

The State of Spartan Health: The 2020 NCHA Survey of MSU Students

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MICHIGAN STATE UNIVERSITY
Student Health & Wellness

About the Survey



- National College Health Assessment developed by American College Health Association and the CORE Institute (2000)
- Administered ~ 500 campuses nationwide, 150 annually
- Topics
 - Impediments to Academic Performance
 - Sexual health
 - Alcohol, tobacco, and other drug use
 - Weight, nutrition, and exercise
 - Mental health
 - Personal safety and violence
- Administration
 - Originally a paper & pencil mail survey
 - Web survey version began in 2003
 - Major revisions of questionnaire in 2009 AND 2019

NCHA at MSU

- First conducted in 2000
- Conducted every two years
- Random samples of currently enrolled students
 - Undergrads and grads/professionals
 - N = 773 – 1,700
- Consistently administered February-March
- Managed by Office for Survey Research

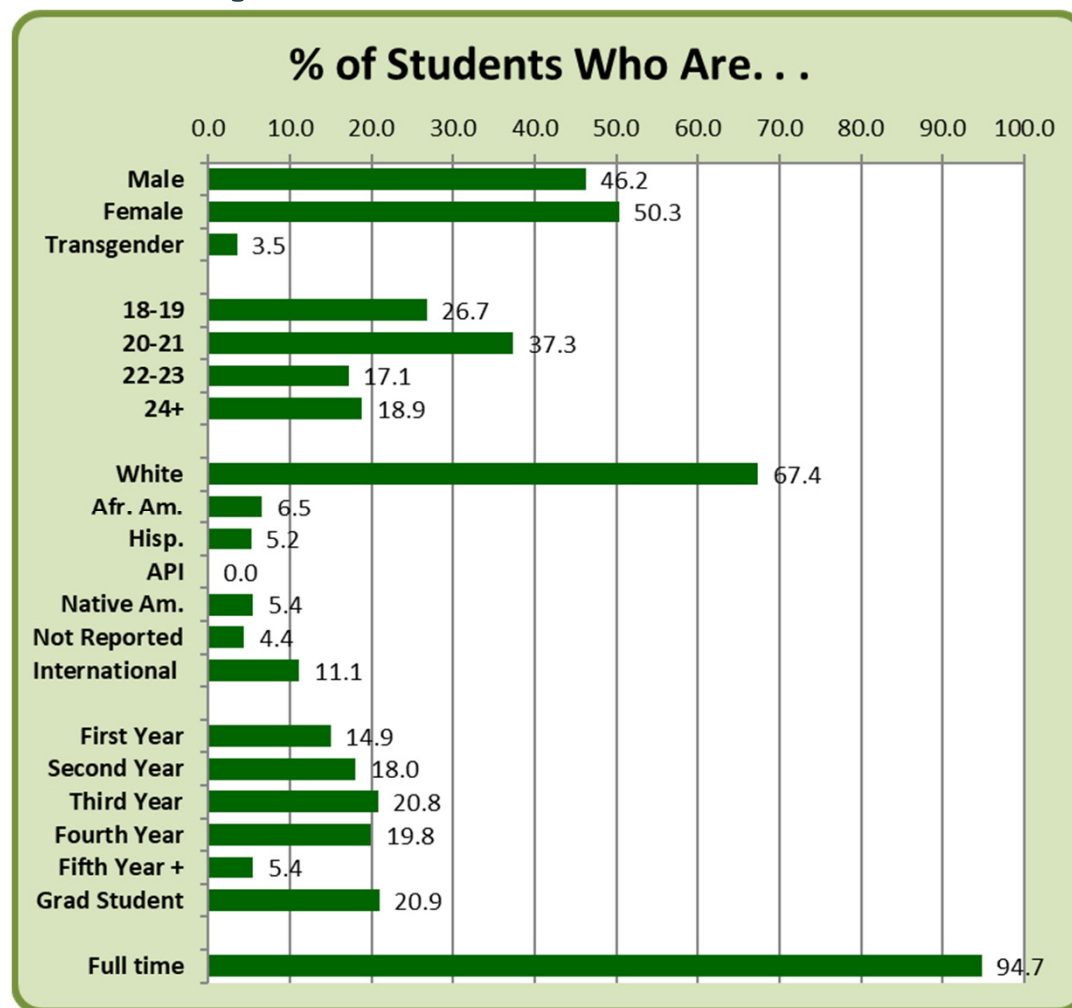
The 2020 NCHA Survey(s) at MSU

- Total N:
 - NCHA II = 846 (625 undergrads, 221 grad/prof)
 - NCHA III = 1,457 (1034 undergrads, 423 grad/prof)
- February 12 – March 1
- Data files weighted to match demographic profile of enrolled students Spring 2020 re:
 - Grad/undergrad, class, gender, race
- Response Rate
 - NCHA II = 17%
 - NCHA III = 21%
- Overall margin of sampling error
 - NCHA II: $\leq \pm 3.4\%$
 - NCHA III: $\leq \pm 2.6\%$

