UW-River Falls Student Health and Mental Health Data and Faculty/Staff Worksite Wellness Survey Data
Presented by Student Health and Counseling Services and The University Advisory Council on Health and Wellness
Only schools that randomly selected students, or surveyed students in randomly selected classrooms, are part of the national databases. Because the schools are self-selecting, the national NCHA databases cannot be said to be generalizable to all schools and students in the U.S.

Takes approximately 30 minutes to take and consists of 66 questions (with multiple sub-questions resulting in approximately 300 questions) relating to:

- General health
- Health education & safety
- Alcohol, tobacco, & other drugs
- Sexual behavior & contraception
- Weight, nutrition, & exercise
- Mental & physical health
- Impediments to academic performance
- Demographic characteristics

http://www.acha-ncha.org/
Health, Disabilities, Heath Services, Health Insurance
Disabilities – NCHA

Rates increasing for National and UWRF
UWRF higher than UWS on most and UWS higher than National on all.

Do you have any of the following?

- ADHD
- Chronic illness
- Learning disability
- Psychiatric condition


UW-River Falls

ADHD: 6.1%, 6.7%, 8.3%
Chronic illness: 3.0%, 4.0%, 4.0%
Learning disability: 5.1%
Psychiatric condition: 2.8%, 4.3%, 8.8%

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National Trends Reported Disabilities:
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## Health Conditions – NCHA

<table>
<thead>
<tr>
<th>Condition</th>
<th>2009</th>
<th>2012</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allergies</td>
<td>14%</td>
<td>16%</td>
<td>19%</td>
</tr>
<tr>
<td>Asthma</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Back pain</td>
<td>12%</td>
<td>17%</td>
<td>18%</td>
</tr>
<tr>
<td>Ear infection</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Migraine headache</td>
<td>10%</td>
<td>11%</td>
<td>11%</td>
</tr>
<tr>
<td>Sinus infection</td>
<td>11%</td>
<td>14%</td>
<td>16%</td>
</tr>
<tr>
<td>Strep throat</td>
<td>10%</td>
<td>11%</td>
<td>11%</td>
</tr>
<tr>
<td>Urinary tract infection</td>
<td>8%</td>
<td>8%</td>
<td>9%</td>
</tr>
<tr>
<td>Asthma</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Migraine headache</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
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<td></td>
<td></td>
<td></td>
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<tr>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Urinary tract infection</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Migraine headache</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Diagnosed or treated by a professional, last 12 months 2015 (top 8) (UWRF VS National):

- Nearly all reported health conditions increasing
- In 2015:
  - 62% of UWRF females
  - 43% of UWRF males reported one or more of these health conditions in the last 12 months
### Student Health Services Utilization
#### Vibrant Health Family Clinic

<table>
<thead>
<tr>
<th></th>
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<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total number of appointments</strong></td>
<td>3,195</td>
<td>3,472</td>
<td>3,856</td>
<td>3,977</td>
<td>3,018</td>
<td>2,982</td>
<td>2,950</td>
<td>2,489</td>
<td>2,778</td>
</tr>
<tr>
<td><strong>Enrollment</strong></td>
<td>6,229</td>
<td>6,452</td>
<td>6,555</td>
<td>6,728</td>
<td>6,902</td>
<td>6,788</td>
<td>6,447</td>
<td>6,171</td>
<td>6,184</td>
</tr>
<tr>
<td><strong>Average number of appointments per enrollment</strong></td>
<td>1.95</td>
<td>1.86</td>
<td>1.70</td>
<td>1.69</td>
<td>2.29</td>
<td>2.28</td>
<td>2.05</td>
<td>2.33</td>
<td>2.23</td>
</tr>
<tr>
<td><strong>Percentage of total costs that are uncovered insurance costs</strong></td>
<td>25.7%</td>
<td>29.1%</td>
<td>33.2%</td>
<td>36.9%</td>
<td>35.8%</td>
<td>36.4%</td>
<td>39.8%</td>
<td>47.3%</td>
<td>43.6%</td>
</tr>
</tbody>
</table>

*How numbers have been counted have varied from year to year, so are somewhat approximate.*

- Average number of appointments per student increasing
- Percentage of costs covered by insurance decreasing
Relationship Violence, Sexual Assault and Stalking, Physical Violence, and Safety
Within the last 12 months, have you been in an intimate (coupled /partnered) relationship that was:

For UWRF, most tend to be trending up, generally higher for females
Sexual Violence – NCHA

For UWRF, most tend to be trending up, except sexually touched for males.

