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2013 College Student Health Survey Report

Health and Health-Related Behaviors

Minnesota Postsecondary Four-Year Students

<Enter Name of Presenter>

<Enter Date of Presentation>

Participating Four-Year Schools



UNIVERSITY OF MINNESOTA DULUTH



Funding for Survey

Partial funding for the 2013 College Student Health Survey was provided by the following groups. Thank you for your support of this important project.

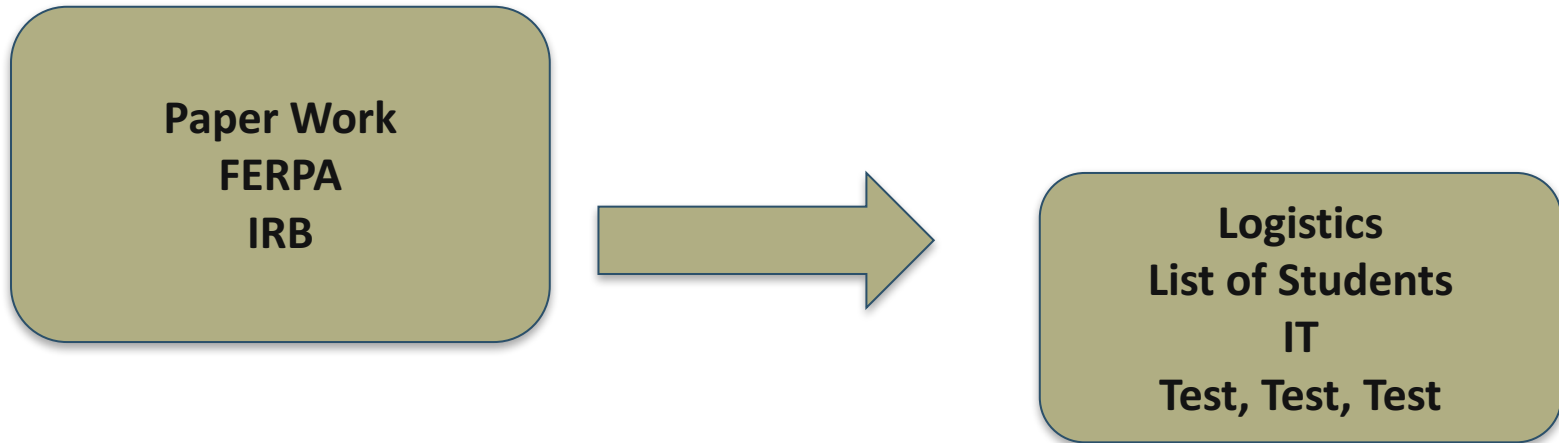
- Grant P116Z090310 through a congressionally directed award to the Minnesota State Colleges and Universities. The contents do not necessarily represent the policy or endorsement of the U.S. Department of Education or the federal government.
- The Statewide Health Improvement Program of the Minnesota Department of Health
- Boynton Health Service, 410 Church Street S.E., Minneapolis, MN 55455



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Methodology



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Methodology

Survey -Comprised of Nine Sections

Health Care Coverage and Utilization

Health Status

Emotional and Mental Health

Personal Safety

Nutrition and Physical Activity

Chemical Health

Sexual Health

Demographic Information

Residence



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Initial Postcard-notifying students of eligibility

Emails were sent out with link to survey

Reminder postcard and emails

Incentive

\$1000 gift certificates (1)

\$500 gift certificate (1)

\$250 gift certificate (1)

iPad Mini (6)

**\$100 gift certificate—one
winner from each of the
participating schools**



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8,319 students attending one of the four participating two-year schools were sent a survey



1,833 completed the survey

22.0%
Response
Rate



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Demographics

	All Students
Average Age	25.8
18-24 years	59.1%
25+ years	40.9%
Average Grade Point Average	3.33
Male	34.9%
Female	65.0%
Transgender	0.1%
Other	0.0%



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Demographics

	All Students
Undergraduate-Enrolled One Year	14.0%
Undergraduate-Enrolled Two Years	13.1%
Undergraduate-Enrolled Three Years	16.9%
Undergraduate-Enrolled Four Years	15.9%
Undergraduate-Enrolled Five or More Years	18.9%
Masters, Graduate, or Professional Program	14.0%
Non degree seeking	6.8%
Unspecified	0.4%
Residence Hall or Fraternity/Sorority	19.5%
Other	80.5%



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Demographics

	All Students
American Indian/Alaska Native	2.3%
Asian/Pacific Islander	6.9%
Black-Non Hispanic	4.6%
Latino/Hispanic	2.2%
White-Non Hispanic (Includes Middle Eastern)	84.9%
Other	2.3%



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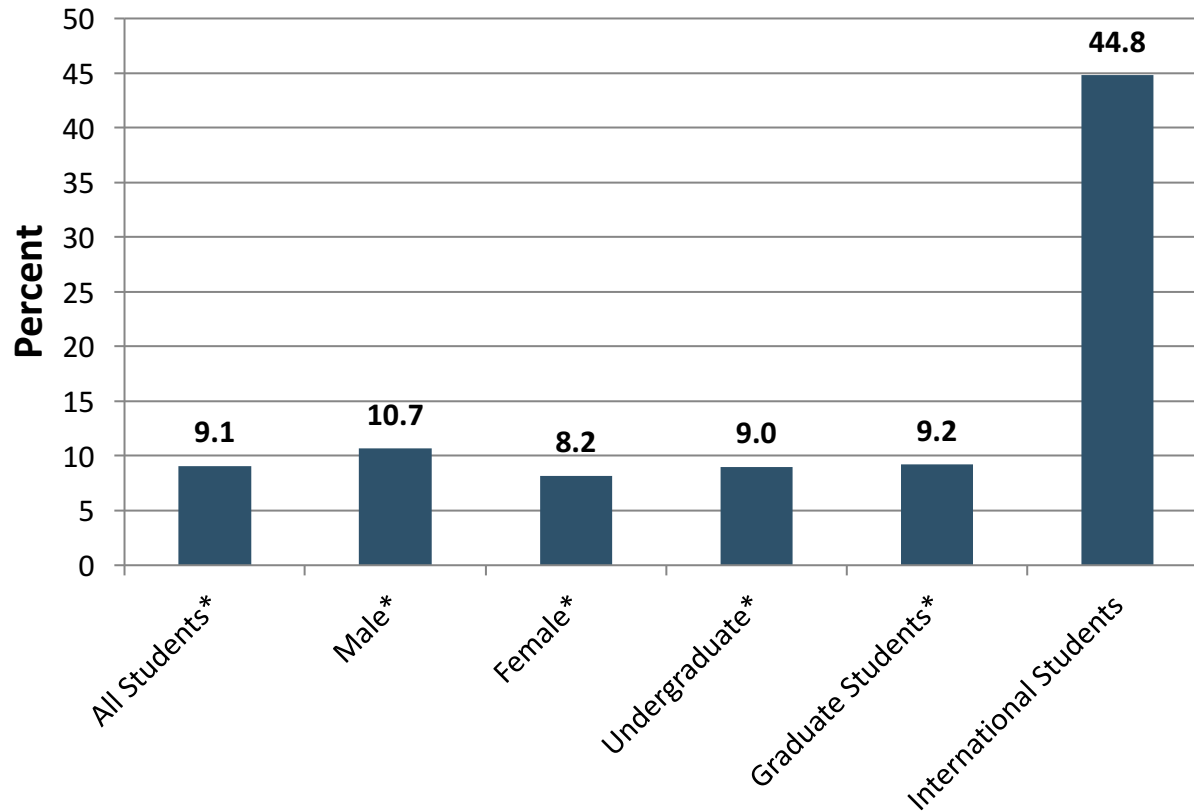
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Health Insurance and Health Care Utilization

Health Insurance Status-Uninsured

All Students



*Does not include international students



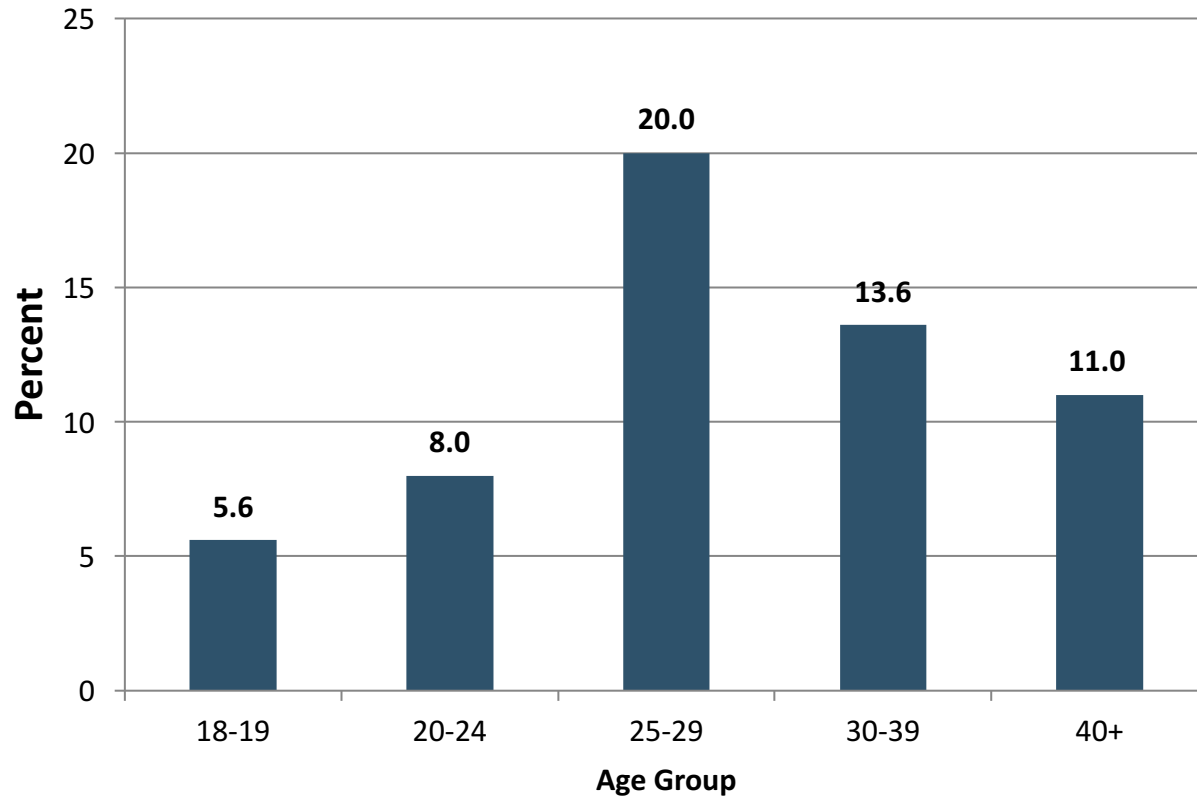
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Health Insurance Status-Uninsured

All Students by Age Group



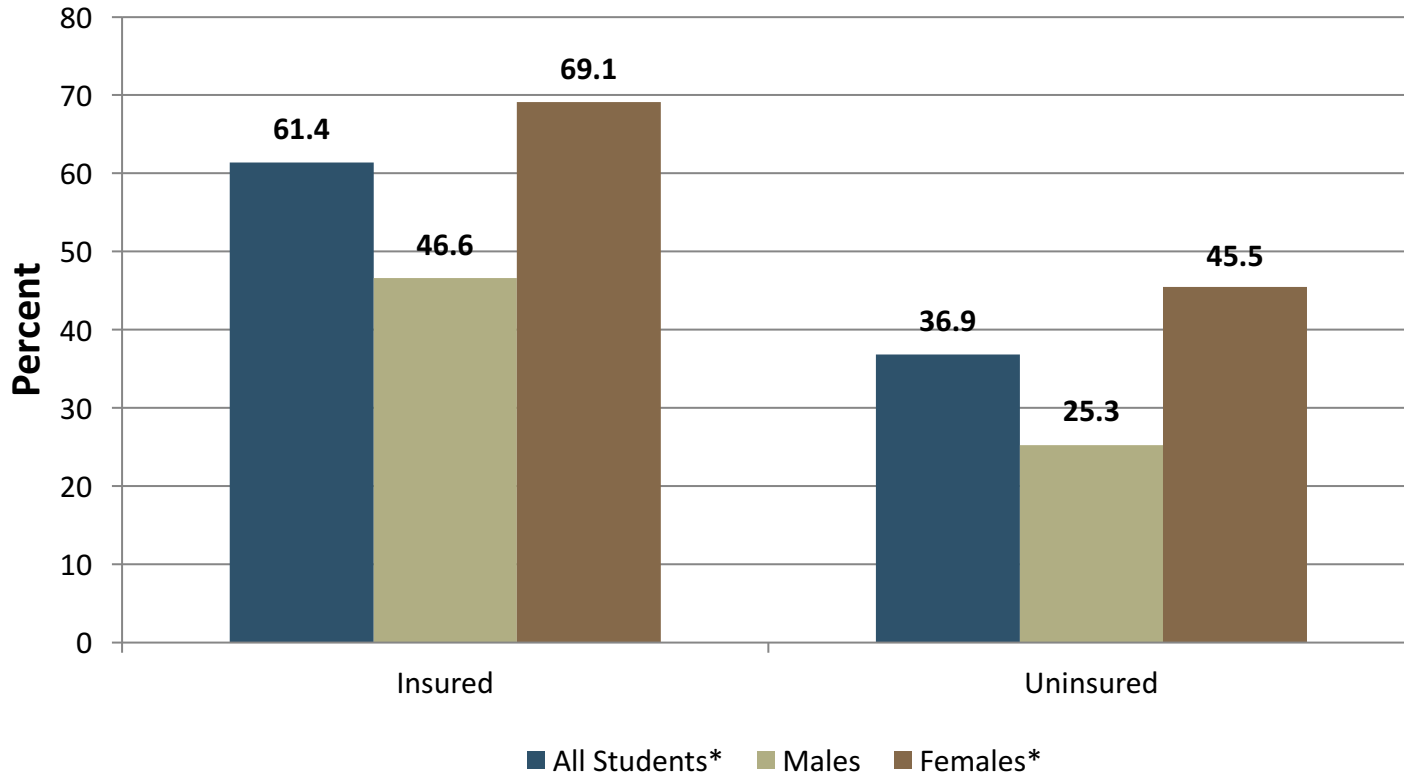
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Routine Medical Examination-Past 12 Months

All Students by Gender and Insurance Status



*Includes medical exam and/or gynecological exam for females



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Average Number of Days Affected by Illness

All Students by Gender

Illness	Average Number of Days Affected – Past 30 Days	
	Males	Females
Poor Physical Health	2.9	3.9
Poor Mental Health	4.3	6.3
Poor Physical and/or Mental Health Affected Daily Activity	2.3	3.4



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Acute Condition Diagnosis- Lifetime and Past 12 Months

All Students

Illness	Percent Who Report Being Diagnosed	
	Within Lifetime	Within Past 12 Months
Chlamydia	3.7	0.9
Gonorrhea	0.5	0.1
Hepatitis A	0.2	0.0
Lyme Disease	1.6	0.2
Mononucleosis	9.2	1.1
Pubic Lice	1.4	0.0
Strep Throat	44.0	5.9
Syphilis	0.3	0.0
Urinary Tract Infection	23.6	7.3
At Least One of the Above Acute Conditions	55.4	13.7



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Chronic Condition Diagnosis- Lifetime and Past 12 Months

All Students

Illness	Percent Who Report Being Diagnosed	
	Within Lifetime	Within Past 12 Months
Alcohol Problems	3.4	0.8
Allergies	37.7	9.1
Asthma	15.6	2.9
Cancer	1.1	0.3
Diabetes Type I	0.8	0.2
Diabetes Type II	1.0	0.6
Drug Problems (Other Than Alcohol)	2.7	0.6
Genital Herpes	1.4	0.2
Genital Warts/ Human Papilloma Virus	3.5	0.8



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Chronic Condition Diagnosis- Lifetime and Past 12 Months

All Students

Illness	Percent Who Report Being Diagnosed	
	Within Lifetime	Within Past 12 Months
Hepatitis B	0.3	0.0
Hepatitis C	0.2	0.0
High Blood Pressure	5.2	2.2
High Cholesterol	6.1	2.5
HIV/AIDS	0.2	0.0
Obesity	9.2	4.0
Repetitive Stress Injury	3.6	0.9
Tuberculosis	0.5	0.2
At Least One of the Listed Chronic Conditions	52.8	18.7



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Mental Health

Mental Health Condition Diagnosis- Lifetime and Past 12 Months

All Students

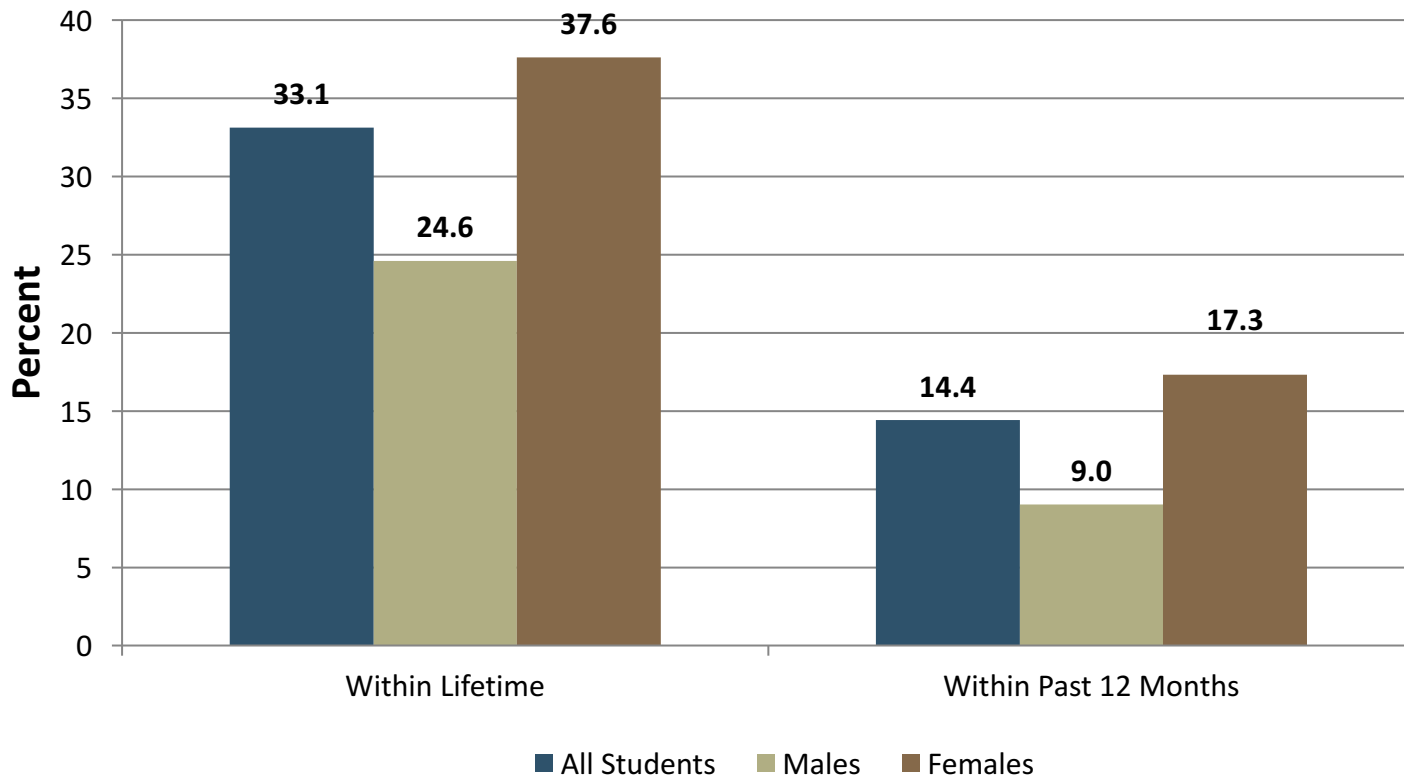
Illness	Percent Who Report Being Diagnosed	
	Within Lifetime	Within Past 12 Months
Anorexia	1.7	0.3
Anxiety	20.5	9.4
Attention Deficit Disorder	6.7	1.7
Bipolar Disorder	1.8	0.4
Bulimia	1.1	0.2
Depression	23.1	7.5
Obsessive Compulsive Disorder	2.3	0.9
Panic Attacks	9.5	3.9
Post-Traumatic Stress Disorder	3.6	1.0
Seasonal Affective Disorder	4.3	1.5
Social Phobia/Performance Anxiety	4.6	2.2



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Any Mental Health Condition Diagnosis- Lifetime and Past 12 Months

All Students by Gender



Additional analysis shows that 22.0% report being diagnosed with two or more mental health conditions within their lifetime.



