




**2019 NATIONAL COLLEGE HEALTH
ASSESSMENT – ITHACA COLLEGE**

AMERICAN COLLEGE HEALTH ASSOCIATION



**ITHACA
COLLEGE**

Center for
Health Promotion



BACKGROUND & METHODOLOGY

BACKGROUND

National College Health Assessment II (NCHA II)

- Developed by ACHA / Conducted nationwide.
- Conducted at IC biannually, 2003-2019.

Purpose of the Survey

- Track data to identify trends in health behavior and attitudes in our student population.
- Compare data with the ACHA-NCHA National Reference Group (N>100,000 students).
- Use data to support and enhance programs and services related to IC student health.

NCHA SURVEY AREAS OF FOCUS

Impact of Health on Academic Performance

Health Problems in Past Year

Preventive Health Practices

Alcohol & Other Drugs

Sexual Health

Mental Health

Nutrition/Physical Activity/Sleep

METHODOLOGY

- Web-based; students receive survey invitation by email.
- Incentive: 3 survey respondents were randomly selected to win their choice of a Fitbit or a \$200 Amazon Gift card.
- In 2019 a census survey methodology was used for the first time. The entire full-time undergraduate student population (N=5793) received a survey invitation. (Methodology of past years was a 50% random stratified sample).
- Survey period was February 26 – March 11, 2019
- Respondents = 908 (15.7%)

A NOTE ABOUT THE USE OF GENDER IN THE NCHA SURVEY

In the standard ACHA-NCHA reports, data from each survey question was presented in a binary male/female gender breakdown and totals. Gender labels were based on the responses to survey questions 47a-c. For the purpose of the NCHA reports, respondents were reported as *male* or *female* only when their responses to these 3 questions were consistent with one another. Respondents were designated as *male* or *female* when their reported gender identity was consistent with their reported sex at birth and the student selected 'no' for transgender. Respondents were designated as *non-binary* when they selected 'yes' for transgender or their sex at birth was not consistent with their gender identity. A respondent that skipped any of the 3 questions was designated as *unknown*. The totals presented in the data include *non-binary* and *unknown* students.

While the Center for Health Promotion recognizes the fluid, non-binary nature of gender, we do not have control over the format in which NCHA currently reports the data to us. In addition, we know that the NCHA definition of non-binary does not reflect the lived experience of all transgender people. Thus, we are providing feedback to NCHA to that effect.



IC RESPONDENT SAMPLE CHARACTERISTICS



DEMOGRAPHIC DATA OF RESPONDENTS

Data in parentheses represents IC enrollment figures for Spring 2019 (when available)

Undergraduate Class Year	28.0% (22.2%) 1 st year 23.5% (24.2%) 2 nd year 23.2% (22.1%) 3 rd year 24.6% (31.4.%) 4 th year 0.6% 5 th + year
College Athletics	10.0% Intramurals 19.4% Club Sports 12.1% Varsity
Primary Source of Health Insurance	85.0% Parents' plan 10.4% College-sponsored plan 3.7% Another plan 0.7% Not sure if have plan 0.2% Don't have health insurance

DEMOGRAPHIC DATA, CONT.

Data in parentheses represents IC enrollment figures for Spring 2019

Ethnicity	80.8% (72.7%) White 6.9% (8.9%) Hispanic or Latino/a 6.3% (3.9%) Asian or Pacific Islander 5.4% (5.7%) Black or African American 4.8% (3.3%) Biracial or Multiracial 0.4% (0.1%) American Indian/Alaskan Native/Hawaiian 1.4% Other
International Status	3.0% International student

DEMOGRAPHIC DATA, CONT.

Gender*	Female 69.1% (59%); Male 26% (41%); Non-binary 4.9% (n/a)
Sexual Orientation	<ul style="list-style-type: none"> 1.2% Asexual 14.6% Bisexual 3.3% Gay 2.7% Pansexual 3.4% Queer 3.9% Questioning 67.8% Straight/Heterosexual 0.4% Another identity
Housing Situation	<ul style="list-style-type: none"> 59.8% Campus Residence Hall 13.2% Other campus housing 23.3% Off-campus housing 1.7% Parent/guardian home 0.1% Fraternity or sorority house 2.0% Other

*NCHA Definitions: Respondents were designated as *male* or *female* when their reported gender identity was consistent with their reported sex at birth *and* the student selected 'no' for transgender. Respondents were designated as *non-binary* when they selected 'yes' for transgender or their sex at birth was not consistent with their gender identity. Totals displayed include *non-binary* and *unknown* students.

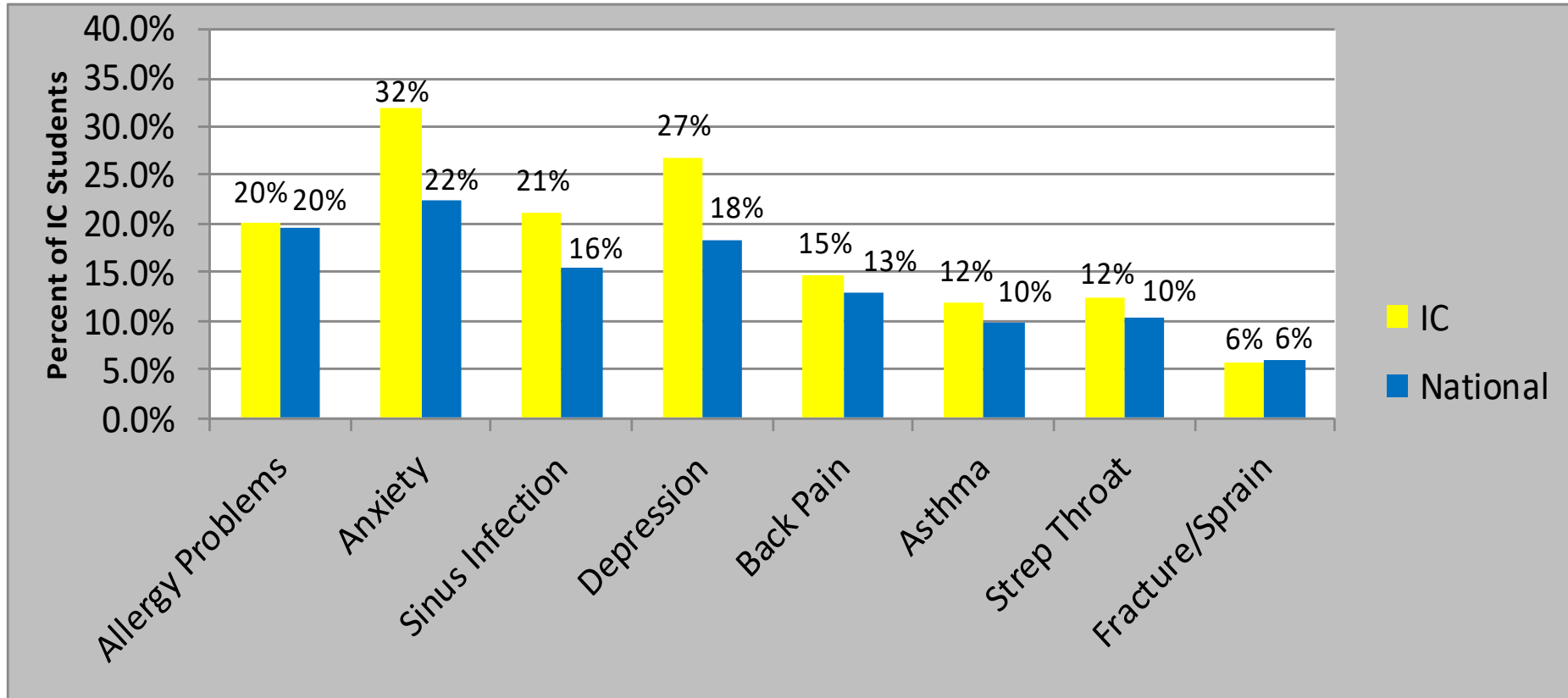


HEALTH PROBLEMS & PRACTICES



HEALTH PROBLEMS: THE TOP 8

Have you been *diagnosed or treated by a professional* within the past year for any of the following?



Note: Nat'l reference group is 2018 data. 2019 reference group data is not yet available.

February 2019

OTHER HEALTH PROBLEMS

Have you been diagnosed or treated by a professional within the past year for any of the following?

	IC	Nat'l
Panic Attacks	17.7%	11.5%
Insomnia	7.4%	5.5%
Obsessive Compulsive Disorder	4.2%	3.2%
Anorexia	2.6%	1.7%
Substance Abuse or Addiction	1.4%	1.2%
Bipolar Disorder	1.4%	2.0%
Bulimia	1.3%	1.2%

OTHER HEALTH CONCERNS

Do you have any of the following?

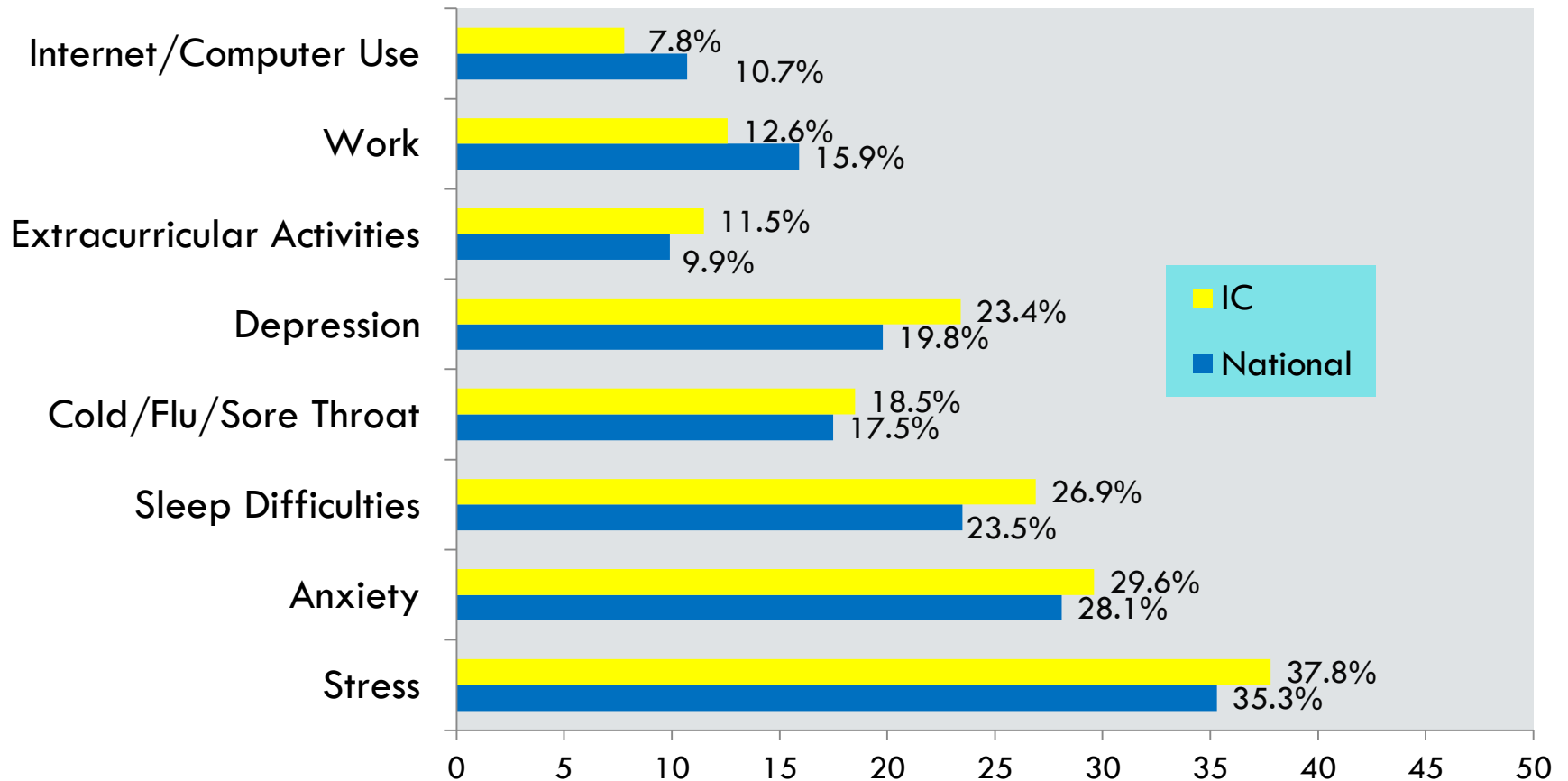
	IC	Nat'l
Attention Deficit and Hyperactivity Disorder (ADHD)	9.8%	7.9%
Chronic Illness (e.g. cancer, diabetes, autoimmune disorder)	7.1%	5.7%
Deafness/Hearing Loss	1.9%	2.1%
Learning Disability	6.7%	4.9%
Mobility/Dexterity disability	1.2%	1.2%
Partial sightedness/Blindness	2.9%	2.6%
Psychiatric condition	14.5%	9.2%
Speech or language disorder	0.7%	0.9%

Note: Nat'l reference group is 2018 data. 2019 reference group data is not yet available.

February 2019

IMPACT OF HEALTH ON ACADEMICS

Have any of the following affected your academic performance within the past school year?



Note: Nat'l reference group is 2018 data. 2019 reference group data is not yet available.

February 2019

DISEASE PREVENTION

Students reported receiving the following vaccinations:

	IC	Nat'l
Hepatitis B Vaccine	78.6%	67.4%
Measles, Mumps, Rubella	83.9%	71.6%
Meningococcal Meningitis Vaccine	81.2%	65.0%
Varicella (chicken pox)	79.7%	66.8%
HPV Vaccine	71.6%	57.9%
Influenza (Flu) Vaccine last 12 months	53.7%	45.2%

Note: Nat'l reference group is 2018 data. 2019 reference group data is not yet available.

February 2019

PREVENTIVE HEALTH PRACTICES

	IC	Nat'l
Dental exam/cleaning last year	79.8%	73.0%
Used sunscreen regularly in the sun	63.5%	51.1%
Gynecological exam last year (females)	47.1%	37.4%
Testicular self exam last month (males)	41.3%	34.2%
Vaccinated against flu last year	53.7%	45.2%
Breast self exam last month (females)	34.8%	34.7%

Note: Nat'l reference group is 2018 data. 2019 reference group data is not yet available.



