
National
College Health Assessment
Comparison 2001-2003

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Student Health and Wellness Center

Objective

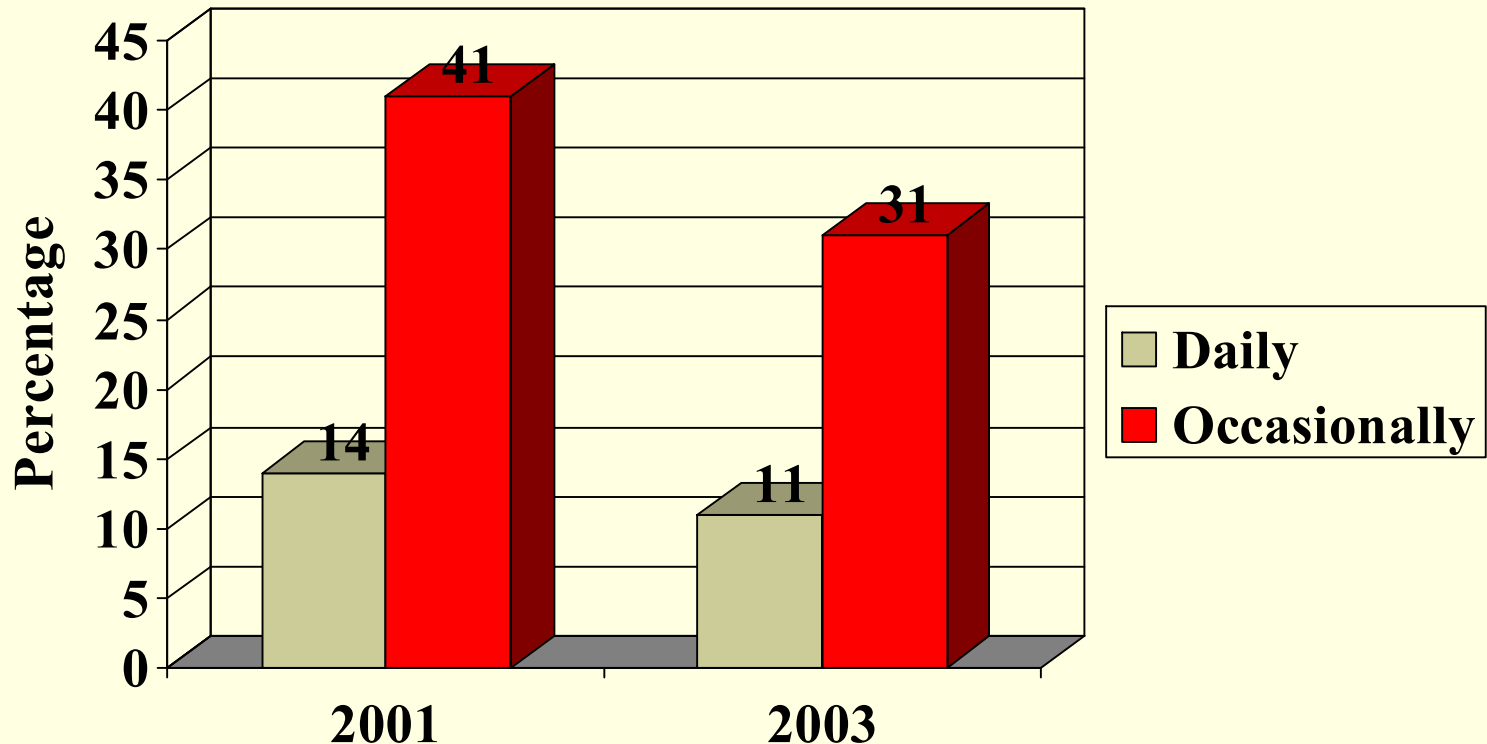
This executive summary compares data from Longwood's National College Health Assessment (NCHA), conducted in 2001 and 2003, with national data from the American College Health Association (ACHA) in Fall 2003.

ACHA - NCHA

- National research effort to assist college health service providers, health educators, counselors, & administrators in collecting data about their students' habits, behaviors, & perceptions on prevalent health topics:
 - Alcohol, tobacco, & other drug use
 - Sexual health
 - Weight, nutrition, & exercise
 - Mental health
 - Injury prevention, personal safety, and violence

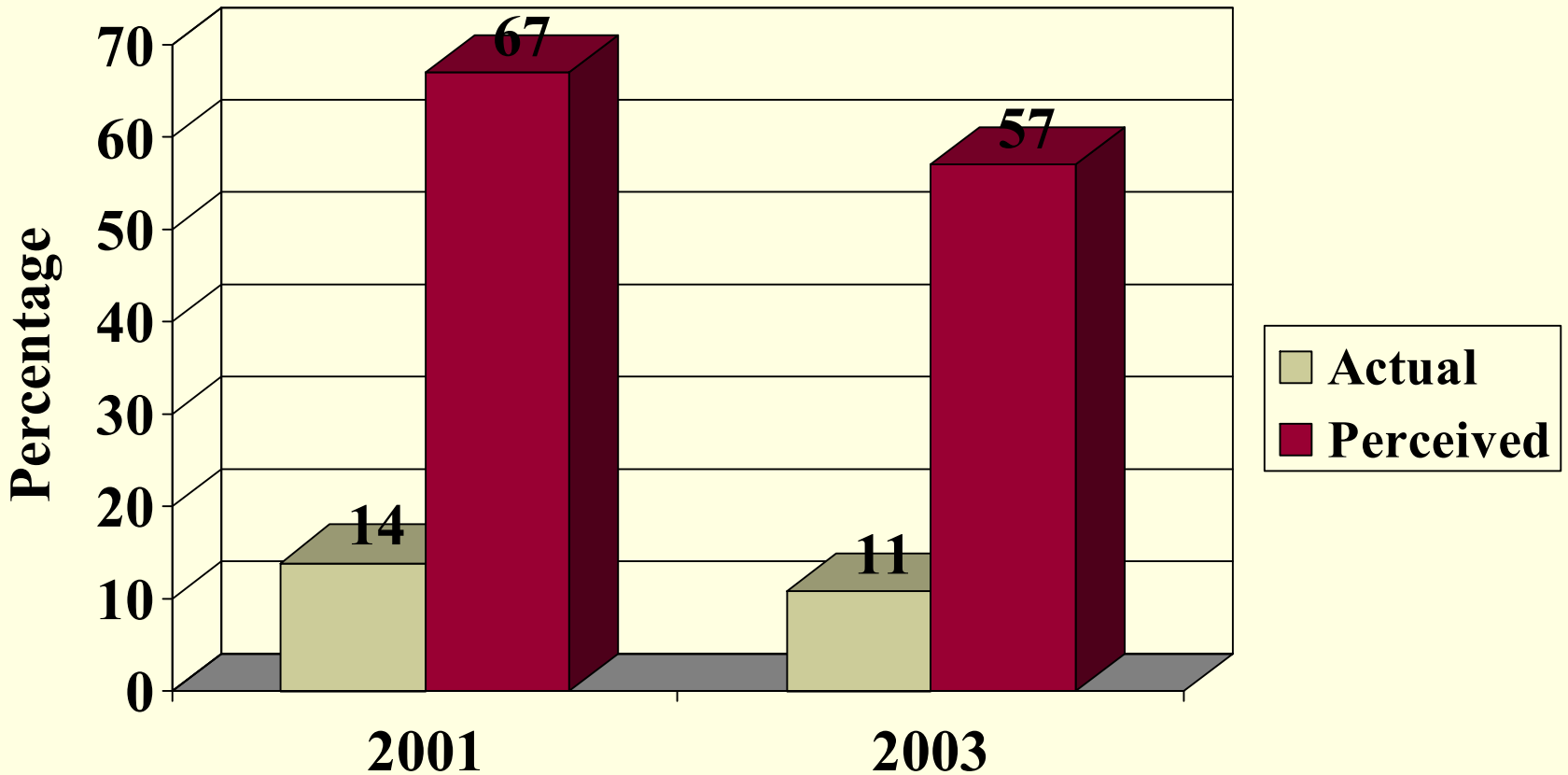
Internal Comparison 2001-2003

Longwood Tobacco Use - Smoking



Internal Comparison 2001-2003

Longwood Daily Tobacco Use

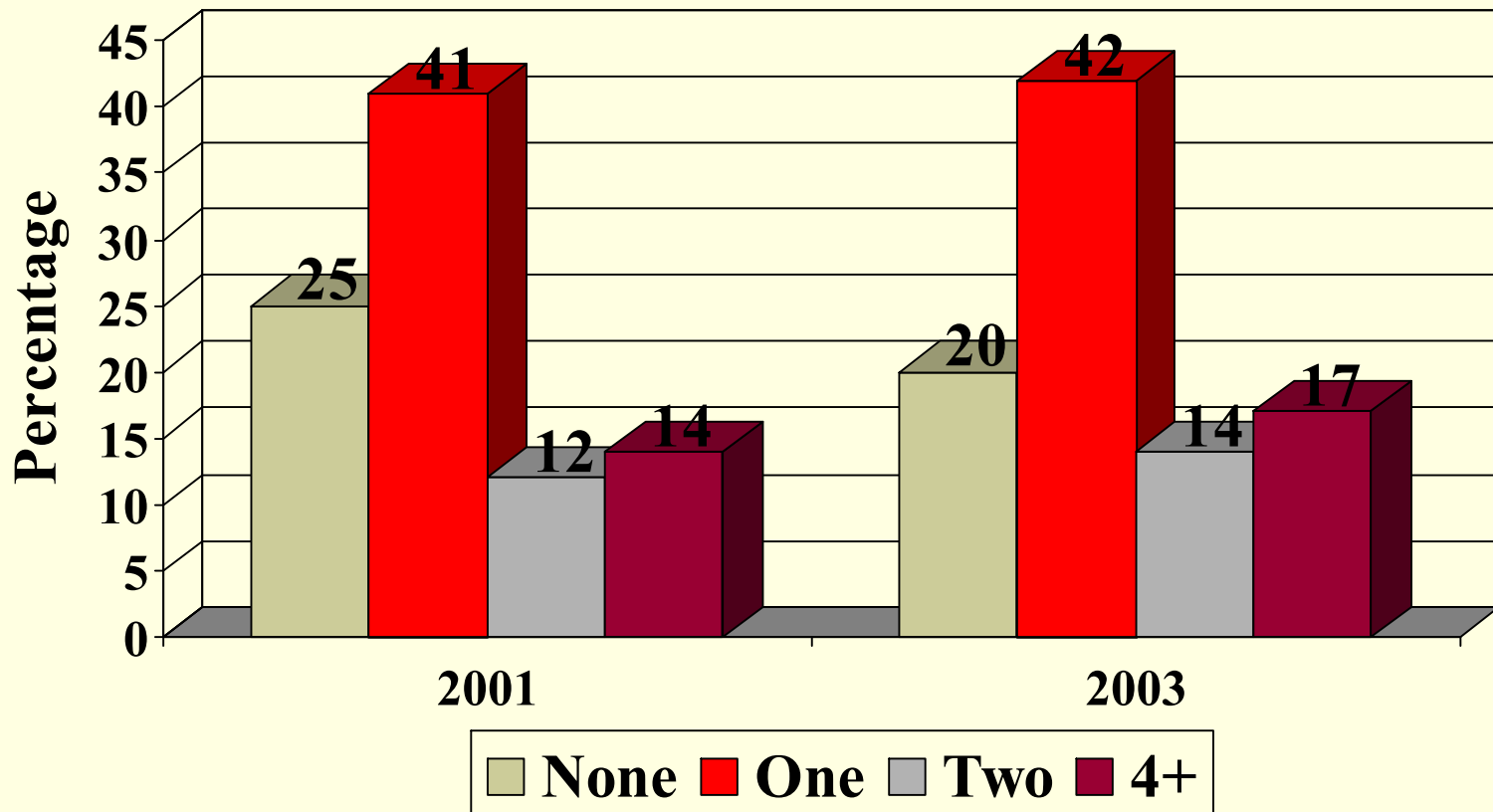


Internal Comparison 2001-2003

- **50%** of students reported **NO** binge drinking in the previous 2 weeks
- **86%** of students reported utilizing a designated driver “usually” or “always”

