

National College Health Assessment Data for UGA

The National College Health Assessment (NCHA) is a national research effort organized by American College Health Association to collect data about the health of college students. The NCHA contains approximately 300 questions that assess health status & health problems, risk & protective behaviors, access to health information, impediments to academic performance, & perceived norms across a variety of content areas including: injury prevention, personal safety and violence; alcohol, tobacco, & other drug use; sexual health; weight, nutrition, & exercise; & mental health.

UGA has participated in this survey in 2001, 2003, and 2005. Through a random sampling process, UGA students were contacted & asked to participate in the survey on the web. In 2001, 525 undergraduate UGA students were surveyed. In 2003, 326 undergraduate students & 112 graduate and professional students were surveyed. In 2005, 530 undergraduate students & 154 graduate students were surveyed. The following summary is provided for informational purposes to the UGA community. If you have questions about the information, please contact the Health Promotion Department at 706-542-8690.

A. General Health Issues

	2003 Undergrads	2005 Undergrads	2007 Undergrads
Students that described their health as very good or excellent	66.4%	60.1%	66.3%

2003 Grads	2005 Grads	2007 Grads
70.5%	64.9	76.3%

Within the last 12 months, UGA students reported experiencing:

	2003 Undergrads	2005 Undergrads	2007 Undergrads
Allergy problems	59.5%	56.6%	58.8%
Anorexia	3.4%	3.0%	1.9%
Anxiety disorder	13.5%	10.6%	13.6%
Asthma	13.0%	8.9%	9.6%
Back pain	48.8%	45.7%	45.9%
Bronchitis	10.2%	10.6%	6.9%
Bulimia	5.2%	4.4%	2.2%
Broken bone/fracture	3.4%	5.7%	4.8%
Chlamydia	0.6%	0.8%	0.3%
Chronic fatigue syndrome	3.1%	2.5%	3.8%
Depression	21.4%	18.8%	15.4%
Diabetes	0.9%	0.9%	0.8%
Ear infection	9.9%	9.9%	10.6%
Endometriosis	1.2%	1.0%	1.1%
Genital herpes	0.9%	0.8%	0.8%
Genital warts/HPV	2.2%	2.1%	2.7%
Gonorrhea:	0.3%	0.8%	0.2%
Hepatitis B or C:	0.3%	0.6%	0.6%
High blood pressure:	3.7%	2.6%	4.0%
High cholesterol:	4.7%	3.8%	2.7%
HIV infection:	0.0%	0.6%	0.5%
Mononucleosis:	2.2%	3.0%	2.4%
Pelvic inflammatory disease:	0.0%	0.6%	0.0%
Repetitive stress injury:	5.3%	4.2%	6.9%
Seasonal affective disorder:	5.2%	2.8%	5.4%
Sinus infection:	44.3%	40.0%	46.3%
Strep throat:	17.5%	21.2%	23.8%
Substance abuse problem:	2.8%	3.8%	1.8%
Tuberculosis:	0.3%	0.4%	0.0%

2003 Grads	2005 Grads	2007 Grads
55.8%	57.8%	55.3%
0.0%	0.0%	0.0%
11.8%	15.6%	7.9%
7.4%	5.2%	7.9%
50.5%	46.8%	47.4%
4.3%	4.6%	7.9%
2.2%	1.3%	0.0%
0.0%	5.3%	2.7%
0.0%	0.0%	2.6%
3.2%	3.2%	5.3%
14.7%	18.3%	18.4%
1.1%	0.6%	0.0%
4.3%	10.5%	10.8%
0.0%	2.6%	0.0%
2.1%	3.9%	0.0%
1.1%	4.5%	5.3%
0.0%	0.0%	0.0%
0.0%	0.0%	0.0%
5.3%	8.4%	7.9%
5.3%	16.2%	2.6%
0.0%	0.0%	0.0%
0.0%	0.0%	2.8%
0.0%	0.0%	0.0%
10.5%	8.5%	15.8%
5.4%	6.5%	10.5%
40.4%	35.3%	31.6%
8.6%	8.5%	10.5%
1.1%	1.9%	0.0%
0.0%	0.0%	0.0%

B. Preventive Health

	2003 UnderGrads	2005 UnderGrads	2007 UnderGrads	2003 Grads	2005 Grads	2007 Grads
UGA students reported being vaccinated against hepatitis B.	62.0%	75.6%	80.2%	54.7%	61.7%	70.3%
reported being vaccinated against meningococcal disease.	41.7%	61.8%	74.1%	16.8%	31.2%	39.5%
reported being vaccinated against varicella (chicken pox)	50.8%	59.6%	56.9%	42.6%	47.4%	39.5%
reported being vaccinated with measles, mumps, rubella (2 shots).	90.2%	89.9%	88.0%	94.7%	91.6%	100.0%
reported being vaccinated against the flu in the last year.	17.8%	24.4%	28.5%	14.7%	20.1%	24.3%
reported having a dental exam and cleaning in the last year.	81.9%	80.5%	84.3%	65.3%	70.1%	71.1%
(males only) reported that they performed testicular self-exam in the last month.	41.3%	42.6%	47.2%	39.1%	48.8%	58.8%
(females only) reported that they performed breast self exam in the last month.	47.3%	38.0%	39.4%	54.2%	46.4%	70.0%
(females only) having a routine gynecological exam in the last year.	62.7%	46.0%	52.3%	81.3%	71.2%	85.0%
reported having their blood pressure checked in the last 2 years.	89.9%	89.2%	91.0%	87.4%	89.0%	97.4%
reported having cholesterol checked in the last 5 years.	41.0%	47.1%	43.4%	50.5%	57.8%	76.3%
reported using sunscreen daily.	10.2%	16.5%	18.4%	17.9%	24.8%	18.4%

