

Undergraduate Student Profile: Wellness

Center for the Study of Student Life

September 2012

INTRODUCTION

Student wellness is an important and complex phenomenon that involves interconnection between numerous of the self and one's surroundings. The Ohio State Student Wellness Center operates according to nine wellness dimensions, five of which are presented in this report (Career, Intellectual, Emotional, Social, and Physical). In order to create an undergraduate student wellness profile, data were examined from three major surveys distributed at The Ohio State University in the 2011-2012 school year: the Multi-Institutional Study of Leadership (MSL), Student Life Survey (SL Survey), and the National College Health Assessment (NCHA).

The Multi-Institutional Study of Leadership is an online survey that was administered at Ohio State in February 2012 to measure the environmental factors of the college experience that contribute to student leadership development and to the preparation of civically-engaged citizens. The survey was administered to a random sample of 5,000 undergraduate students on the Columbus campus, including 1,000 students who had taken a leadership course. The response rate was 22.3%, with 1,097 students completing the survey.

The 2011 Student Life survey was a modification of past Student Involvement surveys. The survey included items related to involvement and culture at Ohio State, student usage of Student Life departments, and various aspects of students' outside-the-classroom experiences. Five-thousand full-time Ohio State students on the Columbus campus were randomly selected (in a sample stratified by class rank) to receive an email invitation in the spring 2011 quarter. Twelve hundred students responded, yielding a 24.0% response rate.

The final survey, the American College Health Association's NCHA-II was administered to 10,000 randomly-selected students at The Ohio State University in spring of 2012, and had a 15.5% response rate. This was a voluntary, web-based survey, and assessed topics of general health, health-related impediments to academic performance, relationships, alcohol and other drug use, sexual behavior, nutrition, exercise, mental health, and sleep.

This student profile is based on undergraduate, degree-seeking Ohio State students at the Columbus campus. In each of the following sections (excluding Highlights and Demographics), findings are displayed based upon all undergraduate student respondents and subsequently by residence (off-campus/on-campus, $p < .05$).

HIGHLIGHTS

- **35.4%** of students have engaged in a practicum, internship, field experience, co-op experience, or clinical experience during college.
- **33.7%** reported feeling *very safe*, and **56.1%** *somewhat safe* in the community surrounding school during the daytime.
- **98.1%** of students felt they have grown regarding the *ability to learn on your own, pursue ideas, and find information you need*.
- **32.0%** of students did not engage in vigorous-intensity cardiovascular exercise for at least 20 minutes on any of the past 7 days.
- **18.7%** of students have been tested for Human Immunodeficiency Virus (HIV) infection.
- On-campus students (**78.4%**) were more likely than off-campus students (**64.1%**) to *always/very often/often* interact with student peers in non-academic settings.
- **52.1%** of students reported that they experienced *more than average stress or tremendous stress* in the past 12 months.
- **67.5%** of students have *never* used cigarettes.

DEMOGRAPHICS

The total number of students who attended The Ohio State University Columbus campus spring quarter 2012 was 53,822, according to the Spring 2012 Fifteenth Day Enrollment report. The tables below display the demographics for the undergraduate, degree-seeking student population at Ohio State's Columbus campus.

Gender	%	Race/Ethnicity	%
Male	52.4%	African American	6.5%
Female	47.6%	American Indian/Alaskan Native	0.2%
		Asian	5.2%
		Hispanic	3.1%
		Native Hawaiian or Other Pacific Islander	0.1%
		Nonresident Alien	6.7%
		Two or More Races	1.5%
		Unknown	1.4%
		White	75.3%

CAREER WELLNESS

The MSL contained a number of questions regarding students' career-related aspirations and involvement. According to the data, 35.4% of students had engaged in a practicum, internship, field experience, co-op experience, or clinical experience during college. In addition to engagement, MSL respondents also rated other aspects of career wellness, displayed in the table to the right. Students ranked the following items as *not at all true/slightly true: I do not plan to devote energy to getting promoted in the organization or business I am working in* (76.3%), *Attaining leadership status in my career is not that important to me* (74.6%), and *Once I finish the basic level of education needed for a particular job, I see no need to continue in school* (73.7%).

	Quite a bit true/Very true (%)
I hope to move up through any organization or business I work in	83.1%
I hope to become a leader in my career field	77.3%
I think I would like to pursue graduate training in my occupational area of interest	62.1%
When I am established in my career, I would like to manage other employees	58.2%
When I am established in my career, I would like to train others	57.2%

According to further analysis of the MSL data, only 17.5% of on-campus students had engaged in a practicum, internship, field experience, co-op experience, or clinical experience during college, as compared with 40.2% of off-campus students.

INTELLECTUAL WELLNESS

There are numerous other experiences in which students engage that contribute to their overall learning. When asked to report their level of agreement or disagreement with academic programs at Ohio State (SL Survey), the majority (66.9%) *strongly agreed/agreed* that academic programs at Ohio State met their needs.

During the average week, 13.4% of students spent 1-4 hours, 33.9% spent 8-16, and 26.6% spent 16+ hours (SL Survey, 2011).

Students learned in a variety of ways both in and outside of the classroom, and reportedly felt they had grown in the following areas (displayed in the table below) during college, according to data from the MSL.

