



University Health and Wellbeing
MICHIGAN STATE UNIVERSITY

State of Spartan Health 2024



Kristin Traskie, MPH
(she/her)
Executive Director
Health Promotion, Engagement,
Accessibility and Accommodations (HPEAA)



Anne Thompson, MA, RDN
(she/her)
Associate Director
Health Promotion
HPEAA

Land Acknowledgement

We collectively acknowledge that Michigan State University occupies the ancestral, traditional, and contemporary Lands of the Anishinaabeg – Three Fires Confederacy of Ojibwe, Odawa, and Potawatomi peoples. In particular, the University resides on Land ceded in the 1819 Treaty of Saginaw. We recognize, support, and advocate for the sovereignty of Michigan's twelve federally-recognized Indian nations, for historic Indigenous communities in Michigan, for Indigenous individuals and communities who live here now, and for those who were forcibly removed from their Homelands. By offering this Land Acknowledgement, we affirm Indigenous sovereignty and will work to hold Michigan State University more accountable to the needs of American Indian and Indigenous peoples.

About University Health and Wellbeing (UHW)

Support a university community with health and wellbeing equitably woven throughout all aspects of Spartan life, enhancing accessibility and safety through a culturally sensitive and holistic lens.

Believe in the collective responsibility to advocate for the wellbeing of our campus community.



Shared Definitions

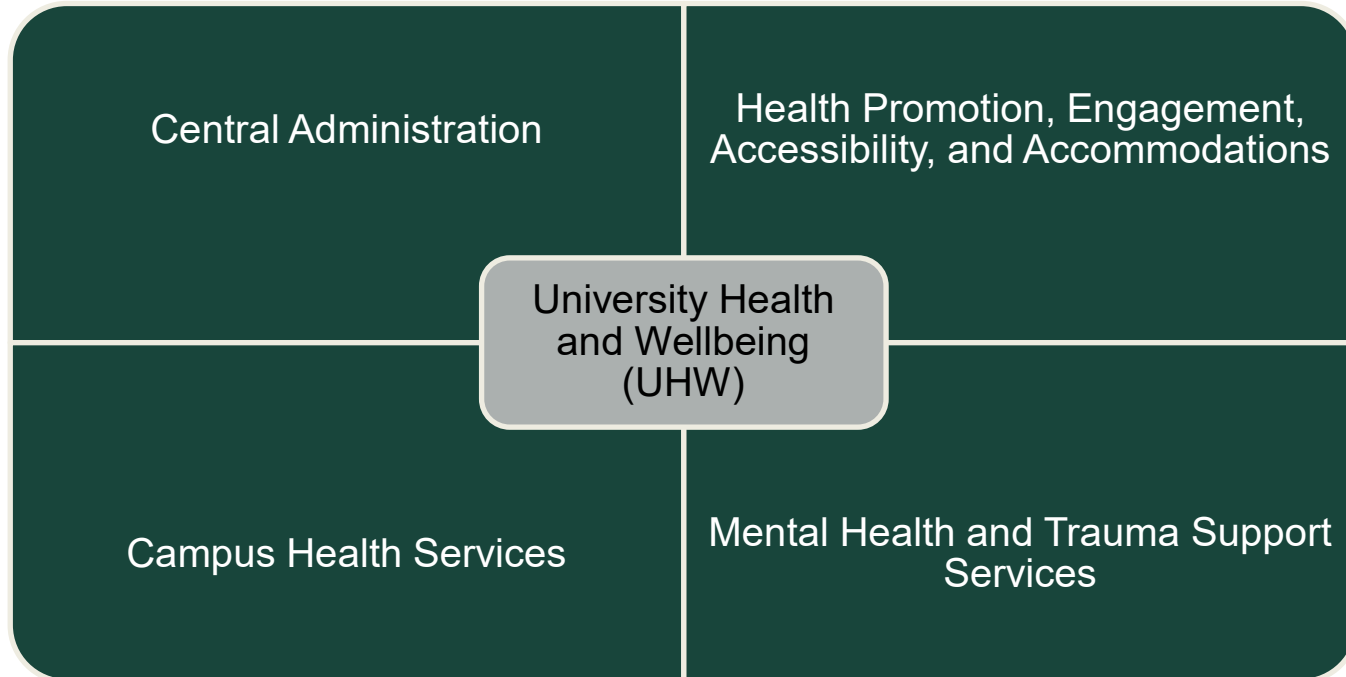
UHW shared definition of health:

Health is the dynamic balance of physical, mental, social, and existential wellbeing in adapting to conditions of life and the environment. Health is dynamic, continuous, multidimensional, distinct from function, and determined by balance and adaptation.

UHW shared definition of wellbeing:

An optimal and dynamic state that allows people to achieve their full potential.

UHW support for students, faculty, and staff provided through four pillars



Health Promotion, Engagement, Accessibility, and Accommodations

Resource Center for Persons with Disabilities

Health Promotion and Engagement

Health Promotion and Engagement Strategy

Alcohol & Other Drugs Program

Collegiate Recovery Community Program

MSU Student Food Bank

Sexual Wellness

Spartan Resilience Education Program

SPARTANfit Fitness & Wellness Program

WorkLife Wellbeing Programs and Initiatives



Reflect and connect...

Why is a data informed, proactive approach to health and wellbeing, including prevention and early intervention, crucial in a university setting?



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National College Health Assessment

About NCHA

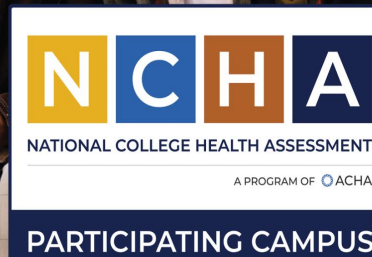
Survey designed by the American College Health Association (ACHA)

Collects data related to the health behaviors and wellbeing of college students

MSU has surveyed students every two years, since 2000

Data used to inform, educate, plan and evaluate

Drive
Change for a
Healthier
Campus.



NCHA Survey Revisions

- NCHA I (2000-2008)
- NCHA II (2008-2019)
- NCHA III (2019-present)



Key Differences: NCHA II → NCHA III

| | NCHA II | NCHA III |
|-----------------------------------|--|---|
| Gender Identities | Limited recognition of diverse gender identities | Broader range of options for selecting gender identity |
| Questionnaire Design | Less customizable question sets | Includes questions on emerging topics in student health |
| Demographic Representation | Key demographics represented, did not provide much focus on intersectionality. | Greater emphasis on intersectionality, how overlapping identities contribute to health outcomes |
| Data on Sexual Orientation | Limited recognition of sexual orientations | Offers more options and depth to capture diverse experiences |
| Language and Accessibility | Limited recognition of diverse student populations | Inclusive and affirming language improves accessibility |

MSU 2024 NCHA III Survey Methods

Uses a **stratified randomized sample**

Data collection: **4 weeks** (Spring Semester)

Total respondents: **n = 931**

Overall response rate (2024): **19%**

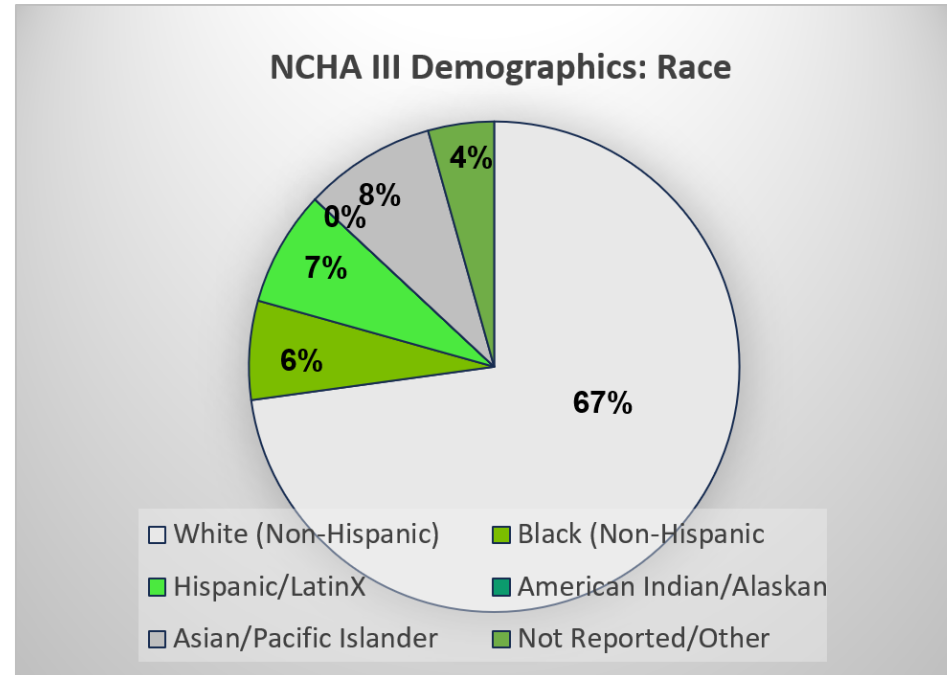
Data is weighted based on gender, race/ethnicity, and class status to match the proportions of these groups at MSU



State of Spartan Health 2024: Limitations

Small sample sizes of different groups can limit the generalizability of a particular finding.

- Gender identity
- Race/Ethnicity
- Sexual Orientation





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MSU NCHA Results 2024

Impediments to Academic Success

Physical Health

Alcohol and Other Drugs

Sexual Health

Emotional Wellness

Top 5 Academic Impediments

How would you rank the following health concerns in order of their impact on academics?

Options: sleep difficulties, stress, depression, ADHD, anxiety

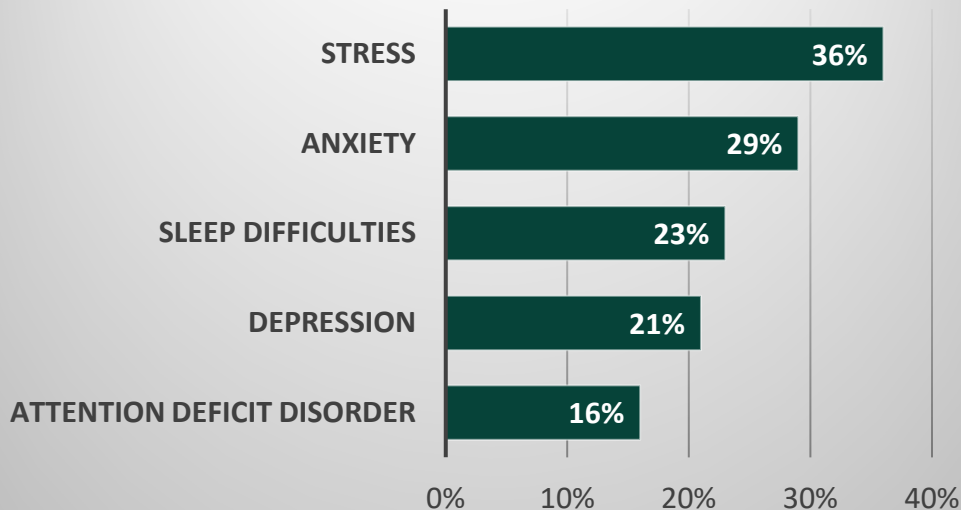
State of Spartan Health 2024: Impediments to Academic Success

72% of MSU students said they experienced **moderate to high stress** in the last year.

74% of MSU students said they have been diagnosed or treated for **overwhelming anxiety**.

47% of MSU students experienced **sleep difficulties** last year.

Top Five Impediments to Academic Success
Percentage of MSU students who reported the following issues seriously impacted their academic performance



Physical Health

True or False:

Most students are meeting physical activity guidelines.

State of Spartan Health 2024: Physical Health

62%

of MSU students did **toning or muscle-strengthening exercises** 2 or more days in the past week.

