STUDENT HEALTH, WELL-BEING, AND SAFETY

Data from:
National College Health Assessment-II (NCHA, Spring 2015)
UW System Alcohol and Other Drug Survey (2004-2011)
Healthy Minds Study (Spring, 2012)

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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?

<table>
<thead>
<tr>
<th>Reported Disabilities 2015</th>
<th>UW System</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADHD (Attention Deficit Hyperactivity Disorder)</td>
<td>8.2%</td>
<td>7.4%</td>
</tr>
<tr>
<td>Psychiatric Condition</td>
<td>8.5%</td>
<td>7.1%</td>
</tr>
<tr>
<td>Chronic Illness</td>
<td>5.1%</td>
<td>4.9%</td>
</tr>
<tr>
<td>Learning Disability</td>
<td>4.5%</td>
<td>4.0%</td>
</tr>
</tbody>
</table>

### National Trends - Reported Disabilities

- ADHD (Attention Deficit Hyperactivity Disorder)
- Psychiatric Condition
- Chronic Illness
- Learning Disability

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

- **Allergies**: 16.2% (UWS) vs 18.7% (National)
- **Sinus infection**: 15.0% (UWS) vs 16.1% (National)
- **Back pain**: 12.0% (UWS) vs 13.6% (National)
- **Urinary tract infection**: 10.6% (UWS) vs 9.9% (National)
- **Strep throat**: 9.9% (UWS) vs 10.2% (National)
- **Migraine headache**: 9.4% (UWS) vs 8.3% (National)
- **Asthma**: 8.9% (UWS) vs 8.4% (National)
- **Ear infection**: 7.0% (UWS) vs 6.2% (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.
Within the last 12 months, were you:

- Sexually touched without consent
- Sexually penetrated without consent
- Victim of stalking

### 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:

<table>
<thead>
<tr>
<th>Type of Abuse</th>
<th>Males</th>
<th>Females</th>
<th>Disability</th>
<th>LG BQ</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physically abusive</td>
<td>1.6%</td>
<td>2.1%</td>
<td>3.6%</td>
<td>4.6%</td>
</tr>
<tr>
<td>Emotionally abusive</td>
<td>6.1%</td>
<td>10.2%</td>
<td>13.5%</td>
<td>13.0%</td>
</tr>
</tbody>
</table>
Within the last 12 months, were you:

- Verbally threatened? Men: 22%, Women: 16%
- In a physical fight? Men: 9%, Women: 3%
- Physically assaulted (not sexual assault)? Men: 3%, Women: 4%

(Additional categories for Disability and LG BQ are also shown, with percentages of 25%, 7%, 7%, and 6% respectively.)

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

- Major Depression: 9%
- "Minor" Depression: 7%
- Panic Disorder: 6%
- Generalized Anxiety: 6%
- Suicidal ideation: 8%
- Non-suicidal Self-Injury: 14%
- Any MH problem: 31%
- Flourishing: 40%

Felt so depressed it was difficult to function (last 12 months):
- Male: 28%
- Female: 35%
- Ethnic Minority: 36%
- Disability: 54%
- LG BQ: 59%

Diagnosed or Treated (last 12 months):
- Male: 10%
- Female: 19%
- Ethnic Minority: 11%
- Disability: 40%
- LG BQ: 35%

National Trends - Depression Diagnosis or Treatment:
- 2010: 5%
- 2011: 10%
- 2012: 15%
- 2013: 20%
- 2014: 25%
- 2015: 30%

- Felt overwhelming anxiety (last 12 months)
  - Male: 46%
  - Female: 62%
  - Ethnic Minority: 53%
  - Disability: 75%
  - LGBQ: 75%

- Diagnosed or Treated (last 12 months)
  - 2010: 10%
  - 2011: 15%
  - 2012: 20%
  - National Trends Anxiety Diagnosis or Treatment
  - Male: 43%
  - Female: 34%
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

- Enrollment Growth: 3%
- Client Increase: 27%
- Appointment Increase: 36%

**Satisfaction:**
- 94% said they would **recommend** counseling services to a friend.
- 96% said it was **important** to have counseling services located on campus.

