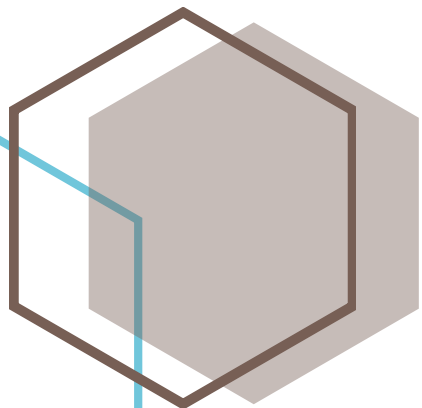




ACHA-NCHA Spring 2023

**CSULB Division of Student Affairs
Student Health Services
Office of Wellness & Health Promotion**

The American College Health Association – National College Health Assessment is a standardized tool used to assess student health and wellness, including impediments to academic success, mental health, substance use, sexual behaviors, health problems, basic needs, and more.





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Executive Summary

The ACHA-NCHA survey provides CSULB with information about students' health, health behaviors, mental health, and personal safety. These data are valuable for observation of trends, evaluations, and implementation of programs and services offered to students.

The NCHA survey was sent out to 20,000 randomly selected students in Spring 2023. A 12.3% response rate was achieved for this survey (n=2467 respondents). This page provides a summary, while the subsequent report pages provide further detail on these data results and meaning. Limitations for this study include statistically significant differences in those who responded to this survey and our student body population (race/ethnicity and sex), which may impact the generalizability of these data outcomes.

Data Highlights

General Health

Only 44% of respondents described their health as very good or excellent. The majority of our student responders (60%) do not meet the guidelines for being an Active Adult. Getting enough sleep to feel rested during most days of the week is elusive for most of our students, with only 40% feeling rested. Most students (95%) reported having their COVID-19 vaccination.

Top 5 Impactors on Academic Performance

1. Procrastination (reported by 54% of students)
2. Stress (41%)
3. Anxiety (32%)
4. Finances (25%)
5. Sleep difficulties (23%)

Basic Needs

Low or very low food security was reported by 55% of our respondents. Temporary living situations or no place to live was reported by 1% of our respondents. The number of students reporting food insecurity and being unhoused has increased since the 2021 NCHA.

Mental Health

High stress levels were reported by 31% of students, which is a decrease since 2021 (38%). Anxiety and depression were the leading mental health diagnoses. Intentional self-injury was reported by 8% of our respondents. Suicide attempts in the last 12 months were reported by 47 (2%) of our respondents. Transgender/gender non-conforming (T/GNC) students reported disproportionately higher rates of self-injury, psychological distress, loneliness, and suicidality.

Substance Use

Only 24% of students reported use of tobacco/nicotine products in their entire life. Many (58%) of our respondents also reported not engaging in binge drinking in the two weeks prior to the survey. Cannabis use was reported by 27% of our respondents in the past three months, which has increased by 4% since 2021.



Methodology and Outcomes

The ACHA-NCHA was conducted at CSU Long Beach between April 3 and April 23, 2023. A random sample of 20,000 students were emailed links to the survey on the first day, with three follow up reminders over the course of the administration. CSULB IRB approved this study. Unlike in previous years, CSULB Student Affairs conducted NCHA without support from the CSU Chancellor's Office. Spring 2023 was considered an important point in time to understand our students' health and health behaviors. We are unaware of any other CSU campuses that participated this year. Therefore, we are unable to provide the comparison data seen in prior surveys.

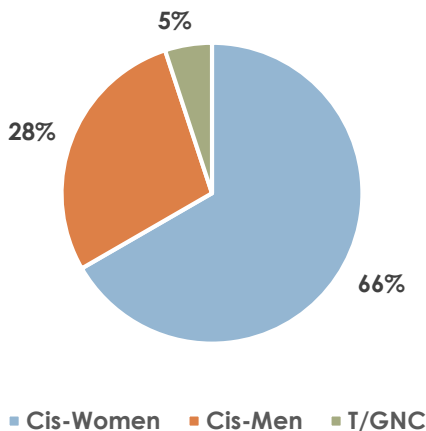
Respondents

Ultimately, 2,467 students completed the survey, resulting in a 12.3% response rate. Some demographic characteristics are highlighted below. In some instances, there are large, and in the case of gender and race/ethnicity, statistically significant differences between the profile of NCHA respondents and the overall campus population. While we feel the NCHA still provides useful data on the behaviors and overall health of our campus, care should be taken in generalizing from these results.

