

## Health and Health-Related Behaviors

Minnesota State University–Moorhead Students



# 2024 College Student Health Survey Report

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## Minnesota State University–Moorhead Students



<b>Introduction</b>	iii
<b>Survey</b>	v
Methodology	v
Analysis Summary	vi
<b>Results</b>	1
Health Insurance and Health Care Utilization	1
Mental Health	5
Tobacco Use	13
Alcohol, Cannabis, and Other Drug Use	17
Personal Safety and Financial Health	25
Nutrition and Physical Activity	33
Sexual Health	37
<b>Implications</b>	41
<b>Appendices</b>	43
Appendix 1 Colleges and Universities Participating in the 2024 College Student Health Survey	43
Appendix 2 Minnesota State University–Moorhead Students Survey Demographics Based on Student Response	44
<b>Glossary</b>	45
<b>References</b>	47



## Introduction

**Q:** What do the following health conditions and health-related behaviors have in common?

- Health insurance status
- Depression
- Ability to manage stress
- Tobacco use
- Alcohol use
- Engagement in physical activity
- Credit card debt

**A:** They all affect the health and academic achievement of college students.

In the spring of 2024, eight postsecondary institutions in Minnesota joined with Boynton Health at the University of Minnesota to collect information from undergraduate and graduate students about their experiences and behaviors in the areas of health insurance and health care utilization, mental health, substance use, personal safety, financial health, nutrition and physical activity, and sexual health.

This report highlights the findings of this comprehensive survey and serves as an essential first step in identifying health and health-related behavior issues affecting college students. Boynton Health hopes that the information contained in this report will be helpful to college and university leaders as they strive to develop programs and policies that will assure a safe institutional environment, promote access to health care and essential services, encourage responsible student decision making and behavior, and contribute to the health, well-being, and academic success of students enrolled in their schools. The survey results are also intended to raise awareness among state and local policymakers and community leaders concerning the importance of the health of college students to the overall educational, health, and economic status of Minnesota.



# Survey

## Methodology

Undergraduate and graduate students enrolled in eight postsecondary institutions in Minnesota completed the 2024 College Student Health Survey, developed by Boynton Health. As an incentive, all students who responded to the survey were entered into a random drawing for an Apple iPad (one winner), Apple Pencil (three winners), 3rd Generation AirPods (two winners), or a gift card for Amazon or Target worth \$200 (two winners). In addition, one student from each participating school won a gift card from Amazon or Target worth \$100.

Randomly selected students were contacted through multiple emails:

- Initial invitation email
- Multiple reminder emails

### Minnesota State University–Moorhead Students Methodology Highlights

- **2,985** students from Minnesota State University–Moorhead (MSU–Moorhead) were selected to participate in this survey.
- **737** students completed the survey.
- **24.7%** of the students responded.



2024 College Student Health Survey Poster

# Survey

## Analysis Summary

The information presented in this report documents the prevalence of various diseases, health conditions, and health-related behaviors across seven areas:

- Health Insurance and Health Care Utilization
- Mental Health
- Tobacco Use
- Alcohol, Cannabis, and Other Drug Use
- Personal Safety and Financial Health
- Nutrition and Physical Activity
- Sexual Health

The prevalence of a disease, health condition, or health-related behavior is defined as the total number of occurrences in a population (in this case, college students) at a given time divided by the number of individuals in that population.

Prevalence is useful because it measures the commonality of a disease, health condition, or health-related behavior. For example, the College Student Health Survey asked students if they had ever been diagnosed with depression within their lifetime. For the purpose of illustration, if 100 students complete the survey and 10 of them report a diagnosis of depression within their lifetime, the lifetime prevalence of depression in this population of students is 10.0% (10/100).

The results from this survey are based on a random sample of students from each of the participating colleges and universities. Random sampling is a technique in which a group of subjects (in this case, the sample of college students) is selected for study from a larger group (in this case, the population of students enrolled at each of the participating institutions). Each individual is chosen entirely by chance, and each member of the population has an equal chance of being included in the sample. Random sampling ensures that the sample chosen is representative of the population and that the statistical conclusions (in this case, the prevalence) will be valid.



## Results

# Health Insurance and Health Care Utilization

A student's current health influences their ability to realize immediate goals of academic success and graduation, while future health affects the ability to accomplish longer-term goals of finding and sustaining a career. Access to health care has been shown to improve health. Although institutions of higher education differ in scope of services, each institution has a unique opportunity and bears a certain responsibility to address issues related to student health and to reduce barriers to health care access.

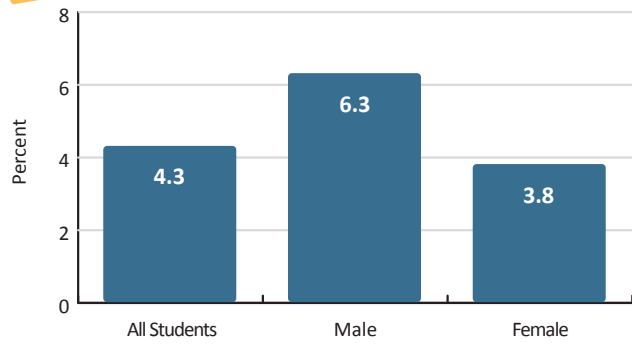
### National Comparison

This section examines the areas of health insurance, health services utilization, and preventive care. The majority of young adults in the United States (91.2%) and Minnesota (86.6%) report excellent, very good, or good health.<sup>1</sup> In Minnesota, 90.3% of 18- to 24-year-olds and 91.5% of 25- to 34-year-olds report some kind of health care insurance.<sup>1</sup> At the same time, young adults (77.3%) are least likely to identify a usual place for medical care.<sup>2</sup>

Minnesota State University–Moorhead students reported an overall uninsured rate of **4.3%**. Male MSU–Moorhead students reported higher uninsured rates than females (**6.3** vs. **3.8%**). The number of uninsured international students was too small to report.

### Health Insurance Status—Uninsured

All Students by Gender\*



\*Does not include international students.

Among MSU–Moorhead students who obtained non-emergency mental health service, **22.5%** received that care at the school.

### Health Care Service Utilization

All Students

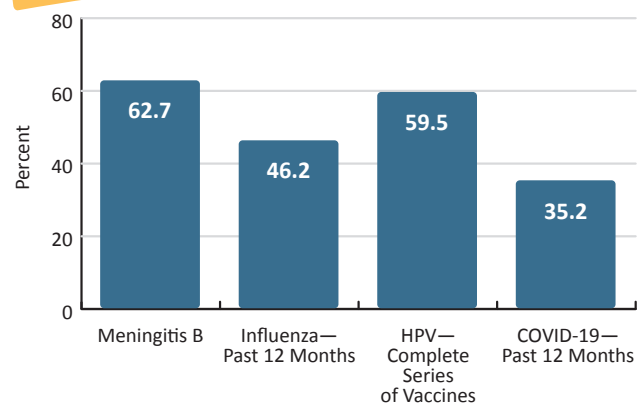
Health Care Service	Percent	
Dental Care	85.4	0.2
Emergency Care (Physical Condition)	68.3	2.8
Mental Health Service (Emergency/Crisis)	38.8	6.5
Mental Health Service (Non-emergency)	56.5	22.5
Routine Doctor's Visit	86.0	2.2
Testing for Sexually Transmitted Infections (Includes HIV)	40.2	0.7
Treatment for Sexually Transmitted Infections (Includes HIV)	30.0	0.9

■ Obtained Service While in School    
 ■ Received Service at School (Among Those That Received the Service)

Nearly two out of three (**62.7%**) MSU–Moorhead students have obtained meningitis and HPV vaccinations, nearly half (**46.2%**) obtained an influenza vaccination in the past 12 months, and close to one-third (**35.2%**) received a COVID-19 vaccination in the past 12 months. Additionally, **47.1%** of males and **64.3%** of females at the school reported obtaining a complete series of HPV vaccinations. These immunizations are not currently required for students enrolled in postsecondary institutions in Minnesota.

### Vaccination Status

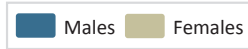
All Students



### Average Number of Days Affected by Illness— Past 30 Days

All Students by Gender

Illness	Average Number of Days Affected	
	Males	Females
Poor Mental Health	7.0	9.0
Poor Physical Health	3.4	4.4



Compared to male students, female students at MSU–Moorhead reported more days of poor mental and physical health.



# Results

## Mental Health

Mental health issues can have a profound impact on the ability of college and university students to engage fully in the opportunities presented to them. These issues affect their physical, emotional, and cognitive well-being, and can lead to poor academic performance, lower graduation rates, and poor interpersonal relationships.<sup>3</sup>

### National Comparison

This section examines areas related to the mental health of college and university students. Recent research shows that young adults in the United States have relatively high rates of mental health problems compared to other age groups. Among 18– to 25-year-olds, 33.8% have had a mental illness (i.e., a diagnosable mental, behavioral, or emotional disorder of sufficient duration to meet diagnostic criteria specified within the Diagnostic and Statistical Manual of Mental Disorders-IV) in the past year, 10.3% have had a serious mental illness (i.e., a mental illness that results in functional impairment), 17.5% have had a major depressive episode, and 12.2% have had serious thoughts of suicide.<sup>4</sup> More than half (51.0%) of young adults ages 18–25 with any mental illness have received mental health treatment in the previous year.<sup>4</sup>

Adverse childhood experiences, or ACEs, are stressful events that occur in childhood that can have long-term impacts on physical and mental health.<sup>5,6</sup> Findings from the Minnesota Behavioral Risk Factor Surveillance System (BRFSS) survey show that ACEs are common, with over half of Minnesota adults reporting at least one ACE, and 13% report four or more ACEs.<sup>7</sup> In Minnesota, 36% of adults with an ACE score of 5 or more report being diagnosed with depression, compared to 8% among adults with an ACE score of 0.<sup>7</sup>

Among MSU–Moorhead students, anxiety and depression were the two most frequently reported mental health diagnoses for both lifetime and the past 12 months.

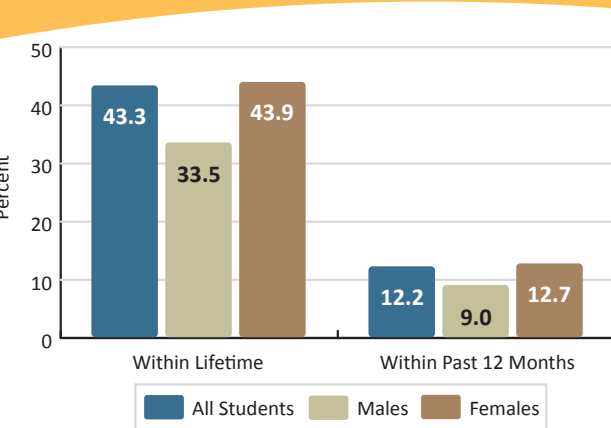
### Mental Health Condition Diagnosis— Lifetime and Past 12 Months

Mental Health Condition	Percent Who Reported Being Diagnosed	
	Within Lifetime	Within Past 12 Months
Anorexia	5.1	1.7
Anxiety	52.5	17.2
Attention Deficit Disorder	17.7	7.1
Bipolar Disorder	4.0	1.2
Bulimia	2.2	0.3
Depression	43.3	12.2
Obsessive-Compulsive Disorder	6.7	2.7
Panic Attacks	26.9	9.9
Post-Traumatic Stress Disorder	13.6	5.2
Seasonal Affective Disorder	16.9	7.2
Social Phobia/ Performance Anxiety	16.8	7.4
Substance Use Disorder	2.6	0.8
Any of the Above Mental Health Conditions	61.8	28.6
Two or More Mental Health Conditions	49.9	17.2

■ Within Lifetime ■ Within Past 12 Months

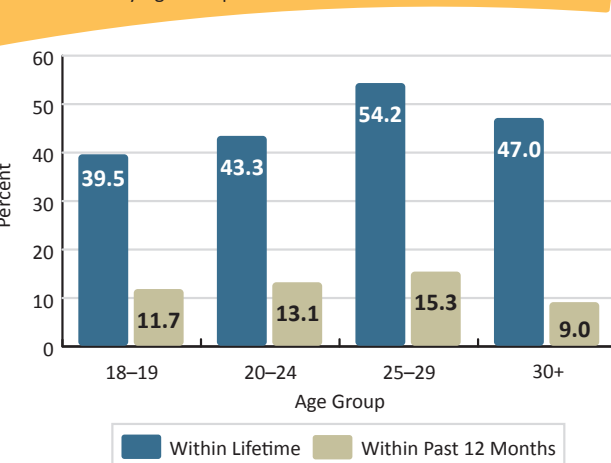
Among MSU–Moorhead students, **43.3%** reported being diagnosed with depression within their lifetime, and **12.2%** reported being diagnosed with depression within the past 12 months. Females reported being diagnosed with depression at higher rates than males.

