



EAST TENNESSEE STATE
UNIVERSITY



AMERICAN COLLEGE HEALTH ASSOCIATION- NATIONAL COLLEGE HEALTH ASSESSMENT II

Comparison: April 2012 and September 2015

Interim University Council January 11, 2016
Dr. Patti Vanhook, RN. PhD, FNP-BC, FAAN

American College Health Association National College Health Assessment II

The ACHA-NCHA II supports the health of the campus community by fulfilling the academic mission, supporting short and long-term healthy behaviors, and gaining a current profile of health trends within the campus community



Response Rate

2012

- 593 (4.2%)
- 56.2% stated their health was very good or excellent (63.8% male; 53.8% female)
- 90.5% stated students surveyed their health as very good or excellent (93.3% male; 89.8% female)

2015

- 1504 (11.4%)
- ↓ 52.2% stated their health was very good or excellent (57.8% male; 50.3% female)
- ↓ 83.9% stated their health as good, very good, or excellent (85.8% male; 83.2% female)

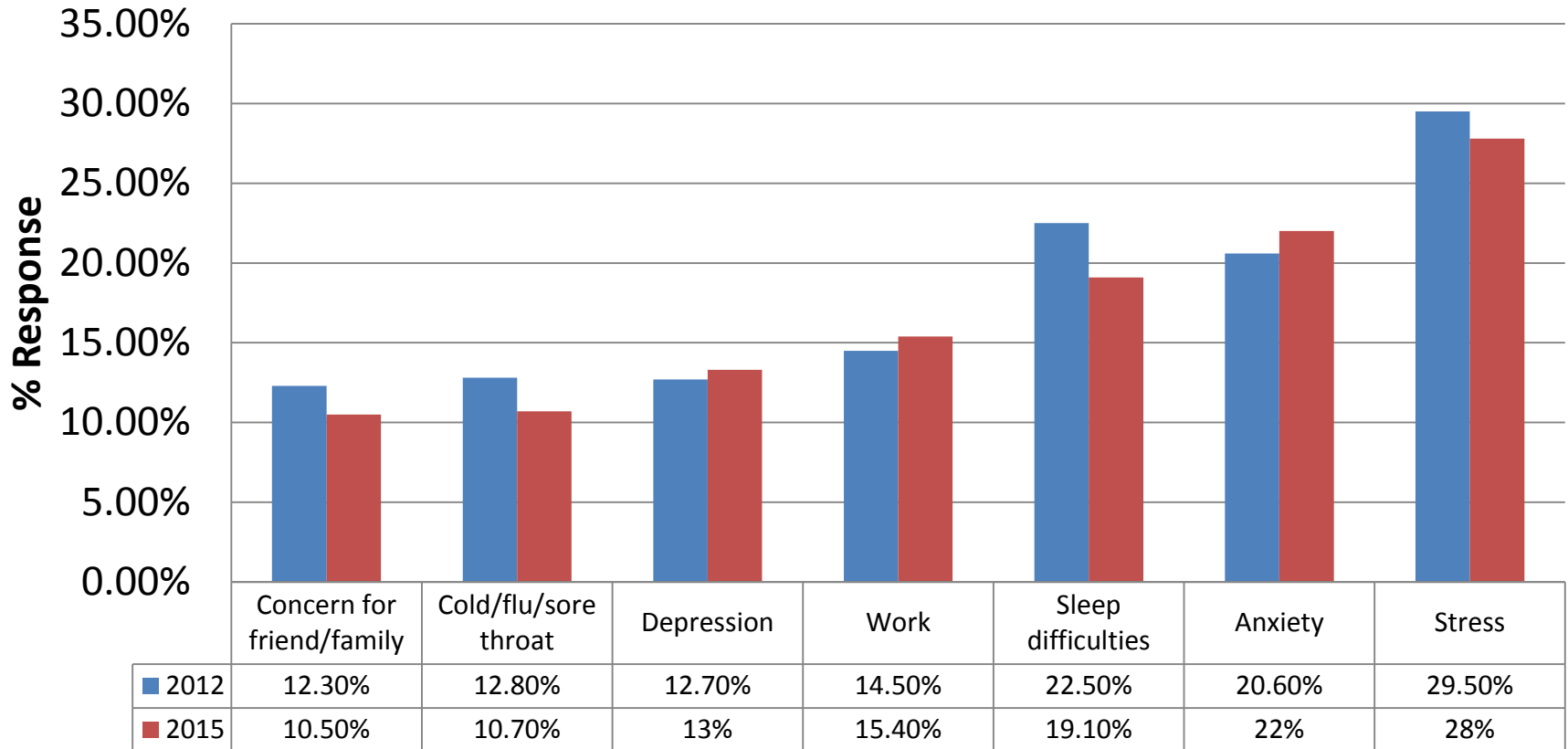


College students reported being diagnosed or treated by a professional with one or more of the above conditions within the last 12 months.

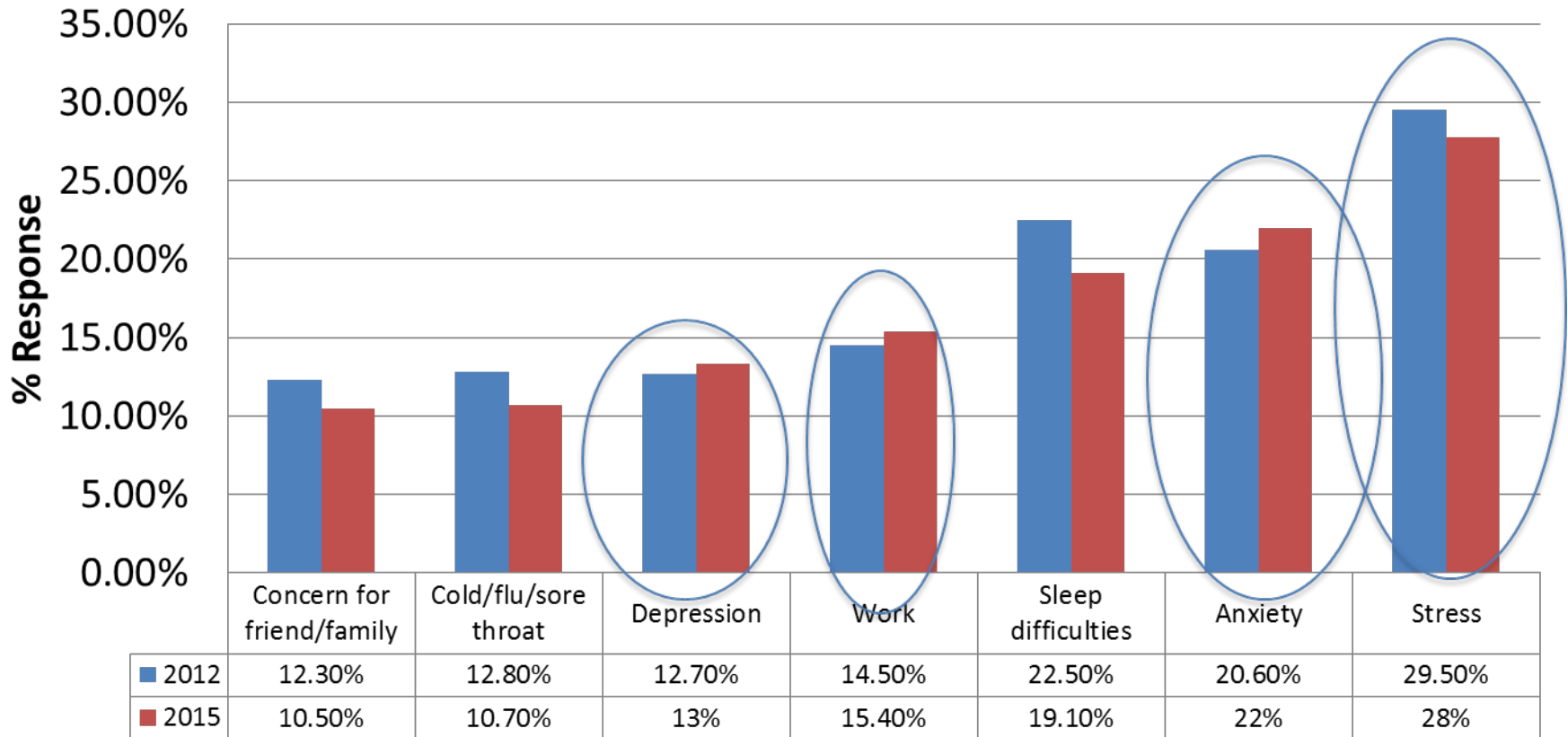
| 2012 | % | 2015 | % |
|--|-------|--|------|
| ADHD | 7.3% | ADHD | 8.2% |
| Chronic Illness (cancer, diabetes, auto-immune disorders etc.) | 10.5% | Chronic Illness (cancer, diabetes, auto-immune disorders etc.) | 9.4% |
| Psychiatric condition | 7.3% | Psychiatric conditions | 8% |
| Learning disability | 4.6% | Learning disability | 3.9% |
| Mobility/ Dexterity disability | 3.6% | Other disability | 4.0% |



