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

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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 +/- 3.4\%
  • NCHA III: \( \leq +/- 2.6\%\)
Results

Profile of Sample: NCHA II
Profile of Respondents: 2020

% of Students Who Are...

- Male: 56.2%
- Female: 50.3%
- Transgender: 3.5%
- 18-19: 26.7%
- 20-21: 37.3%
- 22-23: 17.1%
- 24+: 18.9%
- White: 67.4%
- Afr. Am.: 6.5%
- Hisp.: 5.2%
- API: 0.0%
- Native Am.: 5.4%
- Not Reported: 4.4%
- International: 11.1%
- First Year: 14.9%
- Second Year: 18.0%
- Third Year: 20.8%
- Fourth Year: 19.8%
- Fifth Year +: 5.4%
- Grad Student: 20.9%
- Full time: 94.7%
Profile of Respondents: 2020

% of Students Who Are...

- On Campus: 36.6%
- Off Campus: 63.4%
- Member Frat/Sor.: 8.4%
- Employed weekly: 61.2%
- Volunteer weekly: 33.9%
- Gay/Lesbian/Bisexual: 16.4%
- No Disability: 75.2%
- ADHD: 8.5%
- Chronic illness: 5.1%
- Hearing impaired: 2.0%
- Learning disability: 2.5%
- Mobility impaired: 1.3%
- Visually impaired: 2.5%
- Psychiatric condition: 9.5%
- Speech/lang. disorder: 0.2%
- Other: 2.8%

Noted: 24.8% vs. 21.2% in 2018, 22.1% in 2016, 17.6% in 2014
Results

General Health
How Students Rated Their General Health Currently: 2020

- Excellent: 33.9%
- Very good: 12.0%
- Good: 41.4%
- Fair: 9.7%
- Poor: 2.9%
% of Students Rating Their Health as Excellent/Very Good vs. Fair/Poor: 2000-2020

% of Students Rating Health as Excellent/Very Good, Fair/Poor, by Year (with NCHA II)
% 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

2020 NCHA
% of Students Whose Academics Impacted by Various Events/Difficulties in Past Year: Top 10

<table>
<thead>
<tr>
<th>Event</th>
<th>% Had Some Adverse Academic Effect: 2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress</td>
<td>31.9%</td>
</tr>
<tr>
<td>Anxiety</td>
<td>25.1%</td>
</tr>
<tr>
<td>Sleep difficulties</td>
<td>20.5%</td>
</tr>
<tr>
<td>Depression</td>
<td>20.4%</td>
</tr>
<tr>
<td>Cold/Flu/Sore Throat</td>
<td>18.2%</td>
</tr>
<tr>
<td>Work</td>
<td>13.0%</td>
</tr>
<tr>
<td>Concern for troubled friend/family</td>
<td>11.6%</td>
</tr>
<tr>
<td>Internet use/computer games</td>
<td>10.9%</td>
</tr>
<tr>
<td>Participation in extracurricular activities</td>
<td>8.4%</td>
</tr>
<tr>
<td>Relationship difficulty</td>
<td>8.2%</td>
</tr>
</tbody>
</table>

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

The graph shows the trend of student stress ratings from 2010 to 2020. The y-axis represents the percent of students, and the x-axis represents the years. The data indicates a steady increase in stress levels over the years, with a significant rise from 2019 to 2020.
% of Students for Whom Various Issues Were Traumatic/Very Difficult in Past Year: 2020

<table>
<thead>
<tr>
<th>Issue</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Academics</td>
<td>47.0%</td>
</tr>
<tr>
<td>Career-related issue</td>
<td>29.0%</td>
</tr>
<tr>
<td>Death of a family member or friend</td>
<td>17.0%</td>
</tr>
<tr>
<td>Family problems</td>
<td>25.6%</td>
</tr>
<tr>
<td>Intimate relationships</td>
<td>26.7%</td>
</tr>
<tr>
<td>Other social relationships</td>
<td>27.0%</td>
</tr>
<tr>
<td>Finances</td>
<td>30.8%</td>
</tr>
<tr>
<td>Health problems of a family member</td>
<td>19.9%</td>
</tr>
<tr>
<td>Personal appearance</td>
<td>30.9%</td>
</tr>
<tr>
<td>Personal health issue</td>
<td>22.6%</td>
</tr>
<tr>
<td>Sleep difficulties</td>
<td>28.7%</td>
</tr>
</tbody>
</table>
% of Students for Whom Various Issues Were Traumatic/Very Difficult in Past Year: 2020 vs. 2018 vs. 2016 vs. 2014 vs. 2012 vs. 2010

