

Student Health and Academic Performance

Analysis of the 2019 National College Health Assessment (NCHA III)

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INTRODUCTION

In Fall 2019, Moorpark College, as well as Ventura College and Oxnard College of the Ventura County Community College District participated in the National College Health Assessment (NCHA) III. This assessment is conducted by the American College Health Association. It was administered via the web, deployed via email and text to all students enrolled in the District at the time. Moorpark College had a total of 1,529 students respond.

The intention of this report is to summarize the findings for Moorpark College. Key areas of focus include mental health, sleeping problems, bullying, housing insecurity, food insecurity, physical activity & BMI, school violence, and alcohol or drug addiction.

Due to the NCHA being significantly changed from v.II to v.III, trends cannot be reported as we have done in previous years. Additionally, given some special population groups having so few students (N < 30) complete the survey (a very small population group already), some special population groups were not analyzed for disproportionate impact. Likewise, some areas of interest may not have had large enough responses in each category to justify disproportionate analyses.

SPECIAL POPULATIONS

Not uncommon for surveys, an overrepresentation of females answered the survey (67%) in contrast to the Moorpark student population. The racial/ethnic distribution was similar to the Moorpark student population with 42% White, 32% Hispanic, and a combined 23% being other races, with Hispanic students falling just short of the proportion they make up in the general student population (35%). Although there was a slight overrepresentation of black students who completed the survey (3%) in comparison to the student population, the small 'n' of black students required that we forego disproportionate impact analyses for blacks and combine them into a group of 'other race' students in order to appropriately analyze differences for Hispanic students.

The data collected herein suggest that the LGBTQ1 population at Moorpark College has reached 22%. In addition, just over 4% of our students either were in foster care at one time (or are currently). It should be noted that this may be a function of the survey response rate/who responded as the proportion of foster care students is overrepresented in comparison to what is reported in the CCCC Datamart. One and a half percent (1.5%) are veterans, of whom, nearly 1% served in a geographic area of hazardous duty. This matches data from the CCCC Datamart for veterans at Moorpark College.

¹ * LGBTQ students includes asexual, bisexual, gay, lesbian, pansexual, queer, and questioning.

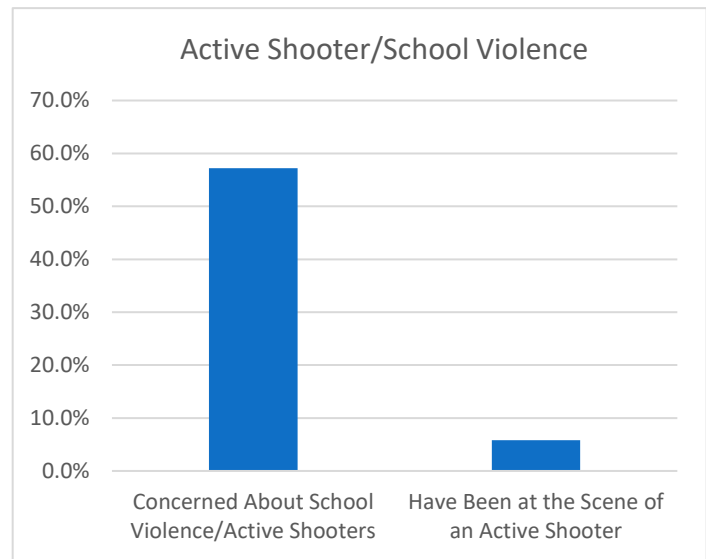
SCHOOL VIOLENCE

In the last 20 years school violence has increasingly become a real threat to campuses, nationwide. More recently, active shooters have increasingly become a problem, impacting our view of safety. This is an issue for communities across the nation, forever changing how we approach large venues. Given the proliferation of active shooters, both on campuses and at community venues, it is important to consider the impact on our students.

Both the 2017 Las Vegas shooting and the 2018 shooting at Borderline took place in or near our community, such that a number of Moorpark College students were in attendance or were impacted in a very personal way. Thus, many of our students have directly experienced this trauma and may have post-traumatic stress disorder (PTSD) related to the experience(s).

The National College Health Assessment (NCHA) III of 2019 shows us that nearly 6% of our students have been at the scene of an active shooter. More importantly, *nearly 60% (57.2%) are concerned about school violence or an active shooter.*

This is clearly an area where Moorpark College can work to prepare and attempt to ease the concerns of students.



