

**2012 Stetson NCHA Overview**  
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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 than 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 than 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 than 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 than the reference group:
  - Physically injured self 5%
  - Seriously considered suicide 3%
  
- Stetson students report the following more negatively impacts their academics by X % than the reference group:
  - Alcohol use 2%
  - Allergies 2%
  - Concern for a troubled friend or family member 2%
  - Participation in extracurricular activities 2%
  - Sinus infection/ear infection/bronchitis/strep throat 2%
  - Chronic health problem or serious illness 3%
  - Depression 4%
  - Stress 5%
  - Sleep difficulties 6%
  - Cold/Flu/Sore Throat 7%
  
- Stetson students report the following X % more than the reference group:
  - Physical assault (not sexual) 3%
  - Verbal threat 5%
  - Stalking 4%
  - Emotionally abusive intimate relationship 5%
  
- Feel very safe in the community surrounding their school:
  - Daytime:       Stetson- 43%               Reference- 59%
  - Nighttime:     Stetson- 9.6%           Reference- 22%
  
- Stetson students sexual health behaviors in relation to reference group:
  - 7% less likely to have used a method of contraception during their last occurrence of vaginal intercourse
  - 3% more likely to use “fertility awareness” and 11% more likely to use “withdrawal” as a means of birth control
  - 2% more likely to use emergency contraception
  - 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:
  - 2% more likely to eat 0 servings of fruit/vegetables a day and 1% less likely to eat 5 or more (the recommended amount)
  - 4% more likely to not do any moderate-intensity cardio plus 7% less likely to do it 1-4 days
  - 2% more likely to not do any vigorous-intensity cardio plus 4% less likely to do it 1-4 days
  - 2% less likely to meet recommendations for cardio overall
  - 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:
  - Exhausted (not from physical exercise) in the last 2 weeks and last 30 days: 2%
  - Lonely within the last 12 months: 2%
  - Attempted suicide ever: 2%
  - Felt so depressed that it was difficult to function in the last 12 months: 2%
  - Intentionally cut or injured self in the last 12 months: 3%; ever: 4%
  - Overwhelming anger in the last 12 months: 4%
  - Very sad: 4%
  - Feel things were hopeless in the last 12 months: 9%
  - Reported stress levels as “average” or “less than average” 4% less than reference group
  - Treated for ADHD: 3%
  - Treated for Depression: 2%
  - Treated for Panic Attacks: 3%
  - Treated for any of 14 listed mental health diagnosis: 5%
  - Treated for any combination of two or more of 14 listed mental health diagnosis excluding the combination of depression and anxiety: 3%
  - Felt more dragged out, or sleepy during the day 5%
  - 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”:
  - Intimate relationships 5%
  - Health problem of family member or partner 6%
  - Personal appearance 6%
  - Personal health issues 6%
  - Other social relationships 7%
  - Finances 8%
  - Family problems 10%
  - Sleep difficulties 10%
  - 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)

	CORE 2010	NCHA 2012
Have not:	60%	69%
1-2 times:	26%	20%
3 to 5 times:	10%	9%
6 or more times:	5%	3%

**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 interesting 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 \*