



From A (Alcohol) to ZZZs, A data driven look at our students' health habits

College Student Health Survey 2018

UMD Health Services

Today's Objectives

Introduce you to the survey tool

Share student health information and trends

Share with you *some* of Health Services programming related to the data

Get your wheels turning on how you can use the data



First, a little history



Methodology

Undergraduate and graduate students enrolled in 18 postsecondary institutions in Minnesota completed the 2018 College Student Health Survey, developed by Boynton Health. As an incentive, all students who responded to the survey were entered into a drawing for Amazon gift cards valued at \$1,000 (one), \$500 (one), and \$250 (one). In addition, one student from each participating school was randomly selected to win a \$100 Amazon gift card.

Randomly selected students were contacted through multiple mailings and emails:

- Invitation postcard
- Invitation email
- Reminder postcard and multiple reminder emails



University of Minnesota–Duluth Methodology Highlights

- **2,799** students from University of Minnesota–Duluth (UMD) were randomly selected to participate in this survey.
- **1,215** students completed the survey.
- **43.4%** of the students responded.

Time to put your perceptions to the test!
Survey says...

What are the top 5 health and personal issues that students report experiencing?

1. **Stress, 73.2%, (51.8% report impacts academic performance)**
2. **Excessive Computer/Internet Use, 48.1% (36.5% AP)**
3. **Sleep Difficulties, 44.3% (54% AP)**
4. **Financial Difficulties, 37.2% (24.2% AP)**
5. **Mental Health Issues, 36.5% (56.5% AP)**



Impact of Health and Personal Issues on Academic Performance—Past 12 Months

All Students



Health or Personal Issue	Percent	
Alcohol Use	24.8	13.1
Any Disability (Learning, ADD/ADHA, Physical, etc.)	11.0	55.2
Chronic Health Condition	9.4	13.1
Concern for Family Member or Friend	32.2	27.2
Eating Disorder	5.3	35.0
Excessive Computer/Internet Use	48.1	36.5
Financial Difficulties	37.2	24.2
Food Insecurity	8.3	16.8
Homelessness	0.7	25.0
Marijuana Use	13.0	17.4
Mental Health Issue (Depression, Anxiety, etc.)	36.5	56.5
Pregnancy	1.2	21.4
Relationship Issue with Roommate/Housemate	26.1	28.1
Relationship Issue with Someone Other Than Roommate/Housemate	24.6	33.1
Serious Injury	3.7	47.6
Sexual Assault	4.8	37.0
Sexually Transmitted Infection	2.1	12.5
Sleep Difficulties	44.3	54.0
Stress	73.2	51.8
Upper Respiratory Infection (Cold/Flu, Sinus, Strep, etc.)	32.6	38.7

Report Having the Issue
 Report the Issue Impacted Academics
 (Among Those Who Report Having the Issue)

Mental Health Stressors—Past 12 Months

All Students

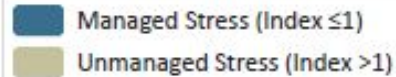
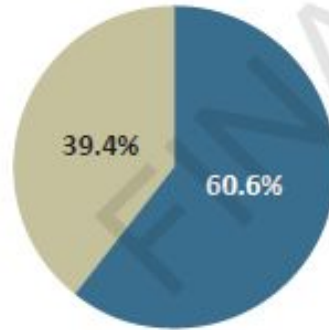
Stressor	Percent Who Report Experiencing Within Past 12 Months		
Arrested	0.2	Getting Married	1.1
Attempted Suicide	0.9	Issues Related to Sexual Orientation	3.0
Bankruptcy	0.8	Lack of Health Care Coverage	3.0
Death of Someone Close to You	16.3	Parental Conflict	14.3
Diagnosed With a Serious Mental Illness	7.3	Put on Academic Probation	4.7
Diagnosed With a Serious Physical Illness	3.2	Roommate/Housemate Conflict	30.6
Excessive Credit Card Debt	4.9	Serious Physical Illness of Someone Close to You	13.1
Excessive Debt Other Than Credit Card	9.5	Spouse/Partner Conflict (Includes Divorce or Separation)	5.2
Failing a Class	9.8	Termination of Personal Relationship (Not Including Marriage)	16.6
Fired or Laid Off From a Job	1.6	Zero of the Above Stressors	37.2
		One or Two of the Above Stressors	40.5
		Three or More of the Above Stressors	22.3



Ability to Manage Stress—Past 12 Months

All Students

In an attempt to measure effectiveness in managing stress, students are asked to rate their stress level and their ability to manage stress, each on a scale of 1 to 10. The reported stress level is then divided by the reported ability to manage stress. Any result greater than 1 means a student is not effectively managing his or her stress.



