



## STUDENT HEALTH, WELL-BEING, AND SAFETY

Data from:

*National College Health Assessment-II (NCHA, Spring 2015)*

*UW-System Counseling Impact Assessment Project (2011-2015)*

*UW System Alcohol and Other Drug Survey (2004-2011)*

*Healthy Minds Study (Spring, 2012)*

**Alice Reilly-Myklebust, Ph.D., RN – UW-River Falls**

**John Achter, Ph.D., LP – UW-Stout**

Presentation to UW-System Board of Regents

April 7, 2016

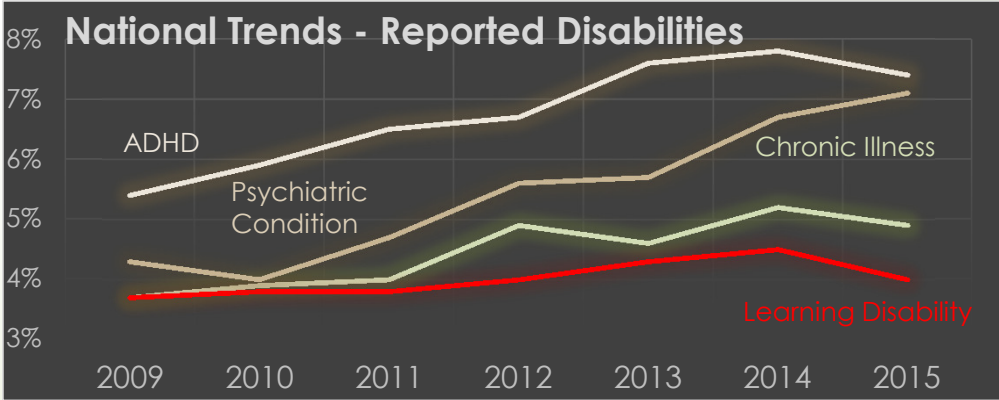


# Student Health, Well-Being, and Safety

- Disabilities
- Health conditions, Health Insurance, & Health Services
- Sexual Violence, Physical Violence, & Safety
- Mental Health
- Alcohol & Drugs
- Weight & Physical Activity
- Sexual Behaviors & Sleep
- Impact on Academics
- What can we do?

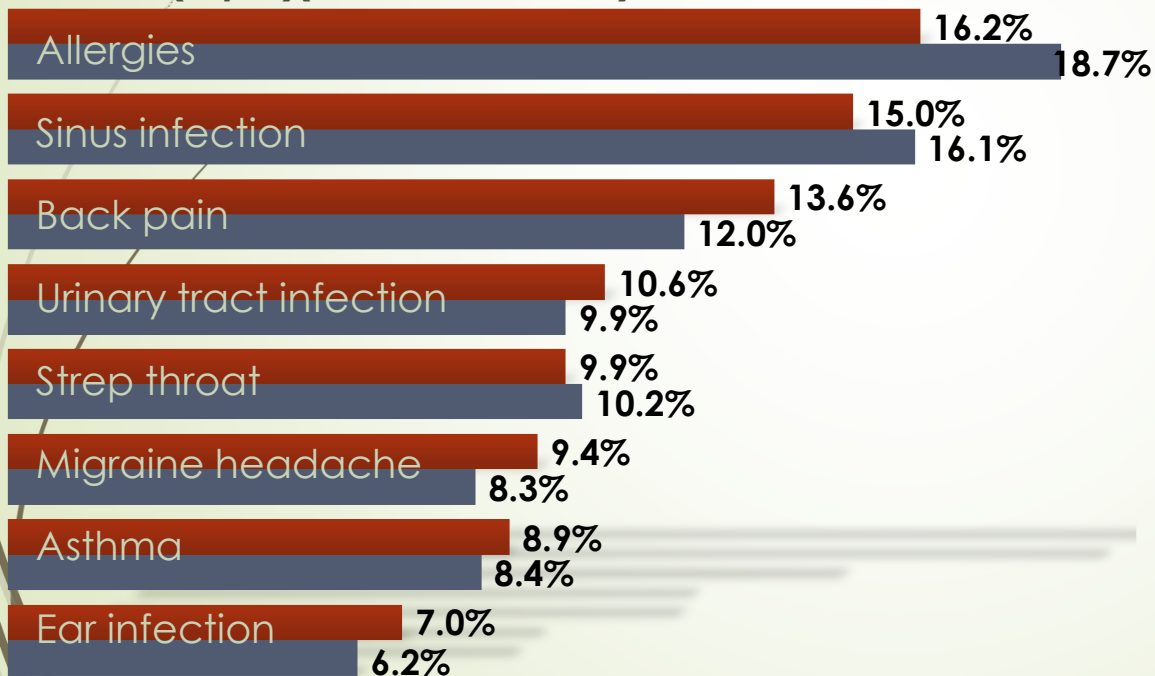
# Disabilities - UWS Consortium VS National Reference Group (NCHA-Spring 2015)

Reported Disabilities 2015	UW System	National
ADHD (Attention Deficit Hyperactivity Disorder)	8.2%	7.4%
Psychiatric Condition	8.5%	7.1%
Chronic Illness	5.1%	4.9%
Learning Disability	4.5%	4.0%



# Health Conditions – UWS Consortium VS National Reference Group (NCHA-Spring 2015)

Diagnosed or treated by a professional, last 12 months (top 8)(UWS vs National):



60% of UWS females and 43% of UWS males reported one or more of these health conditions in the last 12 months

## **Campus Health Services and Health Insurance – UWS Consortium vs. National Reference Group (NCHA-Spring 2015) and UW System Extra Questions Results**

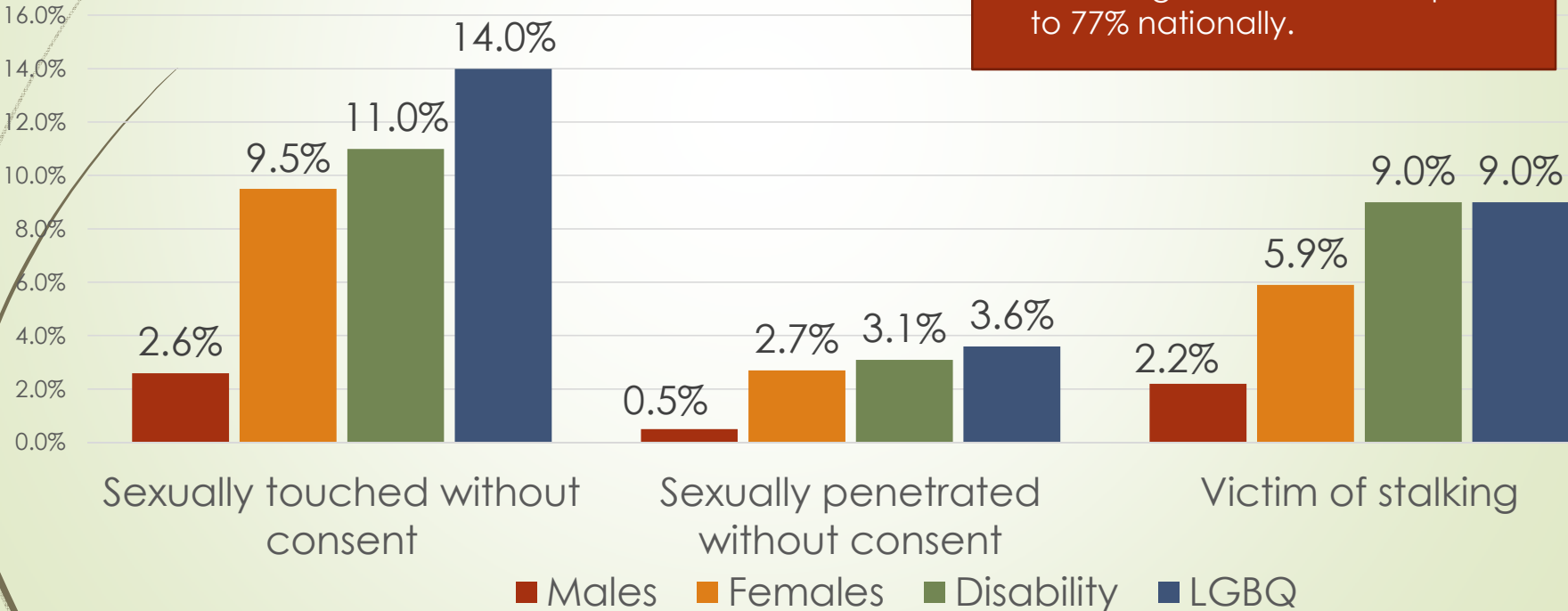
**More UWS students report having NO health insurance (3.6%) compared to students nationally (3.2%).**

