NCHA and NIU Data Dashboards
2011, 2013, 2015

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NORTHERN ILLINOIS UNIVERSITY
Wellness Promotion
Division of Student Affairs
The behaviors reported in this graph are behaviors that are considered highly impactful when they occur as well as reported more frequently than the other impediments in question. A majority of NIU undergraduate participants indicated that the impediments in question did not impact their academic performance. Of those of higher frequency being reported (reported by more than approximately 20% of the participants), anxiety, sleep difficulties, and stress are the leading impediments that are being reported as influencing academic performance. The other impediments listed are still highly impactful and being reported more often than the other impediments asked about (e.g., concern for others, depression, finances, internet use/computer games, relationship difficulties and work are still influencing students’ academic performance, just at a lower rate). These trends are comparable to the National College Health Assessment’s Reference Group.

*Impediments are organized by impact factor (high/low) and frequency of behavior (high/low) when reported.

*National College Health Assessment

![Graph showing reported impediments to academic performance by NIU Students.](image-url)
The behaviors reported in this graph are behaviors that are considered highly impactful when they occur but are reported infrequently. NIU undergraduate participants are not reporting pregnancy, sexual assault, or chronic health problems at a high rate. However, if they occur, they highly influence academic performance. Further, students are reporting approximately 5% of the time ADHD, Death of a Loved One, and Learning Disabilities as highly impactful on their academic performance, but they occur infrequently in the student sample.

*National College Health Assessment
The behaviors reported in this graph are behaviors that are considered low in impact when they occur but are reported more frequently than some of the other impediments asked about. Students are reporting engaging in these behaviors a little more frequently (alcohol use, cold/flu/sore throat, and extracurricular activities) but they are not impacting students’ academic performance.

*National College Health Assessment
These behaviors are not impacting students’ performance and are not happening frequently. These behaviors are being reported as intrusive less than 5% of the time by NIU undergraduate participants.

*National College Health Assessment
Fewer NIU undergraduate students have reported consuming 5 or more drinks the last time they partied in 2015 than the 2013 and 2011. More students are reporting that they are consuming zero or 1–2 drinks the last time they partied. For those who reported consuming 3-4 drinks, the trend has been relatively stable across the three time points.

In 2015, 4.6% of NIU undergraduate participants in this survey reported consuming five or more (5+) drinks on five or more occasions across two weeks. Less than 22% of these students consumed 5+ drinks on one or two occasions in the two-week period; while two-thirds of respondents (66.3%) did not consume 5+ servings of alcohol on any occasion. The trends in reported alcohol consumption is comparable to those reported by the NCHA* reference group.

*National College Health Assessment
A majority of NIU undergraduate participants reported spending zero hours or 3-4 hours drinking the last time they partied. The trends being reported are differing from year to year, which indicates that more students are reporting drinking less than in the previous two survey years. Further, in 2015, more NIU participants indicated spending no hours drinking the last time they partied than in the 2011 and 2013. For those who reported spending more than 6 hours partying, the trend has been relatively stable across the three time points. The trends in hours spent drinking the last time they partied is comparable to the NCHA* reference group.

*National College Health Assessment
A majority of NIU undergraduate participants reported not driving after drinking any alcohol, and especially, not after drinking five or more drinks in the last 30 days. Some students did report driving after drinking alcohol, and a very small minority of participants indicated driving after 5 or more drinks. These trends are comparable to the NCHA* reference group.

### NIU Participants' Drinking and Driving Behaviors

<table>
<thead>
<tr>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drive After Drinking any Alcohol At All: Yes - 2011 (18.4%), 2013 (23.5%), 2015 (14.9%); No - 2011 (81.6%), 2013 (76.5%), 2015 (85.1%)</td>
<td>Drive After Drinking five or more drinks of alcohol: Yes - 2011 (1.5%), 2013 (1.9%), 2015 (0.5%); No - 2011 (98.5%), 2013 (98.1%), 2015 (99.5%)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Percentage of Respondents</th>
</tr>
</thead>
<tbody>
<tr>
<td>100% 90% 80% 70% 60% 50% 40% 30% 20% 10% 0%</td>
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### NCHA* Reference Group's Drinking and Driving Behaviors

<table>
<thead>
<tr>
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*National College Health Assessment*
A majority of NIU undergraduate participants report eating before and/or during drinking, staying with the same group of friends while drinking, sticking to one type of alcohol, and using a designated driver. However, NIU undergraduate participants vary in their other reported drinking behaviors. Participants indicate being split evenly when it comes to behaviors like alternating non-alcoholic with alcoholic beverages, avoiding drinking games, choosing not to drink alcohol, determining the number of drinks they will drink in advance, not to exceed a set number of drinks, and so forth. However, NIU participants indicated a little more often that they would not have a friend let them know when they have had enough to drink. These trends are comparable to the National College Health Assessment (NCHA) reference group.

