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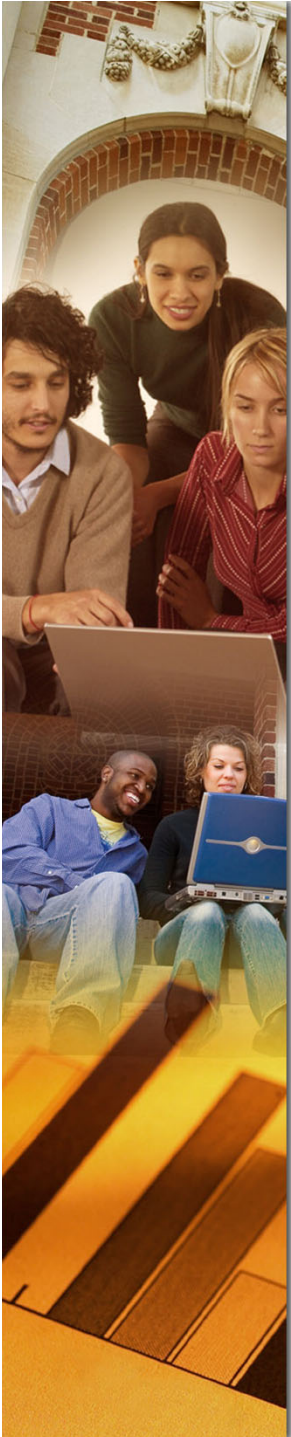
# Supporting the Whole Student: Mental Health, Substance Abuse, and Well-being in Higher Education

National Academies of Sciences, Engineering, and Medicine

**Mary Hoban, PhD, MCHES**  
**Chief Research Officer**  
**American College Health Association**

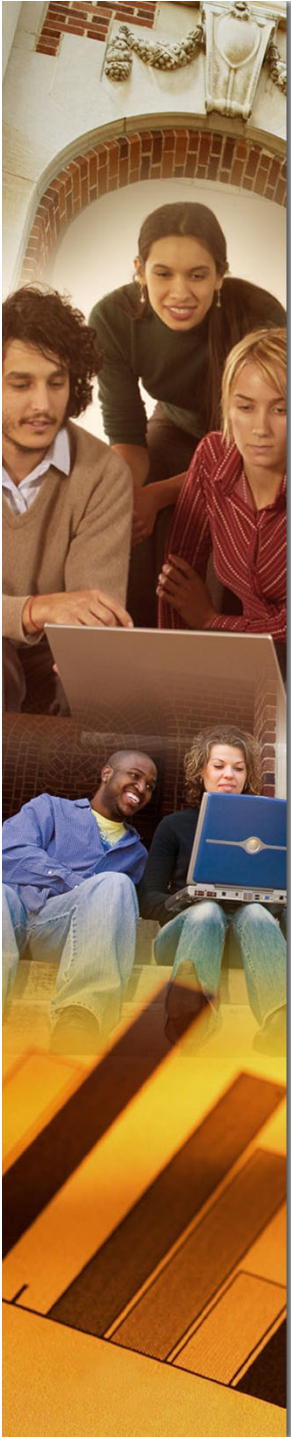
**December 9, 2019**

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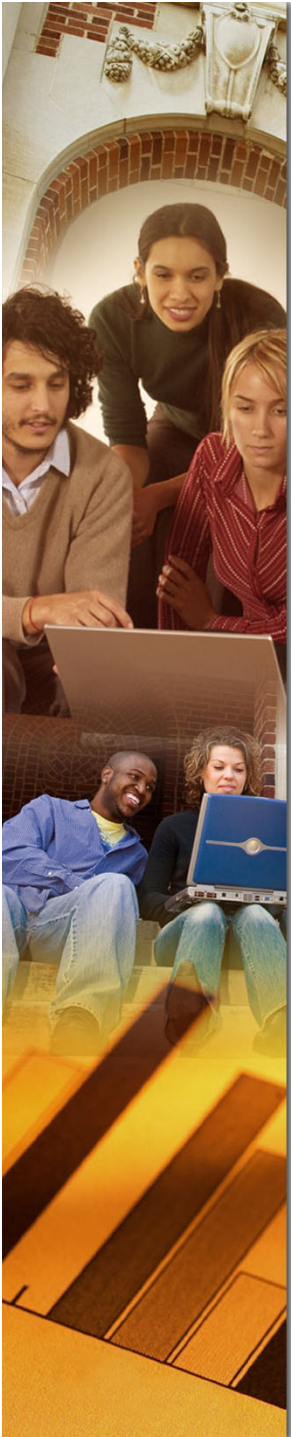
# History of the ACHA-NCHA

- Health assessment used to collect population-level data on college students
- First implemented in 2000
- Two major revisions since the original survey (2008 and 2019)
- 960 participating institutions with almost 2 million student responses

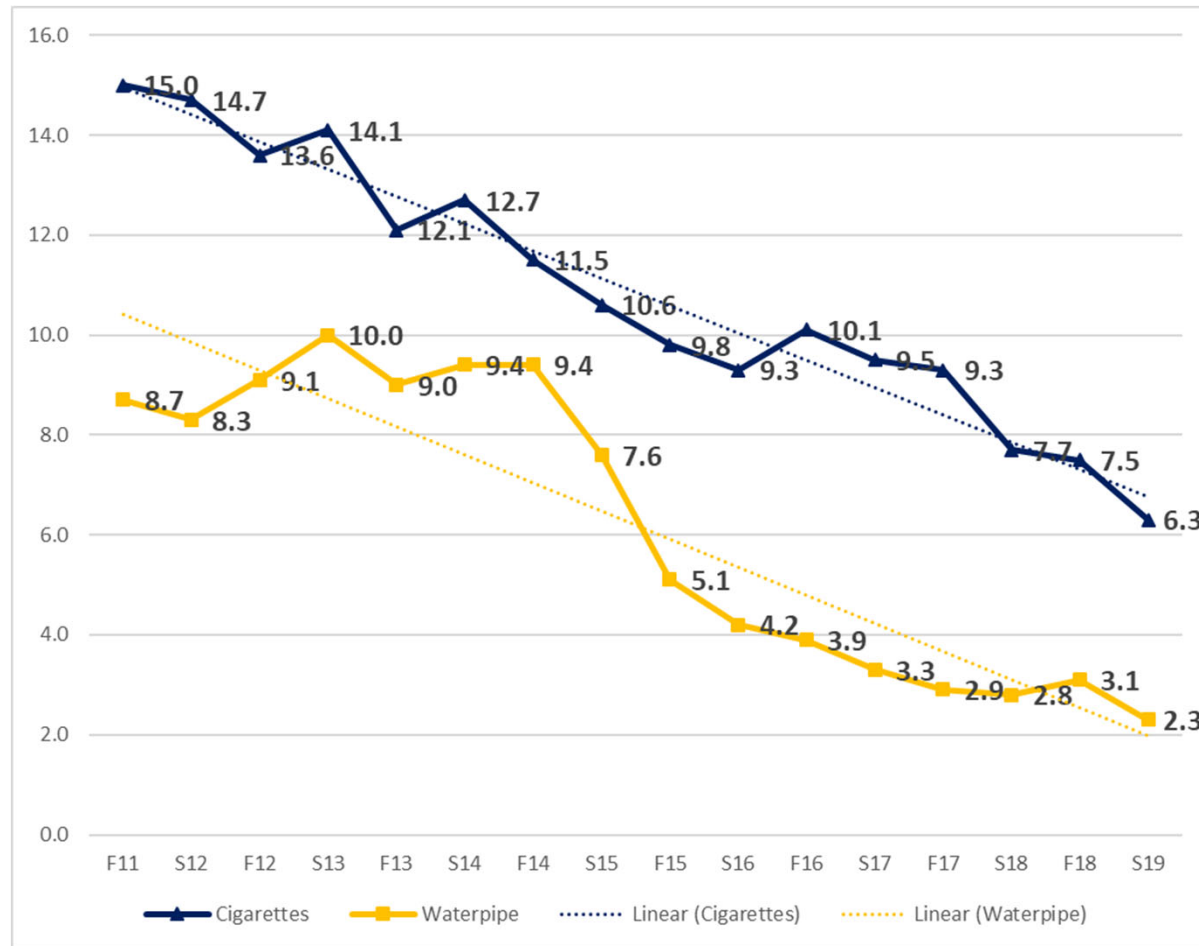


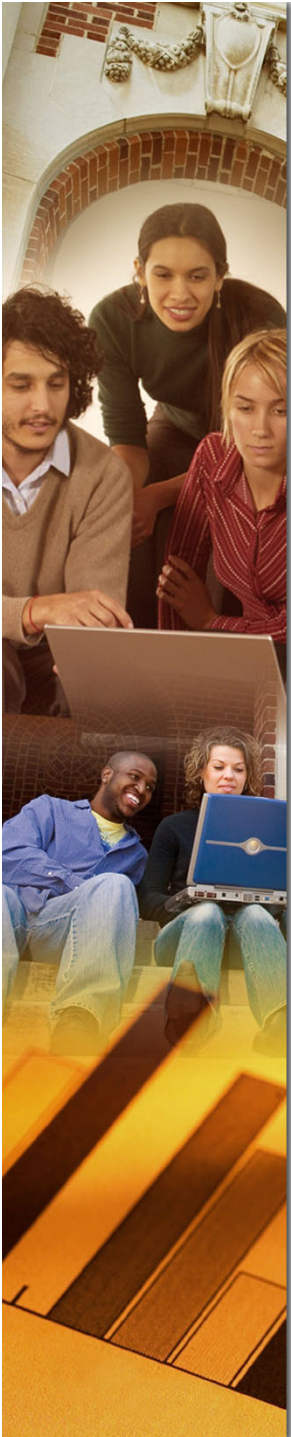
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# What have we learned?

