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

American College Health Association National College Health Assessment

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

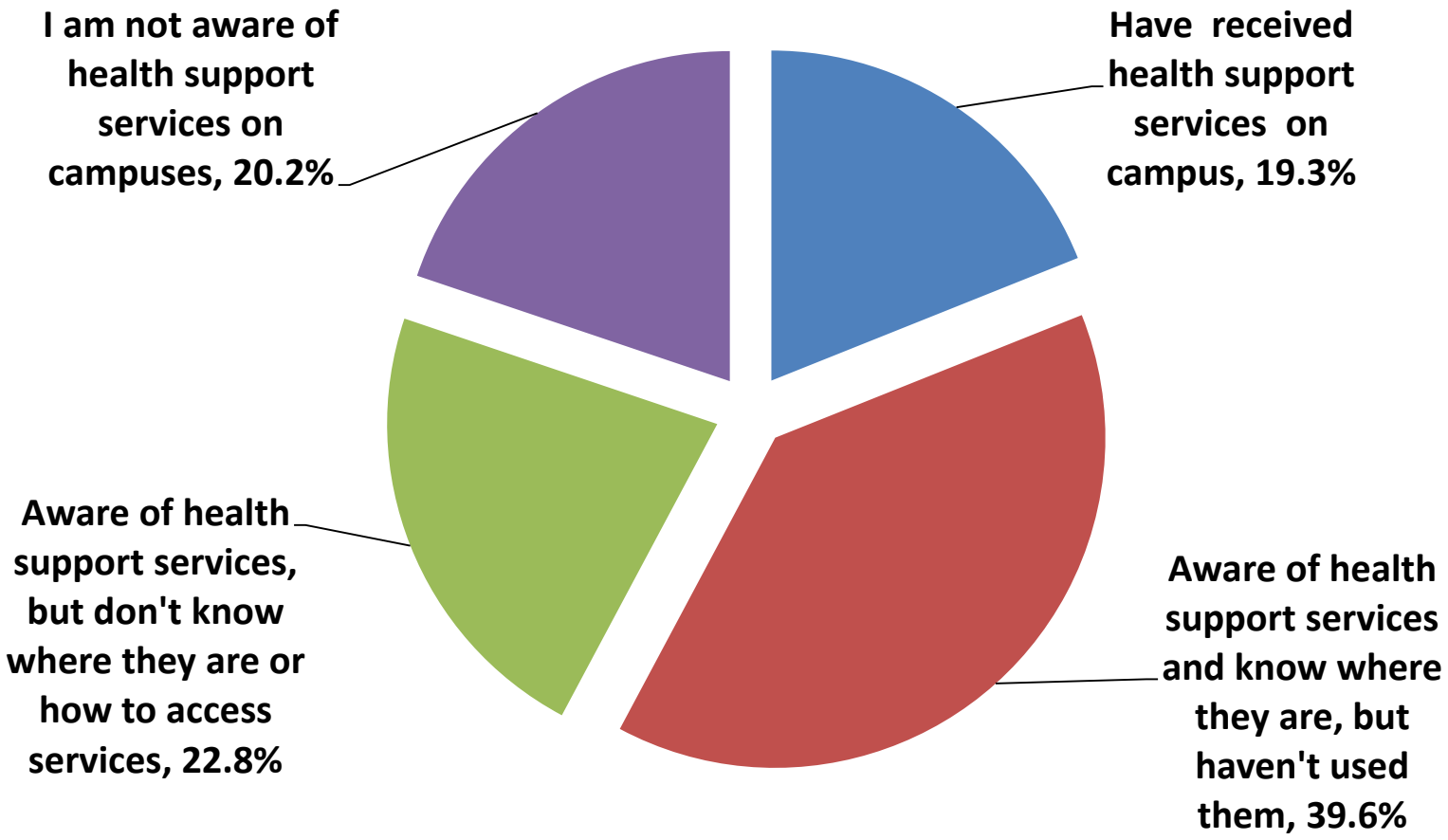
Uses of NCHA Assessment Data

- 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

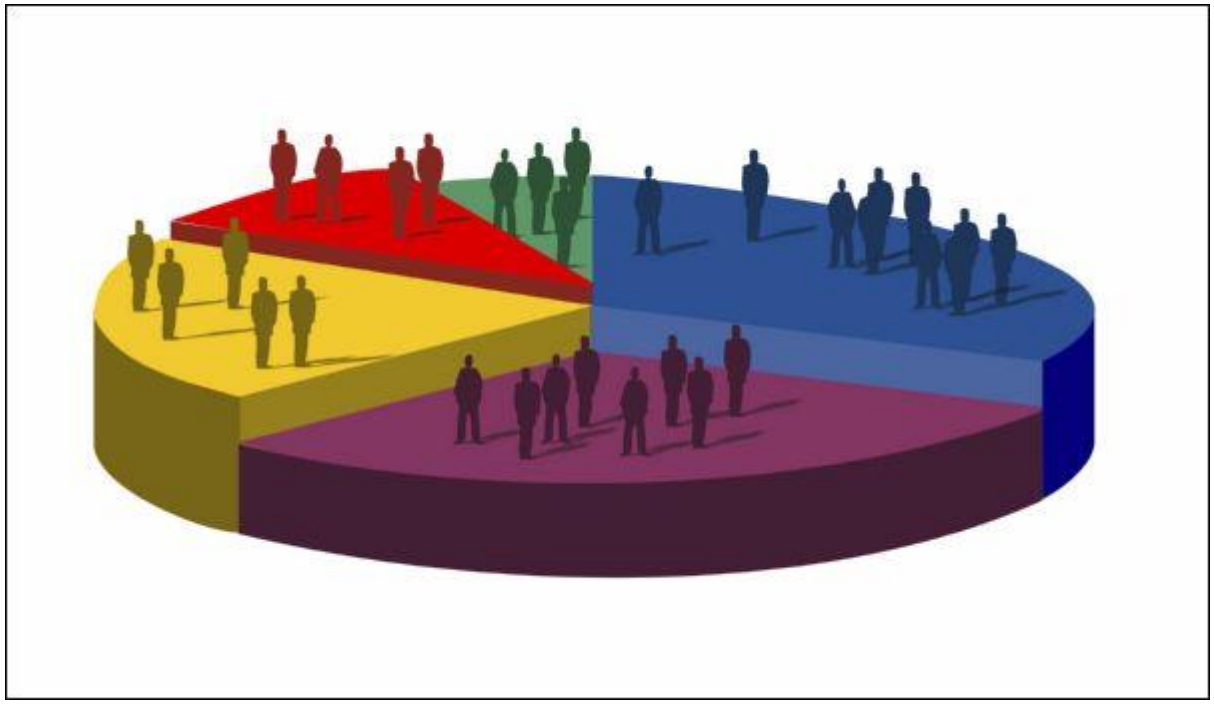
Uses of NCHA Assessment Data

- 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

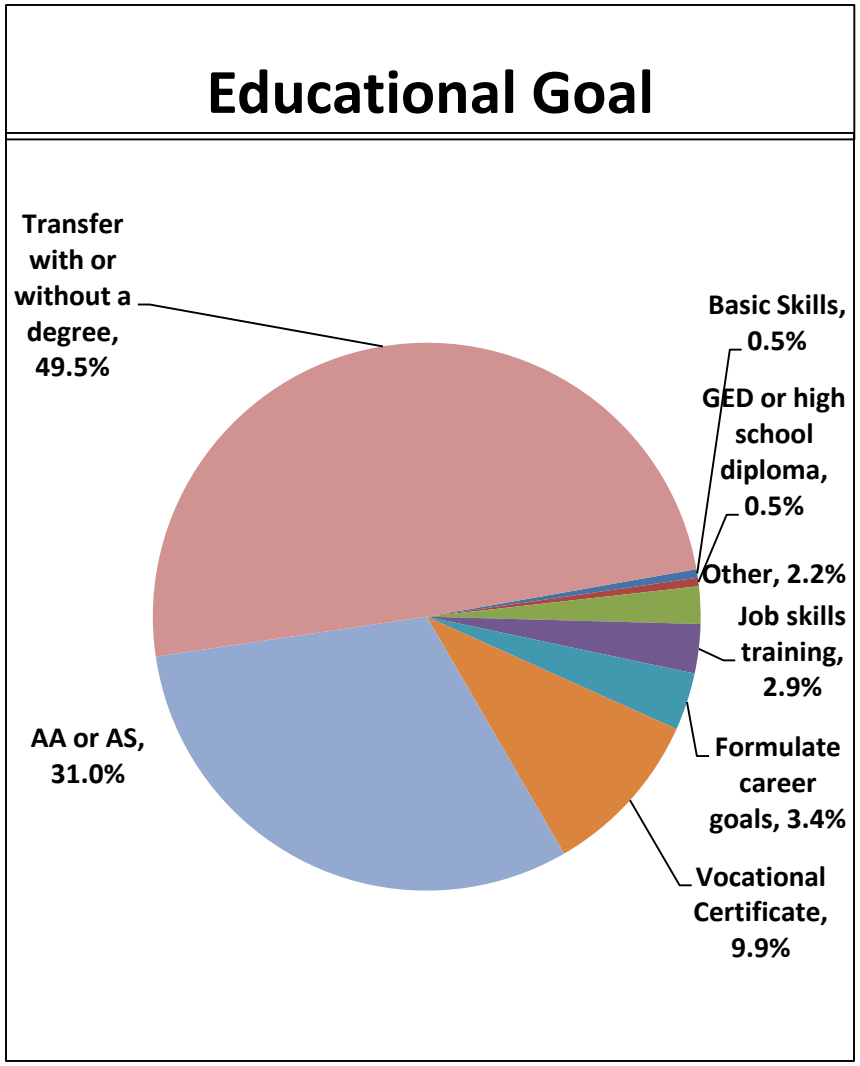
Student Awareness of Health Support Services at SRJC

