Current profile of health trends among Ohlone College Students

Results of 2015 American College Health Association National College Health Assessment (ACHA-NCHA)

Presented to College Council of Ohlone College
Monday, October 26, 2015
Current profile of health trends among Ohlone College Students

Results of 2015 American College Health Association National College Health Assessment (ACHA-NCHA)

Presented to College Council of Ohlone College
Monday, October 26, 2015
About the ACHA-NCHA

- Organized by the American College Health Association
- Survey began in 2000
- Used by 2 year, 4 year, public & private colleges
- To date, nearly **700 colleges & universities** have participated, collecting data on nearly **1.3 million** students
- Administer either in Fall or Spring
Survey Instrument

- Survey comprised of 8 sections entailing 66 questions (with many sub-questions)
  - Health, health education, safety
  - Alcohol, tobacco and drugs
  - Sexual behavior and contraception
  - Weight, nutrition, and exercise
  - Mental health
  - Physical health
  - Impediments to academic performance
  - Demographic characteristics

- Survey took approximately 30-40 minutes to complete
Methodology

- Random sampling based on the following criteria:
  - No online classes
  - Class enrollment of at least 15 students
  - Consent of instructor

- Paper based survey

- Survey conducted over a 2 week period during spring semester (March 9-20, 2015)
Sampling

25 classes

11 Fremont classes

14 Newark classes

88.5% response proportion
Ohlone sample size
N=607

National Reference Group for Spring 2015:
108 institutions with sample size of 93,034 and 5 community colleges
Thank you to the following instructors:

Andrew Bloom
Elaine Cho
Heather McCarty
Jeffrey O'Connell
Jeffrey Watanabe
Jennifer Hurley
Jennifer Jovel
Jennifer Ryan
K. Utchen, J. Passalacqua, Z. Howe & S. Einfalt
Lorin Thompson
Marilyn Colon
Michael Blaisdell
Michael De Unamuno
Mylene Pelimiano

Narinder Bansal
Nha-Huyen Nguyen
Perri Gallagher
Robin Kurotori
R. Scofield, R. Garges, E. Mattison, & G. Carli
Rose-Margaret Itua
Sandra Klopping
Timothy Roberts
Oylum Akkus-Ispir
Demographic characteristics of the sample population
Gender

- Male: 41%
- Female: 59%

Nat’l Reference Group:
- 67% Female
- 32% Male
Age composition

Mean: 22 years
Median: 20 years
81% “emerging adults”

Nat’l Reference Group
80% emerging adults, defined as 18-24
Ethnic identity*

<table>
<thead>
<tr>
<th>Category</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>API</td>
<td>36%</td>
</tr>
<tr>
<td>White</td>
<td>30%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>26%</td>
</tr>
<tr>
<td>Other</td>
<td>11%</td>
</tr>
<tr>
<td>Multiracial</td>
<td>7%</td>
</tr>
<tr>
<td>African Am.</td>
<td>4%</td>
</tr>
</tbody>
</table>

Nat’l Reference Group
- 68% White
- 15% API
- 12% Hispanic
- 6% Black/AA

*Respondents allowed to check more than one category
Student enrollment status

- Full time: 70%
- Part time: 28%
- Other: 2%

Nat’l Reference Group
- 92% Full time
- 7% Part time
Health insurance status

- College: 5%
- Parents' plan: 61%
- Another plan: 23%
- Uninsured: 7%
- Unsure: 5%

Nat’l Reference Group:
- College: 16%
- Parents’ plan: 64%
- Another plan: 15%
- Uninsured: 3%
- Unsure: 1%
Cumulative grade point average

- A: 18%
- B: 61%
- C: 18%
- D/F: 3%
Factors affecting academic performance

- Concern for troubled friend/family: 10%
- Finances: 11%
- Relationship difficulties: 11%
- Cold/flu/sore throat: 14%
- Internet use/computer games: 17%
- Depression: 17%
- Anxiety: 22%
- Sleep difficulties: 22%
- Work: 24%
- Stress: 34%

