

American College Health Association National College Health Assessment

Key Findings & Trends for Illinois State University Spring '11, '13, '15 and '19

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**The ACHA NCHA supports the health of the campus community by
fulfilling the academic mission, supporting short- and long-term healthy behaviors,
and gaining a current profile of health trends within the campus community.**

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Introduction and Survey Methodology

In 1998, the American College Health Association (ACHA) initiated a survey to address a broad range of health, risk and protective behaviors, consequences of behaviors, and perceptions among students. The survey also assesses illness and effects of selected health conditions on academic performance. Since then, the survey (National College Health Assessment or NCHA) has been used by colleges and universities across the U.S. each year. Additional information about survey development, design and methods can be obtained by calling the ACHA Research Director at (410) 859-1500, ext. 239.

The ACHA NCHA was administered initially by Health Promotion and Wellness staff and Peer Educators to randomly selected classes at Illinois State University in April of 2000 and 2002. Starting in spring 2004, the survey was administered online via email to randomly selected students directing them to go to the website link provided, and then again in 2007. Starting in 2009, the ACHA NCHA was revised (ACHA NCHA-II). In 2013, changes were made to the question about consequences from drinking. Directly comparing pre- and post-redesign estimates on similar data points, without taking into account the impact of the survey's redesign, might lead to an erroneous conclusion.

In 2011, there were 417 responses out of 7000 undergraduate students contacted. The confidence interval is ± 4.75 with a confidence level of 95%. In 2013, an email was sent to 10,000 students, and there were 842 responses with a confidence interval of ± 3.31 (95%). In 2015, there were 589 responses out of 9998 undergraduate students contacted, for a confidence interval of ± 3.97 (95%). In 2019, there were 559 responses out of 10,000 students contacted, and the confidence interval of ± 4.03 (95%). For the first time, graduate students were included in the survey sample. The data report for 2019 shows the results for undergraduate (U) and graduate (G) students separately so that the undergraduate statistics can be compared to previous years.

The main purpose of this survey was to examine the health behaviors and attitudes of Illinois State University students. Currently, Health Promotion and Wellness is using the results in planning and implementing programs on campus, to evaluate the impact of current programs, and to monitor trends in the health behaviors of Illinois State University students. The following will show key findings of the survey and a summary of what the data appears to indicate. **The reference group (ref) is comprised of 196 colleges and universities who participated in the ACHA NCHA-II in spring 2019 (n = 54,497 undergraduate students and 11,561 graduate students).** The data for the reference group is listed to provide a "frame of reference" for the Illinois State University data. It is not intended to be used for comparison in trying to determine if Illinois State University students are "good" or "bad" regarding various health behaviors. Rather, it may be helpful to use the reference group data, along with other sources of information pertaining to college health, to identify goals for Illinois State University students and their health status.

Possible Uses of the NCHA

The following are possible uses of the National College Health Assessment findings:

- Determine priority health issues among student population.
- Provide prevalence rates and formulate baseline data for tracking trends.
- Measure progress and effectiveness of intervention strategies.
- Support institutional policies and local laws that affect the health of a campus.
- Create individual reports, information campaigns, research projects to educate both campus and community partners.
- Distribute risk factor information about the student population through summary reports that focus on specific health topics or problem areas.
- Monitor prevalence and care for specific chronic disease groups.
- Monitor acute illness and prevention efforts.
- Provide group or cohort-specific estimates.
- Assess the correlation between one characteristic or behavior and another in a given population.
- Identify students' level of self-knowledge about health protection practices.
- Identify students' perceptions about peer behavior.
- Assess the impact of health and behavior factors on academic performance.
- Track the progress of selected objectives in Healthy Campus 2010 for ongoing and future tracking.

Sexual Behavior and Contraception

Within the last 12 months, how many partners have you had oral sex, vaginal intercourse or anal intercourse:

	2011	2013	2015	2019 U	Ref U	2019 G	Ref G	Note: More males (32.2%) reported having zero partners than females (22.9%), and more males (16.9%) also reported having 4 or more partners compared to females (10.6%). More females (47.3%) reported having one partner than males (36.4%)
0 partners	21.6%	23.9%	24.8%	25.3%	35.2%	24.4%	22.8%	
1 partner	45.8%	46.0%	43.2%	42.7%	40.2%	53.8%	59.6%	
2 partners	15.1%	12.0%	10.1%	10.0%	9.2%	10.3%	7.1%	
3 partners	7.7%	7.2%	9.1%	8.5%	5.4%	6.4%	3.6%	
4 or more	9.8%	10.9%	12.9%	13.5%	10.0%	5.1%	6.9%	

Within the last 30 days, how often did you or your partner(s) use a condom or other protective barrier (e.g. male condom, female condom, dam, glove) during: * (% who engaged in this sexual activity)

