Assessment Review/Update Form for Student Affairs
(Complete after assessment)

Department: Student Health Center
Assessment: American College Health Association – National College Health Assessment Spring 2007
Title: 

Response Rate: Identify demographics of respondents; include the number mailed or interviewed and the number completed.
A stratified random sample of 4,066, currently enrolled Texas State students, eighteen years of age or older were emailed an electronic survey. A total of 570 Texas State students completed the survey online (14%).

Average Age: 24.23 years
Sex: M: 41.8%, F: 53.9%
85.6% were full-time students
94.2% indicated they were heterosexual
57.6% reported living off-campus, 23.2% reported living on-campus
69.9% reported having health insurance

Students Described Themselves as:
White: 35.4 %
Black – not Hispanic: 17.4 %
Hispanic or Latino: 30.7 %
Asian or Pacific Islander: 12.3 %
American Indian or Alaskan Native: 3.2 %
Other: 4.4 %

More detailed demographics are available in the Texas State University Executive Summary, prepared by the American College Health Association.

Minority students were intentionally over-sampled to allow for more meaningful data analysis with regards to racial and ethnic minorities. However, these minority groups ended up being over-represented in the survey population, limiting the external validity of the study. The Spring 2007 data and results have limited generalizability to the Texas State student body as a whole. The population is also significantly different (in terms of racial/ethnic make-up) when compared to the National Reference Group of college students surveyed. Results comparing Texas State to national benchmarks or averages must therefore be interpreted cautiously.

Summary of Findings: Attach executive summary, table and figures, if applicable. What did you learn? See Attached

Revised April 2001
Distribution: List groups that will receive reports (oral or written) from this assessment.
  - Information will be presented to SHC staff.
  - Information will be shared with Student Affairs Wellness Team.
  - Information will be shared with the Student Affairs Assessment Team.

Recommendations/Action Plan: Describe specific actions or programmatic changes you will make resulting from this assessment.
  - The Student Health Center will more aggressively promote immunizations for students, particularly focusing on promoting annual Flu vaccination through our annual Flu Outreach event in the Fall semester.
  - Student Health Center programming and presentations will focus on providing students with information on stress management, general health and self-care, promoting immunizations, as well as providing information/strategies for students around healthy sleep.
  - SHC will continue to work with the Wellness Team to address the issues of alcohol and drug use on campus, nutrition and physical activity, healthy sexuality/relationships, as well as mental health concerns, such as stress, anxiety, and depression.

Changes made after assessment (Fall, Spring or Summer):
This data is being analyzed by the Texas State Wellness Team along with other data. After a complete data analysis, the Wellness Team will recommend specific actions or programmatic changes to be made in all campus health services (Student Health Center, Campus Recreation, Counseling Center, Alcohol and Drug Resource Center, and Student Justice).

Based on results from the assessment (in combination with other needs assessment methods), the Student Health Center and Health Education Department have determined that priority areas of focus for SHC specifically in FY 09 include: general health (eg. self-care for colds/flu, prevention of cold/flu, immunizations), stress management, sleep, and sexual health and relationships.

Return completed form to Susan Thompson, Research Associate in the VPSA Office, 980 J.C. Kellam, before the end of the semester in which the assessment was conducted.

Revised April 2001
Executive Summary

In Spring 2007, Texas State participated in the National College Health Assessment Survey through their membership in the American College Health Association (ACHA). A stratified random sample of 4,066 currently enrolled Texas State students, eighteen years of age or older were emailed a web survey. A total of 570 students completed the survey, yielding a 14% response rate. At Texas State, minority students were over-sampled to facilitate more meaningful analyses based on racial or ethnic background. However, this resulted in a survey sample which was not representative of the Texas State student body, or comparable to the National Reference Group. Results have limited generalizability to the Texas State student body as a whole. Given the limited external validity of our sample, interpretations and conclusions must be made cautiously.

The questionnaire covered a diverse set of health-related topics including: perceived health status, sexual behaviors and beliefs, alcohol-tobacco-drug behavior and beliefs, injury prevention, disease prevention and screening, victimization, exercise and rest, depression, incidence of disease or injury, stressors, sources and credibility of health information, and demographics questions. Results from the survey are used, in combination with other needs-assessment methods, to guide programmatic efforts of the Student Health Center’s Health Education Resource Center as well as the VPSA Wellness Team.

Highlights from the study:

- Overall, 88.6% of TX State students felt they were in good health.
- Respondents most frequently reported stress, cold and flu, and sleep difficulties as negatively affecting their academic performance. Students also cited allergies as a major health concern.
• 46.1% of respondents were overweight or obese based on BMI scores.
• Only 26.8% of Texas State students reported being immunized in the last year against the seasonal flu.
• The median number of sexual partners in the last school year for both males and females was 1.
• 78% of students report not having smoked cigarettes within the previous 30 days.
• Respondents tended to believe that “typical” students were more likely to be more frequent users of alcohol, marijuana, and cigarettes than actual use rates indicated by the survey.

Overall, the majority of students at Texas State consider themselves to be in good health. However, this assessment identified that certain populations have specific concerns or health information needs. This survey also helps identify priority programming areas for health education efforts on campus. The top health concerns of students continue to relate to stress, colds and flu, and sleep difficulties. Allergies at Texas State are also a major concern to students.

The survey revealed that students at Texas State engage in several preventive/protective health behaviors, including vaccination, routine health exams, and physical activity. Efforts should continue to promote these healthy behaviors among students. However, the survey also revealed that, as on other campuses, Texas State students are also engaging in risky behaviors including tobacco and alcohol use and unprotected sexual intercourse. Health Education programming and resources should continue to focus on educating students about the risks associated with these behaviors and provide tools and an environment conducive to helping students reduce or eliminate associated risks.

There are many avenues for reaching students and delivering health information regarding sexual, mental, and physical health. Students frequently cited medical staff and health educators as common and reliable sources of information. Texas State should continue to support the health education staff (in the SHC and ADRC) and the Wellness Team by providing adequate resources to offer health education programs in these areas.