Presented by UWRF Student Health and Counseling Services

For additional information about the survey or survey results, please contact Alice Reilly-Myklebust or Keven Syverson at 425-3293.

September 2007
The National College Health Assessment is a survey consisting of 58 questions relating to risks and behaviors associated with general health; alcohol, tobacco, and other drugs; sexual behavior and contraception; mental and physical health; and body image, nutrition, and exercise.

- Administered in the Spring of 2000 via mailed survey (with cover letter) to 1420 randomly selected UWRF students (from all students)
- Administered in the Spring of 2003 via mailed survey (with cover letter) to approximately 1398 randomly selected UWRF students (from all students)
- Administered in the Spring of 2006 via on-line survey to 3000 randomly selected UWRF students (from all students)
- Yielded 421 (408 usable surveys) with response rate 30% in 2000, 498 surveys (490 usable surveys) with a response rate of 35.6% in 2003, and yielded 705 usable web surveys with a response rate of 23.5% in 2006 (Incentives offered but campus e-mail down during administration).
- Nationally 16,024 surveys were completed at 28 Postsecondary Institutions in 2000, 20,724 surveys were completed at 37 Postsecondary Institutions in 2003, and 97,357 surveys from 117 Postsecondary Institutions in 2006.


- 60.6/66.7/70.8% of our students said they always wear a seatbelt compared to 69.2/72.5/75.2% nationally. However, 29.1/23.1/23.3% of our students said they wear a seatbelt most of the time compared to 19.6/19.4/18.2% nationally. Fewer of our students wear a seatbelt all the time compared to national data.
- 44/50.9/45.8% of our students said they’d had enough sleep so they felt rested 4-7 of the past 7 days. Generally, our students are not getting enough sleep on most days.
- 1.9/2.4/5.9% of our students described themselves as gay/lesbian, bisexual, transgendered, or unsure.
- 35.3/38.9/38.3% of our students volunteer at least 1 or more hours per week compared to 33/36.5/37.2% nationally. Our students tend to volunteer more than students nationally.
- 48/49.2/50.5% of our students work 1-19 hours per week for pay compared to 35.7/38.2/37.3% nationally. More of our students work part-time than students nationally.

Within the Last School Year, Have You Had (2003/2006, UWRF vs. 2006 Natl) (not collected in 2000):

- 49.2/55.3% Back Pain (46.6%)
- 32.9/40.2% Allergy Problems (45.5%)
- 22.3/28.8% Sinus Infection (28.8%)
- 14.1/18.6 % Depression 17.8%
- 10/13.3% Strep Throat (13.2%)
- 7.5/12.9% Anxiety Disorder (12.4%)
- 7.3/12.4% Ear Infection (9.3%)
- 6.6/13.3% Asthma (11.2%)
- 4.1/10.7% Seasonal Affective Disorder (8.1%)

Health and Academic Connection


- 33.2/27.1/33.5% Stress (28.7/32/32%)
- 30.1/19.1/31.5 % Cold/Flu/Sore Throat (21.6/25.3/25.9%)
- 19.2/17.9/18.9% Concern for Troubled Friend/Family Member (16.4/18.4/18%)
- 23.3/17.8/28.4% Sleep Difficulties (20.7/24/23.9%)
- 12.4/11.3/17.2 % Relationship Difficulty (15.1/15.9/15.6%)
- 12/10.1/11.5% Alcohol Use (7.9/7.8/7.4%)
- 9.1/9.8 9% Death of Friend/Family Member (7.9/8.9/8.5%)
- 8.1/8.8/17.5% Depression/Anxiety/SAD (11.2/14.6/15.7%)
- 5.8/7.4/14.4% Internet Use/Computer Games (8.6/12.2/15.3%)
- 11.4/5.4/9.7% Sinus or Ear Infection/Bronchitis/Strep Throat (7.8/8.9/8.3%)

General Survey Data
80.7% of UWRF students have had zero or one sexual partner in the last school year (2006 ACHA/NCHA).

**Students overestimate how much other students have sex:**

<table>
<thead>
<tr>
<th>0.1%</th>
<th>2.5%</th>
<th>41.2%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zero Partners</td>
<td>One Partner</td>
<td>Two or More Partners</td>
</tr>
</tbody>
</table>

**UWRF Students (2006):**

- Reported:
  - 33.1% have never done this
  - 17.9% have not done in last 30 days
  - 48.9% have had intercourse in last 30 days

**Believed Typical Student Had:**

- 5.5% said zero in last 30 days
- 94.5% said typical student has had intercourse in last 30 days

**However, students underestimate how often other students use condoms:**

- In 2006 if sexually active, reported use of condom during vaginal intercourse during the last 30 days, students reported they had mostly or always used a condom 28.9% of the time.
- However, when asked how often they think the typical student used a condom during vaginal intercourse in the last 30 days, 67.8% responded mostly or always (2006).

