**Purpose**

San Francisco State University conducted the NCHA survey and compiled results with academic data collected by Institutional Research in order to use data to plan, effectively implement and evaluate health, wellness, and basic needs programs.

**Method**

In February 2021, the web-based Qualtrics survey was sent to 10,000 randomly selected students. A random opportunity drawing was conducted to encourage survey participation, resulting in 36 winners. In May 2021, data analysis of survey results began and SF State was then able to match NCHA results with student academic records. Aggregate results were analyzed to look for association between student success variables and health metrics.

**Findings**

A relationship exists between students experiencing food insecurity and GPA.

- **SF State Transgender and gender non-conforming students feel like they belong and that their health and wellbeing is a priority.**

- **85% of SF State students report being in good to excellent health.**

- **SF State students with higher prevalence of food insecurity have lower GPAs by 0.30 points.**

**Implications**

Both Student and Academic Affairs must implement strategies to promote student wellness. Key steps forward should include:

- **Advocate** for student well-being or campus wellness to be a key piece of University strategic plans and academic master plans.

- **Create** an institutionalized cross cabinet working group specifically focused on mental health promotion and response. Student and faculty should be key members.

- **Review** how areas of impact for students (financial stress, academic stress, the impact of COVID-19) are exacerbated by University policies and procedures and explore possible remedies.

- **Identify** ways to institutionalize the integration of health resources into academic information. Front load and de-stigmatize these resources for students on department websites, learning software, syllabi, and other spaces where students engage with the university.

**Response Rate**

23.5% of students from the 10,000 randomly selected students completed the survey, resulting in a sample that was well representative of the campus population. The response rate of the NCHA survey was the highest in the OSU system.

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**Students with higher scores in academic and well-being survey items were more likely to be retained in the next semester.**

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**References**