

UNIVERSITY OF  
WISCONSIN  
OSHKOSH

**Student  
Health  
Assessment  
Spring 2015**





## ***About the Assessment***

The American College Health Association-National College Health Assessment (ACHA-NCHA) is a national research survey organized by the American College Health Association (ACHA) to assist college health service providers, health educators, counselors and administrators in collecting data about their students' habits, behaviors and perceptions on the most prevalent health topics.

This summary highlights the results of the ACHA-NCHA Spring 2015 survey for University of Wisconsin Oshkosh. In March 2015, a random sample of 4,000 UWO students were contacted by email and invited to complete the online survey. A total of 359 students completed the surveys, with an overall response proportion of 9%. When compared to the overall UWO student population, females were over-represented among the survey respondents. As a result, caution should be taken when interpreting these data as they may not accurately reflect the health and health behaviors of the UW Oshkosh student population as a whole.



# DATA

# HIGHLIGHTS

## Health & Academic Performance

Students were asked to select issues affecting their academic performance (i.e. received a lower grade on an exam or course, received an incomplete or dropped a course, or experienced a disruption in thesis, research or practicum work) in the last 12 months.

### *Top 10 issues that Affect Academic Performance*

Issues	%
Stress	27.5%
Anxiety	25%
Sleep Difficulties	17%
Depression	15%
Cold/Flu/Sore Throat	14.5%
Work	14.2%
Concern for a troubled friend or family member	9%
Relationship difficulties	9%
Internet use/computer games	8%
Participation in extracurricular activities	6.6%

# 28%

Of UWO students say stress affected their academic performance in the past 12 months.

# 25%

Of UWO students say anxiety affected their academic performance in the past 12 months.





# Most Common Health Problems

Issues	% of Students
Allergies	17.5%
Back pain	16%
Urinary tract infection	15.3%
Sinus infection	15%
Strep throat	12.7%

This chart lists the most common health problems reported by UW Oshkosh students that were diagnosed or treated by a health care professional in the last 12 months.



## Fast Facts

### **General health**

81% of students described their health as good, very good or excellent.

### **Overweight & Obesity**

50% of students are either overweight or obese.

### **Alcohol & Drug Use in the past 30 Days**

Alcohol: 68%

Cigarettes: 10%

Marijuana: 12%

### **Nutrition**

4% reported eating 5 or more servings of fruits and vegetables per day.

### **Physical Activity**

46% met the recommendations for aerobic physical activity.

### **Sexual Behavior**

73% reported having 0-1 sexual partners in the past 12 months.

### **Sleep**

12% got enough sleep on 6 or more days in the past week to feel rested in the morning.

### **Stress**

52% reported having more than average or tremendous stress level in the past 12 months.

81%

Reported their health as good, very good or excellent.

46%

Met the recommendations for aerobic physical activity.

4%

Reported eating 5 or more servings of fruits & vegetables each day.

# Disease Prevention

*UW Oshkosh students reported receiving the following vaccination shots:*

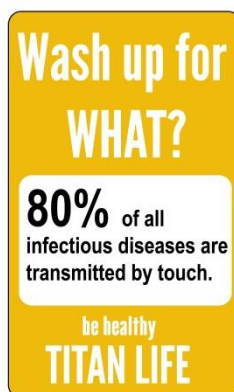
Vaccination	%
Hepatitis B	65.5%
Human Papillomavirus/HPV	51.6%
Influenza (in last 12 months)	46%
Measles, Mumps, Rubella (MMR)	75.7%
Meningococcal meningitis	65.3%
Varicella (chicken pox)	62%

700

Students participated in the 2015 Fall Flu Shot Clinics across the UWO campus.