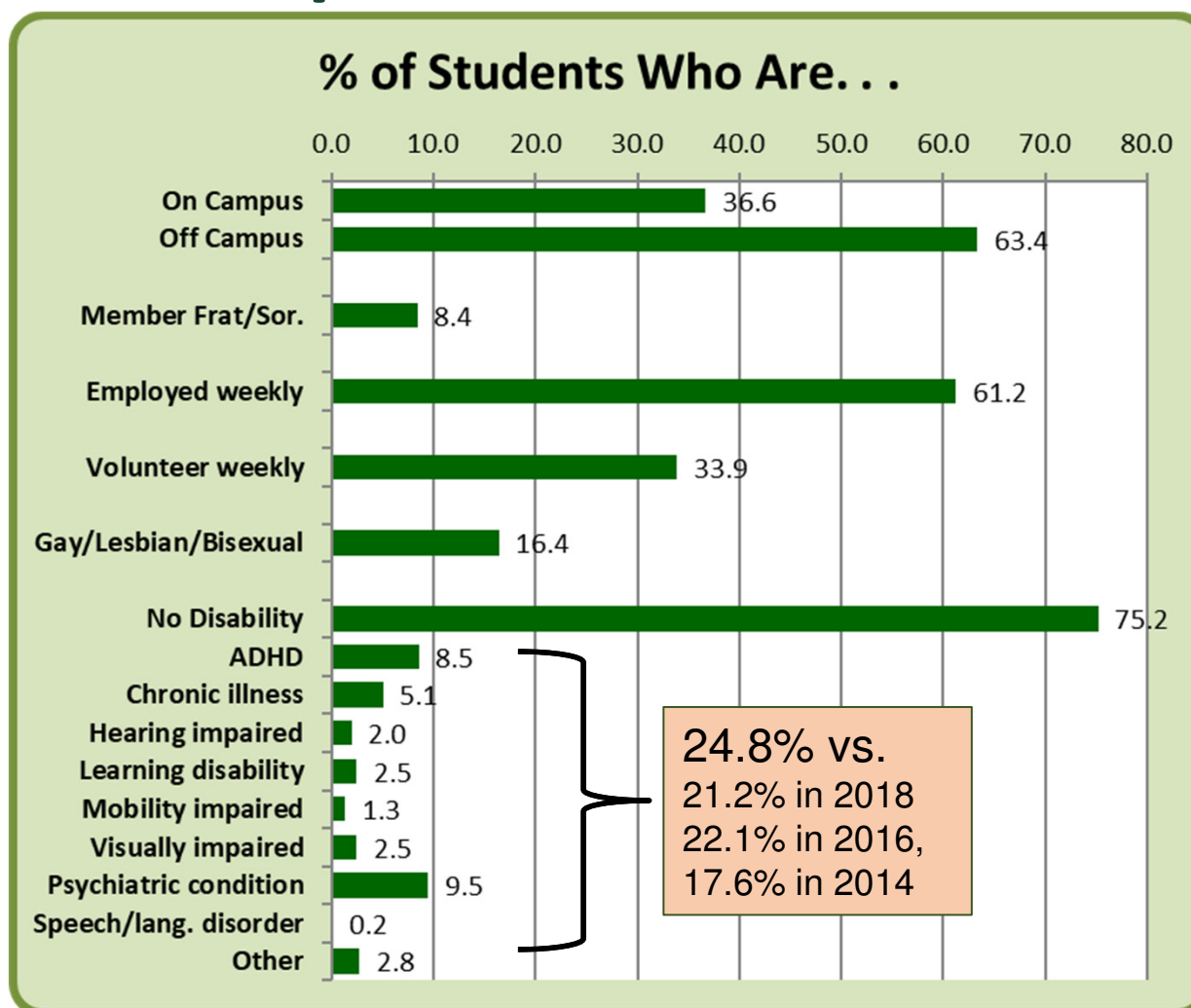
Results

Profile of Sample: NCHA II

Profile of Respondents: 2020



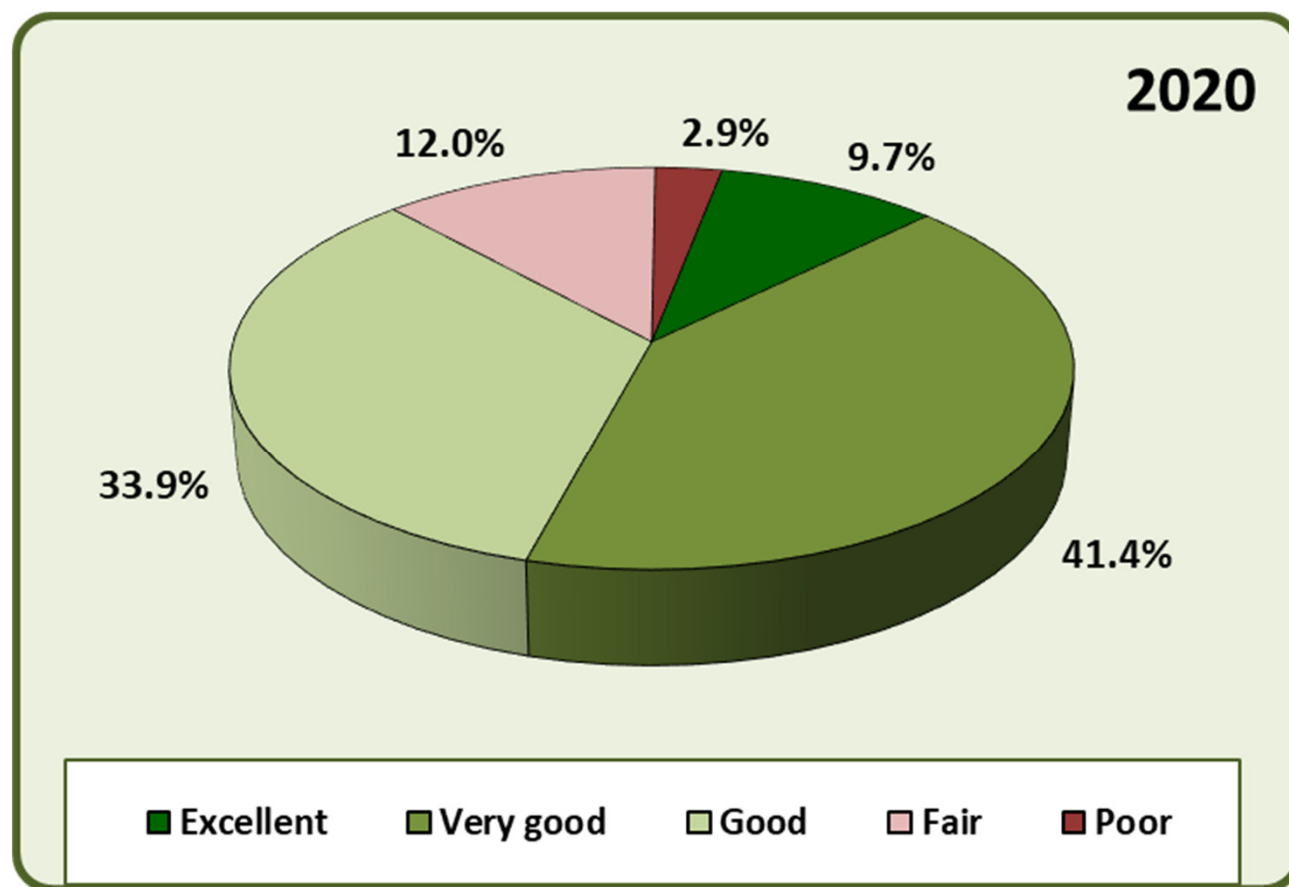
Profile of Respondents: 2020



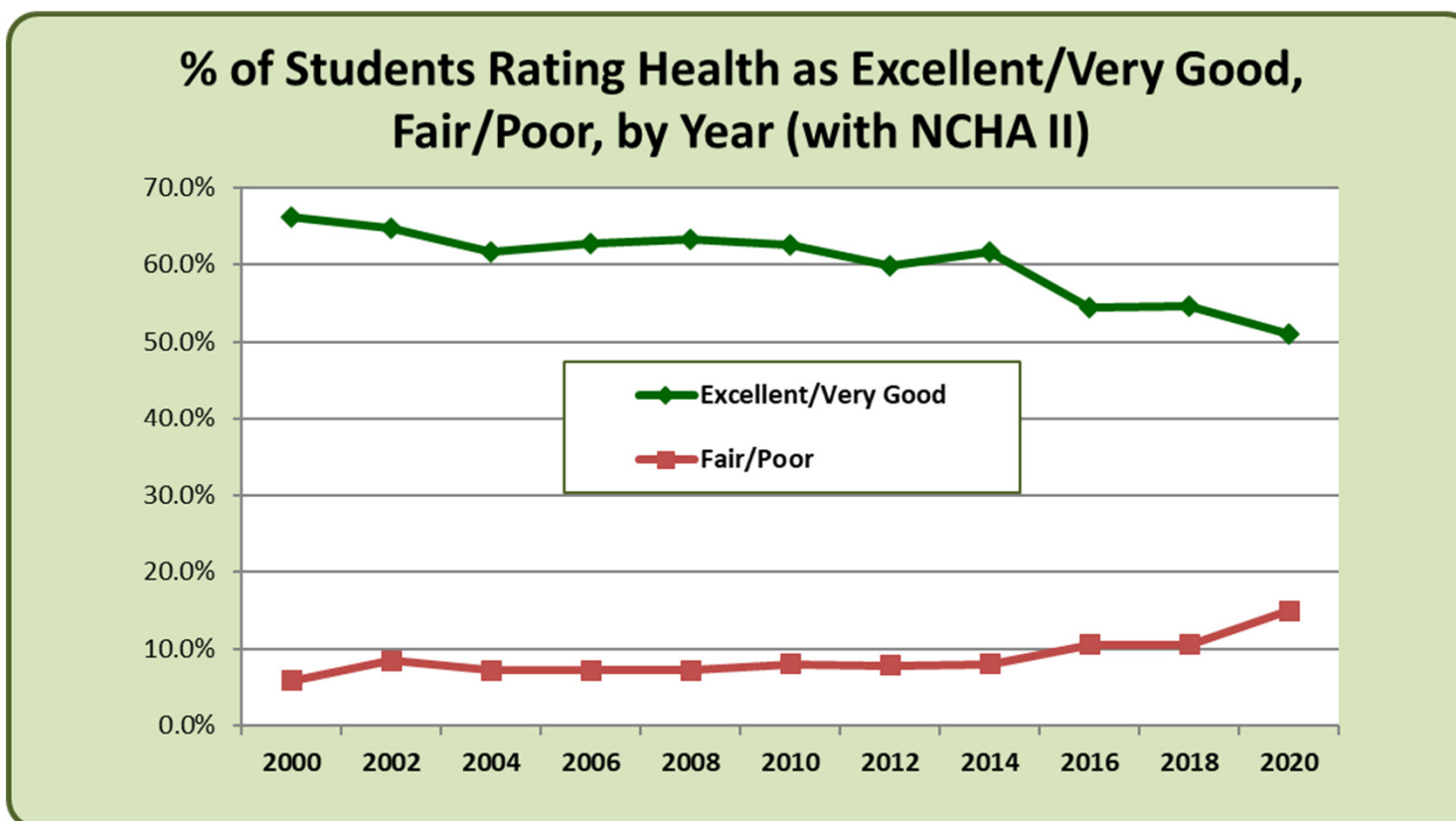
Results

General Health

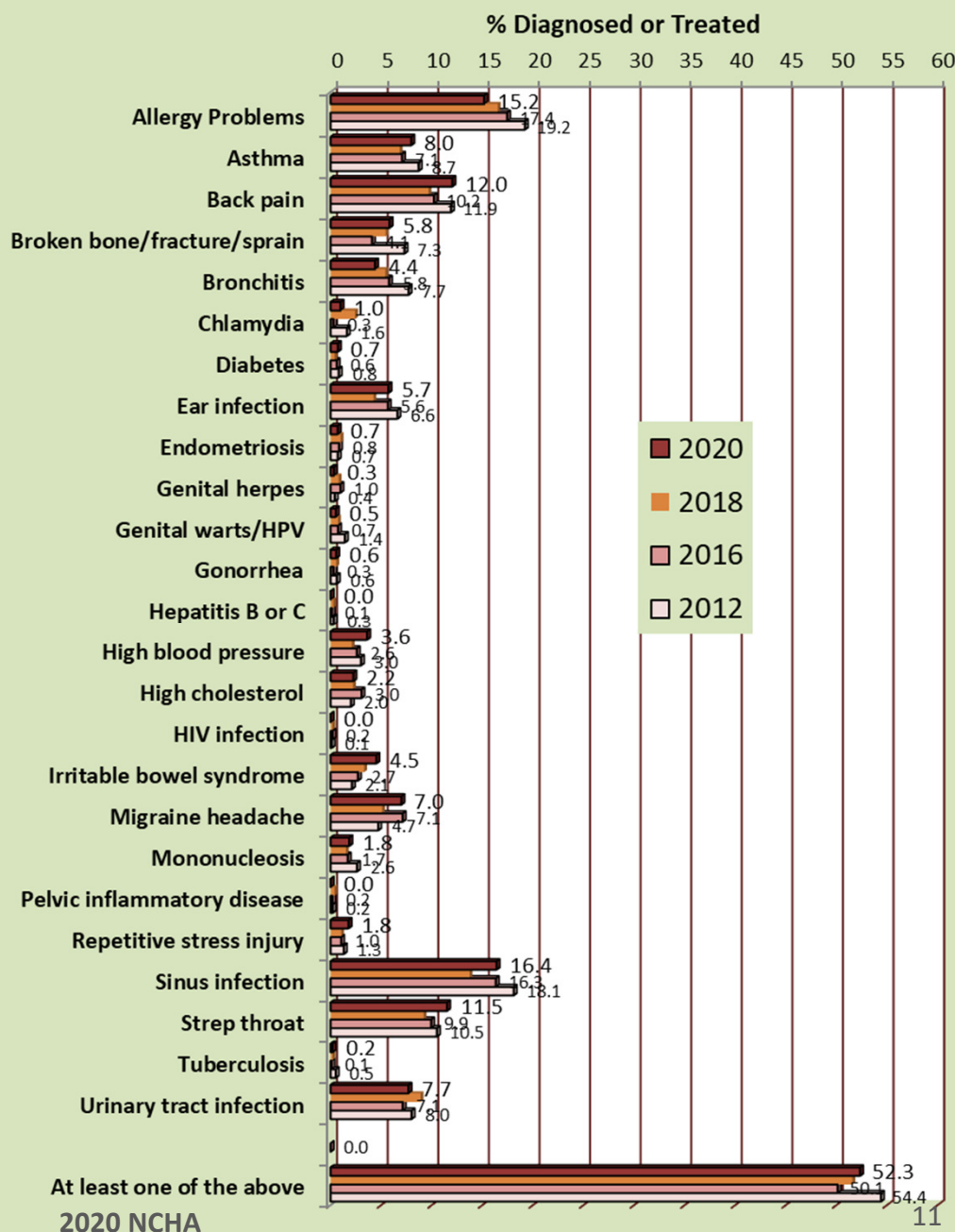
How Students Rated Their General Health Currently: 2020



% of Students Rating Their Health as Excellent/Very Good vs. Fair/Poor: 2000-2020



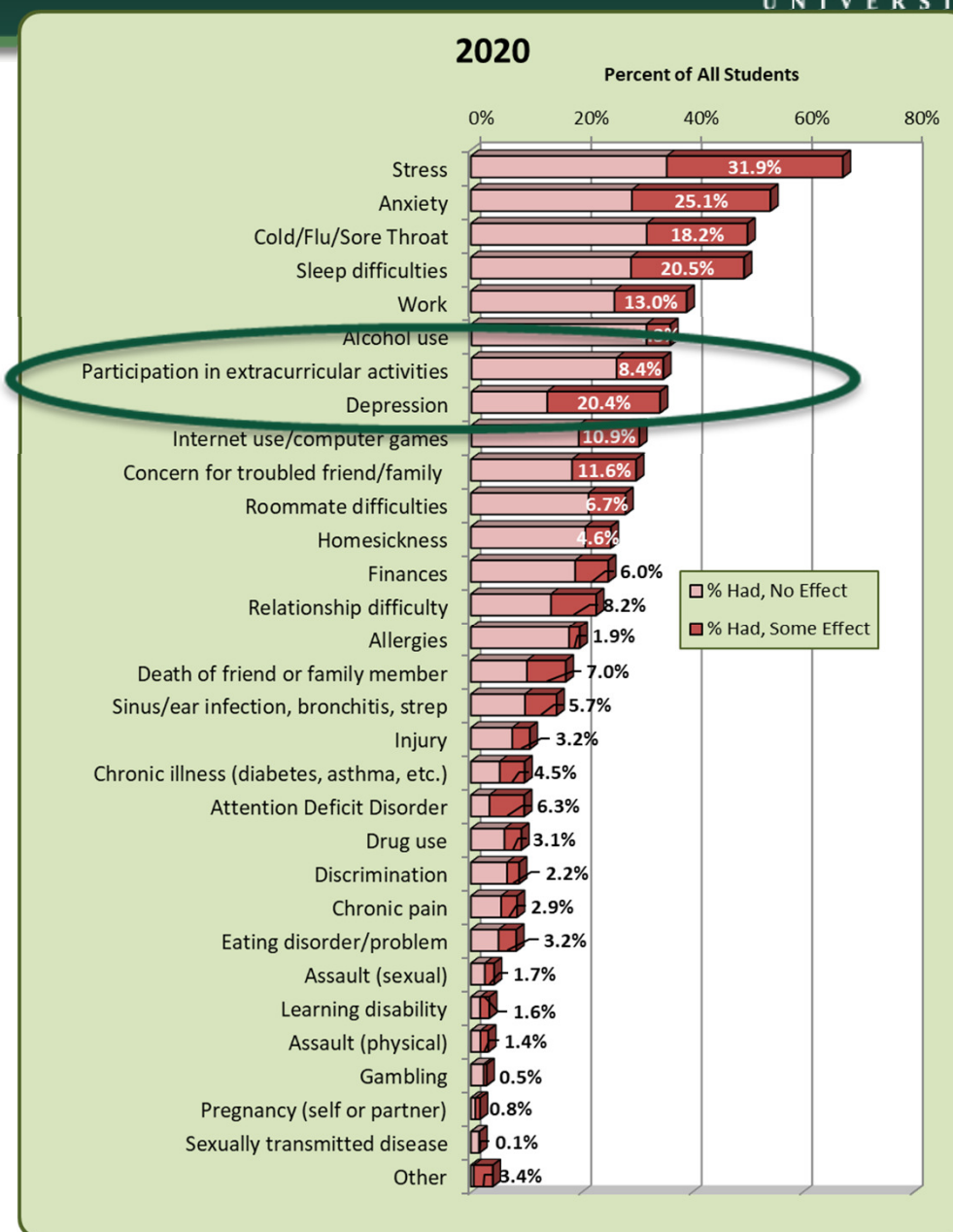
% of Students Diagnosed or Treated for Various Health Problems in Past 12 Months: 2020 vs. 2018 vs. 2016 vs. 2012



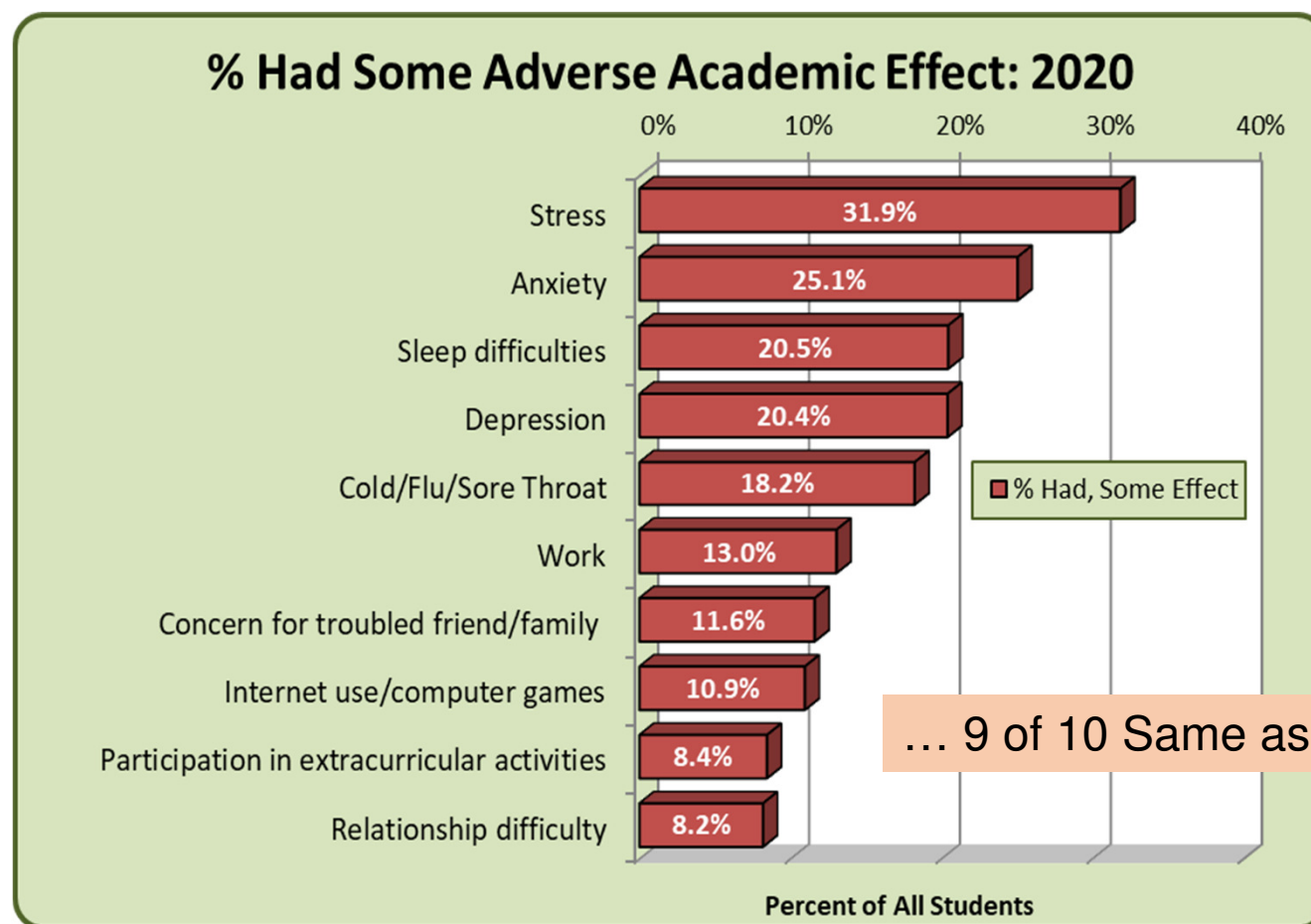
Results

Factors Affecting Academic Performance

% of Students Having Problems With, Academics Impacted by Various Events/ Difficulties in Past Year: 2020



% of Students Whose Academics Impacted by Various Events/Difficulties in Past Year: Top 10



- Stress and Depression increased since 2016
- Internet use/computer games decreased

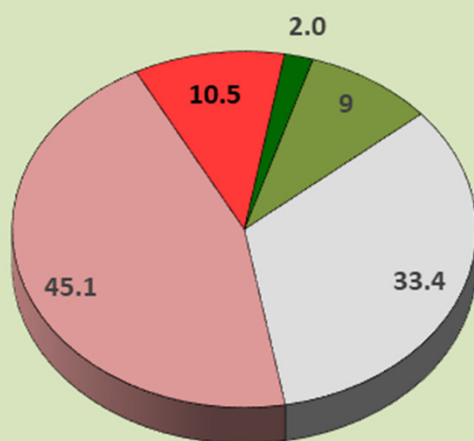
... 9 of 10 Same as in 2018, 2016, 2014

Results

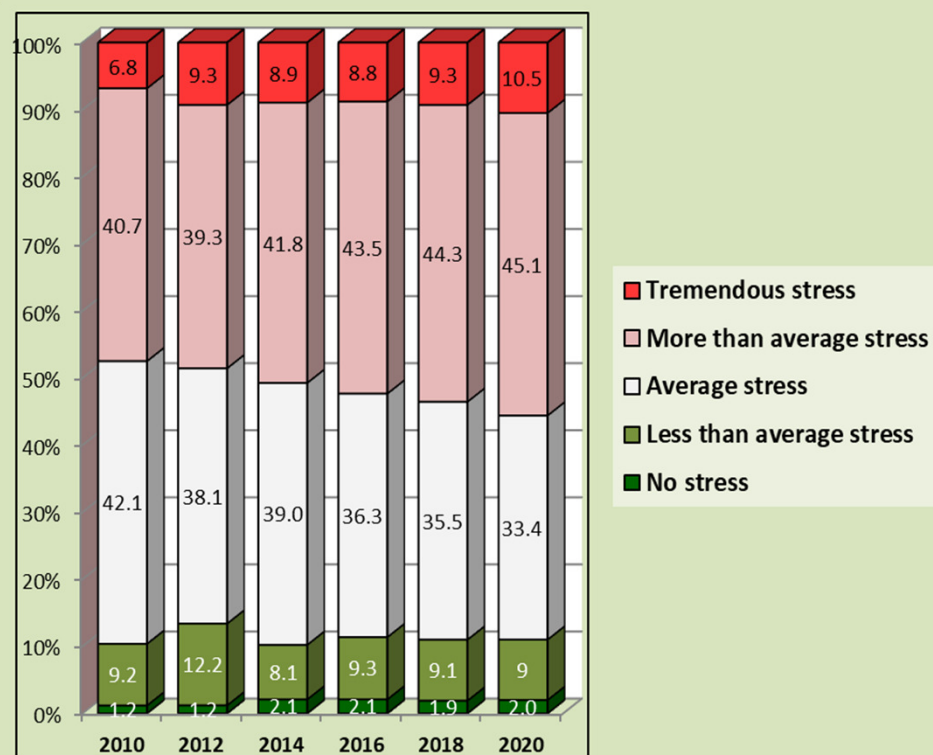
Stress and Emotional Health

Student Ratings of Their Overall Level of Stress Over the Past 12 Months: 2020 and 2010-2020

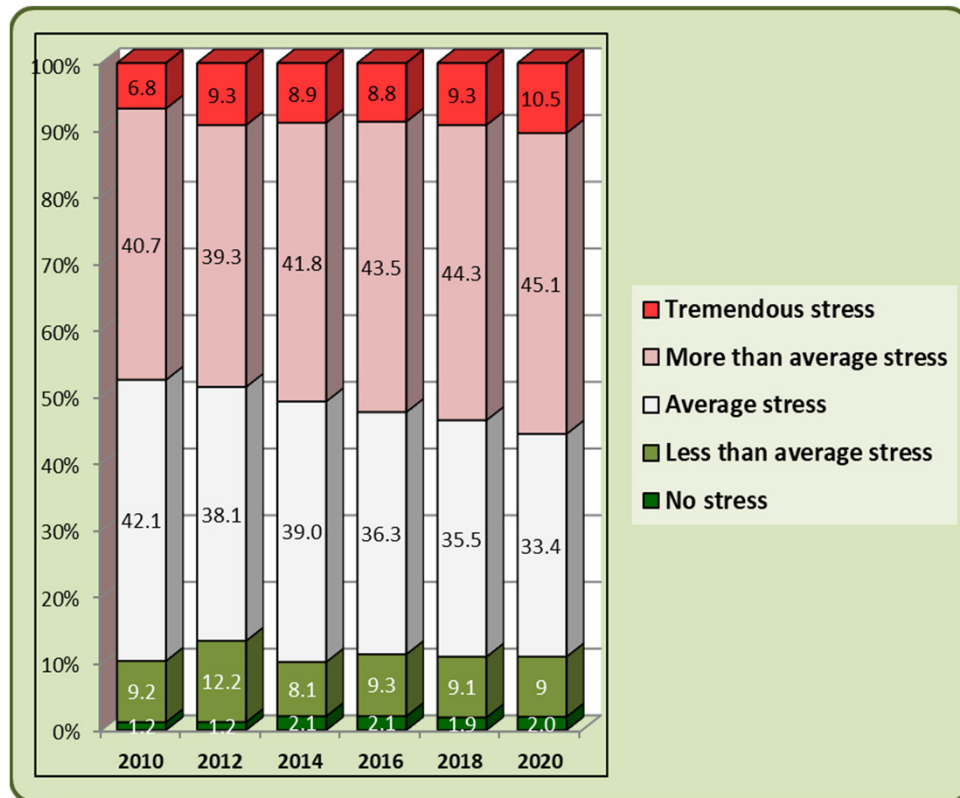
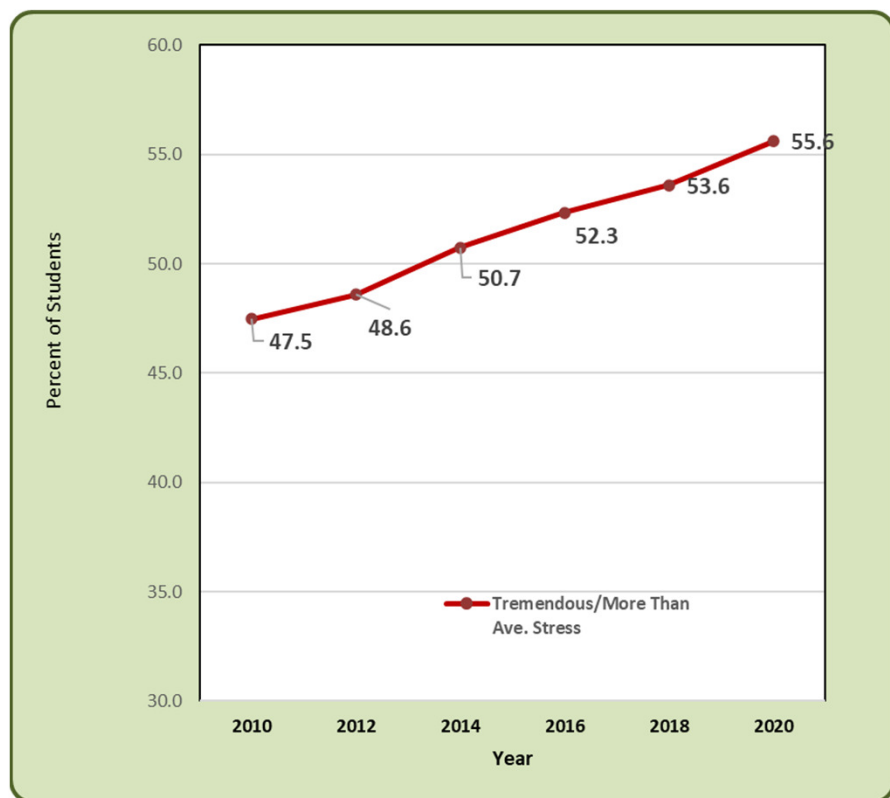
Level of Stress Past 12 Months: 2020