SUBSTANCE USE



SUBSTANCE USE: IN LIFETIME

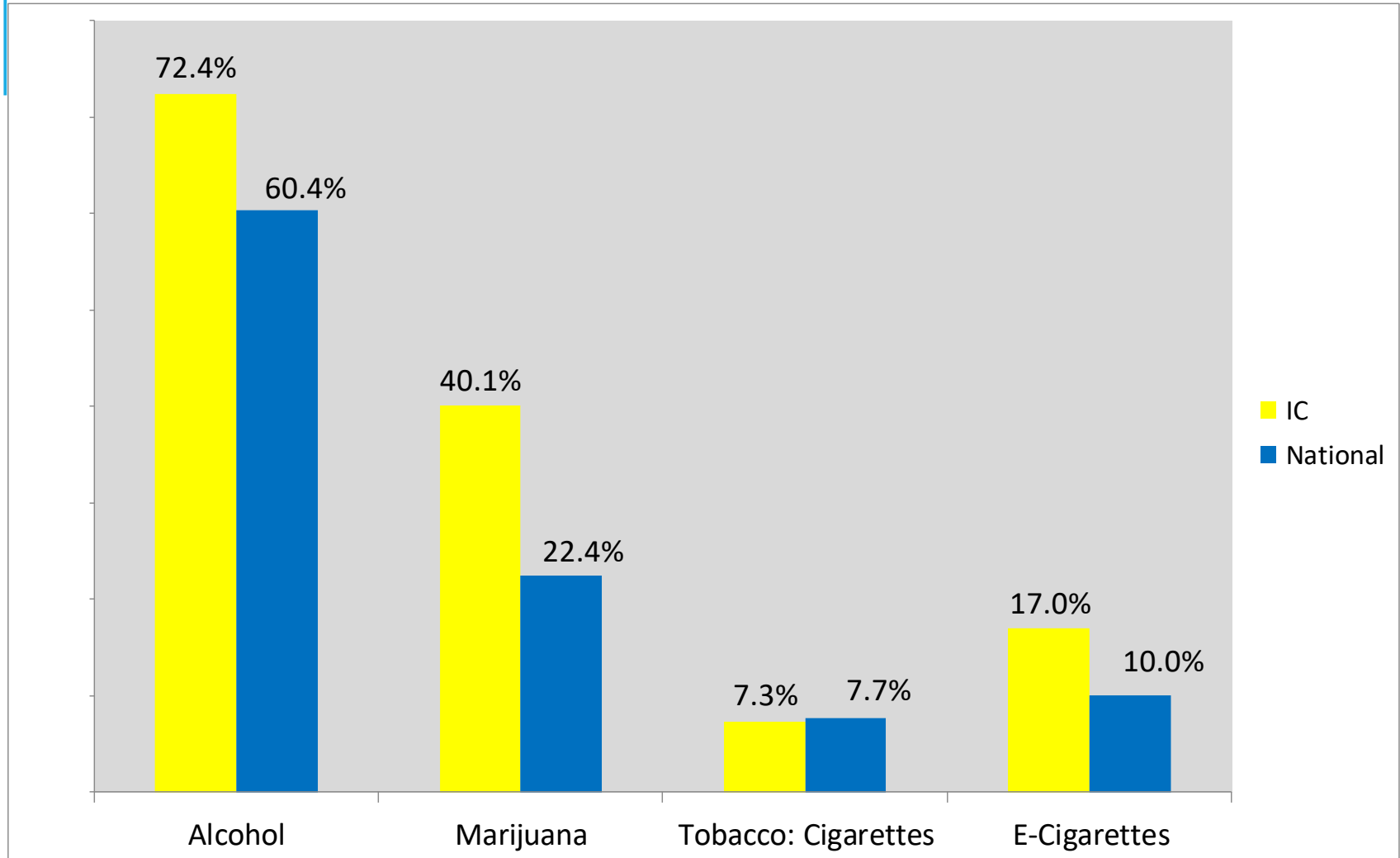
	IC	Nat'l
Alcohol	85.5%	78.0%
Marijuana	60.0%	42.6%
Cigarettes	19.0%	24.0%
E-cigarettes	28.7%	20.1%
Cocaine	7.2%	6.7%
Hallucinogens (LSD, PCP)	8.2%	7.0%
Heroin	1.4%	1.5%

Note: Nat'l reference group is 2018 data. 2019 reference group data is not yet available.

February 2019

ALCOHOL, MARIJUANA & NICOTINE

Within the last thirty days, have you used...?

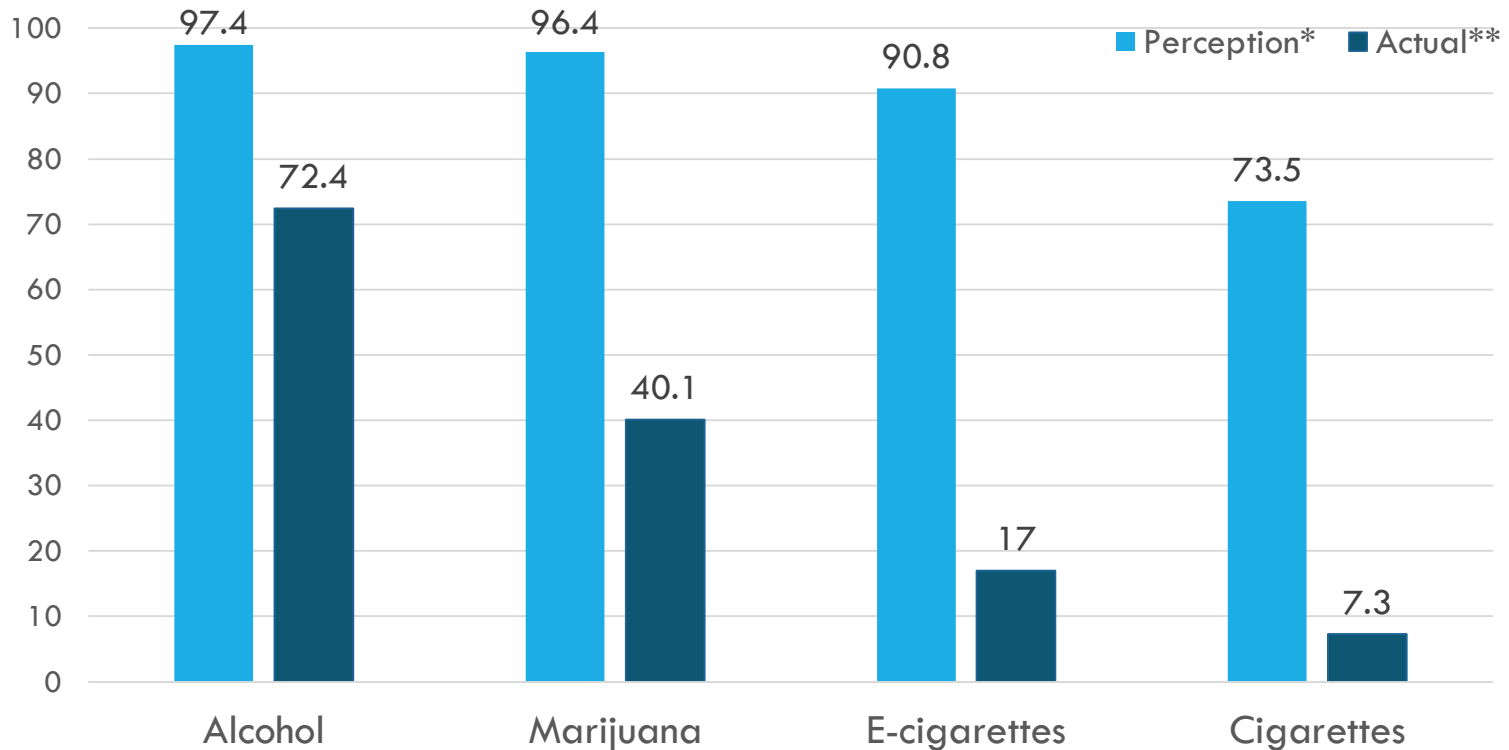


Note: Nat'l reference group is 2018 data. 2019 reference group data is not yet available.

February 2019

PERCEPTION OF NORMS

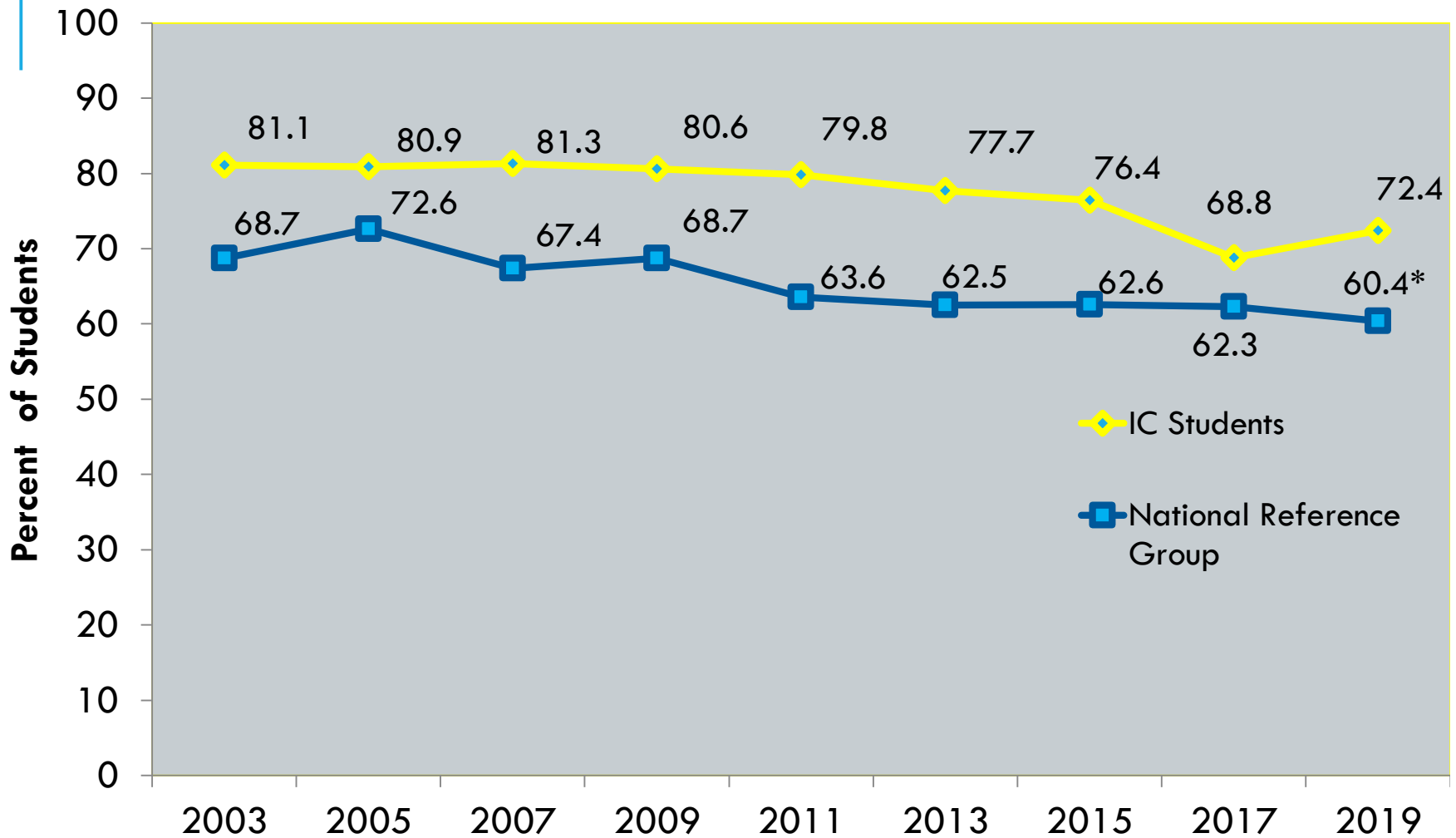
How often do you think the typical student at your school used...?



*Percent of students who perceived that the “typical IC student” uses the substance at least once per month.

**Percent of students who reported using the substance at least once during the past month.

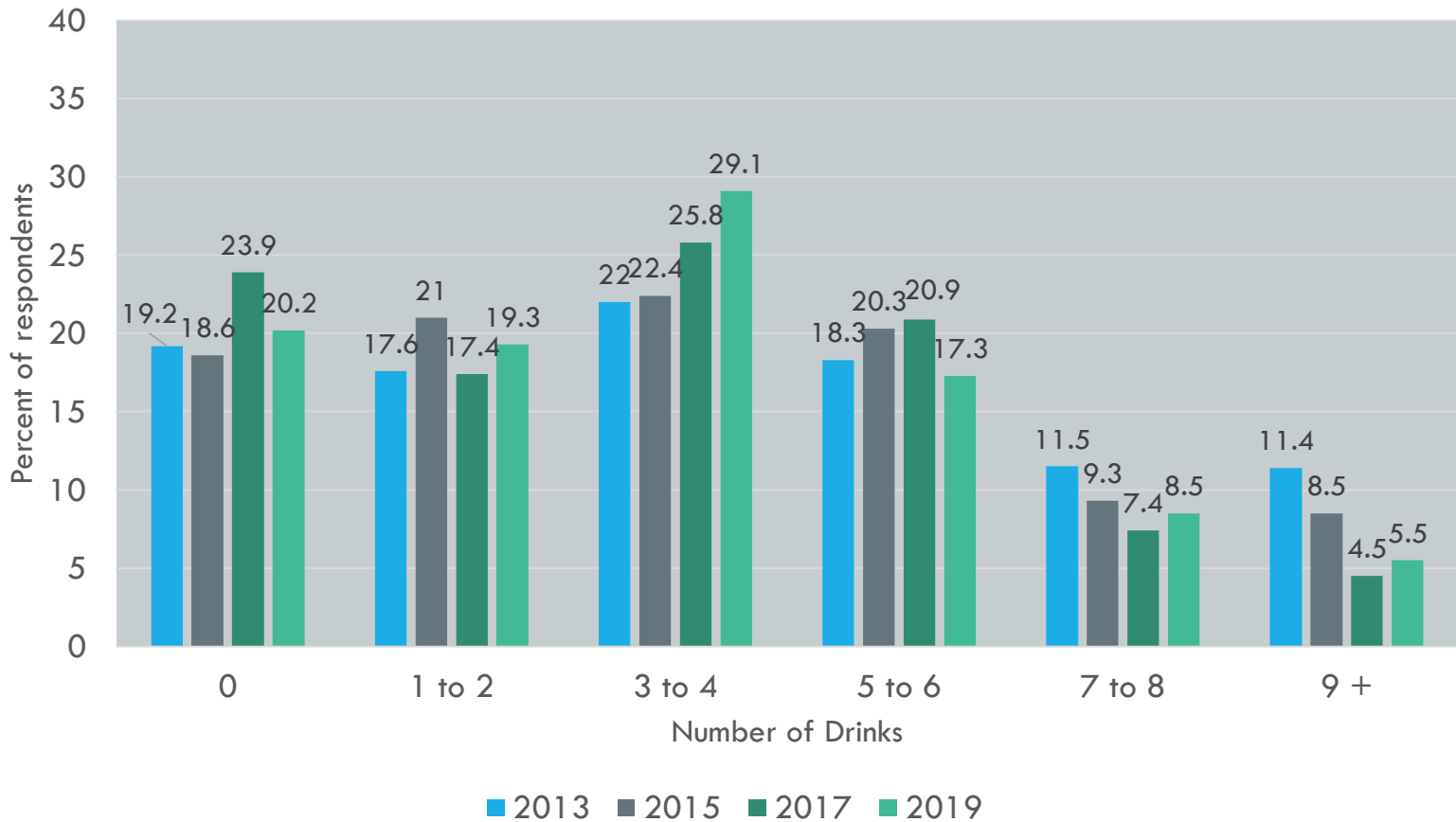
TRENDS: DRANK ALCOHOL IN THE PAST MONTH



* 2018 Nat'l reference group. 2019 data is not yet available.

NUMBER OF DRINKS IN A SITTING

The last time you “partied”/socialized, how many alcoholic drinks did you have?



HIGH RISK (*BINGE*) DRINKING

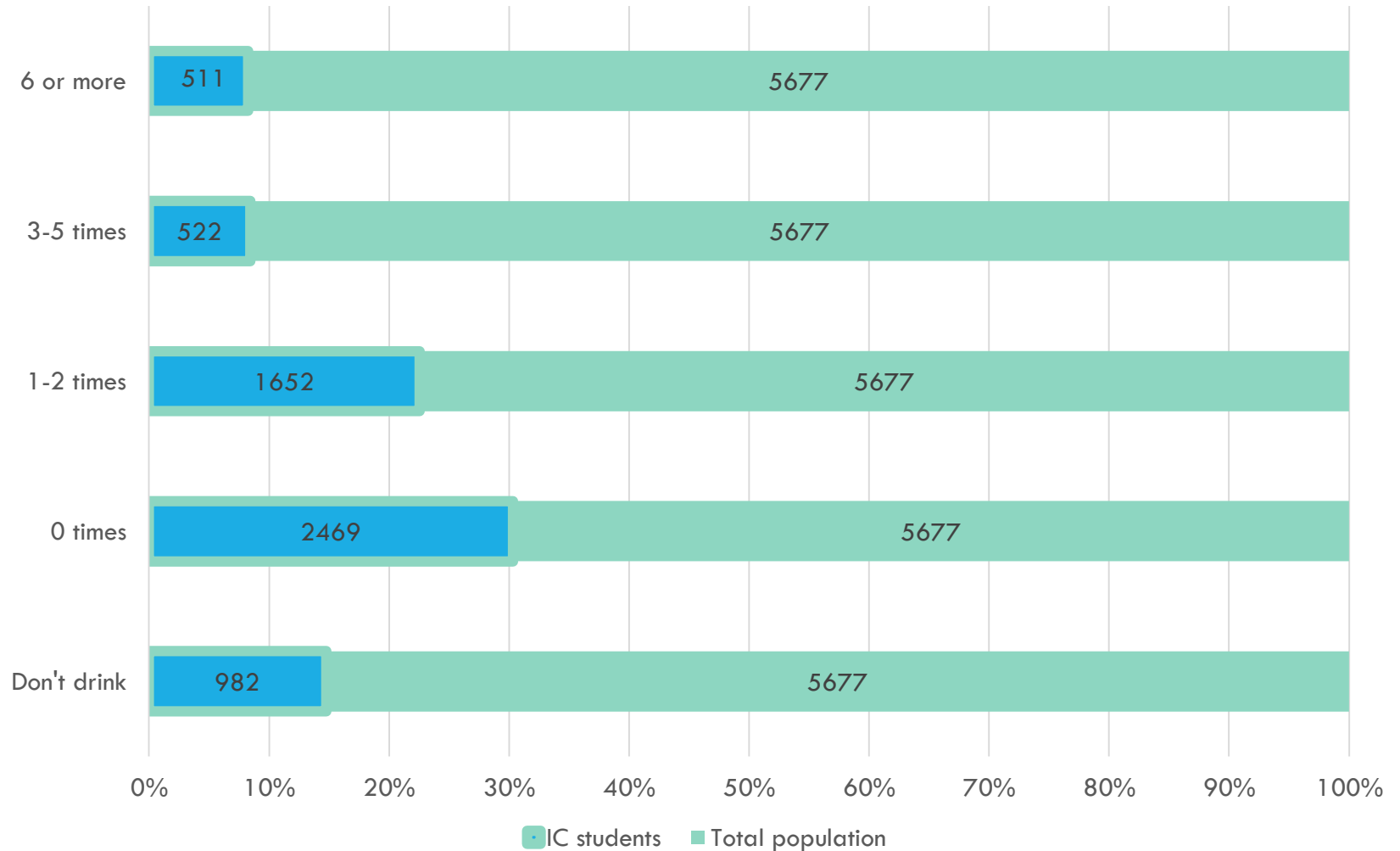
In the last two weeks, how many times have you had five or more alcohol drinks in a sitting?

