

IOWA

THE UNIVERSITY OF IOWA

**NATIONAL COLLEGE
HEALTH ASSESSMENT**

*International Student
Summary Report*

SPRING 2023



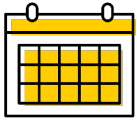


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Administration Information



The National College Health Assessment III survey was conducted between late February to mid-March of 2023. All undergraduate, graduate and professional students were invited to take the online survey.



1,882 University of Iowa undergraduate students (UI UGS) and 1,084 graduate and professional students (UI GPS) completed the survey, for response rates of 9.3% and 14.3%. 87 international undergraduates and 146 international graduate and professional students completed the survey.



Student Wellness administered the third version of the National College Health Assessment (NCHA-III) for the second time in 2023 (first being in 2021), but also administered an older survey version (NCHA-II) for several years prior to that. Many questions on the NCHA-III survey were not the same as NCHA-II, and in 2021, the NCHA-III was administered during a time when most University of Iowa classes were online. Both factors limit the ability to examine health behavior trends over time.



The general student reports from 2023 & previous years can be viewed at <https://studentwellness.uiowa.edu/ui-health-data>. Questions can be directed to Trish Welter at trisha-welter@uiowa.edu.

Comparisons

TO UI UNDERGRADUATE SAMPLE

International undergraduate students are...

- more likely to eat 3+ daily servings of fruits and vegetables
- less likely to participate in high-risk drinking
- more likely to wear a helmet when riding a motorcycle or scooter
- less likely to drive after drinking



- less likely to consider seeking help from a mental health professional
- more likely to experience moderate or high stress
- less likely to get 7-9 hours of sleep on weeknights
- more likely to experience at least one negative consequence from their alcohol use if they choose to drink



TO UI GRADUATE & PROFESSIONAL STUDENTS

International graduate and professional students are...

- less likely to participate in high-risk drinking
- more likely to report no mental health conditions
- more likely to be in the desired weight category
- less likely to experience moderate or high stress
- less likely to report distracted driving



- less likely to report feelings of flourishing
- less likely to feel very safe in the surrounding community during the day
- less likely to meet physical activity recommendations
- less likely to get 7-9 hours of sleep on weekends
- less likely to wear a helmet when riding



GENERAL HEALTH



91.6% of UI international undergraduate students and **89.7%** of international graduate and professional students report being in good, very good, or excellent health (UI UGS: 88.3%, UI GPS: 89.9%)

ACADEMIC IMPEDIMENTS*

International Undergraduate Students

1. Procrastination: **48.3%**
(UI UGS: #1, 50.5%)
2. Stress: **43.7%**
(UI UGS: #2, 44.6%)
3. Anxiety: **35.6%**
(UI UGS: #3, 40.4%)
4. Cold/Virus or Other Respiratory Illness: **28.7%**
(UI UGS: #7, 21.9%)
5. Chronic Health Condition(s): **25.3%**
(UI UGS: #4, 32.5%)

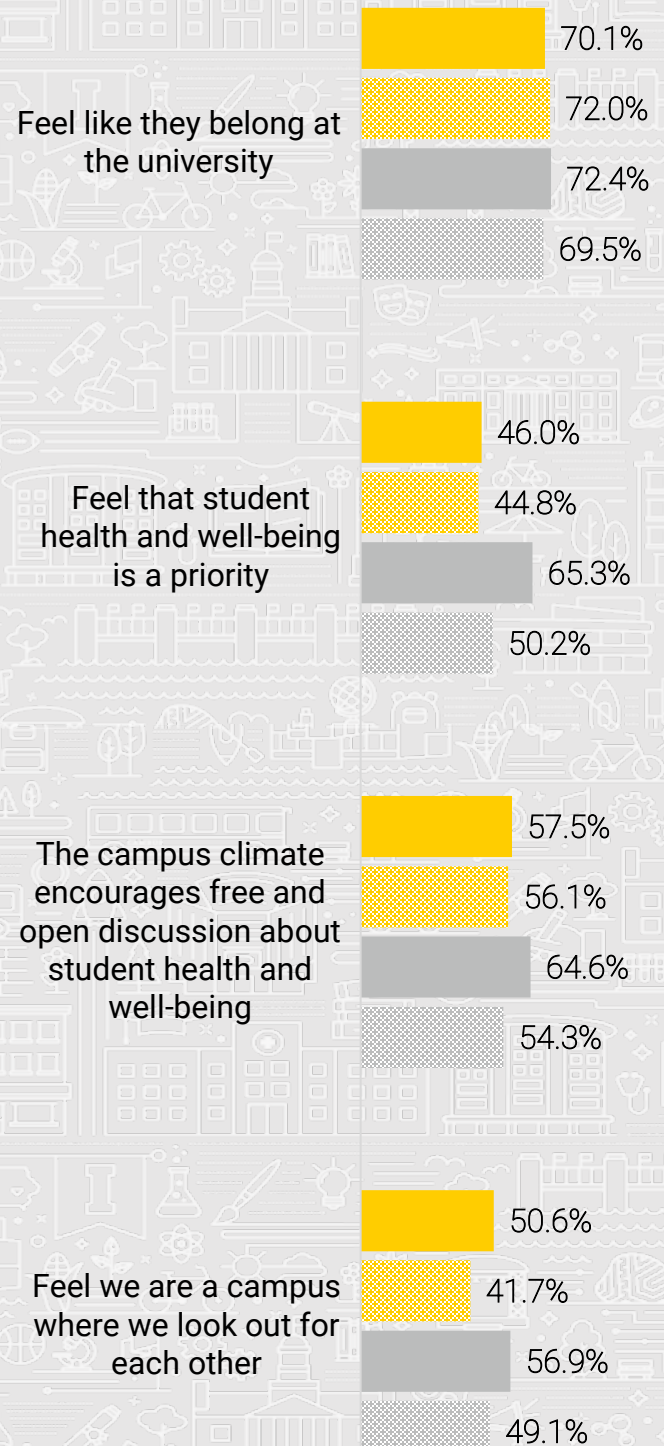
International Graduate & Professional Students

