### Two-Year Schools

<table>
<thead>
<tr>
<th>Location</th>
<th>Enrollment-Spring 2007*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alexandria Technical College</td>
<td>Alexandria, MN</td>
</tr>
<tr>
<td>Anoka-Ramsey Community College</td>
<td>Cambridge, MN Coon Rapids, MN</td>
</tr>
<tr>
<td>Lake Superior College</td>
<td>Duluth, MN</td>
</tr>
<tr>
<td>Minnesota State Community and Technical College</td>
<td>Detroit Lakes, MN Fergus Falls, MN Moorhead, MN Wadena, MN</td>
</tr>
<tr>
<td>North Hennepin Community College</td>
<td>Brooklyn Park, MN</td>
</tr>
<tr>
<td>Northwest Technical College</td>
<td>Bemidji, MN</td>
</tr>
</tbody>
</table>

### Four-Year Schools

<table>
<thead>
<tr>
<th>Location</th>
<th>Enrollment-Spring 2007*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bemidji State University</td>
<td>Bemidji, MN</td>
</tr>
<tr>
<td>Concordia College</td>
<td>Moorhead, MN</td>
</tr>
<tr>
<td>Minnesota State University Moorhead</td>
<td>Moorhead, MN</td>
</tr>
<tr>
<td>University of Minnesota–Crookston</td>
<td>Crookston, MN</td>
</tr>
<tr>
<td>University of Minnesota–Duluth</td>
<td>Duluth, MN</td>
</tr>
<tr>
<td>University of Minnesota–Morris</td>
<td>Morris, MN</td>
</tr>
<tr>
<td>University of Minnesota–Rochester</td>
<td>Rochester, MN</td>
</tr>
<tr>
<td>University of Minnesota–Twin Cities</td>
<td>Minneapolis, MN</td>
</tr>
</tbody>
</table>

*Includes full-time and part-time students.
**University of Minnesota–Twin Cities Survey Demographics***

<table>
<thead>
<tr>
<th>Description</th>
<th>All Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Average Age (Years)</td>
<td>23.4</td>
</tr>
<tr>
<td>Age Range (Years)</td>
<td>18-63</td>
</tr>
<tr>
<td>18-24 Years</td>
<td>72.6%</td>
</tr>
<tr>
<td>25 Years or Older</td>
<td>27.4%</td>
</tr>
<tr>
<td>Average GPA</td>
<td>3.38</td>
</tr>
</tbody>
</table>

**Class Status**

<table>
<thead>
<tr>
<th>Class Status</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>First-Year Undergraduate</td>
<td>15.4%</td>
</tr>
<tr>
<td>Second-Year Undergraduate</td>
<td>14.5%</td>
</tr>
<tr>
<td>Third-Year Undergraduate</td>
<td>15.7%</td>
</tr>
<tr>
<td>Fourth-Year Undergraduate</td>
<td>15.8%</td>
</tr>
<tr>
<td>Fifth-Year Undergraduate</td>
<td>7.6%</td>
</tr>
<tr>
<td>Graduate or Professional</td>
<td>31.0%</td>
</tr>
</tbody>
</table>

**Gender**

<table>
<thead>
<tr>
<th>Gender</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>40.1%</td>
</tr>
<tr>
<td>Female</td>
<td>59.7%</td>
</tr>
<tr>
<td>Transgender/Other</td>
<td>0.2%</td>
</tr>
<tr>
<td>Unspecified</td>
<td>0.0%</td>
</tr>
</tbody>
</table>

**Ethnic Origin**

<table>
<thead>
<tr>
<th>Ethnic Origin</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>African American/Black</td>
<td>2.7%</td>
</tr>
<tr>
<td>American Indian/Alaskan Native</td>
<td>1.2%</td>
</tr>
<tr>
<td>Asian/Pacific Islander</td>
<td>12.7%</td>
</tr>
<tr>
<td>Latino/Hispanic</td>
<td>2.2%</td>
</tr>
<tr>
<td>Middle Eastern</td>
<td>1.0%</td>
</tr>
<tr>
<td>Caucasian/White</td>
<td>81.6%</td>
</tr>
<tr>
<td>Other</td>
<td>2.3%</td>
</tr>
</tbody>
</table>

**Current Residence**

<table>
<thead>
<tr>
<th>Current Residence</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Residence Hall or Fraternity/Sorority</td>
<td>20.0%</td>
</tr>
<tr>
<td>Other</td>
<td>80.0%</td>
</tr>
</tbody>
</table>

*Based on student response.
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Introduction

College is a time of great transition. With its increase in freedom and decision-making opportunities, this transitional period poses many challenges for students. Some of the most important decisions facing college students concern sexual health. Choices relating to sexual behavior have the potential for significant, and oftentimes long-term, consequences. So important is the issue of sexual health that in 2001 the U.S. Surgeon General listed “responsible sexual behavior” as one of the 10 leading health indicators for the nation.

