

# National College Health Assessment Summary

Spring 2015

## The University of Iowa

### *A Focus on International Students*

The American College Health Association's National College Health Assessment (NCHA) II instrument was used to survey a sample of undergraduate students in the spring of 2015. Five hundred sixty-nine students completed surveys, with a response rate exceeding 99%. 71 students, or 14.1% of those who answered the question, reported being an international student. The survey did not ask for any identifying information.

The NCHA survey allows us to compare our results with the national dataset including over 66,000 undergraduate students at institutions of higher education.

The UI student report can be viewed online at: <http://studenthealth.uiowa.edu/wellness/ui-health-data>

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Photo from [Student Life Marketing & Design](#)

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# Comparisons to UI Student Sample <sup>2</sup>



## Better

International students are...

- ◆ less likely to use alcohol and use it in high risk ways
- ◆ less likely to use illegal drugs
- ◆ more likely to wear a helmet while riding a bike or motorcycle
- ◆ more likely to get enough sleep to feel rested



## Worse

International students are...

- ◆ less likely to meet the aerobic activity or strength training recommendations
- ◆ Less likely to report being in good health
- ◆ more likely to use cigarettes
- ◆ less likely to be tested for STIs and HIV

## Changes

### Notable changes for international students

**Alcohol use**  
2011: 39.3%  
2015: 30.4%



**Higher than average stress**  
2011: 31.5%  
2015: 17.6%



**Aerobic activity**  
2011: 30.4%  
2015: 40.9%



# Academic Issues & General Health

## Impediments to Learning\*

		Int'l	UI
1	Sleep difficulties	14.3%	17.4%
2	Stress	11.3%	28.8%
3	Internet use/computer games	9.7%	9.4%
4	Cold/flu/sore throat	7.9%	14.7%
5	Anxiety	6.2%	19.7%
6	Alcohol use	4.8%	11.9%
	Depression	4.8%	9.5%
8	Injury	3.3%	2.9%
	Learning disability	3.3%	2.5%
10	Homesickness	3.2%	3.5%
	Extracurricular activities	3.2%	7.9%
	Relationship difficulties	3.2%	6.7%

## Health Status

38.6% of international students reported their health as very good or excellent. 80.7% reported their health as good, very good or excellent. These are lower than the UI student population as a whole.

