

# **NCHA and NIU Data Dashboards 2011, 2013, 2015**

## **Sexual Health**

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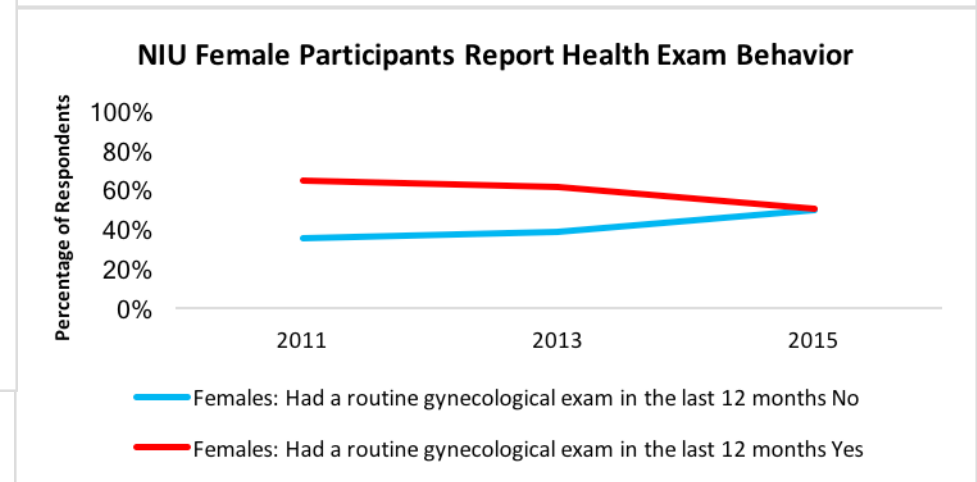
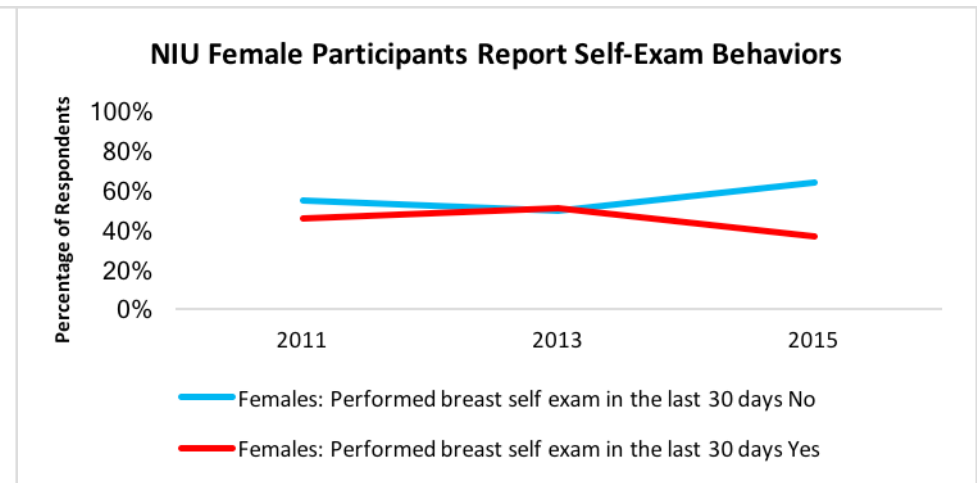
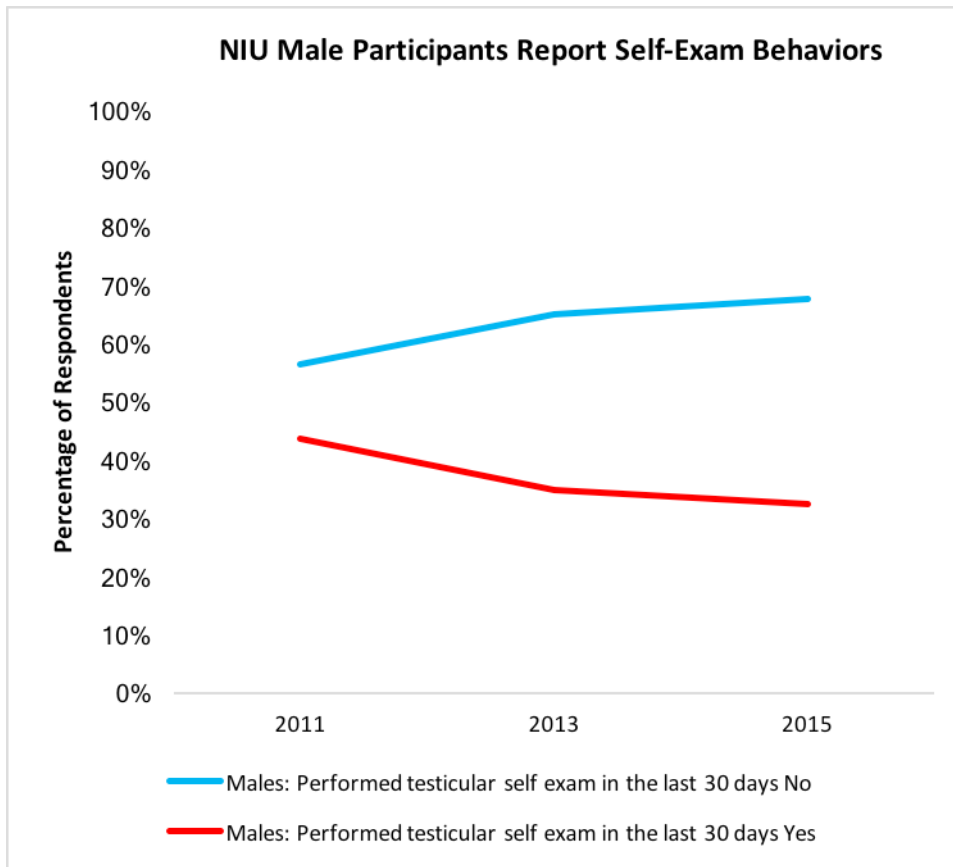


