



UW-River Falls *National College Health
Assessment* (NCHA, Spring 2018)
Underrepresented/Breakout Groups Report



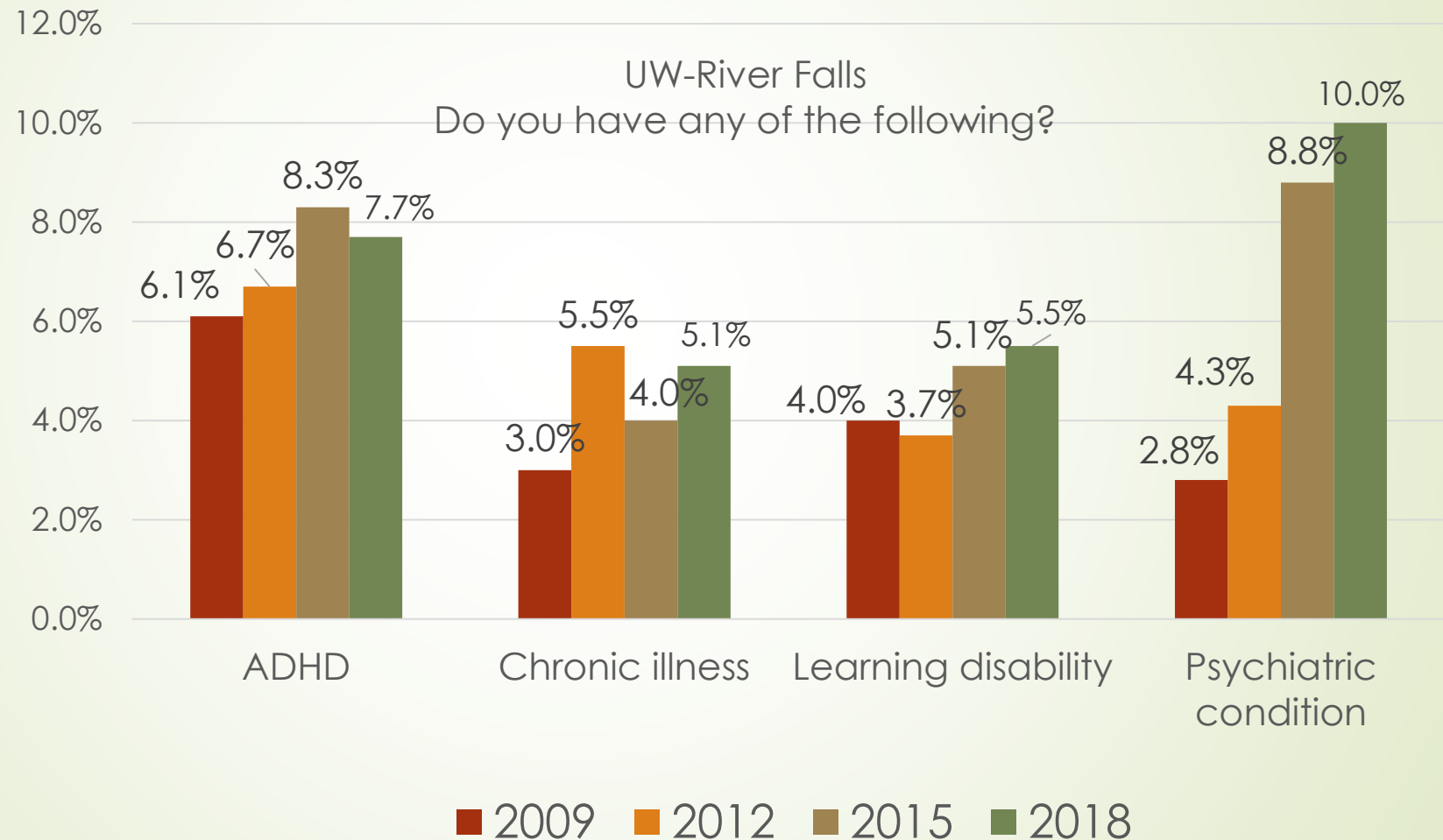
Topics Covered

- Disabilities
 - Overall Health
 - Sexual Violence, Physical Violence, & Safety
 - Mental Health and Stress
 - Alcohol, Tobacco, & Drugs
 - Sexual Behaviors
 - Sleep
 - Food insecurity
 - Physical Activity and BMI
 - Influenza Vaccination
 - Electronics
 - Firearms
 - Helping Others
 - Impact on Academics
 - What does this mean?
- 

Underrepresented Groups

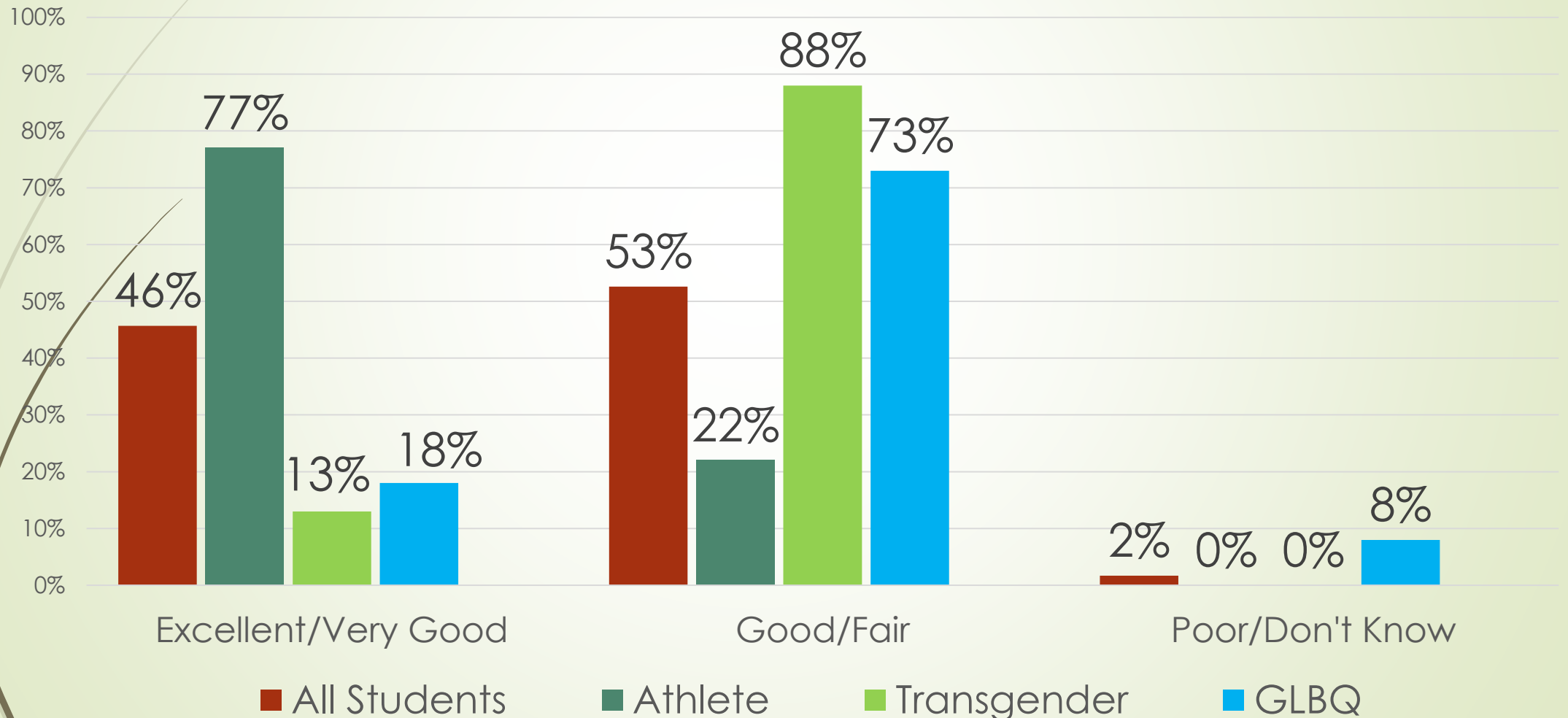
- ▶ Disability-Students reporting any disability (*ADHD, chronic illness, deafness/hearing loss, learning disability, mobility/dexterity disability, partial sightedness/blindness, psychiatric condition, speech/language disorder, other*)
- ▶ Ethnic Minority-Students that described themselves as *Black or African American, Hispanic or Latino, Asian or Pacific Islander, American Indian/Alaskan Native/ Native Hawaiian, Biracial or Multiracial, or other*
- ▶ GLBQ-Students who identified themselves as *gay/lesbian, bisexual, or unsure.*
- ▶ Transgender-Part of gender demographic question, *numbers too small to break out in 2015.*
- ▶ Veterans- *Students reporting that they are currently or have been a member of the U.S. Armed Services (Active duty, Reserve or National Guard).*
- ▶ International – *Students reporting that they are international students.*
- ▶ Athletes- *Students reporting that they have participated in college athletics within the last 12 months.*

Disabilities - UWRF VS National Reference Group (NCHA-Spring 2018, all students)



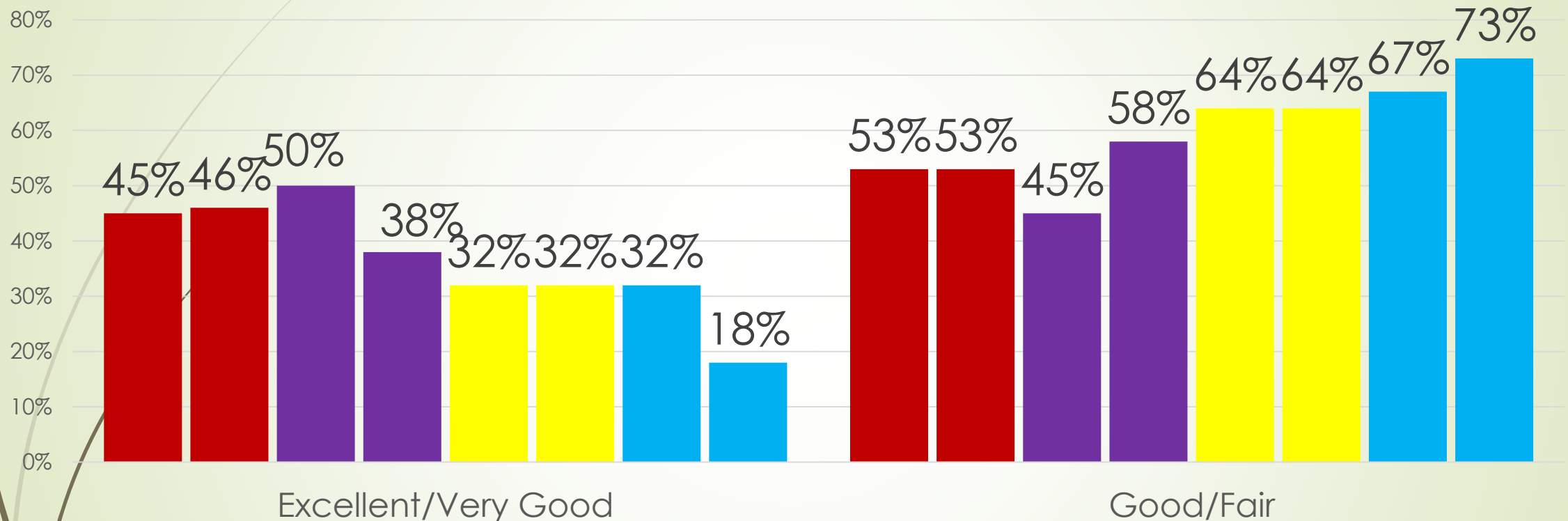
Overall Health – UWRF (NCHA-Spring 2018)

How would you describe your general health?



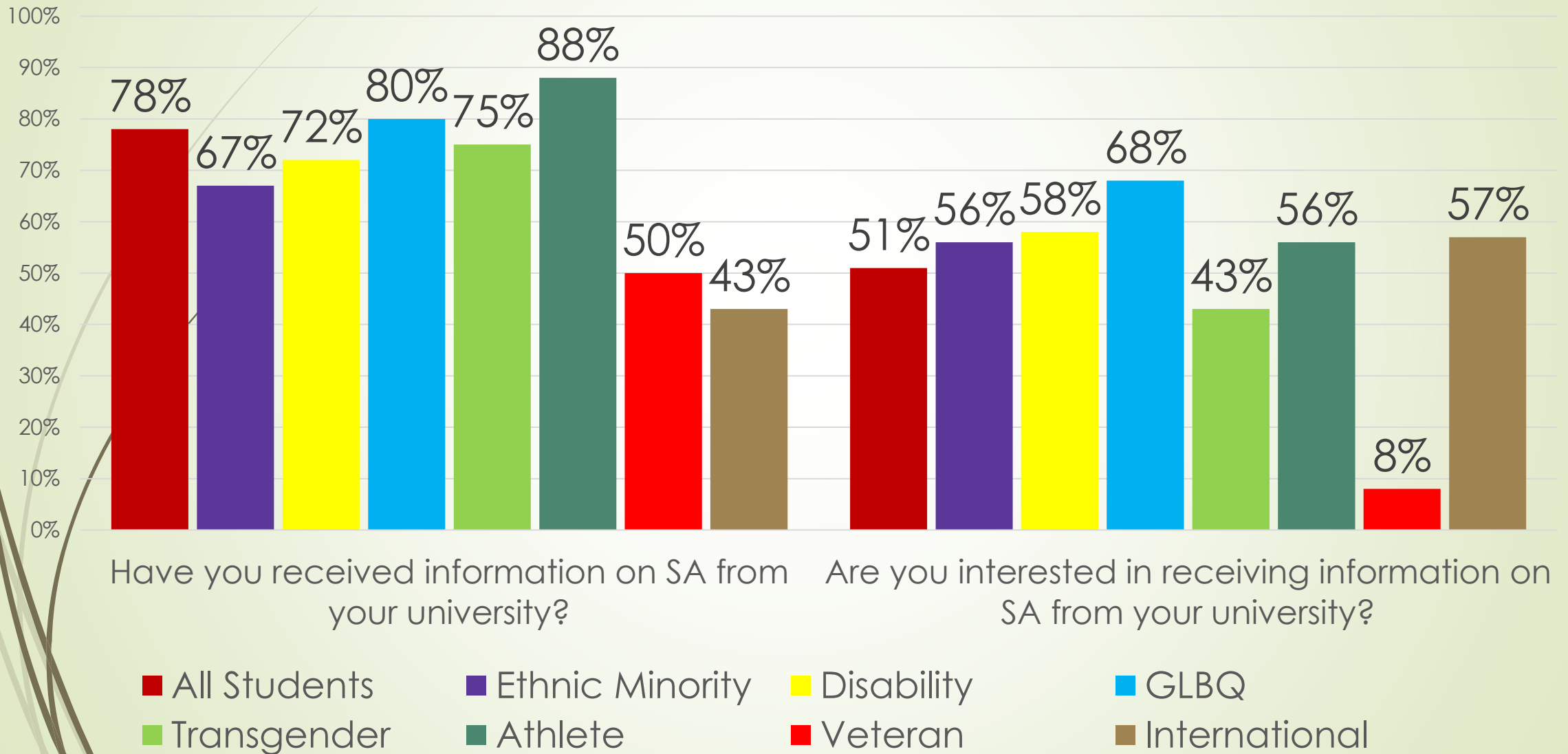
Overall Health – UWRF (NCHA-Spring 2015 and 2018)

How would you describe your general health?



- All Students 2015 and 2018
- Ethnic Minority 2015 and 2018
- Disability 2015 and 2018
- GLBQ 2015 and 2018

Sexual Assault – UWRF (NCHA-Spring 2018)

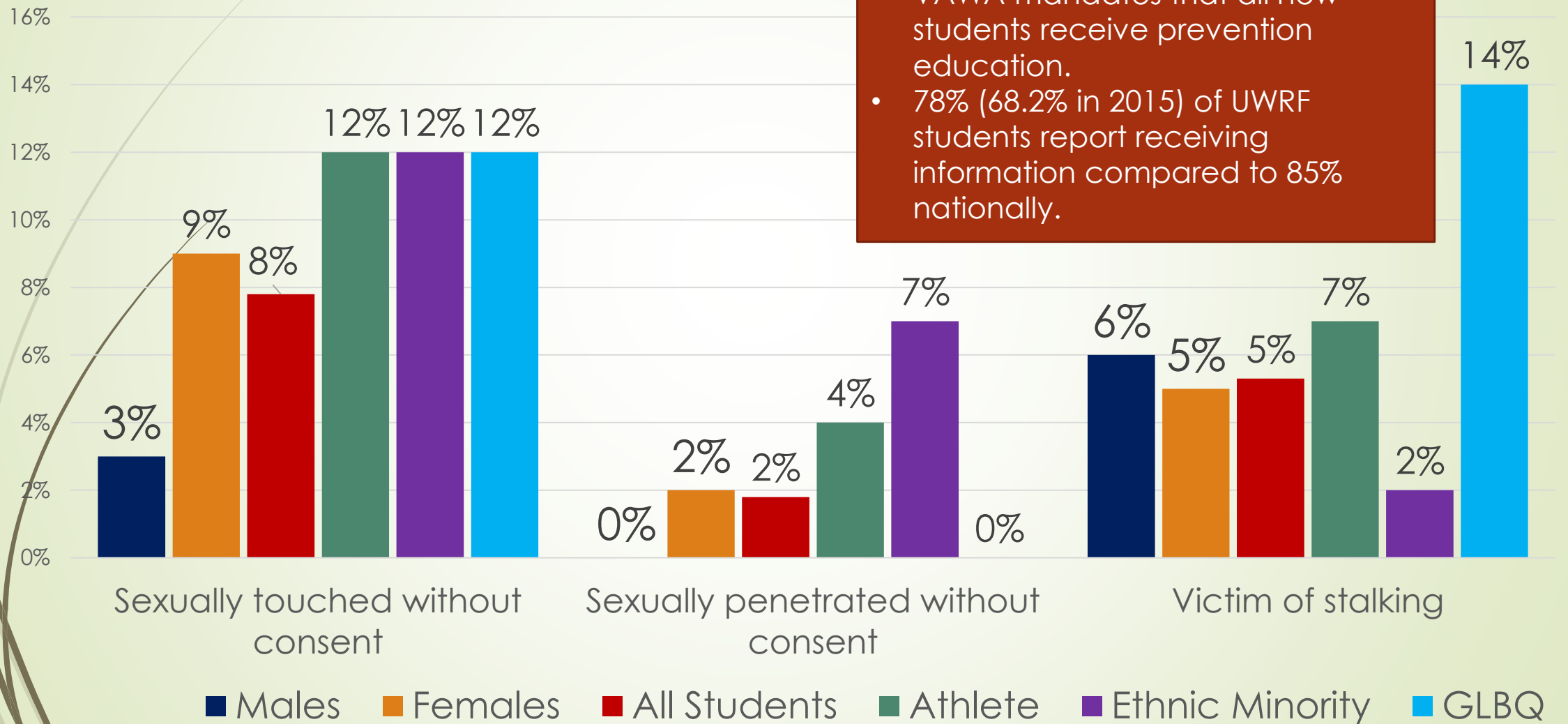


Sexual Violence – UWRF (NCHA-Spring 2018)

Within the last 12 months, were you:

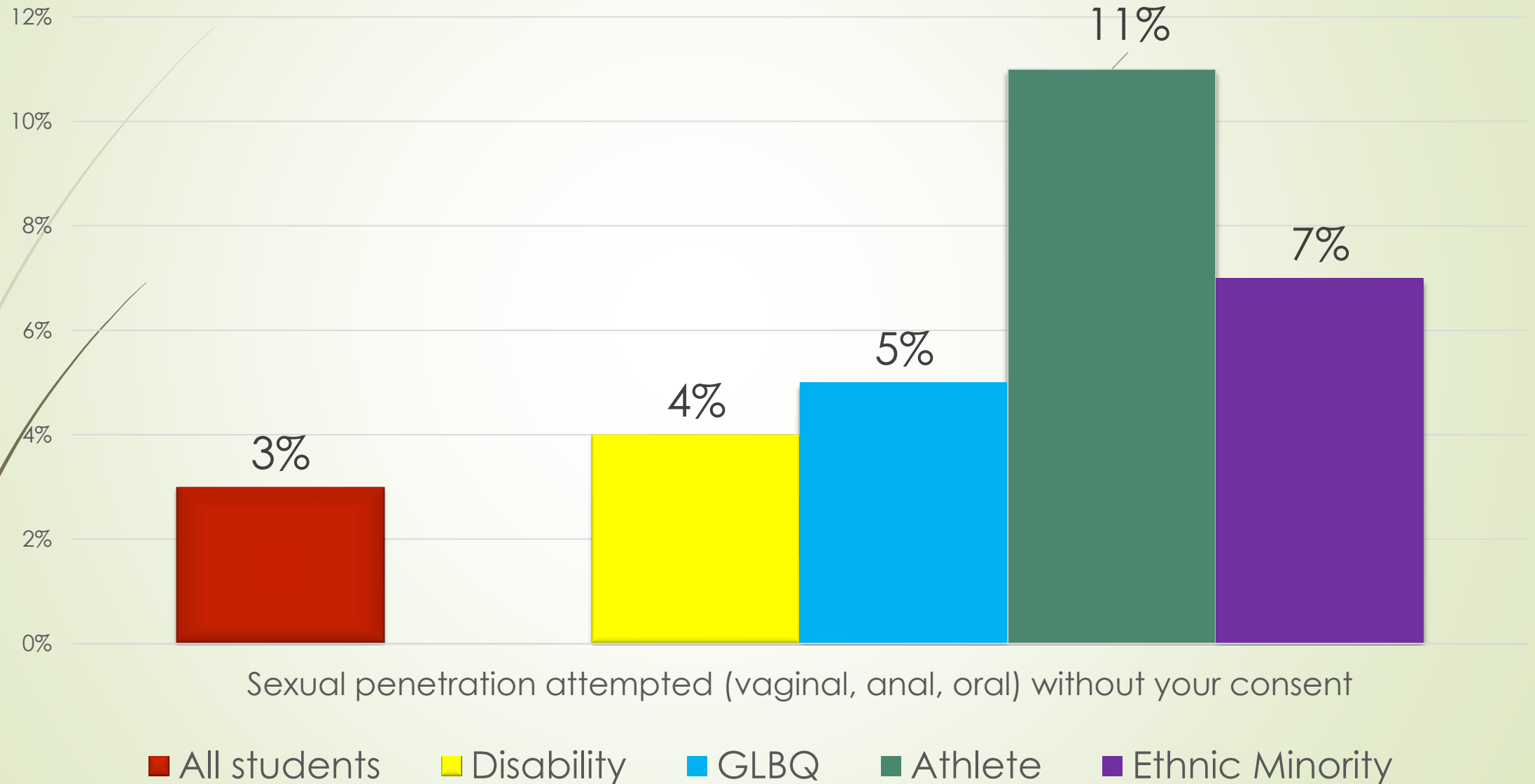
Sexual Violence Prevention:

- VAWA mandates that all new students receive prevention education.
- 78% (68.2% in 2015) of UWRF students report receiving information compared to 85% nationally.



