

Additional Highlights

Top 10 health-related factors that affected individual academic performance:

- 28% stress
- 22% sleep difficulties
- 21% cold/flu/sore throat
- 18% concern for a troubled friend or family member
- 16% relationship difficulty
- 15% depression/anxiety disorder/seasonal affective disorder
- 11% sinus infection
- 11% internet use/computer games
- 11% death of a friend or family member
- 10% attention deficit disorder
- 8% allergies

Top 5 reported illnesses:

- 62% allergy problems
- 53% back pain
- 46% sinus infection
- 23% depression
- 20% strep throat

Prevention & Self Care:

- 93% had some type of health insurance
- 57% of females performed breast self exams in the past month
- 65% of females had a routine gynecological exam in the past year
- 47% of males performed testicular self exams in the past month
- 26% were vaccinated against the flu in the past year
- 97% wore a seat belt mostly or always in the past year

WESTERN
CAROLINA UNIVERSITY

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How Healthy is Our Campus?



2007
STUDENT
DATA
REPORT



WESTERN
CAROLINA UNIVERSITY
A University of North Carolina campus

Demographics of Western Students Surveyed

Total: 581 students
Average age: 23 years (range: 18–61)
Gender: 71% female, 28% male

Student status:

85% undergraduate

Race/Ethnicity:

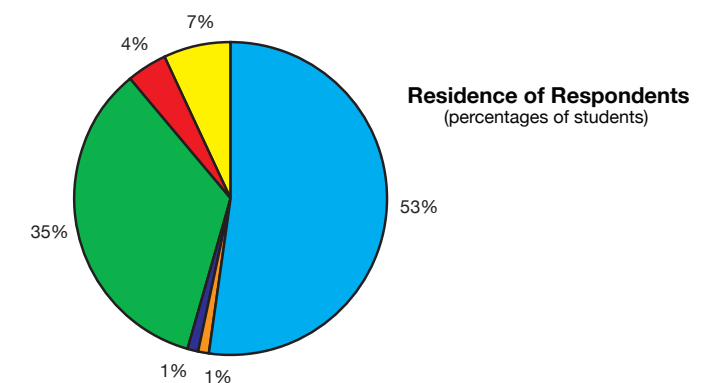
88% White
5% African American
2% American Indian or Alaskan Native
2% Hispanic or Latino
2% Asian or Pacific Islander
3% Other

Sexual orientation:

92% heterosexual

Housing status:

53% residence hall
1% other university housing
35% off campus
4% parent/guardian's home
1% fraternity/sorority house
7% other



Western Carolina University Health Center, Wellness Program and partnering departments provide programs, resources and services that address the specific needs identified by this assessment. More information about these efforts, including the data from 2002, 2004 and how Western Carolina University compares to the national survey data are available from the Wellness Coordinator at 227-7069.

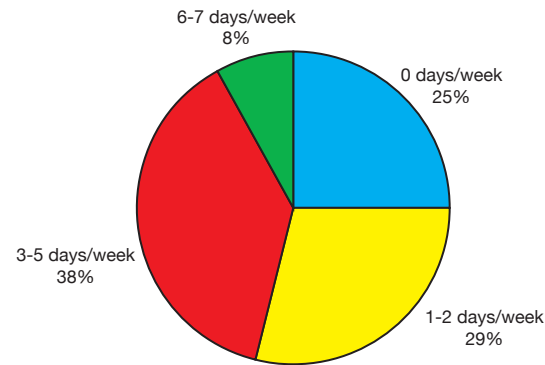
How healthy is our campus? Students at Western Carolina University reported on...

Physical Activity,
Nutrition and
Eating Behavior,
Sexual Health,
Tobacco Use,
Violence, Emotional
and Mental Health,
Alcohol and
Other Drug Use,
and More.



PHYSICAL ACTIVITY

Number of days students participated in 20 minutes of vigorous exercise or 30 minutes of moderate exercise in the past week:

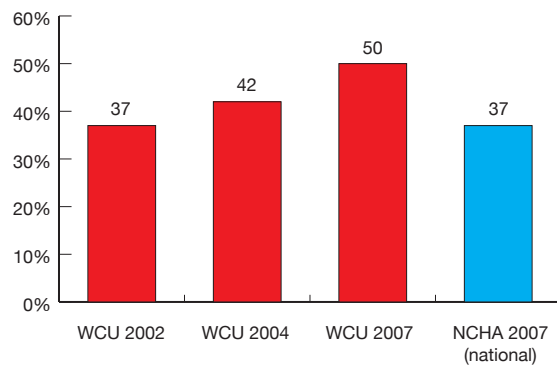


NUTRITION AND EATING BEHAVIOR

Percent of students who consumed the recommended servings of 5 or more fruits and vegetables per day:

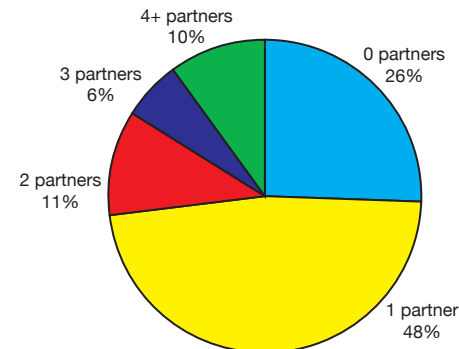
- 67% have 2 or less servings of fruit and vegetables per day
- 2% of females vomited/took laxatives to decrease weight in the past month
- 2% of females had anorexia in the last year

Percent of students who are overweight or obese:



SEXUAL HEALTH

Number of sex partners in the last year:

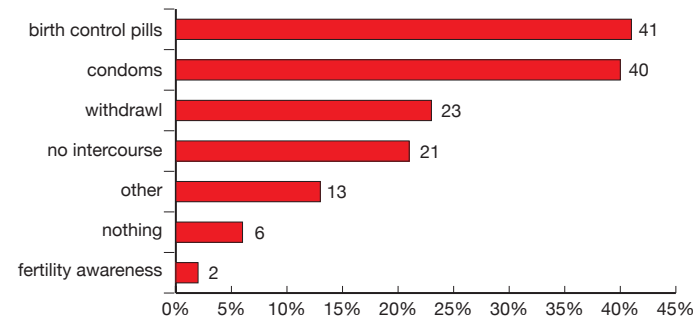


Among students who were sexually active:

- 53% used condoms mostly or always during vaginal sex in the last month
- 28% have been tested for HIV
- 3% experienced unintentional pregnancy or got someone pregnant in the last year

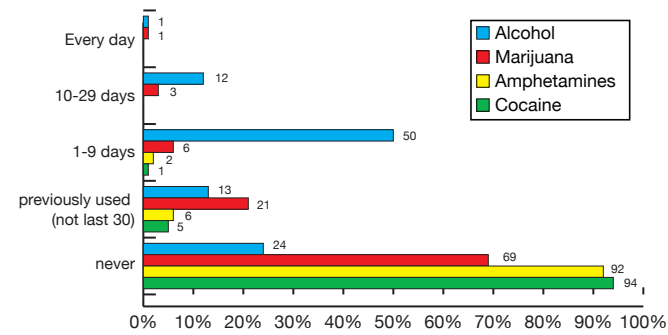
Birth control among students who were sexually active:

(Total equals more than 100% due to simultaneous use of multiple birth control methods.)



ALCOHOL AND OTHER DRUG USE

Number of days students used alcohol and other drugs in the last month:

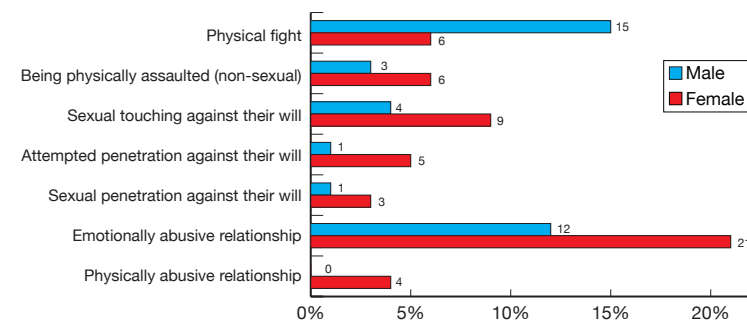


Students who use alcohol reported that when partying/going out:

- 90% usually or always use a designated driver
- 70% did not have 5 or more drinks in a sitting in the last 2 weeks
- 2% drive after having 5 or more drinks
- 38% usually or always pace drinks to one or fewer an hour
- 13% were physically injured
- 23% forget where they were or what they have done
- 17% have unprotected sex following their own drinking

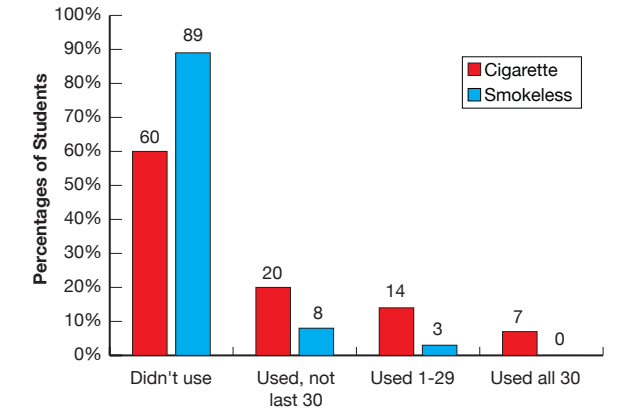
VIOLENCE

In the last year, students experienced:



TOBACCO USE

Number of days students used tobacco in the last month:



EMOTIONAL AND MENTAL HEALTH

In the last year:

- 94% felt overwhelmed by all they had to do
- 60% felt things were hopeless
- 13% felt very sad more than 10 times
- 46% felt so depressed that it was difficult to function
- 10% seriously considered attempting suicide
- 2% attempted suicide

Among students who reported ever being diagnosed with depression:

- 34% were getting help by taking prescription medication
- 22% were getting help in therapy