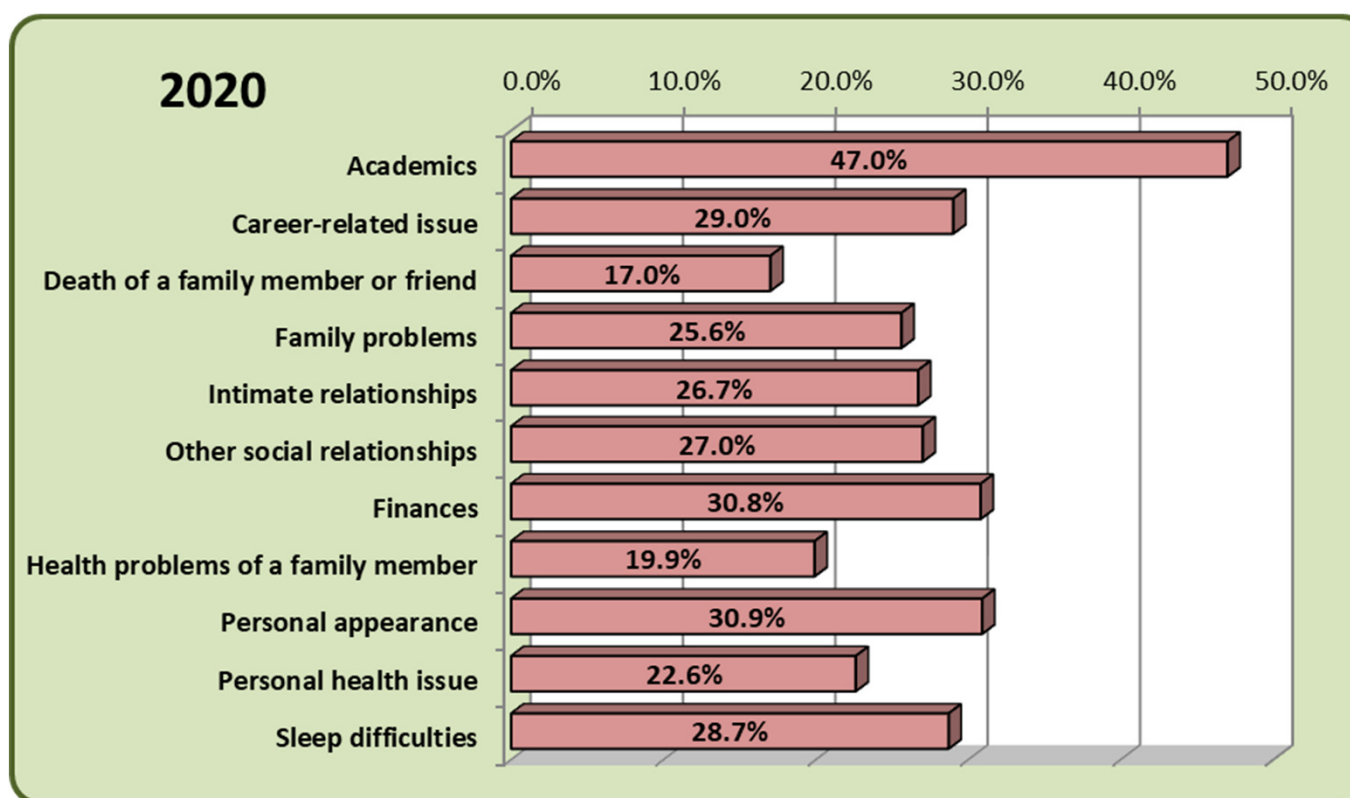
- No stress
- Less than average stress
- Average stress
- More than average stress
- Tremendous stress



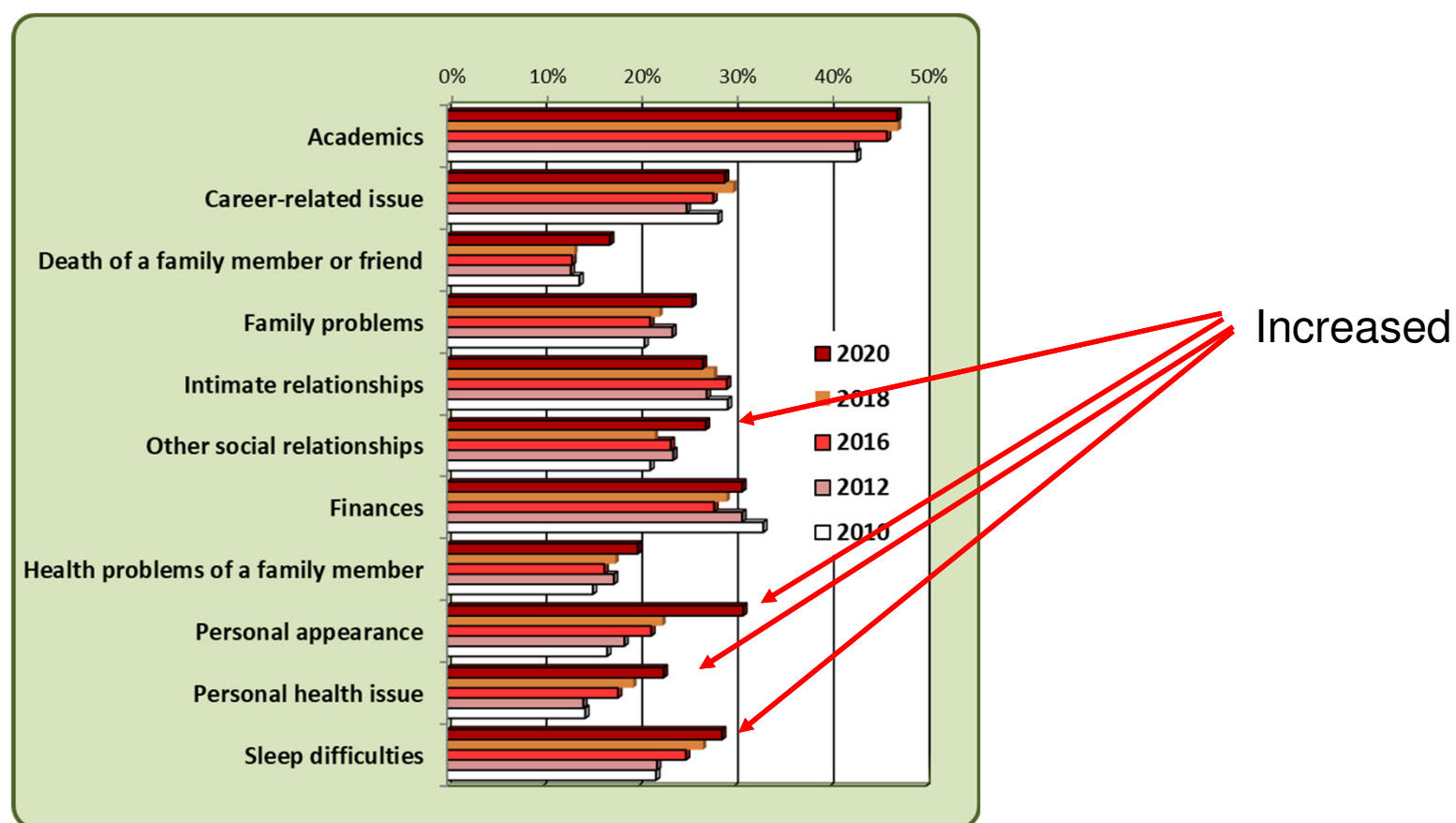
Student Ratings of Their Overall Level of Stress Over the Past 12 Months: 2020 and 2010-2020



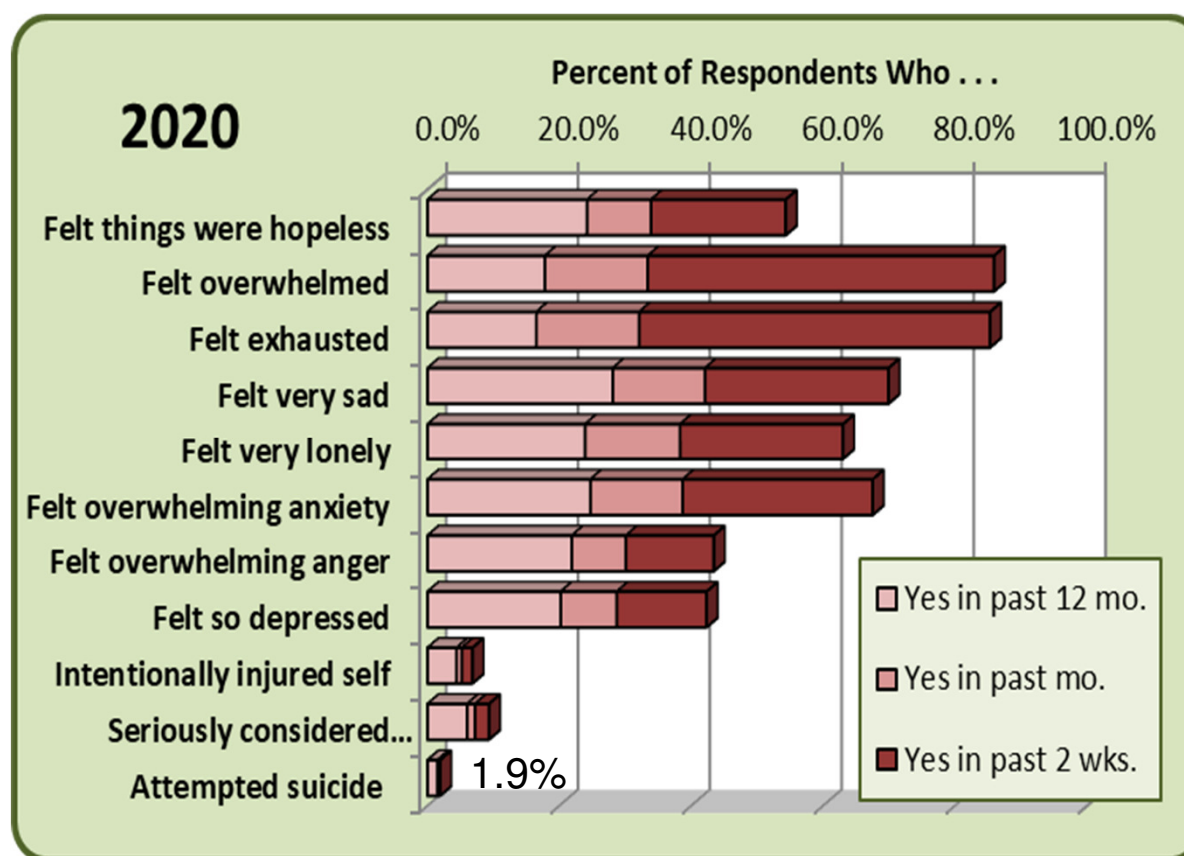
% of Students for Whom Various Issues Were Traumatic/Very Difficult in Past Year: 2020



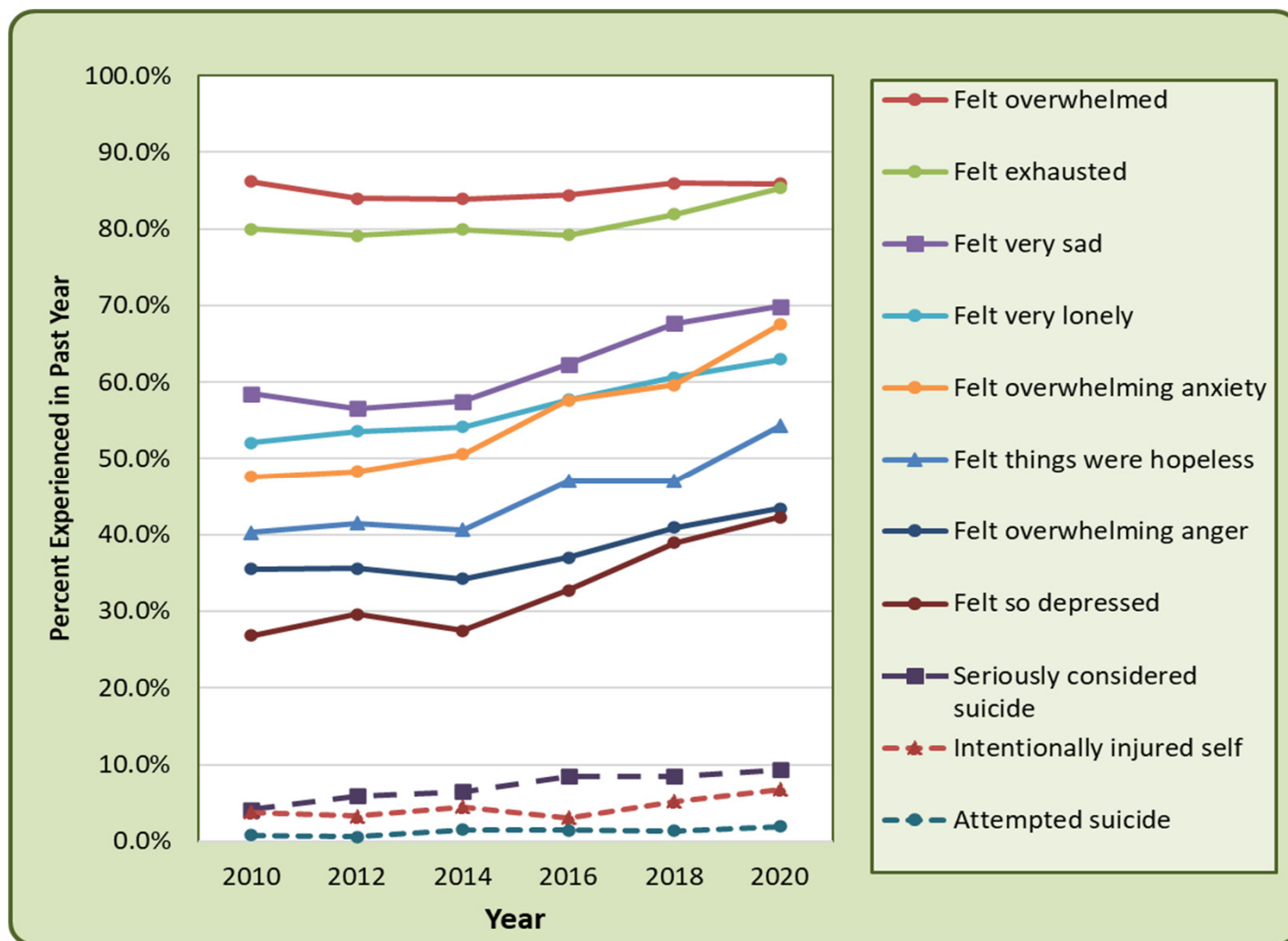
% of Students for Whom Various Issues Were Traumatic/Very Difficult in Past Year: 2020 vs. 2018 vs. 2016 vs. 2014 vs. 2012 vs. 2010