	2011	2013	2015	2019 U	Ref U	2019 G	Ref G
*Oral sex:	(59.7%)	(58.3%)	(60.5%)	(57.2%)	(47.9%)	(55.3%)	(54.5%)
Never or rarely	92.7%	91.7%	94.7%	94.0%	92.2%	95.2%	94.4%
*Vaginal	(61.4%)	(59.3%)	(59.5%)	(54.9%)	(48.3%)	(56.6%)	(59.2%)
Never or rarely	20.6%	28.2%	30.0%	39.3%	42.8%	74.4%	53.8%
Sometimes	11.5%	10.8%	14.7%	13.6%	12.1%	4.7%	8.3%
Most of the time or always	68.0%	61.0%	55.3%	47.1%	45.1%	20.9%	37.9%
*Anal sex:	(12.4%)	(10.9%)	(16.5%)	(14.8%)	(12.5%)	(17.1%)	(15.0%)
Never or rarely	43.1%	61.1%	58.3%	65.2%	67.1%	76.9%	72.8%
Sometimes	11.8%	11.1%	9.4%	10.1%	6.4%	0.0%	6.2%
Most of the time or always	45.1%	27.8%	32.3%	24.6%	26.6%	23.1%	21.0%

If YES to using birth control the last time they had vaginal intercourse:

What method of birth control did you or your partner use to prevent pregnancy the last time you had vaginal intercourse?

	2011	2013	2015	2019 U	Ref U	2019 G	Ref G
Birth Control Pills (monthly or extended cycle)	70.1%	73.7%	75.4%	62.3%	55.1%	38.6%	39.1%
Male Condom	69.1%	68.0%	70.1%	60.1%	59.9%	40.9%	49.5%
IUD	3.7%	2.0%	1.2%	10.0%	14.3%	15.9%	24.2%
Fertility Awareness (calendar, mucous, body temp)	6.3%	5.0%	7.2%	7.6%	8.1%	11.4%	7.6%
Birth Control Implants	0.7%	0.9%	2.0%	7.2%	10.6%	11.4%	6.9%
Birth Control Shots	2.2%	2.9%	4.0%	5.5%	4.1%	2.3%	1.4%
Vaginal Ring	5.2%	2.8%	3.7%	4.5%	2.4%	4.5%	2.7%
Spermicide (e.g. foam, jelly, cream)	5.2%	3.5%	6.6%	3.8%	2.6%	2.3%	1.8%
Female Condom	1.1%	0.4%	1.4%	1.4%	0.9%	2.3%	0.5%
Birth Control Patch	1.1%	0.2%	1.7%	1.0%	1.2%	2.3%	0.4%
Withdrawal	34.3%	36.9%	43.9%	39.1%	31.8%	32.6%	21.6%

Note: one person selected withdrawal as their only method of birth control

Health topics that students have received info from their university:

	2011	2013	2015	2019U	2019U Interested in Receiving	2019G	2019G Interested in Receiving
Alcohol/Drugs Prevention	86.8%	88.0%	91.8%	86.4%	32.2%	75.9%	32.1%
Sexual Assault/Relationship Violence	82.4%	77.3%	83.2%	85.8%	55.6%	79.7%	62.0%
Depression/Anxiety	59.8%	61.8%	69.7%	75.9%	68.4%	68.4%	64.1%
Physical Activity	76.1%	77.9%	77.9%	75.4%	63.5%	73.4%	71.8%
Stress Reduction	72.2%	72.4%	75.5%	74.0%	74.5%	70.9%	82.3%
Nutrition	65.1%	74.6%	76.8%	72.0%	69.0%	68.4%	70.5%
STI Prevention	79.8%	71.3%	72.1%	68.1%	49.5%	35.4%	50.0%
Cold/Flu/Sore Throat	72.1%	74.5%	64.4%	60.9%	45.4%	55.7%	53.2%
How to help others in distress	37.5%	40.7%	62.2%	55.4%	67.3%	55.7%	73.1%
Suicide Prevention	45.2%	41.5%	59.1%	55.3%	55.9%	46.2%	54.4%
Pregnancy Prevention	67.6%	57.8%	59.1%	53.9%	42.4%	20.8%	43.4%
Relationship Difficulties	35.6%	37.5%	39.5%	52.4%	52.7%	46.8%	53.2%
Violence Prevention	54.5%	46.6%	56.0%	51.7%	48.9%	59.0%	57.9%
Injury prevention	33.4%	32.7%	45.5%	46.7%	44.1%	43.6%	51.3%
Eating Disorders	51.4%	50.0%	58.7%	43.1%	45.1%	41.8%	42.9%
Tobacco Use Prevention	33.4%	58.3%	44.7%	41.8%	29.6%	25.6%	34.6%
Grief and Loss	22.6%	31.3%	56.0%	36.3%	49.8%	27.8%	56.4%
Sleep Difficulties	35.3%	43.2%	40.4%	35.7%	66.2%	30.8%	68.4%
Problem use internet/computer games	29.5%	25.1%	21.5%	25.7%	27.3%	15.2%	37.2%

Note: areas where there may be gaps in information that students are interested in vs. information they are receiving include, 1) how to help others in distress, 2) grief and loss, and 3) sleep issues.

