MTSU NATIONAL COLLEGE HEALTH ASSESSMENT (NCHA) 2019

Trends and Breakdowns of Key Areas
MTSU Sample

- Survey completed mid-March 2019 through early April 2019
- 815 surveys (13.6% response rate)
- 87.8% full time
- 47.9% under age 21
- Mean GPA: 3.0
- Web-based, confidential instrument
- 65 questions
- National reference group data available
Demographic Comparison: NCHA 2019 and MTSU 2018

- **NCHA vs MTSU**
  - **1st Year**: NCHA 25.8, MTSU 19
  - **2nd Year**: NCHA 21.6, MTSU 16.4
  - **3rd Year**: NCHA 22.1, MTSU 20.8
  - **4th Year**: NCHA 25.2, MTSU 27
  - **Graduate**: NCHA 4.9, MTSU 11
  - **Male**: NCHA 30.4, MTSU 45.2
  - **Female**: NCHA 65.4, MTSU 54.8
  - **American Indian or Alaskan Native**: NCHA 2.1, MTSU 0.2
  - **Asian or Pacific Islander**: NCHA 6.3, MTSU 5.1
  - **Black or African American**: NCHA 18.9, MTSU 13.7
  - **Hispanic or Latino/a**: NCHA 6.7, MTSU 6.1
  - **Biracial or Multiracial**: NCHA 3.8, MTSU 3.6
  - **Nonspecified**: NCHA 2, MTSU 0.5

- **Comparisons**
  - The comparison highlights differences in demographic distribution between NCHA 2019 and MTSU 2018.
  - Notably, MTSU has a higher percentage of males in the graduate level compared to NCHA.
  - There are also significant differences in the representation of races/ethnicities, with MTSU showing higher percentages of Black or African American and Hispanic or Latino/a students, while NCHA shows higher percentages of American Indian or Alaskan Native and Asian or Pacific Islander students.
NCHA 2019 Sample Compared to Overall MTSU 2018 Enrollment

- Basic & Applied Science: NCHA 25.9, MTSU 24.9
- Behavioral & Health Sciences: NCHA 22.5, MTSU 21.7
- Business: NCHA 13.0, MTSU 13.4
- Education: NCHA 5.5, MTSU 3.1
- Liberal Arts: NCHA 15.3, MTSU 11.2
- Media & Entertainment: NCHA 12.2, MTSU 12.3
- University College or Other: NCHA 11.2, MTSU 11.5
WHAT WE LEARNED-
PART 1

General Health, Sexual Health, & Nutrition, Physical Activity, and Weight Management
General Health/ Disease Prevention

■ Students were most interested in receiving information related to:
  ■ Stress reduction- 75.4%
  ■ How to help others in distress- 67.5%
  ■ Depression/anxiety- 66%
  ■ Nutrition- 65.7%
  ■ Sleep difficulties- 64.8%
  ■ Physical activity- 61.3%
  ■ Suicide prevention- 55.5%
  ■ Sexual assault/relationship violence prevention- 55%
  ■ Violence prevention- 52%

■ Students reported increases in the following disease prevention practices:
  ■ HPV vaccination- 46.7% (35% increase since 2013)
  ■ Influenza vaccination- 42.2% (26% increase since 2013)
  ■ Meningococcal vaccination- 70.4% (26% increase since 2013)
Top Ten Factors Negatively Impacting Academics

- Stress
- Anxiety
- Sleep difficulties
- Depression
- Work
- Cold/flu/sore throat
- Concern for a troubled friend or family member
- Internet use/computer games
- Finances
- Relationship difficulties

NCHA Aggregate vs. MTSU Sample
## Sexual Behavior

<table>
<thead>
<tr>
<th># of Sexual Partners in Previous 12 Months (oral, vaginal, or anal)</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td># of Partners</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2019</td>
<td>2016</td>
<td>2013</td>
</tr>
<tr>
<td>0</td>
<td>31.4</td>
<td>37.5</td>
</tr>
<tr>
<td>1</td>
<td>46.2</td>
<td>41.4</td>
</tr>
<tr>
<td>2</td>
<td>9.3</td>
<td>10.8</td>
</tr>
<tr>
<td>3</td>
<td>3</td>
<td>6.5</td>
</tr>
<tr>
<td>4 or more</td>
<td>10.2</td>
<td>3.9</td>
</tr>
</tbody>
</table>

### Condom Usage

<table>
<thead>
<tr>
<th></th>
<th>% Males</th>
<th>% Females</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Engaged in this activity</td>
<td>Always used a condom</td>
</tr>
<tr>
<td>Oral Sex</td>
<td>46.9% (43.5%, 41.0%)</td>
<td>0% (1.8%, 3.0%)</td>
</tr>
<tr>
<td>Vaginal Intercourse</td>
<td>45.1% (43.1%, 42.4%)</td>
<td>21.5% (31.4%, 33.3%)</td>
</tr>
<tr>
<td>Anal Intercourse</td>
<td>8% (7.3%, 5.5%)</td>
<td>17.1% (18.4%, 21.1%)</td>
</tr>
</tbody>
</table>

