



HEALTH
PROMOTION
& WELLNESS

NCHA 2024 SUMMARY

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Overview

National College Health Assessment

Survey used in higher education institutions to assess students' habits, perceptions, and behaviors

Survey Purpose

NCHA results enable the campus to

- More effectively plan, implement, and evaluate health, wellness, and basic needs programs
- Target outreach and education efforts to improve the health of students

History

NCHA has been implemented at SF state since 2015, generally in three-year intervals

Study Team



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Health Promotion
& Wellness



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Department of
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Method



Survey

A web-based Qualtrics survey developed and distributed by ACHA



Sampling

Institutional Research created a data set with 10,000 randomly selected student names and email addresses



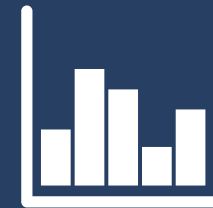
Sample

The sample was well representative of our campus. students completed the survey (13.5% response rate)



Incentives

- 1 SF State semester tuition (worth \$3,700)
- 3 SF State tuition credit (worth \$1,000 each)
- 30 Amazon gift cards (worth \$100 each)
- 2 iPads



Data Analysis

ACHA conducted data analysis, provided raw data, institutional report and respondent emails to enable data match



Presentations

Leadership Council
Staff Forum



Study Group Formed
October 2023



IRB Submitted
November 2023



Survey Launch
February 2024



Data Analysis
May 2024



Data Match
September 2024

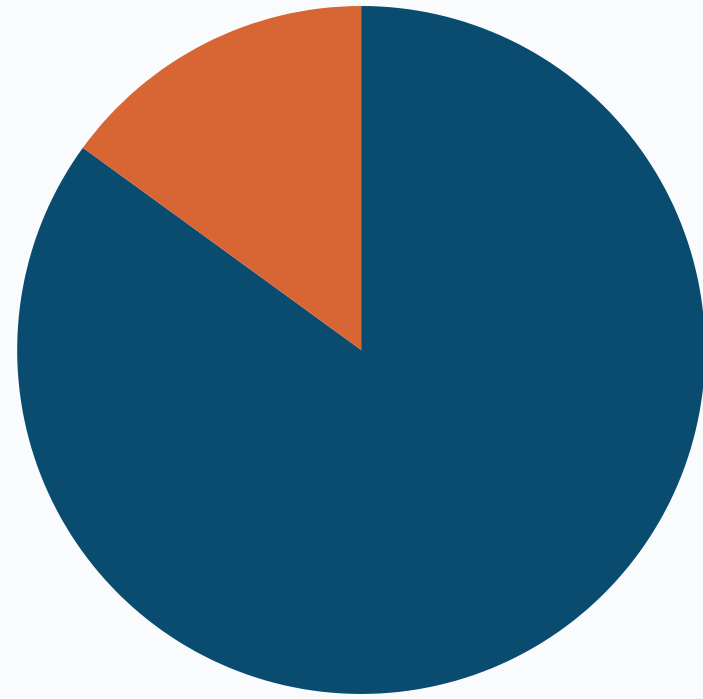


Presentations
December 2024

FINDING 1

Most SF State students are in good health and access to services has improved; however there are still high risk behaviors that need attention.

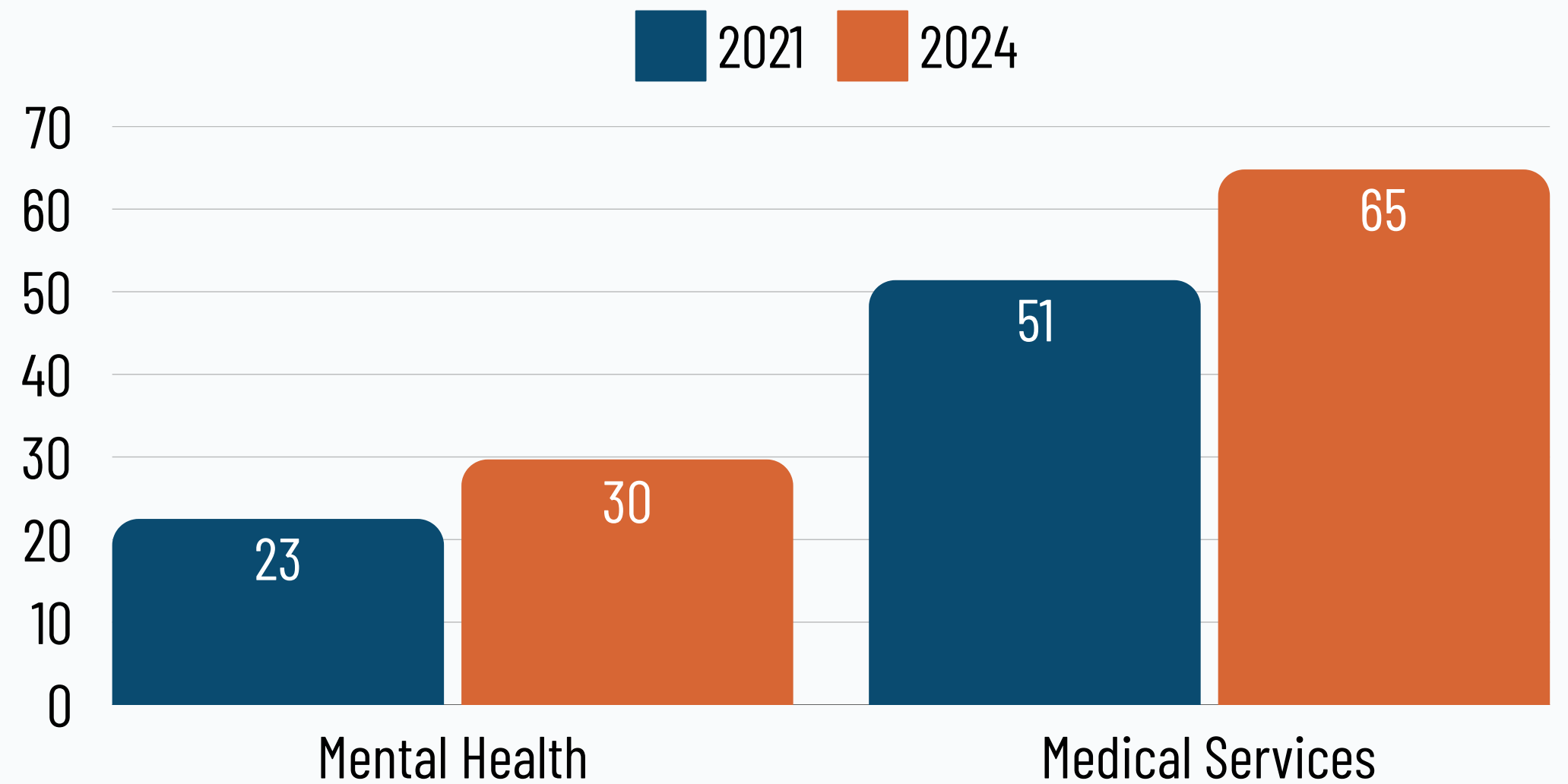




85%

of SF State students report
being in good to excellent health

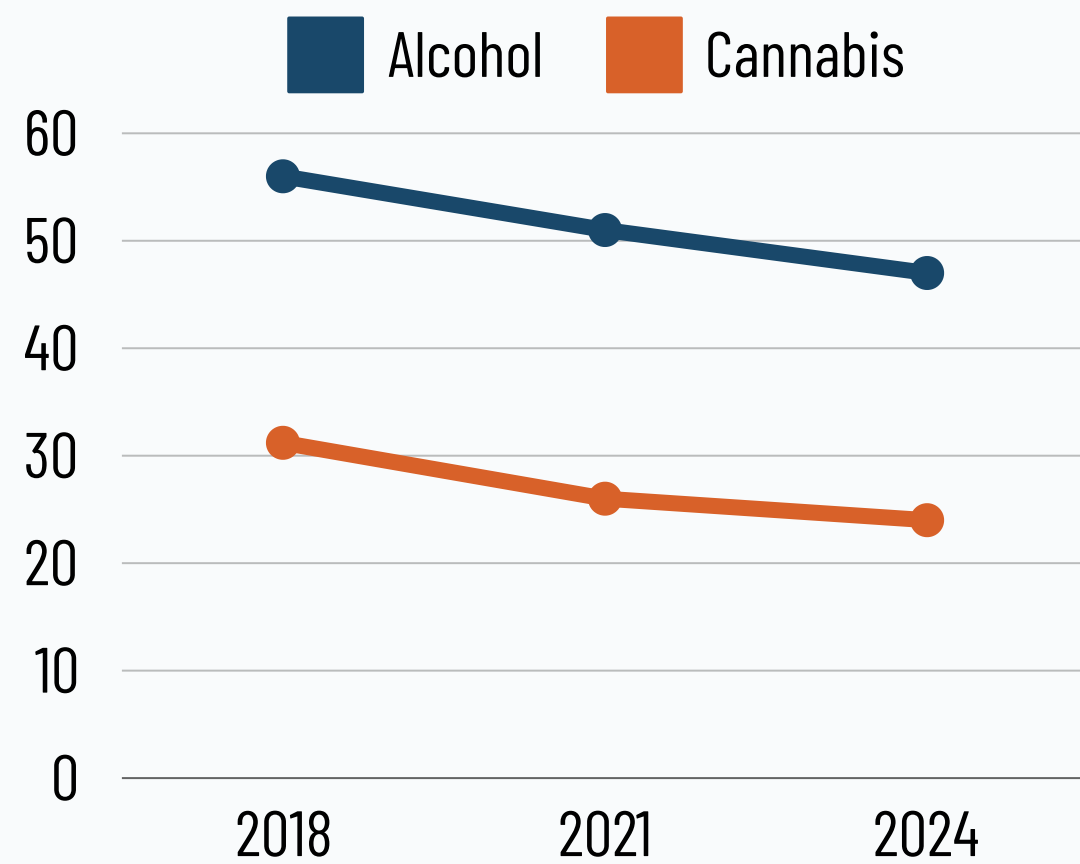
Student accessing care has increased 7% for mental healthcare and 14% for medical care.



