

	Topic Area: Health Impediments to Academic Performance	Data Source	Baseline 2011	Most Recent 2015	Target 2020	More Information
AI-1.1	Reduce the proportion of students who report that their academic performance was adversely affected by stress in the past 12 months	American College Health Association-National College Health Assessment II (ACHA-NCHA II), Question 45D5	30.5%	30.8%	27.5%	Adverse academic performance is defined as: receiving a lower grade on an exam or an important project; receiving a lower grade in a course; receiving an incomplete or dropping a course; or experiencing a significant disruption in thesis, dissertation, research, or practicum work
AI-1.2	Reduce the proportion of students who report that their academic performance was adversely affected by sleep difficulties in the past 12 months.	American College Health Association-National College Health Assessment II (ACHA-NCHA II), Question 45D4	24.7%	23.1%	22.2%	Adverse academic performance is defined as: see above
AI-1.3	Reduce the proportion of students who report that their academic performance was adversely affected by anxiety in the past 12 months.	American College Health Association-National College Health Assessment II (ACHA-NCHA II), Question 45A3	22.2%	22.9%	20.0%	Adverse academic performance is defined as: see above
AI-1.4	Reduce the proportion of students who report that their academic performance was adversely affected by cold/flu/sore throat in the past 12 months.	American College Health Association-National College Health Assessment II (ACHA-NCHA II), Question 45A7	19.0%	18.4%	17.1%	Adverse academic performance is defined as: see above
AI-1.5	Reduce the proportion of students who report that their academic performance was adversely affected by work in the past 12 months.	American College Health Association-National College Health Assessment II (ACHA-NCHA II), Question 45D6	10.0%	11.9%	9.0%	Adverse academic performance is defined as: see above
	Topic Area: Health Communication/Health IT/ECBP	Data Source	Baseline 2011	Most Recent 2015	Target 2020	More Information
HC HC/HIT-a	(Developmental) Increase proportion of students who report that their healthcare providers have satisfactory communication skills.	Potential Data Source: ACHA Patient Satisfaction Assessment Services	TBD	TBD	TBD	
ECBP-7.2	Increase the proportion of students who report receiving information on injury prevention from their institution.	American College Health Association-National College Health Assessment II (ACHA-NCHA II), Question 2A7	33.4%	45.5%	36.7%	Target Met
ECBP-7.3	Increase the proportion of students who report receiving information on violence prevention from their institution.	American College Health Association-National College Health Assessment II (ACHA-NCHA II), Question 2B9	54.5%	56.0%	60.0%	
ECBP-7.4	Increase the proportion of students who report receiving information on suicide prevention from their institution.	American College Health Association-National College Health Assessment II (ACHA-NCHA II), Question 2B7	45.2%	59.1%	49.7%	Target Met

ECBP-7.5	Increase the proportion of students who report receiving information on tobacco use from their institution.	American College Health Association-National College Health Assessment II (ACHA-NCHA II), Question 2B8	33.4%	44.7%	36.7%	Target Met
ECBP-7.6	Increase the proportion of students who report receiving information on alcohol and other drug use from their institution.	American College Health Association-National College Health Assessment II (ACHA-NCHA II), Question 2A1	86.8%	91.8%	95.5%	
ECBP-7.7	Increase the proportion of students who report receiving information on pregnancy prevention from their institution.	American College Health Association-National College Health Assessment II (ACHA-NCHA II), Question 2A10	67.6%	59.1%	74.4%	
ECBP-7.8	Increase the proportion of students who report receiving information on sexually transmitted disease/infection (STD/I) prevention from their institution.	American College Health Association-National College Health Assessment II (ACHA-NCHA II), Question 2B4	79.8%	72.1%	87.8%	
ECBP-7.9	Increase the proportion of students who report receiving information on nutrition from their institution.	American College Health Association-National College Health Assessment II (ACHA-NCHA II), Question 2A8	65.1%	76.8%	71.6%	Target Met
ECBP-7.10	Increase the proportion of students who report receiving information on physical activity from their institution.	American College Health Association-National College Health Assessment II (ACHA-NCHA II), Question 2A9	76.1%	77.9%	83.7%	
	Topic Area: Injury and Violence Prevention	Data Source	Baseline 2011	Most Recent 2015	Target 2020	More Information
HC IVP-a	Increase the proportion of students who report wearing a helmet always or most of the time when riding a bicycle within the last 12 months.	American College Health Association-National College Health Assessment II (ACHA-NCHA II), Question 4B, or see ACHA-NCHA Spring 2010 Reference Group Executive Summary, page 4	6.6%	14.9%	7.3%	Target Met ; Students responding "N/A, did not do this activity within the last 12 months" were excluded.
IVP-22	Increase the proportion of students who report wearing a helmet always or most of the time when riding a motorcycle within the last 12 months.	American College Health Association – National College Health Assessment II (ACHA-NCHA II), Question 4C, or see ACHA-NCHA Spring 2010 Reference Group , page 4	74.2%	70.2%	81.6%	Students responding "N/A, did not do this activity within the last 12 months" were excluded.
IVP-33	Reduce the proportion of students who report being physically assaulted within the last 12 months.	American College Health Association – National College Health Assessment II (ACHA-NCHA II), Question 5B; Core Alcohol and Drug Survey, Question 25c	5.3%	4.6%	4.8%	Target Met ; Used ACHA-NCHA II
IVP-39.3	Reduce the proportion of students who report being in an intimate relationship that was emotionally abusive within the last 12 months.	American College Health Association-National College Health Assessment II (ACHA-NCHA II), Question 6A	12.2%	8.9%	11.0%	Target Met
IVP-39.1	Reduce the proportion of students who report being in an intimate relationship that was physically abusive within the last 12 months.	American College Health Association-National College Health Assessment II (ACHA-NCHA II), Question 6B	2.7%	2.2%	2.4%	Target Met