1. Procrastination: **37.0%**
(UI GPS: #2, 32.7%)
2. Stress: **29.5%**
(UI GPS: #1, 33.8%)
3. Anxiety: **24.7%**
(UI GPS: #3, 27.6%)
4. Chronic Health Conditions: **21.2%**
(UI GPS: #4, 26.7%)
5. Depression: **18.5%**
(UI GPS: 18.9%)

**Top five of 53 items that negatively impacted academic performance in the last 12 months*

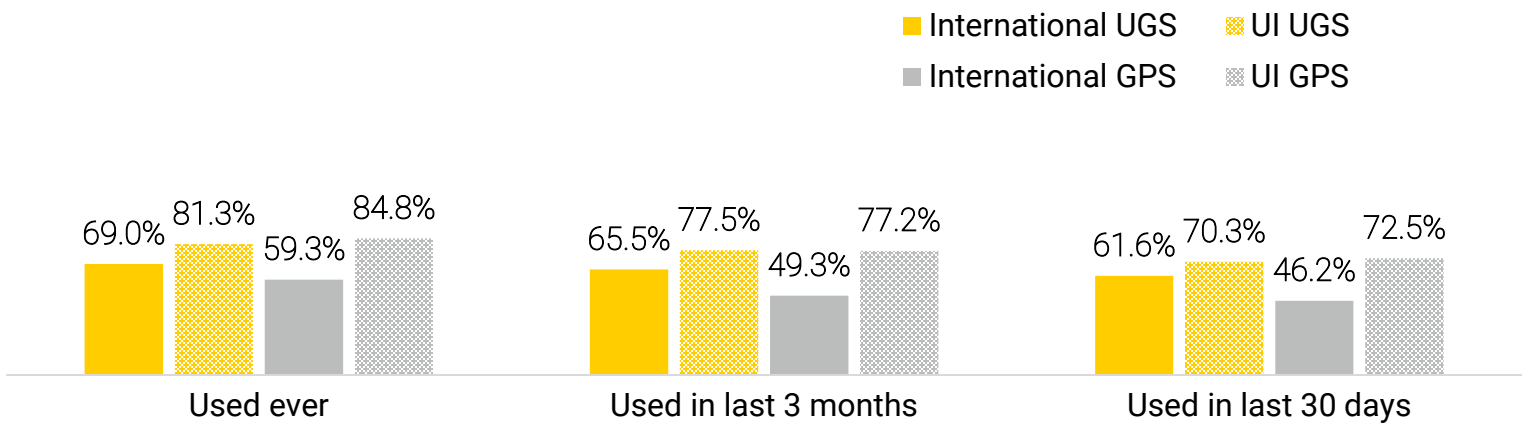
CAMPUS CULTURE*

- International UGS
- UI UGS
- International GPS
- UI GPS



**percent of students who responded "agree" or "strongly agree"*

ALCOHOL USE



High-Risk Drinking*

31.0% of all international undergraduate students and **5.5%** of international graduate and professional students have had at least one instance of high-risk drinking in the last two weeks.

(UI UGS: 39.9%, UI GPS: 23.7%)

*(females: 4+ drinks / males: 5+ drinks)

Number of Drinks*



International undergraduates drank **3.9** drinks and international graduate and professional students drank **2.1** drinks on average last time they drank alcohol in a social setting (UI UGS: 4.1, UI GPS: 2.9)



72.4% of international undergraduate and **93.4%** of international graduate and professional students drank 4 or fewer drinks the last time they drank alcohol in a social setting (UI UGS: 64.1%, UI GPS: 83.6%)

Blood Alcohol Concentration*



The average international undergraduate student blood alcohol concentration (BAC) was **0.06**, and the average graduate and professional student BAC was **0.02** (UI UGS: 0.06, UI GPS: 0.03)



79.7% of international undergraduate students and **94.9%** of graduate and professional students had an average BAC of <0.08 (UI UGS: 71.5%, UI GPS: 90.7%)

