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***MICHIGAN STATE UNIVERSITY  
STUDENT HEALTH ASSESSMENT:***

SPRING 2008

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## MSU Student Health Assessment: Spring 2008

In the Spring of 2008, Michigan State University participated in the National College Health Assessment Survey through Olin Student Health Center's membership in the American College Health Association (ACHA). The survey was administered on the ACHA website as a web survey designed by the CORE Institute. In February 2008, a stratified random sample of 3,750 MSU students was sent pre-notification letters and invited to participate. The same sample was also sent an e-mail invitation by ACHA containing a web-link to the survey. The survey began February 12 and concluded February 26. The same survey was administered on more than 128 other campuses across the nation, but not at the same time or using the same sampling methodology. At MSU, the online survey was administered by the Office for Survey Research within the Institute for Public Policy and Social Research. A total of 1,666 students responded. The overall response rate was 44.3%.

Table 1 provides a profile of the demographic characteristics of the respondents. Because some segments of the student body were somewhat over- or under-represented among respondents, the data set has been weighted based on gender, race/ethnicity, and academic class status so that the final weighted sample more nearly matches the proportions of these groups in the MSU student body as a whole. Table 1 also shows the profile of this final weighted sample. The analyses summarized here are based on the weighted sample.

The questionnaire covered a diverse set of health-related topics including perceived health status, sexual behaviors and beliefs, alcohol-tobacco-drug behavior and beliefs, injury prevention, disease prevention and screening, victimization, exercise and rest, depression, incidents of disease or injury, incidents of stressors, sources and credibility of health information, and background questions. This summary will point out some of the more noteworthy findings of the survey.

### **Perceived Health Status**

Table 2 shows the percentages of respondents who rated their health as excellent, very good, good, fair or poor. The table indicates that:

- Overall, 63.3% of the respondents rated their health as excellent (16.6%) or very good (46.7%).
- Males were somewhat more likely than females to rate their health as excellent or very good.
- Race, age, on-campus residency and student status were not significantly related to perceived overall health.
- Respondents who reported having higher grade point averages tended to rate their

health more highly than did those who reported having lower grade point averages.

### **Weight Status, Exercise, and Rest**

Respondents were asked to indicate their height, weight, how many days in the past week they exercised either vigorously for 20 minutes or moderately for 30 minutes, how many days in the past week they got enough sleep, and how many servings of fruits and vegetables they usually eat per day. The respondents' heights and weights were converted into Body Mass Index (BMI) scores (kilograms/meters<sup>2</sup>) and then categorized into weight statuses with BMI scores of 25.0 - 29.9 coded as overweight and 30.0 or greater coded as obese. The results for these questions are presented in Table 3 along with the comparisons on each between males and females, white and other racial/ethnic group respondents, those living on- and those living off-campus, and among GPA categories. The table indicates that:

- 30.8% of the respondents were overweight (22.6%) or obese (8.2%) based on BMI scores;
- Males were more likely to be overweight or obese than females were (39.1% vs. 23.8%).
- Respondents who lived off-campus were somewhat more likely to be overweight or obese than were their on-campus counterparts.
- 40.5% of respondents indicated that they exercised three or more days during the previous week. Males were somewhat more likely to report exercising more often each week than females. Respondents with higher grade point averages tended to report exercising more often per week than those with lower grade point averages. White respondents were more likely (43.7%) than respondents of other races/ethnicities (30.9%) to report exercising three or more days per week.
- 31.9% of the respondents did muscle strengthening or toning exercises three or more days in the previous week. Males were more likely to report engaging in this type of exercise more often per week than females. White respondents were more likely (34.5%) than respondents of other races/ethnicities (23.9%) to report doing muscle strengthening or toning exercises three or more days per week, but there were no significant differences based on residency. Those with a B grade point average were more likely than other respondents to report engaging in this type of exercise more often per week.
- Nearly four out of ten respondents (37.0%) reported getting sufficient sleep fewer than four days out of the previous seven, slightly better than the 40.7% reported in 2006. Females were more likely than males to report getting adequate sleep this infrequently. White respondents and students with higher GPAs were less likely than their counterparts to report fewer than four restful nights' sleep in the past week, while those with higher GPAs were also more likely than their counterparts

to report getting enough restful sleep six or seven nights of the past week than their lower GPA counterparts.

- Only 8.6% of all respondents reported eating five or more servings of fruits and vegetables per day – the minimum recommended for good health by nutritionists - and 60.0% reported eating two or fewer servings per day.
- Females tended to report eating more fruits and vegetables than males did, but 90.2% of the female respondents still fell short of the five per day recommendation.
- White respondents were somewhat more likely to report eating more servings of fruits and vegetables per day than were their other racial counterparts.
- Off-campus and on-campus respondents did not differ in their reported daily servings of fruits and vegetables.
- Those with higher GPAs were more likely to report eating greater numbers of daily servings of fruits and vegetables than their counterparts with lower GPAs.

The questionnaire included several questions regarding how respondents perceive their own weight status, what they were currently trying to do about their weight, and if they had used any of several weight loss strategies in the previous 30 days. Table 4 shows the percentages of respondents giving each of the possible answers and then compares the percentage distributions of responses among respondents categorized by their BMI-based weight status. The table indicates that:

- Only 13.8% of those in the “Not Overweight” category described themselves as either slightly or very overweight.
- 36.5% of those who were “overweight” and 1.5% of those who were “Obese” described themselves as about the right weight or slightly underweight; only 37.1% of those who were categorized as obese described themselves as ‘very overweight.’
- Overall, 50.1% of respondents said they were trying to lose weight.
  - 69.7% of those classified as overweight and 77.4% of those classified as obese (down from 88.9% in 2006) said they were trying to lose weight, as were 40.6% of those in the “Not Overweight” BMI score range.
  - 26.8% of those classified as overweight and 22.6% of those classified as obese said they were either doing nothing about their weight (7.3%; 8.3% respectively) or were trying to stay at the same weight (19.5%; 14.3%

respectively).

- 56.4% of all respondents reported that they had exercised to lose weight in the previous 30 days – down from 59.2% in 2006; however, 72.7% of those overweight and 70.1% of those obese reported exercising to lose weight – both also down from 2006.
- 33.9% of all respondents reported dieting to lose weight in the previous 30 days, but this was reported by 48.1% of those classified as overweight and 50.4% of those classified as obese (down from 61.5% in 2006) compared to only 27.4% of those classified as not overweight.
- Only 1.5% of respondents reported engaging in purging activities to lose weight.
- Only 2.8% of respondents reported using diet pills to lose weight, but this was 4.9% among those classified as overweight and 0.8% among those classified as obese.

### **Injury Prevention**

Respondents were asked to indicate how often within the last school year they wore seatbelts when riding in a car or wore a helmet when bicycling, motorcycling, or inline skating. Table 5 shows the percentages of respondents who indicated having taken those precautions and the frequency with which they did. Table 5 indicates that:

- Nearly all students indicated having ridden in a car and only 3.3% of these said they wore a seatbelt less than most of the time; 80.6% said they always wear a seatbelt when riding in a car.
- Although roughly 64.5% of the respondents appear to indicate having ridden a bicycle during the last school year, 69.7% of bicycle riders indicated that they never wear a helmet – a marked improvement over 2006 (77.5%).
- Despite being required by law to wear a helmet when riding on a motorcycle, only 76.1% of those who rode a motorcycle as a driver or passenger during the school year claimed to always wear a helmet – 7.4% claimed to never wear a helmet.
- 76.4% of respondents who have been inline skating in the last year (22.0% of all respondents – up from 13.7% in 2006) reported that they never wear a helmet. Only 6.7% said that they always wear a helmet when inline skating.

### **Disease Prevention and Screening**

The questionnaire asked respondents to indicate whether or not they had been vaccinated against various diseases and whether they had recently had preventive health screening exams such as dental exams and cleaning, breast exams (females only), gynecological exams (females

only), testicular exams (males only), blood pressure checks, cholesterol checks, or used sunscreens. Table 6 shows the percentage of all respondents who said that they had done each of these and the percentage who indicated not knowing.<sup>1</sup> The table also compares the percentage of respondents who said they had done each of these across various demographic groups of respondents, i.e., males vs. females, white and other students, respondents living on-campus vs. those living off-campus, and respondents reporting their cumulative GPA is an A, a B, or a C or lower. The table indicates that:

- Over 74.1% of respondents claimed to have been vaccinated against hepatitis B. Between 52% and 63% of respondents claimed to have been vaccinated against varicella and meningococcal. Nearly three quarters of respondents (73.1%) said they were vaccinated against measles, mumps and rubella, while 23.3% claimed to be vaccinated against influenza last year.
- Nearly eight out of ten (78.8%) claimed to have had a dental checkup and cleaning in the past year and nearly nine out of ten (88.1%) claimed to have had their blood pressure checked in the past two years.
- Approximately four out of five males (41.5%) claimed to perform monthly testicular exams.
- More than six out of ten females (62.1%) said they had a gynecological exam in the past year while fewer, 45.3% (up from 40.8% in 2006) said they perform monthly breast self-exams.
- Only 44.1% of all respondents claimed to have had their cholesterol checked in the past five years.
- More than one in seven (15.3% -- up from 12.1% in 2006) reported using sunscreen daily.
- Females were somewhat more likely than males to report having been vaccinated against hepatitis B, meningococcal disease, measles, mumps and rubella, but less likely than males to report having been vaccinated against varicella, and influenza; females were more likely than males to have had their blood pressure checked and to use sunscreen daily.
- White respondents were more likely than other respondents to report having been vaccinated against meningococcal disease, measles, mumps and rubella, but less likely against varicella and influenza. They were more likely to report having had a dental exam last year, to perform testicular exams monthly, to have had a gynecological exam in the last year, and to have had their blood pressure checked

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<sup>1</sup> The percentage who said they had not done each of these is not reported in the table but can easily be calculated by summing the percentage who said they had done it and the percentage who said they did not know if they had done it and then subtracting this sum from 100%. The result is the percentage of respondents who said they had not done this.

in the last two years.

- i** Respondents living on-campus were somewhat more likely than their off-campus counterparts to report having been vaccinated against meningococcal disease, varicella, and influenza; female respondents living off-campus were more likely than their on-campus counterparts to report having had a gynecological exam in the past year and to perform monthly breast exams.
- i** Respondents with higher GPAs were more likely than their lower GPA counterparts to reported having been vaccinated against measles, mumps and rubella, to have had a dental exam and cleaning in the past year, but less likely to report having had their blood pressure checked in the past two years, or their cholesterol checked in the past five years.

### **Alcohol, Tobacco, and Other Drugs**

The questionnaire included a series of questions on the use of tobacco, alcohol and other drugs. Respondents were asked to report the number of days they had used each of ten different categories of substances over the previous 30 days. Table 7 shows the percentage distribution of responses for each of these ten categories of substances. The table indicates that:

- i** More than six out of ten (61.7% -- up slightly from 59.5% in 2006) of the respondents reported never having smoked cigarettes at all and another 19.8% reported not having smoked in the previous 30 days; only 8.1% of respondents claimed to have smoked cigarettes 6 or more days out of the previous 30.
- i** More than two-thirds of respondents (69.1%) said they had never smoked cigars and 85.7% said they have never used smokeless tobacco; only 4.5% of respondents claimed to have used smokeless tobacco in the previous 30 days, while 6.3% claimed to have smoked cigars.
- i** By contrast, only 14.5% claimed never to have drunk alcohol (up slightly from 12.7% in 2006) and another 11.0% claimed not to have drunk alcohol in the previous 30 days; however, nearly four out of ten 36.1% (down slightly from the 38.3% found in 2006) claimed to have drunk alcohol on six or more of the previous 30 days.
- i** 94.3% of respondents claimed to have never used cocaine, 99.2% claimed to have never used Rohypnol, 93.2% claimed to have never used amphetamines, 89.6% claimed to have never used Ecstasy, 95.6% claimed to have never used other drugs than those listed.
- i** 62.5% claimed never to have used marijuana and another 21.9% reported not having used it in the previous month; however, 7.1% reported having used it on six or more days in the previous month.

Table 8 shows the overall percentages of respondents who reported using these various drugs one or two days in the previous month or three or more days. The table also compares the percentages of respondents using these drugs one or more days by gender, race/ethnicity, campus residence, and cumulative GPA. The table indicates that:

- Males were much more likely than females to report smoking cigarettes, cigars, and marijuana, having used smokeless tobacco, and cocaine, and slightly more likely than females to report drinking alcohol at least once in the month.
- White respondents were more likely to report smoking cigarettes, cigars and marijuana, and to use smokeless tobacco than their counterparts. They were also more likely to report drinking alcohol than respondents of other racial/ethnic backgrounds.
- Those living off-campus were more likely than their on-campus counterparts to have drunk alcohol in the previous 30 days, or to have used cocaine at least once in the previous month.
- Respondents with different cumulative GPAs did not differ significantly in the minimal use of any of these substances except for marijuana, cigarettes, and smokeless tobacco – generally, those with lower GPAs were more likely to have used each of these than those with higher GPAs.
- Undergraduates were more likely than graduate students to report smoking cigarettes, cigars, and marijuana, more likely to report using smokeless tobacco, and more likely to report using amphetamines.

