

CSU California Maritime Academy

Executive Summary

Spring 2011

American College Health Association
National College Health Assessment II



ACHA-NCHA II

The ACHA-NCHA II 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.



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ACHA, the nation's principal advocate and leading organization for college and university health, represents a diverse membership that

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American College Health Association. American College Health Association-National College Health Assessment CSU California Maritime Academy Executive Summary Spring 2011. Annapolis, MD: American College Health Association; 2011.

Introduction

Please note the ACHA-NCHA II is not appropriate for trend

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The overall response proportion was 26.6%.

Findings

A. General Health of College Students

63.3 % of college students surveyed (65.1 % male and 7 5%.female) described their health as *very good or excellent*

94.4 93.4 % male and 98.1 % female) described their health as *good, very good or excellent*

Proportion of college students who reported being diagnosed or treated by a professional for any of the following health problems within the last 12 months:

Allergies:	12.8 %	Hepatitis B or C:	0.8 %
Asthma:	3.0 %	High blood pressure:	4.5 %
Back pain:	10.2 %	High cholesterol:	4.5 %
Broken bone/Fracture/Sprain:	9.8 %	HIV in 0 0 1 256.5m5206(h).(3)-4.86608()2.937221 the.4%	

B. Disease and Injury Prevention

College students reported receiving the following vaccinations (shots):

- 72.6 % reported receiving vaccination against hepatitis B.
- 31.0 % reported receiving vaccination against Human Papilloma virus/HPV (cervical cancer vaccine).
- 45.2 % reported receiving vaccination against influenza in the last 12 months (shot or nasal mist).
- 65.2 % reported receiving vaccination against measles, mumps, rubella.
- 57.3 % reported receiving vaccination against meningococcal meningitis.
- 52.3 % reported receiving vaccination against varicella (chicken pox).

Other disease prevention practices reported by college students:

- 74.8 % reported having a dental exam and cleaning in the last 12 months.

C. Academic Impacts

Within the last 12 months, students reported the following factors affecting their individual academic performance, defined as: received a lower grade on exam, or an important project; received a lower grade in the course; received an incomplete or dropped the course; or experienced a significant disruption in thesis, dissertation, research, or practicum work; (listed alphabetically):

Alcohol use:	8.0 %	Gambling:	0.4 %
Allergies:	3.0 %	Homesickness:	3.8 %
Anxiety:	12.9 %	Injury:	2.3 %
Assault (physical):	0.0 %	Internet use/computer games:	8.6 %
Assault (sexual):	0.0 %	Learning disability:	4.5 %
Attention Deficit/Hyperactivity Disorder:	8.0 %	Participation in extracurricular activities:	12.5 %
Cold/Flu/Sore throat:	15.8 %	Pregnancy (yours or partner's):	2.3 %
Concern for a troubled friend or family member:	10.2 %	Relationship difficulties:	10.3 %
Chronic health problem or serious illness:	2.3 %	Roommate difficulties:	9.5 %
Chronic pain:	1.1 %	Sexually transmitted disease/infection (STD/I):	0.4 %
Death of a friend or family member:	4.2 %	Sinus infection/Ear infection/Bronchitis/Strep throat:	2.3 %
Depression:	7.6 %	Sleep difficulties:	22.3 %
Discrimination:	1.5 %	Stress:	23.9 %
Drug use:	1.5 %	Work:	7.7 %
Eating disorder/problem:	0.4 %	Other:	3.5 %
Finances:	6.8 %		

D. Violence, Abusive Relationships and Personal Safety

Within the last 12 months, college students reported experiencing:

	Percent (%)	Male	Female	Total
A physical fight		22.2	11.5	19.9
A physical assault (not sexual assault)		6.6	7.7	6.7
A verbal threat		28.3	26.9	27.7
Sexual touching without their consent		4.3	7.8	4.9
Sexual penetration attempt without their consent		2.4	7.7	3.4
Sexual penetration without their consent		1.4	3.9	1.9
Stalking		4.8	3.8	4.5
An emotionally abusive intimate relationship		7.1	15.4	6.8
A physically abusive intimate relationship		2.4	5.8	3.0
A sexually abusive intimate relationship		2.8	3.8	3.0

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College students reported feeling

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Tobacco from a water pipe (hookah)

	<i>Percent (%)</i>	Male	Female	Total	Male	Female	Total
Never used		51.2	56.9	52.1	10.0	5.8	9.4
Used, but not in the last 30 days		34.1	29.4	33.6	20.97	7.18.4	
Used 1-9 days		13.3	13.7	13.2	47.9	50.0	48.1
Used 10-29 days		0.9	0.0	0.8	15.2	25.0	16.9
Used all 30 days		0.5	0.0	0.4	6.2	11.5	7.1

Any use within the last 30 days

College students reported doing the following **most of the time** or **always** when they "partied" or socialized during the last 12 months:*

	Percent (%)	Male	Female	Total
Alternate non-alcoholic with alcoholic beverages		25.4	25.2	31.4
Avoid drinking games		34.1	39.1	35.7
Choose not to drink alcohol		16.9	26.1	19.0
Determine in advance not to exceed a set number of drinks		29.1	56.5	35.2
Eat before and/or during drinking		68.7	82.6	71.3
Have a friend let you know when you have had enough		.8	2956.5	35.8
Keep track of how many drinks being consumed		50.0	63.0	63.5
Pace drinks to one or fewer an hour		21.0	39.1	24.9
Stay with the same group of friends the entire time drink		68.1	73.9	69.6
Stick with only one kind of alcohol when drinking		38.5	63.0	43.9
Use a designated driver		86.3	87.0	86.5
Reported one or more of the above		95.7	95.7	95.7

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College students who drank alcohol reported the following consequences occurring in the last 12 months as a result of their own drinking:*

