



UW-River Falls Student Health and Mental Health Data  
and Faculty/Staff Worksite Wellness Survey Data  
Presented by Student Health and Counseling Services and  
The University Advisory Council on Health and Wellness

UNIVERSITY OF  
WISCONSIN

**River Falls**

# American College Health Association National College Health Assessment

University of Wisconsin-River Falls

Spring 2000, 2003, 2006, 2009, 2012, and 2015 (with UW System Consortium, N = 7,806) and National Reference Group Data (N = 93,034)

Takes approximately 30 minutes to take and consists of 66 questions (with multiple sub-questions resulting in approximately 300 questions) relating to:

- General health
- Health education & safety
- Alcohol, tobacco, & other drugs
- Sexual behavior & contraception
- Weight, nutrition, & exercise
- Mental & physical health
- Impediments to academic performance
- Demographic characteristics

<http://www.acha-ncha.org/>

Only schools that randomly selected students, or surveyed students in randomly selected classrooms, are part of the national databases. Because the schools are self-selecting, the national NCHA databases cannot be said to be generalizable to all schools and students in the U.S.

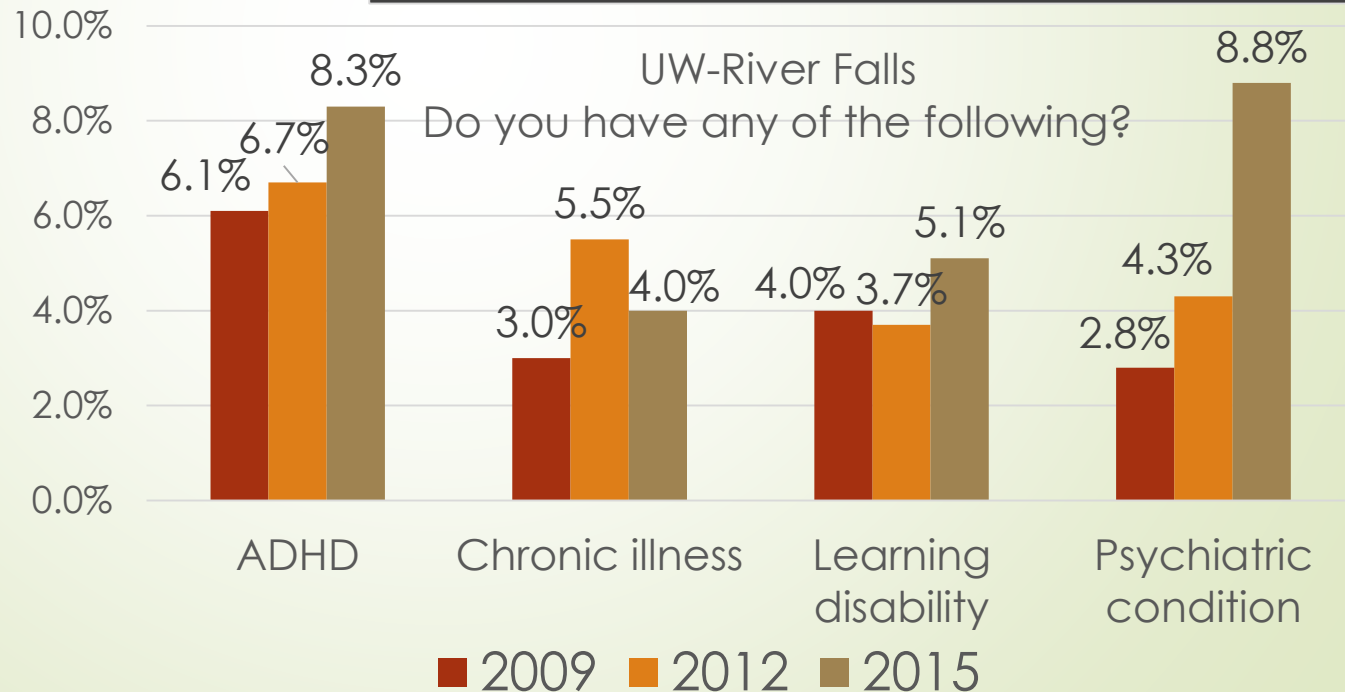
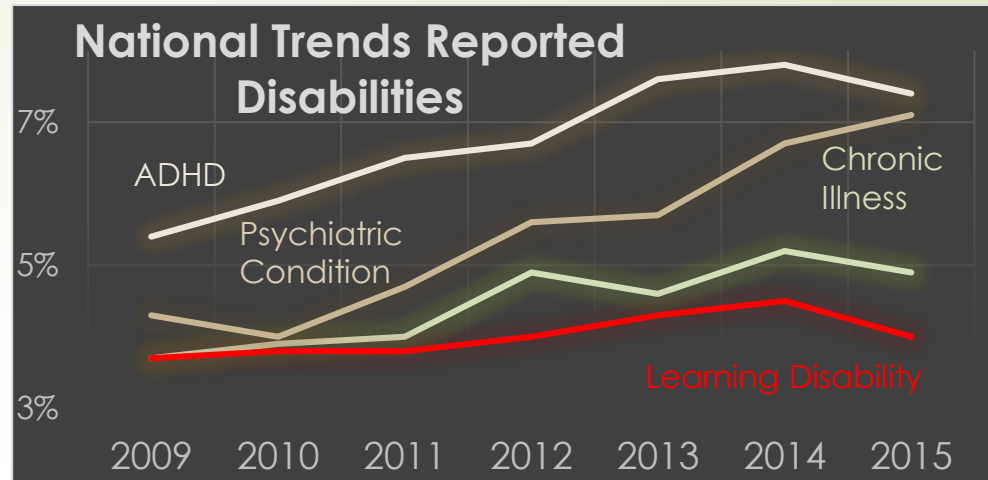
# Health, Disabilities, Health Services, Health Insurance



# Disabilities – NCHA

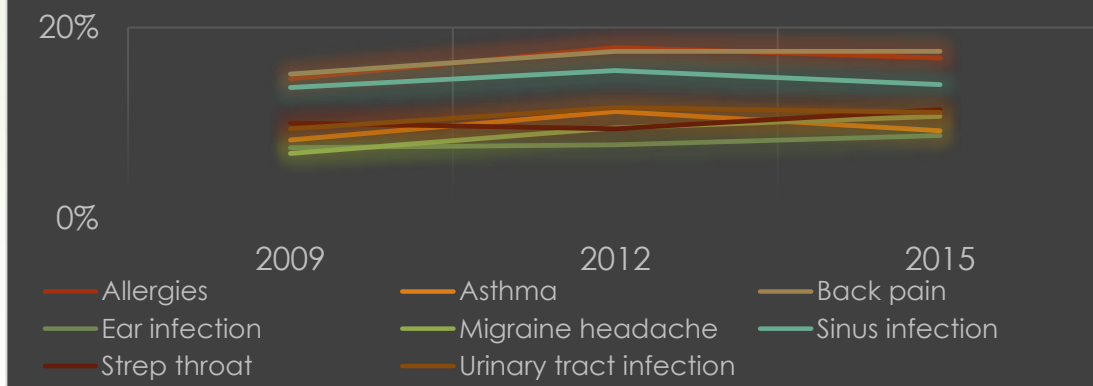
Rates increasing for National and UWRF

UWRF higher than UWS on most and UWS higher than National on all

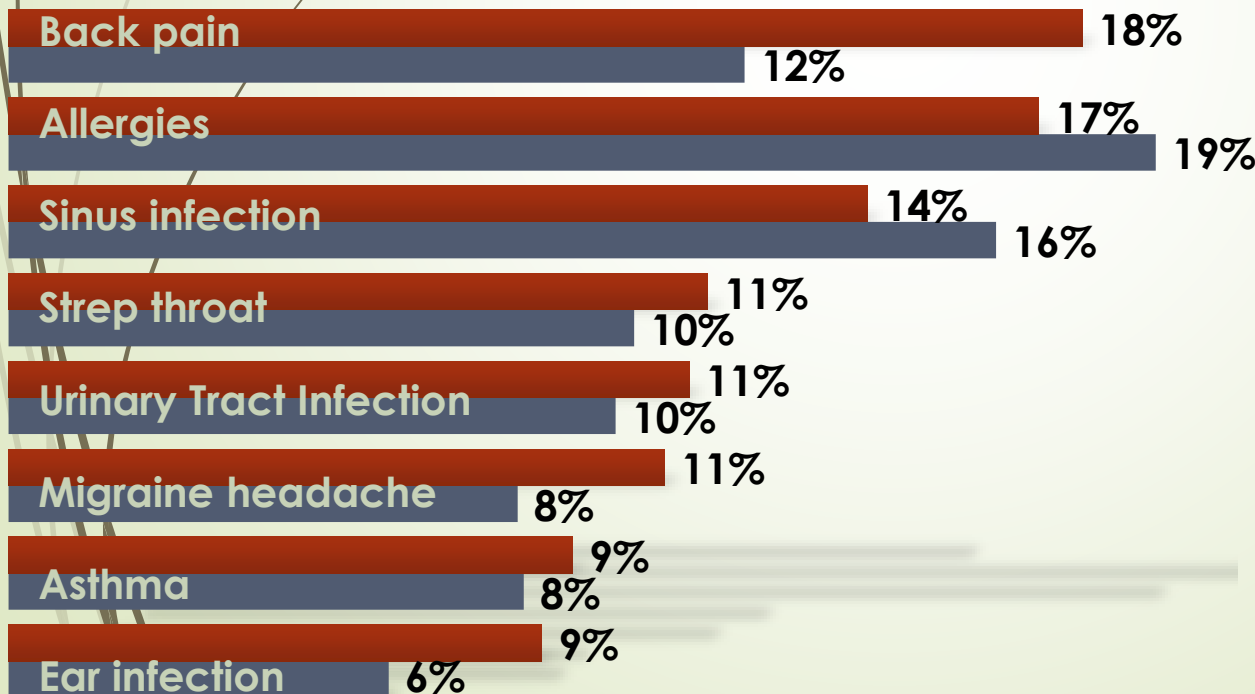


# Health Conditions – NCHA

UWRF Diagnosed or Treated by a Professional Last 12 Months



Diagnosed or treated by a professional, last 12 months 2015 (top 8) (UWRF VS National):



Nearly all reported health conditions increasing

In 2015:  
 -62% of UWRF females  
 -43% of UWRF males  
 reported one or more of these health conditions in the last 12 months

# Student Health Services Utilization Vibrant Health Family Clinic

	2006/2007	2007/2008	2008/2009	2009/2010	2010/2011	2011/2012	2012/2013	2013/2014	2014/2015
Total number appointments	3,195	3,472	3,856	3,977	3,018	2,982	2,950	2,489	2,778 <small>Includes estimated Summer 2015</small>
Enrollment	6,229	6,452	6,555	6,728	6,902	6,788	6,447	6,171	6,184
Average number of appointments per enrollment	1.95	1.86	1.70	1.69	2.29	2.28	2.05	2.33	2.23
Percentage of total costs that are uncovered insurance costs. The trend is increasing uncovered insurance costs and hence higher costs to Student Health Services.	25.7%	29.1%	33.2%	36.9%	35.8%	36.4%	39.8%	47.3%	43.6%

Average number of appointments per student increasing

Percentage of costs covered by insurance decreasing

\*How numbers have been counted have varied from year to year, so are somewhat approximate.

Relationship Violence,  
Sexual Assault and Stalking,  
Physical Violence, and Safety

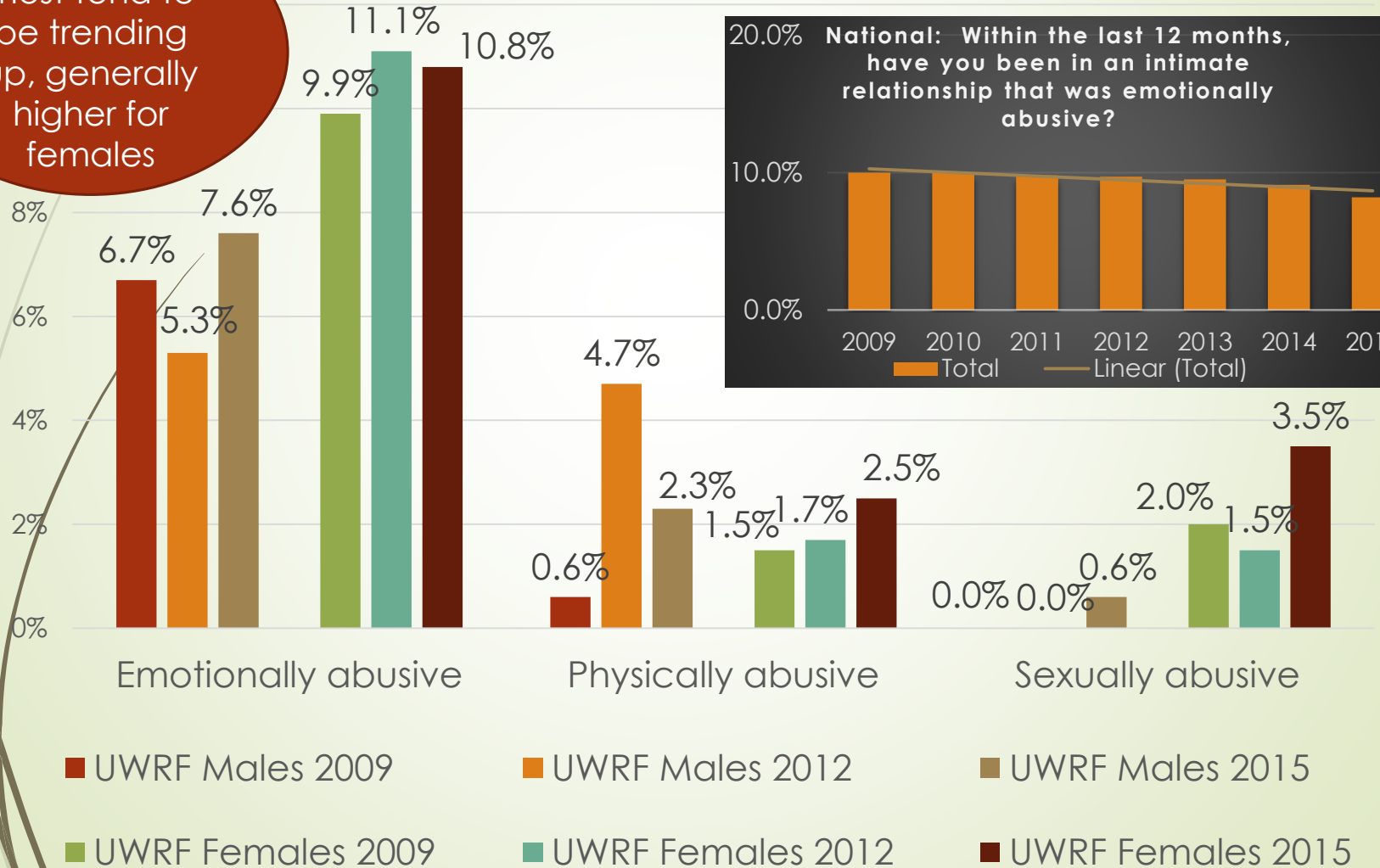


# Relationship Violence – NCHA

Emotionally abusive relationship 2015  
 UWRF higher than UWS and National males and females