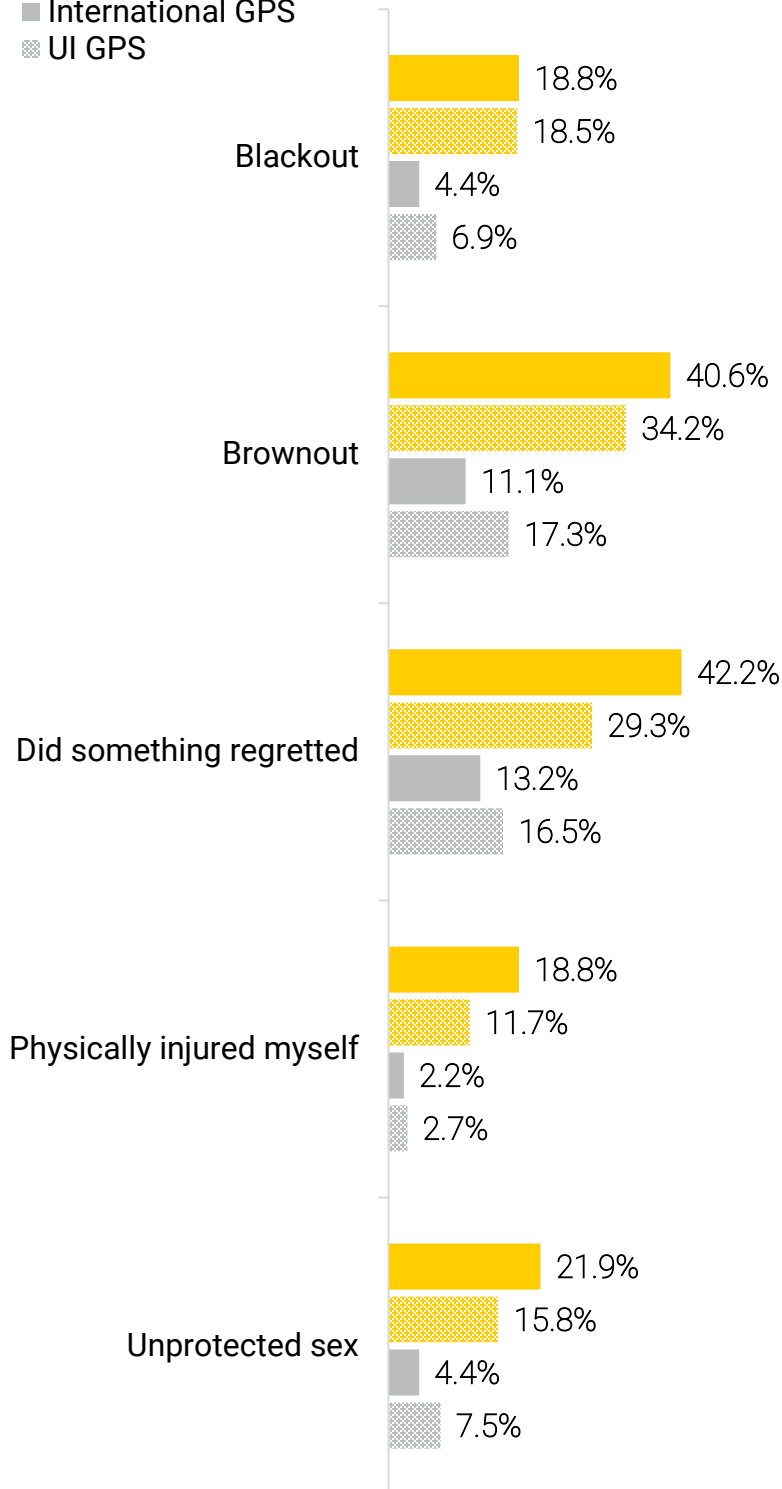
* of those who used alcohol in the last 3 months

ALCOHOL USE CONTINUED

Negative Consequences

56.3% of international undergraduate students and **20.9%** of graduate and professional students who used alcohol in the last 12 months experienced at least one negative consequence from their use.
(UI UGS: 49.3%, UI GPS: 29.8%)

- International UGS
- UI UGS
- International GPS
- UI GPS



Other Statistics



5.7% of international undergraduate and **0.7%** of graduate and professional students reported that their alcohol use negatively impacted their academics in the last 12 months
(UI UGS: 4.0%, UI GPS: 1.6%)



2.3% of international undergraduate and **14.7%** of graduate and professional students reported driving after drinking*
(UI UGS: 9.8%, UI GPS: 19.6%)



42.5% of international undergraduate students have ever used a fake ID
(UI UGS: 46.4%)



59.3% of international undergraduate and **14.1%** of graduate and professional students reported drinking to get drunk the last time they drank**
(UI UGS: 54.9%, UI GPS: 23.6%)



61.0% of international undergraduate and **12.5%** of graduate and professional students reported getting drunk the last time they drank**
(UI UGS: 53.0%, UI GPS: 24.4%)



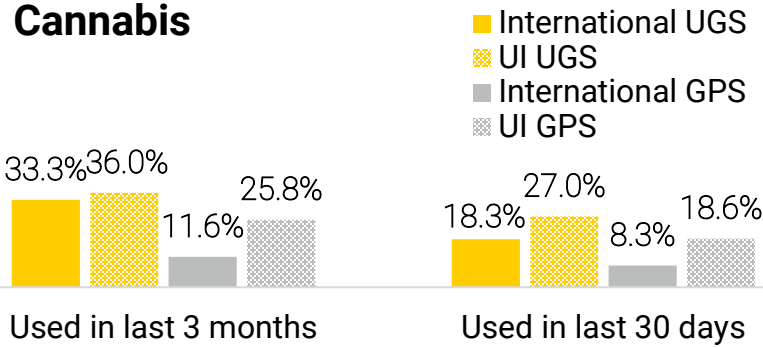
3.1% of international undergraduate and **1.0%** of graduate and professional students are in recovery from at least one substance
(UI UGS: 1.6%, UI GPS: 1.7%)

