HEALTH & WELLNESS TRENDS

2000-2014

American College Health Association
National College Health Assessment
(ACHA-NCHA)
**TOBACCO**

**Daily use of cigarettes has decreased.**
In 2000, 10.1% of UND students reported using cigarettes daily in comparison with 2014 where only 2.9% of the students reported using cigarettes daily.

**More students never used cigarettes.**
Over the years, 20% more UND students are choosing not to smoke cigarettes (70.6% in 2014 compared to 50.2% in 2000).

**On how many days did you use cigarettes?**
*(Past 30 Days)*

In 2014, 90.3% of UND students reported not smoking cigarettes in the last 30 days.

**Use of cigars, little cigar and clove cigarettes**
*(Past 30 Days)*

In 2014, 96% of UND students reported not using cigars, little cigars, and clove cigarettes in the last 30 days.

**Note:** Indicated percentages are from 2014 data unless otherwise specified.
High frequency drinking has decreased.

In 2000, 19.4% of surveyed UND students reported drinking 10 to 19 drinks a week in comparison with 11.5% in 2014.

Frequency of Alcohol Use (beer, wine, liquor)

- 2000: 19.4%
- 2014: 11.5%

Methamphetamine Use (crystal, meth, ice, crank)

- 2014: 98.8%

Cocaine Use

- 2014: 99.7%

Club Drugs Use (GHB, Ketamine, Rohypnol)

- 2014: 98.9%

Other Illegal Drugs Use

- 2014: 98.7%

Note: Indicated percentages are from 2014 data unless otherwise specified.
Over the last two weeks, how many times have you had 5 or more drinks of alcohol at a sitting?

Over the years, almost 48% of the students did not binge drink.

2/3 of students do not binge drink (2014)

Binge drinking (5 drinks or more) has decreased.

Alternate Non-Alcoholic with Alcoholic Beverages

Avoid Drinking Games

65.6% of students kept track of their number of drinks the last time they partied.

89% of students used a designated driver the last time they partied.

89.7% stayed with the same group of friends the last time they partied.

80.7% ate before and/or during drinking.

Note: Indicated percentages are from 2014 data unless otherwise specified.
54\% \quad 42\%

**Condom use during vaginal intercourse decreased considerably.**

In 2012, 54\% of the students who had vaginal intercourse reported using a condom as compared to only 42\% in 2014.

**Used a Condom During Vaginal Intercourse* (Past 30 Days)**

Within the last two years, the use of condom during anal sex decreased considerably. In 2012, 28.7\% of the students who had anal sex reported using a condom as compare to only 18.5\% in 2014.

**Used a Condom During Anal Intercourse* (Past 30 Days)**

85\% of the students do not engage in anal sex.

**Used a Condom During Oral Sex* (Past 30 Days)**

**Over the years, students that engaged in vaginal intercourse reported birth control pills (50.5\%), male or female condom (48.2\%), and withdrawal (21.1\%) as their preferred methods to prevent pregnancy.**

**Categories are not mutually exclusive.**

**Used Emergency Contraception (Last 12 months)**

**Became Pregnant (Past 30 Days)**

Note: Indicated percentages are from 2014 data unless otherwise specified.
Over the years, the majority of students (60.7%) reported having 1 to 2 servings of fruits and vegetables. About 28% of the students reported having 3 to 4 servings of fruits and vegetables per day. Only 5% reported having the recommended 5 or more servings per day.

The percentage of students with a depression diagnosis has more than doubled. In 2014, 21.6% of students reported being diagnosed as compared with 10.3% in 2000.

More cases of depression and anxiety are being or have been diagnosed and/or treated in recent years as compared with the early 2000’s.
Methodology

There is increasing recognition of the impact of student health and wellness on academic and personal success. The purpose of this report is to map out University of North Dakota (UND) student health and wellness trends over time collected from different survey periods. The report provides information on the health and wellness of UND students on an array of topics, such as: alcohol and other drug use, tobacco use, nutrition, sexual health, and mental health.

The data contained in the current trends report were derived from the American College Health Association, National College Health Assessment Survey (ACHA-NCHA). The ACHA-NCHA is a national research survey organized by the American College Health Association (ACHA) to assist college health service providers, health educators, counselors, and administrators in collecting data about their students’ habits, behaviors, and perceptions on the most prevalent health topics. The survey contains questions on a broad range of health topics and the connection between student health and academic success outcomes. The ACHA-NCHA has been administered to UND students every other year dating back to 2000. Survey results have been used to generate prevalence rates for various student health and wellness behaviors, choices, and perceptions. The data have also been used to map trends of UND student health and wellness issues over time. Over the years, ACHA-NCHA results have been used to assess, plan, and prioritize student health and wellness needs, allocate resources, design intervention strategies, and measure progress on a range of health and wellness objectives. Furthermore, these data have been used to compare UND students with students from other universities in the United States on an array of health topics. National Reference Group results for 2014 are expected sometime this fall and will be included in the 2014 Highlights Report.

Acknowledgment

This report was prepared and compiled by the Health & Wellness Assessment Graduate Service Assistant, Miriam Wood-Alameda (Department of Teaching & Learning); with support from the Health & Wellness Promotion Team and the Assessment Team.

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