



**Priority Health Objectives - 2008**

**University of Florida**

**GatorWell Health Promotion Services**

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# INTRODUCTION

Healthy Campus 2010 is derived from Healthy People 2010, a document developed by the U.S. Department of Health & Human Services outlining over 400 health objectives for the nation. Healthy Campus 2010 includes objectives that are relevant, achievable and a priority for students of the University of Florida. This report compares national college baseline data with data collected at the University of Florida by staff from GatorWell Health Promotion Services.

Baseline Data Sources are listed under each objective. Targets for the year 2010 for the national college population are from *Healthy Campus 2010 Manual: Making it Happen*. Targets for the University of Florida student population are set at a 20% improvement over the University of Florida baseline statistic. The following items reflect key objectives addressed by staff at GatorWell in the areas of sexual behavior; weight control and nutrition; alcohol, tobacco and other drugs; and stress and sleep issues.

## PRIORITY HEALTH OBJECTIVES

### I. SEXUAL BEHAVIOR

#### 9-5a. Increase the appropriate use of emergency contraception by sexually active college women\*

	Baselines	Recent	Targets for 2010
<b>University of Florida</b>	7.5%	13.3%	9.0%
<b>National college population</b>	6.7%	12.4%	10.2%

##### Baseline Data Sources

**UF:** American College Health Association. National College Health Assessment, Spring 2001 (Question 29).

**National:** American College Health Association. National College Health Assessment, Spring 2000 Reference Group Report.

##### Recent Data Sources

**UF:** Healthy Gators Student Survey, Healthy Gators 2010 Coalition. Spring 2008 (Form A, Question 31).

**National:** American College Health Association. National College Health Assessment, Fall 2007 (Question 29).

\*Note: % of sexually active students who used EC in last 12 months.

#### 13-6c. Increase the proportion of sexually active college students who used condoms at last vaginal intercourse.

##### Total Sample

	Baselines	Recent	Targets for 2010
<b>University of Florida</b>	37.9%	56.3%	45.5%
<b>National college population</b>	45.5%	50.3%	NA

##### Baseline Data Sources

**UF:** American College Health Association. National College Health Assessment, Spring 2001 (Question 27b).

**National:** American College Health Association. National College Health Assessment, Spring 2000 Reference Group Report.

##### Recent Data Sources

**UF:** Healthy Gators Student Survey, Healthy Gators 2010 Coalition. Spring 2008 (Form A, Question 33).

**National:** American College Health Association. National College Health Assessment, Fall 2007 (Question 27b).

**Females: 13-6c1.**

	<b>Baselines</b>	<b>Recent</b>	<b>Targets for 2010</b>
<b>University of Florida</b>	36.3%	52.9%	43.6%
<b>National college population</b>	37.2%	47.6%	70.0%

**Baseline Data Sources**

**UF:** American College Health Association. National College Health Assessment, Spring 2001 (Question 27b).

**National:** American College Health Association. National College Health Assessment, Spring 2000 Reference Group Report.

**Recent Data Sources**

**UF:** Healthy Gators Student Survey, Healthy Gators 2010 Coalition. Spring 2008 (Form A, Question 33).

**National:** American College Health Association. National College Health Assessment, Fall 2007 (Question 27b).

**Males: 13-6c2.**

	<b>Baselines</b>	<b>Recent</b>	<b>Targets for 2010</b>
<b>University of Florida</b>	40.9%	61.9%	49.1%
<b>National college population</b>	44.0%	55.2%	70.0%

**Baseline Data Sources**

**UF:** American College Health Association. National College Health Assessment, Spring 2001 (Question 27b).

**National:** American College Health Association. National College Health Assessment, Spring 2000 Reference Group Report.

**Recent Data Sources**

**UF:** Healthy Gators Student Survey, Healthy Gators 2010 Coalition. Spring 2008 (Form A, Question 33).

**National:** American College Health Association. National College Health Assessment, Fall 2007 (Question 27b).

**II. WEIGHT CONTROL AND NUTRITION**

**19-1. Increase the proportion of college students who are at a healthy weight.  
Healthy weight is defined as a body mass index (BMI) 18.5 to < 25\*.**

**Total Sample**

	<b>Baselines</b>	<b>Recent</b>	<b>Targets for 2010</b>
<b>University of Florida</b>	70.7%	65.5%	75.0%
<b>National college population</b>	66.8%	58.6%	75.0%

**Baseline Data Sources**

**UF:** American College Health Association. National College Health Assessment, Spring 2001 (Calculated from questions 47 and 48).

**National:** American College Health Association. National College Health Assessment, Spring 2000 Reference Group Report.