*of those who have used alcohol in the last 30 days

**of those who have used alcohol in the last 3 months

OTHER SUBSTANCE USE

Cannabis

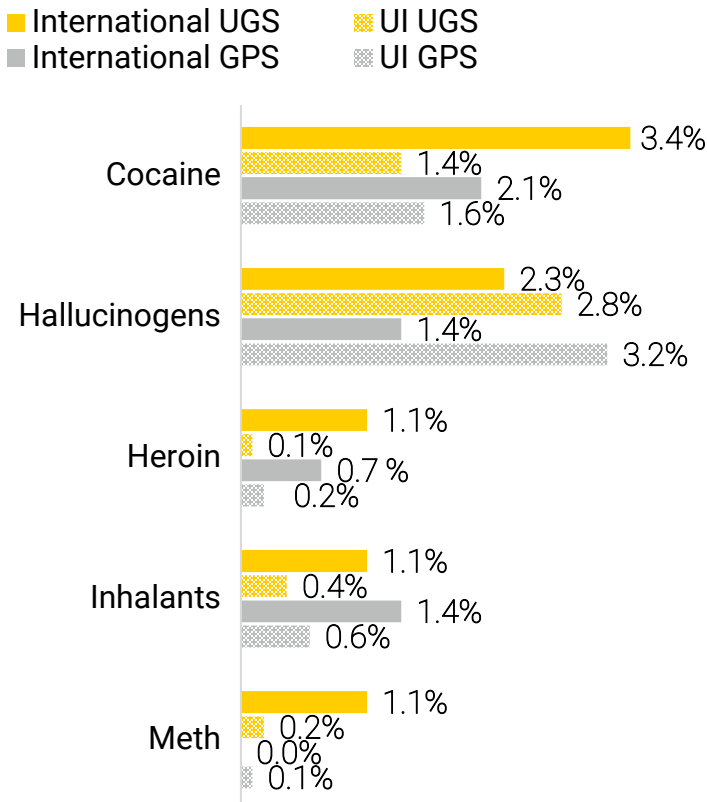


18.2% of international undergraduate students and **20.0%** of graduate and professional students reporting cannabis use in the last 30 days have driven within 6 hours of use at least once. (UI UGS: 26.9%, UI GPS: 22.8%)



1.1% of international undergraduate students and **0.7%** of graduate and professional student respondents reported that cannabis had negatively impacted their academics in the last 12 months. (UI UGS: 2.4%, UI GPS: 0.6%)

Other Illicit Drugs*



*percent of students who used in the last 3 months

Nicotine

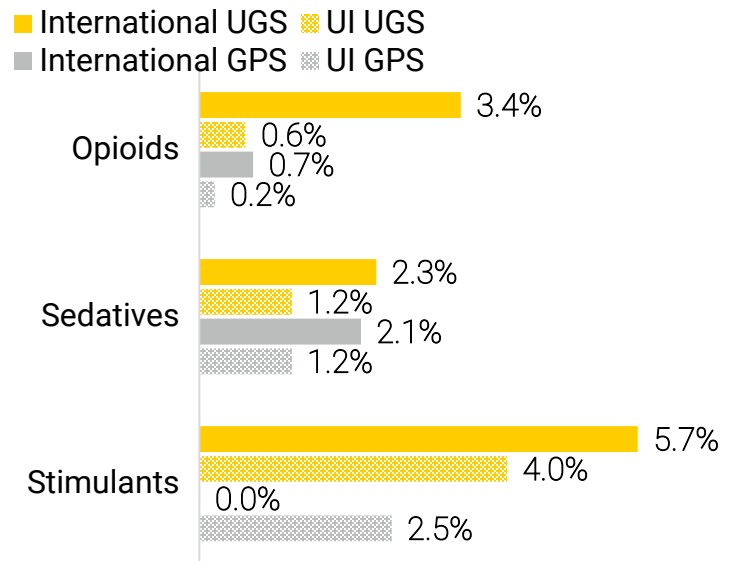
26.4% of international undergraduate and **11.6%** of graduate and professional students have used at least one nicotine product in the last 3 months (UI UGS: 30.1%, UI GPS: 13.5%)

Nicotine Products Used in Last 3 Months

International UGS	UI UGS
1. E-cigarettes/Vape Products: 21.8%	1. E-cigarettes/Vape Products: 26.0%
2. Cigarettes: 11.5%	2. Cigarettes: 11.3%
3. Chew/Smokeless Tobacco: 3.4%	3. Cigars: 2.8%
4. Cigars: 2.3%	4. Chew/Smokeless Tobacco: 1.8%
5. Hookah: 1.1%	5. Hookah: 1.3%

International GPS	UI GPS
1. E-cigarettes/Vape Products: 6.8%	1. E-cigarettes/Vape Products: 8.6%
Cigarettes: 6.8%	2. Cigarettes: 5.6%
3. Hookah: 2.1%	3. Cigars: 1.8%
4. Cigars: 1.4%	4. Hookah: 1.2%
	5. Chew/Smokeless Tobacco: 1.1%

Illegal Use of Prescription Drugs*



*percent of students who used in the last 3 months

NUTRITION

Average Daily Fruit & Vegetable Intake



25.3% of international undergraduate students and **17.1%** of graduate and professional reported eating 3+ servings of fruit per day in the last 7 days.
(UI UGS: 18.4%, UI GPS: 19.5%)



37.9% of international undergraduate students and **34.2%** of graduate and professional students reported eating 3+ servings of vegetables per day in the last 7 days.
(UI UGS: 25.2%, UI GPS: 34.7%)

