



**2022 NATIONAL COLLEGE HEALTH
ASSESSMENT – ITHACA COLLEGE**

NATIONAL COLLEGE HEALTH ASSOCIATION



**ITHACA
COLLEGE**

Center for
Health Promotion



BACKGROUND & METHODOLOGY



BACKGROUND

National College Health Assessment II (NCHA II)

- Developed by ACHA / Conducted nationwide.
- Conducted at IC biannually, 2003-2019
- Conducted at IC in 2022

Purpose of the Survey

- Track data to identify trends in health behavior and attitudes in our student population.
- Compare data with the ACHA-NCHA National Reference Group (N>100,000 students).
- Use data to support and enhance programs and services related to IC student health.

NCHA SURVEY AREAS OF FOCUS

General Health and Campus Climate

Nutrition, BMI, Physical Activity, and Food Security

Health Care Utilization

Impediments to Academic Performance

Violence, Abusive Relationships, and Personal Safety

Tobacco, Alcohol, and Other Drug Use

Sexual Behavior

Mental Health and Wellbeing

Acute Conditions

Ongoing or Chronic Conditions

Sleep

METHODOLOGY

- Web-based; students receive survey invitation by email.
- Incentive: All survey respondents were entered in 18 of these students were given \$50 Mastercard gift cards (selected at random).
- The entire full-time undergraduate and graduate student population (N=4886) received a survey invitation.
- Survey period was February 21, 2022 – March 13, 2022
- Respondents = 552 (11.3%)



IC RESPONDENT SAMPLE CHARACTERISTICS



DEMOGRAPHIC DATA OF RESPONDENTS

Data in parentheses represents IC enrollment figures for Spring 2019 (when available)

<p>Class Year</p>	<p>25.5% (19.7%) 1st year 22.4% (17.0%) 2nd year 21.8% (21.2%) 3rd year 22.2% (33.4.%) 4th year 0.9% 5th + year 7.3% (8.2%) Graduate</p> <ul style="list-style-type: none"> • 4.4% Master’s • 2.9% Doctorate
<p>College Athletics</p>	<p>6.4% Intramurals 16.7% Club Sports 10.2% Varsity</p>
<p>Primary Source of Health Insurance</p>	<p>83.5% Parents’ plan 10.5% College-sponsored plan 5.5% Another plan 0.2% Not sure if have plan 0.4% Don’t have health insurance</p>

DEMOGRAPHIC DATA, CONT.

Data in parentheses represents IC enrollment figures for Spring 2019

Ethnicity	82.6% White 1.6% American Indian or Native Alaskan 6.7% Asian or Asian American 5.8% Black or African American 8.7% Hispanic or Latino/x 0.9% Middle Eastern/North African (MENA) or Arab Origin 0.5% Pacific Islander Native 4.5% Biracial or Multiracial 1.8% Identity not listed above
First Generation Students	23.1%
Visa to Work or Study in U.S.	8.5%

DEMOGRAPHIC DATA, CONT.

Gender	63.2% Cis Women 21.6% Cis Men 13.0% Transgender/ Gender Non-conforming
Sexual Orientation	2.4% Asexual 20.3% Bisexual 6.7% Gay or Lesbian 3.7% Pansexual 7.1% Queer 4.4% Questioning 54.8% Straight/Heterosexual 0.5% Another identity
Housing Situation	74.8% Campus or university housing 1.7% Parent/guardian home 23.6% Off-campus 0.4% Other

Beginning in Spring 2021, responses for transgender and gender-nonconforming students are readily available directly in the report documents. This represents an important change in the way we have been reporting ACHA-NCHA results.



HEALTH PROBLEMS & PRACTICES



TOP 5 ACUTE HEALTH PROBLEMS

Within the last 12 months, have you been diagnosed by a healthcare professional with any of the following?

	IC Students	National
Cold/Virus, or Other Respiratory Illness	36.0%	32.3%
Urinary Tract Infection	11.7%	10.0%
Orthopedic Injury	8.8%	8.9%
Stomach or GI Virus or Bug, Food Poisoning or Gastritis	7.2%	8.3%
Flu (influenza) or flu-like illness	6.3%	9.1%

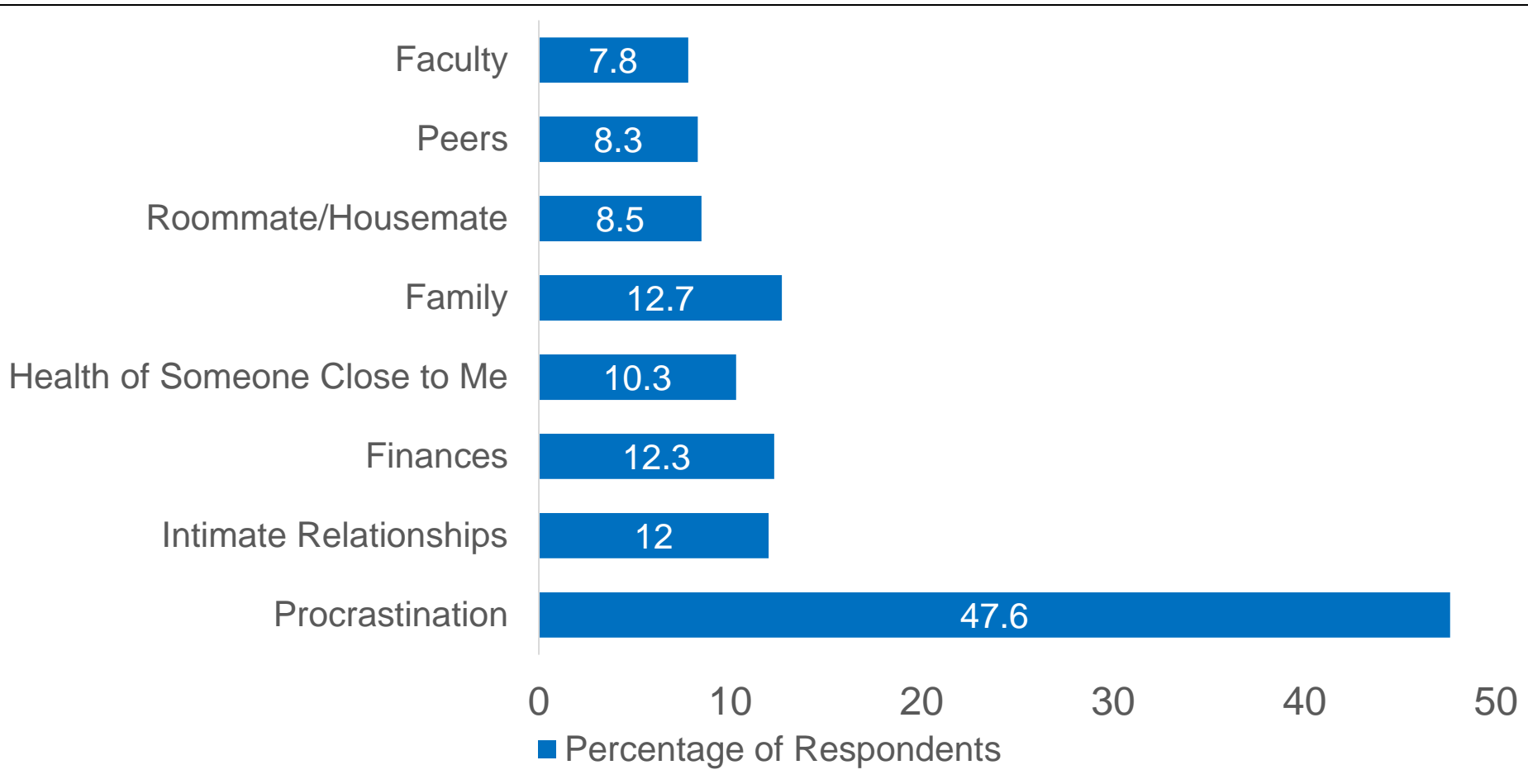
OTHER HEALTH CONCERNS

Do you have any of the following?

	IC	National
Deafness/Hearing Loss	2.0%	2.1%
Learning Disability	7.2%	4.3%
Mobility/Dexterity disability	1.7%	1.3%
Blind/Low Vision	3.5%	3.5%
Attention-Deficit/Hyperactivity Disorder (ADD or ADHD)	18.3%	14.4%
Autism Spectrum Disorder	3.3%	2.7%
Speech or language disorder	1.7%	1.1%

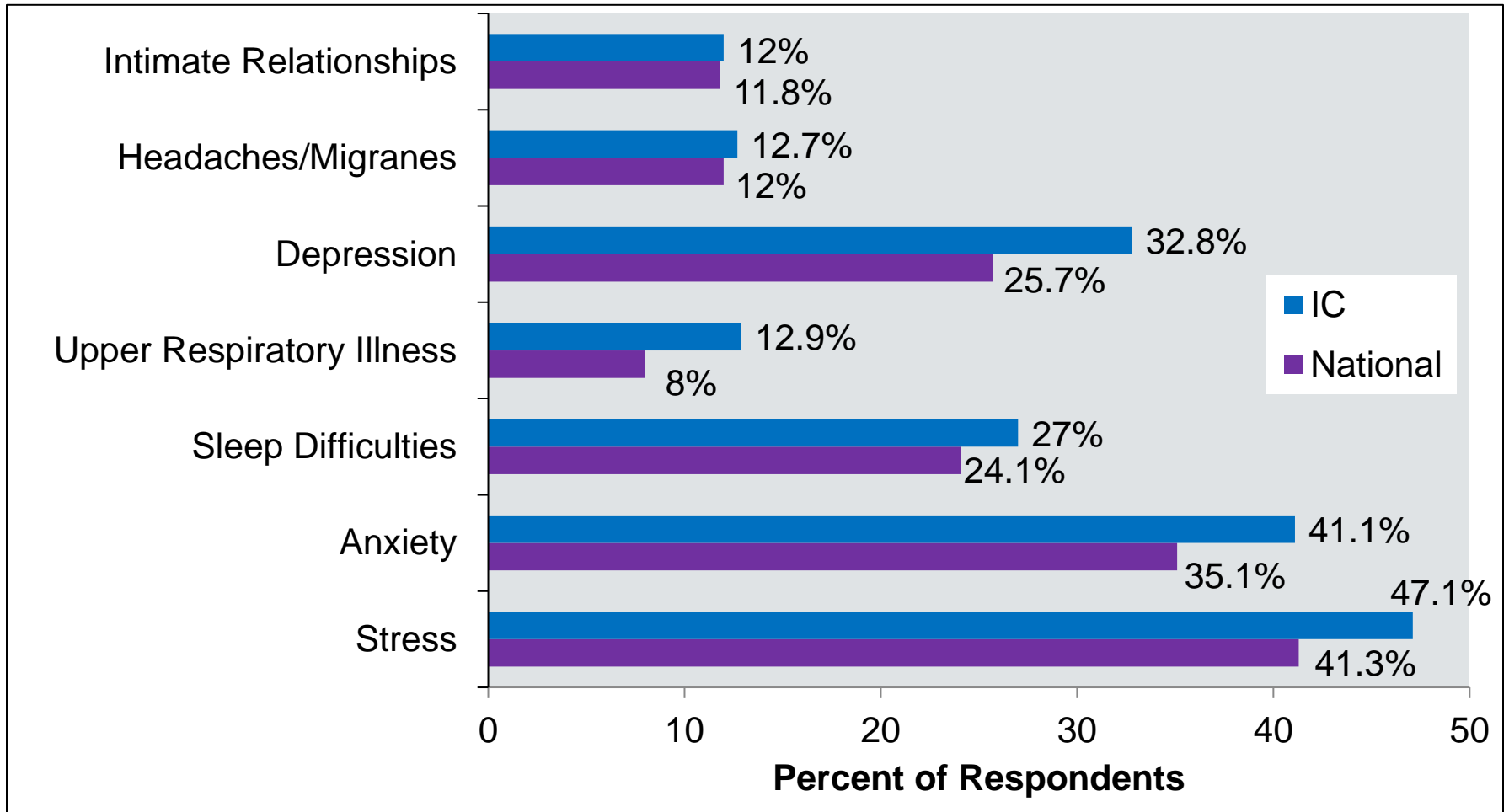
NEGATIVELY IMPACTED ACADEMIC PERFORMANCE

Among all students in the sample.



IMPACT OF HEALTH ON ACADEMICS

Have any of the following affected your academic performance within the past school year?

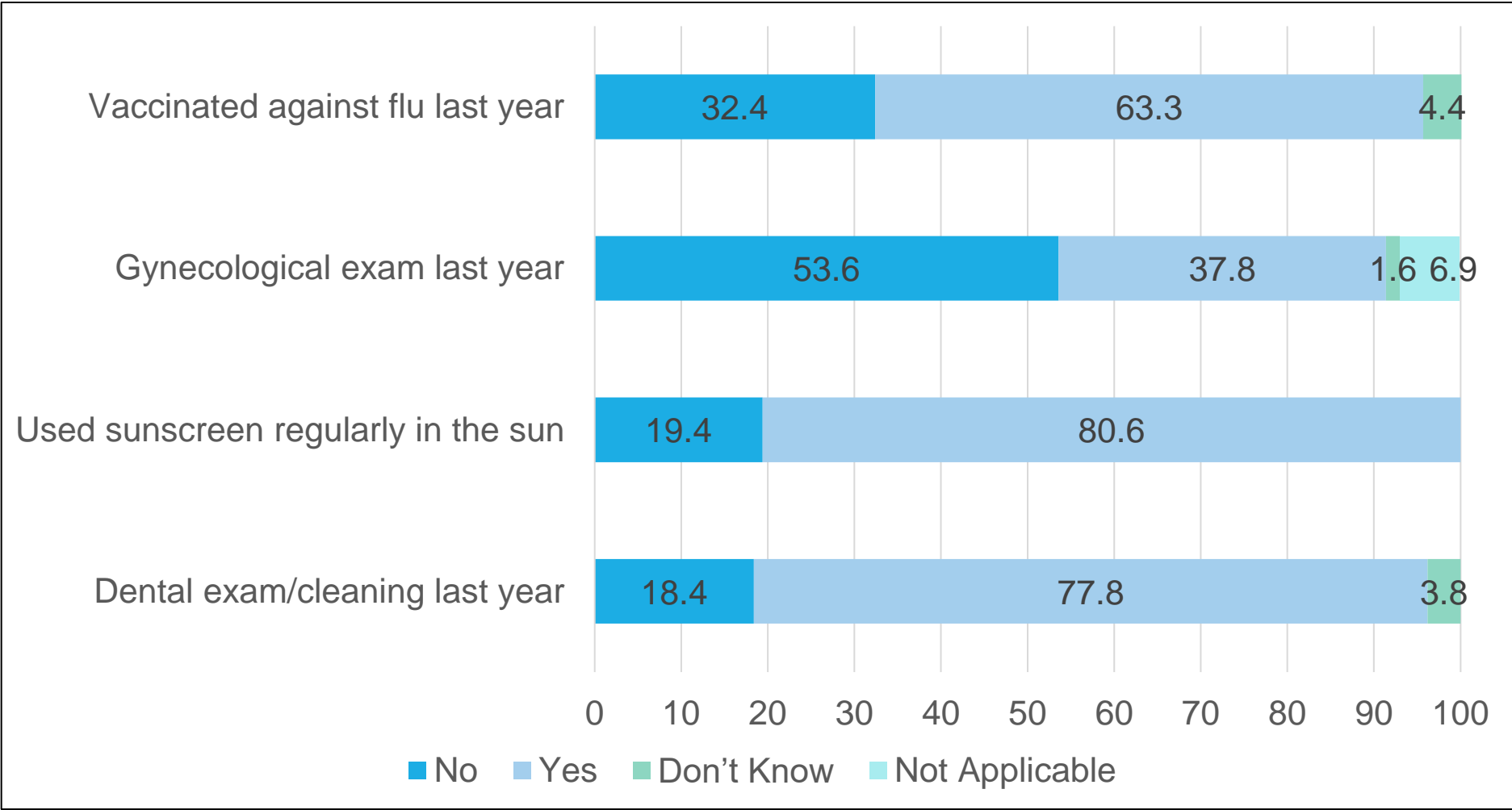


Note: Among all students in sample.

