

AMERICAN COLLEGE HEALTH ASSOCIATION'S NATIONAL COLLEGE HEALTH ASSESSMENT



CSU
CHANNEL
ISLANDS
SPRING 2018
ACHA-NCHA
DATA
REPORT



California State
University

WELLNESS
PROMOTION &
EDUCATION

CHANNEL
ISLANDS



Channel Islands

CALIFORNIA STATE UNIVERSITY

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

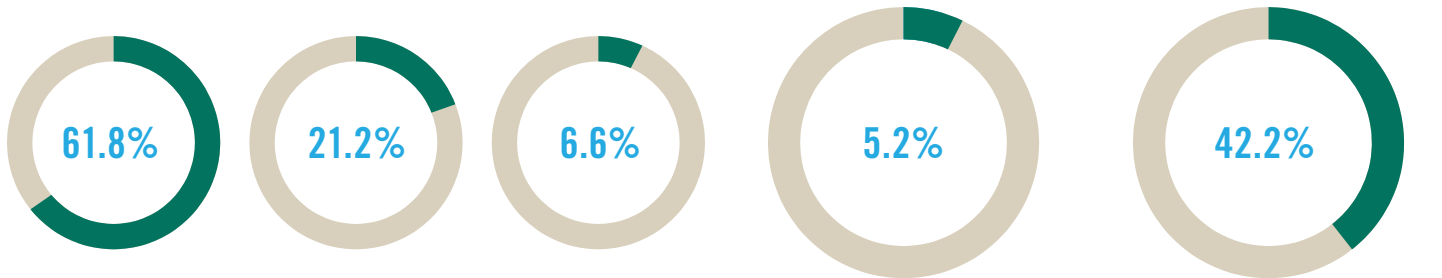
The background of the page is white and features several decorative elements. There are approximately 15 small orange dots scattered across the page. Several thin orange lines connect some of these dots, creating a network-like pattern. One line connects dots in the top left and top center. Another line connects dots in the middle left, middle center, middle right, and bottom right. A third line connects dots in the bottom left, bottom center, and bottom right. A fourth line connects dots in the middle right and bottom right. A fifth line connects dots in the bottom left and bottom center.

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DATA HIGHLIGHTS

74.9% REPORTED THEIR HEALTH AS GOOD, VERY GOOD OR EXCELLENT



ALCOHOL & OTHER DRUGS

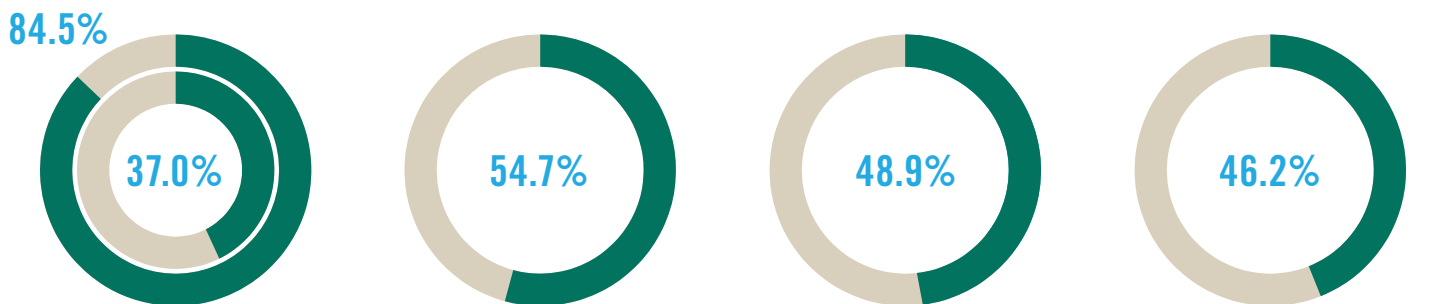
In the last 30 days, **61.8%** of students used Alcohol, **21.2%** used Marijuana and **6.6%** used Tobacco.

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.

