

**University of British Columbia – Okanagan  
Executive Summary**

**Spring 2013**

**American College Health Association  
National College Health Assessment II**

**ACHA-NCHA II**

**The ACHA-NCHA II supports the health of the campus community by fulfilling the academic mission, supporting short- and long-term healthy behaviours, and gaining a current profile of health trends within the campus community**

## Table of Contents

---

- I. Introduction**
  
- II. Findings**
  - A. General Health of College Students**
  - B. Disease and Injury Prevention**
  - C. Academic Impacts**
  - D. Violence, Abusive Relationships, and Personal Safety**
  - E. Alcohol, Tobacco, and Other Drug Use**
  - F. Sexual Behaviour**
  - G. Nutrition and Exercise**
  - H. Mental Health**
  - I. Sleep**
  
- III. Demographics and Student Characteristics**

**ACHA, the nation's principle advocate and leadership organization for college and university health, represents a diverse membership that provides and supports the delivery of health care and prevention and wellness services for the nation's 18 million college students. For more information about the association's programs and services, visit [www.acha.org](http://www.acha.org), and [www.acha-ncha.org](http://www.acha-ncha.org).**

# I. Introduction

---

The ACHA-National College Health Assessment II (ACHA-NCHA II) is a national research survey organized by the American College Health Association (ACHA) to assist college health service providers, health educators, counselors, and administrators in collecting data about their students' habits, behaviors, and perceptions on the most prevalent health topics.

ACHA initiated the original ACHA-NCHA in 2000. The ACHA-NCHA now provides the largest known comprehensive data set on the health of college students, providing the college health and higher education fields with a vast spectrum of information on student health.

The revised survey, the ACHA-NCHA II was developed following a thorough pilot testing process. Although the general categories of information for which data are collected remain the same between the original ACHA-NCHA and this revised survey, a number of questions have been modified, and new questions have been added to monitor a variety of health constructs. Specific revisions include updated lists of illegal drugs, contraceptive methods, and vaccines. New items have been added to capture sleep behaviours, self-injury, the use/abuse of prescription drugs, and additional mental health issues.

Please note the ACHA-NCHA II is not appropriate for trend comparison of items from the original ACHA-NCHA survey. A new baseline for ACHA-NCHA II began in the fall of 2008. Directly comparing the pre- and post-redesign estimates on similar data points, without taking into account the impact of the survey's redesign might lead to an erroneous conclusion. Documentation regarding the results of the pilot study and differences between the instruments can be obtained at the ACHA-NCHA website, [www.acha-ncha.org](http://www.acha-ncha.org).

For additional information about the survey's development, design, and methodology, email Mary Hoban, PhD, CHES, ([mhoban@acha.org](mailto:mhoban@acha.org)), Victor Leino, PhD ([vleino@acha.org](mailto:vleino@acha.org)), or visit [www.acha-ncha.org](http://www.acha-ncha.org).

The data in the present report reflect the responses of UBC's Okanagan campus students only.

The survey was sent to:

- a) all undergraduates in Faculties with less than 1,000 students
- b) in Faculties with more than 1,000 undergraduates, 1,500
- c) all graduate students
- d) all undergraduate international students

The Executive Summary highlights results of the ACHA-NCHA II Fall 2013 survey for the University of British Columbia – Okanagan of 812 respondents. The overall response proportion was 37.9%.

### **Major changes 2009 – 2013**

- Males reported lower general health (66.0% vs. 57.6%). Almost twice as many students reported being diagnosed/ treated by a professional for ADHD (6.1% vs. 3.1%). Fewer students reported receiving a hepatitis B vaccination (66% vs. 72%) but 9.7% more respondents indicated receiving Human Papillomavirus/ HPV vaccination (19.9%). Reported alcohol use within last 30 days decreased by 4.5% while perceived marijuana use within last 30 days increased from 88.4% to 95.3%.
- Proportions of students who reported doing something they regretted last time they partied in the past 12 months increased by 7.1%. More males responded than in 2009. More students reported using two or more contraceptive methods (32.7 vs. 23.0). A higher proportion of students reported meeting the Recommendations for exercise within the past 7 days (49.3% vs. 43.1%).

## II. Findings

---

### A. General Health of College Students

- 53.1% of college students surveyed (57.6% male; 51.1% female) described their health as **very good or excellent**.
- 89.0% of college students surveyed (89.9% male and 89.3% female) described their health as **good, very good, or excellent**.

Proportion of college students who reported being diagnosed or treated by a professional for any of the following health problems within the last 12 months:

Allergies:	13.2%	Hepatitis B or C:	0.6%
Asthma:	7.0%	High blood pressure:	1.7%
Back pain:	18.3%	High cholesterol:	0.9%
Broken bone/Fracture/Sprain:	9.7%	HIV infection:	0.1%
Bronchitis:	5.7%	Irritable Bowel Syndrome:	3.7%
Chlamydia:	1.5%	Migraine headache:	8.2%
Diabetes:	1.1%	Mononucleosis:	1.1%
Ear infection:	4.8%	Pelvic Inflammatory Disease:	0.1%
Endometriosis:	1.0%	Repetitive stress injury:	2.7%
Genital herpes:	0.4%	Sinus infection:	9.6%
Genital warts/HPV:	1.2%	Strep throat:	12.0%
Gonorrhea:	0.4%	Tuberculosis:	0.2%
		Urinary tract infection:	9.3%

- 56.3% of college students (46.7% male, 61.3% female) reported being diagnosed or treated by a professional with one or more of the above conditions within the last 12 months.

