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# National College Health Assessment

*Spring 2002*

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## Executive Summary

*American College Health Association*

# Florida International University Spring 2002

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 1386 respondents, with 625 responding from Biscayne Bay Campus (BBC), and 761 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

- 63.4% of students surveyed (64.6% male; 64.0% female) described their health as “very good” or “excellent.”
- Within the last 12 months/school year, FIU students reported:

|                          |       |                             |       |
|--------------------------|-------|-----------------------------|-------|
| Allergy problems         | 27.9% | Repetitive stress injury    | 3.5%  |
| Anorexia                 | 1.8%  | Seasonal affective disorder | 1.6%  |
| Anxiety disorder         | 7.3%  | Substance abuse problem     | 2.4%  |
| Asthma                   | 5.1%  | Back pain                   | 41.1% |
| Bulimia                  | 1.5%  | Broken bone/fracture        | 3.8%  |
| Chronic fatigue syndrome | 1.9%  | Bronchitis                  | 6.7%  |
| Depression               | 14.9% | Chlamydia                   | 1.6%  |
| Diabetes                 | 1.2%  | Ear infection               | 7.2%  |
| Endometriosis            | 0.6%  | Gonorrhea                   | 0.6%  |
| Genital herpes           | 1.2%  | Mononucleosis               | 1.0%  |
| Genital warts/HPV        | 1.8%  | Pelvic inflammatory disease | 1.3%  |
| Hepatitis B or C         | 0.8%  | Sinus infection             | 12.8% |
| High blood pressure      | 5.2%  | Strep throat                | 9.4%  |
| High cholesterol         | 6.4%  | Tuberculosis                | 0.6%  |
| HIV                      | 0.3%  |                             |       |

- 59.5% of FIU students (54.8% male; 68.5% 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:

- 64.7% reported being vaccinated against hepatitis B.
- 36.3% reported being vaccinated against meningococcal disease.
- 66.2% reported being vaccinated against varicella (chicken pox).
- 85.1% reported being vaccinated with measles, mumps, rubella (2 shots).
- 33.4% reported being vaccinated against the flu in the last year.
- 68.6% reported having a dental exam and cleaning in the last year.
- 35.2% of males reported that they performed testicular self-exam in the last month.
- 42.8% of females reported that they performed breast self-exam in the last month.
- 53.0% of females reported having a routine gynecological exam in the last year.
- 86.2% reported having their blood pressure checked in the last 2 years.
- 62.0% reported having cholesterol checked in the last 5 years.
- 15.0% reported using sunscreen daily.

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

|  | <b>N/A, didn't drive, ride or skate within the last 12 months/school year</b> | <b>Never</b> | <b>Rarely or sometimes</b> | <b>Mostly or always</b> | <b>Mostly or always (N/A responses not included)*</b> |
|--|---|--------------|----------------------------|-------------------------|---|
| Wore a seatbelt                        | 0.9%  | 1.3%         | 11.5%                      | 86.3%                   | 87.1%   |
| Wore a helmet when riding a bicycle    | 54.8%   | 30.7%        | 5.7%                       | 8.8%                    | 19.5%   |
| Wore a helmet when riding a motorcycle | 76.6%   | 6.5%         | 3.2%                       | 13.8%                   | 58.9%   |
| Wore a helmet when inline skating      | 68.0%   | 22.8%        | 3.5%                       | 5.7%                    | 17.9%   |

*\*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 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   | 2.6%  | Eating disorder/problem                               | 1.3%  |
| Allergies   | 2.4%  | HIV infection   | 0.5%  |
| Assault (physical)                                      | 0.6%  | Injury  | 3.7%  |
| Assault (sexual)  | 0.9%  | Internet use/computer games                           | 6.3%  |
| Attention deficit disorder                              | 3.2%  | Learning disability                                   | 1.8%  |
| Cold/flu/sore throat                                    | 12.5% | Mononucleosis   | 0.7%  |
| Concern for a troubled friend or family member          | 14.1% | Pregnancy (yours or your partner's)                   | 2.0%  |
| Chronic illness   | 2.1%  | Relationship difficulty                               | 12.9% |
| Chronic pain  | 2.3%  | Sexually transmitted disease                          | 0.3%  |
| Death of a friend or family member                      | 9.5%  | Sinus infection/ear infection/bronchitis/strep throat | 3.5%  |
| Depression/anxiety disorder/seasonal affective disorder | 9.2%  | Sleep difficulties                                    | 14.7% |
| Drug use  | 2.5%  | Stress  | 24.7% |

### D. Violence

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

|   | Male  | Female | Total |
|---|-------|--------|-------|
| A physical fight                                | 12.0% | 4.6%   | 7.3%  |
| Being physically assaulted (non-sexually)       | 5.8%  | 2.7%   | 4.0%  |
| Verbal threats for sex against their will       | 3.3%  | 5.1%   | 4.4%  |
| Sexual touching against their will              | 5.3%  | 7.5%   | 7.1%  |
| Attempted sexual penetration against their will | 1.8%  | 2.8%   | 2.6%  |
| Sexual penetration against their will           | 1.5%  | 2.1%   | 1.9%  |
| An emotionally abusive relationship             | 8.9%  | 16.3%  | 13.5% |
| A physically abusive relationship               | 3.1%  | 3.1%   | 3.1%  |
| A sexually abusive relationship                 | 2.8%  | 1.8%   | 2.4%  |

## E. Alcohol, Tobacco and Other Drug Use

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

| <b>Alcohol</b>                    | <b>Male</b> | <b>Female</b> | <b>Total</b> |
|-----------------------------------|-------------|---------------|--------------|
| Never used                        | 30.7%       | 29.1%         | 30.0%        |
| Used, but not in the last 30 days | 14.6%       | 21.2%         | 18.7%        |
| Used 1-9 days                     | 39.4%       | 39.4%         | 39.2%        |
| Used 10-29 days                   | 13.1%       | 10.3%         | 11.2%        |
| Used all 30 days                  | 2.3%        | 0.0%          | 0.8%         |

| <b>Cigarettes</b>                 | <b>Male</b> | <b>Female</b> | <b>Total</b> |
|-----------------------------------|-------------|---------------|--------------|
| Never used                        | 64.5%       | 70.5%         | 67.9%        |
| Used, but not in the last 30 days | 11.1%       | 12.3%         | 11.8%        |
| Used 1-9 days                     | 9.6%        | 7.7%          | 8.4%         |
| Used 10-29 days                   | 7.6%        | 5.0%          | 5.4%         |
| Used all 30 days                  | 7.3%        | 4.5%          | 6.5%         |

| <b>Marijuana</b>                  | <b>Male</b> | <b>Female</b> | <b>Total</b> |
|-----------------------------------|-------------|---------------|--------------|
| Never used                        | 73.4%       | 76.7%         | 75.6%        |
| Used, but not in the last 30 days | 10.9%       | 12.6%         | 12.1%        |
| Used 1-9 days                     | 7.6%        | 7.4%          | 7.2%         |
| Used 10-29 days                   | 4.8%        | 2.6%          | 3.5%         |
| Used all 30 days                  | 3.3%        | 0.7%          | 1.5%         |

- **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:

|            | <b>Never</b>         |                           | <b>Used one or more days</b> |                           | <b>Used daily</b>    |                           |
|------------|----------------------|---------------------------|------------------------------|---------------------------|----------------------|---------------------------|
|            | Reported use (total) | Perception of typical use | Reported use (total)         | Perception of typical use | Reported use (total) | Perception of typical use |
| Alcohol    | 30.0%                | 6.2%                      | 50.4%                        | 56.9%                     | 0.8%                 | 36.9%                     |
| Cigarettes | 67.9%                | 6.8%                      | 13.8%                        | 42.2%                     | 6.5%                 | 50.9%                     |
| Marijuana  | 75.6%                | 14.5%                     | 10.7%                        | 60.8%                     | 1.5%                 | 24.7%                     |

- 7.7% 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.

| <b>Estimated BAC</b> | <b>Male</b> | <b>Female</b> | <b>Total</b> |
|----------------------|-------------|---------------|--------------|
| Less than .08        | 77.7%       | 74.7%         | 75.7%        |
| Less than .10        | 85.0%       | 81.2%         | 82.5%        |

|        |       |       |       |
|--------|-------|-------|-------|
| Mean   | 0.051 | 0.057 | 0.055 |
| Median | 0.026 | 0.034 | 0.030 |
| Mode   | 0.000 | 0.000 | 0.000 |

