



# UTILIZATION OF SEXUAL AND REPRODUCTIVE HEALTH SERVICES AMONG UNIVERSITY STUDENTS

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# BACKGROUND

Sexual and reproductive health (SRH) care is an important facet of health and wellness

- College students experiencing first instances of independence

Sexual health outcome disparities

- $\frac{1}{2}$  of all new STI infections are in those under the age of 25
- Those under 25 are only  $\frac{1}{4}$  of the sexually active population

Previous studies investigated usage of high school age students in Ethiopia and college students in Canada, but none in the US

# STUDY PURPOSE

The purpose of this study is to determine the nature of and extent to which Rutgers University students utilize sexual and reproductive health (SRH) services and to identify potential barriers to accessing care across various demographic groups.

# METHODS

Self-administered online questionnaire through Qualtrics

Distributed to student organizations on campus

## Questionnaire content

- Demographic questions
- SRH care usage tendencies

## Analysis with SPSS

- Frequencies and cross-tabulations
- Chi-squared tests and Fischer's exact tests

# RESULTS

154 respondents

## Gender

- 76% Female-identified
- 23% Male-identified
- 0.6% Non-binary/Third gender

## Place of residence

- 46% On-campus
- 35% Off-campus (campus area)
- 19% Commuter

## Race

- 38% White
- 37% Asian
- 8.8% Latinx
- 5.4% Black
- 5.4% Two or more
- 4.1% Middle Eastern/North African (MENA)

# RESULTS (CONT.)

Females are more likely to prefer private practitioners (42%), while males have no preference (52%)<sup>a</sup>

Sexually active students are more likely to prefer private practitioners (37%)<sup>b</sup>

- Students who are not sexually active are more likely to have no preference (44%)<sup>b</sup>

Only 4% of respondents did not access care if they required it

- Of these, 50% were Asian identified students, 33% were White, and 17% were MENA<sup>c</sup>

a:  $p \leq 0.05$

b:  $p > 0.05$

c:  $p > 0.05$

# RESULTS (CONT.)

## Important factors for choosing SRH Care

- Cost, location, confidentiality

## Previously accessed SRH services

- 42.3% of respondents have not accessed any listed SRH care services at all
  - 53% of these were Asian identified
  - 65% of these were female-identified
  - 50% were sexually active

# IMPLICATIONS AND RECOMMENDATIONS

## Rutgers Student Health

- Increase outreach to improve awareness of available resources
- Connect students to private practitioners in the area
- Share information on cost and availability of resources on campus

## Further research

- Increase sample size to improve significance
- Investigate variances by school, major, etc.
- Qualitative research for detailed student attitudes about health services





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