

SPRING
2019

NATIONAL COLLEGE HEALTH ASSESSMENT SUMMARY REPORT

*A Focus on International Students at the
University of Iowa*



ABOUT

The UI College Health Assessment (NCHA)

Data on UI student health behaviors, attitudes, and beliefs

58

International students completed the survey

Student Wellness collects anonymous surveys, using a convenience sample of undergraduate academic courses. Our data collection occurs every year, and the information is used for needs assessment efforts to guide program development.

568

Undergraduates completed the survey, with a response rate of

99%

The NCHA survey allows us to compare our results with the national dataset including over **70,000** undergraduate students at institutions of higher education.

The UI undergraduate student reports can be viewed [here](#). Questions can be directed to [Trish Welter](#).

Report Contents

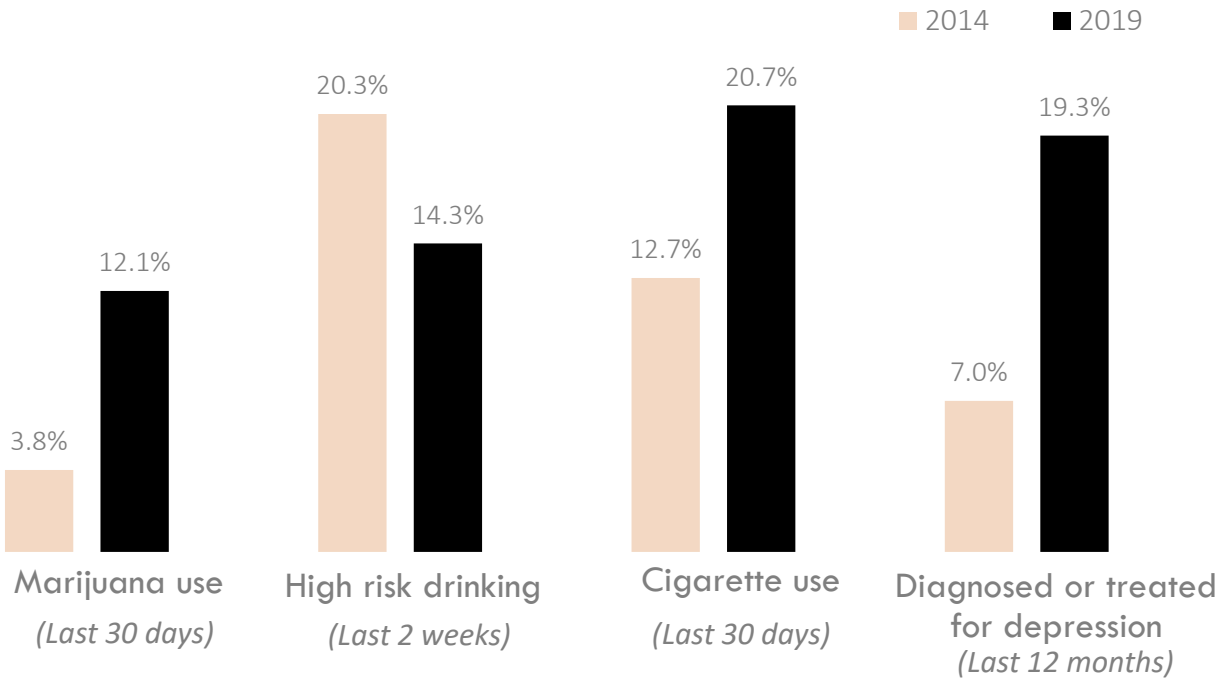
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STUDENT WELLNESS



TRENDS & CHANGES

5 YEAR TRENDS



COMPARISONS TO UI STUDENTS

Compared to the general UI student population, international students (INTL) are...