IVP-39.2	Reduce the proportion of students who report being in an intimate relationship that was sexually abusive within the last 12 months.	American College Health Association-National College Health Assessment II (ACHA-NCHA II), Question 6C	1.7%	1.9%	1.5%	
HC IVP-b	Reduce the proportion of students who report being sexually touched without their consent within the last 12 months.	American College Health Association – National College Health Assessment II (ACHA-NCHA II), Question 5D; Core Alcohol and Drug Survey, Question 25e	7.2%	6.5%	6.5%	Target Met ; Used ACHA-NCHA II
IVP-40	Reduce the proportion of students who report being sexually penetrated without their consent within the last 12 months.	American College Health Association-National College Health Assessment II (ACHA-NCHA II), Question 5F; Core Alcohol and Drug Survey, Question 25e	2.4%	2.2%	2.2%	Target Met ; Used ACHA-NCHA II
HC IVP-c	Increase the proportion of students who report feeling very safe “on this campus” at night.	American College Health Association-National College Health Assessment II (ACHA-NCHA II), Question 7B	14.4%	25.9%	15.8%	Target Met
	Topic Area: Mental Health and Mental Disorders	Data Source	Baseline 2011	Most Recent 2015	Target 2020	More Information
MHMD-2	Reduce the proportion of students who report attempting suicide within the last 12 months.	American College Health Association-National College Health Assessment II (ACHA-NCHA II), Question 30K	0.5%	2.4%	0.6%	
MHMD-3	Reduce the proportion of students who report experiencing an eating disorder/problem within the last 12 months.	American College Health Association-National College Health Assessment II (ACHA-NCHA II), Question 45B7	6.2%	5.2%	5.6%	Target Met
MHMD-6a	Increase the proportion of students reporting a diagnosis of depression and receiving treatment within the last 12 months.	American College Health Association-National College Health Assessment II (ACHA-NCHA II), Question 31A6	84.4%	77.1%	92.8%	Students responding "No" are excluded. The # of students diagnosed with depression: 2011 = 45; 2015 = 83
MHMD-6b	Increase the proportion of students reporting a diagnosis of anxiety and receiving treatment within the last 12 months.	American College Health Association-National College Health Assessment II (ACHA-NCHA II), Question 31A2	80.0%	73.3%	88.0%	Students responding "No" are excluded. The # of students diagnosed with anxiety: 2011 = 46; 2015 = 90
	Topic Area: Nutrition and Weight Status	Data Source	Baseline 2011	Most Recent 2015	Target 2020	More Information
NWS-8	Increase the proportion of students who are at a healthy weight.	American College Health Association – National College Health Assessment II (ACHA-NCHA II), Questions 49 & 50, or see ACHA-NCHA Spring 2010 Reference Group Executive Summary, page 13, for calculated BMI	60.8%	54.8%	66.9%	Healthy weight is defined as a body mass index (BMI) of 18.5-24.9
NWS-9	Reduce the proportion of students who are obese.	American College Health Association – National College Health Assessment II (ACHA-NCHA II), Questions 49 & 50, or see ACHA-NCHA Spring 2010 Reference Group Executive Summary, page 13, for calculated BMI	11.8%	14.2%	10.6%	Obese is defined as a body mass index (BMI) \geq to 30
NWS-14/15	Increase the proportion of students who report eating five or more servings of fruits and vegetables per day.	American College Health Association-National College Health Assessment II (ACHA-NCHA II), Question 28	4.6%	3.4%	5.1%	