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# NIU Male Participants and Female Participants Report Health Exam Behaviors



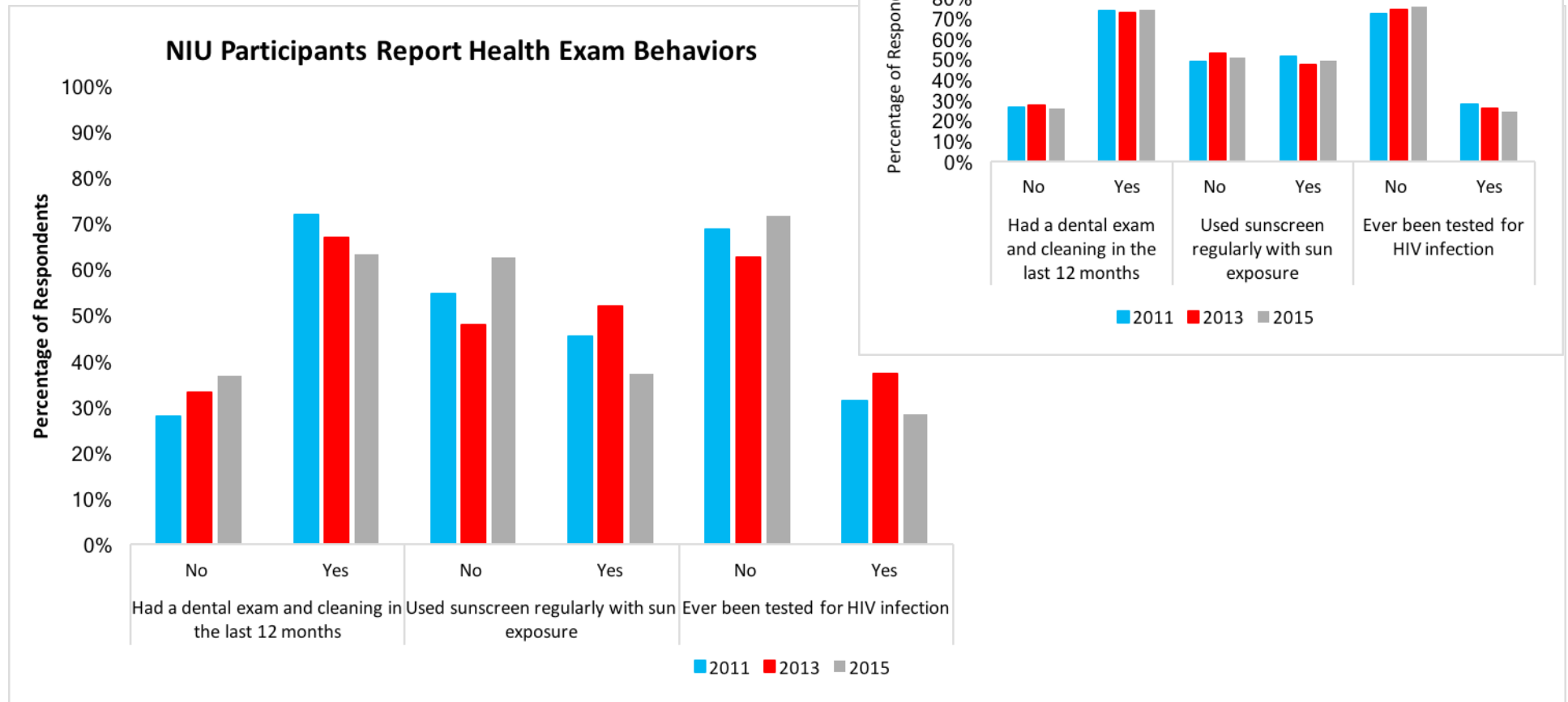
\*National College Health Assessment

Regardless of gender, a majority of undergraduates report not performing a self-examination (testicular self-exam for males; breast self-exam for females). Specifically, for males, NIU undergraduate participants report an upward trend of not performing a testicular exam. For females, in 2011 and 2013, it was evenly split between those who were and were not performing breast self-exams. However, in 2015, there were more females reporting that they do not perform breast self-exams than in previous years.

NIU female participants also indicated if they had a routine gynecological exam in the last 12 months. In 2011 and 2013, a majority of female participants indicated that they had this routine exam. However, in 2015, the trend changed, with approximately a 50/50 split of females indicating that about half of the participants were not receiving these exams and half were.