Sexual Violence – UWRF (NCHA-Spring 2018)

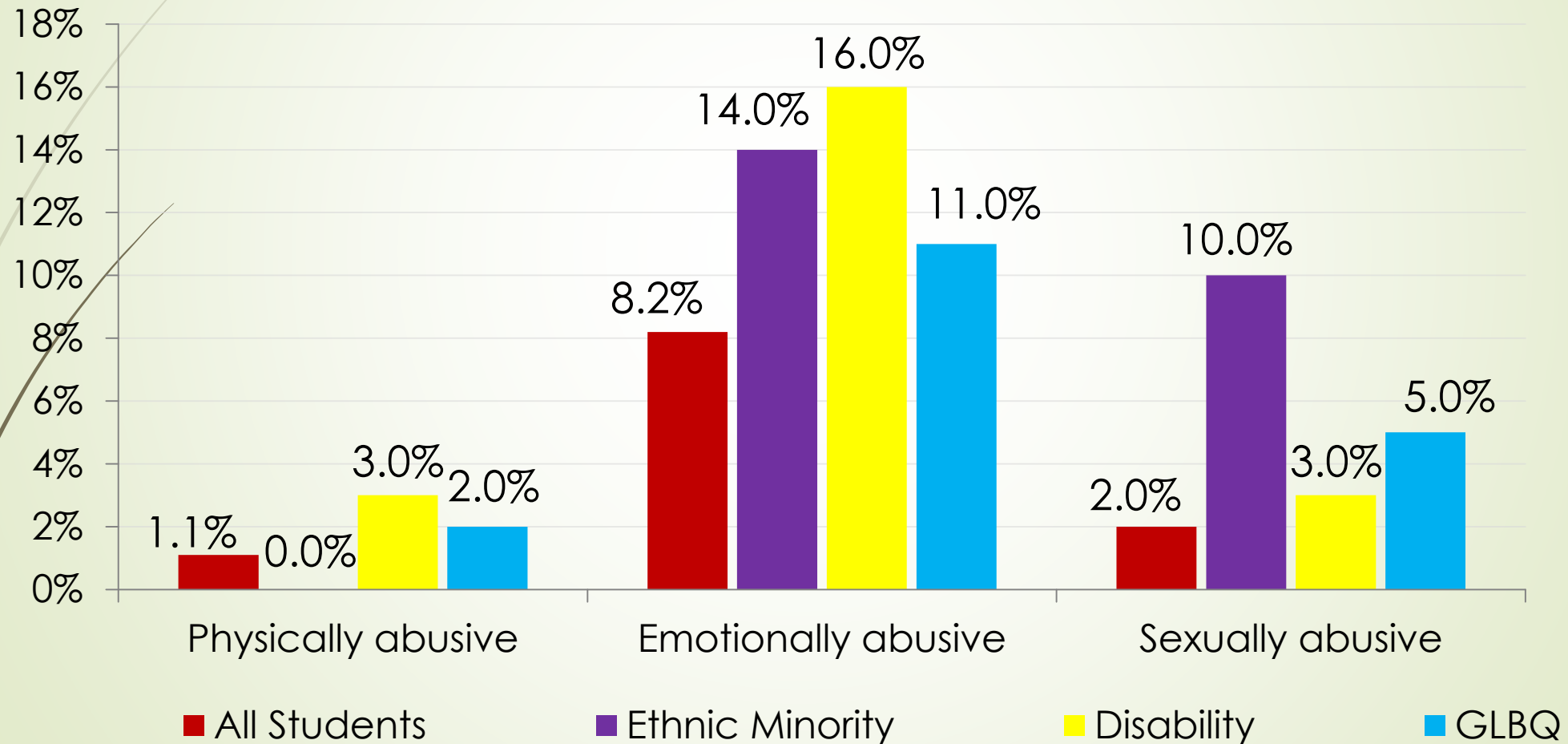
Within the last 12 months was:



Relationship Violence – UWRF (NCHA-Spring 2018)

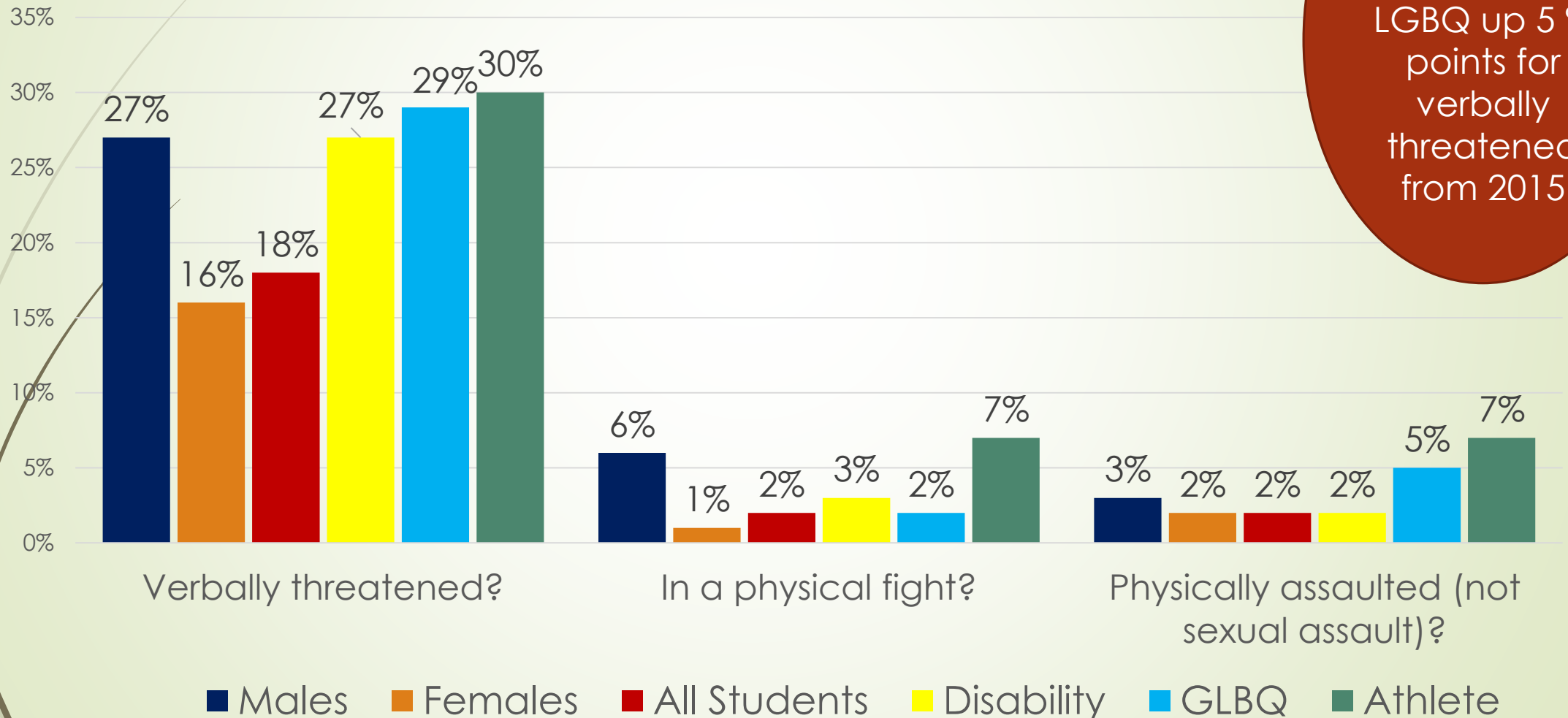
Rates slightly lower overall than 2015

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



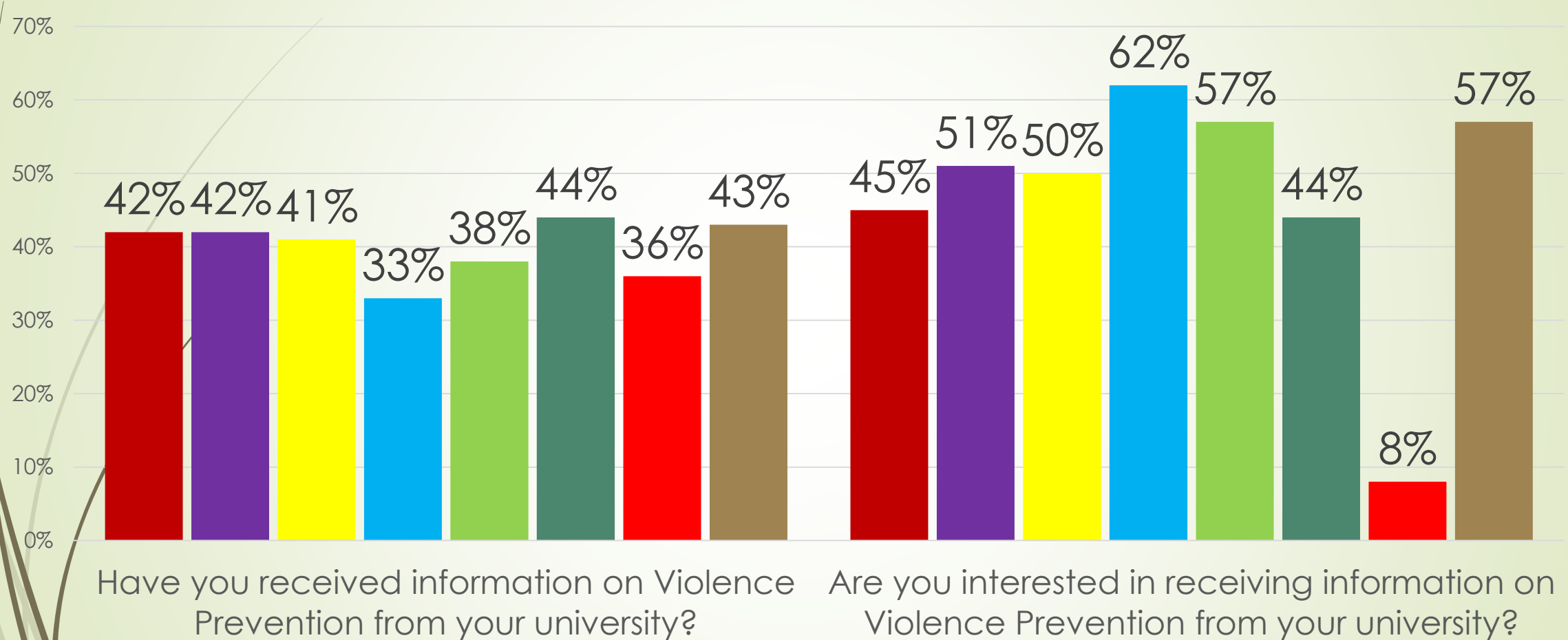
Violence – UWRF (NCHA-Spring 2018)

Within the last 12 months, were you:



Rates steady overall except GLBQ up 5 % points for verbally threatened from 2015

Violence Prevention – UWRF (NCHA-Spring 2018)



■ All Students

■ Ethnic Minority

■ Disability

■ GLBQ

■ Transgender

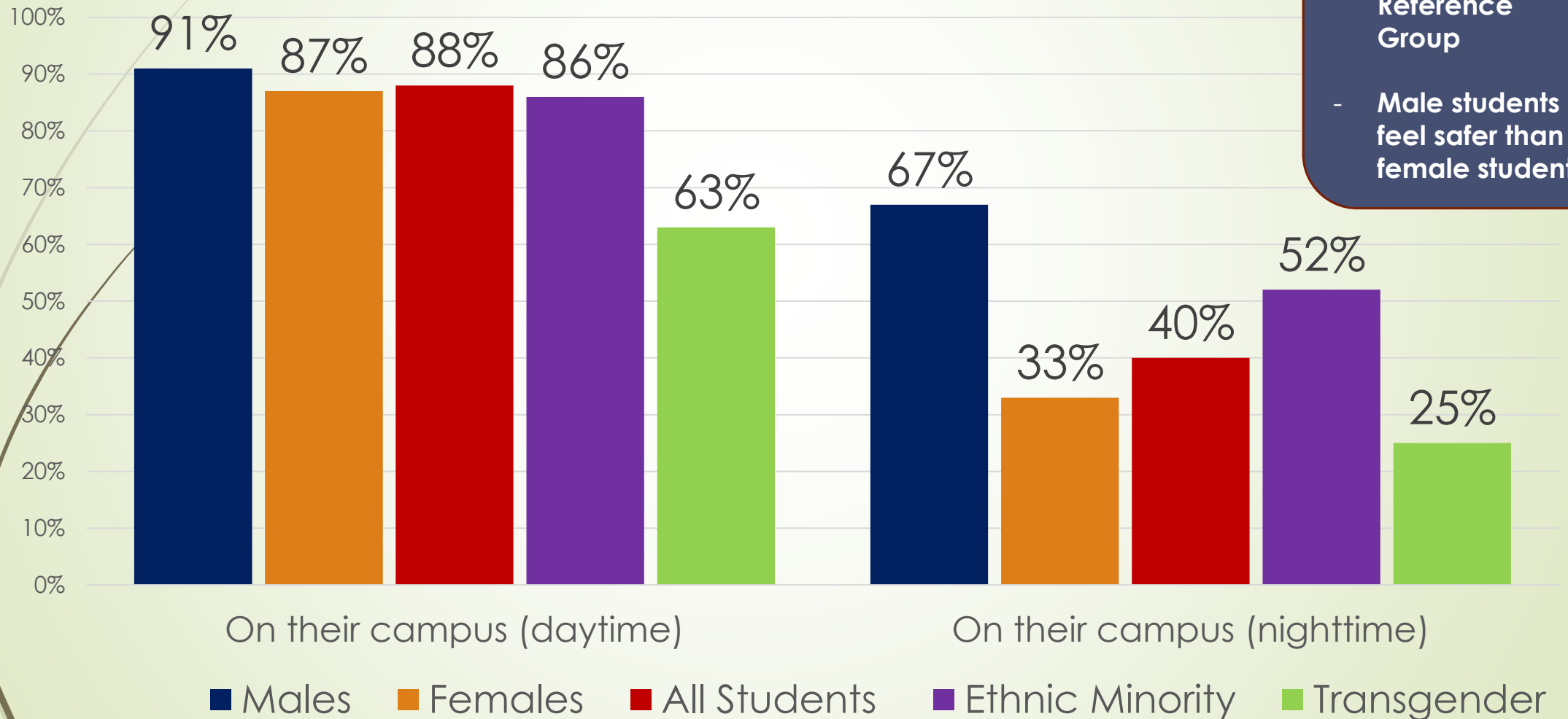
■ Athlete

■ Veteran

■ International

Safety – UWRF (NCHA-Spring 2018)

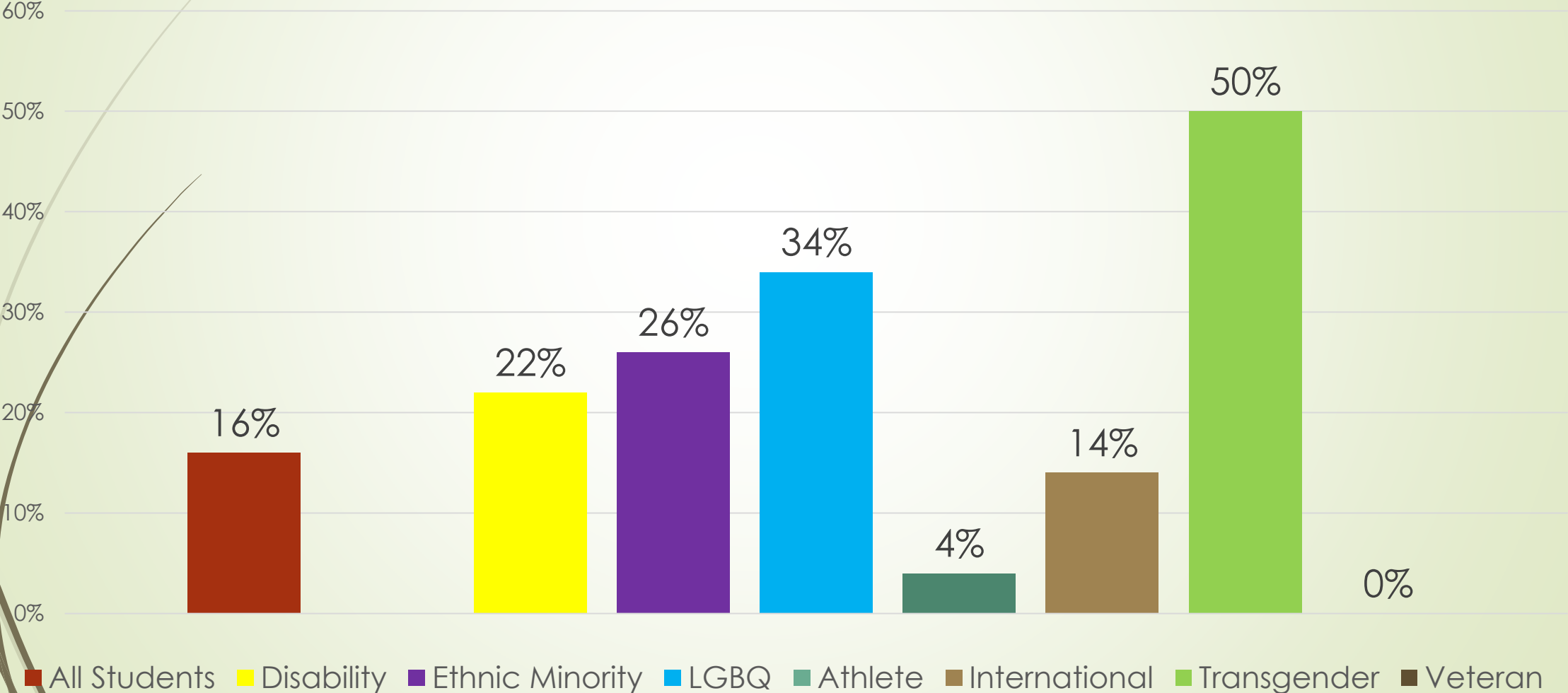
College students reported they felt **very safe**:



- In general, UWRF students feel safer on our campus than students in National Reference Group
- Male students feel safer than female students

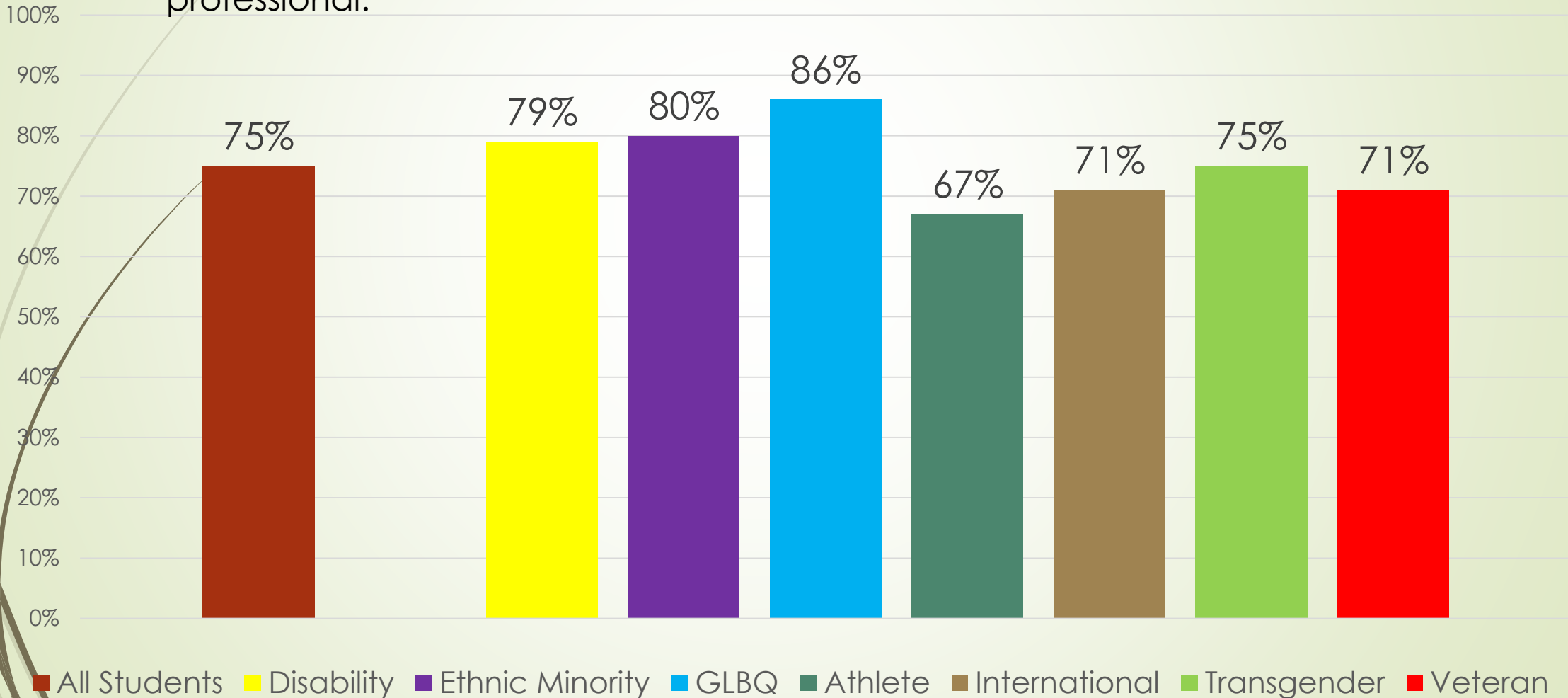
Mental Health – UWRF (NCHA-Spring 2018)

