

# The Impact of Student Wellness on Academic Success: *Results from the Spring 2013 National College Health Assessment*

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# National Collegiate Health Assessment (NCHA)

- American College Health Association
- Student health habits, behaviors and perceptions
- Launched in 2000
- ~200 institutions and 130,000 participants annually
- Conducted 3 times at UC Merced: fall 2008, spring 2011 and spring 2013
- 910 students completed the spring 2013 survey

# How Representative is the Data?

	Survey Participants	UC Merced – Spring 2013
Male	34%	48%
Graduate	8%	6%
Freshmen	24%	24%
Sophomore	22%	21%
Junior	23%	20%
Senior	23%	29%
Transfer	14%	7%
On-campus	29%	34%

# Stress: Consistently the #1 impediment to academic performance

UC Merced Spring 2011	All Institutions Spring 2013	UC Merced Spring 2013
32%	28.5%	38.2%

- Received a lower grade on an exam
- Received a lower grade in a course
- Received an incomplete/drop
- Caused significant disruption to thesis

# Which students are most impacted by stress?

- Seniors (46%)
- Students living off-campus (41%)
- Students working 10-19 hours/week (44%)
- Students with a “C” average (49%)
- Students who binge drink 1 or more times in 2 weeks (46%)
- Students who are not getting enough sleep

# Traumatic or Very Difficult to Handle

## Seniors

- Academics (83%)
- Finances (69%)
- Family Problems (62%)
- Personal Health (58%)
- Intimate Relationship (49%)
- Career (41%)

## Students Living Off-campus

- Academics (80%)
- Finances (65%)
- Intimate Relationship (48%)
- Career (41%)

# Students with a “C” Average

- Same % of A, B and C students report experiencing stress (~75%)
- Experienced stress, but grades were not impacted
  - “A” students (46%)
  - “B” students (39%)
  - “C” students (25%)

# Students who are not getting enough sleep

# of days getting enough sleep (during the last week)	% of students' who report that stress impacted academic performance
0	57
1	46
2	42
3	43
4	32
5	30
6	22
7	21



# What we are doing

- Peer educator trainings on sleep, stress and alcohol use
- Stress Management workshops
- Sleep campaign
- Collaborative outreach with Office of Financial Aid
- Healthy Relationships workshops and collaborative outreach with Violence Prevention Program
- Promote campus resources
- Alcohol responsibility workshops for incoming freshmen living on-campus

# Next steps

- Collect qualitative data on seniors and students living off-campus
- Explore further collaborations with campus units that provide academic and financial support for students
- Expand peer educator training topics
- Further explore “resilience”

# Thank you!

Questions?

