

Healthy Campus 2010: Making it Happen
Executive Summary of Selected Findings

Introduction

Healthy People, the 1979 Surgeon General's report, began a national initiative to improve quality of life and decrease health disparities across the country. Now in its third installment, *Healthy People 2010* continue to establish national objectives utilized by organizations, communities, and institutions to improve the health of individuals and communities as each decade passes.

In 2002, the American College Health Association published *Healthy Campus 2010: Making it Happen*, an adaptation of *Healthy People 2010* for the college and university population. This document not only identifies the relevant national objectives for college students, but serves as a tool for developing campus specific strategies to advance health.

Upon examination of the 2003-2004 National College Health Assessment Data, the following key findings are reported. These help us examine the health issues of Longwood University students in contrast to the rest of the nation and the national goals.

Selected Findings

1. Access to Quality Health Services

Goal: Improve access to comprehensive, high-quality health care services

1-1. Increase the proportion of persons and college students with health insurance.

Targets:

National 100 % College 100 % Our Campus _____

Baselines:

National 83 % College 83.3 % Our Campus 82.9 %

Data Sources:

National: 1997 National Health Interview Survey (NHIS), CDC, NCHS.

College: Spring 2000 ACHA-National College Health Assessment (NCHA)

Our Campus: 2003-2004 NCHA

3. Cancer

Goal: Reduce the number of new cancer cases as well as the illness, disability, and death caused by cancer.

3-9a. Increase the proportion of college students who “use sunscreen daily.”

Targets:

National _____ College 23.9 % Our Campus _____

Baselines:

National DNC College 14.7 % Our Campus 15.4 %

Data Sources:

College: Spring 2000 ACHA-National College Health Assessment (NCHA)

Our Campus: 2003-2004 NCHA

3-11c. Increase the proportion of college women who received a routine gynecological exam in the last year.

Targets:

National _____ College 83.2 % Our Campus _____

Baselines:

National DNC College 63.1 % Our Campus 68.9 %

Data Sources:

National: 1998 National Health Interview Survey (NHIS), CDC, NCHS.

College: Spring 2000 ACHA-National College Health Assessment (NCHA)

Our Campus: 2003-2004 NCHA

7. Educational and Community based programs

Goal: Increase the quality, availability, and effectiveness of educational and community based programs designed to prevent disease and improve health and quality of life.

7-3a. Increase the proportion of college and university students who receive information from their institutions of each of the eleven priority health-risk behavior areas.

Targets:

National _____ College 17.4 % Our Campus _____

Baselines:

National DNC College 3.1 % Our Campus 94.6%

Data Sources:

College: Spring 2000 ACHA-National College Health Assessment (NCHA)

Our Campus: 2003-2004 NCHA

7-3b. Increase the proportion of college students who receive information from their institution on the eleven priority health-risk behavior areas.

7-3b1. Tobacco use prevention

Targets:

National _____ College 55 % Our Campus _____

Baselines:

National DNC College 22.1 % Our Campus 60.9 %

7-3b2. Alcohol and Other Drug use prevention

Targets:

National _____ College 55 % Our Campus _____

Baselines:

National DNC College 47.5 % Our Campus 77.8 %

7-3b3. Sexual Assault/Relationship Violence

Targets:

National _____ College 55 % Our Campus _____

Baselines:

National DNC College 42.5% Our Campus 75.4 %

7-3b4. Violence prevention

Targets:

National _____ College 55 % Our Campus _____

Baselines:

National DNC College 18.9% Our Campus 30.8 %

7-3b5. Injury prevention and safety

Targets:

National _____ College 55 % Our Campus _____

Baselines:

National DNC College 13.9 % Our Campus 21.6 %

7-3b6. Suicide Prevention

Targets:

National _____ College 55 % Our Campus _____

Baselines:

National DNC College 12.2 % Our Campus 16.3 %

7-3b7. Pregnancy Prevention

Targets:

National _____ College 55 % Our Campus _____

Baselines:

National DNC College 29.0 % Our Campus 45.6 %

7-3b8. AIDS and HIV infection prevention

Targets:

National _____ College 55 % Our Campus _____

Baselines:

National DNC College 39.8 % Our Campus 44.7 %

7-3b9. Sexually Transmitted Disease (STD) Prevention

Targets:

National _____ College 55 % Our Campus _____

Baselines:

National DNC College 42.3 % Our Campus 52.7 %

7-3b10. Dietary behaviors and nutrition

Targets:

National _____ College 55 % Our Campus _____

Baselines:

National DNC College 32.5 % Our Campus 41.7 %

7-3b11. Physical activity and fitness

Targets:

National _____ College 55 % Our Campus _____

Baselines:

National DNC College 33.3 % Our Campus 54.1 %

Data sources:

College: Spring 2000 ACHA-National College Health Assessment (NCHA)

Our Campus: 2003-2004 NCHA

9. Family Planning

Goal: Improve pregnancy planning and spacing and prevent unintended pregnancy.

9-7b. Reduce the proportion of college men who have unintentionally gotten someone else pregnant.

Targets:

National _____ College 17.5 % Our Campus _____

Baselines:

National DNC College 23.9 % Our Campus 5.9 %

Data Sources:

College: Spring 2000 ACHA-National College Health Assessment (NCHA)

Our Campus: 2003-2004 NCHA

12. Heart Disease and Stroke

Goal: Improve cardiovascular health and quality of life through the prevention, detection, and treatment of risk factors; early identification and treatment of heart attacks and strokes; and prevention of recurrent cardiovascular events.

12-12a. Increase the proportion of adults who have had their blood pressure measured within the preceding 2 years and can state whether their blood pressure was normal or high.

Targets:

National _____ College _____ Our Campus _____

Baselines:

National DNC College 90.1 % Our Campus 87.1 %

Data Sources:

National: 1998 National Health Interview Survey (NHIS), CDC, NCHS.

College: Spring 2000 ACHA-National College Health Assessment (NCHA)

Our Campus: 2003-2004 NCHA

12-15. Increase the proportion of adults and college students who have had their blood cholesterol checked within the preceding 5 years.

Targets:

National 80 % College 62.1 % Our Campus _____

Baselines:

National DNC College 45.2 % Our Campus 73.0 %

13. HIV

Goal: Prevent HIV infection and its related illness and death.

13-6b. Increase the proportion of sexually active persons who used condoms at last oral intercourse.

13-6b1. Females aged 18-44 and college students

Targets:

National _____ College 15.0 % Our Campus _____

Baselines:

National DNC College 2.0 % Our Campus 2.2 %

13-6b2. Males aged 18-49 years and college students.

Targets:

National _____ College 15.0 % Our Campus _____

Baselines:

National DNC College 3.4 % Our Campus 2.3 %

*Note: Sexually active is defined for the college population as having had oral intercourse in the past 30 days.

13-6c. Increase the proportion of sexually active persons who used condoms at last vaginal intercourse.

13-6c1. Females aged 18-44 and college students

Targets:

National 50 % College 70.0 % Our Campus _____

Baselines:

National 23 % College 37.2 % Our Campus 39.7 %

13-6c2. Males aged 18-49 years and college students

Targets:

National _____ College 70.0 % Our Campus _____

Baselines:

National Developmental College 44.0 % Our Campus 38.5 %

*Note: Sexually active is defined for the college population as having had vaginal intercourse in the past 30 days.

13-6d. Increase the proportion of sexually active persons who used condoms at last anal intercourse.

13-6d1. Females aged 18-44 years and college students

Targets:

National 50 % College 70.0 % Our Campus _____

Baselines:

National 23 % College 16.2 % Our Campus 24.3 %

13-6d2. Males aged 18 to 49 years and college students

Targets:

National _____ College 70.0 % Our Campus _____

Baselines:

National DNC/Developmental College 35.5 % Our Campus 25.0%

*Note: Sexually active is defined for the college population as having had anal intercourse in the past 30 days.

Data Sources:

National: 1995 National Survey of Family Growth (NSFG), CDC, NCHS.

College: Spring 2000 ACHA-National College Health Assessment (NCHA)

Our Campus: 2003-2004 NCHA

15. Injury and Violence Prevention

Goal: Reduce disabilities, injuries, and deaths due to unintentional injuries and violence.

15-23. Increase use of helmets by bicyclists.

Targets:

National _____ College 24.1 % Our Campus _____

Baselines:

National DNC College 11.4 % Our Campus 20.8 %

*Note: College data reflects the percentage of survey respondents who reported they always used a helmet when riding a bike during the last school year.