Within the last 12 months, have you been in an intimate (coupled /partnered) relationship that was:

For UWRF, most tend to be trending up, generally higher for females

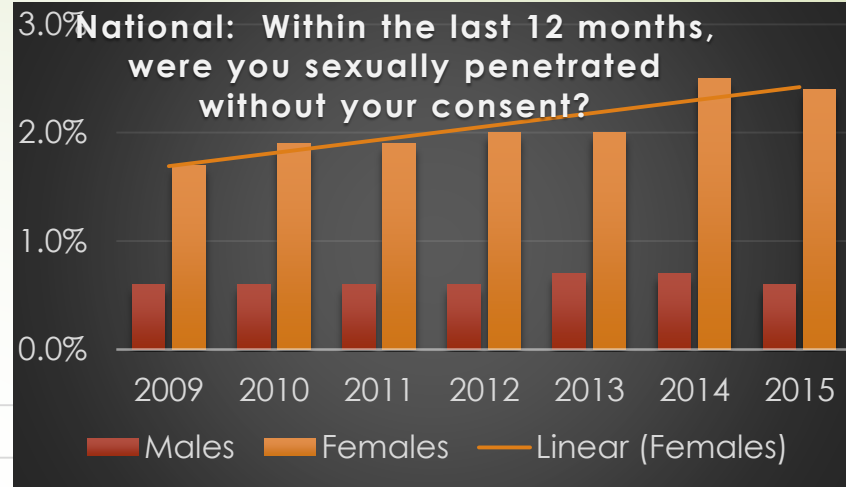




# Sexual Violence – NCHA

For UWRF, most tend to be trending up, except sexually touched for males

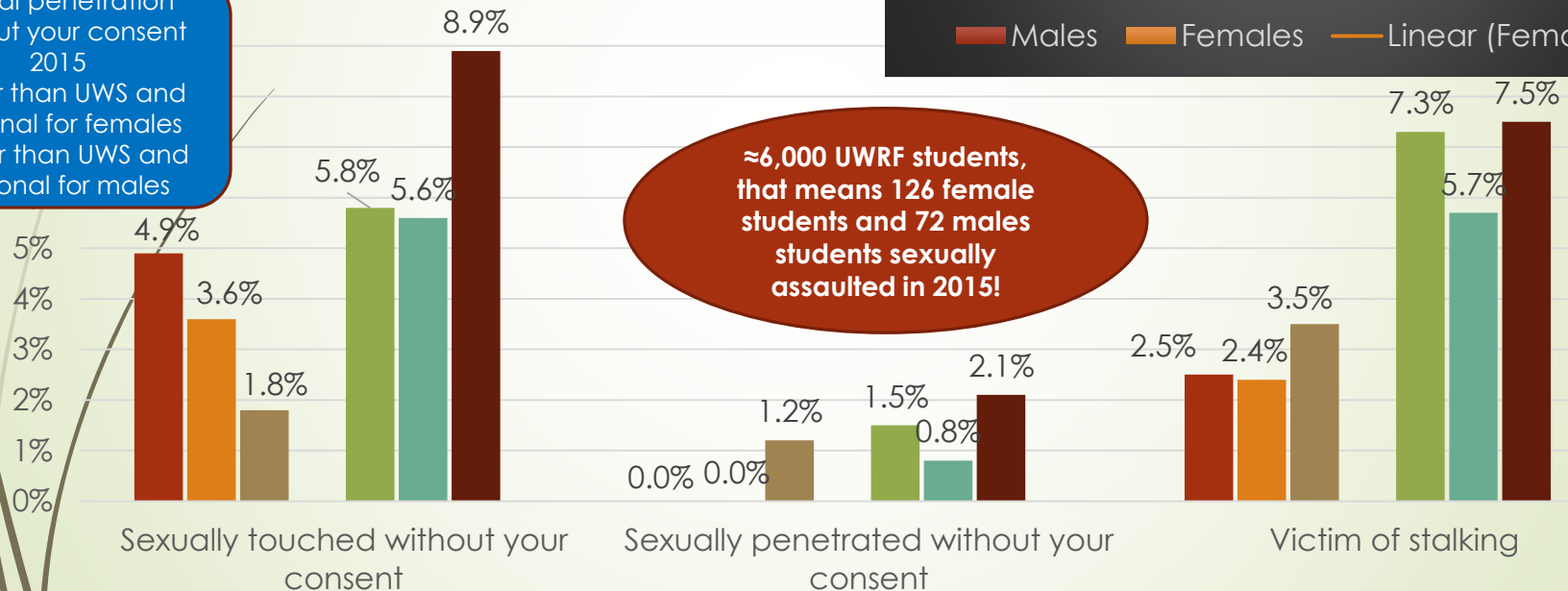
Rates higher for females



Within the last 12 months, were you:

Sexual penetration without your consent 2015

Lower than UWS and National for females  
Higher than UWS and National for males



≈6,000 UWRF students, that means 126 female students and 72 males students sexually assaulted in 2015!

■ UWRF Males 2009  
■ UWRF Males 2015  
■ UWRF Females 2009

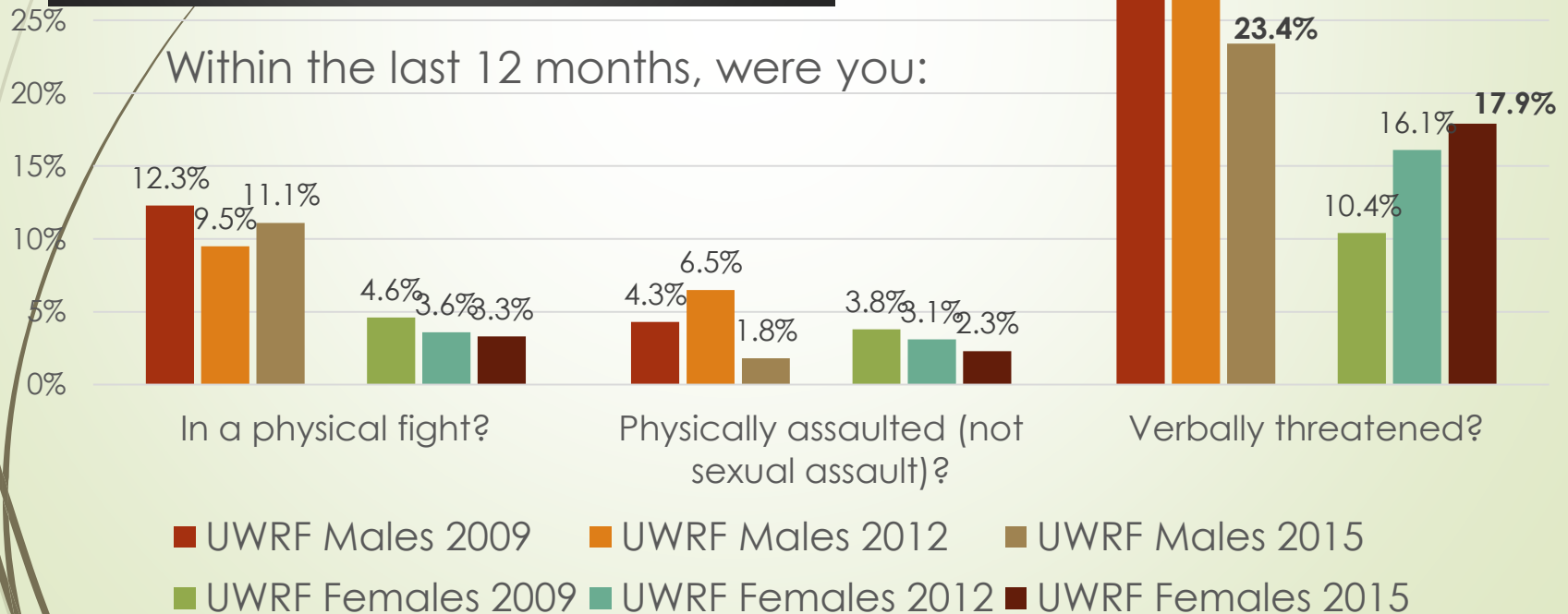
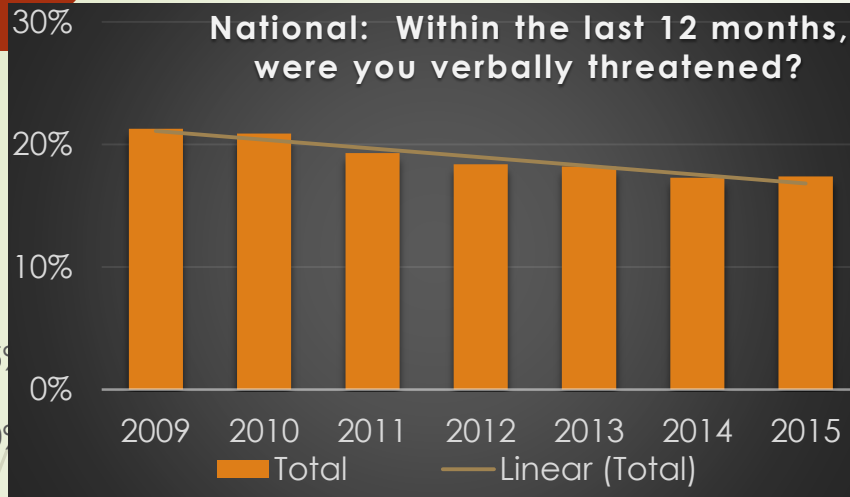
■ UWRF Males 2012  
■ UWRF Males 2016  
■ UWRF Females 2012