+ BETTER

- Less likely to use alcohol or engage in high risk drinking
- More likely to wear a helmet while riding a bike or a motorcycle
- Less likely to use marijuana or other illicit drugs
- More likely to use protection when engaging in sexual activities

- WORSE

- More likely to smoke cigarettes
- More likely to vomit, use laxatives, or use diet pills to lose weight
- Less likely to meet aerobic and strength training recommendations
- More likely to engage in self harm and show suicidal tendencies
- Less likely to have been tested for sexually transmitted infections (STIs)

HEALTH STATUS

HEALTH ISSUES*

1	Back Pain	16.4%
2	Allergies	10.9%
3	Migraine Headache	7.4%
4	Strep Throat	7.3%
5	Sinus Infection	5.6%

ACADEMIC IMPEDIMENTS*

1	Stress	25.9%
2	Sleep difficulties	22.2%
3	Anxiety	20.4%
4	Cold/flu/sore throat	16.7%
5	Depression	13.0%
5	Internet use/computer games	13.0%
7	Concern for a troubled friend or family member	11.1%
8	Death of a friend or family member	9.3%
9	Eating disorder/problem	7.4%
10	Work	5.7%

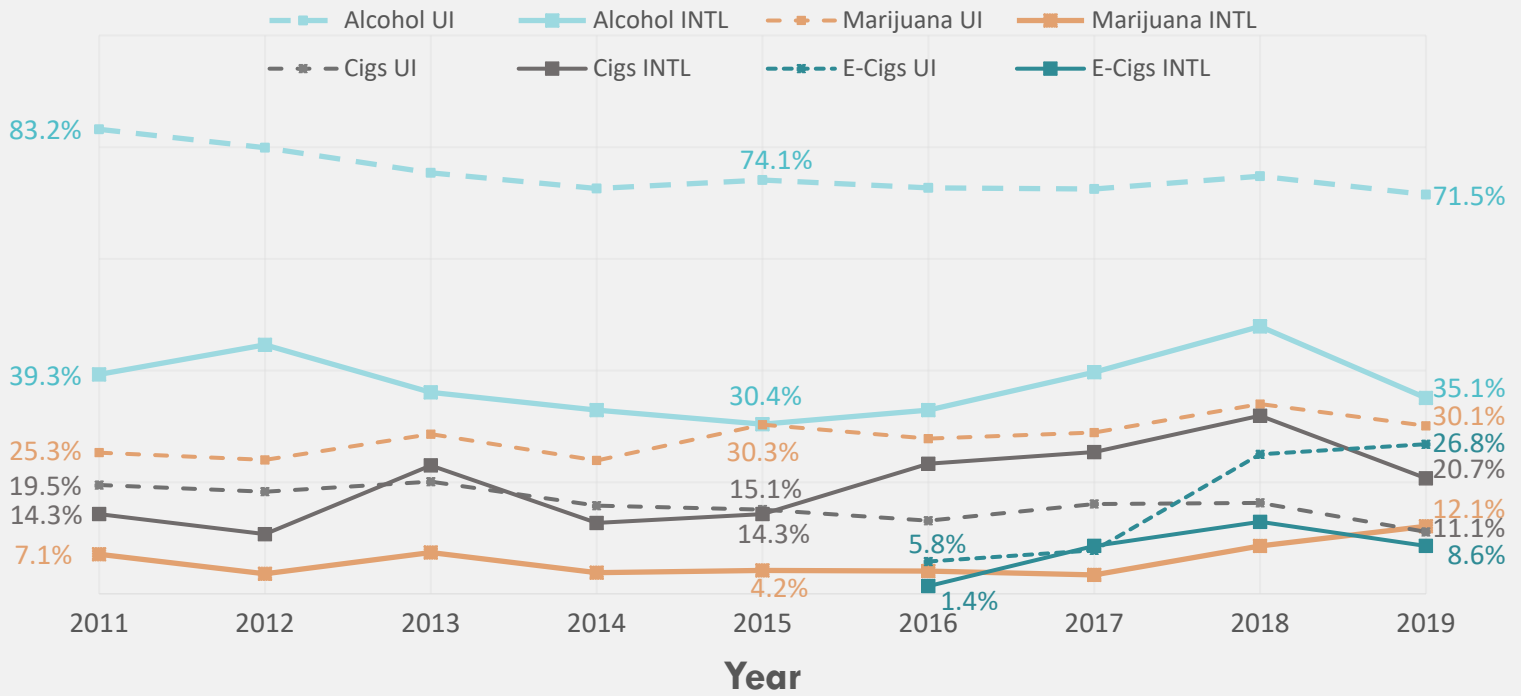
78.3%

of international students reported their health as good, very good, or excellent, compared to 88.7% of general UI students.

