THE CHANGING NATURE OF STUDENT HEALTH AT UM 2000-2018

SUMMARY AND IMPLICATIONS

SUBSTANCE USE – ALCOHOL – TOBACCO - OTHER DRUGS

PHYSICAL HEALTH

SEXUAL HEALTH

MENTAL HEALTH

DEMOGRAPHICS AND METHODS
According to National College Health Assessment data collected from 2000-2018, the priority health needs of UM students have shifted. This brief report summarizes the way in which these changes have taken shape; what improvements have been made as well as areas of new concern. For a more in-depth investigation of trend data, please refer to the reports provided here: [http://www.umt.edu/ncha](http://www.umt.edu/ncha).

### Areas of Improvement

#### Alcohol (2002-2018)

While roughly three quarters of UM students report using alcohol during the past 30 days, a rate which has remained relatively consistent, fewer UM students report dangerous alcohol use and negative consequences related to alcohol use. The most dramatic change is seen when driving after binge drinking – a decrease of **89%**.

- The average **number of drinks** consumed while partying has **declined by 41%**.
- The percent of UM students who report **binge drinking** has **declined by 36%**.
- **Negative consequences** associated with drinking (i.e. Injury, regretted behaviors) have **declined by an average 38%**.
- The percent of UM students who engage in **protective behaviors** when they drink has **increased by an average 62%**.

#### Tobacco (2002-2018)

- **Cigarette use** among UM students had **declined by 74%**.
- **Smokeless tobacco** use has **declined by 61%**.

#### Sexual Health (2000-2018)

- **Unintended pregnancies** have dropped by **70%**.
- **Long-acting reversible contraception** (IUD, Norplant) use has exploded; an average **4 year increase of 442%**.

### Areas for Action

#### Mental Health (2014-2018)

- **71%** of UM students report feeling **very lonely** and **64%** report feeling **very sad**; an increase of **14%**
- **64%** of UM students report feeling **overwhelming anxiety**; an increase of **20%**.
- **91%** of UM students feel **overwhelmed by daily activities**.
- The number of UM students who report **seriously considering suicide** has increased by **87%**.
- The number of UM students who intentionally hurt themselves has increased by **63%**.
The number of UM students whose BMI is categorized as overweight or obese has increased by 36%.

The number of UM females whose BMI is categorized as overweight or obese has increased by 86%.

Use of e-cigarettes by UM students has increased by 105% in the past two years.

Most UM students use alcohol but research indicates they are safer and have fewer negative consequences.

UM students who report current marijuana use has remained steady at about 25%; 5% use daily.

Tobacco use has declined steadily among UM students but e-cigarette use has doubled in two years.

Prescription drug use among UM students is relatively low; 8.5% report using stimulants, 5.6% use pain killers.

2% or fewer report using other drugs such as opiates, cocaine, or club drugs.

Female students at UM have seen a dramatic increase in reported BMIs.

61% of UM students report feeling tired or sleepy most days of the week.

52% meet guidelines for exercise; 37% eat at least 3 servings of fruits and vegetables per day.

65% of sexually active UM students report having only one sexual partner in the past year.

Very few students report STIs; 2% or fewer.

More UM students are struggling with mental well-being. They are lonely, sad, overwhelmed, anxious and depressed.

More UM students are seeking mental health treatment with most UM students seeking treatment on campus.
Most UM students use alcohol but research indicates they are safer and have fewer negative consequences.

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Tobacco use has declined steadily among UM students but e-cigarette use has doubled in two years.

Prescription drug use among UM students is relatively low; 8.5% report using stimulants, 5.6% use pain killers.

2% or fewer report using other drugs such as opiates, cocaine, or club drugs.
While we aren’t seeing a dramatic difference in how many UM students report using alcohol, the data suggest fewer UM students are engaging in dangerous drinking behaviors.
Fewer UM students are drinking and driving, especially after consuming 5 or more drinks.

