



### *National College Health Assessment Comparison*

Kent State 2003 responses are from the American College Health Association. National College Health Assessment: Kent State University Executive Summary Fall 2003. Baltimore: American College Health Association; 2003. (Sample size (n) = 655))

Kent State 2004 responses are from the American College Health Association. National College Health Assessment: Reference Group Executive Summary Fall 2004. Baltimore: American College Health Association; 2004. (Sample size (n) = 601))

Kent State 2008 responses are from the American College Health Association. National College Health Assessment: Kent State University Executive Summary Spring 2008. Baltimore: American College Health Association; 2008. (Sample size (n) = 427))

Reference group 2007 responses are from the American College Health Association. National College Health Assessment: Reference Group Executive Summary Fall 2007. Baltimore: American College Health Association; 2007. (Sample size (n) = 20,507))

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**\*\*All numbers are percentage of the total\*\***

**A. General Health of College Students (Alphabetical)**

**Within the last 12 months, college students reported experiencing:**

	<b>KSU 2003</b>	<b>KSU 2004</b>	<b>KSU 2008</b>	<b>Reference (2007)</b>
Allergy Problems	53.2	60.4	48.6	51.0
Anorexia	2.2	1.5	2.8	1.8
Anxiety Disorder	16.4	16.4	18.2	13.1
Asthma	9.1	13.0	12.8	12.1
Bulimia	4.1	1.3	3.1	2.0
Chronic Fatigue Syndrome	5.4	4.4	4.9	3.4
Depression	25.0	21.0	20.6	18.9
Diabetes	2.0	2.0	1.7	1.5
Endometriosis	2.5	2.5	1.2	1.3
Genital Herpes	1.7	0.7	2.1	1.0
Genital Warts/HPV	2.2	2.5	3.1	2.3
Hepatitis B or C	0.8	0.7	0.7	0.5
High Blood Pressure	7.3	5.9	5.5	6.3
High Cholesterol	4.6	3.9	2.8	4.4
HIV Infection	0.3	0.7	0.5	0.3
Repetitive Stress Injury	8.9	8.4	6.1	7.4
Seasonal Affective Disorder	10.4	8.9	13.2	6.8
Substance Abuse Problem	3.4	5.2	4.5	3.6
Back Pain	55.7	58.2	55.0	49.4
Broken Bone/Fracture	6.0	5.9	5.4	5.5
Bronchitis	8.9	10.8	10.6	7.9
Chlamydia	1.2	0.8	1.4	0.9
Ear Infection	13.7	14.0	10.2	11.5
Gonorrhea	0.5	0.3	0.5	0.3
Mononucleosis	2.2	3.9	4.0	2.2
Pelvic Inflammatory Disease	0.6	0.7	0.5	0.4
Sinus Infection	42.8	43.6	42.5	32.6
Strep Throat	16.0	16.1	16.7	15.5
Tuberculosis	0.2	0.2	0.0	0.4

## B. Preventative Health

### Preventative health practices among college students:

	<b>KSU 2003</b>	<b>KSU 2004</b>	<b>KSU 2008</b>	<b>Reference (2007)</b>
Hepatitis B Vaccination	54.1	55.2	58.4	68.7
Meningitis Vaccination	39.2	38.6	53.5	52.8
Varicella Vaccination	48.4	49.6	48.9	52.7
MMR Vaccination	85.9	83.9	84.2	77.1
Influenza Vaccination	20.0	19.4	23.9	29.2
Dental Exam in Last Year	76.6	74.9	77.7	76.3
Testicular Self-Exam in Last Month	35.7	34.0	47.1	42.1
Breast Self-Exam in Last Month	48.7	50.4	46.8	46.5
Gynecological Exam in Last Year	65.5	63.2	64.4	55.8
Blood Pressure Checked in Last 2 Years	91.3	91.4	88.9	87.9
Cholesterol Checked in Last 5 Years	41.7	43.1	40.7	43.8
Sunscreen Daily Use	14.9	14.2	17.6	18.8

### C. Academic Impacts (Alphabetical)

Within the last 12 months percentage of college students reported the following factors affecting their individual academic performance:

	<b>KSU 2003</b>	<b>KSU 2004</b>	<b>KSU 2008</b>	<b>Reference (2007)</b>
Alcohol Use	7.4	7.4	8.7	6.2
Allergies	6.2	5.9	5.4	5.2
Assault (Physical)	1.1	0.7	0.9	0.7
Assault (Sexual)	1.2	0.3	1.2	0.9
Attention Deficit Disorder	6.8	8.8	8.8	7.0
Cold/Flu/Sore Throat	26.7	26.1	27.2	24.8
Concern for Friend/Family Member	20.1	20.9	17.5	18.1
Chronic Illness	2.6	5.6	4.3	3.2
Chronic Pain	4.2	3.9	4.3	3.8
Death of a Friend/Family Member	9.0	10.3	9.2	9.8
Depression/Anxiety Disorder/SAD	20.0	18.2	19.9	15.5
Drug Use	2.5	2.0	2.9	2.1
Eating Disorder/Problem	2.2	0.7	1.2	1.3
HIV Infection	0.3	0.2	0.5	0.2
Injury	3.8	3.1	3.8	4.1
Internet Use/Computer Games	11.7	13.1	14.7	15.1
Learning Disability	3.7	3.9	4.5	4.0
Mononucleosis	1.5	2.2	1.4	1.4
Pregnancy (Yours or Partner's)	1.1	0.7	1.4	1.4
Relationship Difficulty	17.2	17.0	18.4	15.5
Sexually Transmitted Disease	0.8	0.0	0.7	0.5
Sinus/Ear/Bronchitis/Strep Infections	11.0	11.0	8.5	9.4
Sleep Difficulties	26.5	30.3	27.2	25.4
Stress	37.2	34.0	34.4	32.9

## D. Violence

Within the last 12 months, college students reported experiencing:

	<b>KSU 2003</b>	<b>KSU 2004</b>	<b>KSU 2008</b>	<b>Reference (2007)</b>
A physical fight	6.8	8.5	7.1	8.3
Being physically assaulted (non-sexual)	4.5	4.5	5.0	4.3
Verbal threats for sex against their will	4.6	4.3	4.7	3.5
Sexual touching against their will	12.5	8.4	6.8	6.9
Attempted penetration against their will	4.6	4.2	3.5	2.8
Penetration against their will	2.4	1.8	1.7	1.7
An emotionally abusive relationship	18.8	15.5	17.9	14.1
A physically abusive relationship	2.6	2.7	2.1	2.4
A sexually abusive relationship	1.4	2.0	1.6	2.0

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

Thirty day prevalence – substance use reported by college students:

### *Alcohol*

	<b>KSU 2003</b>	<b>KSU 2004</b>	<b>KSU 2008</b>	<b>Reference (2007)</b>
Never used	16.0	15.2	15.0	22.8
Used, but not in the last 30 days	15.2	16.8	18.5	15.4
Used 1-9 days	53.1	52.9	51.6	47.7
Used 10-29 days	14.9	14.9	13.6	13.4
Used all 30 days	0.8	0.2	1.2	0.7

### *Cigarette*

	<b>KSU 2003</b>	<b>KSU 2004</b>	<b>KSU 2008</b>	<b>Reference (2007)</b>
Never used	53.1	56.1	57.1	65.6
Used, but not in the last 30 days	17.5	19.2	21.5	15.5
Used 1-9 days	11.7	11.7	10.1	8.9
Used 10-29 days	7.4	6.5	3.7	4.1
Used all 30 days	10.4	6.5	7.5	5.9

***Marijuana***

	<b>KSU 2003</b>	<b>KSU 2004</b>	<b>KSU 2008</b>	<b>Reference (2007)</b>
Never used	67.5	66.8	64.1	68.8
Used, but not in the last 30 days	19.3	21.7	21.8	18.5
Used 1-9 days	8.7	8.2	9.2	8.4
Used 10-29 days	3.5	3.2	3.3	3.0
Used all 30 days	0.9	0.2	1.6	1.2

