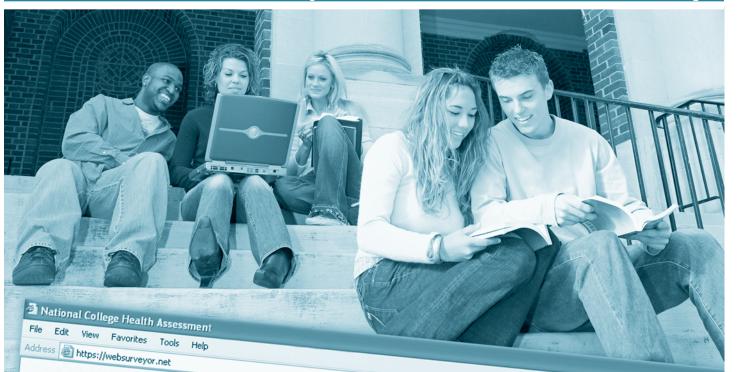
## A) N C H A American College Health Association National College Health Assessment

## Reference Group Executive Summary



# National College Health Assessment

The following questions ask about various aspects of your health. This survey is completely voluntary. You may choose not to participate or not to answer any specific questions. You may skin any question you are not comfortable answering. The survey The following questions ask about various aspects or your nearth. This survey is completely voluntary, you may choose nucleu participate or not to answer any specific questions. You may skip any question you are not comfortable answering. The survey is confidential. E-mail contact information is destroyed before data are compiled to protect approximity. Comparing data will then be participate or not to answer any specific questions, you may skip any question you are not configurable answering. The survey is confidential. E-mail contact information is destroyed before data are compiled to protect anonymity. Composite data will then be shared with your compute for use in health promotion activities. NAVIGATE WITH THE MOUSE OR PRESS THE TAB KEY AFTER EACH ENTRY The first 10 questions ask about health, health education, and safety

1) Considering your age, how would you describe your general health?

○ Excellent ○ Very good ◎ Good ○ Fair ○ Poor ○ Don't know

2) On which of the following health topics have you received information from your college

## Spring 2008



American College Health Association



## Reference Group Executive Summary Spring 2008

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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ACHA-NCHA Executive Summary designed by 2001 ACHA-NCHA Advisory Committee

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### 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-National College Health Assessment (ACHA-NCHA) is a national research survey organized by the American College Health Association (ACHA) 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.

ACHA initiated the survey in 1998; the survey now provides the largest known comprehensive data set on the health of college students, providing the college health and higher education fields with a vast spectrum of research on student health.

For additional information about the survey's development, design, and methodology, email E. Victor Leino, PhD (vleino@acha.org), Mary Hoban, PhD, CHES (mhoban@acha.org), or visit www.acha-ncha.org.

ACHA, the nation's principal advocate and leadership organization for college and university health, represents a diverse membership that provides and supports the delivery of health care and prevention and wellness services for the nation's 17 million college students. For more information about the association's programs and services, visit www.acha.org.

This Executive Summary highlights results of the ACHA-NCHA Spring 2008 survey for a Reference Group consisting of 80,121 respondents.

## **Possible Uses of the ACHA-NCHA**

The following are possible uses of the ACHA-NCHA findings:

- o Determine priority health issues among student populations.
- o Provide prevalence rates and formulate baseline data for tracking trends.
- o Measure progress and effectiveness of intervention strategies.
- o Support institutional policies and local laws that affect the health of a campus community.

- o Create individual reports, information campaigns, research projects to educate both campus and community partners.
- o Distribute risk factor information about the student population through summary reports that focus on specific health topics or problem areas.
- o Monitor prevalence and care for specific chronic disease groups.
- o Monitor acute illness and prevention efforts.
- o Provide group or cohort-specific estimates.
- o Assess the correlation between one characteristic or behavior and another in a given population.
- o Identify students' level of self-knowledge about health protection practices and illnesses.
- o Identify students' perceptions about peer behavior.
- o Assess the impact of health and behavior factors on academic performance.
- o Track the progress of selected objectives in Healthy Campus 2000 and Healthy Campus 2010 for ongoing and future tracking.

#### Note on use of data:

Missing values have been excluded from analysis. Students responding "not applicable" were excluded from several analyses, which are specifically noted throughout this document. All response categories were included, including "don't know" or "0" unless otherwise noted.

### Findings

#### A. General Health of College Students

62.3 % of students surveyed (66.3 % male and their health as very good or excellent.

