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# 2013 College Student Health Survey Report

## Health and Health-Related Behaviors

Minnesota Postsecondary

Operation Enduring Freedom and

Operation Iraqi Freedom Student Veterans

<Enter Name of Presenter>

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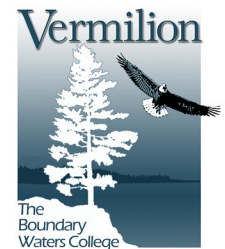
# Participating Schools



Carleton College



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

**Paper Work**  
**FERPA**  
**IRB**



**Logistics**  
**List of students**  
**IT**  
**Test, Test. Test**



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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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# Methodology

**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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# Methodology

Among the 507 student veterans who responded to the 2013 College Student Health Survey, **41.4% (n=207)** reported they had served in Iraq or Afghanistan



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# Demographics

	All Students
Average Age	32.4
18-24 years	11.7%
25+ years	88.3%
Average Grade Point Average	3.35
Male	84.0%
Female	15.5%
Transgender/Other	0.0%
Unspecified	0.5%



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# Demographics

	All Students
Undergraduate-Enrolled One Year	28.5%
Undergraduate-Enrolled Two Years	18.4%
Undergraduate-Enrolled Three Years	19.3%
Undergraduate-Enrolled Four Years	8.7%
Undergraduate-Enrolled Five or More Years	14.0%
Masters, Graduate, or Professional Program	7.2%
Non-degree seeking	3.9%
Unspecified	0.0%
Residence Hall or Fraternity/Sorority	1.4%
Other	98.6%



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# Demographics

	All Students
American Indian/Alaska Native	3.4%
Asian/Pacific Islander	2.9%
Black-Non Hispanic	3.4%
Latino/Hispanic	1.9%
White-Non Hispanic (Includes Middle Eastern)	88.9%
Other	3.4%

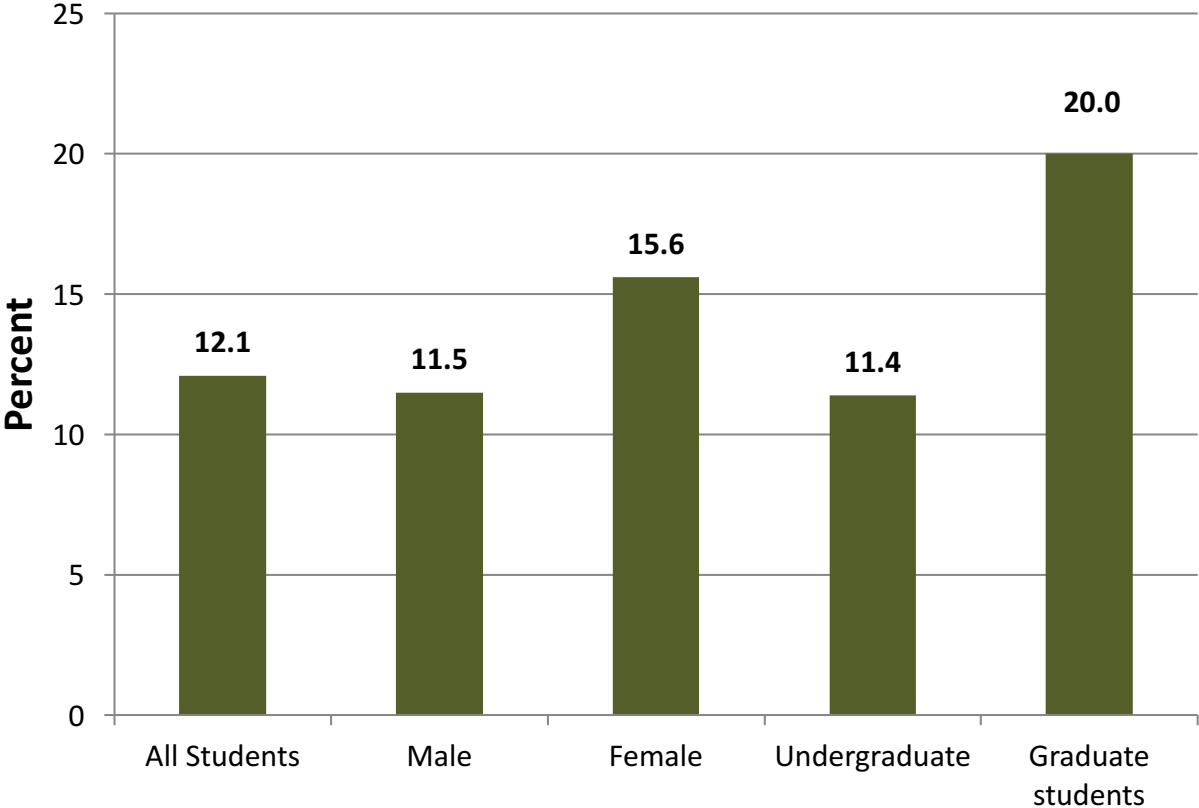


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# **Health Insurance and Health Care Utilization**

# Health Insurance Status-Uninsured

All Students



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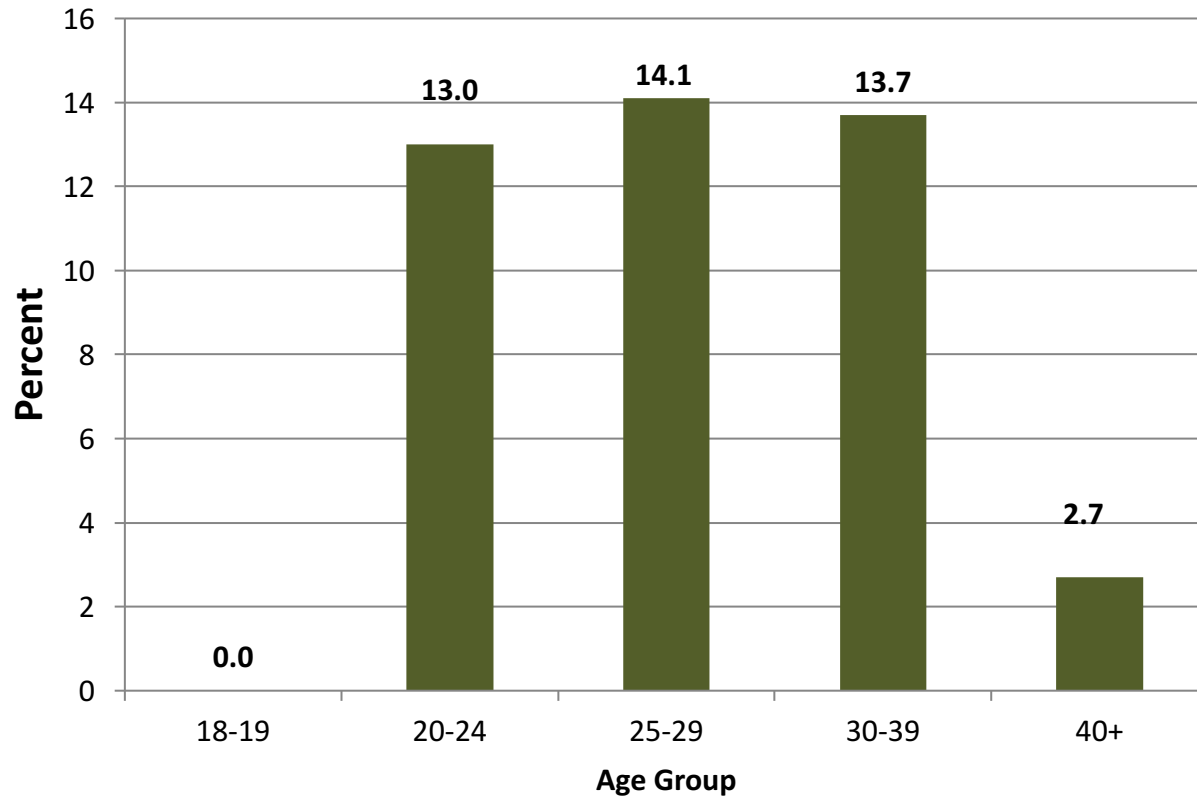
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# Health Insurance Status-Uninsured

All Students by Age Group



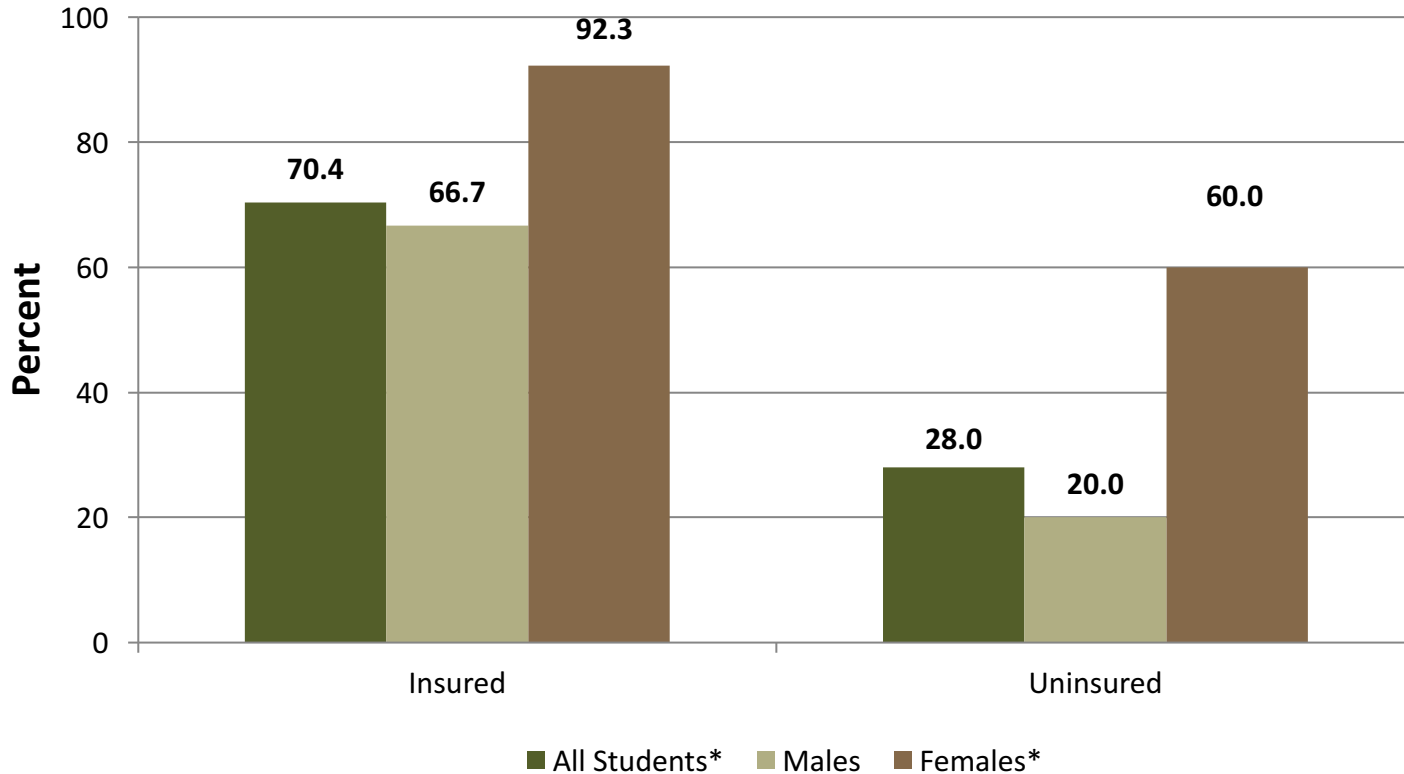
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# Routine Medical Examination-Past 12 Months

All Students by Gender and Insurance Status



\*Includes medical exam and/or gynecological exam for females



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# Health Care Service by Location

All Students (Includes Only Those Students Who Report Obtaining a Service in the Past 12 Months)

Health Care Service (Percent of Students Who Obtained Service)	Percent Who Report Obtaining Service					
	School Health Service	Student Counseling Service	Hospital	Community Clinic	HMO	Private Practice
Routine Doctor's Visit (90.3%)	2.1	0.0	28.9	35.8	9.6	27.3
Dental Care (83.6%)	2.3	0.0	9.2	25.4	6.4	57.8
Mental Health Service (41.1%)	1.2	0.0	29.4	18.8	9.4	38.8
Testing for Sexually Transmitted Infections (44.0%)	3.3	0.0	26.4	30.8	6.6	29.7
Treatment for Sexually Transmitted Infections (27.5%)	1.8	0.0	26.3	22.8	8.8	33.3
Testing for HIV (54.1%)	1.8	0.0	27.7	30.4	7.1	29.5
Emergency Care (87.0%)	0.6	0.0	77.2	12.8	4.4	10.6

Question asked: Where do you obtain the following health care services while in school?

# 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	4.2	2.4
Poor Mental Health	4.8	7.7
Poor Physical and/or Mental Health Affected Daily Activity	3.9	3.3



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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	4.9	0.0
Gonorrhea	1.0	0.0
Hepatitis A	0.0	0.0
Lyme Disease	1.5	0.0
Mononucleosis	5.3	0.0
Pubic Lice	1.9	0.5
Strep Throat	38.3	5.6
Syphilis	0.5	0.0
Urinary Tract Infection	10.2	3.0
At Least One of the Above Acute Conditions	43.9	8.2

# Chronic Condition Diagnosis- Lifetime and Past 12 Months

All Students

Illness	Percent Who Report Being Diagnosed	
	Within Lifetime	Within Past 12 Months
Alcohol Problems	9.2	2.5
Allergies	26.1	6.4
Asthma	8.2	0.5
Cancer	1.0	0.5
Diabetes Type I	0.0	0.0
Diabetes Type II	0.5	0.5
Drug Problems (Other Than Alcohol)	2.9	0.0
Genital Herpes	1.0	0.0
Genital Warts/ Human Papilloma Virus	3.9	0.0



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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	0.0	0.0
Hepatitis C	0.0	0.0
High Blood Pressure	13.1	8.1
High Cholesterol	14.6	7.1
HIV/AIDS	0.0	0.0
Obesity	6.8	3.5
Repetitive Stress Injury	7.3	3.0
Tuberculosis	1.0	0.0
At Least One of the Listed Chronic Conditions	51.5	21.0



