



WELLNESS PROFILE PROJECT

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Health Studies Program

PURPOSE

- Survey AU undergraduate students' health habits, behaviors and perceptions to:
 - identify the most common risk to academic performance and retention
 - better understand students' health trends and determine the health areas of highest priority
 - report on campus behavioral norms
 - recommend new health programs, allocation and staffing resources as well as evaluate current strategies



METHODS

- Fall 2008 - Administered the online survey over an 8 week period in coordination with the
 - American College Health Association
 - University Wellness Committee
 - Office of Student Affairs
- Spring 2009 - Obtained survey raw data and national norms data



INSTRUMENT

- **The America College Health Association (ACHA)-National College Health Assessment (NCHA)** collects data about students' health habits, behaviors, and perceptions on:
 - Alcohol, tobacco, and other drug use
 - Sexual health
 - Weight, nutrition, and exercise
 - Mental health
 - Personal safety and violence



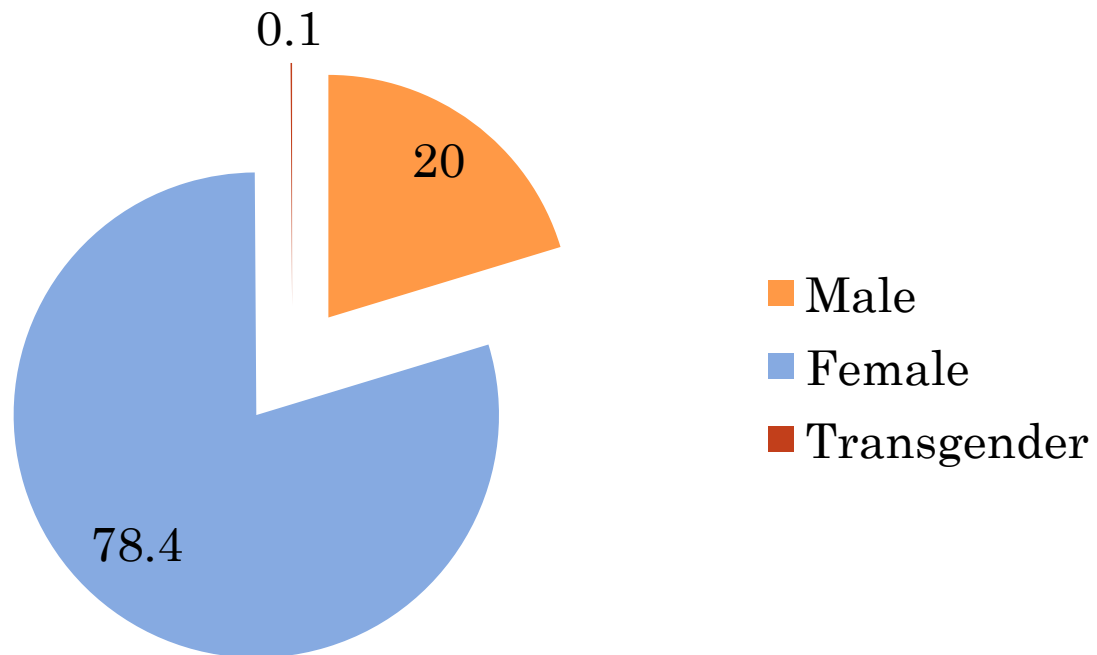
POPULATION

Age Distribution n = 751



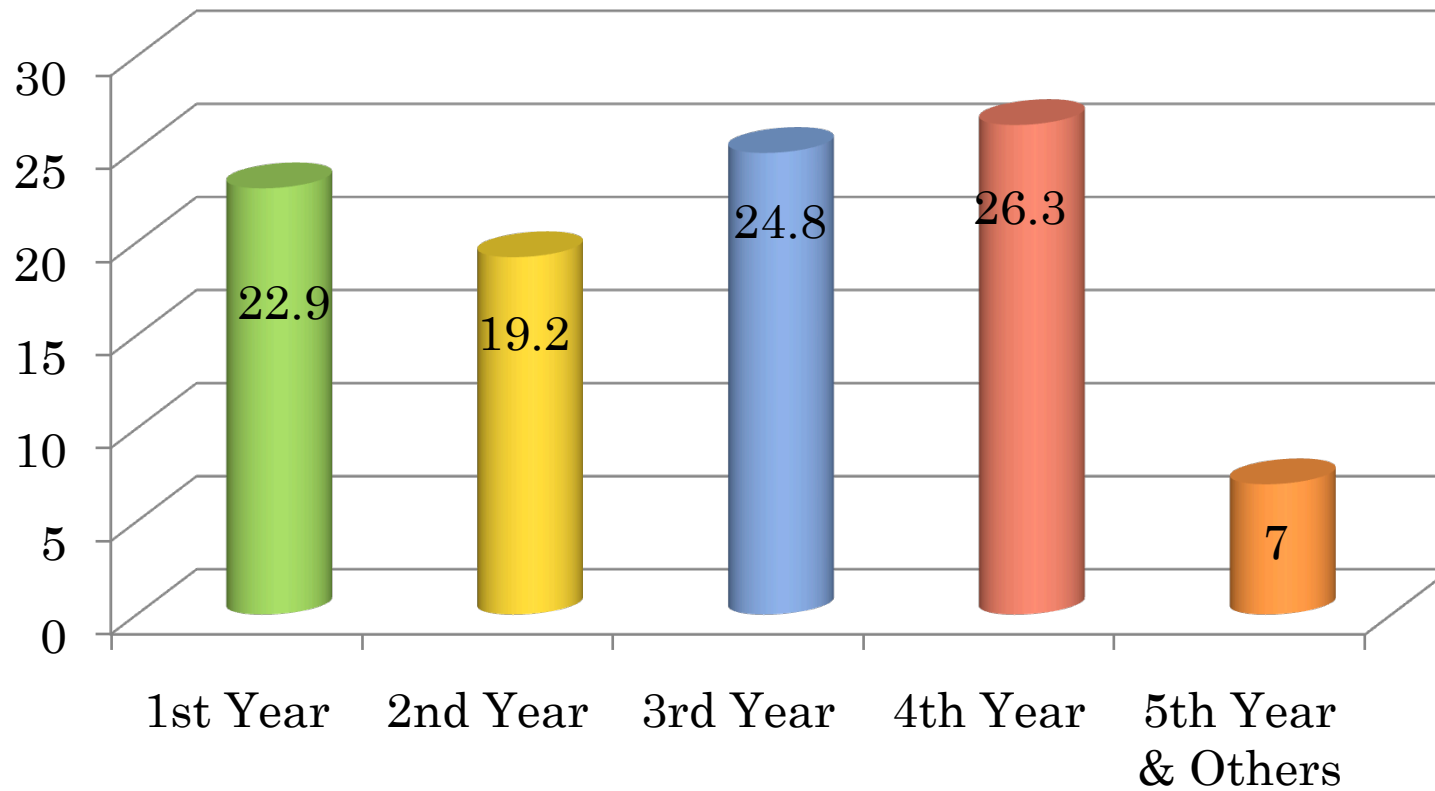
POPULATION

Gender Distribution



POPULATION

Year Level Distribution

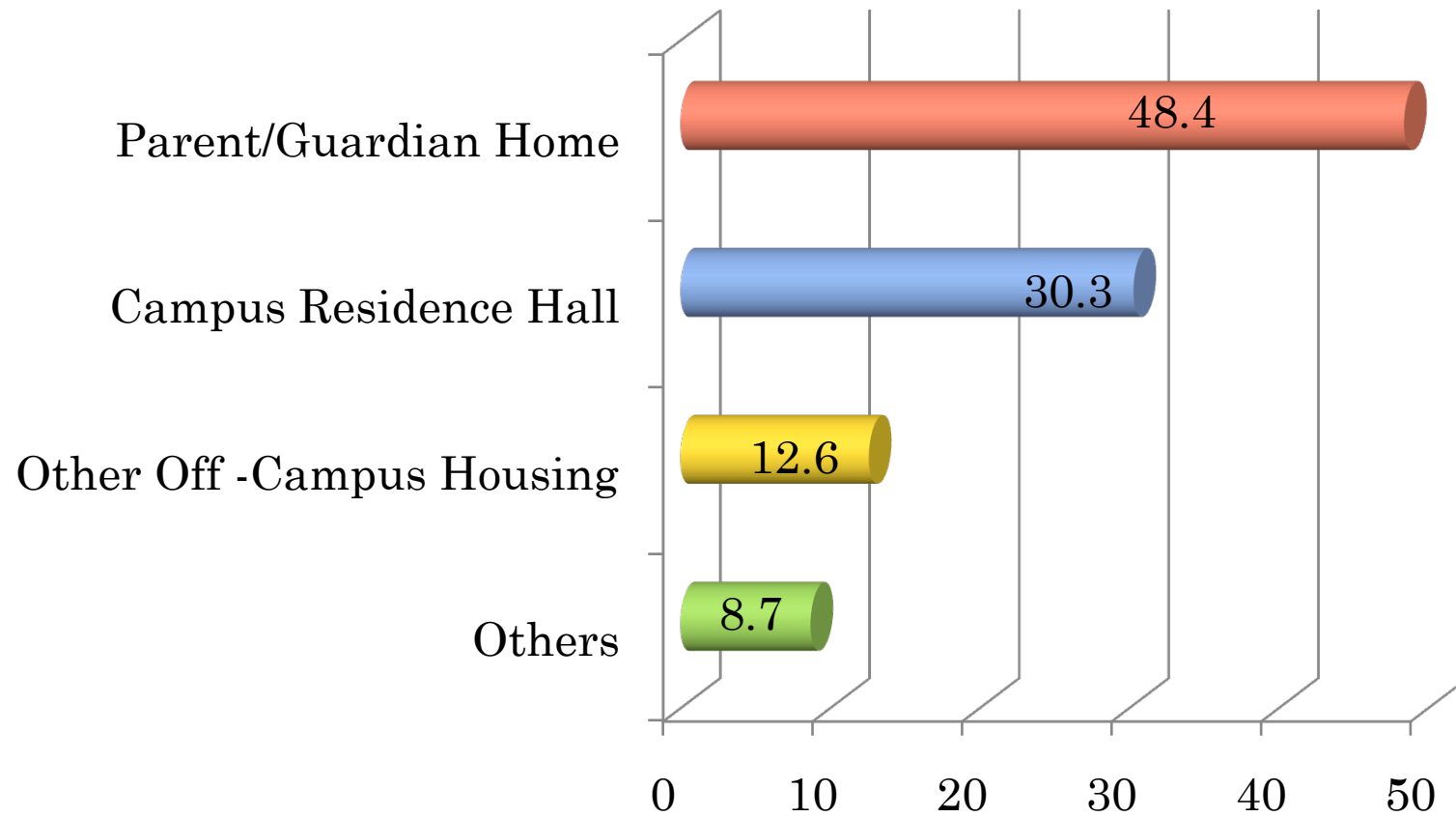


93.3 are Full Time Students



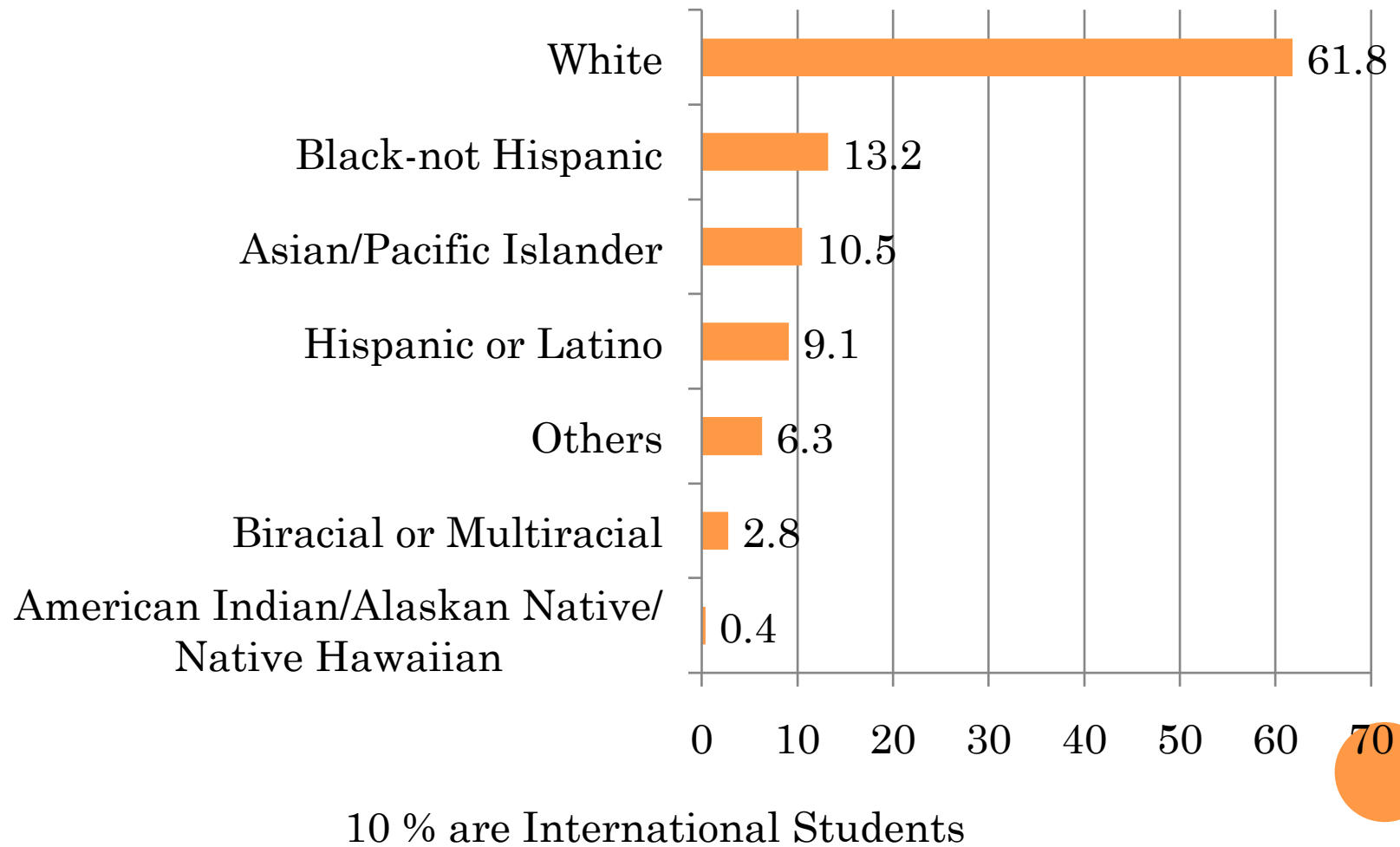
POPULATION

Housing



POPULATION

Students describe themselves as ...



RESULTS

Presented in the following order:

- Health Information: What AU Provided vs. Student Interests
- Academic Impacts
- Violence and Campus Safety
- Mental Health and Stress
- Nutrition and Physical Activity
- Sleep
- Alcohol, Tobacco, Marijuana, Drugs
- Sexual Behavior



HAVE YOU RECEIVED INFORMATION ON...?

Topic	%
Alcohol and Other Drugs	84.4
Eating Disorders	70.4
Physical Activity	70
Sexual Assault/Relationship/Violence Prevention	69
Sexually Transmitted Diseases/Infection/Prevention	61.4
Stress Reduction	61.3
Nutrition	60.8
Depression/Anxiety	59.4
Suicide Prevention	50
Violence Prevention	49.5

HAVE YOU RECEIVED INFORMATION ON...?

Topic	%
Cold /Flu/Sorethroat	48.7
Pregnancy Prevention	41.5
Injury Prevention	41
Help Others in Distress	40.8
Tobacco Use	38.3
Grief and Loss	35
Problems Use of Internet/Computer Games	33.2
Relationship Difficulties	27.7
Sleep Difficulties	20.1



ARE YOU INTERESTED IN RECEIVING INFO ON...?

Topic	%
Stress Reduction	74.8
Nutrition	69.2
Help Others in Distress	67
Physical Activity	66.1
Depression/Anxiety	59.6
Sleep Difficulties	58.1
Relationship Difficulties	56.3
Grief and Loss	53.2
Sexual Assault/Relationship/Violence Prevention	51.5
Sexually Transmitted Diseases/Infection/Prevention	50.4



WHAT WE PROVIDE VS WHAT THEY WANT...?

