



Findings from the National College Health Assessment

Spring 2010

About the Survey

- Conducted Feb. 16, 2010 – Mar. 12, 2010
- 745 completed surveys
- Web-based
- Confidential
- 65 questions
- National reference group of 95,712

Demographics

Category	Descriptor	Percentage of Respondents
Age	Under 21	46.7
	21-29	40.7
	30 and higher	12.5
Sex	Female	63.8
	Male	35.3
Year in School	1 st year undergraduate	25.2
	2 nd year undergraduate	20.7
	3 rd year undergraduate	24.5
	4 th year or more undergraduate	22.9
	Graduate or professional	5.1
Full-time Student Status	Yes	89.7

Category	Descriptor	Percentage of Respondents
Ethnicity	White	81.1
	Black- not Hispanic	10.1
	Hispanic or Latino/a	3.2
	Asian or Pacific Islander	2.8
	American Indian or Alaskan Native	1.7
	Biracial or Multiracial	2.8
	Other	2.0
Greek Membership	Yes	9.6
Current Living Situation	Campus residence hall	16.6
	Fraternity or sorority house	0.1
	Other university housing	3.2
	Off-campus housing	53.0
	Parent/guardian's home	19.6
	Other	7.4

General Health/ Disease Prevention

- Students were most interested in receiving information related to:
 - Stress reduction- 55.5%
 - Nutrition- 51.2%
 - Physical activity- 50.7%
- Students reported the following disease prevention practices:
 - HPV vaccination- 22.3% (33.2%)
 - Influenza vaccination- 29.4% (39.9%)
 - Dental exam/cleaning in last 12 months- 63.1% (72.9%)
 - Being tested for HIV- 31.6% (25.7%)

Academic Impacts

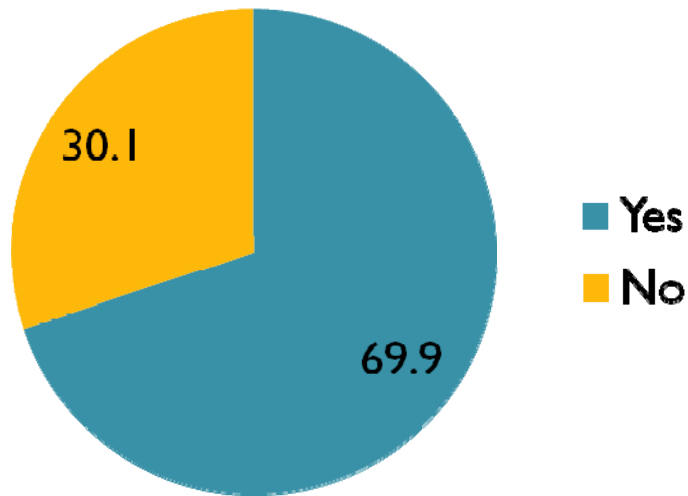
- Top ten factors negatively impacting academics:
 - Stress- 27.3%
 - Sleep difficulties- 22.7%
 - Anxiety- 18.5%
 - Work- 15.9%
 - Cold/ flu/ sore throat- 15.6%
 - Concern for a troubled friend or family member- 12%
 - Depression- 11.9%
 - Relationship difficulty- 11.5%
 - Internet use/ computer games- 11.2%
 - Upper respiratory infection- 8.7%

Alcohol, Tobacco & Other Drug Use

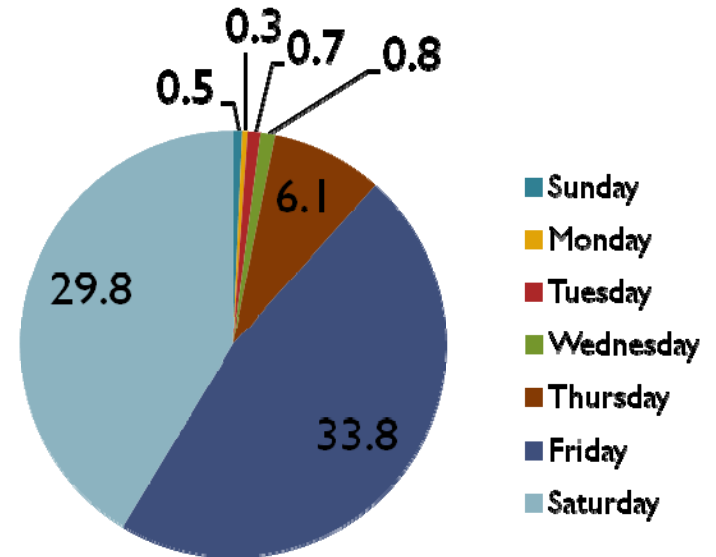
Substance	% Actual Use			% Perception Use		
	Not in last 30 days	Once or more in last 30 days	Used daily	Not in last 30 days	Once or more in last 30 days	Used daily
Alcohol	41.5	57.6	1.0	2.8	70.7	25.7
Cigarettes	80.2	9.3	10.5	4.2	45.6	47.2
Smokeless tobacco	95.5	3.3	1.2	10.9	60.3	18.8
Tobacco from a water pipe (hookah)	92.3	7.6	0.1	9.7	67.3	7.9
Marijuana	86.4	10.7	3.0	4.4	70.3	18.4

ATOD, cont.

Would you support a tobacco-free campus?



What day of the week are you MOST likely to consume alcohol?



Sexual Behavior

# of Sexual Partners in Previous 12 Months (oral, vaginal, or anal)		
# of Partners	Male	Female
0	27.3	23.0
1	47.9	54.5
2	9.7	10.1
3	6.2	5.9
4 or more	9.3	6.3

Condom Usage				
	% Males		% Females	
	Engaged in this activity	Always used a condom	Engaged in this activity	Always used a condom
Oral Sex	47.9% (44.8%)	2.1% (3.9%)	52.4% (45.2%)	4.1% (3.7%)
Vaginal Intercourse	47.9% (45.4%)	31.7% (36.1%)	59.8% (52.3%)	28.9% (33.5%)
Anal Intercourse	7.8% (6.4%)	23.4% (26.7%)	5.7% (3.9%)	11.9% (17.5%)

Contraceptive Use

	MTSU %	USA %
Birth control pills	53.1	60.9
Vaginal ring	3.4	4.9
Intrauterine device	4.8	4.3
Other hormonal method	7.0	5.4
Male condom	58.5	61.2
Female condom	0.5	0.7
Spermicide	6.3	5.0
Fertility awareness	7.5	5.4
Withdrawal	34.9	26.3
Sterilization	7.3	2.8
Other method	3.6	3.2

	MTSU %	USA %
Used (partner used) emergency contraception	13.1	16.4
Experienced (partner experienced) unintended pregnancy	4.3	2.2

Safety

Percentage of students who report feeling “very safe” on their campuses.

	MTSU %	USA %
On their campus (daytime)	68.5	84.5
On their campus (nighttime)	12.0	31.9
In the surrounding community (daytime)	45.9	57.6
In the surrounding community (nighttime)	10.8	20.1