

Sexual Health
University of Minnesota–Twin Cities



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University of Minnesota–Twin Cities



Snapshot: Colleges and Universities Participating in the 2007 College Student Health Survey

Two-Year Schools	Location	Enrollment-Spring 2007*
Alexandria Technical College	Alexandria, MN	3,475
Anoka-Ramsey Community College	Cambridge, MN Coon Rapids, MN	9,724
Lake Superior College	Duluth, MN	8,876
Minnesota State Community and Technical College	Detroit Lakes, MN Fergus Falls, MN Moorhead, MN Wadena, MN	6,874
North Hennepin Community College	Brooklyn Park, MN	9,329
Northwest Technical College	Bemidji, MN	1,224
Four-Year Schools	Location	Enrollment-Spring 2007*
Bemidji State University	Bemidji, MN	6,449
Concordia College	Moorhead, MN	2,698
Minnesota State University Moorhead	Moorhead, MN	9,025
University of Minnesota–Crookston	Crookston, MN	951
University of Minnesota–Duluth	Duluth, MN	9,467
University of Minnesota–Morris	Morris, MN	1,489
University of Minnesota–Rochester	Rochester, MN	306
University of Minnesota–Twin Cities	Minneapolis, MN	43,737

*Includes full-time and part-time students.

University of Minnesota–Twin Cities Survey Demographics*

	All Students
Average Age (Years)	23.4
Age Range (Years)	18-63
18-24 Years	72.6%
25 Years or Older	27.4%
Average GPA	3.38
Class Status	
First-Year Undergraduate	15.4%
Second-Year Undergraduate	14.5%
Third-Year Undergraduate	15.7%
Fourth-Year Undergraduate	15.8%
Fifth-Year Undergraduate	7.6%
Graduate or Professional	31.0%
Gender	
Male	40.1%
Female	59.7%
Transgender/Other	0.2%
Unspecified	0.0%
Ethnic Origin	
African American/Black	2.7%
American Indian/Alaskan Native	1.2%
Asian/Pacific Islander	12.7%
Latino/Hispanic	2.2%
Middle Eastern	1.0%
Caucasian/White	81.6%
Other	2.3%
Current Residence	
Residence Hall or Fraternity/Sorority	20.0%
Other	80.0%

*Based on student response.

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Introduction

College is a time of great transition. With its increase in freedom and decision-making opportunities, this transitional period poses many challenges for students. Some of the most important decisions facing college students concern sexual health. Choices relating to sexual behavior have the potential for significant, and oftentimes long-term, consequences. So important is the issue of sexual health that in 2001 the U.S. Surgeon General listed “responsible sexual behavior” as one of the 10 leading health indicators for the nation.

National Comparison

The majority of young adults in the United States are sexually active, with 68.1% of 18- to 19-year-old males, 75.2% of 18- to 19-year-old females, 84.4% of 20- to 24-year-old males, and 86.6% of 20- to 24-year-old females reporting they have had at least one sexual partner in the previous 12 months.¹ Among 20- to 24-year-olds, 52.7% of males and 30.9% of females who have had sexual contact in the previous year used a condom during their last sexual contact.¹ Due to a combination of behavioral, biological, and cultural reasons, sexually active young adults are at increased risk for acquiring sexually transmitted infections.² The higher prevalence of STIs among young adults reflects multiple barriers to accessing quality STI prevention services, including lack of health insurance or other ability to pay, lack of transportation, and concerns about confidentiality.²

Among 20- to 24-year-olds, 7.1% of males and 13.4% of females report having a sexually transmitted infection other than HIV within their lifetime.¹ The prevalence of chlamydia is 2.7% in females and 0.7% in males who are between the ages of 15 and 24.² Among all 15- to 24-year-olds, approximately 9.1 million cases of STIs and nearly 5,000 cases of HIV/AIDS are diagnosed annually.³

2007 Sexual Health Highlights

Among the individuals from 14 Minnesota colleges and universities who participated in the 2007 College Student Health Survey:

- **77.6%** report having been sexually active within their lifetime.
- **72.1%** report having been sexually active within the past 12 months.
- **47.7%** of females and **56.5%** of males who have been sexually active within the past 12 months report having used a condom at last intercourse.
- **10.9%** of females and **4.4%** of males report a lifetime diagnosis of any sexually transmitted infection.
- **3.4%** of females and **1.1%** of males report a lifetime diagnosis of chlamydia.
- **0.4%** of females and **0.6%** of males report a lifetime diagnosis of gonorrhea.
- **0.2%** of both females and males report a lifetime diagnosis of syphilis.

