

# ACHANCHA II

American College Health Association National College Health Assessment



## Spring 2010 Reference Group Executive Summary

**Health, Health Education and Safety**

1. How would you describe your general health?  
 Excellent  Very good  Good  Fair  Poor  Don't know

2. Have you received information on the following topics from your college or university?  
 Excellent  Very good  Good  Fair  Poor  Don't know

3. Have you received information on the following topics from your college or university?  
 Excellent  Very good  Good  Fair  Poor  Don't know

4. Within the best 12 months, how often did you:  
(Please mark the appropriate column for each row)

	No	Yes
Alcohol and other drug use	<input type="radio"/>	<input type="radio"/>
Cold/flu/Sore throat	<input type="radio"/>	<input type="radio"/>
Depression/Anxiety	<input type="radio"/>	<input type="radio"/>
Eating disorders	<input type="radio"/>	<input type="radio"/>
Sexual abuse	<input type="radio"/>	<input type="radio"/>
How to help others in distress	<input type="radio"/>	<input type="radio"/>
Injury prevention	<input type="radio"/>	<input type="radio"/>
Intimidation	<input type="radio"/>	<input type="radio"/>
Physical activity	<input type="radio"/>	<input type="radio"/>
Prevention of sexually transmitted diseases	<input type="radio"/>	<input type="radio"/>
Prevention of HIV/AIDS	<input type="radio"/>	<input type="radio"/>
Prevention of unintentional injuries	<input type="radio"/>	<input type="radio"/>
Sexual assault/sexual violence prevention	<input type="radio"/>	<input type="radio"/>
Sexual harassment/sexual violence prevention	<input type="radio"/>	<input type="radio"/>
Sexual violence prevention	<input type="radio"/>	<input type="radio"/>
Substance use	<input type="radio"/>	<input type="radio"/>
Violence prevention	<input type="radio"/>	<input type="radio"/>
Violence prevention	<input type="radio"/>	<input type="radio"/>

National College Health Assessment - Mozilla Firefox

ACHANCHA II  
American College Health Association National College Health Assessment

### National College Health Assessment

The following questions all about various aspects of your health. This survey is completely voluntary. You may choose not to participate or not to answer any specific questions. You may skip any question you are not comfortable answering. The survey is confidential. E-mail contact information is destroyed before data are compiled to protect confidentiality. Composite data will then be shared with your campus for use in health promotion activities.

NAVIGATE WITH THE MOUSE OR PRESS THE TAB KEY AFTER EACH ENTRY  
DO NOT USE THE ENTER KEY

#### Health, Health Education, and Safety

3) How would you describe your general health?  
 Excellent  Very good  Good  Fair  Poor  Don't know

24) Have you received information on the following topics from your college or university? (Please mark the appropriate column for each row)

	No	Yes
Alcohol and other drug use	<input type="radio"/>	<input type="radio"/>
Cold/flu/Sore throat	<input type="radio"/>	<input type="radio"/>
Depression/Anxiety	<input type="radio"/>	<input type="radio"/>
Eating disorders	<input type="radio"/>	<input type="radio"/>



American College Health Association





# Reference Group Executive Summary

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## Spring 2010

The ACHA-NCHA II 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.

# Table of Contents

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I. Introduction	2
II. Findings	
A. General Health of College Students	3
B. Disease and Injury Prevention	4
C. Academic Impacts	5
D. Violence, Abusive Relationships and Personal Safety	5
E. Alcohol, Tobacco, and Other Drug Use	6
F. Sexual Behavior	10
G. Nutrition and Exercise	12
H. Mental Health	13
I. Sleep	16
III. Demographics and Student Characteristics	17
IV. Demographics of Participating Institutions	18

ACHA, the nation's principal advocate and leadership organization for college and university health, represents a diverse membership that provides and supports the delivery of health care and prevention and wellness services for the nation's 18 million college students. For more information about the association's programs and services, visit [www.acha.org](http://www.acha.org), and [www.achancho.org](http://www.achancho.org).

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## Introduction

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The ACHA-National College Health Assessment II (ACHA-NCHA II) is a national research survey organized by the American College Health Association (ACHA) to assist college health service providers, health educators, counselors, and administrators in collecting data about their students' habits, behaviors, and perceptions on the most prevalent health topics.

ACHA initiated the original ACHA-NCHA in 2000 and the instrument was used nation wide through the spring 2008 data collection period. The ACHA-NCHA now provides the largest known comprehensive data set on the health of college students, providing the college health and higher education fields with a vast spectrum of information on student health.

The revised survey, the ACHA-NCHA-II, was developed following a thorough pilot testing process. Although the general categories of information for which data are collected remain the same between the original ACHA-NCHA and this revised survey, a number of questions have been modified, and new questions have been added to monitor a variety of health constructs. Specific revisions include updated lists of illegal drugs, contraceptive methods, and vaccines. New items have been added to capture sleep behaviors, self-injury, the use/abuse of prescription drugs and additional mental health issues.

**Please note the ACHA-NCHA II is not appropriate for trend comparison of items from the original ACHA-NCHA survey.** A new baseline for ACHA-NCHA II began in the fall of 2008. Directly comparing pre- and post-redesign estimates on similar data points, without taking into account the impact of the survey's redesign, might lead to an erroneous conclusion. Documentation regarding the results of the pilot study and differences between the instruments can be obtained at the ACHA-NCHA website, [www.acha-ncha.org](http://www.acha-ncha.org).

For additional information about the survey's development, design, and methodology, email Mary Hoban, PhD, CHES, ([mhoban@acha.org](mailto:mhoban@acha.org)), E. Victor Leino, PhD ([vleino@acha.org](mailto:vleino@acha.org)), or visit [www.acha-ncha.org](http://www.acha-ncha.org).

### *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.
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This Executive Summary highlights results of the ACHA-NCHA II Spring 2010 survey for a Reference Group consisting of 95,712 respondents.

The overall response proportion was 32.5%.

# Findings

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## A. General Health of College Students

■ 59.4 % of college students surveyed ( 64.9 % male and 56.6 % female) described their health as *very good or excellent*.

■ 91.7 % of college students surveyed ( 92.8 % male and 91.1 % female) described their health as *good, very good or excellent*.

Proportion of college students who reported being diagnosed or treated by a professional for any of the following health problems within the last 12 months:

Allergies:	19.5 %	Hepatitis B or C:	0.4 %
Asthma:	8.8 %	High blood pressure:	3.3 %
Back pain:	12.5 %	High cholesterol:	3.1 %
Broken bone/Fracture/Sprain:	7.7 %	HIV infection:	0.3 %
Bronchitis:	6.9 %	Irritable Bowel Syndrome:	2.6 %
Chlamydia:	1.1 %	Migraine headache:	7.6 %
Diabetes:	1.1 %	Mononucleosis:	2.0 %
Ear infection:	7.2 %	Pelvic Inflammatory Disease:	0.3 %
Endometriosis:	0.8 %	Repetitive stress injury:	1.9 %
Genital herpes:	0.8 %	Sinus infection:	18.2 %
Genital warts/HPV:	1.9 %	Strep throat:	10.6 %
Gonorrhea:	0.4 %	Tuberculosis:	0.4 %
		Urinary tract infection:	9.8 %

■ 55.7 % of college students ( 45.9 % male, 62.2 % female) reported being diagnosed or treated by a professional with one or more of the above conditions within the last 12 months.

Proportion of college students who reported the following disabilities or medical conditions:

Attention Deficit and Hyperactivity Disorder (ADHD)	5.9 %
Chronic illness (e.g., cancer, diabetes, auto-immune disorders)	3.9 %
Deaf/Hard of hearing	1.5 %
Learning disability	3.8 %
Mobility/Dexterity disability	1.0 %
Partially sighted/Blind	1.5 %
Psychiatric condition	4.0 %
Speech or language disorder	0.9 %
Other disability	2.2 %

## B. Disease and Injury Prevention

College students reported receiving the following vaccinations (shots):

- 73.0 % reported receiving vaccination against hepatitis B.
- 33.2 % reported receiving vaccination against Human Papillomavirus/HPV (cervical cancer vaccine).
- 39.9 % reported receiving vaccination against influenza (flu) in the last 12 months (shot or nasal mist).
- 70.9 % reported receiving vaccination against measles, mumps, rubella.
- 54.7 % reported receiving vaccination against meningococcal meningitis.
- 43.4 % reported receiving vaccination against varicella (chicken pox).

Other disease prevention practices reported by college students:

- 72.9 % reported having a dental exam and cleaning in the last 12 months.
- 33.8 % of males reported performing a testicular self exam in the last 30 days.
- 37.3 % of females reported performing a breast self exam in the last 30 days.
- 53.6 % of females reported having a routine gynecological exam in the last 12 months.
- 48.4 % reported using sunscreen regularly with sun exposure.
- 25.7 % reported ever being tested for Human Immunodeficiency Virus (HIV) infection.

College students reported the following behaviors within the last 12 months:

<i>Percent (%)</i>	N/A, did not do this activity within the last 12 months		Never*	Rarely or sometimes*	Mostly or always*
Wear a seatbelt when you rode in a car	0.4		0.4	3.7	95.8
Wear a helmet when you rode a bicycle	48.4		42.2	23.5	34.4
Wear a helmet when you rode a motorcycle	83.4		7.8	6.4	85.8
Wear a helmet when you were inline skating	85.7		55.1	15.2	29.7

\* Students responding "N/A, did not do this activity within the last 12 months" were excluded.

