

# 2019 National College Health Assessment

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Pronouns: they/them/their

With special thanks and credit to Devon Sakamoto

# Background: What is the NCHA?

- ▶ National College Health Assessment
- ▶ American College Health Association (ACHA)'s national survey
- ▶ “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.”
- ▶ Tool to help us assess current student health behaviors, habits, and perceptions
- ▶ UCR has administered the NCHA in 2010, 2014, and 2019

# Background: What is the NCHA?

- ▶ Examples of how we've used the data
  - ▶ To inform program efforts and areas of focus (sexual health, stress, sleep, academic impacts)
  - ▶ Shared with partners
  - ▶ To justify new staff positions (LGBTRC)
  - ▶ To inform grant proposals (SAMHSA)
  - ▶ To develop social norms campaigns
    - ▶ Highlanders Party Smart

**HIGHLANDERS PARTY SMART**

**80% OF UCR STUDENTS HAVE CHOSEN NOT TO DRINK ALCOHOL.\***

It's fine if you don't drink – many don't!

\*according to the 2014 National College Health Assessment administered at UC Riverside

ucRIVERSIDE Well BE PARTY SMART

**HIGHLANDERS PARTY SMART**

**55% OF UCR STUDENTS CHOOSE TO AVOID DRINKING GAMES.\***

Choose fun – not drinking games that can lead to severe intoxication.

\*according to the 2014 National College Health Assessment administered at UC Riverside

ucRIVERSIDE Well BE PARTY SMART

**HIGHLANDERS PARTY SMART**

**83% OF UCR STUDENTS HAVE DECIDED TO NOT EXCEED A SET NUMBER OF DRINKS.\***

Space and pace your drinks. Decide how many to have before you party.

\*according to the 2014 National College Health Assessment administered at UC Riverside

ucRIVERSIDE Well BE PARTY SMART

**HIGHLANDERS PARTY SMART**

**68% OF UCR STUDENTS HAD JUST 0, 1 OR 2 DRINKS THE LAST TIME THEY PARTIED.\***

Know your drinks – and limit them.  
12 oz of beer = 5% alcohol,  
5 oz of wine = 12% alcohol,  
1.5 oz of spirits = 40% alcohol.

\*according to the 2014 National College Health Assessment administered at UC Riverside

ucRIVERSIDE Well BE PARTY SMART

# Administration Spring 2019

- ▶ The first time all 9 UC (undergrad) campuses coordinated survey administration, in order to get campus and system wide data
- ▶ NCHA II and NCHA III (pilot tool) sent to all UCR undergrad and grad students
- ▶ Electronic marketing (emails, LCD screens, social media, R'Web, Localist)
- ▶ Total Cost: ~\$7,000 for survey and incentives
  - ▶ UCR Student Health & Wellness departments
  - ▶ UCR Healthy Campus
- ▶ Next system wide administration set for spring 2021

**Take the UC Riverside Student Health Survey!**

☹️ 😞 😐 😊 😄

- ✓ **Check R'Mail** for the survey invite from National College Health Assessment.
- ✓ Complete the survey by **March 15**.
- ✓ Be entered to win one of 70 prizes!

**BARNES & NOBLE**  
**\$20 Gift Card**

**UCR the Well be well** STUDENT HEALTH AND WELLNESS SERVICES

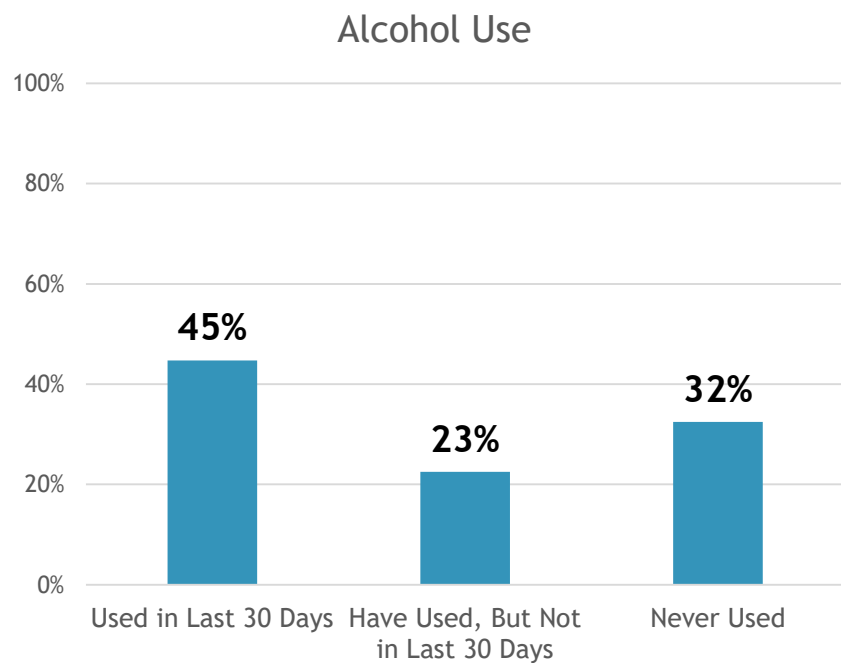
# Results

NCHA II: N=1,016 (UGRAD=808; GRAD=193)

