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American College Health Association National College Health Assessment III

University of Hawaii at Hilo: Fall 2019

Funded by: Student Medical Services, Division of Student Affairs

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Background: ACHA

Since 1920, the American College Health Association (ACHA) has served as the **voice for student health** and wellness. Through **advocacy, research and education**, ACHA stands at the forefront of issues that impact the health and wellness of our college students.

ACHA represents over **1,100 institutions of higher education**, representing the collective health and wellness needs of **10 million college students**. ACHA serves nearly 3,000 individual college health and wellness professionals and leaders of all disciplines united together to advance the health and wellness of college students.



Background: NCHA

The ACHA-NCHA is a nationally recognized research survey that provides precise data about **students' health habits, behaviors, and perceptions** regarding several areas of interest.

College students are a diverse yet distinct population with specific health risks and needs. Having current, relevant data about your students' health can help **enhance campus wide health promotion and prevention** services.

The survey is **completely confidential** — students' email addresses or names are never attached to their responses.

It's simple, easy to complete, and can be distributed in several ways convenient to a busy student's schedule. The survey takes about 30 minutes to complete.



The ACHA-NCHA offers a way to map the widest range of health issues:

- Alcohol, tobacco, and other drug use
- Sexual health
- Weight, nutrition, and exercise
- Mental health
- Personal safety and violence



Survey Design

The ACHA-NCHA III 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.

1

Communication & Consent

The survey is administered via an email sent to the identified student population. The email contains the consent form and a unique link to the web-based survey.

2

Survey Design

The survey is a series of multiple choice questions in a variety of categories. Students can answer as many or as few questions as they like and stop at any time.

3

Flexible & Focused

Some of the questions filter participants to additional questions within a specific category.

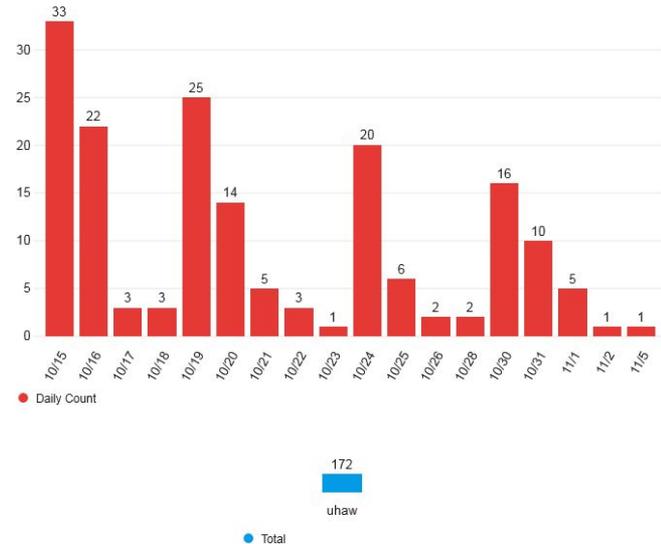


Findings

*Please Note: The survey was re-written, not merely revised.
The NCHA III is an independent study not comparable with the results of the ACHA-NCHA II.
National averages listed in () for comparison.*

Timing, Communication and Respondents

- **Survey date range:**
October 19, 2019- November 5, 2019
- **Students identified to participate: 3,152**
 - **Criteria:**
 - Over 18 years of age
 - Current student (Fall 2019)
 - Full or Part-Time
- **Number of Total Respondents: 172**
- **Percent of submitted surveys: 5.4%**
- **Initial Email request sent: 10/15/2019**
 - Reminders sent: 10/19, 10/24, 10/30
 - Spikes in responses: 10/15, 10/19, 10/24, 10/30



Respondent Details

Gender:

- UH Hilo Respondents:
 - Male: 25% vs. Female: 71%
- National Respondents:
 - Male: 61.9% vs. Female: 34.4%

Year in school:

- 2nd yr UG 20.5%: 34 students
- 3rd yr UG 19.9%: 33 students
- 4th yr UG 18.7%: 32 students

Housing Situation:

- Off Campus: 40.9% (39.5%)
- On Campus: 35.7% (38.3%)
- Parents: 20.5% (18.7%)

Top responding ages ranges:

- 21-25 yrs 27.5%: 46 students (28.5%)
- 19 yrs 14.6%: 24 students (50.8%)
- 31-40 yrs 13.5%: 23 students (9.6%)
- Remaining groups evenly split at @ 10%

Ethnicity:

- White: 48.3% (61.3%)
- Asian/Asian American: 24.9% (12.3%)
- Native Hawaiian/Pacific Islander: 28.5% (0.6%)