National Comparison

The majority of young adults in the United States are sexually active, with 68.1% of 18- to 19-year-old males, 75.2% of 18- to 19-year-old females, 84.4% of 20- to 24-year-old males, and 86.6% of 20- to 24-year-old females reporting they have had at least one sexual partner in the previous 12 months. Among 20- to 24-year-olds, 52.7% of males and 30.9% of females who have had sexual contact in the previous year used a condom during their last sexual contact. Due to a combination of behavioral, biological, and cultural reasons, sexually active young adults are at increased risk for acquiring sexually transmitted infections. The higher prevalence of STIs among young adults reflects multiple barriers to accessing quality STI prevention services, including lack of health insurance or other ability to pay, lack of transportation, and concerns about confidentiality.

Among 20- to 24-year-olds, 7.1% of males and 13.4% of females report having a sexually transmitted infection other than HIV within their lifetime. The prevalence of chlamydia is 2.7% in females and 0.7% in males who are between the ages of 15 and 24. Among all 15- to 24-year-olds, approximately 9.1 million cases of STIs and nearly 5,000 cases of HIV/AIDS are diagnosed annually.

References:
Methodology

Students completed the 2007 College Student Health Survey, developed by Boynton Health Service at the University of Minnesota. As an incentive, all students who responded to the survey received a $5 gift card and entry into a drawing for gift certificates valued at $3,000 (one), $1,000 (one), and $500 (two) at a variety of stores.

Participants were contacted through multiple mailings and e-mails:

• Postcards were sent to randomly selected students notifying them of their eligibility to participate in the survey.

• Students at eleven schools were e-mailed a link to an online version of the survey, and students at three schools received a paper survey via U.S. Mail.

• Reminder postcards/multiple e-mails were sent to all students to encourage participation.

• All students received a minimum of two invitations to participate in the survey.

You have been randomly selected to participate in the 2007 College Student Health Survey administered by your school and the University of Minnesota. The information you provide does a great service! It will be used to direct health resources throughout the state of Minnesota.

How does this work?
Survey must be completed by midnight March 16, 2007. Just for completing the survey you will automatically receive a $5 Target gift card and you’ll be entered into a drawing for the $3,000 grand prize!

To begin, go to www.bhs.umn.edu/healthsurvey and enter the username & password you see on the right-hand side of this card!

What are the prizes?
Everyone who completes a survey will automatically receive a $5 Target gift card. In addition, four lucky students will win gift certificates to any combination of the following stores: Target, Best Buy, Macy’s, Home Depot, IKEA, The Apple Store, Tiffany & Co., Sports Authority, Midwest Mountaineering, or Cabela’s!

One Grand Prize: $3,000
One 2nd Place Prize: $1,000
Two 3rd Place Prizes: $500

Do I contact with questions?
Katherine Lust, Survey Administrator
(612) 624-6217 • klust@bhs.umn.edu

For more information, visit www.bhs.umn.edu/healthsurvey

2007 College Student Health Survey Postcard

University of Minnesota–Twin Cities Methodology Highlights

• 6,000 students from the University of Minnesota–Twin Cities were randomly selected to participate in this study.

• 2,920 completed and returned the survey.

• 0 surveys were undeliverable.

• 48.7% was the overall UMTC response rate. (Surveys determined to be undeliverable were removed from the original sample size.)
Results

Female students attending the University of Minnesota–Twin Cities (UMTC) report higher rates of sexual activity, both within their lifetime and within the past 12 months, compared to male students attending the university.

On average, UMTC students had 2.0 sexual partners over the past 12-month period. This average is based on the experience of all students, both those who were sexually active and those who were not sexually active. More than three out of four (77.8%) students report that they had 0 or 1 partner within the past 12 months.