Academic Impacts

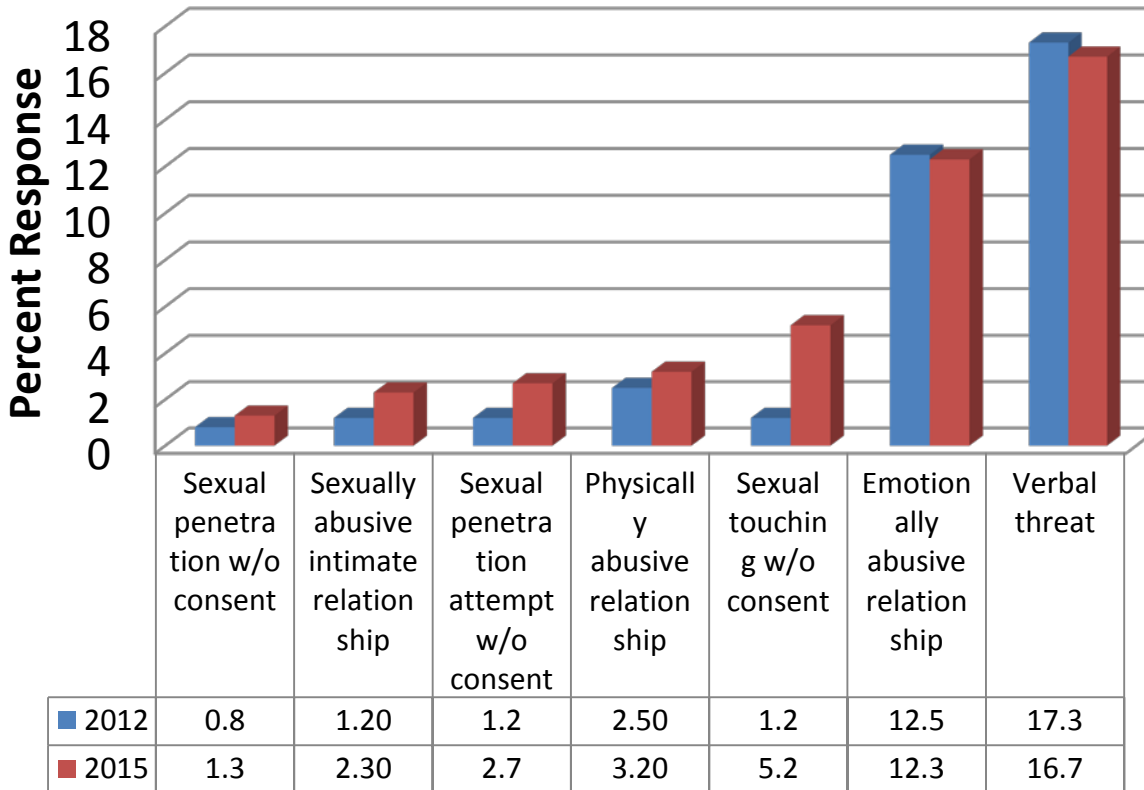


Academic Impacts



Verbal Abuse May Not
Leave A Bruise,
But It Does Leave
A Scar!

Violence, Abusive Relationships & Personal Safety



Mental Health Impact

| Item | 2012 | 2015 |
|--|-------|---------|
| Felt sad | 56.6% | 57.2% ↑ |
| Felt overwhelming anxiety | 52.6% | 55.2% ↓ |
| Seriously considered suicide | 6.6% | 7.8% ↑ |
| Intentionally injured self | 3.9% | 4% ↑ |
| Felt so depressed it was difficult to function | 30.3% | 32.4% ↑ |
| Felt overwhelming anger | 40% | 39.3% ↓ |
| Attempted suicide in last 12 months | 0.7% | 1.1% ↑ |



Hx of Integrated MH/BH Services in SUHS

| Program | 2012 | 2013 | 2014 | 2015 |
|--|--|---|---|---|
| Integrated mental/behavioral health services in SUHS (Psychiatric NP/CNS and Psych Resident) | Fall Semester Dr. Shah/Frances Jackson, FNP-BC ½ day | ½ day resident Fall/Spring/Summer 1 day NP coverage (Rice, Powers, Jackson) | 1 day resident 1 day NP (2 ½ days resident, 1 day NP, 20 hour/week psychology doctoral student) | ½ day resident 20 hr psychology doctoral student 1 day NP (need psychiatry preceptor) |
| Psychology Clinic | | X | X | X |
| Psychiatric Residents in Counseling Center | X | X | X | X |
| Social Work and Psychology Doctoral Students in SUHS | | | Social Work Counseling 1/2 day | Social Work Counseling 1/2 day |

