

NCHA and NIU Data Dashboards 2011, 2013, 2015

General Health

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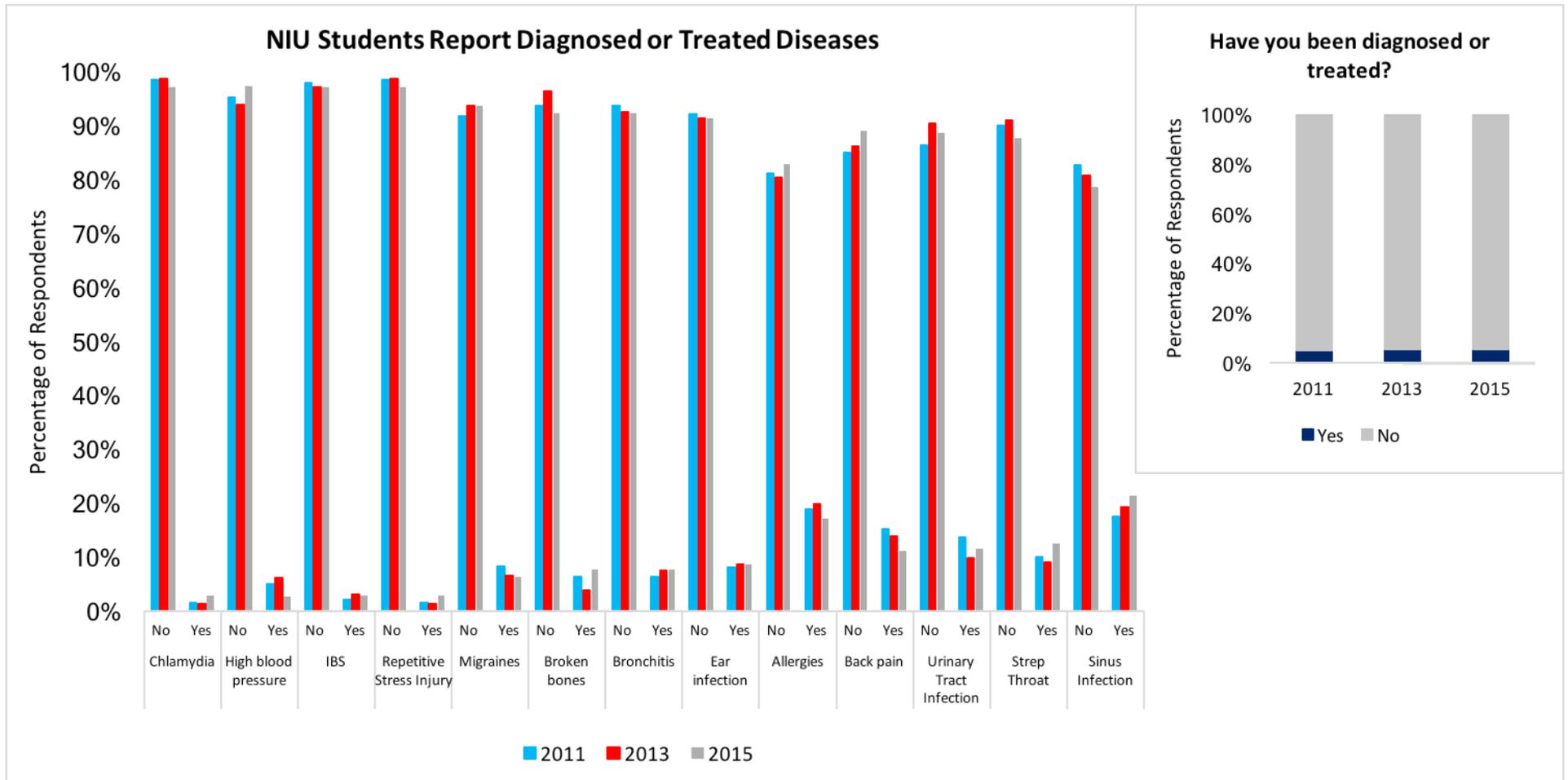