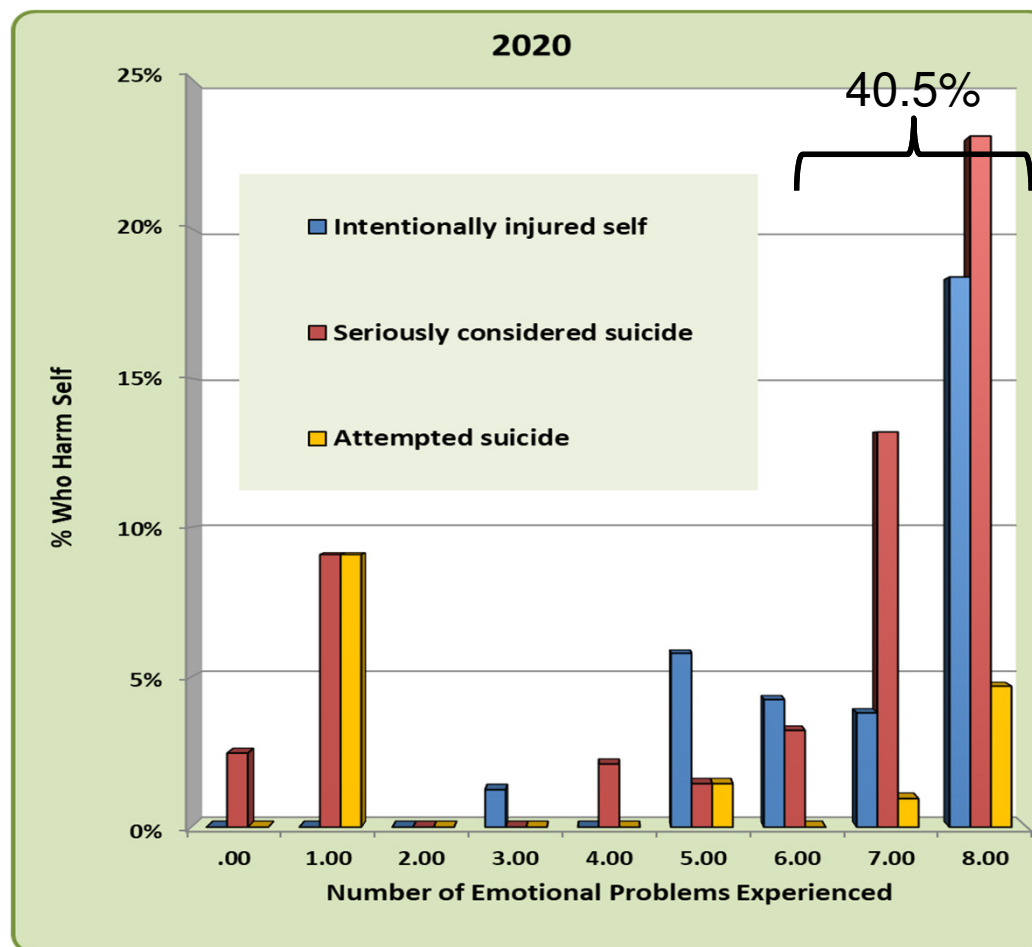
% of Students Feeling Emotionally Challenged, and Actions, by Recency: 2020



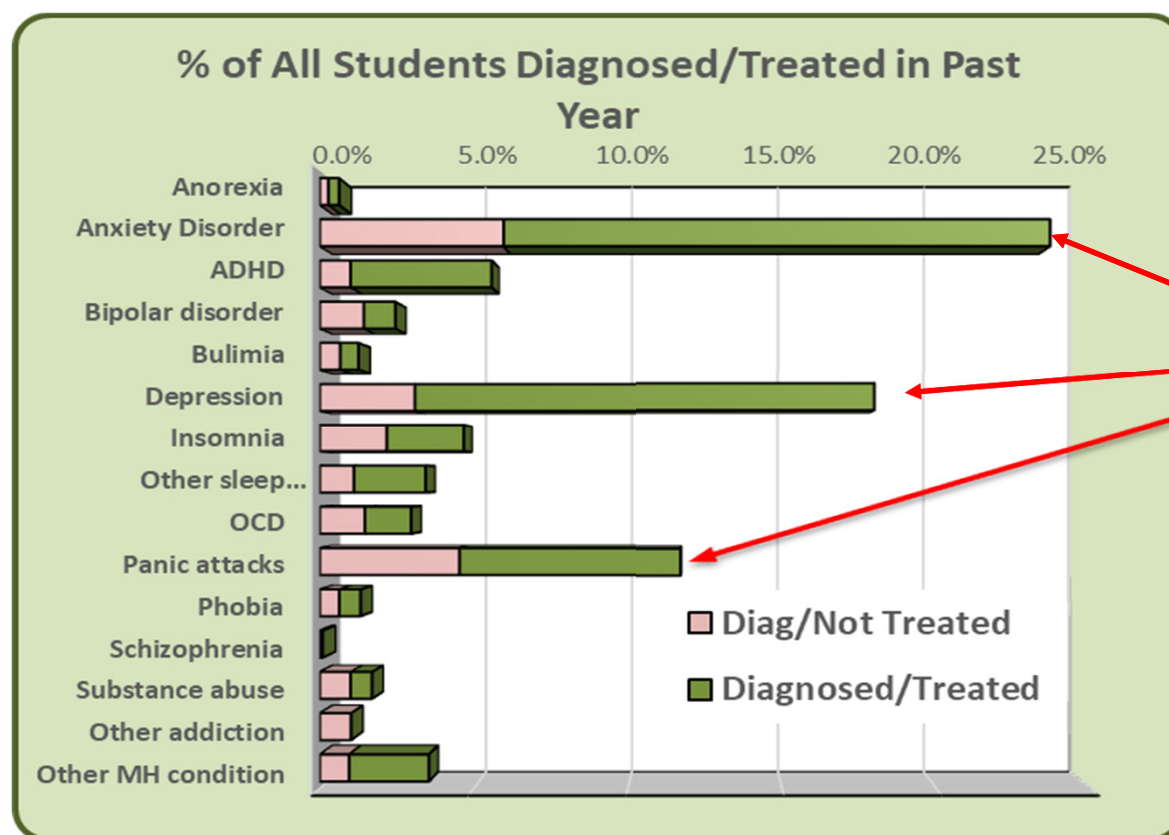
% of Students Feeling Emotionally Challenged, and Actions, by Recency: 2010-2020



Prevalence of Feeling Emotionally Troubled and Relation to Self-Destructive Behavior: 2020



% of Students Diagnosed/Treated for Various Mental/Emotional Health Problems in Past Year: 2020



Increased from 2018

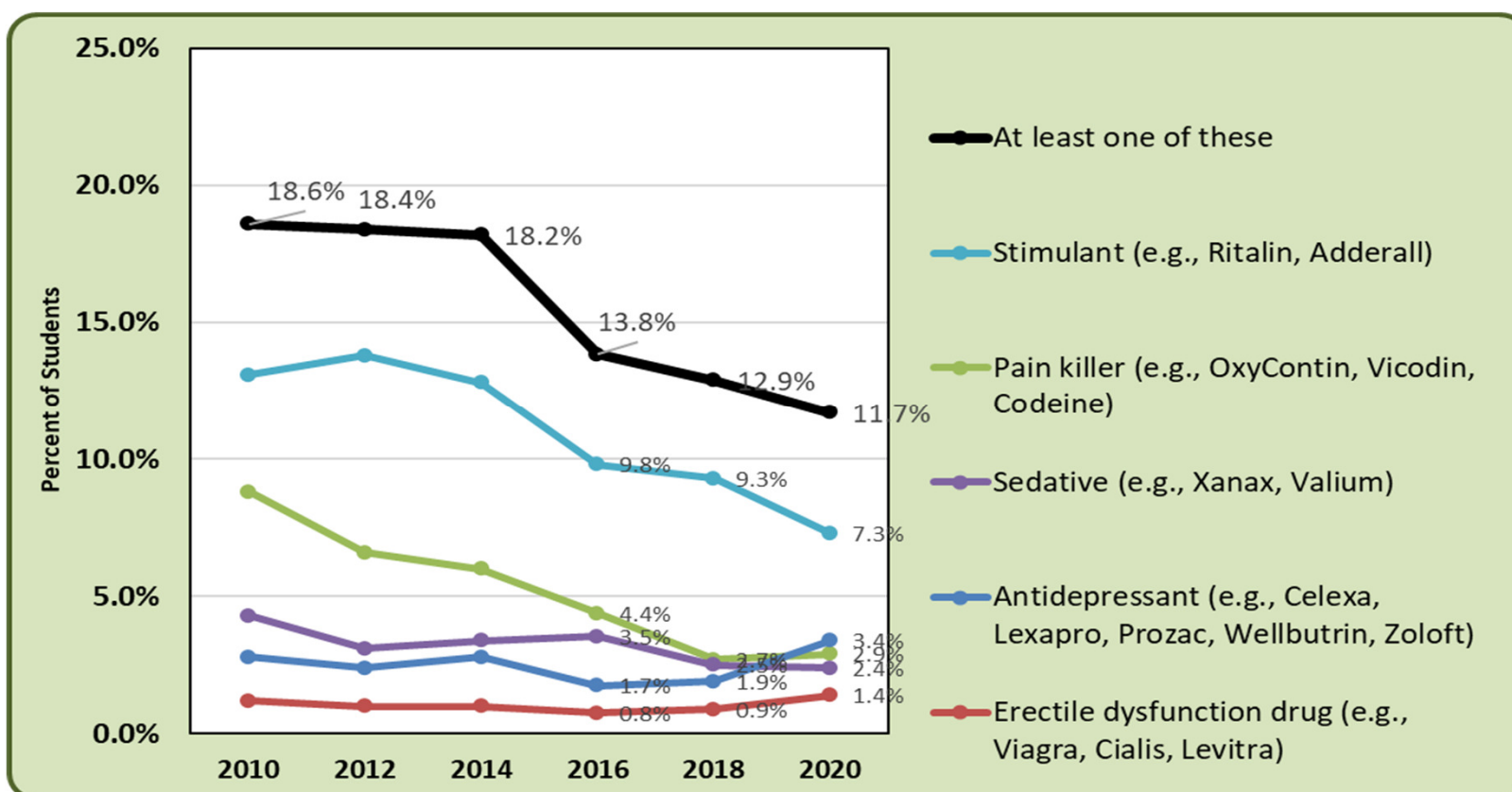
% of Students Ever Having Received Help/ Treated for Emotional, Psychological Issues: 2020

- 20.5% received psychological/mental health services from current college/university – up slightly from 18.2% in 2018, 15.4% in 2016, 13.0% in 2014, 11.1% in 2012 and 9.9% in 2010 (a 100% increase since 2010)
- 82.9% claimed they would consider seeking professional help if having a personal problem in future – up from 81.7% in 2018, 77.8% in 2016, 70.6% in 2014, 67.2% in 2012 and 2010 (a 22% increase in willingness to consider)

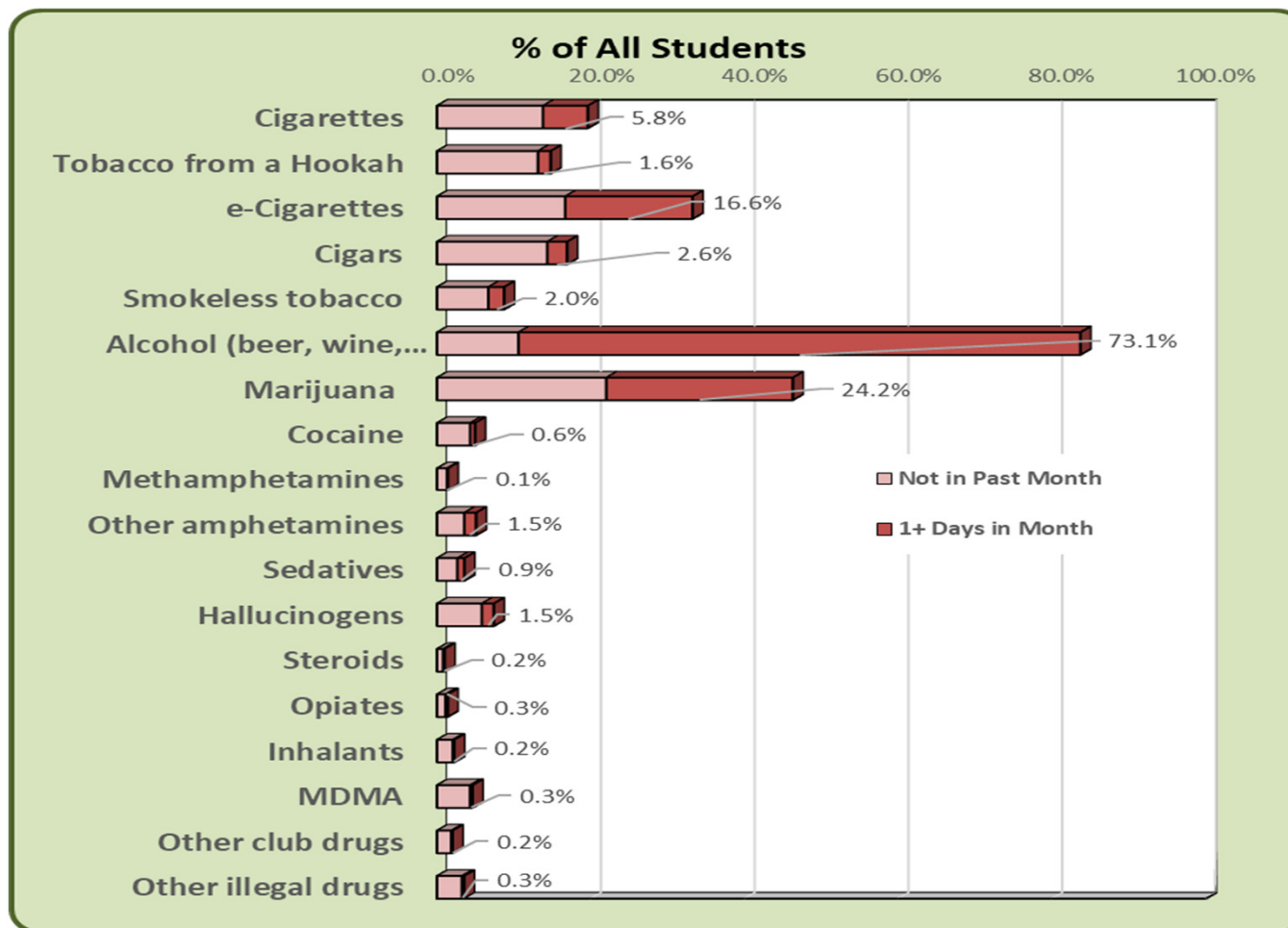
Results

Alcohol, tobacco, and other
drug use

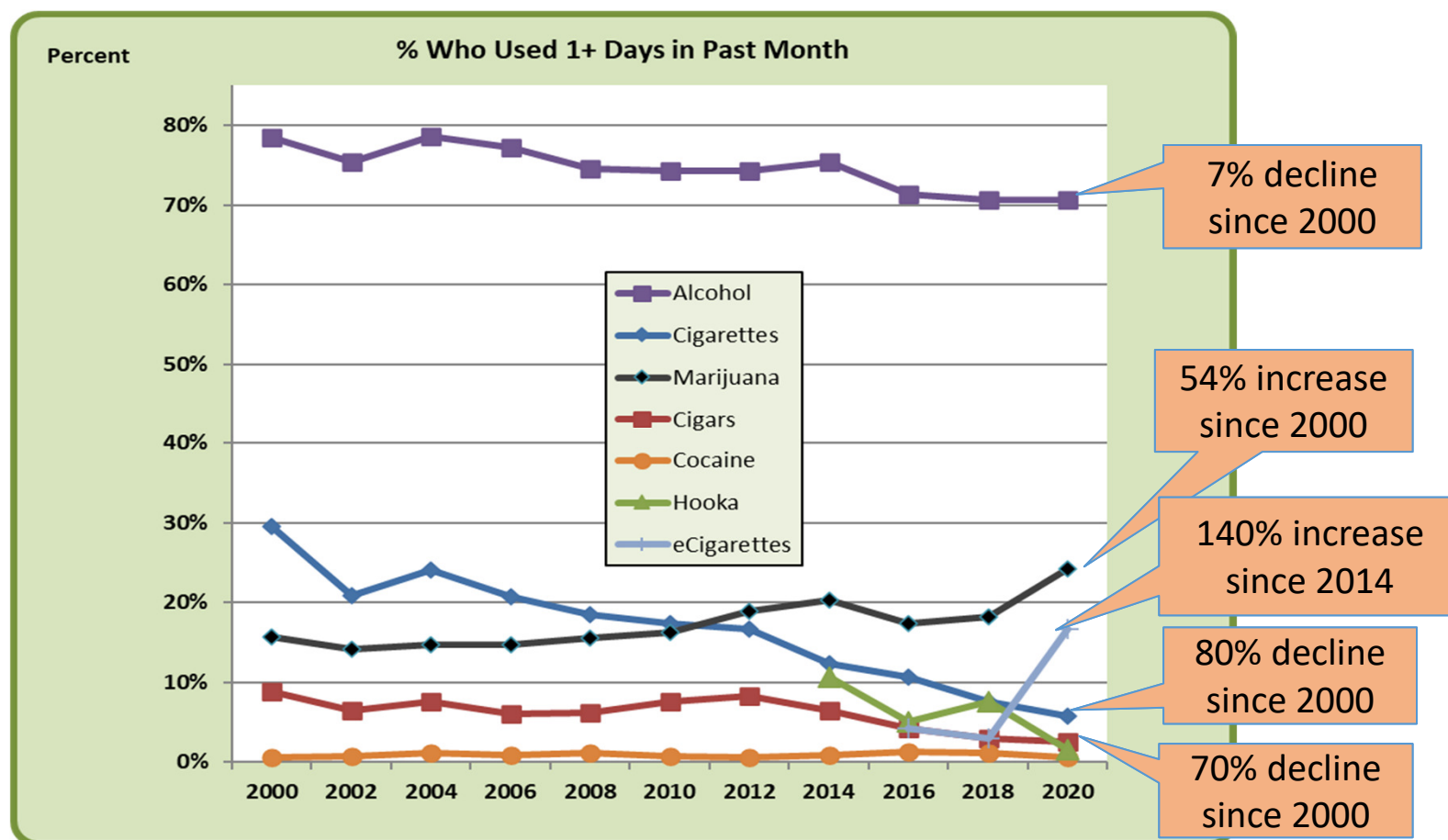
% of Students Misusing Various Prescription Drugs in Past 12 Months: 2010-2020



