

*The State of Student Health:
The 2010 NCHA Survey
of MSU Students*

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OLIN HEALTH CENTER

MICHIGAN STATE
UNIVERSITY

About the Survey



- NCHA = National College Health Assessment
- Developed by the CORE Institute for the American College Health Association (2000)
- Administered \approx 500 campuses nationwide, 150 annually
- Topics
 - Sexual health
 - Alcohol, tobacco, and other drug use
 - Weight, nutrition, and exercise
 - Mental health
 - Personal safety and violence
- Administration
 - Originally a paper & pencil mail survey
 - Web survey version began in 2003
- Major revision of questionnaire in 2008

The NCHA at MSU

- First conducted in 2000
- Conducted every two years: 2000, 2002, 2004, 2006, 2008, 2010
- Random samples of currently enrolled students
 - Undergrads and grads/professionals
 - N = 773 – 1,700
- Consistently administered February-March
- OSR manages
 - the sampling
 - respondent contacts
 - follow-ups
 - incentives
 - data weighting
 - analysis and
 - reporting

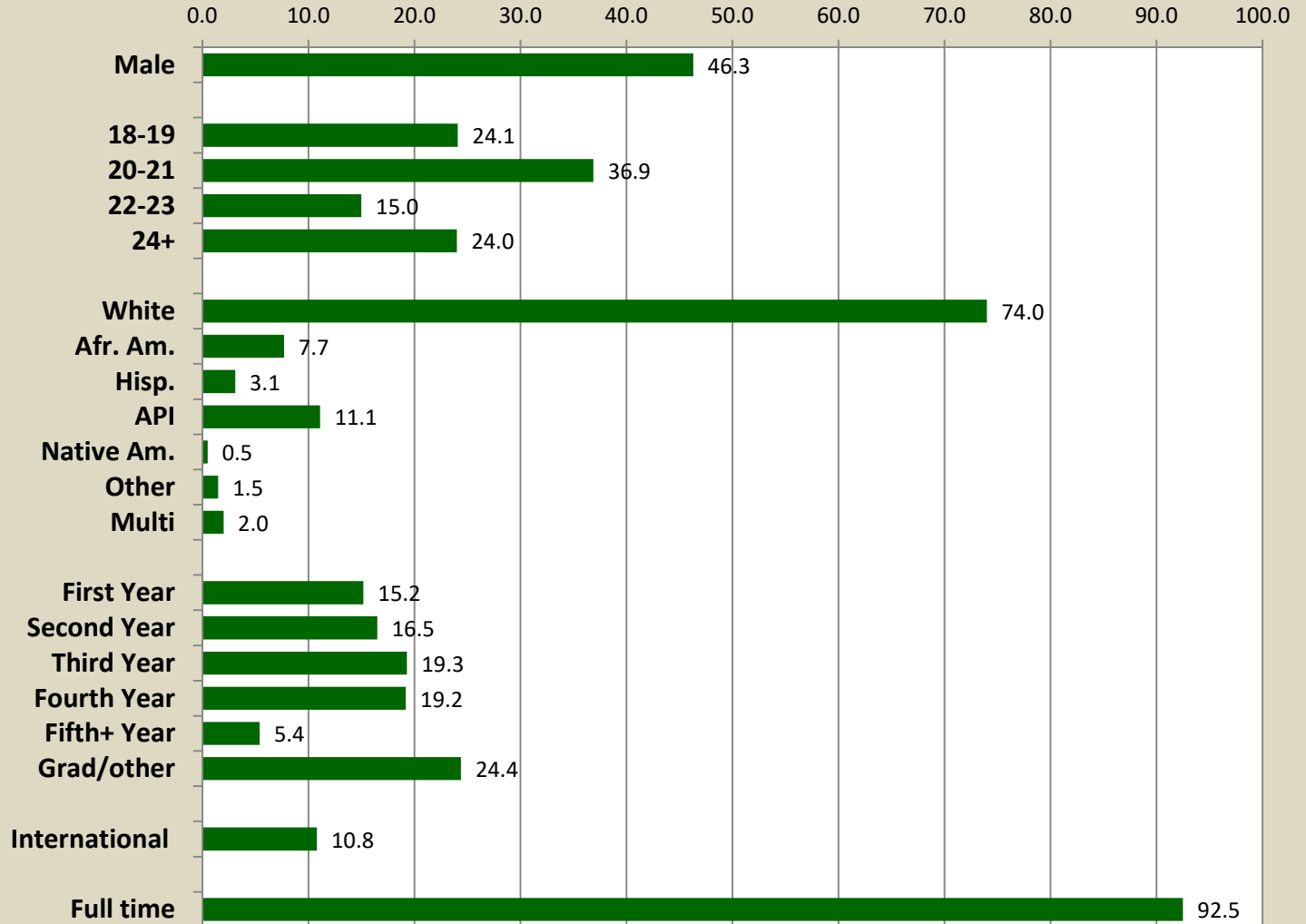
The 2010 NCHA Survey at MSU

- Total N = 1,468
 - 321 Graduate/Professional Students
 - 1,147 Undergraduate Students
- February 9 – March 3
- Data file weighted to match demographic profile of enrolled students Spring 2010 re:
 - Grad/undergrad, class, gender, race
- Response Rate = 30.1%
- Overall margin of sampling error \leq +/- 2.6%

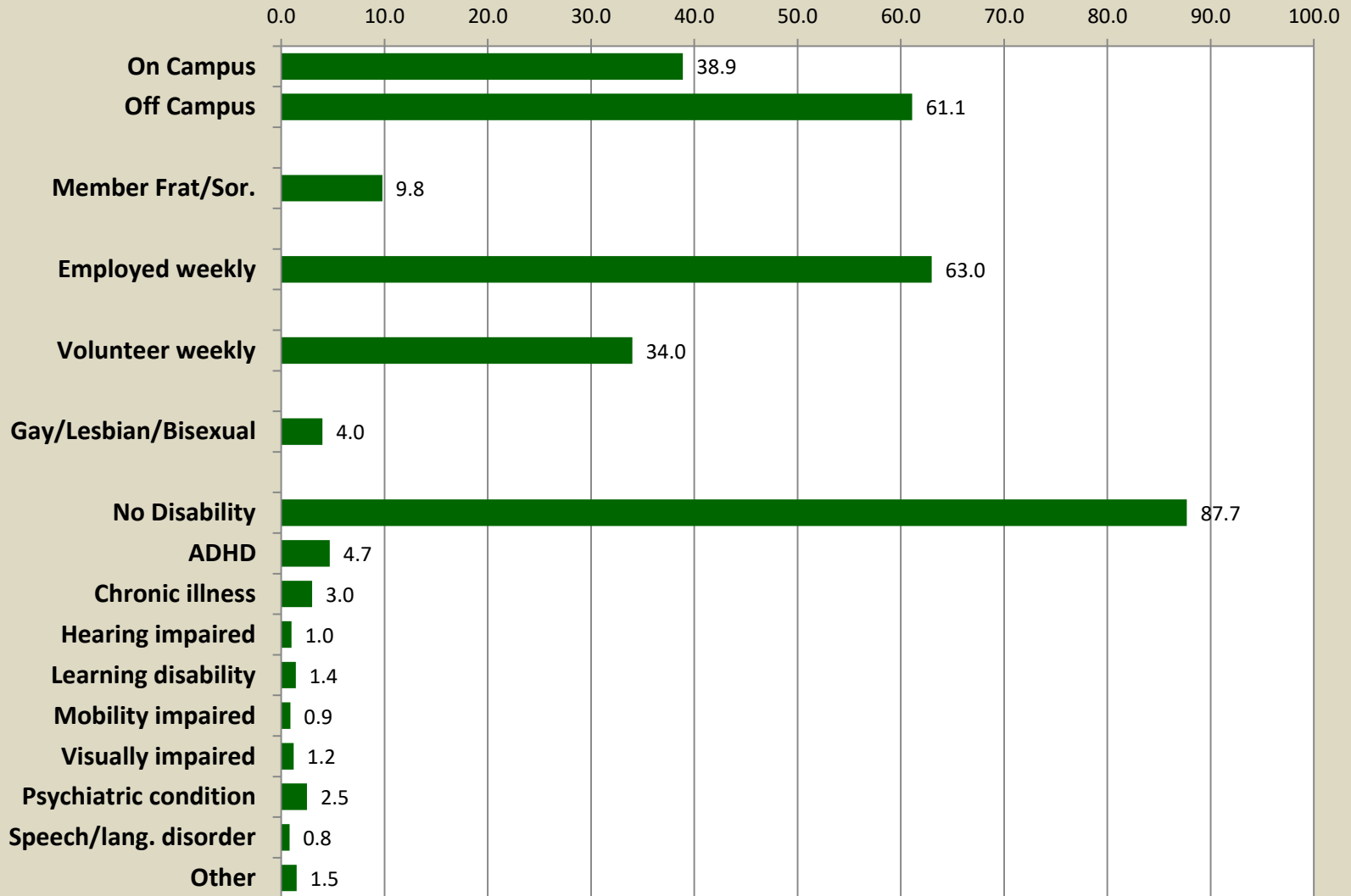
Profile of Students

RESULTS

% of Students Who Were

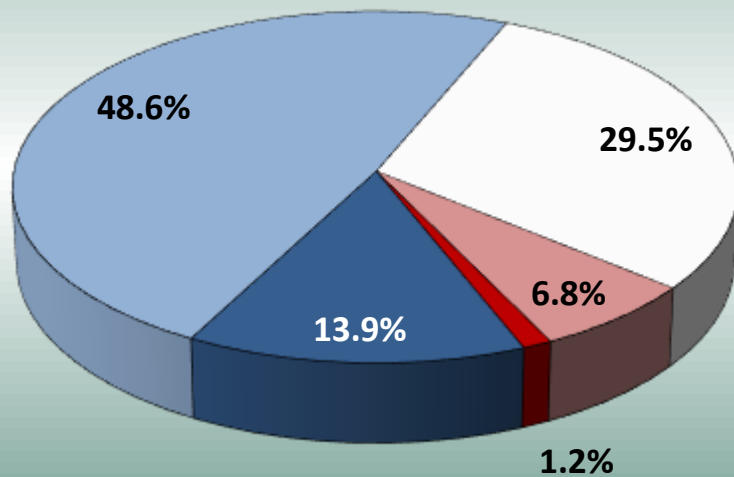


% of Students Who



General Health
RESULTS

How Students Rated Their General Health Currently: 2010



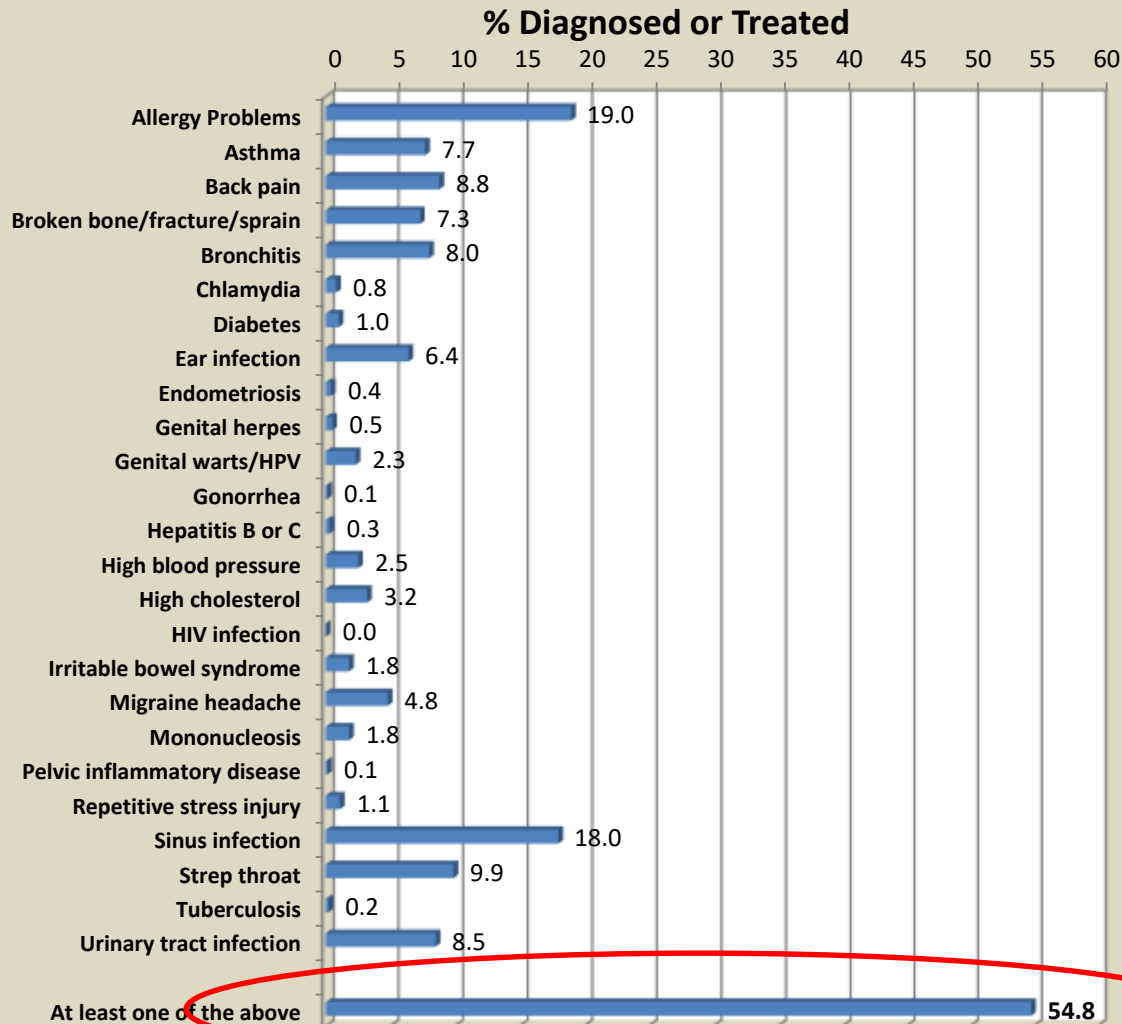
■ Excellent
 ■ Very good
 ■ Good
 ■ Fair
 ■ Poor

- 65% of males rated their health excellent or very good vs. 60% of females
- 65% of white students rate their health excellent or very good vs. 55% of other students
- 11% of on campus students rated their health as fair or poor vs. 6% of off campus students

Percent of Students Rating Their Health as Excellent/Very Good, Fair/Poor: 2000-2010



Percent of Students Diagnosed or Treated for Various Health Problems in Past 12 Months: 2010

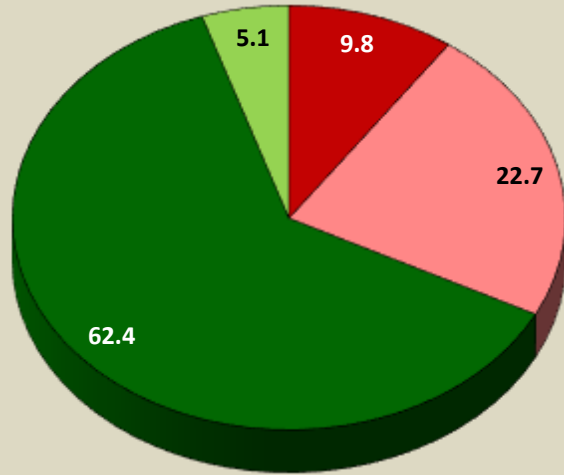


Weight, nutrition, and exercise

RESULTS

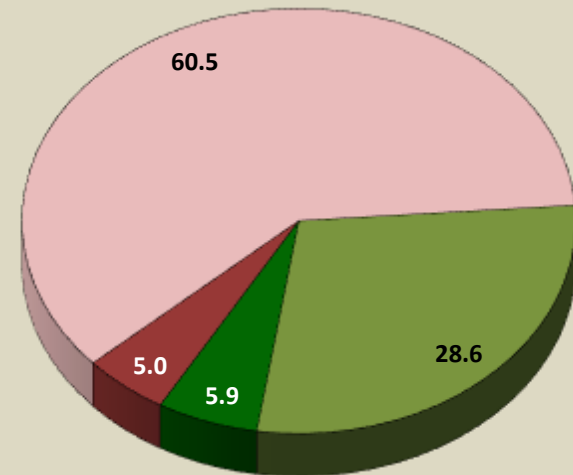
Weight Status

■ Obese ■ Overweight ■ Acceptable ■ Underweight



Servings Fruits & Vegetables/Day

■ 0 ■ 1 - 2 ■ 3 - 4 ■ 5+

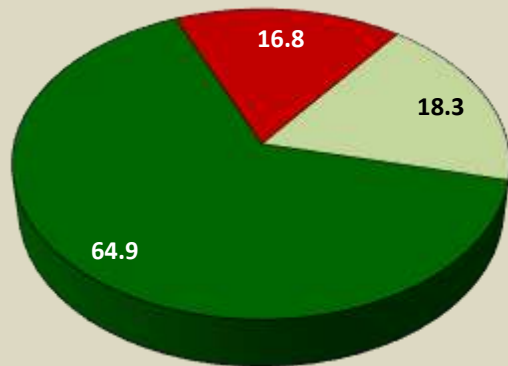


- No difference in % obese by gender, race, residence
- 39% of those NOT overweight/obese trying to lose weight
- 83% of obese & 72% of overweight trying to lose weight
- Among overweight, 72% exercising, 46% dieting to lose weight; among obese, 59% exercising, 59% dieting to lose weight

- 39% of females eat 3+ servings/day vs. 29% of males
- 36% of white students eat 3+ servings vs. 30% of other students
- No difference between on campus and off campus

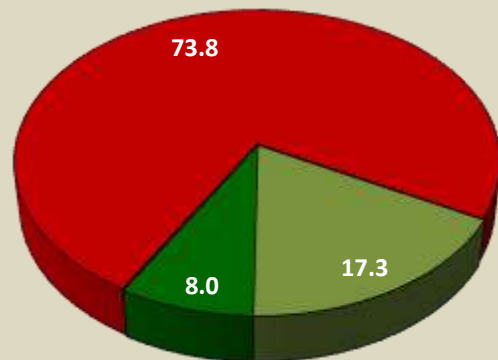
**Vig. Exercise 20 min/Mod.
Exercise 30 min Days/Wk**