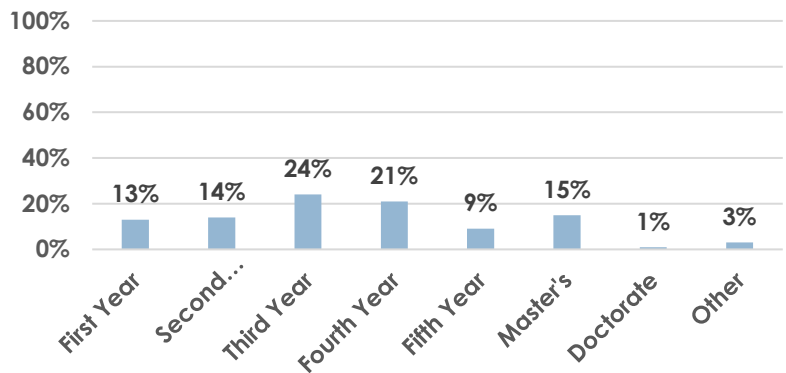
The following observations can be made about respondent demographics:

- The mean age of respondents was 23.9 years with a range of 18 to 70 years and a median age of 22.
- 66% of respondents reported being cis-women (n=1627), 28% reported being cis-men (n=695), and 5% reported being T/GNC (n=118). The larger campus reports 59% of students identifying as biological female and 41% biological male; while data on gender and gender identity are not equivalent, this is an example of an area where NCHA respondents may not be representative of the larger campus.
- The majority of respondents were full-time students (86%) and the largest group of undergraduate respondents were in their third year (24%).