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# **Mental Health**



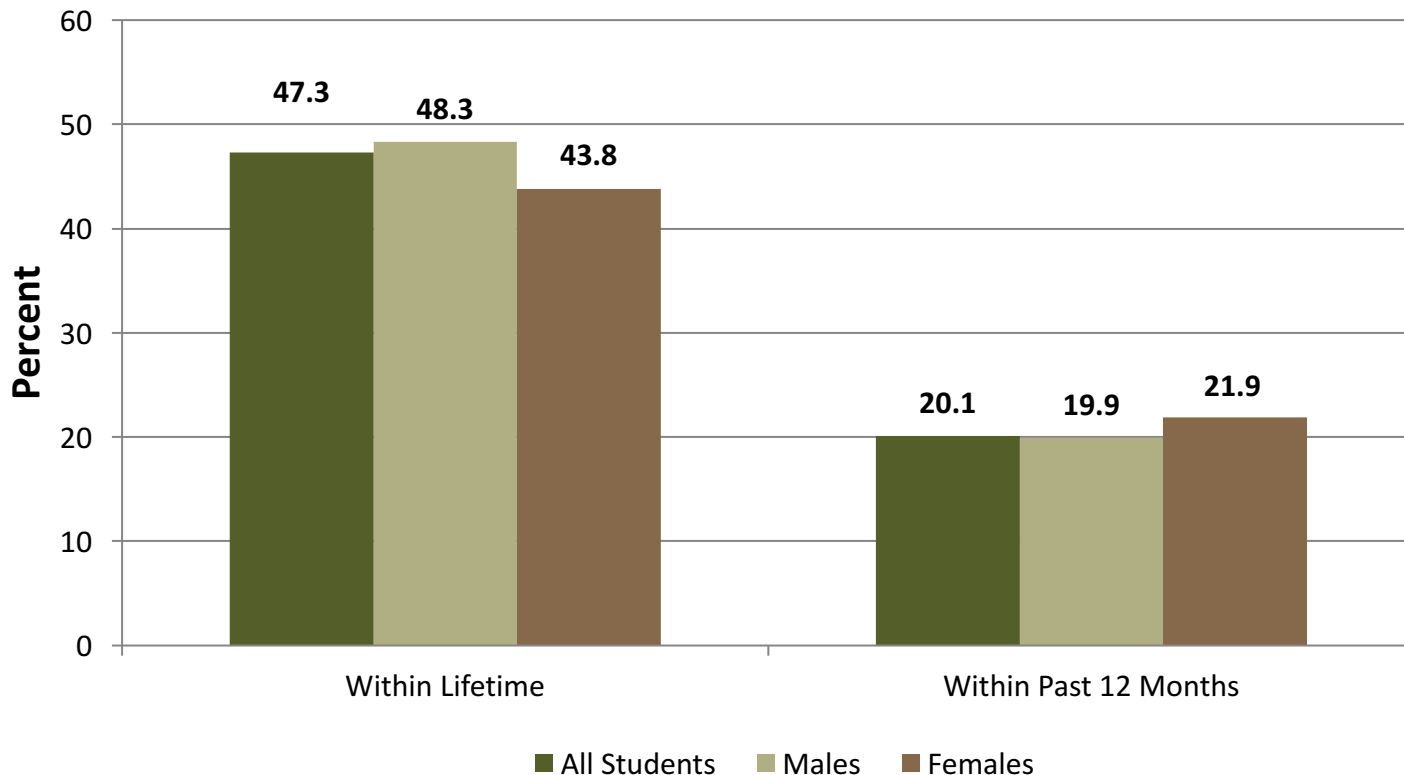
# Mental Health Condition Diagnosis- Lifetime and Past 12 Months

All Students

Illness	Percent Who Report Being Diagnosed	
	Within Lifetime	Within Past 12 Months
Anorexia	0.0	0.0
Anxiety	26.1	13.6
Attention Deficit Disorder	10.2	0.0
Bipolar Disorder	2.9	0.5
Bulimia	0.0	0.0
Depression	26.2	10.1
Obsessive Compulsive Disorder	0.5	0.0
Panic Attacks	10.7	5.6
Post-Traumatic Stress Disorder	23.3	12.0
Seasonal Affective Disorder	1.5	0.5
Social Phobia/Performance Anxiety	5.3	4.0

# Any Mental Health Condition Diagnosis- Lifetime and Past 12 Months

All Students by Gender



**Additional analysis shows that 28.2% 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	2.4
Failing a Class	8.7
Serious Physical Illness of Someone Close to You	11.6
Death of Someone Close to You	19.8
Being Diagnosed With a Serious Physical Illness	3.4
Being Diagnosed With a Serious Mental Illness	7.7
Divorce or Separation From Your Spouse	9.2
Termination of Personal Relationship (Not Including Marriage)	8.7
Attempted Suicide	0.5
Being Put on Academic Probation	6.3
Excessive Credit Card Debt	11.1



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# Mental Health Stressors- Past 12 Months

All Students

Stressor	Percent Who Report Experiencing
Excessive Debt Other Than Credit Card	17.4
Being Arrested	1.9
Being Fired or Laid Off From a Job	8.2
Roommate/Housemate Conflict	6.8
Parental Conflict	5.3
Lack of Health Insurance	11.1
Bankruptcy	1.0
Issues Related to Sexual Orientation	0.0
Zero of the Listed Stressors	42.5
One or Two of the Listed Stressors	22.2
Three or More of the Listed Stressors	35.3

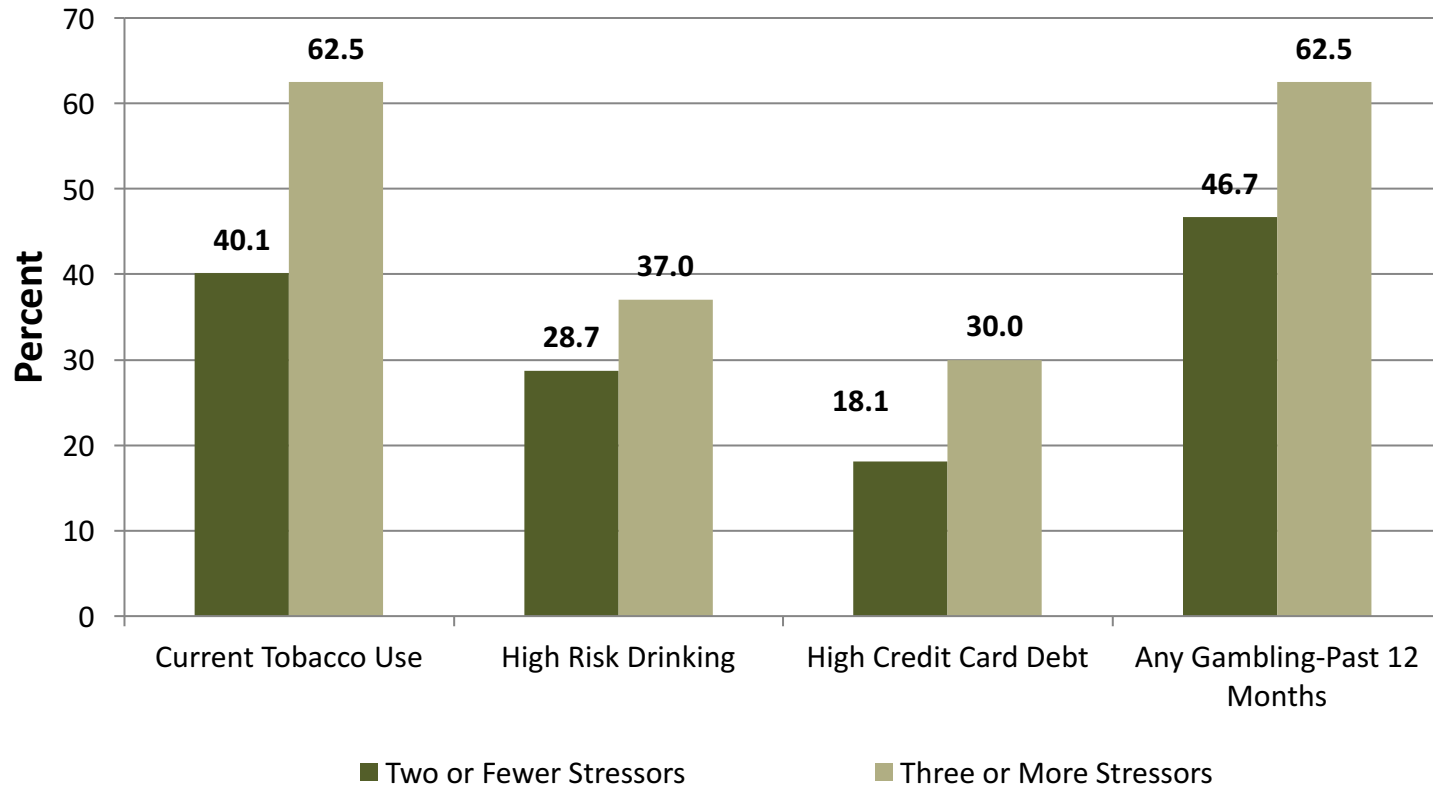


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# Mental Health Stressors and Risky Behavior

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+



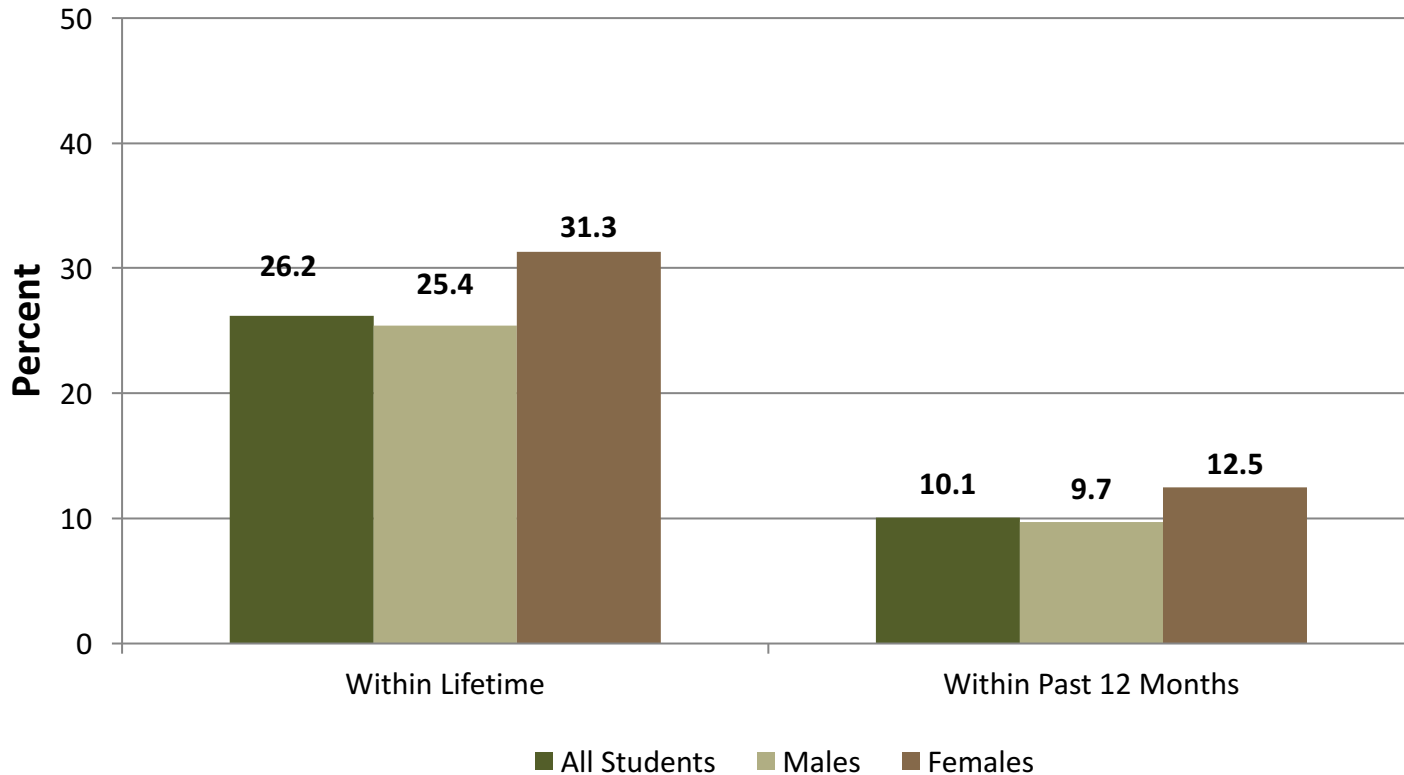
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# Depression Diagnosis- Lifetime and Past 12 Months

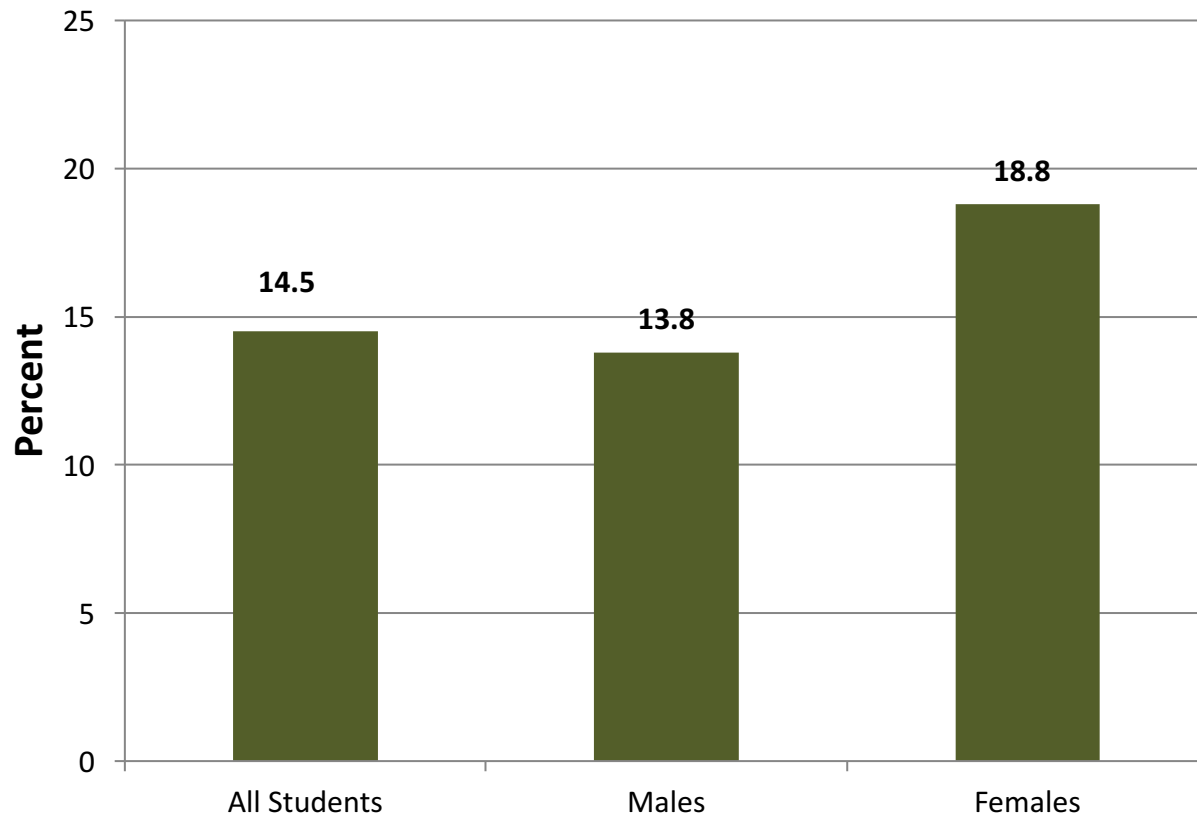
All Students by Gender



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# Currently Taking Medication for Depression

