

G eneral Health

NCHA Results

THE OHIO STATE UNIVERSITY

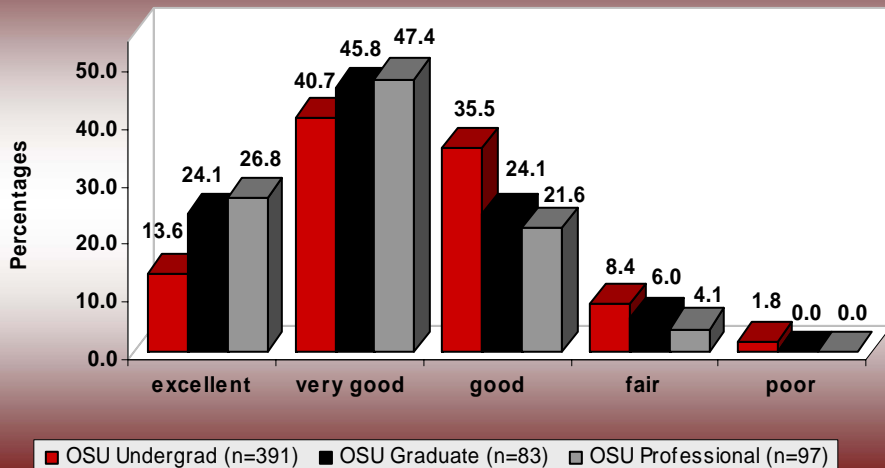
Student Affairs Assessment Report

January 2007

American College Health Association

This newsletter highlights findings pertaining to general health information from Ohio State's participation in the 2006 National College Health Assessment (NCHA). Results were compared with national data as well as findings from the 2003 OSU data. Information provided in this newsletter may help identify student needs and intervention.

Student Self-Reporting of Personal Health



Students were asked to rate their personal health on a scale from poor to excellent. Significantly lower ratings were ratings for undergraduates, as compared to graduate and professional students. More information on page 2.

National College Health Assessment (NCHA)

Initiated in 1998, the National College Health Assessment (NCHA)* is a national research survey organized by the American College Health Association (ACHA) to assist college health educators, counselors, and administrators, as well as health service providers, in collecting data about their students' habits, behaviors, and perceptions on the most prevalent health topics. The Ohio State University participated in the on-line survey in Spring 2003 and Spring 2006.

*American College Health Association. American College Health Association-National College Health Assessment: Reference Group Data Report Spring 2006. Baltimore: American College Health Association; 2006.

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Findings

Comparisons to National Data

When asked how many times did you use cigarettes, alcohol, and marijuana in the last 30 days, OSU student respondents answered similarly to students from the national sample.

Use Within Last 30 Days (percentages)	Cigarettes		Alcohol		Marijuana	
	OSU	National	OSU	National	OSU	National
Never Used	63.4	64.9	14.4	17.2	71.1	65.5
Have used but not in 30 days	19.5	17.5	12.2	13.2	18.0	20.1
1-2 days	6.5	5.4	20.6	18.8	4.0	6.0
3-5 days	1.4	2.3	18.7	19.0	1.1	2.3
6-9 days	0.4	1.5	18.6	16.3	1.1	1.7
10-19 days	2.1	2.0	11.8	12.2	2.0	1.8
20-29 days	2.7	2.1	3.5	2.9	0.9	1.5
All 30 days	3.9	4.3	0.3	0.5	1.8	1.2

Student responses to questions regarding sexual behaviors and conceptions exhibited relatively small differences between the OSU and national samples.

- 77.4% of OSU respondents (75.7% of national respondents) reported having one or no sexual partners in the last year while only 10.8% (17.7% of national respondents) believed that the typical student had one or no sexual partners.
- Of students who had vaginal sex in the last 30 days, 33.6% of OSU respondents compared to 34.1% of respondents from the national sample never use a condom.

Smaller percentages of students from OSU responded that they had received particular vaccinations when compared to the national sample.

OSU students were more likely to respond that they had received a dental exam and cleaning in the last year (83.2%) than students from the national sample (77.2%).