Campus Safety and Violence

Within the last 12 months:

Was physically assaulted? (does not include sexual assault)

	2011	2013	2015	2019U	Ref U	2019G	Ref G
Male	7.0%	8.3%	6.8%	3.8%	3.4%	0.0%	1.8%
Female	4.0%	3.9%	2.9%	3.4%	2.9%	3.4%	2.0%

Was verbally threatened

	2011	2013	2015	2019U	Ref U	2019G	Ref G
Male	34.6%	34.7%	31.9%	24.5%	22.2%	21.1%	13.0%
Female	24.9%	20.2%	19.3%	15.6%	15.9%	20.3%	12.4%

Was sexually touched without consent

	2011	2013	2015	2019U	Ref U	2019G	Ref G
Male	3.2%	1.8%	6.0%	5.7%	4.6%	10.5%	3.1%
Female	9.5%	7.4%	6.6%	14.8%	13.9%	11.9%	7.6%

Sexual penetration without consent was attempted (vaginal, anal, oral)

	2011	2013	2015	2019U	Ref U	2019G	Ref G
Male	3.2%	2.1%	2.1%	3.8%	1.2%	0.0%	0.8%
Female	3.6%	2.3%	5.5%	6.8%	5.3%	3.4%	2.6%

Was sexually penetrated without consent (vaginal, anal, oral)

	2011	2013	2015	2019U	Ref U	2019G	Ref G
Male	1.3%	1.5%	1.3%	0.9%	0.7%	0.0%	0.4%
Female	3.2%	2.1%	2.6%	4.4%	3.4%	3.4%	1.9%

Was a victim of stalking (e.g. waiting for you outside your classroom, residence hall or office: repeated emails/phone calls)

	2011	2013	2015	2019U	Ref U	2019G	Ref G
Male	3.2%	1.5%	5.6%	3.8%%	2.8%	0.0%	1.8%
Female	8.0%	6.2%	4.6%	8.2%	7.6%	3.4%	4.4%

Was in an intimate (coupled/partnered) relationship that was:

Emotionally abusive (e.g. called derogatory names, yelled at, ridiculed)

	2011	2013	2015	2019U	Ref U	2019G	Ref G
Male	9.6%	9.5%	8.1%	7.6%	6.7%	5.3%	5.5%
Female	14.2%	14.9%	8.7%	15.6%%	11.4%	14.0%	7.9%

Physically abusive (e.g. kicked, slapped, punched)

	2011	2013	2015	2019U	Ref U	2019G	Ref G
Male	3.8%	3.6%	3.4%	3.8%	1.8%	0.0%	1.2%
Female	2.0%	2.7%	0.9%	3.0%	2.0%	5.3%	1.1%

Sexually abusive (e.g. forced to have sex when you didn't want it, forced to perform an unwanted sexual act on you)

	2011	2013	2015	2019U	Ref U	2019G	Ref G
Male	0.6%	0.6%	1.7%	1.0%	1.2%	0.0%	0.8%
Female	2.4%	1.9%	1.4%	4.7%	3.5%	1.8%	1.4%

Physical Health

Have you ever been tested for HIV infection?

	2011	2013	2015	2019 U	Ref U	2019 G	Ref G
Yes	17.9%	18.7%	20.0%	23.0%	26.0%	38.0%	43.3%

Have you (males) performed a testicular self-exam in the last 30 days?

	2011	2013	2015	2019 U	Ref U	2019 G	Ref G
Yes	39.6%	36.4%	37.6%	34.9%	32.7%	40.0%	28.9%

Have you (females) performed a breast self-exam in the last 30 days?

	2011	2013	2015	2019 U	Ref U	2019 G	Ref G
Yes	38.2%	38.9%	42.1%	44.0%	34.4%	51.7%	40.1%

Have you (females) had a routine gynecological exam in the last 12 months?

	2011	2013	2015	2019 U	Ref U	2019 G	Ref G
Yes	58.1%	56.4%	51.9%	48.1%	36.6%	75.0%	61.0%

Have you been vaccinated against the flu in the last 12 months?

	2011	2013	2015	2019 U	Ref U	2019 G	Ref G
Yes	37.0%	33.9%	37.5%	46.7%	52.1%	53.2%	59.6%

Have you received the HPV/cervical cancer vaccine?

	2011	2013	2015	2019 U	Ref U	2019 G	Ref G
Yes	39.5%	40.4%	46.9%	62.6%	61.5%	54.4%	54.3%

Have you had a dental exam and cleaning in the last 12 months?

	2011	2013	2015	2019 U	Ref U	2019 G	Ref G
Yes	78.8%	78.0%	73.8%	78.5%	73.3%	72.2%	67.4%

Alcohol, Tobacco and Other Drugs

Within the last 30 days:

How many days did you use cigarettes?

	2011	2013	2015	2019 U	Ref U	2019 G	Ref G				2011	2013	2015	2019 U	Ref U	2019 G	Ref G
Never used	59.8%	64.1%	68.8%	81.2%	81.2%	78.5%	75.4%				1.4%	5.3%	7.9%	14.3%	13.9%	10.3%	14.8%
Not in last 30 days	21.4%	20.5%	17.3%	12.7%	12.5%	12.7%	17.9%				6.0%	8.4%	8.3%	14.1%	14.9%	12.8%	19.4%
1-29 days	14.5%	11.7%	10.8%	5.0%	5.3%	5.1%	4.7%				69.8%	67.2%	67.1%	62.2%	58.5%	66.7%	58.3%
All 30 days	4.3%	3.7%	3.1%	1.1%	1.0%	3.8%	1.9%				22.7%	19.1%	16.7%	9.4%	12.7%	10.3%	7.5%

perceptions of cigarette use by ISU students.

