FINDINGS FROM THE NATIONAL COLLEGE HEALTH ASSESSMENT

Spring 2011

About the Survey

- Conducted Feb. 28, 2011 – Mar. 4, 2011
- 995 BSU students completed paper surveys
- 65 questions
- Administered in classrooms during regularly scheduled class time
- Anonymous & confidential
- National reference group of 105,781 college students across the U.S.A. who completed the survey in Spring 2011

Demographics

Category	Descriptor	% of BSU respondents
Age	Under 21	48.8
	21-29	49.3
	30+	2
Sex	Male	47.3
	Female	51.1
Year in school	1st year undergraduate	20.9
	2nd year undergraduate	20.5
	3rd year undergraduate	27.9
	4th year undergraduate	20.5
	5th year+ undergraduate	6.7
	Graduate or professional	2.4
Full-Time student status	Yes	95.5

Category	Descriptor	% of BSU respondents
Ethnicity	White	85.6
	Black – not Hispanic	5.7
	Hispanic or Latino/a	2.3
	Asian or Pacific Islander	3.6
	American Indian or Alaskan Native	0.7
	Biracial or Multicultural	2.3
Greek Member	Yes	13.1
Housing	Campus residence hall	38
	Fraternity or Sorority house	1.7
	Other university housing	4.7
	Parent/Guardian house	5.6
	Other off-campus housing	48.3
Relationship Status	Not in a relationship	47.7
	In a relationship, not living together	41.8
	In a relationship, living together	10.5

General Health

- 54.8% of BSU students described their health as **very good or excellent**
- 93.6% of BSU students described their health as **good, very good, or excellent**

- Reported being diagnosed or treated for the following within the last 12 months:
  - Allergies: 19%
  - Asthma: 9%
  - Chlamydia: 1.4%
  - Diabetes: 0.7%
  - Genital Herpes: 0.7%
  - Genital warts/HPV: 1.6%
  - Gonorrhea: 0.8%
  - Hepatitis B or C: 0.3%
  - HIV infection: 0.1%
  - Migraine headaches: 6.5%
  - Sinus infection: 20.2%
  - Urinary tract infection: 8.9%

Academic Impacts

- Top ten factors negatively impacting academics at BSU:
  - Stress—25.2%
  - Anxiety—16.9%
  - Sleep difficulties—16.4%
  - Cold/Flu/Sore throat—14%
  - Work—12.2%
  - Internet use/Computer games—10.5%
  - Depression—10.2%
  - Relationship difficulties—9.7%
  - Participation in extracurricular activities—8%
  - Alcohol use—7.1%

Alcohol, Tobacco, and Other Drug Use

Substance	BSU Actual Use				*BSU Perceived Use*			
	Never used	Not in the last 30 days	Once or more in last 30 days	Used daily	*Never used*	*Not in the last 30 days*	*Once or more in last 30 days*	*Used daily*
Alcohol	18.5%	12.8%	66.9%	1.7%	*4.8%*	*3.2%*	*75.7%*	*16.4%*
Cigarettes	69.2%	14.1%	11.6%	5.1%	*6.5%*	*8%*	*65.9%*	*19.5%*
Marijuana	63.5%	18.7%	14.7%	3%	*10%*	*12.8%*	*67.3%*	*10%*
Hookah	65.8%	23.2%	10.9%	0.1%	*9.1%*	*13.4%*	*72.1%*	*5.5%*
Smokeless Tobacco	85.5%	8.4%	4.6%	1.5%	13.6%	14.5%	63.3%	8.7%

Alcohol Use

How many alcoholic drinks did <u>you</u> consume the last time you "partied"/socialized? How many do you think the typical student at your school consumed?

# Drinks	BSU Actual Use	BSU Perceived Use
0	21.1%	3.3%
1-2	15.5%	3.3%
3-4	16.6%	13%
5-6	13.9%	25.4%
7+	32.5%	54.8%

Alcohol Use-Harm Reduction

During the last 12 months, when you "partied"/socialized, how often did you:

Behavior	BSU		*National*	
	Never	"most of the time" or "always"	*Never*	*"most of the time" or "always"*
Stay with the same group of friends entire time drinking	3.7%	63.1%	*1.7%*	*64.7%*
Use a designated driver	4.4%	61.7%	*4.2%*	*60.2%*
Eat before and/or during drinking	2.4%	60.6%	*1.6%*	*59.5%*

Sexual Behavior

# of Sexual Partners in Previous12 months (vaginal, oral, or anal)				
# of Partners	**BSU Male**	**National Male**	**BSU Female**	**National Female**
0	28%	30%	25%	29%
1	39%	42%	43%	46%
2	10%	10%	13%	11%
3	8%	7%	10%	6%
4 or more	15%	11%	9%	8%

Sexual Behavior

Condom Usage Last 30 Days				
	BSU		**National**	
	Engaged in this activity	Mostly or Always used a condom	Engaged in this activity	Mostly or Always used a condom
Oral Sex	49.2%	6.9%	44.9%	5.4%
Anal Sex	5.1%	27.4%	5%	31.4%
Vaginal Sex	52.1%	55.1%	49.7%	51.8%

Contraceptive Use

Method	BSU	National
Birth Control Pill	63.4%	60.6%
Birth Control Shot	4%	2.6%
Birth Control Implant	1.5%	1.2%
Birth Control Patch	1%	1%
Vaginal Ring	3.2%	4.9%
IUD	2%	4.9%
Male Condom	62%	62.3%
Female Condom	1.2%	0.7%
Diaphragm or Cervical Cap	0.2%	0.5%
Spermicide	4.3%	4.3%
Withdrawal	34.2%	26.6%

*Contraceptive use reported by students the last time had vaginal intercourse

Sleep

	In the past 7 days, how often have you:							
	0 Days		1-2 Days		3-5 Days		6+ Days	
	BSU	National	BSU	National	BSU	National	BSU	National
Got enough sleep to feel rested?	10.5%	9.4%	34.8%	30.2%	44.8%	49%	10%	11.4%
Felt tired, dragged out, or sleepy during the day?	7.3%	8.2%	31.3%	31.7%	43.5%	43.9%	17.9%	16.2%
Had extremely hard time falling asleep?	39.5%	44.6%	33%	30.8%	19.7%	17.2%	7.8%	7.5%