Nat'l Reference Group:
- 30% Stress
- 22% Anxiety
- 20% Sleep
- 14% Depression
- 14% Work
Mental Health Indicators: Various states of emotions

- Overwhelmed
- Hopeless
- Very sad
- Exhausted
- Very lonely
- Overwhelming anxiety
- Overwhelming anger
- Depressed; difficult to function

30 days: 21%, 14%, 22%, 18%, 21%, 12%, 18%, 11%, 16%
12 months: 18%, 10%, 13%, 16%, 21%, 12%, 18%, 18%, 16%, 7%
Mental Health Indicators: 2010 vs. 2015

- Overwhelmed
- Hopeless
- Very sad
- Exhausted
- Very lonely
- Overwhelming anxiety
- Overwhelming anger
- Depressed; difficult to function

Graph showing the comparison of mental health indicators between 2010 and 2015.
### Self-harming behaviors

<table>
<thead>
<tr>
<th></th>
<th>30 days</th>
<th>12 months</th>
<th>anytime in 12 months</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intentional cut, injured</td>
<td>1.4</td>
<td>3.6</td>
<td>6.9</td>
</tr>
<tr>
<td>Considered suicide</td>
<td>1.4</td>
<td>5.8</td>
<td>9.2</td>
</tr>
<tr>
<td>Attempted suicide</td>
<td>0.2</td>
<td>2.2</td>
<td>2.9</td>
</tr>
</tbody>
</table>

Nat’l Reference Group:
- 6.3% Intentional cut
- 8.9% Considered suicide
- 1.4% Attempted suicide
Self-harming behaviors: 2010 vs. 2015

- Intentional cut, injured
- Considered suicide
- Attempted suicide

Percentage

<table>
<thead>
<tr>
<th></th>
<th>2010</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intentional cut, injured</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Considered suicide</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Attempted suicide</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Self-harming behaviors across 3 data sets

<table>
<thead>
<tr>
<th></th>
<th>Ohlone 2015</th>
<th>Nat'l 2015</th>
<th>HSACCC 2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intentional cut, injured</td>
<td>2.9</td>
<td>1.4</td>
<td>2.5</td>
</tr>
<tr>
<td>Considered suicide</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Attempted suicide</td>
<td>2.9</td>
<td>1.4</td>
<td>2.5</td>
</tr>
</tbody>
</table>

in last 12 months

Legend:
- Green: Intentional cut, injured
- Purple: Considered suicide
- Light blue: Attempted suicide
NCHA Supplemental Questions
I would be upset if someone with a mental health sat next to me in class: 68% Agree, 41% Neutral, 10% Disagree.

I would be willing to befriend someone who had mental illness: 54% Agree, 30% Neutral, 16% Disagree.

I would not want someone with mental illness to be instructor: 41% Agree, 45% Neutral, 14% Disagree.

I would go to healthcare provider if I thought I had mental illness: 74% Agree, 20% Neutral, 6% Disagree.
Campus climate around mental health

66%
Feel that students’ mental and emotional well-being is a priority

12%
Feel that academic environment has a negative impact on students’ mental and emotional well-being

51%
Feel that campus climate encourages free and open discussion about mental and emotional health
If you have dropped a class this academic year, please indicate the reason(s) why (check all that apply)

- Couldn't afford to pay tuition/books: 5%
- Struggled with physical/mental health issues: 6%
- Had problems with instructor: 9%
- Struggled with balancing family issues: 10%
- Struggled with balancing work issues: 14%
- Course turned out to be different: 17%
- Performing poorly: 17%
- Course workload too heavy: 20%
- Have not dropped: 58%
Thank you for your attention.

Student Health Center & STEP Up program staff:
Back row: Janet, Jessica, Andy, Joy, Sang
Front row: Sally, Luwissa, Rosemary