*National College Health Assessment
A majority of NIU undergraduate participants indicated that they did not partake in the “regrettable” behaviors asked about. For instance, they reported not doing something they regretted later, forgetting where they were, getting in trouble with the police, having sex without consent, having unprotected sex, and so forth. A small minority of NIU participants indicated that they had engaged in some of these behaviors (e.g., doing something they regretted, forgetting where they were, having unprotected sex, etc.). These trends are comparable to the National College Health Assessment (NCHA) reference group.

*National College Health Assessment
During the pre-survey, when asking students (N=4659) to indicate where they spent the most time drinking in the past two weeks, 64% of individuals indicated where they spent their time drinking. The most frequent response was at home (N=869), followed by in an off-campus residence (N=502), a bar or nightclub (N=450), an outdoor setting (N=275), a restaurant (N=241), a Fraternity/Sorority House (N=202), none of the options provided (N=176), an on-campus residence (N=160), at an athletic event (N=85), and in a car (N=35).

On the post-survey, when asking students (N=4659) to indicate where they spent the most time drinking in the past two weeks, 41% of individuals indicated where they spent their time drinking. The most frequent response was in an off-campus residence (N=425), followed by at home (N=393), a Fraternity/Sorority House (N=295), a bar/nightclub (N=187), an on-campus residence (N=168), a restaurant (N=126), an outdoor setting (N=106), at an athletic event (N=102), none of the options provided (N=78), and in a car (N=15).
In the pre-survey (N= 4659), students indicated to what degree did they do the activities listed when they drank; 42% of individuals indicated some response. The results are tabulated using the means. The response scale goes from 1 (Never) to 7 (Always), so the closer to 7, the more frequent the occurrence of an activity. There are clusters of responses. The most frequent cluster consists of Avoiding drinking and driving (5.7), Using a designated driver (5.6), Preventing a friend from driving drunk (5.5), Being aware of where their drink is at (5.4), and consuming food before/while drinking (5.4). The next cluster ranged from a mean of 4.5 (e.g., Tracking how much they were drinking) to a mean of 4.1 (Being a designated driver). The third cluster ranged from 3.8 (e.g., Stopping drinking at a specified time) to a mean of 2.7 (Chugging alcohol). Finally, the question about intentionally not eating while drinking had a mean of only 1.5.
In the pre-survey (N=3186) and post-survey (N=1901), students indicated the reasons they drank. The results are tabulated using the means. The response scale goes from 1 (Never) to 7 (Always), so the closer to 7, the more that particular reason was chosen. There are statistically significant differences in the students’ reasons for drinking (to celebrate, to have a good time, because they like the taste of alcohol, to feel connected with others, to get drunk, to feel happy, and to experiment) between the pre- and post-surveys (p<0.05). There are no statistical differences between the pre- and post-surveys for the items to relieve stress, to feel more confident, to decrease inhibitions, to feel more attractive, or to feel comfortable pursuing an opportunity to have sex.
In the pre-survey (N=1995), students indicated to what degree they suffered the consequences listed when they drank; 43% of individuals indicated some response. The results are tabulated using the means. The response scale goes from 1 (Never) to 7 (Always), so the closer to 1, the less frequent the student suffered the consequence. The highest occurring consequence was getting a hangover (M=1.98) and feeling sick to their stomach (M=1.81). These are followed by a series of consequences such as embarrassing themselves (M=1.51), doing something they later regretted (M=1.45), or passing out (M=1.29). The least frequent responses were getting into trouble with the authorities (M=1.12) and taking advantage of someone sexually (M=1.08). Students reported suffering consequences infrequently.
In the pre-survey (N=1969) and post-survey (N=1275), students indicated to what degree they intended a behavior change within the next 30 days; 42% of individuals indicated a response in the pre-survey and 27% of individuals indicated a response in the post-survey. The results are tabulated using the means. The response scale goes from 1 (Never) to 7 (Always), so the closer to 7, the higher the intention. There was a statistically significant difference in the students’ intention to pace their dinking to one or fewer an hour between the pre- and post-surveys (p<0.05). Generally, positive response rose with the post-survey. For setting a limit on how many drinks the student would consume, although it looks like it increased, the confidence interval encompassed zero which means that this item does not achieve statistical significance.
In the pre-survey and post-survey, students indicated their current beliefs, attitudes, and experiences in terms of sexual conduct scenarios; 92% of individuals indicated a response in the pre-survey and 48% of individuals indicated a response in the post-survey. The results are organized using the means. The response scale goes from 1 (Strongly Disagree) to 7 (Strongly Agree), so the closer to 7, the more likely the individual was to agree with the option given. There was a statistically significant difference in the students’ agreeance with explicit verbal consent and understanding of sexual and relationship violence between the pre- and post-surveys (p<0.05).
In the pre-survey and post-survey, students indicated their experiences with nonconsensual or unwanted sexual contact situations; 92% of individuals indicated a response in the pre-survey and 48% of individuals indicated a response in the post-survey. The results are organized using the percentage of respondents for each option provided to the questions. The first question asked, “In the past, did someone pressure or force you into sexual contact without your explicit consent (e.g., used physical force or threatened to physically harm you; manipulated you through lies, threats, or pressure; took sexual advantage of you when you were significantly impaired or incapacitated by drugs/alcohol, etc.)?” The second question asked, “In the past, did you pressure or force someone into sexual contact without their explicit consent (e.g., used physical force or threatened to physically harm them; manipulated them through lies, threats, or pressure; took sexual advantage of them when they were significantly impaired or incapacitated by drugs/alcohol, etc.)?” There were no statistical differences between pre-survey and post-survey for either question asked. For both question 1 (both pre- & post-surveys achieved 81%) and question 2 (both pre- & post-surveys achieved 95%), a majority of students indicated that neither situation had occurred to them. For question 1, the next response option chosen the most was, “Yes, before I arrived at my school,” with a minority of individuals selecting this response (pre: 12%; post: 11%). The other options were nondescript. For question 2, the other response options beyond “No” were nondescript.
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
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*
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.
NIU undergraduate participants consistently reported a lack of difficulty handling a variety of issues (issues reported under 30% include Career-related issues; Death of a family member; Family problems; Intimate relationships; Other relationships; Health problem of a close other; Personal appearance; Personal health issue; and Sleep difficulties). However, when reporting difficulty with academics and finances, NIU participants’ reporting of these issues were evenly split for how difficult it was for them to handle. More specifically, more NIU undergraduates reported having difficulty handling academic related-issues compared to the other life issues asked about.

*National College Health Assessment
NIU undergraduate participants were inconsistent on their reported feelings across the issues asked. A majority of participants indicated that they had not injured themselves or considered suicide in the last 12 months. However, when reporting feelings of anxiety and loneliness, the participants were evenly split, with just under half indicating that they had not had these feelings. Further, a little under two-thirds of participants indicated that they had not felt depressed to the point that it was difficult to function. These trends are comparable to the NCHA* Reference Group.

*National College Health Assessment
The majority of NIU undergraduate participants indicated that they had not been diagnosed nor treated for Anxiety, Depression, ADHD, or Panic Attacks in the past 12 months. However, of the mental illnesses reported on, these options were selected more often as having been diagnosed or treated. This is comparable to the NCHA Reference Group. As would be expected, there is a statistically significant difference between those who said “no” and those who said “yes.”

*National College Health Assessment
NIU undergraduate participants consistently indicated that they did not receive any services from the psychological or mental health services listed. However, if they did report using a mental health service, generally, they reported receiving help from a counselor/therapist/psychologist over the other options provided. However, NIU undergraduate participants have consistently indicated that if they needed mental health professionals, they would consider seeking them out. Almost three-fourths of the NIU participants would consider seeking help from a mental professional if they deemed it necessary.
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.
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.

*National College Health Assessment
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.
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.
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
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
NIU undergraduate participants were asked to report how often these behaviors happened to them. A majority of student participants indicated that they awakened too early in the morning 0-1 days. Further, a majority indicated that they had an extremely hard time falling asleep 0-1 days. A smaller group, but still majority, indicated that they had gone to bed because they could not stay awake any longer 0-1 days. Finally, students reported that 2-3 days and 4-5 days they felt tired, dragged out, or sleepy during the day. These trends are comparable to the NCHA* Reference Group.

*National College Health Assessment
NIU undergraduate participants indicated a stable trend in days slept to the point they felt rested in the three survey years. In 2015, a little over one-third of participants indicated that they slept until feeling rested 2-3 days in the past seven days. Further, a little over one-fourth of participants indicated that they slept until feeling rested 4-5 days. A little under one-fourth of participants indicated that they only slept 0-1 days until they felt rested. Finally, about a tenth of participants indicated that they slept until they felt rested 6-7 days in the past seven days. These trends are comparable to the National College Health Assessment Reference Group.
NIU undergraduate participants were told that sleepiness sometimes happens to everyone in the daytime. They indicated a stable trend in issues with sleepiness during the day in the three survey years. In 2015, a little under half of the participants indicated that they had a little problem with sleepiness during their daytime activities. Further, a little under one-fourth of participants indicated that they had more than a little problem with sleepiness. A smaller group of individuals indicated that they had a big problem with sleepiness during daytime activities. Less than a tenth of individuals indicated that they had no problem at all with sleepiness. Fortunately, less than 5% of individuals indicated that they had a very big problem with sleepiness during their daytime activities. These trends are comparable to the National College Health Assessment Reference Group reporting.
NIU undergraduate participants consistently reported the same trends when it comes to self-reported stress levels. More specifically, NIU undergraduates commonly report having average stress or more than average stress. This is comparable to the NCHA* reference group's reported stress levels.

*National College Health Assessment
NIU Does Not Differ from NCHA Reference Group in Reported Use and Perceptions of Others’ Use of Tobacco-Related Products*

**Reported Use of Tobacco Products**

<table>
<thead>
<tr>
<th>Year</th>
<th>Cigarettes</th>
<th>Smokeless Tobacco</th>
<th>Cigars</th>
<th>Hookah</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td></td>
<td></td>
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<td>2013</td>
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<tr>
<td>2015</td>
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**Perceptions of Others’ Use of Tobacco Products**

<table>
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<tr>
<td>2015</td>
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Note. *Tobacco-Related Products include cigarettes, tobacco from a water pipe (hookah), cigars, little cigars, clove cigarettes, and smokeless tobacco

An NIU sampling of students indicated that a majority of students reported not using a tobacco-related product in the past 30 days. NIU undergraduates believe other students are using a much higher percentage of tobacco-related products than they report using. The tobacco-product consistently reported as being used more often than the others is cigarettes, followed by hookah, cigars, and smokeless tobacco. There is a decrease in the percentage of individuals who indicate that they smoked cigarettes in the past 30 days. These trends in reported use and perceptions of others’ use are comparable to those reported by the NCHA* reference group.

*National College Health Assessment
Regardless of the tobacco product*, a clear majority of NIU undergraduate participants indicated never using or not using in the last month. In comparison to the other tobacco-related products, more NIU undergraduate students are reporting smoking cigarettes in the last 30 days. There is a downward trend in those indicating that they used cigarettes in the last 30 days. When asking NIU undergraduates their perceptions of other students’ use of tobacco products, the majority indicated that they thought other students were using them more often than the reported use of the products.

*National College Health Assessment
An NIU sampling of students indicated that a majority of students reported not using a tobacco-related product in the past 30 days. NIU undergraduates believe other students are using a much higher percentage of tobacco-related products than they report using. The tobacco-product consistently reported as being used more often than the others is cigarettes, followed by hookah, cigars, and smokeless tobacco. There is a decrease in the percentage of individuals who indicate that they smoked cigarettes in the past 30 days. These trends in reported use and perceptions of others’ use are comparable to those reported by the National College Health Assessment (NCHA) reference group.

*National College Health Assessment*
A clear majority of NIU undergraduate participants indicated never using or not using drugs in the last month, regardless of the drug. However, in comparison to other illegal drugs*, more NIU undergraduate students are reporting using marijuana in the last 30 days. Undergraduate participants’ perceptions of other students’ illegal drug use indicated they thought other students were using more often than the reported use of the substance. Additionally, when assessing marijuana perceptions, the majority of undergraduates indicated that they thought other students were using marijuana more often than the reported use of the substance.

*Other Illegal Drugs include Amphetamine, Cocaine, Hallucinogen, Inhalants, MDMA, Methamphetamines, Opiates, Sedatives, Steroids, and Other
NIU undergraduate participants reported using a minimal amount of illegal drugs. However, NIU students believe other students are using a much higher percentage of drugs than they report using themselves. Both reported marijuana non-use and other illegal drugs non-use has remained relatively stable over the years. Reported perception of others marijuana use is dropping by a percentage point or two each year while the perception of other students’ other illegal drug non-use is also dropping slightly across the years. The trends in reported use and perceptions of use of others are comparable to those reported by the NCHA* reference group.

**Other Illegal Drugs include Amphetamine, Cocaine, Hallucinogen, Inhalants, MDMA, Methamphetamines, Opiates, Sedatives, Steroids, and Other**

NIU undergraduate participants reported using a minimal amount of illegal drugs. However, NIU students believe other students are using a much higher percentage of drugs than they report using themselves. Both reported marijuana non-use and other illegal drugs** non-use has remained relatively stable over the years. Reported perception of others marijuana use is dropping by a percentage point or two each year while the perception of other students’ other illegal drug non-use is also dropping slightly across the years. The trends in reported use and perceptions of use of others are comparable to those reported by the NCHA* reference group.

*National College Health Assessment
Regardless of the prescription drug, a clear majority of NIU undergraduate students indicated never using or not using a prescription drug that was not prescribed to them in the last twelve months. Of those who indicated that they used a prescription drug in the last 12 months, most indicated either using a stimulant or a pain killer.
Regardless of the prescription drug, a clear majority of NIU undergraduate students indicated never using or not using a prescription drug that was not prescribed to them in the last twelve months. Of those who indicated that they used a prescription drug in the last 12 months, most indicated either using a stimulant or a pain killer. This is comparable to the NCHA reference group.

Note. The data labels are NIU reported percentages.