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

| <b>Number of drinks</b> | <b>Male</b> | <b>Female</b> | <b>Total</b> |
|-------------------------|-------------|---------------|--------------|
| Less than/equal to 4    | 65.0%       | 82.0%         | 75.9%        |
| Less than/equal to 5    | 73.0%       | 89.3%         | 83.8%        |
| Less than/equal to 6    | 78.7%       | 93.2%         | 87.9%        |

|        |      |      |      |
|--------|------|------|------|
| Mean   | 3.80 | 2.44 | 2.91 |
| 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:

|                 | <b>Male</b> | <b>Female</b> | <b>Total</b> |
|-----------------|-------------|---------------|--------------|
| None            | 66.2%       | 83.3%         | 76.1%        |
| 1-2 times       | 19.2%       | 12.2%         | 15.5%        |
| 3-5 times       | 9.7%        | 3.6%          | 6.0%         |
| 6 or more times | 4.9%        | 0.8%          | 2.4%         |

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

| <b>When at a party or when going out....</b>               | <b>usually or always</b> |
|--|--------------------------|
| alternate non-alcoholic with alcoholic beverages:          | 34.8%                    |
| determine in advance not to exceed a set number of drinks: | 46.8%                    |
| choose not to drink alcohol:                               | 32.3%                    |
| use a designated driver:                                   | 63.5%                    |
| eat before and/or during drinking:                         | 69.9%                    |
| have a friend let you know when you have had enough:       | 41.0%                    |
| keep track of how many drinks being consumed:              | 70.9%                    |
| pace drinks to one or fewer an hour:                       | 41.8%                    |
| avoid drinking games:                                      | 61.6%                    |
| drink an alcoholic look-alike:                             | 15.5%                    |

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

- 92.4% 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:\*

|   | <b>Male</b> | <b>Female</b> | <b>Total</b> |
|---|-------------|---------------|--------------|
| Being physically injured  | 10.2%       | 5.8%          | 7.5%         |
| Being physically injured by another person                        | 4.7%        | 1.2%          | 2.8%         |
| Being involved in a fight   | 11.5%       | 3.1%          | 6.1%         |
| Doing something they later regretted                              | 27.9%       | 20.2%         | 22.0%        |
| Forgetting where they were or what they had done                  | 18.6%       | 15.8%         | 16.8%        |
| Having someone use force or threat of force to have sex with them | 2.5%        | 1.2%          | 1.9%         |
| Having unprotected sex  | 19.0%       | 12.5%         | 15.6%        |

*\*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         | 22.9% | 29.0%  | 26.7% |
| Having had 1 sexual partner          | 39.1% | 51.8%  | 47.2% |
| Having had 2 sexual partners         | 13.2% | 10.5%  | 11.3% |
| Having had 3 sexual partners         | 7.5%  | 3.9%   | 5.2%  |
| Having had 4 or more sexual partners | 17.3% | 4.9%   | 9.5%  |

- 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   | 3.30 | 1.53   | 2.30  |
| Median | 1.0  | 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.*

| <b>Oral sex within the past 30 days</b>    | Male  | Female | Total |
|--|-------|--------|-------|
| Never did this sexual activity             | 25.1% | 29.6%  | 27.7% |
| Have not done this during the last 30 days | 20.5% | 23.8%  | 22.4% |
| Did this 1 or more times                   | 54.4% | 46.7%  | 49.9% |

| <b>Vaginal sex within the past 30 days</b> | Male  | Female | Total |
|--|-------|--------|-------|
| Never did this sexual activity             | 27.0% | 28.0%  | 26.7% |
| Have not done this during the last 30 days | 15.6% | 17.8%  | 17.3% |
| Did this 1 or more times                   | 57.4% | 54.2%  | 55.9% |

| <b>Anal sex within the past 30 days</b>    | Male  | Female | Total |
|--|-------|--------|-------|
| Never did this sexual activity             | 65.9% | 77.3%  | 73.0% |
| Have not done this during the last 30 days | 23.2% | 17.7%  | 19.4% |
| Did this 1 or more times                   | 10.8% | 4.9%   | 7.6%  |

| Type of sexual behavior                                    | Oral | Vaginal | Anal  |
|--|------|---------|-------|
| <i>Sexually active students reported...</i>                |      |         |       |
| Using a condom within the last 30 days (mostly or always)* | 8.3% | 42.4%   | 25.9% |
| Using a condom the last time they had sex**                | 8.9% | 45.1%   | 26.6% |

\*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             | 23.2% | 22.7%  | 21.8% |
| Depo Provera (shots)            | 2.0%  | 2.3%   | 1.9%  |
| Norplant (implant)              | 0.2%  | 0.0%   | 0.1%  |
| Condoms                         | 38.4% | 32.3%  | 33.2% |
| Diaphragm, cervical cap, sponge | 0.7%  | 0.3%   | 0.4%  |
| Spermicide                      | 5.1%  | 2.3%   | 3.5%  |
| Fertility awareness             | 2.9%  | 3.4%   | 3.1%  |
| Withdrawal                      | 15.2% | 18.8%  | 15.9% |
| Other method                    | 2.4%  | 1.6%   | 2.1%  |
| Nothing                         | 7.3%  | 8.6%   | 8.4%  |

- 8.0% 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: 6.8%; female: 8.1%).\*

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

- 5.4% 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: 4.4%; female: 5.7%).\*\*

\*\*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                   | 38.6% | 48.6%  | 42.7% |
| Dieting to lose weight                      | 22.7% | 34.1%  | 28.3% |
| Vomiting or taking laxatives to lose weight | 1.0%  | 2.2%   | 1.6%  |
| Taking diet pills to lose weight            | 4.2%  | 7.4%   | 5.8%  |
| Doing none of the above                     | 42.3% | 33.2%  | 35.2% |

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

|                                 | Male  | Female | Total |
|---------------------------------|-------|--------|-------|
| Don't eat fruits and vegetables | 6.9%  | 5.8%   | 6.3%  |
| 1 or 2 per day                  | 63.7% | 64.5%  | 64.2% |
| 3-4 per day                     | 24.1% | 24.2%  | 23.6% |
| 5 or more per day               | 5.3%  | 5.5%   | 5.9%  |

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

| <b>Participated in vigorous exercise for 20 minutes (or 30 minutes moderate exercise)</b> | Male  | Female | Total |
|---|-------|--------|-------|
| 0 days  | 26.5% | 39.0%  | 34.1% |
| 1-2 days  | 28.3% | 27.7%  | 28.8% |
| 3-5 days  | 36.5% | 27.5%  | 30.3% |
| 6+ days   | 8.7%  | 5.9%   | 6.8%  |

| <b>Exercising to strengthen muscles</b> | Male  | Female | Total |
|---|-------|--------|-------|
| 0 days                                  | 31.7% | 47.9%  | 42.4% |
| 1-2 days                                | 25.7% | 26.1%  | 25.6% |
| 3-5 days                                | 33.5% | 22.4%  | 26.5% |
| 6+ days                                 | 9.2%  | 3.6%   | 5.5%  |

| <b>Getting enough sleep to feel rested in the morning</b> | Male  | Female | Total |
|---|-------|--------|-------|
| 0 days  | 16.0% | 14.4%  | 15.5% |
| 1-2 days  | 26.2% | 24.7%  | 25.7% |
| 3-5 days  | 39.5% | 41.7%  | 40.7% |
| 6+ days   | 18.3% | 19.1%  | 18.1% |

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

| <b>BMI</b>                                | <b>Male</b> | <b>Female</b> | <b>Total</b> |
|---|-------------|---------------|--------------|
| Less than 18.5 - Underweight              | 8.2%        | 8.3%          | 8.3%         |
| 18.5-24.9 - Healthy Weight                | 42.3%       | 66.8%         | 58.3%        |
| 25-29.9 - Overweight                      | 36.3%       | 17.0%         | 23.7%        |
| 30-34.9 - Class I Obesity                 | 10.1%       | 4.2%          | 6.2%         |
| 35-39.9 - Class II Obesity                | 0.8%        | 2.3%          | 1.8%         |
| Less than/equal to 40 - Class III Obesity | 2.2%        | 1.4%          | 1.7%         |

|        |      |      |      |
|--------|------|------|------|
| Mean   | 31.8 | 23.5 | 26.4 |
| Median | 24.9 | 22.3 | 23.0 |
| Mode   | 21.3 | 20.2 | 21.3 |