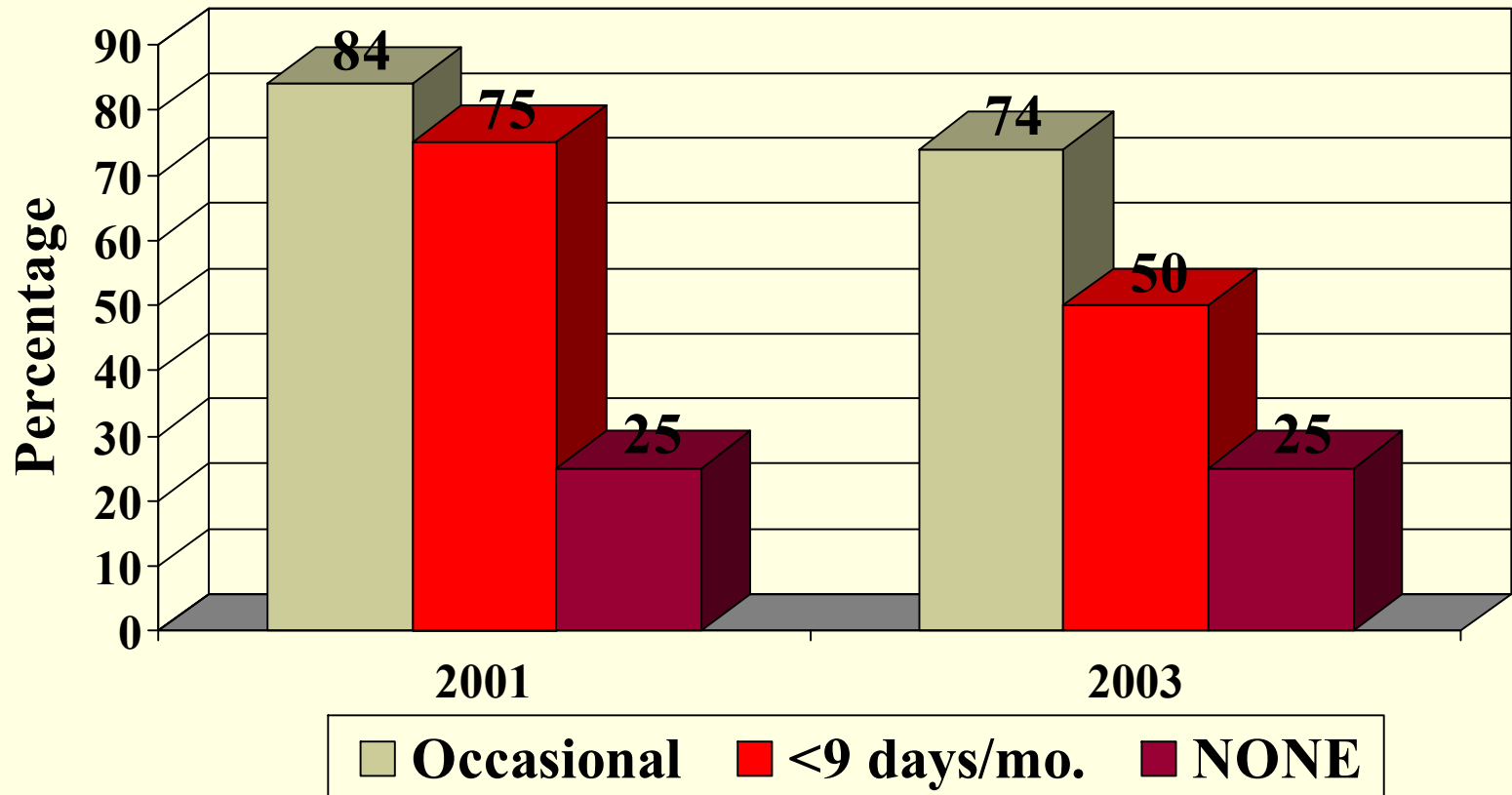
Internal Comparison 2001-2003

Sexual Health-Number of Partners



Internal Comparison 2001-2003

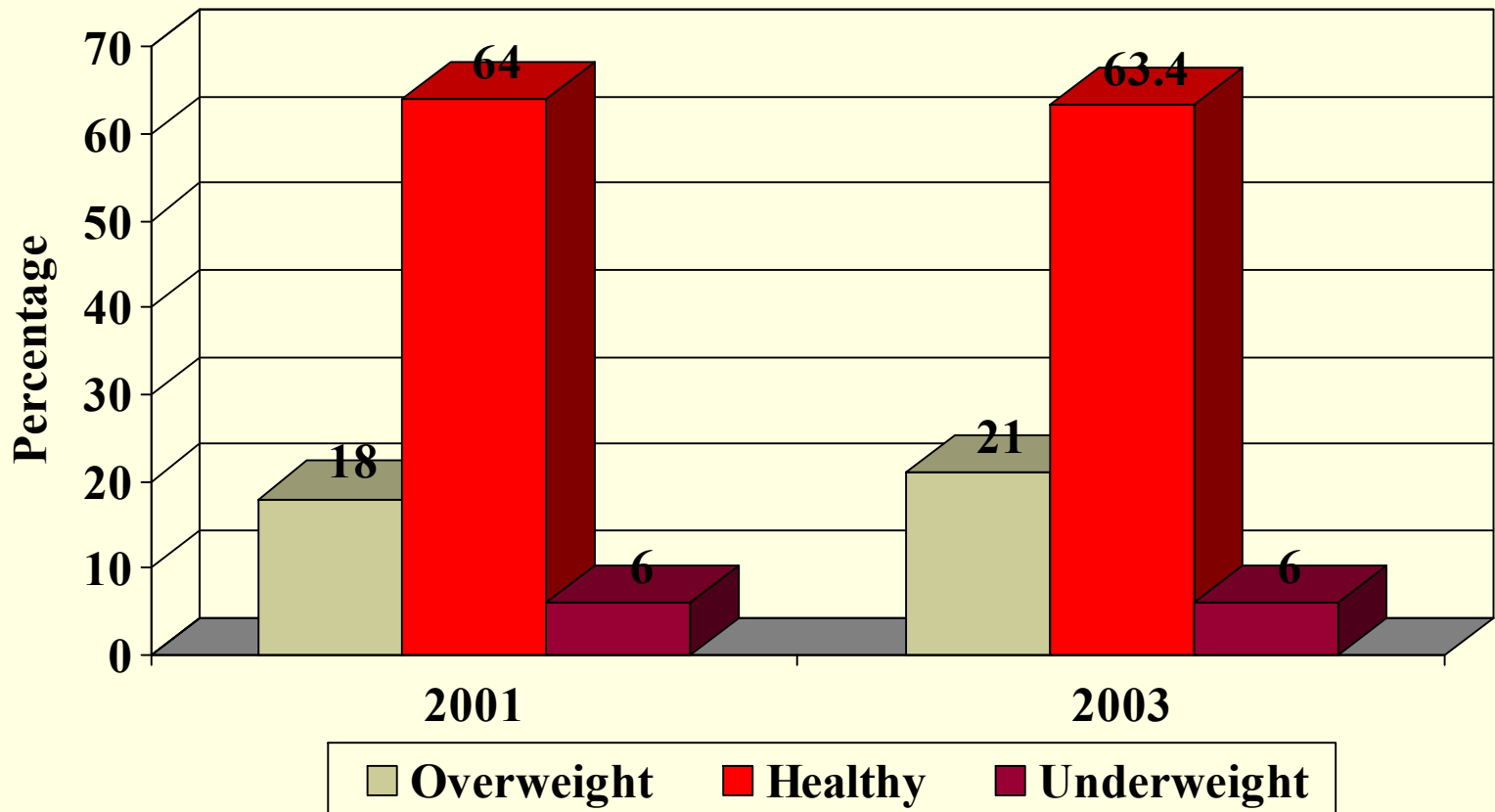
Alcohol Use (Previous Month)



*Further analysis available

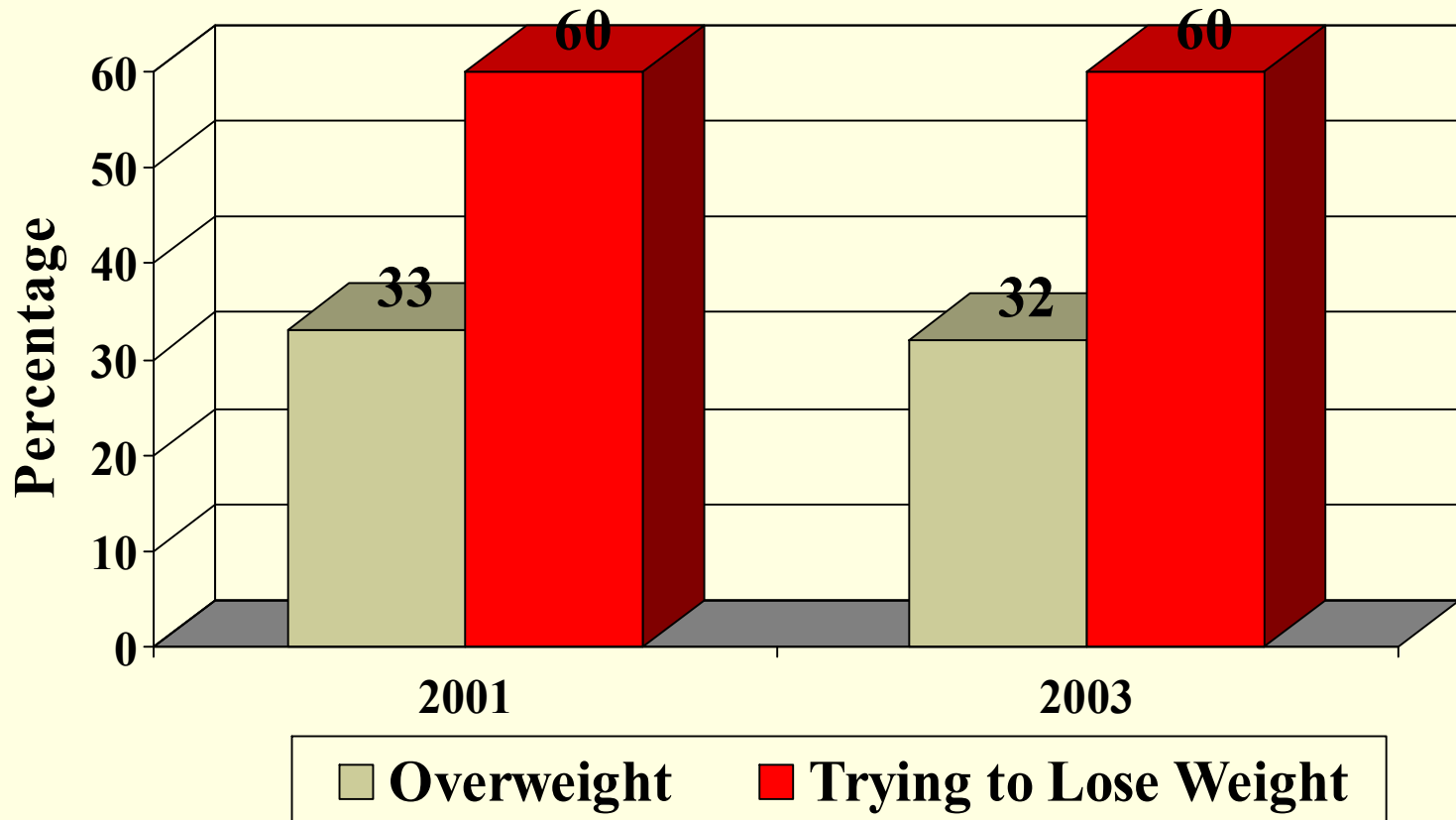
Internal Comparison 2001-2003

Actual BMI (Body Mass Index)



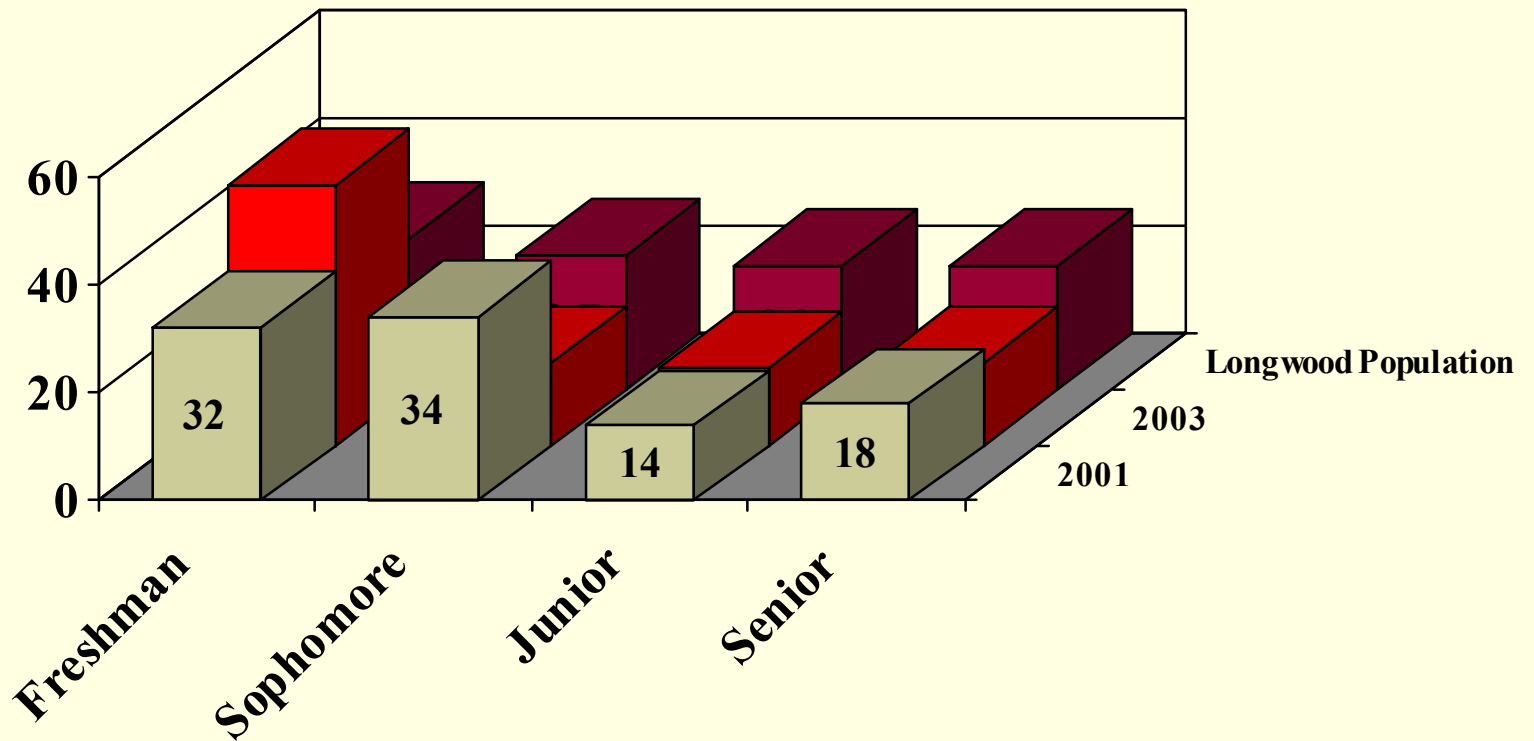
Internal Comparison 2001-2003

How Students Describe Their Weight



Survey Distribution (2003)

Class Status



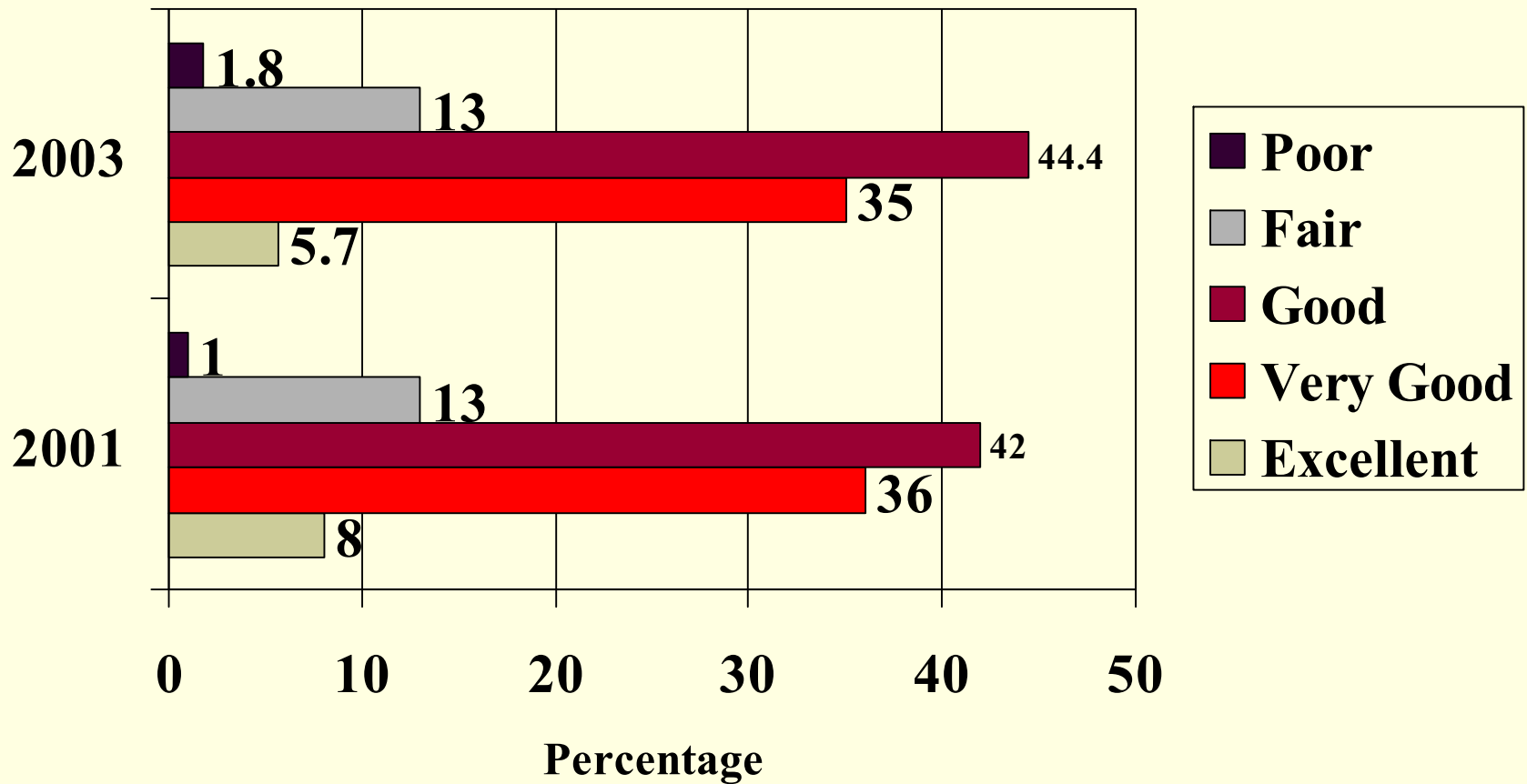
2001 2003 Longwood Population

Educational Information Provided

- **2003 ~ 66%** reported that Longwood provided info on
 - Alcohol and drug prevention
 - Sexual Assault
 - Fitness
- **2003 - >50%** reported receiving info on HIV/AIDS prevention and STI's

