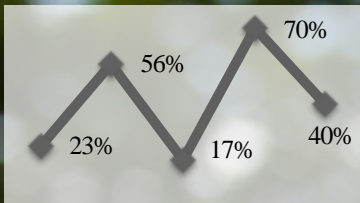


# The Monthly Stat



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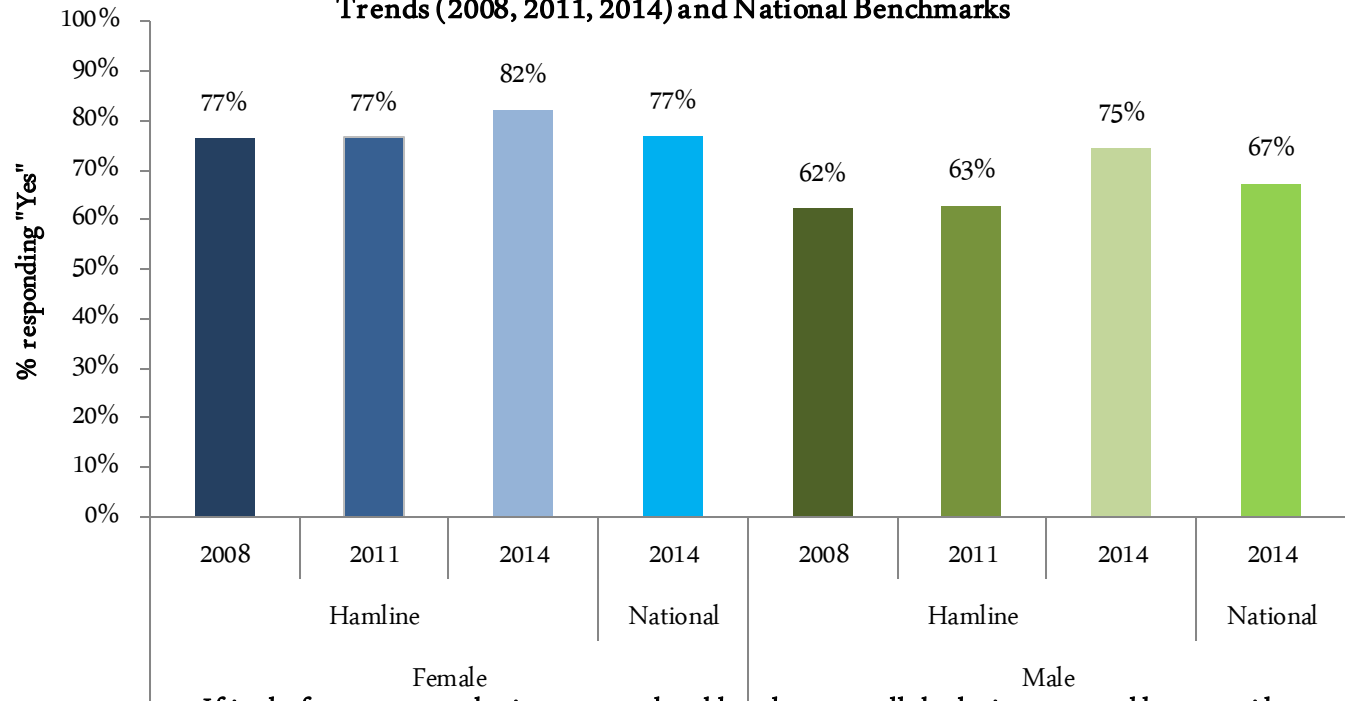
*As Spring begins, we take a look at the health practices of Hamline students in this month's issue! All results from the ACHA-National College Health Assessment, 2014*

In Fall 2014, Hamline administered the National College Health Assessment II to its undergraduate and law students. Developed by the American College Health Association, the ACHA-NCHA II asks students about a variety of issues relating to their health. These include general health and wellness, nutrition and exercise, preventive care and cautions, sexual health and behavior, substance use, mental health, and the academic impacts of various conditions or situations.

**For both females and males, mental health conditions - anxiety, depression, and stress - were among the conditions most likely to impair academic performance.**

## Willingness to Seek Mental Health Services

Trends (2008, 2011, 2014) and National Benchmarks



If in the future you were having a personal problem that was really bothering you, would you consider seeking help from a mental health professional?

**Where's Bishop Leo?**