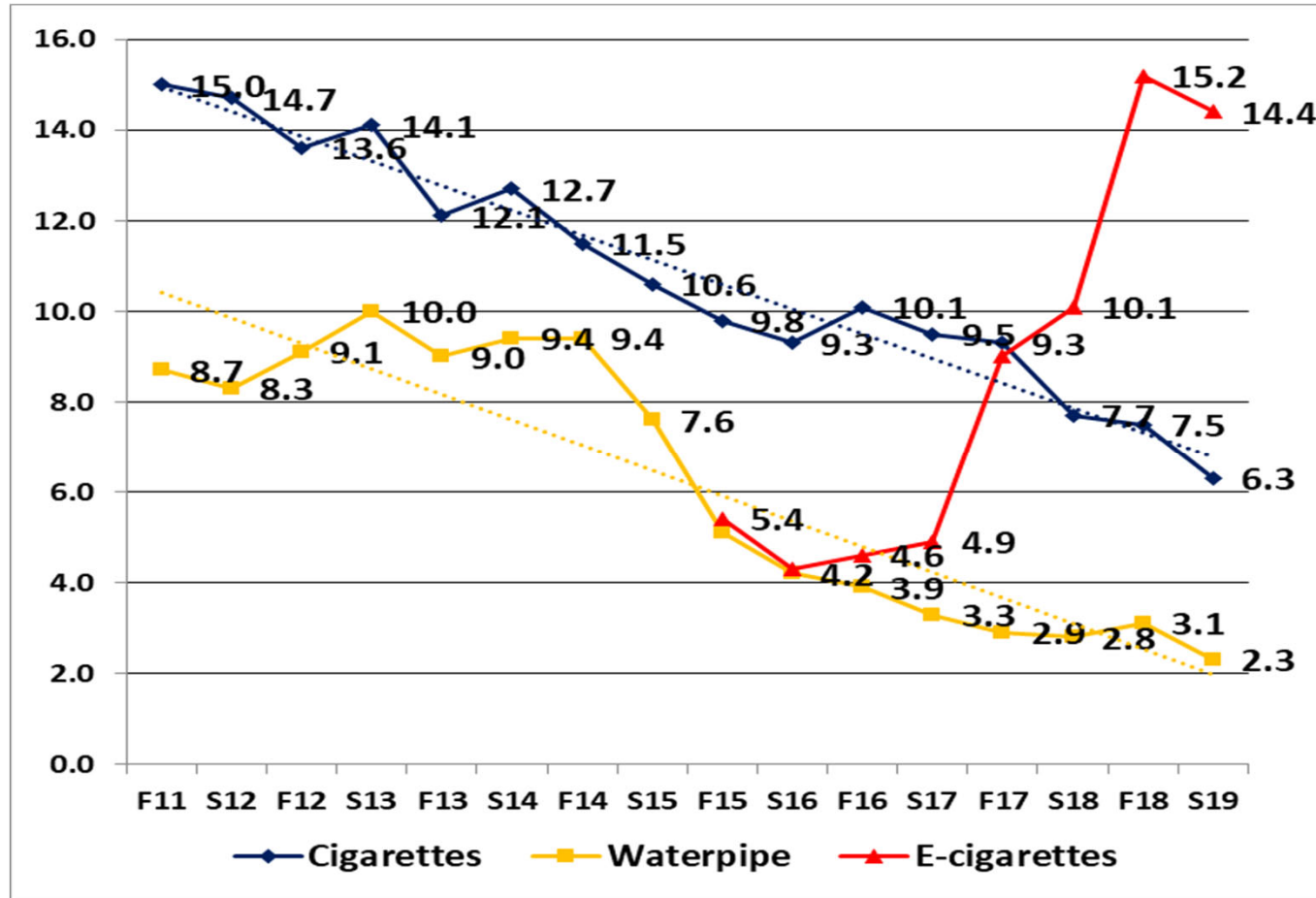


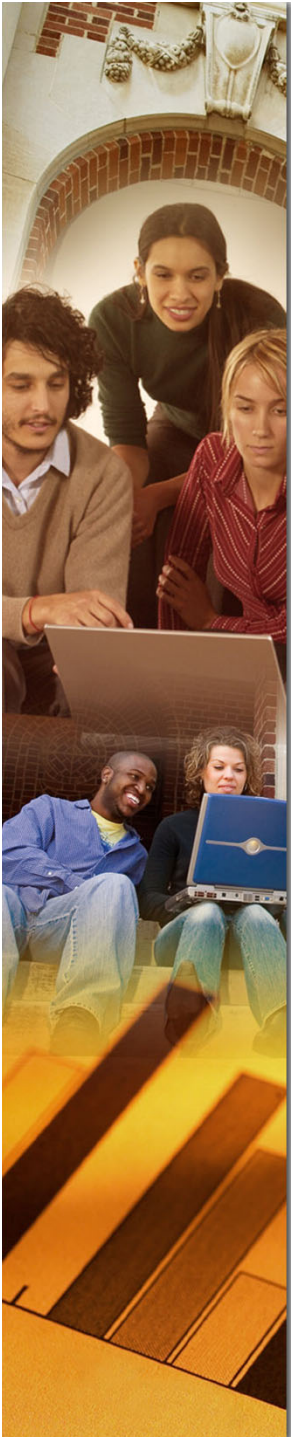
# Tobacco use in the last 30 days



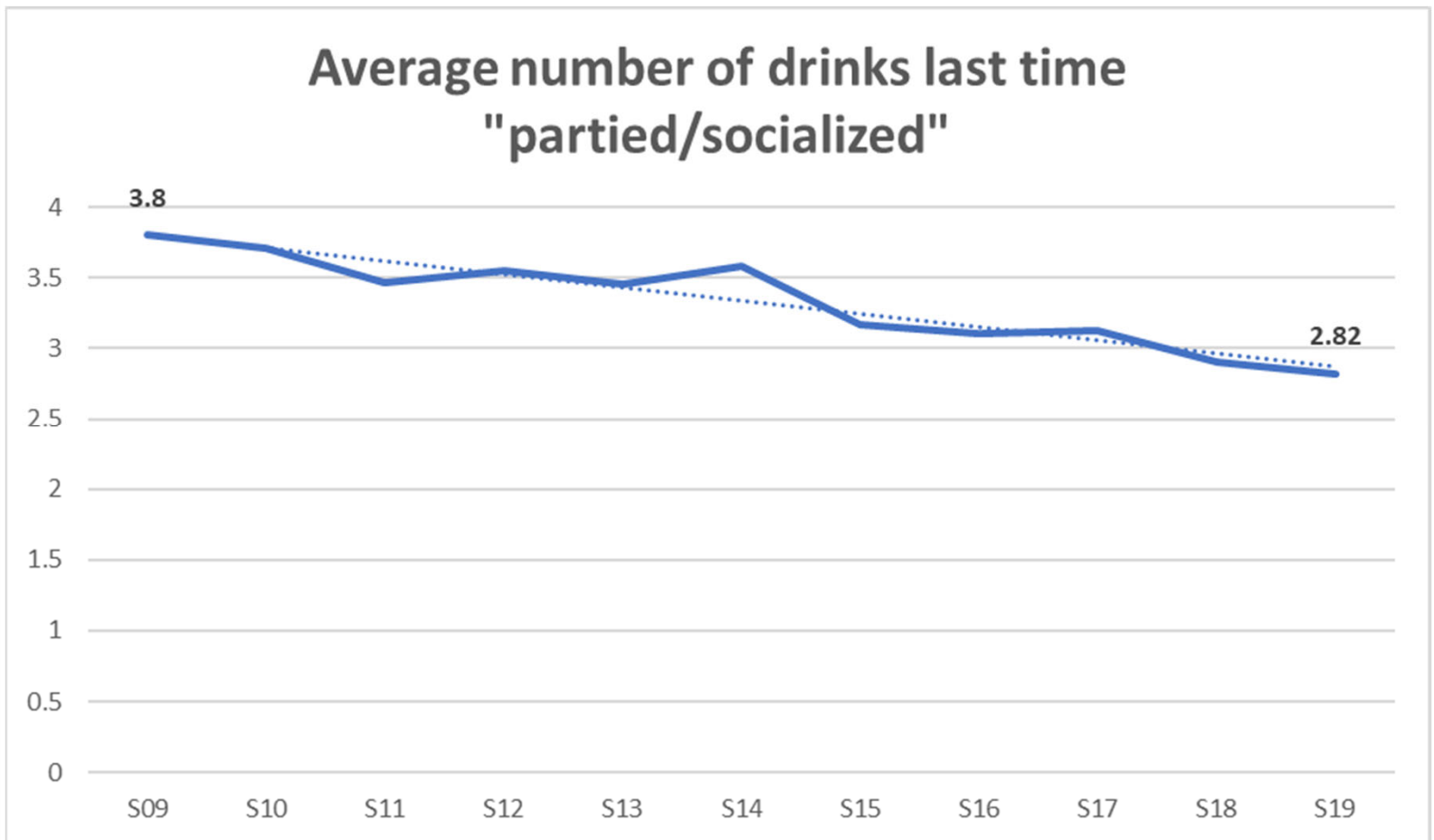


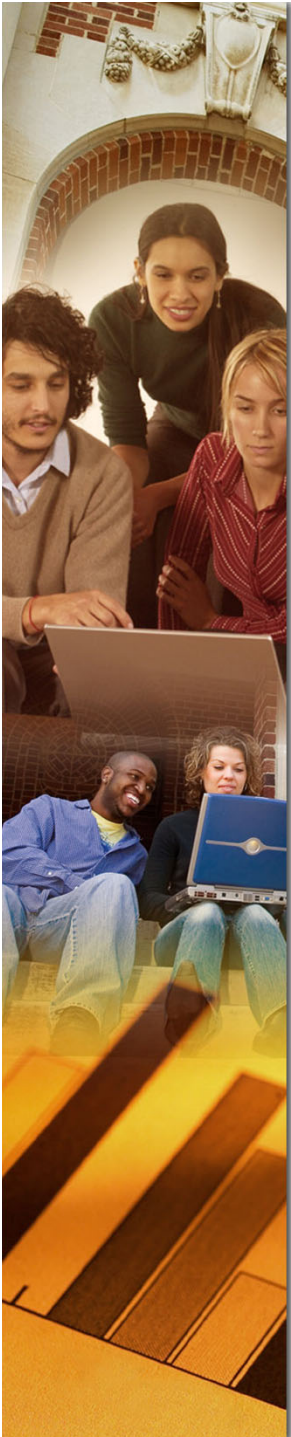
# Tobacco use in the last 30 days





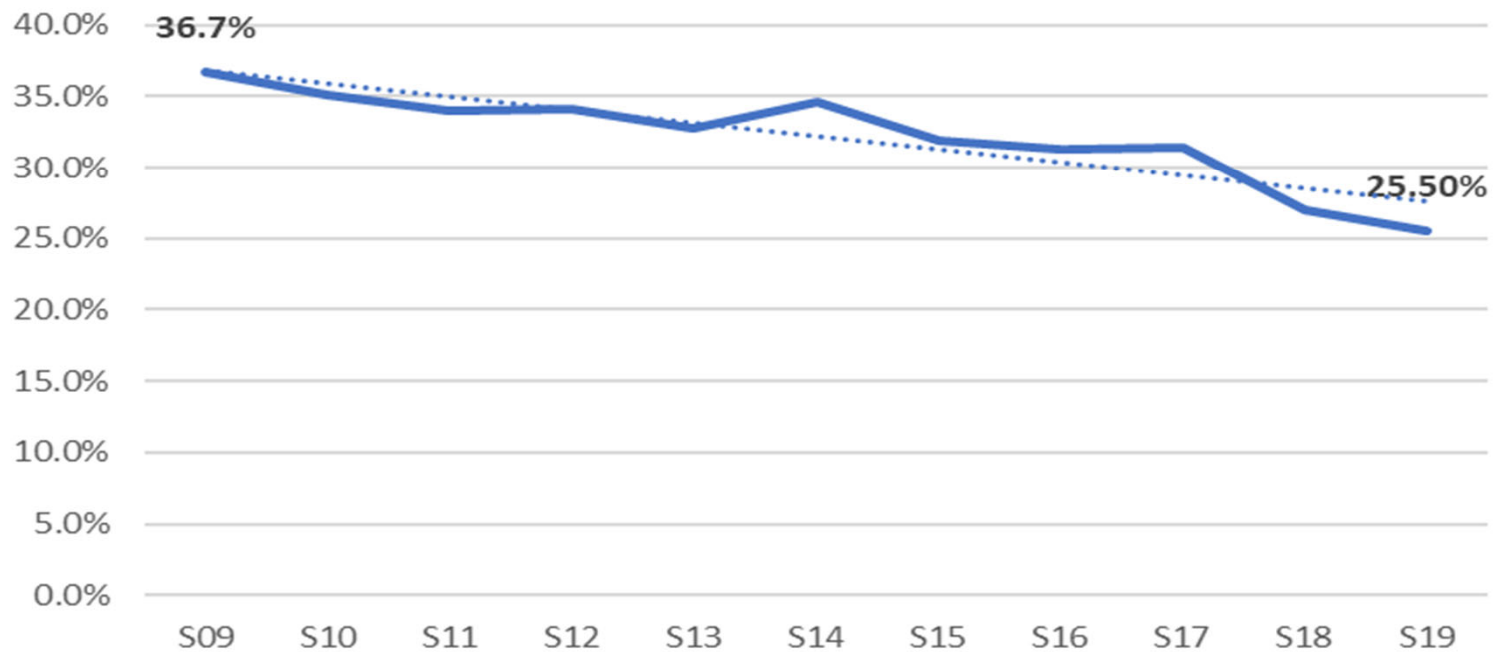
# Alcohol

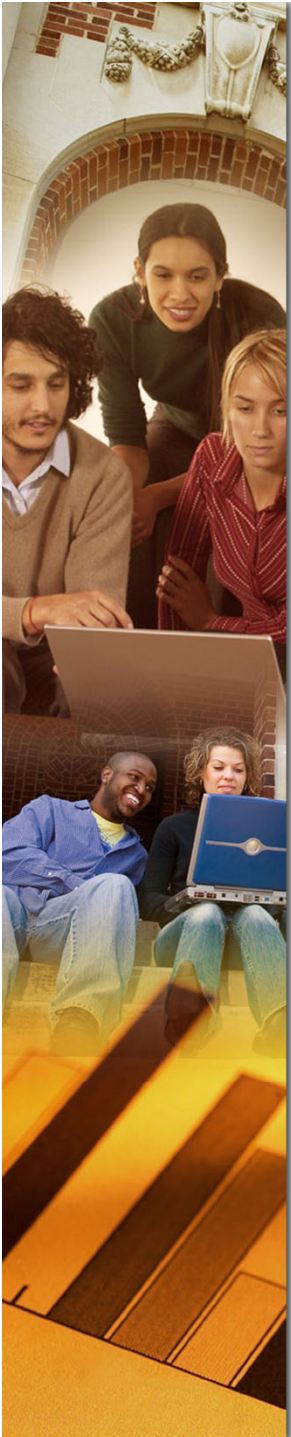




