



American College Health Association **National College Health Assessment**

Reference Group Executive Summary



National College Health Assessment

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National College Health Assessment

The following questions ask 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 anonymity. Composite data will then be shared with your campus for use in health promotion activities.

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DO NOT USE THE ENTER KEY

The first 10 questions ask about health, health education, and safety

1) Considering your age, how would you describe your general health?

Excellent Very good Good Fair Poor Don't know

2) On which of the following health topics have you received information from your college in the past 12 months? (Select all that apply)

Tobacco

Fall 2006



American College Health Association



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The ACHA-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

Health issues and health-related costs can have a major impact upon the quality of student and academic life at institutions of higher education. The ACHA-National College Health Assessment (ACHA-NCHA) 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 survey in 1998; the survey 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 research on student health.

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

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 16 million college students. For more information about the association's programs and services, visit www.acha.org.

This Executive Summary highlights results of the ACHA-NCHA Fall 2006 survey for a Reference Group consisting of 23,863 respondents.

Possible Uses of the ACHA-NCHA

The following are possible uses of the ACHA-NCHA findings:

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

■ 63.1 % of students surveyed (67.5 % male and 60.9 % female) described their health as very good or excellent.

Within the last 12 months, college students reported experiencing:

Allergy problems:	51.6 %	Repetitive stress injury:	6.2 %
Anorexia:	2.1 %	Seasonal affective disorder:	6.0 %
Anxiety disorder:	12.7 %	Substance abuse problem:	3.2 %
Asthma:	12.4 %	Back pain:	46.4 %
Bulimia:	2.5 %	Broken bone/fracture:	5.7 %
Chronic fatigue syndrome:	3.0 %	Bronchitis:	7.7 %
Depression:	17.5 %	Chlamydia:	0.8 %
Diabetes:	1.1 %	Ear infection:	10.5 %
Endometriosis:	1.0 %	Gonorrhea:	0.3 %
Genital herpes:	0.9 %	Mononucleosis:	2.8 %
Genital warts/HPV:	2.3 %	Pelvic inflammatory disease:	0.3 %
Hepatitis B or C:	0.3 %	Sinus infection:	32.6 %
High blood pressure:	4.5 %	Strep throat:	16.3 %
High cholesterol:	4.4 %	Tuberculosis:	0.3 %
HIV infection:	0.3 %		

83.2 % of college students (79.6 % male, 86.7 % female) experienced one or more of the above conditions within the last 12 months.

B. Preventive Health

Preventive health practices among college students:

- 76.9 % reported being vaccinated against hepatitis B.
- 67.9 % reported being vaccinated against meningococcal disease.
- 53.9 % reported being vaccinated against varicella (chicken pox).
- 85.4 % reported being vaccinated with measles, mumps, rubella (2 shots).
- 29.2 % reported being vaccinated against the flu in the last year.
- 80.4 % reported having a dental exam and cleaning in the last year.
- 45.4 % of males students reported that they performed testicular self exam in the last month.
- 43.5 % of female students reported that they performed breast self exam in the last month.
- 55.6 % of females reported having a routine gynecological exam in the last year.
- 91.4 % reported having their blood pressure checked in the last 2 years.
- 48.3 % reported having cholesterol checked in the last 5 years.
- 19.0 % reported using sunscreen daily.

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

Percent (%)	N/A, didn't drive, ride, or skate within the last 12 months	Never	Rarely or sometimes	Mostly or always	Mostly or always (N/A responses not included)*
Wore a seatbelt	0.2	0.4	4.5	94.9	95.1
Wore a helmet when riding a bicycle	52.3	19.6	10.9	17.2	36.1
Wore a helmet when riding a motorcycle	85.5	1.4	1.0	12.0	83.3
Wore a helmet when inline skating	84.3	9.8	2.6	3.4	21.5