Respondents were also asked to indicate whether they thought the “typical” student at MSU had, in the previous month, used each of these substances daily, one or more days, or not at all. Table 9 shows the results for these two sets of questions. Table 9 also indicates the percentage of respondents who believed that the “typical” student used each of the drugs more often than they did personally. The table indicates that:

- Respondents, on all types of substances, tended to believe “typical” students were more likely to be more frequent users than they were themselves.
- While only 18.5% of respondents reported smoking cigarettes in the past month, the average estimate among respondents was that 89.2% of their fellow students smoked in the previous month.
- While only 0.5% of respondents reported drinking alcohol daily in the previous month, respondents believed that 33.2% of their fellow students drank daily in the previous 30 days.
- While 0.3% of the respondents reported using Rohypnol at all in the previous month, only 0.5% reported using Ecstasy, and only 1.3% reported using cocaine,

they believed that 24.7%, 31.7% and 31.8% of their fellow students used these drugs respectively in the previous month.

- Non-users and those who had not used substances in the past month were more likely than users to over-estimate typical use.
  - 88.7% of these non-users over-estimated cigarette usage among peers, 80.5% over-estimated marijuana usage, and 90.9% over-estimated alcohol usage.

The questionnaire asked respondents if, in the previous 30 days, they had driven after drinking any alcohol and if after having had five or more drinks. The survey found that:

- 23.8% of the respondents (down from 27.8% in 2006) reported having driven after drinking at least some alcohol at least once in the previous 30 days; of these, 9.9% (down from 12.4% in 2006), or 2.5% of all respondents, reported driving after having five or more drinks at least once in that time.
  - Males were much more likely than females to report driving after drinking five or more drinks (3.7% vs. 1.6% of all males and females respectively)
  - There were no significant differences based on race, i.e., respondents of all races were equally likely to report driving after drinking five or more drinks.
  - Those living off-campus were two and a half times as likely as those living on-campus to report driving after drinking five or more drinks (3.3% vs. 1.4%).
  - Those under age 20 were less likely and those 22-23 were more likely than their counterparts to report such driving.
  - There were no significant differences based on GPA.

Respondents were asked to indicate for how many hours they drank alcohol the last time they “partied” and then the number of alcoholic drinks they consumed during this time.

- Among those who reported drinking any alcohol, respondents reported that they drank alcohol for an average of 3.69 hours ( $\sigma = 2.0$ ) the last time they “partied.” During this time, on average, respondents reported consuming 5.76 alcoholic drinks ( $\sigma = 4.1$ ) – down slightly from 5.95 in 2006. In fact, 56.9% of respondents who drank reported drinking five or fewer drinks the last time they “partied” – (counting the 17.1% of all respondents who reported consuming no alcoholic drinks at all, 65.1% of all respondents drank five or fewer drinks the last time they partied – up from 60.3% in 2006).
  - Males who drank reported drinking an average of 7.41 drinks, and females 4.41 drinks (down from the 4.92 drinks reported in 2006) the last time

they “partied,” and the estimated blood alcohol content (BAC) for males was .093 while it was .086 for females.

- Graduate student respondents who drank reported consuming 3.62 drinks the last time they partied (BAC = .049) compared to the 6.31 drinks reported by undergraduates (BAC = .100).
- Respondents with higher GPAs reported drinking fewer drinks and had lower BAC values than respondents with lower GPAs.
- Members of fraternities or sororities reported drinking more drinks, 7.26 (up from 6.48 in 2006) than non-member respondents, 5.60 (down from 5.95 in 2006) and the estimated BAC for fraternity or sorority members was .112 compared to an estimated BAC of .087 for non-members.
- White respondents and younger respondents reported drinking more drinks, over longer periods of time, and had higher BAC values than their counterparts.

The numbers of drinks reported is a reasonably close but imperfect proxy for BAC since BAC takes into account the individual’s body mass and the duration over which the drinks were consumed. For example, in this sample, 87.8% of those who reported drinking 8 or more drinks had calculated BAC of 1.0 or greater, compared to only 51.3% of those who reported drinking 5-7 drinks, and 3.3% of those who reported drinking 1-4 drinks.

The questionnaire asked respondents to indicate how many times in the previous two weeks they had drunk the same amount of alcohol or more as they had indicated they consumed the last time they “partied.”

- 37.1% of the respondents reported that there were two or more occasions when they drank a comparable number of drinks in the two weeks prior to completing the survey.
- Of those who reported drinking no alcohol the last time they partied, almost all (98.5%) reported there were no occasions when they drank more than that (i.e., more than none) in the previous two weeks.
- Of those who reported drinking 1-4 drinks, 35.0% reported that there were no occasions and 31.4% reported there was one occasion when they drank that much or more (while 33.6% reported two or more occasions when they drank that much or more).
- Of those who reported drinking 5-7 drinks, 28.8% reported that there were no occasions and 27.5% reported there was one occasion when they drank that much or more in the past two weeks, while 43.7% reported there were two or more occasions when they drank that much or more.
- Among those who reported drinking 8 or more drinks, 19.4% said there

were no occasions and 17.2% said there was one occasion when they drank that much or more, while 63.4% reported there were two or more occasions when they drank that much or more in the previous two weeks.

Respondents were also asked to indicate how many alcoholic drinks they thought the “typical” MSU student had the last time he or she partied.

- More than 81% of the respondents thought that the “typical” student at MSU drank four or more alcoholic drinks the last time he/she “partied.” The average number of drinks respondents believed the “typical” student drank was 5.52 ( $\sigma = 3.15$ ), considerably lower than the 6.93 found in 2006 and 27.6% of the respondents thought the “typical” student drank between 7 and 20 drinks the last time he/she partied. This is nearly half the 50.1% who thought the typical student drank 7 or more that was found in the 2006 survey.
- 56.8% of the respondents perceived that the “typical” student at MSU consumed more drinks than they did personally.
- Female, non-white, those not in fraternities or sororities and older respondents tended to believe that the “typical” student drank more than they did personally and this was generally accurate.

The questionnaire asked respondents how many times in the previous two weeks they had five or more alcoholic drinks at a sitting. The survey found that:

- Almost half (45.5%) of respondents claimed to have had five or more alcoholic drinks at a sitting at least once in the previous two weeks with 7.7% of respondents claiming to have done it five or more times. The average number of times respondents reported doing so was 2.25 (see Table 9A).
- Males, white respondents, younger respondents, those with lower GPAs, members of Greek organizations and undergraduates reported drinking five or more drinks on more occasions in the previous two weeks than their respective counterparts.

The questionnaire also included a series of questions regarding how often the respondent did various things to drink responsibly, e.g., having a designated driver, eating food before or while drinking, setting a drink limit in advance, pacing consumption to one or fewer drinks per hour, etc. Table 10 shows the percentages of respondents who reported doing each of ten different strategies for drinking responsibly either always, usually, sometimes, rarely, or never. The table indicates that:

- 60.5% of the respondents (down from 63.6% in 2006) reported they never drink an alcohol look-alike beverage and 61.6% (up from 58.0% in 2006) reported always using a designated driver.
- Nearly all respondents indicated that they at least occasionally eat food before or while drinking and 85.8% (up from 82.6% in 2006) claimed to either usually or always do this.

- 62.6% said they usually or always keep track of how many drinks they are having and 31.4% (down from 34.2% in 2006) claimed they usually or always avoid drinking games.
- However, 40.6% (down from 45.2% in 2006) never or only rarely alternate non-alcoholic with alcoholic beverages and 35.3% (down from 41.2% in 2006) determine in advance the maximum number of drinks they will drink; 56.0% never or rarely have a friend let them know when they have had enough and 46.8 (down from 51.3% in 2006) never or rarely pace their drinking so as not to get drunk.

Table 11 compares the responses to these based on gender, race, age, residence location, GPA, and membership in Greek organizations. Table 11 shows the percentage of respondents who said they always or usually do the various responsible drinking steps. Table 11 indicates that:

- Females were more likely than males to report . . .
  - always or usually alternating non-alcoholic and alcoholic beverages,
  - setting a limit ahead of time,
  - choosing not to drink at all,
  - using a designated driver,
  - having a friend tell them when they have had enough,
  - keeping track of the drinks they have had, and
  - pacing their drinks to one per hour or less,
  - avoiding drinking games, and
  - drinking alcohol look-alikes.
- White respondents were less likely than their counterparts . . .
  - set a drink limit ahead of time
  - to choose not to drink,
  - to have a friend tell them when they have had enough,
  - to keep track of how many drinks they have had,
  - to pace their drinking to one per hour or less,
  - to avoid drinking games, or
  - to drink alcohol look-alike beverages.
- but more likely than their counterparts. . .
  - to use a designated driver, and
  - to eat before or during drinking.
- Younger respondents were less likely to avoid drinking games and to pace their drinking to one drink per hour or less, but they were more likely than most of their older counterparts to set a drink limit ahead of time, choose not to drink, use a designated driver, have a friend tell them when they have had enough and alternate alcoholic non-alcoholic beverages.
- Respondents living on-campus were more likely than their off-campus counterparts to report choosing not to drink ,having a friend tell them when they

have had enough, and drinking alcohol look-alikes, but less likely to report eating before or while drinking, pacing their drinking, and avoiding drinking games.

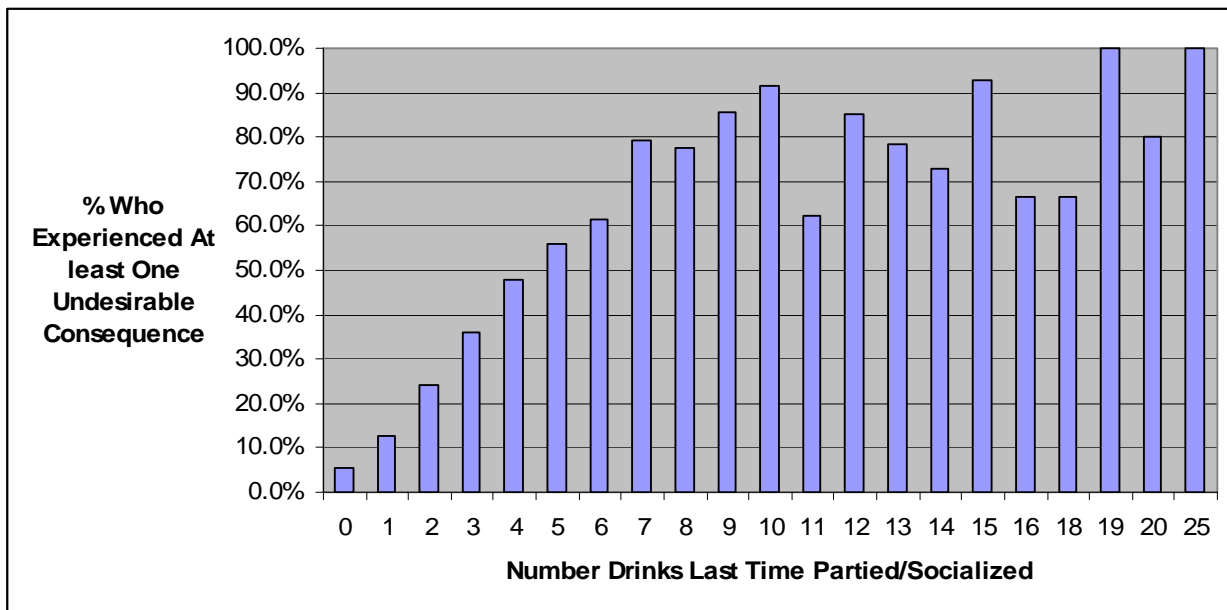
- Respondents with “A” grade point averages were more likely than those with lower GPAs to alternate alcohol and non-alcoholic beverages, eat before or while drinking, track how many drinks they consume, pace their drinking, avoid drinking games.
- Members of fraternities or sororities were less likely than non-members to alternate alcoholic and non-alcoholic beverages, to choose not to drink, to pace their drinking, and to avoid drinking games.

The questionnaire asked respondents to indicate if they had experienced, at least once, any of seven different undesirable events during the last school year as a consequence of their drinking. Table 12 shows the results for each of these events. The table shows the percentage of respondents who drink at least sometimes who reported that the event in question did happen to them during the last school year. The table also compares the likelihood of experiencing these events by gender, race/ethnicity, age group, residence location, GPA, and membership in a Greek organization. The table indicates that:

- Four out of ten of the respondents (39.9%) reported having done something when drinking that they later regretted; 35.4% (down from 37.9% in 2006) reported at least once having drunk to the point where they did not know where they were or what they did; one in five, 20.3% (down from 23.0% in 2006) reported having injured themselves at least once as a consequence of their drinking; and about one in seven (15.1%) reported having had unprotected sex as a consequence of their drinking.
- Males were more likely than females to report having injured another person, having been in a fight, to have forgotten where they were or what they did, and to have had unprotected sex.
- White respondents were more likely than non-whites to report injuring themselves, having done something they regretted, having forgotten where they were or what they did, but slightly less likely to experiencing forced sex.
- While generally, older respondents were less likely to report experiencing the various undesirable consequences of drinking, 18-19 year olds tended to be less likely to report experiencing most of these consequences than were their 20-21 or 22-23 year old counterparts. This is something of a change from 2006 when 18-19 year olds tended to be the group most likely to experience these problems
- Off-campus respondents were more likely than their on-campus counterparts to report injuring someone else and being involved in a fight.
- Generally, respondents with higher GPA’s were less likely to report experiencing any of the seven undesirable consequences of drinking.