84%

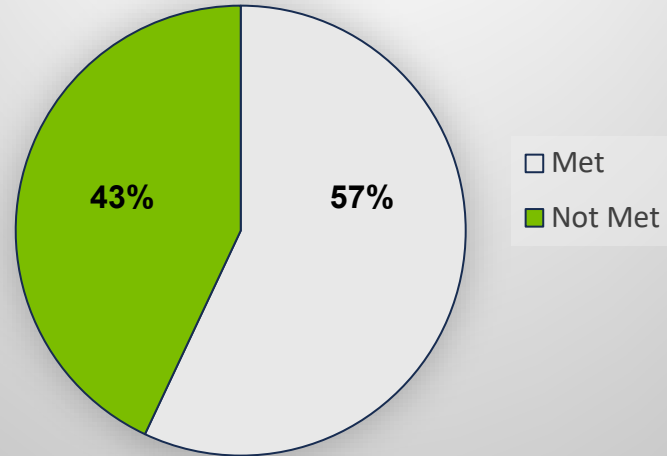
of MSU students report **eating 3-5+ fruits and vegetables** per day.

49%

of MSU students report **feeling tired or sleepy during the day** 4 or more days out of the previous week.

Percentage of students who met Physical Activity Guidelines

30 min moderate activity 5+ days/week or 20 min vigorous activity 3+ days/week or equivalent combination



Alcohol and Other Drugs

What percentage of students chose NOT to drink alcohol at all in the past 3 months?

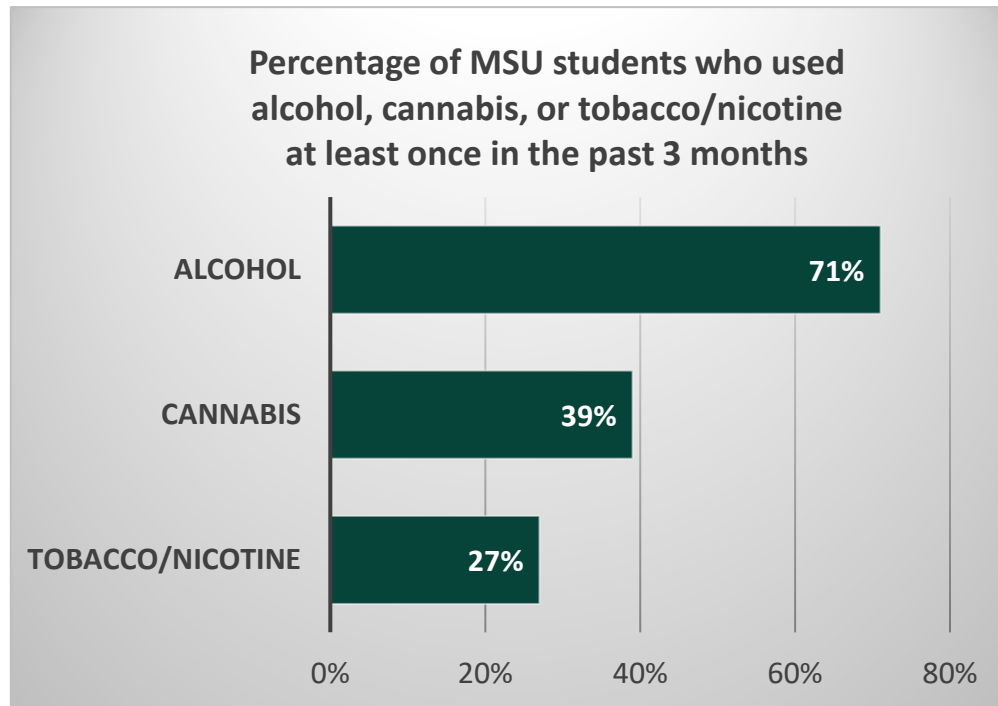
- a) 19%
- b) 29%
- c) 39%

State of Spartan Health 2024: Alcohol and Other Drugs

29% of MSU students **chose not to drink alcohol at all** in the past 3 months.

19% of MSU students report **using cannabis (non-medical use)** weekly or more.

15% of MSU students reported **using tobacco or nicotine delivery products** weekly or more.



Sexual Health

True or False:

Most students report having 3 or more sexual partners in the past 12 months.

State of Spartan Health 2024: Sexual Health

81%

of MSU students chose not to have sex or had only one partner in the past 12 months.

