

Saint Olaf College

Executive Summary

Spring 2010

American College Health Association
National College Health Assessment II



ACHA-NCHA II

The ACHA-NCHA II supports the health of the campus community by fulfilling the academic mission, supporting short- and long-term healthy behaviors, and gaining a current profile of health trends within the campus community.

Introduction

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.

ACHA initiated the original ACHA-NCHA in 2000 and the instrument was used nation wide through the spring 2008 data collection period. The ACHA-NCHA now provides the largest known comprehensive data set on the health of college students, providing the college health and higher education fields with a vast spectrum of information on student health.

The revised survey, the ACHA-NCHA-II, was developed following a thorough pilot testing process. Although the general categories of information for which data are collected remain the same between the original ACHA-NCHA and this revised survey, a number of questions have been modified, and new questions have been added to monitor a variety of health constructs. Specific revisions include updated lists of illegal drugs, contraceptive methods, and vaccines. New items have been added to capture sleep behaviors, self-injury, the use/abuse of prescription drugs and additional mental health issues.

Please note the ACHA-NCHA II is not appropriate for trend comparison of items from the original ACHA-NCHA survey. A new baseline for ACHA-NCHA II began in the fall of 2008. Directly comparing pre- and post-redesign estimates on similar data points, without taking into account the impact of the survey's redesign, might lead to an erroneous conclusion. Documentation regarding the results of the pilot study and differences between the instruments can be obtained at the ACHA-NCHA website, www.acha-ncha.org.

For additional information about the survey's development, design, and methodology, email Mary Hoban, PhD, CHES, (mhoban@acha.org), E. Victor Leino, PhD (vleino@acha.org), or visit www.acha-ncha.org.

Note on use of data:

Missing values have been excluded from analysis. Students responding "not applicable" were excluded from several analyses, which are specifically noted throughout this document. All response categories were included, including "don't know" or "0" unless otherwise noted.
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This Executive Summary highlights results of the ACHA-NCHA II Spring 2010 survey for Saint Olaf College consisting of 741 respondents.

The overall response proportion was 40.2%.

C. Academic Impacts

Within the last 12 months, students reported the following factors affecting their individual academic performance, defined as: received a lower grade on an exam, or an important project; received a lower grade in the course; received an incomplete or dropped the course; or experienced a significant disruption in thesis, dissertation, research, or practicum work; (listed alphabetically):

Alcohol use:	2.8 %	Gambling:	0.0 %
Allergies:	1.4 %	Homesickness:	2.7 %
Anxiety:	17.8 %	Injury:	2.0 %
Assault (physical):	0.3 %	Internet use/computer games:	10.3 %
Assault (sexual):	0.7 %	Learning disability:	2.6 %
Attention Deficit/Hyperactivity Disorder:	4.1 %	Participation in extracurricular activities:	16.0 %
Cold/Flu/Sore throat:	16.7 %	Pregnancy (yours or partner's):	0.0 %
Concern for a troubled friend or family member:	10.6 %	Relationship difficulties:	9.5 %
Chronic health problem or serious illness:	3.0 %	Roommate difficulties:	6.0 %
Chronic pain:	2.0 %	Sexually transmitted disease/infection (STD/I):	0.1 %
Death of a friend or family member:	2.3 %	Sinus infection/Ear infection/Bronchitis/Strep throat:	4.8 %
Depression:	12.0 %	Sleep difficulties:	16.8 %
Discrimination:	0.4 %	Stress:	21.3 %
Drug use:	1.0 %	Work:	7.5 %
Eating disorder/problem:	0.5 %	Other:	1.8 %
Finances:	2.0 %		

D. Violence, Abusive Relationships and Personal Safety

Within the last 12 months, college students reported experiencing:

	Percent (%)	Male	Female	Total
A physical fight		9.4	2.8	5.0
A physical assault (not sexual assault)		2.9	1.8	2.2
A verbal threat		21.8	10.9	14.5
Sexual touching without their consent		4.5	9.3	7.7
Sexual penetration attempt without their consent		1.2	2.2	1.9
Sexual penetration without their consent		1.2	1.8	1.6
Stalking		3.7	3.8	3.8
An emotionally abusive intimate relationship		2.0	5.8	4.6
A physically abusive intimate relationship		0.8	0.8	0.8
A sexually abusive intimate relationship		0.4	1.6	1.2

Findings continued

Estimated average Body Mass Index (BMI): This figure incorporates reported height, and weight to form a general indicator of physical health. Categories defined by The World Health Organization (WHO) 2000, reprinted 2004. Obesity: Preventing and Managing the Global Epidemic. WHO Tech Report Series: 894.