Topic	Received Info	Want Info
Stress Reduction	61.3	74.8
Nutrition	60.8	69.2
Help Others in Distress	40.8	67
Physical Activity	70	66.1
Depression/Anxiety	59.4	59.6
Sleep Difficulties	20.1	58.1
Relationship Difficulties	27.7	56.3
Grief and Loss	35	53.2
Sexual Assault/Relationship/Violence Prevention	69	51.5
Sexually Transmitted Diseases/ Infection/Prevention	61.4	50.4

ACADEMIC IMPACTS

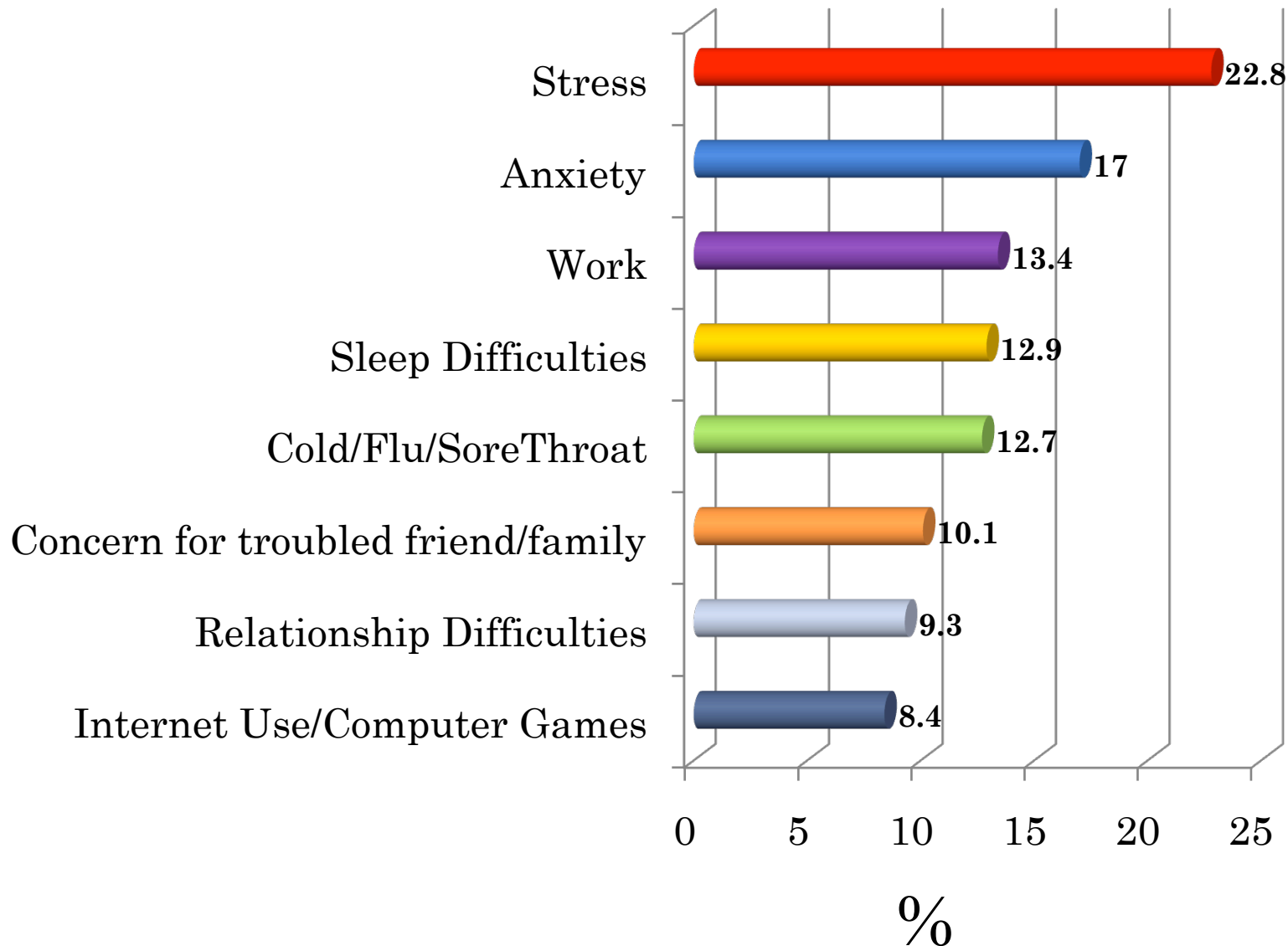
Within the last 12 months, have any of the following affected your academic performance...

Academic performance defined as:

- received a lower grade on an exam or important project
- Received a lower grade in the course
- Received an incomplete or dropped the course
- Experienced a significant disruption in thesis, dissertation, research or practicum work