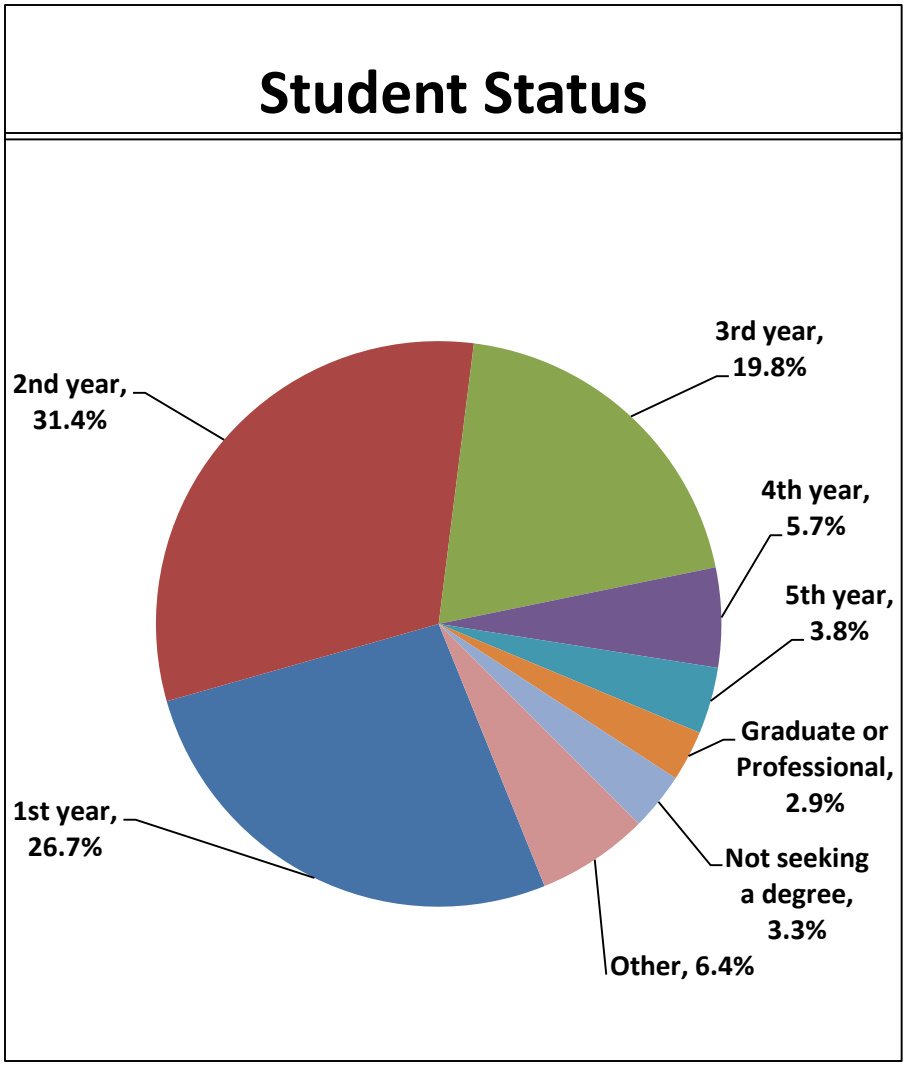


SRJC-NCHA Student Sample Demographics

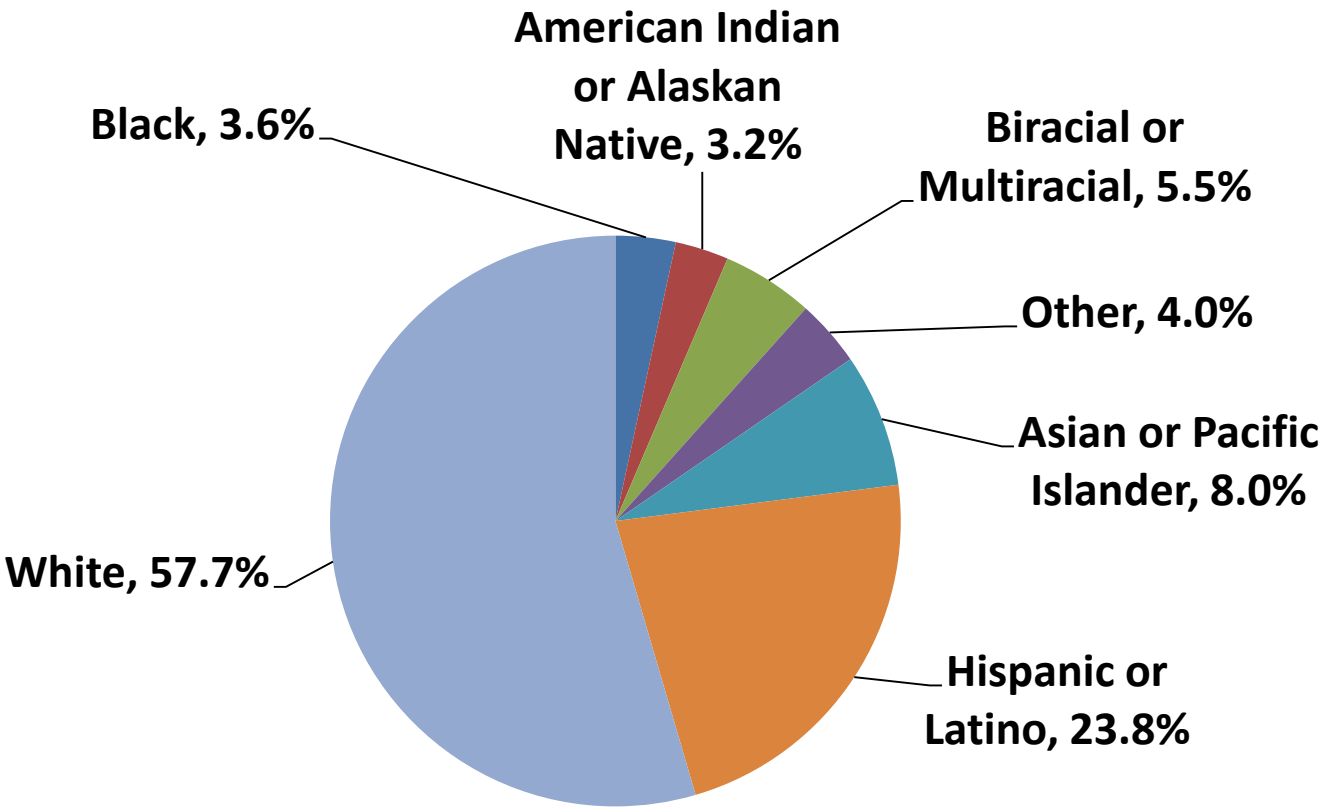


Student Goal and Status



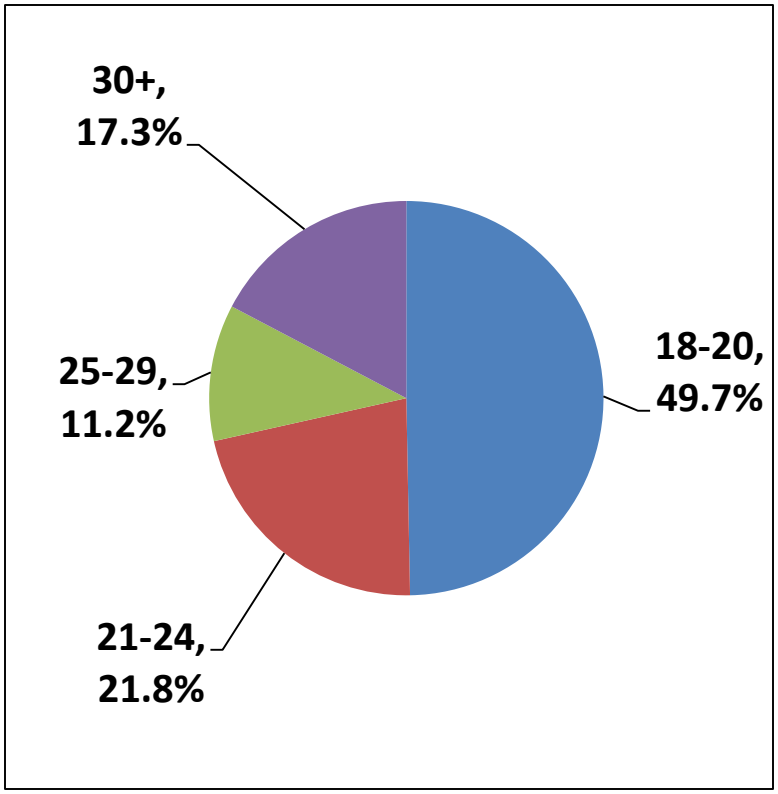


Ethnicity

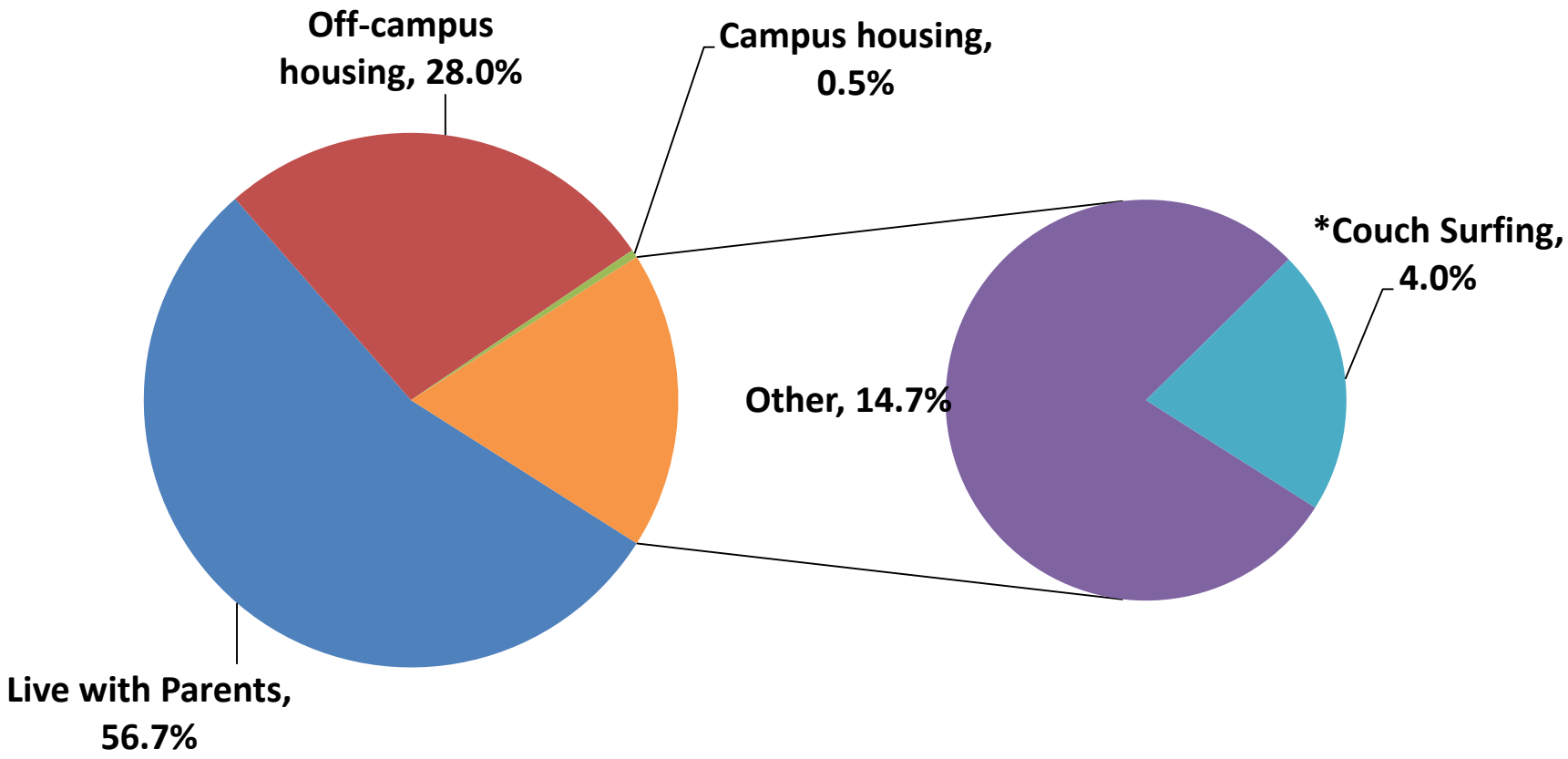

American Indian or Alaskan Native, 3.2%
Black, 3.6%
Biracial or Multiracial, 5.5%
Other, 4.0%
Asian or Pacific Islander, 8.0%
White, 57.7%
Hispanic or Latino, 23.8%

Relationship Status and Age

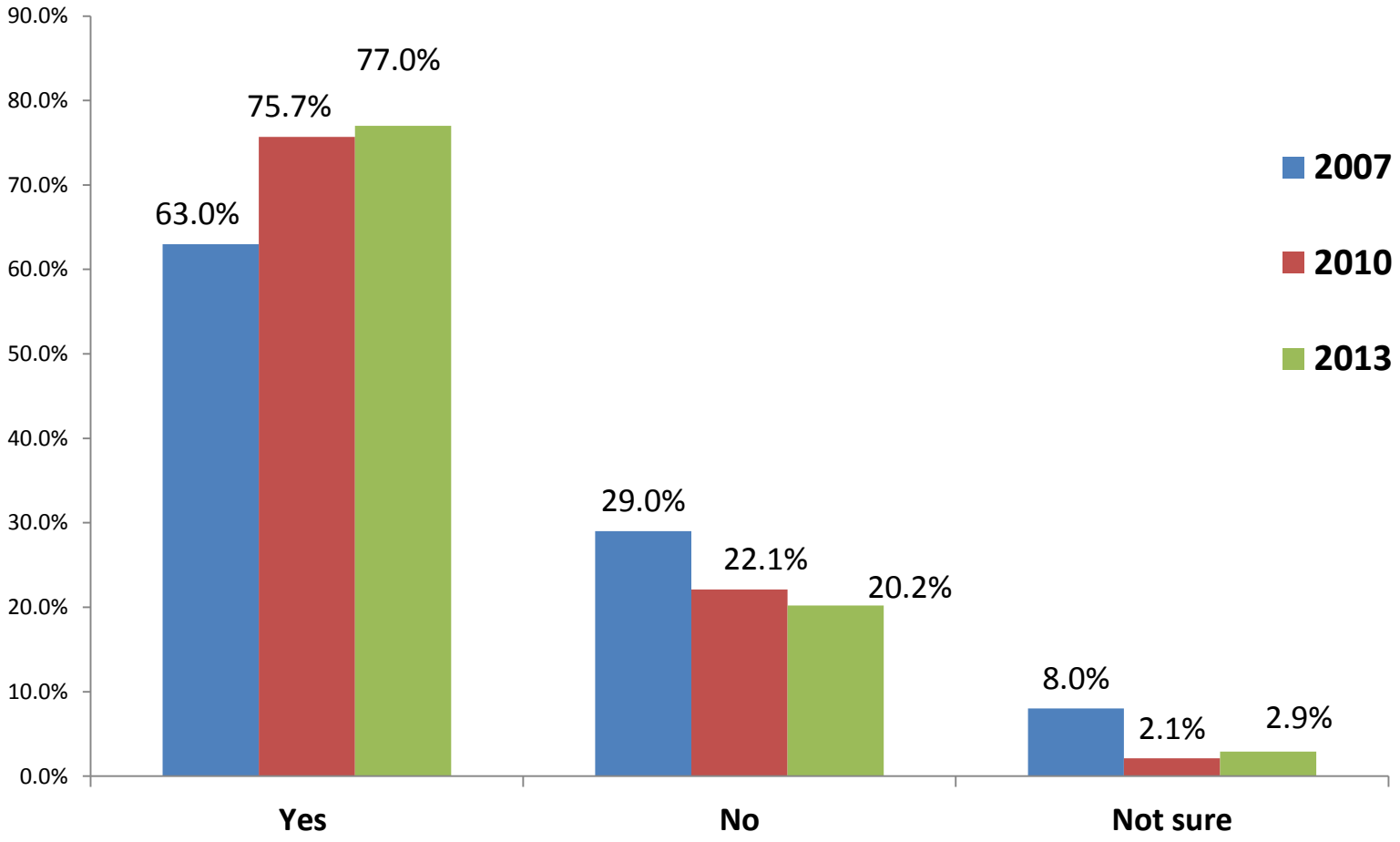
Marital Status	
Single	81.0%
Married/Partnered	12.3%
Separated	0.6%
Divorced	3.6%
Other	2.5%
Parental Status	
Single Parent	6.1%
Co-parent	8.2%
Relationship Status	
Not in a relationship	47.6%
In a relationship-not living together	29.3%
In a relationship-living together	23.1%



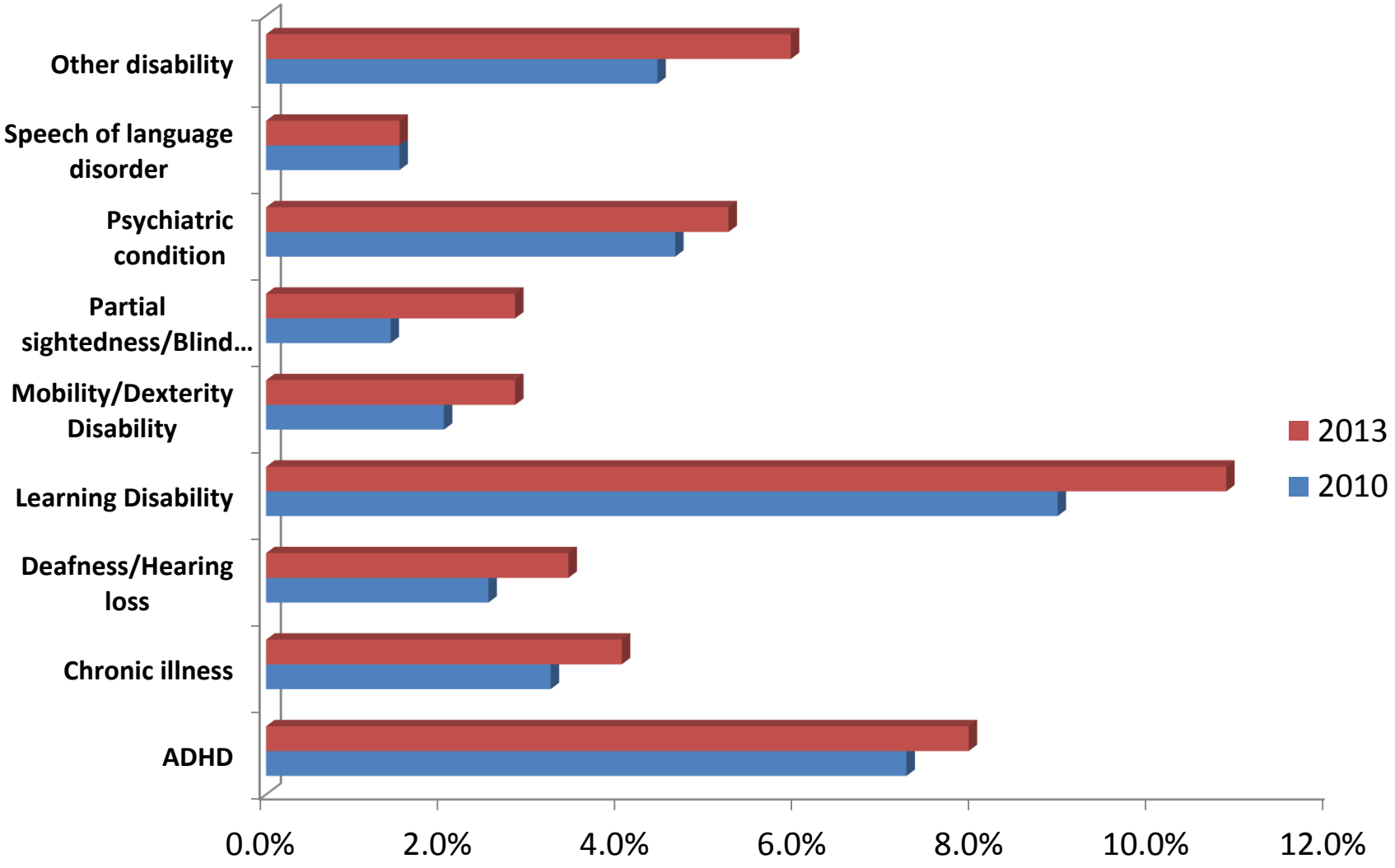
Housing


Off-campus housing, 28.0%
Campus housing, 0.5%
*Couch Surfing, 4.0%
Other, 14.7%
Live with Parents, 56.7%