March 2022

DISEASE PREVENTION

Students reported receiving the following vaccinations:



PREVENTIVE HEALTH PRACTICES

	IC	National
Dental exam/cleaning last year	77.8%	70.3%
Used sunscreen regularly in the sun (usually/always)	34.8%	34.9%
Ever had gynecologic visit or exam	37.8%	37.7%
Vaccinated against flu last year	63.3%	54.3%
Completing HPV Vaccine Series	64.5%	52.5%



SUBSTANCE USE



SUBSTANCE USE: IN LIFETIME

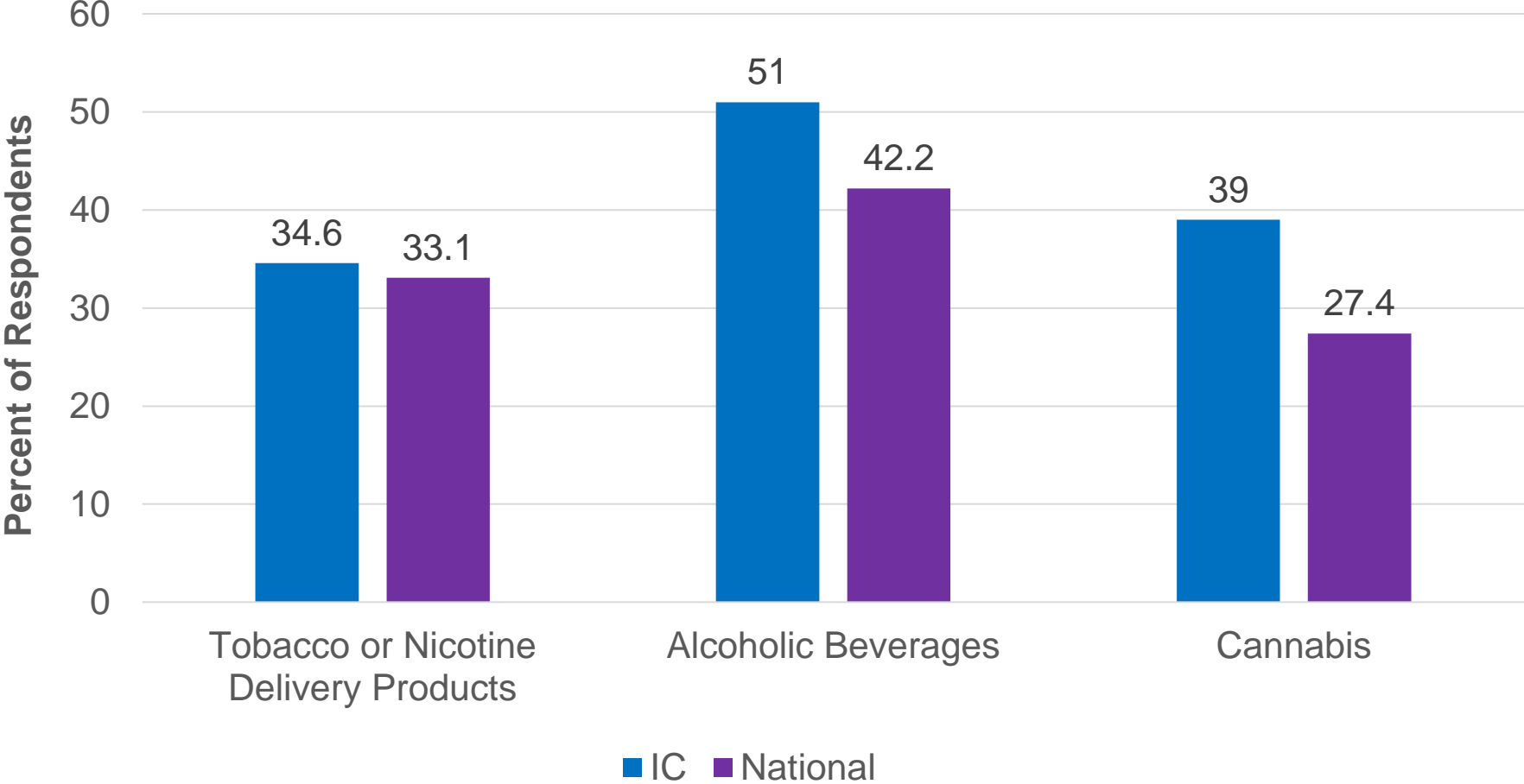
	IC	National
Alcoholic Beverages	78.5%	72.6%
Cannabis	58.8%	41.9%
Tobacco or Nicotine Delivery Products	35.3%	33.2%
Cocaine	6.3%	5.8%
Hallucinogens (LSD, PCP)	11.8%	9.7%
Inhalants	5.6%	3.5%
Sedatives or Sleeping Pills	4.7%	4.9%
Prescription Stimulants	8.0%	7.6%

SUBSTANCE USE: IN LAST 3 MONTHS

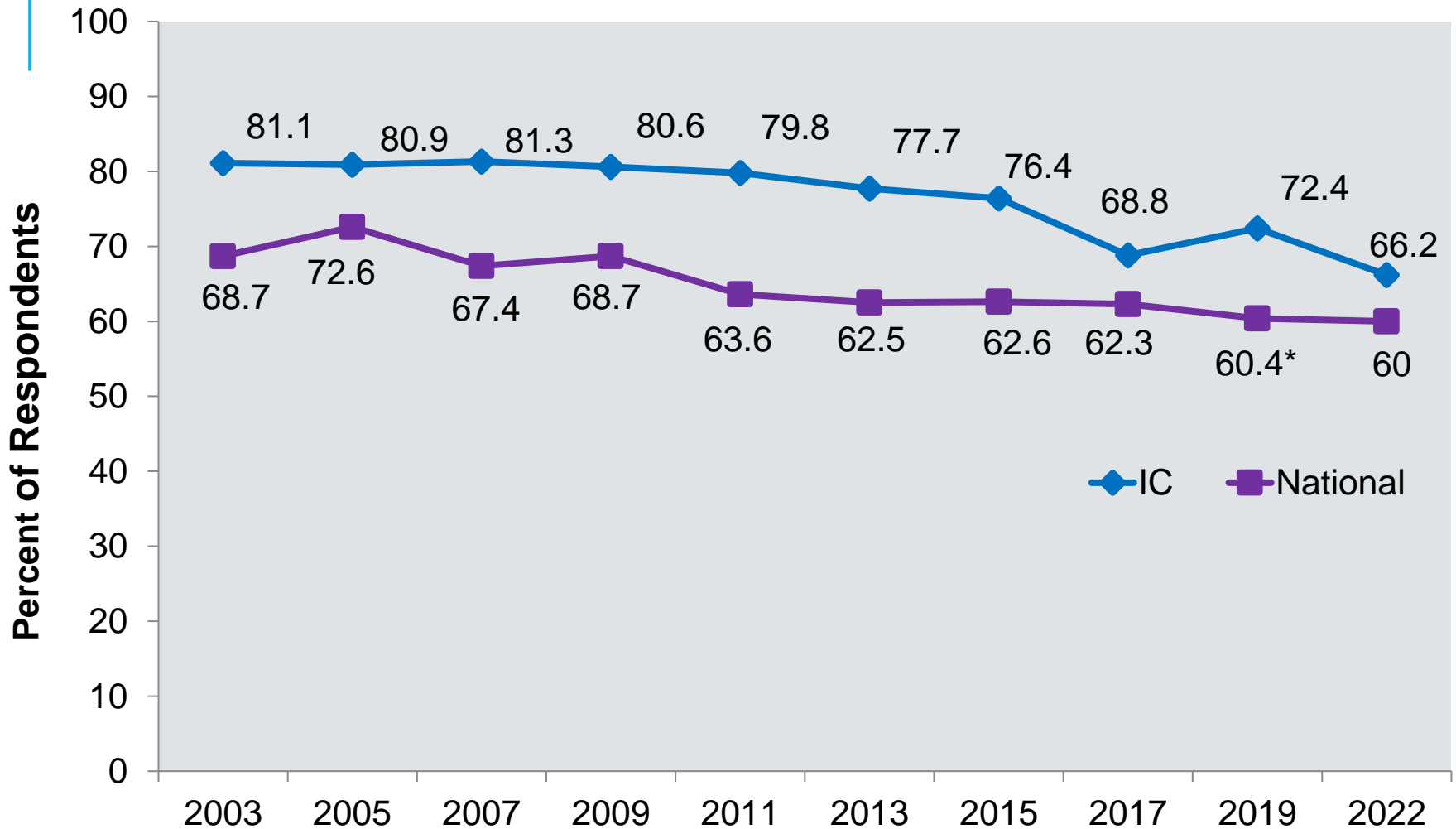
	IC	National
Alcoholic Beverages	74.3%	66.7%
Cannabis	47.1%	28.0%
Tobacco or Nicotine Delivery Products	24.8%	21.2%
Cocaine	3.6%	1.7%
Hallucinogens (LSD, PCP)	4.5%	3.3%
Inhalants	2.9%	1.1%
Sedatives or Sleeping Pills	2.2%	1.6%
Prescription stimulants	3.1%	2.7%

ALCOHOL, CANNABIS & NICOTINE

Have used alcohol, cannabis, or tobacco/nicotine products weekly or daily within the last three months.

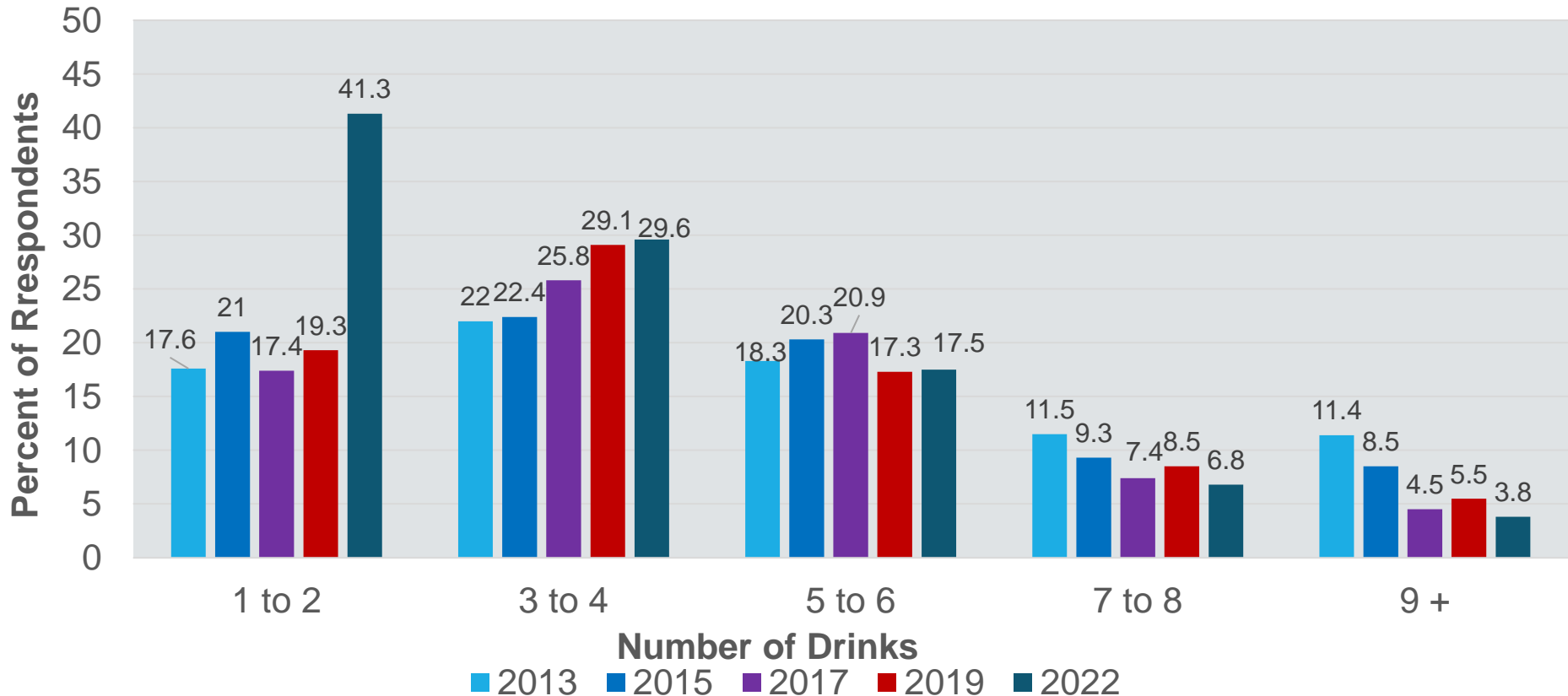


TRENDS: DRANK ALCOHOL IN THE PAST MONTH



NUMBER OF DRINKS IN A SITTING (IC STUDENTS)

The last time you drank alcohol in a social setting, how many drinks of alcohol did you have? (only includes students who drank alcohol within the last 3 months)



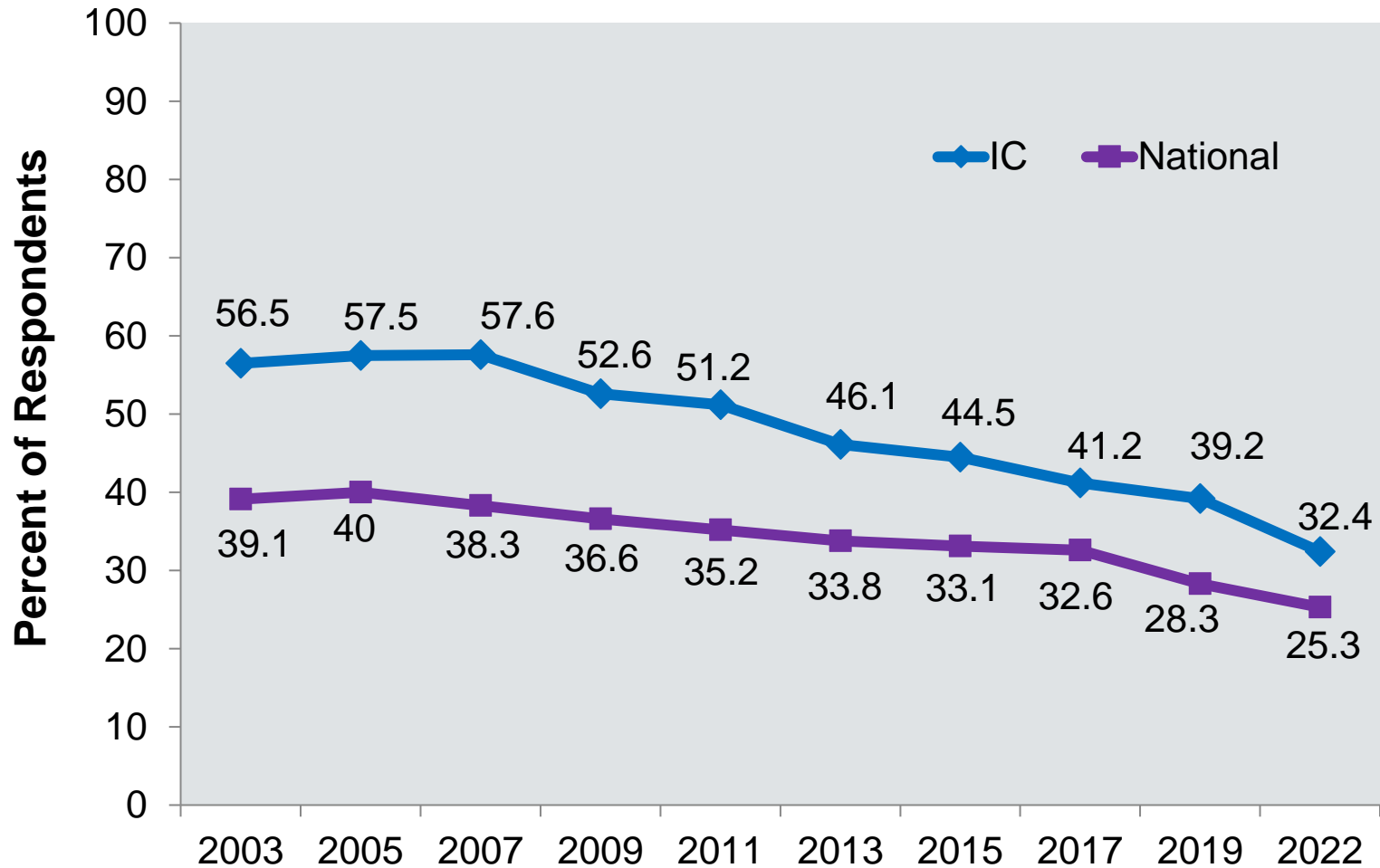
HIGH RISK (*BINGE*) DRINKING

In the last two weeks, how many times have you had five or more alcohol drinks in a sitting?