Note: Male use (2019 = 11.6%) was higher than female use (2019 = 5.1%) for any use in last 30 days (undergrad)

How many days did you use E-cigarettes?

	2019 U	Ref U	2019 G	Ref G		2019	Ref U	2019 G	Ref G
Never used	65.5%	74.5%	89.9%	86.9%		8.9%	9.0%	7.7%	13.8%
Not in last 30 days	12.8%	11.1%	7.6%	8.6%		2.8%	5.8%	2.6%	11.8%
1-29 days	13.9%	9.7%	2.5%	3.1%		53.6%	57.1%	76.9%	63.5%
All 30 days	7.7%	4.6%	0.0%	1.4%		34.8%	28.0%	12.8%	10.8%

perceptions of E-cigarette use by ISU students.

Note: Male use (20.8%) was slightly higher than female use (18.2%) for any use in last 30 days (undergrad)

How many days did you use alcohol?

	2011	2013	2015	2019 U	Ref U	2019 G	Ref G				2011	2013	2015	2019 U	Ref U	2019 G	Ref G
Never used	10.6%	13.7%	14.4%	17.4%	14.2%	6.3%	26.4%				1.0%	2.3%	4.5%	4.9%	4.0%	0.0%	4.9%
Not in last 30 days	8.9%	10.2%	10.7%	15.9%	13.4%	15.2%	17.8%				0.5%	1.1%	1.0%	1.3%	1.7%	0.0%	2.2%
1-9 days	63.0%	60.0%	59.8%	49.8%	54.1%	64.6%	44.9%				34.3%	40.6%	35.3%	31.1%	39.0%	42.3%	39.3%
10-29 days	17.1%	15.5%	14.4%	16.3%	16.7%	12.7%	10.2%				54.7%	47.7%	45.3%	49.0%	46.0%	43.6%	39.7%
All 30 days	0.2%	0.5%	0.7%	0.6%	1.6%	1.3%	0.7%				9.5%	8.3%	13.9%	13.6%	9.3%	14.1%	13.8%

perceptions of alcohol use by ISU students.

Note: Male use and female use was about the same for any use in the last 30 days (undergrad).

How many days did you use marijuana?

	2011	2013	2015	2019 U	Ref U	2019 G	Ref G				2011	2013	2015	2019 U	Ref U	2019 G	Ref G
Never	58.7%	58.4%	56.5%	50.2%	58.0%	59.5%	57.3%				2.7%	4.8%	6.4%	6.6%	9.4%	3.8%	7.4%
Not in last 30 days	21.6%	22.1%	23.1%	19.9%	24.3%	25.3%	19.6%				6.8%	7.3%	4.1%	3.0%	6.8%	10.3%	4.6%
1-29 days	18.7%	16.9%	17.7%	25.6%	15.4%	12.7%	19.6%				84.9%	79.3%	75.6%	73.0%	75.7%	74.4%	70.8%
All 30 days	1.0%	2.5%	2.8%	4.2%	2.3%	2.5%	3.5%				5.6%	8.6%	13.9%	17.4%	8.1%	11.5%	17.3%

perceptions of marijuana use by ISU students.

Note: Male use (34.7%) was higher than female use (25.6%) for any use in last 30 days (undergrad).

The last time you “partied”/socialized, how many alcoholic drinks did you have?

# of Drinks	2011	2013	2015	2019 U	Ref U	2019 G	Ref G			# of Drinks	2011	2013	2015	2019 U	Ref G	2019 G	Ref. G
0	15.6%	18.5%	20.3%	24.3%	34.8%	15.2%	23.4%			0	1.4%	5.1%	5.5%	7.4%	8.8%	3.8%	6.3%
1-4	33.3%	35.8%	40.0%	44.7%	40.3%	58.2%	59.6%			1-4	19.2%	26.1%	26.9%	30.2%	39.4%	42.3%	52.2%
5-8	31.9%	29.5%	28.2%	23.2%	19.2%	25.3%	14.6%			5-8	61.1%	54.4%	56.7%	52.1%	43.0%	42.3%	37.1%
9-12	14.9%	10.7%	9.3%	6.0%	4.3%	1.3%	2.1%			9-12	15.6%	12.6%	9.0%	9.1%	7.3%	11.5%	3.8%
13 +	4.3%	5.5%	2.3%	1.9%	1.3%	0.0%	0.4%			13 +	2.6%	1.7%	2.0%	1.1%	1.4%	0.0%	0.5%

Perceptions of how many alcoholic drinks the typical student had the last time they “partied”/socialized?

The last time you “partied”/socialized, how many alcoholic drinks did you have?

