 70.2% female) experienced one or more of the above conditions within the last 12 months/school year.

B. Preventive Health

➤ Preventive health practices among BBC students:

- 57.8% reported being vaccinated against hepatitis B.
- 28.2% reported being vaccinated against meningococcal disease.
- 61.3% reported being vaccinated against varicella (chicken pox).
- 85.4% reported being vaccinated with measles, mumps, rubella (2 shots).
- 28.0% reported being vaccinated against the flu in the last year.
- 63.8% reported having a dental exam and cleaning in the last year.
- 35.9% of males reported that they performed testicular self-exam in the last month.
- 46.8% of females reported they performed breast self-exam in the last month.
- 61.6% of females reported having a routine gynecological exam in the last year.
- 85.7% reported having their blood pressure checked in the last 2 years.
- 60.2% reported having cholesterol checked in the last 5 years.
- 18.0% reported using sunscreen daily.

➤ BBC students reported the following behaviors within the last 12 months/school year:

	N/A, didn't drive, ride or skate within the last 12 months/school year	Never	Rarely or sometimes	Mostly or always	Mostly or always (N/A responses not included)*
Wore a seatbelt	0.2%	1.4%	13.0%	85.4%	85.6%
Wore a helmet when riding a bicycle	61.8%	23.2%	7.0%	8.0%	21.0%
Wore a helmet when riding a motorcycle	79.5%	5.4%	2.1%	13.0%	63.6%
Wore a helmet when inline skating	67.1%	23.5%	3.5%	5.9%	18.0%

* Students responding, "N/A, didn't drive, ride or skate within the last 12 months/school year," were excluded from this analysis.

C. Academic Impacts

- Within the last 12 months/school year BBC students reported the following factors affecting their individual academic performance, i.e. received an incomplete, dropped a course, received a lower grade in a class, on an exam or on an important project (listed alphabetically):

Alcohol use	3.2%	Eating disorder/problem	0.9%
Allergies	1.8%	HIV infection	0.0%
Assault (physical)	0.7%	Injury	2.3%
Assault (sexual)	0.9%	Internet use/computer games	3.6%
Attention deficit disorder	2.7%	Learning disability	2.3%
Cold/flu/sore throat	11.6%	Mononucleosis	0.2%
Concern for a troubled friend or family member	11.0%	Pregnancy (yours or your partner's)	1.4%
Chronic illness	2.0%	Relationship difficulty	12.0%
Chronic pain	2.8%	Sexually transmitted disease	0.2%
Death of a friend or family member	5.9%	Sinus infection/ear infection/bronchitis/strep throat	5.3%
Depression/anxiety disorder/seasonal affective disorder	8.9%	Sleep difficulties	12.8%
Drug use	2.5%	Stress	21.0%

D. Violence

- Within the last 12 months/school year, BBC students reported experiencing:

	Male	Female	Total
A physical fight	11.5%	4.2%	5.6%
Being physically assaulted (non-sexually)	3.3%	1.8%	2.0%
Verbal threats for sex against their will	4.1%	3.9%	4.2%
Sexual touching against their will	6.7%	10.2%	7.9%
Attempted sexual penetration against their will	0.0%	2.8%	2.2%
Sexual penetration against their will	0.8%	1.4%	1.4%
An emotionally abusive relationship	12.4%	19.6%	17.3%
A physically abusive relationship	1.7%	5.3%	4.3%
A sexually abusive relationship	0.0%	2.5%	1.8%

E. Alcohol, Tobacco and Other Drug Use

- Thirty day prevalence - substance use reported by BBC students (male, female, total):

Alcohol	Male	Female	Total
Never used	21.3%	29.8%	29.3%
Used, but not in the last 30 days	18.9%	17.9%	17.1%
Used 1-9 days	43.4%	39.6%	41.4%
Used 10-29 days	16.4%	11.2%	11.4%
Used all 30 days	0.0%	1.4%	0.8%

Cigarettes	Male	Female	Total
Never used	63.9%	72.0%	69.9%
Used, but not in the last 30 days	9.8%	11.0%	10.6%
Used 1-9 days	8.2%	7.0%	6.2%
Used 10-29 days	9.8%	4.0%	5.4%
Used all 30 days	8.2%	6.0%	7.8%

Marijuana	Male	Female	Total
Never used	69.4%	78.4%	76.0%
Used, but not in the last 30 days	9.9%	12.4%	11.7%
Used 1-9 days	7.4%	5.7%	6.3%
Used 10-29 days	9.1%	2.1%	3.6%
Used all 30 days	4.1%	1.4%	2.4%