■ 0 days ■ 1-2 days ■ 3+ days



**Exercise to Strengthen/Tone
Muscles Days/Wk.**

■ 0 days ■ 1-2 days ■ 3+ days



Exercise Behavior

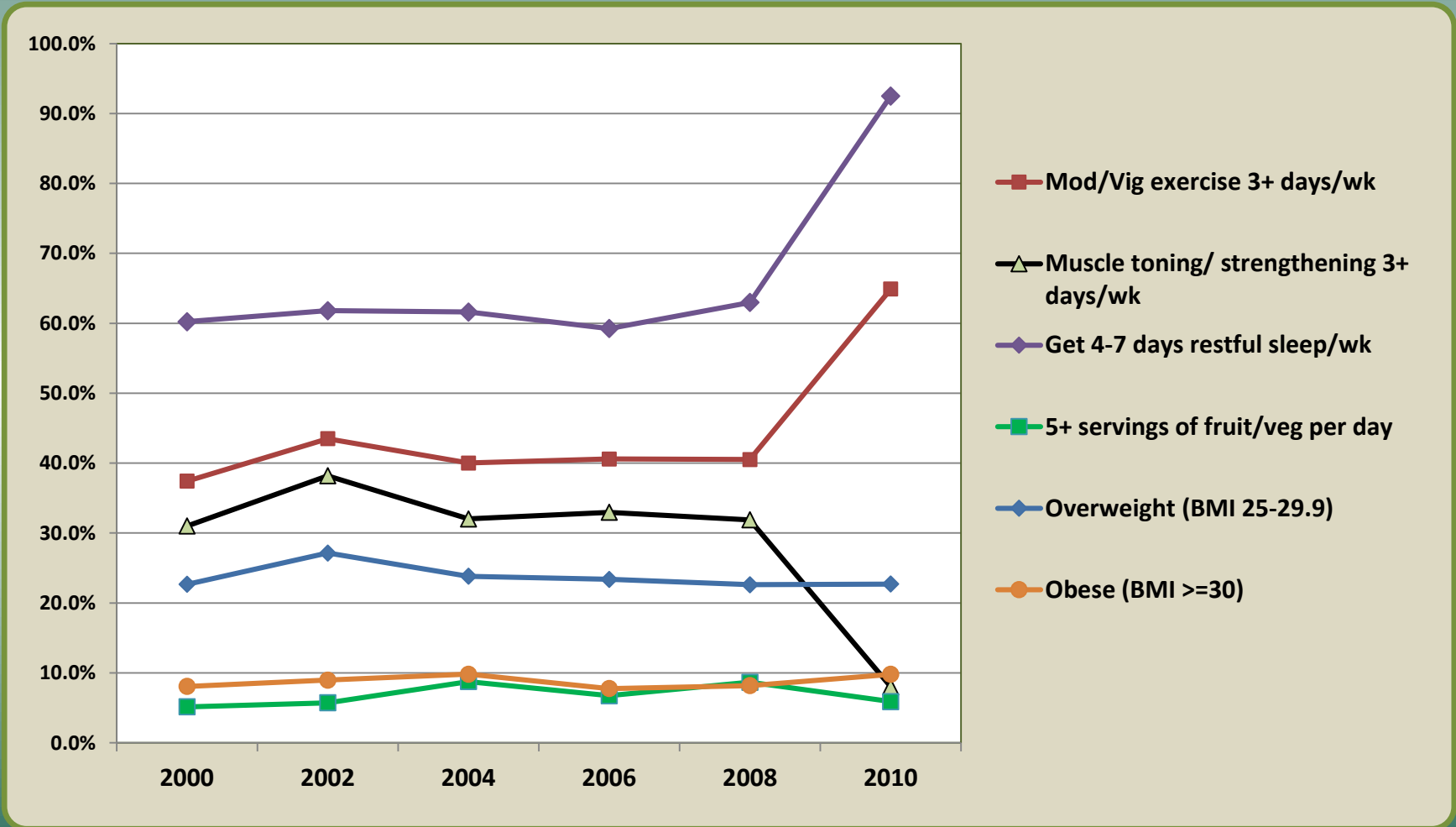
- No difference between males & females on exercise; 33% of males vs. 21% of females do weights
- 68% of white students vs. 55% of other students exercise 3+ days/wk.
- No difference by residence on either.
- Students with lower GPA exercise less often

How many days out of 7 get enough sleep to feel rested?

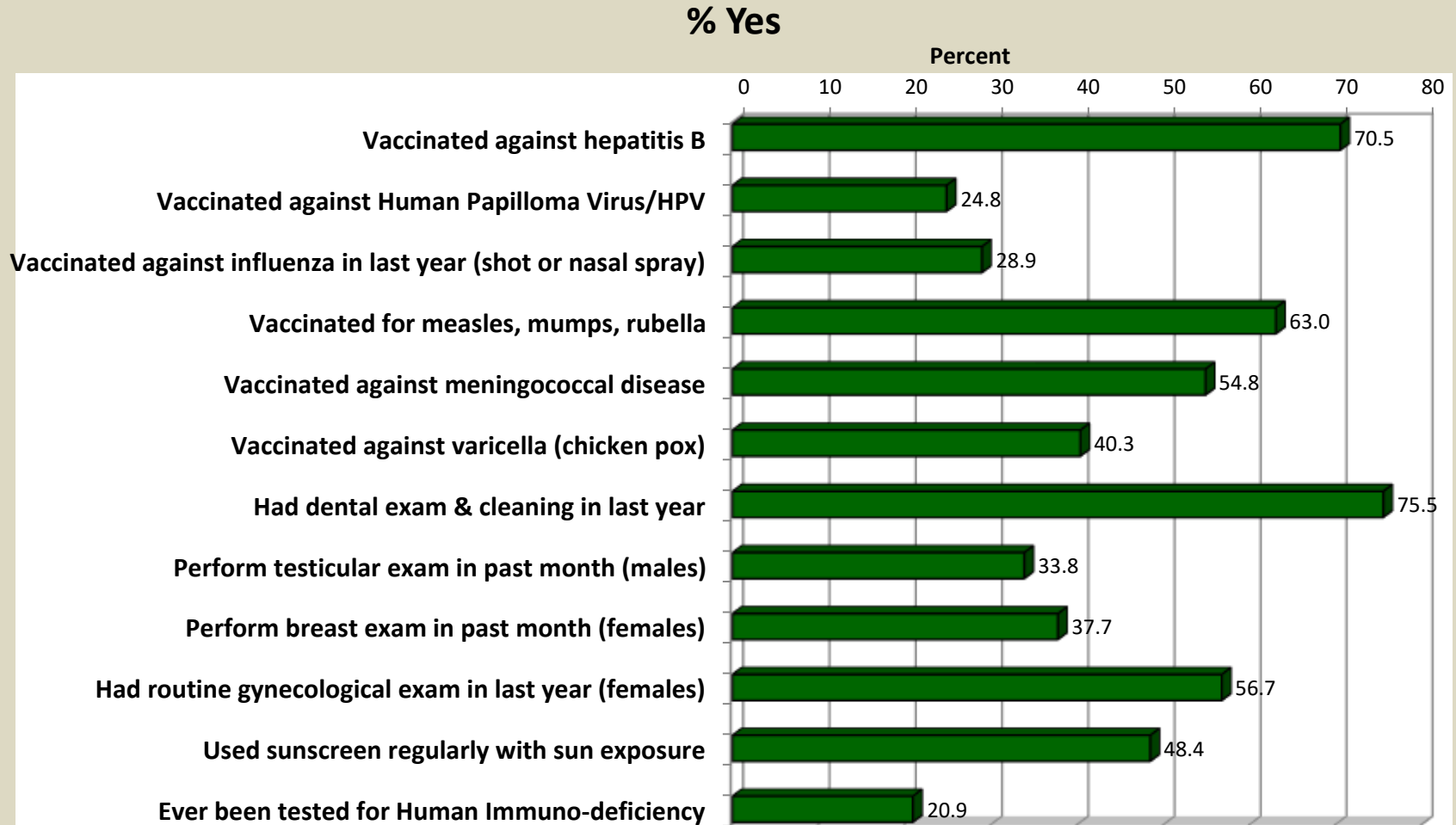


- 67% of males vs. 59% of females get 6-7 days restful sleep/wk
- 66% of white students vs. 52% of other students get 6-7 days restful sleep/wk
- No difference by residence
- 66% of student with A GPA get 6-7 days vs. 59-60% of those with lower GPA

Trends in Health Lifestyles: 2000 - 2010



Percent of Students Receiving Health Screening, Vaccinations: 2010



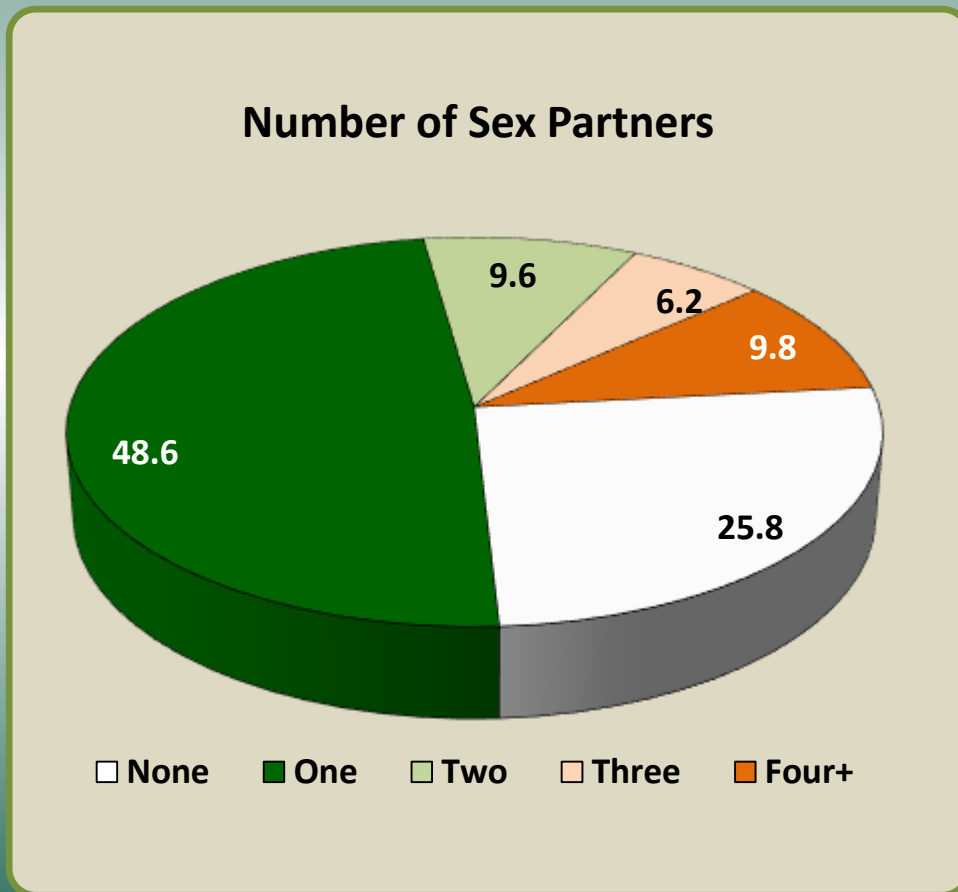
Trends

- 71% claimed to have been vaccinated against hepatitis B – down somewhat from the 74% in 2008.
- 40% claimed to have been vaccinated against varicella – down from 53% in 2008
- 55% claimed to have been vaccinated against meningococcus – down from 63% in 2008.
- 63% said they were vaccinated against measles, mumps and rubella – down from 73% in 2008.
- 29% claimed to be vaccinated against influenza last year – up from 23% in 2008.
- 57% of females said they had a gynecological exam in the past year – down from 62% in 2008 ; 38% said they perform monthly breast self-exams -- down from 45% in 2008 and 41% in 2006.

Sexual health

RESULTS

Number of Sex (oral, anal, vaginal) Partners Students Had in Past 12 Months: 2010



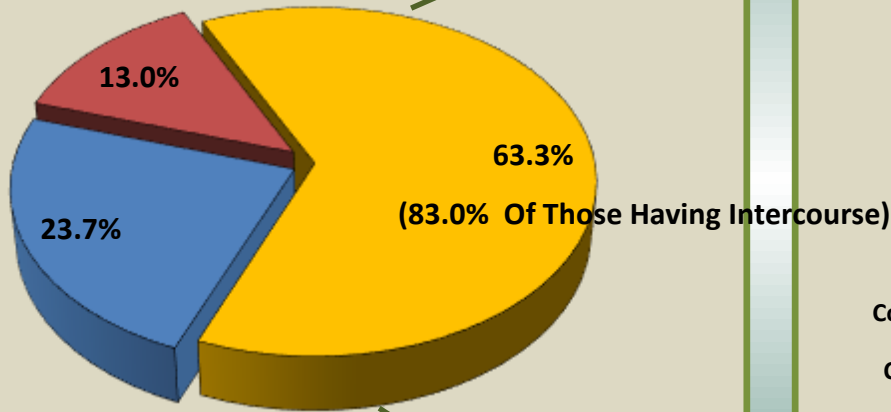
- Males report more partners than females
- White students report more partners than Other students
- Older students more likely to report having partner but fewer than younger students
- Members of fraternities/sororities report more partners than non-members
- Gay/Lesbian/Bisexual report more partners than heterosexual students

Condom Use

- 49% reported oral sex in previous month (24.7% never)
 - 4.1% of these used condom all or most of the time
- 54.9% reported vaginal intercourse in previous month (26.5% never)
 - 53.8% of these used condom all or most of the time
- 4.5% reported anal intercourse in previous month (77.1% never)
 - 26.6% of these used condom all or most of the time

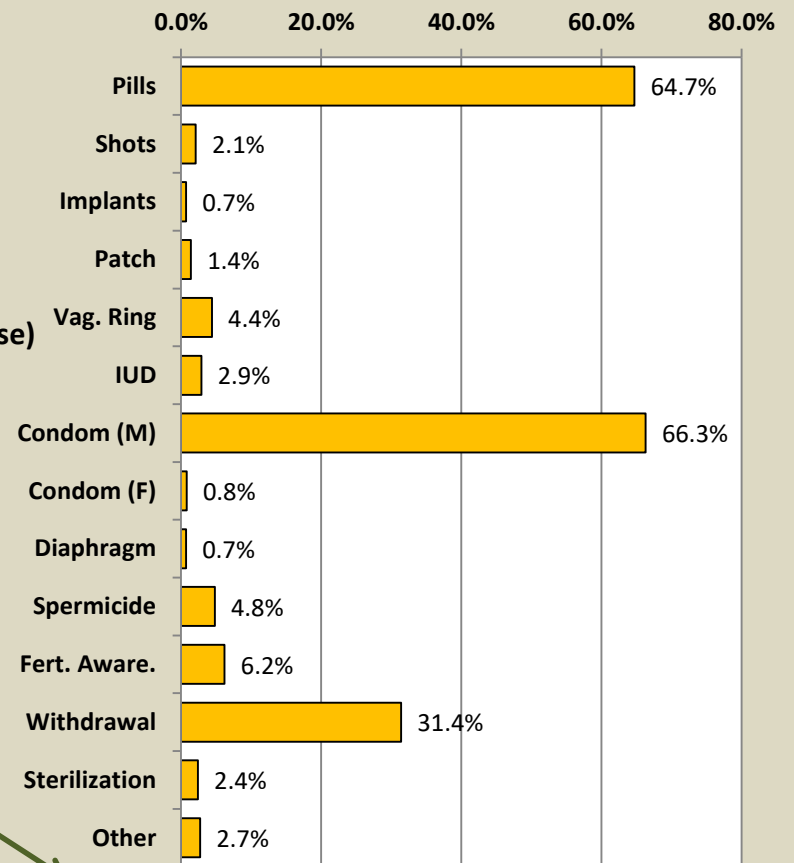
% of Respondents Reporting Respondent or Partner Used Birth Control Last Time Had Vaginal Intercourse: 2010

