



# Research Brief #76

January 2015

## Student Health Center Inquiry

Catherine Parker, M.A., Daylene M. Meuschke, Ed.D, and Barry C. Gribbons, Ph.D.

At the request of the Student Health Center, the Office of Institutional Development and Technology examined demographic (age, sex, and ethnicity) and special population (EOPS, DSPS, Athletes, Cal-Works, Veterans, and Foster Youth) data for students who have visited the Student Health Center between October 1, 2013 and October 31, 2014. Services provided by the Student Health Center include mental and physical health. Specifically, this research intended to answer the following questions:

- Of students identified as being in a special population, what is the number and percentage seeking Health Center services compared to students not seeking Health Center services and the student population as a whole?
- What is the number and percentage of students seeking health services by type of service?
- What are the demographics of students seeking Health Center services compared to students not seeking Health Center services and the student population as a whole?
- What are the demographics of students seeking Health Center services by type of service received compared to the student population as a whole?

Answers to these questions are intended to help inform the Student Health Center Student Equity inquiry and Substance Abuse and Mental Health Services Administration (SAMSHA) grant.

**Question #1. Of students identified as being in a special population what is the number and percentage seeking health center services compared to students not seeking health center services and the student population as a whole?** As indicated in Table 1, the percentage of students identified to be in special populations who utilized the Student Health Center is higher than the percentage in which these populations are represented within the overall COC student population; however, the majority of students in the special populations have not utilized the Student Health Center.

*Table 1. Special Populations: Number and Percentage Seeking Health Center Services compared to Students Not Seeking Health Center Services and the Student Population as a Whole*

	Number of Unduplicated Students			Percentage of Population		
Overall-Special Populations	Health Center Visitors	Did Not Visit Health Center	Total	Health Center Visitors	Did Not Visit Health Center	Population Overall
Athletes	59	651	710	8%	92%	2%

Overall-Special Populations	Health Center Visitors	Did Not Visit Health Center	Total	Health Center Visitors	Did Not Visit Health Center	Population Overall
Cal-WORKS	37	238	275	13%	87%	1%
EOPS	116	445	561	21%	79%	1%
DSPS	224	1775	1999	11%	89%	5%
Veterans	41	673	714	6%	94%	2%
Foster Youth	8	53	61	13%	87%	<1%

**Question #2. What is the number and percentage of students seeking health services by type of service?** As indicated in Table 2, the majority of students who utilized the Student Health Center sought physical health services only (77 percent), followed by 14 percent mental health only, and 9 percent both physical and mental health services.

Table 2. Number and Percentage of Students Seeking Health Services by Type

Health Center Visits	Number of Unduplicated Students	Percentage
Both Health and Mental Health	163	9%
Health Only	1,320	77%
Mental Health Only	237	14%
Total	1,720	

**Question #3. What are the demographics of students seeking health center services compared to students not seeking health center services and the student population as a whole?** As indicated in Table 3, the majority of students utilizing the Student Health Center were female (72 percent), which exceeds the percentage in which this population is represented within the overall COC student population (48 percent). A little less than a third of students who visited the Student Health Center were male, which is less than the percentage in which this population is represented within the overall COC student population (52 percent).

Table 3. Demographics of Students Seeking Health Center Services compared to Students Not Seeking Health Center Services and the Student Population as a Whole

	Number of Unduplicated Students			Percentage of Population		
Sex-Overall Health Center vs Non-Health Center	Health Center Visitors	Did Not Visit Health Center	Total	Health Center Visitors	Did Not Visit Health Center	Population Overall
Female	1,161	17,679	18,840	72%	45%	48%
Male	455	21,292	21,747	28%	55%	52%
TOTAL	1,616	38,971	40,587			

As seen in Table 4, just over half of students who visited the Student Health Center were between ages 20-24 (52 percent), followed by 25-29 (17 percent). Both age groups exceed the percentage in which these populations are represented within the overall COC student population (33.2 and

10.6 percent, respectively). The remaining age groups of those who visited the Student Health Center, 19 or less, 30-34, 35-39, 40-49, and 50+, represent less than the percentages in which these populations are represented within the overall COC population.

