

# Healthy Gators Student Survey Report 2008



Healthy Gators 2010 Coalition

Revised 3/23/09

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## Executive Summary

The Healthy Gators 2010 Data Collection and Analysis Work Group created the Healthy Gators Student Survey in fall 2007 and administered it in spring of 2008. Survey results provide insights into ten key areas: 1) impediments to academic performance, 2) general health, 3) medical problems, 4) mental health, sleep and stress, 5) sexual health and contraception, 6) alcohol, tobacco and other drug use, 7) nutrition, weight and exercise, 8) sexual assault and violence, 9) vehicle safety and sunlight/UV exposure, and 10) campus health services, resources and policies.

The following are some key findings from each of the 10 sections of the report.

### Impediments to Academic Performance – Section 1

Students reported stress (25.5%), cold/flu/sore throat (23.1%), and anxiety (19.2%) as the top three factors most likely to negatively impact academic performance. Other frequently reported academic impediments included sleep difficulties (16.3%), internet use/computer games (13.2%) relationship difficulties (13.1%), and depression (11.8%)

### General Health – Section 2

UF students identified overweight/obesity (17.2% of total comments), nutrition/diet issues (10.9%), stress/anxiety (10.7%), birth control/preventing pregnancy (7.4%), and fitness/exercise (6.2%) as their five “greatest” health concerns in an open-ended question. 6.3% of students considered leaving school due to poor physical health one or more times while they were students at the University. An additional 20.5% considered leaving school due to poor mental health.

The majority of students (71.2%) cited their parents’ health plan as their primary source of health insurance. University sponsored plans or other plans made up 11.3% and 6.4%, respectively. 9.4% of students did not have health insurance and 1.7% were unsure of their insurance status.

### Medical Problems – Section 3

The five most common medical problems that students experienced in the 12 months preceding the survey were allergies (23.7%), sinus infection (17.6%), urinary tract infection (11.3%), back pain (9.7%) and strep throat (8.5%).

### Mental Health, Sleep and Stress – Section 4

***Mental Health Diagnosis and Treatment.*** In the 12 months preceding the survey, anxiety (7.7%) was the most commonly cited diagnosed mental health problem followed by depression (6.9%) and panic attacks (4.4%). 5.6% of students indicated that they were receiving treatment for anxiety, 6.1% for depression and 2.4% for panic attacks.

***Emotional Health.*** In the last 12 months, 88.1% of respondents felt overwhelmed by all they had to do, 84% reported feeling exhausted (not from physical activity), and 66.0% indicated feeling very sad. Furthermore, 60.7% felt very lonely, 54.3% felt overwhelming anxiety, and 48.6% felt things were hopeless.

**Disordered Eating.** One percent of students indicated that they were diagnosed with anorexia in the past 12 months (1.0% females and 1.0% males), and 1.7% indicated they had been diagnosed with bulimia (2.2% females and 1.2% males). 4.1% of female respondents reported vomiting/taking laxatives in the last 30 days to lose weight, and 10.8% of females and 7.0% of males reported making themselves sick because of feeling uncomfortably full. Nearly one-quarter (24.2%) of all respondents indicated that feeling fat frequently interferes with enjoying everyday life, and 19.6% worry about losing control over how much they eat.

**Suicide and Self-Injury.** 11.8% of students reported having ever seriously considered suicide and 4.1% reported ever attempting suicide. 1.1% of students attempted suicide within the past 12 months. Furthermore, 10.7% of students reported having ever intentionally cut, burned, bruised or otherwise injured themselves, and 4% reported this behavior in the past 12 months.

**Sleep.** 44% of students reported feeling rested when they woke up in the morning on four or more days of the week. 15% of students reported having an extremely hard time falling asleep on four or more days of the past week.

**Stress Management & Coping Techniques.** Students reported both positive and negative strategies for dealing with stress. In the last 30 days, 65.6% of students reported using exercise or physical activity specifically for the purposes of decreasing stress. 80.7% reported communicating with a friend/family member, whereas, 38.0% of students reported spending excessive time on the computer or internet and another 37.3% reported drinking alcohol or partying to decrease stress.

**Sexual Identity.** 7.4% of respondents reported ever having struggled with their sexual identity, and 4.0% reported struggling with this issue in the past 12 months.

## **Sexual Health and Contraception – Section 5**

**Sexual Partners.** Approximately one-third of all students (33.6%) reported having no sexual partners during the 12 months preceding the survey. Another 41.8% reported having one sexual partner, and 24.7% reported two or more sexual partners.

**Condom Use.** 43.4% of students who engaged in vaginal intercourse reported always using a condom, while 26.7% reported never using a condom. 20.6% of students who engaged in anal intercourse reported always using a condom while 68.5% reported never using a condom. 56.3% of students used a condom the last time they had vaginal intercourse.

**Contraception/Birth Control Methods.** The most frequently reported methods of contraception among sexually active students included birth control pills (39.5%), male condom only (28.6%) and condom with another method (15.1%).

**Emergency Contraception.** 13.2% of sexually active students reported that either they or their partner used emergency contraception in the last 12 months.

**Sexually Transmitted Infection (STI) Testing.** 27.6% of all sexually active respondents reported getting tested for chlamydia in the past 12 months including 36.6% of females and 10.7% of males. 34.0% reported ever being tested for HIV including 35.6% of females and 32.2% of males.

**Human Papilloma Virus (HPV) Vaccine.** Approximately one-quarter (24.9%) of female respondents reported getting the HPV vaccine, Gardasil®.

## **Alcohol, Tobacco and Other Drugs – Section 6**

**Alcohol Consumption.** 64.1% of students drank 0-4 drinks when they socialized during the two weeks preceding the survey (69.4% of females and 55.5% of males). 12.0% of students indicated that they never drank in their lifetime.

**Consequences of Drinking Alcohol.** In the 12 months prior to the survey, 20.6% of students who drink alcohol reported injuring themselves as a consequence of drinking alcohol. Another 11.7% reported having unprotected sex after consuming alcohol. During the 30 days preceding the survey, 8.2% of all survey respondents reported driving after having 5 or more drinks.

**Protective Behaviors.** Among the students who reported drinking alcohol, 86.0% used designated drivers and 64.6% kept track of how many drinks they have. Another 77.4% ate before and/or during drinking, while only 22.6% alternated non-alcoholic drinks with alcoholic drinks.

**Tobacco Use.** 86.3% of respondents reported never having smoked cigarettes in their lifetime; whereas, 8.6% reported smoking cigarettes during the 30 days preceding the survey. Of these students, 18.6% smoked daily, and approximately half (51.5%) indicated that they had smoked on campus in the last 30 days. Furthermore, more than half (55.3%) reported seriously considering quitting in the next 6 months, and 53.3% had quit for one or more days in the last 12 months.

Hookah smoking was reported by 12.7% of students, and cigars, cigarillos, and little cigars including Swisher Sweets or Black & Milds by 9.9% of students. Smokeless tobacco use was cited by only 1.5% of students.

**Illicit Drug Use.** 59.4% of students reported never using marijuana; however, 13.8% reported using marijuana in the last 30 days. No students reported using methamphetamine in the past 30 days, and only 0.4% reported using club drugs.