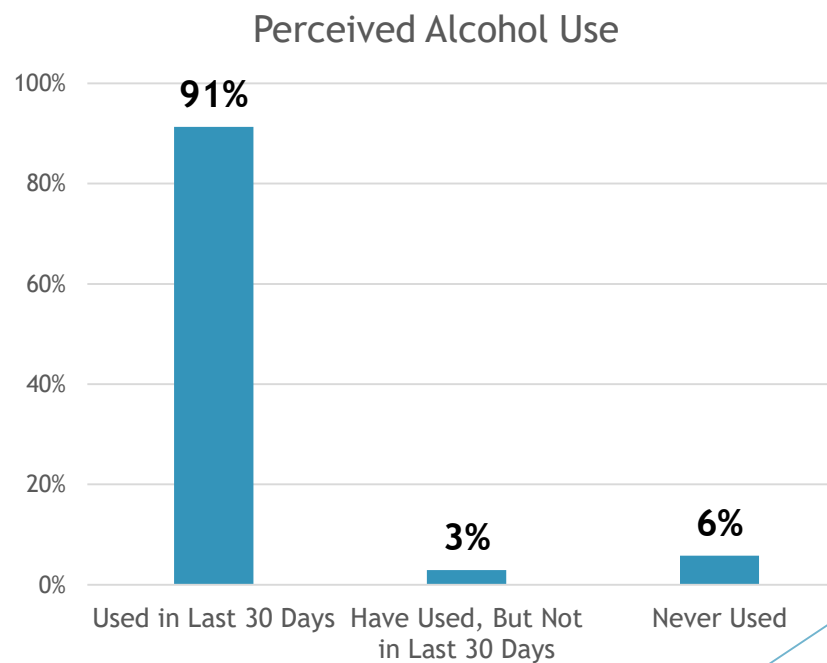
# Drugs & Alcohol

# Alcohol

## UCR Total



## “Typical Student”



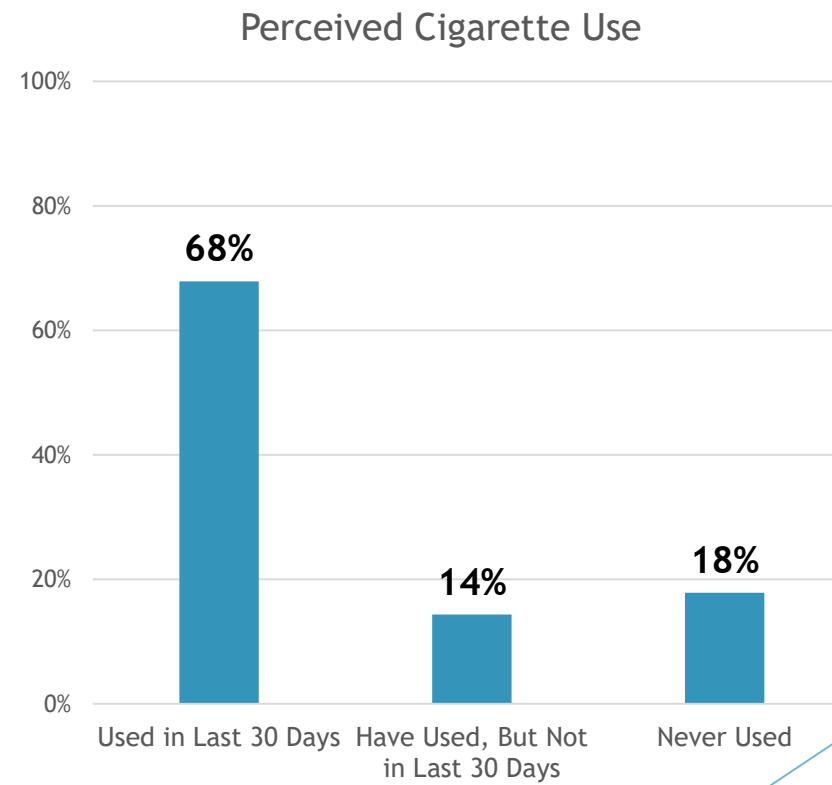
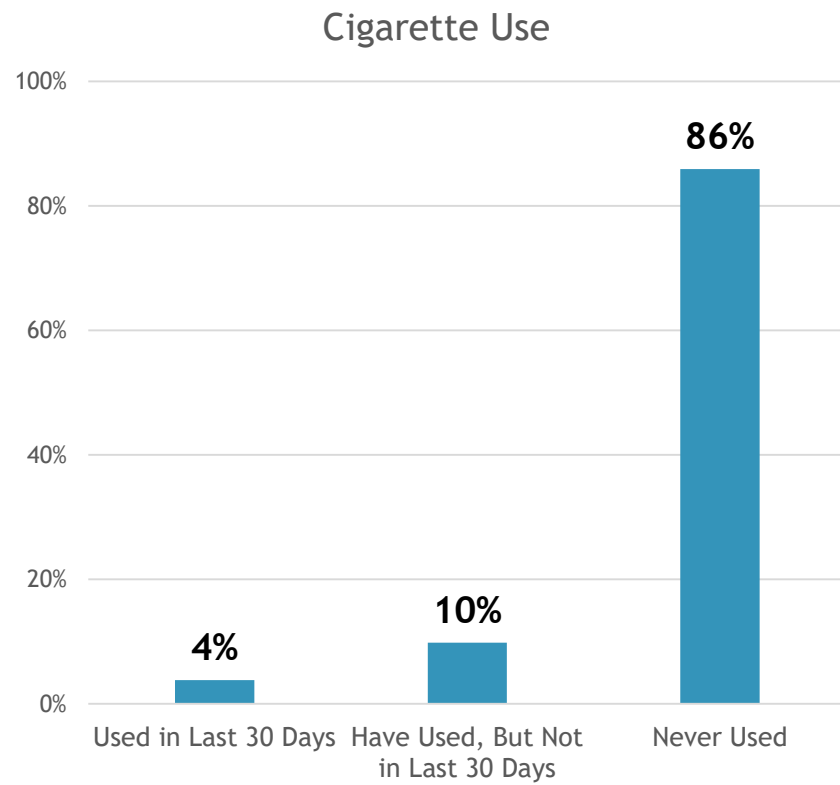
# Alcohol Behavior