BMI	Percent (%)	Male	Female	Total
<18.5 Underweight		3.3	6.1	5.2
18.5-24.9 Healthy Weight		67.8	74.1	72.0
25-29.9 Overweight		21.5	15.0	17.1
30-34.9 Class I Obesity		5.4	3.8	4.3
35-39.9 Class II Obesity		1.7	0.8	1.1
≥40 Class III Obesity		0.4	0.2	0.3
Mean		23.78	22.86	23.16
Median		22.99	22.27	22.47
Std Dev		3.91	3.63	3.75

H. Mental Health

Students reported experiencing the following within the last 12 months:

Felt things were hopeless

<i>Percent (%)</i>	Male	Female	Total
No, never	46.3	34.3	38.3
No, not last 12 months	12.3	18.7	16.6
Yes, last 2 weeks	10.7	17.0	14.9
Yes, last 30 days	7.8	7.7	7.7
Yes, in last 12 months	23.0	22.3	22.5
<i>Any time within the last 12 months</i>	41.4	47.1	45.2

Felt overwhelmed by all you had to do

<i>Percent (%)</i>	Male	Female	Total
No, never	11.1	2.2	5.1
No, not last 12 months	2.9	2.2	2.4
Yes, last 2 weeks	48.1	61.4	57.0
Yes, last 30 days	18.5	15.2	16.3
Yes, in last 12 months	19.3	19.0	19.1
<i>Any time within the last 12 months</i>	86.0	95.6	92.4

Felt exhausted (not from physical activity)

<i>Percent (%)</i>	Male	Female	Total
No, never	13.9	4.0	7.3
No, not last 12 months	9.0	4.2	5.8
Yes, last 2 weeks	41.0	56.0	51.1
Yes, last 30 days	19.7	14.9	16.5
Yes, in last 12 months	16.4	20.8	19.3
<i>Any time within the last 12 months</i>	77.0	91.7	86.9

Felt very lonely

<i>Percent (%)</i>	Male	Female	Total
No, never	22.7	13.9	16.8
No, not last 12 months	16.1	14.3	14.9
Yes, last 2 weeks	24.0	25.8	25.2
Yes, last 30 days	10.3	17.9	15.4
Yes, in last 12 months	26.9	28.0	27.6
<i>Any time within the last 12 months</i>	61.2	71.8	68.3

Felt very sad

Percent (%)	Male	Female	Total
No, never	22.5	12.9	16.1
No, not last 12 months	15.6	13.5	14.2
Yes, last 2 weeks	20.1	24.0	22.7
Yes, last 30 days	11.5	17.4	15.4
Yes, in last 12 months	30.3	32.1	31.5
<i>Any time within the last 12 months</i>	61.9	73.5	69.7

Felt overwhelming anxiety

Percent (%)	Male	Female	Total
No, never	45.9	34.3	38.1
No, not last 12 months	16.4	12.3	13.6
Yes, last 2 weeks	11.1	19.2	16.5
Yes, last 30 days	7.8	10.3	9.5
Yes, in last 12 months	18.9	24.0	22.3
<i>Any time within the last 12 months</i>	37.7	53.4	48.2

Seriously considered suicide

Percent (%)	Male	Female	Total
No, never	81.6	79.8	80.4
No, not last 12 months	11.1	15.2	13.8
Yes, last 2 weeks	1.2	0.6	0.8
Yes, last 30 days	0.8	0.8	0.8
Yes, in last 12 months	5.3	3.6	4.2
<i>Any time within the last 12 months</i>	7.4	5.1	5.8

Intentionally cut, burned, bruised, or otherwise injured yourself

Percent (%)	Male	Female	Total
No, never	84.0	82.0	82.7
No, not last 12 months	11.9	13.2	12.7
Yes, last 2 weeks	0.8	1.4	1.2
Yes, last 30 days	0.8	1.0	0.9
Yes, in last 12 months	2.5	2.4	2.4
<i>Any time within the last 12 months</i>	4.1	4.9	4.6

Felt so depressed that it was difficult to function

Percent (%)	Male	Female	Total
No, never	54.7	50.3	51.8
No, not last 12 months	19.3	20.4	20.1
Yes, last 2 weeks	6.2	7.3	6.9
Yes, last 30 days	4.1	5.3	4.9
Yes, in last 12 months	15.6	16.8	16.4
<i>Any time within the last 12 months</i>	25.9	29.3	28.2