**Method of pregnancy prevention last time had vaginal intercourse (UWRF 2000/2003/2006 vs. Natl. 2006):**

- 34.3/27.6/27.9% Say have not had vaginal intercourse (23.5%)
- 37/42.9/41.1% Birth control pills (38%)
- 31.6/37.8/41.4% Condoms (37.1%)
- 14.2/15.3/16.2% Withdrawal (13.8%)
- 2.7/2.4/3% Nothing (4%)

**Sexuality Resources**

- Pap smears and exams, most STD testing and exams, HIV testing, urine pregnancy testing, and emergency contraception are available for current students through Student Health Services through agreements with Pierce County Reproductive Health Services (425-8003) and the River Falls Medical Clinic (425-6701).
- Pierce County Reproductive Health Services also offers birth control and safer sex supplies at a reduced cost.
- Emergency contraception is also available over the counter at most pharmacies.
- UWRF Student Health and Counseling Services works with others on campus and in the community to provide services, education, and other efforts to promote healthy sexuality. A healthy sexuality committee meets regularly throughout the year, under the guidance of the University Advisory Council on Health and Wellness. If interested contact Student Health Services at 425-3293.

**Other Data:**

- UW System AODA Use Survey (2007): 16.31% of students had unprotected sex one or more times due to their drinking in the last year
- UW System AODA Use Survey (2007): 9.47% of students experienced unwanted sexual contact one or more times due to their drinking in the last year
- In 2006, 19.6% of UWRF student respondents had been tested for HIV infection (ACHA/NCHA)
Physical Activity and Nutrition

Regular physical activity improves one’s mood, helps relieve depression, and increases feelings of well-being.

*Data Source (unless noted otherwise): 2006 UWRF National College Health Assessment.

UWRF Highlights

- 40.7% of our students get some exercise but not on a regular basis
- 22% of our students have been exercising regularly (3 or more days per week) for less than 6 months
- 25.3% of our students have been exercising regularly (3 or more days per week) for more than 6 months
- 64% of our students have 1-2 servings of fruit and vegetables per day (recommendation is 5 servings per day)
- 52.8% of UWRF students active only 0-2 days a week; was 47.4% in 2000
- 28% of UWRF students met the recommended levels of activity on most days of the week; was 34% in 2000.

44% of our female students would describe their weight as being about right; this has dropped 8.8 percentage points from 2000 to 2006.

Body Mass Index (BMI) Rates:

- BMI is a number that shows body weight adjusted for height. It is not the only indicator of health risk, but rather just one of many factors related to developing a chronic disease (such as heart disease, cancer, or diabetes).
- The average UWRF female and male student is classified as overweight (25.21, 25.49). Individuals with BMI rates of 25 and above are at increased risk for diabetes, heart disease, cancer. Healthy weight BMI rates are between 18.5 to 24.9.
- To calculate your BMI: 703 x wgt(lbs)/height(in)/height(in)

Tips to Increase Physical Activity Levels:

- Walk (lunch or break) with friends or co-workers. Activities can be split into several short periods and still be beneficial.
- Join the Body Shop (425-3110) (reduced rate for students) or Strength and Conditioning Center (425-0607) on campus. UWRF employees who have Humana are eligible for a $50.00 Wellness benefit discount by joining a health or fitness center. Send a letter with pertinent information from the membership to: Humana Claims, PO Box 14601, Lexington, KY 40512-4601 or call 1-800-448-6262. UWRF employees who have Anthem Blue Cross and Blue Shield can go to www.anthem.com, click on members, enter your state and click Enter. Under Answers@Anthem, click on SpecialOffers@Anthem for more information.
- Physical activity need not be strenuous to be beneficial.
- Select activities that you ENJOY and can fit into your daily life.
- Consult a physician prior to beginning any exercise program.

Only 28.6% of our students are active 4 or more days per week.