% of students **drove after drinking any alcohol** within the last 30 days

% of students **drove after drinking 5+ alcoholic drinks** within the last 30 days
Negative consequences associated with alcohol use are being reported by fewer UM students.
% of UM students who report physically injuring themselves when drinking alcohol

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

% of UM students who report physically injuring another person when drinking alcohol

Students responding "N/A, don't drink" were excluded from this analysis
More UM students are engaging in behaviors to keep themselves safe while drinking.
% of UM students who report *mostly or always* avoiding drinking games

<table>
<thead>
<tr>
<th>Year</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>2000</td>
<td>50.0</td>
</tr>
<tr>
<td>2002</td>
<td>38.3</td>
</tr>
<tr>
<td>2004</td>
<td>39.4</td>
</tr>
<tr>
<td>2006</td>
<td>44.7</td>
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<tr>
<td>2008</td>
<td>41.6</td>
</tr>
<tr>
<td>2012</td>
<td>51.3</td>
</tr>
<tr>
<td>2014</td>
<td>53.2</td>
</tr>
<tr>
<td>2016</td>
<td>48.4</td>
</tr>
<tr>
<td>2018</td>
<td>47.4</td>
</tr>
</tbody>
</table>

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

% of UM students who report *mostly or always* keeping track of how many drinks they consume

<table>
<thead>
<tr>
<th>Year</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>2002</td>
<td>43.4</td>
</tr>
<tr>
<td>2004</td>
<td>47.9</td>
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<tr>
<td>2006</td>
<td>57</td>
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<td>2008</td>
<td>61.2</td>
</tr>
<tr>
<td>2012</td>
<td>65.6</td>
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<tr>
<td>2014</td>
<td>67.7</td>
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<tr>
<td>2016</td>
<td>69</td>
</tr>
<tr>
<td>2018</td>
<td>69.9</td>
</tr>
</tbody>
</table>

Students responding "N/A, don't drink" were excluded from this analysis.
The University of Montana is doing a better job of educating their students about alcohol and other drug use.
Laws and attitudes surrounding marijuana use have changed dramatically over the course of data collection. However, marijuana use rates have stayed relatively steady. Daily marijuana use could be ticking upward but future surveys are needed to illustrate a clearer picture.
Recent concern about prescription drug abuse warranted an update to the NCHA survey in Fall 2015. Use rates over the past two surveys indicate a possible increase in the use of stimulants such as Adderall and sedatives such as Valium. However, future data collection will provide better trend information.

Prescription drug use rates among UM students are significantly higher than other “hard” drugs. However, attention must be paid to the different reporting windows – 12 months for prescription drugs versus past 30 days for other drugs. Stimulants such as Adderall are the most commonly used drug beside alcohol and marijuana.
% of UM students who report "club drug" use within the past 30 days

- Hallucinogens: 1.8% (2012), 1.3% (2014), 1.1% (2016), 1.3% (2018)
- MDMA: 2.0% (2012), 0.9% (2014), 1.3% (2016), 2.1% (2018)
- GHB, Ketamine, Rohypnol: 0.2% (2012), 0.2% (2014), 0.2% (2016), 0.2% (2018)

% of UM students who report other drug use within the past 30 days

- Cocaine: 1.9% (2012), 1.9% (2014), 1.9% (2016), 2.0% (2018)
- Opiates: 0.8% (2014), 0.1% (2016), 0.8% (2018)
- Sedatives: 2.6% (2012), 1.0% (2014), 2.3% (2016), 2.8% (2018)
Tobacco use among UM students has declined dramatically. Fall 2011, UM became a tobacco-free campus. The timing of the Tobacco Free UM policy implementation is noted in each graph.
Fewer UM students report using smokeless tobacco on both a daily and occasional use basis.
The NCHA survey was amended in 2015 to include questions regarding e-cigarette use. Use rates of e-cigarettes among UM students has doubled within the past two years.