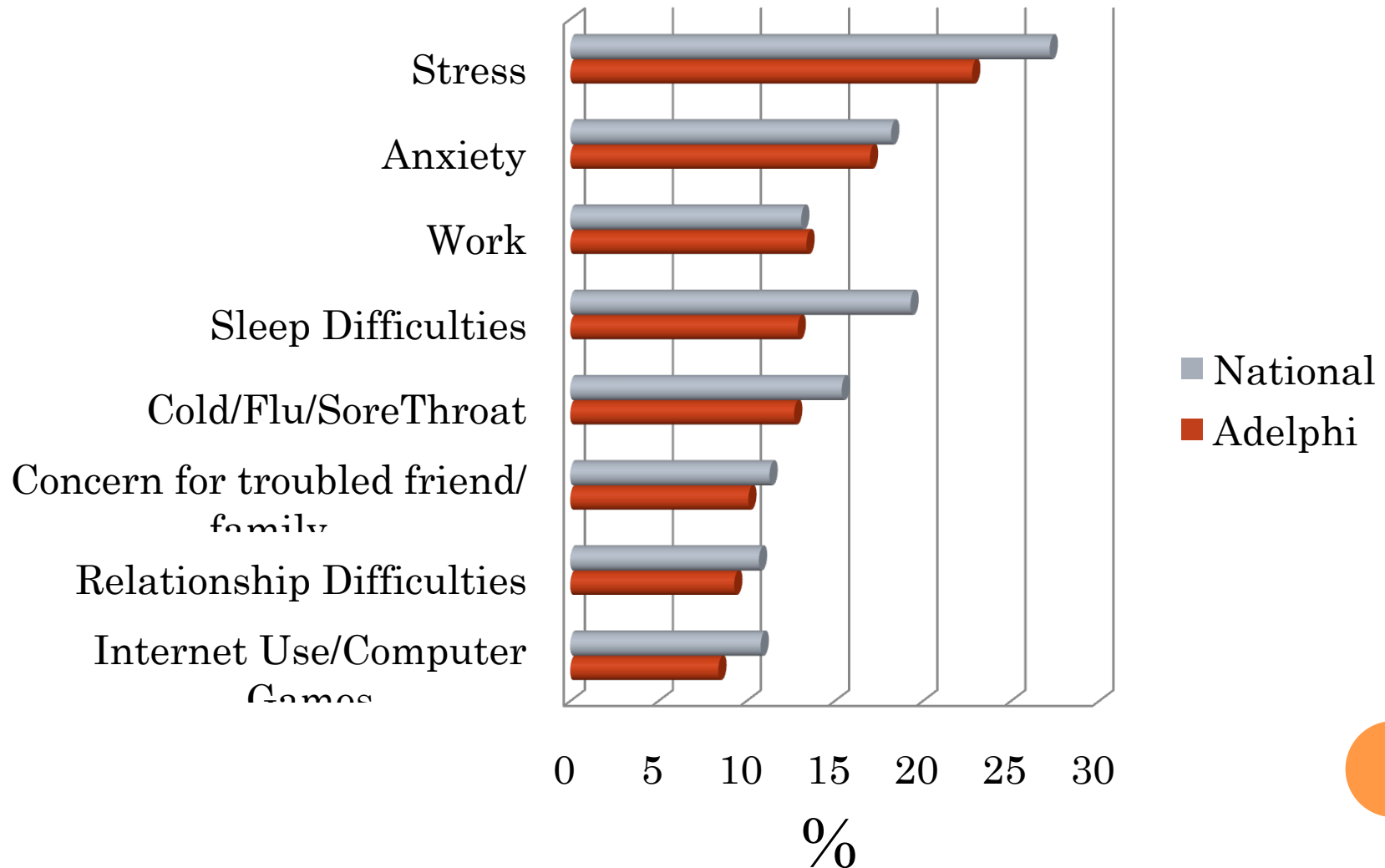


ACADEMIC IMPACTS



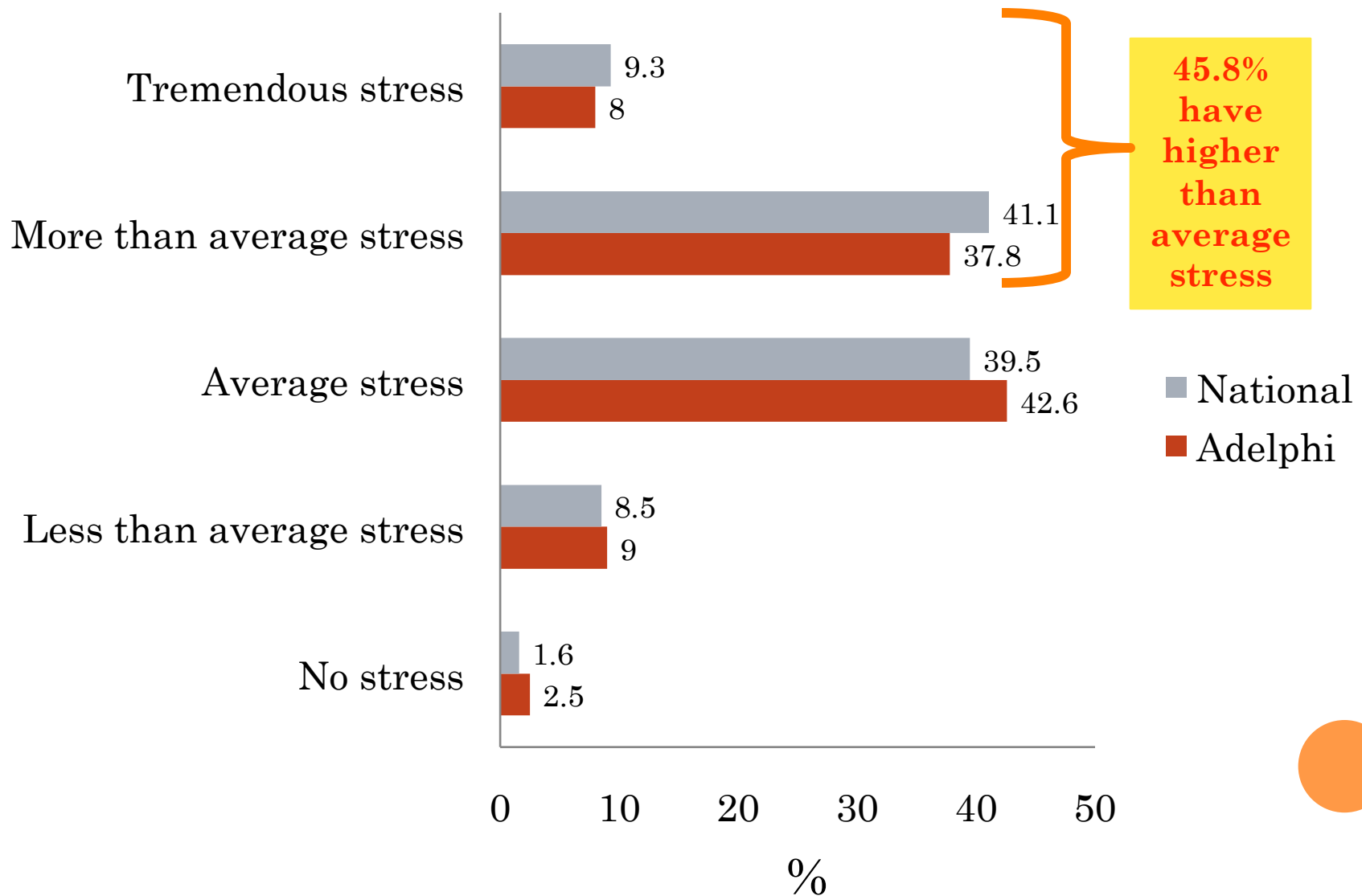
ACADEMIC IMPACTS

Adelphi Score VS National Norms