Health Rating

Overall Health Rating

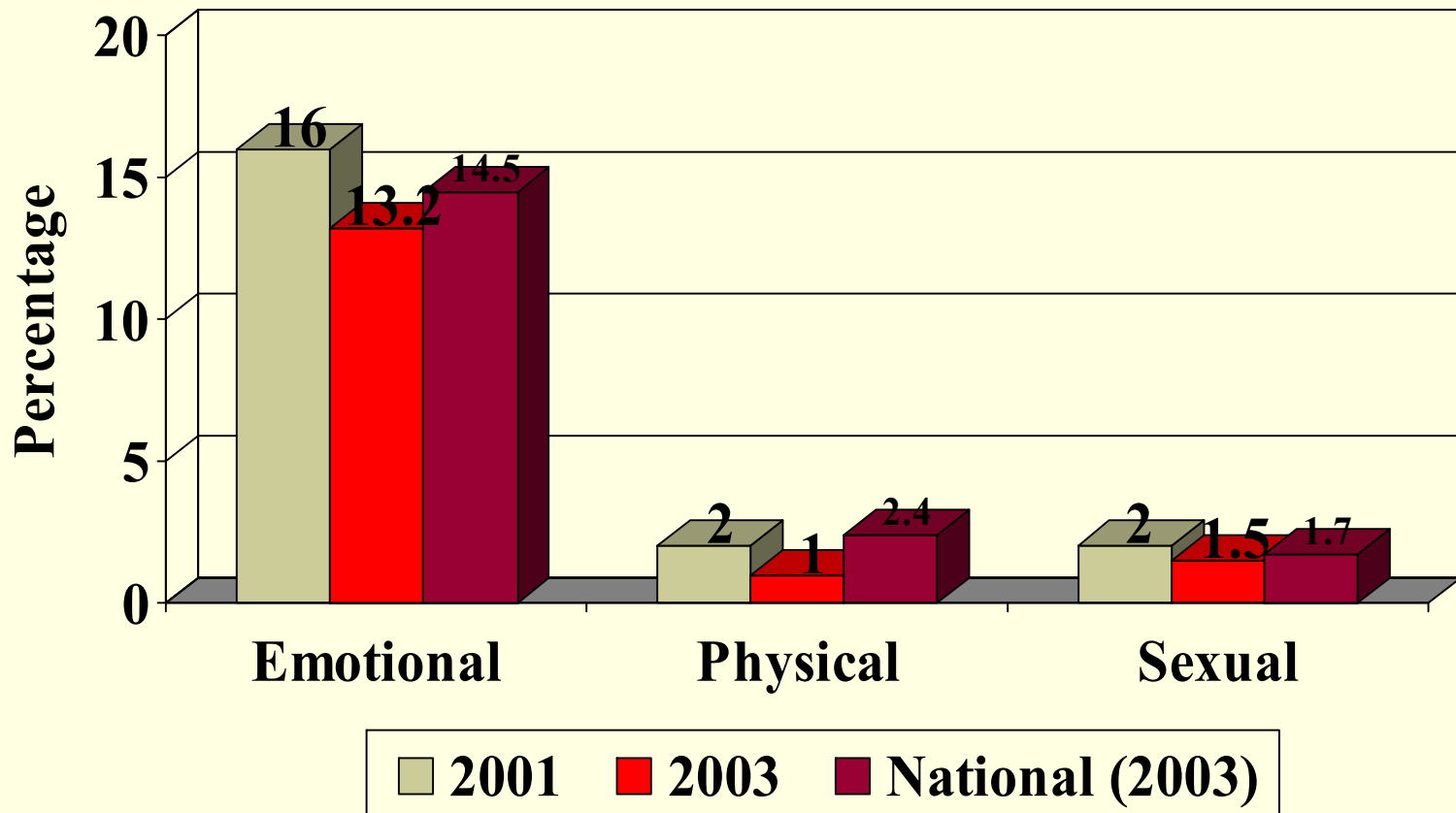


“Top” 10 Issues Affecting Academic Performance

LONGWOOD 2003	NATIONAL 2003
Stress	Stress
Sleep Difficulties	Cold/Flu/Sore Throat
Relationship Difficulties	Sleep Difficulties
Concern for friend/family member	Concern for friend/family member
Internet Use / Computer Games	Relationship Difficulties
Cold/Flu/Sore Throat	ADD/Depression/Anxiety/SAD
Sinus/Ear Infection/Bronchitis/Strep	Internet Use / Computer Games
Alcohol Use	Sinus/Ear Infection/Bronchitis/Strep
Death of friend/family member	Death of friend/family member
ADD/Depression/Anxiety/SAD	Alcohol Use

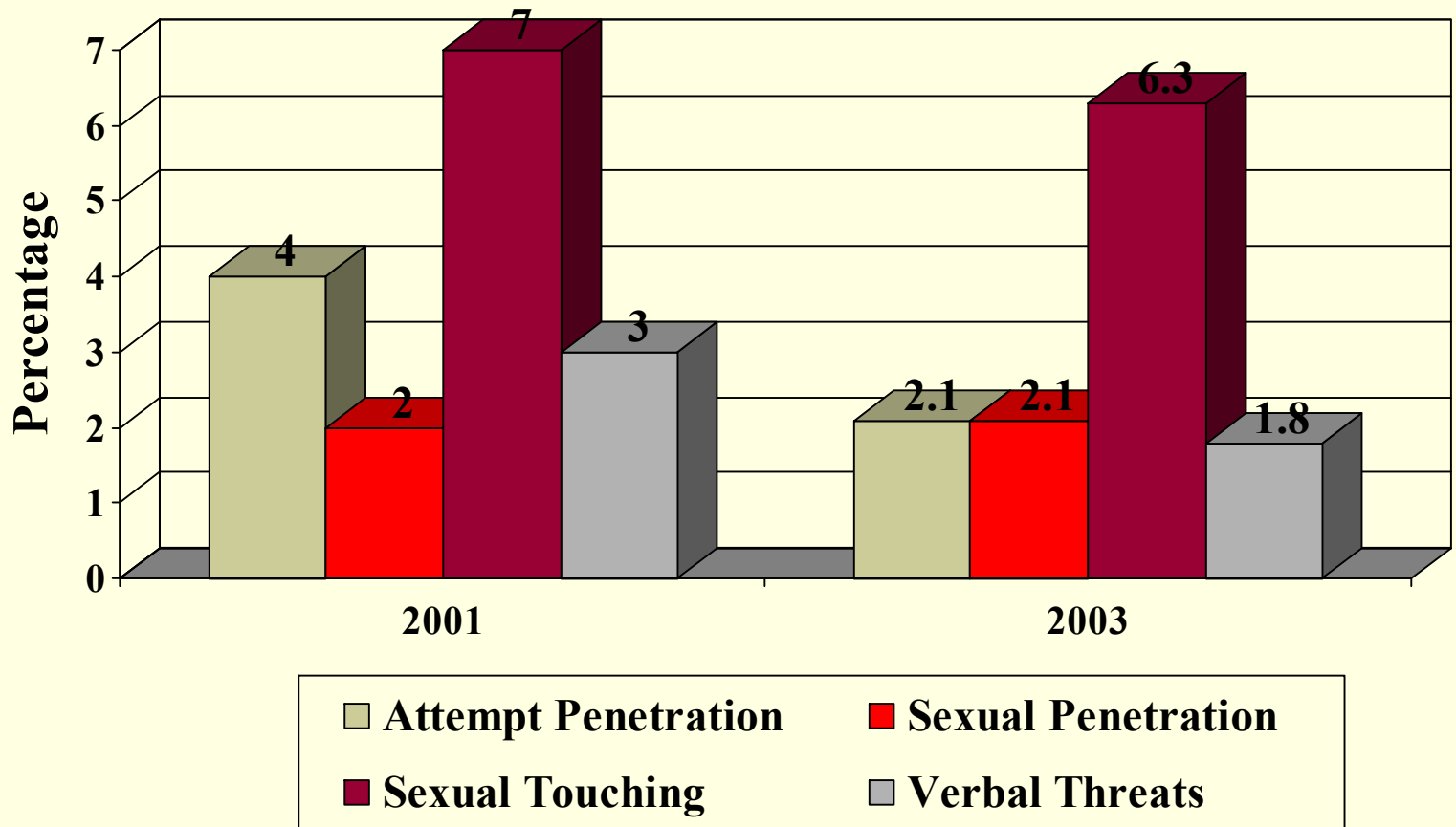
Violence/Abusive Relationships

Abusive Relationships



Sexual Assault / Abuse

Longwood Sexual Assault/Abuse



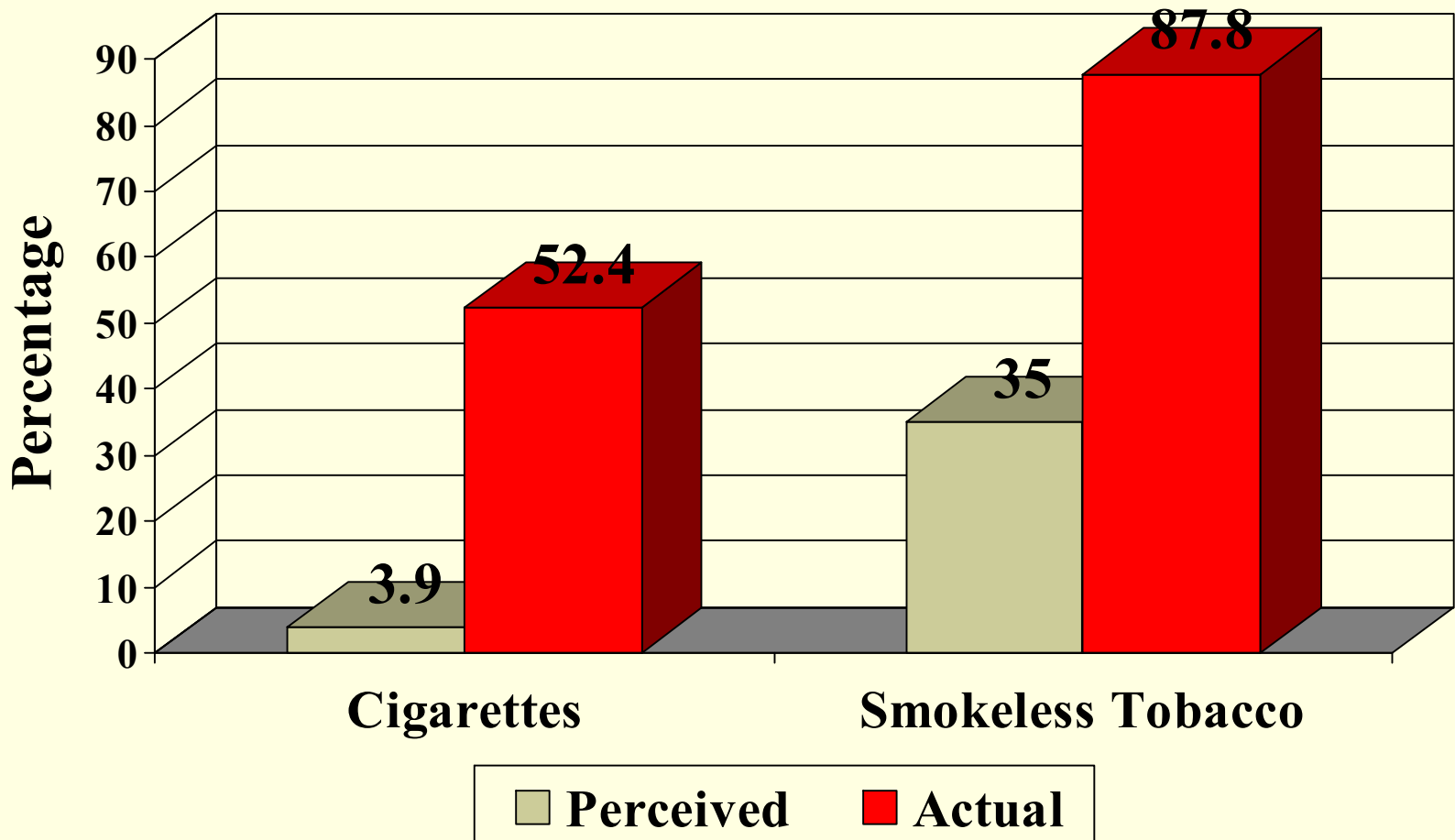


TOBACCO USE



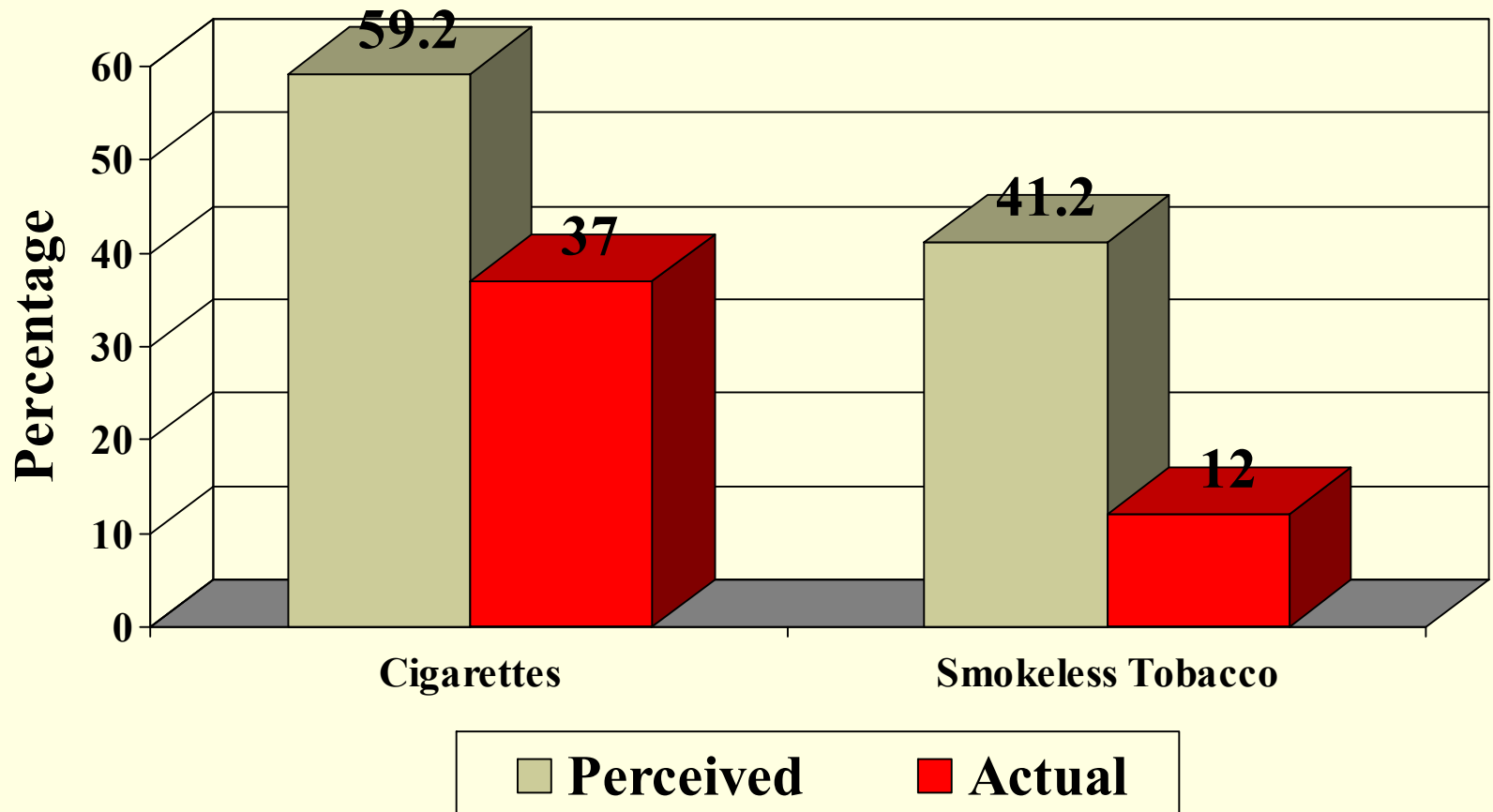
Tobacco Use - Perceived vs. Actual Last 30 Days

