Introduction

- Learning Objective 1: Describe factors that may impact health and wellness in a rural, tribal community.
- Learning Objective 2: Identify factors that may influence general health and life satisfaction.
- Learning Objective 3: Summarize the most important health issues among students, faculty and staff at a tribal college.

Method

- Cross sectional survey
  - Collected November & December 2013
- Instrument
  - Based on the 1st Cankdeska Cikana Community College (CCCC) Health Survey
  - BRFSS
- Data Collection
  - Faculty, Staff & students
  - Survey Monkey
### Data Analysis

- **SPSS 20**
- **Demographics**
  - Frequencies, percents, means, and standard deviation
  - Relationship among variable
  - T-test, ANOVA, chi-square, and correlation
- **NVIVO** was used to analyze qualitative data
Research Questions

1) What factors may influence health (including behavioral health) outcomes?
2) What are the most important health issues among students, faculty and staff at the tribal college?

What factors may influence health (including behavioral health) outcomes?

<table>
<thead>
<tr>
<th>General Health and Level of Functioning</th>
<th>Life Satisfaction and Level of Functioning</th>
</tr>
</thead>
<tbody>
<tr>
<td>demographics</td>
<td>demographics</td>
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<tr>
<td>level of functioning</td>
<td>level of functioning</td>
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<tr>
<td>risk factors</td>
<td>risk factors</td>
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<tr>
<td>depression and anxiety</td>
<td>depression and anxiety</td>
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<tr>
<td>chronic disease</td>
<td>chronic disease</td>
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<tr>
<td>access to health care</td>
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</tbody>
</table>

What factors may influence health (including behavioral health) outcomes?

General Health and Level of Functioning

<table>
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<tr>
<th>Variable</th>
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<th>M 2</th>
<th>t</th>
<th>p</th>
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<tbody>
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<td>48.5</td>
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<td>49.8</td>
<td>-2.08</td>
<td>.038</td>
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<tr>
<td>t</td>
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<td>1.14</td>
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</tbody>
</table>
What factors may influence health (including behavioral health) outcomes?

General Health and Risk Factors

- Difference for those who had cancer than those who had not been diagnosed.
- General health did not vary by whether the respondent had diabetes, high blood pressure, heart attack/myocardial infarction, angina/coronary heart disease, stroke, asthma, skin cancer, COPD/emphysema/chronic bronchitis, arthritis, a depressive disorder, kidney disease, or vision impairment.

General Health and Chronic Disease

- General health did not vary by demographics (roles, gender, age, marital status, education, income, family [children under 18, number of people living in the home] and current living situation).
- General health did not vary by level of depression or anxiety.
- General health did not vary by access to care.
What factors may influence health (including behavioral health) outcomes?

Life Satisfaction and Level of Functioning

- Childhood adverse events score was found to be significant explaining 5.9% of the variance.

Life Satisfaction and Risk Factors

- Depression was not found to be a significant predictor of life satisfaction.
- Life satisfaction varied by level of anxiety.
What factors may influence health (including behavioral health) outcomes?

**Life Satisfaction and Chronic Disease**

- People who had a stroke had lower life satisfaction than those who had not had a stroke.
- Those who had cancer had lower life satisfaction than those who had not been diagnosed with cancer.
- Those who had COPD/emphysema/chronic bronchitis had lower life satisfaction that those that did not have COPD/emphysema/chronic bronchitis.
- Life satisfaction did not vary by whether the respondent had diabetes, high blood pressure, heart attack/myocardial infarction, angina/ coronary heart disease, asthma, skin cancer, arthritis, kidney disease, or vision impairment.

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What factors may influence health (including behavioral health) outcomes?

**Life Satisfaction and Demographics; and Access to Health Care**

- Life Satisfaction did not vary by demographics (roles, gender, age, marital status, education, income, family [children under 18, number of people living in the home] and current living situation).
- Life Satisfaction did not vary by access to care.

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What are the most important health issues among students, faculty and staff at the tribal college?

![Health Issues at Tribal College]

- [Health Issues Table]

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Discussion

The study found that:
- Individual factors (depression and anxiety),
- Family factors (support and early childhood trauma),
- Community factors (the weather and being rural) influenced general health and life satisfaction.