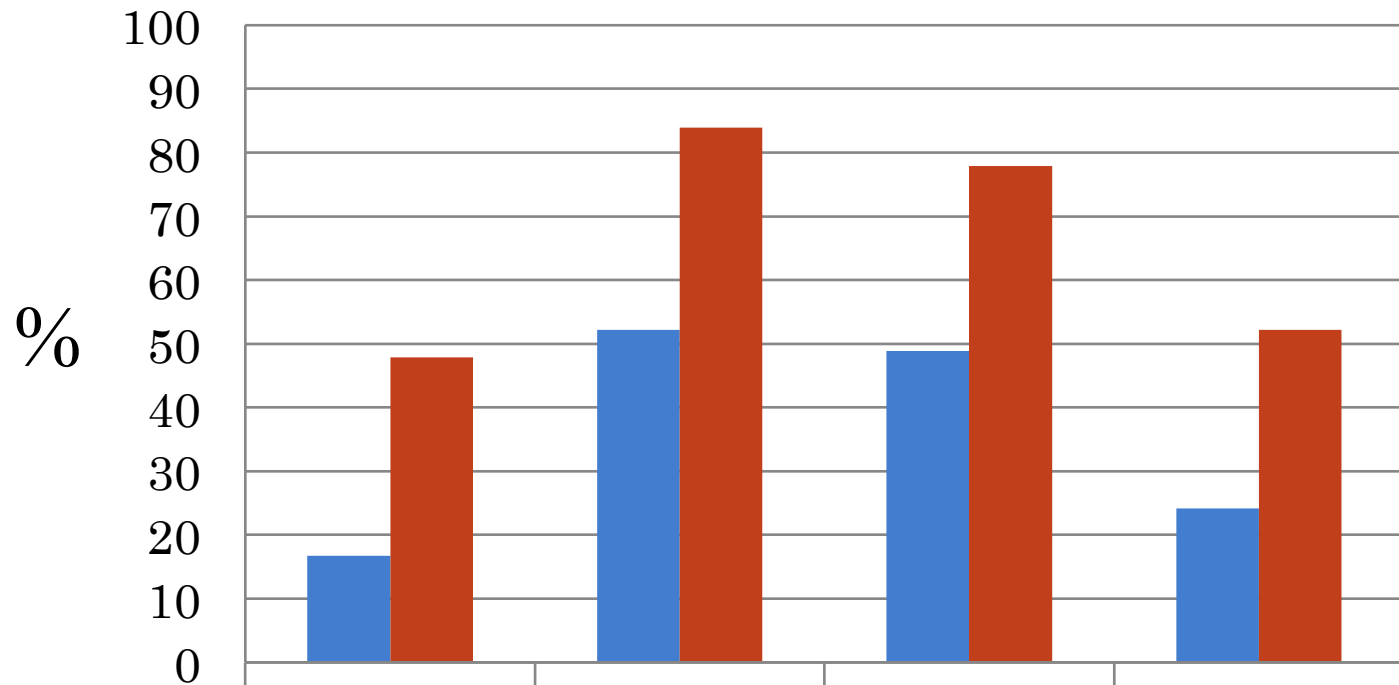


STRESS EXPERIENCE

Adelphi Score VS National Norms

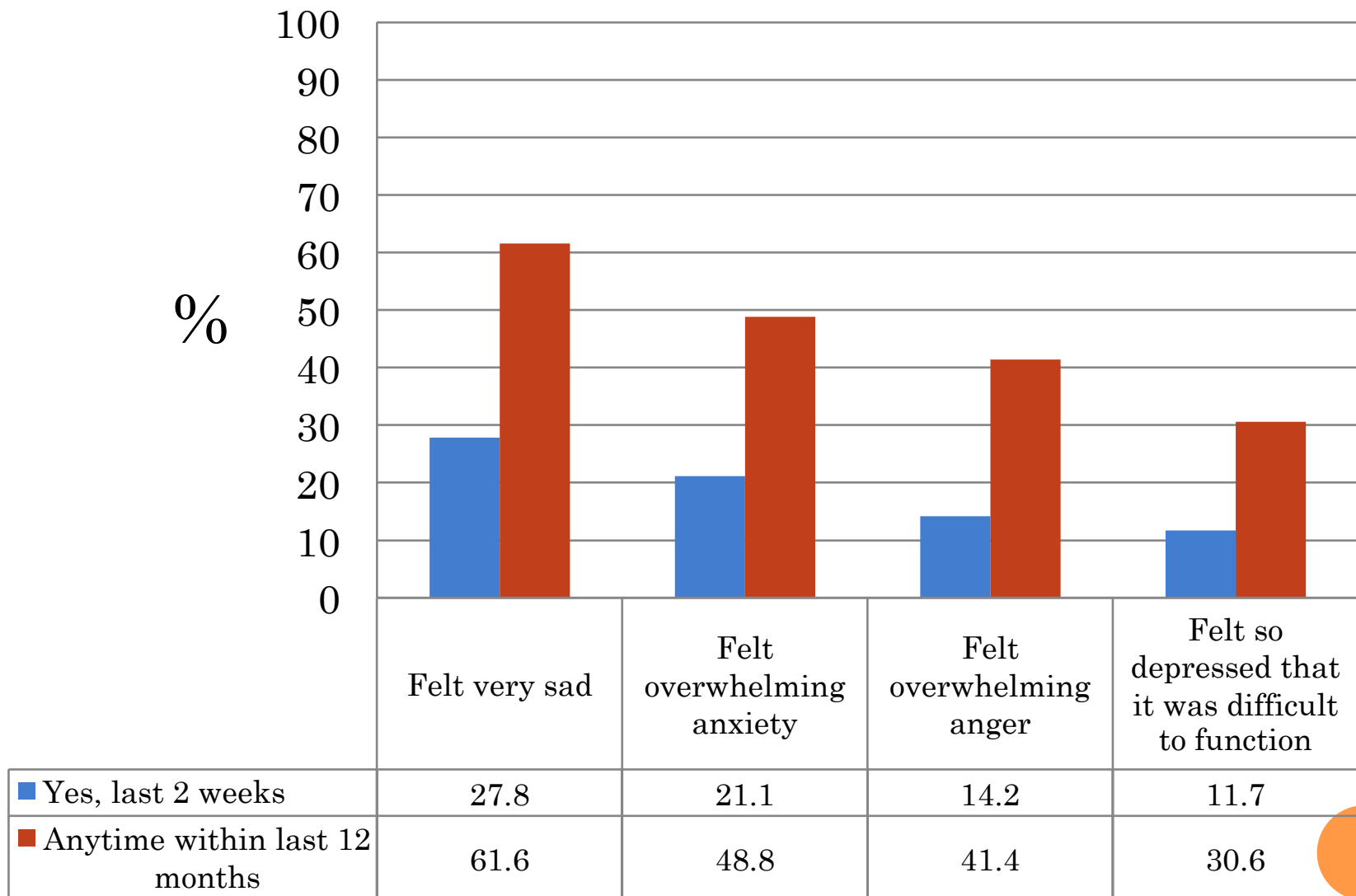