*UW Oshkosh students reported the following disease prevention practices:*

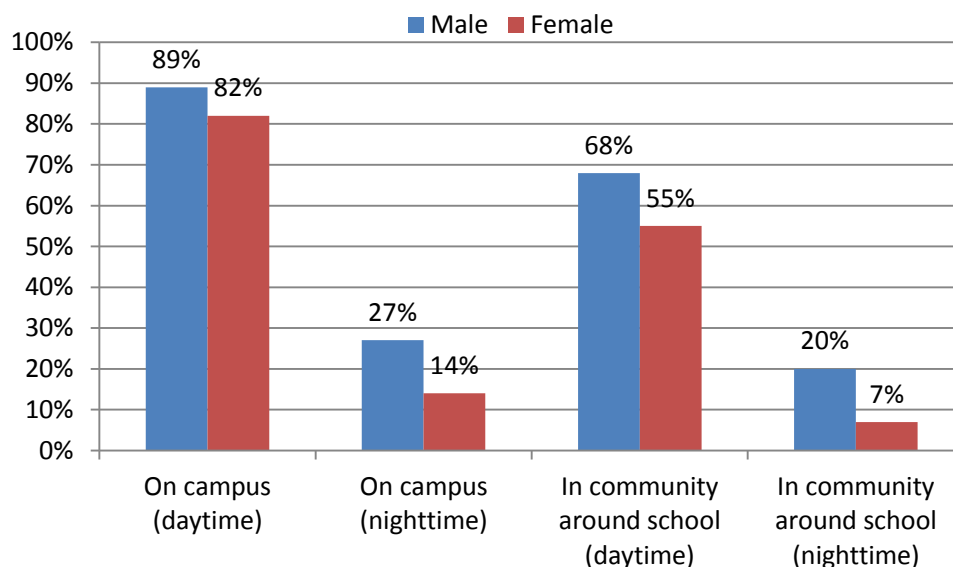
Prevention Practice	%
Dental exam and cleaning in last 12 months	78.6%
Males performing a testicular self-exam in last 30 days	40.9%
Females performing a breast self-exam in last 30 days	45.7%
Females having a routine gynecological exam in last 12 months	46.4%
Using sunscreen regularly with sun exposure	55.2%
Ever being tested for Human Immunodeficiency Virus (HIV) infection	25.7%



# Personal Safety

Most students felt **very safe** on campus during the day. Male students felt safer on and off campus during the day and night than female students, and both male and female students felt safer on and off campus during the day than they felt at night.

*Students reporting feeling **very safe** on and around campus.*



## Violence, Abusive Relationships & Personal Safety

*Within the last 12 months, UWO students reported experiencing:*

Personal Safety Issues	Men	Women
A verbal threat	29%	13%
An emotionally abusive intimate relationship	9%	8%
Sexual touching without their consent	2%	7%
Stalking	2%	6%
Sexual penetration attempt without their consent	2%	5%
Sexual penetration without their consent	1%	3%
A physical fight	9%	3%