Gender

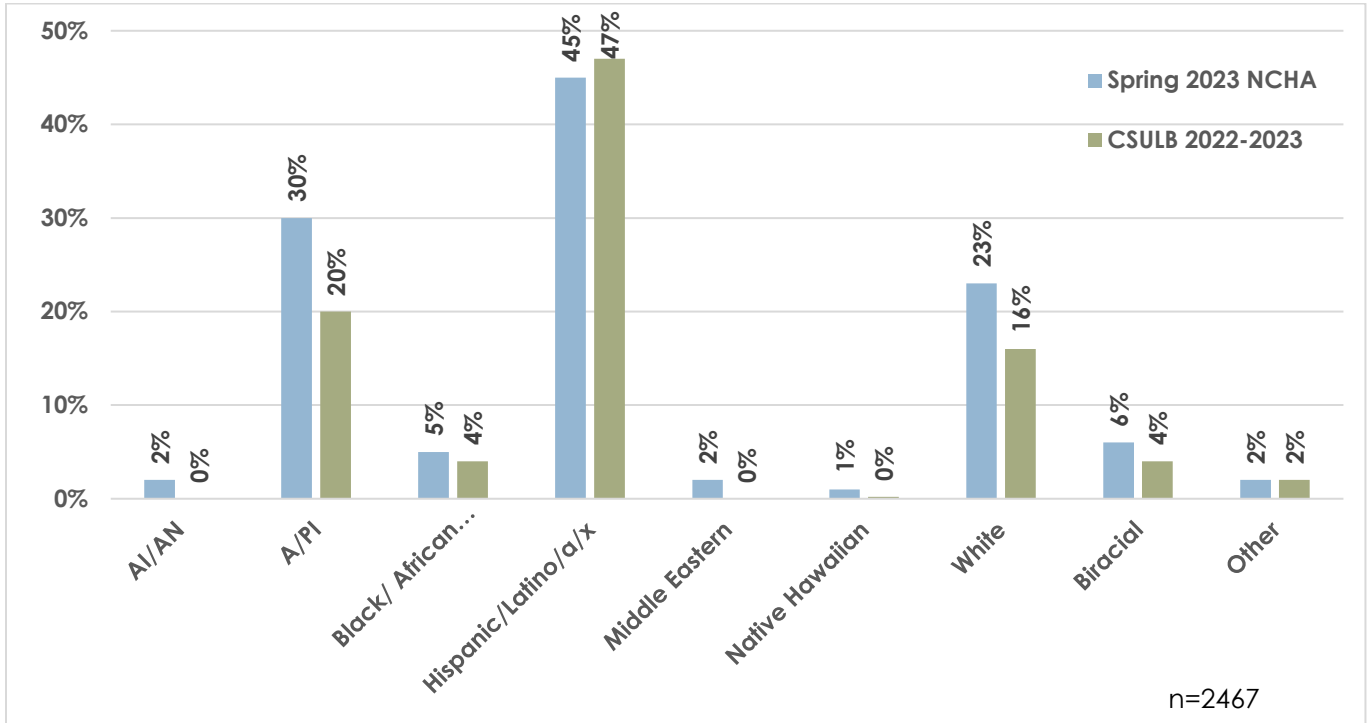


Year in School





- Almost half (45%) of NCHA respondents reported being Hispanic or Latino, with large percentages identifying as Asian or Asian American (30%) or White (23%). This is another area where difference between NCHA respondents and the larger campus – where 20% of students report being Asian and 16% White – suggest care should be taken in generalization.



- 61% reported being a first-generation college student. This is defined as one or more parents achieving an undergraduate college degree.
- 6% (n=155) of students reported being a parent or having primary responsibility for someone else’s child/children under 18 years old.
- 1% (n=29) respondents reported being a veteran of the U.S. military.
- 13% (n=306) of respondents were international students (reporting having a visa to work or study in the U.S).

Residence/Living Situation

51% of our students reported living with their parent/guardian/other family members, which shows a decrease from 2021 (72%).

Temporary “couch surfing” and not having a place to live was reported by 1% (29) of our respondents, which was a slight increase from 2021.



Food Security

55% of respondents reported low or very low food security, based on responses to the US Household Food Security Survey Module: six-item short form (2012) from the USDA Economic Research Services. This was a 16%-point increase from 2021 (where 39% of respondents reported low or very low food security).

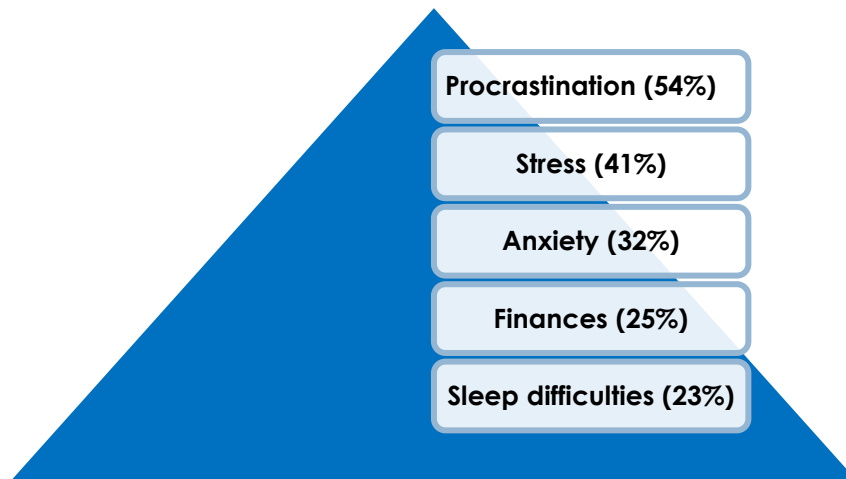
Disability Information

Disability Diagnoses Reported by Students	
ADD/ADHD	10%
Autism Spectrum disorder	2%
Deaf/Hearing loss	2%
Learning disability	3%
Mobility/dexterity disability	1%
Blind/low vision	5%
Speech/language disorder	1%

COVID-19

Many students (64%) reported testing positive for COVID-19 in the last 12 months. The majority of respondents reported being vaccinated against COVID-19 (95%).

Top 5 Impactors on Academic Performance



This was the first time that finances entered the top 5 impactors of academic performance since CSULB has been conducting this survey. Understanding these impactors can help our campus create innovative programming to address the issues our students face with financial concerns.



Mental Health

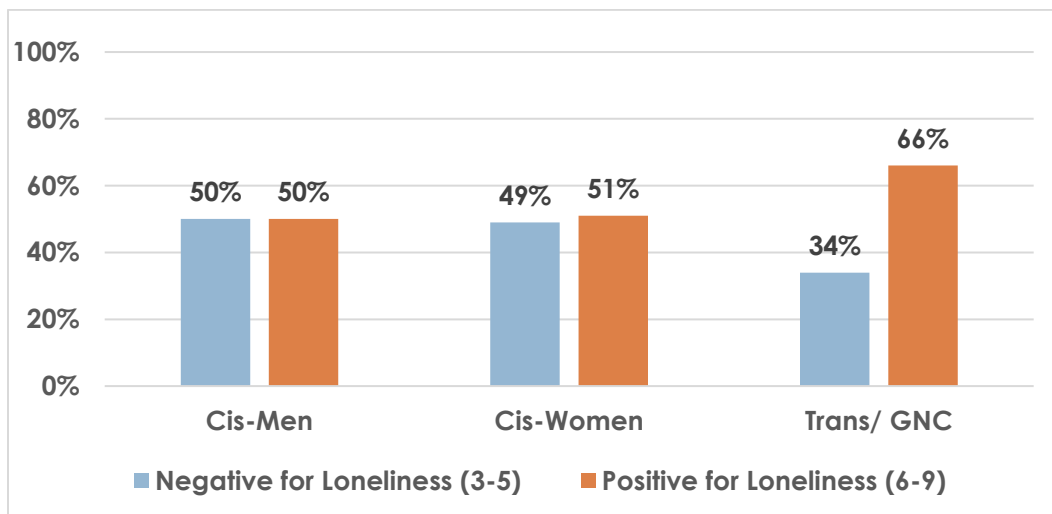
- 31% of respondents reported high stress and 50% reported moderate stress in the last 30 days.
- The leading mental health diagnoses reported were anxiety (24%) and depression (19%), which showed a slight increase since 2021.
- 76% of respondents reported they would consider getting help from a mental health professional and 29% received care from the health or psychological services center on campus in the last year.
- Intentional self-injury was reported by 8% of the respondents and was disproportionately higher in T/GNC students (21%) compared to cis-women (8%) and cis-men (6%).
- 2% of respondents (47) reported a suicide attempt within the last 12 months; 3% were cis-men, 2% were cis-women, and 3% were T/GNC.

Several scales were used in the survey to evaluate the mental health of our students.

Kessler 6 (K6) Non-Specific Psychological Distress Score

As measured by the Kessler 6 (K6) Non-Specific Psychological Distress Score, many of our students (52%) reported experiencing moderate distress and 24% reported serious distress. These rates seem to be highest among T/GNC students; 43% were in serious distress. Mean scores are also used with this scale (the range is from 0-24; the higher the number the more psychological distress the respondents are experiencing). In 2023, the mean score was 8.93, as compared to a score of 9.69 in 2021.

UCLA Loneliness Scale (ULS3) Score (Range is 3-9)





Loneliness is considered a predictor for mental and physical health, as well as cognitive functioning. A positive score for loneliness means that one is negatively imbalanced with social relationships.

The mean score for CSULB respondents was 5.51. In 2021 the mean score was 5.76. While rates of loneliness are similar for cis-men and cis-women, T/GNC students are more likely to report loneliness.

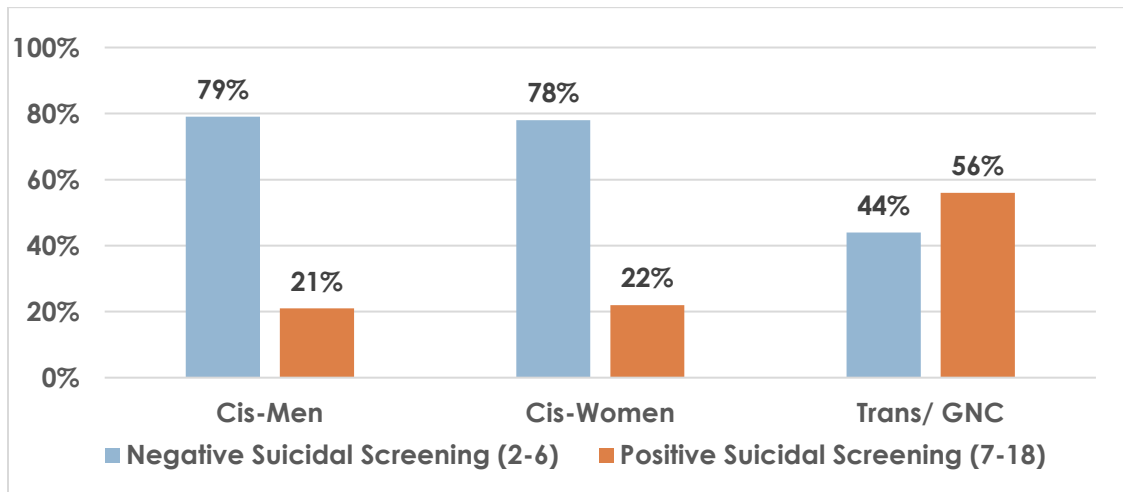
Diener Flourishing Scale – Psychological Well Being (PWB) Score (range is 8-56)

A high score represents a person with many psychological resources and strengths. The mean score for respondents was 44. In 2021, the mean score was 43.3. T/GNC students reported a mean score of 42.