	National	IC Total	IC Cis-Men	IC Cis-Female	IC Trans/ Gender Non-Conforming
N/A don't drink	49.5%	42.4%	47.9%	38.5%	48.6%
0 times	25.2%	25.1%	21.0%	26.7%	26.4%
1-2 times	18.8%	23.3%	16.8%	25.6%	23.6%
3-5 times	5.5%	7.8%	11.8%	8.0%	1.4%
6 or more times	1.0%	1.3%	2.5%	1.1%	0.0%

TRENDS: HIGH RISK (“BINGE”) DRINKING

Consumed 5 or more drinks (AFAB) or 4 or more drinks (AMAB)* in one sitting during the past 2 weeks



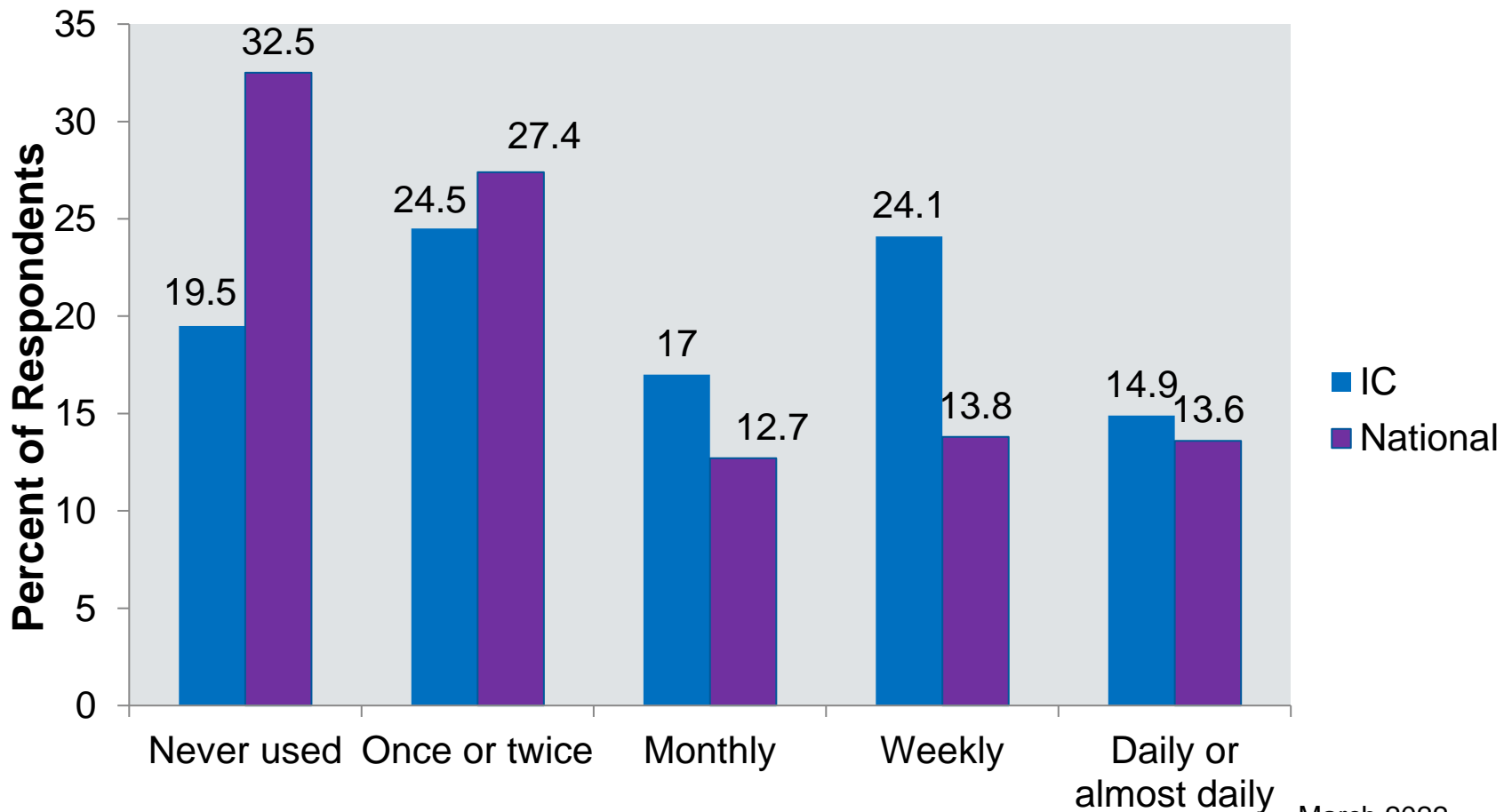
CONSEQUENCES OF ALCOHOL USE

Have you experienced any of the following during the past year as a consequence of your drinking?

	IC	National
Did something I later regretted	23.7%	11.3%
Brownout	28.3%	22.3%
Blackout	12.6%	22.5%
Had unprotected sex	14.8%	11.4%
Physically injured myself	11.7%	7.1%
Seriously considered suicide	3.1%	2.7%
Got in trouble with college/ university authorities	2.4%	1.0%
Someone had sex with me without my consent	1.3%	1.6%
Needed medical help	0.9%	1.0%

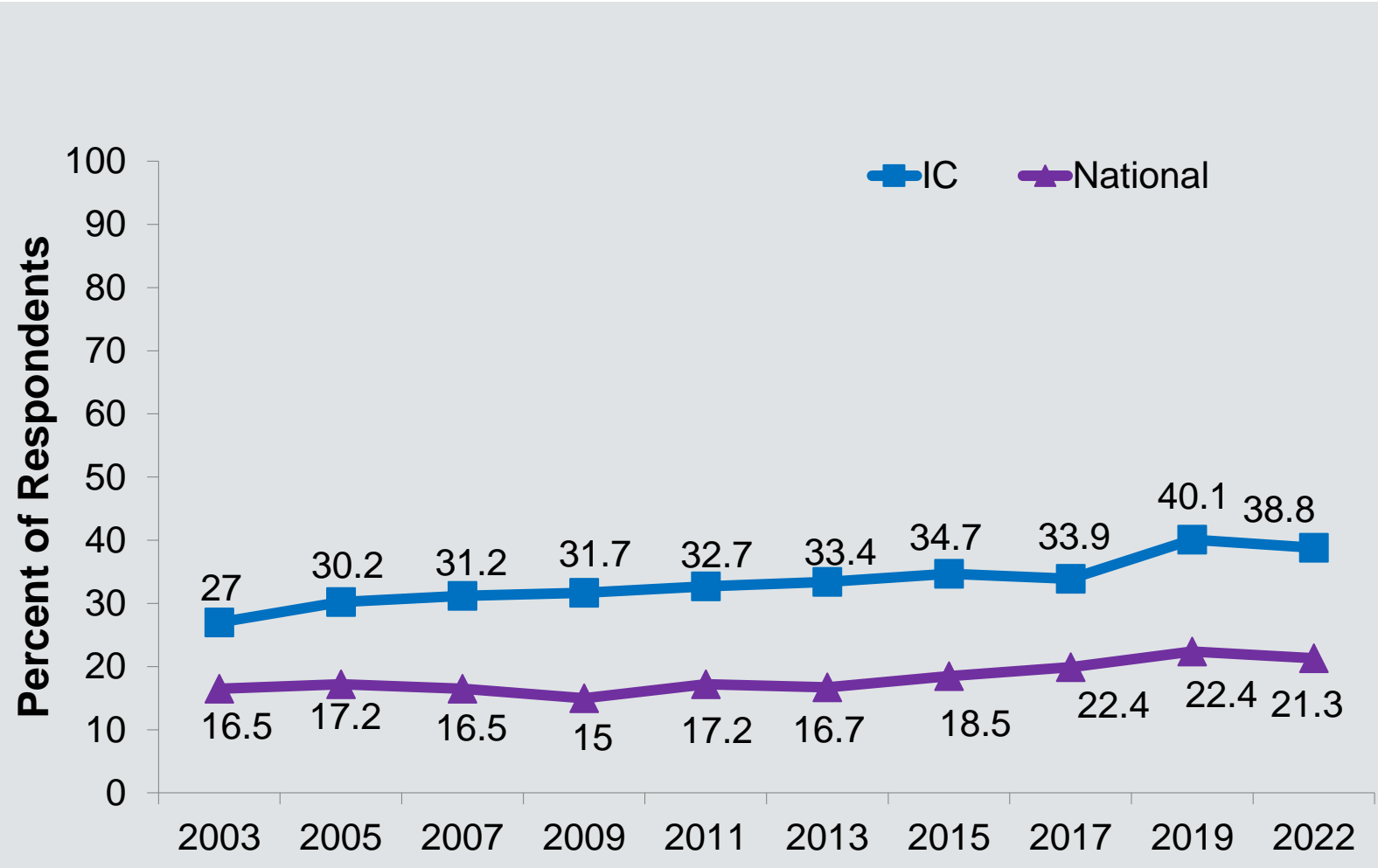
CANNABIS USE

In the past 3 months, how often have you used the substance(s) you mentioned? (only includes students who have ever used this substance)



March 2022

TRENDS: CANNABIS USE, PAST MONTH



PRESCRIPTION DRUGS: NONMEDICAL USE

In your life, which of the following substances have you ever used?
Nonmedical use only.

	IC	National
Prescription Stimulants (e.g., Ritalin, Adderall)	8.0%	7.6%
Opioids (e.g., OxyContin, Vicodin)	1.3%	3.6%
Sedatives or Sleeping Pills (e.g., Xanax, Valium)	4.7%	4.9%
Inhalants (e.g., Poppers, Nitrous, Glue, Gas)	5.6%	3.5%