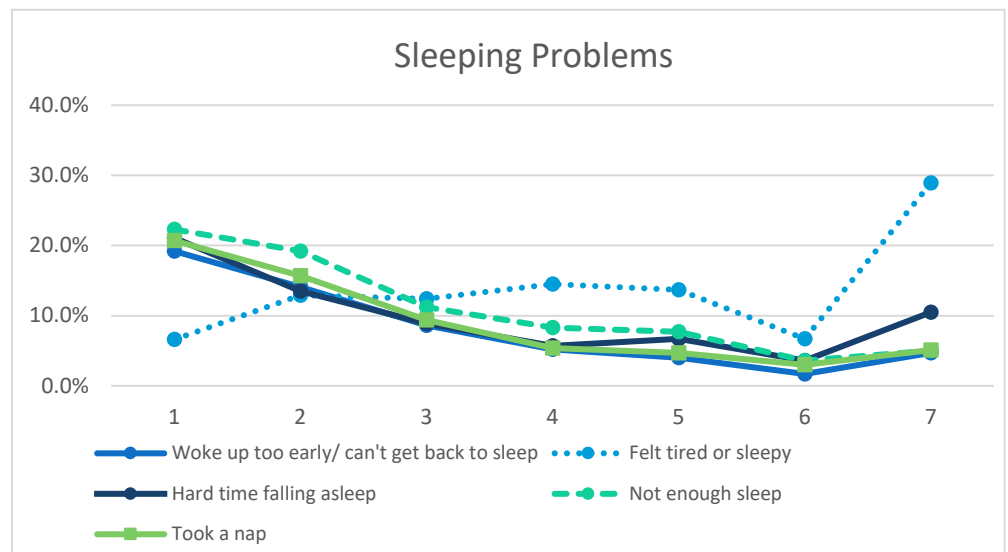
SLEEP PROBLEMS

We know that adequate sleep is critical for normal, healthy functioning of our bodies, and likewise, fighting off illness and maintaining mental health. Sleep deprivation has been shown to be closely linked to psychological problems as it affects your psychological state.

Moreover, stress is also associated with poor sleep, where we have less resilience to stress if we are not adequately rested.

Key problem areas for Moorpark students are having a hard time falling asleep and feeling tired or sleepy. Most notably, *nearly 30% (28.9%) of our students felt tired or sleepy 7 days a week!*

In addition, approximately 10% report having a hard time falling asleep *every day of the*

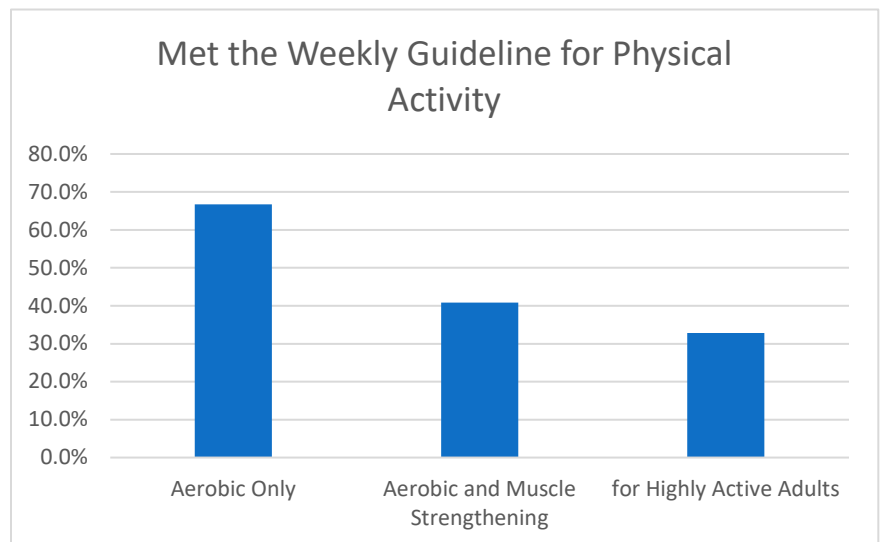


week. Another 35% felt tired or sleepy and another 16% had a hard time falling asleep more than half the days of the week.