Ever Had Vaginal Intercourse



- No, Never
- Yes, No BC Last Time
- Yes, BC Last Time

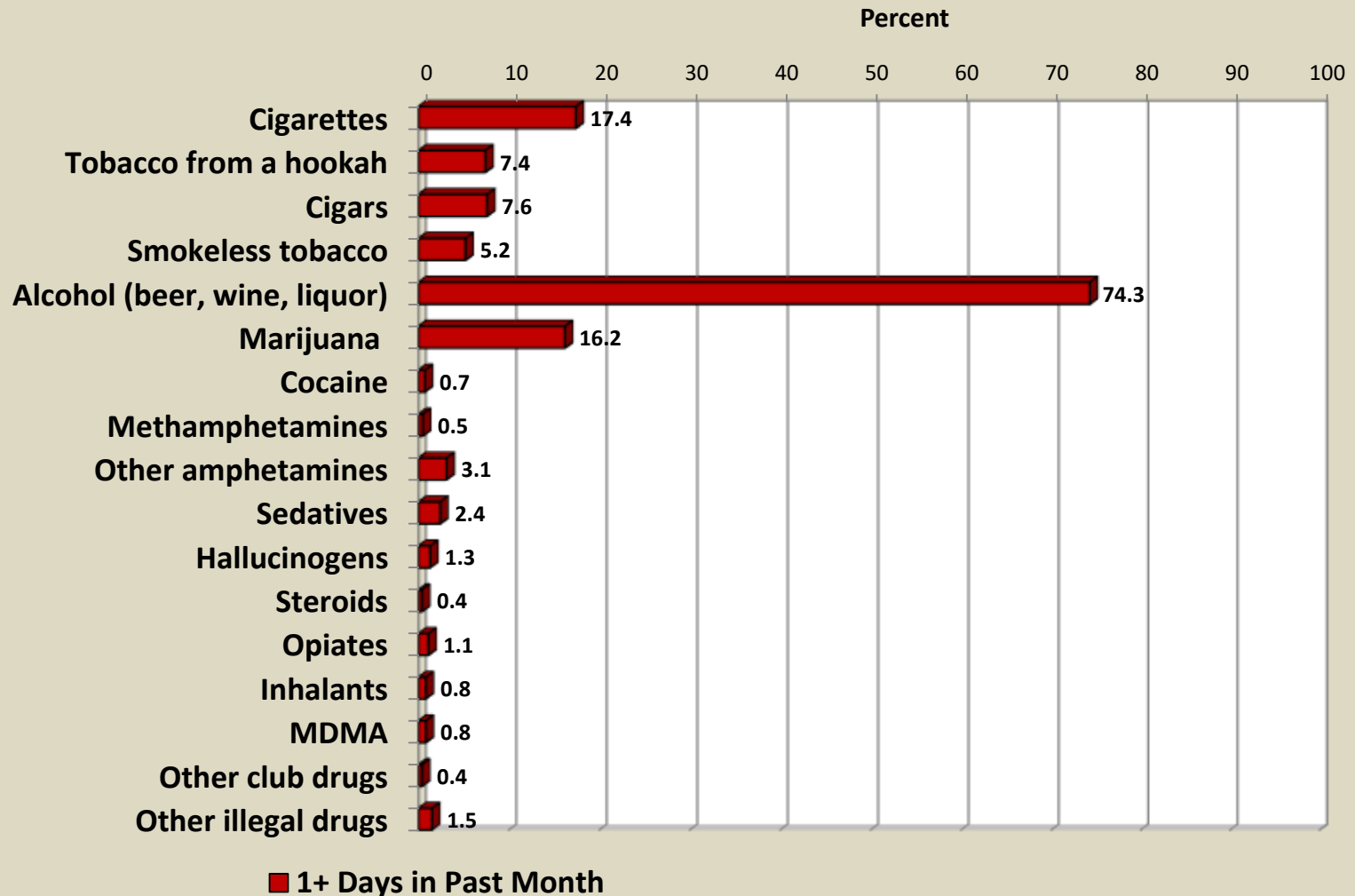
Type of BC Used Last Time



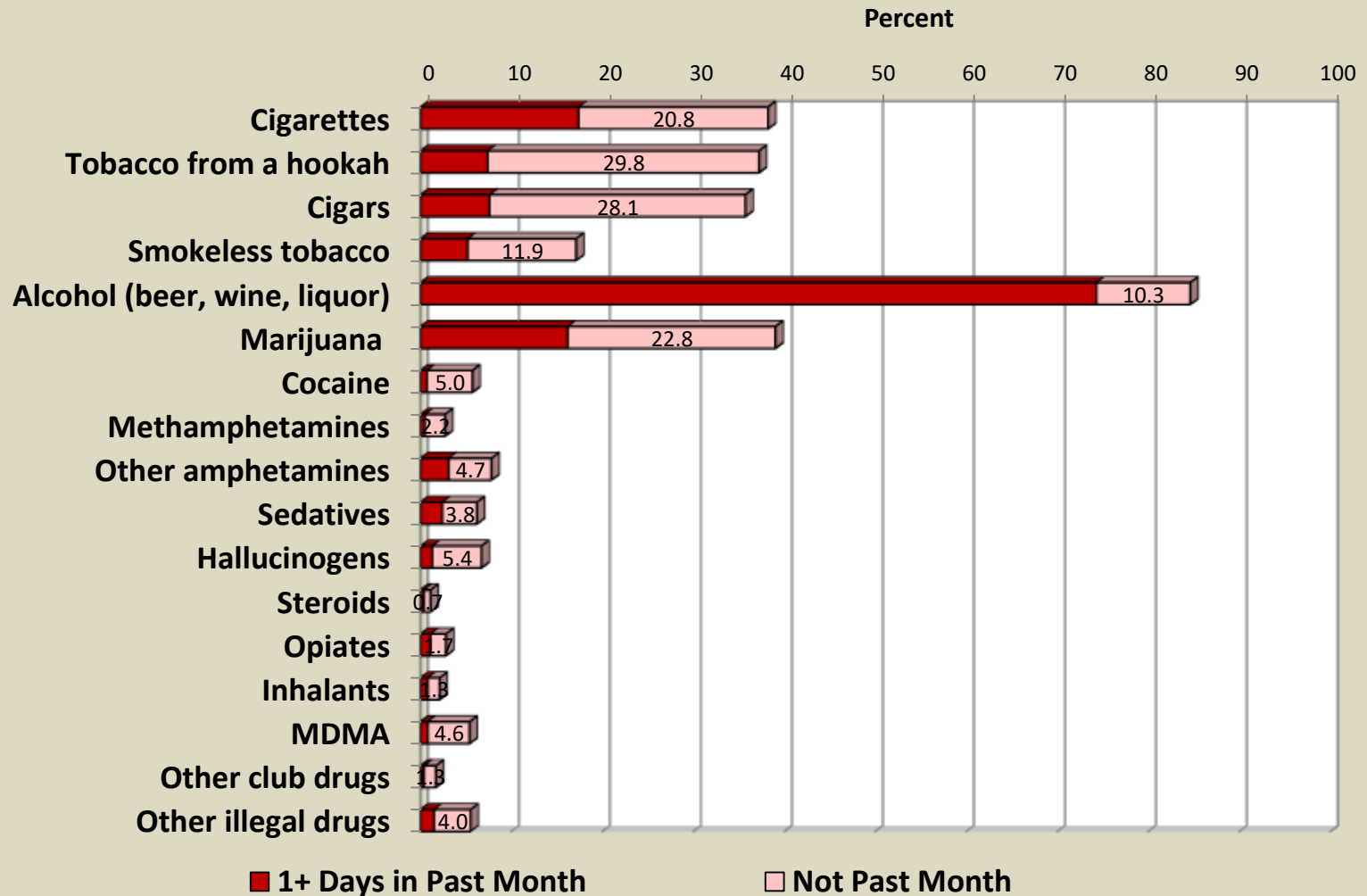
Alcohol, tobacco, and other drug use

RESULTS

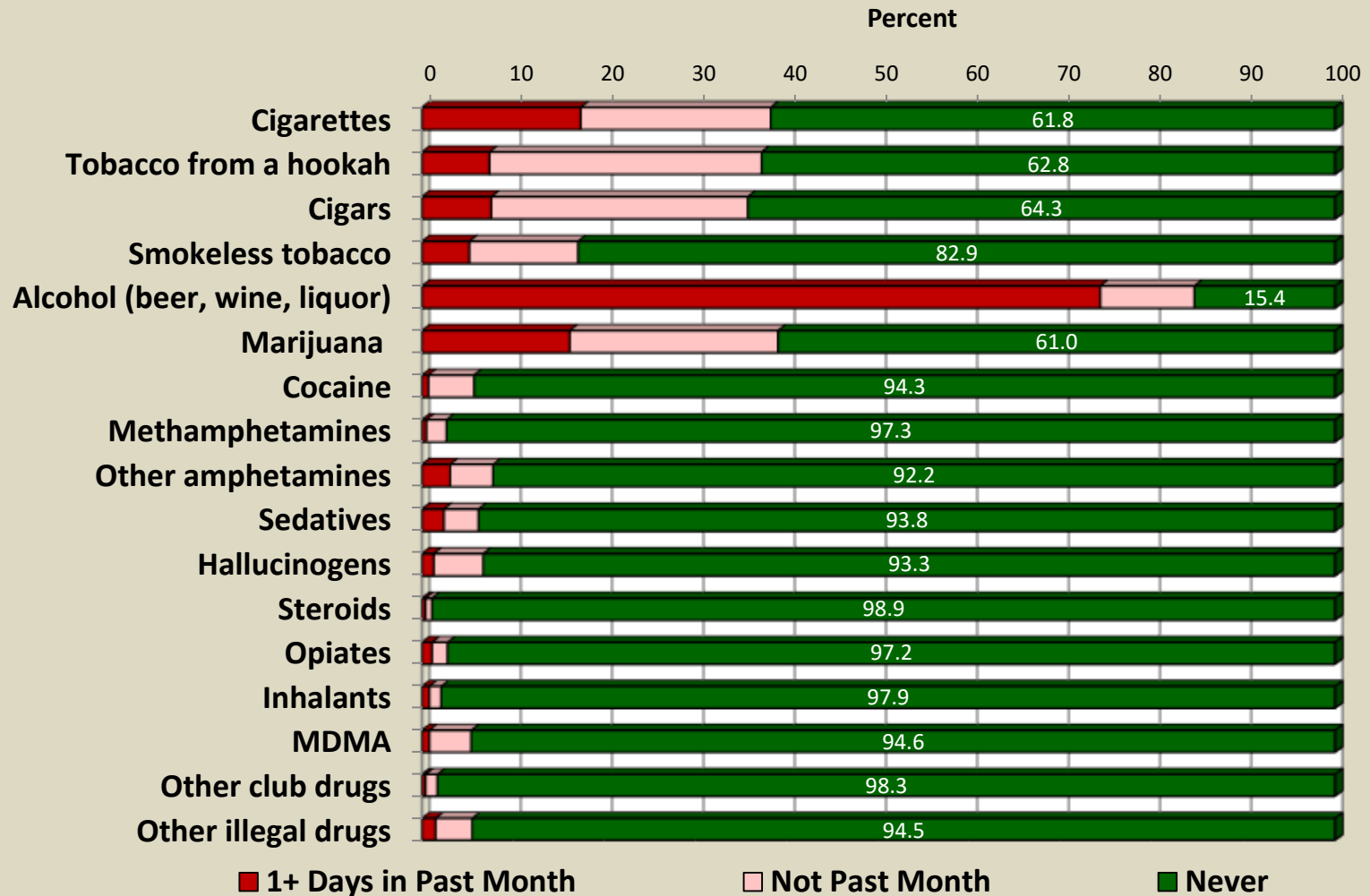
Percent of Students Who Reported Using Various Substances: 2010



Percent of Students Who Reported Using Various Substances: 2010



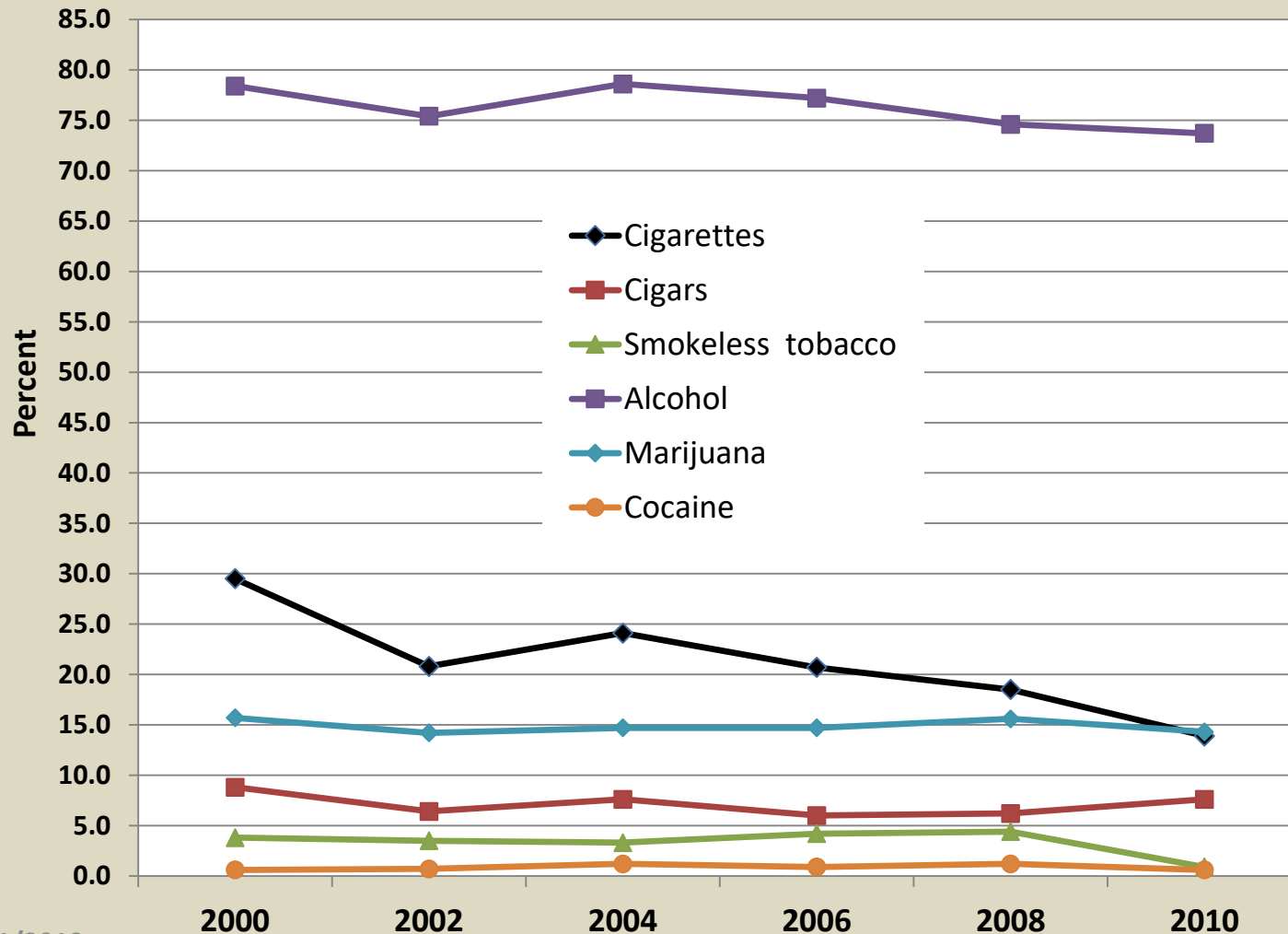
Percent of Students Who Reported Using Various Substances: 2010



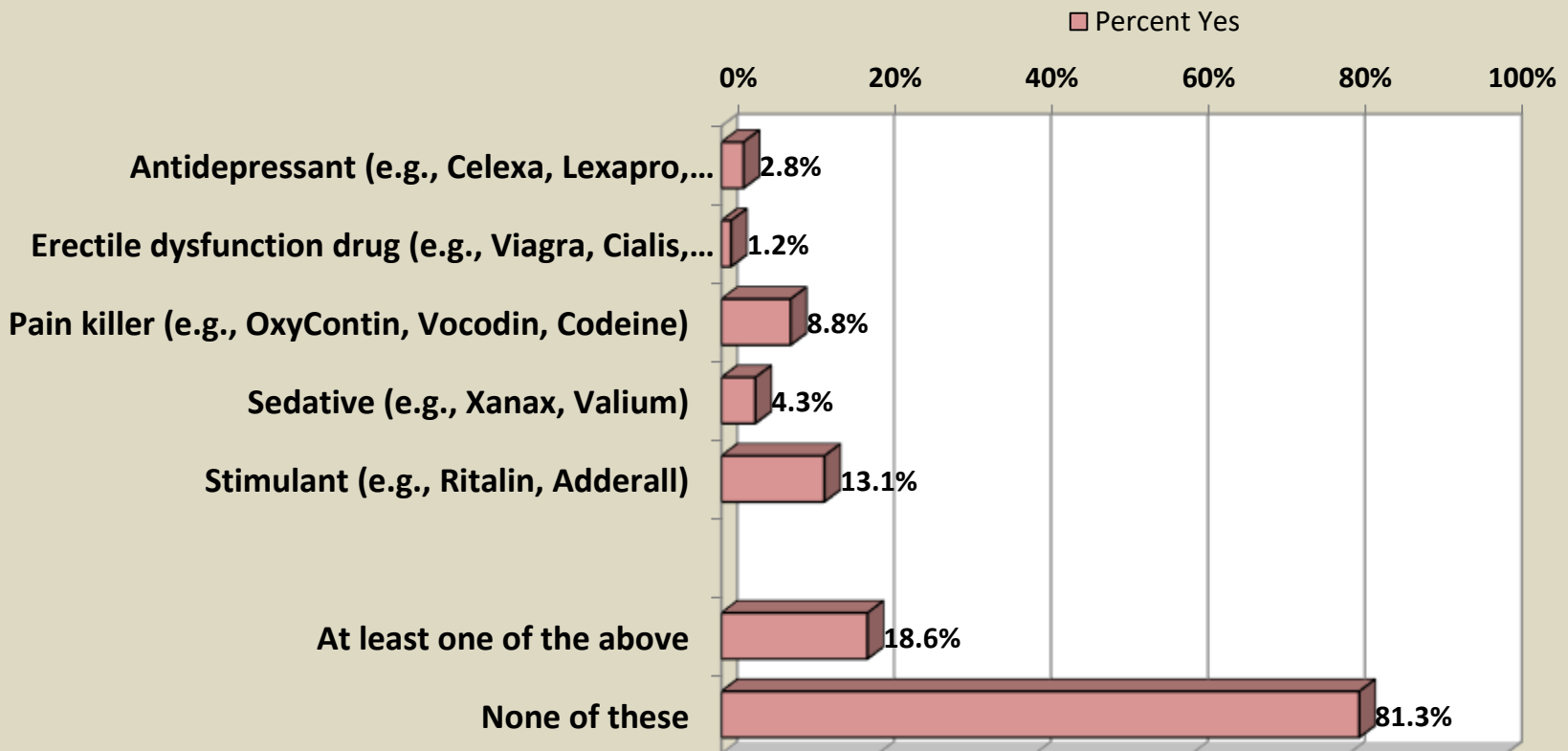
Observations

- **62% -- virtually the same as in 2008 -- have never smoked cigarettes, another 21% have not smoked in the previous month; 8% smoked cigarettes 6 or more days out of the previous 30.**
- **Only 15.4% have never drunk alcohol (up slightly from 14.5% in 2008 and 12.7% in 2006), 10.3% had not drunk alcohol in the past month; 39% had drunk alcohol on six or more of the previous 30 days.**
- **Males more likely than females to report smoking cigarettes, cigars, and marijuana, smoking tobacco from a water pipe, using smokeless tobacco, and to report drinking alcohol at least once in the month. Males more likely than females to have used methamphetamines, sedatives, hallucinogens, steroids, opiates, inhalants, and other club drugs at least once in the past month.**
- **Those with lower GPAs more likely than those with higher GPAs to report having used nearly all the substances at least once in the previous month – alcohol is a noteworthy exception in that those with a B GPA were more likely to report drinking at least once in the past month than were those with A or C/D/F GPAs.**
- **Undergraduates were more likely than graduate students to report smoking cigarettes, cigars, and marijuana, and more likely to report using other amphetamines, hallucinogens, and opiates.**