**last 12 months*

ALCOHOL & OTHER DRUGS

USE IN THE LAST 30 DAYS



ALCOHOL

High risk drinking

- 14.3%** 5+ drinks on one occasion in last 2 weeks
UI: 47.7%
- 8.8%** 10+ days of drinking in the last 30 days
UI: 18.1%
- 21.1%** 1+ negative consequence from use in last 12 months
UI: 56.5%

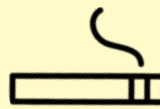
TYPICAL USE

Average blood alcohol content (B.A.C.) of users

.09 UI: .09

Average # of drinks

2.7 UI: 5.2



TOBACCO & E-CIGS

Cigarettes

- 15.5%** 10+ days in last 30 days
UI: 4.5%
- 15.5%** Daily use
UI: 2.9%

E-cigarettes

- 8.6%** 10+ days in last 30 days
UI: 14.9%
- 5.2%** Daily use
UI: 7.5%

Other tobacco use (last 30 days)

- 3.4%** Cigars
UI: 4.1%
- 0.0%** Smokeless
UI: 5.2%
- 0.0%** Hookah
UI: 1.6%



OTHER DRUGS

Marijuana

- 5.1%** 10+ days in last 30 days
UI: 16.8%
- 1.7%** Daily use
UI: 7.0%

Other illicit drug use (last 30 days)

- 0.0%** Cocaine UI: 2.9%
- 0.0%** Hallucinogens UI: 2.3%
- 0.0%** MDMA UI: 1.1%

Illegal prescription drug use (last 12 months)

- 1.8%** Stimulants
UI: 15.1%
- 1.8%** Sedatives
UI: 5.8%
- 5.5%** Pain killers
UI: 4.6%

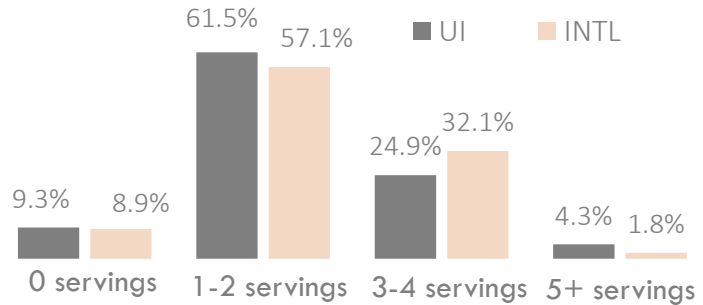
NUTRITION, ACTIVITY & WEIGHT

FRUIT & VEGGIE INTAKE

1.8%

of international students meet the recommendation for fruit/veggie intake (5+ servings/day)

UI: 4.3%



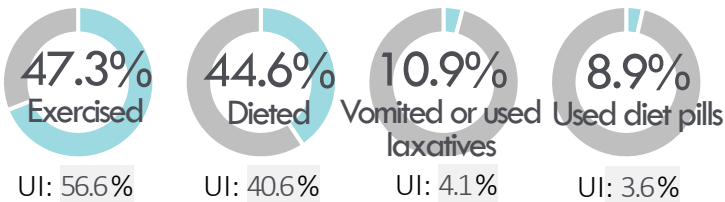
WEIGHT LOSS

55.4%

of international students are currently trying to lose weight

UI: 51.8%

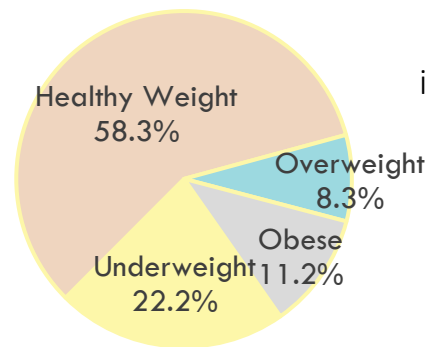
MEASURES TO LOSE WEIGHT IN THE LAST 30 DAYS



