Student Health and Well-Being

Faculty Senate
September 10, 2014
Objective within Educational Excellence:

“Promote the health and well-being of students (undergraduate, graduate, and professional) as a foundation for academic and life success.”
For many years, Cornell has utilized a comprehensive public health approach to deal with the prevention of and response to various health and safety threats impacting our community.
Cornell University

Comprehensive Health Framework

- Foster a healthy educational environment
- Promote life skills and resilience
- Increase help-seeking behavior
- Identify people in need of care
- Provide integrated mental health and medical care
- Deliver coordinated crisis management
- Reduce risks in the physical environment
# Campus Health Initiatives

<table>
<thead>
<tr>
<th>Alcohol &amp; Other Drugs</th>
<th>Mental Health</th>
<th>Sexual Violence</th>
<th>Hazing</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Executive Committee on Campus Climate, Health and Safety</strong></td>
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<tr>
<td><strong>President’s Council on AOD</strong></td>
<td><strong>Council on Mental Health &amp; Welfare</strong></td>
<td><strong>Council on Sexual Violence Prevention</strong></td>
<td><strong>Council on Hazing Prevention</strong></td>
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</table>
In the past 12 months, 38% of Cornell undergraduates were unable to function academically (e.g., missing classes, unable to study or complete homework) for at least one week due to depression, anxiety, or stress.

Mental Health Data
PULSE 2013 (n = 6,190)
Mental Health Strategies

- **Notice and Respond & Friend2Friend**
  - More than half of all faculty have participated

- **Resilience building**
  - Staying Balanced program with Engineering 1050
  - School of Hotel Administration session for first-year students

- **Integrated Medical & Mental Health**
  - Depression screening
  - Design of new facility
Cornell Sees Increase in Medical Transports Over Orientation Week

By ASHLEY CHU

With an increase in high-risk drinking among students — particularly in off-campus locations such as Collegetown — University officials say they are concerned about student alcohol consumption during Orientation Week and the weeks that follow.
High-Risk Drinking
(5+ drinks for males, 4+ females)
Alcohol and Social Life Survey, Fall 2013

First-year: 35%
Sophomore: 45%
Junior: 49%
Senior: 53%
Percent of undergraduates experiencing harm from alcohol/drugs during past year

*Core Alcohol and Drug Survey

<table>
<thead>
<tr>
<th></th>
<th>Cornell Fall 2013</th>
<th>Cornell Fall 2012</th>
<th>Nation* 2011-13</th>
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</thead>
<tbody>
<tr>
<td>Memory loss</td>
<td>28</td>
<td>30</td>
<td>33</td>
</tr>
<tr>
<td>Missed class</td>
<td>16</td>
<td>18</td>
<td>25</td>
</tr>
<tr>
<td>Poor academic performance</td>
<td>7</td>
<td>8</td>
<td>19</td>
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AOD Strategies

• Screen for alcohol problems in medical visits
• Correct misperceived norms
• Coordinate enforcement with IPD
• Cayuga’s Watchers
• Good Samaritan Policy
Sexual Violence

TIME

The Crisis in Higher Education

NOT ALONE

The First Report of the White House Task Force to Protect Students From Sexual Assault

April 2014
Nonconsensual Sexual Experiences in Past 12 Months

Alcohol & Social Life Survey, fall 2012, n = 2,875

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<thead>
<tr>
<th></th>
<th>Female</th>
<th>Male</th>
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</thead>
<tbody>
<tr>
<td>Sexual penetration or attempted</td>
<td>3.4%</td>
<td>0.07%</td>
</tr>
<tr>
<td>penetration</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sexually touched</td>
<td>7.7%</td>
<td>2.3%</td>
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Sexual Violence Prevention/Response Strategies

- Council on Sexual Violence Prevention
- Bystander education (Speak About It)
- Respect@Cornell
- Policy 6.4
Percent of undergraduates reporting experiences of hazing

Cornell MASCOT Survey: Membership Activities in Student Clubs, Organizations and Teams (2013)

<table>
<thead>
<tr>
<th></th>
<th>All students (n=2,332)</th>
<th>Social fraternity or sorority (n=694)</th>
<th>Varsity athletics (n=213)</th>
<th>Other student groups* (n=2,159)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cornell 2013</td>
<td>39</td>
<td>48</td>
<td>47</td>
<td>31</td>
</tr>
<tr>
<td>National Study</td>
<td>55</td>
<td>73</td>
<td>74</td>
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*Ex. Performing arts groups, academic clubs, service organizations
Hazing Prevention Strategies

• Changes to Greek new member process
• Council on Hazing Prevention
UHS Facility Renovation
Southeast corner at Ho Plaza
UHS Facility Renovation
East entrance off Ho Plaza
UHS Facility Renovation
South view
UHS Facility Renovation
Northwest view