Health and Health-Related Behaviors
Minnesota State University Moorhead Students

2017 College Student Health Survey Report
# Health and Health-Related Behaviors

## Introduction

### Survey

- Methodology
- Analysis Summary

## Results

- Health Insurance and Health Care Utilization
- Mental Health
- Tobacco Use
- Alcohol Use and Other Drug Use
- Personal Safety and Financial Health
- Nutrition and Physical Activity
- Sexual Health

## Implications

## Appendices

- Appendix 1: Colleges and Universities Participating in the 2017 College Student Health Survey
- Appendix 2: Minnesota State University Moorhead Students Survey Demographics Based on Student Response

## Glossary

## References
Introduction

Q: What do the following health conditions and health-related behaviors have in common?

- Health insurance status
- Depression
- Ability to manage stress
- Tobacco use
- Alcohol use
- Engagement in physical activity
- Credit card debt

A: They all affect the health and academic achievement of college students.

In the spring of 2017, 10 postsecondary institutions in Minnesota joined with Boynton Health at the University of Minnesota to collect information from undergraduate and graduate students about their experiences and behaviors in the areas of health insurance and health care utilization, mental health, tobacco use, alcohol and other drug use, personal safety and financial health, nutrition and physical activity, and sexual health.

This report highlights the findings of this comprehensive survey, and serves as an essential first step in identifying health and health-related behavior issues affecting college students. Boynton Health hopes that the information contained in this report will be helpful to college and university leaders as they strive to develop programs and policies that will assure a safe institutional environment, promote access to health care and essential services, encourage responsible student decision making and behavior, and contribute to the health, well-being, and academic success of students enrolled in their schools. The survey results are also intended to raise awareness among state and local policymakers and community leaders concerning the importance of the health of college students to the overall educational, health, and economic status of Minnesota.
Survey

Methodology

Undergraduate and graduate students enrolled in 10 postsecondary institutions in Minnesota completed the 2017 College Student Health Survey, developed by Boynton Health (four took the survey in its entirety, six took selected portions). As an incentive, all students who responded to the survey were entered into a drawing for Amazon gift cards valued at $1,000 (one), $500 (one), and $250 (one). In addition, one student from each participating school was randomly selected to win a $100 Amazon gift card.

Randomly selected students were contacted through multiple mailings and emails:

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

Minnesota State University Moorhead Methodology Highlights

- 1,500 students from Minnesota State University Moorhead (MSUM) were randomly selected to participate in this survey.
- 467 students completed the survey.
- 31.1% of the students responded.
The information presented in this report documents the prevalence of various diseases, health conditions, and health-related behaviors across seven areas:

- Health Insurance and Health Care Utilization
- Mental Health
- Tobacco Use
- Alcohol and Other Drug Use
- Personal Safety and Financial Health
- Nutrition and Physical Activity
- Sexual Health

The prevalence of a disease, health condition, or health-related behavior is defined as the total number of occurrences in a population (in this case, college students) at a given time, or the total number of occurrences in the population divided by the number of individuals in that population.

Prevalence is useful because it measures the commonality of a disease, health condition, or health-related behavior. For example, the College Student Health Survey asked students if they had ever been diagnosed with depression within their lifetime. For the purpose of illustration, if 100 students complete the survey and 10 of them report a diagnosis of depression within their lifetime, the lifetime prevalence of depression in this population of students is 10.0% (10/100).

The results from this survey are based on a random sample of students from each of the participating colleges and universities. Random sampling is a technique in which a group of subjects (in this case, the sample of college students) is selected for study from a larger group (in this case, the population of students enrolled at each of the participating institutions). Each individual is chosen entirely by chance, and each member of the population has an equal chance of being included in the sample. Random sampling ensures that the sample chosen is representative of the population and that the statistical conclusions (in this case, the prevalence) will be valid.
Results

Health Insurance and Health Care Utilization

A student’s current health influences his or her ability to realize immediate goals of academic success and graduation, while future health affects the ability to accomplish longer-term goals of finding and sustaining a career. Access to health care has been shown to improve health. Although institutions of higher education differ in scope of services, each institution has a unique opportunity and bears a certain responsibility to address issues related to student health and to reduce barriers to health care access.

National Comparison
This section examines the areas of health insurance, health services utilization, and preventive care. Recent research indicates that most young adults in the United States, ages 18—24, report good health. The majority of young adults in Minnesota (93.9%) report excellent, very good, or good health (CDC, 2016b). At the same time, young adults have lower rates of health insurance and preventive care utilization than older adults. In Minnesota, 89.0% of 18- to 24-year-olds report some kind of health care insurance (CDC, 2016b). More young males (15.9%) than young females (11.5%) lack health insurance coverage (Clarke et al, 2016). Among all age groups, young adults (74.6%) are least likely to identify a usual place for medical care (Clarke et al, 2016).
Students attending Minnesota State University Moorhead report an overall uninsured rate of 3.8%. Females have a higher uninsured rate than males (4.3% vs. 2.8%, respectively). Additional analysis shows that international students attending MSUM report an overall uninsured rate of 3.0%.

MSUM students ages 25–26 report the highest uninsured rates (13.6%), while the lowest rates are among those ages 35–39 and 40+ (0.0%).

Number of sick days is a measure of health-related quality of life. Sick days reflect a personal sense of poor or impaired physical or mental health or the inability to react to factors in the physical and social environments (USDHHS, 2000).

MSUM students without health insurance report on average 3.8 more sick days in the previous 30 days than those with health insurance.
Compared to male MSUM students, female students report obtaining routine medical and dental exams at a higher rate.

Among Minnesota State University Moorhead students who have obtained non-emergency mental health service, 17.1% received that care at the university.

MSUM students with health insurance obtain meningitis, influenza, and HPV vaccinations at higher rates than students at the university without health insurance. Additionally, among MSUM students, 31.5% of males and 52.5% of females report obtaining a complete series of HPV vaccinations.

These immunizations are not currently required for students enrolled in postsecondary institutions.
Compared to male students at Minnesota State University Moorhead, female students at the university report more days of poor mental health, poor physical health, and more days when poor physical and/or mental health affected daily activities.

MSUM students were asked to report if they have been diagnosed with selected acute illnesses within the past 12 months and within their lifetime.

The acute condition diagnosed most frequently within students’ lifetimes is strep throat, with \(42.2\%\) reporting this diagnosis. Within the previous 12 months, the acute condition diagnosed most frequently is urinary tract infection, at \(10.6\%\). Overall, \(56.7\%\) of MSUM students report being diagnosed with at least one acute condition within their lifetime, and \(16.1\%\) report being diagnosed with at least one acute condition within the past 12 months.

Chronic conditions are ongoing health concerns for students. Surveillance of these conditions provides a picture of longer term health care needs for MSUM students.