### Depression Diagnosis— Lifetime and Past 12 Months



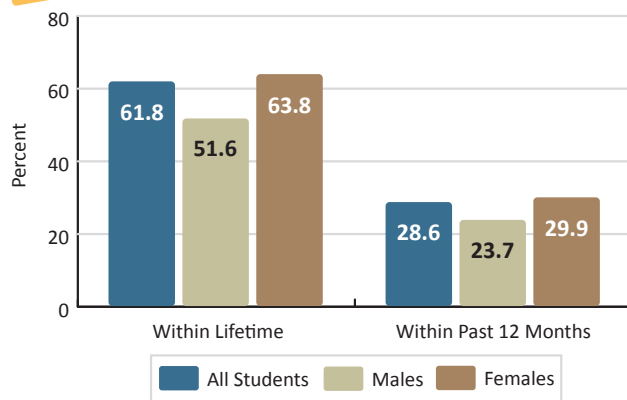
MSU–Moorhead students ages 25–29 and over reported the highest rates of a depression diagnosis within their lifetime and within the past 12 months.

### Depression Diagnosis— Lifetime and Past 12 Months



### Any Mental Health Condition Diagnosis— Lifetime and Past 12 Months

All Students by Gender

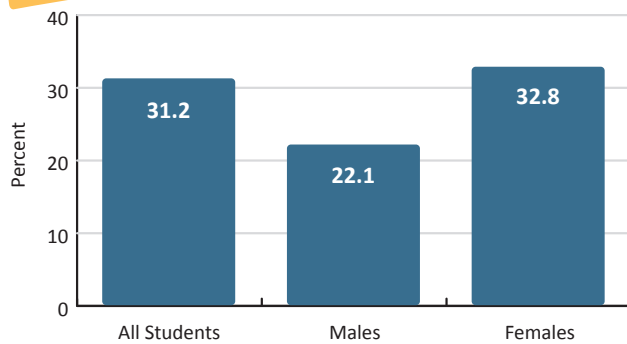


Among MSU–Moorhead students, **61.8%** reported being diagnosed with at least one mental health condition within their lifetime, and **28.6%** reported being diagnosed with at least one mental health condition within the past 12 months. Females reported being diagnosed with a mental health condition within their lifetime and within the past 12 months at higher rates than males.

Additional analysis shows that **49.9%** of students reported being diagnosed with two or more mental health conditions within their lifetime.

### Currently Taking Medication for a Mental Health Condition

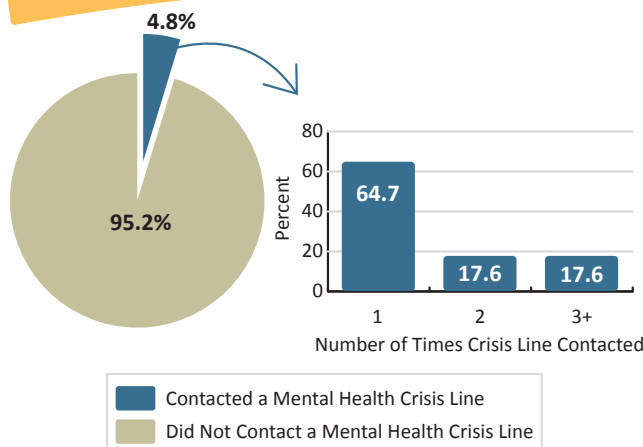
All Students by Gender



Overall, **31.2%** of MSU–Moorhead students reported that they currently are taking medication for a mental health condition. Compared to males, females reported a higher rate of this medication use.

### Mental Health Crisis Line Contacted— Past 12 Months

All Students



Among MSU–Moorhead students, **4.8%** reported contacting a mental health crisis line within the past 12 months. Among these students, **17.6%** reported contacting a crisis line 3 or more times within the past 12 months.

The most commonly experienced stressors among MSU–Moorhead students were the death of someone close to them and roommate/housemate conflict. A total of **37.5%** of students reported experiencing one or two stressors within the past 12 months, and **30.0%** reported experiencing three or more stressors over that same time period.

### Mental Health Stressors—Past 12 Months

All Students

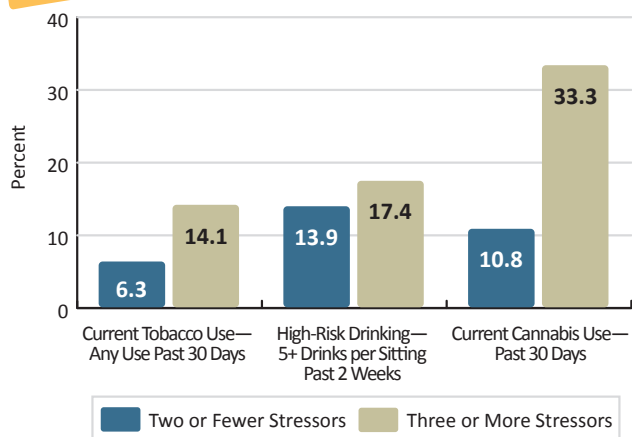
Stressor	Percent Who Reported Experiencing Within Past 12 Months
Arrested	0.3
Attempted Suicide	1.8
Bankruptcy	0.8
Death of Someone Close to You	19.6
Diagnosed With a Serious Mental Illness	13.7
Diagnosed With a Serious Physical Illness	5.5
Excessive Credit Card Debt	9.7
Excessive Debt Other Than Credit Card	11.6
Failing a Class	10.5
Fired or Laid Off From a Job	3.1
Getting Married	1.8
Issues Related to Sexual Orientation	6.3
Lack of Health Care Coverage	9.2
Parental Conflict	18.3
Put on Academic Probation	2.6
Roommate/Housemate Conflict	19.4
Serious Physical Illness of Someone Close to You	18.3
Spouse/Partner Conflict (Includes Divorce or Separation)	7.0
Termination of Personal Relationship (Not Including Marriage)	16.8
Zero of the Above Stressors	32.6
One or Two of the Above Stressors	37.5
Three or More of the Above Stressors	30.0

Note: Items found in this table are based on the Holmes and Rahe Stress Scale.<sup>8</sup> The items included in the stress scale were adapted to college students.

MSU–Moorhead students who experienced three or more stressors within the past 12 months reported higher rates of current tobacco use, high-risk drinking, and current cannabis use compared to students who experienced two or fewer stressors.

### Mental Health Stressors and Substance Use\*

All Students



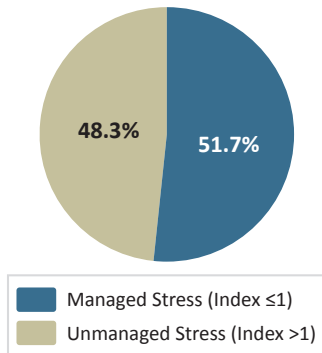
\*Number of stressors is based on reported experiences within the past 12 months.



### Ability to Manage Stress—Past 30 Days

All Students

In an attempt to measure effectiveness in managing stress, students were asked to rate their stress level and their ability to manage stress, each on a scale of 1 to 10. The reported stress level is then divided by the reported ability to manage stress. Any result greater than 1 means a student is not effectively managing his or her stress.



Half of MSU–Moorhead students (**51.7%**) reported that they were able to manage their stress level, compared to **48.3%** who reported that they were unable to manage their level of stress.

### Stress and Diagnosis of Mental Health, Acute, and Chronic Conditions—Past 12 Months

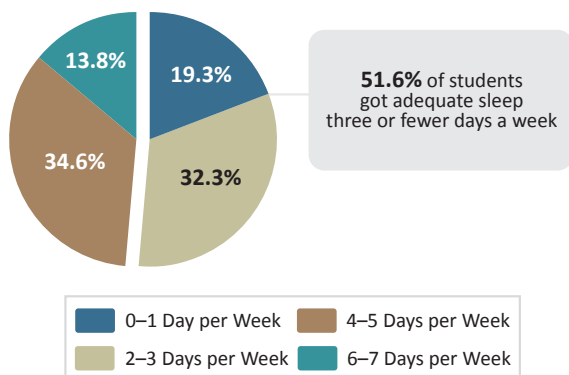
All Students

Condition	Percent Who Reported Being Diagnosed Within the Past 12 Months	
	Managed Stress (Index ≤1)	Unmanaged Stress (Index >1)
Anxiety	12.0	22.8
Depression	6.6	18.1
Obsessive-Compulsive Disorder	1.9	3.7
Panic Attacks	6.1	13.9
Social Phobia/Performance Anxiety	5.1	9.9

MSU–Moorhead students with unmanaged stress levels reported higher rates of diagnosis for various mental health conditions. Among MSU–Moorhead students with unmanaged stress levels, **22.8%** reported being diagnosed with anxiety within the past year, compared to **12.0%** of students with managed stress levels who reported the same diagnosis. Of the students unable to manage their level of stress, **18.1%** reported a diagnosis of depression within the past 12 months compared to **6.6%** of students with managed stress levels who reported the same diagnosis.

### Number of Days of Adequate Sleep—Past Seven Days

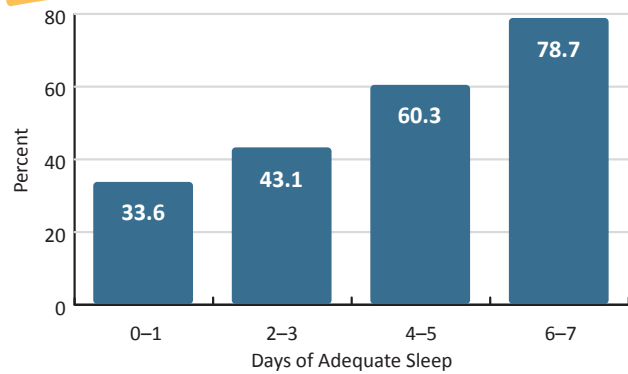
All Students



In response to a question asking MSU–Moorhead students how often in the past seven days they got enough sleep to feel rested when they woke up in the morning, just over half (**51.6%**) reported receiving adequate sleep on three or fewer of the previous seven days.

Students who reported more days of adequate sleep were also more likely to report being able to manage their stress. Among MSU–Moorhead students who reported receiving 0–1 days of adequate sleep in the past week, **33.6%** reported that they were able to manage their stress, compared to **78.7%** of students who reported 6–7 days of adequate sleep in that period.

### Adequate Sleep and Ability to Manage Stress\* All Students



\*Days of adequate sleep is based on reported experiences in the past seven days and ability to manage stress is based on reported experiences within the past 12 months.

The four most commonly reported issues among students at MSU–Moorhead were stress (**83.1%**), sleep difficulties (**60.4%**), mental health issues (**56.5%**), and financial difficulties and excessive computer/internet use (**44.3%**). Among students who reported a particular issue, the issues with the greatest impact on academic performance were pregnancy (**58.3%**), disability (**55.7%**), mental health issues (**50.6%**), and homelessness (**50.0%**).

### Impact of Health and Personal Issues on Academic Performance—Past 12 Months All Students

Students were asked to respond to the following question:

During the past 12 months, how have the following affected your academic performance?