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

This scale is a measure of “bounce back” and adaptability. The higher the score, the higher the resilience. CSULB respondents' mean score was 5.83. In 2021, the mean score was 5.73.

Suicide Behavior Questionnaire-Revised (SBQR) Screening Score (Range 3-18)

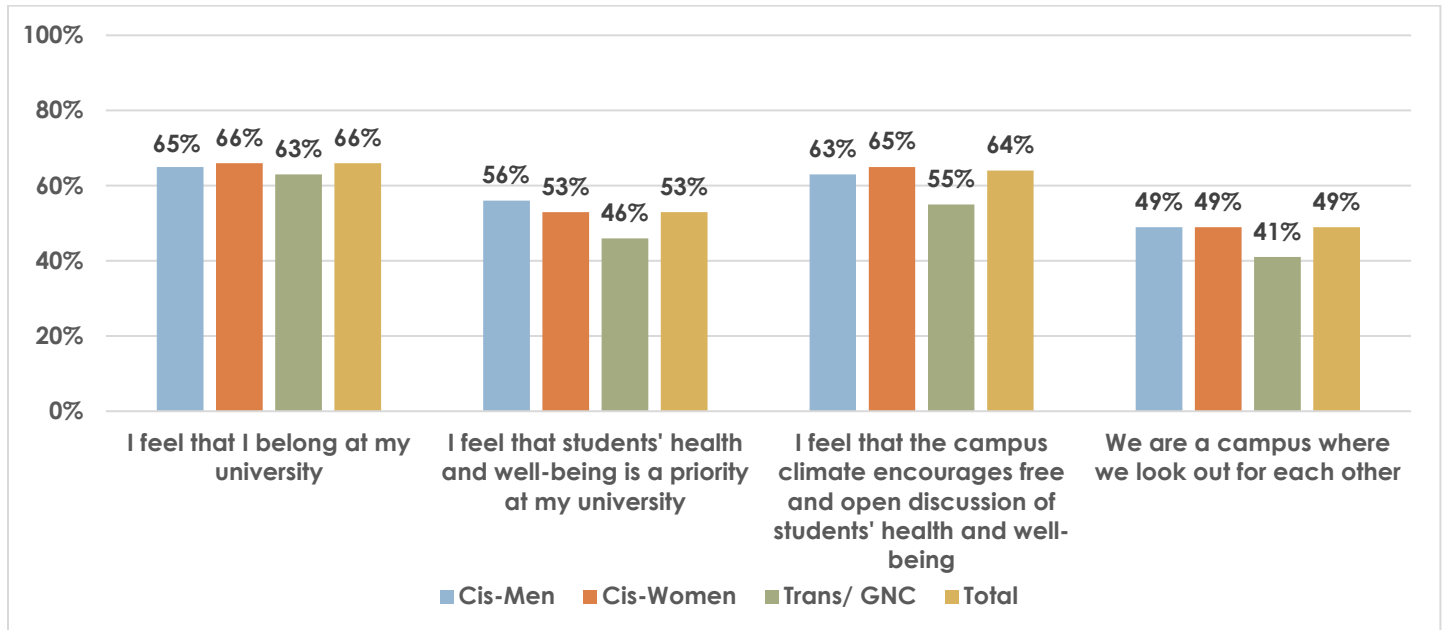


SBQR is a 4-item questionnaire measuring past and frequency of suicidal ideation, current threat, and likelihood of future suicide attempt.

The mean score for CSULB respondents was 5.0, which shows that, on average, our students were negative for suicidality. In 2021, the mean score was 5.28. However, the T/GNC students are disproportionately affected (7.3).