	Grown somewhat/Grown /Grown very much (%)
Learning more about things that are new to you	98.4%
Ability to learn on your own, pursue ideas and find information you need	98.1%
Ability to put ideas together and to see relationships between ideas	98.0%
Ability to critically analyze ideas and information	97.9%

SOCIAL WELLNESS

Also within the realm of learning, many students reported that they had a mentor during their time in college, as detailed in the table below (MSL, 2012). If a student reported a mentor, they were then asked to indicate which was the most significant mentor and to report their mentor's role; most students reported *other students* (33.6%), *faculty/instructor* (29.4%), or *academic or student affairs professional staff* (23.8%) as the most significant mentor at the college/university; only 13.1% thought of their *employer* as a significant mentor at OSU.

MENTOR RELATIONSHIPS	Since you started at your current college/university, have you been mentored by the following types of people: (% Yes)	If you answered yes to the previous question, how often have the following types of mentors assisted you in your growth or development?			
		Never	Once	Sometimes	Often
Faculty/Instructor	56.2%	1.4%	13.9%	53.7%	31.0%
Academic or Student Affairs Professional Staff	52.2%	3.1%	14.4%	52.9%	29.6%
Employer	42.0%	2.7%	17.7%	50.7%	29.0%
Community member (not your employer)	27.7%	4.4%	19.2%	47.3%	29.1%
Parent/Guardian	71.7%	0.4%	2.7%	27.2%	69.7%
Other Student	62.2%	0.8%	8.0%	43.0%	48.2%

Based on your experience at OSU thus far, please indicate your level of agreement or disagreement with the following statements:	Disagree/Strongly disagree (%)	Strongly agree/Agree (%)
I have relationships with other students at Ohio State	2.3%	80.5%
I feel that I am a member of the Ohio State Community	4.5%	71.8%
I feel involved with others at the university	7.6%	57.8%
I have relationships with faculty at the university	18.3%	36.6%
I have relationships with staff at the university	21.2%	38.3%

The SL survey asked respondents to indicate who they turned to when they encountered various problems. When asked to indicate who they turned to for advice on education-related issues, the top three which students most often indicated they *always/very often/often* turned to were: *close friend(s)*, *family member(s)* and *student peer(s) at Ohio State*. These were also the top 3 when asked who they turned to for advice on personal issues. Details are provided in the tables below.

How often do you turn to the following people when you need advice on <u>education-related issues</u> , such as academic progress, choosing or changing majors, and long-term educational plans?	% Always/Very often/Often
Close friend(s)	76.0%
Family member(s)	70.7%
Student peer(s) at OSU	43.7%
Academic advisor(s)	39.0%
Advisor(s) of student organization(s)	21.8%
Faculty member(s)	19.9%
Student Life staff	6.1%
Other	5.1%

How often do you turn to the following people when you need advice on <u>personal issues</u> , such as future career choices, life goals, relationship problems, etc.?	% Always/Very often/Often
Close friend(s)	84.8%
Family member(s)	79.8%
Student peer(s) at OSU	35.6%
Academic advisor(s)	16.0%
Advisor(s) of student organization(s)	12.4%
Faculty member(s)	11.8%
Other	4.9%
Student Life staff	5.7%

On-campus students reported being mentored by *academic or student affairs professional staff* (63.7%) as well as *other students* (70.2%); off-campus students also reported being mentored by *academic or student affairs professional staff* (48.3%) or *other students* (59.0%), to a lesser degree. Differences between on- and off-campus student mentorship can be viewed in the following table.

Mentored by:	[%]	
	On-Campus	Off-Campus
Academic/Student Affairs professional staff	34.1%	20.5%
Other students	33.2%	32.9%
Faculty/Instructors	22.0%	32.9%
Employer	10.7%	13.7%

When in need of advice on personal issues, on-campus students *always/very often/often* turned to: *student peer(s)* (41.2%), *advisor(s) of their student organization(s)* (15.9%), or *Student Life staff* (6.9%). Off-campus students *always/very often/often* turned to *student peer(s)* (33.4%), *advisor(s) of student organization(s)* (11.0%), or *Student Life Staff* (4.2%). Both on- and off-campus students *always/very often/often* turned to *student peer(s)* (51.1%) and *Student Life Staff* (9.4%) for education-related issues.

BELONGING

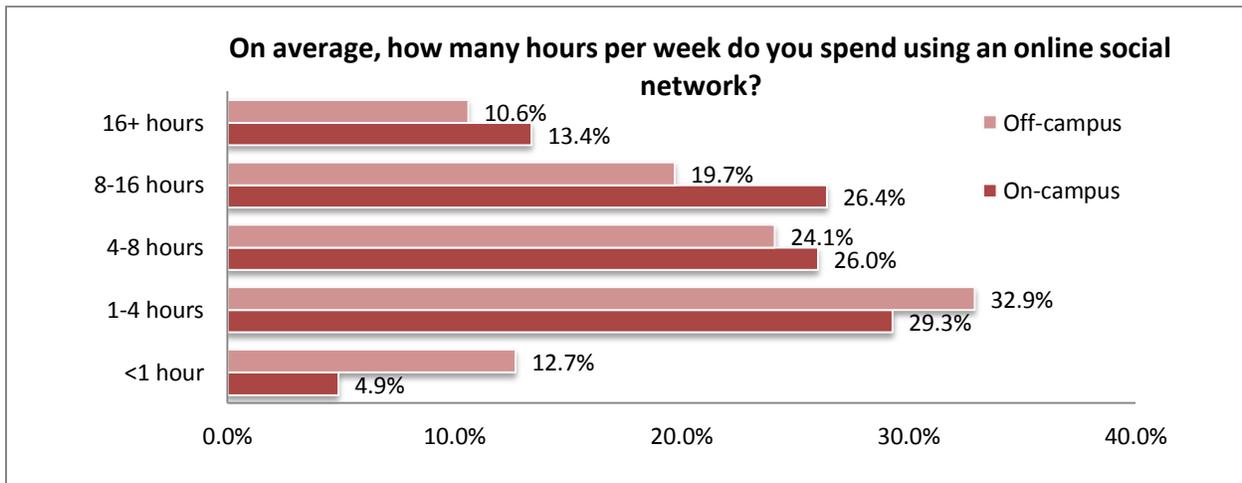
Students also reported on their interactions with other students in both the MSL and SL Survey. According to data from the SL Survey, many students reported that they *always/very often/often* (68.3%) interacted with student peers in non-academic settings while 28.2% *sometimes/occasionally* interacted and 3.5% *never* did.

