

Health of the Campus Report

A Summary of University of Oregon Health Center Survey 1994-2004

For the past ten years, the University Health Center has conducted a population-based survey to better understand the health status and practices of our student body. The primary purpose of the survey is to provide an objective community health database. The following graphs present selected results from over 4000 telephone interviews conducted between 1994-2004.

Health status

Suicide

Stress

Tobacco

Body mass index

Sexually transmitted infections

Contraception

Consequences of drinking

Background and Methodology

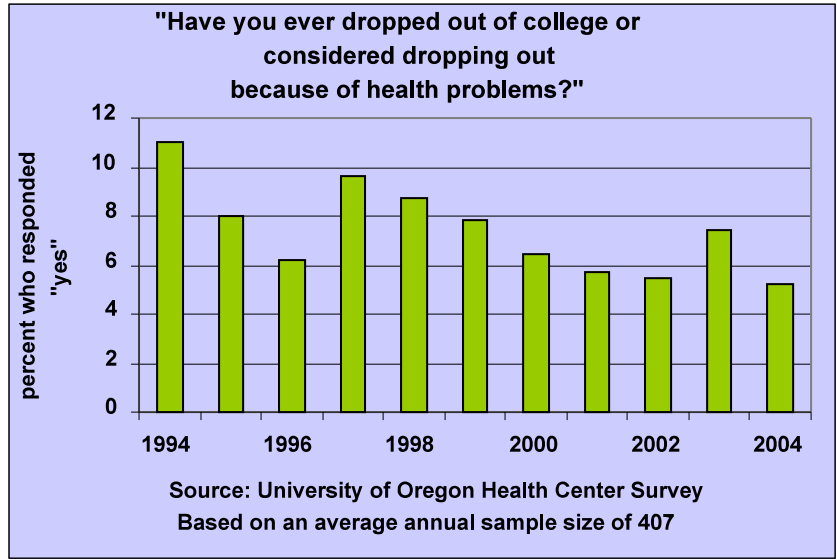
For the past ten years, the University Health Center has conducted a population-based survey to better understand the health status and practices of our student body. The primary purpose of the survey is to provide an objective community health database. The findings serve both as needs assessment and for program evaluation. They can also be compared with national, state and other university benchmarks.

Telephone surveys of randomly selected University of Oregon students were conducted through OSRL (Oregon Survey Research Laboratory) from 1994-2004, with an average annual sample size of 407. This database, therefore, contains over 4000 telephone interviews. Demographics of the sample have consistently matched that of our student body in terms of age, class standing, gender, athletics, and other demographic variables, making this a reliable survey instrument. *

Several questions have been asked each year (core questions) and thus offer a longitudinal insight into the practices, attitudes and health status of our student body. Sets of question were asked during either odd or even years (periodic questions) and still others were asked only once (ad hoc) to tap key issues of relative importance at the time of the survey.

The following graphs present selected results from the data gathered over the last ten years. Comments are provided to highlight specific findings. Graphs will be archived on the University Health Center web site at <http://healthcenter.uoregon.edu> Information on Health Center services and programs can also be found there. We are currently preparing a summary of campus initiatives that address each of these public health issues. Your questions and comments are welcome. Please direct them to Anne Mattson, Associate Director of University Health Center (amattson@uoregon.edu).