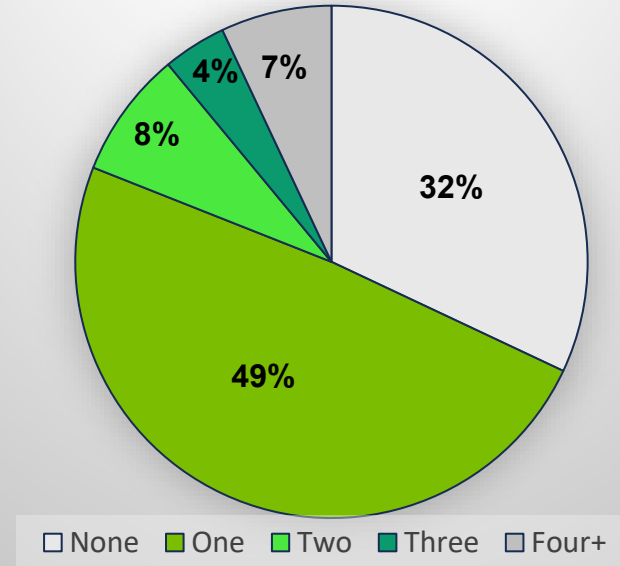
85%

of MSU students report using some form of contraception the last time they had intercourse.

18%

of MSU students reported that they or their partner used emergency contraception at least once in the past year.

Number of sex partners (oral, anal, vaginal)
students had in past 12 months



Emotional Wellness

What do you think are the top 3 challenges that impacted students over the past year?

State of Spartan Health 2024: Emotional Wellness

68%

of MSU students **experienced procrastination** and **43%** said it negatively impacted academic performance.

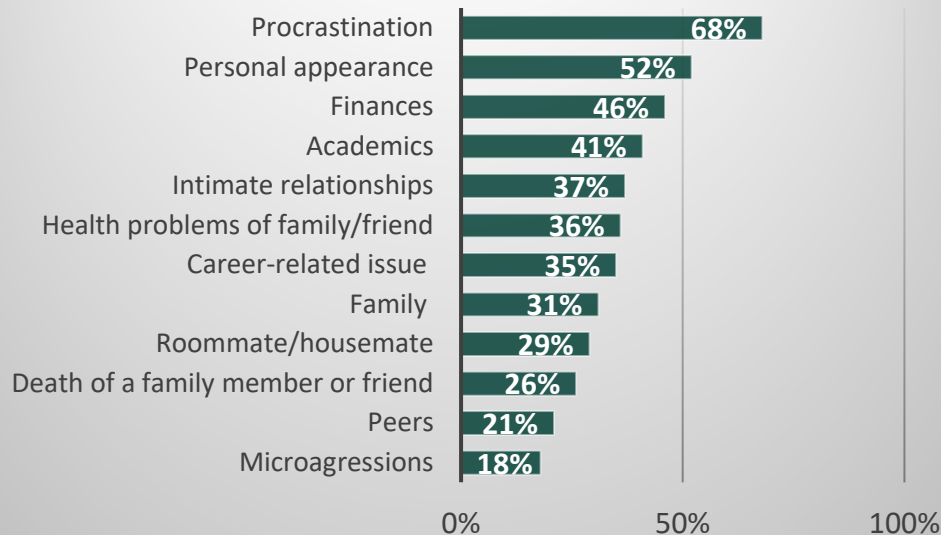
49%

of MSU students said **personal appearance** caused some level of distress.