The two most common chronic conditions diagnosed in MSUM students are allergies (\(39.7\%\) lifetime) and asthma (\(18.1\%\) lifetime). More than one in two (\(56.9\%\)) students report being diagnosed with at least one chronic condition within their lifetime, and about one in eight (\(12.4\%\)) report being diagnosed with at least one chronic condition within the past 12 months.
Mental health issues can have a profound impact on the ability of college and university students to engage fully in the opportunities presented to them. These issues affect their physical, emotional, and cognitive well-being, and can lead to poor academic performance, lower graduation rates, and poor interpersonal relationships.

There is increasing diversity among college and university students. Among undergraduates nationwide, 43.5% describe their race/ethnicity as other than white, 57.0% are female, and 28.6% are age 25 or older (USDOE, 2016). In addition, nearly one million international students are studying at U.S. colleges and universities (USDOE, 2016). This diversity presents a myriad of counseling concerns related to multicultural and gender issues, life transition, stress, career and developmental needs, violence, interpersonal relationships, and serious emotional and psychological problems. This array of mental health issues represents ever-increasing challenges as postsecondary institutions strive to meet the needs of their students.

National Comparison
This section examines areas related to the mental health of college and university students. Recent research shows that young adults in the United States have relatively high rates of mental health problems compared to other age groups. Among 18- to 25-year-olds, 21.7% have had a mental illness (i.e., a diagnosable mental, behavioral, or emotional disorder of sufficient duration to meet diagnostic criteria specified within the Diagnostic and Statistical Manual of Mental Disorders-IV) in the past year, 5.0% have had a serious mental illness (i.e., a mental illness that results in functional impairment), 10.3% have had a major depressive episode, and 8.3% have had serious thoughts of suicide (CBHSQ, 2016). Approximately one in eight (11.7%) young adults ages 18–25 have received treatment for a mental health problem in the previous year (CBHSQ, 2016).

A relatively new area of study is the relationship between cumulative effects of childhood abuse (i.e., physical, sexual, and psychological or emotional abuse), commonly referred to as adverse childhood experiences (ACEs), and subsequent development of chronic physical and mental health conditions (CDC, 2014; Chapman, 2003; Edwards, 2003). Findings from the Minnesota Behavioral Risk Factor Surveillance System (BRFSS) survey, which includes ACEs, show that 60% of adults report two or more ACEs, while 15% report five or more. In the Minnesota study, 36% of adults with an ACE score of 5 or more report being diagnosed with depression, compared to 8% among adults with an ACE score of 0 (MDH, 2013).
Among Minnesota State University Moorhead students, anxiety and depression are the two most frequently reported mental health diagnoses for both lifetime and the past 12 months.

Among MSUM students, **23.7%** report being diagnosed with depression within their lifetime, and **7.1%** report being diagnosed with depression within the past 12 months. Females report being diagnosed with depression at higher rates than males.

MSUM students ages 30–39 report the highest rate of a depression diagnosis within their lifetime, and students ages 18–19 report the highest rate within the past 12 months.
Among MSUM students, 0.8% of males and 4.3% of females report being diagnosed with anorexia and/or bulimia within their lifetime.

Among MSUM students, 36.4% report being diagnosed with at least one mental health condition within their lifetime, and 13.3% report being diagnosed with at least one mental health condition within the past 12 months. Females report being diagnosed with a mental health condition within their lifetime and within the past 12 months at higher rates than males.

Additional analysis shows that 25.2% of students report being diagnosed with two or more mental health conditions within their lifetime.

Overall, 14.8% of MSUM students report that they currently are taking medication for a mental health condition. Compared to males, females report a higher rate of this medication use, which correlates with their higher diagnosis rates for any mental health condition.
Among MSUM students, 2.2% report contacting a mental health crisis line within the past 12 months. Among these students, nearly four in five (77.8%) report contacting a crisis line 1 time within the past 12 months.

The most commonly experienced stressors among Minnesota State University Moorhead students are roommate/housemate conflict and the death of someone close to them. A total of 43.0% of students report experiencing one or two stressors within the past 12 months, and 17.6% report experiencing three or more stressors over that same time period.
An association appears to exist between the reported number of stressors experienced within the past 12 months and various types of risk-taking behavior. MSUM students experiencing three or more stressors within those 12 months tend to have higher rates of current tobacco use, high-risk drinking, current marijuana use, and high credit card debt compared to students experiencing two or fewer stressors.

Approximately one-third (33.0%) of MSUM students report that they are unable to manage their stress level. Additional analysis shows that, among these students, 11.3% report a diagnosis of depression within the past 12 months. Approximately two in three (67.0%) MSUM students report that they are able to manage their level of stress; of these, only 5.0% report a diagnosis of depression within the past 12 months.

An association appears to exist between unmanaged stress levels and higher rates of diagnosis for acute conditions and for various mental health conditions. For example, 18.7% of MSUM students with unmanaged stress levels report being diagnosed with anxiety within the past year, compared to only 5.6% of students with managed stress levels reporting the same diagnosis.
In response to a question asking MSUM students how often in the past seven days they got enough sleep to feel rested when they woke up in the morning, about one-half (49.3%) report receiving adequate sleep on three or fewer of the previous seven days.

Receiving adequate sleep appears to have an impact on students’ ability to manage stress. Only 48.0% of MSUM students who report receiving 0-1 day of adequate sleep in the past week report that they are able to manage their stress, compared to 90.9% of students who report 6-7 days of adequate sleep in that period.
### Impact of Health and Personal Issues on Academic Performance—Past 12 Months

#### All Students

**Students were asked to respond to the following question:**
During the past 12 months, how have the following affected your academic performance?

**The response options were:**
- I do not have this issue/not applicable
- I have this issue—my academics have not been affected
- I have this issue—my academics have been affected

<table>
<thead>
<tr>
<th>Health or Personal Issue</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol Use</td>
<td>13.6</td>
</tr>
<tr>
<td>Any Disability (Learning, ADD/ADHA, Physical, etc.)</td>
<td>9.2</td>
</tr>
<tr>
<td>Chronic Health Condition</td>
<td>11.2</td>
</tr>
<tr>
<td>Concern for Family Member or Friend</td>
<td>31.7</td>
</tr>
<tr>
<td>Eating Disorder</td>
<td>5.4</td>
</tr>
<tr>
<td>Excessive Computer/Internet Use</td>
<td>38.6</td>
</tr>
<tr>
<td>Financial Difficulties</td>
<td>37.2</td>
</tr>
<tr>
<td>Food Insecurity</td>
<td>7.7</td>
</tr>
<tr>
<td>Homeless</td>
<td>0.4</td>
</tr>
<tr>
<td>Marijuana Use</td>
<td>5.1</td>
</tr>
<tr>
<td>Mental Health Issue (Depression, Anxiety, etc.)</td>
<td>31.0</td>
</tr>
<tr>
<td>Pregnancy</td>
<td>1.8</td>
</tr>
<tr>
<td>Relationship Issue with Roommate/Housemate</td>
<td>19.0</td>
</tr>
<tr>
<td>Relationship Issue with Someone Other Than Roommate/Housemate</td>
<td>20.2</td>
</tr>
<tr>
<td>Serious Injury</td>
<td>3.6</td>
</tr>
<tr>
<td>Sexual Assault</td>
<td>3.1</td>
</tr>
<tr>
<td>Sexually Transmitted Infection</td>
<td>0.4</td>
</tr>
<tr>
<td>Sleep Difficulties</td>
<td>45.5</td>
</tr>
<tr>
<td>Stress</td>
<td>70.2</td>
</tr>
<tr>
<td>Upper Respiratory Infection (Cold/Flu, Sinus, Strep, etc.)</td>
<td>32.2</td>
</tr>
</tbody>
</table>

