

American College Health Association's
National College Health Assessment
(ACHA-NCHA)

NDSU vs National Peer Comparison
Spring 2021

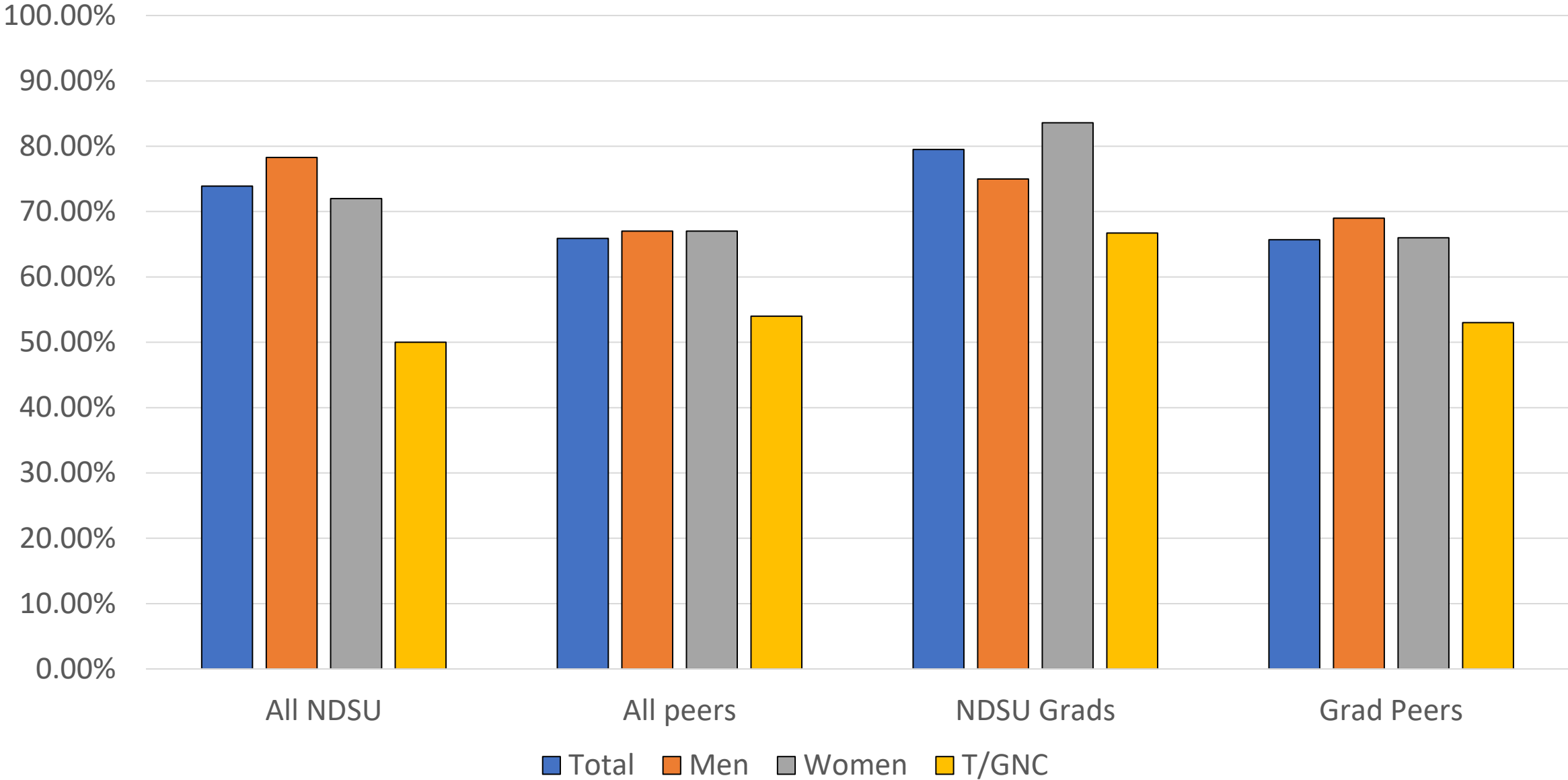
Survey Administration

ACHA-NCHA 2021 Administration

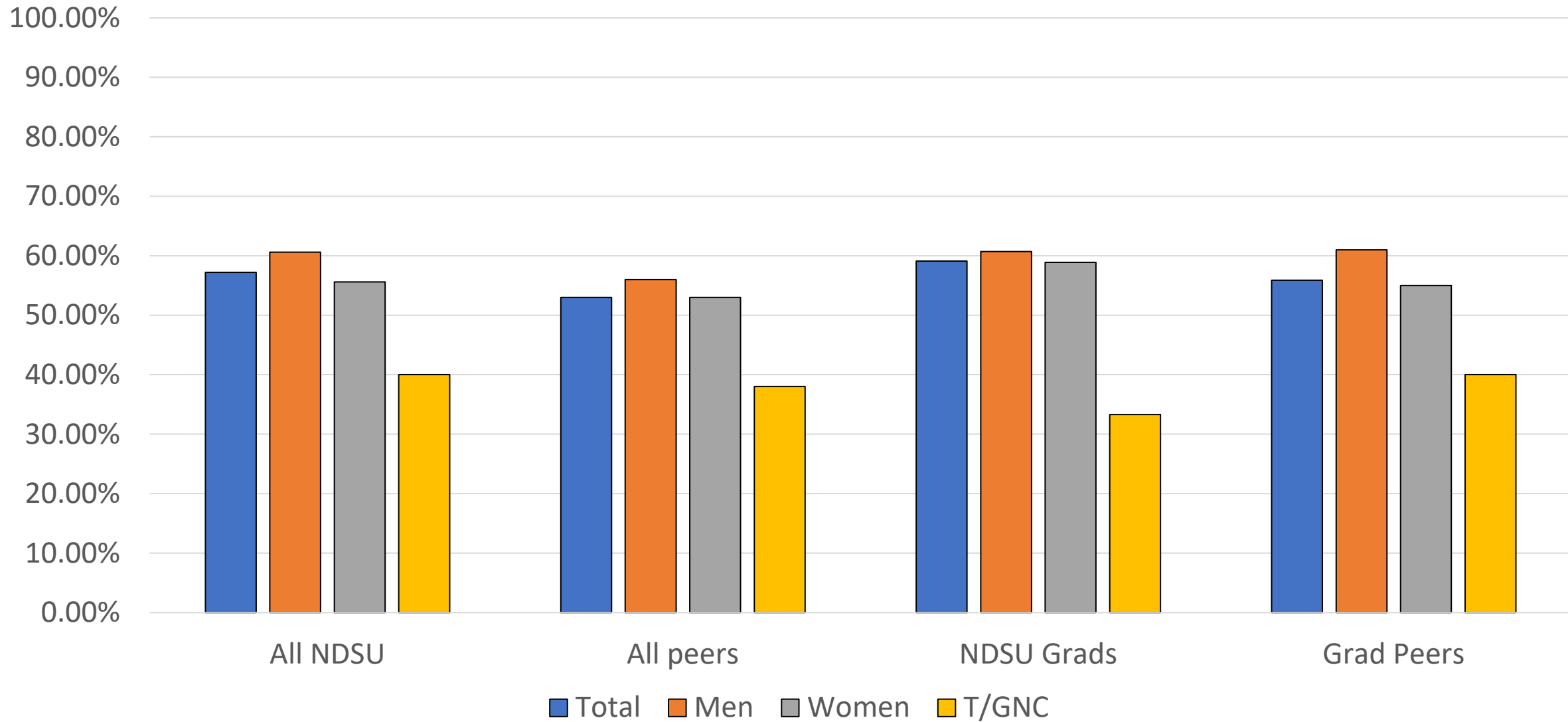
- Population: Stratified sample of 8,000 Spring 2021 NDSU students
- Response Rate: 648 valid responses (8% response rate; 4% margin of error)
- Administration Dates: Feb. 8-26, 2021

Campus Community

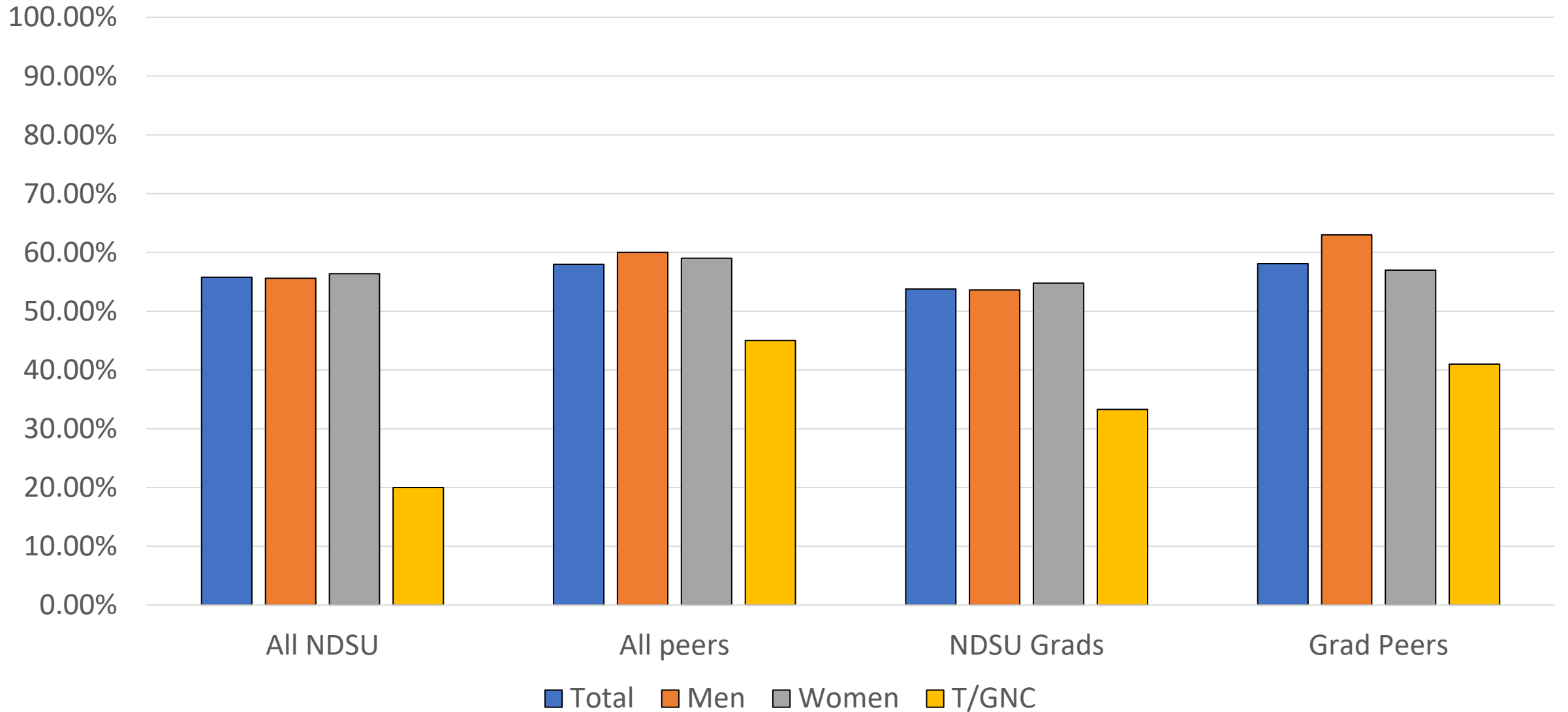
I feel that I belong at my college/university (2A)



