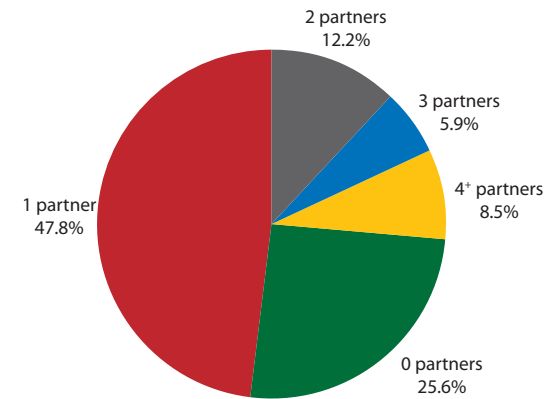


sexual health

number of sexual partners within the last year



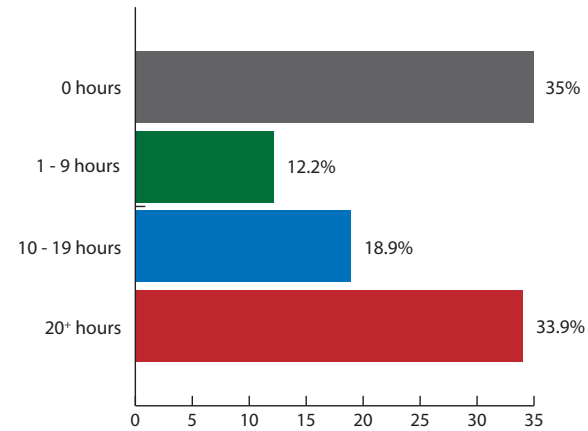
means of birth control used

- 41.6% birth control pills
- 38.7% condoms
- 19.6% withdrawal
- 3.3% fertility awareness
- 1.4% Depo Provera shots

*Total is more than 100% because multiple responses were possible.*

work & study balance

hours of paid work per week



student status

- 89.8% full-time
- 10.2% part-time



Healthy Carolina promotes healthy behaviors and research to enhance student learning and to improve the recruitment, retention and productivity of faculty and staff.

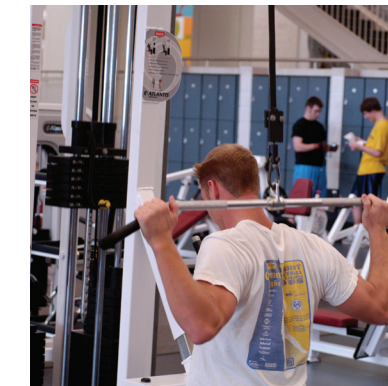
**making healthy choices simple**

To learn more about the National College Health Assessment (NCHA), go online to [www.acha.org/projects\\_programs/assessment.cfm](http://www.acha.org/projects_programs/assessment.cfm).

Phone: 803-777-4752  
 E-mail: [healthycarolina@sc.edu](mailto:healthycarolina@sc.edu)  
 Web: [www.sc.edu/healthycarolina](http://www.sc.edu/healthycarolina)



The University of South Carolina is an equal opportunity institution.



**just how healthy is carolina?**

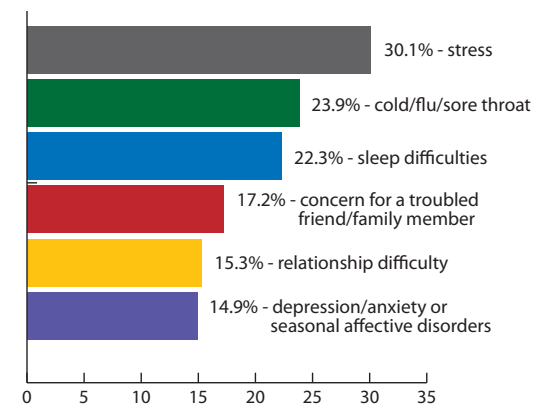
Improving the health and well-being of its students is a priority of the University of South Carolina, in part because student health is directly linked with academic performance and because research also suggests a correlation between health and retention.

In spring 2006, Healthy Carolina administered the National College Health Assessment (NCHA), a survey developed by the American College Health Association to collect data about the health of college students. The NCHA examines health risks, preventive behaviors, perceived norms, and prevalence of a variety of health problems and conditions that affect students.

Healthy Carolina's analysis of this NCHA data will help the university prioritize campus health needs, allocate resources, design programs and initiatives, and measure progress on the objectives outlined by Healthy Campus 2010, a national health-improvement program.

## academic impact

### health-related factors that affected individual academic performance



### demographics of students surveyed

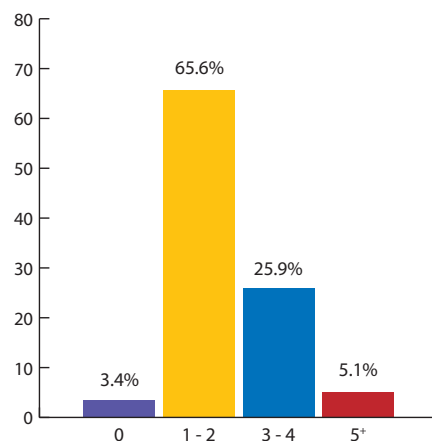
1,258 respondents	78.9% white
32.5% response rate	11.6% black - not Hispanic
	3% Hispanic or Latino
64.9% female	4.9% Asian or Pacific Islander
35.1% male	0.6% American Indian or Alaskan
	1% other

## nutrition & body

### Body Mass Index (BMI) classification

3.2%	underweight
60%	desired weight
23.9%	overweight
12.9%	obese (class I, II or III)

### fruit and vegetable servings per day

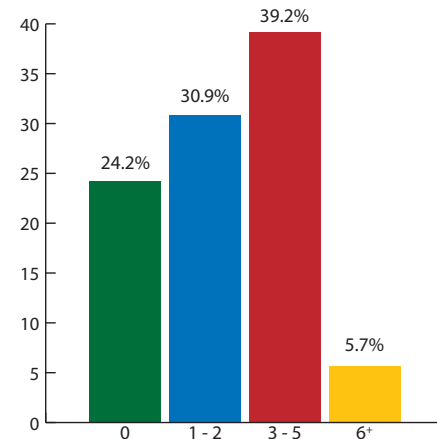


## physical activity

### students attempting to change weight

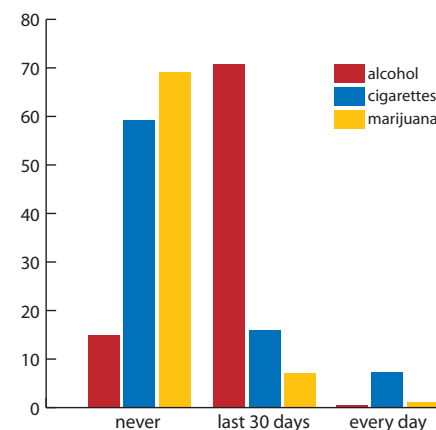
34.6%	not doing anything
58.2%	trying to lose weight
7.2%	trying to gain weight

### number of days students participated in vigorous exercise in the last week



## alcohol & other drug use

### number of days in the last month students used alcohol and other drugs



### cigarette use within the last 30 days

59.2%	never used cigarettes
17.7%	not used in the last 30 days
23.1%	used in the last 30 days

## mental health

### number of times within last year students report feeling hopeless

40.9%	none
27.4%	1 - 2 times
10.9%	3 - 4 times
20.8%	5+

### number of days within the last year students report being so depressed that it was difficult to function