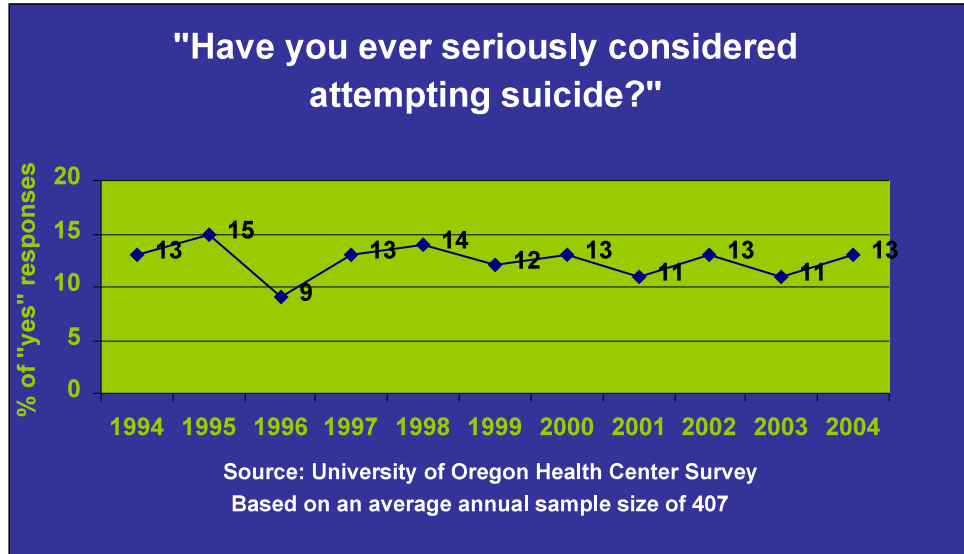
*Readers should be aware that a sampling discrepancy occurred in 1996 which resulted in an over sampling of students in the residence halls. Thus, 1996 shows some aberrations in the data that can be attributed to the over representation of freshman that year.



Comments:

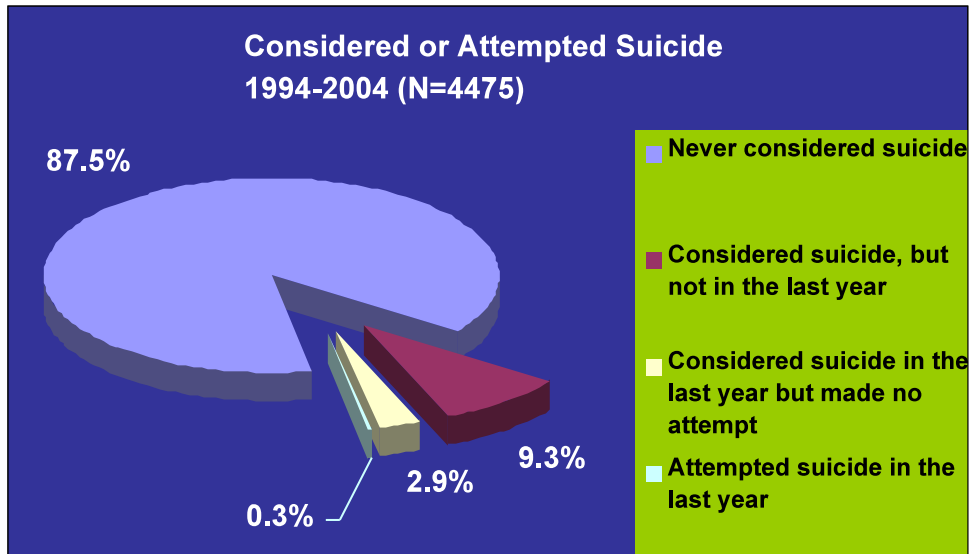
The primary mission of the University Health Center is to enhance the educational process by minimizing health-related barriers to personal development and learning. In the last ten years, between 5% and 11% of the student body either has dropped out or considered dropping out of college because of health problems. Extrapolated to a student body of 20,000, between 1,000 and 2,200 students annually are at risk of academic withdrawal due to health problems.

Note that the 1996 survey over-sampled freshman students which would account, in part, for that year's findings.



Comments:

The percent of student who have ever seriously considered suicide has not declined and hovers between 11% and 14% for the last eight years. Extrapolated to a student body of 20,000, this represents between 2,200 and 2,800 students annually. Note again, that the 1996 survey over-sampled freshman students which would account, in part, for that year's findings.



Comments:

The above findings are aggregated over the last 10 years, with an average annual sample size of N=407. All students were asked “Have you ever seriously considered attempting suicide?” Students who replied “yes” were asked “In the last **12 months**, did you ever seriously consider suicide?” If “yes” they were asked “During the last 12 months, have you **made** any suicide **attempts**?”

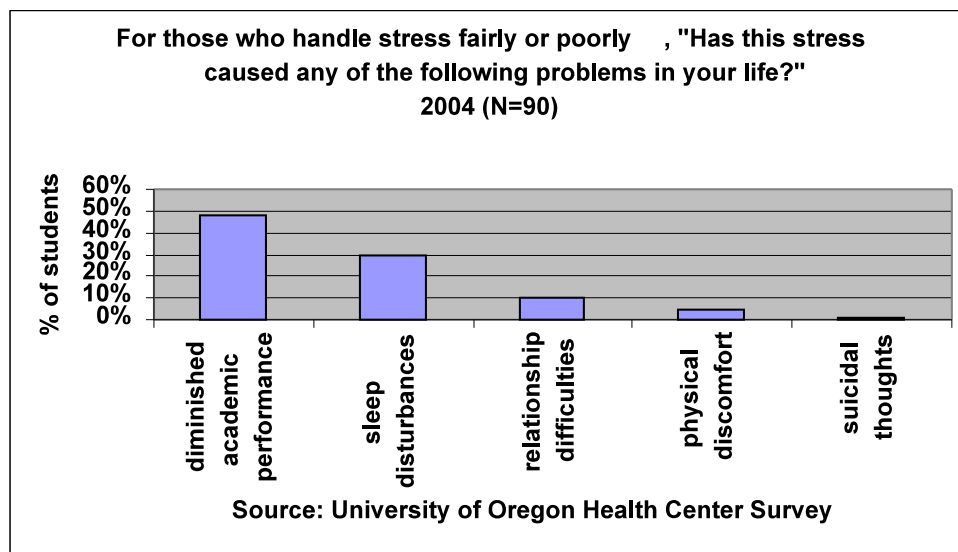
12.5% of students had ever seriously considered suicide

3.2% of students had seriously considered suicide within the last 12 months.

0.3% of students attempted suicide in the last 12 months.

Extrapolating for a campus of approximately 20,000, that means 60 students/ year or 600 students in a ten year period have attempted suicide in the last 12 months.

The actual number of suicides at UO, according to Health Center medical records and the Registrar’s Office, is five in the last 10 years.



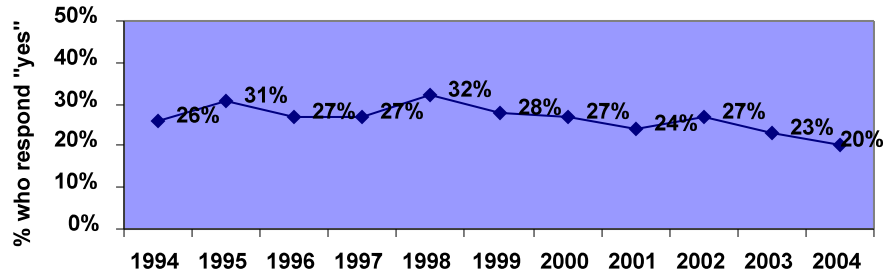
Comment: While we have asked the first of these stress questions since 1994 (“How good of a job do you feel you are doing handling stress?”), the follow up question (“Has this stress caused any of the following problems in your life?”) was asked for the first time in 2004.

21%, or 4200 students per year, feel they handle stress fairly or poorly.

Nearly half of these respondents reported diminished academic performance. That’s 10% of students, or 2000 students/year, overall acknowledging diminished academic performance because of stress.

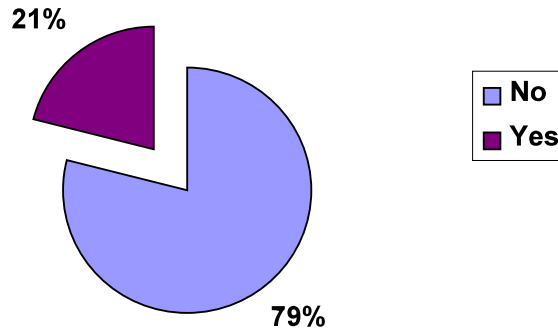
Nearly one third of the “handle stress fair or poor”, or 7% of the overall student body (1400 students/year) reported sleep disturbances resulting from stress.