UGA students reports the following responses when asked

...wearing a seatbelt within the last 12 months.	2003 UnderGrads	2005 UnderGrads	2007 UnderGrads	2003 Grads	2005 Grads	2007 Grads
N/A, didn't drive, or ride within the last 12 months	0.3%	0.2%	0.0%	0.0%	0.0%	0.0%
Never	0.9%	0.2%	0.5%	0.0%	0.0%	0.0%
Rarely or sometimes	2.4%	4.0%	2.6%	1.1%	2.6%	0.0%
Mostly or always	96.3%	95.7%	97.0%	98.9%	97.4%	100.0%
Mostly or always (N/A responses not included)*	96.6%	95.8%	97.0%	98.9%	97.4%	100.0%

...wearing a helmet when riding a bicycle within the last 12 months.	2003 UnderGrads	2005 UnderGrads	2007 UnderGrads	2003 Grads	2005 Grads	2007 Grads
N/A, didn't ride within the last 12 months	70.7%	61.2%	59.3%	64.2%	64.1%	60.5%
Never	11.7%	12.5%	11.9%	7.4%	11.8%	2.6%
Rarely or sometimes	6.2%	10.8%	9.9%	4.2%	7.8%	7.9%
Mostly or always	11.4%	15.5%	18.9%	24.2%	16.3%	28.9%
Mostly or always (N/A responses not included)*	38.9%	40.0%	46.5%	67.6%	45.5%	73.3%

...wearing a helmet when riding a motorcycle within the last 12 months.	2003 UnderGrads	2005 UnderGrads	2007 UnderGrads	2003 Grads	2005 Grads	2007 Grads
N/A, didn't ride within the last 12 months	91.6%	85.3%	88.0%	92.6%	90.2%	94.7%
Never	0.3%	0.4%	0.5%	0.0%	0.0%	0.0%
Rarely or sometimes	0.3%	0.6%	1.0%	0.0%	0.0%	0.0%
Mostly or always	7.7%	13.8%	10.5%	7.4%	9.8%	5.3%
Mostly or always (N/A responses not included)*	88.9%	93.5%	88.0%	100.0%	100.0%	100.0%

...wearing a helmet when inline skating within the last 12 months.	2003 UnderGrads	2005 UnderGrads	2007 UnderGrads	2003 Grads	2005 Grads	2007 Grads
N/A, didn't skate within the last 12 months	92.9%	86.5%	89.8%	92.6%	95.4%	92.1%
Never	4.0%	6.1%	4.3%	4.3%	2.0%	2.6%
Rarely or sometimes	1.5%	4.2%	2.2%	0.0%	0.0%	2.6%
Mostly or always	1.5%	3.2%	3.7%	3.2%	2.6%	2.6%
Mostly or always (N/A responses not included)*	4.7%	23.9%	35.9%	42.9%	57.1%	33.3%

* Students responding "N/A, didn't drive, ride or skate within the last 12 months" were excluded from the analysis.

C. Academic Impacts

Within the last 12 months UGA students reported the following factors affecting their individual academic performance, i.e. received an incomplete, dropped a course, received a lower grade in a class, on an exam, or on an important project (listed alphabetically):

	2003 Undergrads	2005 Undergrads	2007 Undergrads	2003 Grads	2005 Grads	2007 Grads
Alcohol use:	13.8%	9.8%	6.6%	1.1%	1.9%	2.6%
Allergies:	10.2%	9.5%	6.4%	3.2%	2.0%	2.6%
Attention deficit disorder:	8.3%	11.7%	8.0%	3.2%	4.5%	7.9%
Chronic illness:	4.0%	2.5%	2.3%	2.1%	0.6%	2.6%
Chronic pain:	3.4%	3.0%	4.0%	1.1%	1.9%	5.3%
Cold/flu/sore throat:	28.0%	29.6%	31.5%	8.4%	8.4%	10.5%
Concern for a troubled friend or family member	22.8%	25.2%	17.3%	5.3%	9.7%	5.3%
Death of a friend/family member:	7.7%	8.5%	9.5%	4.2%	3.3%	5.3%
Depression/anxiety disorder/seasonal affective disorder	19.9%	16.3%	14.1%	13.7%	9.8%	13.2%
Drug use:	3.8%	2.5%	2.1%	1.1%	2.0%	0.0%
Eating disorder/problem:	1.2%	3.1%	1.3%	0.0%	0.7%	0.0%
HIV infection:	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Injury:	2.2%	2.9%	3.7%	1.1%	1.3%	2.6%
Internet use/computer games:	15.7%	16.2%	20.5%	6.3%	5.9%	7.9%
Learning disability:	3.7%	5.1%	3.0%	2.1%	2.0%	0.0%
Mononucleosis:	1.2%	1.7%	2.9%	0.0%	0.6%	2.6%
Physical assault :	4.4%	0.0%	0.5%	1.1%	0.0%	0.0%
Pregnancy (yours or partner's)	1.2%	0.4%	0.3%	2.1%	0.7%	0.0%
Relationship difficulty:	18.6%	18.8%	16.9%	2.8%	11.1%	13.2%
Sexual assault :	0.0%	1.5%	0.5%	0.0%	0.6%	0.0%
Sexually transmitted disease:	0.0%	0.6%	0.2%	0.0%	0.0%	0.0%
Sinus infection/ear infection/bronchitis/strep throat	11.2%	12.0%	15.8%	2.1%	2.0%	7.9%
Sleep difficulties:	29.2%	32.5%	29.8%	15.8%	11.0%	21.1%
Stress:	53.8%	40.2%	37.8%	16.8%	16.4%	23.7%

