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 testacular 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: reccenter.wcu.edu.
If you have a smart phone, scan the QRC and go directly to our website.

Campus Recreation & Wellness
WESTERN CAROLINA UNIVERSITY

WCU is a University of North Carolina campus and an Equal Opportunity Institution. 250 copies of this public document were printed at a cost of $160.50 or $.65 each. Office of Public Relations/Publications: August 2011 | 11-555

2010 STUDENT DATA REPORT

THIS IS HOW YOU ROLL

Western Carolina UNIVERSITY

DEMOGRAPHICS OF WESTERN CAROLINA STUDENTS SURVEYED

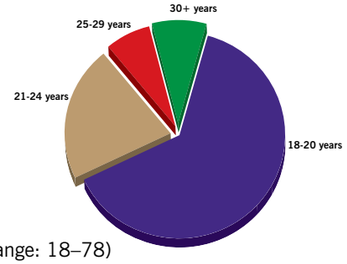
Total: 923 students completed the survey
Gender: 67% female, 31% male, 1% transgender

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)

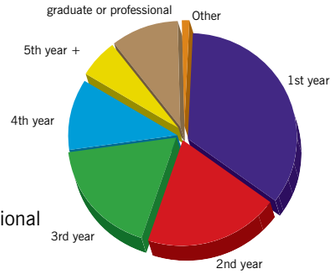


Race/ethnicity:

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 reccenter.wcu.edu for more information.

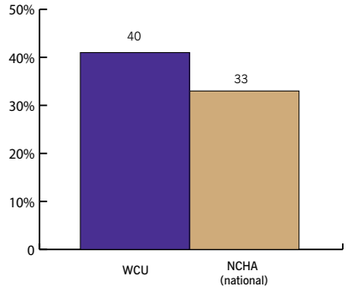
Please note the ACHA-NCHA II is not appropriate for trend comparison of items from the original ACHA-NCHA survey. A new baseline for ACHA-NCHA II began in the fall of 2008. Directly comparing pre- and post-redesign estimates on similar data points, without taking into account the impact of the survey's 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.

THIS IS HOW YOU ROLL 2010

reccenter.wcu.edu

NUTRITION & EXERCISE

Percentage of students who are overweight or obese:

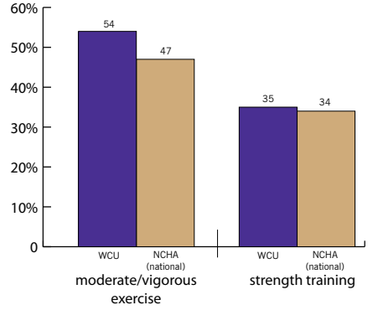


Daily nutrition habits:

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:

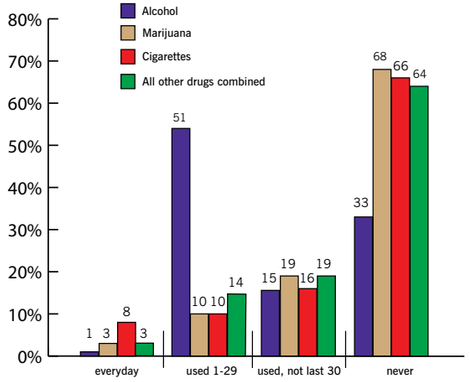


*** The American College of Sports Medicine (ACSM) and American Heart Association (AHA) recommend:**

- 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

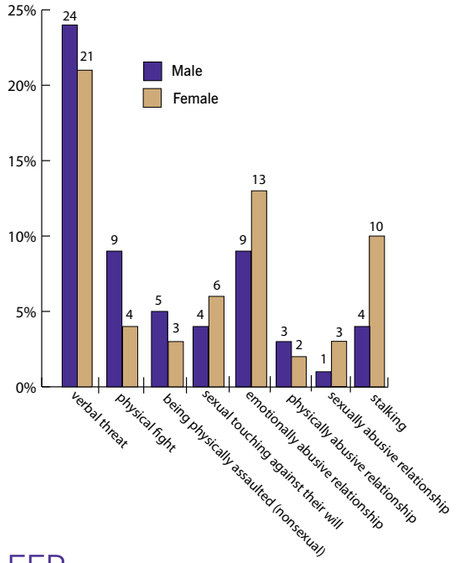
13% diagnosed with depression

8% seriously considered attempting suicide

1% attempted suicide

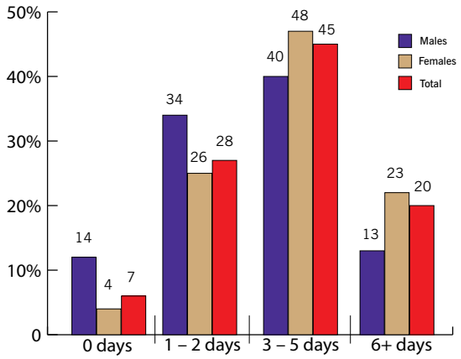
VIOLENCE, ABUSIVE RELATIONSHIPS & PERSONAL SAFETY

In the last year, students experienced:



SLEEP

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



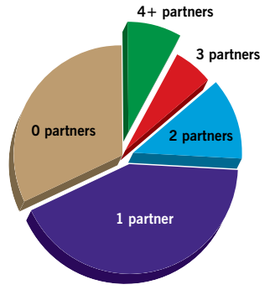
*During the past 7 days

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



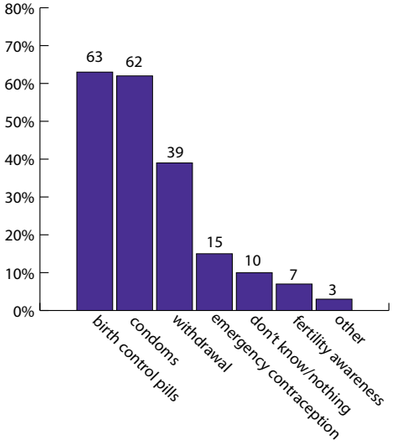
Among students who were sexually active:

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.)