Have you ever received psychological or mental health services from your current university's counseling or health service:

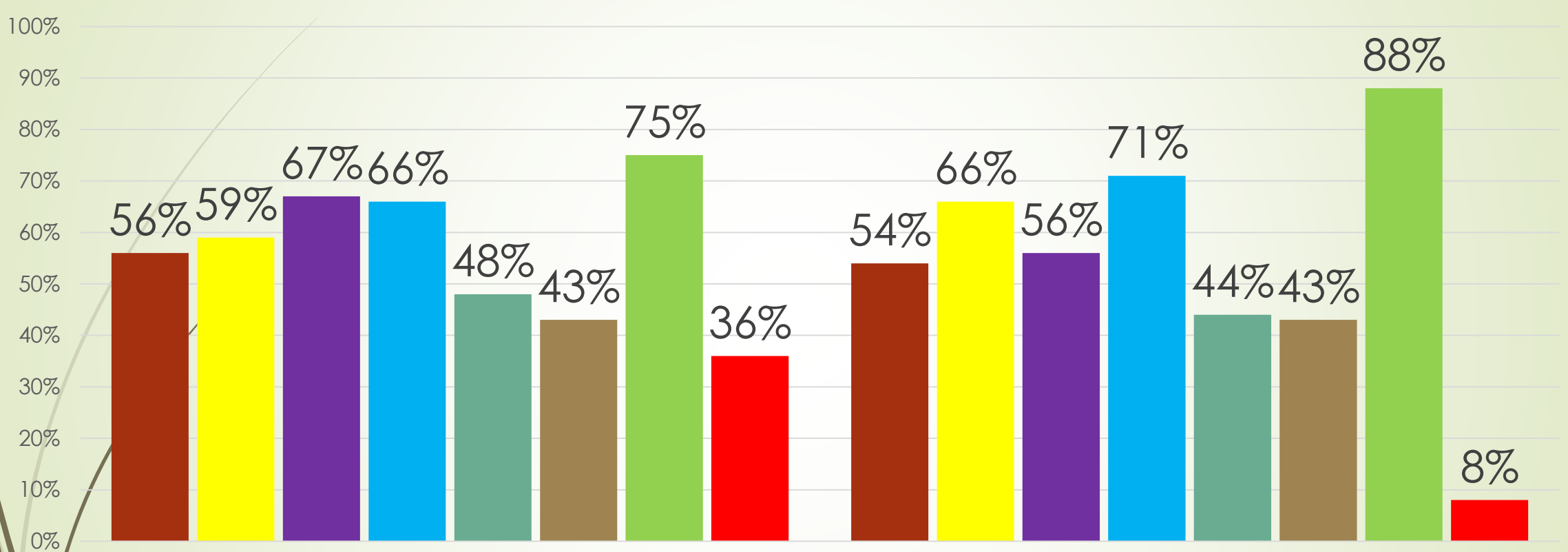


Mental Health – UWRF (NCHA-Spring 2018)

If in the future you were having a personal problem that was really bothering you, would you consider seeking help from a mental health professional:



Depression/Anxiety – UWRF (NCHA-Spring 2018)



Have you received information on Depression/Anxiety from your university?

Are you interested in receiving information on Depression/Anxiety from your university?

■ All Students

■ Disability

■ Ethnic Minority

■ GLBQ

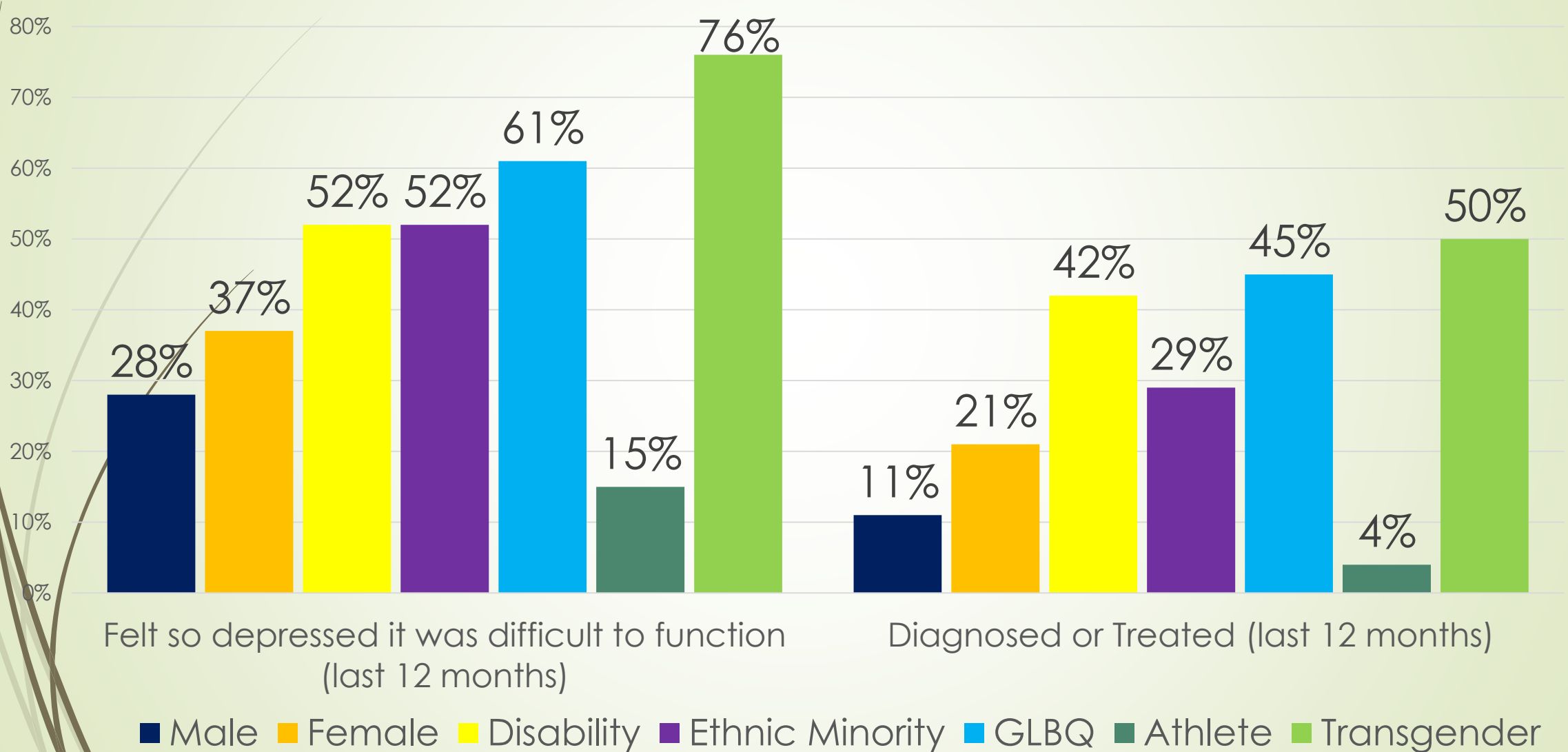
■ Athlete

■ International

■ Transgender

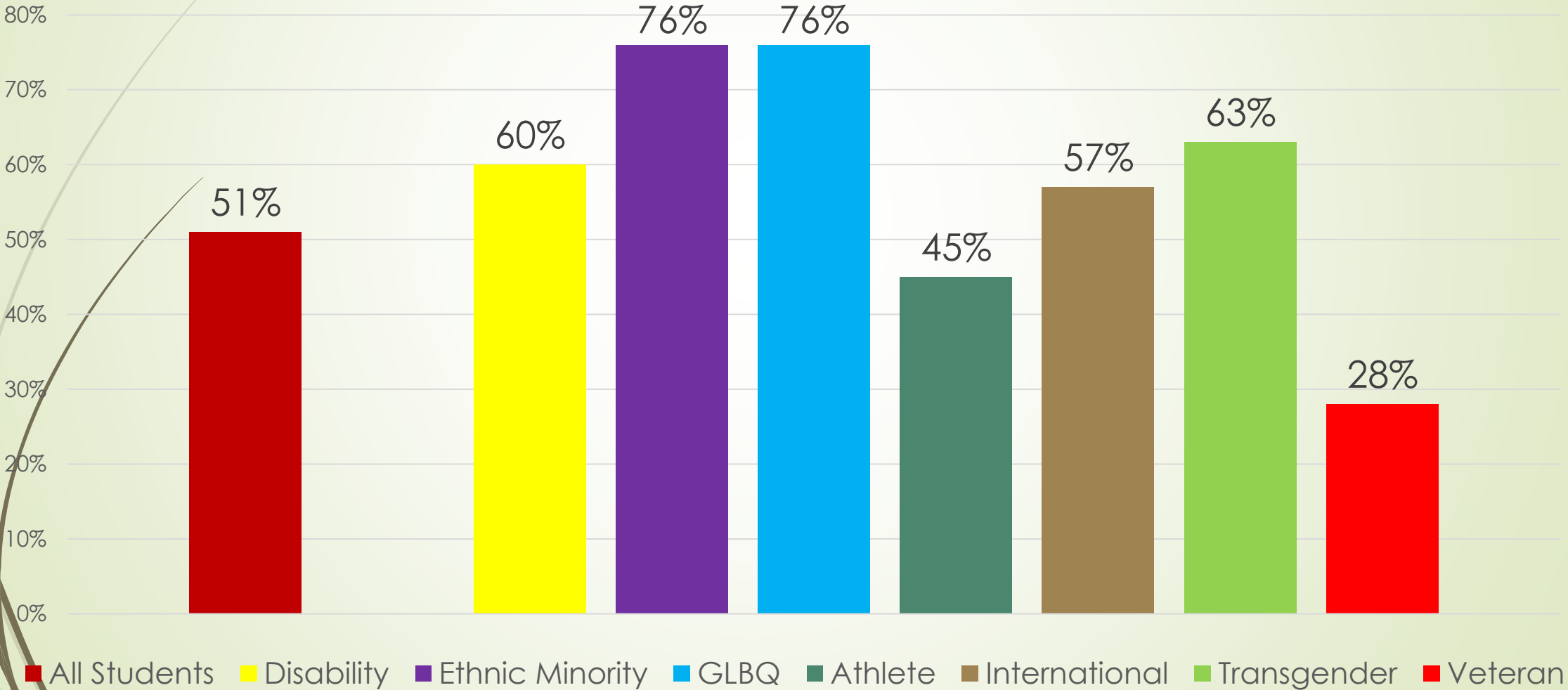
■ Veteran

Depression/Anxiety – UWRF (NCHA-Spring 2018)

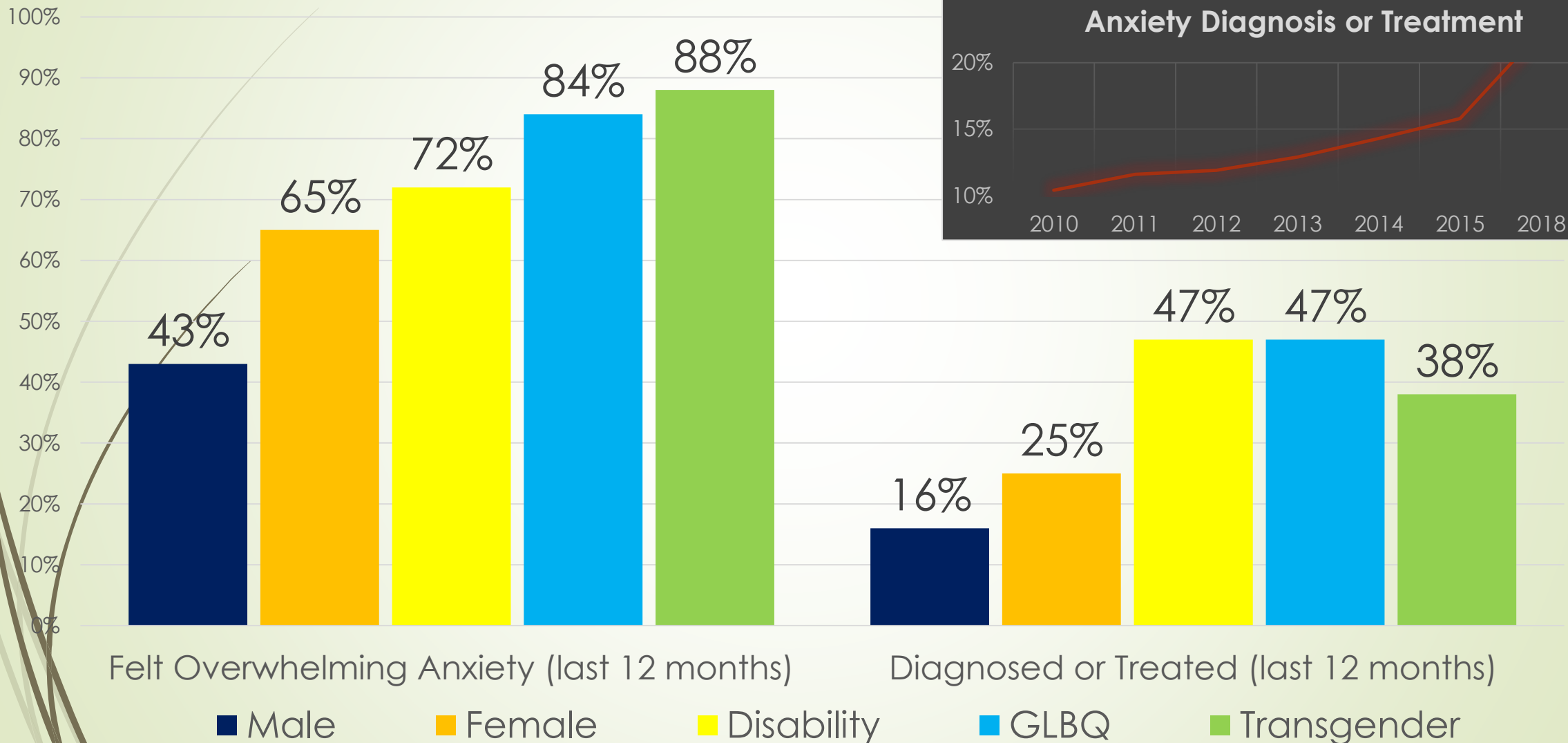
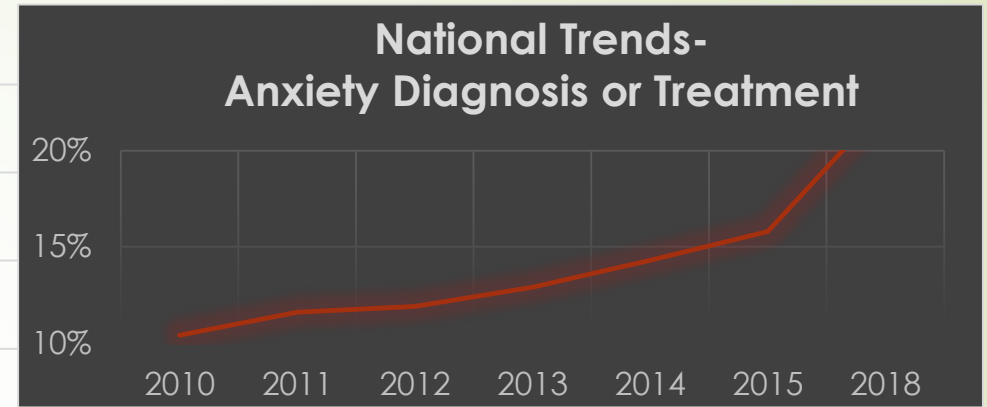


Mental Health – UWRF (NCHA-Spring 2018)

Have you ever felt things were hopeless within the last 12 months:

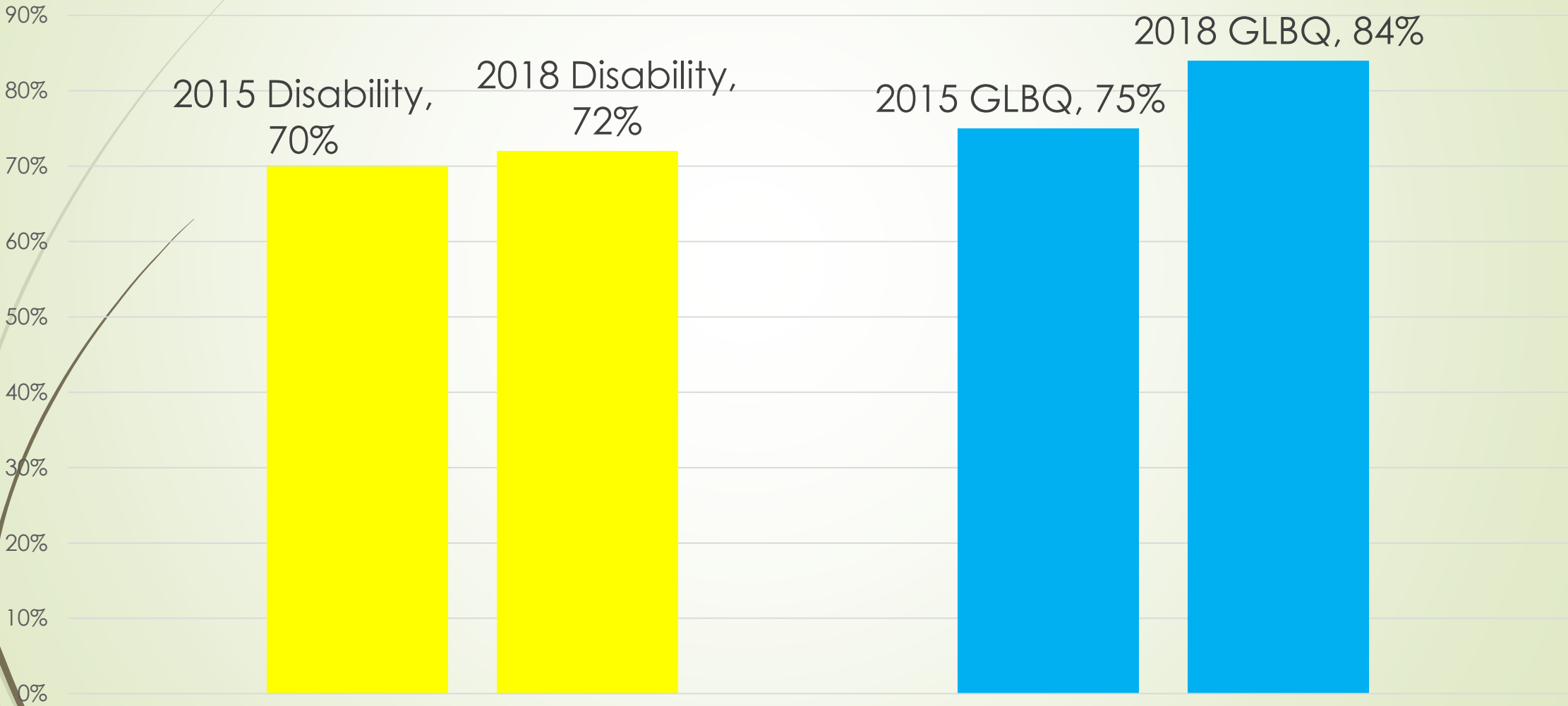


Anxiety – UWRF vs. National Reference Group (NCHA-Spring 2018)