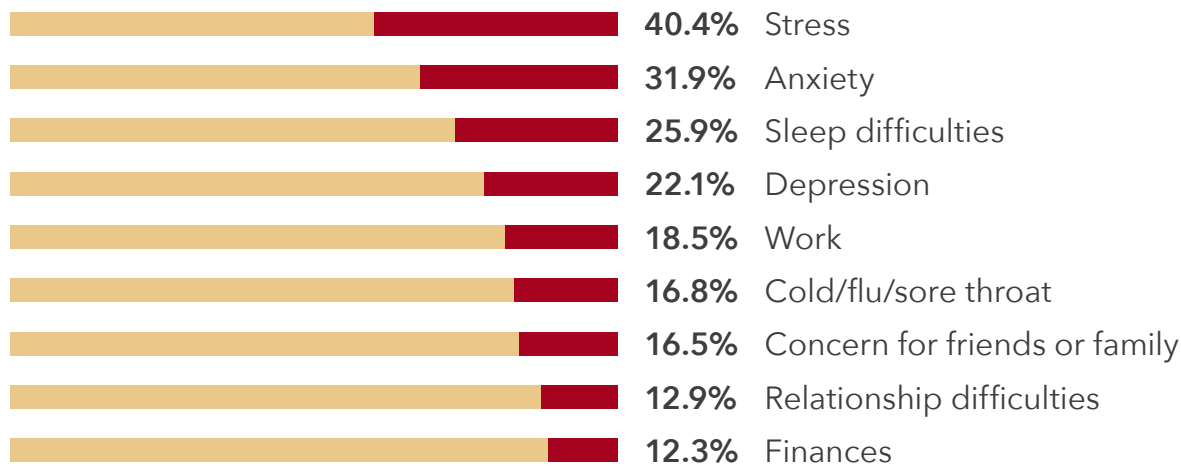
STRESS

46.2% of students rate their overall stress level as: "more than average" to "tremendous" stress in the past 12 months.

HEALTH & 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

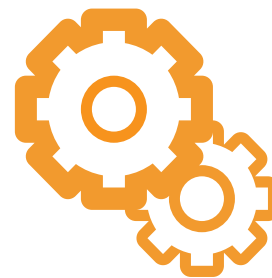
20.8%	Allergies
15.3%	Back pain
13.2%	Urinary tract infection
12.5%	Migraine headache
11.8%	Sinus infection
8.7%	Ear infection
8.4%	Asthma
7.6%	Bronchitis
5.2%	Strep throat
3.8%	High blood pressure

