



American College Health Association National College Health Assessment II Spring 2015



California State
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WELLNESS
PROMOTION
& EDUCATION

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What is ACHA?

- The American College Health Association
- Formed in 1920
- The nation's principle advocate and leadership organization for college and university health.



What is the ACHA-NCHA?

- A nationally recognized research survey that can assist campuses in collecting data about students' health habits, behaviors, and perceptions.
- Themes covered:
 - Alcohol, tobacco and other drugs
 - Sexual health
 - Weight, nutrition, and exercise
 - Mental health
 - Personal safety and violence



ACHA-NCHA At CI

- First implemented at CI in spring 2015
- CSU will implement system wide in spring 2016
- CI spring 2015 response rate: 7.1%



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DEMOGRAPHICS AND STUDENT CHARACTERISTICS

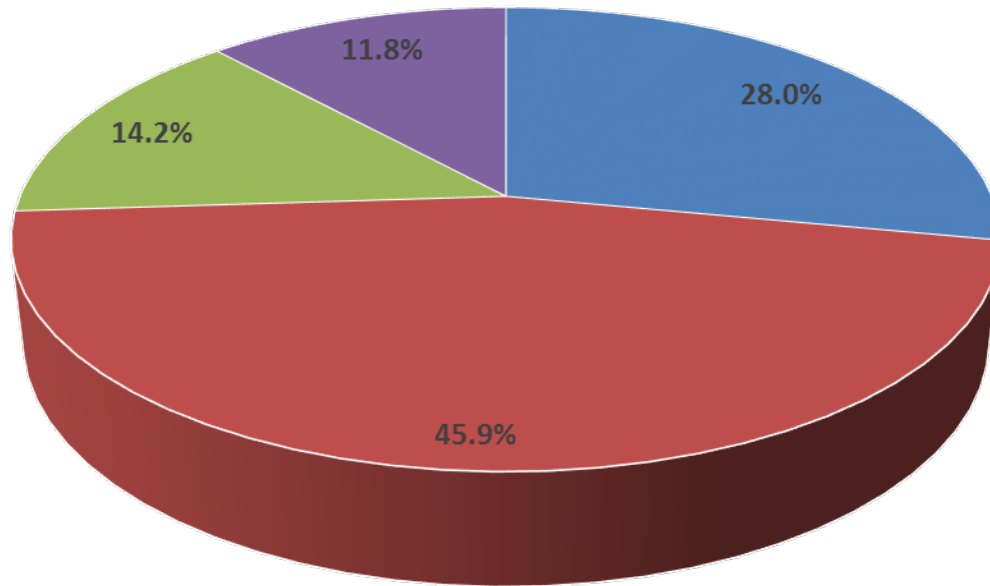


