

A C H A

N C H A

American College Health Association  
**National College Health Assessment**

# The Premier Student Health Survey



American College Health Association



# Do you have a comprehensive picture of your students' health?

ACHA-NCHA DATA FACTS

The top five impediments to academic performance: (1) stress, (2) cold/flu/sore throat, (3) sleep difficulties, (4) concern for friend or family, (5) depression/anxiety disorders. The top five remain unchanged in NCHA survey results since 2000.

The rate of students reporting ever being diagnosed with depression has increased 56% in the last six years, from 10% in spring 2000 to 16% in spring 2005.

13% of students reported experiencing an emotionally abusive relationship in the last school year.

6% of students reported having a cigarette daily in the past 30 days. Students perceive other students' daily cigarette use to be 39%.

\*SOURCE: Spring 2005 ACHA-NCHA Reference Group. Data set of 54,111 students and 71 schools.

College students are a diverse yet distinct population with specific health risks and needs. Having current, relevant data about your students' health can only help you to enhance campuswide health promotion and prevention services.

That's why we created the National College Health Assessment (NCHA) — a nationally recognized research survey that can assist you in collecting precise data about your students' health habits, behaviors, and perceptions.



## THE SURVEY WITH THE BROADEST REACH

While other health surveys of college students cover a single topic area, the ACHA-NCHA offers a way for you to map the widest range of health issues:

- Alcohol, tobacco, and other drug use
- Sexual health
- Weight, nutrition, and exercise
- Mental health
- Personal safety and violence

If you need to collect data about your students' smoking habits, contraception use, mental health issues, relationship difficulties, sexual behaviors, exercise habits, preventive health practices, and perceptions of drug and alcohol use, the NCHA can assess students on all of these topics and many, many more — all in one convenient survey!

# ASSESSES

## FLEXIBILITY — HAVE IT YOUR WAY

The NCHA is here to meet *your* needs — *you* determine the primary purpose, surveying method, sample size, target population, and time period. You can choose to conduct your survey on paper or online and whether to administer the survey in the spring or fall.

For the web-based survey, you also have the option of adding up to five additional questions that you can customize to meet your campus needs, to be inserted at a nominal surcharge.

While you handle this upfront work, we do the rest. Once you have made your choices, we're with you every step of the way.

## IT'S ALL ABOUT THE STUDENTS

We have made sure that the NCHA does not place a burden on your students as well. It's simple, easy to complete, and can be distributed in several ways convenient to a busy student's schedule. The survey takes about 30 minutes to complete.

The survey is completely confidential — students' email addresses or names are never attached to their responses.

Ultimately, the information that you acquire through the NCHA can only help to advance your students' health, wellness, and overall satisfaction with their college learning and social experience.

## A GOOD VALUE FOR YOUR BUDGET

The costs to implement the NCHA are much lower than you would expect, especially in comparison to other data collection projects. It's so cost-effective that you can implement the survey several times, to evaluate campus health initiatives and map your student health data over an extended period.

## PARTICIPATION AND PROCESSING FEES

	ACHA Member Institution		Nonmember Institution	
	Web Survey	Paper Survey	Web Survey	Paper Survey
Participation Fee	.20 ea	.40 ea	.40 ea	.75 ea
Non-responder Contact Fee	.10 ea	N/A	.20 ea	N/A
Processing Fee	.25 ea	.50 ea	.50 ea	.90 ea
Reports Package (5 products): Institutional Data File, Data Report, and Executive Summary, plus a Reference Group Report and Executive Summary	\$300	\$300	\$500	\$500

*Participation fees are based on the number of student contacts (for the web survey) or the number of scan forms (for the paper survey). Processing fees are based on scanning and/or compiling completed survey data. Additional custom questions may be added for a fee.*



Students reported their parents, the Internet, and friends to be their top sources for health information.

The estimated Body Mass Index (BMI) has 65% students classified as a healthy weight, and 30% classified as overweight or obese.