NEVER Used Tobacco (LU 2003)



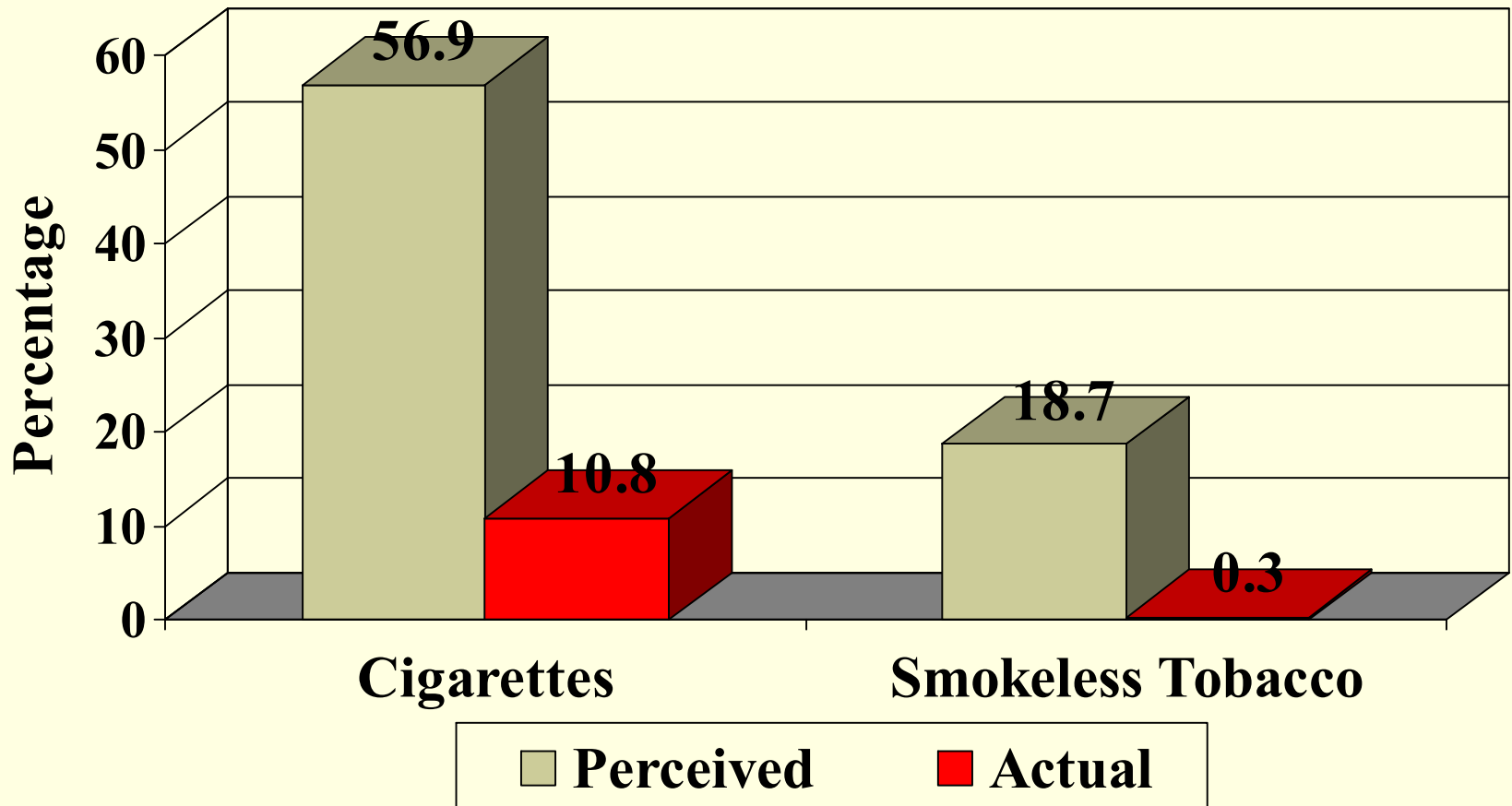
Tobacco Use - Perceived vs. Actual

Used 1 or More Days (LU 2003)



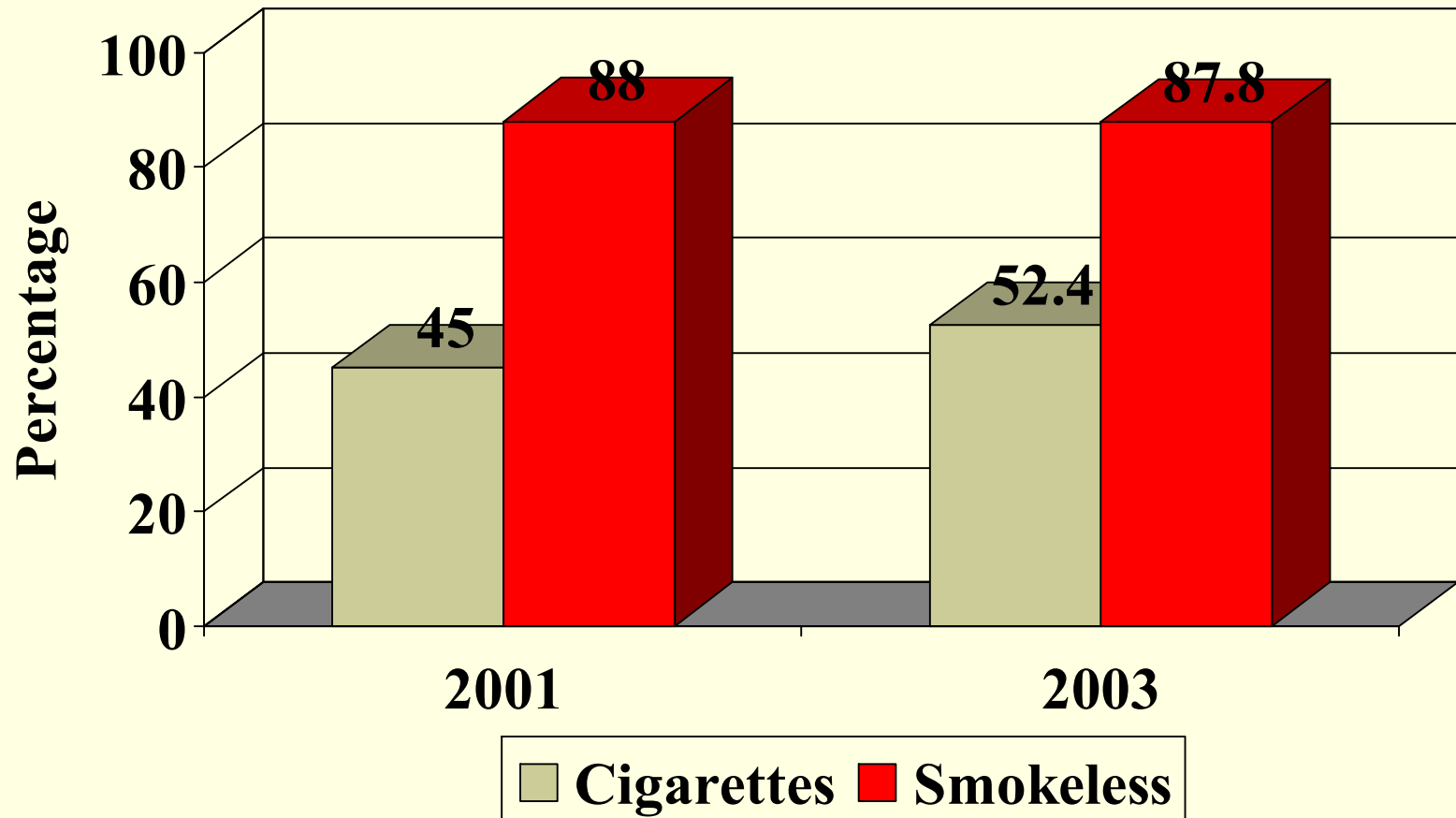
Tobacco Use - Perceived vs. Actual

Daily Tobacco Use (LU 2003)



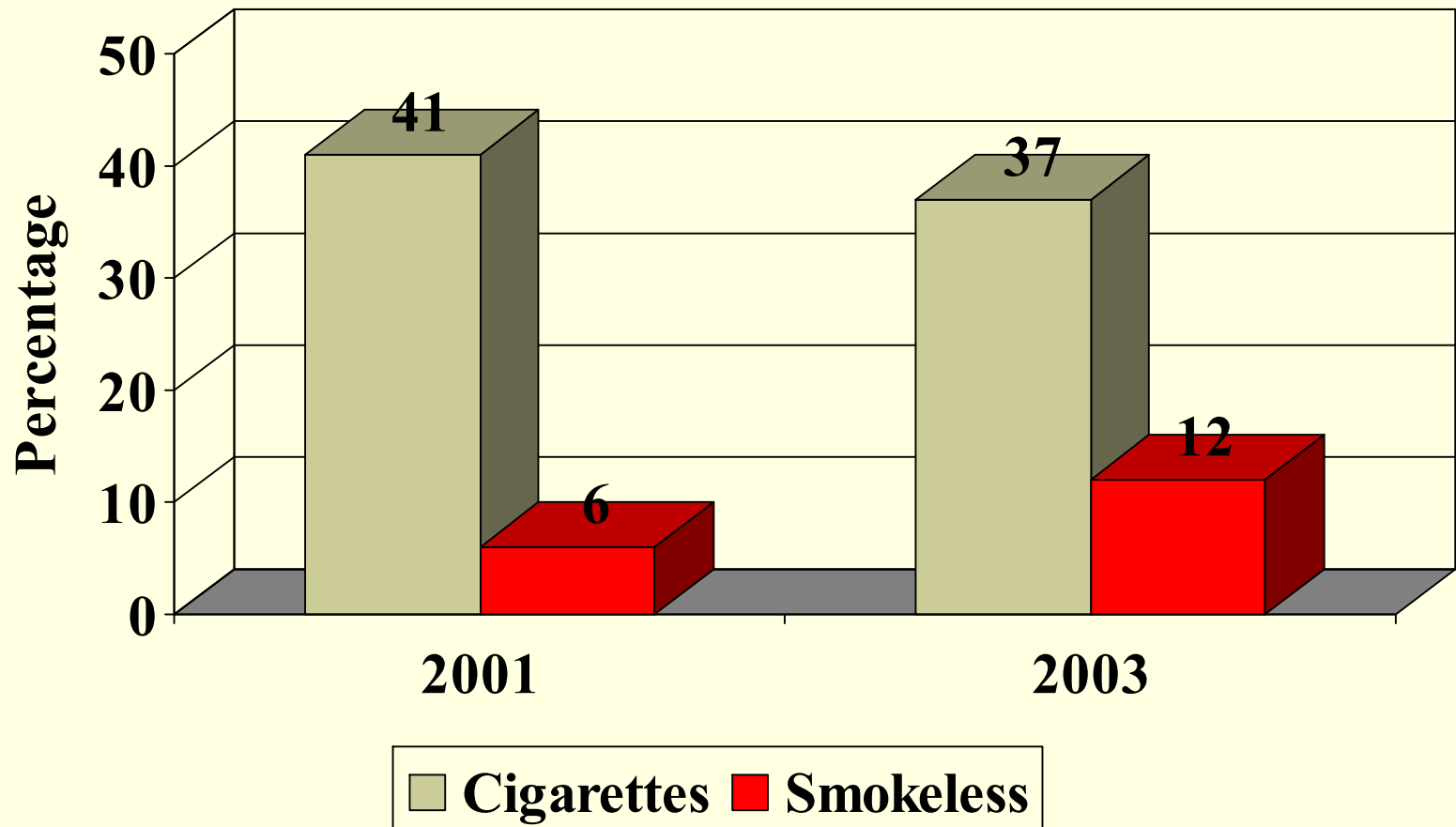
Never Used Tobacco (Last 30 Days)

Never Used Tobacco (LU)



