

Health and Health-Related Behaviors

Minnesota State University Moorhead Students



2017 College Student Health Survey Report

Health and Health-Related Behaviors

Minnesota State University Moorhead Students



Introduction	iii
Survey	v
Methodology	v
Analysis Summary	vi
Results	1
Health Insurance and Health Care Utilization	1
Mental Health	5
Tobacco Use	13
Alcohol Use and Other Drug Use	17
Personal Safety and Financial Health	25
Nutrition and Physical Activity	31
Sexual Health	37
Implications	41
Appendices	43
Appendix 1 Colleges and Universities Participating in the 2017 College Student Health Survey	43
Appendix 2 Minnesota State University Moorhead Students Survey Demographics Based on Student Response	44
Glossary	45
References	47

Introduction

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

- Health insurance status
- Depression
- Ability to manage stress
- Tobacco use
- Alcohol use
- Engagement in physical activity
- Credit card debt

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

In the spring of 2017, 10 postsecondary institutions in Minnesota joined with Boynton Health at the University of Minnesota to collect information from 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.

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 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

Undergraduate and graduate students enrolled in 10 postsecondary institutions in Minnesota completed the 2017 College Student Health Survey, developed by Boynton Health (four took the survey in its entirety, six took selected portions). As an incentive, all students who responded to the survey were entered into a drawing for Amazon gift cards valued at \$1,000 (one), \$500 (one), and \$250 (one). In addition, one student from each participating school was randomly selected to win a \$100 Amazon gift card.

Randomly selected students were contacted through multiple mailings and emails:

- Invitation postcard
- Invitation email
- Reminder postcard and multiple reminder emails

Minnesota State University Moorhead Methodology Highlights

- **1,500** students from Minnesota State University Moorhead (MSUM) were randomly selected to participate in this survey.
- **467** students completed the survey.
- **31.1%** of the students responded.



*You've been selected to participate in the
2017 COLLEGE STUDENT HEALTH SURVEY*

Take the survey and you'll be entered to win a \$1,000, \$500 and \$250 Amazon gift card!

To begin, check your school or personal email account and click on the survey link we sent you.

Deleted the email? Another survey link will be emailed again soon. Can't find it? Check your spam folder.

*To be eligible for the prize drawings,
complete your survey by
NOON ON FRIDAY, MARCH 24, 2017*

To learn more, visit www.bhs.umn.edu/healthsurvey

SURVEY QUESTIONS
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2017 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 measures the commonality of a disease, health condition, or health-related behavior. For example, the College Student Health Survey asked students if they had ever been diagnosed with depression within their lifetime. For the purpose of illustration, if 100 students complete the survey and 10 of them report a diagnosis of depression within their lifetime, the lifetime prevalence of depression in this population of students is 10.0% (10/100).

The results from this survey are based on a random sample of students from each of the participating colleges and universities. Random sampling is a technique in which a group of subjects (in this case, the sample of college students) is selected for study from a larger group (in this case, the population of students enrolled at each of the participating institutions). Each individual is chosen entirely by chance, and each member of the population has an equal chance of being included in the sample. Random sampling ensures that the sample chosen is representative of the population and that the statistical conclusions (in this case, the prevalence) will be valid.

Results

Health Insurance and Health Care Utilization

A student's current health influences his or her ability to realize immediate goals of academic success and graduation, while future health affects the ability to accomplish longer-term goals of finding and sustaining a career. Access to health care has been shown to improve health. Although institutions of higher education differ in scope of services, each institution has a unique opportunity and bears a certain responsibility to address issues related to student health and to reduce barriers to health care access.

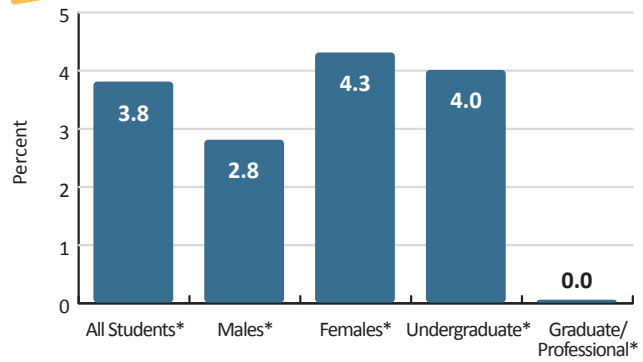
National Comparison

This section examines the areas of health insurance, health services utilization, and preventive care. Recent research indicates that most young adults in the United States, ages 18--24, report good health. The majority of young adults in Minnesota (93.9%) report excellent, very good, or good health (CDC, 2016b). At the same time, young adults have lower rates of health insurance and preventive care utilization than older adults. In Minnesota, 89.0% of 18- to 24-year-olds report some kind of health care insurance (CDC, 2016b). More young males (15.9%) than young females (11.5%) lack health insurance coverage (Clarke et al, 2016). Among all age groups, young adults (74.6%) are least likely to identify a usual place for medical care (Clarke et al, 2016).

Students attending Minnesota State University Moorhead report an overall uninsured rate of **3.8%**. Females have a higher uninsured rate than males (**4.3%** vs. **2.8%**, respectively). Additional analysis shows that international students attending MSUM report an overall uninsured rate of **3.0%**.

Health Insurance Status—Uninsured

All Students

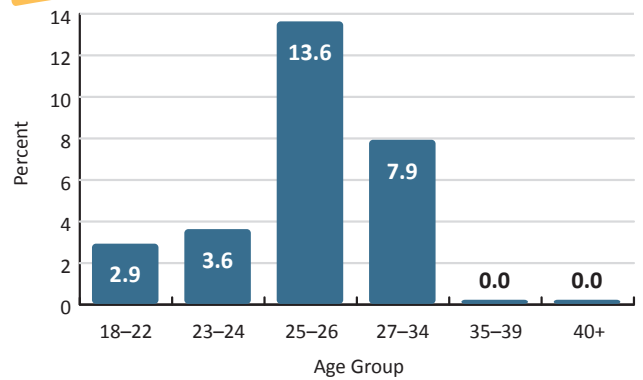


*Does not include international students.

MSUM students ages 25–26 report the highest uninsured rates (**13.6%**), while the lowest rates are among those ages 35–39 and 40+ (**0.0%**).

Health Insurance Status—Uninsured

All Students by Age Group

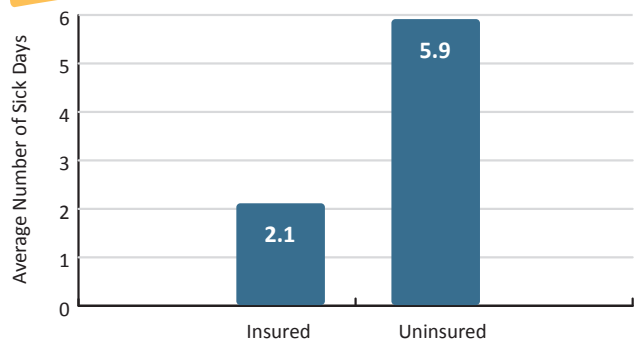


Number of sick days is a measure of health-related quality of life. Sick days reflect a personal sense of poor or impaired physical or mental health or the inability to react to factors in the physical and social environments (USDHHS, 2000).

MSUM students without health insurance report on average **3.8** more sick days in the previous 30 days than those with health insurance.

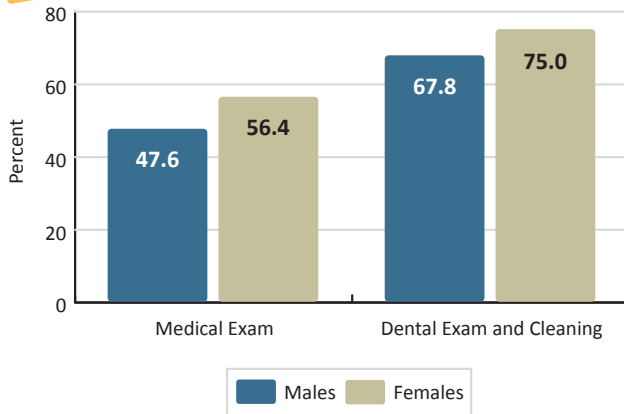
Health Insurance and Number of Sick Days—Past 30 Days

All Students



Preventive Health Care—Past 12 Months

All Students by Gender



Compared to male MSUM students, female students report obtaining routine medical and dental exams at a higher rate.

Health Care Service Utilization

All Students

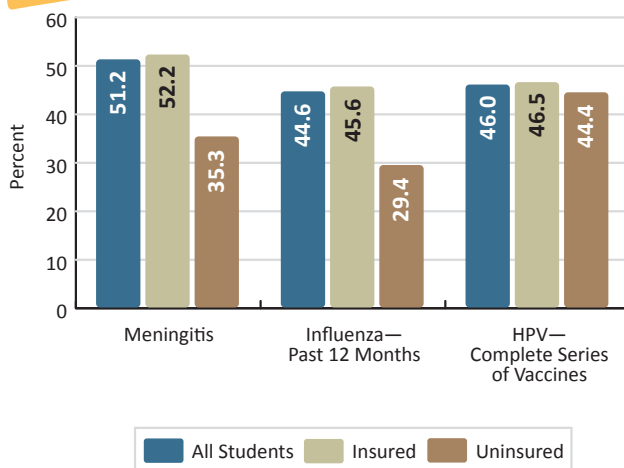
Health Care Service	Percent	
Dental Care	86.3	1.5
Emergency Care (Physical Condition)	40.3	7.9
Mental Health Service (Emergency/Crisis)	30.8	9.7
Mental Health Service (Non-emergency)	43.9	17.1
Routine Doctor's Visit	84.8	8.8
Testing for Sexually Transmitted Infections (Includes HIV)	34.5	11.2
Treatment for Sexually Transmitted Infections (Includes HIV)	22.7	8.5

■ Obtained Service While in School
 ■ Received Service at School (Among Those That Received the Service)

Among Minnesota State University Moorhead students who have obtained non-emergency mental health service, **17.1%** received that care at the university.

Vaccination Status

All Students by Insurance Status



MSUM students with health insurance obtain meningitis, influenza, and HPV vaccinations at higher rates than students at the university without health insurance. Additionally, among MSUM students, **31.5%** of males and **52.5%** of females report obtaining a complete series of HPV vaccinations.

These immunizations are not currently required for students enrolled in postsecondary institutions.

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

Average Number of Days Affected by Illness— Past 30 Days All Students by Gender

Illness	Average Number of Days Affected	
	Males	Females
Poor Mental Health	3.2	6.4
Poor Physical Health	2.1	3.5
Poor Physical and/or Mental Health Affected Daily Activities	1.4	2.7

■ Males ■ Females

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

Acute Condition Diagnosis— Lifetime and Past 12 Months All Students

The acute condition diagnosed most frequently within students' lifetimes is strep throat, with **42.2%** reporting this diagnosis. Within the previous 12 months, the acute condition diagnosed most frequently is urinary tract infection, at **10.6%**. Overall, **56.7%** of MSUM students report being diagnosed with at least one acute condition within their lifetime, and **16.1%** report being diagnosed with at least one acute condition within the past 12 months.

Acute Condition	Percent Who Report Being Diagnosed	
	Within Lifetime	Within Past 12 Months
Chlamydia	3.6	0.5
Gonorrhea	0.5	0.0
Hepatitis A	0.4	0.2
Mononucleosis	5.1	0.9
Pubic Lice	0.7	0.2
Strep Throat	42.2	6.0
Syphilis	0.2	0.0
Urinary Tract Infection	23.8	10.6
At Least One of the Above Acute Conditions	56.7	16.1

■ Within Lifetime ■ Within 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 MSUM students.

Chronic Condition Diagnosis— Lifetime and Past 12 Months All Students

The two most common chronic conditions diagnosed in MSUM students are allergies (**39.7%** lifetime) and asthma (**18.1%** lifetime). More than one in two (**56.9%**) students report being diagnosed with at least one chronic condition within their lifetime, and about one in eight (**12.4%**) report being diagnosed with at least one chronic condition within the past 12 months.

Chronic Condition	Percent Who Report Being Diagnosed	
	Within Lifetime	Within Past 12 Months
Alcohol/Drug Problems	2.9	1.1
Allergies	39.7	6.2
Asthma	18.1	2.2
Cancer	2.0	0.2
Diabetes Type I	1.1	0.2
Diabetes Type II	0.6	0.2
Genital Herpes	1.7	1.0
Genital Warts/ Human Papillomavirus	2.9	0.2
Hepatitis B	1.1	0.4
Hepatitis C	0.6	0.2
High Blood Pressure	4.6	1.5
High Cholesterol	4.2	1.3
HIV/AIDS	0.2	0.0
Obesity	7.5	2.0
Tuberculosis	2.2	0.9
At Least One of the Above Chronic Conditions	56.9	12.4

■ Within Lifetime ■ Within Past 12 Months

Results

Mental Health

Mental health issues can have a profound impact on the ability of college and university students to engage fully in the opportunities presented to them. 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 and university students. Among undergraduates nationwide, 43.5% describe their race/ethnicity as other than white, 57.0% are female, and 28.6% are age 25 or older (USDOE, 2016). In addition, nearly one million international students are studying at U.S. colleges and universities (USDOE, 2016). 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 issues 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 health 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. Among 18- to 25-year-olds, 21.7% have had a mental illness (i.e., a diagnosable mental, behavioral, or emotional disorder of sufficient duration to meet diagnostic criteria specified within the Diagnostic and Statistical Manual of Mental Disorders-IV) in the past year, 5.0% have had a serious mental illness (i.e., a mental illness that results in functional impairment), 10.3% have had a major depressive episode, and 8.3% have had serious thoughts of suicide (CBHSQ, 2016). Approximately one in eight (11.7%) young adults ages 18–25 have received treatment for a mental health problem in the previous year (CBHSQ, 2016).

