

National College Health Assessment

Fall 2016

Presented by Catherine Champagne, MPH, CHES
*Assistant Director, Student Wellness Programs
Recreation, Fitness, and Wellness Center*



Nationally recognized research survey that assists Universities in collecting precise data about students' health habits, behaviors, and perceptions.

Collaboration between RFW, Student Affairs, and OPRA.

Sample

- ▶ All freshman students invited to participate Fall semester 2016
 - ▶ Survey open between September 28 – October 21
- ▶ Each participant received \$3 munch money incentive
- ▶ 359 responses (21% response rate)
- ▶ Demographics – not representative of male freshmen class
 - ▶ 83% female respondents (298)
 - ▶ 15% male respondents (54)
 - ▶ 2% non-binary (7)
 - ▶ 88% white, 6% Black or African American, 4% Hispanic/Latino(a) , 2% multiracial
 - ▶ 56% live on campus

Findings

- A. General health
- B. Disease and injury prevention
- C. Academic impacts
- D. Violence, abusive relationships, personal safety
- E. Alcohol and other drug use
- F. Sexual behavior
- G. Nutrition and exercise
- H. Mental Health
- I. Sleep

A. General Health

- ▶ 83% of students described their health as **good**, **very good**, or **excellent**.
 - ▶ 83% of men and 84% of women.
- ▶ 44% of students described their health as **very good** or **excellent**
 - ▶ 40% of men and 46% of women.

B. Disease and Injury Prevention

- ▶ 83% reported having a dental exam in the last 12 months.
- ▶ 50% reported using sunscreen regularly with sun exposure.
- ▶ 38% of males reported performing a self-testicular exam in last 12 months.
- ▶ 28% of females reported performing a breast self exam in the last month.
- ▶ 25% of females reported having a routine gynecological exam in the last 12 months.
- ▶ 16% reported ever being tested for HIV infection.

C. Academic Impacts

Within the last 12 months, students reported the following factors affecting their academic performance:

- Stress (22%)
- Anxiety (20%)
- Sleep difficulties (15%)
- Depression (7%)
- Cold/Flu/Sore Throat (7%)
- Concern for a troubled friend or family member (6%)
- Homesickness (6%)

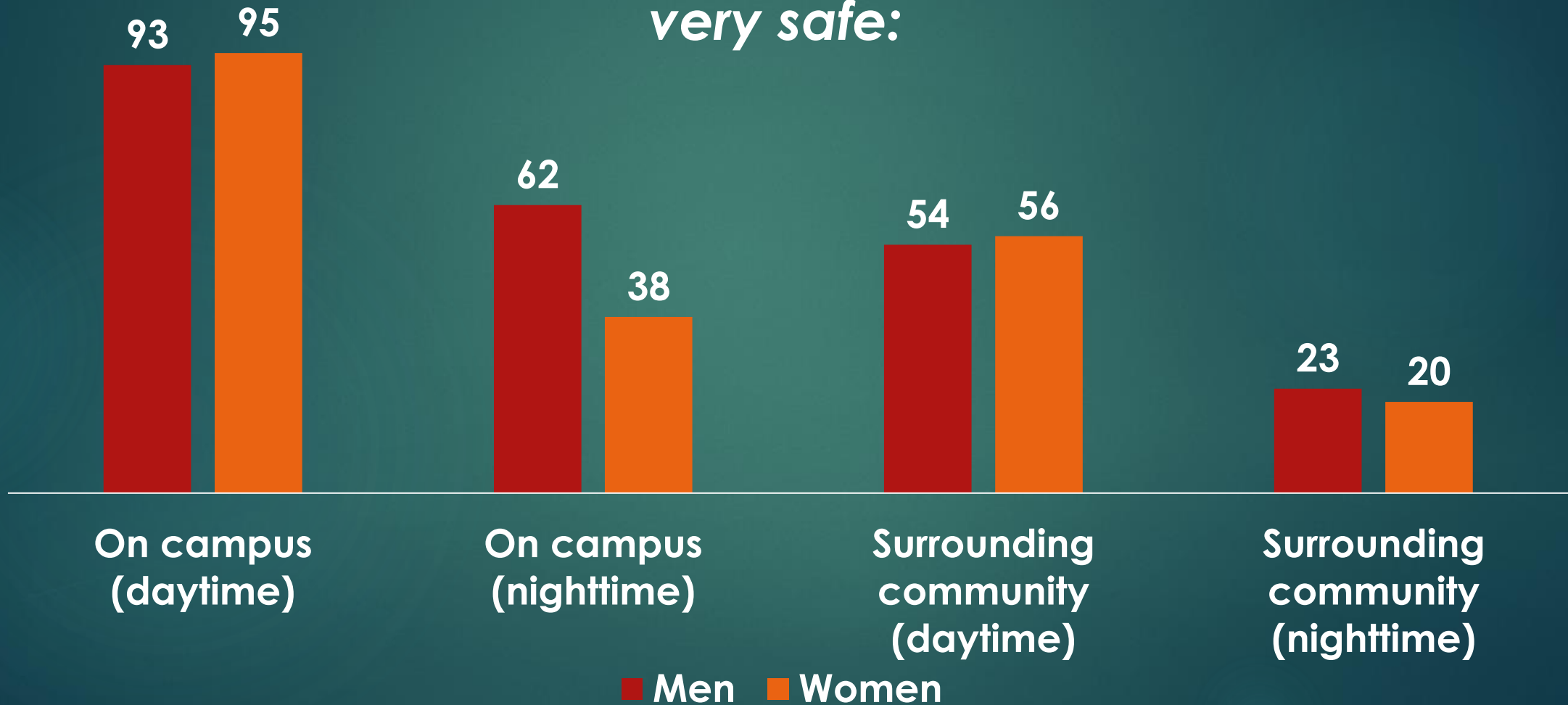
D. Violence, abusive relationships, personal safety