NORTHERN ILLINOIS UNIVERSITY

Wellness Promotion

Division of Student Affairs

NIU Students Report Diagnosed or Treated Diseases* in the Past 12 Months

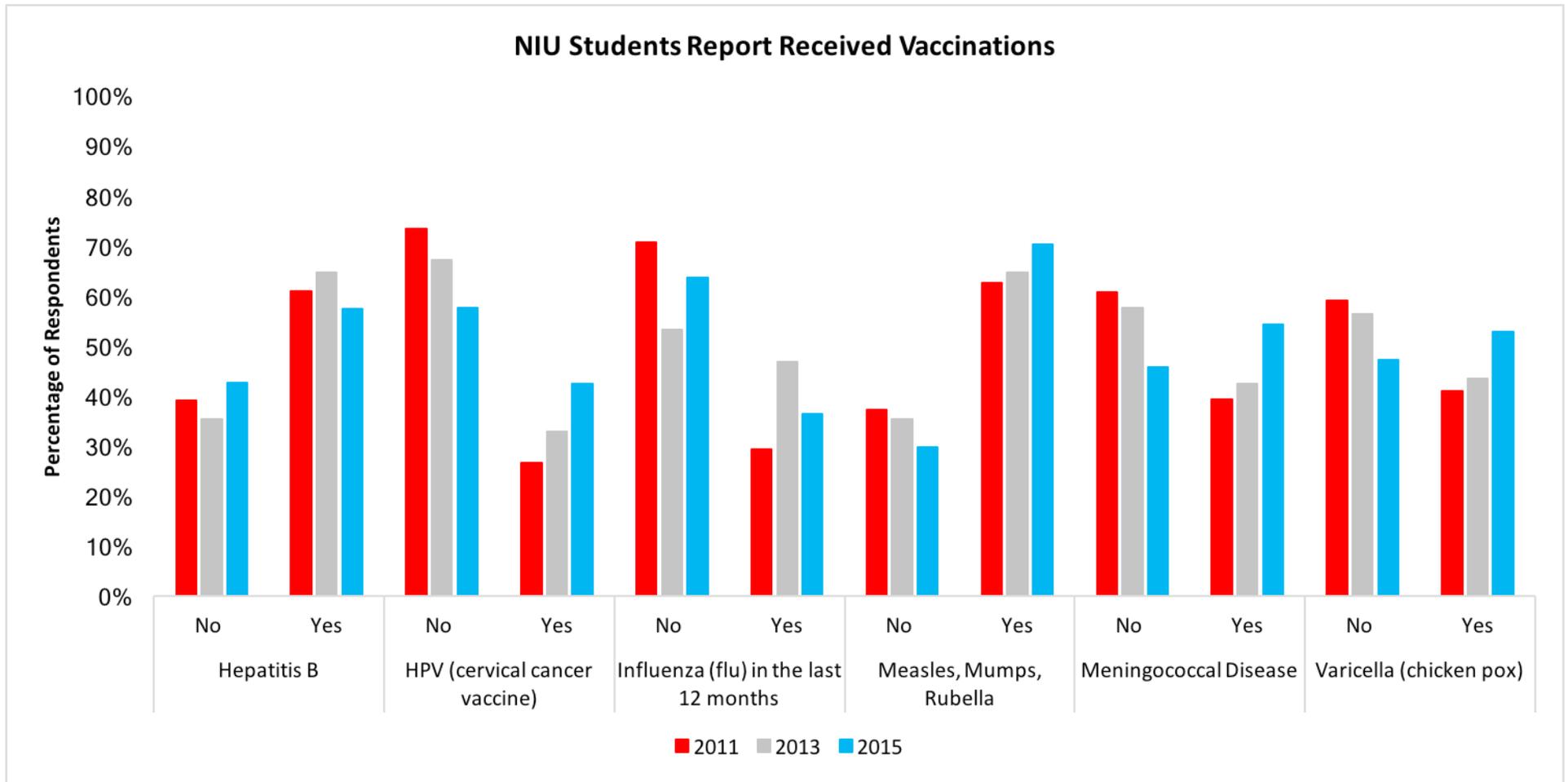


A majority of NIU undergraduate participants reported not being treated or diagnosed by a professional with a disease or infection in the past 12 months. In 2015, 11 of the 25 issues asked about were reported by less than 2% of participants (Gonorrhea, Hepatitis B or C, PID, HIV, Endometriosis, Genital Herpes and Warts, Mononucleosis, Tuberculosis, Diabetes, and