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

	<b>KSU 2003</b>	<b>KSU 2004</b>	<b>KSU 2008</b>	<b>Reference (2007)</b>
None	63.9	61.8	60.6	66.5
1-2 times	22.9	26.0	24.2	20.9
3-5 times	10.1	8.8	11.3	9.8
6 or more times	3.1	3.3	4.0	2.8

**When at a party or going out (usually or always)...**

	<b>KSU 2003</b>	<b>KSU 2004</b>	<b>KSU 2008</b>	<b>Reference (2007)</b>
Alternate non-alcoholic with alcoholic beverages	30.2	26.8	27.2	33.6
Determine in advance not to exceed a set number of drinks	41.3	38.3	36.8	43.4
Choose not to drink alcohol	30.9	30.9	28.7	29.5
Use a designated driver	79.8	77.2	85.3	80.6
Eat before and/or during drinking	76.0	77.3	82.4	81.2
Have a friend let you know when you've had enough	27.9	27.9	26.1	31.4
Keep track of how many drinks being consumed	67.0	67.9	64.0	66.4
Pace drinks to one or fewer an hour	34.9	29.6	32.9	34.0
Avoid drinking games	51.4	46.7	37.7	42.1
Drink an alcoholic look-alike	7.9	8.7	6.5	8.5

*\*Students who responded "N/A don't drink" were excluded from this analysis*

**College students who drank alcohol reported the following consequences occurring in the last 12 months as a result of their own drinking:**

	<b>KSU 2003</b>	<b>KSU 2004</b>	<b>KSU 2008</b>	<b>Reference (2007)</b>
Being physically injured	15.7	18.9	20.6	15.3
Physically injuring another person	3.8	3.0	5.7	4.1
Being involved in a fight	4.2	6.6	6.3	6.5
Doing something they later regretted	31.5	32.3	34.0	31.1
Forgetting where they were or what they had done	21.8	29.7	30.1	26.2
Having someone use force or threat of force to have sex with them	2.3	1.5	1.1	1.5
Having unprotected sex	15.1	14.7	18.7	14.2

*\*Students who responded "N/A don't drink" were excluded from this analysis*

**F. Sexual Behavior**

**College students reported the following within the last 12 months:**

	<b>KSU 2003</b>	<b>KSU 2004</b>	<b>KSU 2008</b>	<b>Reference (2007)</b>
Having had no sexual partner	24.4	24.5	20.9	31.4
Having had 1 sexual partner	50.8	51.1	52.0	45.3
Having had 2 sexual partners	11.0	11.7	11.8	10.1
Having had 3 sexual partners	6.1	4.2	7.5	5.3
Having had 4 or more sexual partners	7.7	8.5	7.8	7.9

***Oral sex within the past 30 days***

	<b>KSU 2003</b>	<b>KSU 2004</b>	<b>KSU 2008</b>	<b>Reference (2007)</b>
Never did this activity	20.8	21.9	17.9	31.3
Have not done this activity during last 30	27.5	27.8	29.1	26.0
Did this one or more times	51.7	50.3	53.0	42.7

*Vaginal sex within the past 30 days*

	<b>KSU 2003</b>	<b>KSU 2004</b>	<b>KSU 2008</b>	<b>Reference (2007)</b>
Never did this activity	25.5	26.5	22.0	31.9
Have not done this activity during last 30	21.0	22.2	19.3	18.7
Did this one or more times	53.4	51.3	58.7	49.4

*Anal sex within the past 30 days*

	<b>KSU 2003</b>	<b>KSU 2004</b>	<b>KSU 2008</b>	<b>Reference (2007)</b>
Never did this activity	73.6	69.6	71.5	75.2
Have not done this activity during last 30	20.6	24.2	22.8	19.7
Did this one or more times	5.8	6.1	5.8	5.1

**Reported means of birth control used among sexually-active college students to prevent pregnancy the last time they had vaginal intercourse**

