



# THE NATIONAL COLLEGE HEALTH ASSESSMENT SUMMARY

THE UNIVERSITY OF IOWA

## *A FOCUS ON INTERNATIONAL STUDENTS* SPRING 2017

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 2017. Six hundred twenty-two students completed surveys, with a response rate exceeding 99%. Fifty-nine students, or 11.3% of those who answered that 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 75,000 undergraduate students at institutions of higher education.

This report and reports from previous years can be viewed online at: <http://studenthealth.uiowa.edu/wellness/ui-health-data>

Questions can be directed to Trisha Welter: [trisha-welter@uiowa.edu](mailto:trisha-welter@uiowa.edu).

**STUDENT  
HEALTH  
&WELLNESS**

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# COMPARISONS TO UI SAMPLE

**BETTER**

International students are...

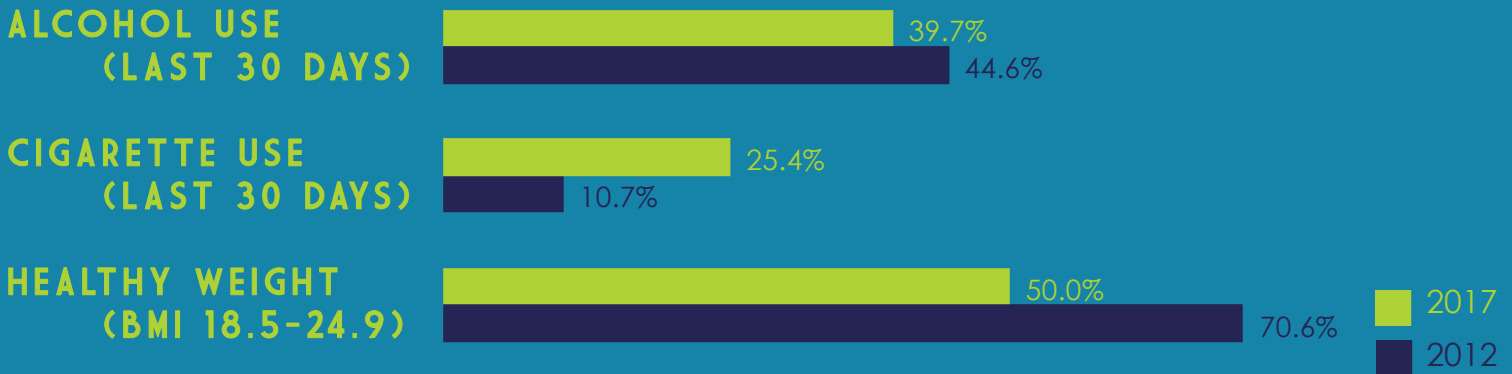
- ◆ more likely to wear a helmet when riding a bicycle or motorcycle
- ◆ less likely to use alcohol, engage in high risk drinking and experience negative consequences from use
- ◆ less likely to use marijuana
- ◆ less likely to report negative feelings associated with mental health

**WORSE**

International students are...

- ◆ more likely to use cigarettes
- ◆ less likely to report feeling safe on campus and in the community
- ◆ more likely to report an underweight BMI
- ◆ less likely to get tested for STIs and HIV

## CHANGES IN LAST 5 YEARS

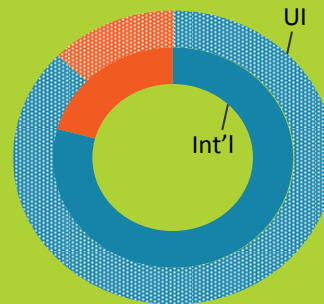


## IMPEDIMENTS TO LEARNING

		Int'l	UI
1	Stress	32.1%	35.8%
2	Sleep difficulties	21.8%	20.9%
3	Anxiety	18.2%	30.4%
4	Depression	17.0%	17.7%
5	Homesickness	11.3%	7.0%
	Internet use/computer games	11.3%	8.9%
7	Cold/flu/sore throat	9.4%	17.4%
8	Work	9.3%	14.8%
9	Eating disorder problem	7.5%	2.7%

(last 12 months)

## HEALTH STATUS



79.2% of int'l students reported their health as good, very good or excellent, compared to 87.2% of UI students.

