



2017 Health Report

ACHA-NCHA-II Data • 2013 - 2017



FLORIDA STATE
UNIVERSITY



TABLE OF CONTENTS

Introduction.....	1
Demographics.....	2
Impediments to Academic Success.....	3
Alcohol.....	5
Interpersonal Violence.....	8
Mental Health.....	9
Nutrition and Physical Activity.....	10
Diet and Weight.....	11
Substance Use.....	12
Sexual Health.....	14
Tobacco.....	15
Recommendations.....	16

Introduction

NCHA Data and Sample

About the NCHA

The National College Health Assessment (NCHA), a survey organized by the American College Health Association (ACHA), collects data about students' habits, behaviors, and perceptions on prevalent health topics. The ACHA-NCHA survey compares data from 57 public and private institutions, with over 34,000 respondents.

The NCHA is administered via email to a random sample of 3,000 FSU students every year. The average response rate over the past five years was 19.9%. This report examines health characteristics of the FSU population from 2013-2017. Additional analyses compare FSU to a reference group, comprised of four universities with similar characteristics to FSU. Comparison data is only available for 2014 and 2017.

The Healthy Campus Initiative

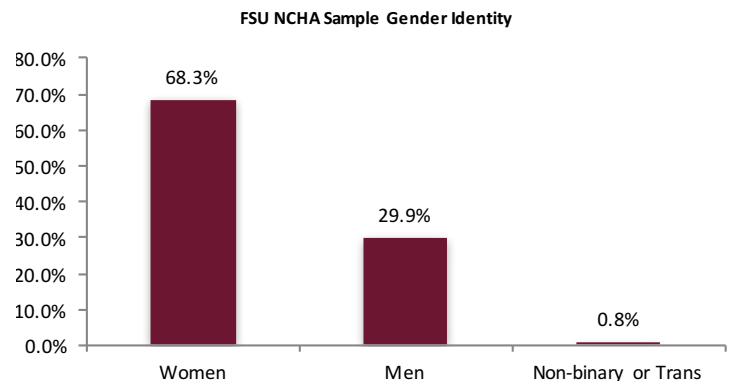
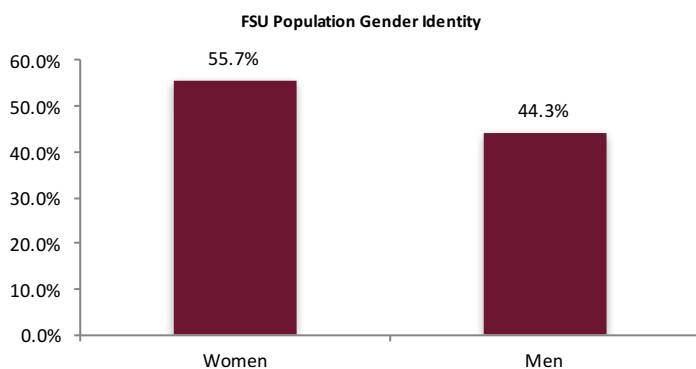
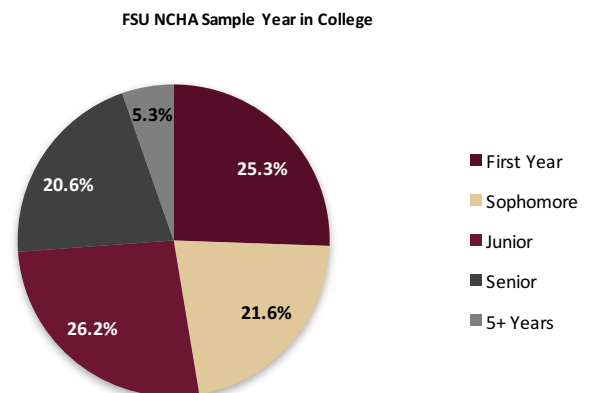
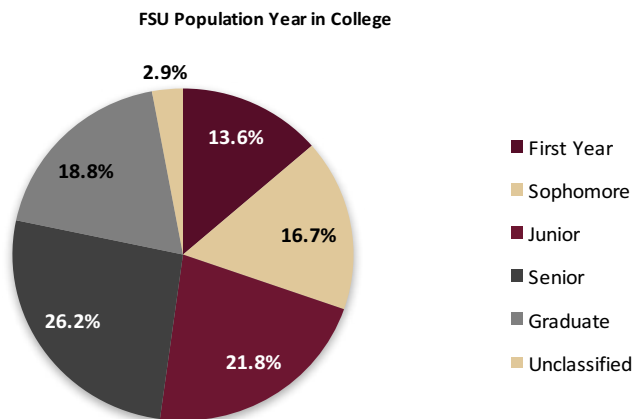
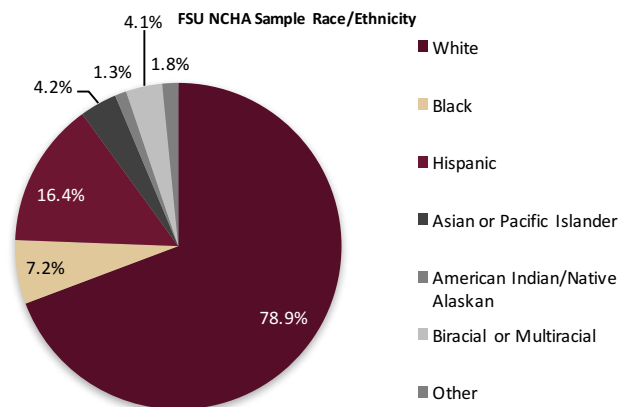
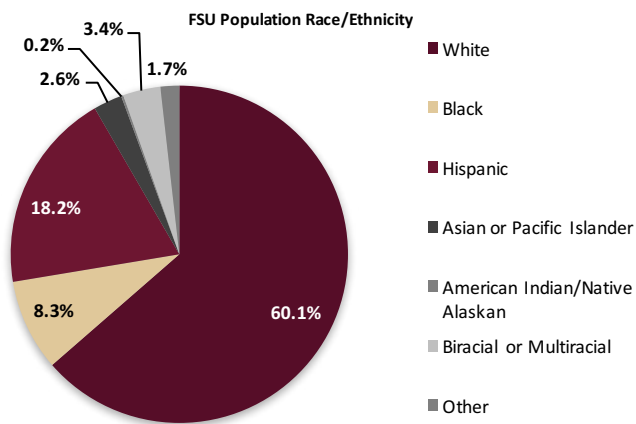
Healthy Campus provides a framework for improving the overall health status on campuses nationwide. Strategies suggested in Healthy Campus 2020 extend beyond traditional interventions of education, diagnosis, treatment, and health care at clinical levels. Through the collaborative efforts of campus health departments, academic affairs, student affairs, and administrative colleagues, institutions of higher education can foster healthy environments and behaviors.