	<b>KSU 2003</b>	<b>KSU 2004</b>	<b>KSU 2008</b>	<b>Reference (2007)</b>
Birth control pills	43.1	40.6	46.4	34.2
Depo Provera	2.3	2.8	0.7	1.3
Norplant	0.0	0.5	0.2	0.5
Condoms	36.8	39.8	43.8	35.8
Diaphragm, cervical cap, sponge	0.0	0.3	0.2	0.4
Spermicide	6.0	5.0	4.2	2.5
Fertility awareness	3.8	2.0	2.3	2.4
Withdrawal	20.5	17.1	23.2	15.6
Other method	5.8	5.3	5.9	6.2
Nothing	4.7	6.0	4.7	6.3

	<b>KSU 2003</b>	<b>KSU 2004</b>	<b>KSU 2008</b>	<b>Reference (2007)</b>
Usage of Plan B	8.4	9.6	11.8	11.7



## G. Nutrition

Within the last 30 days, college students reported:

	<b>KSU 2003</b>	<b>KSU 2004</b>	<b>KSU 2008</b>	<b>Reference (2007)</b>
Exercising to lose weight	51.3	52.1	54.8	53.1
Dieting to lose weight	36.9	33.3	43.1	34.0
Vomiting/Taking laxatives to lose weight	3.5	1.8	5.2	2.1
Taking diet pills to lose weight	6.6	4.3	5.6	3.7
Doing none of the above	41.1	42.8	33.7	38.6

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

	<b>KSU 2003</b>	<b>KSU 2004</b>	<b>KSU 2008</b>	<b>Reference (2007)</b>
Don't eat fruits and vegetables	3.7	8.5	4.5	3.7
1 or 2 per day	65.2	66.7	58.8	60.8
3-4 per day	26.0	21.2	31.1	29.1
5 or more per day	5.1	3.5	5.6	6.4

College students reported the following behaviors within the past 7 days:

*Participated in vigorous exercise for 20 minutes (or 30 minutes moderate exercise)*

	<b>KSU 2003</b>	<b>KSU 2004</b>	<b>KSU 2008</b>	<b>Reference (2007)</b>
0 days	38.8	34.5	30.7	28.1
1-2 days	29.1	32.8	30.4	32.3
3-5 days	26.9	28.6	30.2	32.0
6+ days	5.2	4.0	8.7	7.6

*Exercising to strengthen muscles*

	<b>KSU 2003</b>	<b>KSU 2004</b>	<b>KSU 2008</b>	<b>Reference (2007)</b>
0 days	45.2	45.3	42.7	42.3
1-2 days	29.1	29.8	27.7	28.6
3-5 days	20.7	22.6	25.4	24.4
6+ days	4.9	2.4	4.3	4.8

***Getting enough sleep to feel rested in the morning***

	<b>KSU 2003</b>	<b>KSU 2004</b>	<b>KSU 2008</b>	<b>Reference (2007)</b>
0 days	12.6	12.7	11.3	12.1
1-2 days	30.5	33.4	25.2	27.8
3-5 days	43.8	43.0	51.1	46.2
6+ days	13.2	10.9	12.5	13.8

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

	<b>KSU 2003</b>	<b>KSU 2004</b>	<b>KSU 2008</b>	<b>Reference (2007)</b>
< 18.5 Underweight	7.2	4.8	3.1	4.8
18.5 – 24.9 Healthy Weight	60.3	58.8	63.8	58.6
25 – 29.9 Overweight	20.5	22.6	19.5	22.9
30 – 34.9 Class I Obesity	8.6	8.3	7.1	8.2
35 – 39.9 Class II Obesity	2.5	3.1	3.8	3.4
>= 40 Class III Obesity	0.9	2.4	2.6	2.1

**H. Depression**

**Students reported experiencing the following within the last 12 months:**

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

	<b>KSU 2003</b>	<b>KSU 2004</b>	<b>KSU 2008</b>	<b>Reference (2007)</b>
Never	5.2	6.2	5.2	8.4
1-10 times	64.4	64.5	64.9	64.5
11+ times	30.4	29.2	30.0	27.1

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

	<b>KSU 2003</b>	<b>KSU 2004</b>	<b>KSU 2008</b>	<b>Reference (2007)</b>
Never	10.2	8.7	8.7	11.2
1-10 times	61.9	67.0	65.9	64.4
11+ times	27.8	24.3	25.4	24.3