MALE	2011	2013	2015	2019 U	Ref U	2019 G	Ref G			FEMALE	2011	2013	2015	2019 U	Ref U	2019 G	Ref G
0	13%	15%	25%	31%	39%	16%	27%			0	17%	21%	17%	22%	33%	15%	21%
1-4	26%	29%	29%	29%	29%	58%	52%			1-4	38%	41%	48%	49%	45%	58%	64%
5-8	31%	25%	25%	20%	21%	21%	17%			5-8	34%	33%	30%	24%	19%	27%	14%
9-12	23%	20%	15%	14%	8%	5%	3%			9-12	10%	5%	5%	4%	3%	0%	1%
13 +	9%	13%	5%	6%	3%	0%	0%			13 +	1%	1%	0%	1%	0%	0%	0%

Over the last two weeks, how many times have you had five or more drinks of alcohol at a sitting?

MALE	2011	2013	2015	2019 U	Ref U	2019 G	Ref G			FEMALE	2011	2013	2015	2019 U	Ref U	2019 G	Ref G
0	36%	40%	48%	55%	69%	58%	74%			0	50%	56%	58%	64%	75%	68%	81%
1-2	31%	31%	30%	28%	21%	37%	20%			1-2	33%	29%	28%	25%	19%	31%	16%
3-5	27%	25%	16%	13%	8%	5%	4%			3-5	16%	13%	11%	10%	6%	2%	2%
6 +	7%	4%	5%	4%	2%	0%	0%			6 +	1%	1%	2%	1%	0%	0%	0%

TOTAL	2011	2013	2015	2019 U	Ref U	2019 G	Ref G
0	44.5%	49.2%	53.8%	61.7%	73.3%	65.8%	78.8%
1-2	32.2%	30.4%	29.2%	25.8%	19.9%	31.6%	17.5%
3-5	19.8%	18.4%	13.8%	10.8%	5.8%	2.5%	3.1%
6 +	3.5%	2.1%	3.2%	1.7%	1.0%	0.0%	0.6%

Within the last 12 months, have you experienced any of the following when drinking alcohol:

(Note: This question was slightly changed in 2013, so comparisons can't be made with previous years)

	2013	2015	2019 U	Ref U	2019 G	Ref G
Did something you later regretted	44.4%	35.8%	37.4%	24.8%	42.6%	33.3
Male	45.9%	37.2%	36.4%	24.6%	43.8%	32.3%
Female	43.1%	35.0%	37.6%	25.0%	42.3%	33.9%
Forgot where you were or what you did	40.8%	35.6%	34.1%	16.9%	23.5%	28.9%
Male	45.5%	38.9%	33.8%	16.8%	25.0%	28.8%
Female	36.7%	33.6%	34.1%	17.1%	23.1%	29.2%
Had unprotected sex	23.8%	25.4%	25.5%	17.3%	22.1%	23.1%
Male	26.1%	30.6%	36.4%	20.1%	31.3%	23.1%
Female	22.4%	22.4%	22.6%	16.1%	19.2%	23.2%
Physically injured yourself	19.3%	14.2%	17.9%	6.3%	8.8%	13.5%
Male	20.9%	16.4%	24.7%	6.6%	12.5%	13.8%
Female	17.6%	12.9%	15.0%	6.0%	7.7%	13.4%
Got in trouble with the police	4.2%	6.7%	4.7%	0.5%	0%	2.1%
Male	3.8%	4.9%	7.8%	0.7%	0%	2.8%
Female	4.4%	7.8%	3.8%	0.4%	0%	1.8%
Seriously considered suicide	2.7%	3.1%	8.0%	2.8%	2.9%	4.8%
Male	2.8%	5.5%	14.3%	3.0%	0%	4.9%
Female	2.7%	1.7%	6.3%	2.5%	3.8%	4.3%

Others (Undergrads) in 2019: Someone had sex with me without my consent (3.0%), had sex with someone without their consent (0.9%), and physically injured another person (2.5%)

College students reported doing the following always or most of the time when they "partied" or socialized during the last 12 months: (Note: students responding "N/A don't drink" were excluded from analysis)

	2011	2013	2015	2019 U	Ref U	2019 G	Ref G
Stay with same group of friends entire time drinking	91.8%	86.3%	85.5%	92.6%	93.0%	95.7%	89.5%
Use a designated driver	85.2%	86.0%	87.3%	91.0%	82.9%	76.8%	88.1%
Eat before and/or during drinking	82.6%	81.3%	82.0%	85.5%	85.7%	82.9%	81.4%
Keep track of how many drinks you consume	55.5%	54.3%	60.8%	65.1%	75.5%	71.4%	69.1%
Stick with only one kind of alcohol when drinking	48.4%	54.1%	54.1%	56.8%	59.6%	70.0%	51.0%
Have friend let you know when you've had enough	37.2%	30.9%	36.8%	49.4%	32.3%	32.9%	45.3%
Determine in advance not to exceed set number of drinks	32.7%	29.8%	31.7%	41.2%	44.2%	42.6%	43.6%
Pace drinks to one or fewer per hour	21.2%	22.6%	25.5%	33.7%	49.7%	38.6%	32.8%
Avoid drinking games	26.2%	24.0%	23.8%	30.5%	56.3%	61.4%	36.4%
Alternate non-alcoholic with alcoholic beverages	19.2%	19.5%	24.5%	30.4%	44.1%	48.6%	38.9%
Choose not to drink alcohol	21.9%	18.4%	19.7%	19.3%	21.2%	23.9%	25.3%

A higher percentage of ISU women report doing each of these "protective" behaviors (compared to ISU men).