Proportion of college students who reported the following disabilities or medical conditions:

Attention Deficit and Hyperactivity Disorder (ADHD)	6.1%
Chronic illness (e.g., cancer, diabetes, auto-immune disorders)	5.6%
Deaf/ Hard of hearing	1.7%
Learning disability	3.3%
Mobility/ Dexterity disability	1.2%
Partially sighted/ Blind	1.7%
Psychiatric condition	3.8%
Speech or language disorder	0.6%
Other disability	2.1%

## B. Disease and Injury Prevention

College students reported receiving the following vaccinations (shots):

- 66.0% reported receiving vaccination against hepatitis B.
- 19.9% reported receiving vaccination against Human Papillomavirus/ HPV (cervical cancer vaccine).
- 28.0% reported receiving vaccination against influenza (flu) in the last 12 months (shot or nasal mist).
- 57.9% reported receiving vaccination against measles, mumps, rubella.
- 40.0% reported receiving vaccination against meningococcal meningitis.
- 28.9% reported receiving vaccination against varicella (chicken pox).

Other disease prevention practices reported by college students:

- 72.7% reported having a dental exam and cleaning in the last 12 months.
- 27.9% of males reported performing a testicular self-exam in the last 30 days.
- 26.8% of females reported performing a breast self-exam in the last 30 days.
- 40.1% of females reported having a routine gynecological exam in the last 12 months.
- 60.8% reported using sunscreen regularly with sun exposure.
- 23.8% reported ever being tested for Human Immunodeficiency Virus (HIV) infection

College students reported the following behaviors within the last 12 months:

<i>Percent (%)</i>	N/A, did not do this activity within the last 12 months	Never *	Rarely or sometimes *	Mostly or always *
Wear a seatbelt when you rode in a car	1.1	0.0	0.9	99.1
Wear a helmet when you rode a bicycle	33.9	17.6	20.2	62.2
Wear a helmet when you rode a motorcycle	76.7	2.2	2.7	95.1
Wear a helmet when you were inline skating	74.5	35.3	20.9	43.8

\* Students responding “N/A, did not do this activity within the last 12 months” were excluded.

### C. Academic Impacts

Within the last 12 months, students reported the following factors affecting their individual academic performance, defined as: received a lower grade on an exam, or an important project; received a lower grade in the course; received an incomplete or dropped the course; or experienced a significant disruption in thesis, dissertation, research, or practicum work; (listed alphabetically):

Alcohol use:	7.4%	Gambling:	0.5%
Allergies:	2.1%	Homesickness:	7.5%
Anxiety:	24.6%	Injury:	4.1%
Assault (physical):	1.0%	Internet use/computer games:	20.5%
Assault (sexual):	1.0%	Learning disability:	3.89%
Attention Deficit/Hyperactivity Disorder (ADHD):	5.5%	Participation in extracurricular activities:	10.1%
Cold/Flu/Sore throat:	24.6 %	Pregnancy (yours or partner's):	1.5%
Concern for a troubled friend or family member:	15.8%	Relationship difficulties:	14.9%
Chronic health problem or serious illness:	6.5%	Roommate difficulties:	8.1%
Death of a friend or family member:	5.7%	Chronic pain:	5.0%
Depression:	16.9%	Sexually transmitted disease/infection (STD/I):	0.6%
Discrimination:	1.6%	Sinus infection/Ear infection/Bronchitis/Strep throat:	7.1%
Drug use:	2.6%	Eating disorder/problem:	3.2%
Sleep difficulties:	27.8%	Finances:	10.3%
Stress:	35.2%	Other:	4.6%
Work:	15.5%		

### D. Violence, Abusive Relationships, and Personal Safety

Within the last 12 months, college students reported experiencing:

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
A physical fight	12.3	3.2	6.3
A physical assault (not sexual assault)	8.0	3.2	4.8
A verbal threat	29.3	15.2	20.0
Sexual touching without their consent	5.4	9.1	7.8
Sexual penetration attempt without their consent	0.4	4.0	2.7
Sexual penetration without their consent	0.7	2.0	1.2
Stalking	3.3	6.6	5.5
An emotionally abusive intimate relationship	6.9	12.9	10.9

A physically abusive intimate relationship	2.1	1.8	2.0
A sexually abusive intimate relationship	1.8	2.3	2.1

College students reported feeling **very safe**:

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
On their campus (daytime)	96.4	93.5	94.5
On their campus (nighttime)	74.9	29.1	45.0
In the community surrounding their school (daytime)	77.9	64.8	69.4
In the community surrounding their school (nighttime)	46.2	16.6	26.8

### **E. Alcohol, Tobacco, and Other Drug Use**

Reported use versus perceived use – reported use for all students within the past 30 days compared with how often students perceived the typical student on campus used substances within the same time period. The last line of each table combines all categories of any use in the last 30 days.

