

Mississippi State University  
Spring 2016  
National College Health Assessment Highlights

## Trends from 2013 to 2016

### *General Health*

- Decrease in self-exams (testicular (14.4%) and breast (8.7%))
- Decrease in annual gynecological exams (12.7%)

### *Mental Health*

- Increase in mental issues affecting academics (increase of 4.2%-anxiety, 1.5%-depression, 1.5%-homesickness, 3.2%-stress)
- Increase in students suffering from myriad of mental health issues (loneliness, anxiety, depression, sadness, etc.)
- Increase in students diagnosed and treated for anxiety (2.3% increase) and panic attacks (2.7% increase)

### *Violence, Abusive Relationships & Personal Safety*

- Decrease in students reporting they feel safe on campus (5.4% decrease) and in the community (3.6% decrease) during the daytime
- Increase of 1-3% in students reporting violence and abusive relationships

### *Tobacco, Alcohol & Marijuana Use*

- Increase in students abstaining from cigarette use (5.8% increase in students who never used a cigarette)
- While alcohol use remains steady (25% of MSU students report not drinking), MSU ranks higher than the national reference group on the number of drinks consumed the last time a student partied/socialized (MSU(mean)=5.82 vs. National(mean)=4.42) and the number of times students consumed 5 or more drinks in the last 2 weeks
- Decrease in students reporting driving after drinking (9% decrease)
- Decrease of 8.7% in students reporting having never used marijuana; increase of 5.1% in students reporting any use of marijuana in the past 30 days
- Increase in the percent of students using sedatives not prescribed to them (2% increase)

### *Sexual Behavior*

- Increase in students reporting multiple sexual partners (2.5% increase in students reporting 3 sexual partners and 2.3% increase in students reporting 4 or more sexual partners)

### *Nutrition and Exercise*

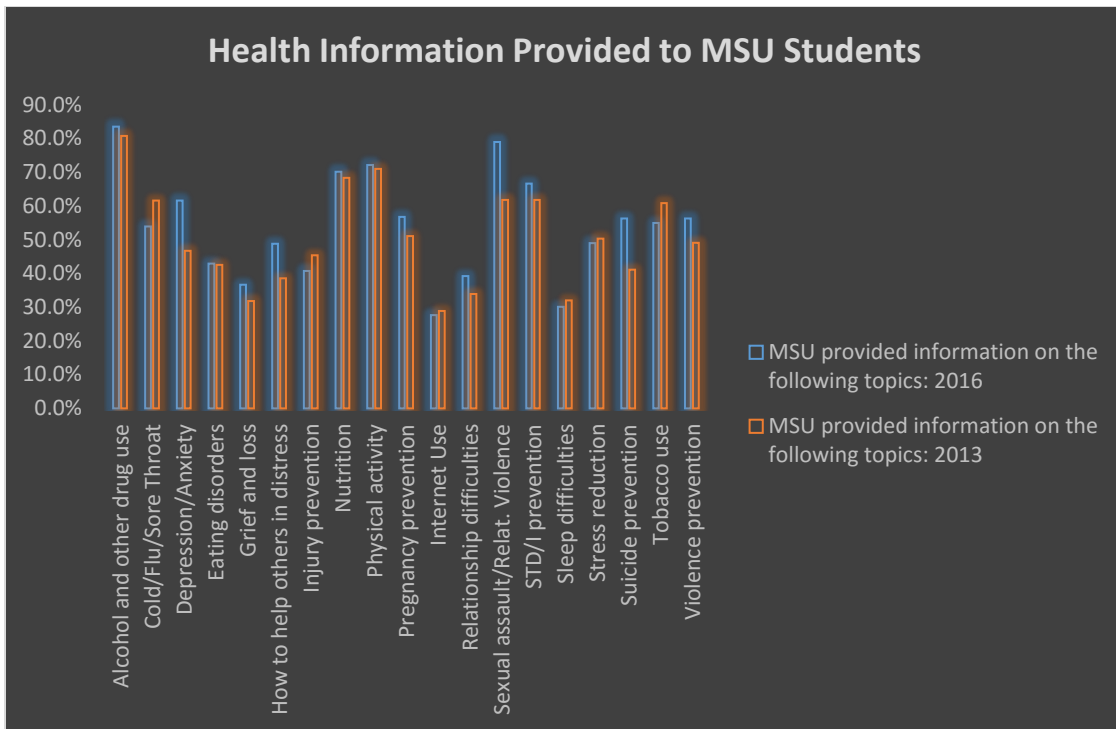
- Increase in students reporting 0 servings of fruits and vegetables per day (1.3% increase)
- Increase in students reporting no moderate or vigorous intensity exercise (5.2% increase in moderate and 4.7% increase in vigorous)
- Decrease in overweight students (3%) but increase in Class I, II, and III Obesity students (3.3%)

