



**Student
Health
Services**



Study Well Health Assessment
Executive Summary
for
CAMPUS GROUP 2003

This report provides a brief summary and some ideas that will help CAMPUS GROUP students improve their academic success and health. The significant health problems are in the health risk areas of mental health, access to health care, alcohol use, overweight, lack of exercise and poor nutrition. The best health status indicators compared to Cal Poly Pomona students are responsible sexual behavior and the low number of current smokers. At the end of the summary are suggestions for resources getting help to address these issues.

More CAMPUS GROUP students have had academic problems due to the leading health impediments to learning to a greater extent than Cal Poly Pomona students. The health impediments to learning are depression, relationship difficulties, stress and sleep difficulties. A priority for CAMPUS GROUP students is to receive education, support and encouragement to gain better mental health and more academic success.

Over half indicate that they do not have adequate access to health care. They do not have health insurance or have not had blood pressure checked. Access to quality care and primary care providers are important for eliminating health disparities, and increasing quality of healthy life.

For their ages, CAMPUS GROUP students are at risk of health problems and obesity related to lack of exercise and poor nutrition. They are following the trends toward overweight that other groups of students have with increasing age. The proportion of students who are within the healthy weight range is below the desired level and 33% of the males are overweight and obese now.

Each CAMPUS GROUP student who gave us a name received his or her own report information based on his or her responses to the Study Well Health Assessment. Each received tailored health education information that will encourage them to take action to improve their health.

The following information provides more detail and tables comparing CAMPUS GROUP to students at Cal Poly Pomona and college students nationally. Red italicized text in the lower right cell indicates worse health status than other groups or a significant health risk. Green text indicates better than other groups. Recommendations for resources to help CAMPUS GROUP students are on the last page of the report.

General Health

Most frequent CAMPUS GROUP answer: Very Good (41%).

Fair & Poor	National College	Cal Poly Pomona	GROUP NAME
2010 Target	7%	7%	7%
Baseline	8%	16%	18%

Six percent believe their health is Fair and 12% feel their health is Poor. Only 7% say they are at Excellent general health. This is about the same as the 43% for Cal Poly Pomona students. There was little difference between males and females.

Use of Alcohol

Most frequent CAMPUS GROUP answer: 1 drinks for women (41%) and 0 drinks for men (66%).

High Risk Drinking	National College	Cal Poly Pomona	GROUP NAME
2010 Target	20%	15%	12%
Baseline	39%	23%	12%

This indicates that most did not drink, or were responsible and legal when they partied. It also indicates that the majority (88%) of CAMPUS GROUP students drank moderately or not at the last time they partied. This is much better than the 77% of Cal Poly Pomona students and much better than the 61% of college students nationally. CAMPUS GROUP have significant over misperceptions about many other students drink more than they do.

Responsible Sexual Behavior

Most frequent CAMPUS GROUP answer for single students: 50% practiced responsible sexual behavior (never had vaginal intercourse or, if so, used a condom).

Practiced Safer Sex	National College	Cal Poly Pomona	GROUP NAME
2010 Target	85%	85%	85%
Baseline	76%	79%	50%

The results indicate that the 50% of single sexually active (single and not in a committed/engaged relationship) did not use condoms at last vaginal intercourse. This is much better than for Cal Poly Pomona students in that 68% of single sexually active students did not use condoms.

Exercise

Most frequent CAMPUS GROUP answer: 82% exercised on less than 3 days in the last 7.

3+ days	National College	Cal Poly Pomona	GROUP NAME
2010 Target	55%	55%	55%
Baseline	40%	36%	18%

The results indicate that the majority of CAMPUS GROUP students are not meeting their recommended exercise and physical activity needs. Only 18% exercise three or more days out of the last seven. This is much worse than for Cal Poly Pomona student exercise pattern. Only 14% of the women exercised enough, and 33% of the men exercised adequately. A significant finding,

though for a potentially successful program based on health promotion theories, is to have a community health exercise program since most (77%) want to do something related to exercising to improve their health and success in school.

Nutrition

Most frequent CAMPUS GROUP answer: 58% eat 1-2 servings of fruits and vegetables per day.

5+ Servings / Day	National College	Cal Poly Pomona	GROUP NAME
2010 Target	26%	26%	26%
Baseline	7.4%	7.1%	5.9%

The results indicate that the vast majority of CAMPUS GROUP students are not meeting their recommended daily nutritional needs. Only 6% ate five or more servings of fruits and vegetables per day. This is similar to the 7.1% for Cal Poly Pomona student nutrition intake.

Body Composition: Overweight & Obesity

Most frequent CAMPUS GROUP category: 56% are within the healthy range of 18.5 – 24.9 for Body Mass Index (BMI).