- Members of fraternities or sororities were more likely than non-members to report having unprotected sex as a result of their drinking.

Nearly half, 48.4% of the students who drink (up from 45.5% in 2006) reported doing none of these things this academic year as a result of their drinking, 17.1% reported doing one, 17.1% reported doing two, 9.6% reported doing three, and 7.7% reported doing four or more. Figure 1 below shows the percentage of respondents who reported experiencing at least one of these undesirable events compared to the number of drinks they reported drinking the last time they partied or socialized. Assuming that the amount they drank the last time was relatively typical for them, then the figure clearly indicates that the risk of experiencing at least one of these undesirable events increases directly with the amount typically consumed. The figure also indicates that drinking more than four alcoholic drinks (more than five for males) increases the risk to more than 50%.



**Figure 1. Risk of At Least One Undesirable Event by the Number of Drinks Consumed The Last Time Partied/Socialized**

**Sexual Behavior and Beliefs**

The questionnaire also included another series of questions regarding sexual behaviors, steps to prevent conception and sexually transmitted diseases, and perceptions of these behaviors by a “typical” student at MSU. Table 13 shows the percentage distribution of the number of different partners, if any, respondents reported having sex with (oral, vaginal, or anal) during the last school year. The table indicates that:

- Nearly a quarter of respondents (23.9%) reported having no sexual partners during the last school year and 50.8% reported only a single partner.
- 7.0% of respondents reported having had four or more sexual partners during the

past school year.

Table 13 also shows the percentage distribution regarding the number of sex partners respondents believed the “typical” student had at MSU. The table indicates that respondents overwhelmingly misperceive what is, in fact, typical. The table indicates that:

- 24.9% (down slightly from 27.9% in 2006) of respondents believed the “typical” student had four or more sex partners.
- 15.4% (up slightly from 13.8 % in 2006) of respondents believed that the “typical” student had one or fewer sex partners.
- Comparing the respondent’s belief about the typical student’s number of partners to his or her own, the table indicates that 77.3% of the respondents believed that the “typical” student had more sexual partners than the respondent did himself or herself.
- Based on the fact that the “typical” student actually had an average of only 1.34 partners or less, 84.6% of respondents over-estimated what is “typical” (i.e., guessed a number of partners that is greater than this actual average) compared to what is actually typical.

The questionnaire asked respondents to indicate how many times in the previous 30 days they had engaged in each oral sex, vaginal sex, and anal sex. They were then asked to respond to a similar question about the “typical” MSU student. Table 14 shows the percentage distribution of responses for each of these. The table indicates that:

- Anal sex is relatively rare: 72.7% of respondents reported never having done this and another 21.9% reported not having done it in the previous 30 days; 57.2% of respondents believed that the “typical” MSU student had done this at least once in the previous month.
- Oral sex is nearly as common as vaginal sex with 49.6% of respondents reporting having engaged in oral sex at least once in the past month compared to 55.5% for vaginal sex, but those engaging in vaginal sex reported having done it more times.
- 68.5% of respondents believed that the “typical” MSU student had oral sex a greater number of times than the respondent did personally.
- 94.9% of respondents believed the “typical” MSU student had vaginal sex at least once in the previous month compared to the 55.5% who reported actually doing so and 69.4% of respondents thought the “typical” MSU student had vaginal intercourse three or more times in the previous month compared to the 43.5% who actually reported having done so. That is, 59.7% of respondents over-estimated how many times the “typical” student had vaginal sex compared to themselves.
- 42.8% of respondents believed that the “typical” student had not had anal sex in the past month while 57.2% believed that the “typical” student had engaged in

this activity in the past month. 86.7% of respondents over-estimated what is “typical” compared to their own behavior.

These types of sexual behaviors are not mutually exclusive. We have combined responses to the three different questions to produce a new variable that indicates the combinations of types of sexual behaviors in which the respondents have participated. In doing so, we have not limited this to only the previous month, but we also cannot be certain that the respondent who did not check “never” but indicated not having done so in the past month actually did the behavior during the last school year or, for that matter, while a student at MSU. Among all respondents, 22.7% reported engaging in none of these sexual behaviors, 4.4% indicated having only engaged in oral sex, 3.2% in only vaginal sex, 43.3% in both oral and vaginal sex, 0.8% in only oral and anal sex, 0.2% in only vaginal and anal sex, and 25.4% reported engaging in all three.

Respondents were asked to indicate how often they had used a condom when having each oral, vaginal, and anal sex of the times they did this in the past 30 days. They were asked to respond to a similar question regarding the “typical” MSU student as well. Table 14 shows the results for these questions also. The table indicates that:

- Only 4.0% of respondents reported ever using a condom during oral sex, but more than half (50.8%) said they believed the “typical” student does so at least rarely or more often. Of those who reported having had oral sex in the past month, 92.4% reported never using a condom and 2.7% reported rarely using a condom.
- Of those who claimed to have had vaginal sex at least once in the previous month, 39.7% claimed they or their partner always used a condom, while 28.6% said they never used a condom; however, 66.6% of respondents said they believed the “typical” student mostly or always used a condom.
- Of those who claimed to have had anal sex at least once in the previous month (n=195), more than two-thirds (69.4%) said they never used a condom while only one in eight (12.6%) said they always did.
- Compared to what respondents reported they actually did, 40.7% of respondents over-estimate the use of condoms by the “typical” student during oral sex, 41.7% with respect to vaginal sex, and 43.4% with respect to condom use during anal sex.

The questionnaire also asked respondents to indicate whether or not they or their partner had used a condom the last time they had oral, vaginal, and anal sex. Table 14 indicates that 55.7% (down from 59.2% in 2006) of those who had vaginal intercourse said a condom was used the last time, 3.4% of those who had oral sex said a condom was used, and 22.4% of those who had anal sex said a condom was used the last time. That is, except for those respondents who have had sex with only a single partner and with a partner who has had sex only with the respondent, a large portion of these sexually active respondents are having unprotected sex and are at-risk for a variety of STDs.

For those who were sexually active, the questionnaire included another series of

questions regarding the method the respondent and partner used to prevent pregnancy the last time they had vaginal intercourse. Respondents could use several methods simultaneously so multiple responses were possible. Overall, 78.8% of the respondents who indicated being sexually active reported they or their partner used at least one of either birth control pills, Depo Provera, Norplant, condoms, diaphragms or spermicides. Table 15 shows the percentage of sexually active respondents who claimed using each of the various methods the last time they had intercourse. The table also compares the reported use of these across respondents of different backgrounds. The table indicates that:

- 51.0% of these respondents claimed to use birth control pills, 52.2% claimed to use condoms, 21.1% reported relying on “withdrawal,” 5.4% reported using no method, and 12.5% reported using the “morning after” pill.
- Females were more likely than males to report they or their partner used birth control pills (suggesting that some of the males did not know their female partners were using these) while males were somewhat more likely than females to report they and their partners used a diaphragm.
- White respondents were more likely than their counterparts to report using birth control pills, while other racial/ethnic group respondents were more likely to report using Norplant, spermicides, or nothing.
- On-campus respondents were more likely than their counterparts to report using condoms or spermicides, while off-campus respondents were more likely to report using birth control pills, Depo Provera, or withdrawal.
- Those younger than 24 were more likely than their older counterparts to report they or their partners use pills, condoms, withdrawal, or morning after pills, while the older respondents were more likely to report using some ‘other’ method or nothing.
- Members of fraternities or sororities were more likely than their non-Greek counterparts to report using condoms or “withdrawal” to prevent pregnancy.

Because this question was asked so that respondents could give multiple answers, it may obscure the actual degree of risk both for unintended pregnancies and for sexually transmitted diseases. To sharpen the picture, we have grouped respondents based on the type of birth control or the combination of types of birth control they reported they and their partners used the last time they had intercourse. This analysis found that:

- \* 25.8% of those sexually active reported using only a condom,
- \* 30.1% reported using a condom and birth control pills, Depo Provera or Norplant,
- \* 27.9% reported using only birth control pills, Depo Provera or Norplant,
- \* 0.0% reported using a condom, diaphragm and spermicide,
- \* 5.2% reported using withdrawal or a rhythm method,
- \* 1.5% reported using some other method that would likely be only partially effective without being paired with another method (e.g., such as only a spermicide)

\* and 5.2% reported using nothing

Of those sexually active, 1.2% reported to have unintentionally become pregnant or gotten someone else pregnant during the last school year.

Respondents were also asked whether or not they had ever been tested for HIV. Since sexual activity is only one of several possible ways in which someone can contract HIV, all respondents, whether sexually active or not, were asked this question. Table 15 shows the results for this as well. The table indicates that 27.2% of respondents claimed to have been tested for HIV. Females, other racial group respondents, off campus residents, and older respondents were more likely than their respective counterparts to report having been tested.

### **Victimization**

A section of the questionnaire asked respondents to indicate whether or not they had been involved in each of a variety of potentially harmful or troubling events during the last school year. Table 16 lists the nine different types of situations asked about and shows the percentage of respondents who reported that they had been involved or victimized in that way at least once during the last school year. The table also compares the experience of each of these across various categories of respondents. The table indicates that:

- 6.7% of respondents indicated having been sexually touched against their will and 12.4% reported having been in an emotionally abusive relationship at least once during the school year.
- 7.2% claimed to have been in at least one fight, 4.2% to have been assaulted and 2.9% to have been threatened for sex against their will; 2.6% reported what amounts to an attempted rape, and 1.7% reported having been raped.
- Males, white respondents, off-campus respondents, and those with lower GPAs were more likely than their counterparts to report having been involved in a physical fight.
- Females were more likely than males to report having been touched sexually against their will and to have been the victim of an attempted rape, but less likely to report having been physically assaulted.
- White respondents were less likely than other racial group respondents to report having been in either emotionally or physically abusive relationships.
- Those with lower GPAs were more likely than others to report having been in a physical fight, and in emotionally or physically abusive relationships.
- Members of Greek fraternities or sororities were somewhat more likely than their non-member counterparts to report being the victim of attempted rape.

## **Emotional Well-Being**

To measure the experience of depression, stress, anxiety, and other markers of emotional well-being, the questionnaire asked respondents to indicate how many times over the last school year, they experienced various feelings, each of which in the list represented an increasingly intense emotional difficulty – from “felt overwhelmed by all you had to do” to “attempted suicide.” Table 17 indicates the percentage distribution of responses to each of the different emotional states. That table indicates that:

- More than a third of the respondents indicated having felt overwhelmed and exhausted nine or more times during the last school year; 15.8% said they had felt very sad that many times, and 11.7% said they had felt things were hopeless that many times.
- 44.3% said they had felt so depressed that it was difficult to function at least once during the school year; 7.5% said they had seriously considered attempting suicide at least once; and 1.7% said they had attempted suicide at least once.

To explore the experience of such emotional difficulties within the student population, we have constructed an overall index score represented by the combined responses to each of the seven items. Scores could range from 0 for respondents who said they never had any of these troubled feelings to a score of 84 for respondents who said they had felt or done each of these 11 or more times during the last school year. The overall average index score was 21.0 with a standard deviation of 16.4. Table 18 compares these average index scores across demographic groups and indicates females tended to report having experienced more emotionally troubled times than males (23.1 vs. 18.4), white respondents reported more emotionally troubled times than their counterparts (21.8 vs. 18.4), and those with lower GPA’s tended to report experiencing more emotionally troubled times than those with higher GPA’s, but there were no statistically significant differences by age, residence location, or membership in a Greek organization.

We have also compared these index scores across individuals based on their experience of various types of victimization. These are also shown in Table 18. The table indicates that:

- Those who had been verbally threatened for sex against their will, sexually touched against their will, the victim of an attempted rape, the victim of a rape, had been involved in an emotionally, physically, or sexually abusive relationship all had higher index scores – meaning they reported more times feeling emotionally troubled in the seven ways listed – than those who had not been victimized in these ways.
- Those who had been involved in a physical fight or assaulted tended to report experiencing more emotionally troubled times than those who had not.

As one might expect, there is a direct correlation between the number of different types of victimizations experienced and the number of emotionally troubled times experienced. The average number of troubled times experienced by those not victimized by any of the nine situations listed in Table 18 was 19.05. Among those victimized by one of the situations, the

average number of troubled times experienced was 25.4; among those victimized by two, the average number of times was 26.5; and among those victimized by three or more of the nine different situations, the average number of emotionally troubled times experienced was 39.6.