Rates higher for females.

Within the last 12 months, were you:

- Sexually touched without your consent
- Sexually penetrated without your consent
- Victim of stalking

For UWRF, most tend to be trending up, except sexually touched for males.

Rates higher for females.

- Sexually penetrated without your consent
  - Males
  - Females
  - National: Within the last 12 months, were you sexually penetrated without your consent?

- Victm of stalking

≈6,000 UWRF students, that means 126 female students and 72 males students sexually assaulted in 2015!
Violence – NCHA

For UWRF, most tend to be trending down, except verbally threatened for females
Rates higher for males

Within the last 12 months, were you verbally threatened?

UWRF higher than UWS and National males and females

Within the last 12 months, were you:

- In a physical fight?
  - UWRF Males 2009: 12.3%
  - UWRF Males 2012: 9.5%
  - UWRF Males 2015: 11.1%

- Physically assaulted (not sexual assault)?
  - UWRF Males 2009: 4.6%
  - UWRF Males 2012: 3.6%
  - UWRF Males 2015: 3.3%

- Verbally threatened?
  - UWRF Males 2009: 4.3%
  - UWRF Males 2012: 6.5%
  - UWRF Males 2015: 1.8%
  - UWRF Females 2009: 3.8%
  - UWRF Females 2012: 1.1%
  - UWRF Females 2015: 2.3%

National: Within the last 12 months, were you verbally threatened?

For UWRF, most tend to be trending down, except verbally threatened for females
Rates higher for males
### Students reported they feel very safe:

<table>
<thead>
<tr>
<th></th>
<th>UWRF Males</th>
<th>UWRF Females</th>
<th>Natl Males</th>
<th>Natl Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>On their campus</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(daytime)</td>
<td>92%</td>
<td>88%</td>
<td>90%</td>
<td>85%</td>
</tr>
<tr>
<td>(nighttime)</td>
<td>66%</td>
<td>56%</td>
<td>26%</td>
<td>26%</td>
</tr>
<tr>
<td>In their community</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(daytime)</td>
<td>84%</td>
<td>76%</td>
<td>65%</td>
<td>54%</td>
</tr>
<tr>
<td>(nighttime)</td>
<td>62%</td>
<td>34%</td>
<td>23%</td>
<td>14%</td>
</tr>
</tbody>
</table>

- UWRF students (and UWS) feel safer on our campus and in our community than students nationally.
- Males students feel safer than female students.
Sexual Assault Coalition
Alcohol, Tobacco, and Drugs

Chancellor’s Advisory Council on Alcohol, Tobacco, and Other Drugs
Smoking Trends from 2000 – 2015 percent of UWRF students who have smoked one or more cigarettes in the previous 30 days

UWRF Tobacco Free Campus as of July 1, 2013 (includes e cigarettes)

UWRF Smoking Rates Declining and lower than national average
Alcohol - Binge Drinking Rates

Binge Drinking Trends from 1999 – 2015 percent of UWRF students who have drank five or more drinks in one sitting in the previous two weeks.

UWRF Binge Drinking Rates Declining. 2015 lower than UWS and national (also 2012).
Alcohol Risk Behaviors - NCHA

### 2000-2006: If you drink alcohol, within the last school year, have you experienced any of the following as a consequence of your drinking? %

<table>
<thead>
<tr>
<th></th>
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<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Did something you later regretted</td>
<td>35.6</td>
<td>37.7</td>
<td>36.4</td>
<td>31.2</td>
<td>33.4</td>
<td>28.9</td>
<td>34.9</td>
<td>34.1</td>
</tr>
<tr>
<td>Forgot where you were or what you did</td>
<td>27.8</td>
<td>33.1</td>
<td>29.1</td>
<td>32.1</td>
<td>30.3</td>
<td>29.5</td>
<td>32.0</td>
<td>29.0</td>
</tr>
<tr>
<td>Had unprotected sex</td>
<td>13.5</td>
<td>14.1</td>
<td>12.8</td>
<td>15.4</td>
<td>16.3</td>
<td>20.1</td>
<td>20.9</td>
<td>20.6</td>
</tr>
<tr>
<td>Physically injured yourself</td>
<td>14.9</td>
<td>22.1</td>
<td>22.2</td>
<td>14.6</td>
<td>12.5</td>
<td>9.2</td>
<td>13.3</td>
<td>13.1</td>
</tr>
<tr>
<td>Seriously considered suicide</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>1.8</td>
<td>1.6</td>
<td>3.5</td>
<td>3.1</td>
<td>2.9</td>
</tr>
<tr>
<td>Reported one of more of the above</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>51.3</td>
<td>50.8</td>
<td>51.0</td>
<td>53.8</td>
<td>50.8</td>
</tr>
</tbody>
</table>

All risk behaviors declining for UWRF students, except bolded.