All Students by Gender



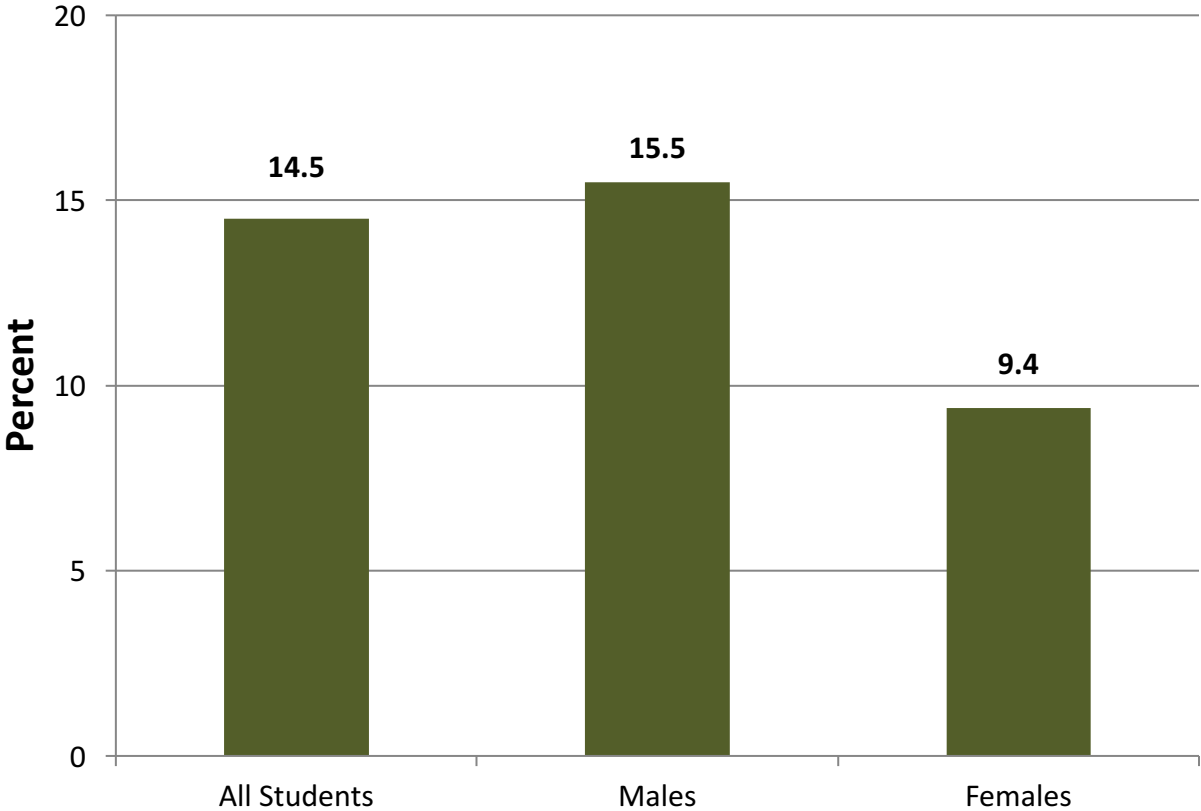
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# Currently Taking Medication for Mental Health Problems Other Than Depression

All Students by Gender

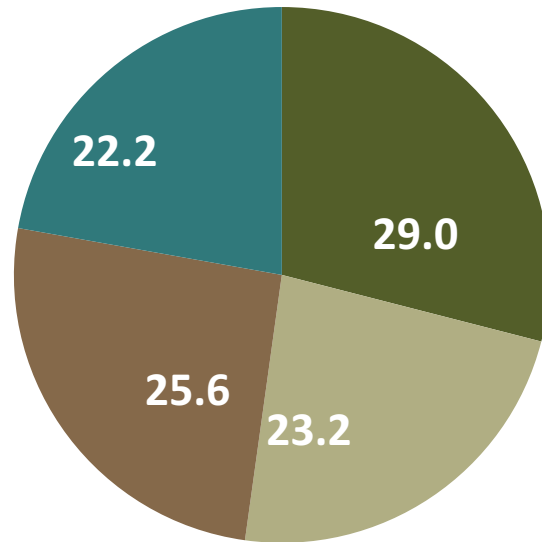


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# Number of Days of Adequate Sleep- Past Seven Days

All Students



52.2% of students get adequate sleep 3 or fewer days a week

■ 0-1 Day per Week  
■ 4-5 Days per Week

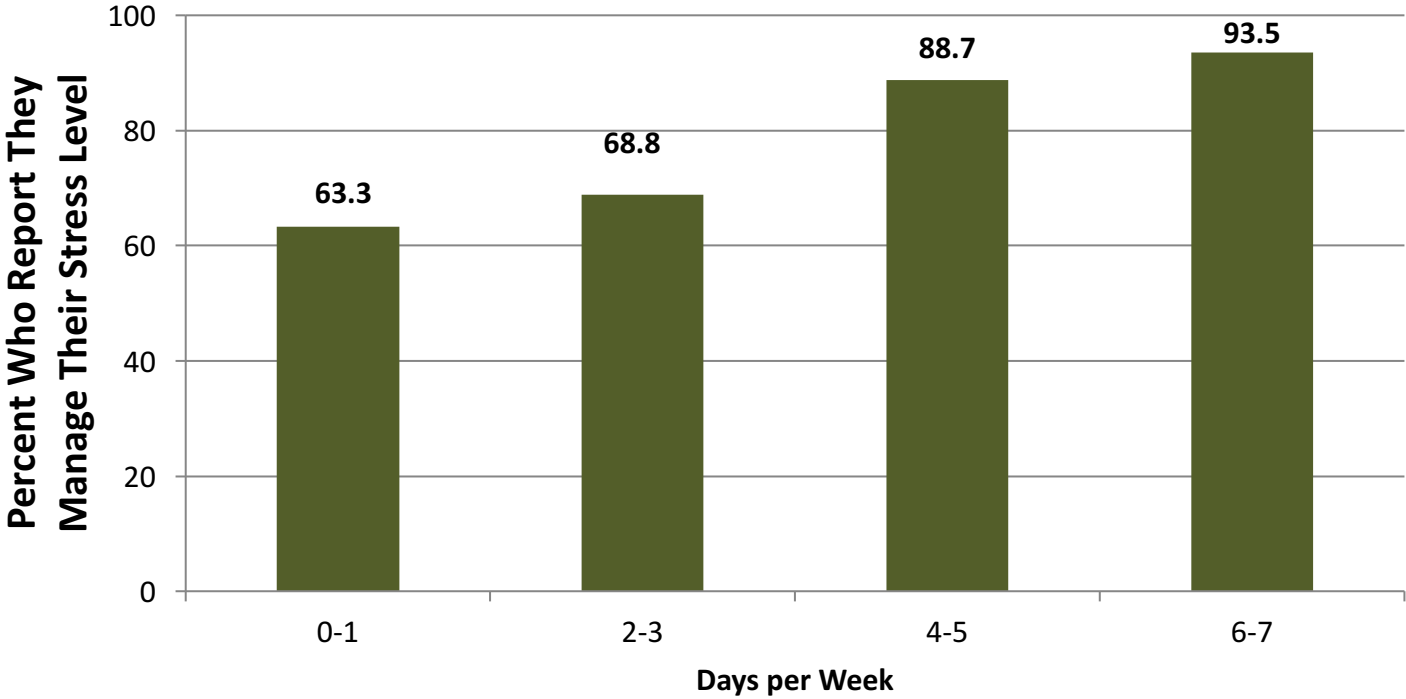
■ 2-3 Days per Week  
■ 6-7 Days per Week



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# Adequate Sleep and Stress

All Students by Gender



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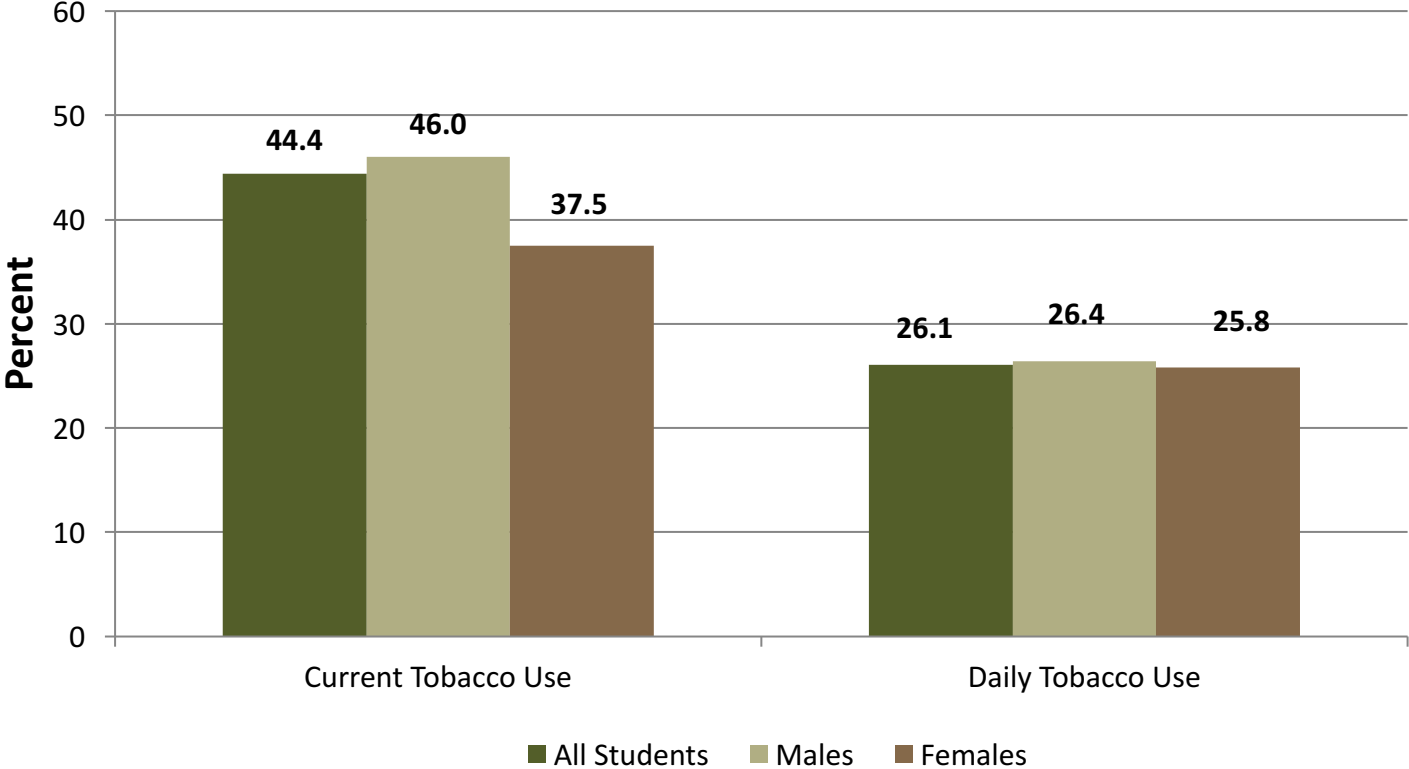
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# **Tobacco Use**

# Current and Daily Tobacco Use

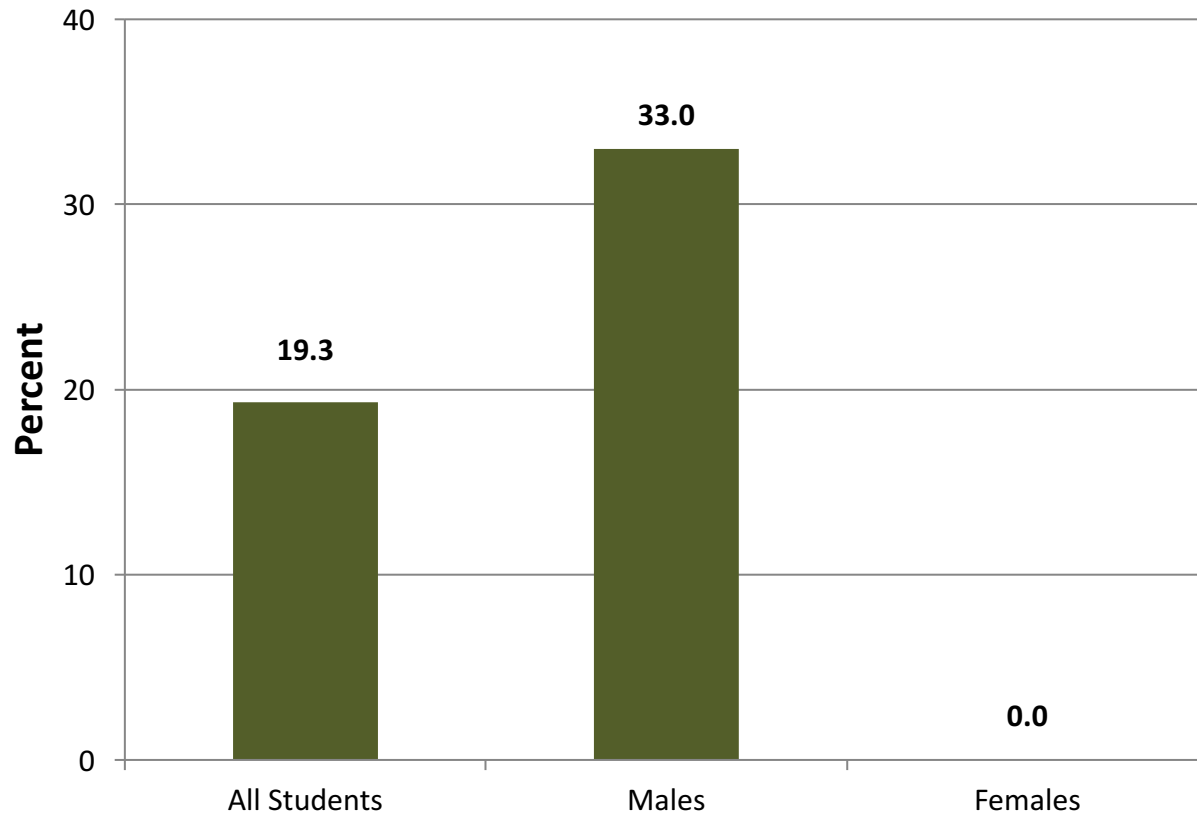
All Students by Gender



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# Current Smokeless Tobacco Use

All Students by Gender



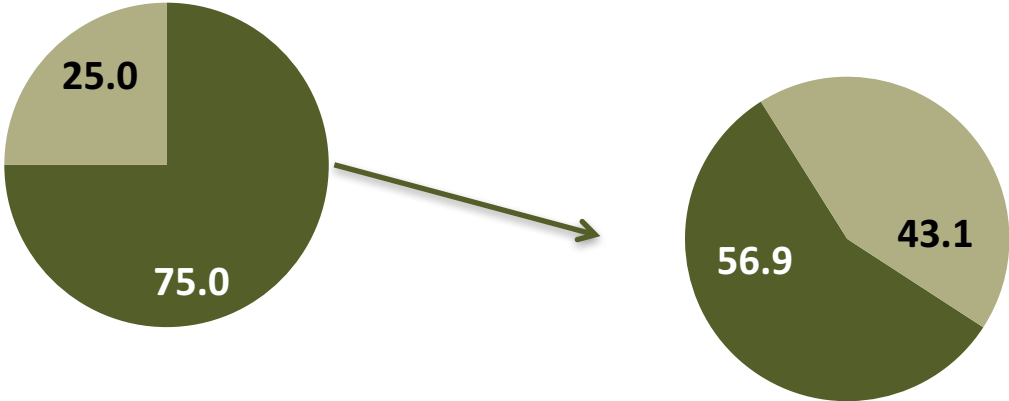
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# Quit Attempt –Past 12 Months

Current Smokers



- Consider Themselves Smokers
- Do Not Consider Themselves Smokers
- Attempted to Quit
- Have Not Attempted to Quit