The response options were:

- I do not have this issue/not applicable
- I have this issue—my academics have not been affected
- I have this issue—my academics have been affected

Health or Personal Issue	Percent	
Alcohol Use	14.0	5.8
Any Disability (Learning, ADD/ADHA, Physical, etc.)	26.1	55.7
Chronic Health Condition	20.1	23.1
Concern for Family Member or Friend	39.7	27.4
Eating Disorder	12.1	22.5
Excessive Computer/Internet Use	44.3	38.3
Financial Difficulties	44.3	31.2
Food Insecurity	10.3	33.3
Homelessness	0.8	50.0
Marijuana Use	9.8	19.4
Mental Health Issue (Depression, Anxiety, etc.)	56.5	50.6
Pregnancy	1.6	58.3
Relationship Issue with Roommate/Housemate	18.5	22.8
Relationship Issue with Someone Other Than Roommate/Housemate	20.6	41.1
Serious Injury	3.4	20.0
Sexual Assault	3.8	32.1
Sexually Transmitted Infection	1.0	42.9
Sleep Difficulties	60.4	46.4
Stress	83.1	48.0
Upper Respiratory Infection (Cold/Flu, Sinus, Strep, etc.)	33.9	38.7

- Reported Having the Issue
- Reported the Issue Impacted Academics (Among Those Who Reported Having the Issue)

## Adverse Childhood Experiences

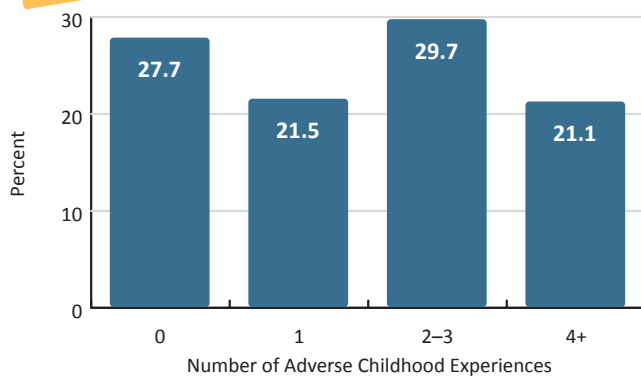
All Students

ACEs Question (Questions pertain to events happening before age 18)	Percent Who Responded Yes, Once, or More Than Once
Did you live with anyone who was depressed, mentally ill, or suicidal?	41.3
Did you live with anyone who was a problem drinker or alcoholic?	21.7
Did you live with anyone who used illegal street drugs or who abused prescription medications?	11.8
Did you live with anyone who served time or was sentenced to serve time in prison, jail, or other correctional facility?	10.8
Were your parents separated or divorced?	25.7
How often did your parents or adults in your home ever slap, hit, kick, punch, or beat each other up?	14.8
How often did a parent or adult in your home ever hit, beat, kick, or physically hurt you in any way? (Do not include spanking.)	14.1
How often did a parent or adult in your home ever swear at you, insult you, or put you down?	49.2
How often did anyone at least 5 years older than you or an adult, ever touch you sexually?	10.7
How often did anyone at least 5 years older than you or an adult, try to make you touch them sexually?	7.3
How often did anyone at least 5 years older than you or an adult, force you to have sex?	2.7

Answering questions about events occurring before age 18, **49.2%** of MSU–Moorhead students reported that a parent or adult in their home swore at them, insulted them, or put them down, and **41.3%** reported living with someone who was depressed, mentally ill, or suicidal.

## Number of Adverse Childhood Experiences—Lifetime

All Students



Seven out of ten (**72.3%**) MSU–Moorhead students report experiencing at least one adverse childhood experience.



# Results

## Tobacco Use

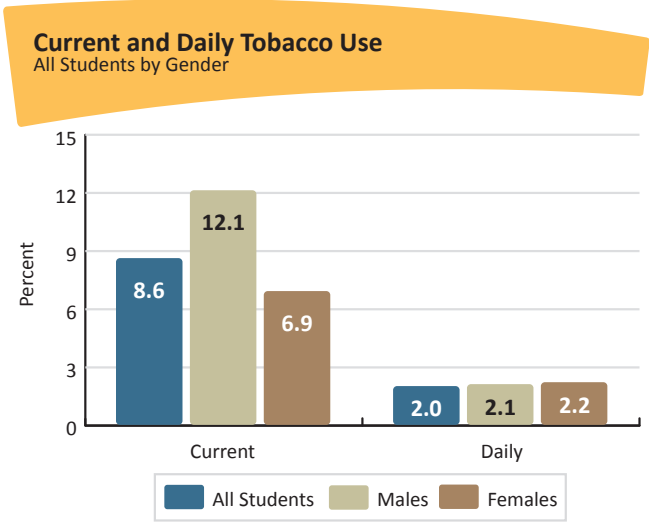
Young adults transitioning between high school and college find themselves in an environment with increased opportunities to make personal and lifestyle decisions without supervision or input from their parents. This newfound freedom, coupled with growing academic pressure and an expanding social network, can lead to experimentation and risky behaviors such as smoking. Preventing smoking among young adults is critical to reducing both the long-term use of tobacco products and their subsequent negative health consequences.

### National Comparison

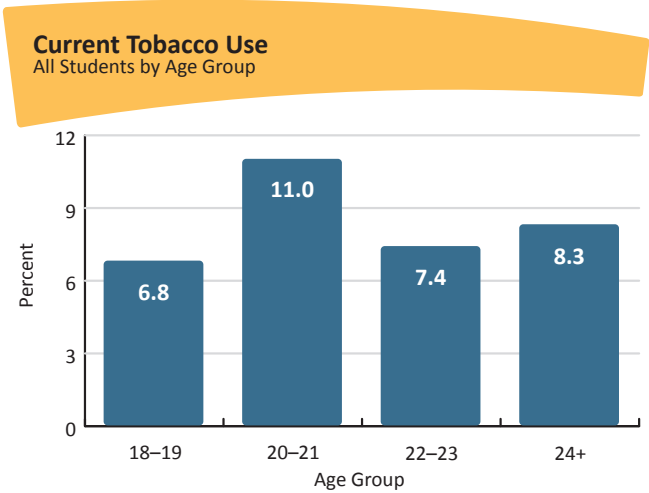
The use of cigarettes among college students has been declining in recent years. The use of cigarettes within the past 30 days has fallen from a recent high of 31% in 1999 to 4.1% in 2020, and the daily use of cigarettes has fallen from 19% in 1999 to 1.4% in 2020.<sup>9</sup> However, vaping use within the past 30 days has increased from 6.1% in 2017 (6.1%) to 19% in 2020.<sup>9</sup> Because smoking is the leading cause of preventable disease, disability, and death in the United States,<sup>10</sup> quitting smoking is one of the most important actions people can take to improve their health. Among all current smokers, 68.0% want to completely stop smoking, 55.4% made an attempt to quit in the past year, and 7.4% successfully quit within the past year.<sup>11</sup> Current cigarette smokers are more likely to use other tobacco products, alcohol, or illicit drugs than nonsmokers.<sup>12</sup>

The reported rate of current tobacco use for students at MSU–Moorhead was **8.6%**. The reported rate of daily tobacco use for students at MSU–Moorhead was **2.0%**.

**Definition:**  
**Current Tobacco Use**  
 Any tobacco use within the past 30 days. Tobacco use includes both smoking and smokeless tobacco.



The highest rate of current tobacco use was among MSU–Moorhead students ages 20–21 (**11.0%**).

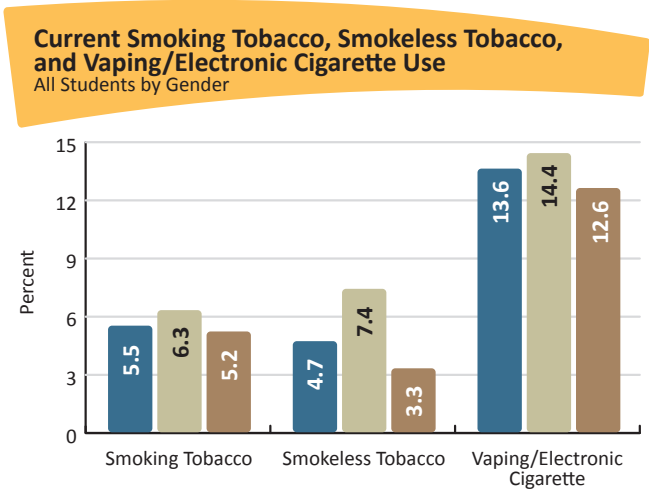


Overall, **5.5%** of MSU–Moorhead students reported using smoking tobacco, **4.7%** reported using smokeless tobacco, and **13.6%** reported vaping or using an electronic cigarette during the past 30 days. Male students had higher rates of tobacco and vaping/electronic cigarette use than female students. The number of students who reported hookah use was too small to report.

**Definition:**  
**Current Smoking Tobacco Use**  
 Any use of smoking tobacco (e.g., cigarettes, pipe, cigar, etc.) within the past 30 days.

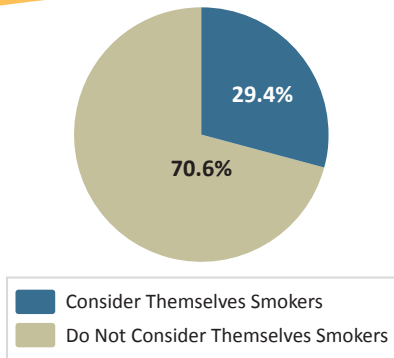
**Definition:**  
**Current Smokeless Tobacco Use**  
 Any smokeless tobacco use within the past 30 days.

**Definition:**  
**Current Vaping/Electronic Cigarette Use**  
 Any vaping/electronic cigarette use within the past 30 days.



### Consider Themselves Smokers

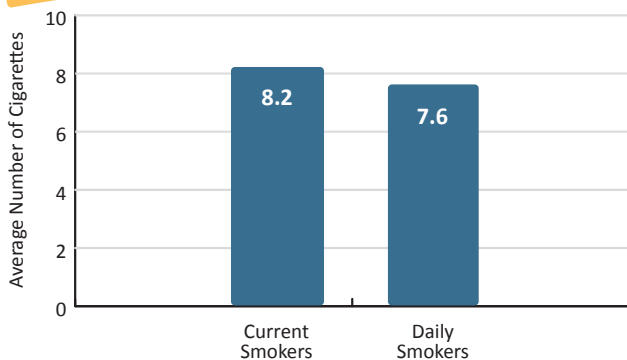
Current Smokers



Among students at MSU–Moorhead who reported smoking tobacco in the past 30 days, **70.6%** did not consider themselves smokers.

### Average Number of Cigarettes Smoked Per Week—Past 30 Days

Current vs. Daily Smokers



The average number of cigarettes smoked per week over the past 30 days by MSU–Moorhead students was **8.2** among current smokers and **7.6** for daily smokers.

### Secondhand Smoke Exposure

All Students

Location	Percent Who Indicated Exposure					
	Nonsmokers		Current Smokers		All Students	
In a Car	11.3	N/A	28.2	N/A	12.3	N/A
Off Campus	9.7	34.5	5.1	35.9	9.4	34.6
On Campus	4.3	13.9	5.1	20.5	4.4	14.2
Where I Live	5.5	13.6	7.7	15.4	5.6	13.7
Other	6.4	20.0	0.0	15.4	6.1	19.7
N/A—Never Exposed	41.2		41.0		41.2	



Among MSU–Moorhead students, **14.2%** reported being exposed to secondhand smoke on campus (outside) in an average week.





## Results

# Alcohol, Cannabis, and Other Drug Use

For some young adults, college life includes an introduction to or an increase in the use of alcohol, cannabis (e.g., marijuana), and various illicit drugs. Whether students are using these substances to signify emergence into adulthood, enhance their social life, or cope with stress, substance abuse can lead to a decline in classroom performance, lower grades, aggressive behavior, property damage, and personal injury.

In August 2023, Minnesota became the 23rd state in the United States to legalize non-medical cannabis use for individuals age 21 and older. Boynton Health added several cannabis questions to the College Student Health Survey in 2024 to better understand cannabis use among students. The results are presented in this section.

### National Comparison

American college students consume alcohol at very high rates. Among full-time college students, four in five (79.2%) have consumed alcohol at least one time, nearly four in five (76.7%) have consumed alcohol in the past year, and about three in five (55.7%) consume alcohol monthly.<sup>9</sup> The rate of binge drinking (consuming five or more alcoholic beverages in a row in the previous 30 days) is highest for those ages 18–25, at 28.7%, and is 22.7% among adults age 26 and older.<sup>4</sup>

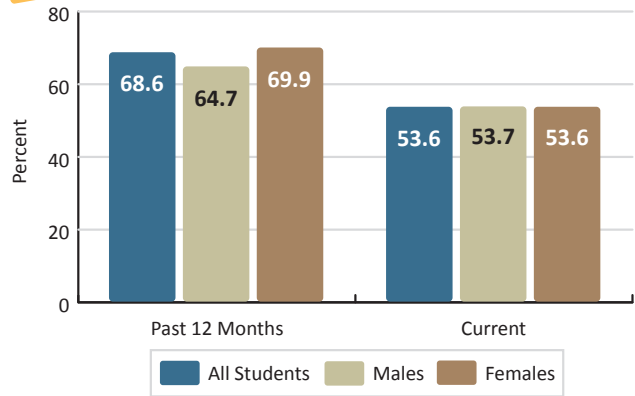
Cannabis is the second most commonly used drug among full-time college students, with more than half (55.4%) having used the drug at least once in their lifetime, more than two in five (43.9%) having used it in the past year, and approximately one-fourth (24.5%) having used it in the past month.<sup>9</sup> About one in eight college students report vaping cannabis/marijuana within the past 30 days.<sup>9</sup> Among full-time college students, 6.5% have used amphetamines, 3.8% have used cocaine, and 8.6% have used hallucinogens in the previous year.<sup>9</sup>

Among MSU–Moorhead students, **68.6%** reported using alcohol in the past 12 months, and **53.6%** reported using alcohol in the past 30 days.