53% of sexually active students reported using condoms the last time that they had vaginal intercourse.

# ACHA-NCHA DATA FACTS

\*SOURCE: Spring 2005 ACHA-NCHA Reference Group. Data set of 54,111 students and 71 schools.

## JOIN A GROWING PARTICIPANT BASE

It's no wonder that survey participation has more than tripled since the survey's first administration in Spring 2000. More than 300,000 students at 300+ colleges and universities across the country have already taken the survey. The NCHA has been used by two-year and four-year public and private institutions from varied geographical regions, Carnegie Foundation Classifications, and campus settings.

National media, government policymakers, and prominent public health and higher education organizations have repeatedly cited NCHA data in articles, proposals, and presentations. What started as a pilot program in 1998 has now grown into an established and well-regarded tool that presents a rich picture of college student health.

## HOW YOU CAN USE THE DATA

**With the NCHA, you can determine the most significant health priorities and trends of your student body.**

With your survey data, you can:

- Identify the most common health and behavior risks affecting students' academic performance.
- Design evidenced-based health promotion programs with targeted educational and environmental initiatives.
- Create social norms marketing campaigns by comparing students' actual behaviors to their perceptions about peer behavior.
- Allocate monetary and staffing resources based upon defined needs.
- Provide needs assessment data for campus and community task forces on sexual assault, alcohol use, eating disorders, etc.
- Have readily available graphs and data for policy discussions and presentations with faculty, staff, administration, and board members.
- Impact the campus culture by opening a dialogue about health with students and staff.
- Develop proposals to secure grant funding to expand or develop programs.
- Evaluate your programming efforts by conducting repeat administrations of the survey.

There are so many additional ways the data can be of service to your campus:

- For *faculty* to present in social sciences, health, communications, and research classes.
- For *students* to gain hands-on experience working with and analyzing data.
- For *campus and local media* to cite in articles and editorials.
- For *administration* to use in presentations for prospective students and parents and for freshmen orientation.
- For *marketing professionals* to draw on for promotional materials.

*\*Because individual institutions self-select to participate, ACHA-NCHA Reference Group data are not nationally generalizable.*

evaluate

## WHAT YOU NEED TO KNOW TO GET STARTED

**Interested in participating in the survey? These steps will give you a general idea about how to get started.**

- Decide the primary purpose of the survey. Do you want to survey for a general health assessment, a needs assessment, for comparison to a national sample, for program planning, or for pre-test and post-test evaluation?
- Determine your target population. Do you want to survey freshmen, athletes, graduate students, commuters, another subset, or all students?
- Identify sources of support and campus resources available — administrators, health center staff, other student affairs staff, IT staff, academic departments, and graduate students. The NCHA can be a great opportunity for campuswide collaboration.
- Decide if you want to survey in the fall or spring. The fall survey asks students questions based on “the last 12 months”; the spring survey asks students the same questions based on “the last school year.”
- Specify the sampling strategy and surveying method you want to use: survey all students (web or paper); survey randomly selected students (web or paper); survey students in randomly selected classrooms (paper). We can help you review the pros and cons of each and figure out your most effective choice.
- Determine if you want to offer any incentives to increase your response.
- Decide if you want to add any extra questions specific to your campus.
- Based upon your selected sample size and surveying method, complete the order form and send in initial payment for the total number of students to be surveyed and the reports package.

### IF YOU CHOOSE THE WEB SURVEY:

- Email us a spreadsheet file of student email addresses, your letter of invitation/consent, your preferred subject line, and your reminder letter for non-responders.
- Send a copy of your Institutional Review Board (IRB) approval and/or administrative approval.
- Complete and send in the Demographic Survey.
- We handle the rest — we email the invitation and reminder invitation to your students, collect and download the data, and generate your data reports.