### **C. Academic Impacts**

Within the last 12 months, students reported the following factors affecting their individual academic performance, defined as: received a lower grade on an exam, or an important project; received a lower grade in the course; received an incomplete or dropped the course; or experienced a significant disruption in thesis, dissertation, research, or practicum work; (listed alphabetically):

Alcohol use:	5.1 %	Gambling:	0.5 %
Allergies:	2.9 %	Homesickness:	3.7 %
Anxiety:	18.3 %	Injury:	2.4 %
Assault (physical):	0.7 %	Internet use/computer games:	12.3 %
Assault (sexual):	0.8 %	Learning disability:	3.0 %
Attention Deficit/Hyperactivity Disorder:	4.9 %	Participation in extracurricular activities:	9.1 %
Cold/Flu/Sore throat:	18.0 %	Pregnancy (yours or partner's):	1.0 %
Concern for a troubled friend or family member:	11.1 %	Relationship difficulties:	11.0 %
Chronic health problem or serious illness:	3.6 %	Roommate difficulties:	5.7 %
Chronic pain:	2.9 %	Sexually transmitted disease/infection (STD/I):	0.5 %
Death of a friend or family member:	5.7 %	Sinus infection/Ear infection/Bronchitis/Strep throat:	5.9 %
Depression:	11.7 %	Sleep difficulties:	20.0 %
Discrimination:	1.2 %	Stress:	27.4 %
Drug use:	2.1 %	Work:	13.7 %
Eating disorder/problem:	1.2 %	Other:	2.1 %
Finances:	7.0 %		

### **D. Violence, Abusive Relationships and Personal Safety**

Within the last 12 months, college students reported experiencing:

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
A physical fight		13.3	4.4	7.7
A physical assault (not sexual assault)		6.2	3.7	4.7
A verbal threat		27.8	16.9	20.9
Sexual touching without their consent		3.5	7.4	6.0
Sexual penetration attempt without their consent		0.9	3.1	2.3
Sexual penetration without their consent		0.6	1.9	1.5
Stalking		3.9	8.0	6.6
An emotionally abusive intimate relationship		7.4	11.4	10.0
A physically abusive intimate relationship		2.4	2.4	2.5
A sexually abusive intimate relationship		0.9	1.8	1.6



*Findings continued*

College students reported feeling *very safe* :

	<b>Percent (%)</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
On their campus (daytime)		87.3	83.2	84.5
On their campus (nighttime)		50.2	21.4	31.9
In the community surrounding their school (daytime)		63.8	54.2	57.6
In the community surrounding their school (nighttime)		33.0	12.7	20.1

**E. Alcohol, Tobacco, and Other Drug Use**

Reported use versus perceived use - reported use for all students within the past 30 days compared with how often students perceived the typical student on campus used substances within the same time period. The last line of each table combines all categories of any use in the last 30 days.

**Alcohol**

	<b>Percent (%)</b>	<b>Actual Use</b>		
		<b>Male</b>	<b>Female</b>	<b>Total</b>
Never used		21.5	20.4	20.9
Used, but not in the last 30 days		12.2	14.8	13.9
Used 1-9 days		47.1	51.6	49.7
Used 10-29 days		17.3	12.6	14.3
Used all 30 days		1.9	0.6	1.1
<b><i>Any use within the last 30 days</i></b>		66.3	64.8	65.2

<b>Perceived Use</b>		
<b>Male</b>	<b>Female</b>	<b>Total</b>
4.2	2.9	3.5
2.4	1.8	2.0
39.2	32.7	35.0
40.7	46.7	44.4
13.4	15.9	15.1
93.3	95.3	94.4

**Cigarette**

	<b>Percent (%)</b>	<b>Actual Use</b>		
		<b>Male</b>	<b>Female</b>	<b>Total</b>
Never used		62.7	68.6	66.4
Used, but not in the last 30 days		18.1	17.4	17.6
Used 1-9 days		9.8	7.1	8.1
Used 10-29 days		3.6	2.3	2.7
Used all 30 days		5.8	4.7	5.2
<b><i>Any use within the last 30 days</i></b>		19.2	14.0	16.0

<b>Perceived Use</b>		
<b>Male</b>	<b>Female</b>	<b>Total</b>
8.2	5.8	6.8
12.0	9.8	10.6
39.0	33.9	35.7
21.6	23.5	22.7
19.3	27.0	24.2
79.8	84.4	82.7

**Marijuana**

	<b>Percent (%)</b>	<b>Actual Use</b>		
		<b>Male</b>	<b>Female</b>	<b>Total</b>
Never used		59.5	65.3	63.2
Used, but not in the last 30 days		19.4	20.3	19.9
Used 1-9 days		11.6	9.9	10.5
Used 10-29 days		5.3	2.9	3.8
Used all 30 days		4.2	1.6	2.6
<b><i>Any use within the last 30 days</i></b>		21.1	14.4	17.0

<b>Perceived Use</b>		
<b>Male</b>	<b>Female</b>	<b>Total</b>
9.9	7.6	8.6
11.6	9.9	10.5
47.2	44.8	45.5
21.8	26.7	24.9
9.5	11.0	10.5
78.5	82.5	80.9