Weight, Nutrition, & Exercise

How do you describe your weight?

	MEN					WOMEN				
	2011	2013	2015	2019	Ref	2011	2013	2015	2019	Ref
Very overweight	6%	3%	5%	4%	5%	4%	4%	5%	6%	6%
Slightly overweight	30%	29%	29%	33%	30%	39%	32%	35%	41%	33%
About right weight	52%	53%	53%	42%	50%	52%	58%	56%	48%	53%
Slightly underweight	12%	13%	14%	17%	14%	5%	6%	5%	6%	7%
Very underweight	0%	2%	0%	3%	1%	0%	0%	0%	1%	1%

Estimated BMI (based on sex, height, weight)

	MEN					WOMEN				
	2011	2013	2015	2019	Ref.	2011	2013	2015	2019	Ref.
Obese	15%	15%	15%	19%	14%	10%	12%	14%	18%	15%
Overweight	27%	26%	34%	24%	27%	23%	19%	23%	27%	21%
Healthy weight	56%	57%	48%	50%	55%	64%	65%	60%	52%	59%
Underweight	2%	2%	3%	7%	4%	3%	4%	4%	3%	5%

Are you trying to do anything about your weight? (other responses = “do nothing” & “stay the same”)

	MEN					WOMEN				
	2011	2013	2015	2019	Ref	2011	2013	2015	2019	Ref
Lose weight	43%	41%	35%	43%	39%	71%	61%	66%	68%	59%
Gain weight	15%	21%	19%	22%	20%	3%	2%	2%	5%	5%

Within the last 30 days, did you do any of the following to lose weight?

	MEN					WOMEN				
	2011	2013	2015	2019	Ref.	2011	2013	2015	2019	Ref.
Exercise	59%	52%	44%	47%	44%	74%	69%	69%	60%	57%
Diet	36%	36%	32%	36%	33%	60%	50%	50%	47%	44%

How many servings of fruits and vegetables do you usually have per day?

	2011	2013	2015	2019 U	Ref U	2019 G	Ref G
None	4.6%	7.2%	10.9%	11.4%	9.7%	7.6%	4.6%
1-2	62.7%	61.1%	59.3%	67.1%	64.4%	58.2%	55.3%
3-4	28.1%	26.7%	26.4%	19.2%	22.3%	27.8%	32.6%
5 or more	4.6%	5.0%	3.4%	2.3%	3.6%	1.1%	7.5%

On how many days of the past seven days did you do cardio or aerobic exercise:

	Moderate intensity at least 30 minutes					Vigorous intensity at least 20 minutes				
	2011	2013	2015	2019	Ref.	2011	2013	2015	2019	Ref.
0 days	17.9%	21.2%	24.2%	23.6%	22.3%	30.4%	35.2%	40.7%	44.6%	43.1%
1-2 days	29.1%	30.2%	32.8%	33.9%	30.9%	31.2%	29.3%	30.4%	32.9%	30.6%
3-4 days	30.5%	27.3%	23.0%	24.6%	25.7%	24.9%	21.7%	18.6%	14.9%	16.5%
5-7 days	22.4%	21.3%	20.1%	17.9%	21.1%	13.6%	13.7%	10.5%	7.6%	9.8%

Percentage of students meeting the ACSM and AHA guidelines (moderate intensity exercise for at least 30 minutes on five or more days/week and/or vigorous intensity exercise for at least 20 minutes on three or more days/week).

	2011	2013	2015	2019	Ref.
Guidelines Met	56.8%	52.3%	48.0%	42.5%	45.5%

Mental Health and Other Health Issues

In the past seven days:

	2011	2013	2015	2019 U	Ref U	2019 G	Ref G
Get enough sleep feel rested in morning 3 days or less	54.4%	57.0%	59.5%	68.7%	61.6%	58.2%	50.4%
Felt tired, dragged out, sleepy during day 4 or more days	48.3%	43.0%	43.3%	51.1%	47.6%	47.4%	36.5%

	2011	2013	2015	2019 U	Ref U	2019 G	Ref G
Ever been diagnosed with depression	15.0%	20.2%	18.0%	24.5%	24.9%	36.4%	27.2%
In last 12 months, diagnosed/treated for depression	10.9%	11.4%	14.2%	21.1%	20.0%	22.8%	19.7%
In last 12 months, diagnosed/treated for anxiety	11.1%	13.4%	15.5%	27.1%	24.0%	33.3%	25.5%
In last 12 months, felt so depressed it was difficult to function	30.8%	29.2%	33.7%	43.9%	46.2%	45.6%	40.5%
In last 12 months, felt things were hopeless	52.5%	44.8%	46.5%	55.9%	57.5%	54.4%	48.6%
In last 12 months, felt very lonely	62.3%	57.8%	57.9%	68.0%	67.4%	57.0%	58.3%
In last 12 months, felt overwhelming anxiety	53.3%	54.3%	57.6%	73.1%	66.4%	58.2%	62.9%
In last 12 months felt overwhelmed by all you had to do	92.0%	87.2%	83.4%	87.9%	88.0%	84.8%	86.0%
In last 12 months, seriously considered suicide	5.2%	6.8%	10.4%	15.6%	14.4%	6.3%	8.0%
In last 12 months, intentionally cut, burned, injured self	4.8%	6.0%	8.1%	8.9%	9.5%	3.8%	4.4%

