National College Health Assessment Survey
Spring 2013
Santa Rosa Junior College

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Director, Student Health Services
SHS Student Learning Outcomes

As a result of Student Health Services interventions

1) Students will maintain and improve their health.

2) Students will demonstrate an understanding of individual health conditions, what prevention approaches can be taken and appropriate treatment when needed.

3) Students will demonstrate personal responsibility by taking actions to improve their health, and the health of others.

4) Students will demonstrate skills in accessing and utilizing healthcare resources on campus and in the community.

5) Students will demonstrate increased self-awareness, confidence and communication skills.
ACHA-NCHA II Survey Instrument

Content Sections:
• Health, Health Education and Safety
• Alcohol, Tobacco and Drugs
• Sex Behavior and Contraception
• Weight, Nutrition and Exercise
• Mental Health
• Physical Health
• Impediments to Academic Performance
• Demographics
• Supplemental Questions

Implementation at SRJC
• Paper-based survey, 66 questions plus 9 supplemental questions
• Sampling Procedure: Randomly selected course sections
  – SR and Petaluma Campuses
  – Day and Evening classes
  – Completed before Spring Break 2013
  – Faculty agreed to participate
  – Took 30-45 minutes to complete
• Regular cycle of assessment
  – Every three years

Sample Size: 995 students
Uses of NCHA Assessment Data

- Environmental Scan for SRJC Strategic Planning and Student Success program activities
- Identify the most common health and behavior risks affecting students' academic performance
- Design evidence-based health promotion programs with targeted educational and environmental initiatives.
- Create positive social norms marketing campaigns by comparing students' actual behaviors to their perceptions about peer behavior
- Have readily available data for policy discussions
- Develop proposals to secure grant funding to expand or develop programs related to the health and success of SRJC students
Uses of NCHA Assessment Data

- Evaluate priorities for Student Health Services program planning process
  - Assist providers in screening individual students
  - Educational outreach- events and classroom presentation topics
  - Health Services Advisory Committee
  - PRPP
  - Student Learning Outcomes
  - Identify student focus group content for “meaning” of the data, and effective interventions
Student Awareness of Health Support Services at SRJC

- I am not aware of health support services on campuses, 20.2%
- Aware of health support services, but don't know where they are or how to access services, 22.8%
- Aware of health support services and know where they are, but haven't used them, 39.6%
- Have received health support services on campus, 19.3%
SRJC-NCHA Student Sample Demographics
Student Goal and Status

**Educational Goal**
- Transfer with or without a degree, 49.5%
- AA or AS, 31.0%
- Basic Skills, 0.5%
- GED or high school diploma, 0.5%
- Other, 2.2%
- Job skills training, 2.9%
- Formulate career goals, 3.4%
- Vocational Certificate, 9.9%

**Student Status**
- 1st year, 26.7%
- 2nd year, 31.4%
- 3rd year, 19.8%
- 4th year, 5.7%
- 5th year, 3.8%
- Graduate or Professional, 2.9%
- Not seeking a degree, 3.3%
- Other, 6.4%
Ethnicity

- White, 57.7%
- Hispanic or Latino, 23.8%
- Asian or Pacific Islander, 8.0%
- Other, 4.0%
- Biracial or Multiracial, 5.5%
- American Indian or Alaskan Native, 3.2%
- Black, 3.6%
- Other, 4.0%
## Relationship Status and Age

<table>
<thead>
<tr>
<th>Marital Status</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single</td>
<td>81.0%</td>
</tr>
<tr>
<td>Married/Partnersed</td>
<td>12.3%</td>
</tr>
<tr>
<td>Separated</td>
<td>0.6%</td>
</tr>
<tr>
<td>Divorced</td>
<td>3.6%</td>
</tr>
<tr>
<td>Other</td>
<td>2.5%</td>
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<table>
<thead>
<tr>
<th>Parental Status</th>
<th>Percentage</th>
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</thead>
<tbody>
<tr>
<td>Single Parent</td>
<td>6.1%</td>
</tr>
<tr>
<td>Co-parent</td>
<td>8.2%</td>
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</table>

<table>
<thead>
<tr>
<th>Relationship Status</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not in a relationship</td>
<td>47.6%</td>
</tr>
<tr>
<td>In a relationship-not living together</td>
<td>29.3%</td>
</tr>
<tr>
<td>In a relationship-living together</td>
<td>23.1%</td>
</tr>
</tbody>
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### Age Distribution

- 18-20: 49.7%
- 21-24: 21.8%
- 25-29: 11.2%
- 30+: 17.3%
Housing

Live with Parents, 56.7%

Off-campus housing, 28.0%

Campus housing, 0.5%

Other, 14.7%

*Couch Surfing, 4.0%
Health Insurance Coverage

- Yes: 77.0% (2013), 75.7% (2010), 63.0% (2007)
- No: 20.2% (2013), 22.1% (2010), 29.0% (2007)
- Not sure: 2.9% (2013), 2.1% (2010), 0.0% (2007)
Other Demographics

Cohort Groups of Students

- International Students - 3.7%
- Athletes – Varsity - 6.3%
- Veterans - 3.7%
- Foster Youth - 1.0%
- Lesbian, Gay, or Unsure – 10%

Location of Classes

- Santa Rosa Campus, 73.4%
- Santa Rosa and Petaluma Campus, 15.6%
- Petaluma Campus, 7.2%
- Other, not Santa Rosa or Petaluma Campus, 3.8%
Impediments to Academic Performance
10 most prevalent factors reported
Prevention

**Immunization Status**

- Hep B
- MMR
- Meningitis
- Flu
- Varicella
- HPV

**Prevention Practices**

- Dental exam
- Sunscreen
- Breast Exam
- Testicular Exam
- HIV test (ever)
Health Conditions Diagnosed or Treated within the last 12 months

