

# SJU Health Survey Frequency Report Spring 2015

## Methodology:

This provides a margin of error of 4.6% at a 95% confidence rate and 6.1% at a 99% confidence rate.

Survey Type	Sample (N)	Response (N)	Rate
Web-based	1691	357	21.1 %

## DEMOGRAPHIC INFORMATION

### Year in School

	Sample
First Year	24.50%
Sophomore	25.90%
Junior	24.50%
Senior	23.90%
Other	.01%

	Sample
On-Campus	88.0%
Off-Campus	9.4%

### Age

Age	Sample
17	0.0%
18	12.9%
19	24.1%
20	24.1%
21	23.0%
22	14.6%
23	0.08%
24	0.0%
25	0.0%
26	0.06%

### Ethnic Origin

	Sample
White	88.3%
Asian/Pac Is	1.9%
Bi/Multi Rac	3.0%
Hispanic/Lat	2.7%
Am Ind/AK native/Native Hawaiian	
Black, not Hispanic	2.5%
Other	0.05%

### State Residence

	Sample
U.S.	97.5%
International	2.5%

### Sexual Orientation

	Sample
Heterosexual	94.0%
Bisexual	0.8%
Homosexual	2.8%

### Current Residence

	Sample
On-campus res. hall	56.5%
On-campus apartment	27.5%
On-campus house	3.8%
Off-campus apartment	2.2%
Off-campus house (renting)	6.9%
Off-campus house (own)	0.02%
Live with family	1.1%

## Body Mass Index\*

	Freq.	Percent	Cumulative Percent
<b>Underweight (BMI &lt;18.5)</b>	5	1.4	1.4
<b>Healthy Wt. (BMI 18.5-24.9)</b>	195	55.2	56.6
<b>Overweight (BMI 25-29.9)</b>	111	32	88.6
<b>Class I Obesity (BMI 30-34.9)</b>	27	7.6	96.2
<b>Class II Obesity (BMI 35-39.9)</b>	11	3.1	99.0
<b>Class III Obesity (BMI 40+)</b>	4	1.0	100

Mean = 25.22  
Std. Dev. = 4.563  
N = 353

\*BMIs are approximate (weight response choices were in a range instead of exact weight)

## Time Spent in a Typical Day

Hrs	Sleeping	Napping	Texting/talking/ e-mailing (computer or cell phone)	Social Networking (computer or cell phone)	Gaming	Online Gambling	Surfing Internet	Exploring Pornographic Websites
None	0.0%	51.4%	0.8%	6.7%	41.2%	98.3%	15.1%	60.3%
Up to 1	0.3%	36.2%	36.9%	48.5%	25.2%	0.8%	40.8%	34.1%
1-2	0.3%	11.2%	36.3%	30.5%	23.0%	0.0%	27.4%	3.1%
3-4	2.8%	0.6%	15.1%	8.1%	7.3%	0.3%	9.5%	1.4%
5-6	23.5%	0.3%	6.1%	3.9%	1.7%	0.3%	4.5%	0.3%
7-8	66.4%	0.0%	2.0%	1.7%	0.8%	0.0%	2.0%	0.0%
9-10	6.7%	0.3%	0.8%	0.3%	0.6%	0.0%	0.0%	0.3%
10-11	0.0%	0.0%	0.8%	0.0%	0.3%	0.0%	0.6%	0.0%
12+	0.0%	0.0%	1.1%	0.3%	0.0%	0.3%	0.3%	0.6%

## Time Spent in a Typical Week

Hours	In class/lab	Studying/ prep class /write papers	Watch TV /stream tv or movies	Computer Use	Work on- campus	Work off- campus	Volunteer /community service	Socializing w/friends	Partying w/alcohol	Exercising	Athletics/ club sports	Club/Org involvement	Reading for pleasure
None	1.9%	0.0%	5.0%	0.6%	36.6%	86.4%	60.7%	0.3%	23.9%	9.8%	42.7%	32.6%	47.9%
Up to 1	0.6%	1.4%	11.5%	2.0%	0.3%	2.0%	16.3%	1.7%	8.1%	5.9%	4.2%	12.6%	22.3%
1-2	0.3%	4.2%	20.7%	8.7%	1.4%	2.0%	12.4%	5.1%	14.0%	8.1%	7.3%	20.8%	20.6%
3-4	3.3%	11.0%	21.5%	15.7%	4.2%	0.8%	5.1%	14.6%	18.5%	16.8%	6.1%	13.8%	5.4%
5-6	8.6%	21.4%	17.3%	18.3%	10.7%	1.4%	2.8%	22.5%	12.9%	17.3%	9.2%	9.3%	1.1%
7-8	9.2%	17.2%	12.6%	18.3%	9.3%	1.1%	0.6%	12.7%	8.7%	15.6%	9.2%	4.8%	2.3%
9-10	13.4%	17.5%	7.3%	13.8%	15.8%	1.7%	0.3%	14.6%	7.9%	11.2%	6.7%	2.8%	0.3%
11-15	35.4%	11.8%	1.1%	8.4%	18.3%	2.0%	1.1%	9.0%	3.9%	10.1%	9.2%	2.8%	0.3%
16-20	18.7%	9.3%	2.8%	6.7%	1.4%	1.4%	0.6%	7.6%	0.8%	2.5%	3.1%	0.3%	0.0%
20+	8.6%	6.2%	0.3%	7.6%	2.0%	1.1%	0.3%	11.8%	1.1%	2.8%	2.2%	0.3%	0.0%