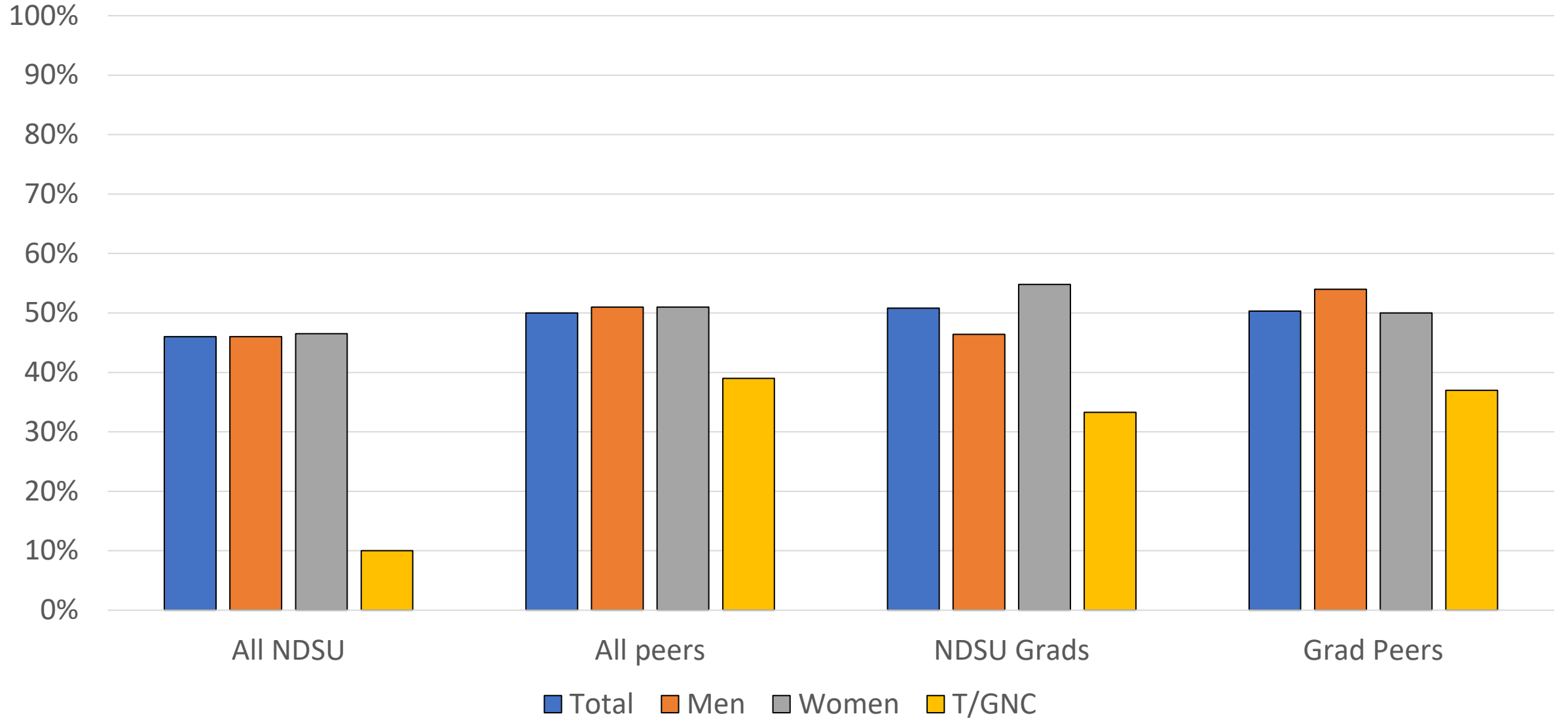
I feel that students' health and well-being is a priority at my college/university (2B)



At my college/university, I feel that the campus climate encourages free and open discussion of students' health and well-being. (2C)



At my college/university, we are a campus where we look out for each other. (2D)

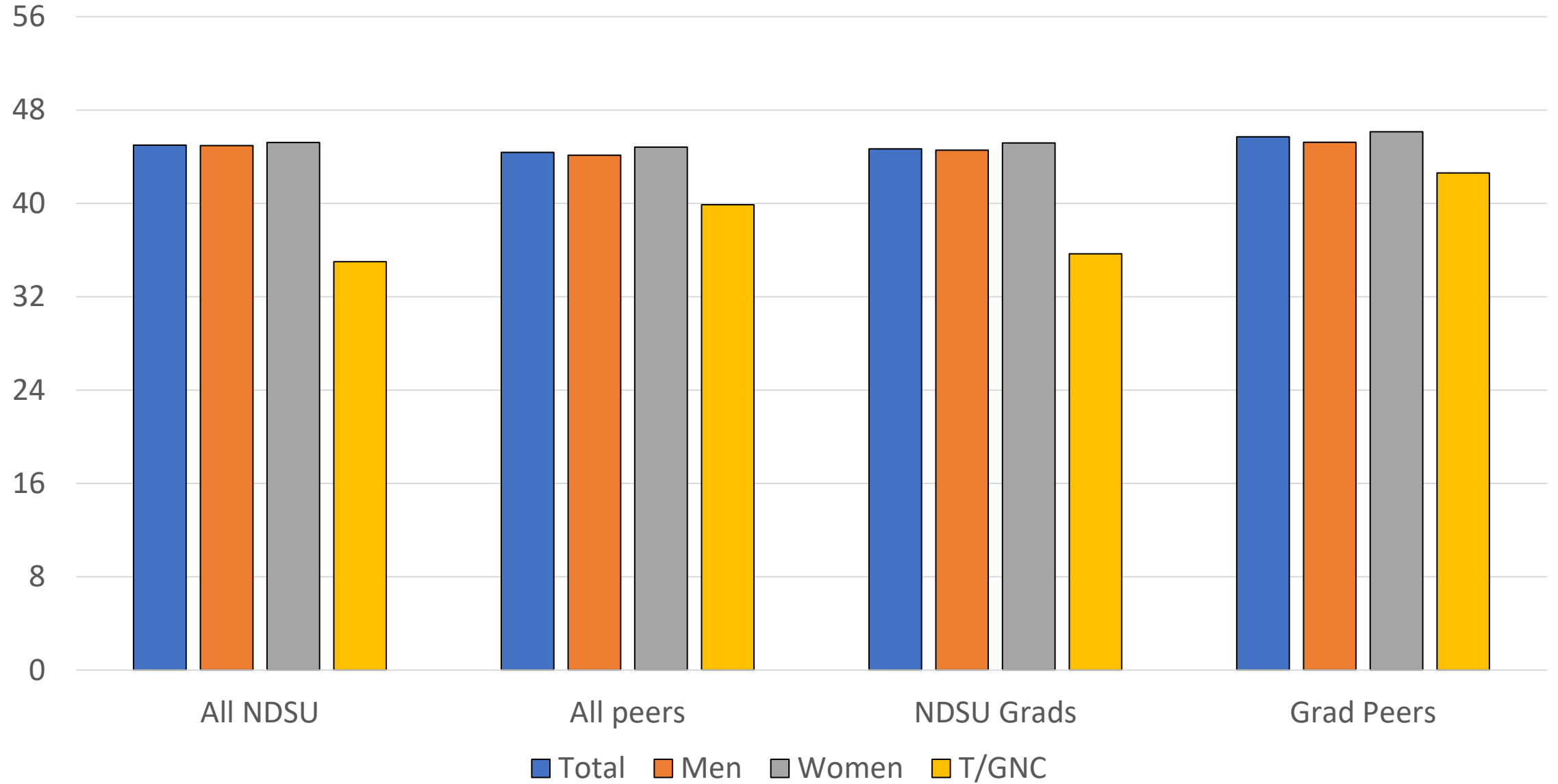


Psychological Well-being:

Diener Flourishing Scale Items

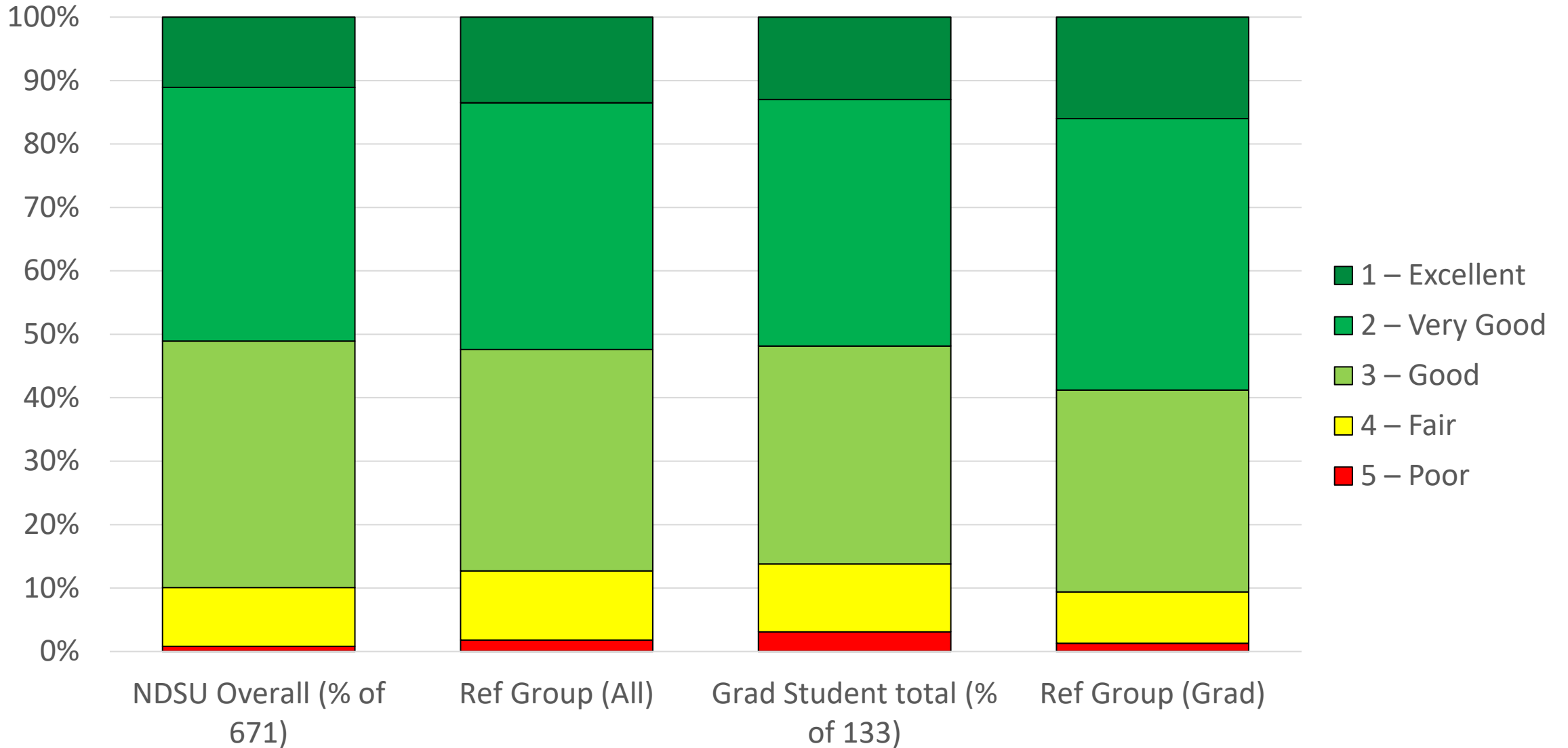
- I lead a purposeful and meaningful life.
- My social relationships are supportive and rewarding.
- I am engaged and interested in my daily activities.
- I actively contribute to the happiness and well-being of others.
- I am competent and capable in the activities that are important to me.
- I am a good person and live a good life.
- I am optimistic about my future.
- People respect me.

Diener Flourishing Scale (Max score = 56)

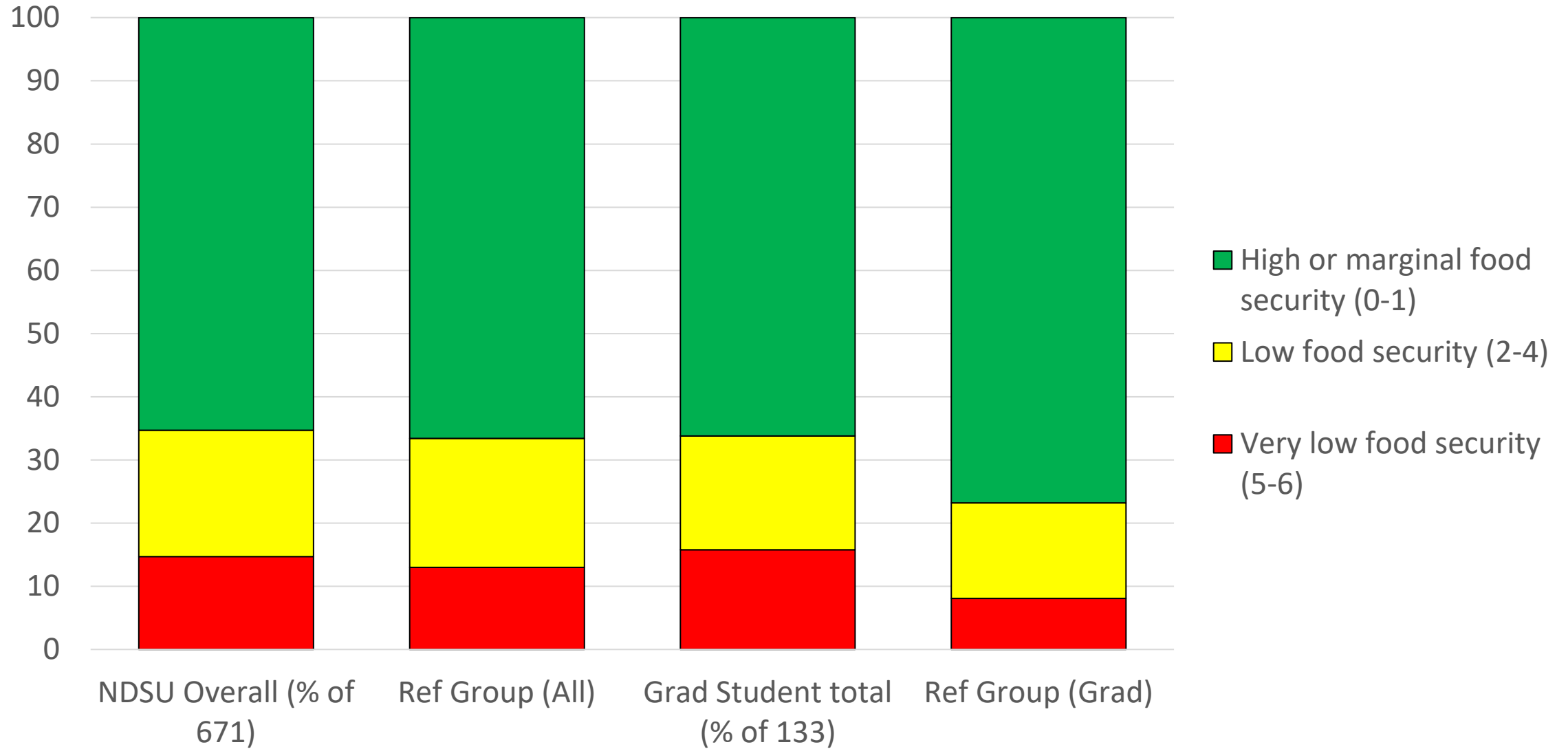


Physical Health

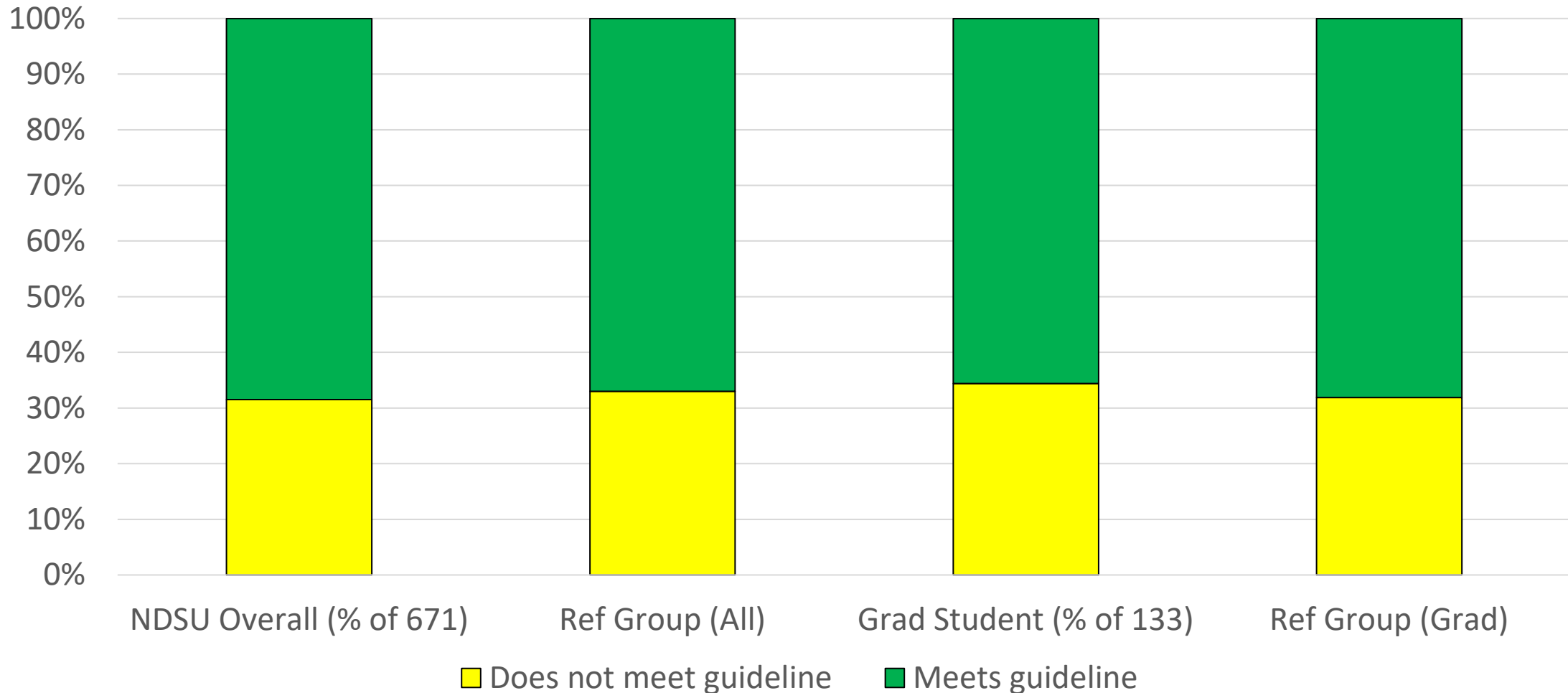
Overall Health Rating



Food Security Rating (USDA Methodology)

