

STUDENT HEALTH SERVICES



OUTCOMES
2016-2017

GOAL OF OUR OUTCOMES



- Data collection will inform the institution
- Data collection will inform the Student Health Services (SHS) Community Health Team
- Data collected will guide the educational content of future events
- Data collection will enable SHS team to plan and allocate budget in a detailed format

OUTCOMES WE ASSESSED



- **Community Health Program:** Students will verbalize understanding of the subject matter presented at events and report, via survey, that they intend to make positive behavioral changes
- **Mental Health Program:** Prevent all suicides in the Mesa Student population through best practices and research based activities

ASSESSMENT DESIGN



- **Community Health survey assessments asked:**
 - Did the assessment tool address the contents of our office/SS/ILO's?
 - Have the survey's had problems in the past that revealed that changes needed to be made?
 - Did the qualitative and quantitative survey results reveal the events that "hit the mark"? For example, did the desired learning occur as per the SLO?

Department Discussions



- Tabulation of survey results is an ongoing process
- Assessment and department-wide discussion of findings is scheduled for the end of each semester
- Initial survey results are tabulated or compiled after each event
- The anticipated results of the Mental Health Survey will lead to departmental discussions

Results



Program Review:

Welcome Week Surveys- Spring 2017



Questions:

1. How is your Health?
2. What barriers do you have to accessing Healthcare?
3. In the last month, have you felt sad, helpless, hopeless, or depressed?
4. In the last month, did you not eat or missed a meal because you could not afford food?
5. In the last month, how often did you have at least one drink of alcohol?

Answers* some students circled more than one answer

| | | | | | |
|----|------------------------|-----------------------|--------------------------|-------------------------------|----------------------|
| 1. | Poor: 5 3% | Fair:14 9.7% | Average:33 22.9% | Good:66 45.8% | Excellent:33 22% |
| 2. | No Barriers: 65 45% | Work/School:52 36% | Can't afford:21 14.5% | Insurance issues:17 11% | |
| 3. | Never: 35 24% | Seldom:41 28% | Infrequently:17 11% | Sometimes:39 27% | Often:19 13% |
| 4. | Yes: 44 30% | No: 100 70% | | | |
| 5. | Never: 64 44% | Once: 52 36% | Weekly: 29 20% | Daily: 6 4% | + 1 per day: 3 2% |
| | | | | | |

Surveys collected 144

Other Comments:

Question 4- school/ college doesn't accept EBT

Question 2- No transportation

Quantitative Analysis



- Question 1
 - Over 90% of our students report they are in average to excellent health.
- Question 2
 - Responses show most students have some barriers to accessing health care. The most common barrier was work and school hours, implying that students may not have time to apply for healthcare, may not know where to look for health insurance, and possibly don't have much time for self-care.
- Question 3
 - 40% of students answered "sometimes" and "often", this suggests students need our therapists, and may mean not enough students know that there are therapists on campus. SHS should advertise better, especially when it comes to services offered in our department.
- Question 4
 - While the majority of our students do not have any problems getting food, the 30% that indicated they do have food insecurity needs to be further investigated. Students with food insecurity may greatly benefit from events where food is offered for participation. Future survey questions could possibly include what type of food they are eating? How many servings of vegetables and fruit do they eat per day? Is the majority of their food processed or live/whole food?
- Question 5
 - The accuracy of these answers is questionable, most students under 21 wrote "Never" but they might have only chosen this answer due to fear of repercussions related to their answers. The second most chosen answer "one drink" in the last month, shows us that most students either actually do drink responsibly or at least answered so. Fortunately only 6% had an alcoholic drink daily or more than one per day.
- Upon review question # 3 was revised for future use as the items sad, helpless, hopeless, or depressed should be addressed as individual questions

Domestic Violence Event



- Data showed students did not change their minds about sexual consent after participation
- However, 60% indicated they already use consent
- Nearly 90% indicated they can explain consent to another person

Mesa College Death Experience March 2017: Total Surveys collected-190 + 77 = 266
 (some questions have > 266 responses as students entered more than one response to some items)

| Do You believe the following behaviors are: | Not at all dangerous | Somewhat dangerous | Very dangerous |
|---|----------------------|--------------------|------------------|
| Texting while at a stop light | 29 | 169 | 121 |
| Texting while driving | 3 | 9 | 260 |
| Driving after one drink | 10 | 116 | 145 |
| Driving after several drinks | 4 | 1 | 264 |
| | | | |
| In the next month, how likely would you be to: | Not at likely | Somewhat likely | Extremely likely |
| Text while at a stop light | 145 | 85 | 31 |
| Text while driving | 216 | 39 | 15 |
| Get into a car with someone who texts while driving | 151 | 80 | 34 |
| Drive after one drink | 194 | 70 | 12 |
| Drive after several drinks | 249 | 5 | 13 |
| Get into a car with someone who is under the influence of alcohol | 239 | 18 | 11 |

These results can be viewed as post-test as answers were collected after students had participated in the death experience

Financial Aid Fair Survey Results

Spring 2017

Question
Surveys collected:80

Answers *Some students circled more than one answer

| | | | | | |
|---|-------------------|-----------------------|-------------------------|---------------------------|--------------------------|
| How is your health? | Poor-1 1.25% | Fair-10 12.5% | Average-19 23.75% | Good-38 47% | Excellent-17 21% |
| What are your barriers to Health care? | None-41 51% | Work/school-24 30% | Can't afford- 12 15% | Insurance issues-8 10% | Other- -mental health |
| In the last month, have you felt sad, etc? | Never-26 32% | Seldom-26 32% | Infrequently-1 1.25% | Sometimes- 22 27% | Often-6 7.5% |
| In the last month did you not eat or missed a meal because you could not afford food? | Yes-24 30% | No-55 68.75% | | | |
| In the last month, how often did you have at least one drink of alcohol? | Never-34 42.5% | Once-22 27.5% | Weekly-21 26.25% | Daily-3 3.75% | +1 per day- |

As the Welcome Week survey was used at this event, the same limitation applies

Somali Cultural Immersion



- Comments indicate students learned facts about Somalia and Somali culture
- Quantitative data indicated increased knowledge of
 - Somali family, religion and food
 - Similarities between your culture, customs, and Somali culture
 - Importance of understanding cultures different from your own