

The logo for Healthy CUNY features the word "Healthy" in a bold, blue, sans-serif font, with the letter "y" partially overlapping a teal circle. Below it, the word "CUNY" is written in a larger, bold, blue, sans-serif font. The background of the entire image is a photograph of two young women sitting on stone steps outdoors, smiling and talking. To the left is a large, ornate, teal-colored fountain. In the background, there are green trees and a classical building with white columns.

**Healthy
CUNY**

CUNY Health for Academic Success and Engagement Summit

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**CUNY Network for
College Success
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The vision –all students achieve their full educational potential because a caring university does all in its power to assist them to overcome the health and social problems that can undermine academic success.

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Our Questions for CUNY Network for College Success

- How do the health and social problems facing young people in New York City today:
 1. Interfere with successful transition from high school to college?
 2. Differ among those in high school, disconnected youth, or those in college?
- How can CUNY and community organizations and health and social service providers better support transition into college and contribute to academic success in college?
- What specific steps can those here today take in next year or two to achieve vision of an educational system that helps each young person achieve full potential?

Preexisting problems and living conditions

Health

Psychological

Poverty

Racism

Social

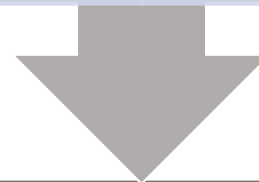
Financial



Health Conditions and Behaviors

Chronic conditions, anxiety, depression, learning problems, family health problems

Smoking, physical inactivity, problem alcohol use, risky sex, unwanted pregnancy, unhealthy eating



Educational Problems

Missed classes and assignments, absences

Distraction from schoolwork, course failure, leaves of absence

The Virtuous Circle Between Education and Health

- Reductions in DEPRESSION, ANXIETY, UNWANTED PREGNANCIES, PARTNER VIOLENCE, LACK OF HEALTH INSURANCE, LACK OF REGULAR DOCTOR, AND FOOD INSECURITY

- Improvements in ATTENDANCE, ENGAGEMENT WITH SCHOOL, COMPLETION OF ASSIGNMENTS, GPAs, and PROGRESS TO DEGREE


- Improvement in RETENTION RATES, GRADUATION RATES, REDUCED SOCIOECONOMIC AND RACIAL/ETHNIC DISPARITIES IN ACADEMIC ACHIEVEMENT AND REDUCED INEQUITIES IN LIFETIME HEALTH

Preliminary Prevalence and Estimated Number of CUNY Undergraduates with Selected Characteristics

Outcomes in Last 12 months	Prevalence from 2018 Survey	Estimated Number of CUNY Undergraduates in 2017-18
1. Depression	16.6%	40,452
2. Anxiety disorders (PHQ 4 positive)	19.5%	47,564
3. a. Any pregnancy in last 12 months (reported by all genders)	4.7%	11,439
Unintended pregnancies (of all pregnancies)	54.7%	6,262
b. Parenting/living with children <18	12.9%	31,432
4. Actual or threatened partner violence	6.3%	15,374
5. Lacked health insurance	7.9%	19,383
6. No doctor or regular source of health care	15.6%	30,170
7. Hungry often or sometimes in the last year due to lack of access to food	14.3%	34,952
One or more of these health problems	50%	122,137
Two or more of these health problems	22.6%	55,239

Student Use of Health and Social Services at CUNY 2017-2018, 2018 Healthy CUNY Survey

- ❑ 6 percent of CUNY student-parents enroll their children in a campus childcare center
- ❑ 86 percent of CUNY students with symptoms of depression, anxiety disorder or serious psychological distress have **not** visited a campus mental health in last 12 months
- ❑ 77 percent of students were unaware or unsure whether their campus had a food pantry
- ❑ 38% of those without health insurance say they lack insurance because it costs too much



Recommendations for Promoting Health for Academic Success at CUNY

- 1. Improve coordination, staffing quality and focus of CUNY health and social services student services.**
- 2. Establish partnerships with community health care and social service providers.**
- 3. Sponsor research and evaluation to provide evidence to improve services.**
- 4. Engage CUNY students in promoting health for academic success.**
- 5. Define new roles for faculty and staff**
- 6. Affirm a university commitment to promoting health for academic success**
- 7. Chart next steps for realizing vision and identify funding streams and resources for sustaining new approaches.**

Developing Partnerships for Improving Health and Social Services for Young People in New York City

Imagine: An alliance between the organizations educating New York City's:

520,000 15-19 year olds,

590,000 20-24 year olds, and

600,000 25 to 29 year olds,

an organization that could speak for the desires, needs and health aspirations of the almost 1.7 million New Yorkers between 15 and 30, a group new mostly disenfranchised from having a say in these services?

More questions

Who are the key providers?

How can CUNY, DoE, and community organizations work together to bring young people's voices to these services?

What are priorities?

What do we need from New York City , New York State (and someday) federal government to make this work?

Challenge Number 3

Find the right balance between small changes that can start tomorrow and transformative changes that will create the caring university in which all students can realize their full educational potential .

BIG CHANGES

SMALL

STEPS



For more information

Visit <http://sph.cuny.edu/healthycuny/>

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