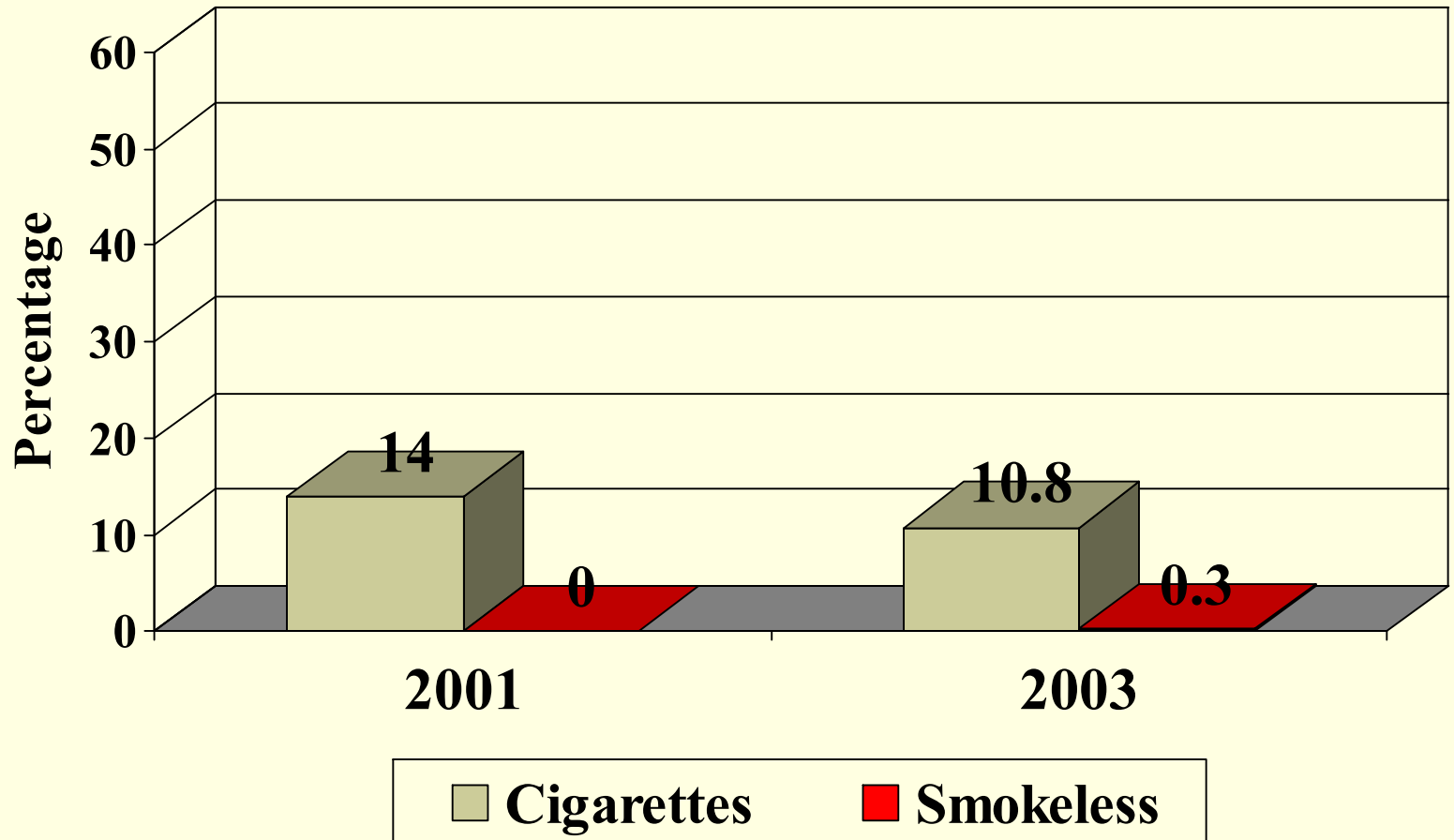
Used Tobacco One or More Days (Last 30 Days)

Tobacco Use 1+ Days



Daily Tobacco Use (Last 30 Days)

Daily Tobacco Use (LU)