The objectives in Healthy Campus 2020 are derived from Healthy People 2020 and were selected based on their relevance to college health. Topics and objectives reflect the major public health concerns impacting college students and were chosen based on their ability to motivate action, the availability of data to measure progress, and their relevance as broad public health issues.

The Healthy Campus initiative at FSU was established in 2000 with a priority to address high risk drinking. FSU's Healthy Campus initiative has expanded to promote the significance of a broader health focus that addresses not only high risk drinking but additional areas of health including drug use, interpersonal violence prevention, sexual behavior, exercise, nutrition, and mental health.

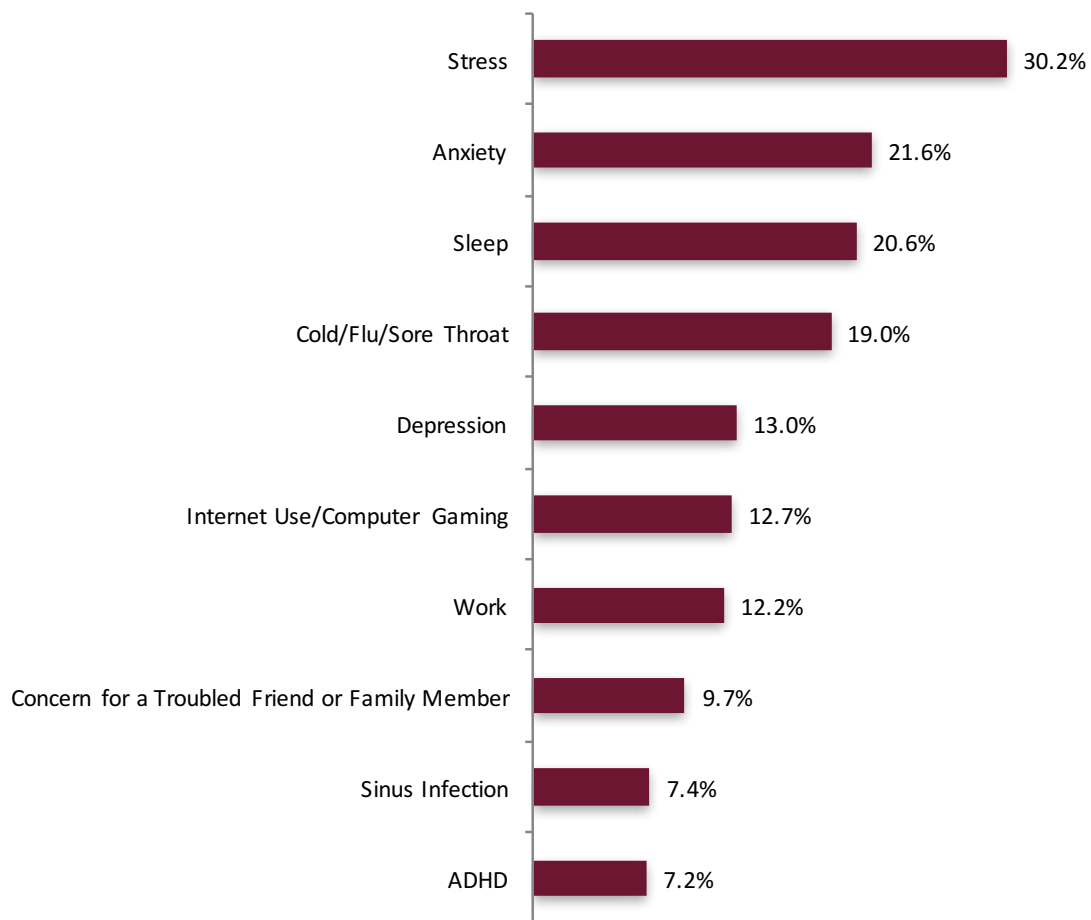
Demographics

This graphs below compare the overall FSU population to FSU's NCHA sample respondents from 2013-2017. Overall, the NCHA sample at FSU has a disproportionately high number of white students and women.



Impediments to Academic Success

Respondents were asked questions about factors that may have affected their academic success in the past year. The figure below offers a summary of the top ten barriers to academic performance at FSU. This report focuses on the top five factors that may have impacted their success: 1) stress, 2) anxiety, 3) sleep, 4) cold/flu/sore throat, and 5) depression.



Top 5 Impediments to Academic Success

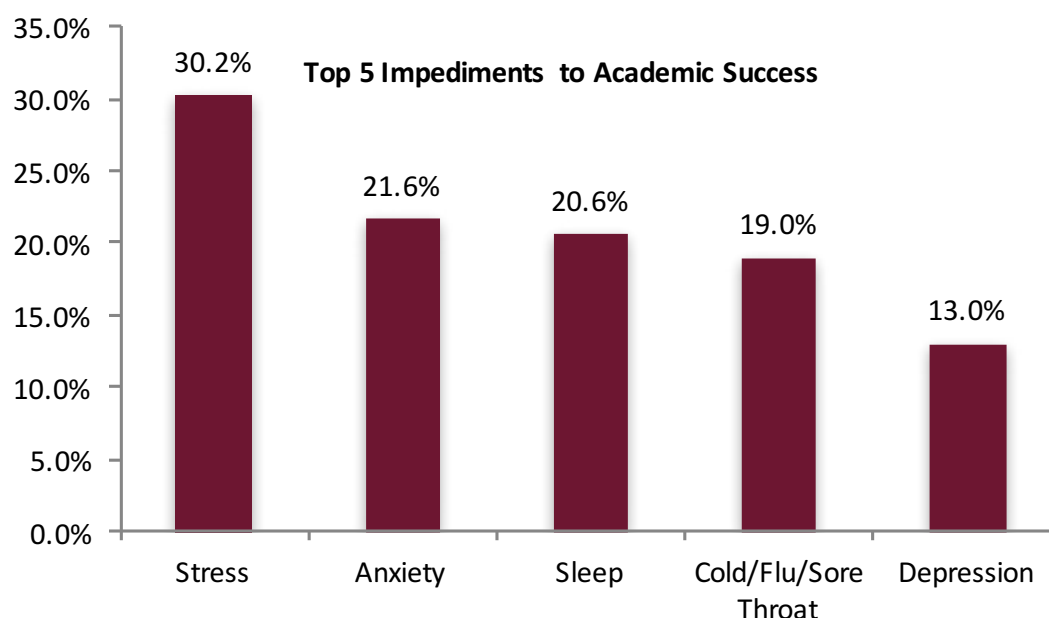
1. Stress is the top impediment to academic success among FSU students, with over a third of respondents reporting that stress impacted their academic performance. **Additional regression analyses found that women and members of the LGBT+ community reported higher levels of stress than men and heterosexual students.**

