

**American College Health Association
National College Health Assessment**

**Key Findings & Trends for Illinois State University
Spring '00, '02, '04 and '07**

**By Jim Almeda, Health Educator
Illinois State University
Student Health Services Health Promotion Office**

**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.**

Table of Contents

I.	Introduction and survey methodology	3
II.	Possible Uses of the NCHA	4
III.	Findings:	
A.	Sources of Health Information and Believability	5
B.	Campus Safety and Violence	6
C.	Sexual Behavior	6
D.	Preventive Health	7
E.	Alcohol, Tobacco and Other Drugs	8
F.	Weight, Nutrition and Exercise	11
G.	Other Significant Health Problems	12
H.	Academic Impact	12
IV.	Summary of Findings	13
V.	Demographics and Student Characteristics	16

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 by Student Health Service Health Promotion Office staff and Peer Educators to randomly selected classes at Illinois State University in April of 2000 and 2002. In spring 2004, the survey was administered online via email to randomly selected students directing them to go to the website link provided. For 2000, there were 14 classes in which students filled them out in class, and 14 classes in which students took them home to fill out and returned to class later. A total of 767 surveys were completed and gathered. For 2002, there were 13 classes in which students filled them out in class, and 18 classes in which students took them home to fill out and returned to class later. A total of 837 surveys were completed and gathered. For 2004, an email was sent out to 5000 students, and there were 629 respondents, in 2007 there were 701 respondents out of 5000 students emailed.

The main purpose of this survey was to examine the health behaviors and attitudes of Illinois State University students. Most of the findings in this report will be about health issues that appear to be significant for the Illinois State University student. The Health Promotion Office 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 2004 reference group (ref) is comprised of colleges and universities who participated in the ACHA NCHA in spring 2004 (n = 47,202). 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.

Health topics that students have received info from Illinois State University:

	2000	2002	2004	2007	Ref
STI Prevention	60%	54%	51%	58%	36%
Sexual Assault/Relationship Violence	44%	52%	50%	51%	43%
Alcohol/Drugs Prevention	59%	56%	41%	47%	45%
Physical Activity & Fitness	36%	33%	32%	40%	31%
HIV/AIDS Prevention	52%	38%	28%	33%	29%
Dietary Behaviors & Nutrition	32%	29%	29%	32%	29%
Pregnancy Prevention	41%	35%	32%	29%	23%
Tobacco Use Prevention	30%	30%	22%	28%	23%
Violence Prevention	16%	20%	19%	16%	20%
Suicide Prevention	12%	9%	8%	12%	14%
Injury prevention and Safety	12%	9%	10%	11%	13%
None of the above	17%	20%	25%	23%	27%

Believability of source of health info (believable):

	2000	2002	2004	2006	Ref
Health Educators	91%	88%	91%	94%	89%
Health Center Med. Staff	91%	87%	90%	94%	90%
Faculty/coursework	59%	55%	67%	69%	63%
Leaflets, pamphlets, flyers	81%	76%	71%	68%	62%
Parents	72%	76%	68%	60%	67%
Campus Newspaper	53%	56%	54%	58%	46%
Campus Peer Educators	50%	41%	53%	46%	44%
Resident Assistants	31%	30%	34%	32%	34%
Religious Center	42%	39%	32%	27%	28%
Magazines	37%	36%	24%	22%	25%
Internet/WWW	23%	25%	19%	22%	23%
Friends	25%	26%	24%	20%	25%
TV	23%	21%	13%	14%	15%

The Religious Center had the highest response for unbelievable (26%) followed by TV (17%) and Friends (13%)

Where do you usually get health info:

	2000	2002	2004	2007	Ref
Internet/WWW	43%	51%	69%	77%	65%
Parents	71%	76%	77%	70%	73%
Leaflets, pamphlets, flyers	68%	68%	68%	65%	58%
Health Center Med. Staff	63%	57%	68%	64%	57%
Friends	61%	62%	67%	59%	61%
Magazines	61%	59%	67%	56%	56%
Health Educators	54%	44%	56%	52%	50%
TV	52%	53%	54%	52%	48%
Faculty/Coursework	36%	28%	40%	40%	35%
Campus Newspaper	46%	42%	38%	37%	29%
Campus Peer Educators	19%	14%	21%	20%	17%
Resident Assistants	18%	20%	16%	18%	15%
Religious Center	16%	15%	6%	9%	11%

Significantly fewer ISU males get health info from medical staff, leaflets/pamphlets/flyers, friends, parents and magazines than females. More males than females get info from the campus newspaper.

Campus Safety & Violence

Within the last school year, have you:

	2000	2002	2004	2007	Ref.
Experienced sexual touching against will	15%	11%	14%	11%	9%
Male	10%	6%	4%	6%	4%
Female	18%	13%	17%	13%	12%
Been in emotionally abusive relationship	16%	16%	16%	13%	13%
Male	13%	11%	9%	8%	9%
Female	17%	18%	19%	15%	15%
Been in a physical fight	12%	10%	6%	9%	7%
Male	25%	21%	18%	19%	13%
Female	5%	4%	2%	4%	3%

Sexual Behavior, Perceptions, and Contraception

Within the last school year, with how many partners:

Have you had sex (oral, vaginal, or anal) with?

Do you think the typical student at your school had sex with?

	2000	2002	2004	2007	Ref.	-----		2000	2002	2004	2007	Ref.
0 partners	17%	20%	15%	20%	28%		0 partners	1%	1%	1%	1%	2%
1 partner	44%	47%	53%	55%	47%		1 partner	6%	7%	7%	14%	14%
2 partners	17%	12%	14%	14%	11%		2 partners	29%	23%	28%	29%	30%
3 partners	9%	8%	7%	5%	6%		3 partners	29%	30%	33%	29%	26%
4 or more	13%	13%	11%	7%	8%		4 or more	35%	39%	31%	28%	27%

Having 4 or more sexual partners in the last year (2007), Males = 11% & Females = 3%

Within the last 30 days, how often did you or your partner(s) use a condom during:

** (% who engaged in this sexual activity)*

Within the last 30 days, how often do you think the typical student at your school used a condom during:

*** (% who are believed to be engaging in this activity)*

	2000	2002	2004	2007	Ref.	-----	ISU 2007
*Oral sex:	(64%)	(60%)	(60%)	(60%)	(49%)		** (99%)
never	93%	97%	96%	93%	93%		48%
*Vaginal	(63%)	(57%)	(61%)	(61%)	(49%)		** (99%)
never	37%	33%	34%	29%	38%		1%
mostly	15%	19%	14%	19%	14%		57%
always	26%	31%	38%	34%	32%		5%
*Anal sex:	(13%)	(14%)	(13%)	(13%)	(11%)		** (74%)
never	68%	79%	70%	67%	68%		12%
mostly	5%	3%	4%	1%	5%		28%
always	18%	11%	22%	22%	18%		5%

Other responses not shown include “rarely” and “sometimes”. No significant differences were found between men and women regarding actual condom use. Both groups think significantly more students are engaging in these sexual activities than the percentage of those who actually report doing so. Student’s perceptions of condom use for vaginal, oral and anal sex are slightly higher for “mostly or always” and significantly higher for “sometimes or rarely” than actual use

In the last 30 days, how often do you THINK the typical student at your school has used a condom during vaginal sex?

	2000	2002	2004	2007	Ref.
Never	1%	1%	<1%	<1%	1%
Mostly	51%	52%	55%	57%	57%
Always	3%	2%	3%	5%	6%

Student's perceptions of consistent condom use for vaginal sex has increased over the years.

If you have had vaginal sex, what method did you or your partner use to prevent pregnancy the last time?

	2000	2002	2004	2007	Ref.
Birth Control Pills	49%	48%	54%	48%	38%
Condoms (male or female)	41%	40%	44%	45%	35%
Withdrawal	20%	22%	*25%	24%	14%
Have not had vaginal intercourse	17%	21%	15%	17%	24%
Spermicide (e.g. foam)	4%	4%	4%	3%	3%
Depo Provera	2%	3%	3%	2%	3%
Other method	1%	1%	5%	5%	4%
Nothing	4%	2%	4%	4%	4%

*About 2.9% (18/629) selected withdrawal only.

Have you ever been tested for HIV infection?

	2000	2002	2004	2007	Ref.
Yes	24%	18%	20%	24%	28%

No significant differences between males and females regarding HIV testing.