60.1 % female) described

Within the last school year, college students reported experiencing:

Allergy problems:	47.9 %	Repetitive stress injury:	7.0 %
Anorexia:	1.8 %	Seasonal affective disorder:	8.0 %
Anxiety disorder:	13.2 %	Substance abuse problem:	3.6 %
Asthma:	11.7 %	Back pain:	46.1 %
Bulimia:	2.1 %	Broken bone/fracture:	5.0 %
Chronic fatigue syndrome:	3.1 %	Bronchitis:	8.2 %
Depression:	17.0 %	Chlamydia:	0.9 %
Diabetes:	1.0 %	Ear infection:	9.5 %
Endometriosis:	1.0 %	Gonorrhea:	0.2 %
Genital herpes:	1.0 %	Mononucleosis:	2.2 %
Genital warts/HPV:	2.4 %	Pelvic inflammatory disease:	0.3 %
Hepatitis B or C:	0.3 %	Sinus infection:	30.7 %
High blood pressure:	4.6 %	Strep throat:	13.8 %
High cholesterol:	3.8 %	Tuberculosis:	0.3 %
HIV infection:	0.3 %		

82.8 % of college students ( 78.5 % male, above conditions within the last school year.

86.2 % female) experienced one or more of the

#### **B.** Preventive Health

Preventive health practices among college students:

- 73.0 % reported being vaccinated against hepatitis B.
- 61.8 % reported being vaccinated against meningococcal disease.
- 51.5 % reported being vaccinated against varicella (chicken pox).
- 82.3 % reported being vaccinated with measles, mumps, rubella (2 shots).
- 29.7 % reported being vaccinated against the flu in the last year.
- 77.6 % reported having a dental exam and cleaning in the last year.
- 41.4 % of males students reported that they performed testicular self exam in the last month.
- 41.4 % of female students reported that they performed breast self exam in the last month.
- 58.5 % of females reported having a routine gynecological exam in the last year.
- 89.2 % reported having their blood pressure checked in the last 2 years.
- 45.0 % reported having cholesterol checked in the last 5 years.
- 18.7 % reported using sunscreen daily.

Percent (%)	N/A, didn't drive, ride, or skate within the last school year	Never	Rarely or sometimes	Mostly or always	Mostly or always (N/A responses not included)*
Wore a seatbelt	0.4	0.4	4.1	95.1	95.4
Wore a helmet when riding					
a bicycle	49.4	22.6	11.6	16.3	32.2
Wore a helmet when riding					
a motorcycle	85.3	1.4	1.1	12.2	82.9
Wore a helmet when inline					
skating	85.1	9.5	2.3	3.1	20.9

College students reported the following behaviors within the last school year:

\* Students responding "N/A, didn't drive, ride, or skate within the last school year" were excluded from this analysis.

#### **C. Academic Impacts**

Within the last school year students reported the following factors affecting their individual 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 (listed alphabetically):

Alcohol use:	7.8 %	Eating disorder/problem:	1.3 %
Allergies:	4.8 %	HIV infection:	0.1 %
Assault (physical):	0.6 %	Injury:	3.5 %
Assault (sexual):	0.9 %	Internet use/computer games:	16.9 %
Attention deficit disorder:	7.4 %	Learning disability:	3.5 %
Cold/flu/sore throat:	28.8 %	Mononucleosis:	1.6 %
Concern for a troubled		Pregnancy (yours or partner's)	0.8 %
friend or family member:	18.8 %	Relationship difficulty:	15.9 %
Chronic illness:	2.9 %	Sexually transmitted disease:	0.4 %
Chronic pain:	3.2 %	Sinus infection/ear infection/	
Death of a friend/family member:	9.3 %	bronchitis/strep throat:	9.3 %
Depression/anxiety disorder/seasonal		Sleep difficulties:	25.6 %
affective disorder:	16.1 %	Stress:	33.9 %
Drug use:	2.4 %		

#### **D.** Violence

Within the last school year, college students reported experiencing:

Percent (%)	Male	Female	Total
A physical fight	11.3	3.1	6.0
Being physically assaulted (non-sexually)	4.6	2.8	3.5
Verbal threats for sex against their will	2.2	3.7	3.2
Sexual touching against their will	3.8	10.2	8.0
Attempted sexual penetration against their will	0.9	3.7	2.7
Sexual penetration against their will	0.7	1.9	1.5
An emotionally abusive relationship	8.8	14.3	12.4
A physically abusive relationship	1.6	2.1	2.0
A sexually abusive relationship	1.0	1.8	1.5

#### E. Alcohol, Tobacco, and Other Drug Use

Thirty day prevalence - substance use reported by college students (male, female, total):

#### Alcohol

Alconol			
Percent (%)	Male	Female	Total
Never used	18.0	17.0	17.4
Used, but not in the last 30 days	11.2	15.0	13.7
Used 1-9 days	51.5	55.6	54.1
Used 10-29 days	18.5	12.1	14.4
Used all 30 days	0.8	0.2	0.4