<table>
<thead>
<tr>
<th>Year</th>
<th>Any e-cigarette use</th>
<th>Daily E-Cigarette use</th>
</tr>
</thead>
<tbody>
<tr>
<td>2016</td>
<td>3.7%</td>
<td>1.1%</td>
</tr>
<tr>
<td>2018</td>
<td>7.6%</td>
<td>2.2%</td>
</tr>
</tbody>
</table>
Female students at UM have seen a dramatic increase in reported BMIs.
The number of UM students whose BMI is categorized as overweight or obese has increased by 36%.
The number of UM females whose BMI is categorized as overweight or obese has increased by 86%.
61% of UM students report feeling tired or sleepy most days of the week.
52% meet guidelines for exercise; 37% eat at least 3 servings of fruits and vegetables per day.
UM students report feeling less healthy. Fewer UM students categorize their health status as either very good or excellent.

More UM students are struggling with their weight. Based on reported height and weight, more UM students are falling within the category of being overweight and obese.
Both male and female students show an increase in BMI over time, but data indicate a larger shift within the female student population.

In contrast to the change in student BMI over time, the extent to which UM students are taking care of their physical health has seems to be fairly consistent. In fact, data indicate slight improvements in the areas of diet and exercise.
Most UM students report meeting physical activity guidelines for adults issued by the American College of Sports Medicine and the American Health Association (2007). The guidelines are: Moderate-intensity aerobic for at least 30 minutes on 5 or more days per week, or vigorous-intensity aerobic exercise for at least 20 minutes on 3 or more days per week.

The percent of UM students who engage in strength building exercises has increased.

The percent of UM students who met nationally recommended guidelines for weekly physical activity.

<table>
<thead>
<tr>
<th>Year</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>2012</td>
<td>52.9%</td>
</tr>
<tr>
<td>2014</td>
<td>52.4%</td>
</tr>
<tr>
<td>2016</td>
<td>53.7%</td>
</tr>
<tr>
<td>2018</td>
<td>52.0%</td>
</tr>
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</table>

% of UM students who report strength training
1 or more times in the past week

<table>
<thead>
<tr>
<th>Year</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012</td>
<td>50.0%</td>
</tr>
<tr>
<td>2014</td>
<td>46.6%</td>
</tr>
<tr>
<td>2016</td>
<td>55.9%</td>
</tr>
<tr>
<td>2018</td>
<td>55.0%</td>
</tr>
</tbody>
</table>
Most UM students do not get enough sleep to avoid feeling tired and sleepy during the day.

More UM students report struggling with the quality of sleep they are getting.
• 65% of sexually active UM students report having only one sexual partner in the past year.
• Very few students report STIs; 2% or fewer.
• Unintended pregnancies have dropped by 70%.
• Long-acting reversible contraception (IUD, Norplant) use has exploded; an average increase of 442%.
The number of UM students who report being sexually active in the past year hasn’t changed much over the data collection window. While the majority of UM student report being sexually active, most of them report having only one sexual partner within the past 12 months.
The number of students who report STIs continue to be very low.

% of UM students who report being diagnosed with or treated for Chlamydia, Herpes or HPV within the last 12 months

% of UM students who report being diagnosed with or treated for HIV or Gonorrhea within the last 12 months
While most sexual health markers have remained relatively constant, the rate of unintended pregnancies has decreased. A shift in the types of contraception students report using could explain the drop. The percent of UM students who use long-acting reversible contraception such as Norplant or IUD has increased. One could argue that by reducing prohibitive up-front costs of these methods through better insurance coverage has reduced the number of unintended pregnancies among UM students.
Condoms and Birth Control Pills are the most frequently used contraception method by UM students. However, fewer UM students report using birth control pills as a method of contraception over the course of data collection.
More UM students are struggling with mental health and emotional well-being.
More UM students are seeking mental health treatment with most UM students seeking treatment on campus.
71% of UM students report feeling very lonely and 64% report feeling very sad; an increase of 14%
64% of UM students report feeling overwhelming anxiety; an increase of 20%.
91% of UM students feel overwhelmed by daily activities.
The number of UM students who report seriously considering suicide has increased by 87%.
The number of UM students who intentionally hurt themselves has increased by 63%.
More UM students are struggling with mental health and emotional well-being. While stress holds relatively steady as the number one reported impediment to academic success, additional indicators of poor mental health show a worrisome upward trend.
More of our students are reporting feeling very sad and lonely.
% of UM students who report anxiety, hopelessness, or depression in the past 12 months

