

National College Health
Assessment Survey
Spring 2013
Santa Rosa Junior College

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Director, Student Health Services

National College Health Assessment



- **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**



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ACHA-NCHA II Survey Instrument

Content Sections:

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- Demographics
- Supplemental Questions

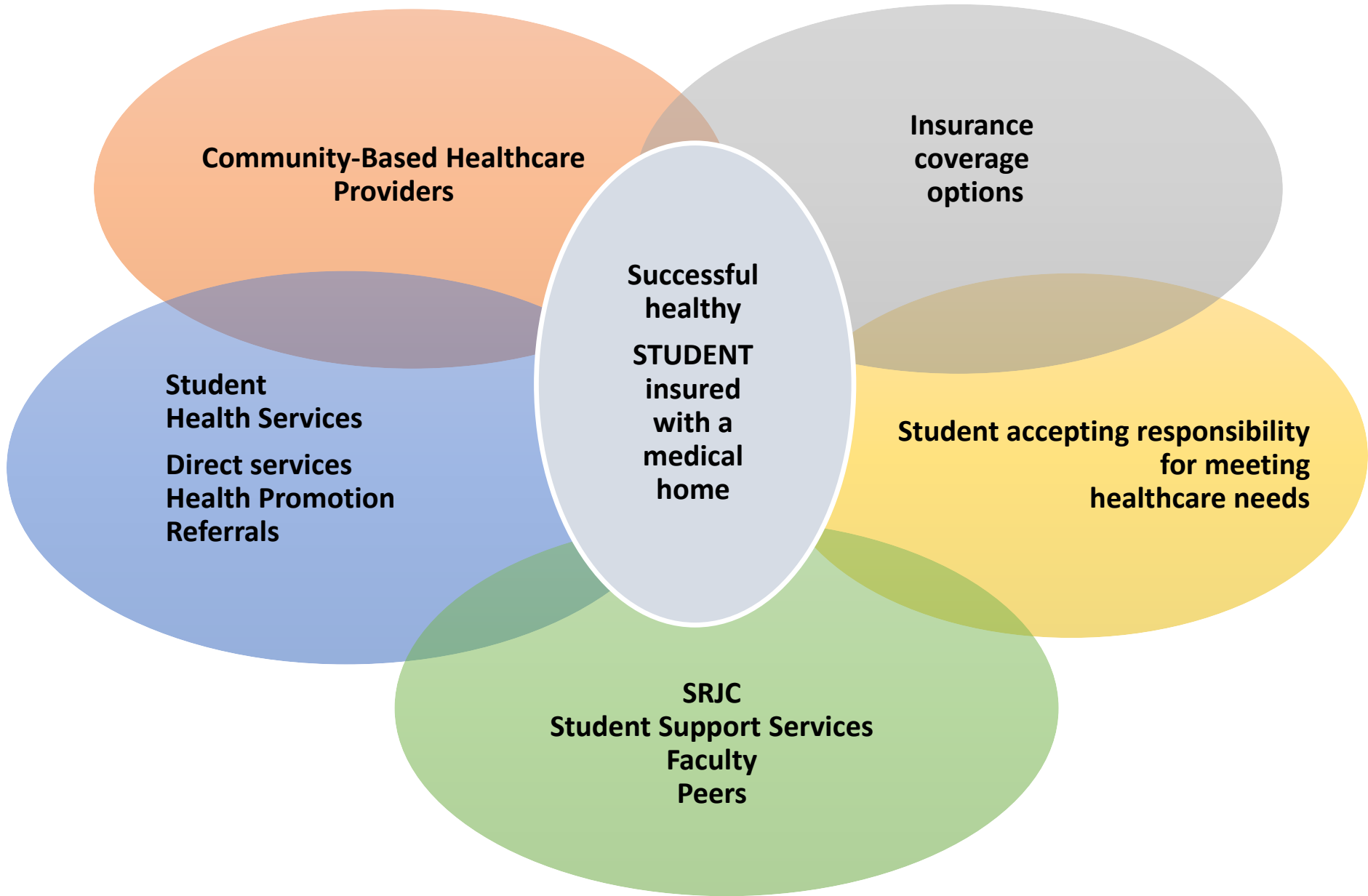
Implementation at SRJC 2013

- 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

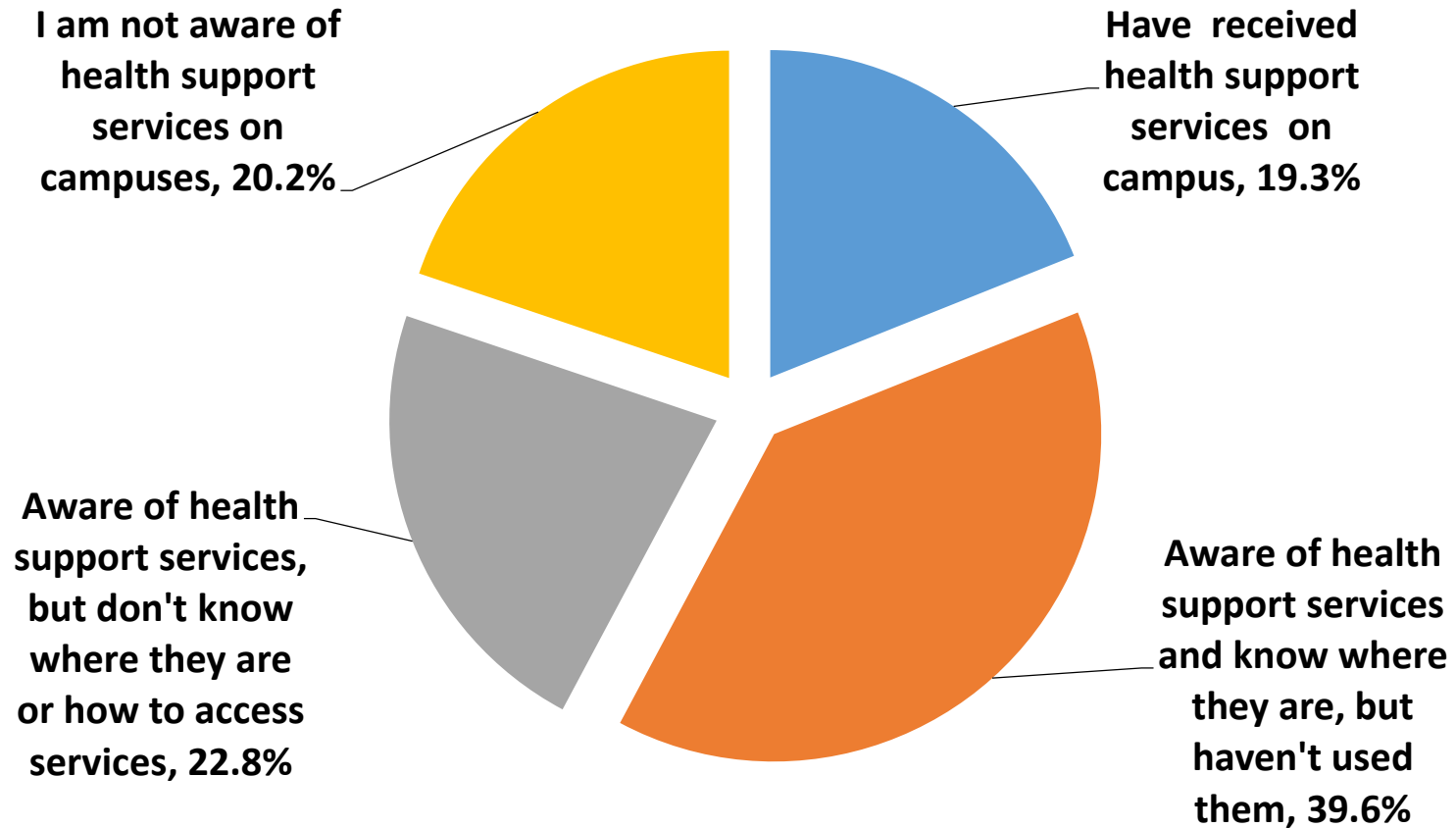
Sample Size: 995 students

Uses of NCHA Assessment Data

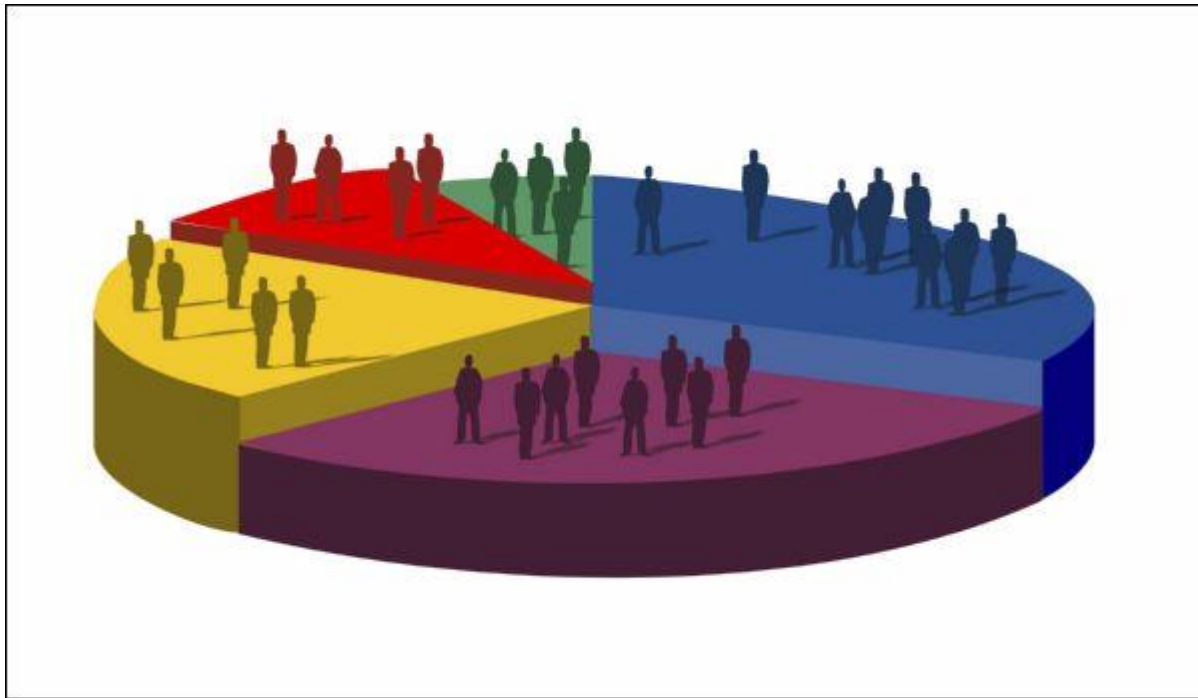
- Identify the most common health and behavior risks affecting students' academic performance, and incorporate into Student Success program activities at the college.
- Design evidence-based health promotion and screening programs with targeted educational and environmental initiatives.
- Compare local 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



