



MTSU NATIONAL COLLEGE HEALTH ASSESSMENT (NCHA) 2019

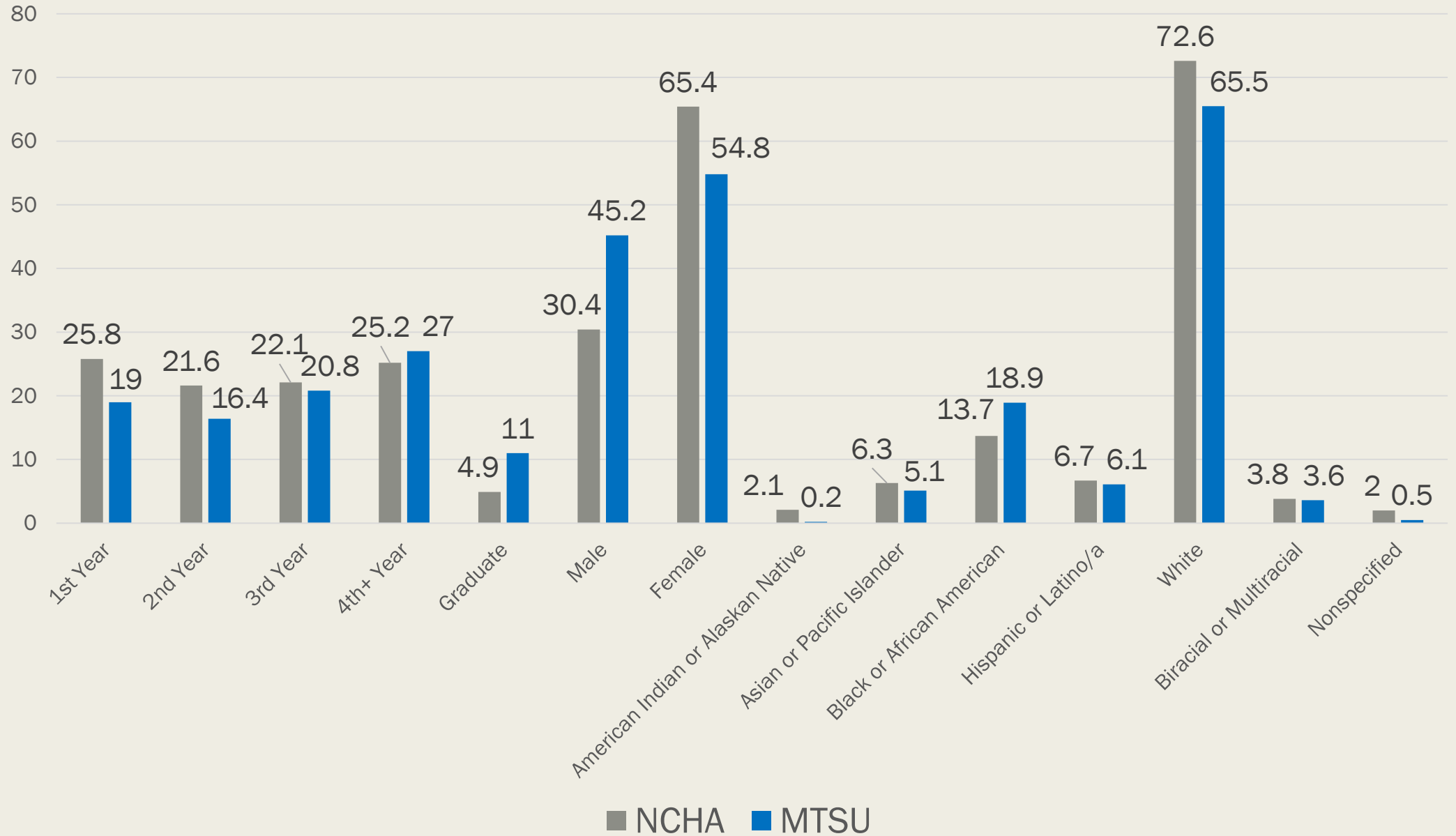
Trends and Breakdowns of Key Areas



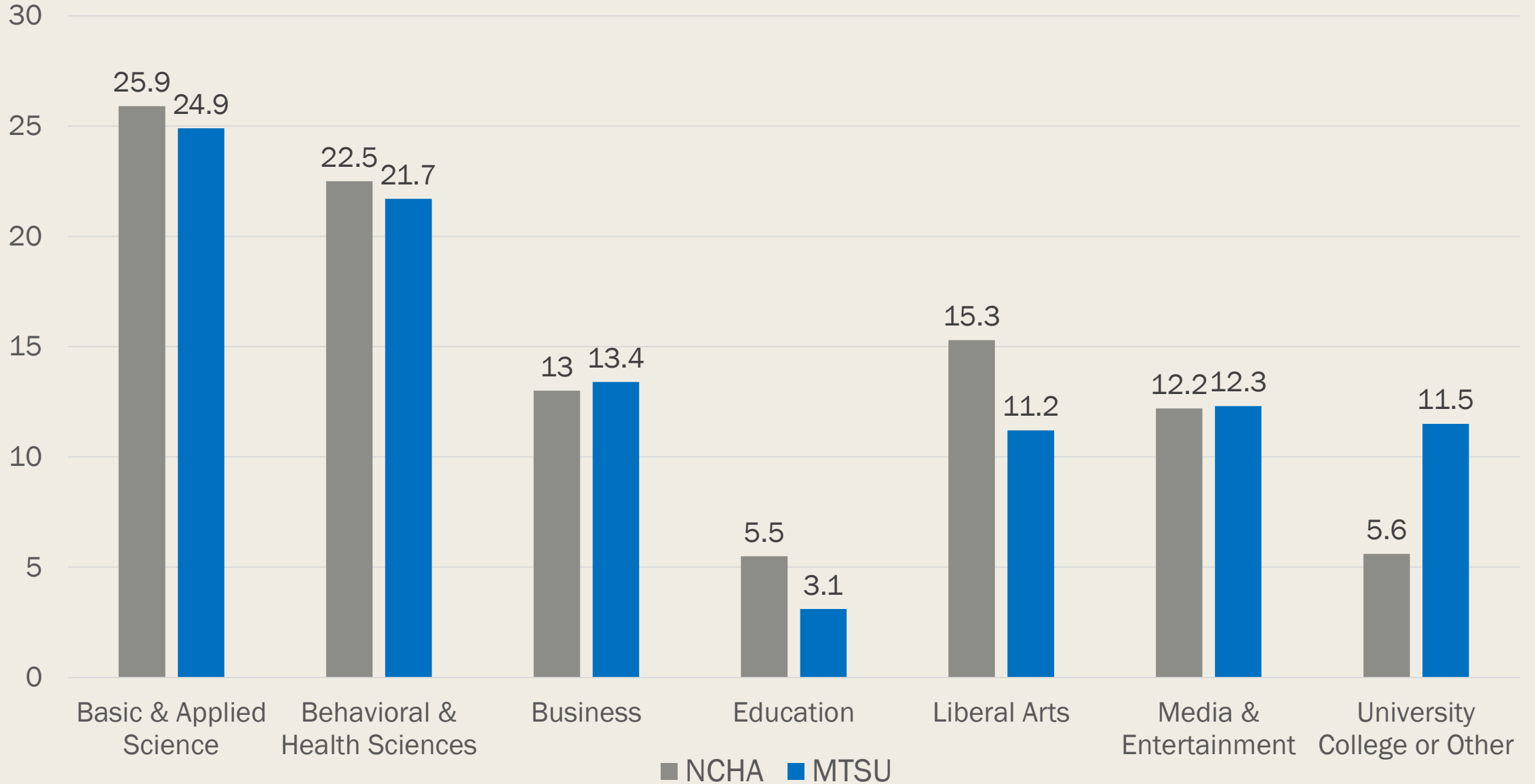
MTSU Sample

- Survey completed mid-March 2019 through early April 2019
- 815 surveys (13.6% response rate)
- 87.8% full time
- 47.9% under age 21
- Mean GPA: 3.0
- Web-based, confidential instrument
- 65 questions
- National reference group data available

