2012 Stetson NCHA Overview
By- Lynn Stadelman 7/2012

Overview:
Stetson participated in the NCHA in February of 2012, following an October 2010 CORE.

479 students responded to the 2012 NCHA, a slight decrease from 2010 CORE, with a 24% completion rate. Demographically, our 2012 data was representative of Stetson by ethnicity, on-campus/off-campus, age, full time/part time, Greek affiliation and athletic affiliation. We did have a higher number of female respondents, at 73%, when 58% was our actual Stetson makeup during this time period.

What is included in the 2012 NCHA?:
1) General health
2) Have you received information about X health topic from Stetson?
3) Are you interested in receiving information about X health topic from Stetson?
4) Within the last 12 months, how often have you (X behavior)?
5) Within the last 30 days, how often have you (X Alcohol and other Drug Behavior)?
6) Perception of typical student’s X AOD behavior in last 30 days?
7) Last time you partied…
8) Protective AOD behaviors
9) Consequences from AOD behaviors
10) Perception of % of students who do X AOD behavior in last 30 days?
11) Sexual health behavior/Contraception usage in last 30 days
12) Nutrition/Weight management/Exercise behaviors
13) Mental health including treatment
14) In the last 12 months, has X been difficult for you to handle?
15) Weight loose efforts
16) Have you had X exam/vaccination/medical treatment in the last 30 days
17) Sleep
18) Has X behavior/illness affected your academic performance?
19) Demographics
20) Additional Tobacco Free question added by Stetson Administration

*NCHA and CORE do not ask questions exactly the same- comparisons are only made where integrity of question is similar.
*Differences should be expected as this is our first ever Spring semester administration.
Notable Comparisons to Reference Group: (105,781 college students nationwide).

Comparison to Reference Group Positive:
- 5% more have received the HPV vaccine
- 3% more wear their seatbelt
- 6% more wear a helmet when riding a motorcycle
- Stetson students are 3-4% more likely to have never used: alcohol, cigarettes and marijuana and 5% more likely to have never used any illegal drug
- Estimated BAC’s based on gender and weight are similar for Stetson students and the reference group
- Number of drinks consumed on an occasion in all ranges are 2% lower then reference group
- Stetson students are X % more likely to use the following protective alcohol & other drug behaviors:
  - Track number of drinks consumed 3%
  - Stay with the same group of friends when drinking 3%
  - Use a designated driver 3%
  - Have a friend let you know when you have had too much 9%
- Stetson students are more likely to report none or one sexual partner in the last 12 months, less likely to report four or more partners
- Less likely to participate in oral sex and vaginal sex
- More likely to use: birth control pills and male condom plus another method
- X % more likely to use a condom or other protective barrier when participating in:
  - Vaginal intercourse 4%
  - Anal intercourse 2%
- Our students who do exercise, seem to do it more then the reference group: 2% more moderate-intensity 5-7 days a week and 4% more vigorous-intensity 3-7 days

Comparison to Reference Group Negative:
- Stetson students report being diagnosed or treated by a professional the following X % more then the reference group:
  - Broken bone/fracture 2%
  - Ear Infection 2%
  - Mononucleosis 2%
  - Psychiatric illness 2%
  - Migraine headache 3%
  - ADHD 3.5%
  - Bronchitis 6%
  - Urinary tract infection 6%
  - Strep throat 7 %
  - Sinus infection 9%
• 7.5% more report being diagnosed or treated by a professional for one or more of 25 listed conditions (including above)
• 12.4% less report having the flu shot in the last 12 months
• 15% less wear a bicycle helmet
• 2% more likely to use stimulants that aren’t prescribed
• Stetson students are 4% less likely to use the following protective alcohol & other drug behaviors: Avoid drinking games; Eat before drinking; Stick with one kind of alcohol

• Stetson students report experiencing the following as a result of alcohol use X% more then the reference group:
  o Physically injured self 5%
  o Seriously considered suicide 3%

• Stetson students report the following more negatively impacts their academics by X % then the reference group:
  o Alcohol use 2%
  o Allergies 2%
  o Concern for a troubled friend or family member 2%
  o Participation in extracurricular activities 2%
  o Sinus infection/ear infection/bronchitis/strep throat 2%
  o Chronic health problem or serious illness 3%
  o Depression 4%
  o Stress 5%
  o Sleep difficulties 6%
  o Cold/Flu/Sore Throat 7%

• Stetson students report the following X % more then the reference group:
  o Physical assault (not sexual) 3%
  o Verbal threat 5%
  o Stalking 4%
  o Emotionally abusive intimate relationship 5%

• Feel very safe in the community surrounding their school:
  o Daytime: Stetson- 43% Reference- 59%
  o Nighttime: Stetson- 9.6% Reference- 22%