## H. Depression

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

| <b>Feeling overwhelmed by all they had to do</b> |             |               |              |
|--|-------------|---------------|--------------|
|  | <b>Male</b> | <b>Female</b> | <b>Total</b> |
| Never  | 26.2%       | 8.8%          | 15.1%        |
| 1-10 times                                       | 58.8%       | 71.2%         | 67.0%        |
| 11+ times  | 15.0%       | 20.4%         | 17.9%        |

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

| <b>Feeling exhausted (not from physical activity)</b> |             |               |              |
|---|-------------|---------------|--------------|
|   | <b>Male</b> | <b>Female</b> | <b>Total</b> |
| Never   | 22.9%       | 10.9%         | 15.9%        |
| 1-10 times  | 60.8%       | 70.8%         | 66.7%        |
| 11+ times   | 16.4%       | 18.3%         | 17.4%        |

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

| <b>Feeling very sad</b> |             |               |              |
|-------------------------|-------------|---------------|--------------|
|                         | <b>Male</b> | <b>Female</b> | <b>Total</b> |
| Never                   | 36.8%       | 19.7%         | 25.7%        |
| 1-10 times              | 53.5%       | 66.5%         | 61.9%        |
| 11+ times               | 9.7%        | 13.9%         | 12.3%        |

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

| <b>Feeling things were hopeless</b> |             |               |              |
|-------------------------------------|-------------|---------------|--------------|
|                                     | <b>Male</b> | <b>Female</b> | <b>Total</b> |
| Never                               | 46.0%       | 34.1%         | 38.5%        |
| 1-10 times                          | 45.4%       | 56.3%         | 52.5%        |
| 11+ times                           | 8.6%        | 9.7%          | 9.0%         |

|  | <b>Male</b> | <b>Female</b> | <b>Total</b> |
|--|-------------|---------------|--------------|
| FIU students reported diagnosed with depression  | 4.8%        | 8.3%          | 7.9%         |
| <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%       | 42.1%         | 44.2%        |
| Currently in therapy for depression  | 27.8%       | 19.3%         | 20.0%        |
| Currently taking medication for depression   | 27.8%       | 21.1%         | 24.2%        |

# Demographics and Student Characteristics

## ◆ Age:

|          |       |
|----------|-------|
| Average: | 23.6  |
| Median:  | 22.0  |
| Mode:    | 18.0  |
| 18 – 20: | 32.2% |
| 21 – 24: | 30.5% |
| 25 - 29: | 15.5% |
| 30+:     | 14.0% |

## ◆ Sex:

|         |       |
|---------|-------|
| Female: | 64.5% |
| Male:   | 35.5% |

## ◆ Student status:

|                                 |       |
|---------------------------------|-------|
| 1st year undergraduate:         | 22.7% |
| 2nd year undergraduate:         | 10.2% |
| 3rd year undergraduate:         | 23.9% |
| 4th year undergraduate:         | 21.0% |
| 5th year or more undergraduate: | 5.0%  |
| Graduate or professional:       | 12.4% |
| Adult special or other:         | 4.9%  |
| Full-time student:              | 82.3% |

## ◆ Relationship status

|   |       |
|---|-------|
| Single:                                   | 52.6% |
| Married/domestic partner:                 | 15.9% |
| Engaged or committed dating relationship: | 29.1% |
| Separated:                                | 0.9%  |
| Divorced:                                 | 1.4%  |
| Widowed:                                  | 0.2%  |

## ◆ Students describe themselves as:

|                                    |       |
|------------------------------------|-------|
| White:                             | 16.8% |
| Black – not Hispanic:              | 14.6% |
| Hispanic or Latino:                | 51.2% |
| Asian or Pacific Islander:         | 4.7%  |
| American Indian or Alaskan Native: | 0.2%  |
| Other:                             | 5.9%  |

## ◆ Students describe themselves as:

|                |       |
|----------------|-------|
| Heterosexual:  | 94.6% |
| Gay/Lesbian:   | 2.0%  |
| Bisexual:      | 2.1%  |
| Transgendered: | 0.2%  |
| Unsure:        | 1.0%  |

## ◆ Housing:

|                           |       |
|---------------------------|-------|
| Campus residence:         | 4.2%  |
| Fraternity or sorority:   | 0.6%  |
| Other university housing: | 0.2%  |
| Off-campus:               | 22.5% |
| Parent/guardian's home:   | 58.6% |
| Other:                    | 14.0% |

## ◆ Hours of paid work per week:

|                     |       |
|---------------------|-------|
| 0 hours:            | 32.1% |
| 1-9 hours:          | 5.4%  |
| 10-19 hours:        | 10.1% |
| 20-29 hours:        | 20.3% |
| 30-39 hours:        | 12.2% |
| 40 hours:           | 12.8% |
| More than 40 hours: | 7.2%  |

## ◆ Hours of volunteer work per week:

|                     |       |
|---------------------|-------|
| 0 hours:            | 76.7% |
| 1-9 hours:          | 18.6% |
| 10-19 hours:        | 2.9%  |
| 20-29 hours:        | 1.1%  |
| 30-39 hours:        | 0.3%  |
| 40 hours:           | 0.5%  |
| More than 40 hours: | 0.5%  |

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

|         |       |
|---------|-------|
| Yes:    | 76.4% |
| Unsure: | 4.6%  |

Florida International University

Biscayne Bay Campus

*Spring 2002*

# Findings

## A. General Health of BBC Students

- 61.1% of BBC students surveyed (62.6% male; 60.7% female) described their health as “very good” or “excellent.”
- Within the last 12 months/school year, BBC students reported:

|                          |       |                             |       |
|--------------------------|-------|-----------------------------|-------|
| Allergy problems         | 26.6% | Repetitive stress injury    | 3.7%  |
| Anorexia                 | 1.5%  | Seasonal affective disorder | 1.9%  |
| Anxiety disorder         | 6.9%  | Substance abuse problem     | 2.5%  |
| Asthma                   | 5.0%  | Back pain                   | 39.8% |
| Bulimia                  | 1.5%  | Broken bone/fracture        | 2.5%  |
| Chronic fatigue syndrome | 2.5%  | Bronchitis                  | 7.2%  |
| Depression               | 14.6% | Chlamydia                   | 2.1%  |
| Diabetes                 | 1.3%  | Ear infection               | 7.2%  |
| Endometriosis            | 0.6%  | Gonorrhea                   | 0.6%  |
| Genital herpes           | 1.9%  | Mononucleosis               | 1.0%  |
| Genital warts/HPV        | 1.5%  | Pelvic inflammatory disease | 1.4%  |
| Hepatitis B or C         | 1.0%  | Sinus infection             | 12.2% |
| High blood pressure      | 6.1%  | Strep throat                | 7.9%  |
| High cholesterol         | 7.6%  | Tuberculosis                | 0.8%  |
| HIV                      | 0.4%  |                             |       |

- 57.6% of BBC students (48.5% male; 69.3% 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:

- 64.3% reported being vaccinated against hepatitis B.
- 32.7% reported being vaccinated against meningococcal disease.
- 66.1% reported being vaccinated against varicella (chicken pox).
- 86.5% reported being vaccinated with measles, mumps, rubella (2 shots).
- 35.6% reported being vaccinated against the flu in the last year.
- 68.1% 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.
- 48.3% of females reported they performed breast self-exam in the last month.
- 56.7% of females reported having a routine gynecological exam in the last year.
- 85.4% reported having their blood pressure checked in the last 2 years.
- 64.5% reported having cholesterol checked in the last 5 years.
- 15.2% reported using sunscreen daily.