**Does not address Underinsured.**

**Over half of UWS students (54.3%) have accessed services through their university's health services.**

# Sexual Violence – UWS Consortium (NCHA-Spring 2015)

Within the last 12 months, were you:

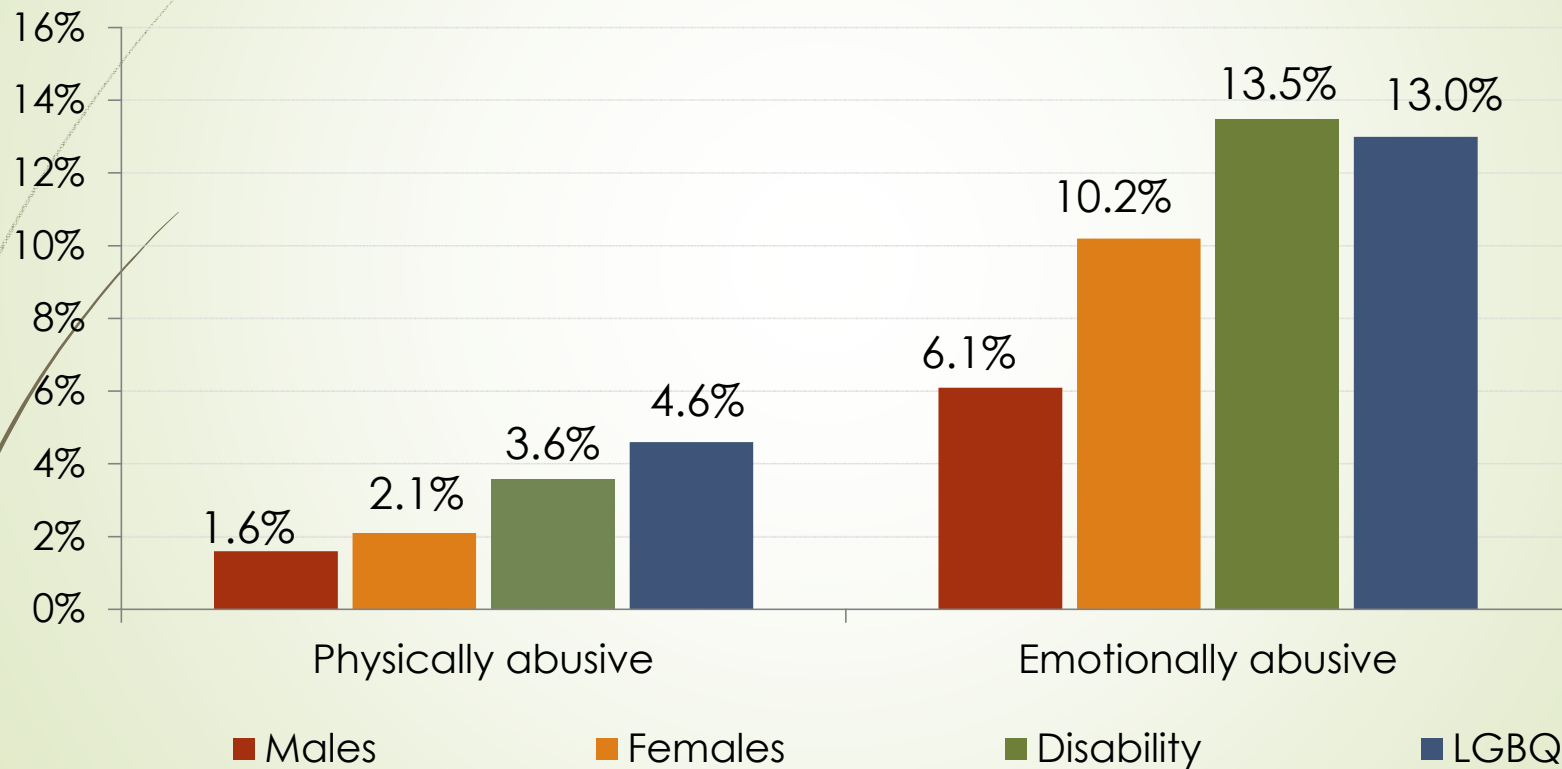


**Sexual Violence Prevention:**

- VAWA mandates that all new students receive prevention education.
- 70% of UWS students report receiving information compared to 77% nationally.

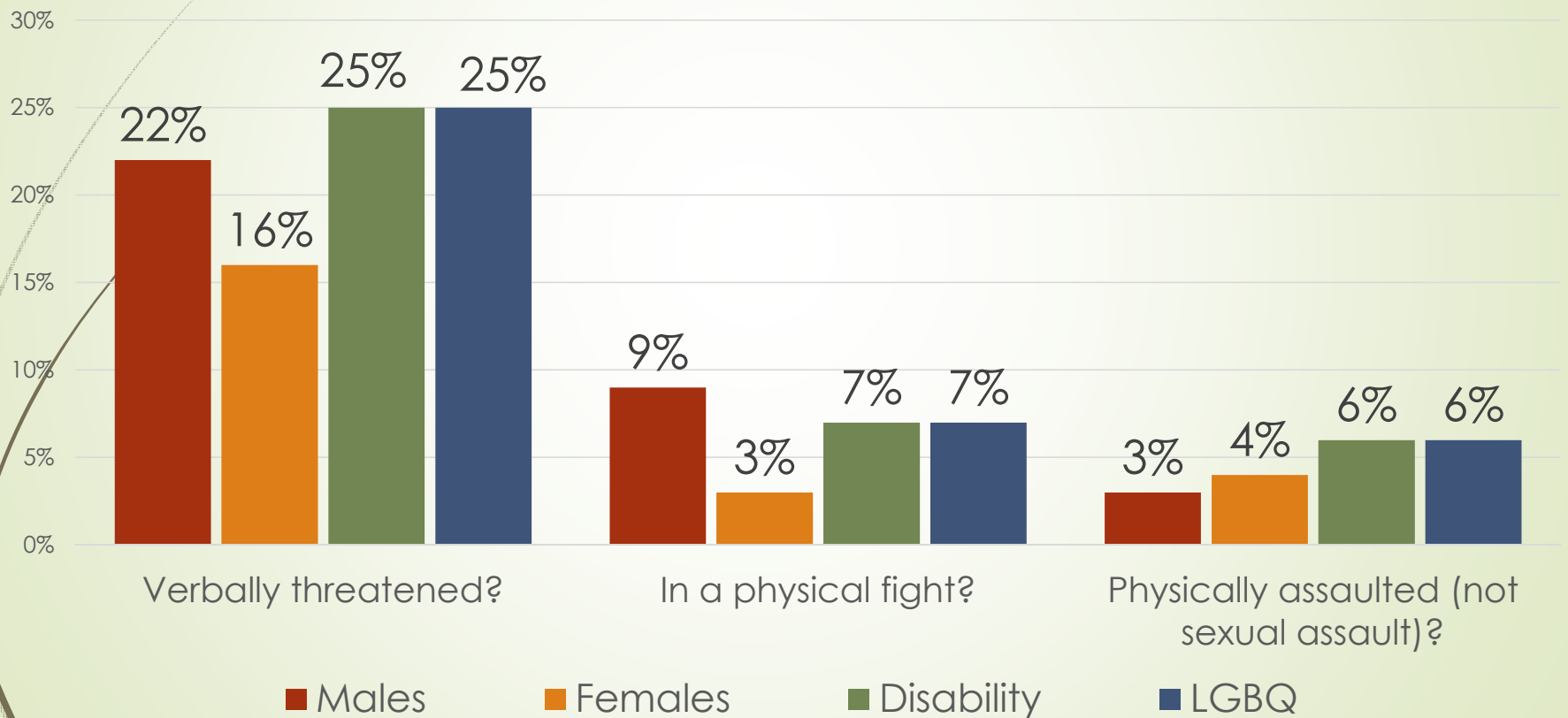
# Relationship Violence – UWS Consortium (NCHA-Spring 2015)

