

USC American College Health Association
National College Health Assessment Report

2005

*Health Promotion and Prevention Services
University Park Health Center
A Division of Student Affairs
University of Southern California*

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Executive Summary

The American College Health Association National College Health Assessment (ACHA-NCHA) was conducted by Health Promotion and Prevention Services on the University Park Campus in the spring of 2005. The resulting data provide a picture of the health-related attitudes, perceptions, and behaviors of USC undergraduate and graduate students on a variety of topics, such as safety, mental and physical health, sexual behaviors, substance use, and nutrition.

The following report includes a number of key findings:

Comparison to National Data

When comparing USC to national data for 2005, only combined undergraduate and graduate data were used as stratified data from the national survey were not available. When combining both undergraduate and graduate data to compare with the national data there were some percentage differences, but no statistical analyses were performed.

Demographics: The USC sample is representative of the USC student population with the exception of gender. Females make up 47.1% of the USC population but 57% of survey respondents. The USC sample varies from the national sample in racial distribution with the USC sample including 52.7% white students compared to the 74.9% in the national sample.

Health Behaviors: While there are more similarities than differences between USC and the national data, the items below highlight some of the differences.

- **Bicycle Safety:** In terms of Helmet usage, when riding a bicycle 16.4% of USC students mostly or always wore a helmet, the national percentage was 22.9%.
- **Seatbelt Safety:** The percentage of college students who wore a seatbelt was similar for USC students and the national sample. Of those who rode in or drove a car within the last year, 97.6% of USC students and 93.3% of national respondents reported they wore a seatbelt.
- **Drug Use:** In alcohol and cigarette usage within the last 30 days, USC was below the national average in 2005. Among USC students 51.6% consumed alcohol between 1 and 9 days, and 55.0% from the national data.
- **Mental Health:** Regarding depression, 52.1% of USC students and 45.7% of the national sample reported "feeling so depressed it was difficult to function." With regards to seriously considering suicide, 10.2% of both USC students and the national student sample reported this as a choice

Impediments to Academic Performance

Undergraduate and graduate students reported that the factors which most negatively impacted their academic functioning were stress, cold/flu/sore throat, sleep difficulties, concerns for a troubled friend or family member, depression/anxiety disorder/seasonal affective disorder, and relationship difficulty. Of note, 21.7% of undergraduates reported that internet use and computer games had a negative effect on academic performance.

Health Information and Safety

Believability of Information – Undergraduate students stated they are most likely to believe information from medical staff (90.2%), health educators, (89.2%) and faculty (69.5%). Undergraduate students are least likely to believe information from friends (22.0%), the internet (19.9%), and television (11.4%). Graduate students stated they are most likely to believe information from medical staff (89.4%), health educators (87.5%), and faculty (65.0%). Graduate students are least likely to believe information from friends (19.3%), religious centers (16.5%), and television (10.2%).

Helmet Usage – Within the last school year, 70.4% of students never wore a helmet when riding a bicycle and 72.0% never wore a helmet when in-line skating.

Mental and Clinical Health Issues

Mental Health – Among respondents, 54.4% undergraduate students and 48.2% graduate students reported having felt so depressed at least once during the last school year that it was difficult to function. Also, 11.0% of undergraduate and 9.3% of graduate students seriously considered attempting suicide during that same year.

Clinical Health – The most frequently cited health problems experienced by both undergraduate and graduate students were back pain, allergy problems, sinus infections, and depression. However, 90.0% of undergraduate and 91.2% of graduate students described their general health as being excellent, very good, or good.

Sexual Behavior and Contraception

Sexual Behaviors – 77.9% of students have had either zero or one sexual partner within the last school year. However, 82.6% of students perceived that the typical USC student has had two or more partners. In addition, of those undergraduates who had vaginal intercourse in the last 30 days, 22.3% always used a condom.

Alcohol, Tobacco, and Other Drugs

Alcohol Consumption – Among respondents, 74.2% had 0 to 4 drinks the last time they partied, although 51.2% of students perceived that the typical USC student had 5 or more drinks the last time they partied.

Consequences of Drinking Alcohol – As a consequence of drinking, 23.3% of undergraduate students who drank within the last school year also reported that they had physically injured themselves. In addition, 3.4% of undergraduate respondents indicated that within the last 30 days, they drove after having 5 or more drinks.

Cigarette Smoking – Among respondents, 16.7% of undergraduates and 6.9% of graduates reported that they smoked cigarettes one or more days in the last month, with an additional 3.1% of undergraduates and 6.6% of graduates who reported that they smoke on a daily basis. However, most students have never smoked cigarettes (64.4% of undergraduate and 68.3% of graduate students). 30.4 percent of undergraduate and 25.8% of graduate students perceived that the typical USC student smoked cigarettes on a daily basis in the past month.

Weight, Nutrition, and Exercise

Students reported that to lose weight within the last month they exercised (51.4%), dieted (35.2%), purged (2.3%) or took diet pills (3.5%). Of undergraduate and graduate students combined, 36.3% consider themselves to be overweight and 14.4% considered themselves to be underweight. Along with these numbers it should be noted that 47.7% of students are trying to lose weight and 8.3% are trying to gain weight.

Perceptions of the “Typical” USC Student

In addition to self-reported behaviors, students were asked about their perceptions regarding the behaviors of the typical USC student. Overall, it was found that there were misperceptions about sexual behaviors, as well as alcohol, tobacco, and other drug use. For instance, 22.2% of undergraduate students perceived that the “typical” USC student smoked marijuana on a daily basis during the last 30 days. However, only 1.0% of undergraduates reported that they actually engaged in smoking marijuana on a daily basis.

Throughout the report, there are footnotes under each table or bar chart that refer to the corresponding question in the survey instrument. If you have any additional questions regarding the data provided in this report, please contact Paula Swinford, Director of Health Promotion and Prevention Services at 213/740-4777 or <swinford@usc.edu>.

Trends Summary

The ACHA-NCHA Trends Summary was established to reflect noticeable variations between the previous report from 2003 and the current report. There were a number of statistically significant differences between the current report and the baseline report on a variety of topics, all of which are outlined below. For purposes of this summary, any mention of an “increase” is statistically significant at the .05 level. Trends from 2000 to present can be found in Appendix B.

Impediments to Academic Performance

Death of a friend or family member had a negative impact on the academic performance of undergraduates. The number increased from 5.9% in 2003 to 12.5% in 2005 ($p<.05$). Among graduate students, cold/flu and sore throat increased from 7.7% in 2003 to 12.3% in 2005 ($p<.05$).

Health Information and Safety

Among graduate students there were two significant differences. In this population, meningococcal vaccines increased from 42.0% in 2003 to 60.8% in 2005 ($p<.01$). While it did not reach statistical significance, the number of undergraduates vaccinated with the meningococcal vaccine increased from 72.1% to 80% in 2005. Hepatitis B vaccinations also increased from 72.0% to 79.2% ($p<.05$). With regards to health topic information, there was statistically significant difference in whether first-year students received health information from their university. In 2003, 49.2% of first years stated they received alcohol and other drug prevention from their university; in 2005, that number increased to 80.9% ($p<.001$).

Mental Health and Clinical Health Issues

Among undergraduates, the reported frequency of health problems increased in a few areas. The frequency of sinus infection increased from 17.5% to 27.2% ($p<.01$). Graduates reported an increased frequency of seasonal affective disorder at 6.9% in 2005 compared to 2% in 2003 ($p<.05$). While it did not reach statistical significance, there was an increase in the percent of undergraduate students who were diagnosed with depression and then taking medications for treatment (from 29.2% to 37.0%).

Sexual Behavior and Contraception

In 2005, 12.4% of students that were sexually active reported using emergency contraception. Although not statistically significant, this is an increase from 9.6% in 2003. Trends of condom use for sexually active undergraduates have decreased as well. Percentages for condom use during oral sex among undergraduates decreased, from 2.1% to 0% ($p<.01$). There was also a statistically significant decrease in condoms for vaginal intercourse, from 25.9% to 22.3% ($p<.05$). For graduates, condom use has increased in all areas. Condom use during oral intercourse increased from 2.7% to 3.0% ($p<.05$) and vaginal sex increased from 15.5% to 23.9% ($p<.01$).