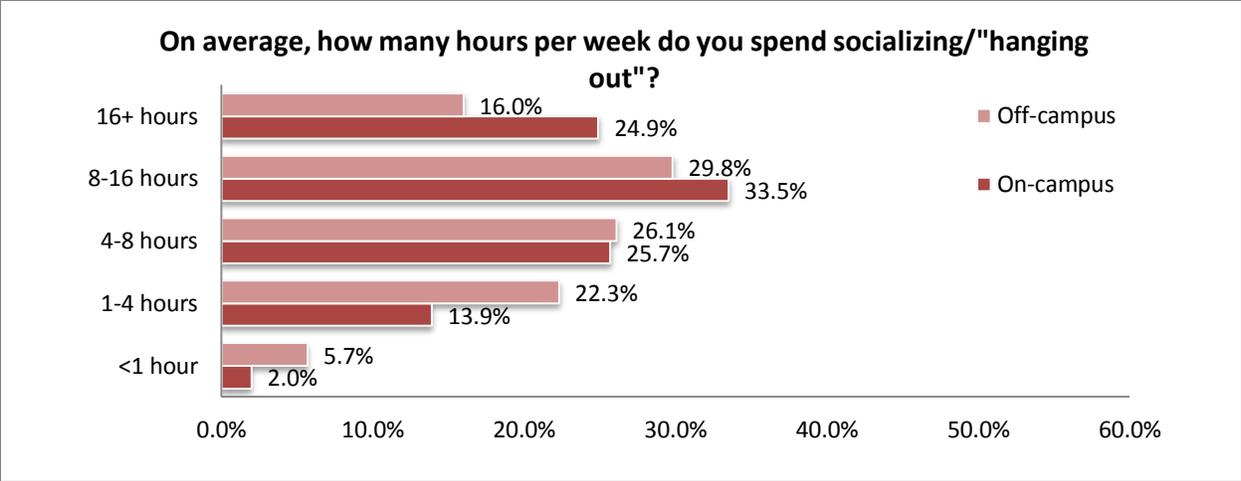
	Disagree/Strongly disagree (%)		Strongly agree/Agree (%)	
	On-Campus	Off-Campus	On-Campus	Off-Campus
I have relationships with other students at Ohio State	-	3.2%	89.3%	76.9%
I feel that I am a member of the Ohio State Community	1.9%	5.6%	83.3%	67.3%
I feel involved with others at the university	3.7%	9.2%	72.7%	51.7%

On-campus students frequently interacted with student peers in non-academic settings; these students were more likely to *always/very often/often* (78.4%) interact with student peers in non-academic settings than off-campus students (64.1%). Only 1.2% of on-campus students reported they *never* interacted with student peers in non-academic settings as compared to 4.5% of off-campus students. The table above with data from the SL Survey display students’ feelings regarding various experiences at Ohio State with other individuals.

The SL Survey inquired about other activities in which students were involved that either hindered or supported their social wellness. According to the survey, over half of students used an online social network 1-4 hours (31.9%) or 4-8 hours (24.8%) per week; 11.4% of students spent 16+ hours per week using online social networks. Many students spent either 1-4 hours (41.4%) or 4-8 hours (19.3%) per week using phone/text messaging; 16.6% spent 16+ hours and 17.5% estimated spending 8-16 hours per week using phone/text messaging. There was a fairly even spread of students who reported socializing/“hanging out” during the week; 19.9% of students spent 1-4 hours, 26.1% spent 4-8 hours, and 30.8% spent 8-16 hours socializing/“hanging out.”

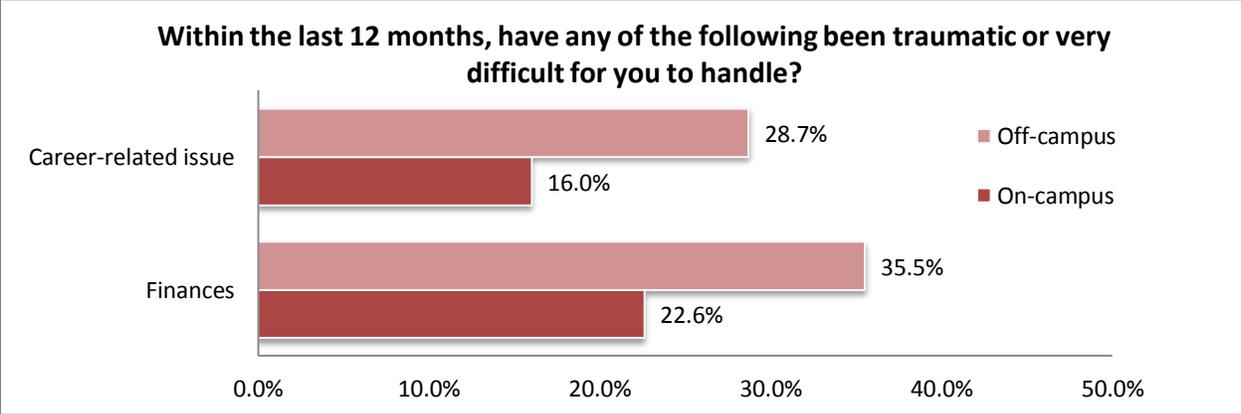
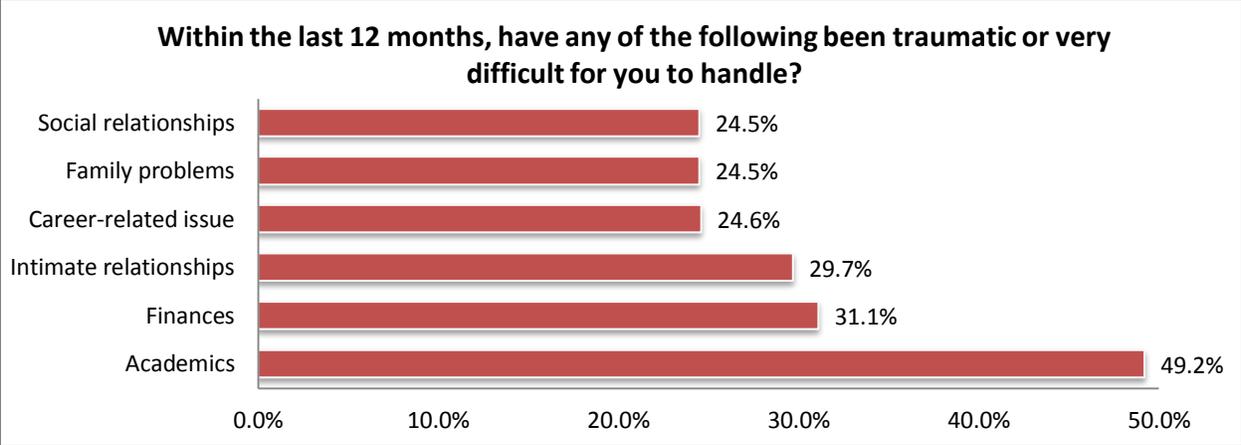
The two graphs below display how much time on-campus and off-campus students spent using an online social network, and socializing/“hanging out”.





EMOTIONAL WELLNESS

Students also reported on various aspects of their emotional wellness. The first chart below shows the six most commonly-reported areas that students found traumatic or difficult to handle in the last 12 months, while the second graph indicates the two areas in which on- and off-campus students differed in the reported traumatic experiences over the last 12 months. (NCHA, 2012).



Numerous other aspects of emotional wellness among Ohio State students overall are displayed in the table below (NCHA, 2012).

Have you ever...	No, never	No, not in the last 12 months	Yes, in the last 2 weeks	Yes, in the last 30 days	Yes, in the last 12 months
Felt exhausted (not from physical activity)	10.6%	5.6%	48.2%	18.4%	17.1%
Felt very lonely	22.3%	17.1%	22.3%	14.0%	24.3%
Felt overwhelming anxiety	34.5%	14.4%	17.9%	11.6%	21.6%
Felt things were hopeless	34.9%	18.6%	15.8%	8.5%	22.2%
Felt overwhelming anger	39.8%	22.2%	11.8%	8.5%	17.7%
Felt so depressed that it was difficult to function	47.6%	22.0%	10.0%	5.1%	15.3%
Seriously considered suicide	79.6%	11.9%	1.3%	1.5%	5.7%
Intentionally cut, burned, bruised, or otherwise injured yourself	84.0%	11.1%	1.2%	0.5%	3.2%
Attempted suicide	93.7%	5.5%	0.2%	0.2%	0.4%

Also according to the NCHA, 16.3% of students had been diagnosed with depression at some point in their life. If in the future they were to have a personal problem, 70.9% claimed that they would consider seeking help from a mental health professional.

Generally speaking, data suggested that more off-campus students than on-campus students experienced depression and anxiety, as can be seen in the table below.

Have you ever...	Yes, in the last 2 weeks		Yes, in the last 30 days		Yes, in the last 12 months	
	On-Campus	Off-Campus	On-Campus	Off-Campus	On-Campus	Off-Campus
Felt very lonely	22.0%	22.0%	14.6%	13.7%	22.0%	25.9%
Felt so depressed that it was difficult to function	6.3%	11.7%	5.1%	5.3%	14.0%	16.1%
Felt overwhelming anxiety	13.7%	20.0%	12.8%	10.6%	17.6%	24.1%
Felt overwhelming anger	12.8%	10.8%	6.9%	9.3%	16.4%	18.7%

