

NCHA Survey: Measuring the Health Trends and Priorities of UMBC Students

The National College Health Assessment is sponsored by the American College Health Association and is implemented every two years at UMBC. The survey is a random sample of UMBC undergraduate students and measures students' health habits, behaviors and perceptions. Demographics of the Spring 2011 survey included:

- Sample size = 783 (19.6% response rate)
- Average Age = 21.8 years
- Females = 62.2%, Males = 35.8%, Transgender = 0.4%
- Freshmen = 20.7%, Sophomore = 18.7%, Junior = 25.4%, Senior = 24.8%, Super Senior = 9.7%
- Heterosexual = 89.6%, Gay/Lesbian = 2.1%, Bisexual = 6.4%, Unsure = 2.0%
- White = 57.6%, Black (not Hispanic) = 14.4%, Hispanic/Latino = 4.6%, Asian/Pacific Islander = 20.6, American Indian/Alaskan Native/Native Hawaiian = 0.8%, Biracial/Multiracial = 5.0%, Other = 3.4%



MENTAL HEALTH

Experienced the Following at any Time in the Past 12 Months	UMBC	Reference Group
Felt Things were Hopeless	52.0	45.1
Felt Overwhelmed by All You Had to Do	84.3	86.3
Felt Exhausted, Not From Physical Activity	80.4	81.6
Felt Very Lonely	59.5	57.3
Felt Very Sad	62.9	61.1
Felt So Depressed it was Difficult to Function	34.7	31.1
Felt Overwhelming Anxiety	50.6	50.6
Felt Overwhelming Anger	42.2	37.1
Seriously Considered Suicide	9.7	6.4
Intentionally Hurt Oneself	6.7	5.2
Attempted Suicide	1.0	1.1

SEXUAL BEHAVIOR

In the Last 12 Months...	UMBC	Reference Group
Number of Partners (0)	38.1	29.2
Number of Partners (1)	40.8	44.5
Number of Partners (4+)	6.5	9.5
Condoms w/ Oral Sex (Mostly or Always)	5.8	5.4
Condoms w/ Vaginal Sex	50.6	51.8
Condoms w/ Anal Sex	27.4	31.4
Contraception during Vaginal Intercourse	47.3	56.8
Withdrawal to Prevent Pregnancy	28.4	26.6

ACADEMIC IMPACTS

	UMBC	Reference Group
Stress	30.5	27.5
Sleep Difficulties	20.9	19.4
Anxiety	20.7	19.1
Internet Use/Computer Games	17.0	12.4
Cold/Flu/Sore Throat	16.5	16.4
Work	15.5	13.3
Depression	13.8	11.9

SLEEP & STRESS

	UMBC
Got Enough Sleep to Feel Rested (6+ Days)	9.8
Felt Tired, Dragged Out or Sleepy (6+ Days)	18.0
Felt Tired, Dragged Out or Sleep During the Day (3-5 Days)	41.3
Rate of Overall Stress – More than Average	39.5
Rate of Overall Stress – Tremendous	10.7
Academics were Traumatic or Very Difficult to Handle (Past Year)	49.2

ALCOHOL, TOBACCO & OTHER DRUGS

Past 30 Days...	Perceived	UMBC	Reference Group
Alcohol	92.0	52.4	65.9
Cigarettes	82.8	12.6	15.2
Cigarettes (all 30 days)	26.1	4.6	4.5
Marijuana	76.6	11.2	15.9
Hookah	72.0	7.6	7.6

NUTRITION & EXERCISE

	UMBC
5+ Servings of Fruits/Vegetables Per Day	6.2
Moderate-Intensity Exercise for at Least 30 Minutes (0 Days)	29.4
Vigorous-Intensity Exercise for at Least 20 Minutes (0 Days)	46.8
Trying to Lose Weight	52.4

Data collected from the NCHA survey is used to implement purposeful programs and outreach initiatives by University Health Services according to the needs of the student population. The data is shared with key stakeholders to help inform the campus community about the health priorities of UMBC students.