Campus Health and Student Well-Being
August 2016

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Executive Director of Norris Health Center
Student Health, Well-Being, and Safety

- Historical Perspective and Data Sources
- Impact on Academics
- Health conditions and Healthcare Access
- Mental Health
- Alcohol & Other Drugs
- Sexual Violence, Physical Violence, & Safety
- Comprehensive Community Approach
UWM Health Priorities Spring 2006

- Disaster Preparedness
- Infectious Disease Outbreak
- Mental Health
- Alcohol Abuse

- Smoking
- Health Access
- Occupational Health
- Wellness
# National College Health Data
## Spring 2015 Survey

<table>
<thead>
<tr>
<th></th>
<th>UWM</th>
<th>UW-System</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Average age</td>
<td>25.28</td>
<td>22.2</td>
<td>22.6</td>
</tr>
<tr>
<td>White</td>
<td>82%</td>
<td>88%</td>
<td>68%</td>
</tr>
<tr>
<td>Undergraduates</td>
<td>68%</td>
<td>89%</td>
<td>81%</td>
</tr>
<tr>
<td>Residential</td>
<td>21%</td>
<td>42%</td>
<td>42%</td>
</tr>
<tr>
<td>Total Respondents</td>
<td>827</td>
<td>7,806</td>
<td>93,034</td>
</tr>
</tbody>
</table>

Special Thanks to Alice Reilly-Myklebust, Ph.D., RN - UW-River Falls  
John Achter, Ph.D., LP - UW-Stout  
Student Health, Well-Being and Safety Presentation to UW-System Board of Regents  
April 7, 2016
Within the last 12 months, have any of the following been traumatic or very difficult for you to handle?

<table>
<thead>
<tr>
<th>Category</th>
<th>UWM</th>
<th>UWS</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Academics</td>
<td>48.1</td>
<td>44.6</td>
<td>45.1</td>
</tr>
<tr>
<td>Career-related issue</td>
<td>33.4</td>
<td>24.5</td>
<td>26.4</td>
</tr>
<tr>
<td>Death of family member or friend</td>
<td>18.1</td>
<td>16.6</td>
<td>14.8</td>
</tr>
<tr>
<td>Family problems</td>
<td>28.6</td>
<td>25.3</td>
<td>27.0</td>
</tr>
<tr>
<td>Intimate relationships</td>
<td>33.4</td>
<td>30.5</td>
<td>30.2</td>
</tr>
<tr>
<td>Other social relationships</td>
<td>27.3</td>
<td>25.2</td>
<td>25.4</td>
</tr>
<tr>
<td>Finances</td>
<td>42.3</td>
<td>34.7</td>
<td>33.5</td>
</tr>
<tr>
<td>Health problem of family member or partner</td>
<td>25.1</td>
<td>20.1</td>
<td>19.6</td>
</tr>
<tr>
<td>Personal appearance</td>
<td>28.9</td>
<td>26.1</td>
<td>25.5</td>
</tr>
<tr>
<td>Personal health issue</td>
<td>25</td>
<td>20.7</td>
<td>20.5</td>
</tr>
<tr>
<td>Sleep difficulties</td>
<td>34.9</td>
<td>28.5</td>
<td>28.7</td>
</tr>
<tr>
<td>Other</td>
<td>12.3</td>
<td>8.6</td>
<td>9.2</td>
</tr>
<tr>
<td>Students reporting none of the above</td>
<td>19.6</td>
<td>25.4</td>
<td>25.9</td>
</tr>
<tr>
<td>Students reporting 3 or more of the above</td>
<td>56</td>
<td>48.3</td>
<td>48.7</td>
</tr>
</tbody>
</table>

UWM Greater than 5% above UWS and National
Within the last 12 months, have any of the following affected your academic performance*

<table>
<thead>
<tr>
<th></th>
<th>UWM 2015</th>
<th>UWS/National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress</td>
<td>33</td>
<td>31/30</td>
</tr>
<tr>
<td>Anxiety</td>
<td>27</td>
<td>24/22</td>
</tr>
<tr>
<td>Sleep difficulties</td>
<td>23</td>
<td>21/20</td>
</tr>
<tr>
<td><strong>Work</strong></td>
<td><strong>21</strong></td>
<td>16/14</td>
</tr>
<tr>
<td><strong>Depression</strong></td>
<td><strong>20</strong></td>
<td>15/14</td>
</tr>
<tr>
<td>Cold/flu/sore throat</td>
<td>15</td>
<td>15/15</td>
</tr>
<tr>
<td>Relationship Difficulties</td>
<td>12</td>
<td>10/9</td>
</tr>
<tr>
<td>Internet Use/Computer Games</td>
<td>11</td>
<td>11/11</td>
</tr>
<tr>
<td>Concern for troubled friend or family member</td>
<td>10</td>
<td>11/10</td>
</tr>
<tr>
<td>Finances</td>
<td>10</td>
<td>6/7</td>
</tr>
</tbody>
</table>