A relatively new area of study is the relationship between cumulative effects of childhood abuse (i.e., physical, sexual, and psychological or emotional abuse), commonly referred to as adverse childhood experiences (ACEs), and subsequent development of chronic physical and mental health conditions (CDC, 2014; Chapman, 2003; Edwards, 2003). Findings from the Minnesota Behavioral Risk Factor Surveillance System (BRFSS) survey, which includes ACEs, show that 60% of adults report two or more ACEs, while 15% report five or more. In the Minnesota study, 36% of adults with an ACE score of 5 or more report being diagnosed with depression, compared to 8% among adults with an ACE score of 0 (MDH, 2013).

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

Mental Health Condition Diagnosis— Lifetime and Past 12 Months

All Students

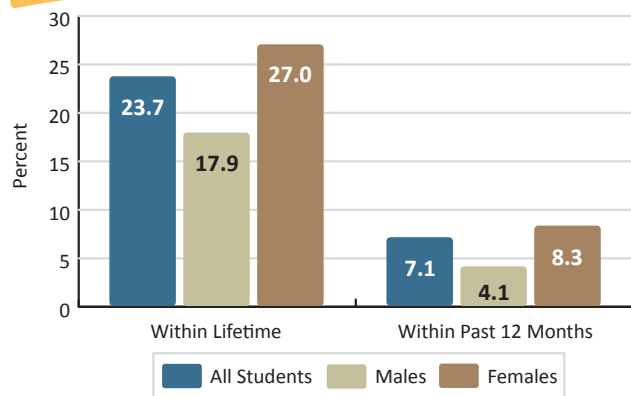
Mental Health Condition	Percent Who Report Being Diagnosed	
	Within Lifetime	Within Past 12 Months
Anorexia	2.7	0.9
Anxiety	29.5	10.0
Attention Deficit Disorder	7.3	1.3
Bipolar Disorder	1.3	0.4
Bulimia	1.5	1.1
Depression	23.7	7.1
Obsessive-Compulsive Disorder	4.8	1.5
Panic Attacks	10.4	4.2
Post-Traumatic Stress Disorder	5.8	2.0
Seasonal Affective Disorder	5.5	2.0
Social Phobia/ Performance Anxiety	5.6	2.7

■ Within Lifetime ■ Within Past 12 Months

Among MSUM students, **23.7%** report being diagnosed with depression within their lifetime, and **7.1%** report being diagnosed with depression within the past 12 months. Females report being diagnosed with depression at higher rates than males.

Depression Diagnosis— Lifetime and Past 12 Months

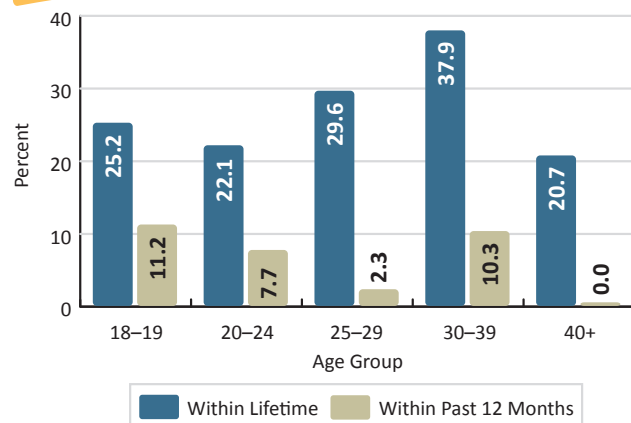
All Students by Gender



MSUM students ages 30–39 report the highest rate of a depression diagnosis within their lifetime, and students ages 18–19 report the highest rate within the past 12 months.

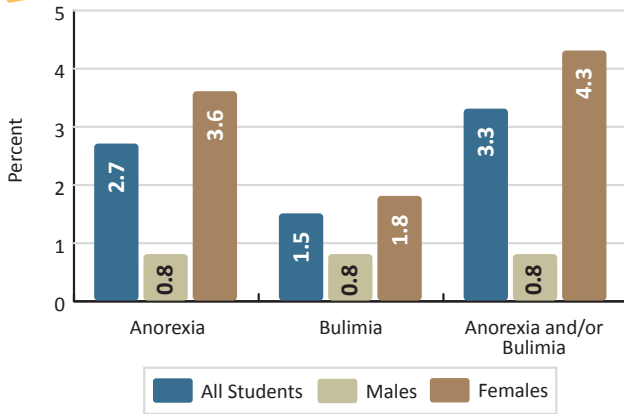
Depression Diagnosis— Lifetime and Past 12 Months

All Students by Age Group



Eating Disorder Diagnosis—Lifetime

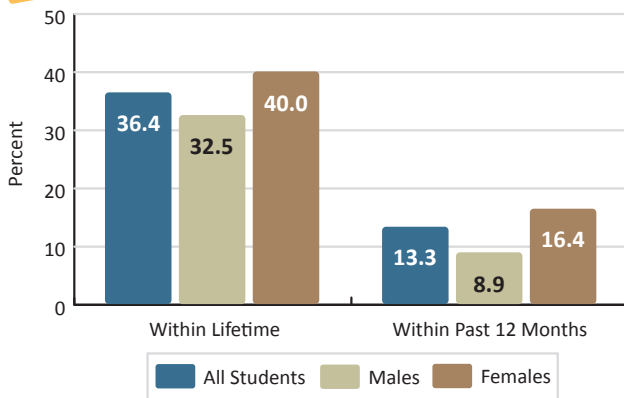
All Students by Gender



Among MSUM students, **0.8%** of males and **4.3%** of females report being diagnosed with anorexia and/or bulimia within their lifetime.

Any Mental Health Condition Diagnosis—Lifetime and Past 12 Months

All Students by Gender

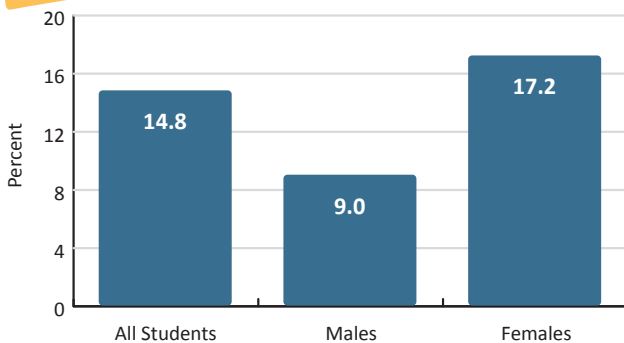


Among MSUM students, **36.4%** report being diagnosed with at least one mental health condition within their lifetime, and **13.3%** report being diagnosed with at least one mental health condition within the past 12 months. Females report being diagnosed with a mental health condition within their lifetime and within the past 12 months at higher rates than males.

Additional analysis shows that **25.2%** of students report being diagnosed with two or more mental health conditions within their lifetime.

Currently Taking Medication for a Mental Health Condition

All Students by Gender

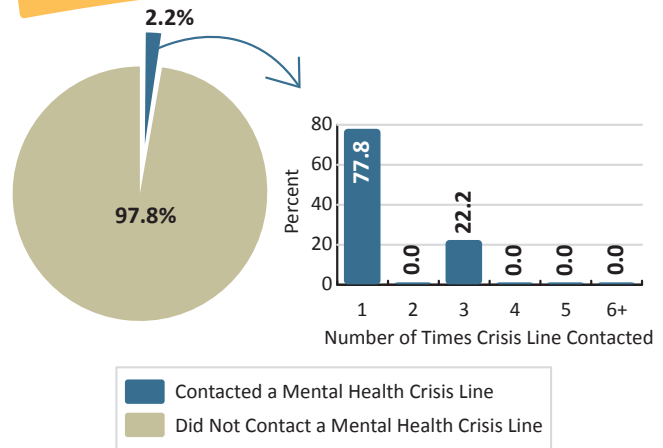


Overall, **14.8%** of MSUM students report that they currently are taking medication for a mental health condition. Compared to males, females report a higher rate of this medication use, which correlates with their higher diagnosis rates for any mental health condition.

Among MSUM students, **2.2%** report contacting a mental health crisis line within the past 12 months. Among these students, nearly four in five (**77.8%**) report contacting a crisis line 1 time within the past 12 months.

Mental Health Crisis Line Contacted— Past 12 Months

All Students



The most commonly experienced stressors among Minnesota State University Moorhead students are roommate/housemate conflict and the death of someone close to them. A total of **43.0%** of students report experiencing one or two stressors within the past 12 months, and **17.6%** report experiencing three or more stressors over that same time period.

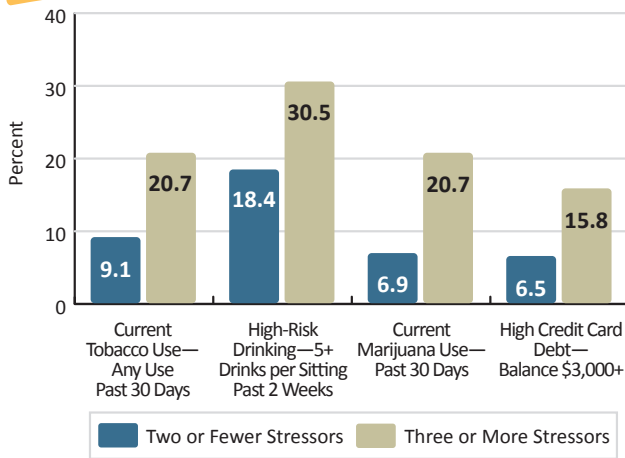
Mental Health Stressors—Past 12 Months

All Students

Stressor	Percent Who Report Experiencing Within Past 12 Months
Arrested	0.2
Attempted Suicide	1.1
Bankruptcy	0.2
Death of Someone Close to You	18.6
Diagnosed With a Serious Mental Illness	5.6
Diagnosed With a Serious Physical Illness	3.2
Excessive Credit Card Debt	8.6
Excessive Debt Other Than Credit Card	9.0
Failing a Class	8.4
Fired or Laid Off From a Job	0.9
Getting Married	1.7
Issues Related to Sexual Orientation	2.8
Lack of Health Care Coverage	6.0
Parental Conflict	10.9
Put on Academic Probation	2.6
Roommate/Housemate Conflict	20.8
Serious Physical Illness of Someone Close to You	15.6
Spouse/Partner Conflict (Includes Divorce or Separation)	5.8
Termination of Personal Relationship (Not Including Marriage)	12.0
Zero of the Above Stressors	39.4
One or Two of the Above Stressors	43.0
Three or More of the Above Stressors	17.6

Note: Items found in this table are based on the Holmes and Rahe Stress Scale (Homes and Rahe, 1967). The items included in the stress scale were adapted to college students.

Mental Health Stressors and Risky Behavior* All Students

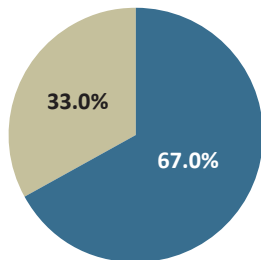


*Number of stressors is based on reported experiences within the past 12 months.

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

Ability to Manage Stress—Past 12 Months All Students

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



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

Approximately one-third (33.0%) of MSUM students report that they are unable to manage their stress level. Additional analysis shows that, among these students, 11.3% report a diagnosis of depression within the past 12 months. Approximately two in three (67.0%) MSUM students report that they are able to manage their level of stress; of these, only 5.0% report a diagnosis of depression within the past 12 months.

Stress and Diagnosis of Mental Health, Acute, and Chronic Conditions—Past 12 Months All Students

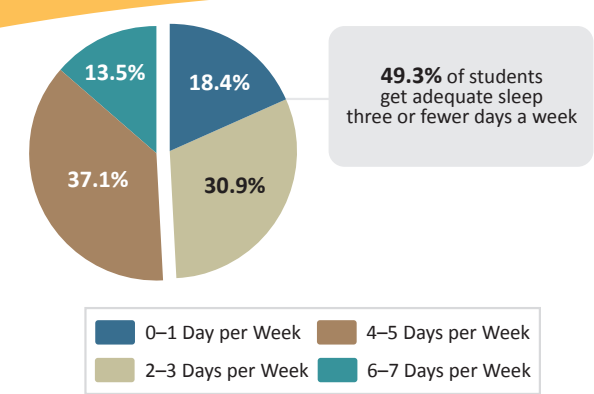
Condition	Percent Who Report Being Diagnosed Within the Past 12 Months	
	Managed Stress (Index ≤1)	Unmanaged Stress (Index >1)
Any Acute Condition	12.3	23.4
Any Chronic Condition	10.2	16.9
Anxiety	5.6	18.7
Depression	5.0	11.3
Obsessive-Compulsive Disorder	1.0	2.6
Panic Attacks	2.0	8.6
Social Phobia/Performance Anxiety	1.0	6.0

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

An association appears to exist between unmanaged stress levels and higher rates of diagnosis for acute conditions and for various mental health conditions. For example, 18.7% of MSUM students with unmanaged stress levels report being diagnosed with anxiety within the past year, compared to only 5.6% of students with managed stress levels reporting the same diagnosis.