The four most commonly reported issues among students at Minnesota State University Moorhead are stress (70.2%), sleep difficulties (45.5%), excessive computer/internet use (38.6%), and financial difficulties (37.2%). Among students who report a particular issue, the issues with the greatest impact on academic performance are any disability (73.2%), serious injury (56.3%), homelessness (50.0%), sexual assault (42.9%) and any mental health issue (42.4%).
Answering questions about events occurring before age 18, 37.7% of MSUM students report that a parent or adult in their home swore at them, insulted them, or put them down, and 30.7% report living with someone who was depressed, mentally ill, or suicidal.

Approximately two-thirds (65.6%) of MSUM students report experiencing at least one adverse childhood experience.
Results

Tobacco Use

Young adults transitioning between high school and college find themselves in an environment with increased opportunities to make personal and lifestyle decisions without supervision or input from their parents. This newfound freedom, coupled with growing academic pressure and an expanding social network, can lead to experimentation and risky behaviors such as smoking. Preventing smoking among young adults is critical to reducing both the long-term use of tobacco products and their subsequent negative health consequences.

National Comparison

Nearly one-fourth (24.0%) of 18- to 20-year-olds and nearly one-third (31.0%) of 21- to 25-year-olds report cigarette use in the past 30 days (CBHSQ, 2015), and 5.4% of young adults ages 18–25 used smokeless tobacco in the previous month (Johnston et al, 2016). One in five (20.1%) full-time college students smoked cigarettes at least one time in the previous year, about one in nine (11.3%) smoked cigarettes at least one time in the previous 30 days, and about one in 25 (4.2%) smoke cigarettes daily (Johnston et al, 2016). Approximately one-tenth (9.7%) of full-time college students smoked e-cigarettes at least one time in the previous year (Johnson et al, 2016). Current cigarette smokers are more likely to use other tobacco products, alcohol, or illicit drugs than nonsmokers (CBHSQ, 2016). Among all current smokers, 68.0% want to completely stop smoking, 55.4% made an attempt to quit in the past year, and 7.4% successfully quit within the past year (CDC, 2017). Of the 15 million college students in the United States, an estimated 1.7 million will die prematurely due to smoking-related illnesses (Halperin, 2002). The current level of tobacco use among college students clearly poses a major health risk.
The current rate of tobacco use for students at Minnesota State University Moorhead is **11.1%**, with a daily rate of **2.8%**. Compared to females, males report higher rates of current tobacco use and of daily tobacco use.

**Definition:**

**Current Tobacco Use**

Any tobacco use within the past 30 days. Tobacco use includes both smoking and smokeless tobacco.

MSUM students ages 20–21 report the highest rate of current tobacco use (14.5%).

The highest rate of daily tobacco use is found among MSUM students ages 24 and older (8.6%).

---

**Current and Daily Tobacco Use**

**All Students by Gender**

<table>
<thead>
<tr>
<th></th>
<th>Current</th>
<th>Daily</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Students</td>
<td>11.1%</td>
<td>9.6%</td>
</tr>
<tr>
<td>Males</td>
<td>19.4%</td>
<td>11.1%</td>
</tr>
<tr>
<td>Females</td>
<td>2.8%</td>
<td>3.2%</td>
</tr>
</tbody>
</table>

**Current Tobacco Use**

**All Students by Age Group**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Current</th>
<th>Daily</th>
</tr>
</thead>
<tbody>
<tr>
<td>18–19</td>
<td>14.0%</td>
<td></td>
</tr>
<tr>
<td>20–21</td>
<td>14.5%</td>
<td></td>
</tr>
<tr>
<td>22–23</td>
<td>7.4%</td>
<td></td>
</tr>
<tr>
<td>24+</td>
<td>12.1%</td>
<td></td>
</tr>
</tbody>
</table>

**Daily Tobacco Use**

**All Students by Age Group**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Average Number of Cigarettes Smoked Per Week—Past 30 Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>18–19</td>
<td>1.9</td>
</tr>
<tr>
<td>20–21</td>
<td>0.9</td>
</tr>
<tr>
<td>22–23</td>
<td>0.8</td>
</tr>
<tr>
<td>24+</td>
<td>8.6</td>
</tr>
</tbody>
</table>
Overall, 1.9% of MSUM students report using smokeless tobacco, 1.5% report using a hookah, and 3.6% report using an electronic cigarette during the past 30 days.

Among students at MSUM who report smoking tobacco in the past 30 days, 70.8% do not consider themselves smokers. Among those who do consider themselves smokers, 42.9% made at least one attempt to quit smoking over the past 12 months, with an average of 2.7 attempts.

The average number of cigarettes smoked per week over the past 30 days by MSUM students is 20.2 among current smokers and 73.6 among daily smokers.
Minnesota State University Moorhead students who smoked in the past 30 days report that the most common locations of their tobacco use are off campus (outside) and in a car.

Among MSUM students, 34.4% of nonsmokers and 18.8% of smokers report being exposed to secondhand smoke on campus (outside) in an average week.
Results

Alcohol Use and Other Drug Use

For some young adults, college life includes an introduction to or an increase in the use of alcohol, marijuana, and various illicit drugs. Whether students are using these substances to signify emergence into adulthood, enhance their social life, or cope with stress, substance abuse can lead to a decline in classroom performance, lower grades, aggressive behavior, property damage, and personal injury.

National Comparison

American college students consume alcohol and other drugs at very high rates. Among full-time college students, four in five (81.4%) have consumed alcohol at least one time, nearly four in five (79.0%) have consumed alcohol in the past year, and about three in five (63.2%) consume alcohol monthly (Johnston et al, 2016). The rate of binge drinking (consuming five or more alcoholic beverages in a row in the previous two weeks) is highest for those ages 21–25, at 43.3%, and is 28.5% among 18- to 20-year-olds (CBHSQ, 2015). Compared to those not enrolled in college full-time, young adults ages 18–22 who are enrolled full-time are more likely to consume alcohol monthly and to binge drink (CBHSQ, 2015).