Preventive Health

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

	2000	2002	2004	2007	Ref.
Yes	33%	35%	33%	49%	36%

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

	2000	2002	2004	2007	Ref.
Yes	43%	39%	51%	48%	40%

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

	2000	2002	2004	2007	Ref.
Yes	72%	68%	71%	68%	62%

Have you been vaccinated against the flu in the last year?

	2000	2002	2004	2007	Ref.
Yes	27%	23%	27%	26%	23%

Alcohol, Tobacco and Other Drugs

Within the last 30 days:

how many days did you use cigarettes?

perceptions of cigarette use by ISU students.

	2000	2002	2004	2007	Ref.			2000	2002	2004	2007	Ref.
Never used	41%	50%	54%	57%	63%			1%	2%	5%	8%	11%
Not in last 30 days	16%	17%	16%	22%	16%							
1-29 days	28%	22%	20%	14%	15%			36%	34%	36%	49%	51%
All 30 days	15%	11%	10%	7%	6%			63%	64%	59%	43%	39%

No significant differences between men & women regarding actual use, but women's perceptions of daily use (47%) are higher than men's (37%).

How many days did you use alcohol?

perceptions of alcohol use by ISU students.

	2000	2002	2004	2007	Ref.			2000	2002	2004	2007	Ref.
Never used	9%	11%	12%	13%	18%			Never used	1%	1%	3%	3%
Not in last 30 days	8%	10%	11%	11%	14%							
1-9 days	51%	51%	58%	58%	52%			1-29 days	62%	57%	49%	57%
10-19 days	23%	23%	17%	16%	13%							
20-29 days	6%	5%	3%	2%	3%							
All 30 days	2%	1%	0%	<1%	1%			All 30 days	37%	42%	49%	40%

How many days did you use marijuana?

perceptions of marijuana use by ISU students.

	2000	2002	2004	2007	Ref.			2000	2002	2004	2007	Ref.
Never	52%	55%	62%	63%	64%			11%	9%	12%	14%	18%
Not in last 30 days	22%	21%	23%	23%	20%							
1-29 days	24%	21%	14%	13%	15%			64%	64%	60%	57%	62%
All 30 days	2%	3%	1%	<1%	1%			26%	27%	28%	40%	20%

*The last time you "partied"/socialized,
how many alcoholic drinks did you have?*

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

TOTAL	2000	2002	2004	2007	Ref.			TOTAL	2000	2002	2004	2007	Ref.
0	12%	13%	13%	16%	22%			0	1%	.4%	2%	4%	4%
1-4	26%	27%	33%	34%	38%			1-4	15%	10%	16%	18%	32%
5-8	32%	32%	35%	31%	26%			5-8	59%	59%	65%	59%	51%
9-12	17%	18%	15%	14%	10%			9-12	23%	27%	15%	17%	12%
13 +	13%	10%	4%	6%	4%			13 +	2%	3%	2%	3%	2%

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

MALE	2000	2002	2004	2007	Ref.			FEMALE	2000	2002	2004	2007	Ref.
0	10%	10%	16%	13%	22%			0	11%	14%	13%	17%	22%
1-4	14%	13%	20%	22%	29%			1-4	33%	34%	37%	41%	45%
5-8	24%	25%	29%	28%	26%			5-8	37%	35%	37%	34%	26%
9-12	25%	26%	23%	25%	16%			9-12	14%	14%	13%	9%	6%
13 +	27%	26%	12%	14%	10%			13 +	5%	3%	1%	1%	2%

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

MALE	2000	2002	2004	2007	Ref.			FEMALE	2000	2002	2004	2007	Ref.
0	2%	0%	4%	4%	4%			0	1%	1%	1%	29%	3%
1-4	10%	11%	12%	15%	31%			1-4	17%	9%	17%	43%	32%
5-8	60%	56%	65%	58%	50%			5-8	59%	60%	64%	29%	52%
9-12	23%	29%	17%	18%	13%			9-12	23%	26%	15%	0%	10%
13 +	6%	4%	3%	6%	2%			13 +	1%	4%	3%	1%	2%

