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College Student Health Survey Report

**HEALTH AND HEALTH-RELATED BEHAVIORS**  
Minnesota State University Moorhead Students

**BOYNTON**  
HEALTH SERVICE

UNIVERSITY OF MINNESOTA



# HEALTH AND HEALTH-RELATED BEHAVIORS

Minnesota State University Moorhead Students



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# 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 Minnesota college students.

Across the state of Minnesota, 14 two-year and four-year postsecondary schools joined together with Boynton Health Service at the University of Minnesota in the spring of 2008 to collect information from over 25,077 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. Over 8,000 students completed the survey for an overall response rate of 32.4%.

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 8,000 undergraduate and graduate students enrolled in 14 Minnesota postsecondary institutions completed the 2008 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 (two) at a variety of stores.

Participants were contacted through multiple mailings and e-mails:

- Postcards were sent to randomly selected students notifying them of their eligibility to participate in the survey.
- Students were e-mailed a link to the online survey.
- Reminder postcards and multiple e-mails were sent to all students to encourage participation.
- All students were sent a minimum of two invitations to participate in the survey.

A total of 25,077 undergraduate and graduate students from 14 Minnesota colleges and universities were invited to participate in the 2008 College Student Health Survey (see Appendix 1 for a list of participating schools).

In addition to the 25,077 randomly selected students attending the 14 schools, also surveyed were 1,323 veterans who attended one of the 14 schools or the University of Minnesota–Twin Cities. The survey results for veterans will be treated as a separate report. This report is based on the original 25,077 randomly selected students.

### Minnesota State University Moorhead Methodology Highlights

- **1,759** students from Minnesota State University Moorhead were randomly selected to participate in this study.
- **553** completed the survey.
- **31.4%** was the response rate.



2008 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 2008 College Student Health Survey asked students if they had ever been diagnosed with depression within their lifetime. For the purpose of this illustration, if 6,000 students completed the survey and 720 of them reported they had been diagnosed with depression within their lifetime, then the lifetime prevalence of depression among this population of students is 12.0% ( $720/6,000$ ).

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 guarantees that the sample chosen is representative of the population. This ensures 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 insurance 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 years old, report good health. The majority of young adults in Minnesota (89.0%) and nationwide (84.2%) report excellent, very good, or good health.<sup>1</sup> 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 77.4% report some kind of health care insurance, and nationwide the number is 71.9%.<sup>1,2</sup> More young males (31.1%) than young females (25.1%) lack health insurance coverage.<sup>2</sup> Among all age groups, young adults (70.8%) are least likely to identify a usual place for medical care.<sup>2</sup>

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 Minnesota State University Moorhead (MSUM) report an overall uninsured rate of **9.6%**. Males tend to have a slightly higher uninsured rate compared to females (**10.6%** vs. **9.1%**, respectively).

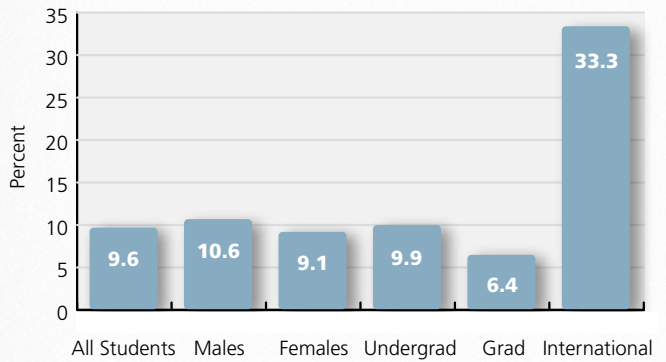
Minnesota State University Moorhead students ages 25-29 report the highest uninsured rate. The lowest uninsured rates are among MSUM students ages 18-19 and 40 and older. These rates may be a reflection of parental health insurance coverage for 18- and 19-year-old students and work-related health insurance coverage for students ages 40 and older.

Nearly one-fourth (**22.8%**) of students who attend Minnesota State University Moorhead report having a spouse, and **19.0%** of these students report that their spouse is uninsured.

Approximately one-tenth (**11.0%**) of MSUM students report having dependent children. Of these dependent children, **6.6%** lack health insurance.

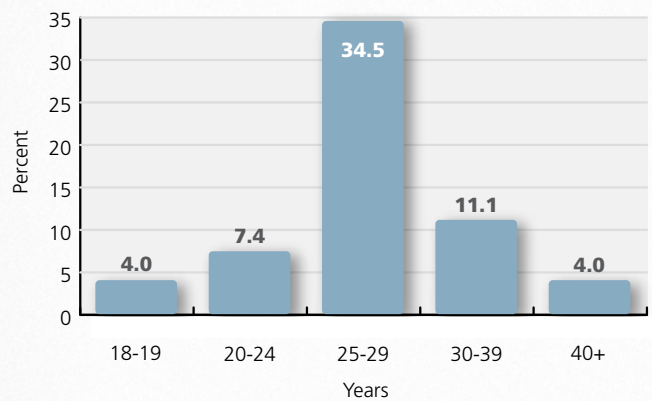
### Health Insurance Status—Uninsured

All Students



### Health Insurance Status—Uninsured

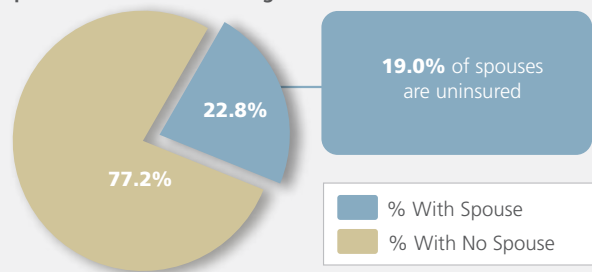
All Students by Age Group



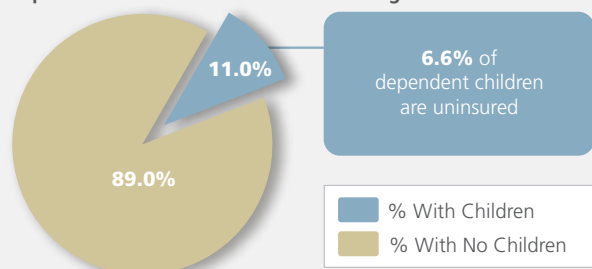
### Spouse and Dependent Health Care Coverage

All Students

#### Spouse Health Care Coverage

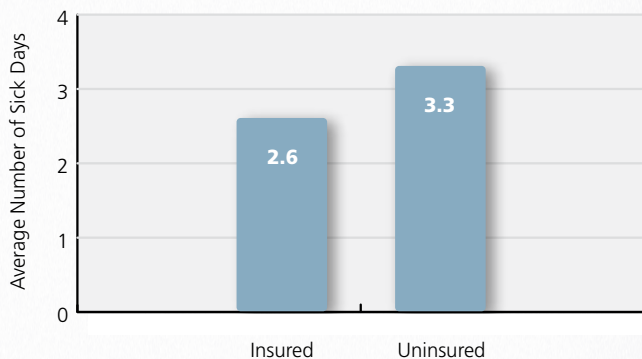


#### Dependent Children Health Care Coverage



### Health Insurance and Number of Sick Days—Past 30 Days

All Students

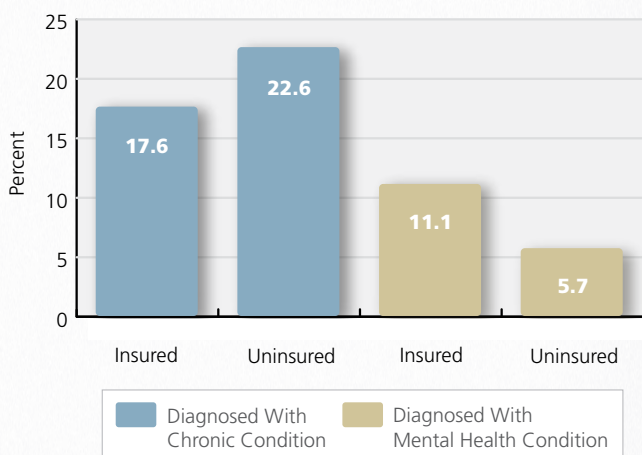


Number of sick days is a measure of health-related quality of life. Sick days reflect a personal sense of poor or impaired physical or mental health, or the inability to react to factors in the physical and social environments.<sup>3</sup>

MSUM students with health insurance report on average **0.7** fewer sick days in the past 30 days than MSUM students without health insurance.

### Health Insurance and Health Status

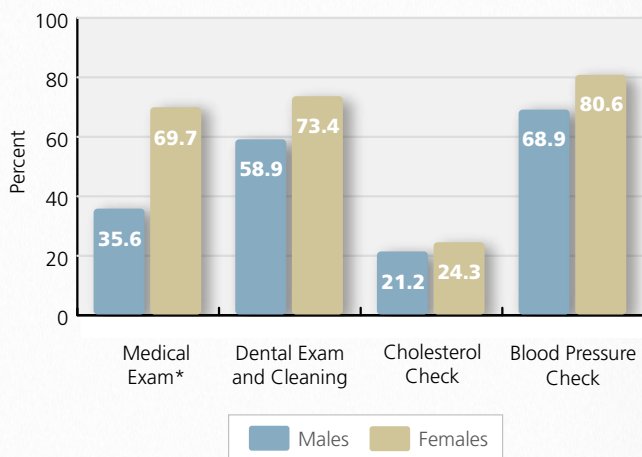
All Students



MSUM students with health insurance report a lower rate of diagnosed chronic conditions and a higher rate of diagnosed mental health conditions compared to MSUM students without health insurance.

### Preventive Health Care Utilization—Past 12 Months

All Students by Gender



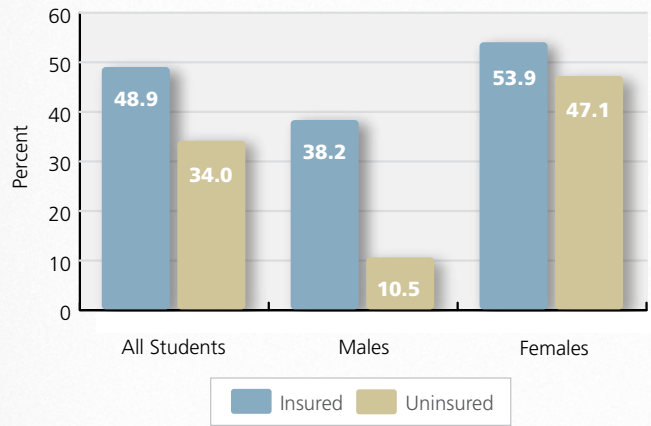
Female students attending Minnesota State University Moorhead access preventive services at higher rates than male students attending the university.

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

Health insurance coverage appears to have an impact on whether MSUM students obtained routine medical examinations within the past 12 months. Uninsured male students, in particular, had a far lower rate of obtaining a routine medical examination than insured male students.

### Rates of Obtaining a Routine Medical Examination—Past 12 Months

All Students by Gender and Insurance Status



Other than dental and emergency care, the primary location for Minnesota State University Moorhead students to obtain health care services appears to be a community clinic. It should be noted that among students who obtained mental health service, **21.0%** obtained it from the MSUM student counseling service and **10.1%** obtained it from the MSUM school health service.

### Health Care Utilization by Location

All Students (Includes Only Those Students Who Report Obtaining a Service)

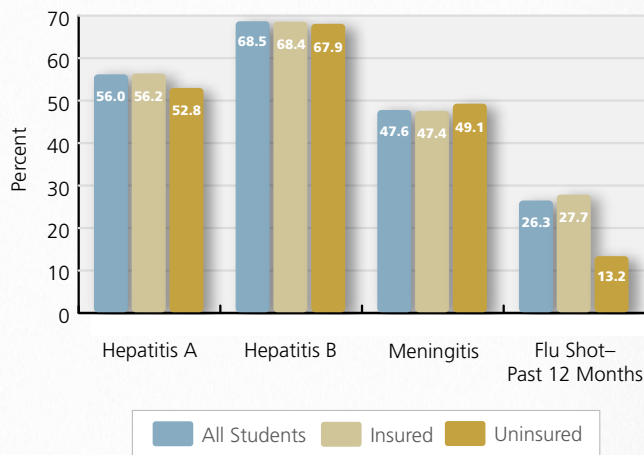
Question asked: Where do you obtain the following health care services while in school?

Health Care Service	Percent					
	School Health Service	Student Counseling Service	Hospital	Community Clinic	HMO	Private Practice
Routine Doctor's Visit (89.9%*)	17.9	0.4	26.6	49.3	3.2	14.1
Dental Care (90.4%*)	1.8	0.0	3.2	28.2	1.4	66.0
Mental Health Service (21.5%*)	10.1	21.0	21.0	32.8	0.8	21.0
Testing for Sexually Transmitted Infections (36.2%*)	21.0	0.5	16.0	53.0	0.0	12.0
Treatment for Sexually Transmitted Infections (17.4%*)	20.8	0.0	18.8	46.9	0.0	11.5
Testing for HIV (29.1%*)	22.4	0.6	14.3	52.2	0.0	13.0
Emergency Care (83.7%*)	4.1	0.0	88.3	12.7	0.6	1.5

\*Percent of students who obtained service.

## Immunization Status

All Students



## Average Number of Days Affected by Illness

All Students by Gender

Illness	Average Number of Days Affected—Past 30 Days	
	Males	Females
Poor Physical Health	2.7	3.8
Poor Mental Health	4.3	6.0
Poor Physical and/or Mental Health Affected Daily Activities	2.1	2.9

## Diagnosed With Acute Condition—Lifetime and Past 12 Months

All Students

Acute Condition	Percent Who Report Being Diagnosed	
	Within Lifetime	Within Past 12 Months
Chlamydia	2.9	0.7
Gonorrhea	0.2	0.2
Hepatitis A	0.5	0.2
Lyme Disease	0.4	0.0
Mononucleosis	8.3	1.1
Pubic Lice	2.4	0.0
Strep Throat	47.7	7.6
Syphilis	0.2	0.2
Urinary Tract Infection	21.4	8.4
Diagnosed With at Least One of the Above Acute Conditions	56.9	16.3

Insured students obtain flu shots at a higher rate than uninsured students at the university. Insured and uninsured students obtain immunizations for hepatitis A, hepatitis B, and meningitis at similar rates.

Currently these immunizations are not required for students enrolled in postsecondary institutions. Hepatitis B immunization, however, is required for high school students in Minnesota. It is expected that the hepatitis B immunization rate in postsecondary institutions will increase over the next ten years.

Compared to male respondents at Minnesota State University Moorhead, 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.

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

The acute condition diagnosed most frequently within students' lifetimes was strep throat, with **47.7%** of MSUM students reporting having this diagnosis. The acute condition diagnosed most frequently within the past 12 months was urinary tract infection, with **8.4%** of MSUM students reporting having this diagnosis. Overall, **56.9%** of students report being diagnosed with at least one acute condition within their lifetime, and **16.3%** 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 MSUM.

