Student Health at a Glance: A Review of UT’s National College Health Assessment Data

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University Health Services
About NCHA survey

What do you know about UT student health behaviors?

Selected student health data
About the NCHA Survey

- National survey organized by ACHA
- Implemented annually at UT Austin
- Web-based, mobile-friendly
- 100+ questions
- Student self-reported data
- Implemented by many other colleges & universities
- Incentives offered
Spring 2015 NCHA

- Sent to random sample of 8,000 students
- 1,556 respondents (19.5% response rate)

Spring 2016 NCHA

- February 7-22
- 11% response rate
- Data not yet available
Included in the Survey

- General health and health information
- Disease and injury prevention
- Violence, abusive relationships, and safety
- Alcohol, tobacco, and other drug use
- Sexual behavior
- Weight, nutrition, and exercise
- Mental and physical health
- Impediments to academic performance
- Demographics
- UHS add-on questions
UT Students…

…are generally healthy!

86.5% report their health status as good, very good, or excellent.
Top reported clinical diagnoses

NCHA Self-Reported
1) Allergies
2) Sinus infection
3) Strep throat
4) Back pain
5) Broken bone/sprain

UHS Medical Records

Top Diagnoses
Most frequent reasons that students visit UHS
1. Allergies and asthma
2. Colds, flu, and other upper respiratory infections
3. Vaccinations and allergy shots
4. Annual women’s health exams
Within the past 12 months, have any of the following affected your academic performance?

- This did not happen to me/NA
- Experienced, but academics not affected
- Lower grade on exam or important project
- Lower grade in the course
- Incomplete/dropped a course
- Significant disruption to thesis, dissertation, etc.
What are the top 3?

- Alcohol use
- Allergies
- Anxiety
- Assault (physical)
- Assault (sexual)
- ADD/ADHD
- Cold/flu/sore throat
- Concern for a troubled friend/family member
- Chronic health problem/serious illness
- Chronic pain
- Death of friend/family
- Depression
- Discrimination
- Drug use
- Eating disorder
- Finances
- Gambling
- Homesickness
- Injury
- Internet use
- Learning disability
- Extracurricular activities
- Pregnancy
- Relationship difficulties
- Roommate difficulties
- STI
- Sinus infection / Bronchitis / Strep
- Sleep difficulties
- Stress
- Work
Academic Impacts

1. Stress (33%)
2. Anxiety (25%)
3. Sleep (23%)
4. Internet use/computer games (16%)
5. Cold/Flu/Sore Throat (15%)
6. Depression (15%)
7. Work (13%)
8. Extracurricular Activities (13%)
9. Relationship Difficulties (11%)
10. Concern for troubled friend or family (10%)
Safety

UT students feel **safe during the day**: 

- **Daytime**
  - 90% On campus
  - 50% In the area around campus

- **Nighttime**
  - 36% On campus
  - 15% In the area around campus
## Violence, Abusive Relationships, and Personal Safety

<table>
<thead>
<tr>
<th>Description</th>
<th>% Male</th>
<th>% Female</th>
<th>% Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>A verbal threat</td>
<td>18.1</td>
<td>11.4</td>
<td>14.7</td>
</tr>
<tr>
<td>Emotionally abusive intimate relationship</td>
<td>5.7</td>
<td>8.9</td>
<td>7.4</td>
</tr>
<tr>
<td>Stalking</td>
<td>1.1</td>
<td>5.7</td>
<td>3.4</td>
</tr>
<tr>
<td>Sexual touching w/o consent</td>
<td>3.9</td>
<td>10.0</td>
<td>7.2</td>
</tr>
<tr>
<td>A physical fight</td>
<td>4.8</td>
<td>1.8</td>
<td>3.4</td>
</tr>
<tr>
<td>Sexual penetration attempt w/o consent</td>
<td>0.8</td>
<td>4.4</td>
<td>2.7</td>
</tr>
<tr>
<td>A physical assault (not sexual)</td>
<td>2.9</td>
<td>3.2</td>
<td>3.2</td>
</tr>
<tr>
<td>Physically abusive intimate relationship</td>
<td>2.1</td>
<td>2.0</td>
<td>2.1</td>
</tr>
<tr>
<td>Sexual penetration w/o consent</td>
<td>0.5</td>
<td>2.2</td>
<td>1.4</td>
</tr>
</tbody>
</table>
What is the most commonly used drug at UT?
It’s alcohol… by far.

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Drug Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>69%</td>
<td>Alcohol</td>
</tr>
<tr>
<td>19%</td>
<td>Marijuana</td>
</tr>
<tr>
<td>15%</td>
<td>Rx drugs (abused 1 or more)</td>
</tr>
<tr>
<td>11%</td>
<td>Cigarettes</td>
</tr>
<tr>
<td>12%</td>
<td>All other drugs combined*</td>
</tr>
<tr>
<td>6.9%</td>
<td>Hookah</td>
</tr>
</tbody>
</table>

**Consistently most reported use**

**Biggest changes:**
- Down from 25% in 2013
- Down from 17% in 2013

*cocaine, methamphetamine, other amphetamines, sedatives, hallucinogens, anabolic steroids, opiates, inhalants, MDMA, other club drugs, other illegal drugs.*
What % of UT students have never drank alcohol?
Alcohol

Not all students drink

- 18% of UT students report never having consumed alcohol

Social Norms

Perception > Reality

- 69% drank alcohol in the past 30 days, though students perceive this number to be higher (95%)

Perception → Reality

National Stats
Non-drinkers = 21%
Perceived drinking average = 93%
Is UT a Party School?

