

Spring 2016 National College Health Assessment Summary: Golden West College

Students from Golden West College (GWC) participated in the Spring 2016 National College Health Assessment, a national survey administered by the American College Health Association to thousands of college students across the country each year. The survey is designed to provide college administrators, counselors, health instructors, and college health service providers with detailed data on their students' habits, behaviors and perceptions on health-related issues. In Spring 2016, 173 students from GWC participated in the survey.

Overall, 50% of GWC students surveyed described their health as being "very good" or "excellent", and nearly 80% described their health as being "good" or better. The following sections summarize the main findings from the *National College Health Assessment* survey for GWC students.

A. Academic Impacts

Students were asked about the factors that had negatively affected their academic performance over the past 12 months.¹ Table 1 lists the factors that negatively affected the academic performance for the most GWC survey participants. More than a quarter of GWC respondents noted that stress, anxiety, work responsibilities, and sleep difficulties have negatively impacted their academic performance.

Table 1. Factors Negatively Impacting Academic Performance for GWC Students

Primary Factors for GWC Students	% Responding Yes	N
Stress	36%	61
Anxiety	27%	46
Work	27%	45
Sleep difficulties	26%	44
Depression	19%	32
Finances	16%	27

B. Disease and Injury Prevention

Students were asked whether they had done various preventative healthcare activities and how often they engaged in certain behaviors to prevent injury or death within the last 12 months. Table 2 shows the percentage of GWC students reporting preventative healthcare procedures within the last 12 months, and table 3 shows the percentage of GWC students who practiced certain injury prevention strategies.

Table 2. Preventative Healthcare Activities Reported by GWC Students

Preventative Healthcare Strategies	% Responding Yes	N
Had dental exam and cleaning	63%	107
Performed testicular self-exam (males)	23%	14
Performed breast self-exam (females)	45%	49
Had routine gynecological exam (females)	44%	48
Used sunscreen regularly	44%	75
Were tested for HIV infection	38%	64

¹ Negative impact on academic performance was defined as: receiving a lower grade on an exam or important project, receiving a lower grade in a course, and dropping a course or receiving a grade of Incomplete.

Table 3. Injury Prevention Strategies Reported by GWC Students

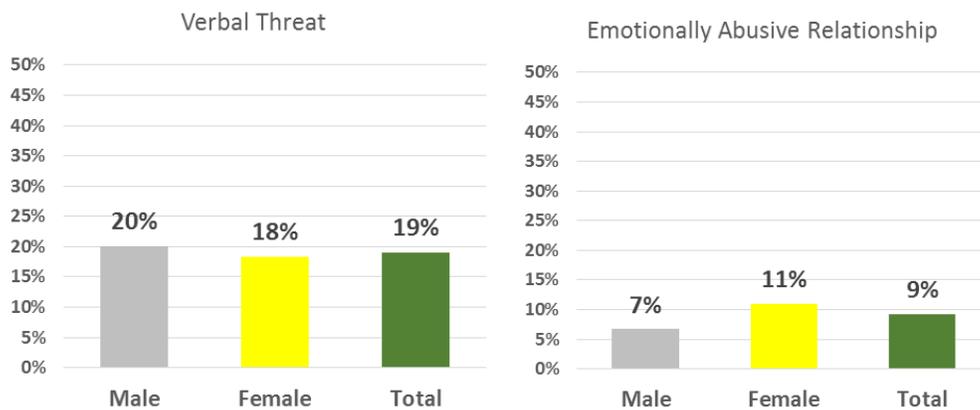
Injury Prevention Strategy	N/A (Did not do this activity within last 12 months)	Never*	Rarely or sometimes*	Mostly or always*
Wear a seatbelt when riding in a car	0.6%	0.6%	1.7%	97.7%
Wear a helmet when riding a bike	42.8%	39.4%	29.3%	31.3%
Wear a helmet when riding a motorcycle	74.4%	11.4%	2.3%	86.4%
Wear a helmet when inline skating	77.2%	64.1%	7.7%	28.2%

* Students reporting "N/A" were excluded.