"Have you ever regularly smoked cigarettes or used tobacco?"



Source: University of Oregon Health Center Survey
Based on an average annual sample size of 407

"Do you smoke or use even a little tobacco now? (2004, N=405)"

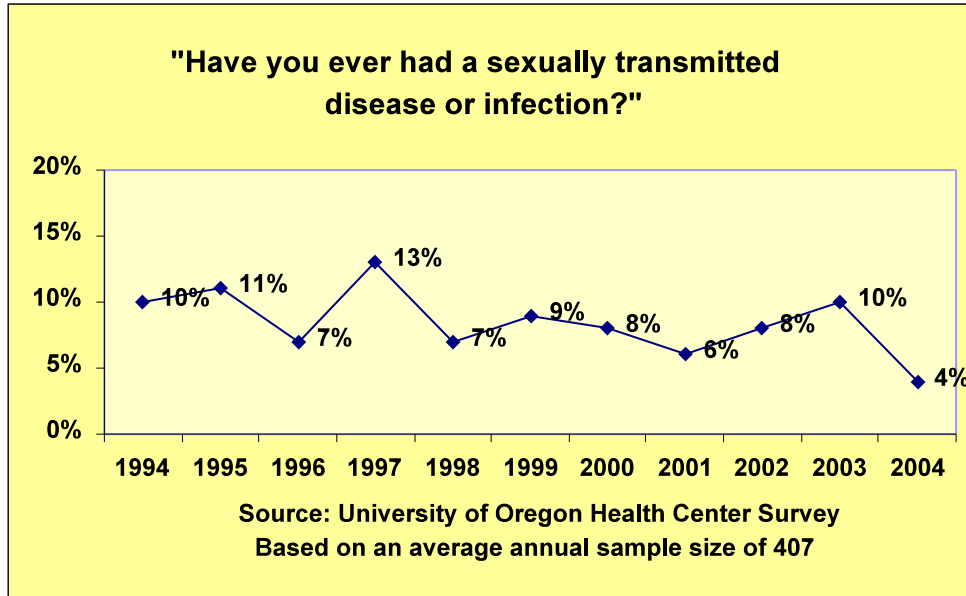


Comments:

The percent of students who have **ever regularly used** tobacco is currently lower than in any previous years of the survey.

Still, more than one in five students uses tobacco now, even if just a little.

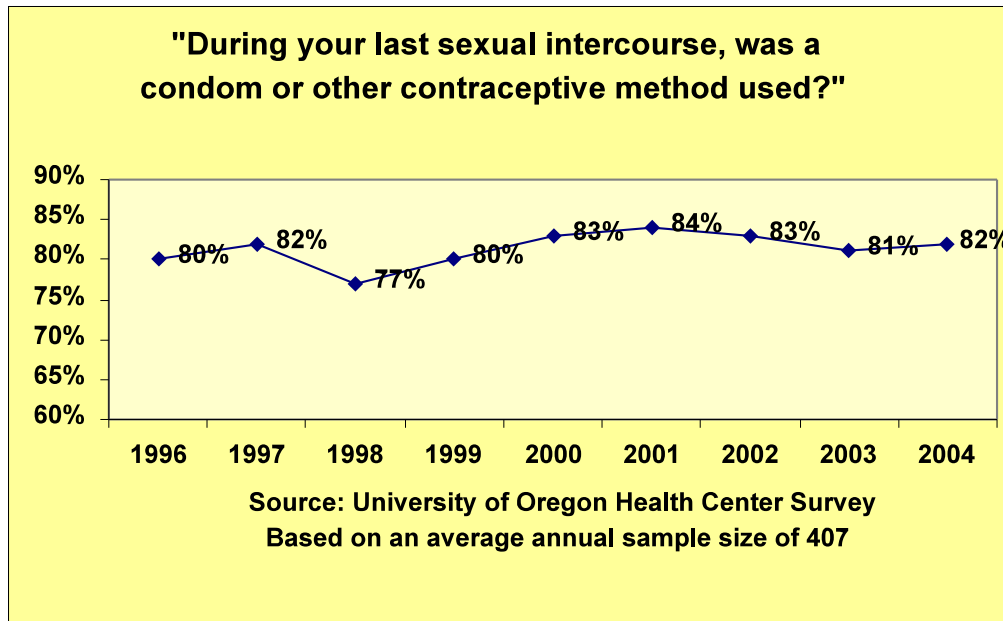
Tobacco is considered the most preventable cause of premature death in the US.