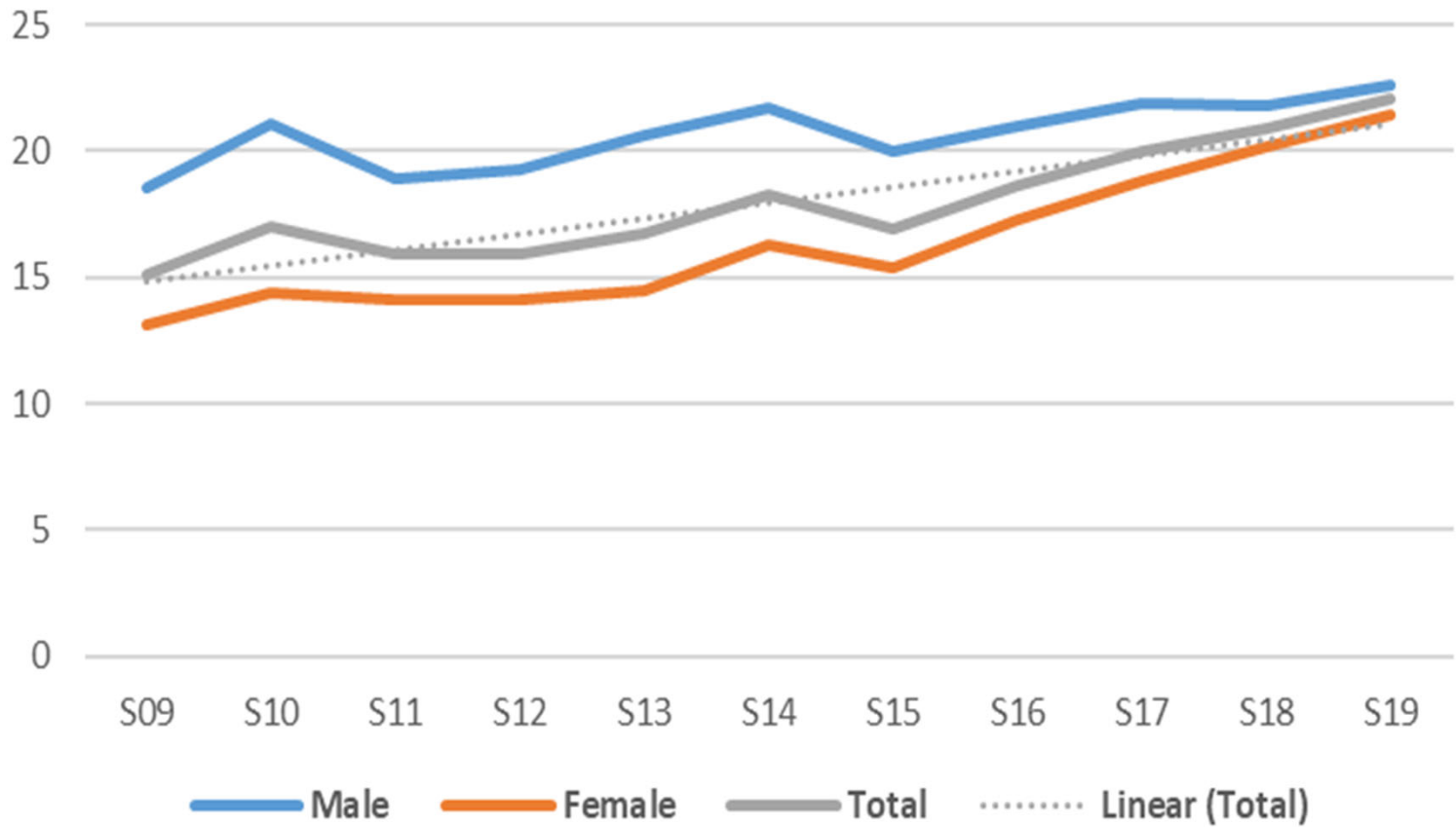
# Binge Drinking

**5 or more drinks of alcohol at a time  
within the last 2 weeks  
Spring 2009 - Spring 2019**

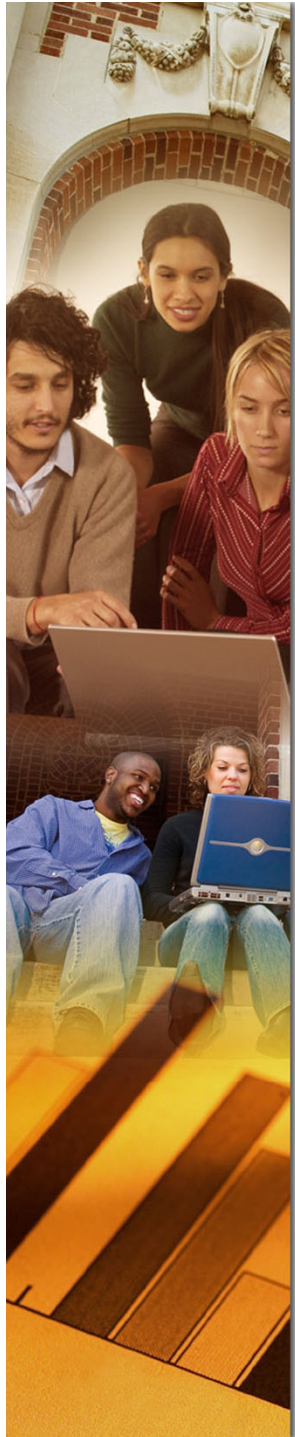




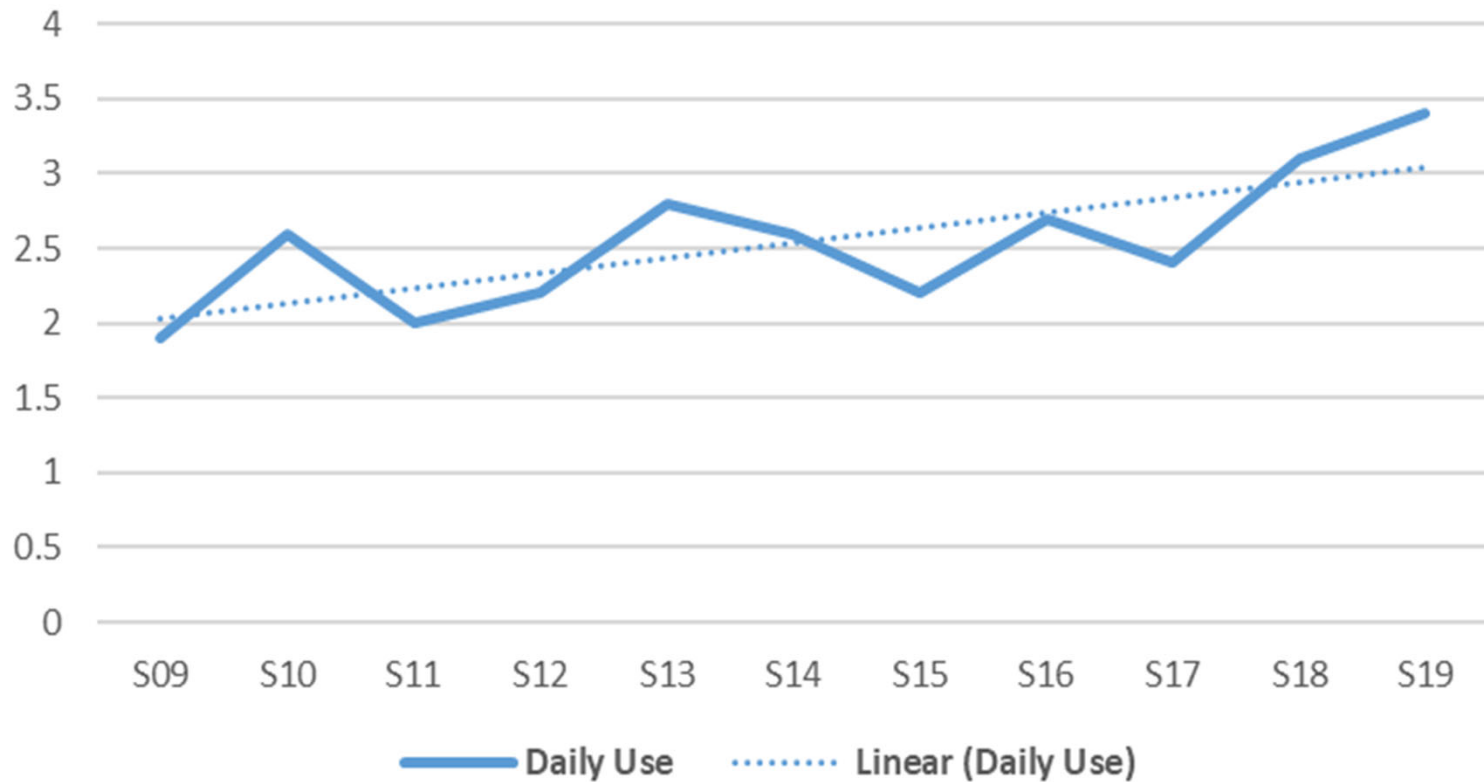
## Marijuana use in the last 30 days

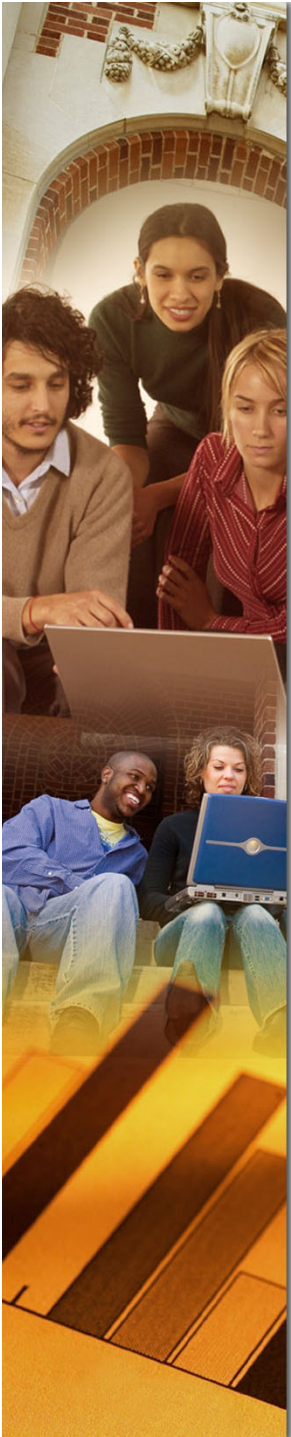






