



# UMD Health Issues Survey: Summary of Results

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# What I Wanted to Measure & Why

- Measures:

- Which health issues are most important to students?
- Which health issues do students perceive to be of greatest concern to other students?
- How do students want to get information on health issues?

- Purpose:

- Strategic planning; resource allocation



# The Best \$ I Spent This Year

- Questions modeled upon two surveys conducted by Health Ed. @ Brown U.
- Web-based via Zoomerang.com (unlike Brown)
- Launched via UMD Announce
- Incentive: ipod Shuffle
- Survey active for 4 weeks



# Who Participated in the Survey

- 832 Completed Surveys
- Sex:
  - Female: 61%
  - Male: 39%
- Race/Ethnicity:
  - White-not Hispanic: 83%
  - Black-not Hispanic: 3%
  - Hispanic or Latino: 3%
  - Asian or Pacific Islander: 8%
  - American Indian or Alaskan Native: 1%
  - Other: 4%

# Who Participated in the Survey

## ● Class Year

- First year undergraduate: 21%
- Second year undergraduate: 23%
- Third year undergraduate: 21%
- Four year undergraduate: 16%
- Fifth + year undergraduate: 7%
- Graduate student: 10%
- Other: 1%

## ● Full Time Student?

- Yes: 93%
- No: 7%



# Who Participated in the Survey

- Living Arrangement

- Campus Residence Hall: 53%
- Off-campus housing: 20%
- Parent/guardian/family member's home: 21%
- Other: 6%

- Fraternity/Sorority?

- Yes: 4%
- No: 96%

- UMD Athletic Team?

- Yes: 6%
- No: 94%

# What I Asked

- 13 issues; 4 questions for each issue

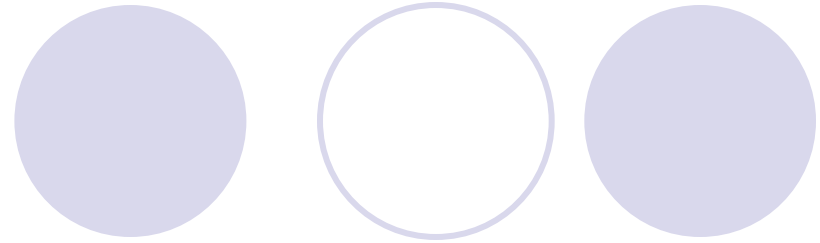
## Question 1:

Rate the importance of this issue, \_\_\_\_\_.

- Not Important
  - Moderately Important
  - Very Important
- } Choose One

*Used to assess respondent's individual beliefs regarding the importance of a given health issue.*

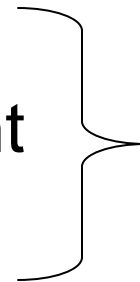
# What I Asked



## Question 2:

How great a concern is \_\_\_\_\_ for students on our campus?

- Not Important
- Moderately Important
- Very Important



Choose One

*Used to assess respondent's perception of issues of importance/concern to other students.*

# What I Asked



## Question 3:

If you were looking for information on \_\_\_\_, how would you want to get information?

- Group presentation / discussion with staff
- Group presentation / discussion with student leaders
- Internet / WWW
- Individual meeting with staff
- Individual meeting with student leader
- Printed information available on campus

*Used to assess respondent's information-seeking / help-seeking behavior.*

For each option, choose:

- Yes
- Maybe
- No
- Don't Know



# What I Asked

Question 4:

Are there places, other than those listed above, where you would turn for information on \_\_\_\_\_? If yes, please specify where below.



# The 13 Things I Asked About

## Issues:

- Stress
- Tobacco
- Nutrition
- Eating Disorders
- Body Image
- Mental Health
- Alcohol Use
- Drug Use
- Non-Medical Use of Prescription Medication
- Steroids / Performance Enhancing Drugs
- Sexual Health
- Dating Violence
- Sexual Assault



# A Couple More Questions...

## Final Questions:

Are there other health issues not addressed in this survey that you believe are important to UMD students? If yes, please list them below.

- 149 Responses

Please include any additional comments you wish to make in the space below.

- 125 Responses

# What Students Said is Important to Them ("Rate the importance of this issue...")

- Three-way tie for #1:

- Stress

- Nutrition

- Sexual Health

(97% M/V)

- #2: Body Image (94% M/V)

- #3: Mental Health (93% M/V)

# What Students Said is Important to Others ("How great a concern is \_\_\_\_ for students...?")

- #1: Stress (96% M/V)
- #2: Body Image (95% M/V)
- #3: Sexual Health (93% M/V)

# Lo and Behold!

- Students responded that several issues were both important to them & of concern to other students

- Stress
- Sexual Health
- Body Image
- Nutrition

▪ **College students consistently self-report stress as their #1 health concern.**

*(College of the Overwhelmed: The Campus Mental Health Crisis and What to Do About It)*

▪ **Students report that stress is the #1 impediment to academic performance.**

*(ACHA Survey, 2002)*

# What Happened with Mental Health?

- Mental Health (Depression, anxiety, etc.)
  - Respondents said the issue was important to them (ranked #3; 93% M/V), but they didn't rank it as high a concern for other students (ranked #7; 82% M/V)
  - Stigma?