Health Insurance Coverage



Students with Disabilities

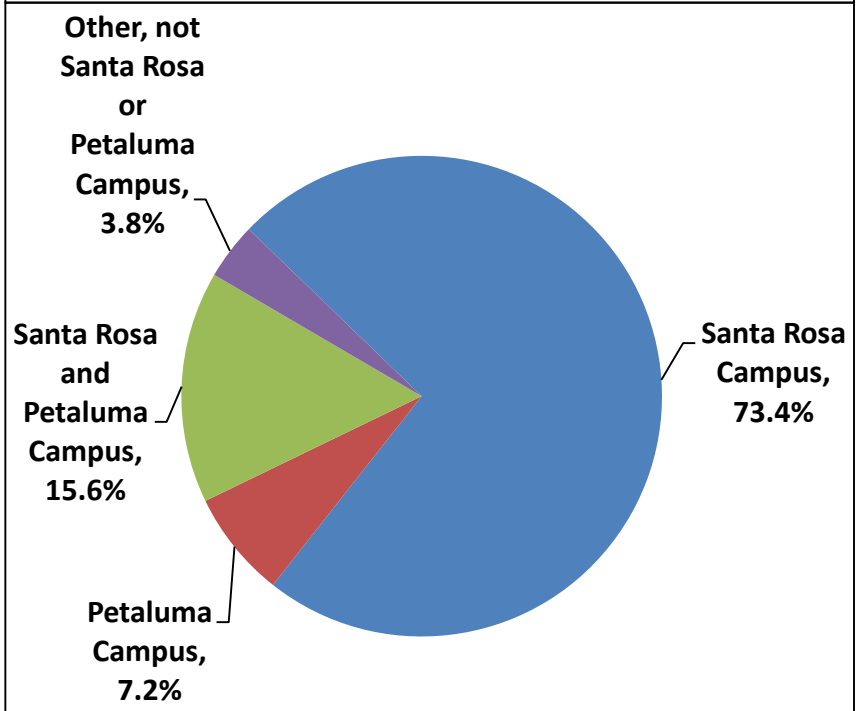


Other Demographics

Cohort Groups of Students

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

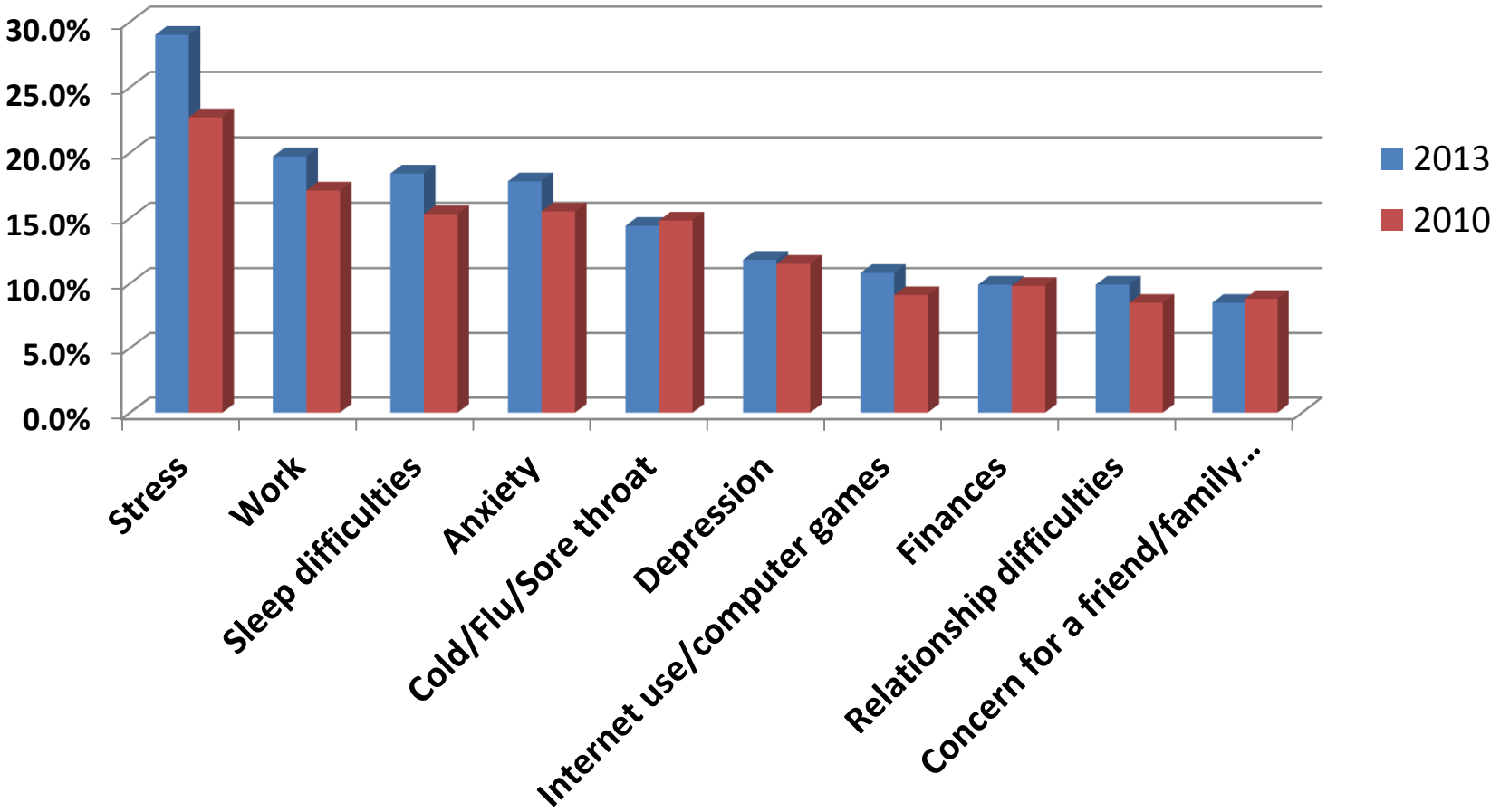
Location of Classes



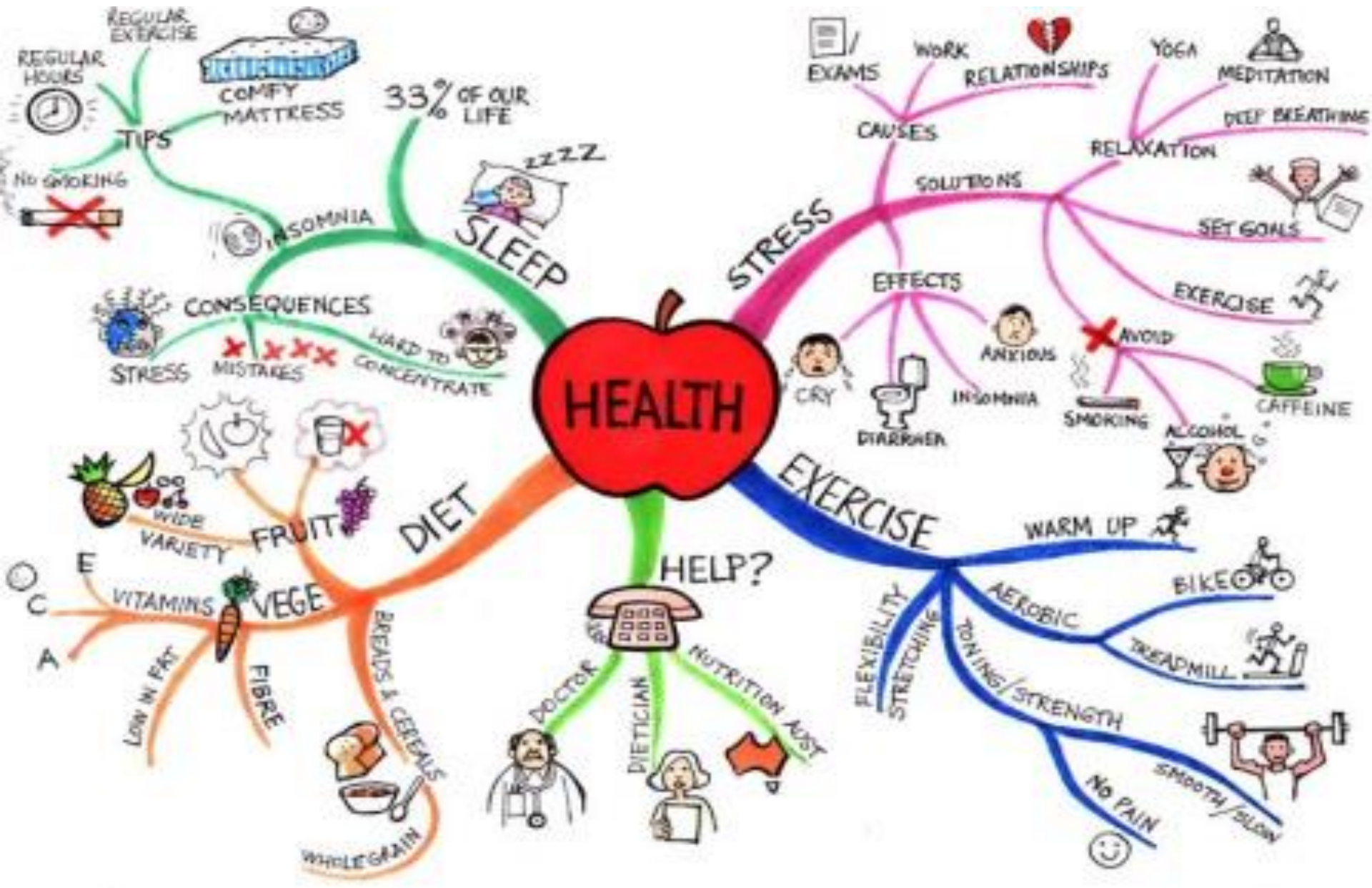
Health and Academic Performance

Impediments to Academic Performance

10 most prevalent factors reported

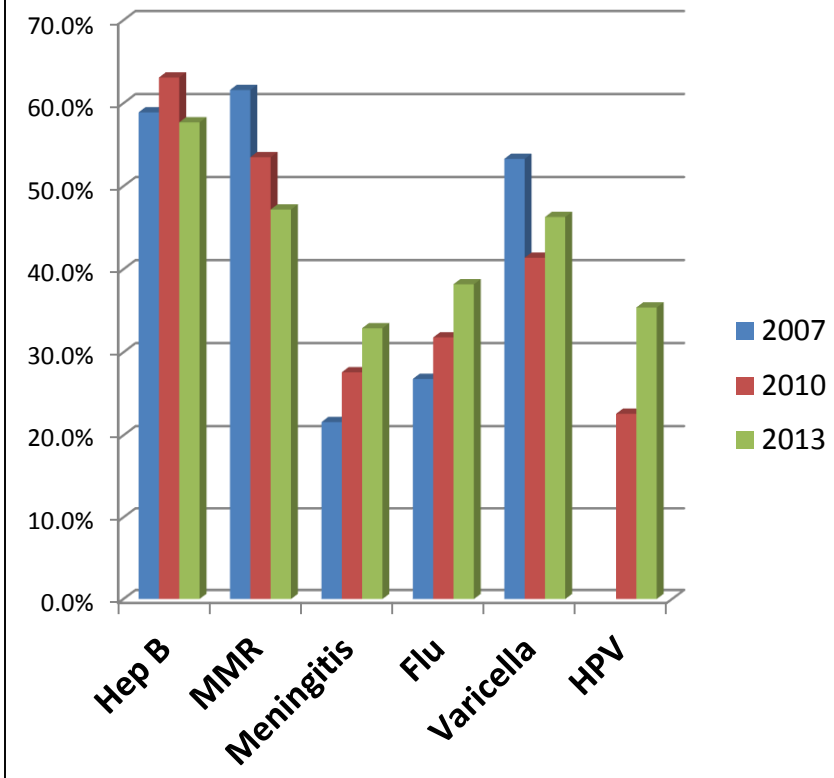


General Health

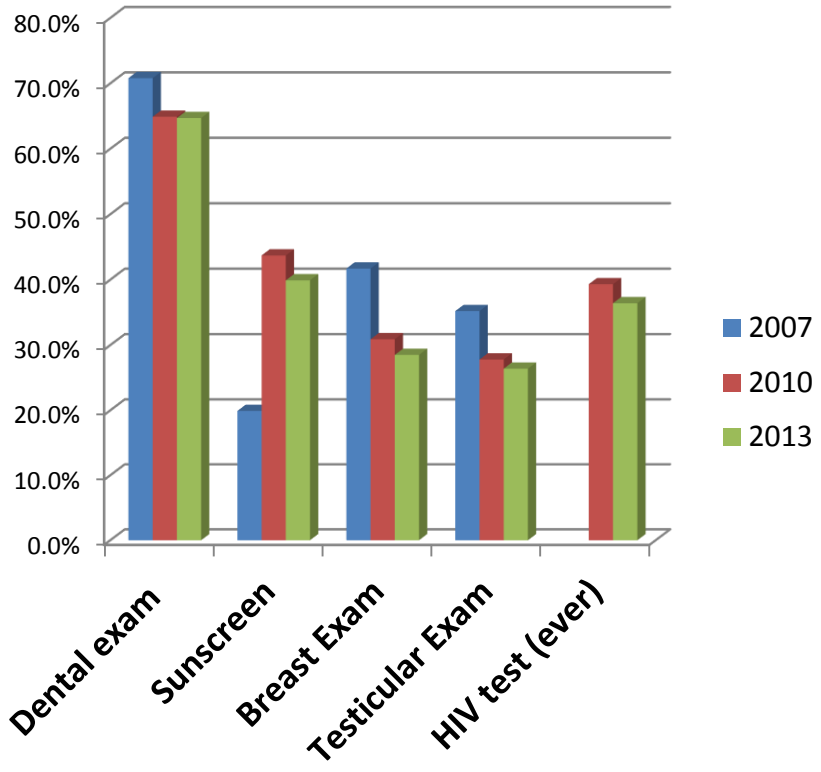


Prevention

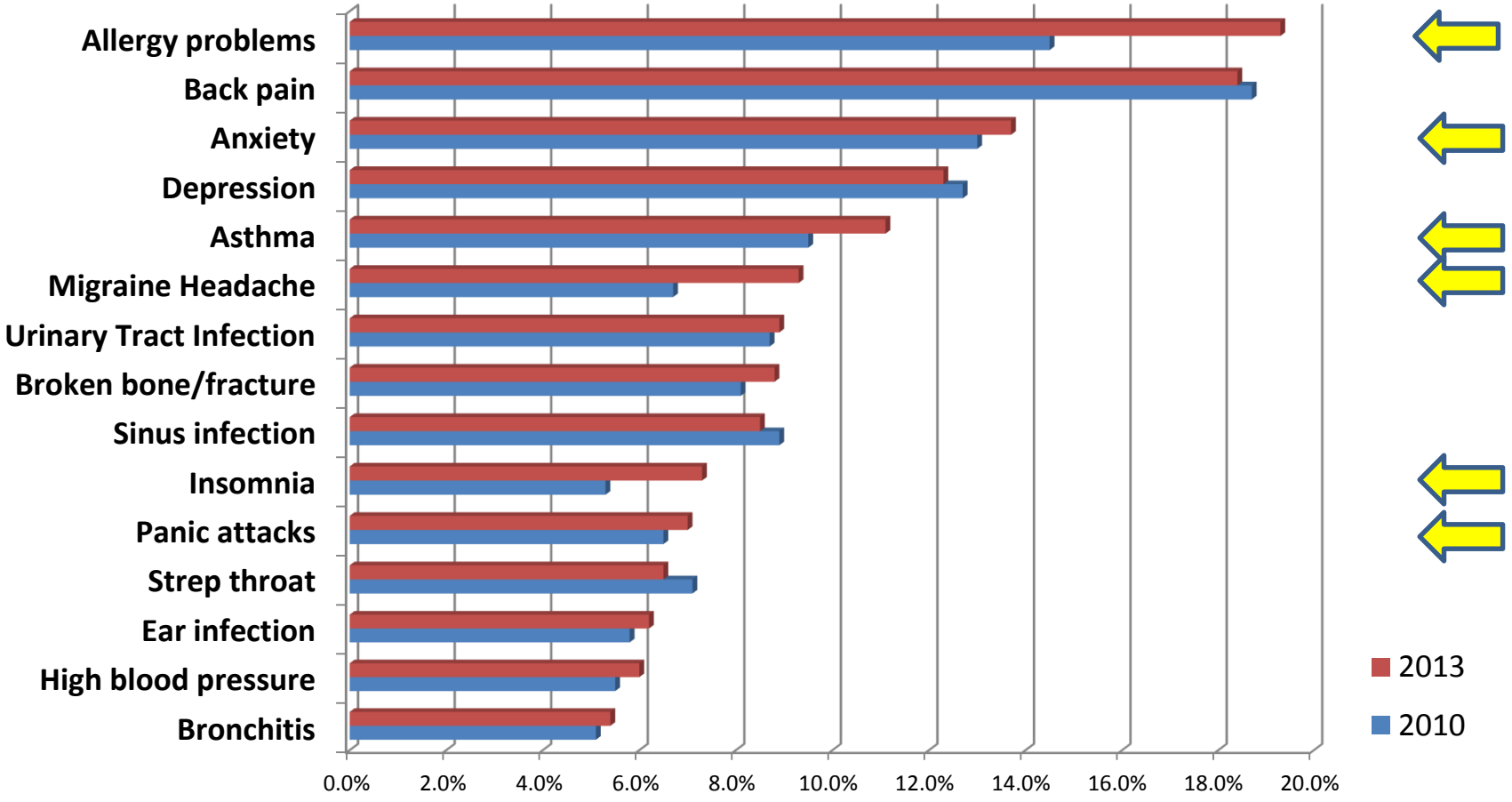
Immunization Status



Prevention Practices



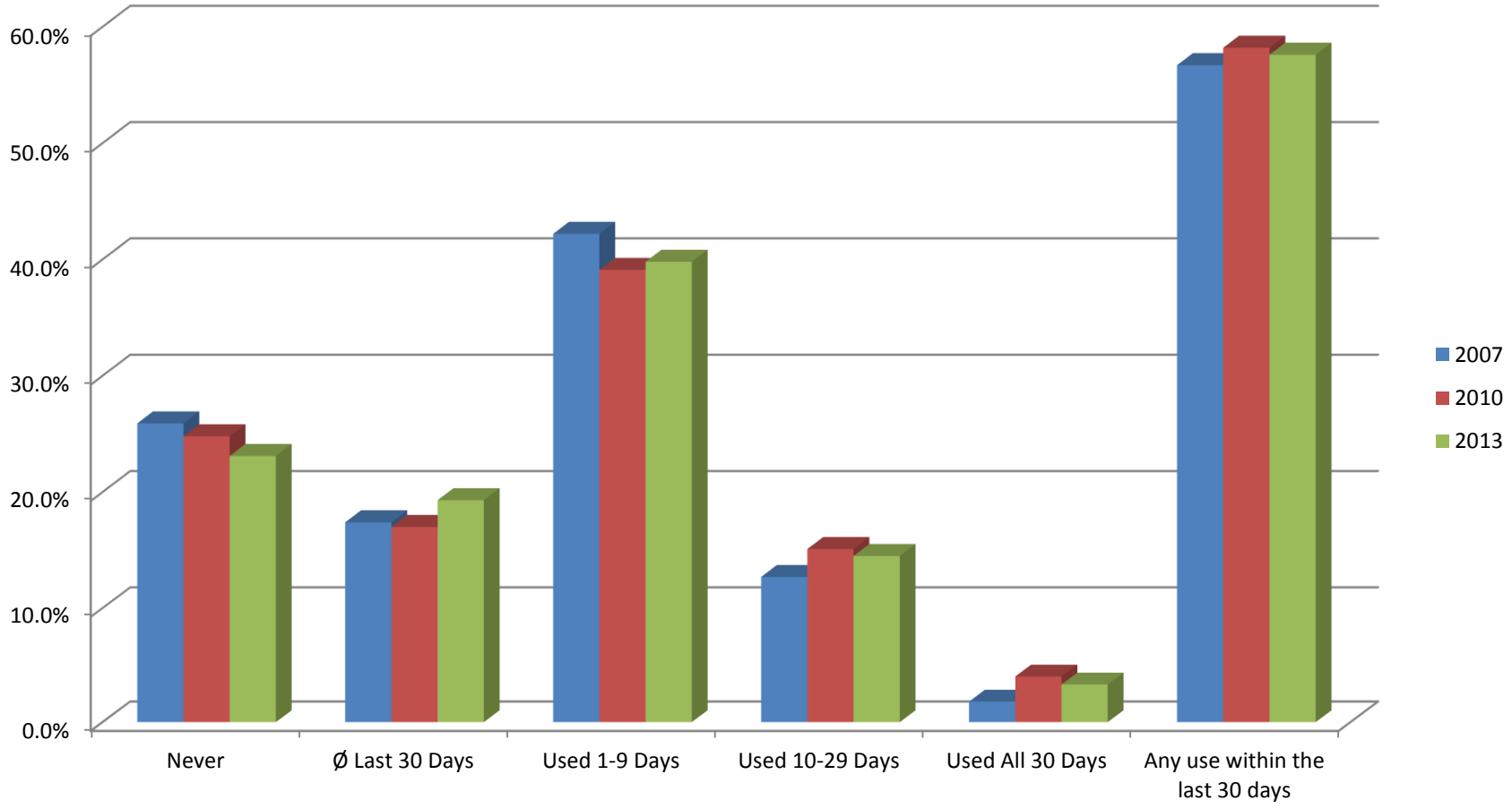
Health Conditions Diagnosed or Treated within the last 12 months



Substance Use/Abuse

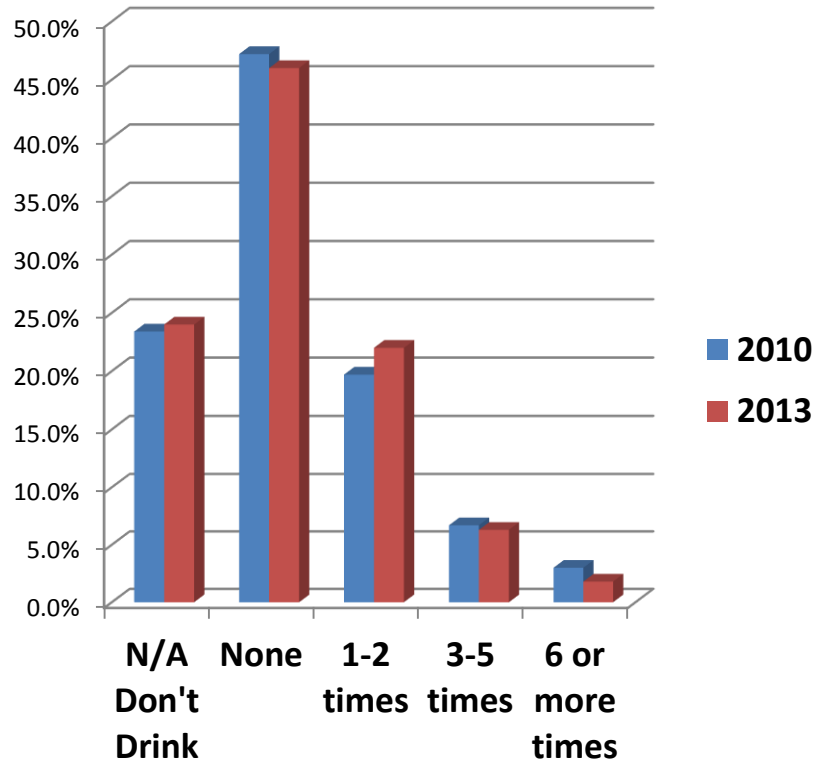
Alcohol, Marijuana, Cigarettes, Unprescribed Prescription Drugs, Other Drugs

Alcohol Use

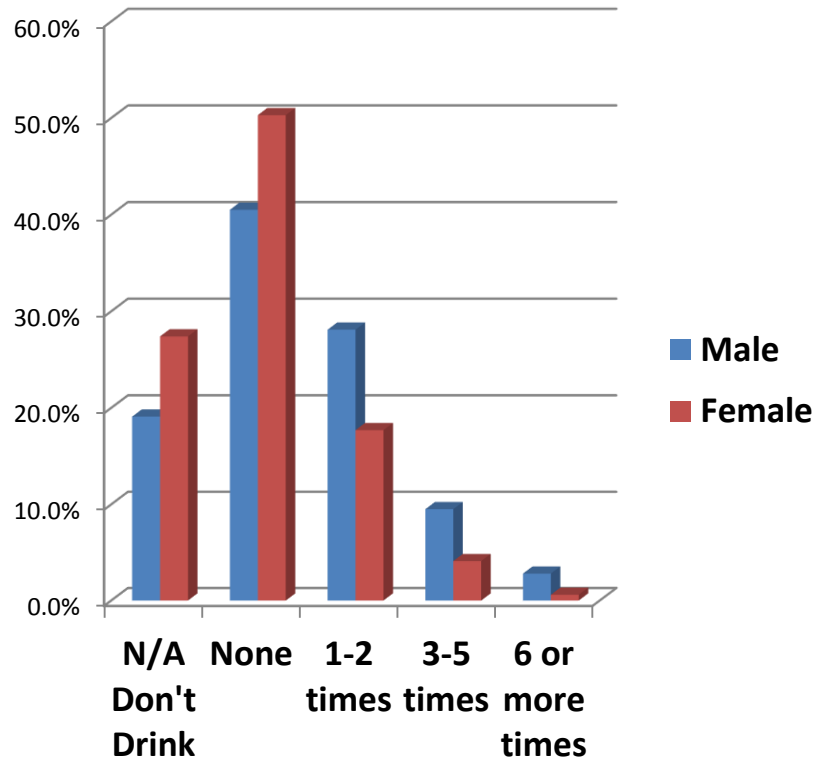

60.0%
50.0%
40.0%
30.0%
20.0%
10.0%
0.0%
Never
Ø Last 30 Days
Used 1-9 Days
Used 10-29 Days
Used All 30 Days
Any use within the last 30 days
2007
2010
2013

Dangerous Drinking

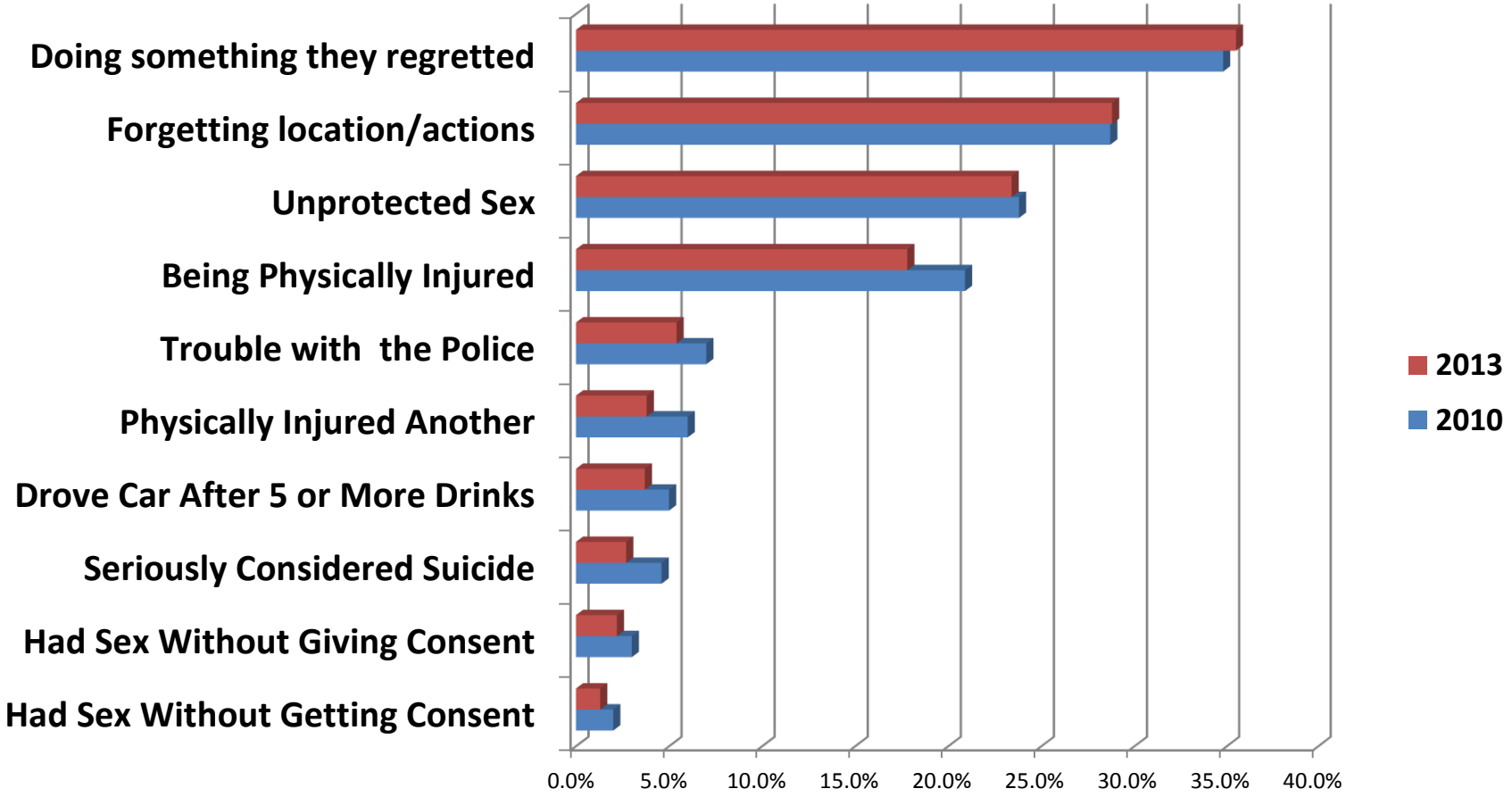
Consumed 5 or More Drinks in the Last 2 Weeks