REPORTED CONDITIONS & DISABILITIES

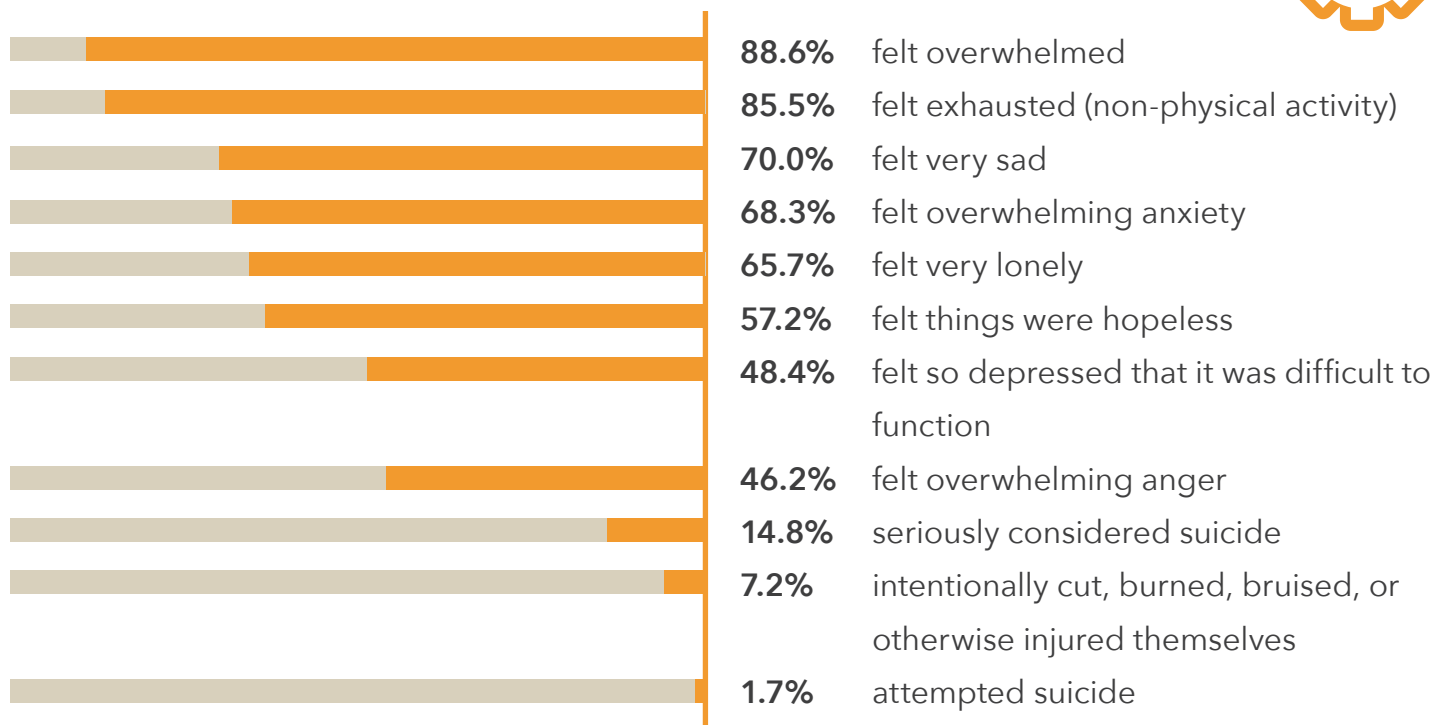
Self-reported by CSUCI students

9.7%	Psychiatric condition
9.0%	Chronic illness
8.7%	ADHD
7.4%	Learning disability
4.9%	Other disability
3.1%	Partial sight/blindness
1.4%	Deafness/hearing loss
1.4%	Mobility/dexterity disability
1.4%	Speech or language disorder

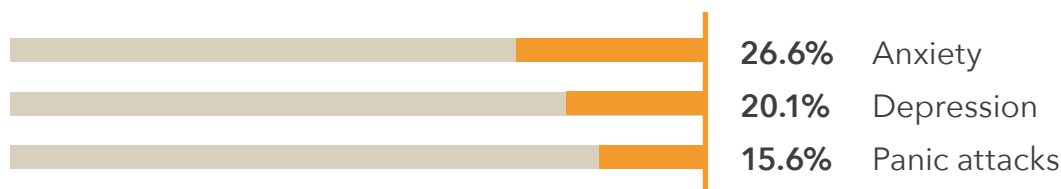
MENTAL HEALTH



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:



ALCOHOL USE *IN THE LAST 30 DAYS

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

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: 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 them self
- 4.7% Seriously considered suicide
- 0.9% Got in trouble with police
- 0.0% Engaged in sex without their consent

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.

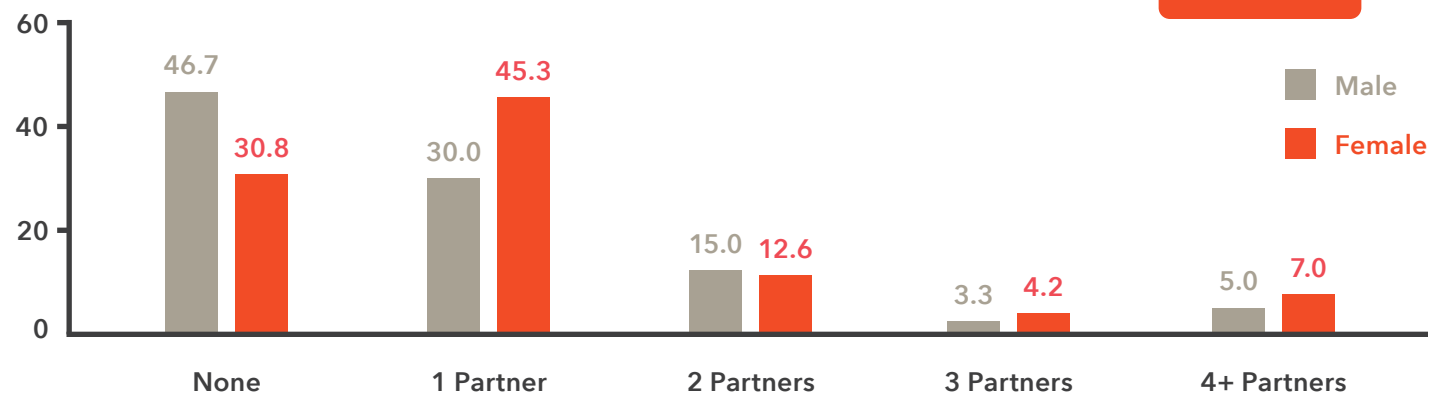
OTHER DRUGS - MARIJUANA

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):



