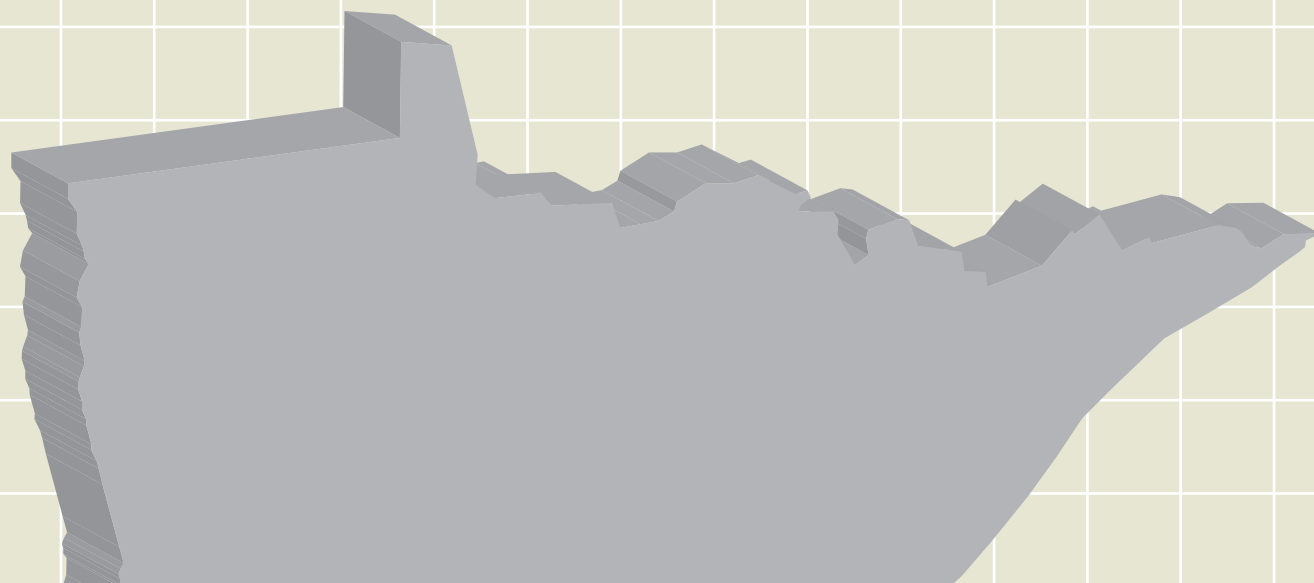


Boynton Health Service

UNIVERSITY OF MINNESOTA
Driven to Discover™

2010 College Student Health Survey Report



Health and Health-Related Behaviors

St. Cloud State University Students



2010 College Student Health Survey Report



Introduction	iii
Survey	v
Methodology	v
Analysis Summary	vi
Results	1
Health Insurance and Health Care Utilization	1
Mental Health	7
Tobacco Use	13
Alcohol Use and Other Drug Use	19
Personal Safety and Financial Health	27
Nutrition and Physical Activity	33
Sexual Health	39
Implications	43
Appendices	45
Appendix 1 Colleges and Universities Participating in the 2010 College Student Health Survey	45
Appendix 2 St. Cloud State University Survey Demographics Based on Student Response	46
Glossary	47
References	49

Introduction

Q: What do the following health conditions and health-related behaviors have in common?

- Health Insurance Status
- Depression
- Ability to Manage Stress
- Tobacco Use
- Alcohol Use
- Engagement in Physical Activity
- Credit Card Debt

A: They all affect the health and academic achievement of college students.

Across the state of Minnesota, seventeen two-year and four-year postsecondary schools joined together with Boynton Health Service at the University of Minnesota in spring 2010 to collect information from 34,097 undergraduate and graduate students about their experiences and behaviors in the areas of health insurance and health care utilization, mental health, tobacco use, alcohol and other drug use, personal safety and financial health, nutrition and physical activity, and sexual health. Of the 34,097 students who received a survey, 13,700 students completed the survey, for an overall response rate of 40.2%.

This report highlights the findings of this comprehensive survey and serves as an essential first step in identifying health and health-related behavior issues affecting college students. Boynton Health Service hopes that the information contained in this report will be helpful to college and university leaders as they strive to develop programs and policies that will assure a safe institutional environment, promote access to health care and essential services, encourage responsible student decision making and behavior, and contribute to the health, well-being, and academic success of students enrolled in their schools. The survey results are also intended to raise awareness among state and local policymakers and community leaders concerning the importance of the health of college students to the overall educational, health, and economic status of Minnesota.

Survey

Methodology

Over 13,000 undergraduate and graduate students enrolled in seventeen postsecondary institutions in Minnesota completed the 2010 College Student Health Survey, developed by Boynton Health Service. As an incentive, all students who responded to the survey were entered into a drawing for gift certificates valued at \$3,000 (one), \$1,000 (one), and \$500 (one) at a variety of stores and drawings for eleven iPod touches™.

Randomly selected students were contacted through multiple mailings and e-mails:

- Invitation postcard
- Invitation e-mail
- Reminder postcard and multiple reminder e-mails

A total of 34,097 undergraduate and graduate students from seventeen colleges and universities in Minnesota were invited to participate in the 2010 College Student Health Survey (see Appendix 1 for a list of participating schools).

In addition to the 34,097 randomly selected students, an oversample of 2,180 students who attended one of these seventeen Minnesota schools and were identified as veterans of the United States Armed Forces were also invited to participate in the survey. The survey results for the oversample of veterans will be treated as a separate report.

St. Cloud State University Methodology Highlights

- **3,517** students from St. Cloud State University were randomly selected to participate in this survey.
- **1,214** completed the survey.
- **34.5%** of the students responded.



YOU have been selected by
St. Cloud State University to participate in the
2010 College Student Health Survey.

Just for completing the survey, you will be entered into a grand prize drawing. These lucky students will win gift cards—\$3,000, \$1,000, and \$500—to any combination of the following stores: Target, Best Buy, Macy's, Home Depot, IKEA, The Apple Store, Tiffany & Co., Sports Authority, Scheels, and Cabela's.

Plus, every week, students who completed the survey will have a chance to win an iPod touch™! The sooner you fill out your survey, the more chances you have to win!

February 16
3 students will win an iPod touch™!

February 23
2 students will win an iPod touch™!

March 2
1 student will win an iPod touch™!

March 9
3 students will win grand prizes!

CHA-CHING!
Your odds are
1 in 1,000 or
better!

Do Good. Win BIG!

To learn more or to begin, go to www.bhs-umn.edu/healthsurvey and enter the username and password you see on the right-hand side of this card. Upon entering, you will be asked to change your password. Survey must be completed by noon, March 9, 2010.

Find us on Facebook
2010 College Student Health Survey

Questions?
Katherine Lust, Ph.D., Survey Administrator
Boynton Health Service
kust@bhs.umn.edu (612) 624-6214

Boynton Health Service
University of Minnesota
410 Church Street S.E.
Minneapolis, MN 55455

NONPROFIT ORG.
U.S. POSTAGE
PAID
MPLS., MN
PERMIT NO. 155

2010 College Student Health Survey Postcard

Survey

Analysis Summary

The information presented in this report documents the prevalence of various diseases, health conditions, and health-related behaviors across seven areas:

- Health Insurance and Health Care Utilization
- Mental Health
- Tobacco Use
- Alcohol and Other Drug Use
- Personal Safety and Financial Health
- Nutrition and Physical Activity
- Sexual Health

The prevalence of a disease, health condition, or health-related behavior is defined as the total number of occurrences in a population (in this case, college students) at a given time, or the total number of occurrences in the population divided by the number of individuals in that population.

Prevalence is useful because it is a measure of the commonality of a disease, health condition, or health-related behavior. For example, the College Student Health Survey asked students if they had ever been diagnosed with depression within their lifetime. For the purpose of illustration, if 100 students completed the survey and 10 of them reported they had been diagnosed with depression within their lifetime, then the lifetime prevalence of depression among this population of students is 10.0% (10/100).

The results from this survey are based on a random sample of students from each of the participating colleges and universities. Random sampling is a technique in which a group of subjects (in this case, the sample of college students) is selected for study from a larger group (in this case, the population of students enrolled at each of the participating institutions).

Each individual is chosen entirely by chance, and each member of the population has an equal chance of being included in the sample. Random sampling ensures that the sample chosen is representative of the population and that the statistical conclusions (in this case, the prevalence) will be valid.

Results

Health Insurance and Health Care Utilization

Students' current health influences their ability to realize their immediate goal of achieving academic success and graduating, and their future health affects their ability to accomplish their longer term goal of finding and sustaining a career. Access to health care has been shown to improve health. Although institutions of higher education differ in scope of services, each institution has a unique opportunity and bears a certain responsibility to address issues related to student health and to reduce barriers to health care access.

National Comparison

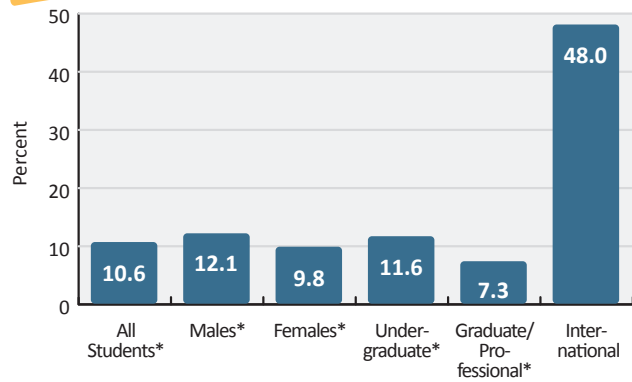
This section examines the areas of health insurance, health services utilization, and preventive care. Recent research indicates that most young adults in the United States, ages 18 to 24, report good health. The majority of young adults in Minnesota (92.5%) and nationwide (92.2%) report excellent, very good, or good health.¹ At the same time, young adults have relatively low rates of health insurance and preventive care utilization. Among individuals under age 65, 18- to 24-year-olds report the lowest rate of health insurance coverage: in Minnesota 80.9% report some kind of health care insurance, and nationwide the number is 70.3%.^{1,2} More young males (33.9%) than young females (25.4%) lack health insurance coverage.² Among all age groups, young adults (69.8%) are least likely to identify a usual place for medical care.²

Many health insurance plans allow dependents under the age of 25 to remain covered by their parents' insurance while attending a postsecondary institution. Therefore, students who attend postsecondary institutions tend to have higher rates of health insurance coverage than those who do not.

Students attending St. Cloud State University (SCSU) report an overall uninsured rate of **10.6%**. Males have a higher uninsured rate compared to females (**12.1%** vs. **9.8%**, respectively).

Health Insurance Status—Uninsured

All Students

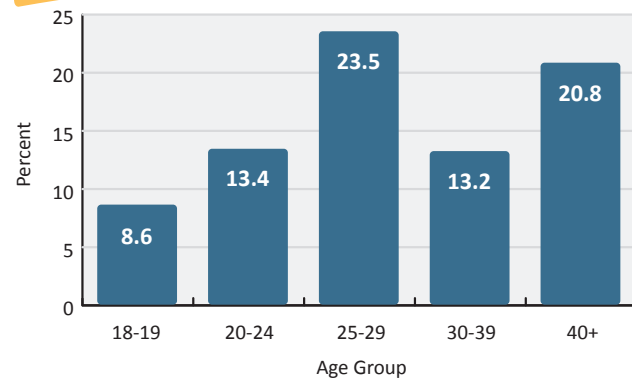


*Does not include international students.

St. Cloud State University students ages 25-29 report the highest uninsured rate. The lowest uninsured rate is among SCSU students ages 18-19. This rate may be a reflection of parental health insurance coverage for 18- and 19-year-old students.

Health Insurance Status—Uninsured

All Students by Age Group



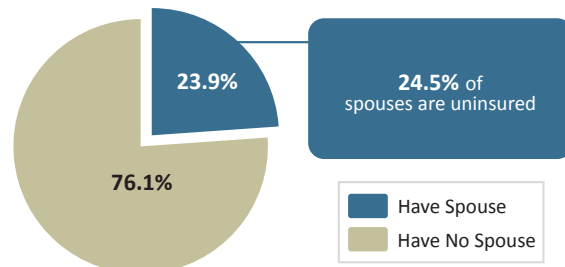
Nearly one-fourth (**23.9%**) of students who attend St. Cloud State University report having a spouse, and **24.5%** of these students report that their spouse is uninsured.

Nearly one in nine (**11.0%**) SCSU students report having dependent children. Of these dependent children, **6.7%** lack health insurance.

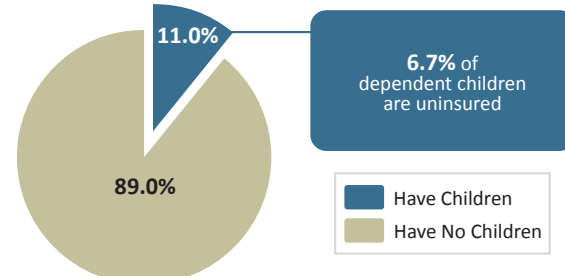
Spouse and Dependent Health Care Coverage

All Students

Marital Status and Health Care Coverage

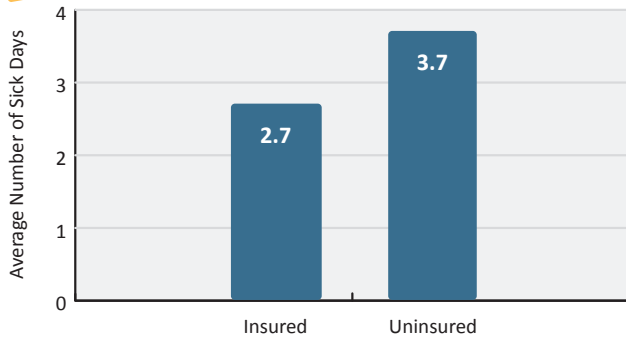


Dependent Children and Health Care Coverage



Health Insurance and Number of Sick Days—Past 30 Days

All Students

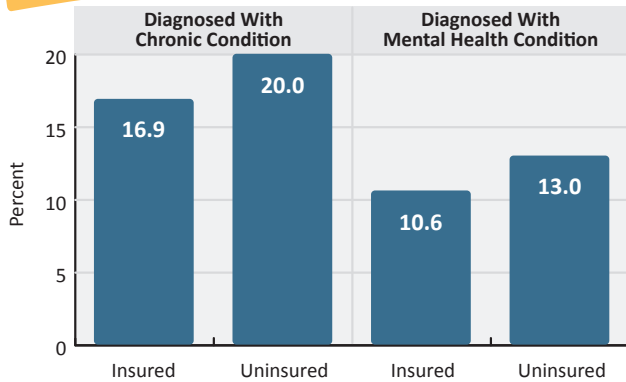


Number of sick days is a measure of health-related quality of life. Sick days reflect a personal sense of poor or impaired physical or mental health or the inability to react to factors in the physical and social environments.³

SCSU students without health insurance report on average **1.0** more sick day in the past 30 days than SCSU students with health insurance.

Health Insurance and Health Status

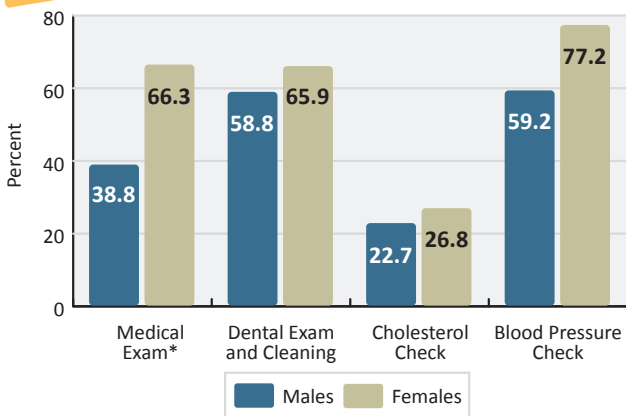
All Students



SCSU students with health insurance report lower rates of diagnosed chronic conditions and of diagnosed mental health conditions compared to SCSU students without health insurance.