Alcohol, Tobacco, and Other Drugs

There was a statistically significant increase in undergraduates that injured themselves as a consequence of drinking; from 14.4% in 2003 to 23.3% in 2005 ($p<.05$).

Weight, Nutrition, and Exercise

31.3% of undergraduates reported they dieted to lose weight in 2003 compared to 37.4% in 2005 ($p<.001$). Among graduate students, there was a decrease in the percentage of those who exercised to lose weight; from 52.4% in 2003 to 44.4% in 2005 ($p<.001$).

Introduction

If the true mission of any college health program is to “advance the health of students,” data describing the health behaviors and status of the student population is a necessary tool. This data helps to inform policy makers, administrators, faculty, staff and students about current health behaviors and helps to set programmatic priorities.

The American College Health Association National College Health Assessment (ACHA-NCHA) is a national research initiative intended to assist institutions of higher education in collecting data about the health of their students. The ACHA-NCHA allows each campus to generate prevalence rates for a variety of health issues at the institution, such as alcohol and tobacco use, sexual behavior, body weight, and mental health.

The goal of this assessment is to provide data on the prevalence and perceptions of student health behaviors. In addition, this survey can provide current information on students' health status, misperceptions about student behavior, and identify concerns and strengths within the campus community. This data can aid the campus by providing a firm basis for planning and evaluating services that can positively impact students' safety, well-being and academic performance.

This report provides data on the population of students at the University Park Campus and highlights differences in the undergraduate and graduate student populations whose numbers are equally proportionate on the campus.

This report summarizes key points from the survey. Due to the length of the survey not all data points have been included. Analyses of additional questions as well as copies of the instrument are available for interested readers through Health Promotion and Prevention Services in the University Park Health Center at 213/740-4777.

Methods

Questionnaire design. The ACHA-NCHA questionnaire consists of fifty-eight questions divided into seven sections:

- demographic characteristics
- impediments to academic performance
- health information and safety
- mental and clinical health issues
- sexual behavior and contraception
- alcohol, tobacco and other drugs
- weight, nutrition, and exercise

Procedure. The survey was conducted at the University of Southern California in the spring of 2005. The ACHA-NCHA was emailed to 1700 randomly selected undergraduate and graduate students on the University Park Campus. All 1700 students were emailed a letter alerting them to the forthcoming survey, as well as a subsequent email after receiving the survey in an effort to increase the return rate. Students who returned the survey were given the option of entering a raffle to win two \$500 gift certificates to the USC bookstore as incentives. Email addresses were used to maintain the confidentiality of respondents.

Response rate. In 2005, 704 completed surveys were returned for a response rate of 41.4%. Of those who responded, 56.6% indicated undergraduate status and 43.4% reported graduate status

Representativeness. It appears that the data collected accurately represents the USC University Park Campus student population, based upon the representativeness analysis performed on the 2005 data. The largest bias occurred with regards to gender. There was an overrepresentation of females, 57% who returned the survey as opposed to the 47.1% representation of USC. The numbers of freshmen and sophomores were higher than the representation at USC, with a percent difference of 3.32% and 2.14%, respectively. Other small discrepancies occurred such as; a slight underrepresentation of African American students by 1.75%, and an underrepresentation of international students by 1.31%.

When analyzing this type of data it is expected that a GPA bias will exist. However, in our sample a very small bias is present, but it is less than what normally occurs in other samples drawn from the same student group.

(Please refer to Appendix A for the representativeness table).

Analytic strategy/data preparation. This report focuses on the surveys that were conducted in 2005. Appropriate chi-squared tests or t-tests of statistical significance have been performed to determine the magnitude and direction of differences between undergraduate and graduate students. T-tests were performed on nominal data (responses to some scaled questions) and chi-squared tests were performed on categorical data (i.e. responses of yes/no, did/did not, etc). Throughout the report, p-values are reported in the charts or at the bottom of graphs.

Demographics

Descriptor	Category	Undergraduate (n=403)	Graduate (n=251)
<i>Age</i>	Under 21	64.0	0.0
	21-29	35.7	72.9
	30 and higher	0.2	27.1
<i>Gender</i>	Female	61.5	49.8
	Male	38.5	50.2
<i>Year in school</i>	1st year undergraduate	24.6	
	2nd year undergraduate	28.3	
	3rd year undergraduate	23.8	
	4th year undergraduate	18.1	
	5th year or more	5.2	
	Graduate		100
<i>Full-time student status</i>		97.2	85.7
<i>Ethnicity</i>	White – not Hispanic (includes Middle Eastern)	60.3	45.0
	Black – not Hispanic	5.2	2.8
	Hispanic or Latino	12.9	8.4
	Asian or Pacific Islander	26.3	39.0
	American Indian or Alaskan Native	1.2	0.0
	Other	5.2	5.6
<i>International student status</i>		5.5	35.5
<i>Membership in fraternity or sorority</i>		18.4	7.9
<i>Current relationship</i>	Single	69.5	46.2
	Married/domestic partner	2.2	29.5
	Engaged/committed dating relationship	27.8	21.9
	Separated	0.2	0.8
	Divorced	0.2	1.6
	Widowed	0.0	0.0
<i>Sexual orientation</i>	Heterosexual	93.1	93.3
	Gay/lesbian	2.5	2.8
	Bisexual	2.9	2.0
	Transgendered	0.0	0.0
	Unsure	1.5	2.0
<i>Living situation</i>	Campus residence hall	28.0	0.8
	Fraternity or sorority house	6.7	1.2
	Other university housing	19.4	1.6
	Off-campus housing	38.2	76.5
	Parent/guardian's home	6.2	9.6
	Other	1.5	10.4
<i>Paid hours worked per week</i>	None	49.1	31.5
	1 to 19	40.7	24.7
	20 or more	10.2	43.8
<i>Volunteered 1 or more hrs/week</i>		41.4	32.3

All results are reported as percentages.

The discrepancy between the total number of participants reported on p.5 of this booklet and the total number of participants reported in this table exists because those participants who did not complete all questions on the Demographics section of the survey were excluded from this demographic analysis.

Impediments to Academic Performance

“Within the last school year, have any of the following affected your academic performance?” (i.e., received an incomplete, dropped a course, received a lower grade in a class, on an exam or on an important project)

Refer to Question 44 of the survey.

	Undergraduate %	Graduate %	P-Value
Alcohol use	7.9	1.5	<.001
Allergies	4.3	1.9	<.05
Physical assault	1.0	0.4	<.001
Sexual assault	0.2	0.4	NS
Attention Deficit Disorder	7.5	4.2	<.001
Cold/Flu/Sore throat	37.5	12.2	<.001
Concern for a troubled friend or family member	23.7	13.3	<.01
Chronic illness (diabetes, asthma, etc.)	3.4	2.3	<.05
Chronic pain	3.6	2.3	NS
Death of a friend or family member	12.5	3.8	<.05
Depression/Anxiety Disorder/Seasonal Affective Disorder	19.4	10.7	.001
Drug use	3.1	0.4	<.01
Eating disorder/problem	1.7	0.4	NS
HIV infection	0.0	0.0	NS
Injury	5.3	2.7	NS
Internet use/computer games	21.7	9.5	.001
Learning disability	2.7	2.7	NS
Mononucleosis	2.4	0.0	NS
Pregnancy (yours or your partner's)	1.0	1.5	<.05
Relationship difficulty	19.9	10.2	<.01
Sexually transmitted disease	0.0	0.0	NS
Sinus infection/ear infection/bronchitis/strep throat	10.1	3.1	<.05
Sleep difficulties	30.8	12.2	<.001
Stress	36.3	19.2	<.001
Other	10.4	3.8	NS