# NIU Various Health Exam Behavior Trends



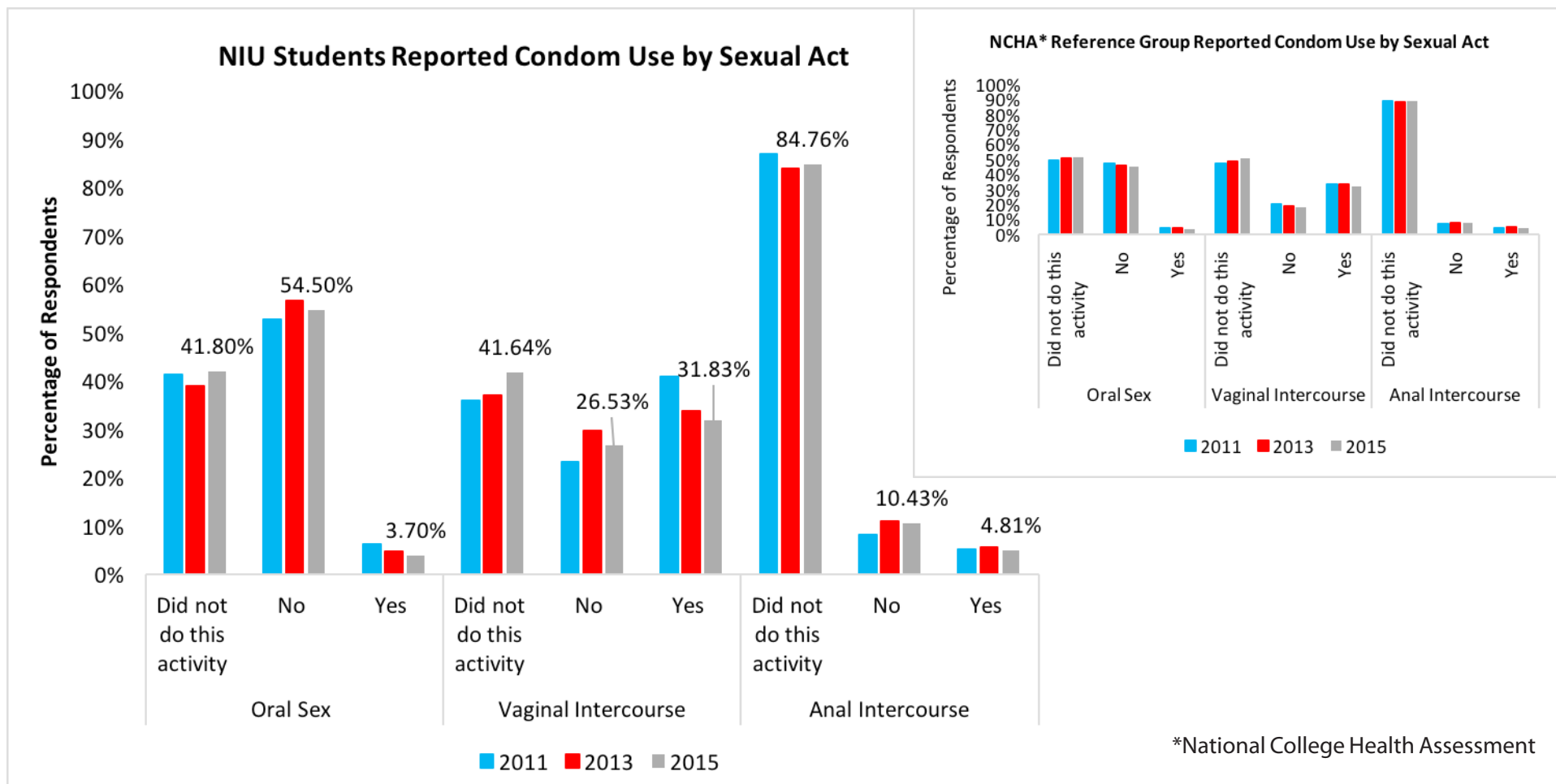
\*National College Health Assessment

A majority of NIU undergraduate participants report receiving a dental exam and cleaning in the last 12 months. However, this trend has been declining since 2011, with the reported affirmation of this behavior in 2015 much lower than previously observed. This differs from the NCHA\* reference group, where a stable trend has been observed. Further, NIU undergraduate participants report not using sunscreen, with the negation increasing since 2011. This trend is closer to a 50/50 split, however, which is what is observed in the NCHA\* reference group. Finally, a majority of NIU undergraduate participants report not being tested for HIV infection, which is line with trends observed in the NCHA\* reference group.



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# NIU Differs Slightly from the NCHA\* Reference Group in Reported Condom Use