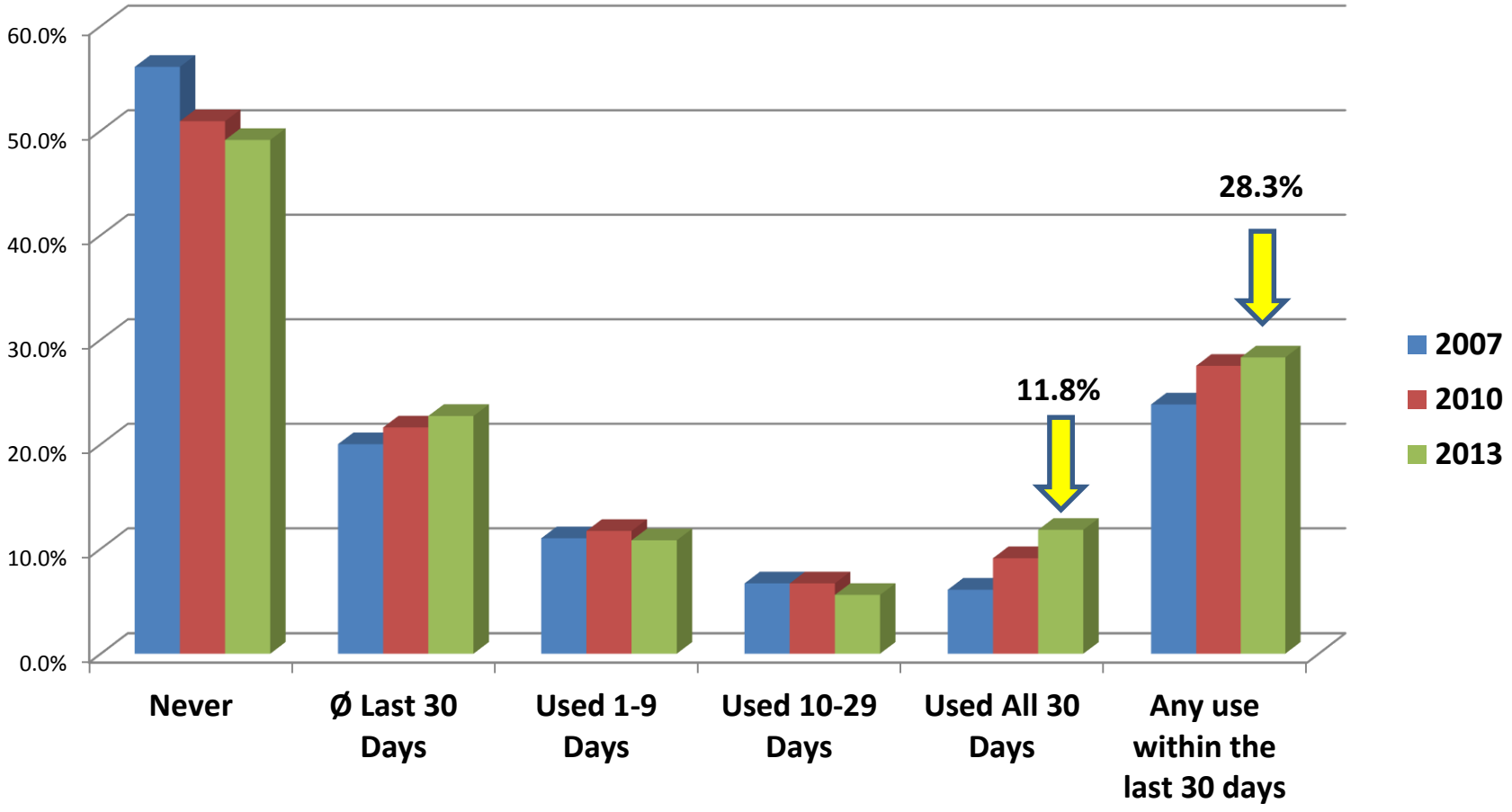
2013 Data Only: Gender Breakout



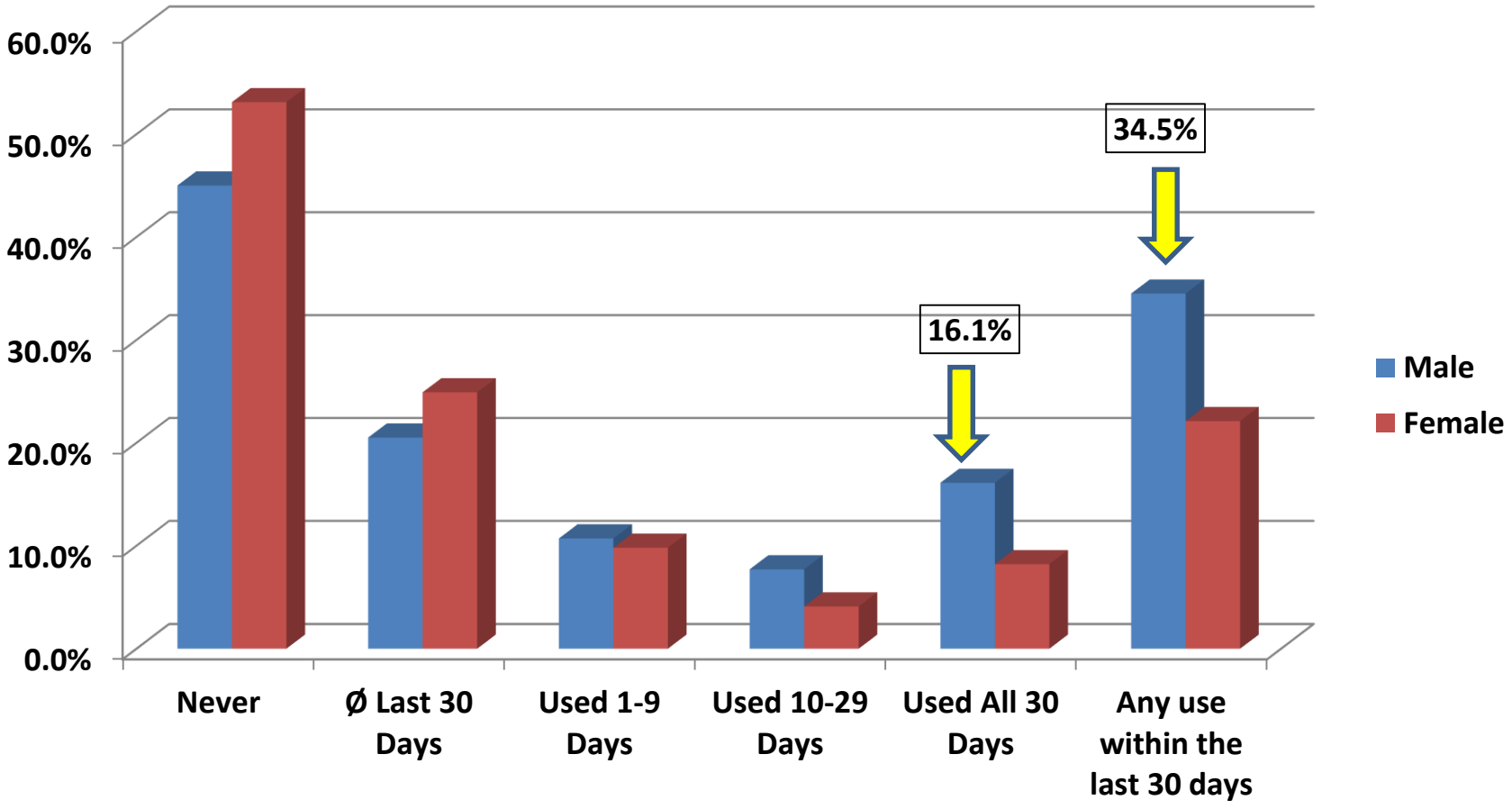
Negative Consequences of Drinking Alcohol



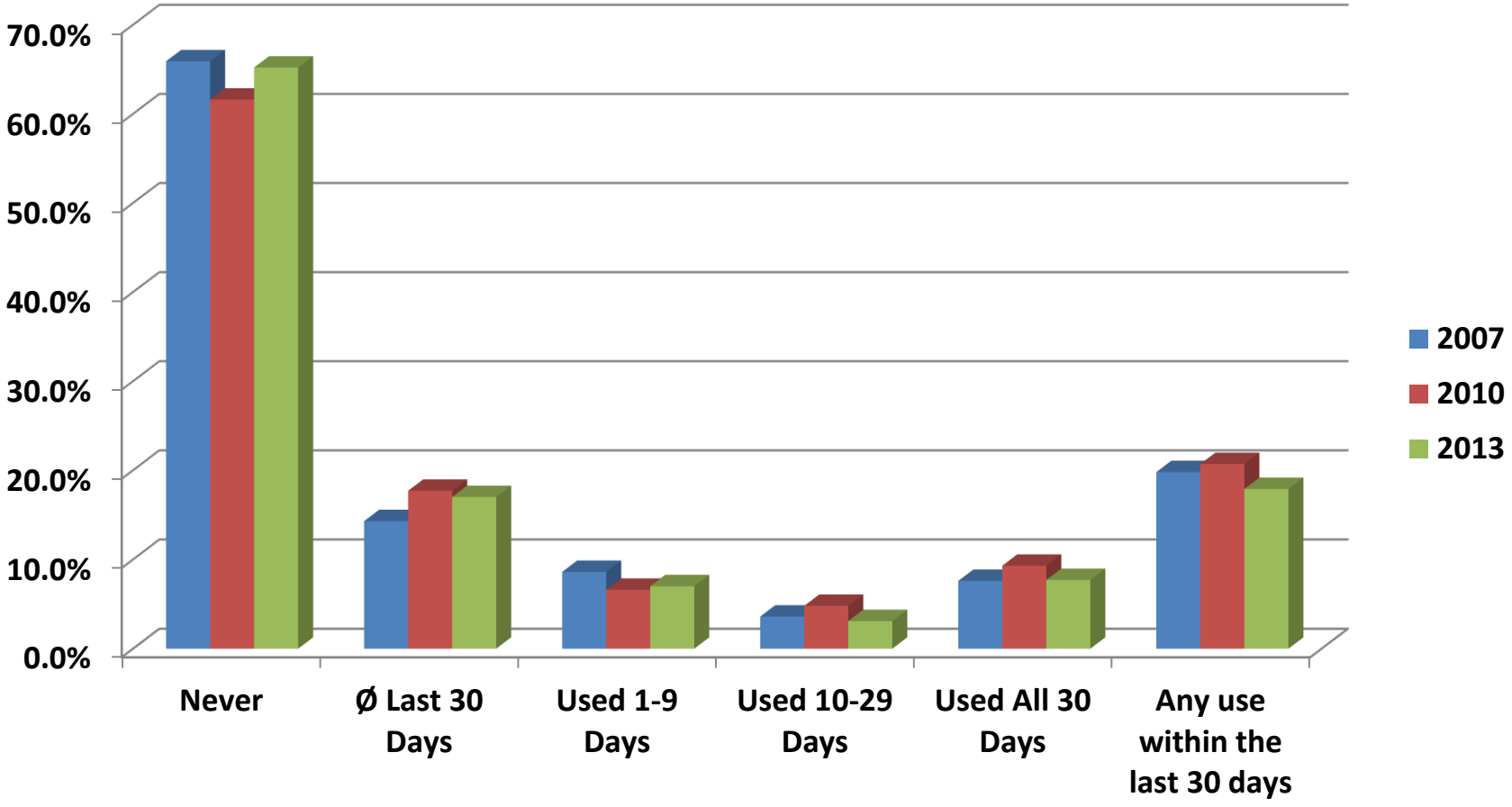
Marijuana Use



Marijuana Use-Gender Breakout

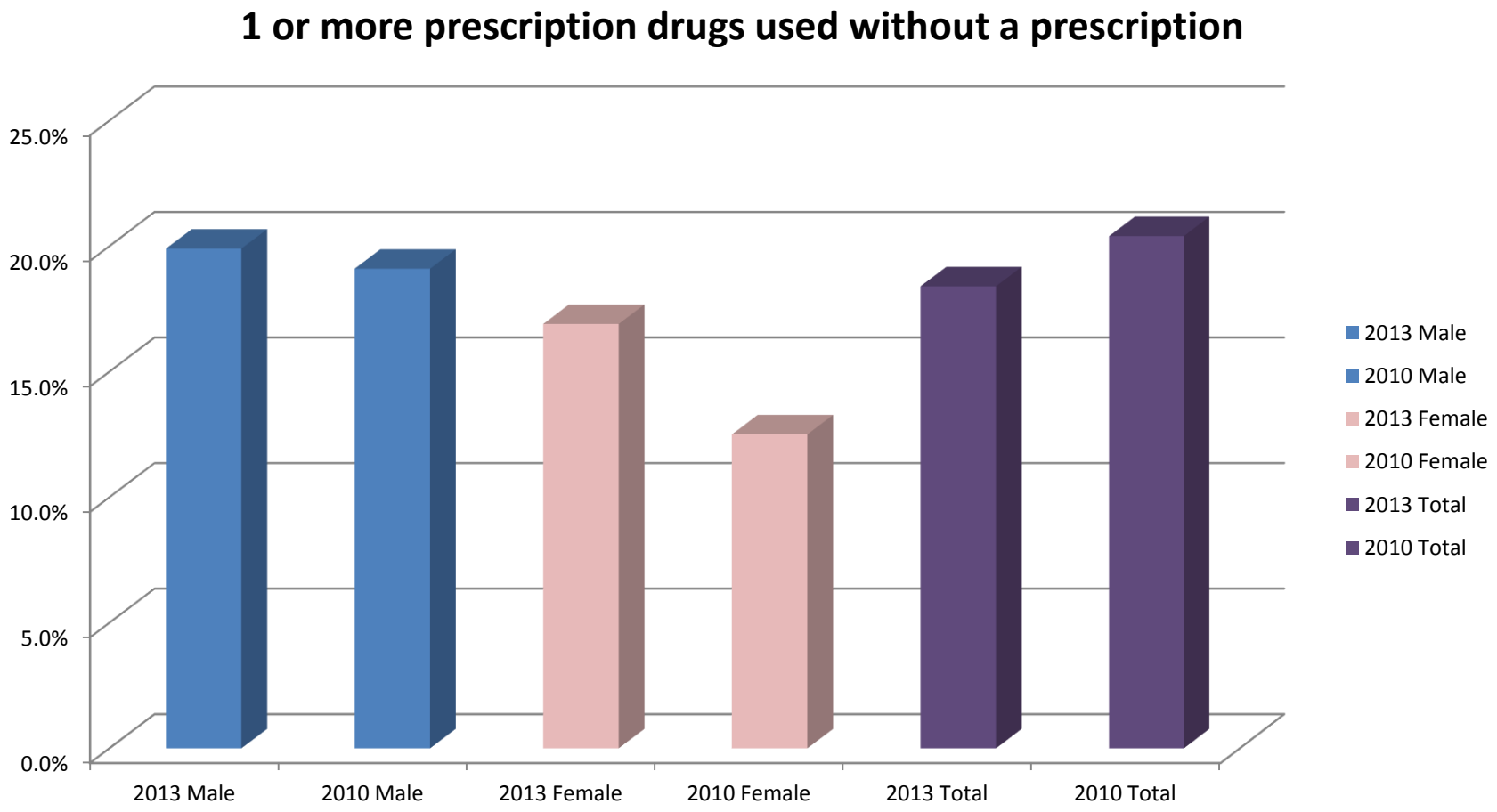


Cigarette Use



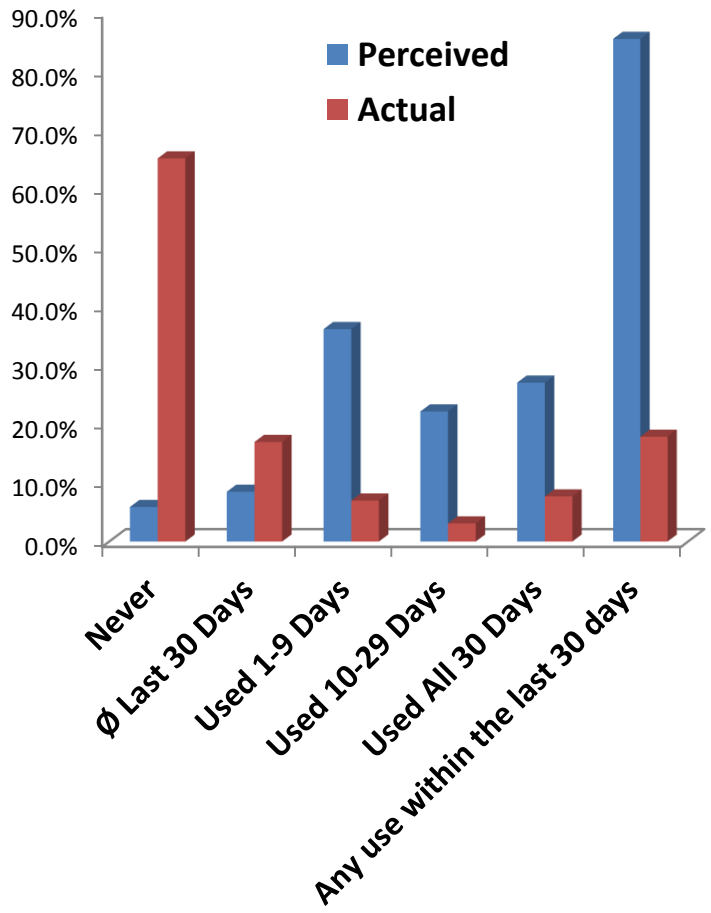
Illicit Prescription Drug Use

Antidepressants, Pain killers, Sedatives, Stimulants, ED drugs

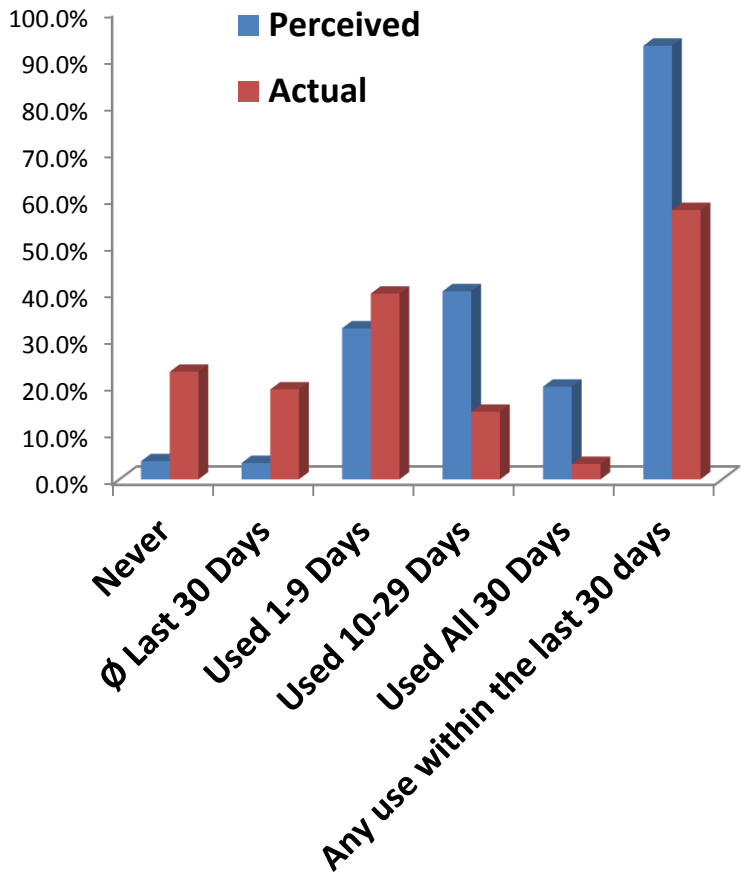


Example of Perceptions versus Reality

Cigarettes (largest gap)



Alcohol (smallest gap)