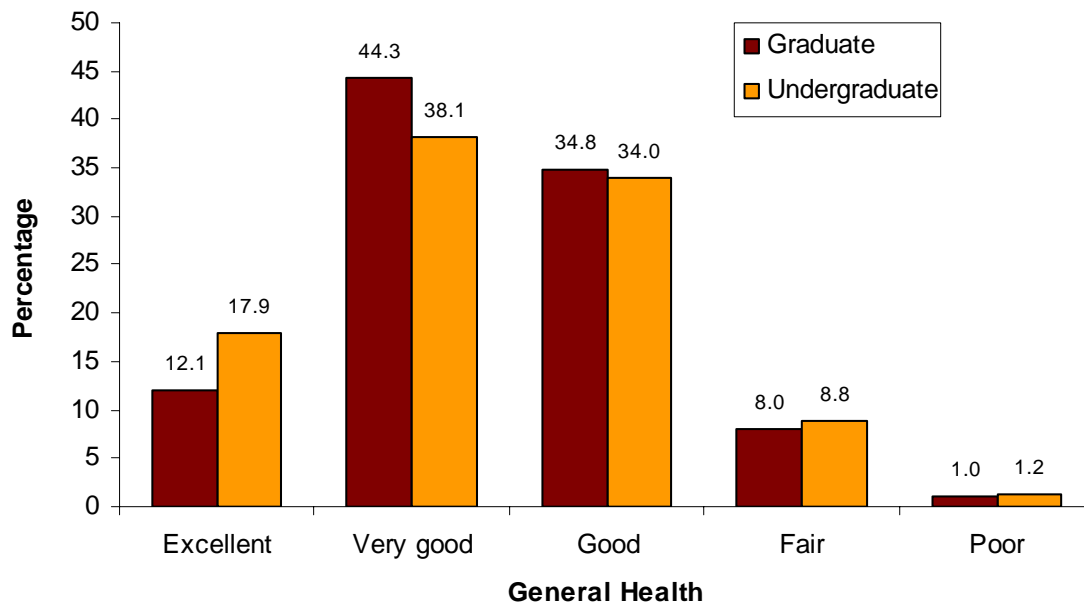
Bold items represent the top ten items.

Health Information and Safety

General Health -

Refer to Question 1 of the survey.

“Considering your age, how would you describe your general health?”



Health Maintenance and Self-Care -

Refer to Question 42 of the survey.

	Yes Responses, excludes “I don’t know” %			“I don’t know” Responses %	
	UG	G	P-value	UG	G
Dental exam and cleaning in the last year	83.7	66.7	<.001	0.7	2.3
Vaccinated against hepatitis B	93.3	79.5	<.001	18.2	20.1
Routine GYN exam in the last year (females)	49.2	67.2	<.001	0.8	0.8
Vaccinated against meningococcal meningitis	80.0	60.7	<.001	19.5	34.0
Breast self-exam in the last month (females)	34.0	39.2	NS	0.8	0.8
Testicular self-exam in the last month (males)	32.5	22.1	NS	6.2	7.7

UG=Undergraduate Students, G=Graduate Students..

Health Topic Information from USC -

Refer to Question 2 of the survey.

“On which of the following health topics have you ever received information from your college or university?”

	Undergraduate %	Graduate %	P-value
AIDS or HIV infection prevention	19.3	12.5	NS
Alcohol and other drug use prevention	45.5	17.8	<.001
Dietary behaviors and nutrition	33.8	13.6	<.001
Injury prevention and safety	21.9	18.9	NS
Physical activity and fitness	30.7	17.8	<.001
Pregnancy prevention	18.6	8.3	<.05
Sexual assault/relationship violence prevention	40.2	26.5	<.001
Sexually transmitted disease (STD) prevention	29.8	12.5	<.001
Suicide prevention	9.8	4.5	NS
Tobacco use prevention	10.2	10.2	NS
Violence prevention	36.9	25.0	<.05
None of the above	18.3	43.2	<.001

Columns sum to more than 100% because multiple responses were possible.

Drug-Free Schools document is sent out to all students, faculty and staff each academic year.

AlcoholEdu course is required of all first year and transfer students as of fall 2004.

Sources of Health-related Information -

Refer to Question 4 of the survey.

“Do you usually get health-related information from any of the following sources?”

	Undergraduate %	Graduate %	P-value
Parents	75.5	72.2	NS
Magazines	55.6	71.2	.001
Friends	62.8	60.0	NS
Leaflets, pamphlets, flyers	48.4	48.1	NS
Television	48.8	56.8	<.05
Health center medical staff	59.2	59.5	NS
Internet/world wide web	72.2	82.9	<.005
Health educators	43.8	46.7	NS
Other	38.9	43.0	NS
Faculty/coursework	37.6	34.2	<.05
Resident assistants/advisors	15.3	12.1	NS
Campus peer educators	13.5	16.0	NS
Religious center	6.2	8.9	NS

Columns sum to more than 100% because multiple responses were possible.

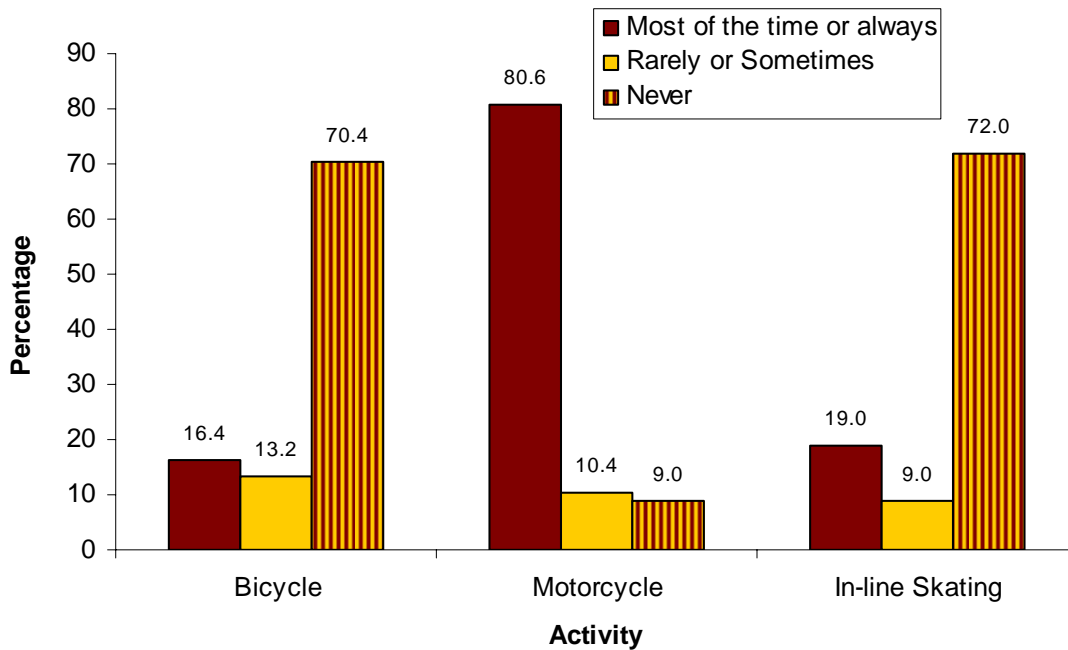
- Believability of Information** – Undergraduate students stated they are most likely to believe information from medical staff (90.2%), health educators (89.2%), and faculty (69.5%). Undergraduates were least likely to believe information from friends (22.0%), the internet (19.9%), and television (11.4%). Graduate students stated they are most likely to believe information from medical staff (89.1%), health educators (87.2%), and faculty (65.4%). Graduate students were least likely to believe information from friends (19.1%), religious centers (16.3%), and television (10.1%).

- **Seatbelt Safety** – 97.4% of students surveyed wore a seatbelt *most of the time* or *always* when riding in a car within the last school year.
Refer to Question 5 of the survey.
- **Helmet Usage** – 70.4% of students *never* wore a helmet when riding a bicycle and 72.0% *never* wore a helmet when in-line skating.
Refer to Question 5 of the survey.