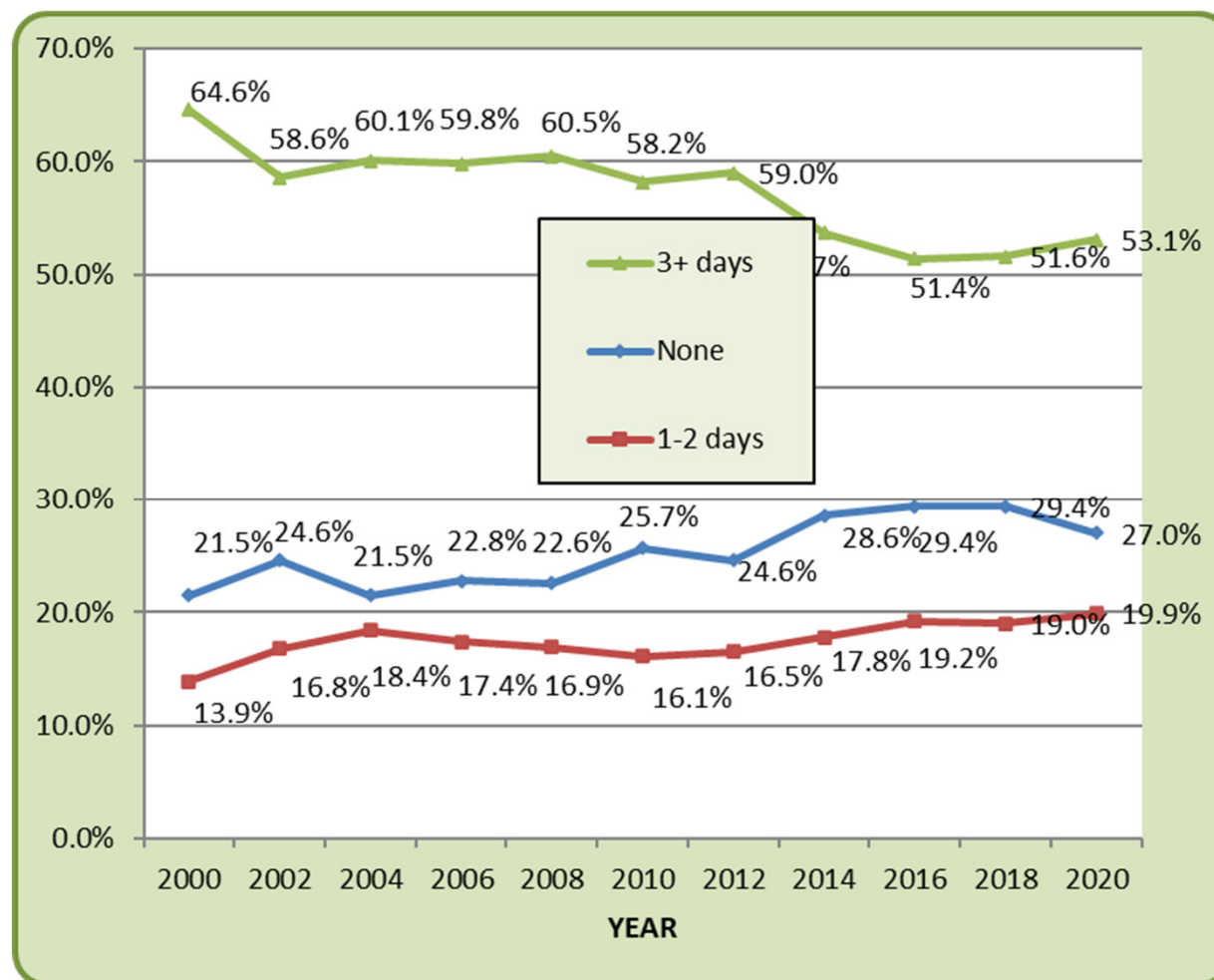
% of Students Who Reported Using Various Substances: 2020



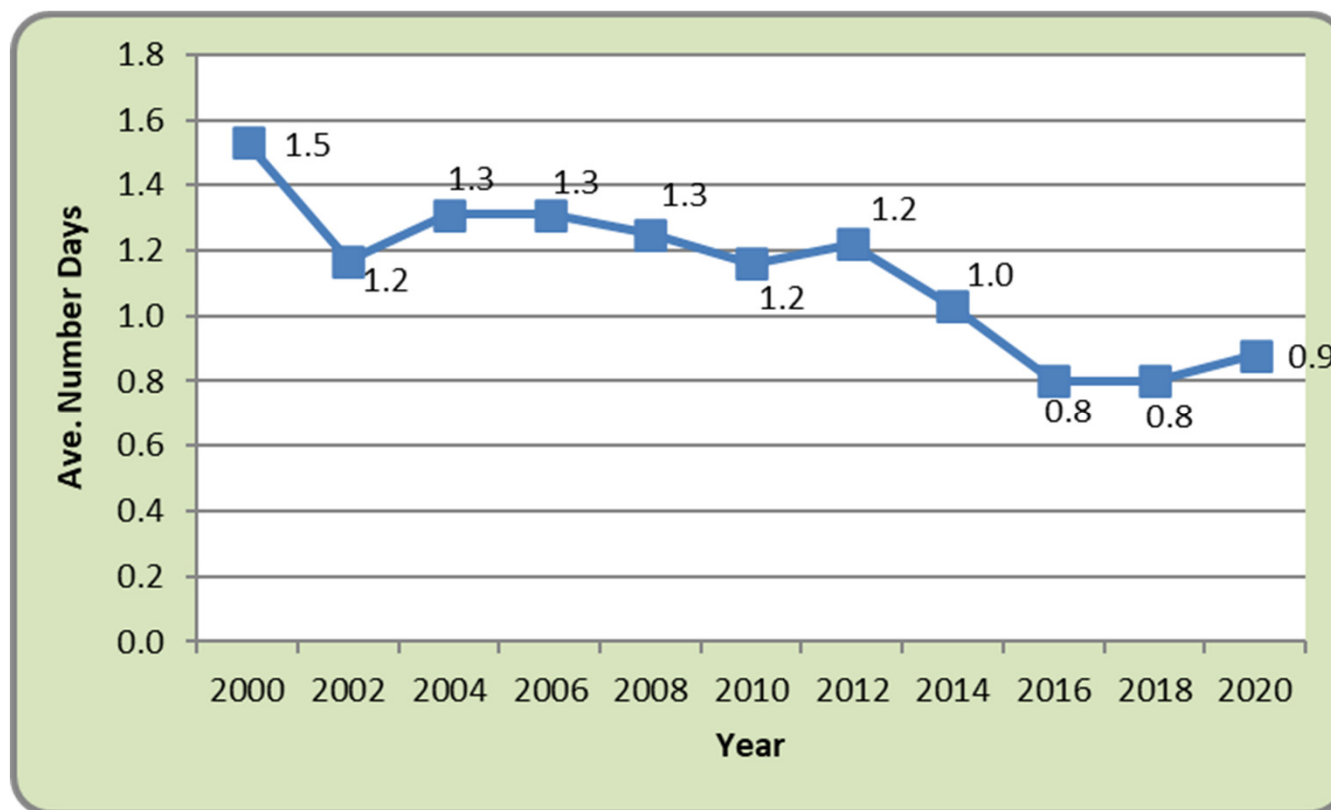
% of Students Who Used _____ 1+ Days in Past Month, by Year (2000-2020)



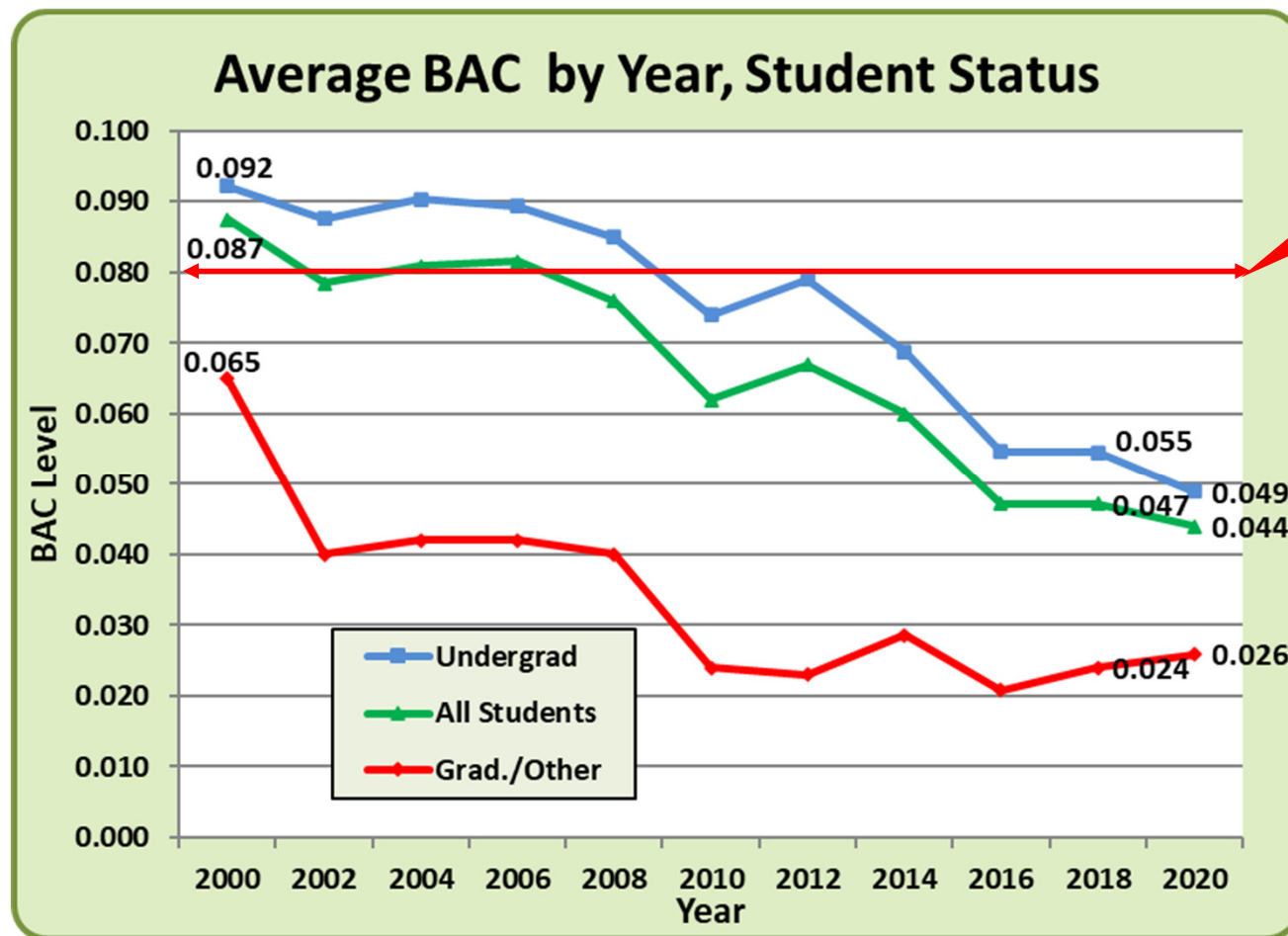
% Drank 0, 1-2, or 3+ Days in Past Month: 2000-2020