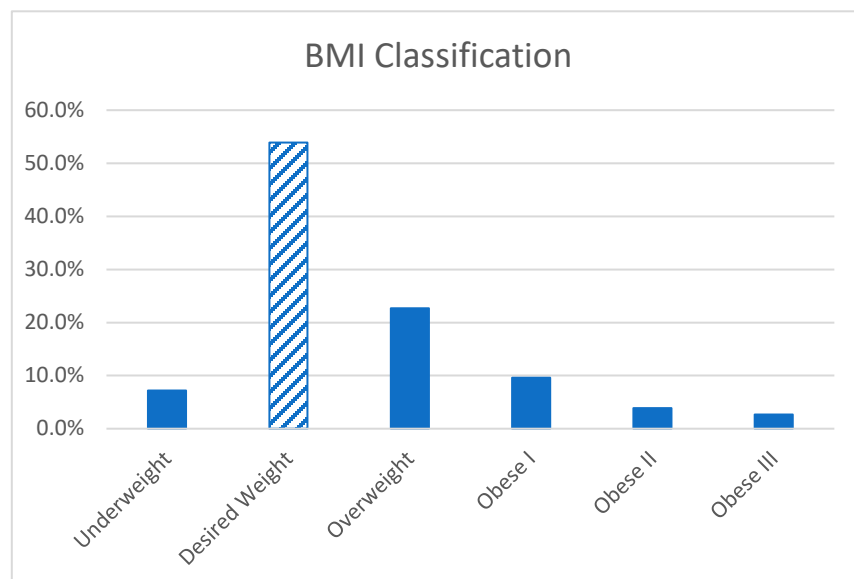
When we look at sleeping problems by special population groups, a few differences show up across groups. Hispanic students have more days per week that they wake up too early and can't get back to sleep, in comparison to whites and other racial groups. Hispanics and other racial groups both have more days per week that they take a nap, as compared to white students. *Female students are the most affected by sleeping problems, with more days waking up too early; feeling tired or sleepy; having a hard time falling asleep; and not getting enough sleep, in comparison to males.* LGBTQ students are the next most affected by sleeping problems with three sleep areas where they experience more days affected in contrast to their counterparts. *Those areas are feeling tired or sleepy; not getting enough sleep; and having a hard time falling asleep.* Finally, students who have been or are in foster care, on average, have more days where they took a nap in comparison to students not in the foster care system.

PHYSICAL ACTIVITY & BMI

Physical activity is important to our mental health and maintaining a healthy weight. Being obese and overweight have been linked to poor health outcomes and raise the risk of many conditions such as heart disease, diabetes, and thyroid conditions. *Two-thirds (66.7%) of students at Moorpark met the US guidelines for weekly aerobic activity*, whereas 41% met the guideline for weekly aerobic and strength training. Students most frequently report moderately exercising for 60 minutes a week.



So how healthy are Moorpark College students? Unfortunately, *just over half of our students (53.9%) meet healthy weight guidelines based upon BMI data.*



Especially concerning is that 23% are overweight and another 16% are obese.

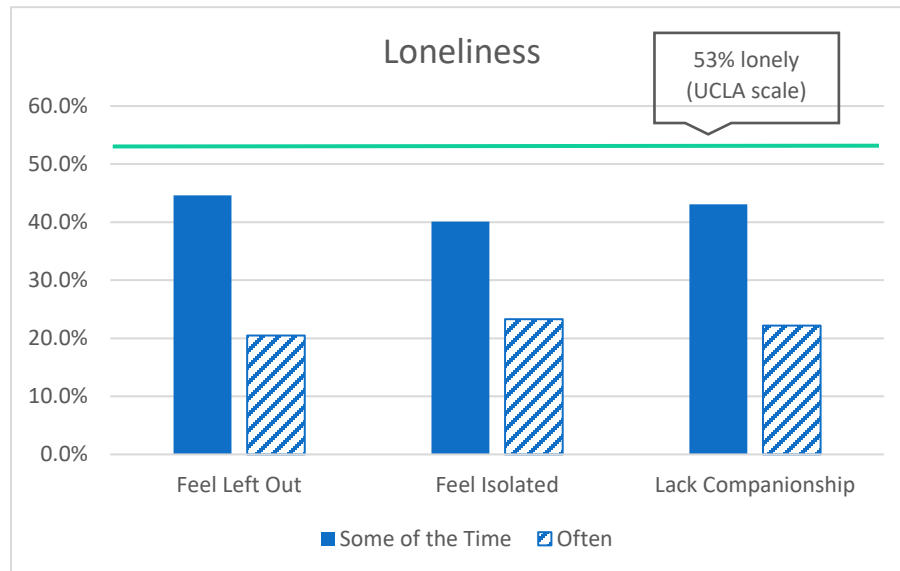
While these statistics are not encouraging, they are not as severe as prevalence rates for the greater United States. Nationwide rates from 2015-16 show that 72% of adults over the age of 20 are either overweight or obese and 21% of teens age 12-19 are obese.

