



WELLNESS  
PROMOTION &  
EDUCATION

# AMERICAN COLLEGE HEALTH ASSOCIATION'S NATIONAL COLLEGE HEALTH ASSESSMENT



CSU  
CHANNEL  
ISLANDS  
SPRING 2016  
ACHA-NCHA  
DATA  
REPORT



Channel Islands  
CALIFORNIA STATE UNIVERSITY



# Channel Islands

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CALIFORNIA STATE UNIVERSITY

The American College Health Association's National College Health Assessment (NCHA) II instrument was implemented to survey all registered CSU Channel Islands (CI) students in the spring of 2016. Six hundred ninety-two students completed the survey, indicating a response rate of 10.1%. The survey did not ask for any identifying information.

The NCHA compares CI results with a national dataset including over 96,000 undergraduate students at institutions of higher education.

The complete 2016 report can be read online at:  
[www.csuci.edu/wpe/health-wellness-data.htm](http://www.csuci.edu/wpe/health-wellness-data.htm)

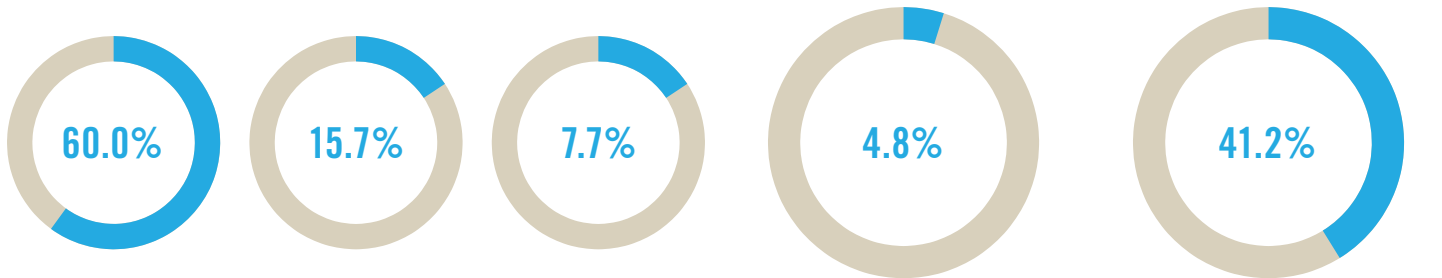
The background of the page is white and features several decorative elements. There are approximately 15 small orange dots scattered across the page. Several thin, light-orange lines connect some of these dots, creating a network-like pattern. One line starts near the top left, goes right, then down, then right again. Another line starts near the top center, goes right, then down, then up, then down. A third line starts near the bottom left, goes up, then down, then up. A fourth line starts near the bottom center, goes up, then right. A fifth line starts near the bottom right, goes up, then right. The overall effect is a subtle, modern design.

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# DATA HIGHLIGHTS

**81.0%** REPORTED THEIR HEALTH AS GOOD, VERY GOOD OR EXCELLENT



## ALCOHOL & OTHER DRUGS

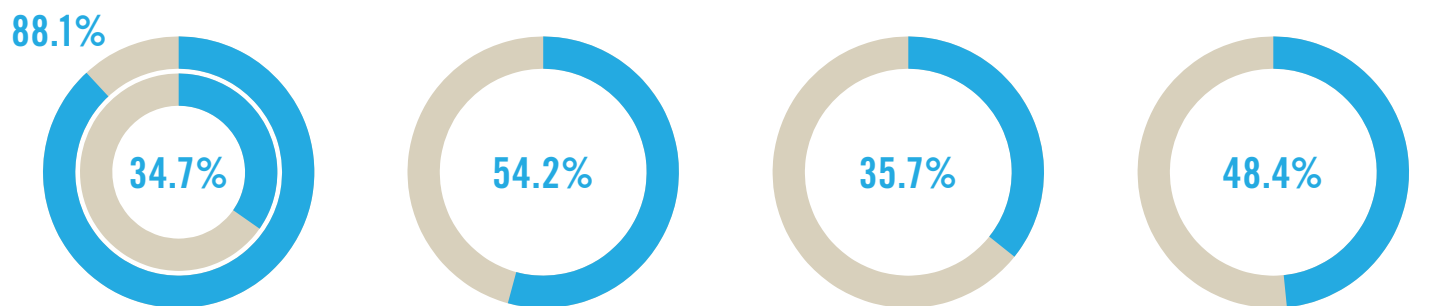
In the last 30 days, **60.0%** of students used Alcohol, **15.7%** used Marijuana and **7.7%** used Tobacco.