BODY MASS INDEX

The average BMI for international students is

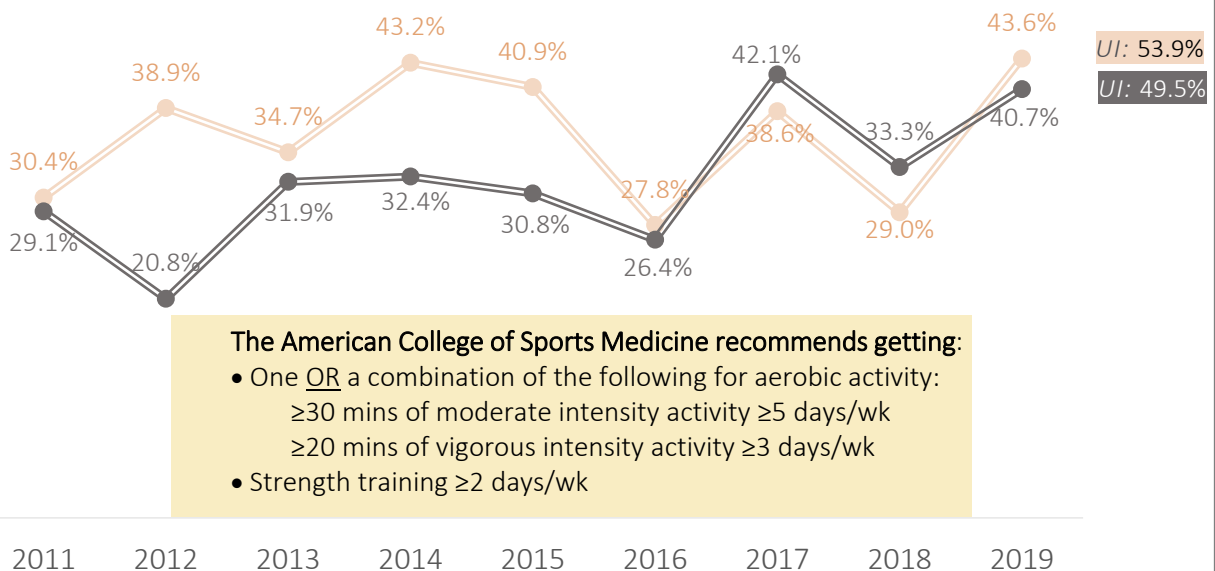
22.7



UI: 24.3

PHYSICAL ACTIVITY

Meets Aerobic Recommendations (orange line) Meets Strength Recommendations (black line)



UI: 53.9%

UI: 49.5%

The American College of Sports Medicine recommends getting:

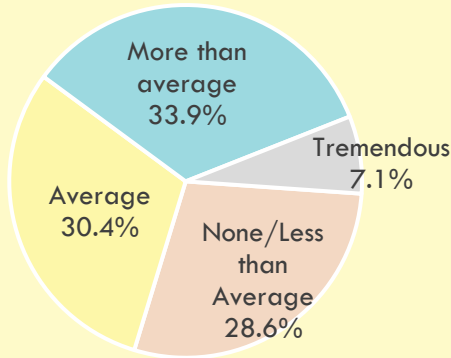
- One OR a combination of the following for aerobic activity:
 - ≥30 mins of moderate intensity activity ≥5 days/wk
 - ≥20 mins of vigorous intensity activity ≥3 days/wk
- Strength training ≥2 days/wk

STRESS, SLEEP & MENTAL HEALTH

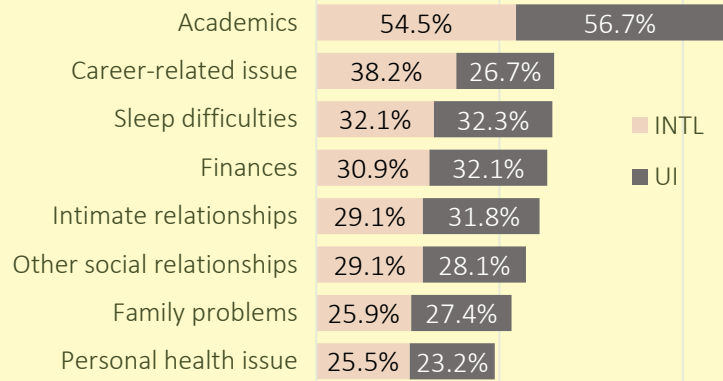
STRESS

OVERALL STRESS LEVEL

(Last 12 months)



