

“How Do I Fit In at UW?”

What Most College Students
Are Doing with
ALCOHOL, TOBACCO,
MARIJUANA, SEX,
AND SLEEP

“Pop quiz”

- Please take a few minutes to give your best guess for the answer to the 10 questions on this Survey of Student Health/Lifestyle
- Source: American College Health Association National College Health Assessment, Fall 2011.

1.

- What % of US college students report any alcohol use (last 30 days) ?
- **62%**

2.

- What is the perception among college students for Question #1?
- **94%**

3.

- What % of US college students smoke tobacco? (last 30 days)
- **14.4%**

4.

- What is the perception among college students for Question #3?
- **80%**

5.

- What % of US College students smoke marijuana? (last 30 days)
- **14.3%**

6.

- What is the perception among college students for Question #5?
- **79%**

7.

- What % of US college students engaged in vaginal sex (last 30 days) ?
- **47%**

8.

- What % of students report contraceptive use by themselves or their partner the last time they had vaginal intercourse?
- **53.7%**

9.

- What % of students report getting enough sleep (self-defined) at least 3-5 days per week?
- **47.8%**

10.

- What are the top three factors affecting the academic performance of US college students?
- **Stress (28.6%)**
- **Sleep difficulties (20.4%)**
- **Anxiety (19.9%)**

Discussion

- Which statistic surprised you the most?
- “Perception vs. Reality”
- Questions

Health Promotion efforts at Hall Health Center

- Wellness Resource Center
- Smoking Cessation program
- Condom Club
- Bicycle safety equipment
- Ski/snowboard & rollerblade/skateboard helmets

Contact Information

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