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
TABLE OF CONTENTS

1. Data Highlights
2. Health & Academic Impacts
2. Health Problems & Disabilities
3. Mental Health
4. Alcohol & Other Drugs
5. Sexual Behavior
5. Violence & Personal Safety
6. Disease & Injury Prevention
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 problems that negatively impacted students’ academics in the last 12 months:

### Diagnosed or treated in the last 12 months

- Allergies: 13.6%
- Back pain: 11.7%
- Sinus infection: 11.4%
- Urinary tract infection: 11.0%
- Migraine headache: 6.7%
- Asthma: 5.9%
- Strep throat: 4.8%
- Bronchitis: 4.8%
- High blood pressure: 4.8%

### Self-reported by CI students

- Learning disability: 8.4%
- Psychiatric condition: 7.5%
- ADHD: 6.9%
- Chronic illness: 5.7%
- Other disability: 4.3%
- Partial sight/blindness: 3.8%
- Mobility/dexterity disability: 1.8%
- Speech or language disorder: 1.0%
MENTAL HEALTH

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

- 85.1% felt overwhelmed
- 79.6% felt exhausted (non-physical activity)
- 62.7% felt very sad
- 59.8% felt overwhelming anxiety
- 50.7% felt very lonely
- 45.3% felt things were hopeless
- 38.9% felt overwhelming anger
- 33.9% felt so depressed that it was difficult to function
- 10.1% seriously considered suicide
- 6.0% intentionally cut, burned, bruised, or otherwise injured themselves
- 1.5% attempted suicide

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

- 16.4% Anxiety
- 14.7% Depression
- 10.7% Panic attacks

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

- 44.2% Academics
- 41.7% Finances
- 38.4% Family problems
- 33.7% Sleep Difficulties
## ALCOHOL USE

**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*

- Perception: 92.2%
- Reality: 60.0%

**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 themselves
- 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

---

## 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):

<table>
<thead>
<tr>
<th></th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>None</td>
<td>33.6</td>
<td>28.2</td>
</tr>
<tr>
<td>1 Partner</td>
<td>50.7</td>
<td>52</td>
</tr>
<tr>
<td>2 Partners</td>
<td>7.9</td>
<td>8</td>
</tr>
<tr>
<td>3 Partners</td>
<td>3.3</td>
<td>6.6</td>
</tr>
<tr>
<td>4+ Partners</td>
<td>4.6</td>
<td>5.2</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th></th>
<th>Yes, used a method of contraception</th>
<th>&gt; Not applicable/didn’t/don’t know</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>46.1</td>
<td>56.8</td>
</tr>
<tr>
<td></td>
<td>43.2</td>
<td>53.9</td>
</tr>
</tbody>
</table>

VIOLENCE, ABUSIVE RELATIONSHIPS & PERSONAL SAFETY

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

15.8% A verbal threat
9.6% An emotionally abusive intimate relationship
8.4% Sexual touching without their consent
7.1% Stalking
4.2% Sexual penetration attempt without their consent
3.8% A physical fight
3.6% A physical assault (not sexual assault)
3.0% Sexual penetration without consent
2.5% A sexually abusive intimate relationship
2.5% A physically abusive intimate relationship
DISEASE & INJURY PREVENTION

Cl students reported receiving the following vaccinations:

- 75.3% Measles, mumps & rubella
- 67.1% Hepatitis B
- 63.0% Varicella (chicken pox)
- 59.6% Meningococcal meningitis
- 52.3% Human Papillomavirus/HPV
- 46.4% Influenza (flu) in the last 12 months

OTHER PREVENTION PRACTICES

- 67.2% Dental exam in the last 12 months
- 48.1% Wear sunscreen regularly
- 38.6% Performed self breast exam last 30 days (females reported)
- 38.1% Had routine gynecological exam in the last 12 months
- 37.4% Ever tested for Human Immunodeficiency Virus (HIV)
- 36.4% Performed testicular self exam last 30 days (males reported)

INJURY PREVENTION WITHIN THE LAST 12 MONTHS:

- 98.3% Wear a seatbelt when riding in the car
- 87.4% Wear a helmet when riding a motorcycle
- 42.0% Wear a helmet when riding a bicycle
- 37.9% Wear a helmet when inline skating
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 or visit our website: 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