Beverages

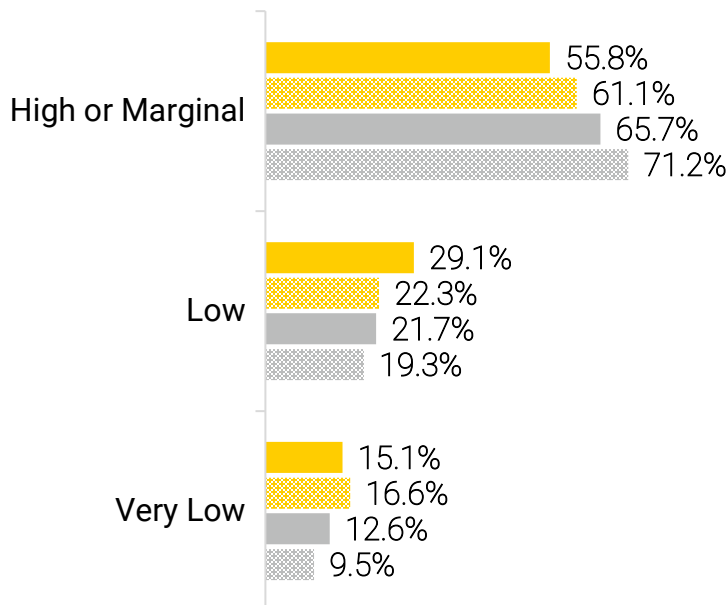
69.0% of international undergraduate students and **57.9%** of graduate and professional students drink 1+ sweetened beverage per day**
(UI UGS: 72.5%, UI GPS: 56.2%)

21.8% of international undergraduate students and **5.0%** of graduate and professional students have had energy drinks/shots at least 5 days in the last month
(UI UGS: 20.5%, UI GPS: 12.3%) **last 7 days

FOOD SECURITY*

USDA Food Security Index

■ International UGS ■ UI UGS
■ International GPS ■ UI GPS

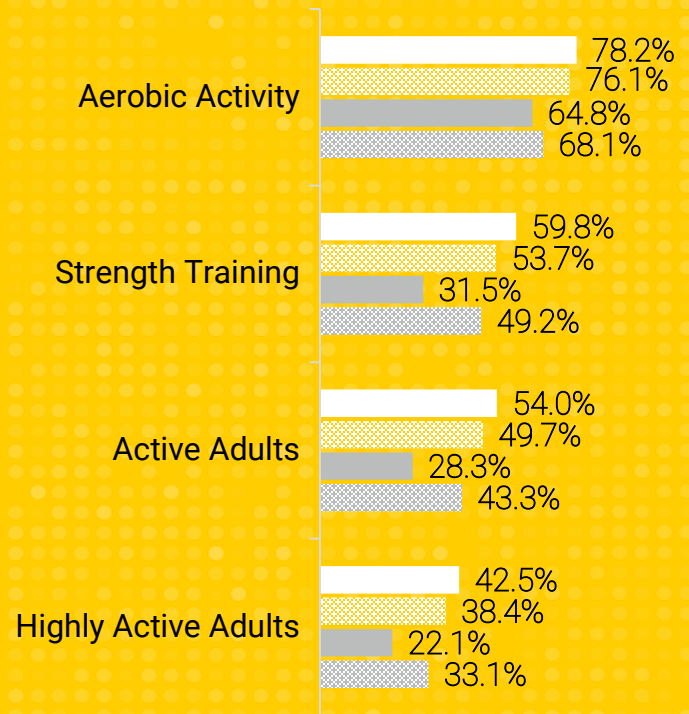


*last 30 days of having access to enough food for an active, healthy life

PHYSICAL ACTIVITY

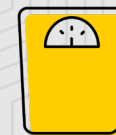
Percent of Students Meeting Recommendations*

■ International UGS ■ UI UGS
■ International GPS ■ UI GPS



*Aerobic activity: 75+ min of vigorous intensity activity, 150+ min of moderate intensity activity or a combination of the two per week
Strength training: 2+ days per week of moderate or greater intensity activities for all major muscle groups
Active adults: meeting both the aerobic & strength training recommendations
Highly active adults: meeting the strength training recommendation and attaining more than double the recommended amount of aerobic activity

WEIGHT



61.9% of international undergraduate students and **57.2%** of graduate and professional students are in the desired weight range (BMI of 18.5-24.9), with average BMIs of **24.2** and **23.7**.
50.6% of undergraduate and **40.4%** of graduate and professional students are trying to lose weight.
(UI UGS: 61.6%, 24.5, 46.8%, UI GPS: 48.2%, 26.0, 47.2%)

MENTAL HEALTH

Psychological Distress

On the Kessler-6, **61.9%** and **15.5%** of international undergraduate and **51.4%** and **11.6%** of graduate and professional students reported moderate and serious psychological distress, respectively.
(UI UGS: 52.8%, 19.4%; UI GPS: 52.3%, 12.0%)

Self-Harm

10.5% of undergraduate and **4.8%** of graduate and professional students have attempted self-injury and **0.0%** of international undergraduate and **2.1%** of graduate and professional students have attempted suicide in the last 12 months.
(UI UGS: 11.7%, 2.3%, UI GPS: 5.4%, 0.8%)

Conditions

19.5% of undergraduate and **8.3%** of graduate and professional students reported having one mental health condition and **28.7%** of undergraduate and **11.7%** of graduate and professional students reported having two or more.
(UI UGS: 15.4%, 34.3%, UI GPS: 17.8%, 31.1%)

Top conditions ever diagnosed include:

Anxiety: **37.9%** of undergraduates, **14.6%** of graduate and professional students
(UI UGS: 41.7%, UI GPS: 38.5%)

Depression: **26.4%** of undergraduates, **13.1%** of graduate and professional students
(UI UGS: 30.1%, UI GPS: 29.2%)

ADD/ADHD: **11.5%** of undergraduates, **1.4%** of graduate and professional students
(UI UGS: 13.5%, UI GPS: 12.0%)