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

- Felt things were hopeless: 1.9%
- Felt overwhelmed: 20.0%
- Felt exhausted: 80.0%
- Felt very sad: 40.0%
- Felt very lonely: 60.0%
- Felt overwhelming anxiety: 20.0%
- Felt overwhelming anger: 80.0%
- Felt so depressed: 60.0%
- Intentionally injured self: 0.0%
- Seriously considered...: 0.0%
- Attempted suicide: 0.0%
% of Students Feeling Emotionally Challenged, and Actions, by Recency: 2010-2020

![Graph showing the percentage of students feeling emotional challenges and actions from 2010 to 2020.](image-url)
Prevalence of Feeling Emotionally Troubled and Relation to Self-Destructive Behavior: 2020

2020 NCHA

40.5%
% 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

- At least one of these
- Stimulant (e.g., Ritalin, Adderall)
- Pain killer (e.g., OxyContin, Vicodin, Codeine)
- Sedative (e.g., Xanax, Valium)
- Antidepressant (e.g., Celexa, Lexapro, Prozac, Wellbutrin, Zoloft)
- Erectile dysfunction drug (e.g., Viagra, Cialis, Levitra)

2019 NCHA
% of Students Who Reported Using Various Substances: 2020

- Cigarettes: 5.8%
- Tobacco from a Hookah: 1.6%
- e-Cigarettes: 16.6%
- Cigars: 2.6%
- Smokeless tobacco: 2.0%
- Alcohol (beer, wine,...): 73.1%
- Marijuana: 24.2%
- Cocaine: 0.6%
- Methamphetamines: 0.1%
- Other amphetamines: 1.5%
- Sedatives: 0.9%
- Hallucinogens: 1.5%
- Steroids: 0.2%
- Opiates: 0.3%
- Inhalants: 0.2%
- MDMA: 0.3%
- Other club drugs: 0.2%
- Other illegal drugs: 0.3%
% of Students Who Used _____ 1+ Days in Past Month, by Year (2000-2020)

- 7% decline since 2000
- 54% increase since 2000
- 140% increase since 2014
- 80% decline since 2000
- 70% decline since 2000
% Drank 0, 1-2, or 3+ Days in Past Month: 2000-2020
Average Number Times Drank 5+ Drinks in Past Two Weeks: 2000-2020

![Graph showing the average number of times drank 5+ drinks in past two weeks from 2000 to 2020. The graph indicates a decrease in the average number of days from 1.5 in 2000 to 0.9 in 2020.]
Mean B.A.C. for Last Time Partied: 2000-2020

Average BAC by Year, Student Status

- Undergrad
- All Students
- Grad./Other
% 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

![Graph showing the percentage of students who drink, drive who drove after drinking from 2000 to 2020. The graph displays a downward trend over the years, indicating a decrease in the percentage of students who drank and drove.](image-url)
% of Students Who Drink Experiencing Adverse Outcomes From Drinking in Past Year: 2000-2020

![Graph showing the percentage of students who drank and experienced various adverse outcomes from 2000 to 2020. The graph includes lines for experienced at least one of these outcomes, did something later regretted, forgot where they were/what they did, injury to self as result of alcohol, had unprotected sex, got in trouble with the police, injury to other as result of alcohol, and forced sex/without giving consent. The percentages vary each year, with some years showing higher rates than others.](image-url)
Results