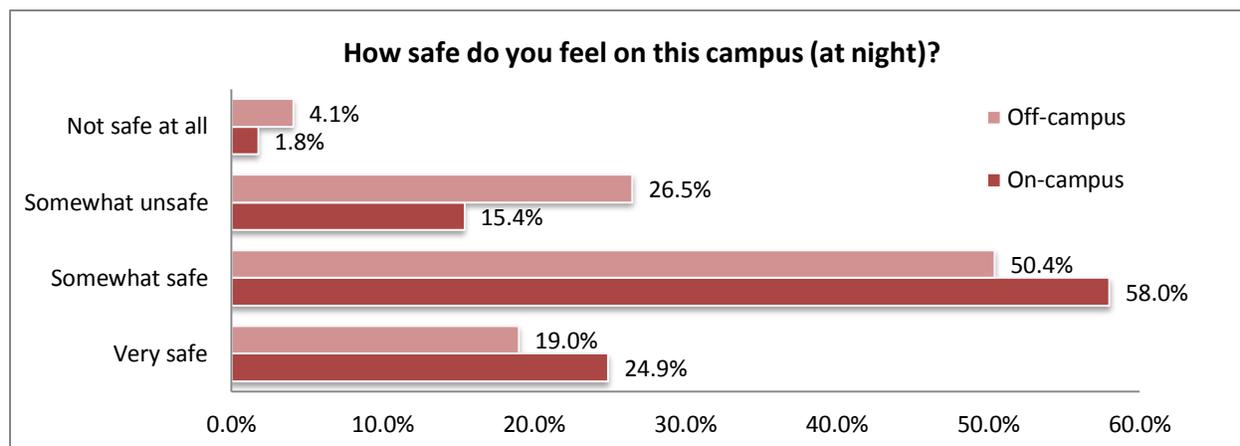
Also of note is the significantly higher percentage of off-campus students (14.6%) who received psychological or mental health services from Ohio State’s counseling or health centers, compared to on-campus students (9.0%).

SAFETY

Students also reported perceptions and experiences related to safety as part of the NCHA. Over the last 12 months, 19.1% of students had been verbally threatened, 6.0% had been a victim of stalking, and 4.2% had been physically assaulted. Nearly 6% had been in a physical fight. Eight percent of students had been in an emotionally abusive relationship and 1.9% in a physically abusive relationship.

In terms of campus safety, most students (87.8%) felt *very safe* on campus during the daytime, as compared to only 21.0% of students who felt *very safe* on campus during the nighttime. Fewer students (33.7%) felt *very safe* in the community surrounding school during the daytime and only 2.9% felt *very safe* in the community surrounding school during the nighttime; during the nighttime, 48.9% felt *somewhat unsafe* and 23.6% felt *not safe at all*.

Perceptions of nighttime safety on campus differed significantly between on- and off-campus students, as can be observed in the graph below.



STRESS

According to data from the NCHA, within the last 12 months, 38.6% of students rated their overall level of stress as *average stress*, while 43.0% reported *more than average stress*, and 9.1% *tremendous stress*. Only 1.4% of students claimed they had *no stress*. Reflecting on their experiences at Ohio State (SL survey), 42.9% of students *strongly agreed/agreed* that participation in a student organization(s) *helps me manage stress*.

SLEEP

Numerous respondents struggled with sleep: recalling the past 7 days, 11.6% of students felt they got enough sleep to feel rested on 6 or 7 days of the week, while 18.9% either did not sleep enough to feel rested on any day, or slept enough to feel rested on one day out of the week. Nearly half (45.9%) of students felt they had *a little problem* with daytime sleepiness in the past 7 days, and 28.9% had *more than a little problem*.

PHYSICAL WELLNESS

Students reported on a number of other aspects related to wellness, including preventative behaviors. According to data from the NCHA, almost all students (96.1%) *most of the time/always* wore their seatbelt in a car, 85.3% *most of the time/always* wore a helmet on a motorcycle, and 16.8% *most of the time/always* wore their helmet on a bicycle; however, 60.7% of students *never* wore a helmet when riding a bicycle.

NCHA respondents also reported on other preventative physical wellness measures that they participated in. The majority (78.6%) of students had a dental exam and cleaning in the past 12 months and 47.1% of students reported using sunscreen regularly with sun exposure. The following table displays the reported rates of vaccinations among students overall.

Vaccine	% Yes
Measles, Mumps, Rubella	73.3%
Hepatitis B	67.0%
Meningococcal disease	62.6%
Varicella (Chicken Pox)	50.3%
Human Papilloma Virus (HPV)	41.6%
Influenza (in the last 12 months)	38.8%

In the table to the right, students reported items that they have been diagnosed or treated by a professional for within the last 12 months. Allergies and sinus infections were among the most common.

Students have been diagnosed or treated by a professional within the last 12 months for the following:	% Yes
Allergies	19.9
Back pain	9.6
Bronchitis	8.1
Sinus infection	21.2
Strep throat	14.1
Urinary tract infection	10.4

Other health aspects, such as weight and diet were also assessed. Over half (58.5%) of students described themselves as *about the right weight*, while 10.0 % categorized themselves as underweight, and 28.0% felt they were *slightly overweight*.

According to actual BMI calculations, 4.4% were categorized as *underweight*, 63.2% were within the category of *desired weight*, 23.4% were classified as *overweight*, and 9.0% as *class I, II, or III obese*. The majority of students were either trying to *lose weight* (50.5%) or *stay the same weight* (26.9%). Within the last 30 days, 41.7% had dieted, 2.3% had vomited/taken laxatives, 4.2% took diet pills, and 56.9% exercised to lose weight.

A greater number of off-campus (53.8%) than on-campus students (44.1%) were trying to *lose weight*, while more on-campus (32.0%) than off-campus (24.3%) students were trying to *stay the same weight*. Within the last 30 days, 35.2% of on-campus and 44.8% of off-campus students dieted to lose weight.