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Age



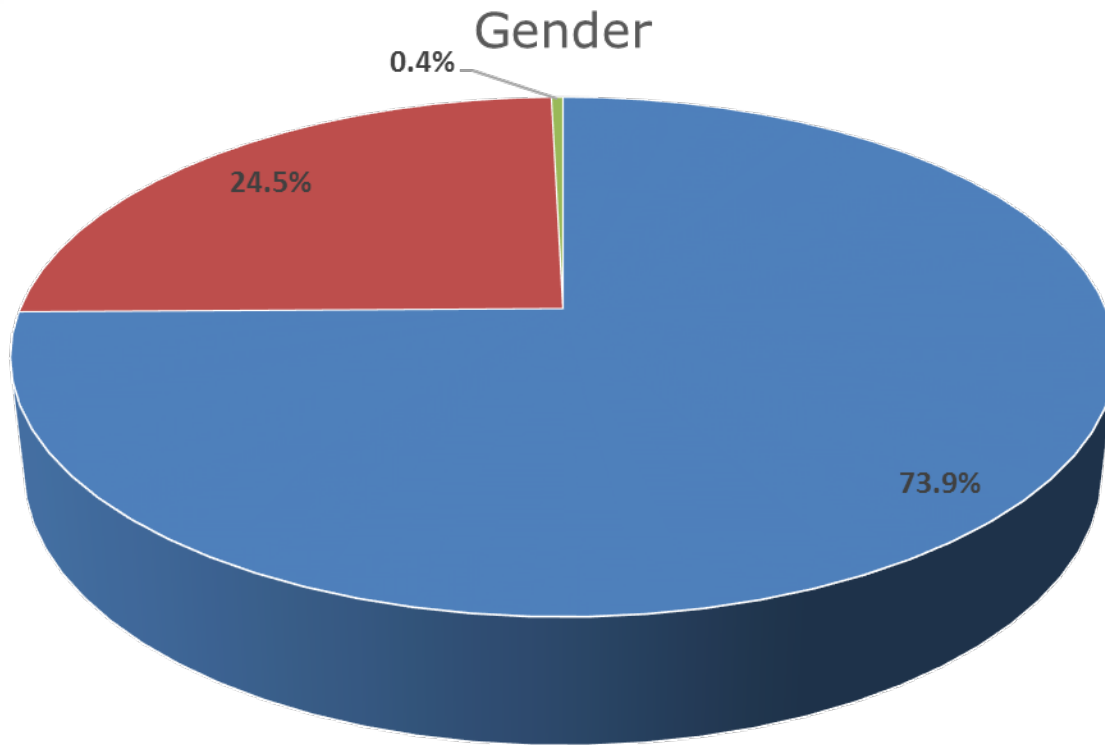
■ 18-20 Years

■ 21-24 Years

■ 25-29 Years

■ 30+ Years





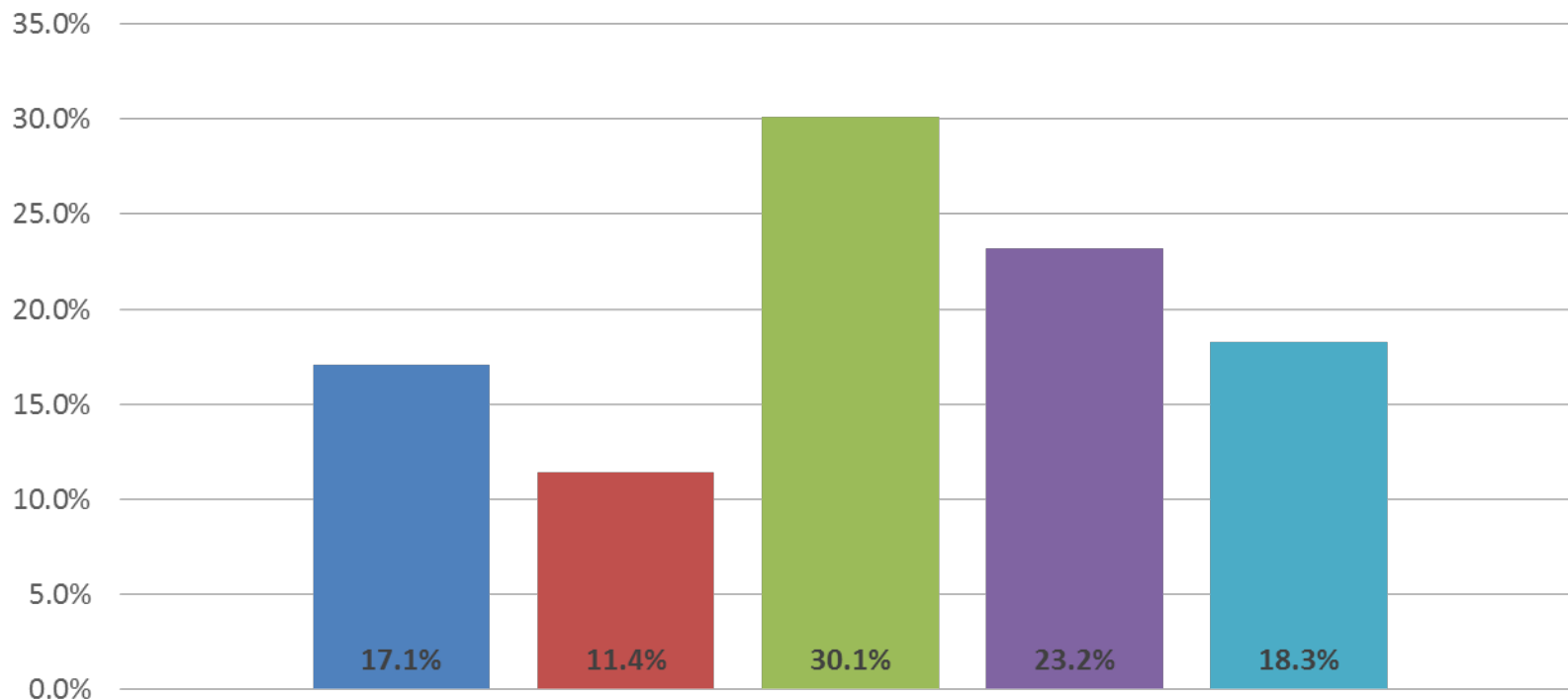
■ Female ■ Male ■ Transgender



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Student Status

■ 1st Year ■ 2nd Year ■ 3rd Year ■ 4th Year ■ 5th Year

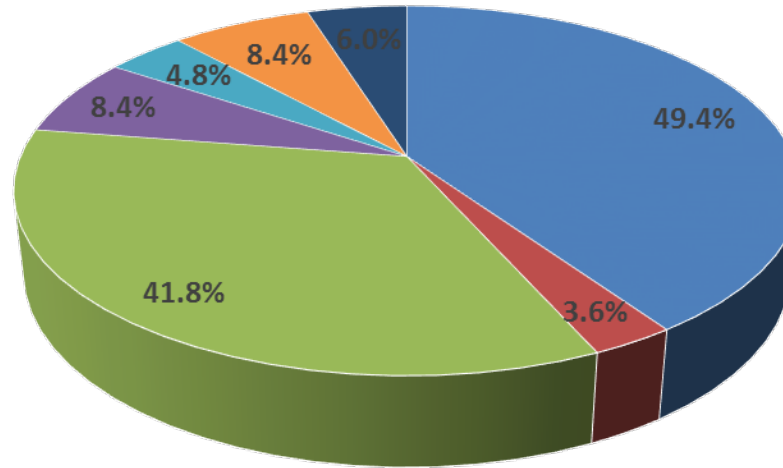


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CHANNEL ISLANDS

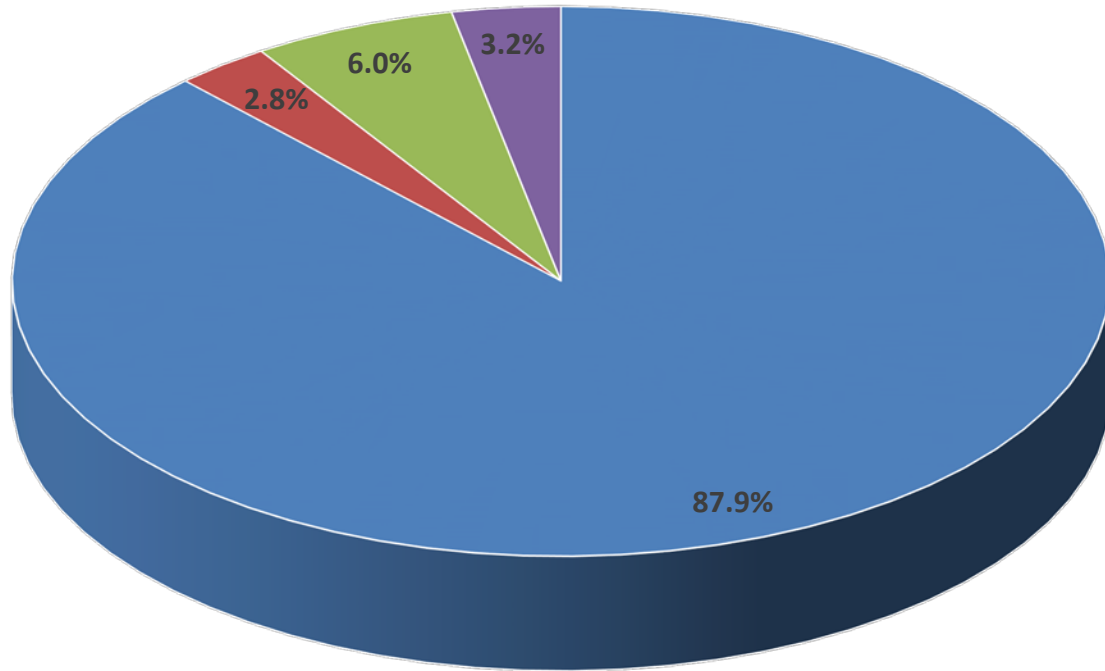
Students described themselves as:



- White
- Black or African American
- Hispanic or Latino/a
- Asian or Pacific Islander
- American Indian, Alaskan Native or Native Hawaiian
- Biracial or Multiracial
- Other



Students described themselves as:



■ Heterosexual ■ Gay/Lesbian ■ Bisexual ■ Unsure



- Housing
 - The majority of respondents live in parent/guardian home (40.5%) or
 - Other off-campus housing (32.8%)
 - Campus Residence Hall (17%)
- Primary source of Health Insurance
 - Parents Plan (58.7%)
 - Another Plan (31.6%)
 - Don't have health insurance (4.5%)



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GENERAL HEALTH OF CI STUDENTS

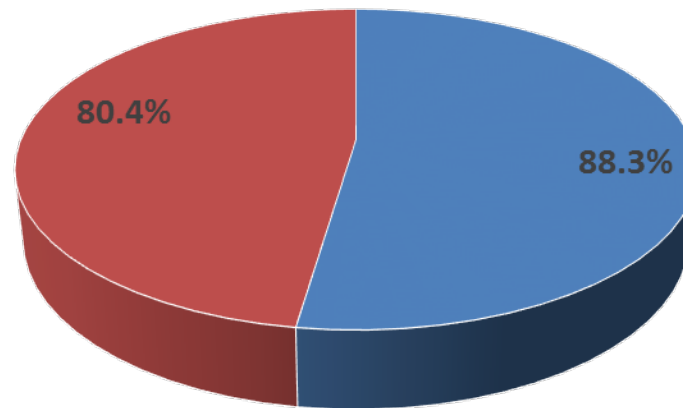


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82.2% of students reported their health as good, very good or excellent