**\*Note:** BMI tends to overestimate overweight/obesity in males.

**Recent Data Sources**

**UF:** Healthy Gators Student Survey, Healthy Gators 2010 Coalition. Spring 2008.

**National:** American College Health Association. National College Health Assessment, Reference Group Executive Summary, Fall 2007.

## Females

	<b>Baselines</b>	<b>Recent</b>	<b>Targets for 2010</b>
<b>University of Florida</b>	75.1%	70.8%	75.0%
<b>National college population</b>	69.8%	61.3%	NA

### **Baseline Data Sources**

**UF:** American College Health Association. National College Health Assessment, Spring 2001 (Calculated from questions 47 and 48).

### **Recent Data Sources**

**UF:** Healthy Gators Student Survey, Healthy Gators 2010 Coalition. Spring 2008.

**National:** American College Health Association. National College Health Assessment, Reference Group Executive Summary, Fall 2007.

## Males

	<b>Baselines</b>	<b>Recent</b>	<b>Targets for 2010</b>
<b>University of Florida</b>	60.7%	57.0%	72.8%
<b>National college population</b>	58.1%	53.3%	NA

### **Baseline Data Sources**

**UF:** American College Health Association. National College Health Assessment, Spring 2001 (Calculated from questions 47 and 48).

**Note:** BMI tends to overestimate overweight/obesity in males.

### **Recent Data Sources**

**UF:** Healthy Gators Student Survey, Healthy Gators 2010 Coalition. Spring 2008.

**National:** American College Health Association. National College Health Assessment, Reference Group Executive Summary, Fall 2007.

## **19-2. Reduce the proportion of college students who are obese as defined as a BMI\* of 30 or more.**

### Total Sample

	<b>Baselines</b>	<b>Recent</b>	<b>Targets for 2010</b>
<b>University of Florida</b>	6.4%	7.1%	5.1%
<b>National college population</b>	8.1%	13.7%	3.0%

### **Baseline Data Sources**

**UF:** American College Health Association. National College Health Assessment, Spring 2001 (Calculated from questions 47 and 48).

**National:** American College Health Association. National College Health Assessment, Spring 2000 Reference Group Report.

**Note:** BMI tends to overestimate overweight/obesity in males.

### **Recent Data Sources**

**UF:** Healthy Gators Student Survey, Healthy Gators 2010 Coalition. Spring 2008.

**National:** American College Health Association. National College Health Assessment, Reference Group Executive Summary, Fall 2007.

## Females

	<b>Baselines</b>	<b>Recent</b>	<b>Targets for 2010</b>
<b>University of Florida</b>	4.4%	6.1%	3.5%
<b>National college population</b>	7.2%	13.2%	NA

### **Baseline Data Sources**

**UF:** American College Health Association. National College Health Assessment, Spring 2001 (Calculated from questions 47 and 48).

### **Recent Data Sources**

**UF:** Healthy Gators Student Survey, Healthy Gators 2010 Coalition. Spring 2008.

**National:** American College Health Association. National College Health Assessment, Reference Group Executive Summary, Fall 2007.

## **Males**

	<b>Baselines</b>	<b>Recent</b>	<b>Targets for 2010</b>
<b>University of Florida</b>	10.6%	8.8%	8.5%
<b>National college population</b>	9.1%	14.6%	NA

### **Baseline Data Sources**

**UF:** American College Health Association. National College Health Assessment, Spring 2001 (Calculated from questions 47 and 48).

**Note:** BMI tends to overestimate overweight/obesity in males.

### **Recent Data Sources**

**UF:** Healthy Gators Student Survey, Healthy Gators 2010 Coalition. Spring 2008.

**National:** American College Health Association. National College Health Assessment, Reference Group Executive Summary, Fall 2007.

## **19-5/6. Increase the proportion of college students who consume at least five daily servings of fruit and vegetables.**

	<b>Baselines</b>	<b>Recent</b>	<b>Targets for 2010</b>
<b>University of Florida</b>	5.3%	6.0%	6.4%
<b>National college population</b>	7.4%	6.4%	25.5%

### **Baseline Data Sources**

**UF:** American College Health Association. National College Health Assessment, Spring 2001 (Question 38).

**National:** American College Health Association. National College Health Assessment, Spring 2000 Reference Group Report.