MENTAL HEALTH

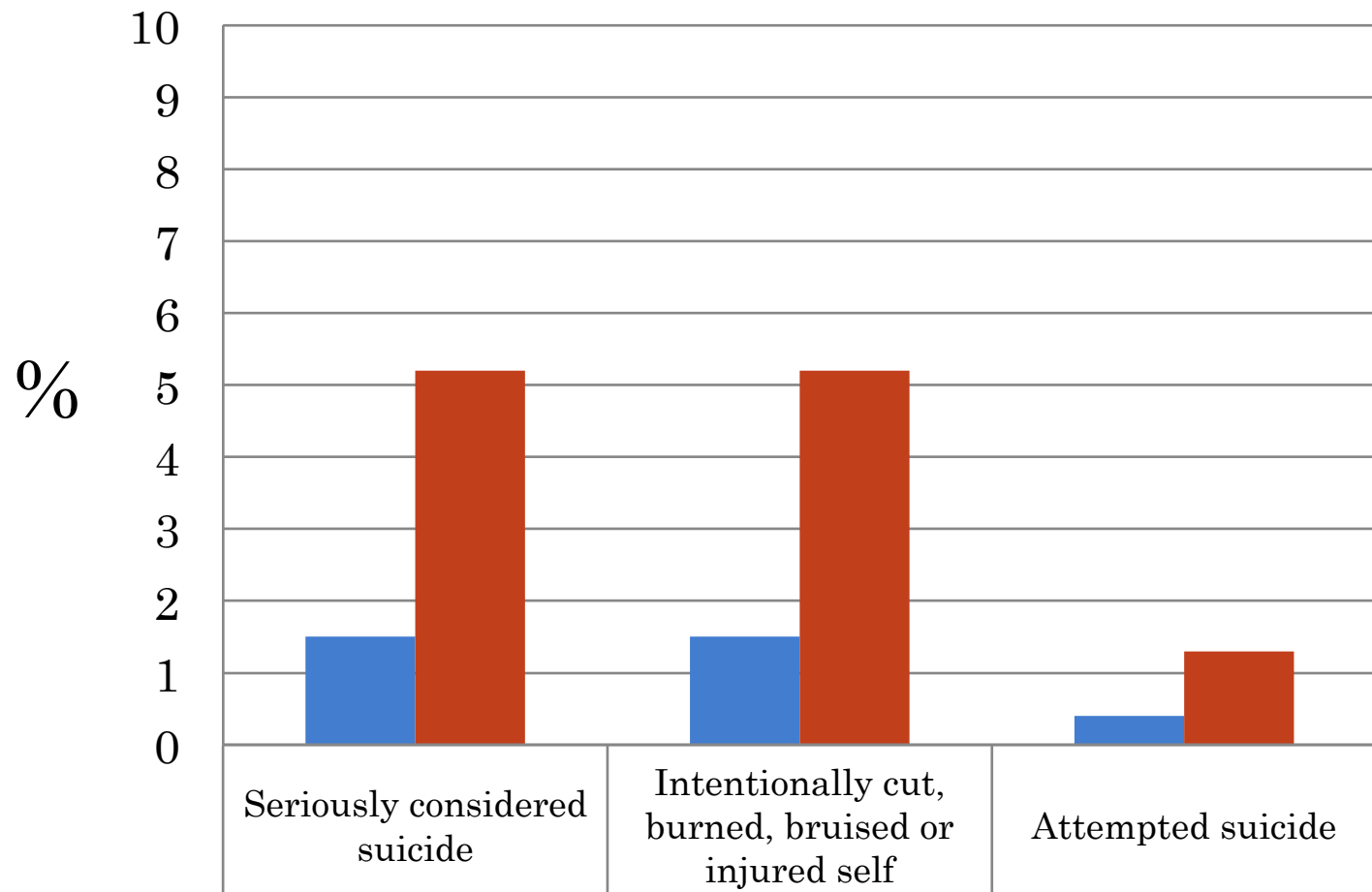


■ Yes, last 2 weeks	16.7	52.2	48.9	24.2
■ Anytime within last 12 months	47.9	83.9	77.9	52.2