Demographic Comparison: NCHA 2019 and MTSU 2018



NCHA 2019 Sample Compared to Overall MTSU 2018 Enrollment



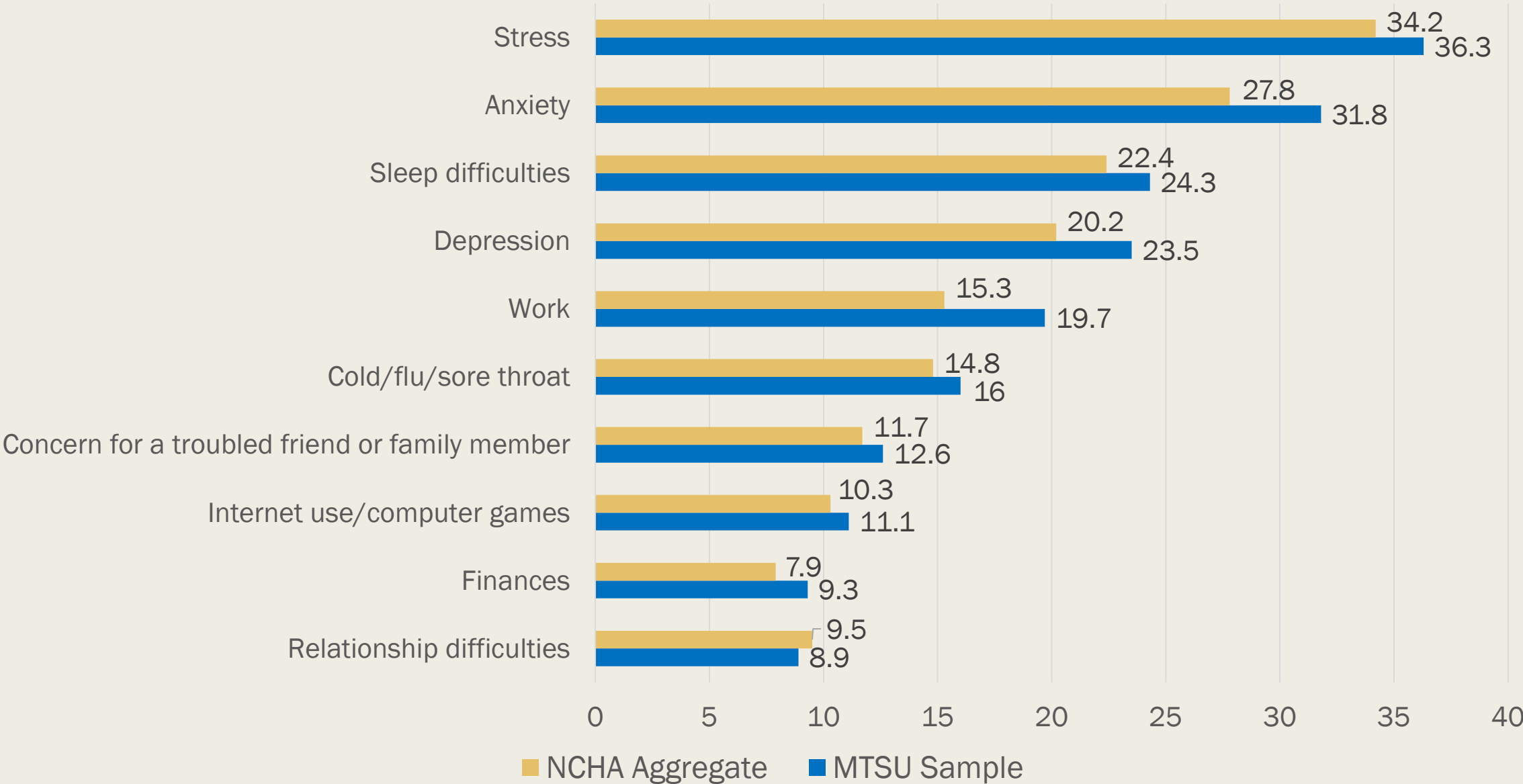
WHAT WE LEARNED- PART 1

General Health, Sexual Health, & Nutrition, Physical Activity, and Weight
Management

General Health/ Disease Prevention

- Students were most interested in receiving information related to:
 - Stress reduction- 75.4%
 - How to help others in distress- 67.5%
 - Depression/anxiety- 66%
 - Nutrition- 65.7%
 - Sleep difficulties- 64.8%
 - Physical activity- 61.3%
 - Suicide prevention- 55.5%
 - Sexual assault/relationship violence prevention- 55%
 - Violence prevention- 52%
- Students reported increases in the following disease prevention practices:
 - HPV vaccination- 46.7% (35% increase since 2013)
 - Influenza vaccination- 42.2% (26% increase since 2013)
 - Meningococcal vaccination- 70.4% (26% increase since 2013)

Top Ten Factors Negatively Impacting Academics



Sexual Behavior

# of Sexual Partners in Previous 12 Months (oral, vaginal, or anal)						
	Male			Female		
# of Partners	2019	2016	2013	2019	2016	2013
0	31.4	37.5	33.2	28.7	33.7	27.5
1	46.2	41.4	42.4	51.6	48	45.1
2	9.3	10.8	9.3	9.7	8.1	12.4
3	3	6.5	4.8	3.8	2.9	7.5
4 or more	10.2	3.9	10.3	6.3	7.4	7.5

Condom Usage				
	% Males		% Females	
	Engaged in this activity	Always used a condom	Engaged in this activity	Always used a condom
Oral Sex	46.9% (43.5%, 41.0%)	0% (1.8%, 3.0%)	41.9% (45%, 47.1%)	3.2% (5.2%, 3.1%)
Vaginal Intercourse	45.1% (43.1%, 42.4%)	21.5% (31.4%, 33.3%)	50.6% (51.3%, 52.7%)	24.5% (25.7%, 26.2%)
Anal Intercourse	8% (7.3%, 5.5%)	17.1% (18.4%, 21.1%)	4.5% (5.7%, 6.0%)	17% (17.6%, 17.6%)

Observations:

- Norm continues to be of limiting partners: 77.6% of students reported 0 or 1 partner (similar to reference group)
- Approximately half of students do not have a sexual contact in a 30 day period
- Condom use declining

Contraceptive Use

	2019	2016	2013
Birth control pills	58.6	54.8	59.3
Vaginal ring	2.1	1.5	3.2
Birth control implant	9.7	8.2	4.7
Intrauterine device	10.5	8.2	3.1
Other hormonal method	4.9	7.2	6.8
Male condom	57.4	57.1	60.5
Female condom	0.5	0.6	0.2
Spermicide	1.8	3.3	3.9
Fertility awareness	11	10.6	7.1
Withdrawal	33.1	34.0	35.3
Sterilization	3.8	5.7	2.1
Other method	2.8	3.3	1.9

	2019	2016	2013
Used (partner used) emergency contraception	18.1	15.4	12.8
Experienced (partner experienced) unintended pregnancy	2.3	1.8	2.6

Observations:

- Increase in use of Long Acting Reversible Contraceptive (LARC) options
- Increase in use of fertility awareness methods
- Increase in use of emergency contraception
- MTSU students more likely to use birth control pills, fertility awareness methods, and withdrawal and less likely to use IUDs compared to reference group
- Use of emergency contraception is greater than reference group (15.6%)
- Experiencing an unintended pregnancy is greater than reference group (1.3%)