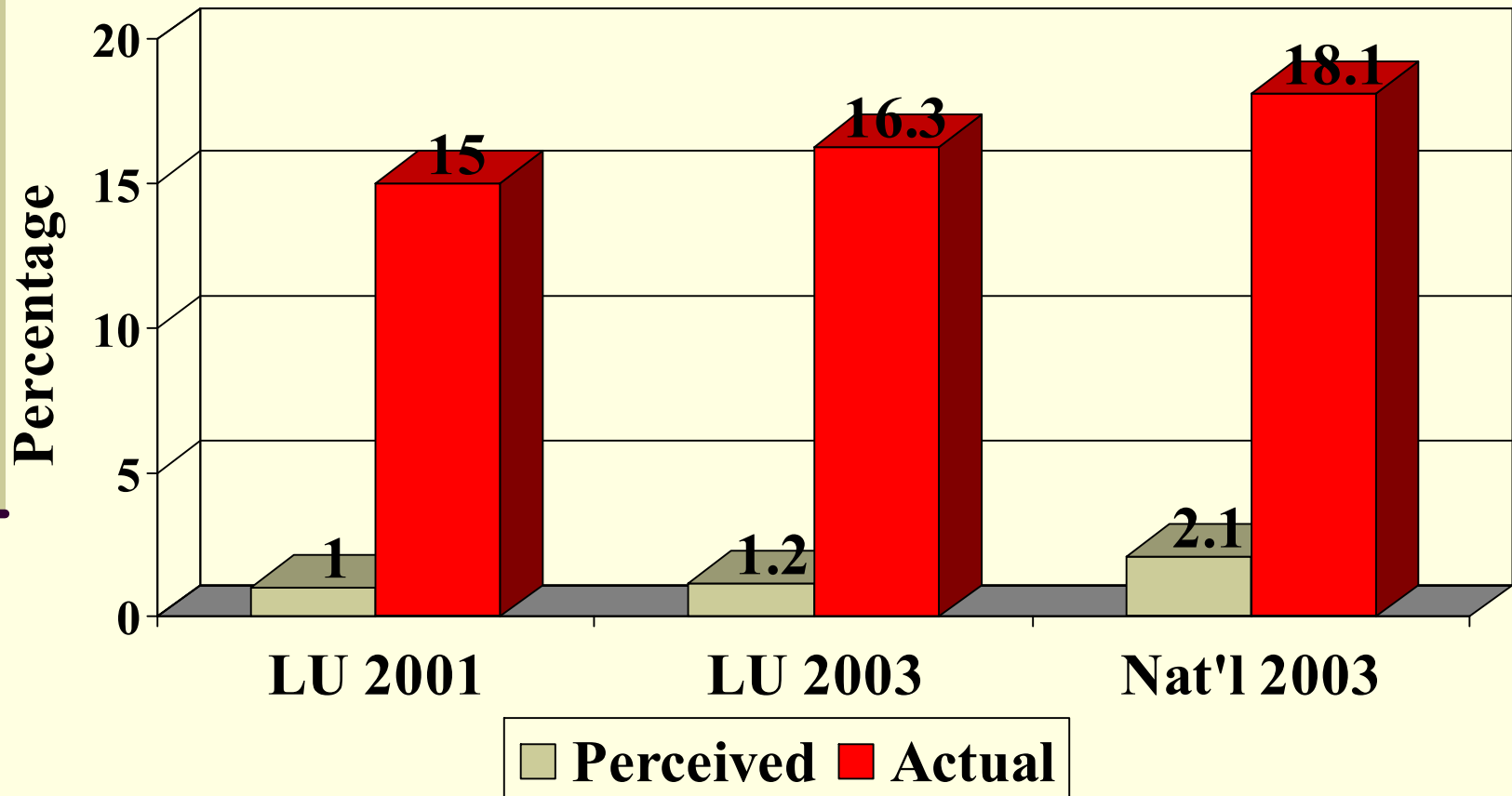


ALCOHOL USE



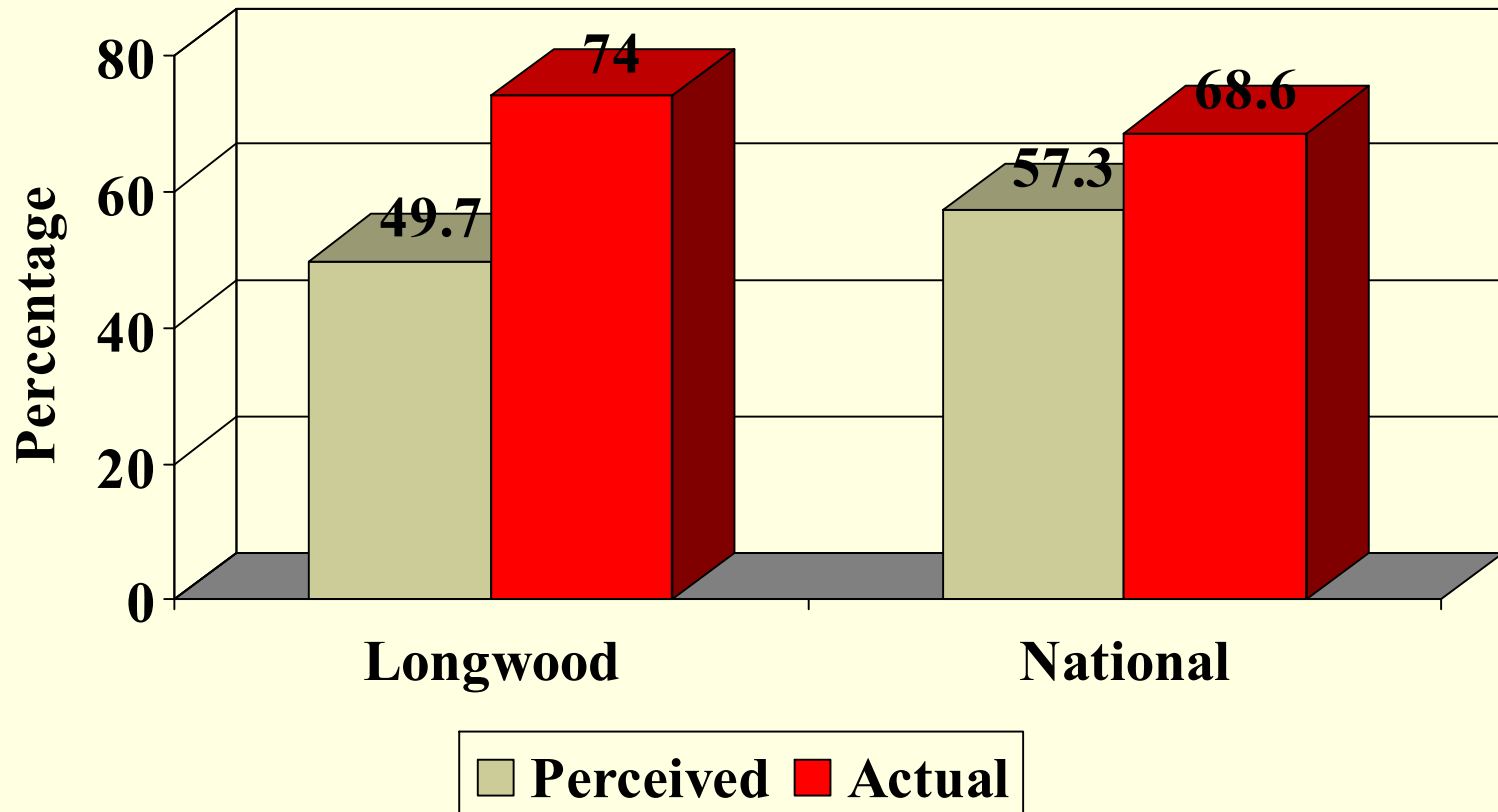
Alcohol Use – Perceived vs. Actual

Alcohol Use- NEVER



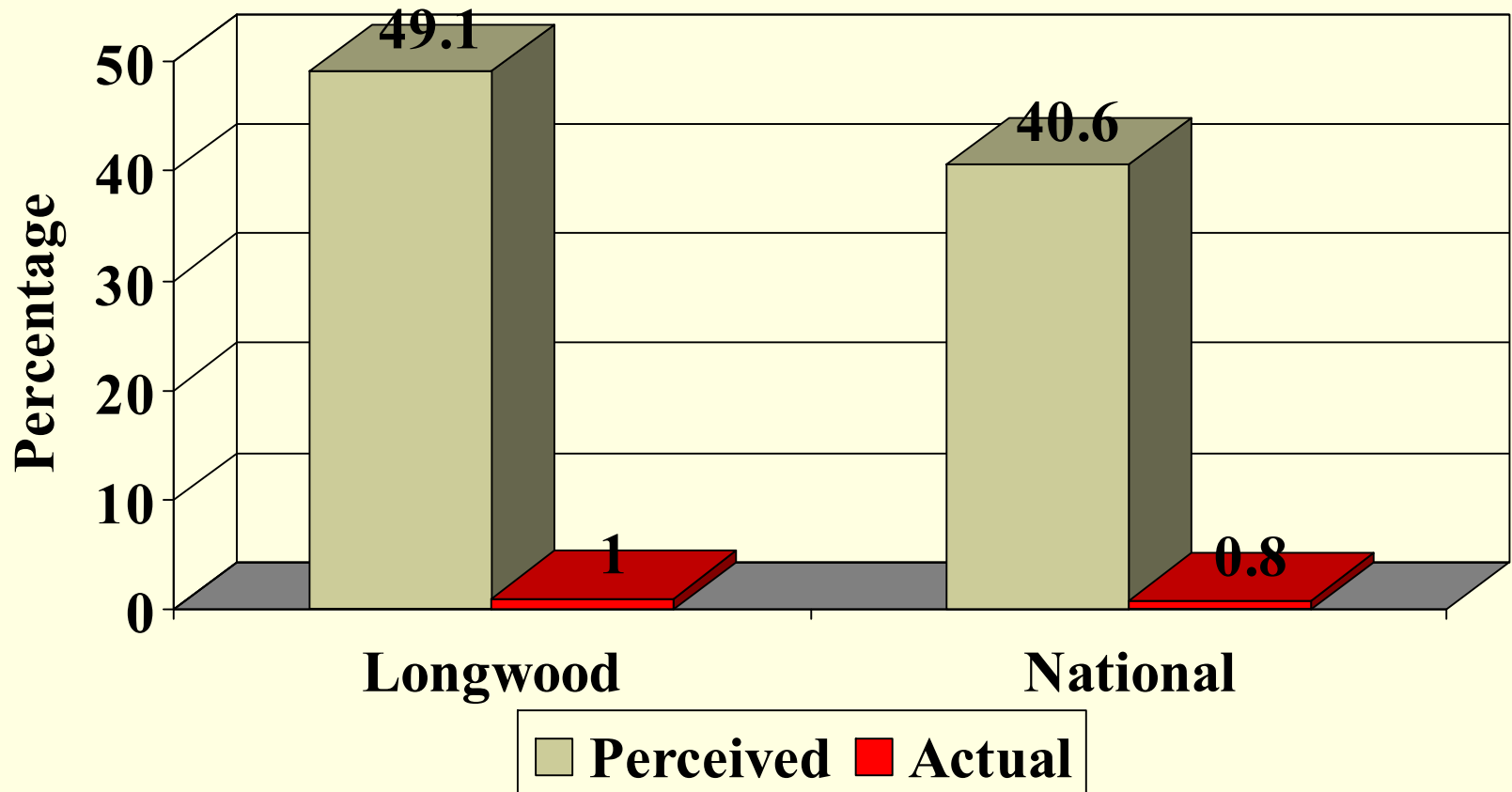
Alcohol Use – Perceived & Actual

Alcohol Use - One or More Days



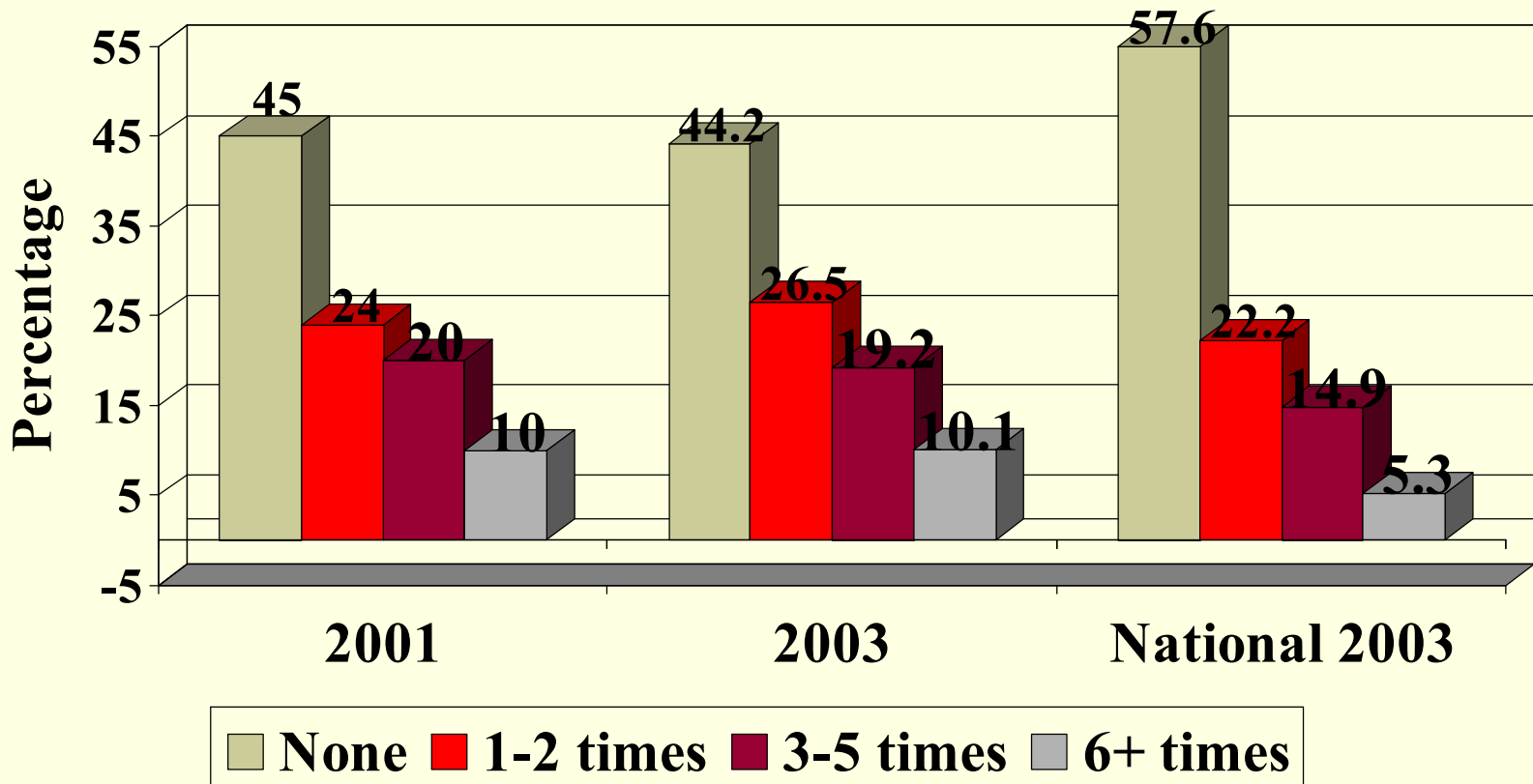
Alcohol Use – Perceived & Actual

Alcohol Use - Daily



Alcohol Use – Binge Drinking

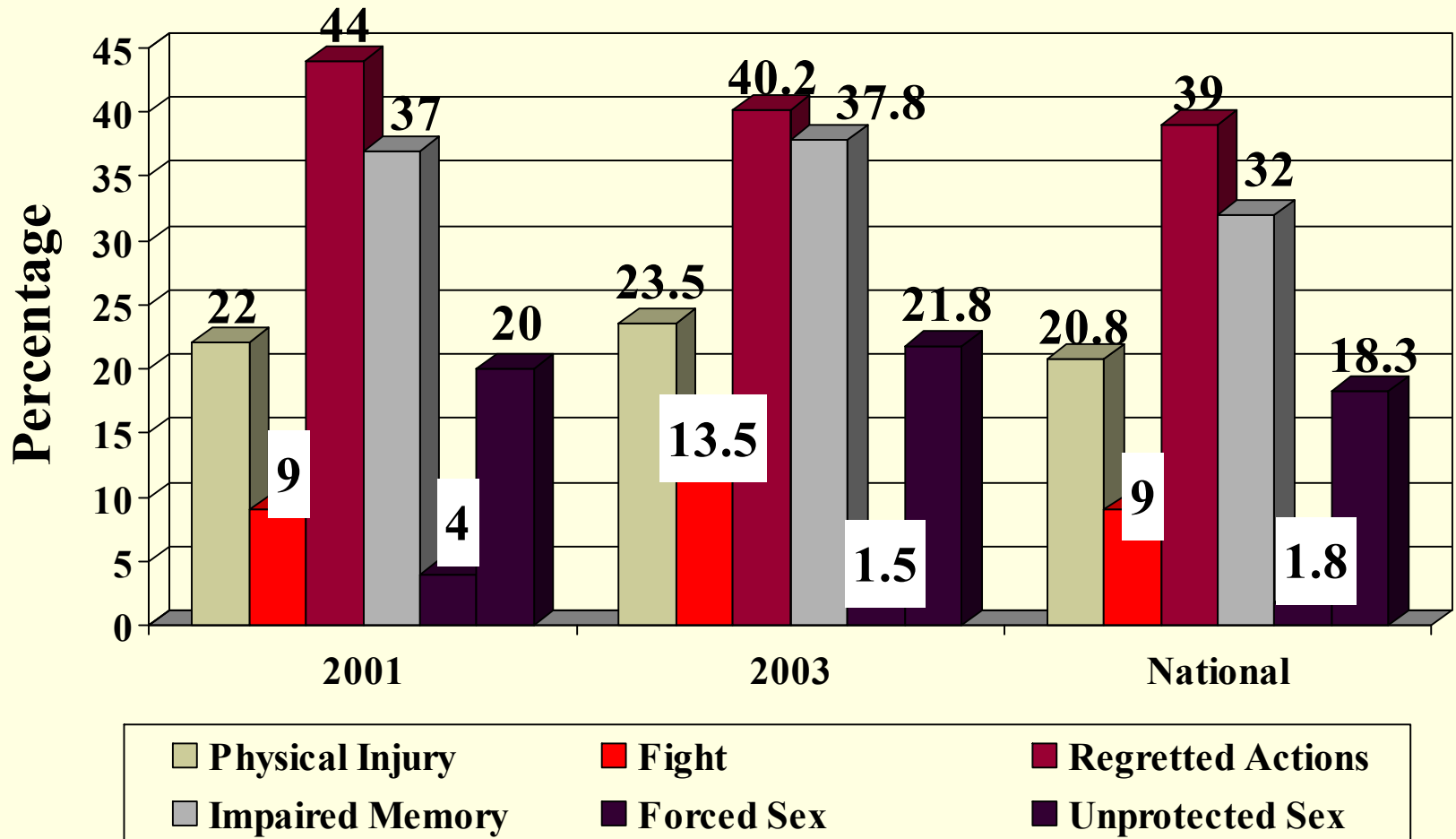
Binge Drinking - Previous 2 Weeks



*5 or more drinks in one sitting **Mean age LU 19.4 yrs. In 2001 - National 21 yrs.

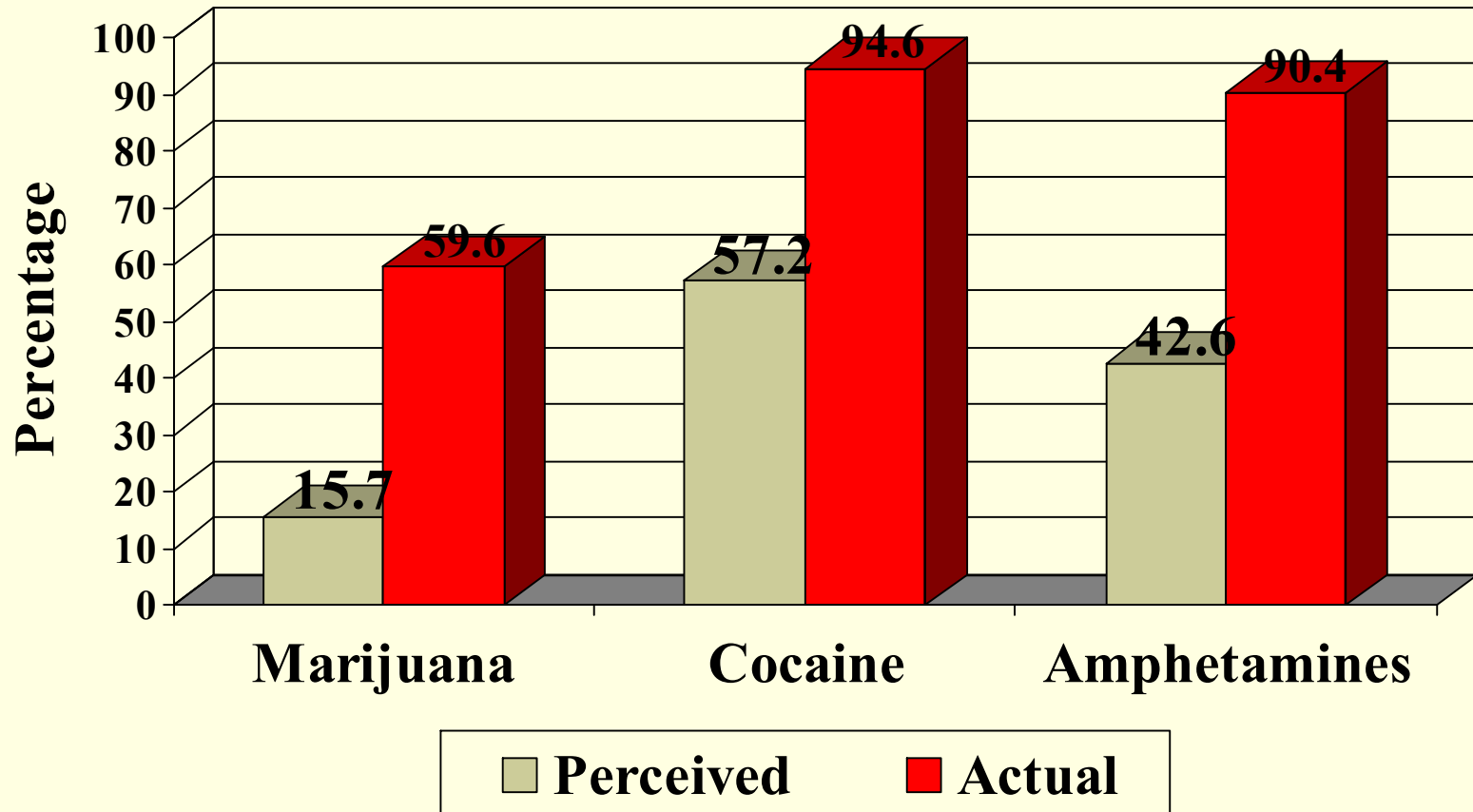
Alcohol Use - Consequences

Alcohol Consequences



Other Drug Use – Perceived & Actual

NEVER Used Other Drugs (LU 2003)