Student Awareness of Health Support Services at SRJC

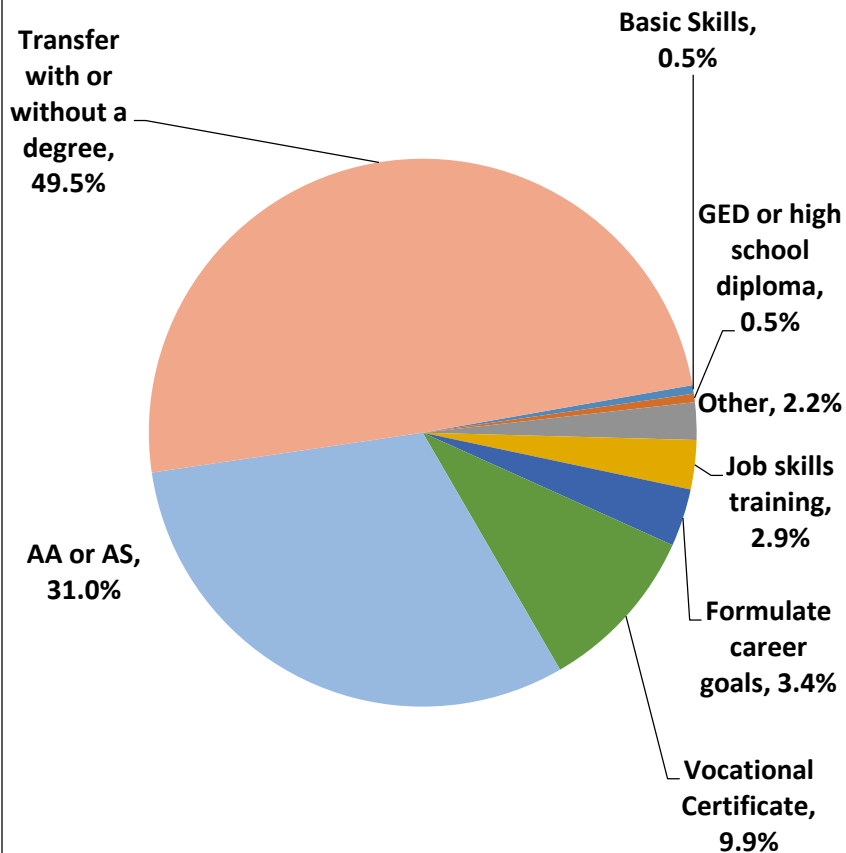


SRJC-NCHA Student Sample Demographics

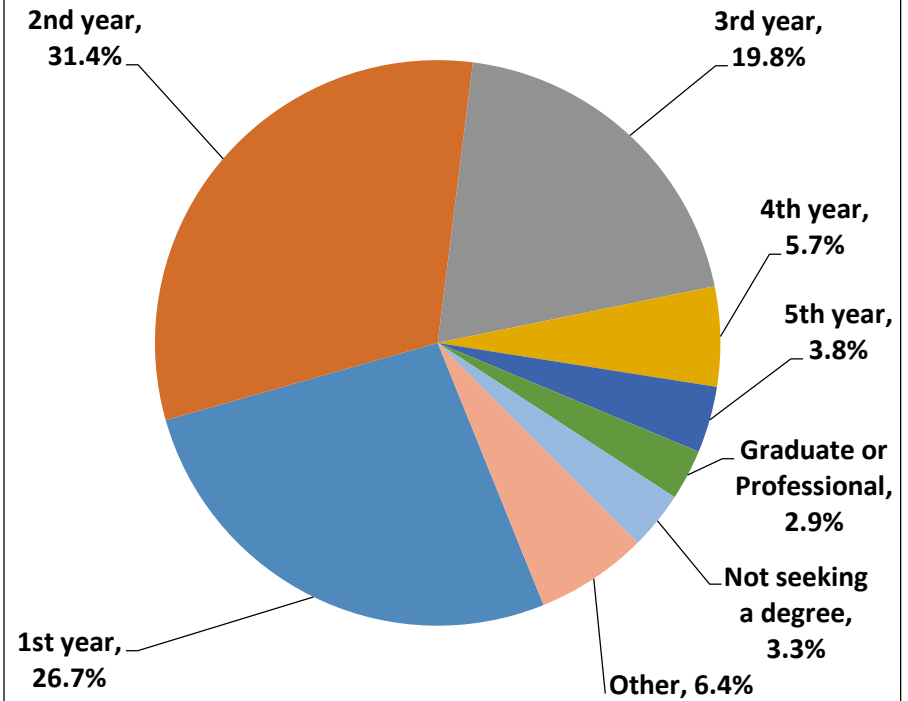


Student Goal and Status

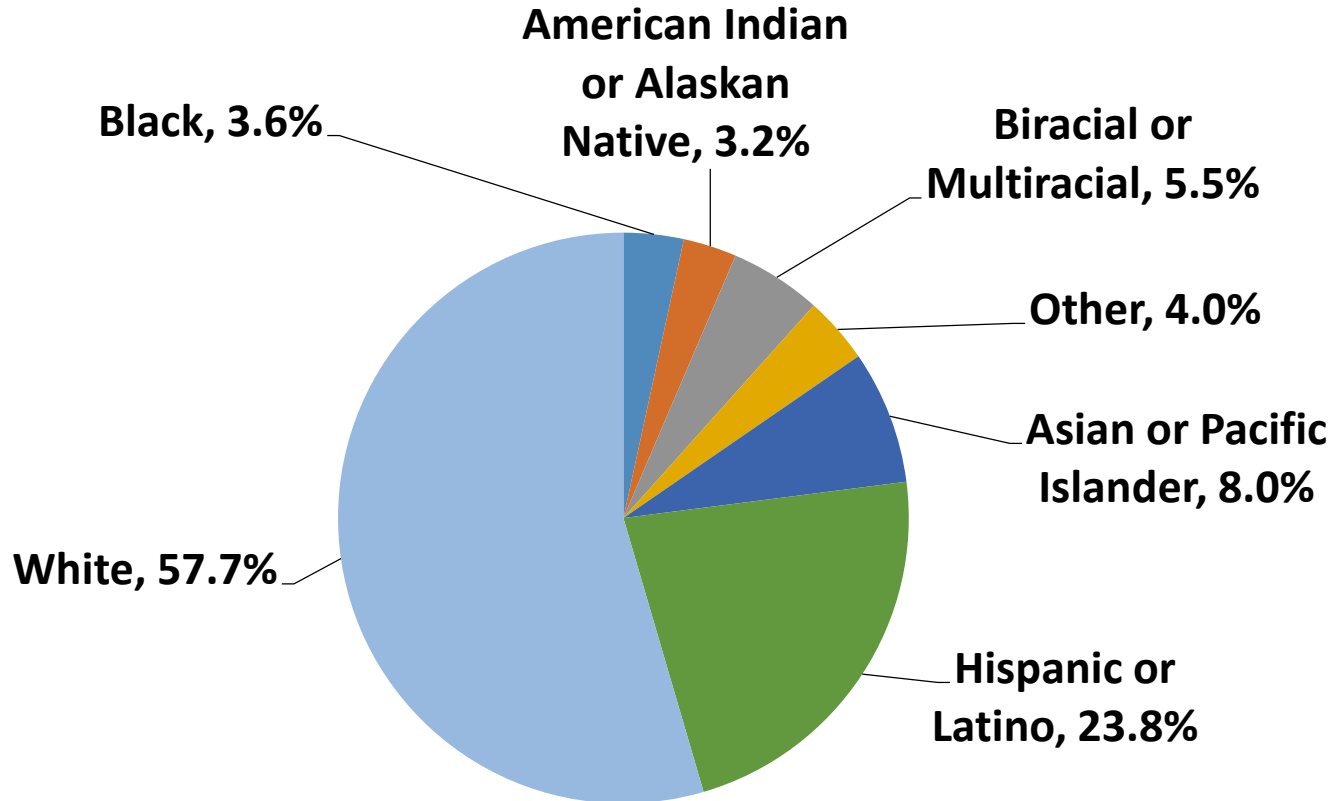
Educational Goal



Student Status



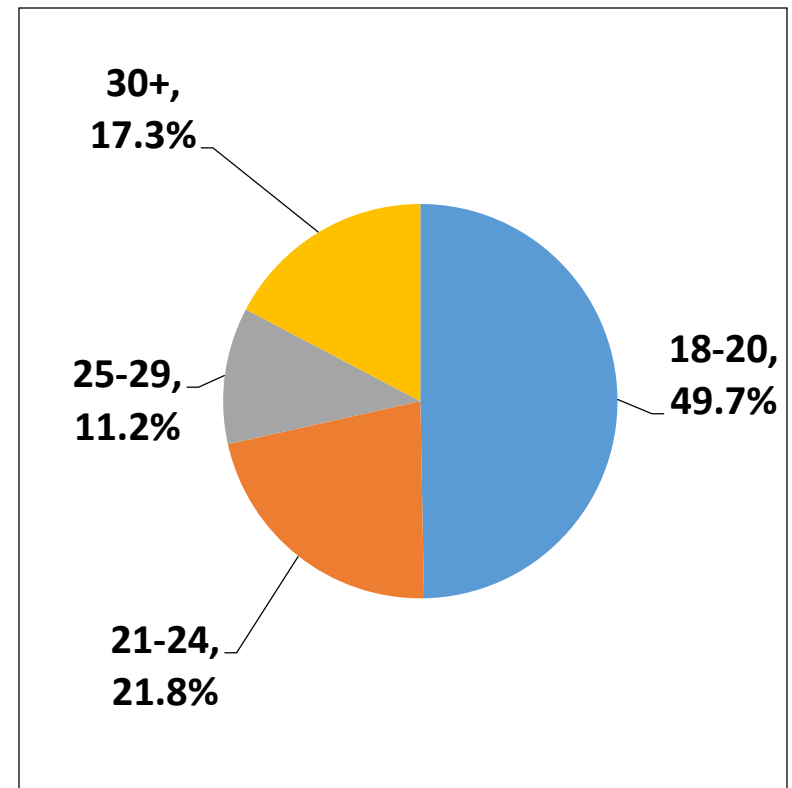
Ethnicity



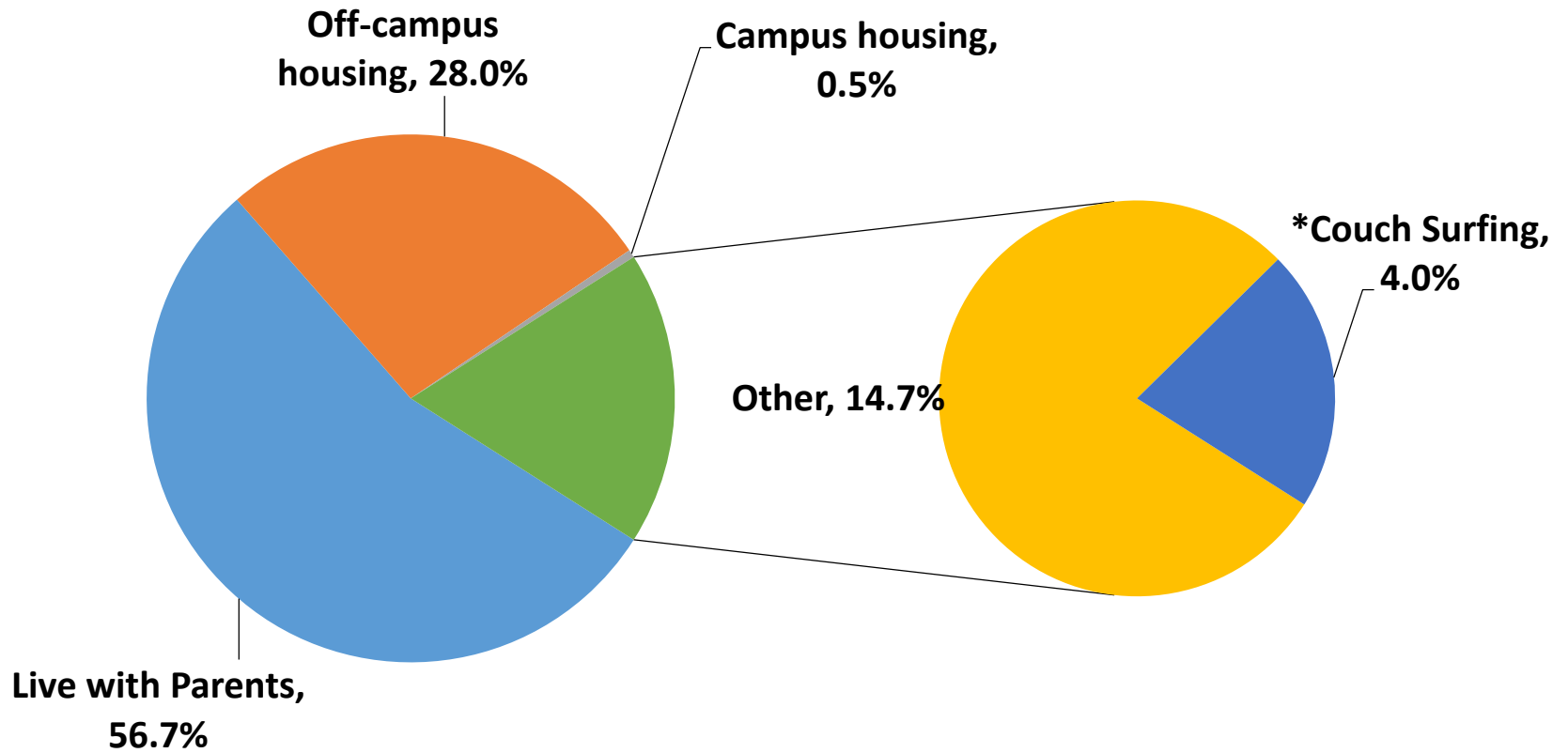
Relationship Status and Age

| | |
|---------------------------------------|-------|
| 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% |