## ALCOHOL

### Potential Alcohol-Related Activities for SJU Students

	Smoke cigarettes	Smoke cigars/clove cigarettes	hookah	Use e-cigarettes	Smoke pot	Use other drugs	Gamble	Argue w/others	Get into fights	Sex with someone known	Sex with someone not known	Sexual experience later regretted
<b>Never do this</b>	86.3%	77.0%	88.8%	94.4%	73.6%	94.1%	84.9%	65.8%	95.5%	47.5%	88.1%	81.3%
<b>Do this only when drinking</b>	10.9%	7.3%	3.7%	1.7%	4.2%	1.1%	0.3%	2.0%	2.5%	2.2%	4.5%	11.3%
<b>Do this when drinking or not drinking</b>	2.8%	15.7%	7.6%	3.9%	22.2%	4.8%	14.8%	32.2%	2.0%	50.3%	7.3%	7.4%

## TOBACCO

### Use of Tobacco in past 12 months

	Did not use	Once a Year	6 times Per year	Once per month	Greater than once per month
<b>Cigarettes</b>	77.0%	8.4%	7.0%	3.7%	3.9%
<b>Hookah</b>	82.3%	8.1%	5.6%	3.1%	0.8%
<b>E-cigarettes</b>	87.0%	5.4%	3.7%	1.7%	2.3%
<b>Smokeless Tobacco</b>	77.4%	4.2%	3.1%	4.0%	11.3%

### Use of Tobacco in past 30 Days

	0 days	1-2 days	3-5 days	6-9 days	10-19 days	20-29 days	30 days
<b>Cigarettes</b>	90.2%	6.4%	1.4%	0.6%	0.8%	0.3%	0.3%
<b>Hookah</b>	95.2%	3.4%	0.6%	0.8%	0.0%	0.0%	0.0%
<b>E-cigarettes</b>	96.4%	1.7%	0.6%	0.6%	0.6%	0.0%	0.3%
<b>Smokeless Tobacco</b>	84.3%	3.9%	0.8%	1.4%	3.1%	3.6%	2.8%

### Trying to Quit Tobacco/E-cigs

	Percent
<b>Don't Use Tobacco/e-cigs</b>	71.9
<b>No</b>	16.6
<b>Maybe</b>	6.2
<b>Yes</b>	5.3

### Time spent in the same room with someone smoking tobacco in an average week

	Percent
<b>0</b>	80.9
<b>Less than 30 minutes</b>	12.6
<b>31 minutes – 1 hour</b>	3.4
<b>More than 1 hour but less than 3 hours</b>	2.5

### Places Where Students are exposed to Secondhand Smoke

	Percent
<b>On-Campus (inside)</b>	5.3
<b>On-Campus (outside)</b>	60.5
<b>Residence Hall (outside)</b>	40.4
<b>Bar/Restaurant (outside)</b>	33.7
<b>Private Party (outside)</b>	17.7
<b>Where I live (outside)</b>	10.4
<b>Where I live (inside)</b>	3.9
<b>In a car</b>	10.9
<b>Private Party (inside)</b>	2.1

### Tobacco Free Policy Preference

	Strongly Disagree	Disagree	Agree	Strongly Agree
<b>Prefer tobacco/e-cig-free campus (all buildings &amp; grounds)</b>	18.3%	28.4%	28.4%	25.0%
<b>Support a campus-wide policy that prohibits tobacco/e-cig use anywhere on campus grounds</b>	23.3%	34.8%	21.1%	20.8%
<b>Making campus tobacco/e-cig-free would be a violation of my rights</b>	18.3%	29.9%	35.8%	16.1%
<b>Making campus tobacco/e-cig-free would be inconvenient</b>	27.3%	32.1%	27.3%	13.2%
<b>Making campus tobacco/e-cig-free would not matter to me.</b>	20.0%	34.4%	29.6%	16.1%

## PERCEPTION OF HEALTH

<b>SJU students report when describing overall health</b>	
Much less healthy than most people my age	1.4%
Somewhat less healthy than most people my age	9.8%
About the same as most people my age	24.6%
Somewhat healthier than most people my age	38.9%
Much healthier than most people my age	25.2%

## HEALTH PRACTICES

**In the last 7 Days: Participated in vigorous exercise for at least 20 minutes or moderate for at least 30 minutes**

	Percent	Cumulative Percent
<b>7 days</b>	14.3	14.3
<b>6 days</b>	17.7	32.0
<b>5 days</b>	17.4	49.4
<b>4 days</b>	12.9	62.3
<b>3 days</b>	10.7	73.0
<b>2 days</b>	7.6	80.6
<b>1 day</b>	7.0	87.6
<b>0 days</b>	12.4	100.0
<b>Total</b>	100.0	

**In the last 7 days: Performed exercises to strengthen or tone muscles**

	Percent	Cumulative Percent
<b>7 days</b>	7.3	7.3
<b>6 days</b>	12.4	19.7
<b>5 days</b>	14.4	34.1
<b>4 days</b>	13.0	47.1
<b>3 days</b>	14.1	61.2
<b>2 days</b>	11.6	72.8
<b>1 day</b>	5.9	78.7
<b>0 days</b>	21.2	100.0
<b>Total</b>	100.0	