#### **Alcohol**

<i>Percent (%)</i>	<b>Actual use</b>			<b>Perceived use</b>		
	<b>Male</b>	<b>Female</b>	<b>Total</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Never used	11.6	14.3	12.5	3.3	1.0	1.8
Used, but not in the last 30 days	12.8	13.9	13.5	1.5	1.6	1.5
Used 1-9 days	56.4	63.4	61.0	50.7	40.7	44.1
Used 10-29 days	15.0	10.3	11.9	36.5	47.4	43.7
Used all 30 days	1.5	0.8	1.0	8.0	9.4	8.9
Any use within the last 30 days	72.9	74.5	73.9	95.2	97.5	96.7



**Cigarettes**

<i>Percent (%)</i>	<b>Actual use</b>			<b>Perceived use</b>		
	<b>Male</b>	<b>Female</b>	<b>Total</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Never used	68.2	71.7	70.4	12.5	6.4	8.5
Used, but not in the last 30 days	21.2	20.2	20.4	22.7	17.5	19.2
Used 1-9 days	4.7	5.9	5.5	44.0	42.7	43.2
Used 10-29 days	1.8	0.4	0.8	11.4	20.7	17.6
Used all 30 days	4.0	1.9	2.6	9.5	12.6	11.5
Any use within the last 30 days	10.5	16.4	8.9	64.9	76.0	72.3

**Marijuana**

<i>Percent (%)</i>	<b>Actual use</b>			<b>Perceived use</b>		
	<b>Male</b>	<b>Female</b>	<b>Total</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Never used	57.1	51.1	54.9	5.5	4.3	4.7
Used, but not in the last 30 days	26.3	26.5	26.5	8.8	6.4	7.2
Used 1-9 days	14.9	11.6	12.8	53.5	47.4	49.4
Used 10-29 days	4.0	3.4	3.6	25.3	33.2	30.6
Used all 30 days	3.6	1.3	2.1	7.0	8.7	8.1
Any use within the last 30 days	22.5	16.3	18.5	85.8	89.3	88.1

**Tobacco from a water pipe (hookah)**

<i>Percent (%)</i>	<b>Actual use</b>			<b>Perceived use</b>		
	<b>Male</b>	<b>Female</b>	<b>Total</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Never used	68.1	75.5	72.9	20.3	16.0	17.5
Used, but not in the last 30 days	21.6	20.0	20.5	28.4	25.4	26.7
Used 1-9 days	7.0	4.2	5.2	42.1	47.6	45.5
Used 10-29 days	1.5	0.4	0.8	7.0	9.8	8.8
Used all 30 days	1.8	0.0	0.6	2.2	1.2	1.5

Any use within the last 30 days	10.3	4.4	6.6	51.3	58.6	55.8
---------------------------------	------	-----	-----	------	------	------

### Cigars, little cigars, clove cigarettes

<i>Percent (%)</i>	Actual use			Perceived use		
	Male	Female	Total	Male	Female	Total
Never used	61.2	78.5	72.5	14.4	14.3	14.3
Used, but not in the last 30 days	28.6	18.4	22.0	30.4	23.1	25.6
Used 1-9 days	9.1	2.9	5.0	46.7	48.8	48.2
Used 10-29 days	0.7	0.0	0.2	5.2	10.6	8.6
Used all 30 days	1.8	0.0	0.6	3.3	3.1	3.2
Any use within the last 30 days	11.6	2.9	5.8	55.2	62.5	60.0

### Smokeless Tobacco

<i>Percent (%)</i>	Actual use			Perceived use		
	Male	Female	Total	Male	Female	Total
Never used	28.9	61.4	90.5	33.2	27.4	29.3
Used, but not in the last 30 days	13.2	5.9	8.4	26.1	24.6	25.1
Used 1-9 days	0.2	1.1	0.6	33.2	37.2	35.9
Used 10-29 days	1.1	0.4	0.6	5.6	8.9	7.9
Used all 30 days	0.0	0.0	0.0	1.9	2.0	1.9
Any use within the last 30 days	1.3	1.5	1.2	40.7	48.1	45.7

\* Note: Only two respondents reported as transgender

### Cocaine

<i>Percent (%)</i>	Actual use			Perceived use		
	Male	Female	Total	Male	Female	Total
Never used	92.3	93.3	93.0	50.9	38.6	42.9
Used, but not in the last 30 days	6.2	5.2	5.5	22.7	27.6	26.0
Used 1-9 days	0.8	1.2	1.1	19.0	30.5	27.9
Used 10-29 days	0.4	0.4	0.4	1.9	3.0	2.6
Used all 30 days	0.4	0.0	0.1	1.5	0.4	0.8
Any use within the last 30 days	1.6	1.6	1.6	22.4	33.9	31.3

### Methamphetamine

<i>Percent (%)</i>	Actual use			Perceived use		
	Male	Female	Total	Male	Female	Total
Never used	97.4	98.1	97.9	68.5	53.9	59.0

Used, but not in the last 30 days	1.5	1.9	1.8	15.4	21.6	19.5
Used 1-9 days	0.4	0.0	0.1	21.8	21.8	18.8
Used 10-29 days	0.4	0.4	0.1	1.4	2.4	2.0
Used all 30 days	0.4	0.0	0.1	0.4	1.1	0.6
Any use within the last 30 days	1.6	0.4	0.3	23.6	25.3	21.4

### Other amphetamines

<i>Percent (%)</i>	Actual use			Perceived use		
	Male	Female	Total	Male	Female	Total
Never used	94.5	92.9	93.5	56.8	39.6	45.5
Used, but not in the last 30 days	4.0	4.8	4.5	22.5	20.5	22.2
Used 1-9 days	1.1	1.8	1.5	17.6	31.5	26.6
Used 10-29 days	4.0	3.4	0.4	3.3	4.9	4.3
Used all 30 days	0.4	0.4	0.1	1.8	1.6	1.7
Any use within the last 30 days	5.5	5.6	2.0	22.7	38.0	32.6

