



Advocating for College Health

SOPHE ADVOCACY SUMMIT

OCTOBER 16, 2016

About ACHA

1920 ACHA is founded in Chicago, IL

2,800 individual members and

800 institutional members

11 regional affiliates

9 sections covering our cross-disciplinary membership

3 primary Association priorities:
Advocacy, Education and Research

ADMINISTRATION

CLINICAL MEDICINE

Mental Health

Nursing

PHARMACY

Students/Consumers

ADVANCED PRACTICE
CLINICIANS

*HEALTH
PROMOTION*

NURSE-DIRECTED
Health Services

College Health Overview

2,000 U.S. institutions of higher learning offer on-campus medical and mental health services, and health promotion for students.

A comprehensive student health program:

- **Educates** students on navigating the health care system and aids with the transition from parent-guided care to self-care
- **Commits** to integrating prevention, health promotion, and public health with medical and mental health care
- **Employs** “team-based” care where the student is an integral part of the team

College health plays a critical role in the retention, progression, and graduation of students.

Advocacy Key
Changing Face of
Higher Education

42%

Non White

50%+

Work Full/Part-Time

50%+

Don't Live on Campus

40%

25 Years Old +

28%

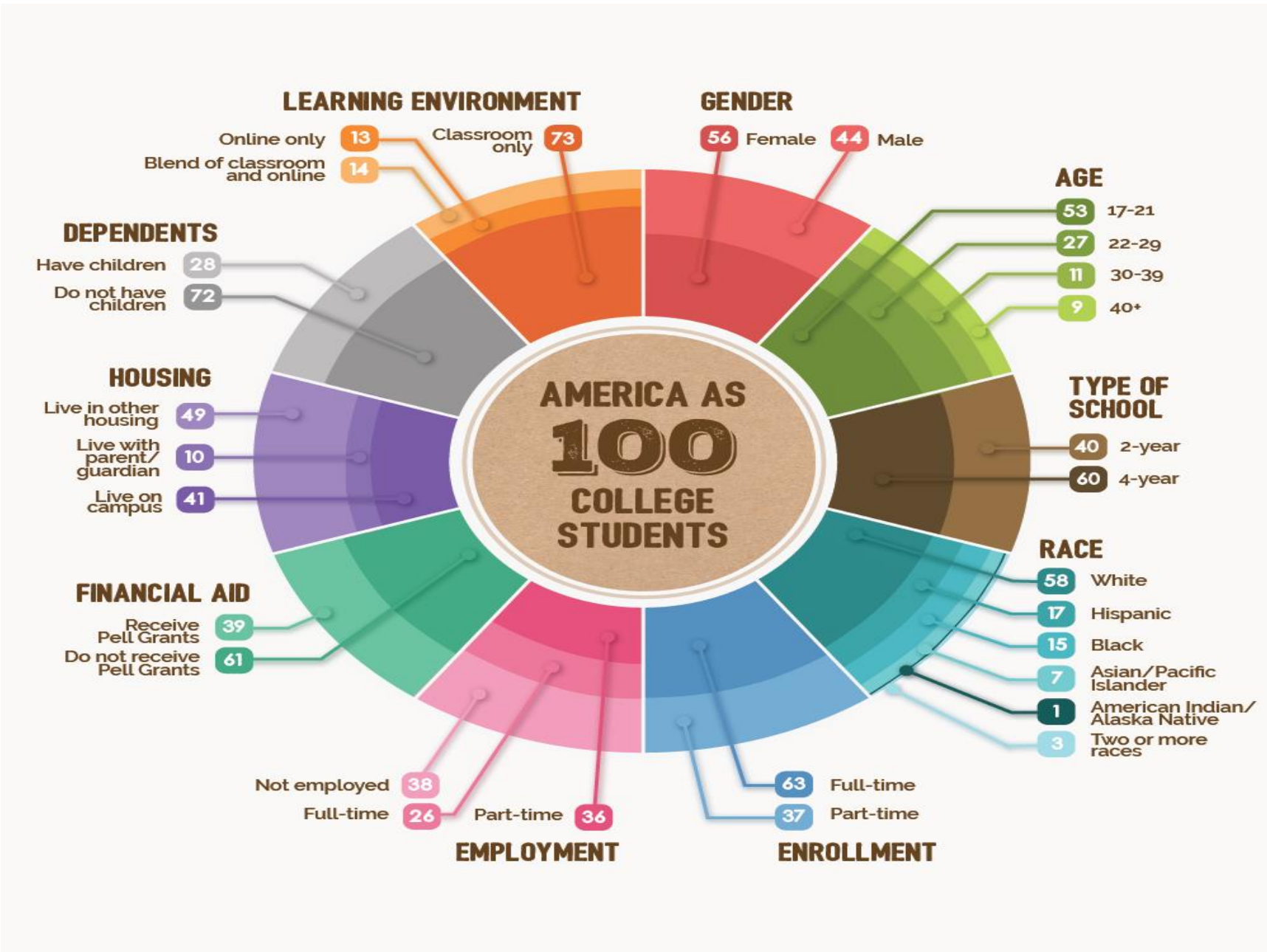
Are Parents

33%

From Households Making Less
Than 20K Annually

OPPORTUNITY

To elevate and equip college
health stakeholders to
advocate for the breadth of
student experiences.



Source: Gates Foundation <http://postsecondary.gatesfoundation.org/areas-of-focus/incentives/america-as-100-college-students/>

Advocacy Key Student Health Literacy

College students often possess knowledge gaps about utilizing the health care system and understanding health insurance.



Educating college students is critical to building capacity for advocacy support from this group.



OPPORTUNITY
