

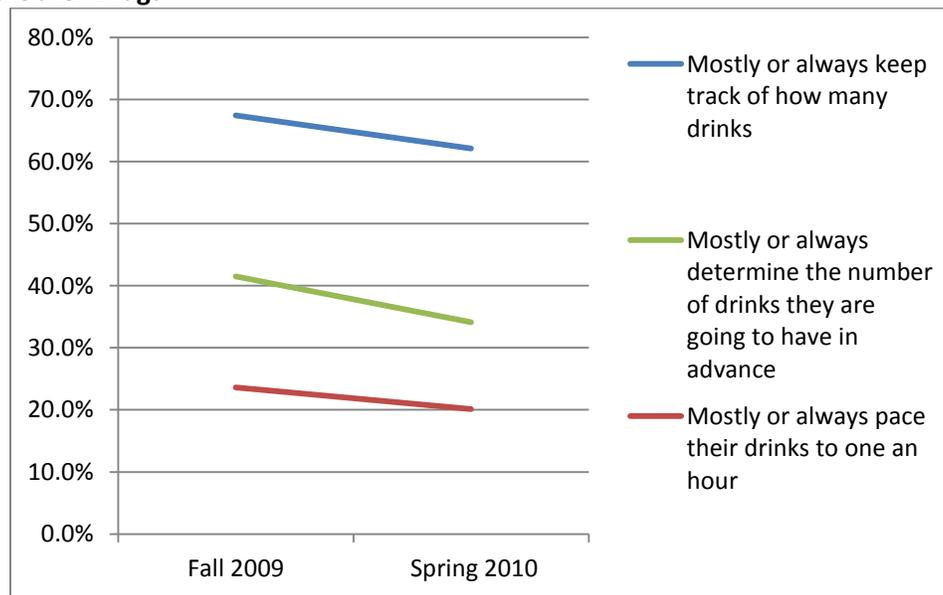
NCHA Data Results for 1st Year Students Fall 2009 – Spring 2010

Study Description

The following document shows changes in UNC 1st year students' behaviors and experiences from pre UNC to their second semester.

NCHA surveys were given to students in the L-Fit classes during the 1st week of school in the Fall 2009 semester and during the 1st week of the Spring 2010 semester. The survey questions used in this analysis asked student about their behaviors over the previous 12 months. All non-1st year students were removed from the analysis. A total of 1290 1st year students took the survey in the Fall of 2009 and 1398 1st year students took the survey in the Spring of 2010.

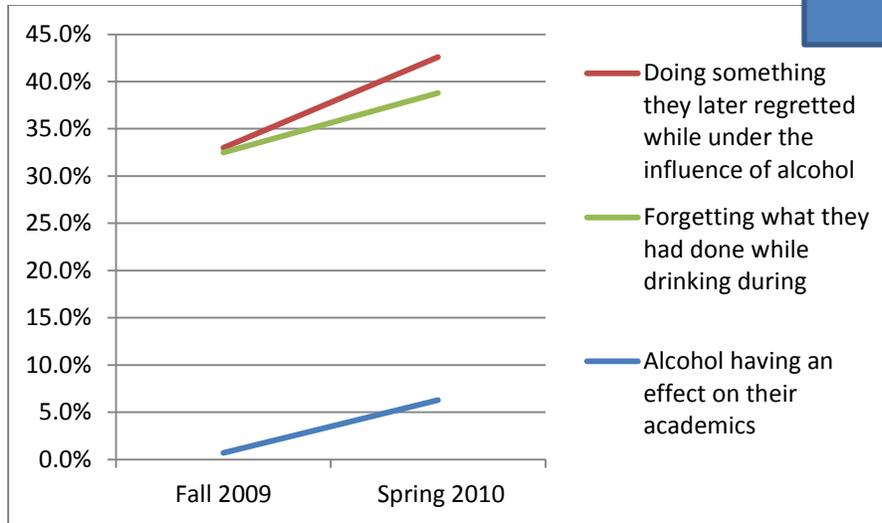
Alcohol and Other Drugs



- 5.3% Decrease (67.4% to 62.1%) in students reporting that they mostly or always keep track of how many drinks they have.
- 7.4% Decrease (41.5% to 34.1%) in students reporting mostly to always determining the number of drinks they are going to have in advance
- 3.6% Decrease (23.7% to 20.1%) in 1st year undergraduate students reporting that they mostly or always pace their drinks to one an hour

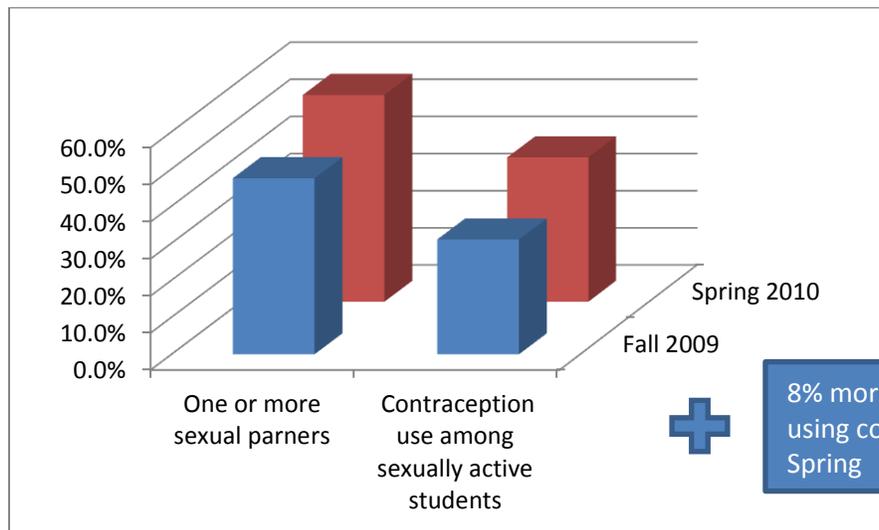


On average, 67% of students sometimes choose not to drink at parties



- 9.6% increase (33% to 42.6%) in students doing something they later regretted while under the influence of alcohol during the last 12 months
- 6.3% increase (32.5% to 38.8%) in students forgetting what they had done while drinking during the last year.
- 5.6% Increase (.7% to 6.3%) in students that report alcohol having an effect on their academics