**In the last 7 days: got enough sleep so felt rested when awakening**

	<b>Percent</b>	<b>Cumulative Percent</b>
<b>7 days</b>	8.7	8.7
<b>6 days</b>	12.1	20.8
<b>5 days</b>	22.8	43.6
<b>4 days</b>	20.0	63.6
<b>3 days</b>	13.8	77.4
<b>2 days</b>	11.0	88.4
<b>1 day</b>	7.9	96.3
<b>0 days</b>	3.7	100.0
<b>Total</b>	100.0	

**In the last 7 days: brushed teeth**

	<b>Percent</b>	<b>Cumulative Percent</b>
<b>7 days</b>	84.8	84.8
<b>6 days</b>	7.3	92.1
<b>5 days</b>	3.1	95.2
<b>4 days</b>	2.2	97.4
<b>3 days</b>	0.8	98.2
<b>2 days</b>	1.1	99.3
<b>1 day</b>	0.0	99.3
<b>0 days</b>	0.6	100.0
<b>Total</b>	100.0	

**In the last 7 days: flossed teeth**

	<b>Percent</b>	<b>Cumulative Percent</b>
<b>7 days</b>	10.5	10.5
<b>6 days</b>	4.0	14.5
<b>5 days</b>	5.4	19.9
<b>4 days</b>	6.8	26.7
<b>3 days</b>	6.2	32.9
<b>2 days</b>	8.5	41.4
<b>1 day</b>	15.0	56.4
<b>0 days</b>	43.6	100.0
<b>Total</b>	100.0	

**In the last 7 days: Ate meals and snacks at regular intervals throughout the day**

	<b>Percent</b>	<b>Cumulative Percent</b>
<b>7 days</b>	40.4	40.4
<b>6 days</b>	10.7	51.1
<b>5 days</b>	15.7	66.8
<b>4 days</b>	11.5	78.3
<b>3 days</b>	8.7	87.0
<b>2 days</b>	6.2	93.2
<b>1 day</b>	2.5	95.7
<b>0 days</b>	4.2	100.0
<b>Total</b>	100.0	

**In the last 7 days: Ate or drank at least 3 servings of milk, yogurt, or orange juice/milk alternatives fortified with calcium**

	<b>Percent</b>	<b>Cumulative Percent</b>
<b>7 days</b>	40.0	40.0
<b>6 days</b>	9.6	49.6
<b>5 days</b>	10.7	60.3
<b>4 days</b>	9.3	69.6
<b>3 days</b>	11.3	80.9
<b>2 days</b>	7.0	87.9
<b>1 day</b>	5.1	93.0
<b>0 days</b>	7.0	100.0
<b>Total</b>	100.0	

**In the last 7 days: ate at least 5 servings of fruits and vegetables**

	<b>Percent</b>	<b>Cumulative Percent</b>
<b>7 days</b>	15.3	15.3
<b>6 days</b>	7.1	22.4
<b>5 days</b>	13.9	36.3
<b>4 days</b>	15.9	52.2
<b>3 days</b>	17.9	70.1
<b>2 days</b>	14.2	84.3
<b>1 day</b>	7.4	91.7
<b>0 days</b>	8.2	100.0
<b>Total</b>	100.0	

**In the last 7 days: skipped meals (not eating at least 3 times a day)**

	<b>Percent</b>	<b>Cumulative Percent</b>
<b>7 days</b>	11.9	11.9
<b>6 days</b>	5.4	17.3
<b>5 days</b>	7.3	24.6
<b>4 days</b>	8.8	33.4
<b>3 days</b>	8.5	41.9
<b>2 days</b>	13.8	55.7
<b>1 day</b>	15.3	71.0
<b>0 days</b>	29.1	100.0
<b>Total</b>	100.0	

**In the last 7 days: ate “breakfast” or some food shortly after waking**

	<b>Percent</b>	<b>Cumulative Percent</b>
<b>7 days</b>	39.7	39.7
<b>6 days</b>	9.1	48.8
<b>5 days</b>	8.2	57.0
<b>4 days</b>	7.6	64.6
<b>3 days</b>	9.1	73.7
<b>2 days</b>	12.2	85.9
<b>1 day</b>	4.8	90.7
<b>0 days</b>	9.3	100.0
<b>Total</b>	100.0	

**In the last 7 days: took a vitamin and/or mineral supplement**

	<b>Percent</b>	<b>Cumulative Percent</b>
<b>7 days</b>	18.6	18.6
<b>6 days</b>	2.9	21.5
<b>5 days</b>	4.0	25.5
<b>4 days</b>	3.7	29.2
<b>3 days</b>	5.1	34.3
<b>2 days</b>	4.3	38.6
<b>1 day</b>	4.9	43.5
<b>0 days</b>	56.6	100.0
<b>Total</b>	100.0	



**In the last 7 days: drank at least 8 glasses (about 64oz) of water or other non-alcoholic fluids**

	<b>Percent</b>	<b>Cumulative Percent</b>
<b>7 days</b>	49.4	49.4
<b>6 days</b>	8.6	58.0
<b>5 days</b>	17.1	75.1
<b>4 days</b>	7.1	82.2
<b>3 days</b>	8.6	90.8
<b>2 days</b>	2.3	93.1
<b>1 day</b>	2.9	96.0
<b>0 days</b>	4.0	100.0
<b>Total</b>	100.0	