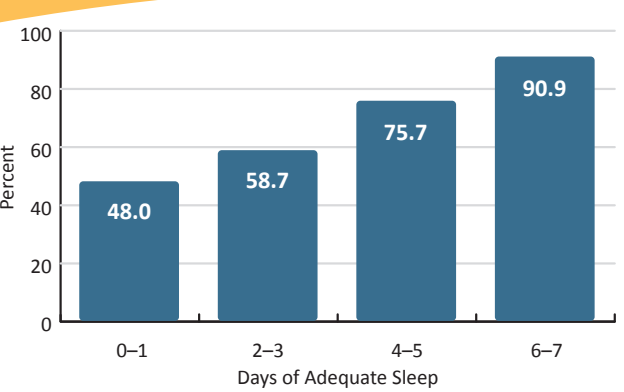
In response to a question asking MSUM students how often in the past seven days they got enough sleep to feel rested when they woke up in the morning, about one-half (**49.3%**) report receiving adequate sleep on three or fewer of the previous seven days.

Number of Days of Adequate Sleep— Past Seven Days



Receiving adequate sleep appears to have an impact on students' ability to manage stress. Only **48.0%** of MSUM students who report receiving 0-1 day of adequate sleep in the past week report that they are able to manage their stress, compared to **90.9%** of students who report 6-7 days of adequate sleep in that period.

Adequate Sleep and Ability to Manage Stress*



*Days of adequate sleep is based on reported experiences in the past seven days and ability to manage stress is based on reported experiences within the past 12 months.

Impact of Health and Personal Issues on Academic Performance—Past 12 Months

All Students

Students were asked to respond to the following question:

During the past 12 months, how have the following affected your academic performance?

The response options were:

- I do not have this issue/not applicable
- I have this issue—my academics have not been affected
- I have this issue—my academics have been affected

Health or Personal Issue	Percent	
	Report Having the Issue	Report the Issue Impacted Academics (Among Those Who Report Having the Issue)
Alcohol Use	13.6	8.2
Any Disability (Learning, ADD/ADHA, Physical, etc.)	9.2	73.2
Chronic Health Condition	11.2	30.0
Concern for Family Member or Friend	31.7	26.1
Eating Disorder	5.4	29.2
Excessive Computer/Internet Use	38.6	31.4
Financial Difficulties	37.2	27.1
Food Insecurity	7.7	20.6
Homeless	0.4	50.0
Marijuana Use	5.1	0.0
Mental Health Issue (Depression, Anxiety, etc.)	31.0	42.4
Pregnancy	1.8	12.5
Relationship Issue with Roommate/Housemate	19.0	24.7
Relationship Issue with Someone Other Than Roommate/Housemate	20.2	30.0
Serious Injury	3.6	56.3
Sexual Assault	3.1	42.9
Sexually Transmitted Infection	0.4	0.0
Sleep Difficulties	45.5	42.2
Stress	70.2	40.0
Upper Respiratory Infection (Cold/Flu, Sinus, Strep, etc.)	32.2	37.9

■	Report Having the Issue
■	Report the Issue Impacted Academics (Among Those Who Report Having the Issue)

The four most commonly reported issues among students at Minnesota State University Moorhead are stress (**70.2%**), sleep difficulties (**45.5%**), excessive computer/internet use (**38.6%**), and financial difficulties (**37.2%**). Among students who report a particular issue, the issues with the greatest impact on academic performance are any disability (**73.2%**), serious injury (**56.3%**), homelessness (**50.0%**), sexual assault (**42.9%**) and any mental health issue (**42.4%**).

Answering questions about events occurring before age 18, **37.7%** of MSUM students report that a parent or adult in their home swore at them, insulted them, or put them down, and **30.7%** report living with someone who was depressed, mentally ill, or suicidal.

Adverse Childhood Experiences

All Students

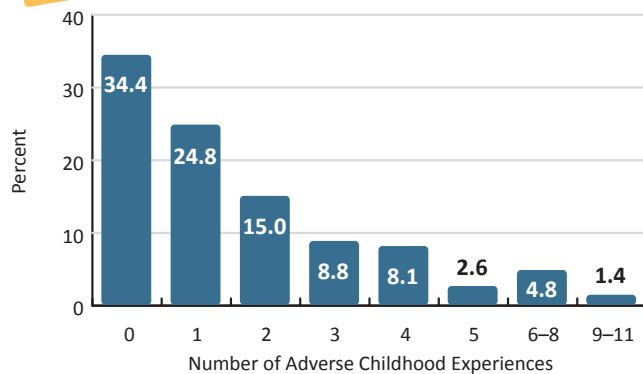
Questions on adverse childhood experiences (ACEs) were developed in 2008 by the Centers for Disease Control and Prevention (CDC), with the goal of studying associations between childhood maltreatment and issues of health and well-being that appear later in life (CDC, 2014). A growing body of research supports the idea that childhood experiences of abuse, neglect, and family dysfunction are connected to adverse health outcomes in adulthood, including chronic disease, lower educational achievement, poor physical and mental health, lower economic success, and social problems.

ACEs Question (Questions pertain to events happening before age 18)	Percent Who Responded Yes, Once, or More Than Once
Did you live with anyone who was depressed, mentally ill, or suicidal?	30.7
Did you live with anyone who was a problem drinker or alcoholic?	20.4
Did you live with anyone who used illegal street drugs or who abused prescription medications?	11.8
Did you live with anyone who served time or was sentenced to serve time in prison, jail, or other correctional facility?	8.9
Were your parents separated or divorced?	20.4
How often did your parents or adults in your home ever slap, hit, kick, punch, or beat each other up?	11.6
How often did a parent or adult in your home ever hit, beat, kick, or physically hurt you in any way? (Do not include spanking.)	14.1
How often did a parent or adult in your home ever swear at you, insult you, or put you down?	37.7
How often did anyone at least 5 years older than you or an adult, ever touch you sexually?	8.2
How often did anyone at least 5 years older than you or an adult, try to make you touch them sexually?	4.1
How often did anyone at least 5 years older than you or an adult, force you to have sex?	2.7

Approximately two-thirds (**65.6%**) of MSUM students report experiencing at least one adverse childhood experience.

Number of Adverse Childhood Experiences—Lifetime

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. This newfound freedom, coupled 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 both the long-term use of tobacco products and their subsequent negative health consequences.

National Comparison

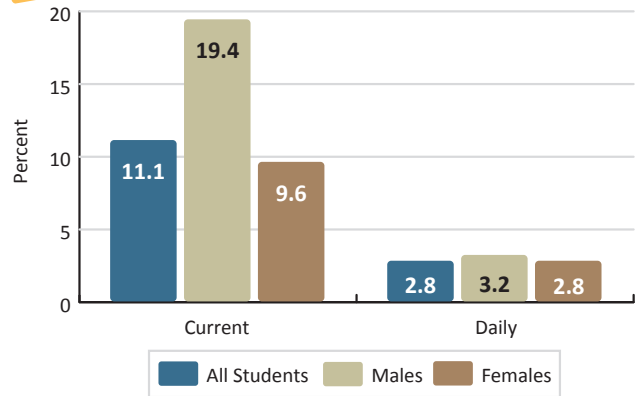
Nearly one-fourth (24.0%) of 18- to 20-year-olds and nearly one-third (31.0%) of 21- to 25-year-olds report cigarette use in the past 30 days (CBHSQ, 2015), and 5.4% of young adults ages 18–25 used smokeless tobacco in the previous month (Johnston et al, 2016). One in five (20.1%) full-time college students smoked cigarettes at least one time in the previous year, about one in nine (11.3%) smoked cigarettes at least one time in the previous 30 days, and about one in 25 (4.2%) smoke cigarettes daily (Johnston et al, 2016). Approximately one-tenth (9.7%) of full-time college students smoked e-cigarettes at least one time in the previous year (Johnson et al, 2016). Current cigarette smokers are more likely to use other tobacco products, alcohol, or illicit drugs than nonsmokers (CBHSQ, 2016). Among all current smokers, 68.0% want to completely stop smoking, 55.4% made an attempt to quit in the past year, and 7.4% successfully quit within the past year (CDC, 2017). Of the 15 million college students in the United States, an estimated 1.7 million will die prematurely due to smoking-related illnesses (Halperin, 2002). The current level of tobacco use among college students clearly poses a major health risk.

The current rate of tobacco use for students at Minnesota State University Moorhead is **11.1%**, with a daily rate of **2.8%**. Compared to females, males report higher rates of current tobacco use and of daily tobacco use.

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

Current and Daily Tobacco Use

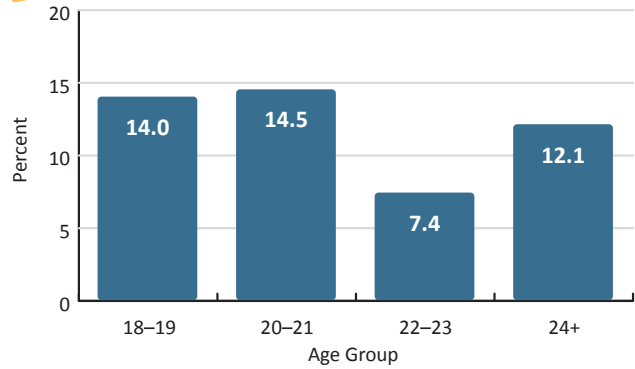
All Students by Gender



MSUM students ages 20–21 report the highest rate of current tobacco use (**14.5%**).

Current Tobacco Use

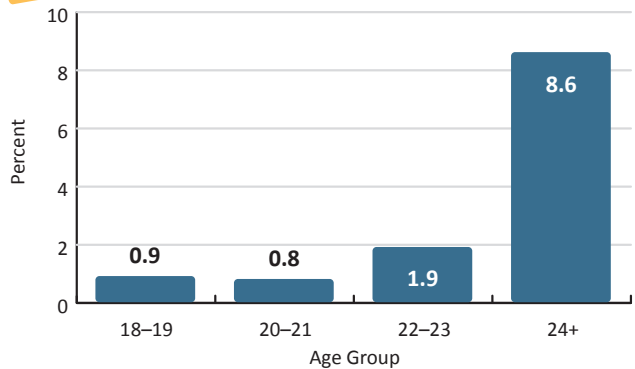
All Students by Age Group



The highest rate of daily tobacco use is found among MSUM students ages 24 and older (**8.6%**).

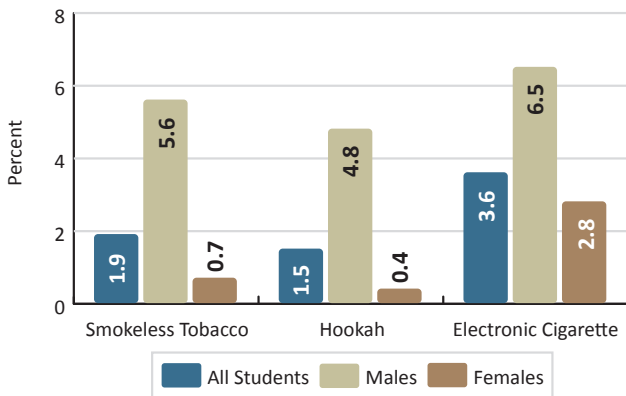
Daily Tobacco Use

All Students by Age Group



Current Smokeless Tobacco, Hookah, and Electronic Cigarette Use

All Students by Gender



Overall, **1.9%** of MSUM students report using smokeless tobacco, **1.5%** report using a hookah, and **3.6%** report using an electronic cigarette during the past 30 days.

Definition:

Current Smokeless Tobacco Use

Any smokeless tobacco use within the past 30 days.

Definition:

Current Hookah Use

Any use of tobacco from a water pipe (hookah) within the past 30 days.

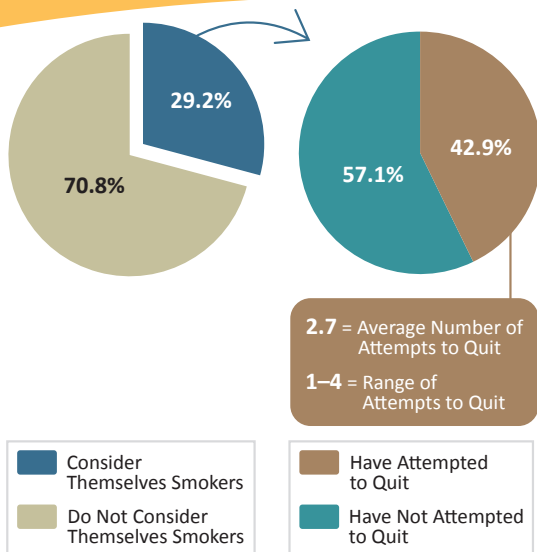
Definition:

Current Electronic Cigarette Use

Any electronic cigarette use within the past 30 days.