### IF YOU CHOOSE THE PAPER SURVEY:

- Send a copy of your Institutional Review Board (IRB) approval and/or administrative approval. We will ship your requested printed surveys.
- Distribute the survey based upon your sampling technique — in randomly selected classrooms or to randomly selected students.
- Collect the completed surveys and ship them to us.
- Complete and send in the Demographic Survey.
- We handle the rest — we scan the surveys, download the data into our statistical program, and generate your data reports.

**National College Health Assessment**

The following questions ask about various aspects of your health. This survey is completely voluntary. You may choose not to participate or not to answer any specific questions. You may skip any question you are not comfortable answering. The survey is confidential. E-mail contact information is destroyed before data are compiled to protect anonymity. Composite data will then be shared with researchers.

NAVIGATE WITH THE MOUSE OR PRESS THE TAB KEY AFTER EACH QUESTION. DO NOT USE THE ENTER KEY.

**The first 10 questions ask about health, health education, and safety.**

1) Considering your age, how would you describe your general health?

Excellent  Very good  Good  Fair  Poor  Do not know

2) On which of the following health topics have you received the most information in the last school year? (Select all that apply)

<input type="checkbox"/> Tobacco use prevention	<input type="checkbox"/> Pregnancy prevention
<input type="checkbox"/> Alcohol and other drug use prevention	<input type="checkbox"/> AIDS/HIV prevention
<input type="checkbox"/> Sexual assault/relationship violence prevention	<input type="checkbox"/> Suicide prevention
<input type="checkbox"/> Violence prevention	<input type="checkbox"/> Diet and nutrition
<input type="checkbox"/> Injury prevention and safety	<input type="checkbox"/> Physical activity
<input type="checkbox"/> Suicide prevention	<input type="checkbox"/> None

3) Use the scale below to record the BELIEVABILITY of each of the last responses for each question in the right.

7) Within the last school year, how often did you: (Please mark the appropriate column for each row)

	N/A didn't do this within the last school year	Never	Rarely	Sometimes	Most of the time	Always
Wear a seatbelt when you ride in a car?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wear a helmet when you ride a bicycle?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wear a helmet when you ride a motorcycle?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wear a helmet when you were inside a motor vehicle?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

8) Within the last school year, were you:

	No	Yes
In a physical fight?	<input type="checkbox"/>	<input type="checkbox"/>
Physically assaulted (do not include sexual assault)?	<input type="checkbox"/>	<input type="checkbox"/>

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Wear a helmet when you ride a bicycle?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wear a helmet when you ride a motorcycle?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wear a helmet when you were inside a motor vehicle?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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In a physical fight?	<input type="checkbox"/>	<input type="checkbox"/>
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## YOUR DATA REPORTS PACKAGE

When you complete the survey process and administrative requirements, we will send you:

- your institutional data file — statistical program file with built-in codebook for your own analysis
- a comprehensive institutional report — frequency distribution for every survey question by gender and for all subjects
- your institutional executive summary — highlights of your results

When the survey period has ended, we will send you:

- the aggregate reference group report and reference group executive summary for your survey period — so you can compare your data to the national sample

The average turnaround time for the return of your institutional results is only six weeks or less!

## FOR MORE INFORMATION

Visit [www.acha-ncha.org](http://www.acha-ncha.org) for detailed information about the survey and how to participate. You will also find online:

*User's Manual* — Describes in detail how to plan and carry out your survey research, conduct random sampling, and manage follow-up.

*Frequently Asked Questions* — Answers your IT and sampling questions for the web-based survey.

*Data Highlights and Reports* — Presents graphs, articles, and comprehensive reports.

Or, call the ACHA-NCHA Program Office at (410) 859-1500.

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VOICE OF EXPERTISE IN COLLEGE HEALTH

For more than 85 years, the American College Health Association has been the nation's principal advocate and leadership organization for college and university health. We are dedicated to strengthening the efforts of college health professionals, institutions of higher education, and other key stakeholders working in the field to promote and maintain the health and wellness of the nation's more than 16 million college students. Ongoing efforts such as the National College Health Assessment help us to advocate for student health by integrating the critical role of college health into the mission of higher education.