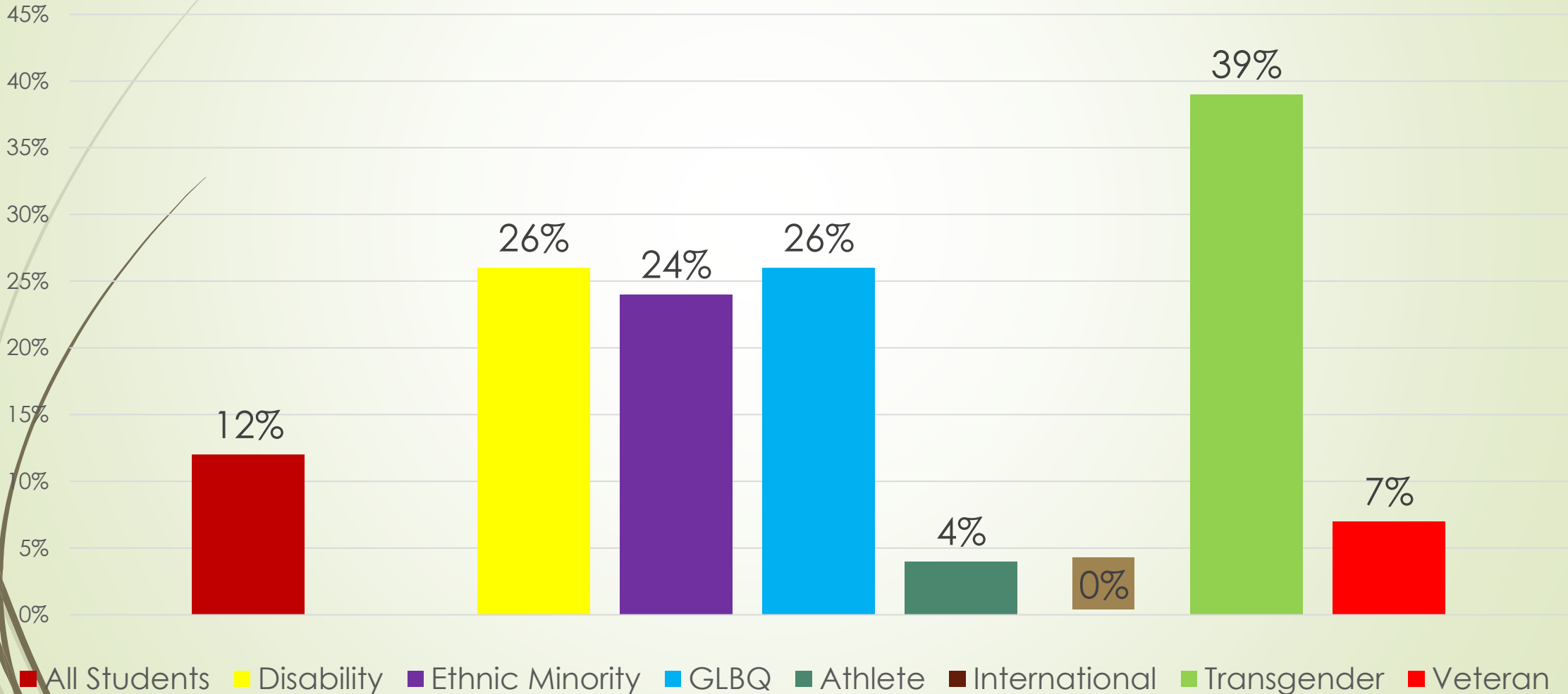
Anxiety – UWRF (NCHA-Spring 2015 and 2018)

Have you felt overwhelming anxiety in the last 12 months:



Mental Health – UWRF (NCHA-Spring 2018)

Have you been diagnosed or treated by a professional for panic attacks within the last 12 months:



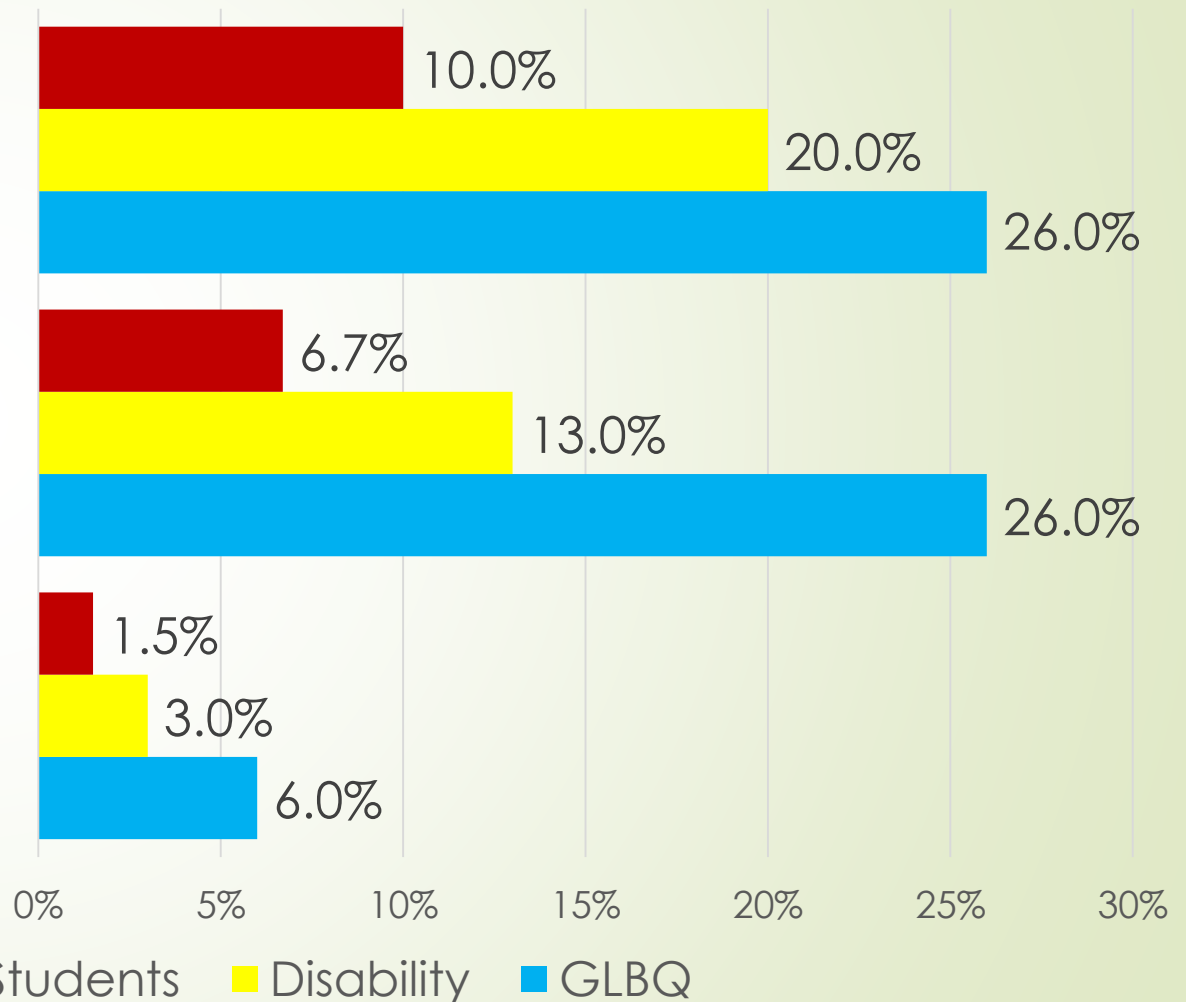
Suicide and Self Harm – UWRF (NCHA-Spring 2018)

In the last 12 months have you:

Seriously considered suicide

Self-Injured

Attempted suicide



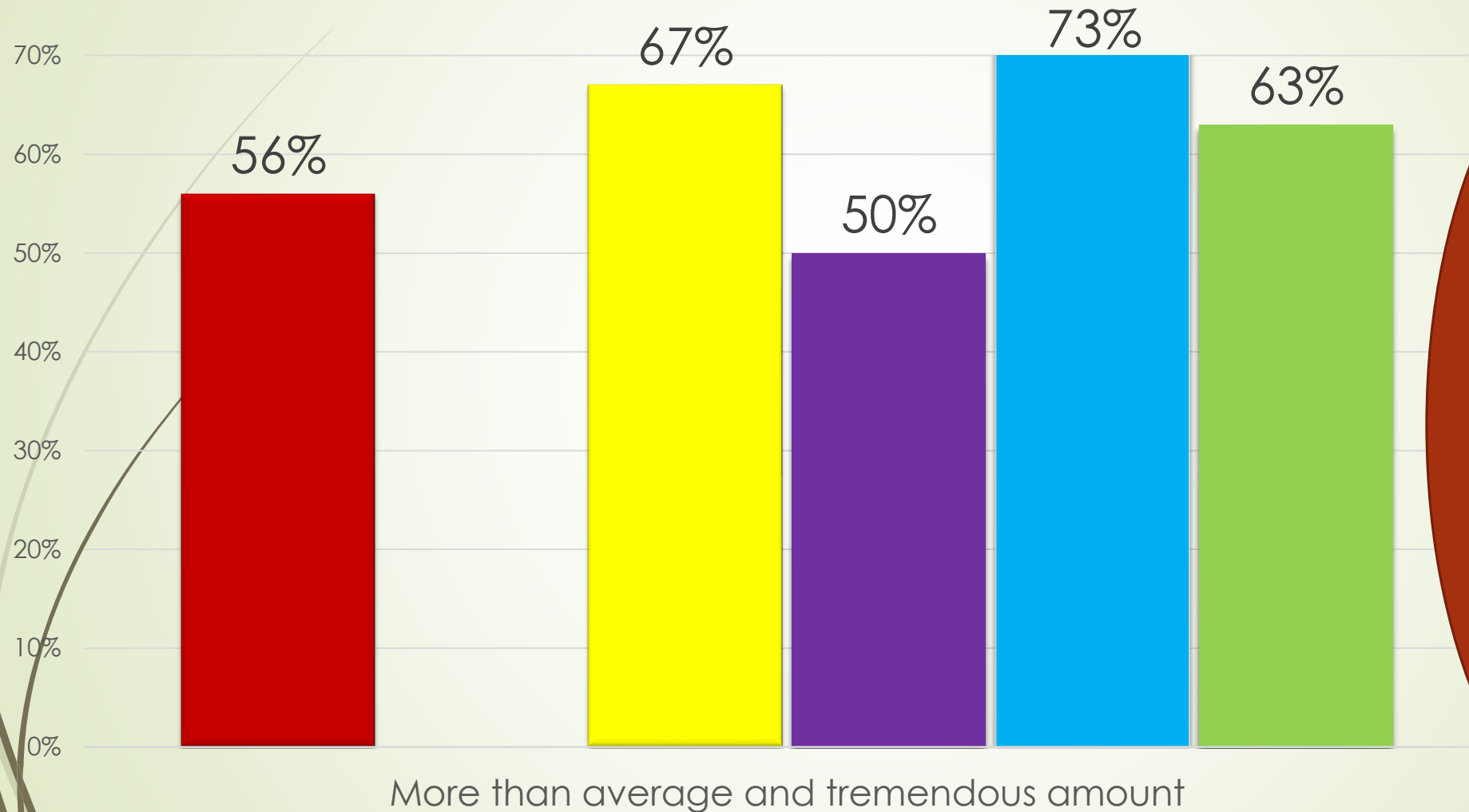
10% of students per year seriously consider suicide.

1.5% make an attempt.

≈83 (5,544) UWRF students make an attempt per year!

Stress – UWRF (NCHA-Spring 2018)

How would you rate your overall stress over the last 12 months:

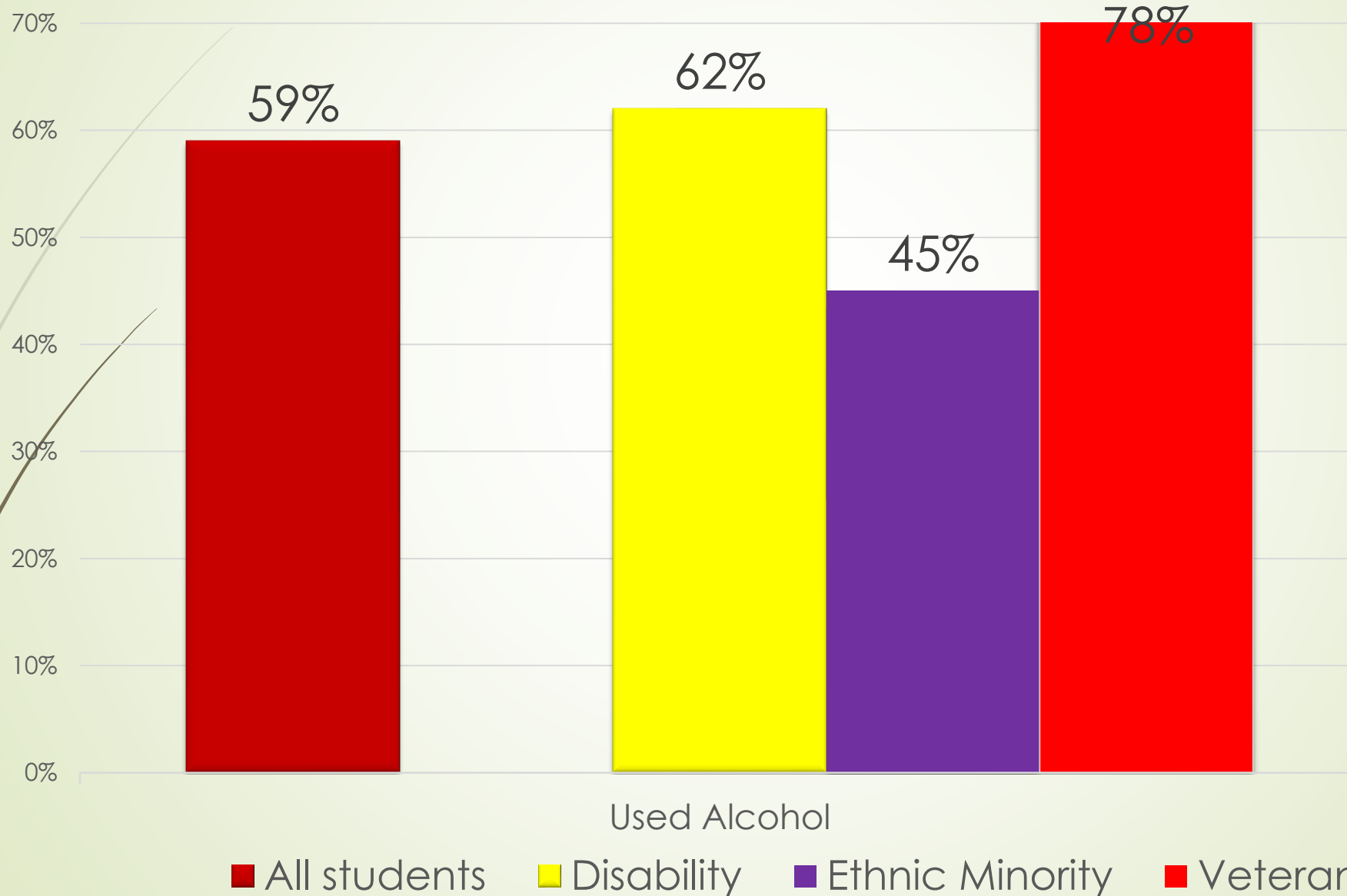


Rates up from 2015. Ethnic minority students up from 41% in 2015. GLBQ students up from 66% in 2015.

■ All students ■ Disability ■ Ethnic Minority ■ GLBQ ■ Transgender

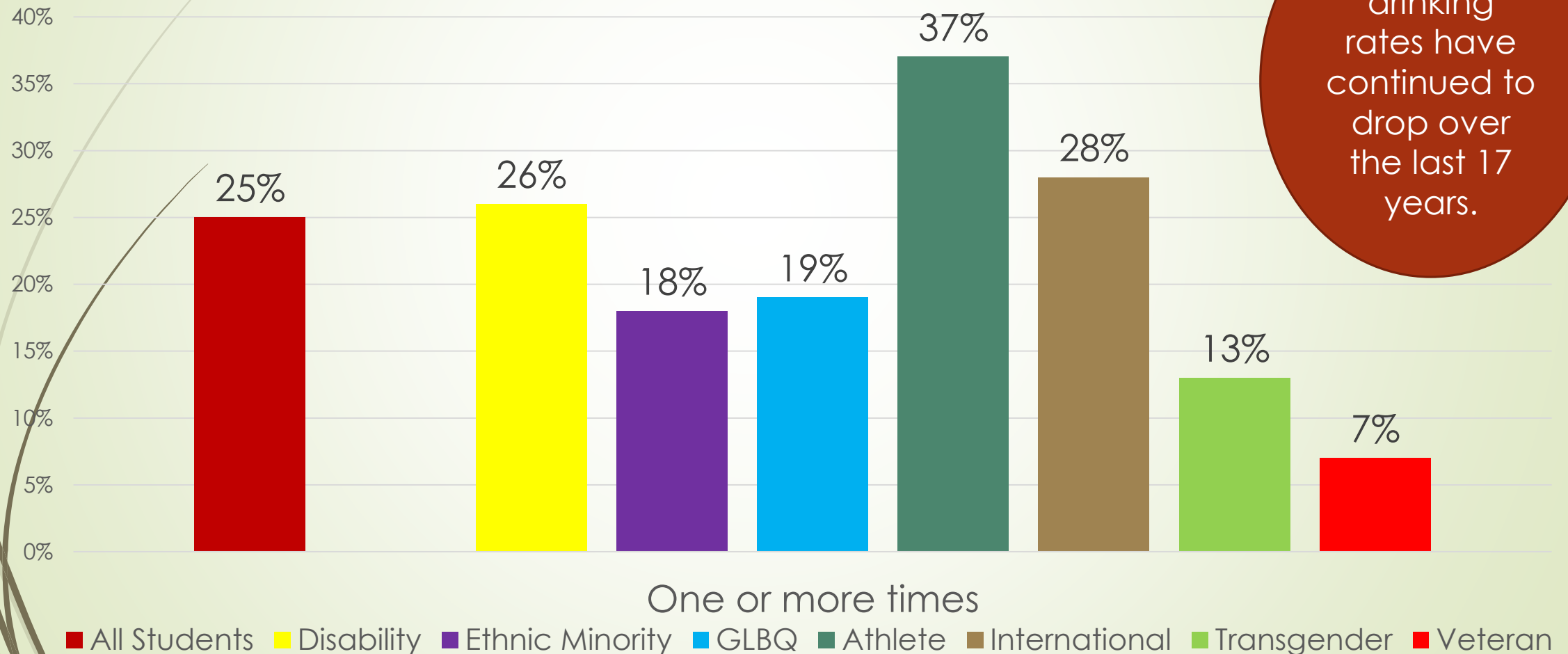
Alcohol – UWRF (NCHA-Spring 2018)

In the last 30 days have you:



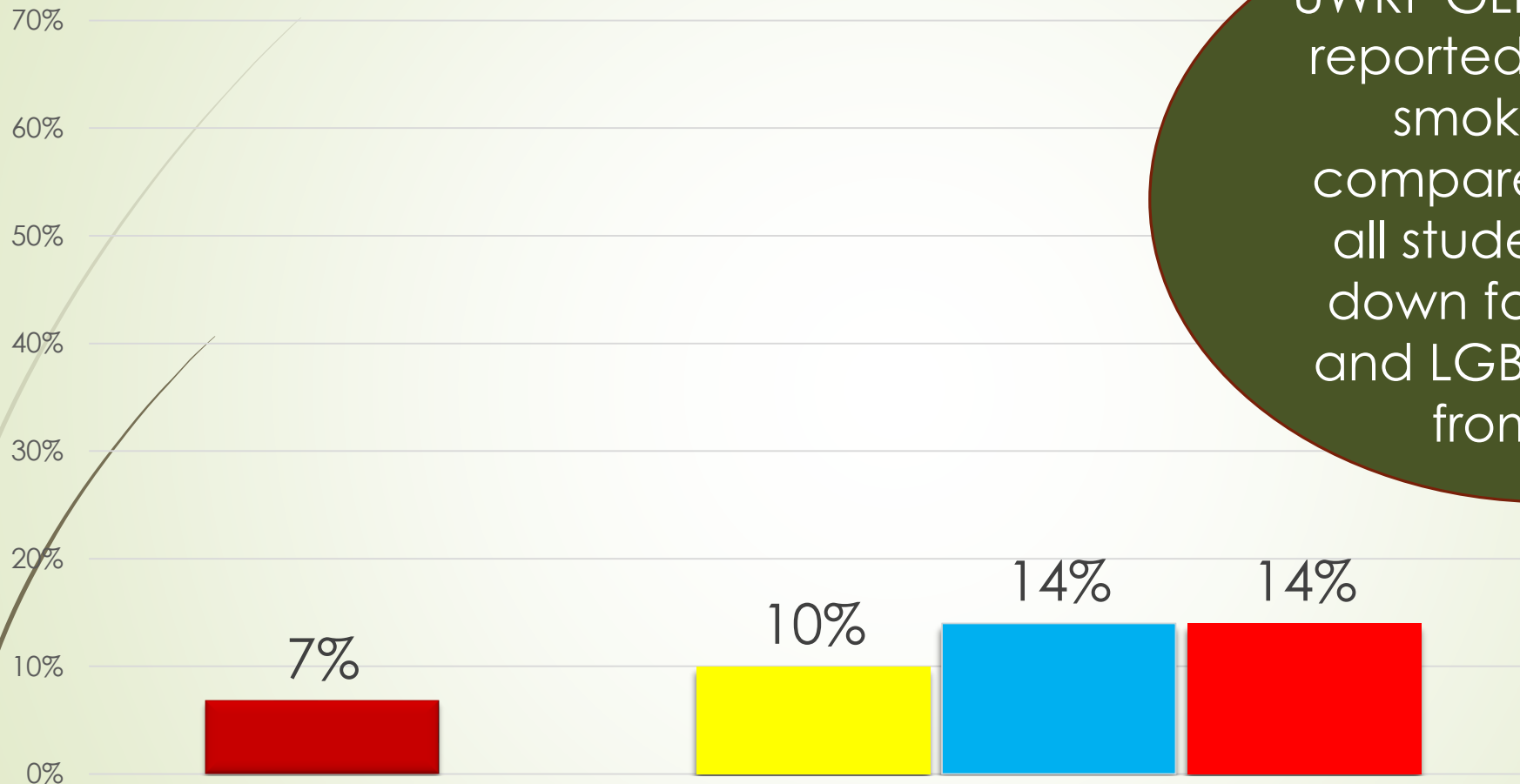
Alcohol – UWRF (NCHA-Spring 2018)