# Where Students Turn for Information ("If you were looking for information...")

- Across the Board...

- **#1: Internet / WWW**

- Consistent with national studies of youth

- (2001) Kaiser Family Foundation report, Generation Rx.com
  - 75% of young adults (aged 15-24) use Web as a health resource
  - 40% use Web at least once a month to search for health information

- Consistent with Brown University's findings

- 70% preferred using the Web over other information sources

- **#2: Printed information available on campus**

# They Need Us, Too

(“If you were looking for information...”)

- Other Popular Sources of Information Named
  - Parents, other family members
  - Friends
  - Primary Care Provider
  - UMD departments, staff, faculty

# What Else They Said



- Other Health Issues Named

- Sexual Health (Birth control, pregnancy, abortion, STIs)
- Disease Control and Prevention
  - Common Cold
  - Flu
  - Meningitis
- Sleep
- Nutrition, Weight Management, Weight Loss, Obesity
- Exercise
- Health Services (Hours, Services, Insurance)
- Hygiene
- Substance Abuse

# Now What? Putting the Data to Use

- Provide web access to reliable health info.
  - MyStudentBody.com (SR)
    - Joint purchase: Health Services, Health Education, Judicial Affairs, Orientation, Athletics
    - Alcohol
      - Launch @ Orientation. Online assessment required for all incoming first-year students
    - Tobacco
    - Sexual Health
  - StudentHealth101.com (SR)
    - General Health
    - Addictions
    - Physical & Mental Health
    - Sexual Health

# Now What? Putting the Data to Use

- Develop UMD Health Education website (LR)
  - (2001) Kaiser Family Foundation report, Generation Rx.com
    - 73% of young adults say that knowing who produced health information is very important to them
    - However, only 29% of those who looked up health info. online checked the source the last time they conducted a search
  - Brown University's Experience
    - Aug.-Sept. 2001 (Before launch of new site): 316 hits
    - Aug.-Sept. 2002 (Launch of new site): 2,348 hits
    - Now: 20,000 hits per month!

# Now What? Putting the Data to Use

- Increase availability of reliable printed health information
  - Create “Bulletin Board in a Bag” (MR)
    - Put on website or shared network drive
    - Collaborate on development with others in Student Affairs. Cross-promotion.
  - Develop downloadable PDF files (MR)
    - Put on website
  - StudentHealth101 (SR)
    - Printed materials mailed 4 times per yr. Correspond with web content
      - General Health
      - Addictions
      - Physical & Mental Health
      - Sexual Health

# Now What? Putting the Data to Use

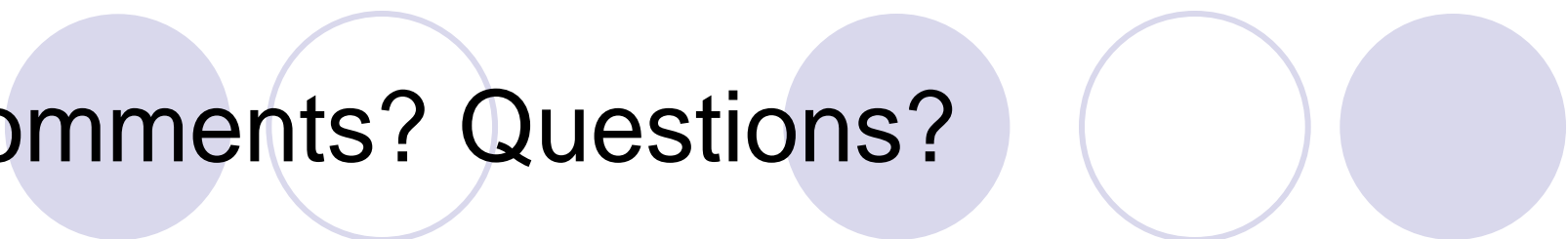
- Addressing the Highest Ranked Issues
  - Stress
    - Increase availability of stress management & time management resources (MR)
    - Wellness Center (LR)
  - Sexual Health
    - Maintain/increase availability of free condoms, despite DPH cutbacks
    - Increase availability of other safer sex supplies (dams, lube)
    - MSB.com, StudentHealth101 (SR)
    - Peer Health Educators (SR/MR)

# Now What? Putting the Data to Use

- Addressing the Highest Ranked Issues
  - Nutrition
    - Move toward hire of Registered Dietician/Nutritionist. Collaboration with Athletics, Dining Services? (LT)
  - Mental Health
    - De-stigmatize MH issues
      - How?
        - MH Committee?
        - Student group (Active Minds on Campus)?
        - MH Promotion Coordinator (MIT, Cornell U. model)?
    - Offer online screening through [MentalHealthScreening.org](http://MentalHealthScreening.org) (SR/MR)
      - Alcohol
      - Depression/Bipolar/Anxiety
      - Eating Disorders

# Now What? Putting the Data to Use

- Giving the Students a Voice
  - Web-based Patient Satisfaction Survey for Health Services?
  - Establishment of Student Health Advisory Committee



Comments? Questions?

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