California State University Fullerton

Executive Summary

Spring 2010

American College Health Association
National College Health Assessment

■

ACHA-NCHA

The ACHA-NCHA 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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Introduction   ■

Health issues and health-related costs can have a major impact upon the quality of student and academic life at institutions of higher education. 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, behaviors, and perceptions on the most prevalent health topics.

ACHA initiated the survey in 1998; the survey now provides the largest known comprehensive data set on the health of college students, providing the college health and higher education fields with a vast spectrum of research on student health.

For additional information about the survey's development, design, and methodology, email E. Victor Leino, PhD (vleino@acha.org), Mary Hoban, PhD, CHES (mhoban@acha.org), or visit www.acha-ncha.org.

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 17 million college students. For more information about the association's programs and services, visit www.acha.org.

This Executive Summary highlights results of the ACHA-NCHA Spring 2010 survey, for California State University Fullerton, consisting of

890 respondents.

Possible Uses of the ACHA-NCHA ■

The following are possible uses of the ACHA-NCHA findings:

- o Determine priority health issues among student populations.
- o Provide prevalence rates and formulate baseline data for tracking trends.
- o Measure progress and effectiveness of intervention strategies.
- o Support institutional policies and local laws that affect the health of a campus community.
- o Create individual reports, information campaigns, research projects to educate both campus and community partners.
- o Distribute risk factor information about the student population through summary reports that focus on specific health topics or problem areas.
- o Monitor prevalence and care for specific chronic disease groups.
- o Monitor acute illness and prevention efforts.
- o Provide group or cohort-specific estimates.
- o Assess the correlation between one characteristic or behavior and another in a given population.
- o Identify students' level of self-knowledge about health protection practices and illnesses.
- o Identify students' perceptions about peer behavior.
- o Assess the impact of health and behavior factors on academic performance.
- o Track the progress of selected objectives in Healthy Campus 2000 and Healthy Campus 2010 for ongoing and future tracking.

Note on use of data:
Missing values have been excluded from analysis. Students responding "not applicable" were excluded from several analyses, which are specifically noted throughout this document. All response categories were included, including "don't know" or "0" unless otherwise noted.

Findings ■

A. General Health of College Students

■   52.3 % of students surveyed (61.5 % male and   48.9 % female) described their health as very good or excellent.

Within the last school year, college students reported experiencing:

Allergy problems:	52.2 %	Repetitive stress injury:	8.0 %
Anorexia:	1.0 %	Seasonal affective disorder:	3.3 %
Anxiety disorder:	12.5 %	Substance abuse problem:	3.4 %
Asthma:	10.8 %	Back pain:	51.5 %
Bulimia:	1.4 %	Broken bone/fracture:	3.3 %
Chronic fatigue syndrome:	3.8 %	Bronchitis:	7.4 %
Depression:	18.1 %	Chlamydia:	1.6 %
Diabetes:	1.4 %	Ear infection:	10.3 %
Endometriosis:	0.6 %	Gonorrhea:	0.0 %
Genital herpes:	0.9 %	Mononucleosis:	0.5 %
Genital warts/HPV:	3.2 %	Pelvic inflammatory disease:	0.7 %
Hepatitis B or C:	0.1 %	Sinus infection:	26.2 %
High blood pressure:	5.8 %	Strep throat:	10.0 %
High cholesterol:	5.3 %	Tuberculosis:	0.1 %
HIV infection:	0.0 %		

83.0   % of college students (84.8 % male,   83.9 % female) experienced one or more of the above conditions within the last school year.

B. Preventive Health

Preventive health practices among college students:

- 70.6 % reported being vaccinated against hepatitis B.
- 37.7 % reported being vaccinated against meningococcal disease.
- 59.8 % reported being vaccinated against varicella (chicken pox).
- 79.3 % reported being vaccinated with measles, mumps, rubella (2 shots).
- 30.4 % reported being vaccinated against the flu in the last year.
- 69.7 % reported having a dental exam and cleaning in the last year.
- 38.3 % of males students reported that they performed testicular self exam in the last month.
- 42.4 % of female students reported that they performed breast self exam in the last month.
- 55.3 % of females reported having a routine gynecological exam in the last year.
- 87.2 % reported having their blood pressure checked in the last 2 years.
- 56.9 % reported having cholesterol checked in the last 5 years.
- 27.9 % reported using sunscreen daily.