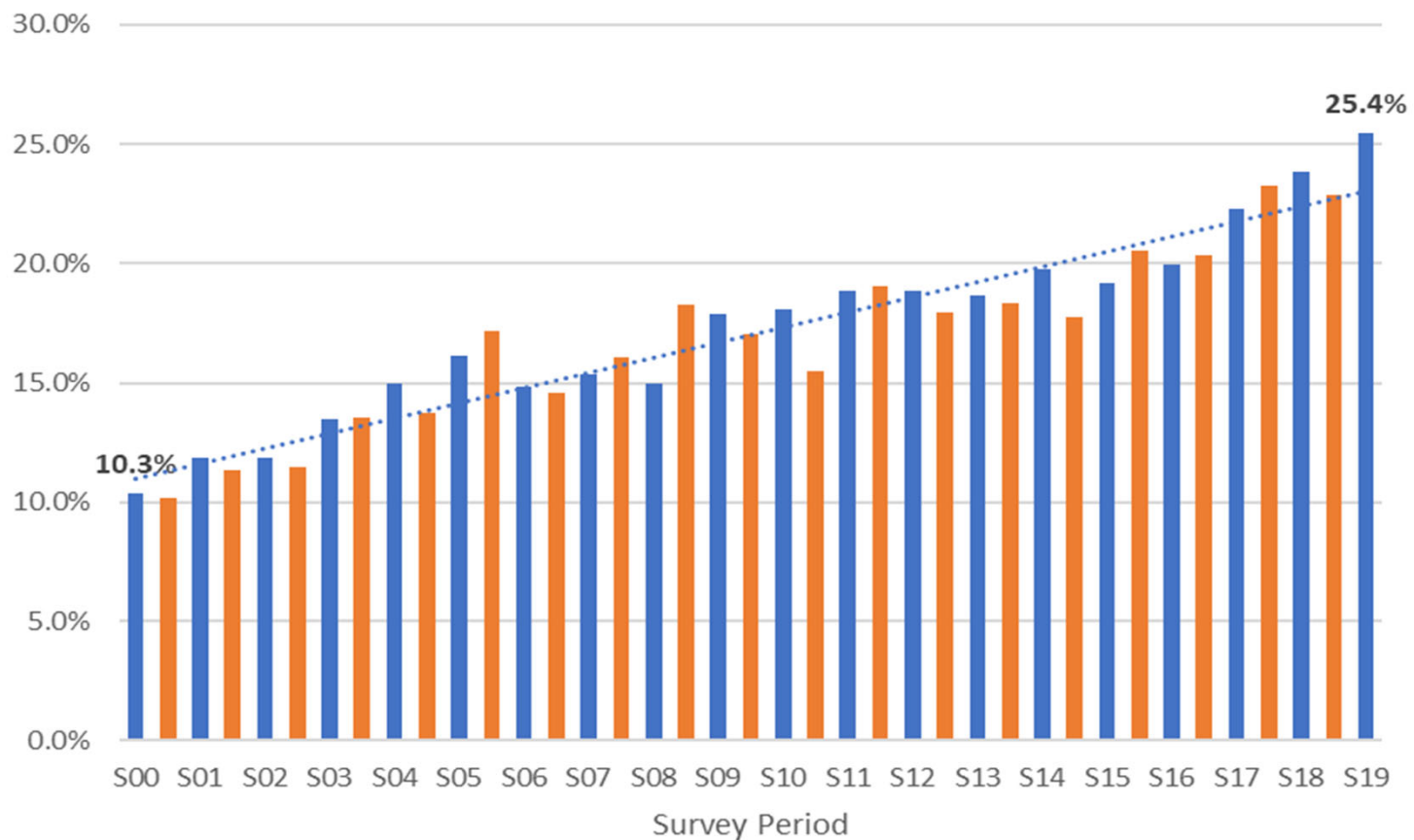
## Marijuana Daily Use

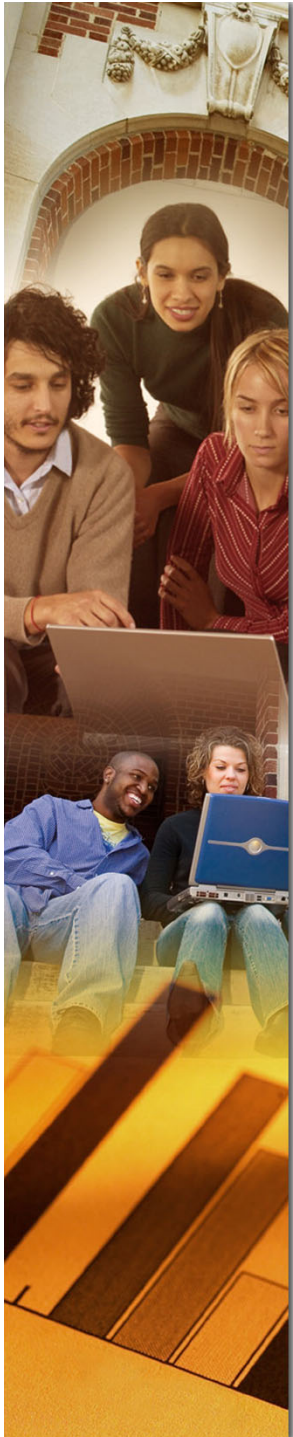




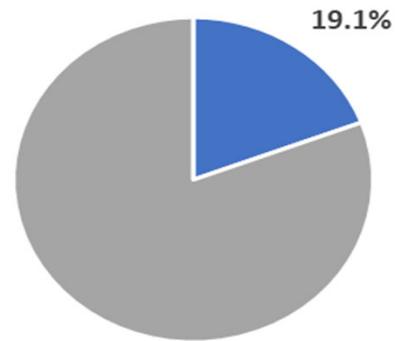
# Depression

Ever diagnosed with Depression -  
Spring and Fall data points



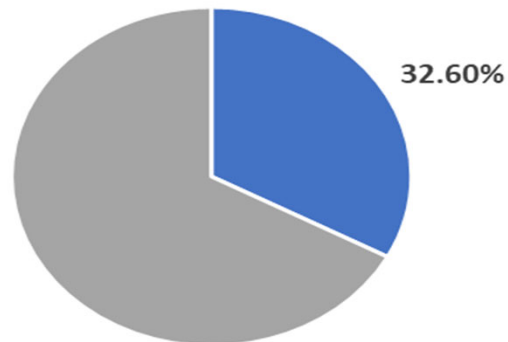


**Students reporting being diagnosed or treated for 1 