• American College Health Association National College Health Assessment every three years (2000, 2003, 2006, 2009, etc.)
• UW System Alcohol and Other Drug Survey (2005, 2007, 2009, etc.)
• UW-River Falls 2009 National College Health Assessment secondary analysis by Survey Research Center

• The following student health behaviors were all associated with lower GPA:
  – Alcohol use more than 1-2 days per month
  – Smoking cigarettes/tobacco use
  – Marijuana use
  – Sleep difficulties
  – 6 or more mental health stressors
  – 3 or more hours/day using computer not for academics or work
  – Being involved in an emotionally or physically abusive relationship
  – Lower health self-report
Impact of Health Related Concerns on Academics
Within the Last School Year, Have the Following Affected Your Academic Performance (select most serious) (lower grade on exam or project, lower grade in course, incomplete or dropped course)(2003, 2006 UW-RF):

- 27.1/33.5% Stress
- 19.1/31.5 % Cold/Flu/Sore Throat
- 17.8/28.4% Sleep Difficulties
- 17.9/18.9% Concern for Troubled Friend/Family Member
- 11.3/17.2% Relationship Difficulty
- 8.8/17.5% Depression/Anxiety/SAD
- 7.4/14.4% Internet Use/Computer Games
- 10.1/11.5% Alcohol Use
- 5.4/9.7% Sinus or Ear Infection/Bronchitis/Strep Throat
- 9/8.9% Death of Friend/Family Member
Every Year College Drinking is Related to

- 1700-1850 student deaths from unintentional injuries as a result of drinking
- 599,000 unintentional injuries as a result of drinking
- 696,000 assaults
- 97,000 sexual assaults/acquaintance rapes

From What Colleges Need to Know Now: An Update on College Drinking Research, an update to the National Institute on Alcohol Abuse and Alcoholism’s (NIAAA’s) Task Force on College Drinking A Call to Action: Changing the Culture of Drinking at U.S. Colleges.  www.collegedrinkingprevention.gov/1College_Bulletin-508_361C4E.pdf
Binge Drinking

• Binge drinking is a common pattern of excessive alcohol use in the United States. The National Institute of Alcohol Abuse and Alcoholism defines binge drinking as a pattern of drinking that brings a person’s blood alcohol concentration (BAC) to 0.08 grams percent or above. This typically happens when men consume 5 or more drinks, and when women consume 4 or more drinks, in about 2 hours.

• Most people who binge drink are not alcohol dependent.
Alcohol Use Before and Since Coming to College

- 57% in 2005 and 58% in 2007 of UW-RF students drank about the same or less now as they did the year before starting college.

- Which of the following best describes your use of alcohol (2009)?
  - 29.28% I did not drink before college, and since coming to college, I still do not drink
  - 5.16% I drank before college, but since coming to college, I no longer drink
  - 22.94% I did not drink before college, but since coming to college, I now drink
  - 42.62% I drank before college, and since coming to college, I still drink

- Do you tend to drink more, less or about the same now as you did the year before you started college (Only includes students who answered “I drank before college, and since coming to college, I still drink”) (2009)?
  - 18.93% less than before college
  - 43.96% about the same as before college
  - 37.10% more than before college
Alcohol Use and GPA

This graph indicates that students who reported using alcohol fewer days during the last month tended to have higher GPAs than those who used alcohol more frequently.

Students using alcohol more than 1 - 2 days per month had significantly lower GPAs (at the 5% level of significance).
High-Risk Drinking and GPA

The number of times a student engages in high-risk drinking (drinking five or more alcoholic beverages in one sitting) tends to have a negative impact on GPA. This is significant at the ten percent level.

Regression analysis indicates that each episode of high-risk drinking lowers GPA by an average of .15 points (significant at 1%).
• Core Spring 1999: 52.5% last two weeks five or more drinks in one sitting (42% nationally)
• ACHA-NCHA Spring 2000: 51.5% last two weeks five or more alcoholic drinks at a sitting (38.2% nationally spring 2000)
• Core Spring 2002: 51.2% last two weeks five or more drinks in one sitting (42% nationally)
• ACHA-NCHA Spring 2003: 39.0% last two weeks five or more alcoholic drinks at a sitting (39.1% nationally spring 2003)
• UW System AODA Use Survey Spring 2005: 50.0% last two weeks had at least five drinks in one sitting
• ACHA-NCHA Spring 2006: 38.3% last two weeks five or more alcoholic drinks at a sitting (37.1% nationally spring 2006)
• UW System AODA Use Survey Spring 2007: 46.7% last two weeks had at least five drinks in one sitting
• ACHA-NCHA Spring 2009: 36.2% last two weeks five or more alcoholic drinks at a sitting (36.7% nationally spring 2009)
• UW System AODA Use Survey Spring 2009: 48.7% last two weeks at least five drinks in a two hour time frame (Users only)
Any Alcohol Use Reported within the last 30 days