**Substance Use vs. Perception of Use.** As a general trend, respondents overestimated high risk drinking behavior and cigarette smoking among UF students. For example, 35.9% of students reported high-risk drinking, however, respondents estimated that 52.6% of UF students, on average, drank five or more drinks in one sitting in the past 2 weeks. Furthermore, 8.6% of students reported smoking cigarettes in the past 30 days yet respondents believed that 33.9% of UF students, on average, smoked one or more days in the past month.

**Prescription Drug Abuse.** 18% of respondents reported ever trying a prescription drug for any non-medical reason. 14.2% of respondents reported ever trying pain relievers and 10.7% reported trying stimulants for any non-medical reason. 59.6% of students who had ever abused prescription drugs began use between the ages of 12 and 18 years.

## **Nutrition, Weight and Exercise – Section 7**

**Nutrition.** Only 6% of students consume the recommended five or more servings of fruits and vegetables daily. 30.7% reported drinking one or more eight ounce glasses of milk daily as compared to 11.7% who drink one or more servings of sweetened soft drinks each day. Only one-fourth (25.3%) took a multiple vitamin or mineral supplement on five

or more days in the past week. 9.6% of UF students consider themselves a vegetarian, and 37.6% consciously limit their saturated fat and/or trans fat intake.

**Weight.** Body mass index was calculated based on respondents' self-reported height and weight. According to the National Heart, Lung and Blood Institute's BMI categories<sup>1</sup>, 65.5% of respondents have a BMI of 18.5 - 24.9 which is considered a healthy weight for most people. 21.1% have a BMI indicating overweight (25.0-29.9) and 7.1% of students reported a BMI indicating a weight falling into one of the three obese categories ( $\geq 30$ ). Among the respondents with a BMI of 25.0 or greater, 71.4% reported attempting to lose weight. BMI should be used with caution for individuals who are very muscular since their BMI may place them in an overweight /obese category when they are not overly fat<sup>1</sup>.

**Exercise.** Among all respondents, 23.1% met the American College of Sports Medicine/Centers for Disease Control and Prevention standards<sup>2</sup> for moderate physical activity (30 minutes, five to seven days per week) and 34.4% met the recommended standards for vigorous exercise (20 minutes, three or more days per week). However, 57.3% of respondents neither exercised moderately nor vigorously as often as the guidelines suggest. 50.2% met recommendations for exercises that strengthen and tone the muscles (two or more times per week).

## **Sexual Assault and Violence – Section 8**

**Sexual Assault.** Approximately 6.6% of students reported being touched sexually against their will within the last 12 months. Furthermore, 2.7% of respondents reported having someone *attempt* sexual penetration against their will, and 1.7 reported sexual penetration against their will. 8.7% of students also reported experiencing some form of intimate relationship abuse (physical, emotional or sexual) in the past 12 months.

**Violence.** 5.5% of students indicated that they have been involved in a physical fight in the last 12 months, and 3.3% were involved in a physical assault.

**Verbal Threats and Stalking.** 17.3% of students were verbally threatened, and 4.7% of students experienced stalking during the 12 months preceding the survey.

**Carrying a Weapon.** 5.5% of students reported carrying a weapon like a gun or knife one or more times within the past 30 days (excluding hunting situations or as part of a job).

## **Vehicle Safety and Sunlight/UV Exposure– Section 9**

**Seatbelt Use.** Seatbelt use was practiced by 94.3% of the respondents most of the time or always in the 12 months preceding the survey.

**Helmet Use.** Helmet use was far less common than seatbelt use with only 14.1% of students reporting that they wore helmets most of the time or always when riding a bicycle in the last 12 months. Helmet use was more frequent (28.1%) among moped, scooter or motorcyclists during this time frame.

**Cell Phone Use While Driving.** 95.2% of students indicated that they talked on their cell phone (without the use of hands-free apparatus) while driving a car during the 30 days preceding the survey. Furthermore, 17.7% of moped, scooter, or motorcycle riders admitted to driving and talking on their cell phone. Finally, 74.4% of the respondents admitted to sending or reading a text message while driving a car, and 25.9% did this while driving a moped, scooter or motorcycle.

**Sunlight/UV Exposure.** 22.2% of students wore sunscreen with an SPF of 15 or higher most of the time or always during the 30 days preceding the survey, and 8.4% of students used sunlamps or tanning booths in that same time frame (12.4% of females and 1.4% of males).

**Campus Health Services, Resources and Policies – Section 10**

**UF Encourages Health and Well-being.** The majority of students (62.6%) agreed that UF encourages their health and well-being.

**Awareness of Healthy Gators 2010 Coalition.** 29.0% of students were familiar with the Healthy Gators 2010 Coalition.

**Awareness of Campus Health Services and Resources.** The three UF health services/resources that survey participants were most likely to be aware of included:

Recreation and Fitness Facilities	98.4%
Medical Care	96.8%
Nighttime Safety Van	92.8%

The three UF health services/resources that survey participants were least likely to be aware of included:

Quitting Smoking	37.1%
Massage Services	39.7%
Emergency Contraception	43.2%

**Healthy Food Availability and Affordability on Campus.** A majority of respondents were aware that fruit (85.1%), vegetables (79.9%), bottled water (97.7%) and low-fat snacks (80.1%) were available on campus, and 82.0% had purchased a healthy beverage, food or snack on campus in the last year. 65.8% agreed that healthy food choices were easy to find on campus, however, only 43% thought they were affordable.

**Campus Smoking Policy.** Approximately two-thirds of students (65.7%) correctly identified that the UF policy permits smoking on campus except inside buildings and within 50 feet outside of buildings. 21.3% indicated that the smoking policy should remain the same; approximately one-third (34.1%) supported a smoke-free campus, or preferred smoking to be allowed in only designated areas on campus (34.6%). Only 9.0% indicated that smoking should be allowed anywhere except inside buildings.

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## Introduction

Student health professionals support student learning and academic achievement in two primary ways. First, they help reduce impediments to learning caused by illness and the consequences of poor health; and second, they help enhance learning by promoting positive health behaviors associated with optimal personal performance. To guide their prevention and treatment efforts, health professionals require data that accurately describe the health behaviors and health status of the student body.

The Healthy Gators 2010 Coalition developed the Healthy Gators Student Survey to gather relevant health data from University of Florida students. Findings will help professionals identify priorities for campus programs and services. This report summarizes the findings of the 2008 Healthy Gators Student Survey. For more information about the survey, contact Shirley Haberman, chair of the Healthy Gators 2010 Data Collection & Analysis Work Group at [shirleyh@ufl.edu](mailto:shirleyh@ufl.edu) or 392-1161 ext. 4281.

## Methods

**Questionnaire Design.** The Healthy Gators Student Survey consists of 243 questions primarily divided into two forms. Two forms were created to shorten the survey and subsequently maximize response rates. Both forms share 14 demographic questions and 12 prescription drug abuse questions. Table 1 shows the topic sections for Forms A and B. Form A consists of nine sections with a total of 136 questions. Form B consists of five sections with a total of 133 questions. A total of 21 content experts reviewed the survey items. Content experts are listed in Appendix A. A minimum of two content experts reviewed items in each section of the survey. An on-line pilot study with students was conducted in fall 2007 and the survey was modified based on the results. Both forms used in the pilot study and the final survey were administered using Survey Monkey®.