2. Anxiety negatively impacted the academic performance of approximately 22% of students. **Additional regression analyses revealed that women, LGBT+ students, varsity athletes, and white students reported significantly higher levels of anxiety than other students. First year students reported significantly lower levels of anxiety than other students.**

3. More than 20% of respondents reported that sleep negatively impacted their academic performance in some way.

4. 19% of students reported the cold, flu, or sore throat negatively impacting their academic performance. **Additional regression analyses demonstrated that members of fraternities and sororities reported a greater impact of the cold, flu, and/or sore throat.**

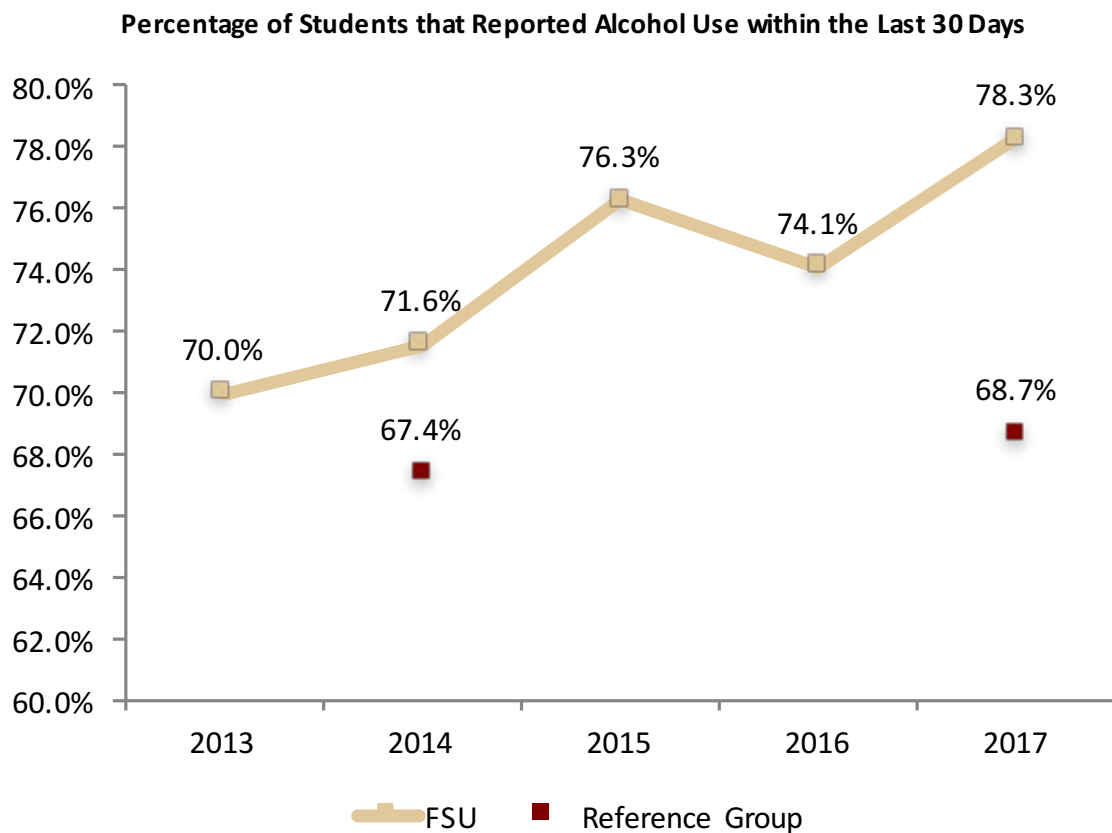
5. 13% of students reported depression negatively impacting their academic performance. **Additional regression analyses revealed that LGBT+ students and women were more likely than other students to report depression having a detrimental effect on academic performance.**



Alcohol Use

Students were asked how often they used alcohol in the past month. Results illustrate the percentage of students that reported consuming alcohol at least once in the past 30 days.

Alcohol use peaked in 2017, with 78.3% of students reporting alcohol use in the past 30 days. Since 2012, alcohol use has increased by 8.3 percentage points. The percentage of FSU students consuming alcohol in the past 30 days has exceeded comparable institutions in 2014 and 2017. **Regression analyses revealed that students were likely to have consumed more alcohol in the past 30 days if they believed the typical FSU student had consumed alcohol in the past 30 days. Members of fraternities and sororities consumed significantly more alcohol than their counterparts. Seniors consumed significantly more alcohol than other students.**

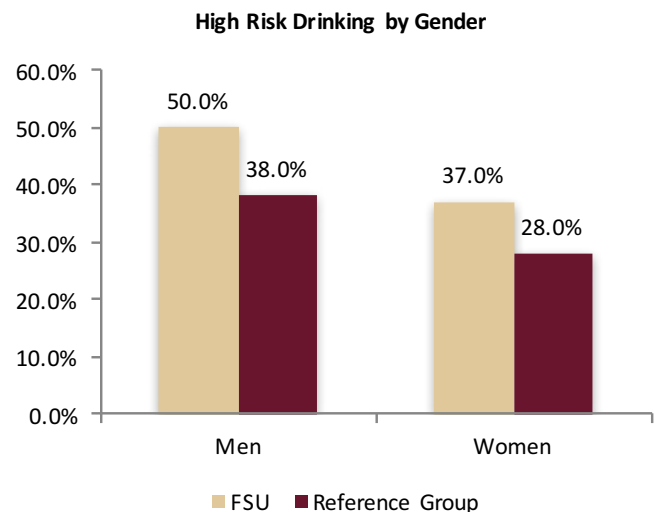
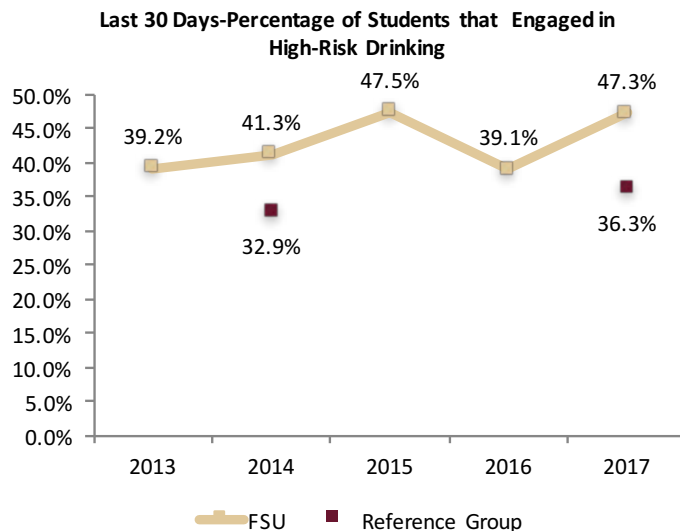