Nutrition, Physical Activity, and Weight Management

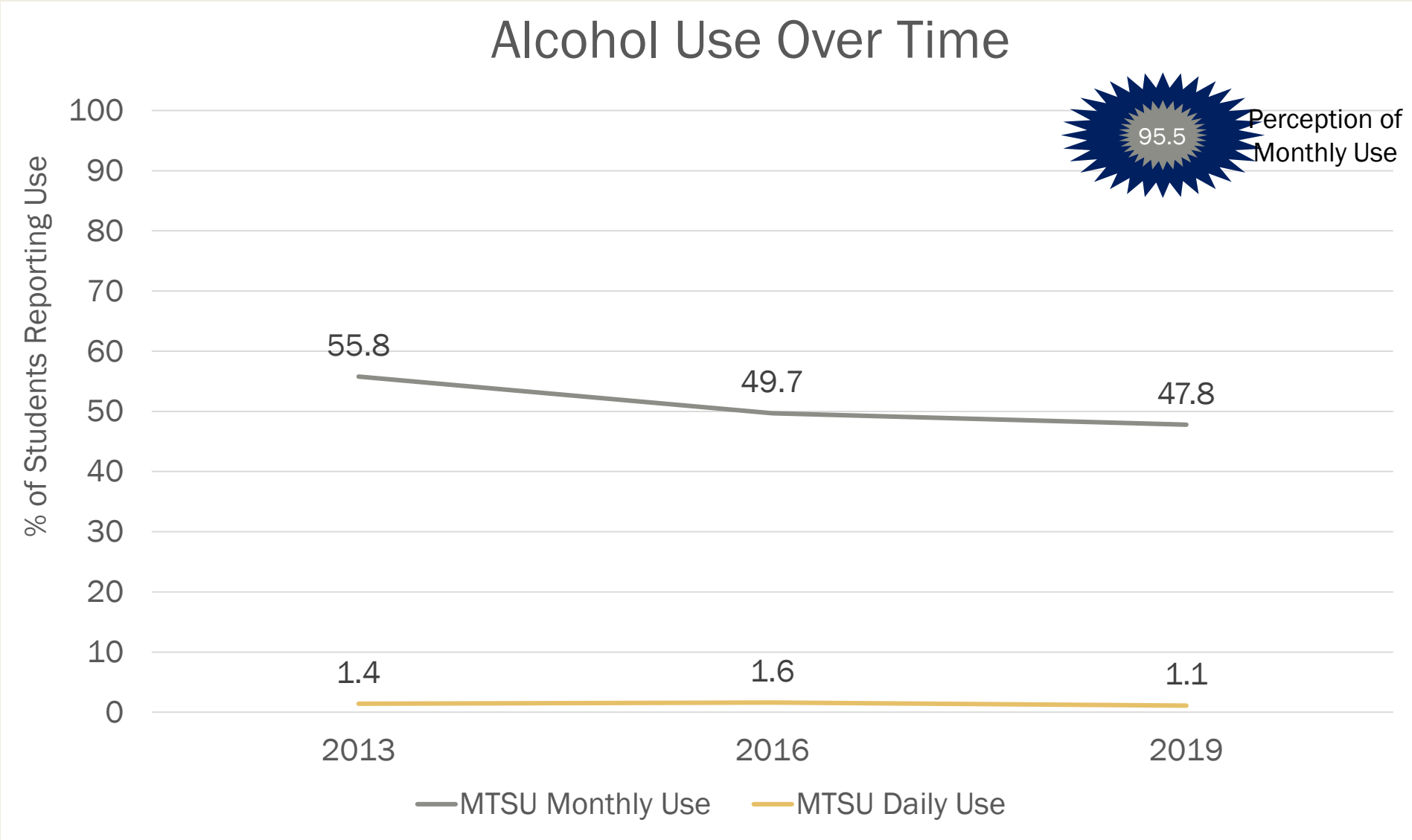
- Consumption of fruits and vegetables remains low
 - *78.6% of students eat 2 or fewer servings per day*
- Percentage of students meeting exercise guidelines continues to decline
 - *37.8% meet ACSM and AHA recommendations, down from 45.5% in 2013*
- Percentage of students with healthy BMI continues to decline
 - *43.7% have BMI of 18.5-24.9, down from 52.3% in 2013*

