SNAPSHOT OF NDSU STUDENT WELL-BEING

2021

President’s Council for Campus Well-being (PCCW)

PREPARED BY
PCCW Data Exploration Work Group
WELL-BEING

noun | /ˈwelˌbiNG/

Well-being is an optimal and dynamic state that allows people to achieve their full potential.


SOURCE: ACHA-National College Health Assessment, Spring 2021
By focusing on **THE WHOLE**, well-being becomes a multifaceted goal and a shared responsibility for the entire institution.

**SOURCE:** ACHA-National College Health Assessment, Spring 2021
PURPOSE OF THE REPORT

This report is meant to provide faculty and staff who work closely with students an illustration of some of the well-being factors that impact NDSU students. This knowledge will help us who work with students to bring more empathy and understanding to our interactions with the goal of increasing well-being.

The report uses NDSU’s average class size of 30 students to visualize the number of individuals who may be experiencing the well-being related behavior, experience or belief. This is not meant to be an exact statistical representation of every classroom, but may help visualize the prevalence of said behaviors, experiences and beliefs.

METHODS/SOURCES OF DATA

The ACHA-National College Health Assessment (ACHA-NCHA) is a national research survey organized by the American College Health Association (ACHA) to assist college health service providers, health educators, counselors and administrators in collecting data about their students’ habits and behaviors on the most prevalent health topics. NDSU participated in the online administration of the survey in Spring 2021. The survey was sent to a random sample of 8,000 NDSU students and 671 (8.39%) students responded to the survey.

ACTION STEPS FOR FACULTY AND STAFF

» REVIEW *The Decision Making Tree* for guidance in referring students to appropriate campus resources.

» ENROLL in the *Mental Health First Aid* course taught at NDSU.

» ATTEND a *Think...* session, organized by NDSU Health Promotion, to reflect on a variety of well-being related topics.

» REQUEST a *presentation* to learn more about the PCCW and the ACHA-NCHA Survey results.
Physical Health
Students often cut the size of their meals because there wasn’t enough money for food.

Source: ACHA-National College Health Assessment, Spring 2021
SLEEP DIFFICULTIES HAVE IMPACTED 7.5 STUDENTS’ ACADEMIC PERFORMANCE.

SOURCE: ACHA-National College Health Assessment, Spring 2021
STUDENTS USED E-CIGARETTES OR OTHER VAPE PRODUCTS DURING THE PAST 3 MONTHS.

1 student has used chewing or smokeless tobacco in the past 3 months
2 students used cigarettes during the past 3 months

SOURCE: ACHA-National College Health Assessment, Spring 2021
STUDENTS HAVE HAD A “BLACKOUT” AFTER DRINKING SOMETIME IN THE PAST 12 MONTHS (FORGOTTEN WHERE THEY WERE OR WHAT THEY DID FOR LARGE PERIODS OF TIME AND CANNOT REMEMBER, EVEN WHEN SOMEONE REMINDS THEM).

SOURCE: ACHA-National College Health Assessment, Spring 2021
6.5 Students have had a “brownout” after drinking sometime in the past 12 months (forgotten where they were or what they did for short periods of time, but can remember once someone reminds them).

Source: ACHA-National College Health Assessment, Spring 2021
STUDENTS USED NON-MEDICINAL CANNABIS (SUCH AS MARIJUANA, WEED, HASH, EDIBLES, VAPED CANNABIS) WITHIN THE PAST 3 MONTHS.

SOURCE: ACHA-National College Health Assessment, Spring 2021
Community Well-Being
3 STUDENTS EXPERIENCED SOME FORM OF SEXUAL VIOLENCE WITHIN THE PAST 12 MONTHS.

SOURCE: ACHA-National College Health Assessment, Spring 2021
27.5 students feel that they belong at NDSU.

SOURCE: ACHA-National College Health Assessment, Spring 2021
COMMUNITY WELL-BEING

A CLOSER LOOK AT BELONGING...

I FEEL THAT I BELONG AT NDSU.

