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:
(comparison of past month)
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

Race/ethnicity:
88% White
4% African American
2% American Indian or Alaskan Native
2% Hispanic or Latino
2% Asian or Pacific Islander
2% other

Students 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

For resources and more information, go to our website: reccenter.wcu.edu.
If you have a smart phone, scan the QR Code and go directly to our website.
**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:**
- WCU NCHA (national)
  - **Strength Training**
    - Males: 14
    - Females: 10
    - Total: 24
  - **Endurance**
    - Males: 33
    - Females: 32
    - Total: 65
  - **Cardio**
    - Males: 40
    - Females: 33
    - Total: 73

---

**VIOLENCE, ABUSIVE RELATIONSHIPS & PERSONAL SAFETY**

**In the last year, students experienced:**
- **Male:** 21
- **Female:** 28
- **Total:** 49

**Percentage of students who used alcohol reported the following when partying/go ing 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

---

**SLEEP**

**Frequency of feeling tired, dragged out or sleepy during the day:**
- **Males:**
  - 0 days: 14
  - 1-2 days: 34
  - 3-5 days: 26
  - 6+ days: 28
- **Females:**
  - 0 days: 7
  - 1-2 days: 28
  - 3-5 days: 26
  - 6+ days: 28
- **Total:**
  - 0 days: 21
  - 1-2 days: 42
  - 3-5 days: 52
  - 6+ days: 56

---

**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

---

**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.)
  - **Female:**
    - Birth control pills: 63
    - Condoms: 62
    - Withdrawal Other: 19
    - Don’t Know/Nothing: 15
    - Fertility Awareness: 7
    - Emergency Contraception: 8
  - **Male:**
    - Birth control pills: 65
    - Condoms: 62
    - Withdrawal Other: 19
    - Don’t Know/Nothing: 15
    - Fertility Awareness: 7
    - Emergency Contraception: 8

---

*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:**
- Alcohol
  - Males: 40%
  - Females: 31%
  - Total: 36%
- Marijuana
  - Males: 20%
  - Females: 19%
  - Total: 19%
- Cigarettes
  - Males: 14%
  - Females: 19%
  - Total: 18%
- All other drugs combined
  - Males: 66%
  - Females: 67%
  - Total: 67%

---

**Sleeping habits:**
- **Males:**
  - 0 days: 14
  - 1-2 days: 34
  - 3-5 days: 26
  - 6+ days: 28
- **Females:**
  - 0 days: 7
  - 1-2 days: 28
  - 3-5 days: 26
  - 6+ days: 28
- **Total:**
  - 0 days: 21
  - 1-2 days: 42
  - 3-5 days: 52
  - 6+ days: 56

---

**SLEEP**

**Frequency of feeling tired, dragged out or sleepy during the day:**
- **Males:**
  - 0 days: 14
  - 1-2 days: 34
  - 3-5 days: 26
  - 6+ days: 28
- **Females:**
  - 0 days: 7
  - 1-2 days: 28
  - 3-5 days: 26
  - 6+ days: 28
- **Total:**
  - 0 days: 21
  - 1-2 days: 42
  - 3-5 days: 52
  - 6+ days: 56

---

**Percentage of students who used alcohol and other drugs in the last month:**
- Alcohol
  - Males: 40%
  - Females: 31%
  - Total: 36%
- Marijuana
  - Males: 20%
  - Females: 19%
  - Total: 19%
- Cigarettes
  - Males: 14%
  - Females: 19%
  - Total: 18%
- All other drugs combined
  - Males: 66%
  - Females: 67%
  - Total: 67%