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

|  | <b>N/A, didn't drive, ride or skate within the last 12 months/school year</b> | <b>Never</b> | <b>Rarely or sometimes</b> | <b>Mostly or always</b> | <b>Mostly or always (N/A responses not included)*</b> |
|--|---|--------------|----------------------------|-------------------------|---|
| Wore a seatbelt                        | 1.5%  | 1.0%         | 11.5%                      | 86.6%                   | 87.9%   |
| Wore a helmet when riding a bicycle    | 57.1%   | 25.0%        | 5.9%                       | 12.1%                   | 28.1%   |
| Wore a helmet when riding a motorcycle | 75.2%   | 6.6%         | 2.4%                       | 15.7%                   | 63.4%   |
| Wore a helmet when inline skating      | 66.7%   | 21.2%        | 3.5%                       | 8.6%                    | 25.8%   |

\* 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   | 3.1%  | Eating disorder/problem                               | 1.4%  |
| Allergies   | 3.3%  | HIV infection   | 1.2%  |
| Assault (physical)                                      | 1.0%  | Injury  | 4.5%  |
| Assault (sexual)  | 1.2%  | Internet use/computer games                           | 6.3%  |
| Attention deficit disorder                              | 3.6%  | Learning disability                                   | 2.8%  |
| Cold/flu/sore throat                                    | 13.1% | Mononucleosis   | 1.4%  |
| Concern for a troubled friend or family member          | 13.6% | Pregnancy (yours or your partner's)                   | 2.8%  |
| Chronic illness   | 3.0%  | Relationship difficulty                               | 11.0% |
| Chronic pain  | 3.5%  | Sexually transmitted disease                          | 0.6%  |
| Death of a friend or family member                      | 8.5%  | Sinus infection/ear infection/bronchitis/strep throat | 3.7%  |
| Depression/anxiety disorder/seasonal affective disorder | 9.4%  | Sleep difficulties                                    | 14.7% |
| Drug use  | 3.3%  | Stress  | 23.8% |

### D. Violence

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

|   | Male  | Female | Total |
|---|-------|--------|-------|
| A physical fight                                | 8.1%  | 3.3%   | 5.3%  |
| Being physically assaulted (non-sexually)       | 7.5%  | 2.4%   | 4.3%  |
| Verbal threats for sex against their will       | 5.0%  | 4.5%   | 4.7%  |
| Sexual touching against their will              | 5.6%  | 6.0%   | 6.8%  |
| Attempted sexual penetration against their will | 3.1%  | 2.1%   | 2.7%  |
| Sexual penetration against their will           | 1.9%  | 1.2%   | 1.4%  |
| An emotionally abusive relationship             | 11.3% | 16.4%  | 13.9% |
| A physically abusive relationship               | 3.1%  | 2.7%   | 2.9%  |
| A sexually abusive relationship                 | 3.2%  | 1.2%   | 2.2%  |

## E. Alcohol, Tobacco and Other Drug Use

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

| <b>Alcohol</b>                    | <b>Male</b> | <b>Female</b> | <b>Total</b> |
|-----------------------------------|-------------|---------------|--------------|
| Never used                        | 40.4%       | 33.1%         | 36.2%        |
| Used, but not in the last 30 days | 16.8%       | 23.4%         | 20.1%        |
| Used 1-9 days                     | 31.7%       | 35.3%         | 33.7%        |
| Used 10-29 days                   | 8.1%        | 8.2%          | 8.9%         |
| Used all 30 days                  | 3.1%        | 0.0%          | 1.2%         |

| <b>Cigarettes</b>                 | <b>Male</b> | <b>Female</b> | <b>Total</b> |
|-----------------------------------|-------------|---------------|--------------|
| Never used                        | 68.6%       | 73.7%         | 70.3%        |
| Used, but not in the last 30 days | 12.6%       | 12.4%         | 12.3%        |
| Used 1-9 days                     | 6.9%        | 6.0%          | 6.5%         |
| Used 10-29 days                   | 5.0%        | 3.9%          | 4.2%         |
| Used all 30 days                  | 6.9%        | 3.9%          | 6.7%         |

| <b>Marijuana</b>                  | <b>Male</b> | <b>Female</b> | <b>Total</b> |
|-----------------------------------|-------------|---------------|--------------|
| Never used                        | 84.8%       | 78.3%         | 80.2%        |
| Used, but not in the last 30 days | 7.0%        | 13.3%         | 11.1%        |
| Used 1-9 days                     | 3.2%        | 5.4%          | 4.7%         |
| Used 10-29 days                   | 1.9%        | 2.1%          | 2.4%         |
| Used all 30 days                  | 3.2%        | 0.9%          | 1.7%         |

- **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:

|            | <b>Never</b>         |                           | <b>Used one or more days</b> |                           | <b>Used daily</b>    |                           |
|------------|----------------------|---------------------------|------------------------------|---------------------------|----------------------|---------------------------|
|            | Reported use (total) | Perception of typical use | Reported use (total)         | Perception of typical use | Reported use (total) | Perception of typical use |
| Alcohol    | 36.2%                | 9.4%                      | 42.5%                        | 56.3%                     | 1.2%                 | 34.3%                     |
| Cigarettes | 70.3%                | 10.1%                     | 10.7%                        | 41.5%                     | 6.7%                 | 48.4%                     |
| Marijuana  | 80.2%                | 21.0%                     | 7.1%                         | 55.3%                     | 1.7%                 | 23.6%                     |

- 5.7% 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.

| <b>Estimated BAC</b> | <b>Male</b> | <b>Female</b> | <b>Total</b> |
|----------------------|-------------|---------------|--------------|
| Less than .08        | 88.5%       | 79.7%         | 82.4%        |
| Less than .10        | 91.4%       | 85.9%         | 87.6%        |

|        |       |       |       |
|--------|-------|-------|-------|
| Mean   | 0.039 | 0.044 | 0.043 |
| Median | 0.003 | 0.025 | 0.017 |
| Mode   | 0.000 | 0.000 | 0.000 |

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

| <b>Number of drinks</b> | <b>Male</b> | <b>Female</b> | <b>Total</b> |
|-------------------------|-------------|---------------|--------------|
| Less than/equal 4       | 78.3%       | 86.2%         | 82.9%        |
| Less than/equal 5       | 84.7%       | 92.0%         | 89.3%        |
| Less than/equal to 6    | 87.9%       | 93.5%         | 91.4%        |

|        |      |      |      |
|--------|------|------|------|
| Mean   | 2.53 | 2.10 | 2.24 |
| Median | 1.0  | 2.0  | 1.0  |
| 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:

|                 | <b>Male</b> | <b>Female</b> | <b>Total</b> |
|-----------------|-------------|---------------|--------------|
| None            | 75.0%       | 87.3%         | 81.2%        |
| 1-2 times       | 15.4%       | 8.2%          | 12.5%        |
| 3-5 times       | 7.1%        | 3.9%          | 5.0%         |
| 6 or more times | 2.6%        | 0.6%          | 1.4%         |

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

| <b>When at a party or when going out....</b>               | <b>usually or always</b> |
|--|--------------------------|
| alternate non-alcoholic with alcoholic beverages:          | 37.6%                    |
| determine in advance not to exceed a set number of drinks: | 45.5%                    |
| choose not to drink alcohol:                               | 35.4%                    |
| use a designated driver:                                   | 59.8%                    |
| eat before and/or during drinking:                         | 68.1%                    |
| have a friend let you know when you have had enough:       | 39.0%                    |
| keep track of how many drinks being consumed:              | 67.7%                    |
| pace drinks to one or fewer an hour:                       | 43.6%                    |
| avoid drinking games:                                      | 68.3%                    |
| drink an alcoholic look-alike:                             | 19.7%                    |

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

- 89.3% 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:\*

|   | <b>Male</b> | <b>Female</b> | <b>Total</b> |
|---|-------------|---------------|--------------|
| Being physically injured  | 12.5%       | 5.3%          | 8.4%         |
| Physically injured another person                                 | 5.4%        | 0.5%          | 3.0%         |
| Being involved in a fight   | 10.9%       | 1.9%          | 5.0%         |
| Doing something they later regretted                              | 23.7%       | 19.1%         | 20.7%        |
| Forgetting where they were or what they had done                  | 16.1%       | 13.1%         | 15.4%        |
| Having someone use force or threat of force to have sex with them | 4.3%        | 1.0%          | 2.8%         |
| Having unprotected sex  | 18.9%       | 10.6%         | 13.6%        |

*\*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         | 25.9% | 27.4%  | 27.0% |
| Having had 1 sexual partner          | 38.8% | 54.8%  | 49.6% |
| Having had 2 sexual partners         | 15.0% | 10.0%  | 10.7% |
| Having had 3 sexual partners         | 6.8%  | 2.5%   | 4.3%  |
| Having had 4 or more sexual partners | 13.6% | 5.3%   | 8.4%  |

