

California State University East Bay

Executive Summary

Spring 2016

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.



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ACHA, the nation's principal advocate and leadership organization for college and university health, represents a diverse membership that provides and supports the delivery of health care and prevention and wellness services for the nation's 20 million college students. For more information about the association's programs and services, visit www.acha.org, and www.achancho.org.

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Findings

A. General Health of College Students

46.2 % of college students surveyed (57.9 % male and 42.0 % female) described their health as very good or excellent

79.4 % of college students surveyed (87.8 % male and 76.6 % female) described their health as good, very good or excellent

Proportion of college students who reported being diagnosed or treated by a professional for any of the following health problems within the last 12 months:

Allergies:	20.1 %	Hepatitis B or C:	1.0 %
Asthma:	9.9 %	High blood pressure:	5.3 %
Back pain:	14.3 %	High cholesterol:	3.0 %
Broken bone/Fracture/Sprain:	5.2 %	HIV infection:	0.4 %
Bronchitis:	5.8 %	Irritable Bowel Syndrome:	2.1 %
Chlamydia:	1.3 %	Migraine headache:	9.6 %
Diabetes:	2.7 %	Mononucleosis:	

Findings continued

B. Disease and Injury Prevention

College students reported receiving the following vaccinations (shots):

- 64.6 % reported receiving vaccination against hepatitis B.
- 49.0 % reported receiving vaccination against Human Papillomavirus/HPV (cervical cancer vaccine).
- 46.5 % reported receiving vaccination against influenza (flu) in the last 12 months (shot or nasal mist).
- 66.5 % reported receiving vaccination against measles, mumps, rubella.
- 50.1 % reported receiving vaccination against meningococcal meningitis.
- 60.1 % reported receiving vaccination against varicella (chicken pox).

Other disease prevention practices reported by college students:

- 70.4 % reported having a dental exam and cleaning in the last 12 months.
- 28.7 % of males reported performing a testicular self exam in the last 30 days.
- 34.4 % of females reported performing a breast self exam in the last 30 days.
- 42.3

Findings continued

C. Academic Impacts

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:	2.1 %	Gambling:	0.5 %
Allergies:	2.8 %	Homesickness:	2.7 %
Anxiety:	20.3 %	Injury:	2.3 %
Assault (physical):	0.7 %	Internet use/computer games:	10.6 %
Assault (sexual):	0.7 %	Learning disability:	3.9 %
Attention Deficit/Hyperactivity Disorder:	3.4 %		

Findings continued

College students reported feeling very safe

	Percent (%)	Male	Female	Total
On their campus (daytime)		85.3	81.5	82.2
On their campus (nighttime)		50.8	20.5	28.4
In the community surrounding their school (daytime)		57.1	42.7	46.1
In the community surrounding their school (nighttime)		31.0	11.8	17.1

Findings continued

Alcohol

Percent (%)	Actual Use			Perceived Use		
	Male	Female	Total	Male	Female	Total
Never used	32.5	27.0	28.1	10.8	8.9	9.2
Used, but not in the last 30 days	19.3	21.8	21.2	2.6	3.2	3.4
Used 1-9 days	38.6	42.9	41.4	40.5	39.7	39.8
Used 10-29 days	9.1	7.8	8.7	28.7	35.4	33.6
Used all 30 days	0.5	0.5	0.6	17.4	12.8	14.1
Any use within the last 30 days	48.2	51.2	50.7	86.7	87.9	87.5

Marijuana

Percent (%)	Actual Use			Perceived Use		
	Male	Female	Total	Male	Female	Total
Never used	66.0	67.6	67.2	12.9	13.5	13.3
Used, but not in the last 30 days	15.7	19.8	18.5	5.2	3.6	3.9
Used 1-9 days	10.2	8.3	8.9	34.0	31.3	32.7
Used 10-29 days	3.0	2.4	2.5	28.4	29.6	29.3
Used all 30 days	5.1	2.0	2.9	19.6	22.0	20.8
Any use within the last 30 days	18.3	12.7	14.4	82.0	82.9	82.8

Drinking and Driving

- 2.2 % of college students reported driving after having 5 or more drinks in the last 30 days.*
 - 21.0 % of college students reported driving after having any alcohol in the last 30 days.*
- *Students responding "N/A, don't drive" and "N/A don't drink" were excluded from this analysis.