Safety Helmet Usage -

Refer to Question 5 of the survey.

[If you rode a bike, motorcycle, or used in-line skates] “within the last school year, how often did you wear a helmet?”



- **Physical Fights or Assaults** – Within the last school year, 6.4% of undergraduate and 3.4% of graduate students reported being involved in a physical fight. Within the last school year, 3.6% of undergraduates and 1.1% of graduate students reported that they were physically assaulted (does not include sexual assault).
There is a statistically significant association between physical assault and classification, $p < .005$.
Refer to Question 6 of the survey.

Mental and Clinical Health Issues

Mental Health -

“Within the last school year how many times have you...?”

Refer to Question 40 of the survey.

	Undergraduate %		Graduate %	
	1-6 times	7 or more	1-6 times	7 or more
Felt so depressed that it was difficult to function	39.1	15.3	31.4	16.7
Seriously considered attempting suicide	10.3	0.7	8.2	1.5
Attempted suicide	0.2	0.0	1.2	0.4

Depression Diagnosis and Treatment -

Refer to Question 41 of the survey.

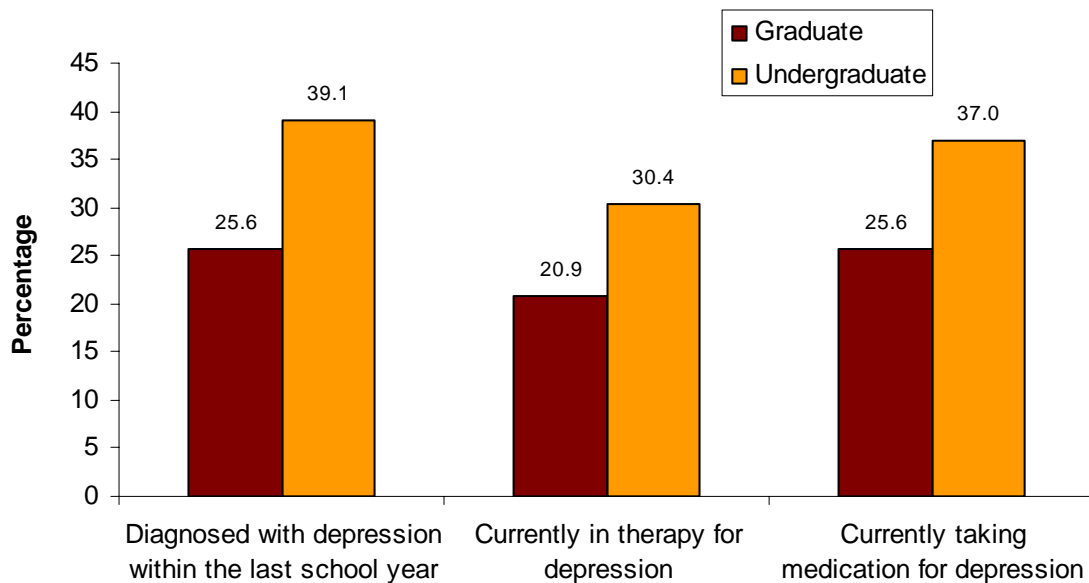
- **Depression History** – 11.7% of students surveyed (10.0% undergraduates, 14.4% graduates) responded yes to “Have you ever been diagnosed with depression?”
Refer to Question 41 of the survey.

The (11.6%) students who have previously been diagnosed with depression responded to the following questions:

“Have you been diagnosed with depression within the last school year?”

“Are you currently in therapy for depression?”

“Are you currently taking medication for depression?”



These data represent the percentage of students who answered “yes” to previously being diagnosed with depression.

Abusive Relationships and Unwanted Sexual Advances or Sexual Assault -

Refer to Question 7 and Question 8 of the survey, respectively.

“Within the last school year, have you experienced...?”

	Undergraduate %	Graduate %	P-value
Verbal threats for sex against your will	3.8	1.9	NS
Sexual touching against your will	8.9	3.4	<.01
Attempted sexual penetration against your will	2.4	1.1	NS
Sexual penetration against your will	1.0	1.2	NS

“Within the last school year, have you been in a relationship that was...?”

	Undergraduate %	Graduate %	P-value
Emotionally abusive	14.6	11.4	NS
Physically abusive	2.6	1.1	<.05
Sexually abusive	1.2	1.5	NS

Reported Frequency of Health Problems -

Refer to Question 43 of the survey.

	<i>“Within the last school year, have you had any of the following?”</i>			<i>“Have you ever been diagnosed with any of the following?”</i>		
	Undergraduate %	Graduate %	P-Value	Undergraduate %	Graduate %	P-Value
Allergy problems	42.0	43.0	NS	39.5	39.5	NS
Anorexia	3.4	0.8	NS	2.7	1.1	NS
Anxiety disorder	14.6	11.9	NS	7.0	8.0	NS
Asthma	9.2	8.4	NS	17.2	13.1	NS
Back Pain	48.4	49.2	NS	18.5	24.8	<.01
Bronchitis	6.2	5.3	NS	19.4	18.6	NS
Bulimia	3.4	0.4	NS	1.2	0.8	NS
Carpal Tunnel Syndrome	7.5	6.8	NS	6.7	7.2	NS
Chlamydia	0.5	0.0	NS	0.7	0.8	NS
Chronic Fatigue Syndrome	4.6	3.1	<.05	2.2	0.8	NS
Depression	17.8	16.8	<.05	9.6	14.6	NS
Diabetes	0.7	0.4	NS	0.5	0.8	NS
Ear Infection	6.5	3.8	NS	34.5	25.1	.05
Endometriosis	0.2	0.4	NS	0.0	0.8	NS
Fracture	3.6	1.5	NS	21.3	15.6	NS
Genital herpes	0.2	1.5	NS	0.0	1.5	NS
Genital warts/HPV	1.9	1.5	NS	1.7	4.6	NS
Gonorrhea	0.0	0.0	NS	0.2	0.8	NS
Hepatitis B or C	0.5	1.5	NS	0.2	3.1	NS
High blood pressure	4.1	5.4	NS	2.2	4.6	NS
High cholesterol	5.0	5.4	NS	4.1	6.8	NS
HIV infection	0.2	0.4	NS	0.0	0.4	NS
Mononucleosis	3.4	0.0	<.05	7.2	4.2	NS
Pelvic Inflammatory Disease	0.2	0.8	NS	0.0	1.5	NS
Seasonal Affective Disorder	5.0	6.9	NS	1.9	3.9	NS
Sinus infection	27.2	17.7	<.05	35.2	28.5	NS
Strep infection	13.0	5.1	<.05	39.5	28.2	<.05
Substance abuse problem	3.9	1.5	NS	1.2	0.4	NS
Tuberculosis	0.5	0.4	NS	0.7	1.2	NS

Columns sum to more than 100% because multiple responses were possible.

Discrepancies between reported frequency of health problems within the last school year and lifetime diagnosis may be due to self-diagnosis versus professional health care provider diagnosis.