The two most common chronic conditions diagnosed in Minnesota State University Moorhead students are allergies (**39.7%** lifetime) and asthma (**16.1%** lifetime). More than one-half (**52.7%**) of students report being diagnosed with at least one chronic condition within their lifetime, and nearly one-fifth (**18.0%**) report being diagnosed with at least one chronic condition within the past 12 months.

### Diagnosed With Chronic Condition—Lifetime and Past 12 Months

All Students

Chronic Condition	Percent Who Report Being Diagnosed	
	Within Lifetime	Within Past 12 Months
Alcohol Problem	4.9	1.3
Allergies	39.7	10.1
Asthma	16.1	2.1
Cancer	1.1	0.6
Diabetes Type I	0.9	0.0
Diabetes Type II	0.7	0.4
Genital Herpes	0.4	0.2
Genital Warts/ Human Papilloma Virus	4.9	6.0
Hepatitis B	0.5	0.2
Hepatitis C	0.0	0.0
High Blood Pressure	2.9	1.9
High Cholesterol	3.3	0.8
HIV/AIDS	0.2	0.2
Drug Problems (Other Than Alcohol)	1.8	0.2
Obesity	4.0	1.9
Tuberculosis	0.0	0.0
Diagnosed With at Least One of the Above Chronic Conditions	52.7	18.0



# 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 31.3% are age 25 or older.<sup>4</sup> In addition, approximately 565,000 foreign students are studying at U.S. colleges and universities.<sup>4</sup> 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, 53.8% of 18- to 29-year-olds have been diagnosed with a mental disorder within their lifetime, and 38.0% of 18- to 29-year-olds have been diagnosed with a mental disorder within the previous year.<sup>5</sup> Among all age groups, 18- to 25-year-olds have the highest lifetime prevalence of serious psychological distress, i.e., mental illness that results in functional impairment (17.7%), and the highest past year prevalence of major depressive episode (9.0%).<sup>6</sup> The lifetime prevalence of major depressive episode for 18- to 25-year-olds is 15.0%.<sup>3</sup> 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.<sup>6</sup>

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

### Diagnosed Mental Health Condition—Lifetime and Past 12 Months

All Students

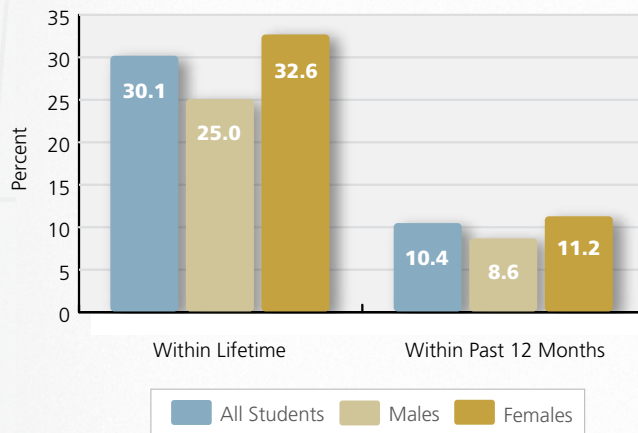
Mental Health Condition	Percent Who Report Being Diagnosed	
	Within Lifetime	Within Past 12 Months
Anorexia	1.1	0.2
Anxiety	12.5	5.3
Attention Deficit Disorder	5.3	0.6
Autism	0.2	0.0
Bipolar Disorder	0.9	0.2
Bulimia	1.3	0.6
Depression	21.2	6.6
Obsessive-Compulsive Disorder	0.7	0.4
Panic Attacks	5.4	1.7
Post-Traumatic Stress Disorder	1.4	0.8
Seasonal Affective Disorder	2.4	0.9
Social Phobia/ Performance Anxiety	2.0	0.9

Among MSUM students, **30.1%** 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 **14.2%** report being diagnosed with two or more mental health conditions within their lifetime.

### Diagnosis of Any Mental Health Condition—Lifetime and Past 12 Months

All Students by Gender



## Mental Health Stressors

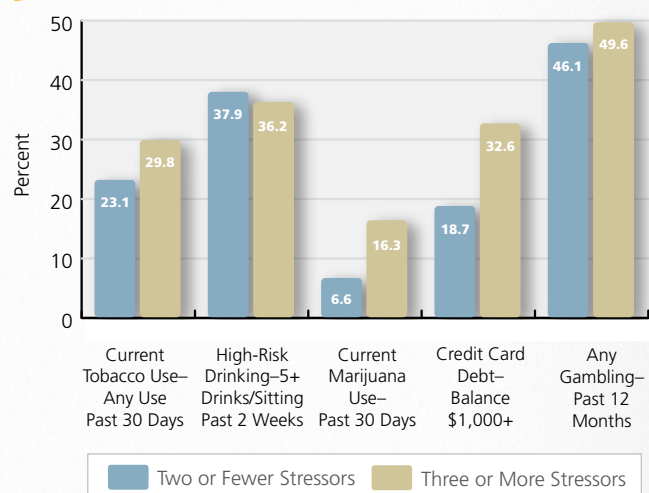
All Students

Stressor	Percent Experienced Within Past 12 Months
Getting Married	4.0
Failing a Class	10.7
Serious Physical Illness of Someone Close to You	18.6
Death of Someone Close to You	21.3
Being Diagnosed With a Serious Physical Illness	2.5
Being Diagnosed With a Serious Mental Illness	3.3
Divorce or Separation From Your Spouse	1.6
Termination of Personal Relationship (Not Including Marriage)	18.1
Attempted Suicide	0.5
Being Put on Academic Probation	7.6
Excessive Credit Card Debt	12.1
Excessive Debt Other Than Credit Card	10.5
Being Arrested	2.2
Being Fired or Laid Off From a Job	4.3
Roommate/Housemate Conflict	25.1
Parental Conflict	15.4
Lack of Health Care Coverage	11.0
Issues Related to Sexual Orientation	1.6
Not Applicable (None of the Above Happened to Me)	28.9
Report Experiencing One or Two of the Above Stressors	44.1
Report Experiencing Three or More of the Above Stressors	25.5

The most commonly experienced stressors among Minnesota State University Moorhead students are roommate/housemate conflict and the death of someone close to them. Other frequently reported stressors include the serious physical illness of someone close to the student and the termination of a personal relationship. A total of **44.1%** of students report experiencing one or two stressors within the past 12 months, and **25.5%** report experiencing three or more stressors over that same time period.

## Mental Health Stressors and Risky Behavior

All Students



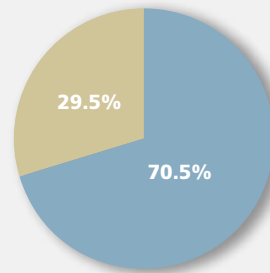
There appears to be an association between reported number of stressors experienced within the past 12 months and various types of risk-taking behavior. Over the same 12-month period, MSUM students who experienced three or more stressors tend to have higher rates of current tobacco use, current marijuana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

Almost one-third (**29.5%**) of MSUM students report they are unable to manage their stress level. Additional analysis shows that among these students, **12.7%** also report they were diagnosed with depression within the past 12 months. More than two-thirds (**70.5%**) of MSUM students report they are able to manage their level of stress. Only **4.0%** 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, we asked students 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)

There appears to be an association between unmanaged stress levels and higher rates of diagnosis for acute and chronic conditions as well as various mental health conditions. For example, **12.0%** of MSUM students with unmanaged stress levels report being diagnosed with anxiety within the past year compared to only **2.4%** of students with managed stress levels reporting the same diagnosis.

### Stress and Mental Health—Acute and Chronic Condition Diagnosis

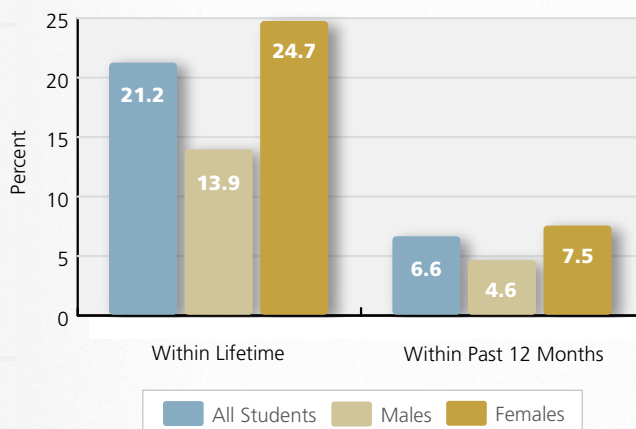
All Students

Diagnosed Within the Past 12 Months	Percent	
	Unmanaged Stress (Index >1)	Managed Stress (Index ≤1)
Any Chronic Condition	24.2	15.4
Any Acute Condition	22.5	13.7
Anxiety	12.0	2.4
Depression	12.7	4.0
Obsessive-Compulsive Disorder	0.6	0.3
Panic Attacks	3.8	0.8
Social Phobia/ Performance Anxiety	0.6	1.1

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

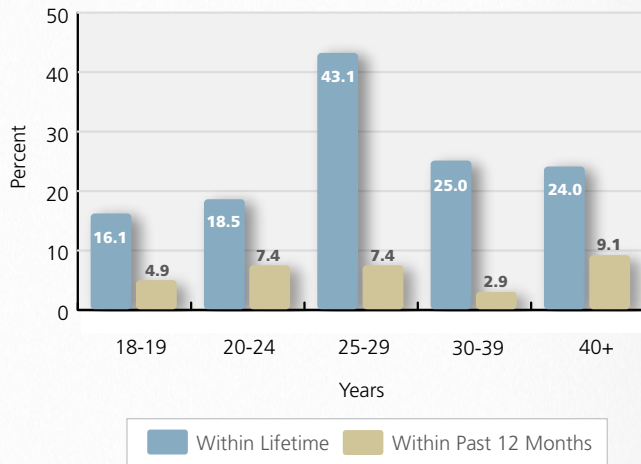
### Depression Diagnosis—Lifetime and Past 12 Months

All Students by Gender



### Depression Diagnosis— Lifetime and Past 12 Months

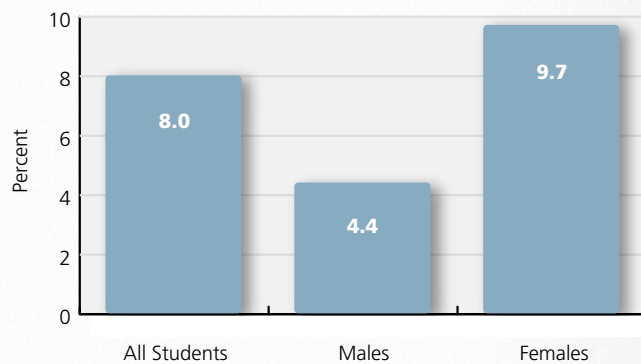
All Students by Age Group



Among Minnesota State University Moorhead students, no consistent relationship appears to exist between age and the rates of depression diagnosis within lifetime or within the past 12 months. Nearly one-half (**43.1%**) of students ages 25-29 report being diagnosed with depression within their lifetime. Nearly one-tenth (**9.1%**) of students ages 40 and older report being diagnosed with depression within the past 12 months.

### Currently Taking Medication for Depression

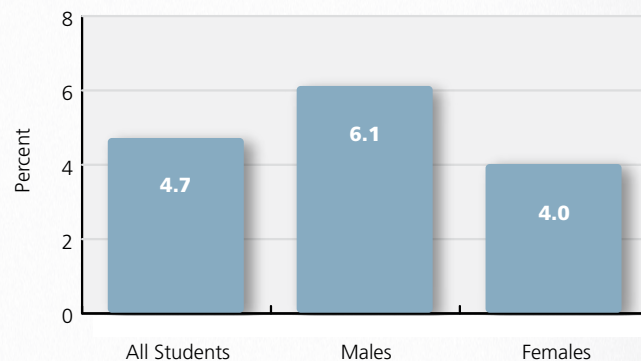
All Students by Gender



Overall, **8.0%** of Minnesota State University Moorhead 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 diagnosis rates found in females compared to males.

### Currently Taking Medication for Mental Health Problems Other Than Depression

All Students by Gender

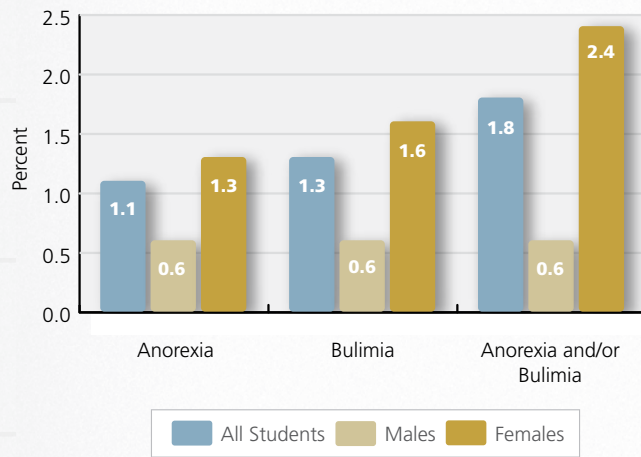


Female Minnesota State University Moorhead students also report a higher rate of medication use for mental health problems other than depression than the university's male population. Overall, **4.7%** of students report being on medication for a mental health problem other than depression.

Among Minnesota State University Moorhead students, **0.6%** of males and **2.4%** of females report being diagnosed with anorexia and/or bulimia within their lifetime.

### Eating Disorder Diagnosis—Lifetime

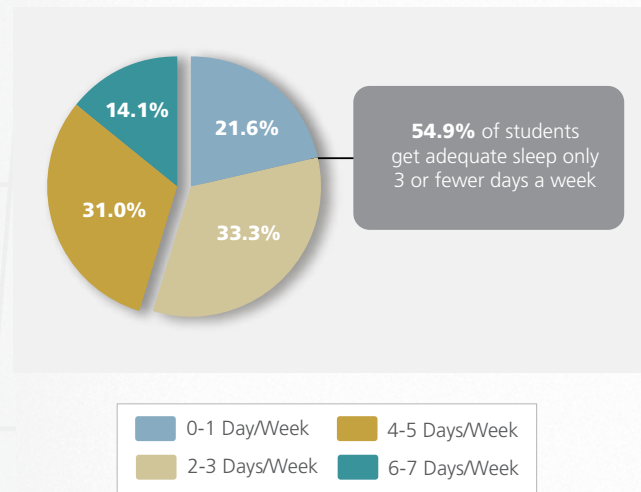
All Students by Gender



In response to a question regarding 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 (**54.9%**) of MSUM students report they received adequate sleep on only three or fewer days over the previous seven days.