- 64.5% of UWRF students
- 70.6% of UWRF male students
- 61.3% of UWRF female students
Within the Last 12 months, Have You Experienced As a Consequence of Your Drinking:

- 23.7% Did something later regretted (28.6%)
- 24.4% Forgot where you were or what you did (22.9%)
- 11.1% Physically injured yourself (17.5%)
- 11.7% Had unprotected sex (10%)
- 4.3% Got in trouble with the police
- 1.4% Seriously considered suicide
- 1.6% Physically injured another person (5.3%)
- 0.2% Had sex with someone without getting their consent
- 1.6% Had sex with someone without giving your consent
Second-Hand Negative Consequences
As a Result of Alcohol

• Interrupting others’ studying
• Making others feel unsafe
• Messing up others’ physical living space
• Preventing others from enjoying events
• Having to help another who is intoxicated
### 2009 UW-RF Rates*

<table>
<thead>
<tr>
<th>Drug</th>
<th>Rate</th>
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</thead>
<tbody>
<tr>
<td>Cigarettes</td>
<td>17.7%</td>
</tr>
<tr>
<td>Alcohol</td>
<td>64.5%</td>
</tr>
<tr>
<td>Marijuana</td>
<td>12.2%</td>
</tr>
<tr>
<td>Tobacco from Hookah</td>
<td>6.8%</td>
</tr>
<tr>
<td>All Other Drugs</td>
<td>14.7%</td>
</tr>
</tbody>
</table>

*percentage of students who reported using each drug listed at least once within the 30 days prior to completing the ACHA-NCHA survey

### 2009 UW-RF Perception Rates#

<table>
<thead>
<tr>
<th>Drug</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cigarettes</td>
<td>86.5%</td>
</tr>
<tr>
<td>Alcohol</td>
<td>97%</td>
</tr>
<tr>
<td>Marijuana</td>
<td>70.7%</td>
</tr>
<tr>
<td>Tobacco from Hookah</td>
<td>59.9%</td>
</tr>
<tr>
<td>All Other Drugs</td>
<td>80.4%</td>
</tr>
</tbody>
</table>

# percentage of students who reported how often they think the typical student at UW-RF used each drug listed at least once within the 30 days prior to completing the ACHA-NCHA survey
Cigarette Use and GPA

Smoking has a negative impact on GPA. Comparing the GPA of students who say they didn’t smoke cigarettes at all during the previous month to those who did, non-smokers’ GPAs were about one-fifth of a point higher. This difference is significant at the 1% level.
Tobacco Use and GPA

This graph shows the impact of any type of tobacco use on GPA.

The difference in academic performance between students who reported using tobacco of any kind during the last thirty days and those who didn’t, is highly significant.
Seventy-six percent of students reported no use of tobacco of any kind during the last thirty days, while twenty-four percent reported using tobacco in some form.
UW-River Falls Smoking Data

- 2000 Spring NCHA - 24.1% used cigarettes in the last 30 days
- 2002 Spring Core Added Question - 22.6% smoked one day or more in the last 30 days
- 2002 Fall Campus Tobacco Survey - 22% smoked in the past month
- 2003 Spring NCHA - 19.2% used cigarettes in the last 30 days
- 2003 Fall Campus Tobacco Survey - 22% smoked in the past month
- 2005 Spring UW System AODA Use Survey - 20% smoked over the past 30 days
- Spring 2006 NCHA - 14.9% used cigarettes in the last 30 days (Used daily for the past 30 days 3.9%)
- 2007 Spring UW System AODA Use Survey – 19% smoked over the past 30 days (On 26-30 of the past 30 days 6.07%)
- Spring 2009 NCHA – 17.8% used cigarettes in the last 30 days (Used daily for the past 30 days 6%)
- Spring 2009 UW System AODA Use Survey – 56.7% smoked over the past 30 days (Users only) (On 26-30 of the past 0 days – 20.1%) (Users only)
Where are you regularly exposed to secondhand smoke? (Select all that apply)

Tobacco Survey March 2008
(Student, Faculty/Staff)