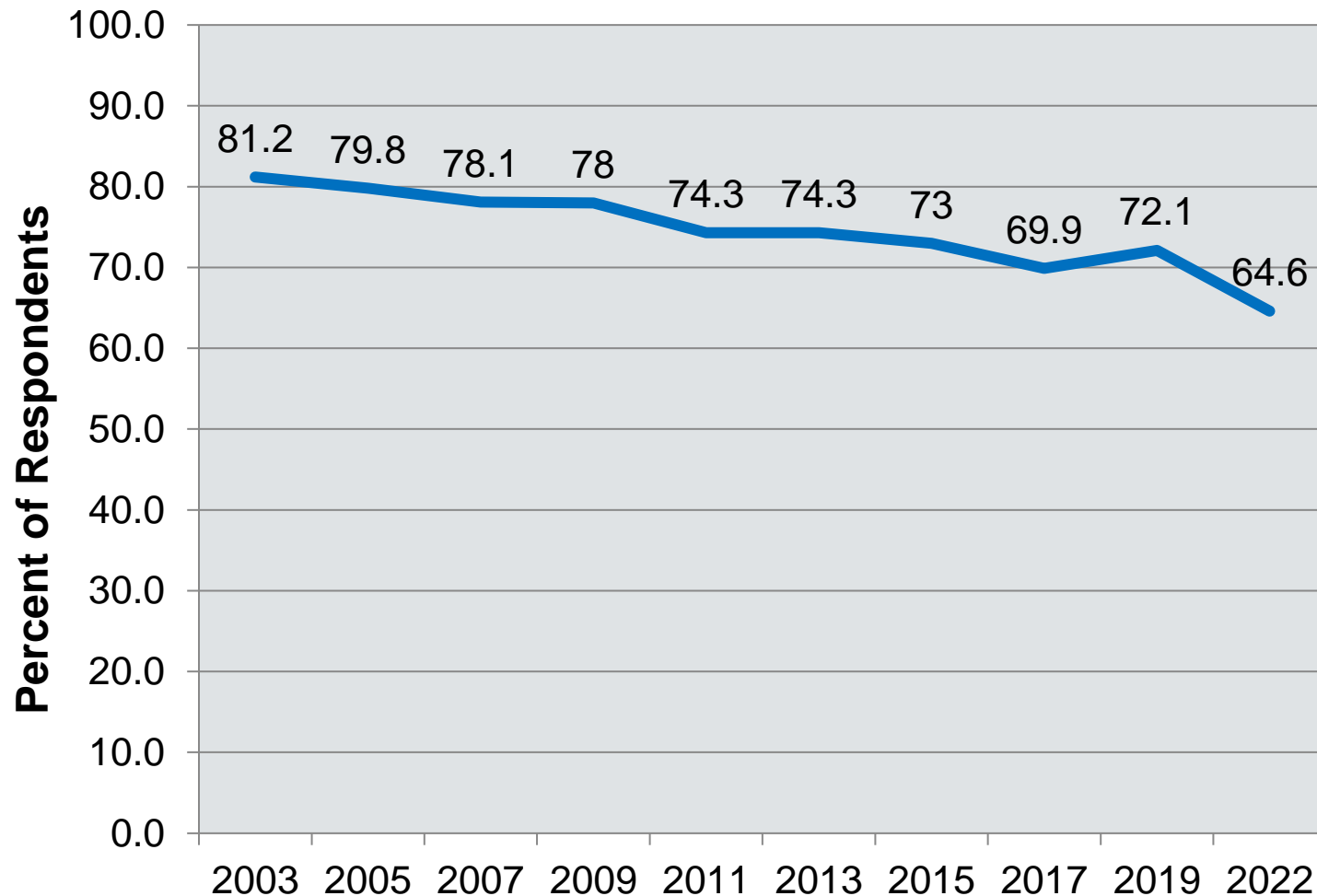


SEXUAL HEALTH



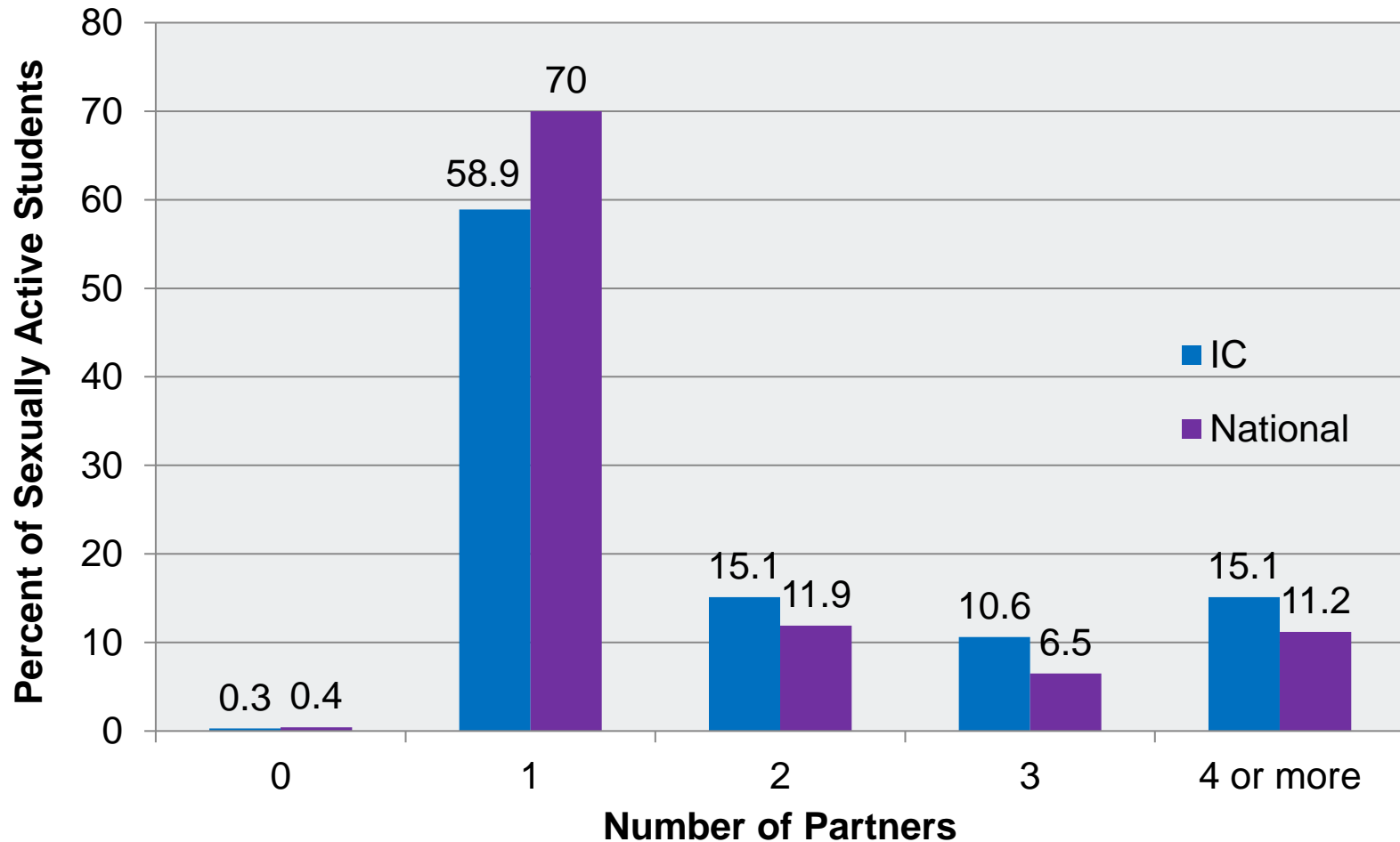
TRENDS: SEXUAL PARTNERS

IC students reporting one or more sexual partners within the last 12 months



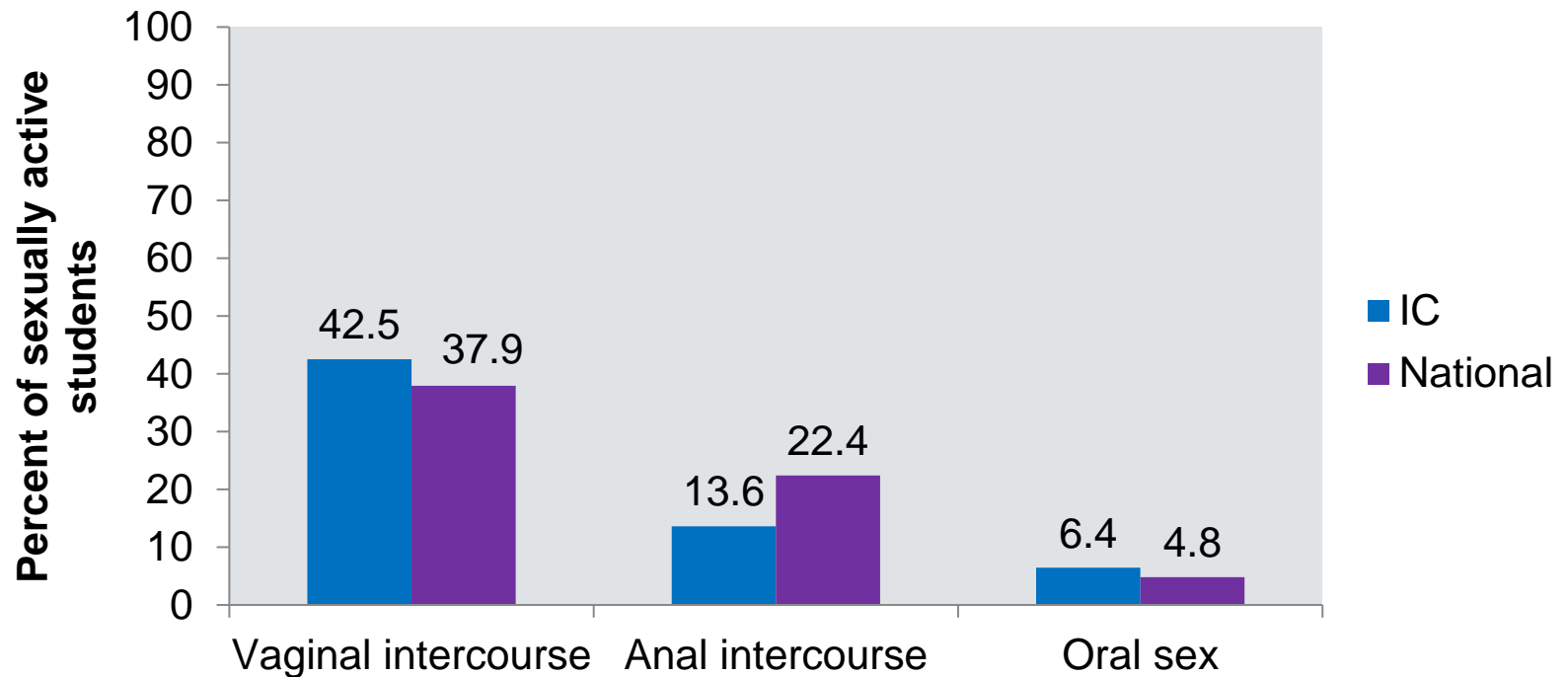
SEXUAL PARTNERS

Within the last 12 months, with how many partners have you had oral sex, vaginal intercourse, or anal intercourse?



USE OF A BARRIER

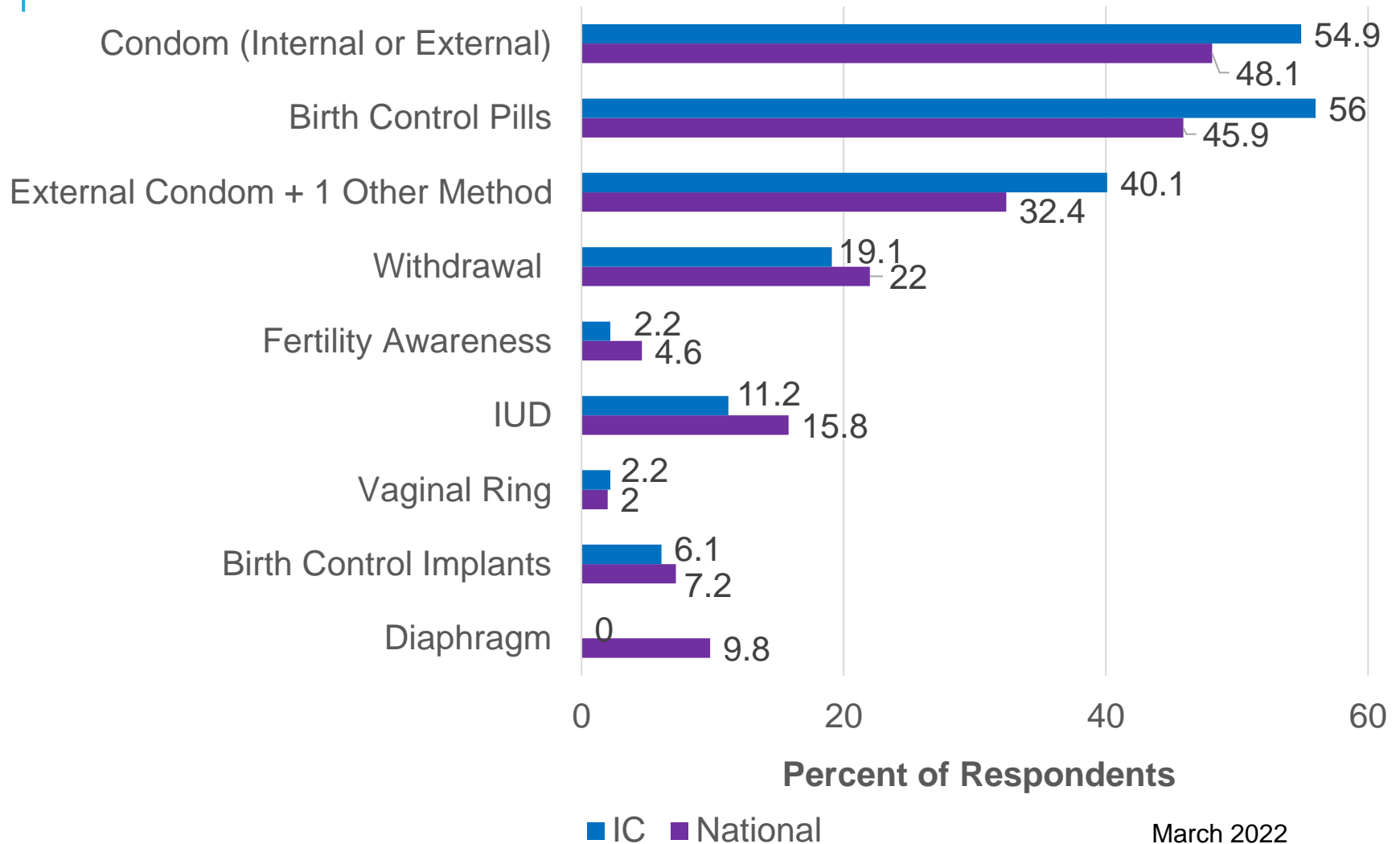
Used a condom or other protective barrier (mostly or always) within last 30 days.



*Students responding “Never did this sexual activity” or “Have not done this during the last 30 days” were excluded .

BIRTH CONTROL

What method did you/your partner use to prevent pregnancy?



EMERGENCY CONTRACEPTION & UNINTENDED PREGNANCY

(IN PAST 12 MONTHS)

	IC	National
If sexually active, have you or your used... Emergency Contraception ("Plan B," "Morning After Pill")	17.0%	17.6%
Have you experienced... Unintended Pregnancy	0.6%	1.2%



MENTAL HEALTH



STRESS

How would you rate the overall level of stress that you have experienced during the past 30 days?

	IC	National
No stress	1.3%	1.5%
Low	16.0%	19.7%
Moderate	51.7%	49.3%
High	31.0%	29.5%

PSYCHOLOGICAL DISTRESS

Kessler 6 (K6) Non-Specific Psychological Distress Score
(Range is 0-24)

	IC	National
No or low psychological distress (0-4)	18.2%	25.0%
Moderate psychological distress (5-12)	53.6%	51.7%
Serious psychological distress (15-24)	28.3%	23.3%
Average score	9.57	8.71

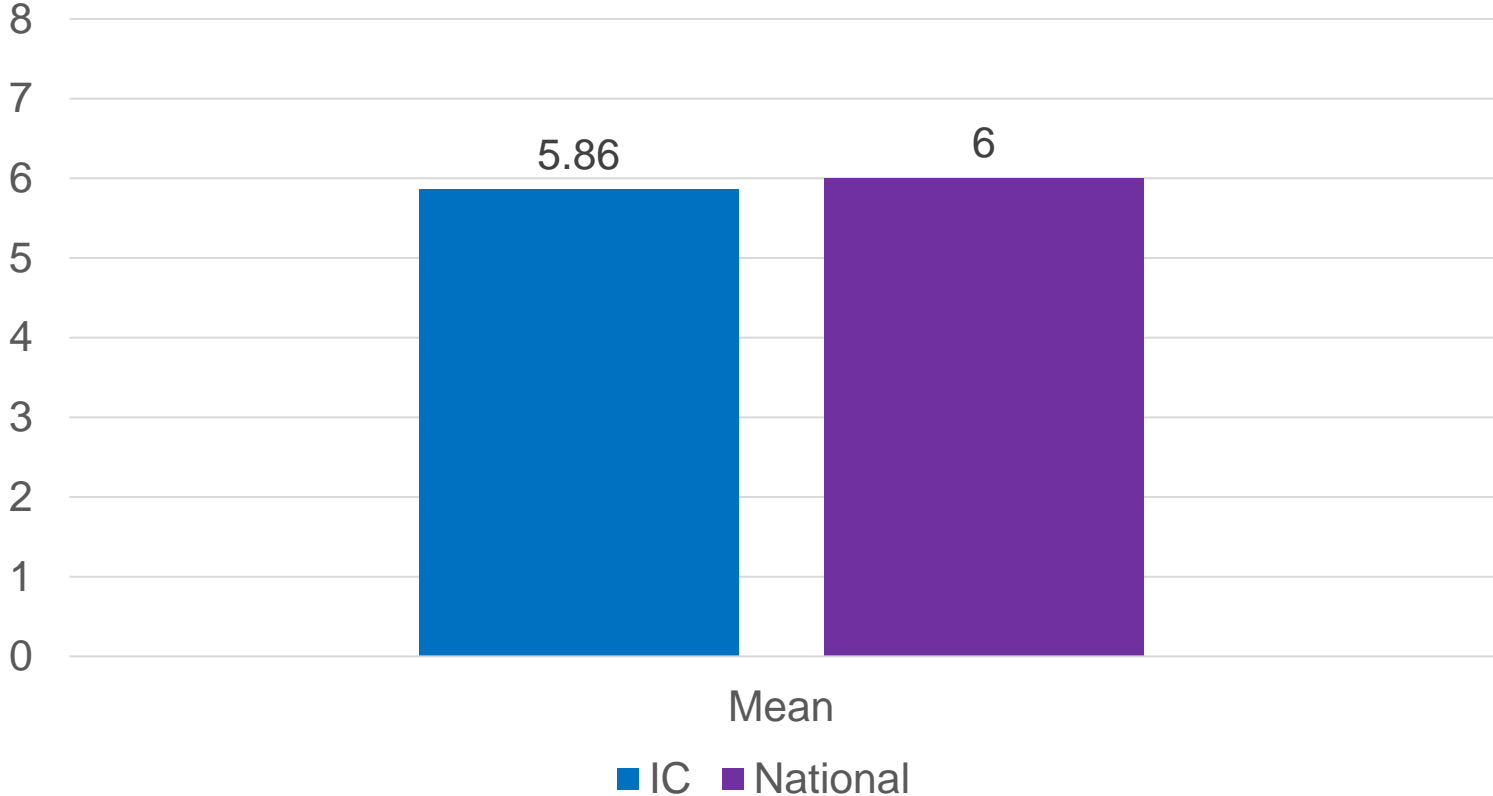
STUDENT LONELINESS

UCLA loneliness scale (uls3) score
(Range is 3-9)

	IC	National
Negative for loneliness (3-5)	41.2%	48.1%
Positive for loneliness (6-9)	58.8%	51.9%
Average score	5.80	5.55

STUDENT RESILIENCY

The Connor-Davison Resilience Scale (CD-RISC2) Score
(Range is 0-8)