D. Violence

Within the last 12 months, this percentage of UGA students reported experiencing:

	2003 Undergrads	2005 Undergrads	2007 Undergrads	2003 Grads	2005 Grads	2007 Grads
A physical fight	6.7%	6.4%	5.9%	1.1%	2.0%	0.0%
Being physically assaulted (non-sexually)	4.3%	2.6%	3.2%	0.0%	1.9%	0.0%
Verbal threats for sex against their will	3.4%	2.1%	3.0%	0.0%	1.3%	0.0%
Sexual touching against their will	10.2%	9.3%	7.5%	5.3%	5.2%	2.6%
Attempted sexual penetration against their will	2.5%	4.2%	3.5%	1.1%	3.2%	2.6%
Sexual penetration against their will	0.3%	2.1%	1.9%	1.1%	1.3%	0.0%
An emotionally abusive relationship	14.1%	14.2%	11.9%	4.2%	16.2%	2.6%
A physically abusive relationship	1.5%	1.3%	1.7%	0.0%	1.3%	2.7%
A sexually abusive relationship	0.6%	2.3%	1.6%	0.0%	0.7%	0.0%

E. Alcohol, Tobacco

Prevalence Rates: The following tables indicate the 30-day prevalence rates (in percentages) for substance use reported by UGA students.

	2003 Undergrads	2005 Undergrads	2007 Undergrads
Alcohol			
Never used	12.9%	22.6%	24.3%
Used, but not in the last 30 days	10.8%	12.7%	14.6%
Used 1-9 days	54.1%	50.7%	48.6%
Used 10-29 days	21.9%	13.1%	12.2%
Used all 30 days	0.3%	0.9%	0.3%

2003 Grads	2005 Grads	2007 Grads
12.8%	15.0%	21.1%
9.6%	12.4%	5.3%
61.7%	52.3%	42.1%
14.9%	19.6%	31.6%
1.1%	0.7%	0.0%

	2003 Undergrads	2005 Undergrads	2007 Undergrads
Cigarette			
Never used	59.2%	67.5%	68.0%
Used, but not in the last 30 days	17.8%	16.4%	15.9%
Used 1-9 days	12.9%	8.5%	9.5%
Used 10-29 days	7.1%	3.4%	3.5%
Used all 30 days	3.1%	4.2%	3.0%

2003 Grads	2005 Grads	2007 Grads
66.0%	65.5%	47.4%
19.1%	18.2%	34.2%
7.5%	5.2%	13.2%
1.1%	5.2%	0.0%
6.4%	5.8%	5.3%

	2003 Undergrads	2005 Undergrads	2007 Undergrads
Marijuana			
Never used	63.1%	70.8%	67.5%
Used, but not in the last 30 days	19.7%	17.5%	19.4%
Used 1-9 days	11.1%	9.3%	10.6%
Used 10-29 days	5.8%	1.7%	2.1%
Used all 30 days	0.3%	0.8%	0.0%

2003 Grads	2005 Grads	2007 Grads
73.1%	68.8%	57.9%
21.5%	22.1%	34.2%
4.3%	3.9%	5.3%
0.0%	3.2%	2.6%
1.1%	1.9%	0.0%

Reported use versus perceived use: The following tables show reported use for all students within the past 30 days compared with how often students perceived the typical UGA student on campus used substances within the same time period. Please note that the question did not specify typical behavior of an undergraduate or graduate student, just the typical student. Students who reported "Never" or "not using the substance in the last 30 days" are included in the never category.

		2003 Undergrads	2005 Undergrads	2007 Undergrads
Alcohol				
Never	Reported use	23.7%	22.6%	24.3%
	Perception of typical use	1.5%	3.4%	2.7%
Used 1 or more days	Reported use	76.0%	63.8%	60.8%
	Perception of typical use	43.4%	46.0%	54.2%
Daily	Reported use	0.3%	0.9%	0.3%
	Perception of typical use	55.1%	50.6%	43.1%

2003 Grads	2005 Grads	2007 Grads
22.4%	15.0%	21.1%
3.2%	1.3%	0.0%
76.3%	71.9%	73.7%
55.9%	52.0%	57.9%
1.1%	0.7%	0.0%
40.9%	46.7%	42.1%

		2003 Undergrads	2005 Undergrads	2007 Undergrads
Cigarettes				
Never	Reported use	77.0%	67.5%	68.0%
	Perception of typical use	5.2%	7.9%	8.6%
Used 1 or more days	Reported use	19.9%	11.9%	13.0%
	Perception of typical use	48.6%	54.1%	60.1%
Daily	Reported use	3.1%	4.2%	3.0%
	Perception of typical use	46.2%	38.0%	31.3%

2003 Grads	2005 Grads	2007 Grads
85.1%	65.6%	47.4%
5.4%	8.7%	2.6%
8.5%	10.4%	13.2%
64.5%	62.0%	84.2%
6.4%	5.8%	5.3%
30.1%	29.3%	13.2%

Marijuana		2003 Undergrads	2005 Undergrads	2007 Undergrads	2003 Grads	2005 Grads	2007 Grads
Never	Reported use	82.2%	70.8%	67.5%	94.6%	68.8%	57.9%
	Perception of typical use	16.9%	17.6%	19.5%	18.9%	16.0%	10.5%
Used 1 or more days	Reported use	17.5%	11.0%	12.7%	4.3%	7.1%	7.9%
	Perception of typical use	58.5%	62.8%	62.2%	71.1%	66.0%	84.2%
Daily	Reported use	0.3%	0.8%	0.5%	1.1%	1.9%	0.0%
	Perception of typical use	24.6%	19.5%	18.3%	10.0%	18.0%	5.3%

Estimated BAC (Blood Alcohol Concentration): This is an estimated figure based on the reported number of drinks consumed during the last time all students (including non-drinkers) "partied" or socialized, their approximate time of consumption, sex, and the average rate of ethanol metabolism.