**In the last 7 days: thought about nutrition or health when choosing what to eat**

	<b>Percent</b>	<b>Cumulative Percent</b>
<b>7 days</b>	48.2	48.2
<b>6 days</b>	8.5	56.7
<b>5 days</b>	13.0	69.7
<b>4 days</b>	10.2	79.9
<b>3 days</b>	7.4	87.3
<b>2 days</b>	3.7	91.0
<b>1 day</b>	2.3	93.3
<b>0 days</b>	6.8	100.0
<b>Total</b>	100.0	

**SLEEP**

**Sleep Quality (past month)**

	<b>Percent</b>
<b>Very good</b>	14.4
<b>Fairly good</b>	59.7
<b>Fairly bad</b>	22.0
<b>Very bad</b>	3.9
<b>Total</b>	100.0

## Top impediments to good night's sleep

	Percent
Studying/Preparing for Class	44.9
Worrying/Fretting	24.7
Can't Wind Down	18.5
Noisy Environments	16.8
Irregular Schedule	15.3
Technology in the Bedroom	17.6
Roommates	13.4

(Respondents could choose top 2)

## Stop Use of electronics (does not include setting alarm)

How long before sleeping	Percent
Use up until the moment of going to bed	43.1
15 minutes	37.1
30 minutes	12.4
45 minutes	2.3
1 hour or more	5.2
<b>Total</b>	<b>100.0</b>

## Cellphone Use and Bedtime

Statement	Percent
My phone is within reach when I sleep AND I leave the vibrate and/or ringer on	47.9
My phone is within reach when I sleep BUT I silence all alerts and calls (except alarm).	37.6
My phone is not within reach when I sleep BUT I leave the vibrate and/or ringer on	8.3
My phone is not within reach when I sleep AND I silence all alerts and calls.	6.3
<b>Total</b>	<b>100.0</b>

## PREVENTIVE HEALTH PRACTICES

	Yes	No	Don't Know
Used sunscreen every day outside	5.6%	92.9%	1.4%
Had a dental exam and cleaning in the last year	84.7%	14.2%	1.1%
Had cholesterol checked in the last 2 years	37.5%	49.3%	13.2%
Had blood pressure checked in the last year	85.1%	11.5%	3.4%
Performed a testicular self-exam in the last month	45.1%	53.0%	2.0%
Received HPV vaccine (full or partial series)	44.4%	31.9%	23.7%
Received meningococcal vaccination	51.5%	18.6%	29.9%
Received a flu shot or flu nasal mist in last 12 months	41.9%	53.5%	4.5%

## WEIGHT

### Trying to do anything about weight?

	Percent
Lose weight	30.1
Stay the same weight	27.0
Gain weight	23.0
Not trying to do anything	19.9
<b>Total</b>	<b>100.0</b>

### Within the Last 30 Days, did the following:

	Percent
Exercise to gain/build muscle	65.5
Exercise to lose weight	38.5
Diet to lose weight	28.6
Take diet pills or supplements to lose weight	2.3
Vomit or abuse laxatives to lose weight	1.1
Smoke cigarettes to lose weight or not gain weight	0.3
Consume a diet intended to gain weight or build muscle	36.2
Take nutritional supplements to gain weight or build muscle	32.4
Take steroids to gain weight or build muscle	0.6

Note: Students could choose multiple responses

## BODY IMAGE

**“I think I am...”**

**“From looking at me, most people would think I am...”**

0.0%	very underweight	1.7%
14.6%	somewhat underweight	16.9%
57.4%	normal weight	65.3%
23.7%	somewhat overweight	13.8%
4.3%	very overweight	2.3%

## BODY SATISFACTION

**Felt satisfied with body within last 30 days**

	Percent
<b>Never</b>	7.3
<b>Sometimes</b>	23.6
<b>Most of the time</b>	51.1
<b>Always</b>	18.0

## SAFETY

During the last school year, how often did you do the following...

	N/A	Never	Rarely	Sometimes	Most of the time	Always
<b>Wear seatbelt</b>	0.3	0.0	1.1	0.9	9.1	88.6
<b>Wear helmet – bike</b>	30.0	33.7	9.1	11.1	7.4	8.6
<b>Wear helmet - motorcycle</b>	83.4	0.9	0.0	1.7	2.3	11.7
<b>Use recommended safety equip (pads, life jacket, goggles, etc.)</b>	23.1	3.7	8.8	22.8	28.5	13.1
<b>Drive within 5mph of posted speed limit</b>	2.6	2.0	4.3	22.8	53.6	14.8
<b>Ride with driver who was drinking</b>	14.6	66.3	15.4	2.6	0.0	1.1
<b>Drive car after drinking</b>	21.1	58.3	17.1	2.9	0.0	0.6
<b>Drive 20 mph or more over speed limit</b>	8.0	43.1	39.1	8.0	0.6	1.1
<b>Gamble more money than intended</b>	37.0	51.3	9.4	1.4	0.3	0.6
<b>Drink more alcohol than intended</b>	16.5	18.8	27.9	31.9	3.1	1.7
<b>Tan using indoor tanning bed</b>	33.4	63.7	1.7	0.6	0.0	0.6
<b>Received health care when necessary</b>	14.5	7.4	8.5	13.4	27.9	28.2

## ACADEMICS AND HEALTH

	Did not happen to me/not applicable	Have experienced but academics not affected	Received lower grade on exam /important project	Received lower grade in course	Received incomplete or dropped course
Alcohol use	39.0	53.7	6.2	1.1	0.0
Allergies	70.1	27.1	2.5	0.3	0.0
Assault (physical)	98.9	1.1	0.0	0.0	0.0
Assault (sexual)	98.0	1.7	0.3	0.0	0.0
Attention deficit disorder	81.9	6.2	5.9	4.2	1.7
Cold/flu/sore throat	35.7	47.6	15.3	1.1	0.3
Concern for friend or family	53.5	35.4	9.6	0.8	0.6
Chronic illness (asthma, diabetes, etc)	91.8	7.1	0.8	0.3	0.0
Chronic pain	90.7	8.2	1.1	0.0	0.0
Death of a friend or family member	80.2	15.3	2.0	1.7	0.8
Depression/anxiety/SAD	67.9	17.0	8.2	5.7	1.1
Drug use	85.3	12.1	1.1	1.4	0.0
Eating disorder/problem	96.3	3.1	0.0	0.3	0.3
Gambling activity	94.6	5.4	0.0	0.0	0.0
HIV infection/AIDS	99.7	0.3	0.0	0.0	0.0
Injury	81.6	14.4	2.5	1.1	0.3
Internet use/Gaming	64.1	29.9	4.8	1.1	0.0
Learning disability	94.6	2.0	1.4	1.7	0.3
Mono	95.8	2.3	1.1	0.6	0.3
Pregnancy- your partner's	99.2	0.6	0.0	0.0	0.3
Relationship difficulty	66.7	22.9	7.6	2.3	0.6
Sexually transmitted disease	99.4	0.6	0.0	0.0	0.0
Sinus infection/ear infection/bronchitis/strep throat	87.6	8.2	3.7	0.6	0.0
Sleep difficulties	50.8	29.4	15.8	3.4	0.6
Stress	27.1	42.6	20.6	8.3	1.4
Harassment/ Stalking In person or electronically	98.0	1.1	0.8	0.0	0.0
Socializing w/ friends	28.0	61.0	10.2	0.8	0.0
Social Media	41.3	53.3	4.6	0.9	0.0

## HEALTH CARE

Choice For non-emergency medical care	Percent Response
Hometown health care provider	34.1
Health Partner Clinic (at SJU)	33.0
No idea what I would do at this time	12.6
Clinic in St. Cloud	8.3
Clinic in St. Joseph	2.3
St. Cloud Hospital Emergency Room	2.6
Urgent Care	3.2
Clinics located in retail establishments	1.1

## MENTAL HEALTH

### Behaviors

	No	Yes in last 30 days	Yes in last 12 months	Yes, more than 12 months ago
<b>Attempted Suicide</b>	94.8%	0.0%	1.4%	3.8%
<b>Intentionally cut, burned, bruised, or otherwise injured self</b>	89.6%	2.0%	2.6%	5.8%

	No	Yes, on campus	Yes, off-campus
<b>Currently in therapy</b>	92.2%	6.1%	1.7%
	No	Yes	
<b>Would seek help from a mental health professional</b>	23.2%	76.8%	

## Last 12 months, Mental Health Issues Diagnosed/Treated by Professional:

	No	Yes, diagnosed but not treated	Yes, treated with medication	Yes, treated with psychotherapy	Yes, treated with medication and psychotherapy	Yes, other treatment
<b>Anorexia</b>	99.4%	0.3%	0.0%	0.3%	0.0%	0.0%
<b>Anxiety</b>	91.3%	3.2%	2.6%	1.2%	1.4%	0.3%
<b>ADD or ADHD</b>	91.4%	2.0%	5.5%	0.3%	0.9%	0.0%
<b>Bipolar Disorder</b>	98.6%	0.0%	0.9%	0.3%	0.3%	0.0%
<b>Bulimia</b>	99.1%	0.3%	0.6%	0.0%	0.0%	0.0%
<b>Depression</b>	86.4%	2.9%	3.8%	3.5%	2.6%	0.9%
<b>Insomnia</b>	96.8%	1.2%	1.4%	0.3%	0.0%	0.3%
<b>Other sleep disorder</b>	97.7%	0.9%	0.6%	0.6%	0.0%	0.3%
<b>Obsessive Compulsive Disorder (OCD)</b>	97.7%	0.3%	1.2%	0.6%	0.3%	0.0%
<b>Panic Attacks</b>	95.7%	1.4%	1.4%	0.3%	0.9%	0.3%
<b>Phobia</b>	99.4%	0.0%	0.6%	0.0%	0.0%	0.0%
<b>Schizophrenia</b>	99.1%	0.3%	0.6%	0.0%	0.0%	0.0%
<b>Substance Abuse or Addiction (Alcohol or other drugs)</b>	98.0%	0.3%	0.3%	0.9%	0.0%	0.6%
<b>Other addiction (e.g. gambling, internet, sexual)</b>	98.8%	0.3%	0.6%	0.3%	0.0%	0.0%
<b>Other mental health condition</b>	97.4%	0.9%	0.3%	0.6%	0.3%	0.6%

**Mental Health Topics of the Most Concern to SJU Students**  
 (need/want more info, need/want to make changes, have concerns about own behavior....)

