

OTHER HIGHLIGHTS

Academic impacts – Top 5 health-related factors reported that affected individual academic performance:

- 25% stress
- 19% sleep difficulties
- 15% anxiety
- 12% cold/flu/sore throat
- 12% depression

General health – Top 5 reported illnesses:

(percentage of students reported being diagnosed or treated by a professional)

- 28% sinus infection
- 25% allergies
- 14% strep throat
- 13% back pain
- 13% urinary tract infection

Disease & injury prevention:

- 41% of females performed breast self exams in the past month
- 39% of males performed testicular self exams in the past month
- 36% were vaccinated against the flu in the past year
- 97% wore a seat belt when riding in a car mostly or always in the past year
- 74% had a dental exam & cleaning in the past year



For resources and more information, go to our website: recenter.wcu.edu. If you have a smart phone, scan the QRC and go directly to our website.

2010 STUDENT DATA REPORT

THIS IS HOW YOU ROLL



DEMOGRAPHICS OF WESTERN CAROLINA STUDENTS SURVEYED

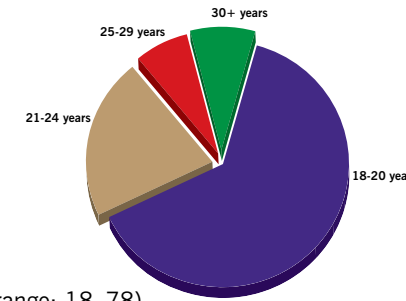
Total: 923 students completed the survey
Gender: 67% female, 31% male, 1% transgender

Sexual orientation:

- 91% heterosexual
- 5% bisexual
- 2% gay/lesbian
- 2% unsure

Age:

- 63% 18 - 20 years
 - 21% 21 - 24 years
 - 7% 25 - 29 years
 - 8% 30+ years
- Average age: 22 years (range: 18–78)

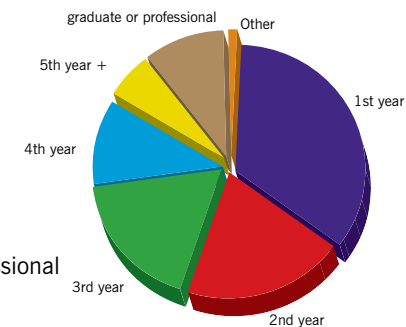


Race/ethnicity:

- 88% White
- 4% African American
- 2% American Indian or Alaskan Native
- 2% Hispanic or Latino
- 2% Asian or Pacific Islander
- 2% other

Student status:

- 35% 1st year
- 20% 2nd year
- 18% 3rd year
- 11% 4th year
- 6% 5th year or more
- 10% graduate or professional
- 1% other



Housing status:

- 63% residence hall
- 28% off campus
- 4% other
- 3% parent/guardian's home
- 2% fraternity/sorority house
- 1% other university housing



The National College Health Assessment II (NCHA II) is a national research effort organized by the American College Health Association (ACHA).

At WCU, we asked students to “Tell Us How You Roll in 2010.” This survey collected data related to student behaviors and perceptions about several health and wellness topics:

- General Health
- Disease & Injury Prevention
- Academic Impacts
- Violence, Abusive Relationships & Personal Safety
- Sexual Behavior
- Nutrition & Exercise
- Mental Health
- Sleep

With information specific to Western Carolina, we are able to design and evaluate programs and services with our students in mind.

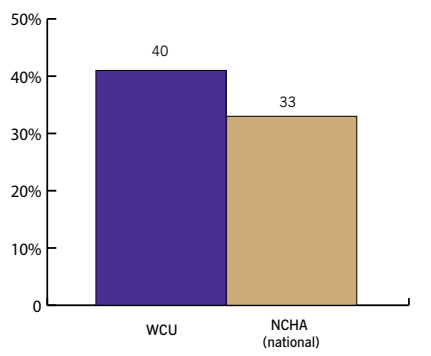
All non-distance education students over the age of 18 received an email from the ACHA to participate in the online survey from Sept. 20 – Oct. 13, 2010. This brochure includes a general overview of the results. For executive summary and full data report go to our website recenter.wcu.edu for more information.

Please note the ACHA-NCHA II is not appropriate for trend comparison of items from the original ACHA-NCHA survey. A new baseline for ACHA-NCHA II began in the fall of 2008. Directly comparing pre- and post-redesign estimates on similar data points, without taking into account the impact of the survey's redesign, might lead to an erroneous conclusion. Documentation regarding the results of the pilot study and differences between the instruments can be obtained at the ACHA-NCHA website www.acha-ncha.org.



NUTRITION & EXERCISE

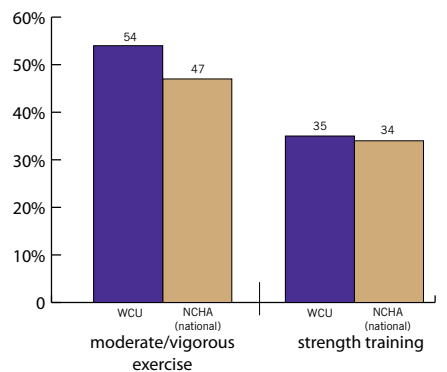
Percentage of students who are overweight or obese:



Daily nutrition habits:

- 4% have consumed the recommended servings of 5 or more fruits and vegetables per day
- 69% have 2 or fewer servings of fruits and vegetables per day

Percentage of students who met the recommendation* for exercise in the past week:

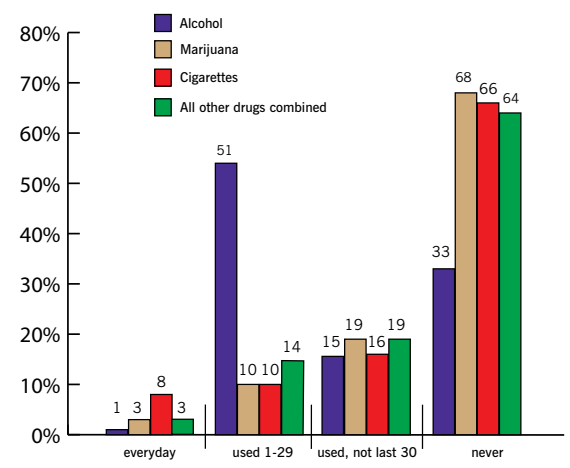


* The American College of Sports Medicine (ACSM) and American Heart Association (AHA) recommend:

- at least 30 minutes of moderate-intensity cardio exercise 5 or more days per week or at least 20 minutes of vigorous intensity cardio exercise 3 or more days per week
- 8-10 strength exercises with 8-12 repetitions at least 2 days per week

ALCOHOL, TOBACCO & OTHER DRUG USE

Percentage of students who used alcohol and other drugs in the last month:



Percentage of students who used alcohol reported the following when partying/going out in the past 12 months:

- 88% most of the time or always used a designated driver
- 80% did not have 5 or more drinks in a sitting (in the last 2 weeks)
- 40% usually or always paced drinks to 1 or fewer an hour
- 13% were physically injured
- 25% forgot where they were or what they had done
- 19% had unprotected sex following their own drinking

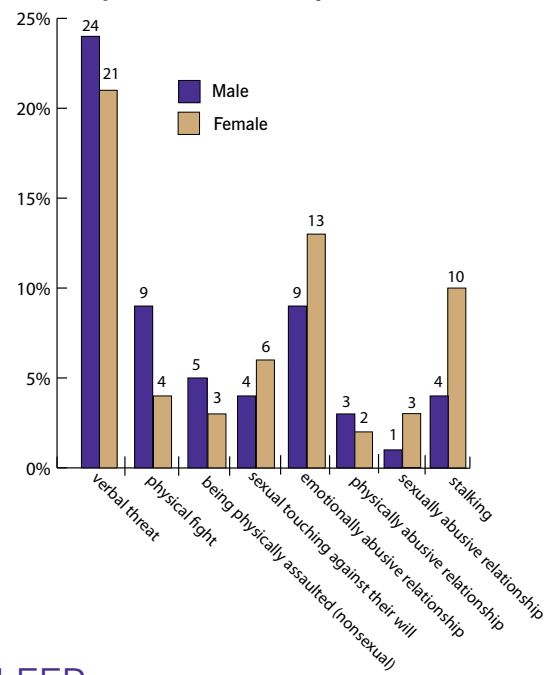
MENTAL HEALTH

In the last year:

- 87% felt overwhelmed by all they had to do
- 80% felt exhausted (not from physical activity)
- 48% felt things were hopeless
- 31% felt so depressed that it was difficult to function
- 13% diagnosed with depression
- 8% seriously considered attempting suicide
- 1% attempted suicide

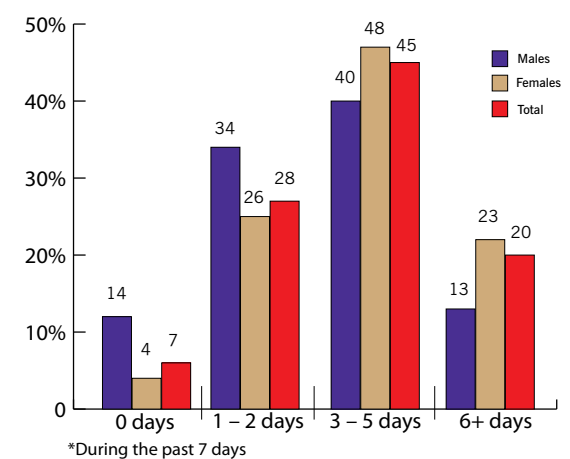
VIOLENCE, ABUSIVE RELATIONSHIPS & PERSONAL SAFETY

In the last year, students experienced:



SLEEP

Frequency of feeling tired, dragged out or sleepy during the day*:

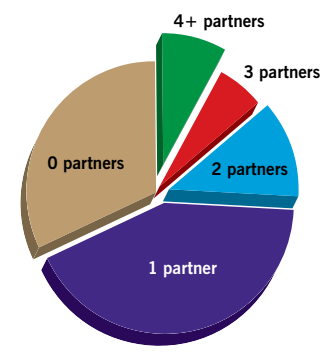


SEXUAL BEHAVIOR

Number of sex partners in the past 12 months:

68% of students reported being sexually active

- 32% 0 partners
- 42% 1 partners
- 12% 2 partners
- 6% 3 partners
- 8% 4+ partners



Among students who were sexually active:

- 54% used a method of contraception during the last vaginal intercourse
- 51% used condoms mostly or always during vaginal sex in the last month
- 24% have been tested for HIV
- 15% used emergency contraception ("morning after pill")
- 2% experienced unintentional pregnancy or got someone pregnant in the last year

Birth control among students who were sexually active: (Total equals more than 100% due to simultaneous use of multiple birth control methods.)