	2003 Undergrads	2005 Undergrads	2007 Undergrads	2003 Grads	2005 Grads	2007 Grads
<.08	58.7%	68.7%	70.3%	80.4%	75.0%	86.5%
<.10	67.1%	74.1%	77.2%	80.4%	85.5%	94.6%
Mean	0.08	0.07	0.05	0.06	0.05	0.03
Median	0.06	0.04	0.03	0.04	0.03	0.01
Std Dev	0.08	0.09	0.06	0.10	0.07	0.04

Reported number of drinks consumed the last time students "partied" or socialized:

Number of drinks	2003 Undergrads	2005 Undergrads	2007 Undergrads	2003 Grads	2005 Grads	2007 Grads
<= 4	54.3%	66.2%	66.9%	74.2%	72.7	76.3%
<= 5	68.2%	71.5%	77.0%	80.0%	81.8	89.5%
<-- 6	75.6%	79.3%	84.3%	83.9%	90.3	97.4%
Mean	4.65	3.78	3.32	4.01	3.41	2.97
Median	4	3	3	3	3	2.50
Std Dev	4.01	4.24	3.47	4.69	4.10	3.44

Number of times UGA students reported consuming five or more drinks in a sitting within the last two weeks.

	2003 Undergrads	2005 Undergrads	2007 Undergrads	2003 Grads	2005 Grads	2007 Grads
None	45.0%	63.7%	67.9%	54.3%	73.4%	73.7%
1-2 times	37.8%	19.7%	20.4%	41.1%	17.5%	21.1%
3-5 times	14.9%	12.9%	9.4%	0.0%	6.5%	5.3%
6 or more times	2.2%	3.8%	2.2%	0.0%	2.6%	0.0%

UGA students reported driving after having 5 or more drinks in the last 30 days (students responding "NA, don't drive" were excluded).	2003 Undergrads	2005 Undergrads	2007 Undergrads	2003 Grads	2005 Grads	2007 Grads
	5.7%	4.7%	2.9%	5.6%	4.0%	0.0%

The percentage of UGA students that reported "usually" or "always" doing the following when they "partied" or socialized during the last 12 months:*

	2003 Undergrads	2005 Undergrads	2007 Undergrads
alternate non-alcoholic with alcoholic beverages:	25.3%	29.4%	35.3%
determine in advance not to exceed a set number of drinks:	36.8%	37.3%	40.2%
choose not to drink alcohol:	26.3%	32.9%	30.9%
use a designated driver:	85.8%	92.3%	89.7%
eat before and/or during drinking:	76.1%	79.1%	82.8%
have a friend let you know when you have had enough:	25.1%	30.1%	29.0%
keep track of how many drinks being consumed:	70.6%	66.8%	72.3%
pace drinks to one or fewer an hour:	27.8%	27.3%	28.4%
avoid drinking games:	47.6%	42.3%	36.8%
drink an alcoholic look-alike:	5.9%	8.4%	7.6%

2003 Grads	2005 Grads	2007 Grads
38.3%	39.3%	46.7%
32.1%	50.0%	60.0%
17.1%	19.8%	15.6%
72.8%	74.6%	83.9%
87.7%	85.1%	100.0%
15.2%	23.5%	30.0%
77.5%	73.3%	80.0%
46.3%	45.8%	50.0%
79.2%	70.8%	63.3%
5.1%	4.2%	0.0%

*Students responding "N/A, don't drink" were excluded from this analysis.

The percentage of UGA students who drink alcohol reported the following consequences occurring in the last 12 months as a result of their own drinking: *

	2003 Undergrads	2005 Undergrads	2007 Undergrads
Being physically injured	20.4%	19.9%	16.3%
Physically injured another person	2.2%	3.2%	2.8%
Being involved in a fight	5.2%	6.6%	4.1%
Doing something they later regretted	43.6%	41.4%	39.1%
Forgetting where they were or what they had done	32.2%	34.0%	29.7%
Having someone use force or threat of force to have sex with them	0.7%	0.8%	2.5%
Having unprotected sex	20.4%	15.6%	16.9%

2003 Grads	2005 Grads	2007 Grads
4.9%	6.6%	13.3%
1.2%	1.7%	3.3%
1.2%	2.5%	0.0%
18.5%	28.3%	30.0%
16.0%	14.0%	13.3%
0.0%	0.0%	0.0%
8.75%	7.4%	16.7%

*Students responding "N/A, don't drink" were excluded from this analysis.