### Sedatives

<i>Percent (%)</i>	Actual use			Perceived use		
	Male	Female	Total	Male	Female	Total
Never used	96.7	93.9	94.9	51.8	40.1	44.1
Used, but not in the last 30 days	2.2	3.4	3.0	21.3	24.1	23.3
Used 1-9 days	0.4	2.1	1.5	22.8	30.9	28.1
Used 10-29 days	0.4	0.6	0.5	2.6	4.1	3.5
Used all 30 days	0.4	0.0	0.1	1.5	0.8	1.0
Any use within the last 30 days	1.6	2.7	2.1	26.9	35.8	32.6

### Hallucinogens

<i>Percent (%)</i>	Actual use			Perceived use		
	Male	Female	Total	Male	Female	Total
Never used	89.7	94.5	92.9	45.0	34.1	37.8
Used, but not in the last 30 days	8.4	5.5	6.5	26.2	30.0	28.9
Used 1-9 days	1.5	0.0	0.5	25.9	32.7	30.2
Used 10-29 days	0.0	0.0	0.0	2.2	3.1	2.8
Used all 30 days	0.4	0.0	0.1	0.7	0.0	0.3
Any use within the last 30 days	1.9	0.0	0.6	28.8	35.8	33.3

**Steroids**

<i>Percent (%)</i>	<b>Actual use</b>			<b>Perceived use</b>		
	<b>Male</b>	<b>Female</b>	<b>Total</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Never used	98.5	99.6	99.2	56.1	40.5	45.9
Used, but not in the last 30 days	0.7	0.4	0.5	15.5	21.5	19.5
Used 1-9 days	0.4	0.0	0.1	23.7	32.0	29.1
Used 10-29 days	0.4	0.0	0.1	4.1	5.3	4.8
Used all 30 days	0.0	0.0	0.0	0.7	0.8	0.8
Any use within the last 30 days	0.8	0.0	0.2	28.5	38.1	34.7

**Opiates**

<i>Percent (%)</i>	<b>Actual use</b>			<b>Perceived use</b>		
	<b>Male</b>	<b>Female</b>	<b>Total</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Never used	97.8	99.2	98.7	67.3	59.0	61.8
Used, but not in the last 30 days	0.7	0.6	0.6	14.0	18.2	16.8
Used 1-9 days	0.4	0.2	0.2	16.6	20.9	19.3
Used 10-29 days	0.7	0.0	0.3	1.1	1.8	1.5
Used all 30 days	0.4	0.0	0.1	1.1	0.2	0.5
Any use within the last 30 days	1.5	0.2	0.6	18.8	22.9	21.3

**Inhalants**

<i>Percent (%)</i>	<b>Actual use</b>			<b>Perceived use</b>		
	<b>Male</b>	<b>Female</b>	<b>Total</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Never used	98.2	99.4	99.0	67.5	58.4	61.6
Used, but not in the last 30 days	1.1	0.6	0.8	16.2	19.8	18.6
Used 1-9 days	0.4	0.0	0.1	13.7	19.2	17.2
Used 10-29 days	0.0	0.0	0.0	1.9	2.6	2.3
Used all 30 days	0.4	0.0	0.1	0.7	0.0	0.3
Any use within the last 30 days	0.8	0.0	0.2	16.3	21.8	19.8

**MDMA**

<i>Percent (%)</i>	<b>Actual use</b>			<b>Perceived use</b>		
	<b>Male</b>	<b>Female</b>	<b>Total</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Never used	86.7	87.0	87.0	33.3	25.0	27.8
Used, but not in the last 30 days	11.8	11.0	11.3	28.1	26.2	27.1
Used 1-9 days	1.1	1.5	1.4	34.5	43.2	40.1
Used 10-29 days	0.0	0.4	0.3	3.1	5.5	4.7
Used all 30 days	0.4	0.0	0.1	0.7	0.0	0.3

Any use within the last 30 days	1.5	1.9	1.8	38.3	48.7	45.1
---------------------------------	-----	-----	-----	------	------	------

### Other Club drugs

<i>Percent (%)</i>	Actual use			Perceived use		
	Male	Female	Total	Male	Female	Total
Never used	96.7	97.0	96.9	50.7	39.5	43.4
Used, but not in the last 30 days	2.6	2.3	2.4	20.4	25.3	23.7
Used 1-9 days	0.4	0.8	0.7	26.3	31.4	29.6
Used 10-29 days	0.4	0.0	0.1	2.3	3.9	3.3
Used all 30 days	0.0	0.0	0.0	0.4	0.0	0.1
Any use within the last 30 days	0.8	0.8	0.8	29.0	35.3	33.0

### Other illegal drugs

<i>Percent (%)</i>	Actual use			Perceived use		
	Male	Female	Total	Male	Female	Total
Never used	90.4	92.9	92.1	48.1	39.8	42.7
Used, but not in the last 30 days	7.4	4.8	5.7	22.8	26.4	25.2
Used 1-9 days	1.8	1.9	1.9	24.3	30.7	28.4
Used 10-29 days	0.0	0.2	0.1	3.7	3.1	3.3
Used all 30 days	0.4	0.2	0.3	1.1	0.0	0.4
Any use within the last 30 days	2.2	2.3	2.3	29.1	33.8	32.1

- 3.0% of college students reported driving after having **5 or more drinks** in the last 30 days. \*
  - 28.1% of college students reported driving after having **any alcohol** in the last 30 days. \*
- \* *Students responding "N/A, don't drive" and "N/A don't drink" were excluded from this analysis.*

Estimated Blood Alcohol Concentration (or eBAC) of college students reporting 1 or more drinks the last time they “partied” or socialized. **Students reporting 0 drinks were excluded from the analysis.** Due to the improbability of a student surviving a drinking episode resulting in an extremely high eBAC, all students with an eBAC of 0.50 or higher are also omitted from these eBAC figures. eBAC is an estimated figure based on the reported number of drinks consumed during the last time they “partied” or socialized, their approximate time of consumption, sex, weight, and the average rate of ethanol metabolism.