Within the last 12 months, have you been in an intimate relationship that was:



# Violence – UWS Consortium (NCHA-Spring 2015)

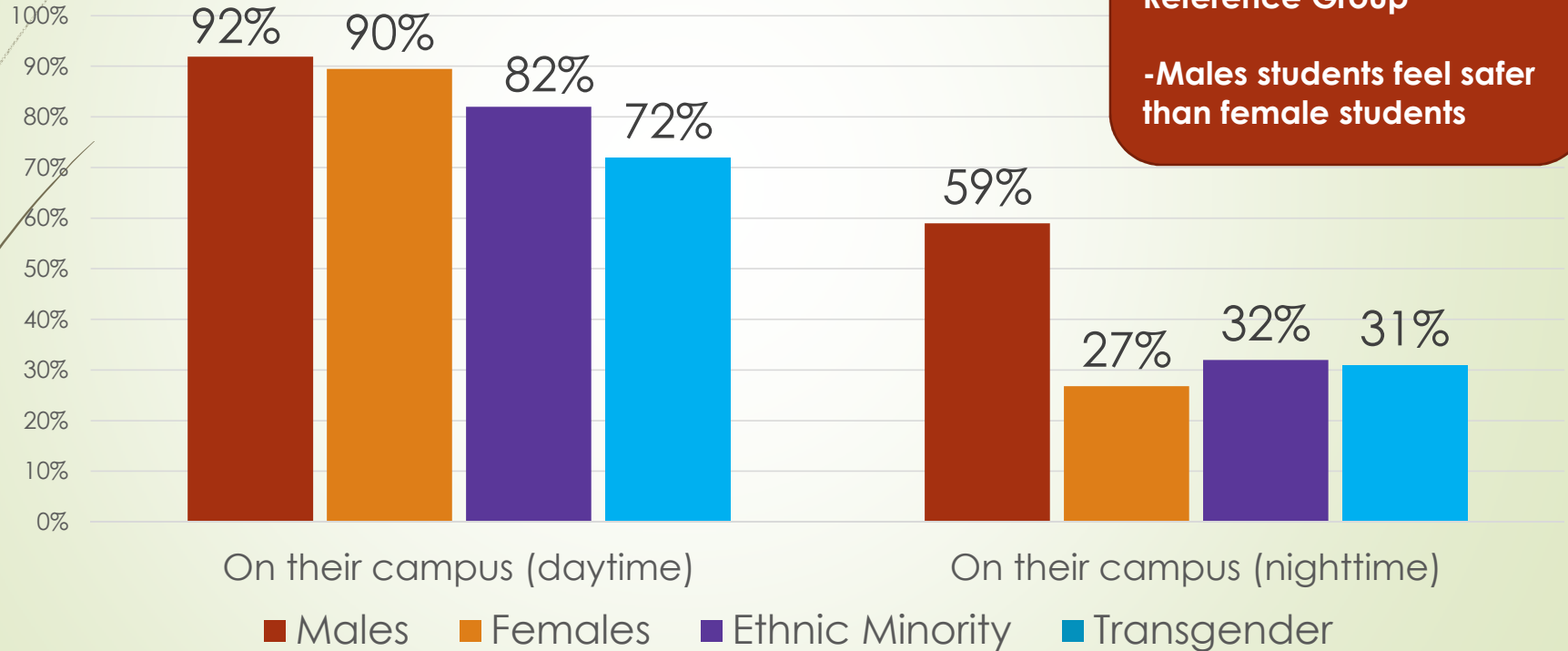
Within the last 12 months, were you:





## Safety — UWS Consortium VS National Reference Group (NCHA-Spring 2015)

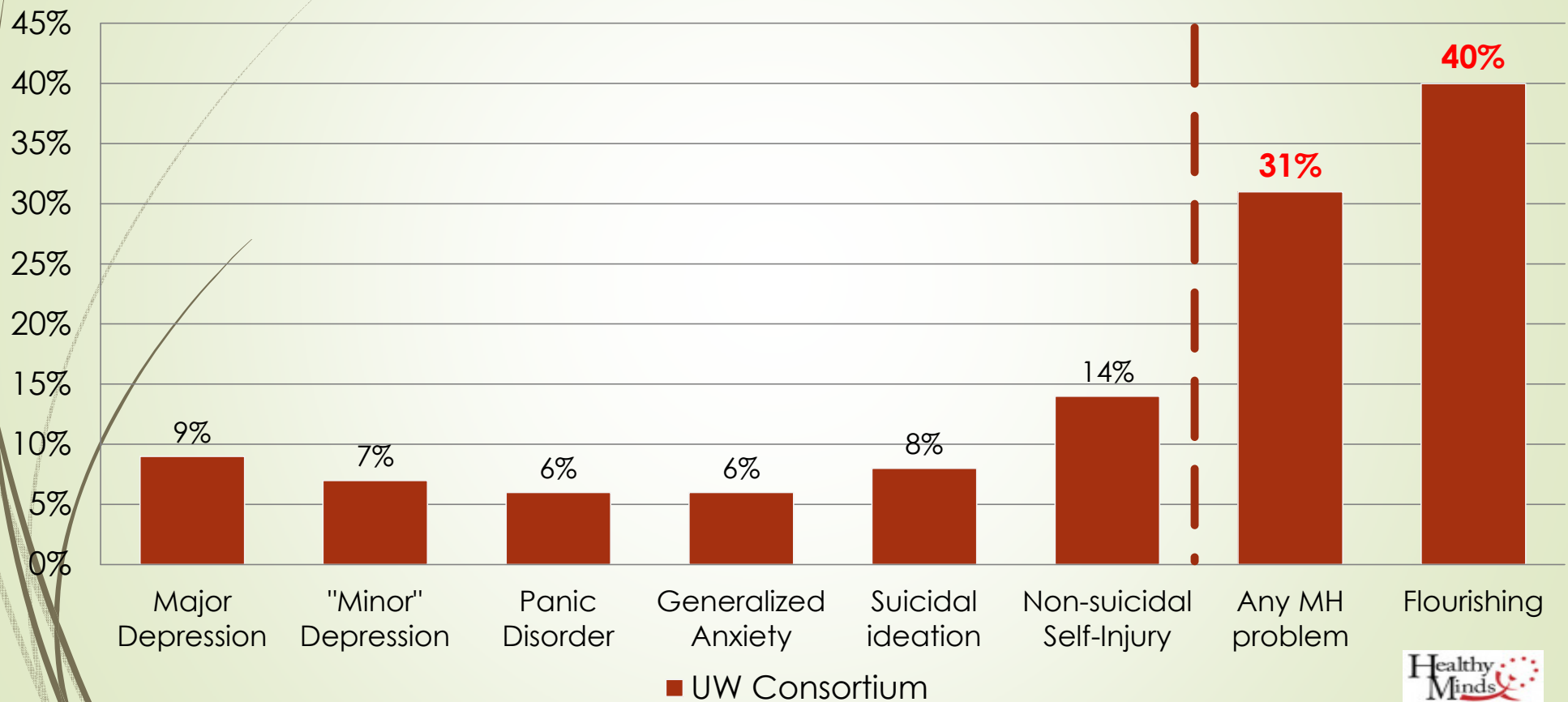
College students reported they feel **very safe**:



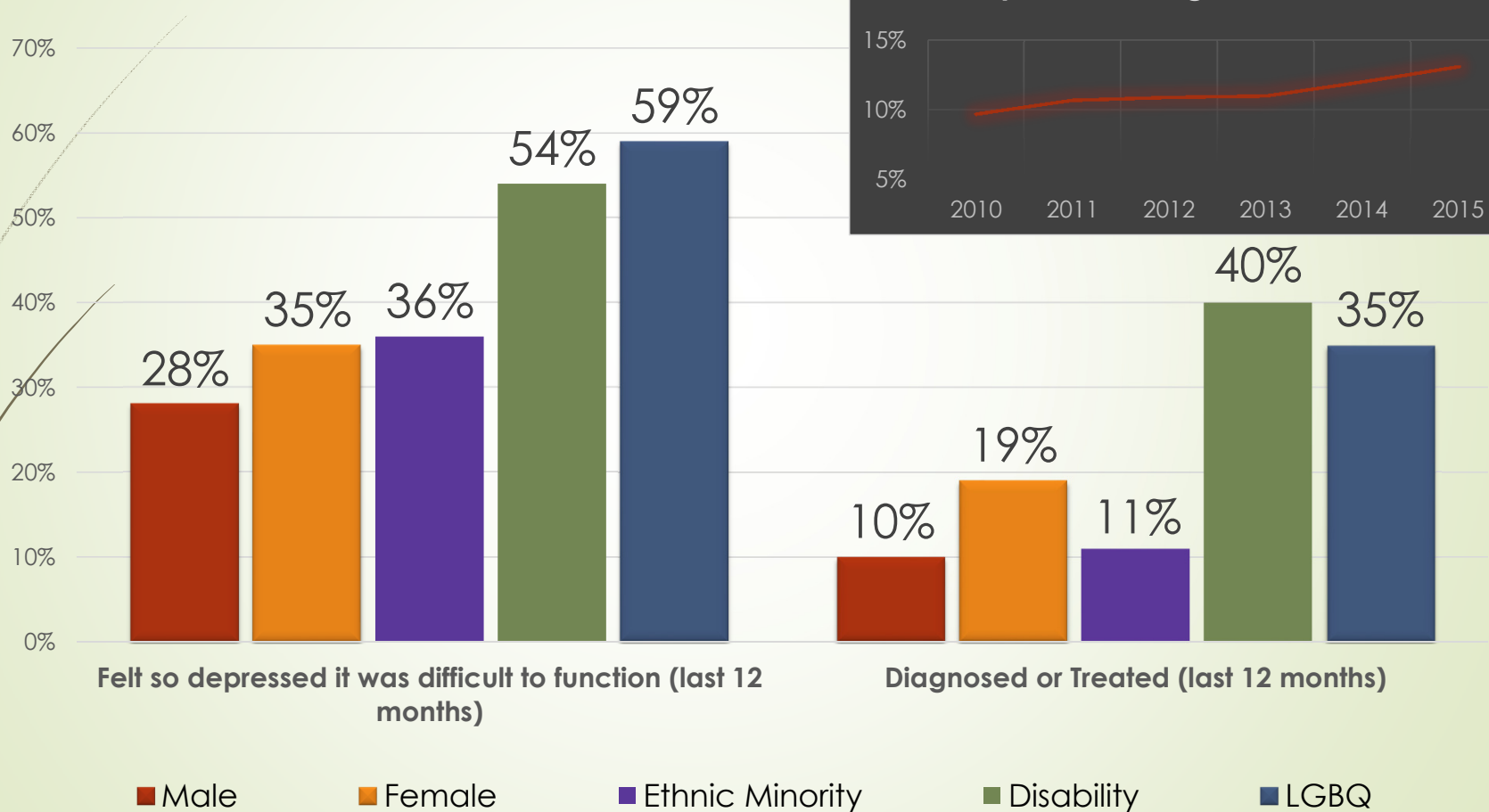
-In general, UWS students feel safer on our campuses than students in National Reference Group

-Males students feel safer than female students

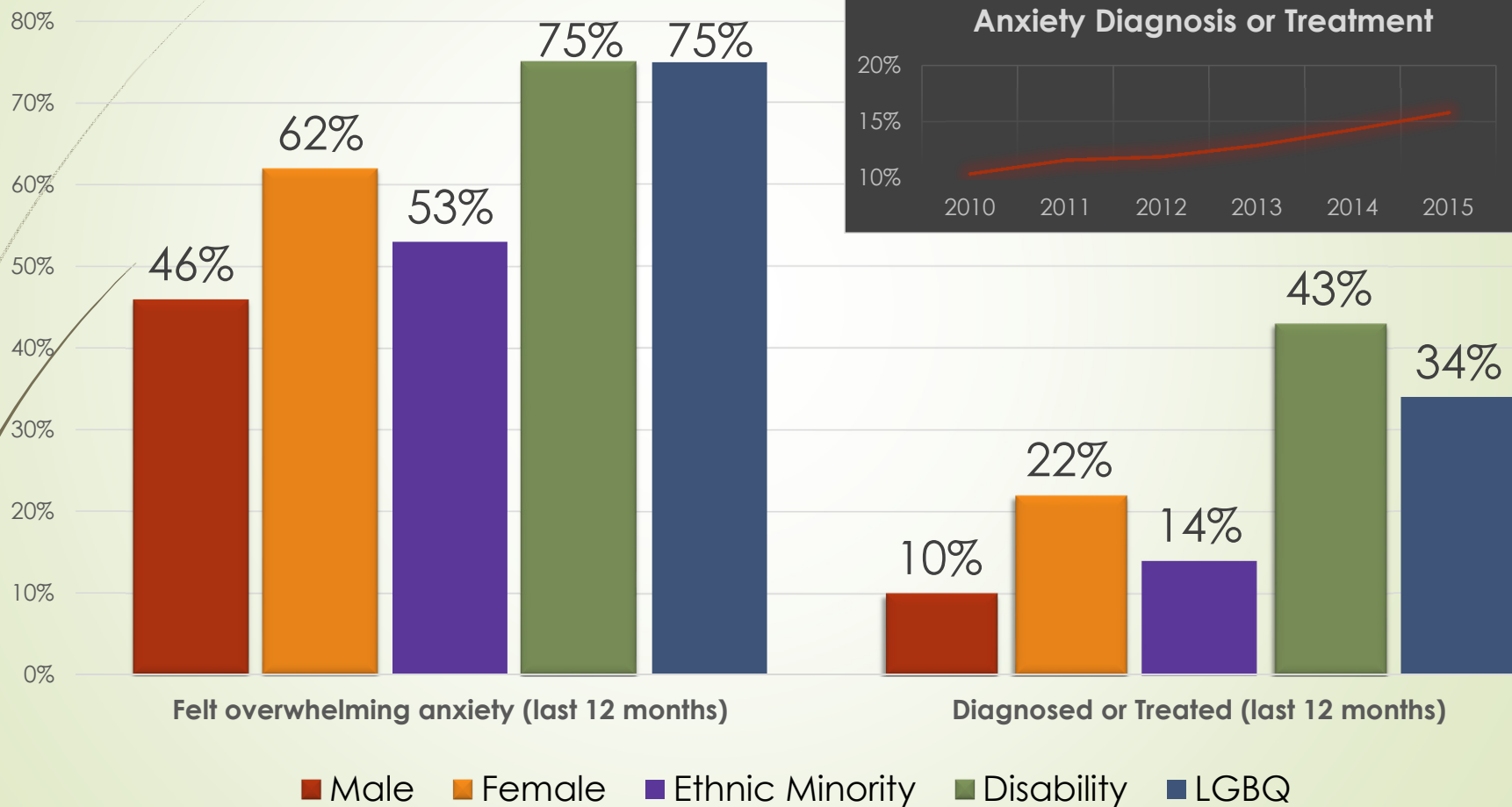
# Prevalence of Mental Health Problems - UWS Consortium vs. National Reference Group (Healthy Minds-Spring 2012)