The NCHA defined a serving of fruits and vegetables as: 1 medium piece of fruit; ½ cup fresh, frozen, or canned fruits/vegetables; ¾ cup fruit/vegetable juice, 1 cup salad greens; or ¼ cup dried fruit. According to this definition, 59.5% of respondents reported that they ate 1-2 servings of fruits and vegetables per day, and 29.9% consumed 3-4 servings per day.

Students were also asked to report their physical activity over the last 7 days. According to NCHA calculations, only slightly more than half of students (53.9%) met the physical activity guidelines.

On how many of the past 7 days did you:	0 days	1-2 days	3-4 days	5-6 days	7 days
Do moderate-intensity cardio or aerobic exercise (caused a noticeable increase in heart rate, such as a brisk walk) for at least 30 minutes?	19.6%	28.8%	28.3%	16.9%	6.5%
Do vigorous-intensity cardio or aerobic exercise (caused large increases in breathing or heart rate, such as jogging) for at least 20 minutes?	32.0%	32.3%	22.9%	11.1%	1.6%
Do 8-10 strength training exercises (such as resistance weight machines) for 8-12 repetitions each?	47.8%	22.9%	20.2%	7.9%	1.2%

SEXUAL WELLNESS

Sexual practices were another area assessed via the NCHA. Of the respondents, 26.2% had never had oral intercourse, 32.9% had never had vaginal intercourse, and 81.4% had never had anal intercourse. More than 18.0% of students had ever been tested for Human Immunodeficiency Virus (HIV) infection.

Fewer off-campus students reported *never* having had oral or vaginal sex than did on-campus students. More off-campus (22.5%) than on-campus (10.7%) students had been tested for Human Immunodeficiency Virus (HIV) infection.

	On-Campus % Never	Off-Campus % Never
Oral intercourse	35.6%	21.1%
Vaginal intercourse	46.0%	26.1%

Students who took the NCHA also reported on birth control methods. The following table details the condom use among students who engaged in the behaviors.

Used a condom during:	% Most of the time/Always	% Never
Oral intercourse	1.7%	93.7%
Vaginal intercourse	58.4%	18.6%
Anal intercourse	26.8%	60.5%

When asked about the **last time** they had vaginal intercourse (of those who engaged in intercourse), 84.4% used a method of birth control, 9.0%

did not use any birth control method, 0.9% did not use birth control because they did not want to prevent pregnancy, and 3.1% didn't know whether they used a method of birth control.

The most commonly-used methods of birth control **the last time** they had vaginal intercourse are displayed in the table to the right. In the last 12 months, 18.5% of students who engaged in vaginal intercourse used emergency contraception and 2.0% became unintentionally pregnant.

Method of birth control:	% Yes
Birth control pills	68.6%
Male condom	67.0%
Withdrawal	40.8%

Within the last 30 days, 73.2% of on-campus students and 53.0% of off-campus students who had vaginal intercourse used a condom or other protective barrier *most of the time/always*. Only 9.9% of on-campus and 21.4% of off-campus students reported they *never* used a condom or other protective barrier.

In the last 12 months, 6.1% of students were sexually touched without consent, 1.9% had sexual penetration attempted without consent, 1.3% reported being sexually penetrated without consent, and 1.2% had been in a sexually abusive relationship.

SUBSTANCE USE

The final area of physical wellness addressed is that of substance abuse. Students reported on their use, or lack of use, with various substances. According to the SL Survey, 42.1% of students spent less than one hour per week drinking alcohol. Most other students spent either 1-4 hours (28.3%), 4-8 hours (17.9%), or 8-16 hours (9.0%) drinking per week. More than 15% of students never used alcohol,

according to the NCHA.

Alcohol, Tobacco, and Drugs:	Have used, but not in last 30 days	1-5 days/wk	6+ days/wk
Cigarettes (n=322)	53.7%	26.7%	19.5%
Tobacco from a water pipe (hookah) (n=382)	73.8%	24.4%	1.8%
Cigars, little cigars, clove cigarettes (n=329)	76.0%	20.3%	3.6%
Smokeless tobacco (n=126)	69.0%	15.1%	15.9%
Alcohol (beer, wine, liquor) (n=820)	11.8%	42.5%	45.7%
Marijuana (pot, weed, hashish, hash oil) (n=392)	55.6%	23.8%	20.8%
Cocaine (crack, rock, freebase) (n=37)	73.0%	21.6%	5.4%
Methamphetamine (crystal meth, ice, crank) (n=10)	70.0%	20.0%	10.0%
Other amphetamines (diet pills, bennies) (n=63)	57.1%	20.7%	22.2%
Sedatives (downers, ludes) (n=38)	73.7%	21.0%	5.2%
Hallucinogens (LSD, PCP) (n=58)	69.0%	27.6%	3.4%
Anabolic steroids (Testosterone) (n=5)	40.0%	20.0%	40.0%
Opiates (heroin, smack) (n=19)	78.9%	10.5%	10.6%
Inhalants (Glue, solvents, gas) (n=14)	57.1%	28.5%	14.2%
MDMA (ecstasy) (n=57)	73.7%	22.9%	3.5%
Other club drugs (GHB, Ketamine, Tohypnol) (n=15)	73.3%	13.3%	13.3%
Other illegal drugs (n=46)	73.9%	15.2%	10.8%

According to the NCHA, many students at the university have *never used* the following substances: *Anabolic steroids (Testosterone)* (99.5%), *Methamphetamine* (99.0%), *Inhalants (glue, solvents, gas)* (98.6%), *Other club drugs (GHB, Ketamine, Rohypnol)* (98.5%), *Opiates (heroin, smack)* (98.1%), *Cocaine* (96.3%), *Sedatives* (96.2%), *Other illegal drugs* (95.3%), *MDMA (Ecstasy)* (94.2%), *Hallucinogens (LSD, PCP)* (94.2%), *Other amphetamines (diet pills, bennies)* (93.6%), *Smokeless tobacco* (87.2%), *Cigars, little cigars, clove cigars* (66.8%), *Cigarettes* (67.5%), *Tobacco from water pipe (hookah)* (61.5%), or *Marijuana* (60.4%).