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Mental Health Stressors- Past 12 Months

All Students

Stressor	Percent Who Report Experiencing
Getting Married	3.2
Failing a Class	10.0
Serious Physical Illness of Someone Close to You	15.8
Death of Someone Close to You	20.3
Being Diagnosed With a Serious Physical Illness	2.7
Being Diagnosed With a Serious Mental Illness	5.9
Divorce or Separation From Your Spouse	6.9
Termination of Personal Relationship (Not Including Marriage)	13.9
Attempted Suicide	1.4
Being Put on Academic Probation	5.3
Excessive Credit Card Debt	10.0



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Mental Health Stressors- Past 12 Months

All Students

Stressor	Percent Who Report Experiencing
Excessive Debt Other Than Credit Card	13.2
Being Arrested	0.9
Being Fired or Laid Off From a Job	4.1
Roommate/Housemate Conflict	17.2
Parental Conflict	12.6
Lack of Health Insurance	11.7
Issues Related to Sexual Orientation	2.9
Bankruptcy	0.7
Zero of the Listed Stressors	35.9
One or Two of the Listed Stressors	23.8
Three or More of the Listed Stressors	40.3



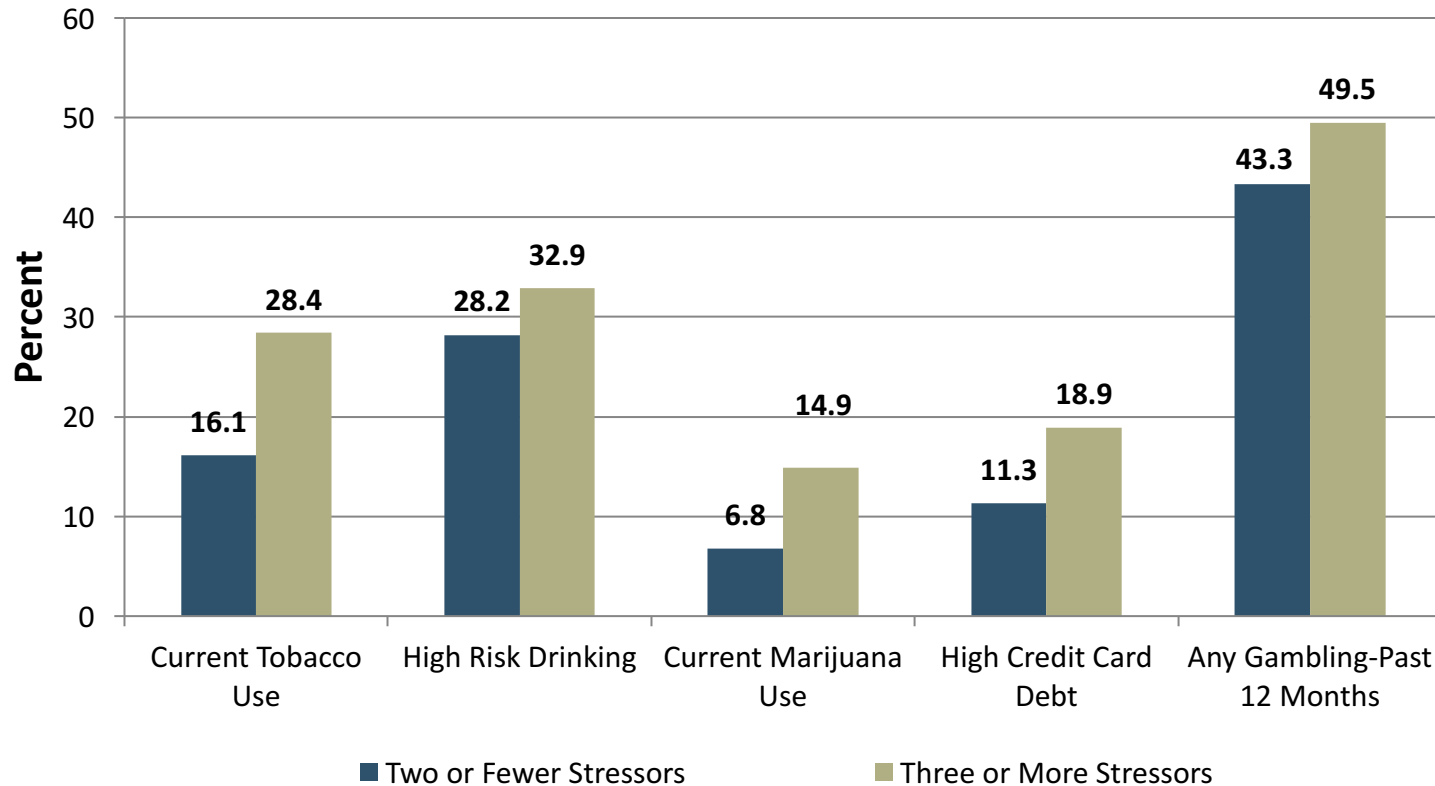
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Mental Health Stressors and Risky Behavior

All Students



Current Use: Any use past 30 days

High Risk Drinking: 5+ drinks/sitting with past 2 weeks

High Credit Card Debt: Balance \$3000+



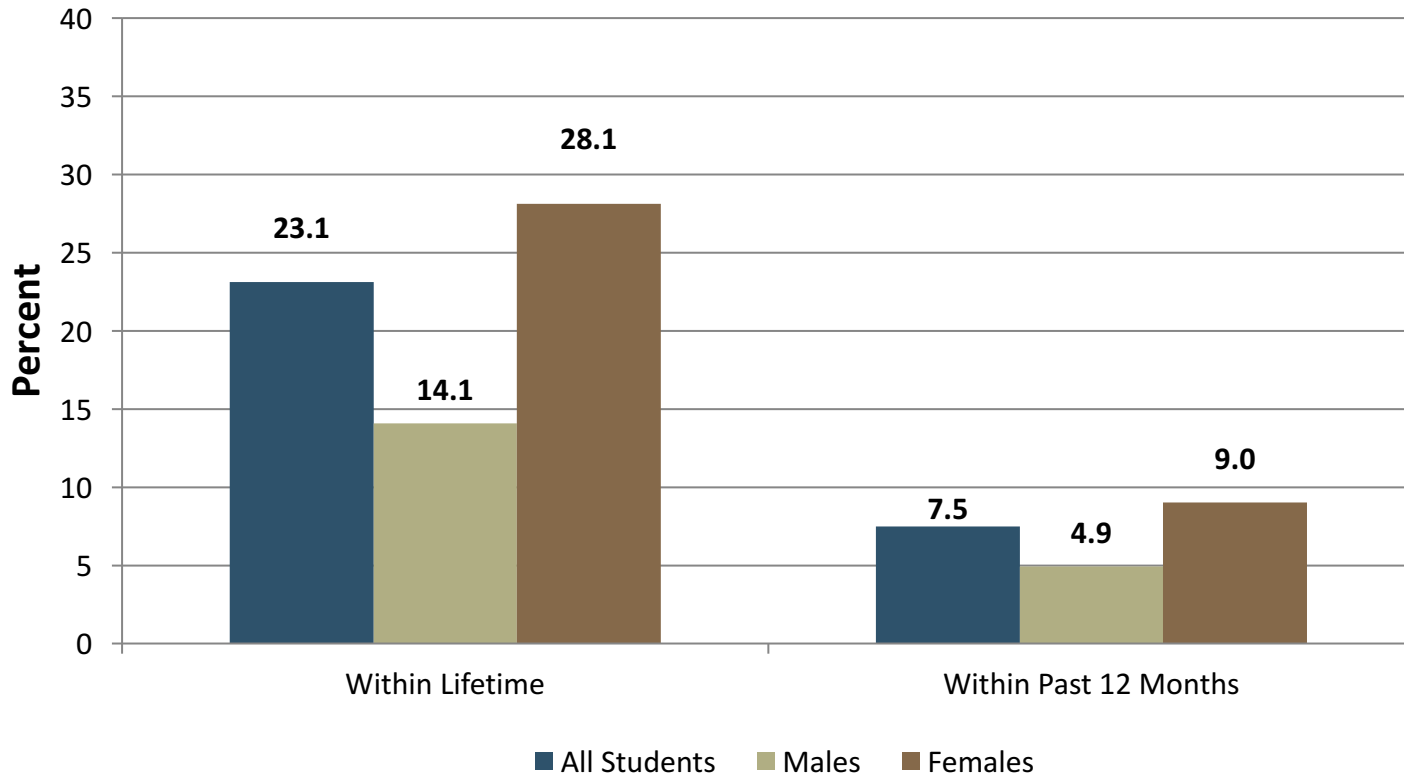
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Depression Diagnosis- Lifetime and Past 12 Months

All Students by Gender



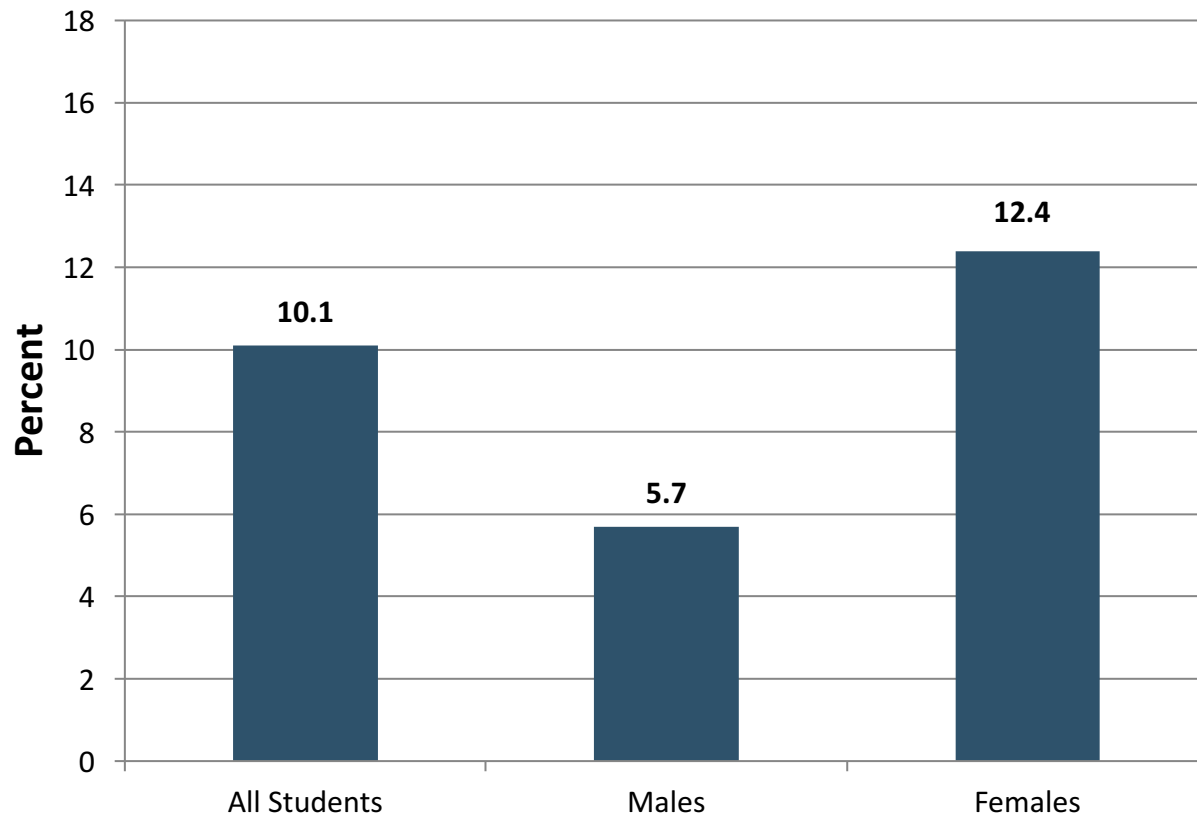
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Currently Taking Medication for Depression

All Students by Gender



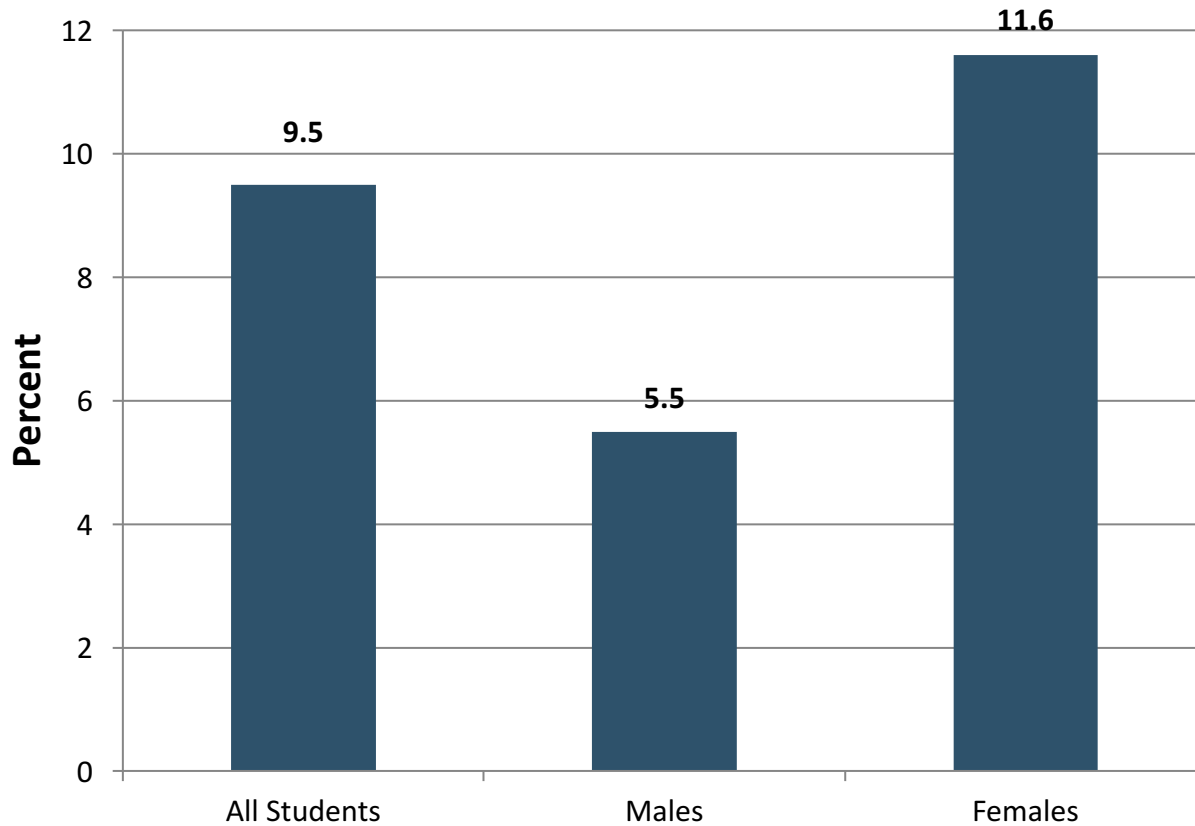
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Currently Taking Medication for Mental Health Problems Other Than Depression