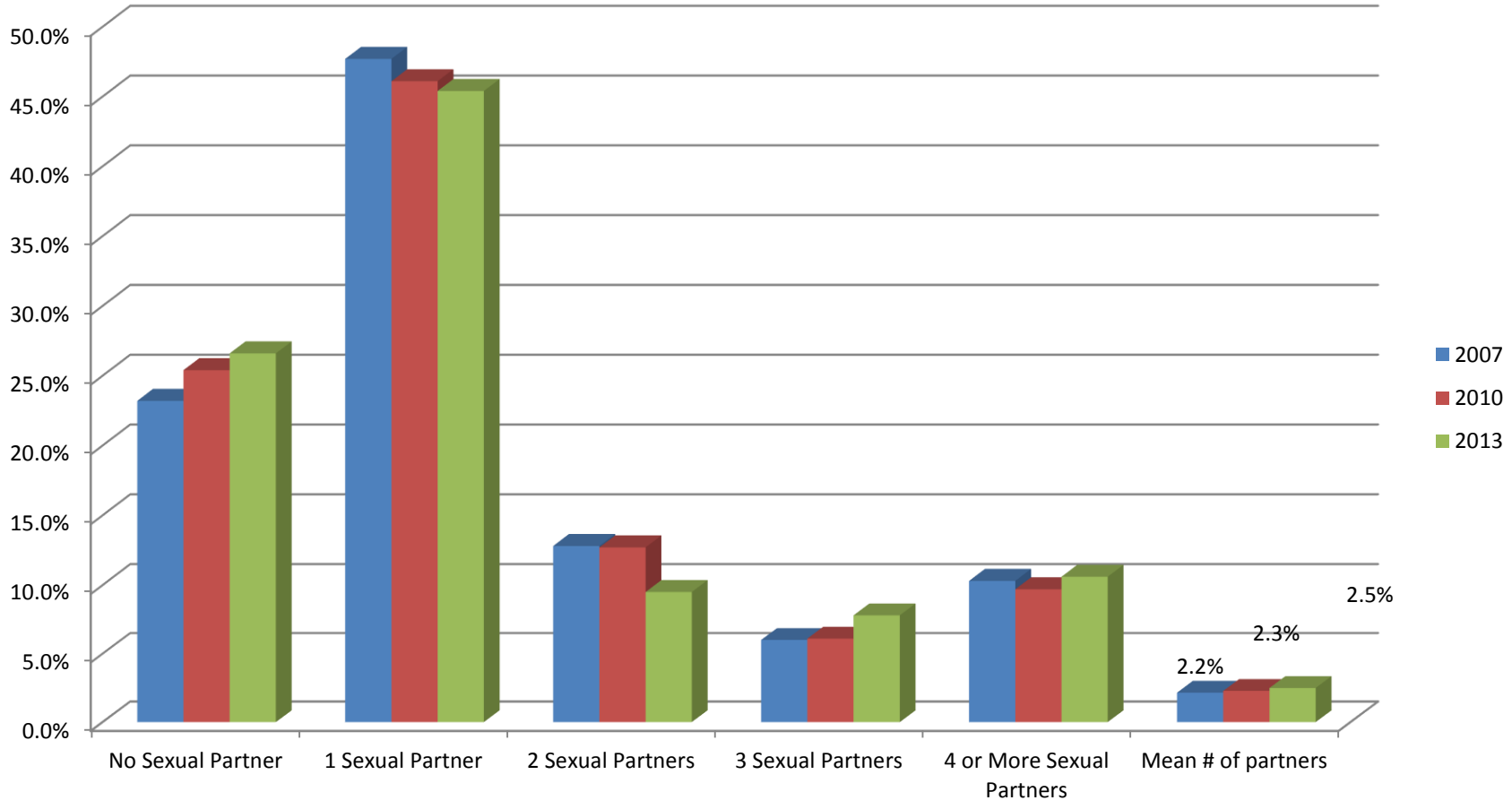


Sexual Behaviors

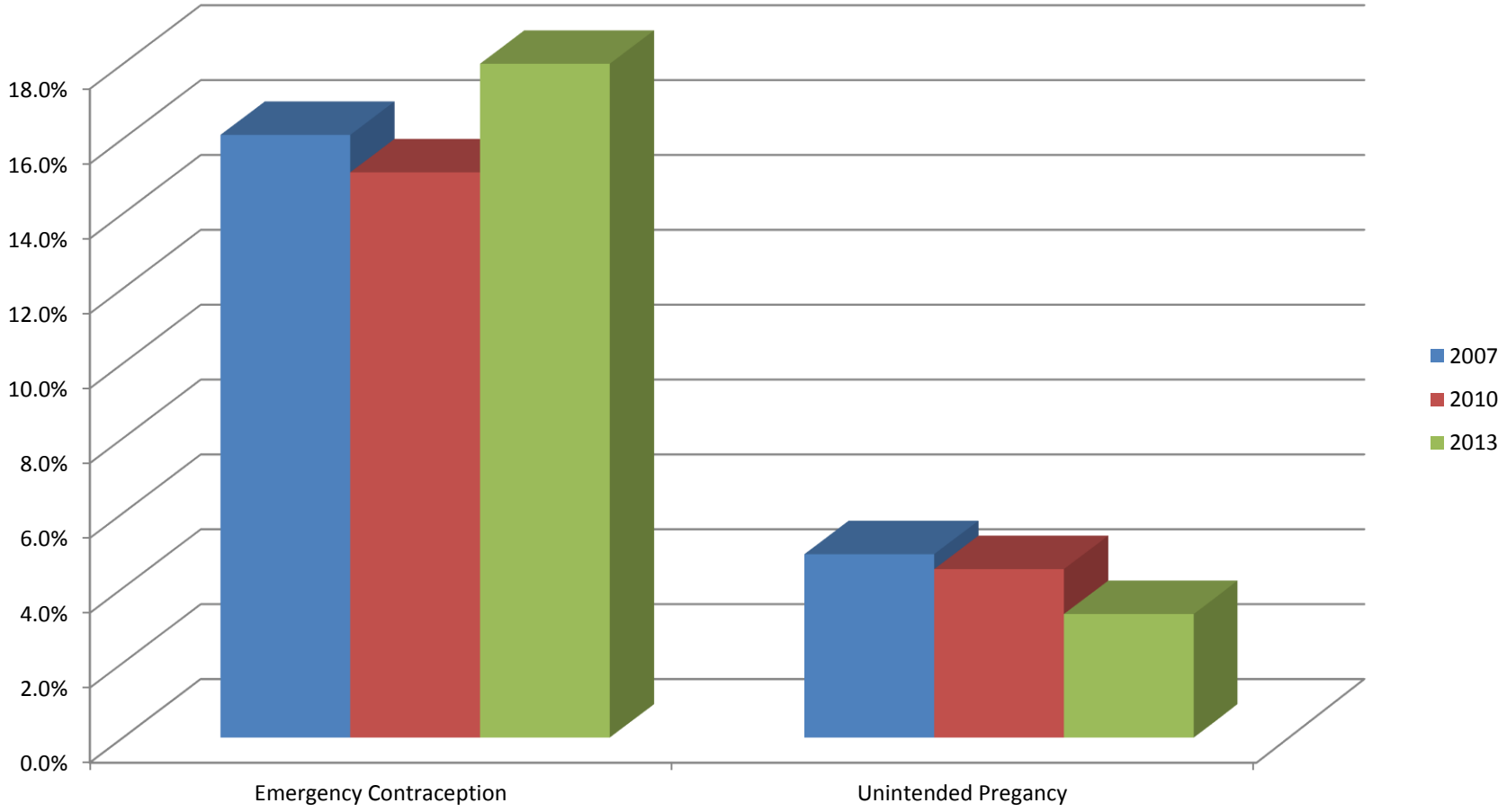
Number of Sexual Partners

Last 12 months

2013 = 70.9% with 0-1 partners

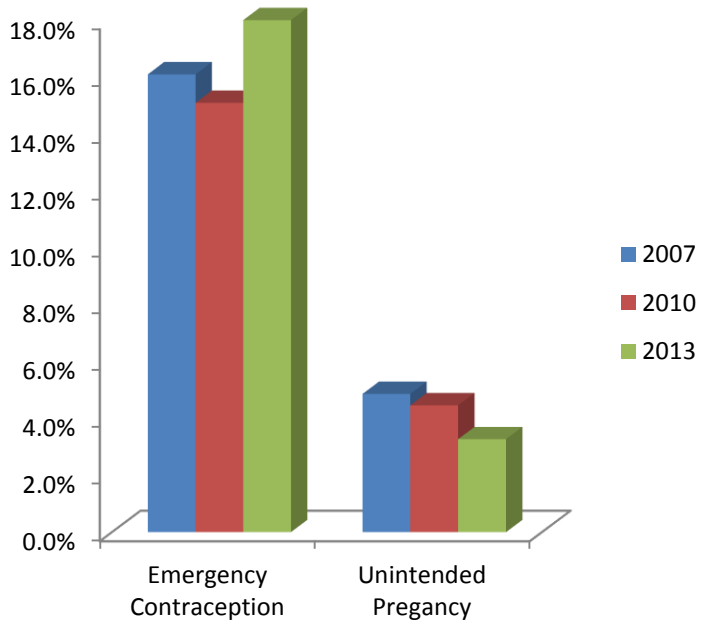


Emergency Contraception Unintended Pregnancy

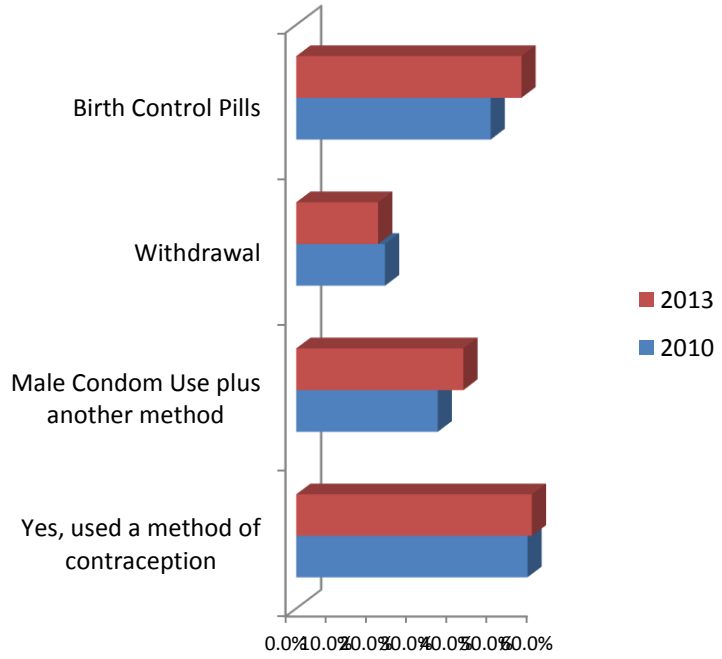


Contraception/Pregnancy

Emergency Contraception and Unintended Pregnancy



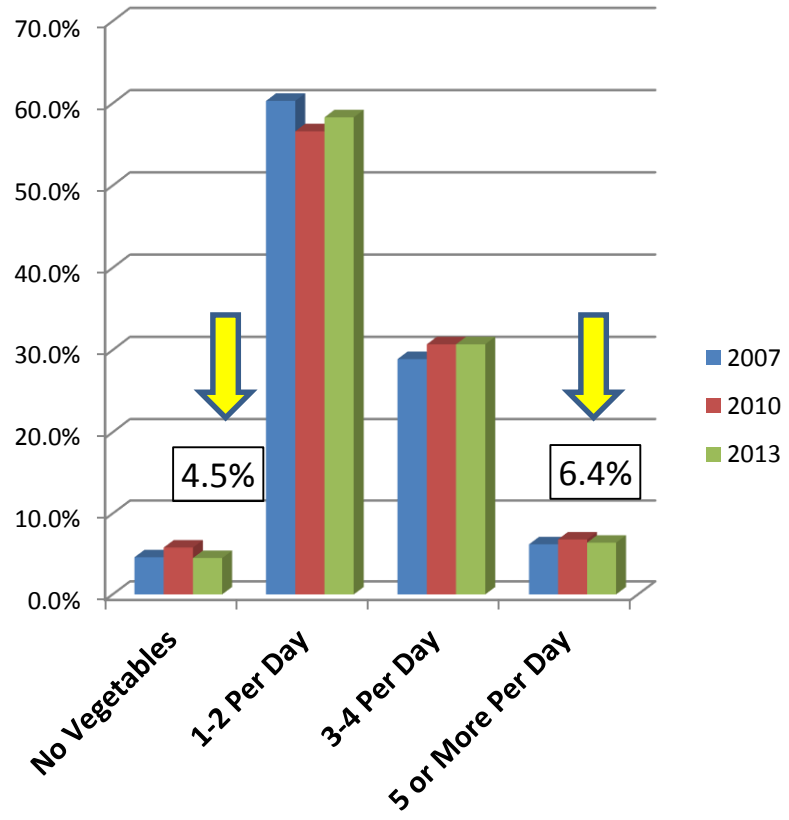
Birth Control Methods



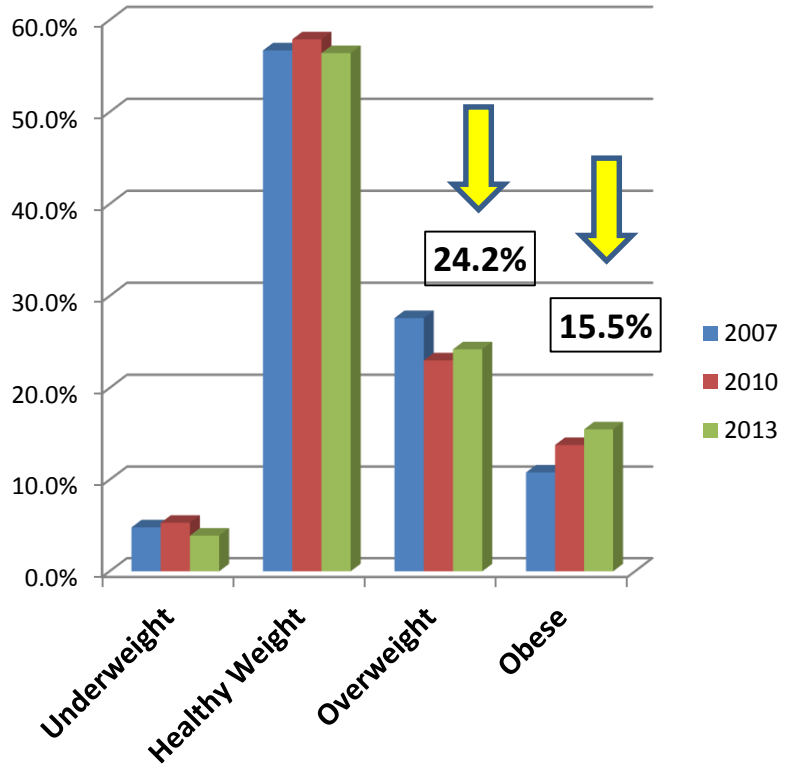