<b>Definition:</b> <b>Past 12-Month Alcohol Use</b>
Any alcohol use within the past year.
<b>Definition:</b> <b>Current Alcohol Use</b>
Any alcohol use within the past 30 days.

### Alcohol Use—Past 12 Months and Current

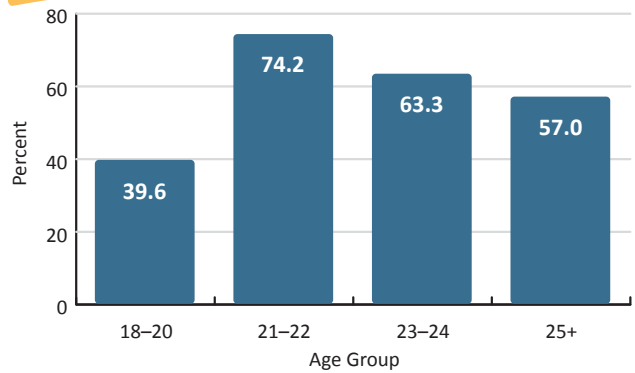
All Students by Gender



MSU–Moorhead students ages 21–22 reported the highest rate of alcohol use in the past 30 days (**74.2%**). More than half (**51.5%**) of MSU–Moorhead students ages 18–20 reported consuming alcohol in the past 30 days.

### Current Alcohol Use

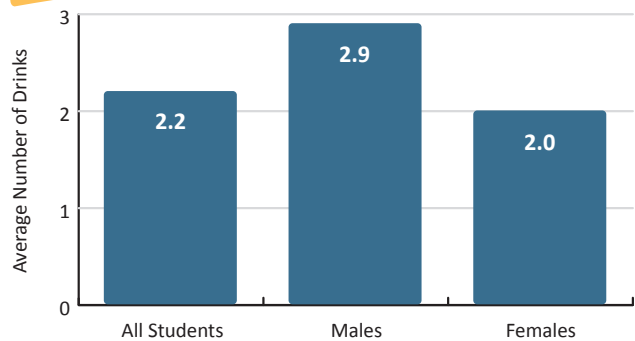
All Students by Age Group



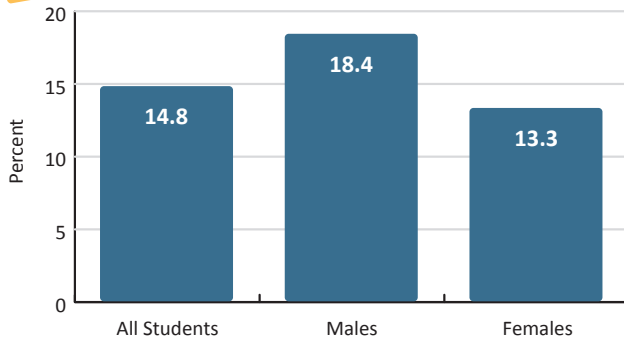
MSU–Moorhead students consumed an average of **2.2** drinks per week. Male MSU–Moorhead students reported consuming a higher average number of drinks per week than female students at the school (**2.9** vs. **2.0**).

### Average Number of Drinks per Week—Past 30 Days

All Students by Gender



### High-Risk Drinking All Students by Gender

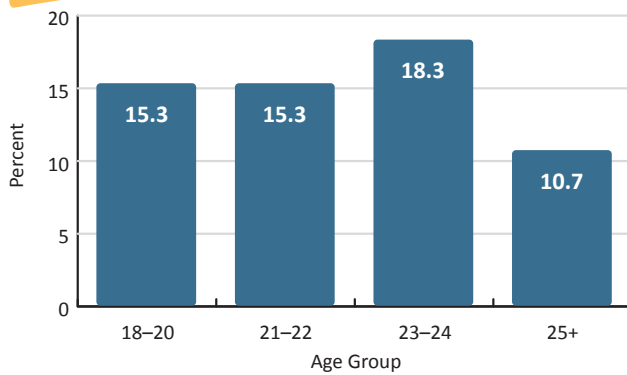


Compared to female students, male students at MSU–Moorhead reported higher rates of high-risk drinking (**18.4%** vs. **13.3%**).

**Definition:**  
**High-Risk Drinking**

Consumption of five or more alcoholic drinks at one sitting within the past two weeks for both males and females. A drink is defined as one shot of alcohol, a 12-ounce beer, a mixed drink containing 1 or 1.5 ounces of alcohol, a 12-ounce wine cooler, or a 5-ounce glass of wine.

### High-Risk Drinking All Students by Age Group



MSU–Moorhead students ages 23–24 reported the highest rates of high-risk drinking (**18.3%**).

### High-Risk Drinking Rates on Campus— Perceived vs. Actual

All Students

**Question asked:**

In the past two weeks, what percentage of students at your school do you think had five or more drinks at a sitting? (One drink = one shot of alcohol, a 12-ounce beer, a mixed drink containing 1 or 1.5 ounces of alcohol, a 12-ounce wine cooler, or a 5-ounce glass of wine.)

High-Risk Drinking Status	Students' Perception of High-Risk Drinking by School Peers	Actual High-Risk Drinking Rate
All Students	<b>33.7%</b>	<b>14.8%</b> of All Students
High-Risk Drinkers	<b>47.0%</b>	
Non-High-Risk Drinkers	<b>34.0%</b>	

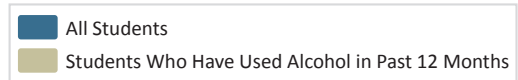
Students attending MSU–Moorhead overestimated the rate of high-risk drinking on their campus. The estimate from all students was **33.7%**, while the actual rate was **14.8%**. Those who engaged in high-risk drinking estimated a rate of **47.0%**, while those who have not engaged in high-risk drinking estimated a rate of **34.0%**.

Among MSU–Moorhead students who have used alcohol in the past 12 months, **6.2%** reported having driven a car within the past 12 months while under the influence of alcohol, **7.7%** reported missing a class as a result of alcohol use, and **5.4%** reported performing poorly on a test or project as a result of alcohol use.

### Negative Consequences of Alcohol Use— Past 12 Months

All Students

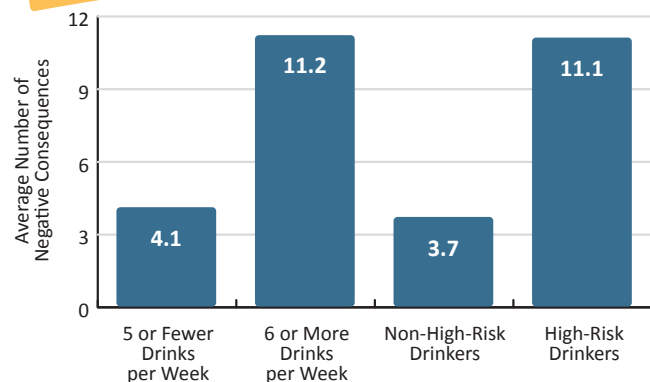
Negative Consequence Due to Alcohol Use	Percent Who Reported Experiencing Within Past 12 Months	
	All Students	Students Who Have Used Alcohol in Past 12 Months
Arrested for a DWI/DUI	0.0	0.0
Criticized by Someone I Know	9.8	15.0
Damaged Property, Pulled Fire Alarm, etc.	0.3	0.4
Done Something I Later Regretted	12.6	19.4
Driven a Car While Under the Influence	4.1	6.2
Got Into an Argument or Fight	5.7	8.8
Got Nauseated or Vomited	28.1	43.1
Had a Hangover	39.8	60.8
Had a Memory Loss	11.3	17.4
Have Been Taken Advantage of Sexually	0.5	0.8
Have Taken Advantage of Another Sexually	0.1	0.2
Hurt or Injured	4.2	6.5
Missed a Class	5.0	7.7
Performed Poorly on a Test or Important Project	3.5	5.4
Seriously Thought About Suicide	2.4	3.8
Seriously Tried to Commit Suicide	0.7	1.0
Thought I Might Have a Drinking Problem	5.4	8.3
Tried Unsuccessfully to Stop Using	2.2	3.3
Trouble with Police, Residence Hall, or Other University/College Authorities	1.4	2.1



MSU–Moorhead students who consumed six or more drinks per week or engaged in high-risk drinking within the past two weeks reported higher average numbers of alcohol-related negative consequences experienced over the past 12 months.

### Average Number of Alcohol-Related Negative Consequences\*

Students Who Have Used Alcohol in Past 12 Months



\*The average number of drinks is based on behavior in the past 30 days, high-risk drinking is based on behavior in the past two weeks, and the average number of negative consequences is based on reported experiences in the past 12 months.

### High-Risk Drinking and Selected Consequences\*

Students Who Have Used Alcohol in Past 12 Months

Negative Consequence Due to Alcohol Use	Percent		
Driven a Car While Under the Influence	6.2	3.5	16.3
Got into an Argument or Fight	8.8	5.9	19.2
Have Been Taken Advantage of Sexually (Includes Males and Females)	0.8	0.8	1.0
Missed a Class	7.7	5.6	15.4
Performed Poorly on a Test or Important Project	5.4	2.9	14.6

■ All Students
 ■ Non-High-Risk Drinkers
 ■ High-Risk Drinkers

\*High-risk drinking is based on behavior in the past two weeks while the rate for negative consequences is based on reported experiences in the past 12 months.

Rates for alcohol-related negative consequences were higher among MSU–Moorhead students who engaged in high-risk drinking in the previous two weeks compared to those who did not. Nearly one in six (**16.3%**) students who engaged in high-risk drinking in the past two weeks reported driving a car while under the influence of alcohol one or more times in the past 12 months.

### Likelihood of Calling 911 in an Alcohol- or Drug-Related Situation

All Students

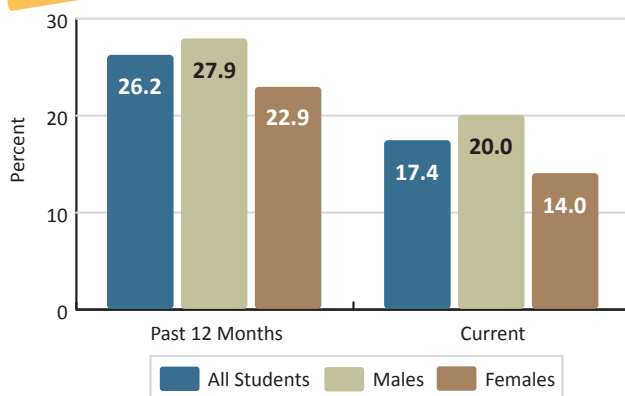
Response	Percent		
Very Likely	66.3	67.7	64.9
Somewhat Likely	23.9	22.5	25.2
Somewhat Unlikely	5.6	5.8	5.4
Very Unlikely	4.3	4.0	4.6

■ All Students
 ■ Students Who Have Not Used Alcohol Within the Past 30 Days
 ■ Students Who Have Used Alcohol Within the Past 30 Days

Asked if they would call 911 if someone passes out due to alcohol/drug use and couldn't be awakened, **66.3%** of all MSU–Moorhead students reported they would be “very likely” to call for emergency assistance.

### Cannabis Use—Past 12 Months and Current

All Students by Gender



Among all MSU–Moorhead students, the rate for any cannabis use within the past 12 months was **26.2%**, while the rate of current use was **17.4%**.

**Definition:**

**Past 12-Month Cannabis Use**

Any cannabis use within the past year.

**Definition:**

**Current Cannabis Use**

Any cannabis use within the past 30 days.

Among MSU–Moorhead students who have used cannabis in the past 12 months, **3.4%** reported having their driving affected within the past 12 months while under the influence of cannabis, and **18.8%** reported not being able to do homework, study for a test, or complete a work assignment due to cannabis use.