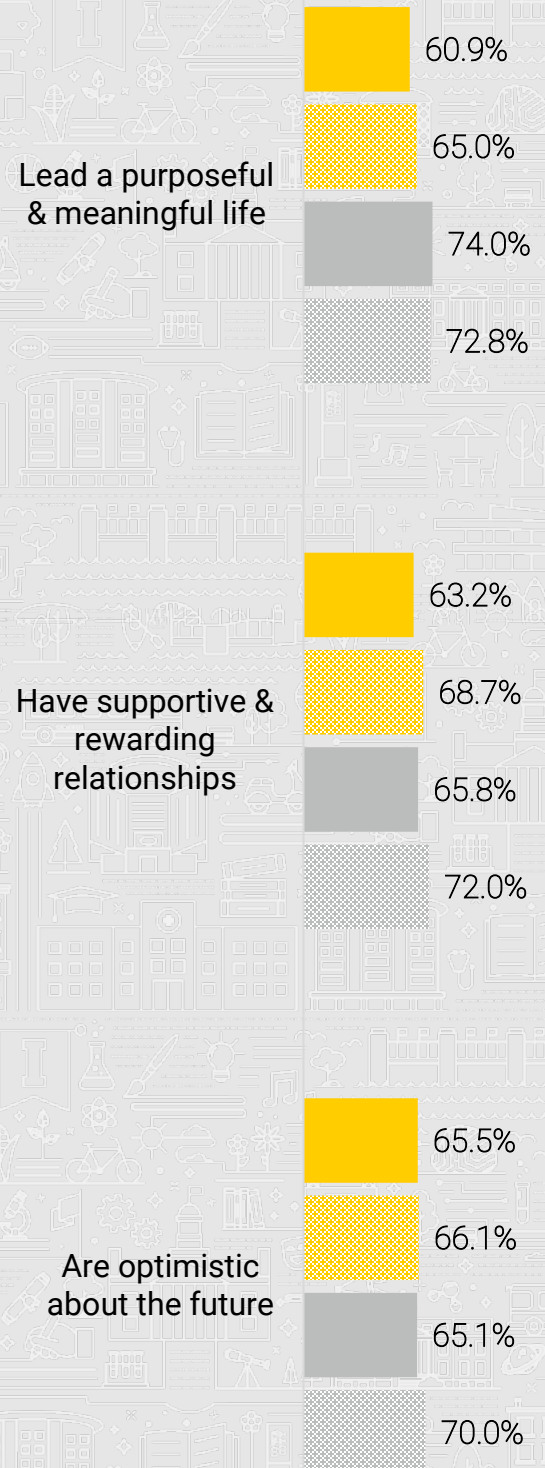
Services

51.7% of undergraduate and **48.6%** of graduate and professional students reported receiving psychological or mental health services in their lifetime, and **36.8%** of undergraduate students and **32.2%** of graduate and professional students reported using them in the last 12 months.
(UI UGS: 55.6%, 37.8%, UI GPS: 64.4%, 42.8%)

Of those who have received services in the last 12 months, **43.8%** of undergraduate and **53.3%** of graduate and professional students reported receiving on campus services.
(UI UGS: 34.9%, UI GPS: 41.5%)

Flourishing*

- International UGS
- UI UGS
- International GPS
- UI GPS



*percent of students who "agree" or "strongly agree"

STRESS

International Undergraduate Student Top Stressors*

1. Procrastination: **71.8%**
(UI UGS: #1, 76.0%)
 2. Personal Appearance: **63.2%**
(UI UGS: #2, 59.4%)
 3. Academics: **54.0%**
(UI UGS: #3, 47.9%)
 4. Finances: **37.9%**
(UI UGS: #4, 43.0%)
- Roommate/Housemate: **37.9%**
(UI UGS: #6, 39.9%)

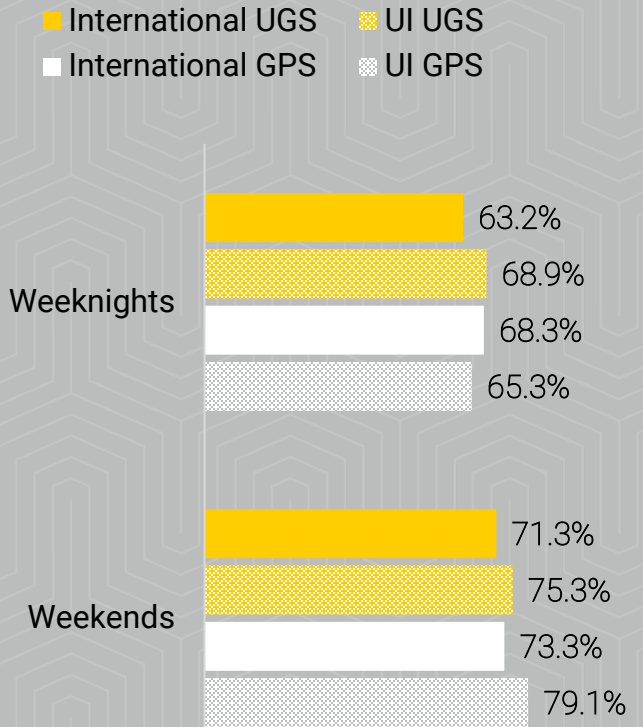
International Graduate & Professional Student Top Stressors*