Approximately one-half (53.4%) of full-time college students have used an illicit drug at least once in their lifetime, more than four in ten (41.4%) have used an illicit drug at least once in the past year, and more than one in five (23.4%) have used an illicit drug in the last month (Johnston et al, 2016). Marijuana is the illicit drug of choice for full-time college students, with more than half (50.4%) having used the drug at least once in their lifetime, more than one-third (37.9%) having used it in the past year, and one in five (21.1%) having used it in the past month (Johnston et al, 2015). Among full-time college students, 9.7% have used amphetamines, 4.3% have used cocaine, and 4.3% have used hallucinogens in the previous year (Johnston et al, 2016).
Among Minnesota State University Moorhead students, 78.5% report using alcohol in the past 12 months, and 60.2% report using alcohol in the past 30 days. Compared to male students, female students report higher rates of alcohol use in both the past 12 months and the past 30 days.

**Definition:**
**Past 12-Month Alcohol Use**
Any alcohol use within the past year.

**Definition:**
**Current Alcohol Use**
Any alcohol use within the past 30 days.

MSUM students ages 23–24 report the highest rate of consuming alcohol in the past 30 days (89.3%). More than one in two (55.9%) underage MSUM students report consuming alcohol in the past 30 days.

Male MSUM students report consuming a higher average number of drinks per week than female students at the university. The average number of drinks per week may serve as an indicator of overall alcohol use.
Male students at MSUM report a higher rate of high-risk drinking compared to female students (28.2% vs. 21.4%, respectively).

### Definition: High-Risk Drinking

Consumption of five or more alcoholic drinks at one sitting within the past two weeks for both males and females. A drink is defined as one shot of alcohol, a 12-ounce beer, a mixed drink containing 1 or 1.5 ounces of alcohol, a 12-ounce wine cooler, or a 5-ounce glass of wine.

Among MSUM students, the peak years for engaging in high-risk drinking are ages 21–22.

Students attending MSUM overestimate the rate of high-risk drinking on their campus. The estimate from all students is 40.3%, while the actual rate is 20.6%. Those who have engaged in high-risk drinking estimate a rate of 50.2%, while those who have not engaged in high-risk drinking estimate a rate of 37.2%.

<table>
<thead>
<tr>
<th>High-Risk Drinking Status</th>
<th>Students’ Perception of High-Risk Drinking by School Peers</th>
<th>Actual High-Risk Drinking Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Students</td>
<td>40.3%</td>
<td>20.6% of All Students</td>
</tr>
<tr>
<td>High-Risk Drinkers</td>
<td>50.2%</td>
<td></td>
</tr>
<tr>
<td>Non-High-Risk Drinkers</td>
<td>37.2%</td>
<td></td>
</tr>
</tbody>
</table>

**Results**

**Alcohol Use and Other Drug Use**

**High-Risk Drinking All Students by Gender**

- All Students: 20.6%
- Males: 28.2%
- Females: 21.4%

**High-Risk Drinking All Students by Age Group**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>18–20</td>
<td>21.5</td>
</tr>
<tr>
<td>21–22</td>
<td>29.7</td>
</tr>
<tr>
<td>23–24</td>
<td>25.0</td>
</tr>
<tr>
<td>25–27</td>
<td>20.0</td>
</tr>
<tr>
<td>28+</td>
<td>18.1</td>
</tr>
</tbody>
</table>

**High-Risk Drinking Rates on Campus—Perceived vs. Actual All Students**

- Question asked: In the past two weeks, what percentage of students at your school do you think had five or more drinks at a sitting? (One drink = one shot of alcohol, a 12-ounce beer, a mixed drink containing 1 or 1.5 ounces of alcohol, a 12-ounce wine cooler, or a 5-ounce glass of wine.)
The BAC of a student on the most recent socializing/partying occasion was calculated based on answers to four different survey questions (gender, current body weight, amount of alcohol consumed, and time period of consumption). It should be noted that the BAC calculated in this study is an estimate. This information is self-reported, and students tend to underestimate the actual amount of alcohol they consume.

The legal driving limit for individuals of legal drinking age is 0.08.

The average estimated BAC among students at Minnesota State University Moorhead, based on the last time the student partied/socialized, is 0.07. The average is slightly higher for females than for males.

Among MSUM students, the average BAC levels at the most recent socializing/partying occasion range from 0.04 to 0.10, with an average of 0.07. Students ages 23–24 report an average estimated level of 0.10, which exceeds the legal driving limit of 0.08 for individuals of legal drinking age.
### Negative Consequences of Alcohol Use—Past 12 Months

All Students

<table>
<thead>
<tr>
<th>Negative Consequence Due to Alcohol Use</th>
<th>Percent Who Report Experiencing Within Past 12 Months</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arrested for a DWI/DUI</td>
<td>0.0</td>
</tr>
<tr>
<td>Criticized by Someone I Know</td>
<td>13.3</td>
</tr>
<tr>
<td>Damaged Property, Pulled Fire Alarm, etc.</td>
<td>0.9</td>
</tr>
<tr>
<td>Done Something I Later Regretted</td>
<td>16.5</td>
</tr>
<tr>
<td>Driven a Car While Under the Influence</td>
<td>7.5</td>
</tr>
<tr>
<td>Got Into an Argument or Fight</td>
<td>9.2</td>
</tr>
<tr>
<td>Got Nauseated or Vomited</td>
<td>31.5</td>
</tr>
<tr>
<td>Had a Hangover</td>
<td>42.4</td>
</tr>
<tr>
<td>Had a Memory Loss</td>
<td>14.1</td>
</tr>
<tr>
<td>Have Been Taken Advantage of Sexually</td>
<td>1.5</td>
</tr>
<tr>
<td>Have Taken Advantage of Another Sexually</td>
<td>0.4</td>
</tr>
<tr>
<td>Hurt or Injured</td>
<td>5.8</td>
</tr>
<tr>
<td>Missed a Class</td>
<td>9.0</td>
</tr>
<tr>
<td>Performed Poorly on a Test or Important Project</td>
<td>7.1</td>
</tr>
<tr>
<td>Seriously Thought About Suicide</td>
<td>3.2</td>
</tr>
<tr>
<td>Seriously Tried to Commit Suicide</td>
<td>0.4</td>
</tr>
<tr>
<td>Thought I Might Have a Drinking Problem</td>
<td>4.7</td>
</tr>
<tr>
<td>Tried Unsuccessfully to Stop Using</td>
<td>1.3</td>
</tr>
<tr>
<td>Trouble with Police, Residence Hall, or Other University/College Authorities</td>
<td>1.9</td>
</tr>
</tbody>
</table>

### Average Number of Alcohol-Related Negative Consequences*

All Students by Average Number of Drinks and High-Risk Drinking

A strong association exists between the average number of drinks MSUM students consume per week and the total number of reported alcohol-related negative consequences experienced over the past 12 months. An association also exists between engaging in high-risk drinking within the past two weeks and reported negative consequences.

