



# **The Health of UI Students**

# National College Health Assessment

- Random sample
- Web-based delivery
- 20% response rate
- Spring data collection
- Similar results to Fall 2006 data collection  
(convenience sample with 97% response rate)

# Defining Health

- Dynamic, ever-changing process of achieving individual potential in each of the following dimensions:
  - Physical
  - Social
  - Emotional
  - Mental
  - Spiritual
  - Environmental
- Donatelle and Davis

# Dimensions of Health

- Physical : ability to fight disease; physical fitness
- Social: functioning appropriately in a variety of settings; satisfying relationships
- Emotional: ability to express emotions appropriately; self-esteem; self-efficacy
- Intellectual: ability to learn; grow and adapt from mistakes; decision-making
- Spiritual: connection to self, world and others; sense of meaning in life
- Environmental: appreciation of environment; our connection and responsibility to it

■ Donatelle and Davis

# NCHA Highlights

- Health Related Academic Impediments -  
Percent of UI students reporting this health condition resulted in:
  - dropping a course
  - doing worse on a project or exam
  - getting a lower grade in a course overall

# NCHA Highlights

Condition	% saying it impeded academics
Stress	38%
Cold/Flu/Sore Throat	30%
Sleep difficulties	29%
Concern for friend or family member	20%

# NCHA Highlights

Condition	% saying it impeded academics
Internet/computer games	19%
Depression/Anxiety/Seasonal Affective Disorder	19%
Relationship difficulty	19%
Sinus/ear infection/bronchitis/strep throat	12%

# Top 5 Impediments

<i>A/B students</i>	<i>C students</i>
Stress	Stress
Cold/Flu/Sore Throat	Sleep difficulties
Sleep	Cold/Flu/Sore Throat
Concern for friend/family	Depression/Anxiety/SAD
Internet/Computer games	Relationships



# What, No Alcohol??

- Students don't identify alcohol as an issue:

But we know it plays a role in stress, sleep, relationship problems, depression, etc.

# Impediments by drinking

<i>'frequent' binge (3+times)</i>	<i>'infrequent' binge (2 or fewer times)</i>
Stress (40%)	Stress (36%)
Cold/Flu/Sore Throat (39%)	Cold/Flu/Sore Throat (26%)
Sleep difficulty (30%)	Sleep difficulty (28%)
Concern family (23%)	Concern family (19%)
Depression (21%)	Depression (18%)
Sinus infection/strep (19%)	Sinus infection/strep (10%)

# What, No Alcohol??

- Our students do experience academic consequences of their substance use:

41% report they missed class due to alcohol use:

63% of fraternity/sorority students

60% of live-in greek-affiliated students

42% of men (39% of women)

31% of first year students (HIP, 2006)

31% reported they got behind in school work (CAS, 2005)

# Sources and Believability of Health Information

- Most believable:
  - SHS medical staff (91%)
  - SHS health educators (90%)
  - Faculty/coursework (68%)
  - Parents (62%)

Only 23% stated their friends were credible sources of health information

# Sources and Believability of Health Information

- Most utilized:
  - Internet (80%)
  - Parents (76%)
  - SHS staff (65%)
- Although they aren't rated as credible, 64% of our students get health information from friends

# Programmatic Implications of Sources and Believability

- Have health information available 24/7 via internet (Anonymous Question and Answer Service via SHS website)
- Integrate health information into academic coursework:
  - College Transition
  - Your College Experience Series
- Support peers in being more credible sources (Health Ninjas)
- Ask students who visit the SHS if they learned more about their health conditions and how to take care of themselves

# What Do Student's Health Behaviors Look Like?

- Risk factor clustering
- 5 factors
  - BMI
  - Fruit and vegetable intake
  - Aerobic exercise
  - Tobacco use
  - Alcohol consumption

# Criteria used for risk factors

- Overweight or obese based on BMI
- Less than 5 servings of fruits and vegetables/day
- Less than 3 days/week aerobic exercise
- Smoking
- High risk drinking (NIAAA)
  - More than 3 drinks for women
  - More than 4 drinks for men



# Results

- Gender differences
  - Men were more likely to be overweight or obese than women
  - Men more likely to smoke than women
  - No difference in fruit and vegetable intake, aerobic exercise, or high risk drinking
- **Over 85% of students had 2 or more risk factors**
- **Over 55% had 3 or more risk factors**

# Results

## ■ Men

- Most prevalent combination for 2 risk factors was inadequate fruit and vegetable intake and high risk drinking
- Most prevalent combination for 3 risk factors was inadequate fruit and vegetable intake, high risk drinking, and overweight/obesity for 12% of men
  - 11% of men had the combination of inadequate physical activity, inadequate fruit and vegetable intake, and high risk drinking

# Results

- Women
  - Most prevalent combination for 2 risk factors was inadequate fruit and vegetable intake and high risk drinking
  - Most prevalent combination for 3 risk factors was inadequate fruit and vegetable intake, high risk drinking, and inadequate aerobic exercise
    - 20% of women in the sample had this combination of risk factors

# Conclusion

- Interventions that are multi-disciplinary should be used to target the clustering of risk factors students exhibit
- Behaviors are syndemic
- Residence was also associated with the number of risk factors
  - Off campus students were more likely to have a higher number of risk factors
  - Men who were members of a fraternity exhibited more risk factors

# Health, Learning, and Living

- Health is a learning and engagement issue
- If students are affected in the classroom, they are also impacted outside of it:
  - Residence halls
  - Student organizations
  - General engagement

# Health, Learning, and Living

- Richard Keeling, editor of *Learning Reconsidered*:
  - Learning is a brain-based, organic process
  - Health and learning are deeply linked
  - Health services and health promotion are *learning support services* that strengthen engagement and outcomes
  - Engagement with academic work is a function and marker of health status

# How College Affects Students

- “There is a substantial body of evidence indicating that educational attainment is strongly linked with good health as well as behaviors that promote good health. “
- “...Additional evidence suggests that health knowledge and good health habits later in life can be further enhanced by purposeful instruction during college.”
  - Ernest Pascarella and Patrick Terenzini

# Recommendations

- Be aware of these issues as they relate to students' ability to fully engage in and out of the classroom
- Refer for assistance when you notice issues arising
- Challenge staff to conceptualize (or reconceptualize) health as a *learning and engagement* issue, and therefore everyone's to 'own' .....



# A Campus as a Healthy Living Network

- Everyone's work within Student Services (and across campus) supports the holistic health of our students
- Health, defined broadly, includes many dimensions: social, physical, mental, intellectual, aspirational, spiritual, cultural, emotional
- A coordinated and collaborative network of programming and services enables students to be healthy individuals in a healthy community
- Student Success Team helps to create that network

# Student Success

“We protect the Hippocampus”

- Dr. Richard Keeling

“Wellness must be a prerequisite to all else. Students cannot be intellectually proficient if they are physically and psychologically unwell.”

- – *Ernest Boyer*

# SHS Mission

To provide competent and quality health care for all students while recognizing their own individuality as it pertains to treating their particular problems; to promote preventive medicine and healthy lifestyles; to develop educational and outreach programs; and to make student visits an informational and educational experience.

# SHS Vision

To achieve premier status as a college health service.

# SHS Values

- To promote community and individual health necessary for student learning.
- To promote excellence in clinical services, health promotion, and health education in the university community.