

EMU Board of Regents 2011

The Journey to Student Well-Being



Introductions

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Introduction to NCHA

- The National College Health Assessment (NCHA) is a nationally recognized survey of health assessment by the American College Health Association (ACHA)
- Survey first implemented (nationally) in 2001
- Implemented by 300+ colleges and universities
- Completed by over 355,000 students

Topics of NCHA

- *NCHA Survey redesigned for use in 2008*
- Main topics covered:
 - Health, health education, and safety
 - Alcohol, tobacco, and other drug use
 - Sexual behavior and contraception
 - Weight, nutrition, and exercise
 - Mental and physical health
 - Impediments to academic performance
 - Demographic characteristics

EMU specific

- February 2011
 - Survey e-mailed to 7000 random EMU Undergraduate Students generated by DoIT
 - 669 participants/responses (9.6%)
 - 24% increase over 2008
 - Voluntary and anonymous

EMU Personal Safety

EMU students reported feeling *very safe*:

	MALE	FEMALE	Total	National 2010/11
On their campus (<i>daytime</i>)	79.2%	70.6%	73.5%	85.1%
On their campus (<i>nighttime</i>)	34.3%	9.2%	17.3%	31.7%
In the community surrounding their school (<i>daytime</i>)	35.3%	24.3%	27.7%	48.7%
In the community surrounding their school (<i>nighttime</i>)	13.9%	2.9%	6.6%	16.4%

EMU Alcohol, Tobacco and other Drugs

Reported 'any use in past 30 days'

	Perceived use	Actual use
Alcohol	98.0%	70.9%
Cigarette	90.6%	19.7%
Marijuana	90.0%	13.7%

EMU Nutrition and Exercise

EMU students reported usually eating the following number of servings of fruits and vegetables per day:

	MALE	FEMALE	Total
1-2 servings per day	63.7%	58.0%	59.8%
3-4 servings per day	23.3%	29.9%	27.6%
5 or more servings per day	4.7%	6.3%	5.8%

EMU Nutrition and Exercise

Estimated Body Mass Index (BMI): This figure incorporates reported height, and weight to form a general indicator of physical health.

BMI		MALE	FEMALE	Total
18.5-24.9	Healthy Weight	35.3%	45.5%	42.0%
25-29.9	Overweight	35.8%	24.5%	28.2%
30+	Obesity 1, 2 and/or 3	26.4%	26.6%	26.5%

EMU Mental Health

Have you ever... (YES, have experienced)

Condition	EMU 08/09	National 09/10	EMU 10/11
Felt things were hopeless	49.0%	43.9%	46.1%
Felt overwhelmed by all you had to do	88.3%	83.6%	87.4%
Felt exhausted (not from physical activity)	82.9%	77.9%	84.5%
Felt very lonely	58.1%	54.4%	55.8%
Felt very sad	65.9%	58.3%	62.9%
Felt so depressed that it was difficult to function	32.7%	28.4%	34.3%
Felt overwhelming anxiety	51.6%	46.4%	56.3%
Felt overwhelming anger	42.1%	36.7%	43.5%
Intentionally cut, burned, otherwise injured yourself	6.1%	5.3%	7.0%
Seriously considered suicide	7.1%	6.0%	7.5%
Attempted suicide	0.8%	1.3%	0.9%

What are EMU students reporting?

- Survey Question:

Within the *last 12 months*, have any of the following affected your academic performance?

EMU Academic impacts

	2008/09	2010/11
Stress	32.9%	30.8%
Cold/Flu/Sore Throat	19.5%	21.7%
Anxiety	21.8%	21.7%
Sleep Difficulties	24.0%	21.3%
Work	21.0%	19.1%
Depression	14.4%	18.1%
Concern for Friend/Family	11.8%	14.1%
Relationship Difficulties	11.9%	13.7%
Finances	8.8%	12.7%
Internet use/ Computer games	8.2%	10.2%

EMU Academic Impacts vs. National

	National 2009/10	EMU 2010/11
Stress	25.4%	30.8%
Cold/Flu/Sore Throat	13.8%	21.7%
Anxiety	16.4%	21.7%
Sleep Difficulties	17.8%	21.3%
Work	11.4%	19.1%
Depression	10.0%	18.1%
Concern for Friend/Family	10.1%	14.1%
Relationship Difficulties	8.8%	13.7%
Finances	6.%	12.7%
Internet use/ Computer games	11.6%	10.2%

How do we utilize this information?

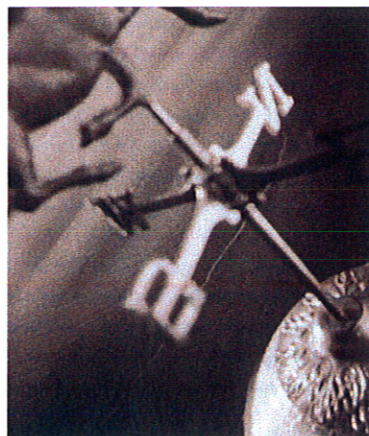
- Plan programs
 - Residence Hall presentations
 - Classroom presentations
- Allocate resources
- Intervention/prevention strategies
 - Educational classes
 - 8 Dimensions of Wellness
 - CloseUP Theatre Troupe
- Share information with constituents
- Weekly Wellness display board at the Student Center
- Cross-divisional collaborations
 - World Aids Day
 - Academic programs/events
- Connect to students via social networking
 - Facebook
- Wellness Fairs

Demographics

- Average age of participant 27 years old
- Gender of participants:
 - Male 32.3%
 - Female 66.7%
- Race:
 - White 81.8%
 - Black 10.8%
 - Hispanic 3.0%
 - Asian/P.I. 2.4%
 - American Indian 1.9%
 - Bi/Multi racial 4.0%

Additional Resources

- www.acha-ncha.org



References

- Ketcham, P., Hoban, M. (2006) Using the ACHA-NCHA to Examine the Health Status and Health Needs of Your Students, An ACHA Professional Development Workshop, November 30 – December 2, Las Vegas
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