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

MALE	2000	2002	2004	2007	Ref.			FEMAL E	2000	2002	2004	2007	Ref.
0	26%	26%	45%	36%	53%			0	44%	48%	49%	55%	68%
1-2	19%	21%	26%	25%	25%			1-2	26%	28%	28%	27%	21%
3-5	30%	29%	22%	29%	17%			3-5	21%	17%	19%	15%	9%
6 +	25%	24%	7%	10%	7%			6 +	9%	7%	5%	4%	1%

TOTAL	2000	2002	2004	2007	Ref.
0	39%	41%	48%	49%	63%
1-2	23%	26%	27%	26%	22%
3-5	24%	21%	19%	20%	11%
6 +	14%	13%	5%	6%	4%

If you drink alcohol, within the last school year have you experienced as a result of your drinking:

	2000	2002	2004	2007	Ref.
Did something you later regretted	52%	49%	43%	42%	38%
Male	58%	55%	49%	48%	40%
Female	49%	46%	41%	38%	36%
Forgot where you were or what you did	40%	43%	35%	37%	31%
Male	47%	52%	34%	47%	34%
Female	37%	38%	35%	31%	29%
You were physically injured	32%	32%	26%	26%	19%
Male	36%	34%	26%	27%	20%
Female	30%	32%	27%	26%	18%
Had unprotected sex	28%	27%	20%	16%	16%
Male	35%	32%	23%	17%	18%
Female	24%	25%	20%	14%	14%
Been involved in a fight	15%	12%	9%	9%	7%
Male	27%	21%	17%	14%	11%
Female	8%	7%	6%	7%	4%
Physically injured another person	9%	9%	5%	6%	5%
Male	19%	17%	11%	11%	8%
Female	5%	5%	3%	4%	3%
Someone used force/threat to have sex w/them	3%	3%	2%	1%	2%
Male	2%	3%	0%	<1%	1%
Female	3%	4%	2%	1%	2%

College students reported doing the following (always or usually) when they "partied" or socialized during the last 12 months/school year:

	2000	2002	2004	2007	Ref.
Eat before and/or during drinking	70%	71%	81%	82%	77%
Use a designated driver	75%	72%	82%	76%	76%
Keep track of how many drinks you consume	51%	47%	62%	57%	65%
Decide in advance not to exceed set number of drinks	23%	23%	32%	34%	34%
Avoid drinking games	28%	25%	31%	31%	43%
Pace drinks to one or fewer per hour	17%	18%	27%	25%	28%
Have friend let you know when you've had enough	34%	30%	27%	24%	28%
Alternate non-alcoholic with alcoholic beverages	15%	15%	20%	22%	27%
Choose not to drink alcohol	17%	20%	22%	20%	26%
Drink an alcoholic look-alike	4%	4%	6%	3%	6%

A significantly higher percentage of ISU women report doing all of these "protective" behaviors (compared to ISU men), except for eating before and/or during drinking (about the same percentage for men and women).

Weight, Nutrition, & Exercise

How do you describe your weight?

	2000	2002	2004	2007	Ref.	2000	2002	2004	2007	Ref.
	Men	Men	Men	Men	Men	Women	Women	Women	Women	Women
Very overweight	2%	1%	4%	2%	3%	3%	3%	6%	9%	5%
Slightly overweight	24%	24%	41%	32%	28%	32%	38%	40%	38%	35%
About right weight	63%	61%	44%	56%	53%	56%	51%	46%	49%	52%
Slightly underweight	11%	14%	11%	11%	15%	9%	8%	7%	5%	8%
Very underweight	1%	0%	1%	0%	1%	0%	0%	0%	0%	<1%

Estimated BMI (based on sex, height, weight)

	2000	2002	2004	2007	Ref.	2000	2002	2004	2007	Ref.
	Men	Men	Men	Men	Men	Women	Women	Women	Women	Women
Obese	9%	11%	17%	10%	11%	6%	8%	12%	16%	9%
Overweight	39%	30%	33%	31%	29%	17%	17%	17%	20%	18%
Healthy weight	48%	57%	48%	56%	58%	70%	68%	67%	61%	68%
Underweight	3%	2%	1%	2%	3%	7%	7%	4%	3%	6%

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

	2000	2002	2004	2007	Ref.	2000	2002	2004	2007	Ref.
	Men	Men	Men	Men		Women	Women	Women	Women	Women
Lose weight	32%	32%	39%	40%	32%	58%	65%	68%	67%	60%
Gain weight	12%	20%	17%	20%	17%	2%	0%	2%	2%	2%

