

What is the National College Health Assessment and How Can It Be Used to Inform Programming and Services on Campus?



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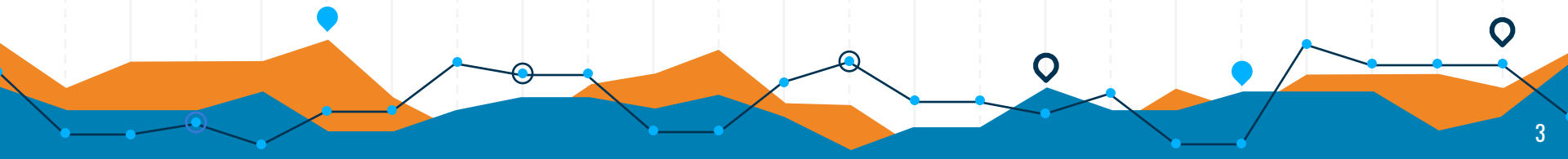
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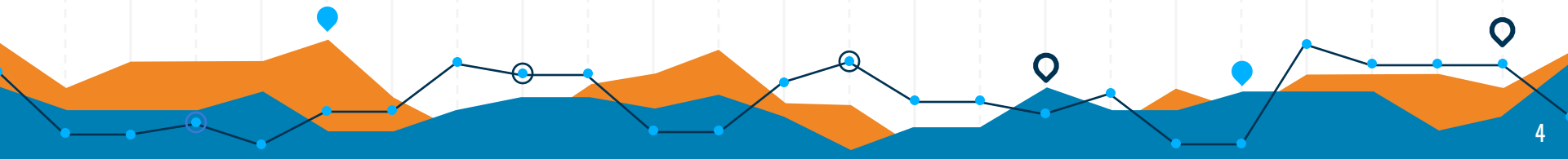
Overview

- Purpose, Background, and Logistics
- Content Areas
- Sample Data
- Mobilizing the Data



What is the National College Health Assessment?

- It is an online survey that collects data on students' habits, behaviours, and perceptions on prevalent health topics
- Self-reported data
- Statistically reliable and valid



What is the National College Health Assessment?

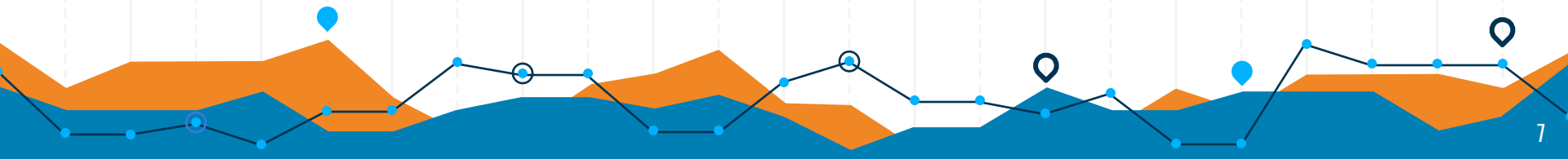
- Institutions opt to administer the survey and work with ACHA
 - Sample size and inclusion criteria
 - Administration Method
 - Timing *
- Fee based on # of students the survey is sent to, and if the PSI is a member of the ACHA

Background Information

- Can add additional Canadian or institution questions;
 - Corey Keyes
 - My campus environment is one where my mental health is supported.
 - Rate your awareness of how to access mental health supports/services on campus.
- Takes approx. 20-30 minutes to complete!

Background Information

- Individual Canadian institutions have participated previously
- Spring 2013 – Canadian national collaboration (32 institutions; 34,039 students)
 - Provincial data sets – Alberta, British Columbia, and Ontario
- Fall 2015 – few changes to the survey (E-cigarettes, sexual partners, gender identity, and sexual orientation)
- Spring 2016 – Canadian national collaboration (41 institutions; 43,780 students)
- Spring 2019 - Canadian national collaboration - results forthcoming at CACUSS June 17-20, 2019



Logistics

- Ask if your institution has implemented the NCHA
- Canadian data available here:

https://www.acha.org/NCHA/ACHA-NCHA_Data/Publications_and_Reports/NCHA/Data/Reports_ACHA-NCHA1lc.aspx

Content Areas

- 64 Questions
 - Demographics and Safety
 - Health Communication
 - Factors Impacting Academic Performance
 - Alcohol, Tobacco, and Other Drug Use
 - Sexual Behaviours and Contraception Use
 - Physical Activity and Nutrition
 - Mental Health, Stress, and Sleep
- To view the sample survey, [click here](#)

Sample Data

Institutions receive:

- An Executive Summary (approx. 17 pages)
- I. Introduction
- II. Findings
- III. Demographics and Student Characteristics

Findings continued

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:	4.5 %	Gambling:	0.3 %
Allergies:	1.9 %	Homesickness:	5.6 %
Anxiety:	32.5 %	Injury:	2.9 %
Assault (physical):	0.9 %	Internet use/computer games:	18.7 %
Assault (sexual):	1.3 %	Learning disability:	4.3 %
Attention Deficit/Hyperactivity Disorder:	5.1 %	Participation in extracurricular activities:	8.8 %
Cold/Flu/Sore throat:	20.6 %	Pregnancy (yours or partner's):	0.9 %
Concern for a troubled friend or family member:	15.6 %	Relationship difficulties:	13.0 %
Chronic health problem or serious illness:	4.6 %	Roommate difficulties:	6.8 %
Chronic pain:	4.5 %	Sexually transmitted disease/infection (STD/I):	0.5 %
Death of a friend or family member:	7.4 %	Sinus infection/Ear infection/Bronchitis/Strep throat:	5.8 %
Depression:	20.9 %	Sleep difficulties:	28.4 %
Discrimination:	1.8 %	Stress:	42.2 %
Drug use:	2.2 %	Work:	17.1 %
Eating disorder/problem:	2.0 %	Other:	3.4 %
Finances:	10.3 %		

Sample Data

Executive Summary Sample

H. Mental Health

Students reported experiencing the following within the last 12 months:

Felt things were hopeless

Percent (%)	Male	Female	Total
No, never	30.2	19.5	22.5
No, not last 12 months	18.4	17.8	17.9
Yes, last 2 weeks	20.2	25.9	24.5
Yes, last 30 days	9.6	12.6	11.7
Yes, in last 12 months	21.6	24.2	23.4
<i>Any time within the last 12 months</i>	51.3	62.7	59.6

Felt exhausted (not from physical activity)

Percent (%)	Male	Female	Total
No, never	12.7	4.8	7.2
No, not last 12 months	6.9	3.7	4.6
Yes, last 2 weeks	44.2	59.7	55.3
Yes, last 30 days	16.1	15.8	15.8
Yes, in last 12 months	20.0	16.0	17.1
<i>Any time within the last 12 months</i>	80.4	91.6	88.2

Felt overwhelmed by all you had to do

Percent (%)	Male	Female	Total
No, never	12.2	3.8	6.3
No, not last 12 months	7.3	2.9	4.2
Yes, last 2 weeks	40.7	58.6	53.4
Yes, last 30 days	16.6	17.3	17.0
Yes, in last 12 months	23.3	17.5	19.1
<i>Any time within the last 12 months</i>	80.5	93.3	89.5

Felt very lonely

Percent (%)	Male	Female	Total
No, never	22.1	13.1	15.7
No, not last 12 months	18.8	17.4	17.7
Yes, last 2 weeks	24.9	31.6	29.9
Yes, last 30 days	11.7	14.8	13.9
Yes, in last 12 months	22.5	23.1	22.8
<i>Any time within the last 12 months</i>	59.1	69.5	66.6

Sample Data

Institutions receive:

- An Institutional Data Report (approx. 68 pages)

Demographical Characteristics of the 41 Postsecondary Institutions Included in the Spring 2016 CANADIAN ACHA-NCHA II Reference Group.	
Campus Characteristic	<i>n</i>
Type of Institution	
Public	41
Private	0
2-year	4
4-year or above	27
Other	10
Location of Campus	
Canada	41
Campus Size	
< 2,500 students	3
2,500 – 4,999 students	3
5,000 – 9,999 students	9
10,000 – 19,999 students	8
20,000 students or more	18
Campus Setting	
Very large city (population over 500,000)	18
Large city (population 250,000-499,999)	5
Small city (population 50,000-249,999)	17
Small town (population 2,500-9,999)	1
Carnegie Classification	
Miscellaneous/Not Classified	41
ACHA Membership Status	
Institutional Member	24
Nonmember	17
Religious Affiliation	
No	41
Yes	0

Sample Data

1. How would you describe your general health?									
	Male		Female		Unknown		Total	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Excellent	1918	15	2601	9	77	14	4697	10.8	
2 Very good	4561	36	10014	34	197	37	15100	34.6	
3 Good	4000	32	10881	37	165	31	15486	35.5	
4 Fair	1552	12	4077	14	72	13	5972	13.7	
5 Poor	413	3	1181	4	17	3	1694	3.9	
6 Don't know	131	1	546	2	9	2	709	1.6	
Valid responses =	12575	29	29300	67	537	1	43658	99.7	
Invalid responses include no response or multiple responses.									