Preventive Health Care—Past 12 Months

All Students by Gender



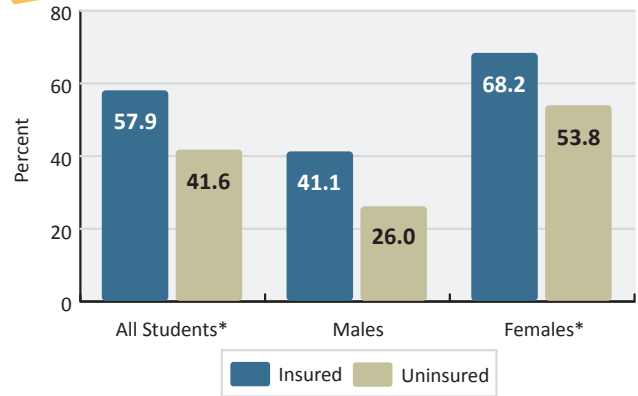
*Includes medical exam and/or gynecological exam for females.

Female students attending St. Cloud State University report obtaining routine medical exams, dental exams and cleanings, cholesterol checks, and blood pressure checks at higher rates than male students attending the university.

Health insurance coverage appears to have an impact on whether SCSU students obtained routine medical examinations within the past 12 months. Uninsured male and female students report far lower rates of obtaining a routine medical examination than insured students.

Routine Medical Examination—Past 12 Months

All Students by Gender and Insurance Status



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

Among St. Cloud State University students, the primary locations for obtaining many health care services appear to be a community clinic.

Health Care Service by Location

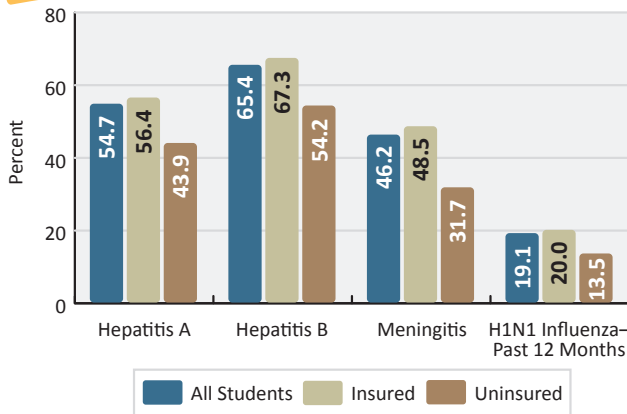
All Students (Includes Only Those Students Who Report Obtaining a Service in the Past 12 Months)

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

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 (89.8)	16.8	0.5	12.7	51.3	5.2	21.8
Dental Care (87.7)	1.5	0.3	2.4	39.1	3.0	54.3
Mental Health Service (25.3)	9.4	22.5	8.8	32.6	3.6	27.0
Testing for Sexually Transmitted Infections (39.3)	17.2	0.4	11.9	54.1	4.0	17.4
Treatment for Sexually Transmitted Infections (22.2)	19.0	0.4	13.8	50.6	4.8	15.2
Testing for HIV (32.6)	16.7	1.0	14.6	51.0	3.0	17.2
Emergency Care (82.5)	7.3	0.3	83.4	12.7	1.9	5.2

Vaccination Status

All Students by Insurance Status



SCSU students with health insurance obtain hepatitis A, hepatitis B, meningitis, and H1N1 influenza vaccinations at higher rates than students at the university without health insurance.

Currently these immunizations are not required for students enrolled in postsecondary institutions. Hepatitis B immunization, however, is required for high school students in Minnesota.

Average Number of Days Affected by Illness

All Students by Gender

Illness	Average Number of Days Affected—Past 30 Days	
Poor Physical Health	2.7	3.9
Poor Mental Health	4.2	6.5
Poor Physical and/or Mental Health Affected Daily Activities	2.3	3.3

Legend: Males (Dark Blue), Females (Light Green)

Compared to male respondents at St. Cloud State University, female respondents at the university report more days of poor physical health, more days of poor mental health, and more days when poor physical and/or mental health affected daily activities.

Acute Condition Diagnosis—Lifetime and Past 12 Months

All Students

Acute Condition	Percent Who Report Being Diagnosed	
Chlamydia	3.5	0.8
Gonorrhea	0.4	0.3
Hepatitis A	0.6	0.2
Lyme Disease	1.4	0.4
Mononucleosis	10.8	1.9
Pubic Lice	1.6	0.1
Strep Throat	45.5	6.8
Syphilis	0.5	0.3
Urinary Tract Infection	21.2	7.4
At Least One of the Above Acute Conditions	57.3	15.3

Legend: Within Lifetime (Dark Blue), Within Past 12 Months (Light Green)

St. Cloud State University students were asked to report if they have been diagnosed with selected acute illnesses within the past 12 months and within their lifetime.

The acute condition diagnosed most frequently within students' lifetimes was strep throat, with **45.5%** of SCSU students reporting having this diagnosis. The acute condition diagnosed most frequently within the past 12 months was urinary tract infection, with **7.4%** of SCSU students reporting having this diagnosis. Overall, **57.3%** of students report being diagnosed with at least one acute condition within their lifetime, and **15.3%** report being diagnosed with at least one acute condition within the past 12 months.

Chronic conditions are ongoing health concerns for students. Surveillance of these conditions provides a picture of longer term health care needs for students at SCSU.

The two most common chronic conditions diagnosed in St. Cloud State University students are allergies (37.7% lifetime) and asthma (16.0% lifetime). More than one-half (52.3%) of students report being diagnosed with at least one chronic condition within their lifetime, and more than one in six (17.3%) report being diagnosed with at least one chronic condition within the past 12 months.

Chronic Condition Diagnosis— Lifetime and Past 12 Months All Students

Chronic Condition	Percent Who Report Being Diagnosed	
	Within Lifetime	Within Past 12 Months
Alcohol Problems	2.6	0.9
Allergies	37.7	9.2
Asthma	16.0	2.4
Cancer	1.4	0.3
Diabetes Type I	0.8	0.3
Diabetes Type II	0.9	0.3
Drug Problems (Other Than Alcohol)	1.9	0.7
Genital Herpes	1.0	0.3
Genital Warts/ Human Papilloma Virus	3.5	1.2
Hepatitis B	0.4	0.1
Hepatitis C	0.6	0.2
High Blood Pressure	4.7	2.3
High Cholesterol	4.4	1.6
HIV/AIDS	0.6	0.4
Obesity	4.6	2.2
Repetitive Stress Injury	2.1	0.7
Tuberculosis	0.7	0.3
At Least One of the Above Chronic Conditions	52.3	17.3

Within Lifetime
 Within Past 12 Months

Results

Mental Health

Mental health issues can have a profound impact on students' ability to engage fully in the opportunities presented to them while in college. These issues affect their physical, emotional, and cognitive well-being and can lead to poor academic performance, lower graduation rates, and poor interpersonal relationships.

There is increasing diversity among college students. Among undergraduates nationwide, 32.2% are minorities, 57.2% are female, and 31.0% are age 25 or older.⁴ In addition, approximately 335,000 foreign undergraduate students are studying at U.S. colleges and universities.⁴ This diversity presents a myriad of counseling concerns related to multicultural and gender issues, life transition, stress, career and developmental needs, violence, interpersonal relationships, and serious emotional and psychological problems. This array of mental health problems represents ever-increasing challenges as postsecondary institutions strive to meet the needs of their students.

National Comparison

This section examines areas related to the mental and emotional status of college and university students. Recent research shows that young adults in the United States have relatively high rates of mental health problems compared to other age groups. Based on the results of the National Comorbidity Survey Replication Study using the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders-IV criteria, 58.7% of 18- to 29-year-olds have been diagnosed with a mental disorder within their lifetime, and 43.8% of 18- to 29-year-olds have been diagnosed with a mental disorder within the previous year.⁵ Among all age groups, 18- to 25-year-olds have the highest past-year prevalence of serious mental illness, i.e., mental illness that results in functional impairment, (7.4%) and the highest past-year prevalence of major depressive episode (8.7%).⁶ More than one in ten (10.8%) young adults between the ages of 18 and 25 have received treatment for a mental health problem in the previous year.⁶

For St. Cloud State University students, depression and anxiety are the two most frequently reported mental health diagnoses for both lifetime and the past 12 months.

Mental Health Condition Diagnosis—Lifetime and Past 12 Months

All Students

Mental Health Condition	Percent Who Report Being Diagnosed	
	Within Lifetime	Within Past 12 Months
Anorexia	1.6	0.3
Anxiety	15.3	6.3
Attention Deficit Disorder	5.4	1.4
Bipolar Disorder	2.0	0.4
Bulimia	1.3	0.3
Depression	18.2	6.1
Obsessive-Compulsive Disorder	2.3	0.7
Panic Attacks	6.1	2.2
Post-Traumatic Stress Disorder	2.5	0.6
Seasonal Affective Disorder	3.5	1.1
Social Phobia/ Performance Anxiety	3.1	1.1

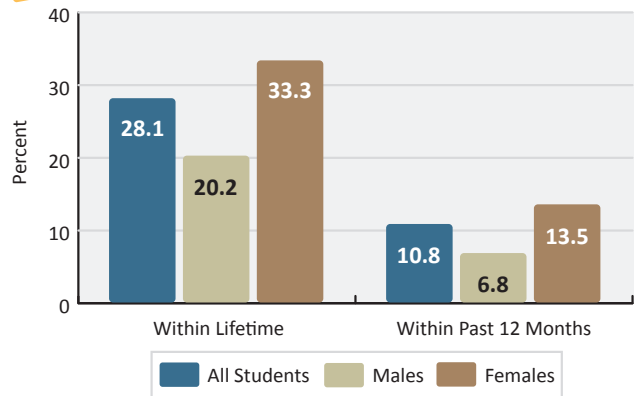
■ Within Lifetime ■ Within Past 12 Months

Among SCSU students, **28.1%** report being diagnosed with at least one mental health condition within their lifetime. Females report being diagnosed with a mental health condition within their lifetime and within the past 12 months at higher rates than males, which is consistent with gender differences seen in national data.

Additional analysis shows that **16.8%** report being diagnosed with two or more mental health conditions within their lifetime.

Any Mental Health Condition Diagnosis—Lifetime and Past 12 Months

All Students by Gender



Mental Health Stressors

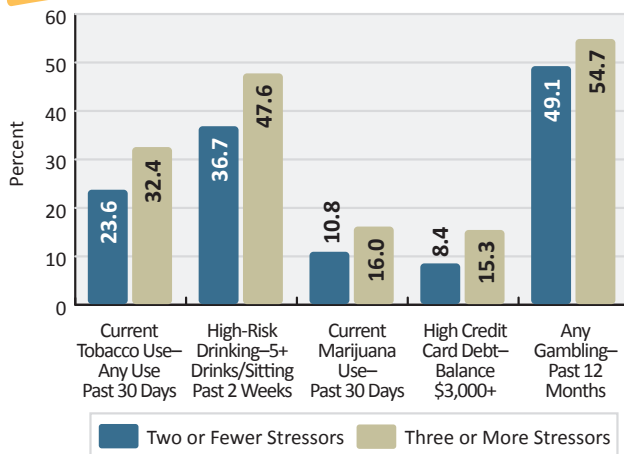
All Students

Stressor	Percent Who Report Experiencing Within Past 12 Months
Getting Married	3.1
Failing a Class	13.3
Serious Physical Illness of Someone Close to You	15.3
Death of Someone Close to You	19.9
Being Diagnosed With a Serious Physical Illness	2.8
Being Diagnosed With a Serious Mental Illness	3.1
Divorce or Separation From Your Spouse	1.3
Termination of Personal Relationship (Not Including Marriage)	16.3
Attempted Suicide	0.7
Being Put on Academic Probation	7.2
Excessive Credit Card Debt	11.3
Excessive Debt Other Than Credit Card	11.6
Being Arrested	1.2
Being Fired or Laid Off From a Job	6.5
Roommate/Housemate Conflict	24.3
Parental Conflict	15.4
Lack of Health Care Coverage	13.4
Issues Related to Sexual Orientation	1.7
Zero of the Above Stressors	30.9
One or Two of the Above Stressors	43.8
Three or More of the Above Stressors	25.3

The most commonly experienced stressors among St. Cloud State University students are roommate/housemate conflict and the death of someone close to them. A total of **43.8%** of students report experiencing one or two stressors within the past 12 months, and **25.3%** report experiencing three or more stressors over that same time period.

Mental Health Stressors and Risky Behavior

All Students



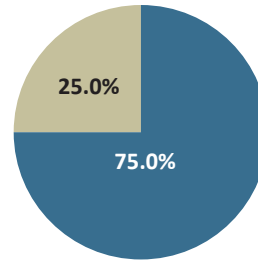
An association appears to exist between reported number of stressors experienced within the past 12 months and various types of risk-taking behavior. Over the same 12-month period, SCSU students who experienced three or more stressors tend to have higher rates of current tobacco use, high-risk drinking, current marijuana use, high credit card debt, and gambling compared to students who experienced two or fewer stressors.

Approximately one-fourth (**25.0%**) of SCSU students report they are unable to manage their stress level. Additional analysis shows that among these students, **11.5%** also report they were diagnosed with depression within the past 12 months. Approximately three-fourths (**75.0%**) of SCSU students report they are able to manage their level of stress. Only **4.3%** of these students report they were diagnosed with depression within the past 12 months.

Ability to Manage Stress—Past 12 Months

All Students

In an attempt to measure effectiveness in managing stress, students were asked to rate their stress level and their ability to manage stress, each on a scale of 1 to 10. The reported stress level is then divided by the reported ability to manage stress. Any result greater than 1 means a student is not effectively managing his or her stress.



Managed Stress (Index ≤1) Unmanaged Stress (Index >1)

An association appears to exist between unmanaged stress levels and higher rates of diagnosis for acute and chronic conditions as well as various mental health conditions. For example, **12.1%** of SCSU students with unmanaged stress levels report being diagnosed with anxiety within the past year compared to only **4.4%** of students with managed stress levels reporting the same diagnosis.

Stress and Mental Health, Acute, and Chronic Condition Diagnosis

All Students

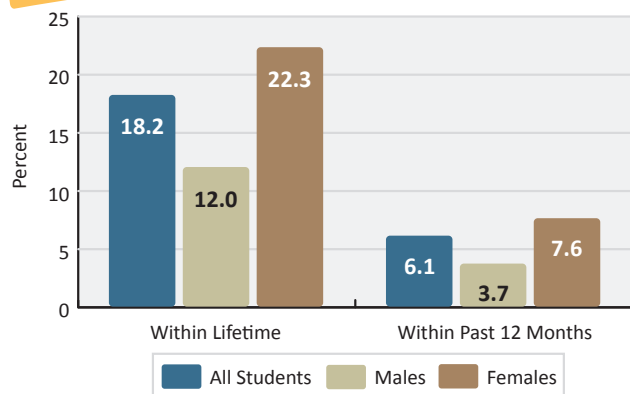
Condition	Percent Who Report Being Diagnosed Within the Past 12 Months	
	Managed Stress (Index ≤1)	Unmanaged Stress (Index >1)
Any Acute Condition	13.6	20.3
Any Chronic Condition	15.0	24.1
Anxiety	4.4	12.1
Depression	4.3	11.5
Obsessive-Compulsive Disorder	0.6	1.0
Panic Attacks	1.1	5.4
Social Phobia/Performance Anxiety	0.7	2.4

Managed Stress (Index ≤1) Unmanaged Stress (Index >1)

Depression is the mental health condition most frequently reported by St. Cloud State University students within their lifetime. Females report being diagnosed with depression—both lifetime and the past 12 months—at higher rates than males.