Over the last two weeks, how many times have you had five or more drinks at a sitting:



Cigarettes – UWRF (NCHA-Spring 2018)

In the last 30 days have you:



Used Cigarettes

■ All Students

■ Disability

■ GLBQ

■ Veterans

UWRF GLBQ Students reported A 5% daily smoking rate compared to 1% of all students. Rates down for Disability and LGBTQ students from 2015

Marijuana – UWRF VS National Reference Group (NCHA-Spring 2018)

	All Students Perception <i>In the last 30 days, what percent of students used marijuana.</i>	All Students Reality <i>In the last 30 days, I used marijuana.</i>
UWRF	84.3%	9.4%
National	88.6%	22.3%

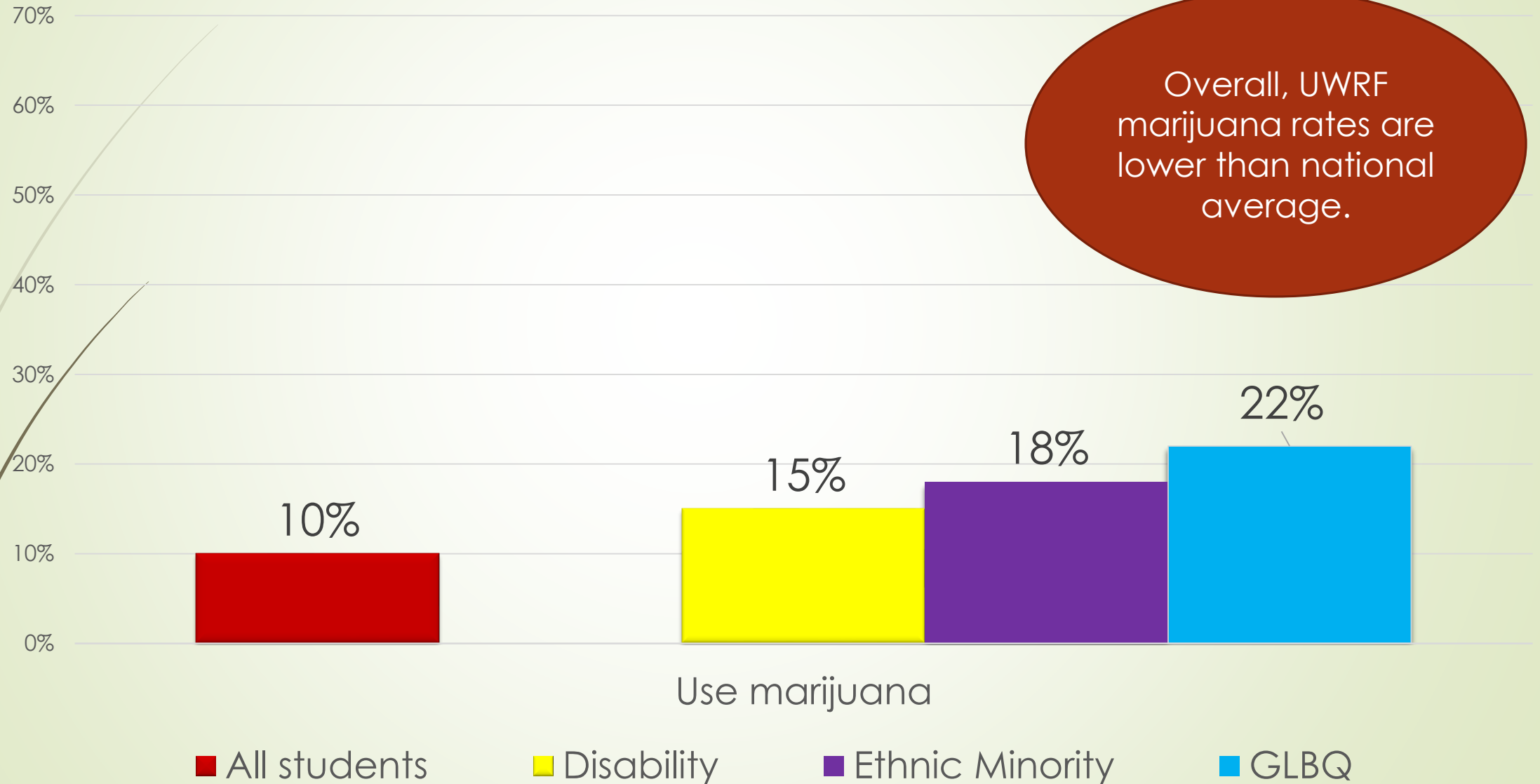
GAP
UWRF 74.9%

GLBQ students reported 22% use

Students with a disability reported 15% use

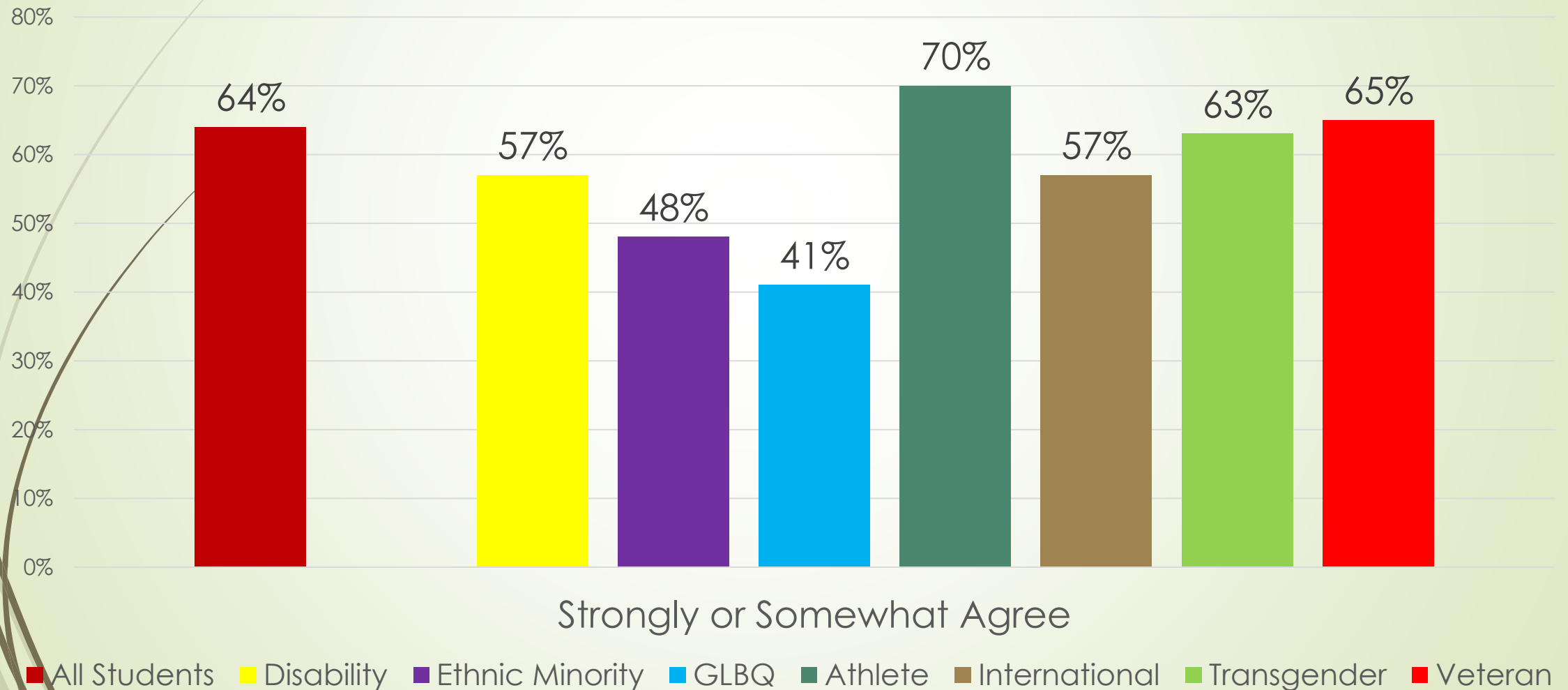
Marijuana – UWRF (NCHA-Spring 2018)

Within the last 30 days did you:



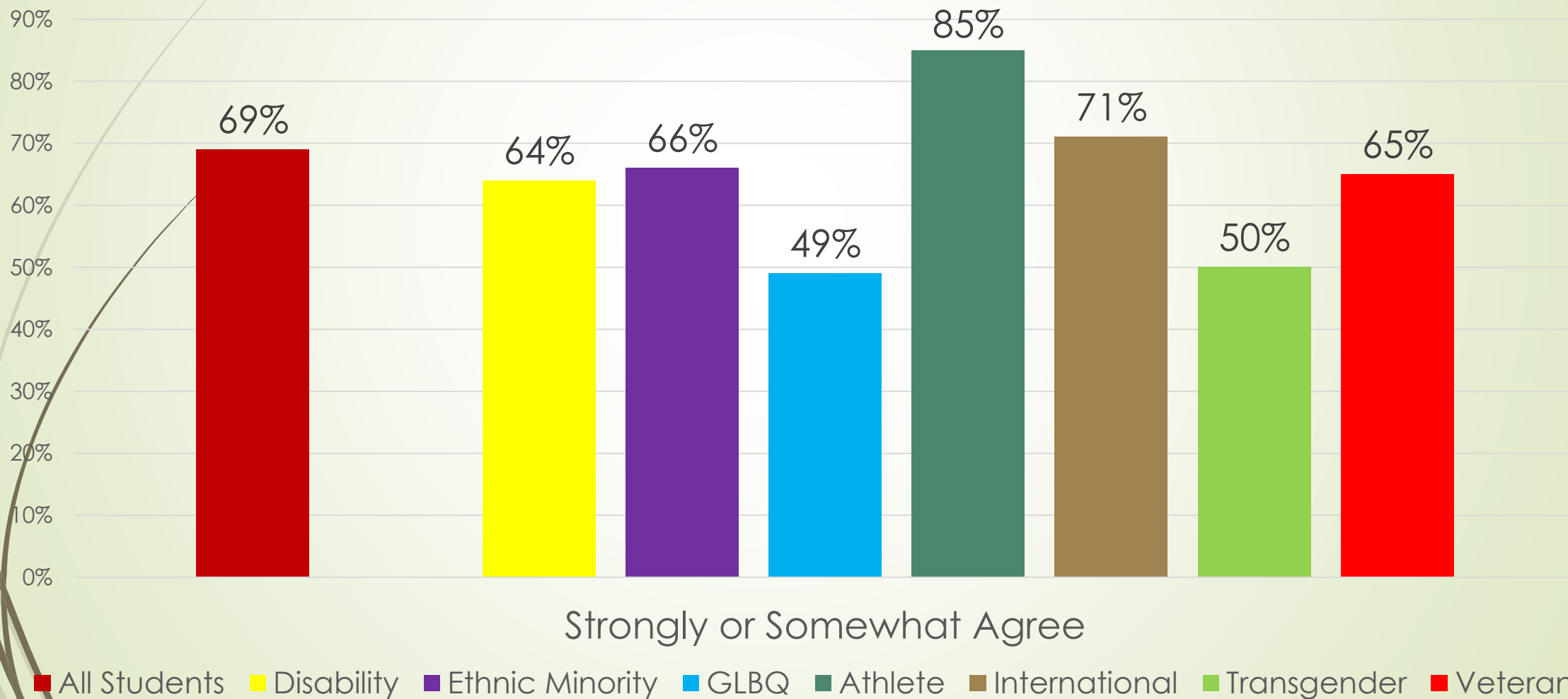
Marijuana – UWRF (NCHA-Spring 2018)

Use of marijuana among college students negatively impacts their academic performance:



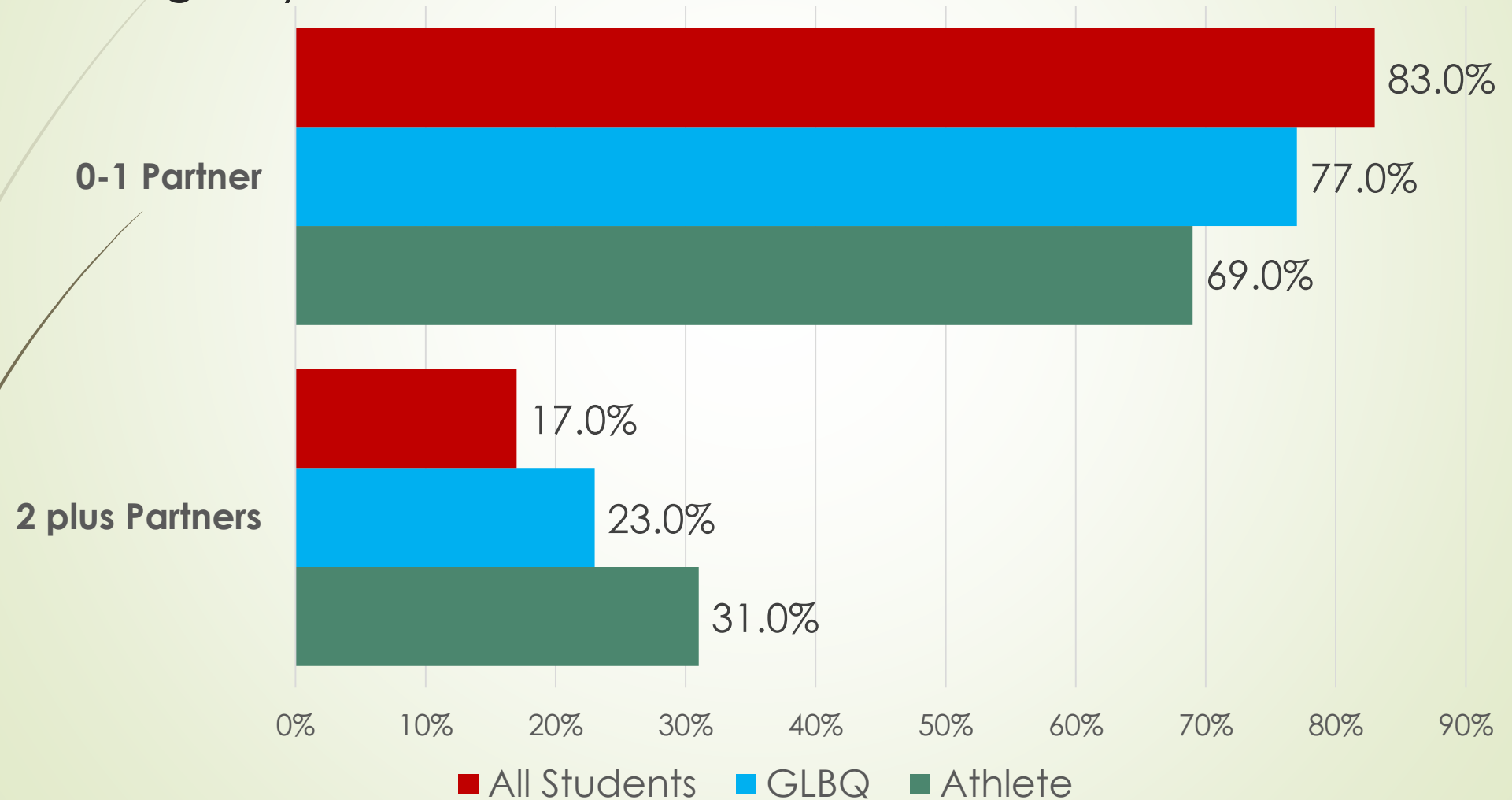
Marijuana- UWRF (NCHA-Spring 2018)

Marijuana use has a negative effect on cognition and mental processing, particularly the earlier of onset of use:

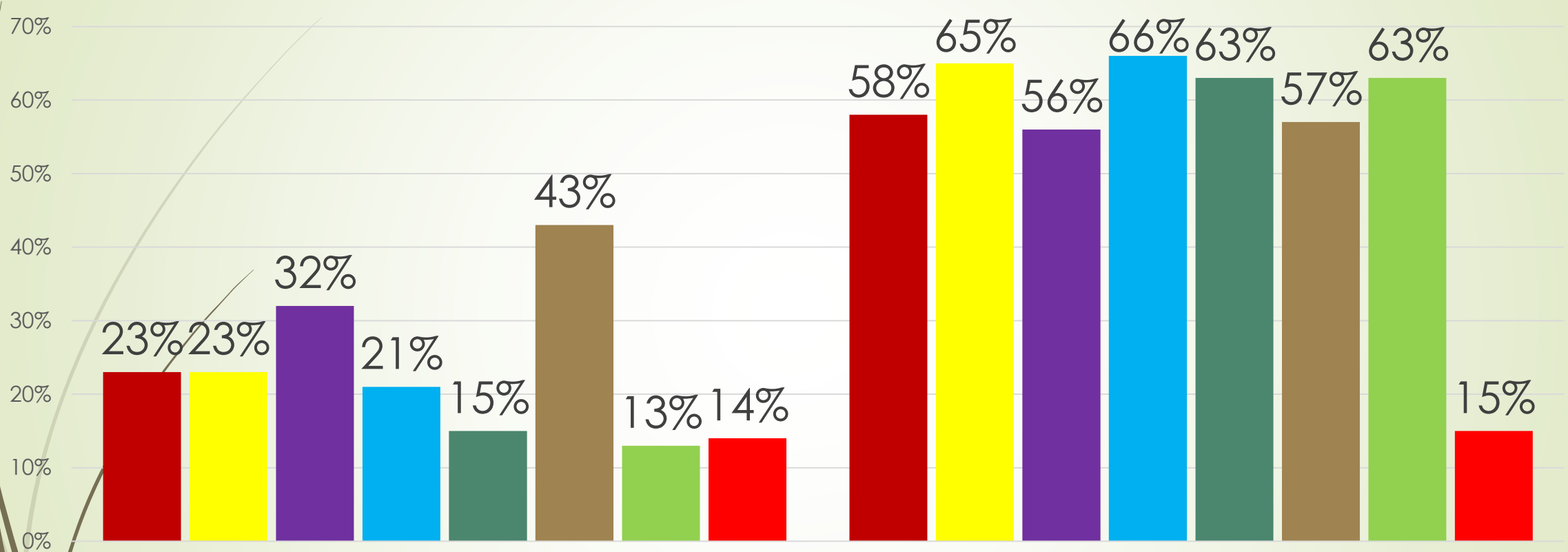


Sexual Behaviors – UWRF (NCHA-Spring 2018)

In the last 12 months how many partners have you had (oral, anal, or vaginal):



Sleep Difficulties – UWRF (NCHA-Spring 2018)



Have you received information on Sleep Difficulties from your university?

Are you interested in receiving information on Sleep Difficulties from your university?

