

Mental/Physical Health

Internal Data

Student Health Related Behaviors

- From 2004 EKU Health Behavior Report-Dr. Derek Holcomb, Dept. of Health Promotion and Administration
- Sample:
 - 728 EKU student respondents-52% response rate
 - 17.2% Freshman; 21.9% Sophomores; 36.2% Juniors; 34.6% Seniors
 - 10.2% affiliated with Greek Organizations
 - 53.1% live off-campus; 14.3% live with relatives; 32.6% live in dorm/univ housing
- **Smoking/Tobacco Use:**
 - 32.5% smoked at least 1 cigarette a day for last 30 days
 - 12.8% males regularly use smokeless tobacco
- **Alcohol Use**
 - 79.6% had a drink in last 5 days
 - 20.4% had not had a drink in 6 or more days

Student Health Related Behaviors

- Problems with Other's Alcohol Use
 - Many students reported problems that resulted from other's alcohol use.
 - Others include: Friends, EKU Students, Both Immediate and Non-Immediate Family Members, Others
- Physical Activity/Weight Control
 - Males reported to have exercised more than females.
 - Males BMI higher than females, but females more likely to report being overweight or trying to lose weight.
- Sexual Behaviors
 - 84.7% reported at least one sexual partner in lifetime.
 - 12.4% reported more than 10 sexual partners
 - 6.9% reported more than 2+ sexual partners in last 3 months.
 - 49.1% reported never using a condom during past 30 days.
 - 8.5% indicated that they or their partner currently had an STD.

Student Health Related Behaviors

- Drug Use
 - 45.2% reported some lifetime marijuana use (54.8% no LT use)
 - 9% reported marijuana use during last 30 days
 - Low reported additional drug use
 - Less than 6% had used: LSD, Oxy-contin, Ecstasy
 - Less than 1% had used PCP or heroin
- Intimate Partner Violence
 - 47.1 reported at least one experience with abuse
 - Both single and married females reported significantly more verbal, emotional, physical and sexual abuse than single or married males.
 - Males more likely to have been threatened/abused with a weapon.

Counseling/Mental Health at ECU

- ECU Counseling Center (CC) has seen an increase in suicidal clients, severity of problems, crisis-oriented clients, and the volume of clients.
- Last year, the Counseling Center Staff reported that 25% of clients reported suicidal ideation.
- In 2003, ECU's CC was forced to create a waiting list for services and a triage system in order to ensure the most critical cases were addressed.
- In fall 2004, requests for services again exceeded the ability to provide counseling and a waiting list of 45 students was established.
- In 2003-04 the Counseling Center provided 9,062 Counseling Sessions

Counseling/Mental Health at EKU

Counseling Center's Needs Assessment Results 2004

The following issues were most highly ranked by students as both concerning them (much, very much, or all the time) and affecting their grades.

- Study habits or time management
- Procrastination/Getting motivated
- Academic Pressures
- Stress
- Test Anxiety
- Decision Making
- Job market information for various majors
- Problems concentrating
- Worrying too much
- Anxiety or tension

Student Health Services

- Facilities Inadequate
 - Cold (patients must disrobe in cold conditions)
 - Structure in disrepair
- Obstacles in Way of Creating Resources for Student Patients
 - Office of Legal Counsel slow to process agreements that would provide services to students (e.g., Folic Acid Contract with Madison County Health Department)
 - Accounting Office incorrectly charges against SHS budget regularly
 - Budgeting Office slow to respond to requests for transfers of funds to alternate pools of revenue for services to students.

Student Health Services

- Large increase in number of students requiring Psychiatric Services and medication.
 - Psychiatrist available 4.5 hours per week
 - Wait lists can be up to 6 weeks long
- Lack of Health Insurance in non-traditional aged students with more chronic health problems.