- 2012: 44.0% Felt things were hopeless, 33.8% Felt overwhelming anxiety, 4.9% Felt so depressed it was difficult to function
- 2014: 53.1% Felt things were hopeless, 46.7% Felt overwhelming anxiety, 7.5% Felt so depressed it was difficult to function
- 2016: 59.8% Felt things were hopeless, 51.0% Felt overwhelming anxiety, 9.5% Felt so depressed it was difficult to function
- 2018: 63.7% Felt things were hopeless, 61.0% Felt overwhelming anxiety, 8.0% Felt so depressed it was difficult to function

% of UM students who report self harm or suicide ideation in the past 12 months

- 2012: 4.9% Intentionally injured self, 4.9% Seriously considered suicide
- 2014: 5.6% Intentionally injured self, 7.1% Seriously considered suicide
- 2016: 9.5% Intentionally injured self, 10.1% Seriously considered suicide
- 2018: 14.0% Intentionally injured self, 8.0% Seriously considered suicide
Suicide ideation and self-harm have nearly doubled in the past 6 years. However, the percent of student who report attempting suicide has not followed the same sharp increase.

More students are seeking professional treatment for both anxiety and depression.
While more UM student are seeking help, the majority of students are not getting the treatment they need. For example, of the UM students who reported “feeling so depressed it was difficult to function” during the past 12 months, **57.5% of them were not treated or diagnosed by a professional.**

A greater percentage of the UM student population as a whole are seeking mental health services provided by Curry Health Center.

Curry Health Center provided help for over half of UM students who sought treatment for depression or anxiety in the previous 12 months.
% of UM students who have ever received mental health services at Curry Health Center based on reported feelings or behaviors

- Felt very depressed and sought treatment: 60.8% (n=217)
- Treated for depression: 58.4% (n=262)
- Treated for anxiety: 54.6% (n=302)

Reported feelings or behaviors in past 12 months
DEMOGRAPHICS & SURVEY METHODS
Achieving reliable data is paramount and is determined by adherence to sound research methods. Survey instruments, methods and sampling have changed over the data collection window, but adherence to sound sampling practices remained constant. We strive to achieve a sample which represents UM students as a whole. An example of how the 2018 survey demographics compare to the campus generally during the same academic year is illustrated below.

Survey administration shifted from an in-class paper survey (2000 – 2004) to a web-based email survey (2006 – 2018). Sampling for the in-class administration involved using a random selection of classes offered during the spring semester of the data collection year. Sampling for the web-based survey consisted of a random sampling of UM students enrolled during the spring semester of the data collection year.
Not surprisingly, survey response rate changed dramatically when transitioning from in-class to email survey administration. Response rate for the 2004 administration was not well-documented. Based on the documented response rate for the two previous years, a response rate of 88% was estimated.

It is worth noting survey response rate changes and how that may affect resulting data. For instance, in 2014 when the response rate was the lowest, the average age of respondents was higher as was the number of part-time students represented. This could be a shift in the student population during that time – the economic recession impacted student enrollment trends – or it could be that older students were more inclined to complete the on-line survey. This fluctuation should be kept in mind when looking at trend data.
It is interesting to note that the number of UM students who report either not working for pay or working 30+ hours for pay outside of school has remained relatively constant. We have sometimes theorized that the increase in stressed and anxious students may be due to financial demands and that more students are working more for pay to balance tuition costs. The data do not support that theory.
% of UM students who report working 30+ hours/week for pay