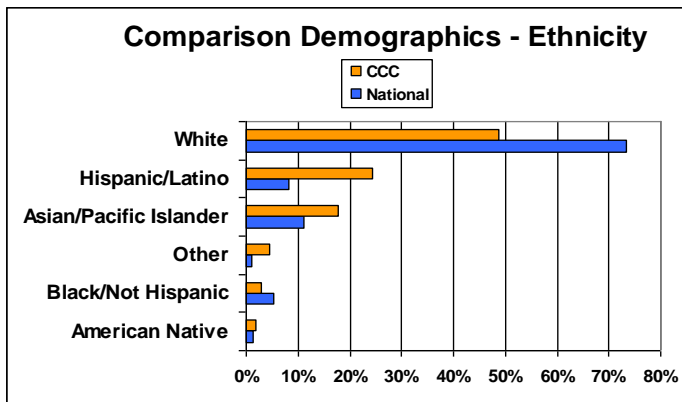


National College Health Assessment (NCHA) Spring 2007- Data Highlights

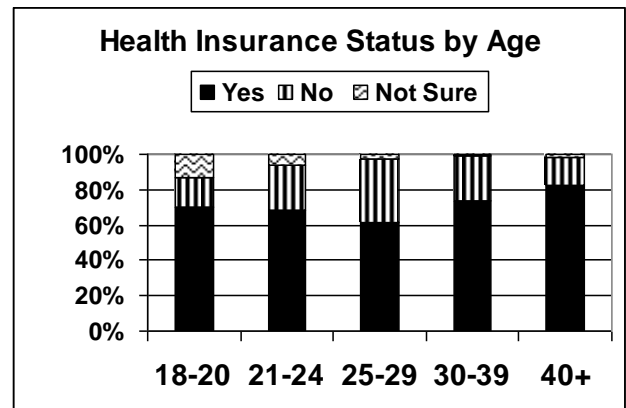
Health status is increasingly found to be an important determinant of academic success in our nation's higher education system. Recent concerns about adequately addressing mental health needs of college students indicates a critical need for data on their health status to guide policy, programs and funding decisions. The Health Services Association California Community Colleges (HSACCC) has gathered information from 7,898 students from 13 community colleges in California, using the National College Health Assessment (NCHA), the first data set of its kind to date. Developed by the American College Health Association, the NCHA is a nationally recognized survey instrument for collecting information on 236 different health variables from college students. During Spring 2007, HSACCC coordinated an effort to include a significant sample of community college students in the NCHA survey, a population that have been underrepresented in previous years. This fact sheet highlights six (6) variables of import at this time. Other variables to be discussed in the future are reproductive health, nutrition, safety practices, preventive care, exercise and sleep.

DEMOGRAPHICS

The California Community College (CCC) NCHA sample (N: 7,898) is demographically reflective of the broad diversity of California's community college students. The average age of 24.34 is 2.61 years older than the national sample, and greater ethnic diversity is represented (see Graph 1). Twenty-four percent of students surveyed represent the Hispanic/Latino population, this is three times greater than in the national study, and provides an opportunity to better understand this population's health needs. Health insurance data reveals that CCC students overall are uninsured at a rate of 21.7%, compared with the national rate of 8%. In the 25-29 year old age group, the percentage of uninsured CCC students significantly increases to 36% (see Graph 2).



Graph 1



Graph 2

ACADEMIC PERFORMANCE

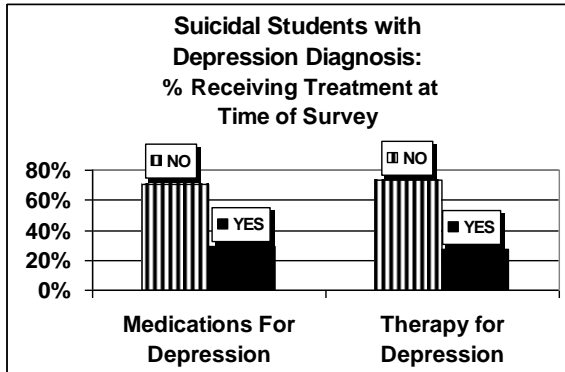
Within the last school year, CCC students reported the following factors affecting their individual academic performance, i.e. received an incomplete, dropped a course, received a lower grade in a class, on an exam, or on an important project.

Impediments to Academic Performance	CCC
Stress	30.6%
Sleep Difficulties	23.1%
Cold Flu Sore Throat	20.5%
Concern for a Friend/Family Member	17.3%
Relationship Difficulty	14.5%
Depression/Anxiety Disorder	12.8%
Internet Use/Computer Games	12.6%

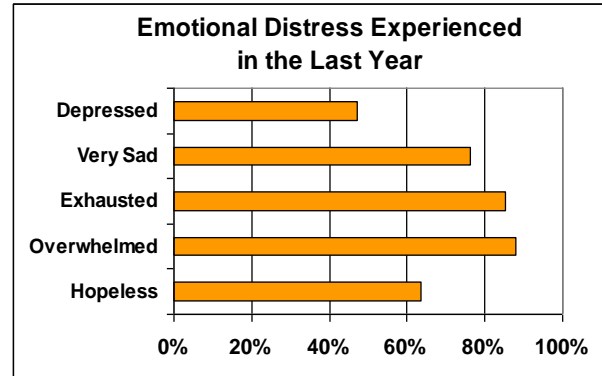
Table 1

MENTAL HEALTH

Findings suggest that untreated depression is a significant issue for California community college students. Forty-five percent of students felt so depressed it was difficult to function one or more times in the last year, though 32% report never having had a depression diagnosis. Twelve percent of students surveyed report suicidal thoughts in the last year. Of the students that reported suicide attempts, 64% have never had a depression diagnosis. When looking at suicidal students with a depression diagnosis, less than one third were receiving treatment. Two and eight tenths percent of students attempted suicide one or more times in the last year, as compared with 1.6% of students in the national survey results.



Graph 3



Graph 4

VIOLENCE

Higher percentages of community college students report experiencing violence, in eight of nine areas measured compared with national survey NCHA results (see Table 2.) Some of these experiences are associated with the negative outcomes of alcohol use. Those reporting traumatic and/or abusive relationships are more susceptible to mental health problems such as post-traumatic stress, depression, anxiety and suicidal ideation.

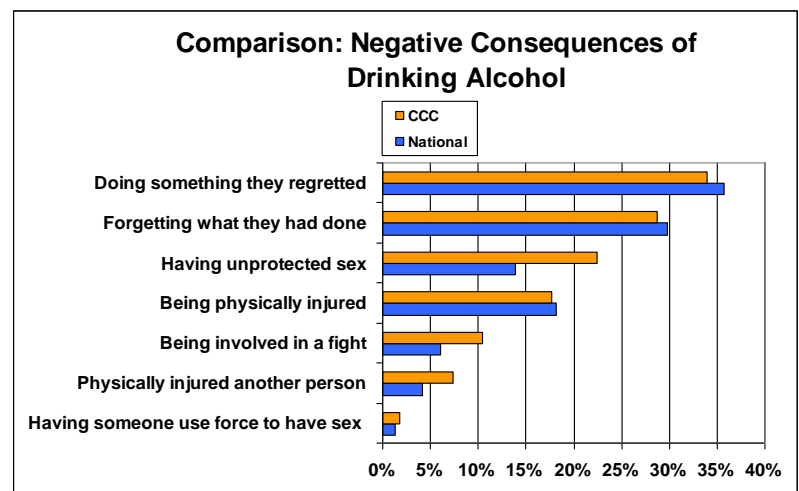
Violence	CCC	National
Emotionally abusive relationship	16.9%	12.1%
A physical fight	10.1%	6.2%
Sexual touching against their will	6.3%	8.4%
Being physically assaulted	5.8%	3.5%
Physically abusive relationship	4.2%	1.9%
Verbal threats for sex against their will	3.8%	3.4%
Attempted sexual penetration against their will	2.8%	2.7%
Sexually abusive relationship	2.6%	1.5%
Sexual penetration against their will	2.0%	1.4%

Table 2

SUBSTANCE ABUSE

CCC students appear to be at greater risk for negative consequences of drinking alcohol than the national college student sample (see Graph 5.) Living environment as related to substance abuse is a consideration, with 99.5% of the students' reporting that they commute to campus, a principal variant from four year schools.

CCC students report fewer periods of heavy episodic consumption of alcohol when compared to the national data, but report higher frequencies of both daily alcohol use and driving under the influence of alcohol. Of the 61% of CCC students reporting living at home with their parents, 37% report driving after 5 or more drinks, with 33% being less than 21 years of age.



Graph 5

About HSACCC: The Health Services Association of California Community Colleges (HSACCC) is an organization of community college health professionals who provide and advocate for student health programs. The mission of the organization is to support and foster student access to quality health service programs within the community college system.