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

C. Academic Impacts

Within the last 12 months 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:	6.8 %	Eating disorder/problem:	1.4 %
Allergies:	5.4 %	HIV infection:	0.1 %
Assault (physical):	0.6 %	Injury:	3.4 %
Assault (sexual):	1.0 %	Internet use/computer games:	16.0 %
Attention deficit disorder:	7.5 %	Learning disability:	3.5 %
Cold/flu/sore throat:	25.5 %	Mononucleosis:	1.9 %
Concern for a troubled friend or family member:	19.1 %	Pregnancy (yours or partner's):	0.9 %
Chronic illness:	2.8 %	Relationship difficulty:	16.3 %
Chronic pain:	2.9 %	Sexually transmitted disease:	0.5 %
Death of a friend/family member:	9.5 %	Sinus infection/ear infection/bronchitis/strep throat:	9.1 %
Depression/anxiety disorder/seasonal affective disorder:	15.2 %	Sleep difficulties:	25.2 %
Drug use:	2.3 %	Stress:	33.7 %

D. Violence

Within the last 12 months, college students reported experiencing:

	<i>Percent (%)</i>	Male	Female	Total
A physical fight		13.7	3.9	7.3
Being physically assaulted (non-sexually)		4.8	2.9	3.6
Verbal threats for sex against their will		2.3	4.0	3.4
Sexual touching against their will		3.9	9.8	7.8
Attempted sexual penetration against their will		0.8	3.8	2.8
Sexual penetration against their will		0.6	2.1	1.6
An emotionally abusive relationship		8.4	14.8	12.7
A physically abusive relationship		1.3	2.3	2.0
A sexually abusive relationship		0.9	1.8	1.5

E. Alcohol, Tobacco, and Other Drug Use

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

Alcohol

	Percent (%)	Male	Female	Total
Never used		22.6	20.8	21.4
Used, but not in the last 30 days		10.7	13.8	12.8
Used 1-9 days		46.5	53.0	50.7
Used 10-29 days		19.3	12.2	14.6
Used all 30 days		0.9	0.2	0.4

Cigarette

	Percent (%)	Male	Female	Total
Never used		64.6	67.3	66.4
Used, but not in the last 30 days		15.1	15.6	15.4
Used 1-9 days		10.8	9.3	9.8
Used 10-29 days		4.9	3.9	4.2
Used all 30 days		4.7	3.9	4.2

Marijuana

	Percent (%)	Male	Female	Total
Never used		65.8	71.3	69.4
Used, but not in the last 30 days		18.4	17.8	18.0
Used 1-9 days		10.3	8.4	9.1
Used 10-29 days		4.2	2.0	2.8
Used all 30 days		1.3	0.5	0.8

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:

Percent (%)	Never		Used one or more days		Used daily	
	Reported Use (total)	Perception of Typical Use	Reported Use (total)	Perception of Typical Use	Reported Use (total)	Perception of Typical Use
Alcohol	21.4	4.1	65.4	58.6	0.4	37.3
Cigarettes	66.4	13.7	14.0	51.9	4.2	34.4
Marijuana	69.4	22.2	11.9	59.4	0.8	18.4

- 4.6 % of college 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 continued

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

Estimated BAC	Percent (%)	Male	Female	Total
< .08		65.0	65.1	65.0
< .10		71.7	71.8	71.8
Mean		0.07	0.07	0.07
Median		0.04	0.05	0.04
Std Dev		0.09	0.09	0.09

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

Number of drinks	Percent (%)	Male	Female	Total
<= 4		51.3	68.7	62.7
<= 5		59.1	78.8	72.0
<= 6		66.3	85.8	79.1
Mean		5.27	3.34	4.01
Median		4.00	3.00	3.00
Std Dev		5.46	3.41	4.34

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

	Percent (%)	Male	Female	Total
None		52.9	68.2	62.9
1-2 times		23.9	20.7	21.8
3-5 times		16.8	9.2	11.9
6 or more times		6.3	1.8	3.4

Findings continued

College students reported doing the following when they "partied" or socialized during the last 12 months:*

When at a party or when going out....	usually or always Percent (%)
alternate non-alcoholic with alcoholic beverages:	32.1
determine in advance not to exceed a set number of drinks:	40.4
choose not to drink alcohol:	26.6
use a designated driver:	80.8
eat before and/or during drinking:	80.9
have a friend let you know when you have had enough:	29.5
keep track of how many drinks being consumed:	67.0
pace drinks to one or fewer an hour:	29.4
avoid drinking games:	37.8
drink an alcoholic look-alike:	7.4