- 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   | 2.87 | 1.51   | 2.09  |
| Median | 1.0  | 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.*

| <b>Oral sex within the past 30 days</b>    | Male  | Female | Total |
|--|-------|--------|-------|
| Never did this sexual activity             | 31.3% | 29.3%  | 29.8% |
| Have not done this during the last 30 days | 19.0% | 27.0%  | 24.5% |
| Did this 1 or more times                   | 49.7% | 43.6%  | 45.7% |

| <b>Vaginal sex within the past 30 days</b> | Male  | Female | Total |
|--|-------|--------|-------|
| Never did this sexual activity             | 30.6% | 25.7%  | 26.0% |
| Have not done this during the last 30 days | 14.3% | 19.6%  | 18.3% |
| Did this 1 or more times                   | 55.1% | 54.7%  | 55.8% |

| <b>Anal sex within the past 30 days</b>    | Male  | Female | Total |
|--|-------|--------|-------|
| Never did this sexual activity             | 69.0% | 76.9%  | 73.3% |
| Have not done this during the last 30 days | 20.7% | 19.5%  | 19.3% |
| Did this 1 or more times                   | 10.3% | 3.6%   | 7.4%  |

| Type of sexual behavior                                    | Oral  | Vaginal | Anal  |
|--|-------|---------|-------|
| <i>Sexually active students reported...</i>                |       |         |       |
| Using a condom within the last 30 days (mostly or always)* | 8.3%  | 42.3%   | 29.1% |
| Using a condom the last time they had sex**                | 10.9% | 43.8%   | 26.1% |

*\*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             | 20.0% | 24.2%  | 20.3% |
| Depo Provera (shots)            | 1.8%  | 2.1%   | 1.6%  |
| Norplant (implant)              | 0.0%  | 0.0%   | 0.2%  |
| Condoms                         | 35.2% | 34.0%  | 33.0% |
| Diaphragm, cervical cap, sponge | 1.2%  | 0.3%   | 0.6%  |
| Spermicide                      | 3.6%  | 2.4%   | 3.4%  |
| Fertility awareness             | 1.8%  | 3.6%   | 3.0%  |
| Withdrawal                      | 13.9% | 18.8%  | 15.0% |
| Other method                    | 3.0%  | 1.5%   | 2.4%  |
| Nothing                         | 10.9% | 10.7%  | 11.4% |

- 6.8% 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: 6.7%; female: 7.5% ).\*

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

- 4.8% 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: 2.5%; female: 6.3%).\*\*

*\*\*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                   | 33.3% | 51.6%  | 42.7% |
| Dieting to lose weight                      | 24.2% | 34.0%  | 28.2% |
| Vomiting or taking laxatives to lose weight | 0.0%  | 2.1%   | 1.4%  |
| Taking diet pills to lose weight            | 3.6%  | 6.0%   | 4.5%  |
| Doing none of the above                     | 43.6% | 30.4%  | 33.1% |

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

|                                 | Male  | Female | Total |
|---------------------------------|-------|--------|-------|
| Don't eat fruits and vegetables | 7.6%  | 6.1%   | 7.1%  |
| 1 or 2 per day                  | 57.9% | 60.0%  | 60.0% |
| 3-4 per day                     | 26.9% | 25.5%  | 24.5% |
| 5 or more per day               | 7.6%  | 8.4%   | 8.4%  |

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

| <b>Participated in vigorous exercise for 20 minutes (or 30 minutes moderate exercise)</b> | Male  | Female | Total |
|---|-------|--------|-------|
| 0 days  | 33.1% | 40.9%  | 38.0% |
| 1-2 days  | 28.5% | 25.7%  | 27.4% |
| 3-5 days  | 33.8% | 27.9%  | 29.4% |
| 6+ days   | 4.6%  | 5.6%   | 5.2%  |

| <b>Exercising to strengthen muscles</b> | Male  | Female | Total |
|---|-------|--------|-------|
| 0 days                                  | 36.8% | 48.3%  | 44.8% |
| 1-2 days                                | 30.3% | 26.6%  | 27.8% |
| 3-5 days                                | 25.0% | 22.6%  | 23.3% |
| 6+ days                                 | 7.9%  | 2.5%   | 4.0%  |

| <b>Getting enough sleep to feel rested in the morning</b> | Male  | Female | Total |
|---|-------|--------|-------|
| 0 days  | 21.7% | 15.9%  | 18.4% |
| 1-2 days  | 23.0% | 27.4%  | 26.0% |
| 3-5 days  | 38.2% | 40.5%  | 39.2% |
| 6+ days   | 17.1% | 16.2%  | 16.3% |

- **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              | 10.5% | 8.4%   | 9.0%  |
| 18.5-24.9 - Healthy Weight                | 42.7% | 63.7%  | 57.0% |
| 25-29.9 - Overweight                      | 33.6% | 19.3%  | 23.8% |
| 30-34.9 - Class I Obesity                 | 9.8%  | 2.3%   | 4.6%  |
| 35-39.9 - Class II Obesity                | 1.4%  | 4.5%   | 3.5%  |
| Less than/equal to 40 - Class III Obesity | 2.1%  | 1.9%   | 2.0%  |

|        |      |      |      |
|--------|------|------|------|
| Mean   | 24.3 | 24.2 | 24.2 |
| Median | 24.4 | 22.7 | 23.1 |
| Mode   | 21.3 | 20.6 | 22.0 |

## 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                                     | 29.7% | 11.9%  | 17.6% |
| 1-10 times                                | 57.4% | 68.8%  | 65.3% |
| 11+ times                                 | 12.9% | 19.3%  | 17.1% |

| Feeling so depressed it was difficult to function |       |        |       |
|---|-------|--------|-------|
|   | Male  | Female | Total |
| Never   | 65.6% | 53.7%  | 57.2% |
| 1-10 times  | 27.3% | 36.2%  | 33.8% |
| 11+ times   | 7.1%  | 10.1%  | 8.9%  |

| Feeling exhausted (not from physical activity) |       |        |       |
|--|-------|--------|-------|
|  | Male  | Female | Total |
| Never  | 33.1% | 9.6%   | 18.5% |
| 1-10 times                                     | 51.9% | 71.0%  | 62.9% |
| 11+ times                                      | 14.9% | 19.4%  | 18.5% |

| Seriously considering attempting suicide |       |        |       |
|--|-------|--------|-------|
|  | Male  | Female | Total |
| Never                                    | 90.3% | 88.0%  | 87.7% |
| 1-10 times                               | 7.8%  | 11.4%  | 10.9% |
| 11+ times                                | 1.9%  | 0.6%   | 1.4%  |

| Feeling very sad |       |        |       |
|------------------|-------|--------|-------|
|                  | Male  | Female | Total |
| Never            | 39.2% | 20.9%  | 27.0% |
| 1-10 times       | 51.0% | 63.7%  | 59.9% |
| 11+ times        | 9.8%  | 15.4%  | 13.1% |

| Attempting suicide |       |        |       |
|--------------------|-------|--------|-------|
|                    | Male  | Female | Total |
| Never              | 96.1% | 96.0%  | 95.5% |
| 1-10 times         | 2.6%  | 3.7%   | 3.7%  |
| 11+ times          | 1.3%  | 0.3%   | 0.7%  |

| Feeling things were hopeless |       |        |       |
|------------------------------|-------|--------|-------|
|                              | Male  | Female | Total |
| Never                        | 50.3% | 33.4%  | 40.3% |
| 1-10 times                   | 39.9% | 57.7%  | 51.0% |
| 11+ times                    | 9.8%  | 8.9%   | 8.8%  |

|  | Male  | Female | Total |
|--|-------|--------|-------|
| BBC students reported diagnosed with depression  | 5.5%  | 8.7%   | 8.7%  |
| <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  | 62.5% | 40.7%  | 47.8% |
| Currently in therapy for depression  | 37.5% | 22.2%  | 23.9% |
| Currently taking medication for depression   | 50.0% | 18.5%  | 26.1% |

## Demographics and Student Characteristics

### ◆ Age

|              |       |
|--------------|-------|
| Average age: | 25.4  |
| Median:      | 23.0  |
| Mode:        | 18.0  |
| 18 – 20:     | 25.0% |
| 21 – 24:     | 29.4% |
| 25 – 29:     | 18.2% |
| 30+:         | 21.3% |

### ◆ Sex:

|         |       |
|---------|-------|
| Female: | 67.0% |
| Male:   | 33.0% |

### ◆ Student status:

|                                 |       |
|---------------------------------|-------|
| 1st year undergraduate:         | 20.8% |
| 2nd year undergraduate:         | 5.6%  |
| 3rd year undergraduate:         | 25.1% |
| 4th year undergraduate:         | 20.2% |
| 5th year or more undergraduate: | 4.6%  |
| Graduate or professional:       | 19.4% |
| Adult special or other:         | 4.2%  |
| Full-time student:              | 82.7% |

### ◆ Relationship status:

|   |       |
|---|-------|
| Single:                                   | 51.2% |
| Married/domestic partner:                 | 20.0% |
| Engaged or committed dating relationship: | 24.9% |
| Separated:                                | 1.3%  |
| Divorced:                                 | 2.3%  |
| Widowed:                                  | 0.4%  |