### **Recent Data Sources**

**UF:** Healthy Gators Student Survey, Healthy Gators 2010 Coalition. Spring 2008 (Form B, Question 1).

**National:** American College Health Association. National College Health Assessment, Fall 2007 (Question 38).

## **III. ALCOHOL, TOBACCO, & OTHER DRUG USE**

### **Reduce the proportion of college students who report that they drove after drinking 5+ drinks during the previous 30 days.**

	<b>Baselines</b>	<b>Recent</b>	<b>Targets for 2010</b>
<b>University of Florida</b>	13.4%	8.2%	10.7%
<b>National college population</b>	11%	4.0%	NA

### **Baseline Data Sources**

**UF:** American College Health Association. National College Health Assessment, Spring 2001 (Question 11b).

**National:** American College Health Association. National College Health Assessment, Fall 2000 Reference Group Report (Question 11b).

### **Recent Data Sources**

**UF:** Healthy Gators Student Survey, Healthy Gators 2010 Coalition. Spring 2008 (Form A, Question 55).

**National:** American College Health Association. National College Health Assessment, Fall 2007 (Question 11b).

**26-7a. Reduce the proportion of college students who physically injured themselves within the last school year as a result of drinking alcohol (among students who drink).**

	<b>Baselines</b>	<b>Recent</b>	<b>Targets for 2010</b>
<b>University of Florida</b>	14.8%	20.6%*	11.8%
<b>National college population</b>	13.1%	15.3%	2.5%

**Baseline Data Sources**

**UF:** American College Health Association. National College Health Assessment, Spring 2001 (Question 18a).

**National:** American College Health Association. National College Health Assessment, Spring 2000 Reference Group Report (Question 18a).

**Recent Data Sources**

**UF:** Healthy Gators Student Survey, Healthy Gators 2010 Coalition. Spring 2008 (Form A, Question 66). \*2008 data reflect injuries in the “last 12 months”

**National:** American College Health Association. National College Health Assessment, Fall 2007 (Question 18a).

**26-7b. Reduce the proportion of college students who were involved in a fight within the last school year as a result of drinking alcohol (among students who drink).**

	<b>Baselines</b>	<b>Recent</b>	<b>Targets for 2010</b>
<b>University of Florida</b>	5.6%	4.8%*	4.5%
<b>National college population</b>	5.1%	6.5%	1.5%

**Baseline Data Sources**

**UF:** American College Health Association. National College Health Assessment, Spring 2001 (Question 18c).

**National:** American College Health Association. National College Health Assessment, Spring 2000 Reference Group Report (Question 18c).

**Recent Data Sources**

**UF:** Healthy Gators Student Survey, Healthy Gators 2010 Coalition. Spring 2008 (Form A, Question 68). \*2008 data reflect fights in the “last 12 months”

**National:** American College Health Association. National College Health Assessment, Fall 2007 (Question 18c).

**26-10b. Reduce the proportion of college students reporting use of marijuana during the past 30 days.**

	<b>Baselines</b>	<b>Recent</b>	<b>Targets for 2010</b>
<b>University of Florida</b>	17.8%	13.8%	14.2%
<b>National college population</b>	14.8%	12.6%	1.0%

**Baseline Data Sources**

**UF:** American College Health Association. National College Health Assessment, Spring 2001 (Question 9e).

**National:** American College Health Association. National College Health Assessment, Spring 2000 Reference Group Report (Question 9e).

**Recent Data Sources**

**UF:** Healthy Gators Student Survey, Healthy Gators 2010 Coalition. Spring 2008 (Form A, Question 43).

**National:** American College Health Association. National College Health Assessment, Fall 2007 (Question 9e).

**26-11b. Reduce the proportion of college students engaging in high risk (binge) drinking of alcoholic beverages during the past two weeks.**

	<b>Baselines</b>	<b>Recent</b>	<b>Targets for 2010</b>
<b>University of Florida</b>	46.3%	35.9%	37.0%
<b>National college population</b>	39.0%	33.5%	20.0%

**Baseline Data Sources**

**UF:** CORE Alcohol and Drug Survey – Long Form, Spring 1999 (Question 18g).

**National:** 1998 Monitoring the Future Study, National Institutes of Health, National Institute on Drug Abuse.

**Recent Data Sources**

**UF:** Healthy Gators Student Survey, Healthy Gators 2010 Coalition. Spring 2008 (Form A, Question 56)

**National:** American College Health Association. National College Health Assessment, Fall 2007 (Question 16).

**27-1/2a. Reduce cigarette smoking among college students in the past 30 days.**

	<b>Baselines</b>	<b>Recent</b>	<b>Targets for 2010</b>
<b>University of Florida</b>	19.0%	8.6%	15.2%
<b>National college population</b>	25.1%	19.0%	10.5%

**Baseline Data Sources**

**UF:** American College Health Association. National College Health Assessment, Spring 2001 (Question 9a).

**National:** American College Health Association. National College Health Assessment, Spring 2000 Reference Group Report (Question 9a).