## NUTRITION

**4.8%** of students eat an average of 5 or more servings of fruits and veggies per day.

## PHYSICAL ACTIVITY

**41.2%** of students meet the aerobic physical activity recommendation.



## SAFETY

**88.1%** of students reported feeling safe on campus during the daytime, **34.7%** felt safe at night.

## SEXUAL BEHAVIOR

**54.2%** of sexually active students used a contraceptive the last time they had sex.

Avg # of partners in past 12 months: **1.78**

## SLEEP

**35.7%** of student's report "more than a little" to "a very big" problem" with sleep.

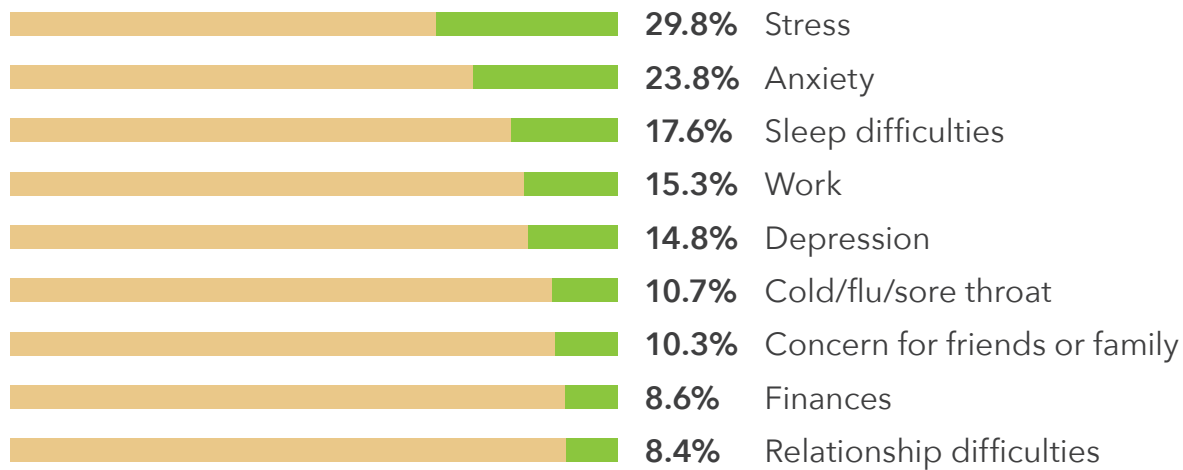
## STRESS

**48.4%** of students rate their overall stress level as: "more than average" to "tremendous" stress in the past 12 months.

# HEALTH & TOP TEN IMPEDIMENTS TO LEARNING ACADEMIC IMPACTS



Health problems that negatively impacted students' academics in the last 12 months:



## 10 MOST COMMON HEALTH PROBLEMS

*Diagnosed or treated in the last 12 months*

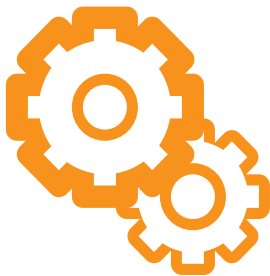
14.1%	Allergies
13.6%	Back pain
11.7%	Sinus infection
11.4%	Urinary tract infection
10.0%	Migraine headache
8.5%	Asthma
7.9%	Strep throat
6.7%	Ear infection
5.9%	Bronchitis
4.8%	High blood pressure