All Students

Disability

Ethnic Minority

GLBQ

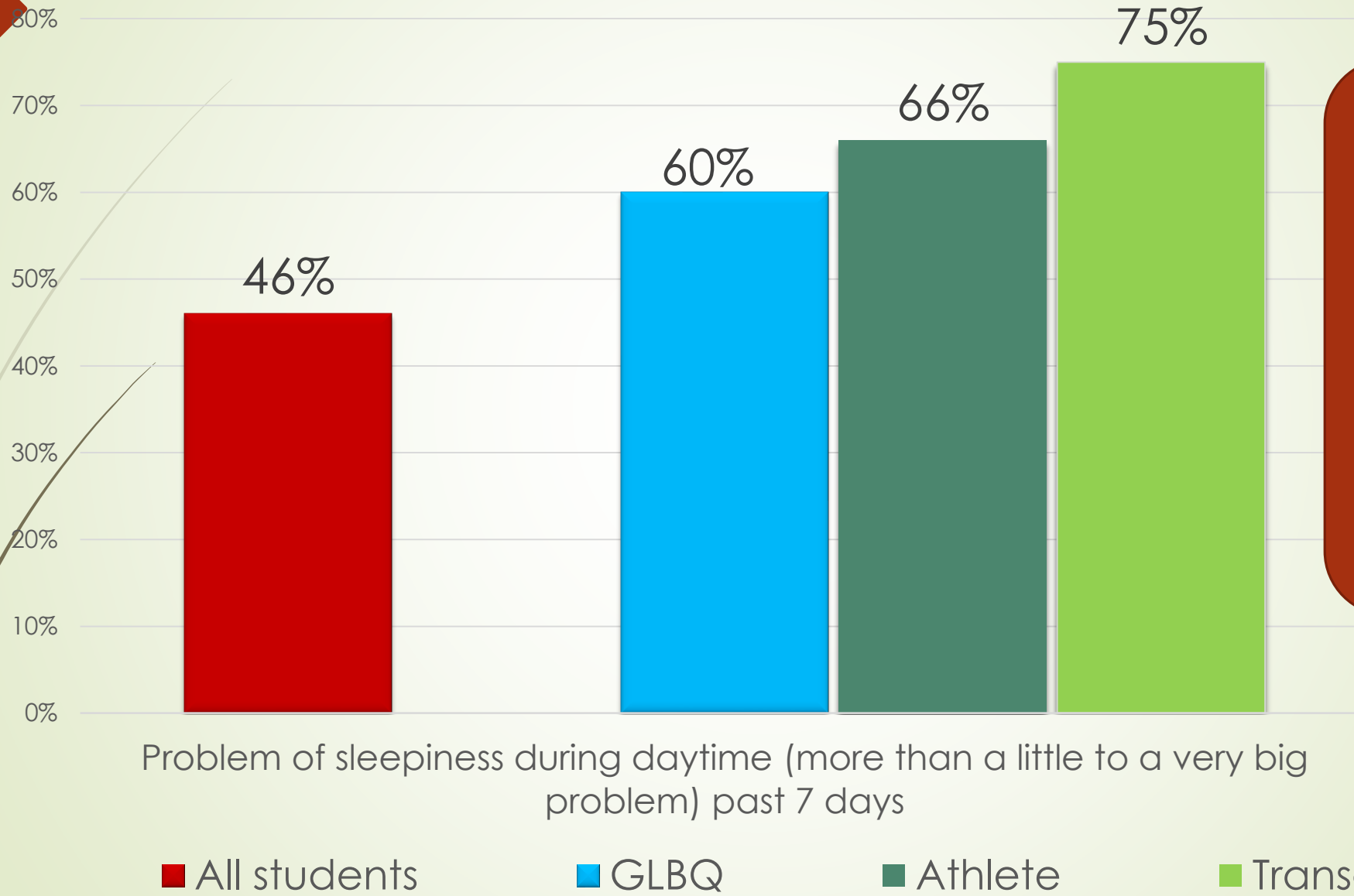
Athlete

International

Transgender

Veteran

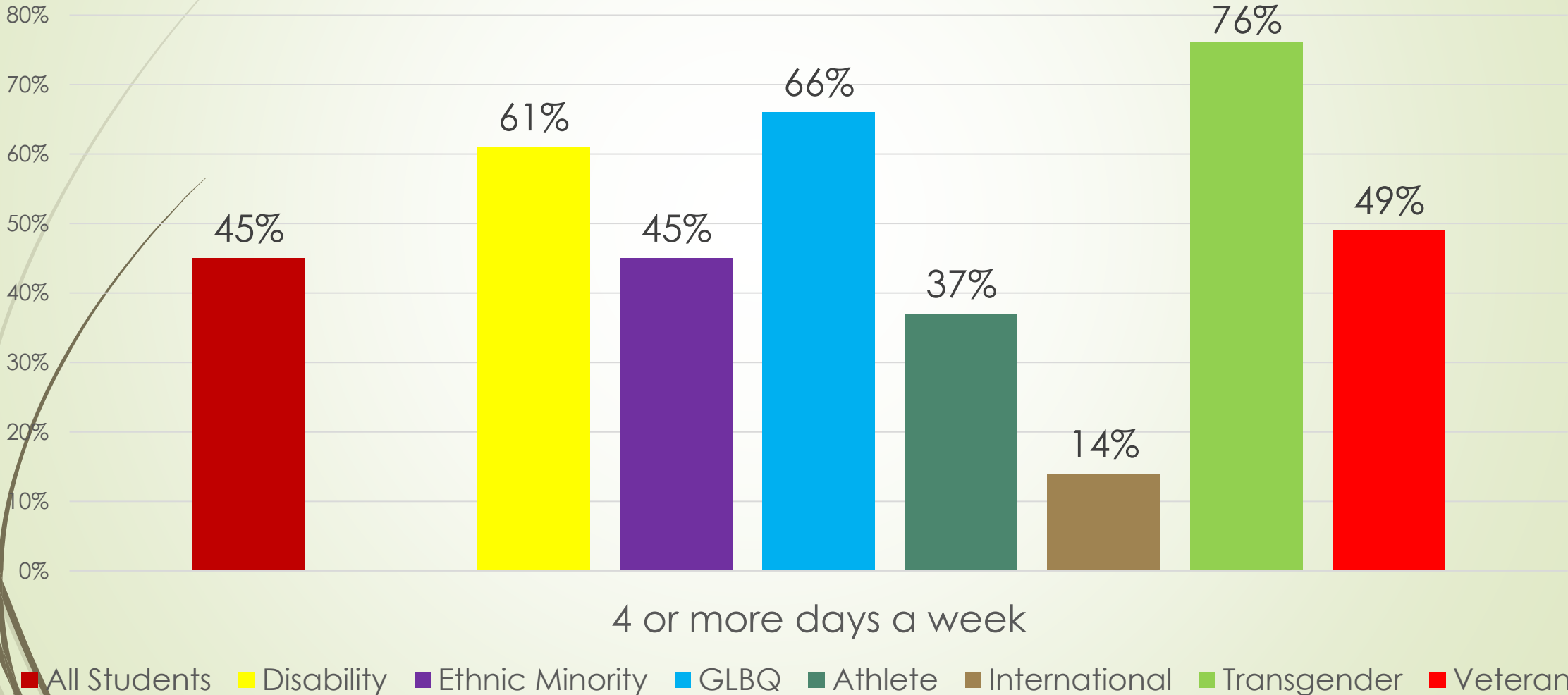
Sleep – UWRF (NCHA-Spring 2018)



Rates increasing, was 40% of all students and 54% of GLBQ students in 2015

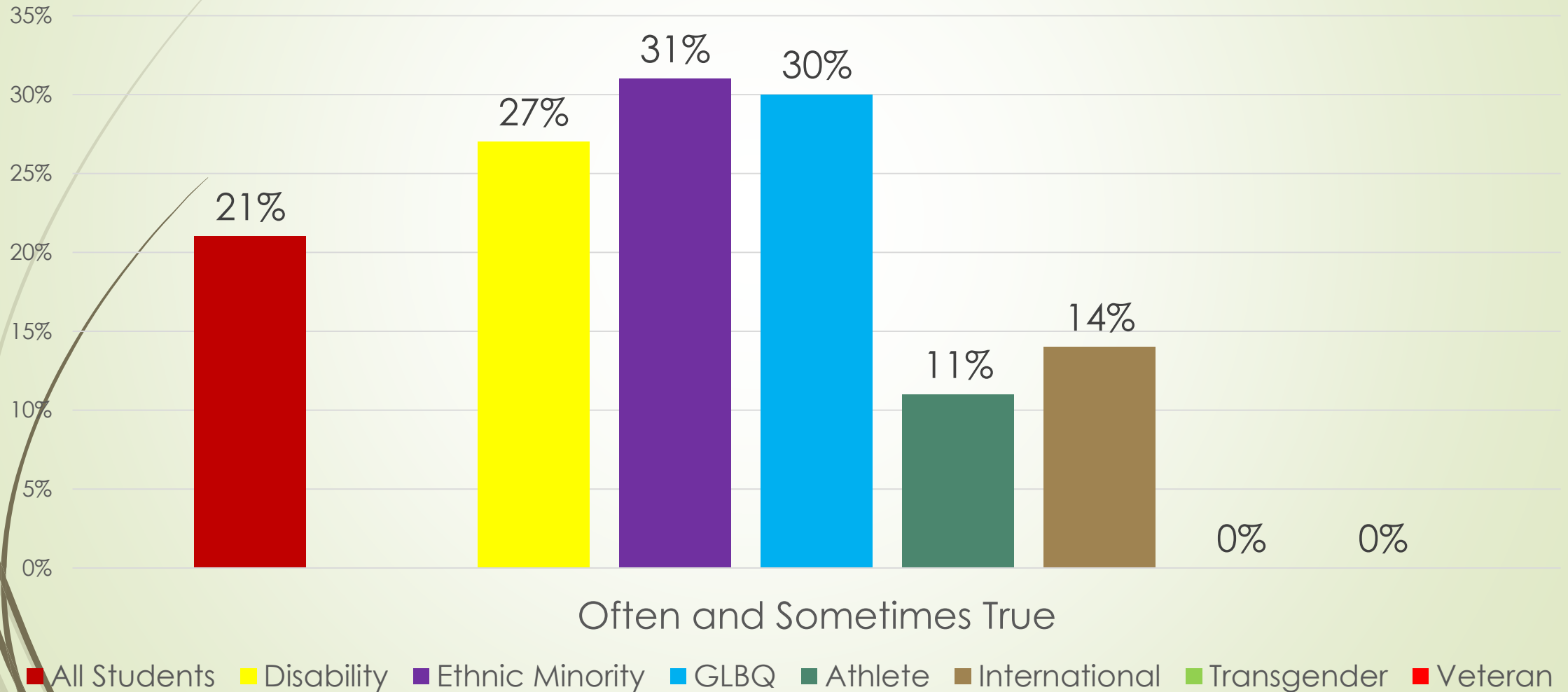
Sleep – UWRF (NCHA-Spring 2018)

In the past 7 days, how often have you felt tired, dragged out, or sleepy during the day:



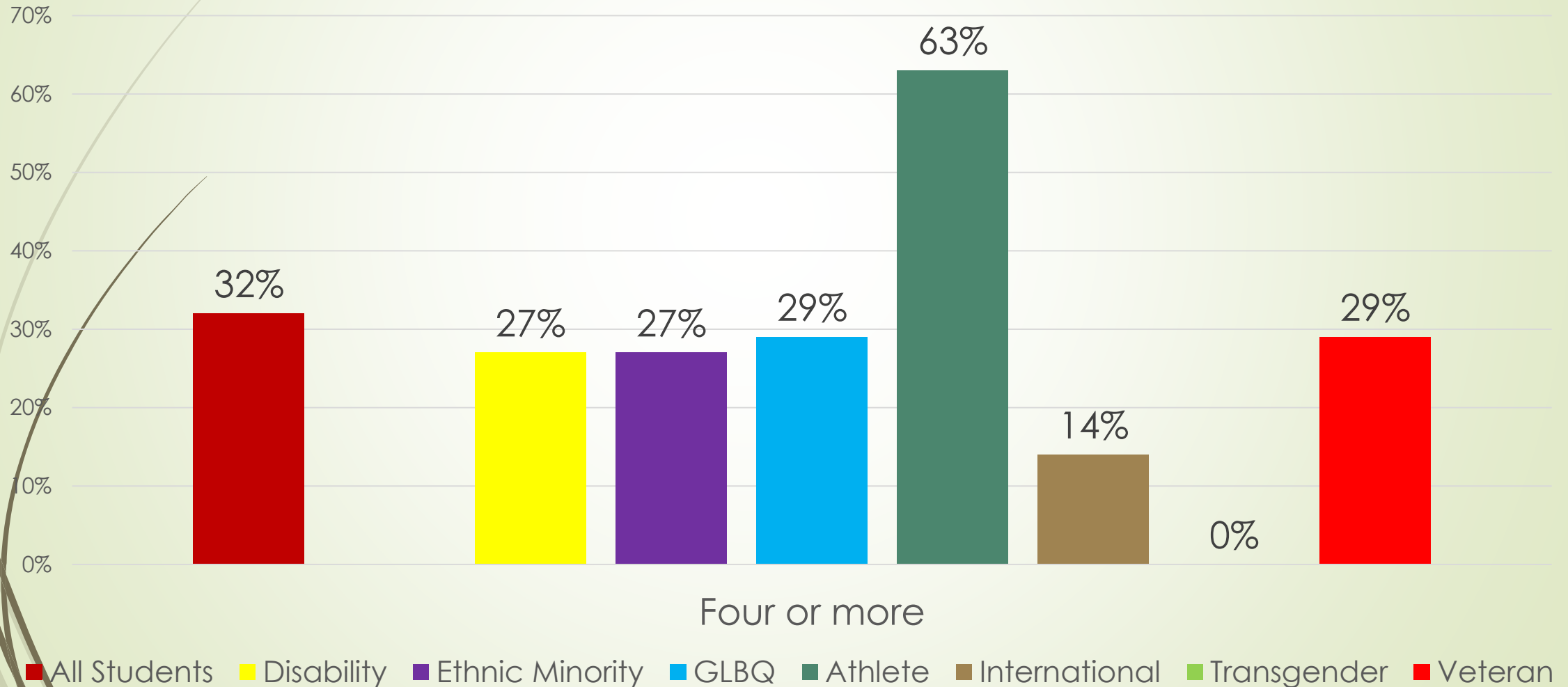
Food Insecurity – UWRF (NCHA-Spring 2018)

I was worried whether my food would run out before I got money to buy more:

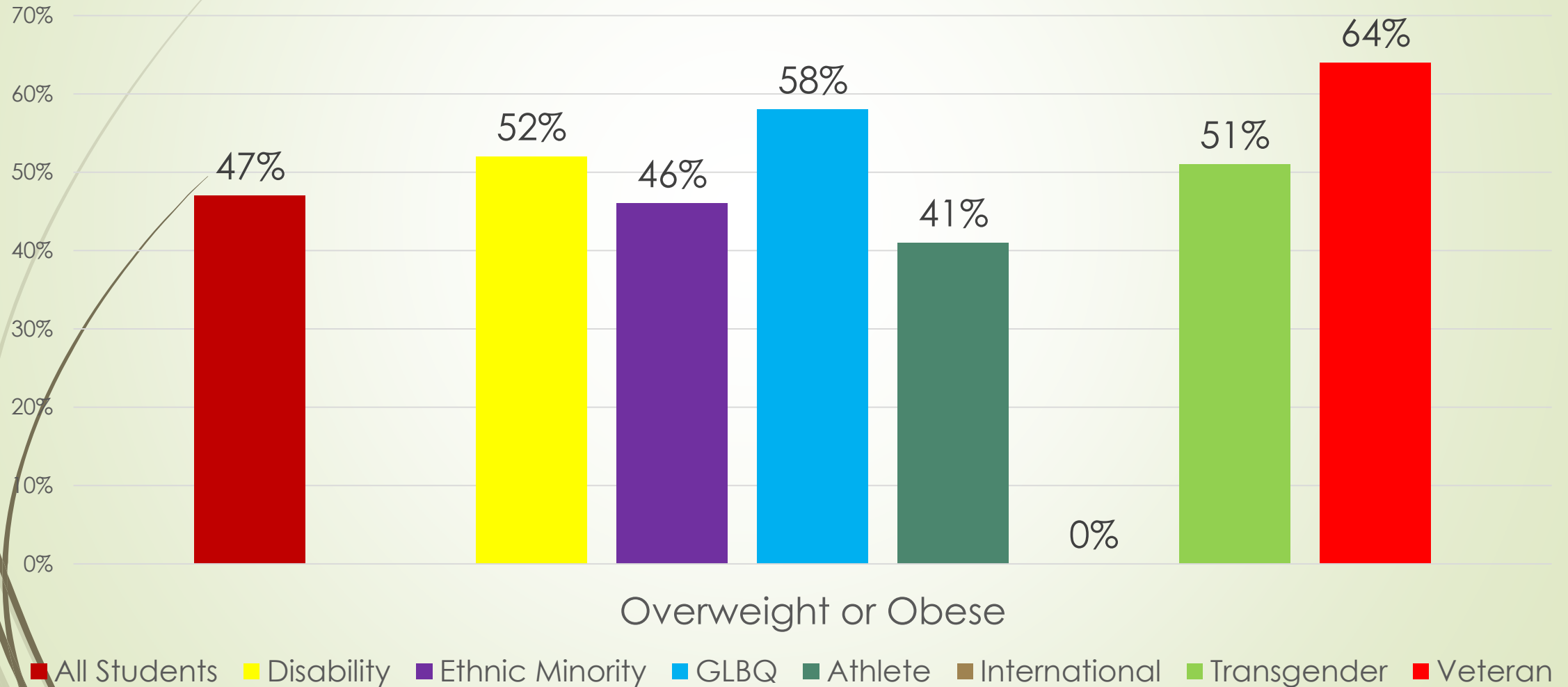


Physical Activity – UWRF (NCHA-Spring 2018)

On how many of the past 7 days did you do moderate intensity cardio or aerobic exercise for at least 30 minutes:

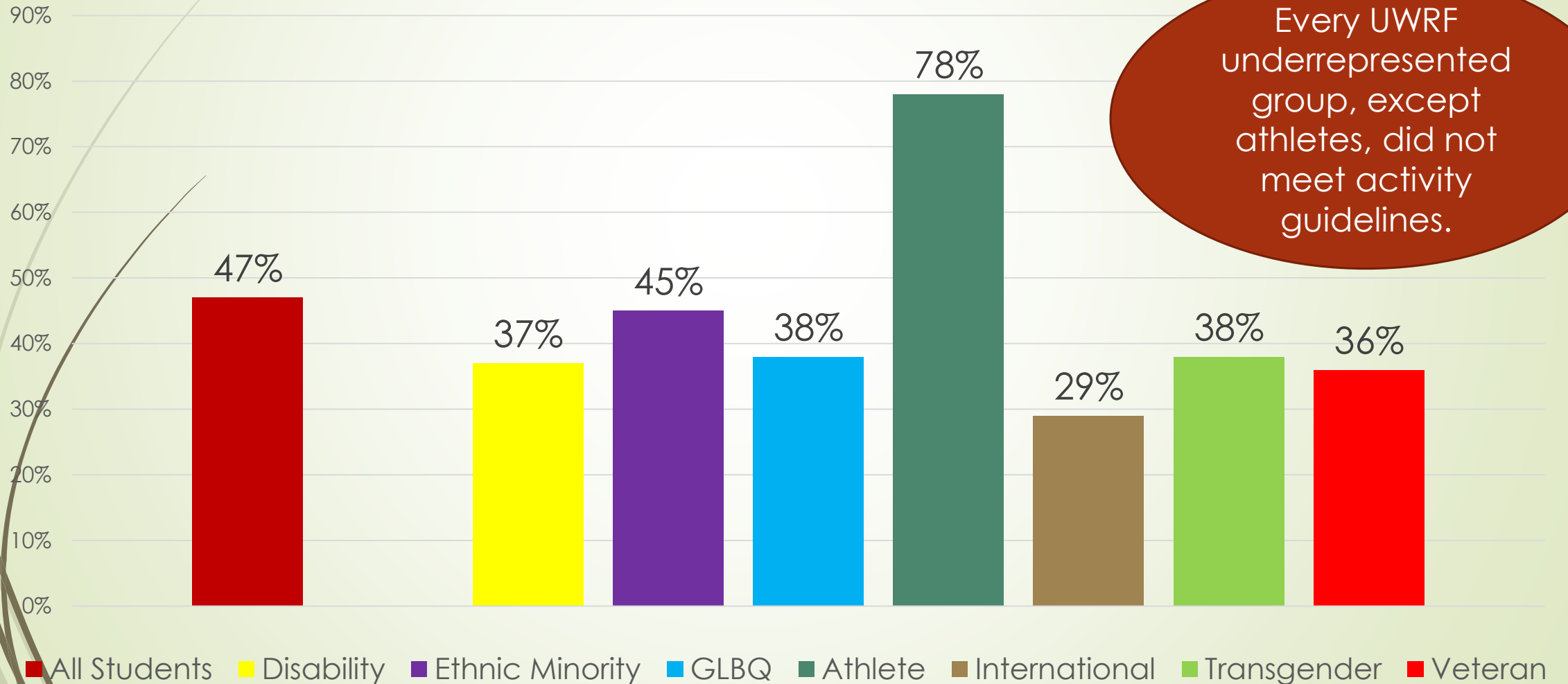


BMI – UWRF (NCHA-Spring 2018)



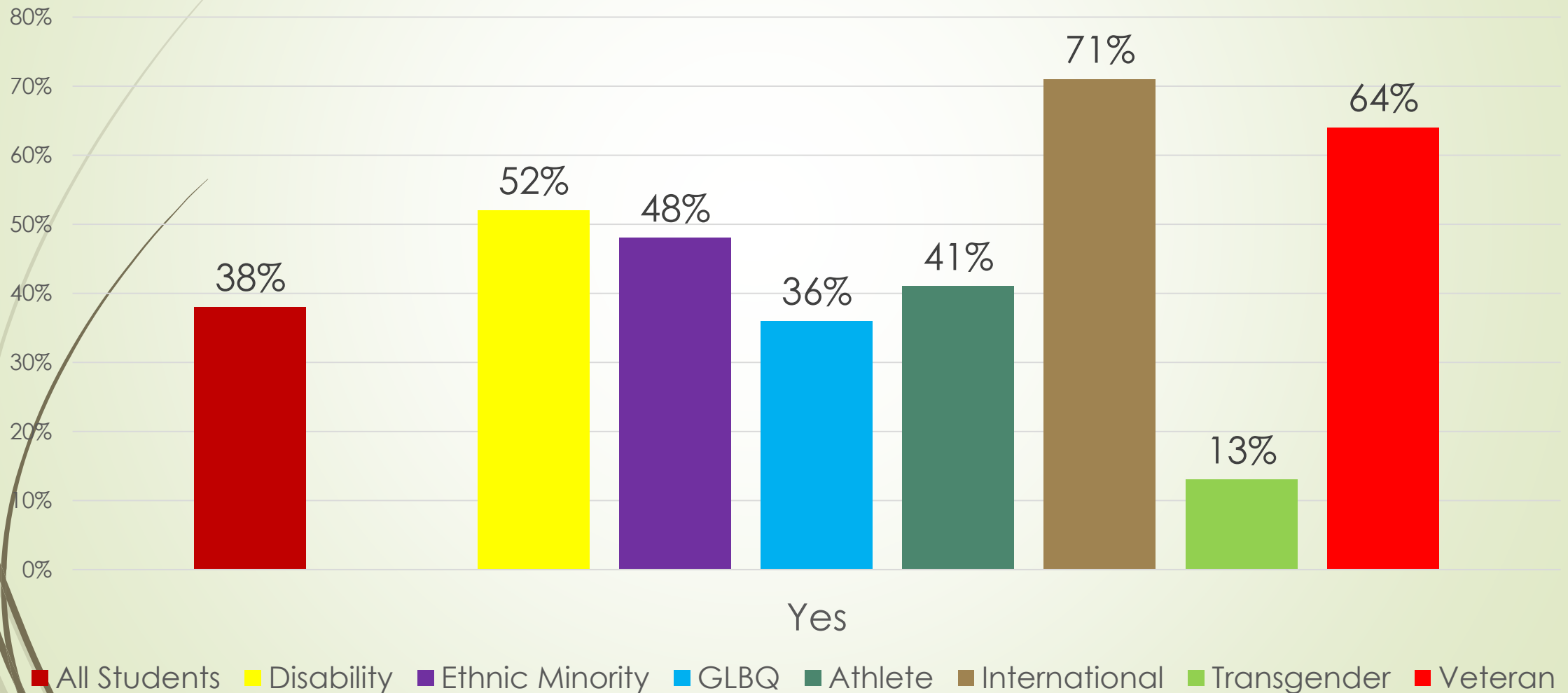
PA Guidelines – UWRF (NCHA-Spring 2018)