WHAT WE LEARNED- PART 2

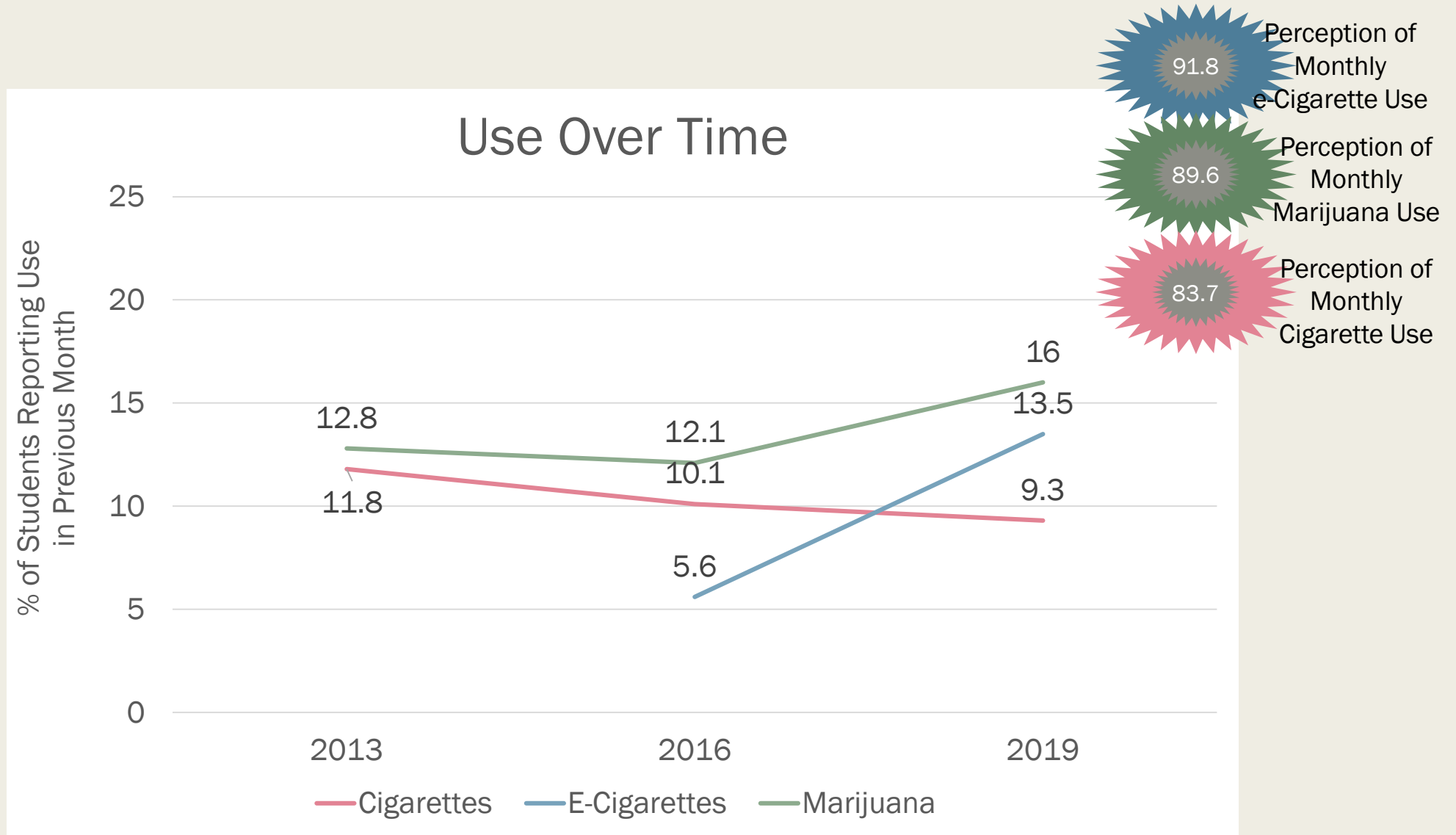
Substance Use



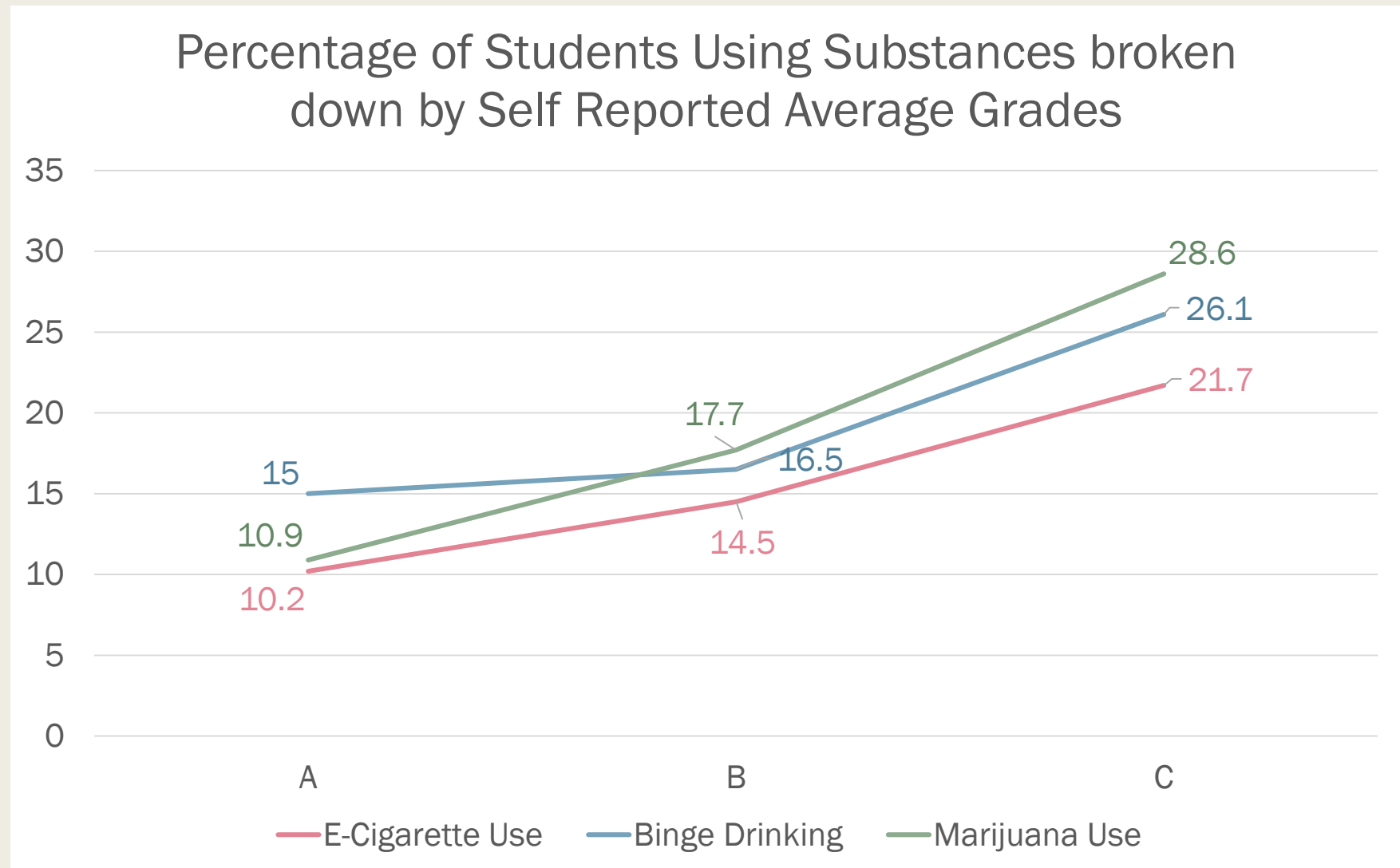
Student Alcohol Use



Student Use of Cigarettes, E-Cigarettes, & Marijuana

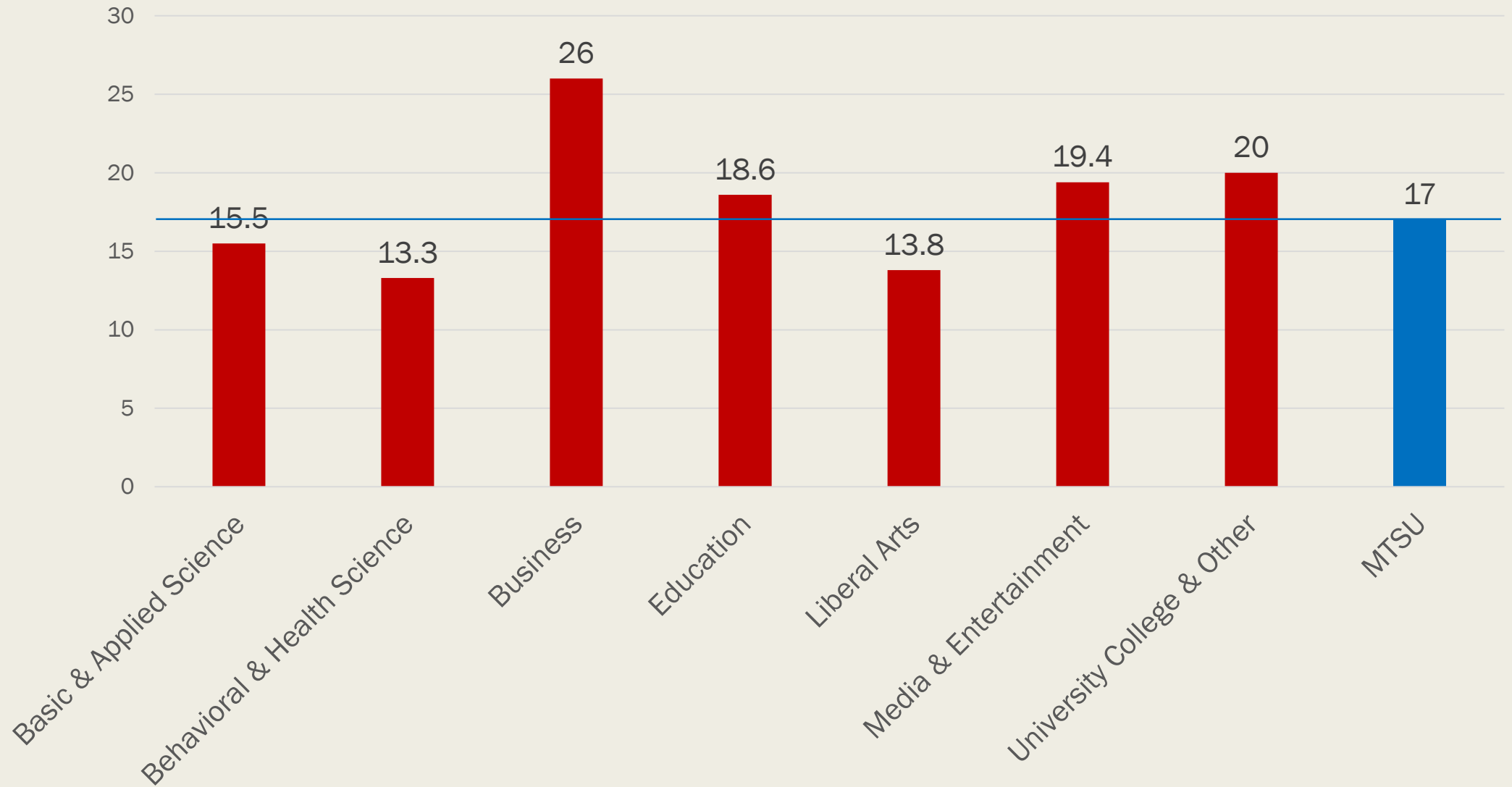