Within the last 12 months, college students experienced:

	Male (%)	Female (%)	Total (%)
A verbal threat	26	18	19
An emotionally abusive intimate relationship	9	13	12
Stalking	2	5	5
Sexual touching without their consent	0	5	4
A physically abusive relationship	2	3	3
Sexual penetration attempt without their consent	0	2	2
A physical fight	4	2	2
A physical assault (not sexual assault)	2	2	2
Sexual penetration without their consent	0	1	1

D. Personal safety

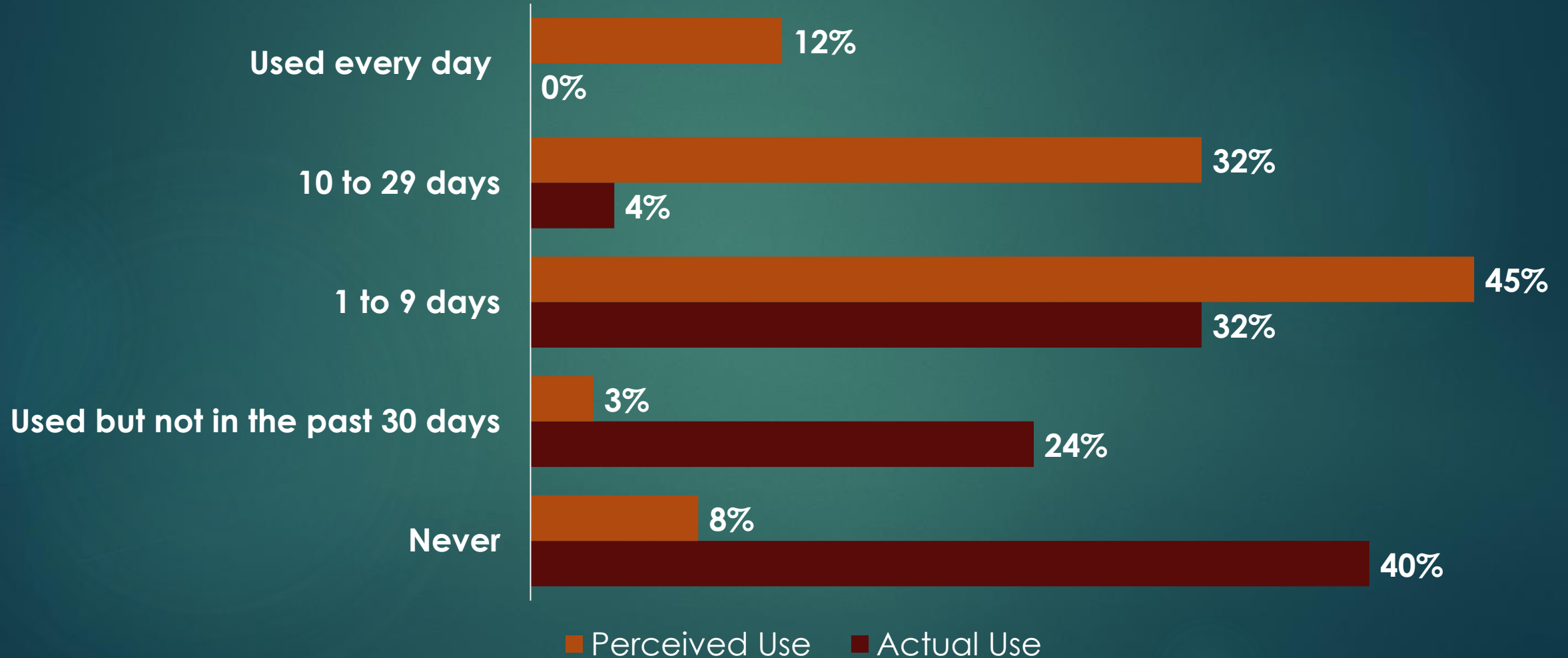
Percentage of students reported feeling *very safe*:



E. Alcohol Use

10

Alcohol Use: Last 30 Days



E. Alcohol use

Number of drinks the last time you partied or socialized:

	Male (%)	Female (%)	Total (%)
4 or fewer	39	71	65
5	23	7	10
6	4	8	8
7 or more	35	14	17

E. Alcohol use

12

- ▶ 42% reported experiencing one or more negative consequence as a result of drinking alcohol in the last 12 months.
- ▶ Three most common negative consequences reported:
 - ▶ Did something you later regretted (28%)
 - ▶ Forgot where you were or what you did (21%)
 - ▶ Had unprotected sex (20%)
- ▶ Males more likely to report experiencing negative consequences than women

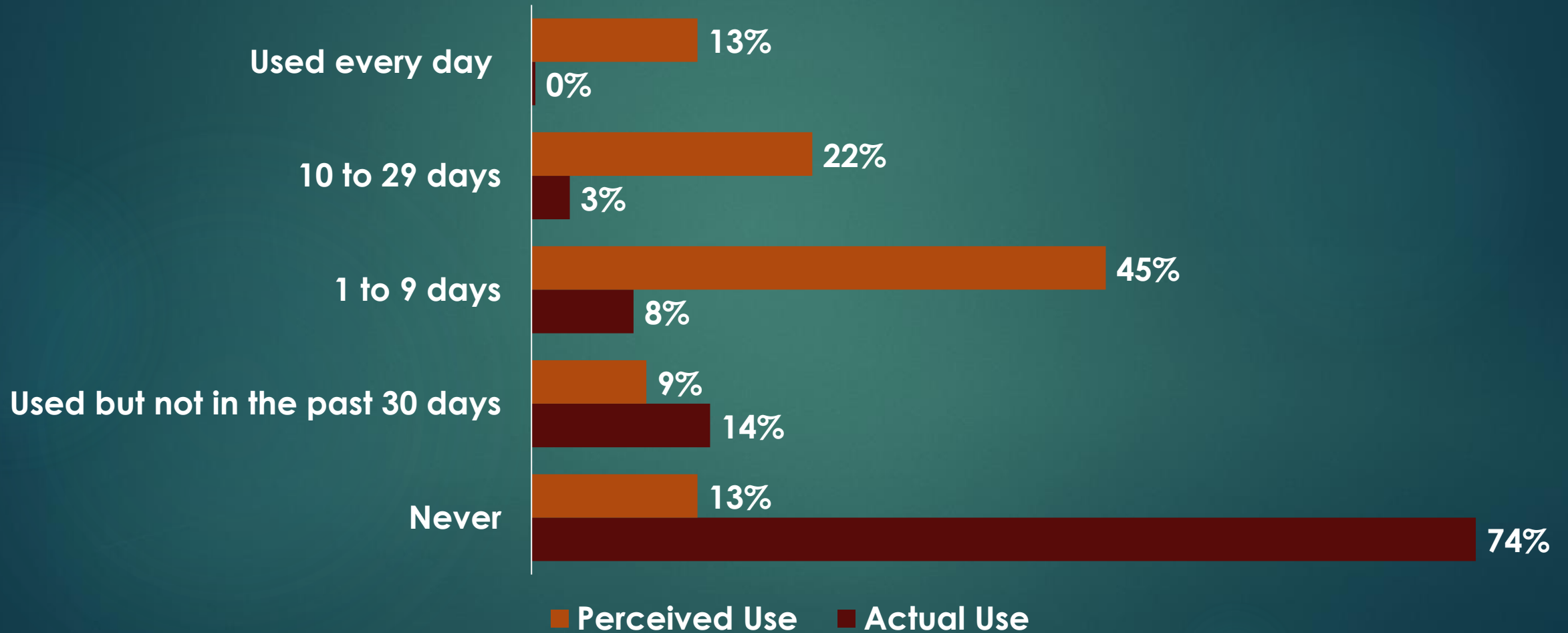
E. Alcohol use

Students reported doing the following **most of the time** or **always** when they “partied” in the last 12 months:

	Male (%)	Female (%)	Total (%)
Use a designated driver	93	96	96
Stay with the same group of friends the entire time drinking	75	91	89
Eat before and/or during drinking	68	76	75
Keep track of how many drinks being consumed	44	68	65
Stick with only one kind of alcohol when drinking	39	60	57
Have a friend let you know when you’ve had enough	26	60	55
Determine in advance not to exceed a set number of drinks	33	52	49
Pace drinks to one or fewer an hour	15	51	46
Choose not to drink alcohol	27	38	37
Avoid drinking games	28	36	36
Alternate alcoholic beverages with non-alcoholic beverages	22	34	32

F. Marijuana Use

Marijuana Use: Last 30 Days



F. Sexual behavior: Number of Partners within last 12 months

15

	Male (%)	Female (%)	Total (%)
None	35	41	39
1	48	38	40
2	4	11	10
3	11	3	4
4	2	7	7

F. Sexual Behavior – Contraceptive Use

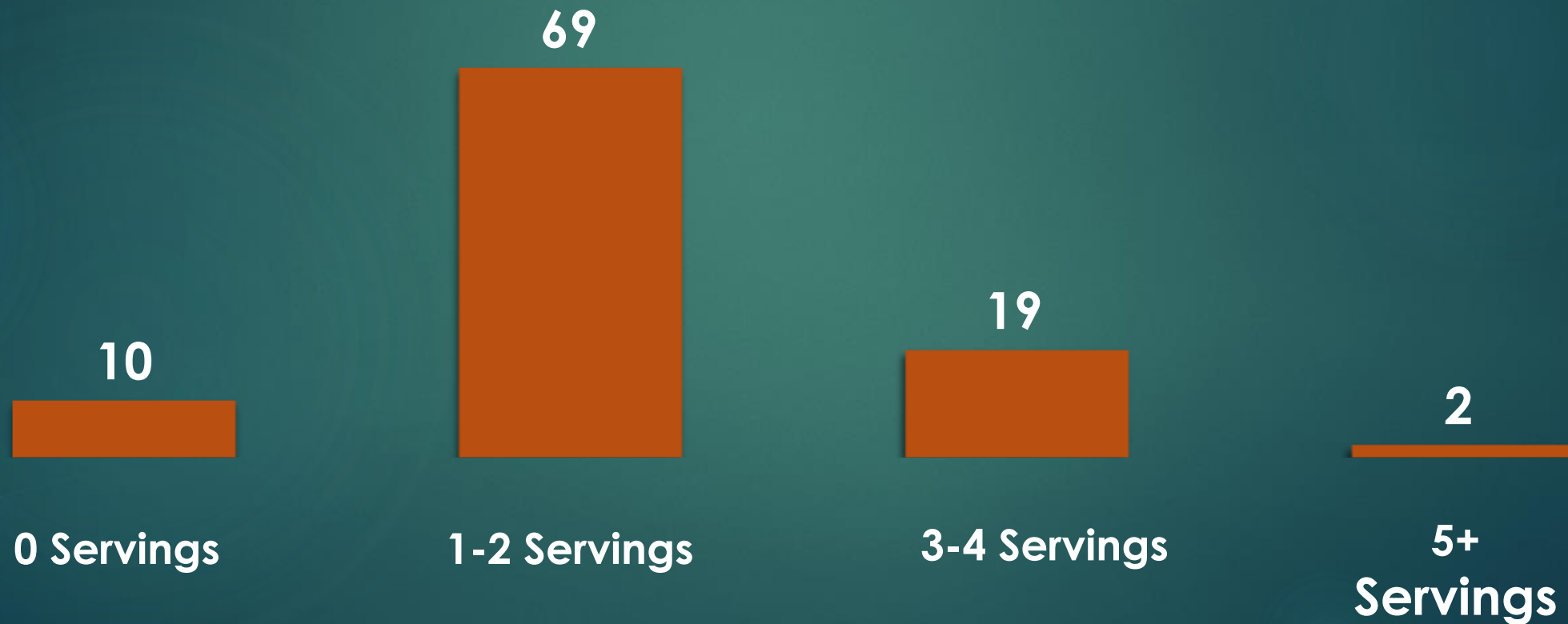
- ▶ Contraceptive use reported by students or their partner the last time they had intercourse:
 - ▶ 43% used a method of contraception