<table>
<thead>
<tr>
<th>Student Activity Levels</th>
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</thead>
<tbody>
<tr>
<td>0-3 days:</td>
</tr>
<tr>
<td>4-7 days:</td>
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</tbody>
</table>

Percent of Students Who Describe Their Weight as About Right

Body Mass Index (BMI) Rates

<table>
<thead>
<tr>
<th>UWRF 2003</th>
<th>2006</th>
<th>2006 Reference data</th>
</tr>
</thead>
<tbody>
<tr>
<td>Females:</td>
<td>23.78</td>
<td>25.21</td>
</tr>
<tr>
<td>Males:</td>
<td>25.06</td>
<td>25.49</td>
</tr>
</tbody>
</table>

Data not available in 2000

Physical Activity/Nutrition Resources:

- Call Student Health Services (425-3293) to learn more about how you can increase your activity levels or visit Student Health Services on the web at http://www.uwrf.edu/student-health-service and click on Where to Stay Fit in River Falls to learn more about staying fit in River Falls. Student Health Services also offers body composition testing. Call for more information.
- Sign up for UWRF Minutes for Life. Go to the Health and Human Performance web page and click on Life Fitness.
- For additional physical activity and nutrition online resources go to the Student Health Services webpage and click on Health Links.
- Visit http://www.cdc.gov/nccdphp/dnpa/physical/index.htm for more information on physical activity programs.
- If you are concerned about a student that is struggling with an eating disorder, contact UWRF Student Health and Counseling Services at 425-3293/3884.
- Campus physical activity and healthy eating efforts are under the guidance of the UWRF Health and Wellness Advisory Council. If interested in helping, call Student Health Services at 425-3293.
Smoking is not allowed in any UWRF campus building or vehicle or within 25 feet of any campus building.

(UWRF Administrative Policy 3)

*Data Source (unless otherwise indicated) for this section: 2007 UWRF AODA Use Survey

UWRF Binge Drinking Data Since 1999:
- 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)
- 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)
- 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 (36.8% nationally 2005)
- UW System AODA Use Survey Spring 2007: 46.7% last two weeks had at least five drinks in one sitting (54% UWS, 2007 AODA Use Survey, 2007)

Males (62%) binge drink at a much greater rate than females (36%).

During a typical week in the semester, what is the average number of drinks UWRF students consume in a week?
- 70.5% of UWRF students have 0-5 drinks per week
- 54.5% of UWRF male students have 0-5 drinks per week
- 82% of UWRF female students have 0-5 drinks per week

UWRF Protective Behaviors:
During a typical drinking occasion, how often do UWRF students (always or usually):
- Keep track of how many drinks you were having? 65% in 2007 this is up from 58% in 2005
- Pace your drinks to one or fewer per hour? 37% in 2007, this is up from 29% in 2005
- Avoid engaging in drinking games? 42% in 2007, this is up from 23% in 2005
- Drink a non-alcoholic beverage? 35% in 2007 this is up from 8% in 2005

UWRF High Risk Behaviors:
How often UWRF students have experienced the following due to their drinking during the last year (one or more times) compared with UW-System (UWS) schools:
- Experienced the following due to drinking (UWRF/UWS):
  - 65/70% had a hangover
  - 34/41% did something they later regretted (2003 NCHA -31.6%)
  - 33/40% had a memory loss (2003 NCHA -27.7%)
  - 31/32% missed a class
  - 24/27% have driven a car while under the influence of alcohol (UWRF males-34.5%, UWRF females-17%)
  - 20/21% performed poorly on a test or important project (UWRF males-29.5%, UWRF females-14%)
  - 16/19% had unprotected sex
- UWRF students believe 97.7% of their peers drank alcohol in the last 30 days, when in reality it's 68.5%
- 29% of UWRF students did not drink any alcohol in the last 30 days.

UWRF Smoking Data since 2000:
- 2000 Spring NCHA:
  - 24.1% say they have used cigarettes in the last 30 days
- 2002 Spring Core Added Question:
  - 22.6% said they'd smoked one day or more in the last 30 days
- 2002 Fall Campus Tobacco Survey:
  - 22% say they have smoked in the past month
- 2003 Spring NCHA:
  - 19.2% say they have used cigarettes in the last 30 days
- 2003 Fall Campus Tobacco Survey:
  - 22% say they have smoked in the past month
- 2005 Spring UW System AODA Use Survey:
  - 20% say they have smoked over the past 30 days
- Spring 2006 NCHA:
  - 14.9% say they have used cigarettes in the last 30 days (3.9% Daily)
  - Compared to 19.3% nationally 2005 (5.8% Daily)
- 2007 Spring UW System AODA Use Survey:
  - 19% say they have smoked over the past 30 days
- 81% of UWRF students did not smoke any cigarettes in the last 30 days
- 60% of our students believe smoking should not be allowed anywhere on campus (NCHA, 2006).
- UWRF Alcohol and other drug policies are available at: http://www.uwrf.edu/policies/