Observations:
- Norm continues to be of limiting partners: 77.6% of students reported 0 or 1 partner (similar to reference group)
- Approximately half of students do not have a sexual contact in a 30 day period
- Condom use declining
Contraceptive Use

<table>
<thead>
<tr>
<th>Method</th>
<th>2019</th>
<th>2016</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birth control pills</td>
<td>58.6</td>
<td>54.8</td>
<td>59.3</td>
</tr>
<tr>
<td>Vaginal ring</td>
<td>2.1</td>
<td>1.5</td>
<td>3.2</td>
</tr>
<tr>
<td>Birth control implant</td>
<td>9.7</td>
<td>8.2</td>
<td>4.7</td>
</tr>
<tr>
<td>Intrauterine device</td>
<td>10.5</td>
<td>8.2</td>
<td>3.1</td>
</tr>
<tr>
<td>Other hormonal method</td>
<td>4.9</td>
<td>7.2</td>
<td>6.8</td>
</tr>
<tr>
<td>Male condom</td>
<td>57.4</td>
<td>57.1</td>
<td>60.5</td>
</tr>
<tr>
<td>Female condom</td>
<td>0.5</td>
<td>0.6</td>
<td>0.2</td>
</tr>
<tr>
<td>Spermicide</td>
<td>1.8</td>
<td>3.3</td>
<td>3.9</td>
</tr>
<tr>
<td>Fertility awareness</td>
<td>11</td>
<td>10.6</td>
<td>7.1</td>
</tr>
<tr>
<td>Withdrawal</td>
<td>33.1</td>
<td>34.0</td>
<td>35.3</td>
</tr>
<tr>
<td>Sterilization</td>
<td>3.8</td>
<td>5.7</td>
<td>2.1</td>
</tr>
<tr>
<td>Other method</td>
<td>2.8</td>
<td>3.3</td>
<td>1.9</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Used (partner used)</th>
<th>2019</th>
<th>2016</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emergency contraception</td>
<td>18.1</td>
<td>15.4</td>
<td>12.8</td>
</tr>
<tr>
<td>Experienced (partner experienced) unintended pregnancy</td>
<td>2.3</td>
<td>1.8</td>
<td>2.6</td>
</tr>
</tbody>
</table>

Observations:
- Increase in use of Long Acting Reversible Contraceptive (LARC) options
- Increase in use of fertility awareness methods
- Increase in use of emergency contraception
- MTSU students more likely to use birth control pills, fertility awareness methods, and withdrawal and less likely to use IUDs compared to reference group
- Use of emergency contraception is greater than reference group (15.6%)
- Experiencing an unintended pregnancy is greater than reference group (1.3%)
Nutrition, Physical Activity, and Weight Management

- Consumption of fruits and vegetables remains low
  - 78.6% of students eat 2 or fewer servings per day

- Percentage of students meeting exercise guidelines continues to decline
  - 37.8% meet ACSM and AHA recommendations, down from 45.5% in 2013

- Percentage of students with healthy BMI continues to decline
  - 43.7% have BMI of 18.5-24.9, down from 52.3% in 2013
WHAT WE LEARNED-
PART 2
Substance Use
Student Alcohol Use

Alcohol Use Over Time

% of Students Reporting Use

MTSU Monthly Use

MTSU Daily Use

Perception of Monthly Use
Student Use of Cigarettes, E-Cigarettes, & Marijuana

Use Over Time

Perception of Monthly e-Cigarette Use: 89.6%
Perception of Monthly Marijuana Use: 83.7%
Perception of Monthly Cigarette Use: 91.8%

% of Students Reporting Use in Previous Month

- Cigarettes
- E-Cigarettes
- Marijuana

2013: 11.8% Cigarettes, 12.8% E-Cigarettes, 83.7% Marijuana
2016: 9.3% Cigarettes, 10.1% E-Cigarettes, 89.6% Marijuana
2019: 16% Cigarettes, 13.5% E-Cigarettes, 91.8% Marijuana
Relationship of Substance Use to GPA

Percentage of Students Using Substances broken down by Self Reported Average Grades

- E-Cigarette Use
- Binge Drinking
- Marijuana Use

A: 10.2, 15
B: 14.5, 17.7, 16.5
C: 21.7, 26.1, 28.6

GPA Scale: 0, 5, 10, 15, 20, 25, 30, 35
Marijuana Use

Past 30 Days Marijuana Use by College

- Basic & Applied Sciences: 13.5
- Behavioral & Health Sciences: 13.4
- Business: 18.3
- Education: 13.6
- Liberal Arts: 13.8
- Media & Entertainment: 28.6
- University College & Other: 13.4
- MTSU: 16
WHAT WE LEARNED-
PART 3