Estimated BAC <i>Percent (%)</i>	Male	Female	Total
< .08	62.7	54.4	57.2
< .10	69.1	61.2	63.8
Mean	0.08	0.09	0.08

Median	0.06	0.07	0.06
Std Dev	0.08	0.09	0.08

Reported number of drinks consumed the last time students “partied” or socialized. Only students reporting one or more drinks were included.

Number of drinks*	Male	Female	Total
4 or fewer	34.4	50.8	45.5
5	10.1	9.5	9.7
6	8.7	12.5	11.2
7 or more	46.8	27.2	33.6
Mean	6.77	5.08	5.61
Median	6.00	4.00	5.00
Std Dev	4.61	4.53	4.61

\* Students reporting 0 drinks were excluded.

Reported number of times college students consumed five or more drinks in a sitting within the last two weeks:

Percent (%)	Male	Female	Total
N/A don't drink	18.8	13.3	15.2
None	39.5	51.4	47.5
1-2 times	30.8	27.3	28.4
3-5 times	9.3	7.0	7.8
6 or more times	1.5	1.0	1.1

Percent of college students who reported using prescription drugs that were not prescribed to them within the last 12 months:

Percent (%)	Male	Female	Total
Antidepressants	1.5	3.4	2.7
Erectile dysfunction drugs	1.5	0.8	1.0
Pain killers	9.5	7.1	7.8
Sedatives	2.5	3.4	3.1
Stimulants	7.2	4.6	5.4
Used 1 or more of the above	16.1	11.1	13.8

College students reported doing the following most of the time or always when they “partied” or socialized during the last 12 months: \*

Percent (%)	Male	Female	Total
Alternate non-alcoholic with alcoholic beverages	26.7	35.5	32.9
Avoid drinking games	30.5	35.8	34.3
Choose not to drink alcohol	33.1	23.2	21.4
Determine in advance not to exceed a set number of drinks	36.8	61.6	37.6

Eat before and/or during drinking	80.8	82.5	81.3
Have a friend let you know when you have had enough	19.3	30.7	26.9
Keep track of how many drinks being consumed	58.5	57.8	58.2
Pace drinks to one or fewer an hour	21.0	27.9	25.7
Stay with the same group of friends the entire time drinking	80.8	86.5	84.6
Stick with only one kind of alcohol when drinking	54.5	47.8	50.5
Use a designated driver	79.0	86.2	84.0
<b><i>Reported one or more of the above</i></b>	<b>81.9</b>	<b>88.8</b>	<b>86.5</b>

*\*Students responding, "N/A, don't drink" were excluded from this analysis.*

College students reported doing the following most of the time or always when they "partied" or socialized during the last 12 months: \*

<b><i>Percent (%)</i></b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Did something you later regretted	44.6	49.1	47.5
Forgot where you were or what you did	37.1	38.8	37.6
Got in trouble with the police	6.3	1.8	3.2
Had sex with someone without giving your consent	1.8	2.4	2.2
Had sex with someone without getting their consent	0.0	1.8	0.6
Had unprotected sex	22.8	22.5	22.5
Physically injured yourself	24.1	22.1	22.8
Physically injured another person	2.6	3.6	2.9
Seriously considered suicide	1.8	2.4	2.2
<b><i>Reported one or more of the above</i></b>	<b>51.4</b>	<b>53.5</b>	<b>52.8</b>

*\*Students responding, "N/A, don't drink" were excluded from this analysis.*

## F. Sexual Behavior

College students reported having the following number of sexual partners (oral sex, vaginal, or anal intercourse) within the last 12 months:

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
None		25.5	23.6	24.3
1		46.0	49.9	48.6
2		10.6	9.1	9.6
3		5.5	7.0	6.5
4 or more		12.4	10.3	11.0

Number of partners among students reporting to have at least one sexual partner within the last 12 months: \*

	<b>Male</b>	<b>Female</b>	<b>Total</b>
Mean	2.39	2.01	2.14
Median	1.00	1.00	1.00
Std Dev	3.23	2.09	2.52

\* *Students reporting 0 sexual partners within the last 12 months were excluded*

College students reported having oral, vaginal, or anal sex in the last 30 days:

### Oral sex within the past 30 days

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No, have never done this sexual activity		22.0	24.4	23.6
No, have done this sexual activity but not in the last 30 days		26.0	33.2	30.7
Yes		52.0	42.4	45.7

### Vaginal sex within the past 30 days

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No, have never done this sexual activity		24.1	23.5	23.7
No, have done this sexual activity but not in the last 30 days		22.6	25.2	24.2
Yes		53.3	51.3	52.0

### Anal sex within the past 30 days

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No, have never done this sexual activity		71.1	72.8	72.3