Alcohol Use: High Risk Drinking

Students were asked to report how often they engaged in high-risk drinking, defined as consuming five or more drinks in a single sitting at least once in the past 30 days.

High-risk drinking at FSU spiked in 2015 and 2017 when over 47% of students reported consuming five or more drinks at least once in the past 30 days. For all other years included in the analyses, around 40% of students engaged in high-risk drinking at least once in the 30 days prior to survey administration.

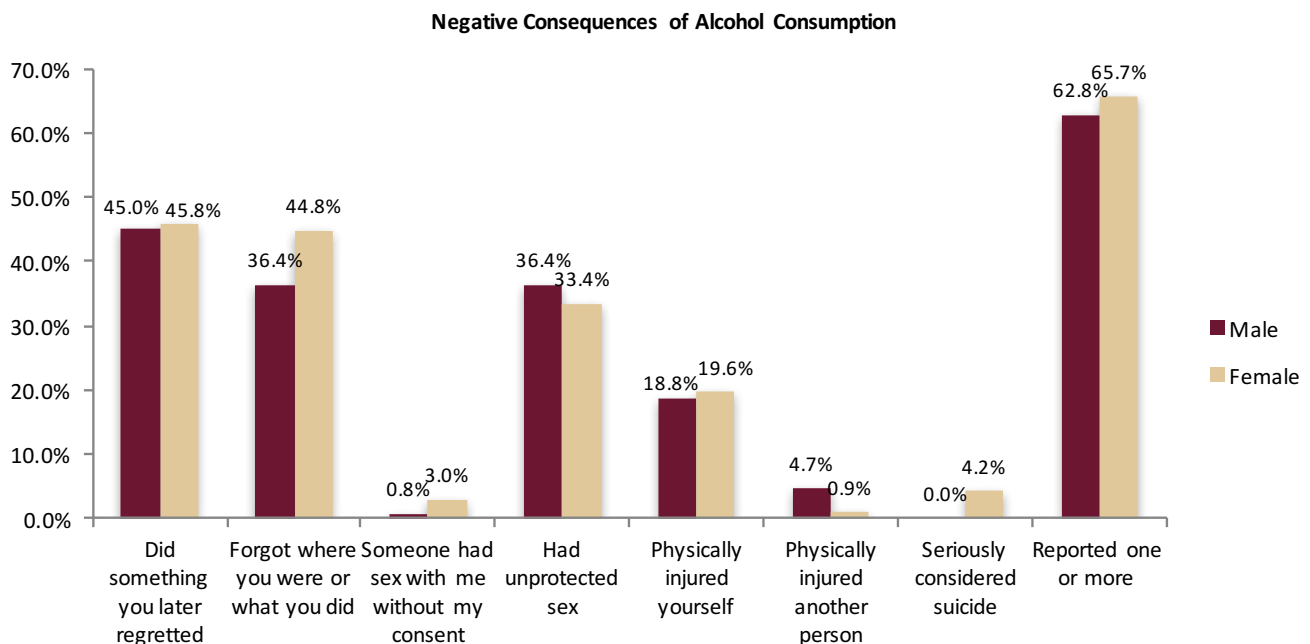
Both men and women at FSU report higher rates of high-risk drinking than the comparison group. The reference group includes other NCHA participating institutions across the country. **Additional regression analyses demonstrated that students consumed more drinks based on the number of drinks they perceived the typical FSU student consumed. Fraternity and sorority members were more likely to have consumed more drinks the last time they partied/socialized. Black students consumed fewer drinks the last time they partied/socialized.**



Alcohol Use: Negative Consequences

Students were asked to report whether various negative experiences occurred while drinking. Further analyses illustrated the proportion of men and women who drink that experienced each type of outcome.

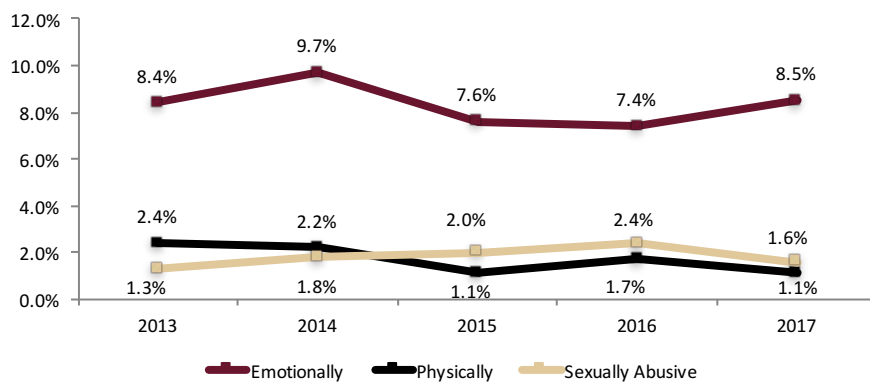
A slightly larger percent of women reported doing something they later regretted while drinking than men. However, it is important to note that the difference between men and women doing something they later regretted while drinking is less than 1%. A much larger proportion of women reported forgetting where they were or what they did while drinking than men. Less than 2.5% of women and men reported getting in trouble with the police while drinking, although this percentage is slightly higher for men than for women. Experiencing sexual assault/rape while under the influence of alcohol is much higher for women than for men. Approximately one third of women and men reported having unprotected sex while drinking. A higher percentage of women than men physically injured themselves while drinking, but a higher proportion of men injured another person while drinking. Women were much more likely than men to consider suicide while drinking. Over 60% of women and men reported at least one of these experiences while drinking.