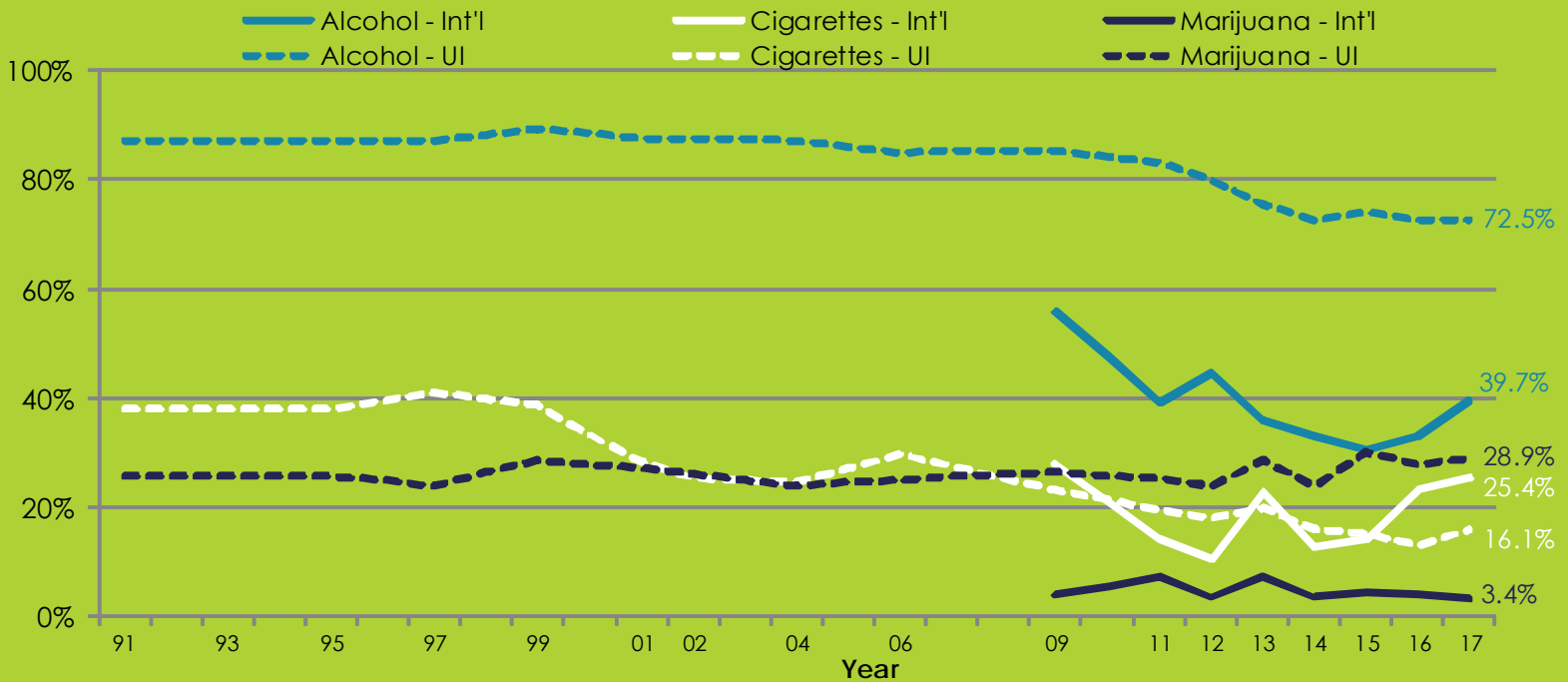
## HEALTH ISSUES

- 1 Allergies ..... 14.5%
- 2 Back pain ..... 10.9%
- 3 High blood pressure ..... 9.1%
- 4 Sinus infection ..... 7.3%
- 5 Migraine headaches ..... 5.6%

(last 12 months)

# ALCOHOL & OTHER DRUGS

## Use in Last 30 Days



## OTHER STATS

### ALCOHOL

Used alcohol 10+ days in last 30 days:

Int'l students: 1.7%  
UI students: 19.0%

High risk drinking (5+ drinks on one occasion in last 2 wks):

Int'l students: 27.6%  
UI students: 50.5%

Average # of drinks:

Int'l students: 4.6  
UI students: 5.4

Average BAC (of users):

Int'l students: 0.12  
UI students: 0.10

1+ negative consequences from use in last year:

Int'l students: 18.6%  
UI students: 56.6%



### TOBACCO

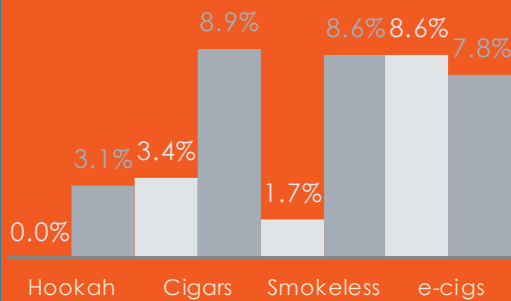
Used cigarettes 10+ days in last 30 days:

Int'l students: 17.0%  
UI students: 6.2%

Used cigarettes daily:

Int'l students: 11.9%  
UI students: 2.4%

Use of other forms of tobacco in last 30 days:



Int'l  
UI



### OTHER DRUGS

Used marijuana 10+ days in last 30 days:

Int'l students: 1.7%  
UI students: 11.5%

Used marijuana daily:

Int'l students: 1.7%  
UI students: 4.9%

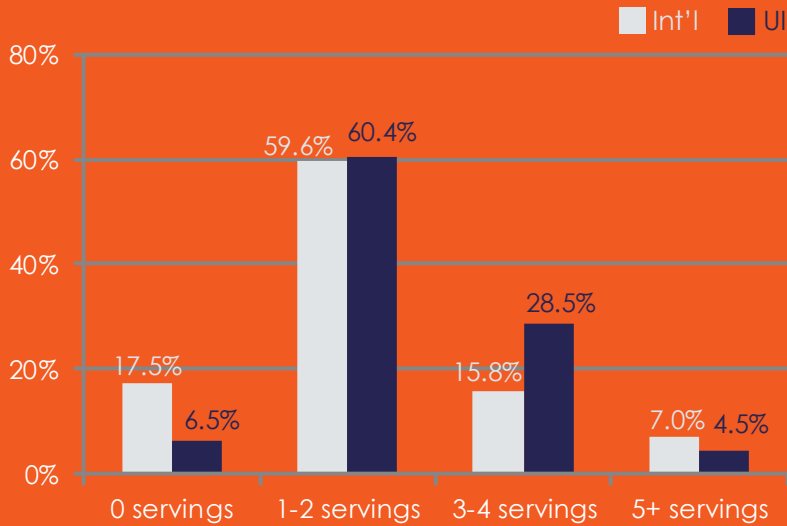
Illegal prescription drug use in last 12 months:

Pain killers—Int'l: 6.9%  
UI: 7.6%  
Sedatives—Int'l: 0.0%  
UI: 6.0%  
Stimulants—Int'l: 1.8%  
UI: 15.0%



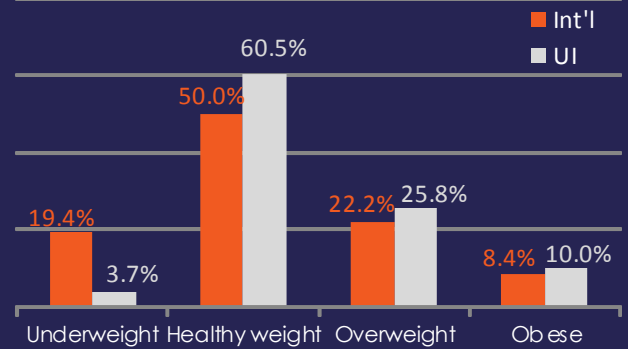
## FRUIT & VEGGIE INTAKE

Fruit & vegetable intake continues to be an issue, with the vast majority of students not meeting the national recommendation (5+ servings/day).



## WEIGHT

### Body Mass Index



The average body mass index (BMI) for international students is 22.65 & 24.29 for all UI students.

## PHYSICAL ACTIVITY

The American College of Sports Medicine recommends getting:

- One **OR** a combination of the following 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

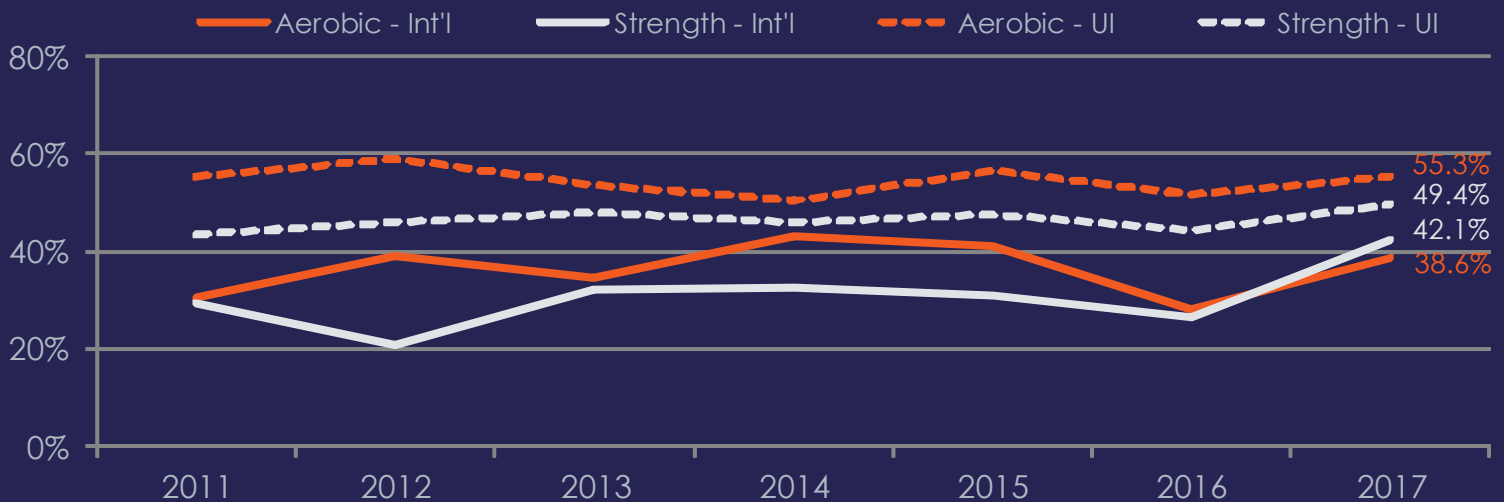
The percent of students meeting these guidelines is below.

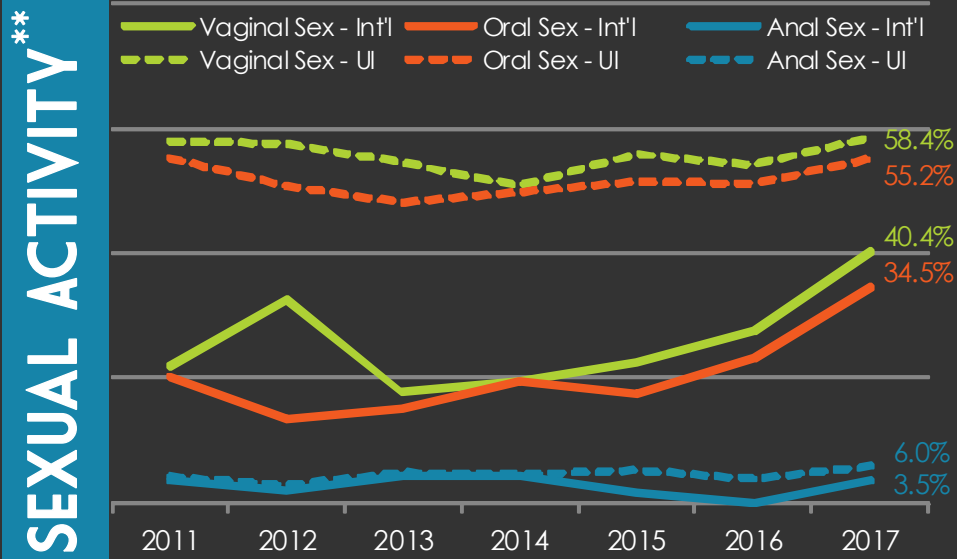
## Weight Loss

63.2% of international students and 51.9% of UI students are currently trying to lose weight.

### Measures to lose weight in the last 30 days

Exercised: Int'l: 52.7% & UI: 59.7%  
 Dieted: Int'l: 30.9% & UI: 42.0%  
 Diet Pills: Int'l: 3.6% & UI: 4.0%  
 Vomitted and/or used laxatives: Int'l: 3.6% & UI: 2.9%





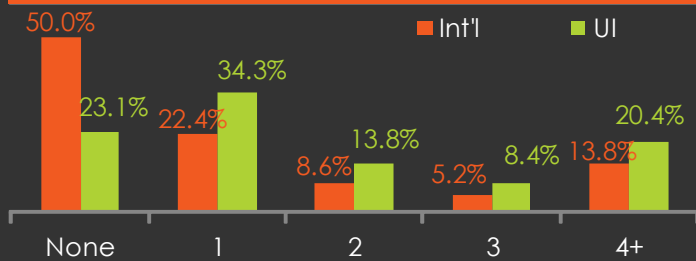
## PROTECTION

43.5% of int'l students used birth control the last time they had vaginal sex.