C. Violence, Abusive Relationships and Personal Safety

Students were asked whether they had experienced any type of physical violence, threats, or verbal/emotional abuse within the last 12 months. The two types of abuse experienced by more than 10% of GWC students were verbal threats and emotional abuse in an intimate relationship. Chart 1 shows the percentages of male and female students who reported experiencing these types of threats. Nearly 20% of GWC students participating in the survey experienced a verbal threat within the last year, and over 10% of female students experienced an emotionally abusive relationship.

Chart 1. GWC Students Experiencing Verbal Threats or Emotional Abuse



Students were also asked how safe they felt on campus and in the surrounding community during the day and at night. As shown in table 4, while over 80% of GWC students felt “very safe” on campus during the day, less than 40% reported feeling that safe on campus at night. Less than a third of female students reported feeling “very safe” on campus at night. Students also tend to feel less safe in the surrounding community than on GWC’s campus.

Table 4. GWC Students Feeling “Very Safe” on Campus and in the Surrounding Community

Students Reported Feeling "Very Safe"	Male	Female	Total
On GWC Campus (during the day)	87%	82%	83%
On GWC Campus (at night)	53%	28%	37%
In the surrounding community (during the day)	70%	56%	61%
In the surrounding community (at night)	42%	23%	29%

D. Alcohol and Drug Use

Students were asked about their use of alcohol, tobacco and marijuana in the past 30 days, as well as their drinking and driving behavior and any unsafe behavior they have engaged in while drinking. Chart 2 shows the percentage of male and female students reporting any alcohol, tobacco and marijuana use in the past 30 days. While only 11 % of GWC students participating in the survey reported using marijuana in the past 30 days, and less than 10% reported using tobacco, nearly half of GWC students indicated they drank alcohol in the month prior to the survey.

Chart 2. GWC Students Reporting Alcohol, Tobacco and Marijuana Use in Past 30 Days

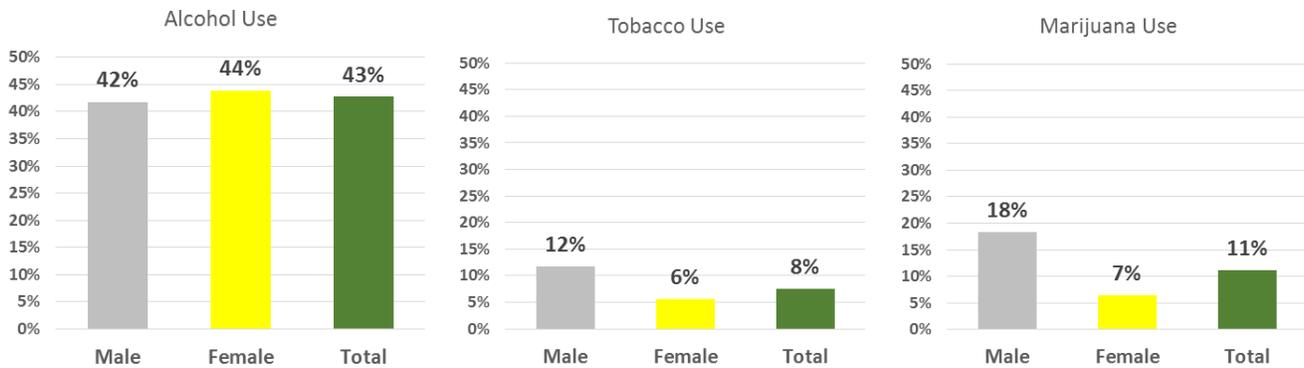


Chart 3 shows the percentage of GWC students who reported driving a car after drinking. While just 5 % of GWC students participating in the survey said they drove a car after consuming 5 or more drinks in the 30-day period before the survey, nearly one third admitted to driving after drinking some alcohol.