or more mental health problems in the last 12 months - Spring 2009**

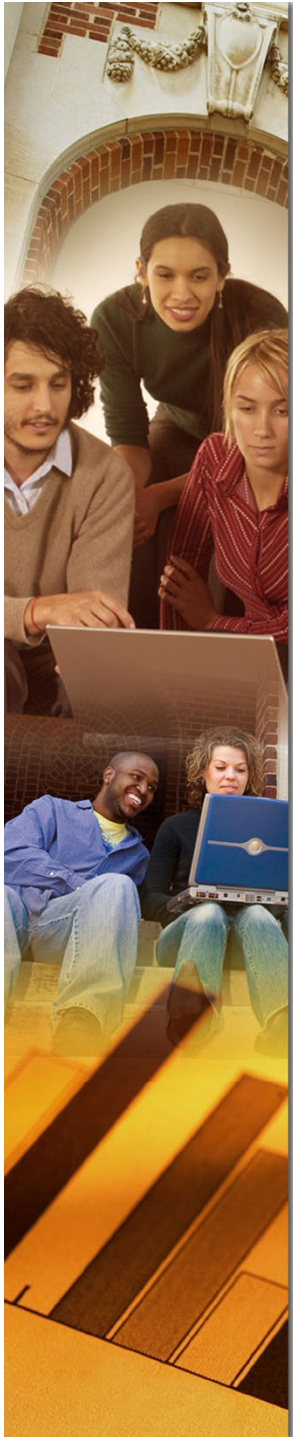


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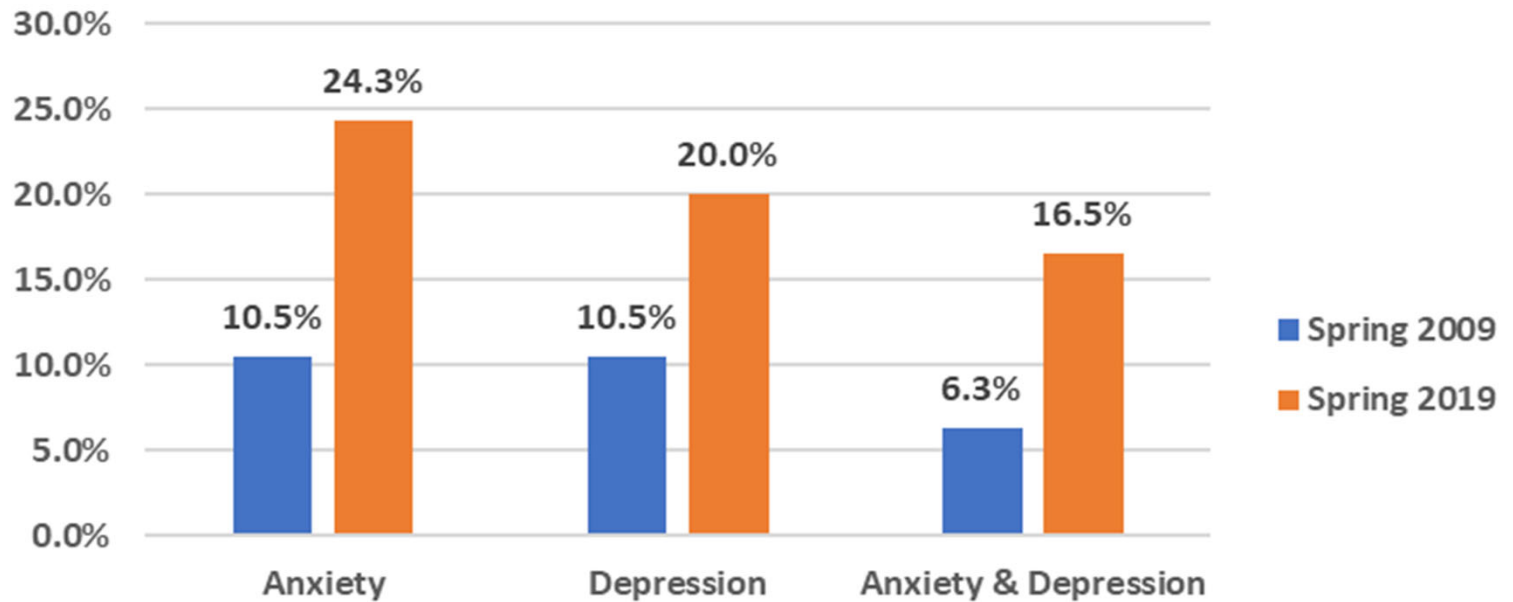
**Students reporting being diagnosed or treated for 1 or more mental health problems in the last 12 months - Spring 2019**