- **Reported use versus perceived use** - reported use for BBC students within the past 30 days compared with how often students perceived the typical student on campus used substances within the same time period:

	Never		Used one or more days		Used daily	
	Reported use (total)	Perception of typical use	Reported use (total)	Perception of typical use	Reported use (total)	Perception of typical use
Alcohol	29.3%	5.1%	69.9%	58.3%	0.8%	36.6%
Cigarettes	69.9%	6.8%	22.3%	36.4%	7.8%	56.7%
Marijuana	76.0%	15.7%	21.6%	59.5%	2.4%	24.8%

- 7.3% of BBC students reported driving after having 5 or more drinks in the last 30 days.*

*Students responding, "N/A, don't drive," were excluded from this analysis.

- **Estimated BAC (Blood Alcohol Content) of BBC students:** This is an estimated figure based on the reported number of drinks consumed during the last time all students (including non-drinkers) "partied" or socialized, their approximate time of consumption, sex and the average rate of ethanol metabolism.

Estimated BAC	Male	Female	Total
Less than .08	71.7%	71.9%	71.9%
Less than .10	78.5%	80.1%	85.3%

Mean	0.050	0.066	0.061
Median	0.027	0.033	0.030
Mode	0.000	0.000	0.000

- **Reported** number of drinks consumed the last time BBC students "partied" or socialized:

Number of drinks	Male	Female	Total
Less than/equal 4	66.9%	83.8%	79.9%
Less than/equal 5	72.7%	90.5%	86.2%
Less than/equal to 6	79.3%	92.3%	89.0%

Mean	3.69	2.65	3.27
Median	3.0	2.0	2.0
Mode	0.0	0.0	0.0

- **Reported** number of times BBC students consumed five or more drinks in a sitting within the last two weeks:

	Male	Female	Total
None	63.1%	80.4%	77.3%
1-2 times	20.5%	13.9%	14.5%
3-5 times	14.8%	4.3%	6.5%
6 or more times	1.6%	1.4%	1.6%

- BBC students reported doing the following when they "partied" or socialized during the last 12 months/school year:*

When at a party or when going out....	usually or always
alternate non-alcoholic with alcoholic beverages:	35.6%
determine in advance not to exceed a set number of drinks:	49.1%
choose not to drink alcohol:	35.0%
use a designated driver:	64.0%
eat before and/or during drinking:	70.1%
have a friend let you know when you have had enough:	39.6%
keep track of how many drinks being consumed:	68.1%
pace drinks to one or fewer an hour:	42.5%
avoid drinking games:	74.3%
drink an alcoholic look-alike:	11.5%

**Students responding, "N/A, don't drink," were excluded from this analysis.*

- 93.8% of BBC students reported usually doing or always doing one or more of the above behaviors when drinking alcohol during the last 12 months/school year:*

**Students responding, "N/A, don't drink," were excluded from this analysis.*

- BBC students who drank alcohol reported the following consequences occurring in the last 12 months/school year as a result of their own drinking:*

	Male	Female	Total
Being physically injured	4.3%	6.3%	5.4%
Physically injured another person	1.1%	2.6%	1.8%
Being involved in a fight	4.3%	3.1%	3.9%
Doing something they later regretted	23.7%	23.7%	22.8%
Forgetting where they were or what they had done	16.1%	15.9%	15.0%
Having someone use force or threat of force to have sex with them	1.1%	2.1%	1.5%
Having unprotected sex	17.4%	12.5%	13.8%

**Students responding, "N/A, don't drink," were excluded from this analysis.*

F. Sexual Behavior

- BBC students reported the following within the last 12 months/school year:

	Male	Female	Total
Having had no sexual partner	19.3%	25.7%	23.8%
Having had 1 sexual partner	31.9%	53.6%	48.0%
Having had 2 sexual partners	13.4%	10.4%	11.0%
Having had 3 sexual partners	9.2%	6.4%	7.7%
Having had 4 or more sexual partners	26.1%	3.9%	9.5%

- Number of partners among BBC students reporting to have at least one sexual partner within the last 12 months/school year:*

	Male	Female	Total
Mean	4.22	2.08	2.78
Median	2.0	1.0	1.0
Mode	1.0	1.0	1.0

**Only students reporting to have at least one sexual partner are included in these calculations.*

Oral sex within the past 30 days	Male	Female	Total
Never did this sexual activity	17.5%	27.9%	25.9%
Have not done this during the last 30 days	28.9%	26.1%	25.5%
Did this 1 or more times	53.5%	46.0%	48.6%