Sexual Health
Self-Reported Number Partners vs. Perceived Number of ‘Typical’ Student: 2000-2020
% of Respondents Reporting Respondent or Partner Used Birth Control Last Time Had Vaginal Intercourse: 2020

Ever Had Vaginal Intercourse: 2020

- No, Never: 31.5%
- Yes, No BC Last Time: 10.1%
- Yes, BC Last Time: 58.4%

(85% Of Those Having Intercourse)

Type of BC Used Last Time: 2020

- Pills: 61.1%
- Shots: 1.9%
- Implants: 6.0%
- Patch: 0.3%
- Vag. Ring: 2.7%
- IUD: 14.0%
- Condom (M): 63.0%
- Condom (F): 0.0%
- Diaphragm: 0.0%
- Spermicide: 2.6%
- Fert. Aware.: 8.1%
- Withdrawal: 37.9%
- Sterilization: 0.9%
- Other: 1.2%
Results

Exercise and Sleep
Exercise Behavior

[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

![Pie Chart](image)

- 56.0% of respondents had 6-7 days of restful sleep.
- 31.7% had 4-5 days of restful sleep.
- 12.3% had less than 4 days of restful sleep.

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

[Chart showing trends in weight status, exercise, nutrition, and sleep from 2000 to 2020 with a revision point in 2008. Key indicators include vigorous/moderate exercise, getting enough sleep, muscle toning/strengthening, overweight (BMI 25-29.9), obesity (BMI >=30), and 5+ servings of fruits and vegetables. A PAREQ Guideline Met indicator is also shown.]
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

![Graph showing the percent of students always or most of the time wearing seatbelts or helmets for different activities in 2020.](image)

(Of those who participate)
How Safe Students Feel They Are On Campus, in the Community: 2020

2020

% Feel Very Safe

Year


On-campus, daytime

Community, daytime

On-campus, nighttime

Community, nighttime

Very Safe
Somewhat Safe
Somewhat Unsafe
Not Safe at All
% of Students Victimized in Various Ways in Past Year: 2020

% Victimized At Least Once in Past Year 2020

- In a fight: 4.2%
- Physically assaulted: 3.4%
- Verbally threatened: 18.2%
- Sexually touch w/out...: 9.5%
- Attempted rape: 3.0%
- Raped: 2.0%
- Stalking: 4.3%
- In emotionally abusive...: 8.3%
- In physically abusive rel.: 2.3%
- In sexually abusive rel.: 2.5%
- At least one of above: 28.9%
% Victimized, by Type Act: 2010-2020

2020 NCHA
Results

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

% Who Ever Received Information

- Sexual assault/relationship violence... 96.0%
- Alcohol and other drug use prevention 84.6%
- Depression/anxiety 73.9%
- Relationship difficulties 68.2%
- Cold/flu/sore throat 64.2%
- STD/I prevention 62.9%
- Stress reduction 62.2%
- Violence prevention 58.1%
- Physical activity 55.4%
- How to help others in distress 55.1%
- Nutrition 51.4%
- Suicide prevention 50.4%
- Tobacco use 46.3%
- Pregnancy prevention 44.8%
- Grief and loss 36.3%
- Sleep difficulties 33.9%
- Injury and violence prevention 33.0%
- Eating disorders 28.5%
- Problem use of internet/computer games 16.6%
- None of the above 4.2%

% Interested In Receiving Information

- Stress reduction
- How to help others in distress
- Depression/anxiety
- Nutrition
- Sleep difficulties
- Physical activity
- Suicide prevention
- Sexual assault/relationship violence...
- STD/I prevention
- Grief and loss
- Violence prevention
- Relationship difficulties
- Cold/flu/sore throat
- Injury and violence prevention
- Eating disorders
- Pregnancy prevention
- Alcohol and other drug use prevention
- Tobacco use
- Problem use of internet/computer games
- None of the above
Summary

• What we’ve covered
• What we haven’t

• Full report available at:
  https://healthpromotion.msu.edu/data/

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• Contact: Dr. Larry Hembroff at hembroff@msu.edu
• Contact: Jordyn Salerno at salern11@msu.edu