*Findings continued*

**Tobacco from a water pipe (hookah)**

	<i>Percent (%)</i>	<b>Actual Use</b>		
		<b>Male</b>	<b>Female</b>	<b>Total</b>
Never used		64.3	72.1	69.2
Used, but not in the last 30 days		25.0	21.3	22.6
Used 1-9 days		9.3	6.0	7.2
Used 10-29 days		1.1	0.5	0.7
Used all 30 days		0.4	0.1	0.2
<i>Any use within the last 30 days</i>		10.7	6.6	8.1

**Perceived Use**

<b>Male</b>	<b>Female</b>	<b>Total</b>
15.4	12.7	13.8
20.4	18.1	18.9
49.5	51.2	50.5
10.3	13.4	12.3
4.4	4.5	4.5
64.2	69.1	67.3

**All other drugs combined\***

	<i>Percent (%)</i>	<b>Actual Use</b>		
		<b>Male</b>	<b>Female</b>	<b>Total</b>
Never used		53.1	70.4	64.2
Used, but not in the last 30 days		25.6	20.1	22.0
Used 1-9 days		14.5	7.1	9.8
Used 10-29 days		3.5	1.4	2.2
Used all 30 days		3.2	0.9	1.8
<i>Any use within the last 30 days</i>		21.2	9.5	13.8

**Perceived Use**

<b>Male</b>	<b>Female</b>	<b>Total</b>
9.7	7.9	8.7
15.1	13.4	14.0
45.3	44.5	44.7
19.2	22.1	21.0
10.6	12.1	11.6
75.2	78.7	77.4

\* Includes cigars, smokeless tobacco, cocaine, methamphetamine, other amphetamines, sedatives, hallucinogens, anabolic steroids, opiates, inhalants, MDMA, other club drugs, other illegal drugs. (Excludes alcohol, cigarettes, tobacco from a water pipe, and marijuana).

■ 4.2 % of college students reported driving after having **5 or more drinks** in the last 30 days.\*

■ 26.9 % of college students reported driving after having **any alcohol** in the last 30 days.\*

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

Estimated Blood Alcohol Concentration (or eBAC) of college students reporting 1 or more drinks the last time they "partied" or socialized. **Students reporting 0 drinks were excluded from the analysis.** Due to the improbability of a student surviving a drinking episode resulting in an extremely high eBAC, all students with an eBAC of 0.50 or higher are also omitted from these eBAC figures. eBAC is an estimated figure based on the reported number of drinks consumed during the last time they "partied" or socialized, their approximate time of consumption, sex, weight, and the average rate of ethanol metabolism.

<b>Estimated BAC</b>	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
< .08		62.3	63.2	62.9
< .10		70.1	71.1	70.7
Mean		0.08	0.07	0.07
Median		0.05	0.05	0.05
Std Dev		0.08	0.08	0.08

*Findings continued*

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Reported number of drinks consumed the last time students "partied" or socialized. Only students reporting one or more drinks were included.

<b>Number of drinks*</b>	<b>Percent (%)</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
4 or fewer		41.3	62.7	54.9
5		10.0	12.2	11.4
6		9.5	8.5	8.9
7 or more		39.2	29.2	24.8
Mean		6.48	4.25	5.07
Median		5.00	4.00	4.00
Std Dev		5.10	3.16	4.21

\* Students reporting 0 drinks were excluded.

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

	<b>Percent (%)</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
N/A don't drink		22.3	21.7	22.0
None		34.2	48.0	42.9
1-2 times		25.7	21.6	23.0
3-5 times		13.6	7.3	9.6
6 or more times		4.2	1.4	2.5

Percent of college students who reported using prescription drugs that were not prescribed to them within the last 12 months:

	<b>Percent (%)</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Antidepressants		2.7	3.4	3.2
Erectile dysfunction drugs		1.4	0.8	1.0
Pain killers		10.6	8.4	9.3
Sedatives		4.8	4.2	4.5
Stimulants		8.0	6.4	7.0
<b><i>Used 1 or more of the above</i></b>		<b>16.3</b>	<b>14.5</b>	<b>15.3</b>

*Findings continued*

College students reported doing the following *most of the time* or *always* when they "partied" or socialized during the last 12 months:\*

	<b>Percent (%)</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Alternate non-alcoholic with alcoholic beverages		21.6	31.3	27.8
Avoid drinking games		32.3	41.5	38.2
Choose not to drink alcohol		19.8	27.7	24.9
Determine in advance not to exceed a set number of drinks		31.4	42.6	38.6
Eat before and/or during drinking		73.1	79.8	77.2
Have a friend let you know when you have had enough		25.0	40.8	35.0
Keep track of how many drinks being consumed		57.1	69.7	65.0
Pace drinks to one or fewer an hour		20.0	35.0	29.6
Stay with the same group of friends the entire time drinking		77.4	88.6	84.4
Stick with only one kind of alcohol when drinking		44.8	54.2	50.7
Use a designated driver		75.4	87.2	82.8
<b><i>Reported one or more of the above</i></b>		95.9	98.5	97.4

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

College students who drank alcohol reported the following consequences occurring in the last 12 months as a result of their own drinking:\*