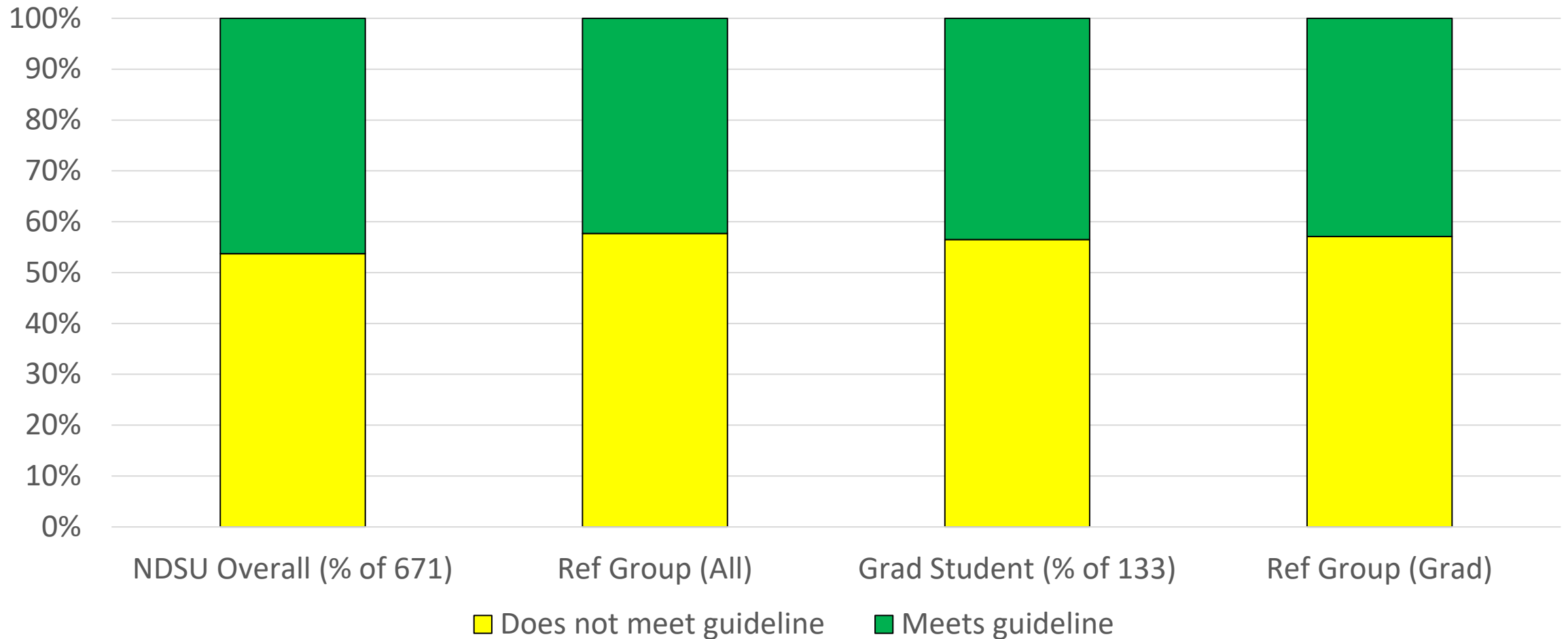


PAAERO Guideline for Aerobic Activity



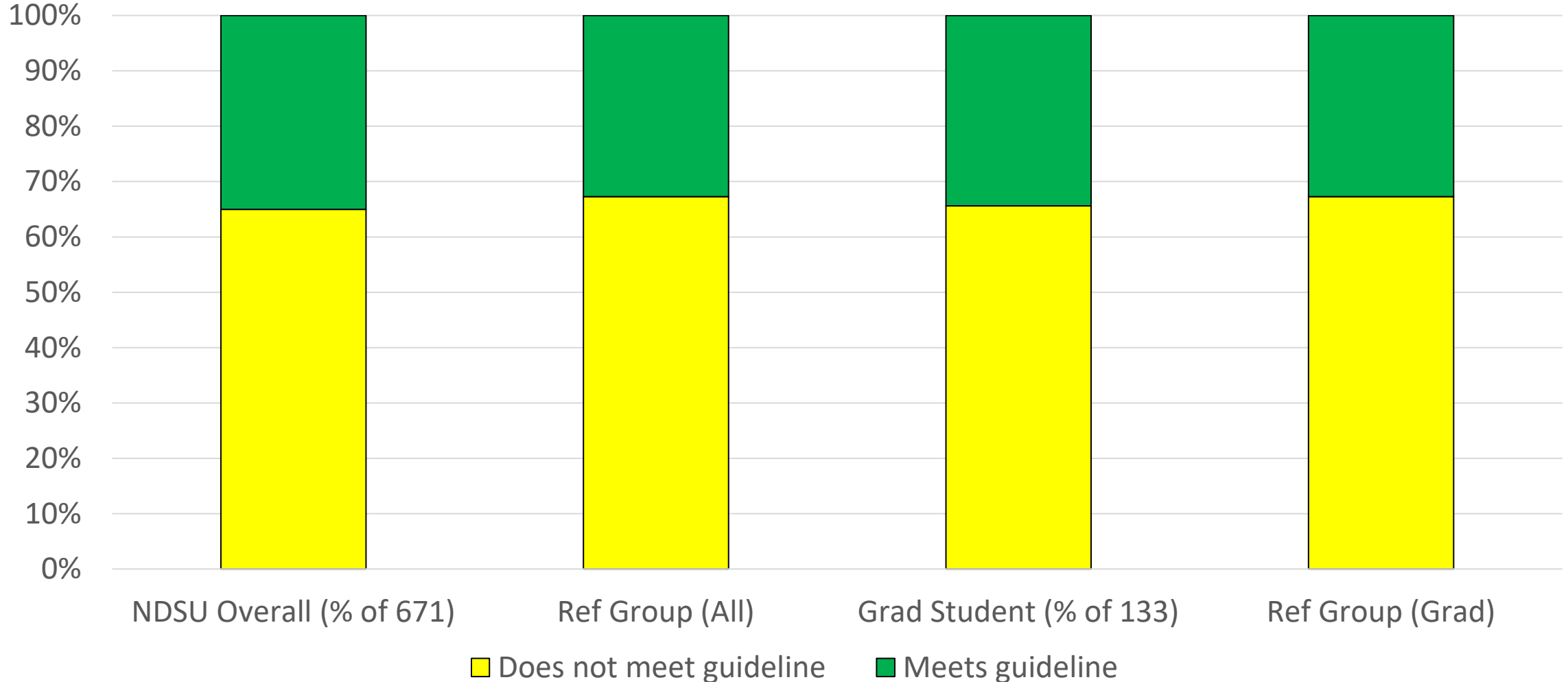
Uses responses to Q6 and Q7 to determine if the respondent met the US recommended guidelines for only aerobic physical activity for adults (150 or more minutes per week of moderate aerobic activity when 1 minute of vigorous activity equals 2 minutes of moderate activity.)

PAGUIDE Guideline for Aerobic and Muscle Strengthening Activity



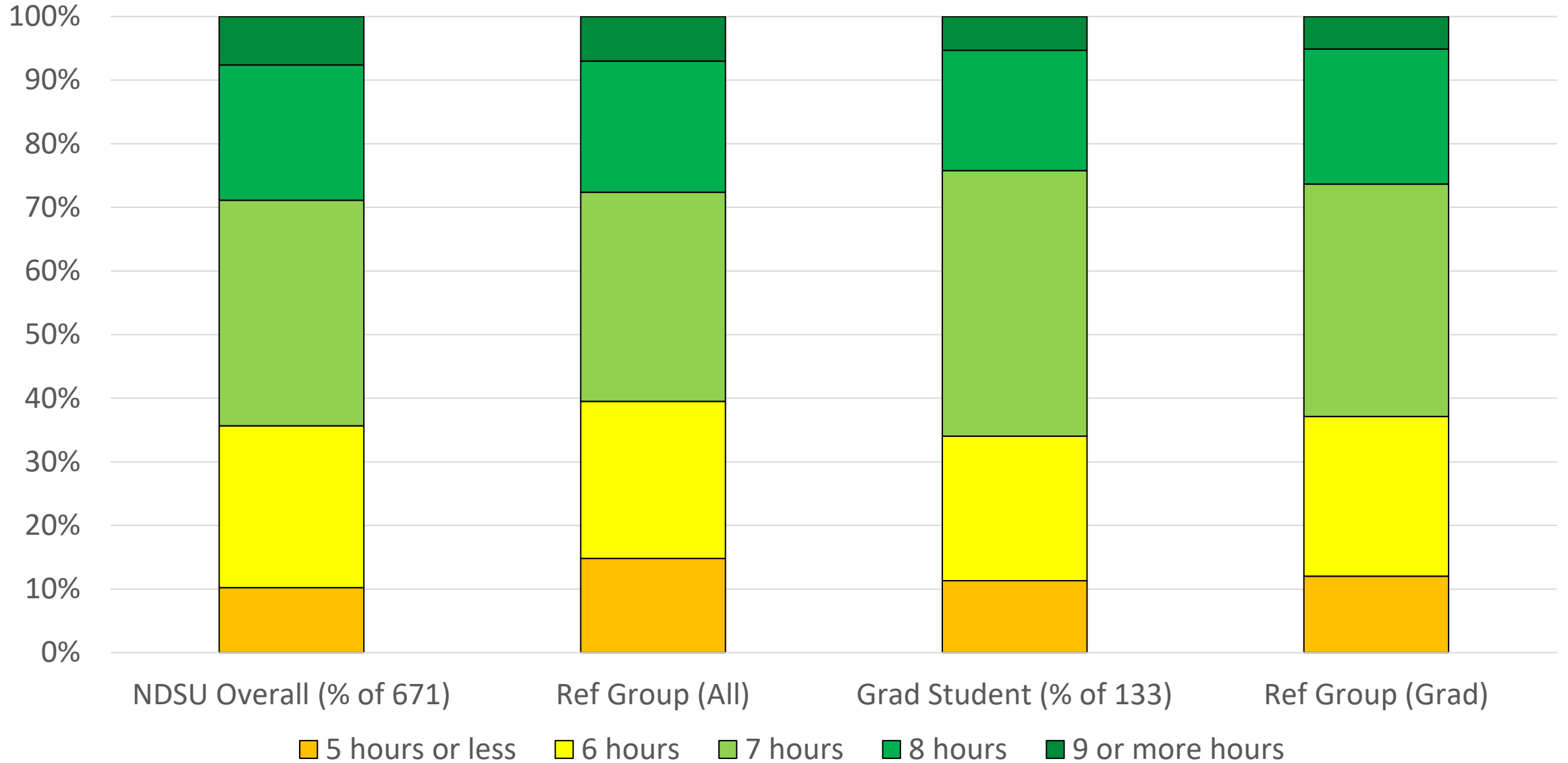
Uses the responses to Q6, Q7, Q8 to determine if respondent met US recommended guidelines for physical activity for adults (at least 2 days of muscle strengthening activity and 150 or more minutes per week of moderate aerobic activity, where 1 minute of vigorous activity equals 2 minutes of moderate activity.)

