

## **Healthy Campus 2010 Priorities** **University of Southern California, University Park Campus**

*Healthy People*, the 1979 Surgeon General's report, began a national initiative to improve quality of life and decrease health disparities across the country. Now in its third installment, *Healthy People 2010* continues to establish national objectives utilized by organizations, communities, and institutions to improve the health of individuals and communities as each decade passes.

In 2002, the American College Health Association published *Healthy Campus 2010: Making it Happen*, an adaptation of *Healthy People 2010* for the college and university population. This document not only identifies the relevant national objectives for college students, but also serves as a tool for developing campus specific strategies to advance health.

Last year, the staff of the University Park Health Center met to discuss the application of *Healthy Campus 2010* to the USC campus. In addition, there were discussions within Student Affairs and also the Student Health Advisory Council (SHAC). After multiple conversations, seven health issues were identified as priorities for the next six years. These priorities are identified below, along with data that indicates "where we are" (baseline data) and "where we would like to be" (target data). The data for USC's University Park Campus is compared with data for the college and university student population nationwide. See Appendix A for documentation regarding data sources.

We would appreciate your assistance in making these goals happen. If you have suggestions, please send them to: [uphcweb@usc.edu](mailto:uphcweb@usc.edu).

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### **Priority 1: Increase Health Insurance**

***To improve access to comprehensive, high-quality health care service...we will increase the proportion of USC students with health insurance.***  
***(Objective 1-1)***

|                                    | <b>Baselines in 2000</b> | <b>Targets for 2010</b> |
|------------------------------------|--------------------------|-------------------------|
| <b>USC</b>                         | 83.4%                    | 100%                    |
| <b>National college population</b> | 83.3%                    | 100%                    |

**Note:** In the Fall of 2001, USC mandated that all students enroll in either the USC Student Health Insurance plan or in a health insurance plan with comparable coverage, thereby in policy meeting the 2010 target.

**Priority 2: Decrease Alcohol and Drug Use through increased access to information**

*To increase the quality, availability, and effectiveness of educational and community-based programs designed to prevent and improve health and quality of life...we will increase the proportion of USC students who receive information from USC on alcohol and other drug use prevention.  
(Objective 7-3b2)*

|                                    | Baselines in 2000 | Targets for 2010 |
|------------------------------------|-------------------|------------------|
| <b>USC</b>                         | 32.7%             | 55%              |
| <b>National college population</b> | 47.5%             | 55%              |

**Note:** USC Drug Free is mailed to every USC student, staff, and faculty annually in January per the Drug Free Schools and Communities Act of 1988. The NCHA data measures students' perceptions of alcohol and other drug use prevention information received.

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**Priority 3: Decrease Unintentional Pregnancies**

*To improve pregnancy planning and spacing and prevent unintended pregnancy among all women... we will reduce unintentional pregnancies among female students at USC.  
(Objective 9-7a)*

|                                    | Baselines in 2000 | Targets for 2010 |
|------------------------------------|-------------------|------------------|
| <b>USC</b>                         | 2.2%              | 1.7%             |
| <b>National college population</b> | 2.5%              | 1.7%             |

**Priority 4: Increase Physical Fitness**

*To improve health, fitness, and quality of life through daily physical activity in the entire population... we will increase the proportion of USC students who engage in moderate physical activity at least 3 days per week for 30 minutes OR vigorous physical activity at least 3 days per week for 20 minutes.  
(Objective 22-2/3)*

|                                    | Baselines in 2000 | Targets for 2010 |
|------------------------------------|-------------------|------------------|
| <b>USC</b>                         | 33.3%             | 45%              |
| <b>National college population</b> | 40.3%             | 55%              |

## Priority 5: Increase Fruit and Vegetable Consumption

*To promote health and reduce chronic disease associated with diet and weight...we will increase the proportion of USC students who consume at least five daily servings of fruits and vegetables.*

*(Objective 19-5/6)*

|                             | Baselines in 2000 | Targets for 2010 |
|-----------------------------|-------------------|------------------|
| <b>USC</b>                  | 6.7%              | 10%              |
| National college population | 7.4%              | 25.5%            |

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## Priority 6: Decrease Sexual Assault

*To reduce disabilities, injuries, and deaths due to unintentional injuries and violence...we will reduce the annual rate of rape, attempted rape, or sexual assault other than rape on the USC campus.*

*(Objectives 15-35a and 15-36)*

### Rape and Attempted Rape

|                             | Baselines in 2000 | Targets for 2010 |
|-----------------------------|-------------------|------------------|
| <b>USC</b>                  | 2.7%              | 2.3%             |
| National college population | 3.5%              | 2.3%             |

### Sexual Assault Other Than Rape

|                             | Baselines in 2000 | Targets for 2010 |
|-----------------------------|-------------------|------------------|
| <b>USC</b>                  | 8.9%              | 5.6%             |
| National college population | 9.6%              | 5.6%             |

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## Priority 7: Decrease Depression through increased access to treatment

*To improve mental health and ensure access to appropriate, quality mental health services...we will increase the number of USC students who receive treatment for their recognized depression.*

|                             | Baselines in 2000 | Targets for 2010 |
|-----------------------------|-------------------|------------------|
| <b>USC</b>                  | 51.8%             | 66%              |
| National college population | 41.4%             | 50%              |

**Priority 8: Increase Counseling about Tobacco Use Cessation, Physical Activity, and Cancer Screening**

*To reduce the risks of heart disease, cancer, and other illnesses...we will increase the proportion of physicians and dentists who counsel their at-risk patients about tobacco use cessation, physical activity, and cancer screening.  
(Objective 3-10)*

|                             | Baselines in 2000 | Targets for 2010 |
|-----------------------------|-------------------|------------------|
| <b>USC</b>                  |                   | 100%             |
| National college population | 22-59%            | 85%              |