Relationship of Substance Use to GPA



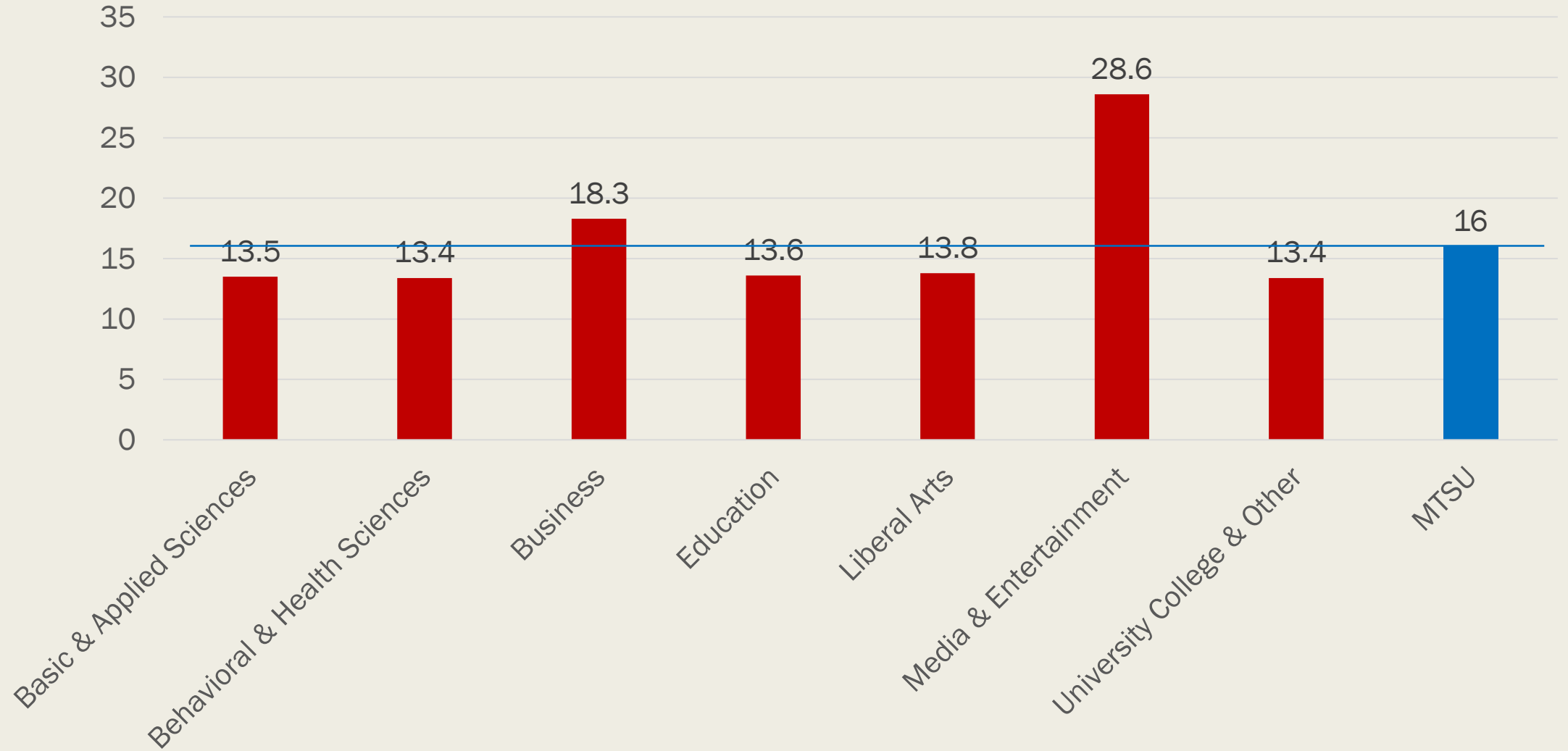
Alcohol Use

5+ Alcoholic Drinks at a Sitting



Marijuana Use

Past 30 Days Marijuana Use by College

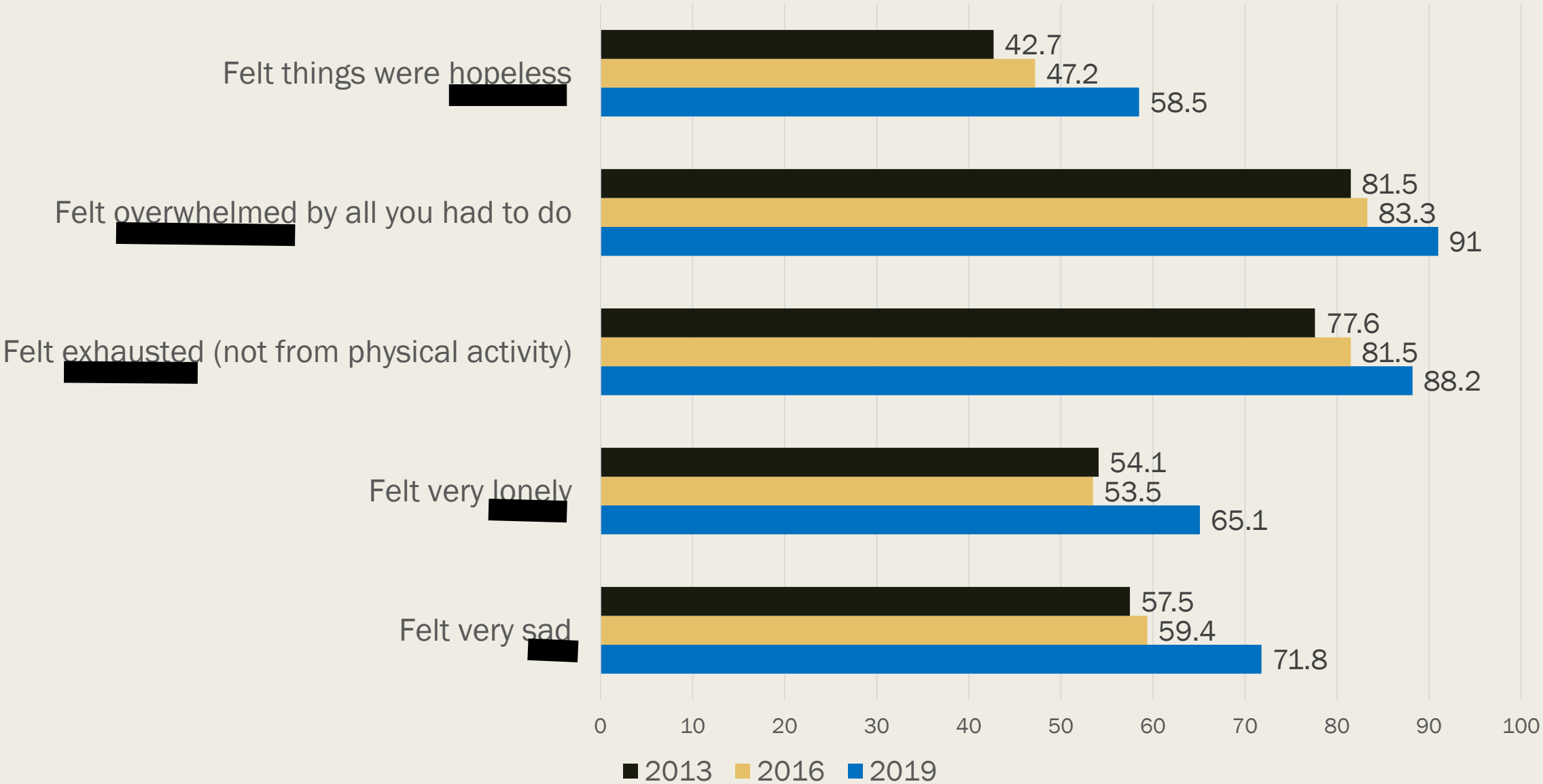


WHAT WE LEARNED- PART 3

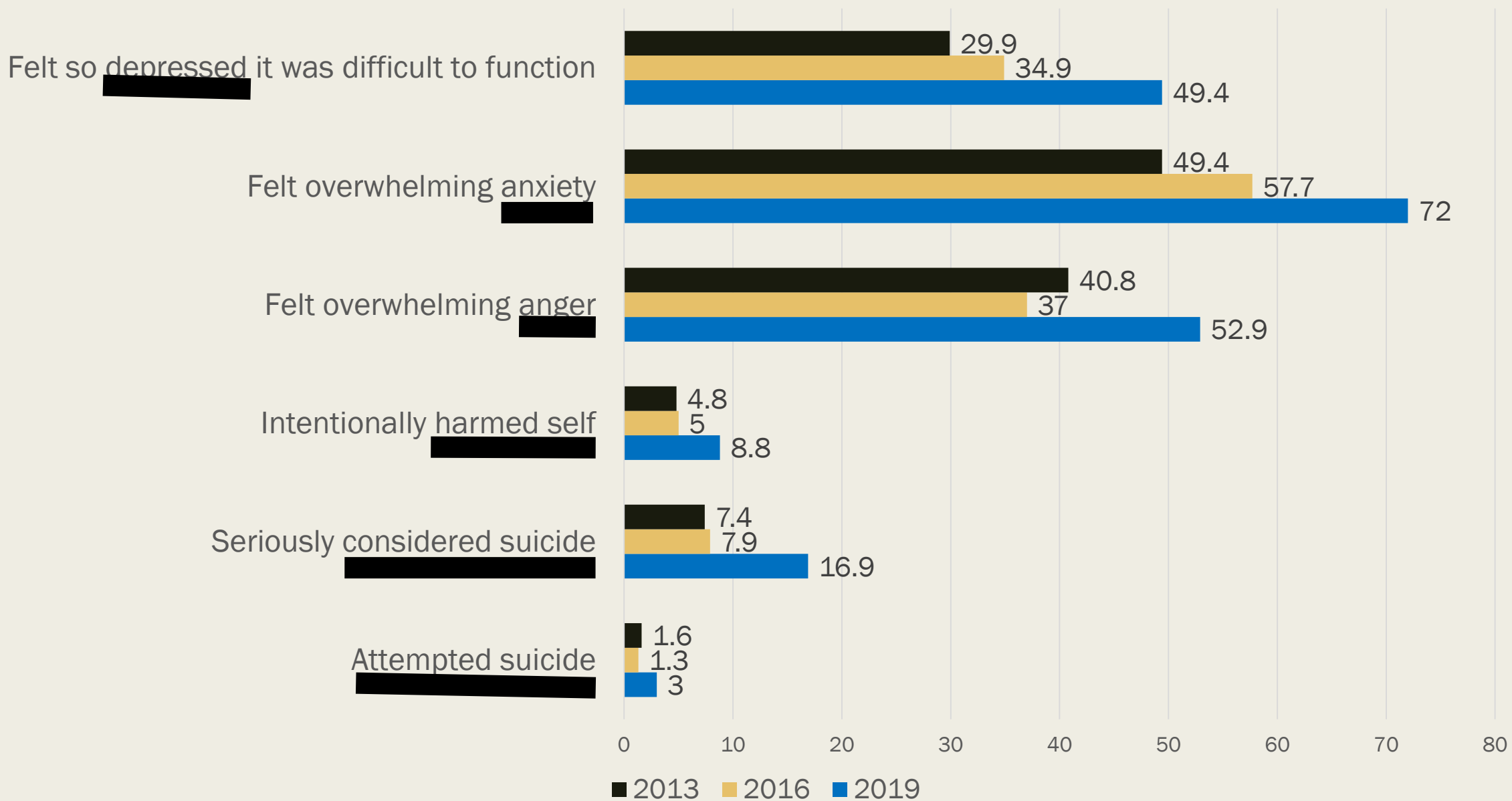