	Topic Area: Physical Activity and Fitness	Data Source	Baseline 2011	Most Recent 2015	Target 2020	More Information
PA-2.1	Increase the proportion of students who report meeting current federal guidelines for aerobic physical activity.	American College Health Association-National College Health Assessment II (ACHA-NCHA II), Questions 29A & 29B, or see ACHA-NCHA Spring 2010 Reference Group Executive Summary, page 12	56.8%	48.0%	62.5%	Federal guidelines for aerobic physical activity is defined as engaging in aerobic physical activity of at least moderate intensity for at least 30 minutes on five or more days per week or vigorous intensity for at least 20 minutes on three or more days per week NOTE: For substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous intensity aerobic activity
PA-2.2	Increase the proportion of students who report meeting current federal guidelines for muscle-strengthening activity.	American College Health Association-National College Health Assessment II (ACHA-NCHA II), Question 29C	43.9%	45.2%	48.3%	Federal guidelines for muscle-strengthening activity is defined as performing muscle-strengthening activities on two or more days of the week
	Topic Area: Sexually Transmitted Diseases and HIV	Data Source	Baseline 2011	Most Recent 2015	Target 2020	More Information
STD-1	Reduce the proportion of students who test positive for chlamydia as reported by their university health services in the last 12 months.	American College Health Association – Pap Test and STI Survey, Question 44 & 45	NA	NA	NA	
STD-4	Increase the proportion of university health services that report routinely screening sexually active women under the age of 26 for chlamydia.	American College Health Association – Pap Test and STI Survey, Question 38	NA	NA	NA	
HIV-17a	Increase the proportion of sexually active students who report using condoms, most of the time or always, for vaginal intercourse in the last 30 days.	American College Health Association – National College Health Assessment II (ACHA-NCHA II), Question 22B, or see ACHA-NCHA Spring 2010 Reference Group Executive Summary, page 11	68.0%	55.3%	74.8%	Students responding “Never did this sexual activity” or “have not done this during the last thirty days” are excluded.
HIV-17b	Increase the proportion of sexually active students who report using condoms, most of the time or always, for anal intercourse in the last 30 days.	American College Health Association-National College Health Assessment II (ACHA-NCHA II), Question 22C, or see ACHA-NCHA Spring 2010 Reference Group Executive Summary, page 11	45.1%	32.3%	49.6%	Students responding “Never did this sexual activity” or “have not done this during the last thirty days” are excluded.
HIV-14	Increase the proportion of students who report having ever been tested for HIV.	American College Health Association-National College Health Assessment II (ACHA-NCHA II), Question 39F	17.9%	20.0%	19.7%	Target Met
	Topic Area: Family Planning	Data Source	Baseline 2011	Most Recent 2015	Target 2020	More Information
FP-1	Decrease the proportion of female students who report an unintended pregnancy in the last 12 months.	American College Health Association-National College Health Assessment II (ACHA-NCHA II), Question 25	1.2%	0.9%	1.1%	Target Met ; Students responding “Have not had vaginal intercourse within the last 12 months” ARE included in the analysis.
FP-3	Increase the proportion of college university health services that report offering (dispensing, prescribing, or selling) emergency contraception.	American College Health Association Pap Test and STI Survey, Question 68n	NA	NA	NA	