It's worth noting that some students may appear overweight due to exceptionally high muscle mass inflating their BMI.

MENTAL HEALTH

Loneliness

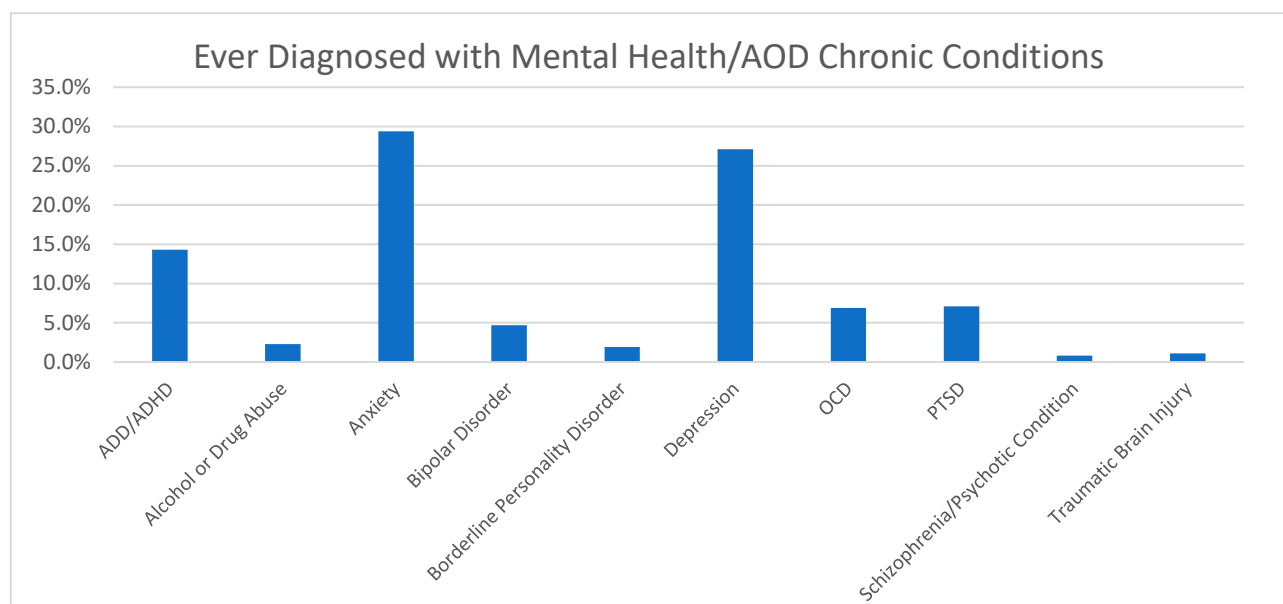
While many young adults may still be “finding themselves” while in college, discovering their identity, loneliness is a considerable problem for many. Just over 20% of Moorpark students report that they *often* feel isolated, feel left out, and lack companionship.



When we look at the UCLA loneliness scale, *53% of Moorpark students are lonely.*

Substance Abuse & Chronic Conditions

It is important to be aware of the mental health challenges and alcohol or drug abuse/addiction that our college students are coping with. *The two most prevalent conditions reported by Moorpark students are*