- On campus-on my way to classes/work (such as sidewalks, parking lots) (82.7%, 48.6%)
- On campus-entrances into campus buildings. (79%, 66%)
- Bars/cocktail lounges (60.7%, 57.2%)
- Off campus-public spaces (such as sidewalks, parking lots, bike paths) (49%, 30.4%)
- Restaurants (47.9%, 42%)
- Places of public amusement (fairgrounds, outdoor concerts, etc.) (44%, 28.3%)
- Cars/Vehicles (31%, 5.7%)
- I am never or almost never exposed to secondhand smoke (4.2%, 15.2%)
2007 Employee Health and Wellness Survey:
• Somewhat or Strongly Agree 74%
• Somewhat or Strongly Disagree 26%
• UW-RF Faculty/Staff-93% of respondents non-smokers
• 47.4% from 2002 (Core Survey), 60.1% students somewhat or strongly agree (2006 NCHA), 68% 2009 NCHA administration
How likely are you to support a policy that would require your campus to be completely tobacco-free?  
(Student, Faculty/Staff) 

(Not at all likely)1  2  3  4  5(Very likely) 
Do not know  

• Fairly likely or very likely (66%, 70.3%)
Marijuana Use and GPA

This graph indicates that marijuana use has a negative impact on GPA. This difference in GPA between those who did not use marijuana during the previous 30 days and those who did is statistically significant at the two percent level.
Taken Prescription Drugs Not Prescribed to You in the Last 12 Months

- Antidepressants (Celexa, Prozac, Zoloft, Wellbutrin, etc.) 4% Males, 3% Females
- Erectile Dysfunction (Viagra, Cialis, Levitra, etc.) 3% Males, 1% Females
- Pain Killers (Oxycontin, Vicodin, Codeine, etc.) Males 12%, Females 7%
- Sedatives (Xanax, Valium, etc.) Males 3%, Females 2%
- Stimulants (Ritalin, Adderall, etc.) 6% Males, 3% Females
In each of the survey years, most UWRF student respondents did not get enough physical activity during the
UW-River Falls 2009 Physical Activity

Moderate Intensity Cardio or Aerobic Exercise for at least 30 Minutes Last 7 Days

2007 American College of Sports Medicine and American Heart Association updated physical activity guidelines recommend moderate exercise 30 minutes on 5 or more days per week or 20 minutes of vigorous exercise 3 or more days per week.

The 2009 survey separated moderate and vigorous exercise. Only about 20% of our student respondents overall met the recommended moderate level of physical activity.
UW-River Falls 2009 Physical Activity

Vigorous Intensity Cardio or Aerobic Exercise for at least 20 Minutes Last 7 Days

2007 American College of Sports Medicine and American Heart Association updated physical activity guidelines recommend moderate exercise 30 minutes 5 or more days per week OR 20 minutes of vigorous exercise 3 or more days per week.

The 2009 survey separated moderate and vigorous exercise. More than 34% of male respondents and over 45% of females have had no vigorous physical activity in the prior week. Only about one quarter of our student respondents over all met the recommended vigorous level of physical activity.
Body Mass Index

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<tbody>
<tr>
<td>Females</td>
<td>23.8</td>
<td>25.2</td>
<td>24.63</td>
<td>23.6</td>
</tr>
<tr>
<td>Males</td>
<td>25.1</td>
<td>25.5</td>
<td>25.15</td>
<td>24.7</td>
</tr>
</tbody>
</table>

*BMI* = \(703 \times \frac{\text{weight(lbs)}}{\text{height(in)}}/\text{height(in)}\)

BMI stands for Body Mass Index. It is a number that shows body weight adjusted for height.

**BMI is not the only indicator of health risk.**

BMI is just one of many factors related to developing a chronic disease (such as heart disease, cancer, or diabetes).

Body Mass Index Values

- “Ideal” below 25
- “Overweight” 25-29
- “Obese” >30
In 2009, the percentage of male respondents who were overweight and obese was higher than females. Nearly 40% of student respondents were overweight or obese.
Body Mass Index

- Class III Obesity >=40
- Class II Obesity 35-39.9
- Class I Obesity 30-34.9
- Overweight 25-29.9
- Healthy Weight 18.5-24.9
- Underweight <18.5

Overall, the percentage of student respondents who are overweight or obese has risen since 2003, while the percentage in healthy weight has declined.