HAPA Guideline for Highly Active Adults



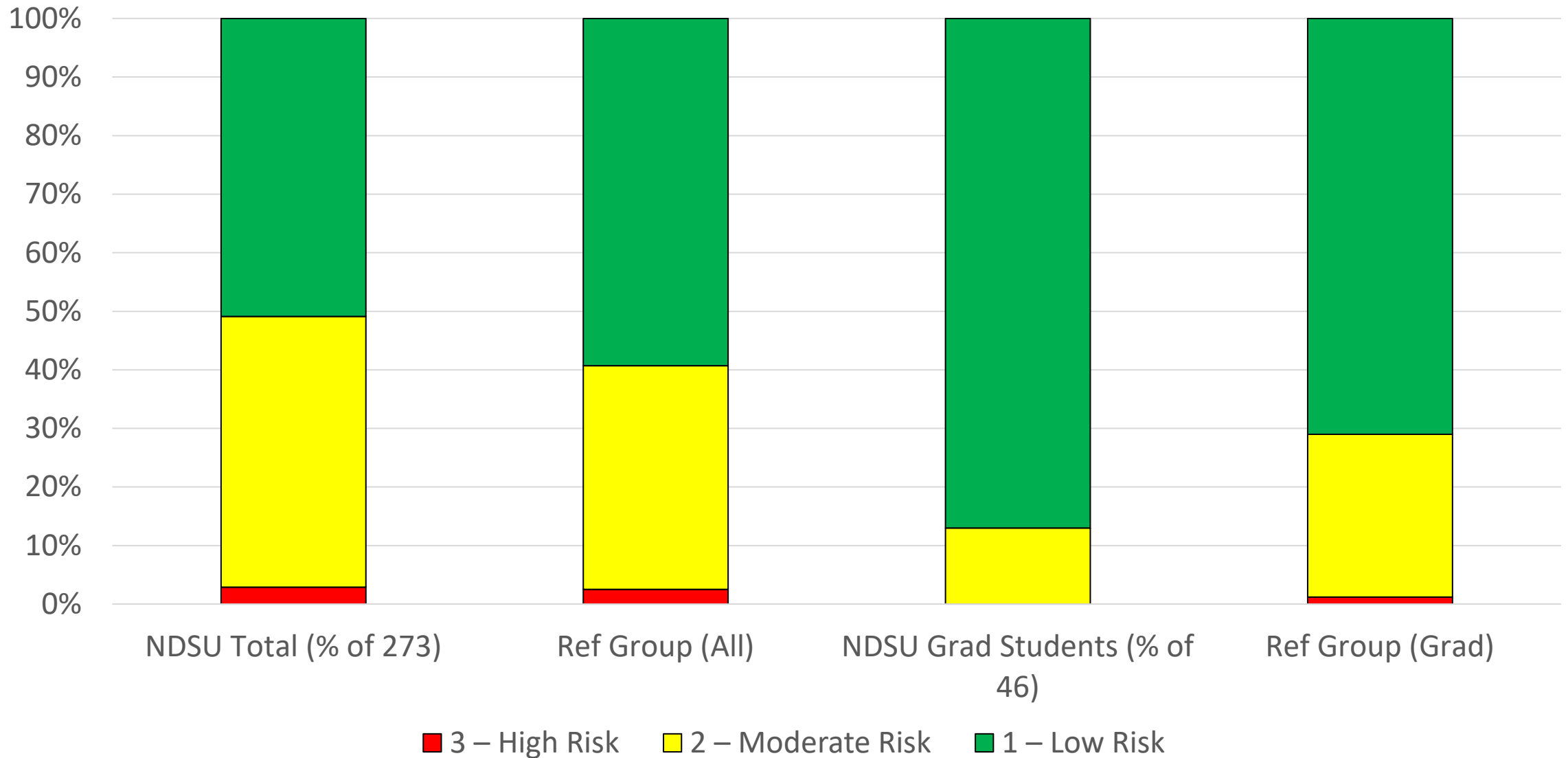
Uses the responses to Q6, Q7, Q8 to determine if the respondent met the US recommended guidelines for physical activity for highly active adults (at least 2 days of muscle strengthening activity and 300 or more minutes per week of moderate aerobic activity, where 1 minute of vigorous activity equals 2 minutes of moderate activity).

Average hours of sleep on a weeknight

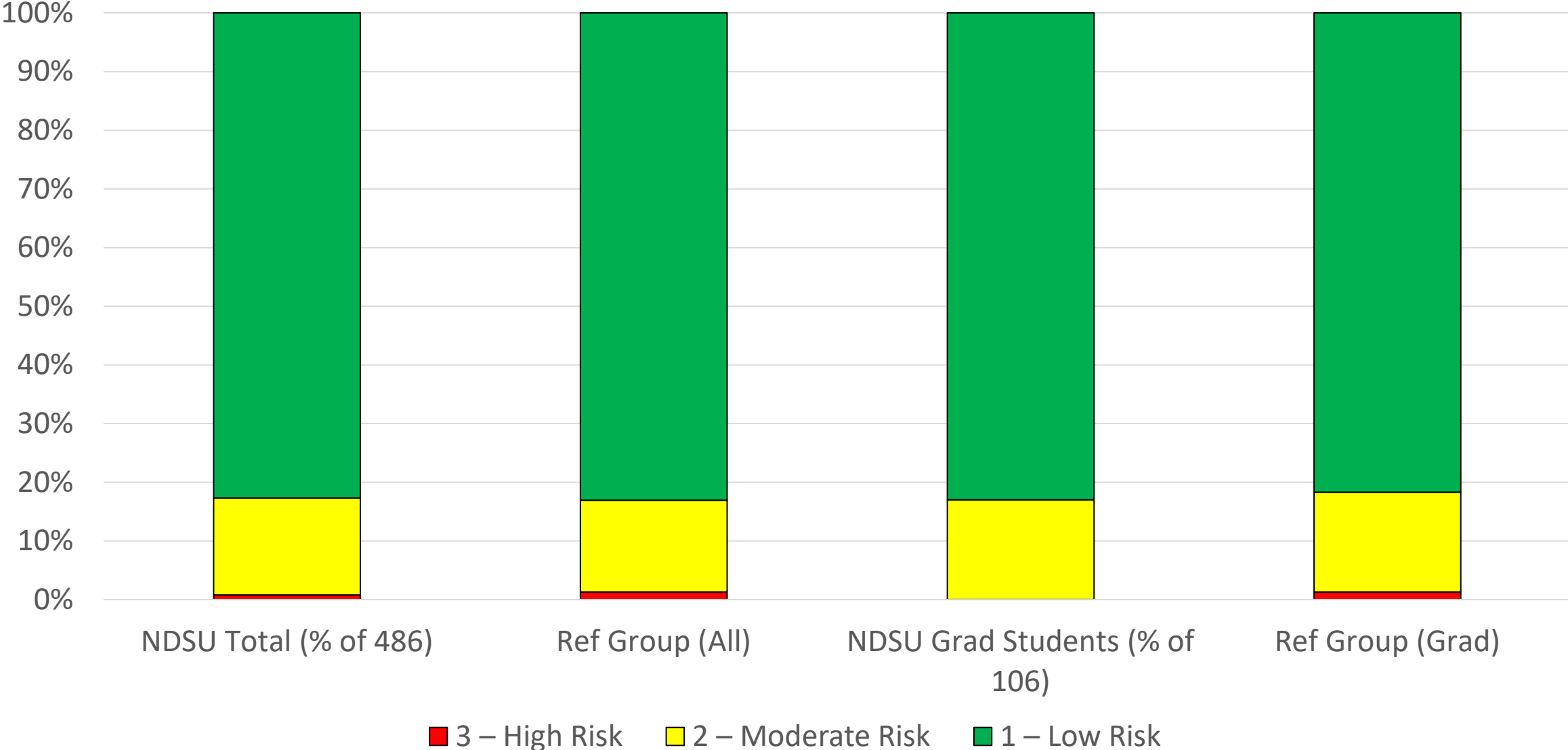


Substance Abuse

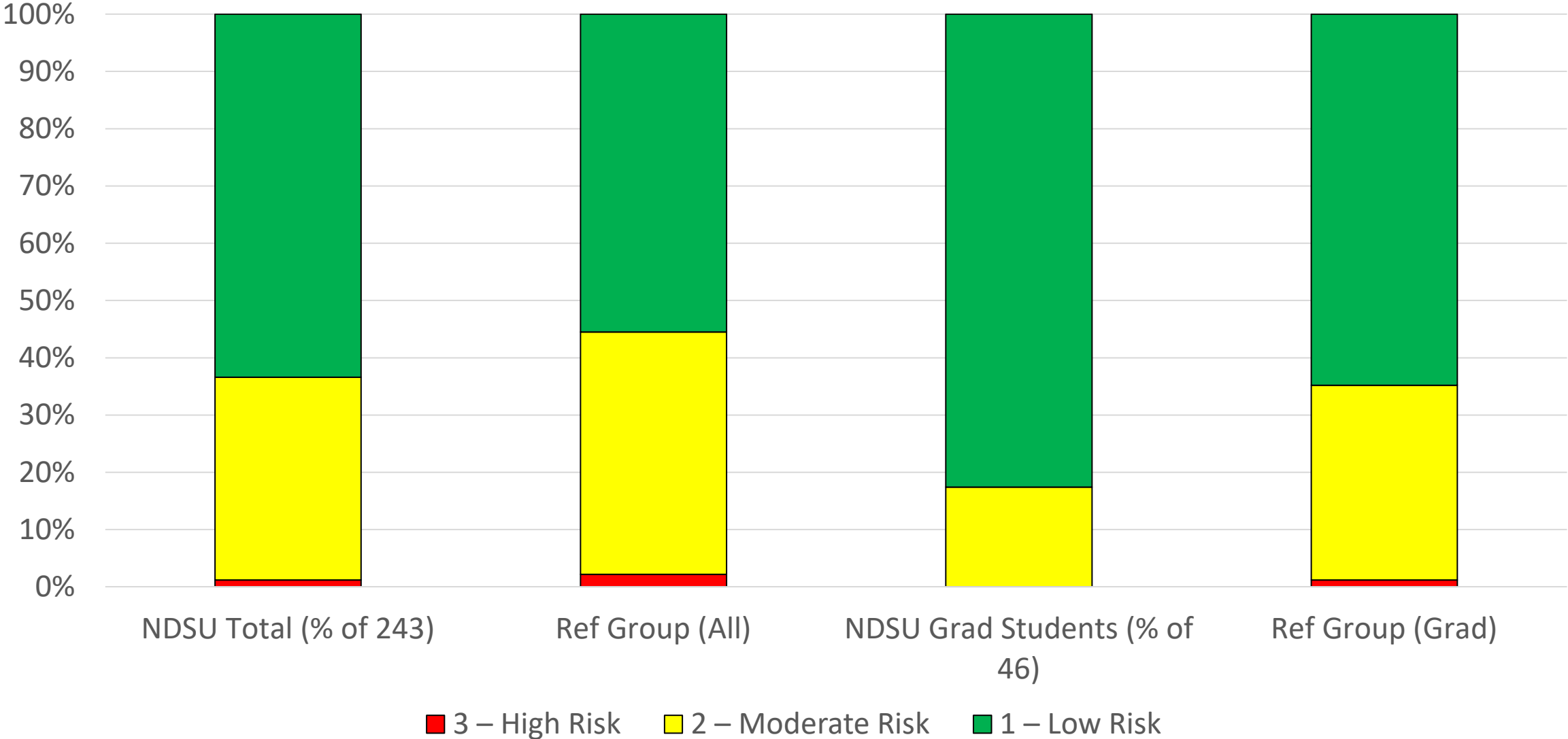
Risk: Tobacco or nicotine delivery products