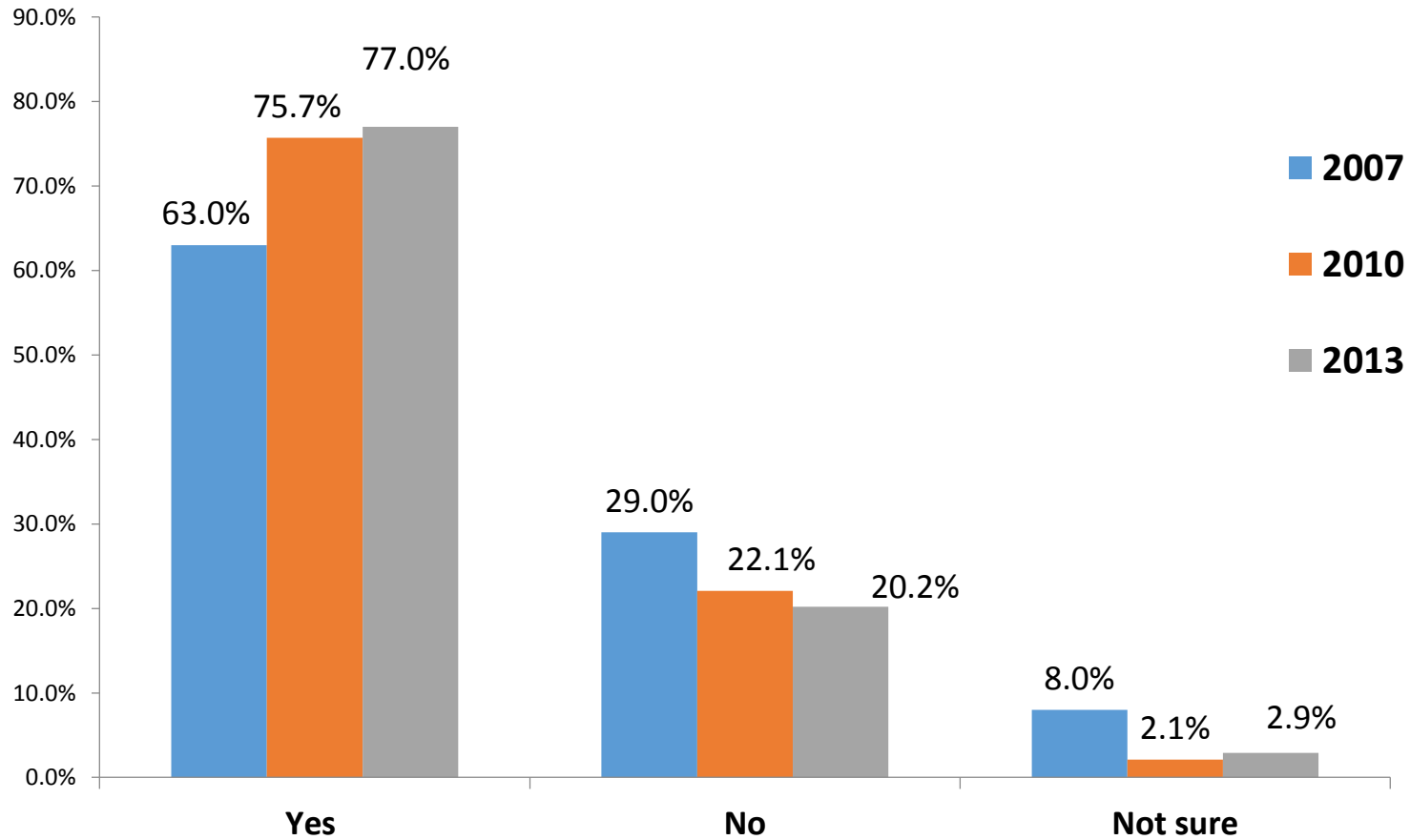
Age



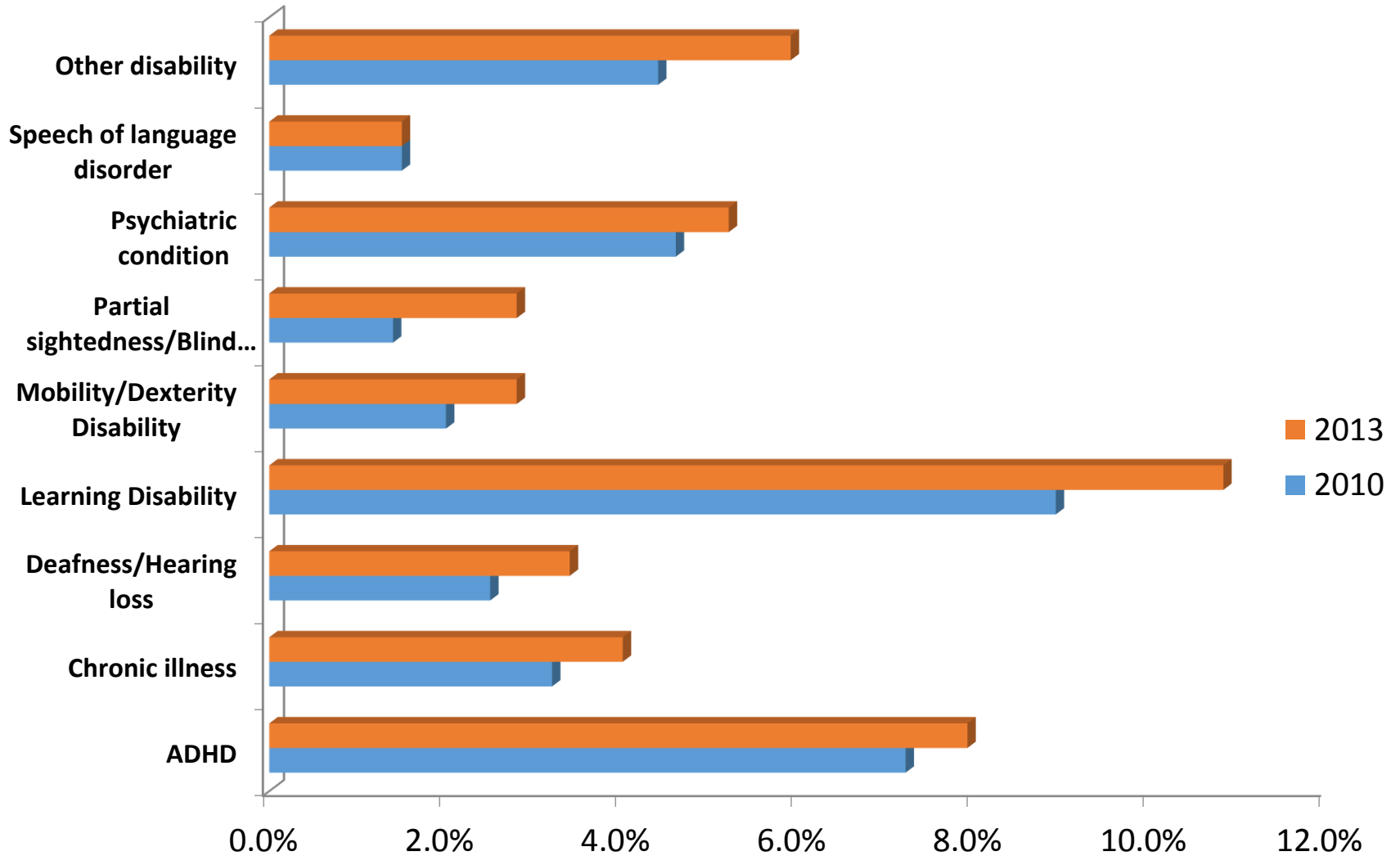
Housing



SRJC Student Health Insurance Coverage



Students with Disabilities

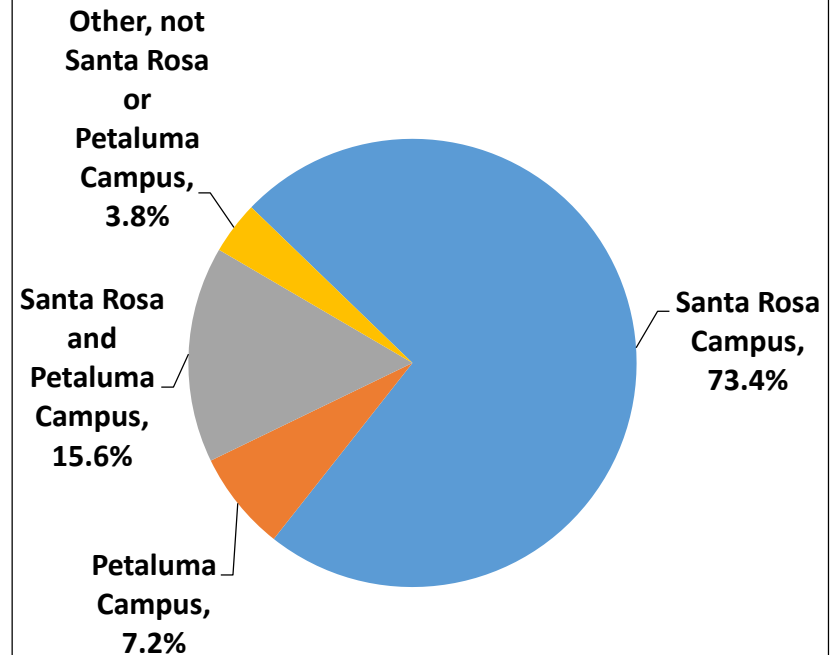


Other Demographics

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

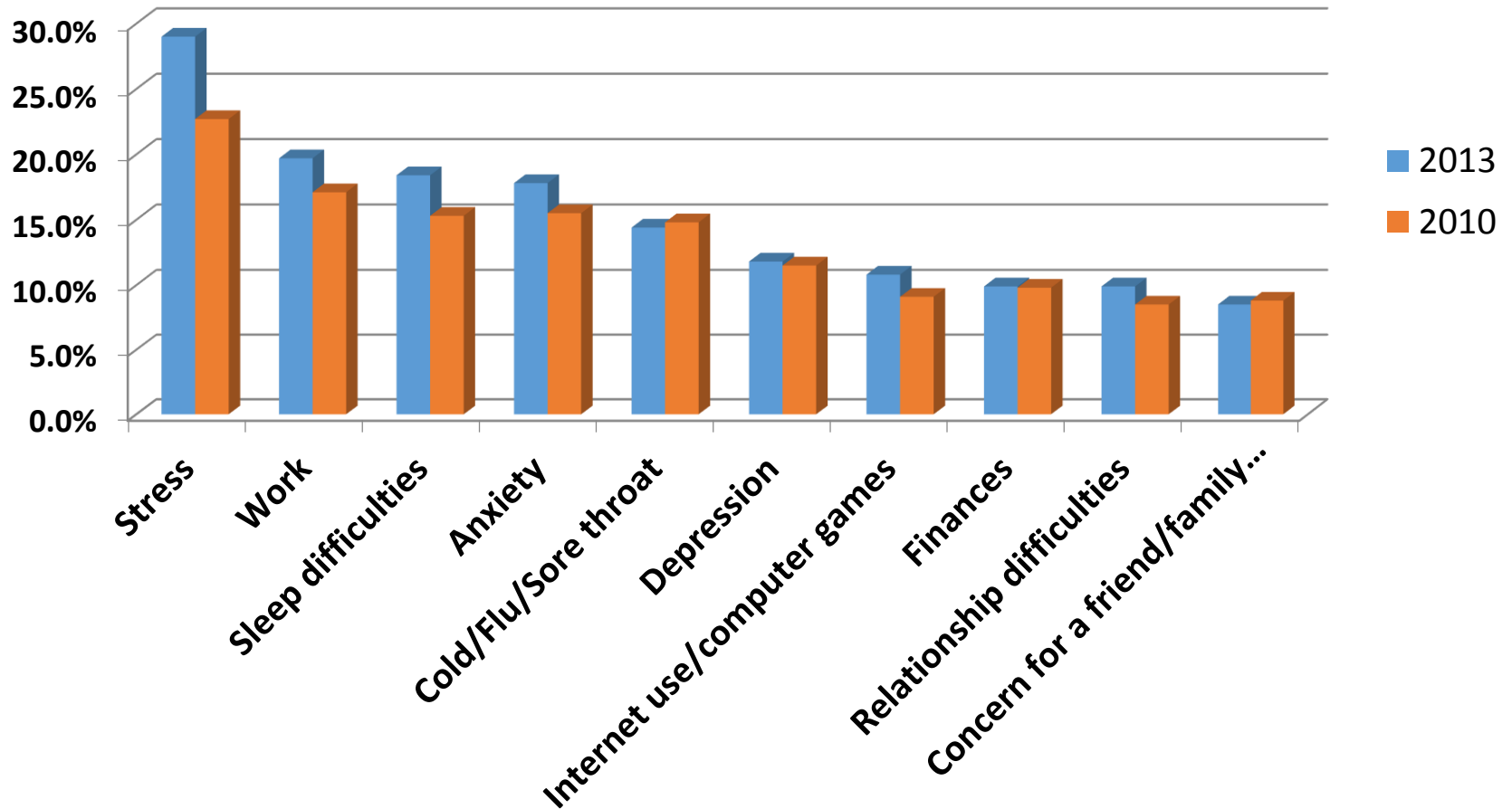


Health and Academic Performance



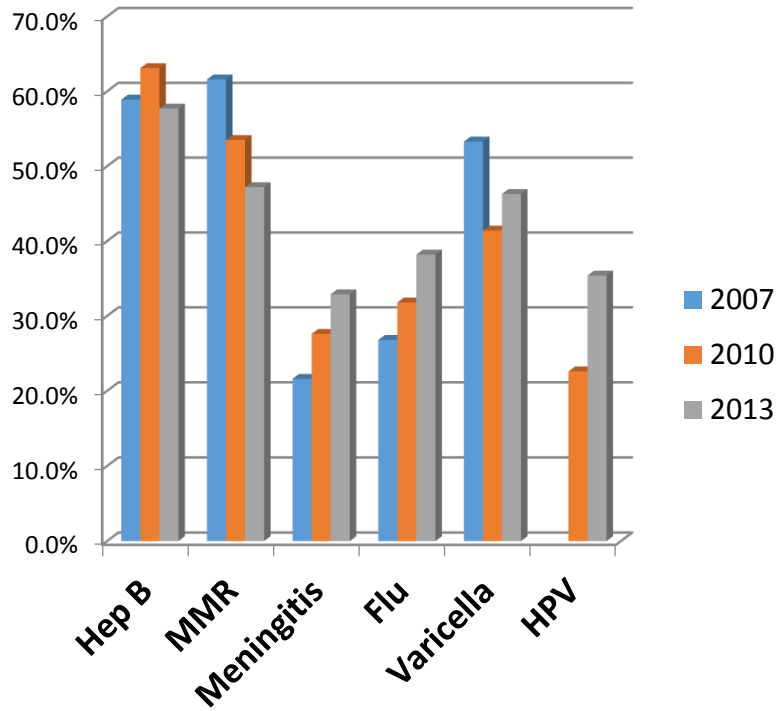
Impediments to Academic Performance

10 most prevalent factors reported

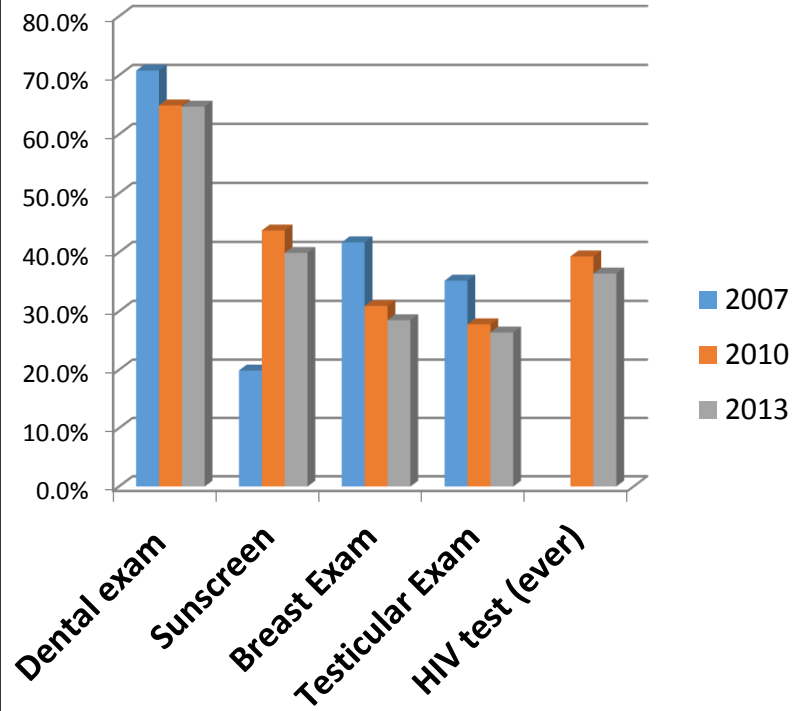


Prevention

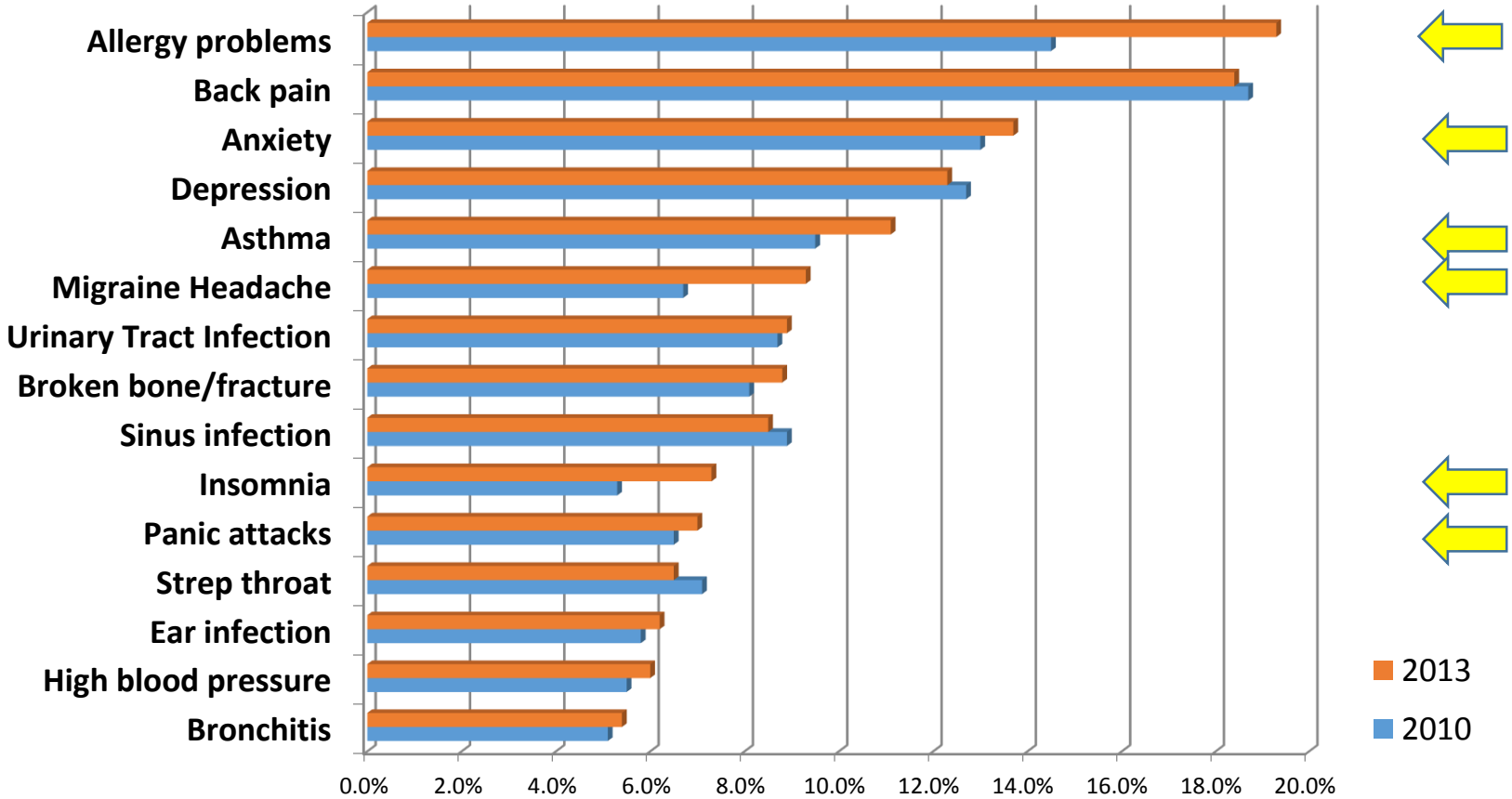
Immunization Status