# Violence – NCHA

For UWRF, most tend to be trending down, except verbally threatened for females

Rates higher for males

Verbally threatened 2015 UWRF higher than UWS and National males and females

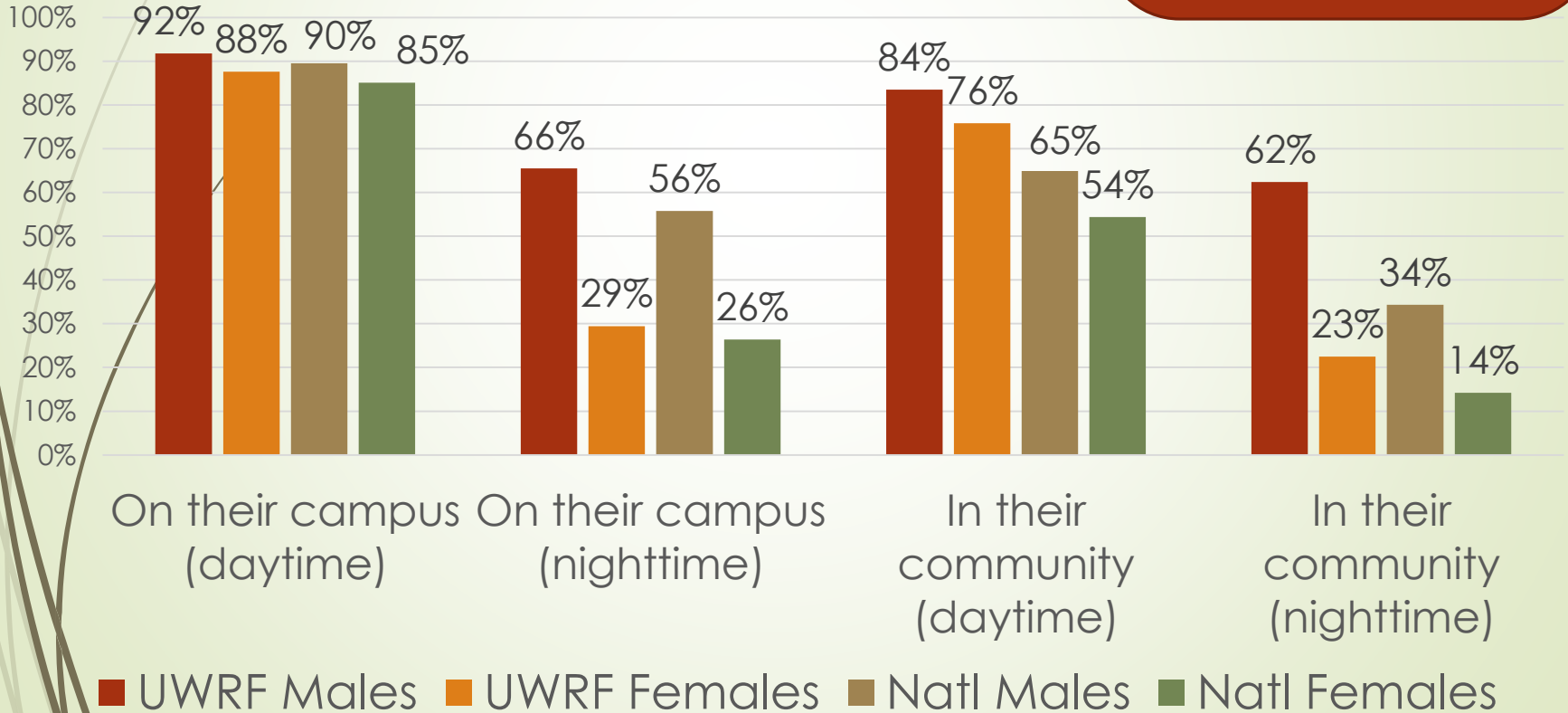


# Safety – NCHA-Spring 2015

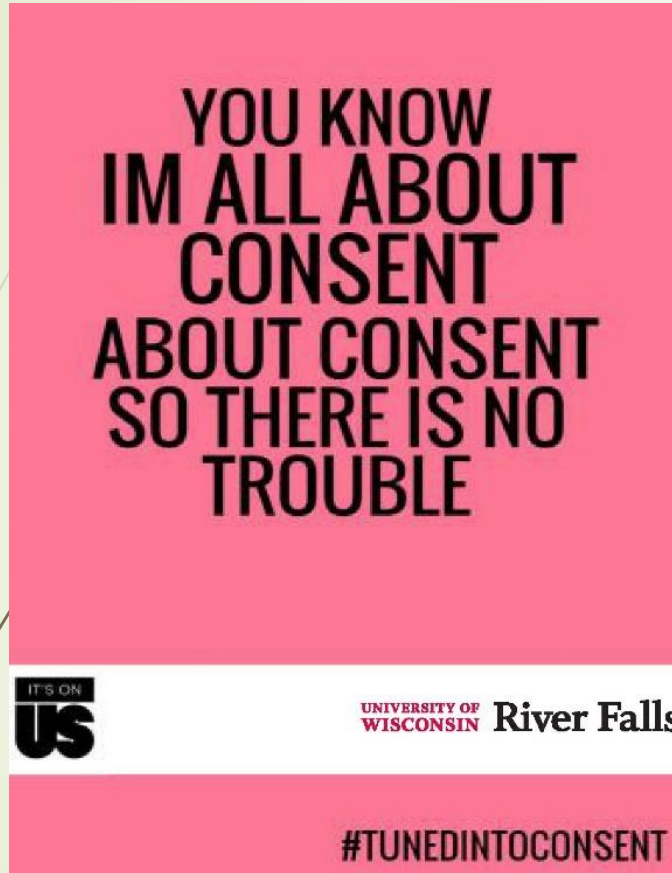
UWRF students (and UWS) feel safer on our campus and in our community than students nationally

Males students feel safer than female students

Students reported they feel **very safe**:



# Consent Marketing – UWRF



YOU KNOW  
IM ALL ABOUT  
CONSENT  
ABOUT CONSENT  
SO THERE IS NO  
TROUBLE

IT'S ON  
**US**

UNIVERSITY OF  
WISCONSIN **River Falls**

#TUNEDINTOCONSENT



HE WAS ACTING  
ALL SWEET,  
OFFERING HER  
A RIDE HOME...

IT DIDN'T FEEL RIGHT, SO WE GOT HER OUT OF THE BAR

**MAKE  
YOUR  
MOVE!**  
END SEXUAL VIOLENCE

**UW** River Falls

Sexual Assault Coalition

**STEP UP**  
**OWN IT**

# Alcohol, Tobacco, and Drugs

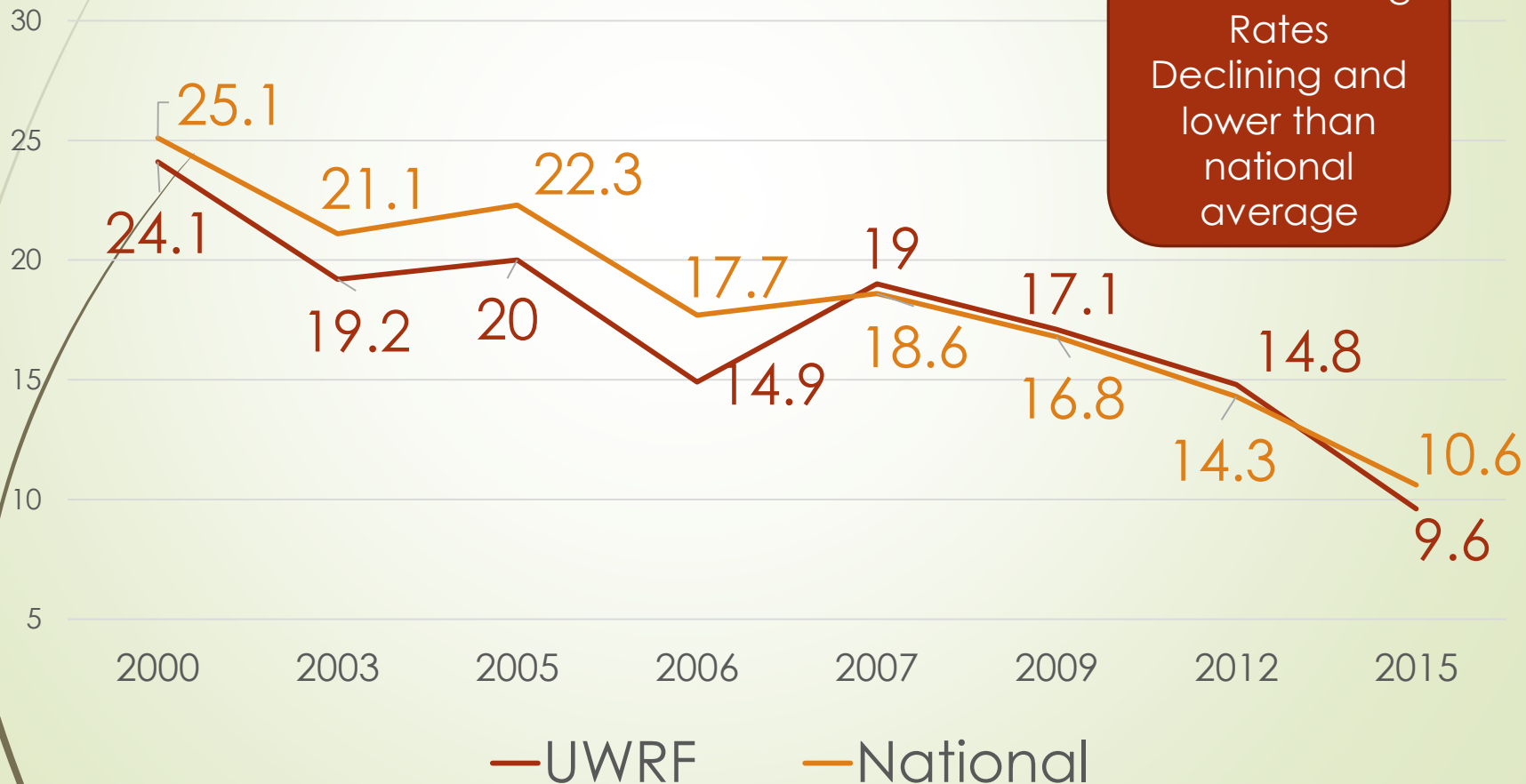
Chancellor's Advisory Council on Alcohol, Tobacco, and Other Drugs



# Smoking Rates

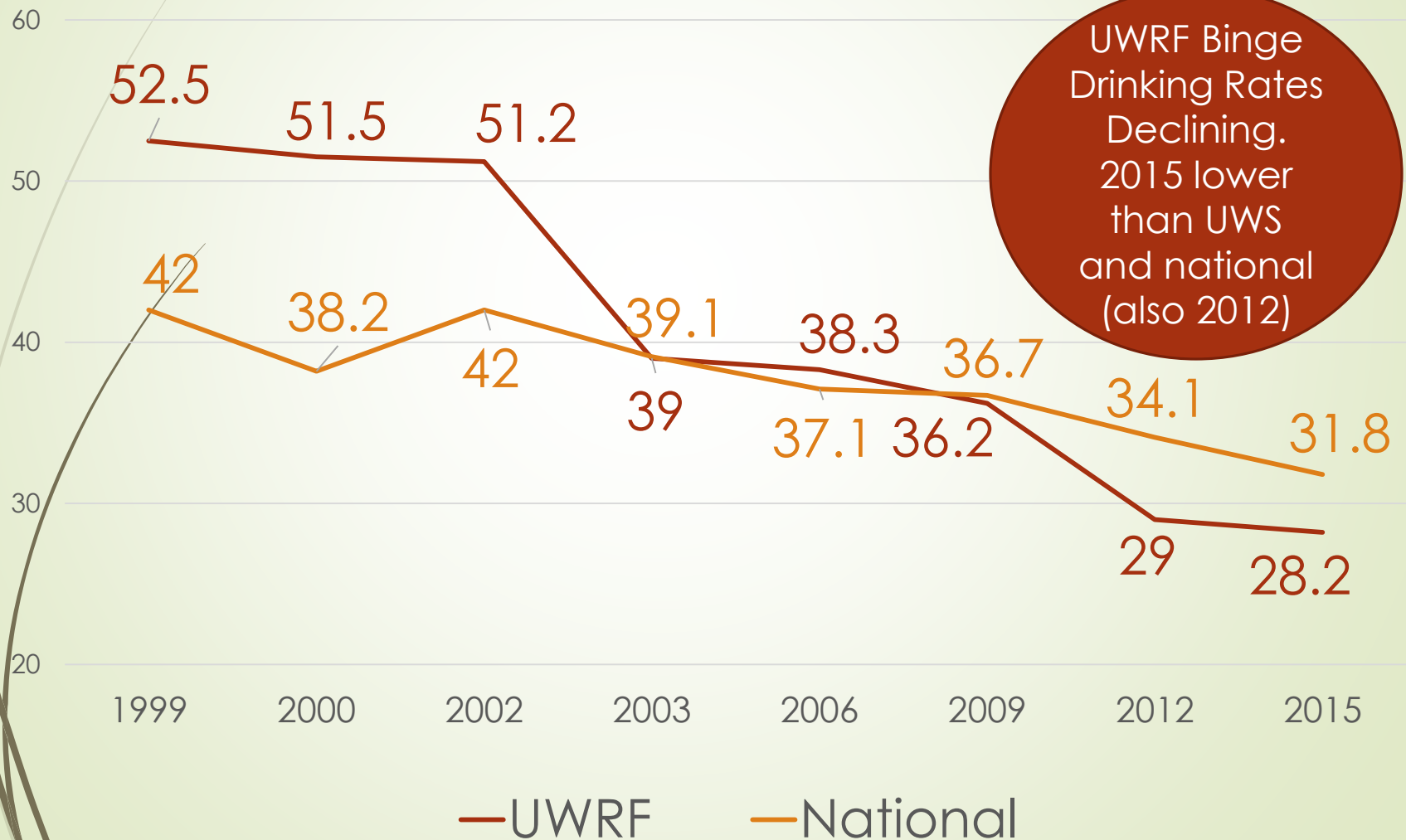
UWRF Tobacco Free Campus as of July 1, 2013 (includes e cigarettes)

Smoking Trends from 2000 – 2015 percent of UWRF students who have smoked one or more cigarettes in the previous 30 days



# Alcohol - Binge Drinking Rates

Binge Drinking Trends from 1999 – 2015 percent of UWRF students who have drunk five or more drinks in one sitting in the previous two weeks

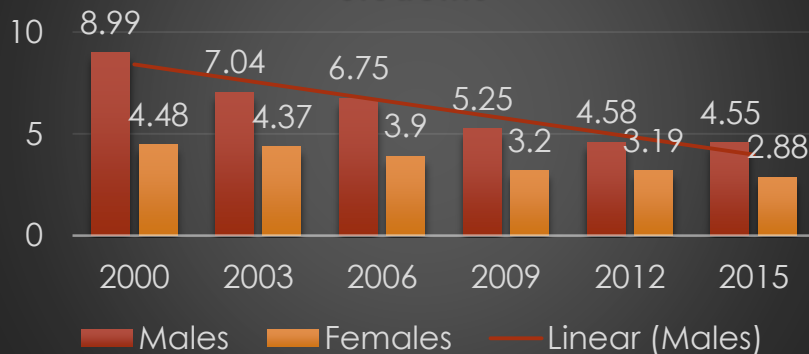


# Alcohol Risk Behaviors - NCHA

All risk behaviors declining for UWRF students, except bolded

2000-2006: If you drink alcohol, within the last school year, have you experienced any of the following as a consequence of your drinking? % 2009-2015: Within the last 12 months, have you experienced any of the following when drinking alcohol? %	UWRF 2000	UWRF 2003	UWRF 2006	UWRF 2009	UWRF 2012	UWRF 2015		UWS 2015	Natl 2015
Did something you later regretted	35.6	37.7	36.4	31.2	33.4	28.9		34.9	34.1
Forgot where you were or what you did	27.8	33.1	29.1	32.1	30.3	29.5		32.0	29.0
<b>Had unprotected sex</b>	<b>13.5</b>	<b>14.1</b>	<b>12.8</b>	<b>15.4</b>	<b>16.3</b>	<b>20.1</b>		<b>20.9</b>	<b>20.6</b>
Physically injured yourself	14.9	22.1	22.2	14.6	12.5	9.2		13.3	13.1
<b>Seriously considered suicide</b>	N/A	N/A	N/A	<b>1.8</b>	<b>1.6</b>	<b>3.5</b>		3.1	2.9
Reported one of more of the above	N/A	N/A	N/A	51.3	50.8	51.0		53.8	50.8