- **52.8/52/44/53%** UWRF females describe their weight as about right
- **58.9/57/51/52%** UWRF males describe their weight as about right

However:
- **57/57/69/58%** of UWRF females say they are trying to lose weight
- Compared to **24.3/26/43/40%** of UWRF males who say they are trying to lose weight
Do Any of the Following to Lose Weight Last 30 Days

- Exercise: 2003 - 60%, 2006 - 56%, 2009 - 49%
- Diet: 2003 - 69%, 2006 - 36%, 2009 - 41%
- Vomit or Diet Pills: 2003 - 2%, 2006 - 2%, 2009 - 6%
- Laxatives: 2003 - 2%, 2006 - 2%, 2009 - 4%
2003/2006/2009 ACHA-NCHA Weight, Diet, Exercise UWRF Males
Do Any of the Following to Lose Weight Last 30 Days

- Exercise: 48% (2003), 40% (2006), 33% (2009)
- Diet Pills: 1% (2003), 1% (2006), 2% (2009), 2% (2009)
2006/2009 ACHA-NCHA UWRF Diet

- 4.3/4.1% of UWRF students say they do not eat fruits and vegetables
- 64/63.1% say they eat 1-2 servings per day
- 5.4/6% say they eat 5 or more servings per day
This chart indicates that UW-River Falls students tend to spend many more hours on their computers for non-school uses than they spend in front of the television.

In terms of the threshold values noted above, nearly 30% spend 3 or more hours on their computer for personal reasons.

Almost 30% of student respondents spent 3 or more hours per day on the computer for non work/academic purposes.
TV and Computer Screen Time Per Day and GPA

This graph compares the GPAs of students by the number of hours they spent watching television every day, and using the computer for non-school related activities/playing video games. There was not a statistically significant relationship between hours watching television and GPA.

The lower GPAs associated with more hours spent using the computer for non-academic purposes, specifically for those spending 3 or more hours, were significant at the five percent level.
Mental Health Stressors and GPA

- Students who reported experiencing 6 or more mental health stressors during the year tended to have lower GPAs than those who reported experiencing fewer mental health stressors. This was statistically significant at the one percent level.

- Mental Health Stressors included Attempted Suicide, Career-related Issue, Death of Friend/Family Member, Family Problems, Finances, Illness of Friend/Family Member, Personal Appearance, Personal Health Issue, Intimate Relationships, Other Relationships, Seriously Considered Suicide, Sleep Difficulties
Ever Been Diagnosed With Depression

- **Males**
  - UW-RF 2009: 22%
  - UW-RF 2006: 14%
  - UW-RF 2003: 5%
  - UW-RF 2000: 5%

- **Females**
  - UW-RF 2009: 20%
  - UW-RF 2006: 16%
  - UW-RF 2003: 12%
  - UW-RF 2000: 15%
National College Health Assessment
Of those Diagnosed with Depression, Currently Taking Medication or in Therapy
Over half of our student respondents have felt so depressed it was difficult to function one or more times in their lifetime, and 2/3 have felt things were hopeless at least once in their lifetime, and over 90% felt overwhelmed, with almost 50% in the last two weeks.
Almost 1 in 4 of our student respondents have seriously considered suicide in their lifetime, although 9% have considered it within the last 12 months.
Days of Adequate Sleep and GPA

Students who received zero nights of adequate sleep during the week had a lower GPA than those who received adequate sleep on a daily basis, and GPA tended to increase as the number of nights of adequate sleep received increased.

Regression analysis indicates each night of adequate sleep adds about 0.15 points to the average GPA (significant at the 1 percent level).
Nearly two thirds of students reported receiving between 2 and 5 days of adequate sleep per week, 21% reported receiving one or no days, and only 13% reported receiving 6 to 7 days of adequate sleep per week.
Fatigue seems pervasive among UW-River Falls students. One-fifth of students reported feeling tired during the day two times in the last week, and over half the students felt tired on more than two days during the last week.
Days Felt Tired During the Day and GPA

Students who felt tired during the day during more days of the week tended to have lower GPAs than those who didn’t spend as many much of the week feeling tired during the day.

Regression analysis indicates that each day students report being tired reduces their average GPA by 0.1 (significant at the 2% level).
Felt Tired, Dragged Out, or Sleepy During the Day in Past 7 Days

- 0 Days: 8.4%
- 1-2 Days: 35.7%
- 3-4 Days: 27.5%
- 5-7 Days: 28.4%
Past 7 Days Got Enough Sleep So Felt Rested When Woke Up in Morning
ACHA NCHA Unplanned Pregnancy and Emergency Contraception Use (UW-RF)

- In last 12 months, have unplanned pregnancy
  - 2000: 1.5%
  - 2003: 1.3%
  - 2006: 1.2%
  - 2009: 11.2%

- Last 12 months, if sexually active, use EC
  - 2000: 1.5%
  - 2003: 1.3%
  - 2006: 1.2%
  - 2009: 1.2%

Emergency Contraception FDA Approved for OTC Use 2006