## REPORTED CONDITIONS & DISABILITIES

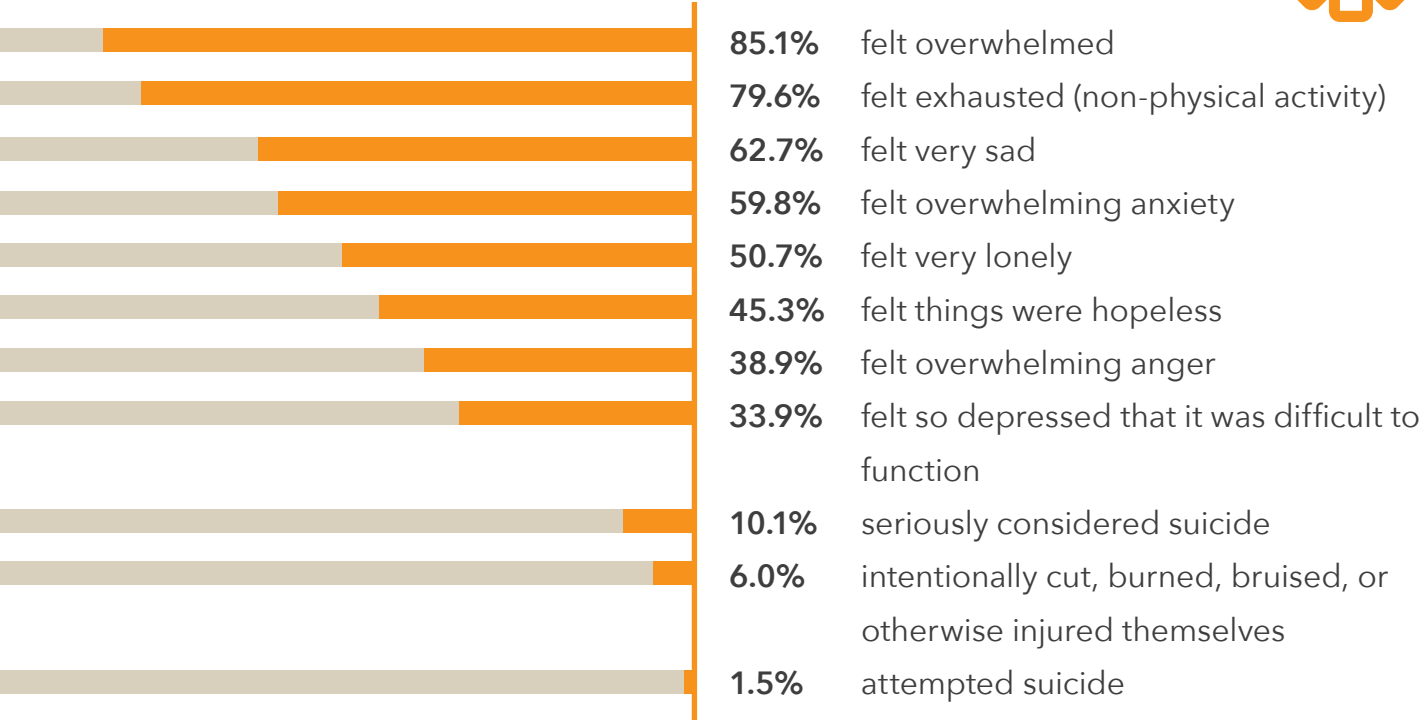
*Self-reported by CI students*

8.4%	Learning disability
7.5%	Psychiatric condition
6.9%	ADHD
5.7%	Chronic illness
4.3%	Other disability
3.8%	Partial sight/blindness
2.3%	Deafness/hearing loss
1.8%	Mobility/dexterity disability
1.0%	Speech or language disorder

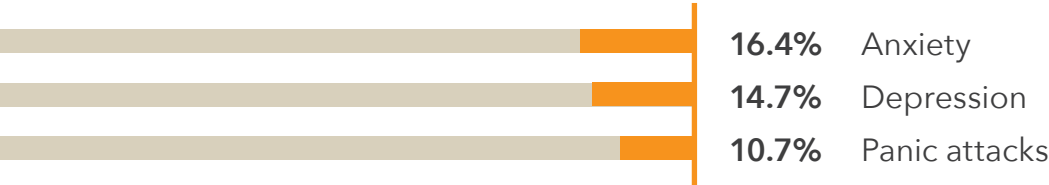
# MENTAL HEALTH



Within the last 12 months, students reported feeling the following:



Within the last 12 months was diagnosed or treated by a professional for the following:



Within the last 12 months, the following was traumatic or very difficult to handle:



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# ALCOHOL USE \*IN THE LAST 30 DAYS

## ALCOHOL USE

- 21.3% Never used
- 46.3% Used 1-9 days
- 12.2% Used 10-29 days
- 1.5% Used all 30 days
- 60.0% Any use in the last 30 days
- 18.8% Used, but not in the last 30 days

## PERCEPTIONS VS REALITY

*Percentage of CI students who drank\**

- 92.2% Perception
- 60.0% Reality

## DRINKING AND DRIVING

- 1.4% Reported driving after having five or more drinks\*
- 23.5% Reported driving after having any alcohol\*