**Table 1. Survey Sections**

Form A Sections	Form B Sections
Demographic characteristics	Demographic characteristics
Campus health services, resources and policies	Nutrition, weight and exercise
Sexual health and contraception	Mental health, sleep and stress
Alcohol, tobacco and other drugs	Impediments to academic performance
Prescription drug abuse	Prescription drug abuse
Sexual assault and violence	
Medical problems	
Vehicle safety and sunlight/UV exposure	
General health	

**Procedure.** Approval was received from the University of Florida's Institutional Review Board to conduct the survey. The survey was administered at the University of Florida in the spring of 2008. A total of 8,000 students were randomly selected to participate. One-half received Form A and the other half received Form B. All participants were notified approximately one week before the survey link was to be emailed to their GatorLink email account. Half of the group received a postcard in the mail and half received an email pre-notification.

On Monday, February 11, 2008 all 8,000 students were sent an email with the IRB approved informed consent letter with a link to an on-line version of either Form A or Form B. Two follow-up emails were sent to all students one-week and two-weeks after the initial invitation to maximize the response rate. The first, middle and last ten students to participate in the survey received a

\$50 gift card to the UF Bookstore. Students provided contact information by clicking on an on-line link that could not be connected to their survey answers.

**Inclusion Criteria.** Students were randomly selected based on the following criteria: 1) at least 18 years old, 2) enrolled full-time (defined as 9 or more credits hours for graduate students; 12 or more for undergraduates; or classified as professional or post-bac students), and 3) taking at least one class on campus (in Gainesville).

**Response Rate.** Table 2 shows the overall response rate of the survey and the response rates for Forms A and B. This survey yielded a significantly higher response rate (32%) than other recent on-line health surveys of UF students which had response rates between 11% and 25%.

**Table 2. Survey Response Rate**

	Form A	Form B	Forms A and B Combined
No. and % of surveys returned	1,237 (31%)	1,297 (32%)	2,534 (32%)

**Demographics:** Survey respondents included 61.8% females, 38.1% males, and 0.1% transgender students. Respondents were between 18 and 57 years old. The mean age was 21.1 years with a standard deviation of 3.6. Appendix B contains a complete list of survey demographics.

**Representativeness to UF Student Population.** Although survey participants were randomly selected by the Registrar’s office, some discrepancies exist between specific groups of survey participants and the UF student population. Table 3 shows gender, race/ethnicity and year in school for survey participants compared to the UF student enrollment for spring 2008.

The largest discrepancies between survey participants and the UF student body occurred for gender, first-year and fourth-year undergraduates, graduate/professional students and black students. Females, first-year and fourth-year undergraduates were overrepresented in the survey; whereas graduate/professional students and black students were underrepresented.

**Table 3. Healthy Gator 2010 Student Survey Sample vs. UF Population**

Gender	Healthy Gators Student Survey		UF Enrollment from Registrar’s Office	
	Frequency	%	Frequency	%
Male	918	38.1	22,749	46.9
Female	1488	61.8	25,755	53.1
Transgender	2	0.1	NA	N/A
<b>Race/Ethnicity</b>				
White	1594	66.6	31,348	69.3
Black/African American	155	6.5	4,169	9.2
Hispanic	269	11.2	5,816	12.9
Asian or Pacific Islander	241	10.1	3,749	8.3
Multiracial	101	4.2	NA	NA
Other	35	1.5	174	0.4
<b>Year in School</b>				
1st year undergraduate	566	23.5	3168	6.5
2nd year undergraduate	445	18.5	6763	13.9
3rd year undergraduate	616	25.6	10452	21.6
4th year undergraduate	382	15.9	13304	27.4
5th year undergraduate	60	2.5	N/A	NA
Graduate or Professional	337	14.0	14,806	30.5

## Section 1: Impediments to Academic Performance

“Within the last 12 months, have any of the following affected your academic performance?” (i.e., received an incomplete or dropped one or more courses, received a lower grade in one or more courses, on an exam, or on an important project)

<b>Bolded items represent the top 10 items.</b>	<b>Total %</b>	<b>Male %</b>	<b>Female %</b>
Alcohol use	6.6	7.0	6.3
Allergies	4.4	4.3	4.6
<b>Anxiety</b>	<b>19.2</b>	13.1	23.1
Physical assault	0.3	0.0	0.4
Sexual assault	0.3	0.2	0.2
Attention Deficit Hyperactivity Disorder (ADHD)	3.9	4.7	3.4
<b>Cold, flu, sore throat</b>	<b>23.1</b>	17.7	26.6
<b>Concern for troubled friend or family member</b>	<b>10.9</b>	9.1	11.9
Chronic illness (diabetes, asthma, cancer)	2.1	1.2	2.7
Chronic pain	1.5	1.6	1.4
Death of a friend or family member	5.2	5.1	5.4
<b>Depression</b>	<b>11.8</b>	9.7	13.2
Discrimination (homophobia, racism, sexism)	0.8	1.0	0.5
Drug use	1.7	1.6	1.7
Eating disorder or problem	1.3	0.2	2.0
Finances	7.1	7.6	6.7
Gambling	0.6	1.4	0.0
Homesickness	5.6	3.7	6.8
Injury (fracture, sprain, strain, cut)	2.7	2.8	2.6
<b>Internet use/computer games</b>	<b>13.2</b>	15.3	11.9
Learning disability	1.6	1.4	1.6
<b>Participation in extracurricular activities</b>	<b>9.7</b>	9.5	10.0
<b>Relationship difficulties</b>	<b>13.1</b>	11.1	14.5
Roommate difficulty	4.7	3.3	5.6
Sexually transmitted disease/infection	0.5	0.6	0.4
Sinus infection, ear infection, bronchitis, strep throat	5.2	3.9	6.0
<b>Sleep difficulties</b>	<b>16.3</b>	16.5	16.0
<b>Stress</b>	<b>25.5</b>	18.5	30.1
<b>Work</b>	<b>8.4</b>	8.2	8.5

### **Factors that affect GPA and successful completion of classes**

The most common causes for students to receive an incomplete grade, drop one or more courses, or receive a lower grade in one or more courses are stress (6.2%), anxiety (5.6%), depression (4.3%), and internet use/computer games (3.2%).

## Section 2: General Health

### Greatest Health Concern

“What is the single greatest health concern affecting your life right now?”

10 Most Common Health Concerns	n	%*
Overweight/Obesity	175	17.2
Nutrition/Diet	111	10.9
Stress/Anxiety	109	10.7
Birth Control/Pregnancy Prevention	75	7.4
Fitness/Exercise	63	6.2
Sleep/Fatigue	39	3.8
Cold/Flu/Sore Throat	37	3.6
Tobacco/Secondhand Smoke	35	3.4
Back/Joint Pain	33	3.2
Cancer	33	3.2

\*Note: Participants were asked to write in their responses.  
A total of 1,019 concerns were submitted.

### Student Retention

#### ***Physical Health.***

“During your time as a student at the University of Florida, how many times have you seriously considered leaving school because of poor physical health?”

	Total %	Male %	Female %
0 times	93.8	95.8	92.6
1 time	4.3	3.3	4.9
2 or 3 times	1.3	0.9	1.5
4 or 5 times	0.2	0	0.3
6 or more times	0.5	0	0.8

#### ***Mental Health.***

“During your time as a student at the University of Florida, how many times have you seriously considered leaving school because of poor mental health?”

	Total %	Male %	Female %
0 times	79.4	85.3	75.8
1 time	11.4	9.1	13.0
2 or 3 times	5.7	3.3	7.2
4 or 5 times	1.2	0.7	1.5
6 or more times	2.2	1.6	2.5

## Health Insurance Coverage

“What is your primary source of health insurance?”