Vaginal sex within the past 30 days	Male	Female	Total
Never did this sexual activity	18.3%	21.7%	21.3%
Have not done this during the last 30 days	24.3%	21.4%	21.7%
Did this 1 or more times	57.4%	56.9%	57.0%

Anal sex within the past 30 days	Male	Female	Total
Never did this sexual activity	60.7%	72.9%	70.0%
Have not done this during the last 30 days	25.9%	22.3%	22.7%
Did this 1 or more times	13.4%	4.8%	7.3%

Type of sexual behavior	Oral	Vaginal	Anal
<i>Sexually active students reported...</i>			
Using a condom within the last 30 days (mostly or always)*	6.3%	40.1%	26.7%
Using a condom the last time they had sex**	4.7%	43.7%	26.0%

**Students responding, "Never did this sexual activity," or "Have not done this during the last thirty days," were excluded from the analysis.*

***Students responding, "Never did this sexual activity," were excluded from the analysis.*

- **Reported** means of birth control used among sexually active BBC students or their partners to prevent pregnancy the last time they had vaginal intercourse:

	Male	Female	Total
Birth control pills	25.4%	27.7%	26.1%
Depo Provera (shots)	0.0%	2.8%	1.6%
Norplant (implant)	0.0%	0.0%	0.2%
Condoms	35.2%	39.1%	37.2%
Diaphragm, cervical cap, sponge	0.0%	0.7%	0.4%
Spermicide	4.9%	2.1%	3.0%
Fertility awareness	1.6%	3.1%	3.6%
Withdrawal	23.0%	23.2%	20.6%
Other method	4.1%	2.4%	3.2%
Nothing	13.9%	5.2%	8.3%

- 6.5% of sexually active BBC students reported using (or reported their partner used) emergency contraception ("morning after pill") within the last 12 months/school year (male: 6.3%; female: 5.6%).*

**Students responding "Not sexually active" were excluded from the analysis.*

- 7.3% of BBC students who had vaginal intercourse within the last 12 months/school year reported experiencing an unintentional pregnancy or got someone pregnant within the last 12 months/school year (male: 8.1%; female: 6.8%).**

***Students responding "Have not had vaginal intercourse within the last 12 months/school year" were excluded from the analysis.*

G. Nutrition and Exercise

- Within the last 30 days, BBC students reported:

	Male	Female	Total
Exercising to lose weight	41.8%	47.1%	46.2%
Dieting to lose weight	18.0%	29.4%	25.9%
Vomiting or taking laxatives to lose weight	0.0%	1.0%	1.0%
Taking diet pills to lose weight	3.3%	8.0%	5.9%
Doing none of the above	46.7%	38.4%	38.7%

- BBC students reported usually eating the following number of servings of fruits and vegetables:

	Male	Female	Total
Don't eat fruits and vegetables	10.4%	3.3%	5.4%
1 or 2 per day	73.0%	64.5%	64.6%
3-4 per day	11.3%	23.8%	23.4%
5 or more per day	5.2%	8.4%	6.7%

- BBC students reported the following behaviors within the past 7 days:

Participated in vigorous exercise for 20 minutes (or 30 minutes moderate exercise)	Male	Female	Total
0 days	33.1%	43.4%	38.2%
1-2 days	26.3%	29.5%	30.2%
3-5 days	33.1%	22.8%	26.2%
6+ days	7.6%	4.3%	5.5%

Exercising to strengthen muscles	Male	Female	Total
0 days	37.3%	48.6%	43.5%
1-2 days	22.0%	27.9%	26.6%
3-5 days	33.1%	19.6%	25.1%
6+ days	7.6%	3.9%	4.9%

Getting enough sleep to feel rested in the morning	Male	Female	Total
0 days	15.1%	15.5%	15.4%
1-2 days	35.3%	24.4%	27.9%
3-5 days	34.5%	39.2%	38.5%
6+ days	15.1%	20.8%	18.3%

- **Estimated average Body Mass Index (BMI):** This figure incorporates reported sex, height and weight to form a general indicator of physical health.

