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.
**Comparisons to UI Sample**

**Better**
- 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**
- 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**

**Alcohol Use (Last 30 Days)**
- 39.7% in 2017 vs. 44.6% in 2012

**Cigarette Use (Last 30 Days)**
- 25.4% in 2017 vs. 10.7% in 2012

**Healthy Weight (BMI 18.5-24.9)**
- 50.0% in 2017 vs. 70.6% in 2012

**Impediments to Learning**

<table>
<thead>
<tr>
<th></th>
<th>Int’l</th>
<th>UI</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Stress</td>
<td>32.1%</td>
</tr>
<tr>
<td>2</td>
<td>Sleep difficulties</td>
<td>21.8%</td>
</tr>
<tr>
<td>3</td>
<td>Anxiety</td>
<td>18.2%</td>
</tr>
<tr>
<td>4</td>
<td>Depression</td>
<td>17.0%</td>
</tr>
<tr>
<td>5</td>
<td>Homesickness</td>
<td>11.3%</td>
</tr>
<tr>
<td>6</td>
<td>Internet use/computer games</td>
<td>11.3%</td>
</tr>
<tr>
<td>7</td>
<td>Cold/flu/sore throat</td>
<td>9.4%</td>
</tr>
<tr>
<td>8</td>
<td>Work</td>
<td>9.3%</td>
</tr>
<tr>
<td>9</td>
<td>Eating disorder problem</td>
<td>7.5%</td>
</tr>
</tbody>
</table>

**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%
**ALCOHOL & OTHER DRUGS**

**Use in Last 30 Days**

- **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:**
  - Hookah: 3.1%, 3.4%
  - Cigars: 8.9%
  - Smokeless: 8.6%, 8.6%
  - E-cigs: 7.8%

**Other Drugs**

- **Used marijuana 10+ days in last 30 days:**
  - Int’l students: 11.5%
  - UI students: 11.5%
- **Used marijuana daily:**
  - Int’l students: 2.4%
  - 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**

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.

**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%
SEXUAL HEALTH

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*

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*

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%

Physical assault:
- Int’l: 3.4%
- UI: 5.5%

Physical fight:
- Int’l: 6.8%
- UI: 9.6%

Abusive relationships:

- Emotionally Abusive: 3.4%
- Physically Abusive: 1.7%
- Sexually Abusive: 2.3%

“Very Safe”

<table>
<thead>
<tr>
<th></th>
<th>On Campus</th>
<th>In Community</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day Int’l</td>
<td>76.3%</td>
<td>47.5%</td>
</tr>
<tr>
<td>Day UI</td>
<td>83.7%</td>
<td>68.4%</td>
</tr>
<tr>
<td>Night Int’l</td>
<td>25.4%</td>
<td>18.6%</td>
</tr>
<tr>
<td>Night UI</td>
<td>32.2%</td>
<td>25.7%</td>
</tr>
</tbody>
</table>

Safety practices:

Helmet use:
- Bike: Int’l: 56.5%
  - UI: 25.4%
- Motorcycle: Int’l: 92.8%
  - UI: 53.3%

Seatbelt use:
- Int’l: 98.2%
- UI: 96.3%

* in the last 12 months
** in the last 30 days
SLEEP, STRESS & MENTAL HEALTH

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

<table>
<thead>
<tr>
<th></th>
<th>Int’l</th>
<th>UI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Academics</td>
<td>58.2%</td>
<td>57.1%</td>
</tr>
<tr>
<td>Sleep difficulties</td>
<td>41.8%</td>
<td>31.7%</td>
</tr>
<tr>
<td>Career-related issue</td>
<td>40.0%</td>
<td>25.7%</td>
</tr>
<tr>
<td>Personal health issue</td>
<td>25.5%</td>
<td>19.3%</td>
</tr>
<tr>
<td>Finances</td>
<td>24.1%</td>
<td>30.0%</td>
</tr>
<tr>
<td>Personal appearance</td>
<td>23.6%</td>
<td>27.4%</td>
</tr>
<tr>
<td>Other social relationships</td>
<td>22.2%</td>
<td>23.7%</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th></th>
<th>Int’l</th>
<th>UI</th>
</tr>
</thead>
<tbody>
<tr>
<td>University Health/Counseling</td>
<td>21.4%</td>
<td>14.7%</td>
</tr>
<tr>
<td>Counselor/Psychologist</td>
<td>14.5%</td>
<td>32.4%</td>
</tr>
<tr>
<td>Psychiatrist</td>
<td>5.5%</td>
<td>13.2%</td>
</tr>
<tr>
<td>Other Medical Provider</td>
<td>5.5%</td>
<td>16.1%</td>
</tr>
<tr>
<td>Clergy</td>
<td>3.6%</td>
<td>4.8%</td>
</tr>
</tbody>
</table>

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.