Prevention Practices



Health Conditions Diagnosed or Treated within the last 12 months

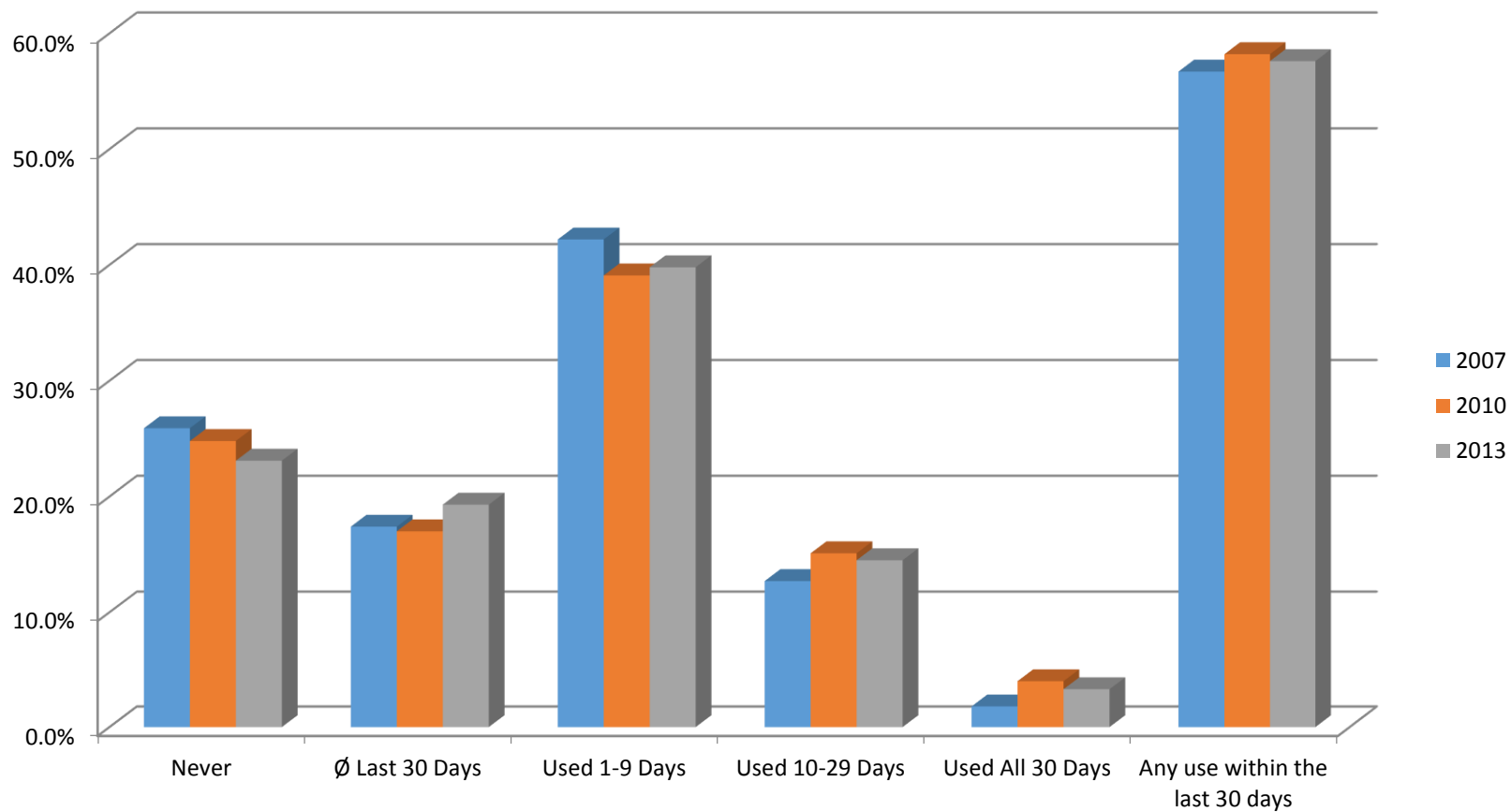


Substance Use/Abuse



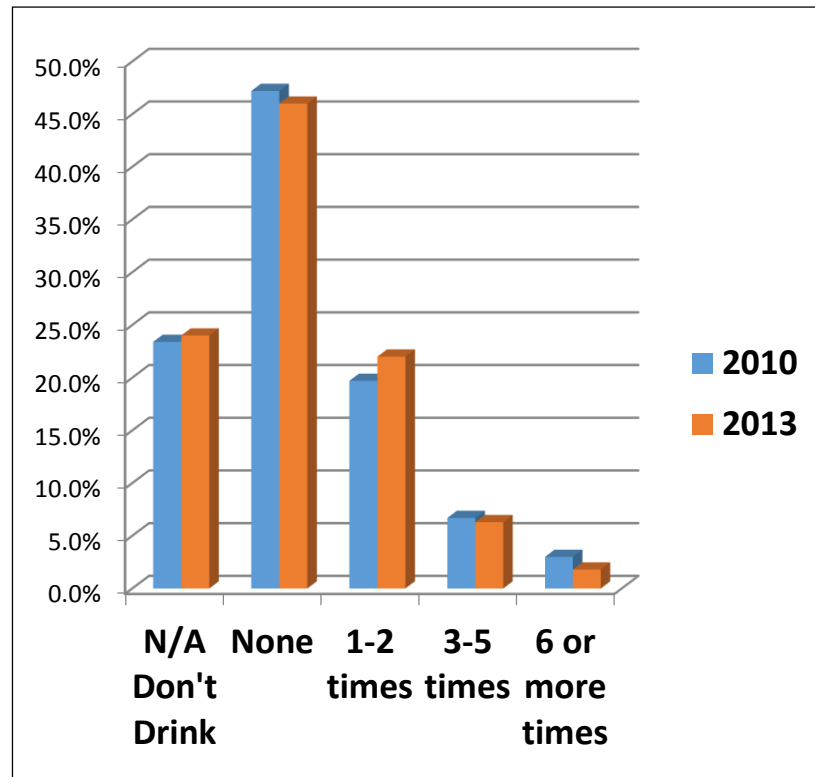
Alcohol, Marijuana, Cigarettes, Unprescribed Prescription Drugs, Other Drugs

Alcohol Use

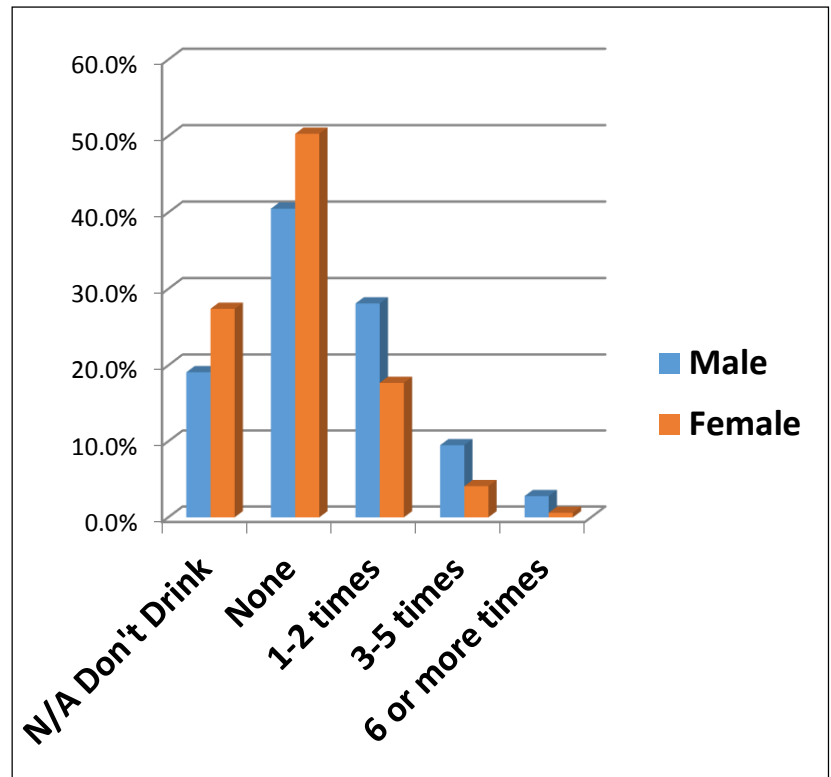


Dangerous Drinking

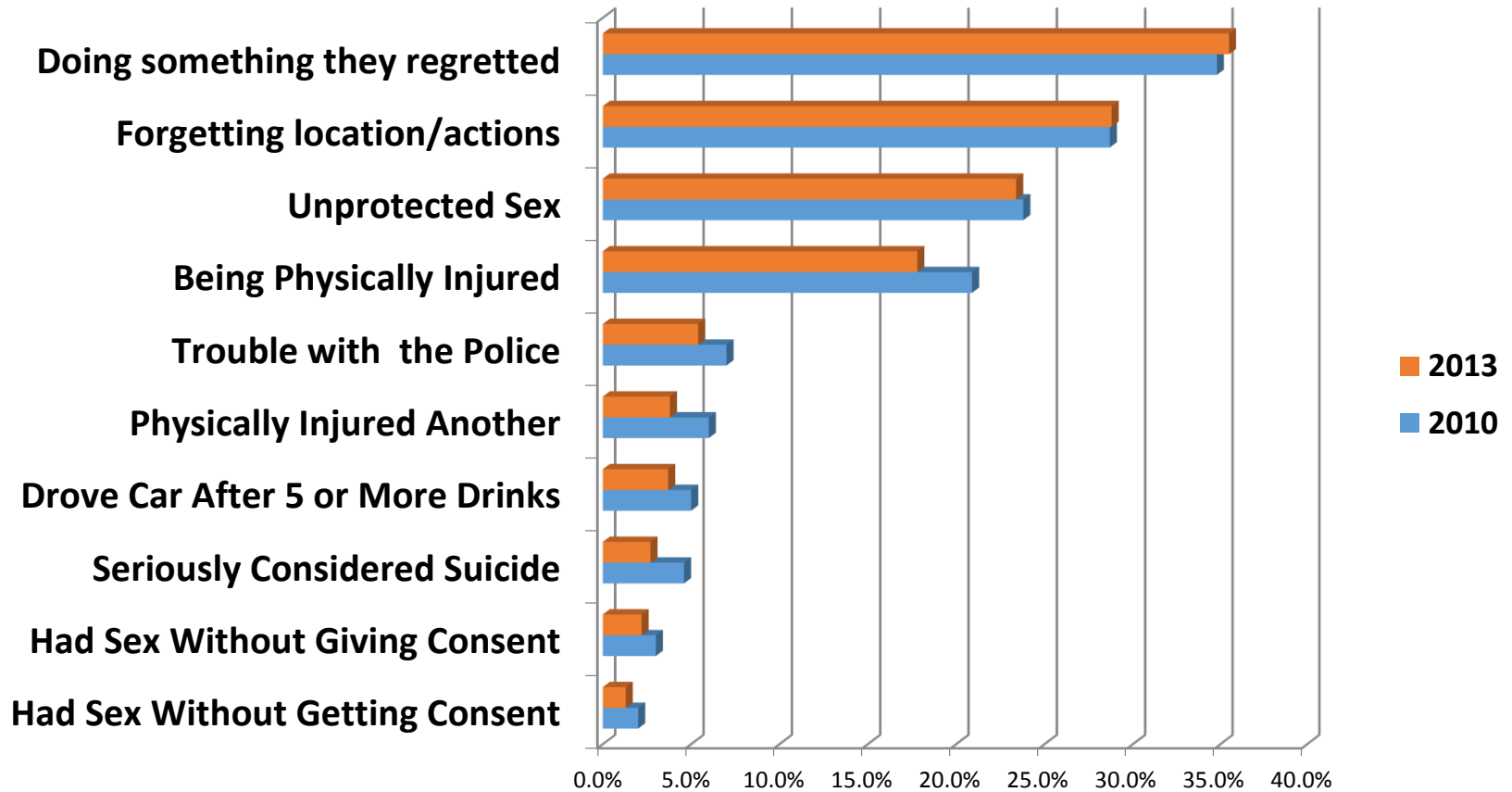
**Consumed 5 or More Drinks
in the Last 2 Weeks**



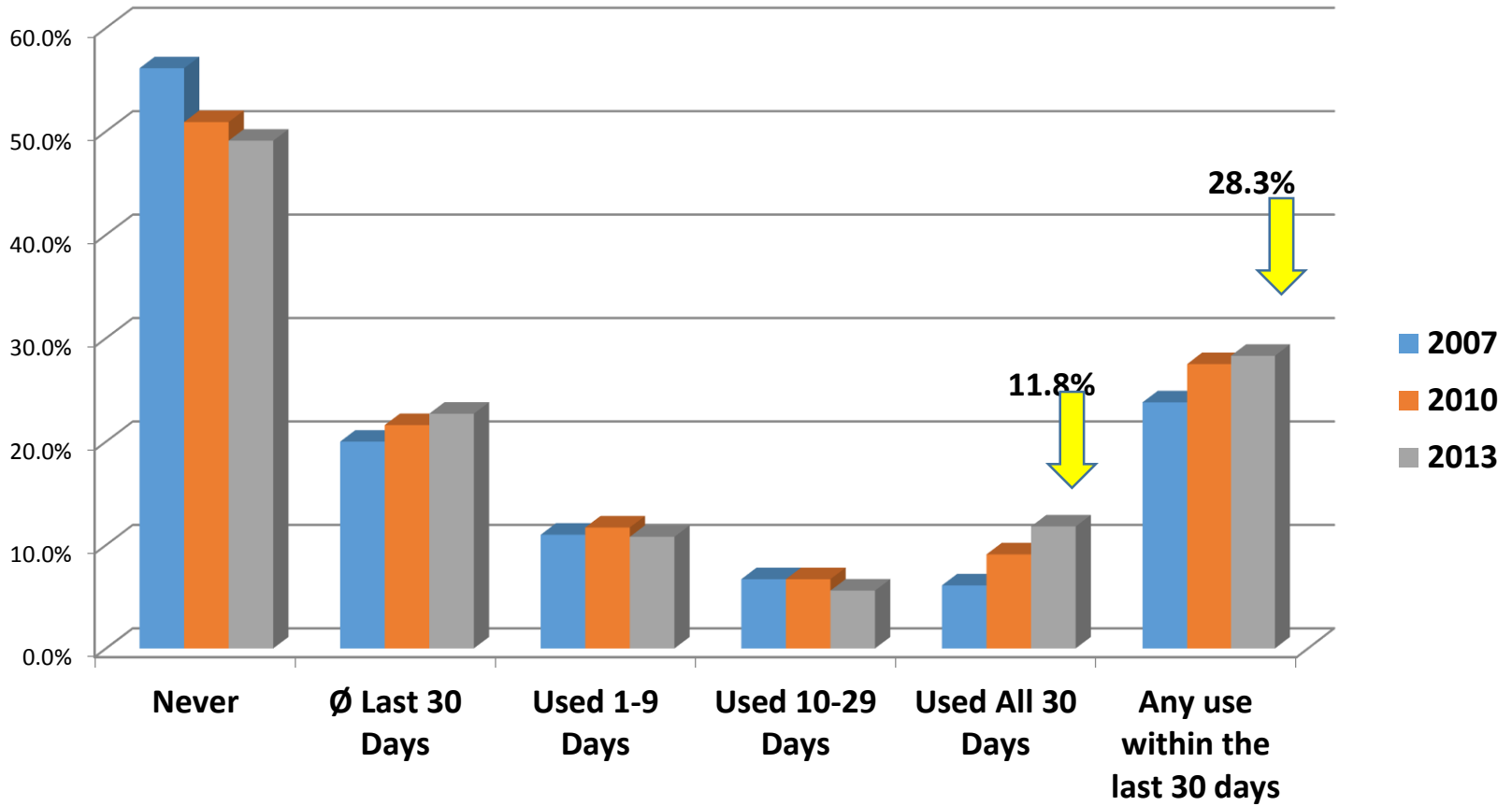
**2013 Data Only:
Gender Breakout**



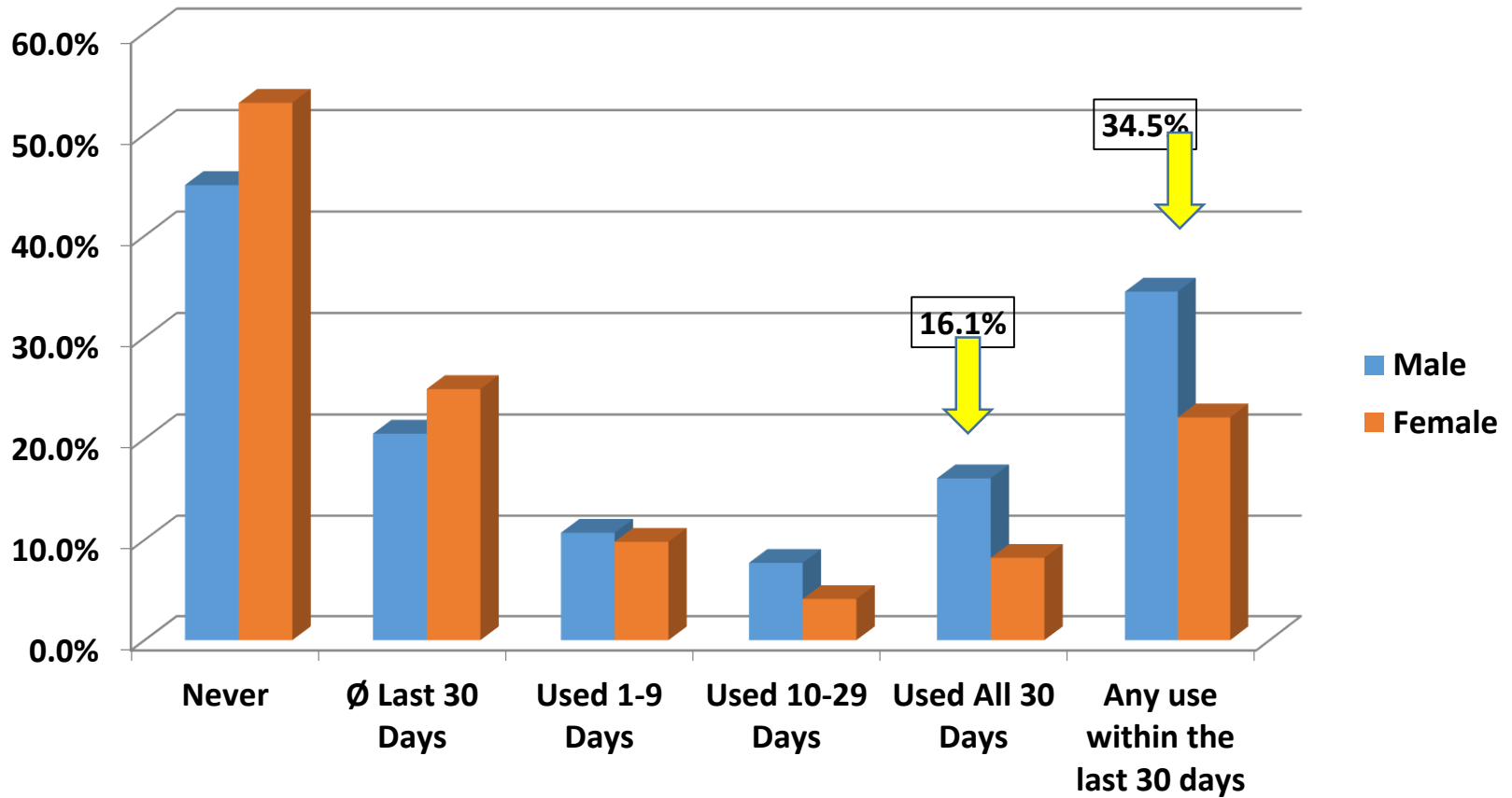
Negative Consequences of Drinking Alcohol