Risk: Alcohol



Risk: Cannabis

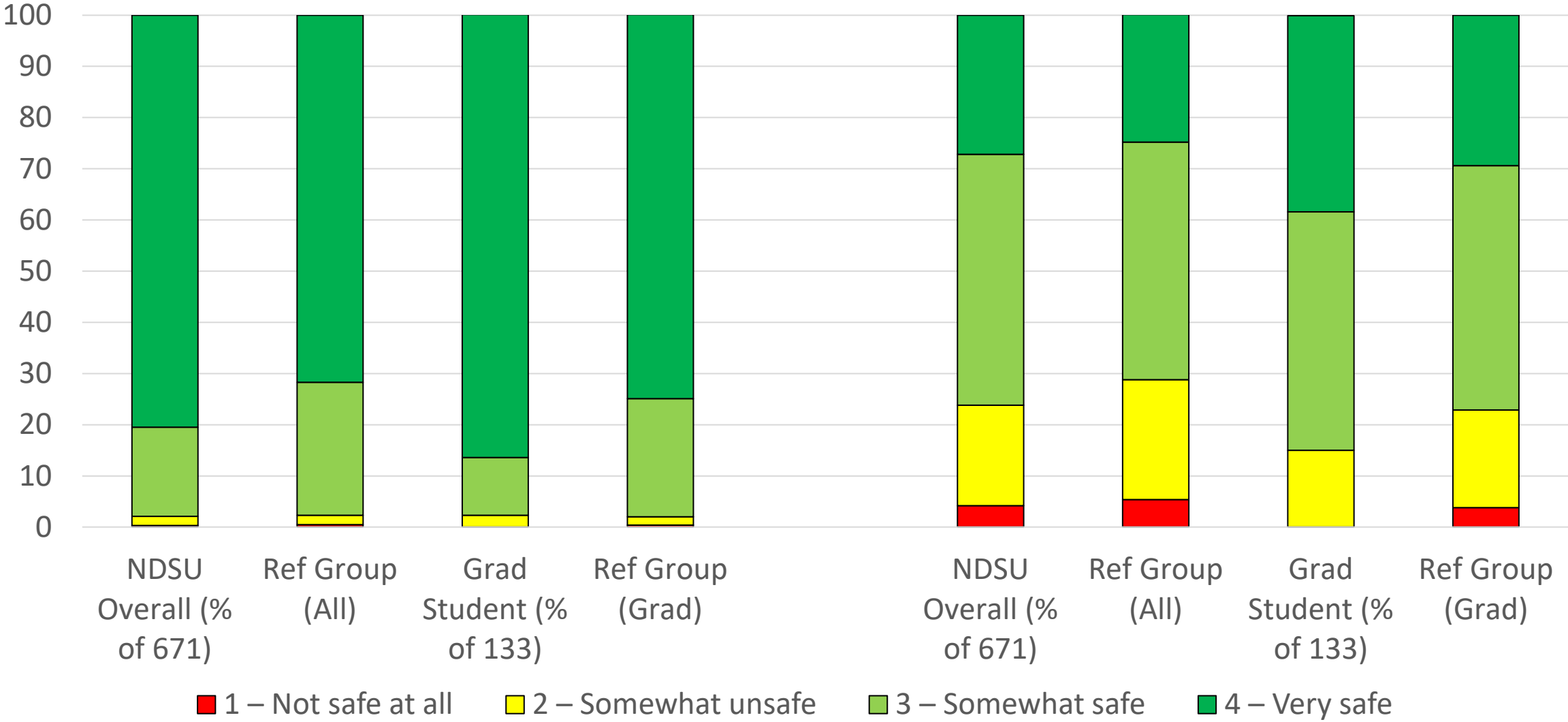


Safety

Feelings of Safety: On Campus

Daytime

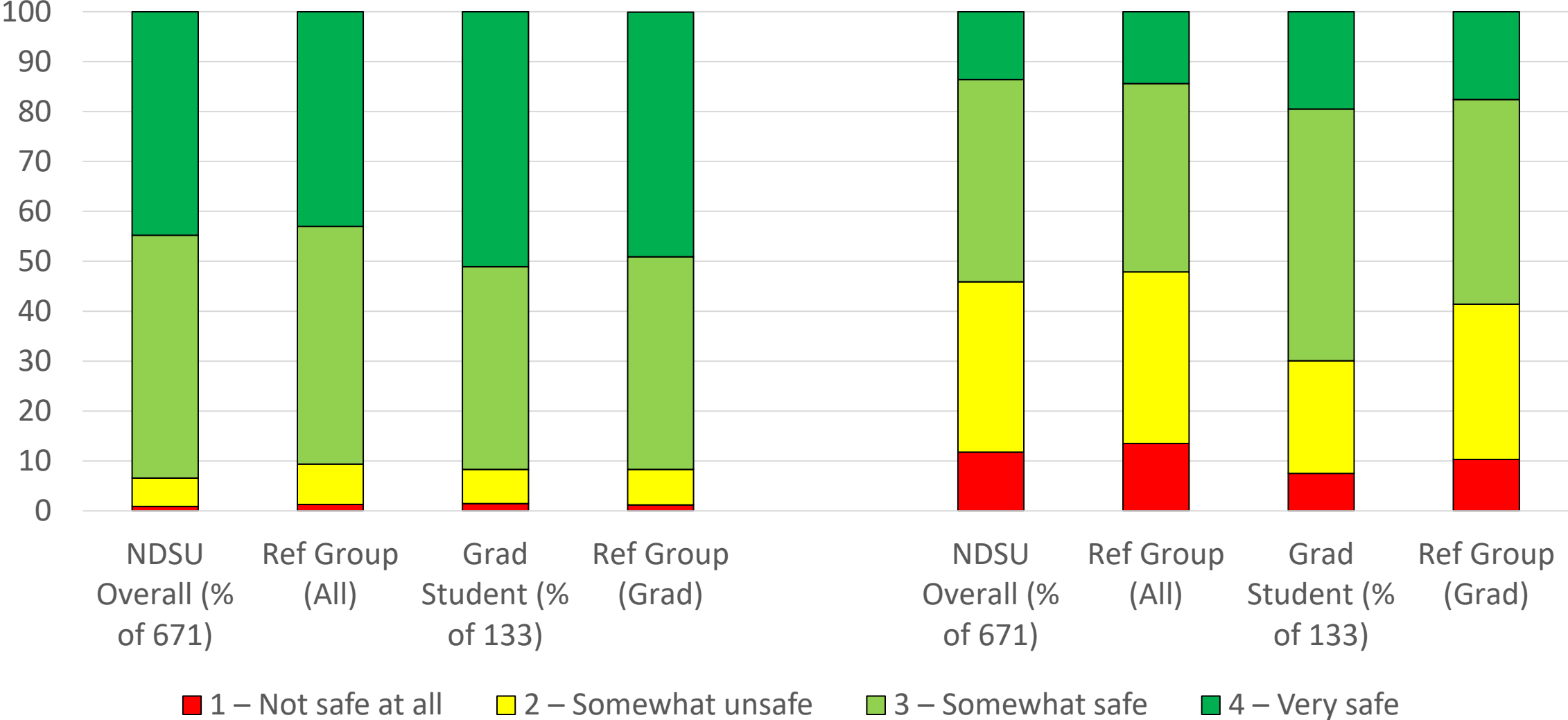
Nighttime



Feelings of Safety: In the Community

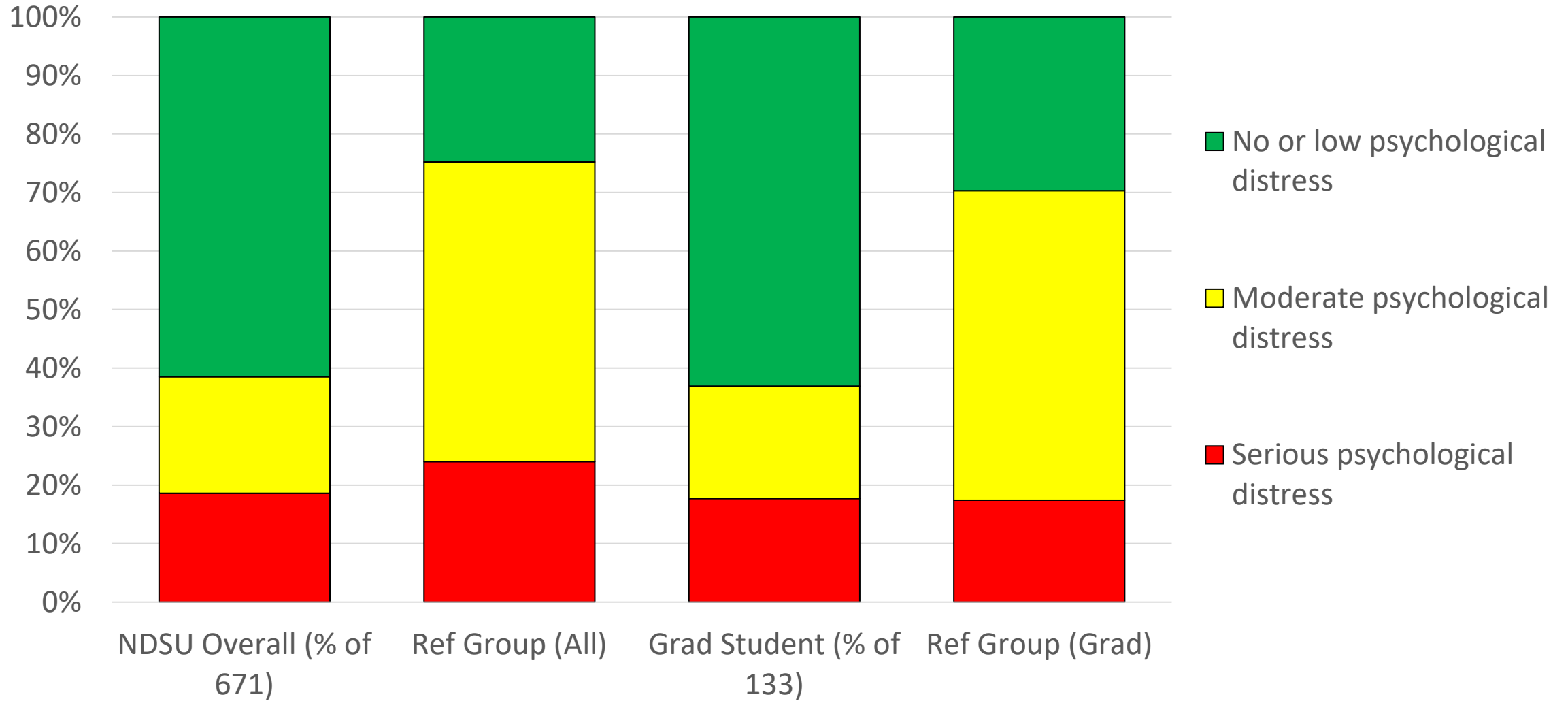
Daytime

Nighttime



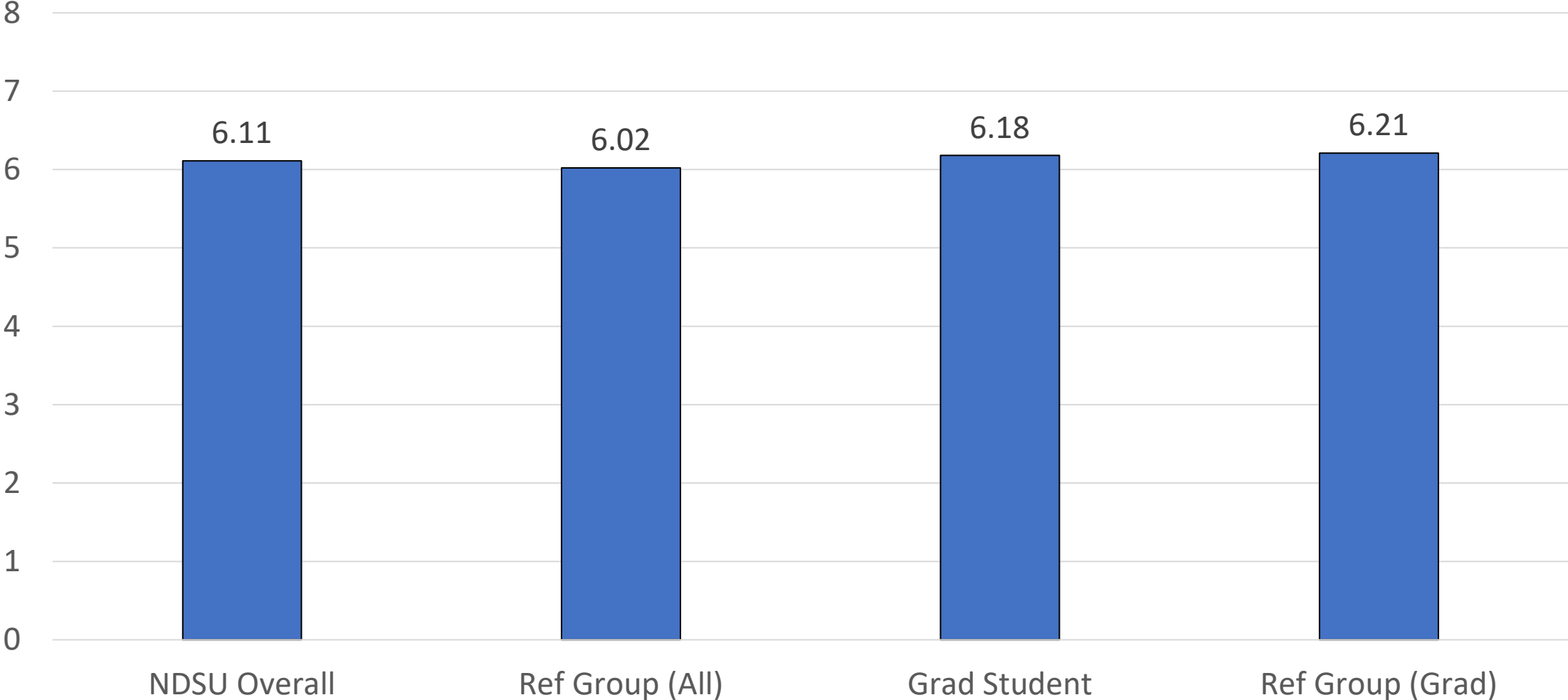