FINDING 1A

Most SF State students are in good health and access to services has improved

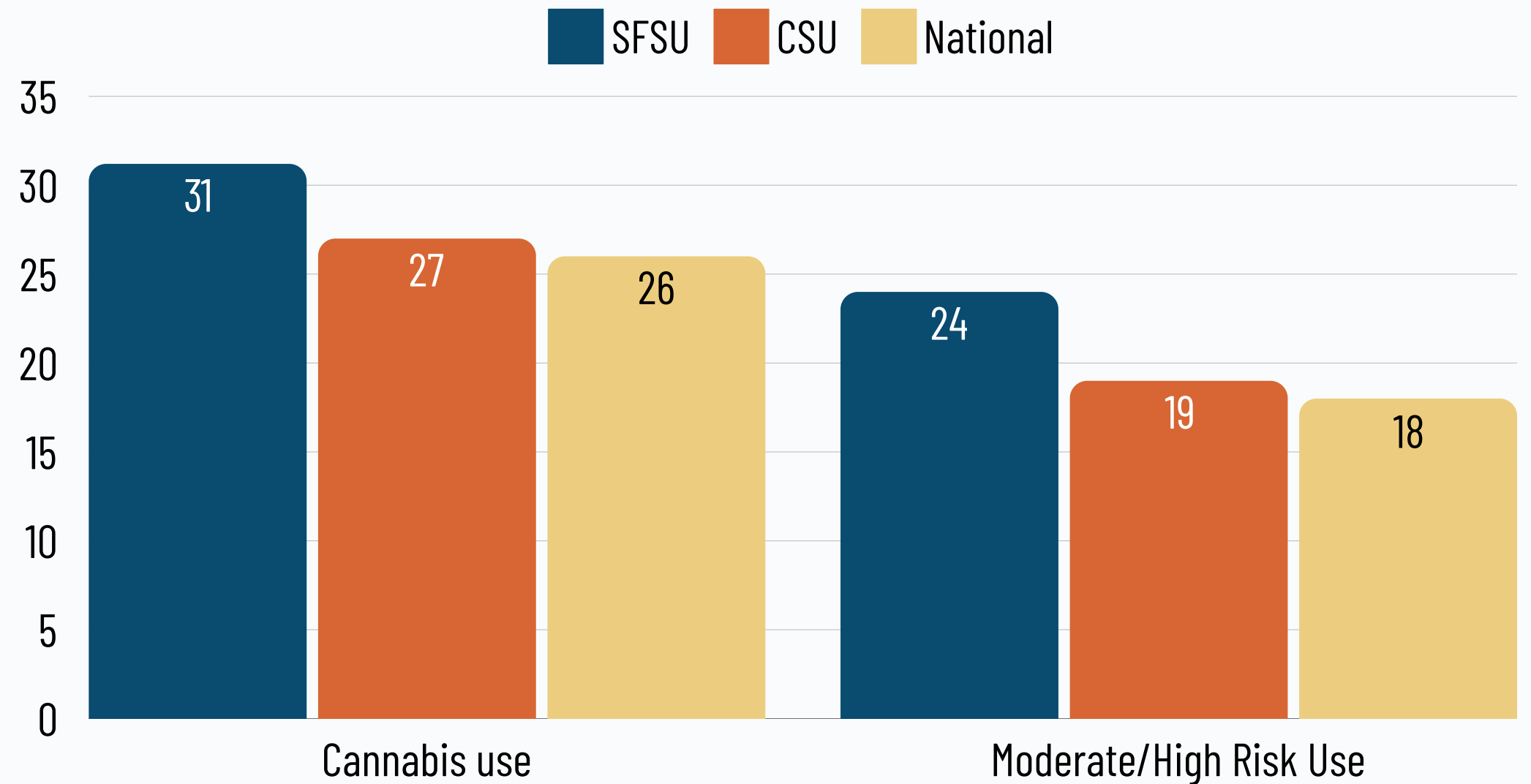
Alcohol and cannabis use has decreased



Binge drinking is down from 2018 and 2024

15%

SF State students report more cannabis use than national sample



High potency cannabis use is linked to increased risk of anxiety disorder and psychosis

(Source: Kilmer, J., 2024)

FINDING 1B

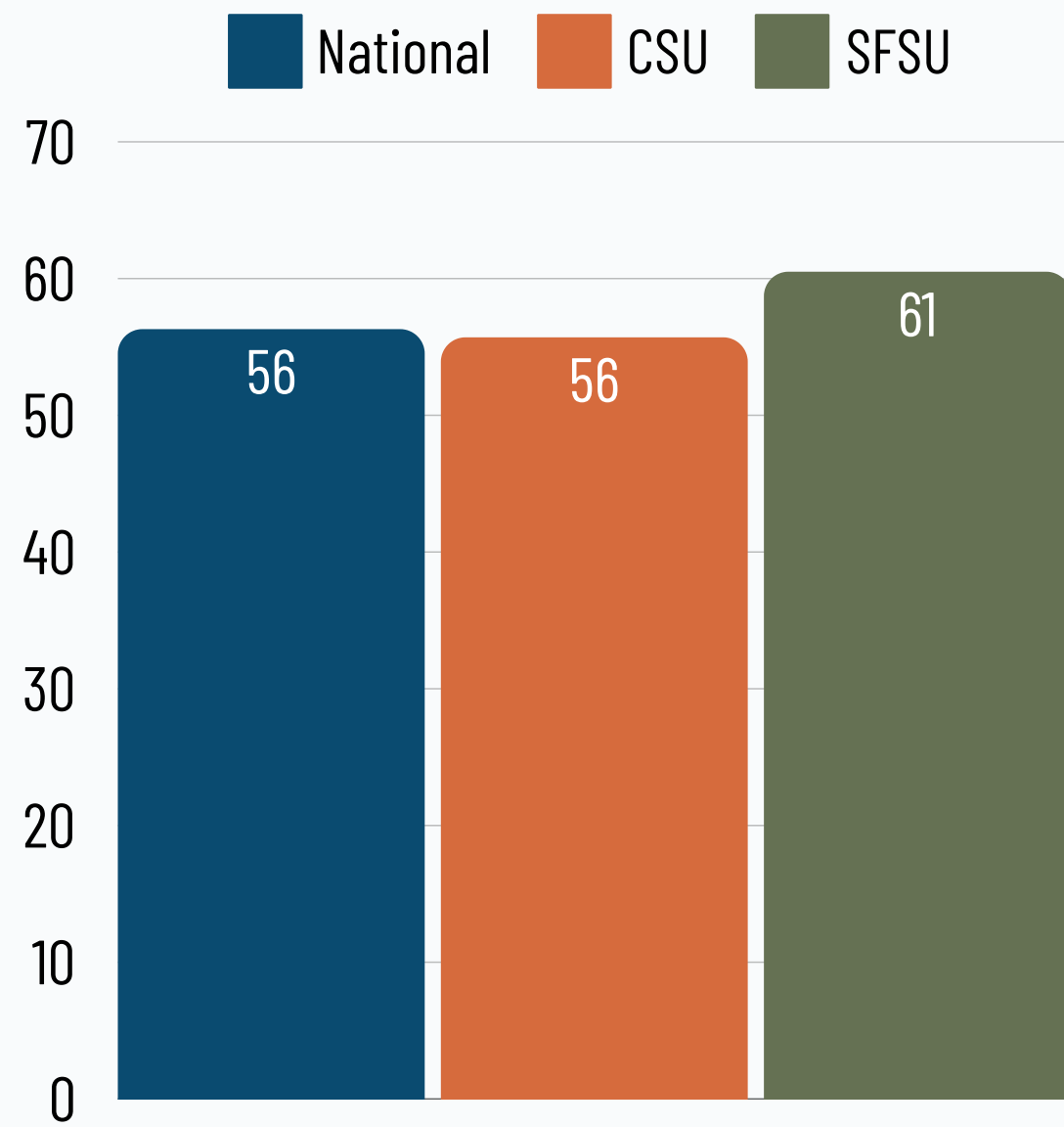
There are still high risk behaviors that need attention



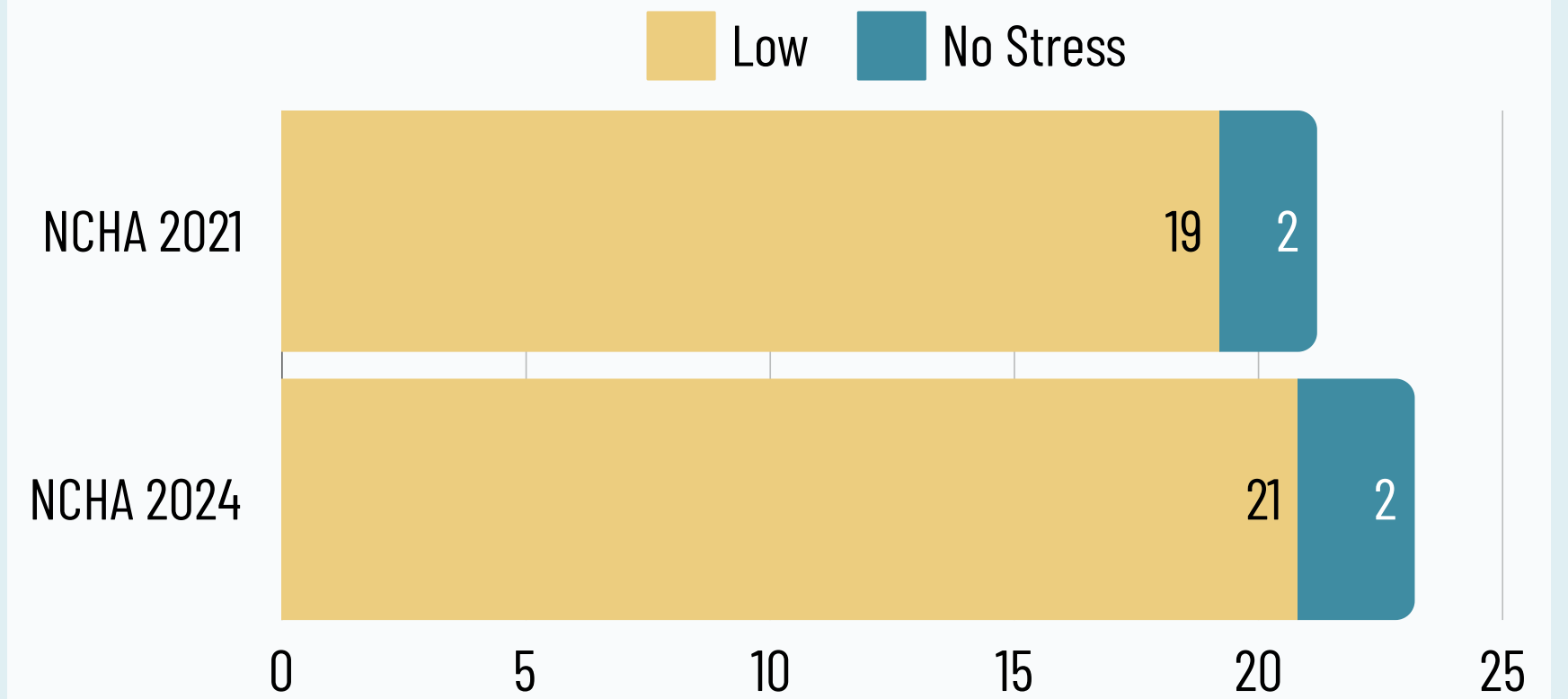
FINDING 2

There is good news!

SF State TGNB students feel like they belong at their school more than National and CSU sample