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## Provision of Health Information at MSU

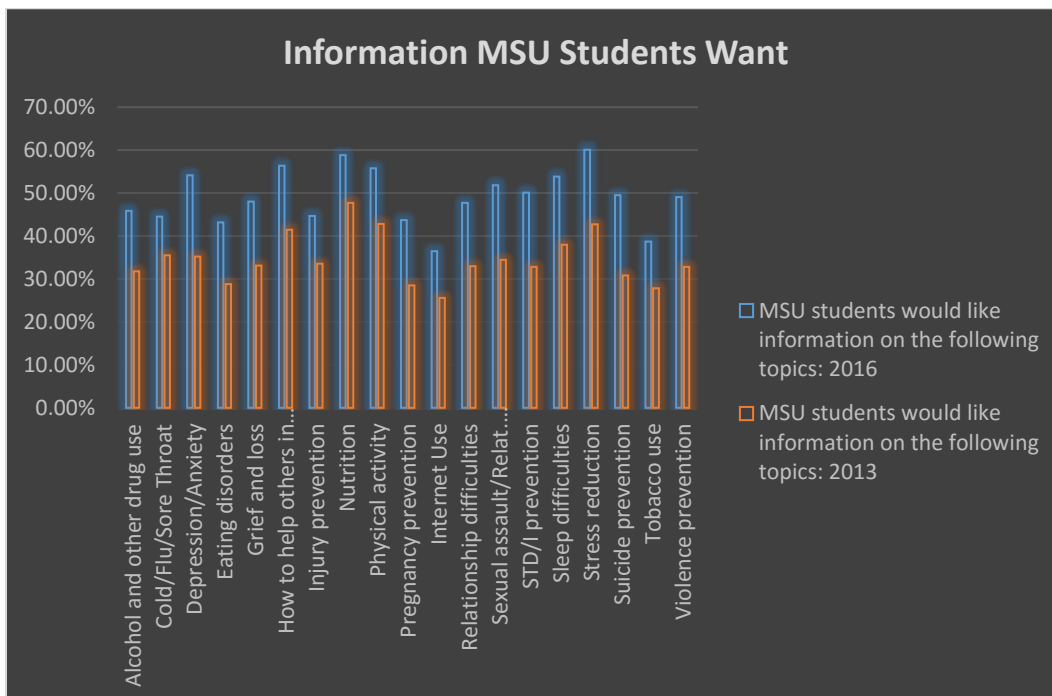
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The following chart indicates generally more MSU students are receiving information on a variety of health topics. The topics with the greatest increase (at least 14.9% increase) include Sexual Assault/Relationship Violence Prevention, Suicide Prevention, and Depression/Anxiety. Other topics seeing an increase of 5% or more include How to help others in distress, Violence Prevention, Pregnancy Prevention, Relationship Difficulties, and STD/I Prevention. Topics where information received decreased 5% or more from 2013 to 2016 includes Cold/Flu/Sore Throat, Injury Prevention, and Tobacco Use.



## Health Information MSU Students Want

Based on the chart below, more students at MSU are interested in receiving health information on a variety of topics. Between 2013 and 2016, there was between a 10% and 20% increase on interest in receiving information on all health topics provided by the Health Promotion and Wellness department except Cold/Flu/Sore Throat information. This shows more MSU students are committed to increasing their health knowledge and depend on the University to provide information on these varied health topics.