### **Incidents of Disease**

Respondents were asked to report whether or not they had any of 29 different health problems during the last school year and then whether or not they had ever been diagnosed with having the problem. Table 19 shows the percentages of all respondents who reported ever having been diagnosed with each of the problems and the percentage who reported having the problem during the last school year. The table indicates that:

- i** Almost half reported having had allergy problems (45.6%) and back pain (45.2%) during the last school year; 32.6% reported having had a sinus infection; and between 97% and 14% reported having had bronchitis, an ear infection, or strep throat.
- i** 15.8% reported having had depression – more than had ever been diagnosed with the problem.
- i** Females were more likely than males to report having had a problem during the last school year with allergies, anorexia, anxiety disorder, bulimia, endometriosis, genital warts, seasonal affective disorder, bronchitis, and sinus infections. Males were more likely than females to report having had a substance abuse problem in the last year.
- i** White respondents were more likely than their other race counterparts to report having had an allergy problem, a sinus infection or strep throat during the last school year. Non-White respondents were more likely to report having had HIV infection, a repetitive stress injury, or Chlamydia during the last school year.
- i** Those living off-campus were more likely to report having had genital warts or HPV, seasonal affective disorder, a sinus infection or strep throat during the last school year. Those living on-campus were more likely to report having had a repetitive stress injury.
- i** Those with lower GPAs were more likely than their counterparts to report having had an ear infection and those with a B GPA were more likely than others to report having had a substance abuse problem.

Across all respondents, the average number of these various health problems they reported having during the last school year was 2.45 (standard deviation = 2.29), but 17.2% of the respondents reported having none of these health problems and 20.0% reported having had only one. Roughly eight percent reported having had six or more of these health problems during the last school year. Females reported more health problems than males (2.7 vs. 2.2), white respondents reported more than Other respondents (2.5 vs. 2.2), younger respondents reported more than older (18-19 year olds = 2.29, 20-21 year olds = 2.71; 22-23 year olds = 2.42;

and 24 years or older = 2.31), those living off campus reported more than those living on campus (2.6 vs. 2.3), but there were no differences by membership in Greek organizations, graduate-undergraduate status, or grade point average.

### **Impediments to Academic Performance**

Another section of the questionnaire asked respondents if they had each of 27 different kinds of problems -- some disease, some substance abuse, some victimization, some emotional, and some other behavioral -- during the last school year and, if so, the extent to which the experience affected their academic performance. Table 20 shows the percentage of all respondents who reported not having had each of the various problems, the percentage who said they had the problem but that it did not affect their academic performance, and the percentage who said they had the problem and that it either caused them to get a lower grade on an exam or important project, to get a lower grade in a course, or to take an incomplete or drop a course. The table indicates that:

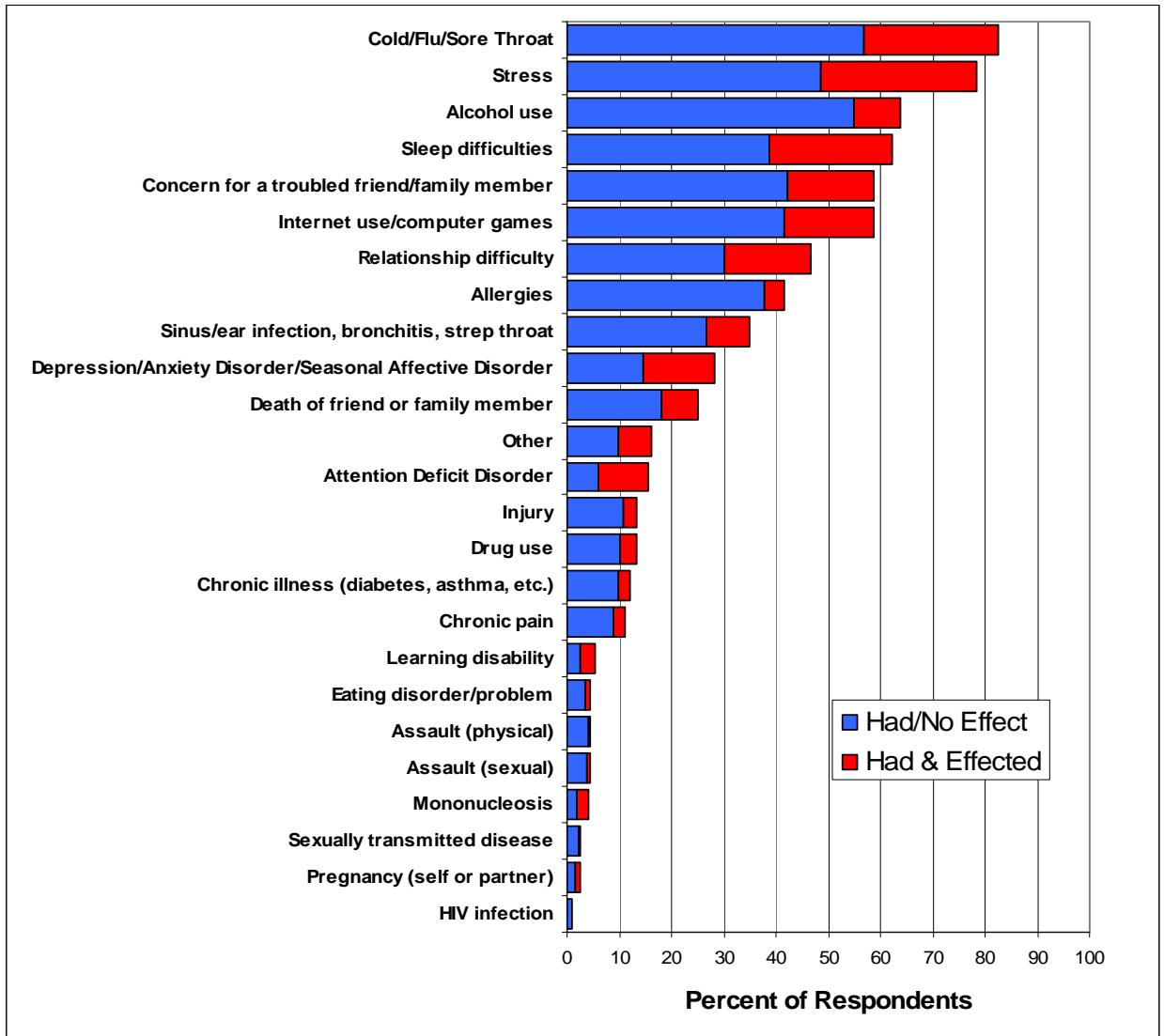
- Roughly five out of six respondents reported having had a cold, flu, or sore throat and four out of five reported experiencing stress during the last school year.
- Three out of ten (29.7%) said they experienced stress to the point that their academic performance was impaired, while more than one fourth of the respondents (25.9%) said their academic performance was impaired as a result of a cold, flu or sore throat.
- Nearly a quarter (23.4%) said their academic performance was impaired by sleep difficulties, 16.6% by relationship difficulties, 16.4% by concerns for a troubled friend or family member.
- 8.7% of respondents said their academic performance was impaired by alcohol use; 13.6% by depression, an anxiety disorder or seasonal affective disorder; and 8.3% by a sinus/ear infection, bronchitis, or strep throat.
- 16.9% said their academic performance had been impaired as a result of problems they experienced because of internet use or computer games.

Figure 2 below shows the percentage of students who reported having various health problems in the last year in descending order of prevalence. The figure also shows the portion of those who had each problem who reported their academic performance suffered as a result.

As the figure indicates, the health problems students are most likely to encounter are colds/flu/sore throats, stress, alcohol use, sleep difficulties, concern for a troubled friend or family member, and internet/computer game problems. It indicates that they are least likely to encounter problems with HIV infection, pregnancy, STDs, assaults (physical and sexual), mononucleosis, and learning disabilities. Overall, 96.3% (unchanged from the 96.4% in 2006) of all respondents reported experiencing at least one of these health-related problems and the average number reported was 6.8 (s.d. = 3.7).

As mentioned above, there were three different types of academic impairments respondents could report: a lower grade on an exam or important project, a lower grade in the

course, and an incomplete or dropped course. Among all respondents, 41.4% (up from the 37.7% found in 2006) reported either not having any of these health-related problems or not being academically impaired by any of these, but 58.6% reported having been impaired in at least one of these ways by at least one of the problems. Among all respondents, 52.7% (down from 57.1% in 2006) reported receiving a lower grade on an exam or an important project because of experiencing at least one of these problems, 23.4% reported receiving at least

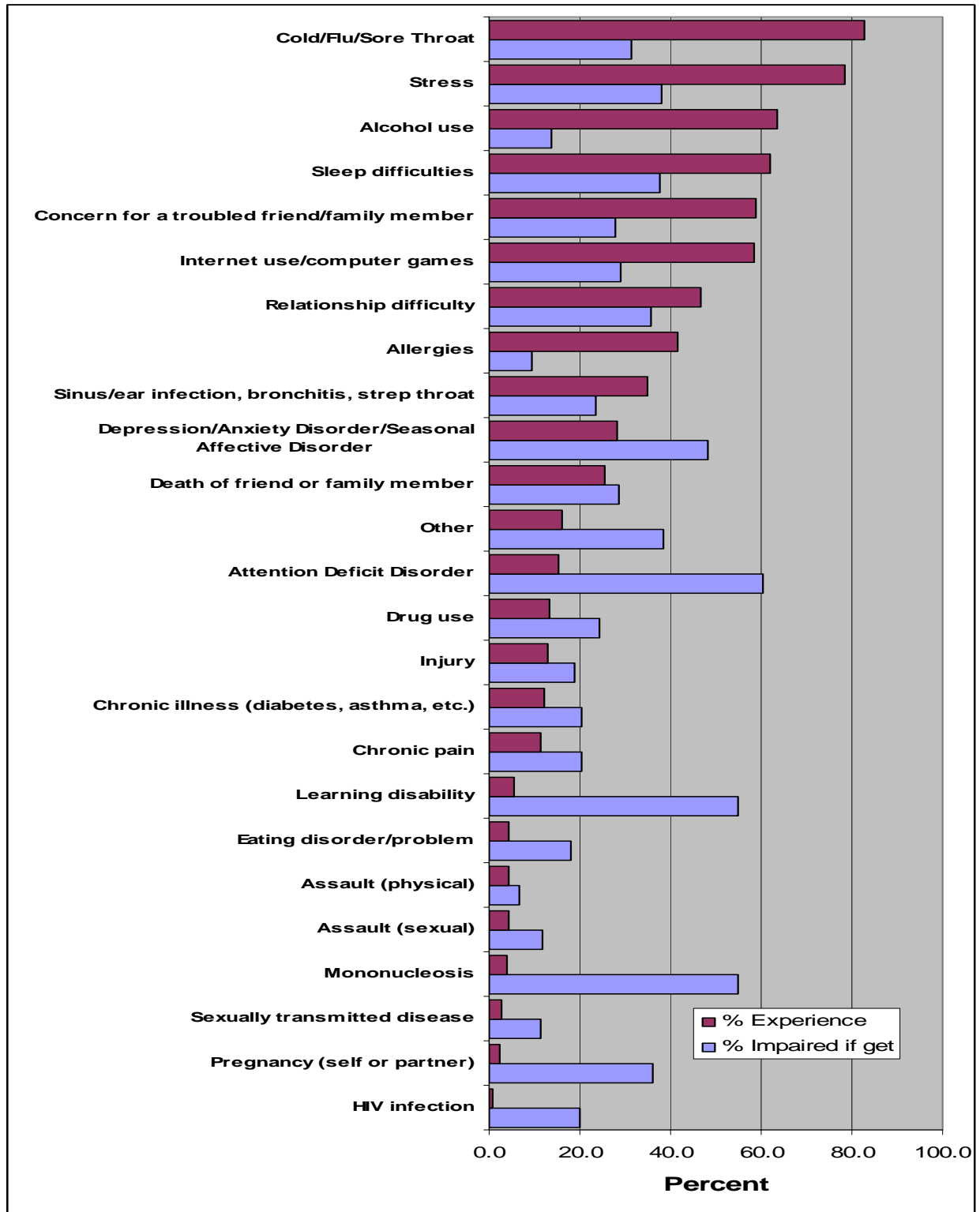


**Figure 2. % of Students Experiencing Various Health Problems and Effects on Academic Performance**

one lower grade in a course as a result of at least one of these, and 3.1% (down from 6.0% in 2006) reported having to drop or take an incomplete in at least one course because of at least one of these.

While Figure 2 illustrates the likelihood of experiencing various health problems, another way of looking at the impact of various health problems is to examine the likely impact on academic performance if the student does experience the health problem. This is depicted in

Figure 3 in descending order of likelihood of experiencing.



**Figure 3. % Experiencing Various Health Related Problems and % of Those Experiencing Who Are Academically Impaired As a Result**

As Figure 3 indicates, some of the more common health problems (e.g., alcohol use or allergy problems) are relatively unlikely to adversely impact the academic performance of those who experience them. On the other hand, some of those health problems that have a low prevalence (e.g., mononucleosis or pregnancy) are highly likely to impact the academic performance of the few who experience them.

Figure 4 lists the health related problems in descending order of the likelihood of adversely impacting the academic performance of those who experience them. Figure 4 indicates that the health problems that are most likely to impact the students' academic performance are attention deficit disorder, mononucleosis, learning disabilities, depression, stress, sleep difficulties, and pregnancy. Fortunately, most of these are among the least prevalent problems students experience.