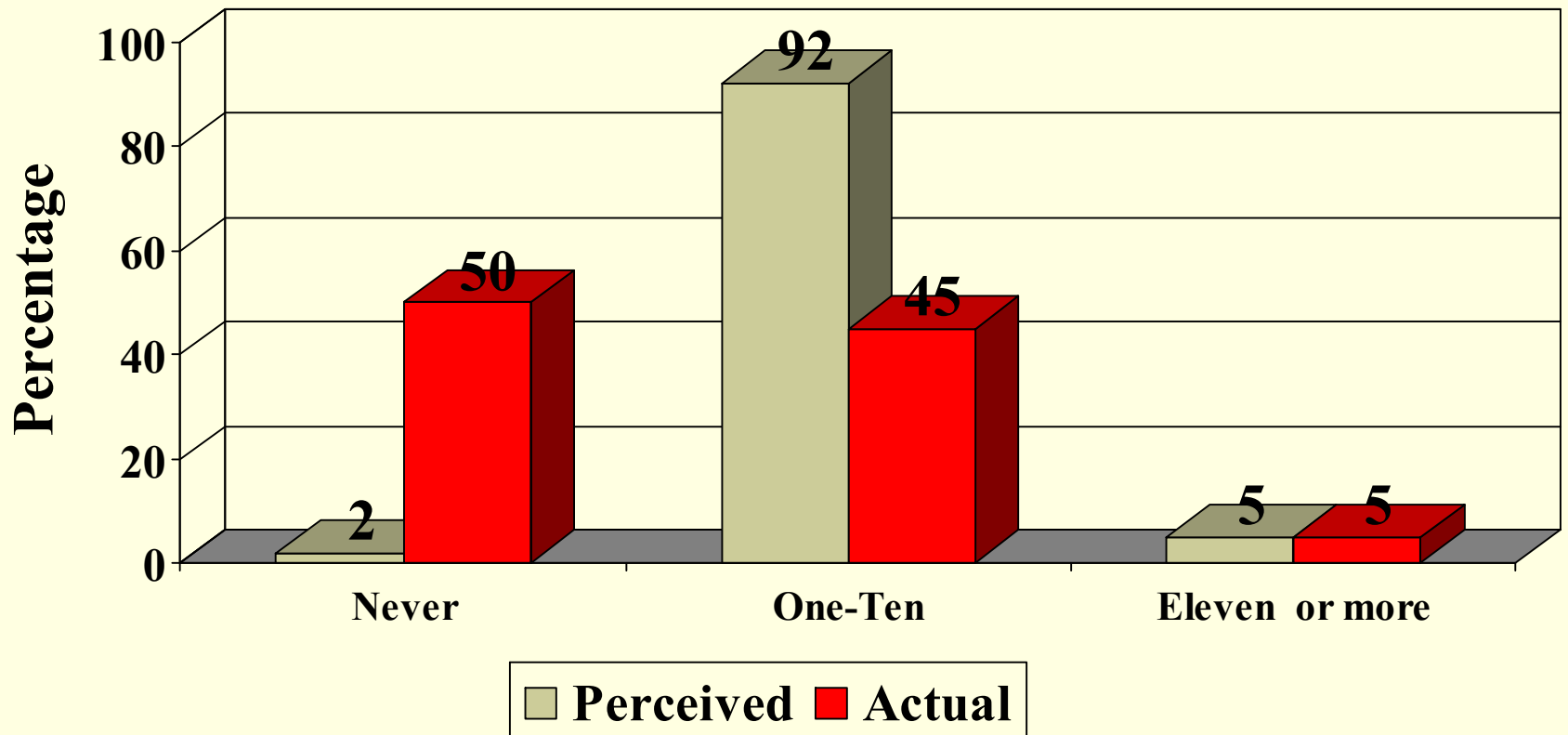


SEXUAL BEHAVIOR



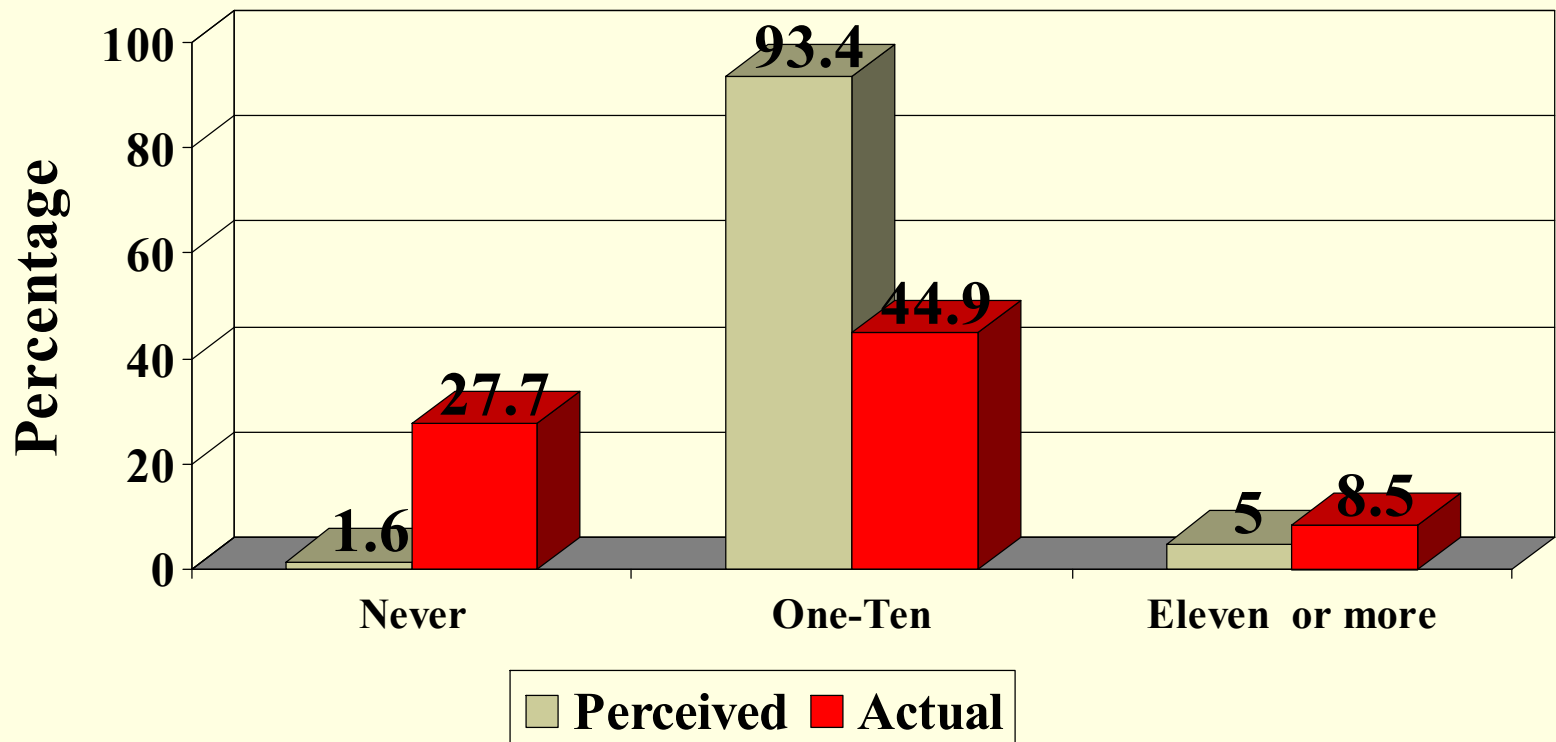
Sexual Behavior-Perceived & Actual

Freq. Oral Sexual Behavior - Previous 30 Days (LU 2001)



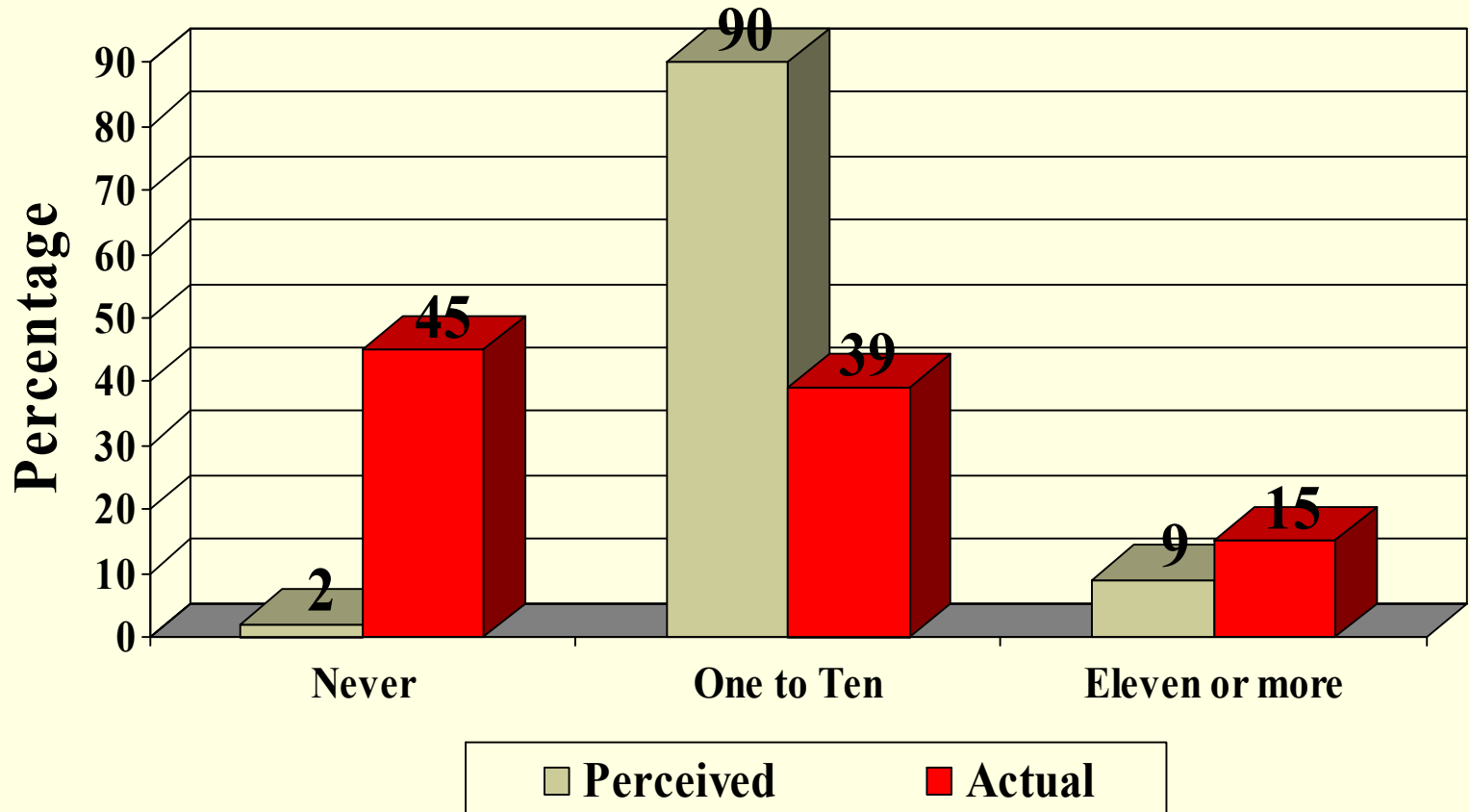
Sexual Behavior-Perceived & Actual

Freq. Oral Sexual Behavior - Previous 30 Days (LU 2003)



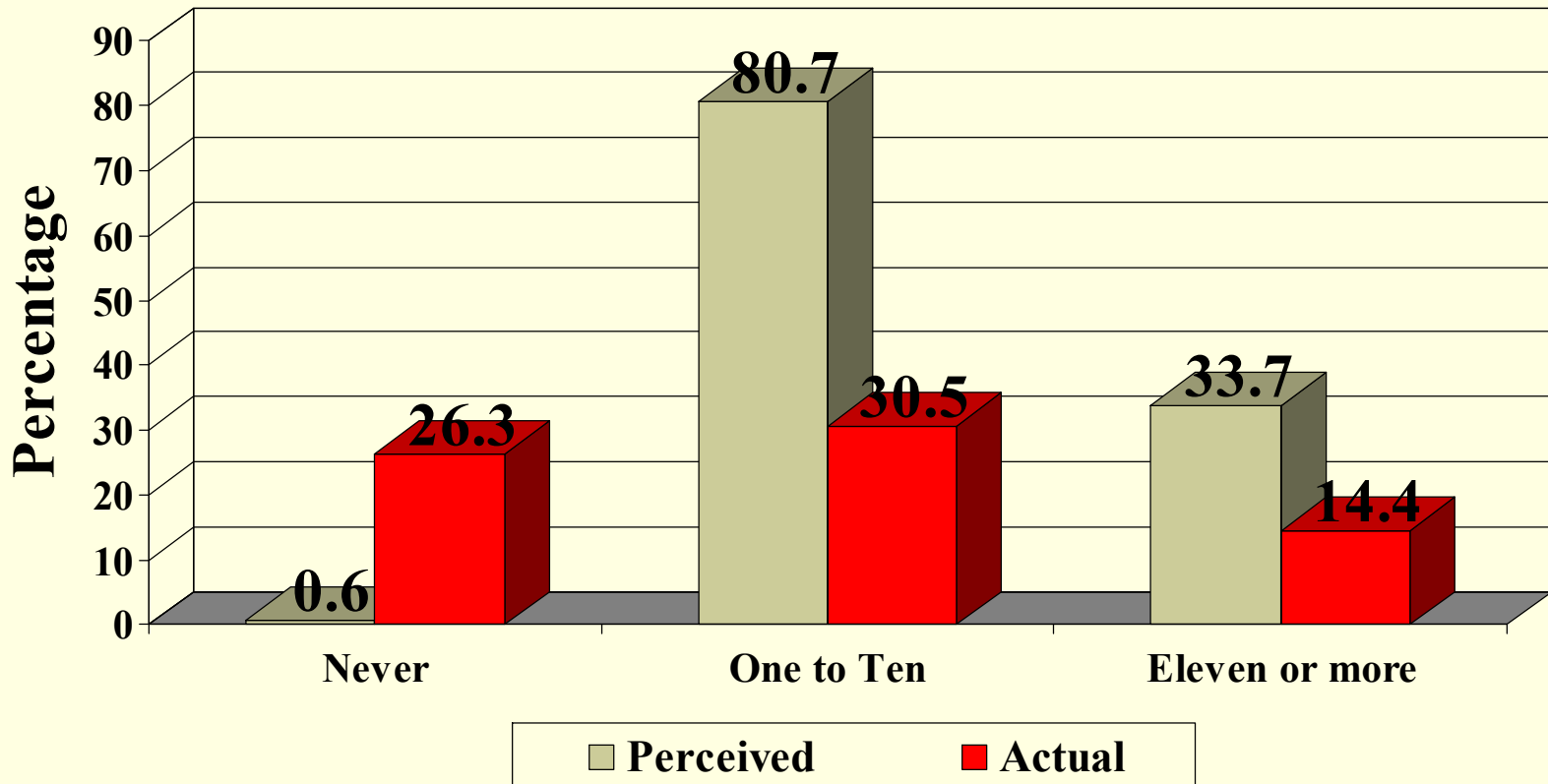
Sexual Behavior-Perceived & Actual

Vaginal Sexual Behavior - Previous 30 Days (LU 2001)



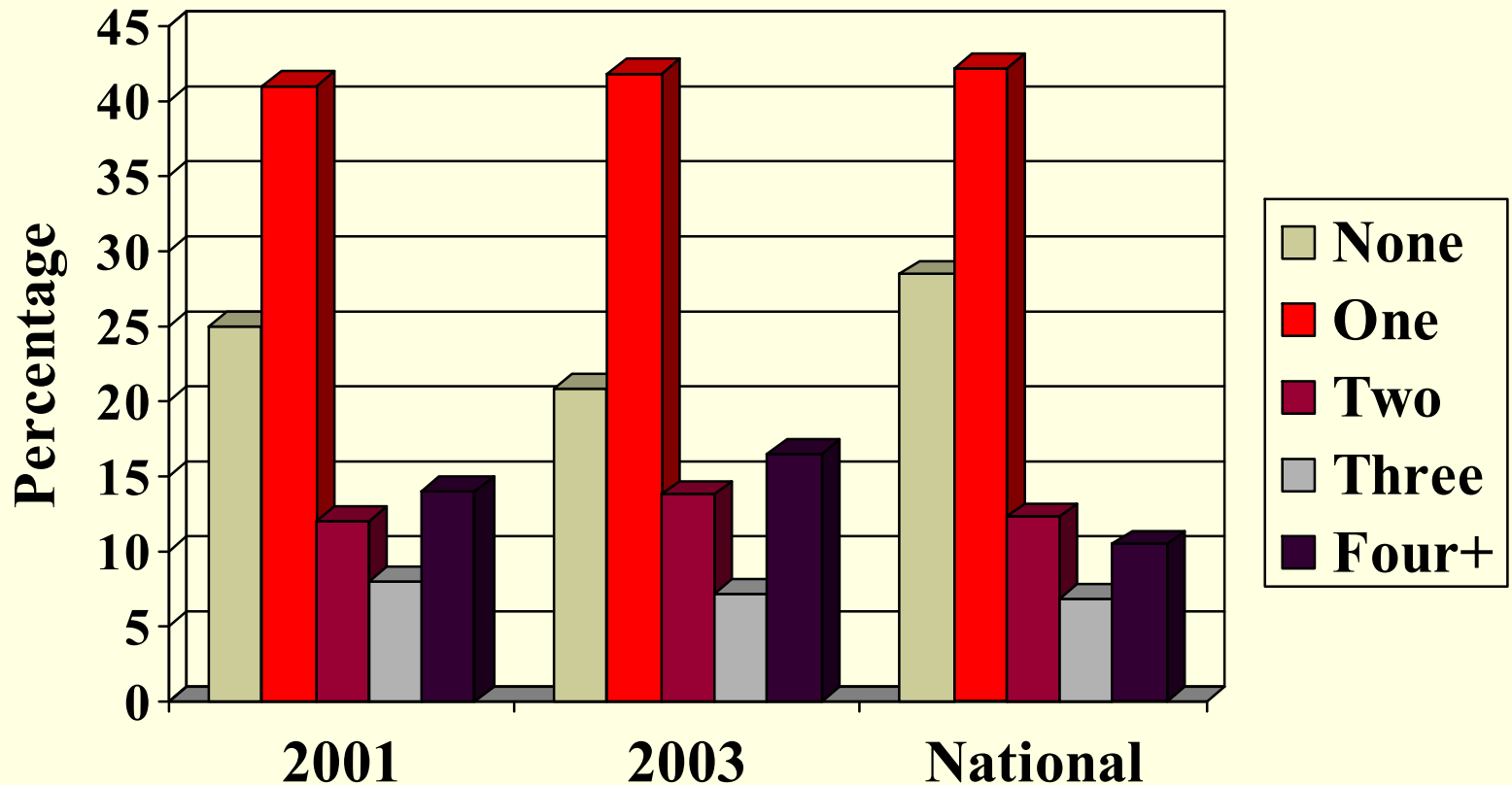
Sexual Behavior-Perceived & Actual

Vaginal Sexual Behavior - Previous 30 Days (LU 2003)