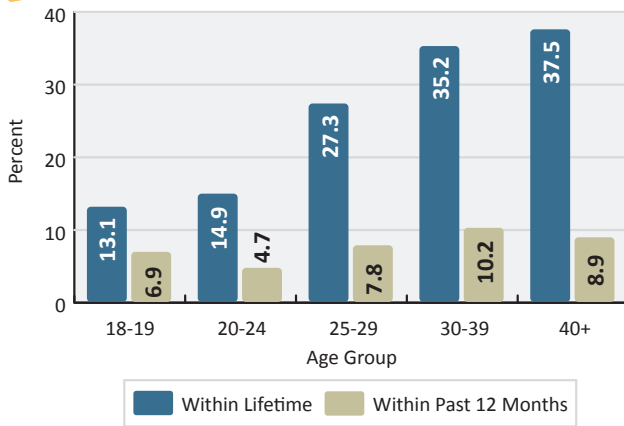
Depression Diagnosis—Lifetime and Past 12 Months

All Students by Gender



Depression Diagnosis— Lifetime and Past 12 Months

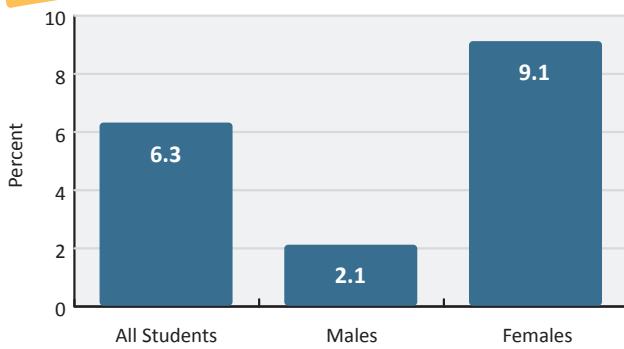
All Students by Age Group



The proportion of SCSU students who report being diagnosed with depression within their lifetime increases with age. SCSU students ages 30-39 report the highest rate of being diagnosed with depression within the past 12 months.

Currently Taking Medication for Depression

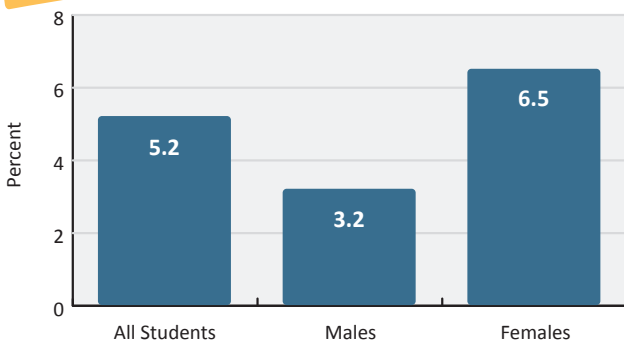
All Students by Gender



Overall, **6.3%** of St. Cloud State University students report they currently are taking medication for depression. Females report a higher rate of medication use for depression than males, which correlates with the higher depression diagnosis rates found in females compared to males.

Currently Taking Medication for Mental Health Problems Other Than Depression

All Students by Gender

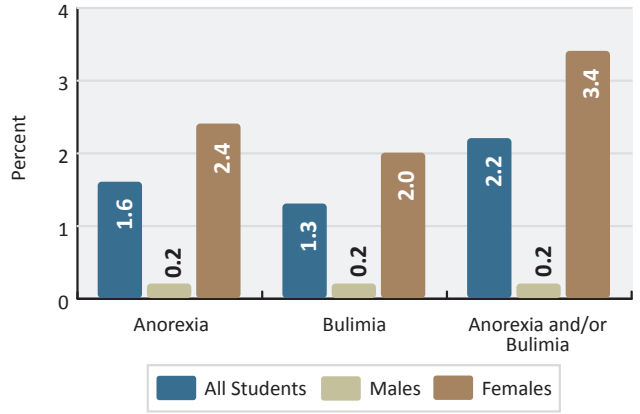


Female St. Cloud State University students also report a higher rate of medication use for mental health problems other than depression than the university's male population. Overall, **5.2%** of students report taking medication for a mental health problem other than depression.

Among St. Cloud State University students, **0.2%** of males and **3.4%** of females report being diagnosed with anorexia and/or bulimia within their lifetime.

Eating Disorder Diagnosis—Lifetime

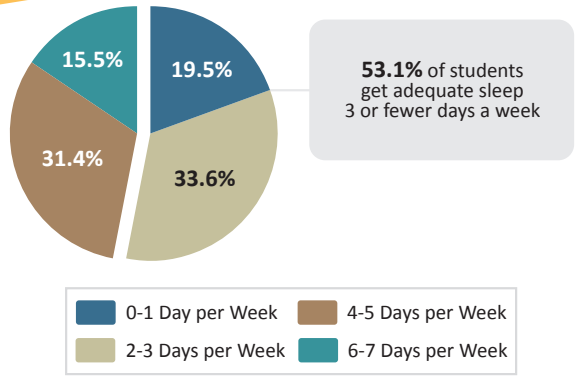
All Students by Gender



In response to a question that asked on how many of the past seven days they got enough sleep so they felt rested when they woke up in the morning, more than one-half (**53.1%**) of SCSU students report they received adequate sleep on three or fewer days over the previous seven days.

Number of Days of Adequate Sleep—Past Seven Days

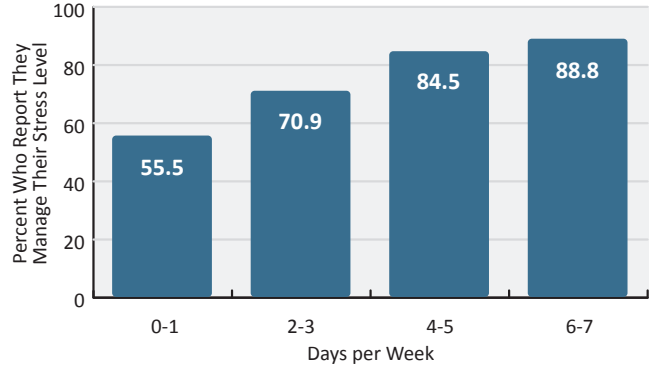
All Students



Receiving adequate sleep in the past seven days appears to have an impact on students' ability to manage their stress level. Only **55.5%** of SCSU students who report receiving 0-1 day per week of adequate sleep also report the ability to manage their stress, whereas **88.8%** of students who report 6-7 days per week of adequate sleep also report the ability to manage their stress.

Adequate Sleep and Stress

All Students



Results

Tobacco Use

Young adults transitioning between high school and college find themselves in an environment with increased opportunities to make personal and lifestyle decisions without supervision or input from their parents. Coupling this new-found freedom with growing academic pressure and an expanding social network can lead to experimentation and risky behaviors such as smoking. Preventing smoking among young adults is critical to reducing long-term use of tobacco products and the subsequent negative health consequences.

National Comparison

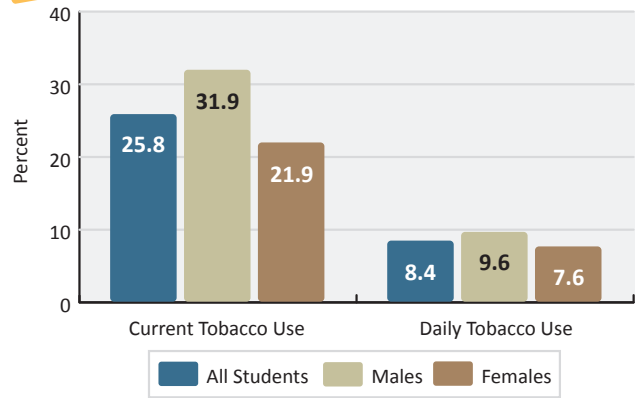
Recent research shows that current cigarette use by Americans of all ages peaks among young adults ages 21-25 at 37.1%, while 18- to 20-year-olds are not far behind at 33.5%.⁶ Nearly one in three (30.0%) full-time college students smoked cigarettes at least one time in the previous year, less than one in five (17.9%) smoked cigarettes at least one time in the previous 30 days, and approximately one in ten (9.2%) smoke cigarettes daily.⁷ Among young adults ages 18-25, 5.4% used smokeless tobacco in the previous month.⁶ Current cigarette smokers are more likely to use other tobacco products, alcohol, or illicit drugs than nonsmokers.⁶ Among all current smokers, 42.5% have tried to quit and have stopped smoking for at least one day in the preceding 12 months.⁸ Of the 15 million college students in the United States, an estimated 1.7 million will die prematurely due to smoking-related illnesses.⁹ Clearly the current level of tobacco use among college students poses a major health risk.

The current tobacco use rate for St. Cloud State University students is **25.8%**, with a daily tobacco use rate of **8.4%**. Males report higher rates of both current and daily tobacco use compared to females.

Definition:
Current Tobacco Use
 Any tobacco use in the past 30 days. Tobacco use includes both smoking and smokeless tobacco.

Current and Daily Tobacco Use

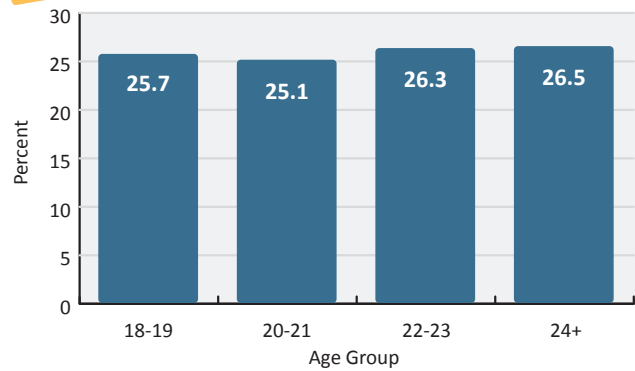
All Students by Gender



St. Cloud State University students age 24 and older report the highest current tobacco use rate.

Current Tobacco Use

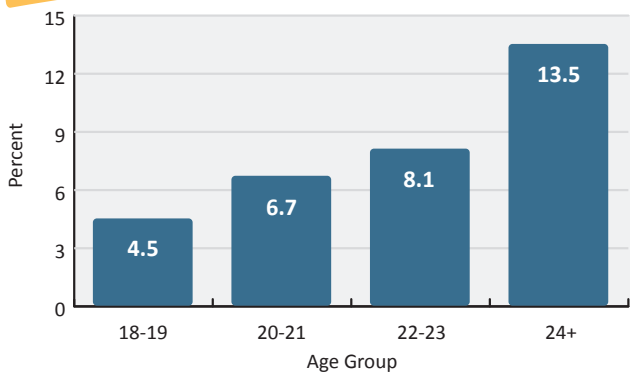
All Students by Age Group



Among SCSU students, the rate of daily tobacco use increases with age. More than one in eight (**13.5%**) SCSU students age 24 and older reports using tobacco daily.

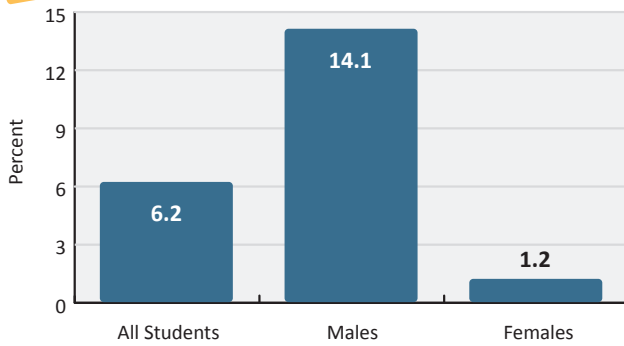
Daily Tobacco Use

All Students by Age Group



Current Smokeless Tobacco Use

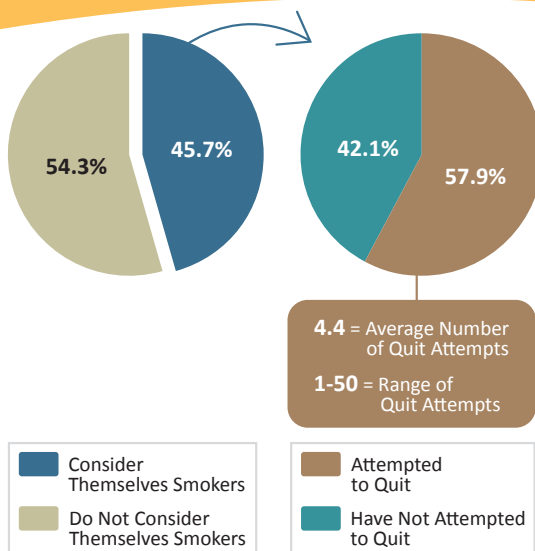
All Students by Gender



Males are the predominant users of smokeless tobacco. Overall, **14.1%** of male St. Cloud State University students report using smokeless tobacco during the past 30 days.

Quit Attempts—Past 12 Months

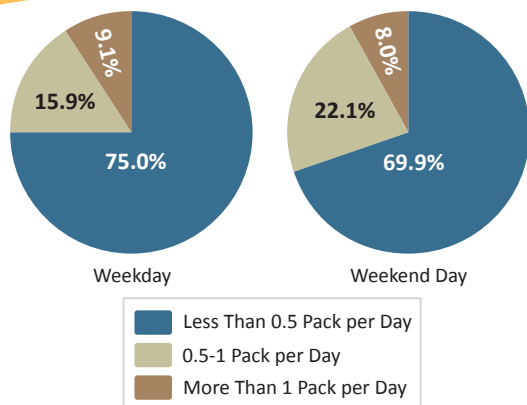
Current Smokers



Among students at St. Cloud State University who report using smoking tobacco in the past 30 days, **54.3%** do not consider themselves smokers. Among SCSU students who do consider themselves smokers, **57.9%** made at least one attempt to quit smoking over the past 12 months. These students made an average of **4.4** quit attempts during that same 12-month period.

Number of Cigarettes Smoked

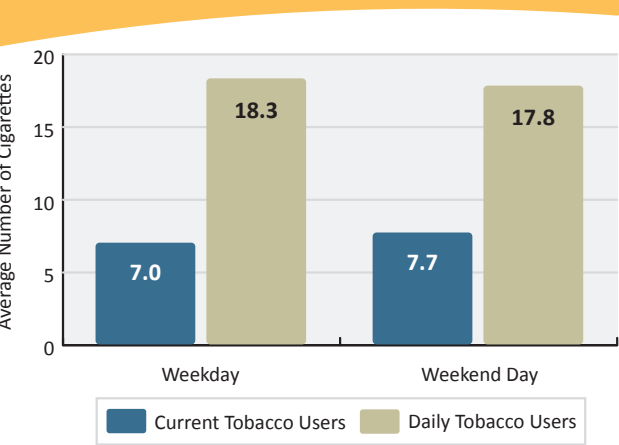
Current Tobacco Users



For SCSU students who report using tobacco over the past 30 days, the percentage of those who say they smoke half a pack of cigarettes or more per day increases from **25.0%** on a weekday to **30.1%** on a weekend day.

The average number of cigarettes smoked by SCSU students who are current tobacco users increases from **7.0** per weekday to **7.7** per weekend day. For daily tobacco users, the average number decreases from **18.3** per weekday to **17.8** per weekend day.

Average Number of Cigarettes Smoked



St. Cloud State University students who used tobacco in the past 30 days report the most common locations of their use are in a car, where they live (outside), at private parties (outside), and on campus (outside).

Tobacco Use Location

Location	Percent Who Indicate Use at Specified Location	
	Inside	Outside
On Campus	9.1	57.2
Residence Halls	*	22.1
Fraternity/Sorority	0.7	3.3
Bars/Restaurants	*	43.1
In a Car	67.4	*
Where I Live	26.8	65.2
Private Parties	31.5	62.0
Work Site	*	25.4
Parking Ramp/Garage	12.7	*
Other	7.2	20.7

*Location not included in question.

Secondhand Smoke Exposure

All Students

Location	Percent Who Indicate Exposure					
	Nonsmokers		Smokers		All Students	
On Campus	3.3	58.6	1.8	63.4	3.0	59.6
Residence Halls	*	15.5	*	16.3	*	15.7
Fraternity/Sorority	0.0	0.7	0.4	1.1	0.1	0.8
Bars/Restaurants	*	21.1	*	38.8	*	25.0
In a Car	14.5	*	51.4	*	22.9	*
Where I Live	4.7	15.8	18.8	35.9	7.9	20.3
Private Parties	10.4	20.1	28.3	42.0	14.4	25.0
Work Site	*	9.2	*	16.3	*	10.8
Parking Ramp/Garage	4.2	*	9.8	*	5.4	*
Other	3.7	13.9	9.1	18.5	4.9	14.9
N/A—Never Exposed	25.2		9.8		21.7	

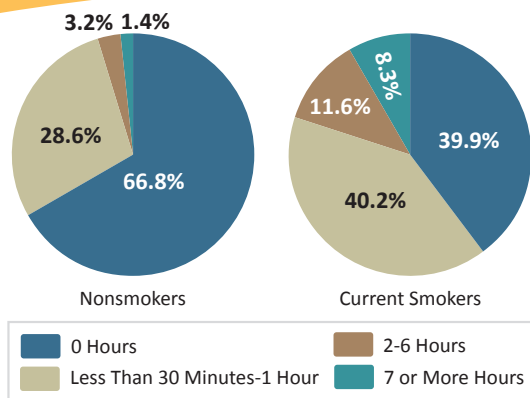
Inside
 Outside

*Location not included in question.

For nonsmokers attending SCSU, on campus (outside) and bars and restaurants (outside) are the most commonly cited locations for exposure to secondhand smoke. On campus (outside) and in a car are the most frequently reported locations for exposure to secondhand smoke by smokers.

Secondhand Smoke Exposure—Per Week

Nonsmokers vs. Current Smokers



For nonsmokers attending St. Cloud State University, **4.6%** report being exposed to secondhand smoke 2 or more hours per week. For current smokers, **19.9%** report being exposed to secondhand smoke for 2 or more hours per week.

St. Cloud State University students who use tobacco tend to have a higher rate of high-risk drinking compared to SCSU students who are non-tobacco users (**62.2%** vs. **31.4%**, respectively).

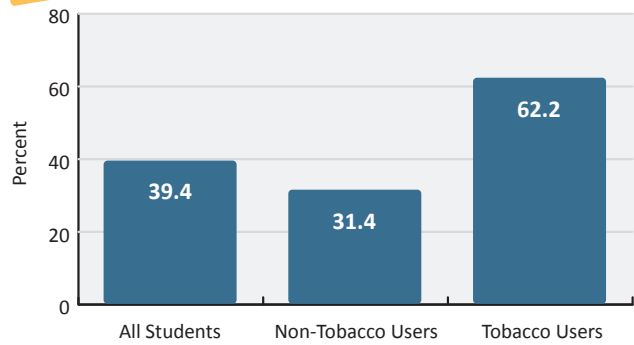
Definition:

High-Risk Drinking

Consumption of five or more alcohol drinks at one sitting within the past two weeks for both males and females. A drink is defined as a bottle of beer, wine cooler, glass of wine, shot glass of liquor, or mixed drink.

Tobacco Use Status and High-Risk Drinking

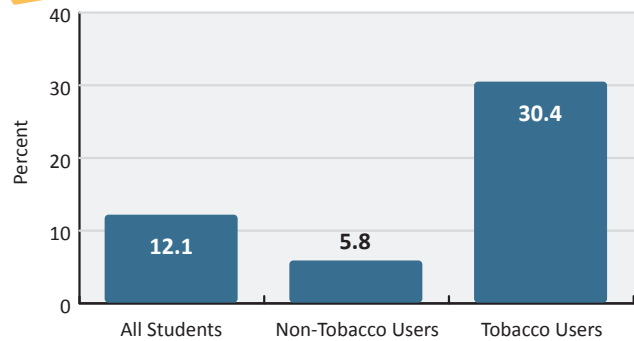
All Students



Similar to the relationship between high-risk drinking and tobacco use, use of marijuana in the past 30 days by SCSU students is higher among tobacco users (**30.4%**) compared to non-tobacco users (**5.8%**). This is a more than fivefold increase in the rate.

Tobacco Use Status and Current Marijuana Use

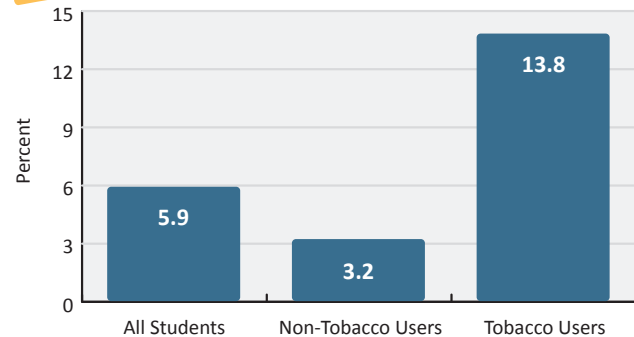
All Students



As with high-risk drinking and marijuana use, the use of other illegal drugs is associated with tobacco use. Tobacco users who attend SCSU use illegal drugs other than marijuana at more than four times the rate of non-tobacco users who attend the university (**13.8%** vs. **3.2%**, respectively).

Tobacco Use Status and Other Illegal Drug Use (Not Marijuana)—Past 12 Months

All Students



Results

Alcohol Use and Other Drug Use

For some young adults, college life includes an introduction or increase in the use of alcohol, marijuana, and various illicit drugs. Whether students are using these substances to signify emergence into adulthood, enhance their social life, or cope with stress, substance abuse can lead to a decline in classroom performance, lower grades, aggressive behavior, property damage, and personal injury.

National Comparison

American college students consume alcohol and other drugs at very high rates. More than four in five (85.3%) full-time college students have consumed alcohol at least one time, and more than two in three (69.0%) full-time college students consume alcohol monthly.⁷ The rate of binge drinking (consuming five or more alcoholic beverages in a row in the previous two weeks) peaks between ages 21 and 25 at 46.0% and is 33.7% among 18- to 20-year-olds.⁶ Young adults ages 18 to 22 who are enrolled in college full time are more likely than their peers who are not enrolled in college full time to consume alcohol monthly and to binge drink.⁶

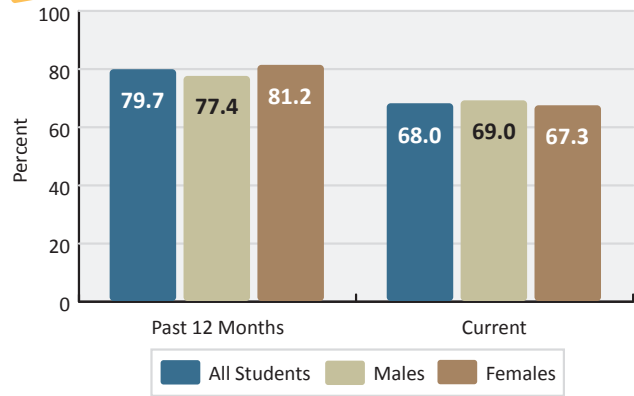
Approximately one-half (49.5%) of full-time college students have used an illicit drug at least once in their lifetime, more than one-third (35.2%) of full-time college students have used an illicit drug at least once in the past year, and nearly one in five (18.9%) full-time college students have used an illicit drug in the last month.⁷ Marijuana is the illicit drug of choice for full-time college students, with nearly half (46.8%) of students having used the drug at least once in their lifetime and almost one-third (32.3%) having used it in the past year.⁷ Among full-time college students, 5.7% have used amphetamines, 4.4% have used cocaine, and 0.3% have used heroin in the previous year.⁷

Among St. Cloud State University students, **79.7%** report using alcohol in the past 12 months and **68.0%** report using alcohol in the past 30 days. Females report a slightly higher rate of past-12-month alcohol use compared to males, while males report a slightly higher rate of current alcohol use compared to females.

Definition: Past-12-Month Alcohol Use
Any alcohol use within the past year.
Definition: Current Alcohol Use
Any alcohol use within the past 30 days.

Alcohol Use—Past 12 Months and Current

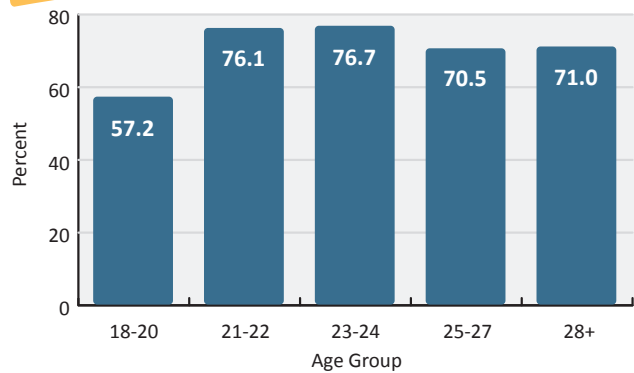
All Students by Gender



Nearly three-fifths (**57.2%**) of SCSU students ages 18-20 report consuming alcohol in the past 30 days. More than three out of four (**76.7%**) SCSU students ages 23-24 report consuming alcohol over the same time period.

Current Alcohol Use

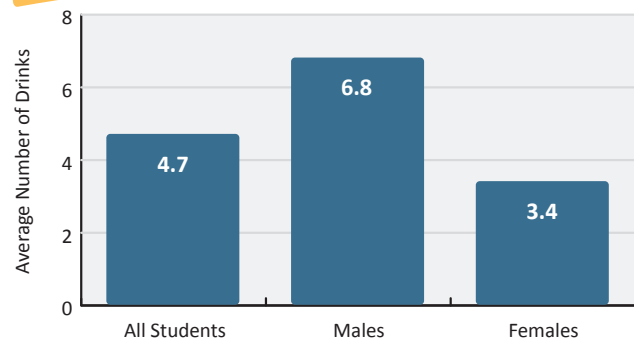
All Students by Age Group



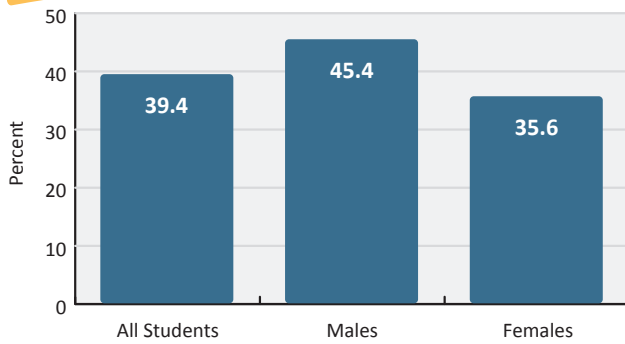
Male SCSU students consume a higher average number of drinks per week than female students at the university. The average number of drinks per week may serve as an indicator of overall alcohol use.

Average Number of Drinks per Week

All Students by Gender

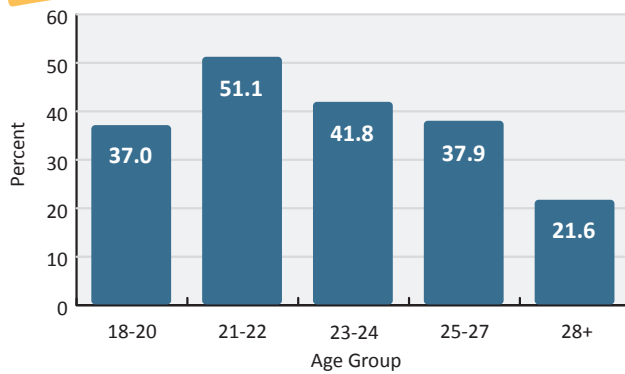


High-Risk Drinking All Students by Gender



Male students at St. Cloud State University report a higher rate of high-risk drinking compared to female SCSU students (**45.4%** vs. **35.6%**, respectively).

High-Risk Drinking All Students by Age Group



Among St. Cloud State University students, the peak years for engaging in high-risk drinking are between ages 21 and 22.

High-Risk Drinking Rates on Campus— Perceived vs. Actual

All Students

Question asked:

In the past two weeks, what percentage of students at your school do you think had five or more drinks at a sitting? (One drink = one shot of alcohol, 12-ounce can of beer, mixed drink containing 1 or 1.5 ounces of alcohol, 12-ounce wine cooler, or 5-ounce glass of wine.)

High-Risk Drinking Status	Students' Perception of High-Risk Drinking by School Peers	Actual High-Risk Drinking Rate
All Students	44.8%	39.4% of All Students
High-Risk Drinkers	51.8%	
Non-High-Risk Drinkers	40.3%	

SCSU students who have engaged in high-risk drinking tend to overestimate this behavior among their peers (**51.8%**), while those who have not engaged in high-risk drinking more accurately estimate this behavior among their peers (**40.3%**). The estimate from all students is **44.8%**, and the actual high-risk drinking rate at the university is **39.4%**.

The blood alcohol content of a student on the most recent socializing/partying occasion was calculated based on answers to four different survey questions (gender, current body weight, amount of alcohol consumed, and time period of consumption). It should be noted that the BAC calculated in this study is an estimate. This information is self-reported, and students tend to underestimate the actual amount of alcohol they consume.

Blood Alcohol Content

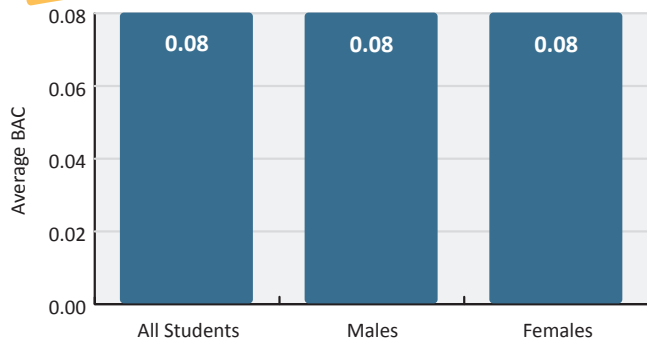
Blood alcohol content (BAC) measures the percentage of alcohol in a person's blood. The calculation of BAC is based on a formula that takes into account the following factors:

- Gender
- Current body weight
- Amount of alcohol consumed (number of drinks)
- Time period of consumption
- Concentration of alcohol in the beverage consumed (based on the alcohol content of one typical can of beer containing 4.5% alcohol)

For male and female students attending St. Cloud State University, the average estimated blood alcohol content, based on the last time the student partied/socialized, is **0.08**.

Average Estimated Blood Alcohol Content

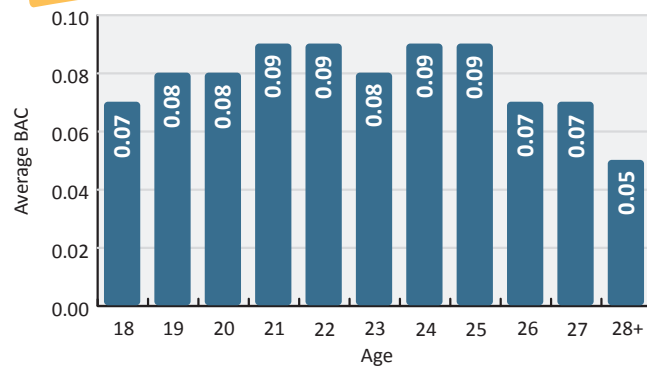
All Students by Gender



The average estimated BAC levels for St. Cloud State University students range from **0.05** to **0.09**, with the estimated BAC for all survey respondents averaging **0.08**. Students ages 21, 22, 24, and 25 report average estimated BAC levels of **0.09**, which exceed the legal driving limit of 0.08 for individuals of legal drinking age.

Average Estimated Blood Alcohol Content

All Students by Age



Negative Consequences of Alcohol/Drug Use

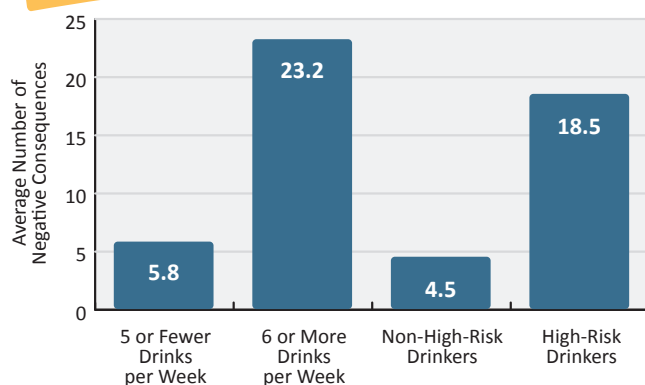
All Students

Negative Consequence Due to Alcohol/Drug Use	Percent Who Report Experiencing Within Past 12 Months
Had a Hangover	62.8
Performed Poorly on a Test or Important Project	24.1
Been in Trouble With Police, Residence Hall, or Other College Authorities	9.3
Damaged Property, Pulled Fire Alarms, etc.	2.7
Got Into an Argument or Fight	24.1
Got Nauseated or Vomited	43.2
Driven a Car While Under the Influence	15.1
Missed a Class	28.9
Been Criticized by Someone I Know	23.4
Thought I Might Have a Drinking or Other Drug Problem	8.0
Had a Memory Loss	25.6
Done Something I Later Regretted	29.1
Been Arrested for DWI/DUI	0.7
Have Been Taken Advantage of Sexually	3.9
Have Taken Advantage of Another Sexually	0.7
Tried Unsuccessfully to Stop Using	2.7
Seriously Thought About Suicide	3.0
Seriously Tried to Commit Suicide	0.5
Been Hurt or Injured	10.5

More than one in seven (**15.1%**) St. Cloud State University students report having driven a car while under the influence of alcohol or drugs. Among SCSU students, **28.9%** report missing a class and **24.1%** report performing poorly on a test or project as a result of alcohol/drug use.

Average Number of Negative Consequences

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



A strong association exists between the average number of drinks SCSU students consumed per week and the total number of reported negative consequences they experienced over the past 12 months. An association also exists between engaging in high-risk drinking within the past two weeks and reported negative consequences.

The rates for the negative consequences identified generally are two to three times higher among SCSU students who have engaged in high-risk drinking compared to SCSU students who have not engaged in high-risk drinking. More than one in four (**28.2%**) students who have engaged in high-risk drinking have driven while under the influence of alcohol or drugs one or more times in the past 12 months.

High-Risk Drinking and Selected Consequences*

All Students

Negative Consequence	Percent		
	All Students	Non-High-Risk Drinkers	High-Risk Drinkers
Driven a Car While Under the Influence	15.1	6.5	28.2
Got Into an Argument or Fight	24.1	12.0	42.8
Performed Poorly on a Test or Important Project	24.1	13.4	40.6
Missed a Class	28.9	15.0	50.2
Have Been Taken Advantage of Sexually (Includes Males and Females)	3.9	1.9	6.9

■ All Students
 ■ Non-High-Risk Drinkers
 ■ High-Risk Drinkers

*The rate for high-risk drinking is based on behavior in the past two weeks while the rate for negative consequences is based on reported experiences within the previous 12-month period.

Students were asked if they would call 911 when someone “passes out” due to alcohol/drug use and they are unable to wake the individual. In this example of a situation in which 911 must be called, **59.3%** of all St. Cloud State University students report they would be “very likely” to call for emergency assistance.

Likelihood of Calling 911 in an Alcohol/Drug-Related Situation

All Students

Response	Percent		
	All Students	Students Who Did Not Use Alcohol Within the Past 30 Days	Students Who Did Use Alcohol Within the Past 30 Days
Very Likely	59.3	68.2	55.2
Somewhat Likely	25.0	20.4	27.1
Somewhat Unlikely	9.9	5.7	11.9
Very Unlikely	5.8	5.7	5.8

■ All Students
 ■ Students Who Did Not Use Alcohol Within the Past 30 Days
 ■ Students Who Did Use Alcohol Within the Past 30 Days

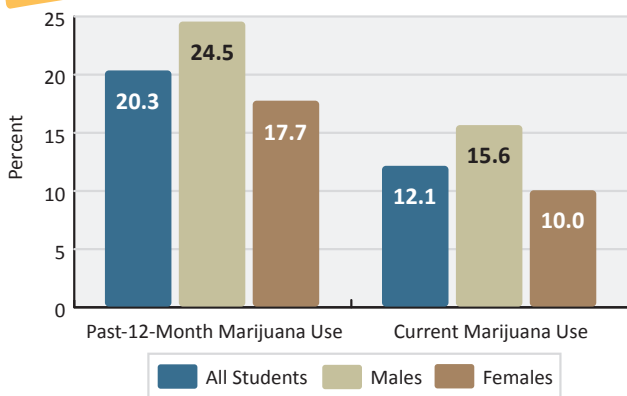
The rate for any marijuana use within the past 12 months is **20.3%** for all St. Cloud State University students, while the current marijuana use rate is **12.1%** for all SCSU students. Both the past-12-month and current marijuana use rates are higher for males than for females.

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

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

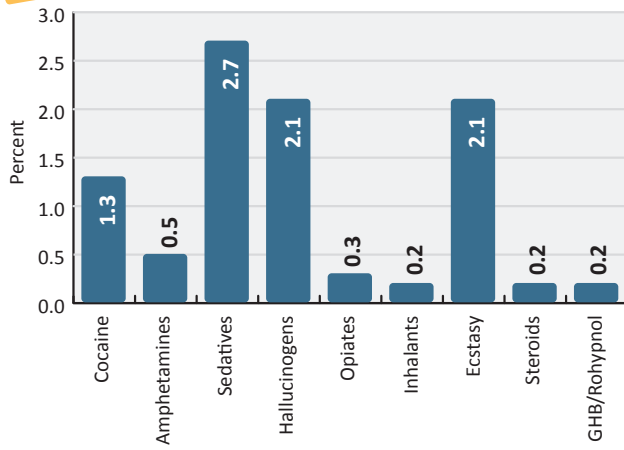
Marijuana Use—Past 12 Months and Current

All Students by Gender



Selected Drug Use—Past 12 Months

All Students



The illicit drugs most commonly used by SCSU students are sedatives (2.7%), hallucinogens (2.1%), and ecstasy (2.1%). Further analysis shows that among SCSU students, 5.9% report having used at least one of the nine listed illicit drugs. In addition, 6.4% of students report using another person's prescription drugs.

Results

Personal Safety and Financial Health

The health of students and their subsequent success in academic life depends on a multitude of factors both intrinsic and extrinsic to the individual. Safety and personal finances are natural sources of concern for students, parents, and college personnel. A safe campus offers students the opportunity to pursue learning in an environment free from threats to their physical or emotional well-being. As college populations become more diverse, the challenge of creating a safe environment becomes more complex. Students' decisions related to finances also affect their academic success. This section concentrates on the areas of personal safety and financial health.

National Comparison

Though many efforts are made to reduce violence and victimization on campus, these unfortunate events still occur. Current data show that almost one in six (17.6%) women and one in 33 (3.0%) men in the United States have been victims of rape or attempted rape in their lifetime.¹⁰ Based on estimates by the National Institute of Justice, 20.0% of American women experience rape or attempted rape while in college, but fewer than 5.0% of college rape victims report the incident to the police.¹¹

Financial health is another area of concern. More than four in five (84.0%) college students in the United States have at least one credit card, and one-half (50.0%) have four or more credit cards.¹² The average credit card debt per U.S. college student is \$3,173.¹² More than two-fifths (41.9%) of college students report that they participated in some type of gambling activity during the previous school year.¹³

Nearly one in four (**23.1%**) female students at St. Cloud State University report experiencing a sexual assault within their lifetime, with **5.6%** reporting having been assaulted within the past 12 months. Male SCSU students have experienced sexual assault at lower rates, with **5.5%** reporting an assault within their lifetime and **1.5%** reporting an assault within the past 12 months.

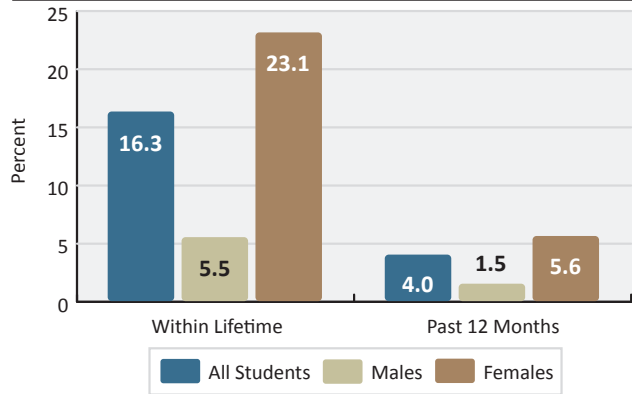
Sexual Assault—Lifetime and Past 12 Months

All Students by Gender

Sexual assault is defined as answering yes to at least one of the following two questions:

Within your lifetime or during the past 12 months, have you:

- Experienced actual or attempted sexual intercourse without your consent or against your will?
- Experienced actual or attempted sexual touching without your consent or against your will?



Among female St. Cloud State University students, more than one in four (**26.4%**) report experiencing domestic violence within their lifetime. More than one in seven (**15.0%**) male SCSU students report having had the experience.

Further examination of data shows that nearly one in six (**16.4%**) students at the university report either sexually assaulting or inflicting domestic violence on another person within their lifetime. Of those who report being a perpetrator of sexual assault or domestic violence, **40.4%** indicate they have been a victim of a sexual assault within their lifetime.

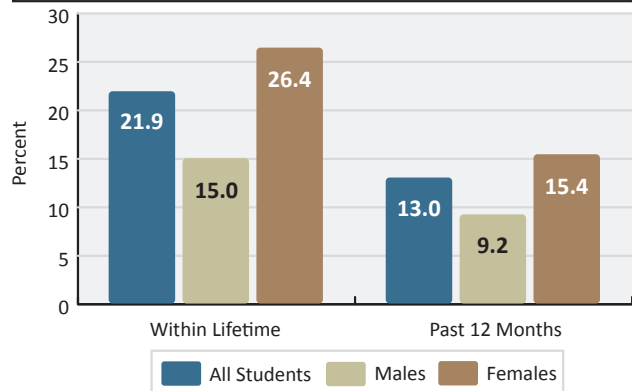
Domestic Violence—Lifetime and Past 12 Months

All Students by Gender

Domestic violence is defined as answering yes to at least one of the following two questions:

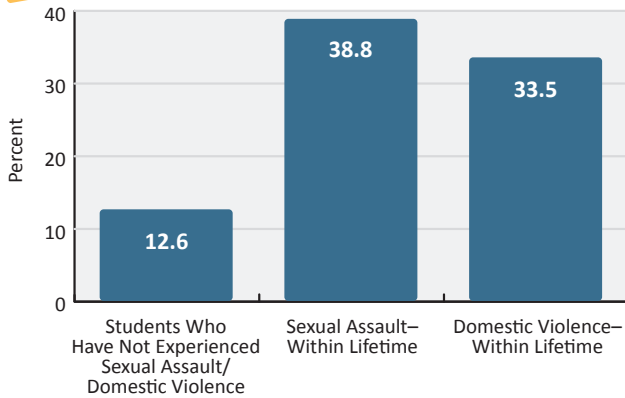
Within your lifetime or during the past 12 months, have you:

- Been slapped, kicked, or pushed by your significant other or spouse/partner?
- Been hurt by threats, “put-downs,” or yelling by your significant other or spouse/partner?



Depression Diagnosis—Lifetime

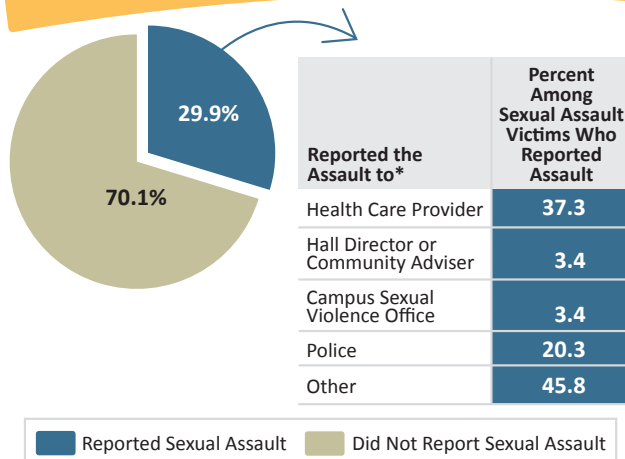
All Students by Sexual Assault/Domestic Violence



For students who report being victims of sexual assault, **38.8%** also say they have been diagnosed with depression within their lifetime; **33.5%** of victims of domestic violence say they have had a diagnosis of depression within their lifetime. It should be noted these rates are higher than the lifetime depression rate reported among SCSU students who have not experienced sexual assault or domestic violence within their lifetime.

Sexual Assault Reporting by Victims—Lifetime

Sexual Assault Victims

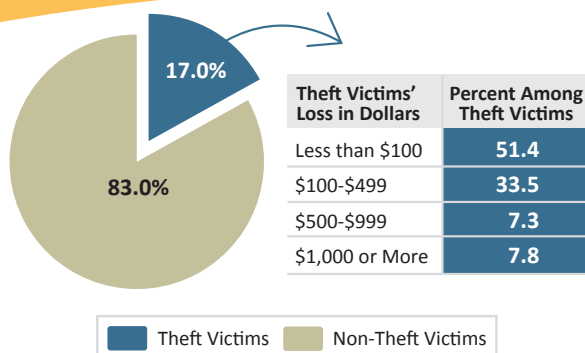


Of St. Cloud State University students who indicate they have experienced a sexual assault within their lifetime (16.3%), only **29.9%** state they reported the incident. Of the SCSU students who chose to report the incident, **20.3%** reported it to the police and **37.3%** reported it to a health care provider.