College students reported the following behaviors within the last school year:

Percent (%)	N/A, didn't drive, ride, or skate within the last school year	Never	Rarely or sometimes	Mostly or always	Mostly or always (N/A responses not included)*
Wore a seatbelt	0.3	0.0	1.4	98.3	98.6
Wore a helmet when riding a bicycle	53.4	25.6	10.3	10.7	23.0
Wore a helmet when riding a motorcycle	86.7	0.3	0.1	12.8	96.6
Wore a helmet when inline skating	89.4	5.9	2.0	2.7	25.5

* Students responding "N/A, didn't drive, ride, or skate within the last school year" were excluded from this analysis.

C. Academic Impacts

Within the last school year students reported the following factors affecting
their individual academic performance, i.e. received an incomplete, dropped a course,
received a lower grade in a class, on an exam, or on an important project (listed alphabetically):

Alcohol use:	4.1 %	Eating disorder/problem:	1.3 %
Allergies:	5.4 %	HIV infection:	0.0 %
Assault (physical):	1.2 %	Injury:	4.2 %
Assault (sexual):	0.6 %	Internet use/computer games:	17.3 %
Attention deficit disorder:	5.4 %	Learning disability:	3.7 %
Cold/flu/sore throat:	24.6 %	Mononucleosis:	0.1 %
Concern for a troubled		Pregnancy (yours or partner's)	1.5 %
friend or family member:	21.0 %	Relationship difficulty:	15.9 %
Chronic illness:	3.3 %	Sexually transmitted disease:	0.1 %
Chronic pain:	4.6 %	Sinus infection/ear infection/	
Death of a friend/family member:	10.1 %	bronchitis/strep throat:	7.1 %
Depression/anxiety disorder/seasonal		Sleep difficulties:	27.0 %
affective disorder:	18.2 %	Stress:	38.3 %
Drug use:	2.1 %		

D. Violence

Within the last school year, college students reported experiencing:

Percent (%)	Male	Female	Total
A physical fight	7.5	1.3	3.1
Being physically assaulted (non-sexually)	4.8	1.9	2.8
Verbal threats for sex against their will	2.2	3.6	3.2
Sexual touching against their will	3.5	6.6	5.8
Attempted sexual penetration against their will	0.9	2.5	2.0
Sexual penetration against their will	0.9	1.6	1.4
An emotionally abusive relationship	12.6	14.3	13.8
A physically abusive relationship	1.7	2.4	2.3
A sexually abusive relationship	0.0	1.4	1.0

E. Alcohol, Tobacco, and Other Drug Use

Thirty day prevalence - substance use reported by college students (male, female, total):

Alcohol

Percent (%)	Male	Female	Total
Never used	20.4	21.6	21.5
Used, but not in the last 30 days	16.1	19.5	18.7
Used 1-9 days	48.7	49.6	49.0
Used 10-29 days	13.9	9.0	10.2
Used all 30 days	0.9	0.3	0.6

Cigarette

Percent (%)	Male	Female	Total
Never used	62.6	71.4	68.9
Used, but not in the last 30 days	18.3	16.6	17.2
Used 1-9 days	9.6	8.0	8.4
Used 10-29 days	5.7	1.6	2.7
Used all 30 days	3.9	2.4	2.8

Marijuana

Percent (%)	Male	Female	Total
Never used	62.6	68.5	67.0
Used, but not in the last 30 days	22.6	19.5	20.3
Used 1-9 days	7.0	9.0	8.4
Used 10-29 days	4.3	2.0	2.7
Used all 30 days	3.5	0.9	1.6

Reported use versus perceived use - reported use for all students within the past 30 days compared with how often students perceived the typical student on campus used substances within the same time period:

Percent (%)	Never		Used one or more days		Used daily	
	Reported Use (total)	Perception of Typical Use	Reported Use (total)	Perception of Typical Use	Reported Use (total)	Perception of Typical Use
Alcohol	21.5	4.8	59.2	58.6	0.6	36.7
Cigarettes	68.9	10.4	11.1	49.7	2.8	39.9
Marijuana	67.0	13.6	11.1	60.8	1.6	25.6

■ 3.9 % of college students reported driving after having 5 or more drinks in the last 30 days.*

Students responding "N/A, don't drive" were excluded from this analysis.