F. Sexual Behavior

UGA students reported the following within the last 12 months:

	2003 Undergrads	2005 Undergrads	2007 Undergrads
Having had no sexual partner	27.6%	37.3%	38.6%
Having had 1 sexual partner	44.1%	39.8%	38.2%
Having had 2 sexual partners	12.7%	9.3%	10.9%
Having had 3 sexual partners	7.8%	6.5%	4.8%
Having had 4 or more sexual partners	7.8%	7.0%	7.5%
Mean	1.36	2.18	1.98
Median	1.00	1.00	1.00
Std Dev	1.63	5.13	2.04

2003 Grads	2005 Grads	2007 Grads
21.7%	21.4%	7.9%
63.0%	57.1%	73.7%
12.0%	9.1%	7.9%
2.2%	7.8%	2.6%
1.1%	4.5%	7.9%
1.03	1.69	1.46
1.00	1.00	1.00
1.06	1.73	1.09

UGA students reported the following within the last 30 days:

Oral sex	2003 Undergrads	2005 Undergrads	2007 Undergrads
Never did this sexual activity	26.3%	35.4%	37.3%
Have not done this during the last 30 days	23.5%	24.2%	22.5%
Did this 1 or more times	50.2%	40.4%	40.2%

2003 Grads	2005 Grads	2007 Grads
20.2%	16.0%	7.9%
24.7%	38.7%	34.2%
55.1%	45.3%	57.9%

UGA students reported the following within the last 30 days:

Vaginal sex	2003 Undergrads	2005 Undergrads	2007 Undergrads
Never did this sexual activity	35.3%	43.6%	44.1%
Have not done this during the last 30 days	16.7%	15.4%	18.2%
Did this 1 or more times	48.0%	40.9%	37.8%

2003 Grads	2005 Grads	2007 Grads
20.2%	18.0%	2.6%
14.6%	31.3%	21.1%
65.2%	50.7%	76.3%

Anal sex	2003 Undergrads	2005 Undergrads	2007 Undergrads
Never did this sexual activity	78.5%	81.3%	80.8%
Have not done this during the last 30 days	17.7%	15.3%	15.6%
Did this 1 or more times	3.8%	3.5%	3.5%

2003 Grads	2005 Grads	2007 Grads
69.7%	65.5%	68.4%
23.6%	27.7%	26.3%
6.7%	6.8%	5.3%

The percentage of UGA students who reported...

	2003 Undergrads	2005 Undergrads	2007 Undergrads
Using a condom within the last 30 days (mostly or always) for oral sex if they engaged in oral sex*	0.0%	2.3%	1.9%
Using a condom the last time they had oral sex**	1.3%	3.0%	1.3%
Using a condom within the last 30 days (mostly or always) for vaginal sex if they engaged in vaginal sex*	50.0%	46.8%	59.6%
Using a condom the last time they had vaginal sex**	49.0%	51.5%	62.7%
Using a condom within the last 30 days (mostly or always) for anal sex if they engaged in anal sex*	20.8%	25.8%	26.5%
Using a condom the last time they anal sex**	21.1%	19.7%	30.6%

2003 Grads	2005 Grads	2007 Grads
2.0%	1.4%	0.0%
0.0%	2.5%	2.9%
43.7%	28.8%	25.0%
31.9%	38.3%	34.3%
12.5%	6.3%	16.7%
83.3%	20.0%	23.1%

*Students responding "Never did this sexual activity" or "Have not done this during the last thirty days" were excluded from the analysis

**Students responding "Never did this sexual activity" were excluded from the analysis.

Reported means of birth control used among sexually active UGA students or their partners to prevent pregnancy the last time they had vaginal intercourse; can select more than one method.

	2003 Undergrads	2005 Undergrads	2007 Undergrads	2003 Grads	2005 Grads	2007 Grads
Birth control pills	50.7%	32.1%	34.3%	50.6%	37.7%	60.5%
Depo Provera (shots)	3.5%	1.9%	0.3%	2.5%	0.6%	0.0%
Norplant (implant)	0.0%	0.0%	0.2%	0.0%	0.0%	2.6%
Condoms	45.4%	30.0%	36.4%	28.4%	31.2%	39.5%
Diaphragm, cervical cap, sponge	0.0%	1.0%	0.0%	1.2%	1.3%	0.0%
Spermicide	5.2%	3.2%	2.1%	4.9%	1.3%	2.6%
Fertility awareness	7.4%	3.4%	1.7%	2.5%	4.5%	5.3%
Withdrawal	26.6%	20.2%	18.1%	14.8%	15.6%	15.8%
Other method	2.6%	3.2%	2.4%	6.2%	10.4%	7.9%
Nothing	5.7%	1.9%	2.1%	7.4%	3.9%	5.3%

Percentage of sexually active UGA students whom reported using (or reported their partner used) emergency contraception ("morning after pill") or experienced (or reported their partner experienced) an unplanned pregnancy within the last 12 months

	2003 Undergrads	2005 Undergrads	2007 Undergrads	2003 Grads	2005 Grads	2007 Grads
EC Use*	5.8%	9.1%	18.8%	4.2%	5.0%	5.3%
Unplanned pregnancy**	2.0%	1.7%	1.7%	2.7%	0.9%	0.0%

*Students responding "Not sexually active" were excluded from the analysis

** Students responding "No vaginal intercourse" were excluded from the analysis

G. Nutrition and Exercise

Within the last 30 days, the percentage of UGA students reported:

	2003 Undergrads	2005 Undergrads	2007 Undergrads
Exercising to lose weight	51.5%	58.1%	59.1%
Dieting to lose weight	29.1%	37.4%	41.0%
Vomiting or taking laxatives to lose weight	4.0%	4.7%	2.5%
Taking diet pills to lose weight	7.1%	5.8%	3.2%
Doing none of the above	42.6%	33.2%	34.7%

2003 Grads	2005 Grads	2007 Grads
57.9%	54.5%	78.9%
31.6%	36.4%	47.4%
2.1%	0.6%	0.0%
2.1%	1.9%	0.0%
41.1%	40.3%	18.4%

UGA students reported usually eating the following number of servings of fruits and vegetables:

	2003 Undergrads	2005 Undergrads	2007 Undergrads
Don't eat fruits and vegetables	5.0%	2.6%	3.2%
1 or 2 per day	64.3%	59.4%	53.8%
3-4 per day	25.5%	30.2%	34.7%
5 or more per day	5.3%	7.7%	8.3%

2003 Grads	2005 Grads	2007 Grads
3.2%	2.0%	0.0%
48.4%	54.2%	50.0%
37.9%	36.6%	39.5%
10.5%	7.2%	10.5%

Participated in vigorous exercise for 20 minutes (or 30 minutes moderate exercise)	2003 Undergrads	2005 Undergrads	2007 Undergrads
0 days	27.5%	25.5%	20.1%
1-2 days	32.4%	33.1%	32.9%
3-5 days	36.1%	35.3%	39.2%
6+ days	4.0%	6.0%	7.8%

2003 Grads	2005 Grads	2007 Grads
17.9%	22.1%	18.4%
34.7%	34.4%	39.5%
38.9%	36.4%	36.8%
8.5%	7.1%	5.3%

Exercising to strengthen muscles	2003 Undergrads	2005 Undergrads	2007 Undergrads
0 days	41.5%	39.4%	38.9%
1-2 days	29.7%	32.0%	29.9%
3-5 days	25.7%	25.0%	26.9%
6+ days	3.1%	3.6%	4.3%

2003 Grads	2005 Grads	2007 Grads
35.5%	42.8%	36.8%
39.8%	34.9%	36.8%
21.5%	19.7%	21.1%
3.2%	2.6%	5.3%

UGA students reported the following behaviors within the past 7 days

Getting enough sleep to feel rested in the morning	2003 Undergrads	2005 Undergrads	2007 Undergrads
	9.0%	11.9%	10.4%
1-2 days	35.2%	30.7%	28.2%
3-5 days	47.5%	50.6%	50.6%
6+ days	8.3%	6.8%	10.9%

2003 Grads	2005 Grads	2007 Grads
8.4%	7.8%	13.2%
22.1%	26.6%	28.9%
44.2%	46.8%	34.2%
25.3%	18.8%	23.7%

Estimated average Body Mass Index (BMI): This figure incorporates reported sex, height, and weight to form a general indicator of physical health.

BMI	2003 Undergrads	2005 Undergrads	2007 Undergrads
<18.5 Underweight	7.1%	4.20%	5.6%
18.5-24.9 Healthy Weight	69.0%	72.5%	67.1%
25-29.9 Overweight	18.3%	16.8%	19.9%
30-34.9 Class I Obesity	2.8%	5.0%	5.7%
35-39.9 Class II Obesity	0.9%	0.8%	1.0%
>= 40 Class III Obesity	1.9%	0.8%	0.6%
Mean	23.15	23.24	23.39
Median	22.36	22.36	22.76
Std Dev	4.45	4.05	4.07

2003 Grads	2005 Grads	2007 Grads
3.2%	5.8%	0.0%
63.4%	58.4%	50.0%
24.7%	20.1%	36.8%
5.4%	11.7%	2.6%
3.2%	2.6%	7.9%
0.0%	1.3%	2.6%
24.21	24.60	25.85
23.45	23.49	24.98
4.184	5.22	5.36

H. Depression

UGA students reported experiencing the following within the last 12 months:

	2003 Undergrads	2005 Undergrads	2007 Undergrads
Feeling overwhelmed by all they had to do			
Never	3.4%	6.6%	4.2%
1-10 times	67.9%	64.4%	63.8%
11+ times	28.7%	29.0%	32.0%

2003 Grads	2005 Grads	2007 Grads
7.4%	5.2%	2.6%
60.0%	64.9%	57.9%
32.6%	29.9%	39.5%

	2003 Undergrads	2005 Undergrads	2007 Undergrads
Feeling exhausted (not from physical activity)			
Never	6.2%	21.4%	8.0%
1-10 times	70.0%	63.2%	64.6%
11+ times	23.8%	15.4%	27.4%

2003 Grads	2005 Grads	2007 Grads
12.6%	10.5%	5.3%
61.1%	62.1%	63.2%
26.3%	27.5%	31.6%

	2003 Undergrads	2005 Undergrads	2007 Undergrads
Feeling very sad			
Never	18.6%	21.4%	21.3%
1-10 times	67.2%	63.2%	63.2%
11+ times	14.2%	15.4%	15.4%

2003 Grads	2005 Grads	2007 Grads
25.5%	24.3%	21.1%
60.7%	61.2%	63.2%
13.8%	14.5%	15.8%

	2003 Undergrads	2005 Undergrads	2007 Undergrads
Feeling things were hopeless			
Never	35.8%	39.4%	39.0%
1-10 times	52.8%	50.9%	50.1%
11+ times	11.4%	9.7%	10.9%

2003 Grads	2005 Grads	2007 Grads
48.4%	52.9%	50.0%
43.2%	39.2%	47.4%
8.4%	7.8%	2.6%

	2003 Undergrads	2005 Undergrads	2007 Undergrads
Feeling so depressed it was difficult to function			
Never	57.4%	61.1%	61.1%
1-10 times	34.6%	31.5%	31.5%
11+ times	8.0%	7.4%	7.4%

2003 Grads	2005 Grads	2007 Grads
62.1%	66.2%	60.5%
31.6%	26.6%	34.2%
6.3%	7.1%	5.3%

	2003 Undergrads	2005 Undergrads	2007 Undergrads
Seriously considering attempting suicide			
Never	91.0%	89.2%	91.7%
1-10 times	6.5%	10.0%	7.2%
11+ times	2.5%	0.8%	1.1%