References:

¹ Mosher, W. D., Chandra, A., & Jones, J. (2005). Sexual behavior and selected health measures: Men and women 15-44 years of age, United States, 2002. Advance data from vital and health statistics (No. 362). Hyattsville, MD: National Center for Health Statistics.

² Centers for Disease Control and Prevention. (2006, November). Sexually transmitted disease surveillance, 2005. Atlanta, GA: U.S. Department of Health and Human Services. Retrieved July 17, 2007, from <http://www.cdc.gov/std/stats/adol.htm>.

³ Centers for Disease Control and Prevention. (2006, June 9). Youth risk behavior surveillance—United States, 2005. *Morbidity and Mortality Weekly Report Surveillance Summaries*, 55(SS-5), 1-108.

Methodology

Students completed the 2007 College Student Health Survey, developed by Boynton Health Service at the University of Minnesota. As an incentive, all students who responded to the survey received a \$5 gift card and entry into a drawing for gift certificates valued at \$3,000 (one), \$1,000 (one), and \$500 (two) at a variety of stores.

Participants were contacted through multiple mailings and e-mails:

- Postcards were sent to randomly selected students notifying them of their eligibility to participate in the survey.
- Students at eleven schools were e-mailed a link to an online version of the survey, and students at three schools received a paper survey via U.S. Mail.
- Reminder postcards/multiple e-mails were sent to all students to encourage participation.
- All students received a minimum of two invitations to participate in the survey.

University of Minnesota–Twin Cities Methodology Highlights

- **6,000** students from the University of Minnesota–Twin Cities were randomly selected to participate in this study.
- **2,920** completed and returned the survey.
- **0** surveys were undeliverable.
- **48.7%** was the overall UMTC response rate. (Surveys determined to be undeliverable were removed from the original sample size.)



2007 College Student Health Survey Postcard

Results

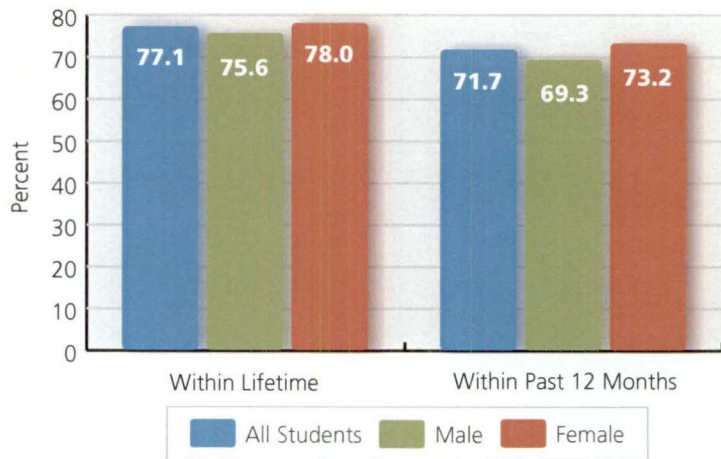
Female students attending the University of Minnesota–Twin Cities (UMTC) report higher rates of sexual activity, both within their lifetime and within the past 12 months, compared to male students attending the university.

On average, UMTC students had **2.0** sexual partners over the past 12-month period. This average is based on the experience of all students, both those who were sexually active and those who were not sexually active. More than three out of four (**77.8%**) students report that they had 0 or 1 partner within the past 12 months.

Among University of Minnesota–Twin Cities students who were sexually active within the past 12 months, approximately four out of five (**80.6%**) report that their most recent sexual partner was either a fiancé(e)/spouse or an exclusive dating partner.

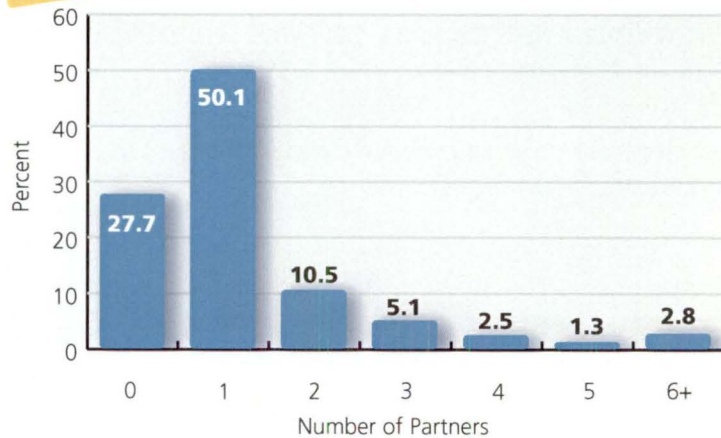
Sexually Active–Lifetime and Past 12 Months