Of those who **have** used different substances, the extent to which they have used such substances in the past 30 days is displayed in the table to the left.

Students also reported on their drinking and partying habits in the NCHA. The last time students

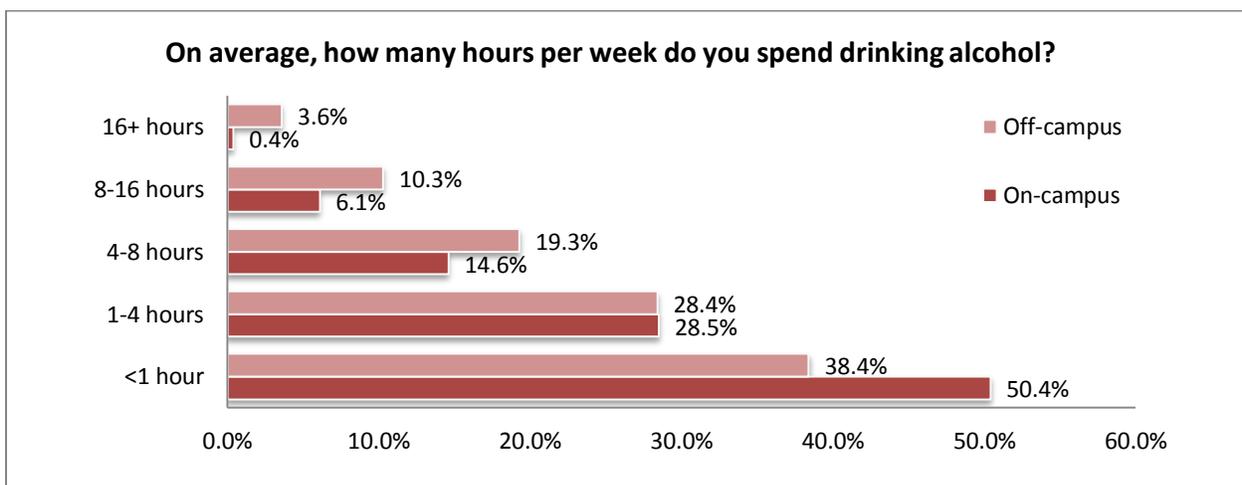
“partied”/socialized, the average number of drinks they consumed was 4.51 (one drink of alcohol was defined as a 12 oz. can or bottle of beer or wine cooler, a 4 oz. glass of wine, or a shot of liquor straight or in a mixed drink); the average number of hours that students drank alcohol while they “partied”/socialized was 3.28. Students who drink alcohol reported how many times in the last two weeks they recalled having five or more drinks of alcohol at a sitting; 43.7% of “drinkers” said it did not happen in the last two weeks, 33.0% said it happened *1 or 2 times* and 2.4% said it happened *7 or more times*. In the last 30 days, of the students who both (separately) drink and drive, 23.2% reported driving after drinking any alcohol. Approximately 3% recalled driving after having 5 or more drinks. Drinking/partying habits of students who consume alcohol are in the tables on the following page.

During the last 12 months, when you “partied”/socialized, how often did you: (*please note that this excludes those students who reported they do not drink alcohol)	Never	Most of the time/Always
Alternate non-alcoholic with alcoholic beverages	21.5%	21.1%
Avoid drinking games	22.3%	25.7%
Choose not to drink alcohol	14.2%	19.1%
Determine, in advance, not to exceed a set number of drinks	24.0%	29.2%
Eat before and/or during drinking	1.6%	75.7%
Have a friend let you know when you’ve had enough	31.5%	27.3%
Keep track of how many drinks you were having	8.7%	56.7%
Pace your drinks to 1 or fewer per hour	27.4%	21.2%
Stay with the same group of friends the entire time you were drinking	2.6%	85.2%
Stick with only one kind of alcohol when drinking	5.4%	41.8%
Use a designated driver	5.6%	78.8%

The extent to which students used various other substances also differs according to on-and off-campus (NCHA, 2012), as can be seen in the table below:

On-campus Alcohol, Tobacco, and Drugs:	Have used, but not in last 30 days	1-5 days	6+ days
Cigarettes (n=81)	48.1%	38.3%	13.6%
Alcohol (beer, wine, liquor) (n=261)	16.5%	44.9%	38.7%
Marijuana (pot, weed, hashish, hash oil) (n=110)	44.5%	39.1%	16.4%
Off-campus Alcohol, Tobacco, and Drugs:	Have used, but not in last 30 days	1-5 days	6+ days
Cigarettes (n=234)	55.1%	23.1%	21.8%
Alcohol (beer, wine, liquor) (n=544)	9.7%	40.8%	49.4%
Marijuana (pot, weed, hashish, hash oil) (n=276)	59.1%	18.1%	22.8%
Opiates (heroin, smack) (n=18)	83.3%	5.6%	11.2%

The disparity between on- and off-campus drinking grows with increasing number of hours.