Attempts to Quit—Past 12 Months

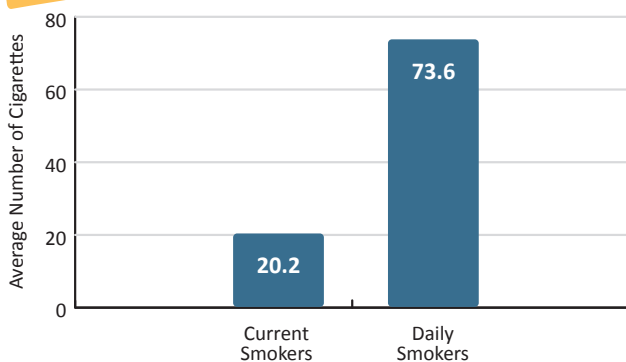
Current Smokers



Among students at MSUM who report smoking tobacco in the past 30 days, **70.8%** do not consider themselves smokers. Among those who do consider themselves smokers, **42.9%** made at least one attempt to quit smoking over the past 12 months, with an average of **2.7** attempts.

Average Number of Cigarettes Smoked Per Week—Past 30 Days

Current vs. Daily Smokers



The average number of cigarettes smoked per week over the past 30 days by MSUM students is **20.2** among current smokers and **73.6** among daily smokers.

Minnesota State University Moorhead students who smoked in the past 30 days report that the most common locations of their tobacco use are off campus (outside) and in a car.

Tobacco-Use Location—Past 30 Days

Current Smokers

Location	Percent of Students Who Indicate Use at Specified Location	
	Inside	Outside
In a Car	45.8	N/A
Off Campus	12.5	52.1
On Campus	0.0	10.4
Where I Live	8.3	43.8
Other	2.1	39.6



Among MSUM students, **34.4%** of nonsmokers and **18.8%** of smokers report being exposed to secondhand smoke on campus (outside) in an average week.

Secondhand Smoke Exposure

All Students

Location	Percent Who Indicate Exposure					
	Nonsmokers		Current Smokers		All Students	
In a Car	7.2	N/A	31.3	N/A	9.6	N/A
Off Campus	5.0	28.2	6.3	39.6	5.1	29.3
On Campus	1.4	34.4	2.1	18.8	1.5	32.8
Where I Live	3.3	12.4	2.1	20.8	3.2	13.3
Other	5.0	18.1	8.3	31.3	5.4	19.5
N/A—Never Exposed	27.7		25.0		27.4	



Results

Alcohol Use and Other Drug Use

For some young adults, college life includes an introduction to or an 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. Among full-time college students, four in five (81.4%) have consumed alcohol at least one time, nearly four in five (79.0%) have consumed alcohol in the past year, and about three in five (63.2%) consume alcohol monthly (Johnston et al, 2016). The rate of binge drinking (consuming five or more alcoholic beverages in a row in the previous two weeks) is highest for those ages 21–25, at 43.3%, and is 28.5% among 18- to 20-year-olds (CBHSQ, 2015). Compared to those not enrolled in college full-time, young adults ages 18–22 who are enrolled full-time are more likely to consume alcohol monthly and to binge drink (CBHSQ, 2015).

Approximately one-half (53.4%) of full-time college students have used an illicit drug at least once in their lifetime, more than four in ten (41.4%) have used an illicit drug at least once in the past year, and more than one in five (23.4%) have used an illicit drug in the last month (Johnston et al, 2016). Marijuana is the illicit drug of choice for full-time college students, with more than half (50.4%) having used the drug at least once in their lifetime, more than one-third (37.9%) having used it in the past year, and one in five (21.1%) having used it in the past month (Johnston et al, 2015). Among full-time college students, 9.7% have used amphetamines, 4.3% have used cocaine, and 4.3% have used hallucinogens in the previous year (Johnston et al, 2016).

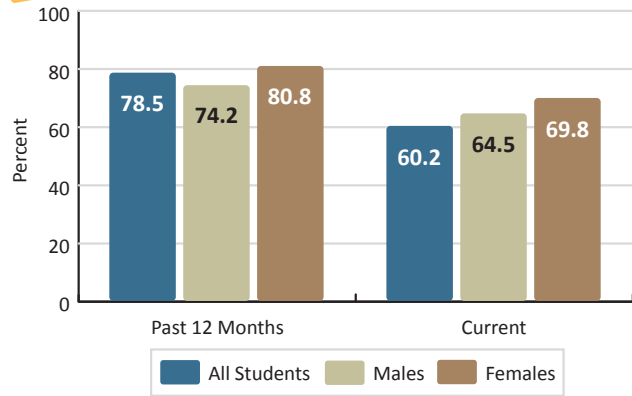
Among Minnesota State University Moorhead students, **78.5%** report using alcohol in the past 12 months, and **60.2%** report using alcohol in the past 30 days. Compared to male students, female students report higher rates of alcohol use in both the past 12 months and the past 30 days.

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

Definition:
Current Alcohol Use
 Any alcohol use within the past 30 days.

Alcohol Use—Past 12 Months and Current

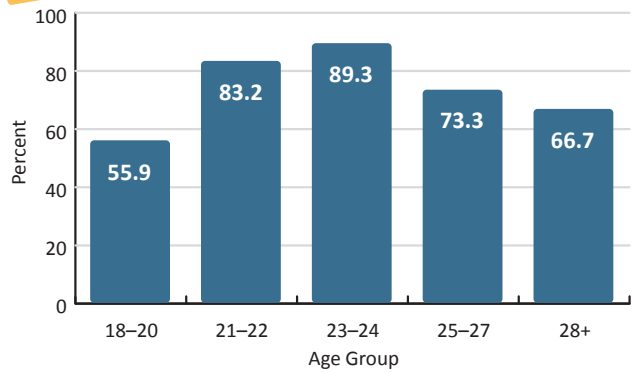
All Students by Gender



MSUM students ages 23–24 report the highest rate of consuming alcohol in the past 30 days (**89.3%**). More than one in two (**55.9%**) underage MSUM students report consuming alcohol in the past 30 days.

Current Alcohol Use

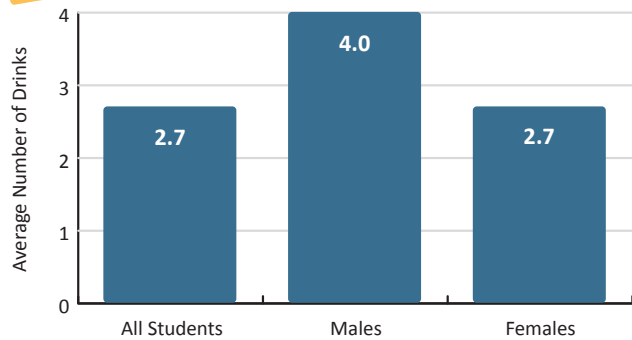
All Students by Age Group



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

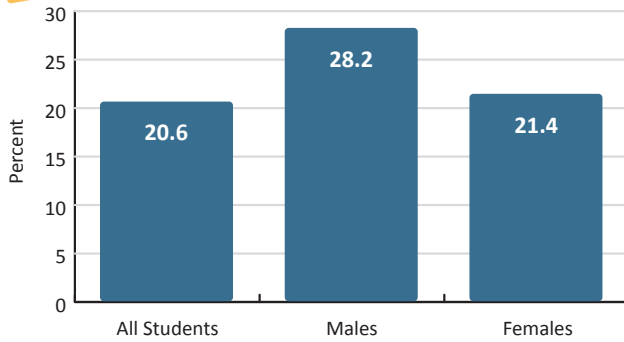
Average Number of Drinks per Week—Past 30 Days

All Students by Gender



High-Risk Drinking

All Students by Gender



Male students at MSUM report a higher rate of high-risk drinking compared to female students (28.2% vs. 21.4%, respectively).

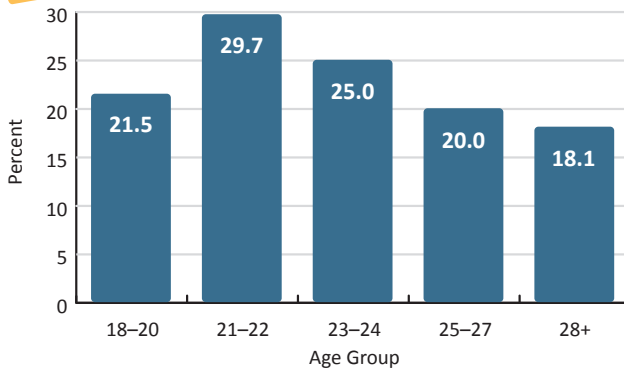
Definition:

High-Risk Drinking

Consumption of five or more alcoholic drinks at one sitting within the past two weeks for both males and females. A drink is defined as one shot of alcohol, a 12-ounce beer, a mixed drink containing 1 or 1.5 ounces of alcohol, a 12-ounce wine cooler, or a 5-ounce glass of wine.

High-Risk Drinking

All Students by Age Group



Among MSUM students, the peak years for engaging in high-risk drinking are ages 21-22.

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

All Students

Question asked:

In the past two weeks, what percentage of students at your school do you think had five or more drinks at a sitting? (One drink = one shot of alcohol, a 12-ounce beer, a mixed drink containing 1 or 1.5 ounces of alcohol, a 12-ounce wine cooler, or a 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	40.3%	20.6% of All Students
High-Risk Drinkers	50.2%	
Non-High-Risk Drinkers	37.2%	

Students attending MSUM overestimate the rate of high-risk drinking on their campus. The estimate from all students is 40.3%, while the actual rate is 20.6%. Those who have engaged in high-risk drinking estimate a rate of 50.2%, while those who have not engaged in high-risk drinking estimate a rate of 37.2%.

The BAC 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.

The legal driving limit for individuals of legal drinking age is 0.08.

The average estimated BAC among students at Minnesota State University Moorhead, based on the last time the student partied/socialized, is **0.07**. The average is slightly higher for females than for males.

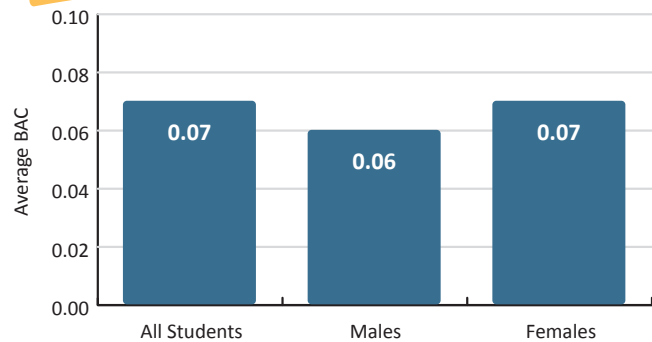
Among MSUM students, the average BAC levels at the most recent socializing/partying occasion range from **0.04** to **0.10**, with an average of **0.07**. Students ages 23–24 report an average estimated level of **0.10**, which exceeds the legal driving limit of 0.08 for individuals of legal drinking age.

Blood Alcohol Content

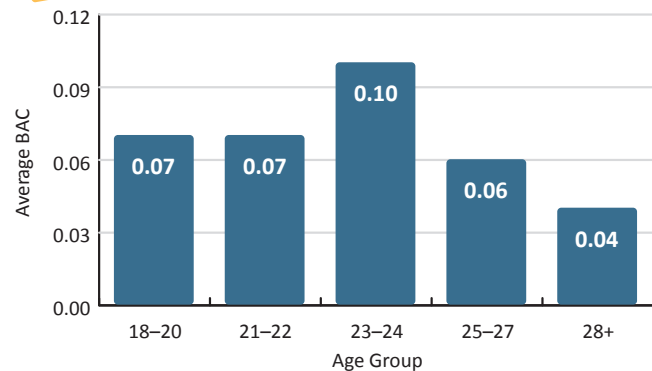
Blood alcohol content (BAC) measures the percentage of alcohol in a person's blood. The calculation of BAC is based on a formula that takes into account the following factors:

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

Average Estimated Blood Alcohol Content All Students by Gender



Average Estimated Blood Alcohol Content All Students by Age Group



Negative Consequences of Alcohol Use— Past 12 Months

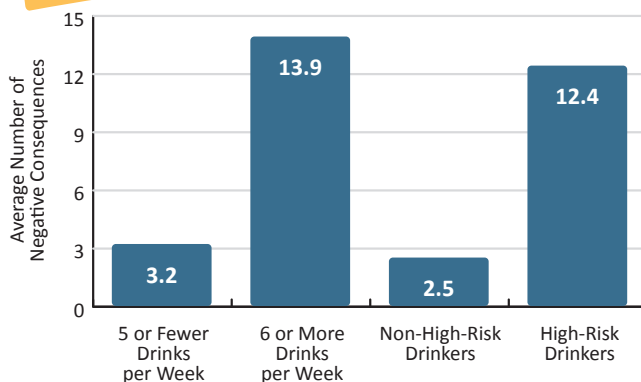
All Students

Negative Consequence Due to Alcohol Use	Percent Who Report Experiencing Within Past 12 Months
Arrested for a DWI/DUI	0.0
Criticized by Someone I Know	13.3
Damaged Property, Pulled Fire Alarm, etc.	0.9
Done Something I Later Regretted	16.5
Driven a Car While Under the Influence	7.5
Got Into an Argument or Fight	9.2
Got Nauseated or Vomited	31.5
Had a Hangover	42.4
Had a Memory Loss	14.1
Have Been Taken Advantage of Sexually	1.5
Have Taken Advantage of Another Sexually	0.4
Hurt or Injured	5.8
Missed a Class	9.0
Performed Poorly on a Test or Important Project	7.1
Seriously Thought About Suicide	3.2
Seriously Tried to Commit Suicide	0.4
Thought I Might Have a Drinking Problem	4.7
Tried Unsuccessfully to Stop Using	1.3
Trouble with Police, Residence Hall, or Other University/College Authorities	1.9

About one in 14 (**7.5%**) MSUM students report having driven a car within the past 12 months while under the influence of alcohol; for the same period, **9.0%** report missing a class and **7.1%** report performing poorly on a test or project as a result of alcohol use.