	Percent (%)	Male	Female	Total
Did something you later regretted		31.1	47.8	34.2
Forgot where you were or what you did		35.6	35.6	35.2
Got in trouble with the police		6.7	2.2	5.7
Had sex with someone without giving your consent		1.18.9		2.6
Had sex with someone without getting their consent		2.2	2.2	2.2
Had unprotected sex		20.1	19.6	19.8
Physically injured yourself		25.0	27.3	25.2
Physically injured another person		7.2	4.3	6.6
Seriously considered suicide		3.4	2.2	3.1
Reported one or more of the above		56.1	60.9	56.6

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F. Sexual Behavior

College students reported having the following number of sexual partners (oral sex, vaginal or anal intercourse) within the last 12 months:

	<i>Percent (%)</i>	Male	Female	Total
None		26.8	15.4	24.3
1		36.4	46.2	38.8
2		12.0	21.2	13.7
3		12.4	5.8	11.0
4 or more		12.4	11.5	12.2

Number of partners among students reporting to have had a sexual partner within the last 12 months:*

	Male	Female	Total
Mean	2.67	1.86	2.47
Median	2.00	1.00	1.00
Std Dev	4.30	1.23	3.83

College students reported having oral, vaginal or anal sex in the last 30 days:

Oral sex within the past 30 days

Percent (%)	Male	Female	Total
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G. Nutrition and Exercise

College students reported usually eating the following number of servings of fruits and vegetables per day:

	<i>Percent (%)</i>	Male	Female	Total
0 servings per day		9.5	3.8	8.3
1-2 per day		57.3	59.6	57.7
3-4 per day		27.5	28.8	27.9
5 or more per day		5.7	7.7	6.0

College students reported the following behaviors within the past 7 days:

Do moderate-intensity cardio or aerobic exercise for at least 30 minutes:

	<i>Percent (%)</i>	Male	Female	Total
0 days		17.8	17.6	17.6
1-4 days		57.7	56.9	57.9
5-7 days		24.5	25.5	24.5

Do vigorous-intensity cardio or aerobic exercise for at least 20 minutes:

	<i>Percent (%)</i>	Male	Female	Total
0 days		23.2	25.5	23.5
1-2 days		32.7	25.5	31.4
3-7 days		44.1	49.0	45.1

Physical Activity and Public Health: Updated Recommendations for Adults. From the American College of Sports Medicine and the American Heart Association (2007): Moderate-intensity cardio or aerobic exercise for at least 30 minutes on five days per week, or vigorous-intensity cardio or aerobic exercise for at least 20 minutes on three days per week.

Estimated average Body Mass Index (BMI): This figure incorporates reported height, and weight to form a general indicator of physical health. Categories defined by The World Health Organization (WHO) 2000, reprinted 2004. Obesity: Prevention and Managing the Global Epidemic. WHO Tech Report Series: 894.

BMI	Percent (%)	Male	Female	Total
<18.5 Underweight		1.4	3.8	1.9
18.5-24.9 Healthy Weight		40.8	61.5	44.7
25-29.9 Overweight		40.3	17.3	35.6
30-34.9 Class I Obesity		13.3	15.4	14.0
35-39.9 Class II Obesity		3.8	1.9	3.4
40 Class III Obesity		0.5	0.0	0.4
Mean		25.99	24.29	25.68
Median		25.33	23.45	25.10
Std Dev		4.58	4.98	4.72

H. Mental Health

Students reported experiencing the following within the last 12 months:

Felt things were hopeless				Felt overwhelmed by all you had to do					
	Percent (%)	Male	Female	Total		Percent (%)	Male	Female	Total
No, never		46.2	37.3	44.5	No, never		18.4	11.5	16.9
No, not last 12 months		17.9	15.7	17.4	No, not last 12 months		8.0	3.8	7.1
Yes, last 2 weeks		16.5	5.9	14.7	Yes, last 2 weeks		34.0	7.5	39.1
Yes, last 30 days		5.2	13.7	6.8	Yes, last 30 days		12.7	9.6	20.0
Yes, in last 12 months		14.2	27.5	16.6	Yes, in last 12 months		26.9	17.3	24.8
<i>Any time within the last 12 months</i>		35.8	47.1	38.1	<i>Any time within the last 12 months</i>		73.6	84.6	75.9

Felt exhausted (not from physical activity)
Percent (%) Male (x)-4.8%

Felt very lonely

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Felt very sad

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Within the last 12 months, diagnosed or treated by a professional for the following:

Percent (%)

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Within the last 12 months, how would you rate the overall level of stress experienced:

Percent (%) Male Female Total

No stress

Demographics and Student Characteristics

Age:
 Average age: 22.09 years
 Median: 21.00 years
 Std Dev: 4.68 years

18 - 20 years: 40.0 %
 21 - 24 years: 43.4 %
 25 - 29 years: 9.8 %
 30+ years: 6.8 %

Gender*
 Female: 19.5 %
 Male: 79.4 %
 Transgender: 0.0 %

Student status:
 1st year undergraduate: 24.0 %
 2nd year undergraduate: 21.0 %
 3rd year undergraduate: 22.5 %
 4th year undergraduate: 24.8 %

Students describe themselves as:

White: 73.8 %
 Black – not Hispanic: 4.9 %
 Hispanic or Latino/a: 13.5 %
 Asian or Pacific Islander: 9.7 %
 American Indian, Alaskan
 Native or Native Hawaiian: 1.1 %
 Biracial or Multiracial: 4.5 %
 Other: 4.1 %

International Student:
 International: 5.7 %

Students describe themselves as:
 Heterosexual: 94.2 %
 Gay/Lesbian: 2.7 %
 Bisexual: 2.3 %
 Unsure: 0.8 %

Housing: