



Student Health Services
ACHA-National College Health Assessment II
(ACHA-NCHA II)
Assessment Report

Carla Jackson MPH, Health Educator

Choose One: Needs Assessment

Date of Assessment Implementation: February 2018

Date of Report: July 2018

Purpose of Assessment

As part of its goal to promote research, the American College Health Association (ACHA) conducts a national survey to assess health outcomes and behaviors that have an impact on academic performance, retention, and campus life. The National College Health Assessment II (NCHA-II) is this national, non-profit, research effort organized by ACHA to collect data about the health of college students. The data collected via the NCHA at Cal Poly Pomona can be used to assess the health and health behaviors of college students on campus and can be used to compare with data collected at colleges and universities across the nation. These data will help in planning programs, prioritizing campus needs, allocating resources, designing strategies for intervention, and identifying risk factors associated with academic performance. Additionally, the NCHA is conducted throughout the CSU system in an effort to gather data that could be used to compare across campuses within the CSU.

Division Learning Outcome Social & Civic Engagement

Targeted Learning Outcome

None, this was a needs assessment.

Assessment Methodology

The study went through the IRB approval process. A random sample of 7000 students from the overall student body was drawn and an email invitation was sent to participate in the web-based survey. The survey was conducted by the American College Health Association and all data collection, analysis, and storage took place at that organization. The ACHA-NCHA staff prepared a report regarding the findings and provided this to Cal Poly Pomona Student Health Services. The findings will be used to provide targeted, appropriate interventions on campus to help students enjoy better health, which can maximize academic performance. The final report will be made available to the Cal Poly Pomona community via the Student Health and Wellness Services website.

Results

The 2018 NCHA-II web version yielded 549 respondents for a 7.8% response rate. Data collected include results on the following health topics: General Health of College Students, Disease and Injury Prevention, Academic Impacts, Violence, Abusive Relationships and Personal Safety, Alcohol, Tobacco, and Other Drug Use, Sexual Behavior, Nutrition and Exercise, Mental Health, and Sleep. Per the CO, a number of questions regarding Title IX were added to the survey.

Conclusion

The final report will be made available to the Cal Poly Pomona community via the Student Health and Wellness Services website.

Implications for Practice

The findings will be used to provide targeted, appropriate interventions on campus to help students enjoy better health, which can maximize academic performance.