# Depression - UWS Consortium vs. National Reference Group (NCHA-Spring 2015)



# Anxiety - UWS Consortium vs. National Reference Group (NCHA-Spring 2015)

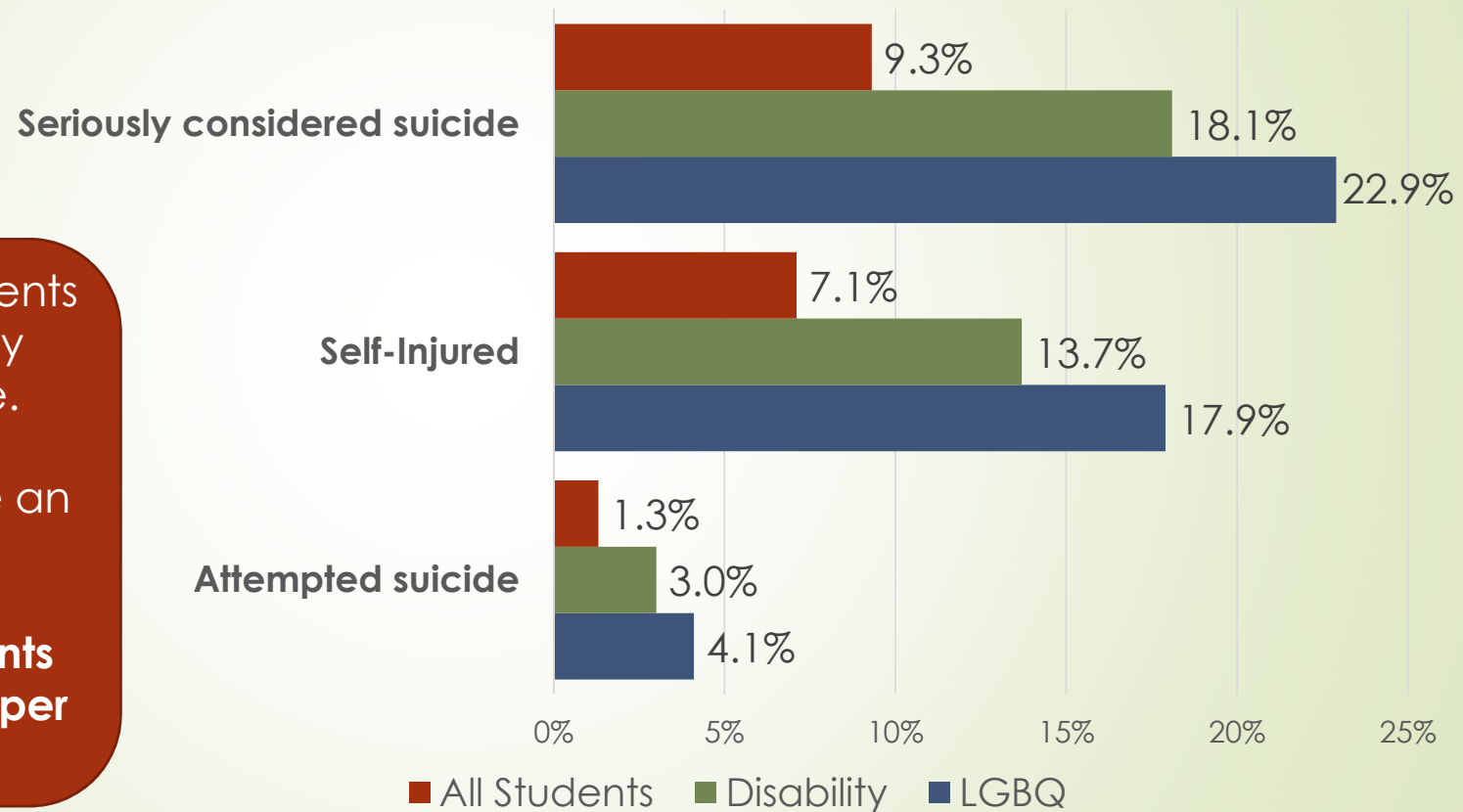


# Suicide and Self Harm – UWS Consortium (NCHA-Spring 2015)

Nearly 10% of students per year seriously consider suicide.

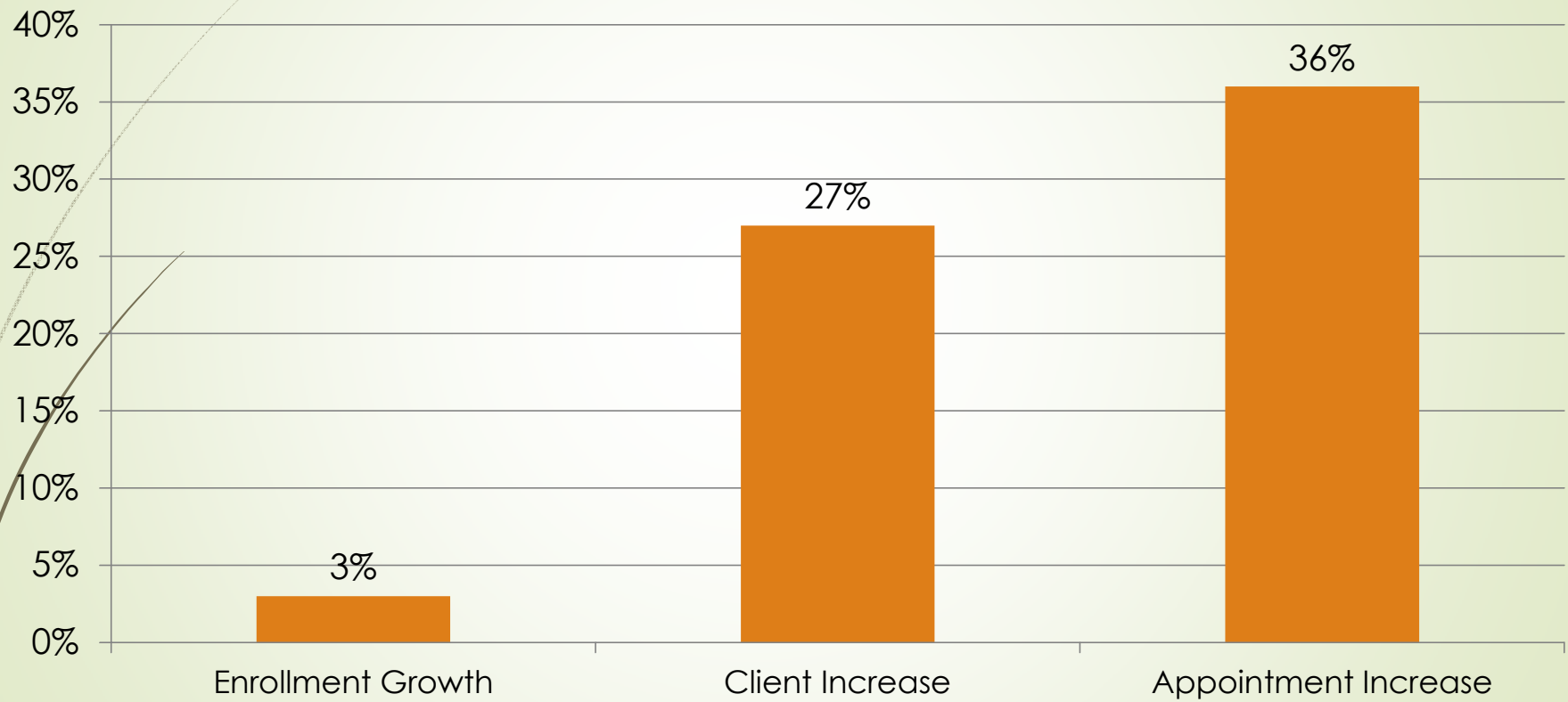
Just over 1% make an attempt.

≈2,000 UWS students make an attempt per year!



# Counseling Center Utilization Trends - 2009-10 to 2014-15

UW-System Counseling Center Director Survey



# Client Satisfaction and Academic Retention - UWS

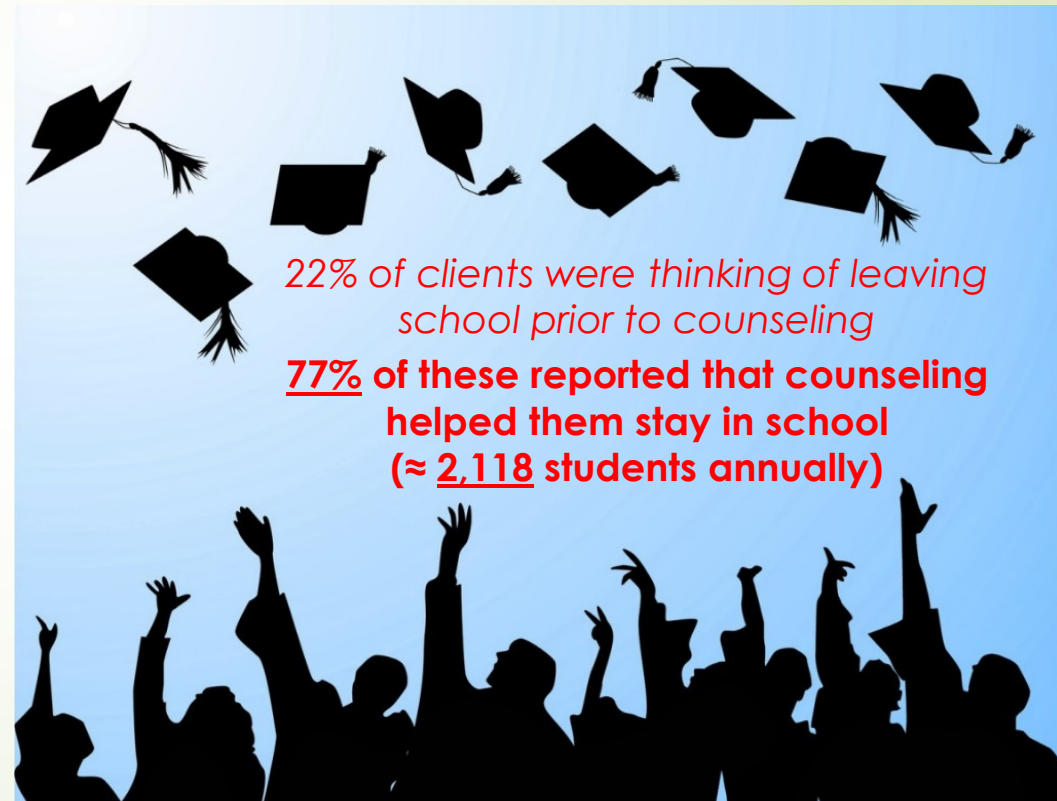
## Counseling Impact Assessment Project (2014-15)

### Satisfaction:

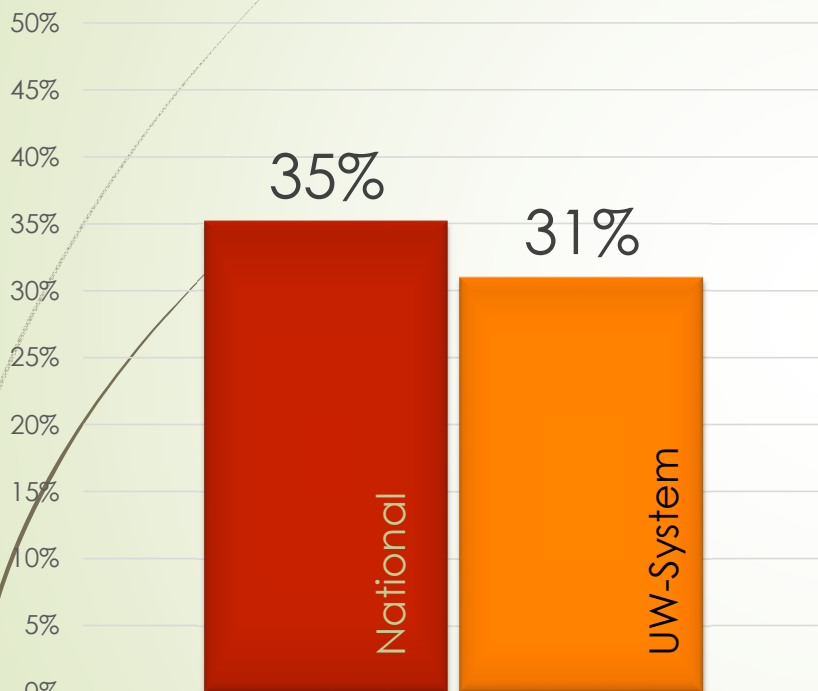
94% said they would **recommend counseling services to a friend.**

96% said it was **important to have counseling services located on campus.**

### Retention:

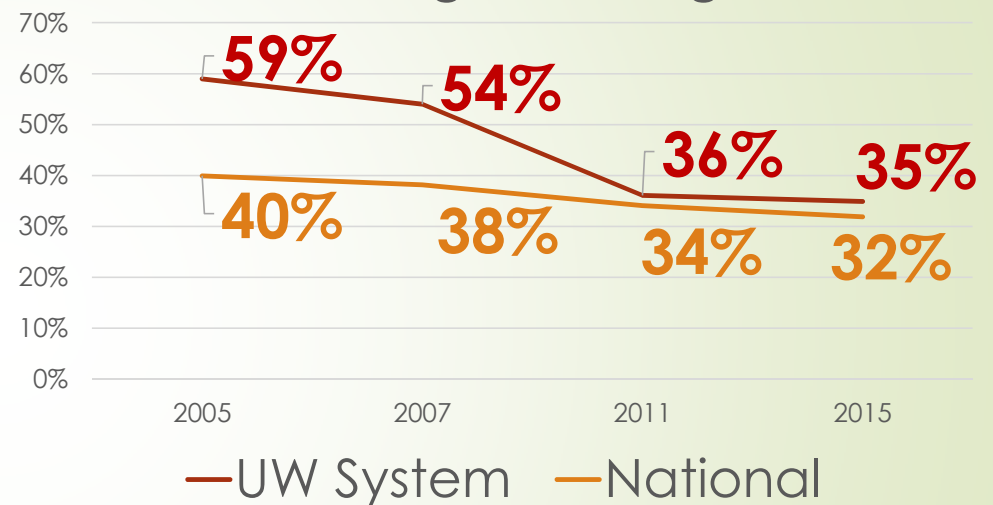


# Alcohol – UWS AODA Survey and NCHA Consortium vs. National Reference Group



Abstained from Alcohol Use (30 day prevalence)  
(never used or have used but not in the last 30 days)