2A1. Have you received information on the following topics from your college or university?									
Alcohol and other drug use									
	Male		Female		Unknown		Total	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 No	6187	49	15615	54	308	60	22744	52.3	
2 Yes	6377	51	13588	47	210	41	20783	47.7	
Valid responses =	12564	29	29203	67	518	1	43527	99.4	
Invalid responses include no response or multiple responses.									

Institutions receive:

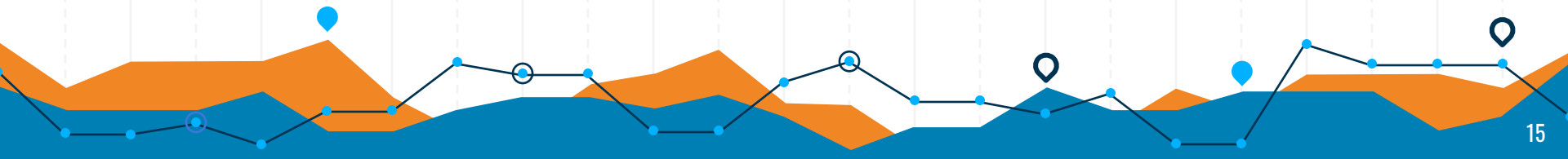
- An Institutional Data Report (approx. 68 pages)

Sample Data

- Institutions also receive a raw SPSS data file that can be used for further analysis
- Institutions can also add Additional Report Packages for a subset of the sample
 - Undergraduate students, international students, student athletes, students living in residence, etc.

How can the NCHA data be used?

- Helps inform areas to focus on through education and initiatives
- Is used in conversations on campus regarding student health and well-being
- Can be used in strategic planning and as benchmark data



Data Considerations

- Response rate
- Statistical significance
- Be careful with interpretations and what the data can't tell you
 - Mental health - reduced stigma and increased awareness could be impacting responses over time
 - Cohort or historical differences
 - Self-reported
 - Is not an evaluation of the effectiveness of programs/services

Information Students Want

Topic	Information received	Interested in receiving	Gap (%)
Sleep Difficulties	21.5%	71.4%	-49.9
How to help others in distress	32.2%	73.0%	-40.8
Grief and Loss	24.2%	56.1%	-31.9
Relationship Difficulties	22.3%	52.2%	-29.9
Nutrition	45.8%	72.3%	-26.5

- 19 topic areas - all showing a gap

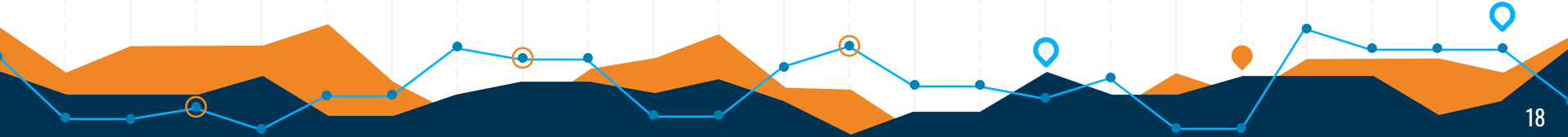
Examples of What We've Learned from the NCHA - Mental Health

More students are reporting they would **consider seeking help** from a mental health professional in the future

2013	2016
74.0%	77.4%

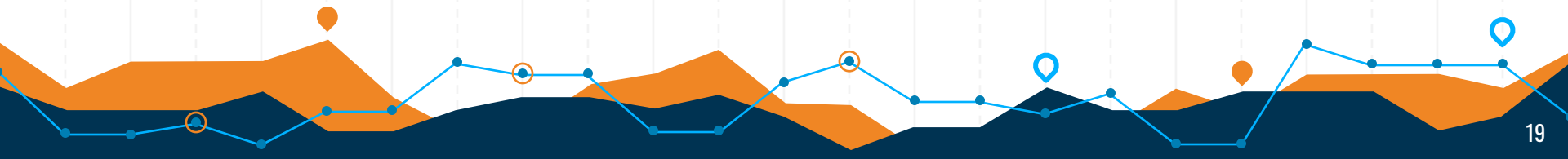
More students are reporting **seriously considering suicide** within the last 12 months

2013	2016
9.5%	13.0%



Top issues students identified as negatively impacting their academic performance

- A) Stress - Sleep - Depression - Cold/Flu/Sore Throat
- B) Stress - Anxiety - Sleep - Depression
- C) Stress - Anxiety - Alcohol Use - Sleep
- D) Stress - Finances - Sleep - Internet Use/Computer Games



Within the last 12 months, students reported the following negatively affecting their academic performance