About one in 14 (7.5%) MSUM students report having driven a car within the past 12 months while under the influence of alcohol; for the same period, 9.0% report missing a class and 7.1% report performing poorly on a test or project as a result of alcohol use.

*The average number of drinks is based on behavior in the past 30 days, high-risk drinking is based on behavior in the past two weeks, and the average number of negative consequences is based on reported experiences in the past 12 months.
Rates for most alcohol-related consequences are about three or more times higher among MSUM students who engaged in high-risk drinking in the previous two weeks compared to those who did not. About one in four (24.0%) students who have engaged in high-risk drinking in the past two weeks report driving while under the influence of alcohol one or more times in the past 12 months.

Asked if they would call 911 if someone passes out due to alcohol/drug use and couldn’t be awakened, 63.0% of all MSUM students report they would be “very likely” to call for emergency assistance.

Among all Minnesota State University Moorhead students, the rate for any marijuana use within the past 12 months is 21.9%, while the rate of current use is 9.2%. Rates are higher for males than for females.

**Definition:**

**Past 12-Month Marijuana Use**

Any marijuana use within the past year.

**Definition:**

**Current Marijuana Use**

Any marijuana use within the past 30 days.

---

**High-Risk Drinking and Selected Consequences**

*All Students*

<table>
<thead>
<tr>
<th>Negative Consequence Due to Alcohol Use</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Driven a Car While Under the Influence</td>
<td>7.5 3.2 24.0</td>
</tr>
<tr>
<td>Got into an Argument or Fight</td>
<td>9.2 7.0 17.7</td>
</tr>
<tr>
<td>Have Been Taken Advantage of Sexually (Includes Males and Females)</td>
<td>1.5 1.1 3.1</td>
</tr>
<tr>
<td>Missed a Class</td>
<td>9.0 5.9 20.8</td>
</tr>
<tr>
<td>Performed Poorly on a Test or Important Project</td>
<td>7.1 4.0 18.7</td>
</tr>
</tbody>
</table>

*High-risk drinking is based on behavior in the past two weeks while the rate for negative consequences is based on reported experiences in the past 12 months.*

---

**Likelihood of Calling 911 in an Alcohol- or Drug-Related Situation**

*All Students*

<table>
<thead>
<tr>
<th>Response</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very Likely</td>
<td>63.0 63.7 62.7</td>
</tr>
<tr>
<td>Somewhat Likely</td>
<td>27.3 25.9 28.0</td>
</tr>
<tr>
<td>Somewhat Unlikely</td>
<td>6.0 7.4 5.4</td>
</tr>
<tr>
<td>Very Unlikely</td>
<td>3.6 3.0 3.9</td>
</tr>
</tbody>
</table>

---

**Marijuana Use—Past 12 Months and Current**

*All Students by Gender*

- **Past 12 Months**
  - All Students: 21.9%
  - Males: 19.9%
  - Females: 9.2%

- **Current**
  - All Students: 15.3%
  - Males: 8.2%
  - Females: 8.2%
Approximately one in 50 MSUM students (1.7%) report having driven a car within the past 12 months while under the influence of marijuana, 1.0% report missing a class due to marijuana use, and 0.6% report thinking they might have a drug problem.

Among MSUM students, 3.5% report having used at least one of the eight listed illicit drugs within the past 12 months, 3.6% report using another person’s ADHD medication, and 3.6% indicate that they used another person’s prescription medication (other than ADHD medication). Hallucinogens are the most commonly used illicit drugs (1.9%).
Results

Alcohol Use and Other Drug Use

Health and Health-Related Behaviors Minnesota State University Moorhead Students
Results

Personal Safety and Financial Health

The health of students and their subsequent success in academic life depends on a multitude of factors, both intrinsic and extrinsic to the individual. Safety and personal finances are natural sources of concern for students, parents, and college personnel. A safe campus offers students the opportunity to pursue learning in an environment free from threats to their physical or emotional well-being. As college populations become more diverse, the challenge of creating a safe environment becomes more complex. Students' decisions related to finances also affect their academic success. This section concentrates on the areas of personal safety and financial health.

National Comparison

Though many efforts are made to reduce violence and victimization on campus, these unfortunate events still occur. Nearly one in five (19.1%) women and one in 67 (1.5%) men in the United States have been victims of rape or attempted rape in their lifetime (Smith et al, 2017). Based on estimates by the National Institute of Justice, 20.0% of American women experience rape or attempted rape while in college, and more than one in nine (12.0%) student victims state the victimization was not important enough to report (Sinozich and Langton, 2014).

Financial health is another area of concern. According to the U.S. Department of Education, the average total cost of attendance (including tuition, fees, room, and board) for full-time students is $19,189 at four-year public institutions, $39,529 at four-year private non-profit institutions, and $7,409 at two-year public institutions (USDE, 2016). In 2014–2015, the average amount of grant and scholarship aid for first-year, full-time students was $7,010 at four-year public institutions, $19,960 at four-year private non-profit institutions, and $4,980 at two-year public institutions (USDE, 2015). Among first-year students, about three in five (61.6%) of those attending a four-year public institution, 66.7% of those attending a four-year private nonprofit school, and 27.5% of those attending a two-year public institution borrowed money through a school loan (USDE, 2015).

More than twice as many undergraduate students (77%) carry debit cards compared to those who carry credit cards (30%) (Sallie Mae, 2013). More than three in five (62%) undergraduate students pay off all cards each month (Sallie Mae, 2013). The average credit card balance per undergraduate student is $499 (Sallie Mae, 2013). More than two-fifths (41.9%) of college students report participating in some type of gambling activity during the previous school year (LaBrie et al, 2003).
More than one in four (28.4%) female students at Minnesota State University Moorhead indicate that they have experienced a sexual assault within their lifetime, with 9.3% experiencing an assault within the past 12 months. Male students at the university have experienced sexual assault lower rates, at 11.2% within their lifetime and 1.8% within the past 12 months.

Of MSUM students who indicate they have experienced a sexual assault within their lifetime (21.9%), three-fifths (58.1%) state that they reported the incident. Of these students, 24.0% reported it to a health care provider, 14.0% reported it to the police, and 10.0% reported it to a campus authority.

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

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

<table>
<thead>
<tr>
<th>Percent</th>
<th>Within Lifetime</th>
<th>Within Past 12 Months</th>
</tr>
</thead>
<tbody>
<tr>
<td>21.9%</td>
<td>11.2%</td>
<td>6.6%</td>
</tr>
<tr>
<td>28.4%</td>
<td>9.3%</td>
<td>1.8%</td>
</tr>
</tbody>
</table>

All Students

<table>
<thead>
<tr>
<th>Percent</th>
<th>All Students</th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>41.9%</td>
<td>58.1%</td>
<td>11.2%</td>
<td>6.6%</td>
</tr>
</tbody>
</table>

*Students may have reported incident to individuals in more than one category.
More than three in ten (30.9%) female students at MSUM, and one in six (17.6%) male students, indicate that they have experienced domestic violence within their lifetime.