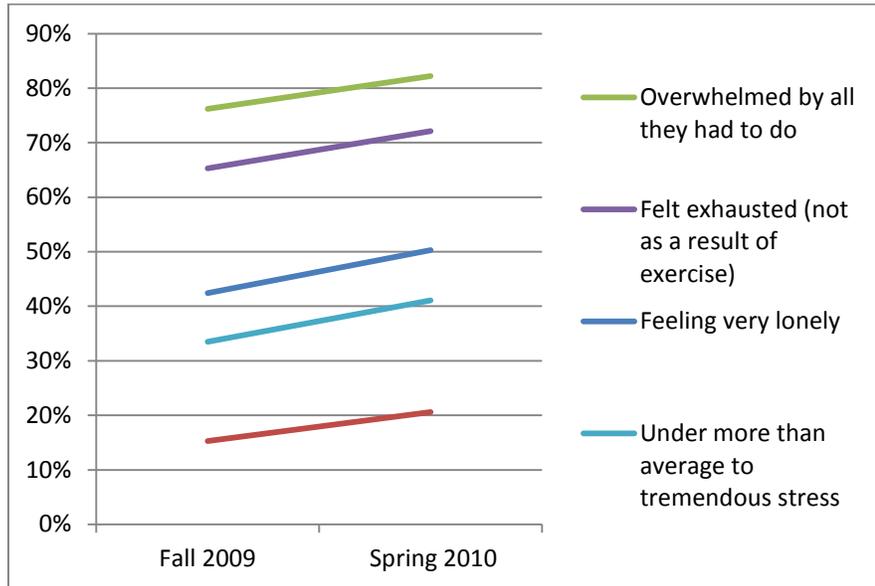
Sexual behavior



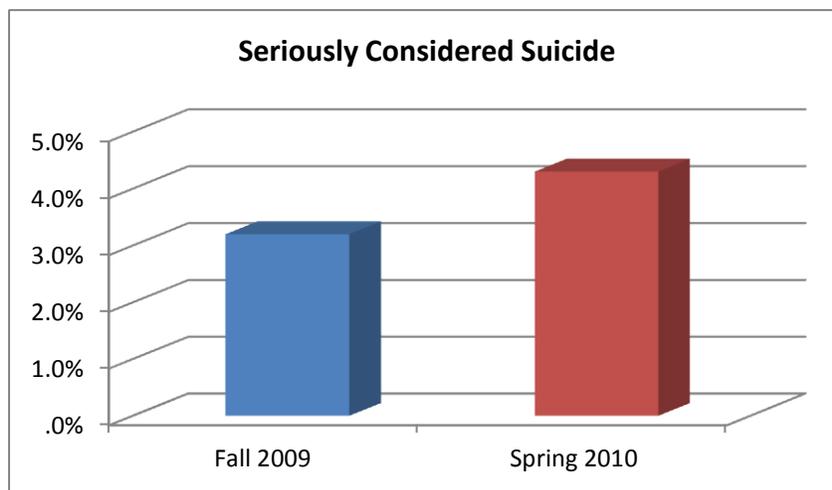
8% more students reported using contraception in the Spring

- 8.2% increase (47.5 to 55.7%) in students reporting one or more sexual partner from the Fall to the Spring (includes oral, vaginal, and anal sex).
- 4.2% increase (4.5 to 8.7%) in students reporting 4 or more sexual partners from the Fall to the Spring.
- 7.9% increase (31% to 38.9%) in contraception use among sexually active students from Fall to Spring.

Mental Health



- 6.1% (76.2% to 82.2%) Increase in students being overwhelmed by all they had to do during the past 12 months.
- 6.8% (65.3% to 72.1%) Increase in students reporting that they had felt exhausted during the past 12 months (not as a result of exercise).
- 7.9% (42.4% to 50.3%) Increase in students reporting feeling very lonely during the past 12 months.
- 7.6% (33.5% to 41.1%) Increase in students reporting more than average to tremendous stress during the past 12 months.
- 5.2% (15.3% to 20.6%) Increase in feeling so depressed that it was difficult to function during the past 12 months.



- 1.1% (3.2% to 4.3%) Increase in 1st year students seriously considering suicide during the past 12 months.
- Approximately 4% of students in the spring sample had seriously considered suicide in the past 12 months.

Exercise and Nutrition

Body Mass Index Classifications	Fall 2009	Spring 2010
Underweight	8.3%	6.1%
Desired weight	77.8%	76.1%
Overweight	11.1%	13.2%
Class I obesity	2.1%	2.7%
Class II obesity	.3%	1.6%
Class III obesity	.3%	.4%

- 12.9% increase (14.1% to 27%) in students not exercising moderately for at least 1 day a week.

Limitations

This survey is limited in that it did not use random selection and the analysis only looked at a portion of the questions asked. It is possible that the two different cohorts may have differed in a significant way. This could mean that the changes seen actually represent differences between the two cohorts rather than a change in students behaviors between the Fall and Spring semester. It would be beneficial to conduct a randomized control trial to better assess first-year student behavior. This analysis also only used questions from the survey that asked student about behaviors during the previous 12 months. Questions framed in a shorter time period, such as 2 weeks, or a month, would have only assessed their behaviors during summer or winter break, which may have differed significantly from the school year. Even with these limitations the findings overwhelmingly show significant changes in unhealthy behaviors from Fall 09 to Spring 2010.

Conclusions

Almost all unhealthy behaviors among 1st year students increased from Fall 2009 to Spring 2010 and most proactive health behaviors decreased. One of the only exceptions was an increase in contraception use from the fall to the spring. The findings suggest the need to continue providing initiatives to first year students that focus on reducing unhealthy behaviors. We recommend initiatives in the realms of sexual health, drug and alcohol use, mental health issues, and exercise as these showed the greatest change and are areas that impact academic performance.