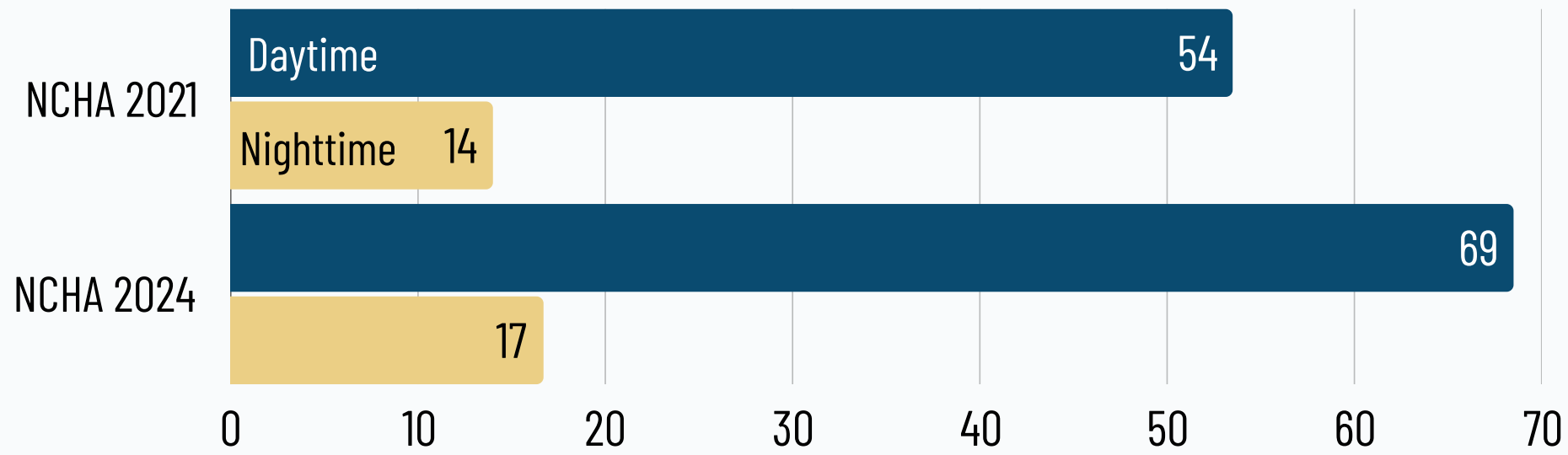
Students report lower levels of stress



Distress due to faculty is down by **3.2%**

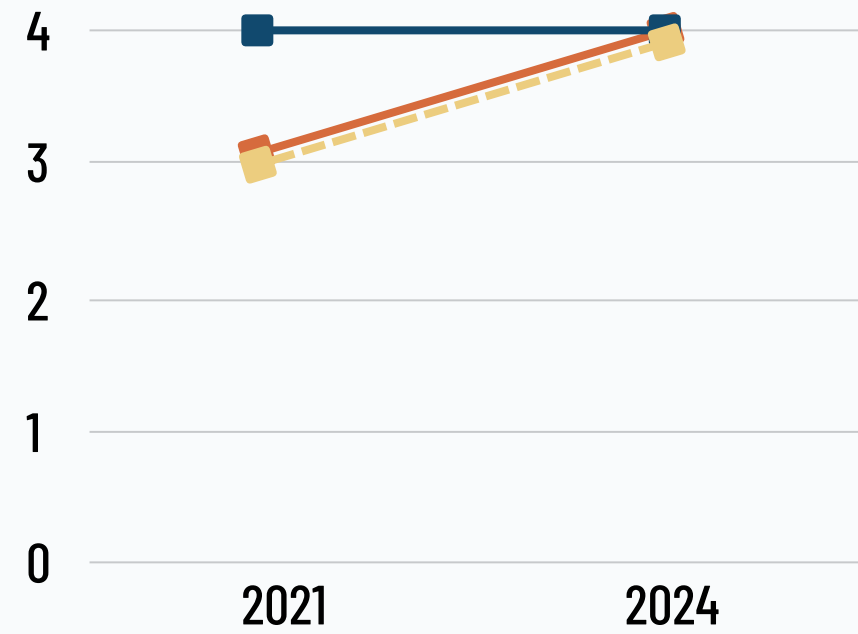
FINDING 2 Good News

Students generally feel safer on campus than in 2021



Black and Asian students feel safer on campus than they did 2021

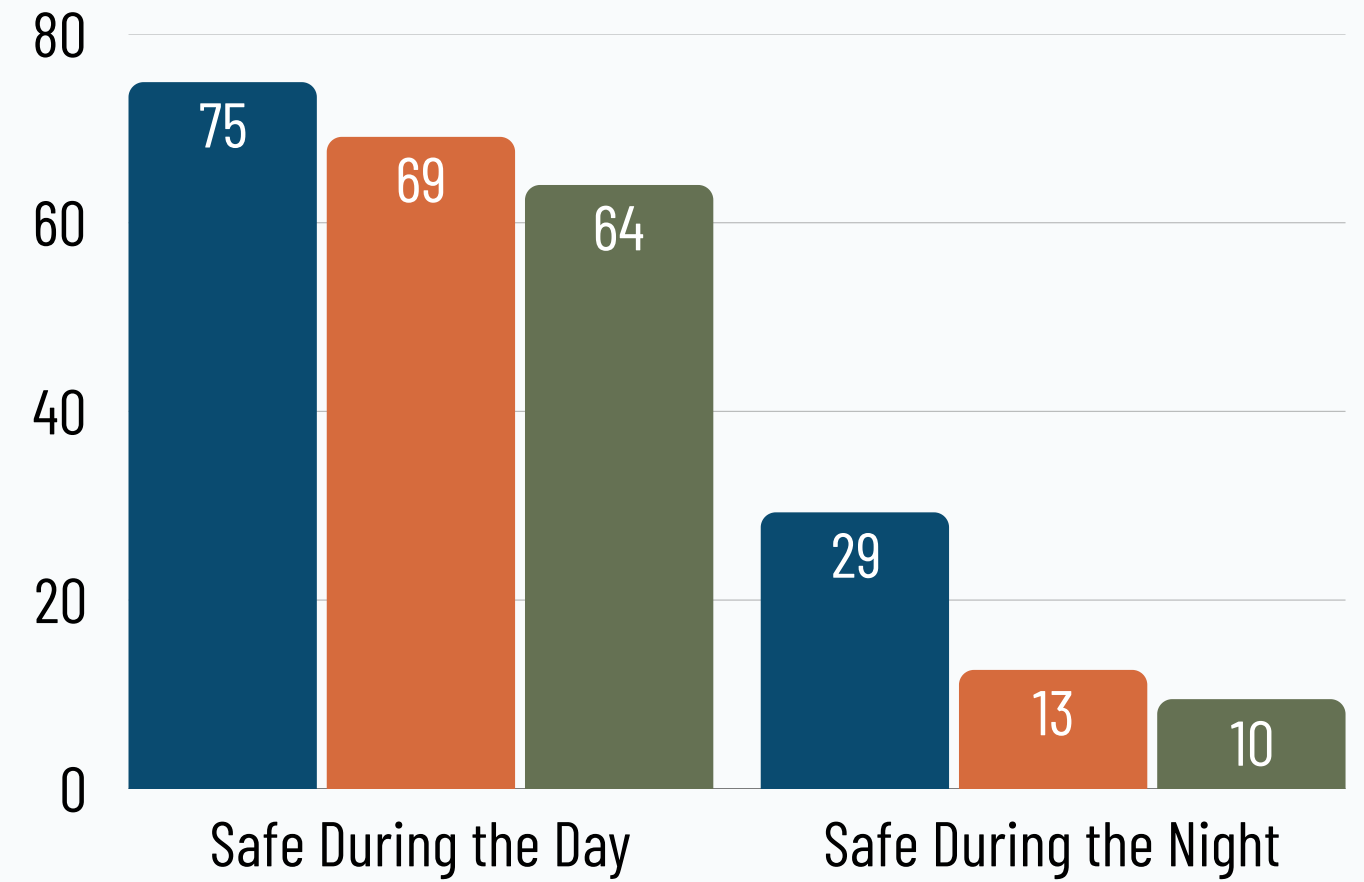
White Asian Black



But...female and trans students do not feel as safe



Male TGNC Female



FINDING 2 Good News

FINDING 3

**Mental health & finances
continue to negatively
impacts academics**



FINDING 3A

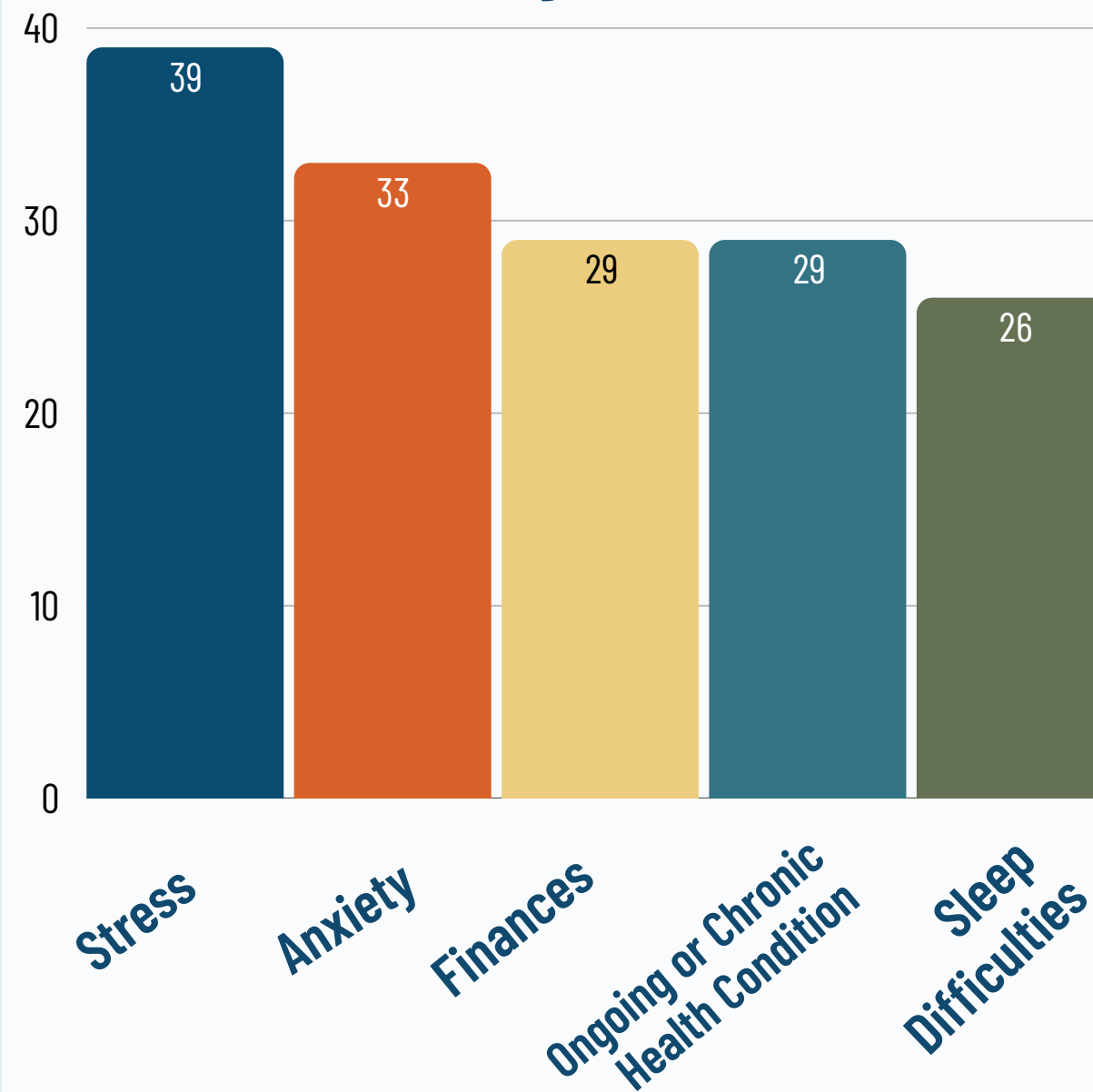
Mental health & finances continue to negatively impacts academics