Survey says...

What percentage of students report being diagnosed with one mental health condition in their lifetime?

35.9%

Additional analysis shows that 24.9% of students report a diagnosis of two or more mental health conditions.

Those reporting a dx within the past 12 months was 17%



Mental Health & Stress Reduction Resources

- Free and Confidential Counseling
- Let's Talk
- Grief Support
- Learn To Live
- Pet Away Worry & Stress monthly events
- Calm relaxation sessions
- Stressless week events with the Library
- Classroom presentations
- Website educational resources



Survey says...

What percentage of students report getting adequate sleep on 3 or fewer days of the previous 7 days?

64.8%

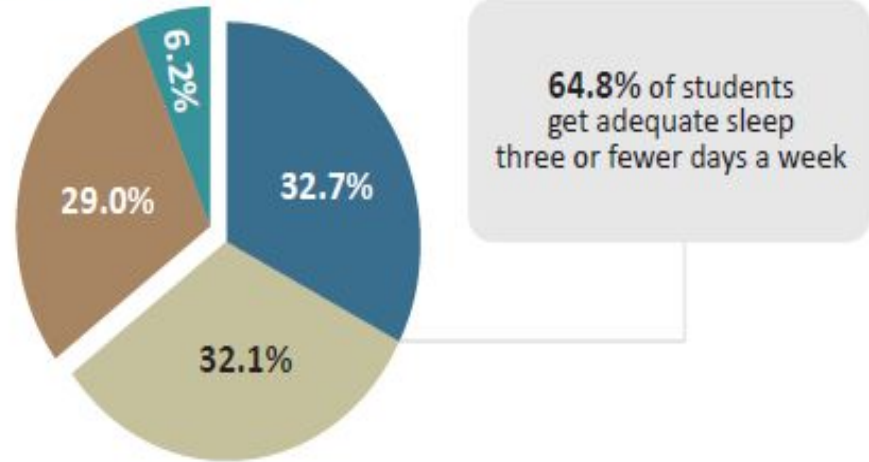
This is a 14% increase from the 2015 data (and previous years)



In response to a question asking UMD students how often in the past seven days they got enough sleep to feel rested when they woke up in the morning, nearly two-thirds (**64.8%**) report receiving adequate sleep on three or fewer of the previous seven days.

Number of Days of Adequate Sleep— Past Seven Days

All Students



- 0-1 Day per Week
- 2-3 Days per Week
- 4-5 Days per Week
- 6-7 Days per Week

Deeper Dive: Sleep Behaviors and Barriers

Fall 2017: Surveyed 250 students about sleep behaviors

- Partnered with KSC to develop a nap zone, Kirby Underground
- Developed “Nap Like A Pro” educational posters
- Developed educational posters about iPhone Bedtime & Nightshift
- Distributed sleep kits: eye masks, ear plugs, tea and “ten tips”
- Calm sessions designed to help student “unpack” a busy mind
- Webpage for sleep education, resources & initiatives

Fall 2018: Surveyed 120 students about homework deadlines

- Surveyed faculty in AHS, homework deadline pilot project
- Healthy sleep program