### 2009-2015: Within the last 12 months, have you experienced any of the following when drinking alcohol? %

#### UWS AODA 2011

32.1% in 2015 (NCHA) and 28% in 2011 (UWS AODA) of UWRF students say they do not drink.
Marijuana - NCHA

30 Day Reported Marijuana Use (includes daily)

Daily Use Marijuana

UWS Spring 2015: 30 Day 14.3% and Daily Use 1.9%

National Reference Group 2015: 30 Day 16.9% and Daily Use 2.2%

UWRF 30 day and daily reported use lower than UWS and National
### Illegal Drug Use – NCHA

#### Other Illegal Drug Use (past 30 days)

<table>
<thead>
<tr>
<th>Drug Type</th>
<th>UWRF</th>
<th>UWS</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amphetamines (diet pills, bennies)</td>
<td>1.5%</td>
<td>2.9%</td>
<td>2.4%</td>
</tr>
<tr>
<td>Opiates (heroin, smack)</td>
<td>0.3%</td>
<td>0.4%</td>
<td>0.4%</td>
</tr>
<tr>
<td>MDMA (Ecstasy)</td>
<td>1.1%</td>
<td>0.9%</td>
<td>1.1%</td>
</tr>
<tr>
<td>Other club drugs (GHB, Ketamine, Rohypnol)</td>
<td>0.2%</td>
<td>0.2%</td>
<td>0.3%</td>
</tr>
</tbody>
</table>

*Lower or comparable than UWS and National for all*

#### Illegal Prescription Stimulation (last 12 months)

- UWRF: 4.1%
- UW-System: 7.4%
- National: 7.3%

#### Illegal Prescription Painkillers/Opiates (last 12 months)

- UWRF: 5.2%
- UW-System: 4.7%
- National: 5.2%
Mental Health
Depression - NCHA

UWRF Ever Been Diagnosed with Depression

2015 UWRF Comparable to UW System, higher than National

Depression

Felt so depressed it was difficult to function (last 12 months)

Diagnosed or treated (last 12 months)


Males Females

UWRF Ever Been Diagnosed with Depression

2015 UWRF Comparable to UW System, higher than National
Anxiety - NCHA

Felt overwhelming anxiety (last 12 months)
- UWRF Males 2009: 31%
- UWRF Males 2012: 53%
- UWRF Males 2015: 63%
- UWRF Females 2009: 40%
- UWRF Females 2012: 56%
- UWRF Females 2015: 63%

Diagnosed or treated (last 12 months)
- UWRF Males 2009: 6%
- UWRF Males 2012: 8%
- UWRF Males 2015: 11%
- UWRF Females 2009: 11%
- UWRF Females 2012: 17%
- UWRF Females 2015: 22%

Rates comparable for UWS and National
Suicide and Self-Harm - NCHA

In 2015, over 9% (total) of UWRF students seriously considered suicide

Nearly 1% (0.9% total) made an attempt

≈6,000 UWRF students, that means 60 students made an attempt in 2015!

Rates tend to be stable or declining for males and stable or increasing for females

Suicidal Ideation and Attempts

<table>
<thead>
<tr>
<th>Category</th>
<th>UWRF Males 2009</th>
<th>UWRF Males 2012</th>
<th>UWRF Males 2015</th>
<th>UWRF Females 2012</th>
<th>UWRF Females 2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seriously considered suicide last 12 months</td>
<td>11.0%</td>
<td>8.3%</td>
<td>8.1%</td>
<td>1.2%</td>
<td>5.9%</td>
</tr>
<tr>
<td>Attempted suicide last 12 months</td>
<td>10.2%</td>
<td>8.1%</td>
<td>6.9%</td>
<td>1.2%</td>
<td>1.2%</td>
</tr>
<tr>
<td>Intentionally cut, burned, bruised, or otherwise injured yourself (last 12 months)</td>
<td>11.0%</td>
<td>8.1%</td>
<td>6.9%</td>
<td>1.2%</td>
<td>1.2%</td>
</tr>
</tbody>
</table>

Rates tend to be stable or declining for males and stable or increasing for females.
**Counseling Services Utilization**