	Nat'l	IC Total	IC Male	IC Female
N/A don't drink	27.3%	17.3%	19.3%	15.6%
0 times	44.4%	43.5%	36.1%	46.3%
1-2 times	21.1%	29.1%	30.9%	28.9%
3-5 times	6.1%	9.2%	12.4%	8.5%
6 or more times	1.1%	0.9%	1.3%	0.6%

Respondents were designated as *male* or *female* when their reported gender identity was consistent with their reported sex at birth *and* the student selected 'no' for transgender. Respondents were designated as *non-binary* when they selected 'yes' for transgender or their sex at birth was not consistent with their gender identity. Totals displayed here include *non-binary* and *unknown* students.

High Risk Drinking

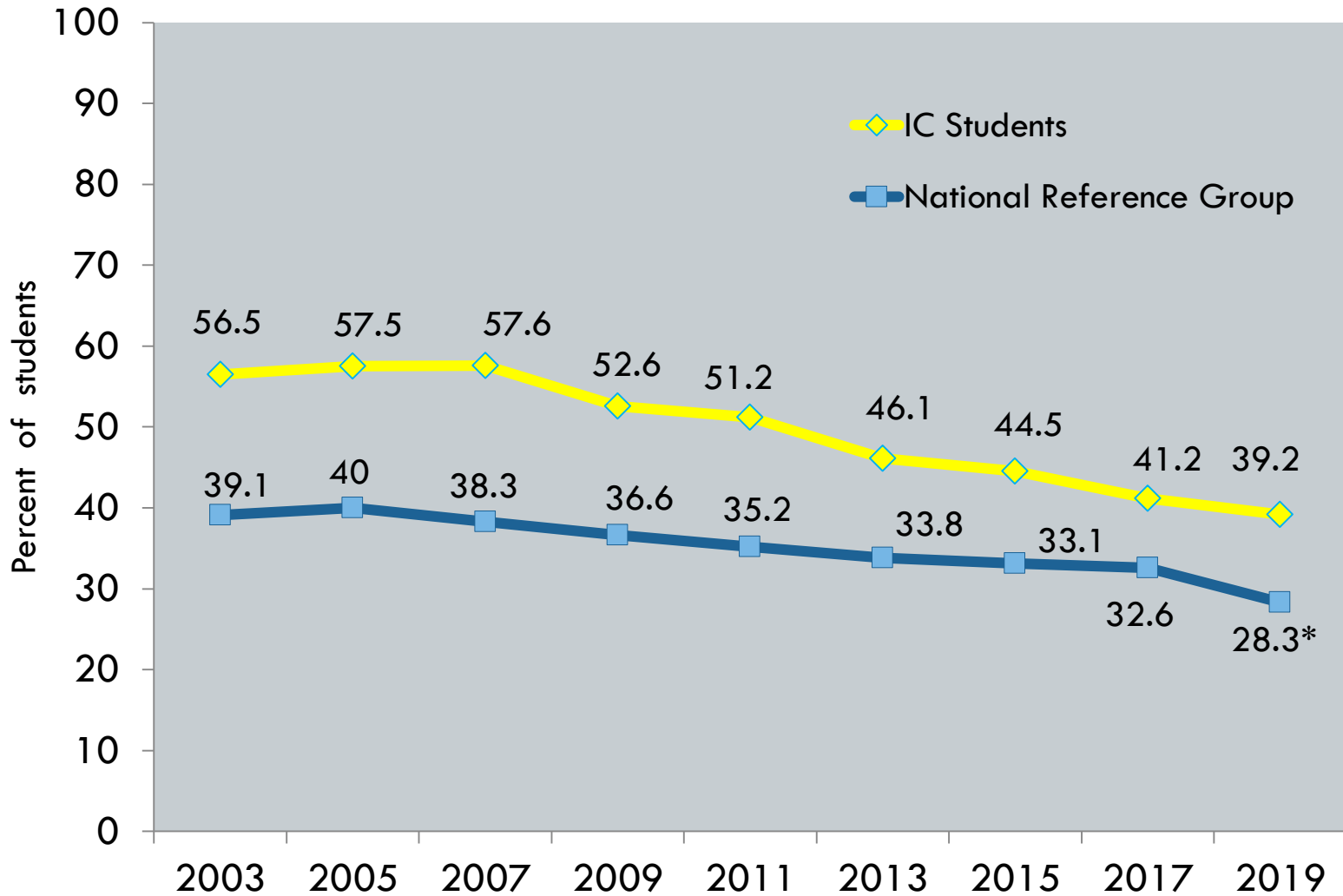
5 or more drinks in one sitting in the last two weeks



*Total undergraduate, full time student population in Spring of 2019 was 5,677.

TRENDS: HIGH RISK (“BINGE”) DRINKING*

*Consumed 5 or more drinks in one sitting during the past 2 weeks



*2018 Nat'l reference group. 2019 data is not yet available.

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CONSEQUENCES OF ALCOHOL USE

Have you experienced any of the following during the past year as a consequence of your drinking?

	IC	Nat'l
Did something I later regretted	39.5%	33.6%
Forgot where I was/what I did	35.1%	29.2%
Had unprotected sex	23.7%	22.5%
Were physically injured	15.7%	13.1%
Got in trouble with police	1.1%	2.0%
Seriously considered suicide	3.9%	4.3%
Physically injured another person	1.5%	1.3%
Someone had sex with me without my consent	3.2%	2.8%
I had sex with someone without their consent	0.4%	0.3%

HARM REDUCTION BEHAVIORS

*When “partying”/socializing in the past year, did you...?**

	IC	Nat’l
Stay with the same group of friends	91.7%	89.5%
Eat before and/or during drinking	82.6%	82.5%
Keep track of # drinks consumed	69.9%	69.1%
Determine drink limit in advance	34.6%	44.1%
Avoid drinking games	31.2%	37.4%
Pace drinks to one or fewer an hour	26.5%	34.8%

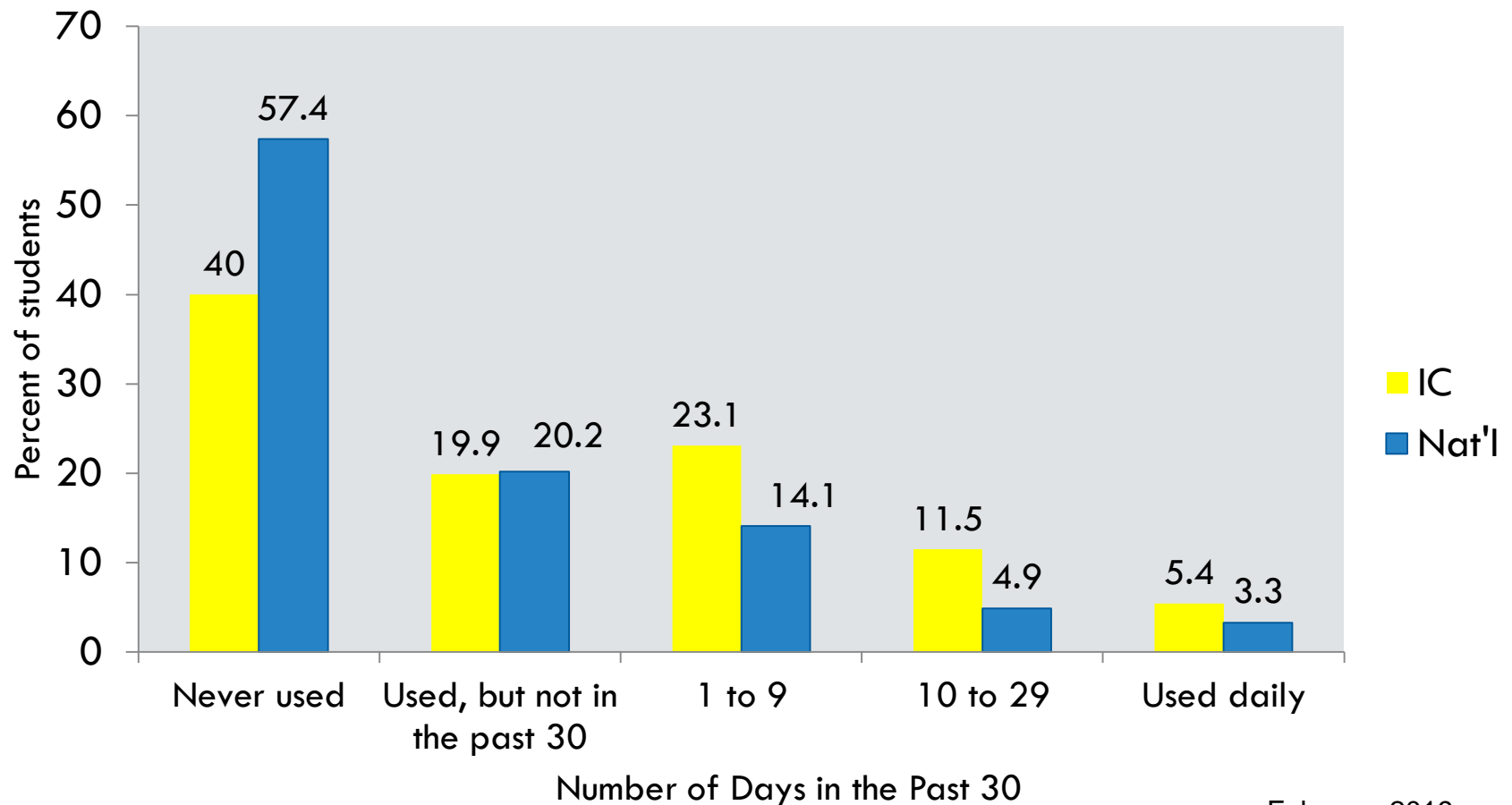
**Answered “Most of the time” or “Always”*

Students responding “N/A, Don’t Drink “ were excluded

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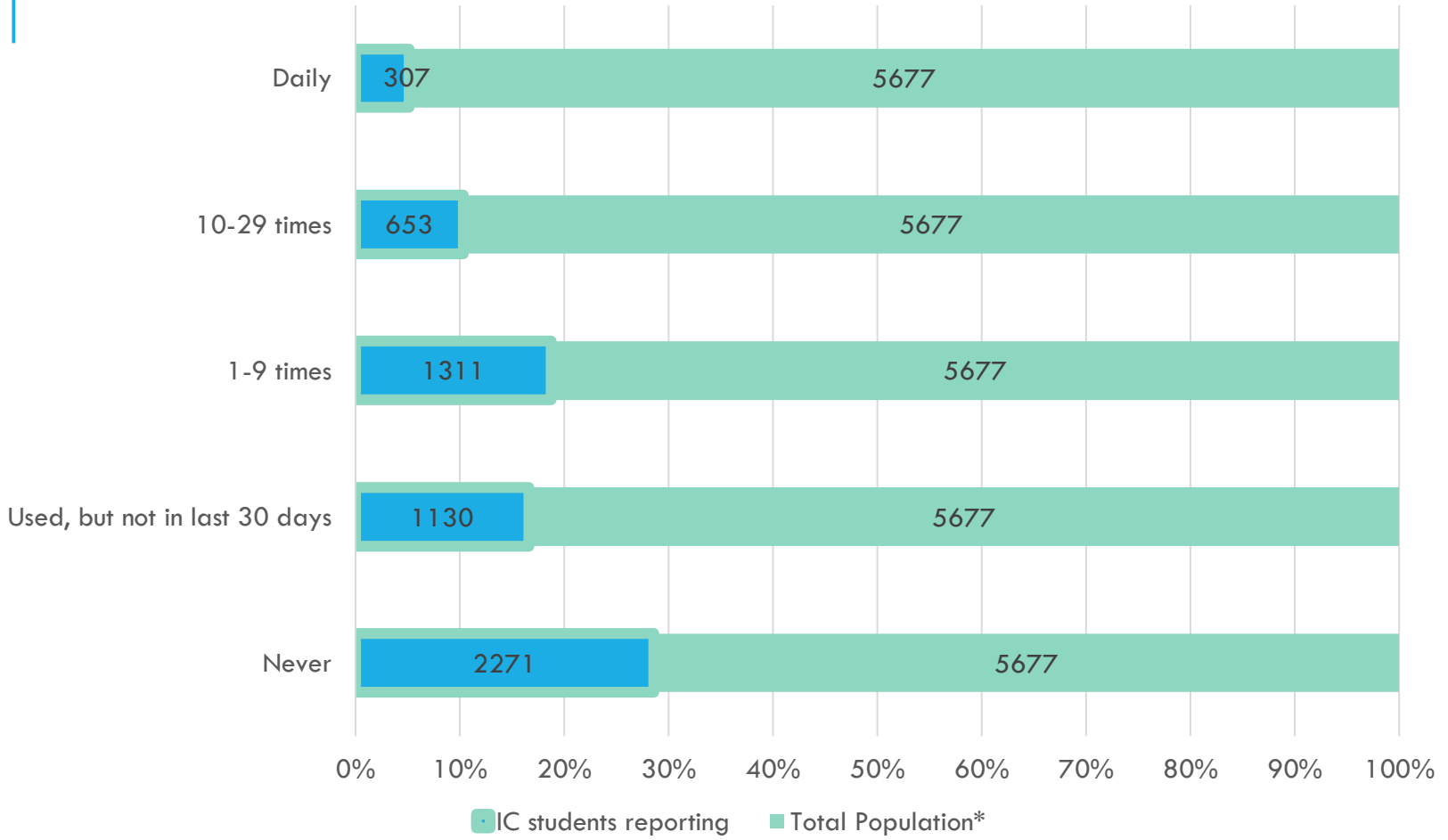
MARIJUANA USE

On how many days did you use marijuana within the last 30 days?