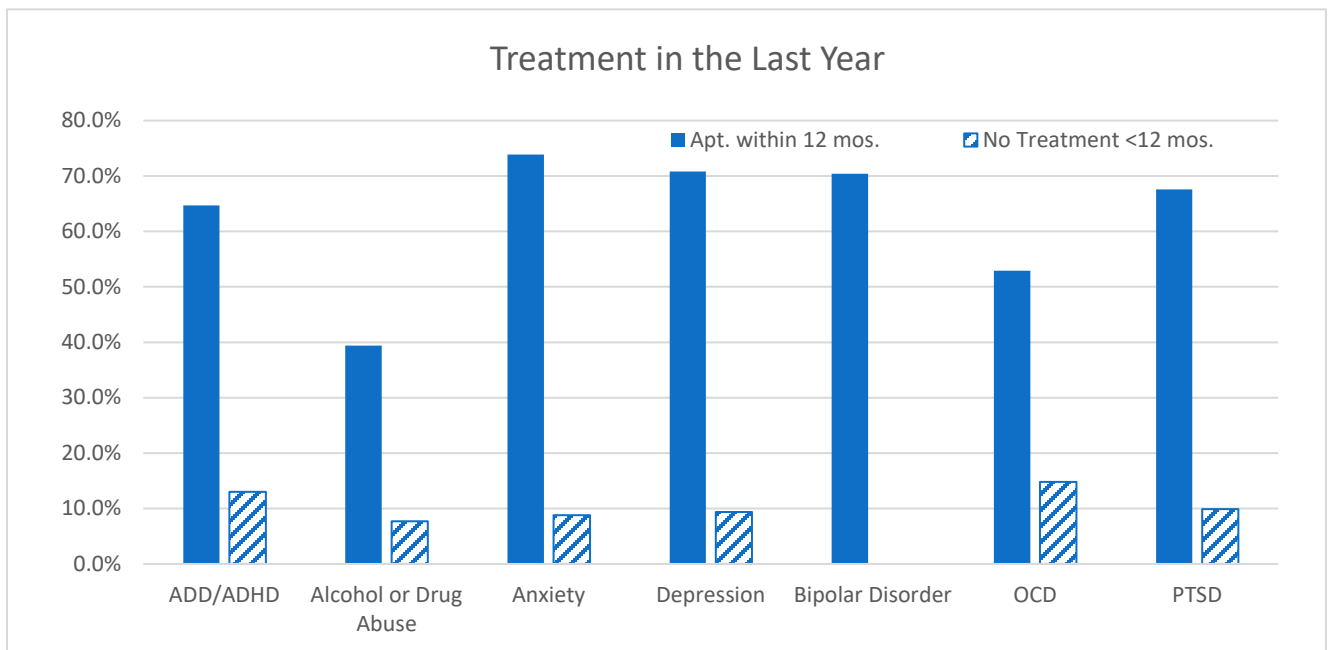


anxiety (29.4%) and depression (27.1%), with more than one-quarter of our students having been diagnosed at one time.

This is followed by ADD/ADHD (14.3%), PTSD (7.1%), and OCD (6.9%). It should also be noted that nearly 5% of our students also cope with the serious condition of bipolar disorder.

Treatment

For students who have had a lifetime diagnosis for a chronic condition or alcohol/drug abuse the NCHA also asks if they have seen a healthcare practitioner for the condition in the last 12 months as well as the type of treatment they received in the last year. The chart below shows the percentage of students who had an appointment in the last year along with the percentage of students who did not have any treatment (medication/therapy/both/or other). The intention here is to show the relative proportion of students who may not be getting the care that they need to manage their condition. As you can see *more than 60% of students having been diagnosed with AOD did not have an appointment with a healthcare practitioner in the last year for their condition.* Likewise, *nearly half of students diagnosed with OCD did not have an appointment with a practitioner in the last year for their OCD.*