■ Male ■ Female

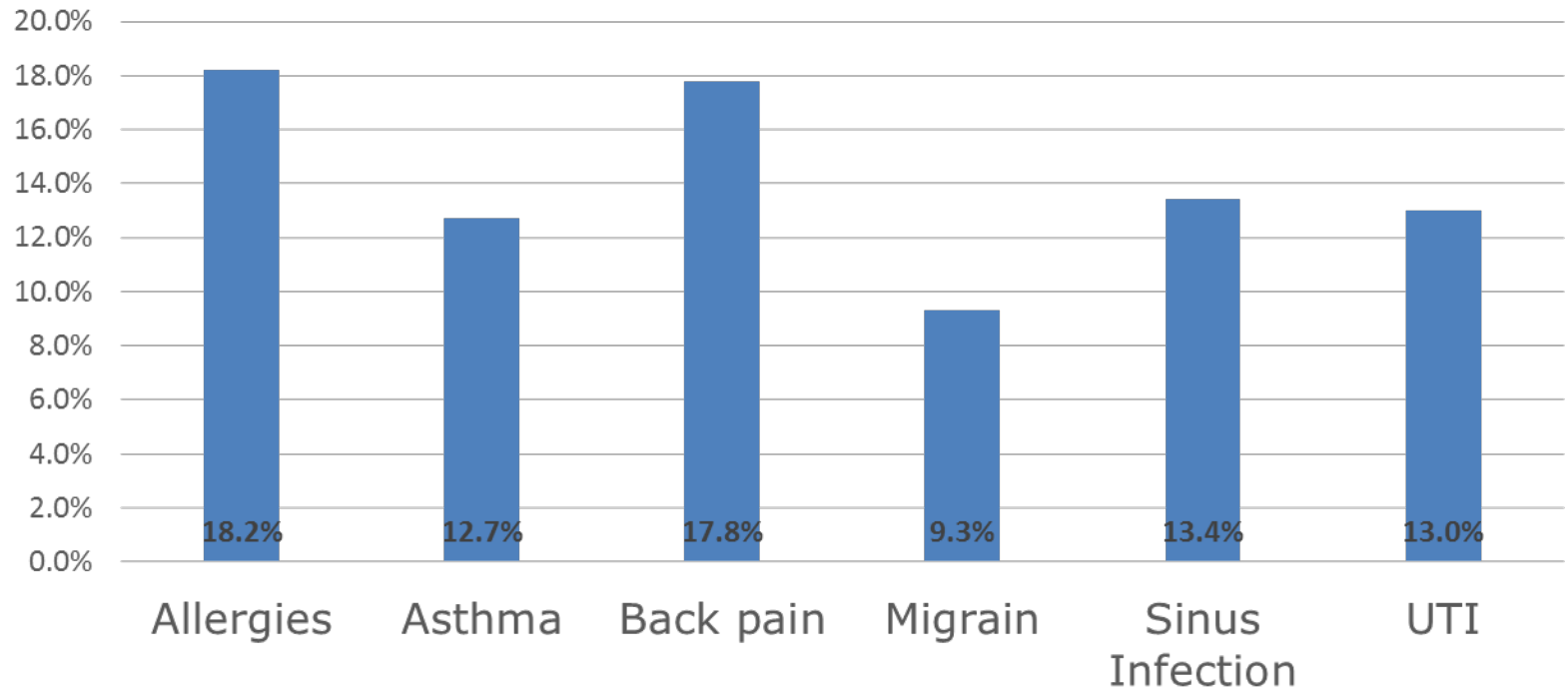


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Students who reported being diagnosed or treated by a professional in last 12 months for:



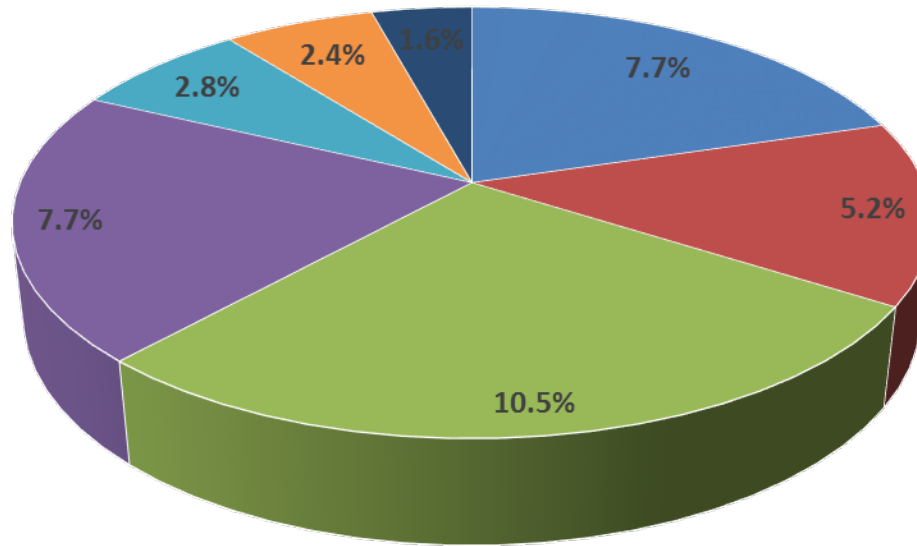
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American College Health Association. American College Health Association-National College Health Assessment II: California State University Channel Islands Executive Summary Spring 2015. Hanover, MD: American College Health Association; 2015

Portion of students who reported the following:



- ADHD
- Chronic Illness
- Learning Disability
- Psychiartric condition
- Deafness/Hearing Loss
- Mobility/Dexterity disability



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DISEASE AND INJURY PREVENTION



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Student reported receiving the following vaccinations:

Hepatitis B	71.7%
Human Papilloma Virus	54.7%
Flu in the last 12 months (shot/mist)	43.1%
Measles, Mumps, Rubella	80.2%
Meningococcal Meningitis	58.7%
Chicken Pox	65.6%



Students also report other disease prevention practices:

Dental exam and cleaning in last 12 months	67.9%
Males report testicular self exam in last 30 days	37.5%
Females report breast self exam in last 30 days	32.4%
Females report routine GYN exam in last 12 months	46.7%
Use sunscreen regularly with sun exposure	48.6%
Being tested for HIV infection	40.7%



Students report the following behaviors in the last 12 months:	Did not do this	Never	Mostly or Always
Wear a seatbelt when you rode in a car:	0.4%	0.0%	98.8%
Wear a helmet when you rode a bicycle:	45.4%	31.6%	44.9%
Wear a helmet when you rode a motorcycle:	84.3%	0.0%	94.9%
Wear a helmet when you were inline skating:	87.1%	46.9%	46.9%



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ACADEMIC IMPACTS



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Within the last 12 months students reported the following factors affecting their academic performance (top 10)

Stress	33.5%	Internet use/computer games	13.0%
Anxiety	25.8%	Depression	12.9%
Sleep difficulties	21.8%	Concern for troubled friend or family	10.9%
Work	19.6%	Finances	10.1%
Cold/Flu/Sore throat	16.6%	ADHD	6.9%



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VIOLENCE, ABUSIVE RELATIONSHIPS AND PERSONAL SAFETY



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Within the last 12 months, students reported experiencing:	Male	Female	Total
A physical fight	9.8%	1.6%	3.6%
A physical assault (not sexual assault)	8.2%	2.2%	3.6%
A verbal threat	24.6%	14.2%	16.9%
Sexual touching without their consent	1.6%	4.9%	4.0%
Sexual penetration attempt without their consent	0.0%	1.1%	0.8%
Sexual penetration without their consent	0.0%	1.1%	0.8%
Stalking	3.3%	6.0%	5.2%
An emotionally abusive intimate relationship	6.6%	7.6%	7.6%
A physically abusive intimate relationship	3.3%	1.1%	2.0%
A sexually abusive intimate relationship	0.0%	2.2%	1.6%





Student reported feeling <i>very safe</i>:	Male	Female	Total
On their campus (daytime)	88.5%	94.6%	92.7%
On their campus (nighttime)	59.0%	29.9%	36.7%
In the community surrounding their campus (daytime)	75.4%	74.5%	74.6%
In the community surrounding their campus (nighttime)	50.8%	28.8%	33.9%



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ALCOHOL, TOBACCO AND OTHER DRUG USE



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	Actual Use			Perceived Used		
	Male	Female	Total	Male	Female	Total
Alcohol	72.1%	63.2%	65.2%	96.7%	91.2%	92.7%
Cigarette	19.7%	8.2%	10.9%	78.7%	79.7%	79.8%
Marijuana	36.1%	14.8%	19.8%	93.4%	83.5%	86.2%
Hookah	6.6%	3.8%	4.4%	67.2%	73.5%	72.0%
All other drugs	19.7%	6.0%	9.3%	82.0%	81.3%	81.4%



Reported number of drinks consumed the last time students “partied” or socialized:

	Male	Female	Total
4 or fewer	57.8%	81.1%	75.1%
5	11.1%	6.6%	7.7%
6	6.7%	4.1%	4.7%
7 or more	24.4%	8.2%	12.4%



Reported number of times students consumed five or more drinks in a sitting with in the last two weeks:

	Male	Female	Total
N/A don't drink	21.3%	28.3%	26.1%
None	42.6%	44.0%	44.6%
1-2 times	24.6%	16.8%	18.5%
3-5 times	8.2%	7.6%	7.6%
6 or more times	3.3%	3.3%	3.2%



Reported number of students who reported using prescription drugs that were not prescribed to them within the last 12 months:

	Male	Female	Total
Antidepressants	1.6%	4.4%	3.6%
Erectile dysfunction drugs	1.6%	1.6%	1.6%
Pain killers	13.1%	12.5%	12.9%
Sedatives	8.2%	7.1%	7.3%
Stimulants	6.6%	8.7%	8.1%
<i>Used 1 or more of the above</i>	16.4%	21.2%	20.2%



Students reported doing the following *most of the time* or *always* when they “partied” or socialized during the last 12 months (top 5):

	Male	Female	Total
Use a designated driver	83.0%	92.3%	90.1%
Stay with the same group of friends the entire time drinking	83.3%	92.2%	89.5%
Eat before and/or during drinking	85.1%	81.4%	82.2%
Keep track of how many drinks being consumed	58.3%	79.1%	73.5%
Stick with only one kind of alcohol when drinking	56.3%	66.7%	63.5%
<i>Reported one or more of the above</i>	100%	98.6%	99.0%



Students who drank alcohol reported experiencing the following in the last 12 months when drinking alcohol (top 5):

	Male	Female	Total
Did something you later regretted	35.4%	21.1%	24.3%
Forgot where you were or what you did	29.2%	20.3%	22.7%
Had unprotected sex	31.3%	18.8%	21.6%
Physically injured yourself	14.6%	6.8%	8.6%
Got in trouble with the police	6.3%	0.8%	2.2%
<i>Reported one or more of the above</i>	56.3%	33.8%	39.5%



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SEXUAL BEHAVIOR



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Used a condom or other protective barrier within the last 30 days (mostly or always)

	Male	Female	Total
Oral sex	5.3%	6.6%	6.2%
Vaginal intercourse	43.2%	44.7%	44.4%
Anal intercourse	45.0%	37.0%	40.4%

Students responding "*Never did this sexual activity*" or "*Have not done this during the last thirty days*" were excluded from the analysis.



Of students who reported using a method of contraception the last time they had vaginal intercourse, the reported means of birth control used (top 5):

	Male	Female	Total
Birth control pills (monthly or extended cycle)	66.7%	55.7%	58.0%
Male condom	57.1%	52.4%	53.9%
Withdrawal	36.1%	31.1%	32.2%
Intrauterine device	8.6%	15.9%	14.0%
Fertility awareness (calendar, mucous, basal body temp.)	8.6%	10.4%	9.9%
<i>Male condom use plus another method</i>	48.6%	38.7%	40.8%
<i>Any two or more methods (excluding male condoms)</i>	38.9%	31.8%	33.3%



- 14.8% of sexually active students reported using (or reported their partner used) emergency contraception with the last 12 months. (male: 8.7%; female: 17.2%)
- 2.2% of students who had vaginal intercourse with the last 12 months reported experiencing an unintentional pregnancy or got someone pregnant within the last 12 months. (male: 2.2%; female: 2.2%)



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NUTRITION AND EXERCISE



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Students reported the following behaviors within the past 7 days:

Do moderate-intensity cardio or aerobic exercise for at least 30 minutes:

	Male	Female	Total
0 Days	11.7%	29.5%	25.6%
1 – 4 Days	63.3%	60.7%	61.0%
5 – 7 Days	25.0%	9.8%	13.4%

Do vigorous-intensity cardio or aerobic exercise for at least 20 minutes:

0 Days	41.0%	47.0%	46.2%
1 – 4 Days	19.7%	36.1%	31.6%
3 – 7 Days	39.3%	16.9%	22.3%



BMI	Male	Female	Total
<18.5 Underweight	5.0%	6.0%	5.7%
18.5 – 24.9 Healthy Weight	41.7%	53.8%	50.8%
25 – 29.9 Overweight	23.3%	21.4%	21.7%
30 – 34.9 Class I Obesity	20.0%	11.5%	13.9%
35 – 39.9 Class II Obesity	6.7%	2.7%	3.7%
> 40 Class III Obesity	3.3%	14.4%	4.1%



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MENTAL HEALTH



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Students reported experiencing the following anytime within the last 12 months:

	Male	Female	Total
Felt things were hopeless	35.0%	46.4%	43.9%
Felt exhausted (not from physical activity)	76.7%	82.6%	81.0%
Felt overwhelmed by all you had to do	78.3%	88.6%	86.2%
Felt very lonely	51.7%	50.0%	50.6%
Felt very sad	46.7%	60.7%	57.7%
Felt overwhelming anxiety	53.3%	56.5%	55.9%
Felt so depressed that it was difficult to function	31.7%	36.4%	36.0%
Felt overwhelming anger	37.3%	36.4%	37.4%



Students reported experiencing the following anytime within the last 12 months:

	Male	Female	Total
Intentionally cut, burned, bruised, otherwise injured yourself	5.1%	7.6%	7.7%
Seriously considered suicide	10.0%	7.1%	8.1%
Attempted suicide	0.0%	1.6%	1.2%



Students reported within the last 12 months, being diagnosed or treated by a professional for the following (top 5):

	Male	Female	Total
Anxiety	11.7%	12.0%	11.8%
Depression	9.8%	11.5%	10.9%
Panic attacks	6.6%	8.7%	8.1%
Attention Deficit and Hyperactivity Disorder	6.6%	5.5%	5.7%
Insomnia	8.2%	4.9%	5.7%
Students reporting both Depression and Anxiety	6.6%	7.1%	6.9%



Students reported within the last 12 months, any of the follow been traumatic or very difficult to handle (top 5):

	Male	Female	Total
Academics	39.3%	43.5%	43.1%
Finances	39.3%	34.4%	35.6%
Family problems	26.2%	34.2%	32.3%
Personal health issues	19.7%	23.5%	22.7%
Career-related issues	34.4%	25.7%	27.9%



Within the last 12 months, how would you rate the overall level of stress experienced:

	Male	Female	Total
No stress	0.0%	1.1%	0.8%
Less than average stress	21.3%	4.3%	8.5%
Average stress	39.3%	45.1%	43.1%
More than average stress	29.5%	41.8%	39.5%
Tremendous stress	9.8%	7.6%	8.1%



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SLEEP



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Past 7 days, getting enough sleep to feel rested in the morning:

	Male	Female	Total
0 Days	8.2%	10.4%	10.2%
1 – 2 Days	14.8%	33.0%	28.0%
3 – 5 Days	50.8%	42.9%	45.1%
6+ Days	26.2%	13.7%	16.7%



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SUPPLEMENTAL QUESTIONS



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Currently or have been a member of the US Armed Services:	# of respondents	% of responses
Yes & I have deployed to an area of hazardous duty	2	.8%
Yes & I have not deployed to an area of hazardous duty	2	.8%
No	244	98.4%



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SUMMARY



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Comparison to Spring 2014 Reference Group Data

- In line with vaccination and disease prevention practices
- Above average with use of protective devices (seatbelts/helmets)
- In line with top 10 Academic Impacts
- Above average feeling safe on campus and surrounding community
- Males above average alcohol use
- Males above average for cigarette use



- Males and females below average for marijuana use; hookah use; and other drug use
- Perceived use of alcohol, cigarettes, marijuana, hookah, and other drugs is above reference group data
- Binge drinking behavior on par with reference group data
- Prescription drug use above reference group data
- Mental health feelings on par with reference group data
- Intentional injury, suicidal ideation and attempt on par with reference group data
- Average stress rate above reference group data
- More than average/tremendous stress less than reference group data