Collaborate with Orientation and First-Year experience programming staff to incorporate health literacy education into this transition.

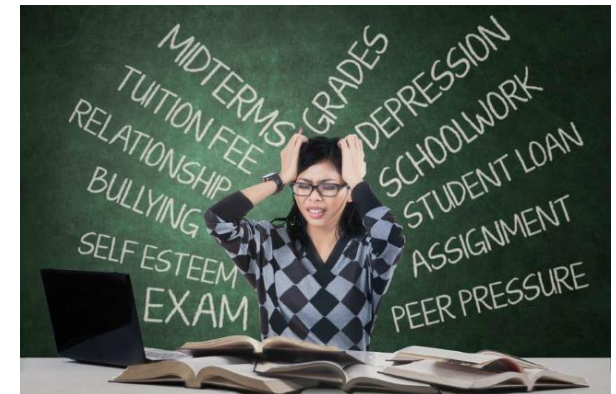
Advocacy Key Assessing Student Priorities

MENTAL HEALTH

- **One out of 10** college students have contemplated suicide.
- **Over half** have experienced “overwhelming anxiety” in the past year.
- **Increase in students seeking** campus mental health/counseling services is growing at a rate 5x the growth in overall enrollment.
- **Decreased state higher education funding** is a significant factor in reduced access to campus mental health professionals.
- **Students of Color Less Likely** to Utilize Campus Mental Health Services

OPPORTUNITY

- Improve outreach to professional pipelines, student groups and alumni affinity groups
- Educate elected officials, campus leadership and policy makers around access disparities



Advocacy Key Assessing Student Priorities

FOOD INSECURITY & HUNGER

- Fall 2016 Study reported **25% of Hispanic or Latino students** and **28% of black or African-American students** had low food security.
- Half of food insecure acknowledged related adverse academic outcomes.

OPPORTUNITY

College affordability is a cross-cutting issue that impacts student access to academic and basic living resources. Connecting college health to this overarching issue presents additional pathways for policy maker engagement.



College Health Advocacy Emerging Approaches

- **Centers Student as an Advocate**
- **Acknowledges Diversity of Student Experiences and Needs**
- **Acknowledges Diversity of Institutions of Higher Learning**
- **Reinforces Importance of Cultural Competency**
- **Connects Issues to Overarching Themes in Higher Education/Public Health**
- **Connects Trends in College Health to Society At-Large**

THANK
YOU!

For more information on ACHA, please visit www.acha.org

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