9% drove after drinking any alcohol at all in the last 30 days

- ▶ Last 12 months at a party always:
  - ▶ 12% alternate non-alcoholic with alcoholic beverages
  - ▶ 15% pace their drinks to 1 or fewer per hour
  - ▶ 18% avoid drinking games
  - ▶ 20% have a friend let them know when they have had enough
  - ▶ 31% eat before and/or during drinking
  - ▶ 31% keep track of how many drinks they were having
  - ▶ 40% stay with the same group of friends the entire time they were drinking
  - ▶ 45% use a designated driver
- ▶ Last 12 months at a party:
  - ▶ 14% did something they later regretted
  - ▶ 12% forgot where they were or what they did
  - ▶ 10% had unprotected sex
  - ▶ 6% physically injured themselves
  - ▶ 2% seriously considered suicide
  - ▶ 1% reported someone had sex with them without their consent
  - ▶ Less than 5 participants reported having sex with someone without that person's consent

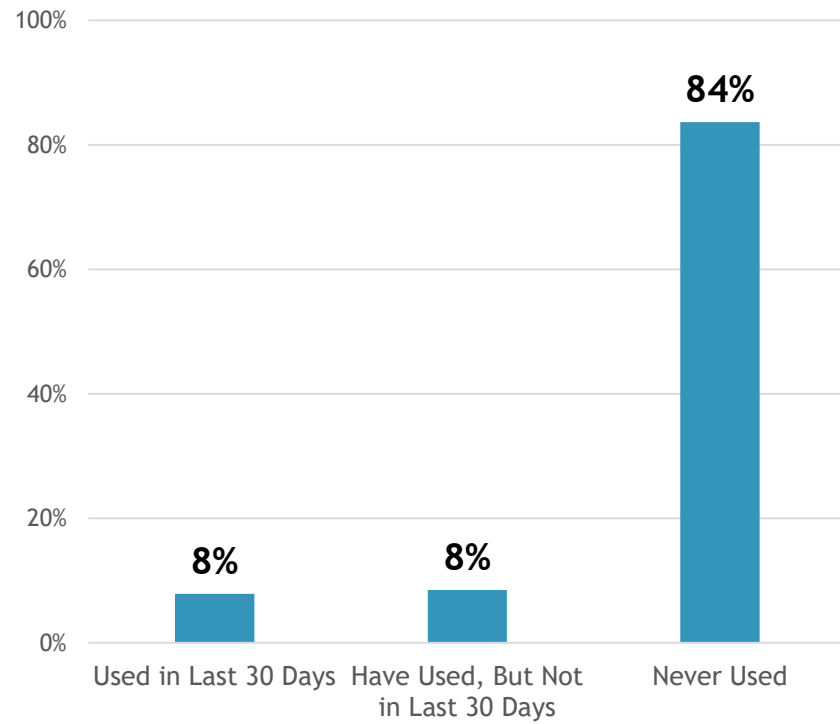


# Cigarettes

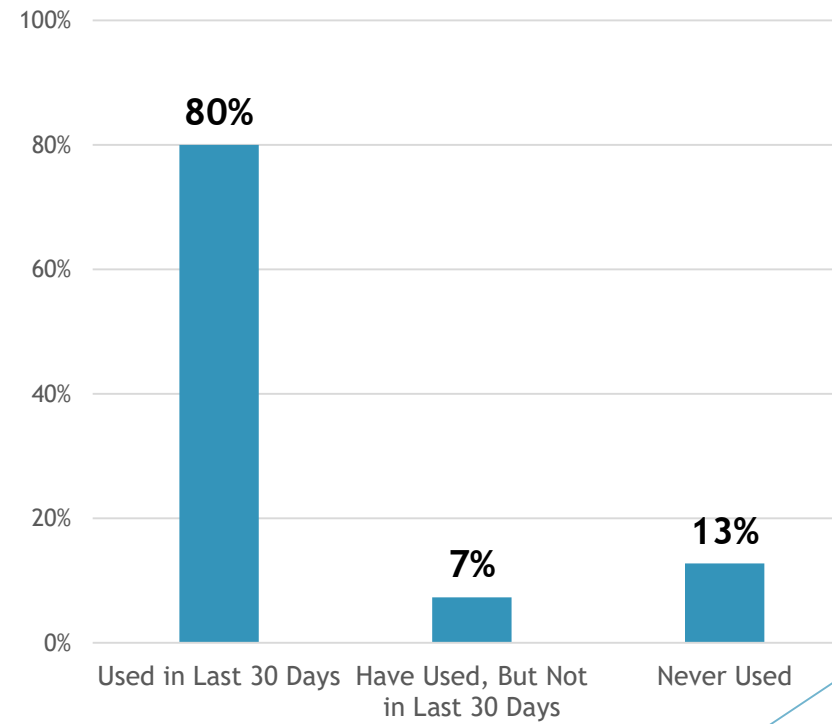


# E-Cigarettes

E-Cigarette Use

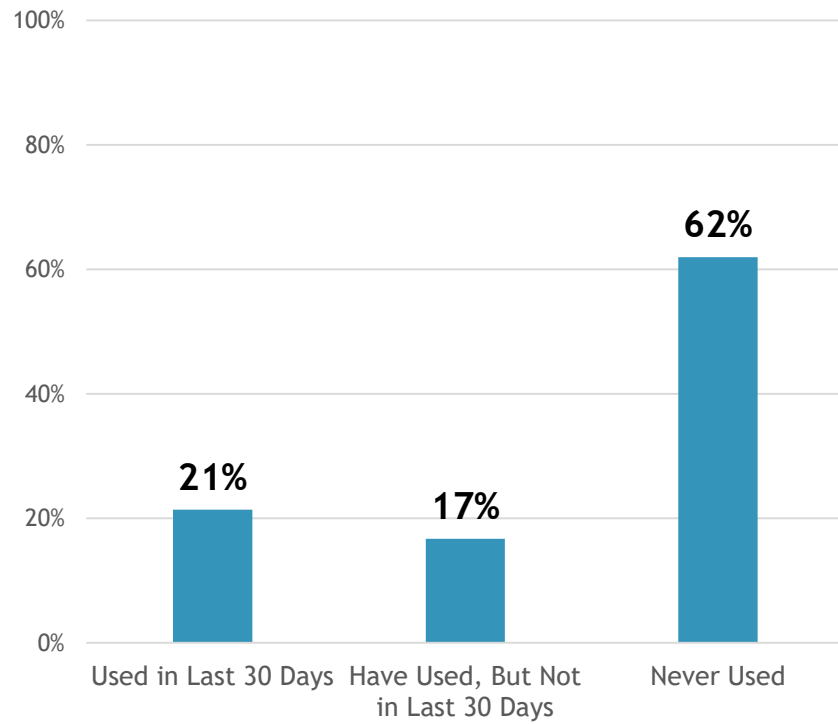


Perceived E-Cigarette Use

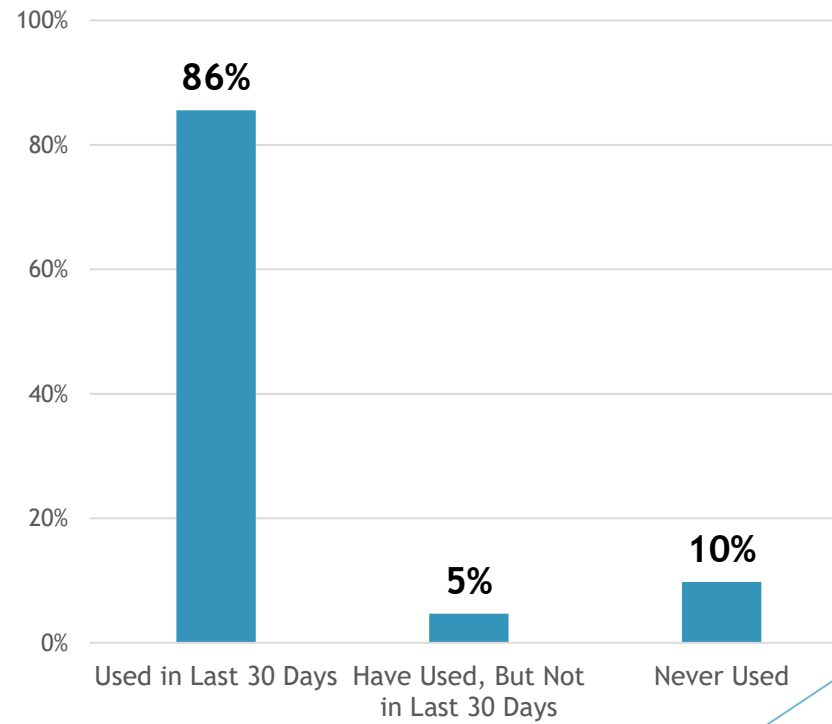


# Marijuana

Marijuana Use



Perceived Marijuana Use

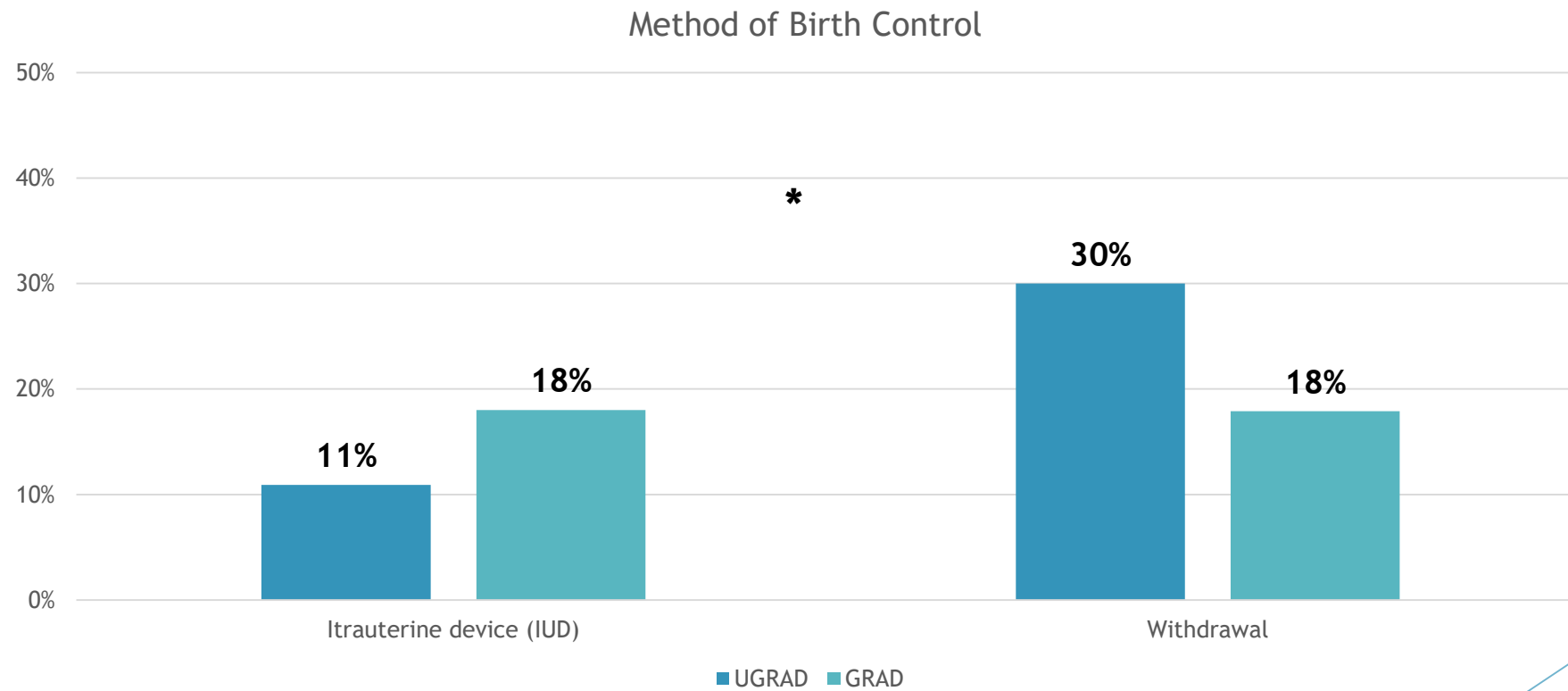


# Safer Sex Methods/Birth Control

# Top Birth Control Methods

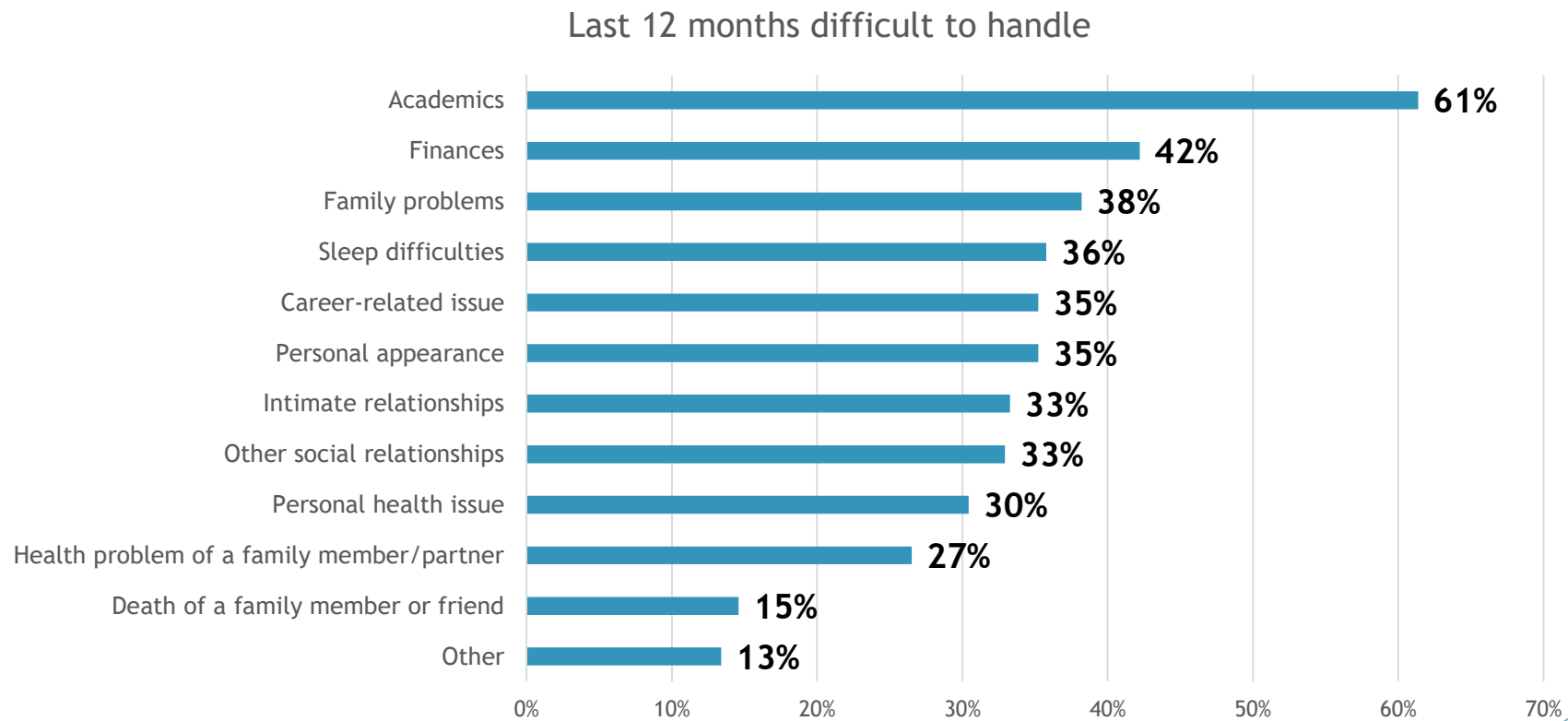
	Top Birth Control Methods	UGRAD (n)	GRAD (n)
1.	Male Condom	197	65
2.	Birth Control Pills	152	39
3.	Withdrawal	102	20
4.	Intrauterine Device (IUD)	37	20
5.	Birth Control Implants	35	14