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

	2000	2002	2004	2007	Ref.	2000	2002	2004	2007	Ref.
	Men	Men	Men	Men	Men	Women	Women	Women	Women	Women
Exercise	45%	44%	46%	51%	41%	64%	66%	67%	68%	54%
Diet	19%	18%	27%	31%	20%	39%	43%	49%	49%	33%
Take diet pills	5%	4%	4%	5%	2%	9%	12%	6%	5%	3%
Vomit/use laxatives	1%	1%	1%	<1%	1%	2%	4%	3%	3%	5%
None of the above	47%	46%	46%	43%	53%	30%	25%	26%	27%	38%

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

	2000	2002	2004	2007	Ref.
None	7%	7%	4%	4%	4%
1-2	70%	71%	66%	67%	60%
3-4	20%	19%	26%	25%	29%
5 or more	3%	4%	4%	4%	7%

More females (30%) eat 3+ servings/day than males (26%).

On how many days of the past seven days did you participate in vigorous exercise for at least 20 minutes or moderate exercise for at least 30 minutes?

	2000	2002	2004	2007	Ref.
0 days	30%	28%	32%	30%	26%
1-2 days	34%	30%	31%	33%	31%
3-5 days	30%	35%	32%	31%	34%
6-7 days	7%	7%	5%	6%	8%

More males (41%) exercise at least three days/week than females (35%).

Other significant health problems in last school year:

	2000	2002	2004	2007	Ref.
Lack of sleep (feel rested in morning two days or less/week)	46%	44%	41%	32%	40%
Feel overwhelmed by all you had to do (11 + times)	29%	30%	29%	27%	29%
Feel exhausted from doing too much (11 + times)	24%	24%	25%	25%	28%
Feel things were hopeless (11 + times)	8%	10%	8%	9%	10%
Seriously considered attempting suicide (one or more times)	9%	10%	9%	9%	10%

More females than males reported feeling overwhelmed 11+ times (31% vs. 19%)

Males and females reported feeling the following at least once:

- overwhelmed by all you had to do – 97%
- hopeless – 64%
- so depressed it was difficult to function – 45%

	2000	2002	2004	2007	Ref.
Ever been diagnosed with depression	7%	9%	14%	13%	15%
<i>Of those who have ever been diagnosed with depression:</i>					
Diagnosed w/depression in the last school year	39%	38%	30%	30%	36%
Currently in therapy for depression	16%	28%	31%	25%	25%
Currently taking medication for depression	37%	32%	48%	41%	38%

A significantly greater % of women vs. men reported:

- Ever being diagnosed with depression (15% vs. 8%)
- Diagnosed in last school year (31% vs. 28%)
- Currently in therapy (28% vs. 12%)
- Currently taking medication (46% vs. 24%)

What is having the most negative impact on academic performance (i.e. received an incomplete, dropped a course, received lower grade on exam, project or in a course)

	2000	2002	2004	2007	Ref.
Stress	28%	29%	40%	36%	32%
Cold/flu/sore throat	26%	24%	37%	36%	26%
Sleep difficulties	20%	25%	30%	30%	25%
Concern for troubled family member or friend	20%	17%	25%	20%	18%
Relationship problems	18%	16%	23%	19%	16%
Internet use/computer games	8%	11%	14%	18%	13%
Depression/anxiety disorder/seasonal affective disorder	10%	10%	17%	16%	15%
Sinus infection/ear infection/bronchitis/strep throat	12%	10%	15%	14%	9%
Alcohol use	18%	15%	13%	12%	8%
Death of a friend/family member	11%	10%	13%	10%	9%

A significantly greater % of women vs. men reported:

- Stress (39% vs. 32%)

A significantly greater % of men vs. women reported:

- Internet use/computer games (28% vs. 13%)

Summary of Findings

The topics that most students at Illinois State University report having received information from the University on are sexually transmitted infections (STIs), alcohol/drug prevention, sexual assault/relationship violence, and physical activity/fitness during 2000 – 2007 (see p. 5). Sexual assault (+7%) and physical activity (+4%) were the only topics in which there has been an increase in the percentage of students who received information about that topic from 2000 to 2007, while alcohol/drug prevention (-12%), HIV/AIDS prevention (-19%) and pregnancy prevention (-12%) had the largest decreases since 2000. There was an increase in the percentage of students who received information for nine of the 11 topics from the last survey (2004) with STI prevention (+7%), alcohol and drug prevention (+6%) and tobacco use prevention (+6%) showing the biggest increases.