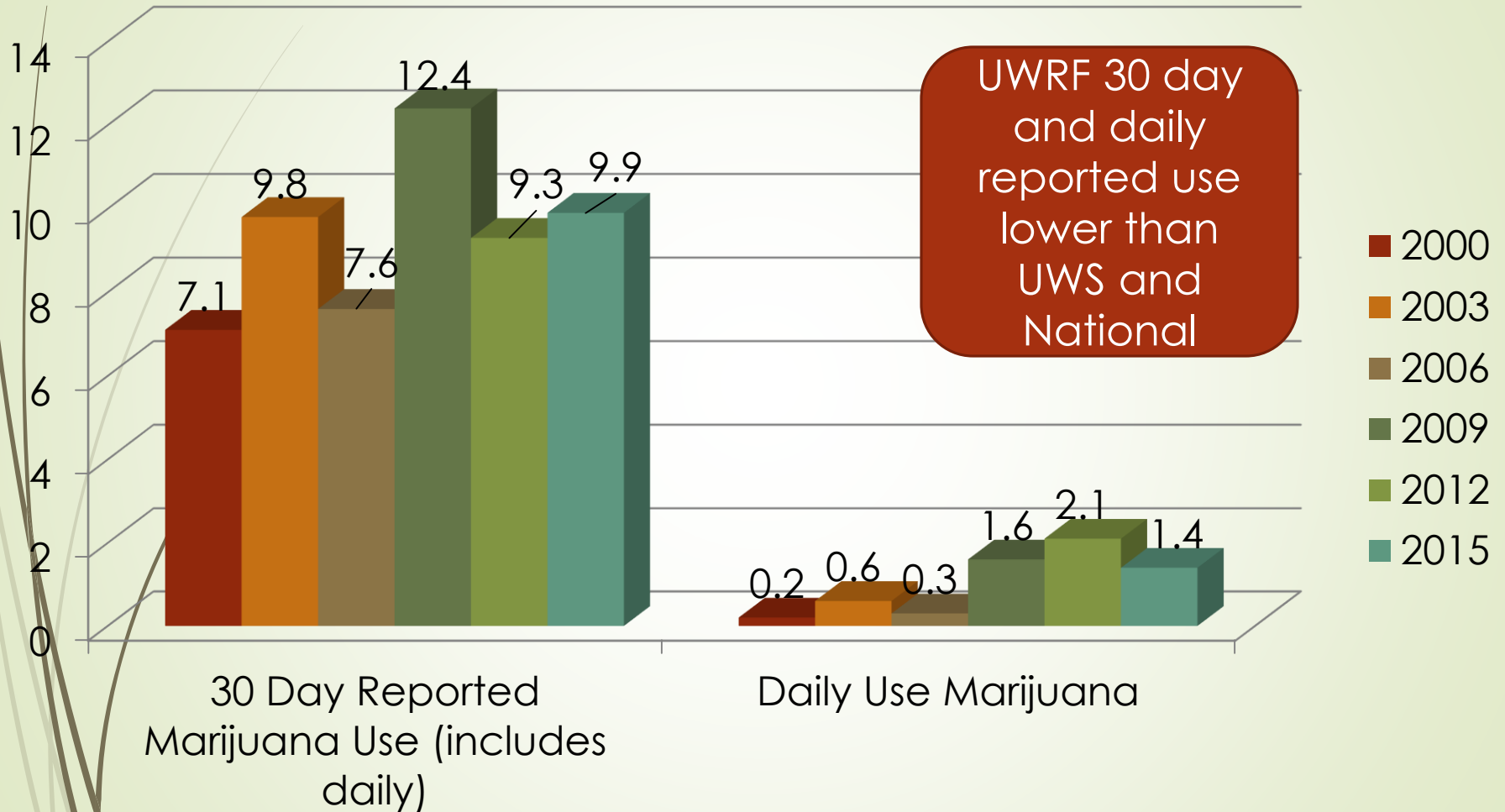
UWRF Average Number of Drinks Last Time Partied or Socialized – All Students



32.1% in 2015 (NCHA) and 28% in 2011 (UWS AODA) of UWRF students say they do not drink



# Marijuana - NCHA



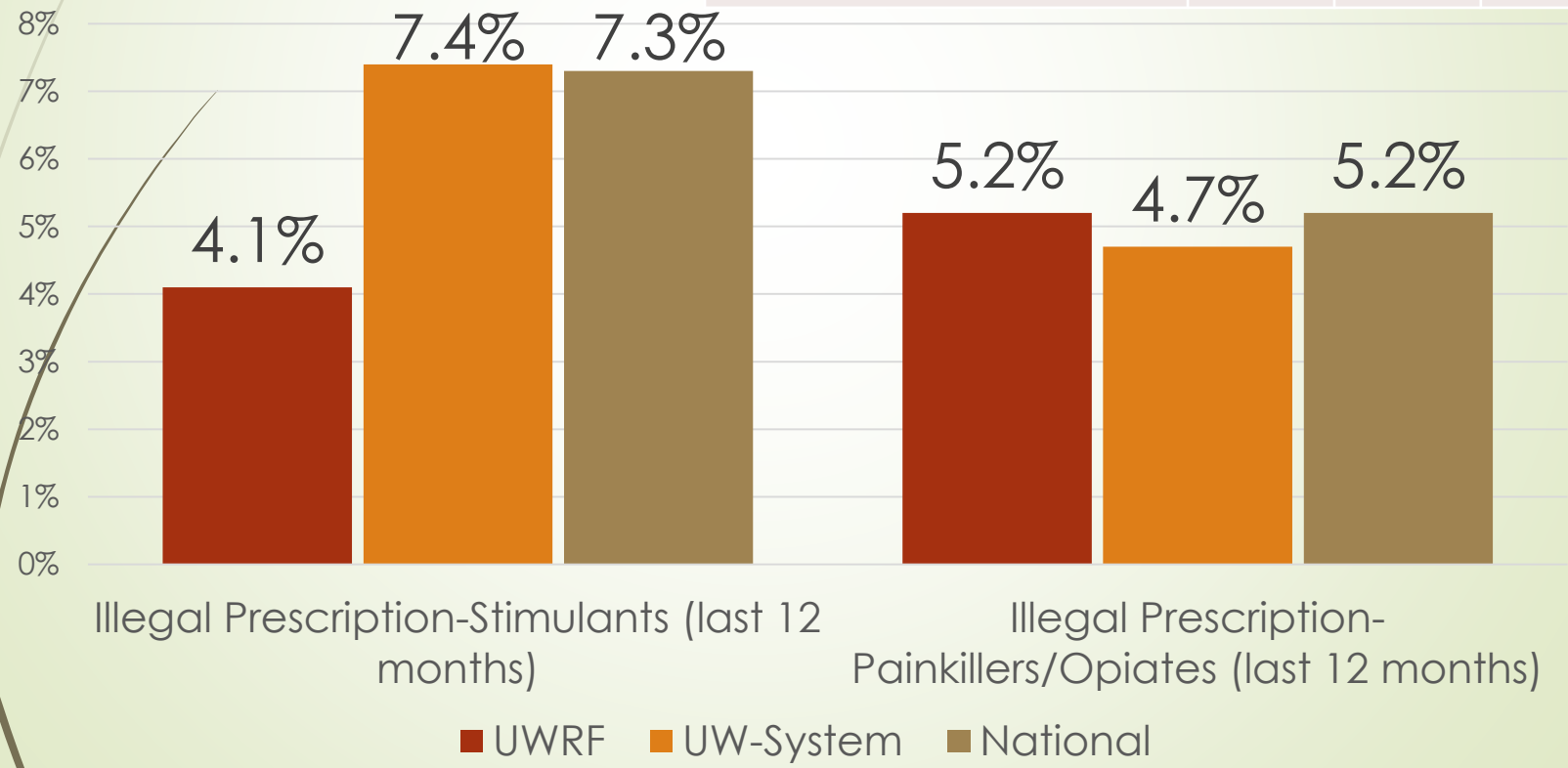
UWS Spring 2015: 30 Day 14.3% and Daily Use 1.9%

National Reference Group 2015: 30 Day 16.9% and Daily Use 2.2%

# Illegal Drug Use – NCHA

Lower or comparable than UWS and National for all

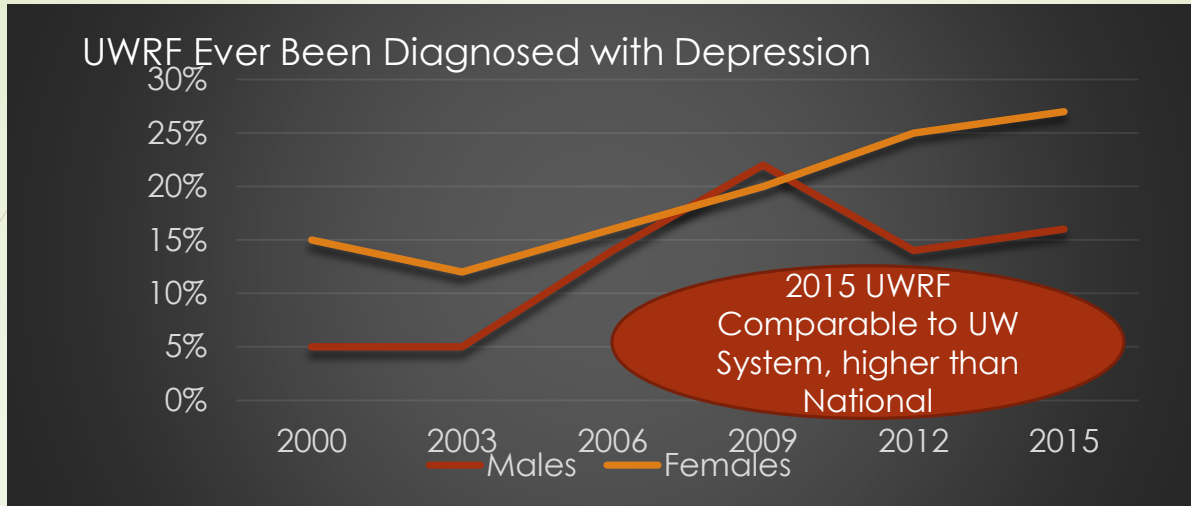
Other Illegal Drug Use (past 30 days)	UWRF	UWS	National
Amphetamines (diet pills, bennies)	1.5%	2.9%	2.4%
Opiates (heroin, smack)	0.3%	0.4%	0.4%
MDMA (Ecstasy)	1.1%	0.9%	1.1%
Other club drugs (GHB, Ketamine, Rohypnol)	0.2%	0.2%	0.3%