- Top choices include:**
1. Male condom: 73.3%
  2. Birth control pills: 62.5%
  3. Withdrawal: 28.6%

**Barrier use (mostly/always):**  
 Vaginal sex: 70.8%  
 Oral sex: 18.1%  
 Anal sex: 40.0%

## NUMBER OF PARTNERS\*



## TESTING

**1 in 10** international students (10.9%) have ever been tested for sexually transmitted infections (STIs).

**1 in 14** (7.3%) have been tested for human immunodeficiency virus (HIV).

# VIOLENCE & SAFETY

## VIOLENCE & ABUSE\*

**Physical assault:**  
 Int'l: 3.4%  
 UI: 5.5%

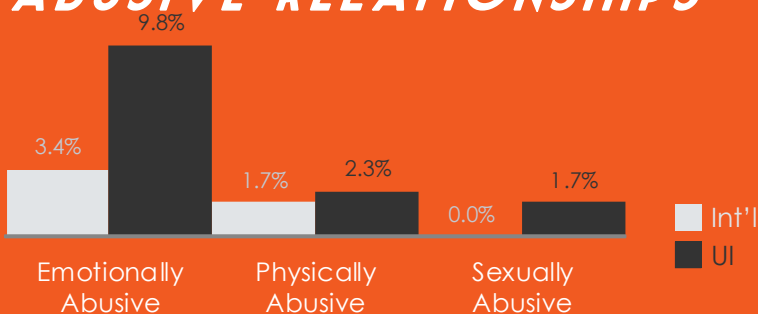
**Physical fight:**  
 Int'l: 6.8%  
 UI: 9.6%

**In absence of consent:**  
 Sexual touching:  
 Int'l: 3.4% UI: 8.1%

**Sexual penetration attempt:**  
 Int'l: 0% UI: 4.7%

**Sexual penetration:**  
 Int'l: 0% UI: 4.0%

## ABUSIVE RELATIONSHIPS



\*in the last 12 months

## FEELINGS OF SAFETY

	On Campus	In Community
<b>"Very Safe"</b>		
<b>Day</b> ☀️	Int'l: 76.3% UI: 83.7%	Int'l: 47.5% UI: 68.4%
<b>Night</b> 🌙	Int'l: 25.4% UI: 32.2%	Int'l: 18.6% UI: 25.7%

## SAFETY PRACTICES\*

**Seatbelt use:**  
 Int'l: 98.2%  
 UI: 96.3%

**Helmet use:**  
**Bike:**  
 Int'l: 56.5%  
 UI: 25.4%

**Motorcycle:**  
 Int'l: 92.8%  
 UI: 53.3%

(mostly/always used; only includes those who did activity in last 12 months)

\*\*in the last 30 days

## SLEEP

**1 in 7** international students (14.3%) report getting enough sleep to feel rested at least 6 of the last 7 days.

### Sleepiness during daily activities

- Little or no problem: 46.4%
- More than a little problem: 26.8%
- A big problem: 16.1%
- A very big problem: 10.7%

Over half of international students (57.2%) and 57.9% of all UI students feel tired or sleepy during the day at least 3 days per week.

## STRESS

### Top Stressors in the Last 12 Months

	Int'l	UI
Academics	58.2%	57.1%
Sleep difficulties	41.8%	31.7%
Career-related issue	40.0%	25.7%
Personal health issue	25.5%	19.3%
Finances	24.1%	30.0%
Personal appearance	23.6%	27.4%
Other social relationships	22.2%	23.7%

67.2% of international students and 76.9% of UI students reported at least one thing that was difficult to handle.

### Stress Levels in the Last 6 Months



## MENTAL HEALTH

8.9% of international students and 27.4% of UI students reported being diagnosed or treated for at least one mental health condition in the last year.

### Feelings in last 30 days

- Overwhelmed: Int'l: 45.6% UI: 61.1%
- Exhausted: Int'l: 45.6% UI: 58.3%
- Overwhelming anxiety: Int'l: 29.8% UI: 38.1%
- Very sad: Int'l: 33.4% UI: 37.4%
- Very lonely: Int'l: 26.3% UI: 33.8%

### Self harm & suicidality in last 12 months

- Self harm: Int'l: 2.6% UI: 5.7%
- Seriously considered suicide: Int'l: 5.3% UI: 8.4%
- Attempted suicide: Int'l: 0.9% UI: 1.4%

## USE OF MENTAL HEALTH SERVICES

### Ever Received Services

	Int'l	UI
University Health/Counseling	21.4%	14.7%
Counselor/Psychologist	14.5%	32.4%
Psychiatrist	5.5%	13.2%
Other Medical Provider	5.5%	16.1%
Clergy	3.6%	4.8%

62.5% of international students and 73.6% of all 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.