Nutrition
Weight
Exercise

Nutrition and Weight

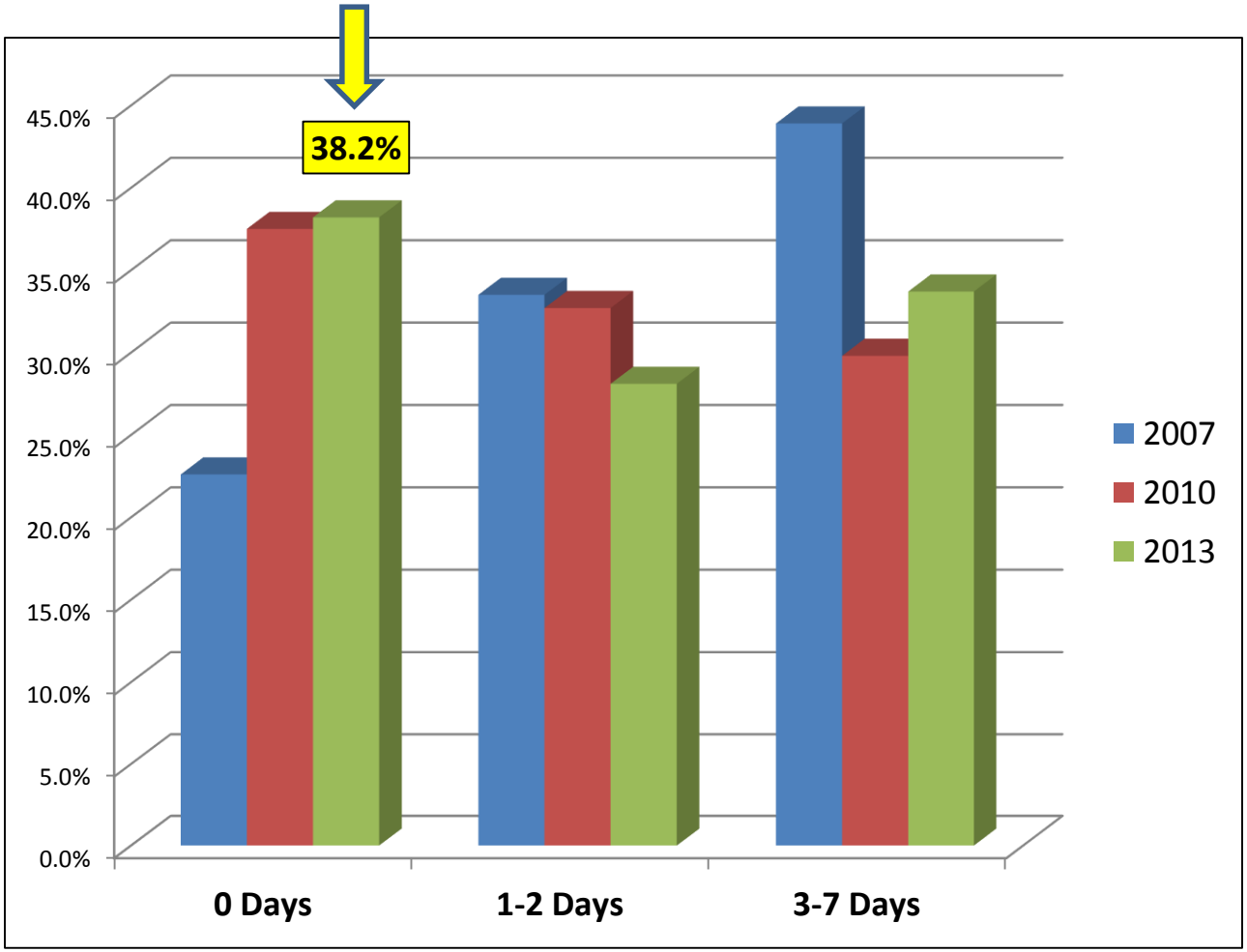
- Vegetable Consumption



- BMI

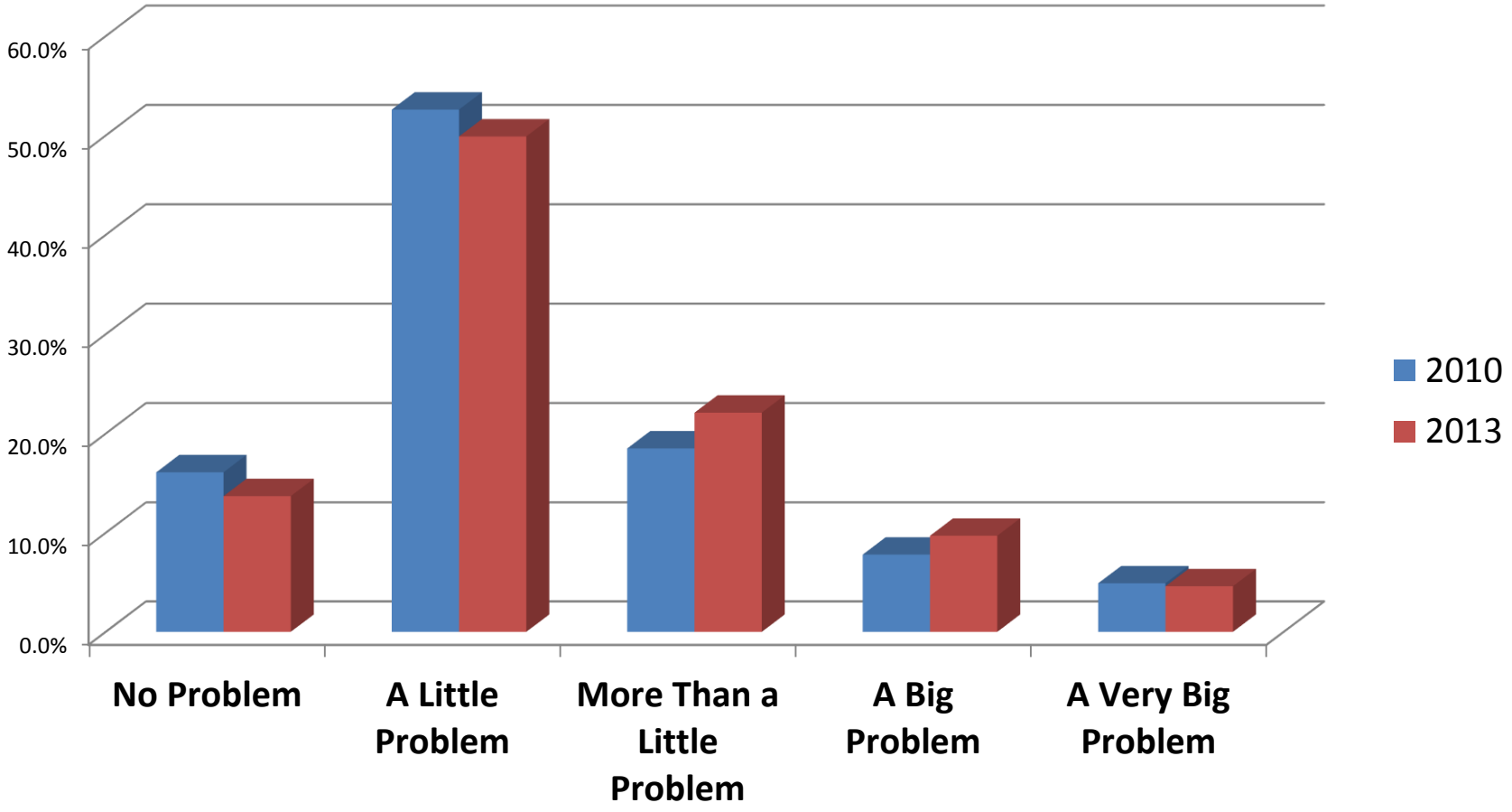


Exercise

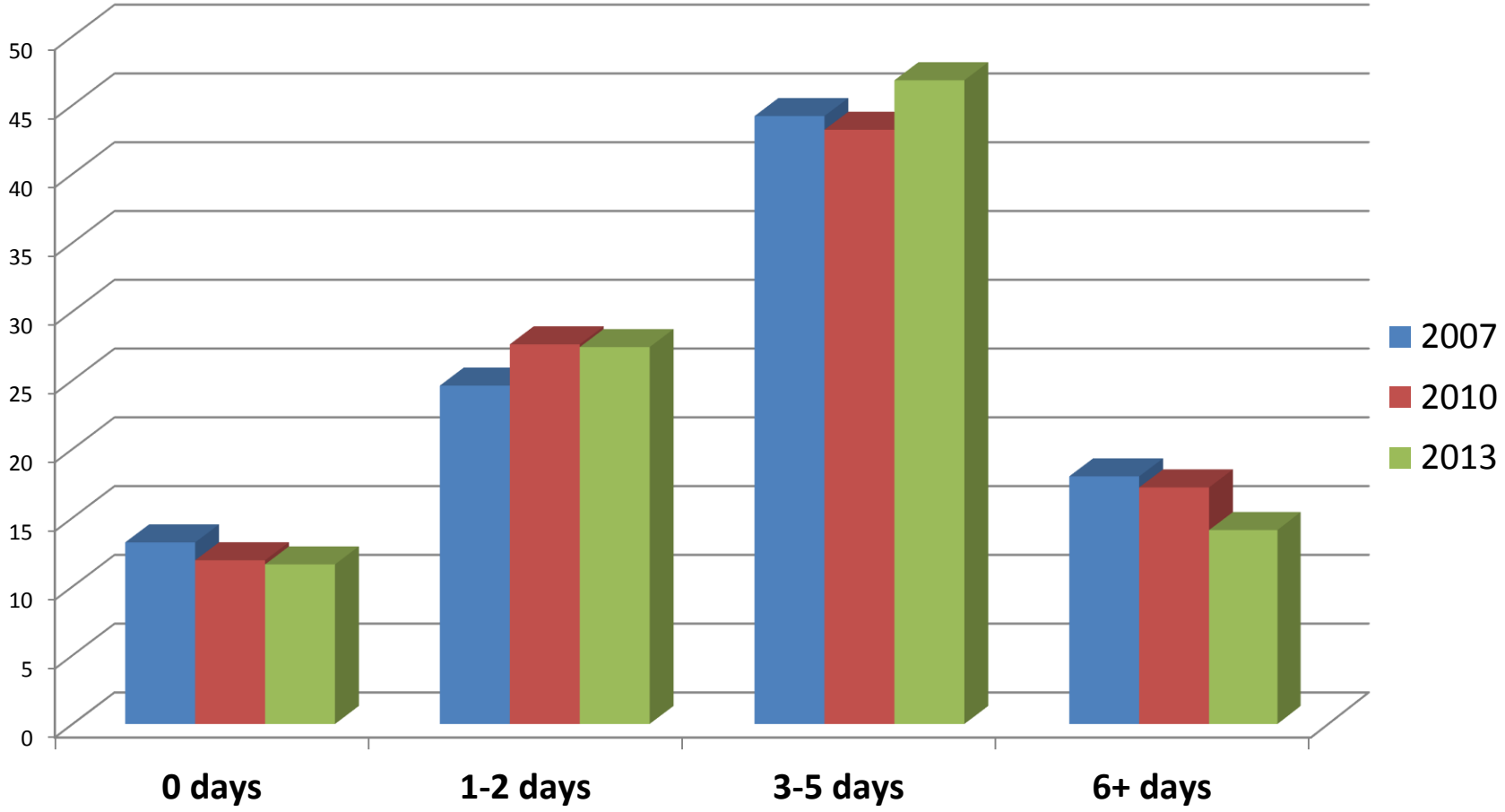

20 minutes of Exercise Per Week
38.2%
45.0%
40.0%
35.0%
30.0%
25.0%
20.0%
15.0%
10.0%
5.0%
0.0%
0 Days
1-2 Days
3-7 Days
2007
2010
2013

Sleep

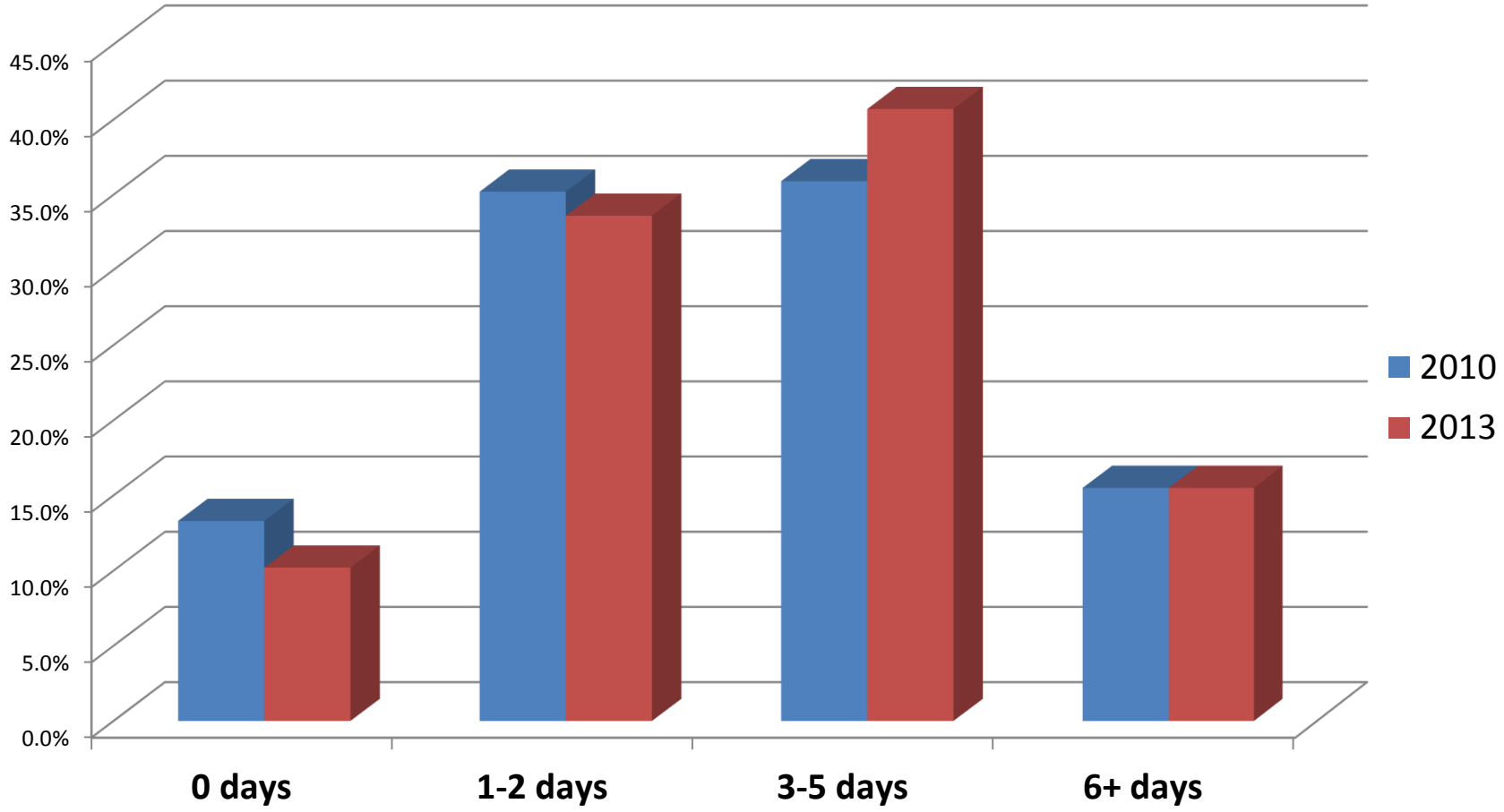
In the past 7 days, problem with sleepiness during daytime activities