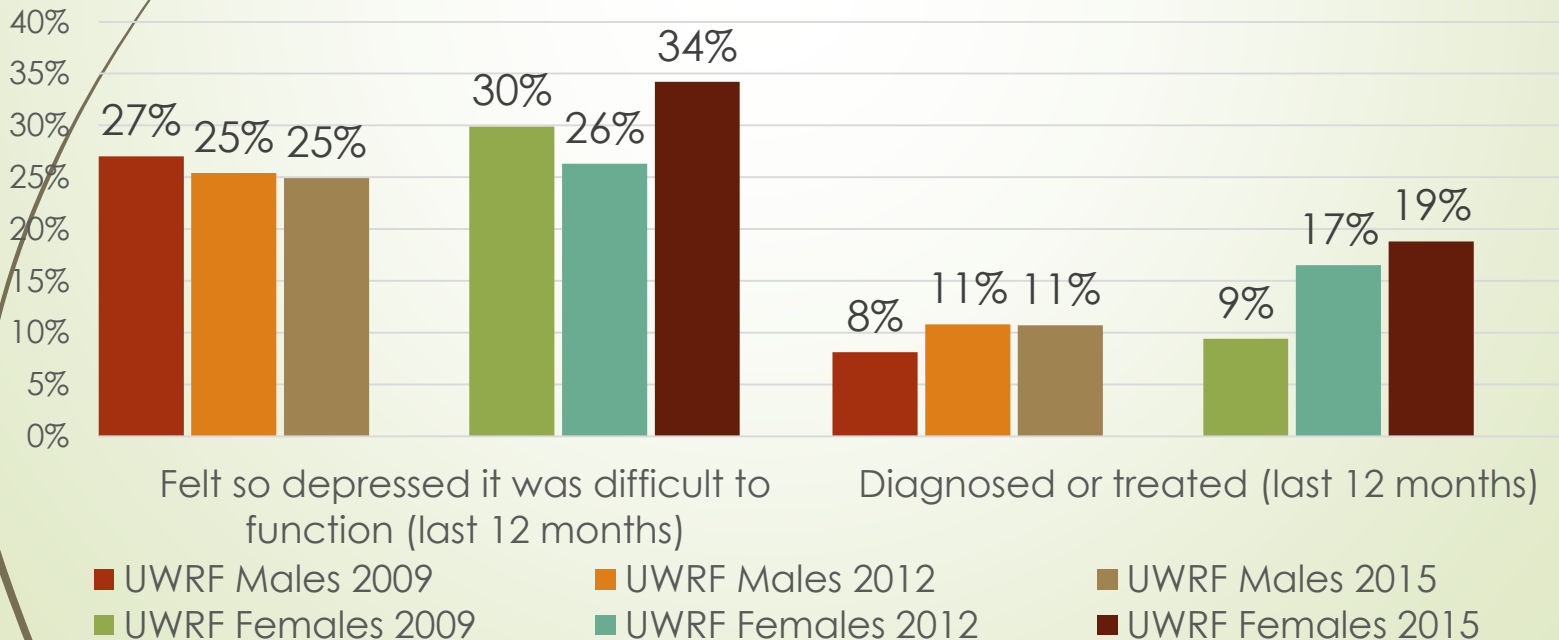
# Mental Health



# Depression - NCHA

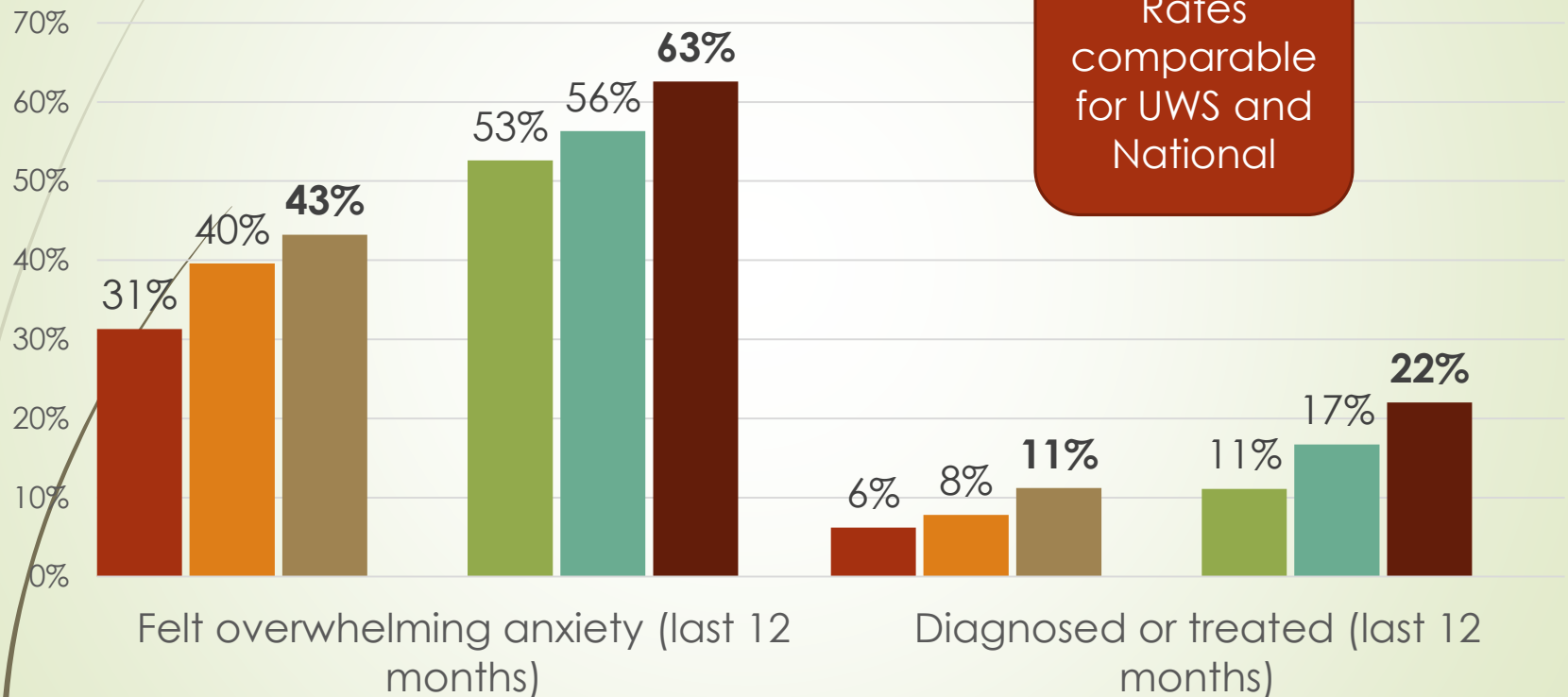


## Depression



# Anxiety - NCHA

## Anxiety



Rates comparable for UWS and National

■ UWRM Males 2009

■ UWRM Males 2012

■ UWRM Males 2015

■ UWRM Females 2009

■ UWRM Females 2012

■ UWRM Females 2015

# Suicide and Self-Harm - NCHA

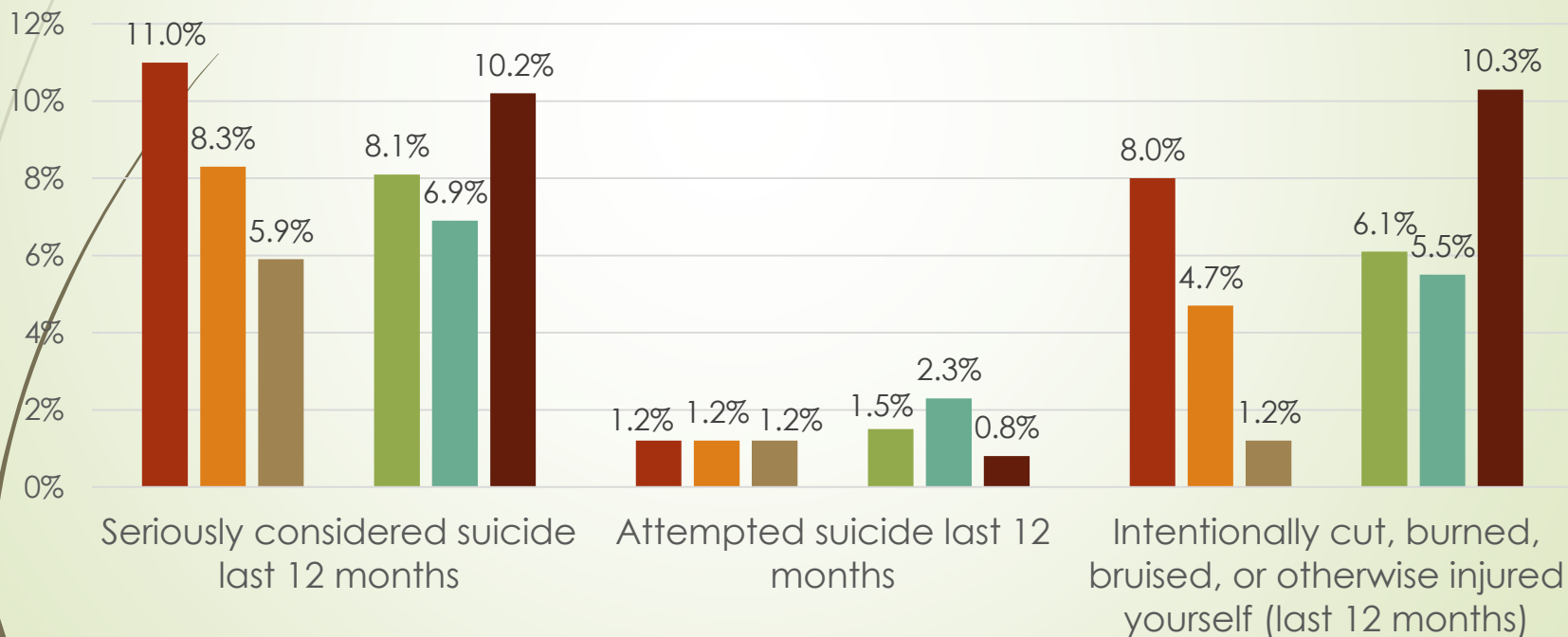
In 2015, over 9% (total) of UWRF students seriously considered suicide

Nearly 1% (0.9% total) made an attempt

**≈6,000 UWRF students, that means 60 students made an attempt in 2015!**

Rates tend to be stable or declining for males and stable or increasing for females

## Suicidal Ideation and Attempts



■ UWRF Males 2009  
■ UWRF Females 2012

■ UWRF Males 2012  
■ UWRF Females 2012

■ UWRF Males 2015  
■ UWRF Females 2015

# Counseling Services Utilization

	2006/2007	2007/2008	2008/2009	2009/2010	2010/2011	2011/2012	2012/2013	2013/2014	2014/2015
Total number sessions	1,199	1,109	1,009	1,230	1,402	2,087	2,002	1,886	1,648
Average number of sessions	3.59	3.15	2.71	2.83	2.59	4.36	4.08	4.23	3.64
Number of Clients	334	352	372	434	541	479	491	446	453
Enrollment	6,229	6,452	6,555	6,728	6,902	6,788	6,447	6,171	6,184
Percentage of enrolled students seen	5.36%	5.46%	5.68%	6.45%	7.84%	7.06%	7.62%	7.23%	7.33%

95% said they would recommend counseling services to a friend.

98% said it was important or very important to have counseling services located on campus.



UWS Counseling Impact Assessment Project (2014-15)

\*How numbers have been counted have varied from year to year, so are somewhat approximate.

\*Initiated Titanium counseling services management system in August of 2012 so working on more consistent numbers.

\*Currently does not include group sessions.

Weight, Physical Activity, Nutrition,  
Sexual Behavior and  
Contraception, and Sleep

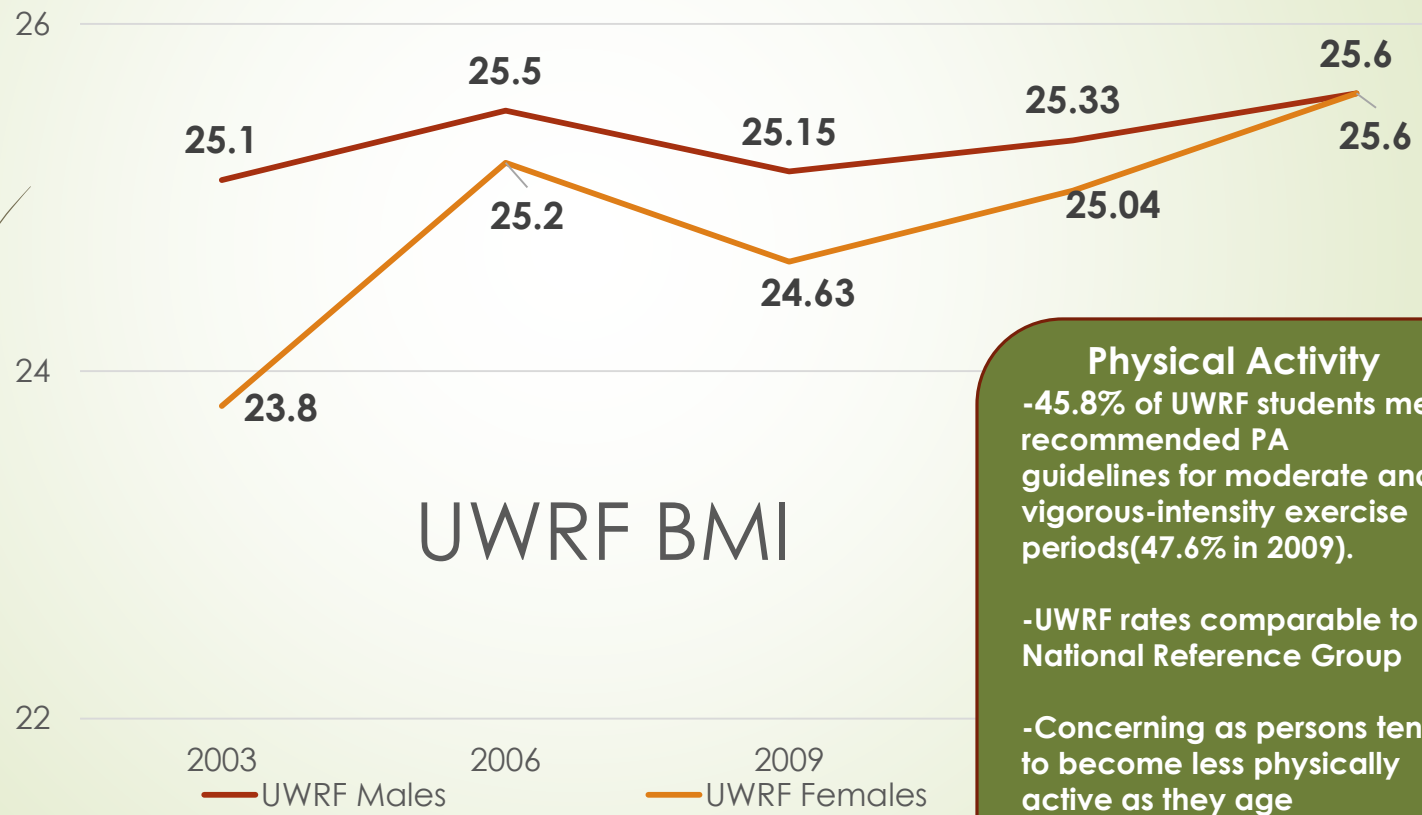




# Weight/BMI and Physical Activity - NCHA

BMI is a number that shows body weight adjusted for height.  
BMI is not the only indicator of health risk.  
 $BMI = 703 \times \text{weight}(\text{lbs}) / \text{height}(\text{in}) / \text{height}(\text{in})$   
2015 UWS 25 for females and 25.6 for males

The Average Male and Female UWRF Student is now Classified as Overweight (25.6) and the BMI Rate has Continued to Climb Which is Troubling as Persons Tend to Gain Weight as They Age. The average Faculty/Staff BMI is 26.68



**Physical Activity**  
-45.8% of UWRF students met recommended PA guidelines for moderate and vigorous-intensity exercise periods(47.6% in 2009).  
  