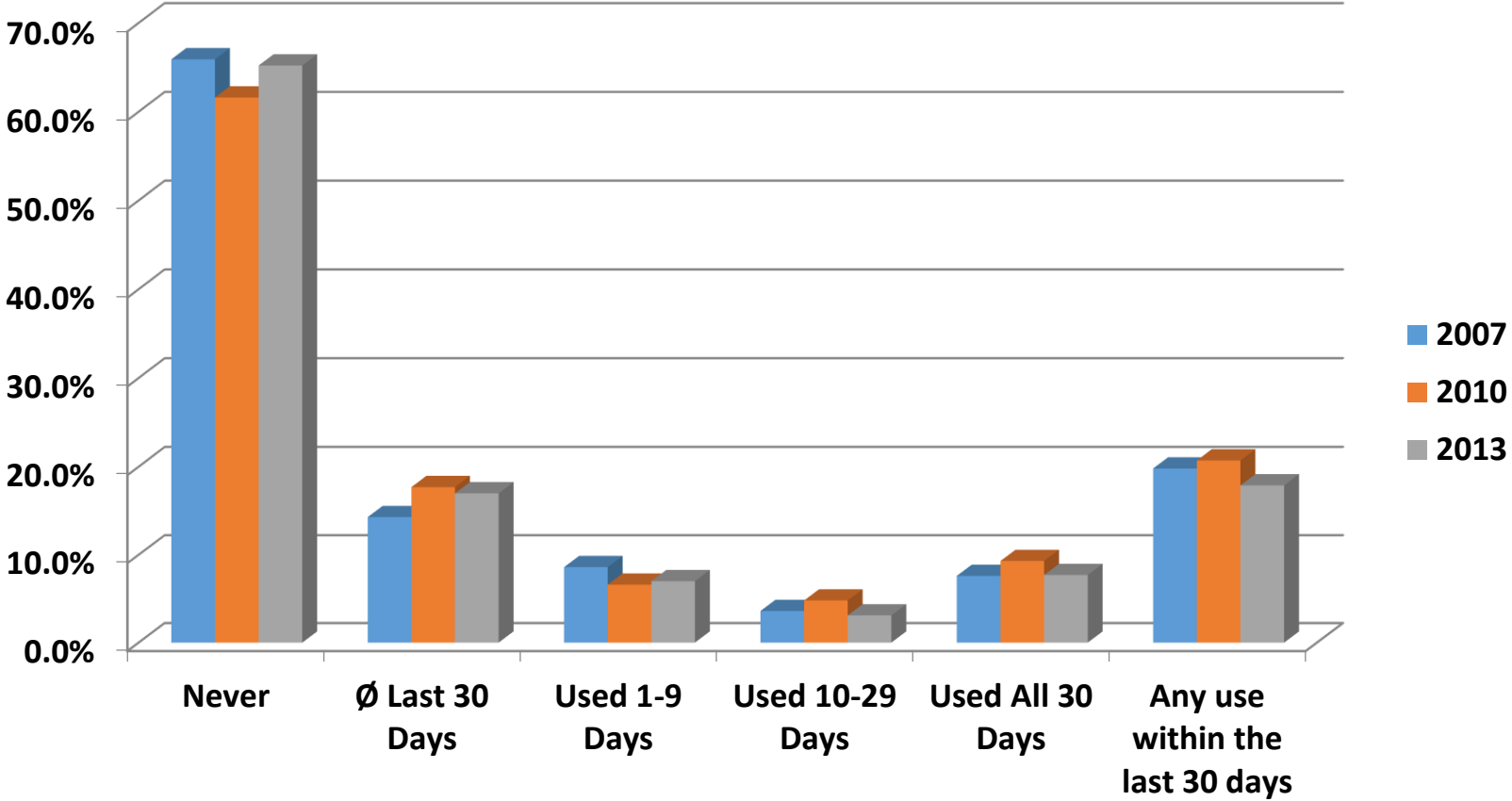
Marijuana Use



Marijuana Use-Gender Breakout



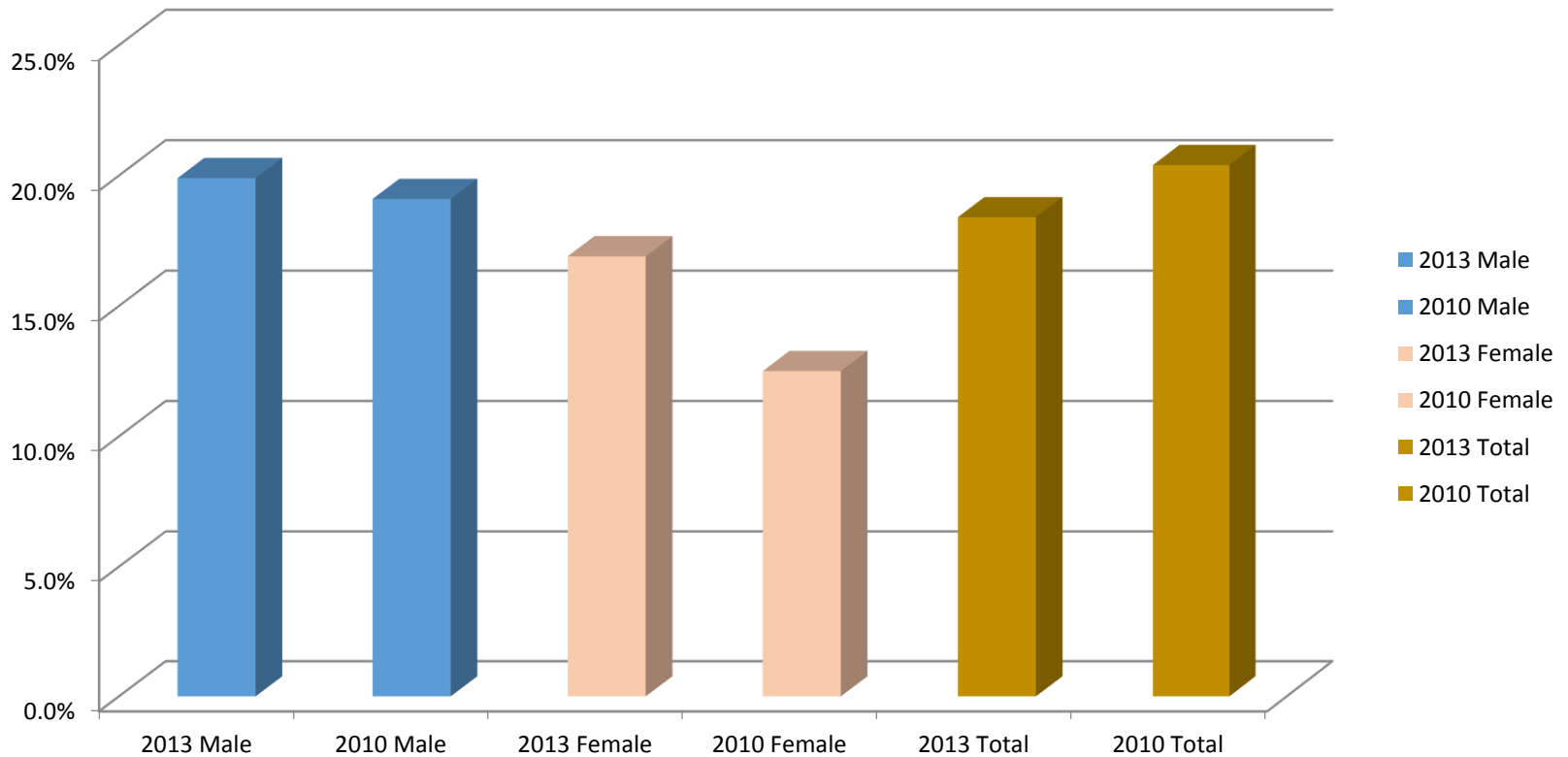
Cigarette Use



Illicit Prescription Drug Use

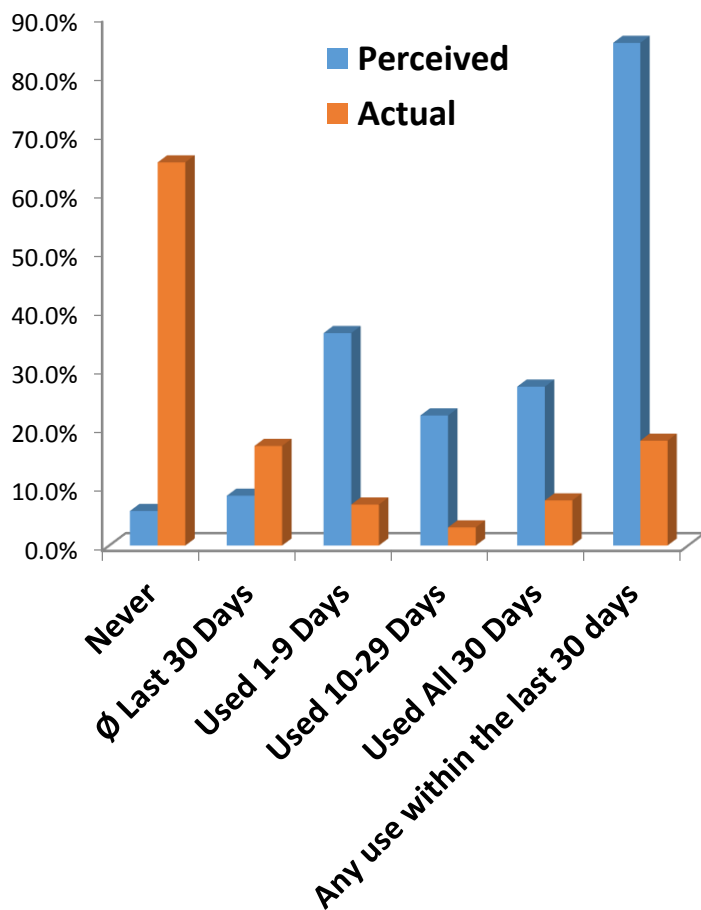
Antidepressants, Pain killers, Sedatives, Stimulants, ED drugs

1 or more prescription drugs used without a prescription

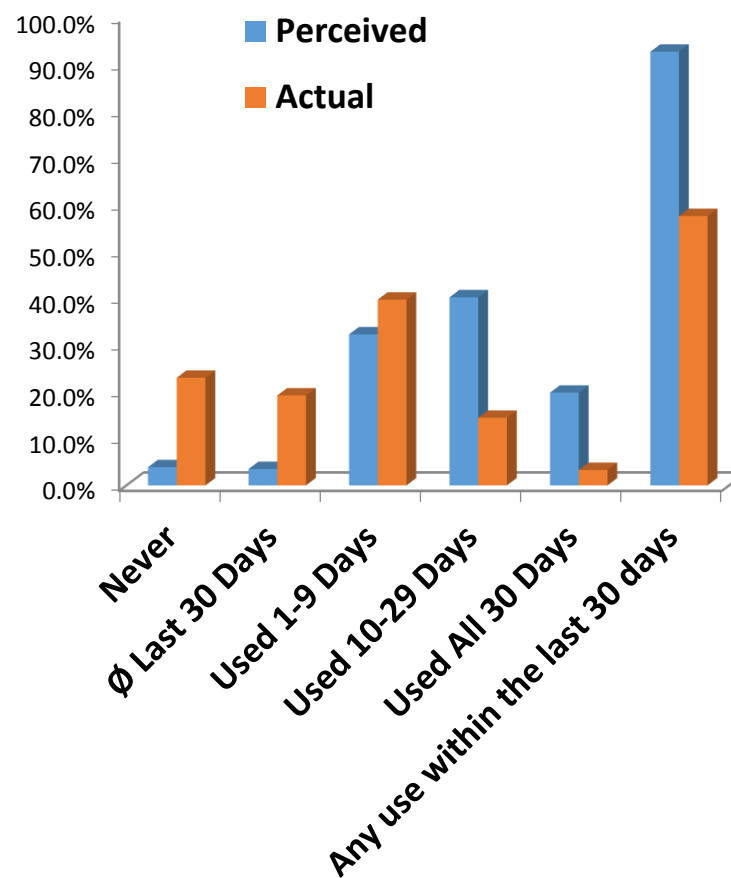


Example of Perceptions versus Reality

Cigarettes (largest gap)



Alcohol (smallest gap)