*Table 4. Demographics of Students Seeking Health Center Services compared to Students Not Seeking Health Center Services and the Student Population as a Whole - Age*

<b>Age-Overall Health Center vs Non-Health Center</b>	<b>Health Center Visitors (N)</b>	<b>Did Not Visit Health Center (N)</b>	<b>Total (N)</b>	<b>Health Center Visitors (%)</b>	<b>Did Not Visit Health Center (%)</b>	<b>Population Overall (%)</b>
<b>19 or Less</b>	234	8,628	8,862	14%	22%	32.7%
<b>20-24</b>	836	12,678	13,514	52%	32%	33.2%
<b>25-29</b>	278	5,081	5,359	17%	13%	10.6%
<b>30-34</b>	92	3,091	3,183	6%	8%	6.1%
<b>35-39</b>	54	2,340	2,394	3%	6%	4.3%
<b>40-49</b>	76	4,444	4,520	5%	11%	8.4%
<b>50+</b>	49	2,785	2,834	3%	7%	4.7%
<b>TOTAL</b>	1,619	39,047	40,666			

As indicated in Table 5, the majority of students who visited the Student Health Center were Latino and White (38 and 35 percent, respectively). The percentages of Latino and White students who visited the Health Center are similar to the same ethnic groups that did not attend the Health Center. Asian/Pacific Islander and African American students who received services from the Student Health Center also represent less than the percentages in which these populations are represented within the overall COC population.

*Table 5. Demographics of Students Seeking Health Center Services compared to Students Not Seeking Health Center Services and the Student Population as a Whole - Ethnicity*

<b>Ethnicity-Overall Health Center vs Non-Health Center</b>	<b>Health Center Visitors (N)</b>	<b>Did Not Visit Health Center (N)</b>	<b>Total (N)</b>	<b>Health Center Visitors (%)</b>	<b>Did Not Visit Health Center (%)</b>	<b>Population Overall (%)</b>
<b>Native American/Alaskan Native</b>	9	243	252	1%	1%	0.2%
<b>Asian/Pac. Isle</b>	89	2,593	2,682	5%	7%	5.0%
<b>African American</b>	106	2,834	2,940	6%	7%	4.8%
<b>Filipino</b>	76	1,667	1,743	4%	4%	3.6%
<b>Latino</b>	653	14,601	15,254	38%	37%	43.4%
<b>Other/Two or Races</b>	40	764	804	2%	2%	4.0%
<b>White</b>	604	14,644	15,248	35%	37%	38.1%
<b>Unknown</b>	44	1,730	1,774	3%	4%	0.8%
<b>TOTAL</b>	1,720	39,076	40,796			

**Question #4. What are the demographics of students seeking health center services by type of service received compared to the student population as a whole?** As indicated in Table 6, the percentage of female students utilizing the physical health and/or mental health services at the Student Health Center exceeds the percentage in which this population is represented within the overall COC student population (48 percent), while it does not for male students. Female students were more likely to use Health Center services, especially for health services only and a combination of health and mental health services. The difference was less pronounced for mental health only, although there were still differences between the sexes. For male students, 26 percent utilized physical health services only, while 45 percent utilized mental health services only. For those who utilized both services, 76 percent were female and 24 percent were male.

*Table 6. Demographics of Students Seeking Health Center Services by Type of Service Received Compared to the Student Population as a Whole – Sex*

Demographics-Of those seeking Health and Mental Health			Demographics-Of those seeking Health Only			Demographics-Of those seeking Mental Health Only			
SEX	#	%	Population Overall	#	%	Population Overall	#	%	Population Overall
Female	121	76%	48%	920	74%	48%	120	55%	48%
Male	39	24%	52%	317	26%	52%	99	45%	52%
TOTAL	160			1237			219		

As indicated Table 7, the percentage of students between ages 20-29 who utilized the physical health and/or mental health services at the Student Health Center exceeds the percentages in which these populations are represented within the overall COC student population, while it does not for the other age groups. Notably, the percentage of students aged 19 or less and aged 40 years or older who utilized physical and/or mental health services is well below the percentage in which these populations are represented within the overall COC student population. The majority of students who utilized mental health services only, health services only, or both were between the ages 20-24 (50, 52, and 50 percent, respectively).