B

	2016
Stress	42.2%
Anxiety	32.5%
Sleep difficulties	28.4%
Depression	20.9%

Examples of What We've Learned from the NCHA - Perception vs. Reality

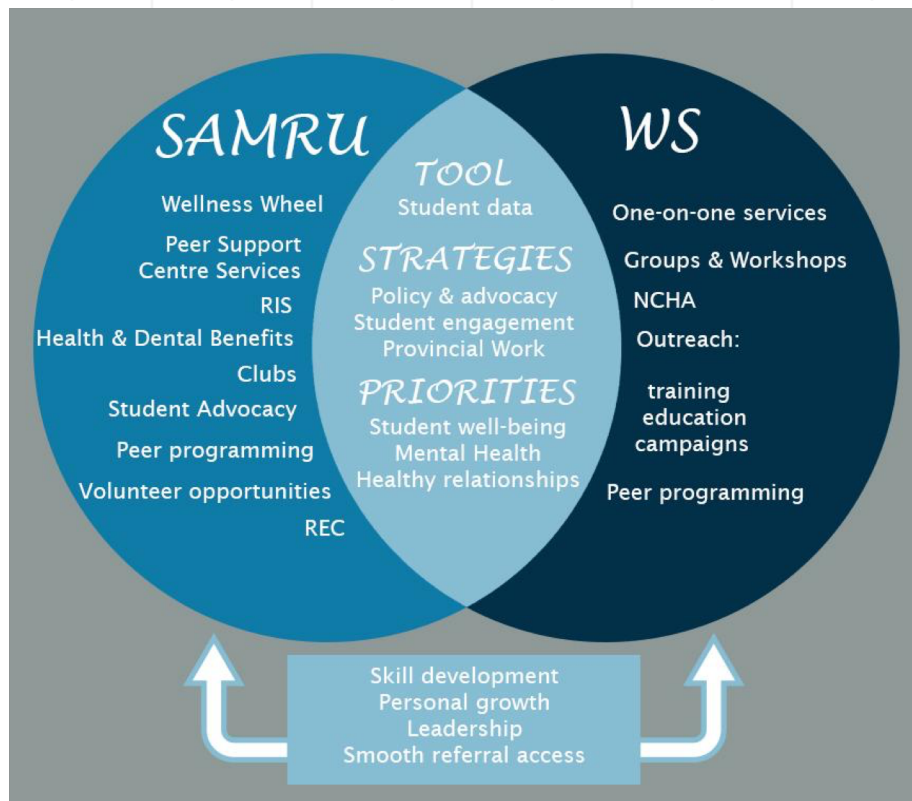
Alcohol	Actual Use		Perceived Use	
	2013	2016	2013	2016
Used in last 30 days	70.8%	69.3%	95.6%	95.0%

Marijuana	Actual Use		Perceived Use	
	2013	2016	2013	2016
Used in last 30 days	16.0%	17.9%	83.8%	86.4%

Mobilizing the Data

- Internally informing programming and services
- Sharing of data between Wellness departments and Students' Associations
 - Facilitated data sharing and dialogue
 - Potential gaps, opportunities, and action items
- Potential to use the data to inform advocacy efforts related to student health

Mobilizing the Data



Mobilizing the Data

Spend 15-20 minutes to discuss:

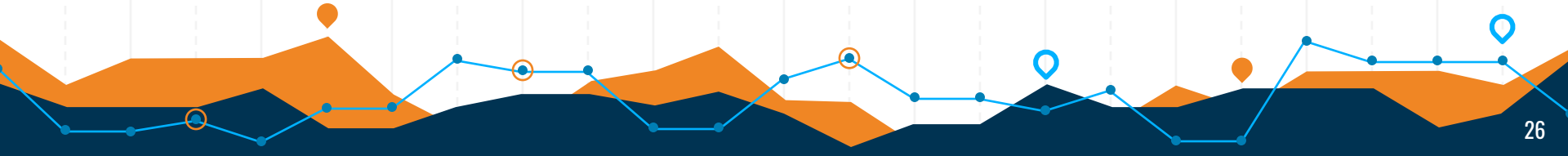
- ① How could you see the NCHA (or similar data sets) being used by your institution? By your Students' Association? Other stakeholders?
- ② What barriers and facilitators do you see to these collaborative conversations?
- ③ How can you develop a plan to start or further these conversations on your campus?

Closing the Loop

- The NCHA and similar tools can be powerful on campuses, but they need to be used appropriately
- Using data can be a great launching point for collaborative discussions

Closing the Loop

- Questions?
- Key Sharings?
- Feel free to connect with us



Thank You