## Binge Drinking



UWS AODA Use Survey 2011:  
Drink the same or less than before coming to college:  
**60.8%**



# Alcohol – UWS AODA Survey and NCHA Consortium vs. National Reference Group

Risk Behaviors <small>last 12 months</small>	UWS	National
Did something you later regretted	35%	34%
Forgot where you were or what you did	32%	29%
Had unprotected sex	21%	21%
<b>Reported one or more of above</b>	<b>54%</b>	<b>51%</b>

Protective Behaviors <small>last 12 months</small>	UWS	National
Use a designated driver	85%	85%
Stay with same group of friends the entire time drinking	91%	87%
Keep track of how many drinks being consumed	64%	67%
<b>Reported one or more of above</b>	<b>99%</b>	<b>98%</b>

# Marijuana – UWS Consortium VS National Reference Group (NCHA-Spring 2015)

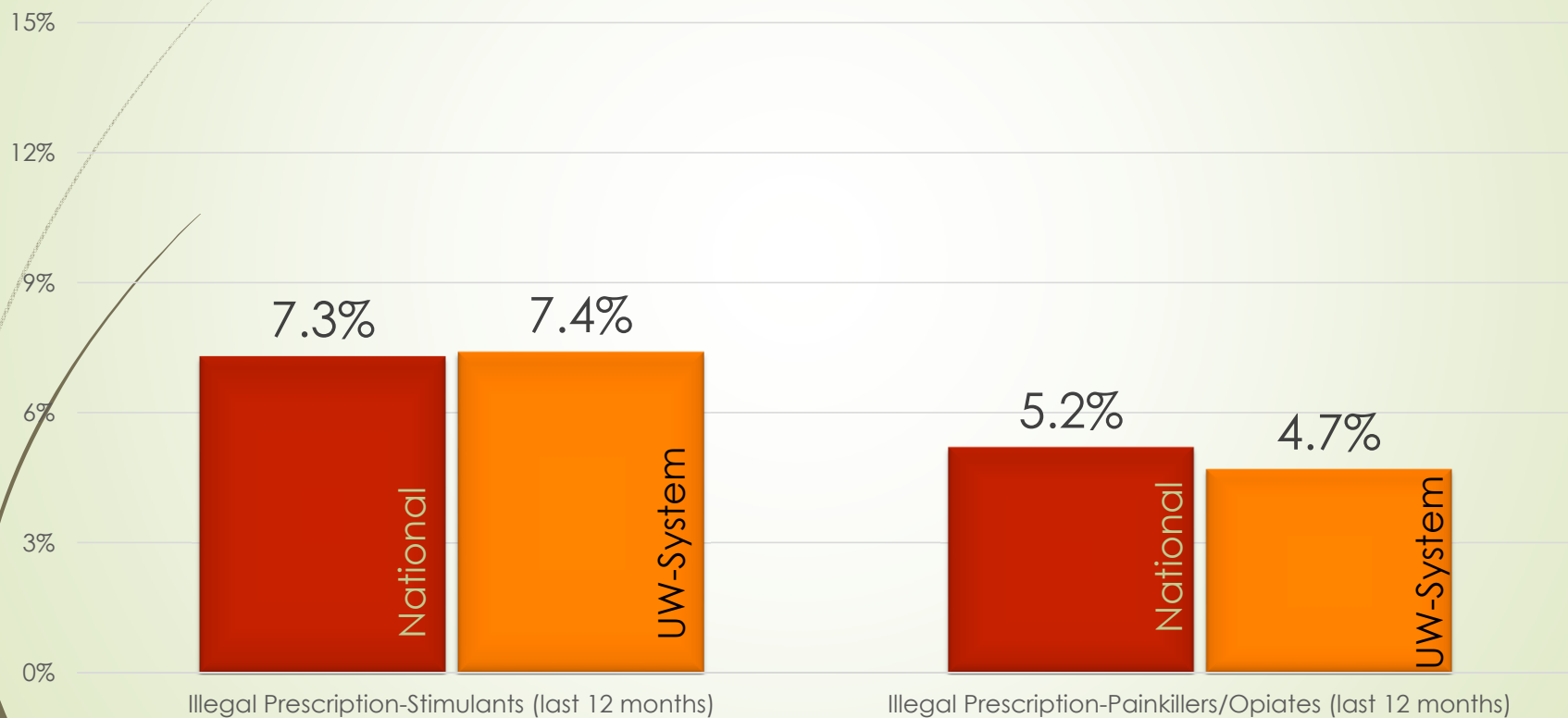
	<b>Perception</b> <i>In the last 30 days, what percent of students used marijuana.</i>	<b>Reality</b> <i>In the last 30 days, I used marijuana.</i>
UW System	35%	14%
National	38%	17%

**GAP** UWS 21%

**LGBQ students  
Reported 22%**

**Transgendered  
students  
Reported  
19%**

## Illegal Drug Use – UWS Consortium vs. National Reference Group (NCHA-Spring 2015)



## Body Mass Index (BMI)/Weight and Physical Activity – UWS Consortium VS National Reference Group (NCHA-Spring 2015)

	UWS	National
Females	25.00	24.32
Males	25.60	24.96

### Physical Activity

Less than half of UWS students met recommended guidelines (45.9%) comparable to students nationally (46%).