	Percent
<b>Stress</b>	<b>57.2</b>
<b>Grades, procrastination</b>	<b>41.4</b>
<b>Anxiety</b>	<b>33.4</b>
<b>Depression</b>	<b>31.9</b>
<b>Personal development/self-esteem</b>	<b>29.0</b>
Choosing a major/career	28.5
Relationship issues	24.0
Family issues	15.5
Assertiveness	14.4
Suicidal thoughts	12.5
Sexual concerns/identity	9.6
Eating behaviors	8.7
Grief/loss	8.7
Racial issues	7.3
Cultural adjustment issues	5.5
Self-injury/harm	4.4
Trauma	3.5

**Physical Health Concerns Most Important to SJU Students**  
 (need/want more info, need/want to make changes, have concerns about own behavior....)

	Percent
<b>Stress management</b>	<b>41.7</b>
<b>Sleep</b>	<b>41.2</b>
<b>Time management</b>	<b>39.7</b>
<b>Physical fitness/exercise</b>	<b>38.7</b>
<b>Nutrition</b>	<b>38.1</b>
Sports injuries	28.8
Weight: overweight	15.8
Cancer awareness/prevention	15.1
Alcohol	14.7
Sexual health	11.6
Heart disease	11.6
Blood pressure	11.3
Pregnancy prevention	10.2
Drugs	8.4
Cholesterol	7.9
Diabetes	6.7
Sexually transmitted diseases	6.1
Weight: underweight	5.5
Tobacco cessation	5.2



## SJU students thought were problems at SJU during last school year

	1 Not at all	2 Small Problem	3 Some Problem	4 Great Problem	5 Very great problem
<b>Alcohol</b>	27.1	22.7	32.1	12.2	5.8
<b>Tobacco</b>	43.7	31.5	20.4	2.9	1.5
<b>Marijuana</b>	36.6	26.2	23.5	10.5	3.2
<b>Date rape drugs</b>	67.5	21.3	8.8	2.0	0.3
<b>Other drugs</b>	56.2	28.2	12.4	2.9	0.3
<b>Nutrition</b>	33.7	27.0	24.0	12.0	3.2
<b>Eating disorders</b>	52.8	31.4	12.9	2.3	0.6
<b>Depression</b>	30.7	30.1	24.9	9.4	5.0
<b>Stress</b>	17.3	16.1	33.3	24.9	8.5
<b>Self Injury/Harm</b>	59.4	29.8	8.2	2.0	0.6
<b>Sexually transmitted infections</b>	52.9	37.4	8.2	0.9	0.6
<b>Sexual assault</b>	29.0	29.6	25.8	11.1	4.4
<b>Sexual harassment</b>	33.2	28.2	22.1	11.8	4.7
<b>Unfair Treatment (because of gender, sexual orientation, race, culture, disabilities etc.)</b>	44.0	25.1	16.3	8.7	5.8
<b>Violence</b>	59.2	30.2	7.6	2.3	0.6
<b>Safety on campus</b>	60.4	27.6	9.1	2.1	0.9
<b>Suicide</b>	57.6	26.3	9.9	4.4	1.8
<b>Gambling</b>	72.6	23.2	3.2	0.9	0.0
<b>Gaming (on- line, PC, PlayStation/X- Box/Wii, etc.)</b>	46.3	23.9	17.7	8.6	3.5

**SJU students thought were problems at CSB during the last school year**

	<b>1 Not at all</b>	<b>2 Small Problem</b>	<b>3 Some Problem</b>	<b>4 Great Problem</b>	<b>5 Very great problem</b>
<b>Alcohol</b>	31.2	25.0	<b>28.2</b>	<b>10.6</b>	<b>5.0</b>
<b>Tobacco</b>	57.2	29.8	11.8	0.6	0.6
<b>Marijuana</b>	48.1	30.7	17.1	3.8	0.3
<b>Date rape drugs</b>	63.4	21.8	10.0	2.9	1.8
<b>Other drugs</b>	63.4	24.2	10.9	0.9	0.6
<b>Nutrition</b>	33.5	26.2	<b>23.8</b>	<b>11.5</b>	<b>5.0</b>
<b>Eating disorders</b>	32.6	30.0	25.9	7.6	3.8
<b>Depression</b>	28.8	26.2	<b>28.8</b>	<b>10.0</b>	<b>6.2</b>
<b>Stress</b>	19.7	17.9	<b>31.5</b>	<b>20.0</b>	<b>10.9</b>
<b>Self Injury/Harm</b>	55.6	27.9	12.1	3.2	1.2
<b>Sexually transmitted infections</b>	55.9	32.6	9.1	1.5	0.9
<b>Sexual assault</b>	30.3	26.2	<b>27.1</b>	<b>11.2</b>	<b>5.3</b>
<b>Sexual harassment</b>	31.6	28.3	24.8	10.0	5.3
<b>Unfair Treatment (because of gender, sexual orientation, race, culture, disabilities, etc.</b>	46.2	24.7	16.2	8.8	4.1
<b>Violence</b>	63.7	25.4	8.0	2.4	0.6
<b>Safety on campus</b>	54.0	26.8	14.2	3.5	1.5
<b>Suicide</b>	59.9	26.8	9.1	3.2	0.9
<b>Gambling</b>	79.4	17.4	2.7	0.3	0.3
<b>Gaming (on- line, PC, PlayStation/X- Box/Wii, etc.)</b>	76.6	17.5	4.1	0.3	1.5