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## Academic Impacts

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*Students reported the following factors affecting academic performance (received a lower grade on an exam, important project; received a lower grade in the course; received an incomplete or dropped the course; experienced a significant disruption in thesis, dissertation, research, or practicum work):*

Stress – 22.9%	Internet use/computer games – 7.5%
Anxiety – 16.0%	Cold/Flu/Sore throat – 6.8%
Sleep difficulties – 13.6%	Relationship Difficulties – 6.7%
Work – 9.6%	ADHD – 6.4%
Depression – 8.6%	Alcohol Use – 6.3%
Participation in extracurricular activities – 8.3%	Concern for a troubled friend/family member – 6%

Below 6% - Death of a friend/family member; Finances; Roommate difficulties; Sinus infection/ear infection/bronchitis/strep throat; Homesickness; Allergies; Drug use

Below 3% - Learning disability; Chronic pain; Injury; Chronic health problem; Discrimination; Sexual assault; Eating disorder/problem; Gambling; Pregnancy (yours or partner's); STD/I

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## General Health

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**90.4%** of students describe their health as good, very good or excellent.

*Students reported being diagnosed and treated by a professional for:*

Sinus infection – 28.9%	Urinary Tract Infection – 12.4%
Allergies – 24.7%	Back pain – 11.1%
Strep throat – 17.8%	Migraine headaches – 8.7%

Below 8% - Broken bone/fracture/sprain; Ear infection; Bronchitis; Asthma; Irritable bowel syndrome; Chlamydia; High blood pressure; High cholesterol; Mononucleosis; Repetitive stress injury; Genital warts/HPV; Gonorrhea

Below 1% - Genital herpes; Diabetes; Endometriosis; Pelvic inflammatory disease; Tuberculosis; Hepatitis B or C; HIV infection

*Students reported the following:*

Attention Deficit and Hyperactivity Disorder (ADHD) – 11.7%	Chronic illness (cancer, diabetes, auto-immune disorder) – 2.5%
Learning disability – 3.5%	Partial sightedness/Blindness – 2.5%
Psychiatric condition – 3.0%	Deafness/Hearing loss – 2.1%

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## Violence, Abusive Relationships & Personal Safety

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*Within the last 12 months, students reported:*

A verbal threat – 21.3%	Sexual touching without their consent – 7.3%
An emotionally abusive intimate relationship – 10.5%	A physical assault (not sexual) – 4.5%
A physical fight – 9.3%	A physically abusive intimate relationship – 3.3%
Stalking – 7.9%	

Below 3% - Sexual penetration attempt without their consent; Sexual penetration without their consent; a sexually abusive intimate relationship

*Students reported feeling **very safe**:*

On their campus (daytime) – 77.5%
On their campus (nighttime) – 30.6%

In the community surrounding their school (daytime) –  
59.7%

In the community surrounding their school (nighttime) –  
23.9%

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## **Tobacco, Alcohol, and Drug Use**

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### *Cigarette*

Never used – 76.3%  
Any use within last 30 days – 10.3%

### *E-Cigarette*

Never used – 85.2%  
Any use within last 30 days – 4.1%

### *Tobacco from a water pipe (hookah)*

Never used – 81.2%  
Any use within last 30 days – 4%

### *Alcohol*

Never used – 24.4%  
Any use within last 30 days – 60.8%

### *Marijuana*

Never used – 65.5%  
Any use within last 30 days – 18.5%

### *Cocaine*

Never used – 95.9%  
Any use within last 30 days – 1.5%

### *Methamphetamine*

Never used – 99.3%  
Any use within last 30 days – 0.4%

### *Other amphetamines (diet pills, bennies)*

Never used – 94.4%  
Any use within last 30 days – 2.5%

### *Sedatives (downers, ludes)*

Never used – 95.9%  
Any use within last 30 days – 2%

### *Hallucinogens (LSD, PCP)*

Never used – 96.7%  
Any use within last 30 days – 0.9%

### *Anabolic steroids (Testosterone)*

Never used – 98.3%  
Any use within last 30 days – 0.6%

### *Opiates (heroin)*

Never used – 98.9%  
Any use within last 30 days – 0.4%

### *Inhalants (glue, solvents)*

Never used – 98.8%  
Any use within last 30 days – 0.4%

### *MDMA (Ecstasy)*

Never used – 97.3%  
Any use within last 30 days – 0.7%

### *Other club drugs (GHB, Ketamine, Rohypnol)*

Never used – 98.8%  
Any use within last 30 days – 0.3%

### *Other illegal drugs*

Never used – 97.3%  
Any use within last 30 days – 1%

### *Students reported taking the following prescription drugs that were not prescribed to them within the last 12 months:*