Estimated BAC (Blood Alcohol Concentration) of college students: This is an estimated figure based on the reported number of drinks consumed during the last time all students (including non-drinkers) "partied" or socialized, their approximate time of consumption, sex, and the average rate of ethanol metabolisim.

Estimated BAC	Percent (%)	Male	Female	Total
< .08		79.6	76.8	77.6
< .10		84.4	84.0	84.1

		Male	Female	Total
Mean		0.05	0.05	0.05
Median		0.03	0.03	0.03
Std Dev		0.06	0.07	0.07

Reported number of drinks consumed the last time students "partied" or socialized:

Number of drinks	Percent (%)	Male	Female	Total
<= 4		64.3	80.9	76.5
<= 5		72.7	87.5	83.6
<= 6		80.6	90.8	88.1

		Male	Female	Total
Mean		3.85	2.63	2.94
Median		3.00	2.00	2.00
Std Dev		3.70	2.80	3.11

Reported number of times college students consumed five or more drinks in a sitting within the last two weeks:

	Percent (%)	Male	Female	Total
None		65.2	81.9	77.5
1-2 times		21.3	13.5	15.5
3-5 times		10.9	3.5	5.5
6 or more times		2.6	1.1	1.5

College students reported doing the following when they "partied" or socialized during the last school year:*

When at a party or when going out….   **usually or always**

Percent (%)

alternate non-alcoholic with alcoholic beverages:	42.6
determine in advance not to exceed a set number of drinks:	54.0
choose not to drink alcohol:	39.7
use a designated driver:	81.4
eat before and/or during drinking:	81.9
have a friend let you know when you have had enough:	32.1
keep track of how many drinks being consumed:	75.4
pace drinks to one or fewer an hour:	45.3
avoid drinking games:	50.3
drink an alcoholic look-alike:	12.8

Students responding "N/A, don't drink" were excluded from this analysis.

■ 98.9 % of college students reported usually doing or always doing one or more of the above behaviors when drinking alcohol during the last school year.*

Students responding "N/A, don't drink" were excluded from this analysis.

College students who drank alcohol reported the following consequences occurring in the last school year as a result of their own drinking:*

Percent (%)	Male	Female	Total
Being physically injured	11.4	12.0	11.8
Physically injured another person	1.2	2.6	2.2
Being involved in a fight	4.2	2.1	2.8
Doing something they later regretted	28.3	22.8	24.0
Forgetting where they were or what they had done	23.0	20.8	21.5
Having someone use force or threat of force to have sex with them	0.0	0.4	0.3
Having unprotected sex	14.6	11.9	12.6

Students responding "N/A, don't drink" were excluded from this analysis.

F. Sexual Behavior

College students reported the following within the last school year:

Percent (%)	Male	Female	Total
Having had no sexual partner	28.8	27.4	27.5
Having had 1 sexual partner	50.2	56.1	54.7
Having had 2 sexual partners	7.4	8.2	7.9
Having had 3 sexual partners	6.1	4.1	4.7
Having had 4 or more sexual partners	7.4	4.3	5.2

Number of partners among students reporting to have at least one
sexual partner within the last school year:*

Mean	1.83	1.48	1.67
Median	1.00	1.00	1.00
Std Dev	1.86	1.23	2.61

Only students reporting to have at least one sexual partner are included in these

Oral sex within the past 30 days Percent (%)	Male	Female	Total
Never did this sexual	25.1	26.4	25.8
Have not done this during the last 30	28.6	23.8	24.9
Did this 1 or more times	46.3	49.8	49.3

Vaginal sex within the past 30 days Percent (%)	Male	Female	Total
Never did this sexual	29.8	26.2	26.9
Have not done this during the last 30	18.9	17.0	17.6
Did this 1 or more times	51.3	56.8	55.5