Percent of students who met the recommendations for moderate-intensity exercise, vigorous-intensity exercise, or a combination of the two (2 moderate-intensity = 1 vigorous-intensity exercise period):



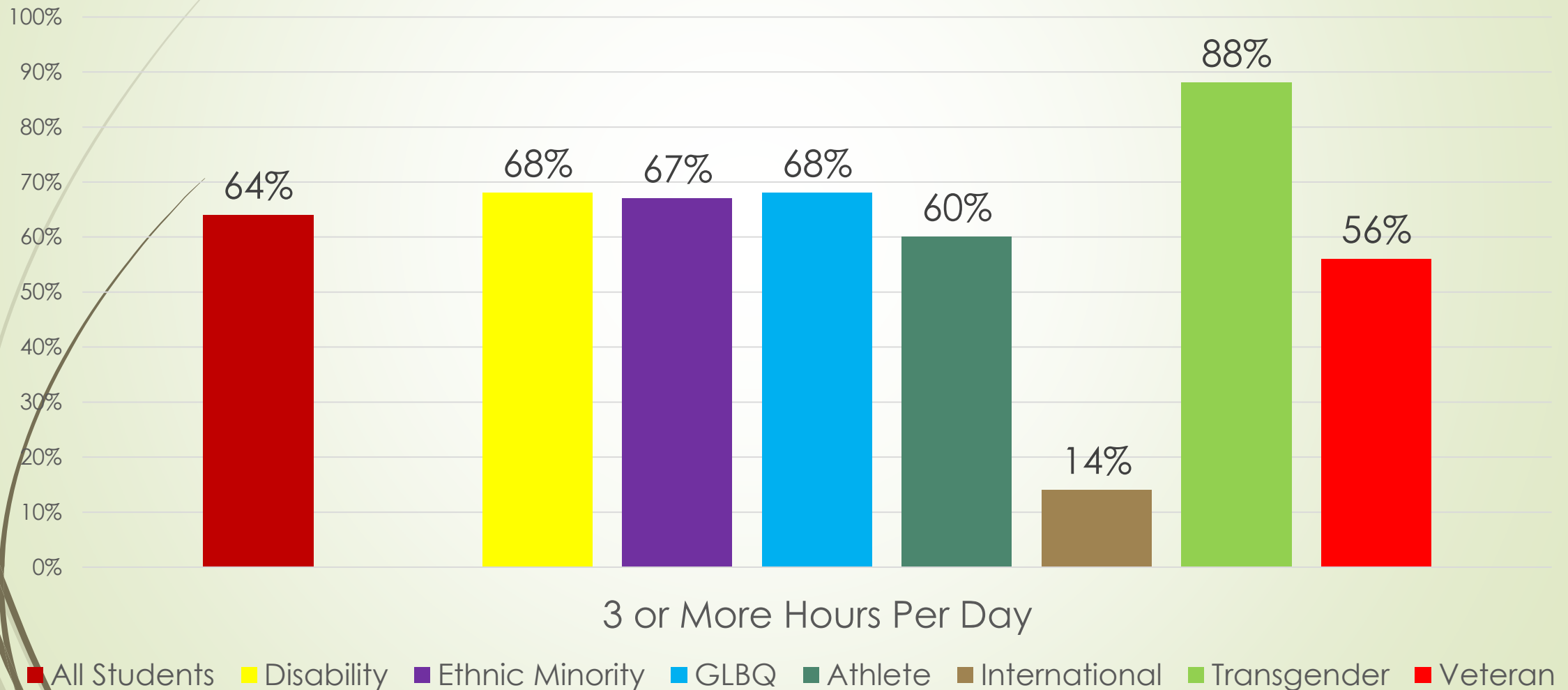
Vaccinations – UWRF (NCHA-Spring 2018)

Have you received vaccinations for influenza (the flu) in the last 12 months:



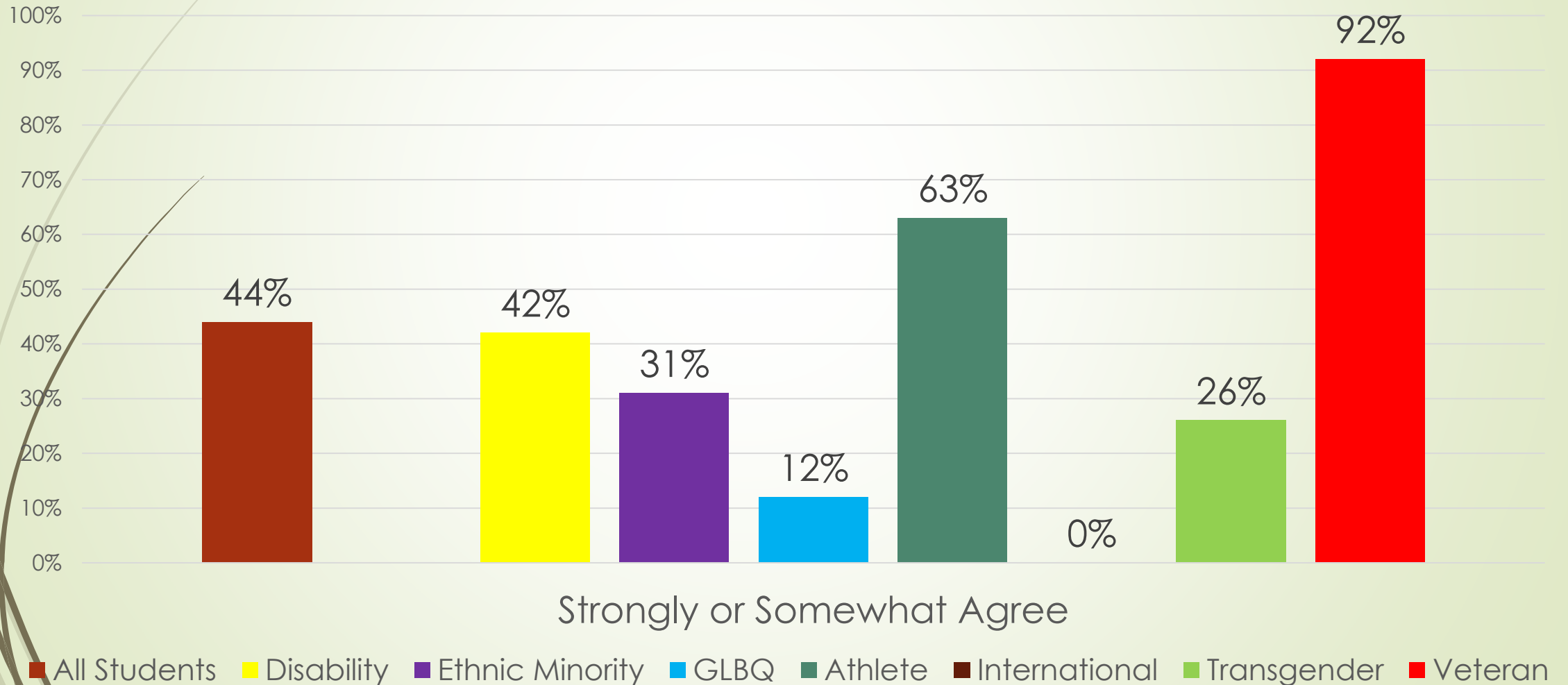
Electronics – UWRF (NCHA-Spring 2018)

On an average day, how many hours do you spend on electronic devices for leisure purposes (not school or work related):

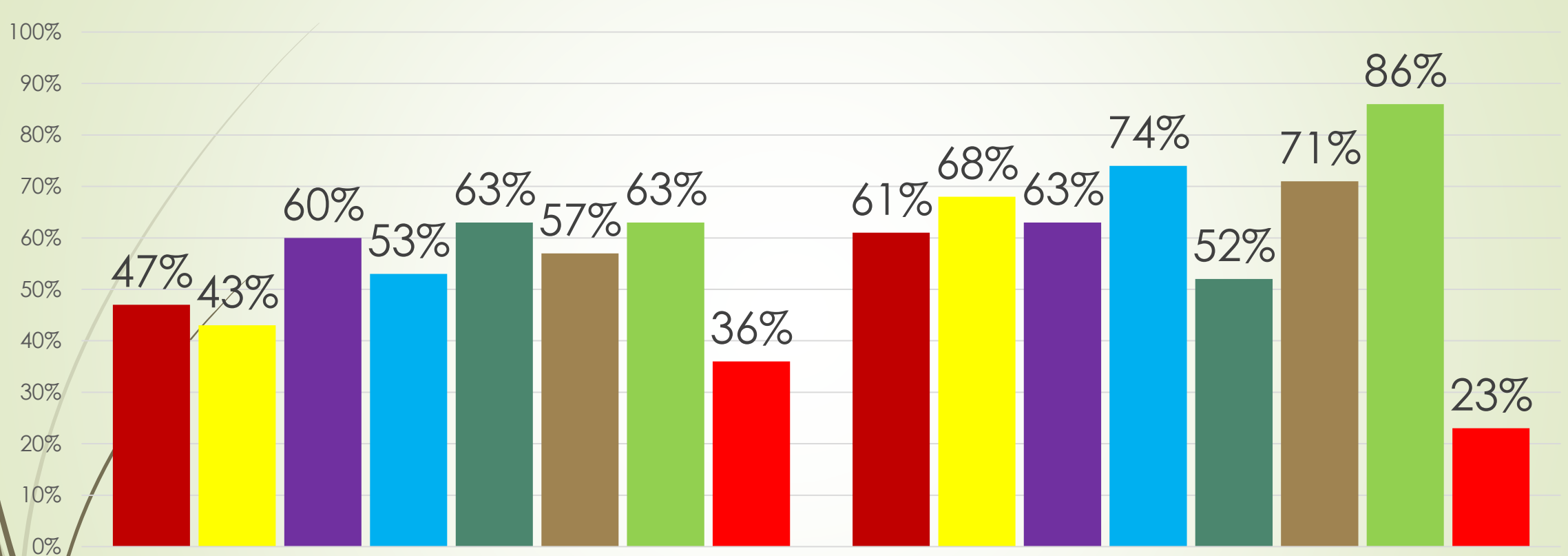


Firearms – UWRF (NCHA-Spring 2018)

I would support persons being able to carry guns (either conceal carry or open carry) in buildings on campus, such as in classrooms, in the residence halls, in dining services, at campus events, in Counseling Services sessions, etc.:



Helping Others – UWRF (NCHA-Spring 2018)



Have you received information on Helping Others in Distress from your university?

Are you interested in receiving information on Helping Others in Distress from your university?

■ All Students

■ Disability

■ Ethnic Minority

■ GLBQ

■ Athlete

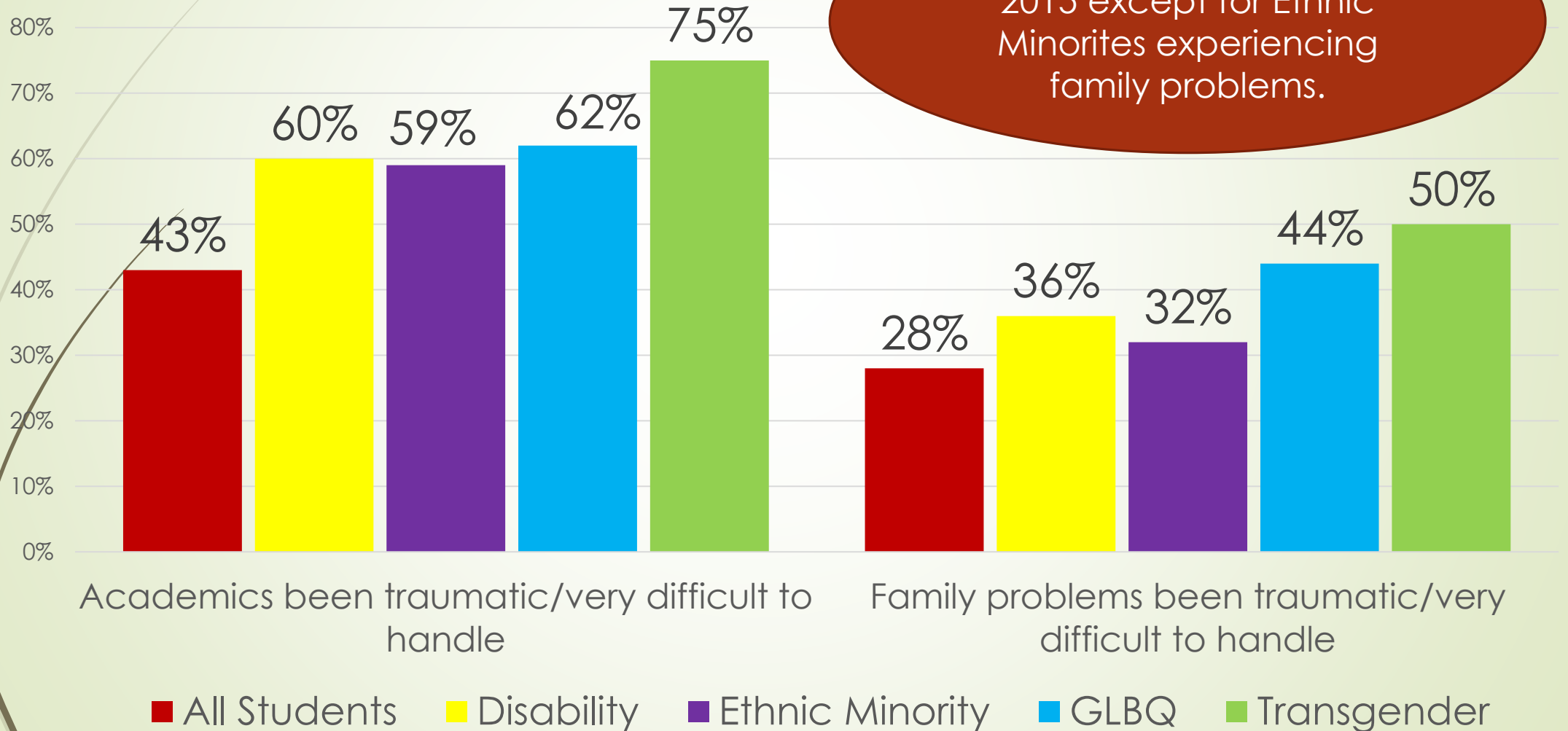
■ International

■ Transgender

■ Veteran

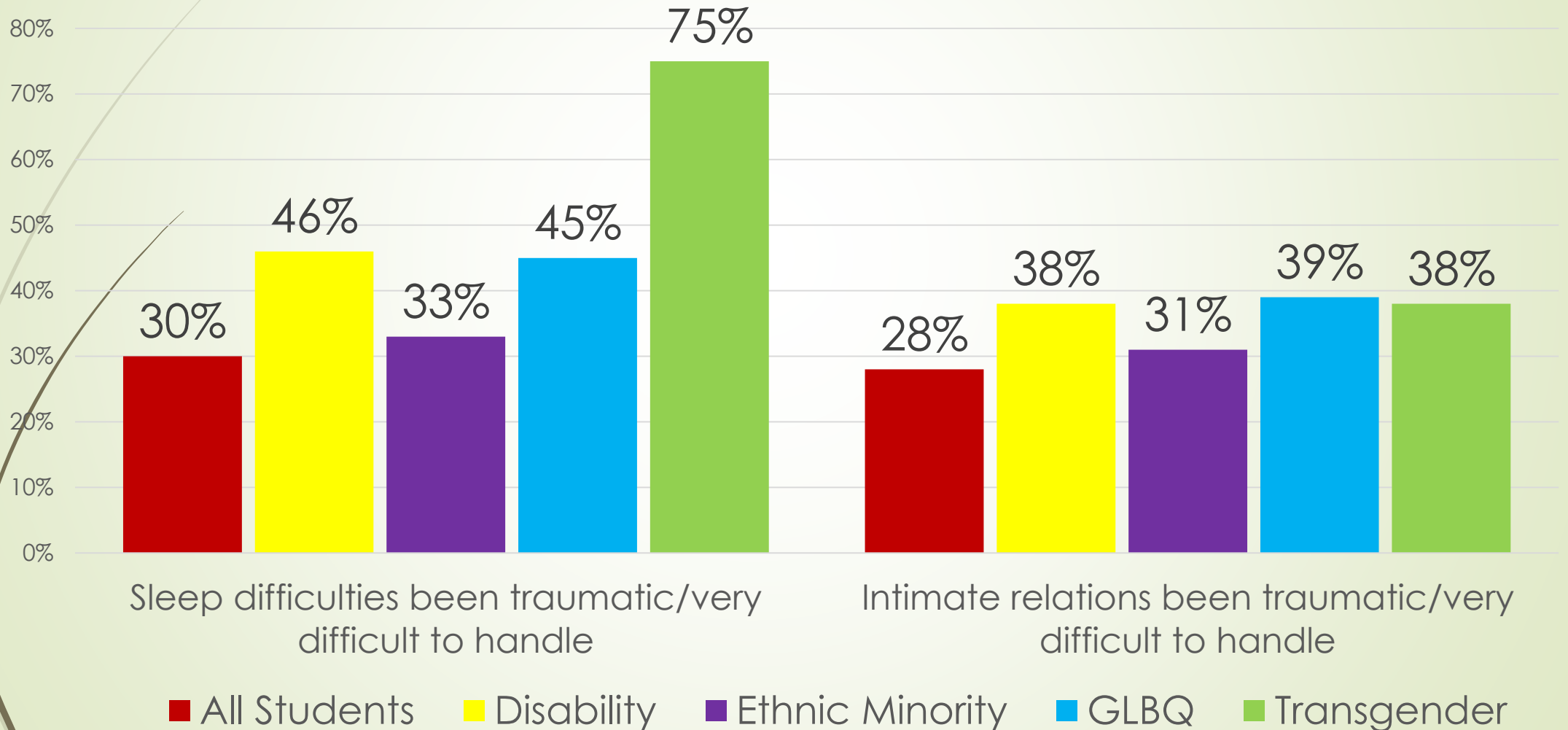
Difficult to Handle – UWRF (NCHA-Spring 2018)

Within the last 12 months



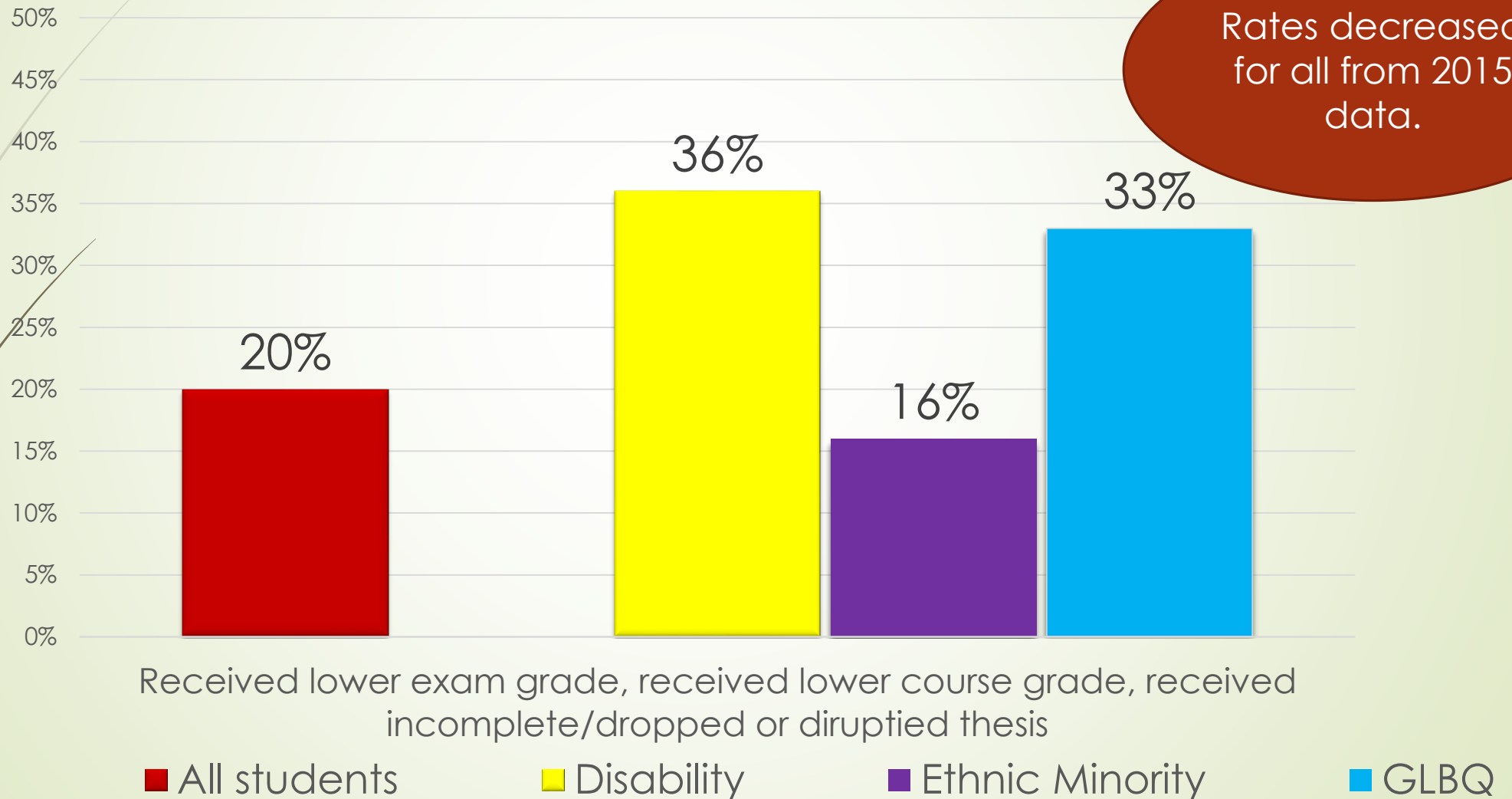
Difficult to Handle – UWRF (NCHA-Spring 2018)