	Total %	Male %	Female %
My college/university sponsored plan	11.3	16.0	8.4
My parents' plan	71.2	65.2	74.9
Another plan	6.4	7.6	5.6
I don't have health insurance	9.4	9.4	9.4
I am not sure if I have health insurance	1.7	1.7	1.6

## Section 3: Medical Problems

“Within the last 12 months, have you been diagnosed or treated for any of the following?”

**Bolded items represent the top 5 items.**

	Total %	Male %	Female %		Total %	Male %	Female %
<b>Allergies (seasonal)</b>	<b>23.7</b>	23.5	24.0	High blood pressure	2.3	2.6	2.1
Asthma	6.4	5.9	6.7	High cholesterol	2.6	2.4	2.7
<b>Back pain</b>	<b>9.7</b>	8.5	10.4	HIV infection	0.5	0.5	0.5
Chlamydia	1.1	0.7	1.3	Migraines	6.3	2.8	8.3
Diabetes	0.9	0.7	1.1	Pelvic inflammatory disease	0.5*	NA	0.5
Endometriosis	1.1*	NA	1.1	<b>Sinus infection</b>	<b>17.6</b>	13.9	19.8
Genital herpes	0.9	0.7	1.1	<b>Strep throat</b>	<b>8.5</b>	6.4	9.7
Genital warts/HPV	2.4	0.5	3.5	Tuberculosis	0.5	0	0.8
Gonorrhea	0.6	0.5	0.7	<b>Urinary tract infection</b>	<b>11.3</b>	2.4	16.3

\*Relevant to females only.

## Section 4: Mental Health, Sleep and Stress

### Mental Health Diagnosis and Treatment

“Within the last 12 months, have you been diagnosed or treated by a professional for any of the following conditions?”

	Total %		
	Diagnosed	Diagnosed, not treated	Diagnosed & treated
Anorexia	1.0	0.2	0.8
Anxiety	7.7	2.1	5.6
Attention Deficit Hyperactivity Disorder (ADHD)	2.9	0.6	2.3
Bipolar Disorder	1.0	0.2	0.8
Bulimia	1.7	0.6	1.1
Depression	6.9	0.8	6.1
Insomnia	2.5	0.8	1.7
Another Sleep Disorder	1.3	0.5	0.8
Obsessive Compulsive Disorder (OCD)	2.2	0.8	1.4
Panic Attacks	4.4	2.0	2.4
Phobia	1.0	0.4	0.6
Schizophrenia	0.7	0.2	0.5
Substance Abuse/Addiction	1.1	0.2	0.9

Note: No respondents indicated being diagnosed or treated for another addiction besides substance abuse (e.g. gambling, internet, sexual).

	Male %			Female %		
	Diagnosed	Diagnosed, not treated	Diagnosed & treated	Diagnosed	Diagnosed, not treated	Diagnosed & treated
Anorexia	1.0	0.4	0.6	1.0	0.0	1.0
Anxiety	4.2	1.2	3.0	9.7	2.7	7.0
ADHD	2.9	1.0	1.9	3.0	0.4	2.6
Bipolar Disorder	1.4	0.4	1.0	0.8	0.1	0.7
Bulimia	1.2	0.4	0.8	2.2	0.7	1.5
Depression	5.3	1.0	4.3	8.1	0.7	7.4
Insomnia	2.2	0.8	1.4	2.7	0.8	1.9
Another Sleep Disorder	1.0	0.6	0.4	1.5	0.4	1.1
OCD	1.8	0.8	1.0	2.3	0.8	1.5
Panic Attacks	2.6	1.6	1.0	5.4	2.3	3.1
Phobia	0.8	0.4	0.4	0.9	0.4	0.5
Schizophrenia	1.0	0.6	0.4	0.5	0.0	0.5
Substance Abuse/Addiction	1.6	0.4	1.2	0.7	0.0	0.7

## Emotional Health

“Have you felt any of the following?”

	Total %		Male %		Female %	
	Ever	Last 12 months	Ever	Last 12 months	Ever	Last 12 months
Felt things were hopeless	66.1	48.6	53.9	39.9	74.1	54.2
Felt overwhelmed by all you had to do	93.3	88.1	86.7	77.9	97.5	94.8
Felt exhausted (not from physical activity)	90.8	84.0	84.0	74.8	95.3	90.1
Felt very lonely	79.7	60.7	70.2	49.8	86.4	68.3
Felt very sad	83.4	66.0	73.0	53.2	90.3	74.6
Felt so depressed it was difficult to function	52.1	31.3	44.8	24.3	56.2	35.5
Felt overwhelming anxiety	69.9	54.3	59.2	44.0	76.9	61.3
Felt overwhelming anger	61.4	41.5	54.3	35.7	66.2	45.4

## Disordered Eating

	Total %	Male %	Female%
In the last 30 days, vomited/took laxatives to lose weight	2.7	0.4	4.1
In the last 30 days, took diet pills to lose weight	3.2	1.1	4.4
Feeling fat frequently interferes with enjoying everyday life	24.2	12.3	31.7
Makes oneself sick because of feeling uncomfortably full	9.2	7.0	10.8
Worries about losing control over how much you eat	19.6	11.2	25.2
Lost more than 14 lbs. in a 3 month period	7.2	8.8	5.6
Believes yourself to be fat when others say you are too thin	9.8	5.9	12.3
Food dominates your life	12.9	9.2	15.3

## Suicide and Self-Injury

	Total %		Male %		Female %	
	Ever	Last 12 months	Ever	Last 12 months	Ever	Last 12 months
Have you ever seriously considered suicide?	11.8	4.3	10.7	3.7	12.2	4.4
Have you attempted suicide?	4.1	1.1	4.9	1.4	3.5	0.9
Have you ever intentionally cut, burned, bruised or otherwise injured yourself?	10.7	4.0	10.7	3.7	10.9	4.4

## Sleep

“Within the past 7 days, how often have you...”

	Total %			
	0-1 days	2-3 days	4-5 days	6-7 days
Gotten enough sleep so that you felt rested when you woke up in the morning?	15.4	40.5	32.2	11.8
Felt tired, dragged out or sleepy during the day?	16.6	40.6	30.0	12.7
Had an extremely hard time falling asleep?	61.6	23.4	9.2	5.8

### Time Management

57.1% of students are somewhat satisfied and 11.6% are very satisfied with how they manage their time.

## Stress Management & Coping Techniques

“In the last 30 days, have you done the following activity specifically for the purposes of decreasing stress?”

### Positive Stress Reduction Activities

	Total %	Male %	Female %
Exercise or physical activity	65.6	64.0	66.2
Massage	19.6	15.1	22.6
Deep breathing or guided imagery	29.1	21.6	34.2
Meditate	16.8	12.7	19.6
Spiritual/religious activities	27.7	21.6	31.9
Communicate with friend/family member	80.7	68.3	89.1
Communicate with professor/instructor	11.6	12.5	10.9
Communicate with counselor/psychologist	6.0	3.9	7.4

### Negative Stress Reduction Activities

	Total %	Male %	Female %
Binge on large amounts of food	12.6	7.2	16.0
Exercise excessively	6.2	5.5	6.6
Avoid eating	10.5	3.9	14.9
Eat more than usual	26.4	14.5	34.1
Pull out hair or pluck out eyelashes	6.4	4.3	7.6
Drink alcohol/party	37.3	39.1	36.2
Smoke cigarettes	10.2	12.2	8.9
Use illegal drugs	7.7	11.0	5.4
Gamble	2.3	3.3	1.6
Spend excessive time on computer/ internet	38.0	36.8	39.0
Physically aggressive with a person, animal or object	4.6	5.9	3.7

### Sexual Identity

When asked about struggling with sexual identity issues, 7.4% of respondents reported ever having struggled with their sexual identity. 4.0% reported struggling with their sexual identity in the past 12 months.

## Section 5: Sexual Health and Contraception

### Total Number of Sexual Partners

- 33.6% of all respondents reported no sexual partners in the past 12 months.
- 41.8% reported having one sexual partner, while 24.7% reported having two or more partners in the past 12 months.

### Number of Sexual Partners

“Within the 12 months, with how many partners have you had oral sex, vaginal intercourse or anal intercourse?”

	Total %	Male %	Female %
None	33.6	38.9	30.9
1	41.8	36.8	45.0
2	12.2	11.2	12.5
3	5.0	4.7	5.3
4	3.4	3.5	2.9
5	1.3	1.2	1.3
>5	2.8	3.7	2.1

### Condom Use

“Within the last 30 days, how often did you or your partner(s) use a condom during oral sex, anal intercourse, or vaginal intercourse?”

The following two tables include only respondents who reported engaging in oral, vaginal or anal sex in the past 12 months.

	Total %		
	Engaged in this activity (past 30 days)	Always used a condom during activity	Never used a condom during activity
Oral Sex	68.8	2.7	88.9
Anal Intercourse	11.7	20.6	68.5
Vaginal Intercourse	72.1	43.4	26.7

	Male %			Female %		
	Engaged in this activity in the past 30 days	Always used a condom	Never used a condom	Engaged in this activity (past 30 days)	Always used a condom	Never used a condom
Oral sex	71.4	3.8	86.5	67.7	2.3	90.3
Anal Intercourse	15.9	27.5	62.5	10.0	15.4	73.1
Vaginal Intercourse	70.8	46.7	25.3	73.2	41.7	28.2

**Condom Use – Last Vaginal Intercourse**

56.3% of sexually active respondents used a condom the last time they had vaginal intercourse (52.9% of females and 61.9% of males).

**Contraceptive/Birth Control Methods**

“What method of birth control did you or your partner use to prevent pregnancy the last time you had vaginal intercourse?” **Includes only students who engaged in vaginal intercourse and wanted to prevent pregnancy.**

	Total %	Male %	Female %
Sterilization (e.g. hysterectomy, vasectomy)	1.2	1.9	0.8
Birth control pills (monthly or extended cycle)	39.5	29.0	45.3
Birth control shots	0.5	0.4	0.6
Birth control implant	0.1	0.0	0.2
Vaginal ring	2.2	1.9	2.4
Intrauterine device (IUD)	0.6	1.1	0.4
Male condom only	28.6	34.7	25.0
Condom and another method	15.1	14.1	15.6
Diaphragm/Cervical cap	0.1	0.0	0.2
Spermicide (e.g. foam, jelly, cream) only	0.1	0.4	0.0
Fertility awareness method	0.1	0.0	0.2
Withdrawal	5.7	6.1	5.4
Nothing	3.9	4.9	3.2
Don't know/Not sure	2.3	5.3	0.6

Note: No respondents indicated that they had used a birth control patch, female condom only or the contraceptive sponge.

**STI Testing**

- 27.6% of sexually active respondents reported being tested for chlamydia in the past 12 months (36.6% of females and 10.7% of males).
- 34.0% of sexually active respondents reported ever having an HIV test (35.6% of females and 32.2% of males).

**Gardasil® Vaccine**

Approximately one-fourth of female respondents (24.9%) reported getting the HPV vaccine.

**Emergency Contraception**

Among sexually active respondents, 13.2% have used or had a partner who used emergency contraception (the “morning after” pill) within the last 12 months (13.3% of females and 13.1% of males).

## Section 6: Alcohol, Tobacco and Other Drugs

### Prevalence of Substance Use

“Within the last 30 days, on how many days did you use the following substances?”

Substance:	Total %			
	Never	Not in last 30 days	1 to 29 days	Used daily
Alcohol	12.0	16.6	70.9	0.7
Cigarettes	86.3	5.2	7.0	1.6
Cigars (cigarillos, little cigars such as Swisher Sweets or Black n’ Milds, or bidis)	62.5	27.6	9.6	0.3
Smokeless Tobacco	90.4	8.1	1.2	0.3
Hookah	55.6	31.7	12.4	0.3
Marijuana	59.4	26.8	12.0	1.8
Methamphetamines (ice, crank)	97.7	2.3	0.0	0.0
Club Drugs (Rohypnol, GHB)	96.4	3.2	0.4	0.0

Substance:	Male %				Female %			
	Never	Not in last 30 days	1 to 29 days	Used daily	Never	Not in last 30 days	1-29 days	Used daily
Alcohol	11.9	17.5	69.4	1.2	11.9	16.2	71.5	0.4
Cigarettes	83.6	7.2	7.2	1.9	87.8	4.0	6.9	1.5
Cigars (cigarillos, Black n’ Milds)	51.6	33.2	14.7	0.5	68.5	24.7	6.5	0.3
Smokeless Tobacco	82.5	13.9	2.7	0.9	95.0	4.6	0.4	0.0
Hookah	55.1	30.3	14.1	0.5	56.5	32.0	11.6	0.1
Marijuana	60.7	23.9	12.7	2.6	58.5	28.6	11.4	1.5
Methamphetamines (ice, crank)	96.9	3.1	0.0	0.0	98.1	1.9	0.0	0.0
Club Drugs (Rohypnol, GHB)	95.3	4.5	0.2	0.0	97.1	2.5	0.4	0.0

#### **Cigarette Use vs. Perception of Use**

8.6% of respondents reported cigarette use in the past 30 days, however, respondents estimated that 33.9% of UF students, on average, smoked in the last month.

### Smoking on Campus

“Within the last 30 days, how many days did you smoke cigarettes on the UF campus?”

**Excludes non-smokers.**

	<b>Total %</b>	<b>Male %</b>	<b>Female %</b>
Never	35.6	30.8	39.3
Not in last 30 days	12.9	10.3	13.1
1-29 days	42.6	46.1	41.0
Daily	8.9	12.8	6.6

#### **Intent to Quit Smoking**

55.3% of students who currently smoke reported that they planned on quitting smoking in the 6 months (54.5% of female smokers and 58.1% of male smokers). 44.7% are not thinking of quitting smoking.

#### **Quit Attempts in Past 12 Months**

Among students who reported smoking in the last 12 months, 53.3% have stopped smoking cigarettes for one day or longer in an attempt to try to quit smoking (54.5% of female and 52.6% of male smokers).

### Frequency of High Risk Drinking

“Within the last two weeks, how many times have you had five or more drinks of alcohol at a sitting?”

	<b>Total %</b>	<b>Male %</b>	<b>Female %</b>
None	64.1	55.5	69.4
1-4 days	32.2	39.6	27.7
≥5 days	3.6	5.0	3.0

#### **Alcohol Use vs. Perception of Use**

35.9% of respondents reported consuming 5 or more alcoholic drinks in one sitting in the last 2 weeks; however, the respondents estimated that 52.6% of UF students, on average, engaged in this high risk behavior in the last 2 weeks.

### Consequences of Drinking Alcohol

“Within the last 12 months, have you experienced any of the following as a consequence of your drinking?” **Excludes “non-drinkers.”**

	Total %	Male %	Female %
Had unprotected sex	11.7	11.8	11.4
Physically injured yourself	20.6	21.1	20.0
Physically injured another person	3.4	5.6	2.0
Been involved in a fight	4.8	8.4	2.5

### Protective Drinking Behaviors

“Within the last 12 months, when you ‘partied/socialized how often did you do the following?’ Percentages include “most of the time” or “always” responses. **Excludes “non-drinkers.”**

	Total %	Male %	Female %
Use a designated driver	86.0	77.3	90.9
Keep track of how many drinks you were having	64.6	54.8	70.4
Eat before and/or during drinking	77.4	72.7	80.1
Avoiding drinking games	33.3	30.3	35.2
Determine, in advance, not to exceed a set number of drinks	37.0	30.9	40.4
Have a friend let you know when you have enough	31.5	23.5	35.8
Pace your drinks to 1 or fewer per hour	28.5	19.1	33.8
Alternate non-alcoholic with alcoholic beverages	22.6	16.3	26.1

### Driving Under the Influence

Within the last 30 days, 8.2% of respondents drove after having 5 or more drinks (5.2% of females and 13.9% of males).

### Prescription Drug Abuse

“Within the last 12 months, have you taken any of the following prescription drugs that were not prescribed to you?”

	Total %	Male %	Female %
Antidepressants (e.g. Celexa, Lexapro, Prozac, Wellbutrin, Zoloft)	1.0	0.8	1.2
Erectile dysfunction drugs (e.g. Viagra, Cialis, Levitra)	0.4	0.9	0.2

### Type of Prescription Drug Abuse

Percentages in the table below indicate using the prescription drug listed one or more times in the designated time period for “any non-medical reason including getting high or stoned.”

	Total %	Male %	Female %
<b>Ever Any Rx Drug Use</b>	18.0%	19.6%	17.1%
<b>Pain Relievers</b>			
Ever in your lifetime	14.2	18.4	11.6
Past 12 months	3.9	5.7	2.8
Past 30 days	2.8	4.3	1.9
<b>Depressants</b>			
Ever in your lifetime	7.4	8.9	6.5
Past 12 months	2.1	2.5	1.7
Past 30 days	1.3	1.6	1.0
<b>Stimulants</b>			
Ever in your lifetime	10.7	11.1	10.4
Past 12 months	4.7	4.5	4.9
Past 30 days	2.8	3.2	2.7

### Age of Onset of Prescription Drug Abuse

Among the 18.0% of respondents who indicated ever using prescription drugs for non-medical reasons, 8.7% reported beginning prescription drug misuse between the ages of 12-14 years. 50.9% reported that they were between the ages of 15-18 years, and 38.5% reported their first use between the ages of 19-24 years.

## Section 7: Nutrition, Weight and Exercise

### Fruit and Vegetable Intake

“How many servings of fruits and vegetables do you usually have per day?”

	Total %	Male %	Female %
0 servings per day	5.9	8.0	4.6
1-2/day	61.3	66.9	57.3
3-4/day	26.8	21.0	30.6
5 or more/day	6.0	4.1	7.5

### **Soda and Milk Consumption**

“Within the last 7 days, how many 8 ounce servings/glasses of milk did you drink?”

“Within the last 7 days, how many times did you drink a can, bottle or glass of soda or pop, such as Coke, Pepsi or Sprite (Do not include diet soda or diet pop)?”

	<b>Milk %</b>	<b>Soda %</b>
Did not drink in last 7 days	18.4	39.9
1 to 3 times in last 7 days	31.6	38.9
4-6 times in last 7 days	19.2	9.6
Daily	16.2	6.2
2 times per day	10.0	3.4
3 or more times per day	4.5	2.1

### **Vitamin/Mineral Intake**

“Within the last 7 days, on how many days did you take a multiple vitamin or mineral supplement?”

	<b>Total %</b>	<b>Male %</b>	<b>Female %</b>
0 days	54.3	54.7	54.7
1-2 days	10.2	9.8	10.5
3-4 days	10.1	9.6	11.0
5 or more days	25.3	26.0	23.7

### **Limiting Foods/Calories**

The table below represents respondents who indicated limiting these items from their diet “most of the time” or “always” in the past 7 days.

	<b>Total %</b>	<b>Male %</b>	<b>Female%</b>
Saturated fat/trans fats	37.6	32.1	42.2
Carbohydrates	15.6	12.6	17.9
Caffeine	34.2	31.9	36.3
Fried foods	51.8	40.4	60.5
High calorie foods	43.8	29.9	53.5
Total number of calories	26.3	17.3	32.4

### **Vegetarianism**

9.6% of students indicated that they were vegetarians.

### Estimated Body Mass Index (BMI)

BMI was calculated based on self-reported height and weight.

	Total %	Male %	Female %
< 18.5 Underweight*	4.9	3.4	5.8
18.5 -24.9 Healthy weight	65.5	57.0	70.8
25.0 – 29.9 Overweight	21.1	29.6	15.8
30.0 – 34.9 Class I Obesity	5.4	7.2	4.2
35.0 – 39.9 Class II Obesity	1.1	1.2	1.1
> 39.9 Class III Obesity	0.6	0.4	0.8

\*National Heart, Lung and Blood Institutes' Guidelines<sup>1</sup>

Note: BMI should be used with caution for individuals who are very muscular since their BMI may place them in an overweight /obese category when they are not overly fat<sup>1</sup>.

### Weight Change Practice

“Are you trying to do any of the following about your weight?”

	Total %	Male %	Female %
I am not trying to do anything about my weight	18.5	23.6	14.6
Stay the same weight	25.4	23.6	27.1
Lose weight	46.3	31.6	55.9
Gain weight	9.7	21.3	2.3

### Weight-related Behaviors

“Within the last 30 days, did you do any of the following?”

	Total %	Male %	Female %
Exercise to lose weight	59.8	49.0	66.8
Diet to lose weight	34.3	27.3	39.3
Eat healthy to lose weight	62.7	50.3	70.6
Vomit or take laxatives to lose weight	2.7	0.4	4.1
Take diet pills to lose weight	3.2	1.1	4.4

## Exercise

“Within the last 7 days, how often have you...?”

	Total %				Male %				Female %			
	0 days	1-2 Days	3-4 Days	5-7 Days	0 Days	1-2 days	3-4 days	5-7 days	0 days	1-2 days	3-4 days	5-7 days
Participated in moderate exercise for at least 30 min	12.6	33.2	31.2	23.1	13.6	32.8	29.8	23.7	11.6	34.7	31.4	22.3
Participated in vigorous activity for at least 20 min	31.5	34.0	21.0	13.4	24.5	36.2	23.6	15.8	36.7	32.0	19.5	11.8
Did exercises to strengthen tone your muscles	36.0	27.8	22.7	13.5	31.1	21.8	27.7	19.4	38.9	31.2	20.2	9.7

### Physical Activity Guidelines<sup>2</sup>

- 23.1% of respondents met the guidelines for 30 minutes of moderate physical activity on *most days* of the week (i. e., 5-7 days).
- 34.4% of respondents met the guidelines for 20 minutes of vigorous activity *three or more days* a week.
- 57.3% of respondents neither exercised moderately nor vigorously as often as the guidelines suggest.
- 50.2% of respondents met the guidelines for participating in strength training exercises on *two or more days* a week.

