AMERICAN COLLEGE HEALTH ASSOCIATION’S
NATIONAL COLLEGE HEALTH ASSESSMENT
CSU CHANNEL ISLANDS
SPRING 2018
ACHA-NCHA DATA REPORT
The ACHA-National College Health Assessment II (ACHA-NCHA II) is a national research survey organized by the American College Health Association (ACHA) to assist college health service providers, health educators, counselors, and administrators in collecting data about their students’ habits, behaviors, and perceptions on the most prevalent health topics. The ACHA-NCHA II instrument was implemented to survey all registered CSU Channel Islands (CSUCI) students in the spring of 2018. Two hundred ninety students completed the survey, indicating a response rate of 4.5%. Given this response, the results were not reported as statistically significant, however, these findings will continue to assist with informed decision making as it pertains to programming and are statistically similar when compared to previous iterations of the same survey. The survey did not ask for any identifying information. The NCHA compares CSUCI results with a national dataset including over 96,000 undergraduate students at institutions of higher education. The complete 2018 report can be read online at: www.csuci.edu/wpe/health-wellness-data.htm
<table>
<thead>
<tr>
<th>Section</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Data Highlights</td>
</tr>
<tr>
<td>2. Health &amp; Academic Impacts</td>
</tr>
<tr>
<td>2. Health Problems &amp; Disabilities</td>
</tr>
<tr>
<td>3. Mental Health</td>
</tr>
<tr>
<td>4. Alcohol &amp; Other Drugs</td>
</tr>
<tr>
<td>5. Sexual Behavior</td>
</tr>
<tr>
<td>5. Violence &amp; Personal Safety</td>
</tr>
<tr>
<td>6. Disease &amp; Injury Prevention</td>
</tr>
</tbody>
</table>
DATA HIGHLIGHTS
74.9% reported their health as good, very good or excellent

ALCOHOL & OTHER DRUGS
In the last 30 days, 61.8% of students used Alcohol, 21.2% used Marijuana and 6.6% used Tobacco.

NUTRITION
5.2% of students eat an average of 5 or more servings of fruits and veggies per day.

PHYSICAL ACTIVITY
42.2% of students meet the aerobic physical activity recommendation.

SAFETY
84.5% of students reported feeling safe on campus during the daytime, 37.0% felt safe at night.

SEXUAL BEHAVIOR
54.7% of sexually active students used a contraceptive the last time they had sex. Avg # of partners in past 12 months: 2.2.

SLEEP
48.9% of student’s report “more than a little” to “a very big” problem with sleep.

STRESS
46.2% of students rate their overall stress level as: “more than average” to “tremendous” stress in the past 12 months.
HEALTH & ACADEMIC IMPACTS

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

<table>
<thead>
<tr>
<th>Health Issue</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress</td>
<td>40.4%</td>
</tr>
<tr>
<td>Anxiety</td>
<td>31.9%</td>
</tr>
<tr>
<td>Sleep difficulties</td>
<td>25.9%</td>
</tr>
<tr>
<td>Depression</td>
<td>22.1%</td>
</tr>
<tr>
<td>Work</td>
<td>18.5%</td>
</tr>
<tr>
<td>Cold/flu/sore throat</td>
<td>16.8%</td>
</tr>
<tr>
<td>Concern for friends or family</td>
<td>16.5%</td>
</tr>
<tr>
<td>Relationship difficulties</td>
<td>12.9%</td>
</tr>
<tr>
<td>Finances</td>
<td>12.3%</td>
</tr>
</tbody>
</table>

10 MOST COMMON HEALTH PROBLEMS

Diagnosed or treated in the last 12 months

<table>
<thead>
<tr>
<th>Health Issue</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allergies</td>
<td>20.8%</td>
</tr>
<tr>
<td>Back pain</td>
<td>15.3%</td>
</tr>
<tr>
<td>Urinary tract infection</td>
<td>13.2%</td>
</tr>
<tr>
<td>Migraine headache</td>
<td>12.5%</td>
</tr>
<tr>
<td>Sinus infection</td>
<td>11.8%</td>
</tr>
<tr>
<td>Ear infection</td>
<td>8.7%</td>
</tr>
<tr>
<td>Asthma</td>
<td>8.4%</td>
</tr>
<tr>
<td>Bronchitis</td>
<td>7.6%</td>
</tr>
<tr>
<td>Strep throat</td>
<td>5.2%</td>
</tr>
<tr>
<td>High blood pressure</td>
<td>3.8%</td>
</tr>
</tbody>
</table>