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

Theft Victims—Past 12 Months

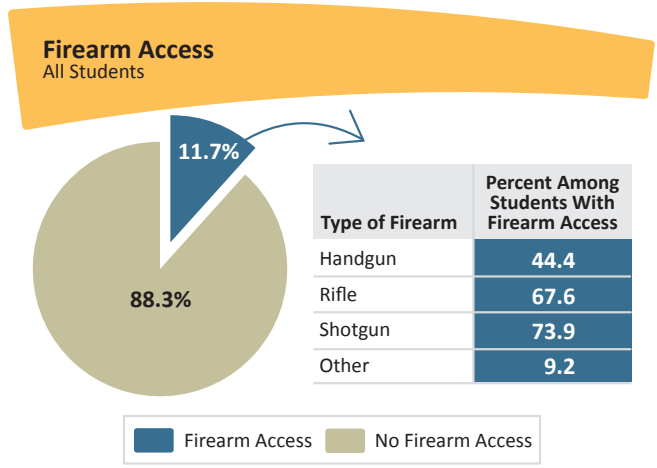
All Students



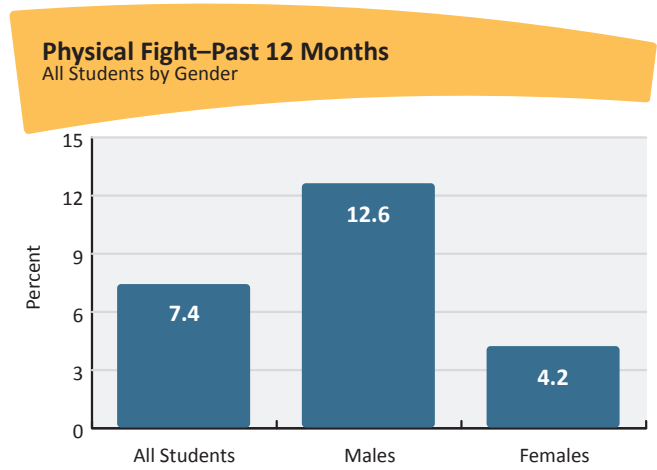
More than one in six (**17.0%**) St. Cloud State University students were theft victims within the past 12 months. Of those who report experiencing a theft, **84.9%** say the amount of the theft was \$499 or less.

More than one-ninth (**11.7%**) of St. Cloud State University students report they have immediate access to a firearm, **16.2%** for males and **8.9%** for females. Of those who have access to a firearm, **44.4%** report they have access to a handgun.

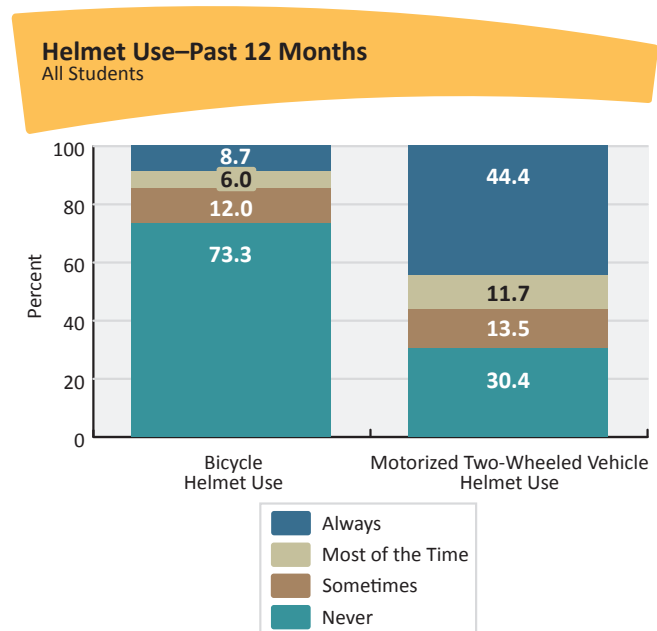
Further analysis shows that **10.6%** of students attending St. Cloud State University state they carried a weapon (e.g., gun, knife) within the past 12 months. This does not include carrying a weapon while hunting.



Male students at St. Cloud State University are more likely to report having engaged in a physical fight over the past 12 months compared to female SCSU students (**12.6%** vs. **4.2%**, respectively).



Among students at SCSU who rode a bicycle, only **14.7%** report wearing a helmet always or most of the time while riding the bicycle. More than one-half (**56.1%**) of students who rode a motorized two-wheeled vehicle report they wear a helmet always or most of the time while on the vehicle.



Injuries—Past 12 Months

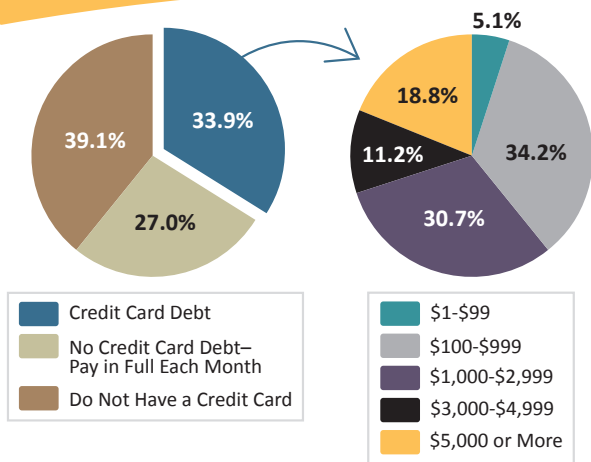
All Students

Type of Injury	Percent Who Report Experiencing Within Past 12 Months
Assaulted by Another Person (Nonsexual)	1.9
Burned by Fire or a Hot Substance	7.7
Motor Vehicle Related	2.3
Team Sports	11.0
Individual Sports	7.0
Bicycle Related	1.0
In-line Skating	0.4
Skate Boarding	0.5
Falls	15.6
Other	11.4
Not Applicable—I Was Not Injured	60.0

Approximately two in five (**40.0%**) SCSU students report experiencing at least one injury over the past 12 months. The injuries most commonly reported during this period are due to falls and miscellaneous causes.

Current Credit Card Debt

All Students



Approximately one in three (**33.9%**) St. Cloud State University students report carrying some level of credit card debt over the past month. Of those who carry a monthly credit card balance, **30.0%** report the debt as \$3,000 per month or more.

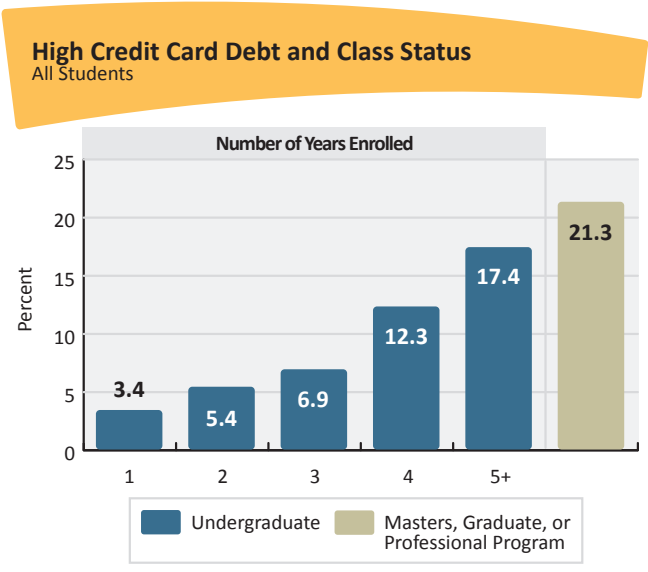
Definition:

Current Credit Card Debt

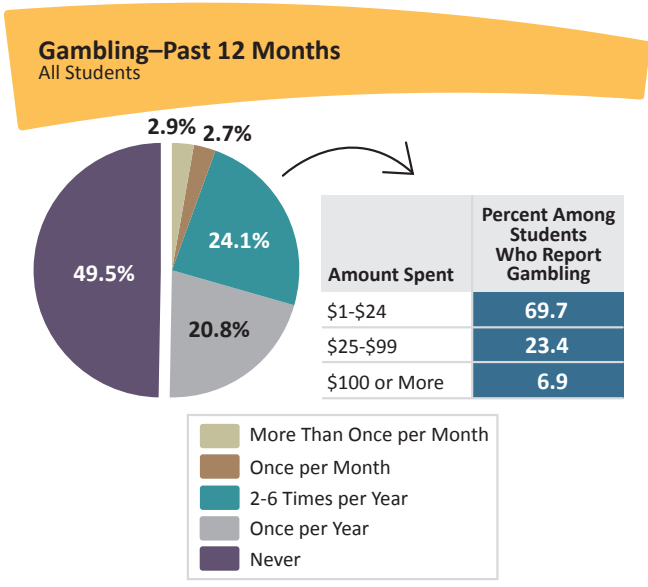
Any unpaid balance at the end of the past month.

The rate of high credit card debt increases from **3.4%** among SCSU undergraduate students enrolled one year to **17.4%** among SCSU undergraduate students enrolled five or more years. More than one in five (**21.3%**) students enrolled in a masters, graduate, or professional program report high credit card debt.

Definition:
High Credit Card Debt
 A monthly debt of \$3,000 or more.



Approximately one-half (**50.5%**) of St. Cloud State University students report engaging in gambling over the past 12-month period. More than one in twenty (**5.6%**) report gambling at least once a month. Of the **50.5%** who gambled within the past year, **6.9%** report spending \$100 or more per month.



Results

Nutrition and Physical Activity

For many students, the college years represent a time of new experiences and increased opportunities to make personal health decisions. Some of these decisions encompass the areas of nutrition and physical activity. Students are on their own, free to eat what they want, when they want. Busy academic and social schedules can take priority over eating well and exercising regularly. Class and work schedules vary from day to day and change every semester. Lifestyle changes, peer pressure, and limited finances may lead to an increase in stress, triggering overeating that results in weight gain. In addition, the steady availability of a wide variety of food, both nutritious and not so nutritious, can make wise food choices difficult.

National Comparison

Research shows that young adults in the United States generally eat fewer fruits and vegetables but are more physically active compared to older adults.¹ Young adults between the ages of 18 and 24 (23.0%) are slightly less likely than all adults (24.4%) to eat fruits and vegetable five or more times per day.¹ Young adults between the ages of 18 and 27 report consuming breakfast an average of 3.1 days per week and consuming fast food an average of 2.5 days per week.¹⁴ The rate of obesity among young adults ages 18 to 24 is 16.8%.¹

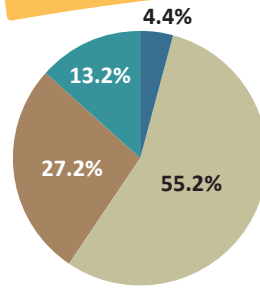
Nationwide, 81.1% of young adults between the ages of 18 and 24 compared to 75.4% of all adults report participating in at least one physical activity during the last month.¹ Approximately three out of five (60.9%) 18- to 24-year-olds report engaging in at least 30 minutes of moderate physical activity five or more days per week or at least 20 minutes of vigorous physical activity three or more days per week; for all adults, the rate is 50.5%.¹

Body mass index (BMI) is a common and reliable indicator of body fatness.¹⁵ BMI equals the weight in kilograms divided by the height in meters squared (BMI = kg/m²). This table presents weight categories based on BMI ranges.

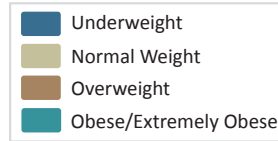
Approximately two in five (40.4%) St. Cloud State University students fall within the overweight or obese/extremely obese category. This is based on self-reported height and weight.

BMI Category

All Students



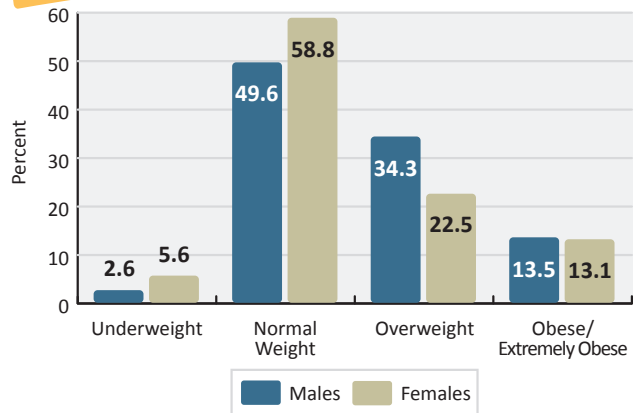
BMI Range	Weight Category
Less Than 18.5	Underweight
18.5 to 24.9	Normal Weight
25.0 to 29.9	Overweight
30.0 to 39.9	Obese
40.0 and Greater	Extremely Obese



Data analysis shows that the average body mass index for male St. Cloud State University survey respondents is 25.5, which falls within the overweight category. The average BMI for female SCSU survey respondents is 24.7, which falls within the normal weight category. Nearly one-half (47.8%) of males and more than one-third (35.6%) of females fall within the overweight or obese/extremely obese category.

BMI Category

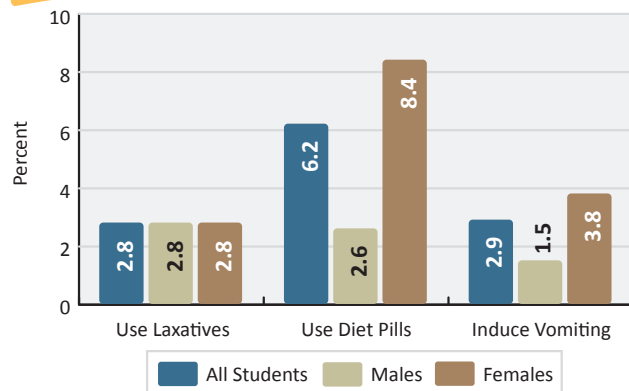
All Students by Gender



Survey respondents at St. Cloud State University were asked to report their engagement in any of the following activities in an attempt to control their weight: laxative use, diet pill use, and induced vomiting. Compared to males, females engage in diet pill use and induced vomiting at higher rates.

Weight-Related Behaviors

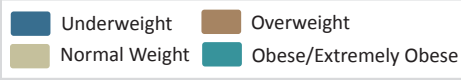
All Students by Gender



Weight-Related Behaviors

All Students by BMI Category

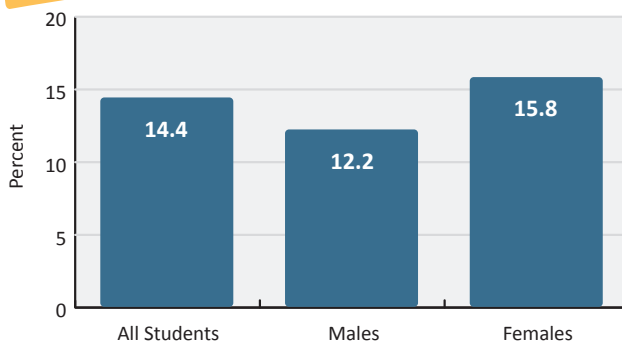
Behavior	Percent			
	Underweight	Normal Weight	Overweight	Obese/Extremely Obese
Use Laxatives	0.0	2.7	3.7	1.9
Use Diet Pills	0.0	4.4	9.2	9.4
Induce Vomiting	1.9	2.7	2.4	4.4



St. Cloud State University students within the overweight category report the highest rate of laxative use. SCSU students classified as obese/extremely obese report the highest rates of diet pill use and induced vomiting.

Binge Eating Behavior—Past 12 Months

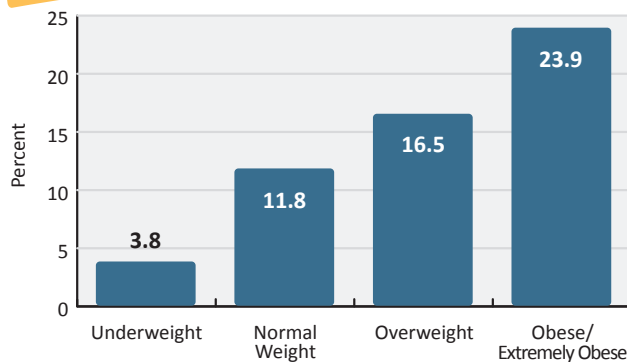
All Students by Gender



As with other weight-related behaviors, females at St. Cloud State University engage in binge eating at a higher rate than males at the university. Nearly one out of six (**15.8%**) females report they engaged in binge eating over the past 12 months.