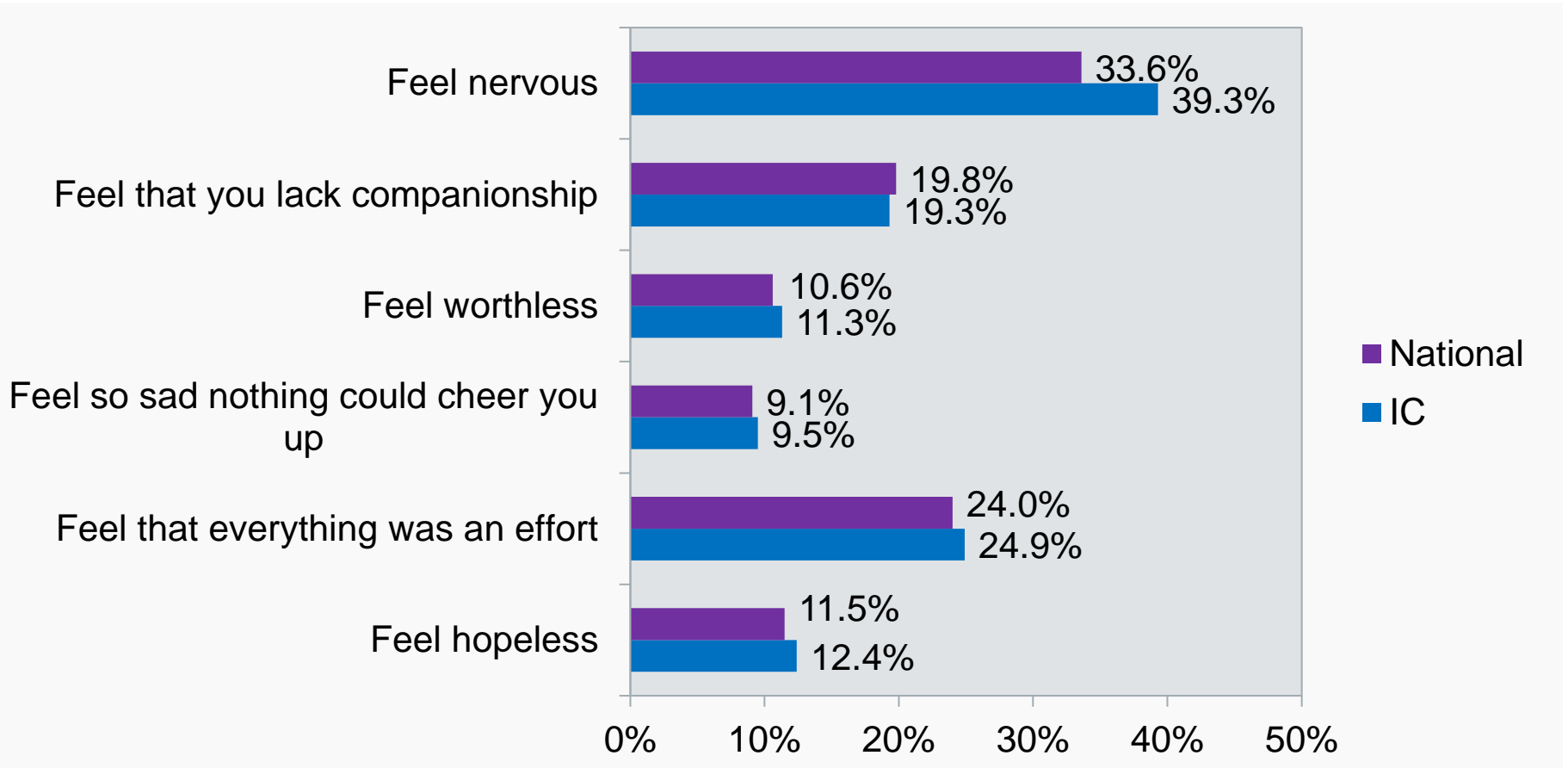
DIFFICULT ISSUES

Within the last 12 months, have you had problems or challenges with any the following?

	IC	National
Academics	44.4%	48.2%
Intimate relationships	40.1%	37.9%
Peers	37.4%	23.6%
Finances	47.8%	46.8%
Family	40.3%	38.2%
Personal appearance	58.1%	53.3%
Discrimination	11.3%	11.0%

DEPRESSION SYMPTOMS

Within the last 30, have you felt ...? (most or all of the time)



SUICIDAL SCREENING

	IC	National
Negative suicidal screening (3-6)	63.6	72.4%
Positive suicidal screening (7-18)	36.4%	27.6%
Average score	6.06	5.37

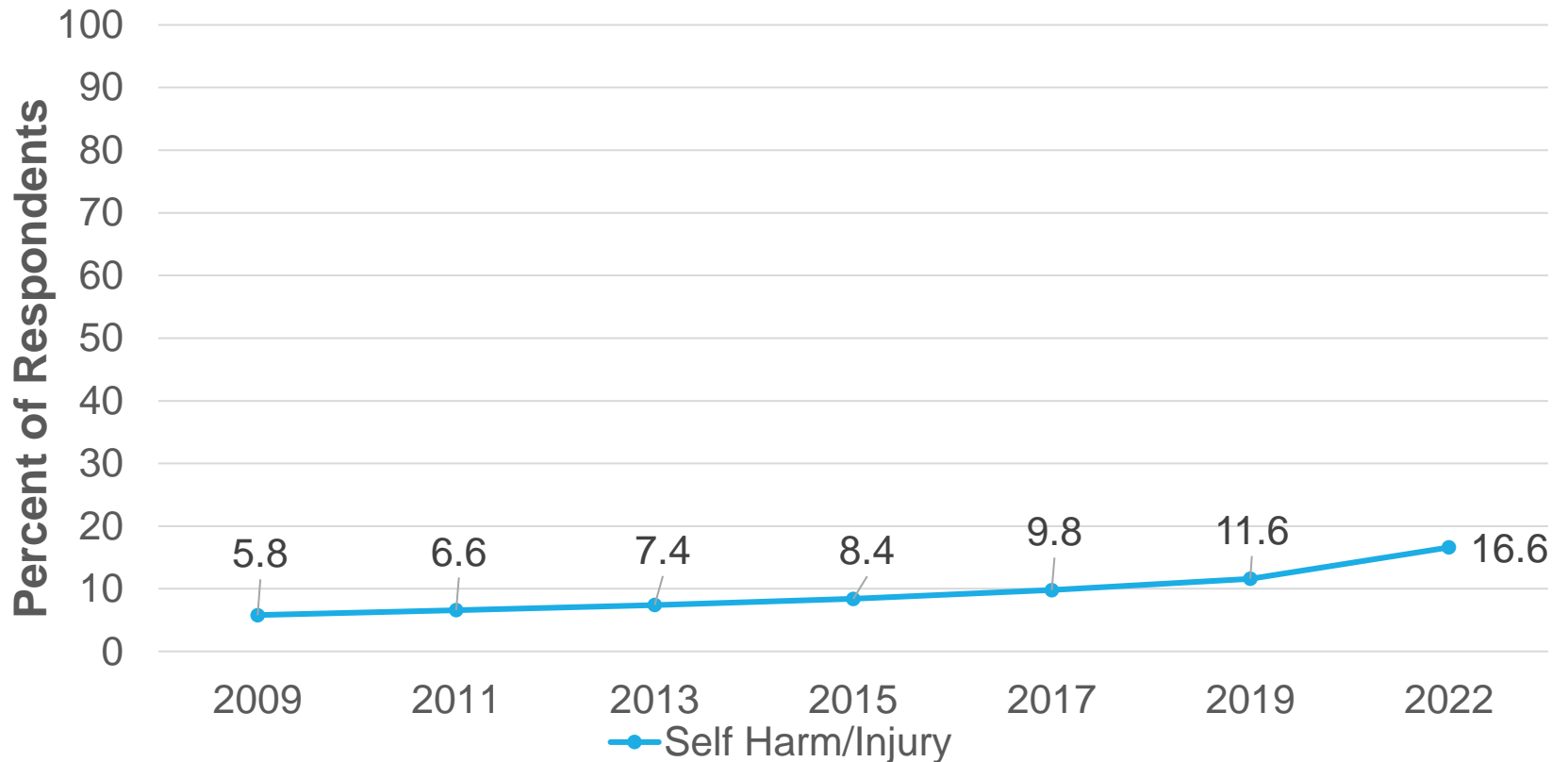
Suicide attempt- IC

4% of students surveyed (4.2 % cis men, 3.2 % cis women, and 8.3 % trans/gender non-conforming) indicated they had attempted suicide within the last 12 months.

Suicide attempt- National

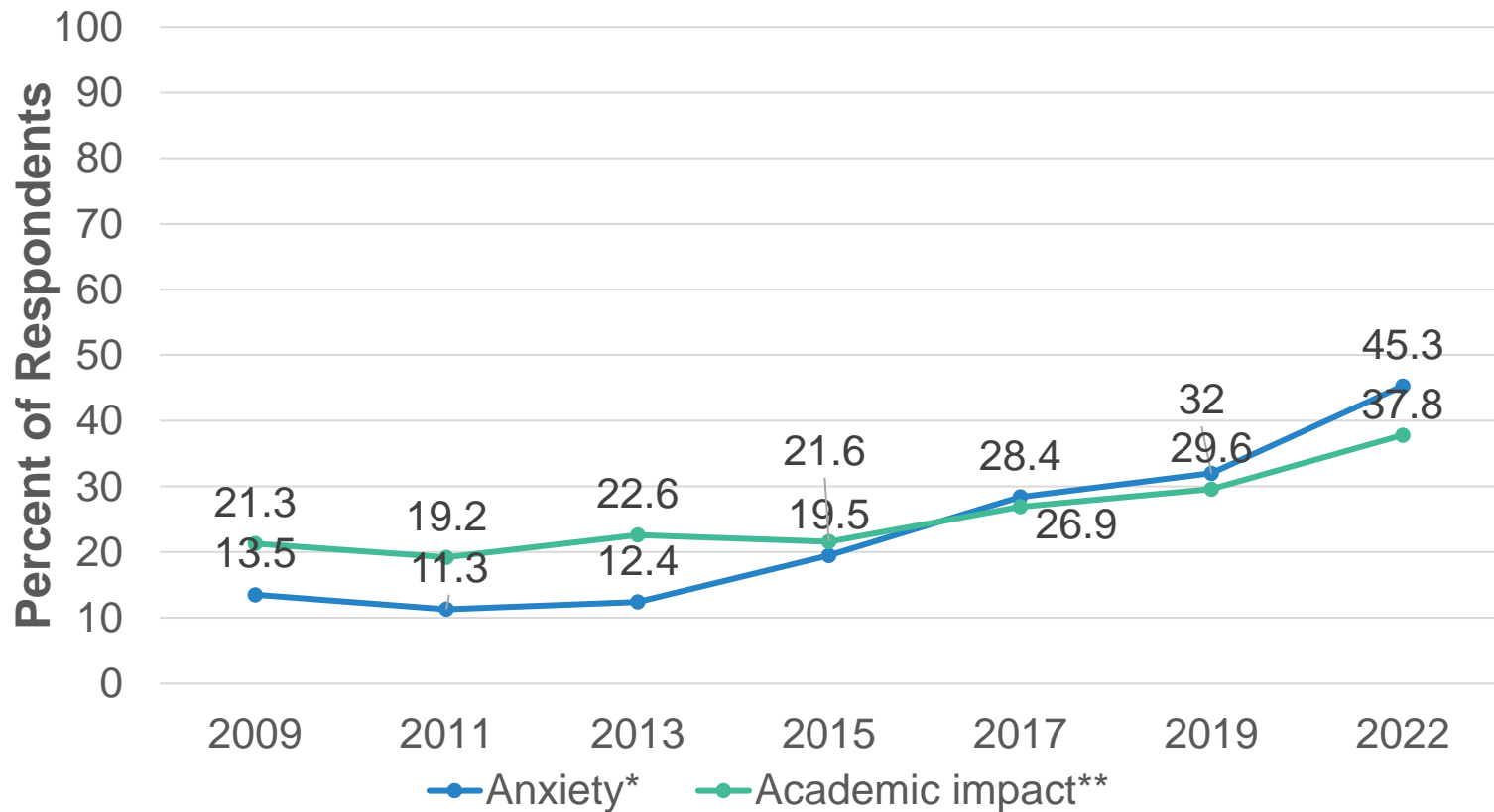
2.6% of students surveyed (2.7 % cis men, 2.1 % cis women, and 6.7 % trans/gender non-conforming) indicated they had attempted suicide within the last 12 months.

SELF INJURY



*IC students who reported that they had intentionally cut, burned, bruised or otherwise injured themselves in the last 12 months.

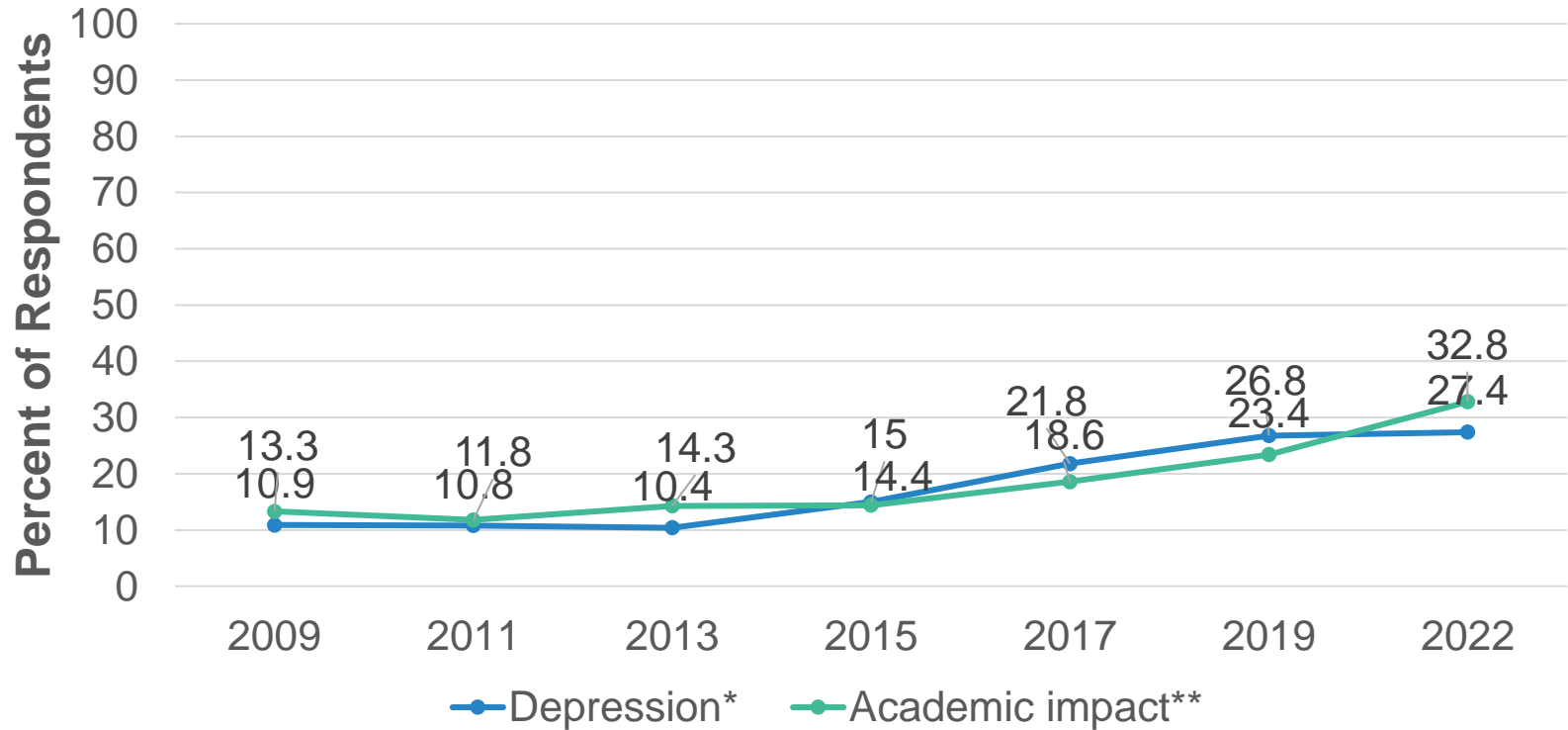
ANXIETY



*The 2009-2019 question asked students if they had been diagnosed or treated for anxiety within the last 12 months. In the 2022 survey, the question asked students if they have ever been diagnosed.