### Negative Consequences of Cannabis Use—Past 12 Months

Students Who Have Used Cannabis in Past 12 Months

Negative Consequence of Cannabis Use	Percent Who Reported Experiencing Within Past 12 Months
Had the Munchies	65.9
Experienced Dry Mouth	58.1
Trouble Concentrating or Paying Attention	43.5
Acted Foolish or Goofy	51.7
Trouble Remembering Things	37.1
Low Motivation	36.0
Felt Antisocial or Intentionally Avoided Others	32.6
Problems Following Through on Things	27.5
Felt Paranoid	33.7
Felt Anxiety or Worry	34.8
Developed a Cough or Had Trouble Breathing	20.8
Trouble Managing Time	21.9
Noticed a Change in Personality	18.6
Felt Down	25.4
Not Able To Do Homework, Study for a Test, or Complete a Work Assignment	18.8
Felt Dizzy or Sick	14.2
Spent Too Much Money on Marijuana	11.4
Trouble Sleeping	9.7
Made Decisions That Were Later Regretted	8.0
Worried About Being Addicted to Marijuana	18.2
Relationships with Friends, Partners, or Family Impacted Negatively	6.8
Driving Affected After Using Marijuana	3.4
Had a Panic or Anxiety Attack	11.4
Caused Shame or Embarrassment to Someone	2.8
Got in Trouble with School or Employer	0.0
Got into Legal Trouble Because of Marijuana	0.0

Note: Items found in this table are based on the Marijuana Consequences Checklist.<sup>13</sup>

Among MSU–Moorhead students who reported using cannabis in the past 12 months, **62.7%** reported eating or drinking cannabis, and **62.7%** reported smoking cannabis.

### Methods of Using Cannabis—Past 12 Months

Students Who Have Used Cannabis in Past 12 Months

Method of Using Cannabis	Percent Who Reported Use Within Past 12 Months
Smoking	62.7
Vaping	43.5
Dabbing Waxes, Shatter, or Concentrates	12.4
Eating or Drinking	62.7
Putting Drops, Strips, Lozenges, or Sprays in Mouth or Under Tongue	1.7
Applying Lotion, Cream, or Patches to Skin	2.3
Taking Pills	2.3
Some Other Way	1.1

## Methods of Obtaining Cannabis—Past 12 Months

Students Who Have Used Cannabis in Past 12 Months

Usual Method of Obtaining Cannabis	Percent Who Reported Use Within Past 12 Months
Buy From a Retail Marijuana Store	37.2
Buy From a Medical Dispensary	11.0
Buy From a Grocery Store, Gas Station, Mall or Other Convenience Store	5.2
Buy From a Dealer	10.5
Buy From a Friend	24.9
Get it Free or Share Someone Else's	50.0
Grow it at Home or Have Someone Grow it	4.1
Get it Somewhere Else	5.2
Don't Know	2.3
Refuse to Answer	10.5

Among MSU–Moorhead students who reported using cannabis in the past 12 months, **50.0%** got it for free or shared someone else's, and **37.2%** obtained it from a retail marijuana store.

## Selected Drug Use—Past 12 Months

All Students

Drug	Percent Who Reported Use Within Past 12 Months
Amphetamines	0.3
Cocaine	0.9
Ecstasy	0.4
GHB/Rohypnol	0.0
Hallucinogens	1.3
Inhalants	0.1
Opiates	0.0
Sedatives	0.6
Use of at Least One of the Above Listed Drugs	2.7
Use of Another Person's ADHD Medication	1.9
Use of Another Person's Medication Other Than ADHD	1.5

Among MSU–Moorhead students, **2.7%** reported having used at least one of the eight listed illicit drugs within the past 12 months, **1.9%** reported using another person's ADHD medication, and **1.5%** indicated that they used another person's prescription medication (other than ADHD medication).





## Results

# Personal Safety and Financial Health

The health of students and their subsequent success in academic life depends on a multitude of factors. A safe campus offers students the opportunity to pursue learning in an environment free from threats to their physical or emotional well-being. Students' decisions related to finances also affect their academic success. This section concentrates on the areas of personal safety and financial health.

### National Comparison

Though many efforts are made to reduce violence and victimization on campus, these unfortunate events still occur. One in four women (26.8%) and one in 26 men (3.8%) in the United States have been victims of rape or attempted rape in their lifetime.<sup>14</sup> Based on estimates from the National Crime Victimization Survey, the rate of rape or sexual assault among female college students is 6.1 per 1,000, and more than one in nine (12.0%) student victims state the victimization was not important enough to report.<sup>15</sup> Sexual harassment is a prevalent occurrence for college students, with 62% reporting that they have experienced some form of sexual harassment.<sup>16</sup>

Financial health is another area of concern. According to the U.S. Department of Education, the average tuition cost (including tuition and fees) for full-time students is \$9,750 at four-year public institutions, \$35,248 at four-year private non-profit institutions, and \$3,598 at two-year public institutions, with room and board adding \$12,000 to 14,000 more.<sup>17</sup> The average annual loan amount received by full-time students is \$13,100.<sup>18</sup> Over half of undergraduates have at least one credit card, with one-third (34%) carrying a balance on their credit card.<sup>19</sup>

Among female students at MSU–Moorhead, **31.0%** reported that they experienced a sexual assault within their lifetime, and **4.9%** reported that they experienced an assault within the past 12 months. Male students at the school experienced lower sexual assault rates, at **16.0%** within their lifetime and **2.3%** within the past 12 months.

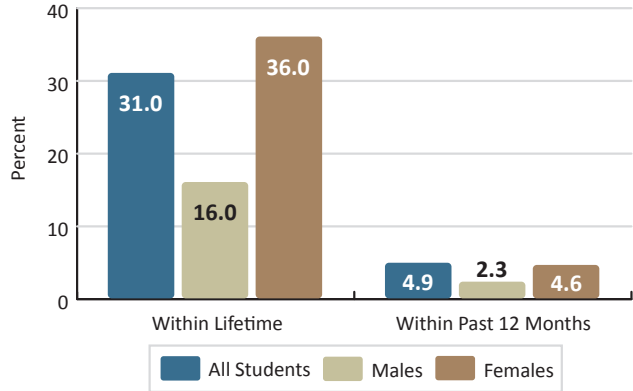
### Sexual Assault—Lifetime and Past 12 Months

All Students by Gender

Sexual assault is defined as answering yes to at least one of the following two questions:

Within your lifetime or during the past 12 months, have you:

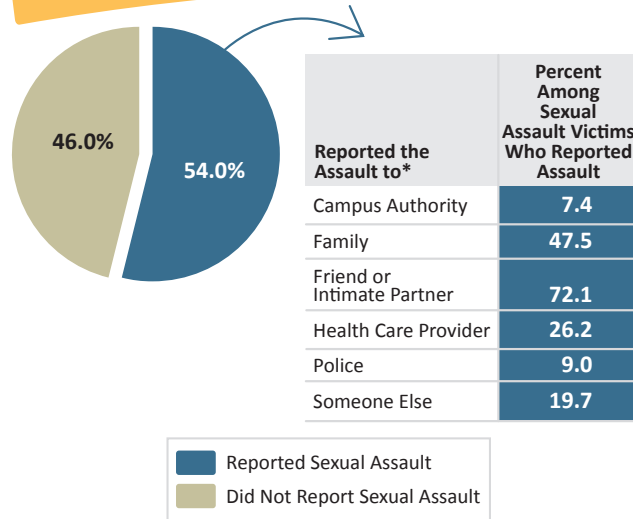
- Experienced actual or attempted sexual intercourse without your consent or against your will?
- Experienced actual or attempted sexual touching without your consent or against your will?



Of MSU–Moorhead students who experienced a sexual assault within their lifetime (31.0%), **54.0%** stated that they reported the incident. Of these students, **72.1%** reported it to a friend or intimate partner, **47.5%** reported it to family, and **26.2%** reported it to a health care provider.

### Sexual Assault Reporting by Victims—Lifetime

Sexual Assault Victims



\*Students may have reported incident to individuals in more than one category.

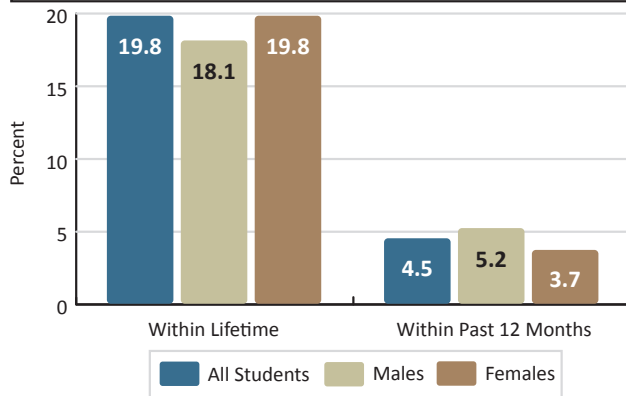
## Domestic Violence—Lifetime and Past 12 Months

All Students by Gender

Domestic violence is defined as answering yes to at least one of the following two questions:

Within your lifetime or during the past 12 months, have you:

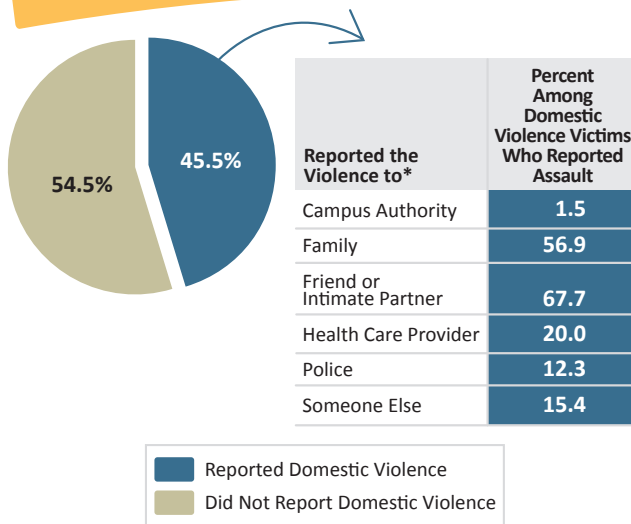
- Been slapped, kicked, or pushed by your significant other or spouse/partner?
- Been hurt by threats, “put-downs,” or yelling by your significant other or spouse/partner?



Among students at MSU–Moorhead, **19.8%** reported that they experienced domestic violence within their lifetime, and **4.5%** reported that they experienced domestic violence within the past 12 months.

## Domestic Violence Reporting by Victims—Lifetime

Domestic Violence Victims

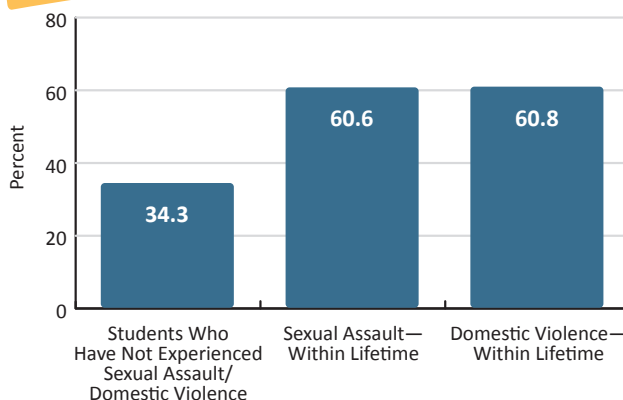


Of MSU–Moorhead students who experienced domestic violence within their lifetime (19.8%), **45.5%** stated that they reported the incident. Of these students, **67.7%** reported it to a friend or intimate partner, **56.9%** reported it to family, and **20.0%** reported it to a health care provider.

\*Students may have reported incident to individuals in more than one category.

## Depression Diagnosis—Lifetime

All Students by Sexual Assault/Domestic Violence



Among MSU–Moorhead students, **60.6%** of victims of sexual assault and **60.8%** of victims of domestic violence reported a diagnosis of depression within their lifetime. These rates were higher than the lifetime depression rate (**34.3%**) reported among MSU–Moorhead students who had not experienced sexual assault or domestic violence within their lifetime.