Sexual Behavior and Contraception

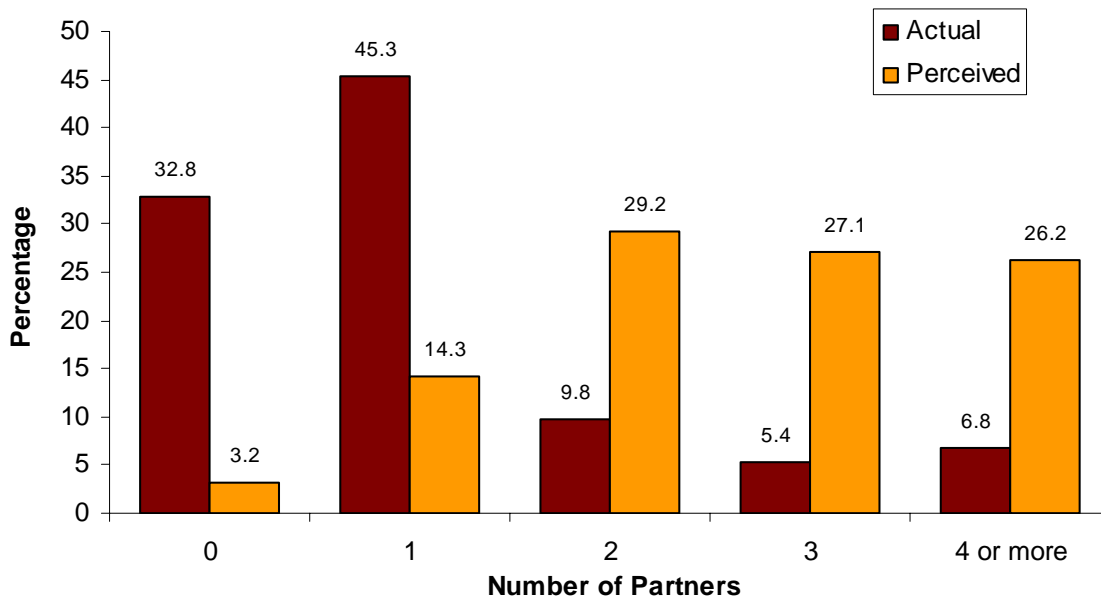
- **Unintended Pregnancy** – Among respondents who have had vaginal intercourse, 2.3% have unintentionally become pregnant or gotten someone else pregnant within the last school year.
Refer to Question 30 of the survey.
- **Emergency Contraception** – Among respondents who indicated that they are sexually active, 12.4% have used or had a partner who used emergency contraception (“morning after pill”) within the last school year.
Refer to Question 29 of the survey.

Number of Sexual Partners v. Perceptions -

Refer to Question 20 and Question 22 of the survey, respectively.

“Within the last school year, with how many partners, if any, have you had sex (oral, vaginal, or anal)?”

“Within the last school year, with how many partners do you think the typical student at your school has had sex (oral, vaginal, or anal)?”



In the graph above, undergraduate and graduate results were combined. There were no statistically significant differences between undergraduate and graduate students.

- **Sexual Partners** – While 77.9% of students have 0-1 sexual partners, 82.6% of students perceive that the typical student has had 2 or more partners.
Refer to Question 20 and Question 22 of the survey, respectively.

Contraceptive/Birth Control Methods -

Refer to Question 28 of the survey.

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

	Undergraduate %	Graduate %	P-Value
Condoms (male or female)	48.2	47.1	NS
Birth control pills	44.2	36.5	<.01
Withdrawal	17.3	15.4	NS
Nothing	3.3	8.2	<.05
Spermicide (e.g. foam)	2.9	1.4	NS
Fertility awareness (calendar, mucous, basal body temperature)	3.7	4.8	NS
Depo Provera (shots)	1.3	1.0	NS
Other method	2.3	7.2	NS
Diaphragm/Cervical cap/Sponge	0.3	1.4	NS
Norplant (implant)	0.3	1.0	NS

Percentages represent students who have had vaginal intercourse.

Columns sum to more than 100% because multiple responses were possible.

28.2% of undergraduates and 21.2% of graduate students reported that they have not had vaginal intercourse ($p < .001$).

Condom Use -

Refer to Question 25 of the survey.

“Within the last 30 days, if you are sexually active, how often did you or your partner(s) use a condom during oral sex, anal intercourse, or vaginal intercourse?”

	Undergraduate %		Graduate %	
	Engaged in this sexual activity	Always used a condom	Engaged in this sexual activity	Always used a condom
Oral Sex	39.4	0.0	41.5	3.0
Anal Intercourse	5.7	6.4	8.2	1.3
Vaginal Intercourse	37.1	22.3	51.6	23.9

There was a statistically significant association between classification with condom use during anal intercourse at the .05 level, and classification with condom use among vaginal intercourse at the .001 level.

Alcohol, Tobacco, and Other Drugs

Substance Use v. Perceptions of Use -

Refer to Question 9 and Question 10 of the survey, respectively.

Within the last 30 days among UNDERGRADUATE students:							
Substance	Actual Use: How many days did you use the following substances?				Perception of Use: How often do you think the typical student at your school used the following substances?		
	Never	Not in last 30 days	One or more days	Used daily	Never	One or more days	Used daily
Alcohol	17.1	14.4	67.3	1.2	3.4	60.8	35.8
Cigarettes	64.4	15.8	16.7	3.1	9.6	60.0	30.4
Cigars	77.5	16.8	5.8	0.0	46.9	52.7	0.5
Smokeless tobacco	90.3	5.8	3.9	0.0	60.7	36.9	2.4
Marijuana	62.3	18.3	18.5	1.0	11.1	66.7	22.2
Amphetamines	90.2	5.3	3.6	0.2	56.4	40.4	3.2
Rohypnol, GHB, Liquid X	99.0	0.7	0.5	0.0	74.5	25.1	0.2
Ecstasy	93.5	5.0	1.4	0.0	60.7	38.1	1.2
Cocaine	91.1	5.5	3.3	0.0	55.0	41.6	3.4
Other drugs	89.8	5.6	4.6	0.0	47.4	50.4	0.7

All results are reported as percentages.

Undergraduate students were more likely to use marijuana or amphetamines at the .05 level of statistical significance.

Undergraduate students were also more likely to perceive that the typical student used alcohol or cocaine at the .05 level of statistical significance, and marijuana at the .001 level of statistical significance.

Within the last 30 days among GRADUATE students:							
Substance	Actual Use: How many days did you use the following substances?				Perception of Use: How often do you think the typical student at your school used the following substances?		
	Never	Not in last 30 days	One or more days	Used daily	Never	One or more days	Used daily
Alcohol	19.0	19.8	60.9	0.4	5.8	65.8	28.4
Cigarettes	68.3	18.1	6.9	6.6	13.7	60.5	25.8
Cigars	84.5	13.6	1.9	0.0	52.0	45.2	2.8
Smokeless tobacco	96.5	3.1	0.4	0.5	52.0	44.0	4.0
Marijuana	76.2	18.5	5.4	0.0	26.8	62.8	10.4
Amphetamines	91.9	6.2	1.9	0.0	58.0	38.0	4.0
Rohypnol, GHB, Liquid X	97.7	1.9	0.4	0.0	72.4	25.6	2.0
Ecstasy	93.1	6.1	0.8	0.0	59.0	39.0	2.0
Cocaine	94.6	4.6	0.8	0.0	66.8	31.6	1.6
Other drugs	90.3	7.4	2.3	0.0	51.7	43.8	4.5

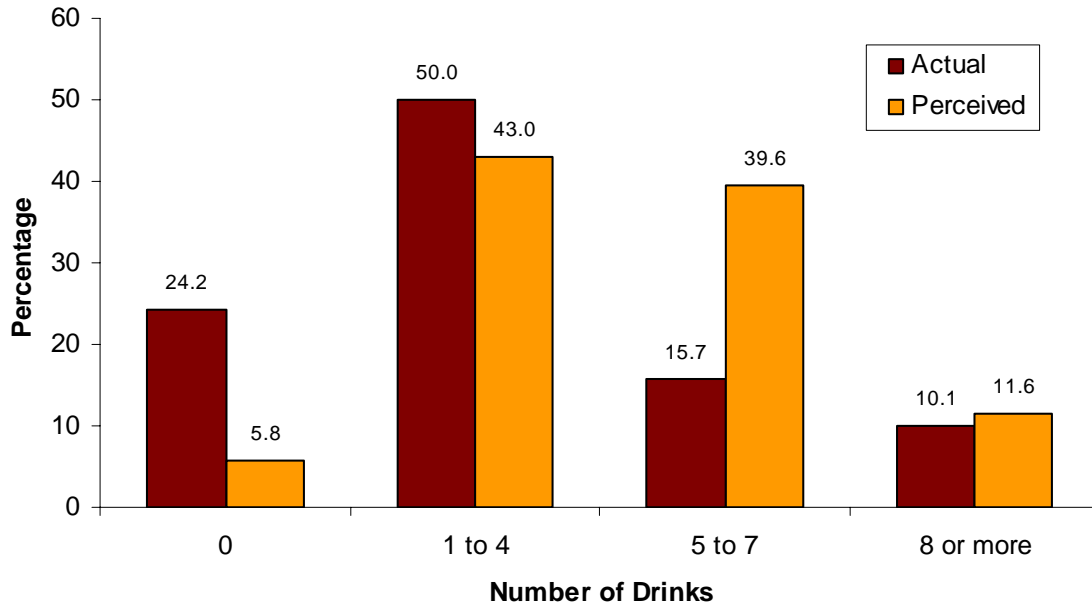
All results are reported as percentages.

