

2017 American College Health Association National College Health Assessment II

The American College Health Association - National College Health Assessment (ACHA-NCHA) is a nationally recognized survey that provides participating institutions with comprehensive data on the health of their students. The survey assesses students' health habits, behaviors and perceptions in the following areas:

- General health of student population
- Disease and injury prevention
- Academic impacts
- Violence, abusive relationships and personal safety
- Tobacco, alcohol and other drug use
- Sexual behavior
- Nutrition, exercise and weight
- Mental health
- Sleep

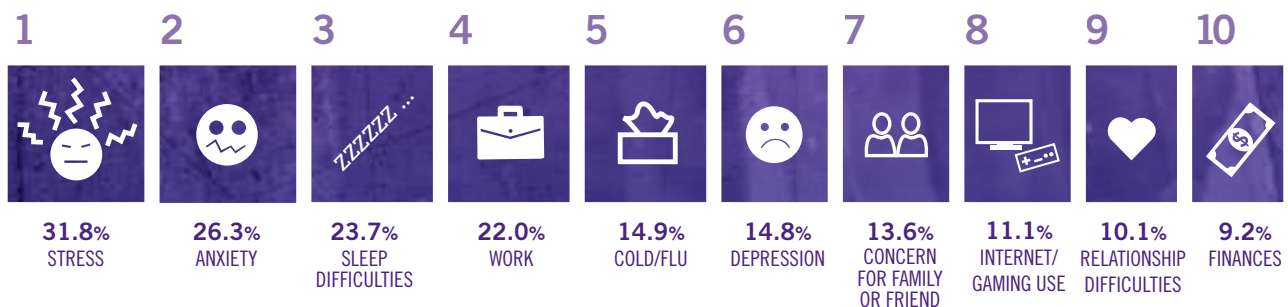
The Student Wellness Program at Weber State conducts the ACHA-NCHA every two years. The resulting data are used to guide and evaluate programming in various campus departments.

Student Wellness also participates in the Healthy Campus 2020 (HC 2020) initiative of the ACHA. HC 2020 provides a framework of objectives for college campuses to improve their overall health status.

The following data tables present a snapshot of the available data for our campus, along with state and national comparisons. HC 2020 goals are provided, where appropriate, for comparison. For additional data or questions, please contact:

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TOP 10 ACADEMIC IMPACTS





VACCINATIONS

HAVE YOU RECEIVED THE FOLLOWING VACCINATIONS (SHOTS):	WSU%	Utah%	US%	HC 2020%
Hepatitis B	73.8	72.4	70.0	80.3
Human Papillomavirus (HPV)	44.4	41.9	56.3	36.5
Influenza (flu)	55.2	45.5	49.0	43.9
MMR (Measles, Mumps, Rubella)	78.5*	75.3	77.9	78.0
Meningococcal meningitis	63.6	59.6	69.5	60.2
Varicella (chicken pox)	62.7	63.0	65.7	47.7

*WSU meets HC 2020 goal, but does not meet standards for herd immunity (92-94%)

ALCOHOL, TOBACCO AND MARIJUANA USE

ANY USE WITHIN THE LAST 30 DAYS:	WSU%	Utah%	US%	HC 2020%
Cigarettes	5.6	4.2	9.6	14.4
E-Cigarettes*	5.8	4.8	4.3	N/A
Alcohol	28.9	25.2	66.7	N/A
Marijuana	5.8**	8.4	20.0	15.3



*2017 was the first survey year to include E-Cigarettes.