*Feeling very sad*

	<b>KSU 2003</b>	<b>KSU 2004</b>	<b>KSU 2008</b>	<b>Reference (2007)</b>
Never	16.8	22.3	20.5	23.5
1-10 times	67.9	60.8	68.2	63.5
11+ times	15.3	16.9	11.3	13.0

*Feeling things were hopeless*

	<b>KSU 2003</b>	<b>KSU 2004</b>	<b>KSU 2008</b>	<b>Reference (2007)</b>
Never	29.0	33.0	29.9	38.5
1-10 times	59.2	53.8	60.9	51.7
11+ times	11.8	13.2	9.2	9.8

*Feeling so depressed it was difficult to function*

	<b>KSU 2003</b>	<b>KSU 2004</b>	<b>KSU 2008</b>	<b>Reference (2007)</b>
Never	51.0	53.4	52.2	56.8
1-10 times	41.0	37.1	41.8	36.2
11+ times	8.0	9.6	5.9	7.0

*Seriously considering attempting suicide*

	<b>KSU 2003</b>	<b>KSU 2004</b>	<b>KSU 2008</b>	<b>Reference (2007)</b>
Never	89.0	84.9	89.6	89.7
1-10 times	9.2	14.1	10.4	9.3
11+ times	1.8	1.0	0.0	1.0

*Attempting suicide*

	<b>KSU 2003</b>	<b>KSU 2004</b>	<b>KSU 2008</b>	<b>Reference (2007)</b>
Never	97.8	98.3	98.6	98.2
1-10 times	1.8	1.7	1.4	1.7
11+ times	0.3	0.0	0.0	0.2

**College students reported diagnosed with depression:**

	<b>KSU 2003</b>	<b>KSU 2004</b>	<b>KSU 2008</b>	<b>Reference (2007)</b>
	16.5	16.5	16.5	16.0

*Of those students reporting ever having been diagnosed with depression...*

	<b>KSU 2003</b>	<b>KSU 2004</b>	<b>KSU 2008</b>	<b>Reference (2007)</b>
Diagnosed with depression in last 12 months	45.4	44.8	37.1	39.2
Currently in therapy for depression	25.0	26.0	34.3	24.2
Currently taking medication for depression	44.4	36.5	43.5	35.8

**Demographics**

*Age*

	<b>KSU 2003</b>	<b>KSU 2004</b>	<b>KSU 2008</b>	<b>Reference (2007)</b>
18 – 20 years	47.7	47.9	40.3	53.0
21 – 24 years	30.2	31.4	42.9	28.5
25 – 29 years	10.1	10.8	9.2	8.1
30+ years	12.0	9.9	7.6	10.4

*Sex*

	<b>KSU 2003</b>	<b>KSU 2004</b>	<b>KSU 2008</b>	<b>Reference (2007)</b>
Female	75.5	59.4	77.8	63.3
Male	24.5	40.6	20.6	33.1

*Ethnicity*

	<b>KSU 2003</b>	<b>KSU 2004</b>	<b>KSU 2008</b>	<b>Reference (2007)</b>
White	89.0	87.5	90.2	75.2
Black – not Hispanic	3.8	5.5	4.2	4.7
Hispanic or Latino	1.1	1.0	1.4	6.9
Asian or Pacific	2.1	3.8	2.1	9.3
American Indian or Alaskan Native	0.5	1.2	0.7	1.6
Other	2.7	2.2	2.3	3.9

***Sexual Orientation***

	<b>KSU 2003</b>	<b>KSU 2004</b>	<b>KSU 2008</b>	<b>Reference (2007)</b>
Heterosexual	93.1	94.1	94.0	94.0
Gay/Lesbian	1.1	1.5	1.9	1.6
Bisexual	4.0	2.6	2.4	2.5
Transgendered	0.0	0.0	0.2	0.2
Unsure	1.7	1.7	1.4	1.8

***Have any kind of health insurance***

	<b>KSU 2003</b>	<b>KSU 2004</b>	<b>KSU 2008</b>	<b>Reference (2007)</b>
Yes	78.8	78.5	85.1	83.8
Unsure	9.5	9.7	4.7	6.4