Estimated Blood Alcohol Concentration (or eBAC) of college students reporting 1 or more drinks the last time they "partied" or socialized. **Students reporting 0 drinks were excluded from the analysis.** Due to the improbability of a student surviving a drinking episode resulting in an extremely high eBAC, all students with an eBAC of 0.50 or higher are also omitted from these eBAC figures. eBAC is an estimated figure based on the reported number of drinks consumed during the last time they "partied" or socialized, their approximate time of consumption, sex, weight, and the average rate of ethanol metabolism.

Estimated BAC	Percent (%)	Male	Female	Total
< .08		83.3	82.6	82.7
< .10		87.0	87.9	87.7
Mean		0.04	0.04	0.04
Median		0.02	0.02	0.02
Std Dev		0.05	0.06	0.06

Findings continued

Reported number of drinks consumed the last time students "partied" or socialized. Only students reporting one or more drinks were included.

Number of drinks*	Percent (%)	Male	Female	Total
4 or fewer		63.0	81.3	76.8
5		11.1	8.5	

Findings continued

College students reported doing the following most of the time or always when they "partied" or socialized during the last 12 months:*

	Percent (%)	Male	Female	Total
Alternate non-alcoholic with alcoholic beverages		29.4	41.1	38.2
Avoid drinking games		47.1	51.6	51.0
Choose not to drink alcohol		34.1	32.6	32.9
Determine in advance not to exceed a set number of drinks		48.2	55.6	53.4
Eat before and/or during drinking		82.6	83.3	83.2

Findings continued

F. Sexual Behavior

College students reported having the following number of sexual partners (oral sex, vaginal or anal intercourse) within the last 12 months:

	Percent (%)	Male	Female	Total
None		40.2	33.9	35.4
1		42.8	52.0	48.7
2		6.2	7.6	7.8
3		2.6	3.1	3.0
4 or more		8.2	3.4	5.0

Findings continued

Using a condom or other protective barrier within the last 30 days (mostly or always):

	Percent (%)	Male	Female	Total
Sexually active students reported*				
Oral sex		13.8	8.9	10.4
Vaginal intercourse		41.1	33.8	35.3
Anal intercourse				

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		3.6	6.5	5.8
18.5-24.9 Healthy Weight		44.1	46.2	45.7
25-29.9 Overweight				

Findings continued

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

	Percent (%)	Male	Female	Total
No stress		6.6	1.5	3.0
Less than average stress		13.3	8.1	9.0
Average stress		37.2	39.4	38.8
More than average stress		33.7	39.3	37.9
Tremendous stress		9.2	11.7	11.3

I. Sleep

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

	Percent (%)	Male	Female	Total
0 days		7.2	13.1	11.6
1-2 days		32.3		

Demographics and Student Characteristics

Age:

18 - 20 years:	32.7 %
21 - 24 years:	34.5 %
25 - 29 years:	15.8 %
30+ years:	16.9 %

Gender*

Female:	72.3 %
Male:	23.9 %
Non-binary	3.8 %

Student status:

1st year undergraduate:	16.8 %
2nd year undergraduate:	11.8 %
3rd year undergraduate:	30.6 %
4th year undergraduate:	25.2 %
5th year or more undergraduate:	15.2 %
Graduate or professional:	0.1 %
Not seeking a degree:	0.0 %
Other:	0.4 %

Full-time student:

91.6 Tf1 0 0 1 244.73 606.94 TmT/F1 9.96 Tf1 0 0 1 244.73 4

Students describe themselves as:

White:	30.5 %
Black or African American:	10.5 %
Hispanic or Latino/a:	32.2 %
Asian or Pacific Islander:	29.3 %
American Indian, Alaskan Native or Native Hawaiian:	3.2 %
Biracial or Multiracial:	6.2 %
Other:	5.1 %

International Student:

International:	4.7 %
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Students describe themselves as:

Asexual:	7.1 %
Bisexual:	4.7 %
Gay:	1.8 %
Lesbian:	1.3 %
Pansexual:	1.0 %
Queer:	1.1 %
Questioning:	1.3 %