** IC students who reported that anxiety had an academic impact in the last 12 months.

DEPRESSION

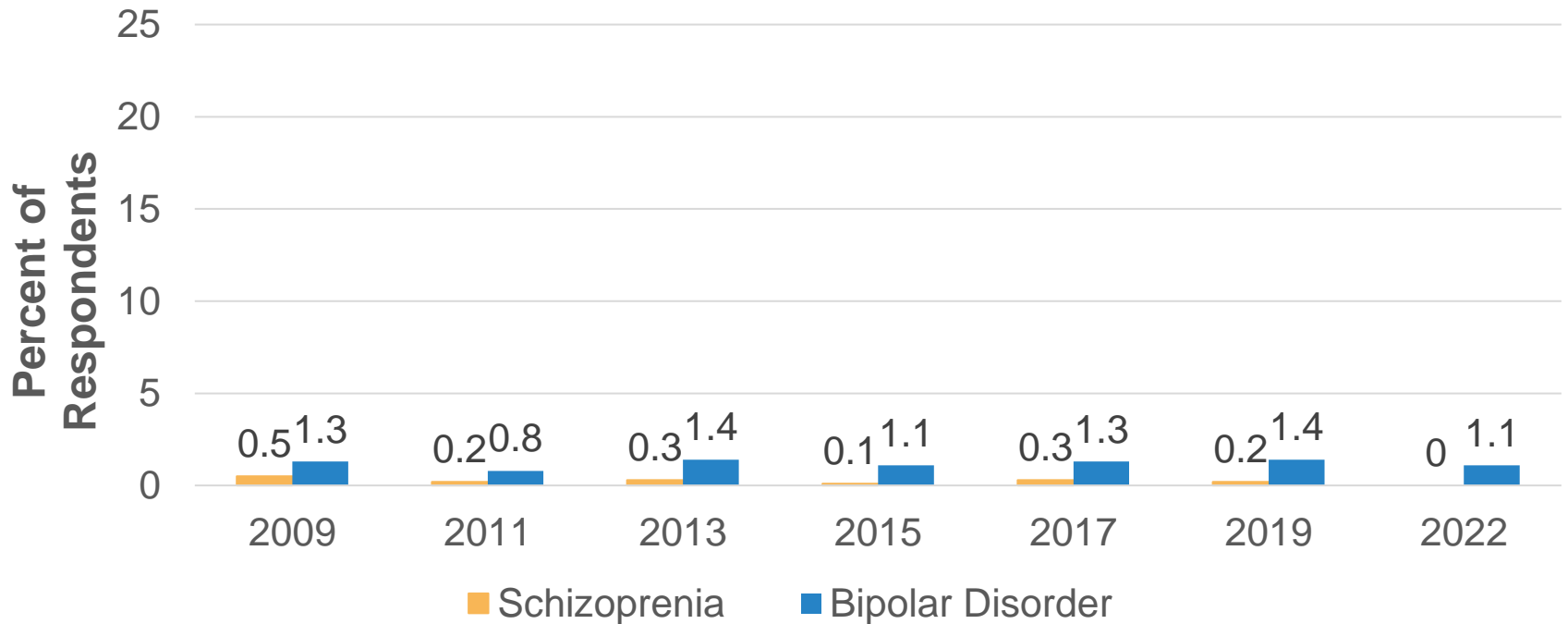


*The 2009-2019 question asked students if they had been diagnosed or treated for depression within the last 12 months. In the 2022 survey, the question asked students if they have ever been diagnosed.

** IC students who reported that depression had an academic impact in the last 12 months.

MENTAL HEALTH CONDITIONS

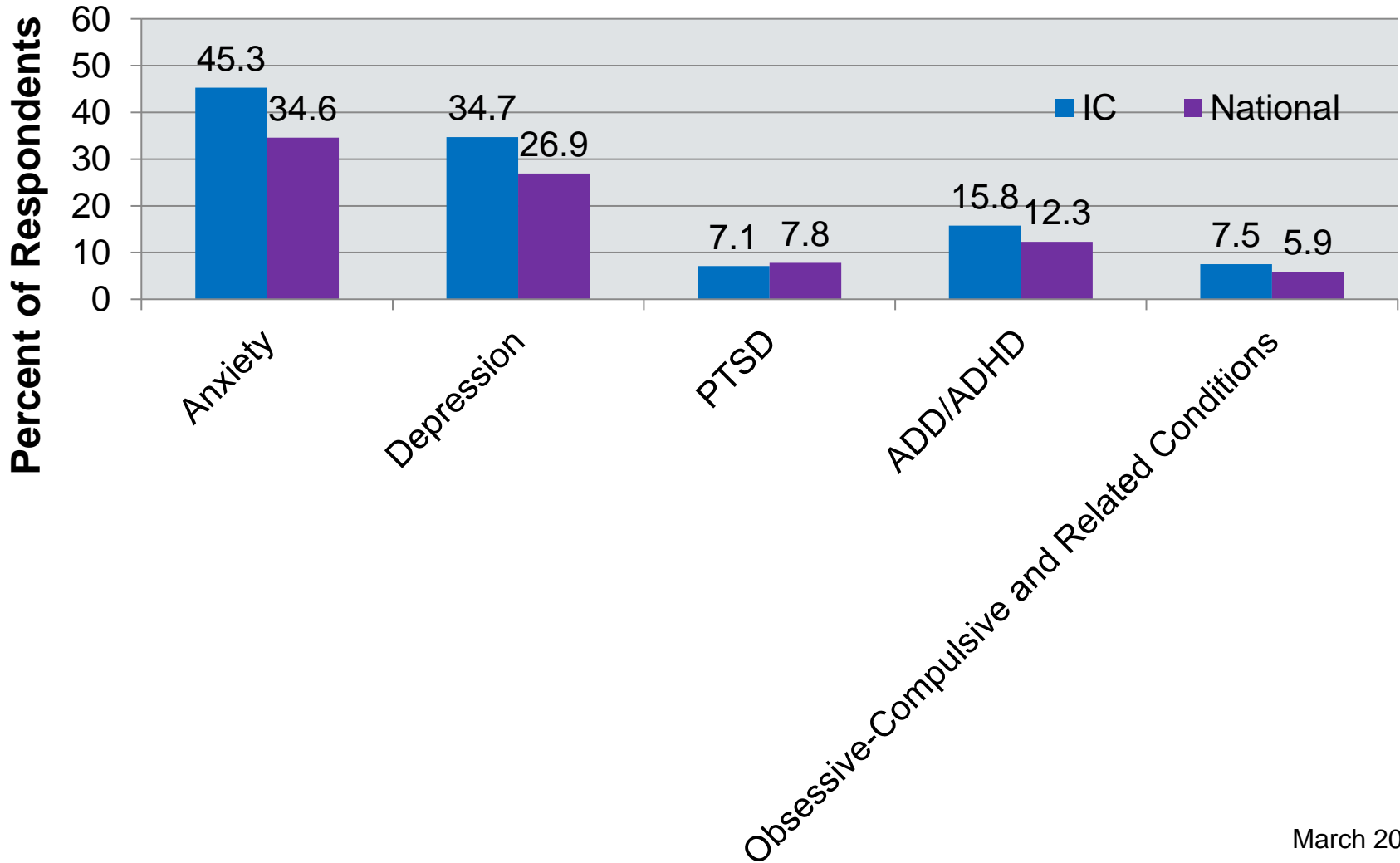
(BIPOLAR DISORDER, SCHIZOPHRENIA)



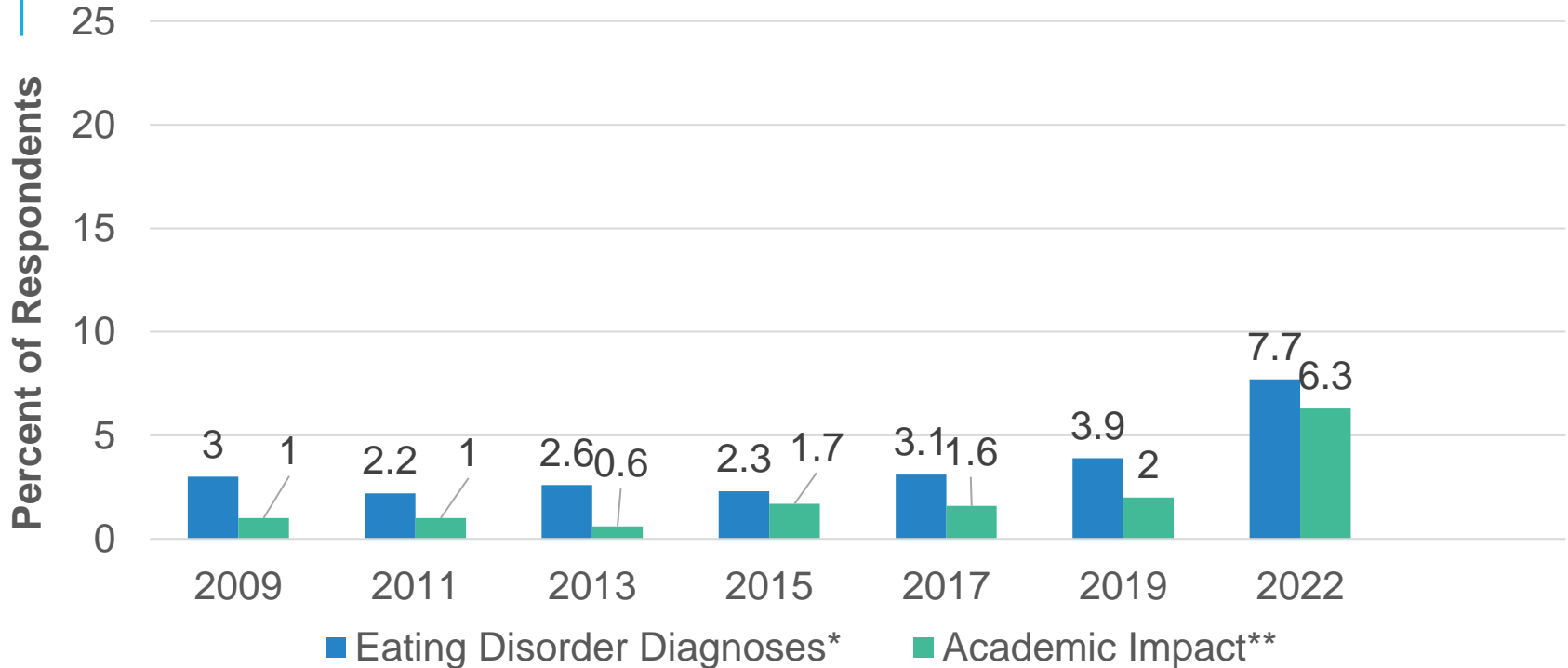
Note: The 2009-2019 question asked students if they had been diagnosed or treated for Schizophrenia or Bipolar Disorder within the last 12 months. In the 2022 survey, the question asked students if they have ever been diagnosed.

OTHER MENTAL HEALTH CONCERNS

Students reported being ever diagnosed by a professional



EATING DISORDERS



*Anorexia, Bulimia, self reported by students who have been diagnosed or treated within the last 12 months from 2009-2019. 2022 data includes binge eating and asked if students have ever been diagnosed.

**Report of eating disorder/problem having an academic impact in the last 12 months.

EATING DISORDERS & RELATED CONCERNS

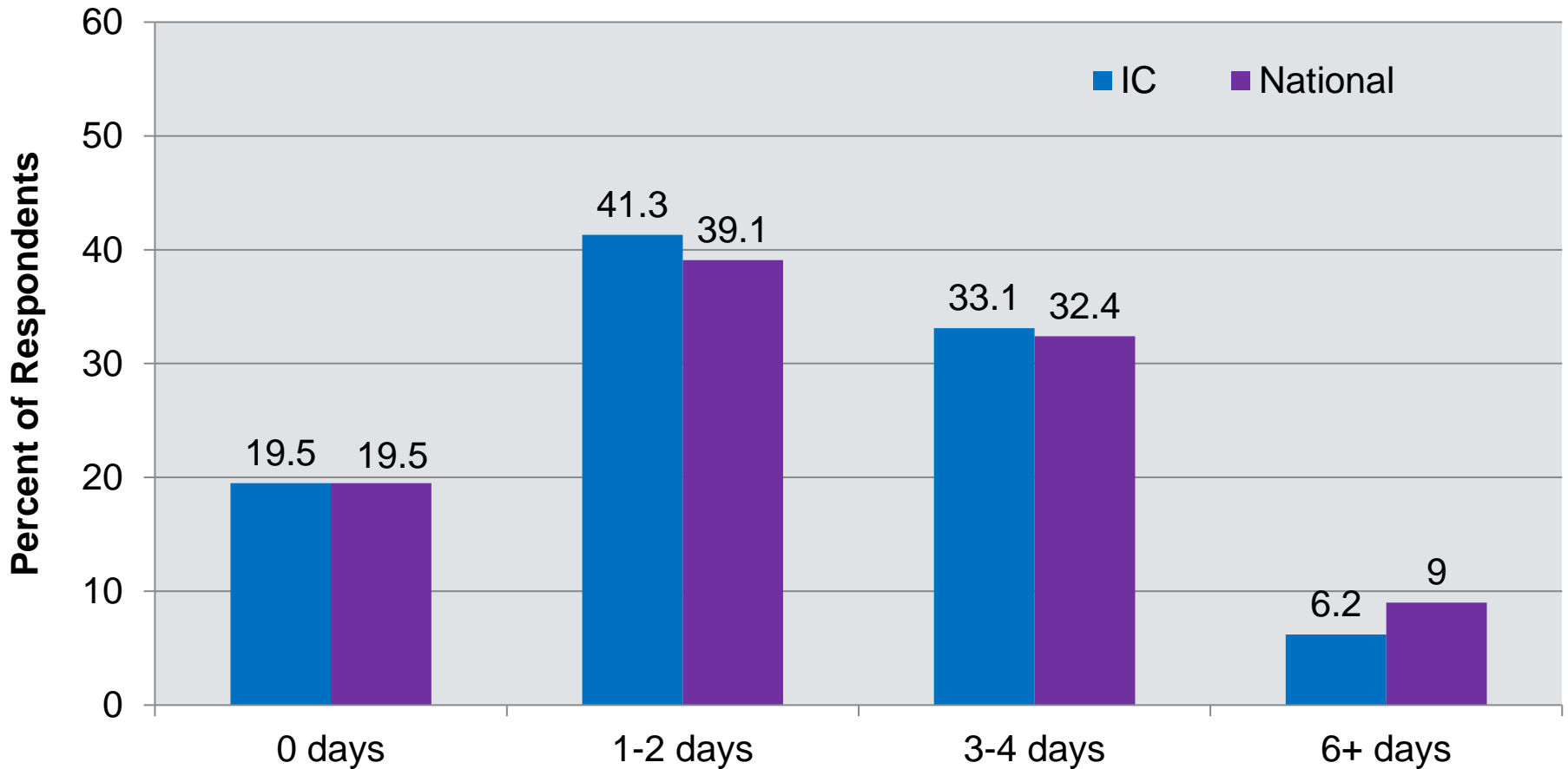
	IC	National
Diagnosed or treated for eating disorder(s)– ever	7.7%	6.3%
Appointment or discussion with healthcare or mental health professional within last 12 months	69.0%	53.9%



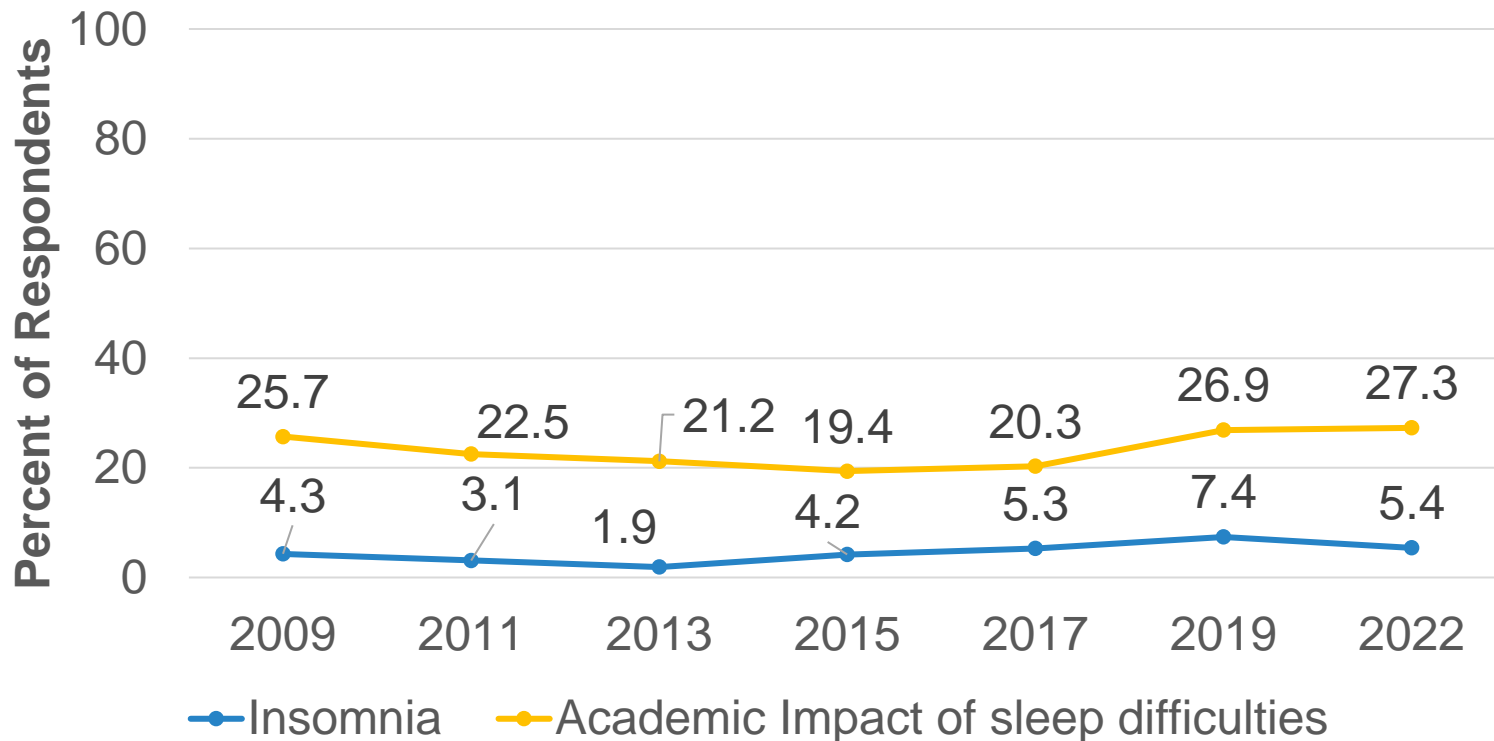
SLEEP, NUTRITION, & EXERCISE

SLEEP

On how many of the past 7 days did you get enough sleep so that you felt rested in the morning?