Of MSUM students who indicate that they have experienced domestic violence within their lifetime (25.7%), more than one-half (53.0%) state that they reported the incident. Of these students, 20.8% reported it to a health care provider, 7.5% reported it to the police, and 1.9% reported it to a campus authority.

Among MSUM students, 50.6% of those who report being victims of sexual assault, and 45.0% of those who report being victims of domestic violence, say they have been diagnosed with depression within their lifetime. These rates are higher than the lifetime depression rate (15.6%) reported among MSUM students who have not experienced sexual assault or domestic violence within their lifetime.
Among MSUM students, 1.0% report being a perpetrator of sexual assault within the past 12 months. About one in 15 (6.6%) students at the university report having been a perpetrator of domestic violence within that same time period.

Further examination of data shows that about one in nine (11.1%) students at the university report either sexually assaulting or inflicting domestic violence on another person within their lifetime. Of these students, 47.8% indicate that they have been a victim of a sexual assault within their lifetime.

Male students at Minnesota State University Moorhead are more likely to report having engaged in a physical fight over the past 12 months compared to female students (5.7% vs. 2.9%, respectively).

More than one-half (53.3%) of male students, and one-half (49.9%) of female students at MSUM report experiencing bullying sometimes or frequently within their lifetime. One in seven (14.5%) male students and one in ten female students (10.4%) report carrying out bullying sometimes or frequently within their lifetime.
More than seven in ten (71.0%) MSUM students report being treated with less courtesy or respect than other people within their lifetime, and more than one in three (36.4%) report being threatened or harassed.

For male MSUM students, height and weight are the most common reason for discrimination within their lifetime. For female students at the university, gender and age are the most common reasons for discrimination within their lifetime.

Among students at MSUM who ride a bicycle, about one in six (16.1%) report wearing a helmet always or most of the time while riding in the past 12 months. During the same period, more than three-fourths (77.8%) report texting, emailing, or using the internet sometimes, most of the time, or always while driving.

Additionally, more than one in six (18.6%) MSUM students report riding in a vehicle during the past 12 months with a driver who was impaired due to alcohol consumption.
Approximately three in ten (30.6%) MSUM students report carrying some level of credit card debt over the past month. Of these students, 26.8% report the debt as $3,000 per month or more.

**Definition:**
**Current Credit Card Debt**
Any unpaid balance at the end of the past month.

The percentage of Minnesota State University Moorhead students with a monthly credit card debt of $3,000 or more is highest among fifth-year undergraduate students (10.0%) and graduate/professional students (29.4%).

**Definition:**
**Credit Card Debt**
A monthly debt of $3,000 or more.

The percentage of MSUM students who report a student loan balance of more than $25,000 increases from 0.0% among first-year students to 40.0% among undergraduate students enrolled for five or more years.

**Definition:**
**Student Loan Balance**
A student loan balance of $25,000 or more.
Results

Nutrition and Physical Activity

For many students, the college years represent a time of new experiences and increased opportunities to make personal health decisions. Some of these decisions encompass the areas of nutrition and physical activity. Students are on their own, free to eat what they want, when they want. Busy academic and social schedules can take priority over eating well and exercising regularly. Class and work schedules vary from day to day and change every semester. Lifestyle changes, peer pressure, and limited finances may lead to an increase in stress, triggering overeating that results in weight gain. Limited finances may also translate into budget challenges, pitting dollars for tuition, textbooks, and housing against dollars for food.

National Comparison

Research shows that, compared to older adults, young adults in the United States generally eat fewer fruits and vegetables but are more physically active (CDC, 2015b). Young adults ages 18–27 report consuming breakfast an average of 3.1 days per week, and consuming fast food an average of 2.5 days per week (Niemeier, 2006). The rate of obesity among young adults ages 18–24 in Minnesota is 13.1% (CDC, 2016b).

Though research examining food insecurity (see definition on page 34) among young adults is limited, the prevalence of food insecurity and its negative outcomes are issues of increasing concern. Three studies conducted in the United States among college students show that 45%–59% are either food insecure or at risk of food insecurity (Chaparro et al, 2009; Maroto et al, 2015; Patton-Lopez et al, 2014).

Nationwide, 82.8% of young adults ages 18–24, compared to 74.7% of all adults, report participating in at least one physical activity during the last month (CDC, 2015b). More than one-half (53.3%) of 18- to 24-year-olds report participating in 150 minutes or more of aerobic physical activity per week; for all adults, the rate is 50.8% (CDC, 2015b).
Body mass index (BMI) is a common and reliable indicator of body fat (CDC, 2015a). BMI equals weight in kilograms divided by height in meters squared \((BMI = \frac{weight}{height^2})\). This table presents weight categories based on BMI ranges.

Nearly one-half (48.4\%) of students at Minnesota State University Moorhead fall within the overweight or obese/extremely obese category. This is based on self-reported height and weight.

More than one-half (52.8\%) of males and more than two in five (46.7\%) females at MSUM fall within the overweight or obese/extremely obese category. Additional analysis shows that the average BMI for male MSUM students is 25.8, and the average BMI for female students is 25.7. For both male and female students, these averages fall within the overweight category.

More than one in two (51.3\%) MSUM students report attempting to lose weight. In an attempt to control their weight, 83.8\% of students report engaging in exercise, and 58.8\% of students report restricting their diet.
More than one in six (17.7%) MSUM students report engaging in binge eating over the past 12 months.

More than one in three (33.4%) MSUM students report using a multi-vitamin or multi-mineral supplement, and more than one in six (17.1%) report using a select vitamin or mineral supplement on a regular basis.

Obese/extremely obese MSUM students report the highest rates of never eating breakfast within the past seven days and overweight students at the university report the highest rates of fast-food consumption once per week or more within the past 12 months.
A majority of MSUM students report consuming fruits and vegetables 1–4 times per day in the past seven days, with only 16.9% consuming fruits and vegetables five or more times per day. On average, male MSUM students consume fruits and vegetables 2.7 times per day and female students consume fruits and vegetables 3.0 times per day.

One in four (25.0%) MSUM students report worrying about whether their food would run out before they had money to buy more. Nearly one in seven (14.0%) report experiencing a food shortage and lacking money to buy more within the past 12 months.

In the 1990s, the United States Department of Agriculture (USDA) developed a series of questions designed to measure food insecurity. The 18-item Household Food Security Survey (HFSS) serves as the standard for assessing household food security (Bickel et al, 2000). In order to gain some insight into food insecurity among the college population, a validated two-question screening based on the HFSS was selected to appear within the College Student Health Survey (Hager et al, 2010). These two questions inquire whether a household has been worried about having money to buy food, and whether there have been times when members of the household went without food.