Among University of Minnesota–Twin Cities students who were sexually active within the past 12 months, approximately four out of five (80.6%) report that their most recent sexual partner was either a fiancé(e)/spouse or an exclusive dating partner.
Data analysis shows that of the 77.1% of University of Minnesota–Twin Cities students who report being sexually active within their lifetime, 89.6% engaged in vaginal intercourse, 70.1% engaged in oral sex, and 25.9% engaged in anal intercourse.

Among UMTC students sexually active within their lifetime, 60.0% used a condom the last time they engaged in vaginal intercourse, 31.1% used a condom during their last anal intercourse, and 8.3% used a condom during their last oral sex. Percents are based solely on those who indicated they engaged in the activity.

The two most common methods that UMTC students report using to prevent pregnancy the last time they engaged in vaginal intercourse are condoms (53.9%) and birth control pills (50.1%). The withdrawal method is reported by 12.6% of UMTC students. Other methods of pregnancy prevention reported by students are identified in the table at the lower left.
A total of **3.6%** of University of Minnesota–Twin Cities students has been involved in a pregnancy within the past 12 months. Of those involved in a pregnancy, **51.4%** state it was unintentional.

Among the unintentional pregnancies, **46.3%** resulted in abortion, **24.1%** resulted in miscarriage, **16.7%** resulted in birth and parenting, and **1.8%** resulted in birth and adoption.

Analysis shows that within the past 12 months, **12.4%** of sexually active female students at the University of Minnesota–Twin Cities have used emergency contraception. Among those who used emergency contraception, **68.2%** have used it once, **19.7%** have used it twice, and **12.1%** have used it three or more times within the past 12 months.
About one out of ten (10.4%) UMTC students who have been sexually active within their lifetime report being diagnosed with a sexually transmitted infection within their lifetime. Genital warts/human papilloma virus (5.5%) and chlamydia (3.0%) are the two most commonly diagnosed sexually transmitted infections.

Analysis shows that a total of 4.1% of students at the University of Minnesota–Twin Cities who report having been sexually active within their lifetime also report having been diagnosed with a sexually transmitted infection within the past 12 months.
Students were asked to report whether they have experienced any of the health or personal issues presented in the table to the right, and if so, whether the issue(s) affected their academic performance. The issues highlighted in red are particularly salient to this report on sexual health. The other issues are more relevant to Reports 1-6 in this series.

It should be noted that although students report some issues less frequently, these issues may have a greater impact on academic performance. For example, although only 3.3% of University of Minnesota–Twin Cities students report experiencing a pregnancy within the past year, of this small percentage of students, 40.6% report the pregnancy affected their academic performance.
Participating Two-Year Schools
Alexandria Technical College
Tam Bukowski
Anoka-Ramsey Community College
Andrea Roberge
Lake Superior College
Beth Adams
Minnesota State Community and Technical College
Shawn Anderson
North Hennepin Community College
Kristi Moebeck
Northwest Technical College
Kari Kantak

Participating Four-Year Schools
Bemidji State University
Jay Passa
Concordia College
Paul Wraalstad
Minnesota State University Moorhead
Susanne Williams
University of Minnesota–Crookston
Stacey Grunewald
University of Minnesota–Duluth
Lauretta Perry
University of Minnesota–Morris
Sandra Olson-Loy
University of Minnesota–Rochester
Kendra Weber
University of Minnesota–Twin Cities
David Golden

Principal Investigator
Katherine Lust, Ph.D., M.P.H.
Boynton Health Service
(612) 624-6214 • klust@bhs.umn.edu

Co-Investigators
Edward P. Ehlinger, M.D., M.S.P.H.
Boynton Health Service
(612) 625-1612 • eehlinger@bhs.umn.edu
David Golden
Boynton Health Service
(612) 626-6738 • dgolden@bhs.umn.edu

Research Assistant
Julia Sanem, M.P.H.
Boynton Health Service
(612) 626-3856 • jsanem@bhs.umn.edu

Publication Coordinator
Britt Bakke
Boynton Health Service
(612) 624-2965 • bbakke@bhs.umn.edu

Publication Designer
Amy Bartkus
Boynton Health Service
(612) 624-0911 • abartkus@bhs.umn.edu