Alcohol Consumption v. Perceptions of Alcohol Consumption -

Refer to Question 13 and Question 15 of the survey, respectively.

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

“How many alcoholic drinks do you think the typical student at your school had the last time he/she ‘partied/socialized’?”



In the graph above, undergraduate and graduate results were combined. Undergraduate students were more likely to have had more alcoholic drinks at the .01 level of statistical significance.

Consequences of Drinking Alcohol -

Refer to Question 18 of the survey.

“If you drink alcohol, within the last school year, have you experienced any of the following as a consequence of your drinking?”

	Yes Responses, excludes "Non-drinkers"		
	Undergraduates %	Graduates %	P-value
Did something you later regretted	35.6	19.9	<.01
Forgot where you were or what you did	31.6	14.0	<.001
Physically injured yourself	23.3	4.8	<.001
Had unprotected sex	15.0	5.9	NS
Been involved in a fight	6.7	1.1	<.01
Physically injured another person	5.2	1.1	<.01
Had someone use force or threat of force to have sex with you	1.2	1.1	NS

20.9% of Undergraduates and 27.3% of Graduate Students reported that they do not drink.

Since multiple responses were possible, more than 100% may be indicated.

Protective Drinking Behaviors -

Refer to Question 17 of the survey.

“During the last school year, if you ‘partied/socialized,’ [did you always]?”

	Undergraduate %	Graduate %	P-Value
Use a designated driver	48.3	37.0	.001
Keep track of how many drinks you were having	31.5	31.3	<.01
Eat before and/or during drinking	30.5	28.4	NS
Avoid drinking games	20.0	36.5	<.001
Determine, in advance, not to exceed a set number of drinks	15.6	20.6	NS
Have a friend let you know when you’ve had enough	9.9	13.1	<.01
Pace your drinks to 1 or fewer per hour	9.4	18.9	<.001
Choose not to drink alcohol	5.8	8.1	<.05
Alternate non-alcoholic with alcoholic beverages	7.9	10.1	<.01
Drink an alcohol look-alike (non-alcoholic beer, punch, etc.)	2.4	3.5	NS

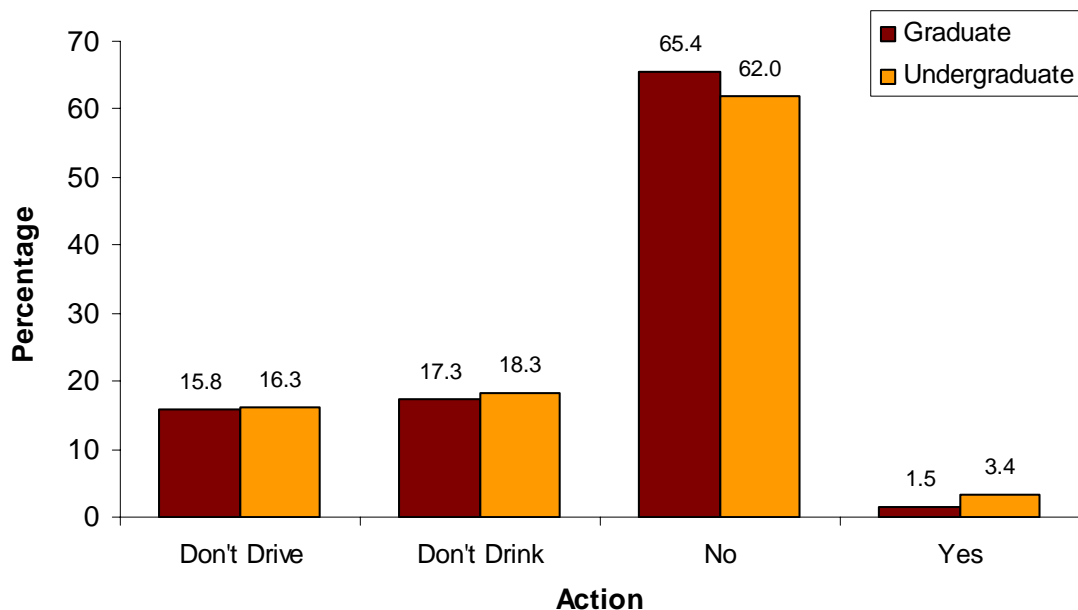
Since multiple responses were possible, more than 100% may be indicated. Students responded to a 5-point Likert scale that ranged from “Never” to “Always.” Chi-square tests were performed on all the responses; only the “Always” responses of students who “partied/socialized” are presented in the table for simplicity, however the p-values represent the range from never to always, not just “Always”.

- Designated Drivers** – Of those who drink, the majority of respondents (70.2%) reported that they **always** or **usually** use a designated driver.
Refer to Question 17 of the survey.

Drinking and Driving -

Refer to Question 11 of the survey.

“Within the last 30 days, did you drive after having 5 or more drinks?”

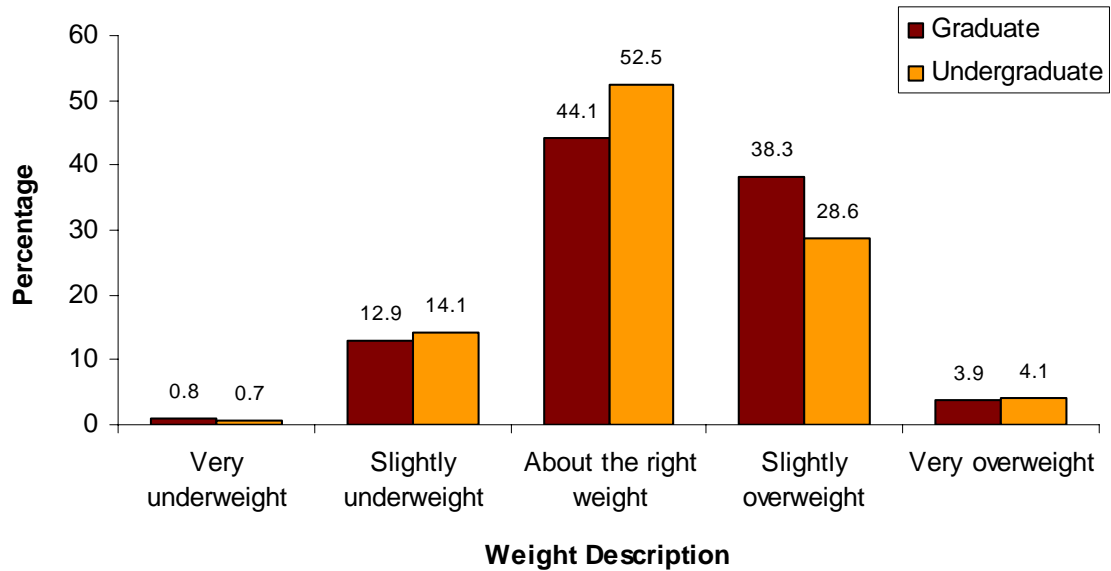


Weight, Nutrition, and Exercise

Weight -

Refer to Question 35 of the survey.