Procrastination is #1
negative impact on
Academics

52%

of SF State students
reported challenges
with procrastination

Remaining issues negatively
impacting academics

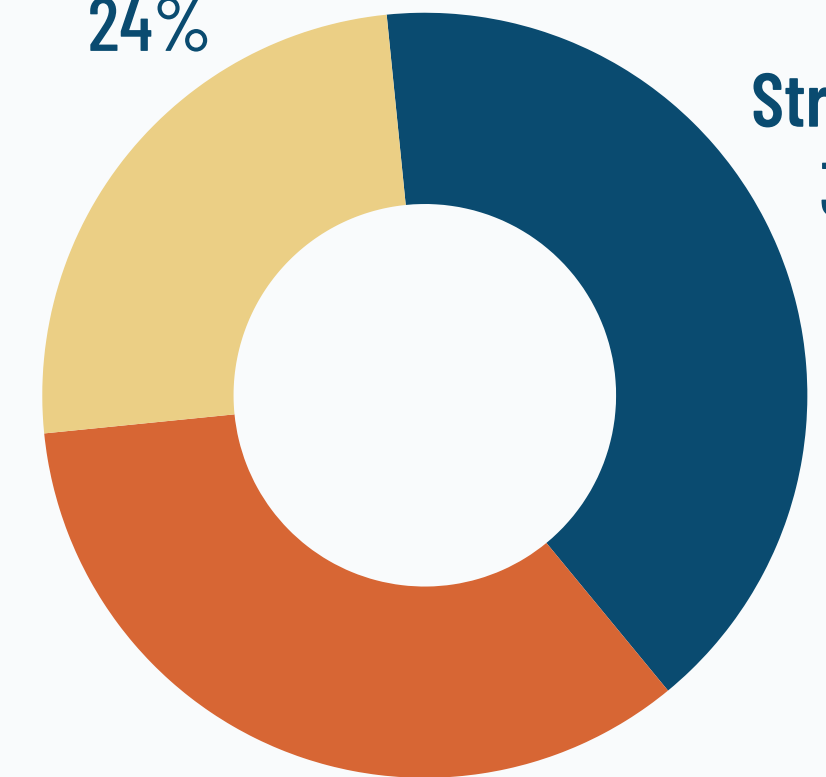


Top 3 Mental Health Issues

Depression
24%

Stress
39%