## Section 8: Sexual Assault and Violence

### Abusive Relationships

“Within the last 12 months, have you been in an intimate (coupled/partner) relationship that was...?”

	Total %	Male %	Female %
Emotionally abusive	6.0	5.2	6.5
Physically abusive	1.2	2.1	0.7
Sexually abusive	1.5	1.4	1.6

### Unwanted Sexual Advances and Assault

“Within the last 12 months, have you experienced any of the following?”

	Total %	Male %	Female %
Sexual touching against your will	6.6	4.7	7.6
Attempted sexual penetration against your will	2.7	1.2	3.5
Sexual penetration against your will	1.7	0.9	2.0

**Violence**

Within the last 12 months...

- 3.3% of students were physically assaulted (2.7% of females and 4.4% of males).
- 5.5% of students were in a physical fight (2.5% of females and 10.6% of males).

**Verbal Threats and Stalking**

Within the last 12 months...

- 17.3% of students were verbally threatened (11.6% of females and 27.2% of males).
- 4.7% of students reported being stalked (5.2% of females and 4.0% of males).

**Carrying Weapons**

In the last 30 days, 5.5 % of students--3.6% of females and 8.9% of males--carried a weapon at least once (not counting hunting situations or as part of a job).

## Section 9: Vehicle Safety and Sunlight/UV Exposure

**Seatbelt, Helmet and Cell Phone Use**

“Within the last 30 days, how often have you done any of the following?”

*Results exclude respondents who did not drive a car, moped/scooter/motorcycle, or bicycle if indicated in each item.*

	<b>Total %</b>				
	Never	Rarely	Sometimes	Most of the time	Always
Wear a seatbelt while riding in a car*	1.2	1.4	3.1	15.9	78.4
Wear a helmet while riding a bicycle*	67.8	11.2	6.8	5.4	8.7
Wear a helmet while riding a moped, scooter or motorcycle*	57.9	7.6	6.3	7.9	20.2
Talk on cell phone while driving a car	4.8	16.7	43.1	28.4	7.0
Send or read a text while driving a car	25.6	28.4	31.3	11.1	3.6
Talk on cell phone while driving a moped, scooter or motorcycle	82.3	9.0	4.2	2.9	1.6
Send or read a text while driving a moped, scooter or motorcycle	74.1	11.9	9.2	3.2	1.6

\*The time frame for these questions was: “Within the last 12 months.”

	Male %				
	Never	Rarely	Sometimes	Most of the time	Always
Wear a seatbelt while riding in a car*	2.3	2.3	4.4	17.6	73.3
Wear a helmet while riding a bicycle*	66.3	12.9	5.8	4.6	10.4
Wear a helmet while riding a moped, scooter or motorcycle*	58.3	6.7	9.2	10.0	15.8
Talk on cell phone while driving a car	7.7	21.1	45.6	21.1	4.5
Send or read a text while driving a car	31.9	27.2	30.9	7.1	2.9
Talk on cell phone while driving a moped, scooter or motorcycle	77.6	13.2	5.8	1.7	1.7
Send or read a text while driving a moped, scooter or motorcycle	75.2	11.8	9.7	2.2	1.1

\*The time frame for these questions was: "Within the last 12 months."

	Female %				
	Never	Rarely	Sometimes	Most of the time	Always
Wear a seatbelt while riding in a car*	0.6	0.9	2.3	14.8	81.5
Wear a helmet while riding a bicycle*	68.8	10.0	7.6	6.1	7.6
Wear a helmet while riding a moped, scooter or motorcycle*	56.7	8.4	4.5	6.7	23.6
Talk on cell phone while driving a car	3.2	14.2	41.6	32.4	8.6
Send or read a text while driving a car	22.1	29.4	31.4	13.2	4.0
Talk on cell phone while driving a moped, scooter or motorcycle	85.4	6.5	2.7	3.8	1.6
Send or read a text while driving a moped, scooter or motorcycle	71.6	12.5	9.1	4.5	2.3

\*The time frame for these questions was: "Within the last 12 months."

### Sunlight/UV Exposure

"When you are outside for more than one hour on a sunny day, how often do you wear sunscreen with an SPF of 15 or higher?"

	Total %	Male %	Female %
Never	27.0	38.3	20.3
Rarely	30.9	35.7	28.2
Sometimes	19.8	15.7	22.3
Most of the time	15.4	7.9	19.8
Always	6.8	2.3	9.3

### Sunlamp or Tanning Booth Use

8.4% of the respondents indicated that they had used a tanning booth or sunlamp in the last 30 days (12.4% of females and 1.4% of males).

## Section 10: Campus Health Services, Resources and Policies

**UF Encourages Health and Well-being**  
 62.6% of the respondents agreed that “UF encourages my health and well-being.”

**Awareness Healthy Gators 2010**  
 29.0% of the respondents were familiar with the Healthy Gators 2010 coalition.

**Awareness of Campus Health Services and Resources**  
 “Is the following service available **on campus** for UF students?”  
 Respondents who answered no or unsure are excluded.

Yes Responses	Total %	Male %	Female %
Recreation and fitness facilities	98.4	97.7	99.2
Medical care	96.8	95.6	98.1
Nighttime safety van	92.8	89.7	95.1
Free condoms	85.2	79.2	89.3
Mental health counseling	83.5	77.8	87.7
Sexual assault counseling	79.2	74.8	81.9
Stress management/reduction	73.7	66.8	78.5
Nutrition counseling	69.8	66.8	72.4
Sexually transmitted infection/HIV testing	64.2	55.4	70.2
Substance abuse counseling	60.4	56.8	62.7
Birth control products	60.3	44.7	69.5
Eating disorder treatment	55.4	43.9	62.3
Emergency contraception	43.2	37.1	47.2
Massage services	39.7	33.9	43.4
Quitting smoking	37.1	36.1	37.8

**Healthy Food and Beverage Availability**  
 “Are the following foods available on campus?”

	Total %	Male %	Female %
Bottled water	97.7	98.1	98.4
Fruit	85.1	83.2	87.0
Low-fat snacks	80.1	80.7	82.1
Vegetables	79.9	79.7	80.7

**Healthy Food Accessibility and Affordability**

65.8% of respondents agreed that they could “easily find healthy beverages, foods and snacks on campus,” however, only 43.0% agreed that they were affordable.

**Healthy Food Purchases on Campus**

82.0% of the respondents bought a “healthy beverage, food or snack “on campus in the last 12 months.

**Campus Smoking Policy*****Awareness of Existing Policy***

“Which of the following is the **current** smoking policy at UF?”

	<b>Total %</b>	<b>Male %</b>	<b>Female %</b>
Smoking is banned everywhere on campus	1.0	0.7	1.2
Smoking is allowed on campus only in designated smoking areas	8.7	9.8	8.2
Smoking is allowed on campus except inside buildings and 50 feet outside of buildings	65.7	63.8	66.8
Smoking is allowed on campus except inside buildings	5.0	4.7	5.2
I don't know the current smoking policy at UF	19.6	21.0	18.6

***Smoking Policy Preference***

“In your opinion, which of the following **should be** the smoking policy at UF?”