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

■ 97.0 % of college students reported usually doing or always doing one or more of the above behaviors when drinking alcohol during the last 12 months.*

*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:*

	Percent (%)	Male	Female	Total
Being physically injured	19.0	17.2	17.8	
Physically injured another person	6.6	2.4	3.9	
Being involved in a fight	9.3	4.0	5.9	
Doing something they later regretted	35.7	33.1	34.1	
Forgetting where they were or what they had done	33.2	28.6	30.2	
Having someone use force or threat of force to have sex with them	0.4	1.7	1.3	
Having unprotected sex	15.6	12.5	13.6	

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

F. Sexual Behavior

College students reported the following within the last 12 months:

	<i>Percent (%)</i>	Male	Female	Total
Having had no sexual partner		32.5	33.0	32.8
Having had 1 sexual partner		41.3	43.8	42.9
Having had 2 sexual partners		10.2	11.4	11.0
Having had 3 sexual partners		6.2	5.4	5.7
Having had 4 or more sexual partners		9.8	6.3	7.6

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

Mean	2.35	1.80	2.00
Median	1.00	1.00	1.00
Std Dev	4.29	2.16	3.14

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

Oral sex within the past 30 days	<i>Percent (%)</i>	Male	Female	Total
Never did this sexual		30.1	32.2	31.5
Have not done this during the last 30		25.6	24.6	25.0
Did this 1 or more times		44.3	43.2	43.5

Vaginal sex within the past 30 days	<i>Percent (%)</i>	Male	Female	Total
Never did this sexual		35.4	36.0	35.8
Have not done this during the last 30		20.6	16.5	17.9
Did this 1 or more times		44.0	47.5	46.3

Anal sex within the past 30 days	<i>Percent (%)</i>	Male	Female	Total
Never did this sexual		72.8	80.1	77.7
Have not done this during the last 30		21.4	16.2	18.0
Did this 1 or more times		5.8	3.6	4.4

Findings continued

Type of sexual behavior	Percent (%)	Oral	Vaginal	Anal
<i>Sexually active students reported...</i>				
Using a condom within the last 30 days (mostly or always)*		3.3	52.6	26.8
Using a condom the last time they had sex**		3.9	54.0	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 college students or their partners to prevent pregnancy the last time they had vaginal intercourse:

	Percent (%)	Male	Female	Total
Birth control pills		33.5	36.7	35.2
Depo Provera (shots)		1.0	1.3	1.2
Norplant (implant)		0.5	0.1	0.3
Condoms		38.5	35.0	36.0
Diaphragm, cervical cap, sponge		0.5	0.2	0.3
Spermicide		3.5	2.2	2.6
Fertility awareness		2.7	2.5	2.5
Withdrawal		14.2	15.5	15.0
Other method		2.8	4.3	3.8
Nothing		5.0	3.7	4.1

- 10.9 % of sexually active college students reported using (or reported their partner used) emergency contraception ("morning after pill") within the last 12 months (male: 9.9 %; female: 11.4 %).*

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

- 2.0 % 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: 2.3 %; female: 1.9 %).**

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

G. Nutrition and Exercise

Within the last 30 days, college students reported:

	Percent (%)	Male	Female	Total
Exercising to lose weight		43.4	59.3	53.5
Dieting to lose weight		22.3	39.9	33.5
Vomiting or taking laxatives to lose weight		0.7	3.1	2.3
Taking diet pills to lose weight		2.1	4.5	3.7
Doing none of the above		51.4	33.6	39.3

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

	Percent (%)	Male	Female	Total
Don't eat fruits and vegetables		4.2	2.9	3.4
1 or 2 per day		63.3	59.6	60.9
3-4 per day		26.7	31.1	29.6
5 or more per day		5.8	6.4	6.2

College students reported the following behaviors within the past 7 days

Participated in vigorous exercise for 20 minutes (or 30 minutes moderate exercise)