**WSU student 30-day marijuana usage rate has doubled from 2.9% in 2015



SEXUAL ASSAULT AND INTIMATE PARTNER ABUSE*

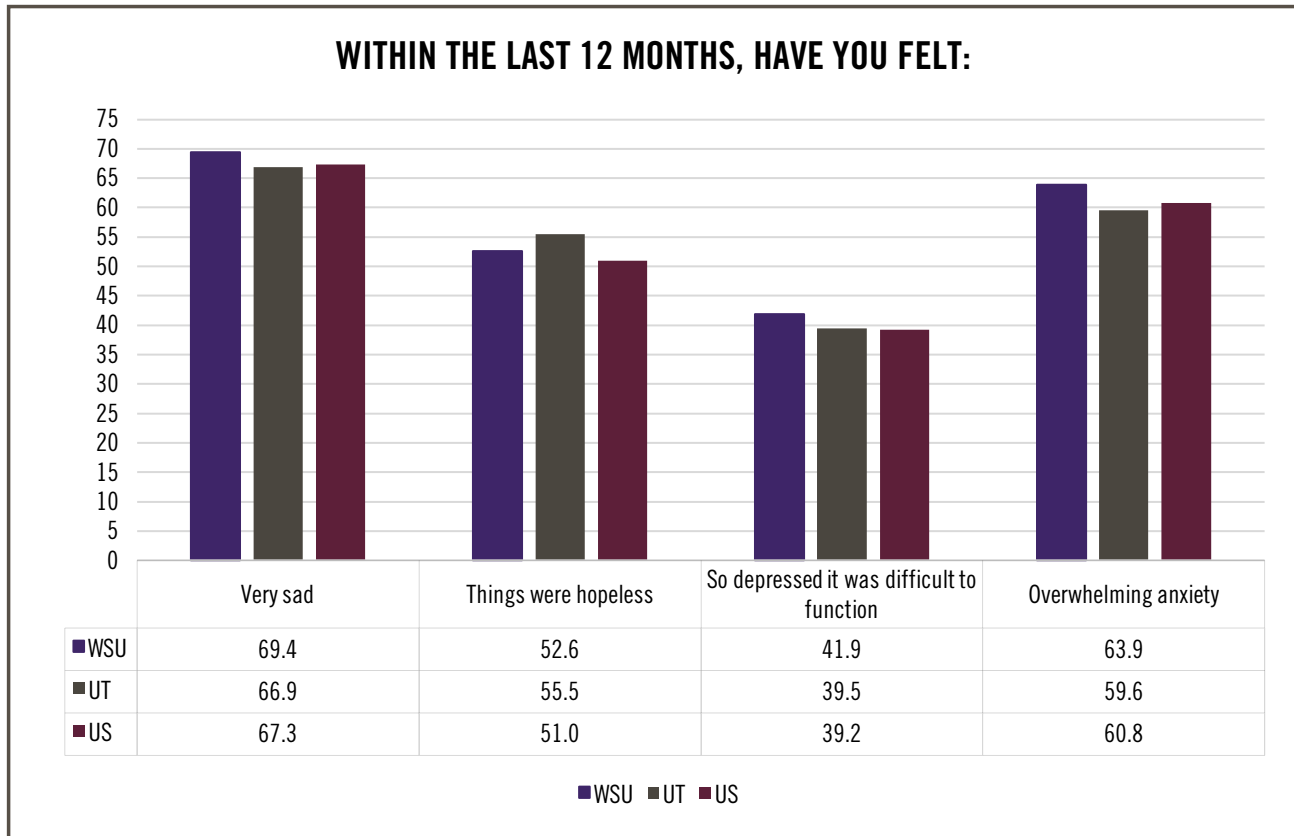
WITHIN THE LAST 12 MONTHS, STUDENTS REPORT EXPERIENCING:	WSU%	Utah%	US%	HC 2020%
Sexual touching without consent	6.6	6.4	9.2	5.4
Sexual penetration without consent	0.9	1.7	2.3	1.4
An emotionally abusive intimate relationship	12.4	7.8	8.7	9.0
A physically abusive intimate relationship	2.8	1.8	1.7	2.3
A sexually abusive intimate relationship	2.1	2.3	2.1	1.4

*Questions regarding intimate partner abuse and sexual assault are likely highly under-reported. According to the Utah Department of Health, one in three Utah women will experience some form of sexual violence in their lifetime.





RECENT DEPRESSION AND ANXIETY



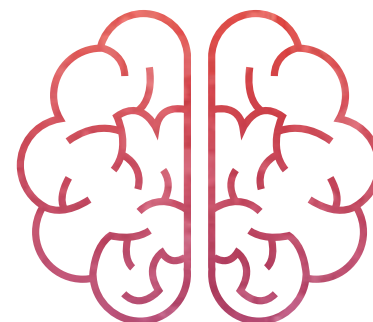
SUICIDE RISK

WITHIN THE LAST 12 MONTHS HAVE YOU:	WSU%	Utah%	US%
Seriously considered suicide	13.1	12.2	10.3
Made a suicide attempt	1.6	1.9	1.5
HAVE YOU EVER:			
Seriously considered suicide	29.3	26.5	25.6
Made a suicide attempt	13.6	10.7	9.8



MENTAL HEALTH DIAGNOSES

WITHIN THE LAST 12 MONTHS, HAVE YOU BEEN DIAGNOSED WITH:	WSU%	Utah%	US%
Depression	19.5	17.8	16.8
Anxiety	23.1	19.7	20.6
HAVE YOU EVER BEEN DIAGNOSED WITH:			
Depression	28.6	24.5	22.2
ADHD	9.6	8.3	8.2
Any psychiatric condition	9.9	8.2	9.1



MENTAL HEALTH TREATMENT HISTORY

HAVE YOU EVER:	WSU%	Utah%	US%
Received mental health services from a counselor/therapist/psychologist	36.9	37.9	42.3
Received mental health services from a clergyperson	15.2	16.2	6.6
Received mental health services from a psychiatrist	13.7	11.7	16.5
Received mental health services from another medical provider	21.5	18.9	17.2
IN THE LAST 12 MONTHS, HAVE YOU:			
Taken medication for depression	12.9	11.4	10.2
Taken medication for anxiety	14.2	11.6	11.4