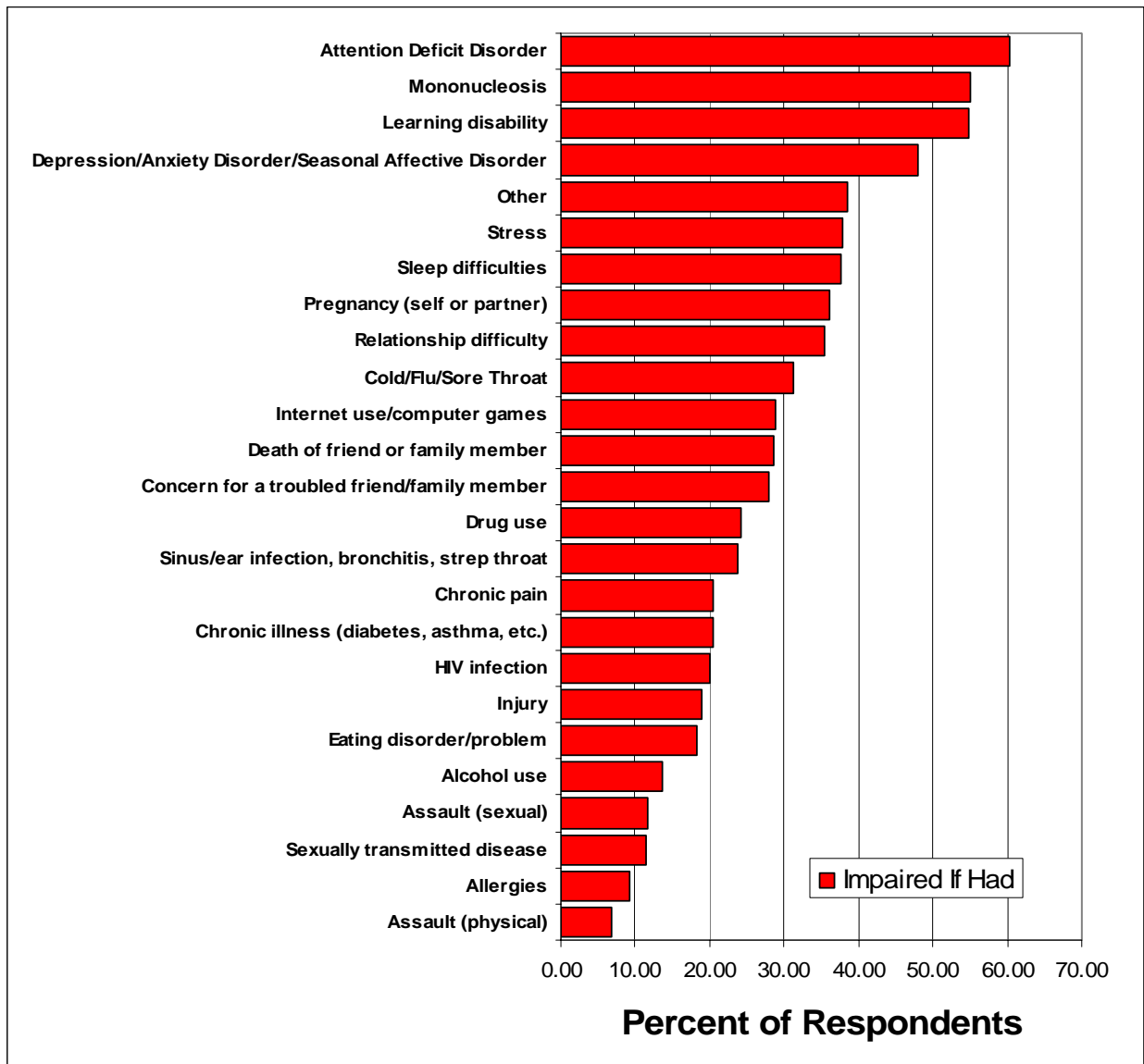


Figure 4. Percent Experiencing Academic Impairment If Had Various Health Problems

The figure also indicates that some of the most common problems that usually get much public attention and discussion (e.g., alcohol use) are among those that have the least impact on academic performance. Those health problems that tended to be among the most prevalent (e.g., sleep difficulties, colds/flu/sore throats, internet/computer game use) tend to be among the middle group of problems in terms of their impact on academic performance.

Table 20 compares the percentages who reported impaired performance between males and females, white and other racial/ethnic group respondents, those living on-campus and those living off-campus, and those who reported cumulative GPAs of “A,” “B,” and “C” or lower. The table indicates that:

- Males were more likely than females to report impairment as a result of attention deficit disorder, internet use or computer games and drug use.
- Females were more likely than males to report academic impairment due to a chronic illness, concern for a troubled friend or family member, death of a friend or family member, an injury, a sinus/ear infection, bronchitis or strep throat, and stress.
- Non-White respondents were more likely than white respondents to report academic impairment as a result of eating disorders, while white respondents were more likely to report impairment due to cold/flu/sore throat, internet use/computer games, and sinus/ear infection, bronchitis, or strep throat.
- Off-campus respondents were more likely than their on-campus counterparts to report academic impairment as a result of a pregnancy.
- There were statistically significant differences in the percentages who reported academic impairment on 17 out of 27 problem types among respondents with different grade point averages. In general, respondents with lower grade point averages were more likely than their counterparts to report having been academically impaired as a result of the problem. This is very similar to the pattern found in 2006.

As noted in 2006, the consistency of the latter set of comparisons suggests that the academic performance of students could be improved by reducing the transmission of some communicable diseases, by moderating some excessive behaviors, by reducing victimization, and by helping students cope with stress and relationships more effectively.

### **Distribution of Health Information on Campus**

Respondents were asked to indicate whether or not they had ever received health-related information from MSU on each of a variety of health topics. Table 21 shows the percentages of all respondents, for each topic, who claimed to have received information from MSU. The table indicates that:

- More than half, 52.4% (up from 49.0% in 2006), reported receiving information on alcohol and other drug use prevention and nearly half on sexual

assault/relationship violence prevention, 45.6% (down slightly from 49.1% in 2006).

- Roughly a third, 35.7%, reported receiving information about preventing STDs (down from 41.0% in 2006) and a quarter, 24.5%, reported receiving information about preventing AIDS/HIV (also down from 29.4% in 2006).
- 14.4% reported receiving information about safety and preventing injuries and 10.4% received information on preventing suicides.
- More than a quarter (27.4%) reported receiving no health information from MSU on any of these topics.
- Among those who did claim to have received information on at least one of these, the average number of topics on which they claimed to receive information from MSU was 4.2 (standard deviation = 2.64).

Respondents were also asked to indicate whether health information from various sources listed was, in their opinion, believable or unbelievable, and from which sources they usually get their health information. Table 22 shows the results. The sources are listed in Table 22 in descending order based on the percentage of respondents who said the source was believable. That table indicates that:

- Health educators (92.1%) and health center medical staff (91.1%) and were most often judged to be believable sources, followed by faculty and coursework (67.0%) and then parents (64.2%). By contrast, less than a quarter of respondents judged health information from friends (23.4%) to be believable.
- 26.2% of the respondents found health information from the internet/world wide web (up from 22.8% in 2006) compared to the 12.7% who found information from television to be believable (down from 14.4% in 2006).
- Campus newspaper articles were the 5<sup>th</sup> and leaflets, pamphlets, and flyers were the 6<sup>th</sup> most often cited sources as believable.
- Despite a low percentage (26.2%) of respondents judging the internet as a believable source of information, 79.1% listed it as their most used source of health information, followed by their parents (75.8%).
- Although few had judged health information from friends as believable, they were the third most commonly identified source of health information (62.4%).
- Magazines were cited by respondents somewhat less often (53.8%) than was health center medical staff (55.8%), but more often than television (52.3%) and leaflets and pamphlets (45.0%).

## **Overall**

This report has summarized key results of the 2008 NCHA survey of MSU students. While it has covered hundreds of variables and examined hundreds of statistical relationships or made hundreds of comparisons among or between segments of the student body, it is far from an exhaustive analysis of the data gathered in the survey. The focus of the analyses that have been reported was the prevalence of various health-related behaviors, problems, or conditions so that MSU students might be informed of what the norms are in this population, that MSU administrators and health professionals might know the status of the student population on health matters of concern, and so that trends in the health behaviors, problems or conditions might be identified. The appendix to this report focuses particularly on the findings of this survey compared to those of each of the previous three surveys (i.e., in 2002, 2004, and 2006) so that any trends might be identified.

Together, this report and its appendix can only describe the results of the surveys. They cannot, by themselves, change student behavior or improve student health or academic performance. Helping students make good choices and adopt healthy strategies and behaviors is the task of program planners and health officials. Their task is great but terribly important to the success of the University's students.

TABLE 1. Profile of the Sample of Survey Respondents (n=1,666)

	n	%	Weighted n	Weighted %
<b>Gender</b>				
Male	748	45.5	761	45.7
Female	897	54.5	904	54.2
<b>Age</b>				
18	204	12.4	172	10.4
19	282	17.1	285	17.2
20	267	16.2	281	17.0
21	245	14.9	264	15.9
22	165	10.0	168	10.1
23	95	5.8	110	6.6
24	55	3.3	57	3.5
25+	333	20.2	319	19.3
<b>Race</b>				
White	1323	79.4	825	76.6
African American	61	3.7	90	8.4
Hispanic	42	2.5	35	3.3
Asian, Pacific Islander	160	9.6	99	9.2
Native American	10	.6	10	0.9
Other	70	4.2	18	1.7
<b>Year in School</b>				
First	319	19.1	274	16.4
Second	266	16.0	287	17.3
Third	276	16.6	325	19.5
Fourth	266	16.0	279	16.8
Fifth or more	109	6.5	122	7.3
Graduate Student or other	430	25.8	378	22.7
<b>Cumulative GPA</b>				
A	807	49.3	782	47.2
B	678	41.4	690	41.6
C	138	8.4	164	9.9
D/F	2	0.1	3	0.2
Not Applicable	13	0.8	19	1.2
International Student	160	9.8	128	7.7
Full-time Student	1531	93.7	1545	93.4
<b>Residence</b>				
Residence Hall	593	36.1	578	34.8
Other University Housing	96	5.9	86	5.2
Fraternity/Sorority	26	1.6	27	1.6
Off-Campus	845	51.5	883	53.1
With Parents or other	81	5.0	88	5.1
Member of Fraternity/Sorority	121	7.4	67	6.3

TABLE 1. (Continued)

	n	%	Weighted n	Weighted %
Have Health Insurance				
Yes	1462	89.5	932	86.5
No	96	5.9	87	8.1
Not Sure	75	4.6	58	5.4
Employed weekly	1018	62.2	1026	62.0
Volunteer weekly	587	35.3	601	36.7
Sexual Orientation				
Heterosexual	1558	95.2	1,024	95.7
Gay/Lesbian	28	1.7	10	.9
Bisexual	29	1.8	21	2.0
Unsure	21	1.3	15	1.4

TABLE 2. Perceived Health Status of Student Respondents

How would describe your general health?	n	Excellent	Very Good	Good	Fair	Poor
Overall	1651	16.6	46.7	29.4	6.5	0.7
Gender***						
Males	756	21.0	44.2	29.0	5.0	0.8
Females	896	12.9	48.8	29.8	7.7	0.8
Race						
White	1241	17.2	45.9	29.9	6.0	1.0
Other	411	14.8	48.9	28.0	8.0	0.2
Age						
18-19	449	17.1	50.3	24.9	6.2	1.3
20-21	545	15.2	45.5	33.2	5.5	0.6
22-23	274	17.9	42.3	31.0	8.4	0.4
24 or older	376	17.3	48.1	26.9	6.9	0.8
Residence						
On-campus	655	16.2	47.5	27.6	7.8	0.9
Off-campus	996	17.0	46.2	30.6	5.6	0.6
GPA**						
A	775	20.3	45.7	26.8	6.1	1.2
B	687	13.1	48.8	31.7	6.1	0.3
C or less	164	13.4	45.7	29.3	10.4	1.2
Student Status						
Undergrad Student	1274	16.4	46.7	29.2	6.8	0.9
Graduate Student	357	17.9	47.9	28.6	5.3	0.3

\*  $p(\chi^2) < .05$ ; \*\*  $p(\chi^2) < .01$ ; \*\*\*  $p(\chi^2) < .001$

TABLE 3. % Distribution of Weight Status, Exercise, and Fruit and Vegetable Intake Among Respondents, by Background Characteristics