# Sleep & Stress

## *Top 5 Stressors in the Past 12 Months*

42%

Academics

34%

Finances

32%

Intimate Relationships

31%

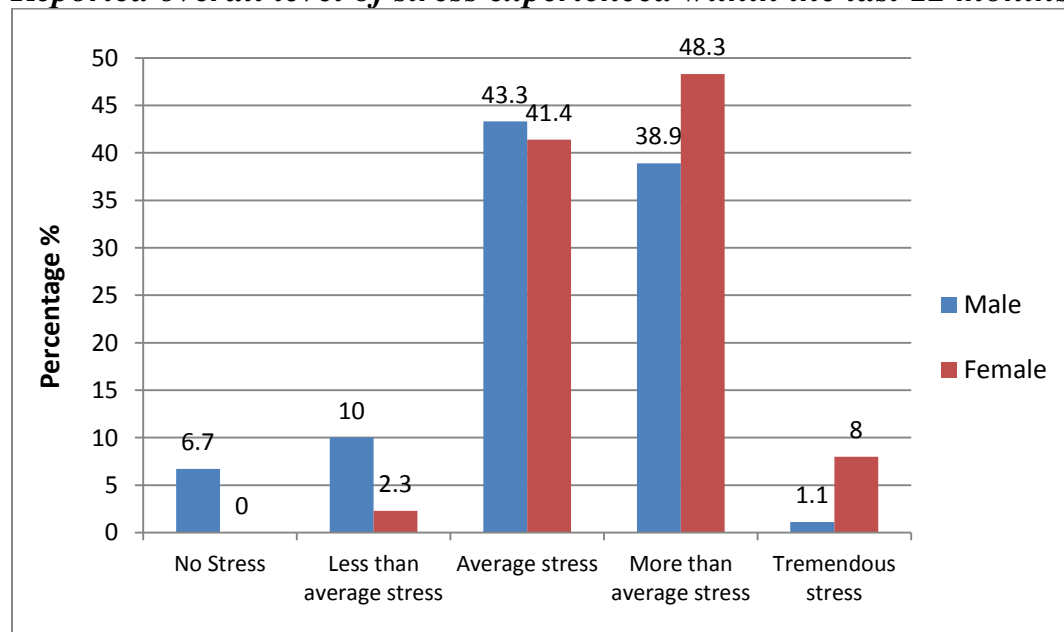
Personal Appearance

28%

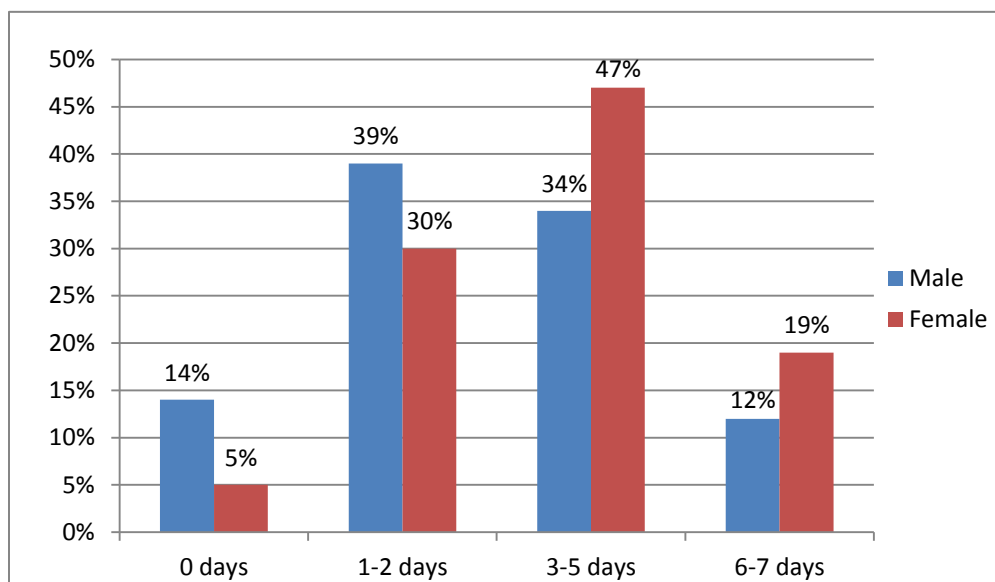
Sleep Difficulties

A total of 90% of students reported that, at some time within the last 12 months, they felt overwhelmed by all they had to do.

## *Reported overall level of stress experienced within the last 12 months.*



*Number of days per week students felt tired, dragged out, or sleepy during the day*