### Number of Days of Adequate Sleep—Past Seven Days

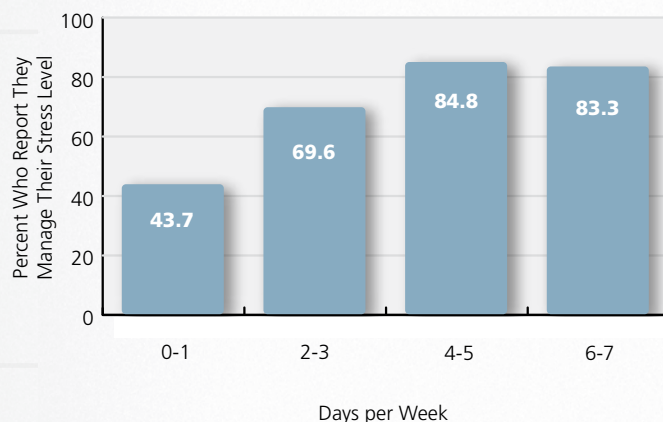
All Students



Receiving adequate sleep in the past seven days appears to have an impact on students' ability to manage their stress level. Only **43.7%** of MSUM students who report receiving 0-1 day/week of adequate sleep also report the ability to manage their stress, whereas **84.8%** of students who report 4-5 days/week of adequate sleep and **90.1%** of students who report 6-7 days/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 40.2%, while 18- to 20-year-olds are not far behind at 35.6%.<sup>6</sup> Approximately one in three (30.9%) full-time college students smoked cigarettes at least one time in the previous year, one in five (19.2%) smoked cigarettes at least one time in the previous 30 days, and one in ten (9.2%) smoke cigarettes daily.<sup>7</sup> No significant gender difference exists in the prevalence of current or daily tobacco smoking among college students.<sup>7</sup> Among young adults ages 18-25, 5.2% used smokeless tobacco in the previous month.<sup>6</sup> Current cigarette smokers are more likely to use other tobacco products, alcohol, or illicit drugs than nonsmokers.<sup>6</sup> Among all current smokers, 42.5% have tried to quit and have stopped smoking for at least one day in the preceding 12 months.<sup>8</sup> Of the 15 million college students in the United States, an estimated 1.7 million will die prematurely due to smoking-related illnesses.<sup>9</sup> Clearly the current level of tobacco use among college students pose a major health risk.

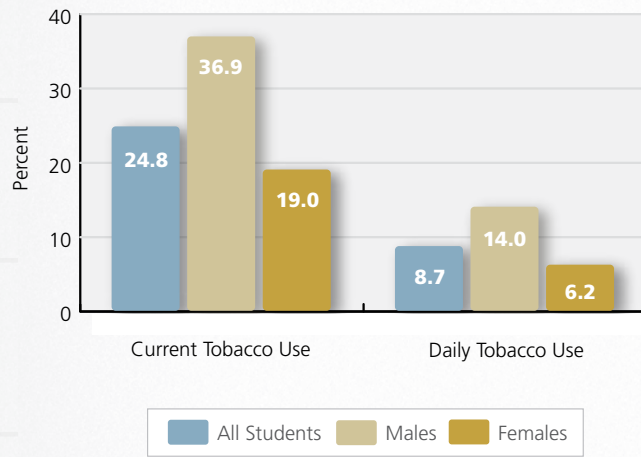
The *current tobacco use* rate for Minnesota State University Moorhead students is **24.8%**, with a daily tobacco use rate of **8.7%**. Males report higher rates of both current and daily tobacco use compared to females.

**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**

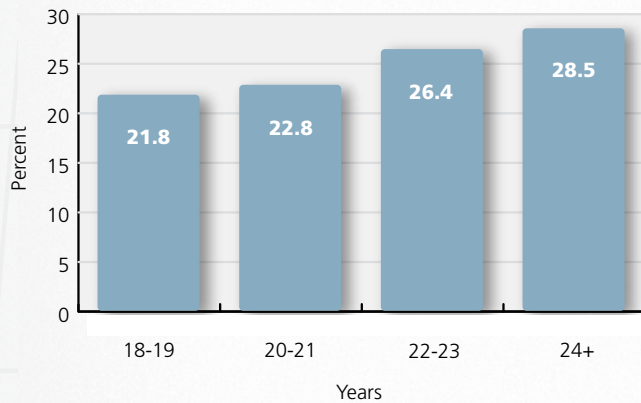
All Students by Gender



Among Minnesota State University Moorhead students, the rate of current tobacco use increases with age.

**Current Tobacco Use**

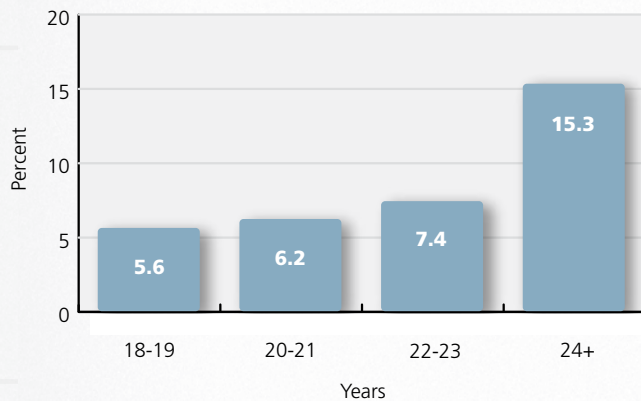
All Students by Age Group



The rate of daily tobacco use among MSUM students also increases with age. The rate of daily tobacco use among students ages 24 and older is more than two times the rate of students ages 22-23.

**Daily Tobacco Use**

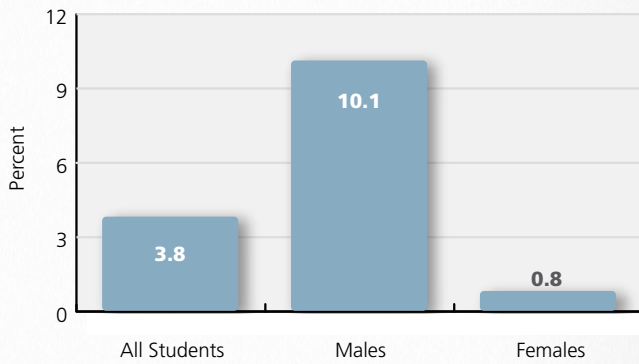
All Students by Age Group





### Current Smokeless Tobacco Use

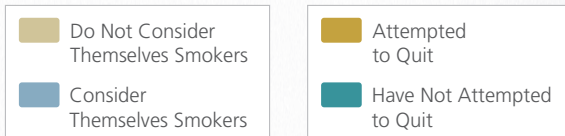
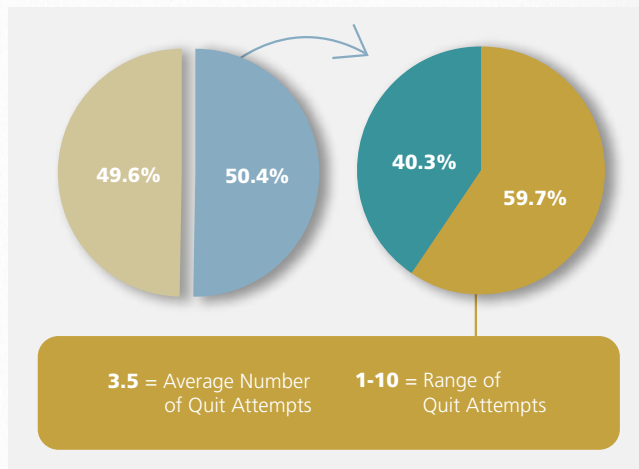
All Students by Gender



Males are the predominant users of smokeless tobacco. Overall, **10.1%** of male Minnesota State University Moorhead students report using smokeless tobacco during the past 30 days.

### Quit Attempts—Past 12 Months

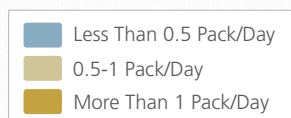
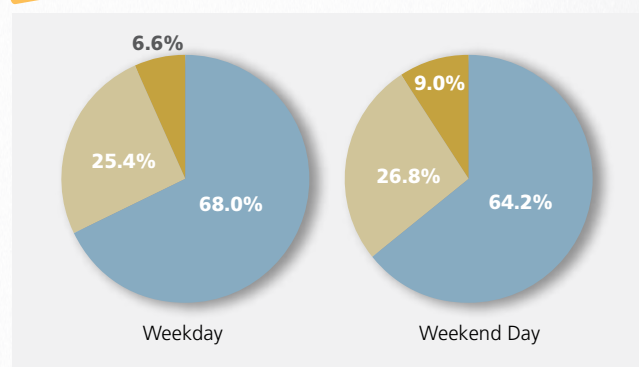
All Students: Current Cigarette Users



Among students at Minnesota State University Moorhead who report using smoking tobacco in the past 30 days, **49.6%** do not consider themselves smokers. Among MSUM students who do consider themselves smokers, **59.7%** made at least one attempt to quit smoking over the past 12 months. These students made an average of **3.5** quit attempts during that same 12-month period.

### Number of Cigarettes Smoked

All Students: Current Tobacco Users

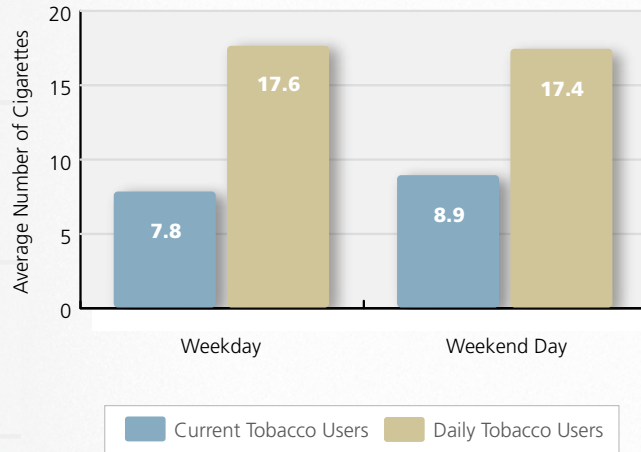


For MSUM students who report using tobacco over the past 30 days, the percentage of those who say they smoke half a pack of cigarettes or more per day increases from **32.0%** on a weekday to **35.8%** on a weekend day.

The average number of cigarettes smoked by MSUM students who are current tobacco users increases from **7.8** per weekday to **8.9** per weekend day. For daily tobacco users, the average number decreases slightly from **17.6** per weekday to **17.4** per weekend day.

### Average Number of Cigarettes Smoked

All Students: Current vs. Daily Tobacco Users



Minnesota State University Moorhead students who used tobacco in the past 30 days report the most common locations of their use are in a car, at private parties, in bars/restaurants, and where they live.

### Location of Tobacco Use

All Students: Current Tobacco Users

Location	Percent Who Indicate Use at Specified Location
Campus Events	11.4
Bars/Restaurants	58.5
In a Car	70.7
Where I Live	53.7
Private Party	61.8
Work Site	27.6
Residence Hall	8.1
Fraternity/Sorority	5.7
Other	21.1

For nonsmokers attending MSUM, bars/restaurants and private parties are the most commonly cited locations for exposure to secondhand smoke. Bars/restaurants and cars are the most frequently reported locations for exposure to secondhand smoke by smokers.

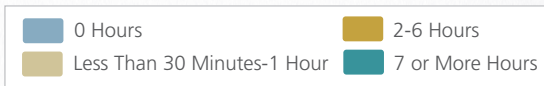
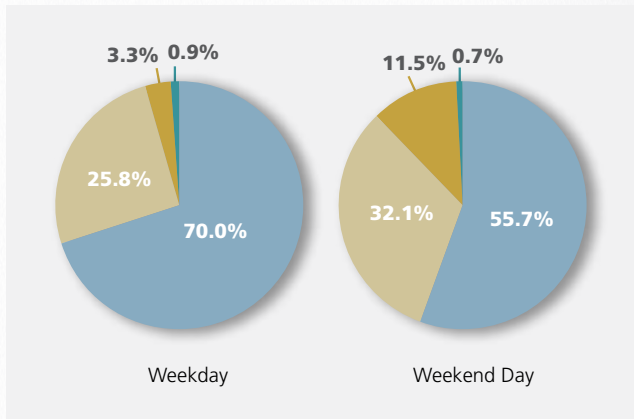
### Exposure to Secondhand Smoke

All Students

Location	Percent of Nonsmokers Who Indicate Exposure	Percent of Smokers Who Indicate Exposure	Percent of All Students Who Indicate Exposure
N/A—Never Exposed	33.5	14.6	29.3
Campus Events	5.8	0.0	4.5
Bars/Restaurants	35.6	49.6	38.7
In a Car	10.7	49.6	19.3
Where I Live	6.0	27.6	10.8
Private Party	17.0	44.7	23.1
Work Site	6.3	11.4	7.4
Residence Hall	1.6	0.8	1.4
Fraternity/Sorority	0.7	2.4	1.1
Other	15.6	18.7	16.3

### Number of Hours Exposed to Secondhand Smoke

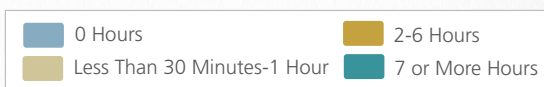
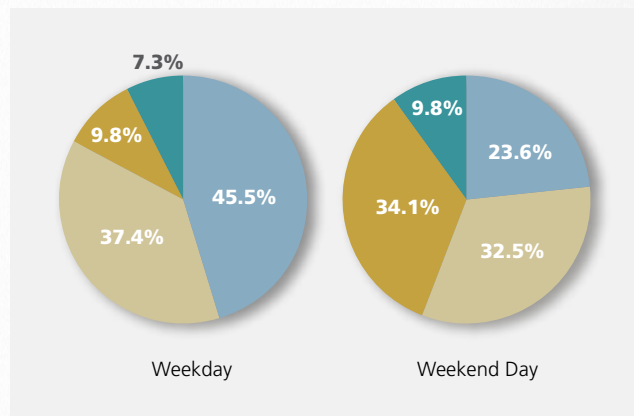
All Students: Nonsmokers



For nonsmokers attending Minnesota State University Moorhead, the hours of exposure to secondhand smoke increase from a weekday to a weekend day. During the week, **30.0%** report being exposed to some level of secondhand smoke per day, whereas during the weekend this exposure rate increases to **44.3%**.

### Number of Hours Exposed to Secondhand Smoke

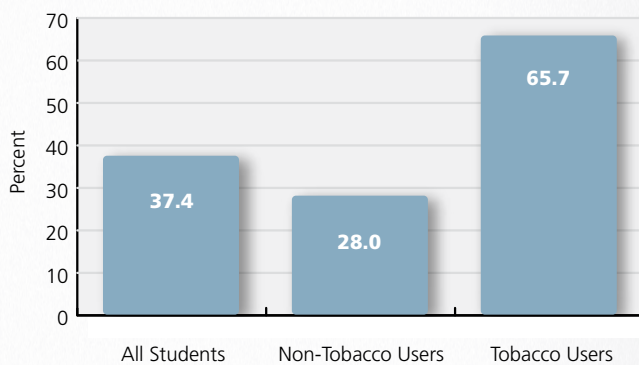
All Students: Current Smokers



The same trend of increased exposure to secondhand smoke from a weekday to a weekend day is seen in smokers attending MSUM. Any exposure to secondhand smoke increases from **54.5%** on a weekday to **76.4%** on a weekend day. In addition, exposure to two hours or more per day increases from **17.1%** on a weekday to **43.9%** on a weekend day.

