Demographics of Western Students Surveyed

Total: 581 students
Average age: 23 years (range: 18–61)
Gender: 71% female, 28% male

Student status:
85% undergraduate

Race/Ethnicity:
88% White
5% African American
2% American Indian or Alaskan Native
2% Hispanic or Latino
2% Asian or Pacific Islander
3% Other

Sexual orientation:
92% heterosexual

Housing status:
53% residence hall
1% other university housing
35% off campus
4% parent/guardian’s home
1% fraternity/sorority house
7% other

PHYSICAL ACTIVITY
Number of days students participated in 20 minutes of vigorous exercise or 30 minutes of moderate exercise in the past week:

- 6-7 days/week: 8%
- 5 days/week: 38%
- 4 days/week: 25%
- 3-5 days/week: 8%
- 0 days/week: 5%
- 1-2 days/week: 29%

NUTRITION AND EATING BEHAVIOR
Percent of students who consumed the recommended servings of 5 or more fruits and vegetables per day:

- 67% have 2 or less servings of fruit and vegetables per day
- 2% of females vomited/took laxatives to decrease weight in the past month
- 2% of females had anorexia in the last year

Percent of students who are overweight or obese:

- 37% WCU 2002
- 42% WCU 2004
- 60% WCU 2007
- 37% HCHA 2007 (national)

SEXUAL HEALTH
Number of sex partners in the last year:

- 4+ partners: 10%
- 3 partners: 6%
- 2 partners: 11%
- 1 partner: 48%
- 0 partners: 38%

Among students who were sexually active:

- 53% used condoms mostly or always during vaginal sex in the last month
- 28% have been tested for HIV
- 5% 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.)

- 37% used condoms mostly or always during vaginal sex in the last month
- 28% have been tested for HIV
- 5% experienced unintentional pregnancy or got someone pregnant in the last year

ALCOHOL AND OTHER DRUG USE
Number of days students used alcohol and other drugs in the last month:

- 90% usually or always use a designated driver
- 70% did not have 5 or more drinks in a sitting in the last 2 weeks
- 2% drive after having 5 or more drinks
- 38% usually or always pace drinks to one or fewer an hour
- 13% were physically injured
- 23% forget where they were or what they have done
- 17% have unprotected sex following their own drinking

Students who use alcohol reported that when partying/go ing out:

- 90% usually or always use a designated driver
- 70% did not have 5 or more drinks in a sitting in the last 2 weeks
- 2% drive after having 5 or more drinks
- 38% usually or always pace drinks to one or fewer an hour
- 13% were physically injured
- 23% forget where they were or what they have done
- 17% have unprotected sex following their own drinking

TOBACCO USE
Number of days students used tobacco in the last month:

- 92% used 1-29 days
- 6% used all 30 days
- 2% used 1-9 days
- 0% used 0 days

EMOTIONAL AND MENTAL HEALTH
In the last year:

- 94% felt overwhelmed by all they had to do
- 60% felt things were hopeless
- 13% felt very sad more than 10 times
- 46% felt so depressed that it was difficult to function
- 10% seriously considered attempting suicide
- 2% attempted suicide

Among students who reported ever being diagnosed with depression:

- 34% were getting help by taking prescription medication
- 22% were getting help in therapy