Data Sources:

Potential National: Consumer Product Safety Commission, Behavioral Risk Factor Surveillance System (BRFSS), CDC; World Health Organization Study of Health Behavior in School Children

College: Spring 2000 ACHA-National College Health Assessment (NCHA)

Our Campus: 2003-2004 NCHA

15-23a. Increase use of helmets by Inline Skaters.

Targets:

National _____ College 19.6 % Our Campus _____

Baselines:

National DNC College 5.7 % Our Campus 24.2 %

*Note: College data reflects the percentage of survey respondents who reported they always used a helmet while inline skating the last school year.

Data Sources:

College: Spring 2000 ACHA-National College Health Assessment (NCHA)

Our Campus: 2003-2004 NCHA

15-38. Reduce physical fighting among college students

Targets:

National _____ College 4.2 % Our Campus _____

Baselines:

National DNC College 6.6 % Our Campus 11.5 %

Data Sources:

College: Spring 2000 ACHA-National College Health Assessment (NCHA)

Our Campus: 2003-2004 NCHA

18. Mental Health and Mental Disorders

Goal – Improve mental health and ensure access to appropriate, quality mental health services.

18-2 Reduce the rate of suicide attempts by adolescents and college students (12-month average rate).

Targets:

National 1.0 % College 0.53 Our Campus _____

Baselines:

National 2.6 % College 1.5 % Our Campus 1.7 %

Data Sources:

National: 1999 Youth Risk Behavior Surveillance System (YRBSS), CDC, NCCDPHP.

College: Spring 2000 ACHA –National College Health Assessment (NCHA).

Our Campus: 2003-2004 NCHA.

19. Nutrition and Overweight

Goal – Promote health and reduce chronic disease associated with diet and weight.

19-5/6 Increase the proportion of college students who consume at least five daily servings of fruit and vegetables.

Targets:

National _____ College 25.5 % Our Campus _____

Baselines:

National DNC College 7.4 % Our Campus 7.4 %

Data Sources:

College: Spring 2000 ACHA-National College Health Assessment (NCHA).

Our Campus: 2003-2004 NCHA

21. Oral Health

Goal – Prevent and control oral and craniofacial diseases, conditions, and injuries and improve access to related services.

21-10 Increase the proportion of adults and college students who use the oral health care system each year.

Targets:

National 56 % College 92 % Our Campus _____

Baselines:

National 44 % College 77 % Our Campus 86.2 %

Note: College data is for dental exam and cleaning in the last year.

Data Sources:

National: 1996 Medical Expenditure Panel Survey (MEPS), AHRQ

College: Spring 2000 ACHA-National College Health Assessment (NCHA).

Our Campus: 2003-2004 NCHA

22. Physical Activity and Fitness

Goal – Improve health, fitness, and quality of life through daily physical activity.

22-2/3. Increase the proportion of college students who engage in physical activity at least 3 days per week that includes moderate physical activity for at least 30 minutes, or vigorous physical activity for 20 or more minutes per occasion.

Targets:

National _____ College 55 % Our Campus _____

Baselines:

National DNC College 40.3 % Our Campus 47.8 %

*Note: College data reflects number of days in the last week students had participated in moderate or vigorous exercise.

Data Sources:

College: Spring 2000 ACHA-National College Health Assessment (NCHA).

Our Campus: 2003-2004 NCHA.

22-2. Increase the proportion of adults and college students who perform physical activities that enhance and maintain muscular strength and endurance at least twice per week.

Targets:

National 30 % College 65 % Our Campus _____

Baselines:

National 18 % College 47.2 % Our Campus 67.4 %

Data Sources:

National: 1998 National Health Interview Survey (NHIS), CDC, NCHS.

College: Spring 2000 ACHA-National College Health Assessment (NCHA).

Our Campus: 2003-2004 NCHA.

22-15a. Increase the proportion of college students that rode a bicycle in the last school year.

Targets:

National _____ College 65 % Our Campus _____

Baselines:

National DNC College 53 % Our Campus 16.0 %

Data Sources:

College: Spring 2000 ACHA-National College Health Assessment (NCHA).

Our Campus: 2003-2004 NCHA.

25. Sexually Transmitted Diseases

Goal – Promote responsible sexual behaviors, strengthen community capacity, and increase access to quality services to prevent sexually transmitted diseases (STDs) and their complications.