-UWRF rates comparable to National Reference Group  
  
-Concerning as persons tend to become less physically active as they age

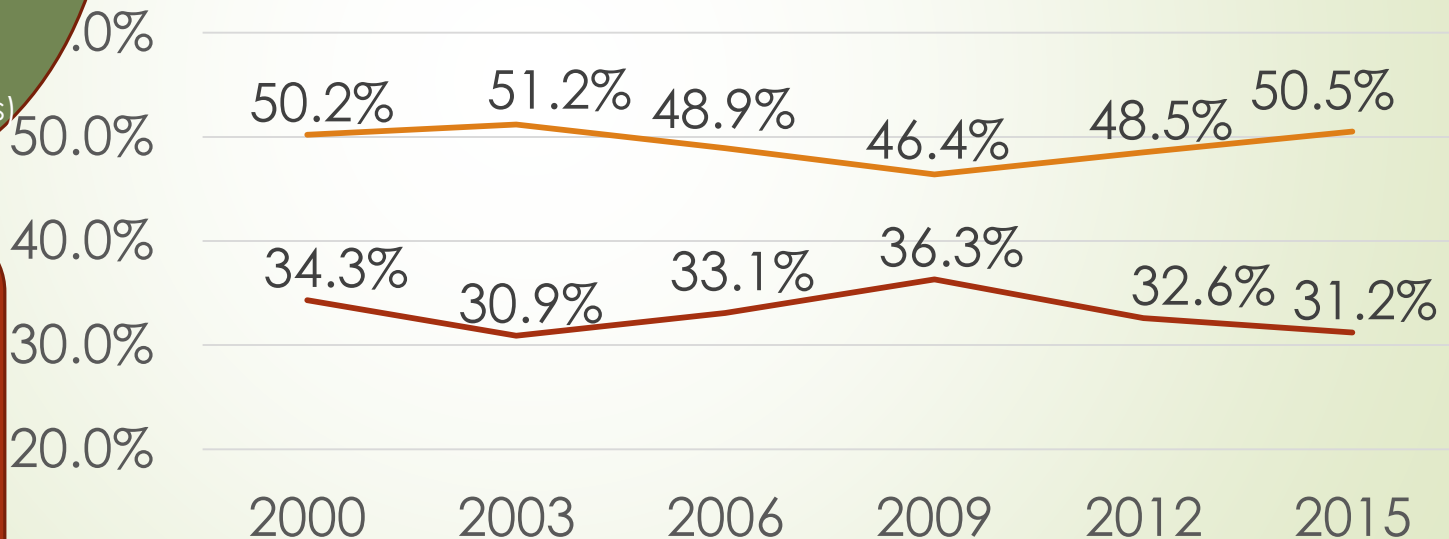
# Sexual Behaviors – NCHA

2015  
60.4% of UWRP students say they used contraception the last time they had vaginal intercourse

54% of UWRP students say they used a condom during vaginal intercourse last 30 days (mostly-always)

Total mean number of sexual partners increasing, but 2015, over 75% of UWRP students had zero to one sexual partner in the last 12 months

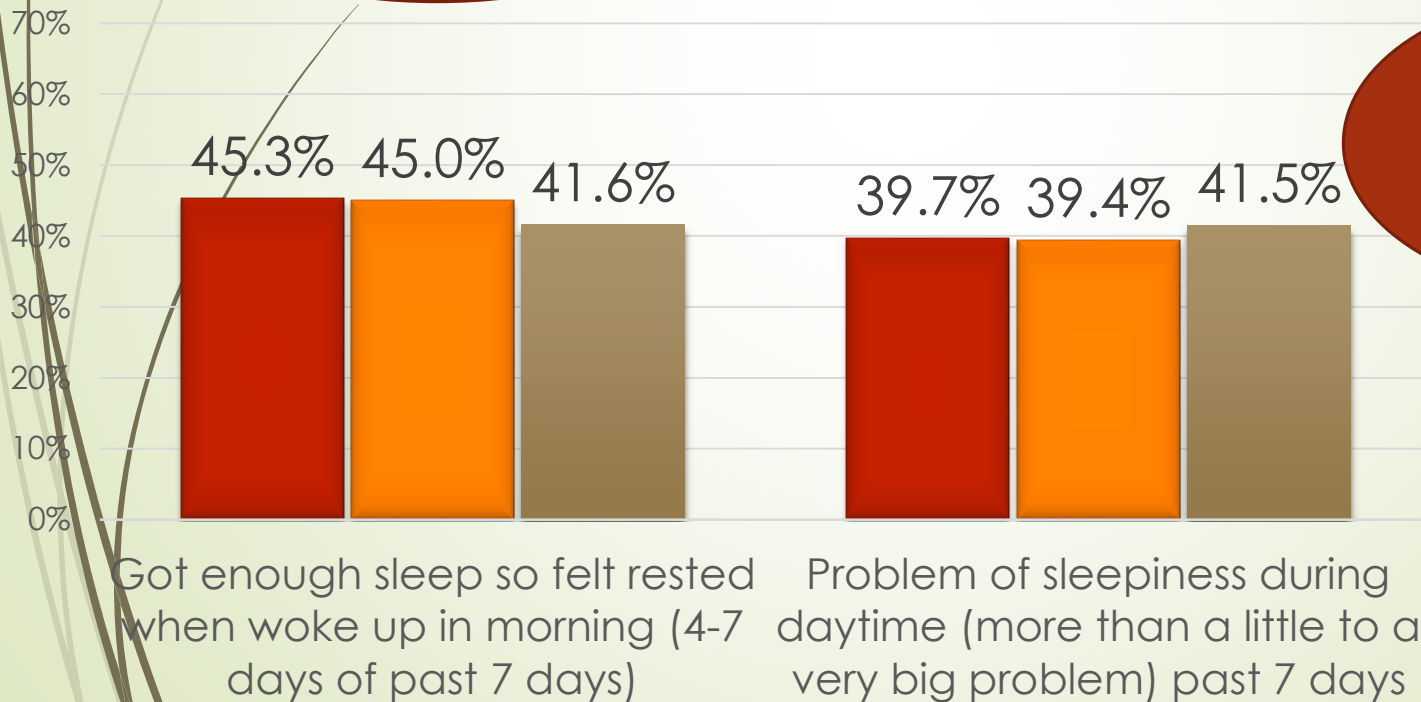
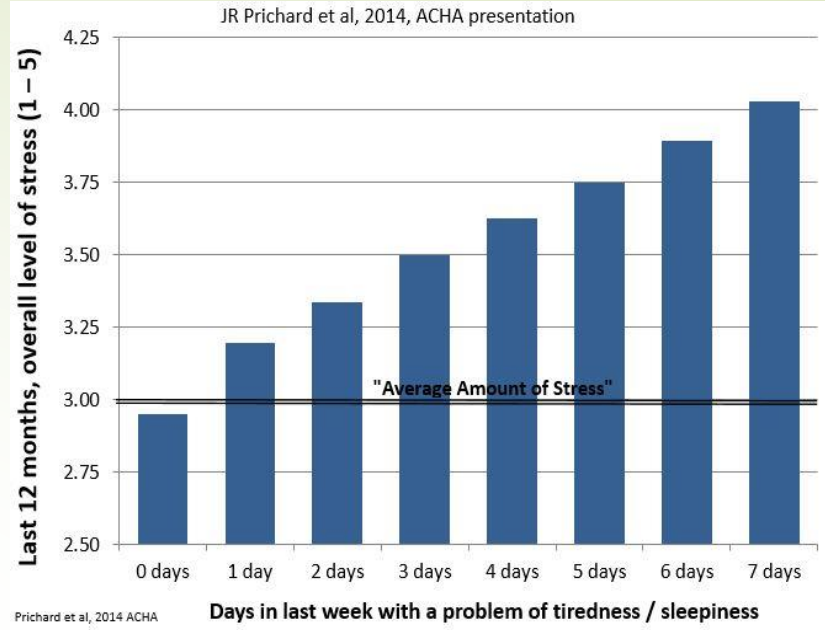
Method of birth control used last time you had vaginal intercourse?	UWRP 2009	UWRP 2012	UWRP 2015	UWS	National
Birth control pills	59.8	68.1	62.0	63.0	59.2
<b>Male condom</b>	<b>64.8</b>	<b>64.3</b>	<b>66.2</b>	<b>65.6</b>	<b>63.2</b>
<b>Withdrawal</b>	<b>24.3</b>	<b>32.0</b>	<b>39.1</b>	<b>33.4</b>	<b>31.6</b>
<b>Intrauterine device (IUD)</b>	<b>4.7</b>	<b>3.6</b>	<b>7.0</b>	<b>7.2</b>	<b>7.4</b>
<b>Male condom use + another method</b>	<b>51.1</b>	<b>52.7</b>	<b>58.3</b>	<b>54.8</b>	<b>49.3</b>



— Have never had vaginal sex  
— Had vaginal sex last 30 days

# Sleep – NCHA

For UWRF students, less than half are getting enough sleep on most days of the week, and for almost 40%, feeling sleepy and tired during the day is a problem



Feeling tired and sleepy during the day is associated with increased suicidal ideation and levels of stress

- UWRF
- UWS
- National

# Impediments to Academic Performance



# Impact of Health/Mental Health on Academics - NCHA

UW-River Falls 2009 National College Health Assessment  
Secondary analysis by Survey Research Center

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

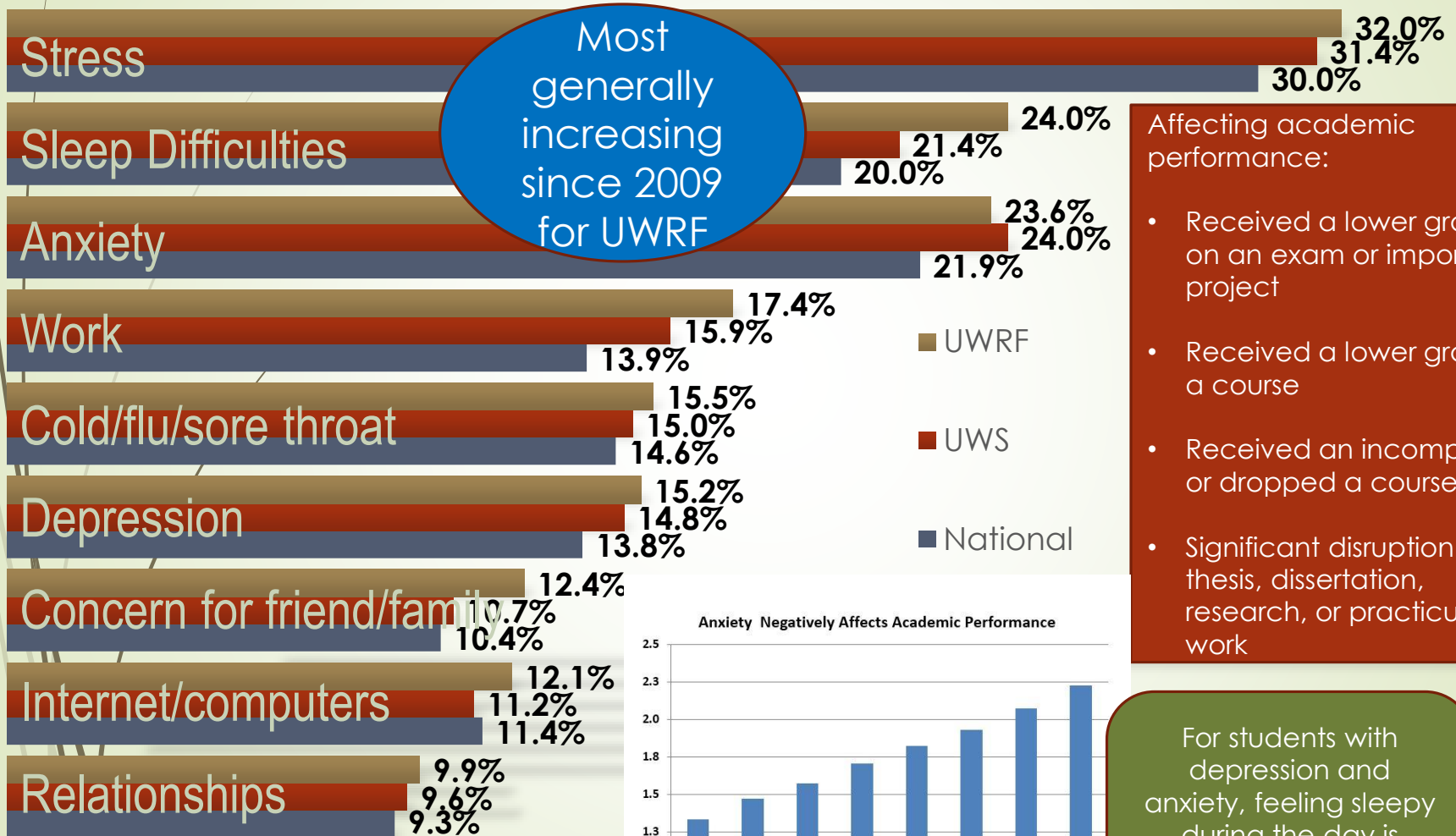


In 2009, about 30% of students spent 3 or more hours per day on the computer not for work/academics.