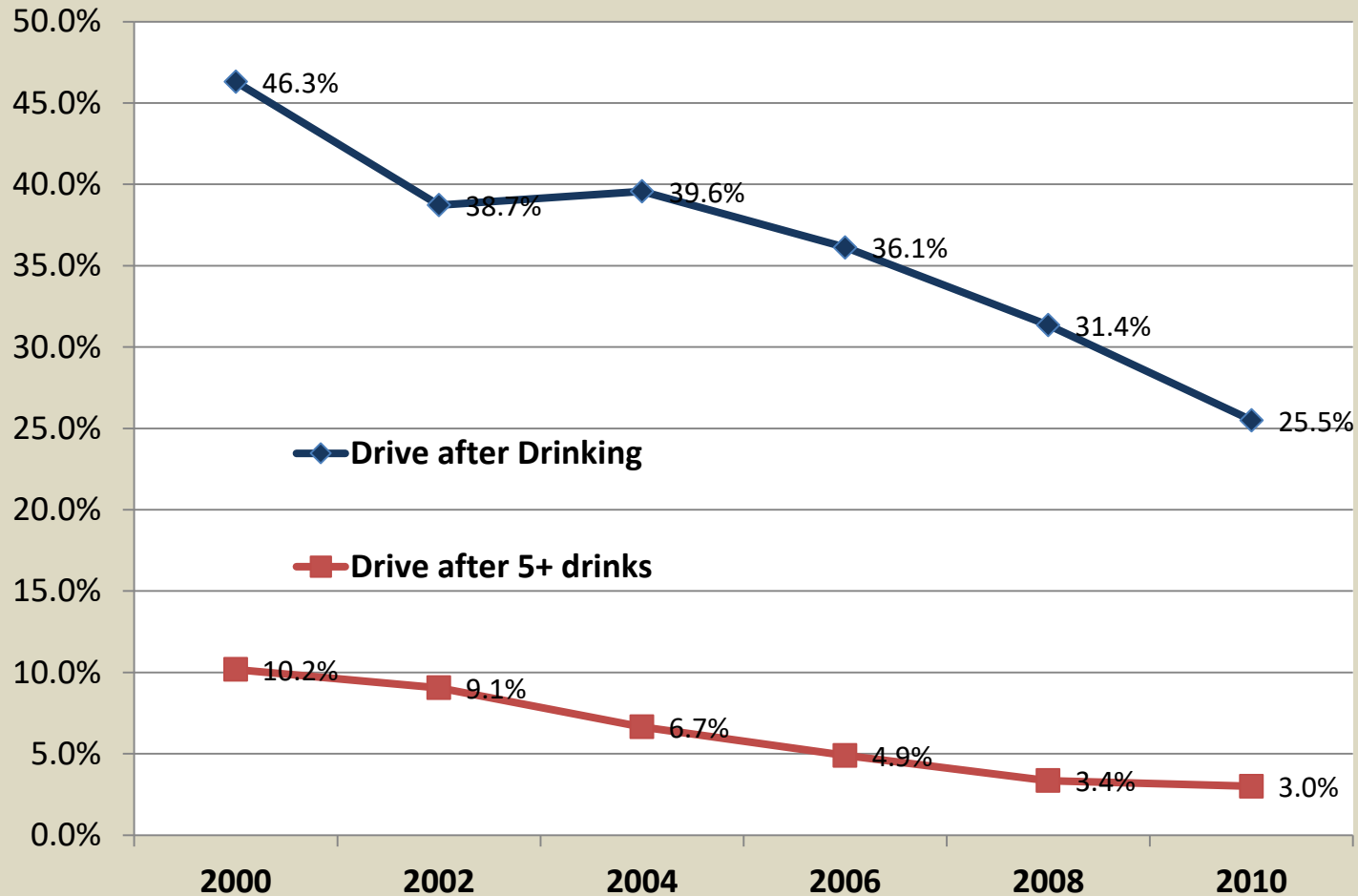
Trends in % of Students Using Substances: 2000 - 2010



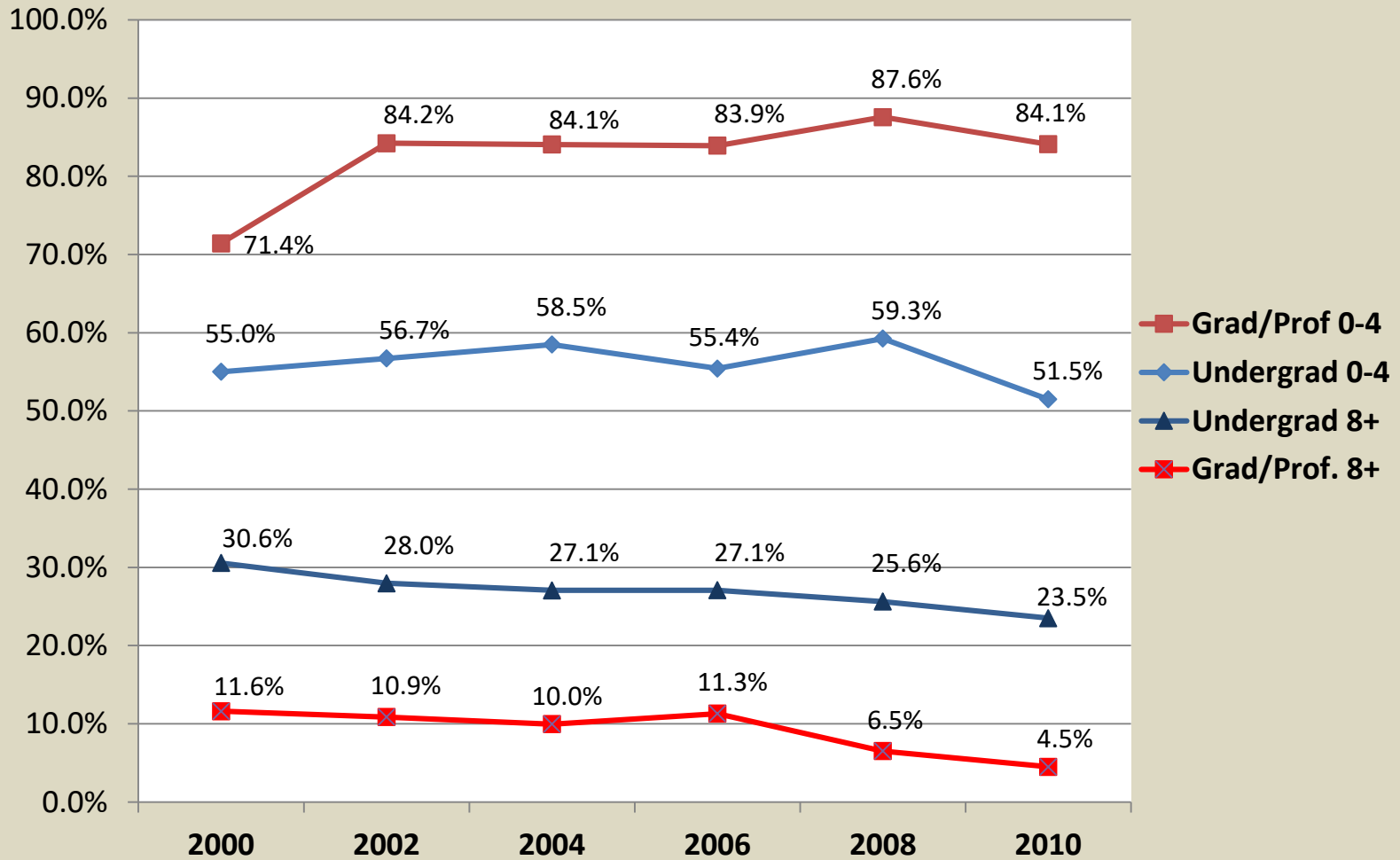
Percent of Students Using Various Types Unprescribed Prescription Drugs in Past 12 Months: 2010



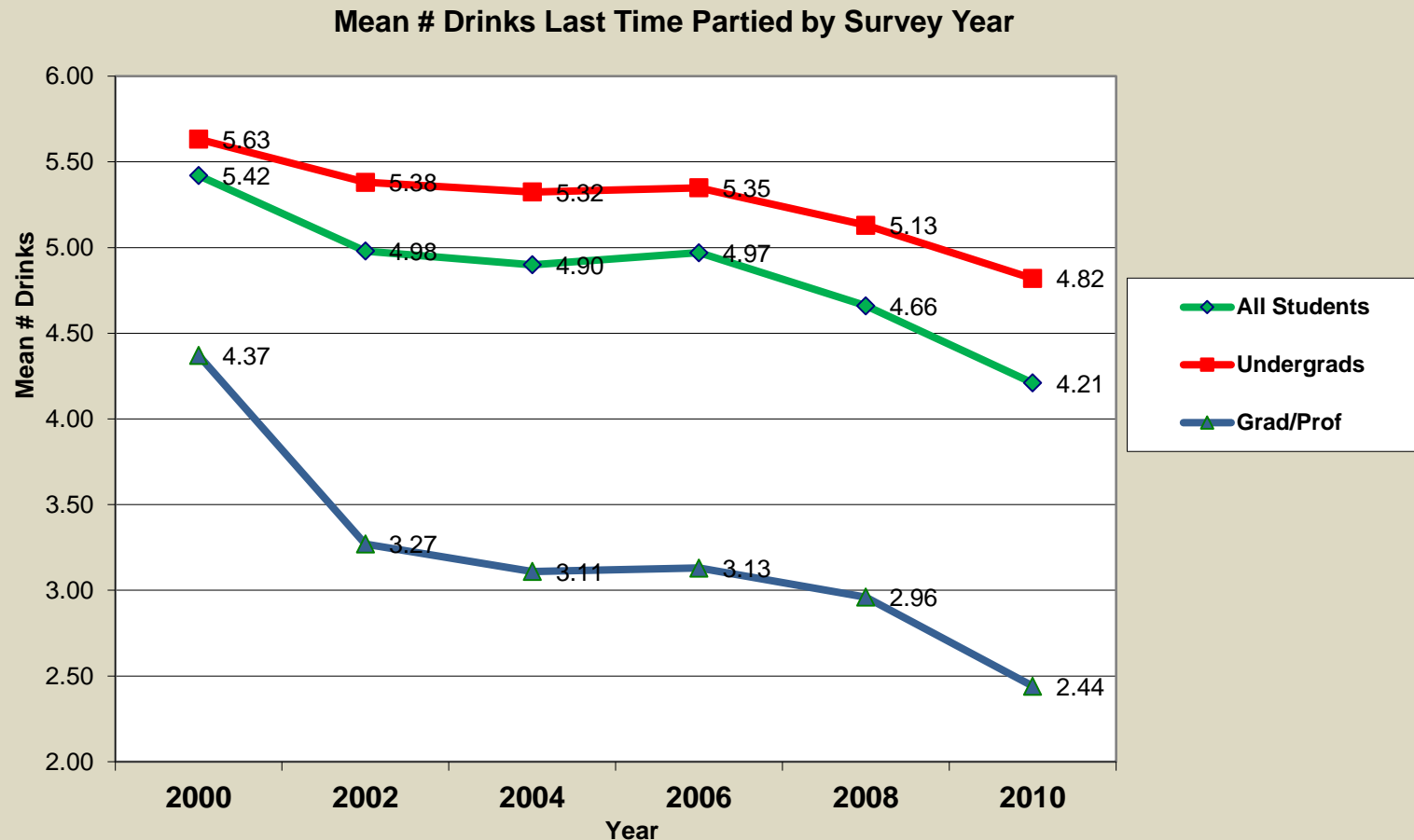
Trends in Percent of Students Driving After Drinking: 2000 – 2010



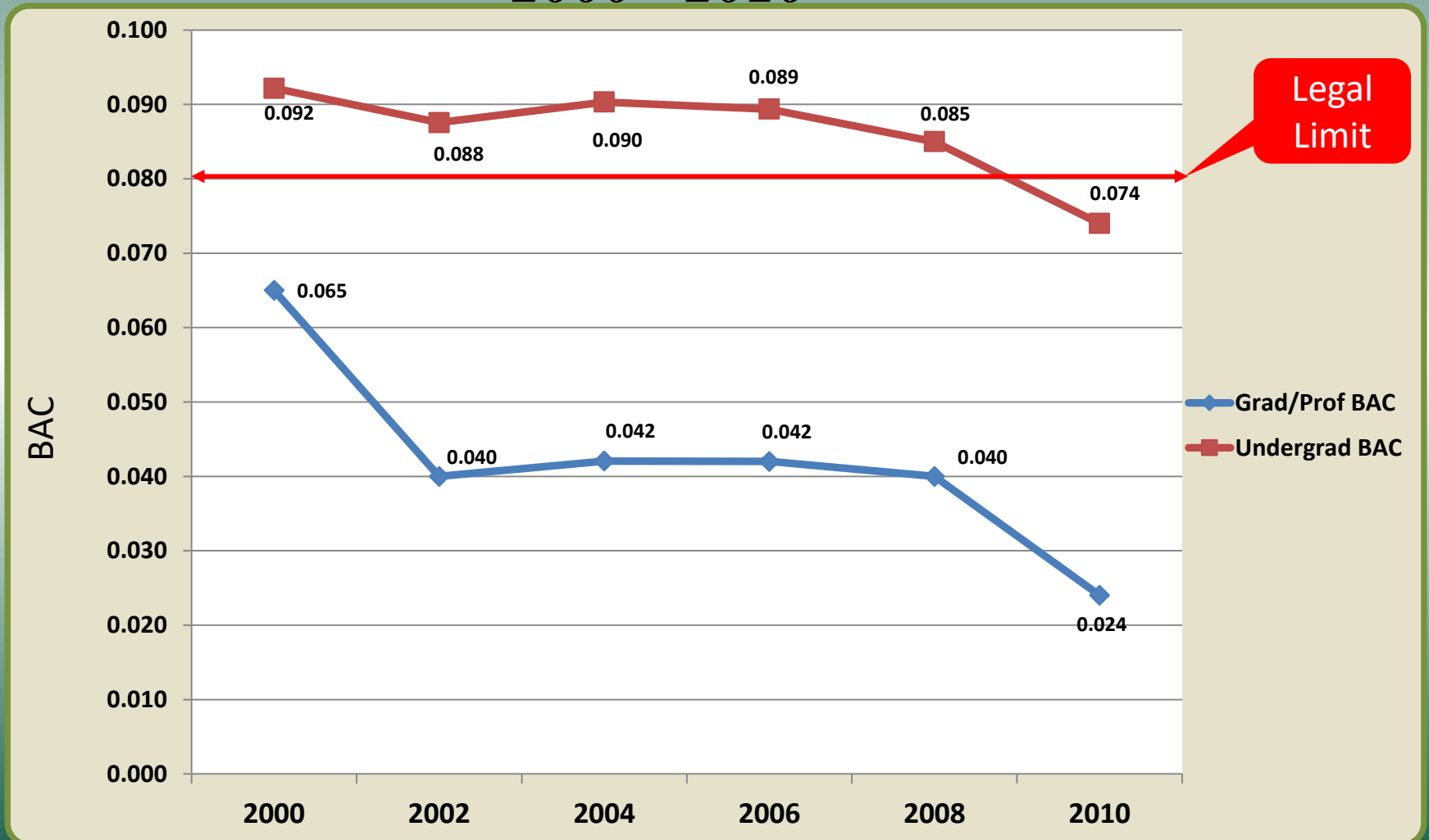
Trends in Number Drinks Consumed Last Time Partied, by Student Status: 2000 - 2010