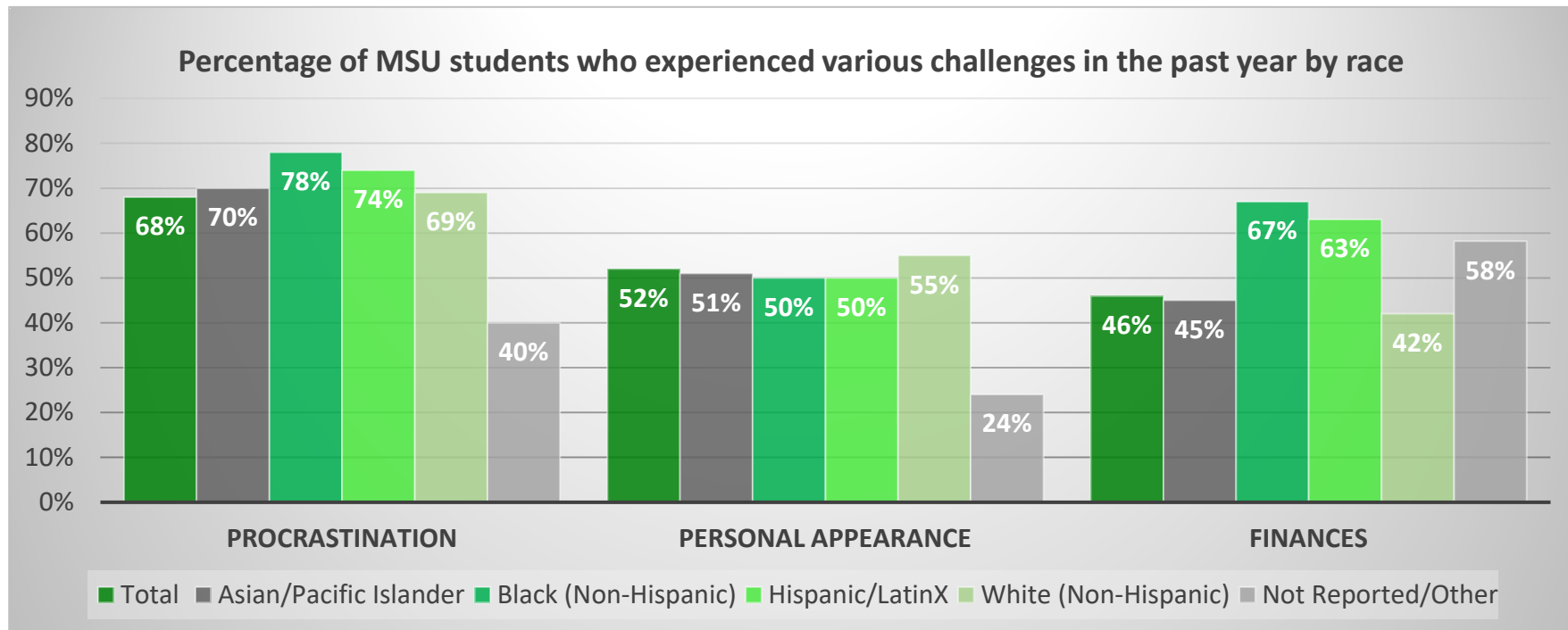
35%

of MSU students reported **financial issues caused moderate to high distress** in the past year.

Percentage of MSU students who experienced various challenges in the past year



State of Spartan Health 2024: Emotional Wellness



Reflect & Connect

Given the NCHA data provided, how can we work together to improve student health and wellbeing?



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YOU ARE INVITED TO THE

University Health and Wellbeing Summit

Join University Health and Wellbeing for a milestone moment as President Guskiewicz adopts the Okanagan Charter. We will also unveil the University Health and Wellbeing Plan, launch the Spartan Wellbeing Collective, and share how you can get involved to foster a culture of care.

Together, we'll take the next step in our journey to become the premier health promoting university by 2030.

DATE

February 19, 2025

LOCATION

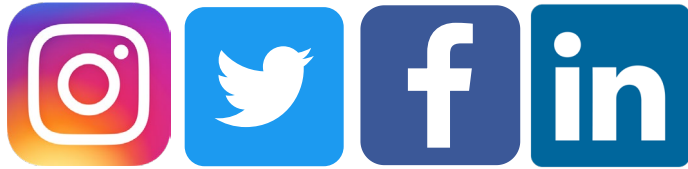
Kellogg Hotel & Conference Center

**VIEW THE AGENDA &
REGISTER**



bit.ly/uhwsummitregister

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Wellbeing @ MSU

An Update from University Health and Wellbeing

January 2025

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newsletter at uhw.msu.edu

THANK YOU!