25-4. Reduce the proportion of adults ages 20-29, and college students diagnosed with Genital Herpes infection.

Targets:

National 14 % College 0.5 % Our Campus _____

Baselines:

National 17 % College 1.4 % Our Campus 0.6 %

25-5. Reduce the proportion of persons with Human Papillomavirus (HPV) Infection.

Targets:

National _____ College 0.5 % Our Campus _____

Baselines:

National DNC College 1.4 % Our Campus 1.3 %

*Note: College data is based on self-report.

Data Sources:

College: Spring 2000 ACHA-National College Health Assessment (NCHA).
Our Campus: 2003-2004 NCHA.

26. Substance Abuse

Goal – Reduce substance abuse to protect the health, safety, and quality of life for all, especially children.

26-6a. Reduce the proportion of college students who report that they drove after drinking any alcohol at all during the previous 30 days.

Targets:

National _____ College 15.3 % Our Campus _____

Baselines:

National DNC College 30.9 % Our Campus 22.0 %

Data Sources:

College: Spring 2000 ACHA-National College Health Assessment (NCHA).
Our Campus: 2003-2004 NCHA

26-7A. Reduce the proportion of college students who physically injured themselves within the last school year as a result of drinking alcohol.

Targets:

National _____ College 2.5 % Our Campus _____

Baselines:

National DNC College 13.1 % Our Campus 19.7 %

26-7B. Reduce the proportion of college students who were involved in a fight within the last school year as a result of drinking alcohol.

Targets:

National _____ College 1.5 % Our Campus _____

Baselines:

National DNC College 5.1 % Our Campus 7.5 %

Data Sources:

College: Spring 2000 ACHA-National College Health Assessment (NCHA).
Our Campus: 2003-2004 NCHA.

26-10b. Reduce the proportion of adolescents ages 12-17, and college students reporting use of marijuana during the past 30 days.

Targets:

National 0.7 % College 1.0 % Our Campus _____

Baselines:

National 8.3 % College 18.0 % Our Campus 21.3 %

Data Sources:

National: 1998 National Household Survey on Drug Abuse (NHSDA), SAMHSA.

College: Spring 2000 ACHA-National College Health Assessment (NCHA).

Our Campus: 2003-2004 NCHA.

27. Tobacco Use

Goal – Reduce illness, disability, and death related to tobacco use and exposure to secondhand smoke.

17-1/2. Reduce tobacco use by adolescents, adults 18 years and older, and college students.

17-1/2a. Cigarette Smoking.

Targets:

National 12 % College 10.5 % Our Campus _____

Baselines:

National 24 % College 25.1 % Our Campus 36.9 %

National Baselines:

Ages 25-44 years 27 %

Ages 18-24 years 28 %

Adolescents grades 9-12 35 %

*Note: National data is based on percent who smoked as least 100 cigarettes in their lifetime and now smoke everyday or some days. College and adolescent data is based on smoking at all in the past 30 days.

27-1/2b. Spit Tobacco (Smokeless Tobacco)

Targets:

National 0.4 % College 1.0 % Our Campus _____

Baselines:

National 2.6 % College 3.7 % Our Campus 5.9 %

National Baseline:

Ages 25-44 years 3.2 %

Ages 18-24 years 3.5 %

Adolescents grades 9-12 8 %

*Note: National data is based on percent using snuff or chewing tobacco at least 20 times in their lifetime and now use it everyday or some days. College and adolescent data is based on smoking at all in the past 30 days.

27-1/2c. Cigars

Targets:

National 1.2 % College 2.0 % Our Campus _____

Baselines:

National 2.5 % College 5.7 % Our Campus 7.8 %

National Baselines:

Ages 25-44 years 2.8 %

Ages 18-24 years 2.2 %

Adolescents grades 9-12 18 %

*Notes: National data is based on percent who smoked at least 50 cigars in their lifetime and now smoke everyday or some days. College and adolescent data is based on smoking at all in the past 30 days.

Data Sources:

National: 1998 National Health Interview Survey (NHIS), CDC, NCHS, 1999 Youth Risk Behavior Surveillance System (YRBSS), CDC, NCCDPHP.

College: Spring 2000 ACHA-National College Health Assessment (NCHA).

Our Campus: 2003-2004 NCHA.