BMI	Male	Female	Total
Less than 18.5 - Underweight	2.6%	8.1%	6.4%
18.5-24.9 - Healthy Weight	47.0%	72.2%	64.6%
25-29.9 - Overweight	36.8%	11.7%	19.2%
30-34.9 - Class I Obesity	10.3%	3.7%	5.6%
35-39.9 - Class II Obesity	2.6%	2.2%	2.3%
Less than/equal to 40 - Class III Obesity	0.9%	2.2%	1.8%

Mean	25.9	28.5	27.7
Median	25.1	21.7	23.1
Mode	25.1	19.8	19.8

H. Depression

- BBC students reported experiencing the following within the last 12 months/school year:

Feeling overwhelmed by all they had to do			
	Male	Female	Total
Never	16.7%	10.7%	14.5%
1-10 times	64.2%	71.2%	67.7%
11+ times	19.2%	18.1%	17.8%

Feeling so depressed it was difficult to function			
	Male	Female	Total
Never	59.2%	53.0%	56.2%
1-10 times	35.8%	41.3%	37.9%
11+ times	5.0%	5.7%	5.9%

Feeling exhausted (not from physical activity)			
	Male	Female	Total
Never	22.5%	12.9%	17.4%
1-10 times	62.5%	68.6%	64.9%
11+ times	15.0%	18.6%	17.6%

Seriously considering attempting suicide			
	Male	Female	Total
Never	91.6%	91.4%	91.8%
1-10 times	7.6%	7.5%	7.2%
11+ times	0.8%	1.1%	1.1%

Feeling very sad			
	Male	Female	Total
Never	34.2%	19.1%	24.5%
1-10 times	54.2%	69.6%	64.2%
11+ times	11.7%	11.3%	11.3%

Attempting suicide			
	Male	Female	Total
Never	97.5%	97.5%	97.5%
1-10 times	0.8%	2.1%	1.7%
11+ times	1.7%	0.4%	0.8%

Feeling things were hopeless			
	Male	Female	Total
Never	52.5%	35.3%	40.6%
1-10 times	40.8%	55.8%	51.6%
11+ times	6.7%	9.0%	7.8%

	Male	Female	Total
BBC students reported diagnosed with depression	6.7%	9.6%	7.8%

Of those students reporting ever having been diagnosed with depression in the item above...

Diagnosed with depression in the last 12 months/school year	57.1%	48.1%	47.2%
Currently in therapy for depression	37.5%	26.9%	30.6%
Currently taking medication for depression	37.5%	15.4%	22.2%

Demographics and Student Characteristics

◆ Age

Average age:	24.58
Median:	23.0
Mode:	21.0
18 – 20:	21.1%
21 – 24:	42.9%
25 – 29:	17.5%
30+:	14.3%

◆ Sex:

Female:	70.3%
Male:	29.7%

◆ Student status:

1st year undergraduate:	11.9%
2nd year undergraduate:	9.7%
3rd year undergraduate:	30.5%
4th year undergraduate:	31.8%
5th year or more undergraduate:	10.8%
Graduate or professional:	3.0%
Adult special or other:	2.2%
Full-time student:	80.3%

◆ Relationship status:

Single:	52.7%
Married/domestic partner:	16.0%
Engaged or committed dating relationship:	26.9%
Separated:	1.7%
Divorced:	2.1%
Widowed:	0.6%

◆ Students describe themselves as:

White:	21.1%
Black – not Hispanic:	25.9%
Hispanic or Latino:	33.4%
Asian or Pacific Islander:	4.9%
American Indian or Alaskan Native:	0.2%
Other:	8.3%

◆ Students describe themselves as:

Heterosexual:	94.7%
Gay/Lesbian:	1.5%
Bisexual:	2.1%
Transgendered:	0.0%
Unsure:	1.7%

◆ Housing:

Campus residence:	3.4%
Fraternity or sorority:	0.2%
Other university housing:	0.4%
Off-campus:	26.6%
Parent/guardian's home:	55.4%
Other:	13.9%

◆ Hours of paid work per week:

0 hours:	23.1%
1-9 hours:	2.4%
10-19 hours:	8.9%
20-29 hours:	23.3%
30-39 hours:	13.8%
40 hours:	17.9%
More than 40 hours:	10.6%

◆ Hours of volunteer work per week:

0 hours:	81.0%
1-9 hours:	14.9%
10-19 hours:	2.2%
20-29 hours:	1.3%
30-39 hours:	0.0%
40 hours:	0.0%
More than 40 hours:	0.6%

◆ Have any kind of health insurance (including prepaid plans, such as HMOs):

Yes:	74.7%
Unsure:	4.1%

Florida International University

University Park Campus

Spring 2000

Findings

A. General Health of UPC Students

- 66.8% of UPC students surveyed (73.1% male;61.9% female) described their health as "very good" or "excellent."
- Within the last 12 months/school year, UPC students reported:

Allergy problems	29.2%	Repetitive stress injury	5.3%
Anorexia	3.4%	Seasonal affective disorder	2.2%
Anxiety disorder	6.7%	Substance abuse problem	4.4%
Asthma	8.5%	Back pain	34.2%
Bulimia	2.8%	Broken bone/fracture	6.3%
Chronic fatigue syndrome	4.4%	Bronchitis	6.8%
Depression	12.0%	Chlamydia	2.4%
Diabetes	2.5%	Ear infection	7.4%
Endometriosis	1.7%	Gonorrhea	2.8%
Genital herpes	2.2%	Mononucleosis	3.0%
Genital warts/HPV	2.7%	Pelvic inflammatory disease	1.9%
Hepatitis B or C	2.2%	Sinus infection	15.5%
High blood pressure	6.6%	Strep throat	11.2%
High cholesterol	6.6%	Tuberculosis	2.1%
HIV infection	2.6%		

- 59.6% of UPC students (59.4% male; 66.3% female) experienced one or more of the above conditions within the last 12 months/school year.