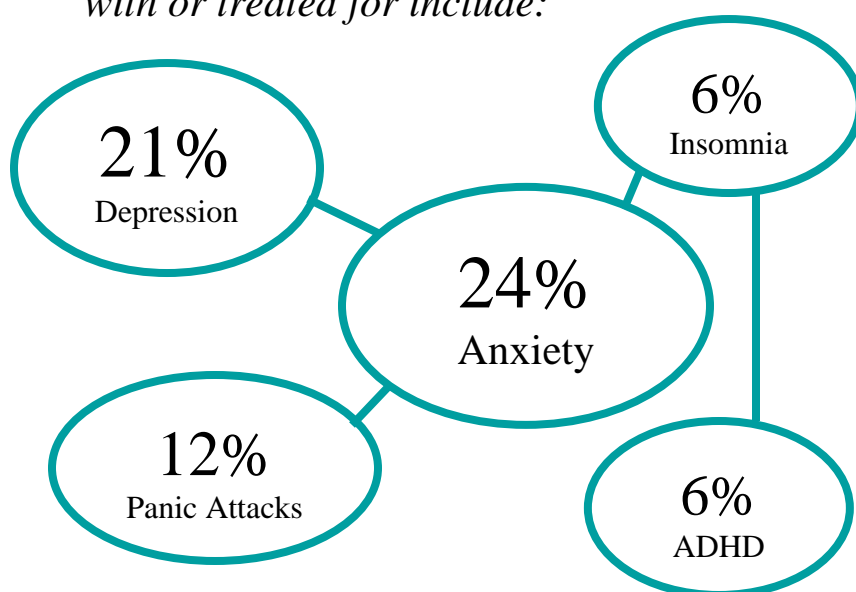
Approximately **40%** of students reported having more than a little problem or a big problem with sleepiness during daytime activities.

## Mental Health

28% of men and 33% of women reported being diagnosed or treated for at least one mental health condition in the past 12 months.

17% of students reported being diagnosed or treated by a professional for **both depression and anxiety** in the past 12 months.

*The most prevalent mental health conditions students were diagnosed with or treated for include:*



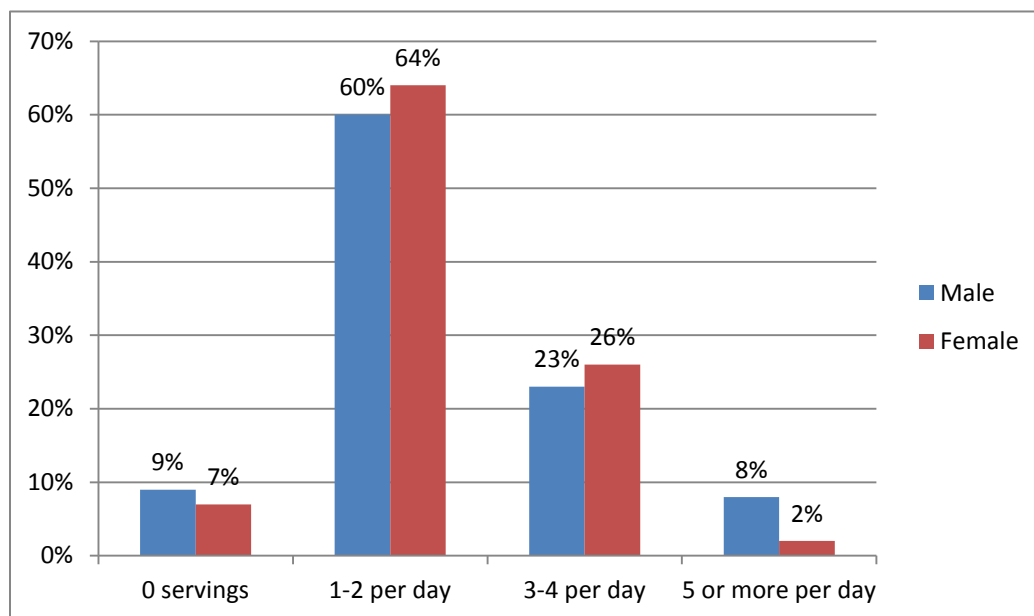


# Nutrition

Only **4%** of UW Oshkosh students reported eating 5 or more servings of fruits and vegetables per day. The majority of students (63%) reported eating 1-2 servings per day.