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

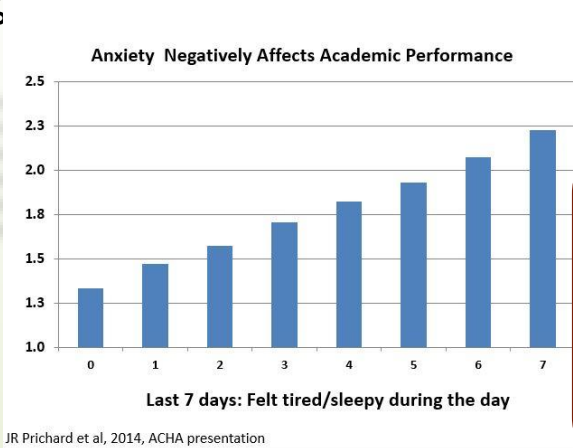
# Impact of Health/Mental Health on Academics – NCHA

Top issues negatively affecting academics for UWRF students 2015



Most generally increasing since 2009 for UWRF

- Affecting academic performance:
- Received a lower grade on an exam or important project
  - Received a lower grade in a course
  - Received an incomplete or dropped a course
  - Significant disruption in thesis, dissertation, research, or practicum work



For students with depression and anxiety, feeling sleepy during the day is associated with more significant negative academic impacts

The background of the slide is a photograph of a university campus. On the right side, there is a prominent black clock tower with a white face and Roman numerals. The tower is topped with a decorative finial and has a small plaque below the clock face that reads "Est. 1874". The top of the tower features the text "UW-RIVER FALLS". In the foreground, a paved walkway leads through a green lawn. Several people are walking along the path: a man in a black t-shirt and brown pants, a woman in a pink t-shirt and blue jeans, a woman in a blue jacket and blue jeans, a man in a black jacket and blue jeans with a backpack, and a woman in a red jacket and black pants. The sky is a clear, pale blue, and the trees in the background are lush green.

# UWRF Faculty/Staff Worksite Wellness Survey Results Spring 2007/2016

Presented by the UWRF Advisory Council on Health and Wellness

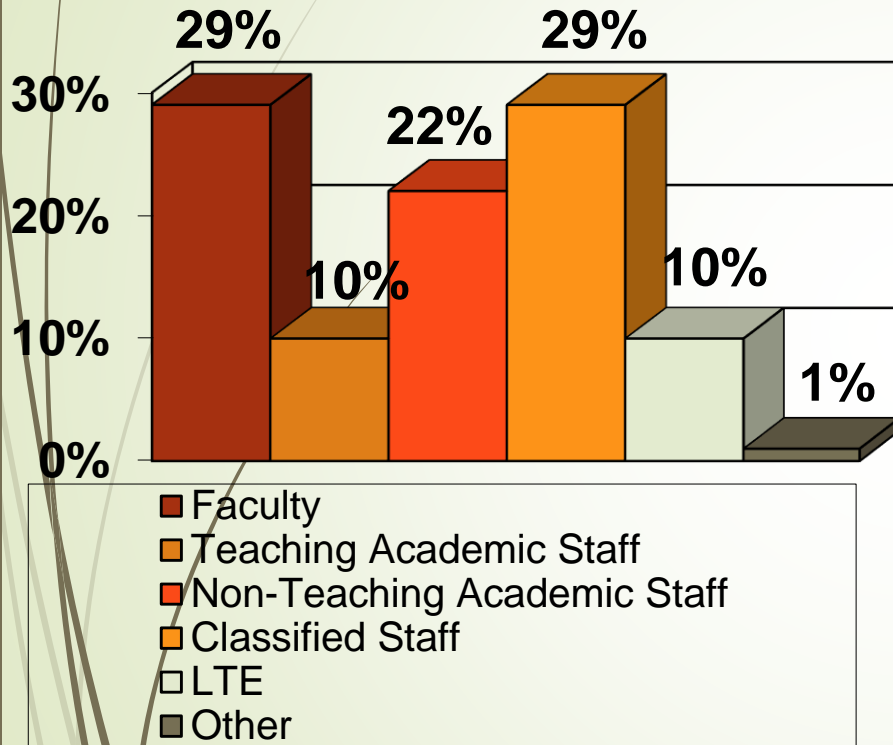
29.5% response rate (232 faculty and staff responded) in 2016

35% response rate (287 faculty and staff responded) in 2007

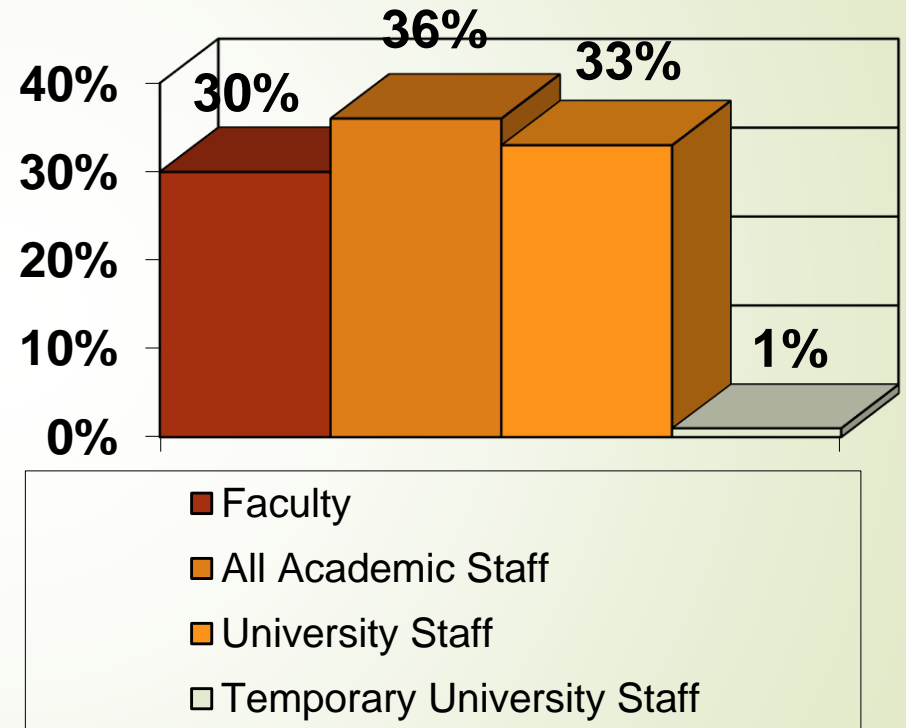
95% in 2016  
are non-  
smokers as  
compared to  
93% in 2007

# UWRF Employee Classification

2007



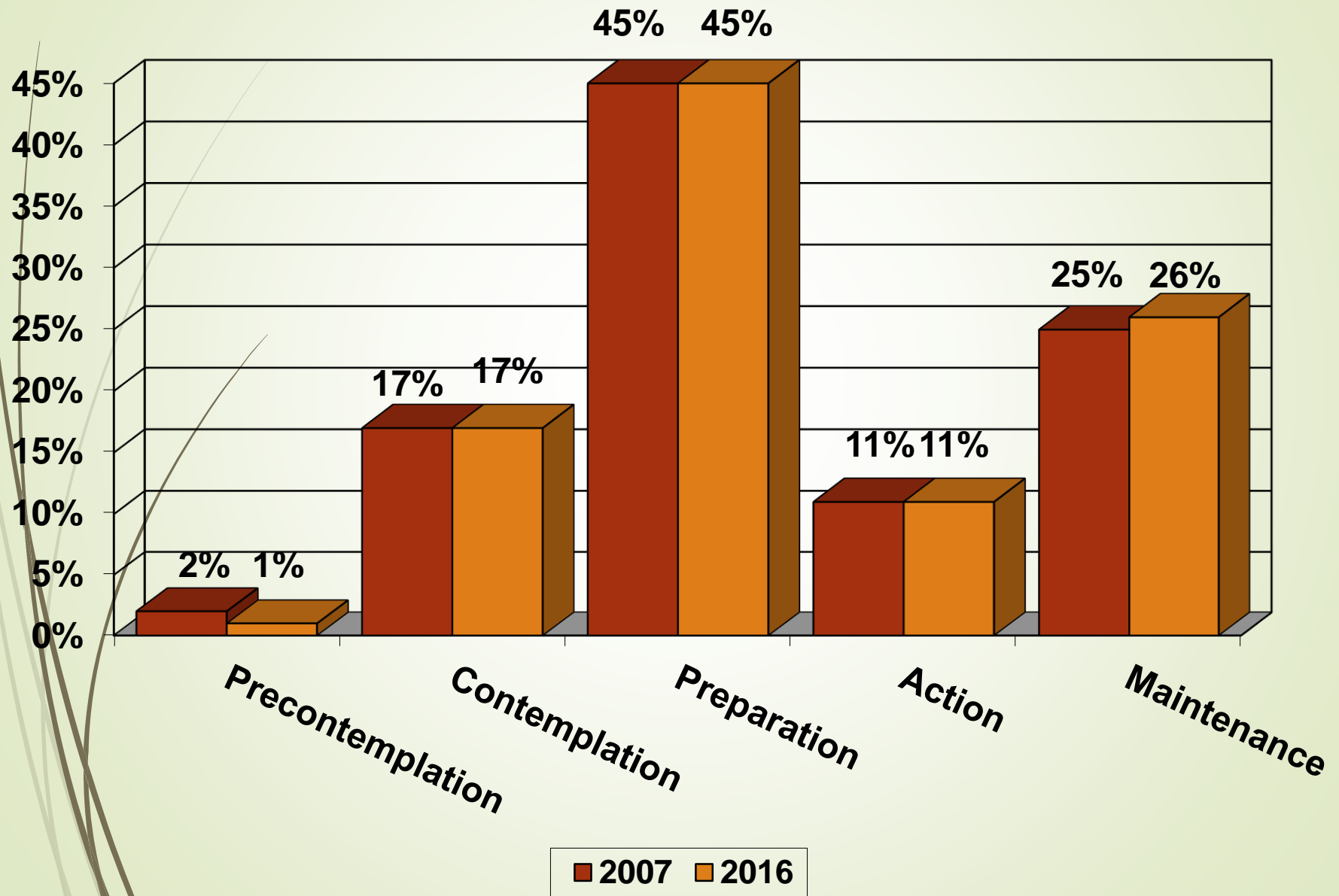
2016




Similar  
Classifications of  
employment for  
2007 and 2016



# UWRF Stage of Physical Activity





# When do Faculty and Staff get most of their Physical Activity each day? (2007/2016)

- Before work 18/22%
- During work hours on break and lunch times 18/15%
- **After work 51/50%**
- None of the times listed above 3% (2007)
- I am only active on weekends 6% (2016)
- I am not physically active 9/7%

# UWRF Faculty/Staff

## Support for Policy or Environmental Worksite Changes (2007/2016)

- University/Department support for flex-time – 76/75.2%
- Flex-time for physical activity – 74/70.3%
- Preventive wellness screenings (BP, Body Comp, Cholesterol, or offerings (flu shots) – 84/68%
- Policies for those who choose to breast feed at the work place – 60/60.6%
- Review healthy food options for food service/vending – 73/49.3%

Rated as high  
or very high



# UWRF Faculty/Staff Physical Activity Initiative Interest Areas (2007/2016)

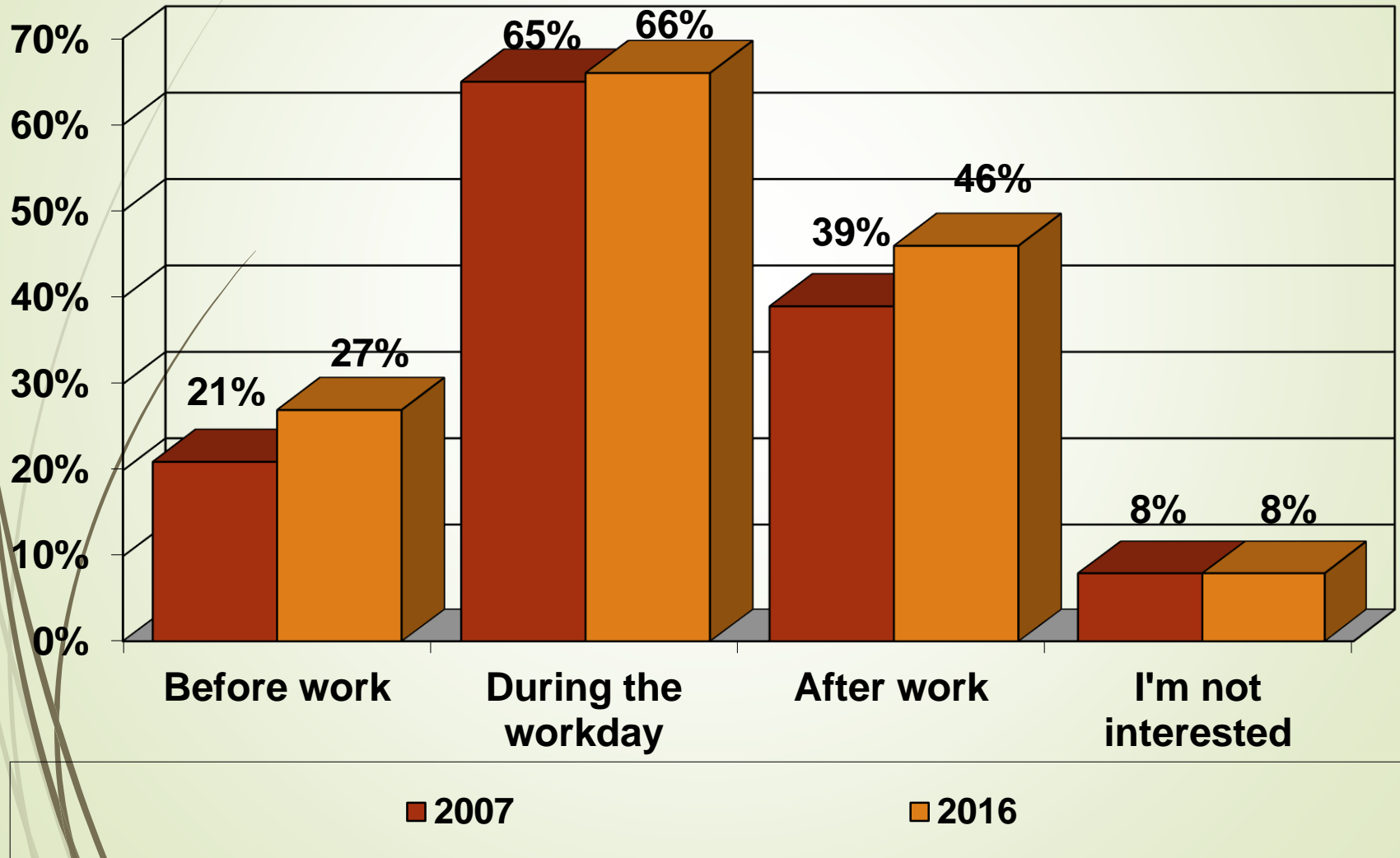
- Discounted memberships at health clubs – 64/68.2%
- Information on existing activities – 64/52.5%
- Access to personal trainer – 55/48.9%
- Small group for regular activity (walking) – 52/40.8%