General Health & Wellness Findings

77%

Students who consider their overall health to be “good” to “excellent”

89%

Nationally

90%

Students who feel they “belong here”

71%

Nationally

88%

Students who feel Health & Wellness is a priority at UH Hilo

54.8%

Nationally

92%

Students who feel there is an open dialog around Health & Wellness

54%

Nationally

85%

Students who feel their peers look out for each other

54.3%

Nationally

General Time spent

How Students spend their time:

- 28.1% spend 11-15 hours per week in the classroom
- 28.7% spend 6-10 hours per week studying outside of class time
- 18.1% spend 16-20 hours working each week
- 34.9% spend between 1-5 hours with their family during the week
- 53.2% spend 1-5 hours doing household chores

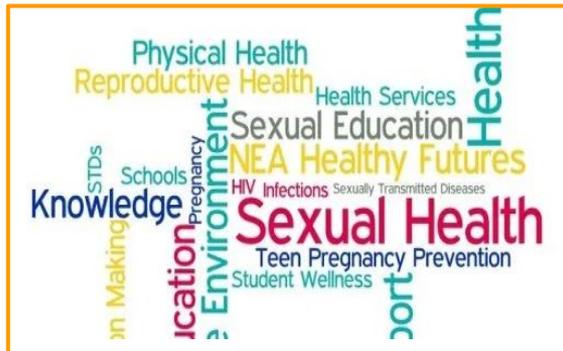
Students reported not spending time on the following activities

(0 hours by a majority of respondents):

- Community service
- Spirituality/meditation
- Student Clubs
- Partying
- Gaming
- Taking care of family members



Summaries by Data Category



**SAFETY
FIRST**
**BE CAREFUL
BE AWARE
BE SAFE**





Alcohol Usage

72.1% of students have used Alcohol, which is in line with national data at 71.8%.

- Usage (L3M):
 - 1-2 times per week: 28.5%,
 - 4 times weekly: 24.4%
- A majority of students (69.3%) didn't get drunk the last time they drank
- A majority of students (69.3%) didn't intend to get drunk
- A majority students (52%) will have 1-2 drinks per hour vs the national responses at 36.5%
- **22.5% have done something regrettable (18.8%)**
- 9.9% have blacked out (11.6%) and 19.3% have experienced a brown out (23%)
- **5% of students seriously considered suicide as a result of alcohol (2.3%)**
- **Drink & Drive (L30D): 32.2% said yes**



Tobacco and Cannabis

Tobacco products: 40.4% of students have used, compared to 33.8% nationally.

- Cigarettes (L3M): 45.2%
- E-Cigarettes (L3M): 57.6%
- Usage (L3M): 1-2 times weekly: 23.2%
- Strong desire to use: Daily/almost daily: 40%

Cannabis: 52.3% of students have used (non-medicinally) versus 37.9% nationally.

- Usage (L3M): daily/almost daily: 7.8%
- Use & Drive (L30D): yes: 51.9%



Other Substances (higher usage)

Cocaine: 11.7% of students have used (6.1%)

- Usage (L3M): 1-2 times: 25%

Prescription Stimulants: 11.6% of students have used (8.8%)

- Usage (L3M): weekly: 10%

Sedatives: 9.3% of students have used (5.8%)

- Usage (L3M): weekly: 6.3%

Medical Services Utilized

79.1% of students survey have received medical services within the last year, which is slightly higher than the national data reports (71.9%).

Typical locations students have received services include:

- Hometown: 72.7% (74.2%)
- Community: 37.6% (28%)
- Campus: 25% (36.9%)

64.5% have seen the dentist in the last 12 months. (72.9%)

44.8% of female students have had a gynecological visit. (53.5%)





Vaccines & Acute Diseases

Student's Vaccine status:

- **HPV:**
 - Completed: 42.4% (49.5%)
 - Not Received: 26.7% (22.7%)
 - Don't know: 23.8% (21.8%)
- **Flu (12M):**
 - No: 53.2%
 - Yes: 37.4% (47.9%)

Students who have been tested for HIV:

- No: 50.6%
- Yes (L12M): 17.4% (16.8%)
- Yes (M12M): 16.9% (10.6%)

Disease/Event Diagnosis (L12M)

- **Cold/Respiratory:** 34.3% (36.6%)
 - 35.6% impacted in the classroom (40.6%)
- **Flu:** 16.9% (10.6%)
 - 46.4% impacted in the classroom (51%)
- **Ortho Injury:** 11% (9.7%)
 - 33.3% impacted in the classroom (29.4%)
- **GI Issues:** 14.1% (9.7%)
 - 50% impacted in the classroom (42.8%)
- **UTI:** 16.9% (9.3%)
 - 25.9% impacted in the classroom (21.3%)