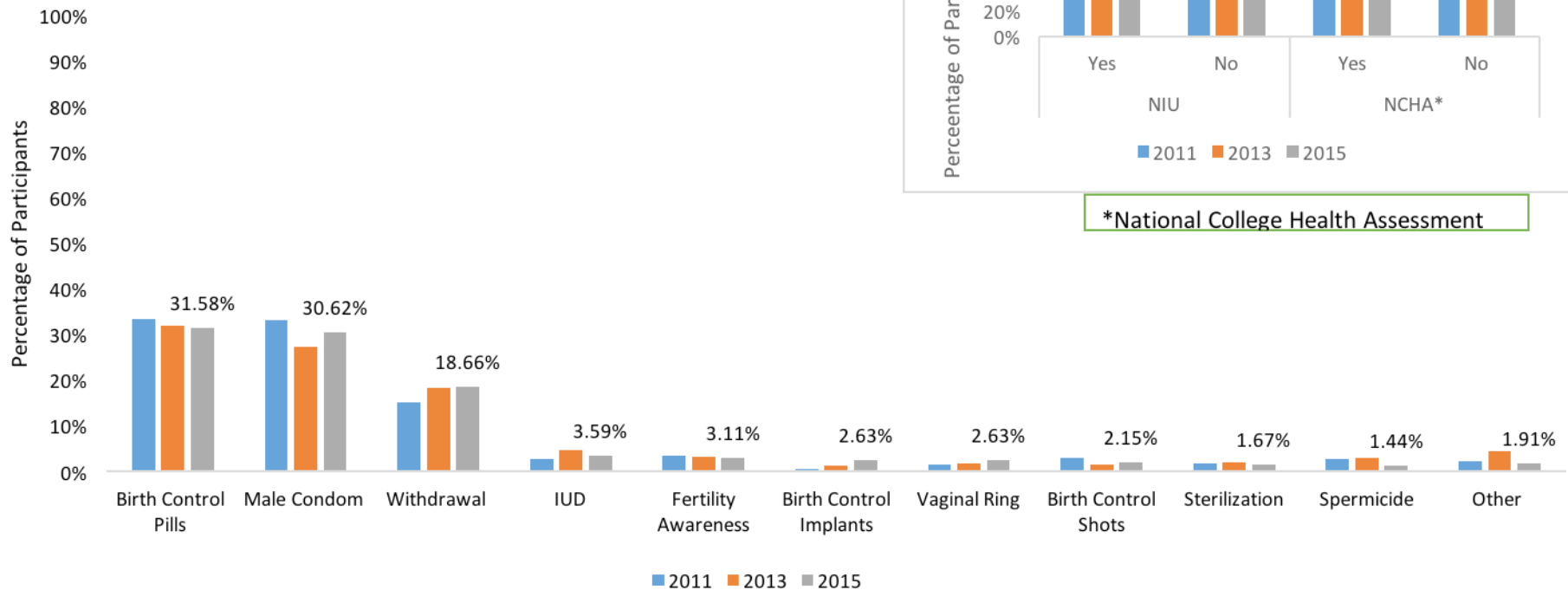


A majority of NIU undergraduate participants indicated that they did not engage in anal intercourse in the last 30 days. Of those that do, a tenth of the participants indicated that they do not use a condom or protective barrier. Less than 5% indicated that they do use protection. A little less than half of the participants indicated that they did not partake in oral sex in the last 30 days. Of those that indicated that they did, a majority indicated that they did not use a condom or protective barrier. A small minority of individuals indicated that they did use such a barrier. Finally, 41% of individuals indicated that they did not engage in vaginal intercourse in the last 30 days. Of those that indicated that they did, participants were about split in reporting if they used a condom or protective barrier, with more individuals indicating that they did. These trends differ slightly from the NCHA\* Reference Group. More NIU students are indicating that they engage in these sexual behaviors (except for anal intercourse) than in the reference group. Further, more NIU students are reporting not using a condom or protective barrier in comparison to the reference group.