Overweight & Obese	National College	Cal Poly Pomona	GROUP NAME
2010 Target	16%	16%	16%
Baseline	30%	29%	44%

Overweight and obesity is related to heart disease, diabetes, cancer and many other diseases.

Twenty-five percent are overweight or obese (>BMI 24.9). One-third of the men are overweight. Forty-six percent of the women are overweight or obese. This high proportion is higher than the proportion of adolescents nationally under 20 years of age. The average BMI for males is 23.6. Average BMI for females is 25.6. The target goal for the Nation is that 75% of the US college students will be within the healthy BMI range of 18.5 – 24.9.

Mental Health

Depression: 18% of CAMPUS GROUP students experienced significant depression five or more times in the last year.

Depressed >1-2 Times	National College	Cal Poly Pomona	GROUP NAME
2010 Target	16%	16%	16%
Baseline	22%	23%	18%

The proportion of CAMPUS GROUP students having felt so depressed that it is difficult to function is not worse than Cal Poly Pomona students and college students nationally. Frequently feeling this way is related to attempted suicide and poorer academic success (see Health Impediments to Learning). Cal Poly Pomona's self-reported attempted suicide rate is about 70% higher than for college students nationally.

Health Impediments to Learning

Students in CAMPUS GROUP were much more likely to have received low grades due to relationship difficulties, stress and sleep difficulties than Cal Poly Pomona students in general.

Relationship Difficulties & Academics

Twenty-nine percent received low grades on an exam or project, in a course or dropped a course due to relationship difficulties. All students receiving low grades were women.

Relationship Difficulties	National College	Cal Poly Pomona	GROUP NAME
2010 Target	12%	12%	12%
Baseline	15%	17%	30%

Stress & Academics

Fifty-three percent of the CAMPUS GROUP students received low grades on an exam or project, in a course or dropped a course due to stress. This is much worse than for Cal Poly Pomona students' norm of 30%.

Stress	National College	Cal Poly Pomona	GROUP NAME
2010 Target	25%	25%	25%
Baseline	29%	30%	53%

Sleep Difficulties & Academics

Thirty-six percent of the CAMPUS GROUP students received low grades on an exam or project, in a course or dropped a course due to sleep difficulties. This is worse than for Cal Poly Pomona students.

Sleep Difficulties	National College	Cal Poly Pomona	GROUP NAME
2010 Target	15%	15%	15%
Baseline	21%	20%	35%

Access to Health Care

Access to quality care is important to eliminate health disparities and increase the quality and years of healthy life for all persons in the United States. Not having health insurance and not having had blood pressure checked are related to each other and may indicate poor access to a primary care provider and health education.

Health Insurance

Sixty-five percent of the CAMPUS GROUP students have health insurance.

Do Not have Health Insurance	National College	Cal Poly Pomona	GROUP NAME
2010 Target	100%	100%	100%
Baseline	83%	65%	65%

Blood Pressure Checks

Only 88% of CAMPUS GROUP students have had their blood pressure checked in the past two years. This is much better than the rates for Cal Poly Pomona students and college students nationally.

Blood Pressure Checked	National College	Cal Poly Pomona	GROUP NAME
2010 Target	95%	95%	95%
Baseline	90%	81%	88%

Smoking

Most frequent CAMPUS GROUP answer: Never smoked (88%).

Current Smokers	National College	Cal Poly Pomona	GROUP NAME
2010 Target	11%	5%	5%
Baseline	25%	15%	6%

Personal Health Interests

The most frequently self-selected health behaviors chosen by CAMPUS GROUP students were to improve behaviors related to exercising more frequently or effectively (77%); to eat better (12%); and manage stress better (6%). Based on Stages of Change theory, these are the areas CAMPUS GROUP will be most successful first if they are given education, support and encouragement to do those behaviors.

Recommendations

CAMPUS GROUP students, individually or as a group, should discuss these results and work with Student Health Services (SHS), The Wellness Center (TWC) and Counseling and Psychological Services (CAPS) to develop programs to address CAMPUS GROUP's priority health needs and interests.

SHS has convenient confidential health care services to avoid missing or being late for classes and will provide quality health care. TWC staff can provide individualized nutrition education and exercise programs. Along with these are personalized support and follow-up to help them achieve their health goals.

All other health issues; such as responsible sex, HIV/AIDS, men's and women's health and more can be discussed with trained and certified peer health educators. CAPS provides confidential mental health care from help with test anxiety to serious concerns such as depression.

It has been a pleasure to help you assess CAMPUS GROUP's health. The next steps are to develop, implement and evaluate services and programs that will help your students be more successful.

Summary of Health Risks

1. Health impediments to learning – depression, relationship difficulties, stress, sleep difficulties
2. Access to health care – lack of health insurance, not having blood pressure checked
3. Overweight
4. Lack of physical activity
5. Poor nutrition
6. Alcohol use