<table>
<thead>
<tr>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>Total number sessions</strong></td>
<td>1,199</td>
<td>1,109</td>
<td>1,009</td>
<td>1,230</td>
<td>1,402</td>
<td>2,087</td>
<td>2,002</td>
<td>1,886</td>
<td>1,648</td>
</tr>
<tr>
<td><strong>Average number of sessions</strong></td>
<td>3.59</td>
<td>3.15</td>
<td>2.71</td>
<td>2.83</td>
<td>2.59</td>
<td>4.36</td>
<td>4.08</td>
<td>4.23</td>
<td>3.64</td>
</tr>
<tr>
<td><strong>Number of Clients</strong></td>
<td>334</td>
<td>352</td>
<td>372</td>
<td>434</td>
<td>541</td>
<td>479</td>
<td>491</td>
<td>446</td>
<td>453</td>
</tr>
<tr>
<td><strong>Enrollment</strong></td>
<td>6,229</td>
<td>6,452</td>
<td>6,555</td>
<td>6,728</td>
<td>6,902</td>
<td>6,788</td>
<td>6,447</td>
<td>6,171</td>
<td>6,184</td>
</tr>
<tr>
<td><strong>Percentage of enrolled students seen</strong></td>
<td>5.36%</td>
<td>5.46%</td>
<td>5.68%</td>
<td>6.45%</td>
<td>7.84%</td>
<td>7.06%</td>
<td>7.62%</td>
<td>7.23%</td>
<td>7.33%</td>
</tr>
</tbody>
</table>

95% said they would recommend counseling services to a friend.

98% said it was **important or very important** to have counseling services located on campus.

77% of students indicating they were struggling academically reported that counseling helped them stay in school.

*How numbers have been counted have varied from year to year, so are somewhat approximate.*

*Initiated Titanium counseling services management system in August of 2012 so working on more consistent numbers.*

*Currently does not include group sessions.*
Weight, Physical Activity, Nutrition, Sexual Behavior and Contraception, and Sleep
BMI is a number that shows body weight adjusted for height. BMI is not the only indicator of health risk. 

\[ BMI = \frac{703 \times \text{weight (lbs)}}{\text{height (in)}} \times \text{height (in)} \]

2015 UWS 25 for females and 25.6 for males

The Average Male and Female UWRF Student is now Classified as Overweight (25.6) and the BMI Rate has Continued to Climb Which is Troubling as Persons Tend to Gain Weight as They Age. The average Faculty/Staff BMI is 26.68

University Advisory Council on Health and Wellness
## Sexual Behaviors – NCHA

<table>
<thead>
<tr>
<th>Method of birth control used last time you had vaginal intercourse?</th>
<th>UWRF 2009</th>
<th>UWRF 2012</th>
<th>UWRF 2015</th>
<th>UWS</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birth control pills</td>
<td>59.8</td>
<td>68.1</td>
<td>62.0</td>
<td>63.0</td>
<td>59.2</td>
</tr>
<tr>
<td>Male condom</td>
<td>64.8</td>
<td>64.3</td>
<td>66.2</td>
<td>65.6</td>
<td>63.2</td>
</tr>
<tr>
<td>Withdrawal</td>
<td>24.3</td>
<td>32.0</td>
<td>39.1</td>
<td>33.4</td>
<td>31.6</td>
</tr>
<tr>
<td>Intrauterine device (IUD)</td>
<td>4.7</td>
<td>3.6</td>
<td>7.0</td>
<td>7.2</td>
<td>7.4</td>
</tr>
<tr>
<td>Male condom use + another method</td>
<td>51.1</td>
<td>52.7</td>
<td>58.3</td>
<td>54.8</td>
<td>49.3</td>
</tr>
</tbody>
</table>

- **2015** 60.4% of UWRF students say they used contraception the last time they had vaginal intercourse.
- **54%** of UWRF students say they used a condom during vaginal intercourse last 30 days (mostly-always).

**Total mean number of sexual partners increasing, but in 2015, over 75% of UWRF students had zero to one sexual partner in the last 12 months.**

- 2000: 50.2%
- 2003: 51.2%
- 2006: 48.9%
- 2009: 46.4%
- 2012: 48.5%
- 2015: 50.5%

- 2000: 34.3%
- 2003: 30.9%
- 2006: 33.1%
- 2009: 36.3%
- 2012: 32.6%
- 2015: 31.2%

- **Have never had vaginal sex**
- **Had vaginal sex last 30 days**
For UWRF students, less than half are getting enough sleep on most days of the week, and for almost 40%, feeling sleepy and tired during the day is a problem.