**Recent Data Sources**

**UF:** Healthy Gators Student Survey, Healthy Gators 2010 Coalition. Spring 2008 (Form A, Question 48)

**National:** American College Health Association. National College Health Assessment, Fall 2007 (Question 9a).

**27-5. Increase the percentage of college student smokers who attempt to quit smoking.**

	<b>Baselines</b>	<b>Recent</b>	<b>Targets for 2010</b>
<b>University of Florida</b>	41.0%	53.3%	49.2%
<b>National college population</b>	NA	NA	NA

**Baseline Data Sources**

**UF:** CORE Alcohol and Drug Survey – Long Form, Spring 2007 (Write-in item: “During the past 12 months, have you stopped smoking for more than one day because you were trying to quit smoking?”)

**Recent Data Sources**

**UF:** Healthy Gators Student Survey, Healthy Gators 2010 Coalition. Spring 2008 (Form A, Question 51)

**Decrease the percentage of college students who overestimate the 30-day smoking prevalence rate among UF students by more than 10%.**

	<b>Baselines</b>	<b>Recent</b>	<b>Targets for 2010</b>
<b>University of Florida</b>	76.5%*	79.6%**	61.2%
<b>National college population</b>	NA	NA	NA

**Baseline Data Sources**

**UF:** American College Health Association. National College Health Assessment, Spring 2001 (Question 19a).

\*In Spring 2001, the 30-day smoking prevalence for all participants was 19%; however, 76.5% of participants estimated the smoking rate at >29%.

**Recent Data Sources**

**UF:** Healthy Gators Student Survey, Healthy Gators 2010 Coalition. Spring 2008 (Form A, Question 46)

\*\*In Spring 2008, the 30-day smoking prevalence rate for all survey participants was 8.6%; however, 79.6% of participants estimated the smoking rate at ≥19%.

#### **IV. STRESS AND SLEEP**

**Reduce the percentage of college students who indicate that stress negatively affected their academic performance in the last school year.**

	<b>Baselines</b>	<b>Recent</b>	<b>Targets for 2010</b>
<b>University of Florida</b>	30.1%	25.5%*	24.1%
<b>National college population</b>	28.1%	32.9%	NA

**Baseline Data Sources**

**UF:** American College Health Association. National College Health Assessment, Spring 2001 (Question 44x).

**National:** American College Health Association. National College Health Assessment, Fall 2000 Reference Group Report (Question 44x).

**Recent Data Sources**

**UF:** Healthy Gators Student Survey, Healthy Gators 2010 Coalition. Spring 2008 (Form B, Question 117)

\*2008 data reflect stress impacting academic performance in the “last 12 months”

**National:** American College Health Association. National College Health Assessment, Fall 2007 (Question 44x).

**Reduce the percentage of college students who indicate that sleep negatively affected their academic performance in the last school year.**

	<b>Baselines</b>	<b>Recent</b>	<b>Targets for 2010</b>
<b>University of Florida</b>	20.7%	16.3%*	16.6%
<b>National college population</b>	22.8%	25.5%	NA

**Baseline Data Sources**

**UF:** American College Health Association. National College Health Assessment, Spring 2001 (Question 44w).

**National:** American College Health Association. National College Health Assessment, Fall 2000 Reference Group Report (Questions 44w).

**Recent Data Sources**

**UF:** Healthy Gators Student Survey, Healthy Gators 2010 Coalition. Spring 2008 (Form B, Question 116)

\*2008 data reflect sleep affecting academic performance in the “last 12 months”

**National:** American College Health Association. National College Health Assessment, Fall 2007 (Question 44w).

**Increase the percentage of college students who woke up feeling rested on 4 or more of the past 7 days.**

	<b>Baselines</b>	<b>Recent</b>	<b>Targets for 2010</b>
<b>University of Florida</b>	50.8%	44.0%	61.0%
<b>National college population</b>	38.7%	43.1%	NA

**Baseline Data Sources**

**UF:** American College Health Association. National College Health Assessment, Spring 2001 (Question 39c).

**National:** American College Health Association. National College Health Assessment, Fall 2000 Reference Group Report (Questions 39c).

**Recent Data Sources**

**UF:** Healthy Gators Student Survey, Healthy Gators 2010 Coalition. Spring 2008 (Form B, Question 21)

**National:** American College Health Association. National College Health Assessment, Fall 2007 (Question 39c).

## **References**

American College Health Association (2002). *Healthy Campus 2010 Manual: Making It Happen*. Baltimore, MD: ACHA.

American College Health Association. *American College Health Association - National College Health Assessment (ACHA-NCHA) Reference Group Reports*. Available at <http://www.acha-ncha.org>.