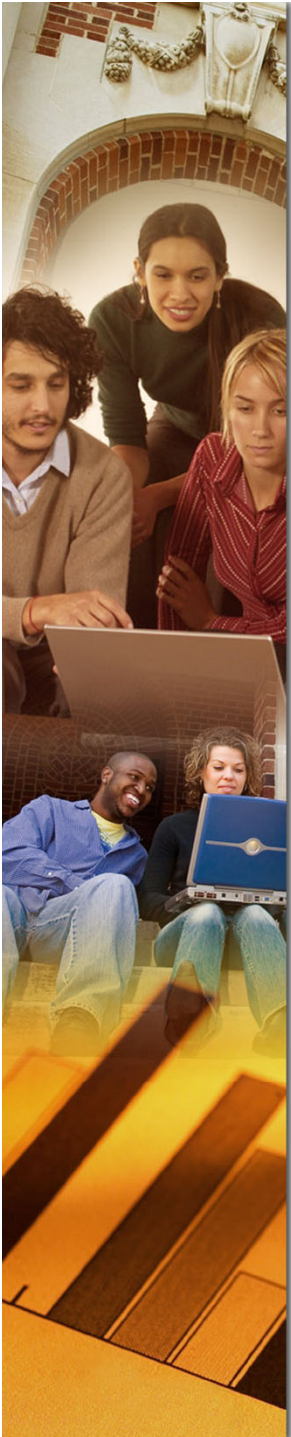
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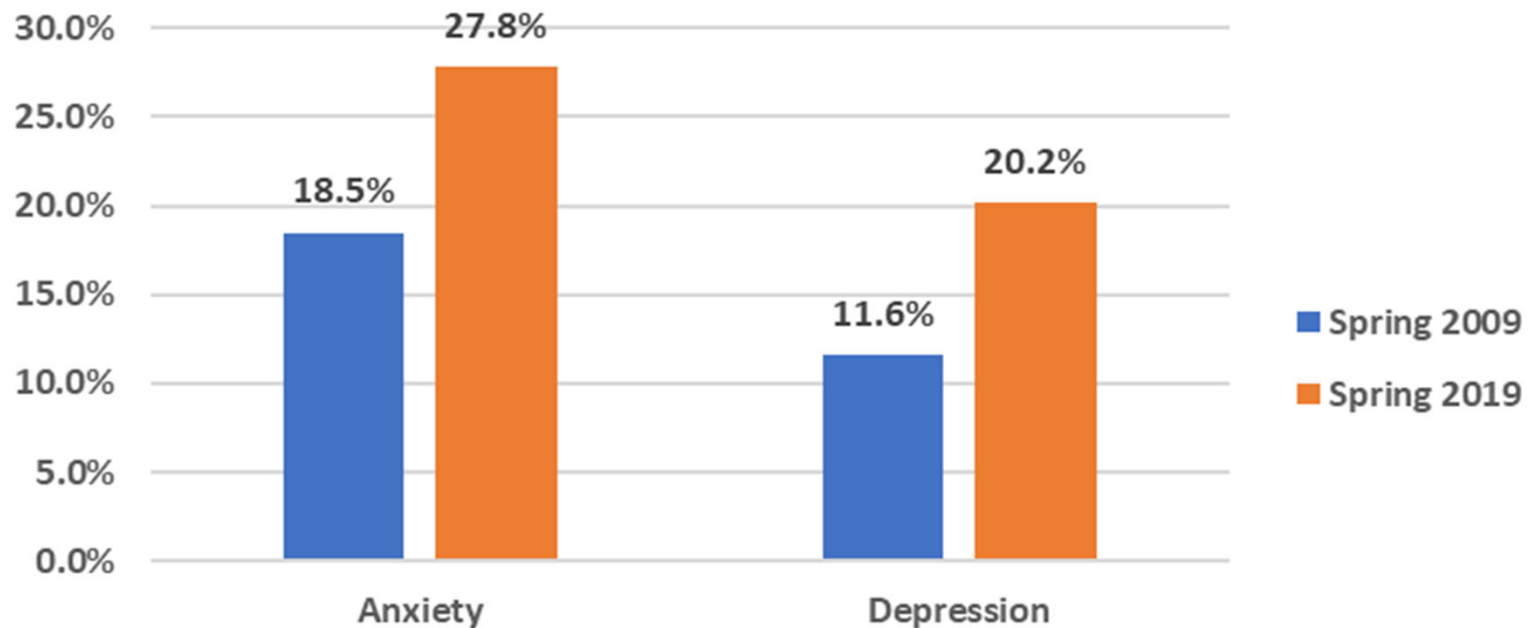
## Percentage of students reporting being diagnosed or treated in the last 12 months



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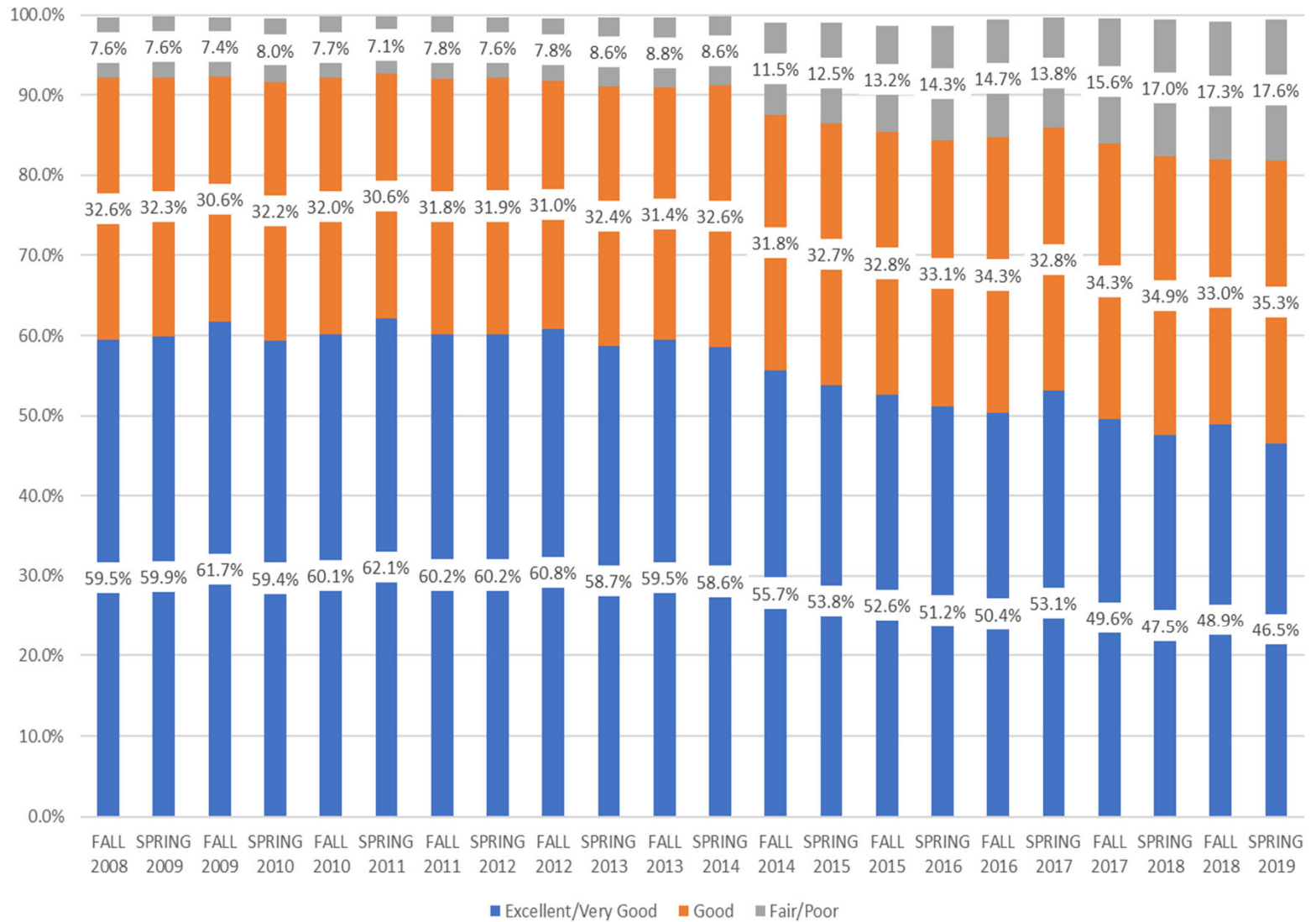
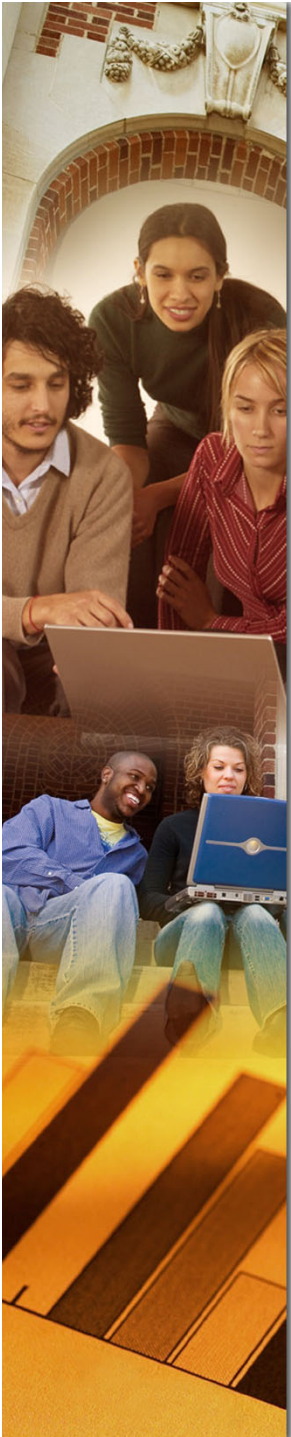