No, have done this sexual activity but not in the last 30 days	22.3	24.1	23.5
Yes	6.6	3.1	4.3

**Using a condom or other protective barrier within the last 30 days (mostly or always):**

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
<i>Sexually active students reported*</i>			
Oral sex	5.0	3.5	4.1
Vaginal intercourse	52.2	45.3	47.6
Anal intercourse	30.8	17.9	25.0

\* Students responding “Never did this sexual activity” or “Have not done this during the last thirty days” were excluded from the analysis

**Contraceptive use reported by students or their partner the last time they had vaginal intercourse:**

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
<b>Yes, used a method of contraception</b>	<b>61.8</b>	<b>65.5</b>	<b>64.2</b>
Not applicable/Didn't use a method/Don't know	38.2	34.5	35.8

**If YES to contraceptive use the last time student had vaginal intercourse, reported means of birth control used among college students or their partner to prevent pregnancy:**

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Birth control pills (monthly or extended cycle)	68.2	68.3	68.3
Birth control shots	1.2	1.3	1.2
Birth control implants	0.6	2.5	1.2
Birth control patch	1.5	1.3	1.4
Vaginal ring	3.0	1.9	2.7
Intrauterine device	6.4	11.7	8.1
Male condom	66.7	52.7	57.1
Female condom	1.9	0.0	0.6
Diaphragm or cervical cap	1.3	0.0	0.4
Contraceptive sponge	1.9	0.0	0.6
Spermicide (foam, jelly, cream)	7.5	2.1	3.9
Fertility awareness (calendar, mucous, basal body temperature)	7.5	7.3	7.3
Withdrawal	28.3	27.1	27.4
Sterilization (hysterectomy, tubes tied, vasectomy)	3.7	3.3	3.5
Other method	2.5	1.8	2.1

<b><i>Male condom use plus another method</i></b>	53.3	40.9	44.4
<b><i>Any two or more methods (excluding male condoms)</i></b>	37.3	31.4	32.7

- 15.7% of sexually active college students reported using (or reported their partner used) emergency contraception (‘morning after pill’) within the last 12 months. (male: 11.0%; female 18.1%). \*
- \* Students responding “Not sexually active” were excluded from the analysis.
- 1.0% of college students who had vaginal intercourse within the last 12 months reported experiencing an unintentional pregnancy or got someone pregnant within the last 12 months. (male: 2.0%; female: 0.5%).

### **G. Nutrition and Exercise**

College students reported usually eating the following number of servings of fruits and vegetables per day:

<b><i>Percent (%)</i></b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
0 servings per day	3.6	1.3	2.1
1-2 per day	49.6	36.5	41.2
3-4 per day	32.6	44.3	40.2
5 or more per day	14.1	17.9	16.5

College students reported the following behaviors within the past 7 days:

#### **Do moderate-intensity cardio or aerobic exercise for at least 30 minutes:**

<b><i>Percent (%)</i></b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
0 days	21.4	19.4	20.3
1-4 days	58.3	59.1	58.7
5-7 days	20.4	21.7	21.1

#### **Do vigorous-intensity cardio or aerobic exercise for at least 20 minutes:**

<b><i>Percent (%)</i></b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
0 days	32.3	33.7	33.4
1-2 days	37.5	32.6	34.2
3-7 days	30.1	33.7	32.4

Physical Activity and Public Health: Updated Recommendations for Adults. From the American College of Sports Medicine and the American Heart Association (2007): Moderate-intensity cardio or aerobic exercise for at least 30 minutes on 5 or more days per week, or vigorous-intensity activity cardio or aerobic exercise for at least 20 minutes on 3 or more days per week.

**Students meeting the Recommendations for moderate-intensity exercise, vigorous-intensity exercise, or a combination of the two (2 moderate-intensity exercise periods = 1 vigorous-intensity exercise period).**

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Guidelines met	48.7	49.7	49.3

Estimated average Body Mass Index (BMI): This figure incorporates reported height, and weight to form a general indicator of physical health. Categories defined by the World Health Organization (WHO) 2000, reprinted 2004. Obesity: Preventing and Managing the Global Epidemic. WHO Tech Report Series: 894.

<b>BMI</b>	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
< 18.5 Underweight		5.1	8.3	7.2
18.5-24.9 Healthy Weight		65.1	69.8	68.2
25-29.9 Overweight		23.9	15.9	18.6
30-34.9 Class I Obesity		4.4	3.3	3.7
35-39.9 Class II Obesity		1.1	1.7	1.5
≥ 40 Class III Obesity		0.4	1.0	0.8

Mean	23.72	22.94	23.18
Median	23.10	22.05	22.50
Standard Dev	4.28	4.48	4.44

## H. Mental Health

Students reported experiencing the following within the last 12 months:

### Felt things were hopeless

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No, never	35.5	26.3	29.4
No, not last 12 months	20.1	22.3	21.5
Yes, last 2 weeks	13.2	17.9	16.3
Yes, last 30 days	9.9	9.1	9.5
Yes, in last 12 months	21.2	24.4	23.4
<i>Any time within the last 12 months</i>	44.3	51.4	49.2

### Felt overwhelmed by all you had to do

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No, never	14.5	2.5	6.6
No, not last 12 months	6.5	3.2	4.4
Yes, last 2 weeks	41.8	58.4	52.9
Yes, last 30 days	19.6	16.3	17.4
Yes, in last 12 months	17.5	19.5	18.8
<i>Any time within the last 12 months</i>	78.9	94.2	89.1