#### Cigarette

Percent (%)	Male	Female	Total
Never used	63.2	67.4	66.0
Used, but not in the last 30 days	18.1	18.2	18.1
Used 1-9 days	10.3	7.7	8.6
Used 10-29 days	4.5	3.3	3.7
Used all 30 days	4.0	3.4	3.6

#### Marijuana

Iviarijuana			
Percent (%)	Male	Female	Total
Never used	61.4	66.9	65.0
Used, but not in the last 30 days	20.9	20.4	20.5
Used 1-9 days	10.9	9.3	9.9
Used 10-29 days	5.0	2.7	3.5
Used all 30 days	1.8	0.7	1.1

Reported use versus perceived use - reported use for all students within the past 30 days compared with how often students perceived the typical student on campus used substances within the same time period:

	Never		Used one or more days		Used daily	
	Reported	Perception of Typical	Reported	Perception of Typical	Reported	Perception of
Percent (%)	Use (total)	Use	Use (total)	Use	Use	Typical Use
					(total)	
Alcohol	17.4	3.7	68.5	62.2	0.4	34.1
Cigarettes	66.0	15.6	12.3	53.9	3.6	30.5
Marijuana	65.0	20.0	13.4	61.4	1.1	18.6

4.4 % of college students reported driving after having 5 or more drinks in the last 30 days.\* 

\*Students responding "N/A, don't drive" were excluded from this analysis.

Estimated BAC (Blood Alcohol Concentration) of college students: This is an estimated figure based on the reported number of drinks consumed during the last time all students (including non-drinkers) "partied" or socialized, their approximate time of consumption, sex, and the average rate of ethanol metabolisim.

<b>Estimated BAC</b>	Percent (%)	Male	Female	Total
<.08		66.8	65.7	66.1
<.10		73.7	73.4	73.5
Mean		0.07	0.07	0.07
Median		0.04	0.05	0.05
Std Dev		0.08	0.08	0.08

Reported number of drinks consumed the last time students "partied" or socialized:

Number of drinks	Percent (%)	Male	Female	Total
<= 4		50.8	68.6	62.3
<= 4 <= 5 <= 6		59.1	78.8	71.8
<= 6		66.7	86.0	79.2
Mean		5.34	3.41	4.10
Median		4.00	3.00	3.00
Std Dev		5.21	3.18	4.13

Reported number of times college students consumed five or more drinks in a sitting within the last two weeks:

Perc	cent (%)	Male	Female	Total
None		52.7	67.8	62.5
1-2 times		25.9	21.8	23.2
3-5 times		16.3	8.6	11.3
6 or more times		5.1	1.8	3.0

College students reported doing the following when they "partied" or socialized during the last school year:\*

When at a party or when going out	usually or always
	Percent (%)
alternate non-alcoholic with alcoholic beverages:	32.1
determine in advance not to exceed a set number of drinks:	39.4
choose not to drink alcohol:	25.5
use a designated driver:	79.9
eat before and/or during drinking:	82.1
have a friend let you know when you have had enough:	27.3
keep track of how many drinks being consumed:	66.5
pace drinks to one or fewer an hour:	30.3
avoid drinking games:	38.0
drink an alcoholic look-alike:	7.2

\*Students responding "N/A, don't drink" were excluded from this analysis.

■ 97.1 % of college students reported usually doing or always doing one or more of the above behaviors when drinking alcohol during the last school year.\*

\*Students responding "N/A, don't drink" were excluded from this analysis.

College students who drank alcohol reported the following consequences occurring in the last school year as a result of their own drinking:\*

Percent (%)	Male	Female	Total
Being physically injured	18.9	18.3	18.6
Physically injured another person	6.1	2.6	3.9
Being involved in a fight	9.3	4.0	5.9
Doing something they later regretted	37.2	34.3	35.4
Forgetting where they were or what they had done	34.5	29.0	30.9
Having someone use force or threat of force to have sex	0.7	1.6	1.3
with them			
Having unprotected sex	16.5	13.4	14.5

\*Students responding "N/A, don't drink" were excluded from this analysis.