Average Number of Alcohol-Related Negative Consequences*

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



*The average number of drinks is based on behavior in the past 30 days, high-risk drinking is based on behavior in the past two weeks, and the average number of negative consequences is based on reported experiences in the past 12 months.

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

Rates for most alcohol-related consequences are about three or more times higher among MSUM students who engaged in high-risk drinking in the previous two weeks compared to those who did not. About one in four (**24.0%**) students who have engaged in high-risk drinking in the past two weeks report driving while under the influence of alcohol one or more times in the past 12 months.

High-Risk Drinking and Selected Consequences*

All Students

Negative Consequence Due to Alcohol Use	Percent		
Driven a Car While Under the Influence	7.5	3.2	24.0
Got into an Argument or Fight	9.2	7.0	17.7
Have Been Taken Advantage of Sexually (Includes Males and Females)	1.5	1.1	3.1
Missed a Class	9.0	5.9	20.8
Performed Poorly on a Test or Important Project	7.1	4.0	18.7

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

*High-risk drinking is based on behavior in the past two weeks while the rate for negative consequences is based on reported experiences in the past 12 months.

Asked if they would call 911 if someone passes out due to alcohol/drug use and couldn't be awakened, **63.0%** of all MSUM students report they would be "very likely" to call for emergency assistance.

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

All Students

Response	Percent		
Very Likely	63.0	63.7	62.7
Somewhat Likely	27.3	25.9	28.0
Somewhat Unlikely	6.0	7.4	5.4
Very Unlikely	3.6	3.0	3.9

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

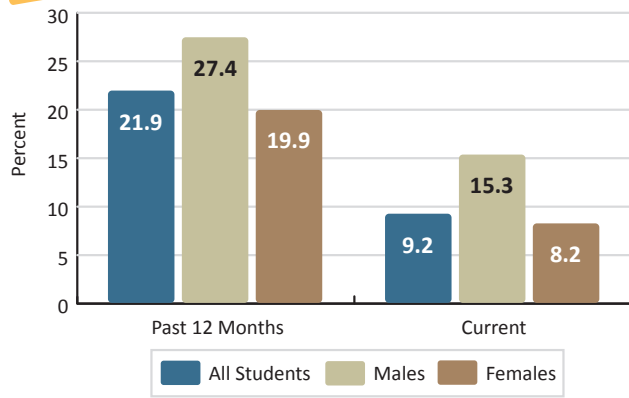
Among all Minnesota State University Moorhead students, the rate for any marijuana use within the past 12 months is **21.9%**, while the rate of current use is **9.2%**. Rates are higher for males than for females.

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

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

Marijuana Use—Past 12 Months and Current

All Students by Gender



Negative Consequences of Marijuana Use— Past 12 Months

All Students

Negative Consequence Due to Marijuana Use	Percent Who Report Experiencing Within Past 12 Months
Arrested for a DWI/DUI	0.0
Criticized by Someone I Know	1.9
Damaged Property, Pulled Fire Alarm, etc.	0.2
Done Something I Later Regretted	0.6
Driven a Car While Under the Influence	1.7
Got Into an Argument or Fight	0.4
Got Nauseated or Vomited	1.5
Had a Hangover	0.9
Had a Memory Loss	1.9
Have Been Taken Advantage of Sexually	0.0
Have Taken Advantage of Another Sexually	0.0
Hurt or Injured	0.2
Missed a Class	1.0
Performed Poorly on a Test or Important Project	0.0
Seriously Thought About Suicide	0.0
Seriously Tried to Commit Suicide	0.0
Thought I Might Have a Drug Problem	0.6
Tried Unsuccessfully to Stop Using	0.0
Trouble with Police, Residence Hall, or Other University/College Authorities	0.6

Approximately one in 50 MSUM students (1.7%) report having driven a car within the past 12 months while under the influence of marijuana, 1.0% report missing a class due to marijuana use, and 0.6% report thinking they might have a drug problem.

Selected Drug Use—Past 12 Months

All Students

Drug	Percent Who Report Use Within Past 12 Months
Amphetamines	0.5
Cocaine	1.2
Ecstasy	1.2
GHB/Rohypnol	0.2
Hallucinogens	1.9
Inhalants	0.5
Opiates	0.7
Sedatives	0.7
Use of at Least One of the Above Listed Drugs	3.5
Use of Another Person's ADHD Medication	3.6
Use of Another Person's Medication Other Than ADHD	3.6

Among MSUM students, 3.5% report having used at least one of the eight listed illicit drugs within the past 12 months, 3.6% report using another person's ADHD medication, and 3.6% indicate that they used another person's prescription medication (other than ADHD medication). Hallucinogens are the most commonly used illicit drugs (1.9%).

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. Nearly one in five (19.1%) women and one in 67 (1.5%) men in the United States have been victims of rape or attempted rape in their lifetime (Smith et al, 2017). Based on estimates by the National Institute of Justice, 20.0% of American women experience rape or attempted rape while in college, and more than one in nine (12.0%) student victims state the victimization was not important enough to report (Sinozich and Langton, 2014).

Financial health is another area of concern. According to the U.S. Department of Education, the average total cost of attendance (including tuition, fees, room, and board) for full-time students is \$19,189 at four-year public institutions, \$39,529 at four-year private non-profit institutions, and \$7,409 at two-year public institutions (USDE, 2016). In 2014–2015, the average amount of grant and scholarship aid for first-year, full-time students was \$7,010 at four-year public institutions, \$19,960 at four-year private non-profit institutions, and \$4,980 at two-year public institutions (USDE, 2015). Among first-year students, about three in five (61.6%) of those attending a four-year public institution, 66.7% of those attending a four-year private nonprofit school, and 27.5% of those attending a two-year public institution borrowed money through a school loan (USDE, 2015).

More than twice as many undergraduate students (77%) carry debit cards compared to those who carry credit cards (30%) (Sallie Mae, 2013). More than three in five (62%) undergraduate students pay off all cards each month (Sallie Mae, 2013). The average credit card balance per undergraduate student is \$499 (Sallie Mae, 2013). More than two-fifths (41.9%) of college students report participating in some type of gambling activity during the previous school year (LaBrie et al, 2003).

More than one in four (**28.4%**) female students at Minnesota State University Moorhead indicate that they have experienced a sexual assault within their lifetime, with **9.3%** experiencing an assault within the past 12 months. Male students at the university have experienced sexual assault lower rates, at **11.2%** within their lifetime and **1.8%** within the past 12 months.

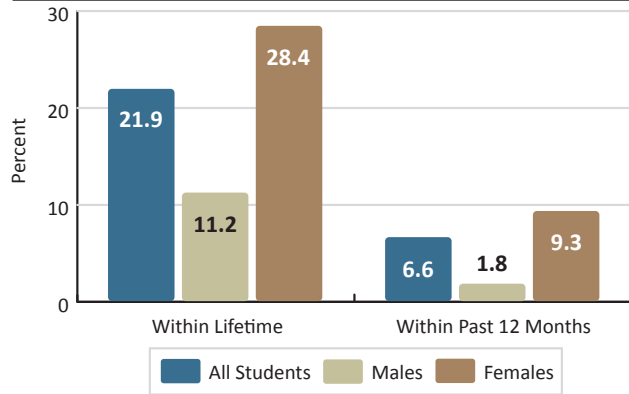
Sexual Assault—Lifetime and Past 12 Months

All Students by Gender

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

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

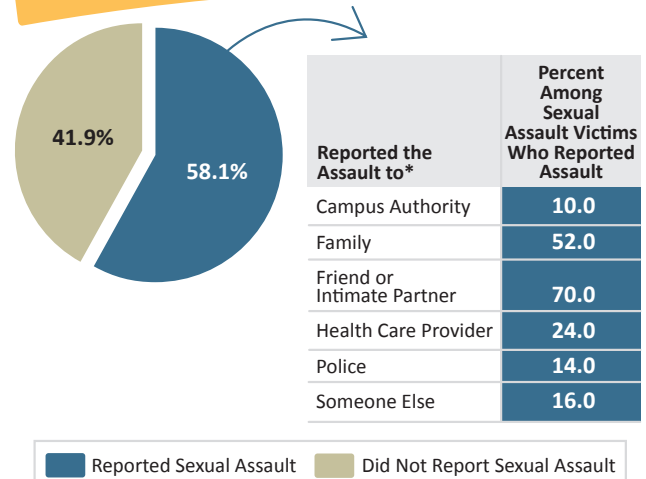
- Experienced actual or attempted sexual intercourse without your consent or against your will?
- Experienced actual or attempted sexual touching without your consent or against your will?



Of MSUM students who indicate they have experienced a sexual assault within their lifetime (21.9%), three-fifths (**58.1%**) state that they reported the incident. Of these students, **24.0%** reported it to a health care provider, **14.0%** reported it to the police, and **10.0%** reported it to a campus authority.

Sexual Assault Reporting by Victims—Lifetime

Sexual Assault Victims



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

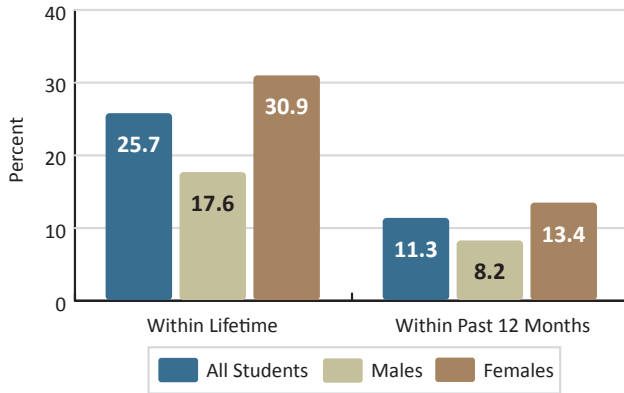
Domestic Violence—Lifetime and Past 12 Months

All Students by Gender

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

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

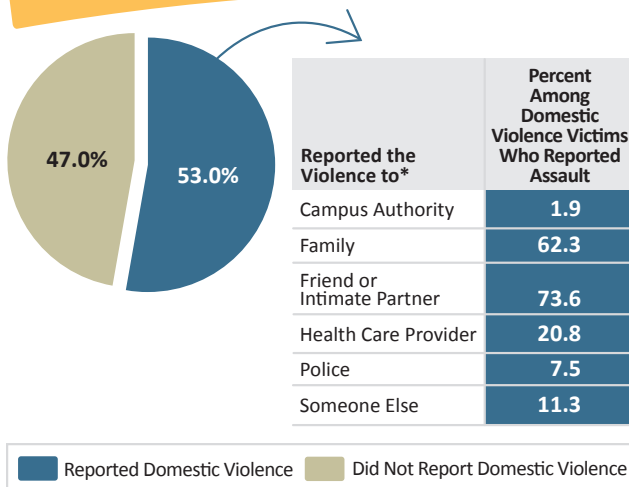
- Been slapped, kicked, or pushed by your significant other or spouse/partner?
- Been hurt by threats, “put-downs,” or yelling by your significant other or spouse/partner?



More than three in ten (**30.9%**) female students at MSUM, and one in six (**17.6%**) male students, indicate that they have experienced domestic violence within their lifetime.

Domestic Violence Reporting by Victims—Lifetime

Domestic Violence Victims

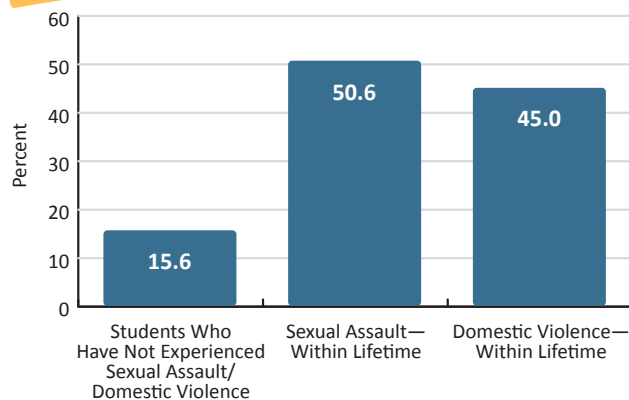


Of MSUM students who indicate that they have experienced domestic violence within their lifetime (25.7%), more than one-half (**53.0%**) state that they reported the incident. Of these students, **20.8%** reported it to a health care provider, **7.5%** reported it to the police, and **1.9%** reported it to a campus authority.

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

Depression Diagnosis—Lifetime

All Students by Sexual Assault/Domestic Violence



Among MSUM students, **50.6%** of those who report being victims of sexual assault, and **45.0%** of those who report being victims of domestic violence, say they have been diagnosed with depression within their lifetime. These rates are higher than the lifetime depression rate (**15.6%**) reported among MSUM students who have not experienced sexual assault or domestic violence within their lifetime.

Among MSUM students, **1.0%** report being a perpetrator of sexual assault within the past 12 months. About one in 15 (**6.6%**) students at the university report having been a perpetrator of domestic violence within that same time period.