## Fruit & Vegetable Intake

*\* 1 serving = about 1 cup of either a fruit or a vegetable*



# Physical Activity

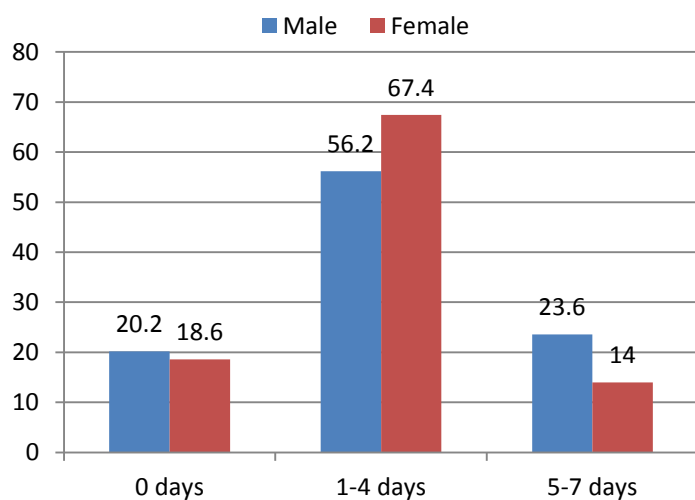
46%

of UW Oshkosh students met the guidelines for recommended physical activity each week.

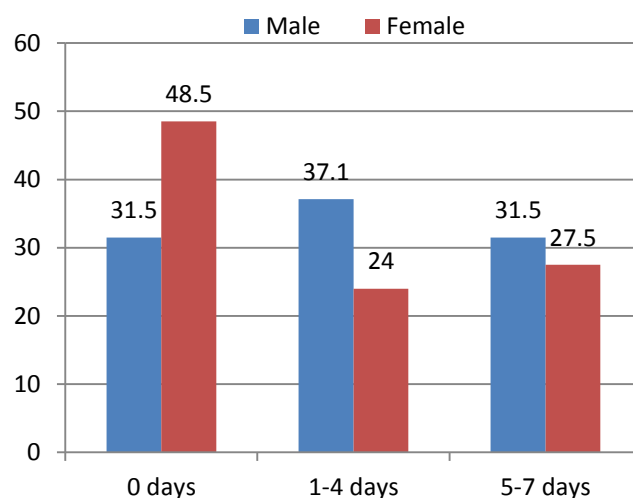
The guidelines for physical activity, according to the American College of Sports Medicine and the American Heart Association:

- 30 minutes of moderate-intensity aerobic exercise 5+ days/week
- 20 minutes of vigorous-intensity aerobic exercise 3+ days/week