Food security is a necessary component to household and personal well-being. Food insecurity, though it is conceptual, measures something different from nutritional deprivation, and can be a precursor to nutritional, health, and developmental problems (Bickel et al, 2000). Mental and physical changes accompanying inadequate food intake have a bearing on learning, productivity, and physical and psychological health (Sharkey et al, 2011; McLaughlin et al, 2012).
As per the results, 8.4% of MSUM students report consuming other sweetened beverages—such as energy drinks—every day in the past seven days.

Based on their responses, students were classified into one of three physical activity levels (none/limited, moderate, or high). The high classification meets the CDC’s recommended level of physical activity for moderate- and vigorous-intensity physical activity.

Nearly two-thirds (58.3%) of MSUM students report levels of physical activity that place them in the high classification, meeting the CDC’s recommendations.
Body mass index is lowest among male students who report a moderate level of physical activity and female students who report engaging in a high level of physical activity in the past seven days.

Among all MSUM students, 50.4% report spending four or more hours per day watching TV or using a computer or handheld device for something that is not work- or school-related.
Results

Sexual Health

Some of the most important decisions facing college students concern sexual health. Choices relating to sexual behavior have the potential for significant, and often long-term, consequences. Healthy People 2020, a science-based, 10-year agenda for improving the health of all Americans, states that improving sexual health is crucial to eliminating health disparities, reducing rates of infectious diseases and infertility, and increasing educational attainment, career opportunities, and financial stability (USDHHS, 2017).

National Comparison

The majority of young adults in the United States are sexually active. Among males ages 18–19 and 20–24, respectively, 60.9% and 70.3% report that they have engaged in vaginal intercourse within their lifetime, 59.4% and 73.5% report that they have received oral sex from a partner of the opposite sex, and 9.7% and 23.7% report that they have engaged in insertive anal intercourse (Herbenick et al, 2010). Among females ages 18–19 and 20–24, respectively, 64.0% and 85.6% report that they have engaged in vaginal intercourse within their lifetime, 62.0% and 79.7% report that they have received oral sex from a partner of the opposite sex, and 20.0% and 39.9% report that they have engaged in anal intercourse (Herbenick et al, 2010). During their most recent vaginal intercourse event, 42.6% of 18- to 24-year-old males and 36.7% of 18- to 24-year-old females used a condom (Sanders et al, 2010).

Due to a combination of behavioral, biological, and cultural reasons, sexually active young adults are at increased risk for acquiring sexually transmitted infections (STIs) (CDC, 2016d). The higher prevalence of STIs among young adults reflects multiple barriers to accessing quality STI prevention services: ability to pay, lack of transportation, and concerns about confidentiality (CDC, 2016d). Among all males, 20- to 24-year-olds have the highest rate of chlamydia (1,467.8 cases per 100,000 people) and gonorrhea (539.1 cases per 100,000 people) and the second highest rate of syphilis (35.7 cases per 100,000 people) (CDC, 2016d). Among all females, 20- to 24-year-olds have the highest rates of chlamydia (3,730.3 cases per 100,000 people), gonorrhea (546.9 cases per 100,000 people), and syphilis (5.1 cases per 100,000 people) (CDC, 2016d).
Compared to male students, female students attending Minnesota State University Moorhead report higher rates of sexual activity within their lifetime and within the past 12 months.

More than eight in ten (84.3%) MSUM students report having 0–1 sexual partners within the past 12 months. On average, MSUM students who were sexually active in the past 12 months had 2.0 sexual partners in that period.

Among MSUM students who report being sexually active within the past 12 months, eight in ten (80.8%) report that their most recent sexual partner was either a fiancé(e)/spouse or an exclusive dating partner.
Among MSUM students who report being sexually active within their lifetime, 53.7% used a condom the last time they engaged in vaginal intercourse, 25.4% used a condom during the last time they had anal intercourse, and 15.7% used a condom during their last oral sex experience. Percentages are based solely on those who indicated they engaged in the activity.

Additional analysis shows that of the 74.2% of MSUM students who report being sexually active within their lifetime, 93.0% have engaged in vaginal intercourse, 91.0% have engaged in oral sex, and 29.1% have engaged in anal intercourse.

The two methods that MSUM students report using most commonly to prevent pregnancy the last time they engaged in vaginal intercourse are condoms (44.0%) and birth control pills (36.2%).

A total of 1.9% of MSUM students report being involved in a pregnancy within the past 12 months. Of these students, 11.1% state the pregnancy was unintentional. Among the unintentional pregnancies, 100.0% resulted in miscarriage.
Among sexually active female students at Minnesota State University Moorhead, 19.4% report using emergency contraception within the past 12 months. Among these students, 50.0% have used it once, 31.6% have used it twice, and 18.4% have used it at least three times.

Among MSUM students who have been sexually active within their lifetime, 8.5% report being diagnosed with a sexually transmitted infection (STI) within their lifetime, and 2.3% report being diagnosed with an STI within the past 12 months. Chlamydia is the STI most commonly diagnosed within students’ lifetimes and genital herpes is the STI most commonly diagnosed within the past 12 months.
Implications

Healthy individuals make better students, and better students make healthier communities.

Results from the 2017 College Student Health Survey presented in this report offer a comprehensive look at the diseases, health conditions, and health-related behaviors impacting students attending postsecondary schools in Minnesota. Identification of these health-related issues is critical, because the health of college students in Minnesota affects not only their academic achievement but also the overall health of our society.

It is intuitively obvious that health conditions can affect academic performance. The link to overall societal health is more subtle, but no less profound. Given that there are now more students enrolled in postsecondary institutions than in high schools, that college students help set the norms of behavior for our society and serve as role models for younger students, that college students are establishing and solidifying lifestyles and behaviors that will stay with them for the rest of their lives, and that obtaining a college degree is one of the major determinants of future health and economic status, the impact of the health of college students on our society becomes evident.
# Appendix 1

## Colleges and Universities Participating in the 2017 College Student Health Survey

<table>
<thead>
<tr>
<th>School</th>
<th>Location</th>
<th>Enrollment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anoka-Ramsey Community College</td>
<td>Cambridge, MN Coon Rapids, MN</td>
<td>12,420</td>
</tr>
<tr>
<td>Carleton College</td>
<td>Northfield, MN</td>
<td>1,995</td>
</tr>
<tr>
<td>M State—Fergus Falls</td>
<td>Fergus Falls, MN Moorhead, MN</td>
<td>8,410</td>
</tr>
<tr>
<td>Minnesota State University Moorhead</td>
<td>Moorhead, MN</td>
<td>7,399</td>
</tr>
<tr>
<td>Rainy River Community College</td>
<td>International Falls, MN</td>
<td>414</td>
</tr>
<tr>
<td>St. Cloud State University</td>
<td>St. Cloud, MN</td>
<td>19,186</td>
</tr>
<tr>
<td>St. Cloud Technical &amp; Community College</td>
<td>St. Cloud, MN</td>
<td>6,568</td>
</tr>
<tr>
<td>The College of St. Scholastica</td>
<td>Duluth, MN</td>
<td>4,406</td>
</tr>
<tr>
<td>Winona State University</td>
<td>Winona, MN</td>
<td>9,777</td>
</tr>
</tbody>
</table>