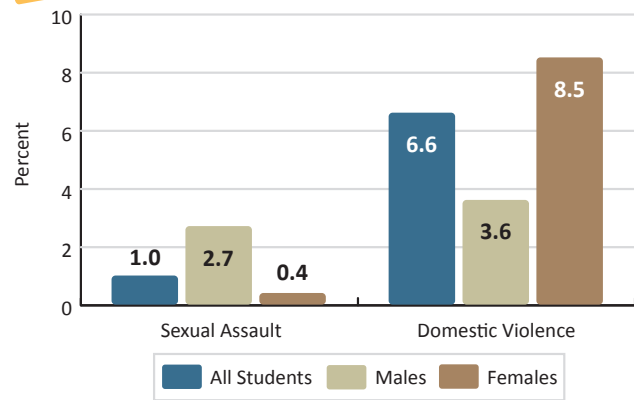
Further examination of data shows that about one in nine (**11.1%**) students at the university report either sexually assaulting or inflicting domestic violence on another person within their lifetime. Of these students, **47.8%** indicate that they have been a victim of a sexual assault within their lifetime.

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 students (**5.7%** vs. **2.9%**, respectively).

More than one-half (**53.3%**) of male students, and one-half (**49.9%**) of female students at MSUM report experiencing bullying sometimes or frequently within their lifetime. One in seven (**14.5%**) male students and one in ten female students (**10.4%**) report carrying out bullying sometimes or frequently within their lifetime.

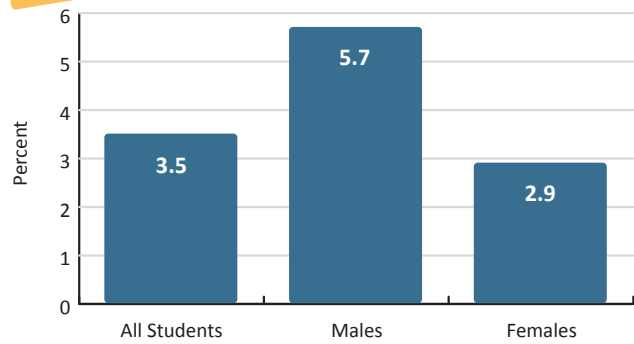
Sexual Assault and Domestic Violence Perpetrator—Past 12 Months

All Students by Gender



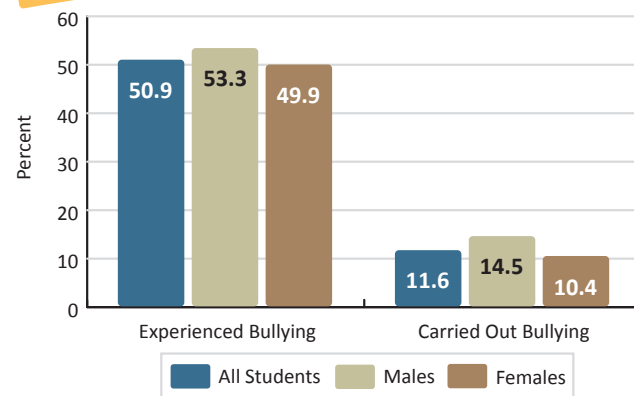
Physical Fight—Past 12 Months

All Students by Gender



Bullying—Lifetime

All Students by Gender



Discrimination Experience—Lifetime

All Students by Gender

Type of Discrimination	Percent		
People Act as if They Are Afraid of You	29.6	33.1	26.9
People Act as if They Think You Are Not Smart	67.4	63.7	69.5
Received Poorer Service Than Other People at Restaurants or Stores	43.0	40.3	43.7
Treated with Less Courtesy or Respect Than Other People	71.0	71.0	71.4
You Are Threatened or Harassed	36.4	33.9	36.2



Note: Items found in this table are based on an everyday discrimination measure (Sternthal et al, 2011).

More than seven in ten (**71.0%**) MSUM students report being treated with less courtesy or respect than other people within their lifetime, and more than one in three (**36.4%**) report being threatened or harassed.

Discrimination Type/Reason—Lifetime

All Students by Gender

Reason for Discrimination	Percent		
Age	43.9	25.0	52.5
Ancestry or National Origin	7.9	10.0	6.6
Education/Income Level	24.5	18.8	26.8
Gender	49.3	13.8	63.9
Height	20.5	28.8	16.9
HIV Status	0.0	0.0	0.0
Physical Disability	1.4	1.3	1.1
Race	10.8	13.8	9.3
Religion	12.2	8.8	13.7
Sexual Orientation	6.8	5.0	4.9
Shade of Skin Color	7.2	7.5	6.6
Weight	27.0	28.8	26.8
Other Aspect of Physical Appearance	29.9	27.5	31.7
Other	12.9	17.5	10.9

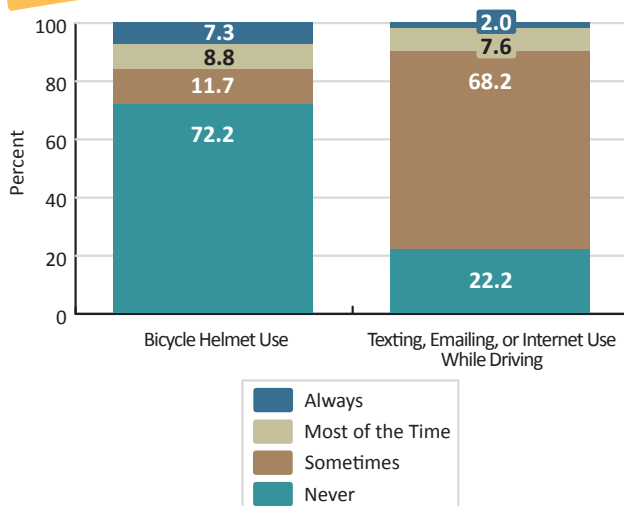


Note: Items found in this table are adapted from Williams et al (1997).

For male MSUM students, height and weight are the most common reason for discrimination within their lifetime. For female students at the university, gender and age are the most common reasons for discrimination within their lifetime.

Transportation Safety—Past 12 Months

All Students

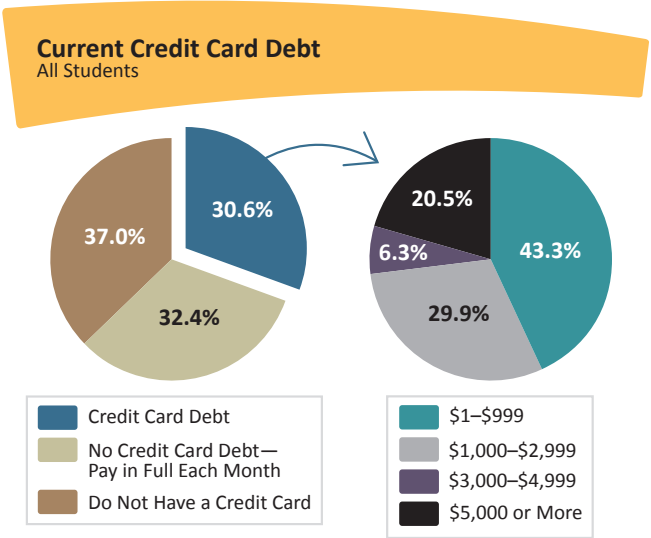


Among students at MSUM who ride a bicycle, about one in six (**16.1%**) report wearing a helmet always or most of the time while riding in the past 12 months. During the same period, more than three-fourths (**77.8%**) report texting, emailing, or using the internet sometimes, most of the time, or always while driving.

Additionally, more than one in six (**18.6%**) MSUM students report riding in a vehicle during the past 12 months with a driver who was impaired due to alcohol consumption.

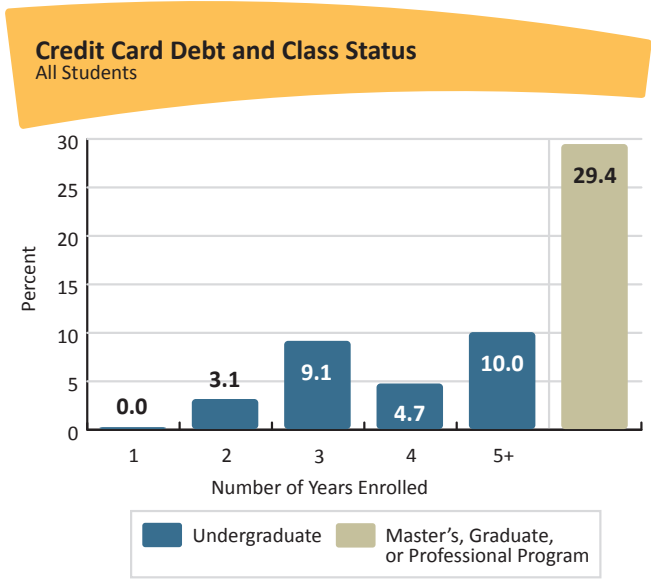
Approximately three in ten (**30.6%**) MSUM students report carrying some level of credit card debt over the past month. Of these students, **26.8%** report the debt as \$3,000 per month or more.

Definition:
Current Credit Card Debt
 Any unpaid balance at the end of the past month.



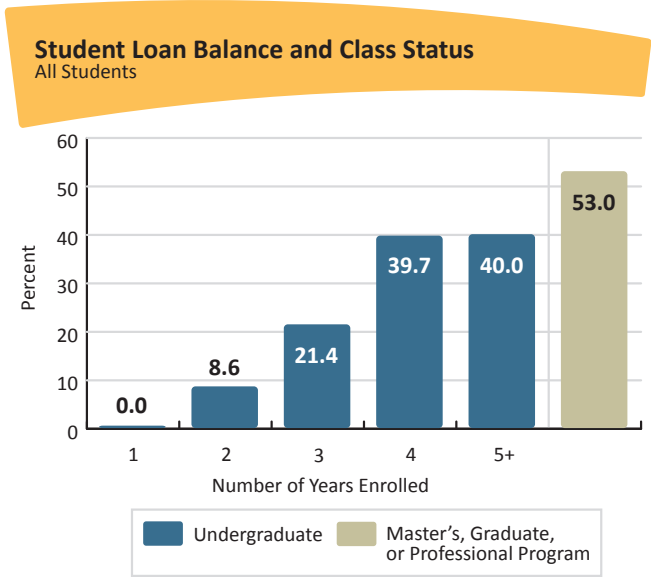
The percentage of Minnesota State University Moorhead students with a monthly credit card debt of \$3,000 or more is highest among fifth-year undergraduate students (**10.0%**) and graduate/professional students (**29.4%**).

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



The percentage of MSUM students who report a student loan balance of more than \$25,000 increases from **0.0%** among first-year students to **40.0%** among undergraduate students enrolled for five or more years.

Definition:
Student Loan Balance
 A student loan balance of \$25,000 or more.



Results

Nutrition and Physical Activity

For many students, the college years represent a time of new experiences and increased opportunities to make personal health decisions. Some of these decisions encompass the areas of nutrition and physical activity. Students are on their own, free to eat what they want, when they want. Busy academic and social schedules can take priority over eating well and exercising regularly. Class and work schedules vary from day to day and change every semester. Lifestyle changes, peer pressure, and limited finances may lead to an increase in stress, triggering overeating that results in weight gain. Limited finances may also translate into budget challenges, pitting dollars for tuition, textbooks, and housing against dollars for food.

National Comparison

Research shows that, compared to older adults, young adults in the United States generally eat fewer fruits and vegetables but are more physically active (CDC, 2015b). Young adults ages 18–27 report consuming breakfast an average of 3.1 days per week, and consuming fast food an average of 2.5 days per week (Niemeier, 2006). The rate of obesity among young adults ages 18–24 in Minnesota is 13.1% (CDC, 2016b).

Though research examining food insecurity (see definition on page 34) among young adults is limited, the prevalence of food insecurity and its negative outcomes are issues of increasing concern. Three studies conducted in the United States among college students show that 45%–59% are either food insecure or at risk of food insecurity (Chaparro et al, 2009; Maroto et al, 2015; Patton-Lopez et al, 2014).

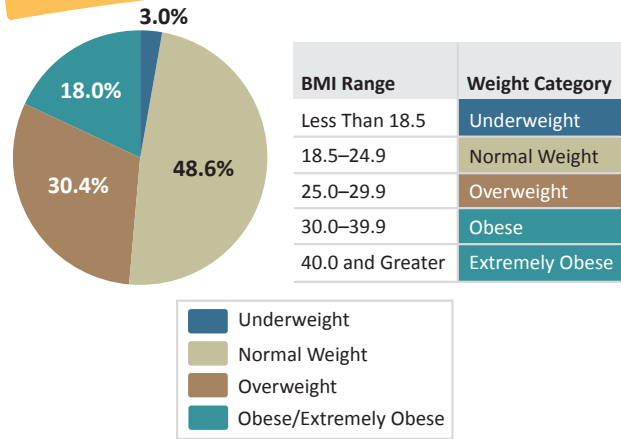
Nationwide, 82.8% of young adults ages 18–24, compared to 74.7% of all adults, report participating in at least one physical activity during the last month (CDC, 2015b). More than one-half (53.3%) of 18- to 24-year-olds report participating in 150 minutes or more of aerobic physical activity per week; for all adults, the rate is 50.8% (CDC, 2015b).

Body mass index (BMI) is a common and reliable indicator of body fat (CDC, 2015a). BMI equals weight in kilograms divided by height in meters squared (BMI = kg/m²). This table presents weight categories based on BMI ranges.