Trend of Average Number Alcohol Drinks Consumed Last Time Partied: 2000 - 2010

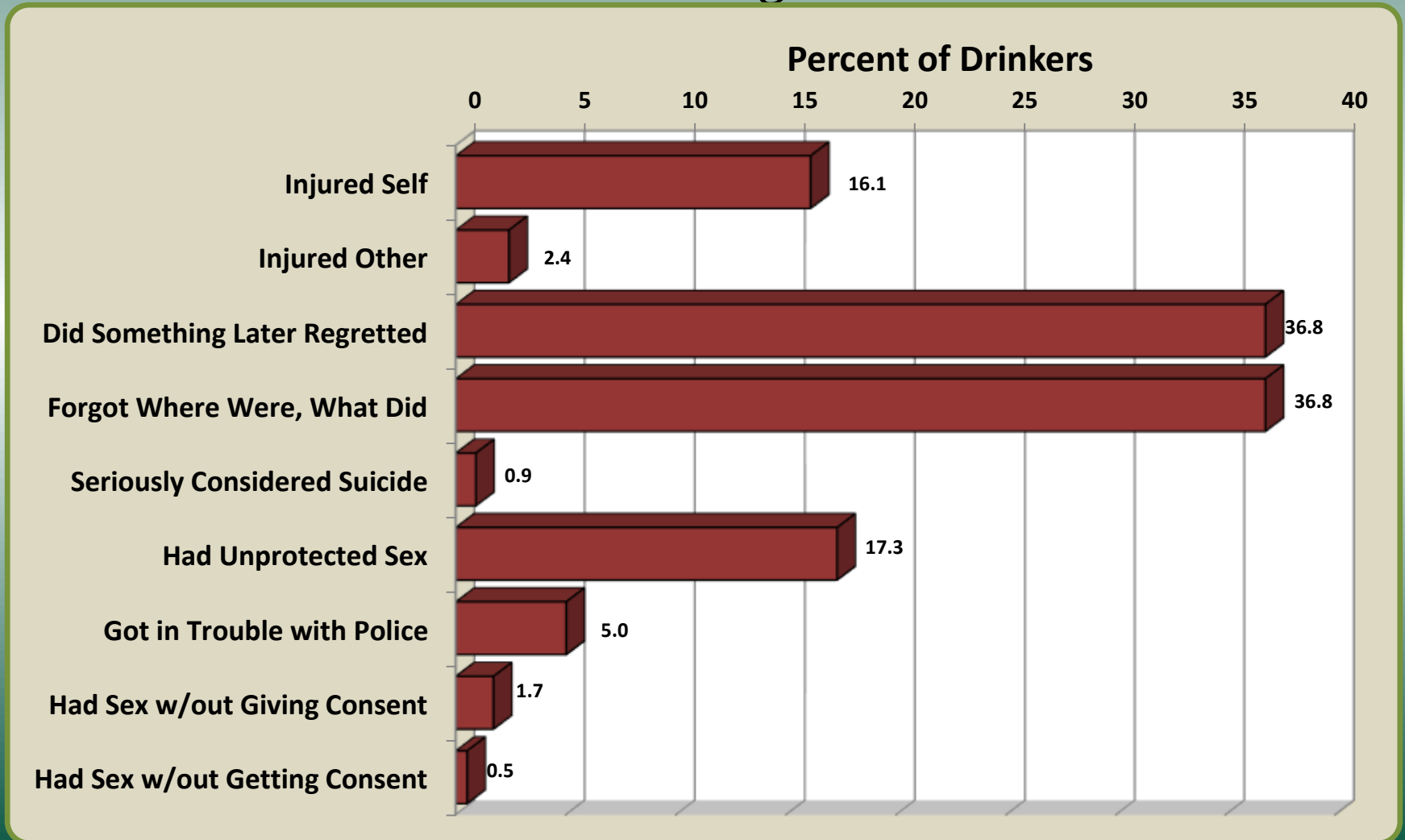


Trend for Mean B.A.C. for Last Time Partied: 2000 - 2010

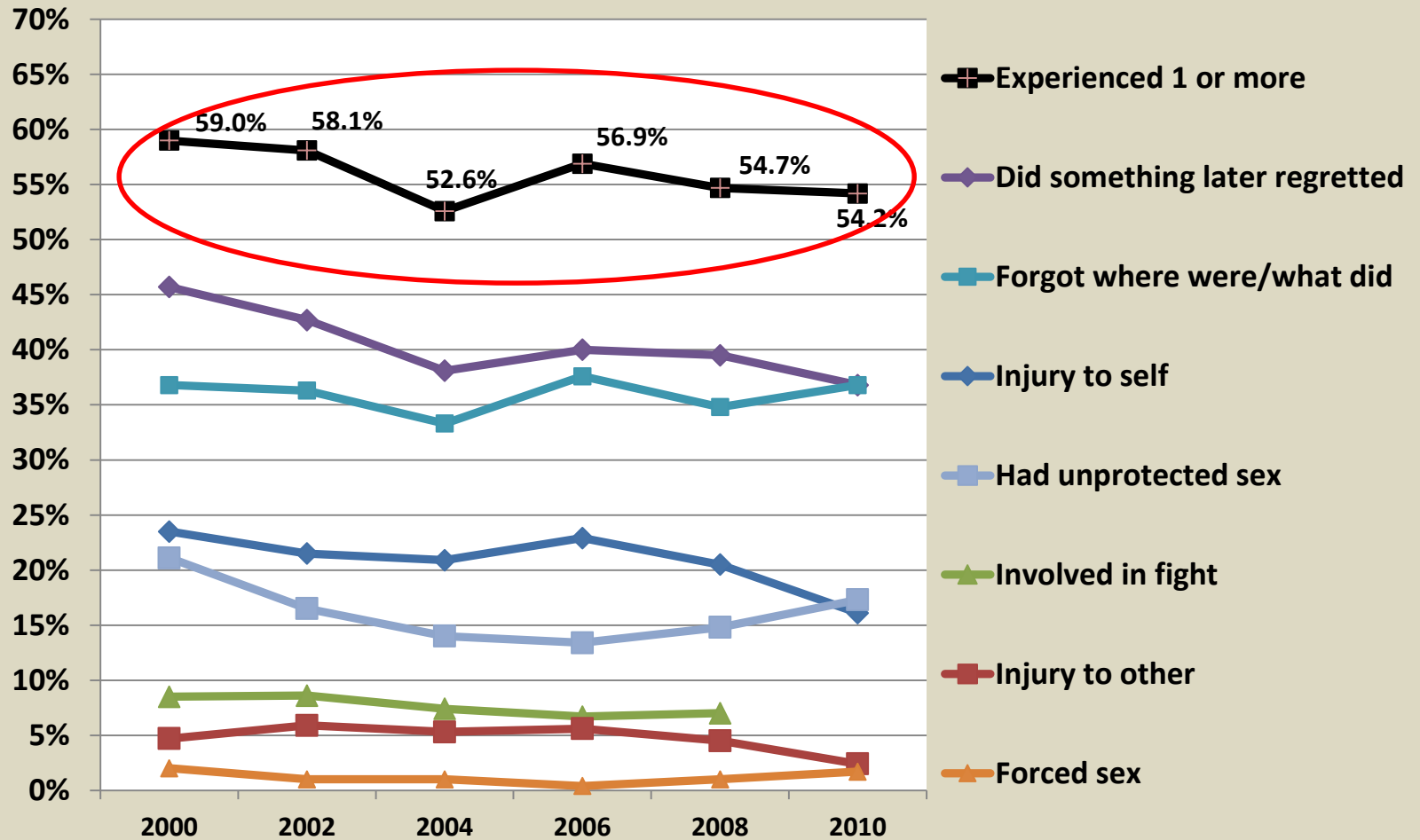


- Average number times drank 5+ drinks in past 2 weeks = 1.16, down 24% since 2000 (2000=1.53 vs. 1.16 in 2010)
 - males=1.9, females= 1.1
 - White=1.6, Other=0.9
 - Undergrad=1.7, Grad=0.5
 - Greek=2.3, non-Greek=1.4
- Average number drinks students believe the typical student drank last time partied has dropped 13% (6.1 to 5.3) from 2000 to 2010
- Still overestimate by 26%

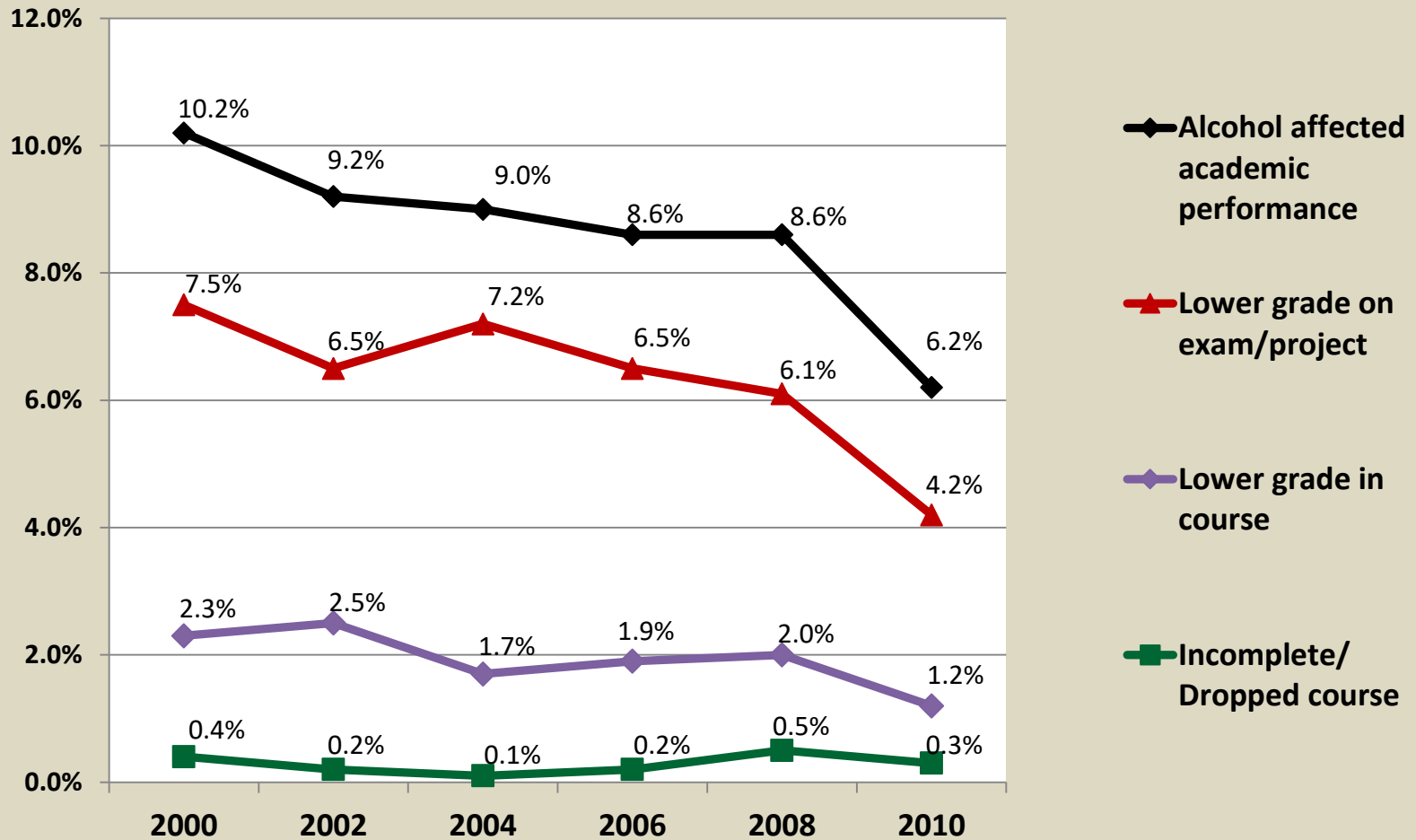
Percent of Students Who Drink Experiencing Adverse Outcomes From Drinking in Past Year: 2010



Trends in Harmful Outcomes of Alcohol Consumption: 2000 - 2010



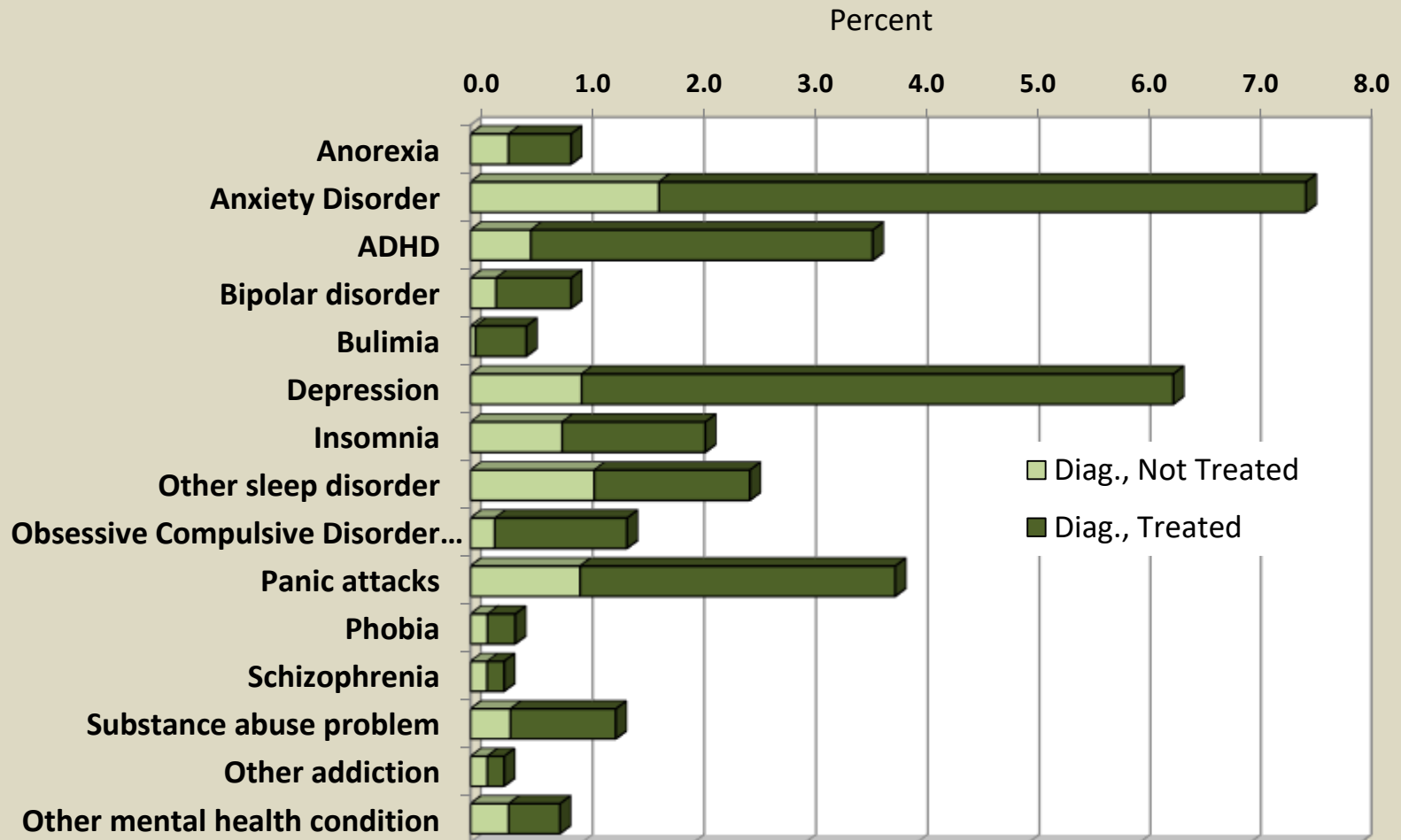
Trends in Adverse Impact of Drinking on Academic Performance: 2000 - 2010



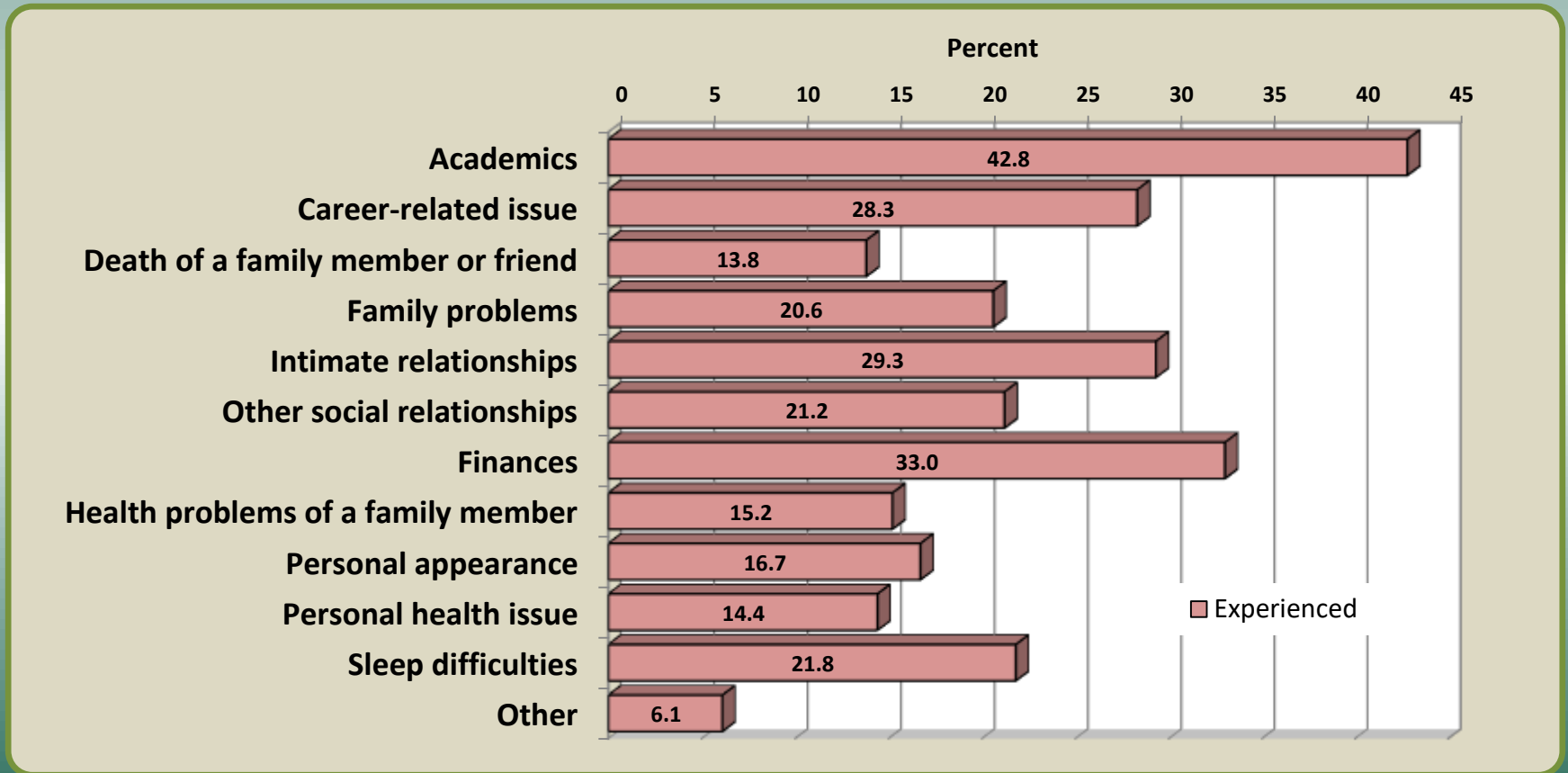
Mental health

RESULTS

Percent of Students Diagnosed/Treated for Various Mental/Emotional Health Problems in Past Year: 2010

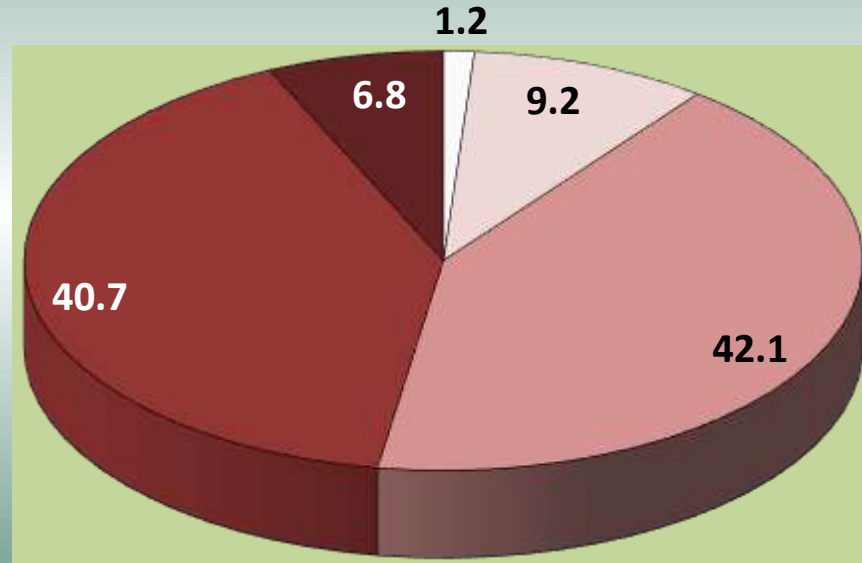


Percent of Students for Whom Various Issues Were Traumatic/Very Difficult in Past Year: 2010