B. Preventive Health

➤ Preventive health practices among UPC students:

- 62.7% reported being vaccinated against hepatitis B.
- 34.7% reported being vaccinated against meningococcal disease.
- 62.3% reported being vaccinated against varicella (chicken pox).
- 83.9% reported being vaccinated with measles, mumps, rubella (2 shots).
- 36.2% reported being vaccinated against the flu in the last year.
- 69.6% reported having a dental exam and cleaning in the last year.
- 40.9% of males reported that they performed testicular self-exam in the last month.
- 45.6% of females reported that they performed breast self-exam in the last month.
- 55.9% of females reported having a routine gynecological exam in the last year.
- 83.9% reported having their blood pressure checked in the last 2 years.
- 63.6% reported having cholesterol checked in the last 5 years.
- 17.0% reported using sunscreen daily.

➤ UPC students reported the following behaviors within the last 12 months/school year:

	N/A, didn't drive, ride or skate within the last 12 months/school year	Never	Rarely or sometimes	Mostly or always	Mostly or always (N/A responses not included)*
Wore a seatbelt	2.5%	3.4%	13.5%	80.6%	82.7%
Wore a helmet when riding a bicycle	52.4%	30.0%	9.0%	8.7%	18.3%
Wore a helmet when riding a motorcycle	74.0%	7.6%	3.6%	14.8%	56.9%
Wore a helmet when inline skating	61.9%	27.8%	5.0%	5.3%	13.9%

* Students responding, "N/A, didn't drive, ride, or skate within the last 12 months/school year," were excluded from this analysis.

C. Academic Impacts

- Within the last 12 months/school year UPC students reported the following factors affecting their individual academic performance, i.e. received an incomplete, dropped a course, received a lower grade in a class, on an exam or on an important project (listed alphabetically):

Alcohol use	4.2%	Eating disorder/problem	2.8%
Allergies	4.3%	HIV infection	2.8%
Assault (physical)	2.0%	Injury	4.9%
Assault (sexual)	2.5%	Internet use/computer	6.3%
Attention deficit disorder	5.8%	Learning disability	3.9%
Cold/flu/sore throat	13.2%	Mononucleosis	2.2%
Concern for a troubled friend or family member	11.8%	Pregnancy (yours or your partner's)	3.3%
Chronic illness	2.0%	Relationship difficulty	11.1%
Chronic pain	2.5%	Sexually transmitted disease	2.5%
Death of a friend or family member	7.5%	Sinus infection/ear infection/bronchitis/Strep throat	3.6%
Depression/anxiety disorder/seasonal affective disorder	8.3%	Sleep difficulties	11.7%
Drug use	3.6%	Stress	19.2%

D. Violence

- Within the last 12 months/school year, UPC students reported experiencing:

	Male	Female	Total
A physical fight	14.5%	4.5%	9.3%
Being physically assaulted (non-sexually)	5.6%	4.2%	5.0%
Verbal threats for sex against their will	4.7%	3.8%	4.9%
Sexual touching against their will	5.0%	9.4%	8.4%
Attempted sexual penetration against their will	2.5%	2.4%	2.9%
Sexual penetration against their will	2.1%	3.0%	2.8%
An emotionally abusive relationship	11.1%	15.6%	13.4%
A physically abusive relationship	5.1%	6.0%	5.2%
A sexually abusive relationship	2.6%	3.9%	3.5%

E. Alcohol, Tobacco and Other Drug Use

- Thirty day prevalence - substance use reported by UPC students (male, female, total):

Alcohol	Male	Female	Total
Never used	27.6%	26.5%	28.2%
Used, but not in the last 30 days	12.5%	17.1%	15.1%
Used 1-9 days	40.9%	46.0%	42.5%
Used 10-29 days	17.2%	9.1%	12.8%
Used all 30 days	1.7%	1.2%	1.4%