Mental Health



Negative Mental Health Experiences in the Past Year- pt 1

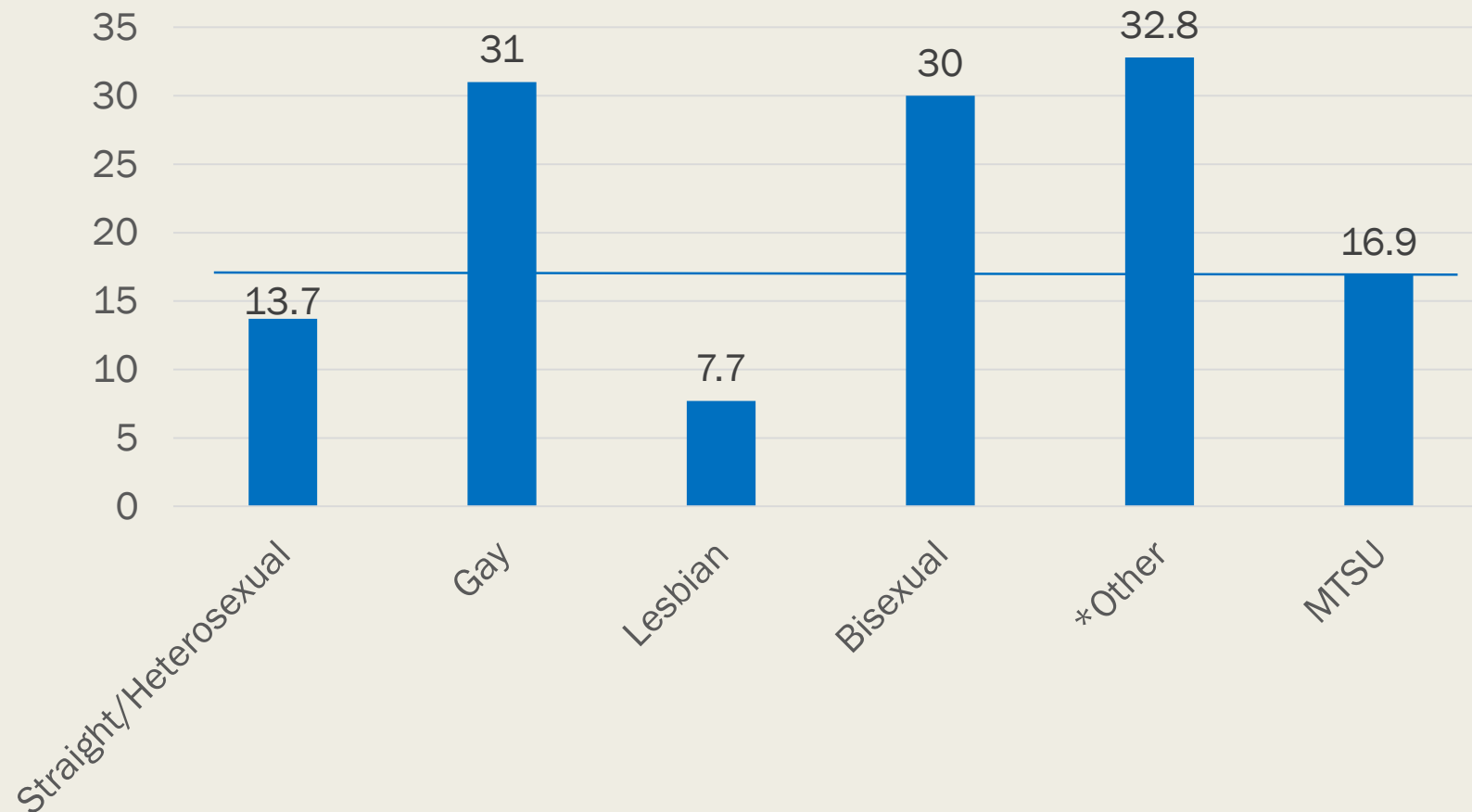


Negative Mental Health Experiences in the Past Year- pt 2



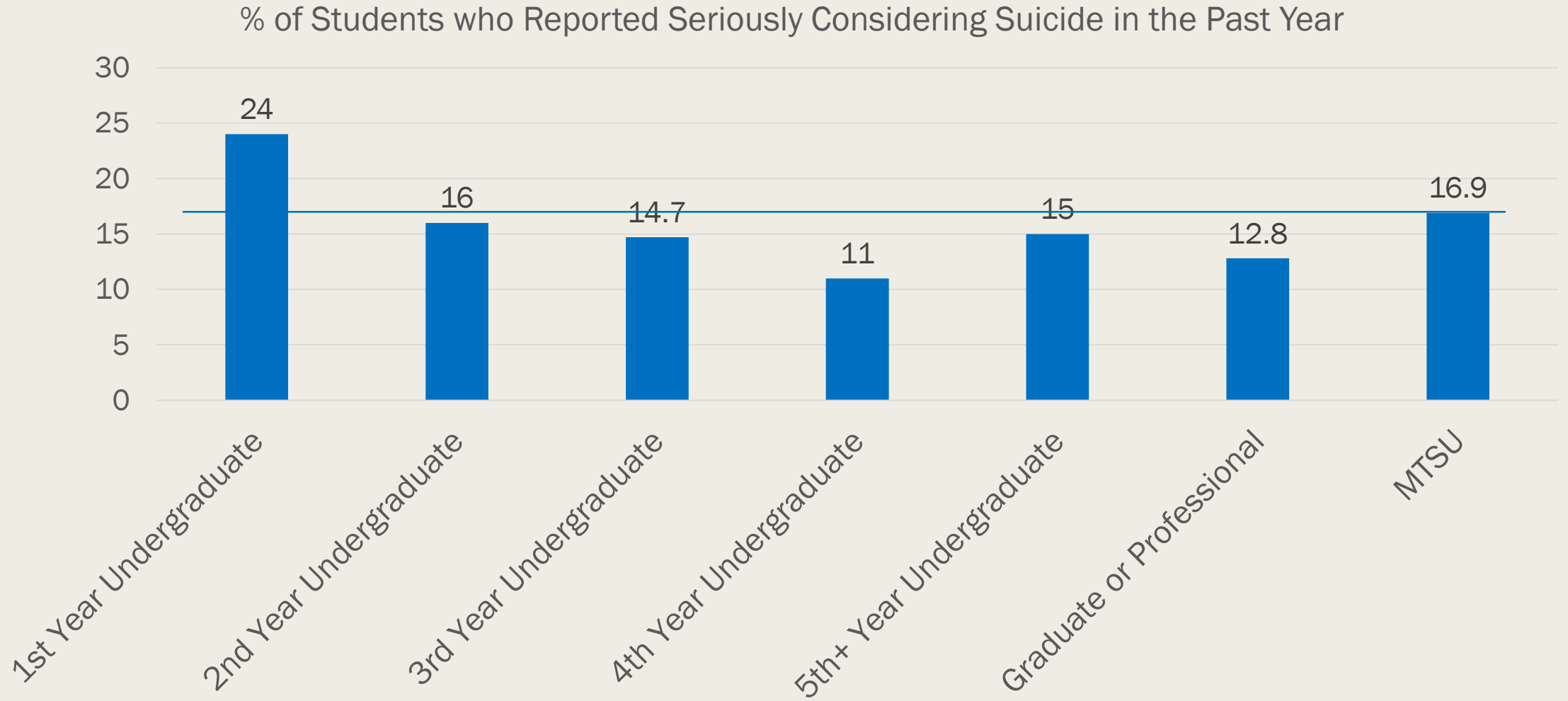
Consideration of Suicide by Demographic Group- Sexual Orientation