FP-6	Increase the proportion of students or their partner who report using contraception during the last vaginal sexual intercourse.	American College Health Association-National College Health Assessment II (ACHA-NCHA II), Question 23A, or see ACHA-NCHA Spring 2010 Reference Group Executive Summary, page 11	83.7%	81.5%	92.1%	Excludes students who responded they have not had vaginal intercourse and students who did not want to prevent a pregnancy.
	Topic Area: Substance Abuse	Data Source	Baseline 2011	Most Recent 2015	Target 2020	More Information
SA-13	Reduce the proportion of students who report using marijuana (pot, weed, hashish, hash oil) within the last 30 days.	American College Health Association-National College Health Assessment II (ACHA-NCHA II), Question 8A6; Core Alcohol and Drug Survey, Question 18	19.7	20.5	17.7	Used ACHA-NCHA II
SA-14	Reduce the proportion of students who report engaging in high-risk drinking of alcoholic beverages within the last two weeks.	American College Health Association-National College Health Assessment II (ACHA-NCHA II), Question 13; Core Alcohol and Drug Survey, Question 14	55.5%	46.2%	50.0%	Target Met ; High-risk drinking is defined as five or more drinks in a sitting Used ACHA-NCHA II
SA-19	Reduce the proportion of students who report nonmedical use of prescription drugs within the last 12 months.	American College Health Association-National College Health Assessment II (ACHA-NCHA II), Questions 18A-E, or see ACHA-NCHA Spring 2010 Reference Group Executive Summary, page 8	16.1%	16.2%	14.5%	
HC SA-d	Reduce the proportion of students who report driving after consuming any alcohol within the last 30 days.	American College Health Association-National College Health Assessment II (ACHA-NCHA II), Question 14A, and ACHA-NCHA Spring 2010 Reference Group Executive Summary, page 7	21.2%	18.1%	19.1%	Target Met
	Topic Area: Tobacco Use	Data Source	Baseline 2011	Most Recent 2015	Target 2020	More Information
TU-1a	Reduce the proportion of students who report cigarette use within the last 30 days.	American College Health Association-National College Health Assessment II (ACHA-NCHA II), Question 8A1	18.8%	13.9%	16.9%	Target Met
TU-1b	Reduce the proportion of students who report smokeless tobacco use within the last 30 days.	American College Health Association-National College Health Assessment II (ACHA-NCHA II), Question 8A4	5.2%	6.6%	4.7%	
HC TU-e	Reduce the proportion of students who report hookah use within the last 30 days	American College Health Association-National College Health Assessment II (ACHA-NCHA II), Question 8A2	8.9%	8.9%	8.0%	
	Topic Area: Immunization and Infectious Disease	Data Source	Baseline 2011	Most Recent 2015	Target 2020	More Information
IID-12	Increase the proportion of students who report receiving influenza vaccine in the last 12 months.	American College Health Association-National College Health Assessment II (ACHA-NCHA II), Question 40C	37.0%	37.5%	40.7%	
IID-8a	Increase the proportion of students who report receiving hepatitis B vaccine.	National Immunization Survey - Teen, 2010 (CDC); American College Health Association-National College Health Assessment II (ACHA-NCHA II), Question 40A	65.0%	55.6%	71.5%	Used ACHA-NCHA II
IID-8b	Increase the proportion of students who report receiving human papillomavirus/HPV vaccine.	National Immunization Survey - Teen, 2010 (CDC); American College Health Association-National College Health Assessment II (ACHA-NCHA II), Question 40B	39.5%	46.9%	43.5%	Target Met ; Used ACHA-NCHA II
IID-8c	Increase the proportion of students who report receiving measles, mumps, rubella vaccine.	National Immunization Survey - Teen, 2010 (CDC); American College Health Association-National College Health Assessment II (ACHA-NCHA II), Question 40D	68.8%	68.4%	75.7%	Used ACHA-NCHA II

IID-8d	Increase the proportion of students who report receiving meningococcal vaccine.	National Immunization Survey - Teen, 2010 (CDC); American College Health Association-National College Health Assessment II (ACHA-NCHA II), Question 40E	54.8%	56.1%	60.3%	Used ACHA-NCHA II
IID-8e	Increase the proportion of students who report receiving varicella (chicken pox) vaccine.	National Immunization Survey - Teen, 2010 (CDC); American College Health Association-National College Health Assessment II (ACHA-NCHA II), Question 40F	42.6%	55.5%	46.7%	Target Met; Used ACHA-NCHA II

Data Sources:

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Adapted from material in the public domain:

U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion. (n.d.). *Healthy People 2020 Program Planning Tools*. Retrieved June 2012, from <http://www.healthypeople.gov>.

Suggested Citation:

American College Health Association. (2012, June). *Healthy Campus 2020*. Retrieved [Date URL was accessed] from <http://www.acha.org/HealthyCampus/student-obj.cfm>.



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