Preventive Practices (percentages reporting yes)	OSU	National
Vaccinated against Hepatitis B	64.1	73.4
Vaccinated against Meningitis	50.4	57.1
Vaccinated against influenza in the last year	21.6	26.0
Dental exam and cleaning in the last year	83.2	77.2
Blood pressure checked in the last year	89.5	89.1

A note about awareness of immunizations:

- 24.7% of OSU students (compared to 17.9% from the national sample) didn't know if they had received a vaccination for Hepatitis B.
- 26.4% (compared to 22.9% from the national sample) didn't know if they had received a Meningitis vaccination.

Comparisons Among 2003 and 2006 OSU Undergraduate Responses

How do you describe your weight?		
(percentages)	2003	2006
very under	0.5	1.8
slight under	9.4	7.3
right weight	47.8	51.5
slightly over	38.4	35.1
very over	3.8	4.3

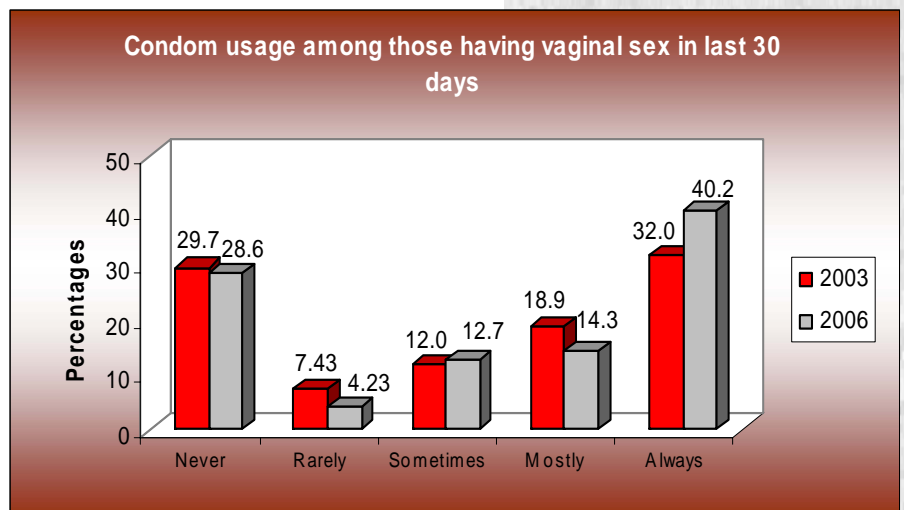
Trying to do anything about weight?		
(percentages)	2003	2006
no	16.0	14.1
stay the same	22.9	21.5
lose weight	55.2	55.6
gain weight	5.9	8.8

Undergraduates from 2003 and 2006 gave similar responses when it came to perceptions of their weight and weight loss practices.

- While 42.2% of 2003 respondents and 39.4% of 2006 respondents considered themselves either slightly over weight or very over weight, 55.2% and 55.6% respectively were trying to lose weight.
- 60.8% of 2003 respondents and 57.8% of 2006 respondents had exercised within the last 30 days to lose weight.
- 39% of both 2003 and 2006 respondents had dieted to lose weight in the last 30 days.
- 2.8% (2003) and 2.5% (2006) of respondents had vomited and 5.8%(2003) and 4.3% (2006) had taken pills to lose weight in the last 30 days.

Undergraduate respondents in 2003 and 2006 answered similarly to questions concerning drinking and sexual practices. However, there were some notable differences in condom usage.

- 17.6% (19.9% in 2006) of students responded that they used alcohol 1-2 days in the past 30 days, 19.6% (17.3% in 2006) used it 3-5 days, 18.1% (19.6% in 2006) used it 6-9 days, 16.5% (12.5%) used it 10-19 days, and 3.1% (4.2% in 2006) used it 20-30 days.
- 28.3% (29.1% in 2006) of students responded that they had no sexual partners in the last year, 45.2% (45.9% in 2006) had one, and 26.5% (25% in 2006) had two or more.
- Among those having vaginal sex in the last 30 days, there was an 8.2 percentage point jump from 2003 to 2006 in students responding that they always use a condom.



