

Helena College – Healthy Colleges Montana

National College Health Assessment

2021 Institutional Summary

Healthy Colleges Montana at Helena College

[Healthy College Montana](#) (HCM) is a coalition of 19 colleges and universities in Montana promoting college student health and wellbeing through peer-to-peer prevention and education programming for cancer prevention, chronic disease prevention, physical activity, nutrition, and tobacco and alcohol use prevention. The HCM coalition is funded by Montana Tobacco Use Prevention Program (MTUPP) and is supervised by NASPA Health, Safety, and Well-being Initiatives team.

HCM funded the NCHA for coalition members, including Helena College. Helena College Student Life benefits by participating in the HCM coalition by engaging in state advisory and strategic planning, attending NASPA trainings including the annual Strategies Conference, and certifying student leaders through the NASPA Certified Peer Educator (CPE) training.

National College Health Assessment (NCHA)

[The National College Health Assessment](#) (NCHA) is a web-based survey measuring health attitudes and behaviors of college students. This survey is managed by the American College Health Association and includes several evidence-based scales including: Alcohol, Smoking and Substance Involvement Screening Test (ASSIST), The Connor-Davison Resilience Scale (CD-RISC2), Diener Flourishing Scale –Psychological Well-Being (PWB), USDA ERS Food Security 6-item, Kessler 6 (K6) screening for serious mental illness, UCLA Three-Item Loneliness Scale, and The Suicide Behaviors Questionnaire (SBQ-R).

Helena College 2021 NCHA Highlights

The 2021 Helena College respondents (n=73) did not include a large enough sample size to consider the NCHA results generalizable for our student body. Of the participating students, 38.9% met criteria for low or very low food security. 80% of respondents had ever consumed alcoholic beverages, 66.7% in the last three months; 46% had used tobacco or nicotine products, 28% in the last three months; 13% had abused prescription drugs, with 0 having done so in the last 3 months. 67% of respondents reported they met the guidelines for aerobic exercise for adults however, 55.4% of respondents had overweight or obese BMIs. Limitations: the sample had significant more female than male and trans/GNC respondents.

Program Planning & Implementation

Findings from the 2021 NCHA survey were used to inform the 2022-2023 and 2023-2024 Annual Work Plans for Student Life and Student Wellness. Significant capacity building of the HC Campus Pantry resulted in additional storage shelves, \$2,500.00 donated funds, and a peer educator designated to the pantry project. Prevention programs included the 100 mile club to incentivize physical activity and tobacco and alcohol prevention programs, among many others.