Mental Health
Negative Mental Health Experiences in the Past Year - pt 1

- Felt things were hopeless: 2013 - 42.7%, 2016 - 47.2%, 2019 - 58.5%
- Felt overwhelmed by all you had to do: 2013 - 81.5%, 2016 - 83.3%, 2019 - 91%
- Felt exhausted (not from physical activity): 2013 - 77.6%, 2016 - 81.5%, 2019 - 88.2%
- Felt very lonely: 2013 - 54.1%, 2016 - 53.5%, 2019 - 65.1%
- Felt very sad: 2013 - 57.5%, 2016 - 59.4%, 2019 - 71.8%
Negative Mental Health Experiences in the Past Year - pt 2

- Felt so depressed it was difficult to function
- Felt overwhelming anxiety
- Felt overwhelming anger
- Intentionally harmed self
- Seriously considered suicide
- Attempted suicide

<table>
<thead>
<tr>
<th>Experience</th>
<th>2013</th>
<th>2016</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Felt so depressed it was difficult to function</td>
<td>29.9</td>
<td>34.9</td>
<td>49.4</td>
</tr>
<tr>
<td>Felt overwhelming anxiety</td>
<td>49.4</td>
<td>57.7</td>
<td>72</td>
</tr>
<tr>
<td>Felt overwhelming anger</td>
<td>37</td>
<td>40.8</td>
<td>52.9</td>
</tr>
<tr>
<td>Intentionally harmed self</td>
<td>4.8</td>
<td>5</td>
<td>8.8</td>
</tr>
<tr>
<td>Seriously considered suicide</td>
<td>7.4</td>
<td>7.9</td>
<td>16.9</td>
</tr>
<tr>
<td>Attempted suicide</td>
<td>1.6</td>
<td>1.3</td>
<td>3</td>
</tr>
</tbody>
</table>
Consideration of Suicide by Demographic Group - Sexual Orientation

% of Students who Reported Seriously Considering Suicide in the Past Year

- Straight/Heterosexual: 13.7%
- Gay: 31%
- Lesbian: 7.7%
- Bisexual: 30%
- *Other: 32.8%
- MTSU: 16.9%

*“Other” includes “asexual,” “pansexual,” “queer,” “questioning,” “same gender loving,” and “another identity.”
Consideration of Suicide by Demographic Group - Year in School

<table>
<thead>
<tr>
<th>Year in School</th>
<th>% of Students who Reported Seriously Considering Suicide in the Past Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Year Undergraduate</td>
<td>24</td>
</tr>
<tr>
<td>2nd Year Undergraduate</td>
<td>16</td>
</tr>
<tr>
<td>3rd Year Undergraduate</td>
<td>14.7</td>
</tr>
<tr>
<td>4th Year Undergraduate</td>
<td>11</td>
</tr>
<tr>
<td>5th+ Year Undergraduate</td>
<td>15</td>
</tr>
<tr>
<td>Graduate or Professional</td>
<td>12.8</td>
</tr>
<tr>
<td>MTSU</td>
<td>16.9</td>
</tr>
</tbody>
</table>
Consideration of Suicide by Demographic Group- Approximate GPA

% of Students who Reported Seriously Considering Suicide in the Past Year

A: 13
B: 16.8
C: 25.5
Mental Health Indicators by College of Enrollment

% of Students Reporting Negative Feelings within Past Year

- Felt So Depressed it was Difficult to Function
- Felt Overwhelming Anxiety Seriously Considered Suicide

<table>
<thead>
<tr>
<th>College</th>
<th>Felt So Depressed</th>
<th>Felt Overwhelming Anxiety</th>
<th>Seriously Considered Suicide</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basic &amp; Applied Sciences</td>
<td>46.9</td>
<td>69.2</td>
<td>16.9</td>
</tr>
<tr>
<td>Behavioral &amp; Health Sciences</td>
<td>43</td>
<td>68.9</td>
<td>12.9</td>
</tr>
<tr>
<td>Education</td>
<td>46.5</td>
<td>67.3</td>
<td>13.5</td>
</tr>
<tr>
<td>Business</td>
<td>42.3</td>
<td>75</td>
<td>7.2</td>
</tr>
<tr>
<td>Liberal Arts</td>
<td>49.4</td>
<td>78.9</td>
<td>85.6</td>
</tr>
<tr>
<td>MTSU Overall Average</td>
<td>57.8</td>
<td>72</td>
<td>11.6</td>
</tr>
<tr>
<td>University College &amp; Other</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Media &amp; Entertainment</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>University College &amp; Other</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
MTSU Counseling Services Visits

Total Visits by Academic Calendar Year

Number of Visits

2565 2750 3096 3645


Academic Calendar Year
FOR MORE INFORMATION:

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