All Students by Gender



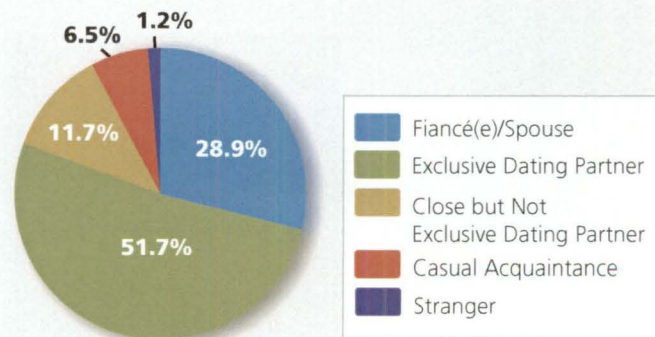
Number of Sexual Partners–Past 12 Months

All Students



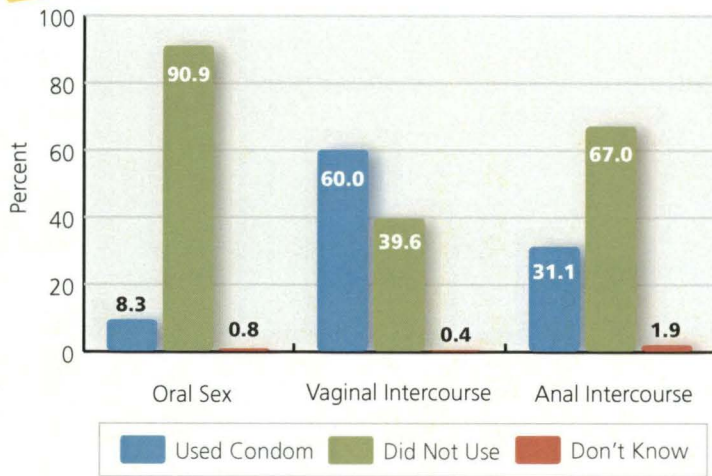
Most Recent Sexual Partner–Past 12 Months

All Students, Sexually Active



Condom Use

All Students, Sexually Active Within Lifetime
(Does not include those who are married or with a domestic partner.)

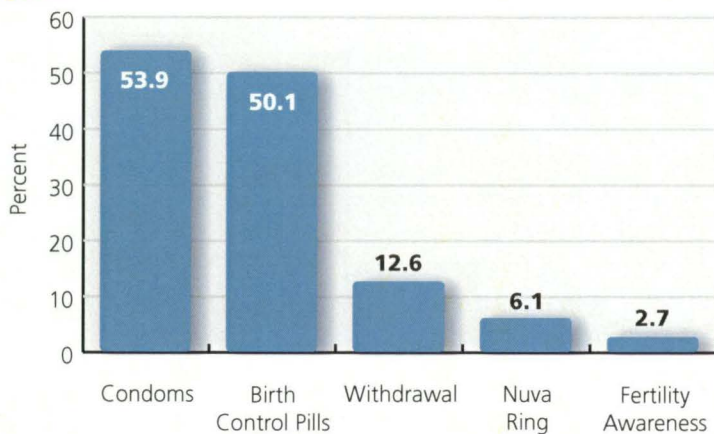


Data analysis shows that of the 77.1% of University of Minnesota–Twin Cities students who report being sexually active within their lifetime, **89.6%** engaged in vaginal intercourse, **70.1%** engaged in oral sex, and **25.9%** engaged in anal intercourse.

Among UMTC students sexually active within their lifetime, **60.0%** used a condom the last time they engaged in vaginal intercourse, **31.1%** used a condom during their last anal intercourse, and **8.3%** used a condom during their last oral sex. Percents are based solely on those who indicated they engaged in the activity.

Pregnancy Prevention Methods

All Students



The two most common methods that UMTC students report using to prevent pregnancy the last time they engaged in vaginal intercourse are condoms (**53.9%**) and birth control pills (**50.1%**). The withdrawal method is reported by **12.6%** of UMTC students. Other methods of pregnancy prevention reported by students are identified in the table at the lower left.