Chronic Condition Diagnosis

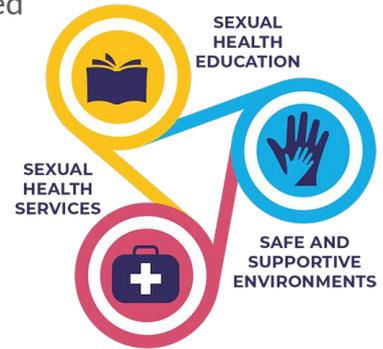
- Pre-Diabetes: 77.8% (58.9%)
- Acne: 27.8% (26.2%)
- Environmental Allergy: 25.9% (29.1%)
- Anxiety: 25% (23.5%)
- Depression: 25% (19.3%)
- Asthma: 19.9% (16.2%)
- Migraines: 14.5% (10.6%)
- Urinary system: 14.3% (1.3%)
- Animal Allergy: 13.5% (12.7%)
- Food Allergy: 17% (11.2%)
- PTSD: 10.5%
- ADHD/ADD: 10.1% (8.2%)
- Eating Disorders: 8.7% (3.6%)
- Insomnia: 8.7% (5%)

Overall effect of Chronic Disease on Academic Performance:

- 60.7% of students did not experience any negative effects
- 29.5% stated it did affect class performance
- 9.8% said it delayed degree progress

Sexual Health

- Most students (72.5%) have had 1 sexual partner in the L12M versus 66% nationally.
 - 79% of males had female partners
 - 99% of females had male partners
- **Oral Sex:** 96.3% of students don't use protection, however, only 26.6% have engaged in oral sex in the "last 2 weeks" and 26% have never engaged.
- **Vaginal Intercourse:** A majority of students (58.1%) did not use protection (L30D) compared to 41.9% nationally. **19.4% say they "always" do.**
 - About 1/3 of students had sex in the last "2 weeks". (33%)
 - Various types of protection are being used by 79.2% of the students surveyed. They include:
 - Male condom: 41.3% (51.6%)
 - Pills: 32.5% (47.2%)
 - Withdrawal: 13.8% (20.7%)
 - Implants: 11.3% (7.7%)
- **Anal Intercourse:** 66.7% of students have never experienced. (81.6%)
 - Of those that have, 80% never use protection.



Sexual Orientation:

Sex given at birth:

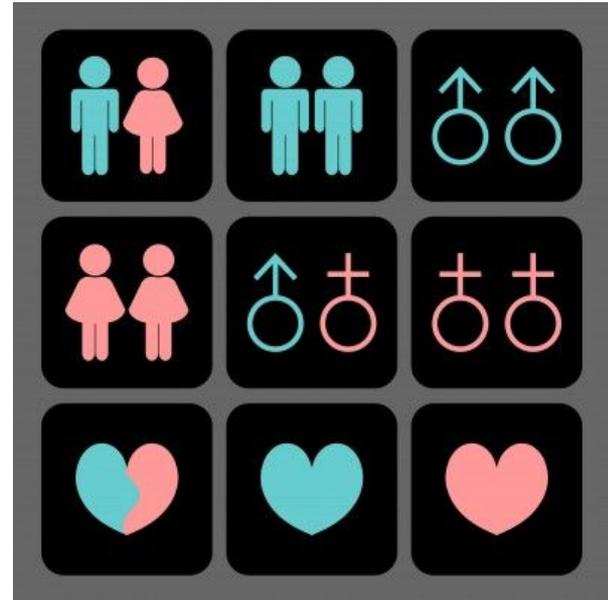
- Female: 73.7%
- Male: 26.3%

Gender identity:

- Female: 72.5%
- Male: 25.7%

Sexual Identity:

- Heterosexual: 74.1% (82.1%)
- Bisexual: 16.5% (8.8%)



Sun Smarts

Sunscreen usage is even across all categories, ranging from “never” to “usually”, averaging 22.6%. Students choose to protect themselves in other ways, including:



shade is a top option
for 42%



29% wear
shirts w/
sleeves



Sunglasses
are usually
worn by
26.3%



30% of people
don't wear hats



Nationally, 29.1% of
students wear sunscreen
usually or always.



Weight and exercise

Weight Status:

- 9.4% Very Overweight
- 45.6% Slightly Overweight
- 35.1% Right Weight

BMI (Body Mass Index):

- 20.7% Obese (16.1%)
- 31.5% Overweight (23.7%)
- 42.4% Right weight (55.6%)
- 5.5% Underweight (4.8%)

Physical Activity (L7D):

- Moderate:
 - 1-149 min: 60.5%
 - 300+ min: 19.8%
- Vigorous:
 - 0 min: 41.9%
 - 150+ min: 27.3%
- Strengthen & Tone:
 - 0 min: 52.3%



60.8% of students want to lose weight.