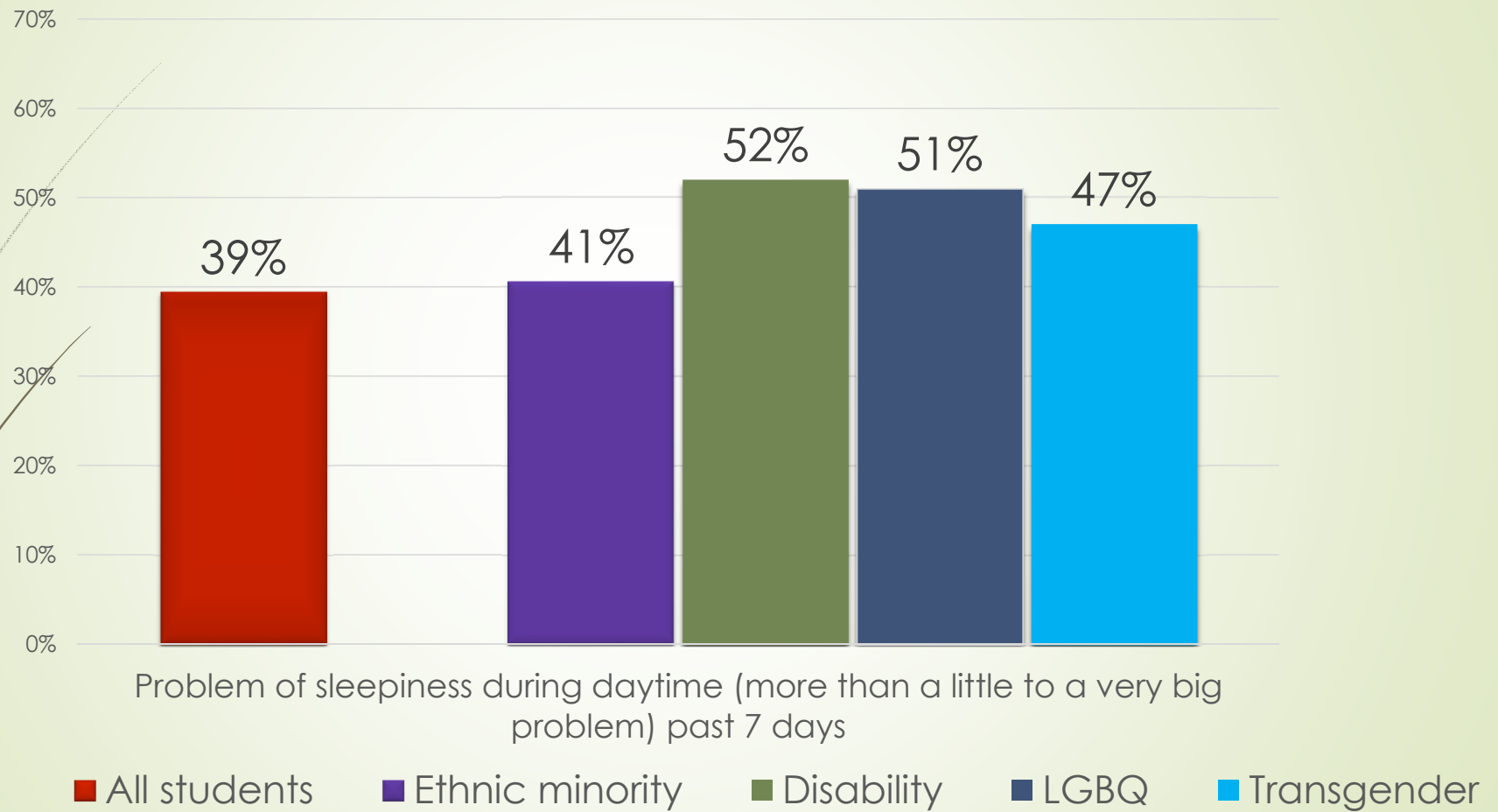
## Sexual Behaviors – UWS Consortium VS National Reference Group (NCHA-Spring 2015)

- ▶ 85% have had zero to two sexual partners in the last 12 months.
- ▶ 54% used a condom with vaginal sex mostly or always in the last 30 days.
- ▶ 59% used contraception last time they had vaginal sex (54% National).

### Top Methods Contraception UW System

Male condom	65.6%
Birth control pills	63.0%
Withdrawal	33.4%
Intrauterine device (IUD)	7.2%
Male condom w/ another method	54.8%

## Sleep – UWS Consortium (NCHA-Spring 2015)



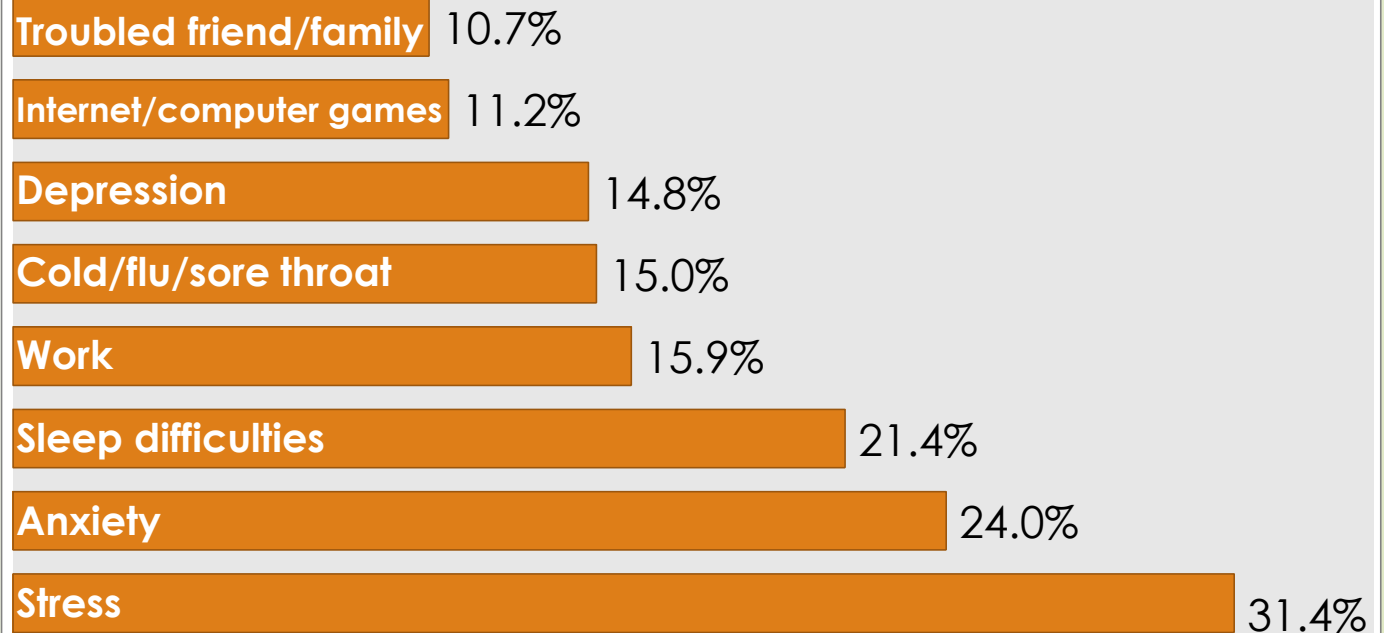
# Impact of Health/Mental Health on Academics – UWS Consortium (NCHA-Spring 2015)

## Discrimination affecting academics:

- 1% for all students
- 2.2% for Disabled
- 3.2% for Ethnic minorities
- 4.3% for LGBTQ
- 18.7% for Transgendered

All issues in the graph have greater negative academic impact for these groups.

## Top issues negatively affecting academics for UW System students



# Impact of Health/Mental Health on Academics -

Example UW-River Falls

## UW-River Falls NCHA Secondary Analysis (2009)

The following student health behaviors were all associated with lower GPA:

- Alcohol use more than 1-2 days per month
- Smoking cigarettes/tobacco use
- Marijuana use
- Sleep difficulties
- 6 or more mental health stressors
- 3 or more hours/day using computer not for academics or work
- Being involved in an emotionally or physically abusive relationship



**In 2009, about 30% of students spent 3 or more hours per day on the computer not for work/academics.**

**By 2015, 50% of males and 59% of females spent 3 or more hours per day.**



# A Comprehensive, Public Health, Environmental Approach for Student Wellbeing

- ▶ These issues that have significant impact on individuals, but also on academics and campuses
- ▶ Individual level interventions are critical, such as counseling and health services, sexual violence advocacy services
- ▶ However, these are complex, interconnected issues that cannot be addressed in isolation and require comprehensive environmental approaches, such as:
  - ▶ Policy development, example tobacco-free campuses
  - ▶ Significant cooperation and collaboration among on and off campus entities to change the campus and community environment
  - ▶ Major ongoing time and commitment to make progress



# What to take away from this presentation

- UW System students report feeling very safe on our campuses and in their communities, with the exception of a few underrepresented groups
- There are more students coming to UW System institutions with physical and mental health issues and these issues are more serious than in the past
- Students of color, students with disabilities, and LGBTQ students are disproportionately impacted by health, well-being, and safety issues
- These issues impact academic success of our students
- These are complex, interconnected issues that require collaborative comprehensive strategies for prevention and intervention
- Campuses have seen positive results from their work to address issues such as binge drinking and sexual assault – data shows we are making progress
- Our campus resources in Student Health and Counseling Services are being stretched – additional resources would allow us to better meet student needs