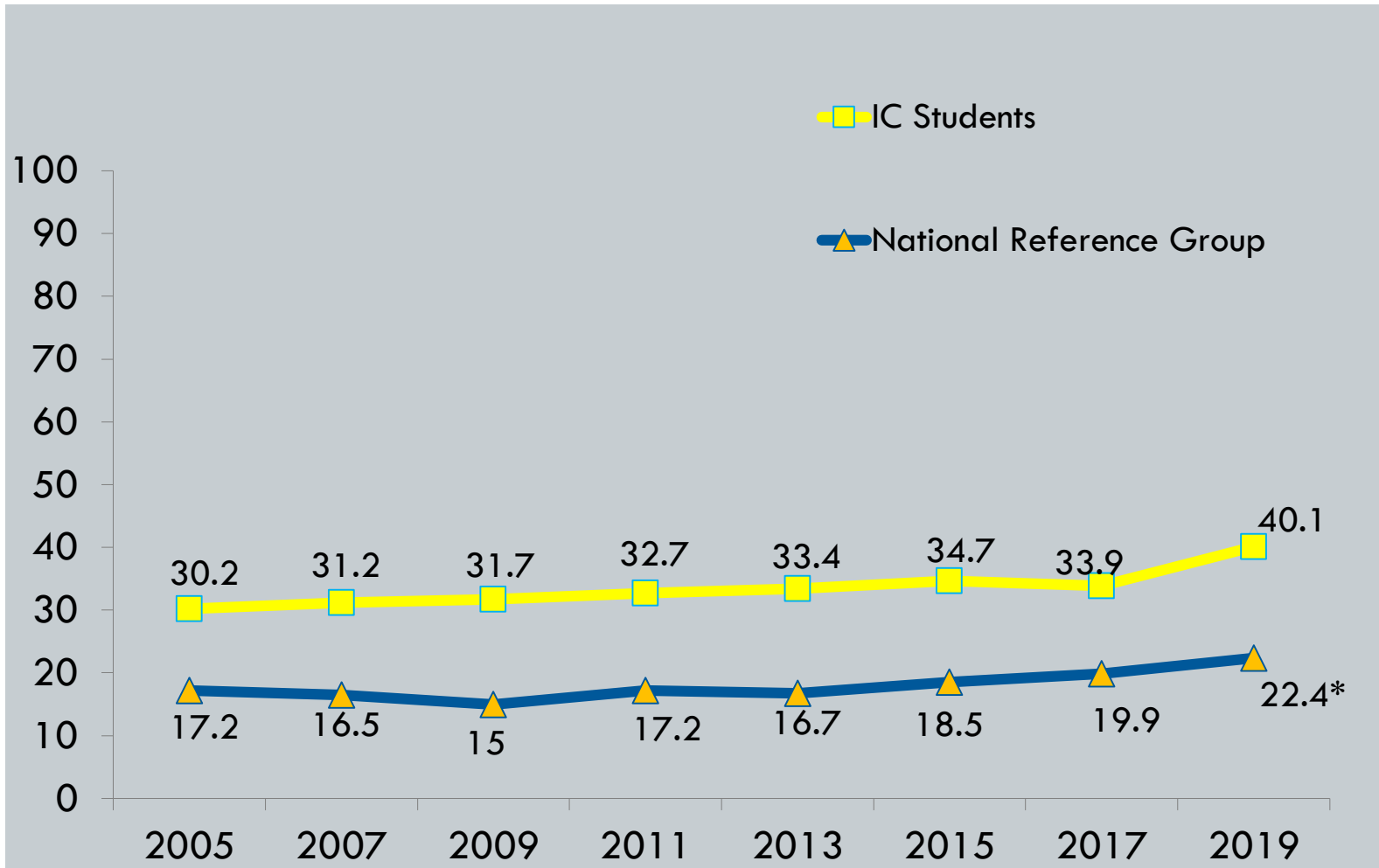
MARIJUANA USE

LAST 30 DAYS



*Total undergraduate, full time student population in Spring of 2019 was 5,677.

TRENDS: MARIJUANA USE, PAST MONTH



* 2018 Nat'l reference group. 2019 data is not yet available.

PRESCRIPTION DRUGS: NONMEDICAL USE

Have you taken any of the following prescription drugs that were not prescribed to you within the past year?

	IC	Nat'l
Stimulants (e.g., Ritalin, Adderall)	8.3%	6.2%
Painkillers (e.g., OxyContin, Vicodin)	3.1%	4.4%
Sedatives (e.g., Xanax, Valium)	3.8%	3.1%
Antidepressants (e.g., Celexa, Lexapro, Prozac, Wellbutrin, Zoloft)	3.9%	2.9%

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Note: Nat'l reference group is 2018 data. 2019 reference group data is not yet available.

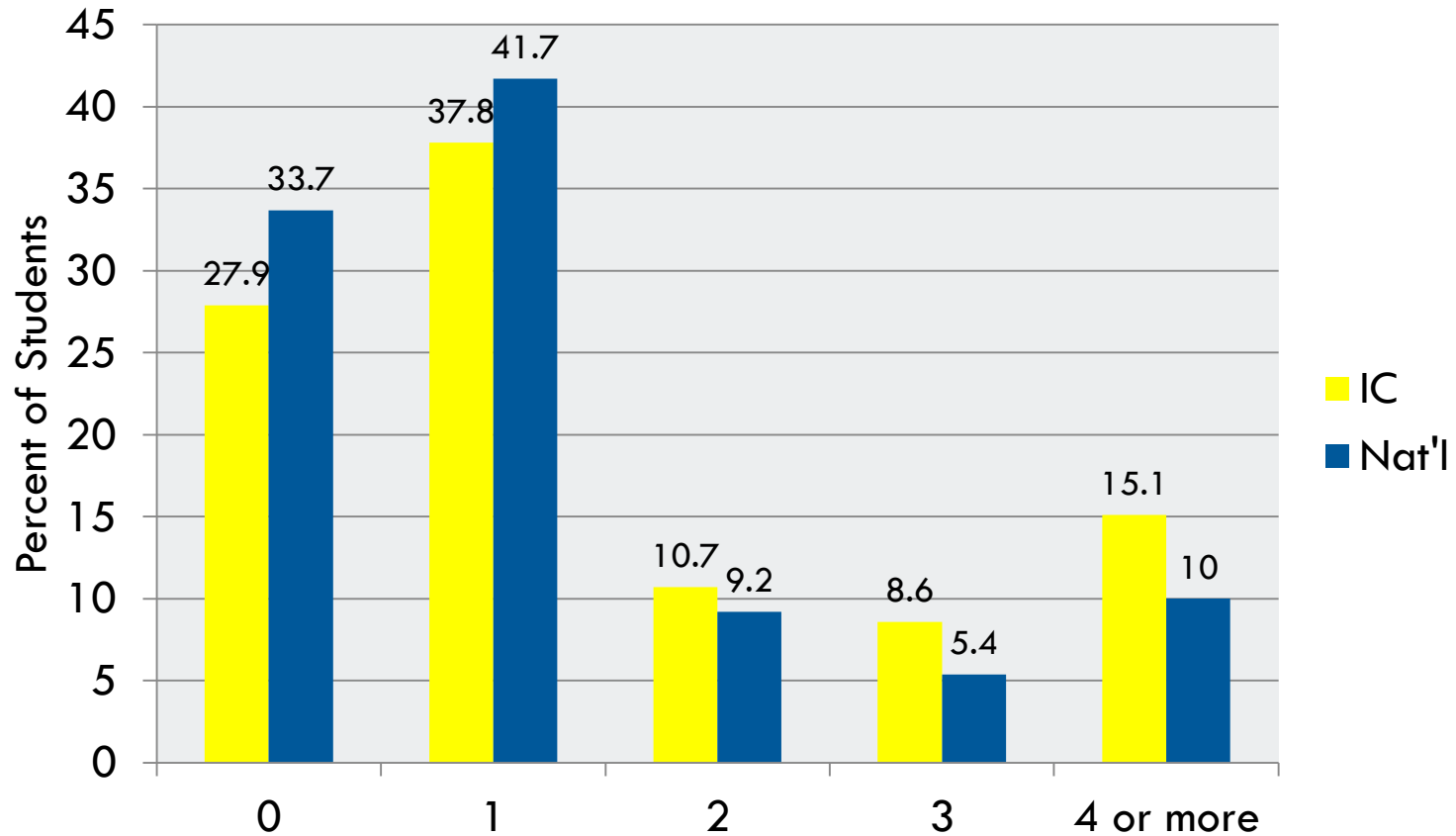


SEXUAL HEALTH



SEXUAL PARTNERS

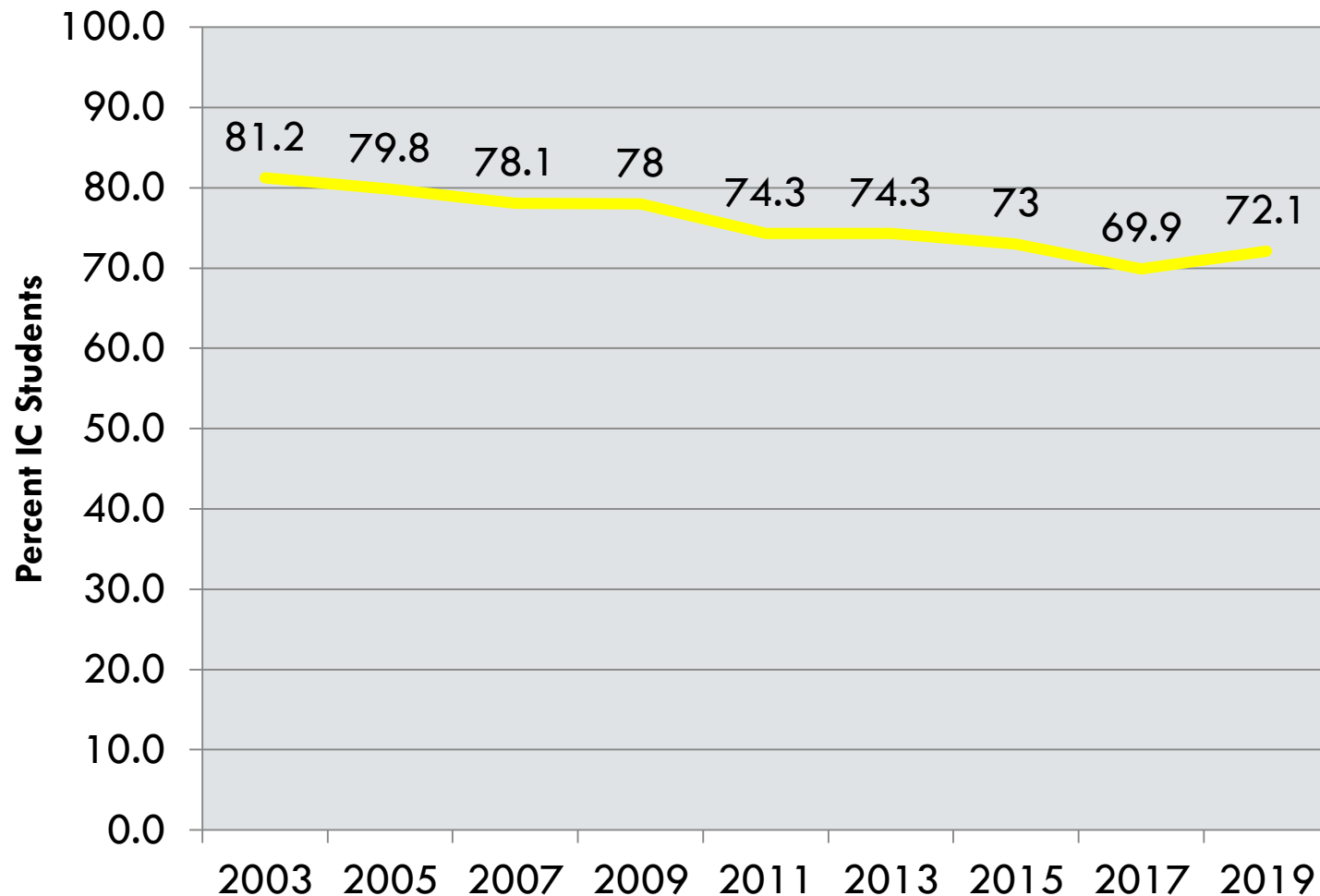
With how many partners have you had sex (last 12 months/oral, vaginal, or anal)?



* 2018 Nat'l reference group. 2019 data is not yet available.

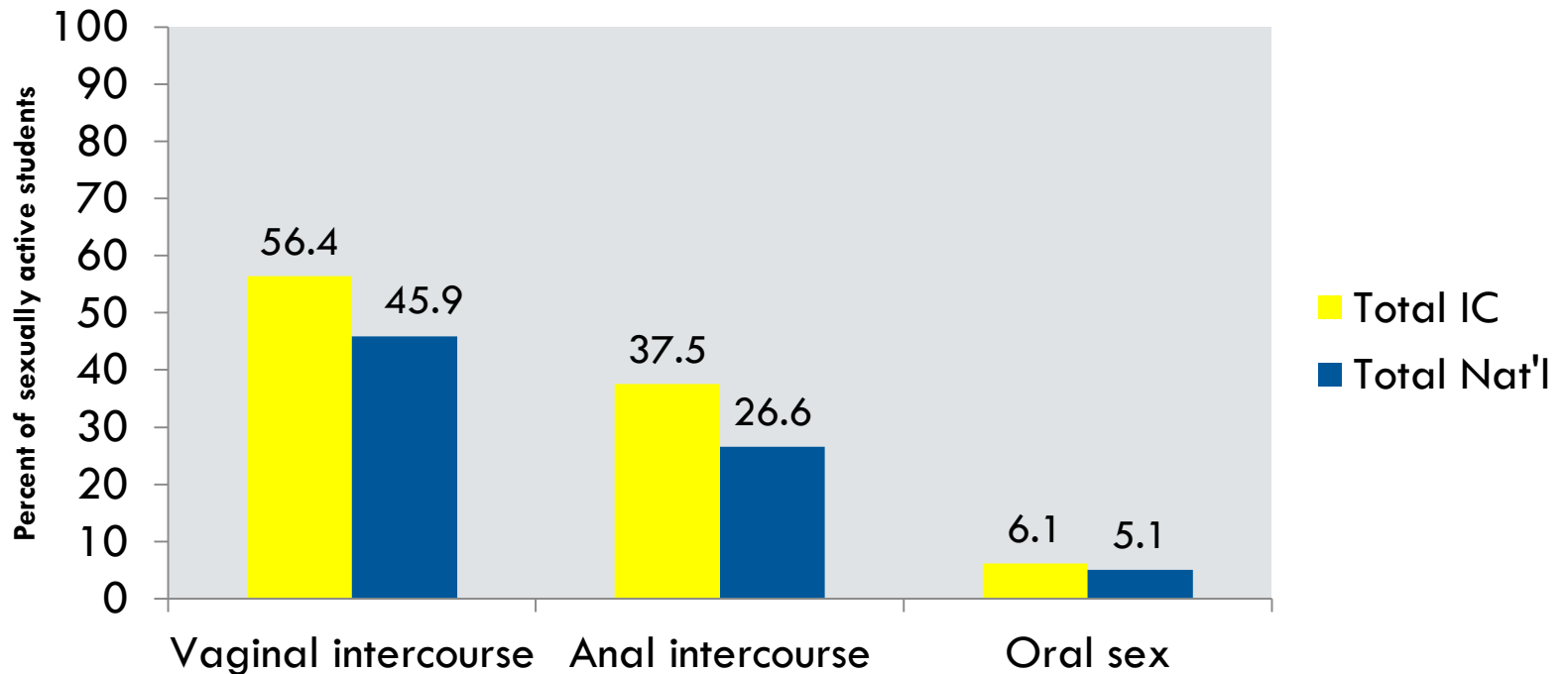
TRENDS: SEXUAL PARTNERS

IC students reporting one or more sexual partners within the last 12 months



USE OF A BARRIER

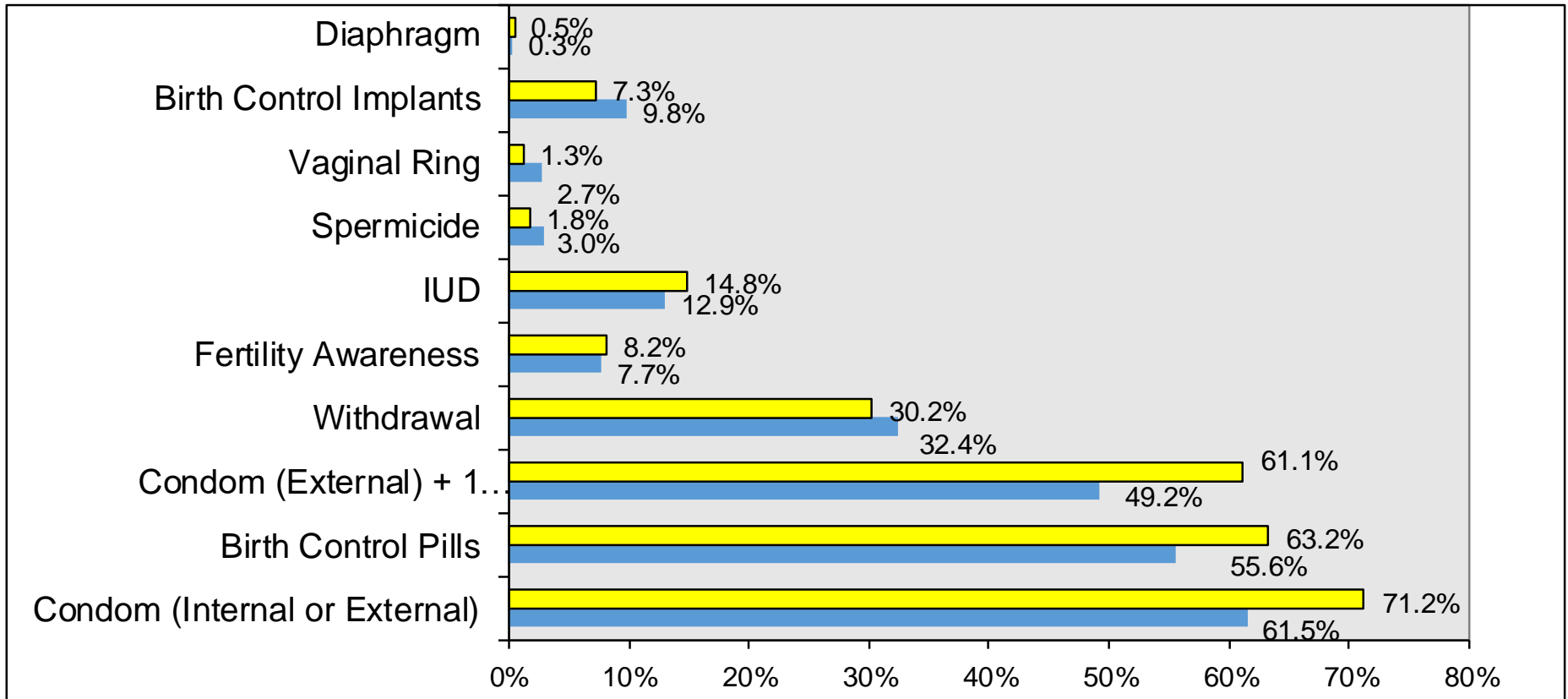
*Used a condom or other protective barrier (mostly or always)**



**Students responding “Never did this sexual activity” or “Have not done this during the last 30 days” were excluded .*

BIRTH CONTROL

What method did you/your partner use to prevent pregnancy?