Comments:

The range of low 4% (2004) to high 13% (1994) may be a measure not of STD prevalence, but of whether or not students were aware of having an STD. For example, some students may not be aware if they have had genital warts or herpes as symptoms may be very mild or non-existent.

In 2004, the most common STDs for the 4% of students who reported having a STD included genital warts, Chlamydia, and herpes, in that order.



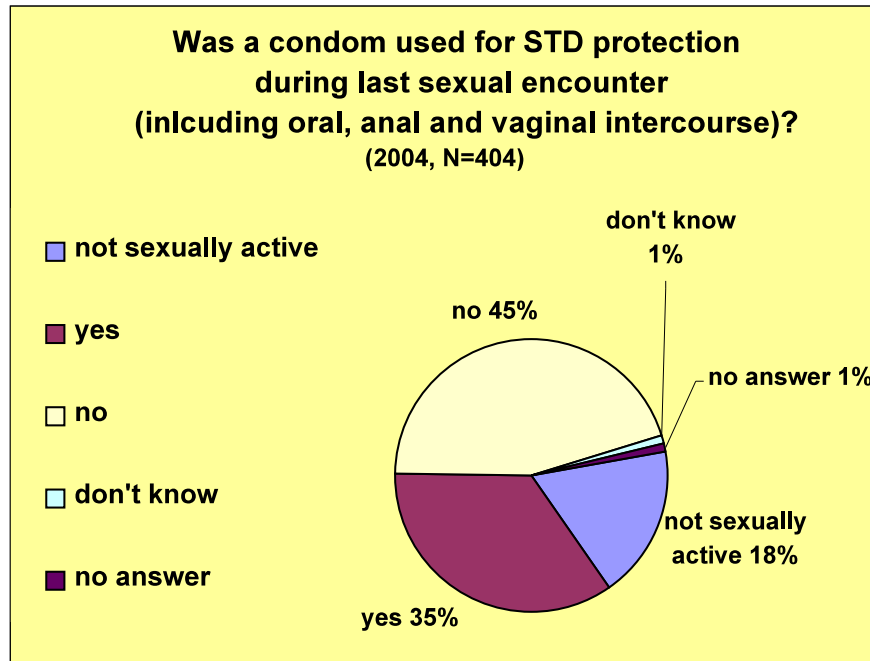
Comments: Since 1994, we have asked “Have you ever engaged in intercourse?” Students who replied “yes” were asked the follow-up question of whether contraception was used during last sexual intercourse.

In 2004, 74% of students had ever engaged in sexual intercourse.

82% of sexually active students used some form of contraception with their last sexual intercourse.

25% identified as having never had sexual intercourse, and therefore were not asked this follow up question.

Thus 61% of total population used contraception during last intercourse.