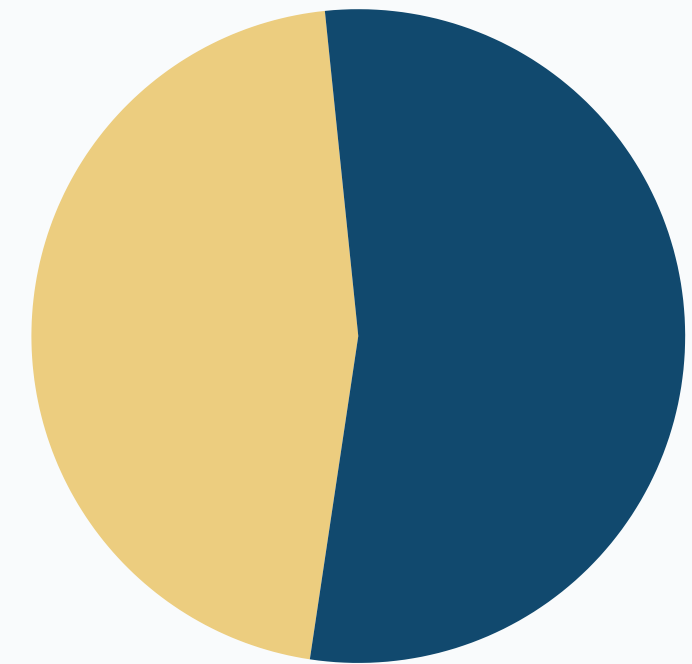
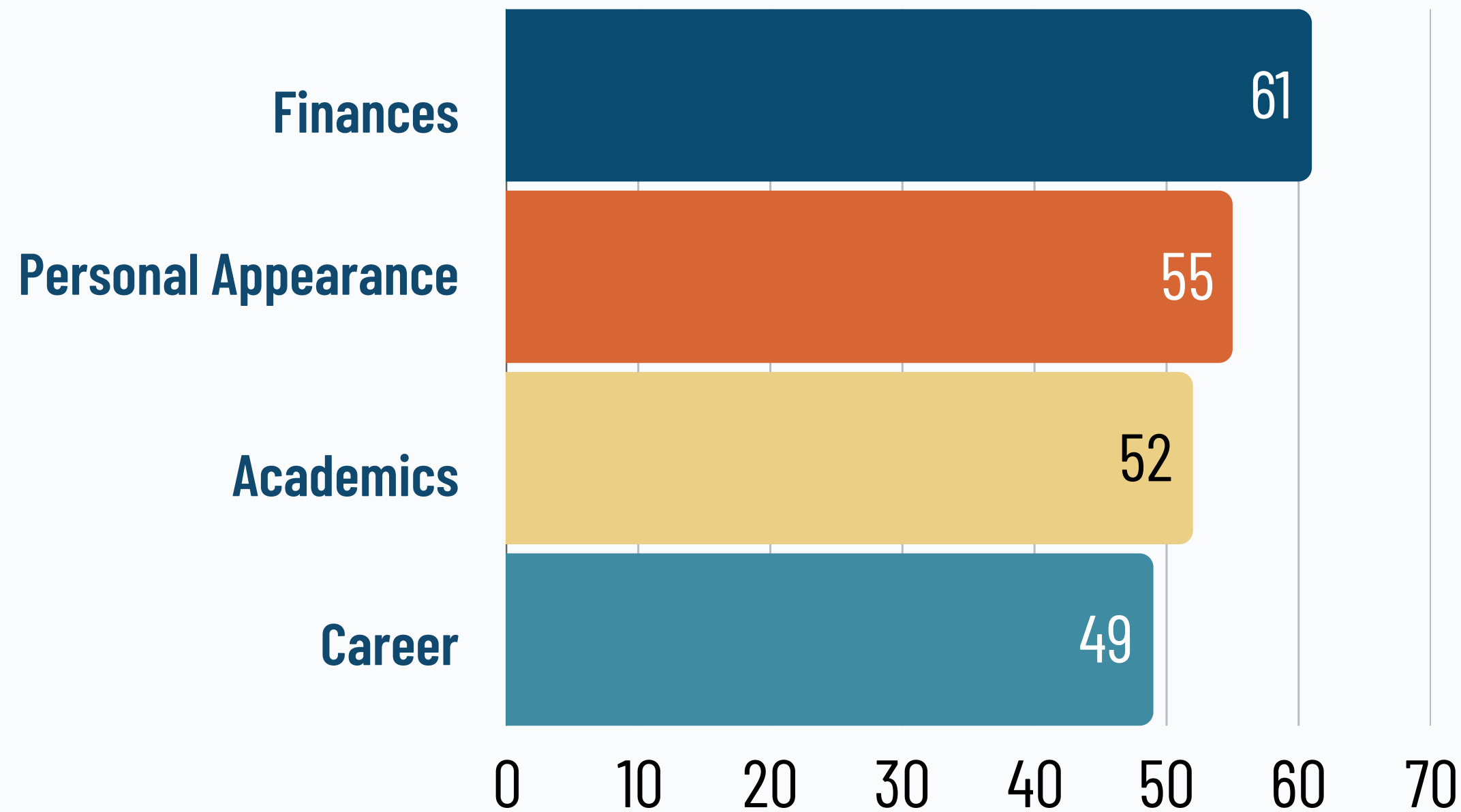
Anxiety
33%



FINDING 3A

Sources of Stress & Poor Mental Health

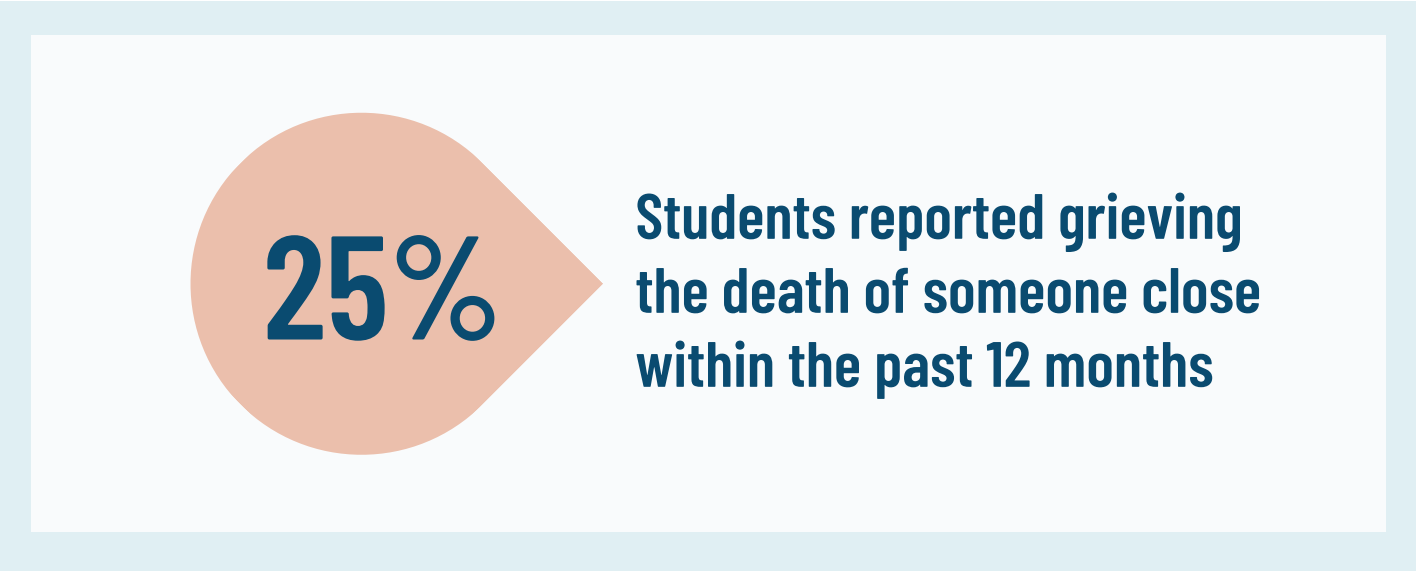
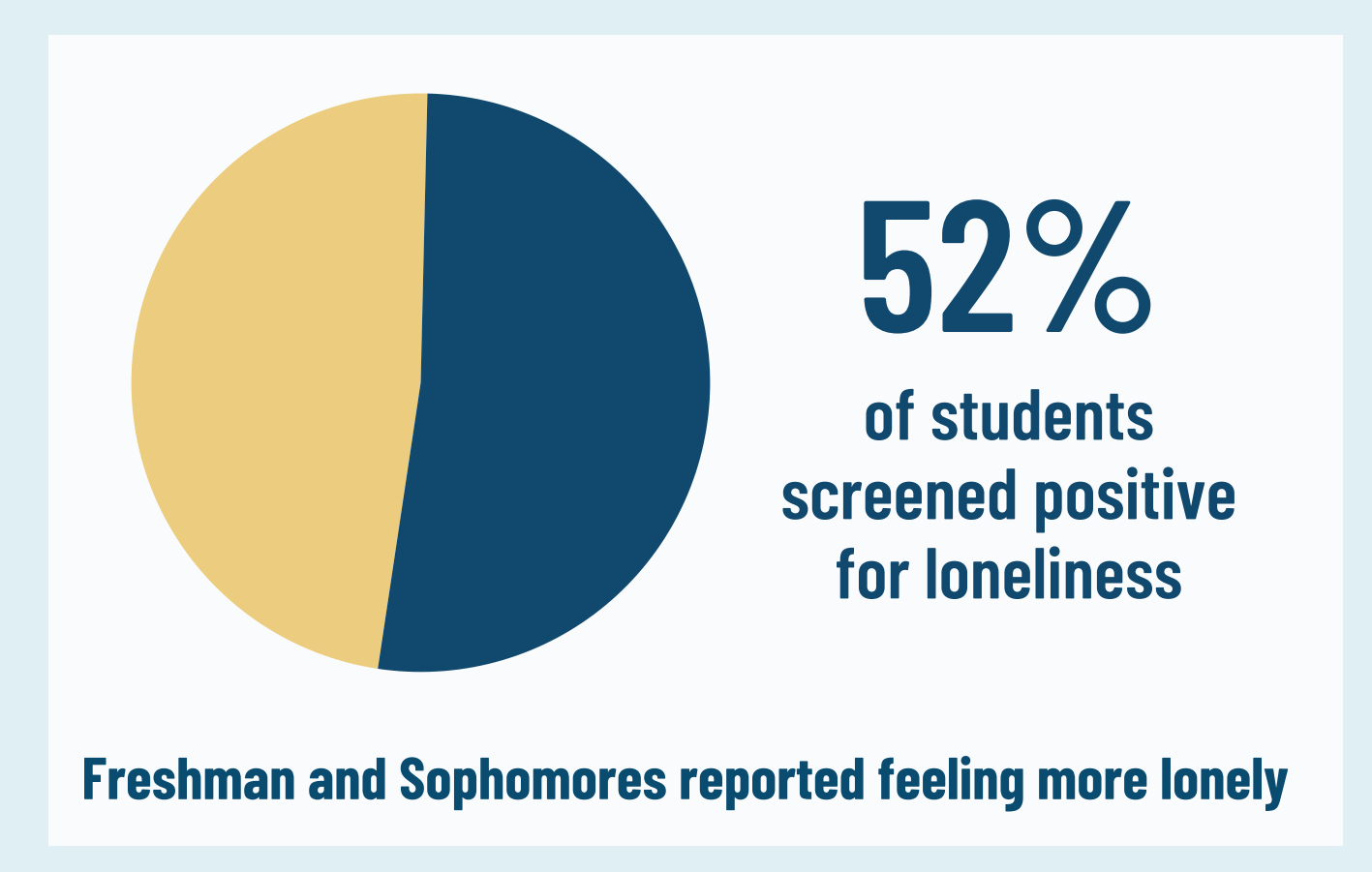
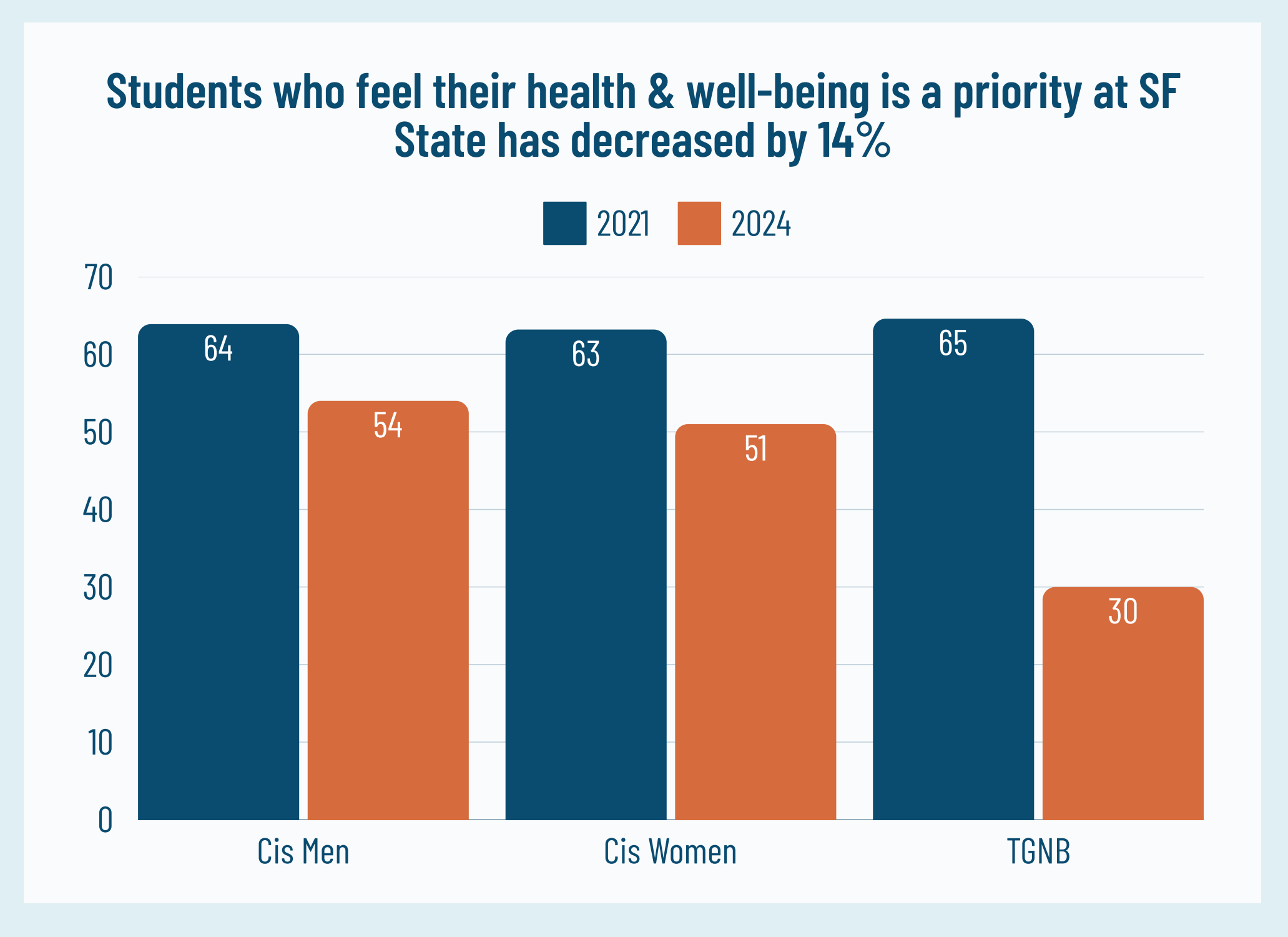
What is stressing our students