* Received a lower grade on an exam or important project; Received an incomplete or dropped the course; Significant disruption in thesis, dissertation, research or practicum work
Impact of Caring on Academic Performance

- Patient Satisfaction Survey Completed every semester for past 11 semesters
- Part of Norris’ Quality Improvement Program assessment is critical to Norris accreditation
- Average of 5 years data
  - 56% of students who receive services at Norris Strongly Agree/Agree that their visit had a positive impact on their academic performance

Best said by UWM Students:

- * Treatment received enhanced my self-confidence, motivation, coping skills and/or confidence (10)
- * The care received at Norris alleviated or prevented an issue that would have otherwise interfered with class attendance or academic performance (17)
- * The process and/or staff were efficient, warm, nice, and inviting (11)
- * The on campus location, appointment availability, and affordability enabled me to receive care without missing class (7)
Academic Retention -
UWS Counseling Impact Assessment Project (2012-15)

21% of clients were thinking of leaving school prior to counseling.
75% of these reported that counseling helped them stay in school.
Physical Well-Being

Diagnosed or treated by a professional, last 12 months

- Allergies 19%
- Sinus infection 17%
- Back pain 15%
- Urinary tract infection 13%
- Migraine Headache 12%
- Asthma 10%
- Strep Throat 9%

56% of students report at least one or more of the 25 health conditions included in survey question (top 7 above).

27% of students report no moderate intensity cardio or aerobic exercise for 30 minutes in past 7 days.
61% of students exercise does NOT meet the recommendations of the ACSM/AHA.

Out of past 7 days 17% of UWM students report felt tired, dragged out, or sleepy during 6 or more days. 41% said sleepiness during the daytime was a problem.
Access and Service

65% of UWM students report they access Norris Health Center. The Health Center makes approximately 25,000 contacts with students annually. Since 2010 Counseling Services have increased the number of clients served by 34% and total appointments by 46%.

More UWM students report having NO health insurance (5.2%) compared to students nationally (3.2%). Only 55% of UWM students are on their parent’s plan compared to 64% nationally and 75% at UW-System.
Mental Health Continuum

**State of successful performance of mental health function, resulting in:**
- productive activities
- fulfilling relationships
- the ability to change and to cope with adversity

**Signs and symptoms may not have the intensity or duration to meet the criteria for a mental disorder**

**Diagnosable mental disorders, or health conditions characterized by changes in:**
- thinking
- mood
- behavior
Associated with distress and/or impaired functioning
Anxiety

- Felt overwhelming anxiety (last 12 months)
  - 54% UWM Male
  - 46% UWS Male
  - 70% UWM Female
  - 62% UWS Female

- Diagnosed or Treated (last 12 months)
  - 15% UWM Male
  - 10% UWS Male
  - 29% UWM Female
  - 22% UWS Female

National Trends - Anxiety Diagnosis or Treatment

2010 2011 2012 2013 2014 2015
Depression -

- 37% UWM
- 45% UWM

Felt so depressed it was difficult to function (last 12 months)

- 28% UWM
- 35% UWM

Diagnosed or Treated (last 12 months)

- 10% UWM
- 19% UWM

National Trends - Depression Diagnosis or Treatment

- 5% UWM
- 10% UWM

Year:
- 2010
- 2011
- 2012
- 2013
- 2014
- 2015

Institution:
- UWM Male
- UWS Male
- UWM Female
Suicide and Self Harm

- Seriously considered suicide: Ever - 12.0%, UWM past 12 months - 9.3%, UWS 12 months - 9.0%
- Self-Injured: Ever - 27.0%, UWM past 12 months - 9.0%, UWS 12 months - 7.0%
- Attempted suicide: Ever - 14.0%, UWM past 12 months - 1.8%, UWS 12 months - 1.3%

Intentionally cut, burned, bruised, or otherwise injured themselves
Alcohol

Abstained from Alcohol Use (30 day prevalence determined by no use or have used but not in last 30 days)

National: 35%
UW-System: 31%
UWM: 26%

Binge Drinking

UWM Data 37% to 31% in past 3 years

UW System
National

UWS AODA Use Survey 2011: Drink the same or less than before coming to college: 60.8%
## Alcohol - Risk and Protective Behaviors

### Risk Behaviors last 12 months

<table>
<thead>
<tr>
<th>Behavior</th>
<th>UWM</th>
<th>UWS</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Did something you later regretted</td>
<td>33%</td>
<td>35%</td>
<td>34%</td>
</tr>
<tr>
<td>Forgot where you were or what you did</td>
<td>28%</td>
<td>32%</td>
<td>29%</td>
</tr>
<tr>
<td>Had unprotected sex</td>
<td>24%</td>
<td>21%</td>
<td>21%</td>
</tr>
<tr>
<td><strong>Reported one or more of above</strong></td>
<td>50%</td>
<td>54%</td>
<td>51%</td>
</tr>
</tbody>
</table>

