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

Questions can be directed to Trisha Welter: trisha-welter@uiowa.edu

Photo from Student Life Marketing & Design
Comparisons to UI Student Sample

**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**

**Academic Issues & General Health**

**Impediments to Learning**

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

**Health Problems**

<table>
<thead>
<tr>
<th></th>
<th>Int’l</th>
<th>UI</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Allergies</td>
<td>9.5%</td>
<td>19.9%</td>
</tr>
<tr>
<td>2 Back pain</td>
<td>6.3%</td>
<td>14.1%</td>
</tr>
<tr>
<td>3 Broken bone/fracture/sprain</td>
<td>6.3%</td>
<td>7.0%</td>
</tr>
<tr>
<td>4 Bronchitis</td>
<td>6.3%</td>
<td>5.6%</td>
</tr>
<tr>
<td>5 Asthma</td>
<td>4.8%</td>
<td>8.9%</td>
</tr>
</tbody>
</table>

*last 12 months
### Alcohol & Other Drugs

#### Use in Last 30 Days

- **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%

### Other Stats

#### Alcohol

- **Used alcohol 10+ days in last 30 days:**
  - International Students: 7.2%
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  - 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:**
  - **Hookah:**
    - International Students: 2.9%
    - UI Students: 9.6%
  - **Cigars:**
    - International Students: 10.1%
    - UI Students: 0.0%
  - **Smokeless:**
    - International Students: 12.5%
    - UI Students: 14.3%

#### 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:**
  - **Pain Killers:**
    - International Students: 2.9%
    - UI Students: 10.0%
  - **Sedatives:**
    - International Students: 0.0%
    - UI Students: 0.0%
  - **Stimulants:**
    - International Students: 6.5%
    - UI Students: 2.9%
  - **Stimulants:**
    - International Students: 20.6%
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

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

Protection

48.8% of international students used birth control the last time they had sex.
Top choices include:
- Male condom: Int'l 77.3%
- Birth control pills: Int'l 36.4%
- Fertility awareness: Int'l 10.0%

Barrier use (mostly/always):
- Vaginal: Int'l 72.2%
- Oral: Int'l 7.7%
- Anal: Int'l 66.7%

Number of Partners*

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%

Helmet use:
- Bike:
  - Int'l Students: 22.9%
  - UI: 31.6%
- Motorcycle:
  - Int'l Students: 56.5%
  - UI: 68.1%

In the community:
- 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

<table>
<thead>
<tr>
<th>Stressor</th>
<th>Int’l</th>
<th>UI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Academics</td>
<td>45.7%</td>
<td>51.3%</td>
</tr>
<tr>
<td>Career-related issue</td>
<td>29.0%</td>
<td>26.6%</td>
</tr>
<tr>
<td>Sleep difficulties</td>
<td>29.0%</td>
<td>25.9%</td>
</tr>
<tr>
<td>Other social relationships</td>
<td>22.1%</td>
<td>20.8%</td>
</tr>
<tr>
<td>Family problems</td>
<td>17.4%</td>
<td>21.3%</td>
</tr>
</tbody>
</table>

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

- No or less than average: 32.4% Int’l, 13.4% UI
- Average: 50.0% Int’l, 43.6% UI
- More than average: 17.6% Int’l, 0.0% UI
- Tremendous: 0.0% Int’l, 6.3% UI

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%

Use of Mental Health Services

<table>
<thead>
<tr>
<th>Service</th>
<th>Int’l</th>
<th>UI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Counselor/Psychologist</td>
<td>13.6%</td>
<td>26.3%</td>
</tr>
<tr>
<td>University Health/Counseling</td>
<td>20.0%</td>
<td>14.7%</td>
</tr>
<tr>
<td>Psychiatrist</td>
<td>4.6%</td>
<td>10.4%</td>
</tr>
<tr>
<td>Other medical provider</td>
<td>7.6%</td>
<td>13.1%</td>
</tr>
<tr>
<td>Clergy</td>
<td>0.0%</td>
<td>4.8%</td>
</tr>
</tbody>
</table>

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.
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

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

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

Want something tailored to your population? We offer educational workshops & presentations on a variety of topics. studenthealth.uiowa.edu/wellness/educational-programs