#### F. Sexual Behavior

College students reported the following within the last school year:

Percent (%)	Male	Female	Total
Having had no sexual partner	31.0	29.3	29.9
Having had 1 sexual partner	42.0	48.8	46.4
Having had 2 sexual partners	10.6	11.0	10.9
Having had 3 sexual partners	6.5	5.4	5.8
Having had 4 or more sexual partners	9.9	5.4	7.0

Number of partners among students reporting to have at least one sexual partner within the last school year:\*

Mean	2.24	1.68	1.88
Median	1.00	1.00	1.00
Std Dev	3.34	1.92	2.56

\*Only students reporting to have at least one sexual partner are included in these

Oral sex within the past 30 days	Percent (%)	Male	Female	Total
Never did this sexual		27.8	28.8	28.5
Have not done this during the last 30		27.8	26.8	27.2
Did this 1 or more times		44.4	44.3	44.3

Vaginal sex within the past 30 days Percent (%	Male	Female	Total
Never did this sexual	32.8	30.7	31.4
Have not done this during the last 30	22.1	18.3	19.7
Did this 1 or more times	45.1	51.0	48.9

Anal sex within the past 30 days	Percent (%)	Male	Female	Total
Never did this sexual		70.6	77.3	74.9
Have not done this during the last 30		23.1	18.9	20.4
Did this 1 or more times		6.3	3.8	4.7

Type of sexual behavior	Percent (%)	Oral	Vaginal	Anal
Sexually active students reported				
Using a condom within the last 30 days (mostly	y or	3.5	51.1	27.1
always)*				
Using a condom the last time they had sex**		4.0	53.5	27.7

\*Students responding "Never did this sexual activity" or "Have not done this during the last thirty days" were excluded from the analysis.

\*\*Students responding "Never did this sexual activity" were excluded from the analysis.

Reported means of birth control used among college students or their partners to prevent pregnancy the last time they had vaginal intercourse:

Percent (%)	Male	Female	Total
Birth control pills	37.8	41.6	40.0
Depo Provera (shots)	1.1	1.3	1.2
Norplant (implant)	0.7	0.3	0.4
Condoms	41.2	36.8	38.2
Diaphragm, cervical cap, sponge	0.7	0.4	0.5
Spermicide	3.1	2.1	2.4
Fertility awareness	2.5	2.6	2.6
Withdrawal	14.2	15.7	15.1
Other method	3.3	5.4	4.6
Nothing	4.4	3.8	4.0

■ 14.0 % of sexually active college students reported using (or reported their partner used) emergency contraception ("morning after pill") within the last school year (male: 11.5 %; female: 15.3 %).\*

\*Students responding "Not sexually active" were excluded from the analysis.

■ 2.0 % of college students who had vaginal intercourse within the last school year reported experiencing an unintentional pregnancy or got someone pregnant within the last school year. (male: 2.1 %; female: 2.0 %).\*\*

\*\*Students responding "Have not had vaginal intercourse within the last school year" were excluded from the analysis.

#### G. Nutrition and Exercise

Within the last 30 days, college students reported:

Percent (%)	Male	Female	Total
Exercising to lose weight	45.5	62.8	56.4
Dieting to lose weight	24.1	42.1	35.5
Vomiting or taking laxatives to lose weight	0.6	3.3	2.3
Taking diet pills to lose weight	1.7	3.8	3.1
Doing none of the above	49.9	30.6	37.1

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

Percent (%)	Male	Female	Total
Don't eat fruits and vegetables	4.2	2.2	3.0
1 or 2 per day	58.3	54.0	55.6
3-4 per day	29.6	34.9	33.0
5 or more per day	7.8	8.9	8.5

College students reported the following behaviors within the past 7 days

#### Participated in vigorous exercise for 20

#### minutes (or 30 minutes moderate exercise)

	Percent (%)	Male	Female	Total
0 days		20.1	24.9	23.3
1-2 days		30.6	31.6	31.3
3-5 days		38.9	35.5	36.7
6+ days		10.4	7.9	8.8

Exercising to strengthen muscles	Percent (%)	Male	Female	Total
0 days		31.9	39.2	36.7
1-2 days		27.1	31.3	29.8
3-5 days		34.1	25.8	28.7
6+ days		6.9	3.7	4.8

#### Getting enough sleep

Getting enough sleep				
to feel rested in the morning	Percent (%)	Male	Female	Total
0 days		8.0	9.6	9.1
1-2 days		26.1	26.7	26.5
3-5 days		51.1	49.0	49.7
6+ days		14.7	14.7	14.7

#### Findings continued

Estimated average Body Mass Index (BMI): This figure incorporates reported height, and weight to form a general indicator of physical health.