% of Students who Reported Seriously Considering Suicide in the Past Year

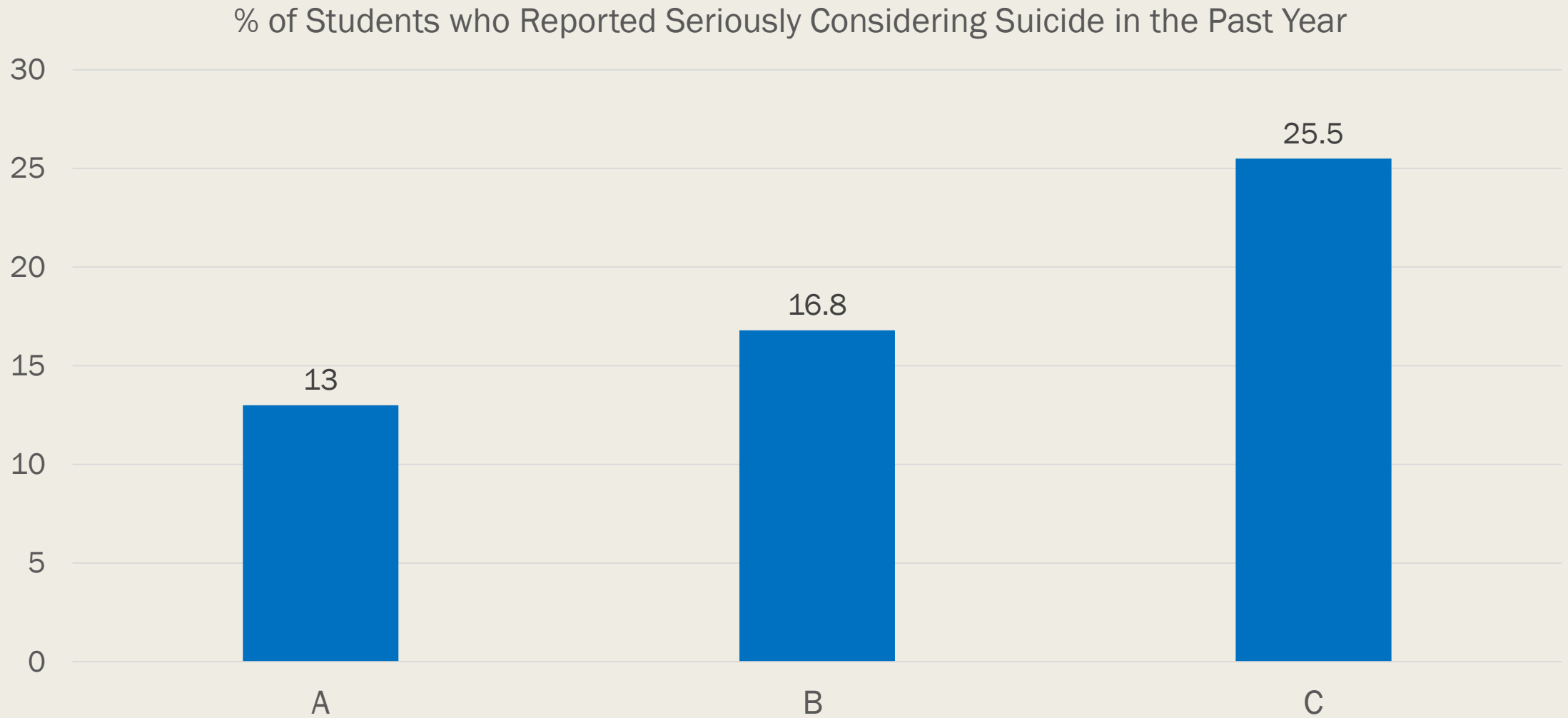


*“Other” includes “asexual,” “pansexual,” “queer,” “questioning,” “same gender loving,” and “another identity.”