	<b>Percent (%)</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Did something you later regretted		35.0	34.5	34.7
Forgot where you were or what you did		33.3	30.0	31.2
Got in trouble with the police		5.9	3.0	4.1
Had sex with someone without giving your consent		2.0	2.4	2.3
Had sex with someone without getting their consent		0.9	0.3	0.6
Had unprotected sex		19.2	16.1	17.3
Physically injured yourself		18.2	15.5	16.6
Physically injured another person		4.5	1.8	2.9
Seriously considered suicide		1.9	1.6	1.7
<b><i>Reported one or more of the above</i></b>		53.5	49.8	51.1

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

## F. Sexual Behavior

College students reported having the following number of sexual partners (oral sex, vaginal or anal intercourse) within the last 12 months:

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
None		30.3	28.5	29.2
1		40.8	47.0	44.7
2		10.5	11.0	10.8
3		6.6	5.8	6.1
4 or more		11.7	7.7	9.2

Number of partners among students reporting to have at least one sexual partner within the last 12 months:\*

	<b>Male</b>	<b>Female</b>	<b>Total</b>
Mean	2.49	1.85	2.11
Median	1.00	1.00	1.00
Std Dev	4.45	2.21	3.42

\*Students reporting 0 sexual partners within the last 12 months were excluded.

College students reported having oral, vaginal or anal sex in the last 30 days:

### Oral sex within the past 30 days

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No, have never done this sexual activity		26.5	27.6	27.2
No, have done this sexual activity but not in the last 30 days		28.7	27.2	27.7
Yes		44.8	45.2	45.1

### Vaginal sex within the past 30 days

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No, have never done this sexual activity		31.8	29.1	30.1
No, have done this sexual activity but not in the last 30 days		22.8	18.6	20.1
Yes		45.4	52.3	49.8

### Anal sex within the past 30 days

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No, have never done this sexual activity		73.0	77.9	76.0
No, have done this sexual activity but not in the last 30 days		20.6	18.2	19.1
Yes		6.4	3.9	4.9

*Findings continued*

Using a condom or other protective barrier within the last 30 days (*mostly or always*):

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
<i>Sexually active students reported*</i>				
Oral sex		5.4	4.8	5.0
Vaginal intercourse		55.2	49.0	51.0
Anal intercourse		35.9	22.5	28.2

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

**Contraceptive use reported by students or their partner the last time they had vaginal intercourse:**

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
<b>Yes, used a method of contraception</b>		<b>52.7</b>	<b>59.0</b>	<b>56.6</b>
Not applicable/Didn't use a method/Don't know		47.3	41.0	43.4

**If YES to contraceptive use the last time student had vaginal intercourse, reported means of birth control used among college students or their partner to prevent pregnancy:**

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Birth control pills (monthly or extended cycle)		61.4	60.9	60.9
Birth control shots		3.3	2.8	3.0
Birth control implants		1.5	0.9	1.1
Birth control patch		1.6	1.1	1.3
Vaginal ring		4.8	4.9	4.9
Intrauterine device		3.6	4.6	4.3
Male condom		66.3	58.7	61.2
Female condom		0.9	0.5	0.7
Diaphragm or cervical cap		0.7	0.3	0.5
Contraceptive sponge		0.5	0.3	0.4
Spermicide (foam, jelly, cream)		7.0	4.0	5.0
Fertility awareness (calendar, mucous, basal body temperature)		4.7	5.8	5.4
Withdrawal		24.8	27.2	26.3
Sterilization (hysterectomy, tubes tied, vasectomy)		2.2	3.1	2.8
Other method		2.6	2.2	2.3
<b>Male condom use plus another method</b>		<b>48.3</b>	<b>43.9</b>	<b>45.2</b>
<b>Any two or more methods (excluding male condoms)</b>		<b>25.5</b>	<b>25.8</b>	<b>25.6</b>

- 16.4 % of sexually active college students reported using (or reported their partner used) emergency contraception ("morning after pill") within the last 12 months. (male: 14.0 %; female: 17.6 %).\*

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

- 2.2 % of college students who had vaginal intercourse within the last 12 months reported experiencing an unintentional pregnancy or got someone pregnant within the last 12 months. (male: 2.2 %; female: 2.1 %).\*\*

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

## G. Nutrition and Exercise

College students reported usually eating the following number of servings of fruits and vegetables per day:

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
0 servings per day		7.3	4.5	5.6
1-2 per day		61.1	56.9	58.4
3-4 per day		26.1	32.2	30.0
5 or more per day		5.5	6.3	6.0

College students reported the following behaviors within the past 7 days:

### Do moderate-intensity cardio or aerobic exercise for at least 30 minutes:

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
0 days		21.6	22.8	22.5
1-4 days		57.0	59.2	58.3
5-7 days		21.4	17.9	19.2

### Do vigorous-intensity cardio or aerobic exercise for at least 20 minutes:

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
0 days		31.8	40.9	37.6
1-2 days		32.6	30.3	31.1
3-7 days		35.7	28.8	31.3

Physical Activity and Public Health: Updated Recommendations for Adults. From the American College of Sports Medicine and the American Heart Association (2007): Moderate-intensity cardio or aerobic exercise for at least 30 minutes on 5 or more days per week or vigorous-intensity cardio or aerobic exercise for at least 20 minutes on 3 or more days per week.