SLEEP DISORDERS AND SLEEP DIFFICULTIES

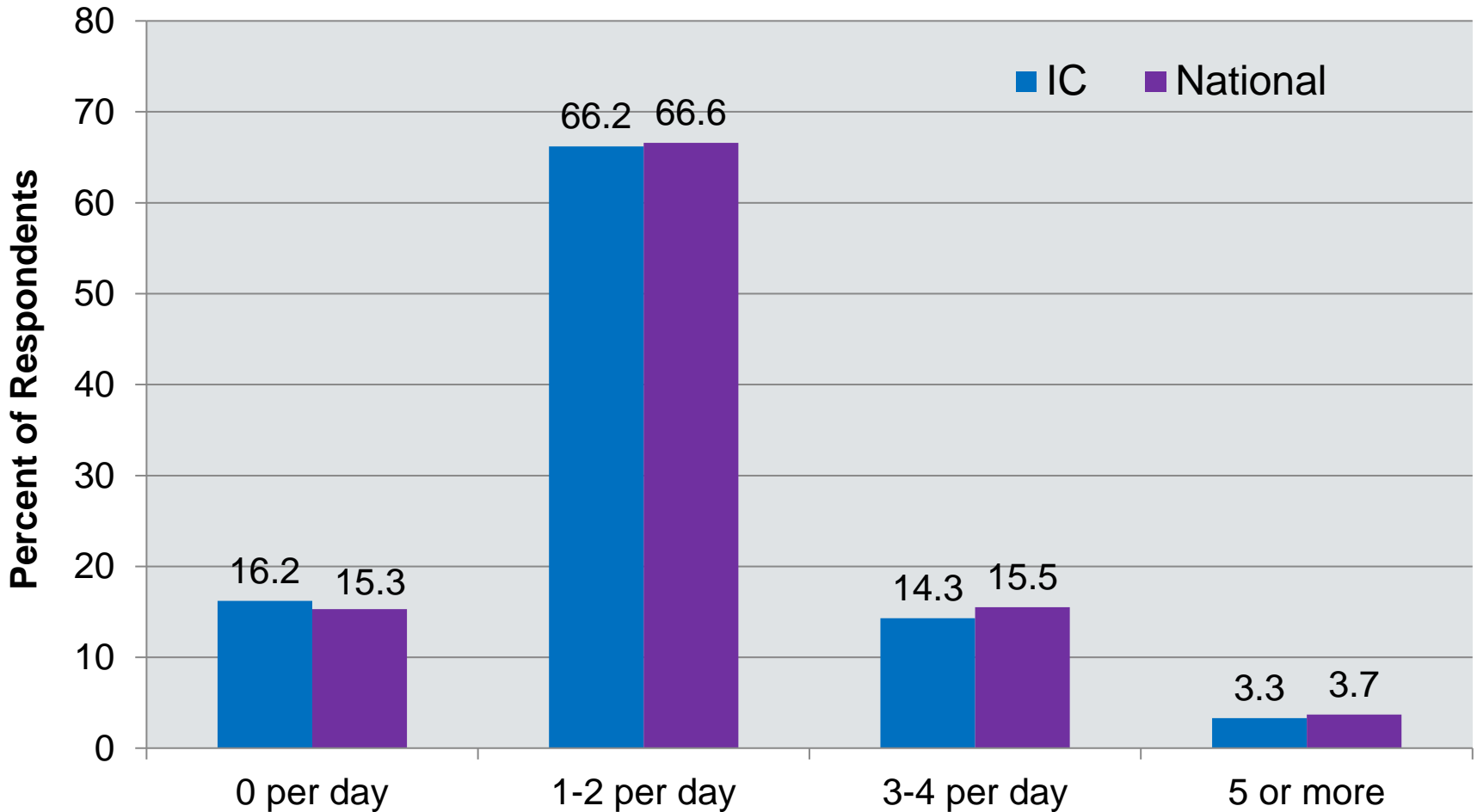


*IC students who reported having been diagnosed or treated for insomnia or other sleep disorder within the last 12 months.

**Report of sleep difficulties having an academic impact in the last 12 months.

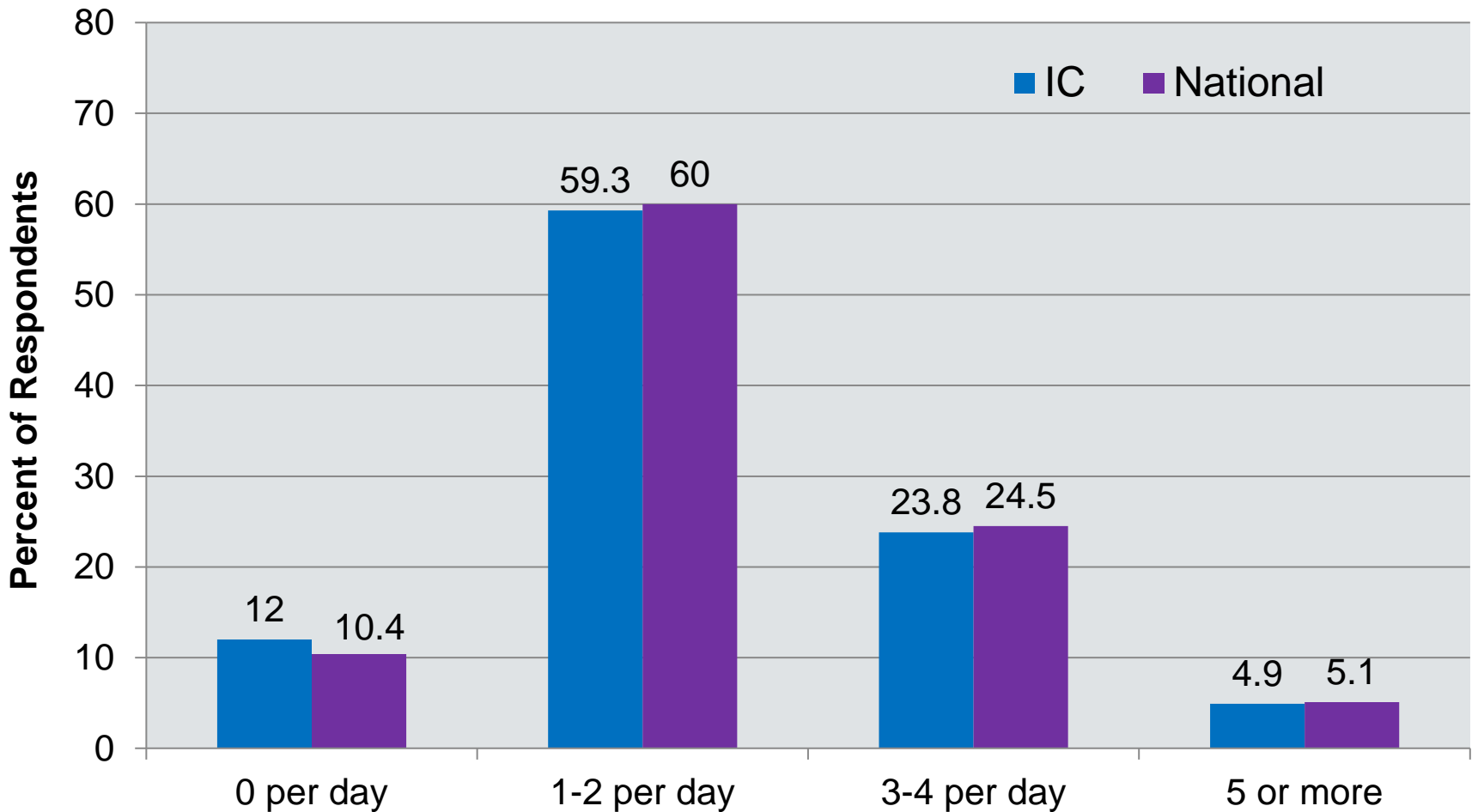
NUTRITION

How many servings of fruits do you usually have per day?



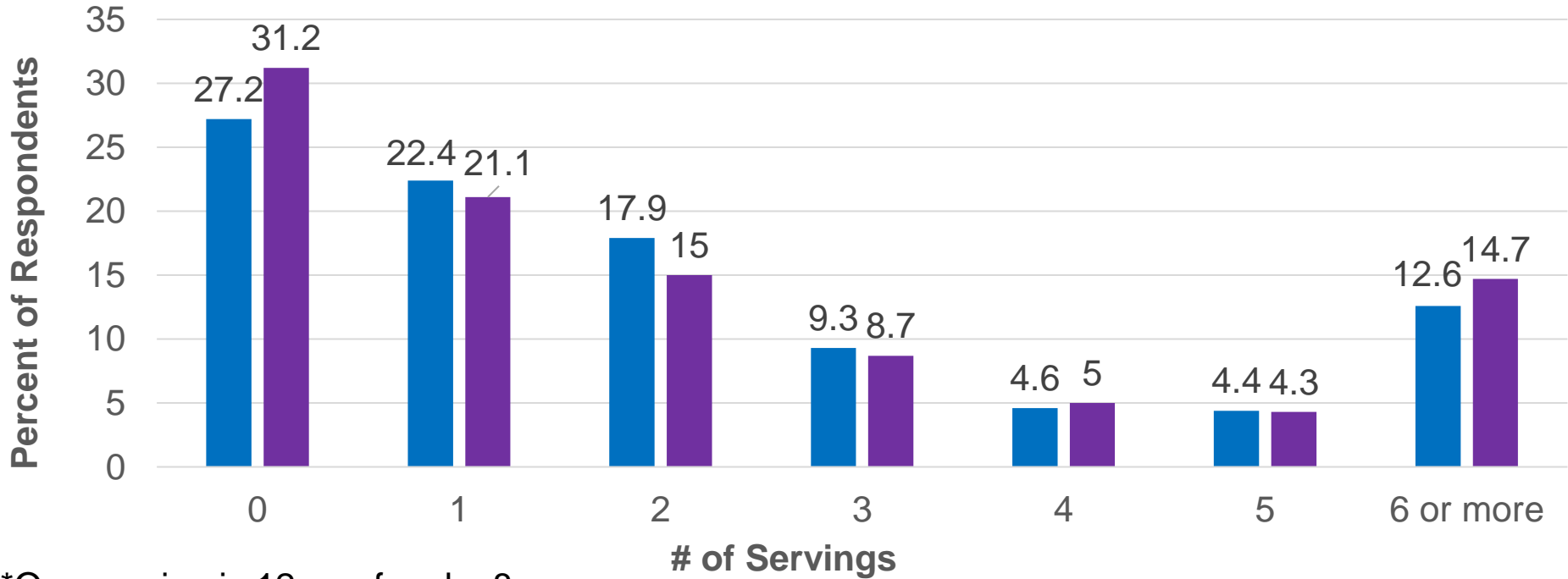
NUTRITION

How many servings of vegetables do you usually have per day?



SUGAR-SWEETENED BEVERAGE CONSUMPTION

In the last 7 days, how many servings* of sugar-sweetened beverages did you drink on average per day?



*One serving is 12 oz of soda; 8 oz of sugar-sweetened, flavored water or sports drink; 6 oz of sugar-sweetened coffee, tea, or juice.

■ IC ■ National

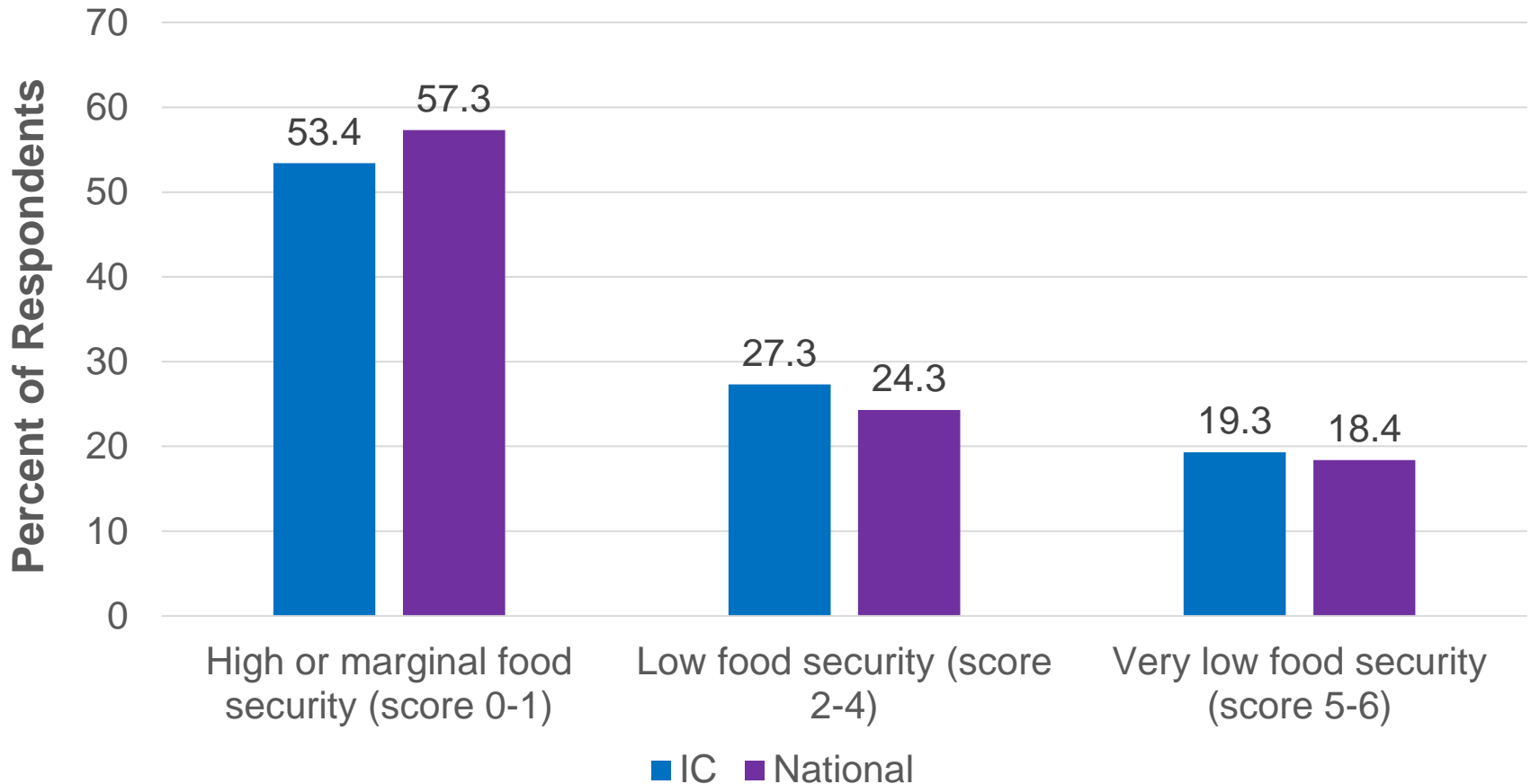
BODY MASS INDEX (BMI)