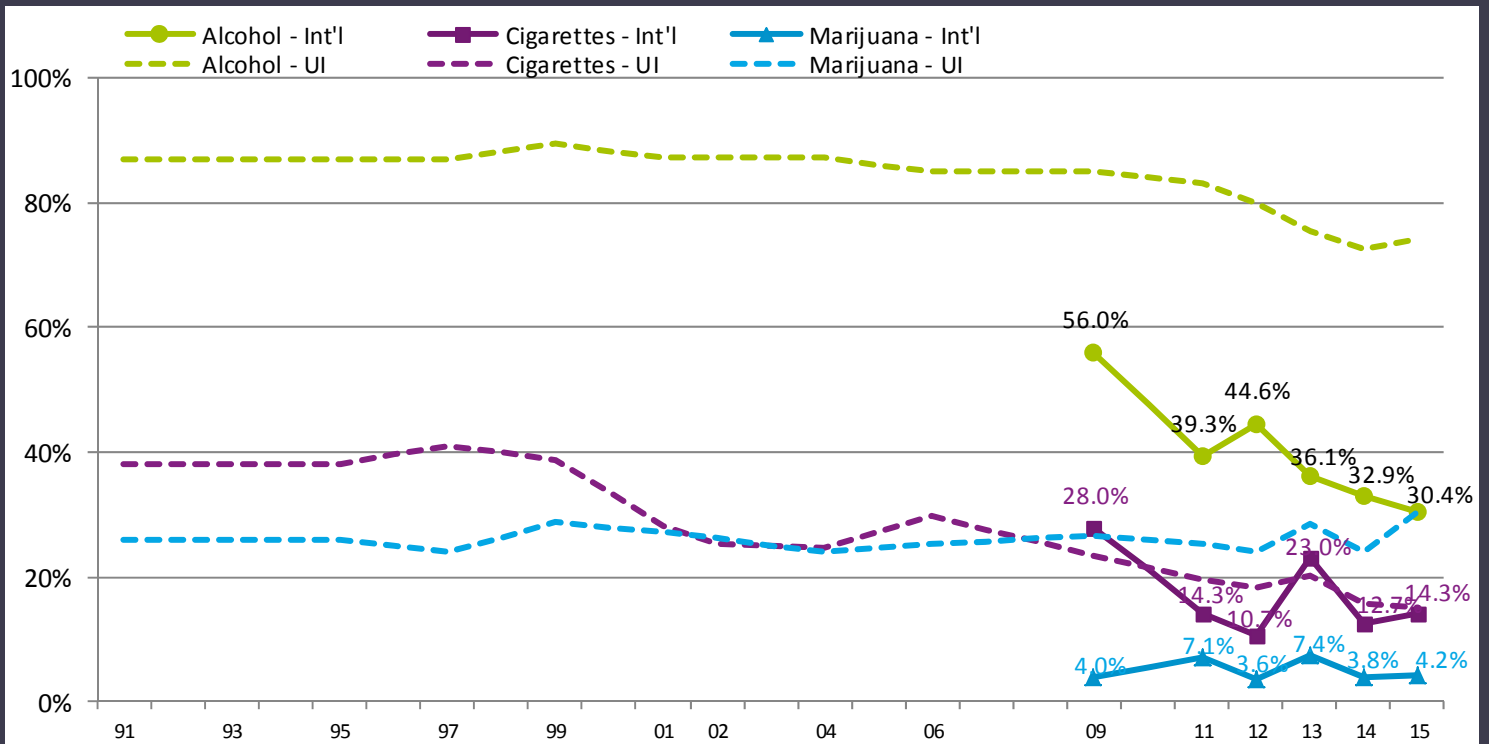
## Health Problems\*

		Int'l	UI
1	Allergies	9.5%	19.9%
2	Back pain	6.3%	14.1%
3	Broken bone/fracture/sprain	6.3%	7.0%
4	Bronchitis	6.3%	5.6%
5	Asthma	4.8%	8.9%

\*last 12 months

# Alcohol & Other Drugs

## Use in Last 30 Days



## Other Stats

### Alcohol

#### Used alcohol 10+ days in last 30 days:

International Students: 7.2%  
UI Students: 26.1%

#### High risk drinking (5+ drinks/occasion in last 2 weeks):

International Students: 20.3%  
UI Students: 54.2%

#### Average number of drinks:

International Students: 2.9  
UI Students: 5.8

#### Average BAC (of users):

International Students: 0.08  
UI Students: 0.10

#### 1+ negative consequences from use in last year:

International Students: 20.3%  
UI Students: 58.7%



### Tobacco

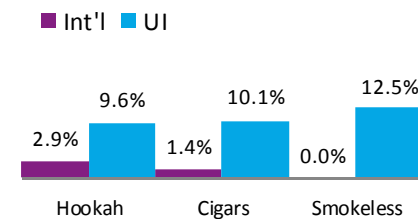
#### Used cigarettes 10+ days in last 30 days:

International Students: 8.6%  
UI Students: 6.7%

#### Used cigarettes daily:

International Students: 7.1%  
UI Students: 4.6%

#### Use of other forms of tobacco in last 30 days:



### Other Drugs

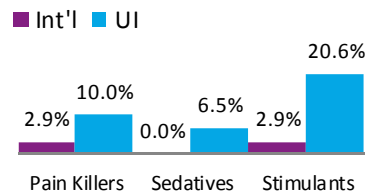
#### Used marijuana 10+ days in last 30 days:

International Students: 0.0%  
UI Students: 11.8%

#### Used marijuana daily:

International Students: 0.0%  
UI Students: 4.4%

#### Illegal prescription drug use in last 12 months:

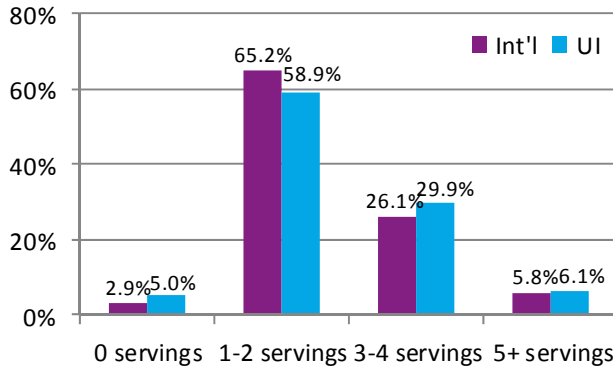


# Nutrition, Weight & Activity



## Nutrition

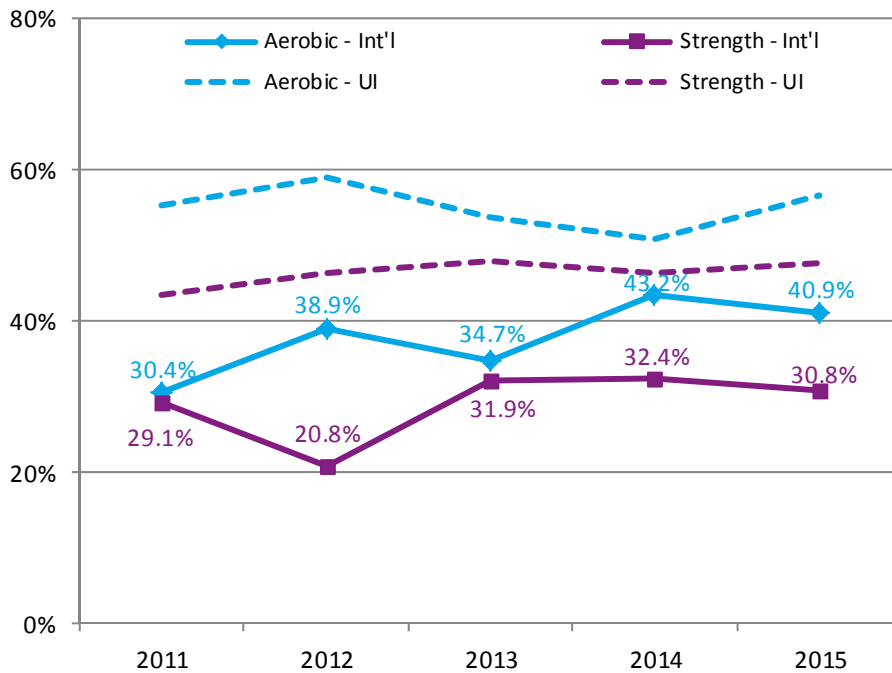
Fruit & vegetable intake continues to be an issue, with few international students and UI students meeting the national recommendation (5+ servings/day).



The American College of Sports Medicine Association recommends getting:

- One of OR a combination of for aerobic activity:
  - ≥30 mins of moderate intensity activity ≥5 days/wk
  - ≥20 mins of vigorous intensity activity ≥3 days/wk
- Strength training ≥2 days/wk

Below are the percent of students meeting these guidelines.



## Physical Activity

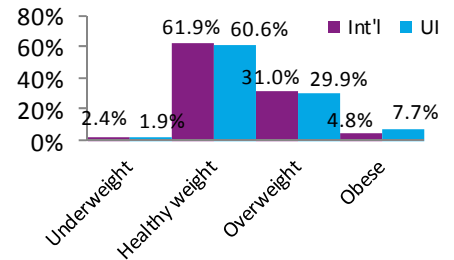


## Weight



### Body Mass Index

The average body mass index for international students is 23.75 and 24.45 for all UI students.



About two thirds of international students (61.4%) are trying to lose weight (compared to 53.8% of all UI students).