• Stetson students sexual health behaviors in relation to reference group:
  o 7% less likely to have used a method of contraception during their last occurrence of vaginal intercourse
  o 3% more likely to use “fertility awareness” and 11% more likely to use “withdrawal” as a means of birth control
  o 2% more likely to use emergency contraception
  o 3% more likely as a male to report an unintended pregnancy in the last year
• Stetson students in relation to reference group on exercise or nutrition goals:
  o 2% more likely to eat 0 servings of fruit/vegetables a day and 1% less likely to eat 5 or more (the recommended amount)
  o 4% more likely to not do any moderate-intensity cardio plus 7% less likely to do it 1-4 days
  o 2% more likely to not do any vigorous-intensity cardio plus 4% less likely to do it 1-4 days
  o 2% less likely to meet recommendations for cardio overall
  o BMI, 3% more likely to be underweight, 5% less likely to be a healthy weight, 2% more Class I Obesity and 1% more Class 2 Obesity

• Stetson students report X % more of the following Mental Health indicators:
  o Exhausted (not from physical exercise) in the last 2 weeks and last 30 days: 2%
  o Lonely within the last 12 months: 2%
  o Attempted suicide ever: 2%
  o Felt so depressed that it was difficult to function in the last 12 months: 2%
  o Intentionally cut or injured self in the last 12 months: 3%; ever: 4%
  o Overwhelming anger in the last 12 months: 4%
  o Very sad: 4%
  o Feel things were hopeless in the last 12 months: 9%
  o Reported stress levels as “average” or “less then average” 4% less then reference group
  o Treated for ADHD: 3%
  o Treated for Depression: 2%
  o Treated for Panic Attacks: 3%
  o Treated for any of 14 listed mental health diagnosis: 5%
  o Treated for any combination of two or more of 14 listed mental health diagnosis excluding the combination of depression and anxiety: 3%
  o Felt more dragged out, or sleepy during the day 5%
  o Felt sleepiness during daytime activities was a very big problem 3%

• Stetson students report X % more of the following being “traumatic or very difficult to handle”:
  o Intimate relationships 5%
  o Health problem of family member or partner 6%
  o Personal appearance 6%
  o Personal health issues 6%
  o Other social relationships 7%
  o Finances 8%
  o Family problems 10%
  o Sleep difficulties 10%
  o Reporting three or more of 12 listed problems 10%
Notable Positive Change from Stetson 2010 CORE to NCHA 2012: Alcohol & Other Drug data only:

- 4% less likely to use alcohol during last 30 days (REALITY)
- 8% less likely to smoke a cigarette in the last 30 days (REALITY)
- 7% more likely to report never having used marijuana (REALITY)
- 16% shift in students perceiving that other students drink alcohol almost every day (REALITY)
- 3% less students had tried Hookah ever (REALITY)
- 5% less had ever tried any illegal drug
- 5 or more drinks in one sitting in last 2 weeks (REALITY)

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<thead>
<tr>
<th>CORE 2010</th>
<th>NCHA 2012</th>
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<tbody>
<tr>
<td>Have not:</td>
<td>60%</td>
</tr>
<tr>
<td>1-2 times:</td>
<td>26%</td>
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<td>3 to 5 times:</td>
<td>10%</td>
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<tr>
<td>6 or more times:</td>
<td>5%</td>
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Notable Negative Change from Stetson 2010 CORE to NCHA 2012: Alcohol & Other Drug data only:

- 2% more likely to use Marijuana 10-29 days in the last 30 days
- 6% more likely to have done something you later regretted while under the influence of alcohol in the last year

Additional Notable New Findings from NCHA 2012:

- 62.5% felt their health was very good or excellent; 92.2% felt it was good, very good or excellent
- Students thought other students drank more then they did the last time they “partied”
- 6.5% report using pain killers not prescribed to them in the last 12 month and 9.5% report using stimulants not prescribed to them
- Under 49% of students report receiving information from Stetson on the following topics. If a topic has an * that means over 50% of students are interesting in receiving such information:
  - Eating disorders
  - Grief and loss
  - Injury prevention
  - Problem use of internet/computer games
  - Relationship difficulties
  - Sleep difficulties *
  - Suicide Prevention
Over 50% of students report receiving information from Stetson on the following topics. If a topic has an * that means over 50% of students are interested in receiving such information:

- Alcohol
- Cold/Flue/Sore Throat
- Depression/Anxiety *
- Nutrition *
- Physical Activity *
- Pregnancy Prevention
- Sexual Assault/relationship violence prevention
- Sexually Transmitted Diseases
- Stress reduction *
- Tobacco
- Violence Prevention
- Depression/Anxiety
- How to help others in distress *