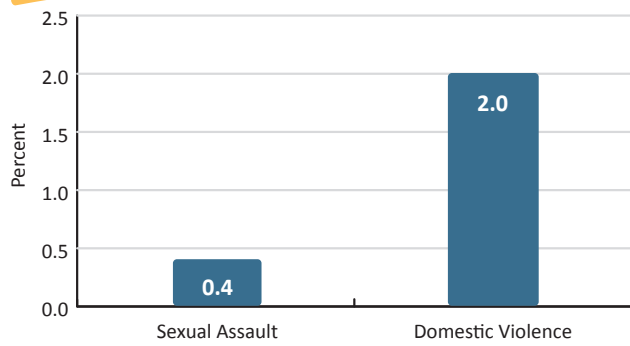
Among MSU–Moorhead students, **0.4%** reported being a perpetrator of sexual assault within the past 12 months and **2.0%** reported having been a perpetrator of domestic violence within that same time period.

In addition, **5.2%** of students at the school reported either sexually assaulting or inflicting domestic violence on another person within their lifetime. Of these students, **50.0%** reported that they had been a victim of a sexual assault within their lifetime.

Overall, **69.3%** of students at MSU–Moorhead reported having experienced any sort of sexual harassment. Sexual harassment was more commonly reported by female than by male students at the university (**75.3%** vs. **50.8%**, respectively). The most common type of sexual harassment reported was that someone made offensive sexist remarks (**40.9%**).

### Sexual Assault and Domestic Violence Perpetrator—Past 12 Months

All Students



### Sexual Harassment

All Students by Gender

Students were asked to indicate whether they experienced any of the types of sexual harassment provided in the table. Student response options were: Not applicable, did not happen to me, occurred by a peer at my college/university; occurred by faculty/staff at my college/university; occurred by someone not at my college/university. Students were able to select all response options that applied.

Type of Harassment	Percent		
Someone Told Sexual Joke/Story	38.7	26.5	41.7
Someone Attempted to Draw You into a Discussion of Sexual Matters	30.7	25.4	30.7
Someone Made Offensive Comments About Your Appearance	35.2	25.7	38.1
Someone Used Body Language of a Sexual Nature	23.0	15.1	24.6
Someone Attempted to Establish a Sexual Relationship	20.7	11.9	22.7
Someone Continued to Ask for Dates	18.9	6.5	23.7
Someone Touched You in a Way That Made You Feel Uncomfortable	22.5	10.2	26.6
Someone Appeared to Bribe You With a Reward or Special Tickets	4.9	3.8	4.8
Someone Made You Feel Threatened Through Retaliation	8.0	2.7	9.0
Someone Treated You Badly for Refusing to Have Sex	14.2	5.9	16.8
Someone Referred to People of Your Gender in Offensive Terms	36.8	20.4	41.4
Someone Treated You “Differently” Because of Your Gender	37.9	18.9	43.4
Someone Made Offensive Sexist Remarks	40.9	20.1	47.1
Someone Acted Condescendingly to You Because of Your Gender	36.5	18.8	42.5
Experienced Any Sexual Harassment	69.3	50.8	75.3

■ All Students ■ Males ■ Females

## Sexual Harassment—Perpetrator

All Students by Gender

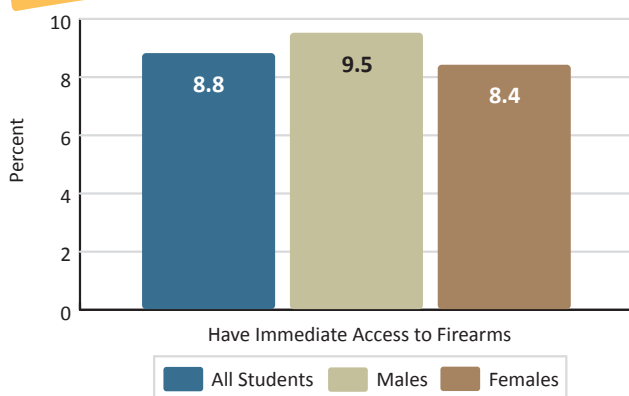
Type of Harassment	Percent								
	Perpetrated by a Peer at My College/University			Perpetrated by Faculty/Staff at My College/University			Perpetrated by Someone Not at My College/University		
	All Students	Males	Females	All Students	Males	Females	All Students	Males	Females
Someone Told Sexual Joke/Story	17.8	14.8	17.0	1.9	1.6	1.5	27.8	17.5	30.7
Someone Attempted to Draw You into a Discussion of Sexual Matters	14.9	11.6	14.4	0.3	N/A	0.4	22.6	20.6	22.4
Someone Made Offensive Comments About Your Appearance	11.5	9.6	10.9	0.4	N/A	0.4	29.6	20.3	32.8
Someone Used Body Language of a Sexual Nature	6.1	5.4	5.7	0.4	N/A	0.7	20.1	13.5	21.9
Someone Attempted to Establish a Sexual Relationship	6.8	3.8	7.0	0.1	N/A	N/A	16.5	8.6	19.2
Someone Continued to Ask for Dates	6.5	0.5	8.1	0.1	N/A	N/A	14.2	5.9	18.0
Someone Touched You in a Way That Made You Feel Uncomfortable	4.2	1.1	4.6	0.4	N/A	0.4	19.3	9.1	23.1
Someone Appeared to Bribe You With a Reward or Special Tickets	0.1	N/A	0.2	N/A	N/A	N/A	4.9	3.8	4.8
Someone Made You Feel Threatened Through Retaliation	1.1	N/A	0.9	N/A	N/A	N/A	7.0	2.7	8.1
Someone Treated You Badly for Refusing to Have Sex	2.3	N/A	2.2	0.1	N/A	N/A	12.3	5.9	14.9
Someone Referred to People of Your Gender in Offensive Terms	14.6	12.4	15.4	2.0	3.2	1.1	31.3	15.6	35.5
Someone Treated You “Differently” Because of Your Gender	10.7	6.5	11.4	2.4	3.2	2.0	33.0	17.3	38.2
Someone Made Offensive Sexist Remarks	13.1	7.1	14.4	2.9	1.6	2.7	33.8	16.3	40.0
Someone Acted Condescendingly to You Because of Your Gender	10.9	6.6	12.2	1.9	1.7	1.6	31.8	16.0	37.2
Experienced Any Sexual Harassment	38.0	30.9	38.2	6.3	6.2	5.5	57.7	40.0	64.1

■ All Students ■ Males ■ Females

Male students at MSU–Moorhead were more likely to have experienced sexual harassment from a faculty or staff member at the university, while female students were more likely to have experienced sexual harassment from a peer at the university and someone not at the university. Overall, the most common sexual harassment experienced from a peer was sexual jokes or stories that were offensive (17.8%); and the most common sexual harassment experienced from a faculty or staff member, or from someone not at school, was offensive sexual remarks (2.9% and 33.8%, respectively).

## Immediate Firearm Access

All Students by Gender

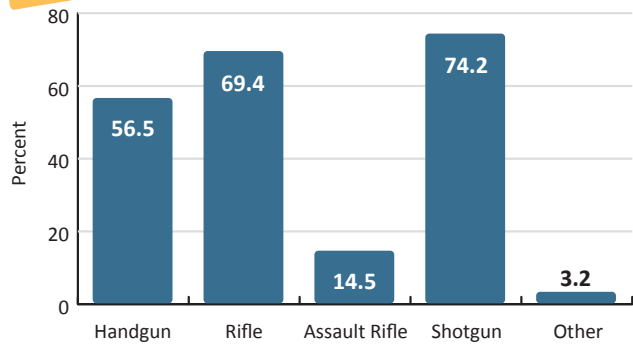


Male students at MSU–Moorhead reported higher rates of immediate access to a firearm than female students (9.5% vs. 8.4%, respectively).

Among MSU–Moorhead students with immediate access to firearms, the most common type of firearm was a shotgun (74.2%). Of those with immediate access to firearms, 18.8% reported that they have a license for concealed carry (CCW permit).

### Firearm Access—Type of Firearm

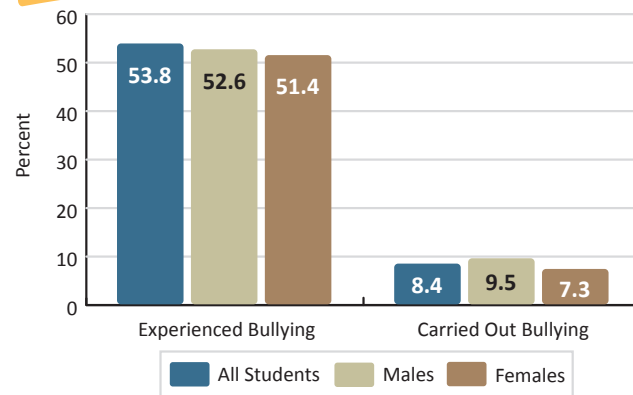
Those with Immediate Access to Firearms



Overall, 53.8% of students at MSU–Moorhead reported experiencing bullying sometimes or frequently within their lifetime, and 8.4% of students reported carrying out bullying sometimes or frequently within their lifetime.

### Bullying—Lifetime

All Students by Gender



Among MSU–Moorhead students, 71.4% reported being treated with less courtesy or respect than other people within their lifetime, and 64.8% reported being treated as if they were not smart.

### Discrimination Experience—Lifetime

All Students by Gender

Type of Discrimination	Percent		
People Act as if They Are Afraid of You	29.8	36.5	26.3
People Act as if They Think You Are Not Smart	64.8	58.7	66.8
Received Poorer Service Than Other People at Restaurants or Stores	36.2	38.1	34.3
Treated with Less Courtesy or Respect Than Other People	71.4	69.3	71.3
You Are Threatened or Harassed	35.9	32.8	34.4

Note: Items found in this table are based on the Everyday Discrimination Scale, short version.<sup>20</sup>

## Discrimination Type/Reason—Lifetime

Students Who Reported Discrimination

Reason for Discrimination	Percent		
	All Students	Males	Females
Age	42.9	29.5	49.2
Ancestry or National Origin	9.9	11.5	9.9
Education/Income Level	16.8	18.7	15.9
Gender	59.8	28.8	70.3
Height	19.7	25.2	18.1
HIV Status	0.0	0.0	0.0
Physical Disability	3.0	1.4	2.7
Race	18.6	21.6	17.6
Religion	9.4	10.1	9.3
Sexual Orientation	13.7	12.9	7.1
Shade of Skin Color	11.3	11.5	11.5
Weight	30.1	27.3	31.3
Other Aspect of Physical Appearance	30.7	29.5	29.9
Other	13.7	20.9	10.4

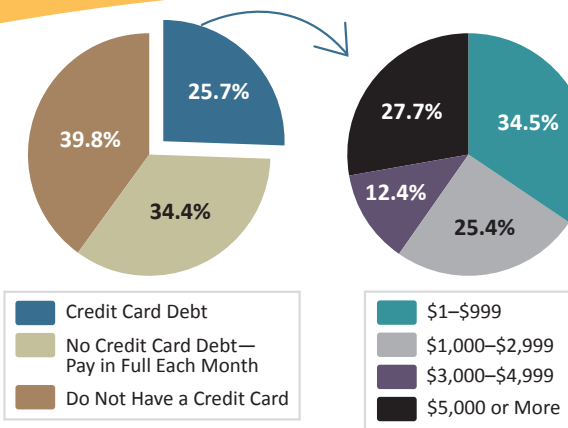


Note: Items found in this table are adapted from Williams et al (1997).<sup>21</sup>

For male MSU–Moorhead students, age and some aspect of their physical appearance were the most common reasons for discrimination within their lifetime (29.5%). For female students at the school, gender was the most common reason for discrimination within their lifetime (70.3%).

## Current Credit Card Debt

All Students



One in four (25.7%) MSU–Moorhead students reported carrying some level of credit card debt over the past month. Of these students, 40.1% reported the debt as \$3,000 per month or more.

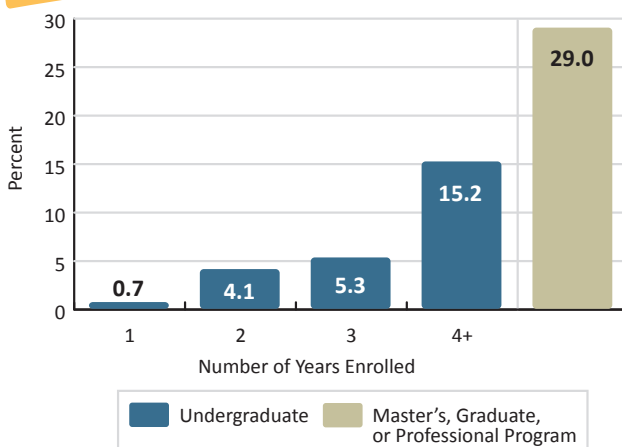
### Definition:

#### Current Credit Card Debt

Any unpaid balance at the end of the past month.