Average Number Times Drank 5+ Drinks in Past Two Weeks: 2000-2020

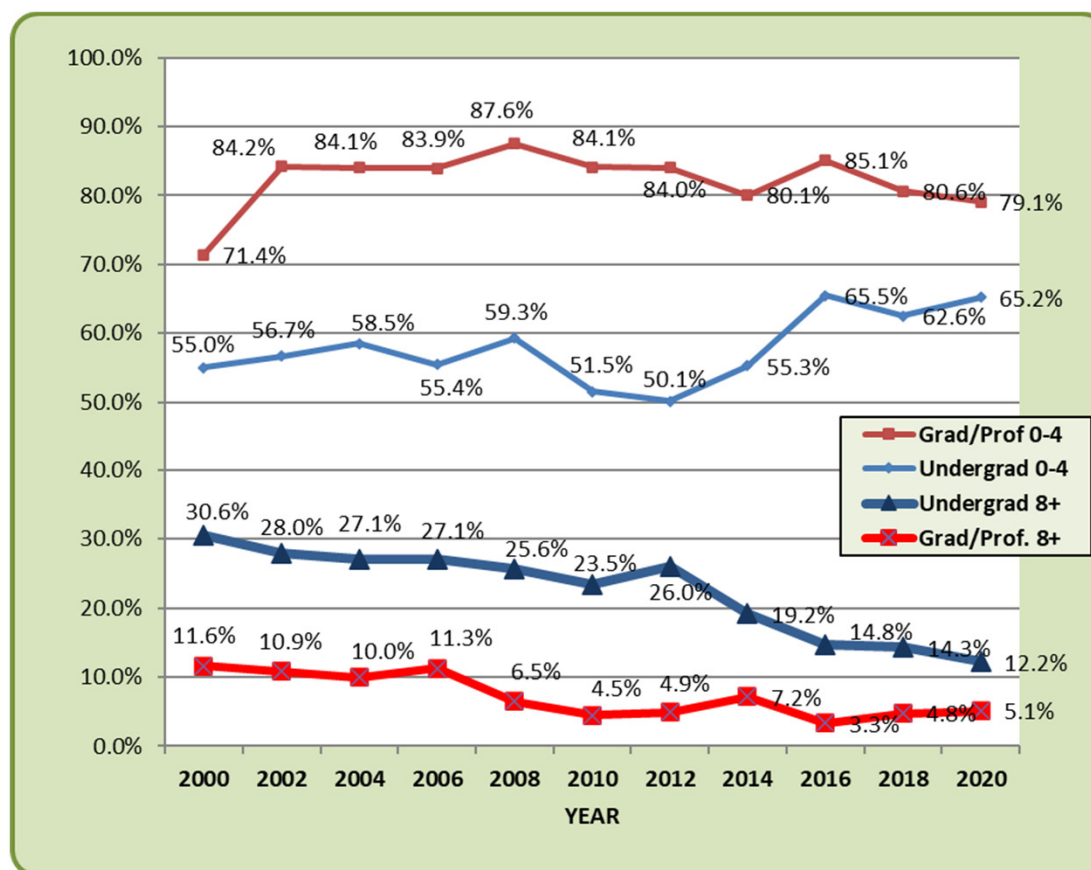


Mean B.A.C. for Last Time Partied: 2000-2020

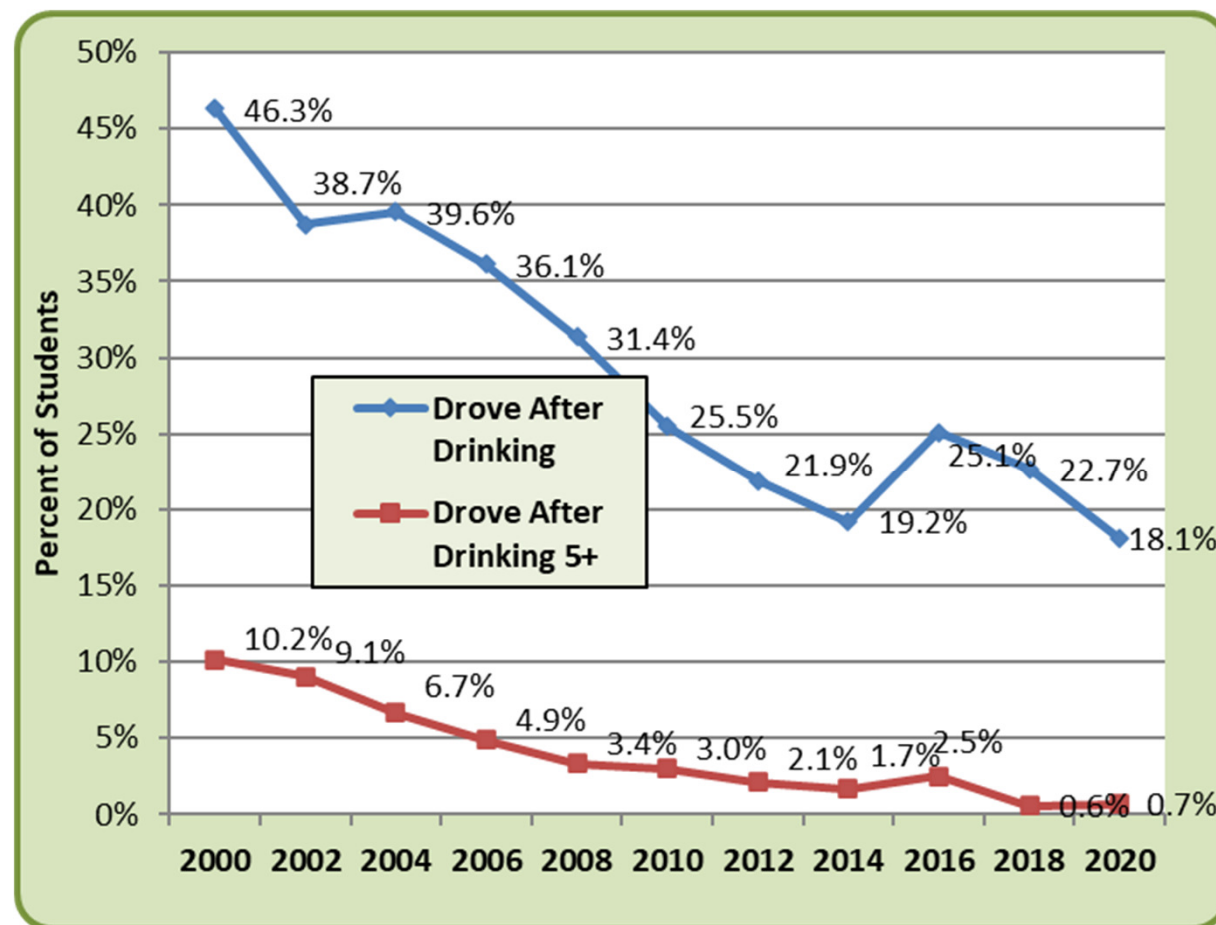


Legal
Limit

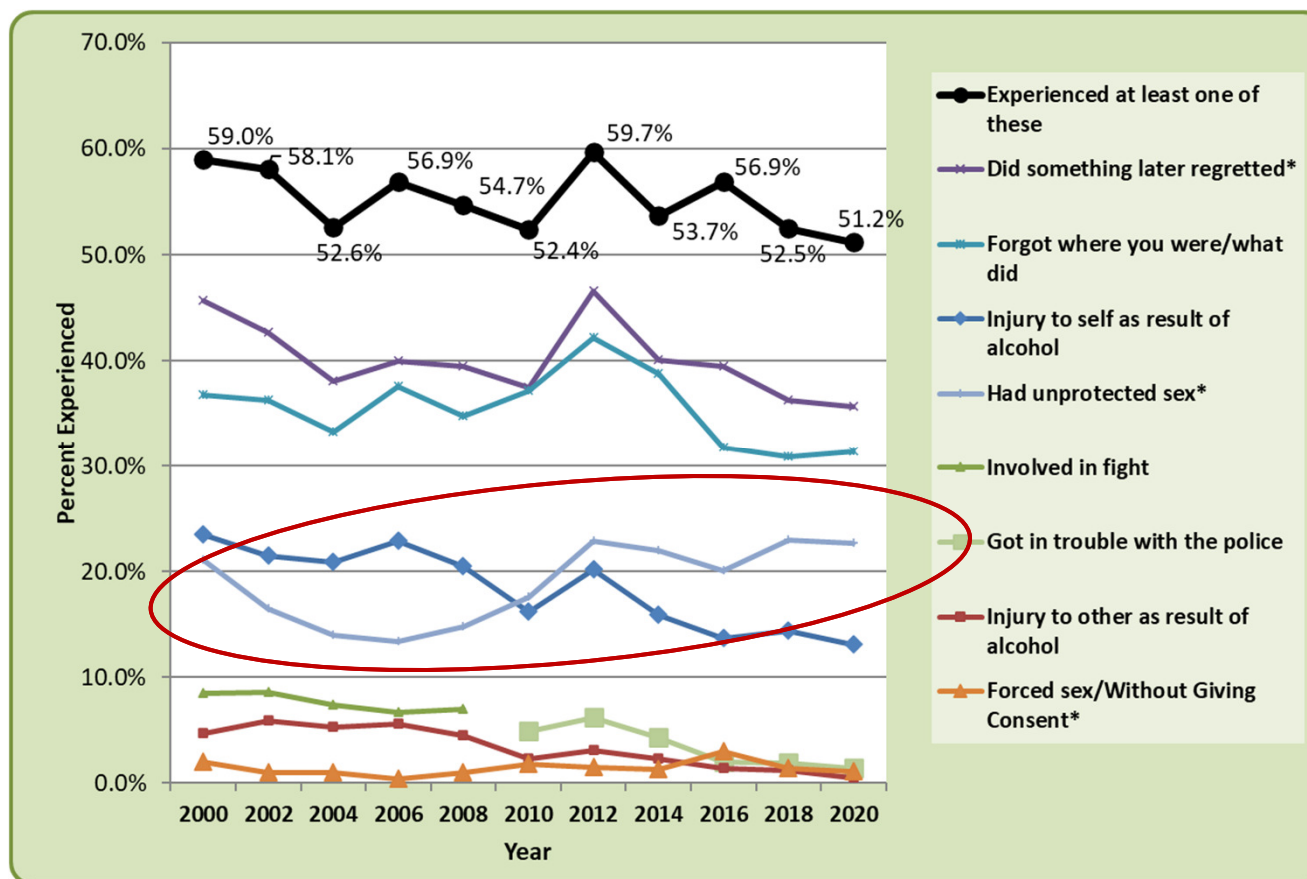
% of Grad/Professional and Undergrads Who Drank 0-4 or 8+ Drinks Last Time Partied: 2000-2020



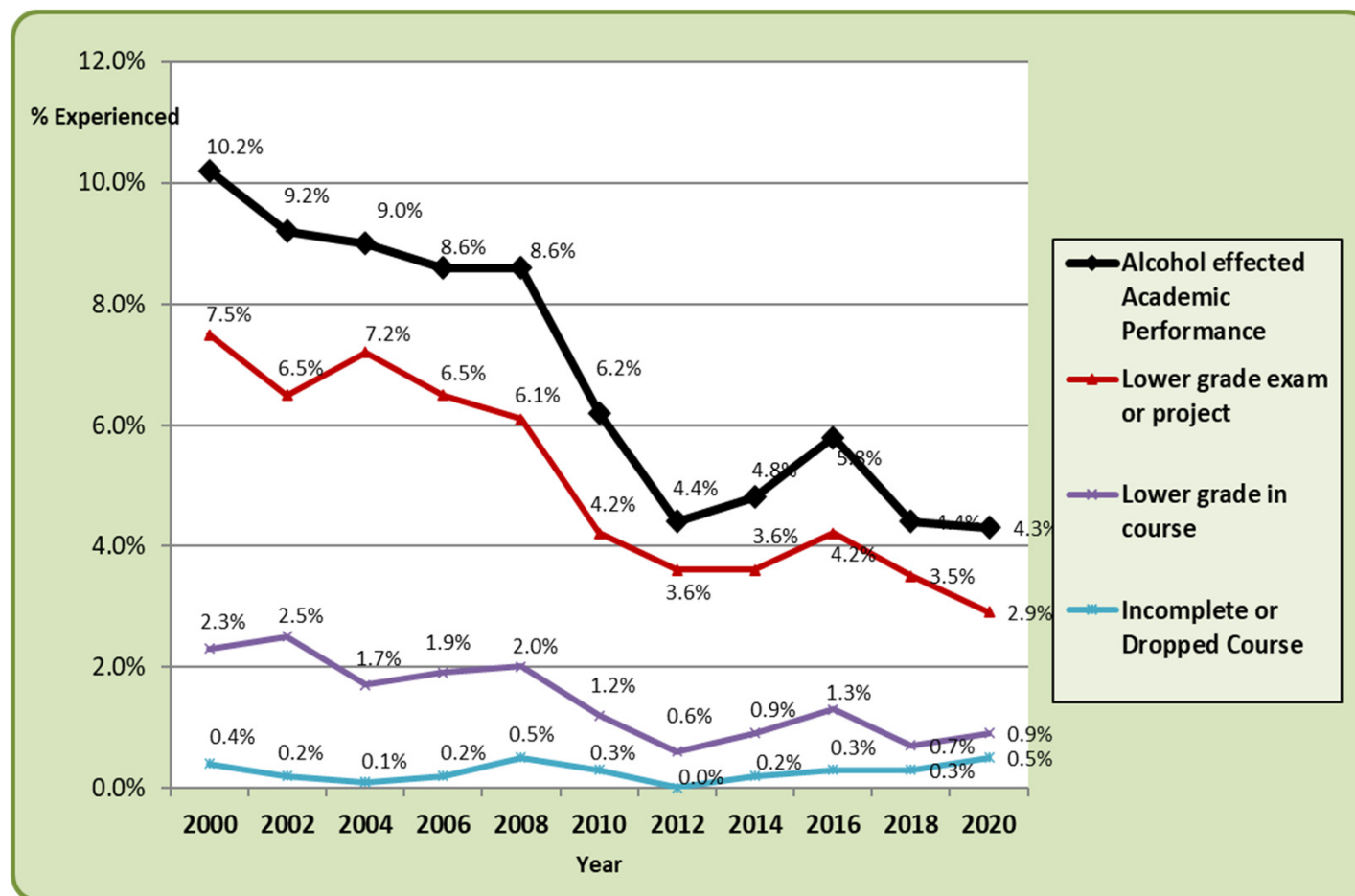
% of Students Who Drink, Drive Who Drove After Drinking: 2000-2020



% of Students Who Drink Experiencing Adverse Outcomes From Drinking in Past Year: 2000-2020



Trends in Adverse Impact of Drinking on Academic Performance: 2000-2020

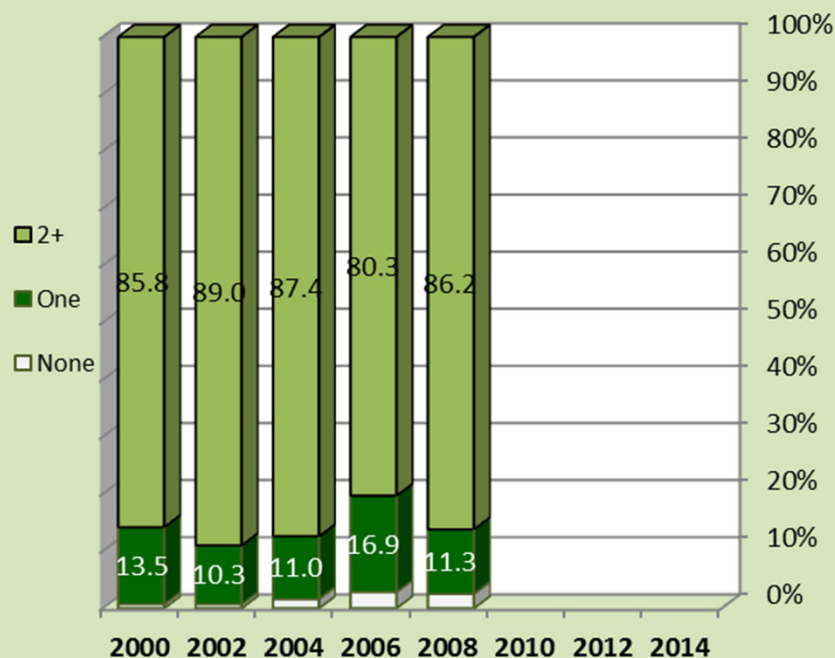


Results

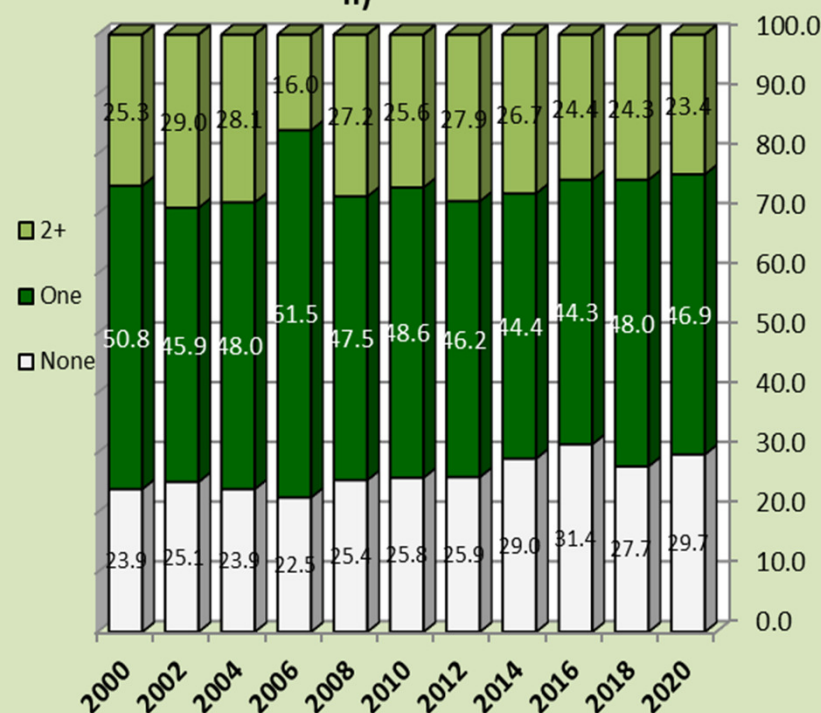
Sexual Health

Self-Reported Number Partners vs. Perceived Number of 'Typical' Student: 2000-2020

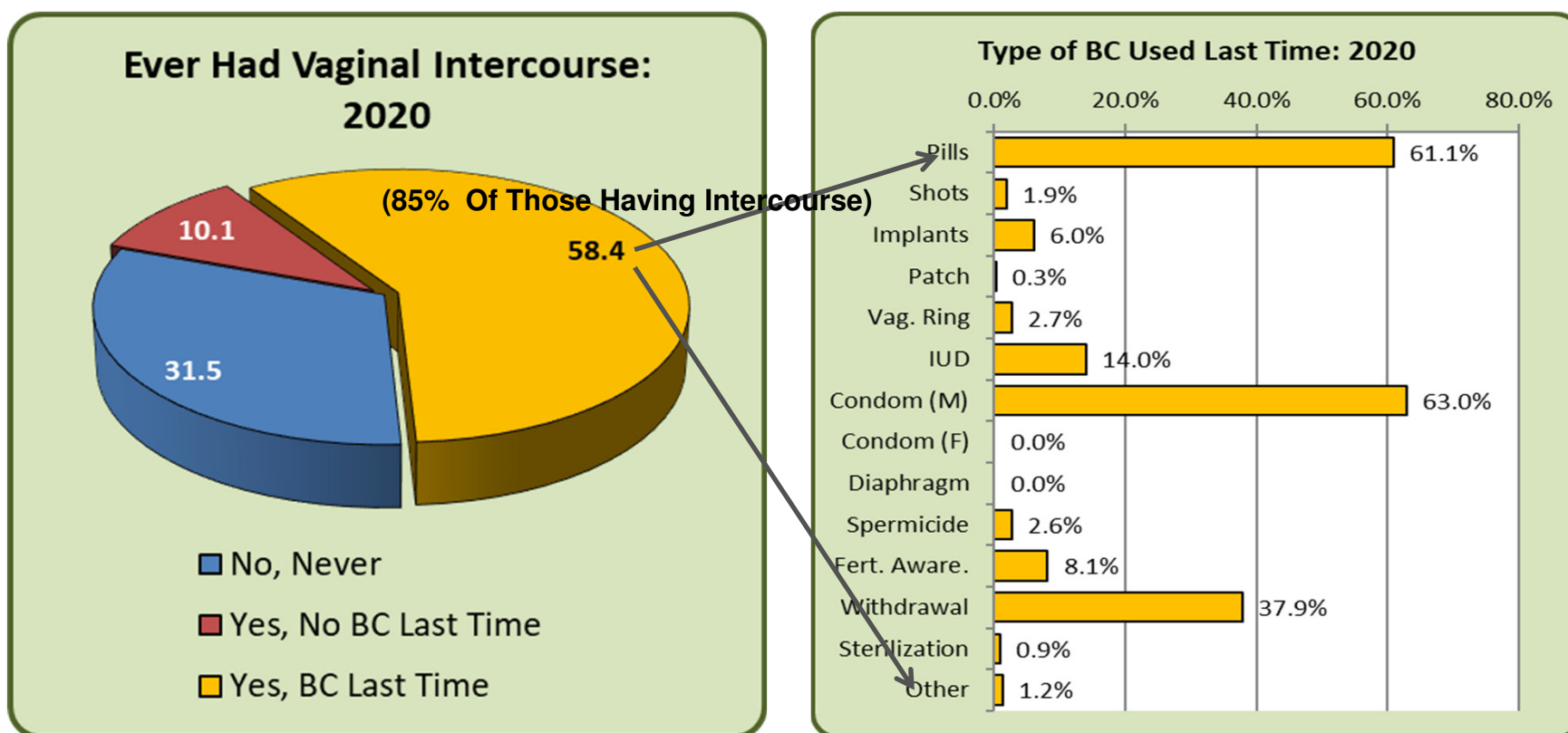
% Distribution Believed Number Partners of Typical Student