## ALCOHOL: NEGATIVE CONSEQUENCES

- 27.1% Did something they later regretted
- 18.4% Had unprotected sex
- 17.8% Forgot where they were or what they did
- 8.4% Physically injured them self
- 2.7% Engaged in sex without their consent
- 2.2% Seriously considered suicide
- 1.0% Got in trouble with police

## ALCOHOL: PROTECTIVE BEHAVIORS

- 91.8% Use a designated driver
- 91.5% Stay with the same group of friends
- 84.0% Eat before and/or during drinking
- 76.8% Keep track of how many drinks are being consumed
- 60.7% Stick with one kind of alcohol
- 53.9% Determine in advance not to exceed a set number of drinks

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# & OTHER DRUGS

## TOBACCO, CIGARETTES, E-CIGARETTES & PIPES (HOOKAH) MISPERCEPTIONS

Students greatly overestimated the percent of their peers who use tobacco products. Students **perceived that 76.3%** of their peers smoked cigarettes in the past 30 days—ten times more than the **actual percent of 7.7%**. Students also **estimated that 80.5%** of their peers used e-cigarettes in the past 30 days when the **actual percent was 5.5%**.

## ILLEGAL USE OF PRESCRIPTION DRUGS

11.2% of students reported using prescription drugs that were not prescribed to them within the last 12 months.

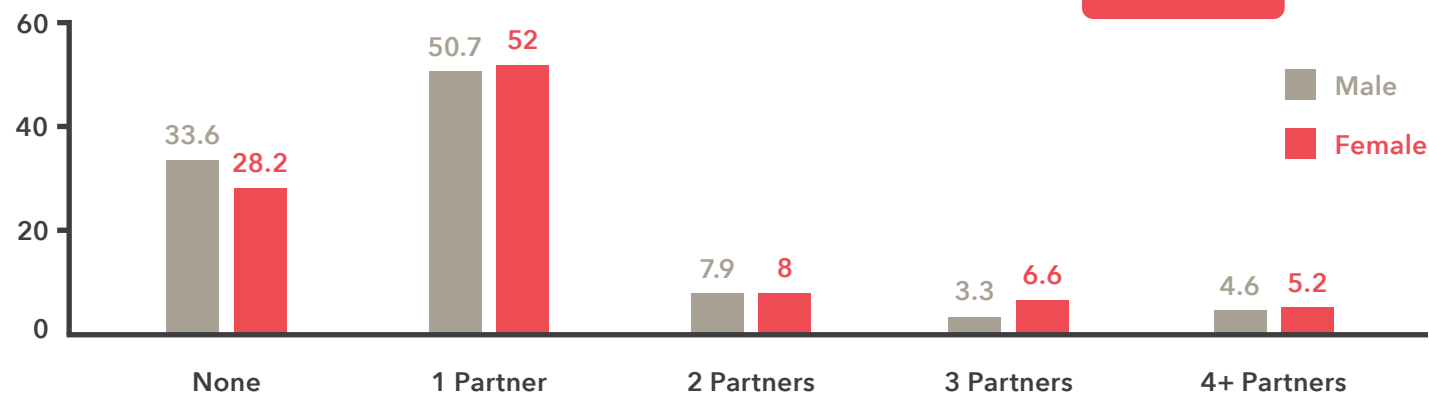
## OTHER DRUGS - MARIJUANA

5.6% of students reported using at least 10 times in the past 30 days.

# SEXUAL BEHAVIOR



Number of sexual partners (oral, vaginal or anal intercourse):



Number of students who reported using a condom or other protective barrier within the last 30 days (mostly or always):



# VIOLENCE, ABUSIVE RELATIONSHIPS & PERSONAL SAFETY



CI students reported experiencing the following within the last 12 months:

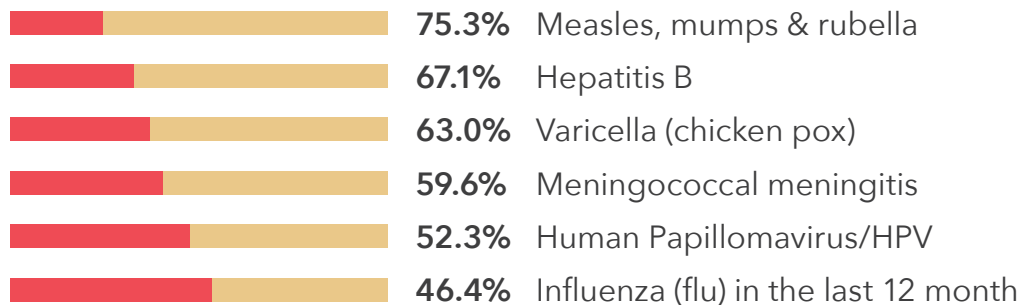
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|--|--|
| <b>15.8%</b> A verbal threat                                 | <b>3.8%</b> A physical fight                           |
| <b>9.6%</b> An emotionally abusive intimate relationship     | <b>3.6%</b> A physical assault (not sexual assault)    |
| <b>8.4%</b> Sexual touching without their consent            | <b>3.0%</b> Sexual penetration without consent         |
| <b>7.1%</b> Stalking   | <b>2.5%</b> A sexually abusive intimate relationship   |
| <b>4.2%</b> Sexual penetration attempt without their consent | <b>2.5%</b> A physically abusive intimate relationship |



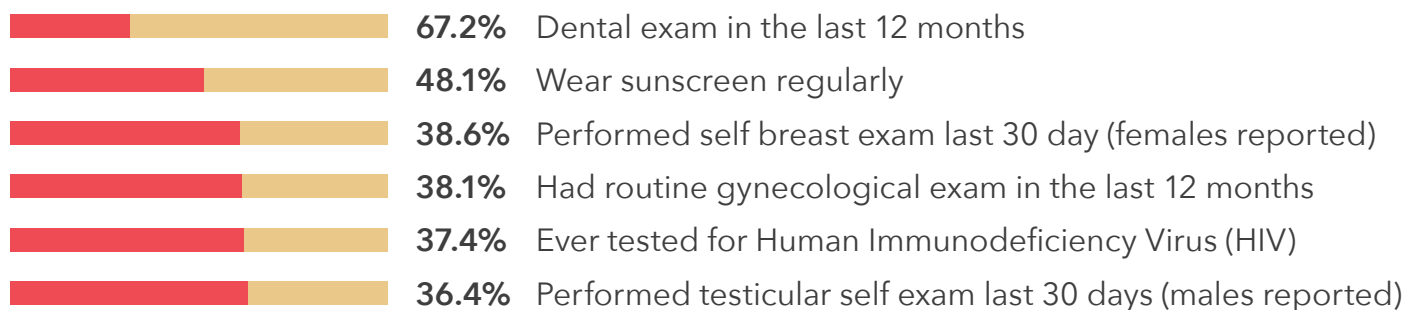
# DISEASE & INJURY PREVENTION



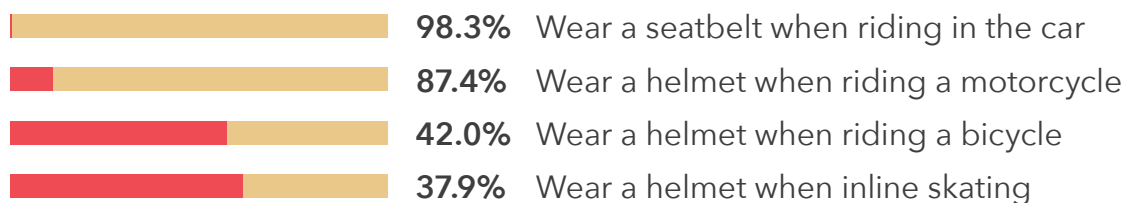
CI students reported receiving the following vaccinations:



## OTHER PREVENTION PRACTICES



## INJURY PREVENTION WITHIN THE LAST 12 MONTHS:





# Healthy Lifestyles for College Students

CI Wellness Promotion and Education (WPE) utilizes a multidimensional and holistic approach that provides programs for lifelong physical, mental and spiritual well-being. WPE offers presentations, workshops and a Wellness Peer Education program designed to provide essential services to the campus community.

To request an educational presentation or workshop, please contact us: [wpe@csuci.edu](mailto:wpe@csuci.edu) or visit our website: [www.csuci.edu/wpe](http://www.csuci.edu/wpe)

WPE and the Wellness Peer Education program provides education related to multiple topics:

- Alcohol, tobacco and other drugs
- Eating disorders and body image
- Nutrition
- Physical activity
- Sexual and reproductive health
- Sexual misconduct
- Stress management
- Sleep hygiene



# WELLNESS PROMOTION & EDUCATION



**WELLNESS &  
ATHLETICS**

C H A N N E L  
I S L A N D S