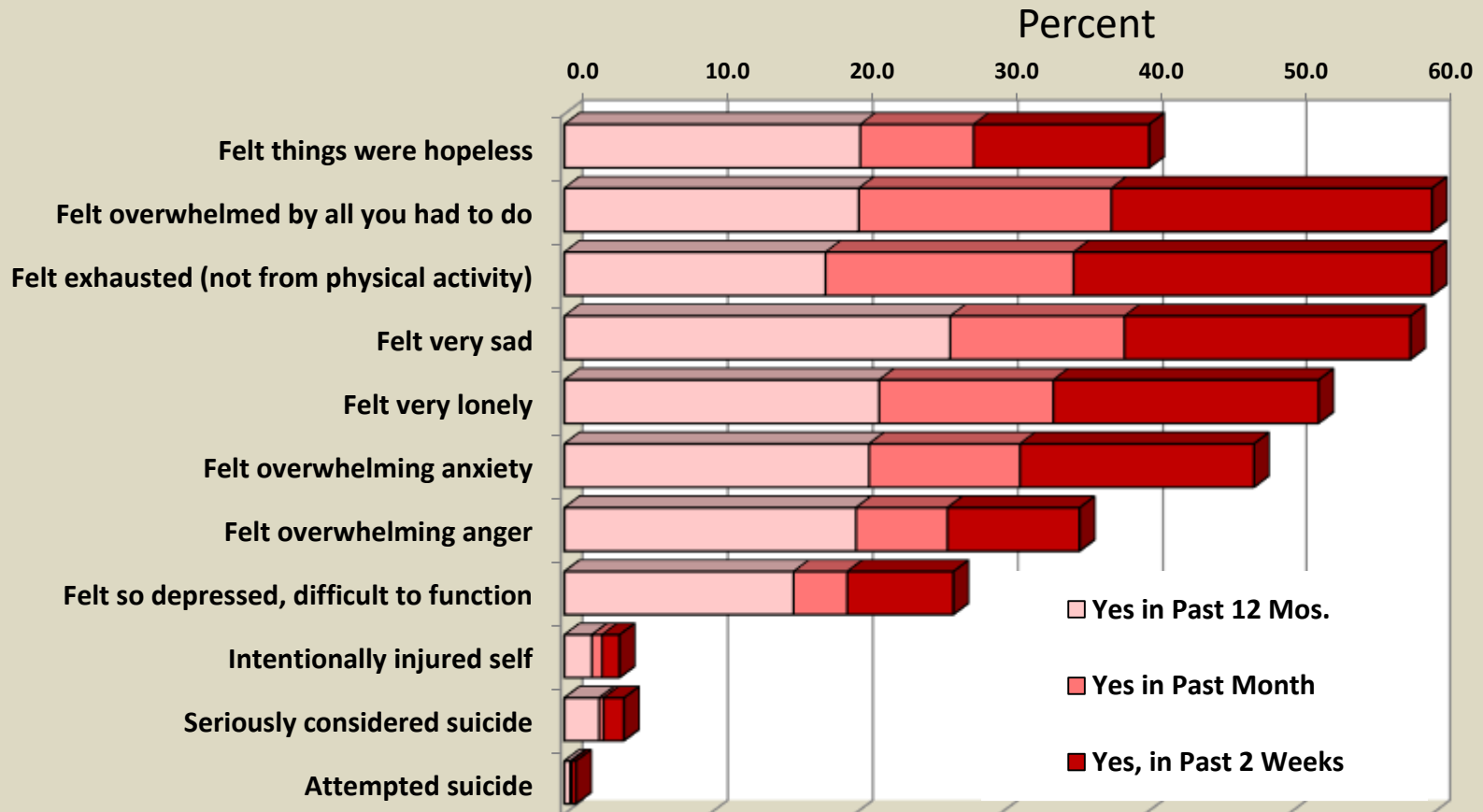
Student Ratings of Their Overall Level of Stress Over the Past 12 Months: 2010

Last 12 months: Level of stress

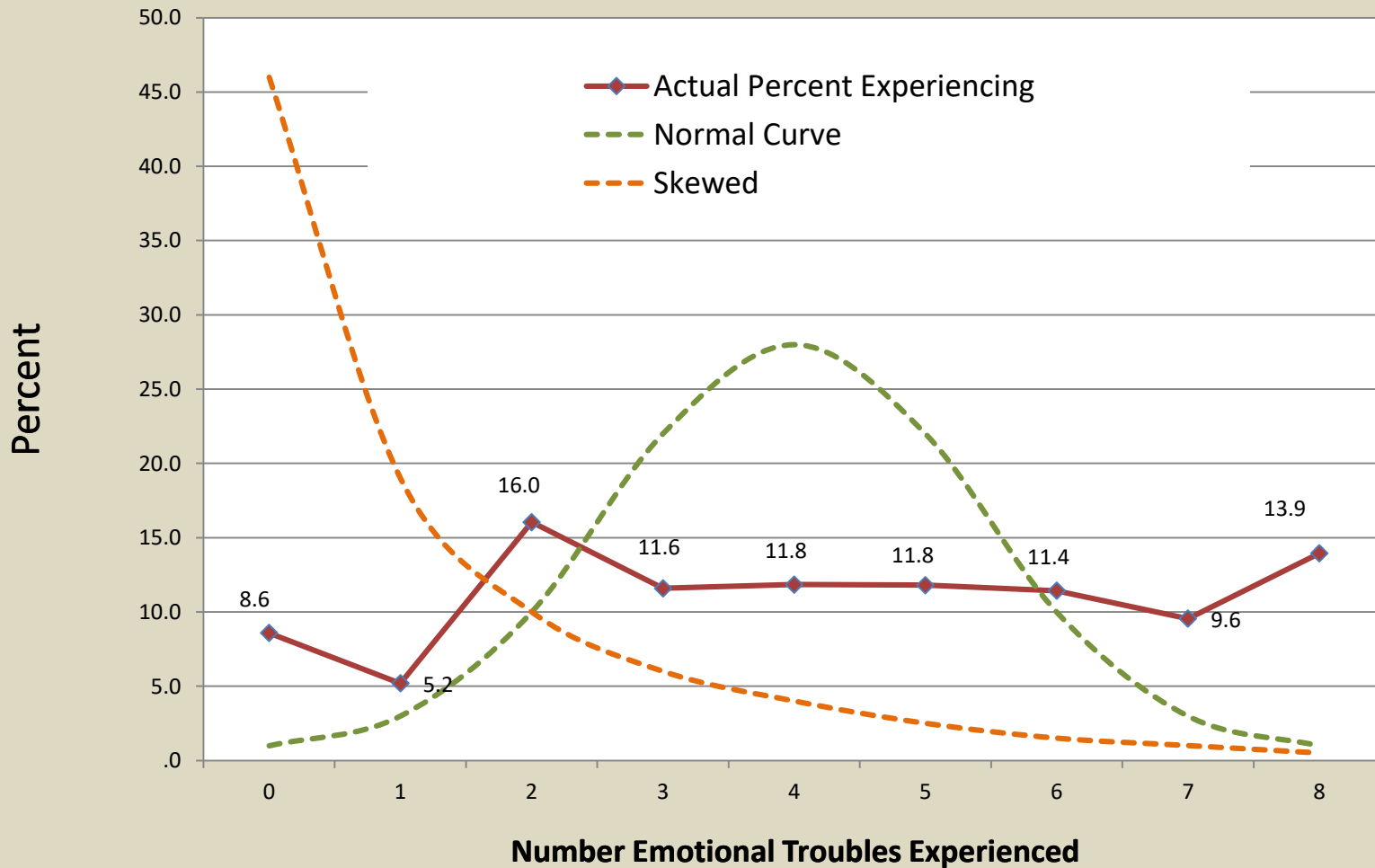


- No stress
- Less than average stress
- Average stress
- More than average stress
- Tremendous stress

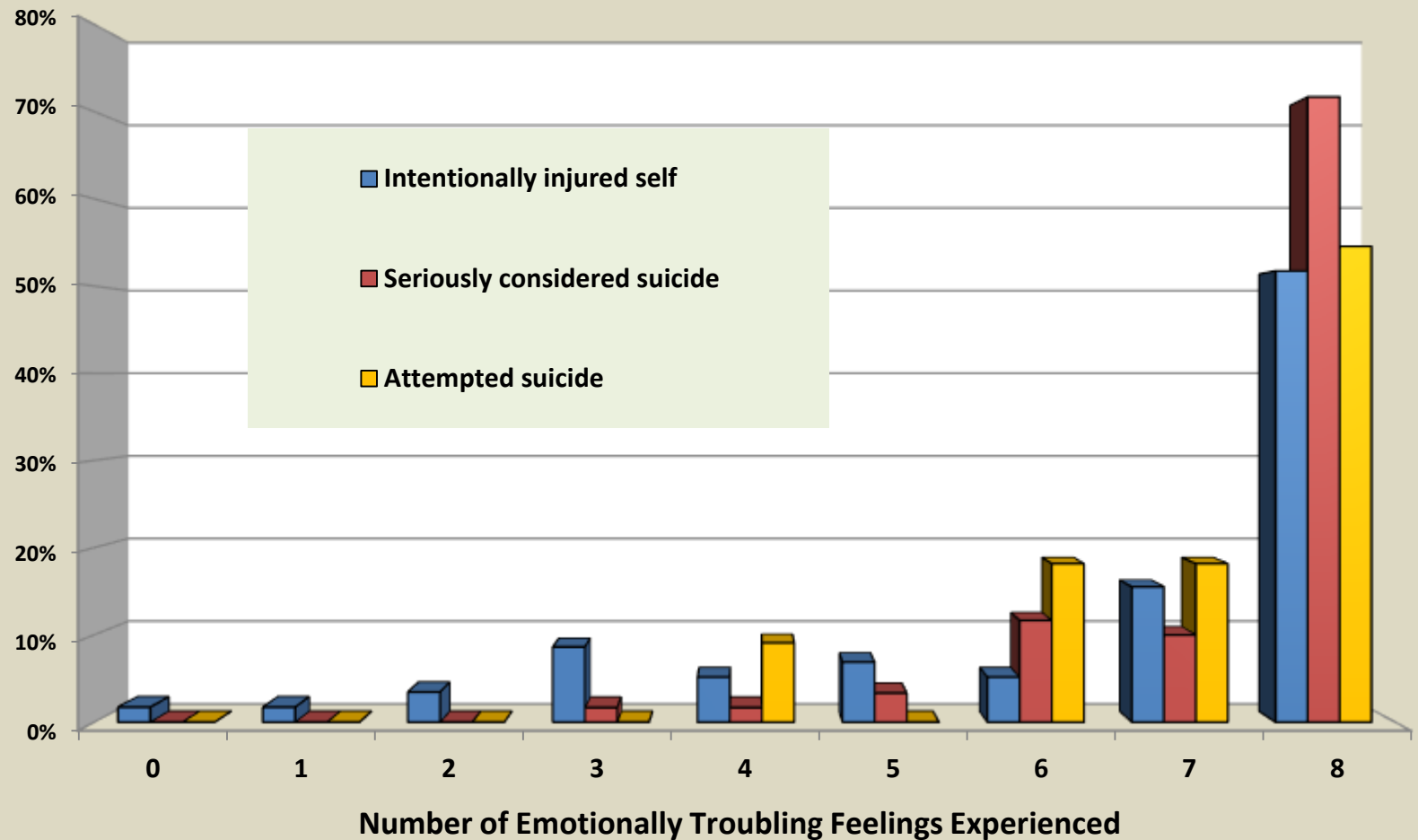
Percent of Students Feeling Emotionally Challenged, and Actions, by Recency: 2010



Prevalence of Feeling Emotionally Troubled and Relation to Self-Destructive Behavior: 2010



Percent Engaging in Self-Destructive Actions/Thoughts by Number Emotionally Troubling Experiences in Past Year



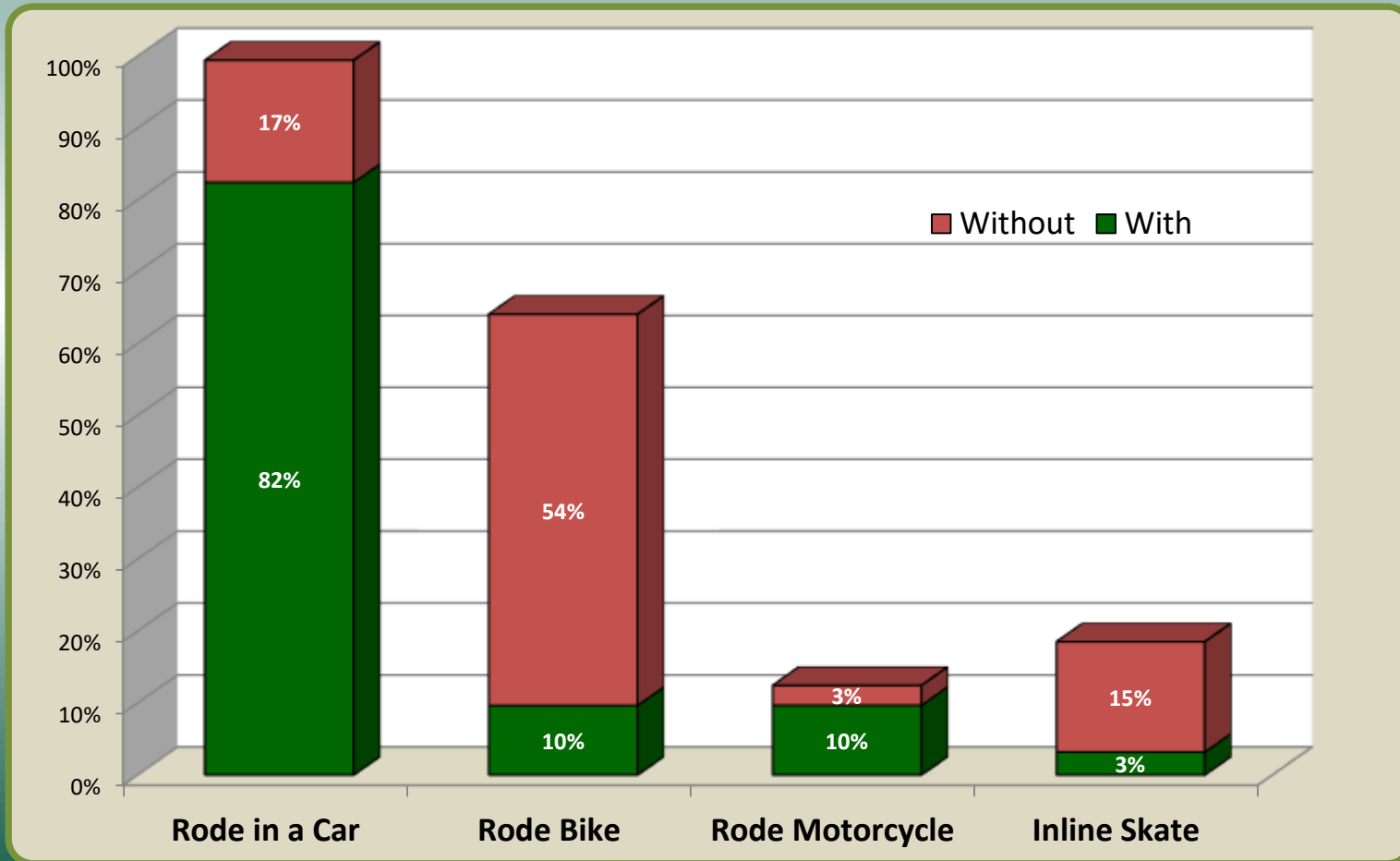
Percent of Students Ever Having Received Help/Treated for Emotional, Psychological Issues: 2010

- 30.7% ever received professional psychological or mental health services
 - Less than half those who experienced trauma, emotional challenges received professional help
- 9.9% received psychological/mental health services from current college/university
- 67.9% claim they would consider seeking professional help if having a personal problem in future

Personal safety and violence

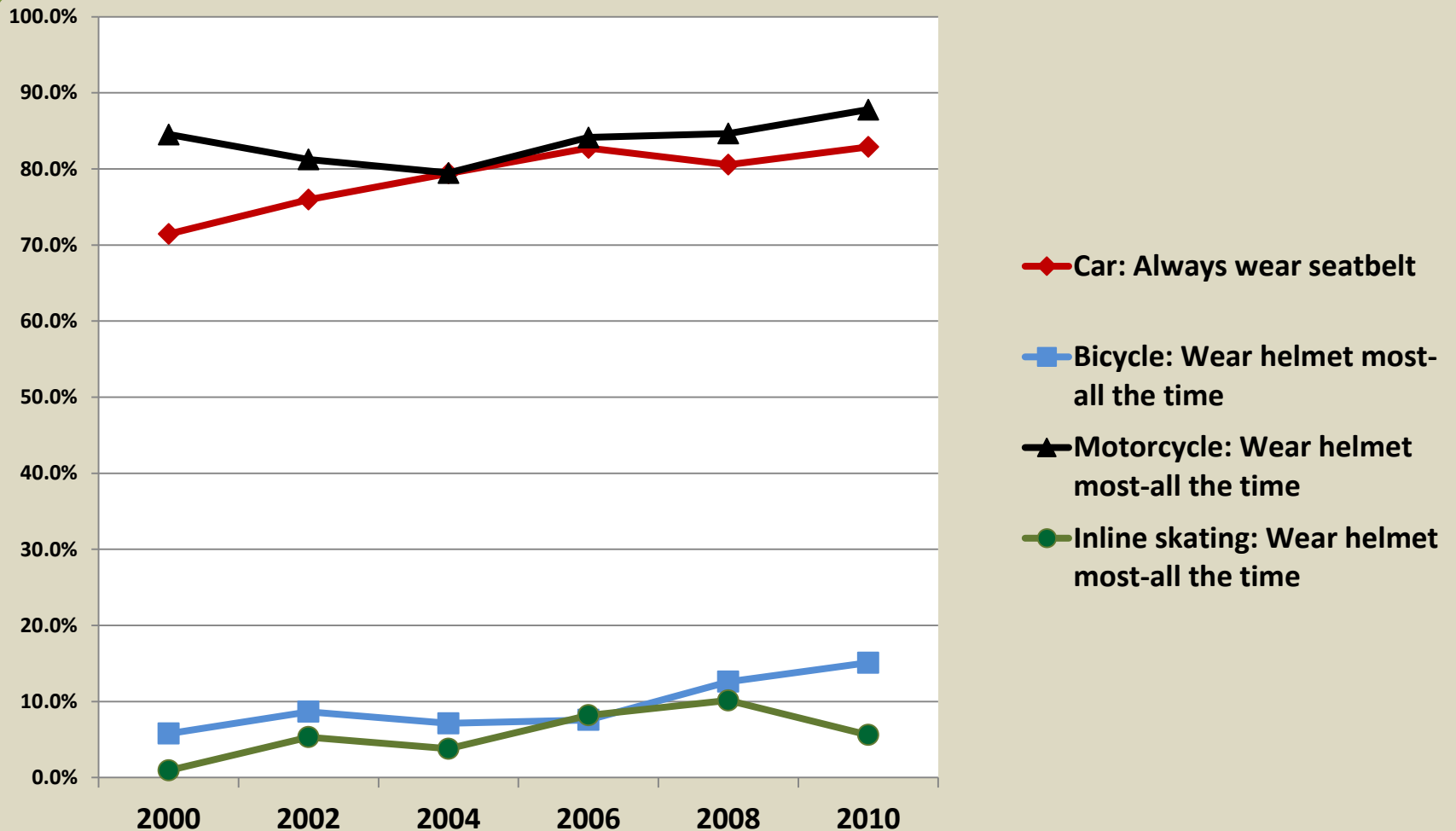
RESULTS

Percent of Students Always/(Most of time) Wearing Seatbelt/Helmets to Prevent Injury: 2010