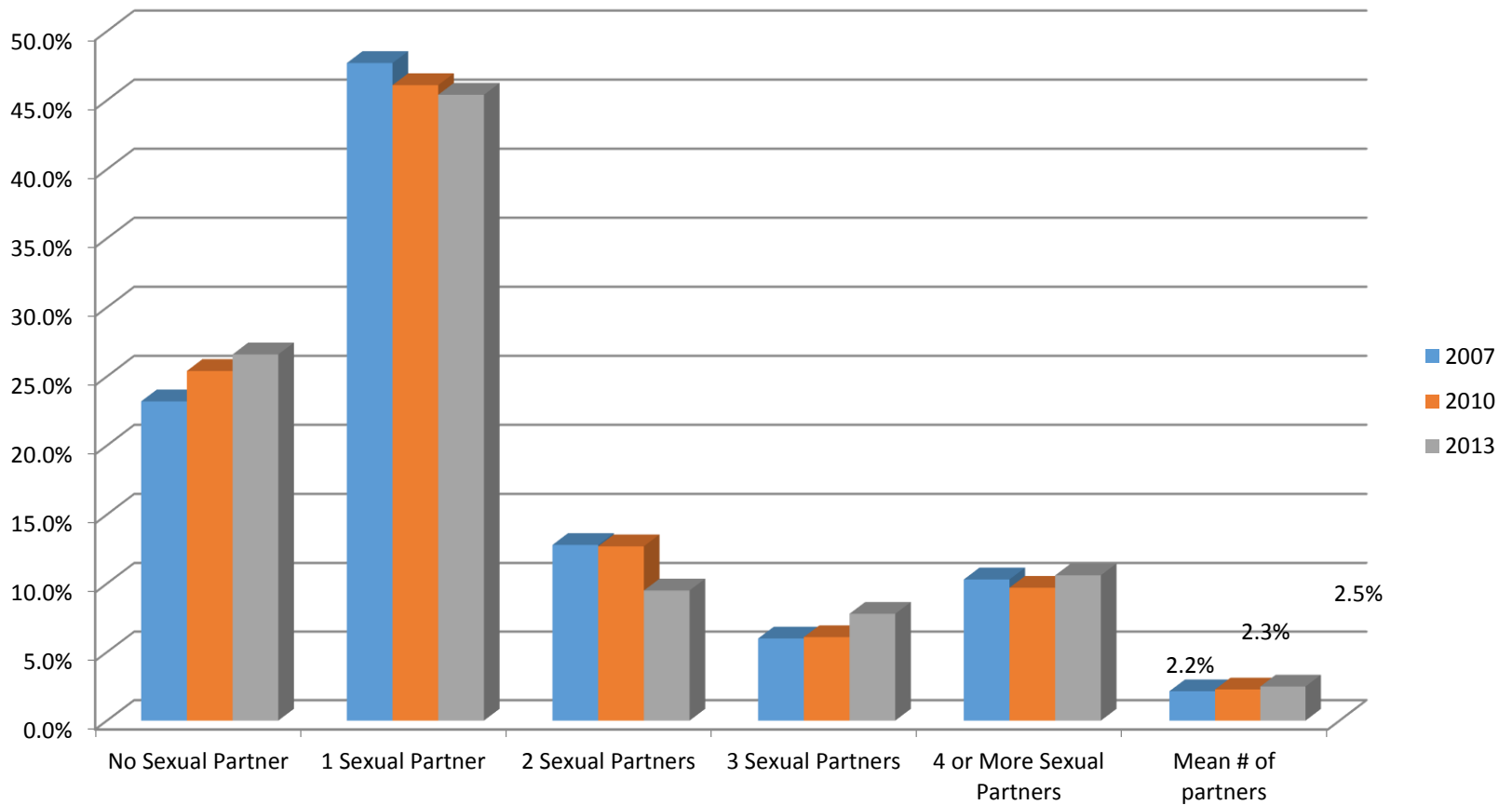
Sexual Behaviors



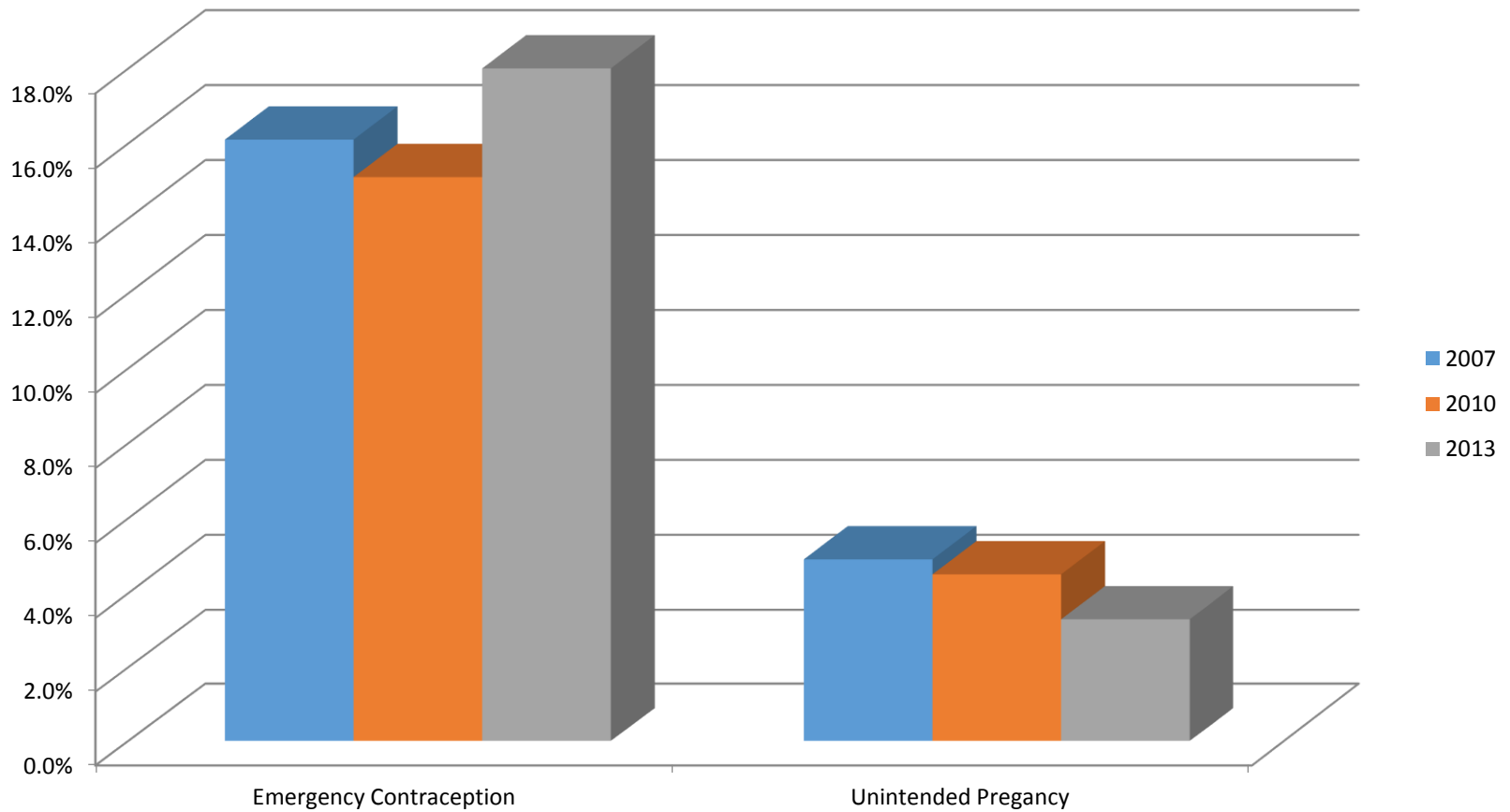
Number of Sexual Partners

Last 12 months

2013 = 70.9% with 0-1 partners

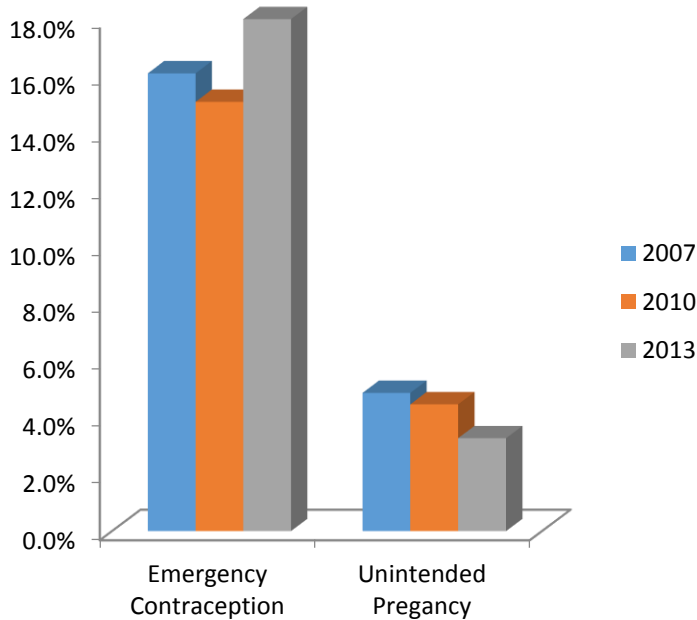


Emergency Contraception Unintended Pregnancy

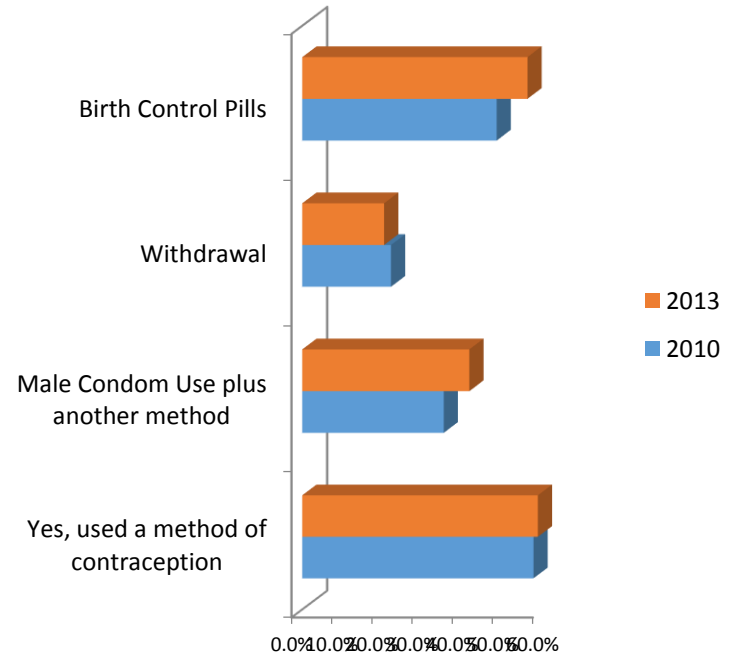


Contraception/Pregnancy

Emergency Contraception and Unintended Pregnancy



Birth Control Methods

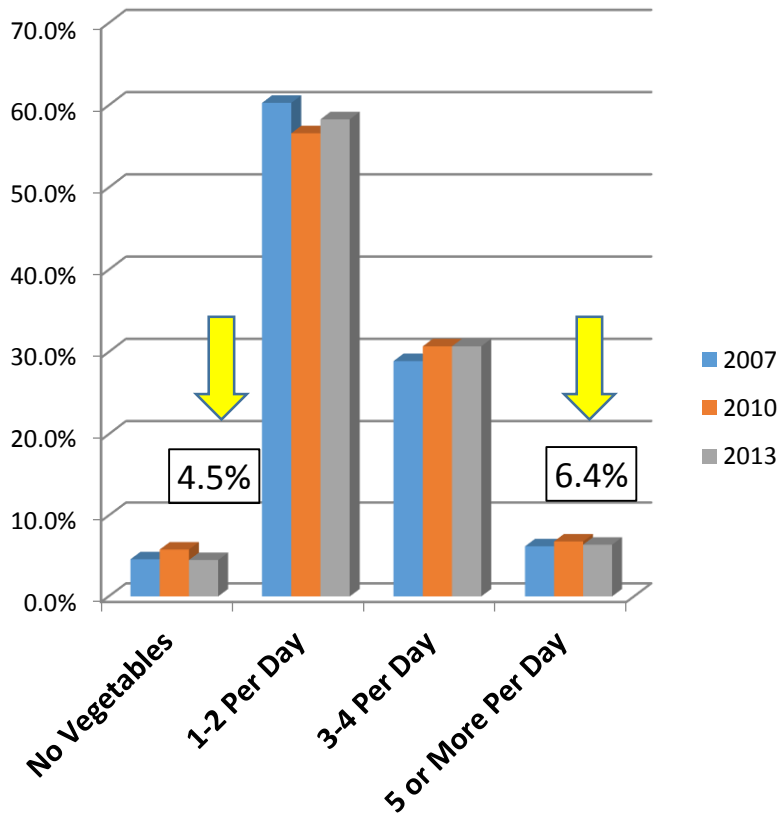


Nutrition Weight Exercise

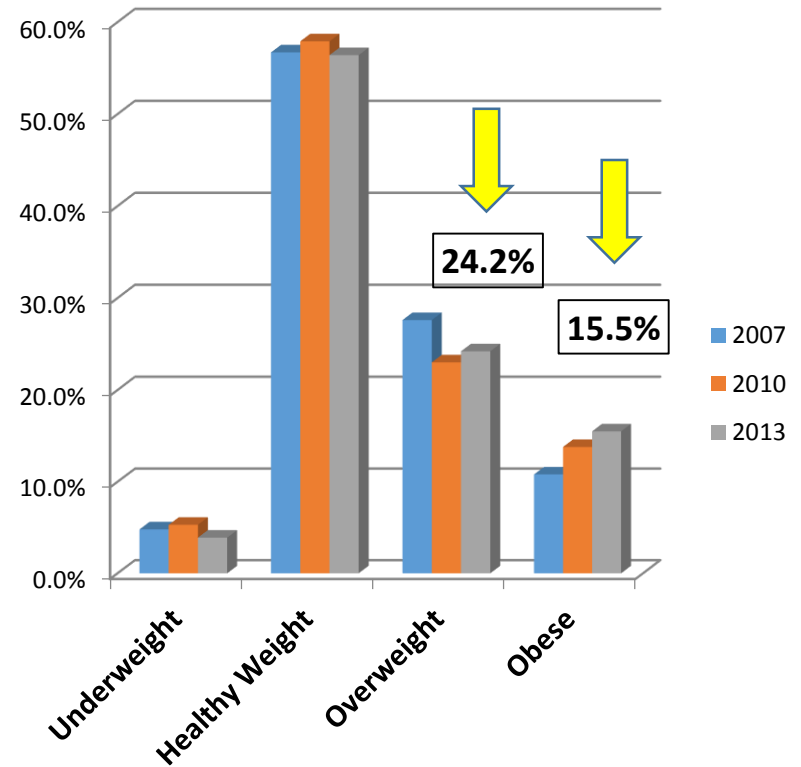