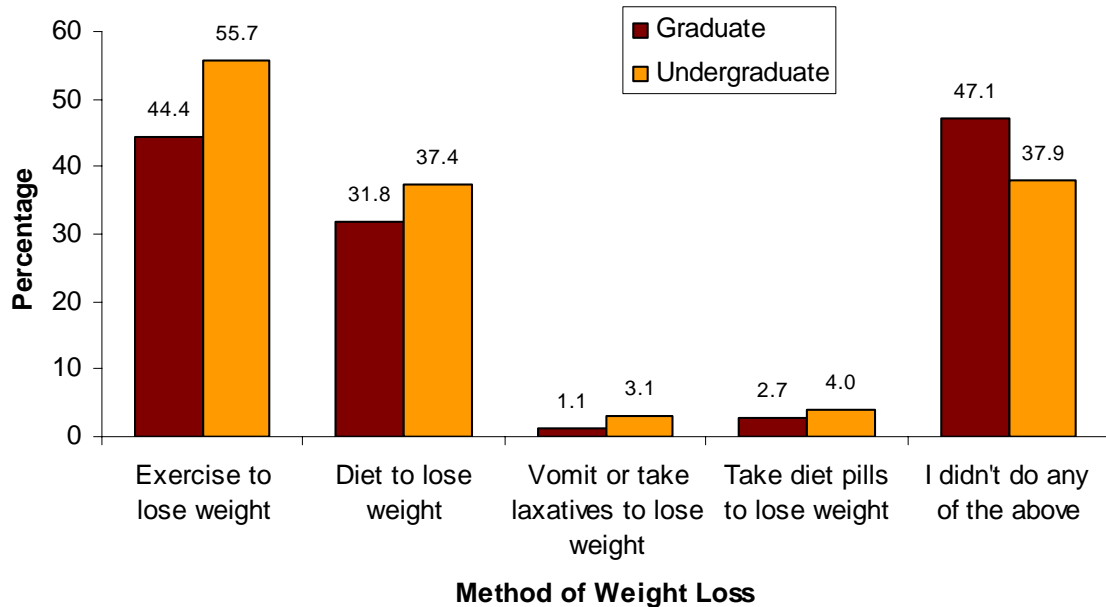
"How do you describe your weight?"



Weight-related Behaviors -

Refer to Question 37 of the survey.

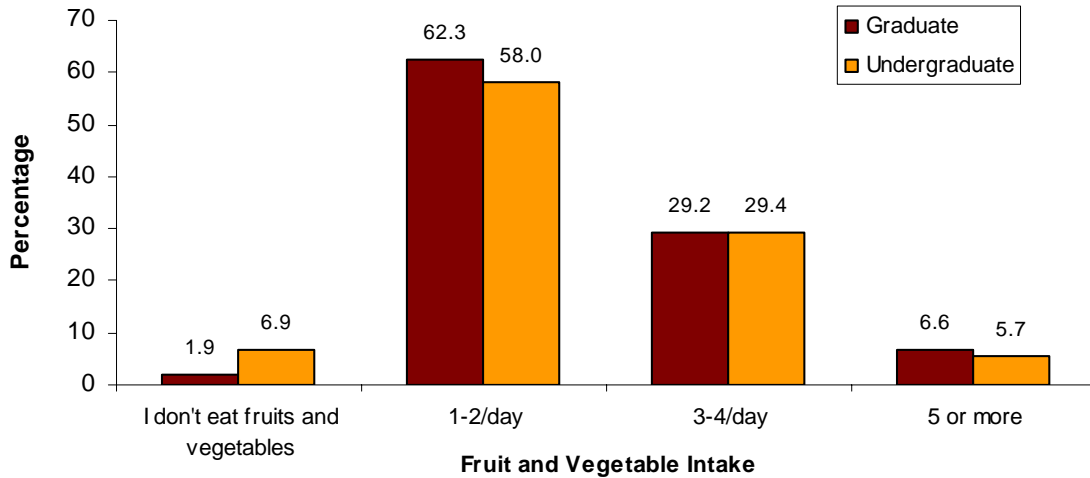
*"Within the last 30 days, did you do any of the following?"**



Fruit and Vegetable Intake -

Refer to Question 38 of the survey.

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

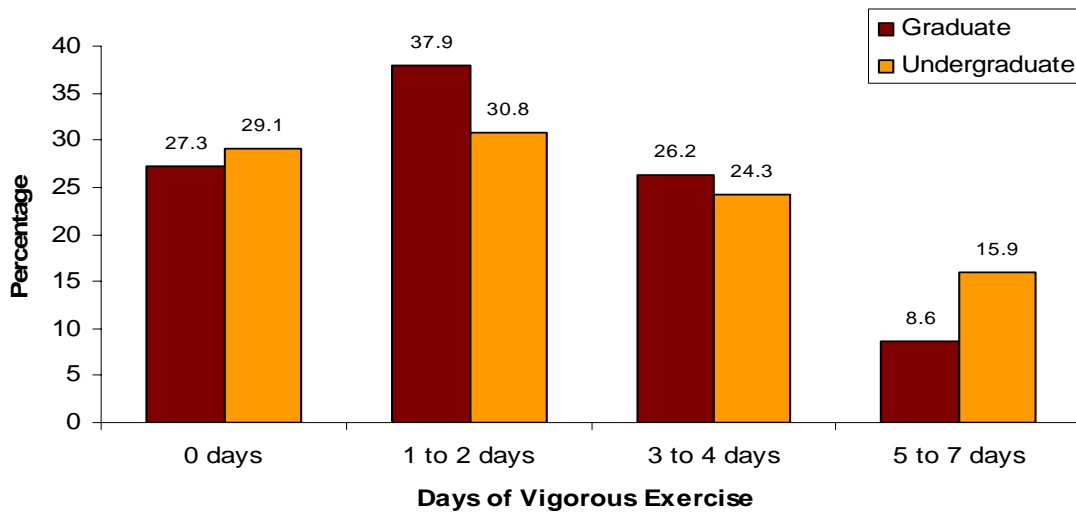


- Fruit and Vegetable Intake** – The daily USDA recommended allowance of fruit and vegetables is 5-9. In 2005 only 6.6% of graduate students and 5.7% of undergraduate students ate the recommended allowance of 5 or more servings per day.
Refer to Question 38 of the survey.

Exercise Habits -

Refer to Question 39 of the survey.

“On how many of the past 7 days did you participate in vigorous exercise for at least 20 minutes or moderate exercise for at least 30 minutes?”



- Strengthening and Toning Exercises** – 61.4% of undergraduate and 56.1% of graduate students exercise to strengthen and tone muscle one or more days per week.
Refer to Question 39 of the survey.

Limitations

Surveys are only useful to the extent that they reflect the opinions of the population. While we have established that the sample is representative of the USC University Park Campus in terms of demographics and college major, the degree of representativeness in terms of health-related attitudes and opinions is unknown. The survey results do correlate to similar studies completed by the Centers for Disease Control and Prevention and the American College Health Association. When a survey includes questions on sensitive subjects such as drug use and sexuality, there is always the possibility that a response bias has influenced the results. However, the literature shows that an anonymous health behavior survey, such as the ACHA-NCHA, gives the responder an opportunity to share more accurate information than would otherwise be provided. In general, the best way to minimize the chances of a response bias is to achieve a high response rate. The response rate of approximately thirty percent achieved in these surveys, while typical of USC surveys, is not of sufficient size to ensure representativeness on all important factors. It is therefore recommended that the results described in this report be thought of as preliminary until further research is done.

Conclusion

A student's health has a great impact on their academic functioning and performance. Therefore, this data can be utilized by various departments and organizations on campus to form partnerships and collaborations in order to provide a more integrative approach to advancing the health of the students.

Most students reported their general health as being excellent, very good, or good. However, there are a number of specific health issues such as stress, sleep, depression and anxiety that negatively impact the lives of students and should continue to be addressed in programmatic ways by faculty and staff. The rate of depressive symptoms and suicidal ideation experienced by both undergraduate and graduate students underscores the need for continued resources, services, and support in the area of mental health. Finally, with respect to the misperceptions held by students around the behaviors of their peers, continued efforts by the campus community to create and support an accurate picture of USC students are greatly needed.