# Method of Birth Control



# Life Difficulties & Academic Performance

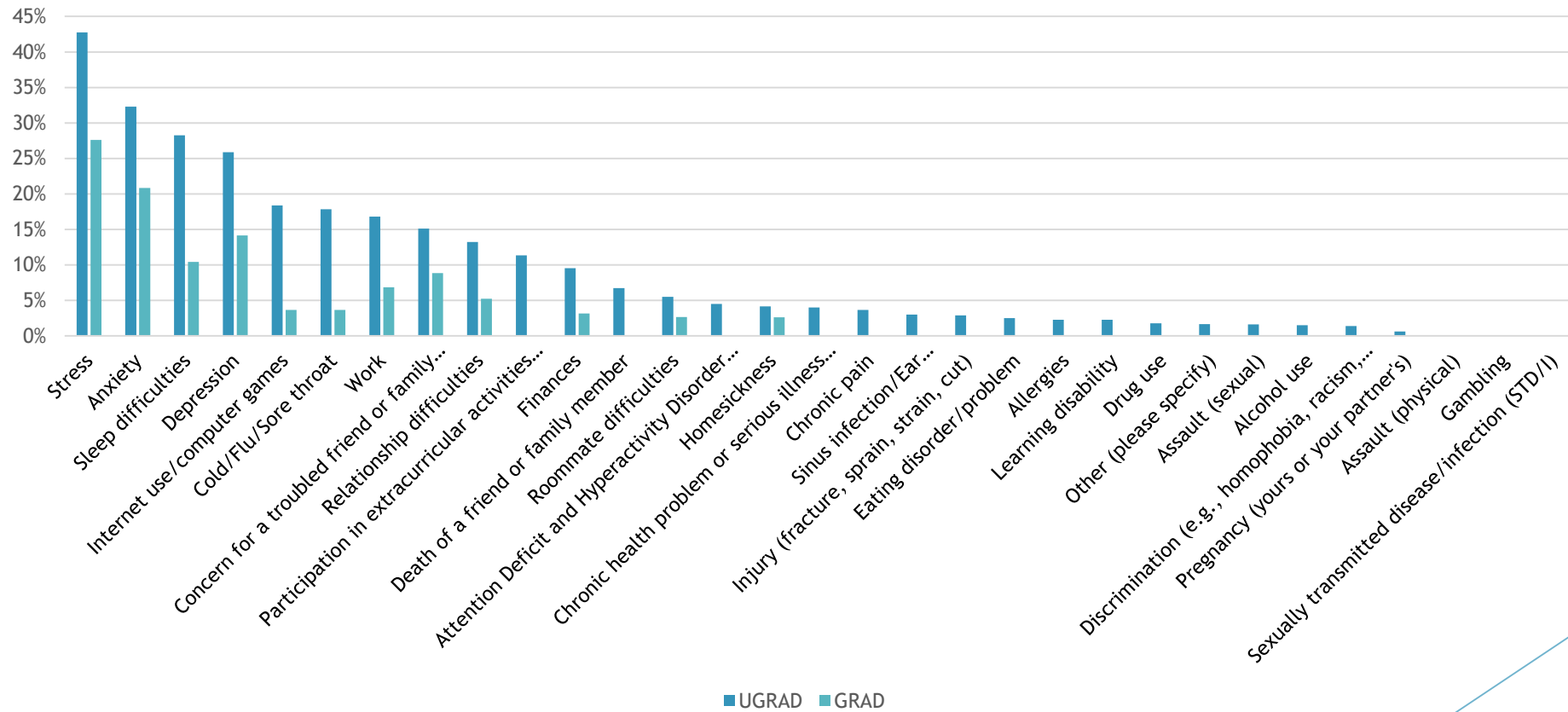
# Life Difficulties





# Academic Performance

Last 12 Months: Impacted Academic Performance

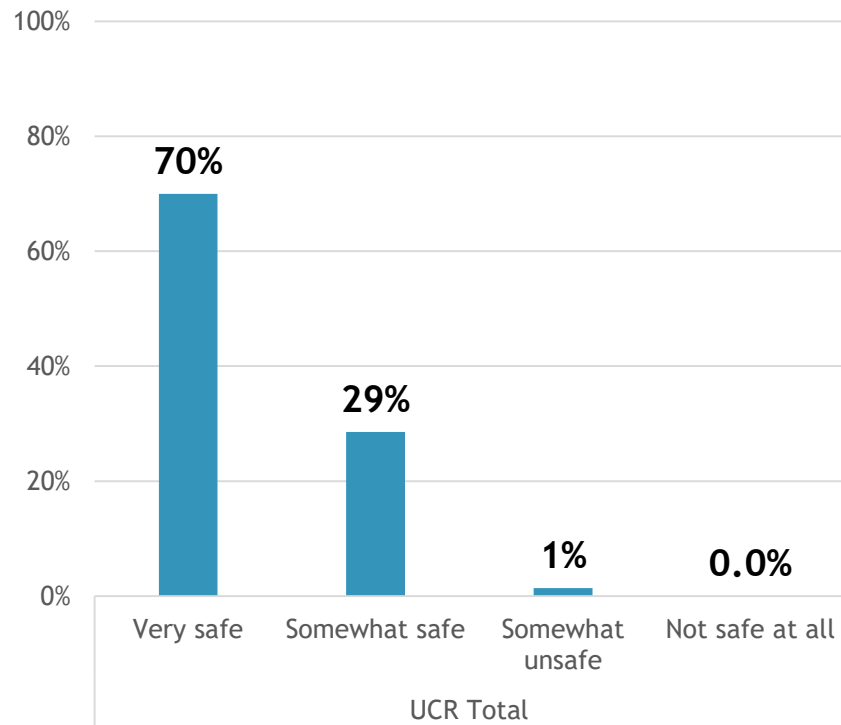


Source: UCOP

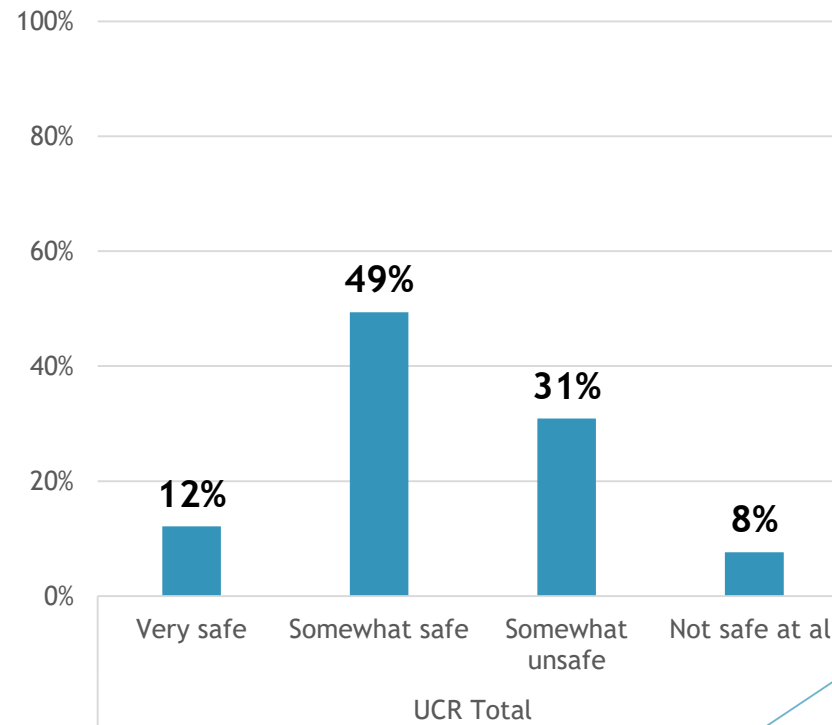
# Safety & Sexual Assault

# Safety

## Feel Safe On Campus - Daytime

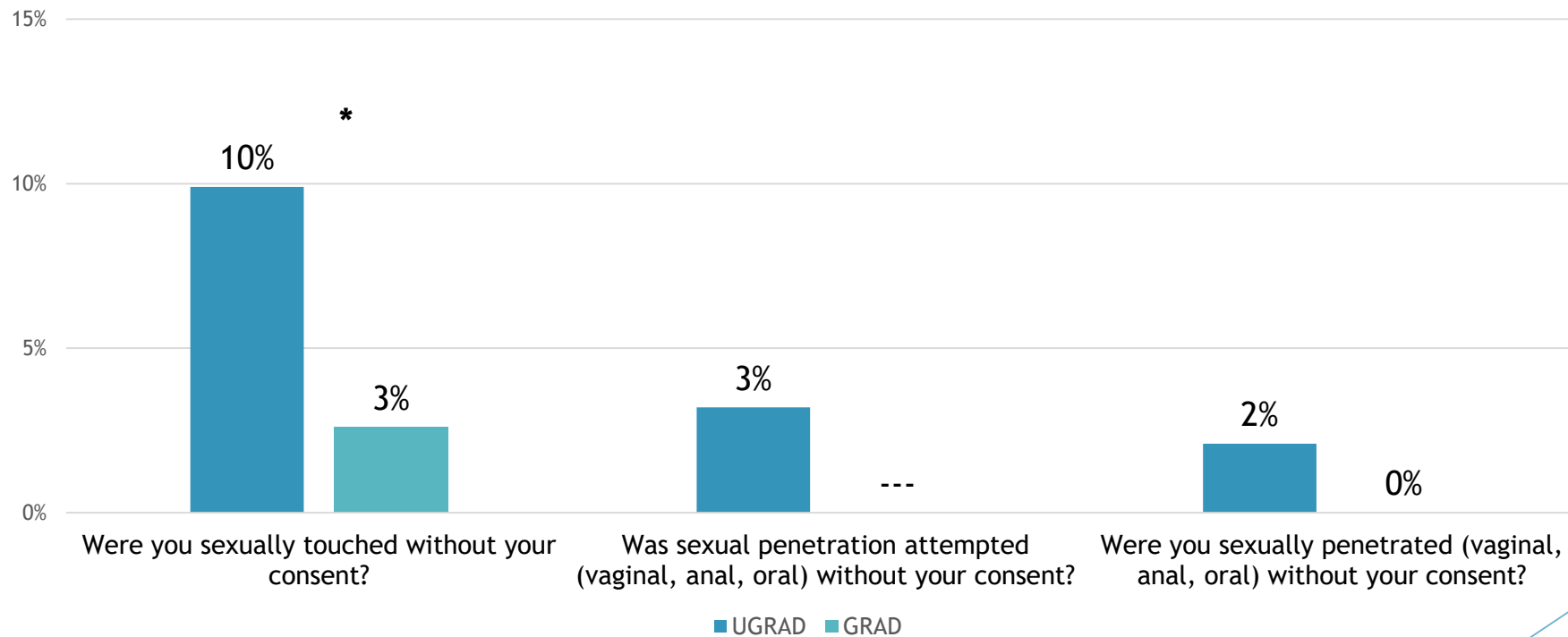


## Feel Safe On Campus - Nighttime



# Sexual Assault

Last 12 Months - Sexual Assault