7.6—Average Number of Quit Attempts  
1-99—Range of Quit Attempts

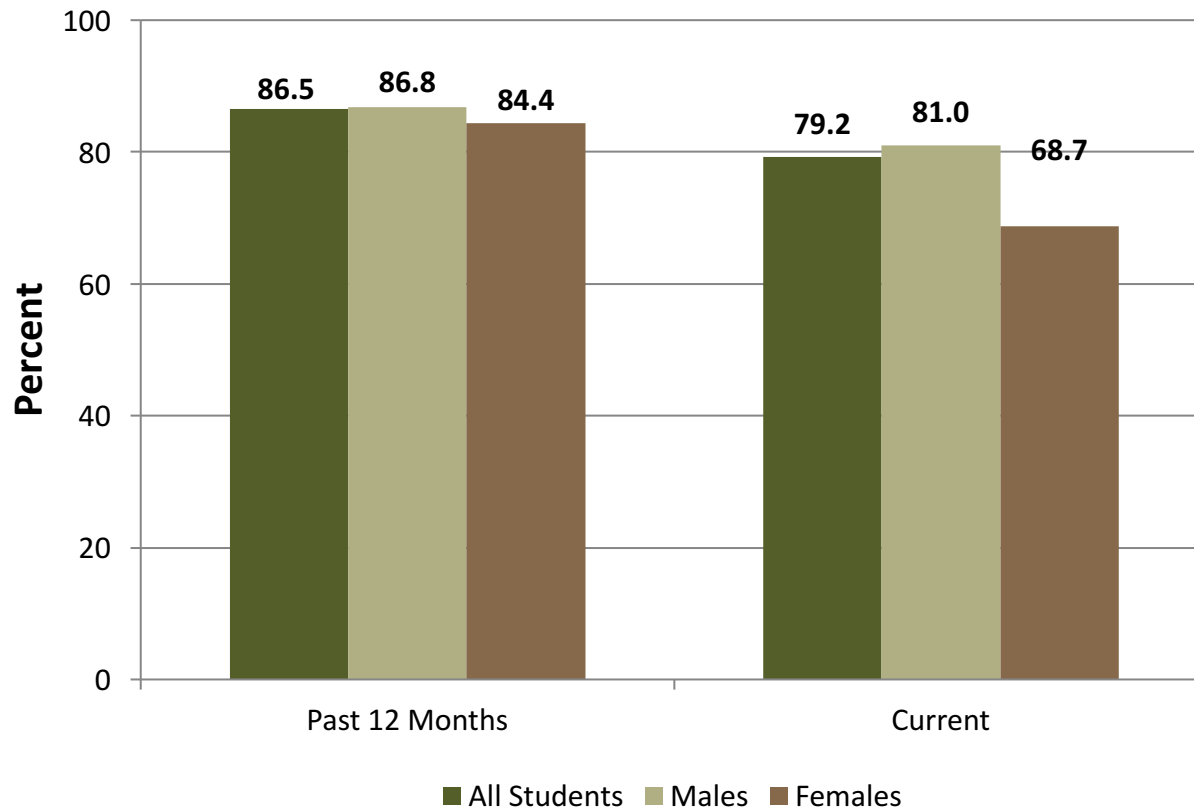


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# **Alcohol Use and Other Drug Use**

# 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.

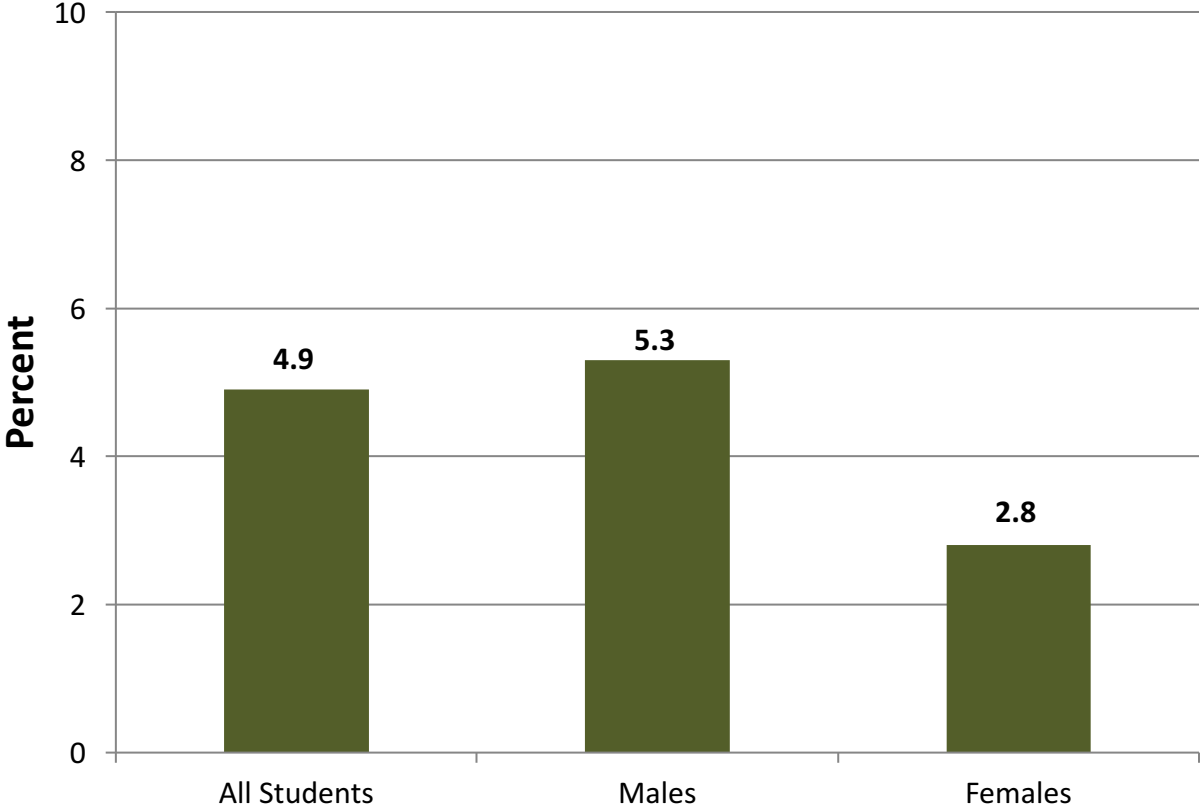


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# Average Number of Drinks per Week

All Students by Gender



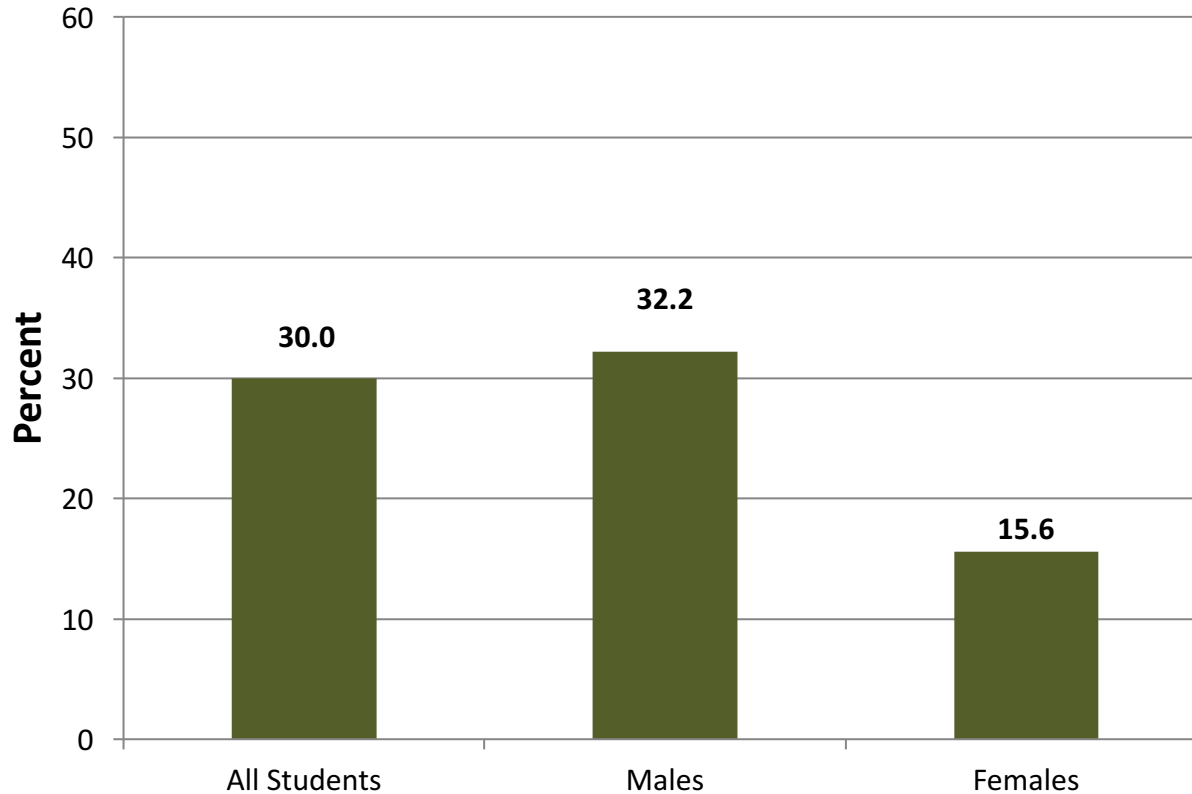
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# High-Risk Drinking

All Students by Gender



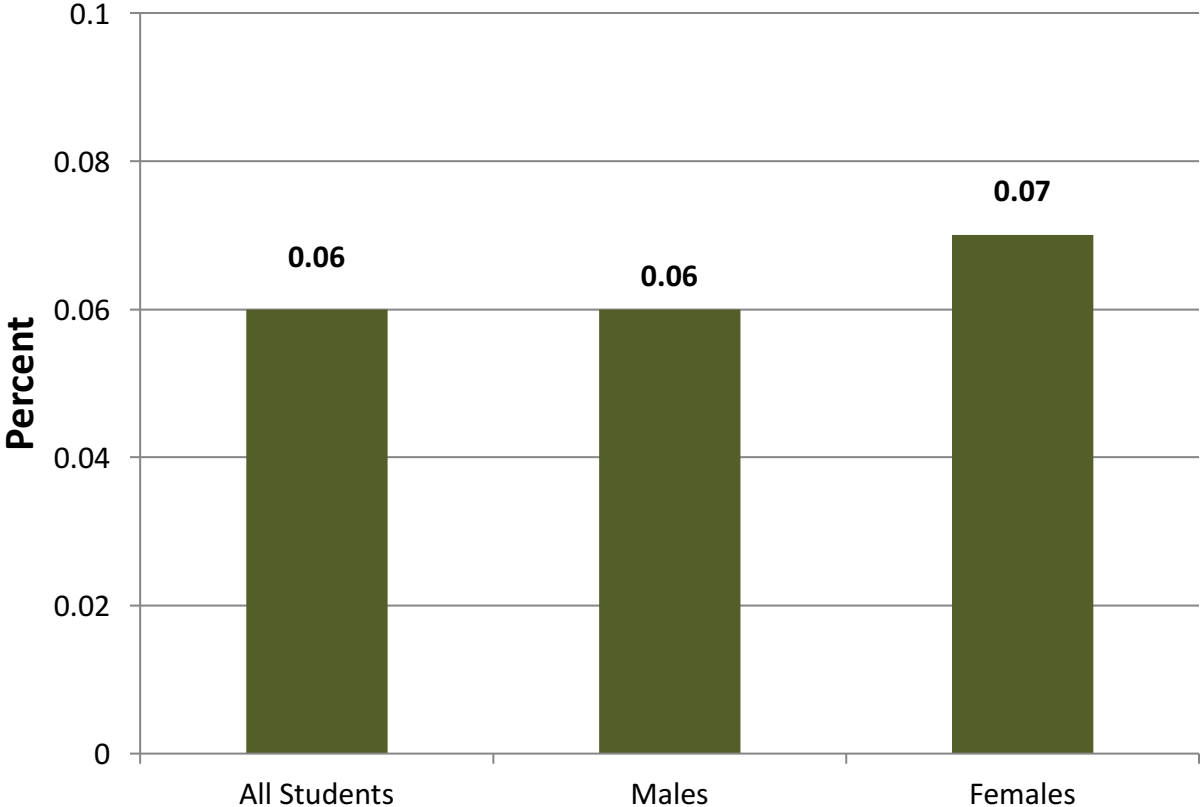
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# Average Estimated Blood Alcohol Content

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	55.1
Performed Poorly on a Test or Important Project	14.0
Been in Trouble With Police, Residence Hall, or Other College Authorities	2.9
Damaged Property, Pulled Fire Alarms, etc.	0.5
Got Into an Argument or Fight	9.2
Got Nauseated or Vomited	20.8
Driven a Car While Under the Influence	15.0
Missed a Class	13.0
Been Criticized by Someone I Know	13.0
Thought I Might Have a Drinking or Drug Problem	7.2



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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	13.0
Done Something I Later Regretted	15.0
Been Arrested for DWI/DUI	1.4
Have Been Taken Advantage of Sexually	1.0
Have Taken Advantage of Another Sexually	0.0
Tried Unsuccessfully to Stop Using	1.9
Seriously Thought About Suicide	2.4
Seriously Tried to Commit Suicide	0.5
Been Hurt or Injured	2.4



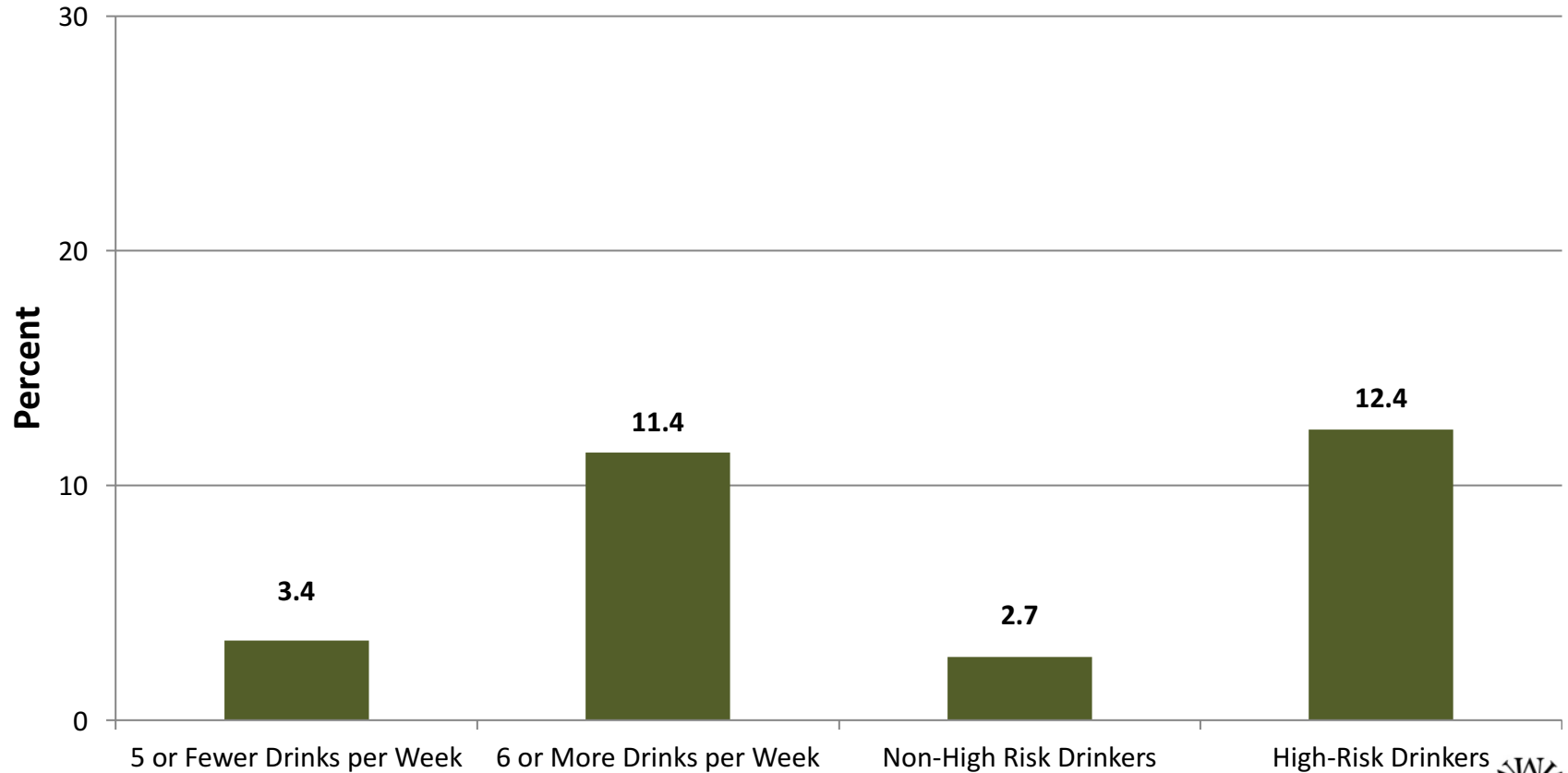
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# Average Number of Negative Consequences