Within the last 12 months, has been traumatic or very difficult to handle:

	2011	2013	2015	2019 U	Ref U	2019 G	Ref G
Academics	48.9%	47.8%	47.5%	54.3%	52.7%	43.0%	45.6%
Finances	41.5%	36.6%	39.5%	40.2%	37.8%	42.3%	32.1%
Personal appearance	27.7%	27.9%	30.5%	40.8%	35.5%	17.7%	20.9%
Intimate relationships	36.2%	33.9%	32.6%	37.3%	33.1%	29.1%	28.5%
Sleep difficulties	30.4%	31.6%	30.0%	35.6%	36.5%	30.4%	29.1%
Other social relationships	30.4%	30.0%	28.9%	33.5%	32.8%	24.1%	21.5%
Family problems	30.6%	24.7%	24.5%	32.2%	33.9%	26.6%	25.8%
Career-related issue	22.0%	23.4%	22.2%	28.2%	29.0%	36.7%	37.7%
Personal Health Issue	21.0%	18.3%	21.3%	28.0%	26.7%	19.0%	21.1%
Health Problem of family member or partner	23.2%	18.3%	22.2%	21.3%	22.6%	20.3%	19.3%
Death of family member or friend	21.4%	17.7%	16.4%	17.6%	17.7%	19.0%	13.9%

What is having the most negative impact on academic performance (i.e. received an incomplete, dropped a course, received lower grade on exam or in a course) within the last school year (12 months):

	2011	2013	2015	2019 U	Ref U	2019 G	Ref G
Stress	30.5%	28.5%	30.8%	33.0%	36.5%	20.3%	23.9%
Anxiety	22.2%	20.8%	22.9%	28.2%	29.5%	15.4%	20.3%
Sleep difficulties	24.7%	24.0%	23.1%	24.3%	24.3%	6.3%	13.8%
Depression	12.6%	12.0%	12.9%	21.9%	21.6%	5.1%	14.1%
Cold/flu/sore throat	19.0%	15.7%	18.4%	15.1%	16.4%	2.5%	8.0%
Internet use/computer games	15.9%	13.7%	10.9%	13.2%	11.3%	11.4%	5.8%
Work	10.0%	11.3%	11.9%	11.3%	16.0%	13.9%	12.5%
Relationship difficulties	12.4%	10.2%	8.8%	10.4%	10.1%	5.1%	7.0%
Roommate difficulties	9.9%	8.4%	8.6%	10.5%	7.1%	2.6%	2.7%
Concern for troubled family member or friend	11.1%	9.4%	11.7%	10.2%	12.4%	5.1%	8.4%

Summary of Findings

In looking at sexual health at Illinois State University for 2019, several important issues come up (see p. 5). First, most students are not having sex (24.4%) or they are having sex with only one partner (53.8%) in the last 12 months (undergraduate students). The data for graduate students was similar. Also, consistent condom use (always or mostly) during vaginal intercourse and anal intercourse for students at Illinois State University decreased significantly in 2019 compared to previous years while those who responded that they rarely or never use condoms increased. A majority of Illinois State University students also reported rarely or never using condoms or other protective barriers for oral sex (94.0%). Condom use for graduate students was even lower.

There were 9 topics in 2019 that more than half of the undergraduate and graduate students at Illinois State reported having received information from the University on (see p. 6). Most of these were also topics that more than half of students reported also having an interest in receiving. There appears to be a gap in information that undergraduate and graduate students are interested in receiving vs. information they have received for 1) how to help others in distress, 2) sleep issues, and 3) grief and loss. For graduate student only, there are also some gaps in information on: 1) stress reduction, 2) STI prevention, 3) pregnancy prevention and 4) problem use with internet/computer games.

In looking at items in physical health (p. 7), those who report being vaccinated against the flu in the last 12 months in 2019 (46.7%) has increased since 2015 (37.5%) for undergraduate students, while over half of graduate students (53.2%) reported being vaccinated. Also, there was an increase in undergraduate students who reported receiving the HPV/cervical cancer vaccine from 2011 (39.5%) to 2019 (62.6%). Undergraduate students who have reported ever being tested for HIV also increased for the fourth year in a row from 2011 (17.9%) to 2019 (23%).

When analyzing the most commonly used drugs, alcohol, tobacco, and marijuana, the percentage of Illinois State University undergraduate students who reporting using cigarettes ever and in the past 30 days appears to have consistently and significantly decreased since 2009, while slightly decreasing for alcohol use

ever and in the past 30 days. Use of marijuana ever and in the past 30 days has increased (p. 8). Perceptions of use for alcohol, cigarettes, and marijuana were all much higher than actual use. Use of E-cigarettes was asked for the first time on the survey as well. There appears to be a slight decrease in the number drinks that undergraduate students report having the last time they “partied” or socialized since 2009, and the percentage of undergraduate students who report having five or more drinks in the last two weeks (p. 8-9). The percentage of males who engaged in high-risk drinking (5 or more drinks) was only slightly higher than females.