Felt overwhelming anger

Percent (%)	Male	Female	Total
No, never	51.0	47.0	48.3
No, not last 12 months	21.4	21.4	21.4
Yes, last 2 weeks	6.6	7.9	7.4
Yes, last 30 days	4.9	6.5	6.0
Yes, in last 12 months	16.0	17.3	16.9
<i>Any time within the last 12 months</i>	27.6	31.7	30.3

Attempted suicide

Percent (%)	Male	Female	Total
No, never	95.1	92.7	93.5
No, not last 12 months	3.3	6.7	5.6
Yes, last 2 weeks	0.0	0.4	0.3
Yes, last 30 days	0.0	0.0	0.0
Yes, in last 12 months	1.6	0.2	0.7
<i>Any time within the last 12 months</i>	1.6	0.6	0.9

Findings continued

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

	<i>Percent (%)</i>	Male	Female	Total
Anorexia		0.4	0.8	0.7
Anxiety		7.0	13.0	11.0
Attention Deficit and Hyperactivity Disorder		5.3	3.0	3.8
Bipolar Disorder		1.2	0.0	0.4
Bulimia		0.0	0.8	0.5
Depression		11.5	13.4	12.8
Insomnia		2.9	2.6	2.7
Other sleep disorder		1.6	2.0	1.9
Obsessive Compulsive Disorder		0.8	1.6	1.4
Panic attacks		2.5	6.0	4.9
Phobia		0.8	0.8	0.8
Schizophrenia		0.0	0.0	0.0
Substance abuse or addiction		0.0	0.0	0.0
Other addiction		0.4	0.0	0.1
Other mental health condition		0.8	1.8	1.5
<i>Students reporting none of the above</i>		82.4	78.2	79.6
<i>Students reporting only one of the above</i>		9.4	8.3	8.6
<i>Students reporting both Depression and Anxiety</i>		5.3	8.3	7.3
<i>Students reporting any two or more of the above excluding the combination of Depression and Anxiety</i>		3.3	3.8	3.6

Within the last 12 months, any of the following been traumatic or very difficult to handle:

	<i>Percent (%)</i>	Male	Female	Total
Academics		39.8	48.4	45.5
Career-related issue		16.4	18.3	17.7
Death of family member or friend		7.8	11.5	10.3
Family problems		12.7	20.4	17.8
Intimate relationships		34.0	29.1	30.7
Other social relationships		23.8	34.3	30.9
Finances		21.0	21.4	21.3
Health problem of family member or partner		10.2	17.1	14.9
Personal appearance		12.8	24.0	20.3
Personal health issue		9.9	16.8	14.5
Sleep difficulties		18.9	19.8	19.5
Other		8.8	9.8	9.5
<i>Students reporting none of the above</i>		36.1	21.6	26.4
<i>Students reporting only one of the above</i>		18.4	18.8	18.6
<i>Students reporting 2 of the above</i>		6.6	14.9	12.2
<i>Students reporting 3 or more of the above</i>		38.9	44.8	42.8

Findings continued

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

	<i>Percent (%)</i>	Male	Female	Total
No stress		0.4	0.0	0.1
Less than average stress		15.6	5.0	8.5
Average stress		38.5	41.5	40.5
More than average stress		39.3	46.8	44.3
Tremendous stress		6.1	6.7	6.5

I. Sleep

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

	<i>Percent (%)</i>	Male	Female	Total
0 days		6.6	7.5	7.2
1-2 days		24.2	31.4	29.0
3-5 days		56.1	51.1	52.8
6+ days		13.1	9.9	11.0

Past 7 days, how often felt tired, dragged out, or sleepy during the day:

	<i>Percent (%)</i>	Male	Female	Total
0 days		10.7	4.8	6.8
1-2 days		39.5	30.1	33.2
3-5 days		40.7	47.3	45.1
6+ days		9.1	17.8	14.9

Past 7 days, how much of a problem with sleepiness during daytime activities:

	<i>Percent (%)</i>	Male	Female	Total
No problem		12.3	5.7	7.9
A little problem		54.3	50.5	51.8
More than a little problem		23.0	28.9	27.0
A big problem		7.0	12.3	10.6
A very big problem		3.3	2.6	2.8