	Percent (%)	Male	Female	Total
0 days		21.4	28.8	26.3
1-2 days		32.3	31.8	31.9
3-5 days		36.1	32.2	33.5
6+ days		10.3	7.2	8.3

Exercising to strengthen muscles	Percent (%)	Male	Female	Total
0 days		34.6	43.8	40.7
1-2 days		27.4	30.5	29.4
3-5 days		31.1	22.3	25.3
6+ days		6.8	3.5	4.6

Getting enough sleep

to feel rested in the morning	Percent (%)	Male	Female	Total
0 days		9.1	11.0	10.5
1-2 days		27.4	29.5	28.8
3-5 days		49.8	47.6	48.2
6+ days		13.7	12.0	12.5

Findings continued

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

BMI	Percent (%)	Male	Female	Total
< 18.5 Underweight		2.8	5.8	4.8
18.5-24.9 Healthy Weight		58.6	67.3	64.3
25-29.9 Overweight		27.8	17.3	20.9
30-34.9 Class I Obesity		7.8	5.9	6.5
35-39.9 Class II Obesity		2.2	2.3	2.3
>= 40 Class III Obesity		0.7	1.4	1.2
Mean		24.62	23.63	23.96
Median		23.78	22.51	22.94
Std Dev		4.40	4.90	4.76

H. Depression

Students reported experiencing the following within the last 12 months:

Feeling overwhelmed by all they had to do

	<i>Percent (%)</i>	Male	Female	Total
Never		13.0	3.4	6.7
1-10 times		66.6	64.2	65.0
11+ times		20.4	32.4	28.2

Feeling exhausted (not from physical activity)

	<i>Percent (%)</i>	Male	Female	Total
Never		17.3	6.9	10.6
1-10 times		63.2	66.2	65.1
11+ times		19.5	26.8	24.3

Feeling very sad

	<i>Percent (%)</i>	Male	Female	Total
Never		32.4	16.9	22.2
1-10 times		57.3	68.2	64.5
11+ times		10.3	14.9	13.3

Feeling things were hopeless

	<i>Percent (%)</i>	Male	Female	Total
Never		48.0	35.1	39.6
1-10 times		43.7	54.6	50.8
11+ times		8.3	10.3	9.6

Feeling so depressed it was difficult to function

	<i>Percent (%)</i>	Male	Female	Total
Never		64.1	54.6	57.9
1-10 times		30.2	38.1	35.5
11+ times		5.7	7.3	6.7

Seriously considering attempting suicide

	<i>Percent (%)</i>	Male	Female	Total
Never		91.4	90.2	90.6
1-10 times		7.6	8.9	8.5
11+ times		0.9	0.9	0.9

Attempting suicide

	<i>Percent (%)</i>	Male	Female	Total
Never		98.7	98.6	98.6
1-10 times		1.2	1.3	1.3
11+ times		0.1	0.1	0.1

Findings continued

	<i>Percent (%)</i>	Male	Female	Total
College students reported diagnosed with depression		9.8	16.9	14.5

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

Diagnosed with depression in the last 12 months		38.5	42.3	41.5
Currently in therapy for depression		21.8	27.1	26.1
Currently taking medication for depression		33.1	38.0	37.1

Demographics and Student Characteristics

■ Age:

Average age:	21.26 years
Median:	20.00 years
Std Dev:	4.98 years

18 - 20 years:	59.7 %
21 - 24 years:	27.4 %
25 - 29 years:	7.5 %
30+ years:	5.4 %

■ Sex*

Female:	64.0 %
Male:	33.0 %

■ Student status:

1st year undergraduate:	30.5 %
2nd year undergraduate:	16.9 %
3rd year undergraduate:	20.4 %
4th year undergraduate:	15.7 %
5th year or more undergraduate:	4.1 %
Graduate or professional:	11.6 %
Adult special or other:	0.8 %

Full-time student:	96.1 %
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■ Relationship status:

Single:	57.2 %
Married/domestic partner:	7.6 %
Engaged or committed dating relationship:	34.4 %
Separated:	0.3 %
Divorced:	0.5 %
Widowed:	0.1 %