	<b>Total %</b>	<b>Male %</b>	<b>Female %</b>
Smoking is banned everywhere on campus	34.1	31.1	35.3
Smoking is allowed on campus only in designated smoking areas	34.6	30.6	37.3
Smoking is allowed on campus except inside buildings and 50 feet outside of buildings	21.3	23.1	19.9
Smoking is allowed on campus except inside buildings	9.0	13.1	6.9
Other	1.1	2.1	0.5

## Recommendations

The Healthy Gators 2010 Student Survey findings and data set provide valuable information and opportunities for UF faculty, staff and students. Beginning in fall 2008, the following steps will be taken to inform the UF community about the survey findings and to facilitate programmatic decisions and research efforts:

- The findings will be widely distributed to the UF community
- The results will be accessible on the Healthy Gators 2010 website
- Faculty, staff and students who offer health programs and services to students will be encouraged to critically review the report and to use the results to guide decisions, programs and services
- The data set will be available beginning October 2008 upon request to individuals affiliated with the University of Florida and to the public at large beginning in May 2009 for further data analyses and research projects

## References

<sup>1</sup>National Heart, Lung, and Blood Institute (1998). *Clinical guidelines on the identification, evaluation, and treatment of overweight and obesity in adults: The evidence report*. Bethesda, MD: National Institutes of Health. Retrieved on July 8, 2008 from [http://www.nhlbi.nih.gov/guidelines/obesity/ob\\_gdlns.htm](http://www.nhlbi.nih.gov/guidelines/obesity/ob_gdlns.htm)

<sup>2</sup>Centers for Disease Control and Prevention (2008). *Physical activity for everyone*. Retrieved on July 8, 2008 from <http://www.cdc.gov/nccdphp/dnpa/physical/everyone/recommendations/index.htm>.

## Acknowledgements

This survey and report would not have been possible without the contributions of the following individuals who served on the Healthy Gators 2010 Data Collection & Analysis Work Group:

Shirley Haberman, Work Group Chair, GatorWell Health Promotion Services  
Nabih Asal, Epidemiology and Biostatistics  
Beverly Brady, Student Mental Health Services  
Kyle Cavanaugh, University of Florida Administration  
Jane Emmerée, GatorWell Health Promotion Services  
Anne Kendell, Food Science & Human Nutrition  
David Miller, Educational Psychology  
Steve Pritz, Office of the Registrar  
Robert Weiler, Health Education and Behavior  
Yanmei Zhang, Housing and Residence Education



A special thank you also to Linda West from the Registrar's Office for assisting with the sampling and mailings, Kelly Kenzik, a Health Education and Behavior doctoral student, and Emily Appleton, a Masters in Public Health student, for preparing the report and to the 21 content experts listed in Appendix A.

Thank you to all the University of Florida students who completed the survey. Your participation will help us to serve you better.

## Appendix A. Content Experts

<b>Name</b>	<b>Campus Department</b>	<b>Items Reviewed</b>
Julie Abrams	Student Mental Health Services	Mental Health, Sexual Assault & Violence, Stress
Philip Barkley	Student Health Care Center	Medical Problems
Linda Bobroff	Family, Youth & Community Services	Nutrition, Weight
Beverly Brady	Student Mental Health	Mental Health, Sexual Assault & Violence, Stress
Joan Castleman	College of Nursing	Tobacco
Phylis Craig	Student Health Care Center	Sexual Health
Jane Cullen	Student Health Care Center	Medical Problems
Jane Emmerée	GatorWell Health Promotion Services	UF Services, Stress, Vehicle Safety & Sunlight/UV exposure, Sleep, Tobacco, Time Management
Samantha Evans	GatorWell Health Promotion Services	Sexual Health
Tavis Glassman	GatorWell Health Promotion Services	Alcohol, Tobacco and Other Drugs
Shirley Haberman	GatorWell Health Promotion Services	UF Services, Vehicle Safety and Sunlight/UV exposure, Prescription Drugs
Anne Kendall	Food Science & Human Nutrition	Nutrition, Weight
Karin Kratina	GatorWell Health Promotion Services	Eating Disorders
Tina Long	GatorWell Health Promotion Services	Stress, Time Management, Sleep
Janis Mena	GatorWell Health Promotion Services	Nutrition, Weight, Eating Disorders, Exercise
Maureen Miller	GatorWell Health Promotion Services	Alcohol, Tobacco and Other Drugs
Guy Nicolette	Student Health Care Center	Medical Problems
Steven Pokorny	Health Education & Behavior	Tobacco
Scott Tomar	Community Dentistry & Behavioral Science	Tobacco
Jill Varnes	Health Education & Behavior	UF Services
Robert Weiler	Health Education & Behavior	Prescription Drugs

## Appendix B. Demographics

Descriptor	Category	Total % n=2,408	Male % n=918	Female % n=1,488
Gender*			38.1	61.8
Age	18-20	55.3	48.4	59.3
	21-29	41.3	46.3	36.6
	≥30	3.4	5.0	2.6
Year in school	1st year undergraduate	23.5	21.7	24.6
	2nd year undergraduate	18.5	16.1	20.0
	3rd year undergraduate	25.6	23.5	26.9
	4th year undergraduate	15.9	15.3	16.2
	5th year or more undergraduate	2.5	3.4	2.0
	Graduate student or professional	14.0	19.9	10.3
Race/Ethnicity	White, non-Hispanic	66.6	63.3	68.5
	Black, non-Hispanic	6.5	4.1	7.9
	Hispanic or Latino/a	11.2	11.6	11.0
	Asian or Pacific Islander	10.1	15.1	7.0
	Multiracial	4.2	3.9	4.4
	Other	1.5	2.0	1.2
	Marital Status	Single	91.7	90.4
	Married/Partnered	6.6	7.5	6.1
	Separated	0.2	0.3	0.1
	Divorced	0.4	0.5	0.3
	Other	1.1	1.1	1.1
College of Study	Agriculture and Life Sciences	10.8	8.2	12.4
	Design, Construction and Planning	3.0	4.3	2.2
	Dentistry	0.2	0.1	0.3
	Education	3.3	0.8	4.9
	Engineering	14	27.8	5.5
	Fine Arts	2.6	2.2	2.8
	Health & Human Performance	5.6	3.6	6.8
	Journalism & Communications	5.8	2.2	8.0
	Levin College of Law	2.3	2.3	2.3
	Liberal Arts and Sciences	31.9	27.9	34.2
	Medicine	1.0	0.8	1.1
	Nursing	1.7	0.1	2.7
	Pharmacy	1.5	0.7	1.9
	Public Health & Health Professions	4.0	2.8	4.8
	Veterinary Medicine	0.0	0.0	0.0
		Warrington College of Business Administration	12.4	16.3

\*Two participants (0.1%) indicated they were transgender.

**Appendix B. Demographics (cont.)**

Descriptor	Category	Total %	Male %	Female %
Fraternity or Sorority		13.1	11.3	14.2
Living Situation	Campus residence hall	26.2	23.8	27.7
	Fraternity or sorority house	2.7	2.6	2.7
	Other college/university housing	2.0	3.2	1.4
	Parent/guardian's home	1.7	1.9	1.6
	Other off-campus housing	66.5	67.7	65.9
	Other	0.8	0.8	0.8
Sexual Orientation	Heterosexual	96.4	95.8	96.7
	Gay/Lesbian	1.1	1.9	0.5
	Bisexual	1.7	1.2	2.0