Binge Eating Behavior—Past 12 Months

All Students by BMI Category



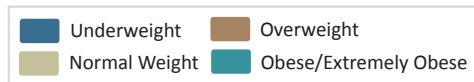
As BMI increases, the rate of reported binge eating behavior among St. Cloud State University students also increases.

SCSU underweight students report the highest rate of never eating breakfast within the past seven days. The highest rate of fast food consumption once a week or more within the past 12 months is for students classified as obese/extremely obese. SCSU overweight students report the highest rate of eating at a restaurant once a week or more within the past 12 months.

Meal Patterns

All Students by BMI Category

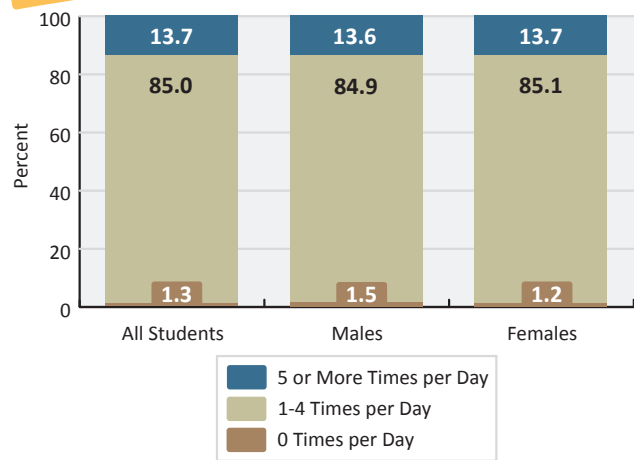
Behavior	Percent			
Breakfast Consumption (Past 7 Days)				
0 Days per Week	13.2	8.6	6.7	9.4
1-3 Days per Week	28.3	28.2	31.1	39.4
4-7 Days per Week	58.5	63.2	62.2	51.2
Fast Food Consumption (Past 12 Months)				
1-2 Times per Month or Less	49.1	55.7	47.6	38.8
Once per Week or More	50.9	44.3	52.4	61.2
Eat at Restaurant (Past 12 Months)				
1-2 Times per Month or Less	73.6	67.5	61.3	61.9
Once per Week or More	26.4	32.5	38.7	38.1



A majority of SCSU students consume fruits and vegetables one to four times per day. Only **13.7%** of all students consume fruits and vegetables five or more times per day. Based on the reported number of times per day fruits and vegetables are consumed, an average number of times per day can be calculated. Males consume fruits and vegetables on average **2.9** times per day, and females consume them on average **2.8** times per day.

Fruit and Vegetable Consumption—Per Day

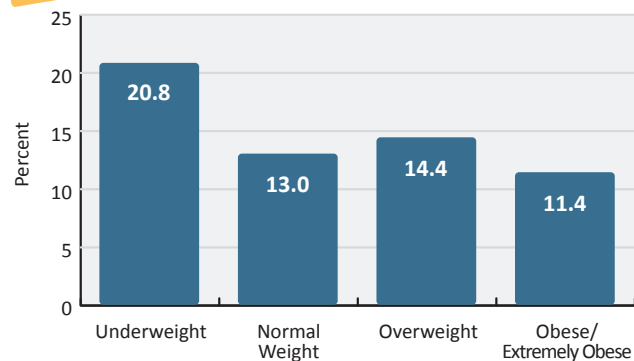
All Students by Gender



Across all BMI categories, the majority of SCSU students eat less than the recommended amount of fruits and vegetables per day. Only **11.4%** of obese/extremely obese students eat fruits and vegetables five or more times per day.

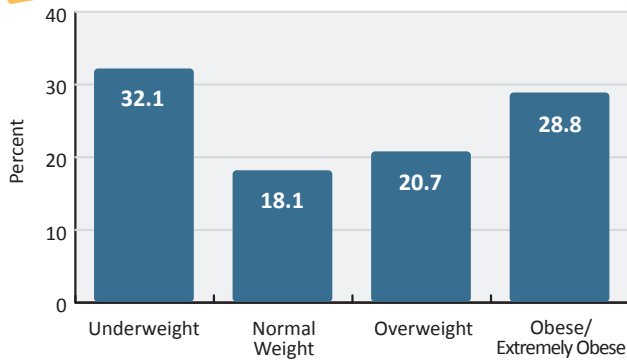
Fruit and Vegetable Consumption—5 or More Times Per Day

All Students by BMI Category



Daily Regular Soda Consumption

All Students by BMI Category



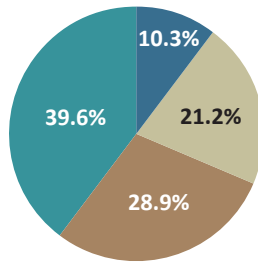
SCSU students classified as underweight or obese/extremely obese report higher levels of daily consumption of regular soda compared to normal weight and overweight students. It should be noted that the number of students who consume regular soda on a daily basis does not reflect the actual quantity of soda consumed per day. In the survey, students were also asked to report their consumption of diet soda. Among those classified within the obese/extremely obese category, **23.1%** report daily consumption of diet soda compared to **9.3%** of those classified within the normal weight category.

Physical Activity Level

All Students

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.¹⁶



Students were asked several questions related to their physical activity level. The two survey questions that relate to recommendations outlined by the Centers for Disease Control and Prevention (CDC) (see CDC's recommendations listed at left) are:

In the past seven days, how many hours did you spend doing the following activities?

- Strenuous exercise (heart beats rapidly)
- Moderate exercise (not exhausting)

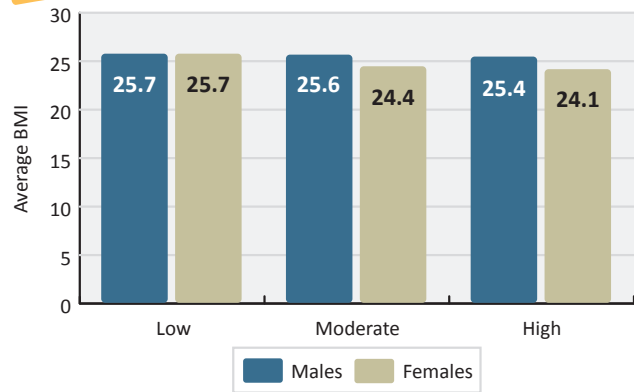
Based on their response to the two questions, students were classified into one of four physical activity levels (zero, low, moderate, or high). The moderate and high classifications meet the CDC's recommended level of physical activity.

More than two out of three (**68.5%**) SCSU students report levels of physical activity that place them in the moderate or high classification, meeting the CDC's recommendations.

For male and female SCSU students, average BMI decreases as physical activity level increases.

Average BMI

All Students by Physical Activity Level and Gender



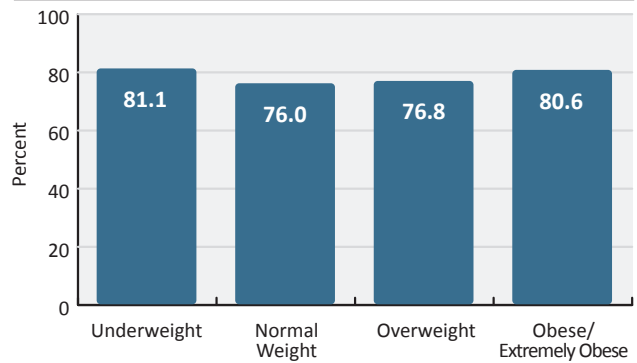
St. Cloud State University underweight students and obese/extremely obese students report higher levels of screen time compared to normal weight and overweight students. Additional data analysis shows that approximately three-fourths (**76.8%**) of SCSU students report watching TV or using the computer (not for work or school) two hours or more per day. Among all students, **1.9%** report zero screen time, **21.3%** report a low level of screen time, **35.2%** report a moderate level of screen time, and **41.6%** report a high level of screen time.

Screen Time—Moderate to High Level

All Students by BMI Category

Screen time levels—zero, low, moderate, and high—were determined based on a survey question that asked respondents to report the average number of hours they watch TV or use the computer in the course of a day:

- Zero Screen Time:** 0.0 Hours of Viewing
- Low Level:** 0.5 to 1.5 Hours per Day
- Moderate Level:** 2.0 to 3.5 Hours per Day
- High Level:** 4.0 or More Hours per Day



Results

Sexual Health

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.

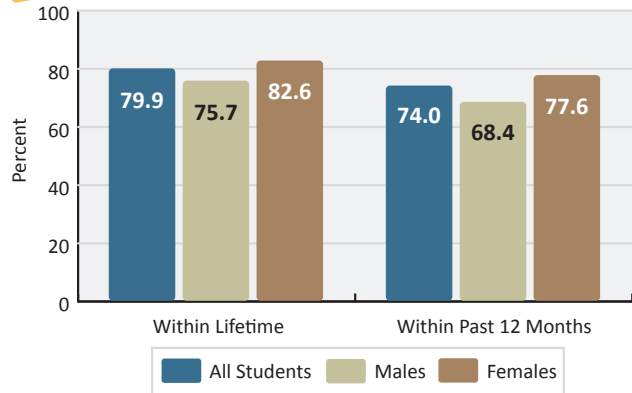
National Comparison

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.¹⁷ 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.¹⁷ Due to a combination of behavioral, biological, and cultural reasons, sexually active young adults are at increased risk for acquiring sexually transmitted infections (STIs).¹⁸ 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.¹⁸ Among 20- to 24-year-olds, 7.1% of males and 13.4% of females report having a sexually transmitted disease other than HIV within their lifetime.¹⁷ 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.¹⁹

Female students attending St. Cloud State University report higher rates of sexual activity, both within their lifetime and within the past 12 months, compared to male students attending the university.

Sexually Active—Lifetime and Past 12 Months

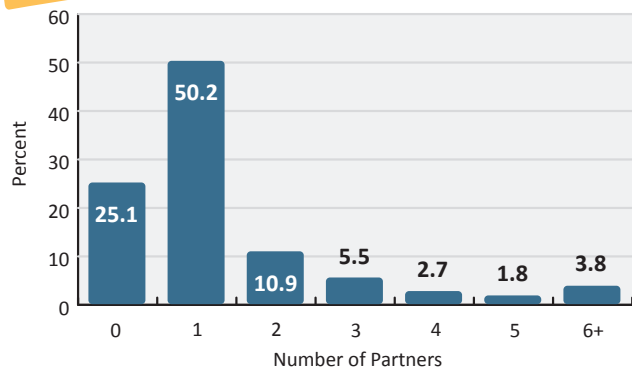
All Students by Gender



On average, SCSU students had **2.3** 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. Approximately three out of four (**75.3%**) students report that they had 0 or 1 partner within the past 12 months.

Number of Sexual Partners—Past 12 Months

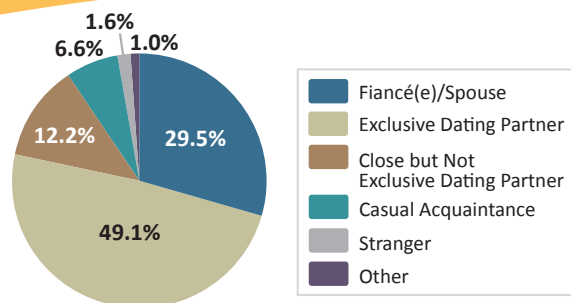
All Students



Among St. Cloud State University students who were sexually active within the past 12 months, nearly four out of five (**78.6%**) report that their most recent sexual partner was either a fiancé(e)/spouse or an exclusive dating partner.

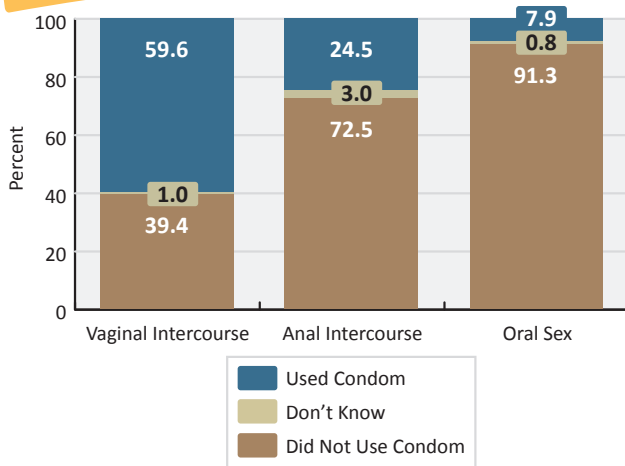
Most Recent Sexual Partner—Past 12 Months

Sexually Active Students



Condom Use

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

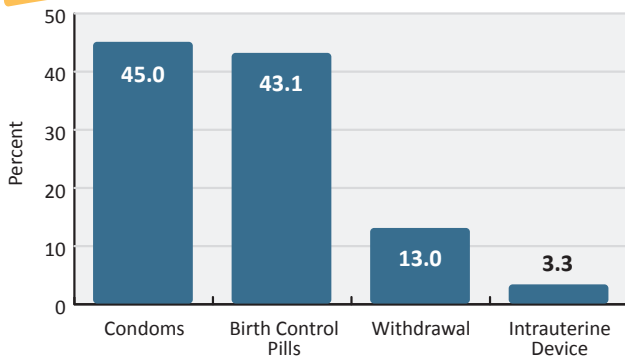


Among SCSU students sexually active within their lifetime, **59.6%** used a condom the last time they engaged in vaginal intercourse, **24.5%** used a condom during their last anal intercourse, and **7.9%** used a condom during their last oral sex. Percents are based solely on those who indicated they engaged in the activity.

Data analysis shows that of the 79.9% of St. Cloud State University students who report being sexually active within their lifetime, **91.3%** engaged in vaginal intercourse, **90.1%** engaged in oral sex, and **25.1%** engaged in anal intercourse.

Pregnancy Prevention Methods

Sexually Active Students Within Lifetime



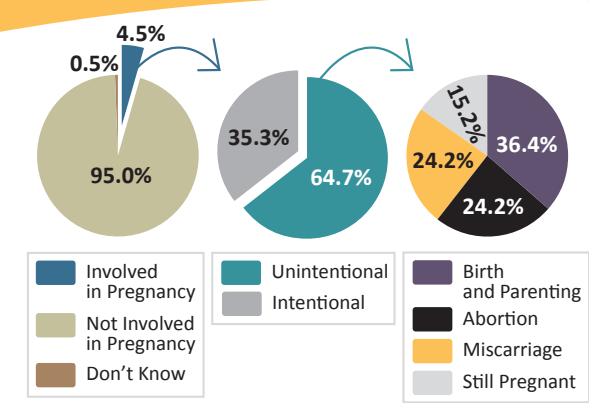
The two most common methods that SCSU students report using to prevent pregnancy the last time they engaged in vaginal intercourse are condoms (**45.0%**) and birth control pills (**43.1%**). The withdrawal method is reported by **13.0%** of SCSU students. Other methods of pregnancy prevention reported by students are identified in the table below.

Among SCSU students, **7.9%** report not using any method of pregnancy prevention the last time they engaged in vaginal intercourse.