2003 Grads	2005 Grads	2007 Grads
87.4%	92.2%	89.5%
11.5%	6.5%	10.5%
1.1%	1.3%	0.0%

	2003 Undergrads	2005 Undergrads	2007 Undergrads
Attempting suicide			
Never	99.7%	97.8%	99.4%
1-10 times	0.0%	2.2%	0.6%
11+ times	0.3%	0.0%	0.0%

2003 Grads	2005 Grads	2007 Grads
98.9%	98.7%	100.0%
1.1%	0.6%	0.0%
0.0%	0.6%	0.0%

	2003 Undergrads	2005 Undergrads	2007 Undergrads
UGA students reported diagnosed with depression			
	13.00%	11.00%	12.0%
<i>Of those ever been diagnosed with depression ...</i>			
Diagnosed with depression in the last 12 months	53.70%	39.70%	53.3%
Currently in therapy for depression	16.70%	19.00%	28.0%
Currently taking medication for depression	35.70%	37.90%	40.0%

2003 Grads	2005 Grads	2007 Grads
17.90%	18.3%	18.4%
23.50%	35.7%	14.3%
11.80%	11.9%	0.0%
23.50%	28.6%	14.3%

I. Information from Campus and Other Sources

Received information on the following health topics from UGA:	2003 Undergrads	2005 Grads/ Undergrads	2007 Grads/ Undergrads
Tobacco	35.5%	22.0%	17.6%
Alcohol and Other Drug	46.3%	45.0%	65.7%
Sex Assault & Relationship Violence	43.6%	41.0%	44.4%
Violence	20.2%	17.5%	31.6%
Injury	11.0%	12.6%	17.3%
Suicide	7.1%	7.2%	7.8%
Pregnancy	28.5%	24.5%	24.4%
AIDS	35.3%	27.4%	28.3%
STD	47.2%	37.8%	37.0%
Diet Behavior/Nutrition	41.4%	37.6%	40.4%
Physical Activity/Fitness	37.7%	36.1%	41.1%
None of the above	23.9%	28.4%	16.3%

UGA students consider these sources believable for health information

	2003 Undergrads	2005 Grads/ Undergrads	2007 Grads/ Undergrads
Leaflets	65.6%	66.4%	64.2%
Campus Newspaper	53.1%	50.1%	50.2%
UHC Medical staff	94.4%	94.1%	94.1%
Health Educators	95.3%	93.4%	92.7%
Friends	19.6%	21.9%	22.1%
Resident Assistants	31.5%	34.7%	34.5%
Parents	70.8%	66.9%	68.0%
Religious Centers	32.9%	31.3%	29.2%
TV	14.2%	17.2%	12.1%
Magazine	29.3%	29.4%	21.0%
Campus Peer Educators	47.8%	49.2%	49.0%
Faculty/Coursework	66.6%	72.8%	71.6%
Internet/WWW	21.7%	24.8%	20.5%
Other	10.1%	11.1%	10.2%

UGA students report usually getting health-related information from these sources

	2003 Undergrads	2005 Grads/ Undergrads	2007 Grads/ Undergrads
Leaflets	64.4%	60.0%	55.0%
Campus Newspaper	55.3%	42.1%	41.5%
UHC Medical staff	62.6%	59.6%	60.4%
Health Educators	52.3%	50.6%	51.0%
Friends	69.3%	64.3%	59.5%
Resident Assistants	14.8%	13.2%	16.0%
Parents	86.3%	74.0%	76.0%
Religious Centers	11.5%	12.1%	10.8%
TV	56.3%	49.9%	45.3%
Magazine	61.5%	58.5%	50.9%
Campus Peer Educators	18.4%	19.0%	16.3%
Faculty/Coursework	36.6%	37.8%	37.3%
Internet/WWW	70.0%	72.9%	77.4%
Other	38.5%	38.7%	38.4%

2003 Grads	2007 Grads
7.4%	
18.9%	
11.6%	
6.3%	
1.1%	
2.1%	
4.2%	
10.5%	
7.4%	
15.8%	
22.1%	
60.0%	

2003 Grads	2007 Grads
59.8%	
33.3%	
92.5%	
88.0%	
10.9%	
17.0%	
47.8%	
12.9%	
9.7%	
21.5%	
34.8%	
74.2%	
12.0%	
6.8%	

2003 Grads	2007 Grads
64.1%	
34.4%	
62.8%	
51.1%	
54.3%	
9.8%	
71.3%	
5.3%	
55.3%	
72.3%	
10.8%	
33.3%	
77.7%	
43.2%	

J. Demographics and Student Characteristics

Age	2003 Undergrad	2005 Undergrad	2007 Undergrad
Average age	20.46%	20.00%	19.8%
Median in years	20.00%	20.00%	19.0%
Std Deviation in years	2.65%	2.21%	2.52%
18-20	58.30%	63.70%	73.8%
21-24	37.7%	33.8%	23.7%
25-29	3.37%	2.1%	1.4%
30+ years	0.6%	0.4%	1.1%

2003 Grads	2005 Grads	2007 Grads
28.36%	28.69%	27.1%
26.00%	25.00%	26.0%
7.60%	8.79%	5.74%
0.0%	0.0%	0.0%
36.8%	46.1%	31.6%
33.7%	24.0%	47.4%
29.5%	29.9%	21.1%

Gender	2003 Undergrad	2005 Undergrad	2007 Undergrad
Female	62.6%	69.1%	70.6%
Male	37.4%	30.8%	28.5%