- 2018 Nat'l reference group. 2019 data is not yet available.
- ACHA uses terms "male" or "female" condom to denote internal (female) and external (male) on survey

- EMERGENCY CONTRACEPTION
- UNINTENDED PREGNANCY

	IC	Nat'l*
If sexually active, have you or your partner used... Emergency Contraception ("Plan B," "Morning After Pill")	11.0%	16.9%
Have you experienced... Unintended Pregnancy	0.5%	1.3%

* 2018 Nat'l reference group. 2019 data is not yet available.



MENTAL HEALTH



STRESS

How would you rate the overall level of stress that you have experienced during the past year?

	IC	Nat'l*
No stress	0.8%	1.6%
Less than avg. stress	4.7%	6.4%
Average stress	32.9%	35.3%
More than avg. stress	48.2%	44.4%
Tremendous stress	13.5%	12.4%

* 2018 Nat'l reference group. 2019 data is not yet available.

DIFFICULT ISSUES

Have any of the following been traumatic or very difficult for you to handle during the past year?

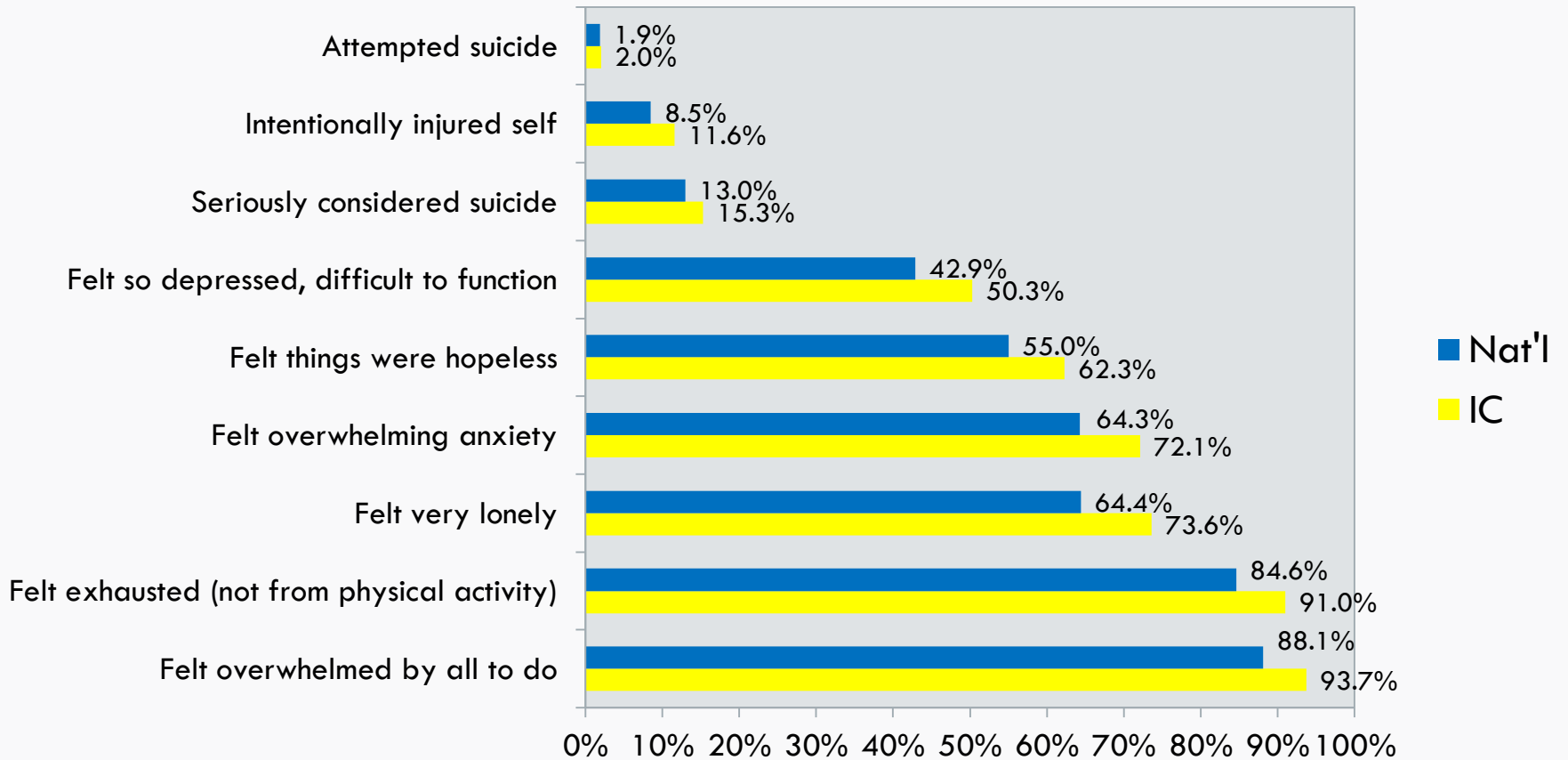
	IC	Nat'l
Academics	54.5%	51.7%
Intimate relationships	38.1%	32.2%
Other social relationships	43.3%	30.9%
Finances	38.0%	36.7%
Family problems	34.9%	32.3%
Personal appearance	40.3%	33.3%

EATING DISORDERS & RELATED CONCERNS

	IC	Nat'l
Took diet pills to lose weight - past month	1.6%	2.9%
Vomited or took laxatives to lose weight - past month	3.7%	3.0%
Diagnosed or treated for anorexia – past year	2.6%	1.7%
Diagnosed or treated for bulimia – past year	1.3%	1.2%

DEPRESSION SYMPTOMS

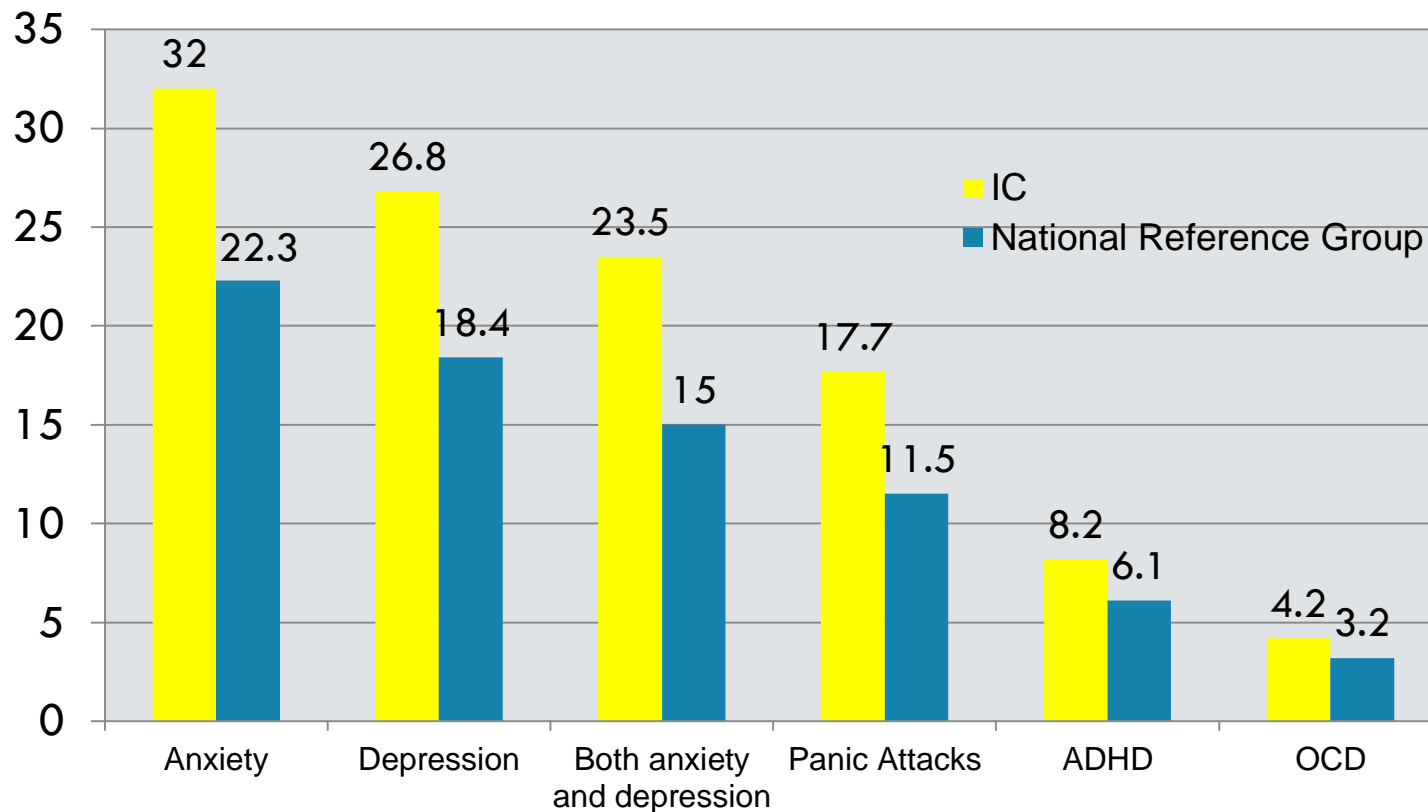
Within the last school year, have you...?



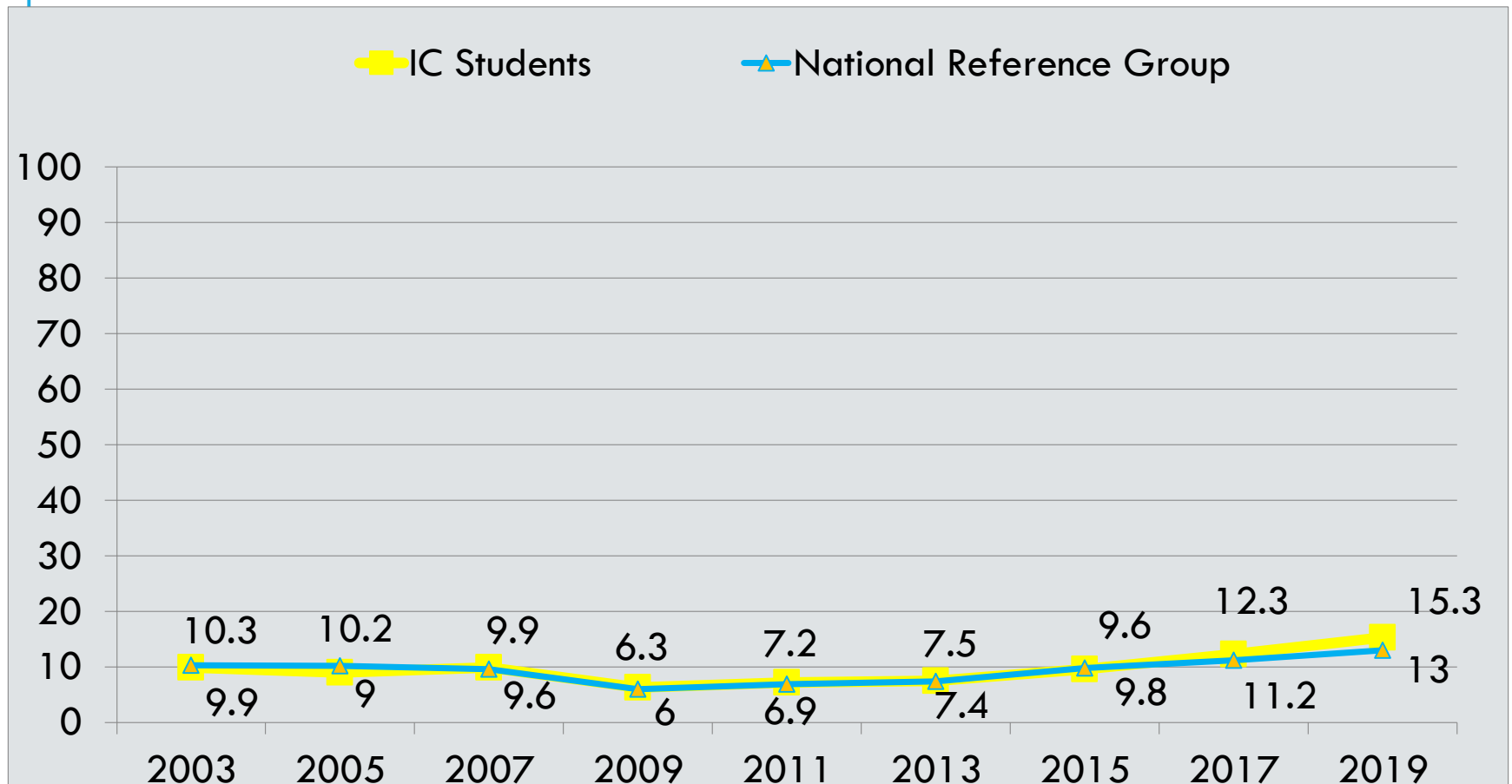
* 2018 Nat'l reference group. 2019 data is not yet available.