**Students meeting the Recommendation for moderate-intensity exercise, vigorous-intensity exercise, or a combination of the two (2 moderate-intensity exercise periods = 1 vigorous-intensity exercise period).**

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Guidelines met		52.7	46.4	48.7

*Findings continued*

Estimated average Body Mass Index (BMI): This figure incorporates reported height, and weight to form a general indicator of physical health. Categories defined by The World Health Organization (WHO) 2000, reprinted 2004. Obesity: Preventing and Managing the Global Epidemic. WHO Tech Report Series: 894.

<b>BMI</b>	<b>Percent (%)</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
<18.5 Underweight		3.2	5.8	4.9
18.5-24.9 Healthy Weight		56.2	64.6	61.6
25-29.9 Overweight		28.3	18.3	21.9
30-34.9 Class I Obesity		8.2	6.6	7.2
35-39.9 Class II Obesity		2.7	2.7	2.7
≥40 Class III Obesity		1.3	1.9	1.7
Mean		24.89	24.00	24.33
Median		23.75	22.67	23.11
Std Dev		4.84	5.31	5.18

## H. Mental Health

Students reported experiencing the following within the last 12 months:

### Felt things were hopeless

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No, never		41.9	30.4	34.6
No, not last 12 months		18.9	20.4	19.9
Yes, last 2 weeks		12.9	16.0	14.9
Yes, last 30 days		7.3	9.5	8.7
Yes, in last 12 months		18.9	23.7	22.0
<i>Any time within the last 12 months</i>		39.2	49.2	45.6

### Felt overwhelmed by all you had to do

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No, never		16.1	5.8	9.6
No, not last 12 months		7.7	3.7	5.2
Yes, last 2 weeks		37.3	52.7	47.0
Yes, last 30 days		16.3	18.5	17.7
Yes, in last 12 months		22.6	19.3	20.5
<i>Any time within the last 12 months</i>		76.2	90.5	85.2

### Felt exhausted (not from physical activity)

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No, never		19.6	9.2	13.1
No, not last 12 months		8.8	5.8	6.9
Yes, last 2 weeks		37.2	49.6	45.0
Yes, last 30 days		15.9	18.0	17.2
Yes, in last 12 months		18.5	17.4	17.8
<i>Any time within the last 12 months</i>		71.6	85.0	80.1

### Felt very lonely

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No, never		30.6	19.9	23.9
No, not last 12 months		19.8	19.8	19.8
Yes, last 2 weeks		18.2	22.7	21.1
Yes, last 30 days		10.6	13.9	12.7
Yes, in last 12 months		20.8	23.7	22.6
<i>Any time within the last 12 months</i>		49.7	60.3	56.4



**Felt very sad**

Percent (%)	Male	Female	Total
No, never	29.1	16.8	21.3
No, not last 12 months	19.9	17.0	18.0
Yes, last 2 weeks	17.4	24.9	22.3
Yes, last 30 days	10.6	14.9	13.3
Yes, in last 12 months	23.1	26.3	25.1
<i>Any time within the last 12 months</i>	51.1	66.2	60.7

**Felt overwhelming anxiety**

Percent (%)	Male	Female	Total
No, never	44.7	30.6	35.7
No, not last 12 months	17.1	15.3	15.9
Yes, last 2 weeks	13.0	20.0	17.5
Yes, last 30 days	8.4	12.4	11.0
Yes, in last 12 months	16.8	21.7	19.9
<i>Any time within the last 12 months</i>	38.2	54.2	48.4

**Seriously considered suicide**

Percent (%)	Male	Female	Total
No, never	83.0	80.4	81.2
No, not last 12 months	11.1	13.5	12.6
Yes, last 2 weeks	1.4	1.2	1.3
Yes, last 30 days	0.9	0.9	0.9
Yes, in last 12 months	3.6	4.0	3.9
<i>Any time within the last 12 months</i>	5.9	6.1	6.2

**Intentionally cut, burned, bruised, or otherwise injured yourself**

Percent (%)	Male	Female	Total
No, never	86.9	81.4	83.2
No, not last 12 months	8.8	13.0	11.5
Yes, last 2 weeks	1.3	1.3	1.3
Yes, last 30 days	0.8	0.8	0.8
Yes, in last 12 months	2.3	3.5	3.1
<i>Any time within the last 12 months</i>	4.4	5.6	5.3

**Felt so depressed that it was difficult to function**

Percent (%)	Male	Female	Total
No, never	52.8	44.1	47.2
No, not last 12 months	20.8	22.9	22.1
Yes, last 2 weeks	8.0	9.6	9.1
Yes, last 30 days	5.0	6.5	6.0
Yes, in last 12 months	13.3	16.9	15.6
<i>Any time within the last 12 months</i>	26.3	33.0	30.7