Consideration of Suicide by Demographic Group- Year in School

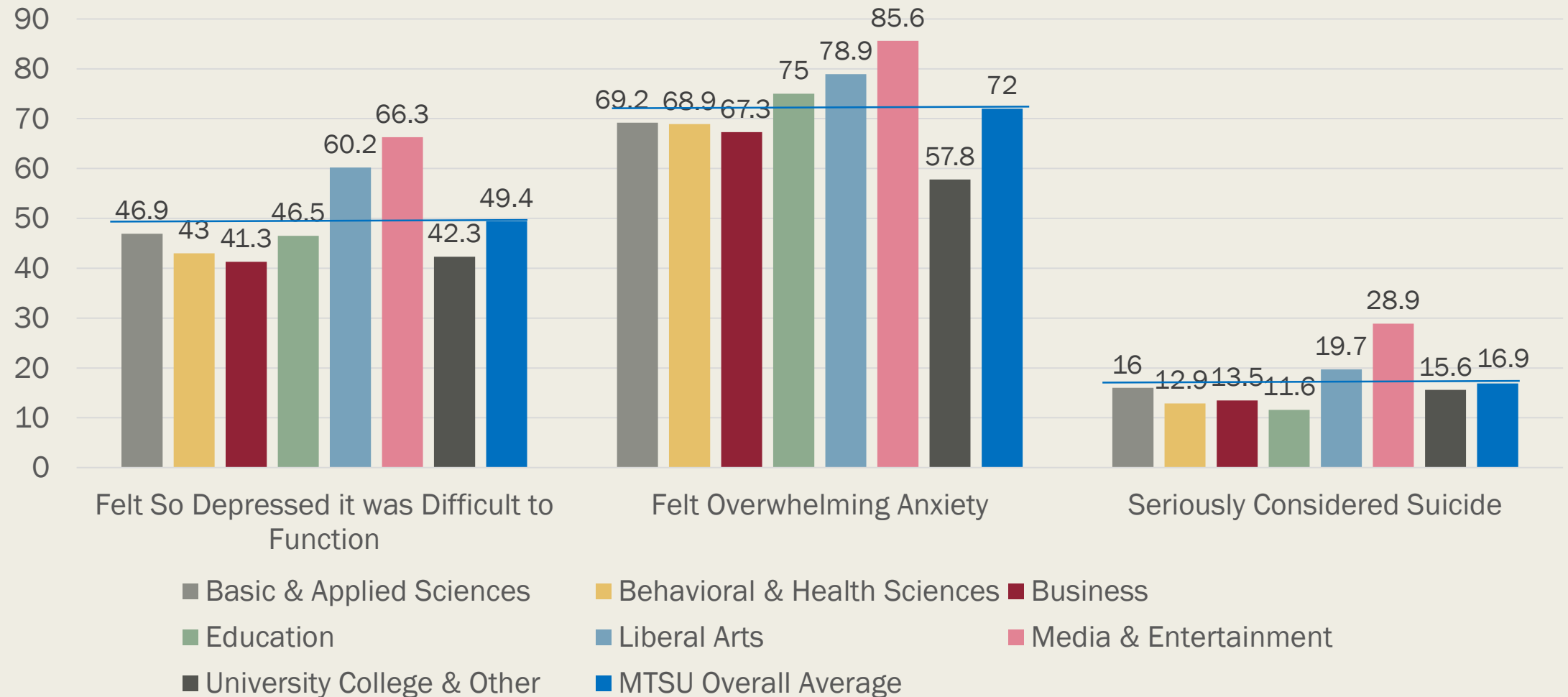


Consideration of Suicide by Demographic Group- Approximate GPA

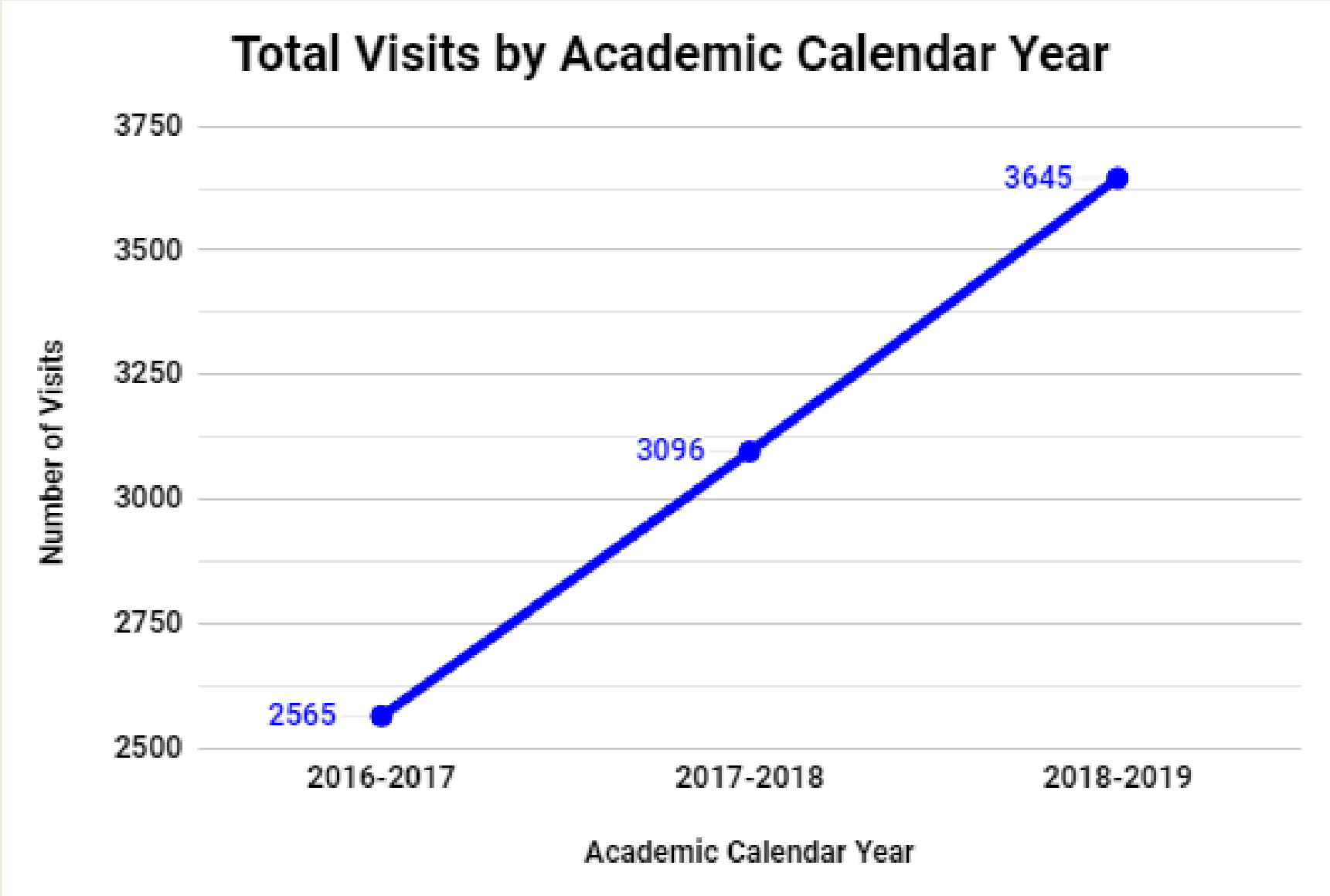


Mental Health Indicators by College of Enrollment

% of Students Reporting Negative Feelings within Past Year



MTSU Counseling Services Visits



FOR MORE INFORMATION:

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