### Weight loss measures in last 30 days

#### Exercise

International Students: 69.1%  
UI Students: 62.6%

#### Dieting

International Students: 47.8%  
UI Students: 44.1%

#### Diet Pills

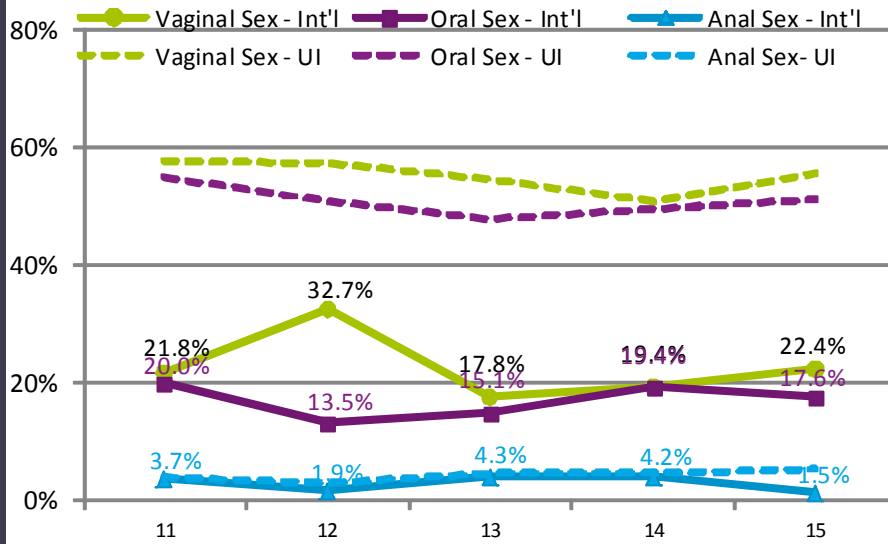
International Students: 6.1%  
UI Students: 6.5%

#### Vomiting or Laxatives

International Students: 4.5%  
UI Students: 3.7%

# Sexual Health

## Sexual Activity\*\*



## Protection

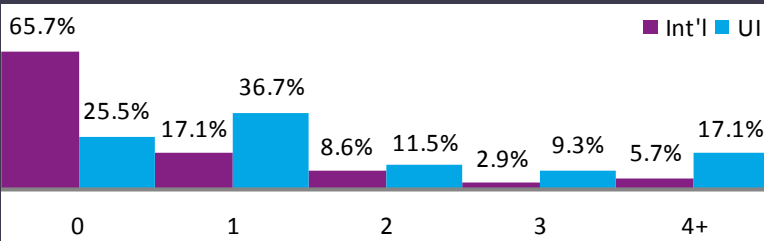
48.8% of international students used birth control the last time they had sex

Top choices include:

Male condom	77.3%
Birth control pills	36.4%
Fertility awareness	10.0%

Barrier use (mostly/always):  
 Vaginal: 72.2%  
 Oral: 7.7%  
 Anal: 66.7%

## Number of Partners\*



## STI Testing

11.9% of international students reported that they have ever been tested for sexually transmitted infections. 11.9% have ever been tested for HIV.

This is lower than UI students.

# Violence & Safety

### Abusive Relationships\*

#### Emotionally:

Int'l Students: 8.5%  
 UI Students: 9.7%

#### Physically:

Int'l Students: 2.8%  
 UI Students: 3.4%

#### Sexually:

Int'l Students: 1.4%  
 UI Students: 1.8%

### Violence & Abuse\*

#### Physical fight:

Int'l: 7.0% UI: 10.2%

#### Physical assault:

Int'l: 5.6% UI: 5.8%

#### In absence of consent:

Sexual touching:  
 Int'l: 9.9% UI: 9.0%

Sexual penetration attempt:  
 Int'l: 2.8% UI: 2.3%

Sexual penetration:  
 Int'l: 1.4% UI: 1.8%

### Safety Practices\*

#### Seatbelt use:

Int'l Students: 98.5%  
 UI Students: 97.3%

#### Helmet use:

Bike:  
 Int'l Students: 32.4%  
 UI Students: 24.3%

#### Motorcycle:

Int'l Students: 62.5%  
 UI Students: 54.7%

(only includes those who did activity in last 12 months)

### Feelings of Safety

#### Feeling "very safe"

##### On campus:

☀ Int'l: 74.3%  
 UI: 87.5%

🌙 Int'l: 22.9%  
 UI: 31.6%

##### In the community:

☀ Int'l: 56.5%  
 UI: 68.1%

🌙 Int'l: 15.9%  
 UI: 23.4%

\*in the last 12 months

\*\*in the last 30 days

# Sleep, Stress & Mental Health

## Sleep

26.5% of international students report getting enough sleep to feel rested at least 6 of the last 7 days, compared to 14.7% of UI students.