### Tobacco Use Status and High-Risk Drinking

All Students



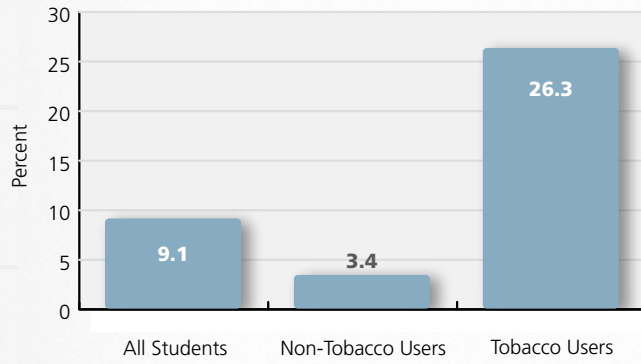
Minnesota State University Moorhead students who use tobacco tend to have a higher rate of *high-risk drinking* compared to MSUM students who are non-tobacco users (**65.7%** vs. **28.0%**, respectively).

#### 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.

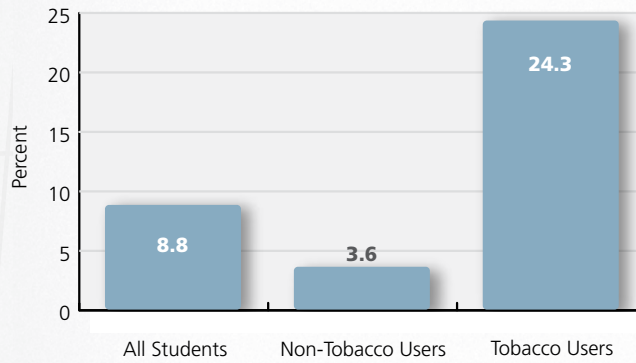
Similar to the relationship between high-risk drinking and tobacco use, the use of marijuana in the past 30 days by MSUM students is higher among tobacco users (**26.3%**) compared to non-tobacco users (**3.4%**). This is a nearly eightfold increase in the rate.

### 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 MSUM use illegal drugs other than marijuana at nearly seven times the rate of non-tobacco users who attend the university (**24.3%** vs. **3.6%**, 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 (84.7%) college students have consumed alcohol at least one time, and nearly seven in ten (65.4%) college students consume alcohol monthly.<sup>7</sup> Heavy or “binge” drinking (consuming five or more alcoholic beverages in a row in the previous two weeks) rates peak between ages 21 and 23 (49.3% at age 21, 48.9% at age 22, and 47.2% at age 23).<sup>6</sup> The rate of binge drinking is 36.2% among 18- to 20-year-olds and 46.1% among 21- to 25-year-olds.<sup>6</sup> 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.<sup>6</sup>

Approximately one-half (50.6%) of college students have used an illicit drug at least once in their lifetime, about one-third (33.9%) of college students have used an illicit drug at least once in the past year, and nearly one in five (19.2%) college students have used an illicit drug in the last month.<sup>7</sup> Marijuana is the illicit drug of choice for college students, with nearly half (46.9%) of students having used the drug at least once in their lifetime and almost one-third (30.2%) having used it in the past year.<sup>7</sup> Among college students, 6.0% have used amphetamines, 5.1% have used cocaine, and 0.3% have used heroin in the previous year.<sup>7</sup>

The rates for any use of alcohol in the past 12 months are similar for males and females who attend Minnesota State University Moorhead (**82.2%** vs. **81.2%**, respectively).

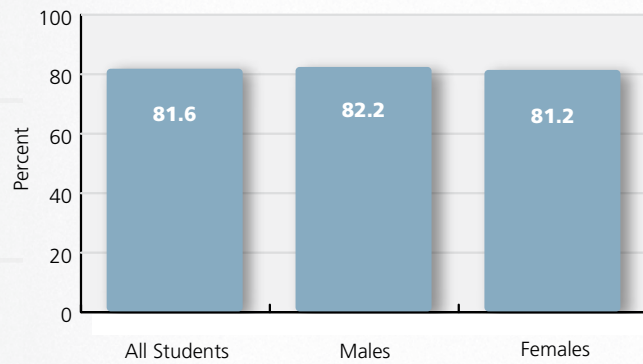
**Definition:**

**Past-12-Month Alcohol Use**

Any alcohol use within the past year.

**Alcohol Use—Past 12 Months**

All Students by Gender



Males who attend Minnesota State University Moorhead report a higher rate for any use of alcohol in the past 30 days compared to females who attend the university (**73.7%** vs. **70.0%**, respectively).

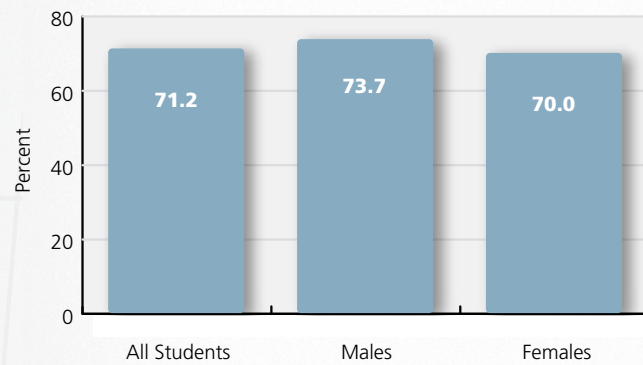
**Definition:**

**Current Alcohol Use**

Any alcohol use within the past 30 days.

**Current Alcohol Use**

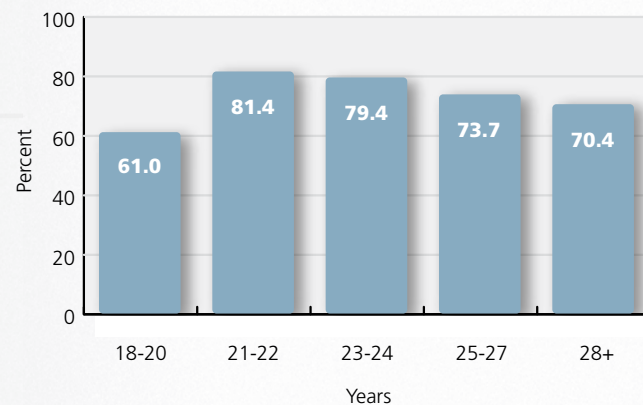
All Students by Gender



More than three out of five (**61.0%**) MSUM students ages 18-20 report consuming alcohol in the past 30 days. More than four out of five (**81.4%**) MSUM students ages 21-22 report consuming alcohol over the same time period.

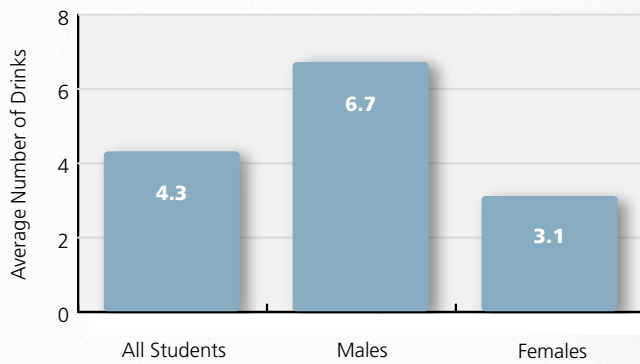
**Current Alcohol Use**

All Students by Age Group



### Average Number of Drinks per Week

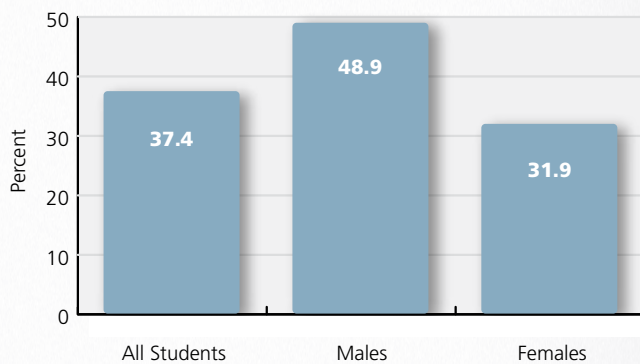
All Students by Gender



Male MSUM students consume a higher average number of drinks per week than female students at the university. The consumption rate is more than two times higher for males. The average number of drinks per week may serve as an indicator of overall alcohol use.

### High-Risk Drinking

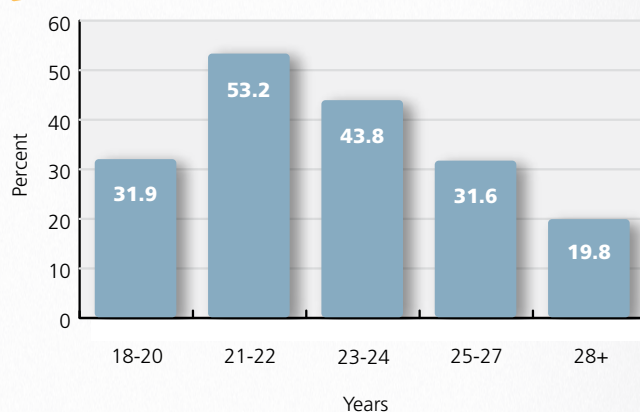
All Students by Gender



Male students at Minnesota State University Moorhead report a higher rate of high-risk drinking compared to female MSUM students (**48.9%** vs. **31.9%**, respectively).

### High-Risk Drinking

All Students by Age Group



Among Minnesota State University Moorhead students, the peak years for engaging in high-risk drinking are ages 21-22. More than one-half (**53.2%**) of these 21- and 22-year-old students report engaging in high-risk drinking.

Students attending MSUM overestimate the high-risk drinking rate on their campus. The estimate from all students is **43.7%**, and the actual high-risk drinking rate at the university is **37.4%**. Those who have engaged in high-risk drinking estimate a high-risk drinking rate of **50.8%**, while those who have not engaged in high-risk drinking estimate a rate of **39.5%**.

### 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	43.7%	37.4% of All Students
High-Risk Drinkers	50.8%	
Non-High-Risk Drinkers	39.5%	

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

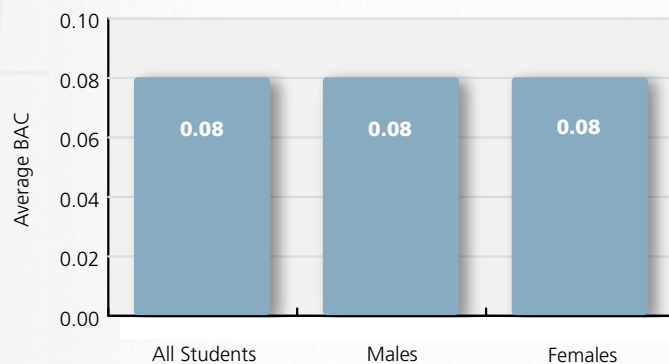
Blood alcohol content (BAC) measures the percentage of alcohol in a person's blood. The calculation of BAC is based on a simple formula that takes into account the following factors:

- 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 Minnesota State University Moorhead, the average estimated blood alcohol content, based on the last time the student partied/socialized, is **0.08**.

### Average Estimated Blood Alcohol Content

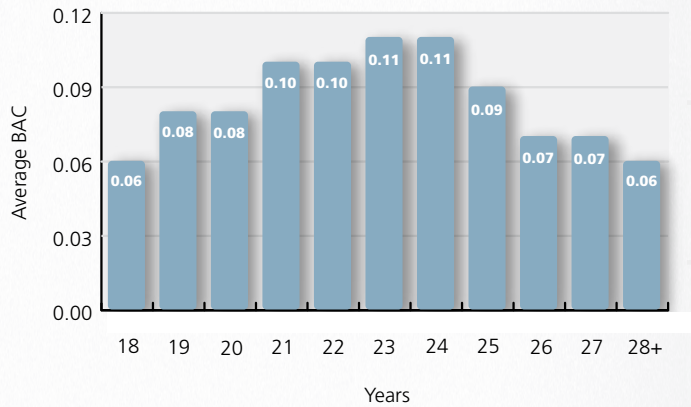
All Students by Gender





## Average Estimated Blood Alcohol Content

All Students by Age



The average estimated BAC levels for Minnesota State University Moorhead students range from **0.06** to **0.11**, with the estimated BAC for all survey respondents averaging **0.08**. Students ages 23 and 24 report the highest estimated BAC level but the estimated BAC levels for students ages 21-25 all exceed the legal driving limit of 0.08 for individuals of legal drinking age.

## Negative Consequences of Alcohol/Drug Use

Negative Consequences Due to Alcohol/Drug Use	Percent of Survey Respondents
Had a Hangover	57.5
Performed Poorly on a Test or Important Project	21.9
Been in Trouble with Police, Residence Hall, or Other College Authorities	8.1
Damaged Property, Pulled Fire Alarms, etc.	2.5
Got Into an Argument or Fight	26.6
Got Nauseated or Vomited	41.6
Driven a Car While Under the Influence	25.0
Missed a Class	28.2
Been Criticized by Someone I Know	24.2
Thought I Might Have a Drinking or Other Drug Problem	10.7
Had a Memory Loss	23.9
Done Something I Later Regretted	27.3
Been Arrested for DWI/DUI	1.8
Have Been Taken Advantage of Sexually	3.1
Have Taken Advantage of Another Sexually	0.2
Tried Unsuccessfully to Stop Using	3.1
Seriously Thought About Suicide	4.0
Seriously Tried to Commit Suicide	0.7
Been Hurt or Injured	9.8

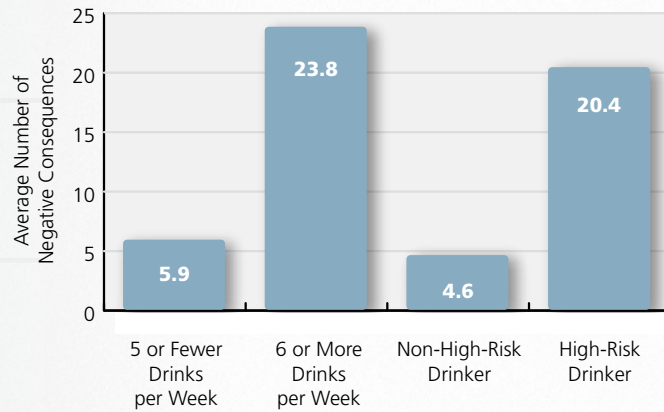
In an attempt to understand the relationship between alcohol/drug use and alcohol/drug-related negative consequences, survey respondents were asked which negative consequences they have experienced as a result of drinking or drug use. The list includes 19 consequences that range from mild to severe. Respondents were instructed to indicate which consequences they experienced and the number of times they experienced each consequence within the course of the past year. The consequences were tallied and the number of occurrences ranged from 0 to 10, resulting in a maximum possible score of 190.