Nutrition and Weight

• Vegetable Consumption

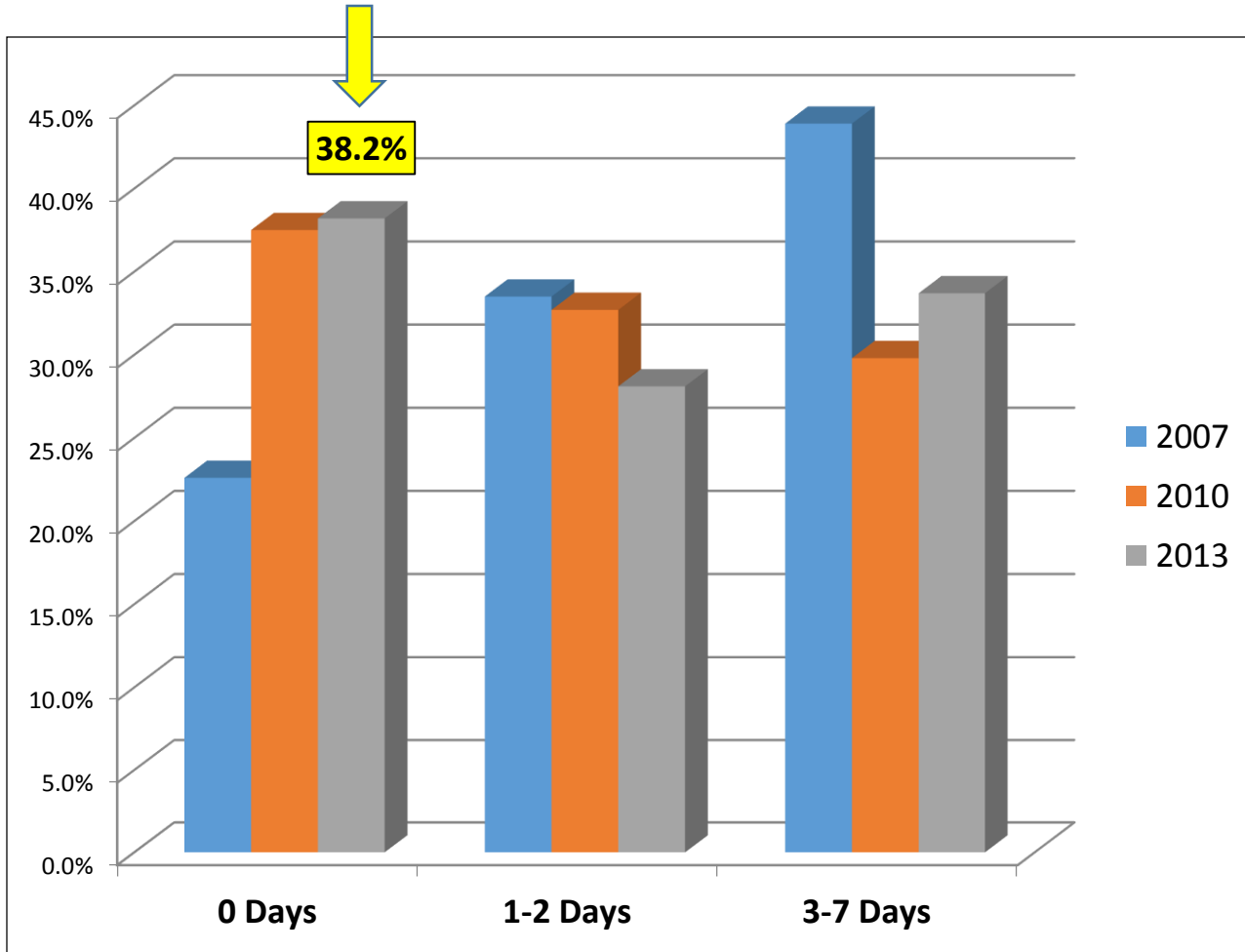


• BMI



Exercise

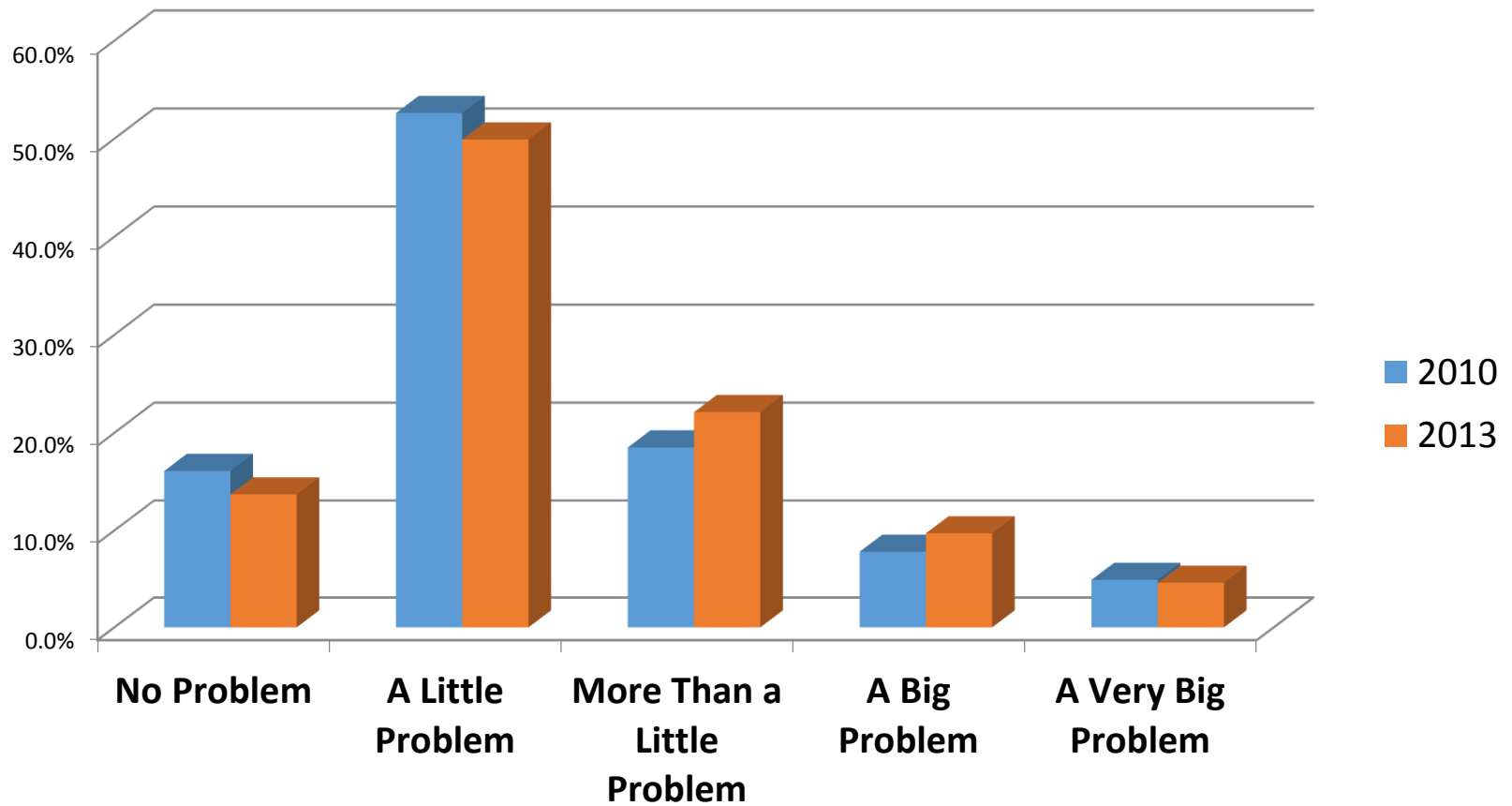
20 minutes of Exercise Per Week



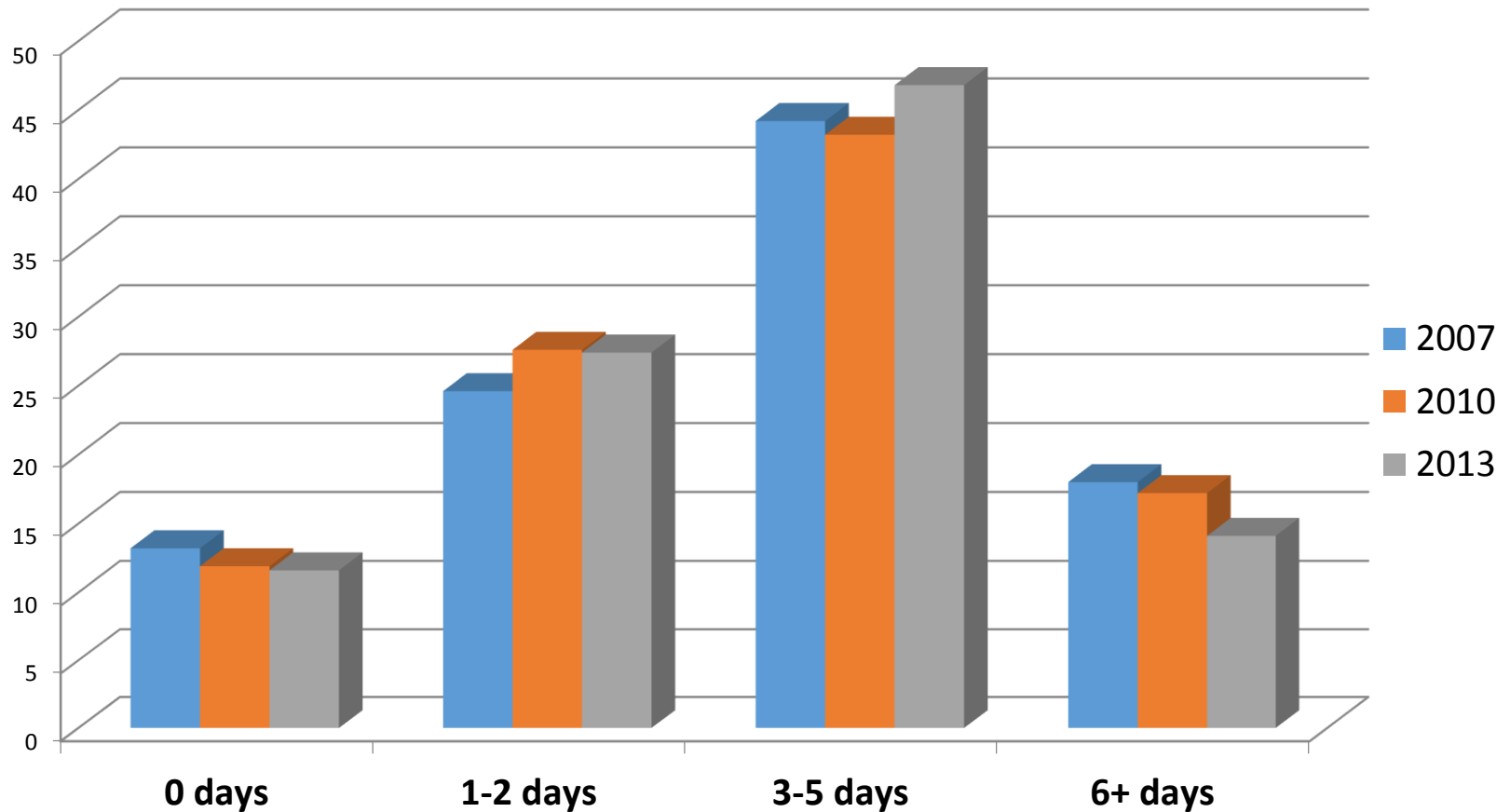
Sleep



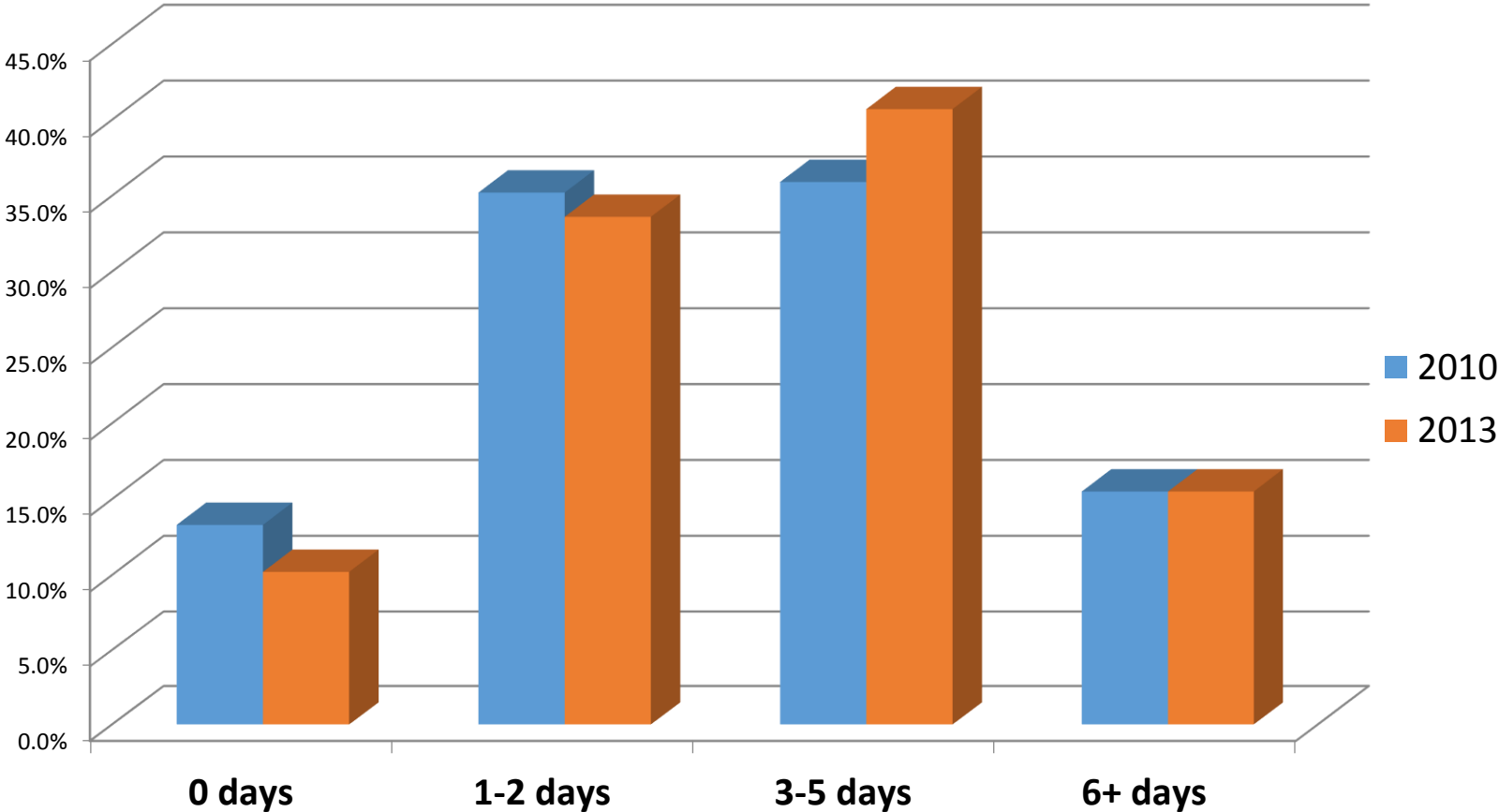
In the past 7 days, problem with sleepiness during daytime activities



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



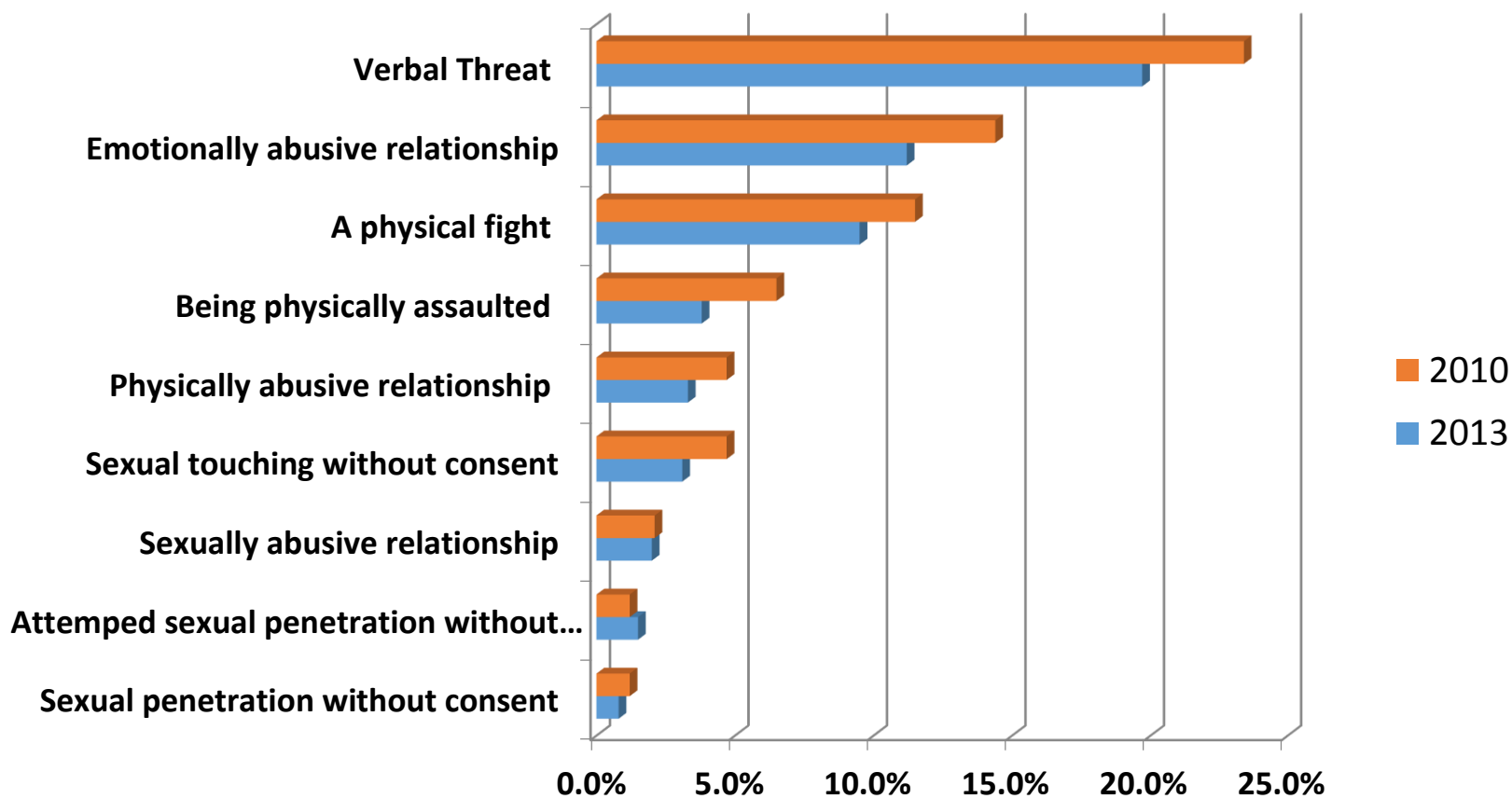
In the past 7 days, felt tired, dragged out, or sleepy during the day