Sexual Behavior Comparison

Number of Partners





Exercise and Weight Loss

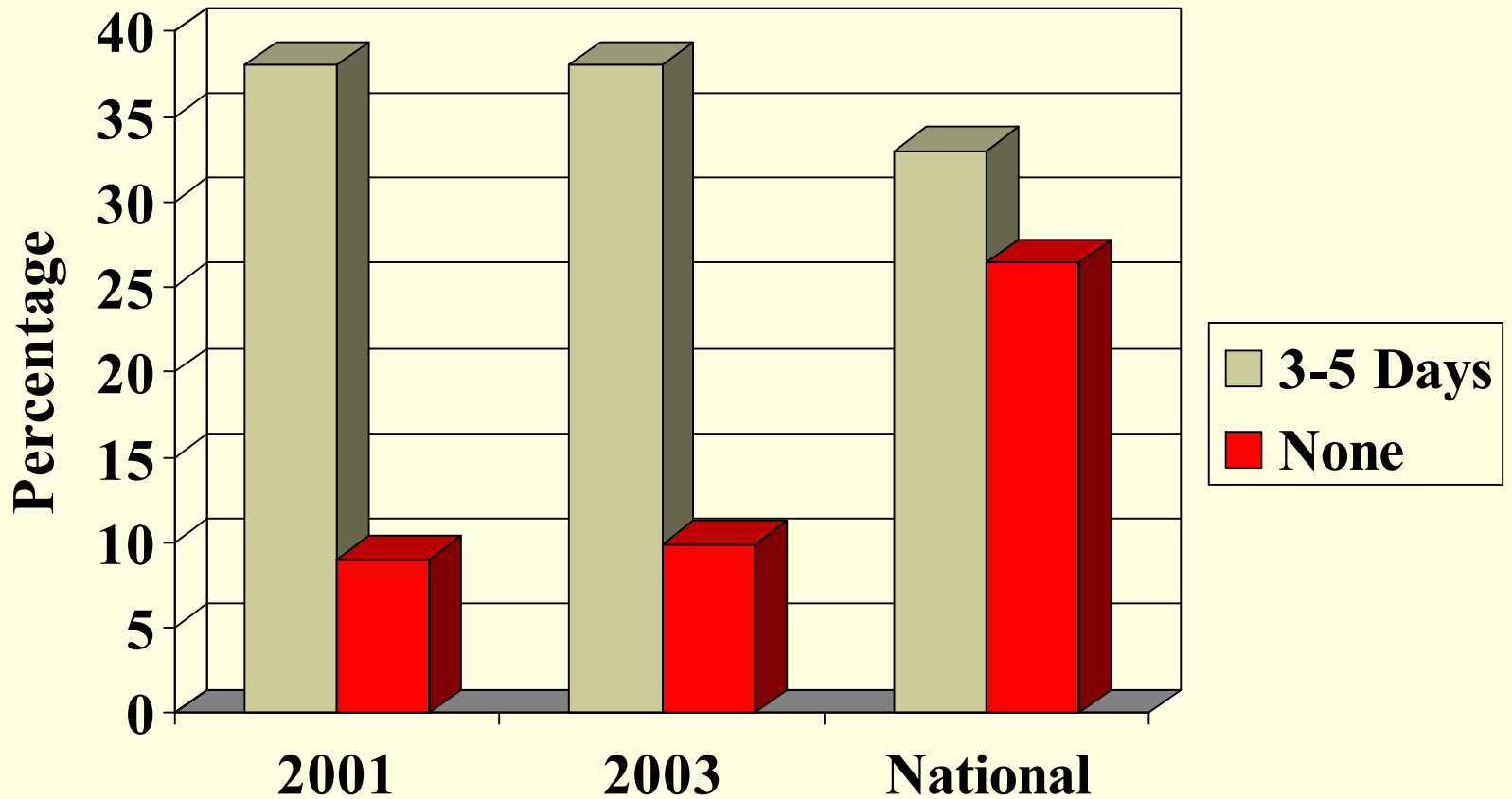


Exercise and Weight (LU 2003)

- **38%** of students - vigorous exercise for 20 min. (or 30 min. moderate intensity) between 3-5 days per week.
- **33%** of students – strengthening exercises between 3-5 days per week.
- **63.4%** described themselves as being at a healthy weight
- **60%** reported trying to lose weight – only **32%** described themselves as slightly to very overweight.
- **31%** of students get enough restful sleep *at least* 1-2 days per week.

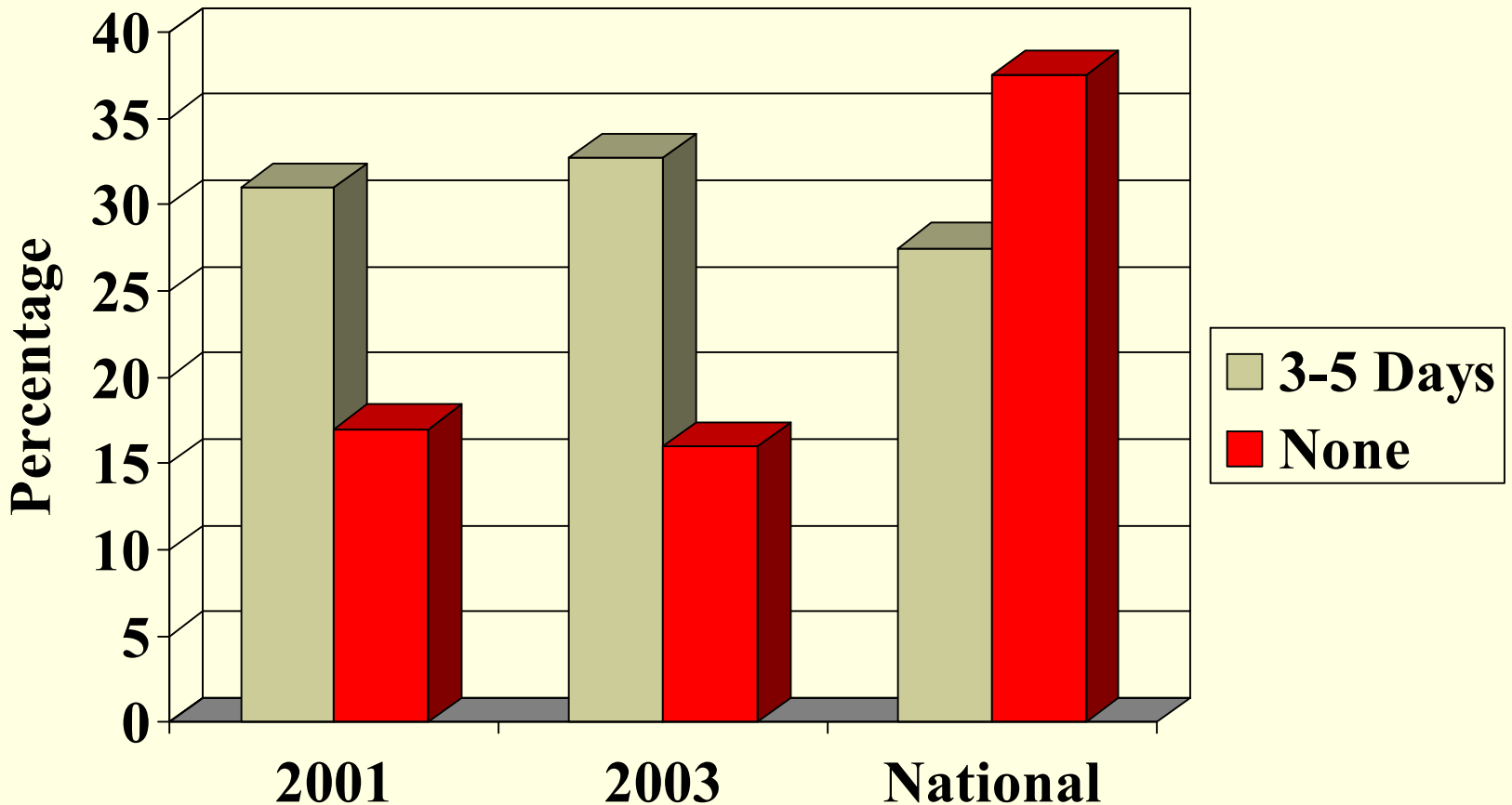
Exercise Comparison

Aerobic Exercise



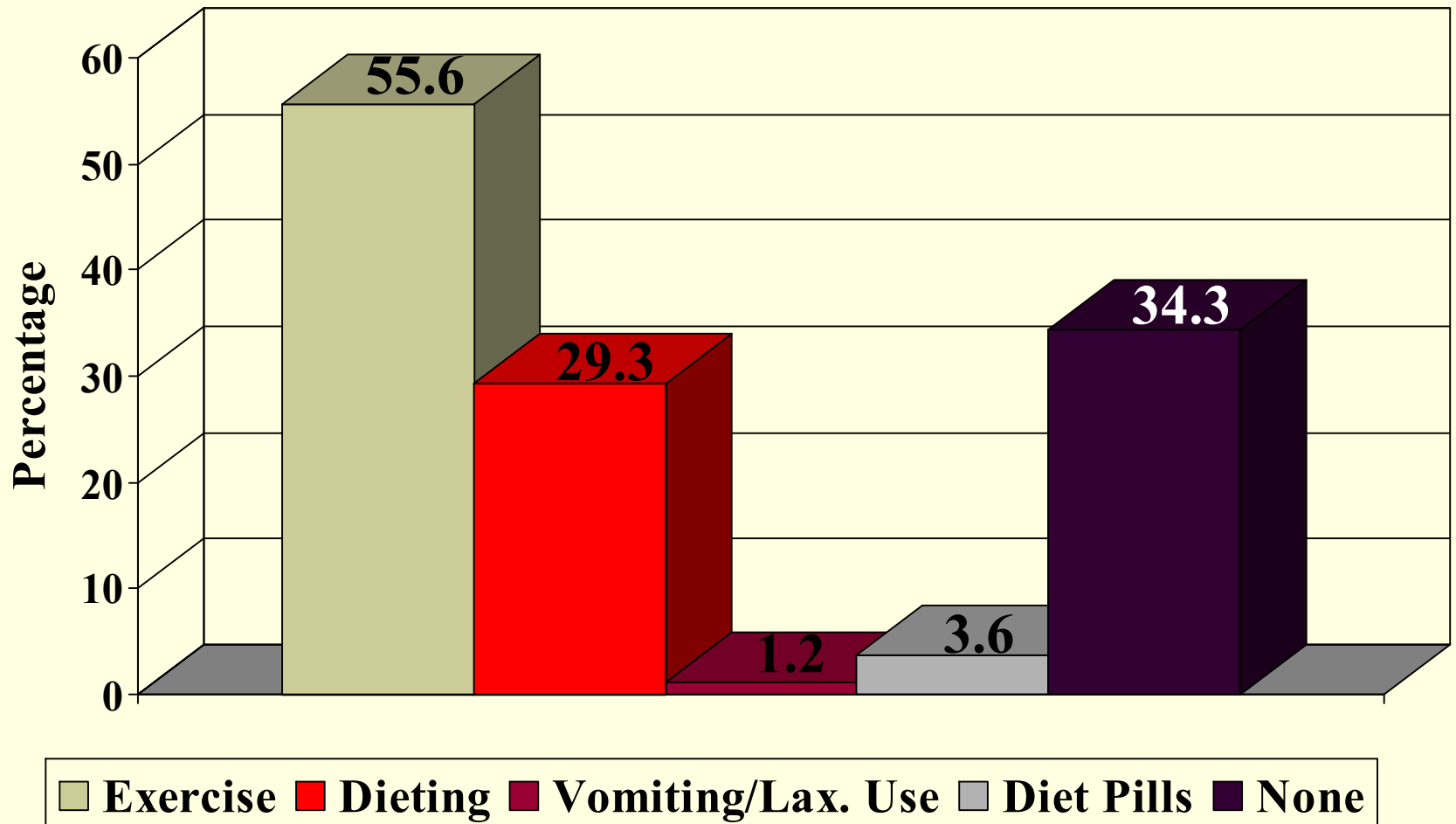
Exercise Comparison

Strength Training Exercise



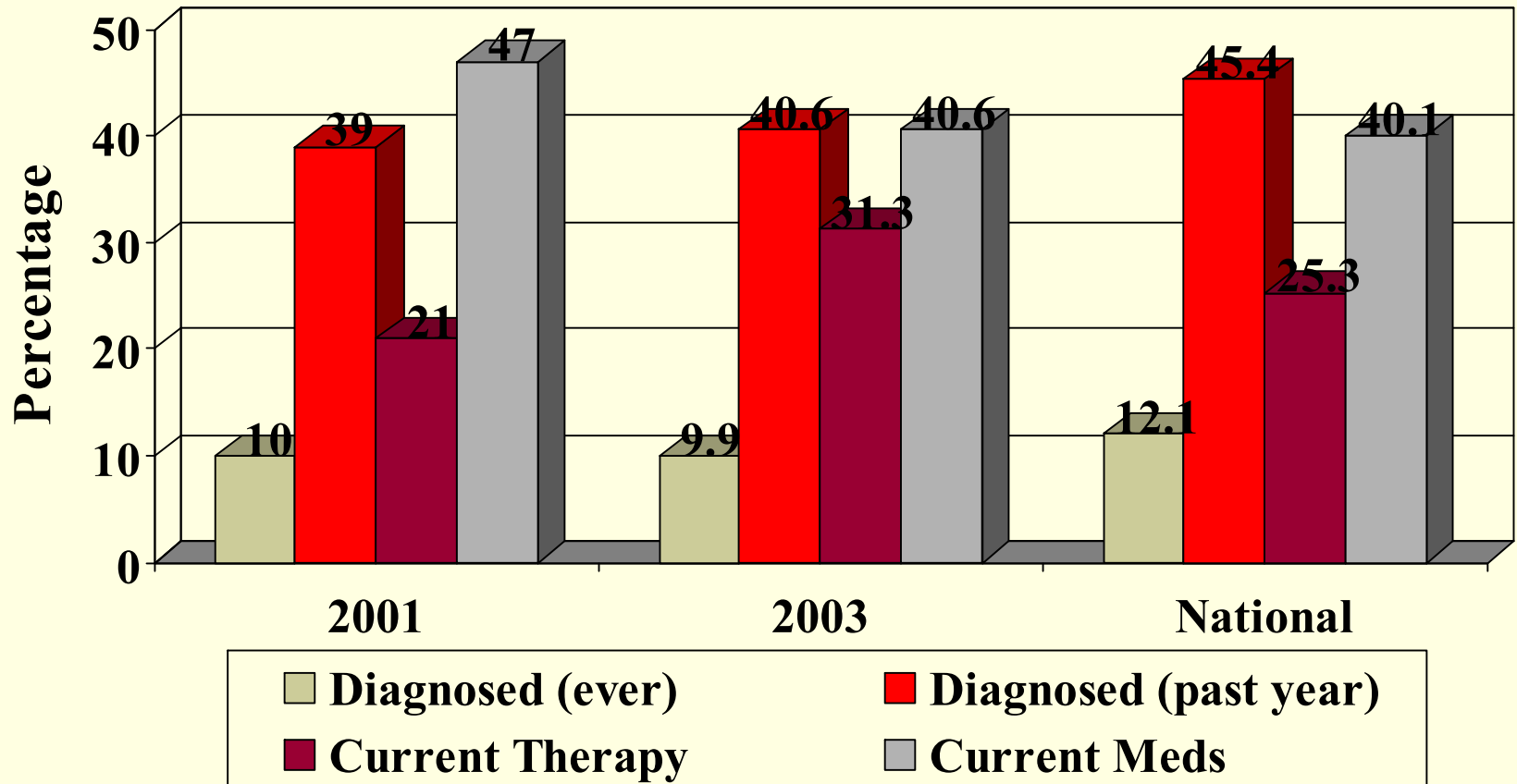
Exercise and Weight Loss

Weight Loss Methods (LU 2003)



Depression

Depression Comparison



Preventive Health Practices

Primary Prevention