OTHER MENTAL HEALTH CONCERNS

Students reported being diagnosed or treated by a professional for the following within the last 12 months:

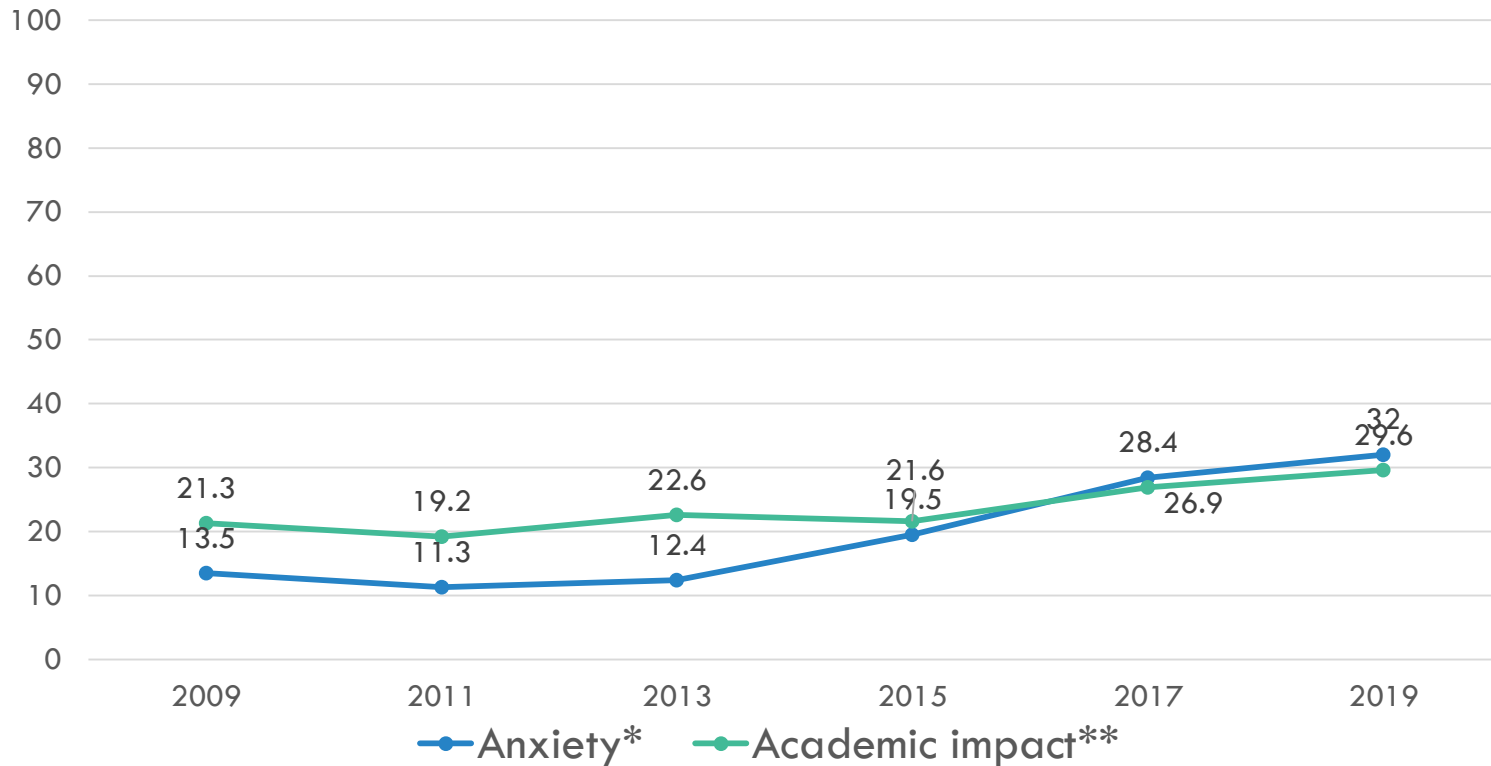


STUDENTS REPORTING THAT THEY SERIOUSLY CONSIDERED SUICIDE IN THE PAST YEAR



* 2018 Nat'l reference group. 2019 data is not yet available.

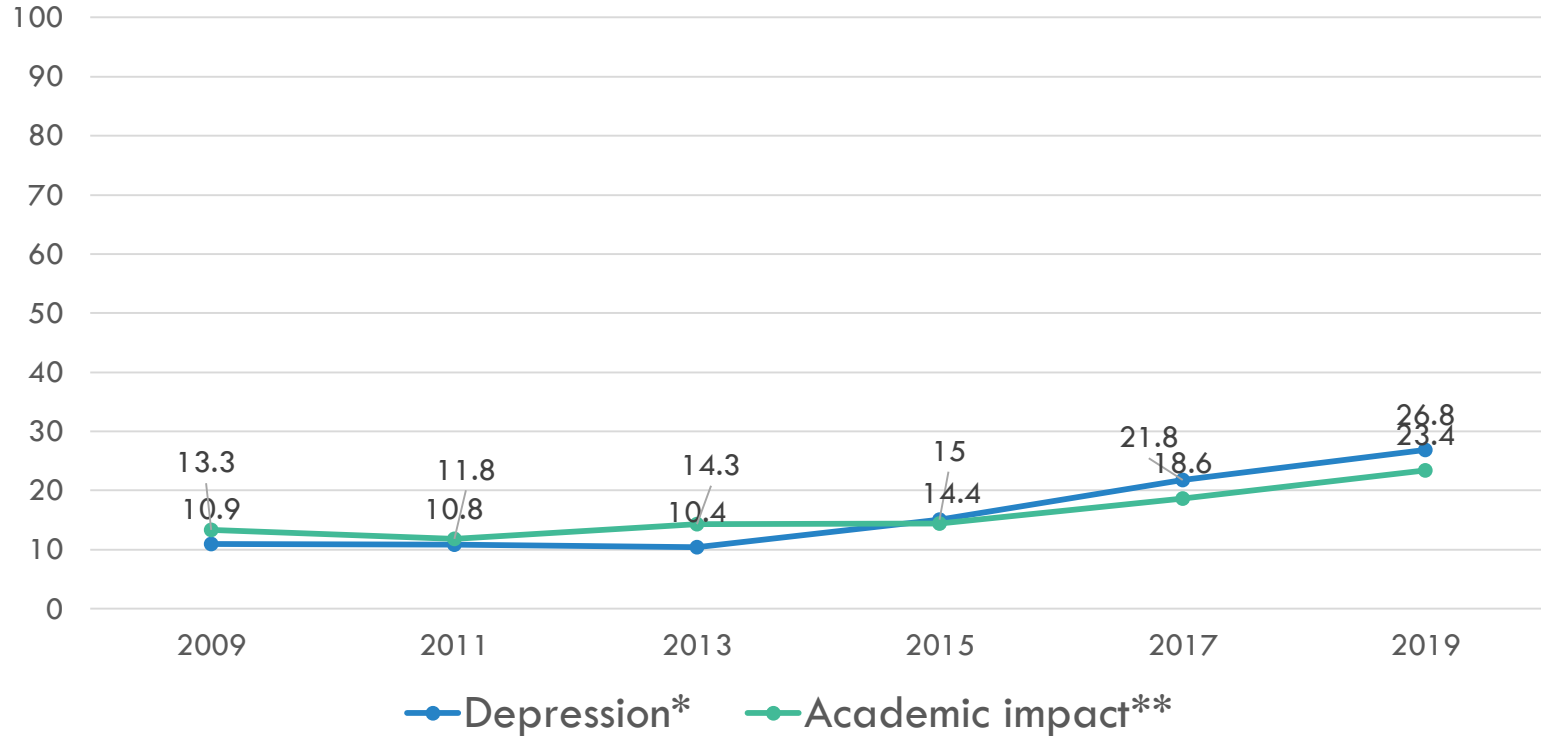
ANXIETY



* IC students who reported having been diagnosed or treated for anxiety within the last 12 months.

** IC students who reported that anxiety had an academic impact in the last 12 months.

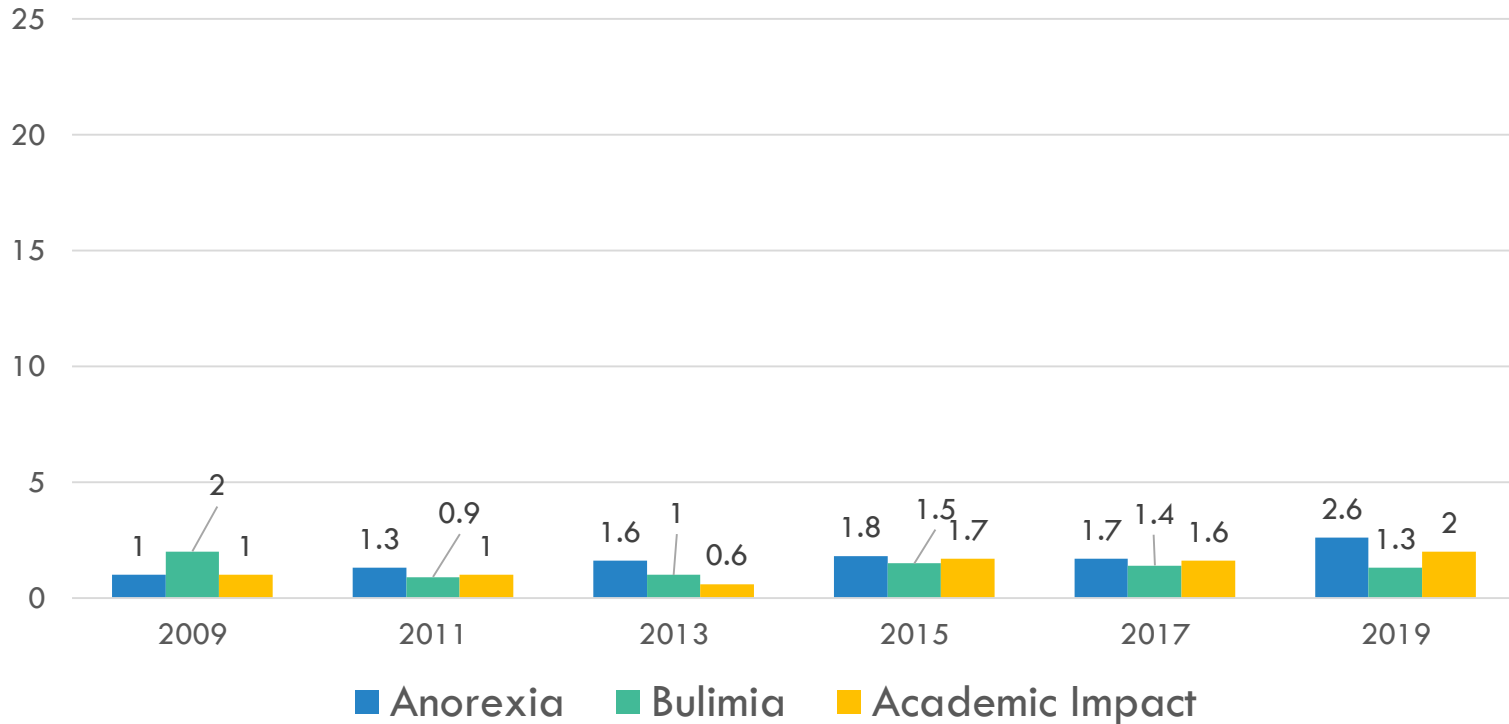
DEPRESSION



* IC students who reported having been diagnosed or treated for depression within the last 12 months.

** IC students who reported that depression had an academic impact in the last 12 months.

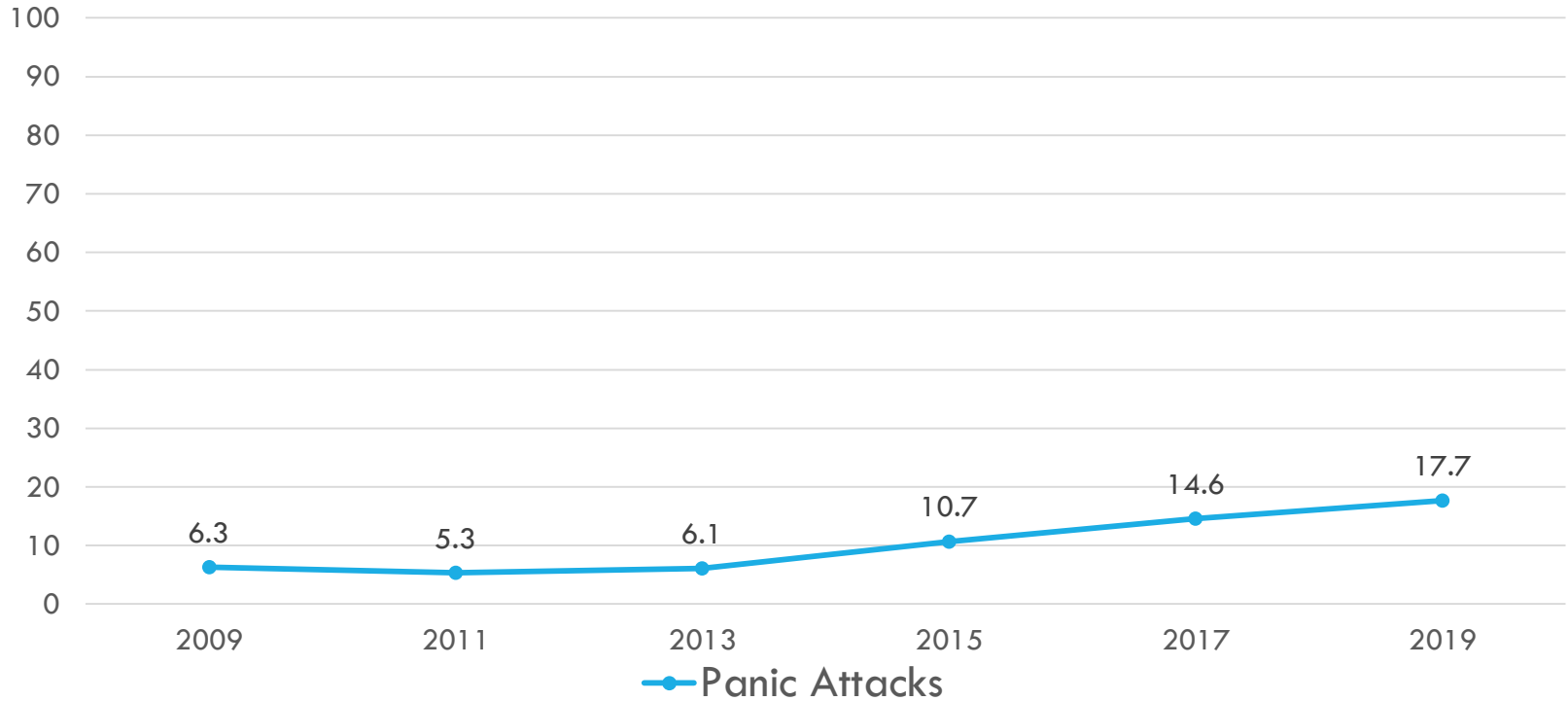
EATING DISORDERS



*Anorexia, Bulimia, self reported by students who have been diagnosed or treated within the last 12 months.

**Report of eating disorder/problem having an academic impact in the last 12 months.

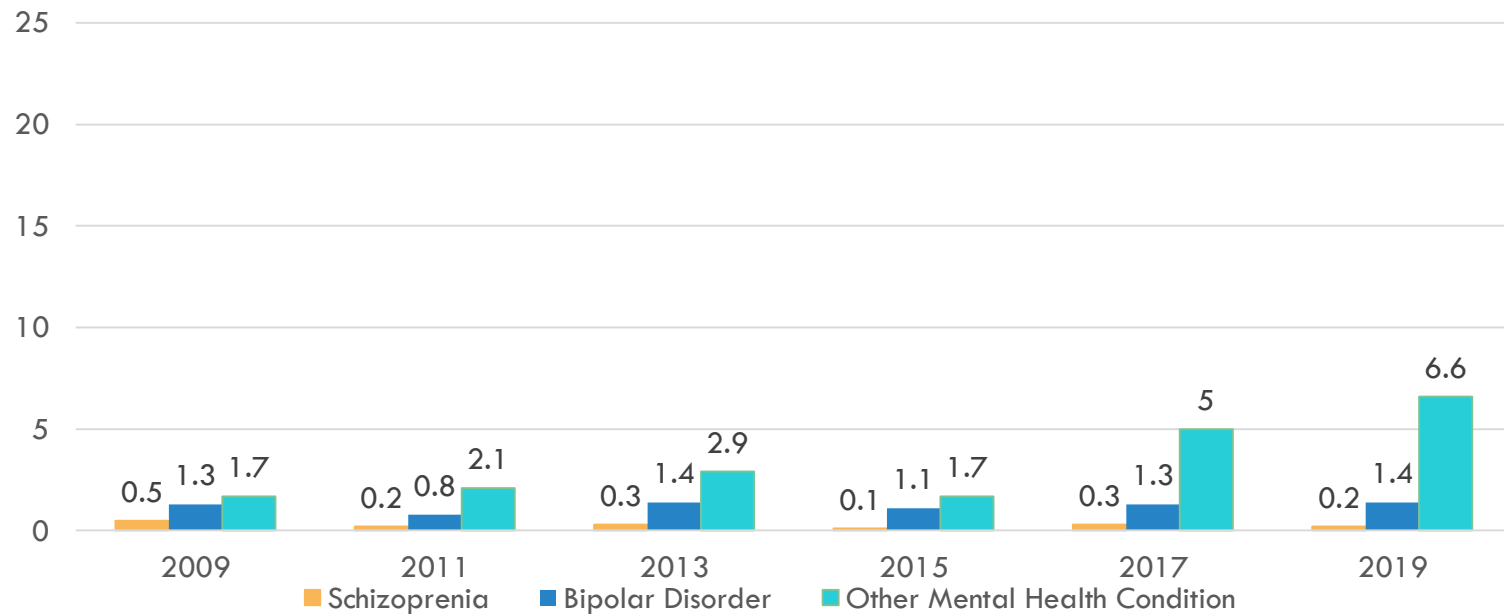
PANIC ATTACKS



*IC students who reported having been diagnosed or treated for panic attacks within the last 12 months.