1. Procrastination: **60.4%**
(UI GPS: #1, 64.9%)
2. Academics: **42.5%**
(UI GPS: #5, 34.7%)
3. Finances: **41.1%**
(UI GPS: #3, 39.2%)
4. Career: **40.0%**
(UI GPS: #8, 29.0%)
5. Intimate Relationships: **38.4%**
(UI GPS: #6, 32.6%)

*last 12 months

SLEEP

Percent of Students Who Get 7-9 Hours of Sleep Each Night



66.6% of undergraduate and **52.7%** of graduate and professional students feel tired or sleepy 3+ days/week
(UI UGS: 76.4%, UI GPS: 67.9%)

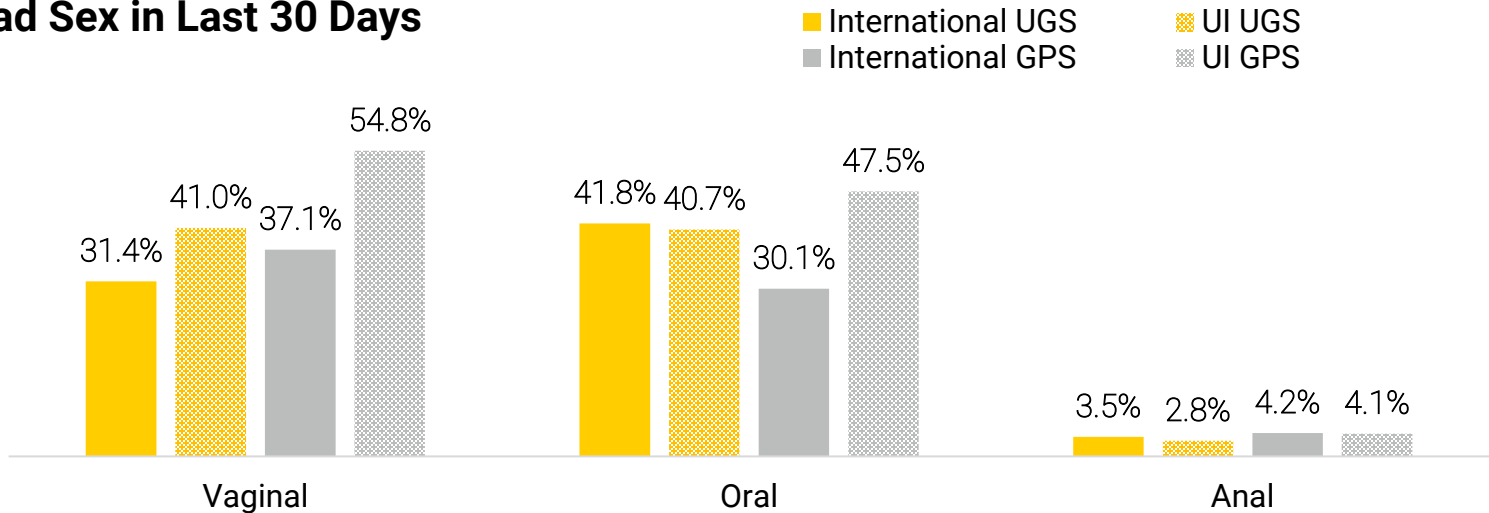


58.5% of undergraduate and **48.4%** of graduate and professional students nap at least once a week
(UI UGS: 59.0%, UI GPS: 50.6%)

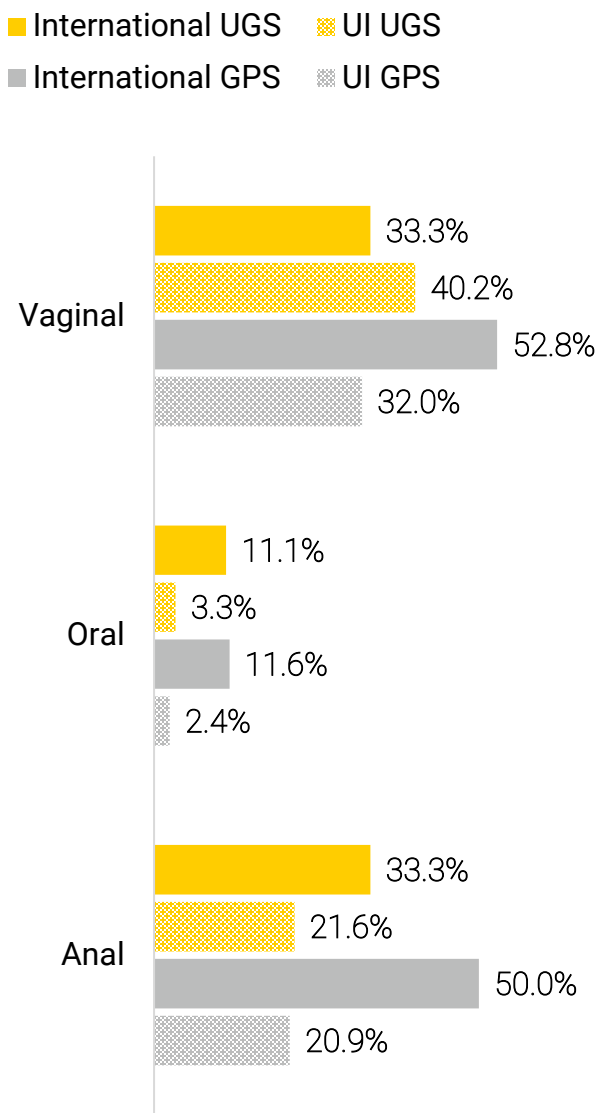
	International UGS	UI UGS	International GPS	UI GPS
Reported at least one thing (of 18) to be difficult or challenging	91.9%	93.9%	90.4%	90.1%
Average number of challenges/stressors reported	5.2	5.1	4.4	4.3
Reported moderate or high stress levels in the last 30 days	85.1%	79.3%	66.9%	75.7%