Anal sex within the past 30 days Percent (%)	Male	Female	Total
Never did this sexual	70.0	69.5	69.2
Have not done this during the last 30	22.9	24.9	24.6
Did this 1 or more times	7.0	5.6	6.3

Type of sexual behavior Percent (%)	Oral	Vaginal	Anal
Sexually active students reported…			
Using a condom within the last 30 days (mostly or always)*	3.2	40.4	16.9
Using a condom the last time they had sex**	3.5	42.9	22.1

*Students responding "Never did this sexual activity" or "Have not done this during the last thirty days" were
 excluded from the analysis.*

**Students responding "Never did this sexual activity" were excluded from the analysis.

Reported means of birth control used among college students or their partners to prevent pregnancy the last time they had vaginal intercourse:

Percent (%)	Male	Female	Total
Birth control pills	35.1	39.5	38.0
Depo Provera (shots)	2.2	2.0	2.0
Norplant (implant)	0.4	0.9	0.8
Condoms	40.3	30.7	33.0
Diaphragm, cervical cap, sponge	0.0	0.2	0.2
Spermicide	4.3	0.9	1.9
Fertility awareness	4.3	3.0	3.6
Withdrawal	16.9	22.1	20.7
Other method	4.3	6.6	6.0
Nothing	6.9	6.4	6.4

■ 16.0 % of sexually active college students reported using (or reported their partner used) emergency contraception ("morning after pill") within the last school year
(male: 17.0   %;   female: 15.3 %).*

*Students responding "Not sexually active" were excluded from the analysis.

■   2.7 % of college students who had vaginal intercourse within the last school year reported experiencing an unintentional pregnancy or got someone pregnant within the last school year.
(male: 4.4   %;   female: 2.1   %).**

***Students responding "Have not had vaginal intercourse within the last school year" were excluded from
the analysis.*

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G. Nutrition and Exercise

Within the last 30 days, college students reported:

Percent (%)	Male	Female	Total
Exercising to lose weight	42.9	64.6	58.5
Dieting to lose weight	29.4	47.6	42.8
Vomiting or taking laxatives to lose weight	0.4	2.4	1.9
Taking diet pills to lose weight	1.3	4.5	3.9
Doing none of the above	49.4	29.5	34.0

College students reported usually eating the following number of servings of fruits and vegetables:

Percent (%)	Male	Female	Total
Don't eat fruits and vegetables	6.1	2.4	3.4
1 or 2 per day	65.5	60.9	62.3
3-4 per day	22.3	28.2	26.5
5 or more per day	6.1	8.5	7.8

College students reported the following behaviors within the past 7 days

Participated in vigorous exercise for 20 minutes (or 30 minutes moderate exercise)

Percent (%)	Male	Female	Total
0 days	21.3	27.7	26.1
1-2 days	35.7	35.3	35.2
3-5 days	35.7	33.1	33.9
6+ days	7.4	3.9	4.8

Exercising to strengthen muscles Percent (%)	Male	Female	Total
0 days	31.4	42.1	39.2
1-2 days	33.2	32.8	33.1
3-5 days	28.4	22.7	24.1
6+ days	7.0	2.4	3.6

Getting enough sleep

to feel rested in the morning Percent (%)	Male	Female	Total
0 days	12.2	10.6	11.0
1-2 days	26.5	27.3	27.1
3-5 days	50.4	47.8	48.6
6+ days	10.9	14.4	13.4

Estimated average Body Mass Index (BMI): This figure incorporates reported height and weight to form a general indicator of physical health.