Health Problem	n	% Overall	GENDER		RACE		RESIDENCE		CUMULATIVE GPA		
			Male	Female	White	Other	On	Off	A	B	C/D/F
Weight Status	1637										
Obese		8.2	8.9	7.5***	8.4	7.2	5.3	10.0***	7.3	7.4	10.1
Overweight		22.6	30.2	16.3	22.2	24.2	18.5	25.3	20.3	25.6	21.4
Acceptable/Not Overweight		<u>69.2</u>	<u>60.9</u>	<u>76.1</u>	<u>69.4</u>	<u>68.6</u>	<u>76.2</u>	<u>64.7</u>	<u>72.4</u>	<u>67.1</u>	<u>68.5</u>
		100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Participate in vigorous exercise for 20 minutes or moderate exercise for 30 minutes. . .	1615										
0 days per week		28.1	25.0	30.7*	26.0	34.4***	30.9	26.2	29.6	25.5	33.1**
1-2 days per week		31.4	31.9	30.9	30.3	34.7	29.2	32.9	27.4	34.0	37.5
3 or more days per week		<u>40.5</u>	<u>43.1</u>	<u>38.4</u>	<u>43.7</u>	<u>30.9</u>	<u>40.0</u>	<u>40.9</u>	<u>43.0</u>	<u>40.5</u>	<u>29.4</u>
		100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Do exercises to strengthen/tone muscles. . .	1,625										
0 days per week		37.6	32.8	41.5***	35.8	43.0***	38.2	37.2	41.9	31.4	45.0***
1-2 days per week		30.6	27.7	32.9	29.7	33.1	31.5	29.9	29.6	31.5	30.6
3 or more days per week		<u>31.9</u>	<u>39.5</u>	<u>25.6</u>	<u>34.5</u>	<u>23.9</u>	<u>30.3</u>	<u>32.9</u>	<u>28.6</u>	<u>37.1</u>	<u>24.4</u>
		100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Get enough sleep so feel rested when wake up in the morning . . .	1,530										
< 4 days per week		37.0	32.5	40.9***	33.6	47.8***	37.1	36.9	33.8	37.6	50.3**
4-5 days per week		37.8	43.1	33.5	38.3	36.2	40.0	36.5	38.0	38.5	32.0
6-7 days per week		<u>25.1</u>	<u>24.4</u>	<u>25.7</u>	<u>28.1</u>	<u>15.9</u>	<u>22.9</u>	<u>26.6</u>	<u>28.1</u>	<u>23.9</u>	<u>17.6</u>
		100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Number of servings of fruits and vegetables eat per day	1,653										
None		2.6	4.0	1.4**	2.5	2.9**	2.7	2.5	2.1	3.2	3.6***
1-2		57.4	57.8	57.2	55.1	64.6	53.7	60.0	52.3	61.9	60.7
3-4		31.3	30.9	31.6	33.3	25.2	33.6	29.7	34.3	28.8	27.4
5 or more		<u>8.6</u>	<u>7.3</u>	<u>9.8</u>	<u>9.1</u>	<u>7.3</u>	10.0	7.8	11.3	6.0	8.3
		100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

\*  $p(\chi^2) < .05$ ; \*\*  $p(\chi^2) < .01$ ; \*\*\*  $p(\chi^2) < .001$

TABLE 4. % Distribution of Perceived Weight Status, Diet and Exercise Behavior, by BMI-Based Weight Status

ITEM	% Overall	BMI-Based Weight Status		
		Not Overweight	Overweight	Obese
<b>How describe own weight ***</b>				
Very underweight	0.8	1.2	0.0	0.0
Slightly underweight	9.6	13.7	0.3	0.0
About the right weight	57.7	71.3	36.5	1.5
Slightly overweight	28.7	13.7	62.2	61.4
Very overweight	3.2	<u>0.1</u>	<u>1.1</u>	<u>37.1</u>
	100.0	100.0	100.0	100.0
<b>Currently trying to . . . ***</b>				
Doing nothing about weight	16.4	20.0	7.3	8.3
Stay the same weight	25.6	29.0	19.5	14.3
Lose weight	50.1	40.6	69.7	77.4
Gain weight	7.9	<u>10.4</u>	<u>3.5</u>	<u>0.0</u>
	100.0	100.0	100.0	100.0
<b>Within last 30 days, did . . .</b>				
Exercise to lose weight***	56.4	50.3	72.7	70.1
Diet to lose weight***	33.9	27.4	48.1	50.4
Vomit or take laxatives to lose weight	1.5	1.4	1.6	1.5
Take diet pills to lose weight*	2.8	2.4	4.9	0.8
None of the above***	37.5	45.7	19.7	17.3

\*  $p(\chi^2) < .05$ ; \*\*  $p(\chi^2) < .01$ ; \*\*\*  $p(\chi^2) < .001$

TABLE 5. % of Respondents Who Wore Protective Equipment to Prevent Injury During Last School Year (Of Those Engaging in the Activity)

Within last school year, how often did you . . .	n	Never	Rarely	Sometimes	Most of the Time	Always
Wear a seatbelt when rode in a car	1650	0.1	0.9	2.3	16.1	80.6
Wear a helmet when rode a bicycle	1072	69.7	11.2	6.5	4.7	7.8
Wear a helmet when rode a motorcycle	227	7.4	2.9	4.7	8.9	76.1
Wear a helmet when inline skating	365	76.4	8.4	4.8	3.7	6.7

TABLE 6. % of Respondents Who Report Having Done Various Disease Prevention or Early Detection Procedures, by Background

Prevention/Early Detection Step	% Yes	% Don't Know	% Who Answered Yes								
			GENDER		RACE		RESIDENCE		CUMULATIVE GPA		
			Male	Female	White	Other	On	Off	A	B	C/D/F
Vaccinated against hepatitis B	74.1	16.8	72.6	75.4*	74.9	71.8	76.9	72.3	72.9	74.4	78.3
Vaccinated against meningococcal disease	62.8	20.6	61.4	64.0***	65.8	53.9***	68.5	59.0***	61.3	63.3	68.9
Vaccinated against varicella	52.9	10.0	55.0	51.0**	49.2	63.6***	57.1	50.0**	51.3	51.5	63.5
Vaccinated for measles, mumps, rubella	73.1	18.2	69.8	75.9*	74.4	69.4*	70.6	74.8	77.2	69.1	69.5***
Vaccinated against influenza in last year	23.3	7.4	24.7	22.0***	21.9	27.7***	27.6	20.4**	24.1	21.5	29.3
Had dental exam & cleaning in last year	78.8	0.9	77.5	80.0	84.5	61.6***	81.0	77.4	80.3	79.8	71.0*
Perform testicular exam monthly (males)	41.5	3.7	41.5	--	43.9	34.8*	41.2	41.6	41.0	46.5	30.7
Perform breast exam monthly (females)	45.2	0.9	--	45.3	45.8	43.4	40.3	48.3**	43.7	45.6	50.5
Had gynecological exam in last year (females)	62.0	0.7	--	62.1	65.9	49.8***	49.4	69.9***	64.7	60.2	58.2
Had blood pressure checked in last 2 years	88.1	1.7	84.9	90.9***	89.8	83.0***	89.0	87.6	87.0	88.5	91.5*
Had cholesterol checked in last 5 years	44.1	10.7	41.7	46.2	42.9	47.7	41.7	45.7	43.1	42.9	54.2*
Used sunscreen daily	15.3	1.5	9.0	20.6***	15.7	14.1	13.5	16.5	17.8	13.5	12.7

\*  $p(\chi^2) < .05$ ; \*\*  $p(\chi^2) < .01$ ; \*\*\*  $p(\chi^2) < .001$

TABLE 7. % of Respondents Having Used Various Kinds of Drugs, Alcohol and Tobacco in the Past 30 Days

In past 30 days, on how many days did you use:	n	Never	Not in Past Month	1-2 Days	3-5 Days	6 or More Days
Cigarettes	1660	61.7	19.8	8.3	2.1	8.1
Cigars	1655	69.1	24.6	4.9	0.4	1.0
Smokeless tobacco	1634	85.7	9.8	2.0	0.8	1.7
Alcohol (beer, wine, liquor)	1654	14.5	11.0	16.9	21.6	36.1
Marijuana	1648	62.5	21.9	5.6	3.0	7.1
Cocaine	1645	95.0	3.7	0.9	0.0	0.4
Amphetamines	1646	92.7	4.4	1.1	0.4	1.4
Rohypnol	1648	99.3	0.4	0.1	0.0	0.2
Ecstasy	1644	96.3	3.2	0.3	0.0	0.1
Other drugs	1619	91.6	5.9	1.3	0.3	0.9

TABLE 8. % of Respondents Using Various Drugs, Alcohol or Tobacco in Past 30 Days, by Background

Substance	% 1-2 Days	% 3 or More Days	% Who Answered 1 or More Days										
			GENDER		RACE		RESIDENCE		CUMULATIVE GPA			STUDENT STATUS	
			Female	Male	White	Other	On	Off	A	B	C/D/F	Under Graduate	Graduate
Cigarettes	8.3	10.2	15.5	22.0***	20.5	12.4***	17.4	19.3	13.5	22.8	24.1***	20.8	9.5***
Cigars	4.9	1.4	2.4	10.7***	7.4	2.9***	7.4	5.5	5.0	7.7	6.6	7.4	2.5***
Smokeless tobacco	2.0	2.5	1.8	7.6***	5.1	2.5*	4.0	4.8	3.1	5.6	6.7*	5.4	1.4**
Alcohol (beer, wine, liquor)	16.9	57.7	72.5	76.9*	81.8	53.0***	63.7	81.8***	73.5	78.5	66.9	75.5	71.2
Marijuana	5.6	10.1	11.6	20.4***	17.3	10.7***	15.5	15.8	11.4	19.8	17.6***	18.4	4.5***
Cocaine	0.9	0.4	0.3	2.4***	1.4	1.0	0.2	1.9***	0.6	2.0	1.2	1.6	0.3
Amphetamines	1.1	1.8	2.6	3.3	2.7	3.6	2.3	3.3	2.1	3.2	3.1	3.2	0.6**
Ecstasy	0.3	0.1	0.3	0.7	0.3	1.0	0.2	0.6	0.3	0.7	0.6	0.5	0.3
Rohypnol	0.1	0.2	-	0.5	0.1	0.7*	-	0.4	0.1	0.6	-	0.3	0.3
Other drugs	1.3	1.2	1.6	3.6**	2.1	3.7	2.3	2.7	2.2	2.7	1.2	2.4	1.7

\*  $p(\chi^2) < .05$ ; \*\*  $p(\chi^2) < .01$ ; \*\*\*  $p(\chi^2) < .001$

TABLE 9. % of Respondents Having Used Various Kinds of Drugs, Alcohol and Tobacco in the Past 30 Days and % Believing Typical Students Used Various Kinds of Drugs, Alcohol and Tobacco in Past 30 Days

	In past 30 days, on how Many days did you use:			How often do you think typical students used:			% Who Perceive Typical Use >Own Use
	Never, Not in Past 30	1 or More Days	Daily	Never, Not in Past 30	1 or More Days	Daily	
Cigarettes	81.5	15.4	3.1	10.8	59.8	29.4	75.9
Cigars	93.7	6.1	0.1	39.8	57.2	3.0	55.7
Smokeless tobacco	95.5	4.3	0.2	39.4	50.6	10.0	58.1
Alcohol (beer, wine, liquor)	25.4	74.1	0.5	2.6	64.3	33.2	46.7
Marijuana	84.4	14.5	1.2	17.3	65.2	17.5	70.9
Cocaine	98.7	1.1	0.2	68.2	29.9	1.9	31.5
Amphetamines	97.1	2.7	0.2	58.0	37.8	4.2	40.5
Rohypnol, GHB or Liquid X	99.7	0.2	0.1	75.3	23.9	0.8	24.8
Ecstasy	99.5	0.4	0.1	68.4	30.2	1.5	31.7
Other drugs	97.5	2.2	0.4	53.3	43.3	3.5	44.7

\*  $p(\chi^2) < .05$ ; \*\*  $p(\chi^2) < .01$ ; \*\*\*  $p(\chi^2) < .001$

TABLE 9A. Mean Numbers of Drinks, Hours Drinking, Calculated Blood Alcohol Content (BAC) Last Time “Partied,” and Times Drank 5 or More Drinks in Past Two Weeks, Overall and by Demographic Group

Demographic Group	Mean			
	Number Of Drinks	Hours Drinking	BAC	Number Times Drank 5+
All respondents	4.70	3.05	.0742	2.25
Respondents who drank	5.66	3.66	.0895	2.49
Gender				
Males	7.41***	4.02***	.0972**	3.16***
Females	4.41	3.41	.0860	1.98
Race				
White	6.08***	3.88***	.0955***	2.64***
Other	4.51	2.93	.0737	2.02
Age				
18-19	6.30***	3.68***	.1117***	2.84***
20-21	6.28	3.88	.1024	2.82
22-23	6.27	3.95	.0905	2.55
24 or older	3.91	3.15	.0498	1.63
Residence				
On-campus	5.69	3.50*	.0955	2.49
Off-campus	5.81	3.79	.0886	2.52
GPA				
A	5.11***	3.55*	.0826***	2.26***
B	6.39	3.86	.0993	2.70
C or less	6.04	3.49	.0987	2.83
Member of Fraternity or Sorority				
YES	7.26***	4.34***	.1174***	3.29***
NO	5.6	3.61	.0882	2.44
Academic Status				
Undergraduate	6.31***	3.84***	.1026***	2.76***
Graduate	3.62	3.07	.0489	1.55

\* p(F) < .05; \*\* p(F) < .01; \*\*\* p(F) < .001

TABLE 10. % Distribution How Often Respondents Who Partied Took Various Steps to Drink Responsibly