Feeling tired and sleepy during the day is associated with increased suicidal ideation and levels of stress.
Impediments to Academic Performance
Impact of Health/Mental Health on Academics - NCHA

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

In 2009, about 30% of students spent 3 or more hours per day on the computer not for work/academics.

By 2015, 50% of males and 59% of females spent 3 or more hours per day.
Impact of Health/Mental Health on Academics – NCHA

Top issues negatively affecting academics for UWRF students 2015

- Stress
- Sleep Difficulties
- Anxiety
- Work
- Cold/flu/sore throat
- Depression
- Concern for friend/family
- Internet/computers
- Relationships

Most generally increasing since 2009 for UWRF

Affecting academic performance:
- Received a lower grade on an exam or important project
- Received a lower grade in a course
- Received an incomplete or dropped a course
- Significant disruption in thesis, dissertation, research, or practicum work

For students with depression and anxiety, feeling sleepy during the day is associated with more significant negative academic impacts.
UWRF Faculty/Staff Worksite Wellness Survey Results Spring 2007/2016
Presented by the UWRF Advisory Council on Health and Wellness

29.5% response rate (232 faculty and staff responded) in 2016
35% response rate (287 faculty and staff responded) in 2007

95% in 2016 are non-smokers as compared to 93% in 2007
UWRF Employee Classification

**2007**
- Faculty: 29%
- Teaching Academic Staff: 22%
- Non-Teaching Academic Staff: 10%
- Classified Staff: 10%
- LTE: 1%
- Other: 0%

**2016**
- Faculty: 30%
- All Academic Staff: 36%
- University Staff: 33%
- Temporary University Staff: 1%

Similar Classifications of employment for 2007 and 2016
UWRF Stage of Physical Activity

- Precontemplation: 2% (2007), 1% (2016)
- Contemplation: 17% (2007), 17% (2016)
- Preparation: 45% (2007), 45% (2016)
- Action: 11% (2007), 11% (2016)
When do Faculty and Staff get most of their Physical Activity each day? (2007/2016)

- Before work 18/22%
- During work hours on break and lunch times 18/15%
- After work 51/50%
- None of the times listed above 3% (2007)
- I am only active on weekends 6% (2016)
- I am not physically active 9/7%
UWRF Faculty/Staff Support for Policy or Environmental Worksite Changes (2007/2016)

- University/Department support for flex-time – 76/75.2%
- Flex-time for physical activity – 74/70.3%
- Preventive wellness screenings (BP, Body Comp, Cholesterol, or offerings (flu shots) – 84/68%
- Policies for those who choose to breast feed at the work place – 60/60.6%
- Review healthy food options for food service/vending – 73/49.3%

Rated as high or very high
UWRF Faculty/Staff Physical Activity Initiative Interest Areas (2007/2016)

- Discounted memberships at health clubs – 64/68.2%
- Information on existing activities – 64/52.5%
- Access to personal trainer – 55/48.9%
- Small group for regular activity (walking) – 52/40.8%

Rated as high or very high.
UWRF Faculty/Staff Falcon Center
Interest Areas (check all that apply)

- Cardio equipment – 53%
- Knowles Center track – 52%
- Strength equipment – 47%
- Group fitness classes – 47%
- Outdoor rental center – 28%
- Open skating – 22%
- Climbing wall – 19%
- Court sports – 17%
What Would be the Best Time for more Opportunities around Physical Activity and Nutrition (check all that apply)

- Before work: 21% (2007), 27% (2016)
- During the workday: 65% (2007), 66% (2016)
- After work: 39% (2007), 46% (2016)
- I'm not interested: 8% (2007), 8% (2016)
UWRF Faculty/Staff Nutrition Initiative Interest Areas (2007/2016)

- Recipes/healthy meal ideas – 67/56.3%
- Access to nutrition/healthy eating web resources – 51/43.2%
- Regular healthy eating e-mail tips – 49/35.4%
- Regular interactive sessions on nutrition – 33/31.2%

56% of faculty/staff eat 3 or more servings of fruits and vegetables per day, compared to 32% of students

Rated as high or very high
43% of faculty and staff rate their work related stress as high or very high (2016)
32% in 2007 versus 37% in 2016 slightly or strongly disagree that there are adequate support resources to address work-related stress.
Past 7 Days Got Enough Sleep So Felt Rested When Woke Up in Morning

While we fare better than students, 34% of faculty and staff did not get enough sleep on most days of the week.
For More Information

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