

MARQUETTE UNIVERSITY DIVISION OF STUDENT AFFAIRS
American College Health Association –
National College Health Assessment (ACHA-NCHA)
2009 Executive Summary



Center for Health Education & Promotion/ Student Health Service

INTRODUCTION

Health issues and health-related costs can have a major impact upon the quality of student and academic life at institutions of higher education. The ACHA-NCHA is a national research survey organized by the American College Health Association to assist college health service providers, health educators, counselors, and administrators in collecting data about their students' habits, behaviors, and perceptions on the most prevalent health topics. To date, more than 300,000 students at 300+ colleges and universities across the country have already taken the survey.

THE MARQUETTE UNIVERSITY 2009 DATA SET: N=2000; 574 COMPLETED SURVEYS; 29.0% RESPONSE RATE.

RESULTS

General Health of College Students

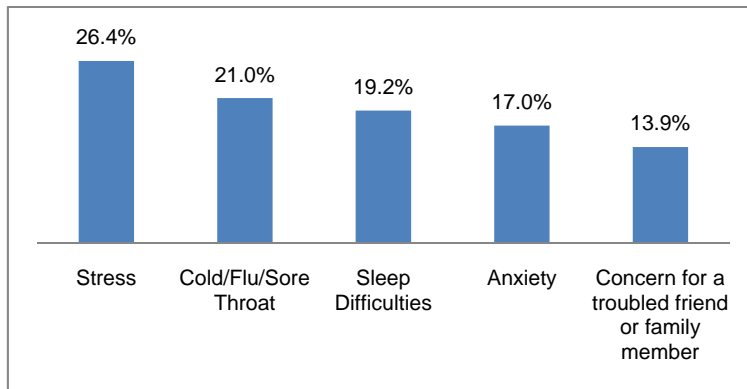
61.4% of student surveyed described their health as very good or excellent.

Within the last school year, college students reported experiencing the follow health concerns or problems. Top 10 most frequently reported:

Allergies:	20.4 %	Urinary tract infection:	8.8 %
Sinus infection:	18.9 %	Migraine headache:	8.1 %
Strep throat:	12.8 %	Broken bone/Fracture/Sprain:	7.9 %
Back pain:	11.6 %	Ear infection:	7.2 %
Asthma:	11.2 %	Bronchitis:	6.1 %

Academic Impacts

Within the last school year students reported the following factors affecting their individual academic performance; e.g. received an incomplete, dropped a course, received a lower grade in a class, on an exam, or on an important project. Top 5 most frequently reported:



Depression

12.9% of students reported being diagnosed with depression

Of those students reporting ever having been diagnosed with depression:

	Percent (%)	Total
Diagnosed with depression in the last school year		1.6
Currently in therapy for depression		0.7
Currently taking medication for depression		2.3
Currently taking medication for depression and in therapy		3.2

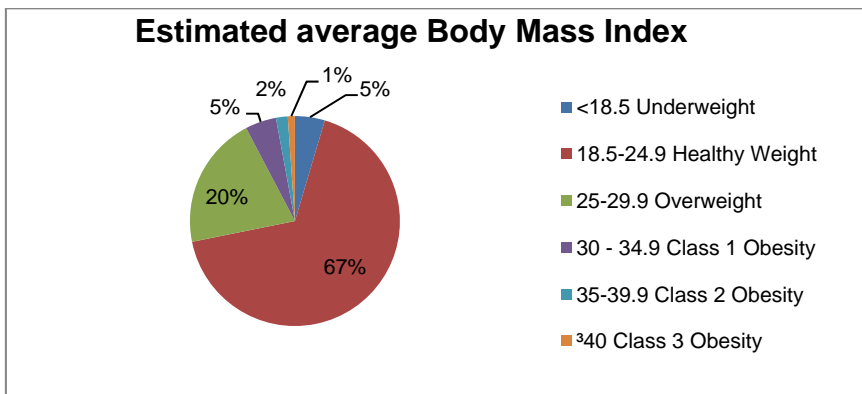
Nutrition and Exercise

Students reported usually eating the following number of servings of fruits and vegetables:

Percent (%)	Total
Don't eat fruit & vegetables	5.2
1 or 2 per day	64.8
3-4 per day	26.3
5 or more per day	3.7

Students reported participating in moderate intensity cardio or aerobic exercise for at least 30 minutes within the past 7 days:

Percent (%)	Male	Female	Total
0 days	29.8	23.8	26.0
1-4 days	55.2	58.7	57.5
5-7days	14.9	17.5	16.5



Sexual Behavior

Students reported the following in the last school year:

Percent (%)	Male	Female	Total
Having had no sexual partner	37.2	34.5	35.2
Having had 1 sexual partner	36.1	43.9	41.5
Having had 2 sexual partners	13.3	9.1	10.5
Having had 3 sexual partners	5.6	5.2	5.3
Having had 4 or more sexual partners	7.8	7.3	7.5

Students who were sexually active in the last 30 days reported:

Type of Sexual Behavior	Percent (%)	Oral	Vaginal	Anal
Using a condom within the last 30 days (mostly or often)	5.8	72.0	35.3	

Reported means of birth control used among students or their partners to prevent pregnancy the last time they had vaginal intercourse (top 5 methods):

Percent (%)	Male	Female	Total
Male condom	79.5	73.5	75.4
Birth control pills	58.3	67.2	64.8
Withdrawal	23.2	32	29.2
Spermicide	7.3	7.3	7.1
Vaginal ring	7.3	5.2	5.7
Male condom use plus another method	59.0	59.0	59.4

17.4% of sexually active college students reported using (or reported their partner used) emergency contraception (“morning after pill”) within the last 12 months.

Alcohol, Tobacco, and Other Drug Use

Reported use versus perceived use within the past 30 days:

Percent (%)	Never		Used one or more days		Used daily	
	Reported Use (total)	Perception of Typical Use	Reported Use (total)	Perception of Typical Use	Reported Use (total)	Perception of Typical Use
Alcohol	14.5	0.5	75.7	92.7	1.1	6.2
Cigarettes	66.4	4.4	11.7	67.6	1.7	15.5
Hookah	69.4	8.3	5.5	67.2	0.2	0.4
Cigars, little cigars, clove cigarettes	68.5	9.6	4.3	60.8	0.2	2.3
Smokeless Tobacco	90.5	23.8	2.4	48.7	0.4	1.6
Marijuana	69.8	5.2	9.2	73.4	0.7	2.1

Demographics

Sex:

Female	67.2%
Male	31.7%
Transgender	0.0%

Students describe themselves as:

White	87.3%
Black – not Hispanic	2.4%
Hispanic or Latino	4.2%
Asian or Pacific Islander	5.2%
American Indian, Alaskan Native or Native Hawaiian	0.7%
Biracial or Multiracial	1.9%
Other	0.7%

Age:

18 – 20 years	61.3%
21-24 years	38.5%
25-29 years	0.2%
30+ years	0.0%

Student Status – all students were full-time students

1 st yr. undergraduate	25.6%
2 nd yr. undergraduate	21.9%
3 rd yr. undergraduate	24.4%
4 th yr undergraduate	24.2%
5th yr. or more undergraduate	3.2%
Graduate or professional	0.5%
Not seeking a degree	0.2%

DISCUSSION

The ACHA-NCHA data can be used in many different ways. To date, we have continued to look at the most common health and behavior risks affecting our students; we are implementing more evidence based health promotion programs with targeted educational and environmental initiatives; and we have informed a variety of campus task forces (e.g. Tobacco Coalition, DSA Sexual and Reproductive Health Workgroup).

The ACHA-NCHA will continue to be implemented out of the Center for Health Education & Promotion/Student Health Service every other year during the spring semester.

For questions about this report or data, please contact:

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