### Appendix 1 References


## Appendix 2

### Minnesota State University Moorhead Students Survey Demographics Based on Student Response

<table>
<thead>
<tr>
<th>Demographic Category</th>
<th>All Students</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Average Age (Years)</strong></td>
<td>23.9</td>
</tr>
<tr>
<td><strong>Age Range (Years)</strong></td>
<td>18–69</td>
</tr>
<tr>
<td>18–24 Years</td>
<td>75.0%</td>
</tr>
<tr>
<td>25 Years or Older</td>
<td>25.0%</td>
</tr>
<tr>
<td><strong>Average GPA</strong></td>
<td>3.41</td>
</tr>
<tr>
<td><strong>Class Status</strong></td>
<td></td>
</tr>
<tr>
<td>Undergraduate—Enrolled One Year</td>
<td>19.5%</td>
</tr>
<tr>
<td>Undergraduate—Enrolled Two Years</td>
<td>13.7%</td>
</tr>
<tr>
<td>Undergraduate—Enrolled Three Years</td>
<td>23.6%</td>
</tr>
<tr>
<td>Undergraduate—Enrolled Four Years</td>
<td>13.7%</td>
</tr>
<tr>
<td>Undergraduate—Enrolled Five or More Years</td>
<td>6.4%</td>
</tr>
<tr>
<td>Master’s, Graduate, or Professional Program</td>
<td>10.9%</td>
</tr>
<tr>
<td>Non-Degree Seeking</td>
<td>1.1%</td>
</tr>
<tr>
<td>Unspecified</td>
<td>11.1%</td>
</tr>
<tr>
<td><strong>Gender</strong></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>26.6%</td>
</tr>
<tr>
<td>Female</td>
<td>60.2%</td>
</tr>
<tr>
<td>TransMale, TransFemale, Genderqueer, Preferred Another Descriptor (Write-in)</td>
<td>2.1%</td>
</tr>
<tr>
<td>Preferred to Not Answer</td>
<td>11.1%</td>
</tr>
<tr>
<td><strong>Racial Identity</strong></td>
<td></td>
</tr>
<tr>
<td>American Indian/Alaska Native</td>
<td>1.7%</td>
</tr>
<tr>
<td>Asian/Pacific Islander</td>
<td>5.6%</td>
</tr>
<tr>
<td>Black or African American</td>
<td>4.7%</td>
</tr>
<tr>
<td>Native Hawaiian/Other Pacific Islander</td>
<td>0.6%</td>
</tr>
<tr>
<td>White (Includes Middle Eastern)</td>
<td>78.4%</td>
</tr>
<tr>
<td>Preferred Another Descriptor (Write-in)</td>
<td>1.1%</td>
</tr>
<tr>
<td><strong>Ethnic Identity</strong></td>
<td></td>
</tr>
<tr>
<td>Hispanic or Latino</td>
<td>3.0%</td>
</tr>
<tr>
<td>Hmong</td>
<td>0.0%</td>
</tr>
<tr>
<td>Somali</td>
<td>0.6%</td>
</tr>
<tr>
<td>None of the Above</td>
<td>80.5%</td>
</tr>
<tr>
<td>Preferred to Not Answer</td>
<td>2.1%</td>
</tr>
<tr>
<td><strong>Sexual Identity</strong></td>
<td></td>
</tr>
<tr>
<td>Heterosexual or Straight</td>
<td>87.2%</td>
</tr>
<tr>
<td>Gay or Lesbian</td>
<td>1.7%</td>
</tr>
<tr>
<td>Bisexual</td>
<td>5.6%</td>
</tr>
<tr>
<td>Not Sure Yet</td>
<td>2.2%</td>
</tr>
<tr>
<td>Not Sure What Question Means</td>
<td>0.7%</td>
</tr>
<tr>
<td>Preferred Another Descriptor (Write-in)</td>
<td>2.7%</td>
</tr>
<tr>
<td><strong>Current Residence</strong></td>
<td></td>
</tr>
<tr>
<td>Residence Hall or Fraternity/Sorority</td>
<td>30.9%</td>
</tr>
<tr>
<td>Homeless</td>
<td>0.0%</td>
</tr>
<tr>
<td>Other</td>
<td>69.1%</td>
</tr>
<tr>
<td><strong>Other Status</strong></td>
<td></td>
</tr>
<tr>
<td>International Student</td>
<td>8.1%</td>
</tr>
<tr>
<td>Veteran of United States Armed Forces</td>
<td>2.2%</td>
</tr>
<tr>
<td>Reported at Least One Disability</td>
<td>14.2%</td>
</tr>
</tbody>
</table>
Glossary

Credit Card Debt
A monthly debt of $3,000 or more.

Current Alcohol Use
Any alcohol use within the past 30 days.

Current Credit Card Debt
Any unpaid balance at the end of the past month.

Current Electronic Cigarette Use
Any use of an electronic cigarette within the past 30 days.

Current Hookah Use
Any use of tobacco from a water pipe (hookah) within the past 30 days.

Current Marijuana Use
Any marijuana use within the past 30 days.

Current Smokeless Tobacco Use
Any smokeless tobacco use within the past 30 days.

Current Tobacco Use
Any use of tobacco within the past 30 days. Tobacco use includes both smoking and smokeless tobacco.

High-Risk Drinking
Consumption of five or more alcoholic drinks at one sitting within the past two weeks for both males and females. A drink is defined as one shot of alcohol, a 12-ounce beer, a mixed drink containing 1 or 1.5 ounces of alcohol, a 12-ounce wine cooler, or a 5-ounce glass of wine.

Past 12-Month Alcohol Use
Any alcohol use within the past year.

Past 12-Month Marijuana Use
Any marijuana use within the past year.

Student Loan Balance
A student loan balance of $25,000 or more.

Center for Behavioral Health Statistics and Quality. (2015). Results from the 2014 National Survey on Drug Use and Health: Detailed tables. Substance Abuse and Mental Health Services Administration, Rockville, MD.

Center for Behavioral Health Statistics and Quality. (2016). Results from the 2015 National Survey on Drug Use and Health: Detailed tables. Substance Abuse and Mental Health Services Administration, Rockville, MD.


2017 Boynton Health Survey Team

Principal Investigator
Katherine Lust, Ph.D., M.P.H., R.D.
612-624-6214 • klust@bhs.umn.edu

Co-Investigator
David Golden

Survey Team
Amy Bartkus
Susan Everson, Ph.D.
Anne Hodgson
Kirk Marshall
Meghan Mason, Ph.D., M.P.H.
Kelly Towle
Amy Westberg
Holly Ziemer, M.A.