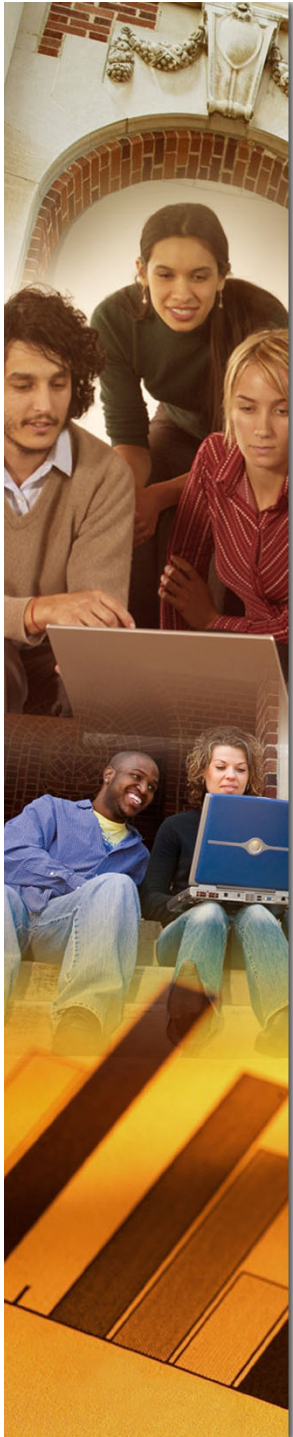
## Percentage of students reporting anxiety or depression negatively impacting their academic performance in the last 12 months



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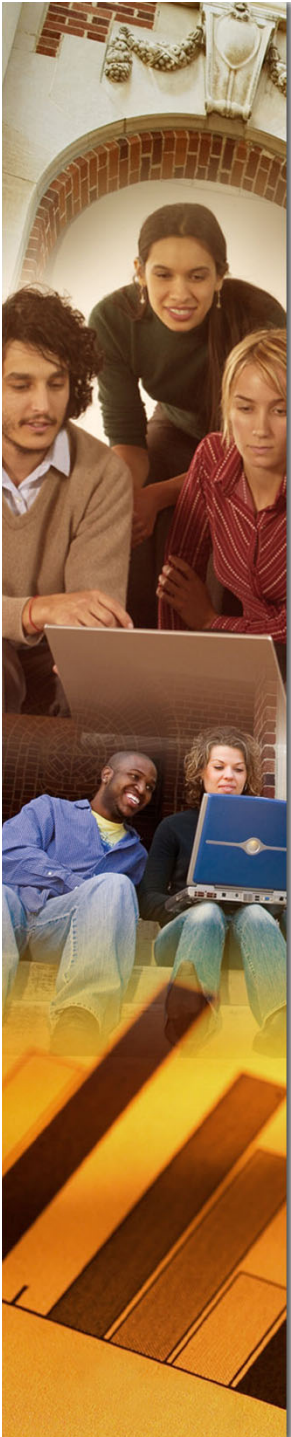
# Self-described General Health





# Diagnosis of Depression and/or Anxiety in the last 12 months (S19)

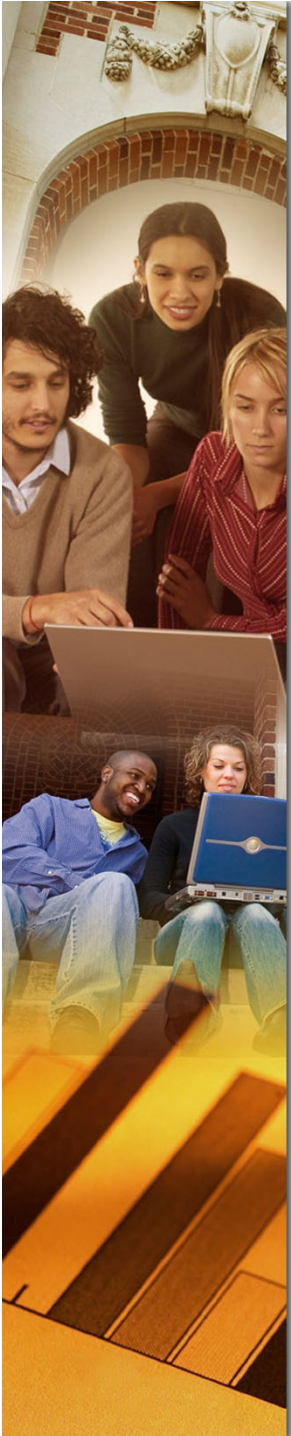
Substance	No – diagnosed in the last 12 months	Yes – diagnosed in the last 12 months
Any tobacco use last 30 days	18.3%	23.8%
Any alcohol use last 30 days	55.5%	60.4%
Any marijuana use last 30 days	23.2%	30.1%
Prescription drug misuse last 12 months	11.0%	17.3%
Any other illicit drug use last 30 days	5.2%	8.4%



## Any MH Diagnosis (except substance use disorder) in the last 12 months (S19)

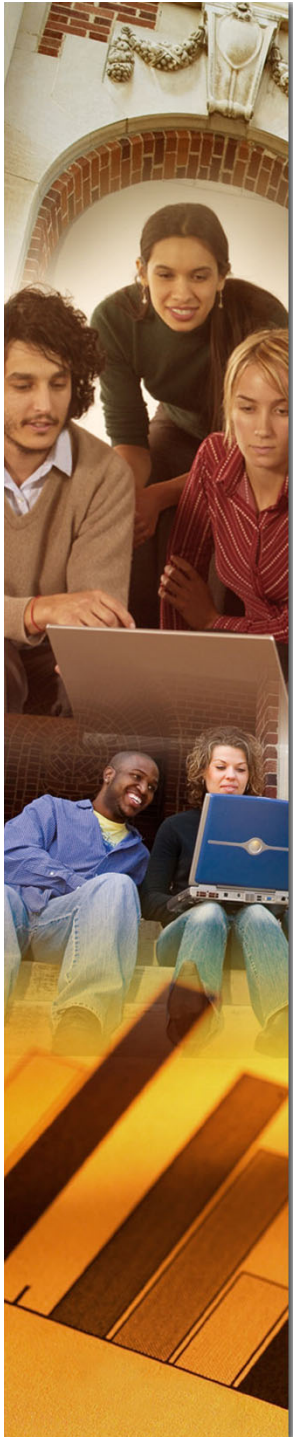
Substance	No – diagnosed in the last 12 months	Yes – diagnosed in the last 12 months
Any tobacco use last 30 days	17.6%	25.5%
Any alcohol use last 30 days	55.0%	61.2%
Any marijuana use last 30 days	22.4%	31.9%
Prescription drug misuse last 12 months	10.2%	19.2%
Any other illicit drug use last 30 days	4.7%	9.6%





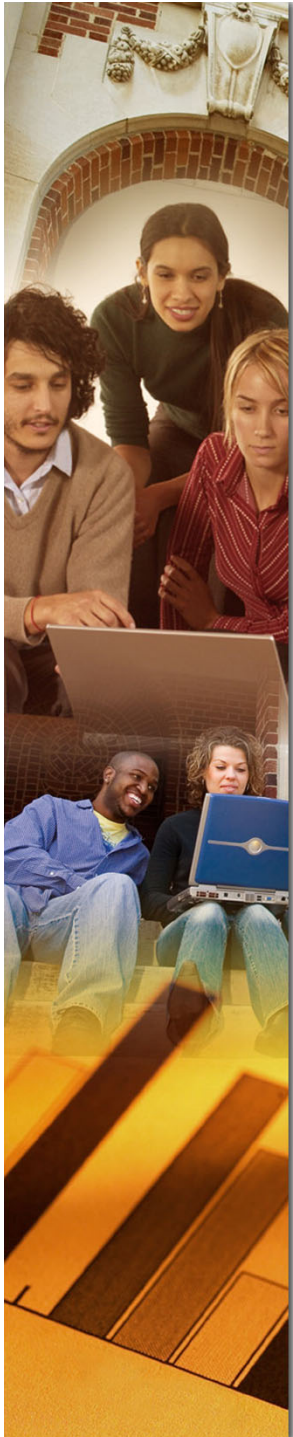
# Felt so depressed it was difficult to function in the last 12 months (S19)

Substance	No – Felt so depressed	Yes – Felt so depressed
Any tobacco use last 30 days	17.0%	23.5%
Any alcohol use last 30 days	54.8%	59.3%
Any marijuana use last 30 days	20.8%	31.8%
Prescription drug misuse last 12 months	9.2%	17.8%
Any other illicit drug use last 30 days	4.1%	8.9%