Mental Health

Psychological Distress

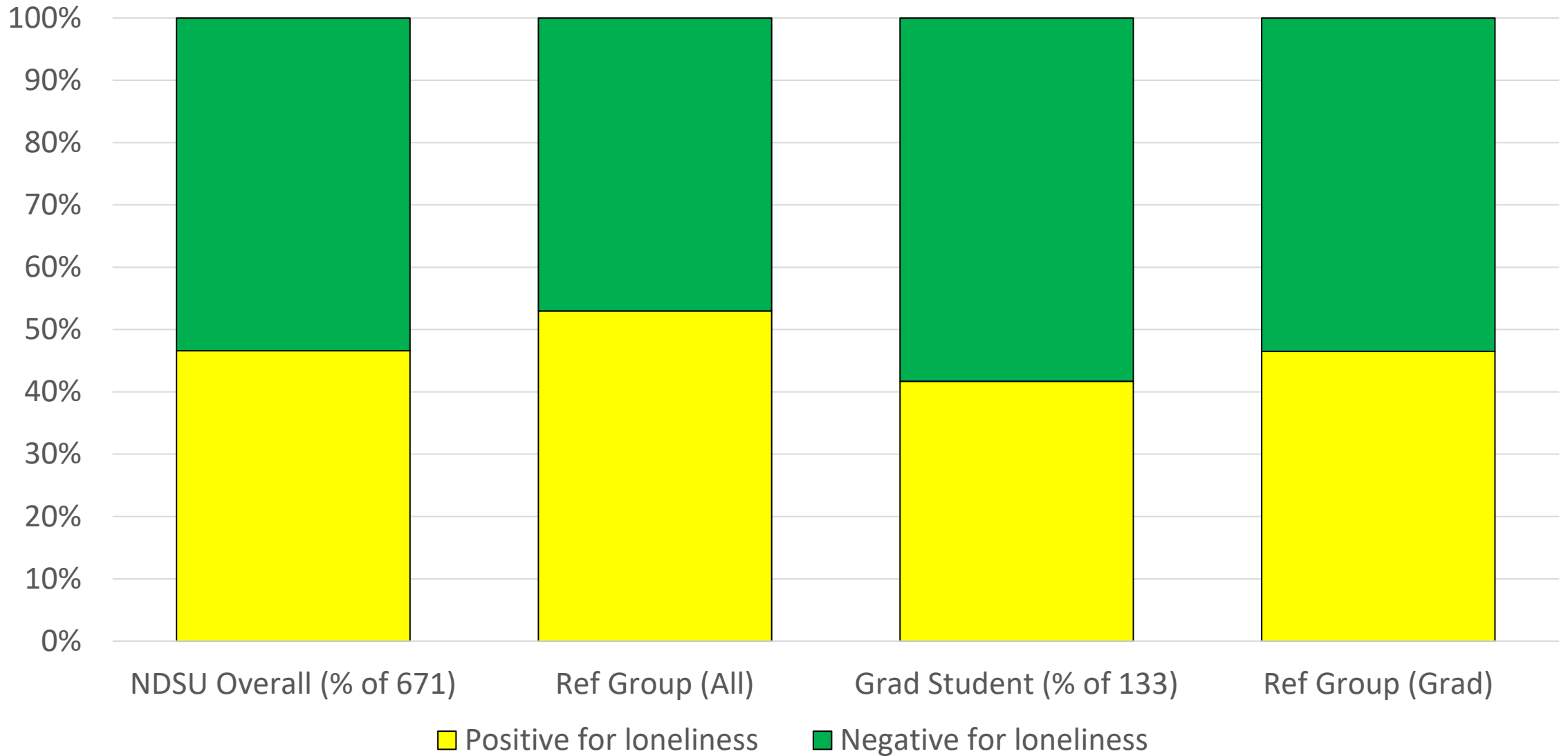


Connor-Davidson Resilience Scale

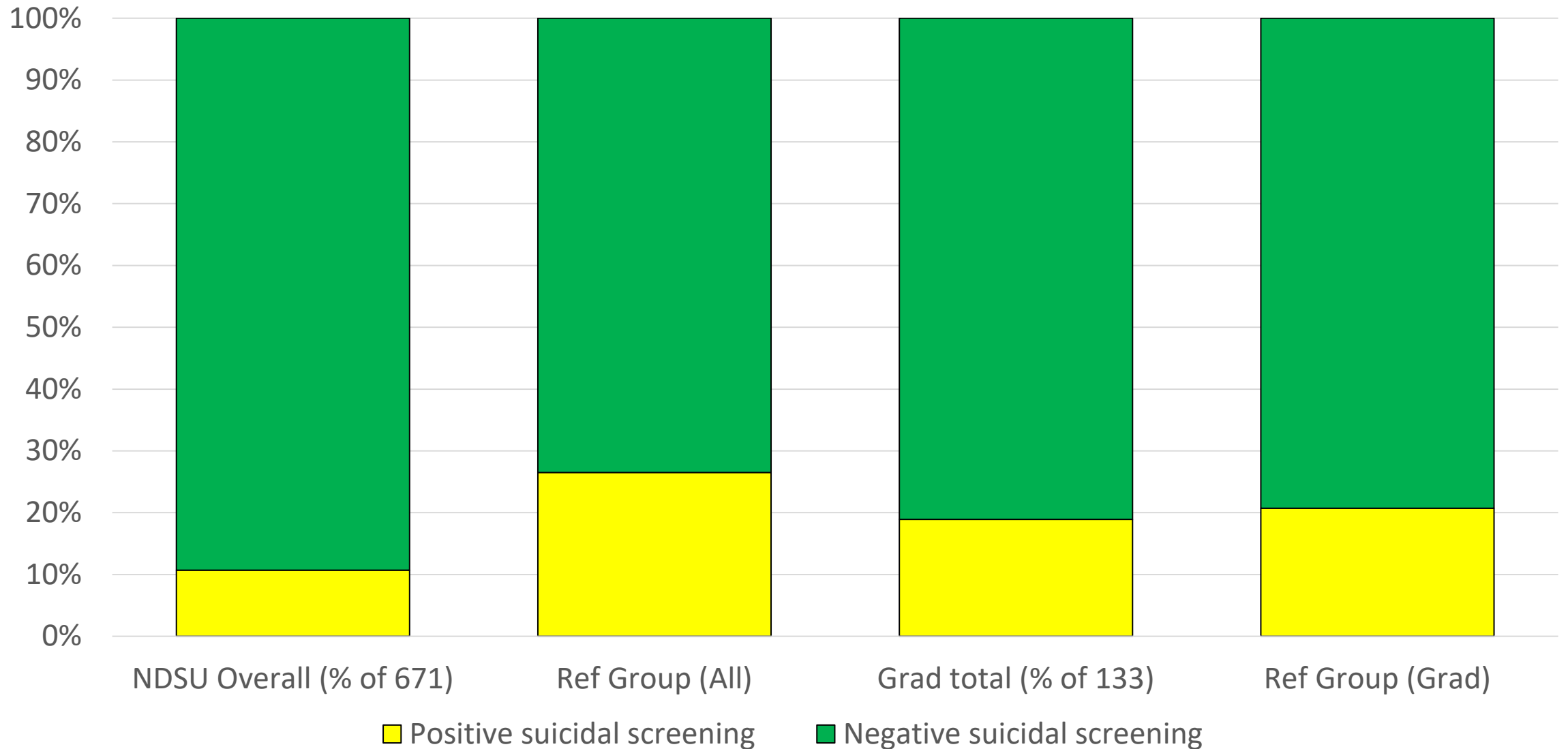
Max score=8



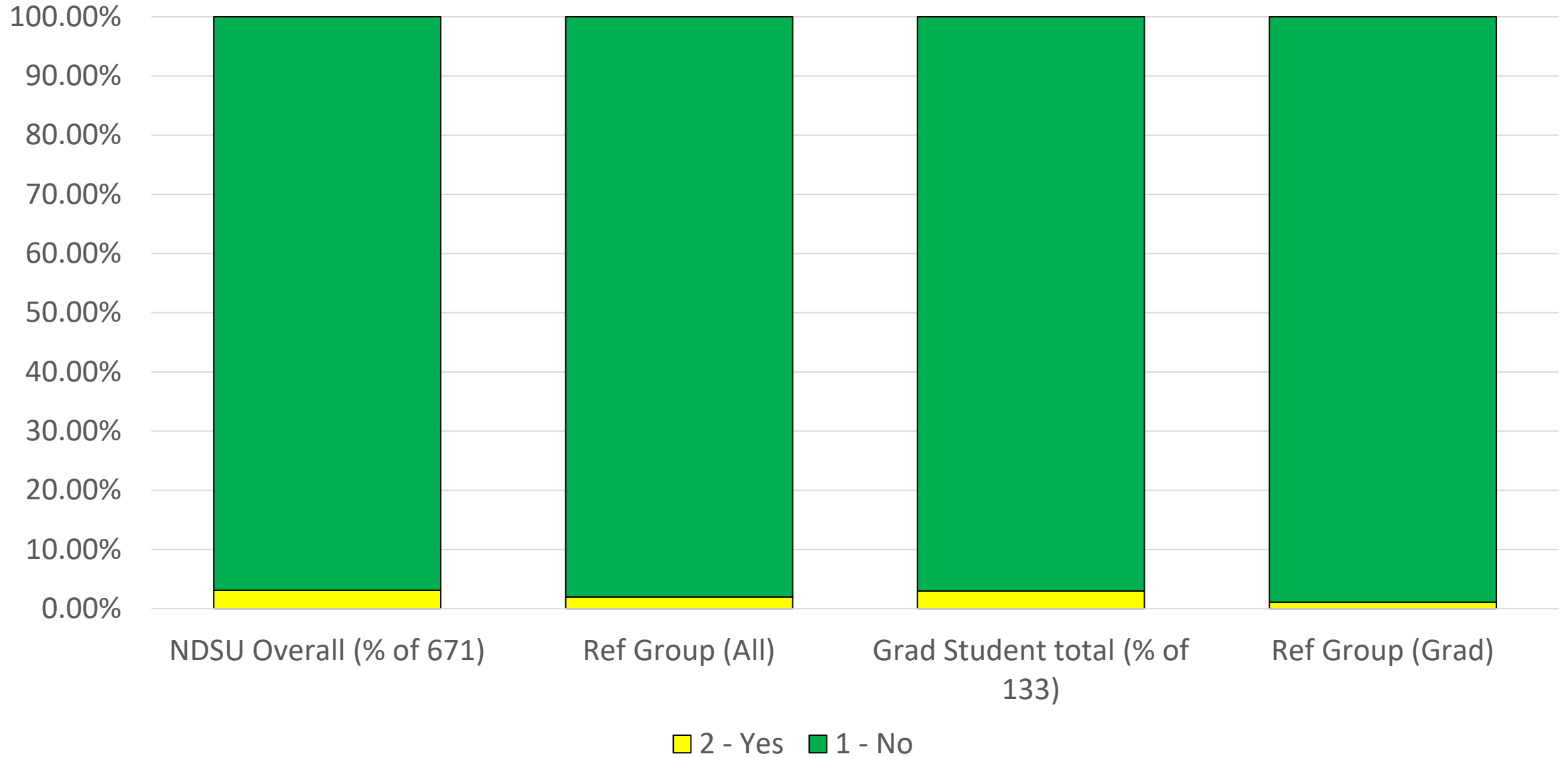
Loneliness Scale (UCLA ULS3)



Suicide Behavior Questionnaire-Revised (SQBR)

