

Draft for discussion purposes only

Mental Health Goals	Program Objectives		Source	2010 NCHA		Strategies (including programs, target audiences, marketing, dates, locations)	
				UND	National		
Improve mental health (HC 2010).	Increase the proportion of students who report receiving information from their institution about:		Adpt from HC 2010				
		Depression/ Anxiety		47.1%	46.9%		
		Eating Disorders		29.4%	31.5%		
		Grief and Loss		21.0%	27.1%		
		How to help others in distress		25.6%	31.0%		
		Stress Reduction		64.2%	53.5%		
		Suicide Prevention	33.4%	30.1%			
		Decrease the annual prevalence of Major Depressive Episode (MDE).	HP 2020				
		Increase the proportion of students with mental disorders who receive treatment.	HC 2010 HP 2020	Statistics exist for % Students who were diagnosed but not treated in the past 12 mo; % willing to seek services; and % receiving services from Counseling			
		Diagnosed or treated within the last 12 months		Depression	9.1%	9.7%	20.4% of UND students and 18% Nationally have been diagnosed with depression ever.
				Anxiety	8.9%	10.4%	
				Insomnia	3.5%	3.7%	
	ADHD			2.6%	3.9%		
	Panic Attacks		2.6%	5.0%			
	Reduce the proportion of students who report that they felt so depressed it was difficult to function. (Last 12 mo)		13.1%	15.6%			
	Reduce the proportion of students who report that they felt overwhelming anxiety. (Last 12 mo)		17.9%	19.9%			
Reduce suicide rates.	Reduce the proportion of students who seriously considered suicide. (Last 12 mo)			5.7%	6.1%		
	Reduce rate of suicide attempts by students. (Last 12 mo)		HC 2010 HP 2020	1.2%	1.3%		
	Reduce rate of completed suicides.		HC 2010 HP 2020				
Enhance body acceptance.	Promote positive body image.						
	Reduce relapse rates for persons with eating disorders.		HC 2010				
	Diagnosed or treated - last 12 months	Anorexia		0.6%	0.9%		
		Bulimia	0.5%	1.0%			
	Reduce the proportion of students who engage in disordered eating behaviors in an attempt to control their weight. (Last 30 days)		HP 2020				
		Exercise to lose weight		60.6%	55.2%		
	Diet to lose weight	42.3%		38.1%			
	Vomit or take laxatives to lose weight	1.8%		2.7%			
	Take diet pills to lose weight		3.2%	3.9%			
Enhance stress management skills.	Reduce self-perceived stress levels among students.			More than average stress: 43.4%, Tremendous stress: 5.7%	More than average stress: 41.1%, Tremendous stress: 9.6%		
	Enhance student's ability to manage stress effectively.						

Note: HC = Healthy Campus; HP = Healthy People; CORE = North Dakota Core Alcohol and Drug Survey; NCHA = National College Health Assessment

Source: American College Health Association. American College Health Association- National College Health Assessment II: University of North Dakota Institutional Data Summary Report Spring 2010. Linthicum, MD: American College Health Association; 2010 Administered at UND by Student Health Services. To request permission to use this material, please obtain a data use form from Pat Campbell, MPH,PA-C, LRD, Health Care Analyst, patcampbell@mail.und.edu , 701.777.4833