All Students by Gender



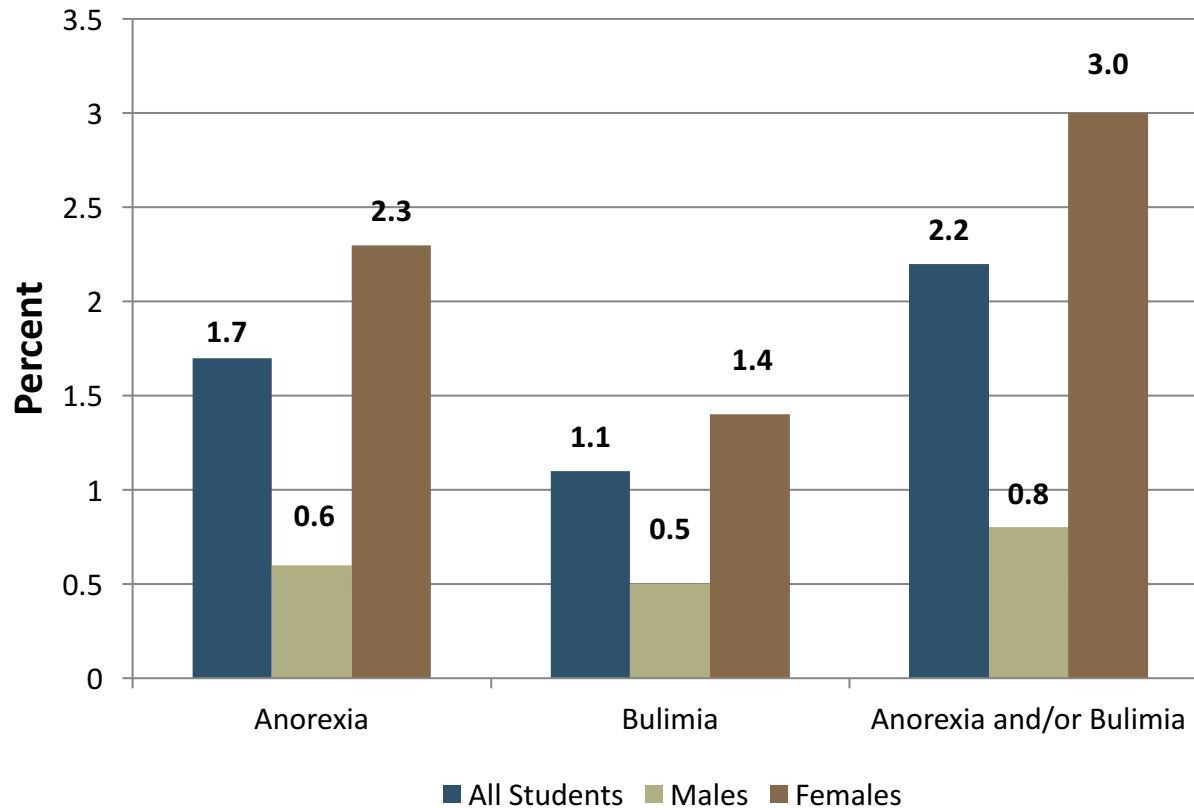
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Eating Disorder Diagnosis-Lifetime

All Students by Gender



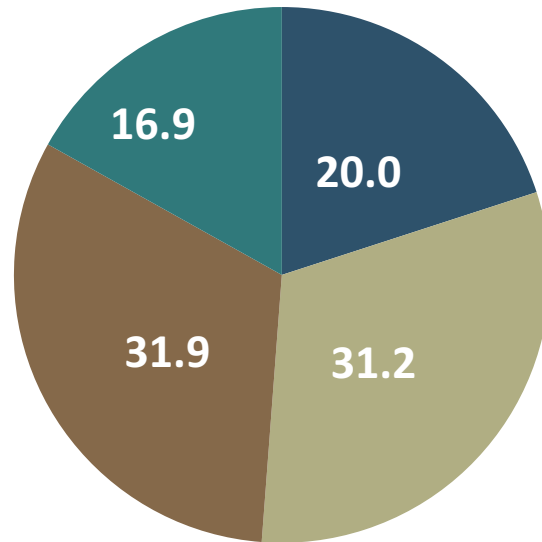
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Number of Days of Adequate Sleep- Past Seven Days

All Students



51.2% of students get adequate sleep 3 or fewer days a week

■ 0-1 Day per Week

■ 2-3 Days per Week

■ 4-5 Days per Week

■ 6-7 Days per Week



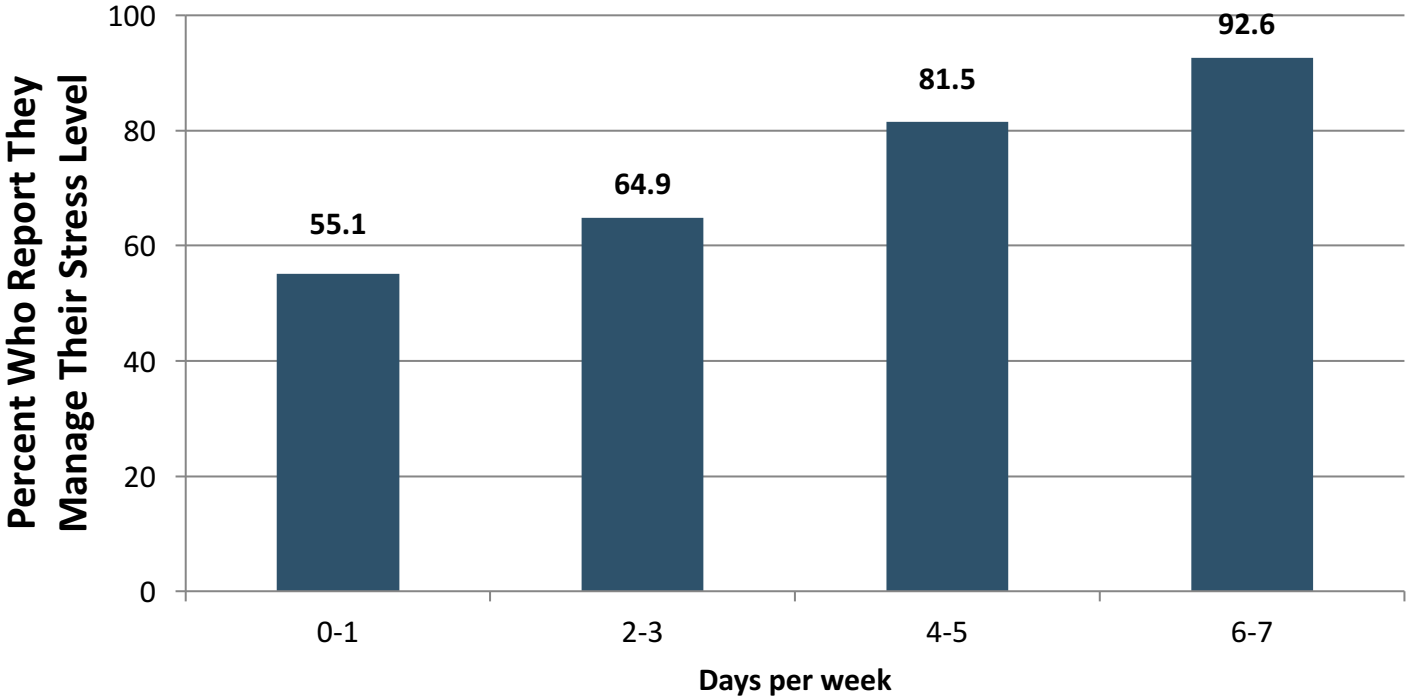
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Adequate Sleep and Stress

All Students



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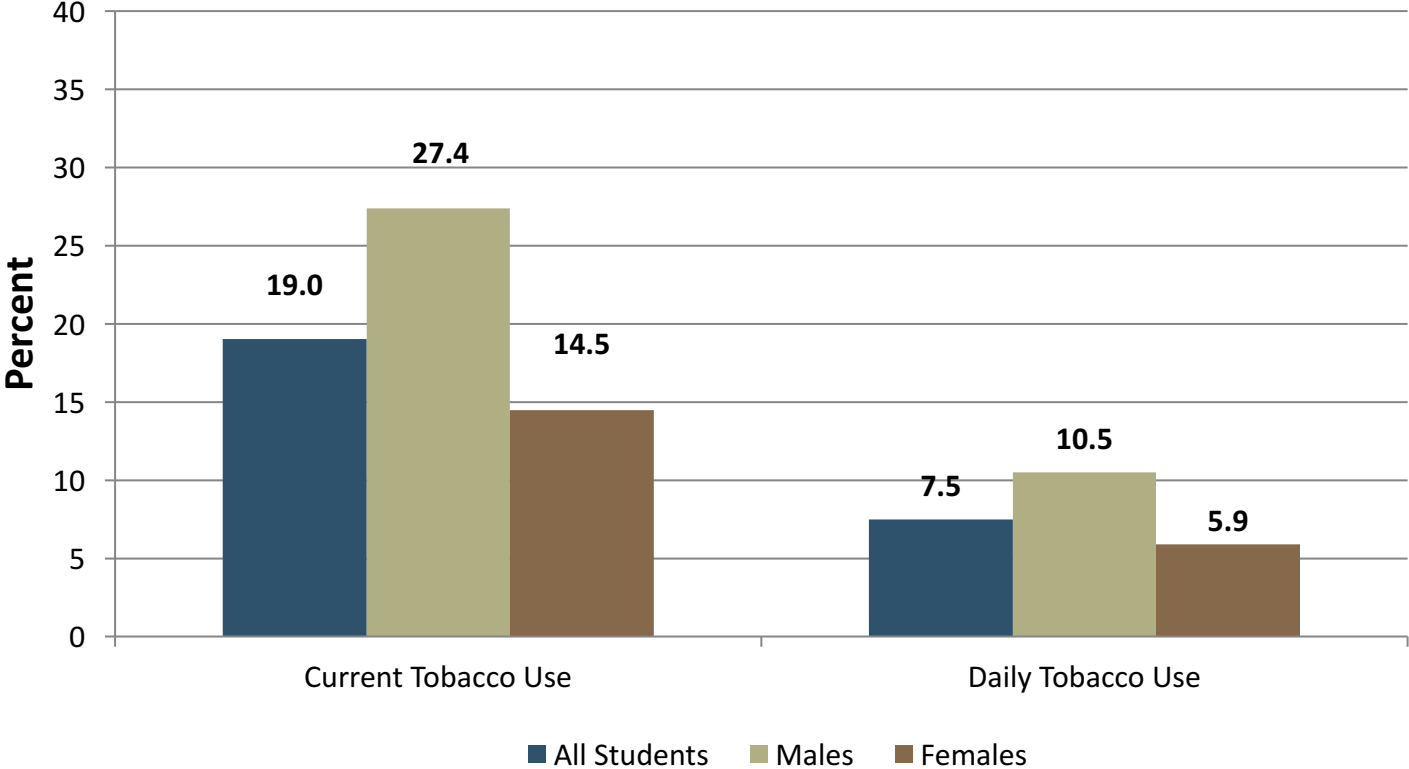
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Tobacco Use

Current and Daily Tobacco Use

All Students by Gender



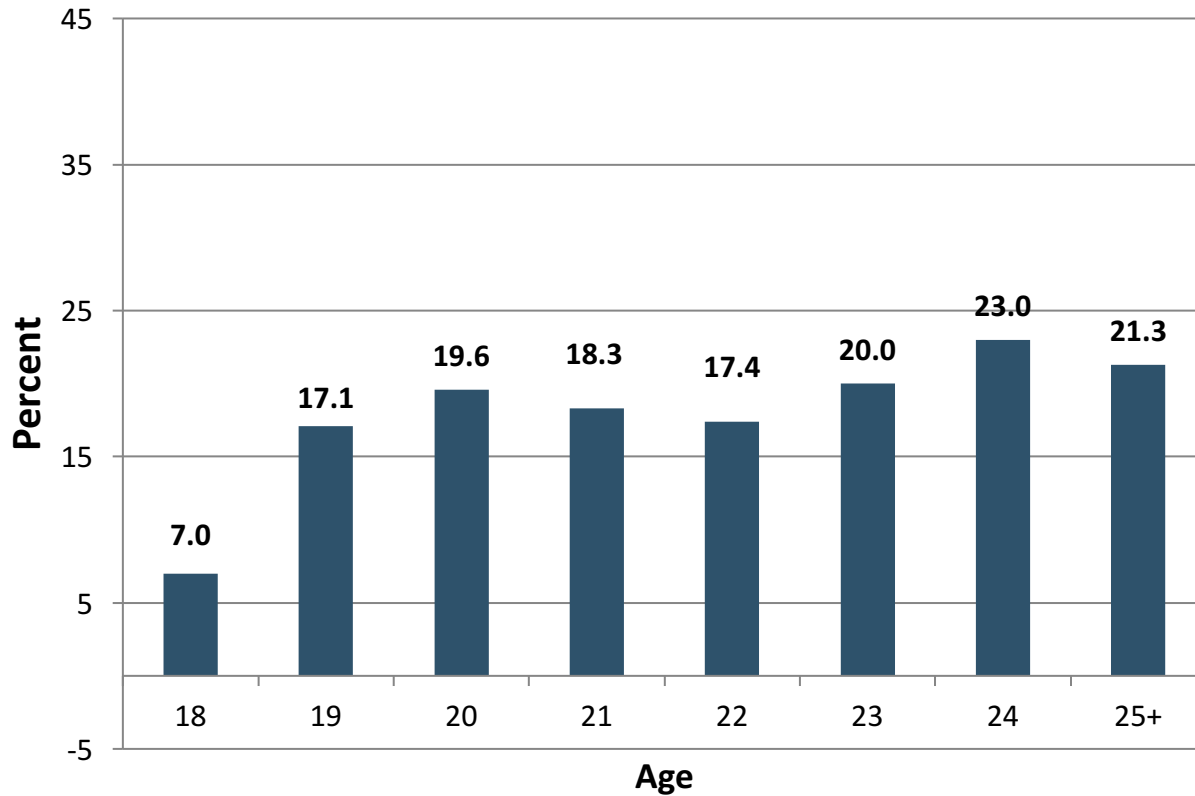
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Current Tobacco Use

All Students by Age



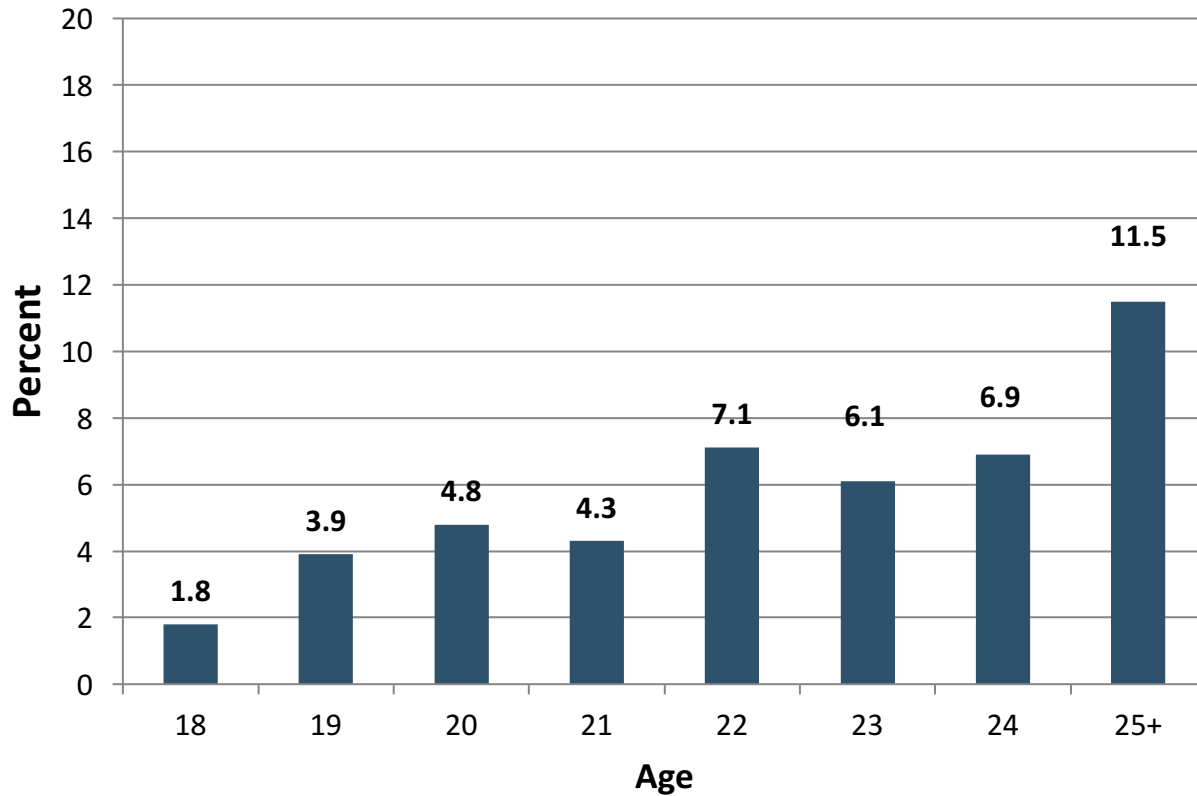
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Daily Tobacco Use

All Students by Age



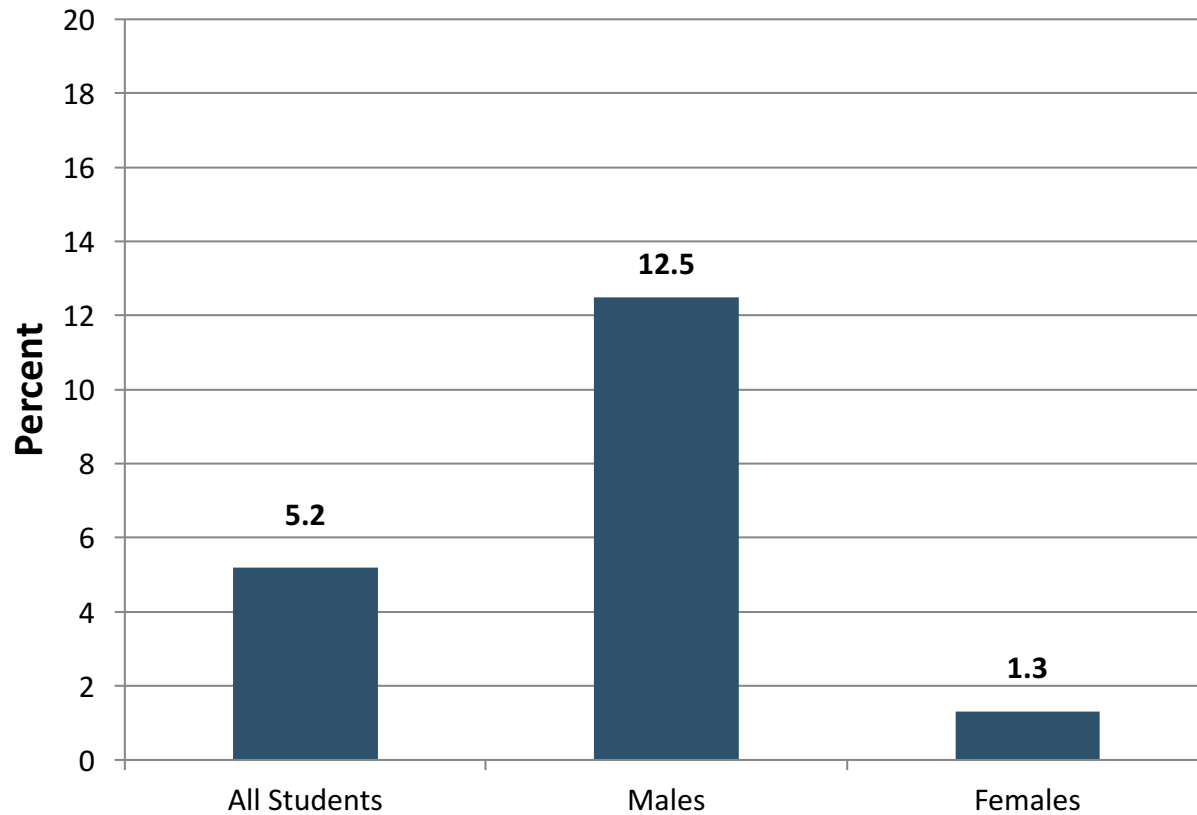
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Current Smokeless Tobacco Use