**Felt overwhelming anger**

Percent (%)	Male	Female	Total
No, never	43.3	38.7	40.4
No, not last 12 months	21.3	21.6	21.4
Yes, last 2 weeks	10.7	11.7	11.4
Yes, last 30 days	7.5	8.9	8.4
Yes, in last 12 months	17.2	19.1	18.4
<i>Any time within the last 12 months</i>	35.4	39.7	38.2

**Attempted suicide**

Percent (%)	Male	Female	Total
No, never	93.7	91.7	92.3
No, not last 12 months	5.1	7.1	6.4
Yes, last 2 weeks	0.4	0.2	0.3
Yes, last 30 days	0.2	0.1	0.2
Yes, in last 12 months	0.7	0.8	0.8
<i>Any time within the last 12 months</i>	1.3	1.2	1.3

*Findings continued*

**Within the last 12 months, diagnosed or treated by a professional for the following:**

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Anorexia		0.4	1.1	0.9
Anxiety		6.0	12.7	10.4
Attention Deficit and Hyperactivity Disorder		4.3	3.6	3.9
Bipolar Disorder		1.3	1.4	1.4
Bulimia		0.5	1.1	1.0
Depression		6.3	11.6	9.7
Insomnia		2.8	4.1	3.7
Other sleep disorder		2.0	2.2	2.2
Obsessive Compulsive Disorder		1.5	2.2	2.0
Panic attacks		2.6	6.3	5.0
Phobia		0.7	1.0	1.0
Schizophrenia		0.4	0.1	0.3
Substance abuse or addiction		1.5	1.0	1.2
Other addiction		0.8	0.4	0.6
Other mental health condition		1.5	1.9	1.9
<i>Students reporting none of the above</i>		85.9	78.3	81.0
<i>Students reporting only one of the above</i>		6.8	8.5	7.9
<i>Students reporting both Depression and Anxiety</i>		3.5	7.6	6.2
<i>Students reporting any two or more of the above excluding the combination of Depression and Anxiety</i>		3.8	5.9	5.2

**Within the last 12 months, any of the following been traumatic or very difficult to handle:**

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Academics		38.1	47.2	43.9
Career-related issue		22.8	25.5	24.6
Death of family member or friend		12.4	17.7	15.8
Family problems		20.3	31.7	27.7
Intimate relationships		28.3	34.9	32.6
Other social relationships		19.0	27.4	24.4
Finances		30.8	37.7	35.2
Health problem of family member or partner		13.9	20.7	18.4
Personal appearance		13.7	26.0	21.6
Personal health issue		12.5	20.2	17.5
Sleep difficulties		22.8	26.8	25.4
Other		8.5	10.1	9.6
<i>Students reporting none of the above</i>		32.6	21.1	25.3
<i>Students reporting only one of the above</i>		15.0	12.9	13.7
<i>Students reporting 2 of the above</i>		13.4	13.5	13.4
<i>Students reporting 3 or more of the above</i>		39.0	52.5	47.6

*Findings continued*

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**Within the last 12 months, how would you rate the overall level of stress experienced:**

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No stress		3.4	0.9	1.9
Less than average stress		14.1	5.6	8.6
Average stress		40.6	37.9	38.8
More than average stress		34.5	44.9	41.1
Tremendous stress		7.4	10.8	9.6

**I. Sleep**

**Past 7 days, getting enough sleep to feel rested in the morning:**

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
0 days		8.5	9.8	9.4
1-2 days		27.1	31.3	29.8
3-5 days		50.1	48.1	48.7
6+ days		14.3	10.8	12.1

**Past 7 days, how often felt tired, dragged out, or sleepy during the day:**

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
0 days		12.1	6.8	8.8
1-2 days		36.0	30.6	32.5
3-5 days		39.4	45.0	42.9
6+ days		12.5	17.6	15.8

**Past 7 days, how much of a problem with sleepiness during daytime activities:**

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No problem		13.7	8.8	10.6
A little problem		50.1	49.0	49.3
More than a little problem		22.3	25.0	24.0
A big problem		10.0	12.2	11.4
A very big problem		3.9	5.0	4.7

# Demographics and Student Characteristics

## ■ Age:

Average age: 22.36 years  
 Median: 21.00 years  
 Std Dev: 6.21 years

18 - 20 years: 49.3 %  
 21 - 24 years: 33.6 %  
 25 - 29 years: 9.0 %  
 30+ years: 8.1 %

## ■ Gender\*

Female: 62.5 %  
 Male: 35.1 %  
 Transgender: 0.2 %

## ■ Student status:

1st year undergraduate: 25.2 %  
 2nd year undergraduate: 21.2 %  
 3rd year undergraduate: 19.8 %  
 4th year undergraduate: 15.7 %  
 5th year or more undergraduate: 5.6 %  
 Graduate or professional: 10.8 %  
 Not seeking a degree: 0.7 %  
 Other: 1.1 %