*Table 7. Demographics of Students Seeking Health Center Services by Type of Service Received Compared to the Student Population as a Whole - Age*

Demographics-Of those seeking Health and Mental Health			Demographics-Of those seeking Health Only			Demographics-Of those seeking Mental Health Only			
AGE	#	%	Population Overall	#	%	Population Overall	#	%	Population Overall
19 or Less	18	11%	32.7%	178	14%	32.7%	38	17%	32.7%
20-24	80	50%	33.2%	647	52%	33.2%	109	50%	33.2%
25-29	30	19%	10.6%	212	17%	10.6%	36	16%	10.6%
30-34	13	8%	6.1%	63	5%	6.1%	16	7%	6.1%
35-39	6	4%	4.3%	43	3%	4.3%	5	2%	4.3%

40-49	10	6%	8.4%	56	5%	8.4%	10	5%	8.4%
50+	3	2%	4.7%	40	3%	4.7%	6	3%	4.7%
<b>TOTAL</b>	160			1,239			220		

As indicated in Table 8, the percentage of Filipino and White students utilizing physical health and mental health services at the Student Health Center is slightly higher than the percentage in which these populations are represented within the overall COC student population. For students who utilized health services only, the percentage of Filipino, African American, and Unknown, students exceeds the percentage in which these populations are represented within the overall COC student population. For students who utilized both services, the percentage of White and Unknown students is slightly higher than the percentage in which these populations are represented within the overall COC student population. Overall, the majority of students utilizing mental health, health only, or both services were Latino and White; however, the percentage in which Latino students utilized services is less than the percentage in which this population is represented within the overall COC population.

Table 8. Demographics of Students Seeking Health Center Services by Type of Service Received Compared to the Student Population as a Whole - Ethnicity

<b>Demographics-Of those seeking Health and Mental Health</b>	<b>Demographics-Of those seeking Health Only</b>	<b>Demographics-Of those seeking Mental Health Only</b>
---	--	---

<b>ETHNICITY</b>	<b>#</b>	<b>%</b>	<b>Population Overall</b>	<b>#</b>	<b>%</b>	<b>Population Overall</b>	<b>#</b>	<b>%</b>	<b>Population Overall</b>
<b>Native American/Alaskan Native</b>	1	1%	0.2%	8	1%	0.2%	0	0%	0.2%
<b>Asian/Pac. Isle</b>	10	6%	5.0%	70	5%	5.0%	9	4%	5.0%
<b>African American</b>	6	4%	4.8%	87	7%	4.8%	13	5%	4.8%
<b>Filipino</b>	8	5%	3.6%	60	5%	3.6%	8	3%	3.6%
<b>Latino</b>	63	39%	43.4%	501	38%	43.4%	89	38%	43.4%
<b>Other</b>	3	2%	4.0%	33	3%	4.0%	4	2%	4.0%
<b>White</b>	65	40%	38.1%	446	34%	38.1%	93	39%	38.1%
<b>Unknown</b>	4	2%	0.8%	35	3%	0.8%	5	2%	0.8%
<b>TOTAL</b>	163			1,320			237		

### Methods

To conduct the analysis, enrollment and special population data from October 1, 2013 to October 31, 2014 were obtained from MIS. Data were merged with Student Health Center records from October 1, 2013 to October 31, 2014. To perform the analysis, data were analyzed using the Statistical Package for the Social Science (SPSS, 2014) and Microsoft Excel (2013).

## **Recommendations**

- Explore ways to increase awareness of Student Health Center services to populations identified as being underserved (e.g., special populations, Latino students, students aged 40+, and male students not seeking physical health services)
- Establish an inquiry group to examine why the underserved populations are not receiving services from the Student Health Center.

For more detailed information on this research brief, stop by the Institutional Research office located in BONH-224, or call Daylene Meuschke, Dean of Institutional Research at 661.362.5329.