Among Minnesota State University Moorhead students, one-fourth (**25.0%**) report having driven a car while under the influence of alcohol or drugs. More than one-fourth (**28.2%**) of MSUM students report missing a class and more than one-fifth (**21.9%**) of students report performing poorly on a test or project as a result of alcohol/drug use.

There appears to be a strong association between the average number of drinks MSUM students consumed per week and the total number of reported negative consequences they experienced over the past 12 months. There also appears to be an association between engaging in high-risk drinking within the past two weeks and reported negative consequences.

### Average Number of Negative Consequences

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



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, **55.0%** of all Minnesota State University Moorhead 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	Did Not Use Alcohol Within the Past 30 Days	Did Use Alcohol Within the Past 30 Days
Very Likely	55.0	66.0	50.7
Somewhat Likely	27.7	20.8	30.5
Somewhat Unlikely	13.2	9.4	14.5
Very Unlikely	4.1	3.8	4.3

The rates for the negative consequences identified generally are three to five times higher among MSUM students who have engaged in high-risk drinking compared to MSUM students who have not engaged in high-risk drinking. More than one-half (**50.2%**) of students who have engaged in high-risk drinking have driven while intoxicated one or more times in the past 12 months.

### High-Risk Drinking and Selected Consequences\*

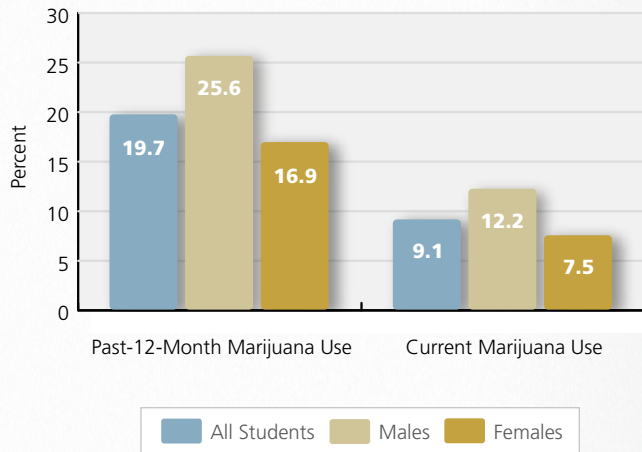
All Students

Negative Consequences	Percent		
	All Students	Non-HRD	HRD
Driven While Intoxicated	25.0	9.8	50.2
Argument	26.6	14.5	46.9
Poor Test/Project	21.9	10.7	40.6
Missed Class	28.2	15.6	49.3
Been Taken Advantage of Sexually (Includes Males and Females)	3.1	1.2	6.3

\*Note: 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.

### Marijuana Use—Past 12 Months and Current

All Students by Gender



The rate for any marijuana use in the past 12 months is **19.7%** for all Minnesota State University Moorhead students, while the **current marijuana use** rate is **9.1%** for all MSUM students. Both the past-12-month and current marijuana use rates are higher for males than for females.

#### Definitions:

##### *Past-12-Month Marijuana Use*

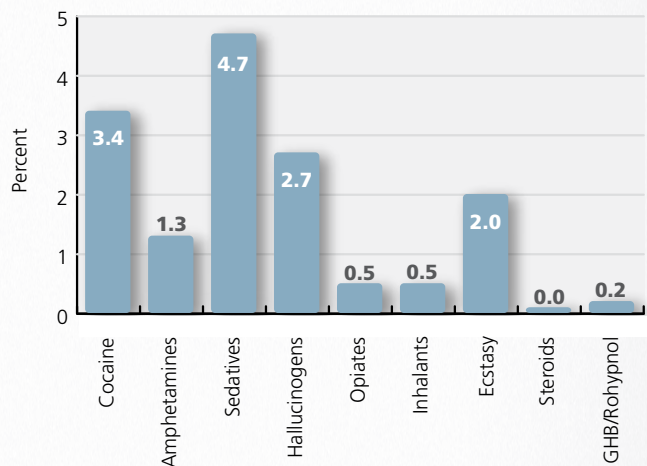
Any marijuana use within the past year.

##### *Current Marijuana Use*

Any marijuana use within the past 30 days.

### Selected Drug Use—Past 12 Months

All Students



The illicit drugs most commonly used by MSUM students are sedatives (**4.7%**) and cocaine (**3.4%**). Further analysis shows that among MSUM students, **8.8%** report having used at least one of the nine listed illicit drugs, with drug use ranging from **0.0%** for steroids to **4.7%** for sedatives.



# 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.<sup>10</sup> 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.<sup>11</sup>

Financial health is another area of concern. More than four in five (83%) college students in the United States have at least one credit card, and nearly one-half (47%) have four or more credit cards.<sup>12</sup> The average credit card debt per U.S. college student is \$2,327.<sup>12</sup> More than two-fifths (41.9%) of college students report that they participated in some type of gambling activity during the previous school year.<sup>13</sup>

Nearly one in four (**24.0%**) female students at Minnesota State University Moorhead report experiencing a sexual assault within their lifetime, with **4.4%** reporting having been assaulted within the past 12 months. Male MSUM students have experienced sexual assault at lower rates, with **5.0%** reporting an assault within their lifetime and **1.1%** reporting an assault within the past 12 months.

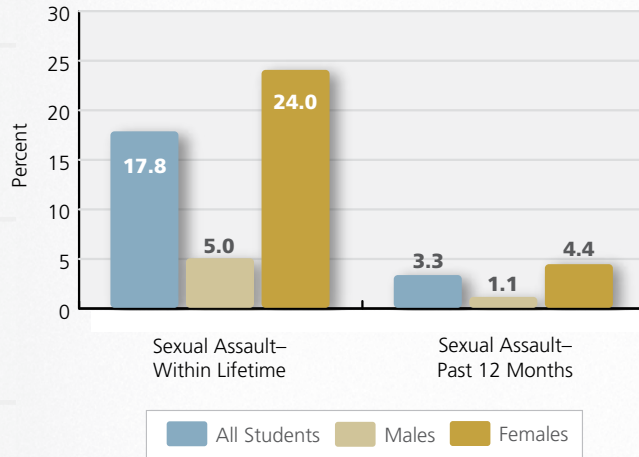
### Sexual Assault—Lifetime and Past 12 Months

All Students by Gender

Students were asked to answer 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 Minnesota State University Moorhead students, more than one in four (**26.3%**) report experiencing domestic violence within their lifetime. More than one-sixth (**17.8%**) of male MSUM students report having had the experience.

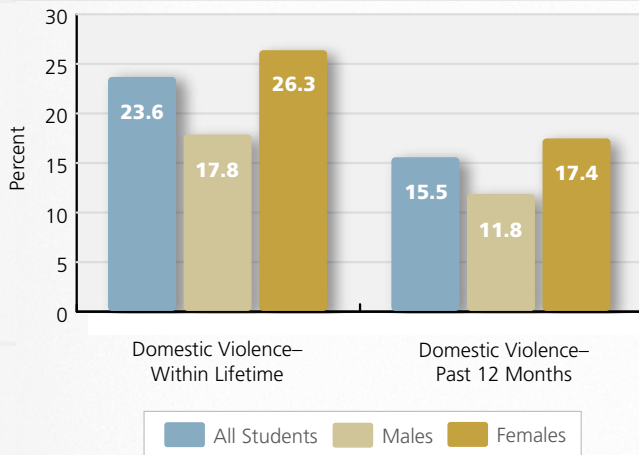
### Domestic Violence—Lifetime and Past 12 Months

All Students by Gender

Students were asked to answer the following two questions:

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

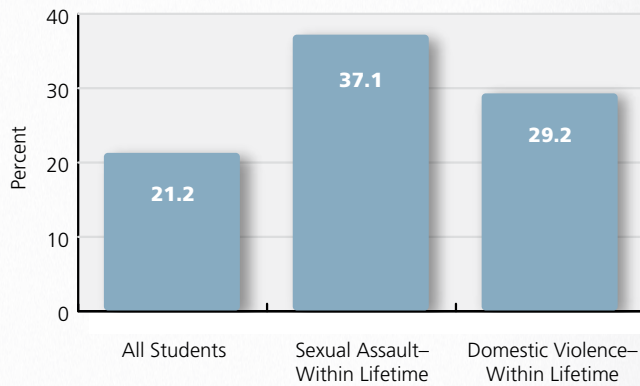
- Been slapped, kicked, or pushed by your significant other or spouse/partner?
- Been hurt by threats, “put-downs,” or yelling by your significant other or spouse/partner?



Further examination of data shows that more than one in six (**17.5%**) 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, **34.4%** indicate they have been a victim of a sexual assault within their lifetime.

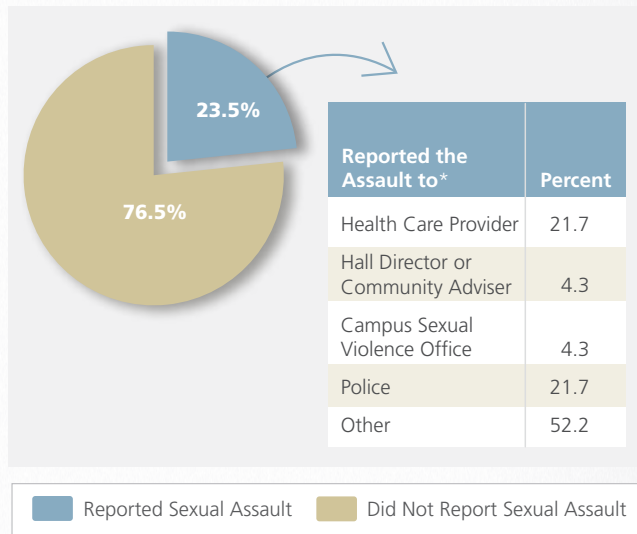
### Depression Rates–Lifetime

All Students by Sexual Assault/Domestic Violence



For students who report being victims of sexual assault, **37.1%** also say they have been diagnosed with depression within their lifetime; **29.2%** 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 all MSUM students.

### Sexual Assault Reporting by Victims–Lifetime

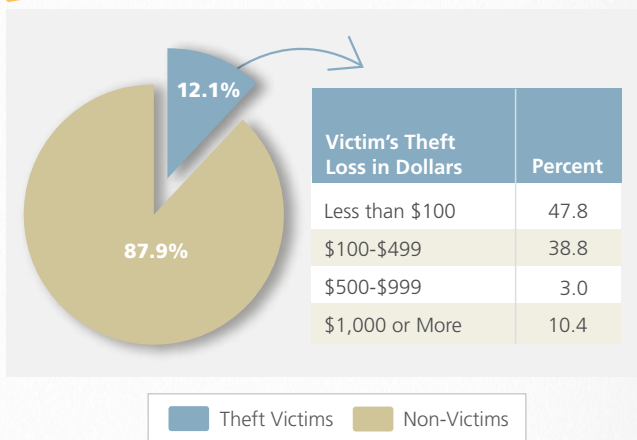


Of the Minnesota State University Moorhead students who indicate they have experienced a sexual assault within their lifetime (17.8%), only **23.5%** state they reported the incident. Of the MSUM students who chose to report the incident, **21.7%** reported it to the police and **21.7%** reported it to a health care provider.

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

### Victim of Theft–Past 12 Months

All Students



Approximately one in eight (**12.1%**) Minnesota State University Moorhead students were theft victims within the past 12 months. Of those who report experiencing a theft, **86.6%** say the amount of the theft was \$499 or less.

More than one-tenth (**11.8%**) of Minnesota State University Moorhead students report they have immediate access to a firearm, **17.2%** for males and **9.1%** for females. Of those who have access to a firearm, **29.2%** report they have access to a handgun.

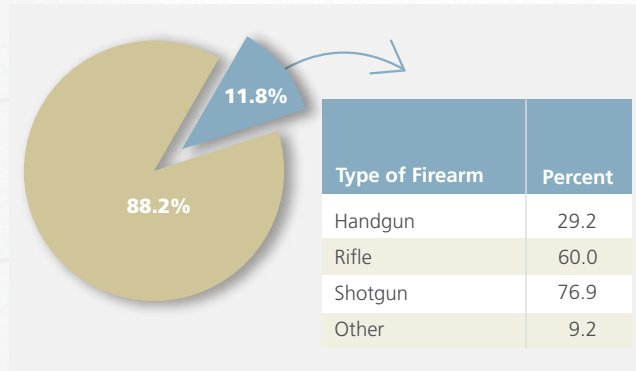
Further analysis shows that **8.5%** of students attending Minnesota State University Moorhead state they carried a weapon (e.g., gun, knife) within the past 12 months. This does not include carrying a weapon while hunting.

Male students at Minnesota State University Moorhead are more likely to report having engaged in a physical fight over the past 12 months compared to female MSUM students (**10.6%** vs. **4.3%**, respectively).

Among students at MSUM who rode in a car, **89.7%** report wearing a seatbelt always or most of the time while in the car. Only **5.4%** of students who rode a bicycle report wearing a helmet always or most of the time while riding the bicycle. More than two out of five (**62.6%**) students who rode a motorcycle report they wear a helmet always or most of the time while on the motorcycle.