All Students by Gender



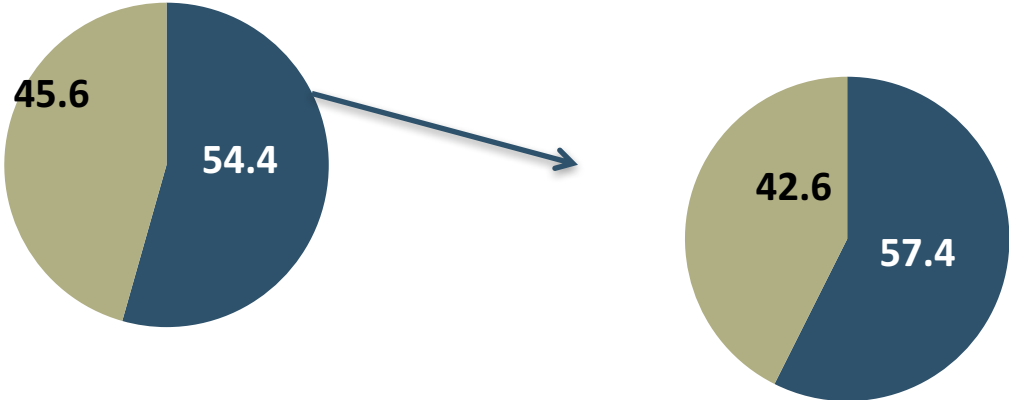
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Quit Attempt –Past 12 Months

Current Smokers



■ Consider Themselves Smokers

■ Do Not Consider Themselves Smokers

■ Attempted to Quit

■ Have Not Attempted to Quit

6.7 –Average Number of Quit Attempts
1-99–Range of Quit Attempts



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Tobacco Use Location

Current Tobacco Users

Location	Percent Who Indicate Use at Specified Location	
	Inside	Outside
On Campus	7.4	41.1
Residence Halls	*	10.4
Fraternity/Sorority	0.7	3.0
Bars/Restaurants	*	49.2
In a Car	71.2	*
Where I Live	19.7	68.2
Private Parties	24.7	56.9
Work Site	*	35.5
Parking Ramp/Garage	23.4	*
Other	10.7	26.4

*Location not included in question



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Secondhand Smoke Exposure

All Students

Location	Percent Who Indicate Exposure					
	Nonsmokers		Smokers		All Students	
	Inside	Outside	Inside	Outside	Inside	Outside
On Campus	2.2	28.4	1.7	29.4	2.1	28.5
Residence Halls	*	3.7	*	5.0	*	3.9
Fraternity/Sorority	0.1	0.5	0.3	1.7	0.2	0.7
Bars/Restaurants	*	16.5	*	33.1	*	19.2
In a Car	11.4	*	45.8	*	17.0	*
Where I Live	4.3	10.7	13.0	30.8	5.7	14.0
Private Parties	6.9	11.0	19.7	35.1	8.9	14.9
Work Site	*	7.5	*	22.4	*	9.9
Parking Ramp/Garage	4.4	*	7.0	*	4.9	*
Other	5.7	15.0	7.4	19.1	5.9	15.6

*Location not included in question

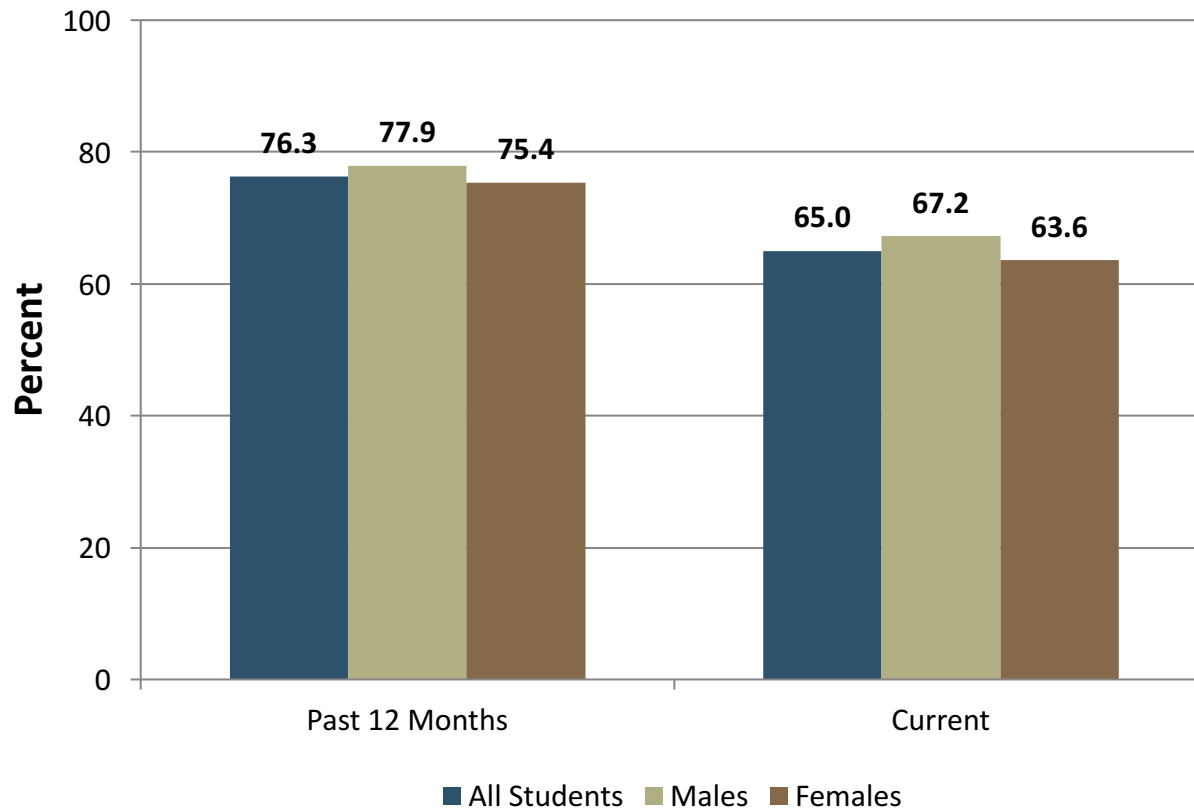


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Alcohol Use and Other Drug Use

Alcohol Use –Past 12 Months and Current

All Student by Gender



Past 12-Month Alcohol Use: Any alcohol use within the past year.

Current Alcohol Use: Any alcohol use within the past 30 days.



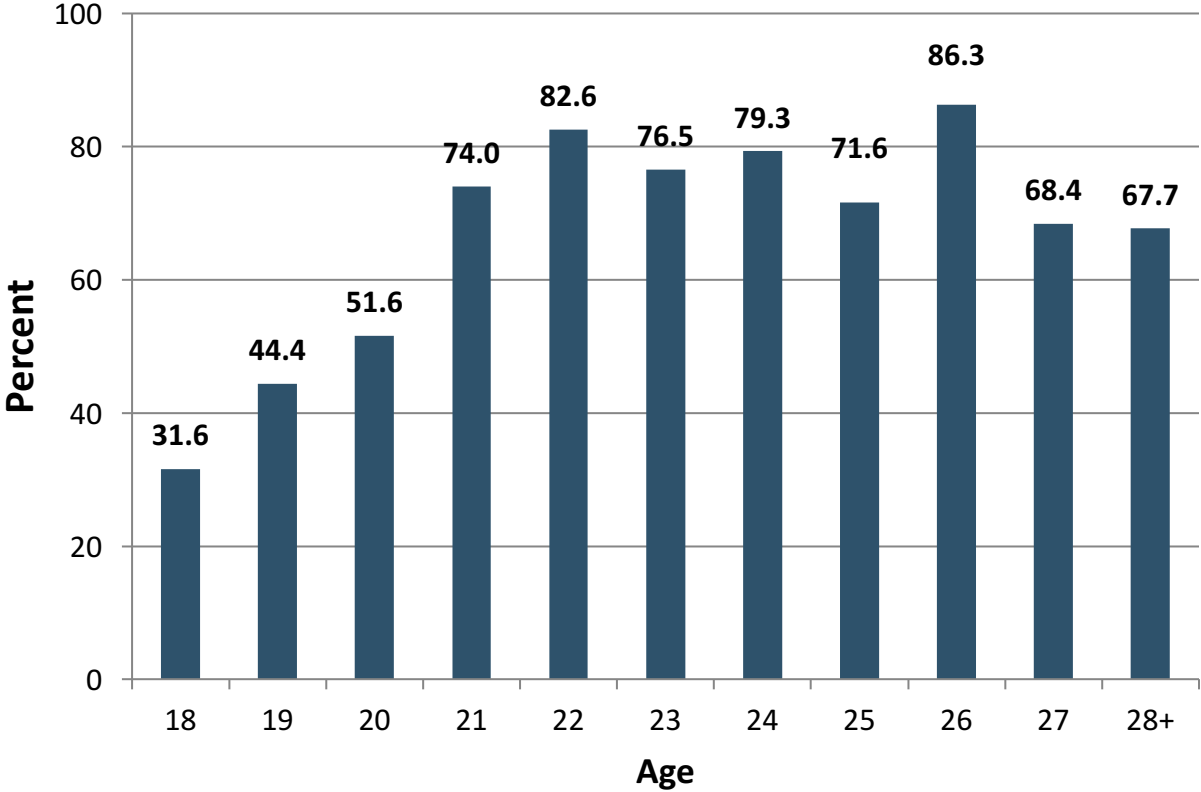
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Current Alcohol Use

All Students by Age



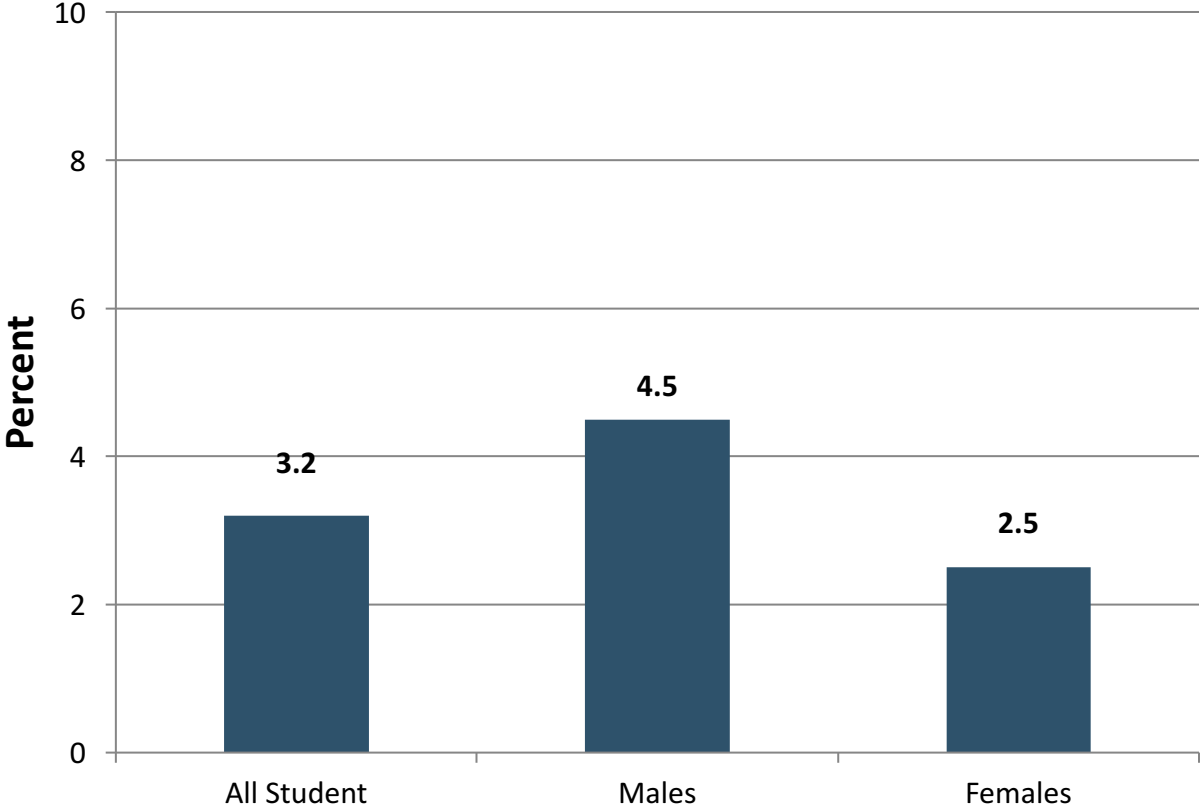
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Average Number of Drinks per Week

All Students by Gender



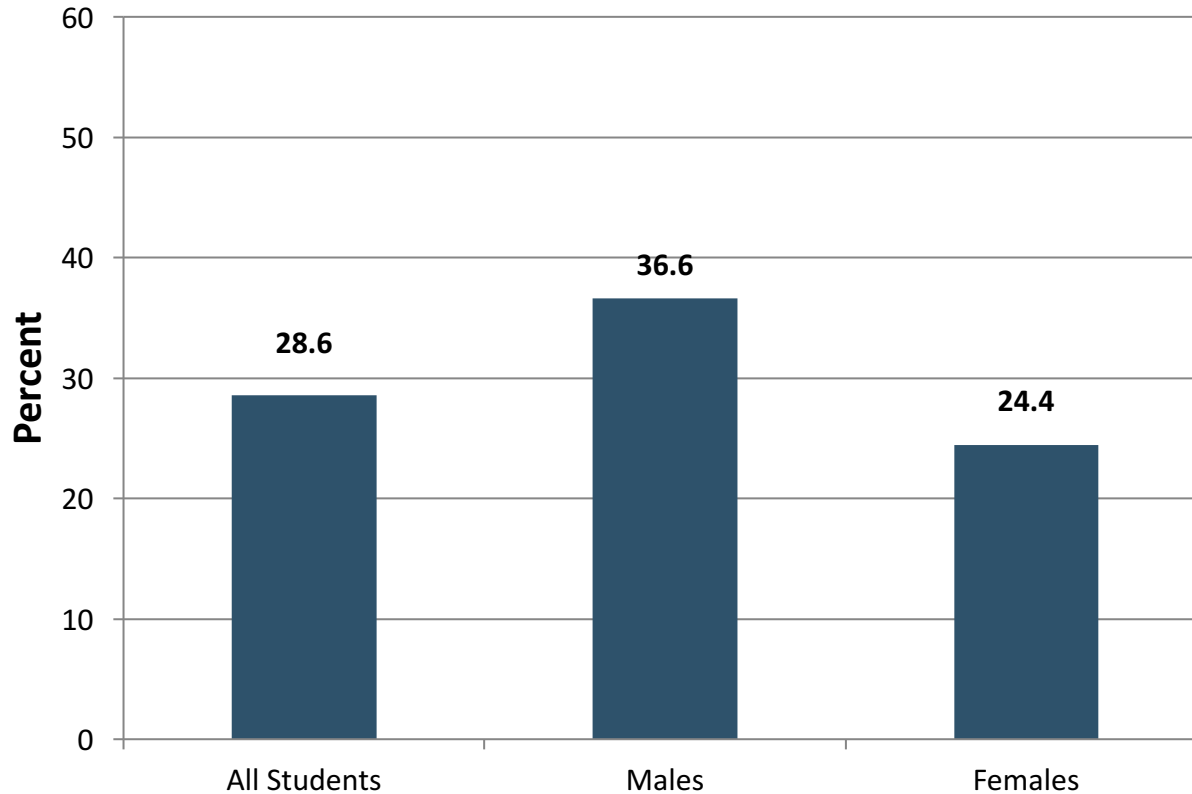
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High-Risk Drinking