\* $p < .05$

# Mental Health

# Mental Health

## Have you ever...

87% Felt overwhelmed by all they had to do

86% Felt exhausted (not from physical activity)

73% Felt very sad

69% Felt very lonely

66% Felt overwhelming anxiety

63% Felt things were hopeless

49% Felt so depressed that it was difficult to function

45% Felt overwhelming anger

13% Seriously considered suicide

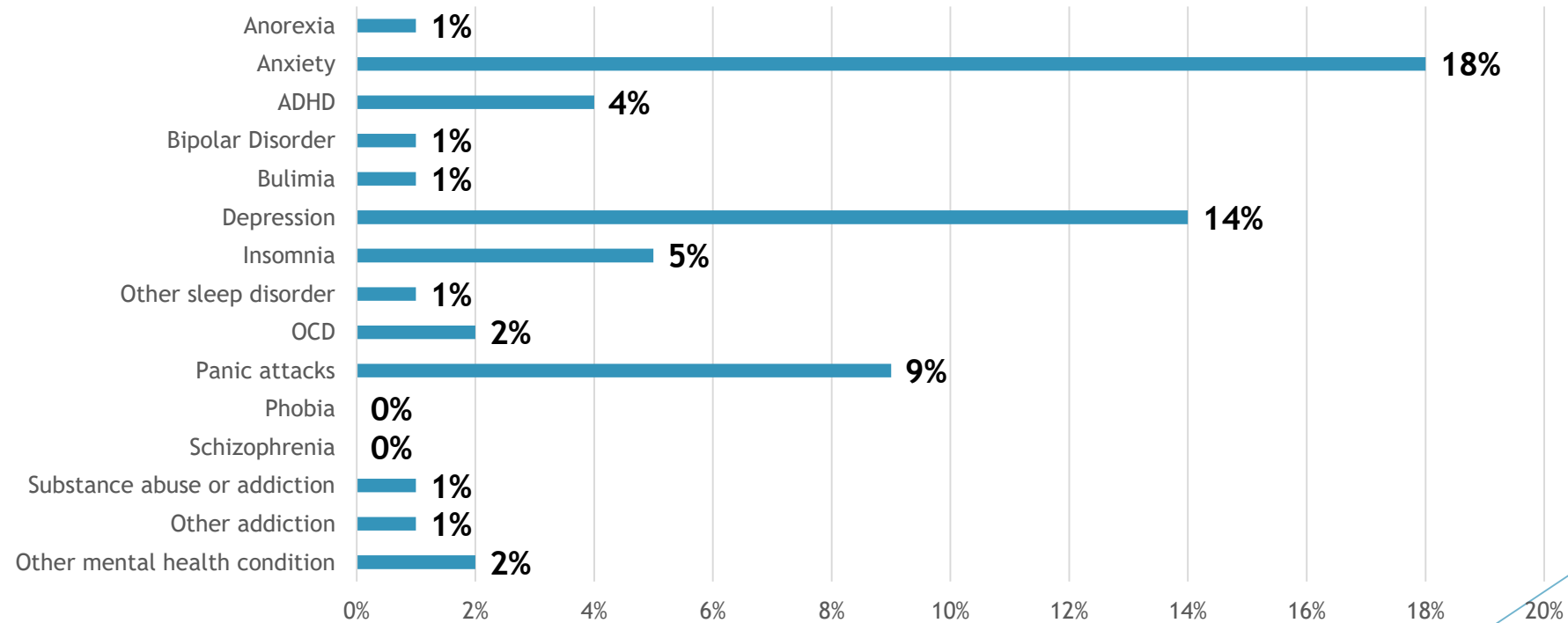
9% Intentionally cut, burned, bruised, or otherwise injured themselves

