

SENATE COMMITTEE ON STUDENT AFFAIRS  
MINUTES OF MEETING  
MARCH 1, 2006

[In these minutes: Risky Student Behaviors and Other Health Issues, Stadium Resolution Update, Discussion Regarding Possible Future Agenda Items]

[These minutes reflect discussion and debate at a meeting of a committee of the University Senate; none of the comments, conclusions, or actions reported in these minutes represent the view of, nor are they binding on the Senate, the Administration, or the Board of Regents.]

PRESENT: Matt Painschab, chair, Jon Ruzek, Kendre Turonie, Amelious Whyte, Iraj Bashiri, Kim Roufs, Janet Schottel, Jenn Funke, Maria McRae

REGRETS: Jean-Marie Del-Santo, Jennifer Engler, Jesse Berglund, Hilary Ploeckelmann, Tina Falkner

ABSENT: Carolyn Nayematsu, Samantha Peloquin, Nathan Pelzer, Jeffrey Wencil, Caroline Younts

OTHER: Gabriele Schmiegel

GUESTS: Director of Public Health David Golden, Boynton Health Service and Program Associate Director Katherine Lust, Boynton Health Service

I). Matt Painschab called the meeting to order and asked those present to introduce themselves.

II). Matt Painschab welcomed today's guests Director of Public Health David Golden, Boynton Health Service and Program Associate Director Katherine Lust, Boynton Health Service. Mr. Golden and Dr. Lust, using a PowerPoint presentation, provided members with information on risky student behaviors and other health issues. This was the same presentation, which Dr. Edward Ehlinger gave to the Board of Regents Faculty, Staff and Student Affairs Committee on February 9, 2006.

Mr. Golden noted that the University of Minnesota was the first campus in the country to do a comprehensive assessment of its student body, dating back to 1995. As a result, the University has one of the richest behavior data sets of any post secondary institution in the country. With the aid of several charts and bar graphs, copies of which were distributed to members, Mr. Golden and Dr. Lust shared the following significant findings with the committee:

- 85.5% of undergraduate students on the Twin Cities campus in 2005 reported using alcohol in the past 12 months, compared to 84.6% of students nationally.

- 45.1% of Twin Cities undergraduate students between the ages of 18 – 24 years old reported engaging in high risk episodic drinking, compared to 48.8% nationally. High risk episodic drinking is defined as consuming 5 or more alcoholic drinks at one sitting within the past two weeks.
- There is a significant correlation between students who partake in high-risk drinking and negative consequences such as being involved in a fight, being taken advantage of sexually, encounters with police, etc.
- 30.5% of students reported that they had ridden in a car with a driver who was impaired due to alcohol consumption within the past 12 months.
- 30% of students diagnosed with and taking medication for depression also engage in high-risk drinking.
- Tobacco use by 18 – 24 year old undergraduates on the Twin Cities campus is declining. The University is aggressively working to reduce these numbers even further. Clearly, there is a link between education level and smoking - the higher the level of education attained; the less likely one is to smoke.
- Oral contraceptives are the most dispensed drug at Boynton Health Service.
- High risk drinking is a better predictor for signaling sexual activity than for condom use.
- 9.8% of all sexually active, 18 – 24 year old undergraduates have used emergency contraception. The theory that a majority of students would use emergency contraception as their primary means of birth control has not held true at the University.
- 2.8% of students either got pregnant or impregnated someone, of which 81.6% were unintentional pregnancies. Trend data on these statistics are low, which makes it difficult to detect patterns.
- The likelihood of having excessive credit card debt (\$1,000 or more per month) increases as an individual goes through school. Credit card debt is associated with lower GPA, high-risk alcohol use, tobacco use and a higher number of work hours.
- Almost 25% of students reported excessive computer use as a problem. Of the students that reported this problem, 36.2% indicated it affected their academic performance.
- Based on self-reported data, student's BMI (body mass index) was calculated. These calculations reveal that 31.5% of males and 20.9% of females are overweight.
- 8.1% of students reported that while living in the Metro area and attending school they had immediate access to a firearm.
- 31% of students responding to the survey reported experiencing an injury within the past 12 months.
- Depending on if a student has health insurance coverage will impact whether he/she will utilize health care services.

Dr. Lust concluded the presentation by noting:

- Lifestyle and behavior choices are major factors affecting the lives of students.

- Behaviors of University of Minnesota students are not out-of-line compared to other students and young adults.
- Continued attention must be given to helping students with their lifestyle and behavior choices in order to enhance their health and academic standing.

Following the presentation, members agreed that this was a lot of information to digest. A member asked what initiatives Boynton Health Service (BHS) is currently focusing on. Dr. Lust reported that BHS is working diligently to decrease tobacco use and to address high-risk drinking incidents. In terms of addressing the high-risk drinking issue, she noted that research is inconclusive when it comes to how to most effectively reduce incidents of high-risk drinking.

III). Matt Painschab reported that Jesse Berglund, the graduate student representative who brought forward a stadium resolution for the committee to support, was unable to attend today's meeting. Mr. Painschab volunteered to follow-up with Mr. Berglund to find out the status of this resolution.

IV). Matt Painschab asked members for other their ideas for future agenda items. The following ideas were mentioned:

- Services Task Force update by Jerry Rinehart.
- Hate crimes protocol.
- Student safety issues.
- One Stop Building update.

V). Hearing no further business, Matt Painschab adjourned the meeting.

Renee Dempsey  
University Senate