All Students by Gender



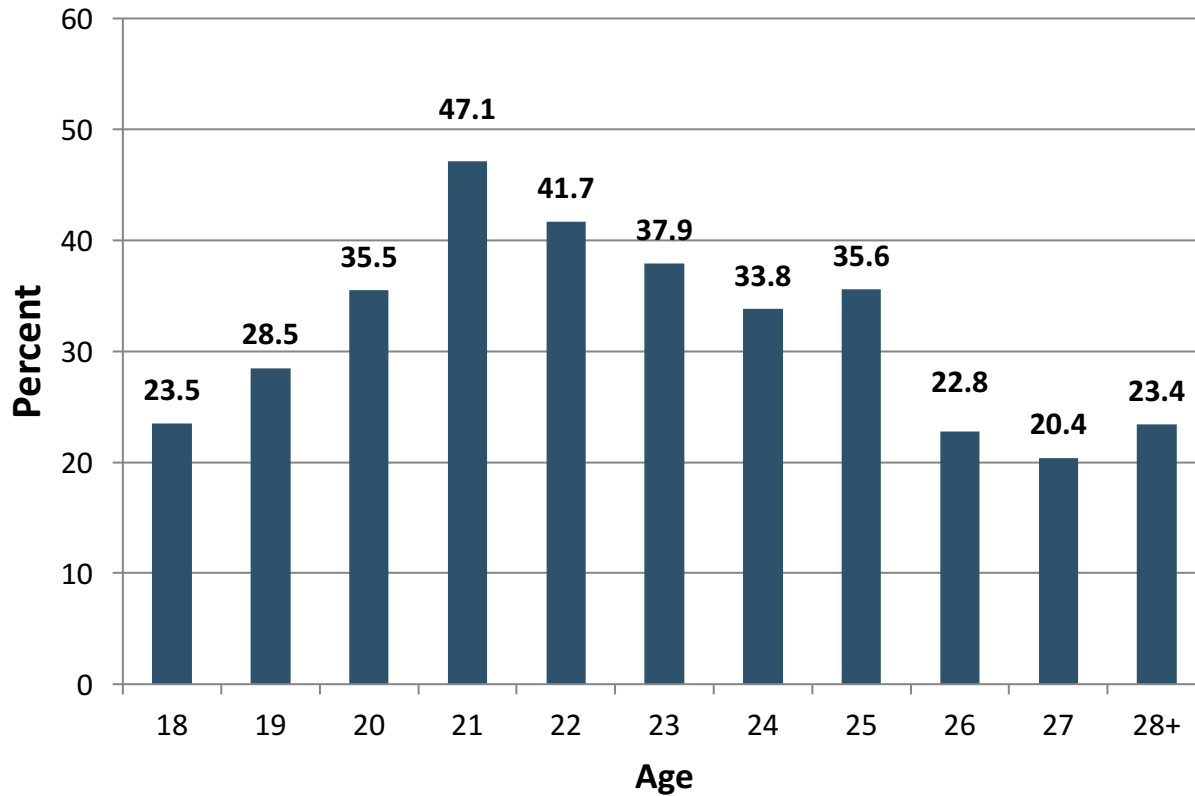
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High-Risk Drinking

All Students by Age



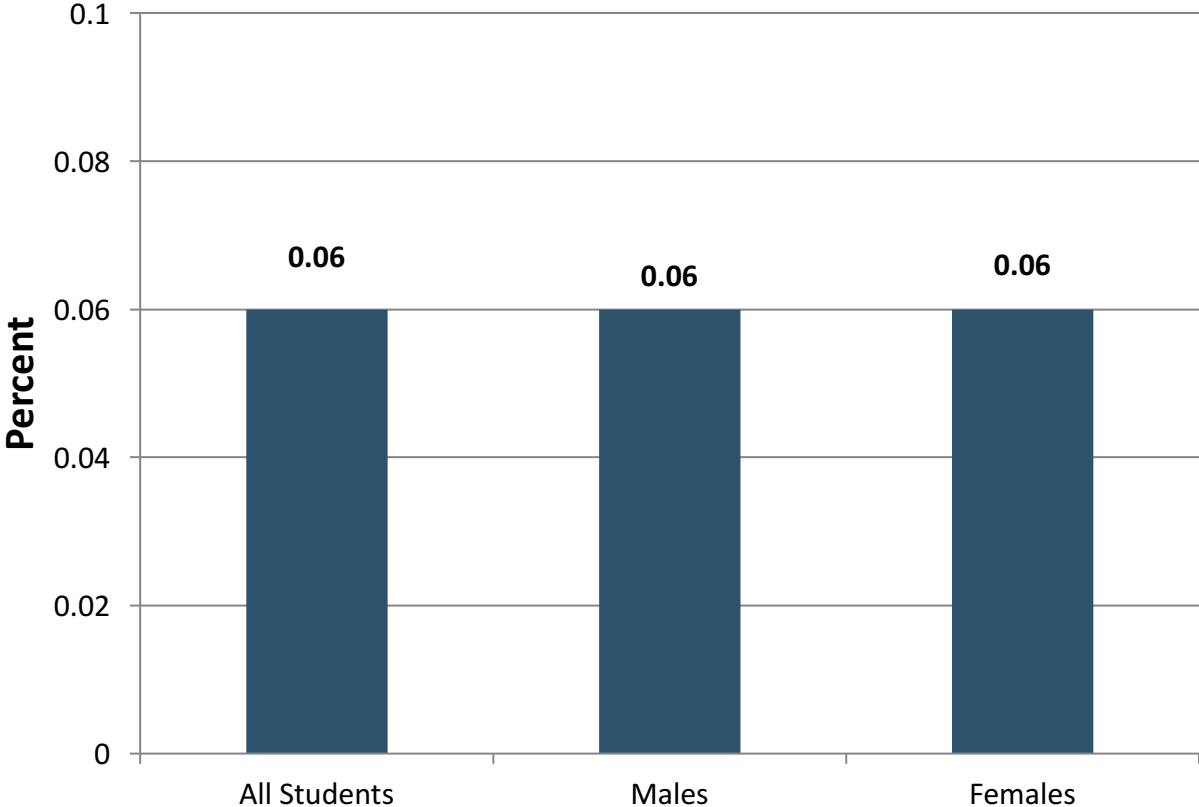
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Average Estimated Blood Alcohol Content

All Students by Gender



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Negative Consequences of Alcohol/Drug Use

All Students

Negative Consequence Due to Alcohol/Drug Use	Percent Who Report Experiencing Within Past 12 Months
Had a Hangover	51.9
Performed Poorly on a Test or Important Project	16.6
Been in Trouble With Police, Residence Hall, or Other College Authorities	4.4
Damaged Property, Pulled Fire Alarms, etc.	0.9
Got Into an Argument or Fight	15.3
Got Nauseated or Vomited	34.0
Driven a Car While Under the Influence	12.5
Missed a Class	15.9
Been Criticized by Someone I Know	16.9
Thought I Might Have a Drinking or Drug Problem	6.1



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Negative Consequences of Alcohol/Drug Use

All Students

Negative Consequence Due to Alcohol/Drug Use	Percent Who Report Experiencing Within Past 12 Months
Had a Memory Loss	16.7
Done Something I Later Regretted	20.1
Been Arrested for DWI/DUI	0.4
Have Been Taken Advantage of Sexually	2.5
Have Taken Advantage of Another Sexually	0.3
Tried Unsuccessfully to Stop Using	2.1
Seriously Thought About Suicide	2.6
Seriously Tried to Commit Suicide	0.5
Been Hurt or Injured	6.0



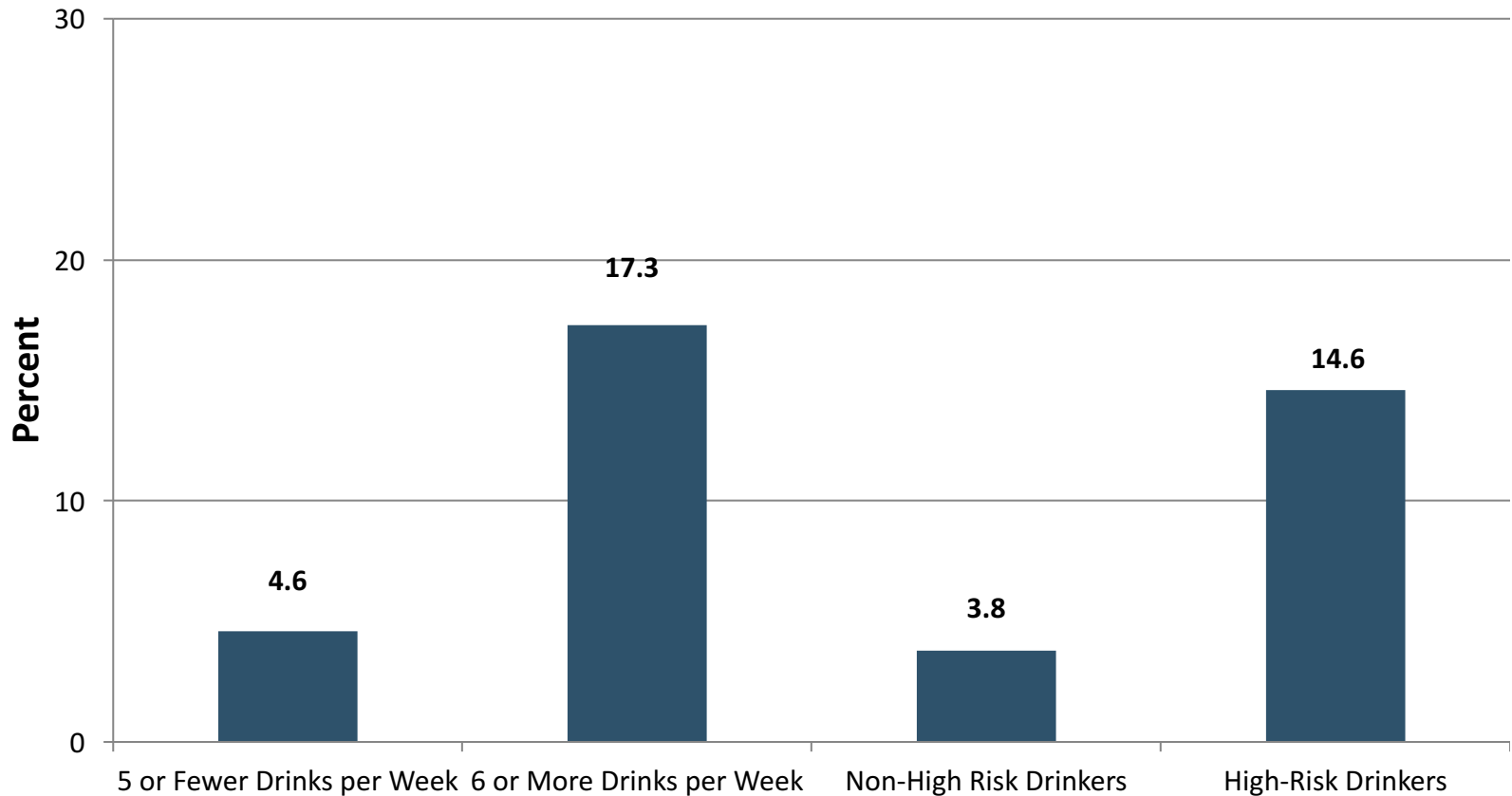
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Average Number of Negative Consequences

All Students by Average Number of Drinks and High-Risk Drinking



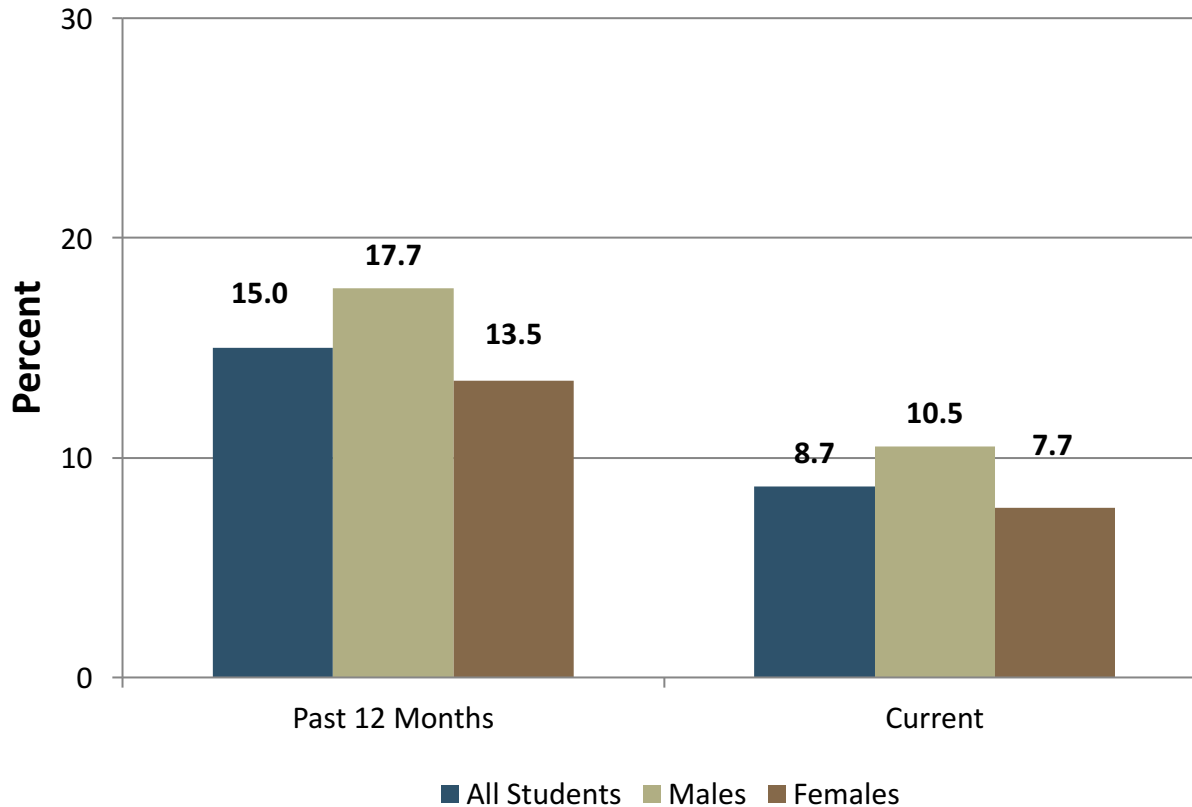
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Marijuana Use –Past 12 Months and Current

All Student by Gender



Past 12-Month Marijuana Use: Any marijuana use within the past year.

Current Marijuana Use: Any marijuana use within the past 30 days.



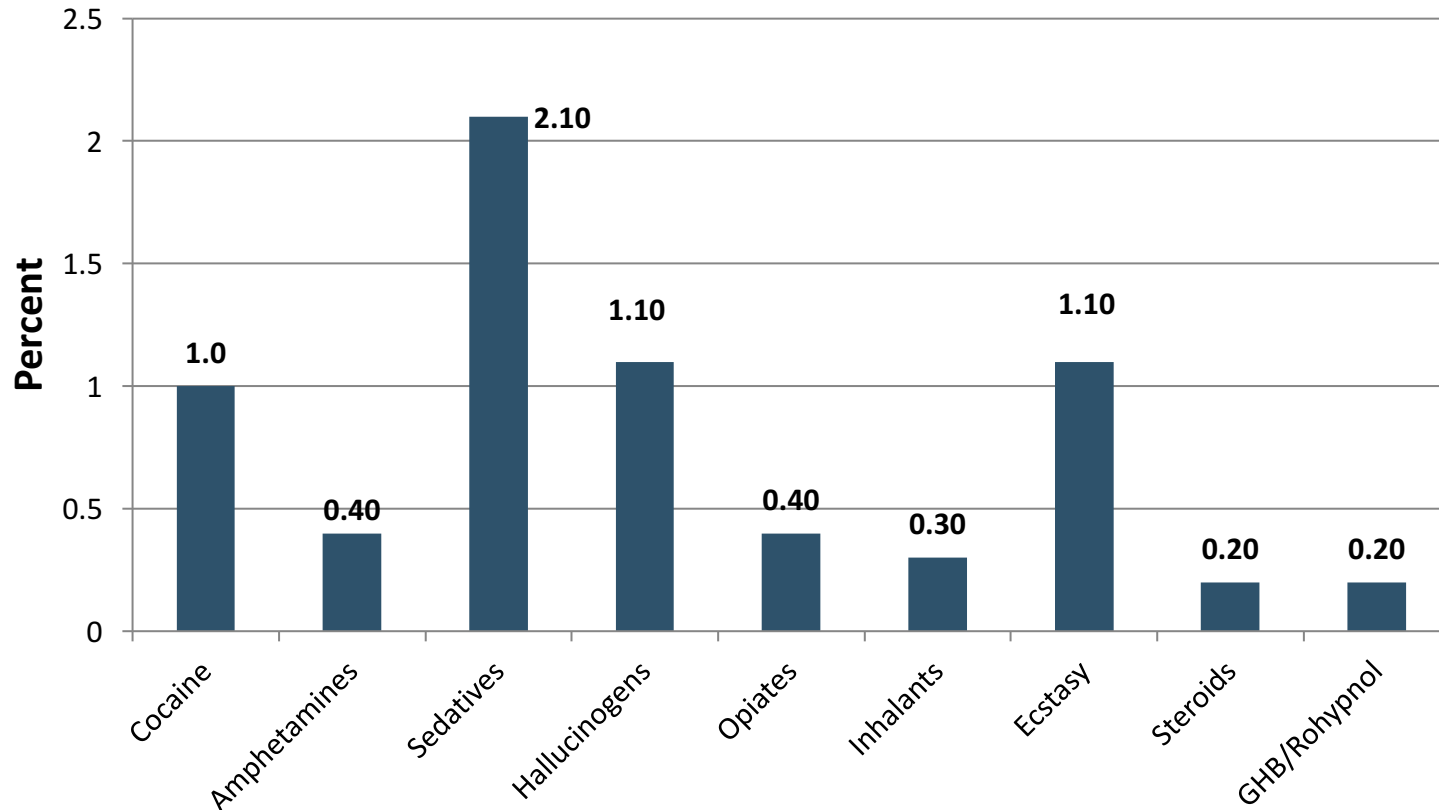
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Selected Drug Use –Past 12 Months

All Students



In addition, 4.9% of students report using another person's prescription drugs.