■ Students describe themselves as:

White:	76.5 %
Black – not Hispanic:	6.1 %
Hispanic or Latino:	5.4 %
Asian or Pacific Islander:	9.6 %
American Indian or Alaskan Native:	1.3 %
Other:	3.4 %

■ Students describe themselves as:

Heterosexual:	95.1 %
Gay/Lesbian:	1.5 %
Bisexual:	2.1 %
Transgendered:	0.1 %
Unsure:	1.2 %

■ Housing:

Campus residence:	48.8 %
Fraternity or sorority:	1.3 %
Other university:	6.3 %
Off-campus:	31.6 %
Parent/guardian's:	8.6 %
Other:	3.5 %

■ Hours of paid work per week:

0 hours:	43.9 %
1-9 hours:	20.1 %
10-19 hours:	17.4 %
20-29 hours:	9.7 %
30-39 hours:	3.4 %
40 hours:	2.9 %
More than 40 hours:	2.6 %

■ Hours of volunteer work per week:

0 hours:	59.0 %
1-9 hours:	37.4 %
10-19 hours:	2.4 %
20-29 hours:	0.7 %
30-39 hours:	0.2 %
40 hours:	0.0 %
More than 40 hours:	0.0 %

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

Yes:	86.7 %
Unsure:	6.3 %

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

Demographics of Participating Colleges/Universities

Thirty eight postsecondary institutions self-selected to participate in the Fall 2006 ACHA National College Health Assessment and 25,155 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 23,863 students and 34 schools. Demographic characteristics of the 34 campuses follow:

Demographical Characteristics of the 34 Postsecondary Institutions Included in the Fall 2006 ACHA-NCHA Reference Group.	
Campus Characteristic	<i>n</i>
Type of Institution	
Public	19
Private	15
2-year	1
4-year	33
Location of Campus	
Northeast (CT, ME, MA, NH, NJ, NY, PA, RI, VT)	11
Midwest (IL, IN, IA, KS, MI, MN, MO, NE, ND, OH, SD, WI)	7
South (AL, AR, DE, DC, FL, GA, KY, LA, MD, MS, NC, OK, SC, TN, TX, VA, WV)	14
West (AK, AZ, CA, CO, HI, ID, MT, NV, NM, OR, UT, WA, WY)	2
Campus Size	
< 2,500 students	8
2,500 – 4,999 students	8
5,000 – 9,999 students	4
10,000 – 19,999 students	7
20,000 students or more	7
Campus Setting	
Very large city (population over 500,000)	4
Large city (population 250,000-499,999)	1
Small city (population 50,000-249,999)	17
Large town (population 10,000 – 49,999)	8
Small town (population 2,500-9,999)	1
Rural community (population under 2,500)	3
Carnegie Classification	
Associates Colleges	1
Baccalaureate Colleges	7
Masters Colleges and Universities	11
Research Institutions	15
Special Focus Institutions	0
Miscellaneous/Not Classified	0

Demographical Characteristics of the 34 Postsecondary Institutions Included in the Fall 2006 ACHA-NCHA Reference Group.	
Campus Characteristic	<i>n</i>
ACHA Membership Status	
Institutional Member	33
Nonmember	1
Religious Affiliation	
No	27
Yes	7
<u>If yes:</u>	
Catholic	3
Christian Church (Disciples of Christ)	2
ELCA Lutheran	1
Interdenominational Christian	1
Postsecondary Minority Institution (US Department of Education)	
No	32
Yes	2
<u>*If yes:</u>	
Postsecondary Minority Institution	1
Historically Black College or University (HBCU)	1
High Hispanic Enrollment	1
Hispanic Serving Institution (HSI)	1
Indian Tribally Controlled College or University	0
Alaska Native-Serving Institution	0
Native Hawaiian-Serving Institution	0
*institutions may hold more than one type of minority status	

	All Fall 2006 Institutions	Paper Survey Administration	Web Survey Administration
Number of institutions	34	7	27
Number of students	23,863	3,646	20,217
Mean response proportion	36%	84%	23%