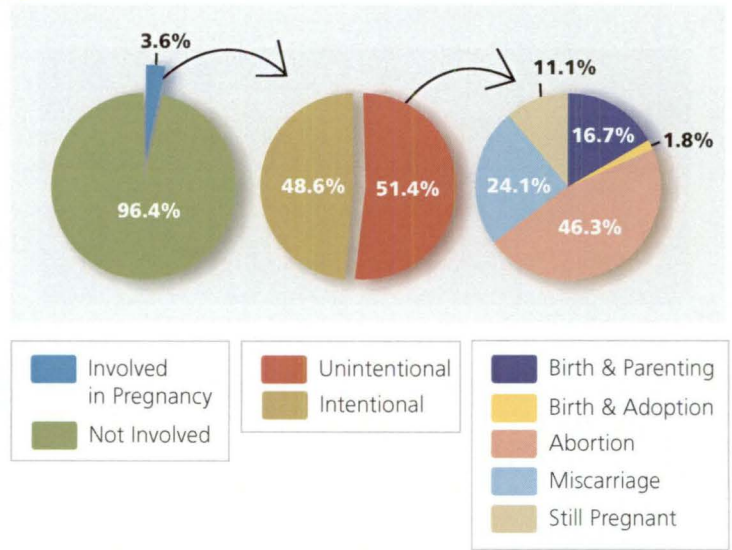
Type of Method	Percent Who Report Using Method
Depo Provera	2.2
Intrauterine Device	1.7
Ortho Evra	1.3
Emergency Contraception	0.9
Diaphragm	0.8
Sponge	0.4
Other	3.1
Don't Know/Can't Remember	1.0

A total of **3.6%** of University of Minnesota–Twin Cities students has been involved in a pregnancy within the past 12 months. Of those involved in a pregnancy, **51.4%** state it was unintentional.

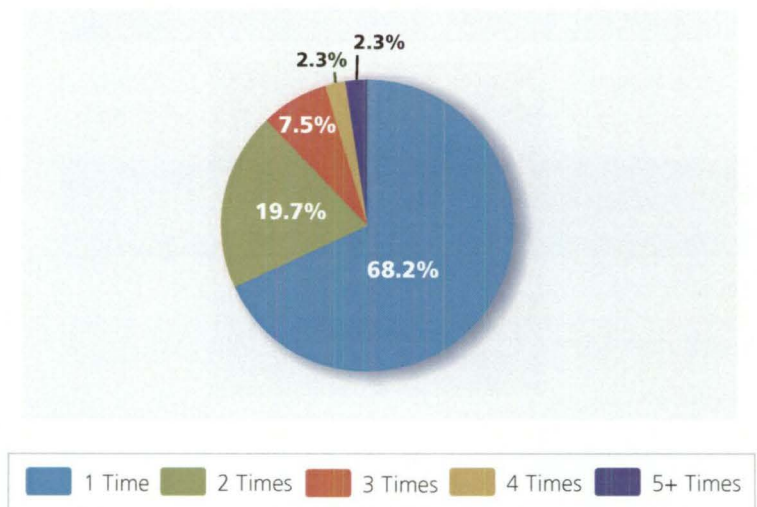
Among the unintentional pregnancies, **46.3%** resulted in abortion, **24.1%** resulted in miscarriage, **16.7%** resulted in birth and parenting, and **1.8%** resulted in birth and adoption.

Analysis shows that within the past 12 months, **12.4%** of sexually active female students at the University of Minnesota–Twin Cities have used emergency contraception. Among those who used emergency contraception, **68.2%** have used it once, **19.7%** have used it twice, and **12.1%** have used it three or more times within the past 12 months.