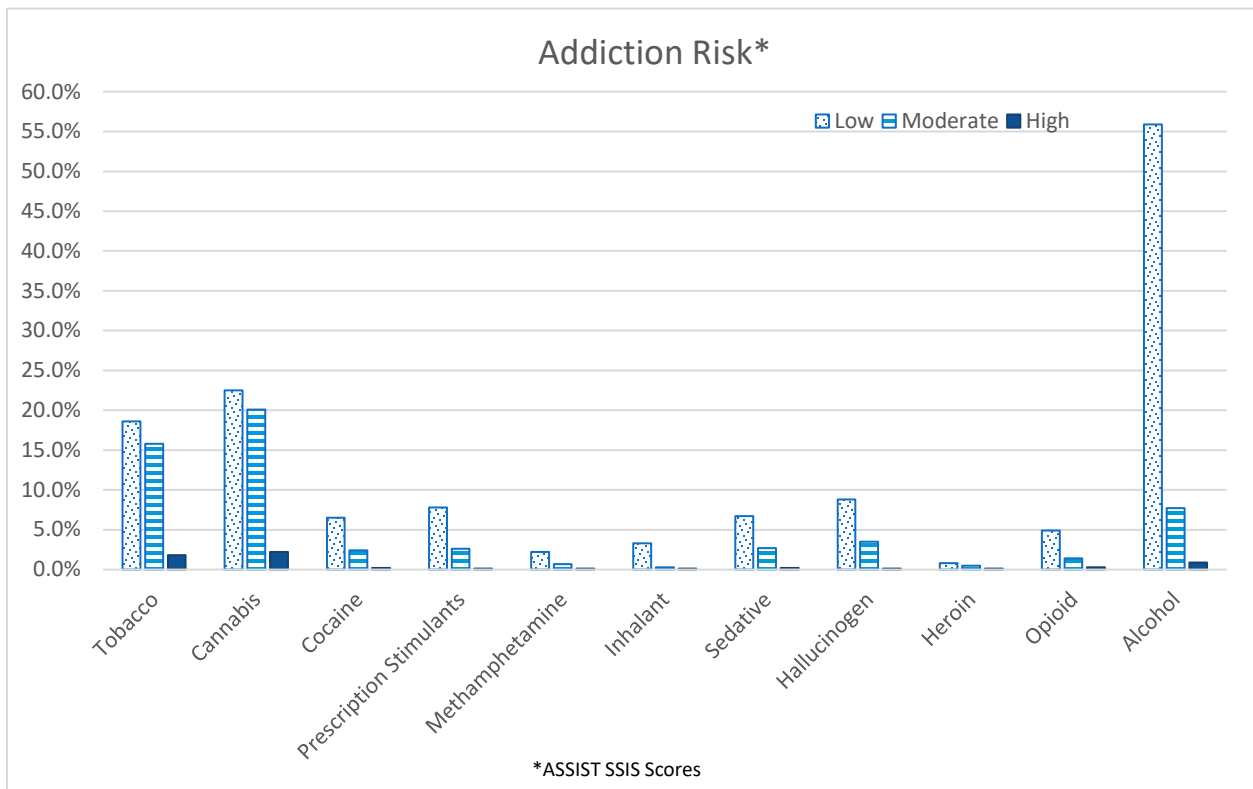
Special population groups do exhibit some differences in who sees a practitioner for their health condition. *Foster care students are less likely to have seen a practitioner in the last year for ADD/ADHD,* in comparison with their counterparts. *Males are significantly less likely to see a practitioner for Anxiety, Bipolar Disorder, or Depression* in comparison with females. LGBTQ students are also more likely to see a practitioner for Depression, in contrast to their peers.

The number of cases who did *not* receive any *treatment* in the last year were so few for each condition that we were unable to analyze any special population groups.

Addiction Risk

The NCHA collects data on the Alcohol, Smoking, and Substance Involvement Test (ASSIST) which is then converted to Substance Specific Involvement Scores (SSIS) addressing relative risk for dependence.

Most notably, the substance with the most students at risk is alcohol, with 56% falling into the low risk category. Additionally, Tobacco and Cannabis substances have over 15% of Moorpark students in both low and moderate risk categories (Tobacco: 18.6% low risk, 15.6% moderate risk; Cannabis: 22.5% low risk, 20.1% moderate risk).