SEXUAL HEALTH

Had Sex in Last 30 Days



Mostly/Always Used Barrier*



*among sexually active students

Average number of sexual partners in the last 12 months*:

2.7 for undergraduate students
(UI UGS: 2.0)

1.6 for graduate and professional students
(UI GPS: 1.5)

0.0% of undergraduate and **1.3%** of graduate and professional students experienced unintentional pregnancy in the last 12 months*
(UI UGS: 0.6%, UI GPS: 0.9%)

20.7% of undergraduate and **22.6%** of graduate and professional students have ever been tested for HIV
(UI UGS: 13.5%, UI GPS: 33.4%)

82.1% of undergraduate students and **84.6%** of graduate and professional students used pregnancy prevention the last time they had vaginal intercourse*
(UI UGS: 88.4%, UI GPS: 82.9%)

Top pregnancy prevention methods*:

International Undergraduate Students
External condoms: **53.1%** (UI UGS: 49.4%)
Birth control pills: **31.3%** (UI UGS: 53.4%)

International Graduate & Professional Students
External condoms: **63.6%** (UI GPS: 38.1%)
Birth control pills: **22.7%** (UI GPS: 35.8%)

*among sexually active students

VIOLENCE*

Intimate Partner Violence

6.9% of undergraduate and **0.0%** of graduate and professional students were called names, insulted or put down.
(UI UGS: 10.0%, UI GPS: 7.8%)

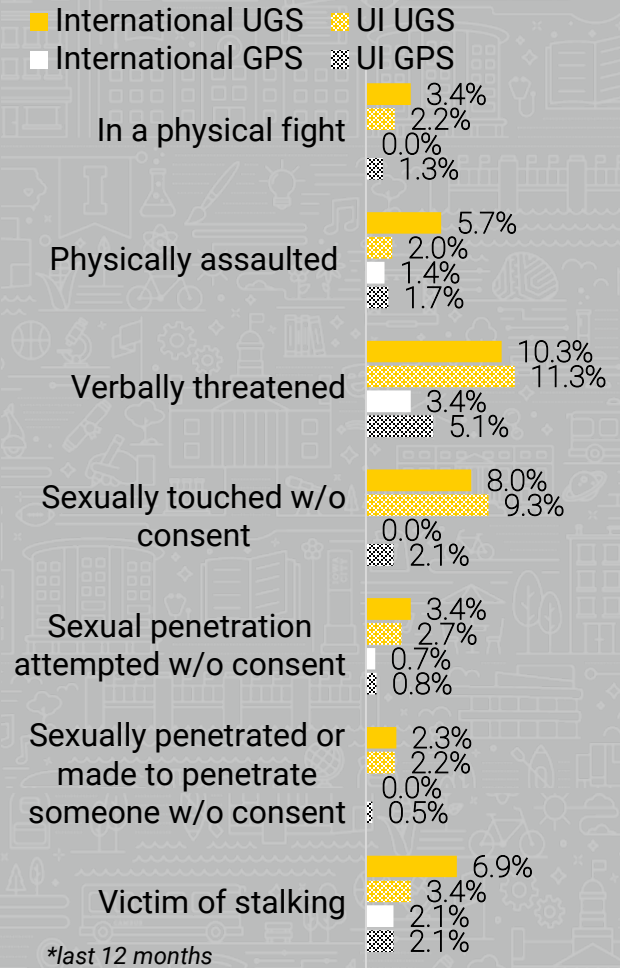
6.9% of undergraduate and **4.1%** of graduate and professional students had partner(s) who insisted on knowing who they were with and where they were or who tried to limit contact with family/friends.
(UI UGS: 5.2%, UI GPS: 2.7%)

3.4% of undergraduate and **0.7%** of graduate and professional students were pushed, grabbed, shoved, slapped, kicked, bit, choked or hit without consent.
(UI UGS: 2.7%, UI GPS: 1.3%)

2.3% of undergraduate and **0.7%** of graduate and professional students were forced into unwanted sexual contact by being held down or hurt in some way.
(UI UGS: 1.2%, UI GPS: 0.4%)

3.4% of undergraduate and **1.4%** of graduate and professional students were pressured into unwanted sexual contact by threats, coercion, alcohol or other drugs.
(UI UGS: 3.5%, UI GPS: 0.8%)

Violence Outside Intimate Relationships



SAFETY

Behaviors

Mostly or Always Wear a Helmet*:
Motorcycle or scooter: **58.3%** of international UGS, **50.0%** of international GPS students
(UI UGS: 46.1%, UI GPS: 62.7%)

Bicycle: **37.1%** of international UGS, **40.0%** of international GPS
(UI UGS: 44.2%, UI GPS: 67.5%)
**last 12 months; of those who have ridden*

Driving:
While texting/emailing/using apps**:
58.8% of international UGS, **48.4%** of international GPS
(UI UGS: 61.9%, UI GPS: 57.4%)

Had an accident***: **8.2%** of international UGS, **7.2%** of international GPS
(UI UGS: 8.2%, UI GPS: 6.3%)
***last 2 weeks; of those who have driven*
****last 12 months; of those who have driven*

Feelings of Safety

- On Campus During the Day
- On Campus At Night
- In the Surrounding Community During the Day
- In the Surrounding Community At Night