### ◆ Students describe themselves as:

|                            |       |
|----------------------------|-------|
| White:                     | 20.3% |
| Black – not Hispanic:      | 23.5% |
| Hispanic or Latino:        | 35.2% |
| Asian or Pacific Islander: | 5.8%  |
| Other:                     | 5.9%  |

### ◆ Students describe themselves as:

|                |       |
|----------------|-------|
| Heterosexual:  | 93.8% |
| Gay/Lesbian:   | 1.6%  |
| Bisexual:      | 3.2%  |
| Transgendered: | 0.2%  |
| Unsure:        | 1.3%  |

### ◆ Housing:

|                           |       |
|---------------------------|-------|
| Campus residence:         | 3.4%  |
| Fraternity or sorority:   | 0.5%  |
| Other university housing: | 0.4%  |
| Off-campus:               | 29.2% |
| Parent/guardian's home:   | 49.4% |
| Other:                    | 17.1% |

### ◆ Hours of paid work per week:

|                     |       |
|---------------------|-------|
| 0 hours:            | 31.0% |
| 1-9 hours:          | 4.7%  |
| 10-19 hours:        | 11.7% |
| 20-29 hours:        | 16.8% |
| 30-39 hours:        | 11.8% |
| 40 hours:           | 14.0% |
| More than 40 hours: | 10.0% |

### ◆ Hours of volunteer work per week:

|                     |       |
|---------------------|-------|
| 0 hours:            | 75.9% |
| 1-9 hours:          | 18.5% |
| 10-19 hours:        | 3.4%  |
| 20-29 hours:        | 0.7%  |
| 30-39 hours:        | 0.4%  |
| 40 hours:           | 0.5%  |
| More than 40 hours: | 0.5%  |

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

|         |       |
|---------|-------|
| Yes:    | 74.6% |
| Unsure: | 4.5%  |

Florida International University

University Park Campus

*Spring 2002*

# Findings

## A. General Health of UPC Students

- 65.3% of UPC students surveyed (66.0% male;66.7% female) described their health as "very good" or "excellent."
- Within the last 12 months/school year, UPC students reported:

|                          |       |                             |       |
|--------------------------|-------|-----------------------------|-------|
| Allergy problems         | 29.0% | Repetitive stress injury    | 3.4%  |
| Anorexia                 | 2.0%  | Seasonal affective disorder | 1.4%  |
| Anxiety disorder         | 7.6%  | Substance abuse problem     | 2.3%  |
| Asthma                   | 5.2%  | Back pain                   | 42.2% |
| Bulimia                  | 1.5%  | Broken bone/fracture        | 4.8%  |
| Chronic fatigue syndrome | 1.4%  | Bronchitis                  | 6.2%  |
| Depression               | 15.1% | Chlamydia                   | 1.3%  |
| Diabetes                 | 1.1%  | Ear infection               | 7.2%  |
| Endometriosis            | 0.6%  | Gonorrhea                   | 0.6%  |
| Genital herpes           | 0.6%  | Mononucleosis               | 0.9%  |
| Genital warts/HPV        | 2.0%  | Pelvic inflammatory disease | 1.3%  |
| Hepatitis B or C         | 0.6%  | Sinus infection             | 13.3% |
| High blood pressure      | 4.5%  | Strep throat                | 10.6% |
| High cholesterol         | 5.4%  | Tuberculosis                | 0.5%  |
| HIV infection            | 0.3%  |                             |       |

- 61.1% of UPC students (59.0% male; 67.9% 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:

- 65.1% reported being vaccinated against hepatitis B.
- 39.1% reported being vaccinated against meningococcal disease.
- 66.3% reported being vaccinated against varicella (chicken pox).
- 84.0% reported being vaccinated with measles, mumps, rubella (2 shots).
- 31.7% reported being vaccinated against the flu in the last year.
- 69.0% reported having a dental exam and cleaning in the last year.
- 31.4% of males reported that they performed testicular self-exam in the last month.
- 38.1% of females reported that they performed breast self-exam in the last month.
- 49.9% of females reported having a routine gynecological exam in the last year.
- 86.8% reported having their blood pressure checked in the last 2 years.
- 60.0% reported having cholesterol checked in the last 5 years.
- 14.8% reported using sunscreen daily.

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

|  | <b>N/A, didn't drive, ride or skate within the last 12 months/school year</b> | <b>Never</b> | <b>Rarely or sometimes</b> | <b>Mostly or always</b> | <b>Mostly or always (N/A responses not included)*</b> |
|--|---|--------------|----------------------------|-------------------------|---|
| Wore a seatbelt                        | 0.4%  | 1.6%         | 12.0%                      | 86.0%                   | 86.4%   |
| Wore a helmet when riding a bicycle    | 53.0%   | 35.3%        | 5.5%                       | 6.2%                    | 13.2%   |
| Wore a helmet when riding a motorcycle | 77.7%   | 6.3%         | 3.7%                       | 12.3%                   | 54.9%   |
| Wore a helmet when inline skating      | 69.1%   | 24.0%        | 3.5%                       | 3.5%                    | 11.2%   |

\* 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   | 2.3%  | Eating disorder/problem                               | 1.2%  |
| Allergies   | 1.6%  | HIV infection   | 0.0%  |
| Assault (physical)                                      | 0.3%  | Injury  | 3.0%  |
| Assault (sexual)  | 0.8%  | Internet use/computer                                 | 6.4%  |
| Attention deficit disorder                              | 2.9%  | Learning disability                                   | 1.1%  |
| Cold/flu/sore throat                                    | 12.0% | Mononucleosis   | 0.2%  |
| Concern for a troubled friend or family member          | 14.6% | Pregnancy (yours or your partner's)                   | 1.4%  |
| Chronic illness   | 1.4%  | Relationship difficulty                               | 14.4% |
| Chronic pain  | 1.4%  | Sexually transmitted disease                          | 0.0%  |
| Death of a friend or family member                      | 10.2% | Sinus infection/ear infection/bronchitis/Strep throat | 3.2%  |
| Depression/anxiety disorder/seasonal affective disorder | 9.1%  | Sleep difficulties                                    | 14.7% |
| Drug use  | 2.0%  | Stress  | 25.3% |

### D. Violence

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

|   | Male  | Female | Total |
|---|-------|--------|-------|
| A physical fight                                | 14.6% | 5.7%   | 8.9%  |
| Being physically assaulted (non-sexually)       | 4.6%  | 3.0%   | 3.8%  |
| Verbal threats for sex against their will       | 2.1%  | 5.6%   | 4.3%  |
| Sexual touching against their will              | 5.0%  | 8.8%   | 7.3%  |
| Attempted sexual penetration against their will | 0.8%  | 3.3%   | 2.5%  |
| Sexual penetration against their will           | 1.3%  | 2.8%   | 2.4%  |
| An emotionally abusive relationship             | 7.3%  | 16.3%  | 13.2% |
| A physically abusive relationship               | 3.0%  | 3.3%   | 3.5%  |
| A sexually abusive relationship                 | 2.6%  | 2.3%   | 2.5%  |

## E. Alcohol, Tobacco and Other Drug Use

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

| <b>Alcohol</b>                    | <b>Male</b> | <b>Female</b> | <b>Total</b> |
|-----------------------------------|-------------|---------------|--------------|
| Never used                        | 24.1%       | 25.8%         | 25.0%        |
| Used, but not in the last 30 days | 13.1%       | 19.4%         | 17.6%        |
| Used 1-9 days                     | 44.7%       | 42.9%         | 43.7%        |
| Used 10-29 days                   | 16.5%       | 12.0%         | 13.2%        |
| Used all 30 days                  | 1.7%        | 0.0%          | 0.6%         |

| <b>Cigarettes</b>                 | <b>Male</b> | <b>Female</b> | <b>Total</b> |
|-----------------------------------|-------------|---------------|--------------|
| Never used                        | 61.81%      | 67.8%         | 66.0%        |
| Used, but not in the last 30 days | 10.1%       | 12.2%         | 11.3%        |
| Used 1-9 days                     | 11.3%       | 9.1%          | 9.9%         |
| Used 10-29 days                   | 9.2%        | 5.8%          | 6.5%         |
| Used all 30 days                  | 7.6%        | 5.1%          | 6.3%         |

| <b>Marijuana</b>                  | <b>Male</b> | <b>Female</b> | <b>Total</b> |
|-----------------------------------|-------------|---------------|--------------|
| Never used                        | 65.8%       | 75.3%         | 71.9%        |
| Used, but not in the last 30 days | 13.5%       | 12.01%        | 13.0%        |
| Used 1-9 days                     | 10.5%       | 9.2%          | 9.3%         |
| Used 10-29 days                   | 6.8%        | 3.1%          | 4.4%         |
| Used all 30 days                  | 3.4%        | 0.5%          | 1.4%         |