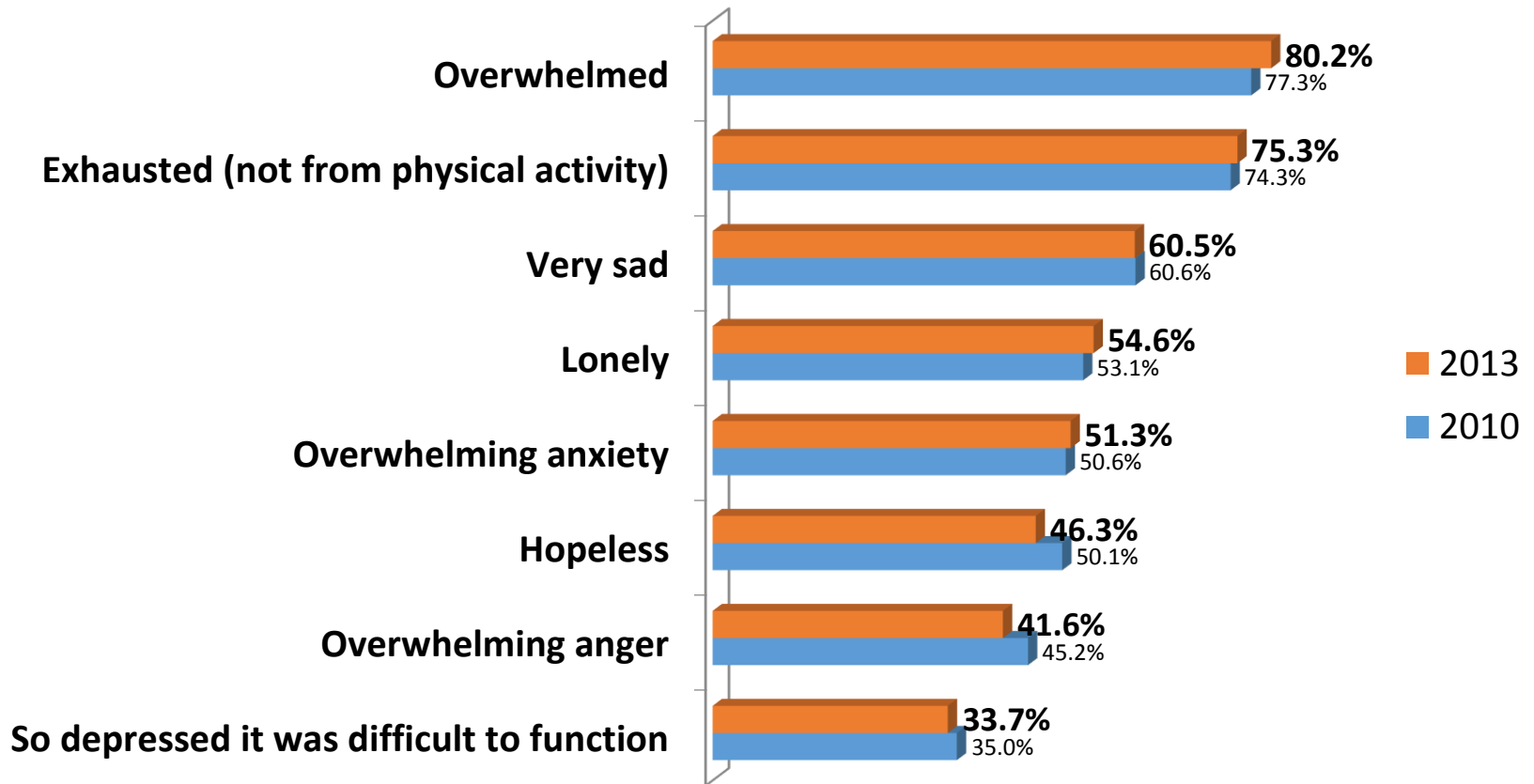
Mental Health



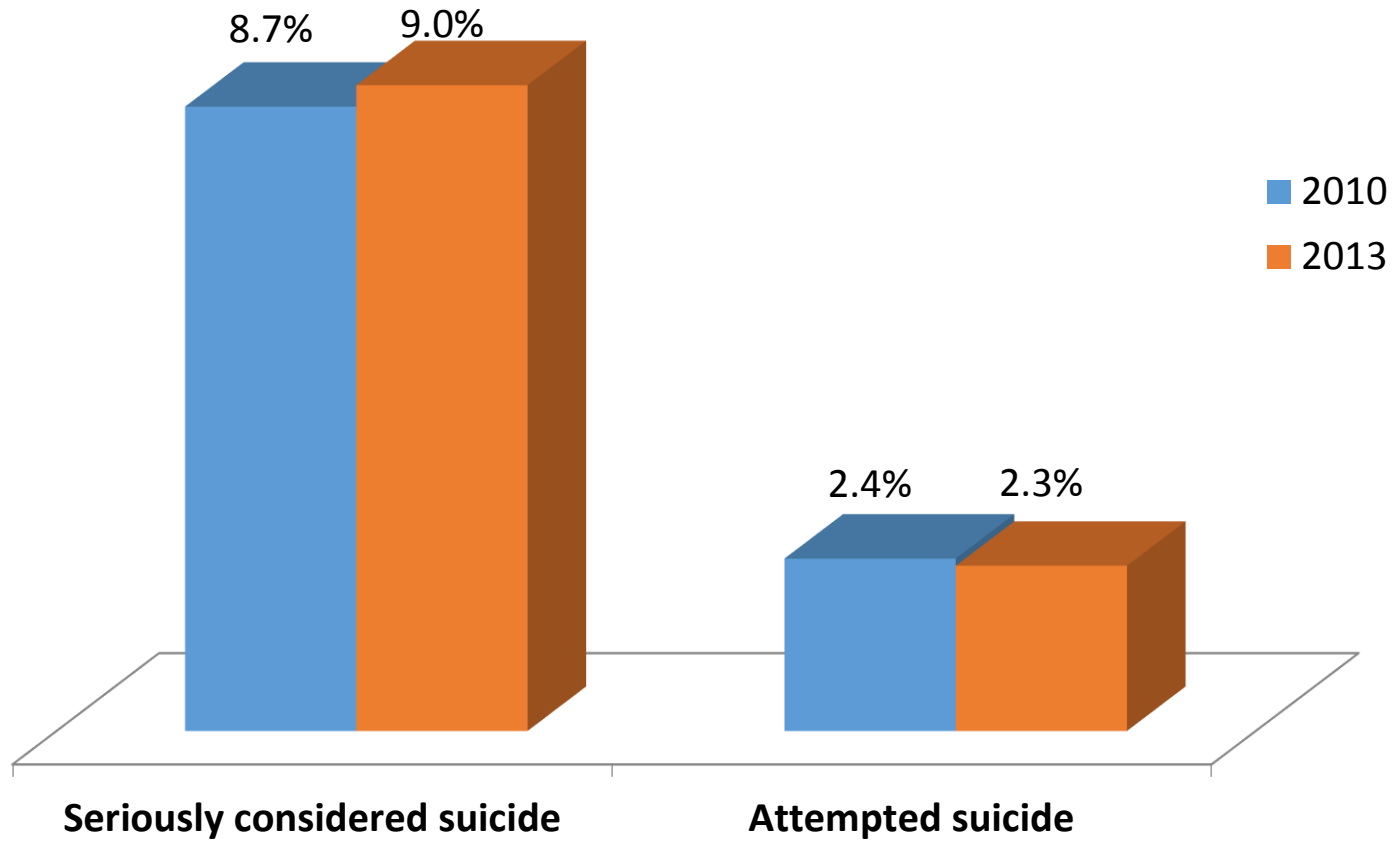
Violence (in last 12 months)



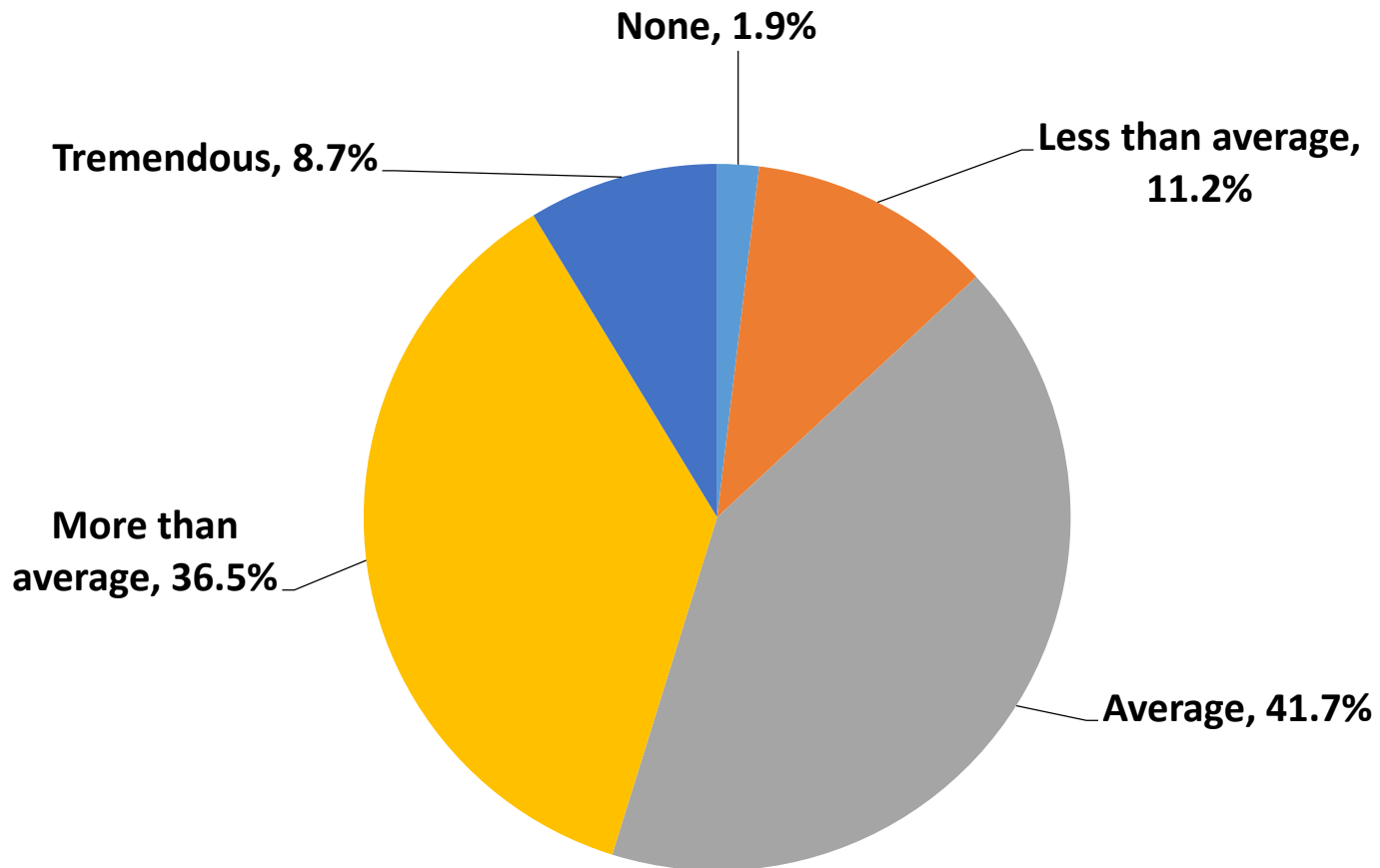
Feelings within the last 12 months



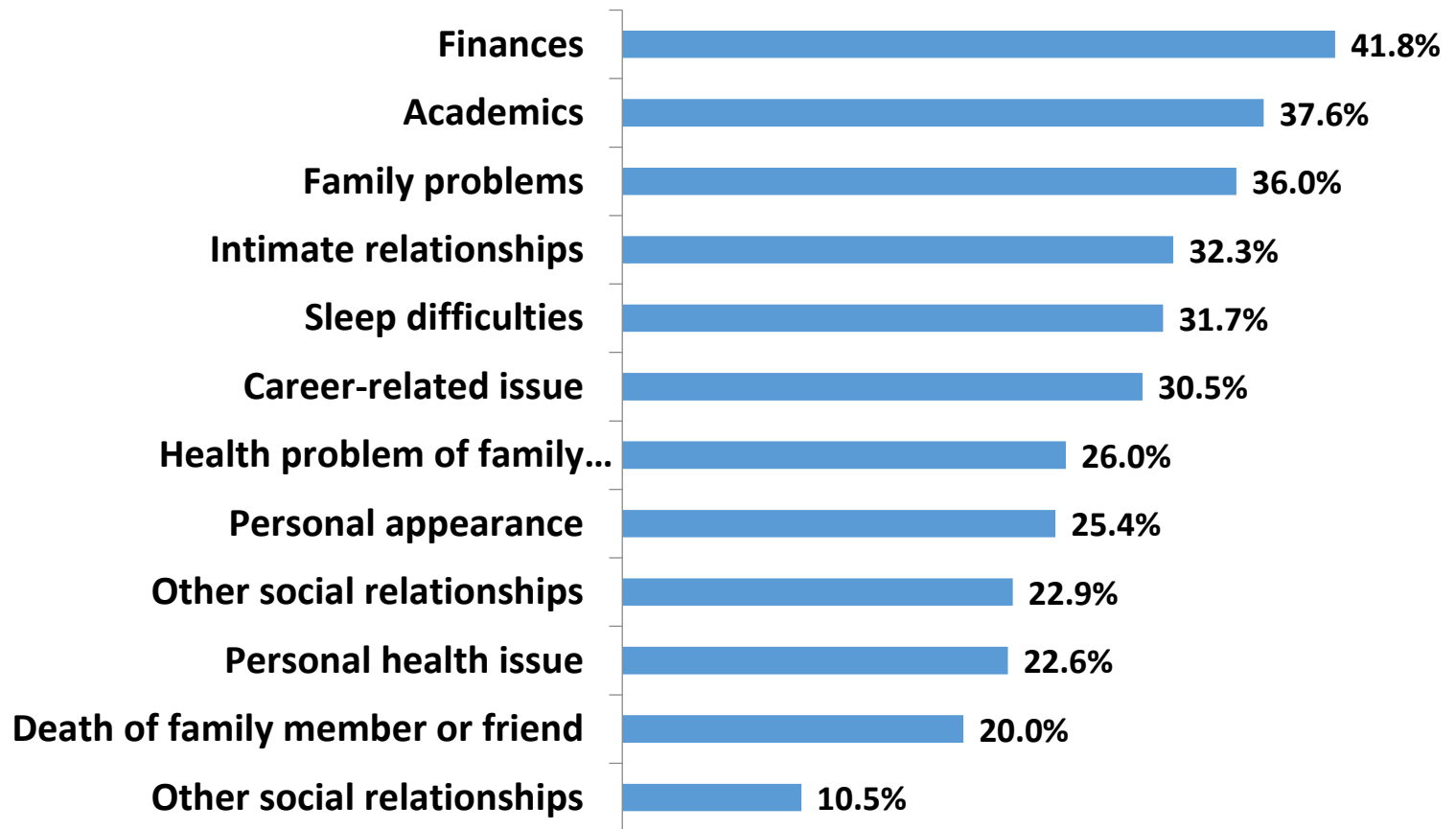
Suicide



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