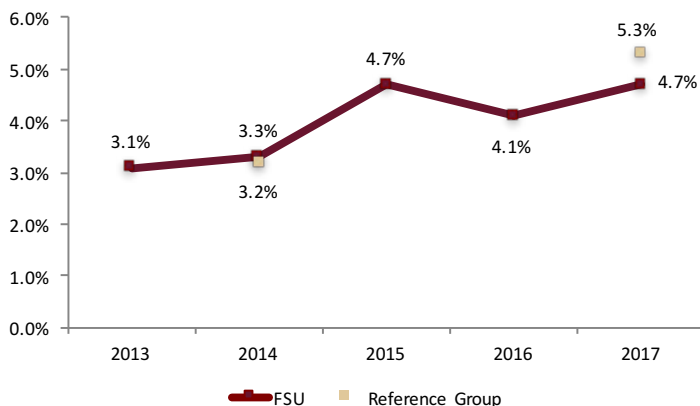
Interpersonal Violence

Students answered several questions about interpersonal violence. Results below include students who indicated assault impacted academic performance, and those who said they experienced sexual assault but it did not affect their academic performance. Respondents also reported whether they had experienced any sexual contact without consent in the past 12 months (including sexual touching, attempted penetration, and penetration). Finally, respondents indicated whether they had been in an emotionally or physically abusive relationship within the past year. The percentage of students that reported experiencing sexual assault/sexual contact without consent increased in the past five years. The percentage of students experiencing non-consensual sexual contact of any kind has increased since 2013. The percentage of students reporting being in an emotionally or sexually abusive relationship has remained consistent in the past five years, while the percentage reporting being in a physically abusive relationship has decreased.

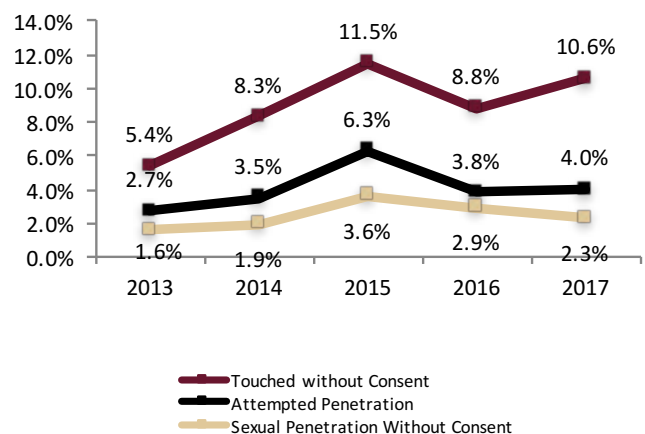
Victim of Abusive Relationship (Last 12 Months)



Experienced Sexual Assault (Last 12 Months)



Experienced Sexual Contact Without Consent (Last 12 Months)

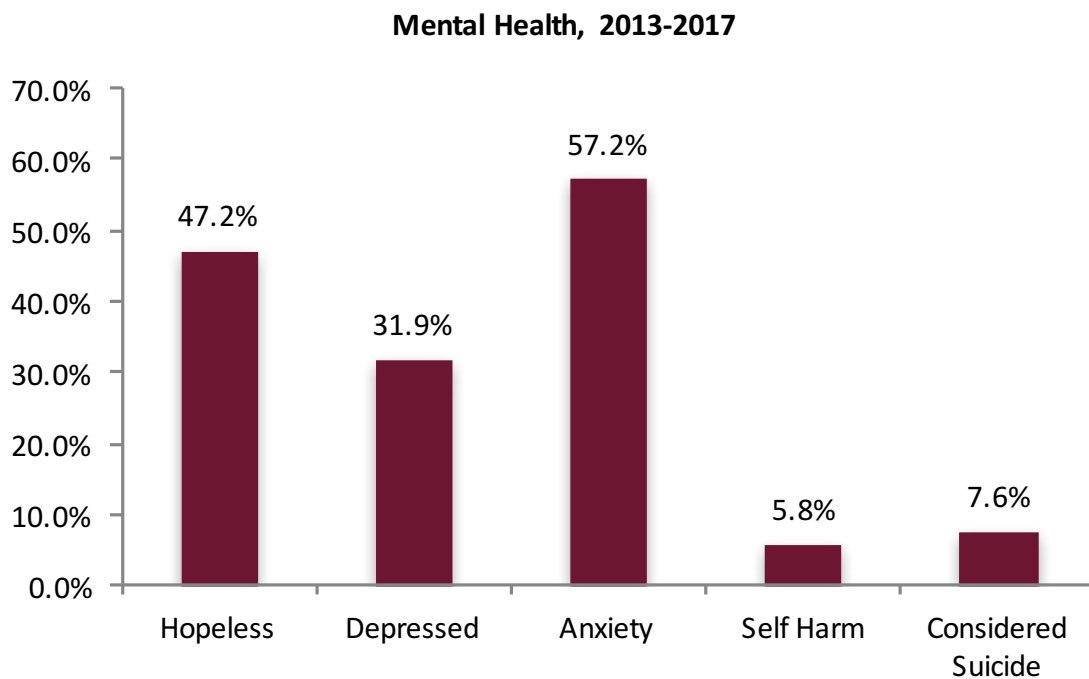


Mental Health

Respondents answered several questions that indicated their overall mental health. Respondents indicated if they experienced the following feelings, actions, or ideations within the past 12 months: hopelessness, so depressed it was difficult to function, overwhelming anxiety, intentional self-harm, or considered suicide.