Students with insomnia are referred to counselling for CBTI



Negative Consequences of Alcohol Use— Past 12 Months

All Students

Negative Consequence Due to Alcohol Use	Percent Who Report Experiencing Within Past 12 Months		
Arrested for a DWI/DUI	0.3	Have Been Taken Advantage of Sexually	3.0
Criticized by Someone I Know	16.5	Have Taken Advantage of Another Sexually	0.1
Damaged Property, Pulled Fire Alarm, etc.	1.7	Hurt or Injured	7.0
Done Something I Later Regretted	23.4	Missed a Class	17.2
Driven a Car While Under the Influence	6.4	Performed Poorly on a Test or Important Project	12.5
Got Into an Argument or Fight	14.3	Seriously Thought About Suicide	3.0
Got Nauseated or Vomited	39.1	Seriously Tried to Commit Suicide	0.6
Had a Hangover	50.8	Thought I Might Have a Drinking Problem	8.1
Had a Memory Loss	24.2	Tried Unsuccessfully to Stop Using	2.3
		Trouble with Police, Residence Hall, or Other University/College Authorities	5.8



Alcohol Use - A Balcony View

UMD Boynton Data	2007	2018
Students who drink	89%	83%
# of drinks = men	10	6
# of drinks = women	5	4
Drive after drinking	25%	6.4%
Call 911 for friend	49%	66%



**IT'S 2am
HE'S DRUNK
HE WON'T WAKE UP
WHAT DO YOU DO?**

SIGNS OF ALCOHOL OVERDOSE

- Appears unconscious
- Won't wake up
- Cold, clammy, pale or bluish skin
- Slow or irregular breathing
- Vomiting while sleeping or passed out

WHAT TO DO

- Turn the person on their side
- Dial 9-1-1 to get medical help
- Stay with the person

Prevention Initiatives

ALCOHOL OVERDOSE

Signs of Alcohol Overdose:

- person appears unconscious or won't wake up
- cold, clammy, pale or bluish skin
- slow or irregular breathing
- vomiting while sleeping or passed out

What To Do:

1. turn the person on their side
2. dial 9-1-1, get medical help
3. stay with the person

MAKE THE CALL → 9-1-1

T3C TRI-CAMPUS & COMMUNITY COALITION
ON STUDENT DRINKING



Marijuana Use

Boynton Data

Past 12 Months

Current (past 30 days)

2007

32%

20%

2010

28.8%

17.9%

2013

28.7%

18.8%

2015

34%

19.5%

2018

37%

20%





Nearly two in five (39.8%) female students at the University of Minnesota–Duluth indicate that they have experienced a sexual assault within their lifetime, with 13.5% experiencing an assault within the past 12 months. Male students at the university have experienced lower sexual assault rates, at 11.8% within their lifetime and 2.9% within the past 12 months.

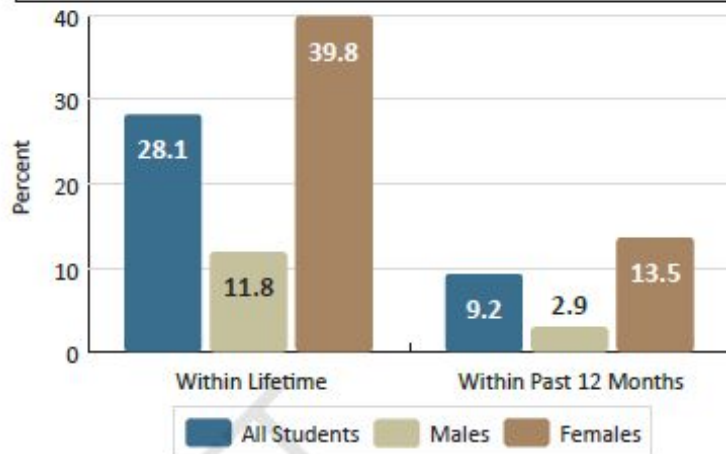
Sexual Assault—Lifetime and Past 12 Months

All Students by Gender

Sexual assault is defined as answering yes to at least one of the following two questions:

Within your lifetime or during the past 12 months, have you:

- Experienced actual or attempted sexual intercourse without your consent or against your will?
- Experienced actual or attempted sexual touching without your consent or against your will?



Consent & Sexual Assault Prevention

Athletics and Greek Life culture focus groups & presentations

UMD Seminar and classroom presentations

Bystander Intervention Training

Comprehensive Sexual Health Presentations

Referrals to confidential counseling and PAVSA Advocates



Emily Nagoski, Ph.D, April 11th: “Pleasure is the Measure: Evidenced-Based Consent Education”

How might you use this data?

[CSHS Report](#) (Health Services Website, under Health Education Links)