During the last school year, if you partied, how often	Always	Usually	Sometimes	Rarely	Never	n
Alternated non-alcoholic with alcoholic beverages	10.6	18.1	30.7	22.1	18.5	1366
Determined in advance not to exceed a set number drinks	15.7	19.6	21.7	20.4	22.6	1367
Chose not to drink alcohol	5.5	15.5	50.7	19.8	8.5	1430
Used a designated driver	61.6	19.2	9.6	2.8	6.9	1347
Ate before/during drinking	42.2	43.6	11.1	1.7	1.4	1377
Have friend let you know when you've had enough	13.0	13.2	17.9	24.0	32.0	1359
Kept track of how many drinks were having	35.8	26.8	16.5	12.3	8.5	1369
Paced drinks to 1 or fewer per hour	10.7	16.0	26.4	24.6	22.2	1369
Avoided drinking games	15.1	16.3	20.0	23.9	24.7	1363
Drank an alcohol look-alike	2.2	4.0	14.9	18.5	60.5	1380

TABLE 11. % of Respondents Who Partied Who Always or Usually Took Various Steps to Drink Responsibly, by Background Characteristics

During the last school year, if you partied, how often did you	Alternate Alc. & Non-Alc. Drinks	Determine Drink Limit Ahead	Choose Not to Drink	Use Designated Driver	Ate Before/ During Drinking	Have Friend Tell When Had Enough	Track How Many Drinks	Paced Drinks ≤ 1 Per Hour	Avoid Drinking Games	Drank Alcohol Look-a-likes
<b>Gender</b>										
Males	21.7***	27.9***	17.1***	74.4***	85.8	19.4***	54.6***	17.1***	22.8***	3.6***
Females	34.2	41.3	24.1	85.8	85.7	31.6	69.3	34.4	38.6	8.3
<b>Race</b>										
White	27.8	31.9***	18.2***	83.9***	88.7***	23.5***	61.2*	25.3*	28.5***	4.3***
Other	32.5	49.1	31.6	67.9	74.1	36.9	68.8	32.5	43.2	13.8
<b>Age</b>										
18-19	30.8***	37.8***	22.8*	82.7***	82.7	31.2*	62.6	18.3***	18.5***	7.2
20-21	22.9	30.8	19.7	85.6	86.7	27.0	60.0	20.0	20.7	5.1
22-23	24.4	29.6	15.7	78.5	85.7	21.4	60.7	25.4	30.7	6.9
24 or older	39.6	44.6	25.6	72.4	88.3	23.2	68.7	47.8	65.7	6.4
<b>Residence</b>										
On-campus	31.1	37.8	26.2***	80.7	81.4***	31.1**	64.8	21.6**	28.0*	8.0*
Off-campus	27.3	33.9	18.0	80.8	88.2	23.4	61.5	29.5	33.4	5.1
<b>GPA</b>										
A	33.5***	35.1*	22.2**	79.8	88.2*	26.2	66.8*	31.7***	39.5***	6.4
B	24.5	32.6	17.9	81.1	85.2	26.8	59.5	22.1	24.6	5.6
C or less	25.2	44.8	29.1	87.1	80.0	24.4	58.5	22.1	21.9	8.0
<b>Member of Fraternity or Sorority</b>										
YES	18.8*	29.9	8.5***	84.5	88.9	29.3	55.6	15.4**	17.9***	2.6
NO	29.7	36.0	22.2	80.5	85.4	26.0	63.5	27.7	32.9	6.6

\*  $p(\chi^2) < .05$ ; \*\*  $p(\chi^2) < .01$ ; \*\*\*  $p(\chi^2) < .001$

TABLE 12. % of Respondents Who Drink Who Report Experiencing Various Health Threatening Consequences of Their Drinking Within the Last School Year, Overall and by Background

Within the last school year, have you experienced as a consequence of your drinking?	Injured Self	Injured Other	Involved in Fight	Did, later Regretted	Forgot Where, What	Forced Sex	Unprotected Sex
Overall	20.3	4.5	7.0	39.9	35.4	1.0	15.1
Gender							
Males	20.7	6.0*	11.1***	42.5	41.5***	0.8	19.6***
Females	20.0	3.3	3.7	37.7	30.5	1.1	11.4
Race							
White	22.1***	4.8	7.4	41.9**	37.5***	0.7*	15.5
Other	12.6	3.2	5.5	31.2	26.5	2.4	13.4
Age							
18-19	22.5***	3.3***	4.9***	46.4***	43.2***	1.5	16.4*
20-21	26.1	7.3	10.1	44.1	42.2	0.8	16.7
22-23	22.0	5.2	9.1	43.3	35.2	1.7	17.6
24 or older	6.7	0.7	2.8	21.9	15.1	0.0	9.2
Residence							
On-campus	18.6	3.0*	4.3**	40.3	37.9	1.1	14.6
Off-campus	21.2	5.4	8.6	39.6	34.1	1.1	15.5
GPA							
A	17.2*	2.6**	4.8**	36.8	31.1*	0.3	12.2**
B	22.5	6.3	9.3	43.0	39.2	1.7	15.7
C or less	23.3	5.4	8.5	39.5	38.0	1.6	24.2
Member of Fraternity or Sorority							
YES	25.2	5.5	9.1	46.4	42.7	1.8	22.7*
NO	20.0	4.2	6.7	39.3	34.7	0.9	14.2

\*  $p(\chi^2) < .05$ ; \*\*  $p(\chi^2) < .01$ ; \*\*\*  $p(\chi^2) < .001$

TABLE 13. % of Respondents Involved in Various Sexual Behaviors and Perceptions of These in “Typical” MSU Student

Behavior	% Within Last School Year Self	“Typical” Student	% Perceive Typical > Self
In last school year, number of partners with whom had sex (oral, vaginal, or anal)			
0	23.9	1.9	
1	50.8	13.5	
2	12.2	30.4	
3	6.0	29.3	
4	2.3	9.3	
5 or More	4.7	15.6	
	100.0%	100.0%	
	Mean=1.34	Mean=3.01	77.4% <sup>Z</sup>
	sd=1.67	sd=2.17	

<sup>Z</sup> This is the percentage of respondents who believe the “typical” student had more sexual partners than the respondents did. The percentage of respondents who believe that the “typical” student had more sexual partners than the average number (1.34) or the modal number (1.0) actually reported is 84.6%.

TABLE 14. Number of Times Respondents Report Having Sex, Overall and Using Condoms, in Last 30 Days, by Type

During the last 30 days, number of times you had ____ Sex	Overall			"Typical Student"		
	Oral Sex	Vaginal Sex	Anal Sex	Oral Sex	Vaginal Sex	Anal Sex
<b>OVERALL</b>						
Never	23.7	25.4	72.7	--	--	--
Not in Last 30 days	26.7	19.1	21.9	5.8	5.1	42.8
1-2 Times	20.8	12.0	3.8	33.0	25.5	45.3
3-4 Times	11.2	11.0	0.7	30.5	27.1	6.8
5-6 Times	6.4	8.2	0.4	15.4	19.5	2.9
7-8	3.0	5.7	-	7.6	10.4	0.9
9 or More Times	<u>8.0</u>	<u>18.7</u>	<u>0.5</u>	7.7	<u>12.5</u>	<u>1.4</u>
	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
% Over-Estimating Typical Compared to Self	68.5%	59.7%	86.7%			
<b>Used a condom during. . .</b>						
Never done this	24.4	25.7	70.0	49.2	3.0	25.5
Not in past 30 days	22.7	18.2	17.8	--	--	--
Never Used Condom	49.0	16.1	8.4	45.7	0.6	7.0
Rarely Used Condom	1.4	4.2	0.7	34.0	3.2	14.6
Sometimes	1.1	4.8	0.6	11.3	26.7	23.9
Mostly	0.5	8.9	0.9	4.4	62.7	24.9
Always	1.0	22.3	<u>1.5</u>	<u>1.1</u>	<u>3.9</u>	<u>4.1</u>
	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
% Over-Estimating Typical Compared to Self (Of those doing in past 30 days) n=	40.7% 756	41.7% 846	43.4% 81			
Used a condom the last time you had. . . (Of those who have done this) n =	3.4% 1217	55.7% 1190	22.4% 354			

\*  $p(\chi^2) < .05$ ; \*\*  $p(\chi^2) < .01$ ; \*\*\*  $p(\chi^2) < .001$

TABLE 15. % of Respondents Who Experienced . . . Regarding Contraception, HIV Testing, by Background

	Overall N	% Who Answered Yes												
		% Yes	GENDER		RACE		RESIDENCE		AGE				Member Frat./Sor.	
			Female	Male	White	Other	On	Off	18-19	20-21	22-23	24+	Yes	No
(IF HAD VAGINAL INTERCOURSE)														
Used what method to prevent pregnancy the last time (multiple responses allowed)														
A. Birth Control Pills	1371	51.0	55.5	45.6***	56.5	34.1***	41.0	56.5***	45.7	59.0	60.8	39.8***	55.6	50.6
B. Depo Provera (shots)	1371	1.4	0.9	1.9	1.4	1.5	0.4	1.9*	0.9	0.9	1.7	2.0	2.6	1.3
C. Norplant (implant)	1371	1.2	0.7	1.8	0.8	2.4*	0.4	1.6	0.3	0.9	0.8	2.6*	0.0	1.3
D. Condoms	1371	52.2	50.7	54.1	51.3	55.0	59.8	48.0***	60.5	57.7	58.8	33.5***	60.7	51.2*
E. Diaphragm/Cervical cap/sponge	1371	0.9	0.1	1.8***	1.2	0.3	1.2	0.7	1.2	0.9	0.4	0.9	2.5	0.8
F. Spermicide (e.g., foam)	1371	3.0	2.8	3.2	2.4	4.7*	4.6	2.1*	3.9	2.3	4.2	2.3	2.6	3.1
G. Fertility awareness (calendar, Mucous, basal temperature)	1371	2.2	2.3	2.2	2.1	2.4	1.9	2.5	2.7	2.0	2.1	2.3	1.7	2.2
H. Withdrawal	1371	21.1	20.4	22.0	22.3	17.8	21.7	20.8	23.1	26.1	20.5	13.7***	28.2	20.4*
I. Other Method	1371	5.3	7.1	3.2***	5.9	3.6	2.1	7.1***	1.2	2.0	4.6	14.0***	3.4	5.6
J. Nothing	1371	5.4	4.7	6.1	4.0	9.5***	6.0	4.9	4.7	2.7	3.3	10.8***	6.8	5.3
K. You or partner used emergency contraception last school year	1157	12.5	13.4	11.2	12.6	12.1	12.7	12.3	13.6	16.3	13.5	5.6***	10.4	12.6
L. Unintentionally became pregnant or got someone else pregnant in the last school year	1186	1.2	1.4	0.9	0.9	2.2	1.0	1.3	1.1	0.5	1.4	1.9	1.8	1.1
M. Ever Tested for HIV (all respondents)	1644	27.2	32.5	27.6***	27.4	39.2***	24.9	33.1**	21.2	25.5	24.8	48.4***	35.3	29.9

\*  $p(\chi^2) < .05$ ; \*\*  $p(\chi^2) < .01$ ; \*\*\*  $p(\chi^2) < .001$

TABLE 16. % of Respondents Victimized in Various Ways During the Last School Year, by Background

	Overall N	% Yes	% Who Answered Yes										
			GENDER		RACE		RESIDENCE		CUMULATIVE GPA			Member Frat./Soror.	
			Male	Female	White	Other	On	Off	A	B	C/D/F	Yes	No
Were in a physical fight	1367	7.2	12.3	2.8***	8.5	3.0***	4.8	8.5*	4.9	9.6	7.9**	6.8	7.0
Were physically assaulted	1366	4.2	5.6	3.1*	4.6	3.0	3.5	4.5	3.8	4.8	4.3	3.4	4.3
Verbally threatened for sex against will	1366	2.9	3.4	2.4	2.7	3.3	2.5	3.1	1.8	3.8	4.3	4.2	2.7
Sexually touched against will	1364	6.7	3.4	9.5***	6.5	7.2	7.5	6.2	5.1	7.7	6.6	10.3	6.3
Attempted sexual penetration against will	1368	2.6	1.1	3.9***	2.4	3.0	2.9	2.5	1.9	3.6	1.4	6.0	2.3*
Sexually penetrated against will	1359	1.7	1.1	2.3	1.5	2.7	2.5	1.4	1.1	2.7	0.7	3.4	1.5
In emotionally abusive relationship	1368	12.4	10.5	13.9	11.2	16.1*	13.3	11.8	9.4	14.2	15.8*	12.8	12.2
In physically abusive relationship	1363	1.7	2.1	1.4	1.2	3.3**	1.5	1.8	0.3	1.9	3.6**	0.9	1.7
In sexually abusive relationship	1360	1.1	1.1	1.1	0.9	1.8	1.3	1.1	0.6	1.5	1.5	0.9	1.1

\*  $p(\chi^2) < .05$ ; \*\*  $p(\chi^2) < .01$ ; \*\*\*  $p(\chi^2) < .001$

TABLE 17. How Often Respondents Felt Emotionally Troubled in Various Ways During the Last School Year