On how many of the past 7 days did you:	Never	Never	Most of the time/Always	Most of the time/Always
	On-campus	Off-campus	On-campus	Off-campus
Choose not to drink alcohol	15.4%	13.9%	24.4%	16.7%
Pace your drinks to 1 or fewer per hour	35.0%	24.3%	20.9%	20.2%
Use a designated driver	4.6%	6.0%	87.8%	74.9%

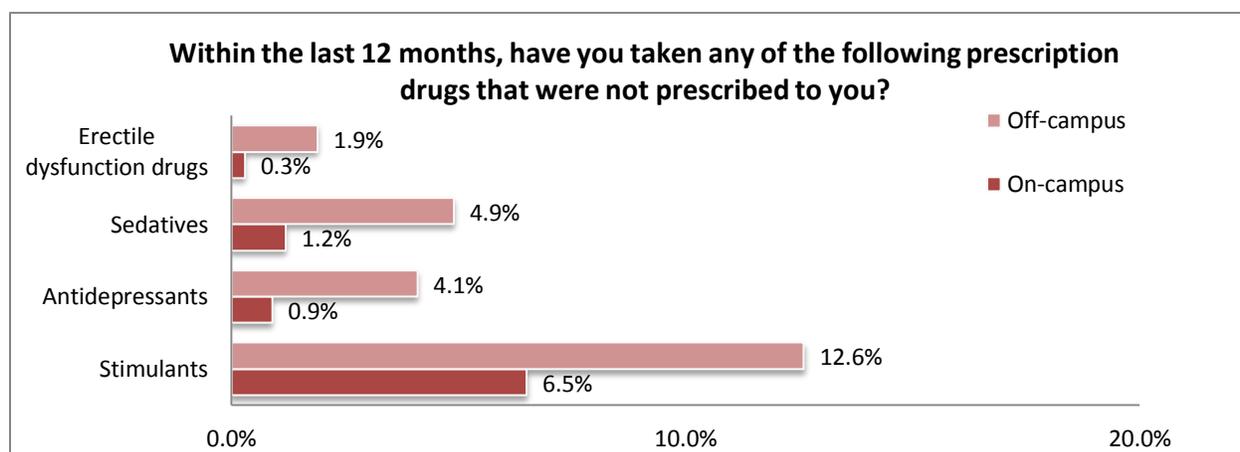
Of the on-campus students who both (separately) drink and drive, 9.6% reported driving after drinking any alcohol in the last 30 days; 28.6% of off-campus students reported the same. As a result of drinking within the last 12 months, 15.7% of on-campus students had unprotected sex and 2.0% physically injured another person. A slightly larger number of off-campus students had unprotected sex (26.0%) or physically injured another person (4.9%) as a consequence of their drinking in the past 12 months.

Students overall reported the following consequences of their drinking, compiled in the following table.

Within the last 12 months, have you experienced any of the following as a consequence of your drinking? (*please note that this excludes those students who reported they do not drink alcohol)	% Yes
Did something you later regretted	45.1%
Forgot where you were or what you did	44.2%
Got in trouble with the police	3.2%
Had sex with someone without giving your consent	1.9%
Had sex with someone without getting their consent	1.3%
Had unprotected sex	22.4%
Physically injured yourself	22.2%
Physically injured another person	4.1%
Seriously considered suicide	3.0%

Within the last 12 months, NCHA respondents reported taking the following prescription drugs that were not prescribed to them: *Stimulants* (e.g., *Ritalin, Adderall*) (10.4%), *Pain killers* (e.g., *OxyContin, Vicodin, Codeine*) (6.9%), *Sedatives* (e.g., *Xanax, Valium*) (3.5%), *Antidepressants* (e.g., *Celexa, Lexapro, Prozac, Wellbutrin, Zoloft*) (3.0%), or *Erectile dysfunction drugs* (e.g., *Viagra, Cialis, Levitra*) (1.3%).

Differences can also be seen between on- and off-campus students regarding the non-medical use of these prescription medications, as displayed in the graph below.



CONCLUSION

There is much to consider regarding student wellness at The Ohio State University. The purpose of this report is to bring together the data of various random-sample surveys of students to provide a comprehensive snapshot of Ohio State students and their health and well-being, as well as to highlight some of the significant differences between on- and off-campus students. It should be noted that these data reported do not indicate causal relationships, but may indicate correlations between constructs. Further research would be required to identify the reasons for differences or relationships revealed in these initial analyses.

Students reported a great deal of personal development, and expressed positive experiences through mentorships and student organization activity. Many students were able to seek counsel among close friends, faculty, and/or student affairs professionals. This is important to remember as we, Student Life professionals, continue to work toward creating a transformational student experience through direct interaction with our students.

Students showed ambition related to their careers and other aspirations, evidenced by the number of students who have engaged in various types of experiential learning over the course of their college careers, as well as by their perceived intentions to succeed and become leaders in their fields. Continuing to provide programs that aim to cultivate students' professional skills will be an important aspect of the extraordinary student experience.

Ohio State students are largely satisfied with their college experience, though this should not distract us from their more subtle needs. Many students reported that their academics, finances, and relationships had been difficult to handle, and numerous students struggled with sleep and stress. A number of students were trying to lose weight, yet failed to meet general exercise standards or consume enough fruits and vegetables. Many did not feel safe in the surrounding campus community during the day or night. It is important for us to remain cognizant of such issues, and to use the information available to us to better serve our students. Ohio State offers numerous programs and services that address student wellness, and students may not always be aware of all that is available to them. These data help to shed light on the areas in which students may need the most help.