BMI	Percent (%)	Male	Female	Total
< 18.5 Underweight		2.4	5.5	4.4
18.5-24.9 Healthy Weight		58.2	66.7	63.7
25-29.9 Overweight		28.6	18.2	21.9
30-34.9 Class I Obesity		7.5	5.8	6.4
35-39.9 Class II Obesity		2.2	2.3	2.2
>= 40 Class III Obesity		1.1	1.5	1.4
Mean		24.74	23.73	24.09
Median		23.80	22.54	23.07
Std Dev		4.54	4.93	4.82

#### **H.** Depression

Students reported experiencing the following within the last school year:

#### Feeling overwhelmed by all they had to do

Percent (%)	Male	Female	Total
Never	11.9	3.2	6.3
1-10 times	68.1	65.4	66.3
11+ times	20.0	31.3	27.3

#### Feeling exhausted (not from physical activity)

Percent (%)			
Never	13.2	5.3	8.2
1-10 times	65.3	65.3	65.3
11+ times	21.5	29.4	26.6

#### Feeling very sad

Percent (%)			
Never	30.5	16.2	21.3
1-10 times	59.7	70.0	66.3
11+ times	9.8	13.8	12.4

#### Feeling things were hopeless

Percent (%)			
Never	45.8	33.6	37.9
1-10 times	46.0	56.5	52.8
11+ times	8.2	9.9	9.3

## Feeling so depressed it was difficult to function

Perce	nt (%) M	ale F	'emale	Total
Never	62	2.8	53.9	57.0
1-10 times	3	1.6	39.0	36.4
11+ times	5	.6	7.1	6.6

### Seriously considering attempting suicide

Percent (%)			
Never	91.5	90.7	91.0
1-10 times	7.5	8.5	8.2
11+ times	0.9	0.8	0.8

#### Attempting suicide

Percent (%)			
Never	98.6	98.8	98.7
1-10 times	1.2	1.1	1.2
11+ times	0.2	0.1	0.1

	Percent (%)	Male	Female	Total
College students reported diagnosed with depression		10.4	17.4	14.9

Of those students reporting ever having been diagnosed with depression in the item above...

Diagnosed with depression in the last school year	29.7	32.6	32.0
Currently in therapy for depression	22.3	25.2	24.5
Currently taking medication for depression	28.8	37.7	35.6

## **Demographics and Student Characteristics**

#### Δσε

Average age:22.03 yearsHeterosexual: $94.3$ %Median:20.00 yearsGay/Lesbian:2.0 %Std Dev:5.53 yearsBisexual:2.3 %Transgendered:0.1 %Unsure:1.3 %21 - 24 years:34.7 %Housing:30+ years:7.0 %Campus residence:38.2 %Fratemity or sorority:2.1 .2 %Fratemity or sorority:6.0 %6Sex*Off-campus:38.7 %Male:34.3 %Parent/guardian's:10.6 %Outer:23.3 %Hours of paid work per week:0.1 %Ist year undergraduate:20.7 %1.9 hours:18.6 %Yad year undergraduate:20.7 %1.9 hours:18.6 %Yad year undergraduate:20.7 %1.9 hours:19.6 %Sth year or more undergraduate:5.0 %20-29 hours:11.9 %Graduate or professional:10.8 %30-39 hours:4.0 %Adult special or other:1.2 %40 hours:3.3 %Full-time student:95.1 %1.9 hours:3.5 %Married/domestic partner:80.%10-19 hours:2.0 %Single:0.3 %40 hours:0.1 %Prelationship:35.8 %30-39 hours:0.2 %Separated:0.3 %40 hours:0.1 %Divorced:0.7 %More than 40 hours:0.1 %Widowed:0.1 %1.9 %30-39 hours:0.2 %Married/domestic partner:85.8 %30-39 hours:0.2 %Marri	Age:		■ Students describe themse	elves as:
Std Dev: $5.53$ yearsBisxual: $2.3$ % Transgendered: $0.1$ % Unsure: $18 - 20$ years: $34.7$ %Unsure: $1.3$ % $21 - 24$ years: $34.7$ %Housing: $38.2$ % $30+$ years: $7.0$ %Campus residence: $38.2$ % Fraternity or sorority: $2.1$ % $30+$ years: $7.0$ %Campus residence: $38.2$ % Fraternity or sorority: $2.1$ % $5.5x$ $63.6$ %Off-campus: $38.7$ %Male: $34.3$ %Parent/guardian's: $10.6$ % Other: $4.3$ % $2.1$ year undergraduate: $21.5$ % 1.9 hours: $18.6$ % $4.6$ % $2nd$ year undergraduate: $21.5$ % 1.9 hours: $18.6$ % $4.0$ % $2nd$ year undergraduate: $5.0$ % 20-29 hours: $11.9$ % $3rd$ year undergraduate: $5.0$ % 20-29 hours: $19.9$ % $3rd$ year undergraduate: $5.0$ % 20-29 hours: $19.9$ % $4du$ tspecial or other: $1.2$ % 40 hours: $0.9$ % $4du$ tspecial or other: $1.2$ % 40 hours: $0.9$ % $Full-time student:94.8 %Hours of volunteer work per week:0 hours:0.9 %8eparated:0.3 %40 hours:0.2 %80.39 hours:0.2 %9kdex - not Hispanic:5.5 %10-19 hours:0.9 %9kdex - not Hispanic:5.0 %10.19 hours:0.1 %9kdex - not Hispanic:5.0 %10.19 hours:0.1 %8ka - not Hispanic:5.0 %10.1 %Have any kind of health insurance(including pr$	Average age: 22.03 years		Heterosexual:	94.3 %
Std Dev:5.53 yearsBisexual: Transgendered: $2.3 \%$ Transgendered: $18 - 20$ years: $50.1 \%$ Unsure: $1.3 \%$ $1 - 24$ years: $34.7 \%$ Unsure: $1.3 \%$ $25 - 29$ years: $8.2 \%$ Housing: $38.2 \%$ $30+$ years: $7.0 \%$ Housing: $38.2 \%$ $30+$ years: $7.0 \%$ Campus residence: $38.2 \%$ $5 - 29$ years: $32 \%$ Housing: $38.7 \%$ $30+$ years: $7.0 \%$ Off-campus: $38.7 \%$ $5 - 29$ years: $34.3 \%$ Parent/guardian's: $10.6 \%$ Other university: $6.0 \%$ $Male:$ $34.3 \%$ Parent/guardian's: $10.6 \%$ Other: $39.9 \%$ $5 ty ear undergraduate:20.7 \%0 hours:39.9 \%2nd year undergraduate:21.5 \%1-9 hours:19.6 \%2nd year undergraduate:5.0 \%20-29 hours:11.9 \%3rd year undergraduate:5.0 \%20-29 hours:3.3 \%4th year undergraduate:5.0 \%20-29 hours:3.3 \%6raduate or professional:10.8 \%30-39 hours:3.2 \%6raduate or professional:10.8 \%30-39 hours:2.6 \%Full-time student:94.8 \%Hours of volunteer work per week:6 hours:0.9 \%10-19 hours:2.9 \%8 relationship status:5.1 \%10-19 hours:0.9 \%8 relationship:55.1 \%10-19 hours:0.2 \%5 rudent describe themselves $	Median: 20.00 years		Gay/Lesbian:	2.0 %
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Adult special or other: $1.2 \%$ $40 \text{ hours:}$ $3.3 \%$ More than $40 \text{ hours:}$ $2.6 \%$ Full-time student: $94.8 \%$ <b>Hours of volunteer work per week:</b> 0 hours: $0 \text{ hours:}$ $2.6 \%$ Relationship status: $0 \text{ hours:}$ $0.9 \%$ Single: $55.1 \%$ $1-9 \text{ hours:}$ $35.2 \%$ Married/domestic partner: $8.0 \%$ $1-9 \text{ hours:}$ $2.9 \%$ Engaged or committed dating relationship: $35.8 \%$ $30-39 \text{ hours:}$ $0.2 \%$ Separated: $0.3 \%$ $40 \text{ hours:}$ $0.1 \%$ Divorced: $0.7 \%$ More than $40 \text{ hours:}$ $0.1 \%$ Widowed: $0.1 \%$ Have any kind of health insurance (including prepaid plans, such as HMOS):White: $75.5 \%$ Yes: $87.9 \%$ Black – not Hispanic: $5.0 \%$ Unsure: $4.6 \%$ Hispanic or Latino: $6.2 \%$ Yes: $4.6 \%$ Asian or Pacific Islander: $11.6 \%$ $4.6 \%$	5th year or more undergraduate:	5.0 %	20-29 hours:	11.9 %
Image: Second status in the student:More than 40 hours: $2.6 \%$ Full-time student:94.8 \%More than 40 hours: $2.6 \%$ <b>Relationship status:</b> $0$ hours: $0$ hours: $0.9 \%$ Single: $55.1 \%$ $1-9$ hours: $35.2 \%$ Married/domestic partner: $8.0 \%$ $10-19$ hours: $2.9 \%$ Engaged or committed dating relationship: $20-29$ hours: $0.7 \%$ Separated: $0.3 \%$ $40$ hours: $0.2 \%$ Divorced: $0.7 \%$ More than 40 hours: $0.1 \%$ Widowed: $0.1 \%$ Have any kind of health insurance (including prepaid plans, such as HMOS):White: $75.5 \%$ Yes: $87.9 \%$ Black – not Hispanic: $5.0 \%$ Unsure: $4.6 \%$ Hispanic or Latino: $6.2 \%$ Asian or Pacific Islander: $11.6 \%$ American Indian or Alaskan Native: $1.6 \%$	Graduate or professional:	10.8 %	30-39 hours:	4.0 %
Full-time student:       94.8 %         ■ Relationship status:       0 hours of volunteer work per week:         0 hours:       60.9 %         Single:       55.1 %       1-9 hours:       35.2 %         Married/domestic partner:       8.0 %       10-19 hours:       2.9 %         Engaged or committed dating       20-29 hours:       0.7 %         relationship:       35.8 %       30-39 hours:       0.2 %         Separated:       0.3 %       40 hours:       0.1 %         Divorced:       0.7 %       More than 40 hours:       0.1 %         Widowed:       0.1 %       10-19       10-19         White:       75.5 %       Yes:       87.9 %         Black – not Hispanic:       5.0 %       Unsure:       4.6 %         Hispanic or Latino:       6.2 %       4.6 %       4.6 %         Asian or Pacific Islander:       11.6 %       4.6 %       1.6 %       1.6 %	Adult special or other:	1.2 %	40 hours:	3.3 %
Image: Single:Image: Single: <th< td=""><td></td><td></td><td>More than 40 hours:</td><td>2.6 %</td></th<>			More than 40 hours:	2.6 %
<b>Relationship status:</b> 0 hours: $60.9 \%$ Single: $55.1 \%$ 1-9 hours: $35.2 \%$ Married/domestic partner: $8.0 \%$ $10-19$ hours: $2.9 \%$ Engaged or committed dating $20-29$ hours: $0.7 \%$ relationship: $35.8 \%$ $30-39$ hours: $0.2 \%$ Separated: $0.3 \%$ $40$ hours: $0.1 \%$ Divorced: $0.7 \%$ More than 40 hours: $0.1 \%$ Widowed: $0.1 \%$ <b>Have any kind of health insuranceStudents describe themselves as:</b> (including prepaid plans, such as HMOs):White: $75.5 \%$ Yes: $87.9 \%$ Black – not Hispanic: $5.0 \%$ Unsure: $4.6 \%$ Hispanic or Latino: $6.2 \%$ $4.6 \%$ Asian or Pacific Islander: $11.6 \%$ $4.6 \%$	Full-time student:	94.8 %		
Single: $55.1 \%$ $1-9$ hours: $35.2 \%$ Married/domestic partner: $8.0 \%$ $10-19$ hours: $2.9 \%$ Engaged or committed dating $20-29$ hours: $0.7 \%$ relationship: $35.8 \%$ $30-39$ hours: $0.2 \%$ Separated: $0.3 \%$ $40$ hours: $0.1 \%$ Divorced: $0.7 \%$ More than 40 hours: $0.1 \%$ Widowed: $0.1 \%$ Students describe themselves as: $(including prepaid plans, such as HMOs):$ White: $75.5 \%$ Yes: $87.9 \%$ Black – not Hispanic: $5.0 \%$ Unsure: $4.6 \%$ Hispanic or Latino: $6.2 \%$ $4.6 \%$ Asian or Pacific Islander: $11.6 \%$ $4.6 \%$			Hours of volunteer work per week:	
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relationship:35.8 %30-39 hours:0.2 %Separated:0.3 %40 hours:0.1 %Divorced:0.7 %More than 40 hours:0.1 %Widowed:0.1 %	Married/domestic partner:	8.0 %	10-19 hours:	2.9 %
Separated:0.3 % 0.7 %40 hours:0.1 % More than 40 hours:Divorced:0.7 % 0.1 %More than 40 hours:0.1 %Widowed:0.1 %Image: state of the state of t	Engaged or committed dating		20-29 hours:	0.7 %
Divorced:0.7 % 0.1 %More than 40 hours:0.1 %Widowed:0.1 %Image: Constraint of the alth insuranceImage: Constraint of the alth insuranceStudents describe themselves as:Image: Constraint of the alth insuranceImage: Constraint of the alth insuranceWhite:75.5 %Yes:87.9 %Black – not Hispanic:5.0 %Unsure:4.6 %Hispanic or Latino:6.2 %11.6 %Image: Constraint of the alth insuranceAmerican Indian or Alaskan Native:1.6 %Image: Constraint of the alth insurance	relationship:	35.8 %	30-39 hours:	0.2 %
Widowed:0.1 %Students describe themselves as:Have any kind of health insurance (including prepaid plans, such as HMOs):White:75.5 %White:75.5 %Black – not Hispanic:5.0 %Hispanic or Latino:6.2 %Asian or Pacific Islander:11.6 %American Indian or Alaskan Native:1.6 %	Separated:	0.3 %	40 hours:	0.1 %
Image: Students describe themselves as:Image: Have any kind of health insurance (including prepaid plans, such as HMOs):White:75.5 %Yes:87.9 %Black – not Hispanic:5.0 %Unsure:4.6 %Hispanic or Latino:6.2 %4.6 %4.6 %Asian or Pacific Islander:11.6 %4.6 %American Indian or Alaskan Native:1.6 %4.6 %	Divorced:	0.7 %	More than 40 hours:	0.1 %
Students describe themselves as:(including prepaid plans, such as HMOs):White:75.5 %Yes:87.9 %Black – not Hispanic:5.0 %Unsure:4.6 %Hispanic or Latino:6.2 %4.6 %4.6 %Asian or Pacific Islander:11.6 %4.6 %American Indian or Alaskan Native:1.6 %4.6 %	Widowed:	0.1 %		
White:75.5 %Yes:87.9 %Black – not Hispanic:5.0 %Unsure:4.6 %Hispanic or Latino:6.2 %Asian or Pacific Islander:11.6 %American Indian or Alaskan Native:1.6 %			Have any kind of health insurance	
Black – not Hispanic:5.0 %Unsure:4.6 %Hispanic or Latino:6.2 %Asian or Pacific Islander:11.6 %American Indian or Alaskan Native:1.6 %	Students describe themselves as:		(including prepaid plans, such as HMOs):	
Hispanic or Latino:6.2 %Asian or Pacific Islander:11.6 %American Indian or Alaskan Native:1.6 %	White:	75.5 %	Yes:	87.9 %
Asian or Pacific Islander:11.6 %American Indian or Alaskan Native:1.6 %	Black – not Hispanic:	5.0 %	Unsure:	4.6 %
American Indian or Alaskan Native:1.6 %	Hispanic or Latino:	6.2 %		
	Asian or Pacific Islander:	11.6 %		
	American Indian or Alaskan Native:	1.6 %		
Other: 3.8 %	Other:	3.8 %		