Within last school year, how many times have you . . .	n	% of Respondents					
		Never	1-2	3-4	5-6	7-8	9 or More
Felt things were hopeless	1357	38.0	30.4	10.7	6.4	2.7	11.7
Felt overwhelmed by all you had to do	1353	6.3	17.9	14.8	13.6	10.6	37.3
Felt exhausted (not from physical activity)	1357	7.9	19.5	14.7	12.7	9.4	35.8
Felt very sad	1355	22.1	32.5	14.4	9.2	5.9	15.8
Felt so depressed that it was difficult to function	1353	55.7	23.0	6.5	4.3	2.4	8.1
Seriously considered attempting suicide	1358	92.5	5.2	0.5	0.6	0.1	1.1
Attempted suicide	1356	98.3	0.7	0.2	0.4	0.1	0.4

TABLE 18. Mean Response to Number Times Emotionally Troubled During Last School Year, by Background and Victimization Experience

Characteristic		n	Mean	sd	F
Overall	Min=0, Max=84	1627	21.49	16.39	
Gender	Males	743	18.41	16.55	34.32***
	Females	883	23.14	15.94	
Race	White	1221	21.84	16.09	13.64***
	Other	406	18.38	17.00	
Age	18-19	446	20.99	15.44	1.06
	20-21	532	21.74	16.91	
	22-23	275	21.02	16.15	
	24 or older	372	19.77	16.87	
Residence	On-campus	651	20.14	15.81	2.81
	Off-campus	976	21.53	16.74	
GPA	A	765	19.84	15.66	3.522*
	B	674	21.85	16.65	
	C or less	163	22.46	17.19	
Member of Fraternity or Sorority	YES	122	20.89	13.96	0.03
	NO	1492	20.97	16.58	
Involved in physical fight last school year	NO	1513	20.71	16.05	6.88**
	YES	108	24.98	20.35	
Physically assaulted last school year	NO	1559	20.61	16.04	21.24***
	YES	62	30.35	21.66	
Verbally threatened for sex against will	NO	1577	20.68	16.22	23.73***
	YES	43	32.98	18.28	
Sexually touched against your will	NO	1517	20.10	15.76	64.96***
	YES	102	33.29	19.16	
Victim of Attempted rape	NO	1585	20.69	16.15	27.68***
	YES	38	34.72	19.90	
Raped	NO	1588	20.75	16.17	10.19***
	YES	23	31.56	19.88	
In emotionally abusive relationship	NO	1441	19.77	15.74	72.72***
	YES	183	30.51	18.27	
In physically abusive relationship	NO	1595	20.70	16.06	31.63***
	YES	26	38.81	24.80	
In sexually abusive relationship	NO	1600	20.84	16.26	15.56***
	YES	19	35.89	21.13	

\* p(F) < .05; \*\* p(F) < .01; \*\*\* p(F) < .001

TABLE 19. % of Respondents Who Had Various Health Problems in Last School Year, Ever Diagnosed as Having Various Health Problems, by Background

Health Problem	n	% Had Last Year	% Ever Diagnosed	% Who Had During Last School Year								
				GENDER		RACE		RESIDENCE		CUMULATIVE GPA		
				Male	Female	White	Other	On	Off	A	B	C/D/F
Allergy Problems	1661	45.6	40.7	40.4	50.1***	47.5	40.0**	45.7	45.6	46.1	44.4	50.9
Anorexia	1656	1.7	1.8	0.9	2.4*	1.7	1.7	2.1	1.4	1.7	1.9	1.8
Anxiety Disorder	1654	12.6	7.5	10.4	14.5**	12.9	12.0	11.8	13.2	11.9	12.7	14.4
Asthma	1652	11.5	16.2	10.2	12.8	11.3	12.2	9.8	12.7	11.1	11.8	11.4
Bulimia	1647	1.6	0.8	0.8	2.4*	1.9	1.2	1.5	1.7	1.8	1.9	0.6
Chronic Fatigue Syndrome	1654	3.3	1.3	2.5	4.0	3.2	3.6	2.4	3.9	2.6	4.2	3.6
Depression	1654	15.8	11.7	14.1	17.2	15.5	16.5	15.2	16.2	14.6	16.3	17.4
Diabetes	1656	0.8	0.8	0.7	1.0	1.0	0.5	0.5	1.1	0.5	1.3	0.6
Endometriosis	1650	1.2	1.2	0.4	1.9**	1.2	1.2	0.9	1.4	1.4	1.2	0.0
Genital herpes	1651	0.8	1.0	0.4	1.1	0.7	1.2	0.3	1.1	1.0	0.7	0.0
Genital warts/HPV	1651	2.2	2.7	1.1	3.1**	2.1	2.4	1.2	2.8*	1.9	2.2	3.6
Hepatitis B or C	1651	0.6	0.4	0.8	0.3	0.4	1.0	0.3	0.7	0.4	0.9	0.0
High blood pressure	1653	4.7	3.5	5.6	4.0	4.9	4.1	3.6	5.5	5.2	4.7	3.6
High cholesterol	1651	4.2	4.2	4.0	4.4	3.9	5.1	3.9	4.4	4.3	4.7	1.8
HIV infection	1652	0.6	0.3	0.5	0.7	0.3	1.2*	0.6	0.5	0.4	0.4	1.8
Repetitive stress injury (e.g., carpal tunnel)	1655	5.7	4.4	4.5	6.6	5.0	7.7*	7.1	4.7*	5.5	5.7	6.0
Seasonal Affective Disorder	1655	10.6	2.9	8.7	12.1*	11.3	8.6	8.5	12.0*	9.6	11.8	8.4
Substance abuse problem	1654	3.7	1.5	5.7	1.9***	3.1	5.3*	2.7	4.3	2.2	5.2	1.8**
Back pain	1654	45.2	18.4	43.7	46.5	45.2	45.1	44.2	45.8	43.6	47.6	44.0
Broken bone/fracture	1656	4.3	19.2	4.9	3.8	4.8	2.9	5.0	3.8	4.1	4.6	3.6
Bronchitis	1657	9.0	18.9	7.1	10.6*	9.5	7.4	8.3	9.4	8.6	9.6	9.6
Chlamydia	1652	1.3	1.8	1.1	1.5	0.7	2.9***	1.1	1.4	0.6	1.6	3.0*
Ear infection	1653	9.7	33.7	8.7	10.5	10.8	6.7*	8.5	10.5	9.4	10.2	10.2
Gonorrhea	1647	0.3	0.6	0.4	0.1	0.2	0.5	0.2	0.3	0.1	0.4	0.0
Mononucleosis	1655	2.7	8.9	2.1	3.1	2.7	2.4	3.3	2.2	2.5	3.2	1.8
Pelvic inflammatory disease	1651	0.6	0.7	0.5	0.6	0.4	1.0	0.8	0.4	0.4	0.6	1.8
Sinus infection	1656	32.6	39.5	26.0	38.0***	37.0	19.4***	27.3	36.1***	32.1	33.9	32.9
Strep throat	1654	13.6	43.3	13.9	13.4	15.1	9.3**	10.8	15.5**	12.6	15.3	12.7
Tuberculosis	1654	0.4	0.3	0.7	0.2	0.3	0.7	0.6	0.3	0.5	0.4	0.0

\*  $p(\chi^2) < .05$ ; \*\*  $p(\chi^2) < .01$ ; \*\*\*  $p(\chi^2) < .001$

TABLE 20. % of Respondents Who Had Various Health Problems in Last School Year That Did or Did Not Affect Academic Performance

Health Problem	% Who Had and Academic Performance Affected											
	% Did Not Have	% Had, No Effect	% Had, Some Effect	GENDER		RACE		RESIDENCE		CUMULATIVE GPA		
				Female	Male	White	Other	On	Off	A	B	C/D/F
A. Alcohol use	36.3	55.0	8.7	6.7	11.1	9.0	7.7	7.3	9.6	3.2	13.2	12.7***
B. Allergies	58.3	37.8	3.9	4.5	3.3	3.8	4.6	3.2	4.5	2.8	4.7	3.6
C. Assault (physical)	95.6	4.1	0.3	0.3	0.4	0.2	0.5	0.2	0.4	0.1	0.4	1.2
D. Assault (sexual)	95.7	3.8	0.5	0.6	0.3	0.3	1.0	0.3	0.6	0.5	0.4	0.6
E. Attention Deficit Disorder	84.6	6.1	9.3	7.1	11.9***	10.0	7.2	8.0	10.1	3.9	13.4	16.2***
F. Cold/Flu/Sore Throat	17.4	56.7	25.9	27.7	23.7	28.4	18.4***	24.6	26.7	18.5	33.4	32.9***
G. Concern for a troubled friend or family member	41.3	42.3	16.4	18.2	14.2*	15.9	17.7	15.3	17.1	10.0	20.2	30.5***
H. Chronic illness (diabetes, asthma, etc.)	87.9	9.7	2.5	3.6	1.2**	2.3	3.1	2.6	2.4	1.5	3.2	4.2*
I. Chronic pain	88.8	8.9	2.3	2.5	2.0	2.3	2.2	2.3	2.3	1.2	3.4	3.6*
J. Death of friend or family member	74.7	18.0	7.2	8.8	5.5*	7.4	6.6	6.7	7.6	5.0	8.1	15.0***
K. Depression/Anxiety Disorder/ Seasonal Affective Disorder	71.6	14.7	13.6	14.6	12.5	14.3	11.6	11.6	14.9	10.1	16.3	17.7***
L. Drug use	86.8	10.0	3.2	0.9	6.1***	2.7	4.6	3.0	3.3	1.5	4.4	3.7**
M. Eating disorder/problem	95.6	3.6	0.8	0.8	0.9	0.5	1.9**	0.8	0.9	0.9	0.9	0.6
N. HIV infection	99.1	0.8	0.2	0.1	0.3	0.1	0.5	0.2	0.2	0.1	0.1	0.6
O. Injury	86.9	10.7	2.5	3.2	1.6*	2.4	2.7	2.9	2.2	1.9	3.1	2.4
P. Internet use/computer games	41.4	41.7	16.9	13.5	20.9***	18.0	13.7*	19.1	15.4	10.5	21.8	17.0***
Q. Learning disability	94.7	2.4	2.9	2.2	3.7	2.9	2.9	2.7	2.9	1.0	3.9	4.3***
R. Mononucleosis	96.1	1.8	2.2	2.8	1.5	2.4	1.2	2.7	1.8	1.5	2.8	3.1
S. Pregnancy (self or partner)	97.5	1.6	0.9	0.7	1.2	0.8	1.2	0.3	1.4*	0.5	1.6	0.0*
T. Relationship difficulty	53.3	30.1	16.6	17.3	15.8	16.3	17.6	18.0	15.7	11.1	22.1	17.9***
U. Sexually transmitted disease	97.4	2.3	0.3	0.3	0.3	0.2	0.5	0.2	0.4	0.1	0.6	0.0
V. Sinus/ear infection, bronchitis, strep throat	65.0	26.7	8.3	11.2	5.0***	10.0	3.4***	6.7	9.4	6.5	9.4	14.4**
W. Sleep difficulties	37.9	38.7	23.4	23.4	23.3	23.8	22.2	25.3	22.1	15.6	29.9	32.5***
X. Stress	21.5	48.7	29.7	33.0	25.9**	30.3	28.0	30.6	29.2	20.0	36.5	47.3***
Y. Other	83.9	9.9	6.2	6.6	5.9	6.0	6.9	6.1	6.4	3.5	9.0	8.3***

\*  $p(\chi^2) < .05$ ; \*\*  $p(\chi^2) < .01$ ; \*\*\*  $p(\chi^2) < .001$

TABLE 21. % of Respondents Who Ever Received Information from MSU on Various Health Topics

Health Topic	n	% Who Ever Received Information
Tobacco use prevention	1613	18.8
Alcohol and other drug use prevention	1613	52.4
Sexual assault/relationship violence prevention	1613	45.6
Violence prevention	1613	25.1
Injury prevention and safety	1613	14.4
Suicide prevention	1613	10.4
Pregnancy prevention	1613	20.2
AIDS or HIV prevention	1613	24.5
Sexually transmitted disease (STD) prevention	1613	35.7
Dietary behaviors and nutrition	1613	26.0
Physical activity and fitness	1613	31.1
None of the above	1666	27.4

TABLE 22. Believability of Health Information from Various Sources and Their Prevalence as an Information Source

Source of Information	n	% Believability			% Who Usually Get Info From Source
		Believable	Neither	Unbelievable	
Health educators	1655	92.1	8.1	0.7	49.3
Health center medical staff	1655	91.1	8.1	0.8	55.8
Faculty/coursework	1644	67.0	31.1	1.8	36.5
Parents	1646	64.2	32.5	3.2	75.8
Campus newspaper articles	1645	54.2	39.9	5.9	39.6
Leaflets, pamphlets, flyers	1653	52.6	41.0	6.4	45.0
Campus peer educators	1630	44.2	51.0	4.9	17.4
Resident assistants/advisors	1640	34.2	59.2	6.7	17.3
Internet/World Wide Web	1650	26.2	63.4	10.4	79.1
Friends	1656	23.4	67.7	8.9	62.4
Magazines	1653	22.4	58.5	19.0	53.8
Religious center	1652	22.2	50.1	27.7	8.8
Television	1655	12.7	62.5	24.8	52.3
Other	1489	10.7	83.1	6.3	39.5