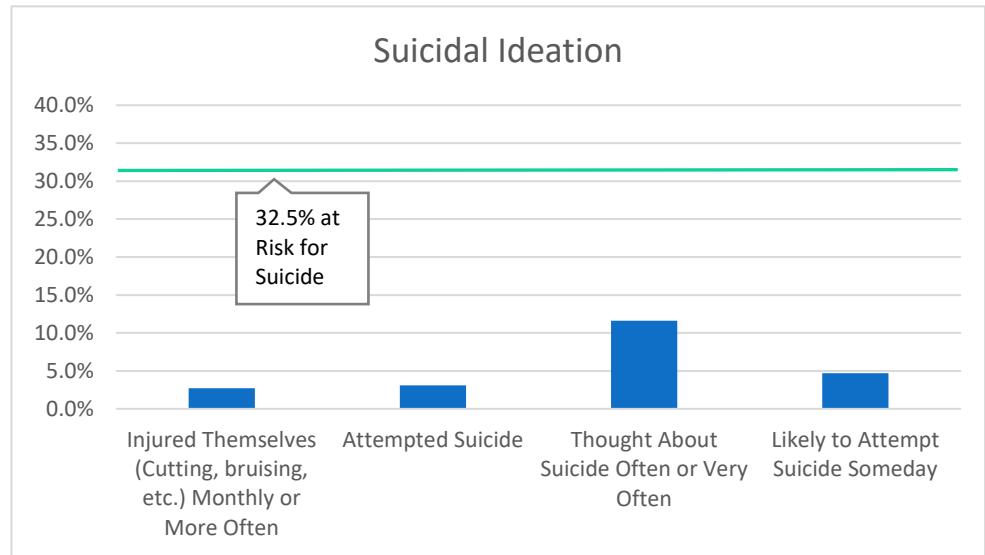
For addiction risk, we looked at the four substances with the most risk among Moorpark College students: tobacco, cannabis, hallucinogens, and alcohol. Differences in addiction risk is most notable among females in regards to tobacco addiction, where *90% of students who fall into the high risk category are female*. This is in contrast to 60% of moderate risk and 60% of low risk being female. *Second, LGBTQ students are disproportionately at risk for addiction of cannabis, hallucinogens, and alcohol*, in comparison to their counterparts. No other special population group had any disproportionate impact for addiction risk.

Suicidal Ideation

As of the 2019 ACHA, *nearly one-third of our students (32.5%) were at risk for suicide* based upon the Suicide Behaviors Questionnaire-Revised (SBQ-R).

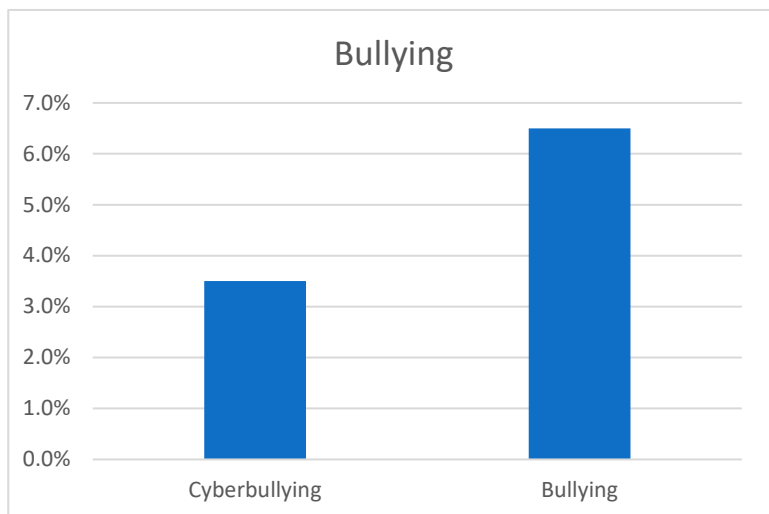
This may now be higher due to restrictions in lifestyle (stay at home mandates, etc.) due to COVID-19 since March 2020.

Of all special population groups, *LGBTQ students are the only group with significantly more students at risk for suicide*, compared to their counterparts.



BULLYING

In the age of school violence, mass shootings, and an “online” generation, experts have questioned how whether acts of violence come about as retaliation for being bullied. *Just over 6% of Moorpark College students report being bullied in the last year.*



Just over 6% of Moorpark College students report being bullied in the last year. Bullying includes having threats made against them, rumors spread, physical or verbal attacks, or excluded from a group.

Just one special population group reported higher levels of bullying: females, in contrast to males.