TOP STRESSORS (Difficult to handle in last 12 months)



SLEEP

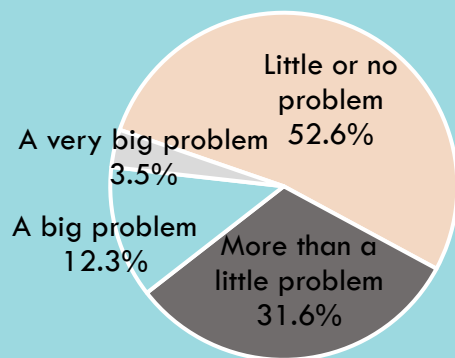
SLEEPINESS

DURING

DAILY

ACTIVITIES

(Last 7 days)

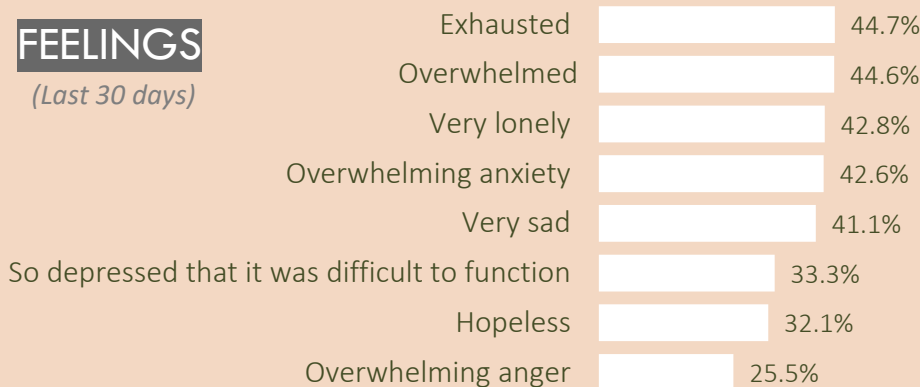


60.7% of international students felt tired or sleepy during the day at least 3 of the last 7 days. *UI: 61.8%*

15.8% report getting enough sleep to feel rested at least 6 of the last 7 days. *UI: 10.6%*

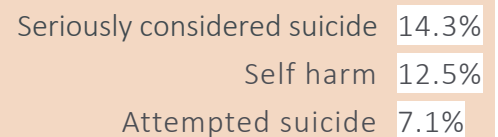
FEELINGS

(Last 30 days)



SELF HARM & SUICIDALITY

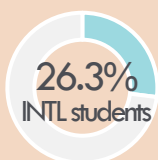
(Last 12 months)



MENTAL HEALTH

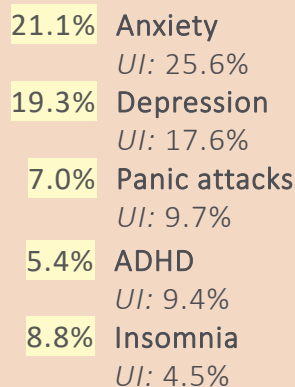
DIAGNOSED/TREATED

CONDITIONS (Last 12 months)