% Distribution Number of Own Partners (NCHA II)



% of Respondents Reporting Respondent or Partner Used Birth Control Last Time Had Vaginal Intercourse: 2020



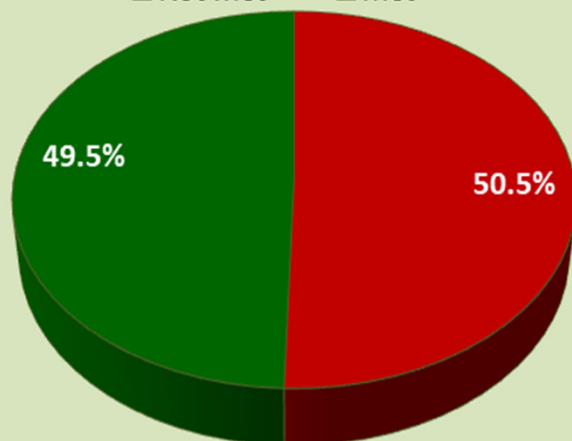
Results

Exercise and Sleep

Exercise Behavior

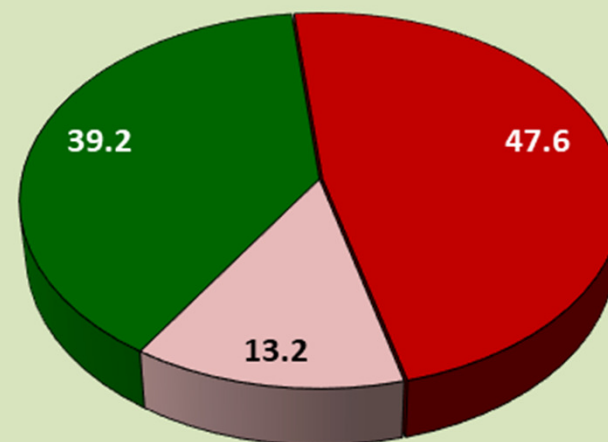
Guideline Aerobic Physical Activity Met/Not

■ Not Met ■ Met



Exercise to Strengthen/Tone Muscles Days/Wk.

■ 0 days ■ 1 day ■ 2+ days

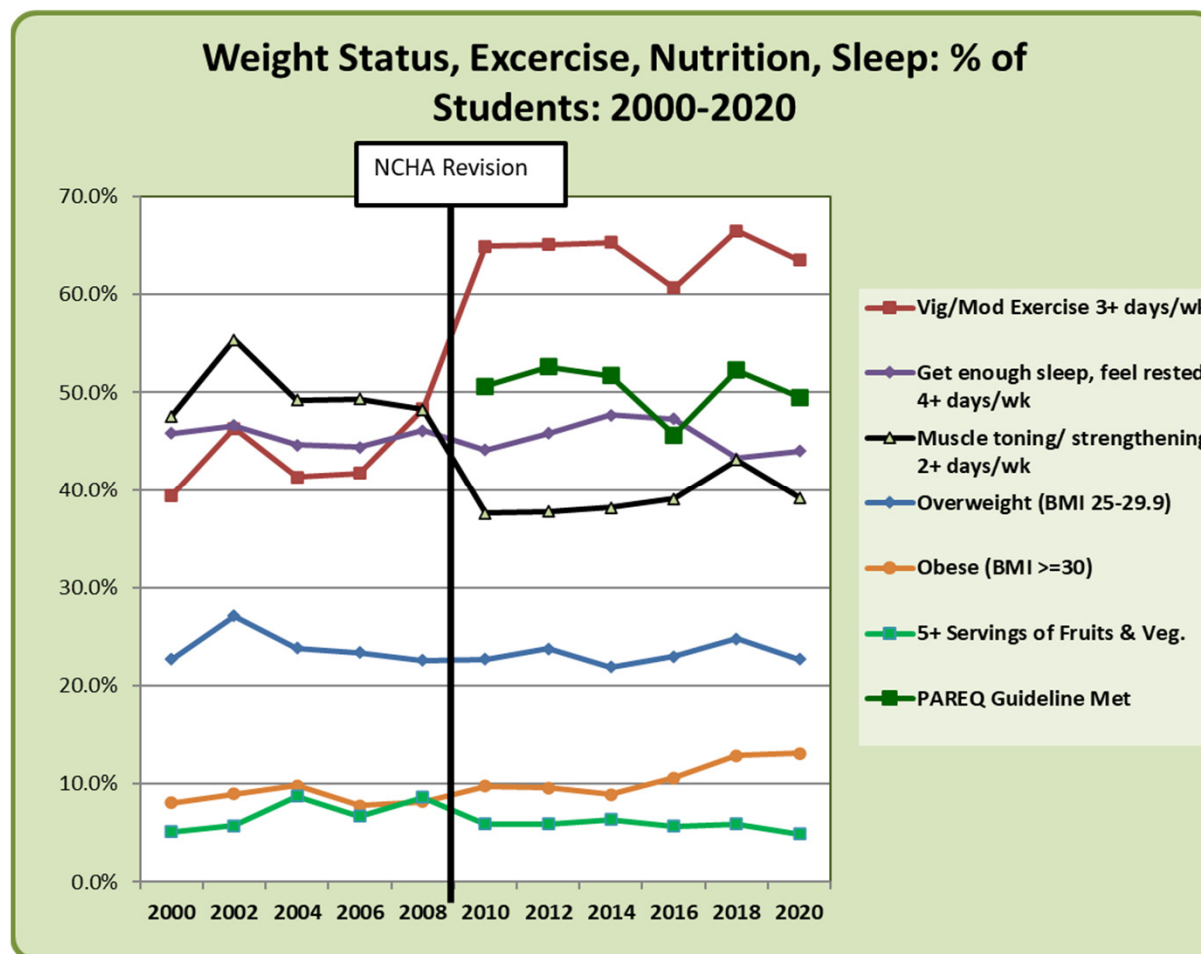


[30 min. moderate activity 5+ days/week OR 20 min. vigorous activity 3+ days/week OR equivalent combination (2 days mod. = 1 day vigorous)]

Days Restful Sleep in Past Week



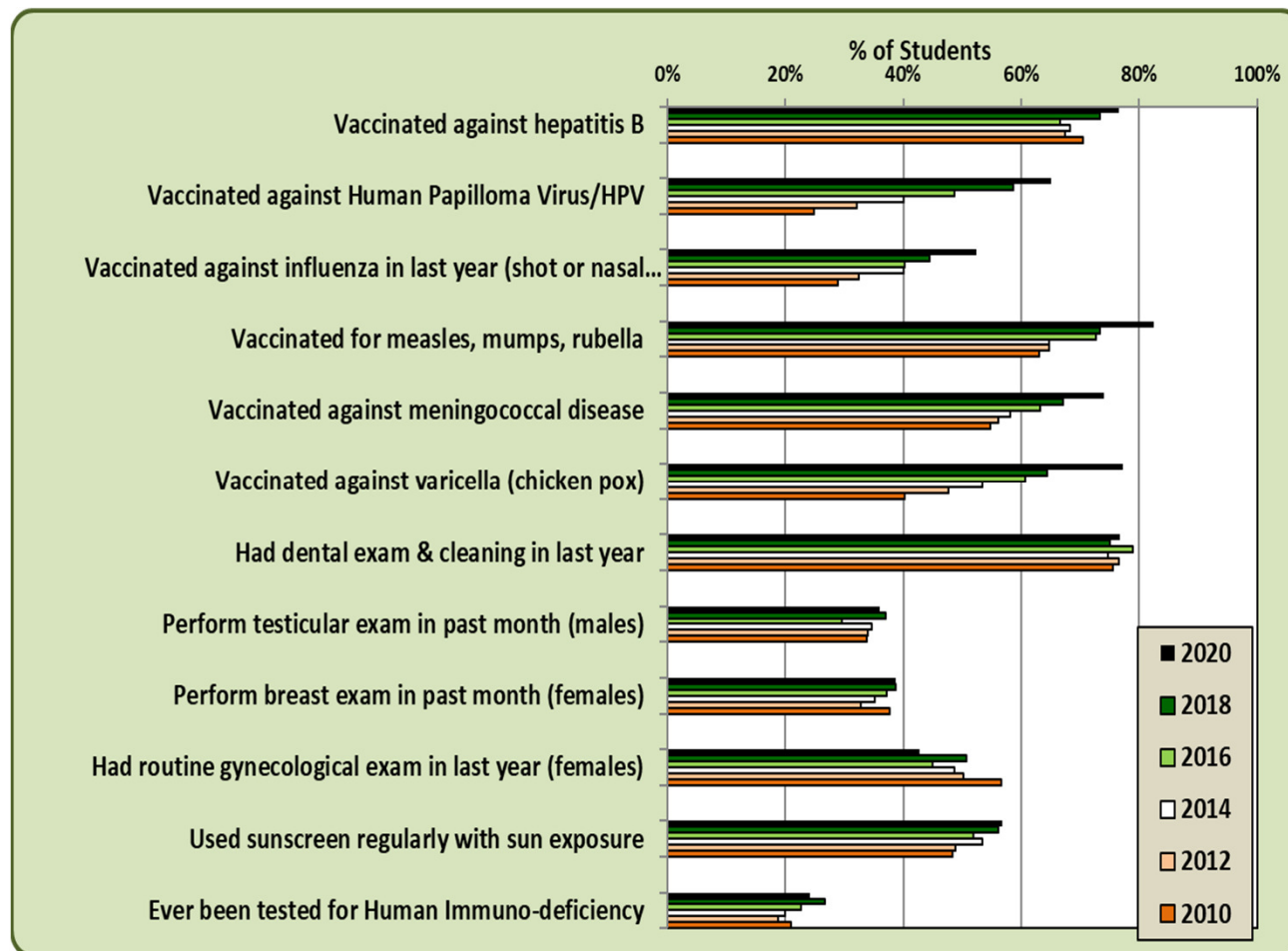
Weight Status, Exercise, Nutrition, Sleep: 2000-2020



Results

Vaccinations, Health Screening,
Injury Prevention, Safety,
Victimization

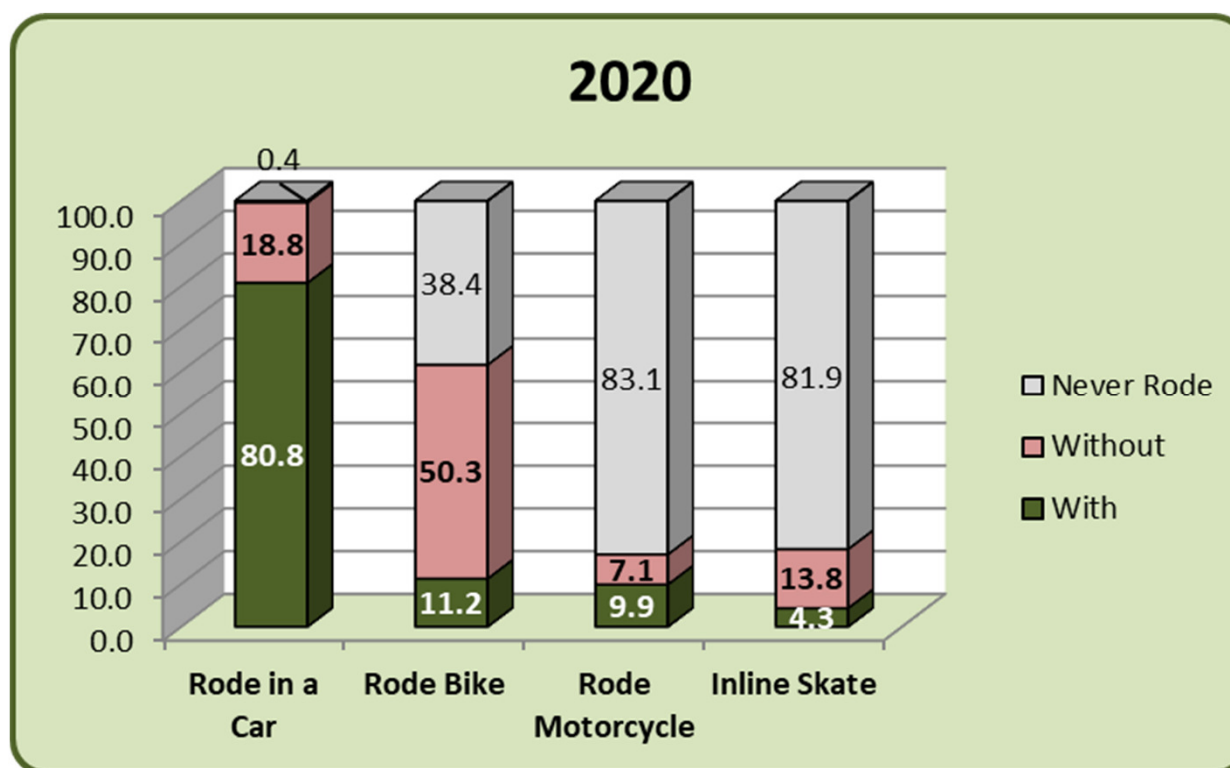
% of Students Receiving Health Screening, Vaccinations: 2010-2020



Increasing % vaccinated for:

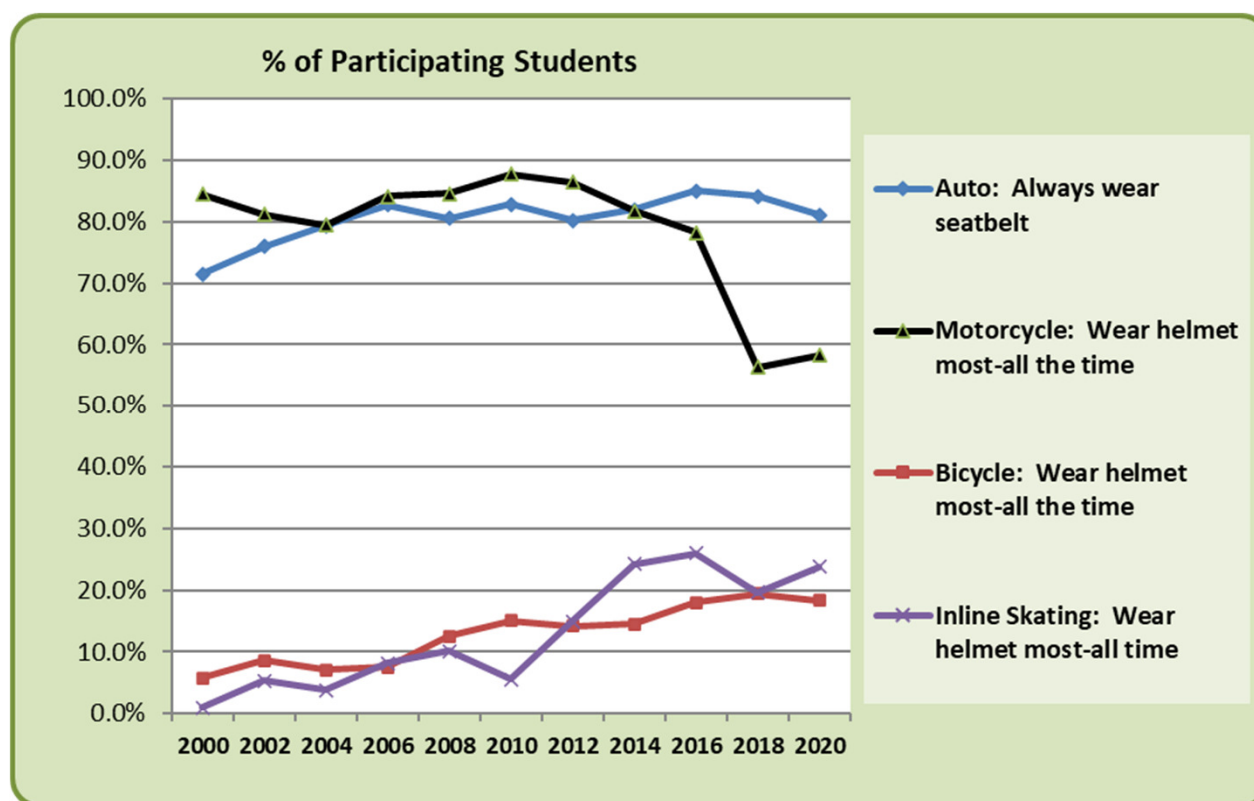
- HPV
- Influenza
- MMR
- Meningococcal
- Varicella