47%
of student are not
getting enough
sleep

FINDING 3B

Students' Well-Being is Challenged



FINDING 4

Food security & basic needs challenges are pervasive

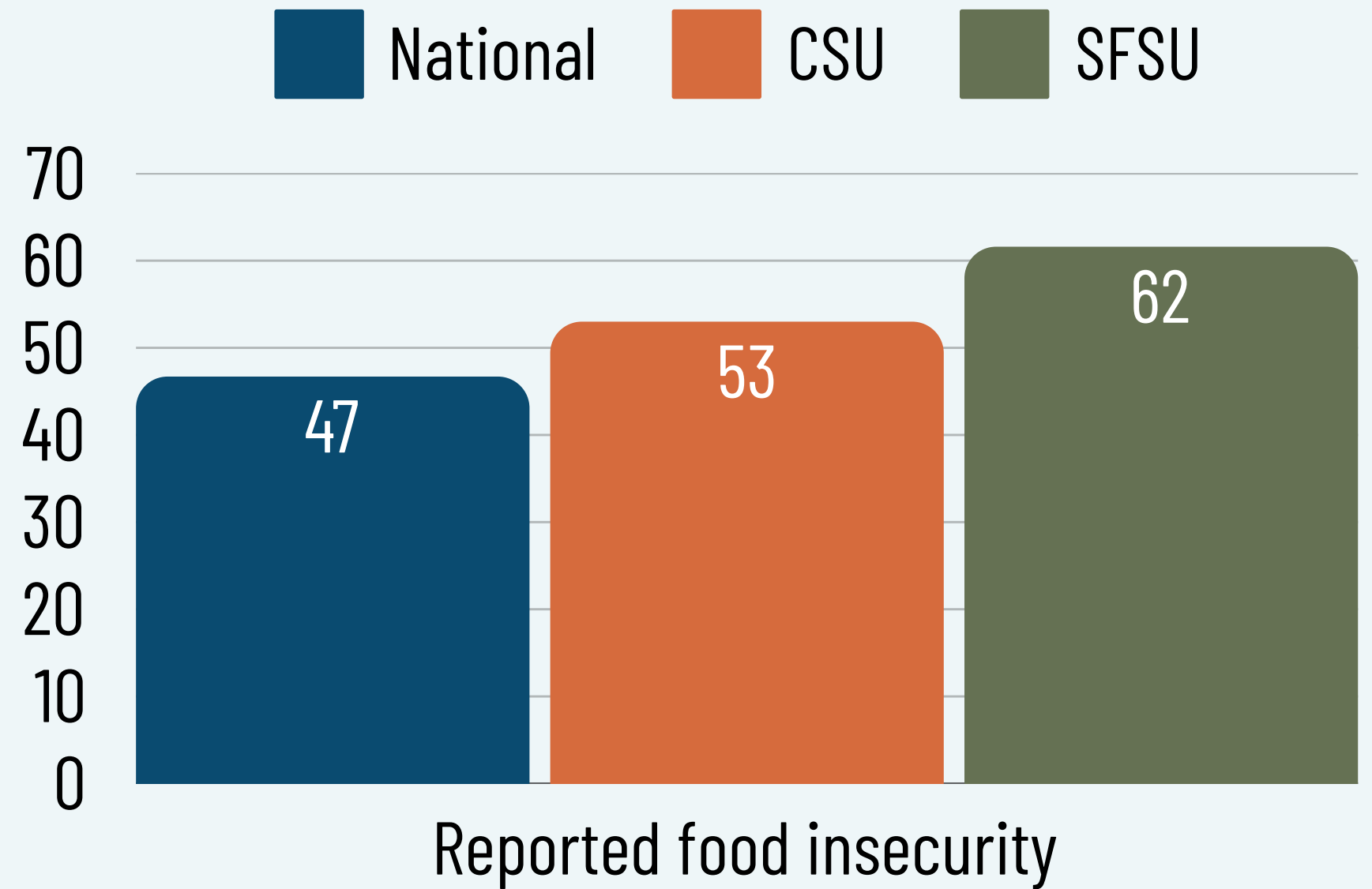


Food insecurity is pervasive



increase in food
insecurity since 2021

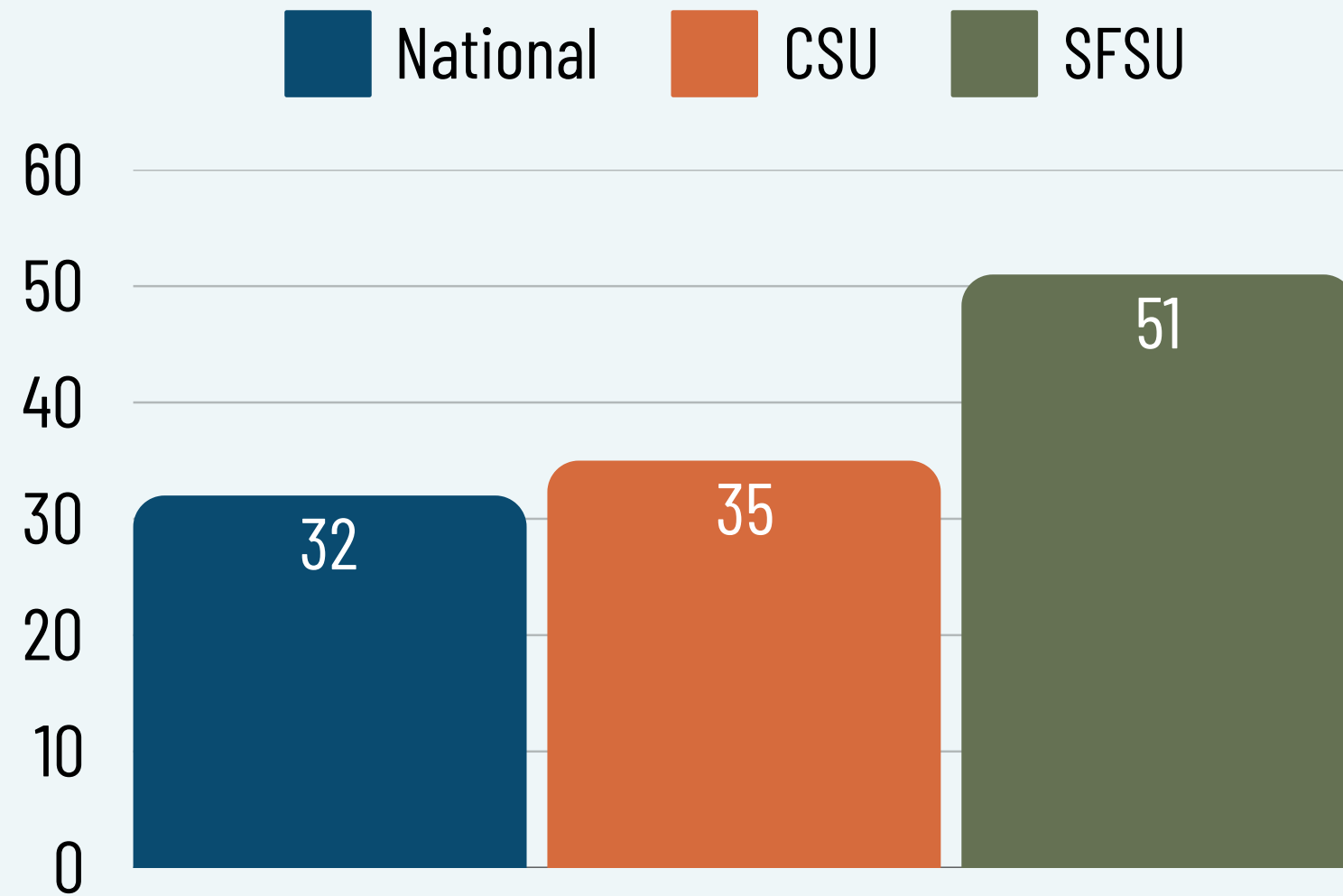
61% of the sample reported they
had problems with finances