## Credit Card Debt and Class Status

All Students



The percentage of MSU–Moorhead students with a monthly credit card debt of \$3,000 or more was highest among master's, graduate, and professional students (29.0%).

### Definition:

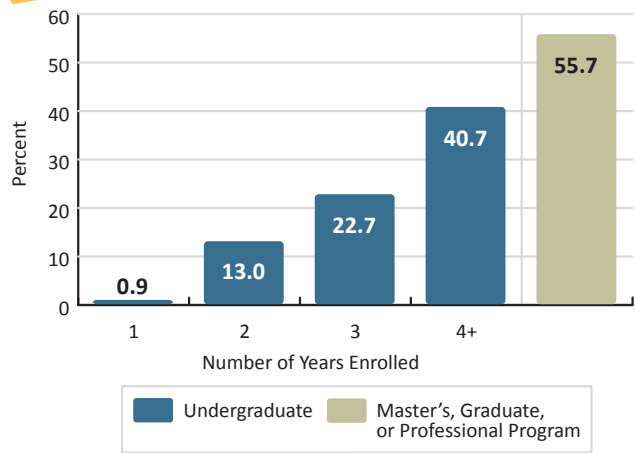
#### Credit Card Debt

A monthly debt of \$3,000 or more.

The percentage of MSU–Moorhead students who reported a student loan balance of more than \$25,000 ranged from **0.9%** among first-year students to **55.7%** among master’s, graduate, and professional students.

**Definition:**  
**Student Loan Balance**  
A student loan balance of \$25,000 or more.

### Student Loan Balance and Class Status All Students





## Results

# Nutrition and Physical Activity

For many students, the college years represent a time of new experiences and increased opportunities to make personal health decisions. Some of these decisions encompass the areas of nutrition and physical activity. Students are on their own, free to eat what they want, when they want. Busy academic and social schedules can take priority over eating well and exercising regularly. Limited finances may also translate into budget challenges, pitting dollars for tuition, textbooks, and housing against dollars for food.

Food security is a necessary component to household and personal well-being. Food insecurity measures something different from nutritional deprivation, and can be a precursor to nutritional, health, and developmental problems.<sup>22</sup> Mental and physical changes accompanying inadequate food intake have a bearing on learning, productivity, and physical and psychological health.<sup>23,24</sup>

### National Comparison

Compared to older adults, young adults ages 18–24 generally eat fewer fruits and vegetables but are more physically active.<sup>25</sup> Young adults ages 18–27 report consuming breakfast an average of 3.1 days per week, and consuming fast food an average of 2.5 days per week.<sup>26</sup>

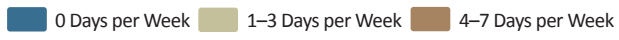
The prevalence of food and housing insecurity among college students and its negative outcomes on academic success are issues of increasing concern. Survey results document 48.0% of students at two-year institutions and 41.0% of students attending four-year postsecondary institutions report experiencing food insecurity.<sup>27</sup> Sixty percent of students at two-year institutions and 48% at four-year institutions experience housing insecurity.<sup>27</sup>

Male MSU–Moorhead students reported higher rates than female students of never eating breakfast (**15.1%**) within the past seven days.

### Breakfast Consumption—Past Seven Days

All Students by Gender

	Percent		
All Students	13.4	32.2	54.4
Male	15.1	29.2	55.7
Female	11.8	32.5	55.7



Compared to female students, male MSU–Moorhead students reported higher rates (**44.2%**) of fast-food consumption once per week or more within the past 12 months.

### Fast Food Consumption—Past 12 Months

All Students by Gender

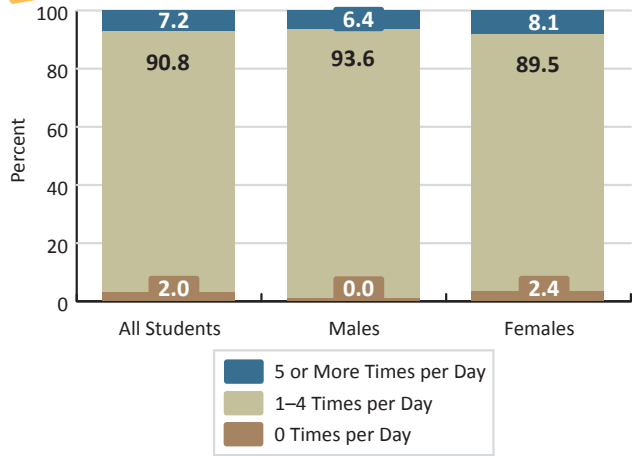
	Percent	
All Students	57.7	42.3
Male	55.8	44.2
Female	59.4	40.6



A majority of MSU–Moorhead students reported consuming fruits and vegetables 1–4 times per day in the past seven days, with **7.2%** consuming fruits and vegetables five or more times per day. On average, MSU–Moorhead students consumed fruits and vegetables **2.4** times per day.

### Fruit and Vegetable Consumption—Past Seven Days

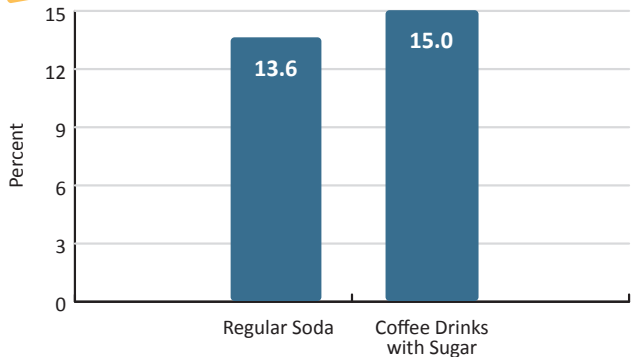
All Students by Gender



Asked to report their consumption of sweetened beverages, **15.0%** of MSU–Moorhead students reported consuming coffee drinks with sugar every day in the past seven days.

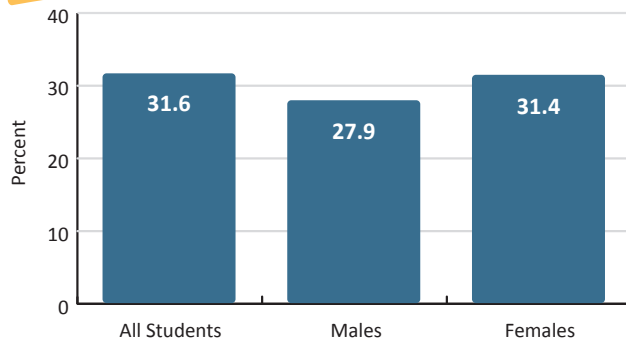
### Daily Sweetened Beverage Consumption—Past Seven Days

All Students



### Binge-Eating Behavior—Past 12 Months

All Students by Gender



Nearly one in three (**31.6%**) MSU–Moorhead students reported engaging in binge eating over the past 12 months.

### Physical Activity Level—Past Seven Days

All Students

Students were asked several questions related to their physical activity level. The survey questions that relate to recommendations outlined by the Centers for Disease Control and Prevention (CDC) are:

In the past seven days, how many minutes did you spend doing the following activities?

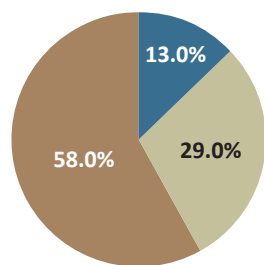
- Strenuous exercise (heart beats rapidly)
- Moderate exercise (not exhausting)
- Exercises to strengthen or tone your muscles

The CDC recommends that adults:<sup>29</sup>

- Engage in 150 minutes of moderate-intensity physical activity every week, and engage in muscle-strengthening activities two or more days a week.
- Or**
- Engage in 75 minutes of vigorous-intensity physical activity every week, and engage in muscle-strengthening activities two or more days a week.
- Or**
- Engage in an equivalent mix of moderate- and vigorous-intensity aerobic activity and muscle-strengthening activities two or more days a week.

Based on their responses, students were classified into one of three physical activity levels (none/limited, moderate, or high). The high classification meets the CDC’s recommended level of physical activity for moderate- and vigorous-intensity physical activity.

Nearly three in five (**58.0%**) MSU–Moorhead students reported levels of physical activity that place them in the high classification, meeting the CDC’s recommendations.

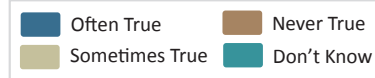


One in four (**24.6%**) MSU–Moorhead students reported worrying about whether their food would run out before they had money to buy more. One in six (**17.6%**) reported experiencing a food shortage and lacking money to buy more within the past 12 months.

### Food Insecurity—Past 12 Months

All Students

Question	Percent			
Within the past 12 months, I worried whether my food would run out before I got money to buy more.	6.5	18.1	73.6	1.8
Within the past 12 months, the food I bought just didn't last and I didn't have money to get more.	4.2	13.4	80.9	1.5



Note: Items found in this table are based on a validated two-question food security screening based on the United States Department of Agriculture 18-Item Household Food Security Survey.<sup>22,28</sup>

Three in ten (**29.7%**) MSU–Moorhead students reported worrying about whether they would have enough money to cover the cost of housing. More than one in ten (**10.6%**) reported being unable to pay all the cost of their housing on time within the past 12 months.

### Housing Insecurity—Past 12 Months

All Students

Question	Percent			
Within the past 12 months, I worried I would not have enough money to cover the cost of my housing.	10.3	19.4	69.6	0.7
Within the past 12 months, I was unable to pay all the cost of my housing on time.	3.9	6.7	88.6	0.7



# Results

## Sexual Health

Sexual health is an essential element of overall health and well-being. Choices colleges students make relating to sexual behavior has the potential for significant, and often long-term, consequences.

### National Comparison

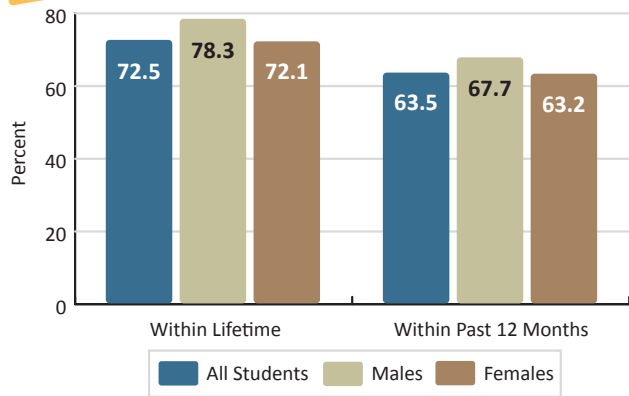
The majority of young adults in the United States are sexually active. Among males ages 18–19 and 20–24, respectively, 60.9% and 70.3% report that they have engaged in vaginal intercourse within their lifetime, 59.4% and 73.5% report that they have received oral sex from a partner of the opposite sex, and 9.7% and 23.7% report that they have engaged in anal intercourse.<sup>29</sup> Among females ages 18–19 and 20–24, respectively, 64.0% and 85.6% report that they have engaged in vaginal intercourse within their lifetime, 62.0% and 79.7% report that they have received oral sex from a partner of the opposite sex, and 20.0% and 39.9% report that they have engaged in anal intercourse.<sup>29</sup> During their most recent vaginal intercourse event, 42.6% of 18- to 24-year-old males and 36.7% of 18- to 24-year-old females used a condom.<sup>30</sup>

Nationally, about half of reported cases of chlamydia, gonorrhea, and syphilis were among young people aged 15–24 years.<sup>31</sup> Among all males, 20- to 24-year-olds have the highest rate of chlamydia (1,571.2 cases per 100,000 people) and gonorrhea (739.4 cases per 100,000 people) and the fourth highest rate of syphilis (50.1 cases per 100,000 people).<sup>31</sup> Among all females, 20- to 24-year-olds have the highest rates of chlamydia (3,532.3 cases per 100,000 people) and gonorrhea (715.1 cases per 100,000 people), and the third highest rate of syphilis (21.7 cases per 100,000 people).<sup>31</sup>

Compared to female students, male students attending MSU–Moorhead reported higher rates of sexual activity within their lifetime and within the past 12 months.