In the past 7 days, got enough sleep to feel rested in the morning

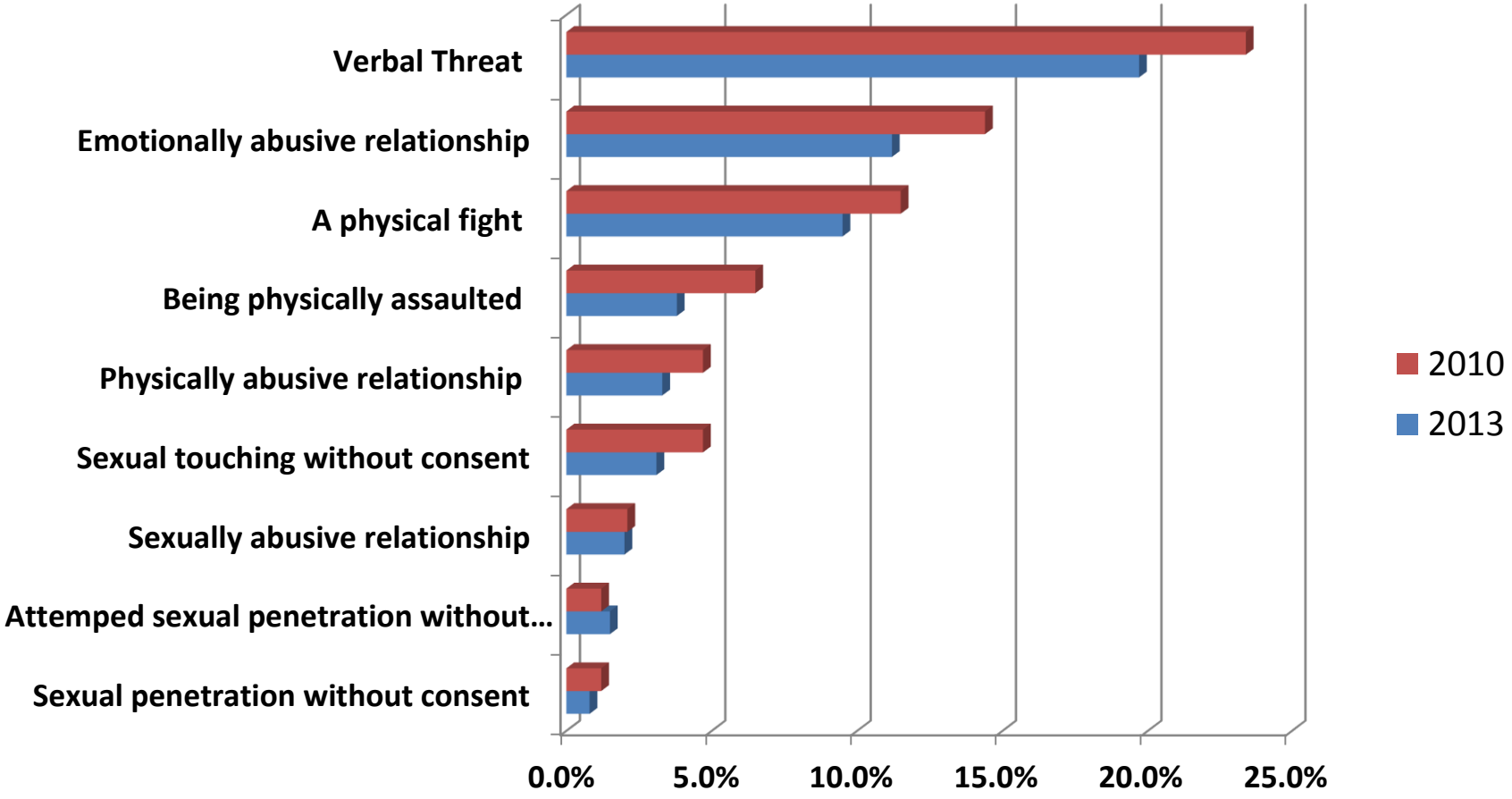


In the past 7 days, felt tired, dragged out, or sleepy during the day

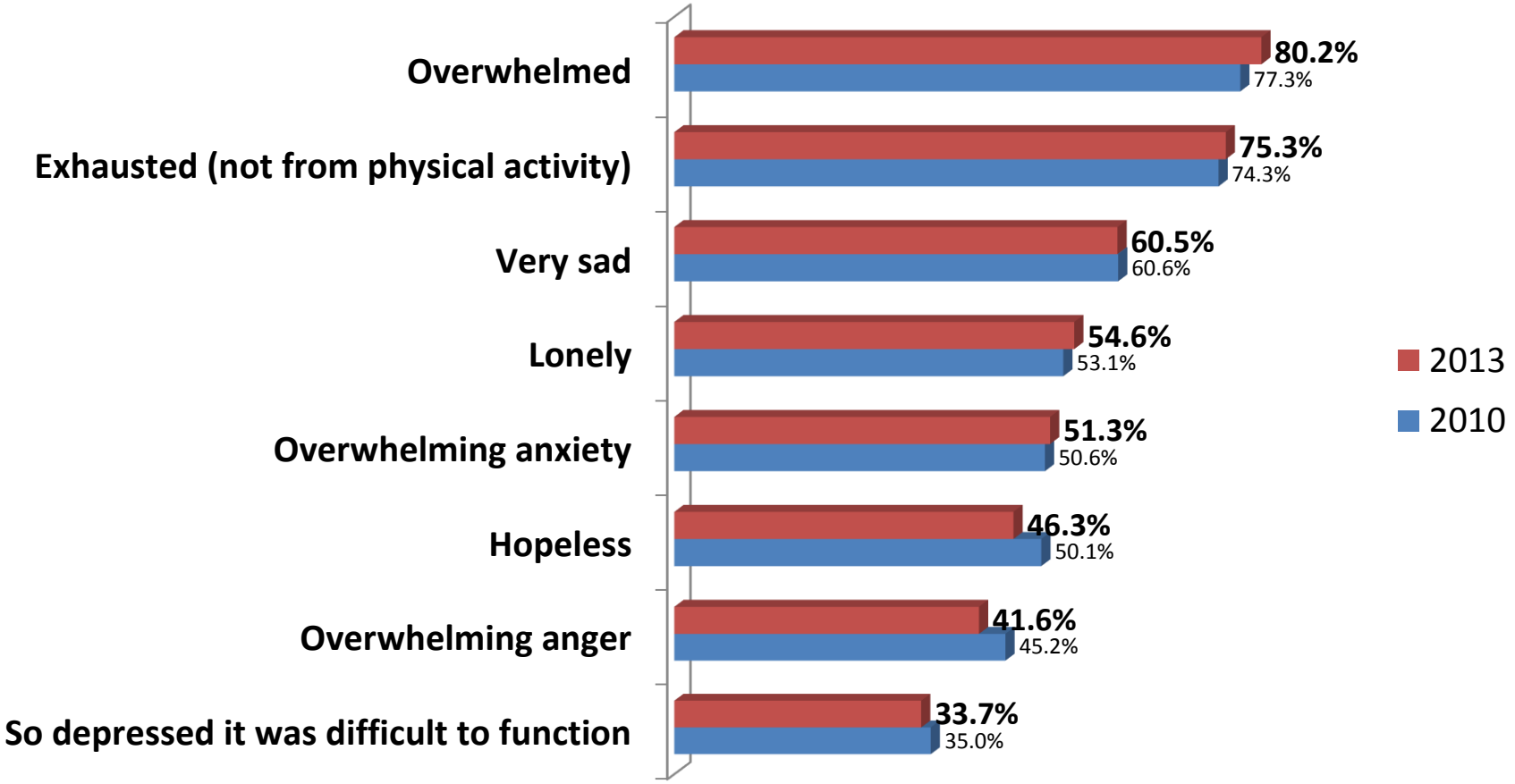


Mental Health

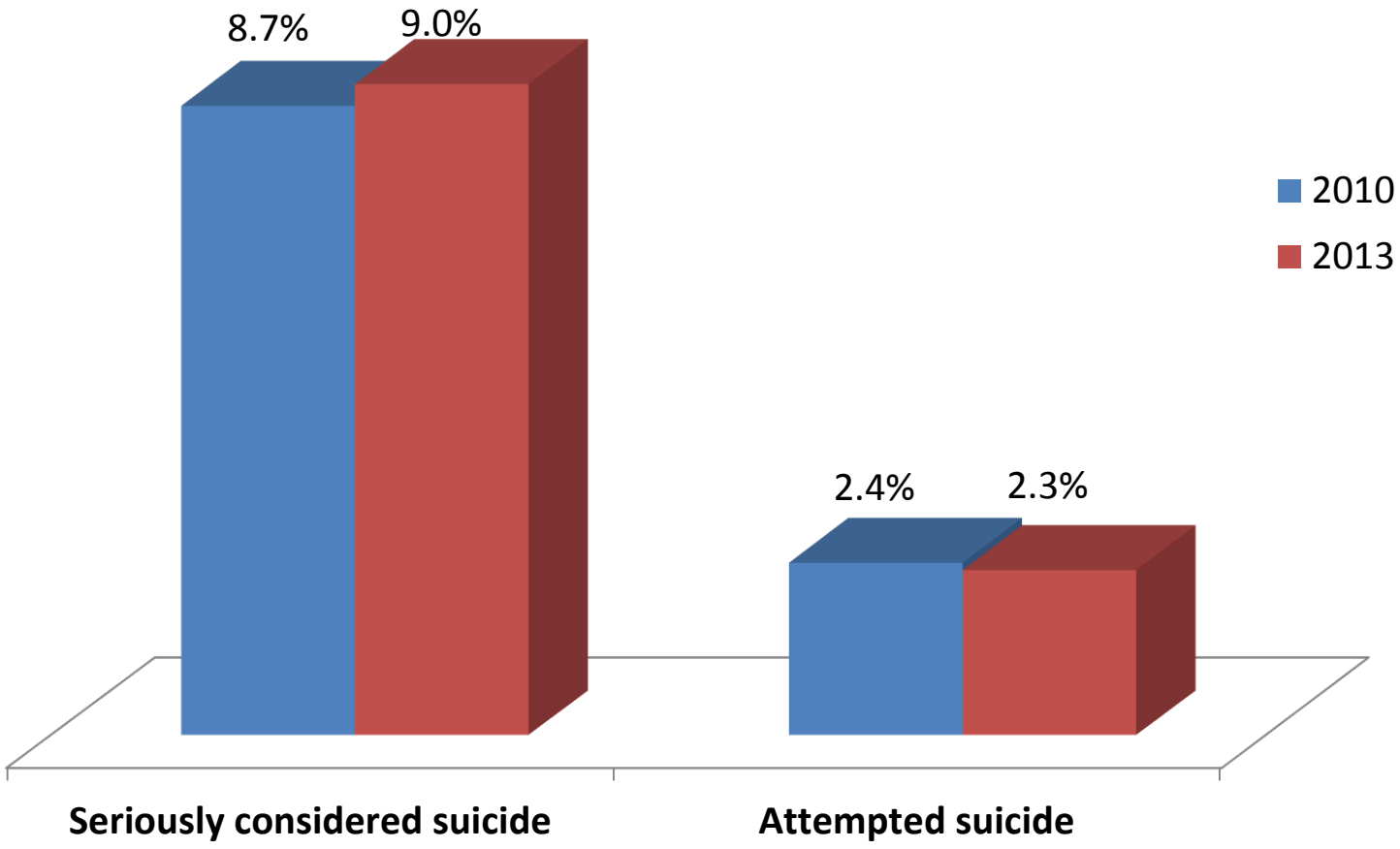
Violence (in last 12 months)



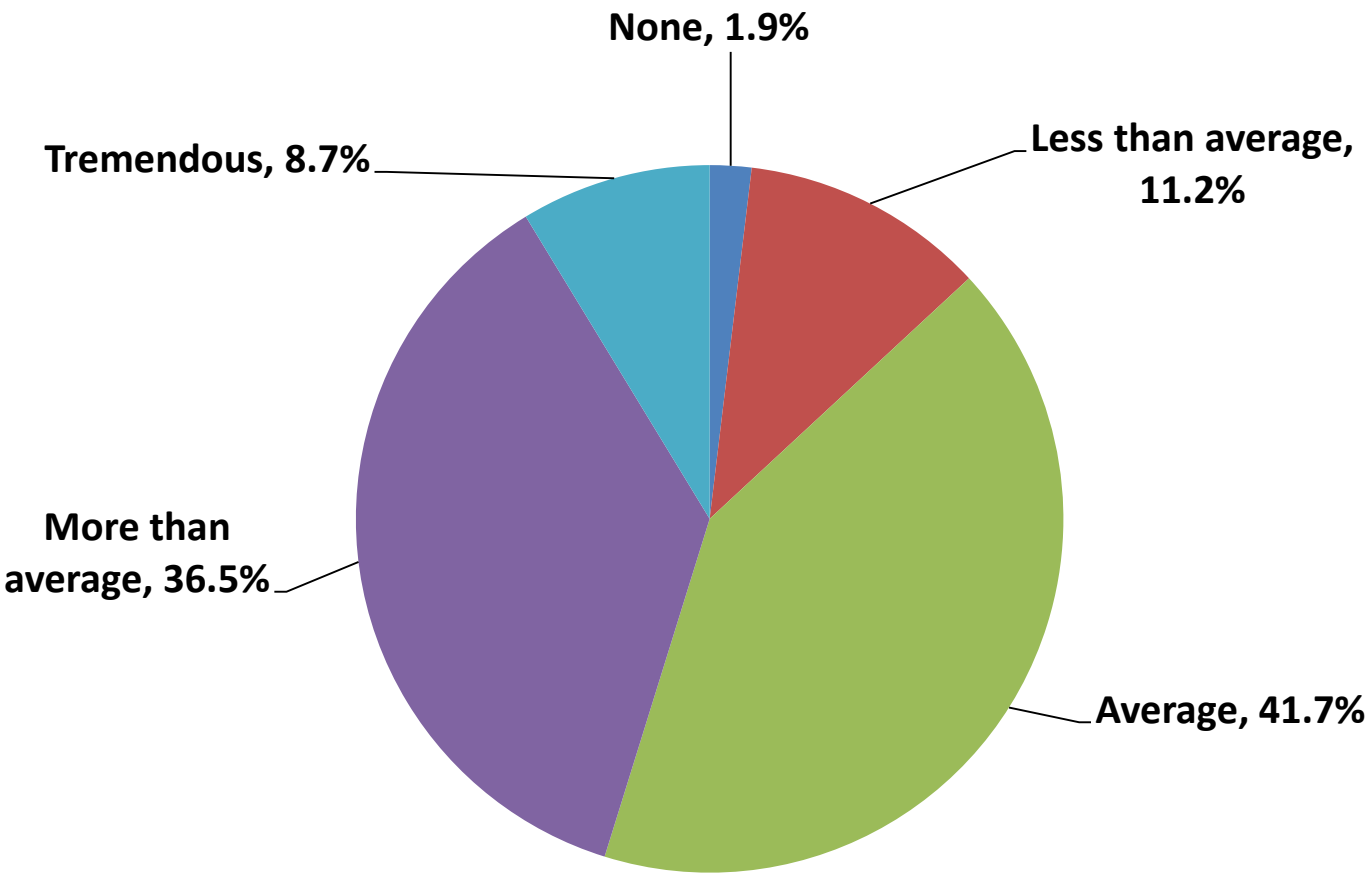
Feelings within the last 12 months



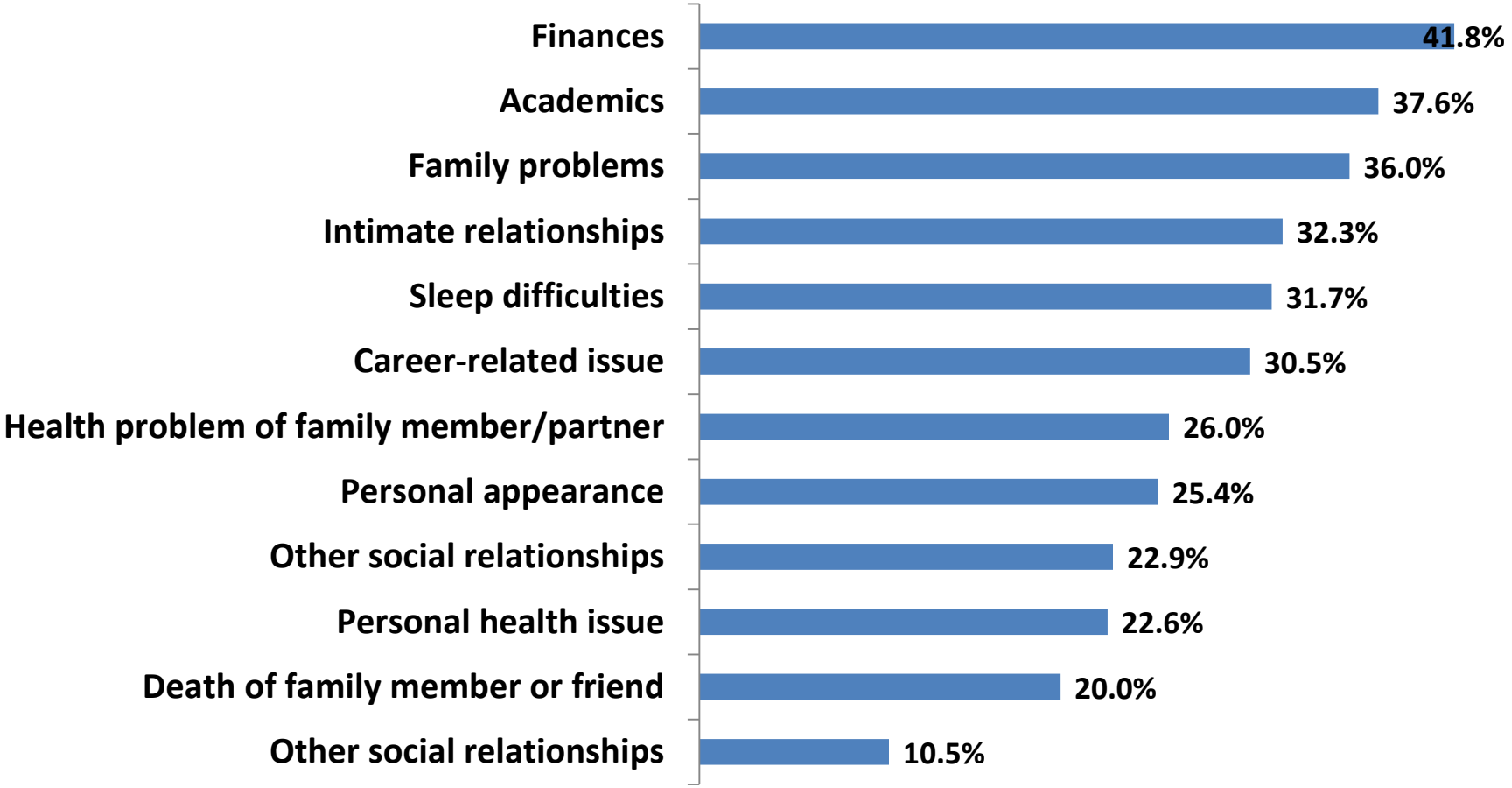
Suicide


8.7%
9.0%
2.4%
2.3%
2010
2013
Seriously considered suicide
Attempted suicide

Level of Stress – Last 12 Months



Has been traumatic or very difficult to handle in the last 12 months



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