

National College Health Assessment III
Fall 2019 Summary of Findings
Southwestern University

The ACHA-National College Health Assessment (ACHA-NCHA) is a national research survey organized by the American College Health Association (ACHA) to assist college health service providers, health educators, counselors, and administrators in collecting data about their students' habits and behaviors on the most prevalent health topics. Email invitations to complete the ACHA-NCHA III were sent to 1493 Southwestern University students between 9/9/2020 and 9/30/2020. One hundred and twenty-one (121) students completed the survey, resulting in a response rate of 8.1%.

A summary of the findings from the Southwestern University (SU) Executive Summary and the Undergraduate Student Reference Group (UG) Executive Summary (consisting of 30,084 respondents at 52 colleges/universities) is presented below. Differences of more than 5% are highlighted in grey and differences of more than 10% are highlighted in yellow.

General Health and Campus Climate

Students surveyed described their health as:

	Percent (%)	SU	UG
Very good or excellent		47.1	52.8
Good, very good, or excellent		79.3	88.2

Proportion of students who reported they agree or strongly agree that:

	Percent (%)	SU	UG
I feel that I belong at my college/university		71.9	71.4
I feel that students' health and well-being is a priority at my college/university		51.7	54.5
At my college/university, I feel that the campus climate encourages free and open discussion of students' health and well-being		57.9	59.4
At my college/university, we are a campus where we look out for each other		54.2	54.9

Health Care Utilization

Students reported:

	Percent (%)	SU	UG
Receiving psychological or mental health services with the last 12 months		44.6	25.4
*The services were provided by:			
My current campus health and/or counseling center		66.0	54.6
A mental health provider in the local community near my campus		21.2	21.8
A mental health provider in my home town		51.9	48.3
A mental health provider not described above		7.1	8.0

*Only students who reported receiving care in the last 12 months were asked these questions

	Percent (%)	SU	UG
Visiting a medical provider within the last 12 months		83.5	71.1
*The services were provided by:			
My current campus health center		42.4	34.4
A medical service provider in the local community near my campus		31.6	26.2
A mental health provider in my home town		83.0	80.0
A mental health provider not described above		6.2	5.6

*Only students who reported receiving care in the last 12 months were asked these questions

Impediments to Academic Performance

Students were asked about issues that may have negatively impacted their academic performance within the last 12 months. This is defined as negatively impacting their performance in a class or delaying progress towards their degree.

Students reported that the following negatively impacted academic performance:

	<i>Percent (%)</i>	SU	UG
Alcohol use		0.0	2.2
Cannabis/marijuana use		2.5	1.7

Top problems or challenges in the last 12 months:

	<i>Percent (%)</i>	SU		<i>Percent (%)</i>	UG
Procrastination (1)		52.9	Procrastination (1)		46.8
Family (2)		11.6	Family (4)		11.3
Intimate Relationships (3)		11.6	Intimate Relationships (3)		12.0
Finances (8)		6.6	Finances (2)		16.2

Top other impediments to academic performance:

	<i>Percent (%)</i>	SU		<i>Percent (%)</i>	UG
Stress (1)		42.1	Stress (1)		40.2
Anxiety (2)		38.8	Anxiety (2)		29.3
Depression (3)		34.7	Depression (4)		23.0
Sleep difficulties (4)		29.8	Sleep difficulties (3)		23.6

Violence, Abusive Relationships, and Personal Safety

Within the last 12 months, students reported experiencing:

	<i>Percent (%)</i>	SU	UG
A physical fight		0.0	2.9
A physical assault (not sexual assault)		1.7	2.1
A verbal threat		9.1	10.7
Sexual touching without their consent		10.7	6.7
Sexual penetration attempt without their consent		3.3	2.2
Sexual penetration without their consent		2.5	1.7
Being a victim of stalking		5.8	4.4
A partner called my names, insulted me, or put me down to make me feel bad		9.1	10.5
A partner often insisted on knowing who I was with and where I was or tried to limit my contact with family or friends		6.6	7.3
A partner pushed, grabbed, shoved, slapped, kicked, bit, choked or hit me without my consent		3.3	3.0
A partner forced me into unwanted sexual contact by holding me down or hurting me in some way		2.5	1.7
A partner pressured me into unwanted sexual contact by threatening me, coercing me, or using alcohol or other drugs		3.3	2.9

Students reported feeling *very safe*:

	<i>Percent (%)</i>	SU	UG
On their campus (daytime)		84.3	80.2
On their campus (nighttime)		33.9	31.4
In the community surrounding their campus (daytime)		57.9	43.8
In the community surrounding their campus (nighttime)		20.7	16.3

Tobacco, Alcohol, and Other Drug Use

Students who have ever used:

	<i>Percent (%)</i>	SU	UG
Tobacco or nicotine delivery products (cigarettes, e-cigarettes, Juul or other vape products, water pipe or hookah, chewing tobacco, cigars, etc.)		38.8	33.4
Alcoholic beverages (beer, wine, liquor, etc.)		72.7	69.4
Cannabis (marijuana, weed, hash, edibles, vaped cannabis, etc.) <i>nonmedical use only</i>		38.0	37.8

Mental Health and Wellbeing

Students reporting:

	<i>Percent (%)</i>	SU	UG
No or low psychological distress		52.1	58.9
Moderate psychological distress		26.9	21.6
Serious psychological distress		21.0	19.5
Negative for loneliness		35.8	49.7
Positive for loneliness		64.2	50.3
They had intentionally cut, burned, or otherwise injured themselves within the last 12 months		24.6	10.1
Negative suicidal screening		59.5	74.9
Positive suicidal screening		40.5	25.1
They had attempted suicide within the last 12 months		1.7	2.7

Top problems or challenges within the last 12 months:

	<i>Percent (%)</i>	SU		<i>Percent (%)</i>	UG
Procrastination (1)		78.5	Procrastination (1)		72.7
Personal appearance (2)		51.7	Personal appearance (4)		44.8
Intimate Relationships (3)		45.5	Intimate Relationships (5)		38.1
Academics (5)		39.7	Academics (2)		48.9
Finances (7)		33.9	Finances (3)		46.1

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

	<i>Percent (%)</i>	SU	UG
No stress		2.5	1.7
Low		30.6	21.8
Moderate		43.0	48.6
High		24.0	27.9

Ongoing or Chronic Mental Health Conditions

Students reported ever being diagnosed with the following:

	<i>Percent (%)</i>	SU	UG
Anxiety (for example: Generalized Anxiety, Social Anxiety, Panic Disorder, Specific Phobia)		33.6	23.6
Depression (for example: Major depression, persistent depressive disorder, disruptive mood disorder)		26.9	19.2
ADD/ADHD – Attention Deficit/Hyperactivity Disorder		16.1	8.6
Obsessive-Compulsive and Related Conditions		12.7	4.1

Sleep

Over the last 2 weeks, student reported the following average amount of sleep (excluding naps):

	Percent (%)	On Weeknights		On Weekend Nights	
		SU	UG	SU	UG
Less than 7 hours		45.5	49.8	14.9	24.7
7 to 9 hours		53.7	48.8	76.9	66.5
10 or more hours		0.8	1.5	8.3	8.8

Demographics and Sample Characteristics

	Percent (%)	SU	UG
Age: 18-20 years		71.9	64.6
Gender: Female		63.6	63.1
Gender: Non-binary		5.0	3.0
Orientation: LGBTQA+		40.0	18.6
American Indian or Native Alaskan		2.5	2.3
Asian or Asian American		9.1	9.8
Black or African American		0.8	10.5
Hispanic or Latino/a/x		16.5	20.2
Middle Eastern/North African or Arab Origin		0.8	1.2
Native Hawaiian or Other Pacific Islander Native		0.0	0.7
White		77.7	62.5
Biracial or Multiracial		8.3	4.3
Identity not listed above		0.0	1.3
First generation students		21.7	40.6
Student Status: 1 st year		31.4	29.4
Student Status: 2 nd year		28.1	24.4
Student Status: 3 rd year		16.5	22.7
Student Status: 4 th year		22.3	18.5
Student Status: 5 th year or more		1.7	5.0
Full-time Student		99.2	93.0
Visa to work or study in the US		9.2	10.7
Not in a relationship		66.9	58.0
Primary source of health insurance: College/university sponsored plan		15.0	9.9
Primary source of health insurance: parent or guardian's plan		79.2	70.2
Student veteran		2.5	2.2
Parent or primary responsibility for someone else's child/children		1.7	5.0
Campus or university housing		79.3	47.0
Member of a social fraternity or sorority (Greek)		17.4	9.1
Participated in college athletics: Varsity		18.2	10.5
Participated in college athletics: Club sports		3.4	12.4
Participated in college athletics: Intramurals		14.6	19.7