2003 Grads	2005 Grads	2007 Grads
51.6%	72.1%	52.6%
48.4%	27.3%	44.7%

Student status	2003 Undergrad	2005 Undergrad	2007 Undergrad
1st year undergraduate	20.2%	28.5%	34.0%
2nd year undergraduate	16.6%	18.7%	21.1%
3 rd year undergraduate	28.2%	22.3%	22.1%
4 th year undergraduate	23.9%	22.3%	15.9%
5 th year or more undergraduate	11.0%	8.3%	6.8%
Graduate or professional	N/A	0.0%	0.0%
Adult special or other	N/A	0.0%	0.0%
Full time student	97.5%	99.1%	97.4%

2003 Grads	2005 Grads	2007 Grads
N/A	N/A	N/A
N/A	N/A	N/A
N/A	N/A	N/A
N/A	N/A	N/A
N/A	N/A	N/A
95.8%	100.0%	100.0%
2.1%	0.0%	0.0%
85.1%	80.5%	81.6%

Have any kind of health insurance (including prepaid plans, such as HMOs)	2003 Undergrad	2005 Undergrad	2007 Undergrad
Yes	88.6%	87.1%	90.7%
Unsure	2.5%	6.0%	4.9%

2003 Grads	2005 Grads	2007 Grads
87.4%	77.3%	100.0%
1.1%	4.5%	0.0%

Relationship status	2003 Undergrad	2005 Undergrad	2007 Undergrad
Single	61.5%	60.6%	63.0%
Married/domestic partner	4.0%	2.3%	2.1%
Engaged or committed dating relationship	34.2%	36.8%	34.6%
Separated	0.0%	0.4%	0.2%
Divorced	0.3%	0.4%	0.2%
Widowed	0.0%	0.4%	0.0%

2003 Grads	2005 Grads	2007 Grads
40.0%	40.5%	28.9%
35.8%	24.8%	50.0%
21.1%	32.7%	21.1%
1.1%	0.0%	0.0%
2.1%	1.3%	0.0%
0.0%	0.7%	0.0%

Students describe themselves as	2003 Undergrad	2005 Undergrad	2007 Undergrad
White	89.3%	67.0%	88.4%
Black – not Hispanic	4.0%	11.1%	5.2%
Hispanic or Latino	2.1%	7.2%	2.4%
Asian or Pacific	3.4%	15.5%	3.7%
American Indian or Alaskan Native	1.5%	1.3%	0.8%
Other (including multi-racial)	1.8%	3.2%	2.4%
International Student	1.2%		

2003 Grads	2005 Grads	2007 Grads
80.0%	70.1%	84.2%
5.3%	14.9%	5.3%
2.1%	4.5%	2.6%
8.4%	8.4%	0.0%
0.0%	0.6%	2.6%
4.2%	3.2%	13.2%
11.8%		

Students describe themselves as	2003 Undergrad	2005 Undergrad	2007 Undergrad
Heterosexual	96.9%	97.3%	95.7%
Gay/Lesbian	2.2%	0.9%	0.6%
Bisexual	0.6%	0.9%	2.7%
Transgender	0.0%	0.2%	0.0%
Unsure	0.3%	0.6%	1.0%

2003 Grads	2005 Grads	2007 Grads
95.7%	91.6%	92.1%
2.1%	4.5%	2.6%
0.0%	1.9%	5.3%
0.0%	0.0%	0.0%
2.1%	1.9%	0.0%

Housing	2003 Undergrad	2005 Undergrad	2007 Undergrad
Campus residence	30.9%	43.4%	43.5%
Fraternity or sorority	3.7%	2.8%	2.9%
Other university housing	0.0%	1.1%	1.0%
Off-campus	61.1%	47.5%	49.0%
Parent/guardian's	1.9%	3.8%	2.7%
Other	8.5%	1.3%	1.0%

2003 Grads	2005 Grads	2007 Grads
3.2%	3.2%	2.6%
0.0%	0.0%	0.0%
4.2%	1.9%	5.3%
84.2%	83.8%	81.6%
1.1%	2.6%	2.6%
7.4%	8.4%	7.9%

Hours of paid work per week	2003 Undergrad	2005 Undergrad	2007 Undergrad
0 hours	50.0%	56.8%	62.2%
1-9 hours	11.8%	11.2%	9.2%
10-19 hours	17.1%	18.4%	18.8%
20-29	14.6%	10.4%	7.6%
30-39	4.3%	0.9%	1.6%
40 hours	1.2%	0.9%	0.2%
More than 40	0.9%	1.3%	0.5%

2003 Grads	2005 Grads	2007 Grads
18.9%	16.2%	13.2%
5.3%	13.6%	7.9%
34.7%	24.7%	26.3%
13.7%	16.2%	13.2%
4.2%	3.2%	2.6%
11.6%	14.9%	26.3%
11.6%	11.0%	10.5%

Hours of volunteer work per week	2003 Undergrad	2005 Undergrad	2007 Undergrad
0 hours	57.1%	50.0%	54.3%
1-9 ours	39.5%	45.4%	41.7%
10-19 hours	2.2%	4.2%	3.2%
20-29	0.9%	0.0%	0.3%
30-39	0.0%	0.4%	0.5%
40 hours	0.3%	0.0%	0.0%
More than 40	0.0%	0.0%	0.0%

2003 Grads	2005 Grads	2007 Grads
66.3%	51.0%	55.3%
32.6%	41.2%	39.5%
1.1%	4.6%	0.0%
0.0%	2.0%	2.6%
0.0%	0.7%	0.0%
0.0%	0.7%	2.6%
0.0%	0.7%	2.6%