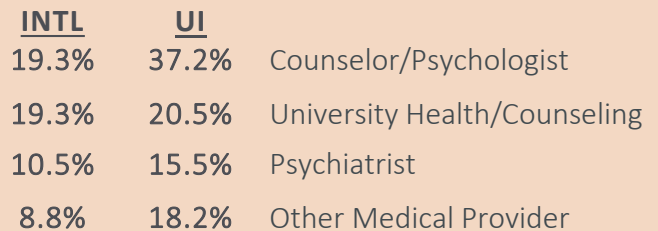


Diagnosed/treated for at least one mental health condition

UI: 30.4%



EVER RECEIVED SERVICES



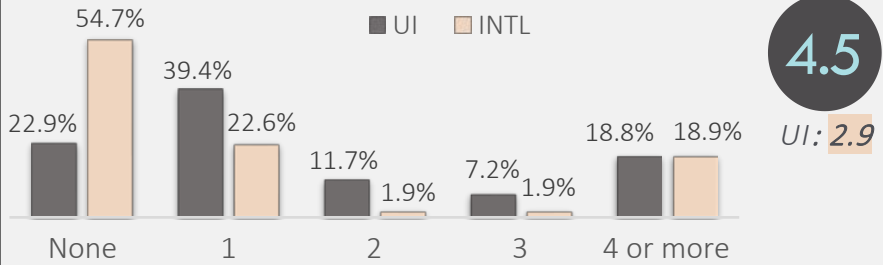
67.9% of international students said they would consider seeking help from a mental health professional in the future if they had a personal problem that was bothering them, compared to **77.1%** of UI students.

SEXUAL HEALTH, SAFETY & VIOLENCE

SEXUAL HEALTH

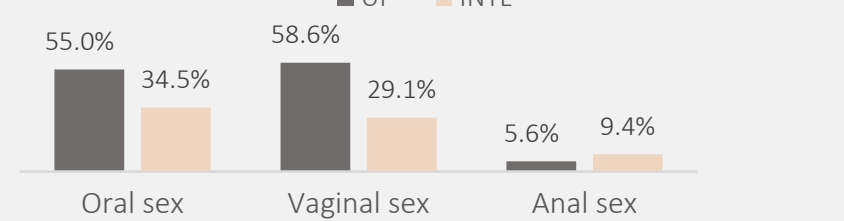
NUMBER OF PARTNERS

(Last 12 months)



SEXUAL ACTIVITY

(Last 30 days)



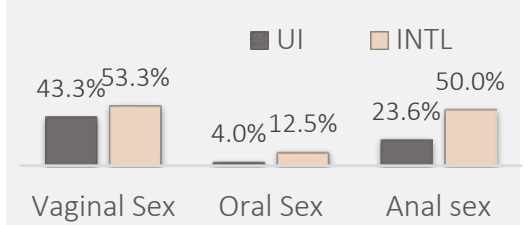
PROTECTION

50.0% used birth control the last time they had sex
 UI: **78.7%**

TOP CHOICES INCLUDE:

1. Male condoms **84.2%**
2. Birth control pills **37.5%**
3. Withdrawal **14.3%**

BARRIER USE



1 in 10 INTL students (12.5%) have been tested for sexually transmitted infections (STIs) compared to 38.9% of UI students.

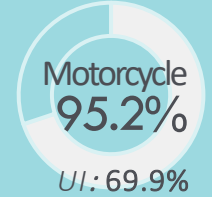
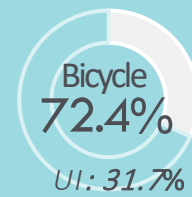
11.4% have used emergency contraception in the past 12 months
 UI: **18.4%**

SAFETY

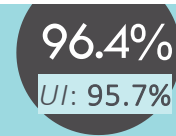
REPORT FEELING "VERY SAFE"

	INTL	CAMPUS	COMMUNITY
DAY		81.0%	64.9%
NIGHT		36.2%	24.1%
	UI	CAMPUS	COMMUNITY
DAY		80.7%	61.0%
NIGHT		27.2%	21.4%

HELMET USE



SEATBELT USE



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

VIOLENCE & ABUSE

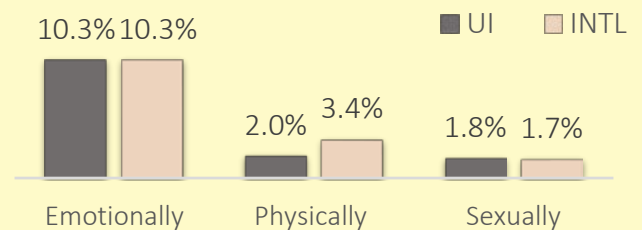
INCIDENTS OF VIOLENCE*

- 10.5%** Verbal threat
- 1.8%** Physical fight
- 5.6%** Stalking victim
- 3.5%** Physical assault

IN ABSENCE OF CONSENT*

- Sexual touching **5.3%**
- Sexual penetration attempt **1.8%**
- Sexual penetration **1.8%**

ABUSIVE RELATIONSHIPS*



*Last 12 months