## SEXUAL HEALTH

### Had Consensual Sex (Oral, Anal, Vaginal)

	Percent
No	36.6
Yes	62.9
Don't know	0.6
Total	100.0

**Note: Those that said “no” were asked to skip questions of sexual activity and go to questions regarding consent.**

**The next 9 questions were responded to by students who have had consensual sex.**

### Currently in Sexual Relationship

	Percent
No	44.6
Yes	55.3

### Discuss Sexually Transmitted Disease Prevention with Partner(s) Before Engaging in Sexual Activity

	Percent
No	52.9
Yes, with some partners	12.6
Yes, with every partner	34.5
Total	100.0

### Tested for sexually transmitted diseases in past year

	Percent
No	83.7
Yes	16.3

### Diagnosed with sexually transmitted diseases in past year

	Percent
No	99.5
Yes	0.4

## Discuss Pregnancy Prevention with Partner(s) Before Engaging in Sexual Activity

	Percent
N/A	9.5
No	12.2
Yes, with some partners	9.9
Yes, with every partner	68.3

## Frequency of Protection When Engaging in Sex-Barrier Method (Condom, Dental Dam)

	Percent
N/A	3.2
Not sexually active	5.6
Never	12.3
Rarely	5.5
Sometimes	10.0
Most of the time	23.3
Always	38.6

## Frequency of Protection When Engaging in Sex-Non-Barrier Method (Birth Control Pill, Patch, Shot)

	Percent
N/A	8.7
Not sexually active	6.5
Never	13.4
Rarely	1.0
Sometimes	5.9
Most of the time	11.4
Always	50.0

## Most Often Used Method of Pregnancy Prevention with Vaginal Intercourse

	Percent
Have not had vaginal intercourse	8.2
Birth control pills/patch/implant	30.0
Depo provera (shots)	0.9
Condoms (male or female)	54.3
Diaphragm/Cervical cap/Sponge/Shield	0.0
Vaginal ring (Nuva Ring)	0.4
IUD (intrauterine device)	1.8
Spermicide (e.g., foam)	0.0
Fertility awareness (calendar, mucous, basal body temp)	0.4
Withdrawal	2.2
Other method	0.0
Nothing	1.8
<b>Total</b>	<b>100.0</b>

## SEXUAL ASSAULT

### If partner initiating sexual activity, frequency of being asked to provide consent prior to engaging in sexual activity

	Percent
Not Sexually Active	13.1
Never	29.9
Rarely	9.2
Sometimes	8.4
Usually	15.5
Always	23.9
Total	100.0

### If respondent initiating sexual activity, frequency of asking partner's consent prior to engaging in sexual activity

	Percent
Not Sexually Active	12.4
Never	9.2
Rarely	3.6
Sometimes	11.2
Usually	20.7
Always	43.0
Total	100.0

### Importance of Providing Consent prior to a sexual experience

	Percent
Not at all important	0.6
Somewhat important	7.2
Important	24.9
Very Important	67.3
Total	100.0

### Importance of Providing Verbal Consent prior to a sexual experience

	Percent
Not at all important	2.9
Somewhat important	20.3
Important	29.1
Very Important	47.7
Total	100.0

## Sexual Assault Myths

	Strongly Disagree	Disagree	Agree	Strongly Agree
Most sexual assaults occur between two people who know one another.	1.7%	11.6%	61.2%	25.5%
If I don't hear the word "no", I don't have to worry about sexual assault.	46.2%	44.2%	6.9%	2.6%
Sexual assault can happen to people of any age, race, class, religion, occupation, physical ability, sexual identity, appearance.	0.9%	1.4%	27.0%	70.7%
Having sex with someone who is drunk does not have any added risks.	57.6%	39.2%	3.2%	0.0%
Being physically intimate previously means there is a free and active agreement for sexual intimacy at another time.	38.2%	51.4%	8.7%	1.7%
If both people are drunk then a sexual assault cannot occur.	48.1%	38.3%	8.4%	5.2%
People who wear provocative clothing are just "asking" for sex.	56.4%	33.8%	8.4%	1.4%
Sexual assault is a violent act.	4.6%	15.6%	36.0%	43.8%

## Readiness to Address Sexual Assault

	Strongly Disagree	Disagree	Agree	Strongly Agree
I don't think sexual violence is a problem on this campus.	12.6%	49.6%	33.5%	4.3%
I don't think there is much I can do about sexual violence on campus.	9.7%	49.3%	35.2%	5.7%
There isn't much need for me to think about sexual violence on campus.	12.3%	51.3%	31.5%	4.9%
Doing something about sexual violence is solely the job of a sexual assault center.	34.6%	59.4%	5.5%	0.6%
Sometimes I think I should learn more about sexual violence.	8.9%	39.5%	47.3%	4.3%
I have not yet done anything to learn more about sexual violence.	15.8%	47.6%	30.4%	6.3%
I think I can do something about sexual violence.	2.9%	22.5%	63.7%	11.0%
I am planning to learn more about the problem of sexual violence on campus.	12.1%	47.3%	35.7%	4.9%
I have recently attended a program about sexual violence.	23.9%	45.4%	22.1%	8.6%
I am actively involved in projects to deal with sexual violence on campus.	29.5%	55.5%	11.0%	4.0%
I have recently taken part in activities or volunteered my time on projects focused on ending sexual violence on campus.	30.2%	51.4%	14.4%	4.0%
I have been or am currently involved in ongoing efforts to end sexual violence on campus.	27.4%	51.0%	18.2%	3.5%