Longhorns Drink in Moderation

68% consumed 0 to 4 drinks the last time they “partied” or socialized.
What % of UT students are daily cigarette smokers?
Tobacco and Marijuana

- Only 1.8% of UT students are daily cigarette users
- There is a big gap between actual and perceived cigarette & marijuana use

<table>
<thead>
<tr>
<th></th>
<th>Actual</th>
<th>Perceived*</th>
<th>Gap</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never smoked cigarettes</td>
<td>72%</td>
<td>12%</td>
<td>60%</td>
</tr>
<tr>
<td>Smoked cigarettes in the last 30 days</td>
<td>11%</td>
<td>70%</td>
<td>59%</td>
</tr>
<tr>
<td>Never smoked marijuana</td>
<td>57%</td>
<td>7%</td>
<td>50%</td>
</tr>
<tr>
<td>Smoked marijuana in the last 30 days</td>
<td>19%</td>
<td>84%</td>
<td>65%</td>
</tr>
</tbody>
</table>

*Within the last 30 days, how often do you think the typical student at your school used: cigarettes, marijuana
What is the most commonly abused/misused Rx medication?
15% reported using prescription drugs not prescribed to them (in the last 12 months)

- 9.5% stimulants
- 6% pain killers
- 4% sedatives
- 1.7% antidepressants
- 0.8% erectile dysfunction drugs

Compare to 26% in 2012
What % of UT students are sexually active?

(have had oral, vaginal, or anal sex in the last year)
Sexual Activity

- 32% reported no oral/vaginal/anal sex in past 12 months

- Of the 68% who reported sex in past 12 months:
  - 43% had only 1 partner
  - 51% used condom in last 30 days (vaginal sex)
  - 51% used a method of contraception at last intercourse
  - 18% used emergency contraception in last 12 months
  - 1.3% experienced an unintentional pregnancy
What are the most common forms of contraception among UT students?
## Contraception

<table>
<thead>
<tr>
<th>Method</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male condom</td>
<td>64%</td>
</tr>
<tr>
<td>Birth control pills</td>
<td>55%</td>
</tr>
<tr>
<td>Withdrawal</td>
<td>33%</td>
</tr>
<tr>
<td>Fertility awareness (calendar, mucous, body temp)</td>
<td>9%</td>
</tr>
<tr>
<td>Intrauterine device (IUD)</td>
<td>8%</td>
</tr>
<tr>
<td>Spermicide</td>
<td>4%</td>
</tr>
<tr>
<td>Vaginal ring</td>
<td>2%</td>
</tr>
<tr>
<td>Birth control implant (Nexplanon)</td>
<td>2%</td>
</tr>
<tr>
<td>Birth control shot (Depo-Provera)</td>
<td>2%</td>
</tr>
</tbody>
</table>

Male condom plus another method: 46%
Long-Acting Reversible Contraception (LARC)

WH inserted 37% more IUDs in 2014/2015 than the year before!
Nutrition

- Most students (58%) eat 1-2 fruit or vegetable servings/day
- 9% of students eat 0 servings per day
- Guidelines call for at least 5/day
Weight

- Most students fall into a normal weight range (62%)
  - 23% overweight
  - 9% obese
  - 6% underweight

- 32% consider themselves to be overweight

- 48% are trying to lose weight
- 10% are trying to gain weight
Physical Activity

Moderate
- Recommendation:
  - 30 min or more
  - 5 days per week
- UT students:
  - 19% reported
  - 5+ days

Vigorous
- Recommendation:
  - 20 min or more
  - 3 days per week
- UT students:
  - 26% reported
  - 3+ days

46% meet recommended guidelines
Mental Health

Top mental health diagnoses or treated in the past 12 months:

- Anxiety – 12%
- Depression – 11%
- Panic Attacks – 5.8%
- ADHD – 4.8%

7% report both

- 19% have sought counseling at CMHC
- 78% would seek counseling in future if needed
Do any Longhorns experience no stress?
Within the last 12 months, how would you rate the overall level of stress experienced?

- No stress: 44%
- Less than average: 6%
- Average: 37%
- More than average: 13%
- Tremendous stress: 1%
Past 7 days, got enough sleep to feel rested

- 30% 6+ days
- 50% 3-5 days
- 11% 1-2 days
- 10% 0 days

A NAP of just 20 little minutes has heroic benefits:
- Increased alertness
- Higher energy levels
- Decreased moodiness

Get more sleep tips and download the NAP MAP at healthy.tamu.edu
Where can I find this data?

wellnessnetwork.utexas.edu

- NCHA Executive Summary
- Report on Student Health