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**Priority 9: Increase Use of Helmets**

*To reduce the risk of injury...we will increase the proportion of students who wear a bike helmet.  
(Objective 15-23)*

|                             | Baselines in 2000 | Targets for 2010 |
|-----------------------------|-------------------|------------------|
| <b>USC</b>                  | 10%               | 100%             |
| National college population | 11.4%             | 24.1%            |

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**Priority 10: Increase Usage of Dental Services**

*To increase utilization of dental services...we will increase the proportion of adults and college students who use the oral health care system each year.  
(Objective 21-10)*

|                             | Baselines in 2000 | Targets for 2010 |
|-----------------------------|-------------------|------------------|
| <b>USC</b>                  | 72.8%             | 92%              |
| National college population | 77%               | 92.5%            |

## Appendix A

### Data sources for the national college population

**Baseline:**

American College Health Association. *American College Health Association-National College Health Assessment (ACHA-NCHA): Reference Group Report Spring 2000*. Baltimore: American College Health Association; 2000.

**Target:**

American College Health Association. *Healthy Campus 2010 Manual*. Baltimore: American College Health Association; 2002.

### Data source for USC

**Baseline:**

ACHA-NCHA

#### Priority 1

Refer to question 58 of the ACHA-NCHA

“Do you have any kind of health insurance (including prepaid plans such as HMOs – health maintenance organizations?)”

|          |       |
|----------|-------|
| Yes      | 83.4% |
| No       | 12.4% |
| Not Sure | 4.2%  |

#### Priority 2

Refer to question 2 of the survey

“On which of the following health topics have you ever received information from your college or university?” [Select all that apply]

|                                          |       |
|------------------------------------------|-------|
| 1.                                       |       |
| 2. Alcohol and other drug use prevention | 32.7% |
| 3.                                       |       |

#### Priority 3

Refer to question 30 of the survey

“Within the last school year, have you unintentionally become pregnant or gotten someone else pregnant?”

|                                                     | All respondents | All female respondents | All sexually active female respondents |
|-----------------------------------------------------|-----------------|------------------------|----------------------------------------|
| Yes                                                 | 2.6%            | 2.2%                   | 3.0%                                   |
| No                                                  | 69.8%           | 73.4%                  | 97.1%                                  |
| Don't Know                                          | 0.4%            | 0                      | 0                                      |
| Not had vaginal intercourse in the last school year | 27.2%           | 24.4%                  | N/A                                    |

#### Priority 4

Refer to question 39 of the survey

“On how many of the past 7 days did you participate in vigorous exercise for at least 20 minutes or moderate exercise for at least 30 minutes?”

| Number of days |       |
|----------------|-------|
| 0              | 33.9% |
| 1              | 16.8% |
| 2              | 16.0% |
| 3              | 13.1% |
| 4              | 5.9%  |
| 5              | 7.2%  |
| 6              | 4.6%  |
| 7              | 2.5%  |

0-2 days = 66.7%

3-7 days = 33.3%

#### Priority 5

Refer to question 38 of the survey

“How many servings of fruits and vegetables do you usually have per day?”

| Number of servings              |       |
|---------------------------------|-------|
| 1-2                             | 61.2% |
| 3-4                             | 27.7% |
| 5 or more                       | 6.7%  |
| Don't eat fruits and vegetables | 4.4%  |

#### Priority 6

Refer to question 7 b, c and d of the survey

“Within the last school year have you experienced...?”

“...sexual touching against your will?”

|     |       |
|-----|-------|
| Yes | 8.9%  |
| No  | 91.1% |

“...attempted sexual penetration against your will?”

|     |       |
|-----|-------|
| Yes | 2.5%  |
| No  | 97.5% |

“...sexual penetration against your will?”

|     |       |
|-----|-------|
| Yes | 0.8%  |
| No  | 99.2% |

**Note:** In congruence with the Healthy Campus 2010 data for rape, attempted rape and sexual assault other than rape in the national college population, the baseline data for USC was reported from the total number of unduplicated “yes” responses for questions 7c and 7d (see below).

|                            | Penetration (“no” response) | Penetration (“yes” response) |
|----------------------------|-----------------------------|------------------------------|
| Attempted (“no” response)  | 97.3%                       | 0.2%                         |
| Attempted (“yes” response) | 1.9%                        | 0.6%                         |

Total = 2.7%

### Priority 7

Refer to question 41a, c and d of the survey

“Have you ever been diagnosed with depression...?”

“If yes, are you currently in therapy for depression?”

|     |       |
|-----|-------|
| Yes | 33.9% |
| No  | 66.1% |

“If yes, are you currently taking medication for depression?”

|     |       |
|-----|-------|
| Yes | 39.3% |
| No  | 60.7% |

**Note:** In *Healthy Campus 2010*, the definition of treatment for depression is not specified in reference to the national college population. The ACHA-NCHA asks two different questions pertaining to treatment, medication and therapy. In order to be congruent with *Healthy Campus 2010*, the co-chairs of the Task Force on National Health Objectives for 2010 were consulted regarding the calculation for the baseline data for the national college population. There appears to have been an error in the original calculation reported in *Healthy Campus 2010* and the correct percentage (reported in this document as 41.4%) was obtained from the total number of unduplicated “yes” responses to ACHA-NCHA questions 41c and 41d for those who answered “yes” to ACHA-NCHA question 41a (see below).

|                          | Medication (“no” response) | Medication (“yes” response) |
|--------------------------|----------------------------|-----------------------------|
| Therapy (“no” response)  | 48.2%                      | 17.9%                       |
| Therapy (“yes” response) | 12.5%                      | 21.4%                       |

Total = 51.8%