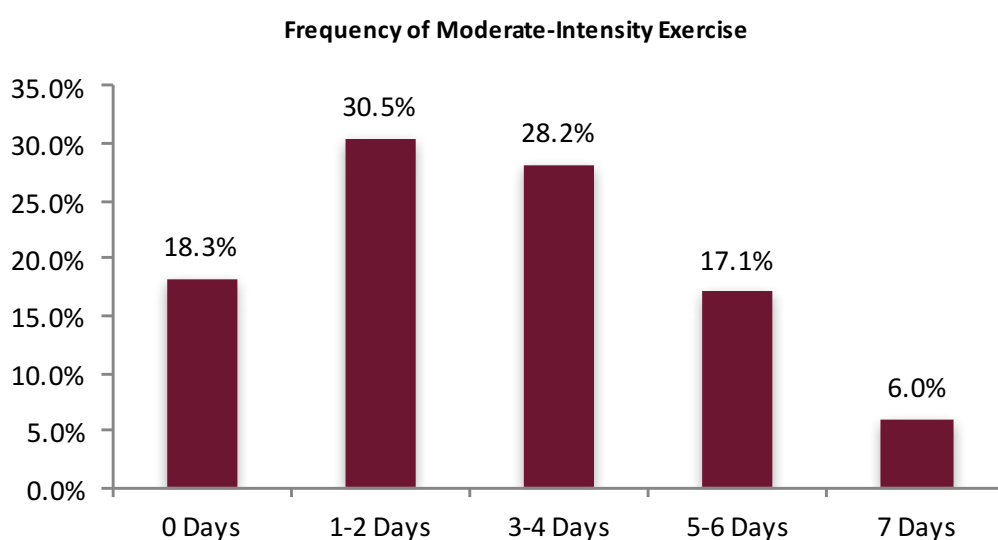
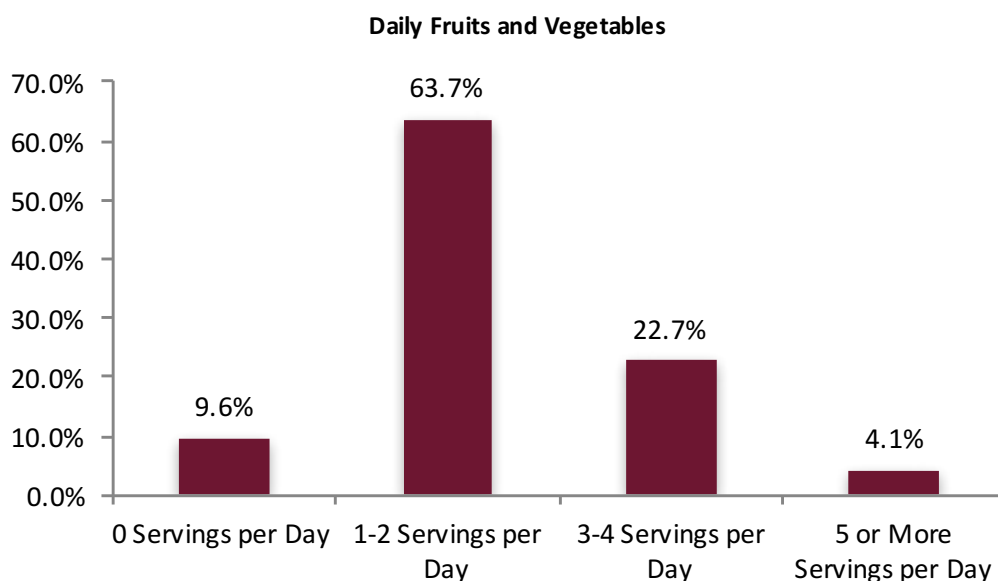
Of these feelings, actions, and ideations, anxiety affected the greatest proportion of students. Almost half of respondents reported feeling hopelessness at least once in the past 12 months. Approximately one-third of students reported experiencing depression.

Additional analyses revealed that LGBT+ students reported more feelings of hopelessness, depression, anxiety, anger, self-harm, and suicidal ideation. Women also reported more feelings of hopelessness, depression, anxiety, anger, and self-harm.



Nutrition and Physical Health

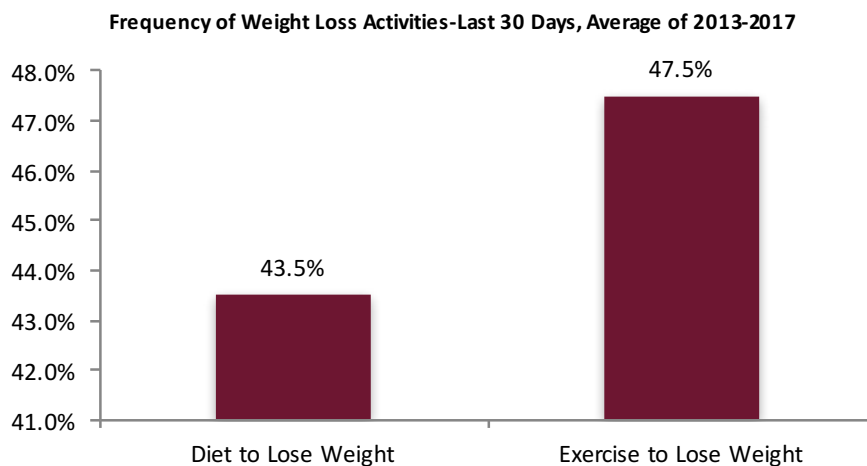
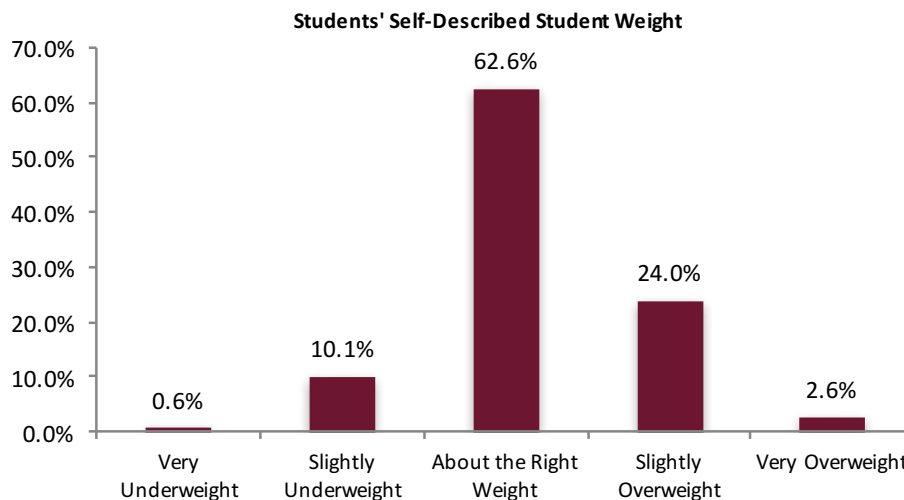
Most students consumed 1-2 servings of fruits and vegetables per day, which is well under the recommended number of servings (5-13 servings per day). The majority of respondents engaged in 1-2 days of moderate-intensity exercise per week.