REPORTED CONDITIONS & DISABILITIES

Self-reported by CSUCI students

<table>
<thead>
<tr>
<th>Condition</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psychiatric condition</td>
<td>9.7%</td>
</tr>
<tr>
<td>Chronic illness</td>
<td>9.0%</td>
</tr>
<tr>
<td>ADHD</td>
<td>8.7%</td>
</tr>
<tr>
<td>Learning disability</td>
<td>7.4%</td>
</tr>
<tr>
<td>Other disability</td>
<td>4.9%</td>
</tr>
<tr>
<td>Partial sight/blindness</td>
<td>3.1%</td>
</tr>
<tr>
<td>Deafness/hearing loss</td>
<td>1.4%</td>
</tr>
<tr>
<td>Mobility/dexterity disability</td>
<td>1.4%</td>
</tr>
<tr>
<td>Speech or language disorder</td>
<td>1.4%</td>
</tr>
</tbody>
</table>
MENTAL HEALTH

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

- 88.6% felt overwhelmed
- 85.5% felt exhausted (non-physical activity)
- 70.0% felt very sad
- 68.3% felt overwhelming anxiety
- 65.7% felt very lonely
- 57.2% felt things were hopeless
- 48.4% felt so depressed that it was difficult to function
- 46.2% felt overwhelming anger
- 14.8% seriously considered suicide
- 7.2% intentionally cut, burned, bruised, or otherwise injured themselves
- 1.7% attempted suicide

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

- 26.6% Anxiety
- 20.1% Depression
- 15.6% Panic attacks

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

- 54.0% Academics
- 46.4% Finances
- 42.2% Family problems
- 38.1% Sleep Difficulties
ALCOHOL USE

**ALCOHOL USE**

- 20.1% Never used
- 50.0% Used 1-9 days
- 10.8% Used 10-29 days
- 1.0% Used all 30 days
- 61.8% Any use in the last 30 days
- 18.1% Used, but not in the last 30 days

**ALCOHOL: NEGATIVE CONSEQUENCES**

- 25.5% Did something they later regretted
- 12.3% Had unprotected sex
- 19.3% Forgot where they were or what they did
- 11.8% Physically injured themselves
- 4.7% Seriously considered suicide
- 0.9% Got in trouble with police
- 0.0% Engaged in sex without their consent

**PERCEPTIONS VS REALITY**

*Percentage of CSUCI students who drank*

- 91.7% Perception
- 61.8% Reality

**DRINKING AND DRIVING**

- 1.7% Reported driving after having five or more drinks*
- 26.0% Reported driving after having any alcohol*

**ALCOHOL: PROTECTIVE BEHAVIORS**

- 91.5% Use a designated driver
- 90.6% Stay with the same group of friends
- 83.2% Eat before and/or during drinking
- 75.0% Keep track of how many drinks are being consumed
- 53.5% Stick with one kind of alcohol
- 55.2% 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 71.2% of their peers smoked cigarettes in the past 30 days—ten times more than the actual percent of 5.2%. Students also estimated that 78% of their peers used e-cigarettes in the past 30 days when the actual percent was 7.3%.

**ILLEGAL USE OF PRESCRIPTION DRUGS**

11.7% of students reported using prescription drugs that were not prescribed to them within the last 12 months.

**OTHER DRUGS - MARIJUANA**

21.2% of students reported using at least 10 times in the past 30 days.
SEXUAL BEHAVIOR

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

![Bar chart showing the number of sexual partners by gender.]

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

- Yes, used a method of contraception
- > Not applicable/didn’t/don’t know

VIOLENCE, ABUSIVE RELATIONSHIPS & PERSONAL SAFETY

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

- **20.4%** A verbal threat
- **12.1%** An emotionally abusive intimate relationship
- **9.3%** Sexual touching without their consent
- **9.0%** Stalking
- **3.8%** Sexual penetration attempt without their consent
- **4.2%** A physical fight
- **3.8%** A physical assault (not sexual assault)
- **2.8%** Sexual penetration without consent
- **1.7%** A sexually abusive intimate relationship
- **1.7%** A physically abusive intimate relationship
CSUCI students reported receiving the following vaccinations:

- **67.1%** Measles, mumps & rubella
- **63.2%** Varicella (chicken pox)
- **60.9%** Meningococcal meningitis
- **59.8%** Hepatitis B
- **55.6%** Human Papillomavirus/HPV
- **46.7%** Influenza (flu) in the last 12 months

**OTHER PREVENTION PRACTICES**

- **67.1%** Dental exam in the last 12 months
- **45.3%** Wear sunscreen regularly
- **37.1%** Performed testicular self exam last 30 days (males reported)
- **35.2%** Performed self breast exam last 30 day (females reported)
- **34.3%** Ever tested for Human Immunodeficiency Virus (HIV)
- **33.8%** Had routine gynecological exam in the last 12 months

**INJURY PREVENTION WITHIN THE LAST 12 MONTHS:**

- **97.9%** Wear a seatbelt when riding in the car
- **91.7%** Wear a helmet when riding a motorcycle
- **44.7%** Wear a helmet when riding a bicycle
- **41.5%** Wear a helmet when inline skating
Healthy Lifestyles for College Students

CSUCI 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
- Stress management
- Sleep hygiene
WELLNESS PROMOTION & EDUCATION