National College Health Assessment Survey
Spring 2013
Santa Rosa Junior College

Susan Quinn, MSN, FNP
Director, Student Health Services
• National benchmark instrument for college student health
• Comprehensive assessment of the health – i.e. whole student
• 8 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
• Online or paper survey formats
• Supplemental questions optional
National College Health Assessment

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ACHA-NCHA II Survey Instrument

**Content Sections:**
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- Weight, Nutrition and Exercise
- Mental Health
- Physical Health
- Impediments to Academic Performance
- Demographics
- Supplemental Questions

**Implementation at SRJC 2013**
- 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

- Identify the most common health and behavior risks affecting students' academic performance, and incorporate into Student Success program activities at the college.

- Design evidence-based health promotion and screening programs with targeted educational and environmental initiatives.

- Compare local data with “Healthy Campus 2020 Goals” and assists in identifying prioritized programming benchmarks and outcome measurement.

- Create positive social norms marketing campaigns by comparing students' actual behaviors to their perceptions about peer behavior.

- Develop proposals to secure grant funding to expand or develop programs related to the health and success of SRJC students.
Community-Based Healthcare Providers

Student Health Services
Direct services
Health Promotion
Referrals

Successful healthy
STUDENT insured with a medical home

Insurance coverage options

Student accepting responsibility for meeting healthcare needs

SRJC
Student Support Services
Faculty
Peers
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%
- Vocational Certificate, 9.9%
- Formulate career goals, 3.4%
- Job skills training, 2.9%
- GED or high school diploma, 0.5%
- Basic Skills, 0.5%
- Other, 2.2%

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/Partnered</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>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Parental Status</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single Parent</td>
<td>6.1%</td>
</tr>
<tr>
<td>Co-parent</td>
<td>8.2%</td>
</tr>
</tbody>
</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>
</table>

### Age

- 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%
SRJC Student Health Insurance Coverage

- Yes: 77.0% (2013), 75.7% (2010), 63.0% (2007)
- No: 29.0% (2013), 22.1% (2010), 20.2% (2007)
- Not sure: 2.9% (2013), 2.1% (2010), 8.0% (2007)
Other Demographics

<table>
<thead>
<tr>
<th>Cohort Groups of Students</th>
<th>Location of Classes</th>
</tr>
</thead>
<tbody>
<tr>
<td>• International Students - 3.7%</td>
<td>Other, not Santa Rosa or Petaluma</td>
</tr>
<tr>
<td>• Athletes – Varsity - 6.3%</td>
<td>Campus, 3.8%</td>
</tr>
<tr>
<td>• Veterans - 3.7%</td>
<td>Santa Rosa and Petaluma Campus, 15.6%</td>
</tr>
<tr>
<td>• Foster Youth - 1.0%</td>
<td>Petaluma Campus, 7.2%</td>
</tr>
<tr>
<td>• Lesbian, Gay, or Unsure – 10%</td>
<td>Santa Rosa Campus, 73.4%</td>
</tr>
</tbody>
</table>
Health and Academic Performance
Impediments to Academic Performance
10 most prevalent factors reported

- Stress: 30.0% (2013), 25.0% (2010)
- Work: 25.0% (2013), 20.0% (2010)
- Sleep difficulties: 15.0% (2013), 12.0% (2010)
- Anxiety: 10.0% (2013), 8.0% (2010)
- Cold/Flu/Sore throat: 8.0% (2013), 6.0% (2010)
- Depression: 7.0% (2013), 5.0% (2010)
- Internet use/computer games: 6.0% (2013), 4.0% (2010)
- Finances: 4.0% (2013), 3.0% (2010)
- Relationship difficulties: 3.0% (2013), 2.0% (2010)
- Concern for a friend/family...: 2.0% (2013), 1.0% (2010)
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
Alcohol Use

![Bar chart showing alcohol use by frequency and year:]

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

**Years**:
- 2007
- 2010
- 2013

**Percentage**
- 0.0%
- 10.0%
- 20.0%
- 30.0%
- 40.0%
- 50.0%
- 60.0%

**Legend**:
- Blue: 2007
- Orange: 2010
- Gray: 2013
Dangerous Drinking

Consumed 5 or More Drinks in the Last 2 Weeks

2013 Data Only: Gender Breakout
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

The chart shows the percentage of individuals experiencing these negative consequences in 2010 and 2013.
Marijuana Use

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

2007: 55.0%
2010: 53.0%
2013: 28.3%

11.8% decrease from 2007 to 2013.
Marijuana Use-Gender Breakout

<table>
<thead>
<tr>
<th></th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td>42.8%</td>
<td>74.3%</td>
</tr>
<tr>
<td>Ø Last 30 Days</td>
<td>42.8%</td>
<td>74.3%</td>
</tr>
<tr>
<td>Used 1-9 Days</td>
<td>13.1%</td>
<td>7.5%</td>
</tr>
<tr>
<td>Used 10-29 Days</td>
<td>3.6%</td>
<td>4.5%</td>
</tr>
<tr>
<td>Used All 30 Days</td>
<td>1.1%</td>
<td>4.5%</td>
</tr>
<tr>
<td>Any use within the last 30 days</td>
<td>34.5%</td>
<td>16.1%</td>
</tr>
</tbody>
</table>
Cigarette Use

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

Years:
- 2007
- 2010
- 2013
Illicit Prescription Drug Use
Antidepressants, Pain killers, Sedatives, Stimulants, ED drugs

1 or more prescription drugs used without a prescription

2013 Male
2010 Male
2013 Female
2010 Female
2013 Total
2010 Total

- 2013 Male
- 2010 Male
- 2013 Female
- 2010 Female
- 2013 Total
- 2010 Total
Example of Perceptions versus Reality

**Cigarettes (largest gap)**

- **Perceived**
- **Actual**

**Alcohol (smallest gap)**

- **Perceived**
- **Actual**
Sexual Behaviors
Number of Sexual Partners
Last 12 months
2013 = 70.9% with 0-1 partners
Emergency Contraception
Unintended Pregnancy

![Bar chart showing emergency contraception and unintended pregnancy rates from 2007 to 2013. The chart indicates a decrease in unintended pregnancy rates over the years, while emergency contraception rates remain high.](chart.png)
Contraception/Pregnancy

Emergency Contraception and Unintended Pregnancy

Birth Control Methods

- Birth Control Pills
- Withdrawal
- Male Condom Use plus another method
- Yes, used a method of contraception
Nutrition and Weight

• Vegetable Consumption

- No Vegetables
- 1-2 Per Day
- 3-4 Per Day
- 5 or More Per Day

- 2007: 4.5%
- 2010: 6.4%
- 2013: 4.5%

• BMI

- Underweight
- Healthy Weight
- Overweight
- Obese

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

20 minutes of Exercise Per Week

<table>
<thead>
<tr>
<th>Days</th>
<th>2007</th>
<th>2010</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 Days</td>
<td></td>
<td></td>
<td>38.2%</td>
</tr>
<tr>
<td>1-2 Days</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3-7 Days</td>
<td></td>
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Sleep
In the past 7 days, problem with sleepiness during daytime activities
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
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...
- Sexual penetration without consent

2010
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
- 2010: 8.7%
- 2013: 9.0%

Attempted suicide
- 2010: 2.4%
- 2013: 2.3%
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 or friend: 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