Diet and Weight

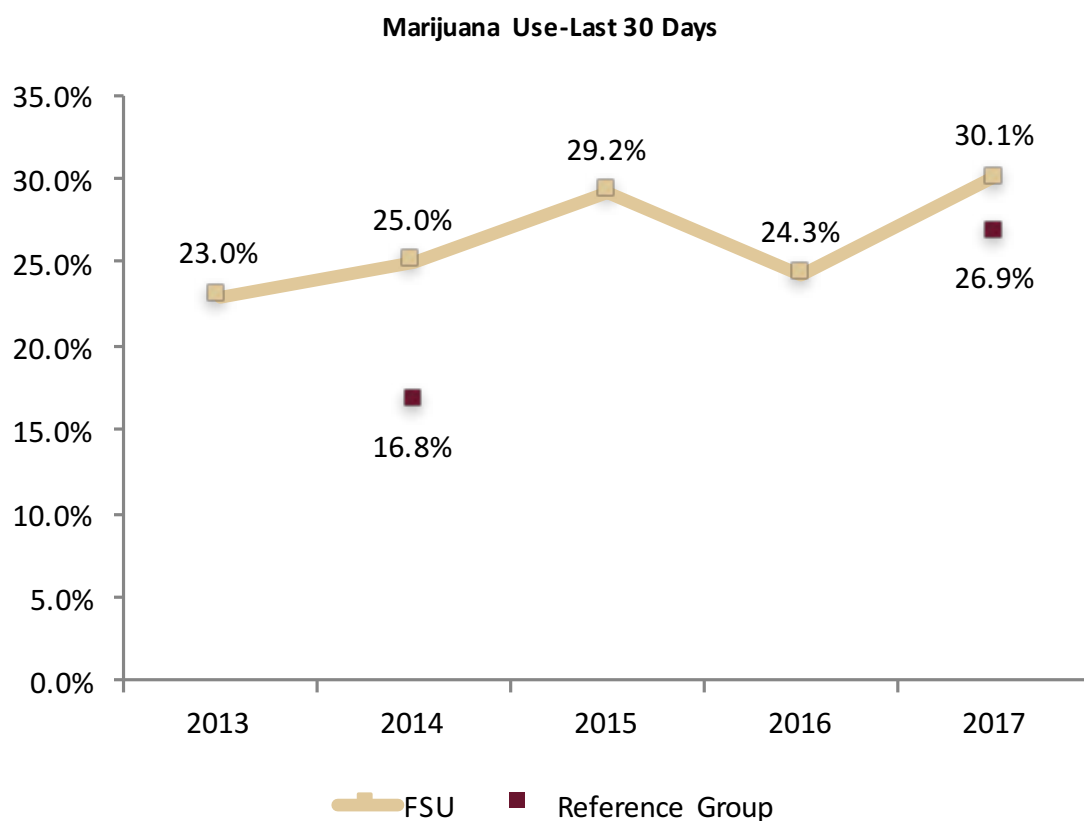
Students were asked their perceptions of their current weight. Responses ranged from very underweight to very overweight. Students were also asked if they dieted or exercised in the past 30 days with the intention of losing weight. Additional information on eating disorders and other eating behaviors is available in Healthy Minds Data Report, accessible at www.healthycampus.fsu.edu.

The majority of students reported they are about the right weight. Despite the fact that most students perceived themselves to be about the right weight, about half of the respondents reported dieting with the intention of losing weight, and about 48% reported exercising to lose weight.



Substance Use: Marijuana

Overall, marijuana use has increased since 2013. In 2017, approximately 30% of students reported using marijuana, as compared to 23% in 2013. The highest proportion of students reported using marijuana in 2017. The percentage of FSU students consuming marijuana exceeded reference group institutions in both reference years (2014 and 2017). **Additional regression analyses revealed the following groups were more likely to have used marijuana in the past 30 days: fraternity and sorority members, Hispanic students, and men.**



Substance Use: Cocaine and Stimulants

Respondents indicated how often they used cocaine in the past 30 days. To measure stimulant use, students were asked whether they had used stimulants that were not prescribed to them within the past 12 months.

Cocaine use among FSU students has remained under 4% for the past five years. Cocaine use declined in 2016, but has since risen to 3.9% of students reporting use in the past 30 days in 2017. FSU student cocaine use exceeded reference group consumption in both 2014 and 2017.

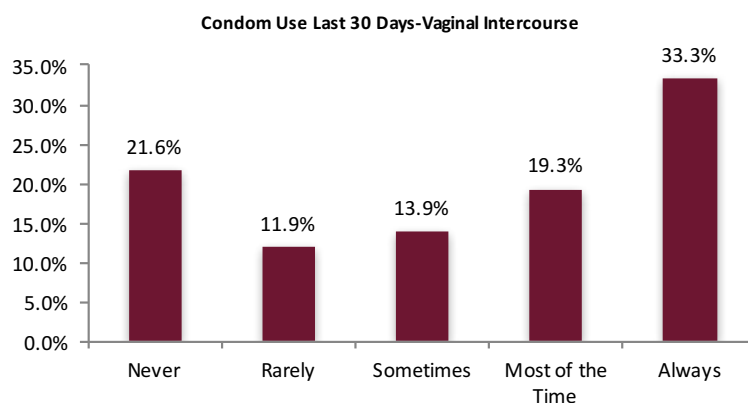
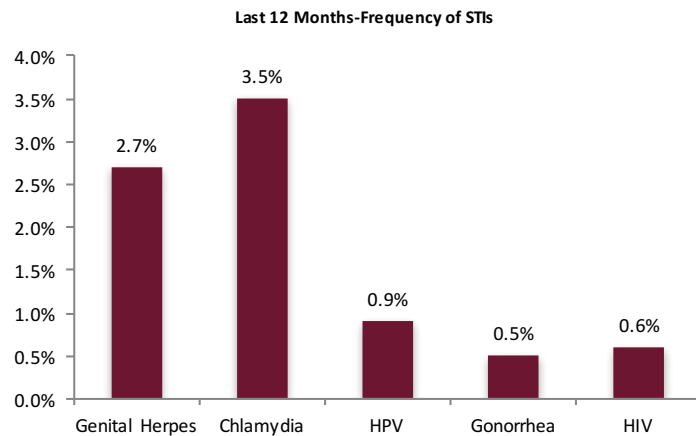
Stimulant misuse among FSU students has fluctuated over the past five years. The lowest percentage of students reporting stimulant misuse in the past 12 months was observed in 2016, but has increased to 15.1%, the highest percentage since 2013. FSU student stimulant misuse exceeded the reference group usage in both 2014 and 2017.



Sexual Health

Students responded to questions that pertained directly to sexual health on campus, including whether or not they had been diagnosed or treated for: genital herpes, Chlamydia, HPV, Gonorrhea, or HIV in the past 12 months. The first graph below illustrates the proportion of students that indicated “Yes” for each STD/I. Respondents also reported their condom use in various sexual activities. The graph below illustrates the percentage of responses for condom use during vaginal intercourse.