OSU undergraduates in 2006 were significantly* more likely than students in 2003 to have,

- Been vaccinated for Hepatitis B (50.6% in 2003 and 64.2% in 2006), and Meningitis (40.5% in 2003 and 53.7% in 2006).
- Had a dental exam in the past year (81.3% in 2003 and 85.1% in 2006).
- Had high blood pressure in the past year (1.8% in 2003 and 5.3% in 2006).
- Had Seasonal Affective Disorder in the past year (10.5% in 2003 and 15.5% in 2006).

*Chi-square analysis was run with a $p \leq .05$

Demographic Comparisons (2006)

Class Rank

When comparing responses between class ranks, significantly* lower ratings for general health were seen for undergraduates. The percentages are reported in graph form on the first page. Other significant differences between class ranks are shown in the adjacent table.

Have you ever...? (percentage reporting yes)	Undergrad	Graduate	Professional
Been in a relationship that was emotionally abusive in the past year	12.8*	4.8	4.1
Had alcohol affect academic performance	10.0*	2.3	1.0
Had a cold, flu or sore throat affect academic performance	30.4*	15.4	17.5
Had the internet/games affect academic performance	15.9*	7.1	13.4

Sex

In order to lose weight, females dieted and exercised significantly more than males did even though significantly fewer females were overweight or obese according their BMI (Body Mass Index) scores.

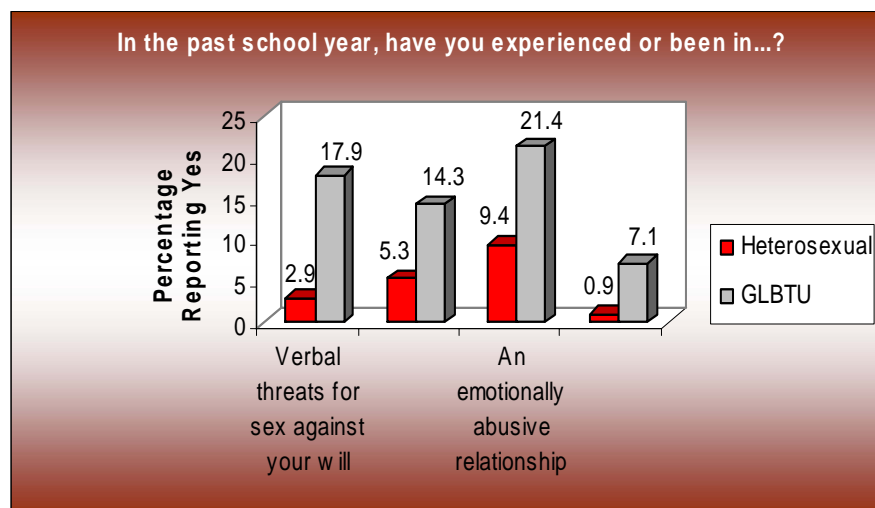
- 63.9%* of female respondents exercised to lose weight compared to 51.3% of male respondents.
- 49.4%* of female respondents dieted to lose weight compared to 24.8% of male respondents.
- According to BMI scores, 24.4%* of female respondents were overweight and 8.1% were considered obese. In comparison, 37.8%* of male respondents were overweight and 8.4% were considered obese.

Ethnicity/Race

- No Black respondents reported having Depression or Seasonal Affective Disorder in the last school year while 16.6% of White, 16.7% of Hispanic, and 18.6% of Asian or Pacific Islander respondents had experienced Depression and 15.2% of White, 16.7% of Hispanic, and 9.1% of Asian or Pacific Islander respondents had experienced Seasonal Affective Disorder.
- 25%* of Black respondents had High Cholesterol in the last school year compared to 5.9% of White, 0% of Hispanic, and 2.3% of Asian or Pacific Islander respondents.

GLBTU (Gay, Lesbian, Bisexual, Transgender, Unsure)

- GLBTU respondents were significantly* more likely to have felt suicidal in the last school year (25.9%) than Heterosexual respondents (6.6%).



GLBTU respondents were significantly* more likely to have experienced unwanted verbal sexual threats and sexual touching than heterosexual respondents. They were also significantly more likely to have been in an emotionally and sexually abusive relationship.

Additional information on General Health is available through the Office of Student Affairs Assessment.

*Chi-square analysis was run with a $p \leq .05$

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