Comments:

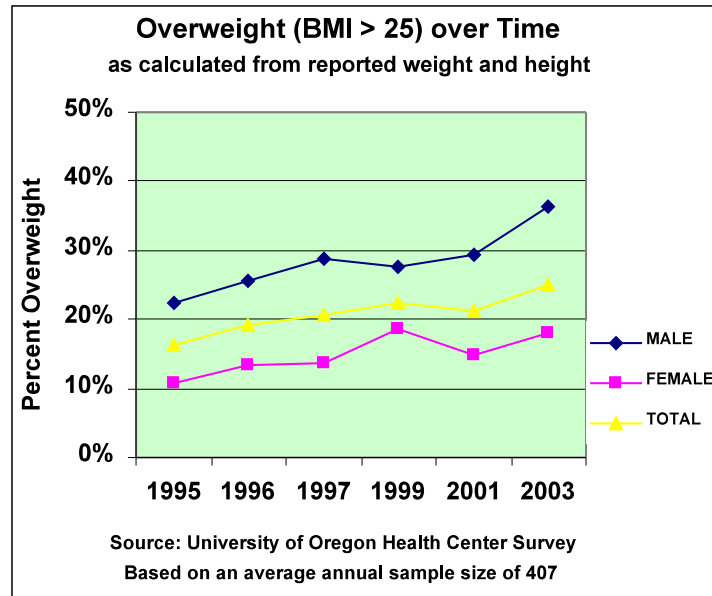
For the first time in 2004, we asked “Was a **condom** used for STD protection during last sexual encounter, including oral, anal, and vaginal intercourse?” Prior to 2004, “sexual encounter” was not explicitly defined.

18% of the student body identifies as not sexually active.

35% of total students, or 44% of sexually active students, used a condom for STD protection during last intercourse.

45% of total students, or 56% of the sexually active students, responded that they did **not** use a condom with their last sexual encounter.

1% “don’t know” whether a condom was used during last sexual encounter.

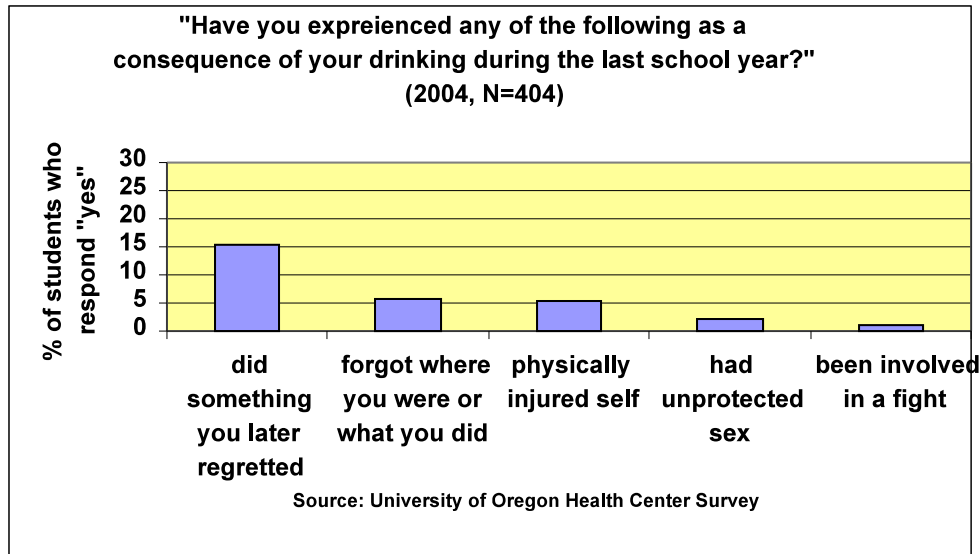


Comments:

BMI is currently accepted as a method of assessing ideal weight, yet doesn't take into account body composition variables such as lean mass vs fat mass.

The percent of males and females with BMI>25 appears to be steadily increasing at UO since 1995.

In 2003, one in four UO students had BMI>25. This is compared to just one in seven in 1995.



Comment: In 2004, 87% of students reported having drunk alcohol in the last year. These students were asked the above follow-up question “Have you experienced any of the following as a consequence of your drinking?”

15.3% of our students reported doing something they later regretted. Extrapolated to a student body of 20,000, this translated to 3060 individuals/year.

5.7%, or 1400 student per year, had a blackout experience.

5.2%, or one in every 20, physically injured themselves.

2.2%, or 440 students per year, had unprotected sex as a consequence of drinking.