BMI	Percent (%)	Male	Female	Total
< 18.5 Underweight		5.3	6.7	6.2
18.5-24.9 Healthy Weight		54.4	59.4	57.9
25-29.9 Overweight		29.4	19.8	22.7
30-34.9 Class I Obesity		7.0	7.9	7.6
35-39.9 Class II Obesity		2.2	4.1	3.6
>= 40 Class III Obesity		1.8	2.1	2.0

		Male	Female	Total
Mean		24.83	24.42	24.54
Median		24.09	22.86	23.22
Std Dev		5.13	5.55	5.42

H. Depression

Students reported experiencing the following within the last school year:

Feeling overwhelmed by all they had to do

Percent (%)	Male	Female	Total
Never	8.7	4.1	5.3
1-10 times	64.2	70.0	68.4
11+ times	27.1	25.9	26.3

Feeling exhausted (not from physical activity)

Percent (%)	Male	Female	Total
Never	10.9	6.9	7.9
1-10 times	56.1	67.4	64.5
11+ times	33.0	25.7	27.6

Feeling very sad

Percent (%)	Male	Female	Total
Never	31.2	19.7	22.7
1-10 times	55.8	66.1	63.6
11+ times	13.0	14.2	13.8

Feeling things were hopeless

Percent (%)	Male	Female	Total
Never	42.0	36.9	37.9
1-10 times	46.8	53.1	51.6
11+ times	11.3	10.1	10.5

Feeling so depressed it was difficult to function

Percent (%)	Male	Female	Total
Never	57.1	53.1	54.0
1-10 times	35.5	38.4	37.8
11+ times	7.4	8.5	8.2

Seriously considering attempting suicide

Percent (%)	Male	Female	Total
Never	91.3	87.7	88.8
1-10 times	6.5	11.2	9.8
11+ times	2.2	1.1	1.4

Attempting suicide

Percent (%)	Male	Female	Total
Never	97.4	98.4	98.2
1-10 times	2.6	1.4	1.7
11+ times	0.0	0.2	0.1

	Percent (%)	Male	Female	Total
College students reported diagnosed with depression		7.4	14.2	12.2

Of those students reporting ever having been diagnosed with depression in the item above...

	Male	Female	Total
Diagnosed with depression in the last school year	17.6	40.0	36.4
Currently in therapy for depression	11.8	27.8	25.2
Currently taking medication for depression	41.2	24.4	27.1

Demographics and Student Characteristics

Age:

Average age:	24.16 years
Median:	22.00 years
Std Dev:	7.02 years

18 - 20 years:	30.9 %
21 - 24 years:	40.6 %
25 - 29 years:	15.4 %
30+ years:	13.1 %

Sex*

Female:	71.7 %
Male:	26.0 %

Student status:

1st year undergraduate:	14.6 %
2nd year undergraduate:	10.7 %
3rd year undergraduate:	21.5 %
4th year undergraduate:	21.8 %
5th year or more undergraduate:	13.7 %
Graduate or professional:	15.2 %
Adult special or other:	2.6 %
Full-time student:	84.9 %

Relationship status:

Single:	47.7 %
Married/domestic partner:	12.6 %
Engaged or committed dating relationship:	38.2 %
Separated:	0.3 %
Divorced:	1.1 %
Widowed:	0.0 %

Students describe themselves as:

White:	48.2 %
Black – not Hispanic:	3.5 %
Hispanic or Latino:	29.7 %
Asian or Pacific Islander:	21.0 %
American Indian or Alaskan Native:	2.6 %
Other:	5.6 %

Students describe themselves as:

Heterosexual:	91.8 %
Gay/Lesbian:	3.0 %
Bisexual:	3.1 %
Transgendered:	0.0 %
Unsure:	2.1 %

Housing:

Campus residence:	3.0 %
Fraternity or sorority:	0.1 %
Other university:	1.0 %
Off-campus:	32.6 %
Parent/guardian's:	51.6 %
Other:	11.6 %

Hours of paid work per week:

0 hours:	30.5 %
1-9 hours:	9.4 %
10-19 hours:	17.4 %
20-29 hours:	19.7 %
30-39 hours:	7.4 %
40 hours:	9.3 %
More than 40 hours:	6.3 %

Hours of volunteer work per week:

0 hours:	64.8 %
1-9 hours:	28.9 %
10-19 hours:	4.6 %
20-29 hours:	1.1 %
30-39 hours:	0.1 %
40 hours:	0.2 %
More than 40 hours:	0.2 %

Have any kind of health insurance (including prepaid plans, such as HMOs):

Yes:	74.2 %
Unsure:	5.9 %

* Cases where sex is missing are included in the calulation of percentages for this variable

2001 ACHA-NCHA Advisory Committee (Authors)

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