

NCHA 2013

Brief description of project:

The National College Health Assessment is a research effort organized by the nonprofit American College Health Association (ACHA) to assist health service providers, faculty, researchers, and student affairs professionals in collecting data about the health of college students.

Students answer questions about their habits, behaviors, and perceptions on the most prevalent health topics of the day: alcohol, tobacco, and other drug use; mental and physical health; weight, nutrition, and exercise; personal safety and violence; sexual health; and impediments to academic performance.

Who was asked to complete survey: A random sample of students who attended Spring 2013

Response Rate: 11.8% (589 of 5,000)

Administration Type: e-mail

Summary of Key Findings:

Top 10 Academic Impacts:

- Stress (36.4%)
- Anxiety (27.6%)
- Work (26.7%)
- Sleep difficulties (24.1%)
- Cold/Flu/Sore Throat (18.3%)
- Depression (16.5%)
- Internet use/computer games (14.7%)
- Concern for a troubled friend or family member (12.4%)
- Relationship difficulties (12.3%)
- Finances (10.6%)

Actions Taken:

Utilize findings to guide priorities and programming

Which Student Affairs goals does this project align with?

Objective: Develop students as a whole through the cultivation and enrichment of the body, mind and spirit.

Goal/Action: Promote physical, spiritual and psychological health and wellness, collaborating across campus with multiple organizations.

Objective: Promote the effective use of best practices in Student Affairs departments, programs and services.

Goal/Action: encourage departments to utilize research and benchmarking services to evaluate their services, programs and facilities.