Chart 3. GWC Students Drinking and Driving Behavior in Past 30 Days

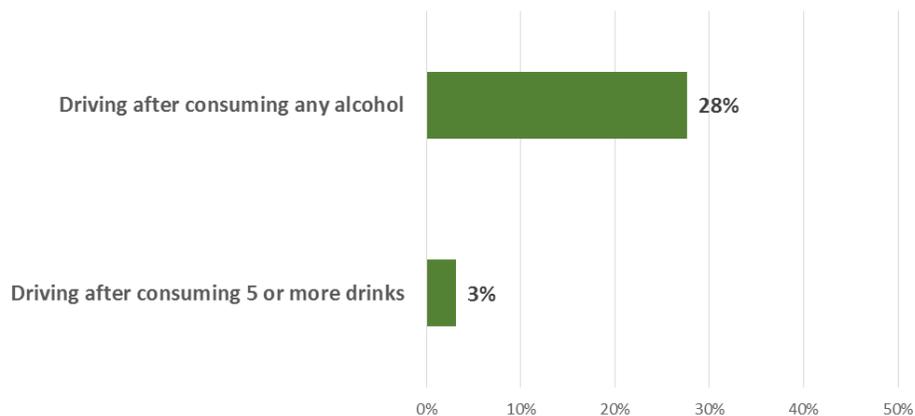


Table 5 shows the percentage of male and female GWC students who reported engaging in certain unsafe behaviors while drinking within the past 12 months (only those behaviors reported by more than 10% of GWC students surveyed are included in the table). Less than 10% of respondents from GWC reporting physically injuring themselves when drinking, nearly a third admitted to doing something they later regretted, and a quarter said they had unprotected sex during the past year when drinking.

Table 5. GWC Students Engaging in Unsafe Behavior While Drinking Within the Past 12 Months

Type of Behavior Reported When Drinking	Male	Female	Total
Did something you later regretted	26%	31%	29%
Had unprotected sex	24%	26%	25%
Forgot where you were or what you did	18%	21%	20%
Physically injured yourself	13%	6%	8%

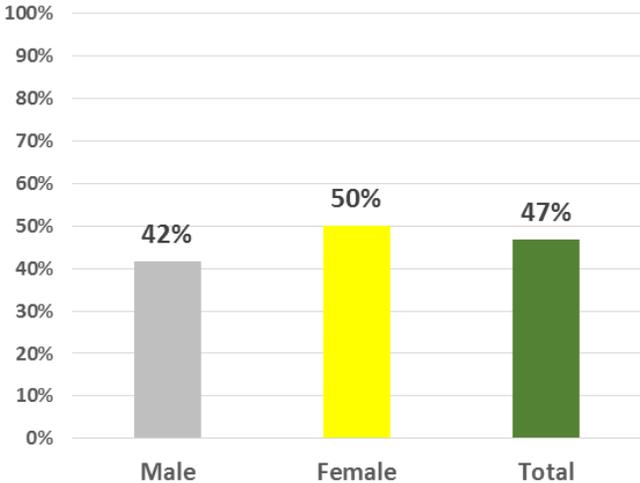
E. Sexual Behavior

Students were asked several questions about their sexual behavior and whether they used contraception. Table 6 shows the number of sexual partners GWC students reported having within the last 12 months, and chart 4 shows the percentage of male and female students reporting using contraception the last time they had sexual intercourse. About 60 % of GWC respondents reporting having 1 or 2 sexual partners within the last year, and nearly half said they used contraception the last time they had intercourse.

Table 6. Number of Sexual Partners Reported by GWC Students Within the Past 12 Months

Sexual Partners in Last 12 Months	Male	Female	Total
None	46%	24%	32%
1	32%	60%	50%
2	12%	10%	11%
3	3%	5%	4%
4 or more	7%	1%	3%

Chart 4. Contraception Use Reported by GWC Students the Last Time They Had Intercourse



F. *Mental Health*

Students were asked several questions about their mental health and sources of stress and trauma experienced over the last 12 months. Table 7 shows the percentage of GWC students who experienced various mental health challenges over the past 12 months. Nearly 90% of female students, and two thirds of male students, said they have felt overwhelmed by everything they had to do and mentally exhausted. A high percentage of female students reported feeling “very sad” (67%), “overwhelming anxiety” (70%), “hopeless” (62%), and “very lonely” (55%). Nearly half of female students also reported feeling “overwhelming anger” (49%), and such severe depression that it was difficult to function (45%) within the last 12 months.