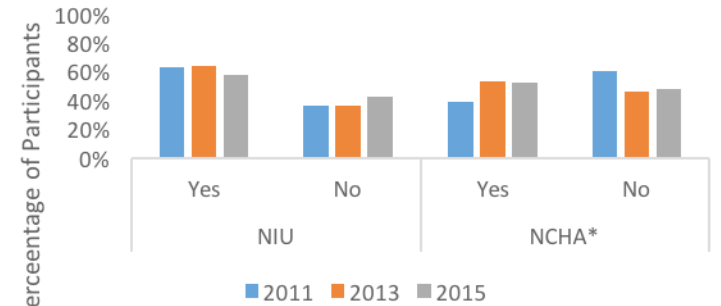


# NIU Students Reported Contraceptive Use

## NIU Students Reported Use of Birth Control



## NIU and NCHA\* Reference Group Reported Use of Birth Control

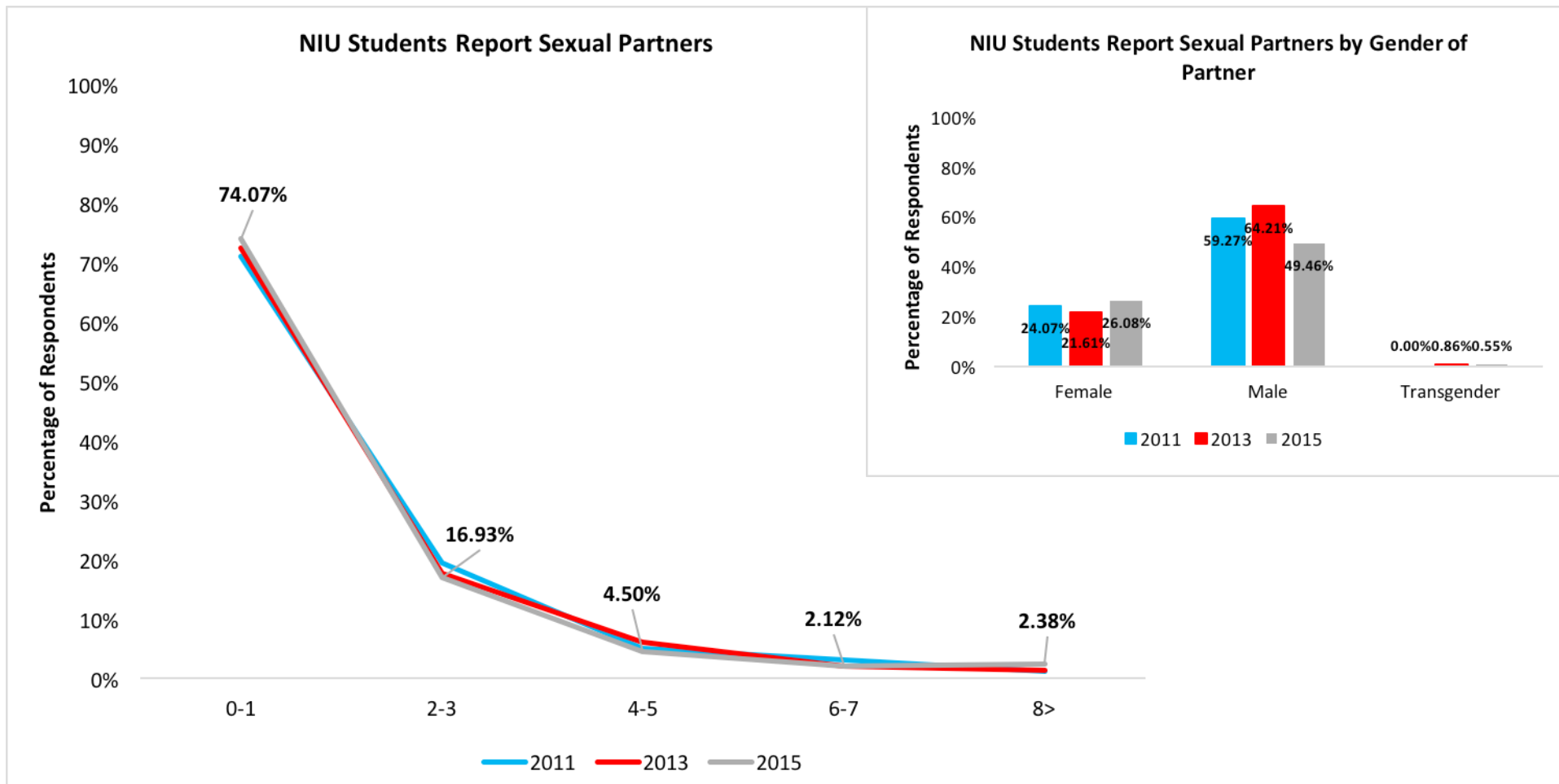


\*National College Health Assessment

There is a significant difference between NIU students and the NCHA reference group students across the three years (2011, 2013, 2015) when responding to the question of whether they used a method of birth control to prevent pregnancy. The NIU students responded more in the affirmative than did the reference group students. Nearly 2/3rd's of NIU 2015 undergraduate participants indicated that they used birth control pills (32%) or male condoms (31%) when asked what methods they had used to prevent pregnancy the last time they had vaginal intercourse. Nearly a 1/5th of NIU students stated they used withdrawal (19%) as a pregnancy prevention method. The remaining options were IUD (3.6%), fertility awareness (e.g., calendar, mucous basal body temperature; 3.1%), implants (2.6%), vaginal ring (2.6%), birth control shots (2.2%), sterilization (1.7%), other (1.9%; including birth control patch, diaphragm and contraceptive sponge). These trends differ slightly from the NCHA\* Reference Group.



# NIU Students Report Number and Gender of Sexual Partners



A majority of NIU undergraduate participants indicated that they had 0-1 sexual partners in the last 12 months. A smaller group of students (approx. 17%) indicated that they had 2-3 partners in that time frame. Less than 5% of participants indicated that they had 4-5 partners, 6-7 partners, 8 or more partners, respectively. NIU undergraduate participants also indicated that they had male sexual partners (approximately half of the participants). About one-fourth of participants indicated that they had female sexual partners. Less than one percent indicated that their sexual partner was transgender. The trends of number of sexual partners has remained stable across time; they are also comparable to the National College Health Assessment Reference Group.