## Moderate Intensity Physical Activity (%)

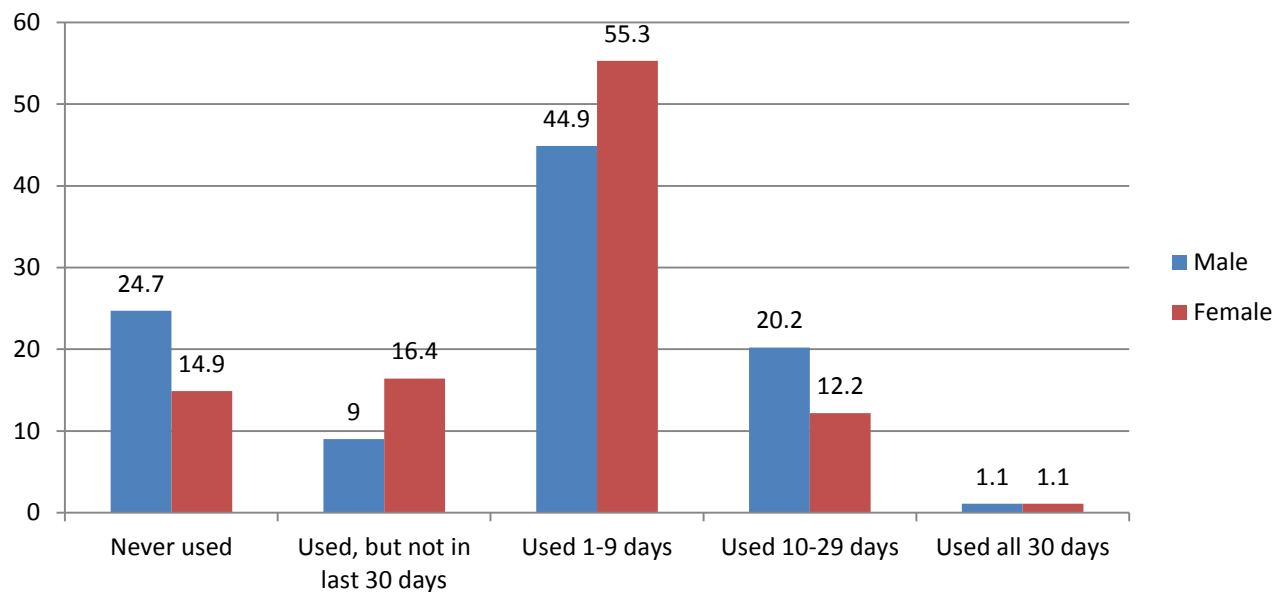


## Vigorous Intensity Physical Activity (%)



# Alcohol Use

## *Alcohol Use in the Past 30 Days (%)*



## Binge Drinking

*Number of times students consumed 5+ drinks in a sitting in the past 2 weeks.*

N/A – don't drink	20%
None	44%
1-2 times	25%
3-5 times	10%
6 or more time	2%





# Protective Behaviors

Top 5 Strategies Reported by Students	Men	Women	Total
1. Stayed with the same groups of friends the entire time.	86%	95%	93%
2. Used a designated driver.	79%	87%	85%
3. Ate before and/or during drinking.	74%	80%	79%
4. Kept track of how many drinks they had.	51%	59%	57%
5. Had a friend tell them when they've had enough.	26%	42%	38%

98%

Used 1 or more safe drinking strategy.

# Most Common Consequences

Consequences	Male	Female
• Did something they later regretted.	26%	38%
• Forgot where they were or what they did.	16%	36%
• Had unprotected sex.	16%	23%
• Someone had sex with me without my consent	1%	5%
• Got physically injured.	9%	10%
• Physically injured another person	1%	1%
• Seriously considered suicide.	7%	4%
• Got in trouble with the police	6%	4%

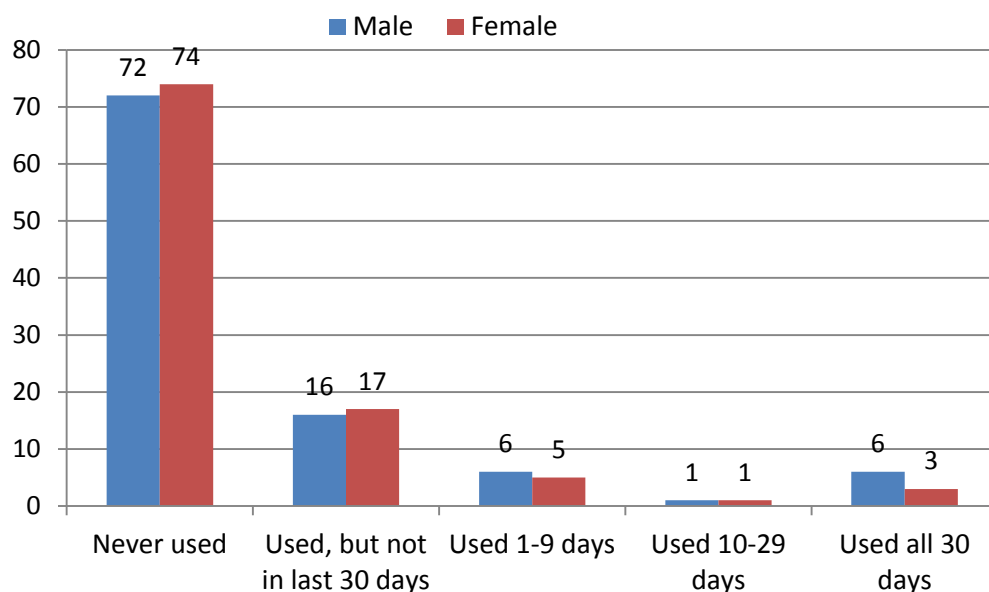
53%

Reported 1 or more consequences.