Belonging and Campus Climate



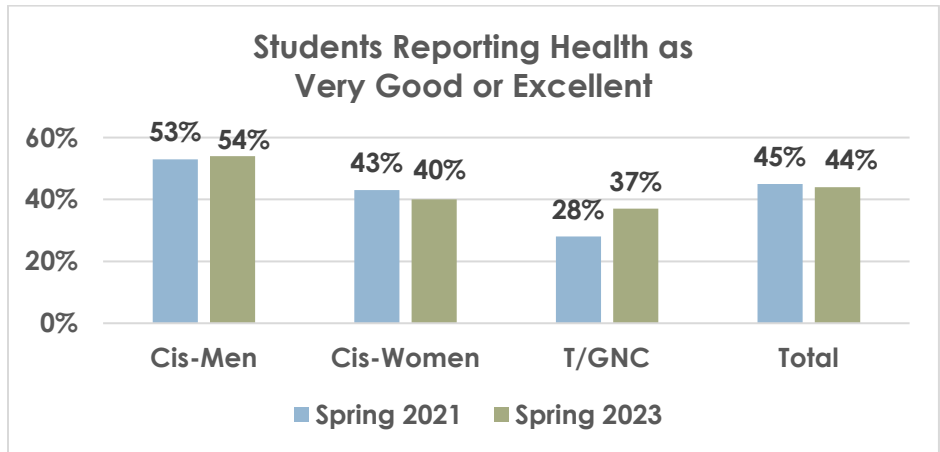
Most (66%) of our students reported feeling that they belong at CSULB and almost half believed that on our campus we look out for each other. However, only 41% of T/GNC students felt that campus looks out for them. Many (64%) also reported feeling that our campus encourages free and open discussion of students' health and well-being; however, only 55% of T/GNC students felt as positive. About half of students (53%) reported feeling that our campus prioritizes health and well-being.

Safety and Violence

- For the first time, questions about guns/firearms were included in the survey for our campus. While 68% of students indicate feeling safe on campus during the day, at least one respondent reported carrying a gun 3-4 times during the previous 30 days. Most (83%) students have concerns about gun violence on campus.
- 4% reported being a victim of stalking; 2% reported physical assault; and 9% reported being verbally threatened. T/GNC students reported higher instances of physical assault and verbal threats than other students.
- 7% of respondents reported being sexually assaulted within the last year. This includes touching, attempted penetration, and penetration against their will. Cis-women were affected at higher rates.
- 16% reported being in an emotionally abusive relationship, 3% reported being in a physically abusive relationship, and 4% in a sexually abusive relationship within the last 12 months. T/GNC students were disproportionately affected by emotional (20%) and sexual abuse (12%). For all students, emotional abuse has increased from 13% in 2021 to 16% in 2023.



General Health



- In the table above, this represents the students who report their health as very good or excellent. T/GNC students had the highest increase in their reported health since 2021.
- Only 41% of respondents met the *Guidelines for Active Adults* (150 minutes of aerobic activity and 2 days of strength training/week).
- As predicted, most of our students are not getting enough sleep on most days of the week. The table below shows the percent of students who felt rested on at least three or more days in the last week.

% of Students That Felt Rested on Three or More Days in the Last Week	
Cis-Men	46%
Cis-Women	37%
T/GNC	44%
All Students	40%

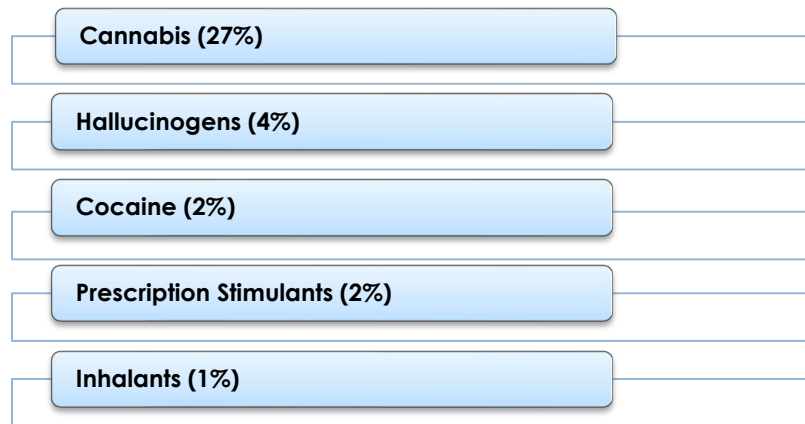
Health Care Utilization

- The primary source of health insurance for respondents was a parent's healthcare plan (49%); 23% of students reported having a public plan (Medi-Cal or other), and 4% reported being uninsured.
- Only 19% of respondents reported using the Student Health Services on campus in the last 12 months. Most(79%) students visit their medical provider in their hometown.