Type of Method	Percent Who Report Using Method
Nuva Ring	2.9
Depo Provera	2.7
Emergency Contraception	2.1
Fertility Awareness	1.8
Diaphragm	0.5
Ortho Evra	0.3
Other	5.5

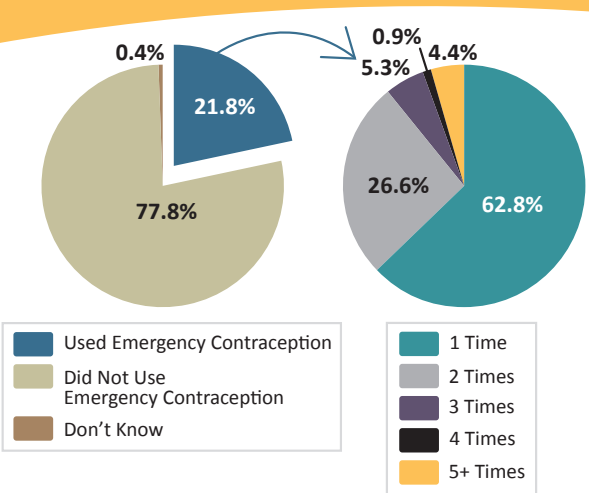
A total of **4.5%** of St. Cloud State University students has been involved in a pregnancy within the past 12 months. Of those involved in a pregnancy, **64.7%** state it was unintentional. Among the unintentional pregnancies, **36.4%** resulted in birth and parenting, **24.2%** resulted in abortion, and **24.2%** resulted in miscarriage.

Unintended Pregnancy Outcome—Past 12 Months



Analysis shows that within the past 12 months, **21.8%** of sexually active female students at St. Cloud State University have used emergency contraception. Among those who used emergency contraception, **62.8%** have used it once, **26.6%** have used it twice, and **10.6%** have used it three or more times within the past 12 months.

Emergency Contraception Use—Past 12 Months



Among SCSU students who have been sexually active within their lifetime, **10.0%** report being diagnosed with a sexually transmitted infection within their lifetime and **2.6%** report being diagnosed with a sexually transmitted infection within the past 12 months. Genital warts/HPV is the most commonly diagnosed sexually transmitted infection.

Sexually Transmitted Infection Diagnosis—Lifetime and Past 12 Months

All Students

Sexually Transmitted Infection	Percent Who Report Being Diagnosed	
Chlamydia	4.1	0.9
Genital Herpes	1.1	0.3
Genital Warts/HPV	4.2	1.4
Gonorrhea	0.4	0.2
HIV/AIDS	0.6	0.4
Pubic Lice	1.7	0.0
Syphilis	0.5	0.2
At Least One of the Above Sexually Transmitted Infections	10.0	2.6

Legend: Within Lifetime (Dark Blue), Within Past 12 Months (Light Green)

Implications

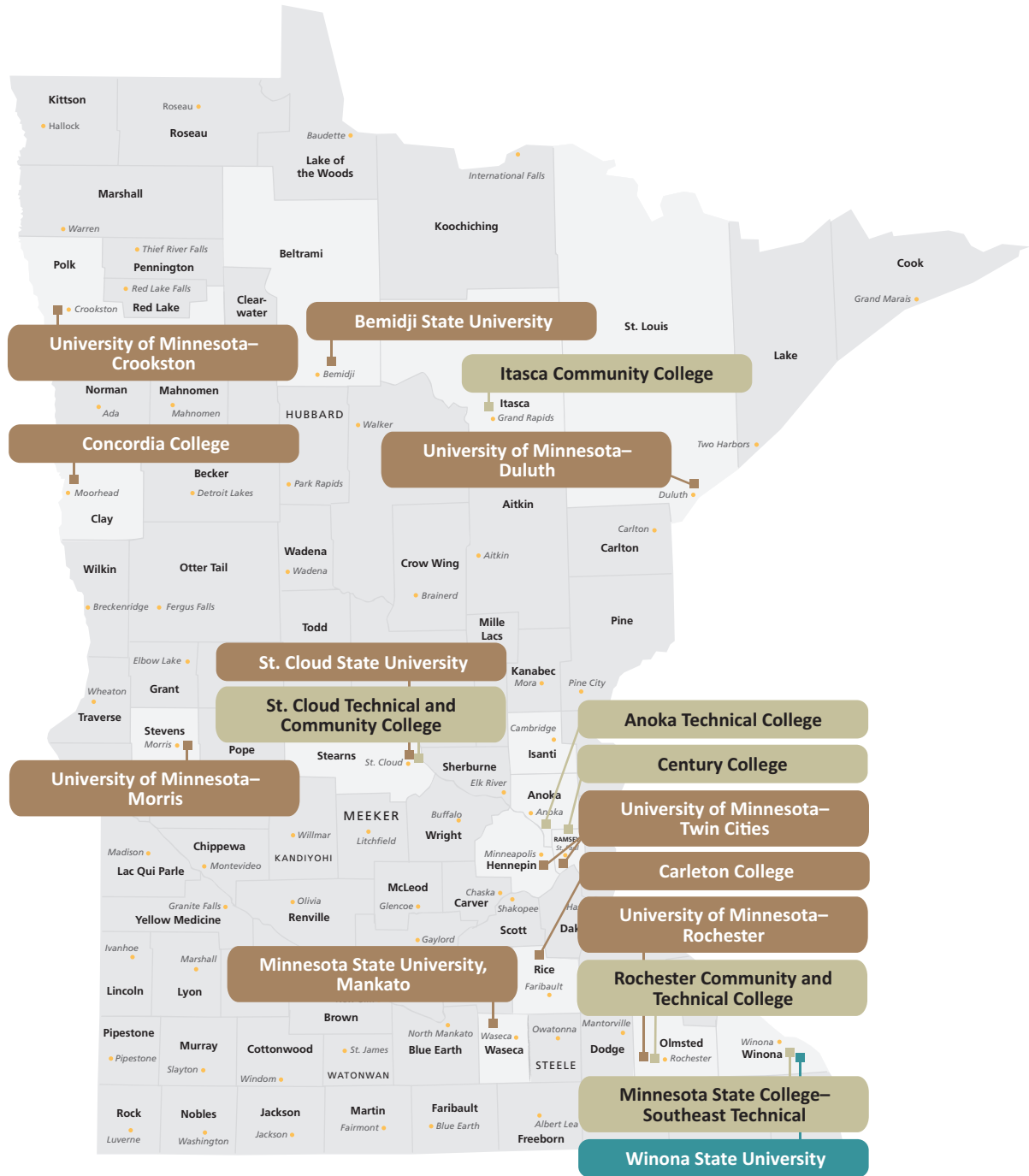
Healthy individuals make better students, and better students make healthier communities.

Results from the 2010 College Student Health Survey presented in this report document the health and health-related behaviors of students enrolled in the participating institutions. These data, therefore, offer a comprehensive look at the diseases, health conditions, and health-related behaviors that are impacting students attending postsecondary schools in Minnesota. Identification of these health-related issues is critical because the health of college students in Minnesota affects not only their academic achievement but also the overall health of our society.

While it is intuitively obvious that health conditions can affect academic performance, the link to overall societal health is more subtle but no less profound. Given that there are now more students enrolled in postsecondary institutions than in high schools, that college students help set the norms of behavior for our society and serve as role models for younger students, that college students are establishing and solidifying lifestyles and behaviors that will stay with them for the rest of their lives, and that obtaining a college degree is one of the major determinants of future health and economic status, the importance and the impact of the health of college students on our society becomes evident.

Appendix 1

Colleges and Universities Participating in the 2010 College Student Health Survey



Two-Year Schools	Location	Enrollment-Spring 2010*	Four-Year Schools	Location	Enrollment-Spring 2010*
Anoka Technical College	Anoka, MN	3,090	Bemidji State University	Bemidji, MN	6,562
Century College	White Bear Lake, MN	12,329	Carleton College	Northfield, MN	1,936
Itasca Community College	Grand Rapids, MN	1,466	Concordia College	Moorhead, MN	2,777
Minnesota State College-Southeast Technical	Winona, MN	2,581	Minnesota State University, Mankato	Mankato, MN	16,856
Rochester Community and Technical College	Rochester, MN	7,490	St. Cloud State University	St. Cloud, MN	20,479
St. Cloud Technical and Community College	St. Cloud, MN	5,451	University of Minnesota-Crookston	Crookston, MN	1,264
Schools with Two-Year and Four-Year Programs	Location	Enrollment-Spring 2010*	University of Minnesota-Duluth	Duluth, MN	9,794
Winona State University	Winona, MN	9,388	University of Minnesota-Morris	Morris, MN	1,507
			University of Minnesota-Rochester	Rochester, MN	387
			University of Minnesota-Twin Cities	Minneapolis, MN St. Paul, MN	45,881

*Includes full-time and part-time students.

Appendix 2

St. Cloud State University Survey Demographics Based on Student Response

	All Students
Average Age (Years)	23.3
Age Range (Years)	18-58
18-24 Years	77.6%
25 Years or Older	22.4%
Average GPA	3.21
Class Status	
Undergraduate—Enrolled One Year	14.4%
Undergraduate—Enrolled Two Years	13.8%
Undergraduate—Enrolled Three Years	18.0%
Undergraduate—Enrolled Four Years	16.7%
Undergraduate—Enrolled Five or More Years	12.3%
Masters, Graduate, or Professional Program	13.5%
Unspecified	11.3%
Gender	
Male	38.6%
Female	61.1%
Transgender/Other	0.0%
Unspecified	0.3%
Ethnic Origin	
American Indian/Alaska Native	1.2%
Asian/Pacific Islander	8.2%
Black—Not Hispanic	4.3%
Latino/Hispanic	1.6%
White—Not Hispanic (Includes Middle Eastern)	85.7%
Other	2.0%
Current Residence	
Residence Hall or Fraternity/Sorority	22.4%
Other	77.6%

Glossary

Current Alcohol Use

Any alcohol use within the past 30 days.

Current Credit Card Debt

Any unpaid balance at the end of the past month.

Current Marijuana Use

Any marijuana use within the past 30 days.

Current Tobacco Use

Any use of tobacco in the past 30 days. Tobacco use includes both smoking and smokeless tobacco.

High Credit Card Debt

A monthly debt of \$3,000 or more.

High-Risk Drinking

Consumption of five or more alcohol drinks at one sitting within the past two weeks for both males and females. A drink is defined as a bottle of beer, wine cooler, glass of wine, shot glass of liquor, or mixed drink.

Past-12-Month Alcohol Use

Any alcohol use within the past year.

Past-12-Month Marijuana Use

Any marijuana use within the past year.

References

1. Centers for Disease Control and Prevention. (2008). *Behavioral Risk Factor Surveillance System* [survey data]. Atlanta, GA: U.S. Department of Health and Human Services. Retrieved April 2, 2010, from <http://apps.nccd.cdc.gov/brfss>.
2. Heyman KM, Barnes PM, Schiller JS. (2010). *Early release of selected estimates based on data from the January-September 2009 National Health Interview Survey*. Hyattsville, MD: National Center for Health Statistics. Retrieved April 2, 2010, from <http://www.cdc.gov/nchs/nhis.htm>.
3. U.S. Department of Health and Human Services. (2000). *Healthy People 2010: Understanding and improving health*. 2nd ed. Washington, DC: U.S. Government Printing Office.
4. Snyder TD, Dillow SA, Hoffman CM. (2009). *Digest of education statistics 2008* (NCES 2009-020). Washington DC: National Center for Education Statistics, Institute of Education Sciences, U.S. Department of Education.
5. Harvard School of Medicine. (2007). *National Comorbidity Survey-Replication* [survey data]. Retrieved April 2, 2010, from <http://www.hcp.med.harvard.edu/ncs/index.php>.
6. Substance Abuse and Mental Health Services Administration. (2009). *Results from the 2008 National Survey on Drug Use and Health: National findings* (NSDUH Series H-36, DHHS Publication No. SMA 09-4434). Rockville, MD: Office of Applied Studies.
7. Johnston LD, O'Malley PM, Bachman JG, Schulenberg JE. (2009). *Monitoring the Future national survey results on drug use, 1975-2008. Vol. II: College students and adults ages 19-45* (NIH Publication No. 09-7403). Bethesda, MD: National Institute on Drug Abuse.
8. Centers for Disease Control and Prevention. (2006, October 27). Tobacco use among adults—United States, 2005. *Morbidity and Mortality Weekly Report*, 5(42), 1145-1148.
9. Halperin AC. (2002, March). *State of the union: Smoking on US college campuses. A report for the American Legacy Foundation*. Washington, DC. (unpublished, internal report).
10. Tjaden P, Thoennes N. (2006). *Extent, nature, and consequences of rape victimization: Findings from the National Violence Against Women Survey* (Report NCJ 210346). Washington, DC: National Institute of Justice.
11. Fischer BS, Cullen FT, Turner MG. (2000). *The sexual victimization of college women* (Report NCJ 182369). Washington, DC: National Institute of Justice.
12. Sallie Mae. (2009). *How undergraduate students use credit cards. Sallie Mae's national study of usage rates and trends 2009*. Retrieved April 2, 2010, from <http://www.salliemae.com/NR/rdonlyres/OBD600F1-9377-46EA-AB1F-6061FC763246/10744/SLMCreditCardUsageStudy41309FINAL2.pdf>.
13. LaBrie RA, Shaffer HJ, LaPlant DA, Wechsler H. (2003). Correlates of college student gambling in the United States. *Journal of American College Health*, 52(2), 53-62.
14. Niemeier HM, Raynor HA, Lloyd-Richardson EE, Rogers ML, Wing RR. (2006). Fast food consumption and breakfast skipping: Predictors of weight gain from adolescence to adulthood in a nationally representative sample. *Journal of Adolescent Health*, 39(6), 842-849.
15. Centers for Disease Control and Prevention. (2007). *About BMI for adults*. Retrieved April 2, 2010, from http://www.cdc.gov/nccdphp/dnpa/bmi/adult_BMI/about_adult_BMI.htm#Interpreted.
16. Centers for Disease Control and Prevention. (2008). *Physical activity for everyone*. Retrieved April 2, 2010, from <http://www.cdc.gov/nccdphp/dnpa/physical/everyone/recommendations/>.
17. Mosher WD, Chandra A, Jones J. (2005). *Sexual behavior and selected health measures: Men and women 15-44 years of age, United States, 2002. Advance data from vital and health statistics* (No. 362). Hyattsville, MD: National Center for Health Statistics.
18. Centers for Disease Control and Prevention. (2009, November). *Sexually transmitted disease surveillance, 2008*. Atlanta, GA: U.S. Department of Health and Human Services. Retrieved April 2, 2010, from <http://www.cdc.gov/std/stats08/main.htm>.
19. Centers for Disease Control and Prevention. (2006, June 9). Youth risk behavior surveillance—United States, 2005. *Morbidity and Mortality Weekly Report Surveillance Summaries*, 55(SS-5), 1-108.

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

Collaborator

Steve Frantz, Ed.D.
Minnesota State Colleges and Universities
(651) 296-0672 • Steve.Frantz@so.mnscu.edu

Publication Coordinator/Editor

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

Writer/Editor

Julia Sanem, M.P.H.
Boynton Health Service
(612) 624-1940 • jsanem@bhs.umn.edu

Designer

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

Published November 2010

The University of Minnesota is an equal opportunity educator and employer.

This publication is available in alternative formats upon request.

♻️ Contains a minimum of 10% post-consumer waste.

For more information or additional copies, contact the Boynton Health Service Marketing Department at (612) 625-6410 or cuchal@bhs.umn.edu.



Minnesota
STATE COLLEGES
& UNIVERSITIES

Partial funding was provided by a 2008 congressionally directed grant award to the Minnesota State Colleges and Universities (P116Z080299). The contents do not necessarily represent the policy of the U.S. Department of Education nor imply endorsement by the federal government.

Boynton Health Service

UNIVERSITY OF MINNESOTA

Driven to DiscoverSM

www.bhs.umn.edu

410 Church Street S.E., Minneapolis, MN 55455
Phone (612) 625-6410 • Fax (612) 625-2925

©2010 Regents of the University of Minnesota. All rights reserved.