Table 7. Mental Health Issues Experienced by GWC Students Within the Past 12 Months

Mental Health Issues Experienced	Male	Female	Total
Felt overwhelmed by all you had to do	66%	89%	81%
Felt exhausted (not from physical activity)	59%	83%	75%
Felt very sad	56%	67%	62%
Felt overwhelming anxiety	39%	70%	60%
Felt things were hopeless	44%	62%	56%
Felt very lonely	49%	55%	54%
Felt overwhelming anger	36%	49%	44%
Felt so depressed it was difficult to function	34%	45%	41%
Seriously considered suicide	12%	9%	10%
Intentionally cut, burned, or otherwise injured yourself	3%	2%	3%
Attempted suicide	2%	1%	2%

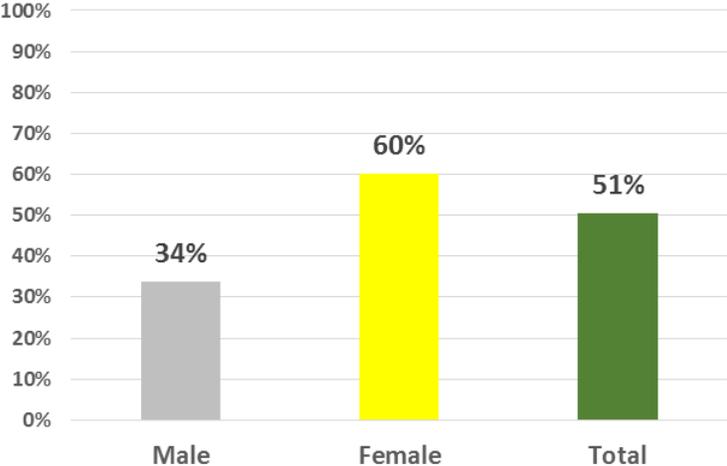
Table 8 shows the challenges GWC students struggle with the most (only those challenges reported by more than 20% of GWC students surveyed are included in the table). Nearly half of female students responding to the survey, and one third of male students, reported experiencing very difficult stress with finances, academics and family problems in the 12 months prior to the survey. About a third of respondents also reported very difficult stress with career issues, intimate relationships, sleep problems, and their personal appearance.

Table 8. Sources of Stress/Trauma Experienced by GWC Students Within the Past 12 Months

Very Difficult or Traumatic to Deal With During the Past 12 Months	Male	Female	Total
Finances	34%	48%	43%
Academics	32%	48%	42%
Family problems	33%	44%	40%
Career-related issues	34%	36%	35%
Intimate relationships	27%	38%	33%
Sleep difficulties	31%	32%	32%
Personal appearance	24%	33%	30%
Other social relationships	17%	32%	28%
Personal health issues	19%	29%	26%
Health problems of family members	17%	28%	24%

Chart 5 shows the percentage of GWC students surveyed who rated their overall stress level over the past 12 months as “more than average stress” or “tremendous stress”. Over half of all GWC students participating in the survey, and nearly two thirds of female students, indicated that they had experienced “more than average stress” or “tremendous stress” during the 12 months prior to the survey.

Chart 5. GWC Students Experiencing Very High Stress Levels Over the Past 12 Months



Appendix. Characteristics of GWC Survey Participants (n=173)

Age	%
18 - 20 years	32%
21 - 24 years	37%
25 - 29 years	17%
30+ years	15%

Self-Reported Race/Ethnicity	%
White	43%
Hispanic or Latino/a	31%
Asian or Pacific Islander	28%
Biracial or Multiracial	9%
Other	5%
American Indian, Alaskan Native or Native Hawaiian	3%
Black or African American	2%

Student Status	%
1st year undergraduate	24%
2nd year undergraduate	30%
3rd year undergraduate	18%
4th year undergraduate	9%
5th year or more undergraduate	4%
Graduate or professional	7%
Not seeking a degree	4%
Other	5%

Enrollment	%
Full-time	58%
Part-time	38%
Other	4%

Primary Source of Health Insurance	%
College/university sponsored plan	7%
Parents' plan	41%
Another plan	42%
Don't have health insurance	7%
Not sure if have plan	3%

Gender	%
Female	63%
Male	35%
Non-binary	2%

Sexual Orientation	%
Straight/Heterosexual	81%
Asexual	7%
Other	6%
Bisexual	2%
Lesbian	2%
Gay	2%

Relationship Status	%
Not in a relationship	42%
In a relationship but not living together	35%
In a relationship and living together	22%

Marital Status	%
Single	83%
Married/Partnered	12%
Separated/Divorced	5%

Housing	%
Parent/guardian home	60%
Other off-campus housing	23%
Other	18%