Most commonly used methods of contraception:

- ▶ Male condom (78%)
 - ▶ Birth control pills (65%)
 - ▶ Withdrawal (42%)
-
- ▶ 15% of sexually active students reported using emergency contraception (“morning after pill”) within the last 12 months

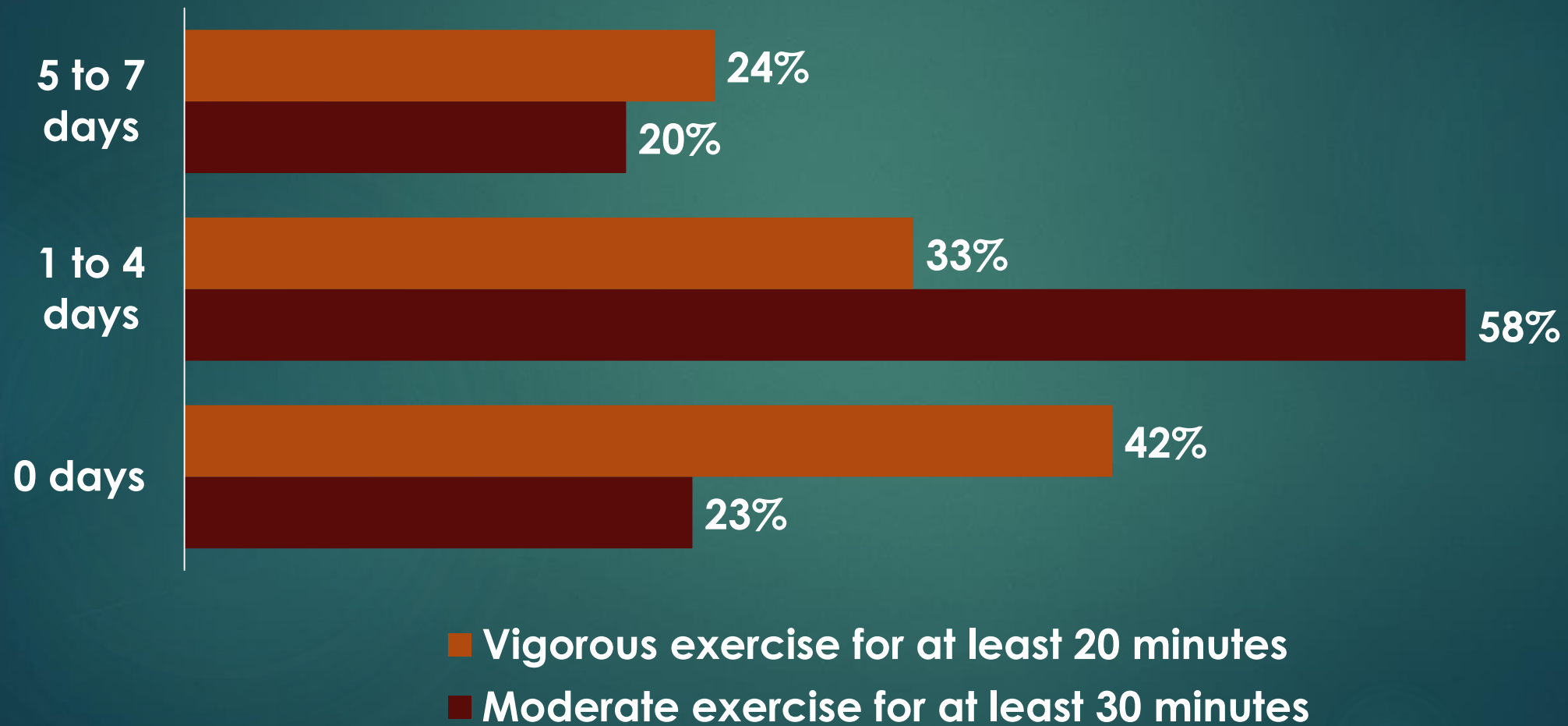
G. Nutrition and exercise

Percentage of students eating servings of fruits & vegetables per day



G. Nutrition and Exercise

Exercise during past week



H. Mental Health

Students reported experiencing the following anytime within the last 12 months:

- ▶ 85% - overwhelmed by all they had to do
- ▶ 78% - exhausted, not from physical activity
- ▶ 62% - very sad
- ▶ 59% - very lonely
- ▶ 58% - overwhelming anxiety
- ▶ 46% - things were hopeless
- ▶ 38% - overwhelming anger
- ▶ 33% - so depressed it was difficult to function
- ▶ 9% - seriously considered suicide
- ▶ 7% - intentionally cut, burned, bruised, or otherwise injured themselves

H. Mental Health

20

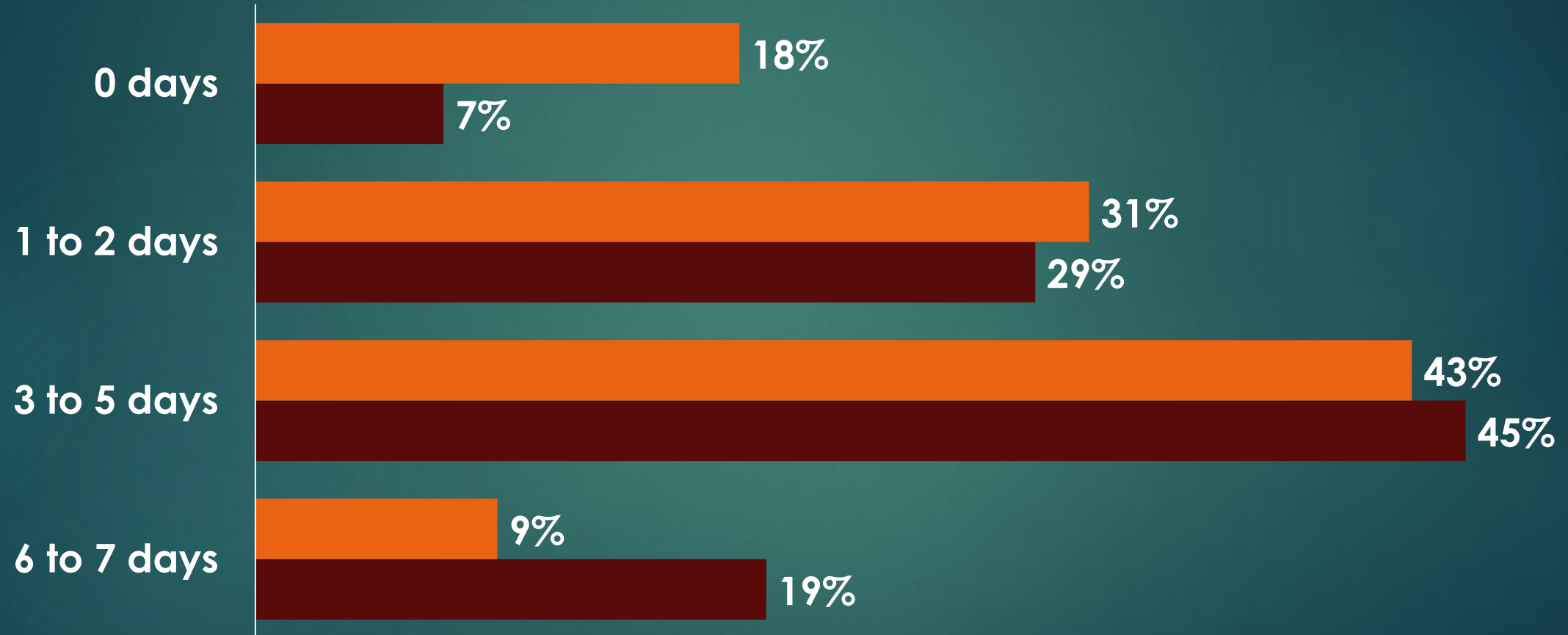
Within the last 12 months, any of the following have been traumatic or very difficult to handle:

	Male (%)	Female (%)	Total (%)
Academics	30	44	43
Finances	28	35	34
Family problems	19	35	33
Sleep difficulties	28	32	32
Personal appearance	28	33	32
Intimate relationships	28	30	30
Other social relationships	25	29	28
Health problems of family member	15	20	19
Personal health issue	15	18	18
Career related issue	17	18	18
Death of family member or friend	15	18	18
Other	4	8	7

I. Sleep

21

Sleep: Past 7 Days



- Getting enough sleep to feel rested
- Felt tired, dragged out, or sleepy during the day

How will NCHA data be used?

- ▶ Collect baseline data about the health/wellness of freshman students at USI.
- ▶ Share information with administrators and faculty.
- ▶ Identify needs and prioritize topics for wellness programs.
- ▶ Promote healthy social norms through positive health messaging.

