

2015 National College Health Assessment: UW-Green Bay

SNAPSHOT: Counseling Communication

About the NCHA

In spring 2015, 255 UW-Green Bay students participated in the National College Health Assessment (NCHA), an online survey done each year by the American College Health Association. These snapshot reports examine some of the topics covered by the survey. For more information about the survey, contact the Counseling & Health Center at UW-Green Bay at (920)465-2380.

The NCHA survey opens with a panel of 19 mental health topics of interest to college students. Students marked the topics they have received information about from the university and the topics about which they are interested in getting information. The gaps between interest and receipt of information correlate highly with the total percent of respondents who are uninformed but interested. The pattern of the gaps suggests opportunities for the Counseling & Health Center to work proactively with students on these topics.

		Level of information interest		
		Low	Medium	High
Level of information receipt	Low	Eating disorders; Smoking; Computer gaming	Grief and loss; Relationships; Violence; Injury	Sleep difficulties; Helping others in distress
	Medium	Cold/Flu/Sore throat; STD/I; Pregnancy	Suicide	Depression/Anxiety
	High	AODA	Sexual assault	Nutrition; Physical activity; Stress

Table 1. Communication Opportunities and Possible Information Overload

Topic	Percent of students who are interested in receiving information from the university	Percent of students who have received information from the university	Gap between the interest percent and the receipt percent	Percent of all students who are interested in receiving information and have not
Sleep difficulties	62	34	28	37
How to help others in distress	64	40	24	37
Injury prevention	43	32	11	28
Violence prevention	44	35	9	27
Depression/Anxiety	58	53	5	25
Stress reduction	73	63	10	24
Nutrition	67	64	3	22
Suicide prevention	52	52	0	22
Grief and loss	41	40	1	21
Relationship difficulties	44	38	6	20
Eating disorders	34	39	-5	18
Physical activity	60	64	-4	17
Pregnancy prevention	33	46	-13	16
Abuse of Internet/computer games	21	20	1	14
STD/I prevention	38	55	-17	13
Cold/Flu/Sore throat	37	57	-20	12
Tobacco use	21	30	-9	10
Sexual assault/Relationship violence	49	63	-14	10
Alcohol and other drug use	26	61	-35	6