- **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:

|            | <b>Never</b>         |                           | <b>Used one or more days</b> |                           | <b>Used daily</b>    |                           |
|------------|----------------------|---------------------------|------------------------------|---------------------------|----------------------|---------------------------|
|            | Reported use (total) | Perception of typical use | Reported use (total)         | Perception of typical use | Reported use (total) | Perception of typical use |
| Alcohol    | 25.0%                | 3.6%                      | 56.9%                        | 57.4%                     | 0.6%                 | 38.9%                     |
| Cigarettes | 66.0%                | 4.2%                      | 16.4%                        | 42.8%                     | 6.3%                 | 53.0%                     |
| Marijuana  | 71.9%                | 9.2%                      | 13.7%                        | 65.3%                     | 1.4%                 | 25.6%                     |

- 9.4% 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.

| <b>Estimated BAC</b> | <b>Male</b> | <b>Female</b> | <b>Total</b> |
|----------------------|-------------|---------------|--------------|
| Less than .08        | 70.7%       | 70.5%         | 70.6%        |
| Less than .10        | 80.9%       | 77.3%         | 78.6%        |
| Mean                 | 0.06        | 0.067         | 0.064        |
| Median               | 0.038       | 0.044         | 0.040        |
| Mode                 | 0.000       | 0.000         | 0.000        |

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

| <b>Number of drinks</b> | <b>Male</b> | <b>Female</b> | <b>Total</b> |
|-------------------------|-------------|---------------|--------------|
| Less than/equal to 4    | 56.0%       | 78.6%         | 70.2%        |
| Less than/equal to 5    | 65.1%       | 87.0%         | 79.3%        |
| Less than/equal to 6    | 72.4%       | 92.9%         | 85.1%        |
| Mean                    | 4.66        | 2.73          | 3.45         |
| Median                  | 4.00        | 2.00          | 3.00         |
| 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:

|                 | <b>Male</b> | <b>Female</b> | <b>Total</b> |
|-----------------|-------------|---------------|--------------|
| None            | 60.3%       | 80.0%         | 72.0%        |
| 1-2 times       | 21.8%       | 15.6%         | 17.9%        |
| 3-5 times       | 11.5%       | 3.3%          | 6.9%         |
| 6 or more times | 6.4%        | 1.0%          | 3.2%         |

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

| <b>When at a party or when going out....</b>               | <b>usually or always</b> |
|--|--------------------------|
| alternate non-alcoholic with alcoholic beverages:          | 33.0%                    |
| determine in advance not to exceed a set number of drinks: | 47.6%                    |
| choose not to drink alcohol:                               | 30.2%                    |
| use a designated driver:                                   | 66.0%                    |
| eat before and/or during drinking:                         | 71.1%                    |
| have a friend let you know when you have had enough:       | 42.2%                    |
| keep track of how many drinks being consumed:              | 72.9%                    |
| pace drinks to one or fewer an hour:                       | 40.7%                    |
| avoid drinking games:                                      | 57.4%                    |
| drink an alcoholic look-alike:                             | 12.7%                    |

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

- 94.6% 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:\*

|   | <b>Male</b> | <b>Female</b> | <b>Total</b> |
|---|-------------|---------------|--------------|
| Being physically injured  | 9.1%        | 6.1%          | 6.9%         |
| Being physically injured by another person                        | 4.3%        | 1.8%          | 2.6%         |
| Being involved in a fight   | 11.8%       | 3.9%          | 6.9%         |
| Doing something they later regretted                              | 29.9%       | 21.1%         | 22.9%        |
| Forgetting where they were or what they had done                  | 19.9%       | 17.9%         | 17.7%        |
| Having someone use force or threat of force to have sex with them | 1.6%        | 1.4%          | 1.3%         |
| Having unprotected sex  | 19.0%       | 14.0%         | 17.0%        |

*\*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         | 21.0% | 30.3%  | 26.4% |
| Having had 1 sexual partner          | 39.3% | 49.2%  | 45.2% |
| Having had 2 sexual partners         | 12.1% | 10.9%  | 11.9% |
| Having had 3 sexual partners         | 8.0%  | 5.1%   | 6.0%  |
| Having had 4 or more sexual partners | 19.6% | 4.5%   | 10.4% |

- 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   | 3.57 | 1.55   | 2.47  |
| 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.

| <b>Oral sex within the past 30 days</b>    | Male  | Female | Total |
|--|-------|--------|-------|
| Never did this sexual activity             | 21.0% | 29.8%  | 25.9% |
| Have not done this during the last 30 days | 21.4% | 21.0%  | 20.7% |
| Did this 1 or more times                   | 57.6% | 49.2%  | 53.4% |

| <b>Vaginal sex within the past 30 days</b> | Male  | Female | Total |
|--|-------|--------|-------|
| Never did this sexual activity             | 24.6% | 29.9%  | 27.4% |
| Have not done this during the last 30 days | 16.5% | 16.3%  | 16.5% |
| Did this 1 or more times                   | 58.9% | 53.8%  | 56.1% |

| <b>Anal sex within the past 30 days</b>    | Male  | Female | Total |
|--|-------|--------|-------|
| Never did this sexual activity             | 64.0% | 77.7%  | 72.8% |
| Have not done this during the last 30 days | 24.9% | 16.3%  | 19.5% |
| Did this 1 or more times                   | 11.1% | 6.1%   | 7.8%  |

| Type of sexual behavior                                    | Oral | Vaginal | Anal  |
|--|------|---------|-------|
| <i>Sexually active students reported...</i>                |      |         |       |
| Using a condom within the last 30 days (mostly or always)* | 8.3% | 42.5%   | 23.2% |
| Using a condom the last time they had sex**                | 7.3% | 46.2%   | 27.1% |

*\*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             | 25.4% | 21.6%  | 23.0% |
| Depo Provera (shots)            | 2.0%  | 2.5%   | 2.1%  |
| Norplant (implant)              | 0.4%  | 0.0%   | 0.3%  |
| Condoms                         | 40.6% | 30.9%  | 33.4% |
| Diaphragm, cervical cap, sponge | 0.4%  | 0.2%   | 0.3%  |
| Spermicide                      | 6.1%  | 2.2%   | 3.5%  |
| Fertility awareness             | 3.7%  | 3.2%   | 3.2%  |
| Withdrawal                      | 16.0% | 18.9%  | 16.7% |
| Other method                    | 2.0%  | 1.7%   | 1.8%  |
| Nothing                         | 4.9%  | 6.9%   | 5.9%  |

- 9.0% 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: 6.9%; female: 8.6%).\*

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

- 5.9% 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: 5.7%; female: 5.1%).\*\*

*\*\*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                   | 42.2% | 46.1%  | 42.7% |
| Dieting to lose weight                      | 21.7% | 34.1%  | 28.4% |
| Vomiting or taking laxatives to lose weight | 1.6%  | 2.2%   | 1.7%  |
| Taking diet pills to lose                   | 4.5%  | 8.6%   | 7.0%  |
| Doing none of the above                     | 41.4% | 35.5%  | 36.9% |

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

|                                 | Male  | Female | Total |
|---------------------------------|-------|--------|-------|
| Don't eat fruits and vegetables | 6.5%  | 5.5%   | 5.7%  |
| 1 or 2 per day                  | 67.6% | 68.3%  | 67.7% |
| 3-4 per day                     | 22.2% | 23.1%  | 22.8% |
| 5 or more per day               | 3.7%  | 3.0%   | 3.8%  |

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

| <b>Participated in vigorous exercise for 20 minutes (or 30 minutes moderate exercise)</b> | Male  | Female | Total |
|---|-------|--------|-------|
| 0 days  | 22.2% | 37.3%  | 30.9% |
| 1-2 days  | 28.3% | 29.3%  | 29.9% |
| 3-5 days  | 38.3% | 27.2%  | 31.1% |
| 6+ days   | 11.3% | 6.1%   | 8.1%  |

| <b>Exercising to strengthen muscles</b> | Male  | Female | Total |
|---|-------|--------|-------|
| 0 days                                  | 28.3% | 47.5%  | 40.4% |
| 1-2 days                                | 22.6% | 25.7%  | 23.8% |
| 3-5 days                                | 39.1% | 22.3%  | 29.1% |
| 6+ days                                 | 10.0% | 4.5%   | 6.7%  |

| <b>Getting enough sleep to feel rested in the morning</b> | Male  | Female | Total |
|---|-------|--------|-------|
| 0 days  | 12.2% | 13.2%  | 13.1% |
| 1-2 days  | 28.3% | 22.4%  | 25.5% |
| 3-5 days  | 40.4% | 42.7%  | 41.8% |
| 6+ days   | 19.1% | 21.6%  | 19.5% |