**Retention:**
- 22% of clients were thinking of leaving school prior to counseling.
- 77% of these reported that counseling helped them stay in school (~2,118 students annually).
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)

35% National
31% UW-System

Binge Drinking

2005 2007 2011 2015

UW System National

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 last 12 months

<table>
<thead>
<tr>
<th>Behavior</th>
<th>UWS</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Did something you later regretted</td>
<td>35%</td>
<td>34%</td>
</tr>
<tr>
<td>Forgot where you were or what you did</td>
<td>32%</td>
<td>29%</td>
</tr>
<tr>
<td>Had unprotected sex</td>
<td>21%</td>
<td>21%</td>
</tr>
<tr>
<td><strong>Reported one or more of above</strong></td>
<td><strong>54%</strong></td>
<td><strong>51%</strong></td>
</tr>
</tbody>
</table>

### Protective Behaviors last 12 months

<table>
<thead>
<tr>
<th>Behavior</th>
<th>UWS</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Use a designated driver</td>
<td>85%</td>
<td>85%</td>
</tr>
<tr>
<td>Stay with same group of friends the entire time drinking</td>
<td>91%</td>
<td>87%</td>
</tr>
<tr>
<td>Keep track of how many drinks being consumed</td>
<td>64%</td>
<td>67%</td>
</tr>
<tr>
<td><strong>Reported one or more of above</strong></td>
<td><strong>99%</strong></td>
<td><strong>98%</strong></td>
</tr>
</tbody>
</table>
**Marijuana – UWS Consortium VS National Reference Group (NCHA-Spring 2015)**

<table>
<thead>
<tr>
<th></th>
<th>Perception</th>
<th>Reality</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>In the last 30 days, what percent of students used marijuana.</td>
<td>In the last 30 days, I used marijuana.</td>
</tr>
<tr>
<td>UW System</td>
<td>35%</td>
<td>14%</td>
</tr>
<tr>
<td>National</td>
<td>38%</td>
<td>17%</td>
</tr>
</tbody>
</table>

**GAP**

**UWS 21%**

**LGBQ students Reported 22%**

**Transgendered students Reported 19%**

<table>
<thead>
<tr>
<th></th>
<th>Illegal Prescription-Stimulants (last 12 months)</th>
<th>Illegal Prescription-Painkillers/Opiates (last 12 months)</th>
</tr>
</thead>
<tbody>
<tr>
<td>National</td>
<td>7.3%</td>
<td>5.2%</td>
</tr>
<tr>
<td>UW-System</td>
<td>7.4%</td>
<td>4.7%</td>
</tr>
</tbody>
</table>

- Illegal Prescription-Stimulants (last 12 months)
- Illegal Prescription-Painkillers/Opiates (last 12 months)
## Body Mass Index (BMI)/Weight and Physical Activity

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

<table>
<thead>
<tr>
<th></th>
<th>UWS</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Females</td>
<td>25.00</td>
<td>24.32</td>
</tr>
<tr>
<td>Males</td>
<td>25.60</td>
<td>24.96</td>
</tr>
</tbody>
</table>

**Physical Activity**

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

<table>
<thead>
<tr>
<th>Method</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male condom</td>
<td>65.6%</td>
</tr>
<tr>
<td>Birth control pills</td>
<td>63.0%</td>
</tr>
<tr>
<td>Withdrawal</td>
<td>33.4%</td>
</tr>
<tr>
<td>Intrauterine device (IUD)</td>
<td>7.2%</td>
</tr>
<tr>
<td>Male condom w/ another method</td>
<td>54.8%</td>
</tr>
</tbody>
</table>
Problem of sleepiness during daytime (more than a little to a very big problem) past 7 days

- All students: 39%
- Ethnic minority: 41%
- Disability: 52%
- LG BQ: 51%
- Transgender: 47%
Impact of Health/Mental Health on Academics - UWS Consortium (NCHA-Spring 2015)

Top issues negatively affecting academics for UW System students:

- Troubled friend/family: 10.7%
- Internet/computer games: 11.2%
- Depression: 14.8%
- Cold/flu/sore throat: 15.0%
- Work: 15.9%
- Sleep difficulties: 21.4%
- Anxiety: 24.0%
- Stress: 31.4%

Discrimination affecting academics:
- 1% for all students
- 2.2% for Disabled
- 3.2% for Ethnic minorities
- 4.3% for LGBQ
- 18.7% for Transgendered

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