Cigarettes	Male	Female	Total
Never used	67.1%	67.2%	66.6%
Used, but not in the last 30 days	9.4%	11.5%	10.8%
Used 1-9 days	12.4%	12.4%	11.8%
Used 10-29 days	3.0%	3.3%	3.9%
Used all 30 days	8.1%	5.6%	6.9%

Marijuana	Male	Female	Total
Never used	71.7%	77.4%	75.0%
Used, but not in the last 30 days	11.6%	13.1%	12.0%
Used 1-9 days	9.9%	5.6%	7.6%
Used 10-29 days	5.6%	3.0%	4.1%
Used all 30 days	1.3%	0.9%	1.3%

- **Reported use versus perceived use** - reported use for UPC students within the past 30 days compared with how often students perceived the typical student on campus used substances within the same time period:

	Never		Used one or more days		Used daily	
	Reported use (total)	Perception of typical use	Reported use (total)	Perception of typical use	Reported use (total)	Perception of typical use
Alcohol	28.2%	8.5%	70.4%	53.4%	1.4%	38.1%
Cigarettes	66.6%	8.7%	26.5%	40.7%	6.9%	50.6%
Marijuana	75.0%	19.1%	23.7%	56.1%	1.3%	24.7%

- 9.1% of UPC students reported driving after having 5 or more drinks in the last 30 days.*

*Students responding, "N/A, don't drive," were excluded from this analysis.

Findings contd.

- **Estimated BAC (Blood Alcohol Content) of UPC students:** This is an estimated figure based on the reported number of drinks consumed during the last time UPC students (including non-drinkers) "partied" or socialized, their approximate time of consumption, sex and the average rate of ethanol metabolism.

Estimated BAC	Male	Female	Total
Less than .08	71.7%	71.9%	71.9%
Less than .10	78.5%	80.1%	79.4%
Mean	0.070	0.058	0.063
Median	0.030	0.035	0.033
Mode	0.000	0.000	0.000

- **Reported** number of drinks consumed the last time UPC students "partied" or socialized:

Number of drinks	Male	Female	Total
Less than/equal to 4	60.3%	79.1%	71.8%
Less than/equal to 5	66.8%	86.6%	78.3%
Less than/equal to 6	72.8%	90.7%	83.3%
Mean	4.71	2.69	3.70
Median	3.00	2.00	2.00
Mode	0.00	0.00	0.00

- **Reported** number of times UPC students consumed five or more drinks in a sitting within the last two weeks:

	Male	Female	Total
None	61.3%	74.9%	68.7%
1-2 times	22.8%	16.8%	19.5%
3-5 times	12.1%	6.3%	9.2%
6 or more times	3.9%	2.1%	2.6%

- UPC students reported doing the following when they "partied" or socialized during the last 12 months/school year:*

When at a party or when going out....	usually or always
alternate non-alcoholic with alcoholic beverages:	37.4%
determine in advance not to exceed a set number of drinks:	47.0%
choose not to drink alcohol:	35.5%
use a designated driver:	67.3%
eat before and/or during drinking:	69.7%
have a friend let you know when you have had enough:	40.9%
keep track of how many drinks being consumed:	61.4%
pace drinks to one or fewer an hour:	40.8%
avoid drinking games:	56.5%
drink an alcoholic look-alike:	14.6%

**Students responding, "N/A, don't drink," were excluded from this analysis.*

- 90.2% of UPC students reported usually doing or always doing one or more of the above behaviors when drinking alcohol during the last 12 months/school year.

**Students responding, "N/A, don't drink," were excluded from this analysis.*

- UPC students who drank alcohol reported the following consequences occurring in the last 12 months/school year as a result of their own drinking:*

	Male	Female	Total
Being physically injured	8.5%	12.9%	10.8%
Being physically injured by another person	7.4%	1.3%	4.6%
Being involved in a fight	7.9%	4.4%	5.9%
Doing something they later regretted	21.6%	19.3%	20.7%
Forgetting where they were or what they had done	15.3%	16.2%	16.5%
Having someone use force or threat of force to have sex with them	3.4%	3.1%	3.7%
Having unprotected sex	14.8%	11.1%	13.3%

**Students responding "N/A, don't drink" were excluded from this analysis.*

F. Sexual Behavior

- UPC students reported the following within the last 12 months/school year:

	Male	Female	Total
Having had no sexual partner	25.7%	25.0%	25.3%
Having had 1 sexual partner	34.5%	52.4%	44.7%
Having had 2 sexual partners	11.5%	13.3%	11.7%
Having had 3 sexual partners	9.7%	6.0%	7.6%
Having had 4 or more sexual partners	18.6%	3.3%	10.7%