Percent of Students Always/(Most of time) Wearing Seatbelt/Helmets to Prevent Injury: 2020



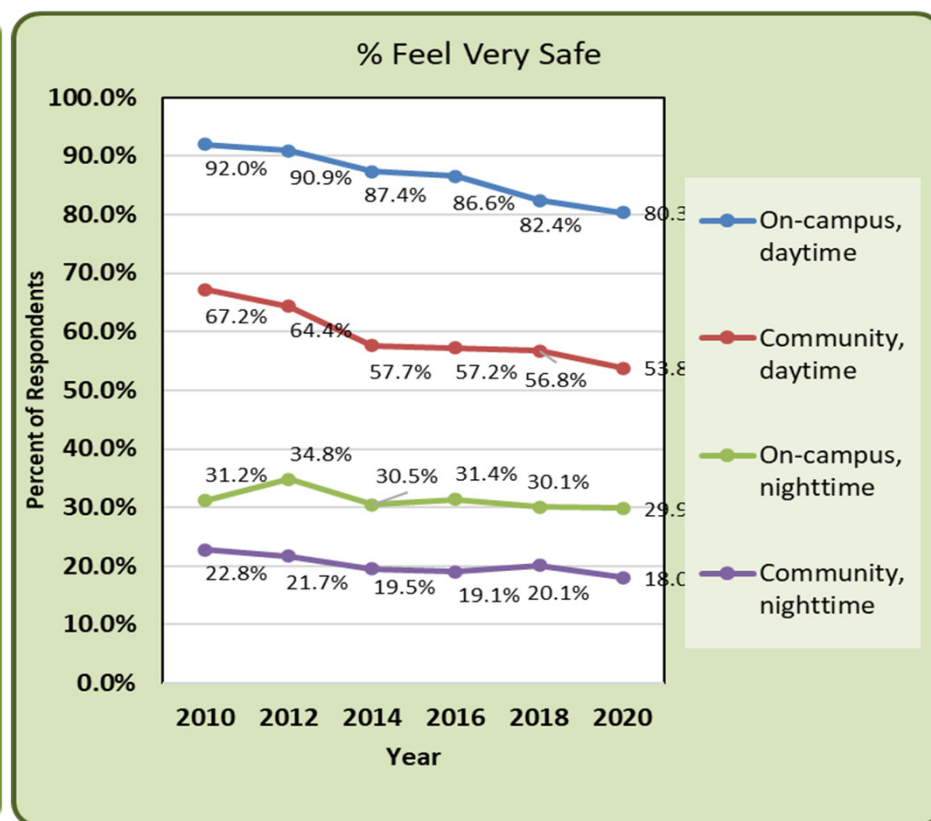
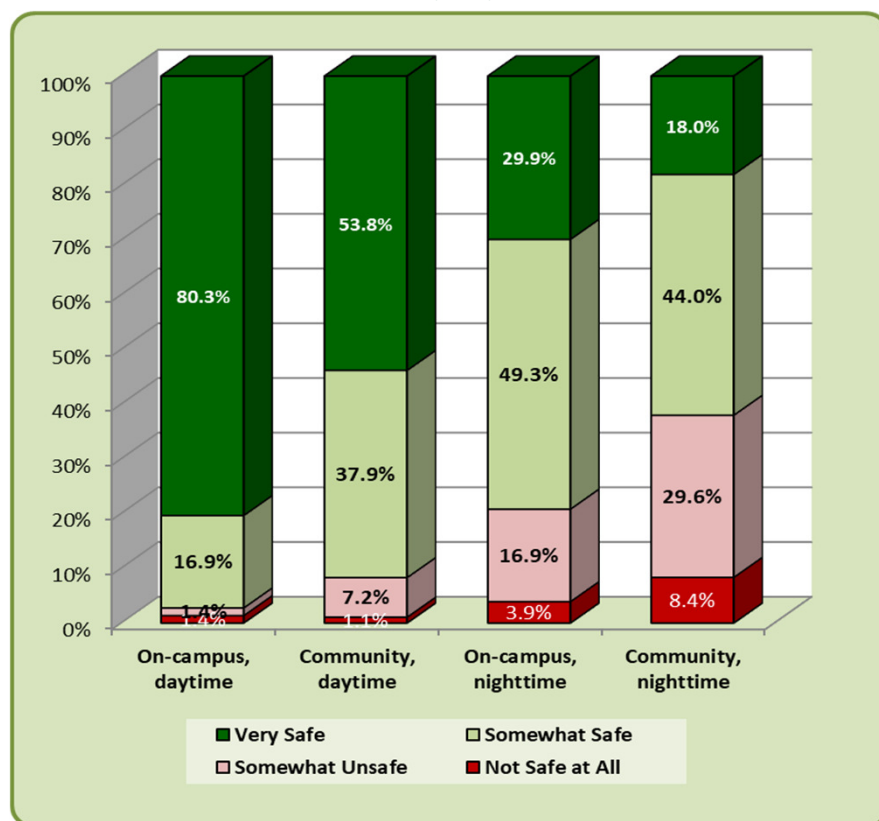
Trends in Injury Prevention Behavior: 2000-2020

(Of those who participate)

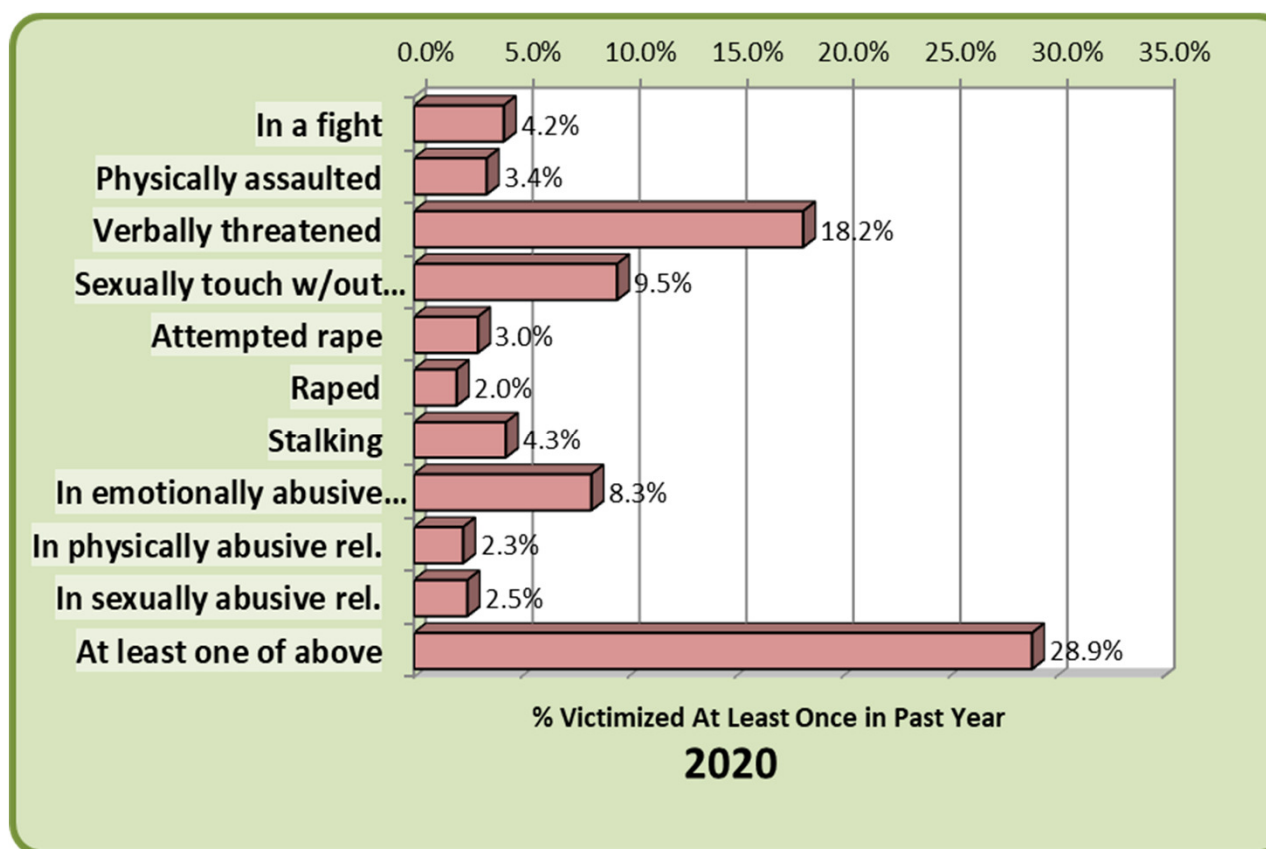


How Safe Students Feel They Are On Campus, in the Community: 2020

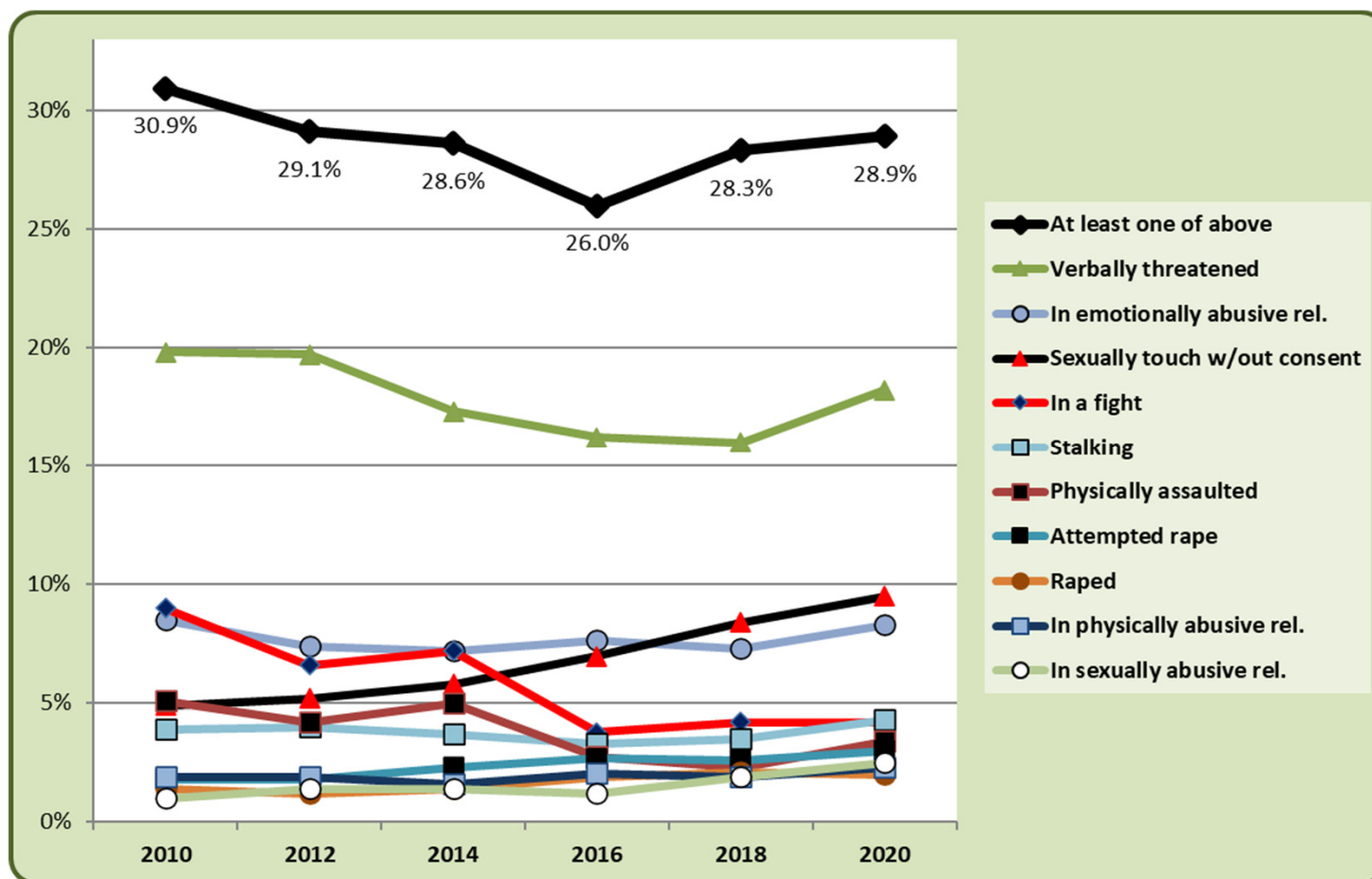
2020



% of Students Victimized in Various Ways in Past Year: 2020



% Victimized, by Type Act: 2010-2020

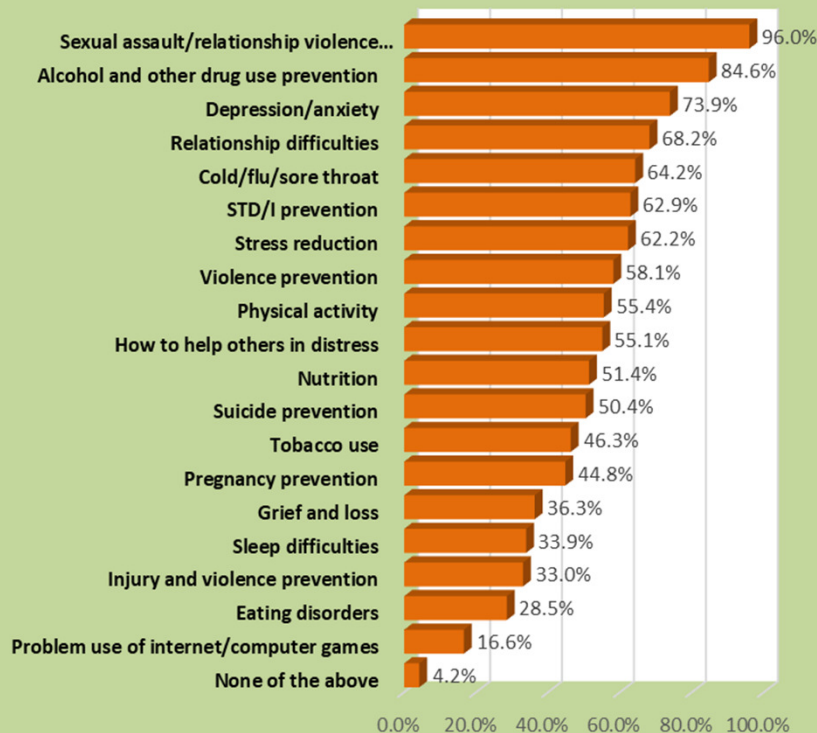


Results

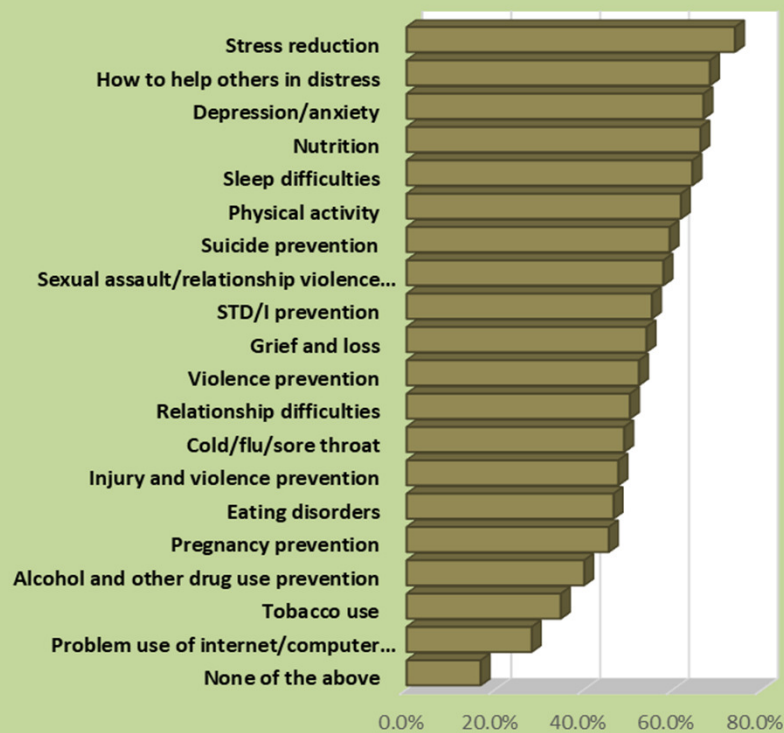
Health Information

% of Students Received and Interested in Receiving Information From MSU on Various Health-Related Topics: 2020

% Who Ever Received Information



% Interested In Receiving Information



Summary

- What we've covered
- What we haven't
- Full report available at:
<https://healthpromotion.msu.edu/data/>
- Contact: Dr. Dennis Martell at martell1@msu.edu
- Contact: Dr. Larry Hembroff at hembroff@msu.edu
- Contact: Jordyn Salerno at salern11@msu.edu