Resources:
- Tobacco Cessation Resources:
  - UWRF Student Health Services 425-3293 or River Falls Medical Clinic (basic office visits covered for students) 425-6701 or UWRF Counseling Services 425-3884.
  - Wisconsin Tobacco Quitline: Free cessation counseling at 1-800-QUIT-NOW.
  - Alcohol and other drug assessments for current students available through UWRF Counseling Services (425-3884).
  - First offender classes (for a fee) are available at St. Croix Valley Restorative Justice Program, Inc. by calling 425-1100.
  - e-CHUG is a short, on-line survey that provides you with an accurate, detailed assessment of your alcohol use access at www.uwrf.edu/student-health-service
  - UWRF Alcohol, Tobacco, and Other Drug Coalition (Student Health and Counseling Services 425-3293)

The 2007 University of Wisconsin-System AODA Use Survey is designed to further understand students’ attitudes and behaviors related to alcohol and other drugs. As a result of a directive from the UW System Board of Regents, the UW System Alcohol and Drug Abuse Task Force developed this online UW System Alcohol and Other Drug Abuse Use Survey. 2,000 students were randomly selected from the UWRF campus. UWRF had a response rate of 34.5%.
Mental Health

More UWRF students are reporting being diagnosed with depression.

Of UWRF students diagnosed with depression, more are seeking help.

More students are being treated for depression:

In 2000, for UWRF, of those diagnosed with depression:
- 10% of males and 11% of females were in therapy
- 9% of males and 26% of females were taking medication

In 2006, for UWRF, of those diagnosed with depression:
- 22% of males and 23% of females were in therapy
- 26% of males and 39% of females were on medication

Services Available:

- Personal counseling is available through UWRF Counseling Services on campus free of charge for students (and consultation for faculty and staff through the Employee Assistance Program) by calling 425-3884. Alcohol and other drug assessments are available through UWRF Counseling Services for current students (fee charged for court-ordered assessments).

- UWRF Counseling Services works with others on campus and in the community to serve as a resource and provide consultation on issues related to mental health and to promote the mental health of UWRF students, faculty, and staff.

- Free online mental health screening and a variety of other information and resources are available via the UWRF Counseling Services web page at http://www.uwrf.edu/counseling/

- A variety of mental health and wellness efforts are promoted and offered in consultation with the University Advisory Council on Health and Wellness and others on campus and in the community. For more information, contact Student Health and Counseling Services at 715/425-3293 or 3884.

Sexual Assault and Relationship Violence

7 out of 10 rape or sexual assault victims knew their attacker (Campus Data, wcasa.org).

*Data Source (unless noted otherwise): 2006 UWRF National College Health Assessment.

UWRF student data:

- Free online mental health screening and a variety of other information and resources are available via the UWRF Counseling Services web page at http://www.uwrf.edu/counseling/

Resources for victims of sexual assault:

For immediate help after the assault:
- Immediately Call 911
- Sexual Assault Nurse Examiner 715-425-6443 or by calling 911.
- River Falls Police 425-0909
- UWRF Public Safety 425-3133
- Sexual Assault Resource Brochure Available at www.uwrf.edu/student-health-service (click on Sexual Assault Resource Guide)

For support and reporting after the immediate crisis, contact:
- UWRF Associate Vice Chancellor for Student Affairs Office 425-4444
- UWRF Counseling Services 425-3884
- UWRF Student Health Services 425-3293
- Turningpoint 425-6751

Counseling is available for relationship issues or sexual assault by calling UWRF Counseling Services at 425-3884. There is also a Campus Sexual Assault Task Force; call Student Health and Counseling Services for more information 425-3293/3884.
UWRF University Advisory Council on Health and Wellness

(Previously University Committee on Health and Wellness)

This Council is comprised of UWRF students, faculty, and staff, and community members.

- The mission of the University Advisory Council on Health and Wellness is to work collaboratively to identify and address health and wellness issues that affect UWRF students, faculty, and staff in a broad, systematic manner, based on available data, information, and research.

- Priority areas and sub-committees identified by the committee include responsible sexual behavior, substance use and abuse (alcohol, tobacco, and other drugs), physical activity and nutrition, mental health, sexual assault prevention, and promoting overall wellness.

- If interested in participating on this committee or one of the sub-committees, contact UWRF Student Health and Counseling Services at 715/425-3293 / 3884.

UWRF Student Health and Counseling Services

- Certain basic health services are available for students through UWRF Student Health Services through agreements with the River Falls Medical Clinic (715/425-6701) and Pierce County Reproductive Health Services (715/425-8003).

- Personal counseling is available through UWRF Counseling Services on campus free of charge for students by calling 715/425-3884.

- Visit the Student Health Services webpage at [www.uwrf.edu/student-health-service](http://www.uwrf.edu/student-health-service) and the Counseling Services webpage at [www.uwrf.edu/counseling](http://www.uwrf.edu/counseling) for more information on services, helpful web links, staff, etc.