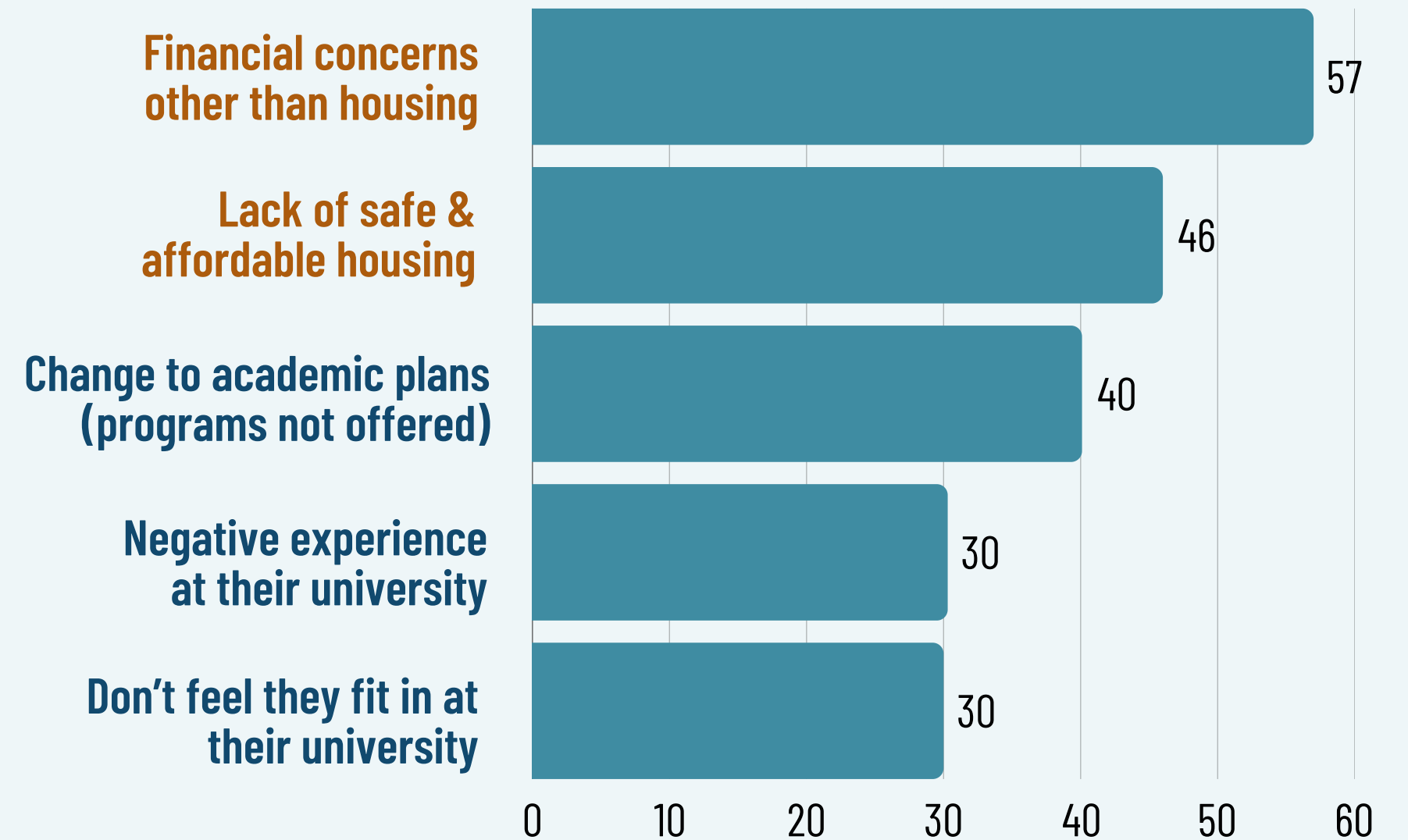
FINDING 4

Food Security & Basic Needs

Students likely to leave due to housing & financial reasons



Reasons from students who reported likely to leave*



*Note: Small N

FINDING 4

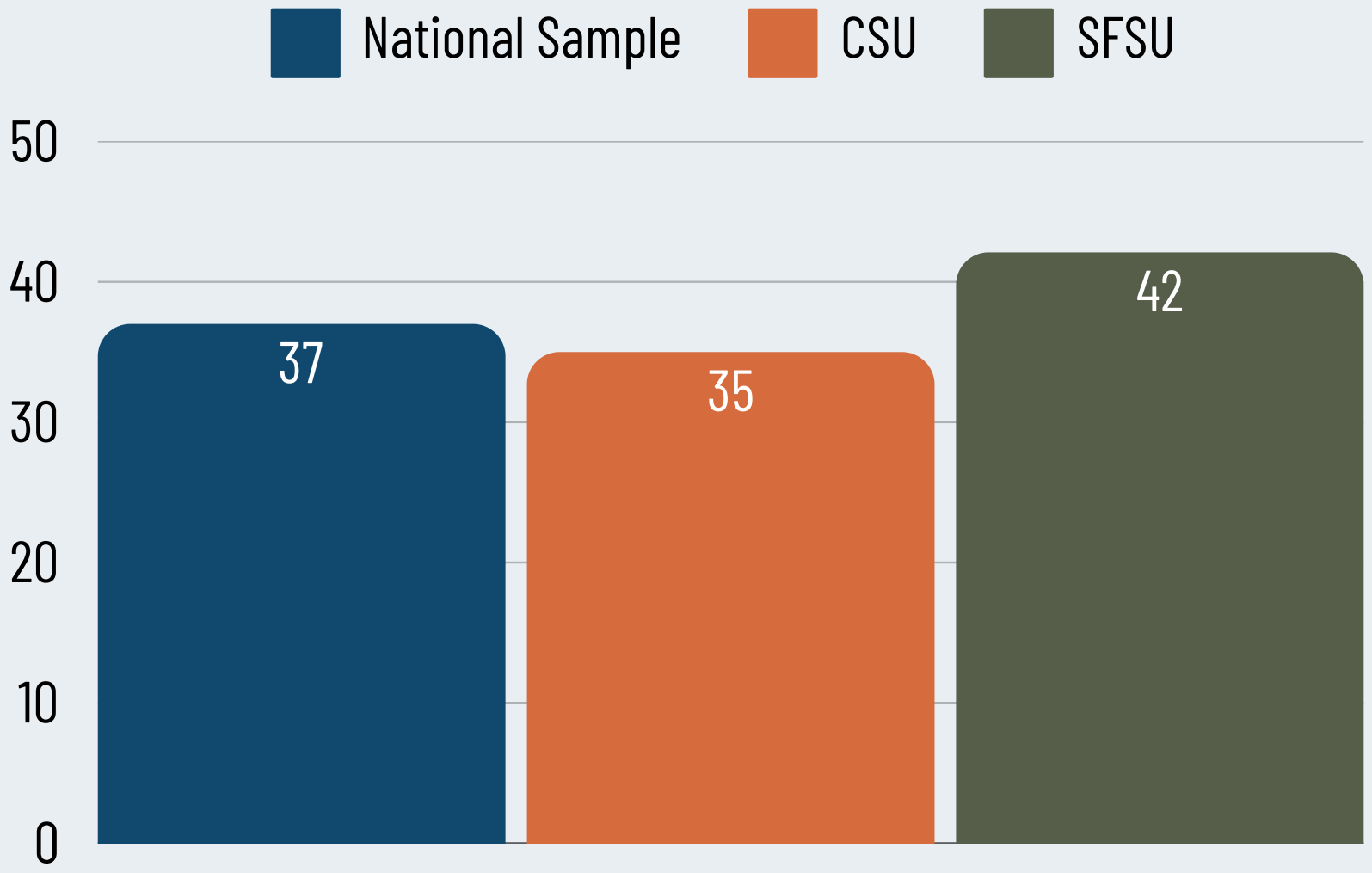
Food Security & Basic Needs

FINDING 5

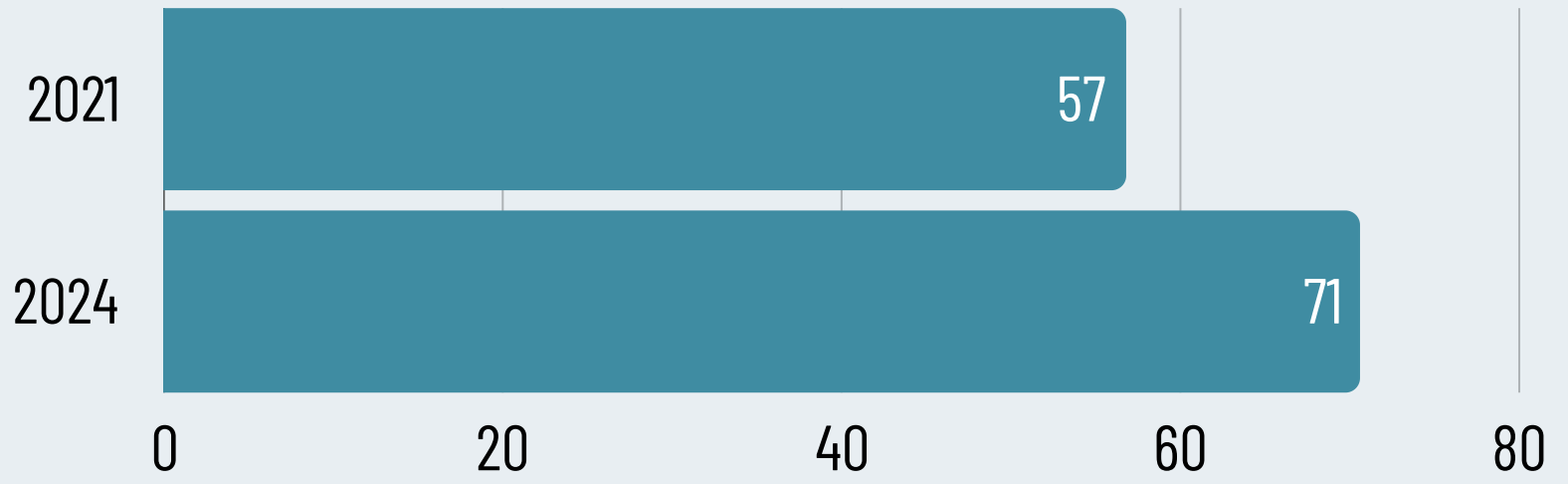
Some students' health is more challenged than others



SFSU TGNB students reported higher overall stress than CSU and national sample



14% Increase in high food insecurity in TGNB students



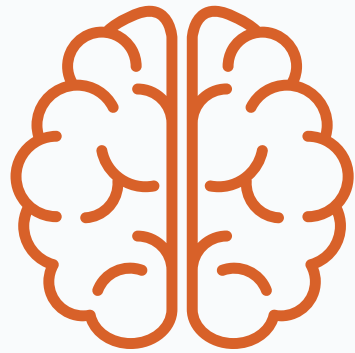
TGNB students have poorer emotional well-being than their cis-gender peers in all domains

FINDING 5A

Health Disparities - Transgender & Gender Non-Binary Students

FINDING 5B

Mental Health Disparities

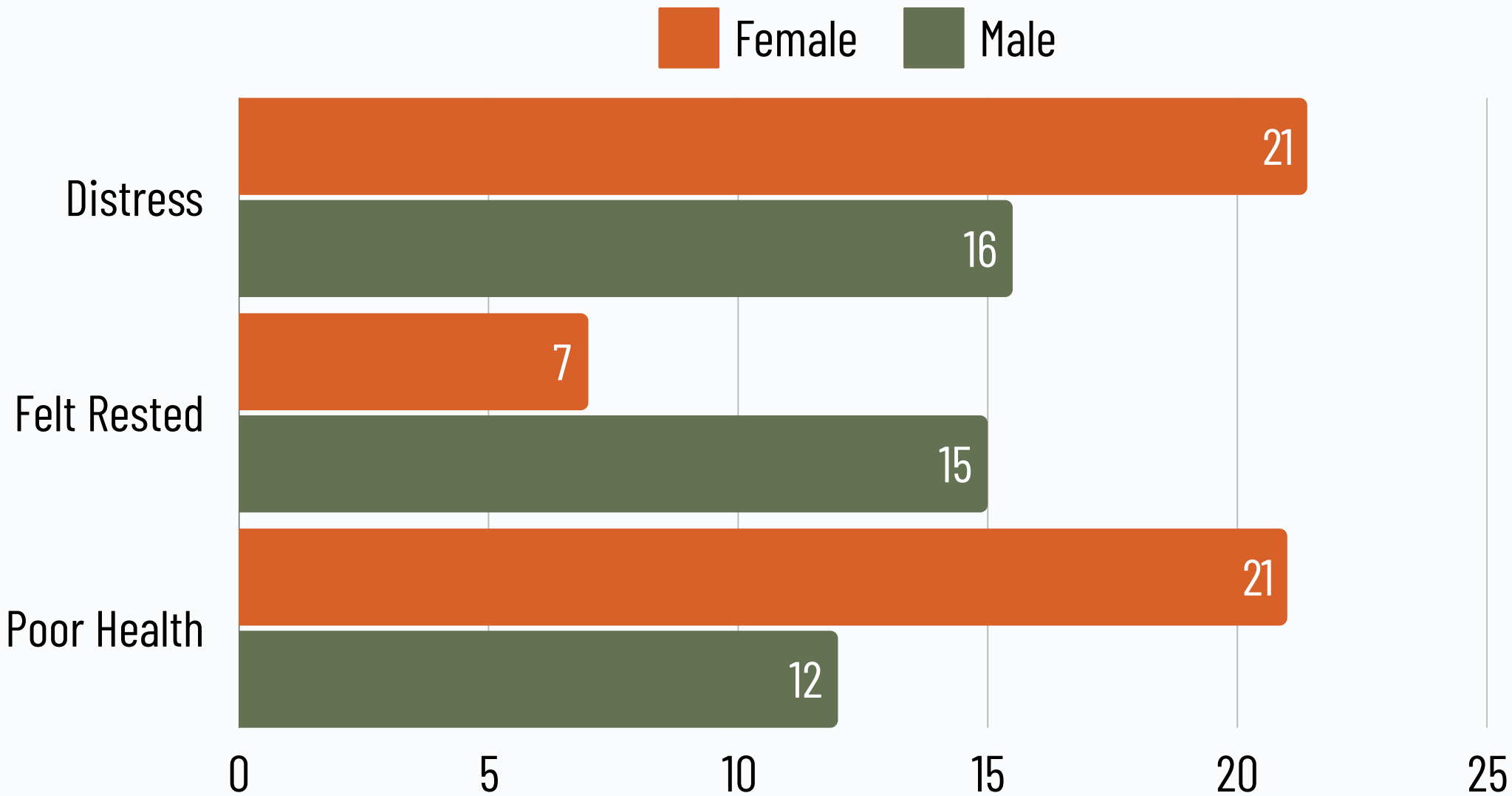


Asian & bi-racial students reported the higher levels of psychological distress



Asian students reported lower levels of optimism, purpose, and flourishing.

Cis-female students report higher levels of psychological distress, less rest, and poorer overall health than cis-male students





HOW SHOULD WE RESPOND

The campus has tools to improve student success

CAMPUS RESPONSE



Educate faculty on these data and campus resources



Acknowledge the impact of well-being issues on academics



Look at your policies and practices as departments- do they foster well-being of students and faculty or challenge it?



Be strategic! We can support on how to respond strategically with limited resources.



wellness.sfsu.edu/staff-faculty-resources



THANK YOU

QUESTIONS?

For more information

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Website: wellness.sfsu.edu

gatorhealth.sfsu.edu