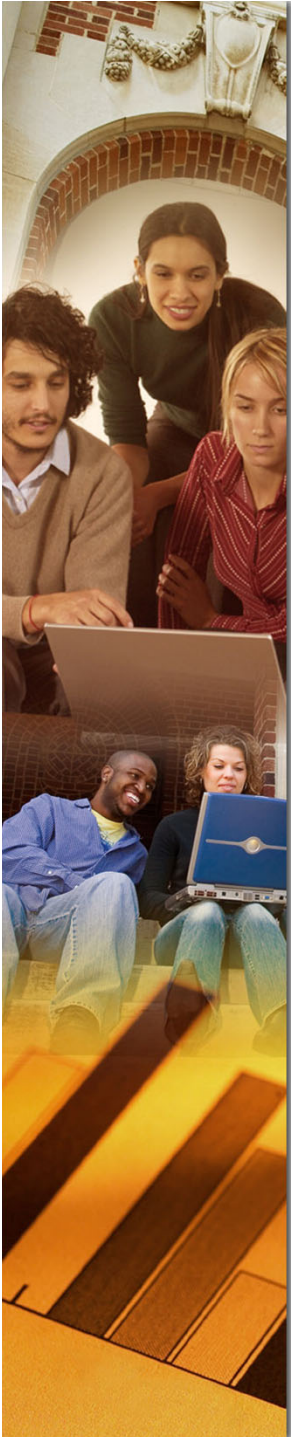
# Felt overwhelming anxiety in the last 12 months (S19)

Substance	No – felt anxiety in the last 12 months	Yes – felt anxiety in the last 12 months
Any tobacco use last 30 days	16.6%	21.3%
Any alcohol use last 30 days	53.0%	59.5%
Any marijuana use last 30 days	20.2%	27.9%
Prescription drug misuse last 12 months	8.6%	15.1%
Any other illicit drug use last 30 days	4.0%	7.1%



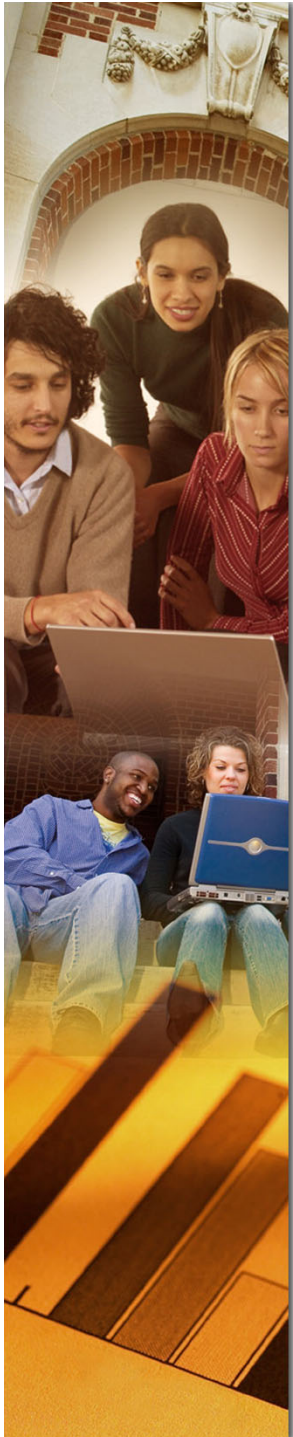
# Self-injury in the last 12 months (S19)

Substance	No – self injury in the last 12 months	Yes – self injury in the last 12 months
Any tobacco use last 30 days	18.3%	28.7%
Any alcohol use last 30 days	55.7%	62.2%
Any marijuana use last 30 days	23.2%	36.6%
Prescription drug misuse last 12 months	11.0%	24.1%
Any other illicit drug use last 30 days	5.0%	14.8%



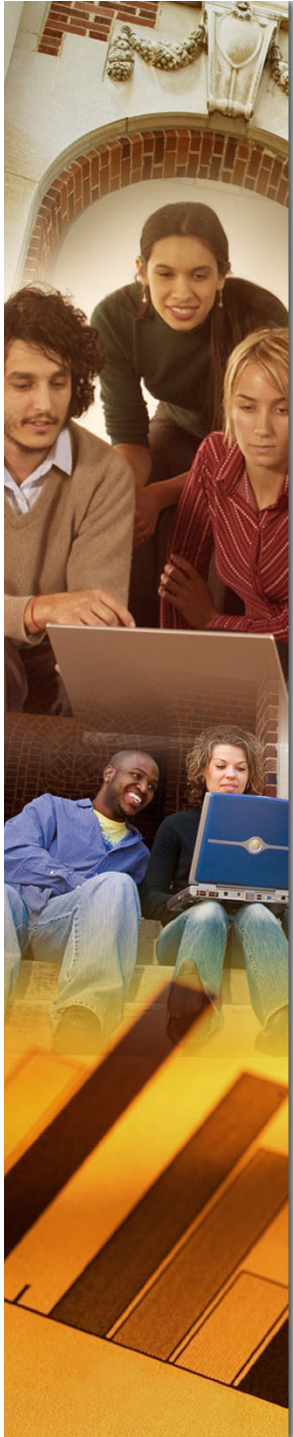
# Seriously considered suicide in the last 12 months (S19)

Substance	No – suicide ideation in the last 12 months	Yes – suicide ideation in the last 12 months
Any tobacco use last 30 days	17.6%	25.6%
Any alcohol use last 30 days	55.1%	61.0%
Any marijuana use last 30 days	21.6%	35.6%
Prescription drug misuse last 12 months	9.7%	21.9%
Any other illicit drug use last 30 days	4.4%	11.1%



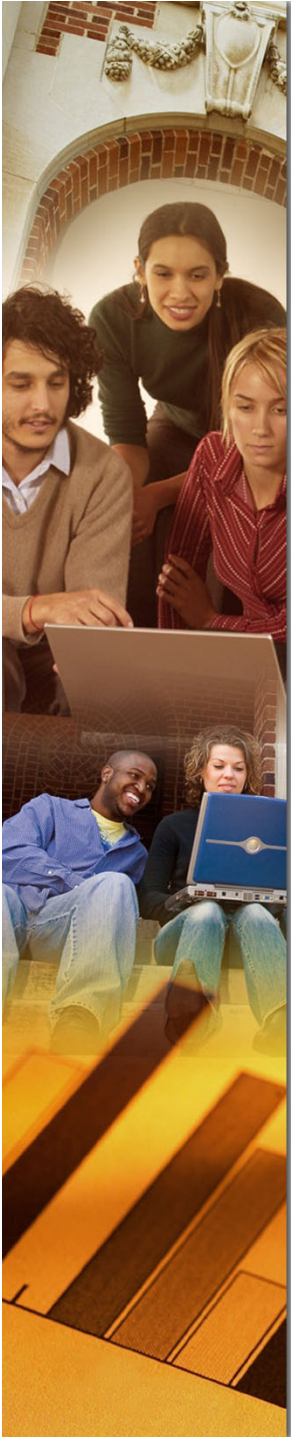
# Attempted suicide in the last 12 months (S19)

Substance	No – suicide attempt in the last 12 months	Yes – suicide attempt in the last 12 months
Any tobacco use last 30 days	18.4%	32.5%
Any alcohol use last 30 days	55.8%	59.9%
Any marijuana use last 30 days	23.3%	40.0%
Prescription drug misuse last 12 months	11.1%	29.2%
Any other illicit drug use last 30 days	5.2%	16.4%



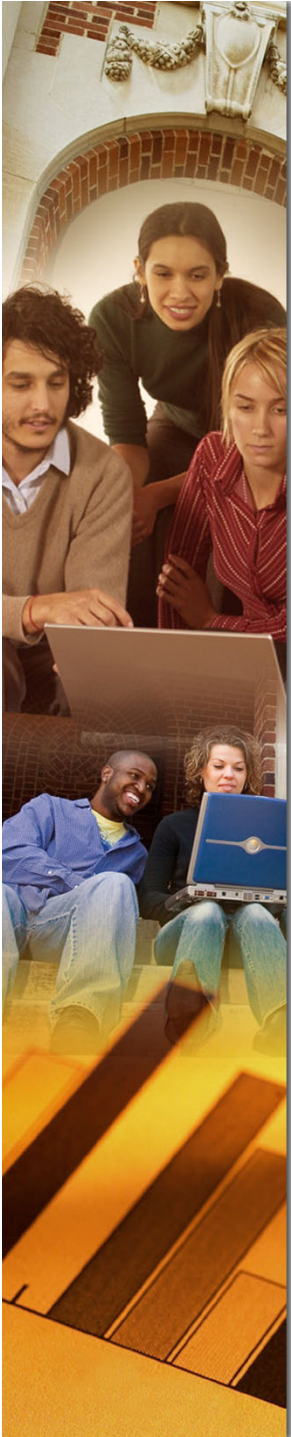
# ACHA-NCHA III Enhancements (Fall 2019)

- **Campus climate re: wellbeing**
- **Food and housing security**
- **Enhanced sleep Qs**
- **ASSIST** (Alcohol, Smoking, and Substance Involvement Screening Test – WHO)
- **Driving post-cannabis use**
- **Diener Flourishing Scale**
- **CD-RISC2 Resiliency Scale**
- **UCLA Loneliness Scale**
- **Kessler 6** (serious mental illness)
- **SBQ-R Suicide Scale**
- **Bullying, cyberbullying, hazing**
- **Optional – firearm access and campus gun violence concern**



## Other ACHA initiatives

- Behavioral Health Integration in Primary Care – KC Readdean et al, 2019 JACH
- HeathyStartU (HSU)
- Connected College Health Network (CCHN)
- Wellstart
- Leadership and Innovations Summit
  - 2019 – Inspiring Hope & Real Solutions to Address College Mental Health and Well-Being
  - 2018 - Building a Culture of Campus Well-Being
  - 2017 – Crisis on Campus: Addressing the Rising Mental Health Demands of our Nation’s Students



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# Questions/comments

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<https://www.acha.org/NCHA>