In looking at reported problems experienced as a result of drinking (p. 10), there seems to be little or no change for undergraduate students who reported any of the problems, except for those who seriously considered suicide (increased from 3.1% in 2015 to 8.0% in 2019). Males generally were more likely than females to report experiencing most of the problems as a result of drinking except for, 1) doing something you later regretted and 2) forgot where you were or what you did. Also, there seemed to be an increase in 2019 in the percentage of undergraduate students who report doing ten of the eleven protective behaviors when they “partied” or socialized in the last 12 months (p. 10). The one exception is choosing not to drink alcohol.

Illinois State University students are also struggling with issues of body image and weight, nutrition and exercise (see p. 11). Approximately 68% of undergraduate women in 2019 reported that they are trying to lose weight, even though only 45% would be classified as obese (18%) or overweight (27%). For undergraduate men and women, obesity rates have increased in 2019. Regarding nutrition issues, only 2.3% of undergraduate students and 1.1% of graduate students are meeting the recommended minimum guidelines of eating five servings of fruits and vegetables a day. As for physical fitness, there has been a decrease since 2011 in the percentage of undergraduate students who exercise during the week at either a moderate intensity for at least 30 minutes or at a vigorous intensity for at least 20 minutes. The American College of Sports Medicine (ACSM) and American Heart Association (AHA) guidelines recommend at least three days a week of vigorous physical activity or five days a week of moderate intensity physical activity. Less than half (42.5%) of Illinois State undergraduate students met these guidelines in 2019.

Other health issues of significance for Illinois State University students include lack of sleep, feelings of suicide, depression, anxiety, loneliness, hopelessness, and self-harm (see p. 12). All of these problems increased

significantly in 2019. Health issues that have the most negative impact on academic performance at Illinois State University (may lead to a student receiving an incomplete in class, dropping a course, receiving a lower grade on an exam, project or course) are for undergraduate students: 1) stress, 2) anxiety, 3) sleep difficulties, and 4) cold/flu/sore throat (see p. 12 for others). For graduate students, the top four impediments to academic success are: 1) stress, 2) anxiety, 3) work, and 4) internet use/computer games. Also noted in 2019 were issues that students found traumatic or very difficult to handle. The main ones for undergraduate students being: academics, finances, intimate relationships, personal appearance and sleep difficulties. For graduate students, the top five issues were academics, finances, career-related issue, intimate relationships and family problems (see p. 12 for others).

2019 ISU Demographic and Student Characteristics

▪ Age

18 – 20 years:	47.1%
21 - 24 years:	41.5%
25 – 20%:	5.6%
30+ years:	5.8%

▪ Gender

Female:	75.4%
Male:	21.7%
Non-binary	2.9%

▪ Student Status

1 st year undergraduate:	19.3%
2 nd year undergraduate:	15.9%
3 rd year undergraduate:	25.7%
4 th year undergraduate:	19.9%
5 th year or more undergraduate:	3.8%
Graduate or professional:	14.3%
Not seeking degree or other:	0.5%
Other:	0.5%

Full-time student:	93.9%
Part-time student:	5.6%
Other:	0.5%

▪ Relationship Status

Not in a relationship:	50.3%
In a relationship not living together	39.1%
In a relationship living together	10.6%

▪ Marital Status

Single:	91.4%
Married/partnered:	5.8%
Separated/Divorced:/Other	2.9%

▪ Students describe themselves as:

White	80.7%
Black or African American	5.9%
Hispanic or Latino/a	11.4%
Asian/Pacific Islander	5.2%
American Indian/Alaskan Native or Native Hawaiian	0.2%
Biracial or Multiracial	1.8%
Other	1.3%

▪ Member of a social fraternity or sorority:

Yes	14.0%
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▪ Students describe themselves as:

Asexual	0.2%
Bisexual	8.3%
Gay	2.0%
Lesbian	0.5%
Pansexual	2.2%
Queer	1.1%
Questioning	1.3%
Straight/Heterosexual	83.8%
Another Identity	0.7%

▪ Housing

Campus Residence Hall:	31.4%
Fraternity or Sorority house:	1.6%
Other university housing:	5.6%
Parent/guardian's home:	6.5%
Other Off-campus housing:	51.3%
Other:	3.8%

▪ Hours of paid work per week

0 hours:	38.0%
1-9 hours:	19.4%
10-19 hours:	21.5%
20-29 hours:	12.5%
30-39 hours:	3.9%
40+ hours:	4.6%

▪ How many hours/week do you volunteer?

0 hours:	59.6%
1-9 hours:	36.2%
10-19 hours:	2.3%
20-29 hours:	0.9%
30-39 hours:	0.0%
40+ hours:	0.9%

▪ What is primary source of health insurance

College/University sponsored plan:	20.1%
Parents plan:	72.0%
Another plan:	6.3%
Don't have health insurance:	0.7%
Not sure if I have insurance:	0.9%

▪ Participated in organized college athletics:

Varsity:	2.7%
Club Sports:	8.9%
Intramurals:	9.4%