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

| <b>BMI</b>                                | <b>Male</b> | <b>Female</b> | <b>Total</b> |
|---|-------------|---------------|--------------|
| Less than 18.5 - Underweight              | 6.7%        | 8.3%          | 7.7%         |
| 18.5-24.9 - Healthy Weight                | 42.2%       | 69.3%         | 59.3%        |
| 25-29.9 - Overweight                      | 38.1%       | 15.1%         | 23.6%        |
| 30-34.9 - Class I Obesity                 | 10.3%       | 5.7%          | 7.4%         |
| 35-39.9 - Class II Obesity                | 0.4%        | 0.5%          | 0.5%         |
| Less than/equal to 40 - Class III Obesity | 2.2%        | 1.0%          | 1.5%         |

|        |      |      |      |
|--------|------|------|------|
| Mean   | 36.6 | 22.9 | 27.9 |
| Median | 25.1 | 22.1 | 22.8 |
| Mode   | 22.8 | 19.6 | 25.1 |

## H. Depression

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

| <b>Feeling overwhelmed by all they had to do</b> |             |               |              |
|--|-------------|---------------|--------------|
|  | <b>Male</b> | <b>Female</b> | <b>Total</b> |
| Never  | 23.8%       | 6.0%          | 13.1%        |
| 1-10 times                                       | 59.7%       | 73.2%         | 68.4%        |
| 11+ times  | 16.5%       | 20.7%         | 18.5%        |

| <b>Feeling so depressed it was difficult to function</b> |             |               |              |
|--|-------------|---------------|--------------|
|  | <b>Male</b> | <b>Female</b> | <b>Total</b> |
| Never  | 61.3%       | 52.5%         | 55.8%        |
| 1-10 times   | 32.6%       | 40.4%         | 37.4%        |
| 11+ times  | 6.1%        | 7.1%          | 6.9%         |

| <b>Feeling exhausted (not from physical activity)</b> |             |               |              |
|---|-------------|---------------|--------------|
|   | <b>Male</b> | <b>Female</b> | <b>Total</b> |
| Never   | 16.0%       | 12.1%         | 13.8%        |
| 1-10 times  | 66.7%       | 70.6%         | 69.8%        |
| 11+ times   | 17.3%       | 17.3%         | 16.4%        |

| <b>Seriously considering attempting suicide</b> |             |               |              |
|---|-------------|---------------|--------------|
|   | <b>Male</b> | <b>Female</b> | <b>Total</b> |
| Never   | 89.6%       | 88.5%         | 88.5%        |
| 1-10 times                                      | 8.2%        | 10.5%         | 10.0%        |
| 11+ times                                       | 2.2%        | 1.0%          | 1.5%         |

| <b>Feeling very sad</b> |             |               |              |
|-------------------------|-------------|---------------|--------------|
|                         | <b>Male</b> | <b>Female</b> | <b>Total</b> |
| Never                   | 35.2%       | 18.6%         | 24.7%        |
| 1-10 times              | 55.2%       | 68.8%         | 63.6%        |
| 11+ times               | 9.6%        | 12.6%         | 11.6%        |

| <b>Attempting suicide</b> |             |               |              |
|---------------------------|-------------|---------------|--------------|
|                           | <b>Male</b> | <b>Female</b> | <b>Total</b> |
| Never                     | 96.5%       | 98.4%         | 97.7%        |
| 1-10 times                | 2.6%        | 1.6%          | 1.9%         |
| 11+ times                 | 0.9%        | 0.0%          | 0.4%         |

| <b>Feeling things were hopeless</b> |             |               |              |
|-------------------------------------|-------------|---------------|--------------|
|                                     | <b>Male</b> | <b>Female</b> | <b>Total</b> |
| Never                               | 43.0%       | 34.7%         | 37.2%        |
| 1-10 times                          | 49.1%       | 55.0%         | 53.7%        |
| 11+ times                           | 7.8%        | 10.3%         | 9.1%         |

|  | <b>Male</b> | <b>Female</b> | <b>Total</b> |
|--|-------------|---------------|--------------|
| College students reported diagnosed with depression  | 4.3%        | 7.9%          | 7.2%         |
| <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  | 40.0%       | 43.3%         | 40.8%        |
| Currently in therapy for depression  | 20.0%       | 16.7%         | 16.3%        |
| Currently taking medication for depression   | 10.0%       | 23.3%         | 22.4%        |

## Demographics and Student Characteristics

### ◆ Age

|              |       |
|--------------|-------|
| Average age: | 22.21 |
| Median:      | 21.0  |
| Mode:        | 18.0  |
| 18 -20:      | 37.7% |
| 21 – 24:     | 31.3% |
| 25 – 29:     | 13.4% |
| 30+:         | 8.4%  |

### ◆ Sex

|         |       |
|---------|-------|
| Female: | 62.6% |
| Male:   | 37.4% |

### ◆ Student status:

|                                 |       |
|---------------------------------|-------|
| 1st year undergraduate:         | 24.2% |
| 2nd year undergraduate:         | 13.7% |
| 3rd year undergraduate:         | 23.0% |
| 4th year undergraduate:         | 21.6% |
| 5th year or more undergraduate: | 5.2%  |
| Graduate or professional:       | 6.9%  |
| Adult special or other:         | 5.4%  |
| Full-time:                      | 81.9% |

### ◆ Relationship status:

|   |       |
|---|-------|
| Single:                                   | 53.7% |
| Married/domestic partner:                 | 12.6% |
| Engaged or committed dating relationship: | 32.5% |
| Separated:                                | 0.6%  |
| Divorced:                                 | 0.7%  |
| Widowed:                                  | 0.0%  |

### ◆ Students describe themselves as:

|                                    |       |
|------------------------------------|-------|
| White:                             | 13.9% |
| Black – not Hispanic:              | 7.2%  |
| Hispanic or Latino:                | 64.4% |
| Asian or Pacific Islander:         | 3.8%  |
| American Indian or Alaskan Native: | 0.3%  |
| Other:                             | 5.9%  |

### ◆ Students describe themselves as:

|                |       |
|----------------|-------|
| Heterosexual : | 95.3% |
| Gay/Lesbian:   | 2.4%  |
| Bisexual:      | 1.2%  |
| Transgendered: | 0.3%  |
| Unsure:        | 0.8%  |

### ◆ Housing:

|                         |       |
|-------------------------|-------|
| Campus residence:       | 4.9%  |
| Fraternity or sorority: | 0.6%  |
| Other university:       | 0.0%  |
| Off-campus housing:     | 17.2% |
| Parent/guardian's home: | 65.8% |
| Other:                  | 11.6% |

### ◆ Hours of paid work per week:

|                     |       |
|---------------------|-------|
| 0 hours:            | 33.0% |
| 1-9 hours:          | 5.9%  |
| 10-19 hours:        | 8.9%  |
| 20-29 hours:        | 23.0% |
| 30-39 hours:        | 12.4% |
| 40 hours:           | 11.8% |
| More than 40 hours: | 4.9%  |

### ◆ Hours of volunteer work per week:

|                     |       |
|---------------------|-------|
| 0 hours:            | 77.3% |
| 1-9 hours:          | 18.6% |
| 10-19 hours:        | 1.6%  |
| 20-29 hours:        | 1.4%  |
| 30-39 hours:        | 0.3%  |
| 40 hours:           | 0.4%  |
| More than 40 hours: | 0.4%  |

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

|         |       |
|---------|-------|
| Yes:    | 77.8% |
| Unsure: | 4.7%  |

## **NCHA Advisory Committee**

### *Co-chairs*

Michael Haines, MS (Northern Illinois University)

Jenny Haubenreiser, MA (Montana State University)

Robert Dollinger, MD (Florida International University)

Linda Frazier, MA, RN, CHES (Colby College)

Karen Gordon, MPH

Amy Havasi, MS, Ed (Northern Illinois University)

Patti Lubin, BSN (Northwestern University)

Alejandro Martinez, PhD (Stanford University)

Craig Roberts, PA-C, MS (University of Wisconsin)

Mary Hoban, MA, CHES, and E. Victor Leino, PhD (American College Health Association)