Estimated BMI based on self-reported height and weight

	IC Male	IC Female	IC Trans/ GNC	IC total	Nat'l
< 18.5 Underweight	7.0%	5.2%	7.2%	5.8%	5.3%
18.5-24.9 Healthy Weight	53.9%	62.7%	46.4%	59.0%	54.9%
25-29.9 Overweight	27.0%	20.1%	29.0%	22.7%	23.0%
30-34.9 Class I Obesity	9.6%	7.6%	8.7%	8.1%	9.7%
35-39.9 Class II Obesity	1.7%	2.3%	7.2%	2.8%	4.1%
≥ 40 Class III Obesity	0.9%	2.0%	1.4%	1.7%	3.0%

FOOD SECURITY, SCALES

Food Security Among IC Students (Percentage)

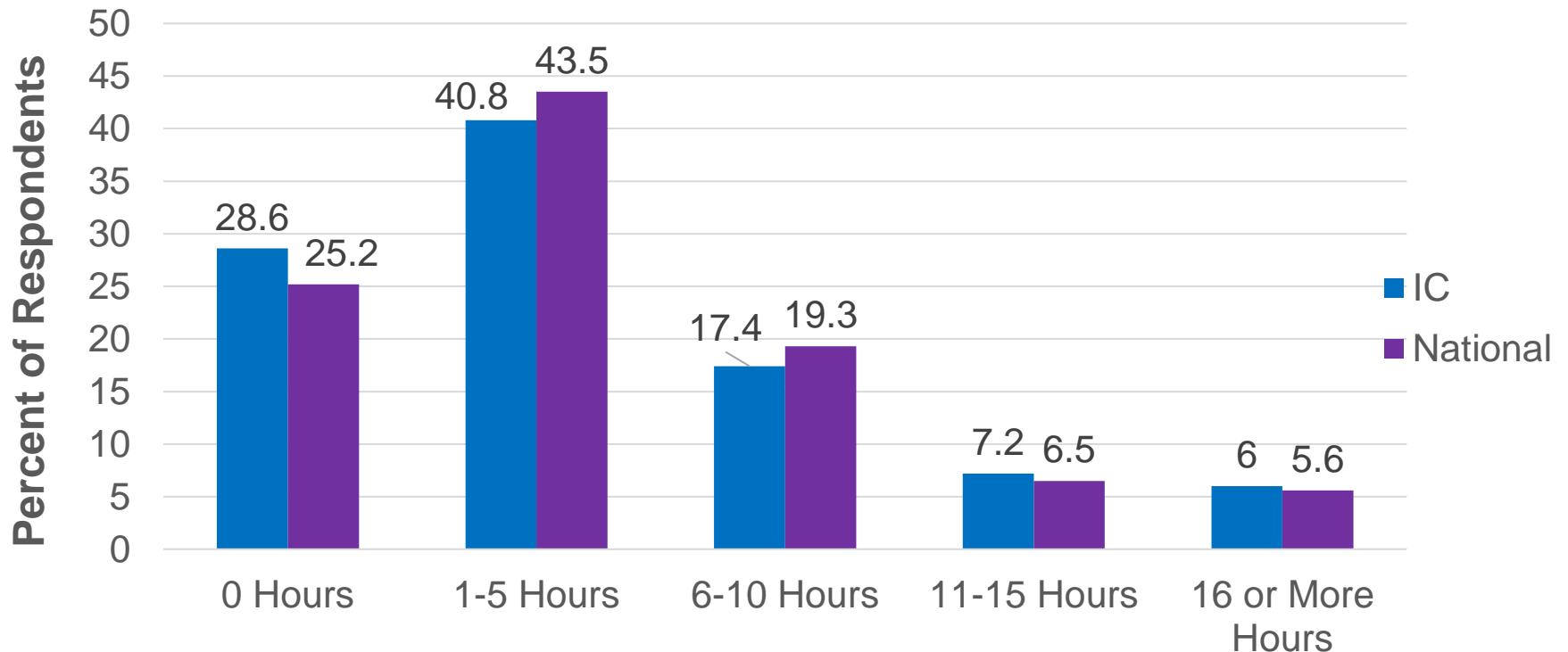


Based on responses to the *US Household Food Security Survey Module: Six-Item Short Form (2012)* from the USDA Economic Research Service.

March 2022

EXERCISE

How many hours do you spend in a typical week (7 days) on the following activities? *Participating in physical exercise, team sports, recreational sports, or physically active hobbies.*





SAFETY

HARASSMENT AND VIOLENCE

Experienced within the last 12 months (does not include intimate relationships).

	IC	Nat'l
Physical fight	2.4%	2.2%
Verbal threat	12.2%	11.3%
Sexual touching without their consent	9.0%	6.5%
Sexual penetration attempt without their consent	3.1%	2.3%
Sexual penetration without their consent	2.4%	1.8%
Stalking*	5.7%	4.2%

*Defined as “waiting for you outside your classroom, residence hall, or office; repeated emails/phone calls, etc.”)

March 2022

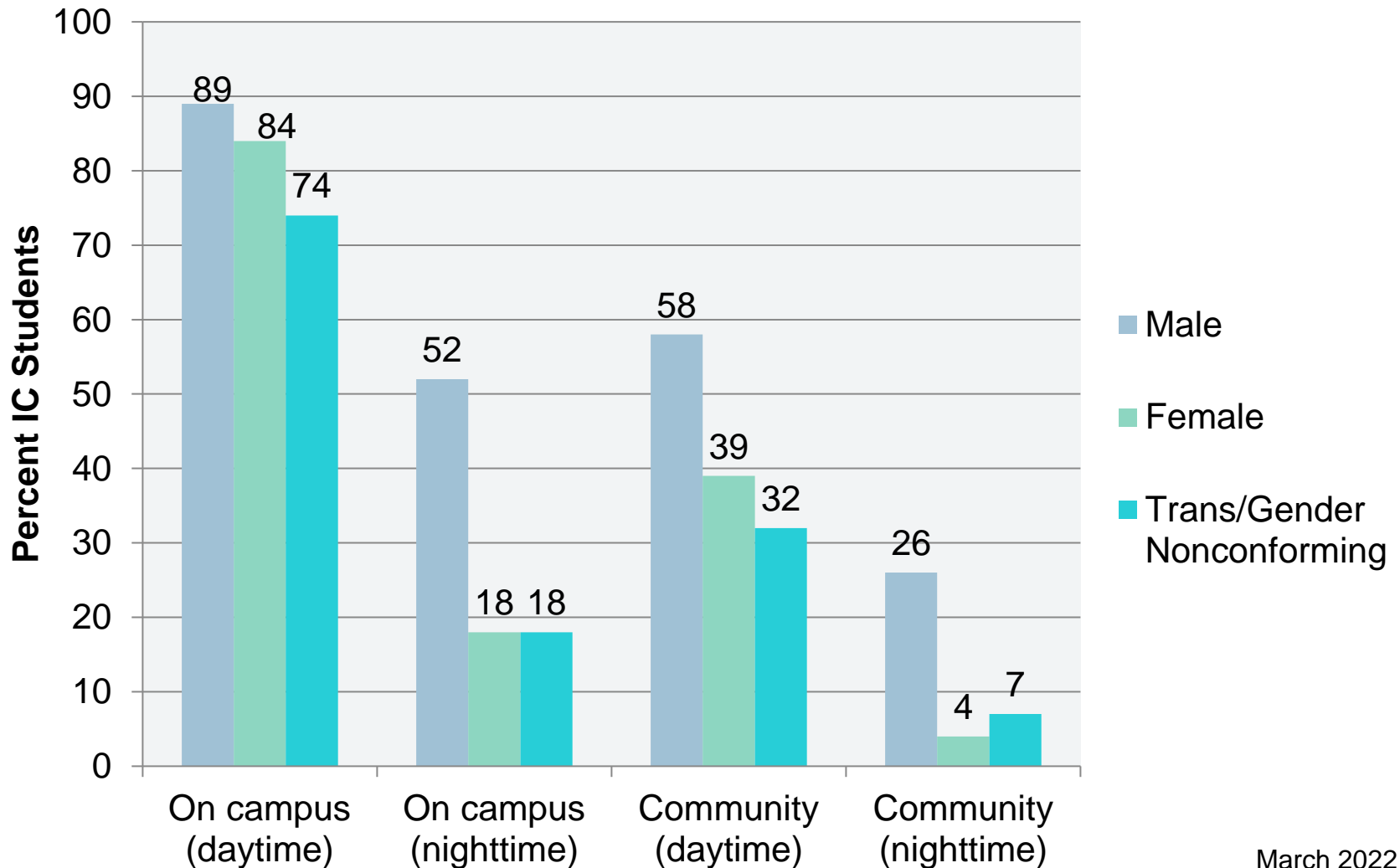
PERSONAL SAFETY

Do you feel safe?

	Somewhat Safe IC	Very Safe IC	Somewhat Safe National	Very Safe National
During the daytime				
On their campus	16.2%	82.7%	21.6%	75.9%
In the surrounding community	51.5%	41.6%	46.1%	41.7%
During the nighttime				
On their campus	57.8%	25.0%	47.5%	27.8%
In the surrounding community	42.7%	9.3%	35.9%	15.7%

PERSONAL SAFETY BY GENDER

Ithaca College students who reported feeling “very safe”:





HEALTH INDICATORS

NCHA HEALTH INDICATORS

Indicators	IC	Nat'l
Used condom or other protective barrier during vaginal intercourse sometimes, most of time, or always in last 30 days*	52.4%	47.3%
Used condom or other protective barrier during anal intercourse sometimes, most of time, or always in last 30 days*	27.2%	31.0%
Never used tobacco or nicotine delivery products	64.7%	66.8%
No problem with sleepiness during day (0-2 days)	15.0%	24.1%

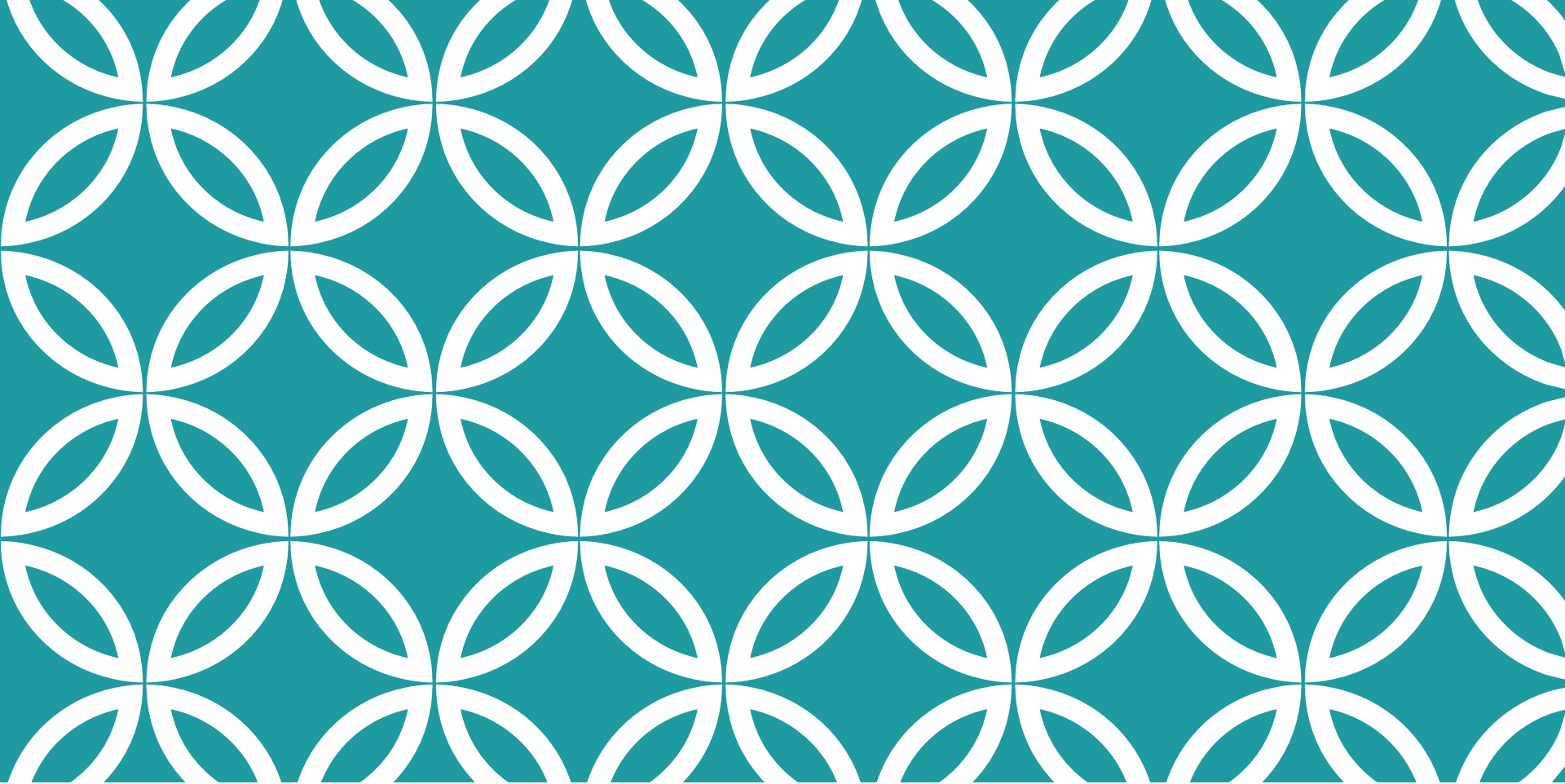
*Students responding “Never did this sexual activity” or “Have not done this during the last 30 days” were excluded from the analysis.

NCHA HEALTH INDICATORS

	IC	Nat'l
Recoded Estimated Blood Alcohol Content .08 or higher*	26.1%	19.4%
Did <i>not</i> consume 5+ drinks in one sitting in the past two weeks	43.7%	49.9%
Ate 3+ Fruit Servings/Day (on average in past 7 days)	17.6%	18.2%
Ate 3+ Vegetable Servings/Day (on average in past 7 days)	28.7%	29.6%
Met guidelines for only aerobic activity**	68.0%	68.7%

*Due to the improbability of a student surviving a drinking episode resulting in an extremely high BAC, all students with a BAC of .50% or higher are omitted from the BAC figures in this report. Is an estimated figure based on the reported number of drinks consumed during the last time they drank alcohol in a social setting, their approximate time of consumption, sex, weight, and the average rate of ethanol metabolism. The BAC variable has only been altered for this report, and remains unchanged in the data file.

**Recommendation for aerobic activity: 150 minutes or more of moderate-intensity physical activity per week or 75 minutes of vigorous-intensity physical activity or the equivalent combination



To request additional information, please
contact the Center for Health Promotion at
healthpromotion@ithaca.edu



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