Nearly one-half (**48.4%**) of students at Minnesota State University Moorhead fall within the overweight or obese/extremely obese category. This is based on self-reported height and weight.

BMI Category

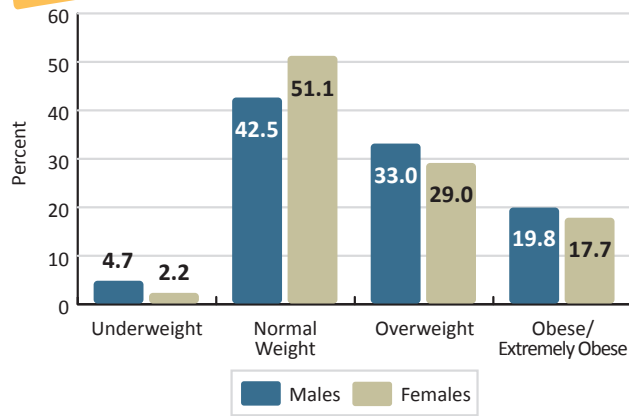
All Students



More than one-half (**52.8%**) of males and more than two in five (**46.7%**) females at MSUM fall within the overweight or obese/extremely obese category. Additional analysis shows that the average BMI for male MSUM students is **25.8**, and the average BMI for female students is **25.7**. For both male and female students, these averages fall within the overweight category.

BMI Category

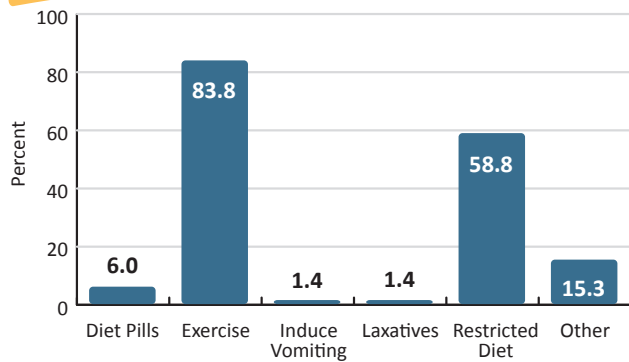
All Students by Gender



More than one in two (**51.3%**) MSUM students report attempting to lose weight. In an attempt to control their weight, **83.8%** of students report engaging in exercise, and **58.8%** of students report restricting their diet.

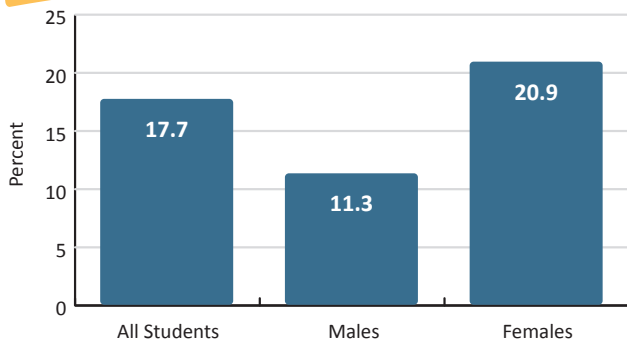
Weight-Loss Methods

Students Attempting to Lose Weight



Binge-Eating Behavior—Past 12 Months

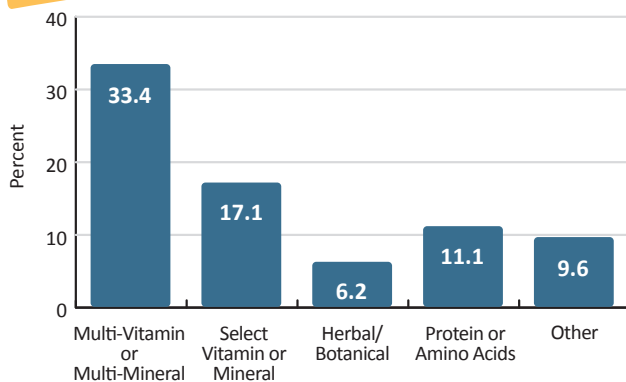
All Students by Gender



More than one in six (**17.7%**) MSUM students report engaging in binge eating over the past 12 months.

Regular Supplement Use

All Students



More than one in three (**33.4%**) MSUM students report using a multi-vitamin or multi-mineral supplement, and more than one in six (**17.1%**) report using a select vitamin or mineral supplement on a regular basis.

Meal Patterns

All Students by BMI Category

Behavior	Percent			
Breakfast Consumption (Past 7 Days)				
0 Days per Week	8.3	4.8	6.7	8.5
1–3 Days per Week	41.7	19.6	24.4	18.3
4–7 Days per Week	50.0	75.6	68.9	73.2
Fast-Food Consumption (Past 12 Months)				
1–2 Times per Month or Less	66.7	75.4	62.5	66.2
Once per Week or More	33.3	24.6	37.5	33.8

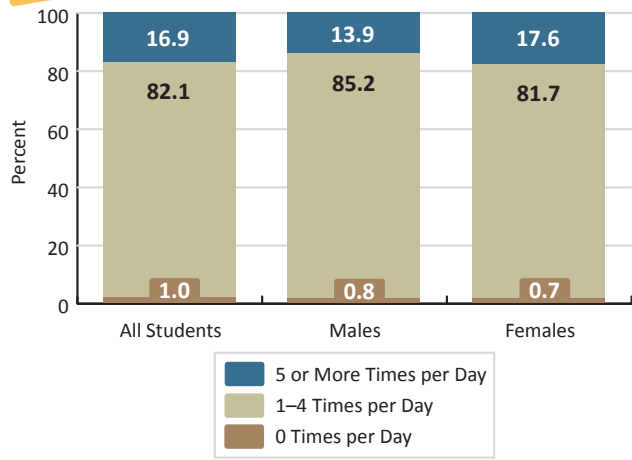
 Underweight	 Overweight
 Normal Weight	 Obese/Extremely Obese

Obese/extremely obese MSUM students report the highest rates of never eating breakfast within the past seven days and overweight students at the university report the highest rates of fast-food consumption once per week or more within the past 12 months.

A majority of MSUM students report consuming fruits and vegetables 1–4 times per day in the past seven days, with only **16.9%** consuming fruits and vegetables five or more times per day. On average, male MSUM students consume fruits and vegetables **2.7** times per day and female students consume fruits and vegetables **3.0** times per day.

Fruit and Vegetable Consumption— Past Seven Days

All Students by Gender



One in four (**25.0%**) MSUM students report worrying about whether their food would run out before they had money to buy more. Nearly one in seven (**14.0%**) report experiencing a food shortage and lacking money to buy more within the past 12 months.

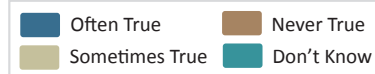
Food Insecurity—Past 12 Months

All Students

In the 1990s, the United States Department of Agriculture (USDA) developed a series of questions designed to measure food insecurity. The 18-item Household Food Security Survey (HFSS) serves as the standard for assessing household food security (Bickel et al, 2000). In order to gain some insight into food insecurity among the college population, a validated two-question screening based on the HFSS was selected to appear within the College Student Health Survey (Hager et al, 2010). These two questions inquire whether a household has been worried about having money to buy food, and whether there have been times when members of the household went without food.

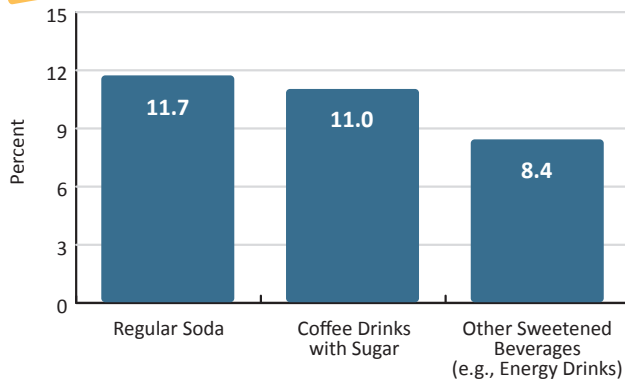
Food security is a necessary component to household and personal well-being. Food insecurity, though it is conceptual, measures something different from nutritional deprivation, and can be a precursor to nutritional, health, and developmental problems (Bickel et al, 2000). Mental and physical changes accompanying inadequate food intake have a bearing on learning, productivity, and physical and psychological health (Sharkey et al, 2011; McLaughlin et al, 2012).

Question	Percent			
	Often True	Sometimes True	Never True	Don't Know
Within the past 12 months, I worried whether my food would run out before I got money to buy more.	4.3	20.7	72.2	2.9
Within the past 12 months, the food I bought just didn't last and I didn't have money to get more.	2.6	11.4	82.2	3.8



Daily Sweetened Beverage Consumption— Past Seven Days

All Students



Asked to report their consumption of sweetened beverages, **8.4%** of MSUM students report consuming other sweetened beverages—such as energy drinks—every day in the past seven days.

Physical Activity Level—Past Seven Days

All Students

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

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

- Strenuous exercise (heart beats rapidly)
- Moderate exercise (not exhausting)
- Exercises to strengthen or tone your muscles

The CDC recommends that adults:

- Engage in 150 minutes of moderate-intensity physical activity every week, and engage in muscle-strengthening activities two or more days a week (CDC, 2015c).

Or

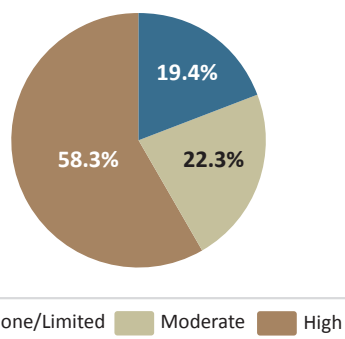
- Engage in 75 minutes of vigorous-intensity physical activity every week, and engage in muscle-strengthening activities two or more days a week (CDC, 2015c).

Or

- Engage in an equivalent mix of moderate- and vigorous-intensity aerobic activity and muscle-strengthening activities two or more days a week (CDC, 2015c).

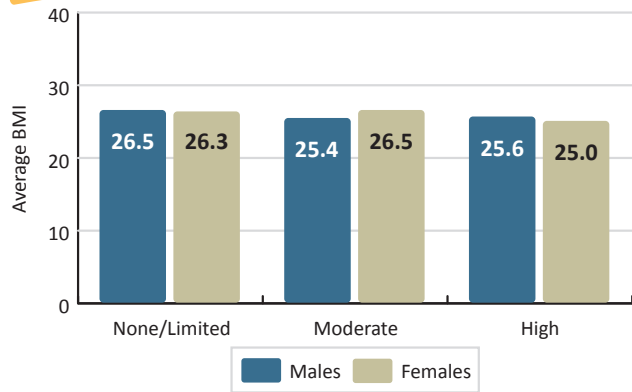
Based on their responses, students were classified into one of three physical activity levels (none/limited, moderate, or high). The high classification meets the CDC’s recommended level of physical activity for moderate- and vigorous-intensity physical activity.

Nearly two-thirds (**58.3%**) of MSUM students report levels of physical activity that place them in the high classification, meeting the CDC’s recommendations.



Body mass index is lowest among male students who report a moderate level of physical activity and female students who report engaging in a high level of physical activity in the past seven days.

Average BMI All Students by Physical Activity Level and Gender



Among all MSUM students, **50.4%** report spending four or more hours per day watching TV or using a computer or handheld device for something that is not work- or school-related.

Screen Time All Students

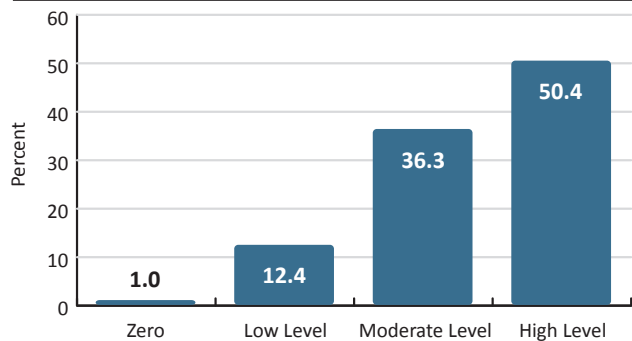
Screen time levels—zero, low, moderate, and high—were determined based on a survey question that asked students to report the average number of hours they watch TV or use a computer or handheld device on an average day:

Zero Screen Time: 0.0 Hours of Viewing

Low Level: 0.5–1.5 Hours per Day

Moderate Level: 2.0–3.5 Hours per Day

High Level: 4.0 or More Hours per Day



Results

Sexual Health

Some of the most important decisions facing college students concern sexual health. Choices relating to sexual behavior have the potential for significant, and often long-term, consequences. Healthy People 2020, a science-based, 10-year agenda for improving the health of all Americans, states that improving sexual health is crucial to eliminating health disparities, reducing rates of infectious diseases and infertility, and increasing educational attainment, career opportunities, and financial stability (USDHHS, 2017).