Diet & exercise combined is the best route to weight loss.

Food Security and nutrition

Food Security:

- Food didn't last/no money:
 - Never: 48.5%
 - Sometimes: 36.8%
 - Often: 14.6%
- Couldn't afford balanced meals:
 - Never: 43%
 - Sometimes: 34.3%
 - Often: 22.7%
- Cut size/skip meals due to funds:
 - No: 53.5%
 - Yes, almost daily: 22.7%
- 33.7% have eaten less due to lack of funds
- 34.3% have gone hungry
- 45% feel a high level of food security
 - 31% very low (20.3%)
 - 24% low (24.4%)

Vegetables (servings per day L7D):

- 0: 9.9%
- 1-2: 54.1%
- 3-4: 24.4% (30.4%)

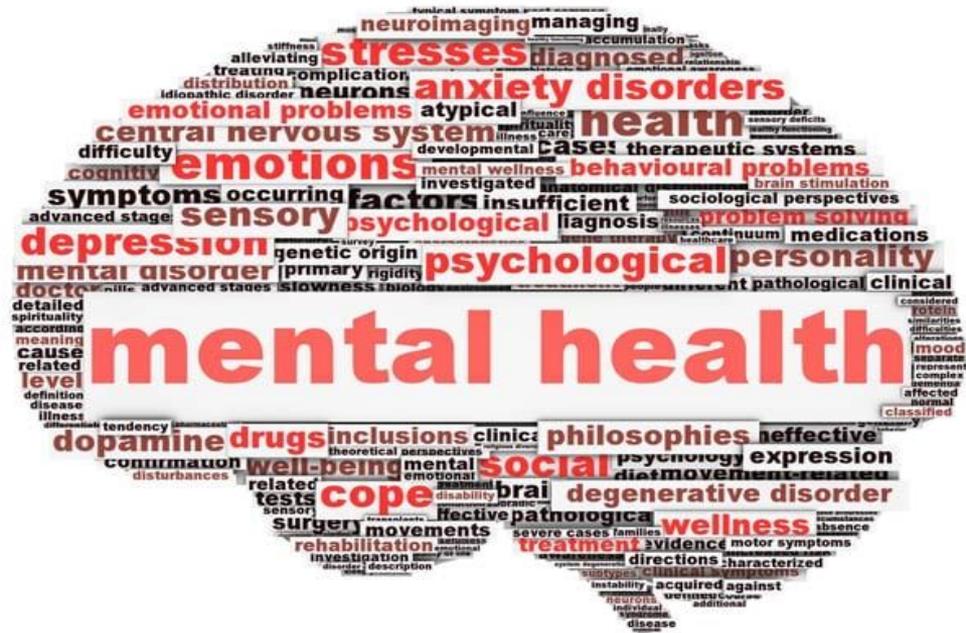
Fruit (servings per day L7D):

- 0: 16.3%
- 1-2: 61.6%
- 3-4: 15.7% (18.3%)

Beverages Consumed (L7):

- Sugary:
 - 0-1: 50.6% (50%)
 - 10+: 8.1%
- Energy:
 - 0: 80.8% (80%)







Mental Health: Services Received

54.7% of students have receive psychological/mental health services in their lifetime, with 33% seeking services in the last 12 months, compared to 26% nationally.

Typical locations students have received services:

- Hometown Counseling Center: 52.7% (44.6%)
- Campus Counseling Center: 47.4% (53.5%)
- Community Counseling Center: 32.7% (24.6%)

77.3% of students would consider seeing a mental health professional



Mental Health: Well-being

82.5%



Feel they live a purposeful & meaningful life

89.5%



Feel competent & capable

90.1%



Agree that they have supportive & rewarding social relationships

84.3%



Feel like good people that are living good lives

86.6%



Are engaged & interested in daily activities

70.2%



Feel optimistic about the future

90.1%



Actively contribute to the happiness & well-being of others

81.3%



Feel respected

94.2%



Felt high levels of adaptability in the last month

94.1%



Bounced back after an illness or hardship in the last month

Mental Health: Well-being

When asked about various feelings/emotions, the following were noted as most concerning:

- Nervousness
- Hopeless
- Restlessness
- Everything is an effort
- Lack of companionship
- Feeling of being left out
- Feeling of isolation





Problematic areas of life (top responses)