# Tobacco Use

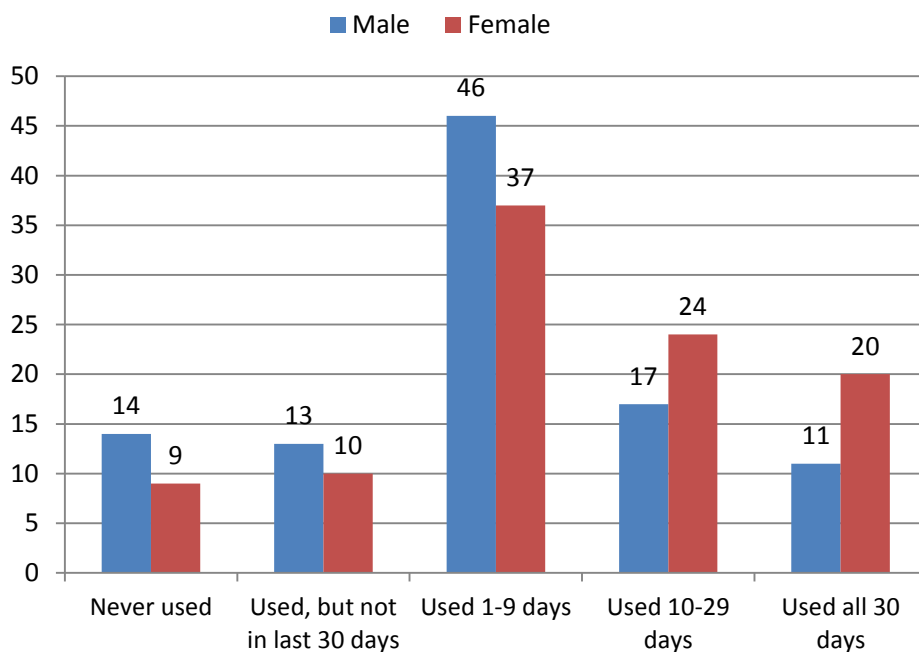
## Cigarette use in the past 30 days (%)

Most students have never used or did not use cigarettes in the past 30 days.



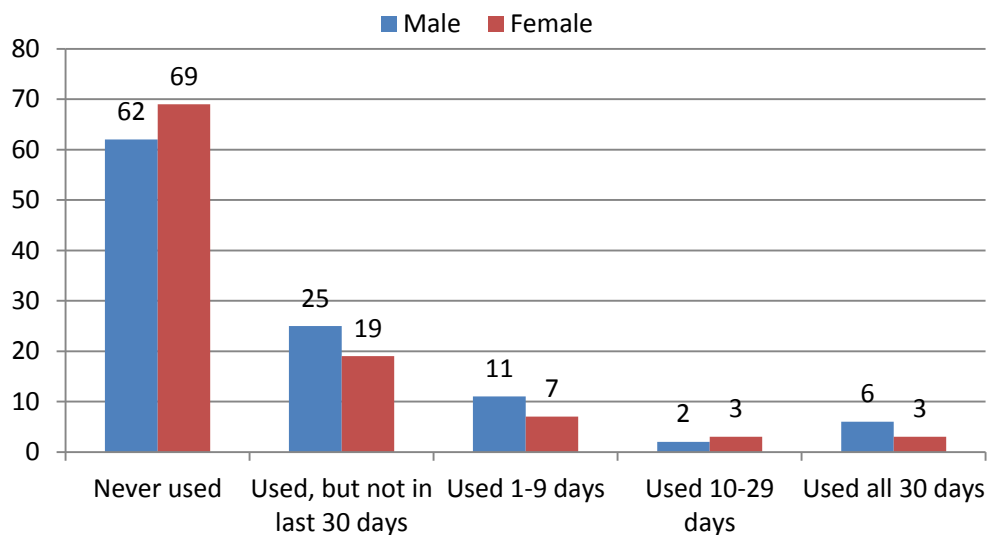
## Perceptions of other students' cigarette use in the past 30 days (%)

Students overestimate how much other students smoke cigarettes.