- Number of partners among UPC students reporting to have at least one sexual partner within the last 12 months/school year:*

	Male	Female	Total
Mean	4.75	1.76	3.61
Median	2.0	1.0	1.0
Mode	1.0	1.0	1.0

**Only students reporting to have at least one sexual partner are included in these calculations.*

Oral sex within the past 30 days	Male	Female	Total
Never did this sexual activity	20.9%	24.8%	24.2%
Have not done this during the last 30 days	20.0%	25.1%	22.0%
Did this 1 or more times	59.1%	50.2%	53.8%

Vaginal sex within the past 30 days	Male	Female	Total
Never did this sexual activity	24.7%	24.2%	24.0%
Have not done this during the last 30 days	19.2%	18.4%	18.6%
Did this 1 or more times	56.2%	57.4%	57.5%

Anal sex within the past 30 days	Male	Female	Total
Never did this sexual activity	64.3%	73.2%	69.8%
Have not done this during the last 30 days	23.5%	23.4%	22.4%
Did this 1 or more times	12.2%	3.4%	7.7%

Type of sexual behavior	Oral	Vaginal	Anal
<i>Sexually active students reported...</i>			
Using a condom within the last 30 days (mostly or always)*	8.0%	41.0%	27.6%
Using a condom the last time they had sex**	9.4%	44.6%	28.9%

**Students responding, "Never did this sexual activity," or "Have not done this during the last thirty days," were excluded from the analysis.*

***Students responding, "Never did this sexual activity," were excluded from the analysis.*

- **Reported** means of birth control used among sexually active UPC students or their partners to prevent pregnancy the last time they had vaginal intercourse:

	Male	Female	Total
Birth control pills	23.4%	30.5%	26.3%
Depo Provera (shots)	0.4%	1.5%	1.2%
Norplant (implant)	0.8%	0.3%	0.5%
Condoms	39.7%	31.1%	33.6%
Diaphragm, cervical cap, sponge	0.4%	1.2%	0.8%
Spermicide	2.9%	4.7%	4.5%
Fertility awareness	5.9%	4.1%	4.2%
Withdrawal	13.8%	17.6%	15.9%
Other method	2.1%	2.3%	2.3%
Nothing	8.4%	7.0%	7.9%

- 6.8% of sexually active UPC students reported using (or reported their partner used) emergency contraception ("morning after pill") within the last 12 months/school year (male: 8.3%; female: 5.3%).*

**Students responding, "Not sexually active," were excluded from the analysis.*

- 4.5% of UPC students who had vaginal intercourse within the last 12 months/school year reported experiencing an unintentional pregnancy or got someone pregnant within the last 12 months/school year (male: 2.7%; female: 4.5%).**

***Students responding, "Have not had vaginal intercourse within the last 12 months/school year," were excluded from the analysis.*

G. Nutrition and Exercise

- Within the last 30 days, UPC students reported:

	Male	Female	Total
Exercising to lose weight	37.2%	49.3%	42.3%
Dieting to lose weight	15.1%	32.3%	24.5%
Vomiting or taking laxatives to lose weight	1.3%	3.2%	2.2%
Taking diet pills to lose	1.3%	10.3%	5.9%
Doing none of the above	48.1%	35.5%	39.2%

- UPC students reported usually eating the following number of servings of fruits and vegetables:

	Male	Female	Total
Don't eat fruits and vegetables	8.9%	7.1%	8.3%
1 or 2 per day	68.2%	64.3%	67.0%
3-4 per day	17.8%	23.3%	19.7%
5 or more per day	5.1%	5.3%	5.0%

- UPC students reported the following behaviors within the past 7 days:

Participated in vigorous exercise for 20 minutes (or 30 minutes moderate exercise)	Male	Female	Total
0 days	21.2%	37.4%	31.8%
1-2 days	28.6%	30.1%	28.7%
3-5 days	37.2%	26.7%	30.0%
6+ days	13.0%	5.8%	9.6%

Exercising to strengthen muscles	Male	Female	Total
0 days	26.2%	47.9%	39.2%
1-2 days	24.9%	25.3%	25.1%
3-5 days	38.0%	21.3%	27.7%
6+ days	10.9%	5.5%	8.0%

Getting enough sleep to feel rested in the morning	Male	Female	Total
0 days	11.4%	16.4%	16.3%
1-2 days	26.8%	28.6%	26.9%
3-5 days	44.7%	35.0%	37.6%
6+ days	17.1%	20.1%	19.2%

- **Estimated average Body Mass Index (BMI):** This figure incorporates reported sex, height and weight to form a general indicator of physical health.