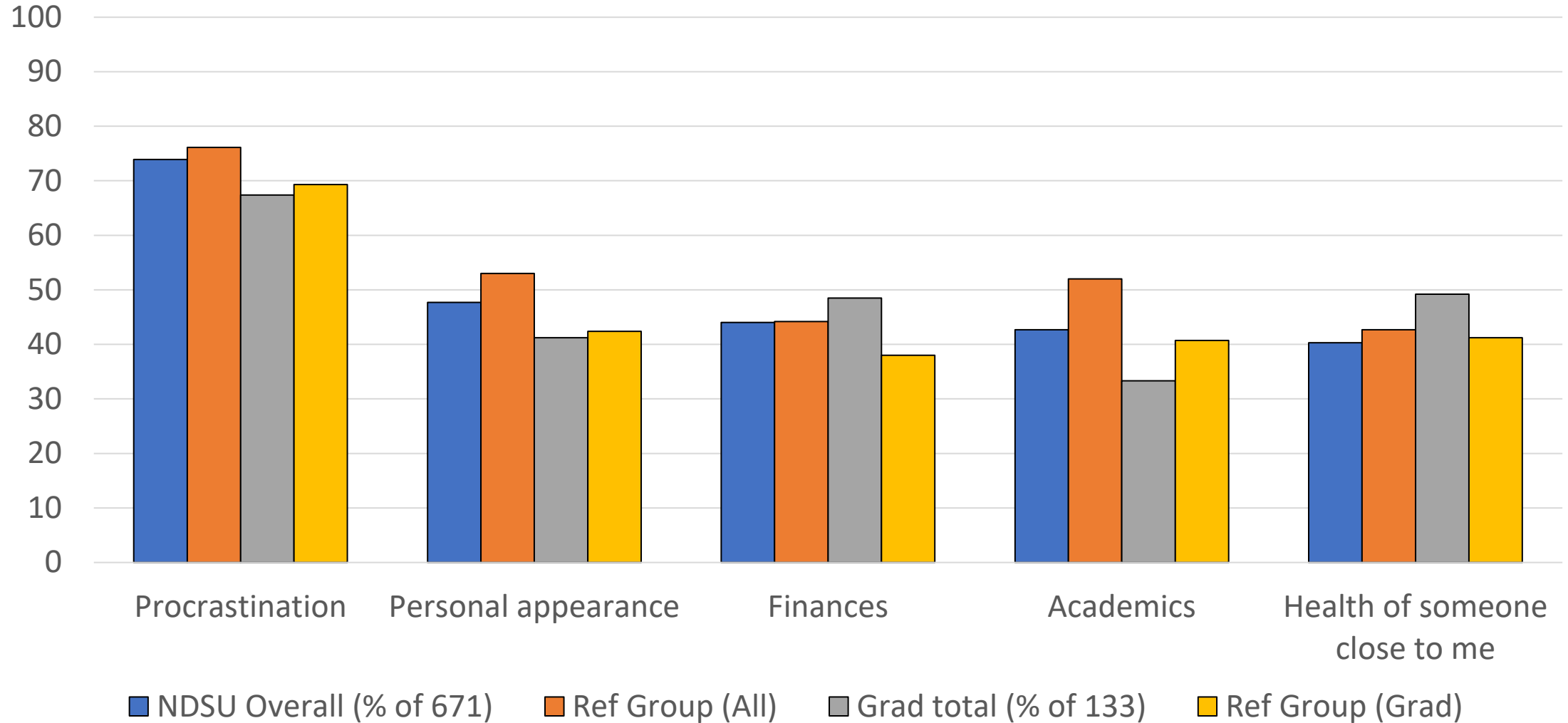


Within the last 12 months, have you attempted suicide?



Top Challenges

Top 5 Challenges in Last 12 months (as of Spring 2021) (% students responding affirmatively)



Top 5 Impediments to Academic Performance (% students responding affirmatively)