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



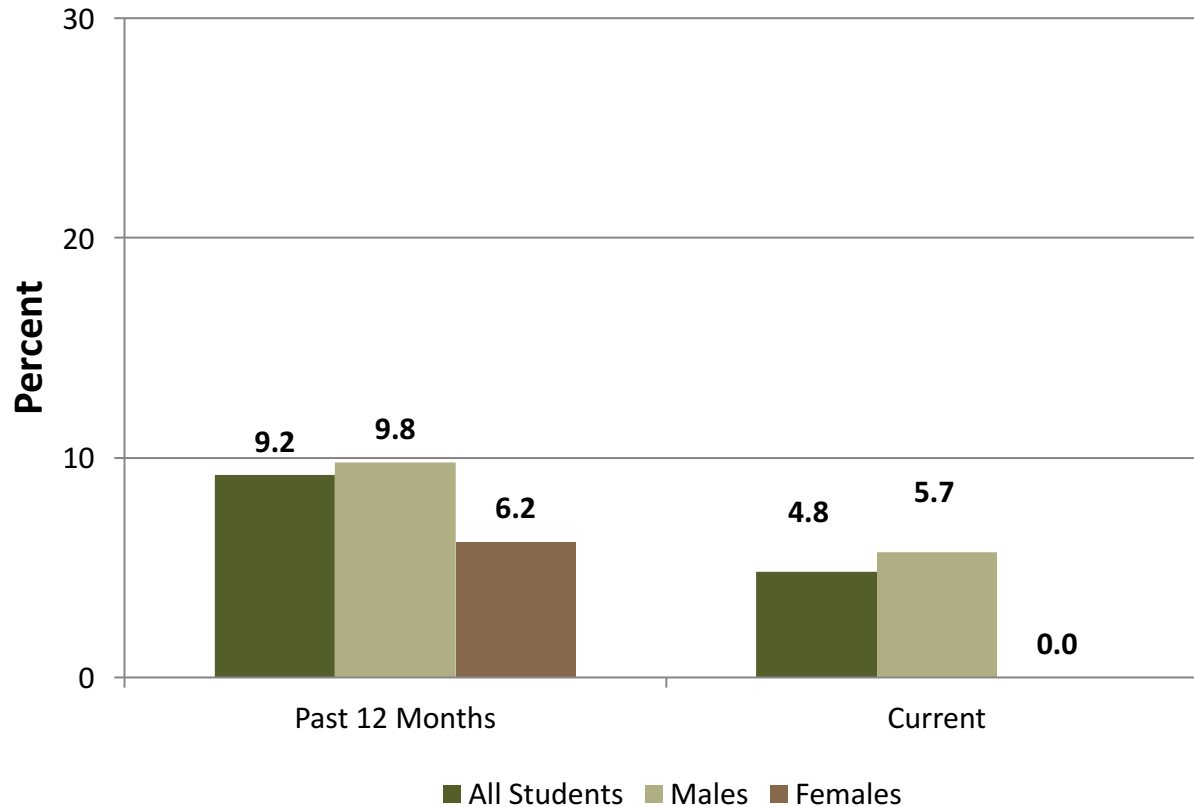
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# Marijuana Use –Past 12 Months and Current

All Student by Gender



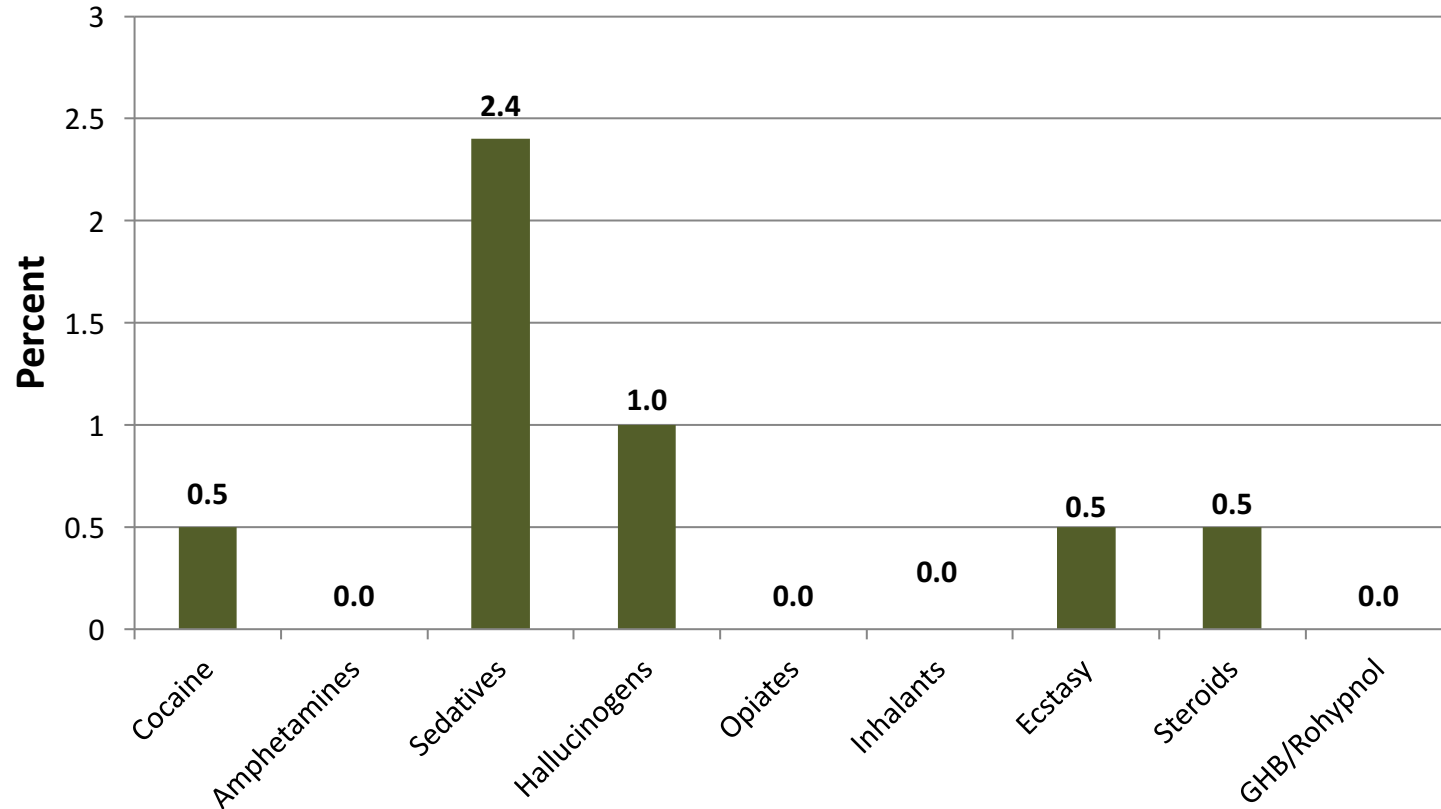
**Past 12-Month Marijuana Use:** Any marijuana use within the past year.  
**Current Marijuana Use:** Any marijuana use within the past 30 days.



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# Selected Drug Use –Past 12 Months

All Students



In addition 1.7% of students report using another person's prescription drugs.



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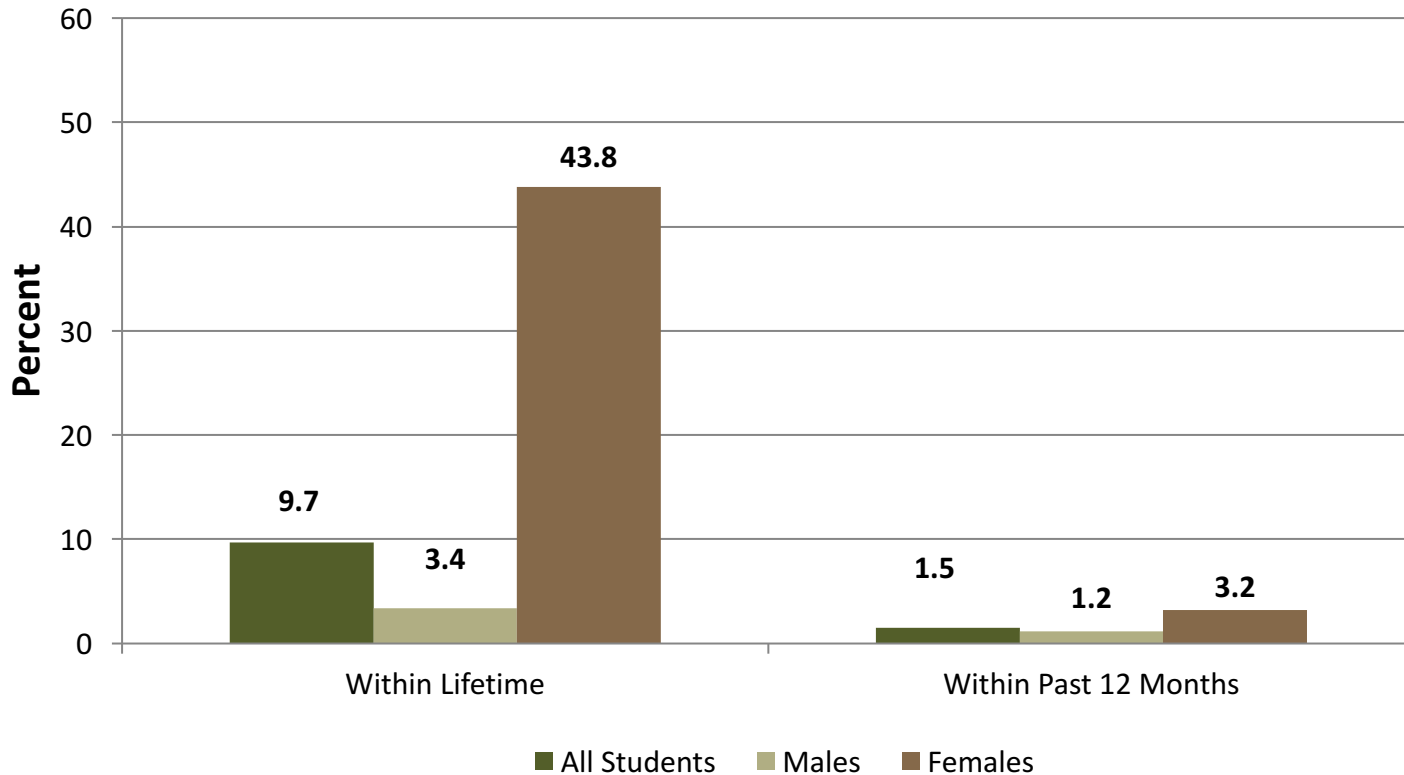
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# **Personal Safety and Financial Health**

# Sexual Assault- Lifetime and Past 12 Months

All Students by Gender



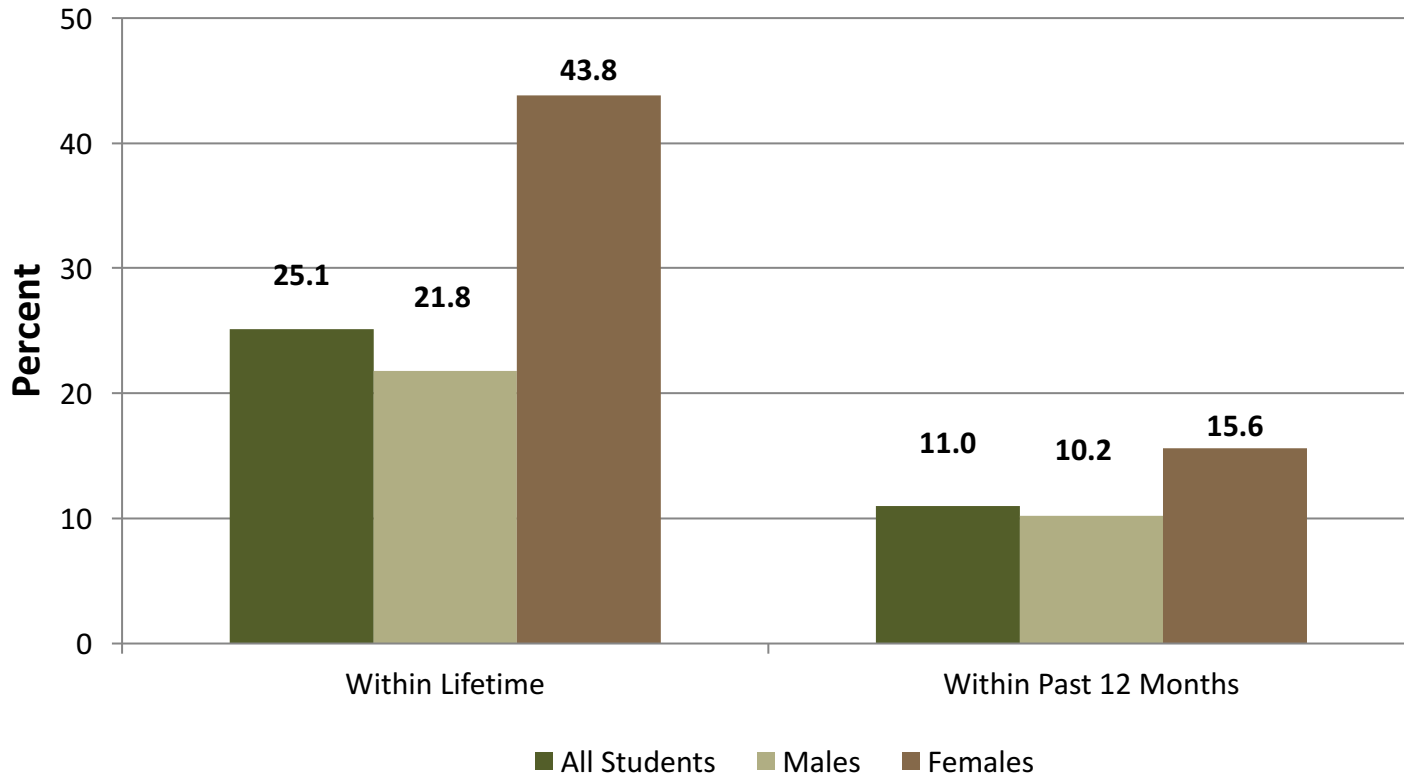
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# Domestic Violence- Lifetime and Past 12 Months