BMI	Male	Female	Total
Less than 18.5 - Underweight	5.3%	7.5%	6.6%
18.5-24.9 - Healthy Weight	45.6%	73.3%	61.8%
25-29.9 - Overweight	40.3%	13.2%	24.4%
30-34.9 - Class I Obesity	7.1%	4.4%	5.5%
35-39.9 - Class II Obesity	0.4%	0.9%	0.7%
Less than/equal to 40 - Class III Obesity	1.3%	0.6%	0.9%

Mean	24.8	22.7	23.6
Median	24.9	22.0	22.9
Mode	25.9	22.0	22.0

H. Depression

- UPC students reported experiencing the following within the last 12 months/school year:

Feeling overwhelmed by all they had to do			
	Male	Female	Total
Never	26.1%	14.2%	19.1%
1-10 times	64.3%	67.0%	65.6%
11+ times	9.6%	18.8%	15.4%

Feeling so depressed it was difficult to function			
	Male	Female	Total
Never	66.2%	56.8%	60.3%
1-10 times	28.5%	37.8%	34.3%
11+ times	5.3%	5.4%	5.5%

Feeling exhausted (not from physical activity)			
	Male	Female	Total
Never	27.9%	12.9%	19.7%
1-10 times	56.3%	68.2%	62.9%
11+ times	15.7%	18.9%	17.4%

Seriously considering attempting suicide			
	Male	Female	Total
Never	88.7%	91.3%	88.8%
1-10 times	8.7%	8.1%	9.4%
11+ times	2.6%	0.6%	1.8%

Feeling very sad			
	Male	Female	Total
Never	38.3%	23.5%	29.9%
1-10 times	53.9%	65.1%	60.5%
11+ times	7.8%	11.4%	9.6%

Attempting suicide			
	Male	Female	Total
Never	95.2%	96.7%	95.0%
1-10 times	3.5%	3.0%	4.0%
11+ times	1.3%	0.3%	1.0%

Feeling things were hopeless			
	Male	Female	Total
Never	55.3%	41.4%	46.7%
1-10 times	39.9%	51.4%	47.1%
11+ times	4.8%	7.3%	6.2%

	Male	Female	Total
College students reported diagnosed with depression	5.9%	10.4%	8.8%
<i>Of those students reporting ever having been diagnosed with depression in the item above...</i>			
Diagnosed with depression in the last 12 months/school year	50.0%	34.4%	41.5%
Currently in therapy for depression	58.3%	9.4%	26.4%
Currently taking medication for depression	58.3%	15.6%	28.3%

Demographics and Student Characteristics

◆ Age

Average age:	23.42
Median:	21.0
Mode:	18.0
18 -20:	36.7%
21 – 24:	26.3%
25 – 29:	17.8%
30+:	13.3%

◆ Sex

Female:	58.8%
Male:	41.2%

◆ Student status:

1st year undergraduate:	24.5%
2nd year undergraduate:	12.1%
3rd year undergraduate:	18.2%
4th year undergraduate:	18.7%
5th year or more undergraduate:	6.9%
Graduate or professional:	16.0%
Adult special or other:	5.4%
Full-time:	76.3%

◆ Relationship status:

Single:	50.6%
Married/domestic partner:	16.7%
Engaged or committed dating relationship:	28.9%
Separated:	1.2%
Divorced:	2.4%
Widowed:	0.3%

◆ Students describe themselves as:

White:	19.5%
Black – not Hispanic:	11.2%
Hispanic or Latino:	51.9%
Asian or Pacific Islander:	4.5%
American Indian or Alaskan Native:	0.7%
Other:	5.6%

◆ Students describe themselves as:

Heterosexual :	94.5%
Gay/Lesbian:	1.2%
Bisexual:	2.7%
Transgendered:	0.1%
Unsure:	1.5%

◆ Housing:

Campus residence:	6.3%
Fraternity or sorority:	1.1%
Other university:	2.3%
Off-campus housing:	23.9%
Parent/guardian's home:	54.8%
Other:	11.7%

◆ Hours of paid work per week:

0 hours:	28.0%
1-9 hours:	3.9%
10-19 hours:	9.3%
20-29 hours:	21.4%
30-39 hours:	12.9%
40 hours:	15.1%
More than 40 hours:	9.6%

◆ Hours of volunteer work per week:

0 hours:	76.9%
1-9 hours:	15.7%
10-19 hours:	3.4%
20-29 hours:	2.1%
30-39 hours:	0.6%
40 hours:	0.4%
More than 40 hours:	0.7%

◆ Have any kind of health insurance (including prepaid plans, such as HMOs):

Yes:	77.9%
Unsure:	4.5%

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