**Felt exhausted (not from physical activity)**

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No, never	13.8	4.2	7.5
No, not last 12 months	7.3	3.4	4.7
Yes, last 2 weeks	41.8	57.7	52.4
Yes, last 30 days	18.5	17.1	17.5
Yes, in last 12 months	18.5	17.6	17.9
<i>Any time within the last 12 months</i>	78.8	92.4	87.8

**Felt very lonely**

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No, never	25.9	12.3	16.9
No, not last 12 months	23.7	18.0	19.9
Yes, last 2 weeks	19.0	26.9	24.4
Yes, last 30 days	9.1	16.7	14.1
Yes, in last 12 months	22.3	26.0	24.7
<i>Any time within the last 12 months</i>	50.4	69.6	63.2

**Felt very sad**

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No, never	26.1	11.8	16.6
No, not last 12 months	21.4	17.1	18.5
Yes, last 2 weeks	17.4	26.0	23.2
Yes, last 30 days	11.2	16.1	14.4
Yes, in last 12 months	23.9	29.0	27.2
<i>Any time within the last 12 months</i>	52.5	71.1	64.8

**Felt so depressed that it was difficult to function**

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No, never	50.5	38.7	42.6
No, not last 12 months	21.1	22.3	21.8
Yes, last 2 weeks	6.2	12.0	10.1
Yes, last 30 days	8.4	7.2	7.6
Yes, in last 12 months	13.8	19.8	17.8
<i>Any time within the last 12 months</i>	28.4	39.0	35.5

**Felt overwhelming anxiety**

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No, never	38.8	26.3	30.5
No, not last 12 months	17.6	13.7	15.0
Yes, last 2 weeks	13.9	23.9	20.7
Yes, last 30 days	13.9	11.8	12.5
Yes, in last 12 months	15.8	24.2	21.3
<i>Any time within the last 12 months</i>	43.6	59.9	54.5

**Felt overwhelming anger**

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No, never	40.0	35.6	37.1
No, not last 12 months	22.5	22.4	22.5
Yes, last 2 weeks	10.9	13.7	12.8
Yes, last 30 days	10.9	8.3	9.2
Yes, in last 12 months	10.9	20.0	18.5
<i>Any time within the last 12 months</i>	32.7	42.0	40.5

**Seriously considered suicide**

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No, never	77.2	75.3	75.9
No, not last 12 months	15.2	15.4	15.4
Yes, last 2 weeks	1.8	1.1	1.4
Yes, last 30 days	0.7	1.7	1.4
Yes, in last 12 months	5.1	6.5	6.0
<i>Any time within the last 12 months</i>	7.6	9.3	8.8

**Intentionally cut, burned, bruised, or otherwise injured yourself**

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No, never	87.0	78.7	81.5
No, not last 12 months	8.3	13.5	11.7
Yes, last 2 weeks	1.1	2.1	1.9
Yes, last 30 days	1.1	1.3	1.2
Yes, in last 12 months	2.5	4.4	3.7
<i>Any time within the last 12 months</i>	4.7	7.8	6.8

**Attempted suicide**

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No, never	90.9	91.8	91.6
No, not last 12 months	7.2	7.8	7.5
Yes, last 2 weeks	0.7	0.0	0.2
Yes, last 30 days	0.7	0.0	0.1
Yes, in last 12 months	0.7	0.4	0.5
<i>Any time within the last 12 months</i>	2.1	0.4	0.8

**Within the last 12 months, diagnosed, or treated by a professional for the following:**

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Anorexia	1.4	1.8	1.5
Anxiety	6.9	11.0	10.1
Attention Deficit and Hyperactivity Disorder (ADHD)	5.2	3.4	4.0
Bipolar Disorder	1.8	0.4	0.8
Bulimia	1.4	1.9	1.6
Depression	5.4	11.9	9.8

Insomnia	4.3	4.4	4.5
Other sleep disorder	3.6	2.2	2.6
Obsessive Compulsive Disorder	2.6	1.9	2.0
Panic attacks	3.3	4.8	4.4
Phobia	2.1	0.2	1.0
Schizophrenia	1.9	0.0	0.5
Substance abuse or addiction	1.5	0.4	0.6
Other addiction	2.6	0.4	0.8
Other mental health condition	3.4	2.8	2.8
<i>Students reporting none of the above</i>	84.7	77.4	79.8
<i>Students reporting one of the above</i>	6.5	8.0	7.5
<i>Students reporting both Depression and Anxiety</i>	2.2	4.7	4.0
<i>Students reporting any two or more of the above, excluding the combination of Depression and Anxiety</i>	4.5	8.3	7.0

**Within the last 12 months, any of the following been traumatic or very difficult to handle:**

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Academics	48.9	60.0	56.1
Career-related issue	27.7	29.5	29.0
Death of family member or friend	8.7	16.8	14.0
Family problems	21.4	36.5	31.4
Intimate relationships	33.7	35.2	34.8
Other social relationships	19.6	28.7	25.7
Finances	36.0	43.5	41.2
Health problem of family member or partner	13.4	24.0	20.2
Personal appearance	13.5	36.3	28.7
Personal health issue	18.1	28.1	24.8
Sleep difficulties	26.6	33.7	31.3
Other	9.2	12.6	11.4
<i>Students reporting none of the above</i>	28.0	16.5	20.5
<i>Students reporting only one of the above</i>	13.7	11.4	12.1
<i>Students reporting 2 of the above</i>	15.1	12.6	13.4
<i>Students reporting 3 or more of the above</i>	43.2	59.5	54.0