All Students by Gender



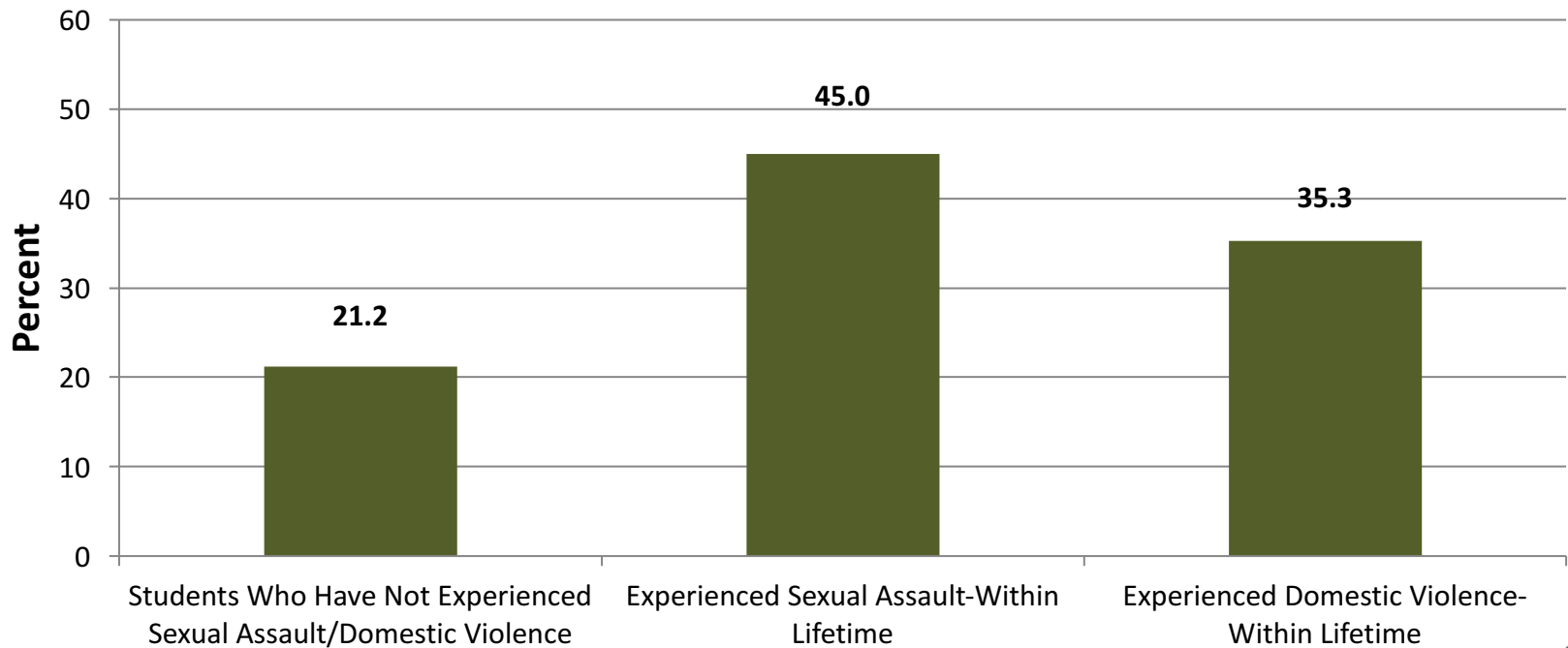
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# Depression Diagnosis -Lifetime

All Students by Sexual Assault/Domestic Violence



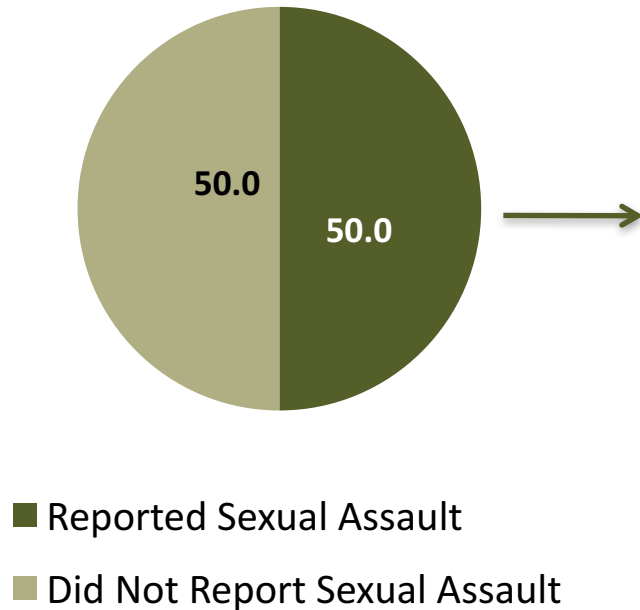
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# Sexual Assault Reporting by Victims-Lifetime

Sexual Assault Victims



Reported the Assault to*	Percent Among Sexual Victims Who Reported Assault
Health Care Provider	60.0
Hall Director or Community Advisor	10.0
Campus Sexual Violence Office	0.0
Police	20.0
Other	50.0

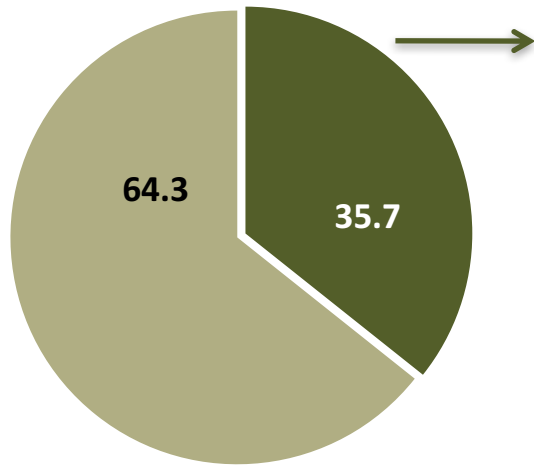
\*Students may have reported incident to individuals in more than one category



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# Firearm Access

All Students



Type of Firearm	Percent Among Students With Firearm Access
Handgun	77.0
Rifle	64.9
Shotgun	66.2
Other	12.2

■ Firearm Access    ■ No Firearm Access



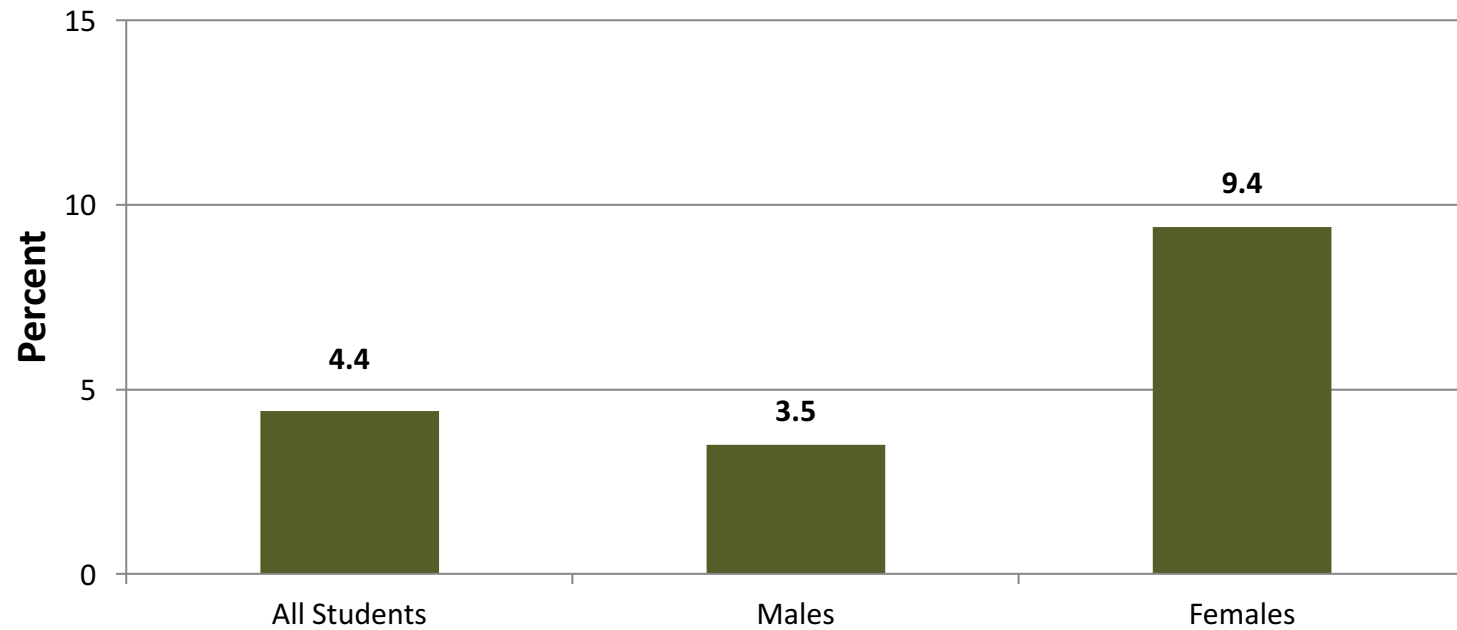
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# Physical Fight –Past 12 Months

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)	1.0
Burned by Fire or a Hot Substance	2.9
Motor Vehicle Related	1.0
Team Sports	2.4
Individual Sports	6.8
Bicycle Related	1.0
Falls	8.7
Other	17.4
Not Applicable –I Was Not Injured	67.6



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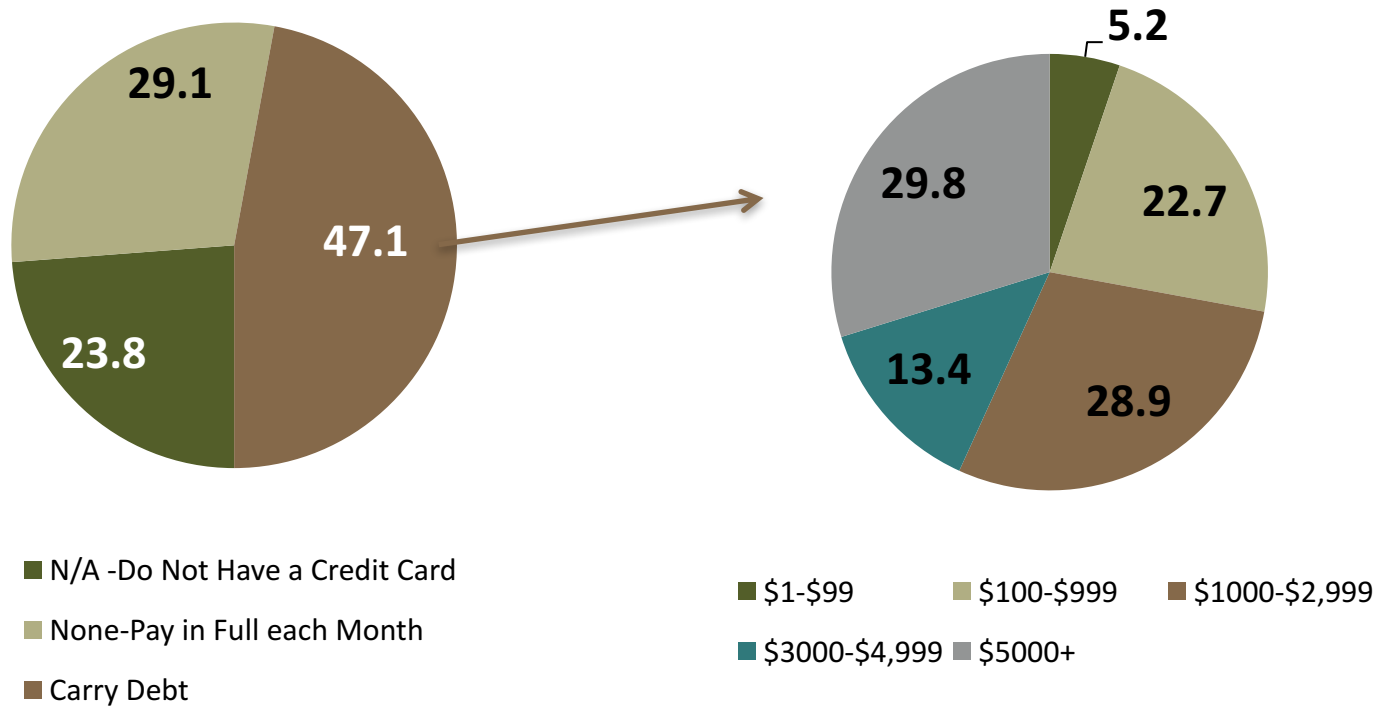
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# Current Credit Card Debt

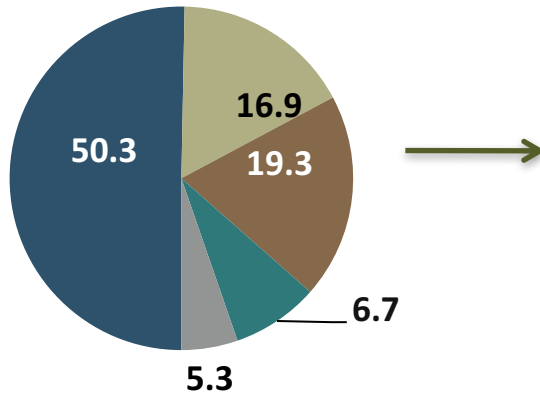
All Students



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# Gambling-Past 12 Months

All Students



Amount Spent per Month	Percent Among Students Who Report Gambling
\$1-\$24	45.1
\$25-\$99	37.4
\$100 or More	17.5

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

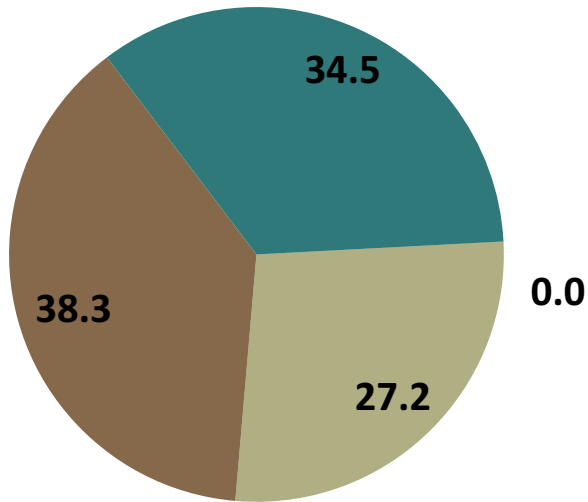


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# **Nutrition and Physical Activity**