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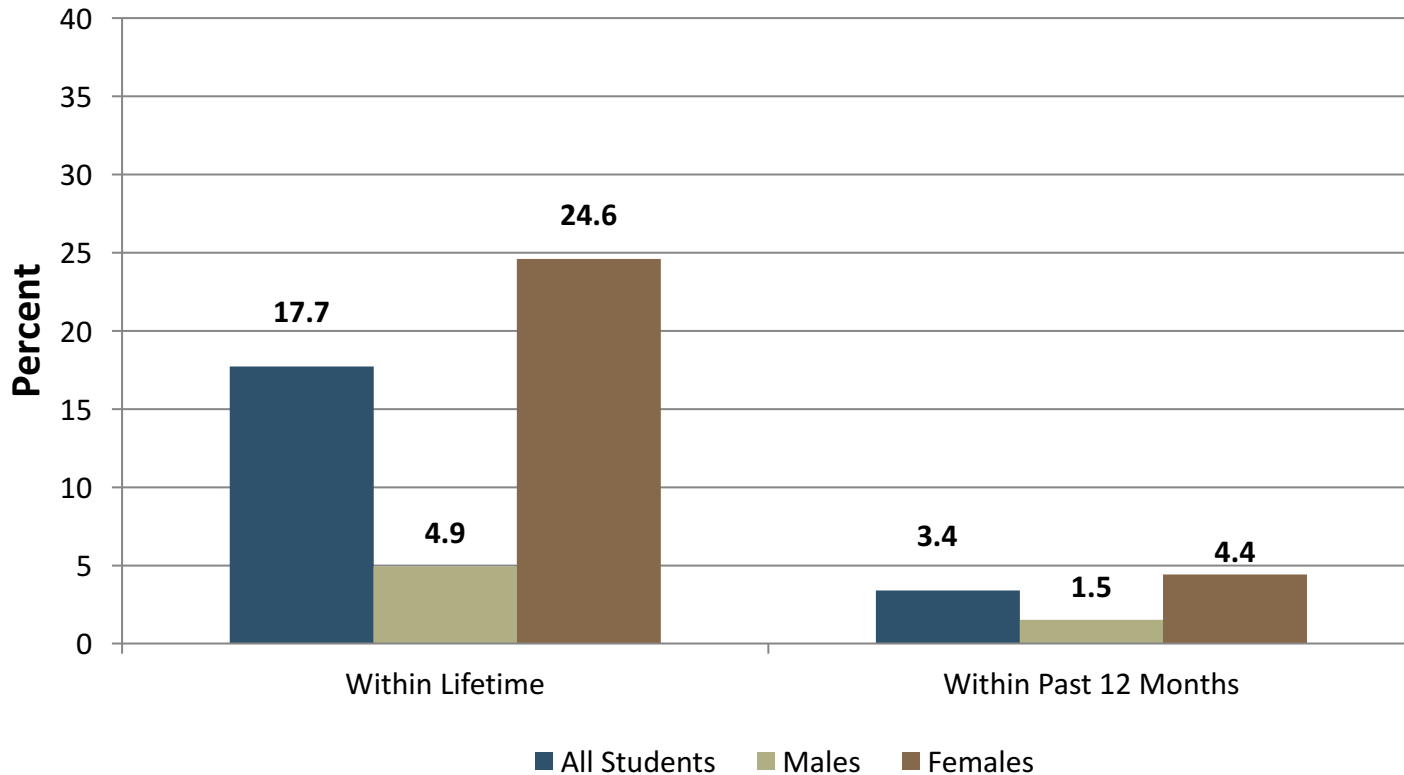
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Personal Safety and Financial Health

Sexual Assault- Lifetime and Past 12 Months

All Students by Gender



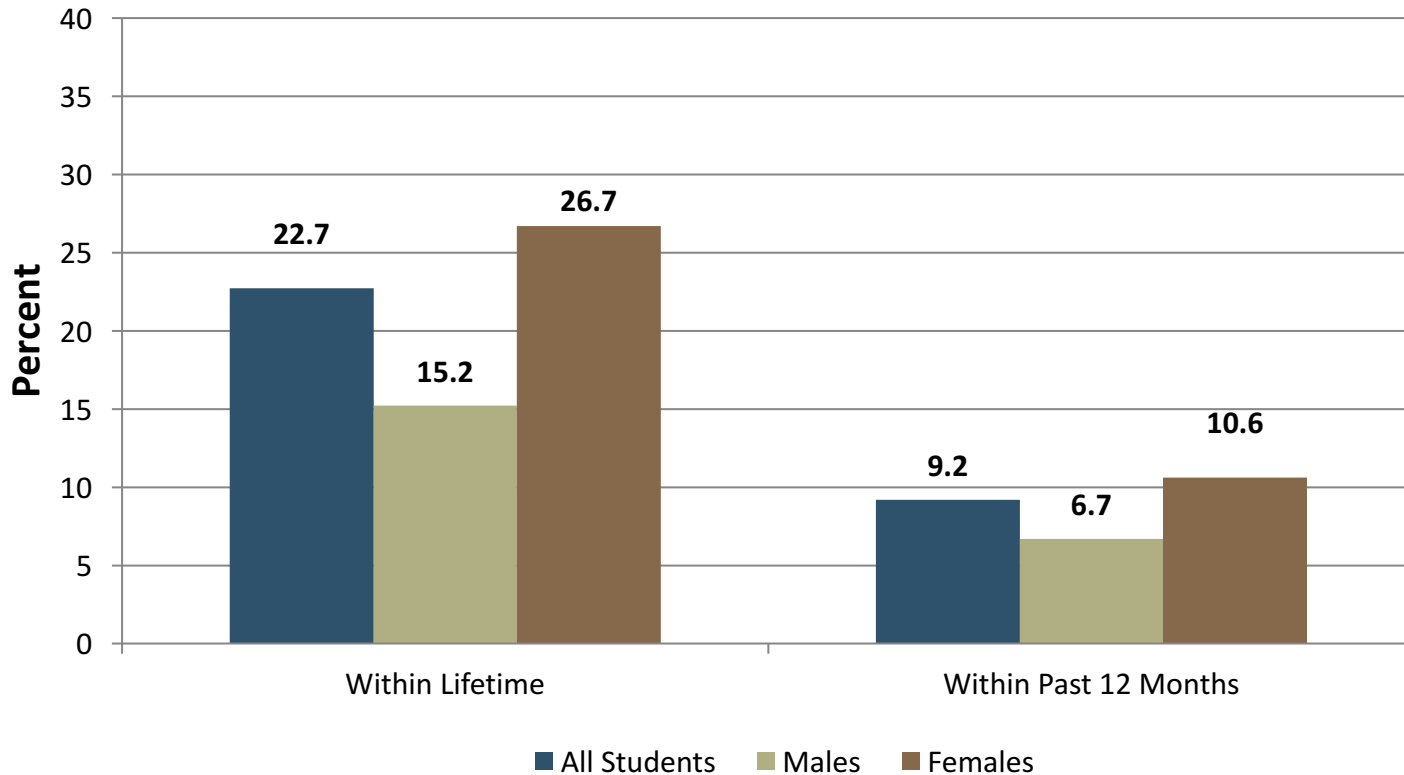
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Domestic Violence- Lifetime and Past 12 Months

All Students by Gender



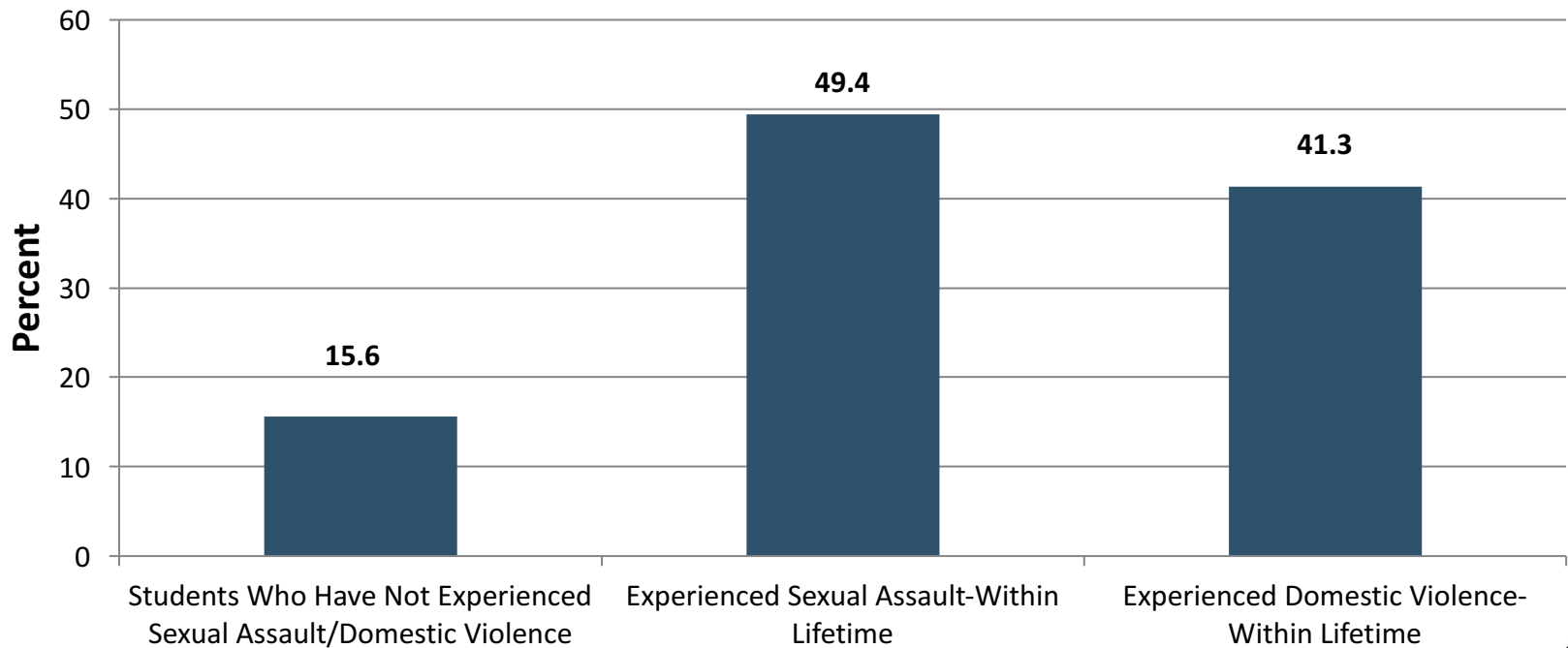
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Depression Diagnosis -Lifetime

All Students by Sexual Assault/Domestic Violence



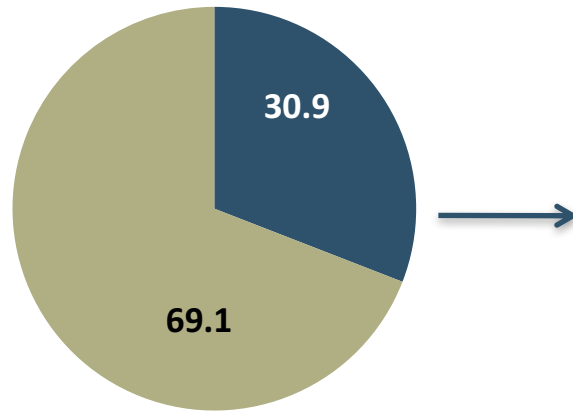
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Sexual Assault Reporting by Victims-Lifetime

Sexual Assault Victims



- Reported Sexual Assault
- Did Not Report Sexual Assault

Reported the Assault to*	Percent Among Sexual Victims Who Reported Assault
Health Care Provider	41.0
Hall Director or Community Advisor	5.0
Campus Sexual Violence Office	8.0
Police	27.0
Other	49.0

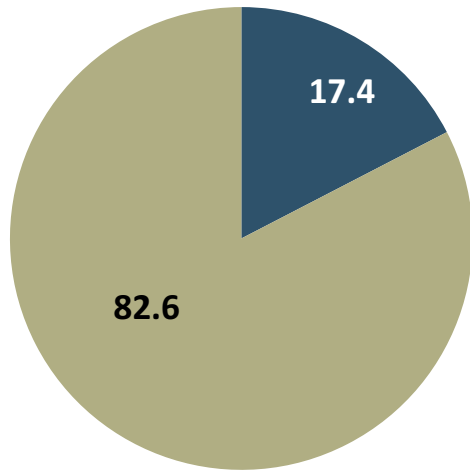
*Students may have reported incident to individuals in more than one category



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Firearm Access

All Students



■ Firearm Access ■ No Firearm Access

Type of Firearm	Percent Among Students With Firearm Access
Handgun	44.0
Rifle	66.0
Shotgun	76.1
Other	6.9



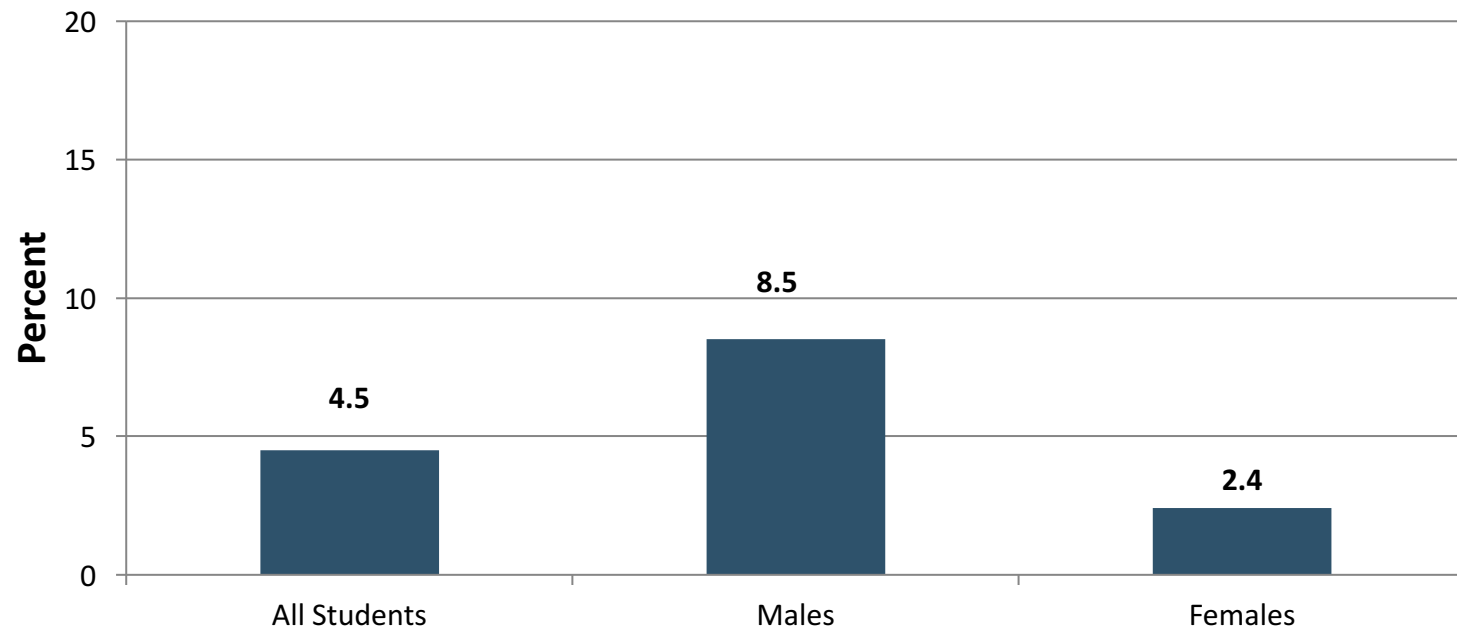
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Physical Fight –Past 12 Months

All Students by Gender



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Injuries –Past 12 Months

All Students

Type of Injury	Percent Who Report Experiencing Within Past 12 Months
Assaulted by Another Person (Nonsexual)	1.4
Burned by Fire or a Hot Substance	5.9
Motor Vehicle Related	1.8
Team Sports	8.6
Individual Sports	5.0
Bicycle Related	0.7
Falls	10.0
Other	10.5
Not Applicable –I Was Not Injured	67.6



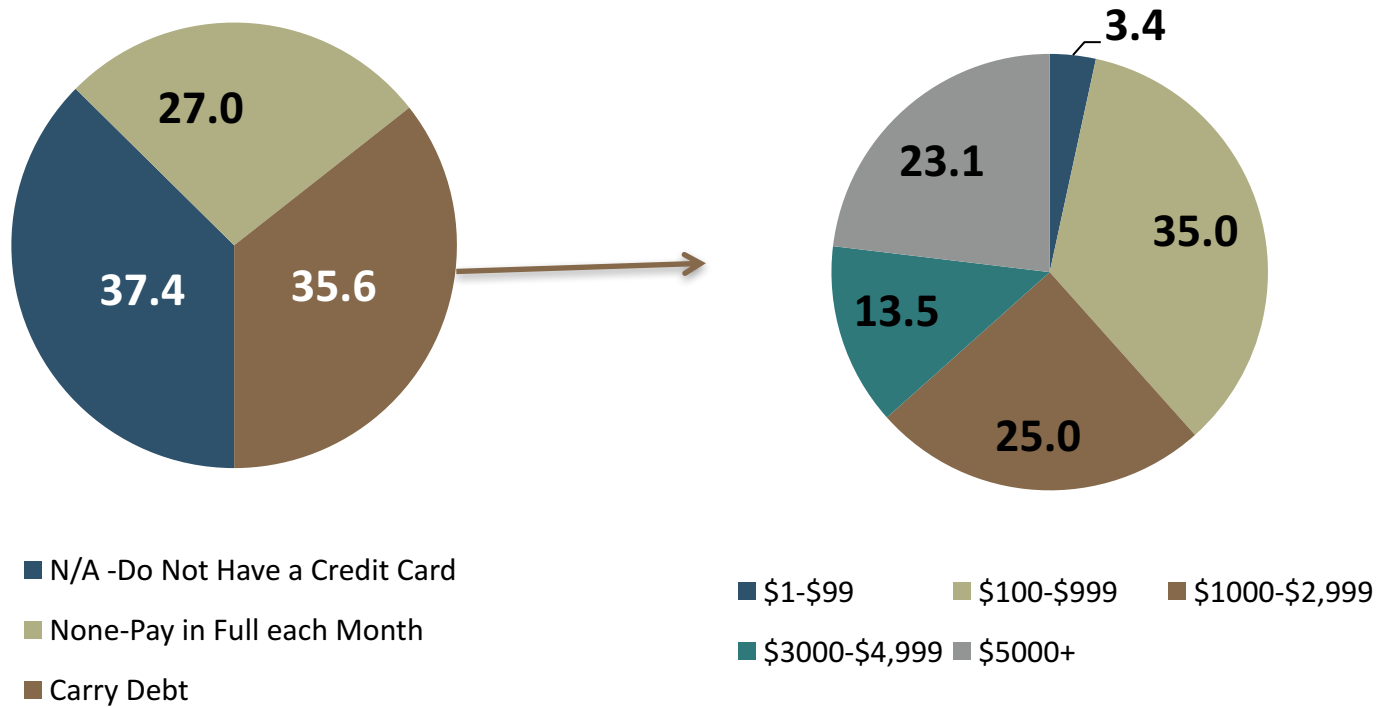
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Current Credit Card Debt

All Students



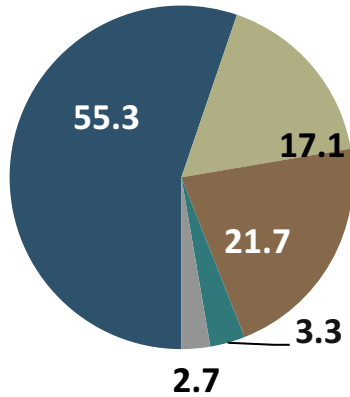
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Gambling-Past 12 Months

All Students



Amount Spent per Month	Percent Among Students Who Report Gambling
\$1-\$24	69.9
\$25-\$99	23.5
\$100 or More	6.6

- Never
- Once/Year
- 2-6 Times/Year
- Once/Month
- More Than Once/Month

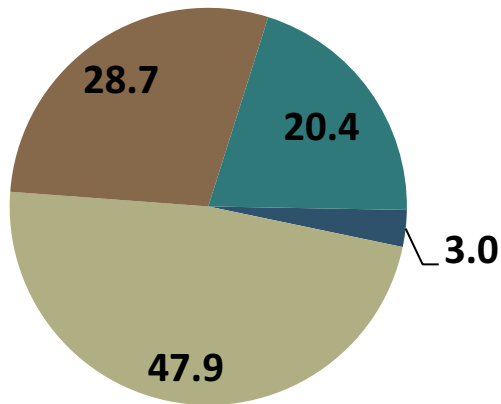


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Nutrition and Physical Activity

Body Mass Index (BMI) Category

All Students



■ Underweight

■ Normal Weight

■ Overweight

■ Obese/Extremely Obese

Body Mass Index (BMI) Range	Weight Category
Less Than 18.5	Underweight
18.5 to 24.9	Normal Weight
25.0 to 29.9	Overweight
30.0 to 39.9	Obese
40.0 and Greater	Extremely Obese

The average Body Mass Index for male survey respondents = 26.4.