High Cholesterol). Those that were reported as being treated or diagnosed by more than 5% of participants included sinus infection, strep throat, urinary tract infection, back pain, allergies, ear infections, bronchitis, broken bones, or migraines. In essence, the infections or diseases being treated for NIU students are generally common infections that are treatable and/or curable.

*National College Health Assessment



Reported Vaccinations by NIU Student Participants*

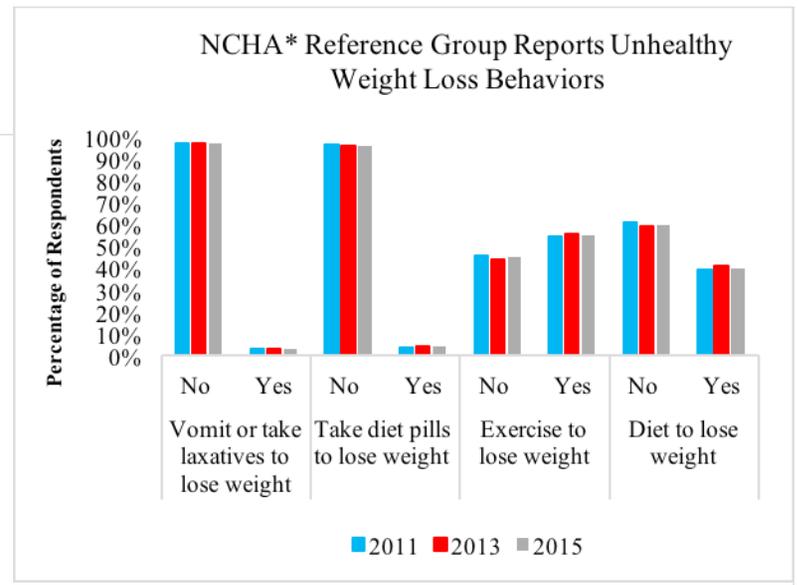
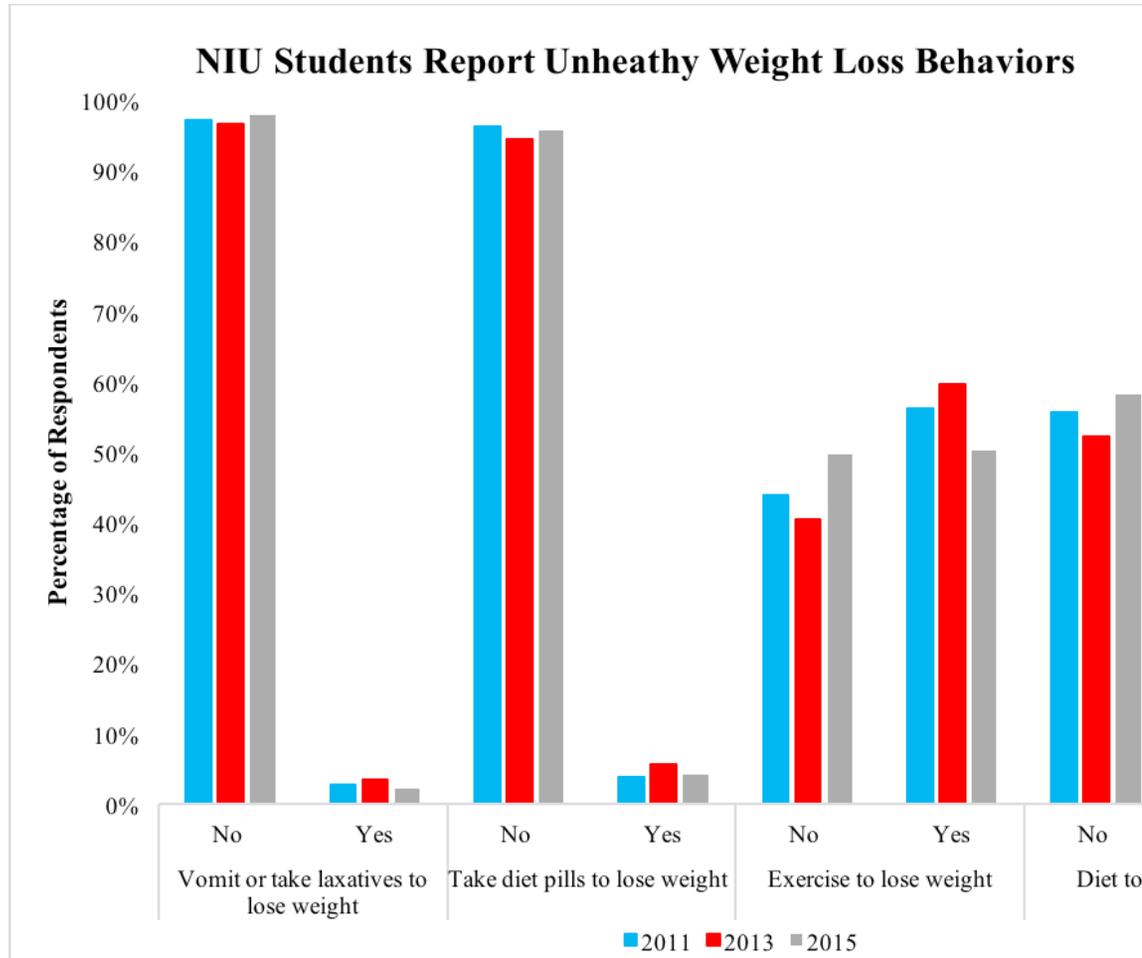


The vaccinations NIU undergraduate participants report receiving varies. A majority of NIU participants report receiving the Hepatitis B vaccination and the Measles, Mumps, and Rubella Vaccination. However, a majority of NIU participants report NOT receiving the HPV vaccination and the Influenza vaccination. NIU participants are about evenly split when it comes to the Meningococcal Diseases vaccination and the Varicella vaccination, with a recent upward trend seen in 2015. The trends seen in reported vaccinations received have not been stable in the past three survey years (2011, 2013, 2015) and are comparable to the National College Health Assessment (NCHA) reference group.

*National College Health Assessment



NIU is Similar to the NCHA* Reference Group in Reported Unhealthy Weight Loss Behaviors



*National College Health Assessment

A majority of NIU undergraduate participants reported not vomiting/taking laxatives or taking diet pills to lose weight. The trends across the three-year time span (2011, 2013, 2015) is relatively stable. However, NIU students are split in their reporting of either exercising to lose weight or dieting to lost weight, with approximately half of the NIU participants affirming these behaviors. The trends across the three years for these behaviors are not as stable; however, they still remain split at about the halfway point, despite the fluctuation in reporting. All of the above trends in reported unhealthy weight loss behaviors is comparable to the NCHA* reference group. In essence, very few NIU undergraduates use vomiting, laxatives, or diet pills to lose weight, while approximately half the student participants use either diet and/or exercise to control their weight.