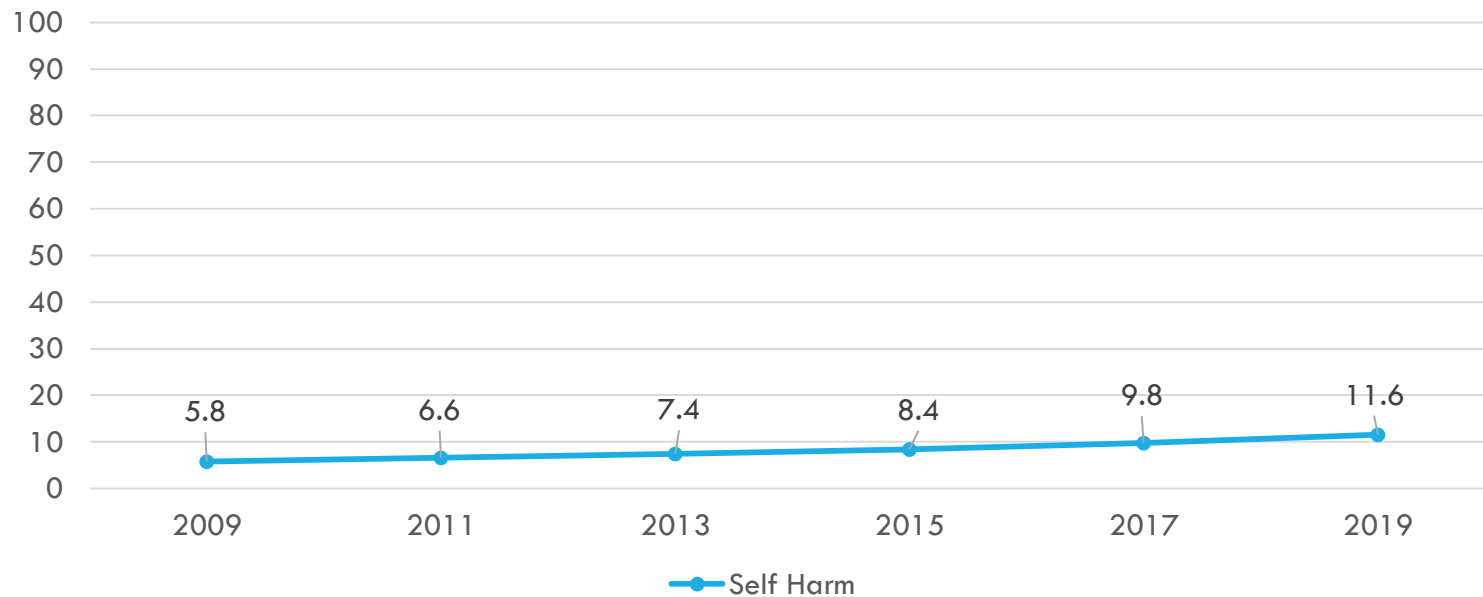
MENTAL HEALTH CONDITIONS

(BIPOLAR DISORDER, SCHIZOPHRENIA, AND OTHER MENTAL HEALTH CONDITIONS)



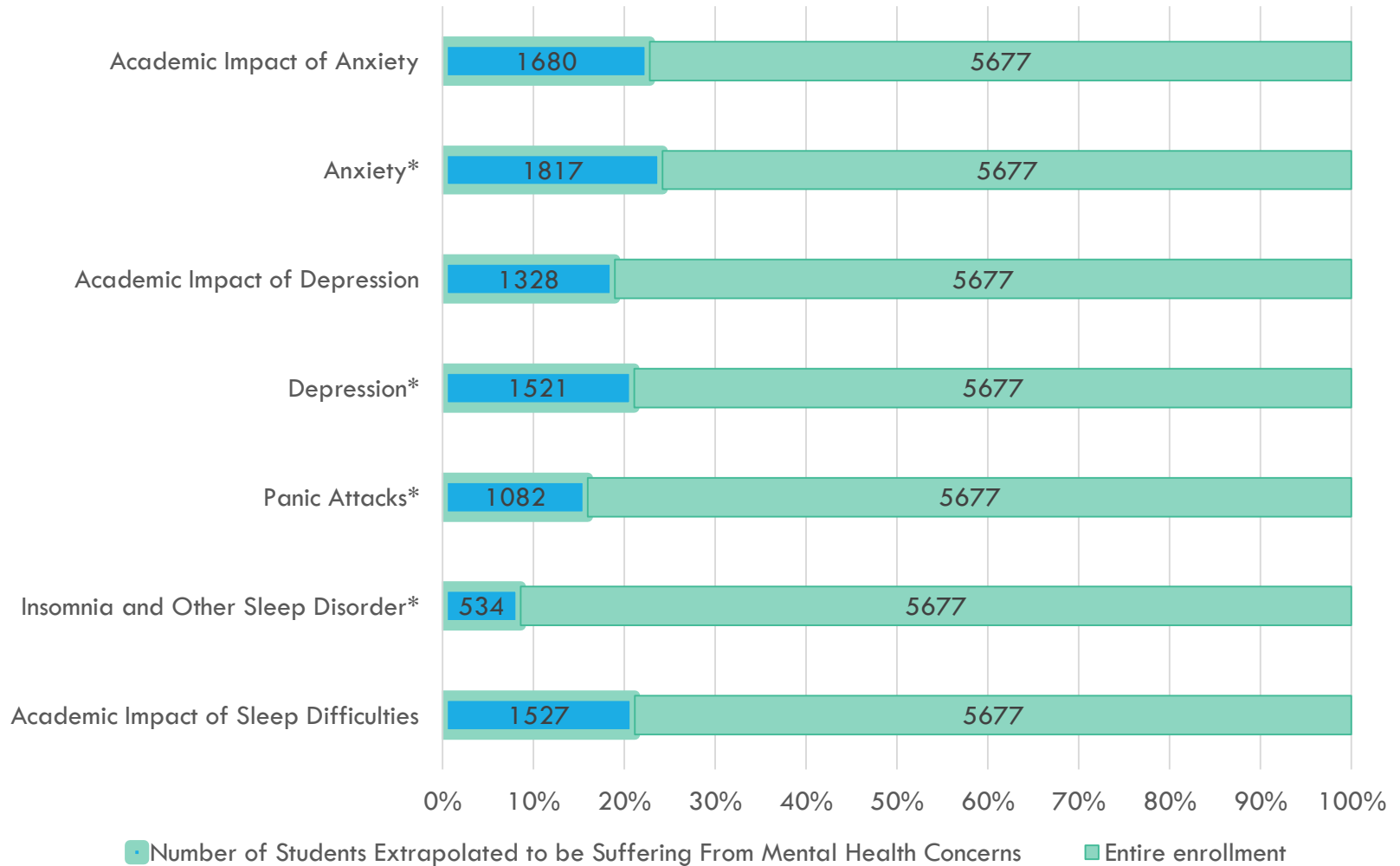
*Bipolar disorder, schizophrenia, and other mental health conditions, self reported by students who have been diagnosed or treated within the last 12 months. Ithaca College data only.

SELF HARM



*IC students who reported that they had intentionally cut, burned, bruised or otherwise injured themselves in the last 12 months.

Mental Health Concerns in Comparison to the IC Population



Ithaca College Office of Analytics and Institutional Research, a headcount of full time undergraduate students enrolled for spring of 2019 was 5,677 .

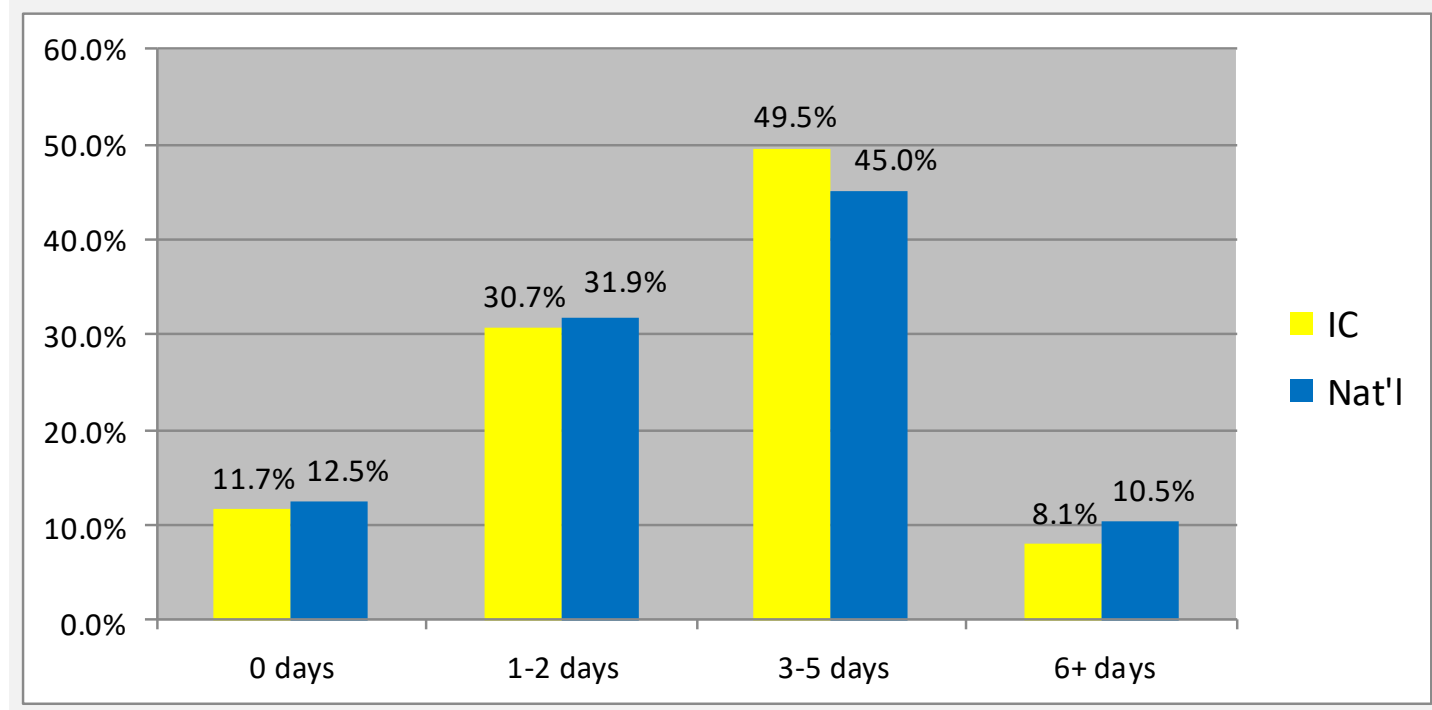
** Self reported diagnosed or treated by a professional within the last 12 months.



SLEEP, NUTRITION, & EXERCISE

SLEEP

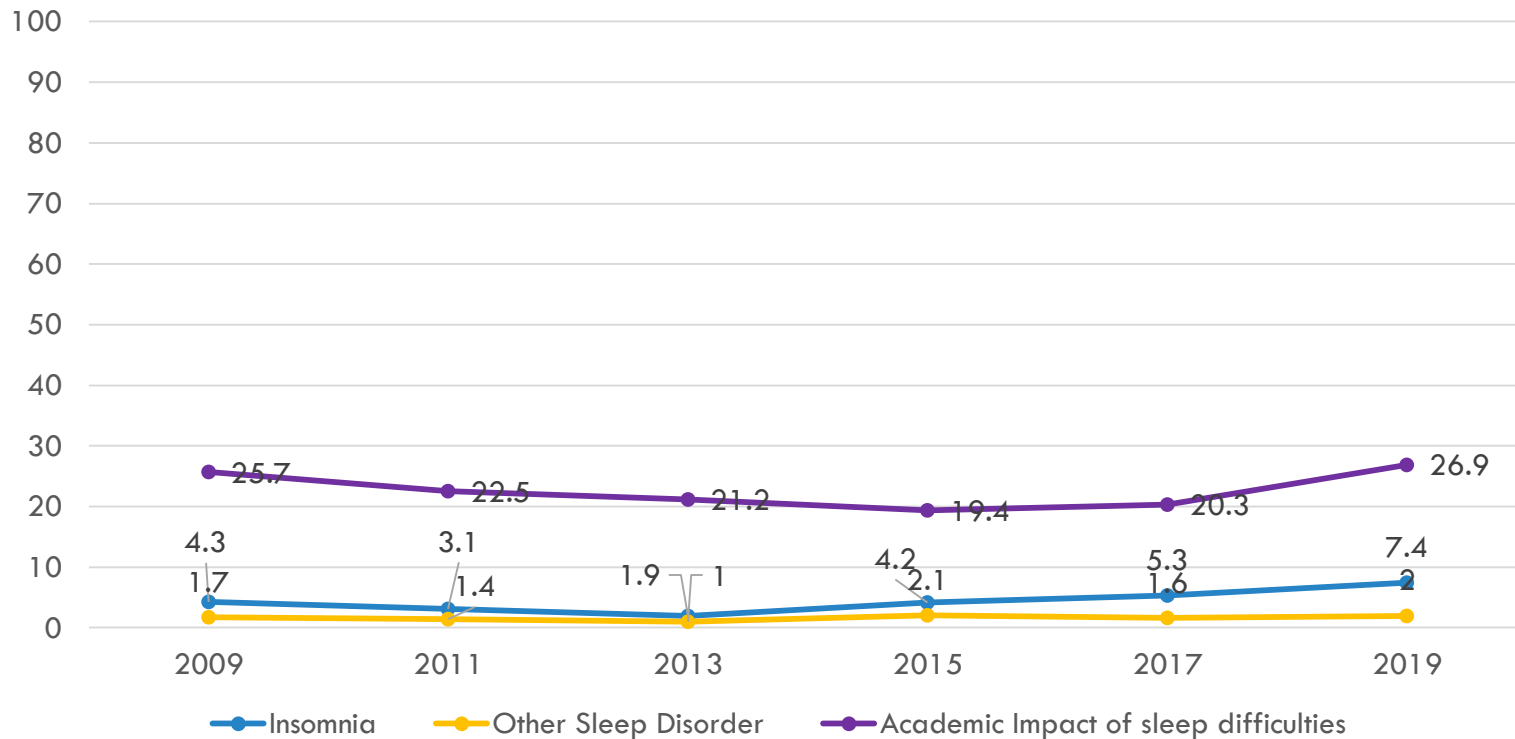
On how many of the past 7 days did you get enough sleep so that you felt rested in the morning?



* 2018 Nat'l reference group. 2019 data is not yet available.