\* Cases where sex is missing are included in the calulation of percentages for this variable

One hundred thirteen postsecondary institutions self-selected to participate in the Spring 2008 ACHA National College Health Assessment and 83,070 surveys were completed by students on these campuses. For the purpose of forming the Reference Group, only those institutions that surveyed all students, or used a random sampling technique are included in the analysis, yielding a final data set consisting of 80,121 students and 106 schools. Demographic characteristics of the 106 campuses follow:

Demographical Characteristics of the 106 Postsecondary Institutions Included in the Spring 2008 ACHA-NCHA Reference Group.		
Campus Characteristic	п	
Type of Institution		
Public	65	
Private	41	
2-year	3	
4-year	101	
Other	2	
Location of Campus		
Northeast (CT, ME, MA, NH, NJ, NY, PA, RI, VT)	17	
Midwest (IL, IN, IA, KS, MI, MN, MO, NE, ND, OH, SD, WI)	18	
South (AL, AR, DE, DC, FL, GA, KY, LA, MD, MS, NC, OK, SC,	35	
TN, TX, VA, WV)		
West (AK, AZ, CA, CO, HI, ID, MT, NV, NM, OR, UT, WA, WY)	32	
Outside US	4	
Campus Size		
< 2,500 students	16	
2,500 – 4,999 students	12	
5,000 – 9,999 students	18	
10,000 – 19,999 students	35	
20,000 students or more	25	
Campus Setting		
Very large city (population over 500,000)	27	
Large city (population 250,000-499,999)	8	
Small city (population 50,000-249,999)	36	
Large town (population 10,000 – 49,999)	27	
Small town (population 2,500-9,999)	4	
Rural community (population under 2,500)	4	
Carnegie Classification		
Associates Colleges	3	
Baccalaureate Colleges	17	
Masters Colleges and Universities	31	
Research Institutions	49	
Special Focus Institutions	2	
Miscellaneous/Not Classified	4	

Demographical Characteristics of the 106 Postsecondary Institutions Included in the Spring 2008 ACHA-NCHA Reference Group.		
Campus Characteristic	n	
ACHA Membership Status		
Institutional Member	98	
Nonmember	8	
Religious Affiliation		
No	88	
Yes	18	
<u>If yes:</u>		
Catholic	7	
Protestant or Other Christian	8	
Postsecondary Minority Institution (US Department of Education)		
No	100	
Yes	6	
<u>*If yes:</u>		
Postsecondary Minority Institution	1	
Historically Black College or University (HBCU)	1	
High Hispanic Enrollment	4	
Hispanic Serving Institution (HSI)	1	
Indian Tribally Controlled College or University	0	
Alaska Native-Serving Institution	0	
Native Hawaiian-Serving Institution	1	
*institutions may hold more than one type of minority status		

	All Spring 2008 Institutions	Paper Survey Administration	Web Survey Administration
Number of institutions	106	10	96
Number of students	80,121	7,228	72,893
Mean response proportion	29%	93%	23%
Median response proportion	23%	97%	21%



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