The State of Spartan Health

Health Information & Credibility

Why it Matters

- Health & Wellness are a vital part of learning; Health is the capacity of an individual at any given moment to learn, live, and know the world. Wellness is striving to be at your best – it is an aspiration for yourself, for your community, and for the world.

- Health-related impediments can lead to academic problems for MSU students; our goal is to provide the services and education they need to succeed and graduate.

- To support the mission of MSU and the successes of our students, it is imperative to enhance their personal health, remove barriers to academic achievement, and promote a healthy learning environment.

What you can do

- Encourage students to use coping mechanisms that have worked in the past to counter stress (i.e., listening to music, exercise, talking to family/friends, prayer, etc.)

- Although it might not always appear that students are listening or interested, understand that MSU students judged health educators (88%) as believable sources of information, followed by health center medical staff (87%), parents (66%), and faculty/coursework (63%).

- Practice the art of referral; if you are unable to help a student, connect them with the experts on campus who can for further assistance; they are there to help!

What MSU students say and do

11% Of MSU students report getting information from their parents, and 66% think of them as a believable source.

83% Of MSU students listed the internet as their usual source of health information, but only 26% judge it as a believable source.

Health & Wellness Resources

Student Health Services: A wide variety of health care services are available to MSU students year round at 5 different location on campus. olin.msu.edu

Health Education: A wide array of campus and classroom educational programs, health promotion campaigns, and other health promotion strategies; including individualized educational programs. olin.msu.edu/healthed

Counseling Center: Short-term individual counseling, group counseling, substance abuse assessment and services, prevention education. counseling.msu.edu

Recreational Sports & Fitness Services: Fitness classes, club and intramural sports, several locations on campus. recsports.msu.edu

The data in this document were obtained from the 2012 National College Health Assessment (NCHA) through Student Health Services at Olin Health Center’s membership in the American College Health Association (ACHA). For the full MSU NCHA report, please visit http://ippper.msu.edu/ACHA/NCHA_2012_Report.pdf