### Protective Behaviors last 12 months

<table>
<thead>
<tr>
<th>Behavior</th>
<th>UWM</th>
<th>UWS</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Use a designated driver</td>
<td>81%</td>
<td>85%</td>
<td>85%</td>
</tr>
<tr>
<td>Stay with same group of friends the entire time drinking</td>
<td>92%</td>
<td>91%</td>
<td>87%</td>
</tr>
<tr>
<td>Keep track of how many drinks being consumed</td>
<td>66%</td>
<td>64%</td>
<td>67%</td>
</tr>
<tr>
<td><strong>Reported one or more of above</strong></td>
<td>99%</td>
<td>99%</td>
<td>98%</td>
</tr>
</tbody>
</table>
In 2012, 60% of all UWM students had never used and 3% were smoking daily. In 2015, 50% had never used and 3.9% were smoking daily (6.3% males/3% females). Over the past 3 years national numbers have remained steady with 60% of students never using and 2.2% using daily.

Sources:
* 2015 National College Health Assessment, n=554 UW Milwaukee undergraduates
**2015 National College Health Assessment, n=73,830 undergraduates from 108 U.S. colleges and universities
Illegal Drug Use

Since 2012 reported illegal stimulant use has increased from 7.4%, painkiller use has remained relatively stable (6.2% in 2012).
Within the last 12 months, were you:

- Sexually touched without consent: 10.8% (UWM), 3.9% (National Males), 1.3% (UWM Males), 2% (National Males)
- Sexually penetrated without consent: 2.7% (UWM), 0.6% (National Males), 0.4% (UWM Males), 0.2% (National Males)
- Victim of stalking: 7.1% (UWM), 6.2% (National Males), 2.7% (UWM Males), 2.6% (National Males)
Within the last 12 months, have you been in an intimate relationship that was:

- Physically abusive:
  - UWM Males: 1.8%
  - UWS Males: 1.6%
  - UWM Females: 2.1%
  - UWS Females: 3.4%

- Emotionally abusive:
  - UWM Males: 5.3%
  - UWS Males: 3.4%
  - UWM Females: 13.1%
  - UWS Females: 10.2%
Effective Solutions Require a Community Effort

Public Policy

Community

Institutional

Interpersonal

Individual

From 2011 Campus Mental Health Task Force Cabinet Presentation and Recommendation for Chancellor’s Advisory Committee on Mental Health
A Comprehensive, Public Health, Environmental Approach for Student Wellbeing

- These issues that have significant impact on individuals, but also on academics and campuses

- Individual level interventions are critical, such as counseling and health services, sexual violence advocacy services

- However, these are complex, interconnected issues that cannot be addressed in isolation and require comprehensive environmental approaches, such as:

  - Significant cooperation and collaboration among on and off campus entities to change the campus and community environment
  - Major ongoing time and commitment to make progress
  - Policy development
Conclusions and Next Steps

- There are more students coming to UWM with physical and mental health issues and these issues are more serious than in the past.
- These issues impact academic success of our students.
- These are complex, interconnected issues that require collaborative comprehensive strategies for prevention and intervention.
- UWM has seen positive results from our work to address issues such as high-risk drinking and suicide prevention; data shows we are making progress and need to continue to make progress.
- We need to focus our limited resources on our priorities.
Emergency Preparedness and Crisis Management

Health Access

Mental Health and Emotional Wellbeing

Sexual Violence and Safety

Alcohol and Other Drugs

UWM Campus Health Priorities 2016
On-Campus Services

Campus Connect Suicide Prevention Training

Emergency Preparedness Exercise

Sexual Violence Grant

Health and Safety Orientation

Examples of Current Initiatives

Brief Screening and Intervention

On-line Alcohol and other Drug and Sexual Violence Prevention Training

Healthy Choices Fall Welcome Program
Within the last 12 months, were you:

- Verbally threatened?
  - UWM Males: 20%
  - UWS Males: 22%
  - UWM Females: 20%
  - UWS Females: 16%

- In a physical fight?
  - UWM Males: 7%
  - UWS Males: 9%
  - UWM Females: 4%
  - UWS Females: 3%

- Physically assaulted (not sexual assault)?
  - UWM Males: 3%
  - UWS Males: 3%
  - UWM Females: 5%
  - UWS Females: 4%
College students reported they feel **very safe**: When combining the responses somewhat safe and very safe during the day UWM students reported similar levels of safety. At night UWM students were more likely to feel somewhat unsafe or very unsafe compared to UWS and national results.
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- When combining the responses somewhat safe and very safe during the day UWM students reported similar levels of safety. At night UWM students were more likely to feel somewhat unsafe or very unsafe compared to UWS and national results.