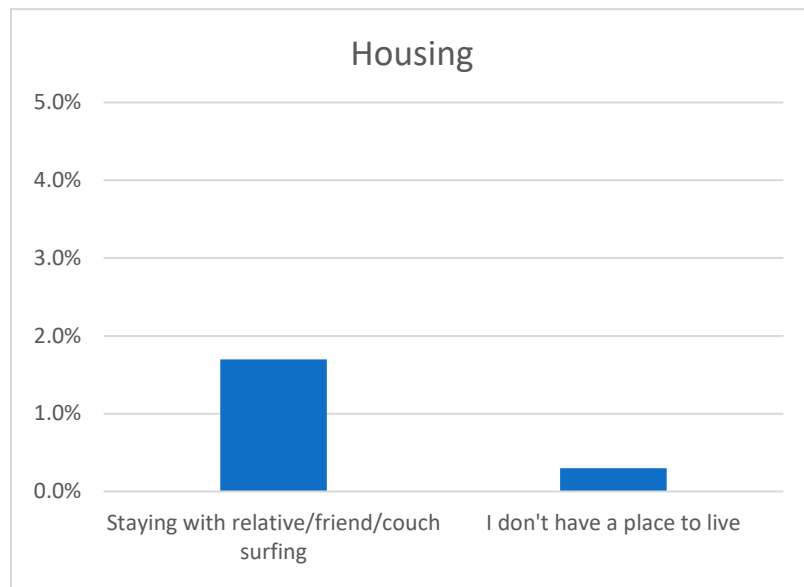
Cyberbullying is a new threat in this digital age. It is defined as the use of technology to harass, threaten, embarrass, or target another person. 3.5% of Moorpark students report

cyberbullying being a problem for them in the last year.

Of all special population groups analyzed, *LGBTQ students were the only group to report higher levels of cyberbullying in comparison to their counterparts.*

HOUSING INSECURITY

Homelessness and housing insecurity increases toxic stress and puts students at greater risk for poor physical health and mental health.² In doing so, it puts students at greater risk for poor educational outcomes such as course retention, successful completion, and completing a degree or transfer. *While less than 1% of Moorpark students are homeless, just under 2% are housing insecure.*

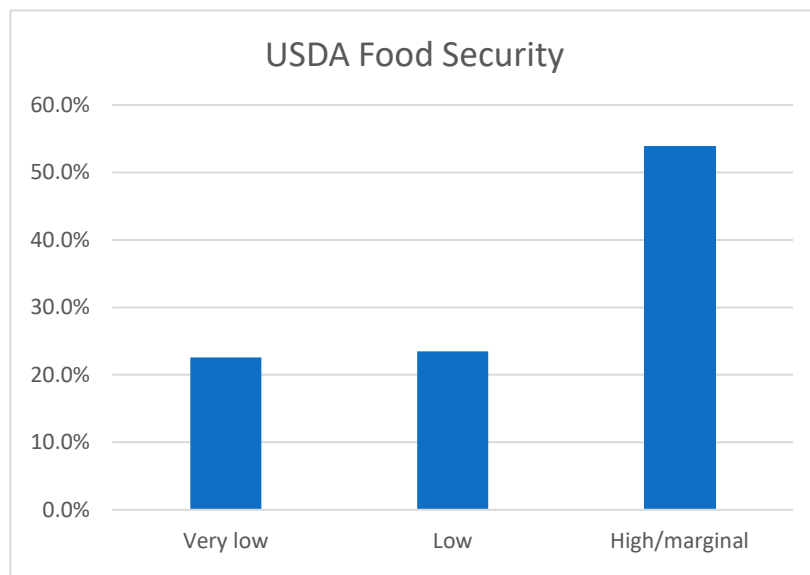


In order to analyze special population group differences, we had to combine both homelessness and housing insecure classifications for one combined group of "housing insecure," due to too few cases in each group. The only significant differences noted were among Hispanic students and other racial groups in comparison to White students, where *both Hispanics and other races had more students who were housing insecure than Whites*. No other special population groups were affected.

FOOD INSECURITY

To have food security means that there is access to enough food for all people at all times for an active, healthy lifestyle.³ According to the USDA measure of food security, approximately one-fourth (23.5%) of Moorpark students have reduced quality, variety, or desirability of food in their diet (low food security). In addition, *23% of students have very low food security, or have had disruptions to their eating patterns and reduced food intake due to a lack of food.*

In regards to food security, more inequities arise among special population groups. Females, foster care students, and LGBTQ students all have lower food security in comparison to their counterparts. In addition, both Hispanic and White students have lower food security than students of other racial groups. Hispanic students have the lowest food security of the three racial groups analyzed. *In other words, females, foster care*



² https://www.cdc.gov/pcd/issues/2015/14_0511.htm

³ <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/definitions-of-food-security/>

students, LGBTQ students, Hispanic and White students are the most food insecure of all students. While some of these may be surprising, this measure taps into financial difficulties and many students who may be living on their own for the first time.