# 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 = 28.6

The average Body mass Index for female survey respondents = 27.4

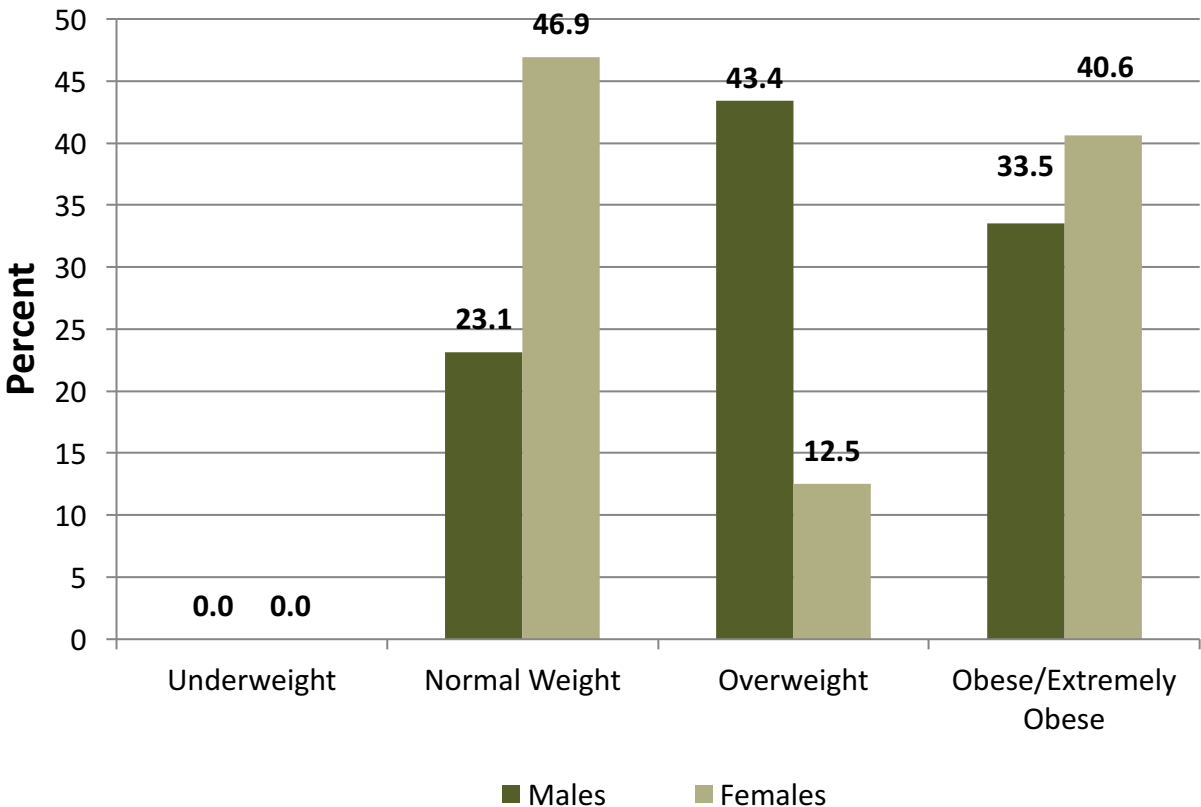


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# BMI Category

All Students by Gender



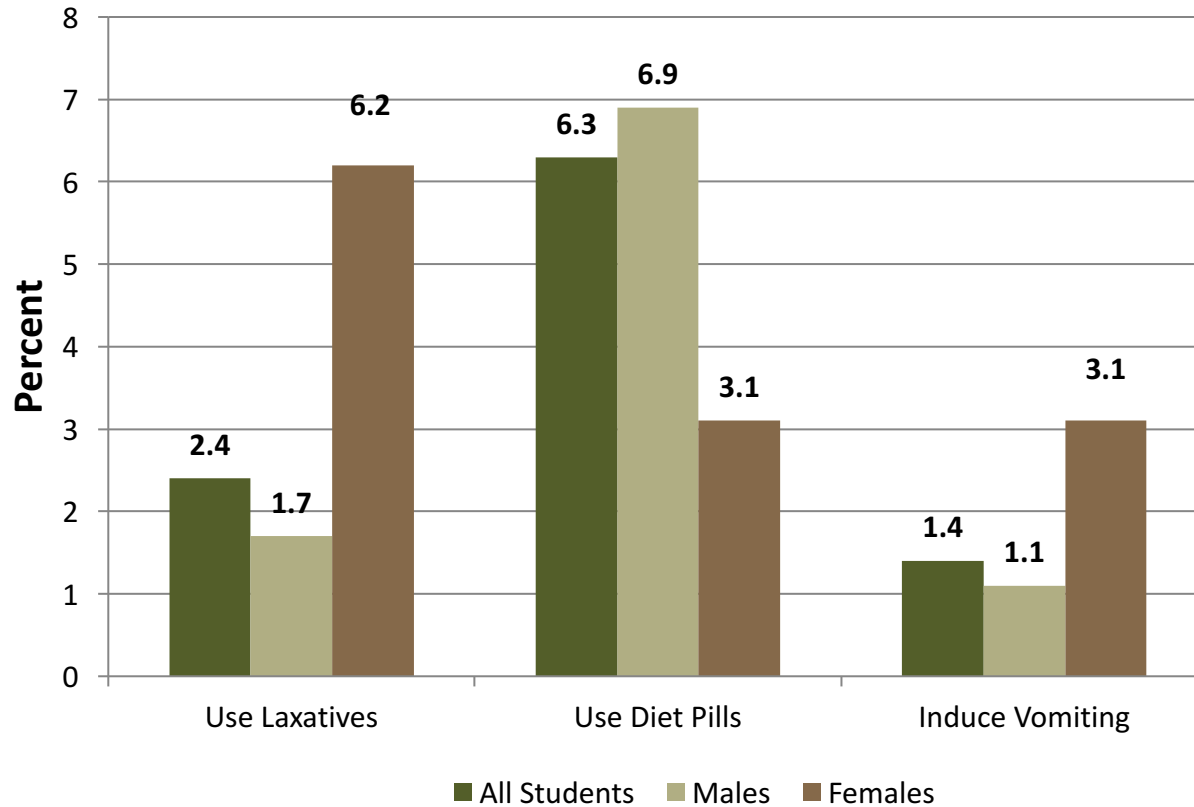
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# Weight-Related Behaviors

All Students by Gender



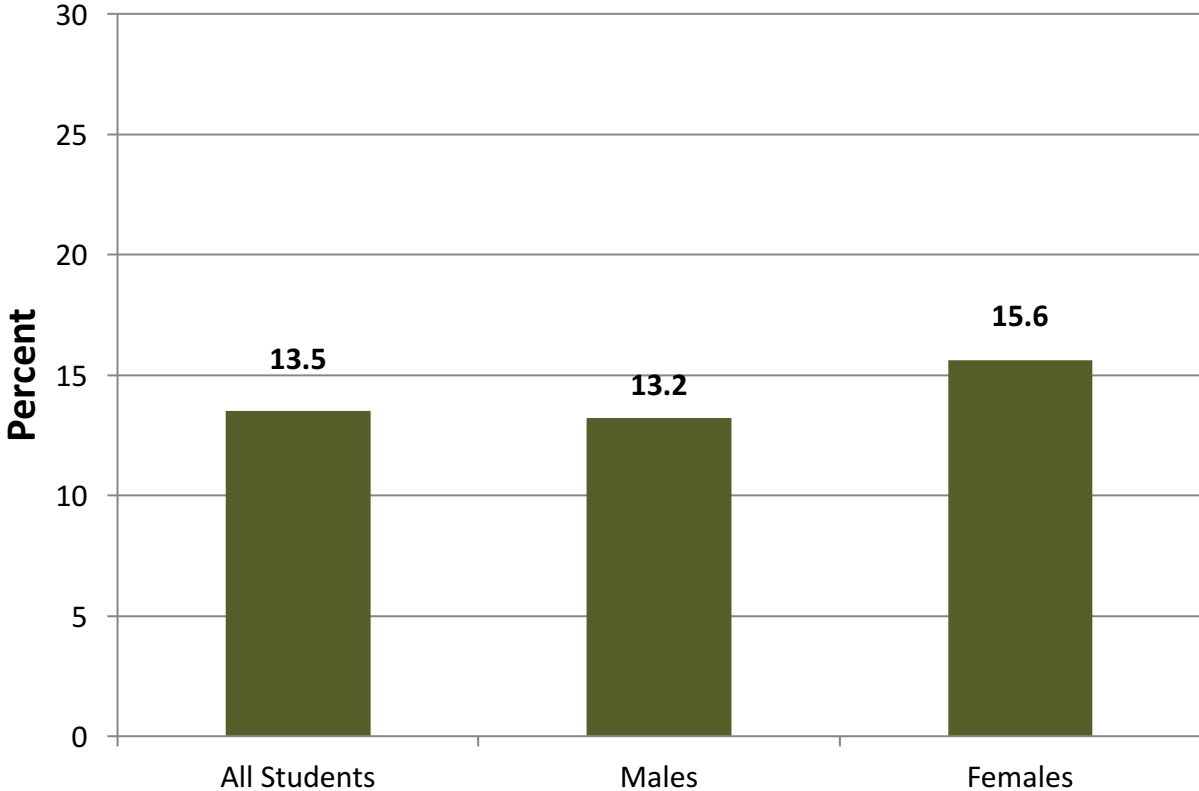
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# Binge Eating Behavior-Past 12 Months

All Students by Gender



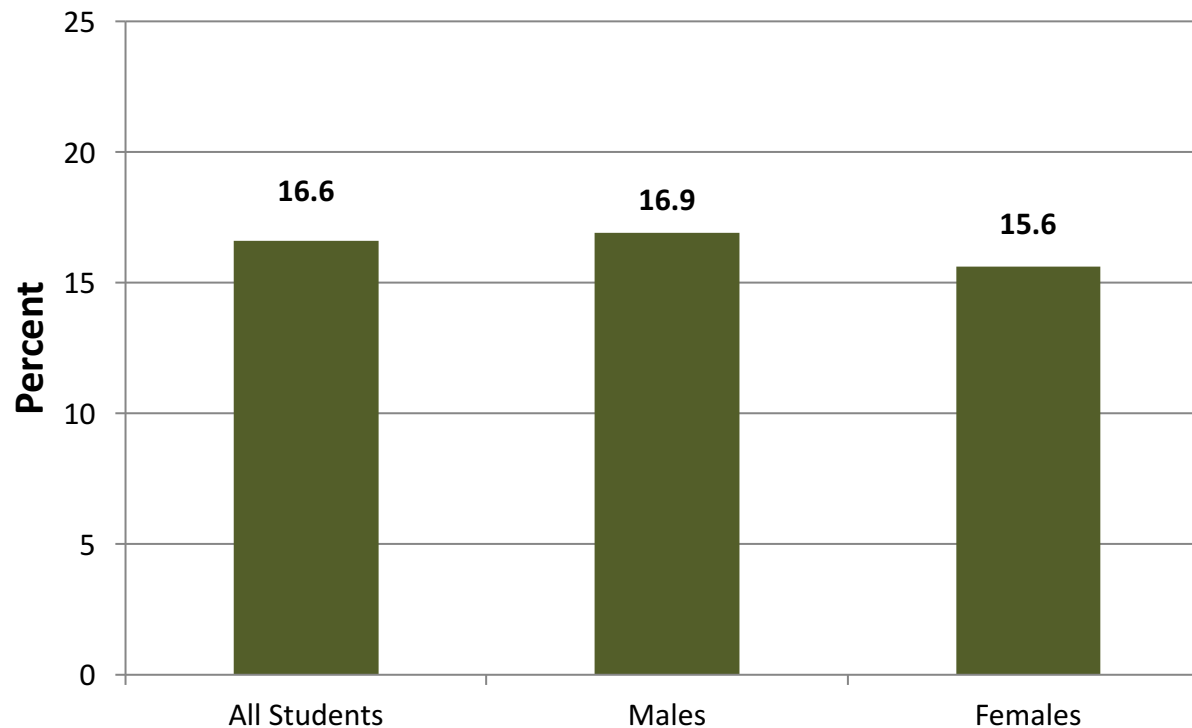
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# Fruit and Vegetable Consumption- 5 or More Times Per Day

All Students by Gender



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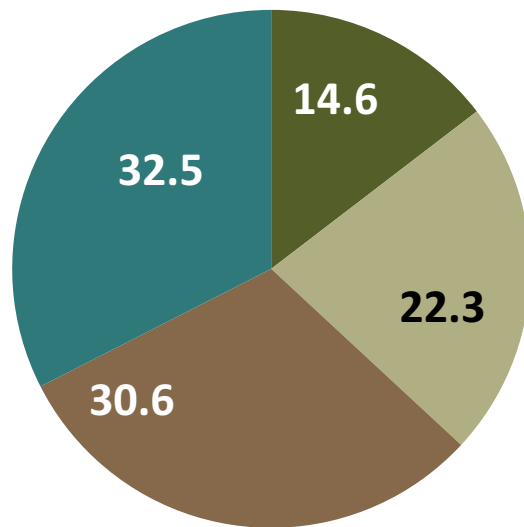
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# Physical Activity Level

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

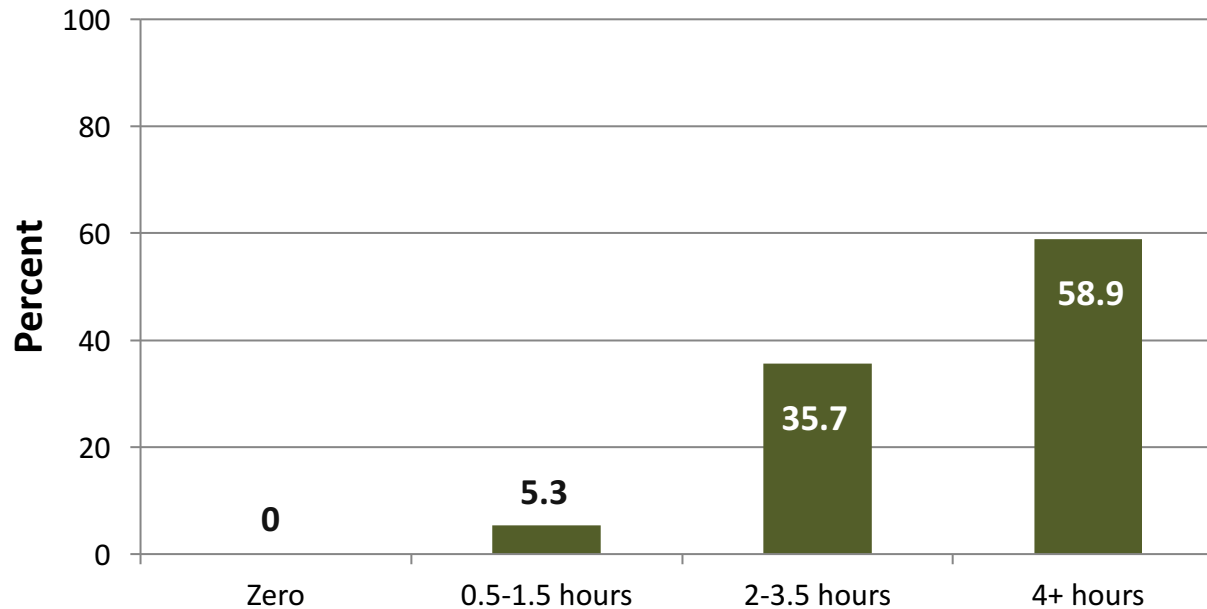
Moderate and high classifications meet the CDC’s recommended level of physical activity.