In looking at sources of health information at Illinois State University, health educators, health center medical staff, faculty/coursework, and leaflets/pamphlets/flyers are the most believable sources that students get their information from (see p. 5). The top sources of where students usually get their health information from include the internet, parents, leaflets/pamphlets/flyers, health center medical staff and friends, even though students don't consider their friends or the internet to be very believable, they are also in the top eight as sources they are most likely to get their information from. The internet made the most significant increase from 2000 to 2004 (+34%) as a source of health info for students, with the campus newspaper showing the biggest decrease (-9%). A source that ranks high on believability, but low on where students usually get health info is faculty and the courses they teach. Overall, Illinois State University men are more skeptical about the believability of each source and seem to get less health info from each source than women.

In looking at campus safety issues at Illinois State University, sexual assault and harassment, and abusive relationships are issues that affect a significant number of students on campus (see p.6). Women are more likely to experience sexual touching against their will and/or be in an emotionally abusive relationship. Men are more likely to have been in a physical fight.

In looking at sexual health at Illinois State University, several important issues come up (see p. 6-7). First, most students are not having sex (20%) or they are having sex with only one partner (55%), and this percentage has increased each survey period meaning fewer students are engaging in sex with multiple partners. This is in contrast to the students' perception that most students are having sex with more than one partner. This information is being used in a social norms marketing campaign to show that not all Illinois State University students are having sex and they are not having sex with a lot of partners. Also, consistent condom use (always or mostly) during vaginal intercourse increased significantly at Illinois State University from 2000 (41%) to 2007 (53%) and is higher than condom use during vaginal intercourse for the reference group. Also, those who never use condoms during vaginal sex has decreased from 2000 (37%) to 2007 (29%). Yet, a significant number of Illinois State University students report never using condoms for anal (67%) or oral (93%) sex. Interestingly, student's perceptions of condom use for oral, anal and vaginal sex are higher than actual use. Also, Illinois State University males report having more sexual partners than females.

In looking at the most commonly used drugs, alcohol, tobacco, and marijuana, the percentage of ISU students who reporting using these in the last 30 days decreased for all three from 2000 to 2007 (p. 8). Perceptions of use for alcohol, tobacco, and marijuana were all much higher than actual use. Also, for students who have used alcohol in the last 30 days, the number of reported days of use decreased (for 10 or more days). There is also a decrease in the percentage of students who reported having five or more drinks the last time they partied from 2000 to 2007 (p. 8), with about 50% of ISU students reporting that they had four or fewer drinks in 2007. This decrease has been consistent for both males and females (p. 9), but the percentage of males who had five or more drinks in 2007 (67%) is still much higher than it is for females (44%). Meanwhile, most students (79%) think the typical student at ISU had more than four drinks the last time they partied, with the perceptions among males (82%) higher than it is for females (30%). There was also a decrease in the percentage of students who reported drinking five or more drinks in the last two weeks (p. 9) from 2000 (61%) to 2007 (51%) and a decrease in the number of times that students reported drinking this much (38% did this three or more times in 2000 and 26% did this three or more times in 2007). Both decreases were found for men and women, although

men still reported a significantly higher percentage for those who had five or more drinks in the last two weeks (64% vs. 46% for women) and who did so three or more times (39% vs. 19%) in 2007.

There were also decreases in all the reported problems experienced as a result of drinking (p. 10) from 2000 - 2007, but two of the problems, memory loss (+2%) and physically injured another person (+1%) had an increase from 2004. Also, there has been an increase since 2000 in almost all of the “protective behaviors” that Illinois State University students report doing when they go out to “party” or socialize (p. 10), except for having a friend let you know when you’ve had enough and drinking an alcohol look-alike. Rates of drinking and problems associated with drinking alcohol are still higher for Illinois State University men than women, and rates of drinking are higher for Illinois State University as a whole compared to the reference group, but rates of problems are lower for ISU students compared to the reference group for many of the problems listed.