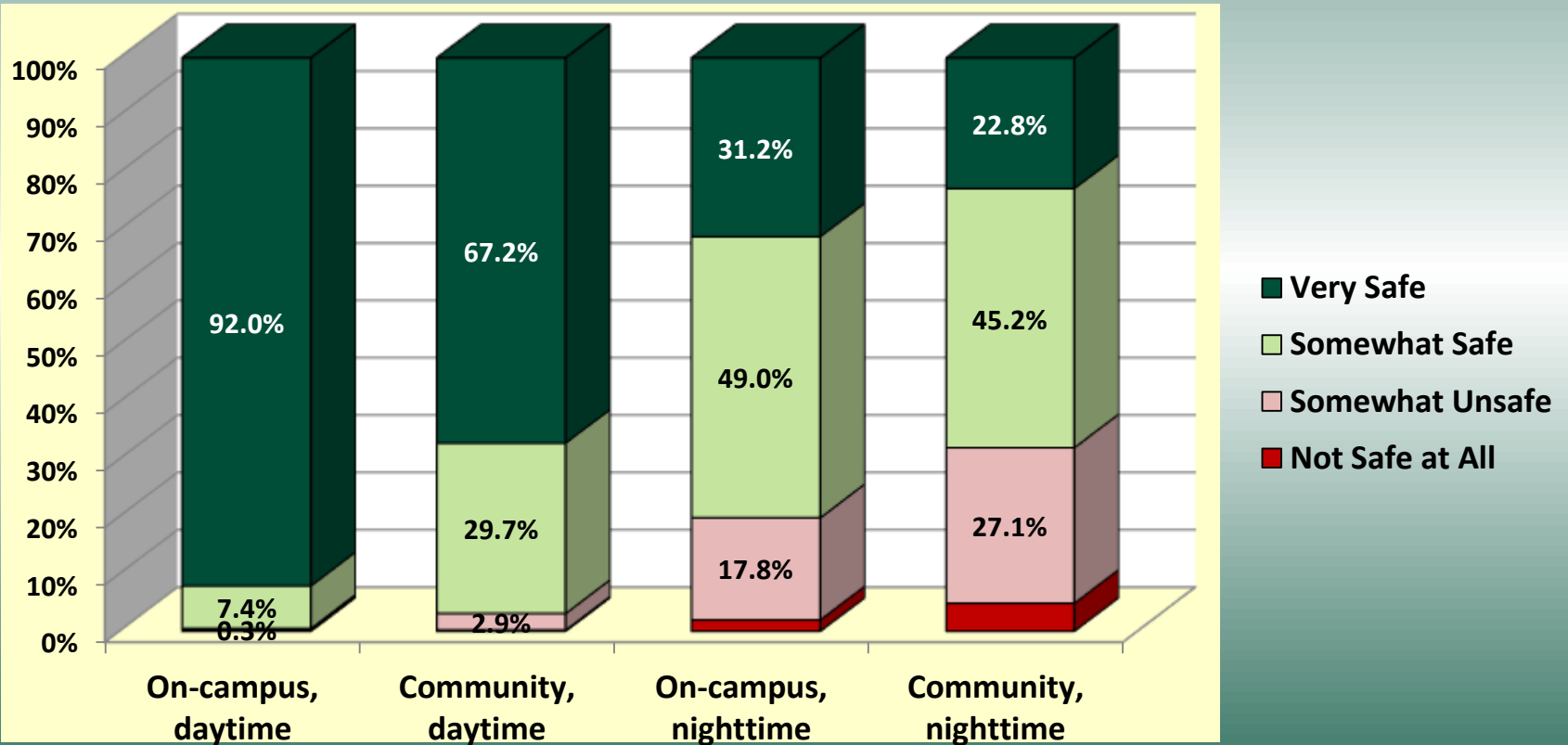


Trends in Injury Prevention Behavior: 2000 - 2010

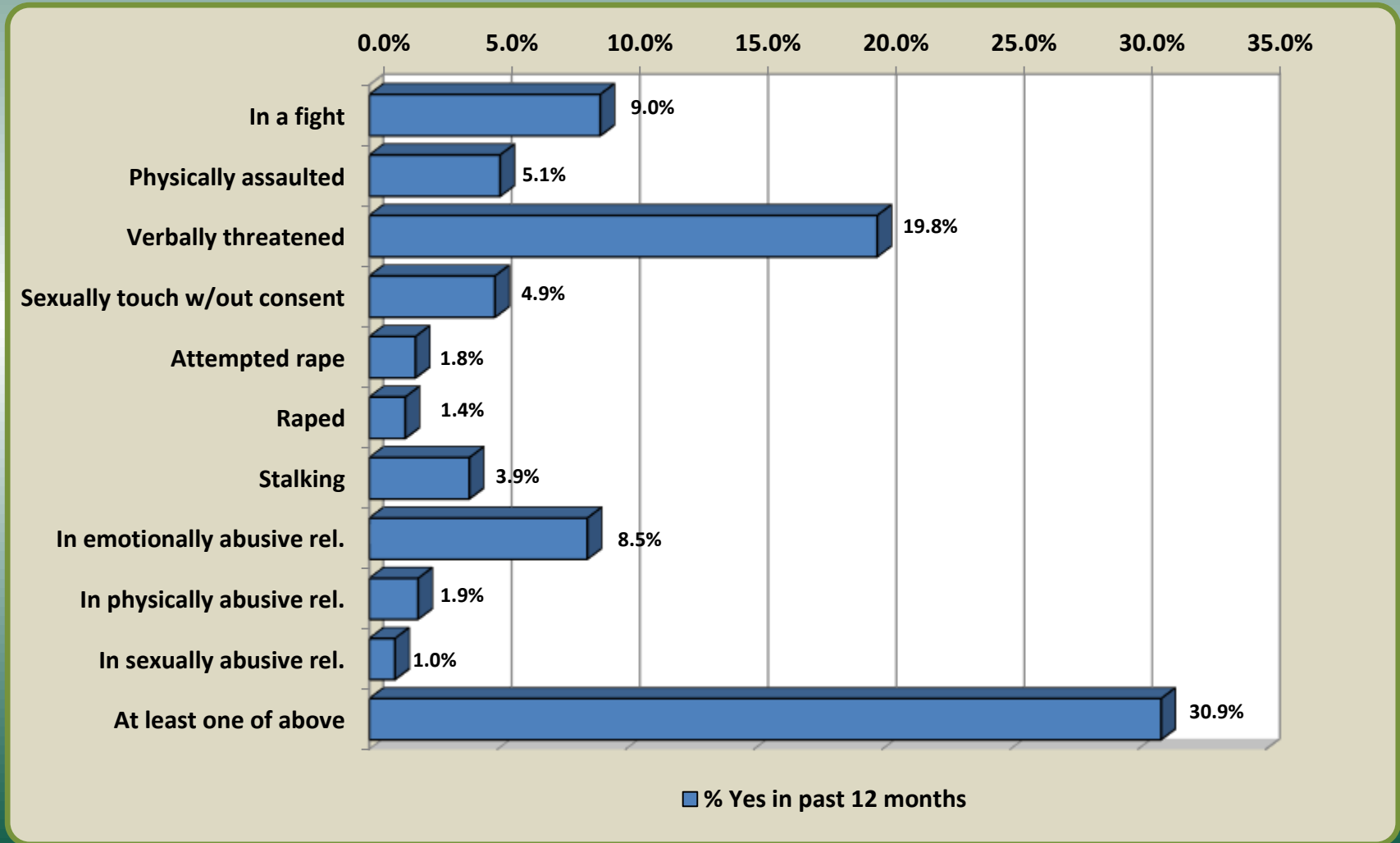
(Of those who participate)



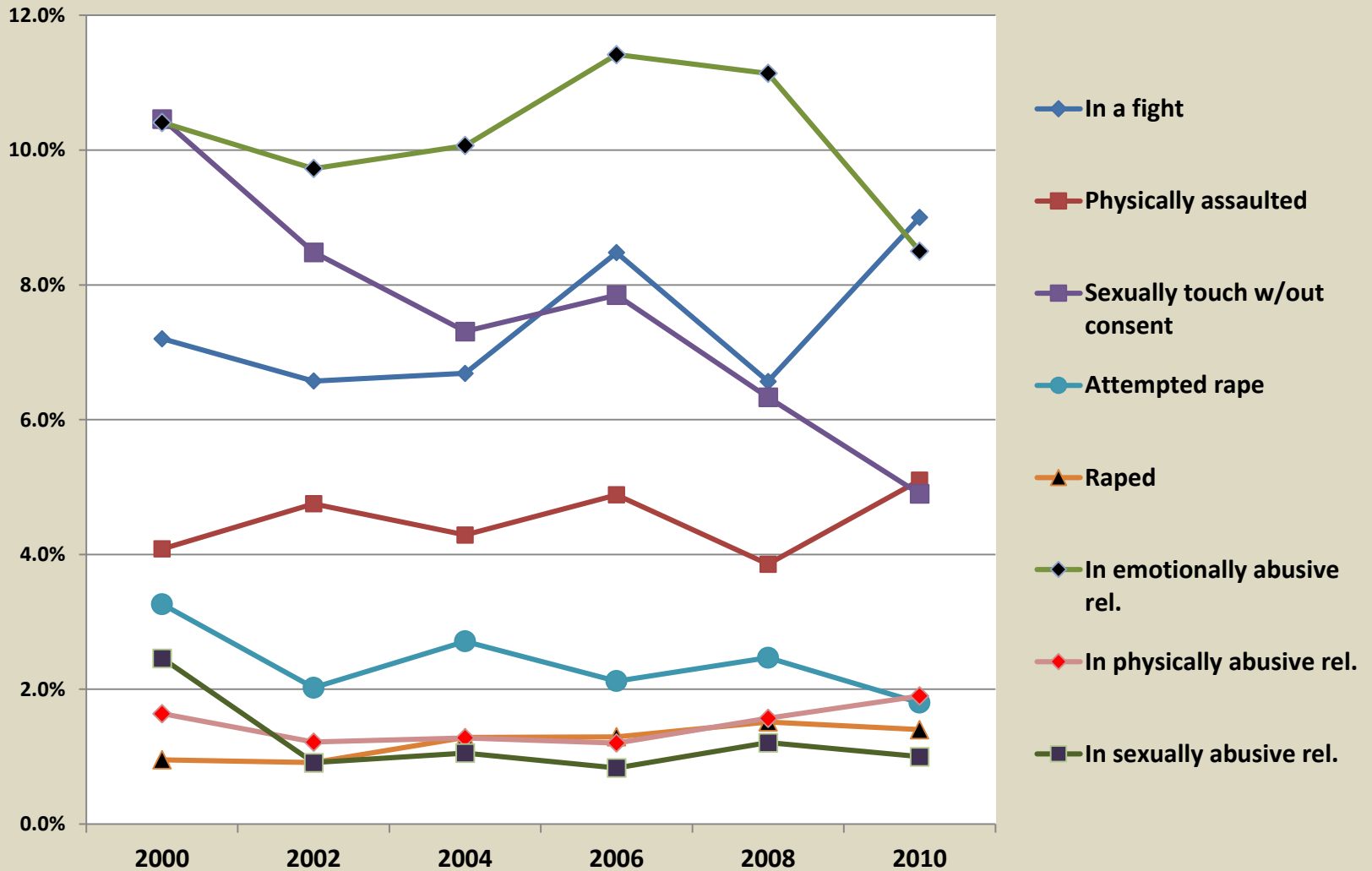
How Safe Students Feel They Are On Campus, in the Community: 2010



Percent of Students Victimized in Various Ways in Past Year: 2010



Trends in Victimization: 2000 - 2010

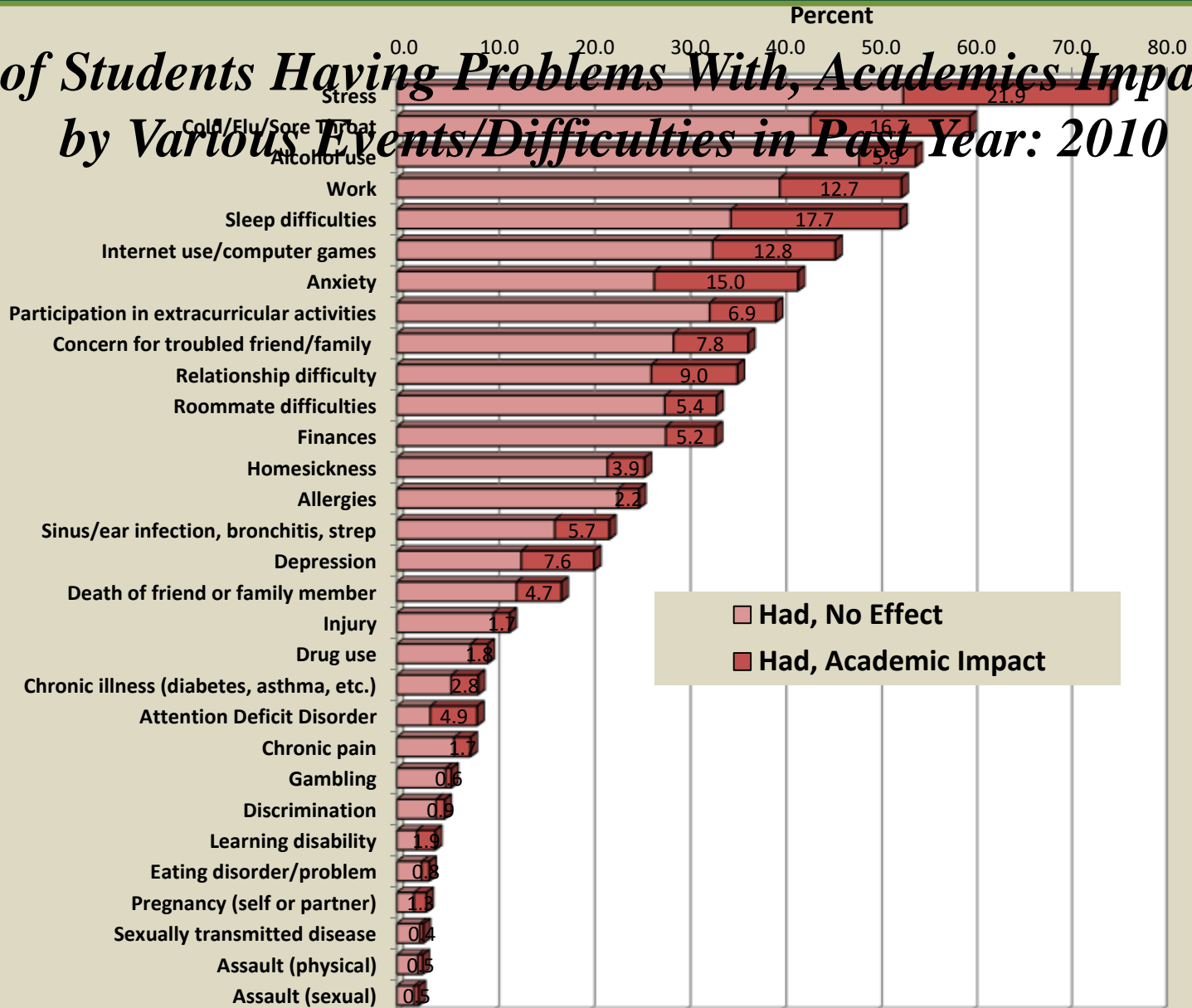


Note: 2000-2008 "Within the last school year" vs. 2010 "In the past 12 months"

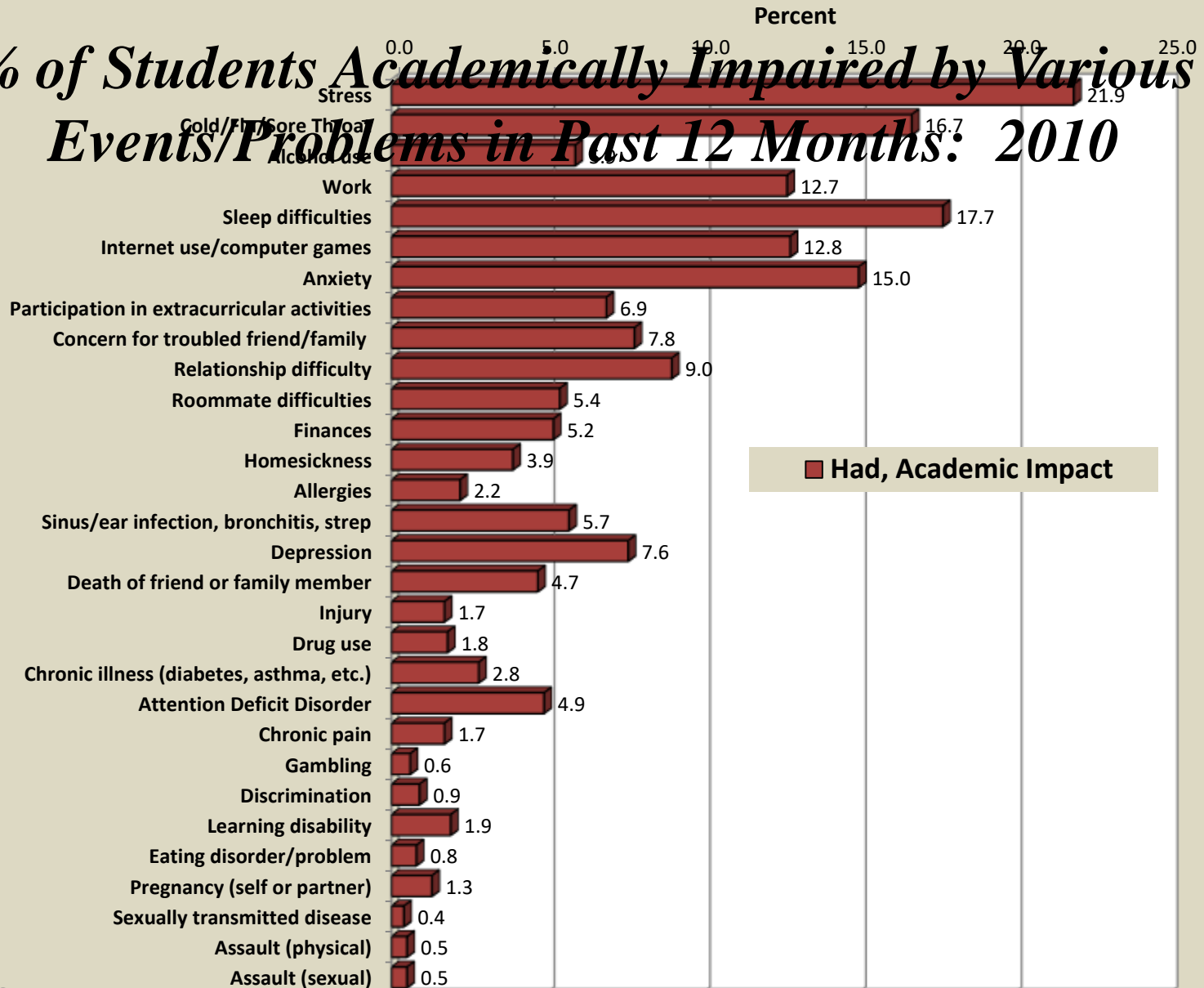
Factors Affecting Academic Performance

RESULTS

% of Students Having Problems With, Academics Impacted by Various Events/Difficulties in Past Year: 2010