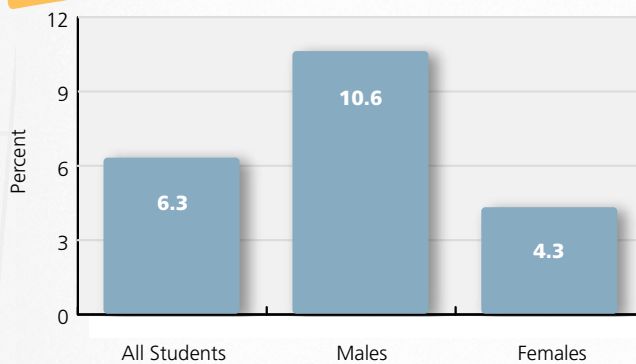
### Access to Firearms

All Students



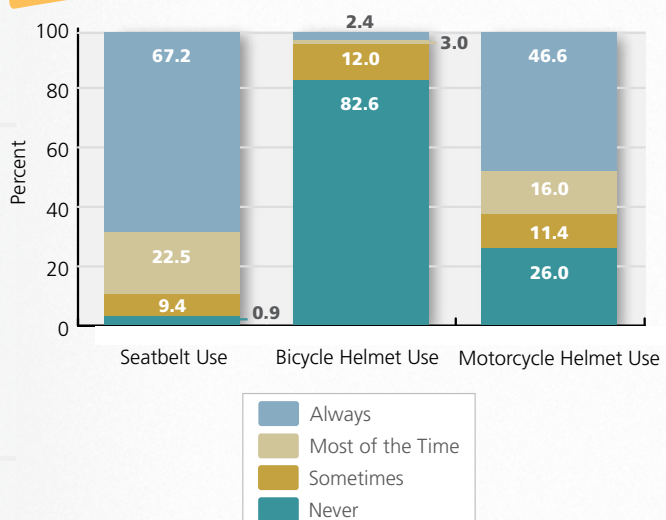
### Physical Fight—Past 12 Months

All Students by Gender



### Helmet and Seatbelt Use—Past 12 Months

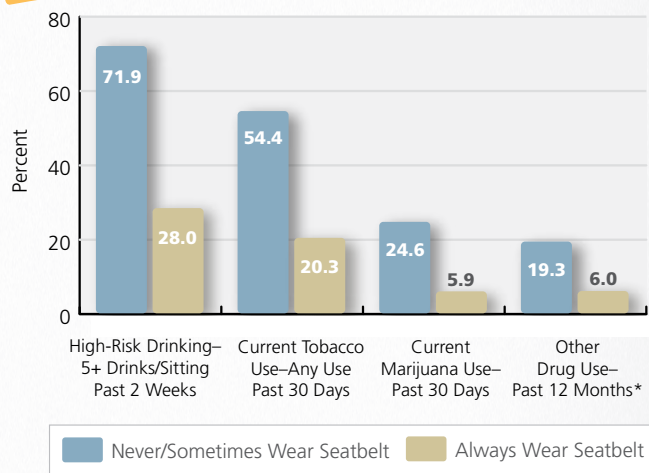
All Students





### Relationship Between Seatbelt Use and High-Risk Behaviors

All Students

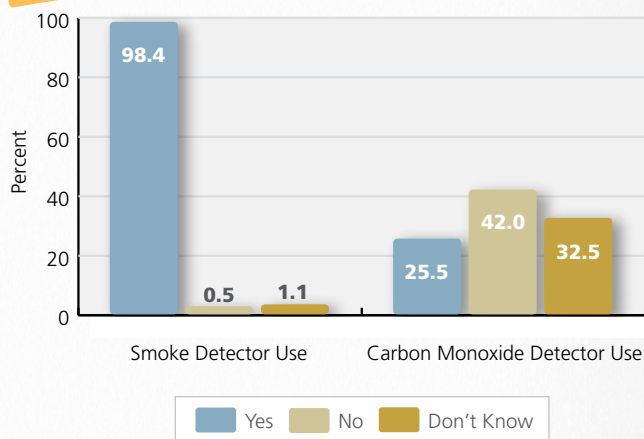


\*Does not include marijuana use.

There appears to be an association between seatbelt use and various high-risk behaviors. MSUM students who report they always wear a seatbelt while riding in a car have lower rates of high-risk drinking, current tobacco use, current marijuana use, and other drug use compared to students at the university who indicate they do not always wear a seatbelt.

### Smoke Detector and Carbon Monoxide Detector Present in Residence

All Students



Nearly all (98.4%) students at Minnesota State University Moorhead report having a smoke detector in their place of residence, whereas only 25.5% of students report having a carbon monoxide detector.

### Injuries Sustained—Past 12 Months

All Students

Type of Injury	Percent
Assaulted by Another Person (Nonsexual)	2.2
Burned by Fire or a Hot Substance	8.1
Motor Vehicle Related	3.4
Team Sports	11.2
Individual Sports	7.2
Bicycle Related	1.6
In-line Skating	0.7
Skate Boarding	0.7
Falls	14.5
Other	13.4
Not Applicable—I Was Not Injured	60.4

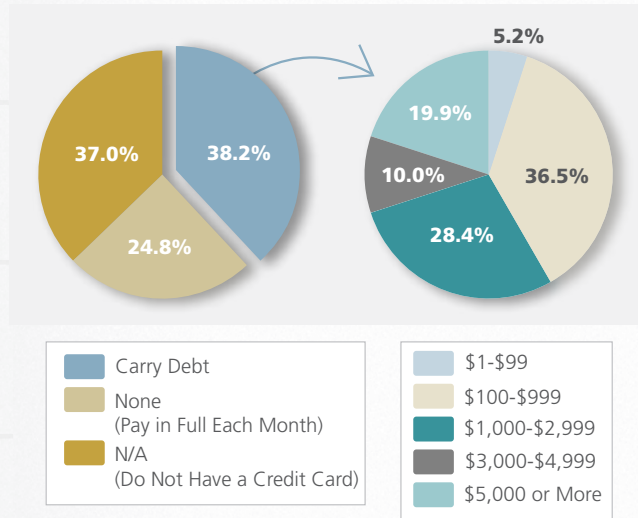
Nearly two out of five (39.6%) MSUM students report experiencing at least one injury over the past 12 months. The injuries most commonly reported during this period are due to falls and miscellaneous causes.

Nearly two out of five (**38.2%**) Minnesota State University Moorhead students report carrying some level of credit card debt over the past month. Of those who carry a monthly credit card balance, **58.3%** report the debt as \$1,000 per month or more.

**Definition:**  
**Current Credit Card Debt**

Any unpaid balance at the end of the past month.

**Current Credit Card Debt**  
All Students

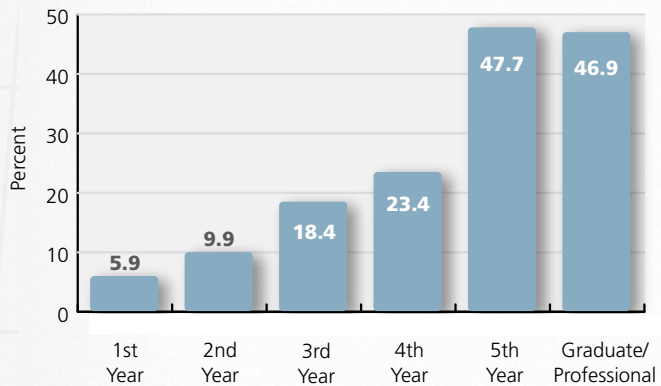


The percentage of MSUM students who report having high credit card debt increases as class status increases from first-year to fifth-year. In addition, nearly one-half (**46.9%**) of students who report their class status as graduate/professional also report having high credit card debt.

**Definition:**  
**High Credit Card Debt**

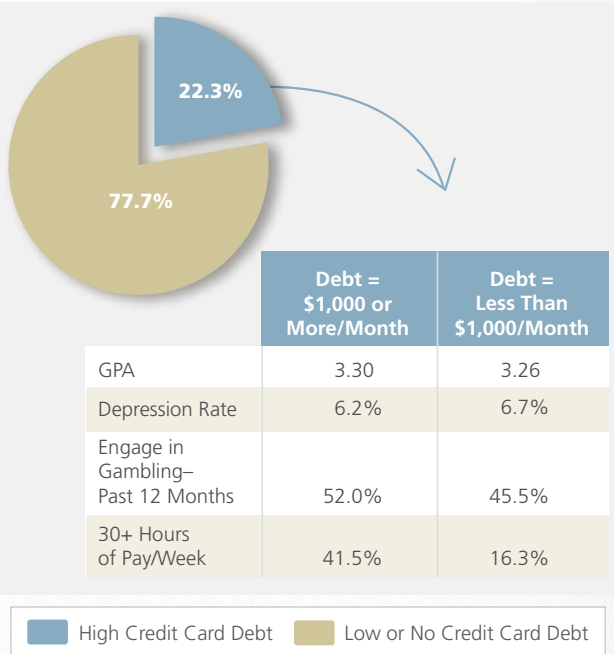
A monthly debt of \$1,000 or more.

**High Credit Card Debt and Class Status**  
All Students



## Impact of Credit Card Debt

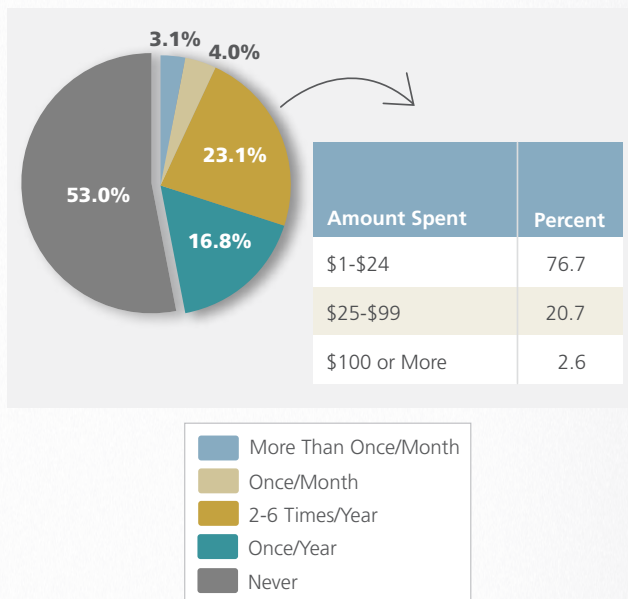
All Students



MSUM students who carry a high level of credit card debt work more hours for pay per week and have a higher rate of engaging in gambling than students at the university who carry no or a low level of credit card debt. However, students who carry a high level of credit card debt and students at the university who carry no or a low level of credit card debt have similar depression rates and average GPAs.

## Gambling Frequency—Past 12 Months

All Students



Approximately one-half (**47.0%**) of Minnesota State University Moorhead students report engaging in gambling over the past 12-month period. Less than one in thirteen (**7.1%**) report gambling at least once a month. Of the **47.0%** who gambled within the past year, **2.6%** reported 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 result 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.<sup>1,14</sup> Young adults between the ages of 18 and 24 (30.1%) are slightly less likely than all adults (32.6%) to eat fruits two or more times per day. Fewer young adults (20.9%) than all adults (27.2%) eat vegetables three or more times per day.<sup>14</sup> 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.<sup>15</sup> The rate of obesity among young adults ages 18 to 29 is 17.7%.<sup>16</sup>

Nationwide, nearly all young adults between the ages of 18 and 24 (89.1%) report participating in at least one physical activity during the last month; by comparison, the participation rate for all adults is 76.1%.<sup>1</sup> Approximately three out of five (59.4%) 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 48.7%.<sup>1</sup> Young adults 18 to 24 (40%) also engage in at least 20 minutes of vigorous physical activity three or more days per week more frequently than all adults (27.4%).<sup>1</sup>

Body mass index (BMI) is a common and reliable indicator of body fatness.<sup>17</sup>

BMI is based on a mathematical formula that takes into account both a person's height and weight. BMI equals the weight in kilograms divided by the height in meters squared (BMI = kg/m<sup>2</sup>). The table to the right presents weight categories based on BMI ranges.

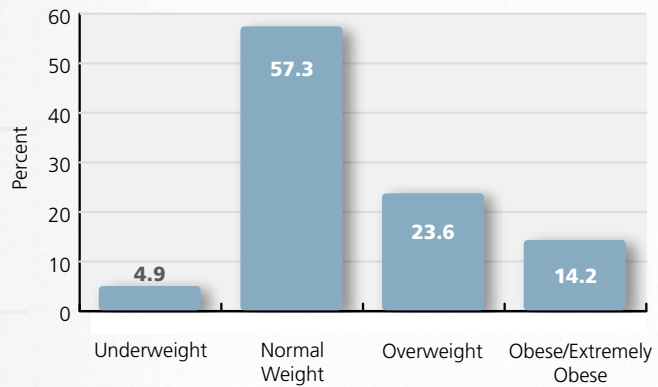
More than one-third (**37.8%**) of Minnesota State University Moorhead students fall within the overweight or obese/extremely obese categories. This is based on self-reported height and weight.

Data analysis shows that the average body mass index for male Minnesota State University Moorhead survey respondents is **25.3**, which falls within the overweight category. The average BMI for female MSUM survey respondents is **24.5**, which falls within the normal weight category. Almost one-half (**46.4%**) of males and approximately one-third (**33.7%**) of females fall within the overweight or obese/extremely obese categories.

### BMI Category

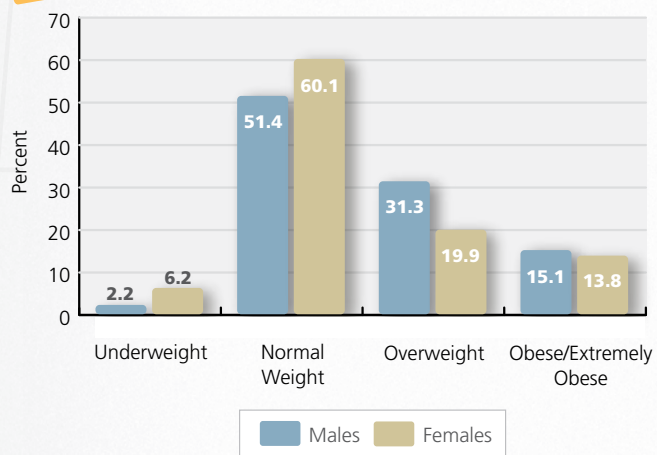
All Students

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



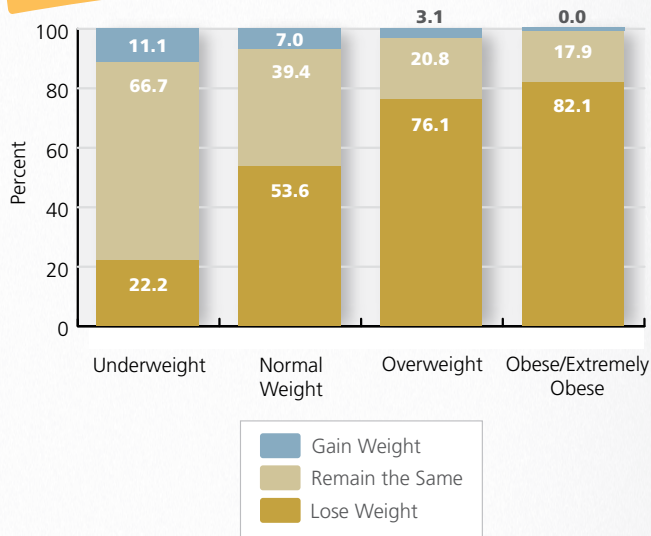
### BMI Category

All Students by Gender



### Weight-Related Goals

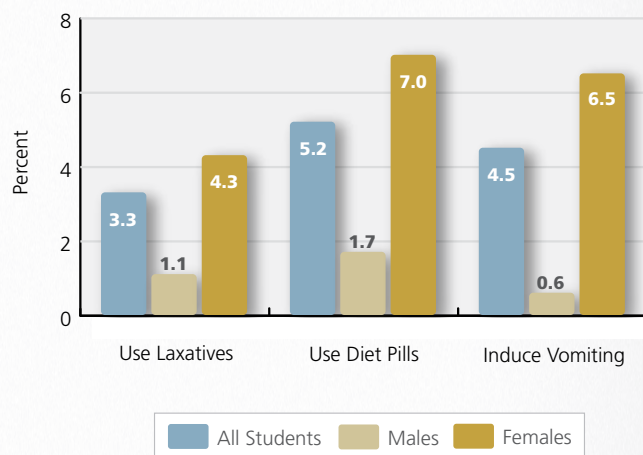
All Students by BMI Category



As BMI increases, the proportion of Minnesota State University Moorhead students who report they are attempting to lose weight also increases.