Full-time student: 91.1 %  
 Part-time student: 8.2 %  
 Other student: 0.8 %

## ■ Relationship status:

Not in a relationship: 47.8 %  
 In a relationship but not living together: 36.5 %  
 In a relationship and living together: 15.7 %

## ■ Marital status:

Single: 86.1 %  
 Married/Partnered: 10.2 %  
 Separated: 0.4 %  
 Divorced: 1.3 %  
 Other: 2.1 %

## ■ Students describe themselves as:

White: 71.2 %  
 Black – not Hispanic: 5.1 %  
 Hispanic or Latino/a: 8.6 %  
 Asian or Pacific Islander: 11.9 %  
 American Indian, Alaskan  
 Native or Native Hawaiian: 1.7 %  
 Biracial or Multiracial: 3.7 %  
 Other: 2.8 %

## ■ International Student:

International: 8.3 %

## ■ Students describe themselves as:

Heterosexual: 92.8 %  
 Gay/Lesbian: 2.3 %  
 Bisexual: 3.2 %  
 Unsure: 1.7 %

## ■ Housing:

Campus residence hall: 33.5 %  
 Fraternity or sorority house: 1.4 %  
 Other university housing: 4.6 %  
 Parent/guardian home: 18.6 %  
 Other off-campus housing: 36.2 %  
 Other: 5.8 %

## ■ Participated in organized college athletics:

Varsity: 7.5 %  
 Club sports: 10.0 %  
 Intramurals: 20.4 %

## ■ Member of a social fraternity or sorority:

Greek member: 9.6 %

## ■ Primary Source of Health Insurance:

College/university sponsored  
 plan: 12.8 %  
 Parents' plan: 63.6 %  
 Another plan: 13.6 %  
 Don't have health insurance: 8.6 %  
 Not sure if have plan: 1.4 %

\* Cases where sex is missing are included in the calculation of percentages for this variable

## Demographics of Participating Institutions

One hundred forty six postsecondary institutions self-selected to participate in the Spring 2010 ACHA National College Health Assessment and 99,170 surveys were completed by students on these campuses. For the purpose of forming the Reference Group, only those institutions that surveyed all students, or used a random sampling technique are included in the analysis, yielding a final data set consisting of 95,712 students and 139 schools. Demographic characteristics of the 139 campuses follow:

<b>Demographical Characteristics of the 139 Postsecondary Institutions Included in the Spring 2010 ACHA-NCHA II Reference Group.</b>	
<b>Campus Characteristic</b>	<b><i>n</i></b>
Type of Institution	
Public	89
Private	50
2-year	19
4-year	120
Location of Campus	
Northeast (CT, ME, MA, NH, NJ, NY, PA, RI, VT)	20
Midwest (IL, IN, IA, KS, MI, MN, MO, NE, ND, OH, SD, WI)	26
South (AL, AR, DE, DC, FL, GA, KY, LA, MD, MS, NC, OK, SC, TN, TX, VA, WV)	40
West (AK, AZ, CA, CO, HI, ID, MT, NV, NM, OR, UT, WA, WY)	50
Outside US	3
Campus Size	
< 2,500 students	28
2,500 – 4,999 students	18
5,000 – 9,999 students	23
10,000 – 19,999 students	35
20,000 students or more	35
Campus Setting	
Very large city (population over 500,000)	24
Large city (population 250,000-499,999)	12
Small city (population 50,000-249,999)	44
Large town (population 10,000 – 49,999)	38
Small town (population 2,500-9,999)	18
Rural community (population under 2,500)	3
Carnegie Classification	
Associates Colleges	18
Baccalaureate Colleges	35
Masters Colleges and Universities	39
Research Institutions	42
Special Focus Institutions	2
Miscellaneous/Not Classified	3

<b>Demographical Characteristics of the 139 Postsecondary Institutions Included in the Spring 2010 ACHA-NCHA II Reference Group.</b>	
<b>Campus Characteristic</b>	<b><i>n</i></b>
ACHA Membership Status	
Institutional Member	123
Nonmember	16
Religious Affiliation	
No	111
Yes	28
<u>If yes:</u>	
Catholic	12
Protestant or Other Christian	16
Postsecondary Minority Institution (US Department of Education)	
No	125
Yes	14
<u>*If yes:</u>	
Postsecondary Minority Institution	1
Historically Black College or University (HBCU)	3
High Hispanic Enrollment	8
Hispanic Serving Institution (HSI)	5
Indian Tribally Controlled College or University	0
Alaska Native-Serving Institution	0
Native Hawaiian-Serving Institution	1
*institutions may hold more than one type of minority status	

	<b>All Spring 2010 Institutions</b>	<b>Paper Survey Administration</b>	<b>Web Survey Administration</b>
Number of institutions	139	25	114
Number of students	95,712	20,221	75,491
Mean response proportion	33%	85%	21%
Median response proportion	21%	91%	18%



American College Health Association

891 Elkridge Landing Road, Suite 100 ▼ Linthicum, MD 21090  
(410) 859-1500 ▼ [www.acha.org](http://www.acha.org)