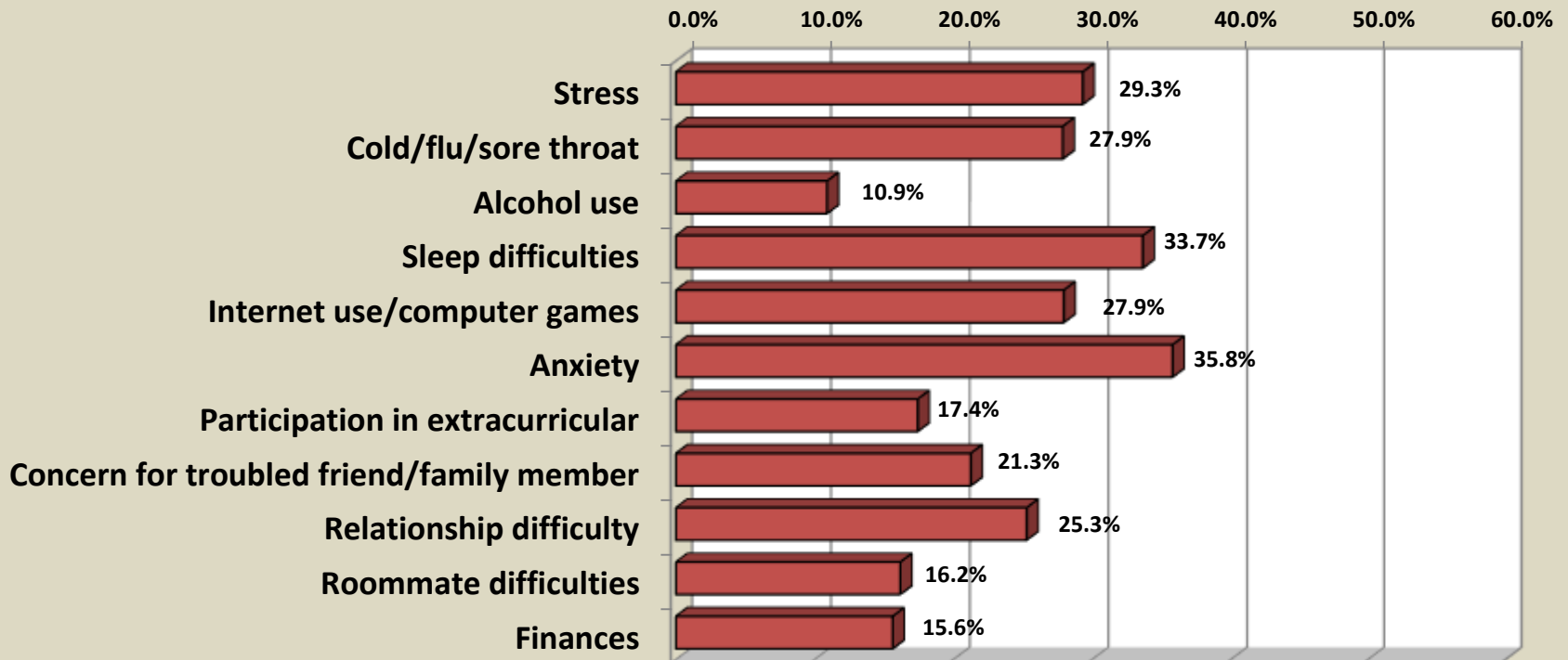
% of Students Academically Impaired by Various Events/Problems in Past 12 Months: 2010



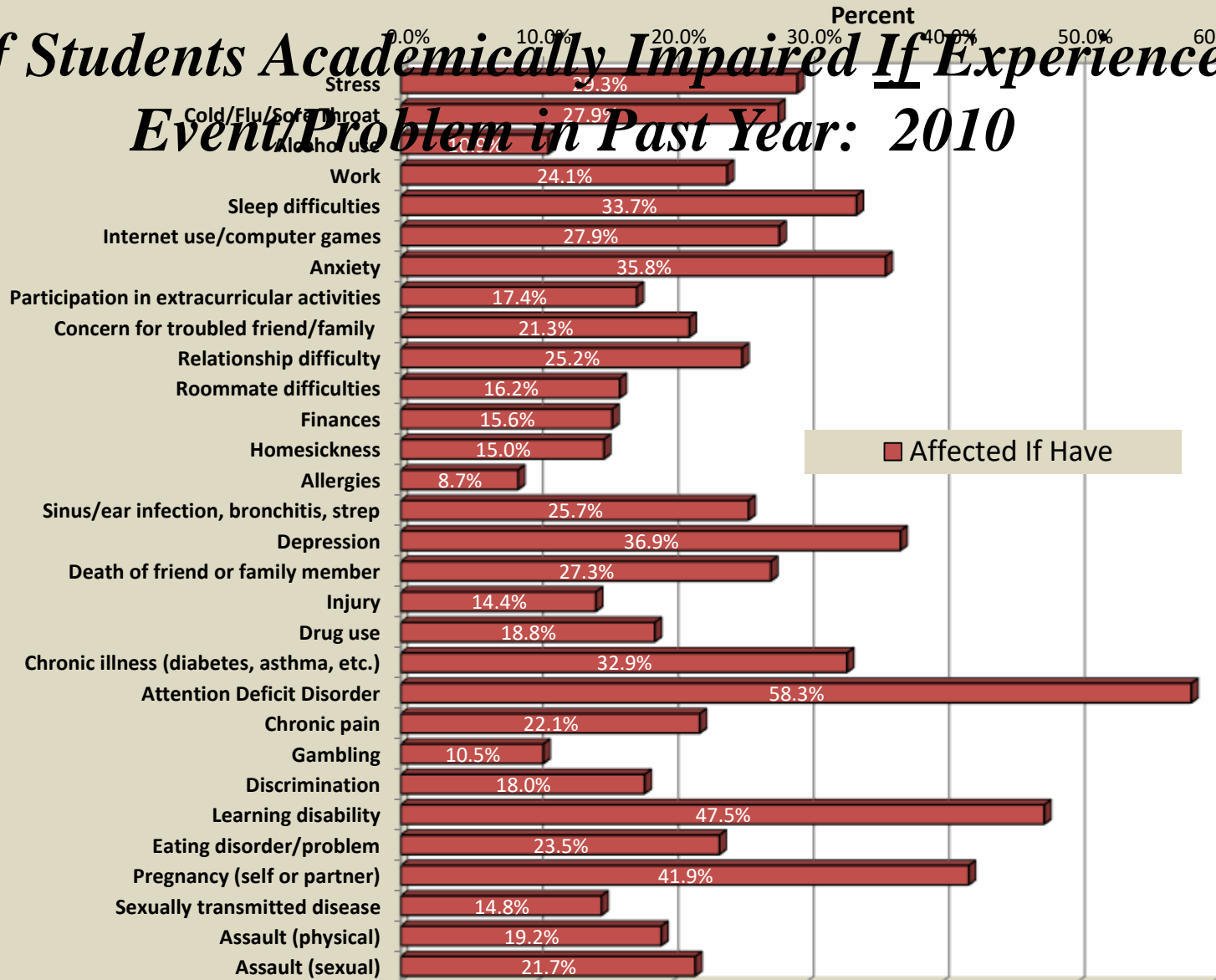
% of Students Academically Impaired If Experienced Event/Problem in Past Year: 2010

(11 Most Common Problems)

Academic Performance Impaired If Had Problem With



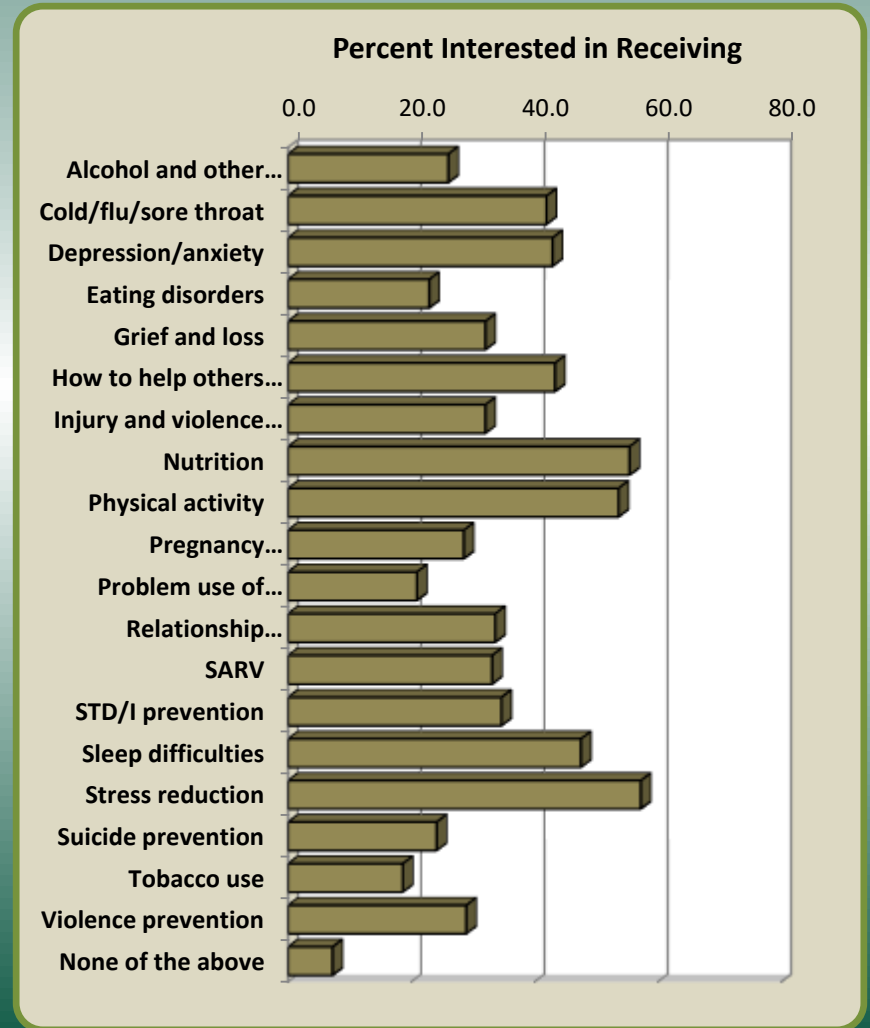
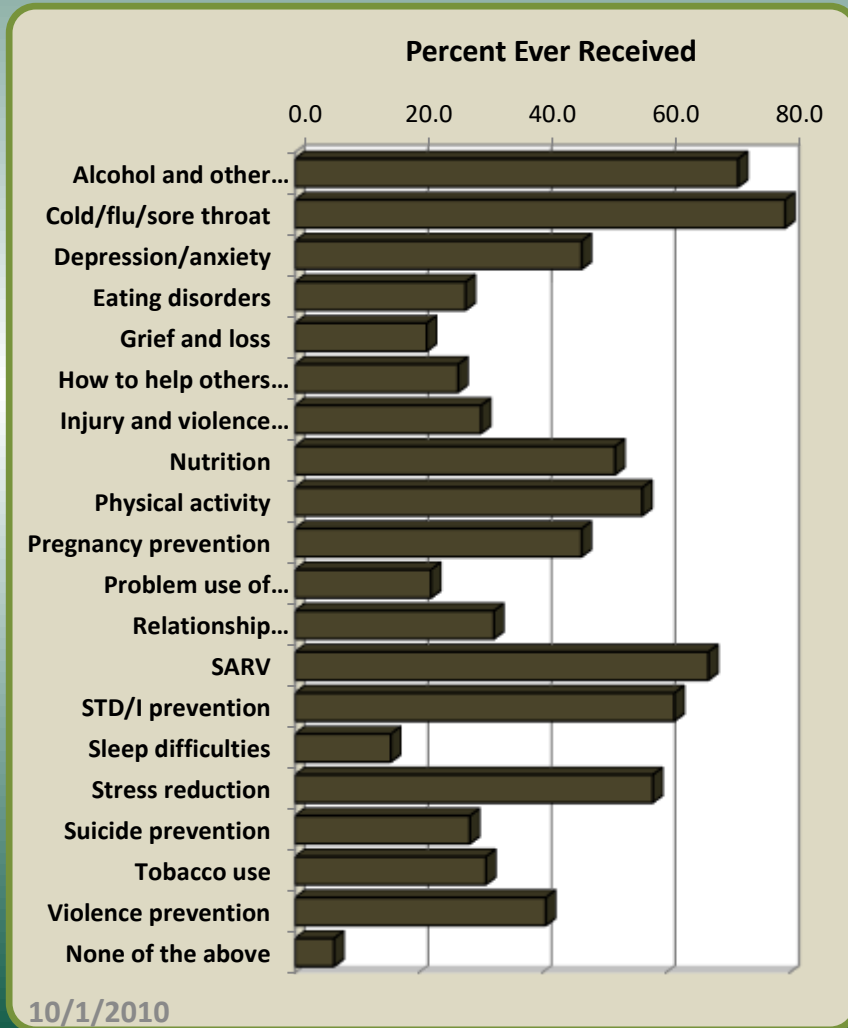
% of Students Academically Impaired If Experienced Event/Problem in Past Year: 2010



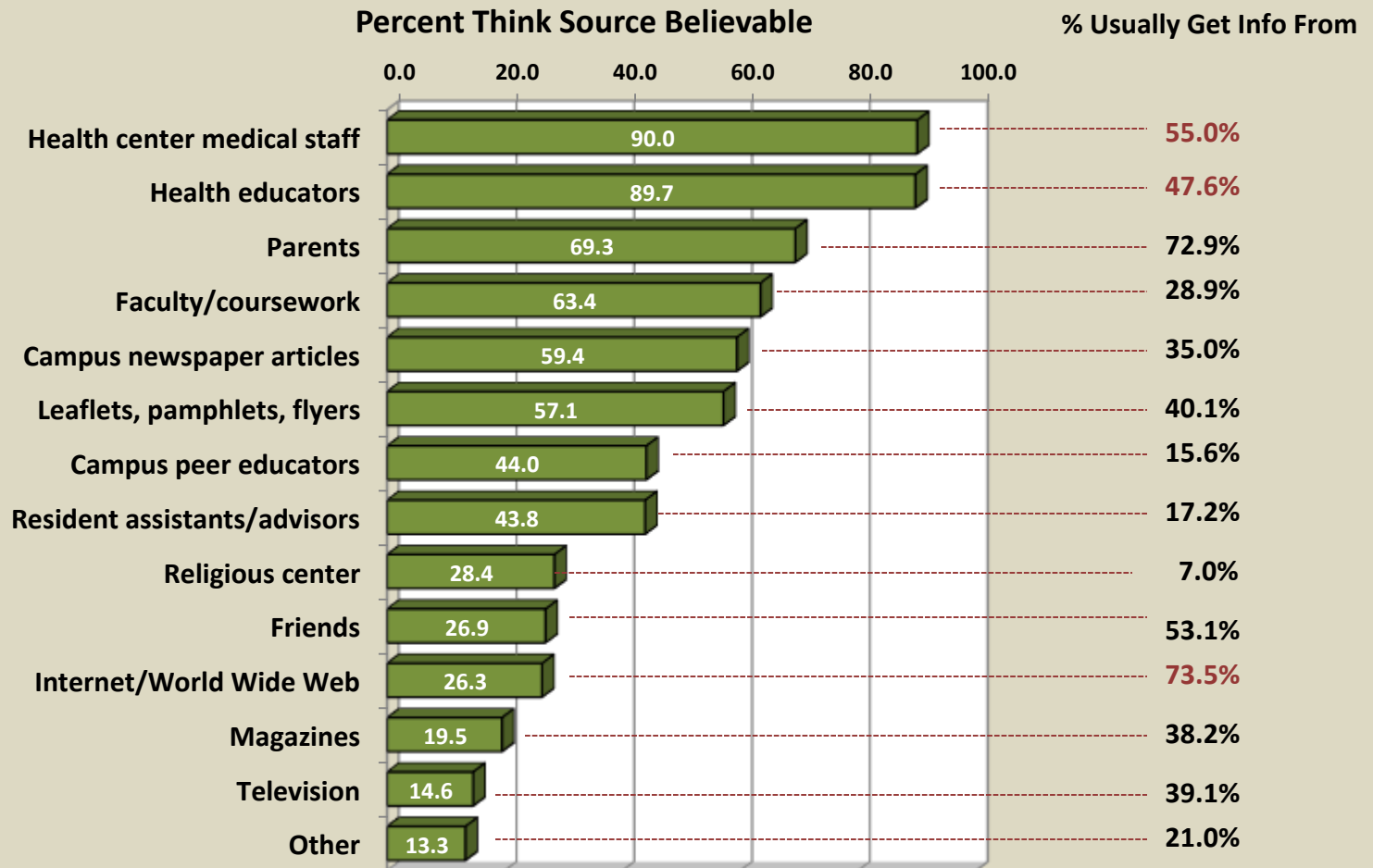
Health Information and Credibility

RESULTS

Percent of Student Claiming to Have Ever Received Information From MSU on Various Health-Related Topics: 2010



Believability of Health Information From Various Sources, Prevalence as Source Used: 2010



Summary

- What we've covered
- What we haven't
- Contact: Dr. Dennis Martell

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