Antidepressants (Celexa, Lexapro, Prozac, Wellbutrin, Zoloft) – 1.9%

Erectile dysfunction drugs (Viagra, Cialis, Levitra) – 0.2%

Pain killers (OxyContin, Vicodin, Codeine) – 9.0%

Sedatives (Xanax, Valium) – 6.0%

Stimulants (Ritalin, Adderall) – 12.4%

### **Drinking & Driving**

**4.3%** of students reported driving after having 5 or more drinks in the last 30 days

**24.2%** of students reported driving after having any alcohol in the last 30 days

#### *Estimated BAC*

<.08 – 51.6%

<.10 – 60.2%

Mean BAC – 0.10

#### *Reported number of drinks consumed the last time students “partied”*

4 or fewer – 48.6%

5 – 11.9%

6 – 8.6%

7 or more – 30.9%

Mean number of drinks – 5.82

#### *Reported number of times students consumed 5 or more drinks in one sitting within the last 2 weeks*

N/A don’t drink – 21.7%

None – 40.9%

1-2 times – 23.5%

3-5 times – 11.3%

6 or more times – 2.6%

### **Protective Behaviors when Drinking**

*Students reported doing the following **most of the time** or **always** when they “partied” during the last 12 months*

Use a designated driver – 84.8%

Stay with the same group of friends – 78.3%

Eat before/during drinking – 74.4%

Keep track of number of drinks – 56.7%

Stick with one kind of alcohol – 45.5%

Have a friend let you know when you’ve had enough – 37.6%

Determine in advance a set number of drinks – 37.3%

Avoid drinking games – 29.1%

Pace drinks to 1 or fewer per hour – 27.9%

Alternate alcoholic & nonalcoholic drinks – 23.9%

Choose not to drink alcohol – 23.6%

#### *Students who drank alcohol reported experiencing the following in the last 12 months when drinking alcohol*

Did something you later regretted – 39.4%

Forgot where you were or what you did – 33.9%

Had unprotected sex – 28.3%

Physically injured yourself – 14.9%

Less than 5% - Got in trouble with the police; Physically injured another person; Seriously considered suicide; Someone had sex with me without my consent; Had sex with someone without their consent

**57.9 %** of students reported **one or more** of the above

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## **Sexual Behavior**

*Students reported the following number of sexual partners*

None – 32%

1 – 35.6%

2 – 11.7%  
3 – 8.1%  
4 or more – 12.6%  
Mean – 2.56

*Students reported the following behaviors in the last 30 days:*

Oral sex – 43.6%  
Vaginal sex – 43.6%  
Anal sex – 3.8%

*Sexually active students reported using a condom or other protective barrier within the last 30 days **mostly or always***

Oral sex – 5.9%  
Vaginal intercourse – 49.1%  
Anal intercourse – 28%

**49%** of students or their partner reported contraceptive use the last time they had vaginal intercourse

**19.8%** of sexually active students reported using (or reported their partner used) emergency contraception within the last 12 months

**3.1%** of students who had vaginal intercourse within the last 12 months reported experiencing an unintentional pregnancy or got someone pregnant

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## **Nutrition & Exercise**

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*Students reported eating the following number of servings of fruits and vegetables per day*

0 – 11.5%  
1-2 – 68.2%  
3-4 – 18.4%  
5 or more – 1.9%

*Students reported the following behaviors within the past 7 days*

Do **moderate-intensity** cardio or aerobic exercise for at least 30 minutes:

0 days – 25.2%  
1-4 days – 54.2%  
5-7 days – 20.6%

Do **vigorous-intensity** cardio or aerobic exercise for at least 20 minutes:

0 days – 36.4%  
1-2 days – 29.6%  
3-7 days – 34%

**51.4%** of students meet the ACSM and AHA (2007) Recommendations for moderate-intensity exercise, vigorous-intensity exercise, or a combination of the two

*Body Mass Index*

<18.5 Underweight – 4.3%  
18.5-24.9 Health Weight – 54%  
25 – 29.9 Overweight – 24.9%  
>30 Obese – 16.8%  
Mean BMI – 25.36

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## **Mental Health**

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

Felt things were hopeless

No, never – 39.3%

Any time within last 12 months – 43.3%

Felt exhausted (not from physical activity)

No, never – 18.4%

Any time within last 12 months – 74%

Felt overwhelmed by all you had to do

No, never – 13.4%

Any time within last 12 months – 80.5%

Felt very lonely

No, never – 30.3%

Any time within last 12 months – 51.2%

Felt very sad

No, never – 26.9%

Any time within last 12 months – 54.8%

Felt overwhelming anxiety

No, never – 37.4%

Any time within last 12 months – 49.8%

Seriously considered suicide

No, never – 82.2%

Any time within last 12 months – 7.1%

Intentionally cut, burned, bruised, or otherwise injured yourself

No, never – 86.7%

Any time within last 12 months – 5.2%

Felt so depressed that it was difficult to function

No, never – 53.5%

Any time within last 12 months – 27.6%

Felt overwhelming anger

No, never – 43.1%

Any time within last 12 months – 36.9%

Attempted suicide

No, never – 92.1%

Any time within last 12 months – 2.4%

*Within the last 12 months, diagnosed or treated by a professional for the following*

Anxiety – 11.2%

ADHD – 7.3%

Depression – 7.4%

Insomnia – 3%

Panic Attacks – 6.2%

Less than 3% - Obsessive Compulsive Disorder, Other sleep disorder, Phobia, Bulimia, Anorexia, Bipolar disorder, Substance abuse or addiction, Other addiction, Schizophrenia

**81.4%** of students reported none of the above

**5.9%** of students reported both Depression and Anxiety

**5.7%** of students reported any two or more of the above excluding the combination of Depression and Anxiety

*Students reported the following as being traumatic or very difficult to handle within the last 12 months:*

Academics – 44.8%

Family problems – 27.3%

Intimate relationships – 30.8%

Sleep difficulties – 25.2%

Finances – 29.2%

Personal appearance – 23.2%

*Students rated the overall level of stress experienced within the last 12 months:*

No stress – 2.9%

Less than average stress – 11.7%

Average stress – 43.4%

More than average stress – 34.4%

Tremendous stress – 7.6%

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## Sleep

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*Past 7 days, getting enough sleep to feel rested in the morning*

0 days – 10.7%

1-2 days – 33%

3-5 days – 47.6%

6+ days – 8.7%

**90.6%** of students report feeling tired, dragged out, or sleepy during the day at least 1 day per week

**90.6%** of students report having at least a little problem with sleepiness during daytime activities

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## Disease & Injury Prevention

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*Students reported receiving the following vaccinations:*

MMR – 55.3%

HPV – 42.4%

Chicken pox – 51.3%

Flu – 41.6%

Hepatitis B – 51%

Meningitis – 40.8%

*Other disease prevention:*

Dental exam and cleaning – 75.3%

Self-breast exams in last 30 days – 26.6%

Routine gynecological exam in last 12 months – 37.1%

HIV testing – 23.9%

Using sunscreen – 36.7%

Testicular self-exam in last 30 days – 12.4%

*Protective behaviors reported:*

Mostly/always wear a seatbelt when rode in car – 90.2%

Mostly/always wear a helmet when rode a bike – 16.4% (62.3% never do)

Mostly/always wear a helmet when rode a motorcycle – 77.7% (14.4% never do)

Mostly/always wear a helmet when inline skating – 20.9% (69% never do)

*Reference:* American College Health Association. American College Health Association-National College Health Assessment II: Mississippi State University Executive Summary Spring 2016. Hanover, MD: American College Health Association; 2016.