### Sleepiness during daily activities

**Little or no problem:**  
 Int'l Students: 65.2%  
 UI Students: 65.2%

**More than a little problem:**  
 Int'l Students: 23.2%  
 UI Students: 22.3%

**A big problem:**  
 Int'l Students: 10.1%  
 UI Students: 10.2%

**A very big problem:**  
 Int'l Students: 1.4%  
 UI Students: 2.3%



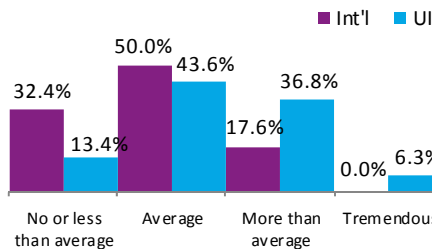
## Stress

### Top stressors in the last 12 months

	Int'l	UI
Academics	45.7%	51.3%
Career-related issue	29.0%	26.6%
Sleep difficulties	29.0%	25.9%
Other social relationships	22.1%	20.8%
Family problems	17.4%	21.3%

67.1% of international students and 72.0% of UI students reported at least one thing that was difficult to handle in the last 12 months.

### Stress levels



## Mental Health

14.9% of international students and 20% of UI students reported being diagnosed/treated for a mental health condition in the last year.

**Anxiety:**  
 Int'l: 4.7%    UI: 10.9

**Depression:**  
 Int'l: 9.1%    UI: 8.3%

### Feelings in last 30 days

**Overwhelmed:**  
 Int'l: 36.8%    UI: 62.4%

**Exhausted:**  
 Int'l: 39.7%    UI: 60.3%

**Very sad:**  
 Int'l: 24.6%    UI: 34.8%

**Very lonely:**  
 Int'l: 32.3%    UI: 32.8%

### Suicidality\*

Seriously considered suicide:  
 Int'l: 7.2%    UI: 7.3%

Attempted suicide:  
 Int'l: 1.5%    UI: 1.6%



\*last year

## Use of Mental Health Services

Ever Received Services		
	Int'l	UI
Counselor/Psychologist	13.6%	26.3%
University Health/Counseling	20.0%	14.7%
Psychiatrist	4.6%	10.4%
Other medical provider	7.6%	13.1%
Clergy	0.0%	4.8%

74.6% of international students and 72.0% of UI students said they would consider seeking help from a mental health professional in the future if they had a personal problem that was bothering them.

# Student Health & Wellness

## RESOURCES

### CONSULTATIONS

Free one-on-one appointments on the following topics:

- Nutrition\*\*
- Fitness\*
- Stress\*\*
- Tobacco\*\*
- Alcohol\*

LOCATIONS:

- \*CRWC
- \*Westlawn

### ONLINE OPTIONS

#### Prevention Interventions

eCHECKUP to Go (alcohol)  
eCHECKUP to Go (marijuana)  
Healthy Hawk Challenge (health risk assessment; sophomores only)

[studenthealth.uiowa.edu/wellness](http://studenthealth.uiowa.edu/wellness)

#### Screenings

Depression  
Anxiety  
Bipolar Disorder  
Alcohol Issues  
Posttraumatic Stress Disorder

[studenthealth.uiowa.edu/services/psychiatry](http://studenthealth.uiowa.edu/services/psychiatry)

## PROGRAMS OF INTEREST

### Refresh

Refresh is a free sleep program for students. It has two versions—email and app. It has been shown to improve students' sleep quality.

[studenthealth.uiowa.edu/refresh](http://studenthealth.uiowa.edu/refresh)



### Red Watch Band

RWB focuses on preventing death from alcohol overdose. All students who complete the training will receive free CPR, AED, & alcohol bystander training.

[studenthealth.uiowa.edu/wellness/red-watch-band](http://studenthealth.uiowa.edu/wellness/red-watch-band)



### Health Ninjas

Health Ninjas are a group of UI students who influence the health of their peers. To be a health ninja, students must be nominated by someone.

[studenthealth.uiowa.edu/wellness/health-ninjas](http://studenthealth.uiowa.edu/wellness/health-ninjas)



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