February 2019

SLEEP DISORDERS AND SLEEP DIFFICULTIES

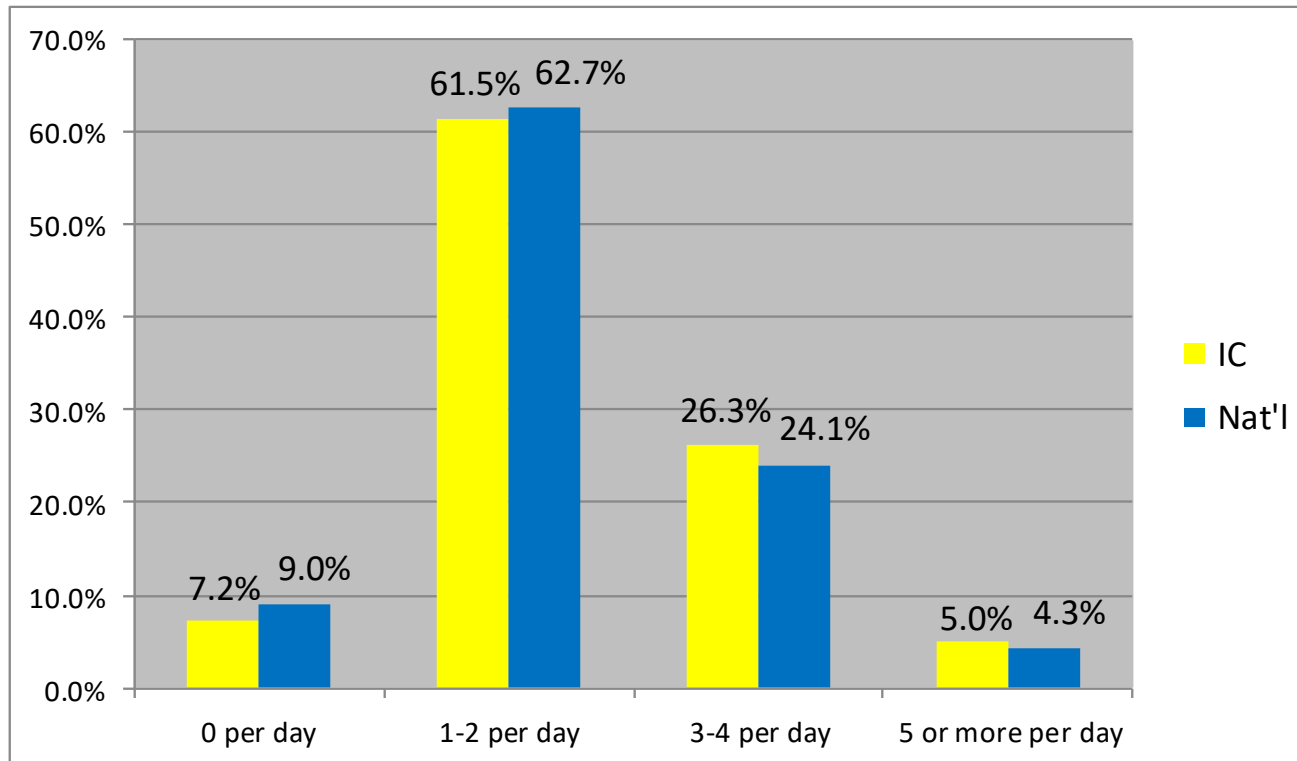


*IC students who reported having been diagnosed or treated for insomnia or other sleep disorder within the last 12 months.

**Report of sleep difficulties having an academic impact in the last 12 months.

NUTRITION

How many servings of fruits and vegetables do you usually have per day?

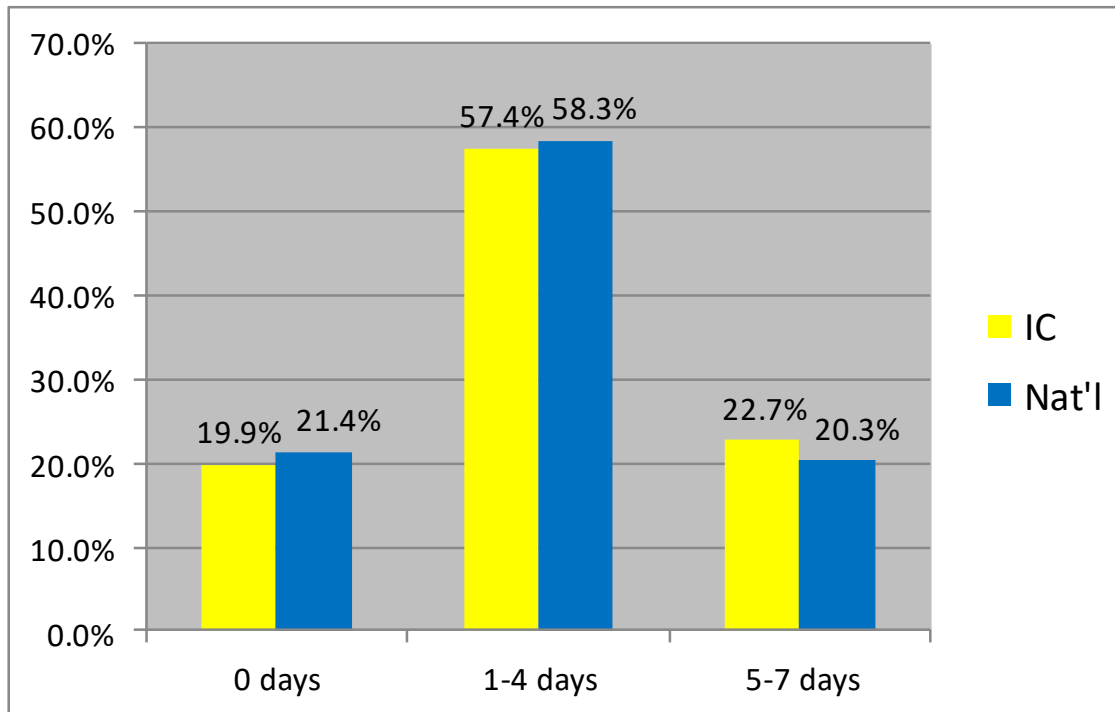


* 2018 Nat'l reference group. 2019 data is not yet available.

February 2019

EXERCISE

On how many of the past 7 days did you participate in moderate-intensity exercise for at least 30 minutes?



* 2018 Nat'l reference group. 2019 data is not yet available.

BODY MASS INDEX (BMI)

Estimated BMI based on self-reported height and weight

	IC Male	IC Female	IC total	Nat'l
< 18.5 Underweight	3.9%	3.1%	3.5%	4.4%
18.5-24.9 Healthy Weight	67.0%	62.9%	62.9%	56.2%
25-29.9 Overweight	18.5%	22.2%	22.1%	23.4%
30-34.9 Class I Obesity	6.0%	8.0%	7.3%	9.5%
35-39.9 Class II Obesity	4.3%	1.8%	2.6%	3.9%
≥ 40 Class III Obesity	0.4%	2.0%	1.6%	2.6%

Respondents were designated as *male* or *female* when their reported gender identity was consistent with their reported sex at birth *and* the student selected 'no' for transgender. Respondents were designated as *non-binary* when they selected 'yes' for transgender or their sex at birth was not consistent with their gender identity. Totals displayed here include *non-binary* and *unknown* students.



SAFETY



HARASSMENT AND VIOLENCE

Experienced within the last 12 months

	IC	Nat'l
Physical fight	3.3%	3.7%
Verbal threat	17.2%	18.5%
Sexual touching without their consent	16.6%	11.1%
Sexual penetration attempt without their consent	5.2%	4.3%
Sexual penetration without their consent	3.9%	2.8%
Stalking*	5.5%	5.9%

*Defined as “waiting for you outside your classroom, residence hall, or office; repeated emails/phone calls, etc.”)

February 2019

PERSONAL SAFETY

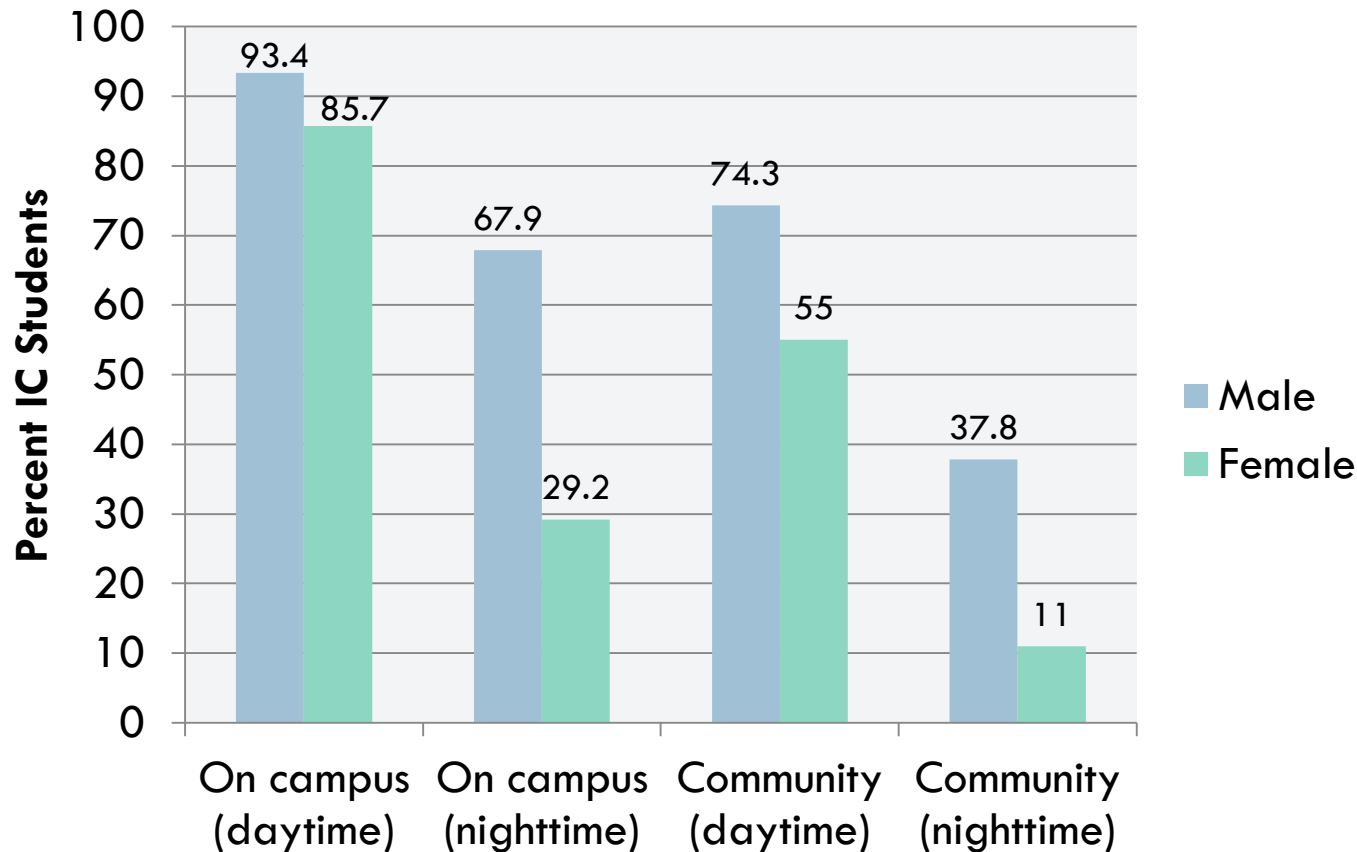
Do you feel safe?

	Feel Very Safe IC	Feel Very Safe Nat'l*
During the daytime		
On their campus	87.0%	80.7%
In the surrounding community	59.6%	49.7%
During the nighttime		
On their campus	39.2%	31.2%
In the surrounding community	17.6%	17.8%

February 2019 * Nat'l data is 2018,
2019 not yet available.

PERSONAL SAFETY BY GENDER

Ithaca College students who reported feeling “very safe”:



February 2019

Respondents were designated as *male* or *female* when their reported gender identity was consistent with their reported sex at birth *and* the student selected ‘no’ for transgender. Respondents were designated as *non-binary* when they selected ‘yes’ for transgender *or* their sex at birth was not consistent with their gender identity. Totals, which are displayed on the previous slide, include *non-binary* and *unknown* students.



HEALTH INDICATORS



NCHA HEALTH INDICATORS

	IC	Nat'l
Used condom during vaginal intercourse in last 30 days*	56.4%	45.9%
Used condom during anal intercourse in last 30 days*	37.5%	26.6%
Never smoked cigarettes	81.0%	79.5%
Never used e-cigarettes	71.3%	79.9%
Little or no problem with sleepiness during daytime activities	56.0%	53.0%

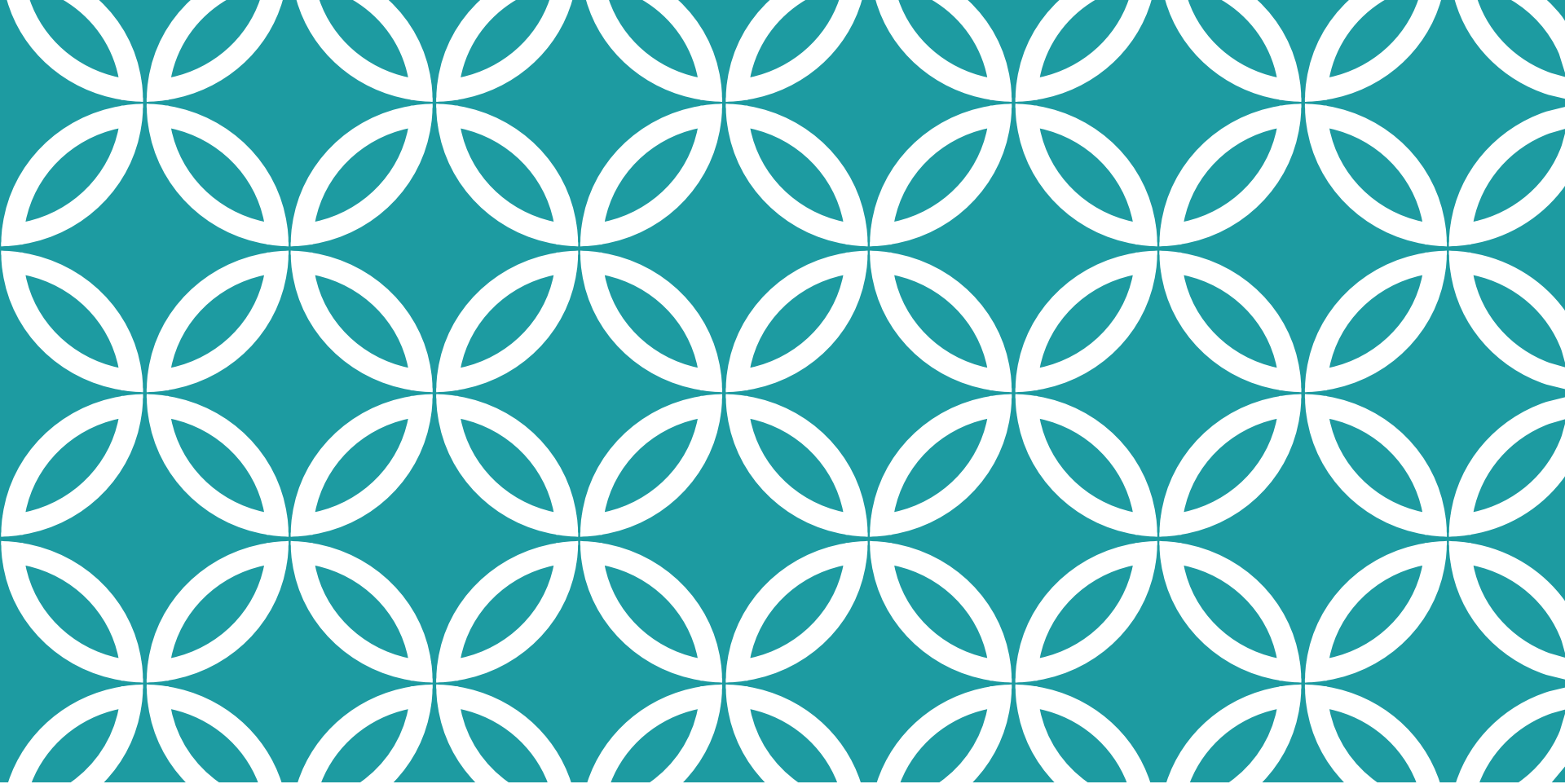
*Students responding “Never did this sexual activity” or “Have not done this during the last 30 days” were excluded from the analysis.

NCHA HEALTH INDICATORS

	IC	Nat'l
Estimated BAC < .08*	64.1%	68.7%
Did <i>not</i> consume 5+ drinks in one sitting in the past two weeks	60.8%	71.7%
BMI in Healthy Weight range	62.9%	56.2%
Ate 3+ Fruit/Vegetable Servings/Day	31.3%	28.4%
Moderately Intense Exercise (5+/wk)**	22.7%	20.3%

*Students reporting 1 or more drinks the last time they partied or socialized. Based on reported number of drinks, time of consumption, birth sex, weight.

**ODPHP Guidelines for adults recommend 150 to 300 minutes per week of moderate-intensity, or 75 to 150 minutes per week of vigorous-intensity aerobic exercise.



To request additional information, please
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