Project Summary

Center for Student Wellness / National College Health Assessment (NCHA) 2015

Goal of assessment:
To participate in national data collection on students' habits, behaviors, and perceptions on the most prevalent health topics.

Population sampled:
5000 undergraduate students (stratified random sample based on gender and year in school, but excluding those less than 18 years old and those registered for Spring 2015 graduation).

Response Rate: 8.2% (410 of 5,000)
Administration Type: E-mail invitation through external program

Summary of Key Findings
The 2015 NCHA survey provided the Center for Student Wellness and our partners with a valuable look into student's health behaviors, habits, and perceptions at the University of Utah. It also provided us with tangible implications that health issues have on students. Here are some key findings among University of Utah students who were surveyed:

- General Wellness:
  o 84.8% of U of U students described their health as good, very good, or excellent
  o 50.4% reported receiving vaccination against influenza (flu) in the last 12 months
  o 98% of students “mostly or always” wore a seatbelt when they rode in a car
  o 51.2% of students met recommended guidelines for exercise
  o 7.1% of students reported usually eating 5 or more servings of fruits and vegetables per day (the recommended amount)
  o 59.0% of students had an estimated “healthy weight” Body Mass Index (18.5-24.9)

- Top 5 Academic Impacts
  1. Stress
  2. Anxiety
  3. Sleep
  4. Work
  5. Depression

- Alcohol:
  o 41.1% of students reported using alcohol in the last 30 days compared to students perceiving that 91.6% of students consumed alcohol in the last 30 days

- Violence, Abusive Relationships and Personal Safety:
  o 10.9% of females and 2.3% of males reported experiencing sexual touching without their consent
  o 8.7% of females and 2.9% of males reported experiencing stalking
  o 4.8% of females and 0.6% of males reported experiencing sexual penetration without their consent

- Sexual Behavior:
  o 44.1% of students reported using a condom or other protective barrier within the last 30 days (mostly or always) for vaginal intercourse
- 22.5% of students reported using a condom or other protective barrier within the last 30 days (mostly or always) for vaginal intercourse
- 49.4% of students or their partner reported using a method of contraceptive the last time they had vaginal intercourse

- **Mental Health:**
  - 89.2% of students felt overwhelmed by all they had to do
  - 59.3% of students felt overwhelming anxiety
  - 10.1% of students seriously considered suicide

**Actions Taken/Planned based on the findings from this assessment:**
Based on our NCHA data the Center for Student Wellness plans to implement social norming campaigns into much of the work we do to normalize many of the healthier behaviors we see reported – such as 41% of students reporting drinking compared to students thinking 91% of students drank.

We will also continue to utilize this data as a teaching tool into our everyday education. Additionally, this data continues to justify that students need information and resources in many of the health topics we discuss.

**Alignment**

**Student Affairs Key Activity:** [still in process]

**Departmental Key Activity:** Outreach/Training & Education

  **Departmental goal this project addresses:** Use data, research and national trends to create intentional programming.

**Departmental Key Activity:** Best Practices

  **Departmental goal this project addresses:** Click here to enter text.

**Student Affairs Learning Domain Connection:** Health & Wellness

*Please explain how this project connects to this Learning Domain:* NCHA allows us to stay in line with national trends and best practice for health behaviors and habits of our students.