Outcome of Unintended Pregnancy— Past 12 Months All Students

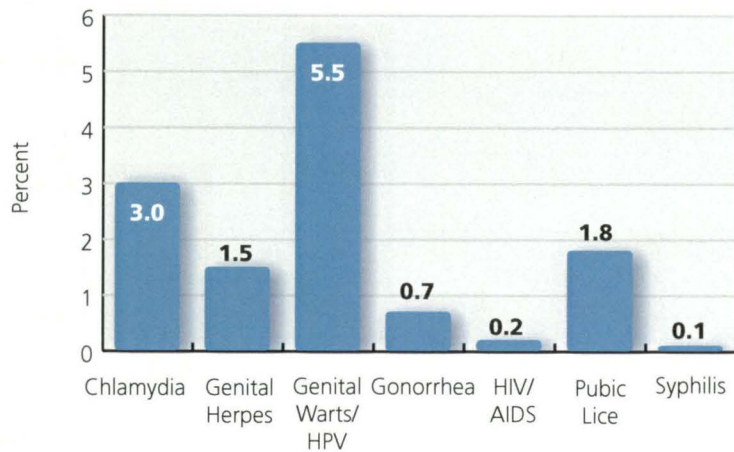


Emergency Contraception Use— Past 12 Months Female Students, Sexually Active



Sexually Transmitted Infections—Lifetime

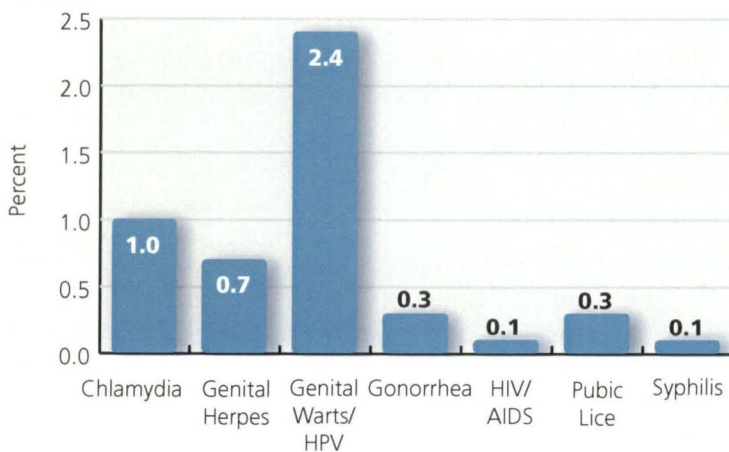
All Students, Sexually Active



About one out of ten (**10.4%**) UMTC students who have been sexually active within their lifetime report being diagnosed with a sexually transmitted infection within their lifetime. Genital warts/human papilloma virus (**5.5%**) and chlamydia (**3.0%**) are the two most commonly diagnosed sexually transmitted infections.

Sexually Transmitted Infections—Past 12 Months

All Students, Sexually Active



Analysis shows that a total of **4.1%** of students at the University of Minnesota—Twin Cities who report having been sexually active within their lifetime also report having been diagnosed with a sexually transmitted infection within the past 12 months.

Students were asked to report whether they have experienced any of the health or personal issues presented in the table to the right, and if so, whether the issue(s) affected their academic performance. The issues highlighted in red are particularly salient to this report on sexual health. The other issues are more relevant to Reports 1-6 in this series.

It should be noted that although students report some issues less frequently, these issues may have a greater impact on academic performance. For example, although only **3.3%** of University of Minnesota–Twin Cities students report experiencing a pregnancy within the past year, of this small percentage of students, **40.6%** report the pregnancy affected their academic performance.

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

Health or Personal Issue	Percent	
	Report Having Issue	Report Issue Affected Academics
Alcohol Use	31.0	17.7
Allergies	31.1	6.5
Chronic Conditions	9.8	18.5
Concerns for Troubled Friend/Family Member	39.5	34.9
Drug Use	6.4	28.5
Eating Disorder/Problems	5.3	21.4
Excessive Computer/Internet Use	32.2	41.9
Financial Difficulties	37.0	30.5
Learning Disability/ADD	4.7	65.0
Mental Health Issues	22.7	55.1
Mononucleosis	3.5	48.5
Moved/Changed Residence	24.2	16.9
Pregnancy	3.3	40.6
Relationship Issues	34.3	39.0
Serious Injury	3.8	40.9
Sexual Assault	1.2	44.1
Sexually Transmitted Infection	2.7	14.1
Sleep Difficulties	38.8	44.0
Stress	70.5	42.1
Upper Respiratory Infection	36.7	28.7
Urinary Tract Infection	7.5	12.4

Participating Two-Year Schools

Alexandria Technical College
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Anoka-Ramsey Community College
Andrea Roberge

Lake Superior College
Beth Adams

Minnesota State Community and
Technical College
Shawn Anderson

North Hennepin Community College
Kristi Moebeck

Northwest Technical College
Kari Kantak

Participating Four-Year Schools

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Jay Passa

Concordia College
Paul Wraalstad

Minnesota State University Moorhead
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