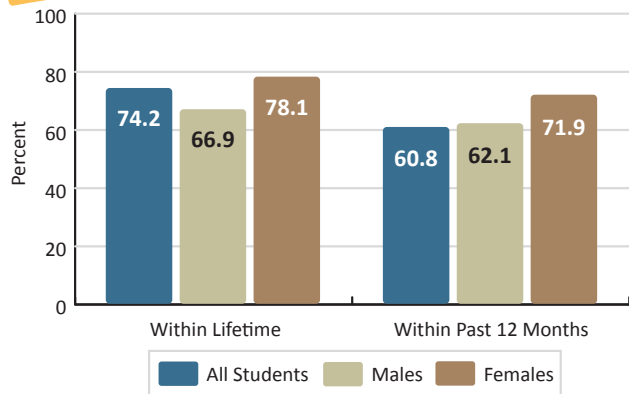
National Comparison

The majority of young adults in the United States are sexually active. Among males ages 18–19 and 20–24, respectively, 60.9% and 70.3% report that they have engaged in vaginal intercourse within their lifetime, 59.4% and 73.5% report that they have received oral sex from a partner of the opposite sex, and 9.7% and 23.7% report that they have engaged in insertive anal intercourse (Herbenick et al, 2010). Among females ages 18–19 and 20–24, respectively, 64.0% and 85.6% report that they have engaged in vaginal intercourse within their lifetime, 62.0% and 79.7% report that they have received oral sex from a partner of the opposite sex, and 20.0% and 39.9% report that they have engaged in anal intercourse (Herbenick et al, 2010). During their most recent vaginal intercourse event, 42.6% of 18- to 24-year-old males and 36.7% of 18- to 24-year-old females used a condom (Sanders et al, 2010).

Due to a combination of behavioral, biological, and cultural reasons, sexually active young adults are at increased risk for acquiring sexually transmitted infections (STIs) (CDC, 2016d). The higher prevalence of STIs among young adults reflects multiple barriers to accessing quality STI prevention services: ability to pay, lack of transportation, and concerns about confidentiality (CDC, 2016d). Among all males, 20- to 24-year-olds have the highest rate of chlamydia (1,467.8 cases per 100,000 people) and gonorrhea (539.1 cases per 100,000 people) and the second highest rate of syphilis (35.7 cases per 100,000 people) (CDC, 2016d). Among all females, 20- to 24-year-olds have the highest rates of chlamydia (3,730.3 cases per 100,000 people), gonorrhea (546.9 cases per 100,000 people), and syphilis (5.1 cases per 100,000 people) (CDC, 2016d).

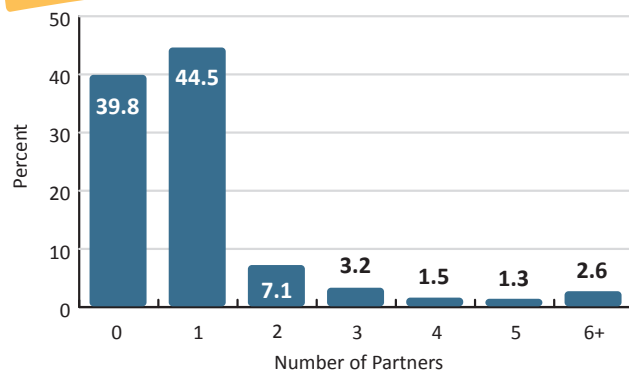
Compared to male students, female students attending Minnesota State University Moorhead report higher rates of sexual activity within their lifetime and within the past 12 months.

Sexually Active—Lifetime and Past 12 Months All Students by Gender



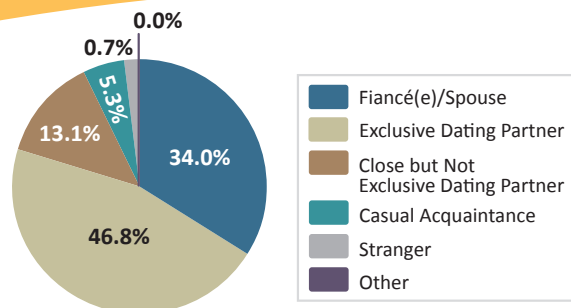
More than eight in ten (**84.3%**) MSUM students report having 0–1 sexual partners within the past 12 months. On average, MSUM students who were sexually active in the past 12 months had **2.0** sexual partners in that period.

Number of Sexual Partners—Past 12 Months All Students



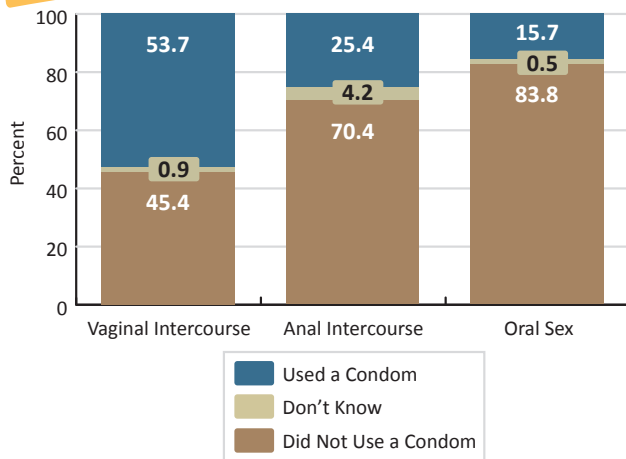
Among MSUM students who report being sexually active within the past 12 months, eight in ten (**80.8%**) report that their most recent sexual partner was either a fiancé(e)/spouse or an exclusive dating partner.

Most Recent Sexual Partner—Past 12 Months Sexually Active Students



Condom Use

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



Among MSUM students who report being sexually active within their lifetime, **53.7%** used a condom the last time they engaged in vaginal intercourse, **25.4%** used a condom during the last time they had anal intercourse, and **15.7%** used a condom during their last oral sex experience. Percentages are based solely on those who indicated they engaged in the activity.

Additional analysis shows that of the 74.2% of MSUM students who report being sexually active within their lifetime, **93.0%** have engaged in vaginal intercourse, **91.0%** have engaged in oral sex, and **29.1%** have engaged in anal intercourse.

Pregnancy Prevention Methods

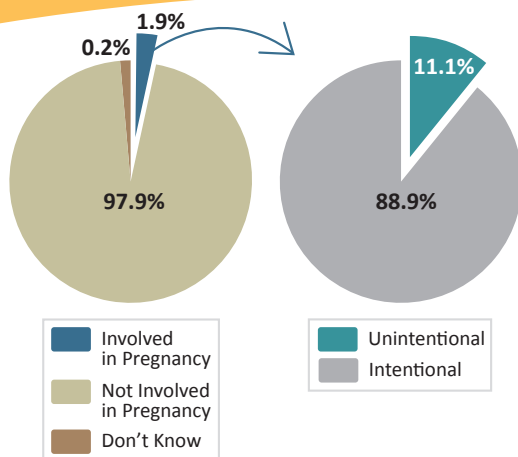
Sexually Active Students Within Lifetime

Type of Method	Percent Who Report Using Method
Birth Control Pills	36.2
Condoms	44.0
Depo-Provera (Shots)	1.6
Diaphragm and Spermicide	0.0
Emergency Contraception	1.3
Fertility Awareness	1.6
Implanon (Hormone Implant)	8.5
Intrauterine Device	4.9
NuvaRing	2.0
Patch	0.0
Sterilization (Hysterectomy, Vasectomy)	7.2
Withdrawal	16.0
Other	2.3
Don't Know/Can't Remember	1.6
Report Not Using any Method of Pregnancy Prevention	4.2

The two methods that MSUM students report using most commonly to prevent pregnancy the last time they engaged in vaginal intercourse are condoms (**44.0%**) and birth control pills (**36.2%**).

Unintended Pregnancy Outcome— Past 12 Months

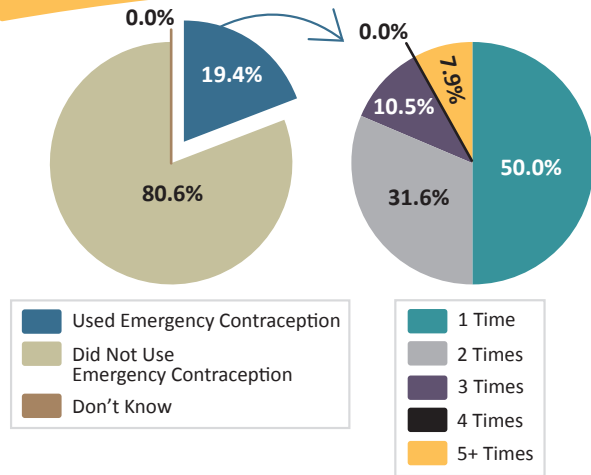
All Students



A total of **1.9%** of MSUM students report being involved in a pregnancy within the past 12 months. Of these students, **11.1%** state the pregnancy was unintentional. Among the unintentional pregnancies, **100.0%** resulted in miscarriage.

Among sexually active female students at Minnesota State University Moorhead, **19.4%** report using emergency contraception within the past 12 months. Among these students, **50.0%** have used it once, **31.6%** have used it twice, and **18.4%** have used it at least three times.

Emergency Contraception Use—Past 12 Months Sexually Active Female Students



Among MSUM students who have been sexually active within their lifetime, **8.5%** report being diagnosed with a sexually transmitted infection (STI) within their lifetime, and **2.3%** report being diagnosed with an STI within the past 12 months. Chlamydia is the STI most commonly diagnosed within students' lifetimes and genital herpes is the STI most commonly diagnosed within the past 12 months.

Sexually Transmitted Infection Diagnosis—Lifetime and Past 12 Months All Students

Sexually Transmitted Infection	Percent Who Report Being Diagnosed	
	Within Lifetime	Within Past 12 Months
Chlamydia	4.6	0.7
Genital Herpes	2.3	1.3
Genital Warts/HPV	3.9	0.3
Gonorrhea	0.3	0.0
HIV/AIDS	0.3	0.0
Pubic Lice	1.0	0.3
Syphilis	0.3	0.0
At Least One of the Above Sexually Transmitted Infections	8.5	2.3

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

Implications

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

Results from the 2017 College Student Health Survey presented in this report offer a comprehensive look at the diseases, health conditions, and health-related behaviors impacting students attending postsecondary schools in Minnesota. Identification of these health-related issues is critical, because the health of college students in Minnesota affects not only their academic achievement but also the overall health of our society.

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 impact of the health of college students on our society becomes evident.

Appendix 1

Colleges and Universities Participating in the 2017 College Student Health Survey

School	Location	Enrollment
Anoka-Ramsey Community College	Cambridge, MN Coon Rapids, MN	12,420
Carleton College	Northfield, MN	1,995
M State—Fergus Falls	Fergus Falls, MN Moorhead, MN	8,410
Minnesota State University Moorhead	Moorhead, MN	7,399
Rainy River Community College	International Falls, MN	414
St. Cloud State University	St. Cloud, MN	19,186
St. Cloud Technical & Community College	St. Cloud, MN	6,568
The College of St. Scholastica	Duluth, MN	4,406
Winona State University	Winona, MN	9,777

Appendix 1 References

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Appendix 2

Minnesota State University Moorhead Students Survey Demographics Based on Student Response

	All Students
Average Age (Years)	23.9
Age Range (Years)	18–69
18–24 Years	75.0%
25 Years or Older	25.0%
Average GPA	3.41
Class Status	
Undergraduate—Enrolled One Year	19.5%
Undergraduate—Enrolled Two Years	13.7%
Undergraduate—Enrolled Three Years	23.6%
Undergraduate—Enrolled Four Years	13.7%
Undergraduate—Enrolled Five or More Years	6.4%
Master’s, Graduate, or Professional Program	10.9%
Non-Degree Seeking	1.1%
Unspecified	11.1%
Gender	
Male	26.6%
Female	60.2%
TransMale, TransFemale, Genderqueer, Preferred Another Descriptor (Write-in)	2.1%
Preferred to Not Answer	11.1%
Racial Identity	
American Indian/Alaska Native	1.7%
Asian/Pacific Islander	5.6%
Black or African American	4.7%
Native Hawaiian/Other Pacific Islander	0.6%
White (Includes Middle Eastern)	78.4%
Preferred Another Descriptor (Write-in)	1.1%
Ethnic Identity	
Hispanic or Latino	3.0%
Hmong	0.0%
Somali	0.6%
None of the Above	80.5%
Preferred to Not Answer	2.1%
Sexual Identity	
Heterosexual or Straight	87.2%
Gay or Lesbian	1.7%
Bisexual	5.6%
Not Sure Yet	2.2%
Not Sure What Question Means	0.7%
Preferred Another Descriptor (Write-in)	2.7%
Current Residence	
Residence Hall or Fraternity/Sorority	30.9%
Homeless	0.0%
Other	69.1%
Other Status	
International Student	8.1%
Veteran of United States Armed Forces	2.2%
Reported at Least One Disability	14.2%

Glossary

Credit Card Debt

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

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 Electronic Cigarette Use

Any use of an electronic cigarette within the past 30 days.

Current Hookah Use

Any use of tobacco from a water pipe (hookah) within the past 30 days.

Current Marijuana Use

Any marijuana use within the past 30 days.

Current Smokeless Tobacco Use

Any smokeless tobacco use within the past 30 days.

Current Tobacco Use

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

High-Risk Drinking

Consumption of five or more alcoholic drinks at one sitting within the past two weeks for both males and females. A drink is defined as one shot of alcohol, a 12-ounce beer, a mixed drink containing 1 or 1.5 ounces of alcohol, a 12-ounce wine cooler, or a 5-ounce glass of wine.

Past 12-Month Alcohol Use

Any alcohol use within the past year.

Past 12-Month Marijuana Use

Any marijuana use within the past year.

Student Loan Balance

A student loan balance of \$25,000 or more.

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