2% Attempted suicide

*Almost half of respondents have experienced debilitating depression*

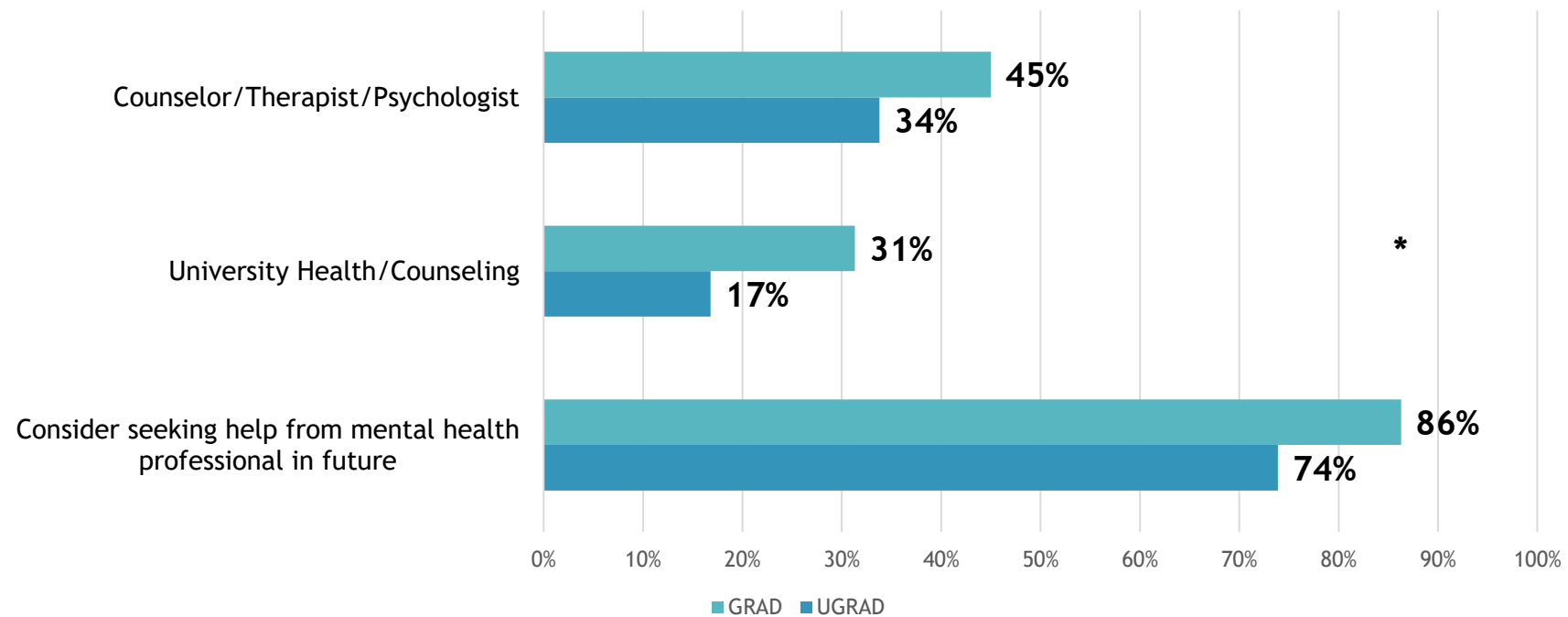
# Mental Health Diagnoses

Diagnosed or treated in last 12 months:



# Mental Health Services

Ever Seek Mental Health Services



\* $p < .05$



# Summary

- ▶ NCHA II can be utilized for various purposes including budget & grant funding, job re-classifications, health education, and social norms campaigns
  - ▶ 1,016 total UCR student responses (UGRAD: 808 / GRAD: 193)
- ▶ Alcohol, cigarette, e-cigarette, & marijuana use: Perceived use was higher than actual use
- ▶ The male condom, birth control pills, and the withdrawal method are the top 3 BC methods
  - ▶ Undergrads were more likely to use withdrawal than grads and grads were more likely to use IUDs than undergrads.
- ▶ Top life difficulties were academics and finances
- ▶ Stress, anxiety, sleep difficulties, depression were most likely to impact academic performance
- ▶ Respondents feel safer on campus during the daytime than nighttime
- ▶ 10% of undergrad respondents reported being touched sexually without their consent
- ▶ Almost half of respondents have experienced debilitating depression
- ▶ Anorexia, depression, and panic attacks were the most common diagnoses in the last 12 months
- ▶ 74% of undergrads consider seeking help from mental health professional in the future, even though only 17% of undergrads had seen UCR counseling

The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep teal. The shapes are primarily triangles and polygons, creating a modern, layered effect. The text is centered on a white background that is partially framed by these blue shapes.

# Thank you! Questions?

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