Illinois State University students are also struggling with issues of body image and weight, nutrition and exercise (see p. 11). The percentage of women who reported in 2007 that they think their weight is about the right weight (49%) is significantly lower than the percentage who are at a healthy weight (61%) according to BMI (body mass index - a guideline for assessing what a healthy weight is based on a person's sex, height, and weight). There has been an increase in women since 2000 who would be classified as obese (+10%) and overweight (+3%) based on BMI. Approximately 67% of women in 2007 reported that they are trying to lose weight, even though only 36% would be classified as obese (16%) or overweight (20%). For men in 2007, 41% would be classified as obese (10%) or overweight (31%), and 40% are trying to lose weight. This is also the first year that there is more women who are obese than men. There has been an increase since 2000 in the percentage of men (+12%) and women (+10%) who report dieting to lose weight, with more females (49%) than males (31%) who reported dieting recently (in the last 30 days) to lose weight in 2007. Regarding nutrition issues, men and women both are not meeting the recommended minimum guidelines of eating five servings of fruits and vegetables a day (only about 4% of students meet the guidelines). As for physical fitness, most Illinois State University students participate in physical activity two days a week or less. The guidelines recommend at least three days a week of physical activity.

Other health issues of significance for Illinois State University students include lack of sleep, stress, feeling overwhelmed, hopeless, or exhausted by too much to do, and depression (see p. 12). Females appear to be impacted more so than males. Regarding depression, there has been a significant increase from 2000 (7%) to 2007 (13%) in the percentage of students who have ever been diagnosed with depression. More females (15%) than males (8%) have been diagnosed, and more females are currently in therapy (28% vs. 12%) and currently taking medication (46% vs. 24%) for depression. 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: 1) stress, 2) cold/flu/sore throats and sinus infections, and 3) sleep difficulties (see p. 12 for others). Negative impact on academic performance due to internet use/computer games has increased every year since 2000, while negative impact due to alcohol use has decreased every year since 2000. More women (39%) report a negative impact on academic performance due to stress in 2007 than males (32%), while more men (28%) report a negative impact due to internet and computer use than females (13%).

2007 ISU Demographic and Student Characteristics

▪ Age

Average age:	22.04 years
Median:	21.00 years
Std Dev:	5.56 years

18-20 years:	45.9%
21-24 years:	40.7%
25-29 years:	7.2%
30+ years:	6.2%

▪ Sex

Female:	64.1%
Male:	34.5%

▪ Student Status

1 st year undergraduate:	23.1%
2 nd year undergraduate:	15.6%
3 rd year undergraduate:	26.3%
4 th year undergraduate:	15.6%
5 th year or more undergraduate:	7.0%
Graduate or professional:	10.9%
Adult special or other:	1.6%

Full-time student:	93.9%
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▪ Relationship Status

Single:	46.8%
Married/domestic partner:	6.7%
Engaged or committed dating relationship	45.8%
Separated:	0.1%
Divorced:	0.6%
Widowed:	0.0%

▪ Students describe themselves as:

White	88.7%
Black – Not Hispanic	4.1%
Hispanic/Latino	3.1%
Asian/Pacific	3.3%
American Indian/Alaskan Native	0.4%
Other	1.6%

▪ Students describe themselves as:

Heterosexual	95.5%
Gay/Lesbian	1.6%
Bisexual	2.0%
Transgendered	0.1%
Unsure	0.7%

▪ Housing

Campus Residence:	43.1%
Fraternity or Sorority:	1.6%
Other university:	3.8%
Off-campus:	43.3%
Parent/guardian's:	5.1%
Other:	3.2%

▪ Hours of paid work per week

0 hours:	38.3%
1-9 hours:	15.2%
10-19 hours:	22.6%
20-29 hours:	15.4%
30-39 hours:	3.2%
40+ hours:	5.2%

▪ Hours of volunteer work per week

0 hours:	63.4%
1-9 hours:	33.8%
10-19 hours:	1.9%
20-29 hours:	0.7%
30-39 hours:	0.0%
40+ hours:	0.2%

▪ Have any kind of health insurance

Yes:	82.0%
Unsure:	8.3%