The average Body mass Index for female survey respondents = 26.1.



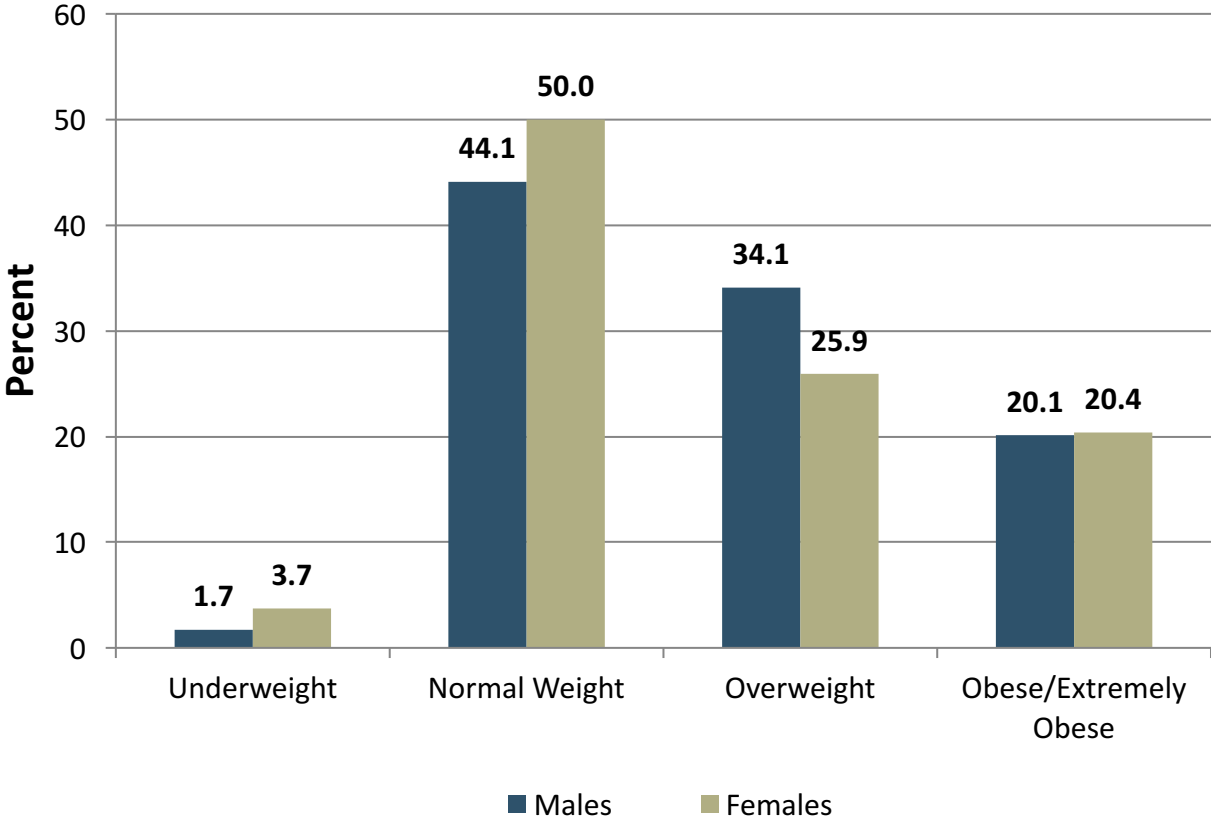
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BMI Category

All Students by Gender



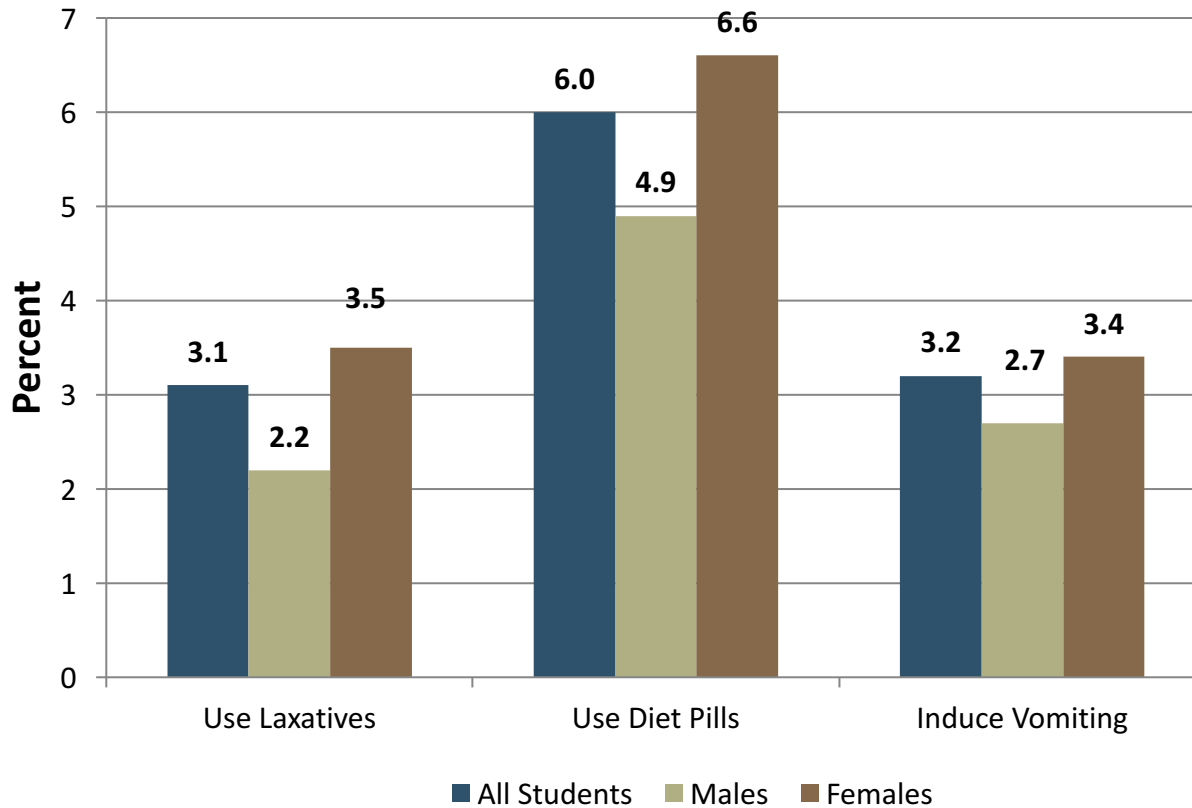
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Weight-Related Behaviors

All Students by Gender



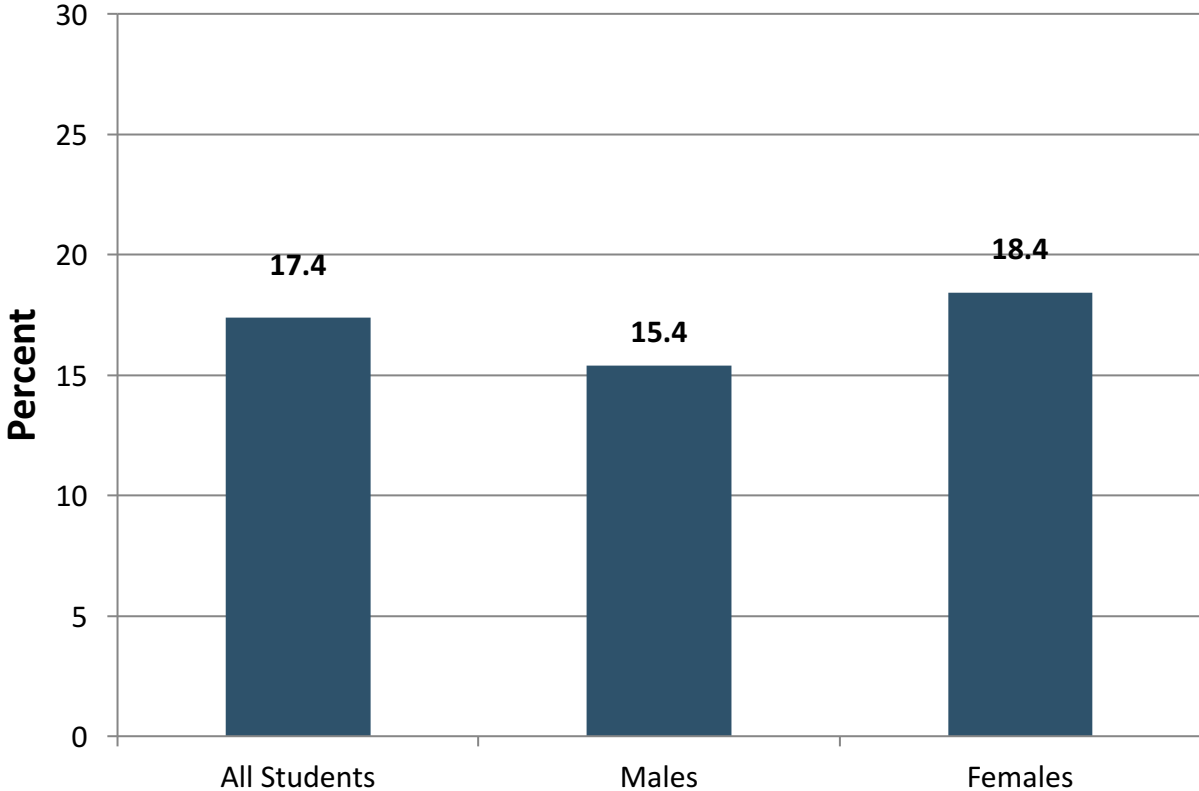
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Binge Eating Behavior-Past 12 Months

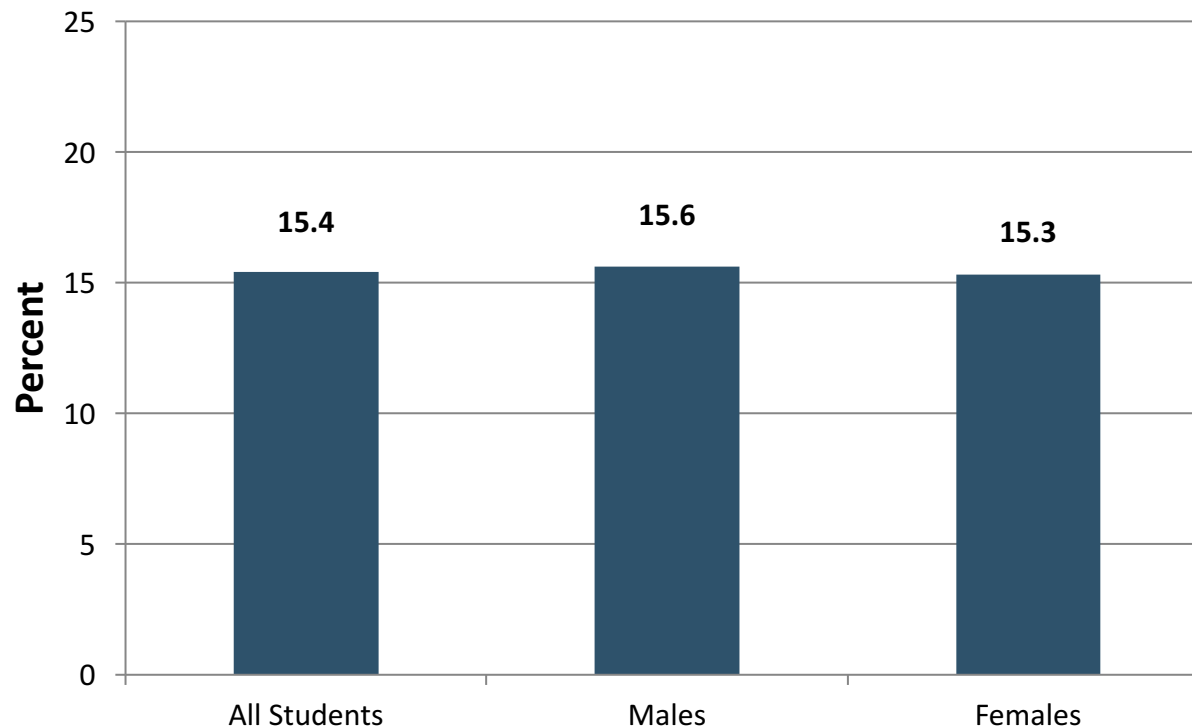
All Students by Gender



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Fruit and Vegetable Consumption- 5 or More Times Per Day

All Students by Gender



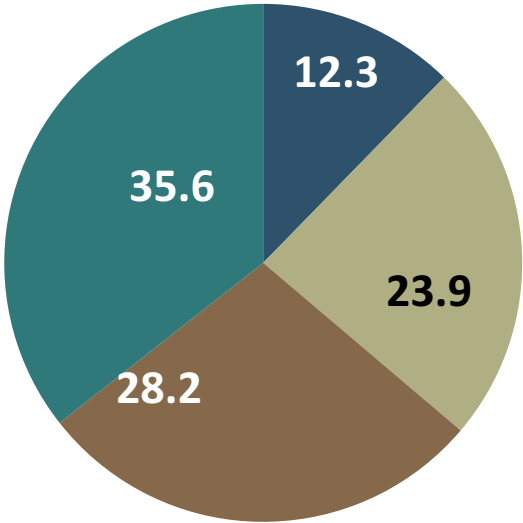
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Physical Activity Level

All Students



■ Zero ■ Low ■ Moderate ■ High

The Centers for Disease Control and Prevention’s recommendations for adults are to:

- **Engage in moderate-intensity physical activity for at least 30 minutes on five or more days of the week or
- **Engage in vigorous-intensity physical activity for at least 20 minutes on three or more days per week

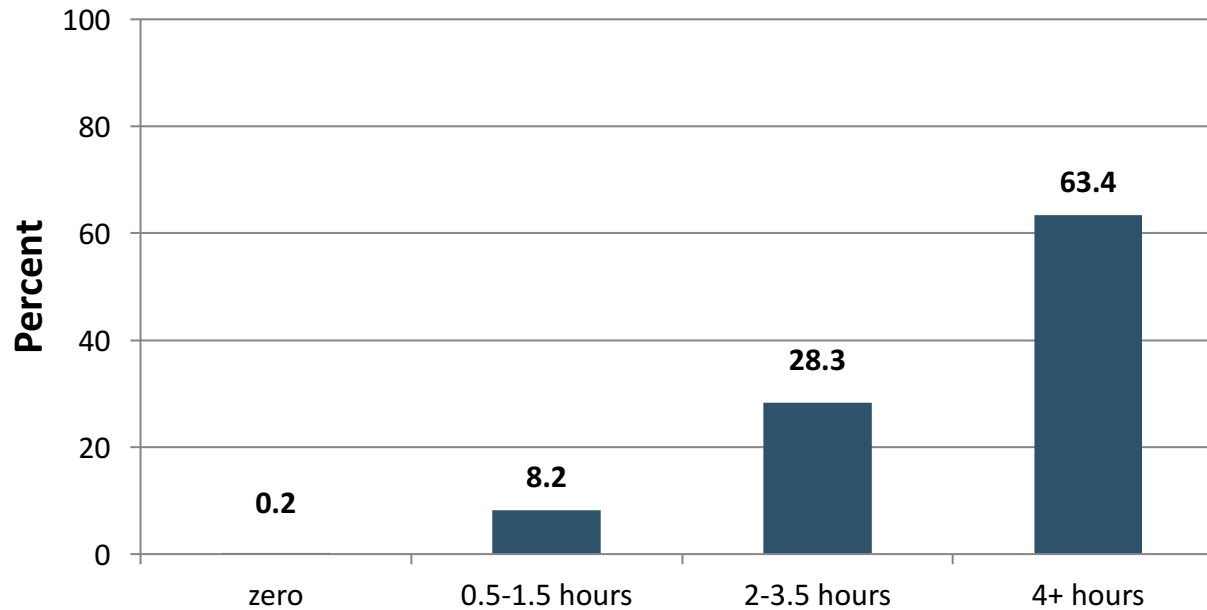
Moderate and high classifications meet the CDC’s recommended level of physical activity.



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Screen Time/Hours per Day

All Students



Screen Time: Report watching TV or using a computer (not for work or school) two or more hours per day.