- Allergy problems
- Back pain
- Anxiety
- Depression
- Asthma
- Migraine Headache
- Urinary Tract Infection
- Broken bone/fracture
- Sinus infection
- Insomnia
- Panic attacks
- Strep throat
- Ear infection
- High blood pressure
- Bronchitis

2013
2010
Substance Use/Abuse

Alcohol, Marijuana, Cigarettes, Unprescribed Prescription Drugs, Other Drugs
Dangerous Drinking

Consumed 5 or More Drinks in the Last 2 Weeks

2013 Data Only: Gender Breakout

N/A Don't Drink None 1-2 times 3-5 times 6 or more times

2010 2013

Don't Drink None 1-2 times 3-5 times 6 or more times

N/A Male Female

2010 2013
Negative Consequences of Drinking Alcohol

- Doing something they regretted
- Forgetting location/actions
- Unprotected Sex
- Being Physically Injured
- Trouble with the Police
- Physically Injured Another
- Drove Car After 5 or More Drinks
- Seriously Considered Suicide
- Had Sex Without Giving Consent
- Had Sex Without Getting Consent

Year Comparison:
- 2013
- 2010
Marijuana Use-Gender Breakout

- Never
- Ø Last 30 Days
- Used 1-9 Days
- Used 10-29 Days
- Used All 30 Days
- Any use within the last 30 days

Male
Female

- 16.1%
- 34.5%

- 50.0%
- 40.0%
- 30.0%
- 20.0%
- 10.0%
- 0.0%
Illicit Prescription Drug Use
Antidepressants, Pain killers, Sedatives, Stimulants, ED drugs

1 or more prescription drugs used without a prescription
Example of Perceptions versus Reality

Cigarettes (largest gap)

Perceived
Actual

Alcohol (smallest gap)

Perceived
Actual
Number of Sexual Partners

Last 12 months

2013 = 70.9% with 0-1 partners
Contraception/Pregnancy

Emergency Contraception and Unintended Pregnancy

Birth Control Methods
Nutrition and Weight

• Vegetable Consumption

- 2007: 4.5%
- 2010: 24.2%
- 2013: 15.5%

- 2007: 6.4%
- 2010: 2007
- 2013: 2010

• BMI
Exercise

20 minutes of Exercise Per Week

<table>
<thead>
<tr>
<th>Days</th>
<th>2007</th>
<th>2010</th>
<th>2013</th>
</tr>
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<tbody>
<tr>
<td>0 Days</td>
<td>25.0%</td>
<td>35.0%</td>
<td>38.2%</td>
</tr>
<tr>
<td>1-2 Days</td>
<td>30.0%</td>
<td>40.0%</td>
<td>45.0%</td>
</tr>
<tr>
<td>3-7 Days</td>
<td>45.0%</td>
<td>30.0%</td>
<td>25.0%</td>
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Legend:
- 2007
- 2010
- 2013
Sleep
In the past 7 days, problem with sleepiness during daytime activities

![Bar chart showing the percentage of people experiencing different levels of sleepiness during daytime activities in 2010 and 2013. The levels are: No Problem, A Little Problem, More Than a Little Problem, A Big Problem, and A Very Big Problem. The chart shows a significant increase in the percentage of people experiencing a higher level of sleepiness in 2013 compared to 2010.]
In the past 7 days, got enough sleep to feel rested in the morning.
In the past 7 days, felt tired, dragged out, or sleepy during the day

- 0.0%
- 5.0%
- 10.0%
- 15.0%
- 20.0%
- 25.0%
- 30.0%
- 35.0%
- 40.0%
- 45.0%

0 days
1-2 days
3-5 days
6+ days

2010
2013
Mental Health
Violence (in last 12 months)

- Verbal Threat
- Emotionally abusive relationship
- A physical fight
- Being physically assaulted
- Physically abusive relationship
- Sexual touching without consent
- Sexually abusive relationship
- Attempted sexual penetration without consent
- Sexual penetration without consent

2010 vs 2013
Feelings within the last 12 months

- Overwhelmed: 80.2% (2013), 77.3% (2010)
- Exhausted (not from physical activity): 75.3% (2013), 74.3% (2010)
- Very sad: 60.5% (2013), 60.6% (2010)
- Lonely: 54.6% (2013), 53.1% (2010)
- Overwhelming anxiety: 51.3% (2013), 50.6% (2010)
- Hopeless: 46.3% (2013), 50.1% (2010)
- Overwhelming anger: 41.6% (2013), 45.2% (2010)
- So depressed it was difficult to function: 33.7% (2013), 35.0% (2010)
Suicide

- Seriously considered suicide: 8.7% (2010) vs. 9.0% (2013)
- Attempted suicide: 2.4% (2010) vs. 2.3% (2013)
Level of Stress – Last 12 Months

- None, 1.9%
- Less than average, 11.2%
- Average, 41.7%
- More than average, 36.5%
- Tremendous, 8.7%
Has been traumatic or very difficult to handle in the last 12 months

- Finances: 41.8%
- Academics: 37.6%
- Family problems: 36.0%
- Intimate relationships: 32.3%
- Sleep difficulties: 31.7%
- Career-related issue: 30.5%
- Health problem of family member/partner: 26.0%
- Personal appearance: 25.4%
- Other social relationships: 22.9%
- Personal health issue: 22.6%
- Death of family member or friend: 20.0%
- Other social relationships: 10.5%
So what does it all mean?
Thank you and be well!
Final Notes

• Any questions?
• Send ideas on cross-tab analysis squinn@santarosa.edu
• Consider how you might be able to use some of this information as you work with students

Please remember to
  – Make sure you signed in
  – Complete flex-credit form
  – Complete evaluation