## Frequency of bystander-type behavior

	Not at all likely	Somewhat likely	Moderately likely	Very likely
I would walk a friend home from a party who has had too much to drink.	1.1%	3.7%	17.7%	77.4%
If I saw a friend grabbing, pushing, or insulting a partner, I would confront my friend.	1.1%	8.6%	28.0%	62.3%
If I saw a friend taking a very intoxicated person up the stairs to my friend's room, I would say something and ask what my friend was doing.	3.7%	20.1%	35.1%	41.1%
If I hear an acquaintance talking about forcing someone to have sex with them, I would speak up against it and express concern for the victim.	1.4%	13.2%	24.1%	61.2%
If I saw a friend grabbing, pushing, or insulting their partner, I would get help from other friends or university staff.	5.2%	18.9%	31.8%	44.1%
If I saw a friend being grabbed or pushed or pressured by another, I would intervene or get help from other friends or university staff.	2.3%	13.2%	25.9%	58.6%
I would confront friends who make excuses for the abusive behavior of others.	2.6%	15.7%	34.2%	47.5%
I would speak up against racist jokes.	22.1%	34.4%	26.1%	17.5%
I would speak up against sexist jokes.	25.0%	33.6%	26.7%	14.7%
I would speak up against homophobic jokes.	24.1%	33.0%	23.2%	19.8%
I would speak up against commercials that depict violence against women.	25.4%	27.7%	23.9%	23.1%
I would speak up in class if anyone said that people who are sexually assaulted "enjoyed it" or "liked it".	10.9%	18.3%	26.6%	44.1%
I would speak up if I hear anyone say that someone deserves to be sexually assaulted.	4.9%	13.0%	25.4%	56.8%
When I hear a sexist comment, I indicate my displeasure.	22.3%	37.0%	24.6%	16.0%
Someone I know has been accused of sexual violence. I share any information I may have with the appropriate people.	9.2%	19.4%	33.8%	37.6%

## Reasons for answering "never or rarely" above

Reasons	Percent
None of my business	49.7
Fear	9.1
Don't have skill or knowledge needed	19.6
Embarrassed	9.1
Don't see it as a problem	43.4
Not sure how people would react	18.2
Don't want to get anyone into trouble	11.2
Don't want to make the situation worse	29.4
Other	0.0

### Behavior when under the influence of alcohol or drugs

	N/A – don't drink or do drugs	Never	Rarely	Sometimes	Usually	Always
When I am under the influence of alcohol and/or drugs, I respond to situations involving, sex, consent, and violence in ways that are not in line with my values.	22.9%	39.1%	21.4%	10.9%	2.9%	2.9%

### Past School Year, Involved in Relationship Described as:

	No	Yes	Unsure
Verbally Abusive	96.8%	2.3%	0.9%
Emotionally Abusive	90.0%	5.7%	4.3%
Physically Abusive	99.4%	0.0%	0.6%
Sexually Abusive	98.3%	0.6%	1.2%

### Respondent Touched Sexually Against Will

	Percent
No	89.4
Yes, this academic year	2.3
Yes, but not this academic year	6.6
Unsure	1.7
Total	100.0

### Respondent Touched Someone Sexually Against his/her Will

	Percent
No	93.4
Yes, this academic year	0.6
Yes, but not this academic year	1.7
Unsure	4.3
Total	100.0



**Respondent Forced/Coerced to Have Sex (Oral, Anal, and/or Vaginal) against Will (by someone known)**

	<b>Percent</b>
<b>No</b>	95.7
<b>Yes, this academic year</b>	1.4
<b>Yes, but not this academic year</b>	2.3
<b>Unsure</b>	0.6
<b>Total</b>	100.0

**Respondent Forced/Coerced to Have Sex (Oral, Anal, and/or Vaginal) against Will (by someone unknown)**

	<b>Percent</b>
<b>No</b>	98.6
<b>Yes, this academic year</b>	0.3
<b>Yes, but not this academic year</b>	0.9
<b>Unsure</b>	0.3
<b>Total</b>	100.0

**Respondent Forced/Coerced someone to have Sex (Oral, Anal, and/or Vaginal) against Will (someone known)**

	<b>Percent</b>
<b>No</b>	99.7
<b>Yes, this academic year</b>	0.0
<b>Yes, but not this academic year</b>	0.3
<b>Unsure</b>	0.0
<b>Total</b>	100.0

**Respondent Forced/Coerced someone to have Sex (Oral, Anal, and/or Vaginal) against Will (someone unknown)**

	<b>Percent</b>
<b>No</b>	100.0
<b>Yes, this academic year</b>	0.0
<b>Yes, but not this academic year</b>	0.0
<b>Unsure</b>	0.0
<b>Total</b>	100.0