**Within the last 12 months, how would you rate the overall level of stress experienced:**

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No stress	1.1	0.2	0.7
Less than average stress	13.5	3.8	7.0

Average stress	34.7	33.6	33.7
More than average stress	39.1	48.6	45.2
Tremendous stress	11.7	13.9	13.2

## I. Sleep

**Past 7 days, getting enough sleep to feel rested in the morning:**

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
0 days	9.5	10.7	10.3
1-2 days	20.5	31.5	27.3
3-5 days	52.3	45.6	47.8
6+ days	17.6	13.1	9.9

**Past 7 days, how often felt tired, dragged out, or sleepy during the day:**

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
0 days	10.5	4.9	7.1
1-2 days	36.3	30.2	32.1
3-5 days	37.4	42.9	31.1
6+ days	14.9	21.9	19.8

**Past 7 days, how much of a problem with sleepiness during daytime activities:**

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No problem	14.6	7.8	10.2
A little problem	46.7	47.1	47.0
More than a little problem	20.7	22.7	22.0
A big problem	13.4	15.6	15.0
A very big problem	4.3	6.7	5.8

## III. Demographics and Student Characteristics

---

- **Age:**

Average age:	23.44 years
Median:	21.00 years
Std Dev:	6.95 years
18 – 20:	40.3%
21 – 24:	36.0%
25 – 29:	10.6%
30+ years:	12.4%

- **Gender**

Female:	64.9%
Male:	34.0%
Transgender:	0.2%

- **Student status**

1 <sup>st</sup> year undergraduate:	19.0%
2 <sup>nd</sup> year undergraduate:	19.4%
3 <sup>rd</sup> year undergraduate:	22.1%
4 <sup>th</sup> year undergraduate:	15.6%
5 <sup>th</sup> year or more undergraduate:	8.5%
Graduate or professional:	14.2%
Not seeking a degree:	0.2%
Other:	0.9%

Full-time student:	92.7%
Part-time student:	29.3%
Other student:	1.4%

- **Relationship status:**

Not in a relationship:	46.4%
In a relationship but not living together:	31.9%
In a relationship and living together:	21.8%

- **Marital status**

Single:	77.3%
Married/ Partnered:	16.9%
Separated:	0.5%
Divorced:	1.2%
Other:	4.1%

- **Students describe themselves as:**

Aboriginal:	4.4%
Arab:	0.5%
Black:	1.5%
Chinese:	6.4%
Filipino:	1.6%
Japanese:	0.6%
Korean:	0.9%
Latin American:	1.6%
South Asian:	4.2%
Southeast Asian:	1.0%
West Asian:	1.8%
White:	76.7%
Multiracial:	2.2%
Other:	3.0%

- **International Student:**

International:	12.0%
----------------	-------

- **Students describe themselves as:**

Heterosexual:	93.3%
Gay/ Lesbian:	1.9%
Bisexual:	2.9%
Unsure:	2.0%



- **Housing:**

Campus residence hall:	16.2%
Other university housing:	2.1%
Parent/guardian home:	18.1%
Other off-campus housing:	55.4%
Other:	8.2%

- **Participated in organized college athletics:**

Varsity:	6.1%
Club sports:	12.2%
Intramurals:	21.6%

- **Member of a social fraternity**

Greek member:	2.2%
---------------	------

## Appendix A: Resilience and satisfaction with food, water, safety

**I know about strategies I can use to cope with stress as it comes:**

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Agree strongly	42.7	33.5	36.5
Agree somewhat	38.0	46.0	43.3
Disagree somewhat	14.6	17.7	16.7
Disagree strongly	4.7	2.9	3.5

**I'm confident in my ability to cope with the demands of my life:**

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Agree strongly	60.5	45.0	50.3
Agree somewhat	31.5	44.4	40.0
Disagree somewhat	6.9	8.9	8.2
Disagree strongly	1.1	1.7	1.5

**I'm aware of personal signs when I experience too much stress:**

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Agree strongly	57.0	56.4	56.7
Agree somewhat	36.0	37.8	37.1
Disagree somewhat	5.1	5.1	5.1
Disagree strongly	1.8	0.8	1.1

**In the past school year I was able to manage stress successfully:**

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Agree strongly	41.4	30.6	34.2
Agree somewhat	38.5	47.2	44.4
Disagree somewhat	16.1	15.6	15.7
Disagree strongly	4.0	6.6	5.7

**How satisfied are you with: Personal safety on campus:**

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Very dissatisfied	2.2	0.6	1.1
Dissatisfied	0.7	3.3	2.4
Satisfied	26.9	43.8	37.9
Very satisfied	68.0	49.3	55.9
Don't know/ Not applicable	2.2	3.1	2.8

**How satisfied are you with: Drinking water (not bottled water):**

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Very dissatisfied	17.0	15.5	16.0
Dissatisfied	21.7	17.6	19.1
Satisfied	29.0	30.0	29.6
Very satisfied	28.3	35.3	32.9
Don't know/ Not applicable	4.0	1.7	2.5

**How satisfied are you with: Food services:**

<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Very dissatisfied	21.0	18.0	19.1
Dissatisfied	31.5	33.0	32.4
Satisfied	34.8	37.0	36.3
Very satisfied	8.0	7.1	7.4
Don't know/ Not applicable	4.7	4.8	4.8