Rated as high  
or very high

# UWRF Faculty/Staff Falcon Center Interest Areas (check all that apply)

- **Cardio equipment – 53%**
- **Knowles Center track – 52%**
- **Strength equipment – 47%**
- **Group fitness classes – 47%**
- Outdoor rental center – 28%
- Open skating – 22%
- Climbing wall – 19%
- Court sports – 17%

# What Would be the Best Time for more Opportunities around Physical Activity and Nutrition (check all that apply)



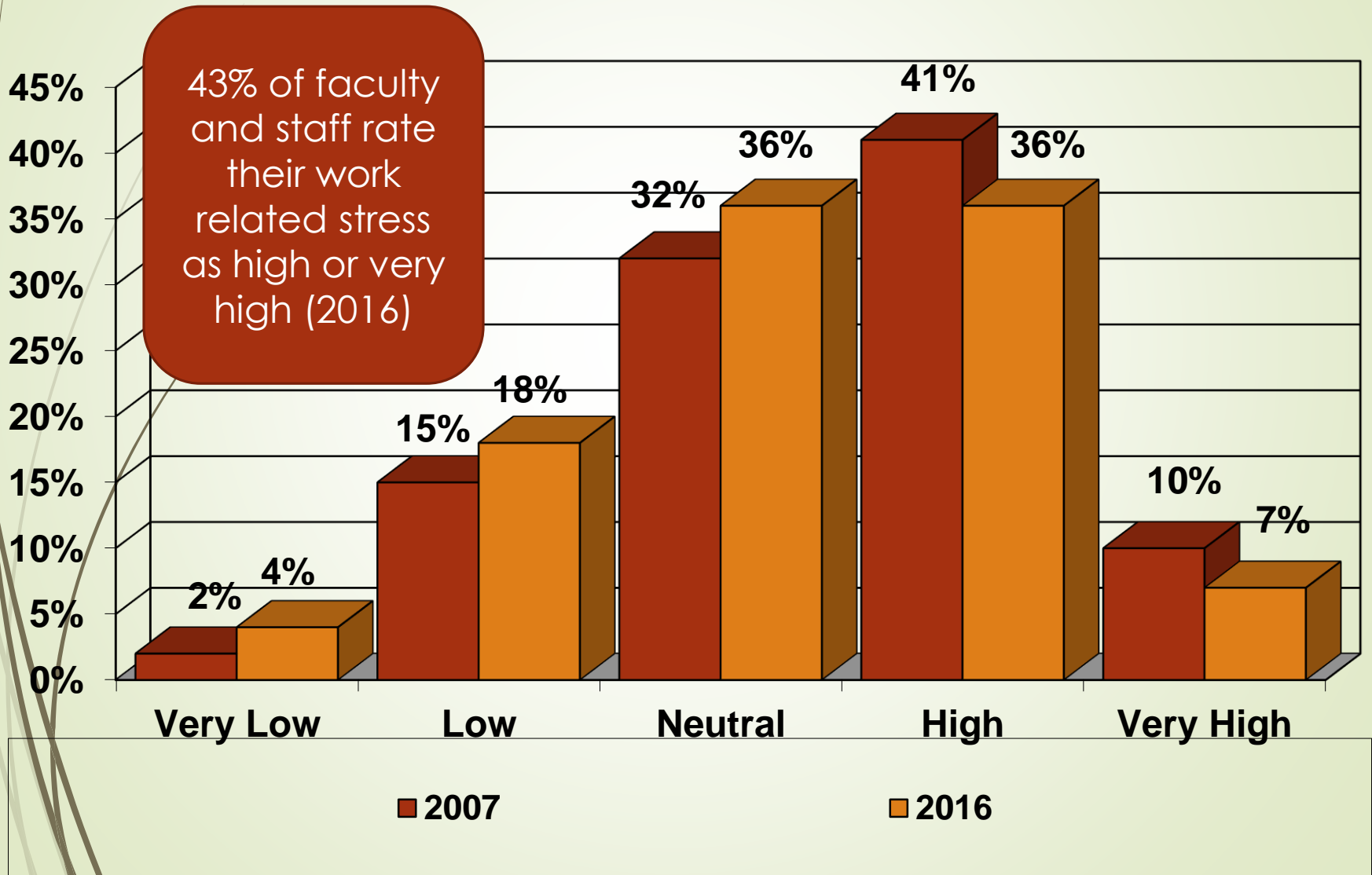
# UWRF Faculty/Staff Nutrition Initiative Interest Areas (2007/2016)

- Recipes/healthy meal ideas – 67/56.3%
- Access to nutrition/healthy eating web resources – 51/43.2%
- Regular healthy eating e-mail tips – 49/35.4%
- Regular interactive sessions on nutrition – 33/31.2%

56% of faculty/staff eat 3 or more servings of fruits and vegetables per day, compared to 32% of students

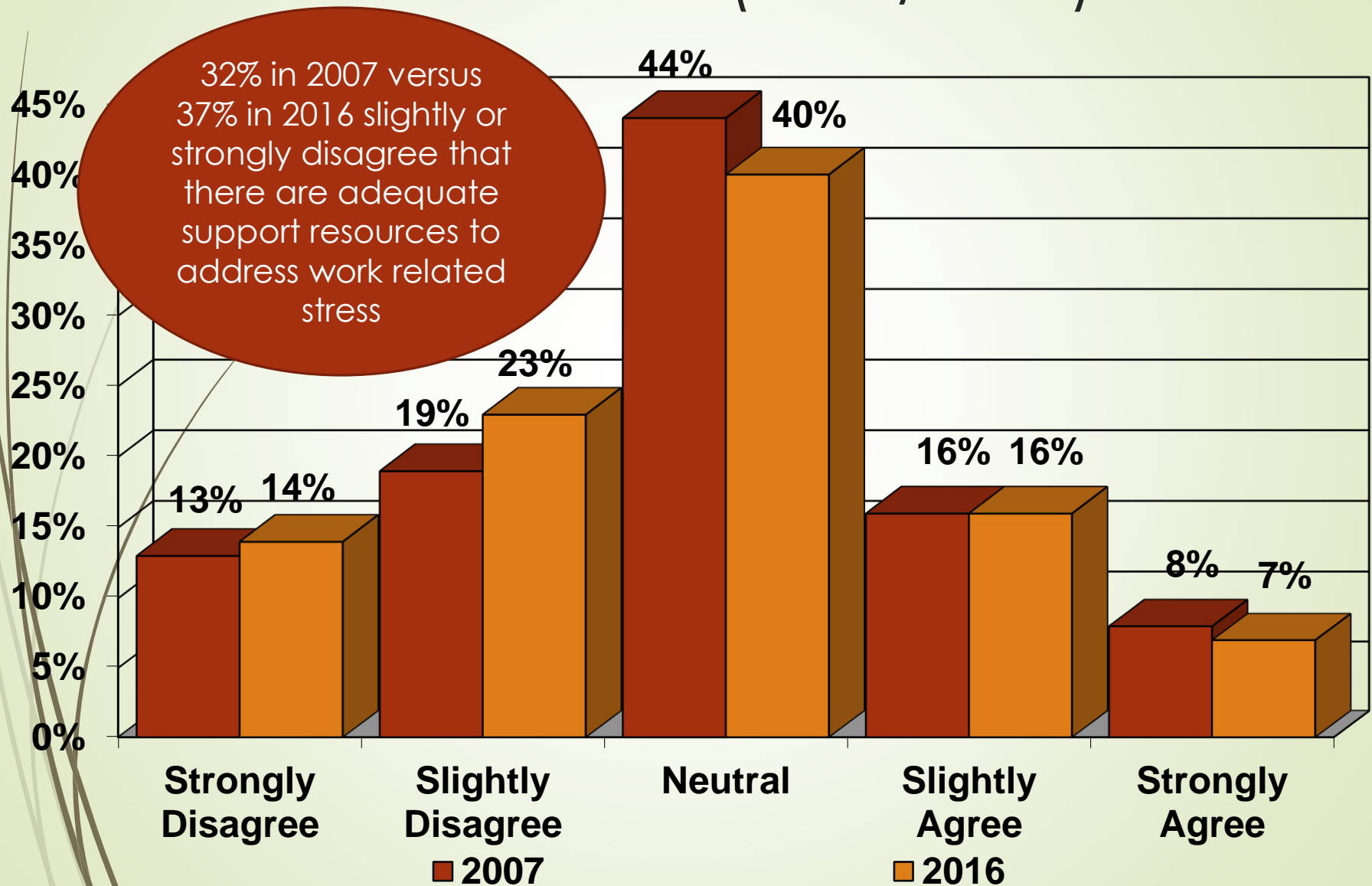
Rated as high or very high

# UWRF Faculty/Staff Work-Related Stress (2007/2016)

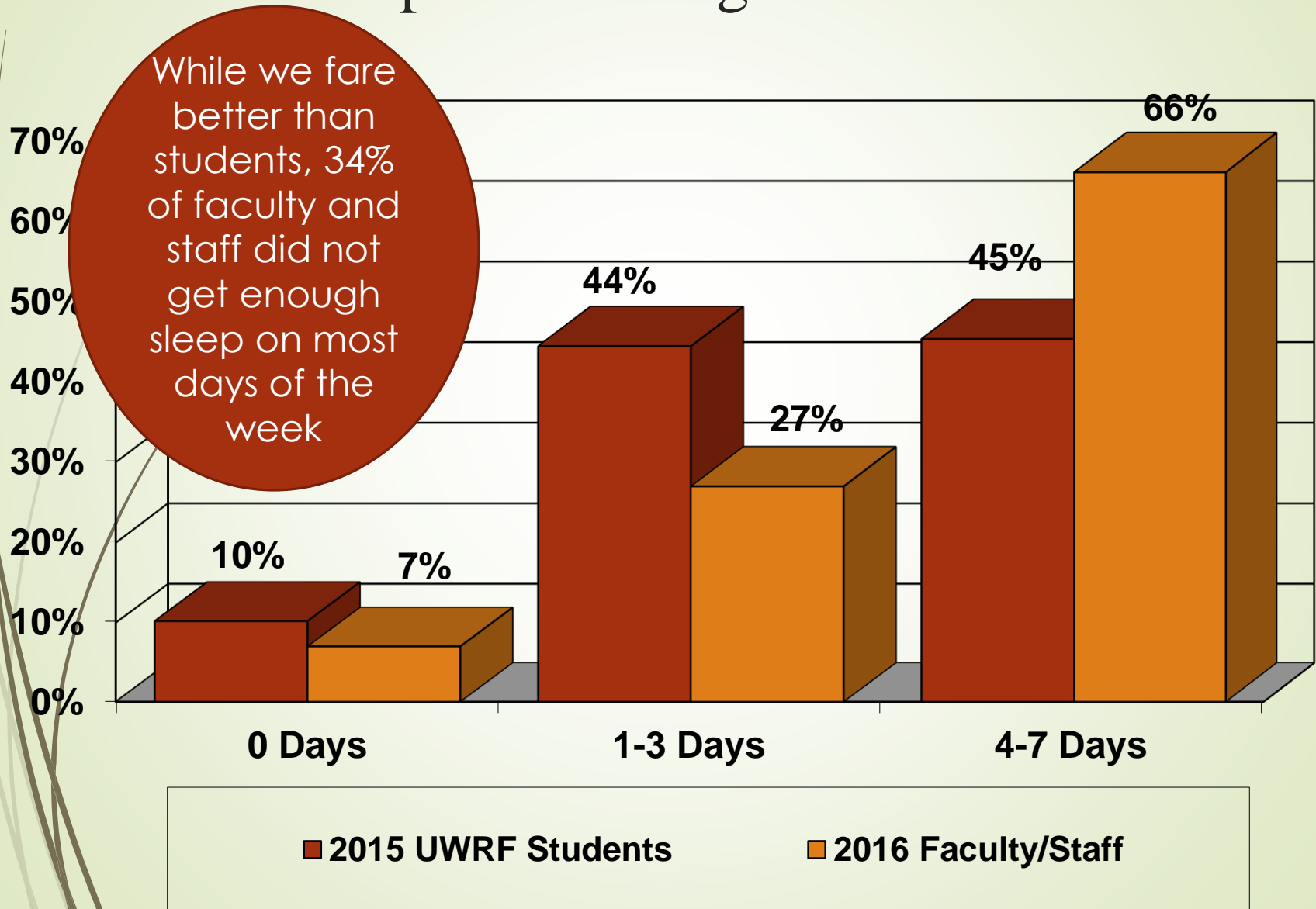




# UWRF Faculty/Staff Resources to Address Stress at Work (2007/2016)



# Past 7 Days Got Enough Sleep So Felt Rested When Woke Up in Morning





# For More Information

- ▶ Keven Syverson, Student Health Services Health Education Coordinator, [keven.syverson@uwrf.edu](mailto:keven.syverson@uwrf.edu), 425-3293
- ▶ Alice Reilly-Myklebust, Student Health and Counseling Services Director, [alice.m.reilly-myklebust@uwrf.edu](mailto:alice.m.reilly-myklebust@uwrf.edu), 425-3293