### Sexually Active—Lifetime and Past 12 Months

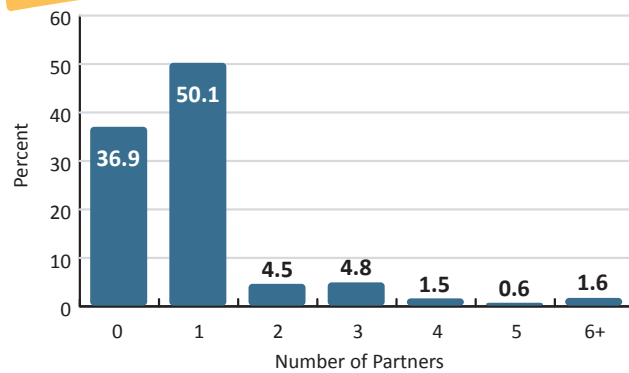
All Students by Gender



More than eight in ten (**87.0%**) MSU–Moorhead students reported having 0–1 sexual partners within the past 12 months. On average, MSU–Moorhead students who were sexually active in the past 12 months had **1.5** sexual partners in that period.

### Number of Sexual Partners—Past 12 Months

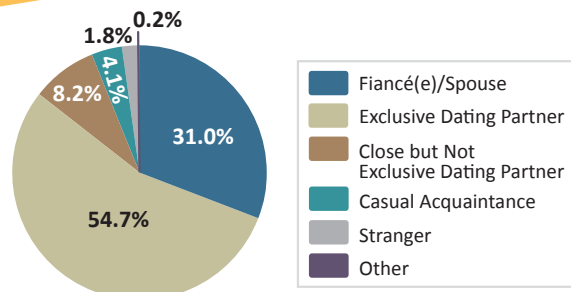
All Students



Among MSU–Moorhead students who reported being sexually active within the past 12 months, more than eight in ten (**85.7%**) reported that their most recent sexual partner was either a fiancé(e)/spouse or an exclusive dating partner.

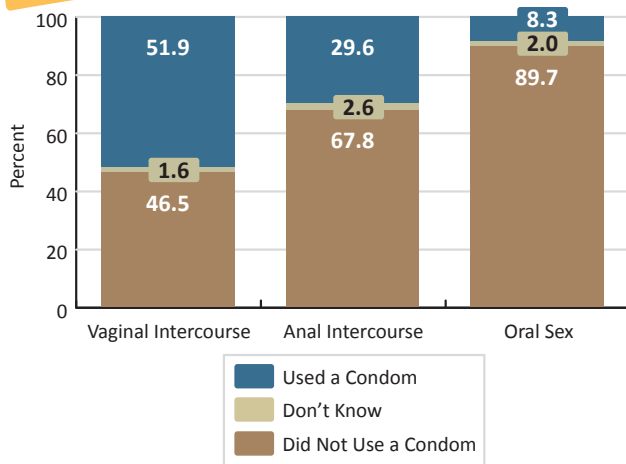
### Most Recent Sexual Partner—Past 12 Months

Sexually Active Students Within Past 12 Months



### Condom Use

Sexually Active Students Within Lifetime  
(Does Not Include Those Who Are Married or With a Domestic Partner)



Among MSU–Moorhead students who reported being sexually active within their lifetime, **51.9%** used a condom the last time they engaged in vaginal intercourse, **29.6%** used a condom during the last time they had anal intercourse, and **8.3%** used a condom during their last oral sex experience. Percentages are among those who reported they engaged in the activity.

Additional analysis shows that of the 72.5% of MSU–Moorhead students who reported being sexually active within their lifetime, **94.4%** have engaged in vaginal intercourse, **87.6%** have engaged in oral sex, and **30.5%** have engaged in anal intercourse.

### Pregnancy Prevention Methods

Sexually Active Students Within Lifetime

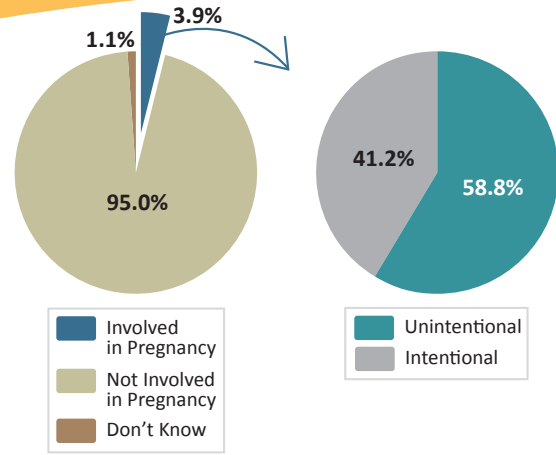
Type of Method	Percent Who Reported Using Method
Birth Control Pills	32.1
Condoms	43.9
Depo-Provera (Shots)	3.6
Diaphragm and Spermicide	0.4
Emergency Contraception	3.0
Fertility Awareness	5.1
Implanon (Hormone Implant)	4.9
Intrauterine Device	13.4
NuvaRing	1.1
Patch	1.1
Sterilization (Hysterectomy, Vasectomy)	6.4
Withdrawal	20.6
Other	2.5
Don't Know/Can't Remember	1.1
Report Not Using any Method of Pregnancy Prevention	6.6

The two methods that MSU–Moorhead students reported using most commonly to prevent pregnancy the last time they engaged in vaginal intercourse were condoms (**43.9%**) and birth control pills (**32.1%**).

A total of **3.9%** of MSU–Moorhead students reported being involved in a pregnancy within the past 12 months. Of these students, **58.8%** stated the pregnancy was unintentional.

### Unintended Pregnancy Outcome— Past 12 Months

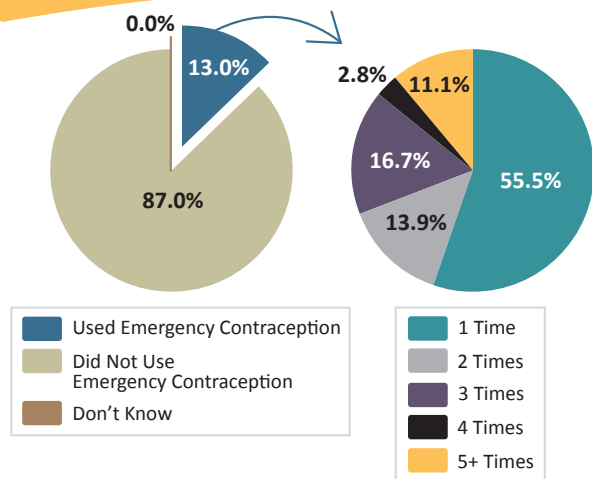
Sexually Active Students Within Past 12 Months



Among sexually active female students at MSU–Moorhead, **13.0%** reported using emergency contraception within the past 12 months. Among these students, **44.5%** had used emergency contraception two or more times.

### Emergency Contraception Use—Past 12 Months

Female Sexually Active Students Within Past 12 Months



Among MSU–Moorhead students who have been sexually active within their lifetime, **6.8%** reported being diagnosed with a sexually transmitted infection (STI) within their lifetime, and **0.6%** reported being diagnosed with an STI within the past 12 months. Chlamydia was the most commonly diagnosed STI within students' lifetimes, and genital herpes was the most commonly diagnosed STI within the past 12 months.

### Sexually Transmitted Infection Diagnosis— Lifetime and Past 12 Months

Sexually Active Students Within Past 12 Months

Sexually Transmitted Infection	Percent Who Reported Being Diagnosed	
	Within Lifetime	Within Past 12 Months
Chlamydia	4.4	0.2
Genital Herpes	1.6	0.4
Genital Warts/HPV	1.8	0.0
Gonorrhea	0.6	0.0
HIV/AIDS	0.0	0.0
Pubic Lice	0.0	0.0
Syphilis	0.2	0.2
At Least One of the Above Sexually Transmitted Infections	6.8	0.6



## Implications

# Healthy individuals make better students, and better students make healthier communities.

Results from the 2024 College Student Health Survey presented in this report offer a comprehensive look at the diseases, health conditions, and health-related behaviors impacting students attending postsecondary schools in Minnesota. Identification of these health-related issues is critical, because the health of college students in Minnesota affects not only their academic achievement but also the overall health of our society.

It is well known that health conditions can affect academic performance. The link to overall societal health is more subtle, but no less profound. Given that there are now more students enrolled in postsecondary institutions than in high schools, that college students help set the norms of behavior for our society and serve as role models for younger students, that college students are establishing and solidifying lifestyles and behaviors that will stay with them for the rest of their lives, and that obtaining a college degree is one of the major determinants of future health and economic status, the impact of the health of college students on our society becomes evident.



# Appendix 1

## Colleges and Universities Participating in the 2024 College Student Health Survey

School	Location	Enrollment
Minnesota State University Moorhead <sup>1</sup>	Moorhead, MN	6,443
Rochester Community and Technical College <sup>1</sup>	Rochester, MN	6,189
St. Catherine University <sup>2</sup>	St. Paul, MN	3,360
University of Minnesota–Crookston <sup>3</sup>	Crookston, MN	2,518
University of Minnesota–Duluth <sup>3</sup>	Duluth, MN	9,350
University of Minnesota–Morris <sup>3</sup>	Morris, MN	1,020
University of Minnesota–Rochester <sup>3</sup>	Rochester, MN	588
University of Minnesota–Twin Cities <sup>3</sup>	Minneapolis, MN St. Paul, MN	54,890

### Appendix 1 References

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# Appendix 2

## Minnesota State University–Moorhead Students Survey Demographics Based on Student Response

	All Students
Average Age (Years)	23.7
Age Range (Years)	18–69
18–24 Years	77.0%
25 Years of Age or Older	23.0%
Average GPA	3.55
<b>Class Status</b>	
Undergraduate—Enrolled One Year	20.1%
Undergraduate—Enrolled Two Years	16.7%
Undergraduate—Enrolled Three Years	17.9%
Undergraduate—Enrolled Four Years	18.4%
Undergraduate—Enrolled Five or More Years	5.7%
Master’s, Graduate, or Professional Program	13.7%
Non-Degree Seeking	0.3%
Unspecified	7.2%
<b>Gender</b>	
Male (only)	25.8%
Female (only)	62.8%
Transgender/Genderqueer/Alternative Identifier or Male and Female in Combination	5.4%
Unspecified	6.0%
<b>Racial Identity</b>	
American Indian/Alaska Native	2.6%
Asian/Pacific Islander	3.8%
Black or African American	6.4%
Middle Eastern	1.2%
Native Hawaiian/Other Pacific Islander	0.1%
White	82.2%
Preferred Another Descriptor (Write-in)	1.4%
<b>Ethnic Identity</b>	
Hispanic or Latino/a/x	4.5%
Hmong	0.1%
Somali	0.4%
None of the Above	86.4%
Preferred to Not Answer	2.0%
<b>Sexual Identity</b>	
Heterosexual or Straight	77.1%
Gay or Lesbian	4.1%
Bisexual	12.2%
Not Sure Yet	2.0%
Not Sure What Question Means	0.3%
Preferred Another Descriptor (Write-in)	4.3%
<b>Current Residence</b>	
Residence Hall or Fraternity/Sorority	31.5%
No Stable Residence/Homeless	0.0%
Other	68.5%
<b>Other Status</b>	
International Student	4.8%
Veteran of United States Armed Forces	2.2%
Reported at Least One Disability	23.9%

# Glossary

## **Credit Card Debt**

A monthly debt of \$3,000 or more.

## **Current Alcohol Use**

Any alcohol use within the past 30 days.

## **Current Credit Card Debt**

Any unpaid balance at the end of the past month.

## **Current Vaping/Electronic Cigarette Use**

Any use of a vaping device/electronic cigarette within the past 30 days.

## **Current Cannabis Use**

Any cannabis use within the past 30 days.

## **Current Smoking Tobacco Use**

Any use of smoking tobacco (e.g., cigarettes, pipe, cigar, etc.) within the past 30 days.

## **Current Smokeless Tobacco Use**

Any smokeless tobacco use within the past 30 days.

## **Current Tobacco Use**

Any use of tobacco within the past 30 days. Tobacco use includes both smoking and smokeless tobacco.

## **High-Risk Drinking**

Consumption of five or more alcoholic drinks at one sitting within the past two weeks for both males and females. A drink is defined as one shot of alcohol, a 12-ounce beer, a mixed drink containing 1 or 1.5 ounces of alcohol, a 12-ounce wine cooler, or a 5-ounce glass of wine.

## **Past 12-Month Alcohol Use**

Any alcohol use within the past year.

## **Past 12-Month Cannabis Use**

Any cannabis use within the past year.

## **Student Loan Balance**

A student loan balance of \$25,000 or more.



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