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



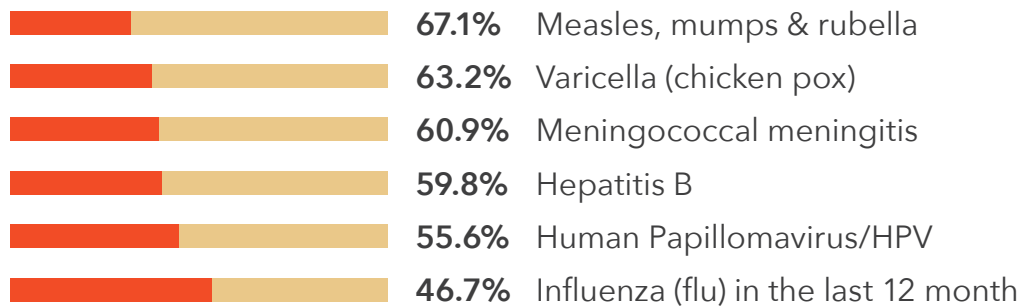
CSUCI students reported experiencing the following within the last 12 months:

- | | |
|--|--|
| 20.4% A verbal threat | 4.2% A physical fight |
| 12.1% An emotionally abusive intimate relationship | 3.8% A physical assault (not sexual assault) |
| 9.3% Sexual touching without their consent | 2.8% Sexual penetration without consent |
| 9.0% Stalking | 1.7% A sexually abusive intimate relationship |
| 3.8% Sexual penetration attempt without their consent | 1.7% A physically abusive intimate relationship |

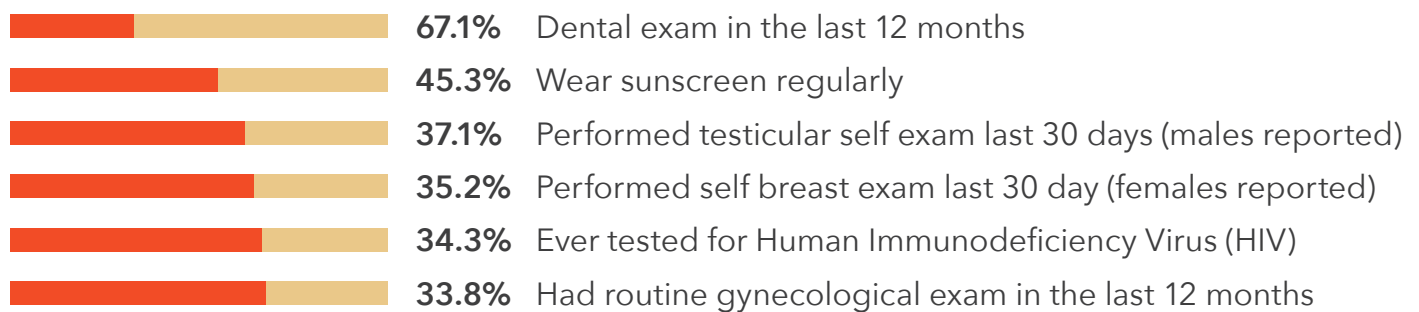
DISEASE & INJURY PREVENTION



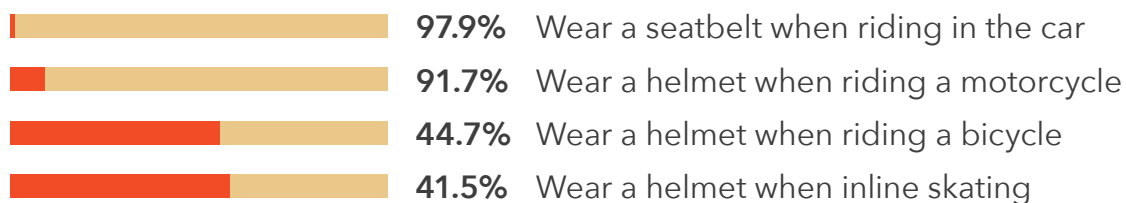
CSUCI students reported receiving the following vaccinations:



OTHER PREVENTION PRACTICES



INJURY PREVENTION WITHIN THE LAST 12 MONTHS:





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



**WELLNESS
PROMOTION &
EDUCATION**

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