Native Hawaiian/Pacific Islander 0.0%
Gender identity minority, inclusive of all individuals indentifying... 63.6%
Multiracial 77.8%
Asian 82.2%
Another sexual orientation 84.8%
Gay/Lesbian 86.4%
Bisexual 86.8%
Black 87.5%
Hispanic 90.9%
American Indian/Alaska Native 91.7%
Cisgender Woman 92.0%
White 92.5%
Straight/Hetero 93.0%
Cisgender Man 93.1%
Middle Eastern/North African/Arab 100.0%

SOURCE: ACHA-National College Health Assessment, Spring 2021
25 STUDENTS BELIEVE NDSU IS A CAMPUS WHERE WE LOOK OUT FOR EACH OTHER.

SOURCE: ACHA-National College Health Assessment, Spring 2021
A CLOSER LOOK AT BELONGING...

AT NDSU, WE ARE A CAMPUS WHERE WE LOOK OUT FOR EACH OTHER.

<table>
<thead>
<tr>
<th>Category</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Middle Eastern/North African/Arab</td>
<td>40.0%</td>
</tr>
<tr>
<td>American Indian/Alaska Native</td>
<td>66.7%</td>
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<tr>
<td>Gay/Lesbian</td>
<td>68.2%</td>
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<tr>
<td>Bisexual</td>
<td>69.8%</td>
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<td>Gender identity minority, inclusive of all individuals identifying...</td>
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<tr>
<td>Another sexual orientation</td>
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<td>Asian</td>
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<td>Straight/Hetero</td>
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<td>93.8%</td>
</tr>
<tr>
<td>Native Hawaiian/Pacific Islander</td>
<td>100.0%</td>
</tr>
</tbody>
</table>

SOURCE: ACHA-National College Health Assessment, Spring 2021
Mental Health
21.5 students reported their overall level of stress as moderate to high.

**Source:** ACHA-National College Health Assessment, Spring 2021
Students' academic performance has been negatively impacted by stress.

**SOURCE:** ACHA-National College Health Assessment, Spring 2021
STUDENTS’ ACADEMIC PERFORMANCE HAS BEEN IMPACTED BY ANXIETY.

SOURCE: ACHA-National College Health Assessment, Spring 2021
STUDENTS’ ACADEMIC PERFORMANCE HAS BEEN IMPACTED BY DEPRESSION.

SOURCE: ACHA-National College Health Assessment, Spring 2021
14.5 STUDENTS REPORTED PROBLEMS OR CHALLENGES WITH THEIR PERSONAL APPEARANCE.
11.5 Students reported a moderate or high level of distress due to academics.

Source: ACHA-National College Health Assessment, Spring 2021
STUDENTS REPORTED A MODERATE OR HIGH LEVEL OF DISTRESS DUE TO THEIR ACADEMIC AND PROFESSIONAL CAREERS.

SOURCE: ACHA-National College Health Assessment, Spring 2021
STUDENTS REPORTED A MODERATE OR HIGH LEVEL OF DISTRESS DUE TO FINANCES.

SOURCE: ACHA-National College Health Assessment, Spring 2021
14.5 students reported a moderate or high level of distress due to procrastination.

SOURCE: ACHA-National College Health Assessment, Spring 2021
13.5 students reported ever having thought about or attempted to kill themselves.

Source: ACHA-National College Health Assessment, Spring 2021
6 STUDENTS REPORTED HAVING PLANNED OR ATTEMPTED TO KILL THEMSELVES AT LEAST ONCE.

SOURCE: ACHA-National College Health Assessment, Spring 2021
7.5 STUDENTS HAVE RECEIVED PSYCHOLOGICAL OR MENTAL HEALTH SERVICES IN THE PAST 12 MONTHS.

SOURCE: ACHA-National College Health Assessment, Spring 2021
22.5% of students would consider seeking help from a mental health professional in the future if experiencing a personal problem that was really bothering them.

Source: ACHA-National College Health Assessment, Spring 2021