### Engagement in Weight-Related Behavior

All Students by Gender



Survey respondents at Minnesota State University Moorhead 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 these behaviors at higher rates.

### Engagement in Weight-Related Behavior

All Students by BMI Category

Behavior	Percent			
	Underweight	Normal Weight	Overweight	Obese/Extremely Obese
Use Laxatives	0.0	2.9	3.1	6.4
Use Diet Pills	3.7	4.1	6.9	7.7
Induce Vomiting	3.7	3.8	6.2	5.2

MSUM students classified as obese/extremely obese report the highest rates of laxative use and diet pill use. The highest rate of induced vomiting is found among MSUM students with BMIs that fall within the overweight category.

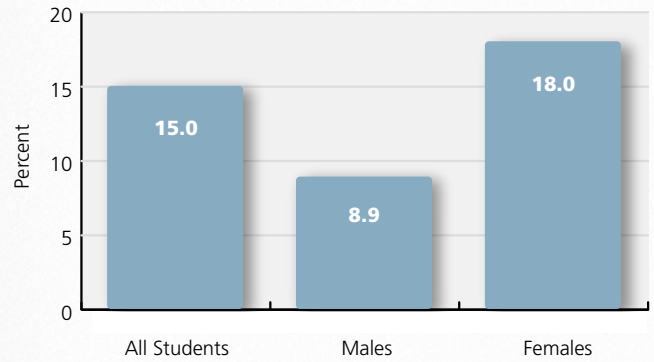
As with other weight-related behaviors, females at Minnesota State University Moorhead engage in binge eating at a higher rate than males at the university. Nearly one out of five (**18.0%**) females report they had engaged in binge eating over the past 12 months.

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

MSUM students with BMIs that place them within the underweight category have the highest rates of never eating breakfast within the past seven days and of eating at a restaurant once a week or more within the past 12 months. 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.

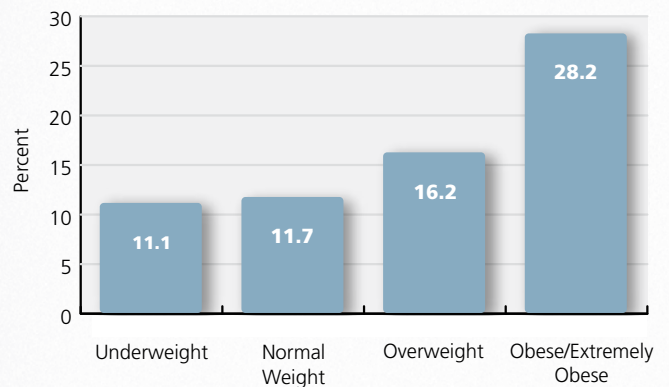
### Engagement in Binge Eating Behavior—Past 12 Months

All Students by Gender



### Engagement in Binge Eating Behavior—Past 12 Months

All Students by BMI Category



### Meal Patterns

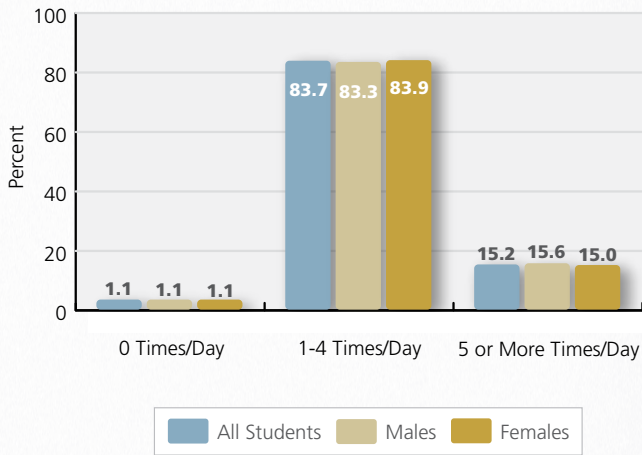
All Students by BMI Category

Behavior	Percent			
	Underweight	Normal Weight	Overweight	Obese/Extremely Obese
<b>Breakfast Consumption (Past 7 Days)</b>				
0 Days/Week	18.5	10.5	10.8	7.7
1-3 Days/Week	37.0	31.4	30.0	32.1
4-7 Days/Week	44.5	58.1	59.2	60.2
<b>Fast Food Consumption (Past 12 Months)</b>				
1-2 Times/Month or Less	59.3	57.8	56.9	55.1
Once/Week or More	40.7	42.2	43.1	44.9
<b>Eat at Restaurant (Past 12 Months)</b>				
1-2 Times/Month or Less	51.9	60.5	53.8	60.3
Once/Week or More	48.1	39.5	46.2	39.7



### Fruit and Vegetable Consumption—Per Day

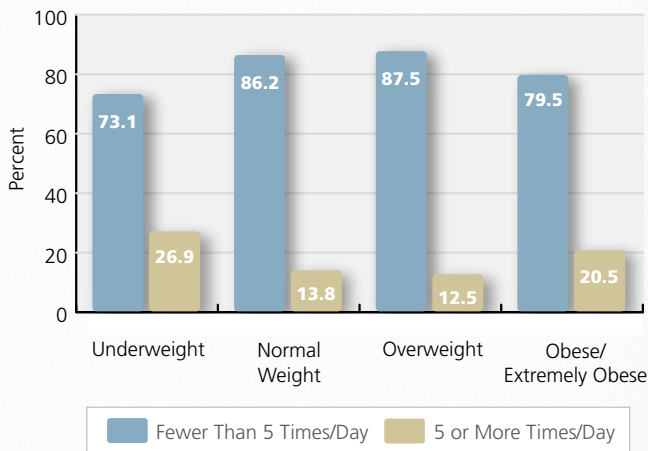
All Students by Gender



A majority of MSUM students consume fruits and vegetables one to four times per day. Only **15.2%** 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 and females consume fruits and vegetables on average **2.8** times per day.

### Fruit and Vegetable Consumption—Per Day

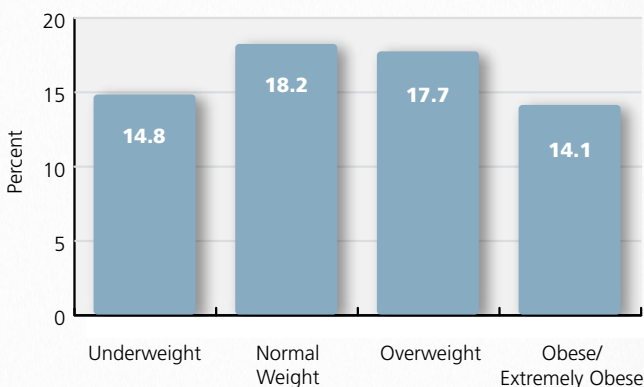
All Students by BMI Category



Across all BMI categories, the majority of MSUM students (ranging from **73.1%** of underweight students to **87.5%** of overweight students) eat fruits and vegetables fewer than five times per day.

### Daily Consumption of Regular Soda

All Students by BMI Category



MSUM students classified within the normal weight category report the highest level of daily consumption of regular soda compared to students classified within the other three BMI categories. 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 categories, **21.8%** report daily consumption of diet soda compared to only **7.4%** of those classified within the underweight category.

Students were asked several questions related to their physical activity level.

The two survey questions that relate to recommendations outlined by the CDC (see CDC's recommendations listed at right) 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.

Approximately three out of five (**61.4%**) MSUM students report levels of physical activity that place them in the moderate or high classification, meeting the CDC's recommendations.

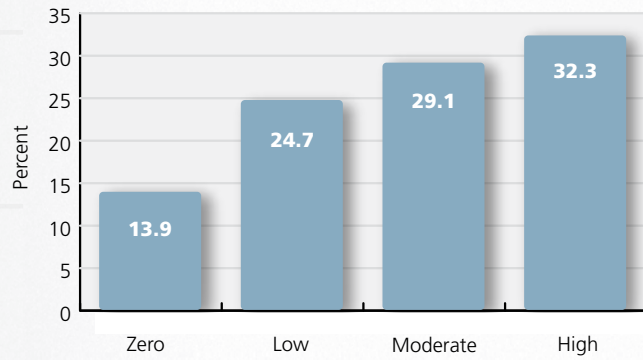
For male and female Minnesota State University Moorhead students, there appears to be no association between physical activity level and average BMI.

## Physical Activity Level

All Students

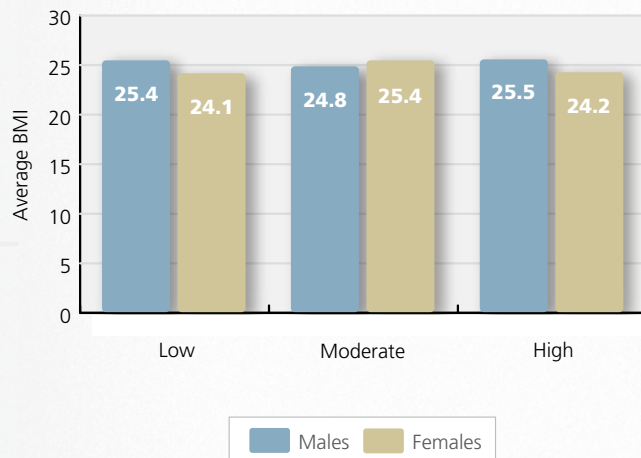
The Centers for Disease Control and Prevention's recommendations for adults are to:

- 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.<sup>18</sup>



## Average BMI

All Students by Physical Activity Level



## Level of Screen Time

All Students by BMI Category

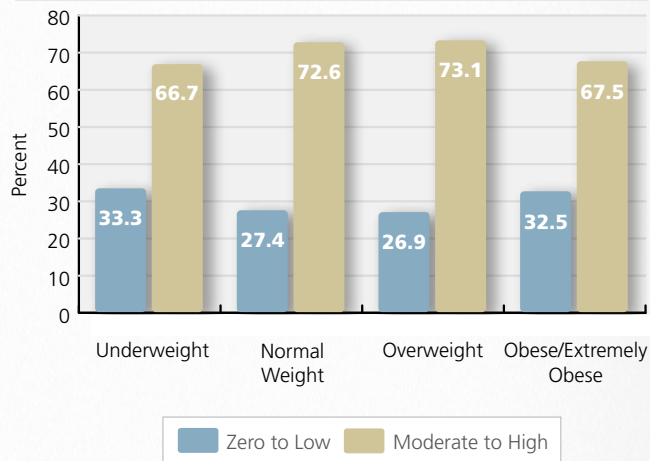
Screen time levels—zero, low, moderate, and high—were determined based on a survey question that asked respondents to report the average number of hours they watch TV or use the computer in the course of a day:

Zero Screen Time: 0.0 Hours of Viewing

Low Level: 0.5 to 1.5 Hours/Day

Moderate Level: 2.0 to 3.5 Hours/Day

High Level: 4.0 or More Hours/Day



Additional data analysis shows that nearly three-fourths (**71.9%**) of Minnesota State University Moorhead students report watching TV or using the computer (not for work or school) two hours or more per day. Among all students, **0.7%** report zero screen time, **27.4%** report a low level of screen time, **34.5%** report a moderate level of screen time, and **37.4%** report a high level of screen time.



# 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

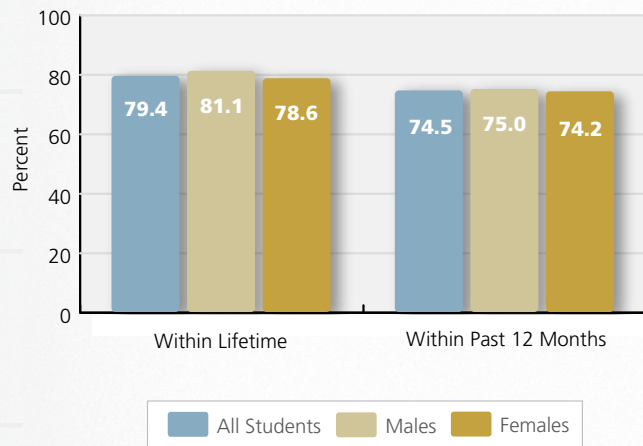
The majority of young adults in the United States are sexually active, with 68.1% of 18- to 19-year-old males, 75.2% of 18- to 19-year-old females, 84.4% of 20- to 24-year-old males, and 86.6% of 20- to 24-year-old females reporting they have had at least one sexual partner in the previous 12 months.<sup>19</sup> 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.<sup>19</sup> Due to a combination of behavioral, biological, and cultural reasons, sexually active young adults are at increased risk for acquiring sexually transmitted infections.<sup>20</sup> 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.<sup>20</sup>

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.<sup>19</sup> The prevalence of chlamydia is 2.8% in females and 0.7% in males who are between the ages of 15 and 24.<sup>20</sup> 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.<sup>21</sup>

Male students attending Minnesota State University Moorhead report a higher rate of sexual activity with their lifetime compared to female students attending the university. Males and females report similar rates of sexual activity within the past 12 months.

### Sexually Active—Lifetime and Past 12 Months

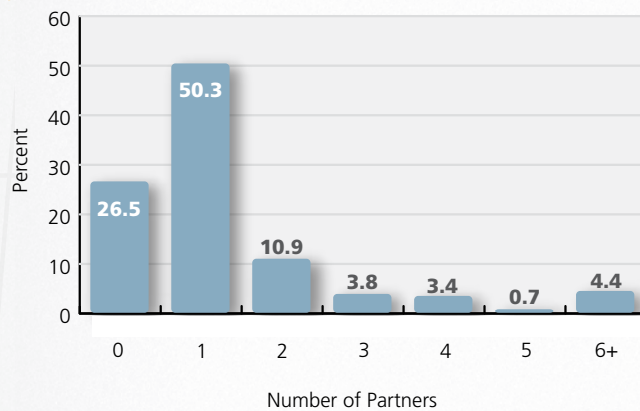
All Students by Gender



On average, MSUM students had **2.6** sexual partners over the past 12-month period. This average is based on the experience of all students, both those who were sexually active and those who were not sexually active. More than three-fourths (**76.8%**) of students report that they had 0 or 1 partner within the past 12 months.