The mission of the University of Southern California is the "development of human beings and society as a whole through the cultivation and enrichment of the human mind and spirit." In order to truly facilitate this mission, the health of students must be a top priority. The data provided by the American College Health Association National College Health Assessment is a tool for all departments and organizations to use in order to advance the health of our students as it enhances student learning and aids in their growth as well-functioning individuals in society.

References

ACHA-NCHA website: http://www.acha.org/projects_programs/assessment.cfm

USC University Park Student Health Center website:
<http://www.usc.edu/uphc>

Health Promotion and Prevention Services website:
<http://www.usc.edu/hpps>

Counseling Services website:
<http://www.usc.edu/scs>

If you have any questions about this document and/or the data presented please contact HPPS at 213-740-4777.

Acknowledgments

This report would not have been possible without the contributions, dedication, and patience of the following individuals:

Michael Jackson, Vice President of Student Affairs
Natasha Thompson, ACHA-NCHA Coordinator, USC Health Promotion and Prevention Services
Victor Leino, Research Director, American College Health Association
Larry Neinstein, Executive Director, USC University Park Health Center
Ali Fahmy, Director, USC Student Outcomes Research
Mark Pavelchak, Former Director, USC Student Outcomes Research
Ann Hickey, Research Assistant, USC Student Outcomes Research
Paula Swinford, Director, USC Health Promotion and Prevention Services
Ranell Myles, Former Graduate Assistant, USC Health Promotion and Prevention Services
The ACHA-NCHA committee, co-chaired by Daisye Orr and Patricia Ketcham

A special thanks to the entire Health Promotion and Prevention Services staff for their continued support and feedback.

Thank you to all the students who sent in completed surveys; your efforts help us to serve you better.

Appendix A
Representativeness of the 2005 Sample

Descriptor	All Students	Returned Survey	Difference
Class			
Doctoral	12.86	13.64	0.78
Masters	25.88	22.16	-3.72
Professional	4.64	3.13	-1.52
Freshman	7.19	10.51	3.32
Sophomore	13.20	15.34	2.14
Junior	15.86	17.33	1.47
Senior	20.36	17.90	-2.47
Gender			
Female	47.09	56.96	9.87
Male	52.91	43.04	-9.87
Cumulative GPA by class			
Doctoral	3.69	3.74	0.05
Masters	3.48	3.56	0.09
Professional	2.00	1.97	-0.03
Freshman	2.98	3.14	0.16
Sophomore	3.12	3.24	0.11
Junior	3.14	3.30	0.16
Senior	3.19	3.25	0.06
Ethnicity			
Native Amer.	0.67	1.14	0.47
Asian	19.32	19.46	0.14
Black	5.58	3.84	-1.75
Latino	10.83	12.07	1.25
International	17.78	16.48	-1.31
Unknown	4.39	4.55	0.16
White	41.43	42.47	1.04
Owning Unit			
ACCT	2.37	2.41	0.04
ANSC	5.97	7.53	1.56
ARCH	2.27	1.99	-0.28
BUS	16.64	12.50	-4.14
CNTV	5.04	5.26	0.22
DENT	2.77	1.42	-1.35
EDUC	3.97	3.55	-0.42
ENGR	18.21	16.76	-1.45
FA	0.97	0.71	-0.26
GERO	0.32	0.00	-0.32
JOIN	0.27	0.28	0.01
LAS	28.08	32.53	4.45
LAW	2.38	1.70	-0.67
MUS	3.46	3.98	0.52
PPD	3.50	4.97	1.47
SOWK	2.25	2.56	0.30
THTR	1.53	1.85	0.31

All results are reported as percentages except GPA.
Graduate, Doctoral, and professional students were listed as "graduate, adult special, or other."

Appendix B
Healthy Campus 2010: Update 2005

In 2000, the staff of the University Park Health Center met to discuss the application of *Healthy Campus 2010* to the USC campus. In addition, there were discussions within Student Affairs and Student Health Advisory Committee (SHAC). After multiple discussions, seven key goals were set as priorities for the next few years. Since we are at the mid-point for completion of HC 2010, it is important to look at the baseline data to plot our progress thus far, as compared to national data.

(Please refer to *Healthy Campus 2010 Priorities* on the UPHC website for more information).

Goal 1: Increase Health Insurance

To improve access to comprehensive, high-quality health care service...we will increase the proportion of USC students with health insurance.*

	Actual in 2000 (Baseline)	Actual in 2003	Actual in 2005	Targets for 2010
USC	81.9%	93.5%	95.5%	100%
National college population	83.3%			100%

*In the Fall of 2001, USC mandated that all students enroll in either the USC student Health Insurance Plan or in a health insurance plan with comparable coverage, thereby in policy meeting the 2010 target.

There was a statistically significant increase from 2000 to 2005 ($p < .001$)

*Refer to Question 58 of ACHA-NCHA.

Goal 2: Decrease Alcohol and Drug Use through increased access to information

To increase quality, availability, and effectiveness of educational and community-based programs designed to prevent and improve health and quality of life...we will increase the proportion of USC students who receive information from USC on alcohol and other drug use prevention.*

	Actual in 2000 (Baseline)	Actual in 2003	Actual in 2005	Targets for 2010
USC	32.7%	27.5%	34.8%	55%
National college population	47.5%			55%

*USC Drug Free is mailed to every USC student, staff, and faculty annually in January per the Drug Free Schools and Communities Act of 1988. The ACHA-NCHA data measures students' perceptions of alcohol and other drug use prevention information received.

AlcoholEdu course is required of all first year and transfer students as of fall 2004.

Refer to Question 2 of survey.

Goal 3: Decrease Unintentional Pregnancies

To improve pregnancy planning and spacing and prevent unintended pregnancy among all women, we will reduce unintentional pregnancies among female students at USC.

	Actual in 2000 (Baseline)	Actual in 2003	Actual in 2005	Targets for 2010
USC	2.2%	2.7%	1.0%	1.7%
National college population	2.5%			1.7%

There is a statistically significant decrease from 2000 to 2005 ($p < .01$).

*Refer to Question 30 of ACHA-NCHA

Goal 4: Increase Physical Fitness

To improve health, fitness, and quality of life through daily physical activity in the entire population...we will increase the proportion of USC students who engage in moderate physical activity at least 3 days per week for 30 minutes OR vigorous physical activity at least 3 days a week for 20 minutes.

	Actual in 2000 (Baseline)	Actual in 2003	Actual in 2005	Targets for 2010
USC	32.7%	35.4%	38.2%	45%
National college population	40.3%			55%

*Refer to Question 39 of survey.

Goal 5: Increase Fruit and Vegetable Consumption

To promote health and reduce chronic disease associated with diet and weight...we will increase the proportion of USC students who consume at least five daily servings of fruit and vegetables.

	Actual in 2000 (Baseline)	Actual in 2003	Actual in 2005	Targets for 2010
USC	6.5%	7.1%	6.6%	10%
National college population	7.4%			25.5%

*Refer to Question 38 of survey.

Goal 6: Decrease Sexual Assault

To reduce disabilities, injuries, and deaths due to unintentional injuries and violence...we will reduce the annual rate of rape, or sexual assault other than rape on the USC campus.

Rape and Attempted Rape

	Actual in 2000 (Baseline)	Actual in 2003	Actual in 2005	Targets for 2010
USC	2.7%	2.6%	2.3%	2.3%
National college population	3.5%			2.3%

Sexual Assault Other Than Rape

	Actual in 2000 (Baseline)	Actual in 2003	Actual in 2005	Targets for 2010
USC	8.8%	5.1%	6.9%	5.6%
National college population	9.6%			5.6%

*Refer to Question 7 of survey

Goal 7: Decrease Depression through increased access to treatment

To improve mental health and ensure access to appropriate, quality mental health services...we will increase the number of USC student who receive treatment for their recognized depression.

	Actual in 2000 (Baseline)	Actual in 2003	Actual in 2005	Targets for 2010
USC	51.8%	51.6%	48.1%	66%
National college population	41.4%			50%

*Refer to Question 41 of survey