\* National College Health Assessment

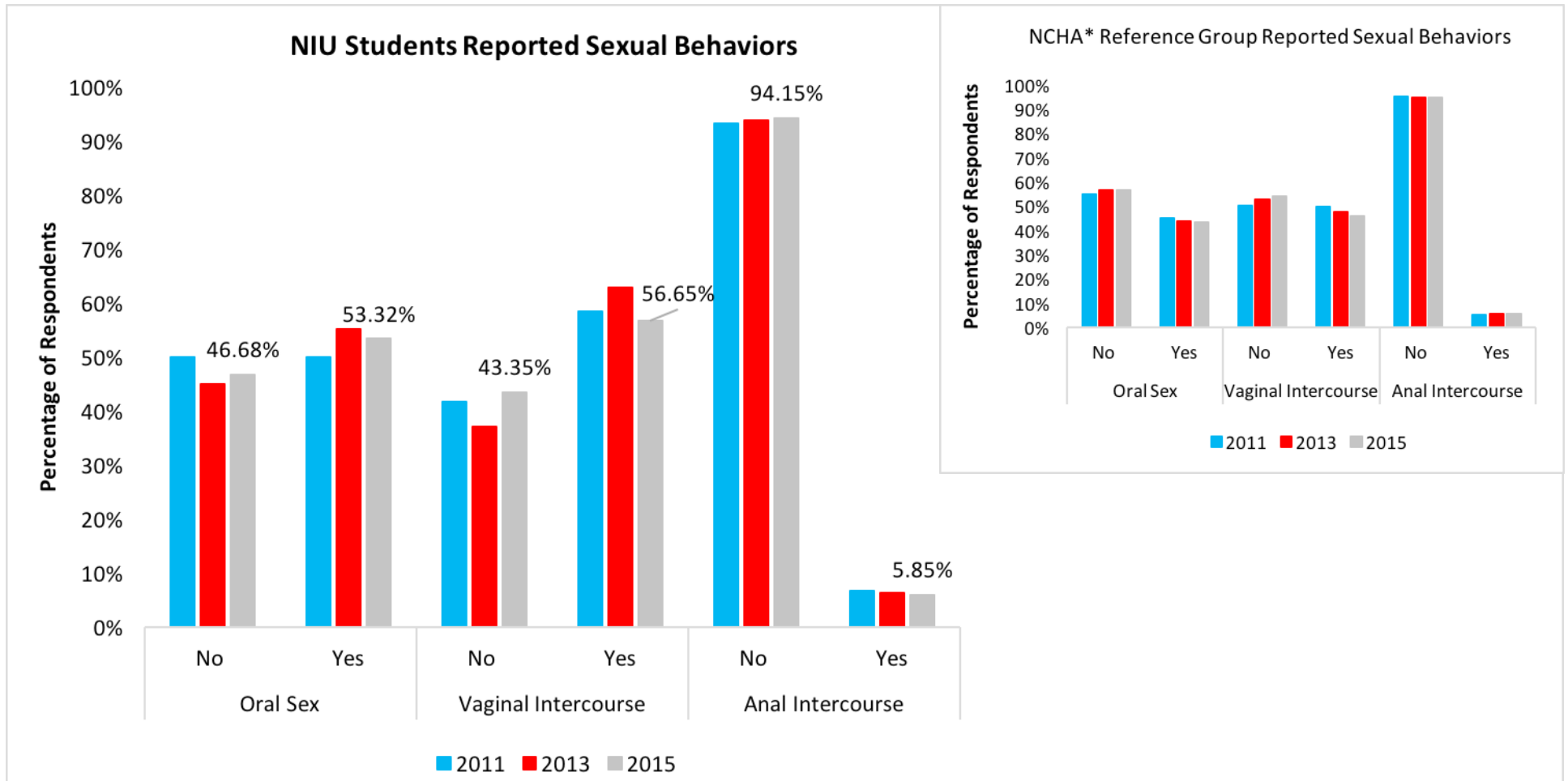


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# NIU Does Not Differ from NCHA\* Reference Group on Reported Sexual Behaviors



A majority of NIU undergraduate participants indicated that they had not engaged in anal intercourse in the last 30 days. However, participants were about split in their reporting of engaging in oral sex and vaginal intercourse. A little over half of the participants indicated that they had engaged in oral sex or vaginal intercourse in the last 30 days. These trends remain relatively consistent across the three survey years; they are comparable to the NCHA\* Reference Group.

\*National College Health Assessment