# Other Drugs

## *Marijuana Use in the Past 30 Days*



Only **12%** of UWO students have used marijuana in the past 30 days. However, students **perceive** that 85% of their peers have used marijuana in the past 30 days.

## Prescription Drug Abuse

*Top prescription drugs used by students without having a prescription:*

**3%**  
Antidepressants

**4%**  
**Pain Killers**  
Ex. Vicodin,  
Codeine

**9%**  
**Stimulants**  
Ex. Adderall, Ritalin

**3%**  
**Sedatives**  
Ex. Xanax,  
Valium

**14%**

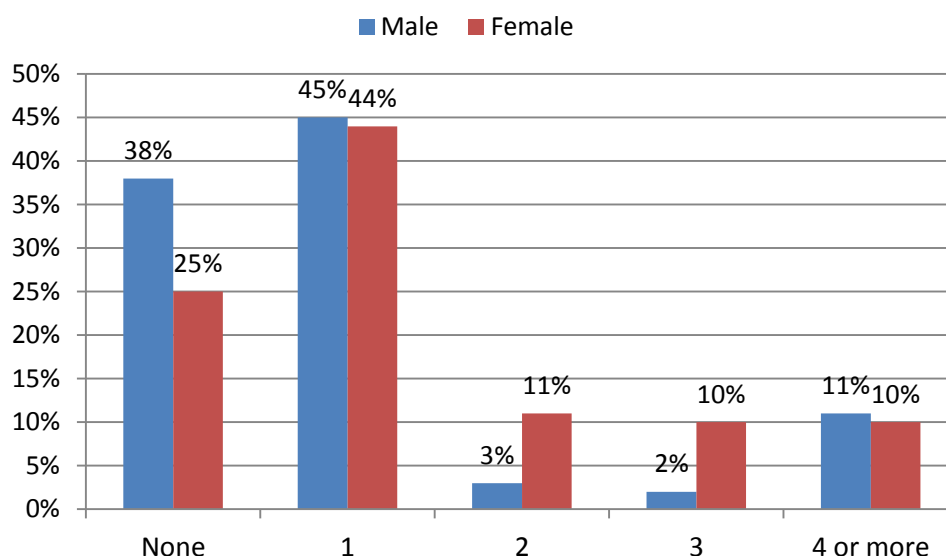
Used 1 or more of the above prescription drugs without a prescription in the last 12





# Sexual Health

Sexual partners (oral, vaginal or anal intercourse) in the past 12 months



**58%**

Of students used a method of contraception the last time they had vaginal intercourse.

Proportion of birth control use among students who answered YES to contraception use the last time they had vaginal intercourse.

Method of contraception	Male	Female
Birth control pills	83%	64%
Birth control shots	10%	4%
Birth control implants	5%	6%
Vaginal Ring	3%	3%
Intrauterine device	7%	6%
Male condom	67%	61%
Spermicide (foam, jelly, cream)	7%	3%
Fertility awareness	2%	7%
Withdrawal	29%	37%
Male condom + another method	63%	51%

**17%**

Of sexually active students reported using (or their partner using) emergency contraception within the last 12 months.

# Demographics

*A total of 359 students participated in this survey.*

Student Status	%
1st year undergraduate	24%
2 <sup>nd</sup> year undergraduate	21%
3 <sup>rd</sup> year undergraduate	23%
4 <sup>th</sup> year undergraduate	20%
5 <sup>th</sup> year or more undergraduate	10%
Other	1%

Housing	%
Campus residence hall	43%
Other university housing	3%
Parent/guardian home	10%
Other off-campus housing	40%
Fraternity or sorority house	1%
Other	5%

74%

Female

92%

White/Caucasian

99%

Full-time students

Age	%
18 – 20 years	52%
21 – 24 years	35%
25 – 29 years	8%
30+ years	6%

Sexual orientation	%
Heterosexual	91%
Gay/Lesbian	3%
Bisexual	5%
Unsure	1%



# Student Health



**Student Health Center**  
**777 Algoma Blvd.**  
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**920-424-2424**  
**[uwosh.edu/studenthealth](http://uwosh.edu/studenthealth)**