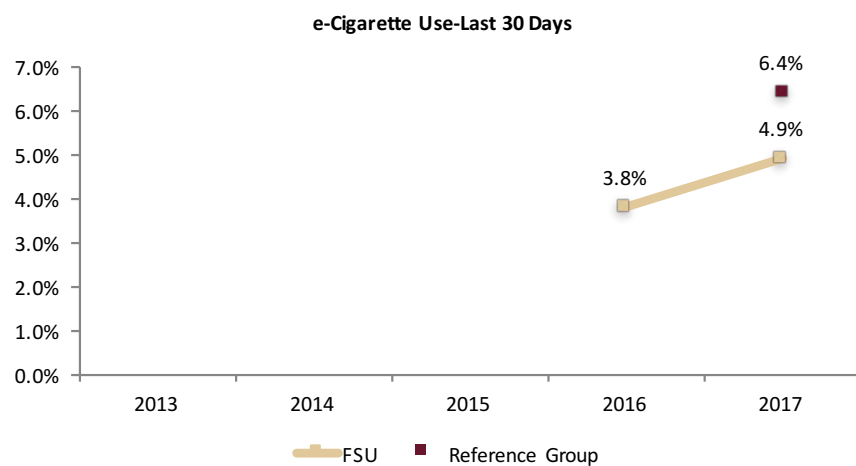
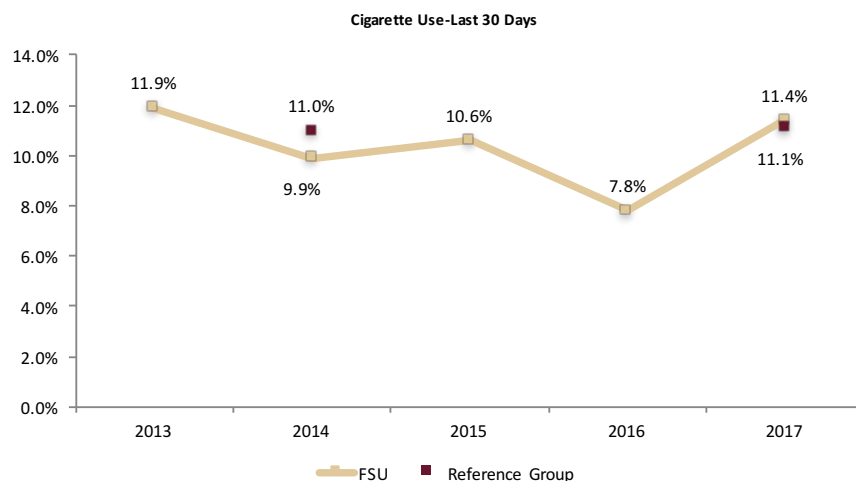
The largest proportion of students diagnosed with an STD/I reported having chlamydia. Of those reporting having vaginal intercourse in the last 30 days, 33.3% report “always” using a condom.



Tobacco

Cigarette use declined in 2016, but rose by nearly 4 percent in 2017. Reference group cigarette usage exceeded FSU student use in 2014, but in 2017 FSU student cigarette use exceeded use among students at comparable institutions.

The 2016 and 2017 NCHA included a question on e-cigarette use over the past 30 days. E-cigarette use appears to be on the rise among FSU students. In 2017, FSU student e-cigarette use was lower than comparable institutions.



Executive Summary

Academic impediments align Healthy Campus 2020 with the academic goals of institutions of higher education. Objectives with the greatest combined frequency and severity of impact, based on FSU's 2013-17 ACHA-NCHA data, were: stress (30.2%), anxiety (21.6%), sleep difficulties (20.6%), cold/flu/sore throat (19.0%), depression (13.0%), internet use/computer gaming (12.7%), work (12.2%), concern for a troubled friend or family member (9.7%), sinus infection (7.4%) and ADHD (7.2%).

Although roughly 6% of students reported that high risk drinking impacted their academics, more than 40% of all students report consuming 5 or more drinks in a single sitting at least once in the past 30 days. Of students who report consuming alcohol, more than 45% report that they did something they later regretted, 36.4% men and 44.8% women forgot where they were or what they did and over 33% of students had unprotected sex. In addition, 18.8% of males and 19.6% of females physically injured themselves as a result of drinking.

Over 8% of students report experiencing an emotionally abusive relationship within the last 12 months and over 4% of students report that they experienced a sexual assault in the last year. More than 10% of students report experiencing sexual contact without consent, 4% experienced attempted penetration and 2.3% experienced sexual penetration without consent.

More than 57% of students reported experiencing anxiety in the past 12 months, 47.2% reported feeling hopeless, 31.9% reported feeling depressed, 7.6% considered suicide and 5.8% reported self-harm.

Most students (63.7%) consume 1-2 servings of fruits and vegetables per day and exercise 1-2 days per week (30.5%) or 3-4 days per week (28.2%). Despite most students (62.6%) reporting that they are about the right weight, 43.5% report dieting to lose weight and 47.5% report exercising to lose weight.

Marijuana use increased from 23% in 2013 to 30.1% in 2017 (a 30% increase). Although this is noteworthy, a 60% increase was identified in the reference group (from 16.8% in 2014 to 26.9% in 2017). In addition, cocaine use increased from 1.6% in 2013 to 3.9% in 2017 but it also increased in the reference group from 1.5% in 2014 to 3.5% in 2017. A slight increase was noted in stimulant misuse from 13.4% in 2013 to 15.1% in 2017. A similar increase was identified in the reference group from 8.6% to 10.7% in 2017. Tobacco use has remained relatively consistent from 2013 to 2017 from 11.9% to 11.4% and this models the reference group. E-cigarette use has increased at FSU from 3.8% in 2016 to 4.9% in 2017, both of which are still lower than the reference group at 6.4% in 2017.

On the subject of sexual behavior, of the students who report having vaginal intercourse in the last 30 days, 33.3% report always using a condom and 3.5% of students report a chlamydia diagnoses in the last 12 months.

Recommendations

The Healthy Campus initiative implements FSU's strategic wellness goals:

1. Expand student mental health services and prevention efforts.
2. Engage students to enhance their attitudes, perceptions and behaviors that promote resiliency and lifelong wellness.
3. Embed health and wellness into all aspects of campus culture through Healthy Campus framework.
4. Provide services for at-risk students to ensure basic necessities are met.
5. Engage students in activities that enrich their well-being.