- **Procrastination:** 79.7% (70%)
 - 68.4% of students experienced a moderate to high amount of distress and negatively impacted academics for 55.1% of students
- **Finances:** 57.3% (46%)
 - 70.4% of students experienced a moderate to high amount of distress (74.5%), however didn't negatively impact academics
- **Academics:** 54% (46%)
 - 95.7% of students experienced a moderate to high amount of distress (85%)
- **Family:** 48% say that family causes distress ranging from mild (31.7%) to high (33%)
- **Intimate Relationships:** 44% report distress in this area, with 68% of those students stating it's a major cause of distress and 35% saying it negatively impacted academics
- **Bullying/Cyberbullying:** A majority of respondents stated no problems from either of these areas, however, Cyberbullying caused 40% of students impacted to delay their degree.

UH Hilo scored higher in all categories listed vs. National Data

Sleep Habits

- **Time it takes to fall asleep:**
 - 5-15 min: 31.4% (48.6%)
 - 16-30 min: 26.2% (26%)
- **Avg. amt. of sleep during week:**
 - 7 hours: 33.7% (49.9%)
 - 6 hours: 24.4% (48.7%)
- **Avg. amt. of sleep on weekend:**
 - 8 hours: 26.7%
 - 7 & 9 hours (both): 20.9%



- 43.6% of students do not wake too early, however...
- **30.8% of students report feeling tired during the day for all 7 of the last 7 days, and...**
- **29.7% felt rested none of the days**
- 11.6% of students also reported having trouble falling asleep (L7D) all 7 days
- Naps are uncommon among survey participants

Stress

Stress affects academic performance for 40% of students.

Overall Stress level:

- Moderate: 54.7% (48.8%)
- High: 26.7% (27.1%)
- Low: 18% (22.3%)





Suicide

When asked about thoughts and plans of suicide, students responded as follows:

- **Contemplated/attempted suicide:**
 - Never: 44.4%
 - Passing thought: 30.4%
 - Planned: 20%
 - Attempted & really wanted to die: 4.1%
- **Frequency of thinking about suicide in L12M:**
 - Never: 59.9%
 - Rarely: 11%
 - Sometimes: 12.8%
 - Often/very often: 16.3%
- **Disclosed plans to someone:**
 - No: 70.3%
 - Yes: 25.5%
- **How likely to attempt:**
 - Never: 61.4%
 - Unlikely: 14.6%
 - Likely: 4.7%
- **Attempt suicide L12M:**
 - No: 94.2%
 - Yes: 5.8%



**SAFETY
FIRST**

**BE CAREFUL
BE AWARE
BE SAFE**



Personal Safety and Violence

Relationship Issues:

- A **majority** of students reported **no relationship violence or oppression** in the following areas:
 - Name calling/insults
 - Limiting contact
 - Physical violence
 - Unwanted sexual contact (without consent), including use of force, touch, or penetration
 - Physical fights/assault
 - Verbal treats
 - Stalking

Campus Safety:

- **77.3%** of students say they feel “**very safe**” during the day compared to only 26.9% at night (80.8% & 32.6%)
 - 52% of students feel “somewhat safe” at night
 - Close to 50% of students feel “somewhat” safe in the surrounding community both day and night at 47.4% / 41.8% respectively



Conclusions





Areas of concern to increase support

- Loneliness/connections
- Food Security: affecting quality and quantity
- Stress/Distress: Academics, finance, procrastination, relationships, bullying
- Suicidal Behavior
- Tobacco & Alcohol
- Cannabis
- Student Employment & Volunteer Opportunities
- Proper Sun safety
- Nutrition Education with a focus on the pre-diabetic population & increase fruit/veg intake
- Safe Sex (Family Planning)
- Sleep Habits



Areas of strength to build upon

- Physical Activity
- Feelings of well-being, belonging
- Personal safety
- Open dialogue around Health & Wellness
- Lots of time spent in the classroom & studying, not a lot of time spent partying
- Encourage on campus medical and counseling services by promoting specific services
 - Dental Services in community
 - Vaccine publicity/education
 - Family planning services
 - HIV testing
 - Counseling: transition from hometown
 - Support Groups



Moving Forward: Education & Event suggestions

Awareness & Education:

- Safe Sex / Family Planning
- Substance Use
- Nutrition & Proper Diet
- Physical Activity
- Connections Building
- Stress Management
- Share the good VIBES
- Employment & Volunteer Opportunities
(Grant incentives)
- Sleep Habits
- Sun Safety

Campus & Community Collaborations:

- Campus Security
- Financial Aid
- Title IX
- Student Life Center
- Hi Haf / East Hawaii IPA
- Suicide Prevention Task Force



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Thank you!