Within the last 12 months



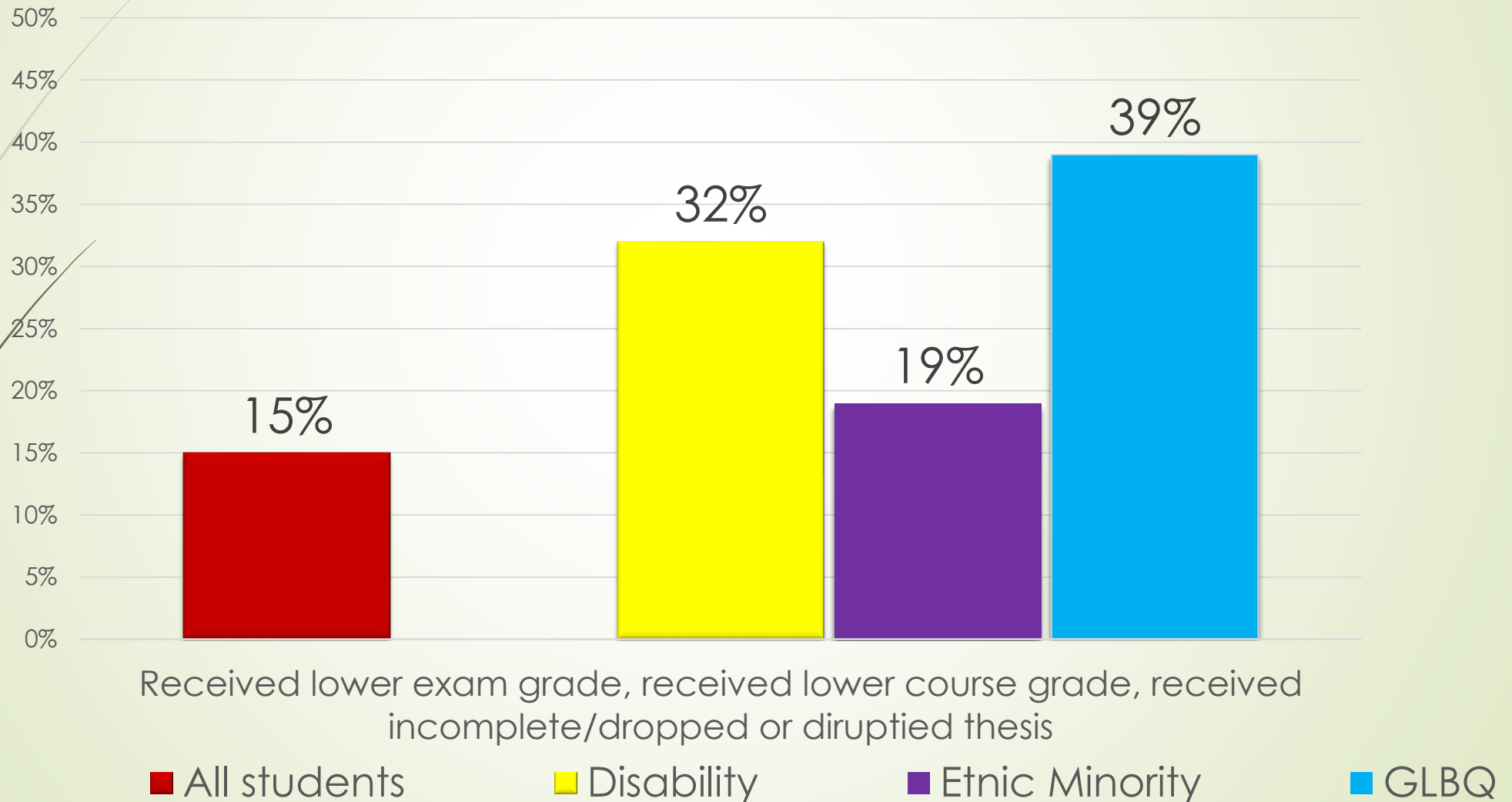
Academics – UWRF (NCHA-Spring 2018)

Within the last 12 months, have sleep difficulties affected your academic performance:



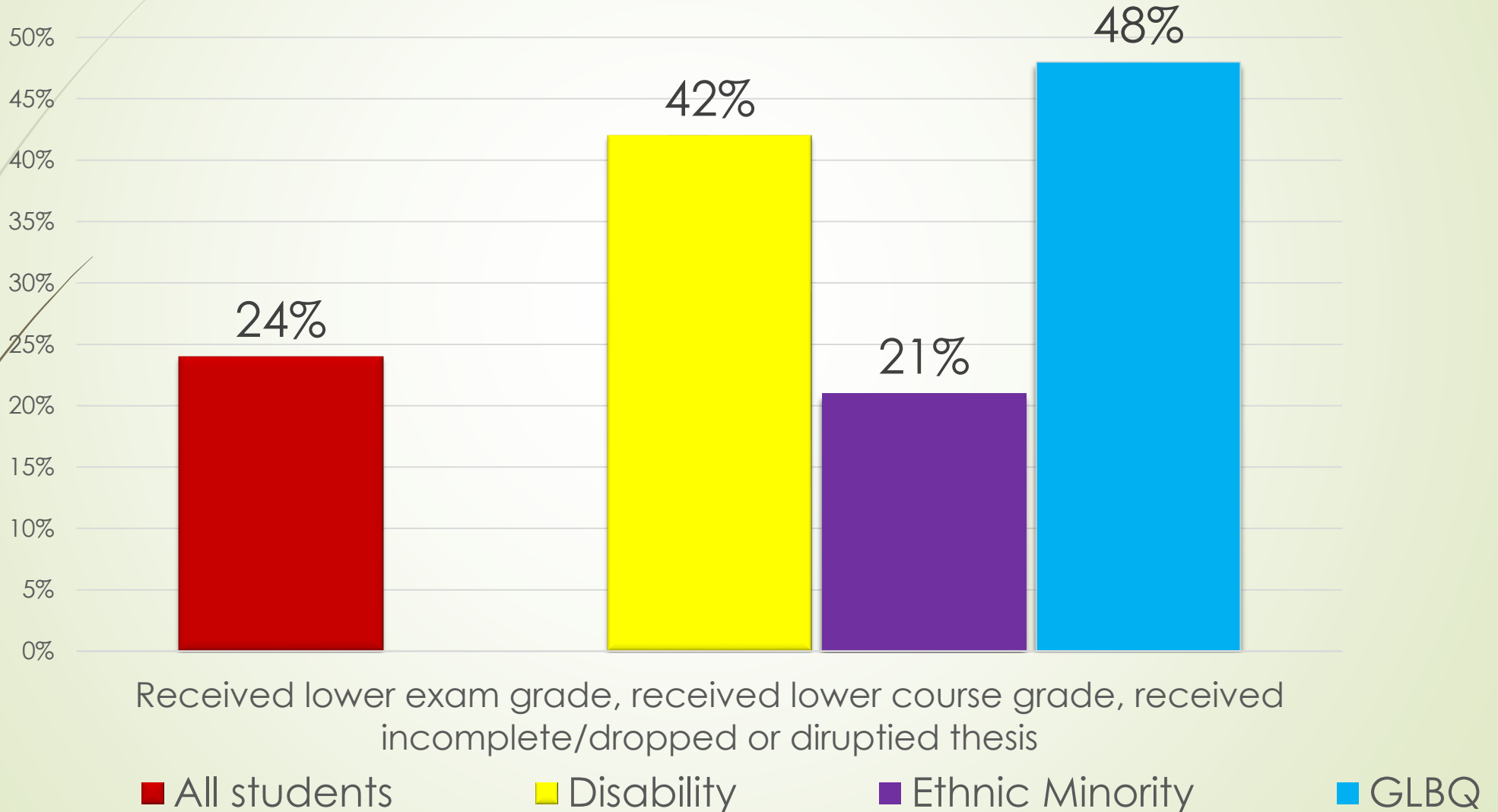
Academics – UWRF (NCHA-Spring 2018)

Within the last 12 months, has depression affected your academic performance:



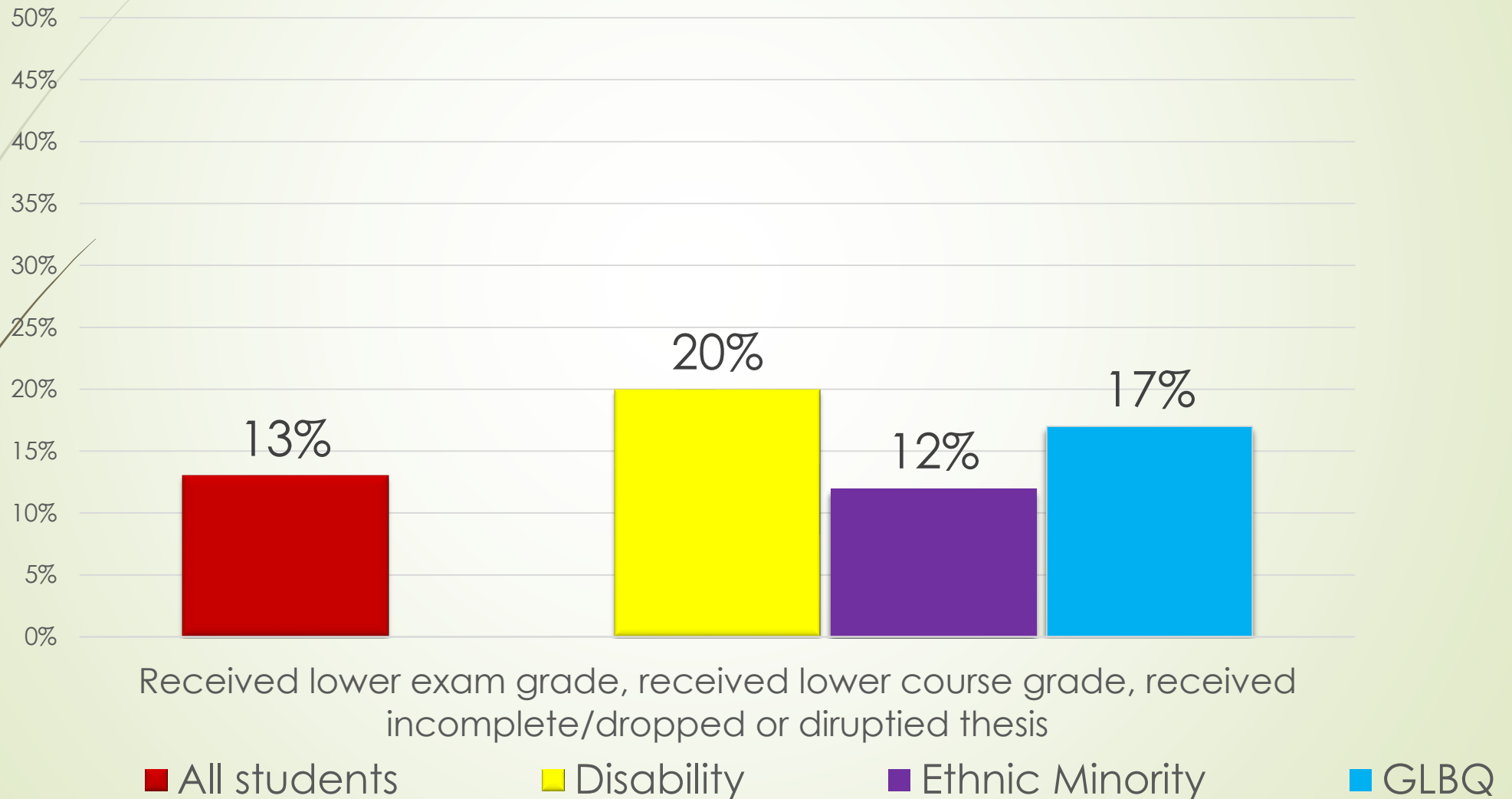
Academics – UWRF (NCHA-Spring 2018)

Within the last 12 months, has anxiety affected your academic performance:



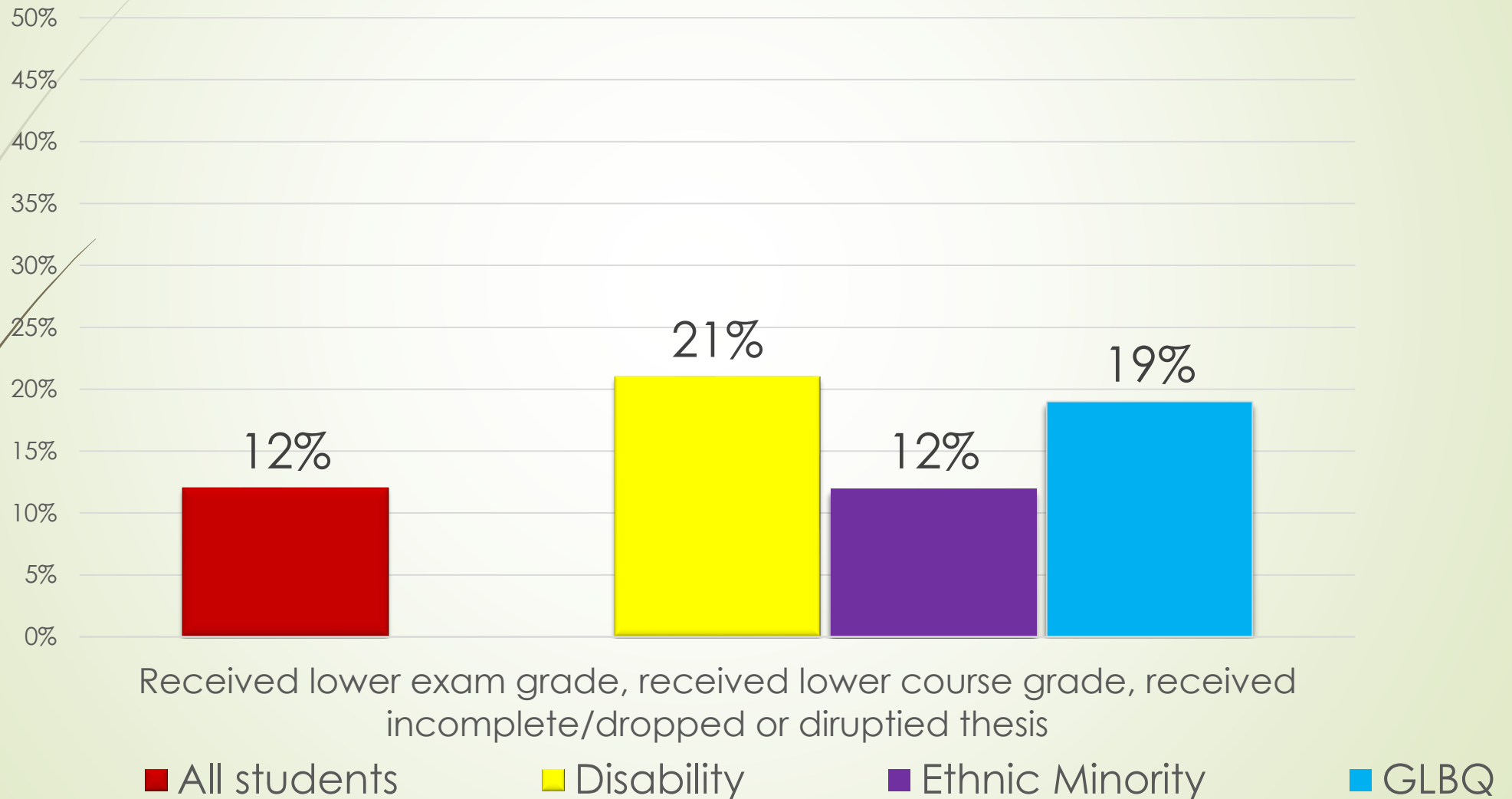
Academics – UWRF (NCHA-Spring 2018)

Within the last 12 months, have cold/flu/sore throat affected your academic performance:



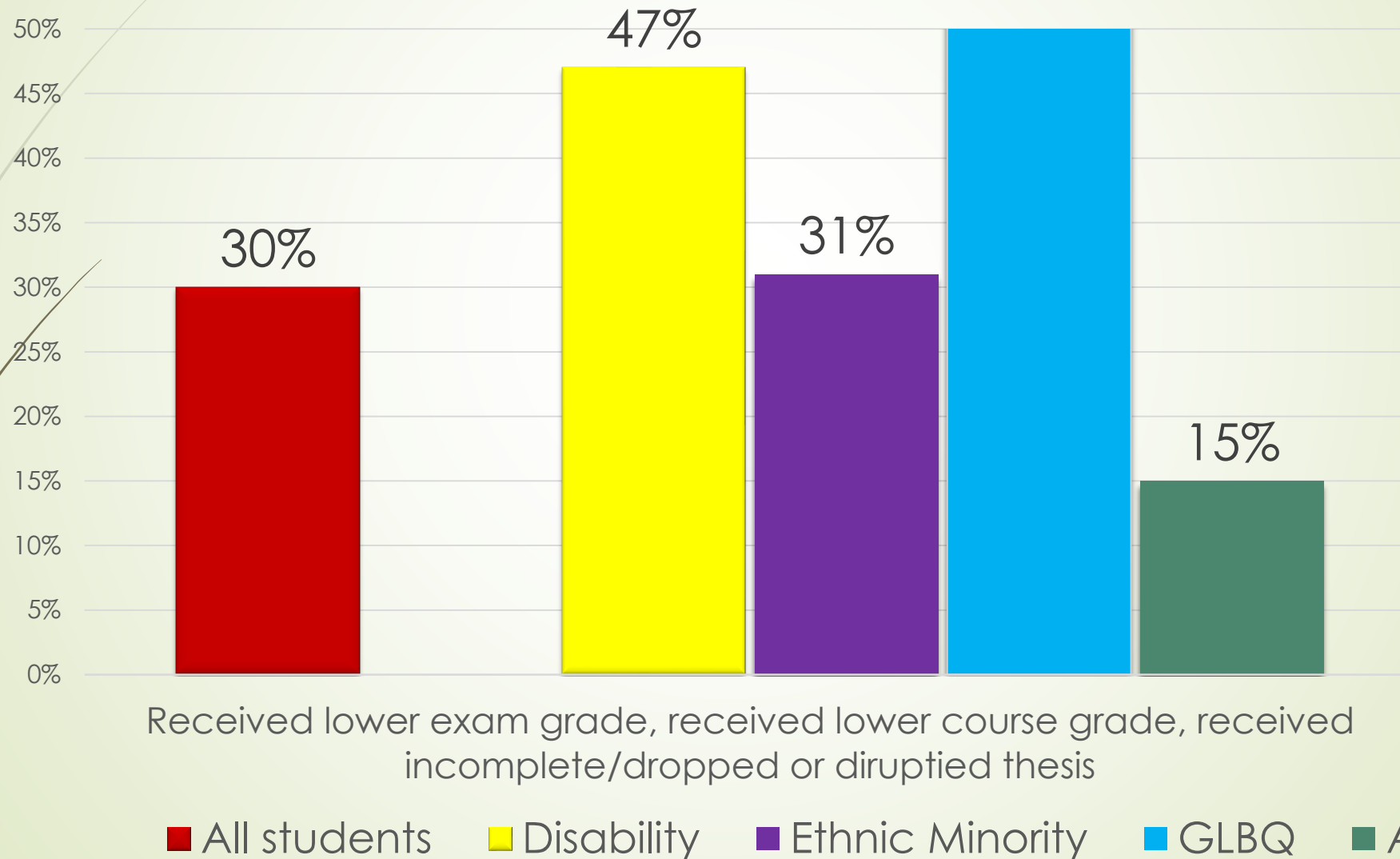
Academics – UWRF (NCHA-Spring 2018)

Within the last 12 months, has work affected your academic performance:



Academics – UWRF (NCHA-Spring 2018)

Within the last 12 months, has stress affected your academic performance:





What does this mean? – (NCHA-Spring 2018)

Ethnic minority students, students with disabilities, transgender, and GLBQ students are disproportionately negatively impacted by many health and mental health issues.