### Number of Sexual Partners—Past 12 Months

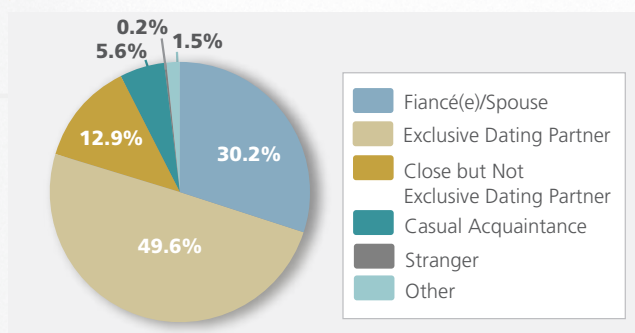
All Students



Among Minnesota State University Moorhead students who were sexually active within the past 12 months, approximately four out of five (**79.8%**) report that their most recent sexual partner was either a fiancé(e)/spouse or an exclusive dating partner

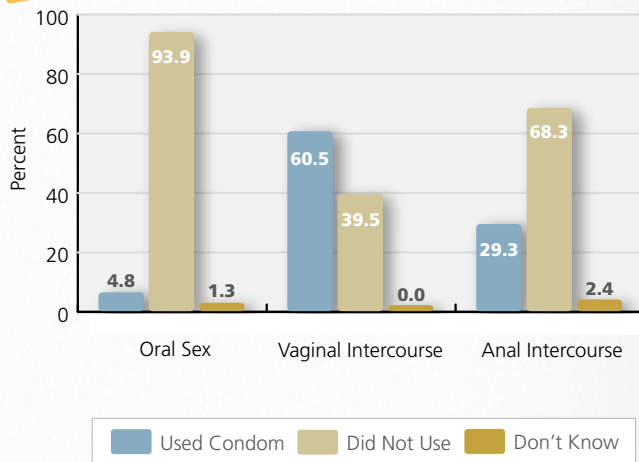
### Most Recent Sexual Partner—Past 12 Months

All Students, Sexually Active



## Condom Use

All Students, Sexually Active Within Lifetime  
(Does not include those who are married or with a domestic partner.)

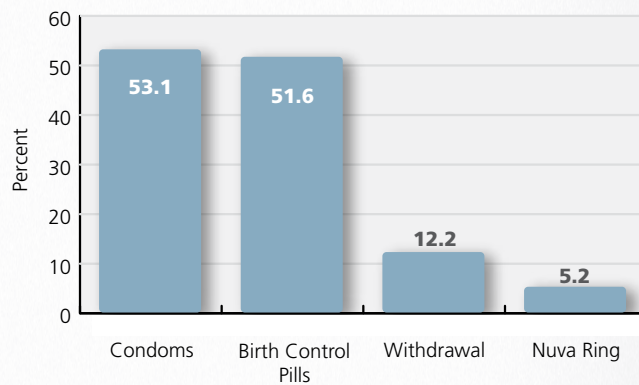


Among MSUM students sexually active within their lifetime, **60.5%** used a condom the last time they engaged in vaginal intercourse, **29.3%** used a condom during their last anal intercourse, and **4.8%** used a condom during their last oral sex. Percents are based solely on those who indicated they engaged in the activity.

Data analysis shows that of the 79.4% of Minnesota State University Moorhead students who report being sexually active within their lifetime, **91.2%** engaged in vaginal intercourse, **85.7%** engaged in oral sex, and **22.7%** engaged in anal intercourse.

## Pregnancy Prevention Methods

All Students



The two most common methods that MSUM students report using to prevent pregnancy the last time they engaged in vaginal intercourse are condoms (**53.1%**) and birth control pills (**51.6%**). The withdrawal method is reported by **12.2%** of MSUM students. Other methods of pregnancy prevention reported by students are identified in the table at the lower left.

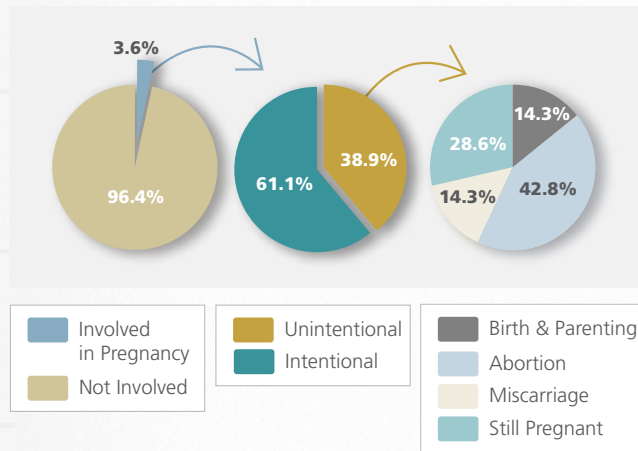
Type of Method	Percent Who Report Using Method
Depo Provera	2.6
Emergency Contraception	2.6
Ortho Evra	2.3
Diaphragm	1.0
Fertility Awareness	1.0
Intrauterine Device	1.0
Sponge	0.3
Other	8.1
Don't Know/Can't Remember	1.0

A total of **3.6%** of Minnesota State University Moorhead students has been involved in a pregnancy within the past 12 months. Of those involved in a pregnancy, **38.9%** state it was unintentional.

Among the unintentional pregnancies, **42.8%** resulted in abortion, **14.3%** resulted in birth and parenting, and **14.3%** resulted in miscarriage.

### Outcome of Unintended Pregnancy—Past 12 Months

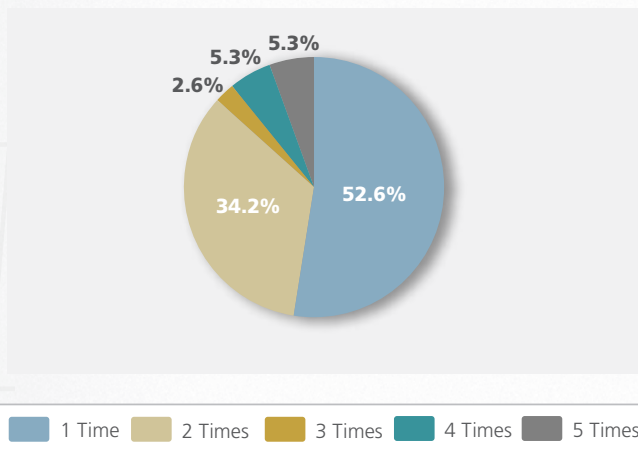
All Students



Analysis shows that within the past 12 months, **15.6%** of sexually active female students at Minnesota State University Moorhead have used emergency contraception. Among those who used emergency contraception, **52.6%** have used emergency contraception once, **34.2%** have used it twice, **2.6%** have used it three times, **5.3%** have used it four times, and **5.3%** have used it five times within the past 12 months.

### Emergency Contraception Use—Past 12 Months

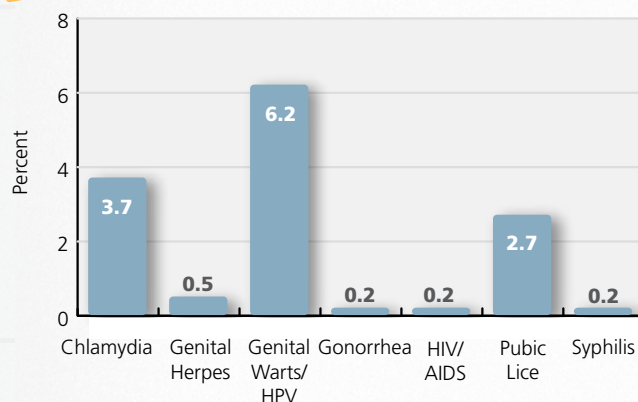
Female Students, Sexually Active



Among MSUM students who have been sexually active within their lifetime, **11.4%** report being diagnosed with a sexually transmitted infection within their lifetime. Genital warts/human papilloma virus (**6.2%**) and chlamydia (**3.7%**) are the two most commonly diagnosed sexually transmitted infections.

### Sexually Transmitted Infections—Lifetime

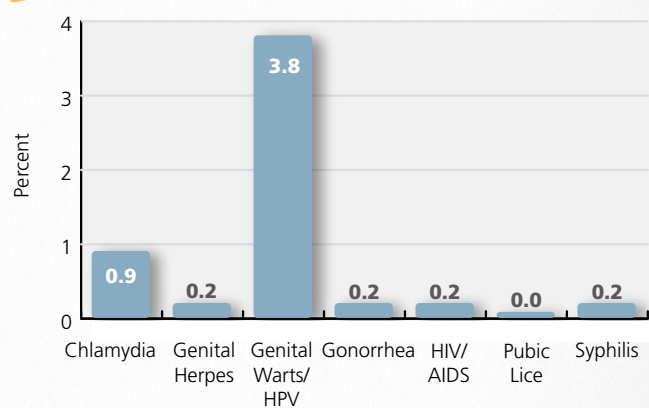
All Students, Sexually Active





## Sexually Transmitted Infections—Past 12 Months

All Students, Sexually Active



Analysis shows that a total of **4.3%** of students at Minnesota State University Moorhead who report having been sexually active within their lifetime also report having been diagnosed with a sexually transmitted infection within the past 12 months.



# Implications

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

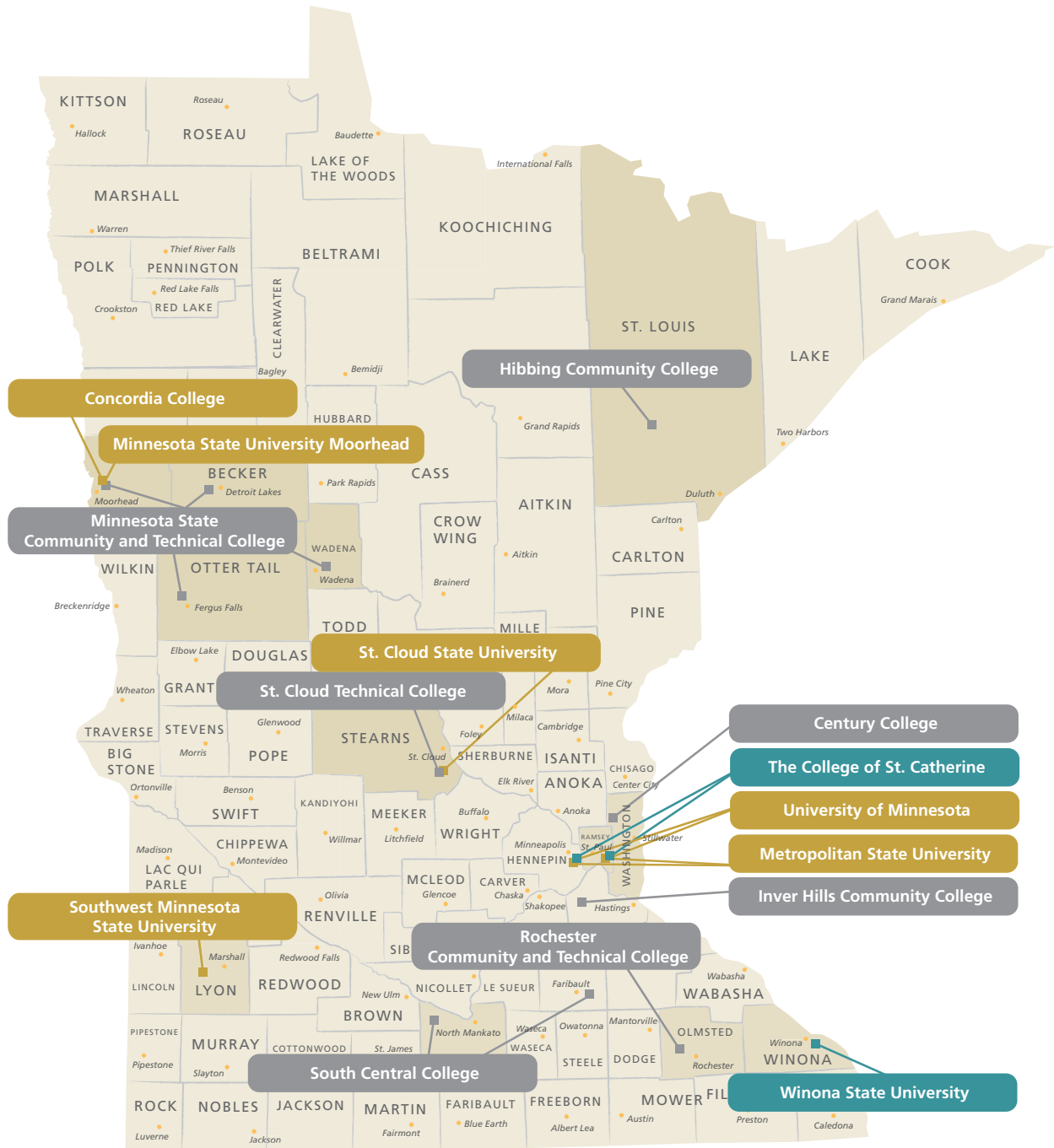
Results from the 2008 College Student Health Survey presented in this report document the health and health-related behaviors of students enrolled in the participating institutions. These data, therefore, offer a comprehensive look at the diseases, health conditions, and health-related behaviors that are impacting students attending Minnesota's postsecondary schools. Identification of these health-related issues is critical because the health of Minnesota's college students 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 2008 College Student Health Survey



Two-Year Schools	Location	Enrollment-Spring 2008*
Century College	White Bear Lake, MN	11,872
Hibbing Community College	Hibbing, MN	1,934
Inver Hills Community College	Inver Grove Heights, MN	7,644
Minnesota State Community and Technical College	Detroit Lakes, MN Fergus Falls, MN Moorhead, MN Wadena, MN	7,642
Rochester Community and Technical College	Rochester, MN	7,791
South Central College	Faribault, MN Mankato, MN	4,824
St. Cloud Technical College	St. Cloud, MN	5,053

\*Includes full-time and part-time students.

Four-Year Schools	Location	Enrollment-Spring 2008*
Concordia College	Moorhead, MN	2,801
Metropolitan State University	Minneapolis, MN St. Paul, MN	9,021
Minnesota State University Moorhead	Moorhead, MN	9,185
Southwest Minnesota State University	Marshall, MN	7,353
St. Cloud State University	St. Cloud, MN	19,671
University of Minnesota (Veterans Only)	Minneapolis, MN St. Paul, MN	362
Schools with Two-Year and Four-Year Programs	Location	Enrollment-Spring 2008*
The College of St. Catherine	Minneapolis, MN St. Paul, MN	4,907
Winona State University	Winona, MN	9,168

# Appendix 2

## Minnesota State University Moorhead Survey Demographics Based on Student Response

	All Students
Average Age (Years)	23.4
Age Range (Years)	18-61
18-24 Years	78.4%
25 Years or Older	21.6%
Average GPA	3.27
<b>Class Status</b>	
First-Year Undergraduate	21.3%
Second-Year Undergraduate	16.6%
Third-Year Undergraduate	20.6%
Fourth-Year Undergraduate	17.0%
Fifth-Year Undergraduate	15.6%
Graduate or Professional	8.9%
<b>Gender</b>	
Male	32.5%
Female	67.5%
Transgender/Other	0.0%
Unspecified	0.0%
<b>Ethnic Origin</b>	
African American/Black	1.3%
American Indian/Alaskan Native	1.8%
Asian/Pacific Islander	3.6%
Latino/Hispanic	1.8%
Middle Eastern	0.4%
Caucasian/White	93.1%
Other	0.9%
<b>Current Residence</b>	
Residence Hall or Fraternity/Sorority	22.1%
Other	77.9%

# 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 \$1,000 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.





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