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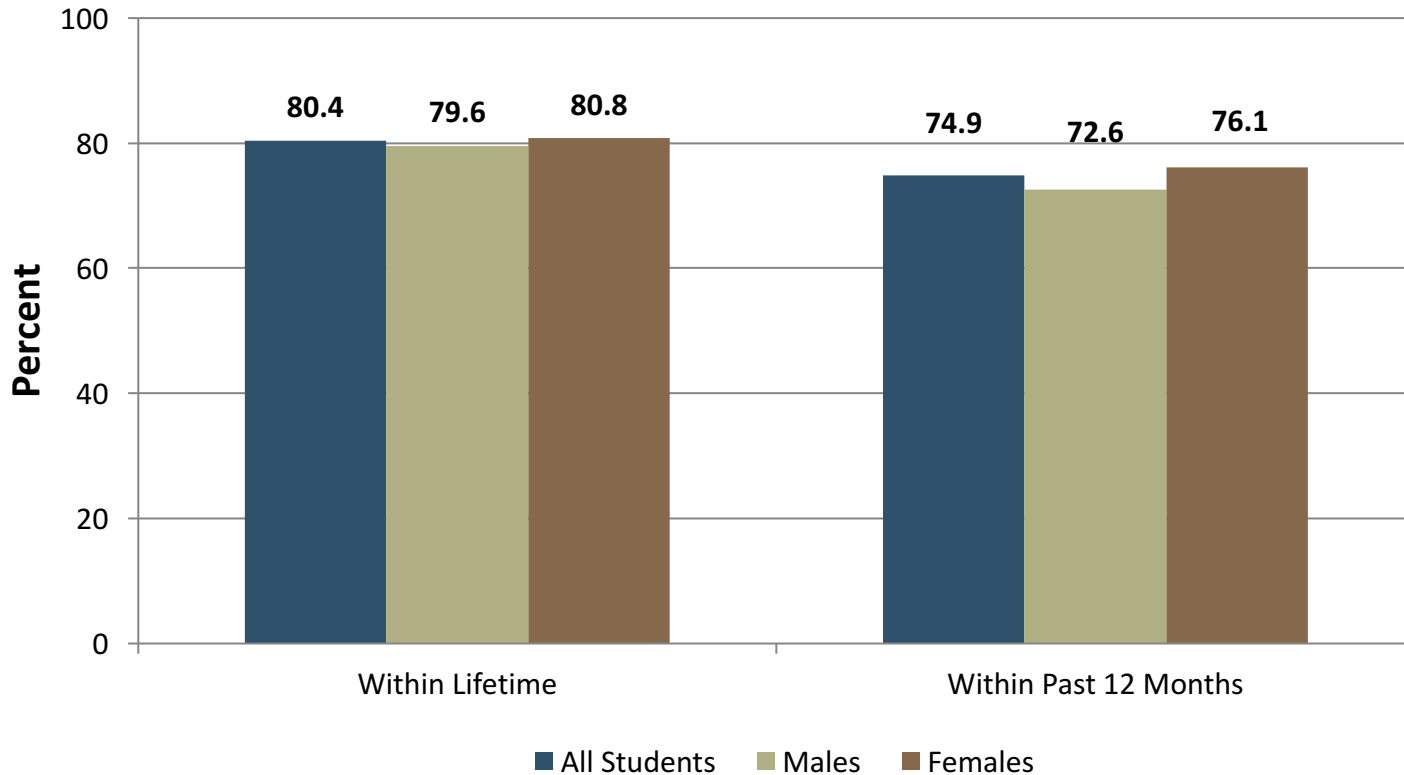
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Sexual Health

Sexually Active- Lifetime and Past 12 Months

All Students by Gender



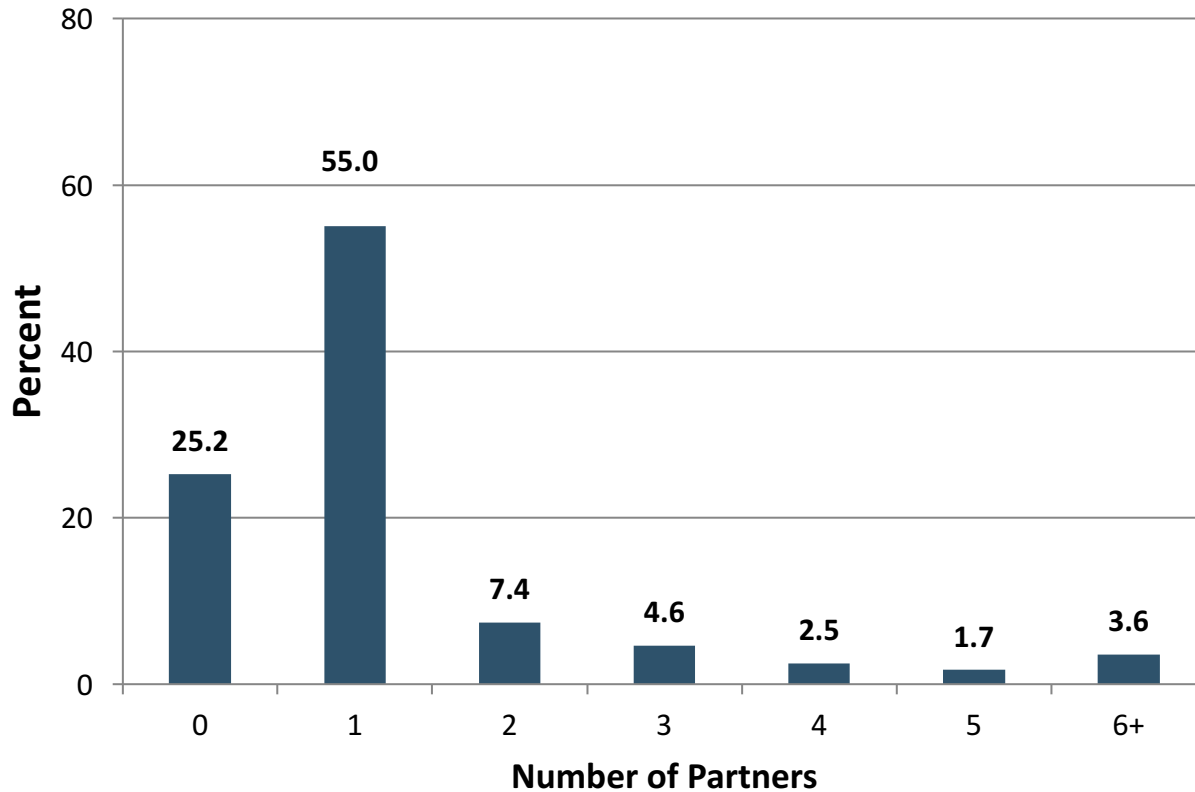
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Number of Sexual Partners-Past 12 Months

All Students



On average students had 2.4 sexual partners over the past 12-month period.



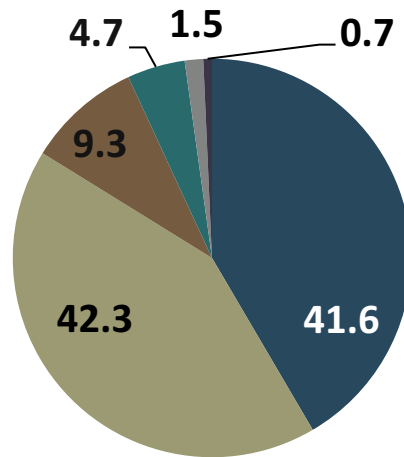
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Most Recent Sexual Partner-Past 12 Months

Sexually Active Students



- Fiance'(e)/Spouse
- Exclusive Dating Partner
- Close but Not Exclusive Dating Partner
- Casual Acquaintance
- Stranger
- Other



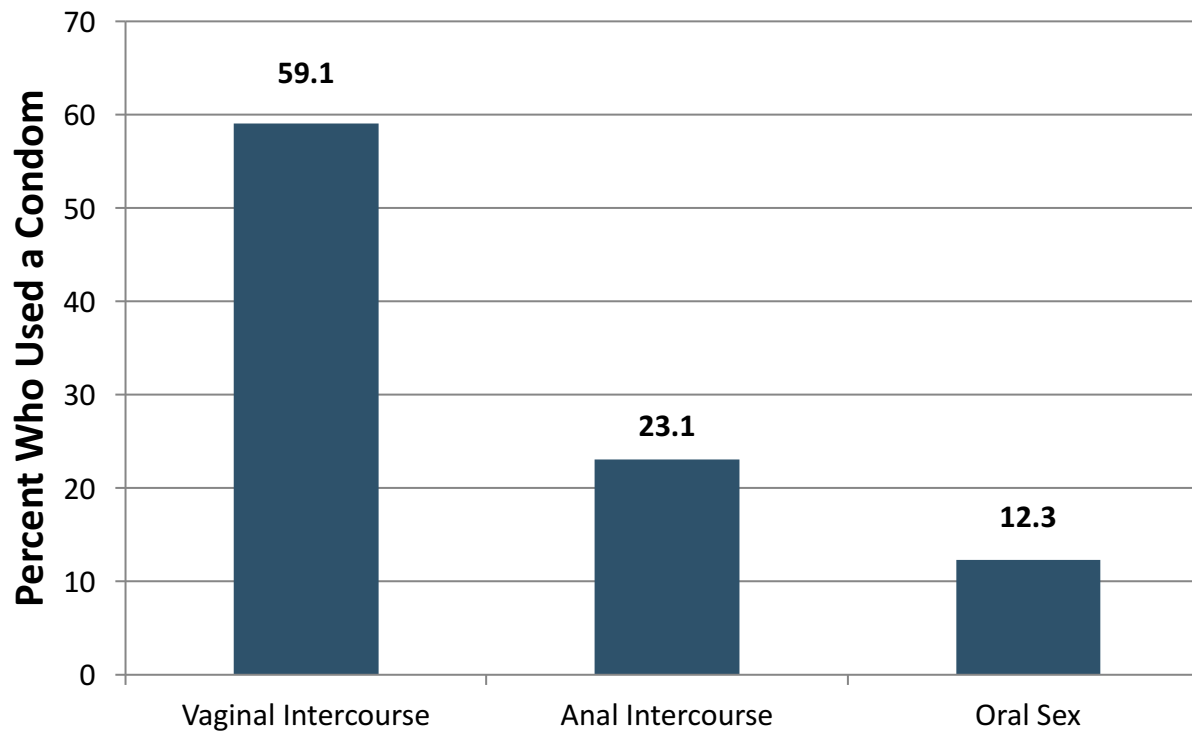
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Condom Use

Sexually Active Students Within Lifetime
(Does Not Include Those Who Are Married or With a Domestic Partner)



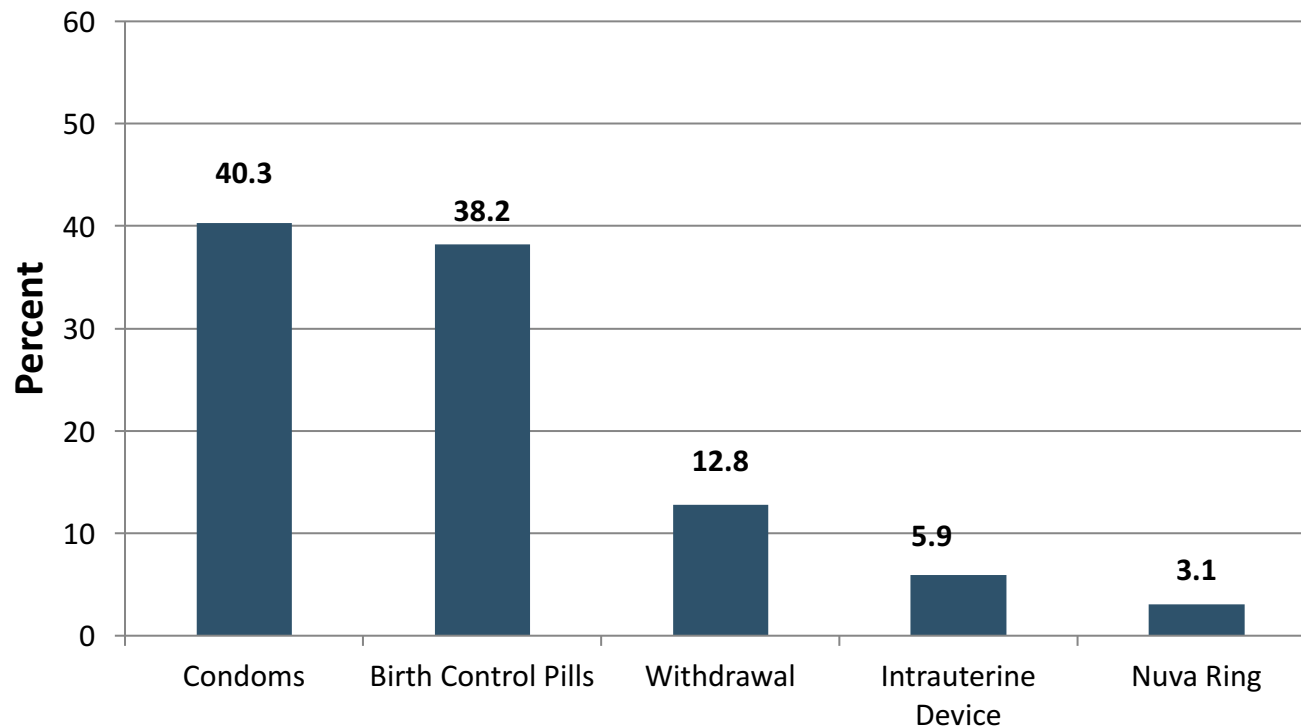
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Pregnancy Prevention Methods

Sexually Active Students Within Lifetime



Five most frequent methods reported by students



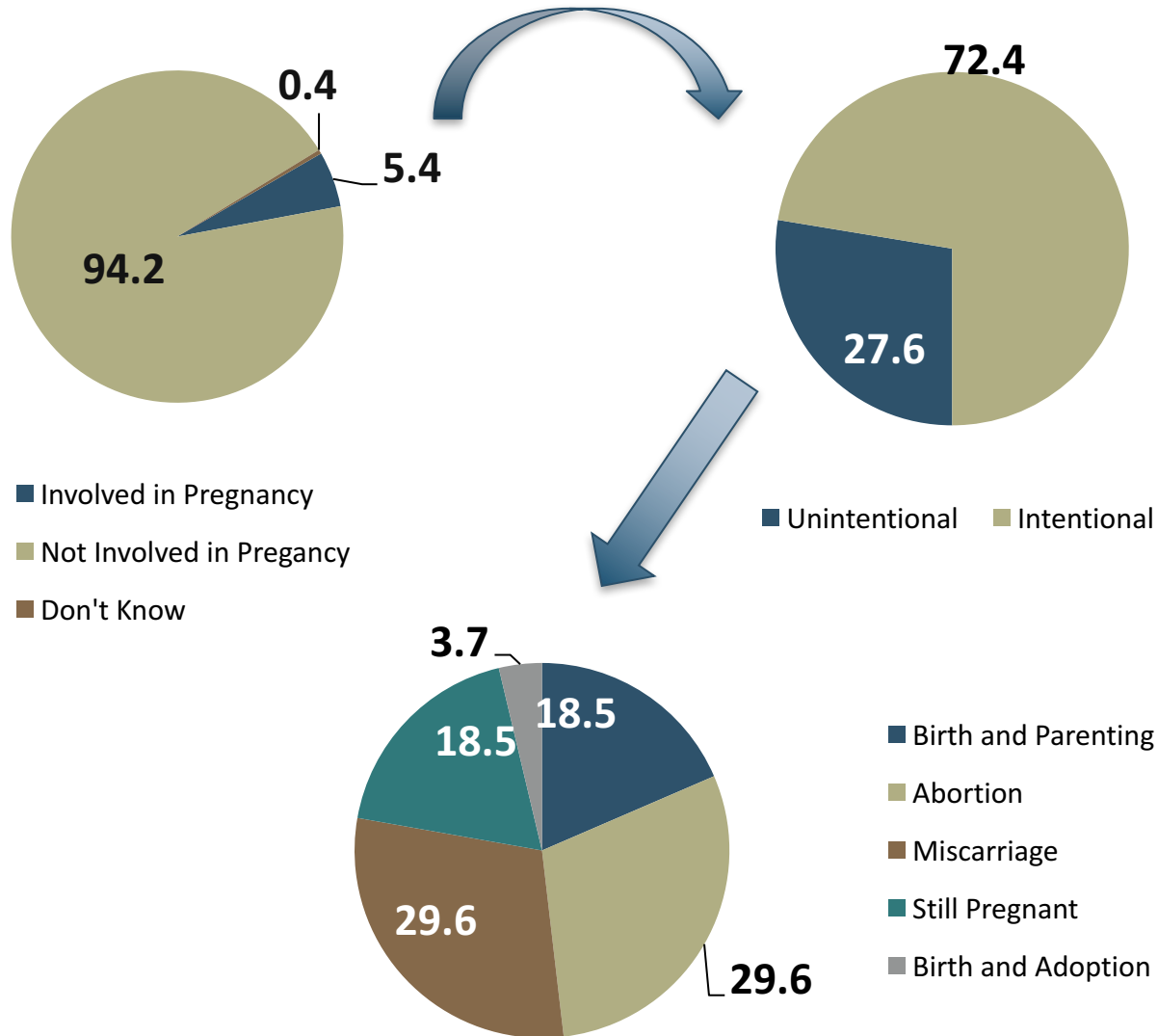
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Unintended Pregnancy Outcome-Past 12 Months

All Students



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Sexually Transmitted Infection Diagnosis- Lifetime and Past 12 Months

All Students

Sexually Transmitted Infection	Percent Who Report Being Diagnosed	
	Within Lifetime	Within Past 12 Months
Chlamydia	4.6	1.1
Genital Herpes	1.6	0.2
Genital Warts/HPV	4.4	1.0
Gonorrhea	0.6	0.1
HIV/AIDS	0.2	0.1
Pubic Lice	1.6	0.0
Syphilis	0.3	0.0
At Least One of the Above Sexually Transmitted Infections	11.0	2.4



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Thank you.

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The Statewide Health Improvement Program of the Minnesota Department of Health

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