Substance Use

Top Five Drugs Used in the Past 3 Months



- Cannabis use in the last 3 months was reported by 27% of respondents. In 2021, 23% of students reported use of cannabis in the last 3 months.
- 1% of respondents were identified as having high-risk use of cannabis, and 17% were identified as having moderate risk use (based on the Substance Specific Involvement Scores from the ASSIST scale).
- Reported use of cocaine and hallucinogens has increased since 2021.
- 76% of respondents reported they have never used a tobacco or nicotine delivery product. For those that smoked in the last 3 months, the most used products were e-cigarettes/vapes (77%) followed by cigarettes (38%).
- 40% of respondents reported consuming alcohol within the last 2 weeks, while 26% reported never having consumed alcohol.
- 58% of respondents who consumed alcohol within the last 2 weeks reported they had not engaged in binge drinking in the last 2 weeks, and the average number of drinks consumed at the last drinking event was just under three.
- 16% of alcohol users reported having two or more negative experiences in the last 12 months due to their alcohol use (i.e., black out, police trouble, unprotected sex, etc.). 11% of respondents reported driving after having alcohol in the last 30 days, and 27% reported driving within 6 hours of using cannabis/marijuana in the last 30 days.
- 9% of respondents were considered at moderate risk and 1% at high risk for alcohol use (based on the Substance Specific Involvement Scores from the ASSIST scale within the survey).
- T/GNC students reported disproportionately higher use of some substances including tobacco/nicotine, cannabis, and hallucinogens.



- 2% of respondents reported being in recovery (the types of recovery are not specified).

Sexual Health

- Students reported never having engaged in vaginal sex (41%), oral sex (40%), and anal sex (83%) has slightly decreased since 2021. This is expected as students have returned in person to campus and social activities.
- The average number of sex partners among sexually active respondents was reported as 1.6 partners in 2023 and 1.5 partners in 2021.
- The percent of respondents who reported using condoms for vaginal sex *most of the time or always* in the last 30 days increased from 31% in 2021 to 36% in 2023.
- Students reporting *not using any method of birth control to prevent pregnancy the last time they had vaginal sex* increased from 15% in 2021 to 19% in 2023.
- External (male) condoms were reported as being the most frequently used form of birth control (46%), followed by birth control pills (34%), and the withdrawal method (16%).
- The use of emergency contraception for those engaging in vaginal sex increased by 5 percentage points since 2021 (2023 – 10% and 2021- 5%). In the last 12 months, use of emergency contraception was reported by cis-men at 25%, cis-women at 27%, and trans/gender non-conforming students at 23%.
- Increased rates of unintended pregnancies were reported by students engaging in vaginal sex in the last 12 months since 2021 by cis-men at 2%, cis-women at 3%, and trans/gender non-conforming students at 4%.

Limitations

As previously noted, there are some statistically significant differences in the demographic profiles of NCHA 2023 respondents and the overall campus population in spring 2023. While it is hard to say exactly why this would be the case, those who do not have regular access to internet may not have the ability to complete the survey. Moreover, the survey is relatively long (86 questions) and must compete for attention with other surveys. This has the possibility to reduce participation among students with other time commitments (like work or family obligations) as well as among students who are not as engaged with campus life.

Despite these limitations, we believe these data provide value in that they can move us out of the realm of anecdote and speculation as we have conversations about mental health, substance use, campus climate and other important issues.

Next Steps

Dissemination of these data during the 2023-2024 Academic Year will be a focus for our team. Publishing the report on the Student Health Services website and/or other campus websites will be a priority so that the campus community increases their awareness of the importance of collecting these data.

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Individual departments may be able to use these outcomes for grant proposals, funding research, as well as publications. Creation of innovative programming addressing issues impacting academic performance (i.e., procrastination, stress, finances, anxiety, and sleep) is recommended.

Mental health and LGBTQ+ collaborations may find these data useful for the development of increased outreach and/or programming to assist our transgender/gender non-conforming students.

CSULB will participate in the NCHA in Spring 2024, as required by the CSU Chancellor's Office.

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