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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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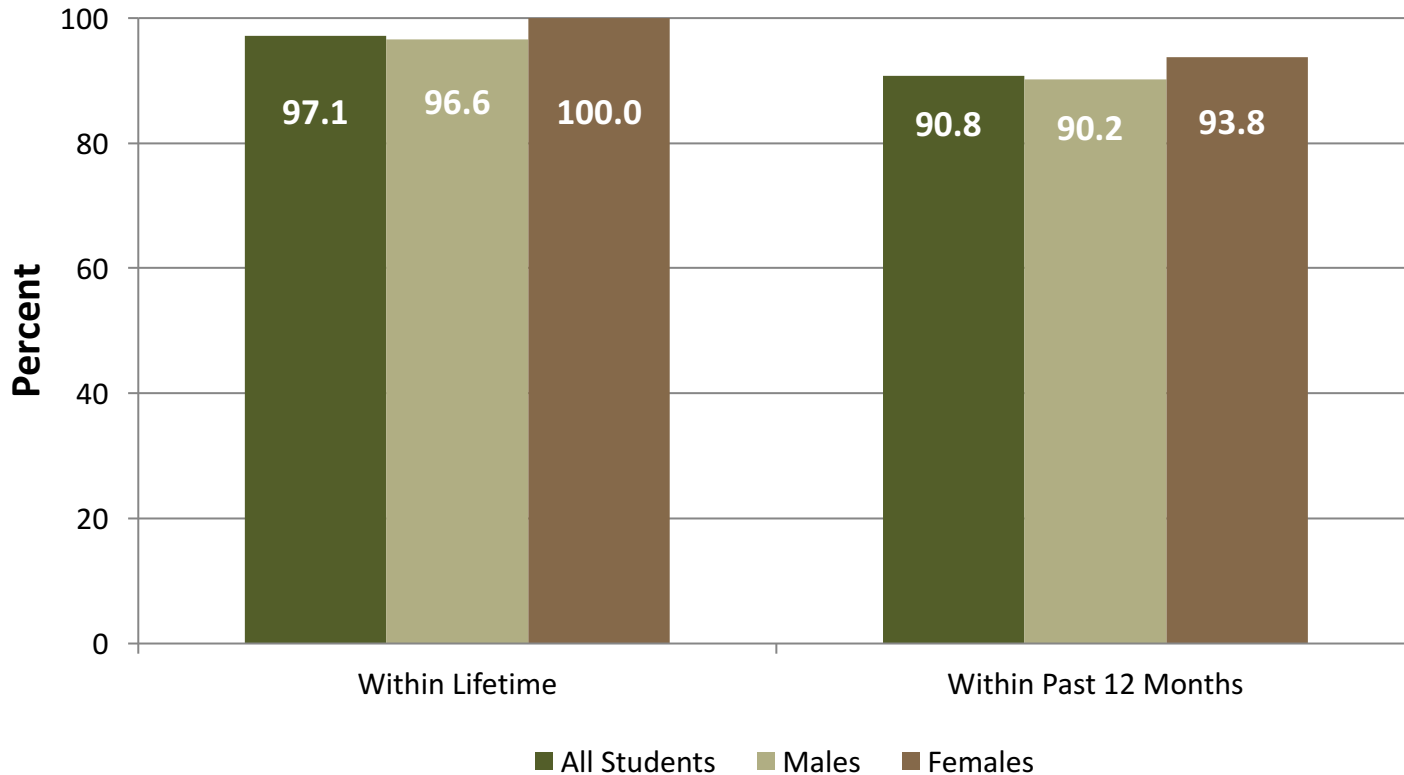
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# **Sexual Health**

# Sexually Active- Lifetime and Past 12 Months

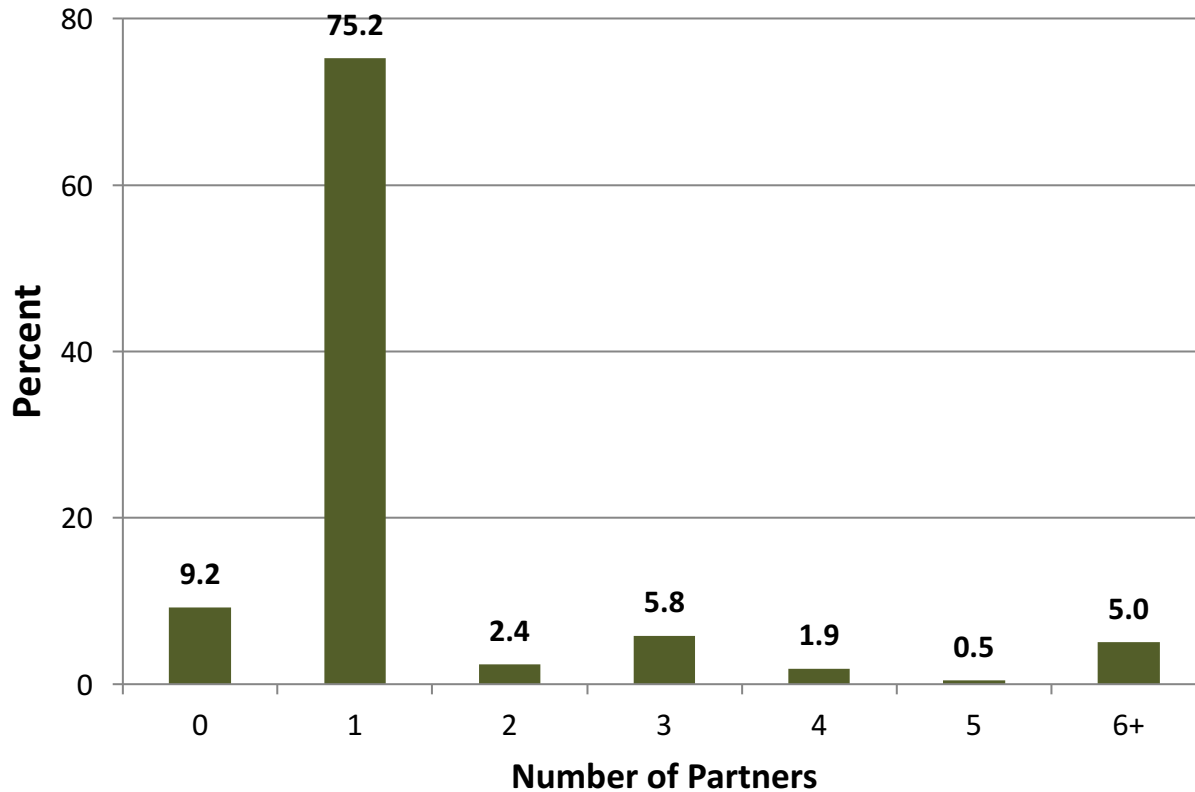
All Students by Gender



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# Number of Sexual Partners-Past 12 Months

All Students



On average students had 2.7 sexual partners over the past 12-month period.



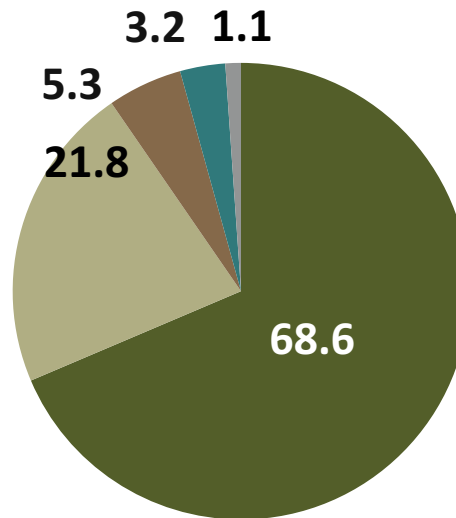
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# Most Recent Sexual Partner-Past 12 Months

Sexually Active Students



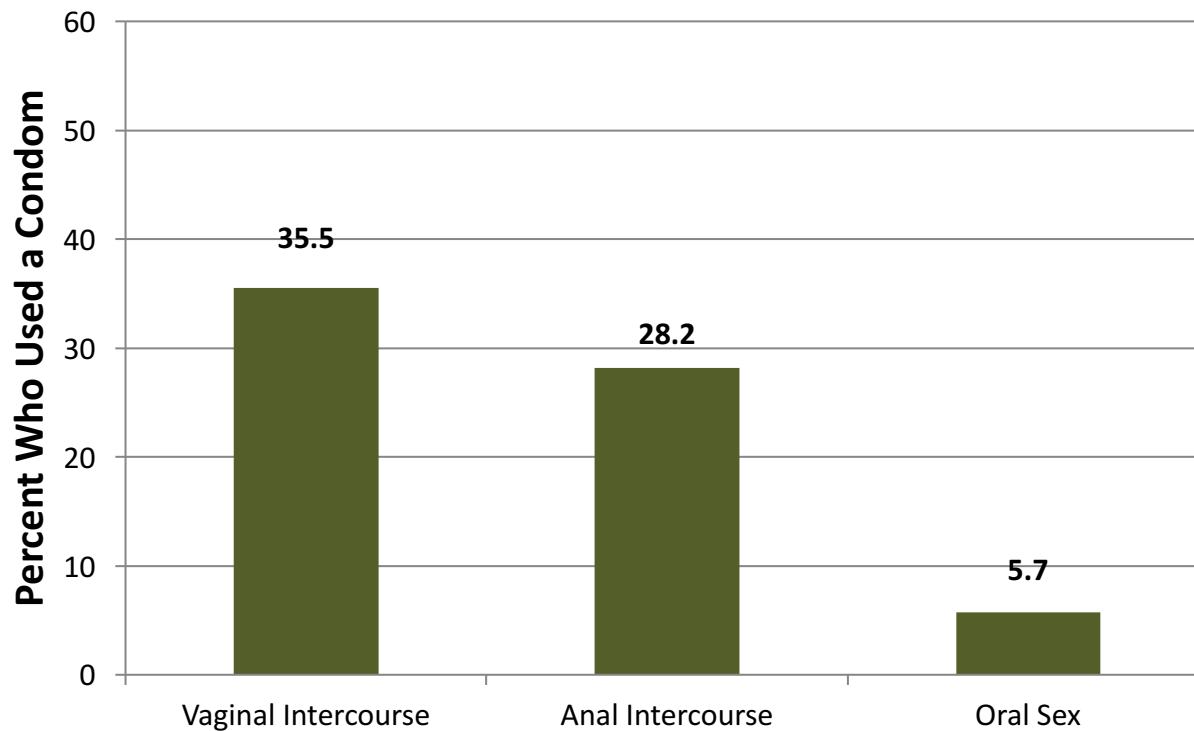
- Fiance'(e)/Spouse
- Exclusive Dating Partner
- Close but Not Exclusive Dating Partner
- Casual Acquaintance
- Stranger



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# Condom Use

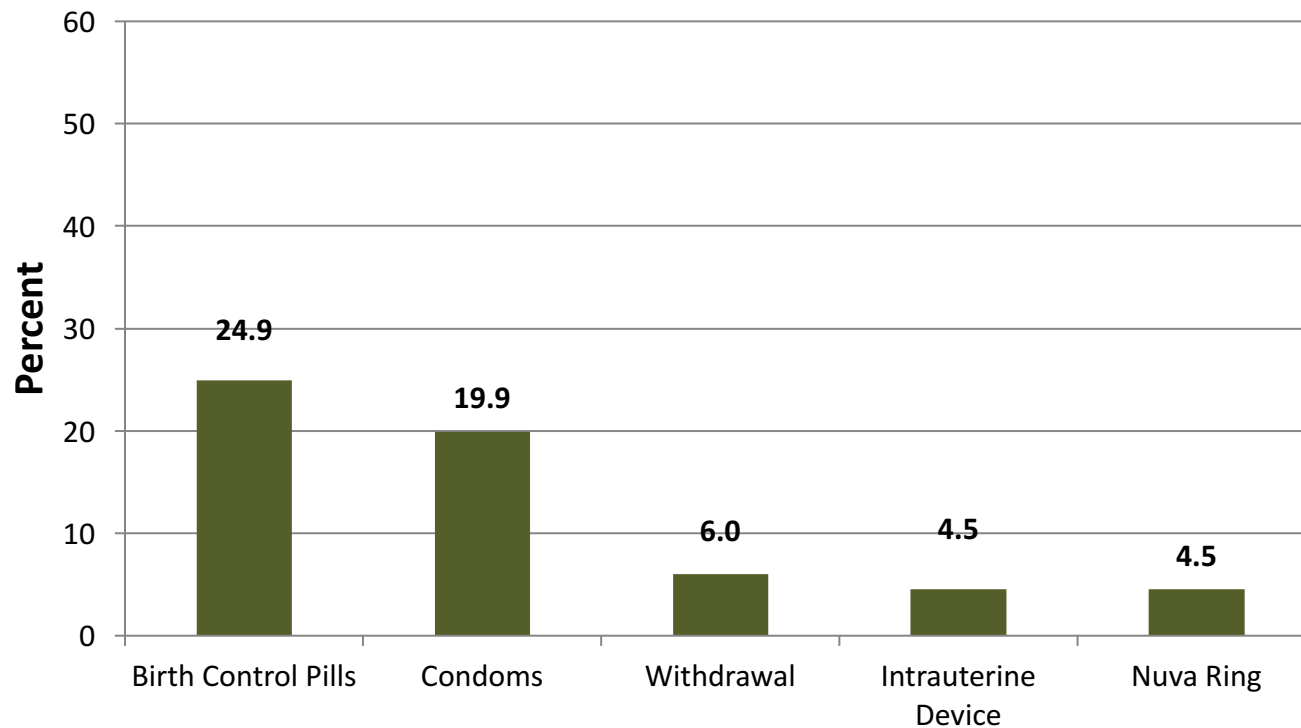
Sexually Active Students Within Lifetime  
(Does Not Include Those Who Are Married or With a Domestic Partner)



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# Pregnancy Prevention Methods

Sexually Active Students Within Lifetime



Five most frequent methods reported by students



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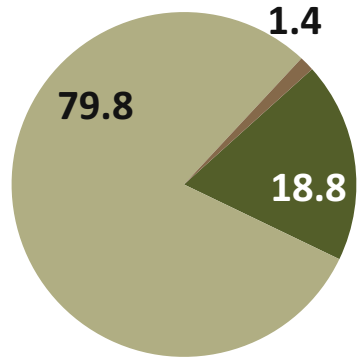
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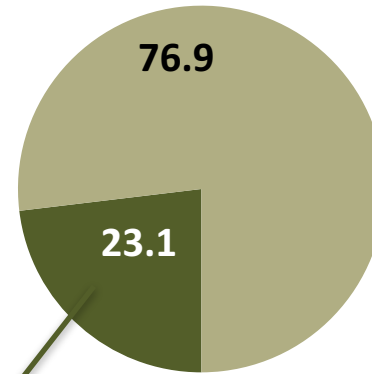


# Unintended Pregnancy Outcome-Past 12 Months

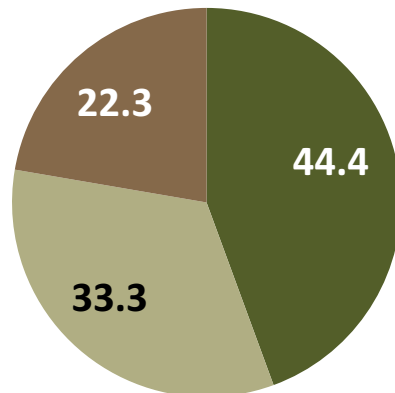
All Students



- Involved in Pregnancy
- Not Involved in Pregnancy
- Don't Know



- Unintentional
- Intentional



- Birth and Parenting
- Abortion
- Still Pregnant



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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	5.0	0.0
Genital Herpes	1.0	0.0
Genital Warts/HPV	4.0	0.0
Gonorrhea	1.0	0.0
HIV/AIDS	0.0	0.0
Pubic Lice	2.0	0.5
Syphilis	0.5	0.0
At Least One of the Above Sexually Transmitted Infections	10.6	0.5



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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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