MENTAL HEALTH



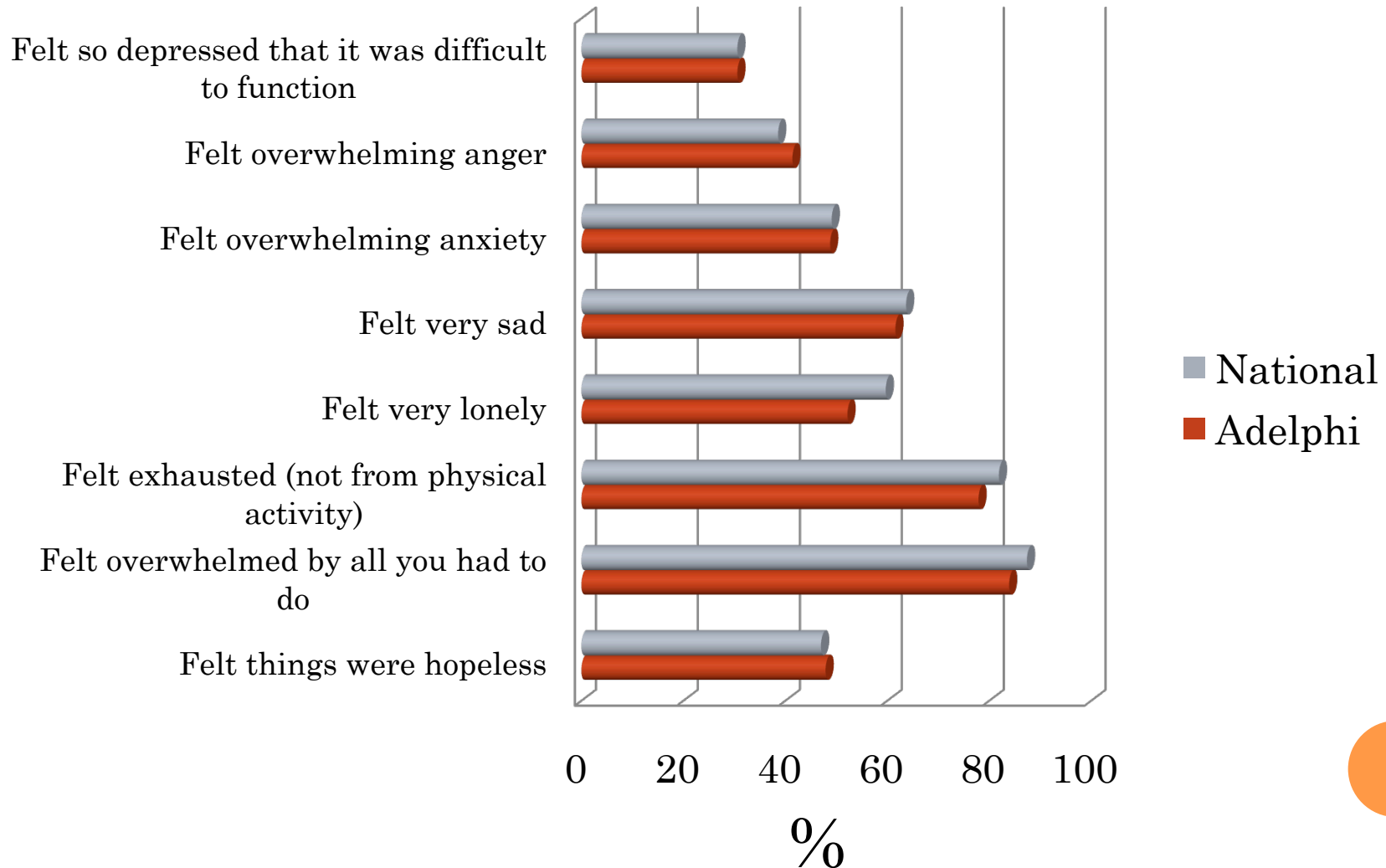
MENTAL HEALTH



■ Yes, last 2 weeks	1.5	1.5	0.4
■ Anytime within last 12 months	5.2	5.2	1.3

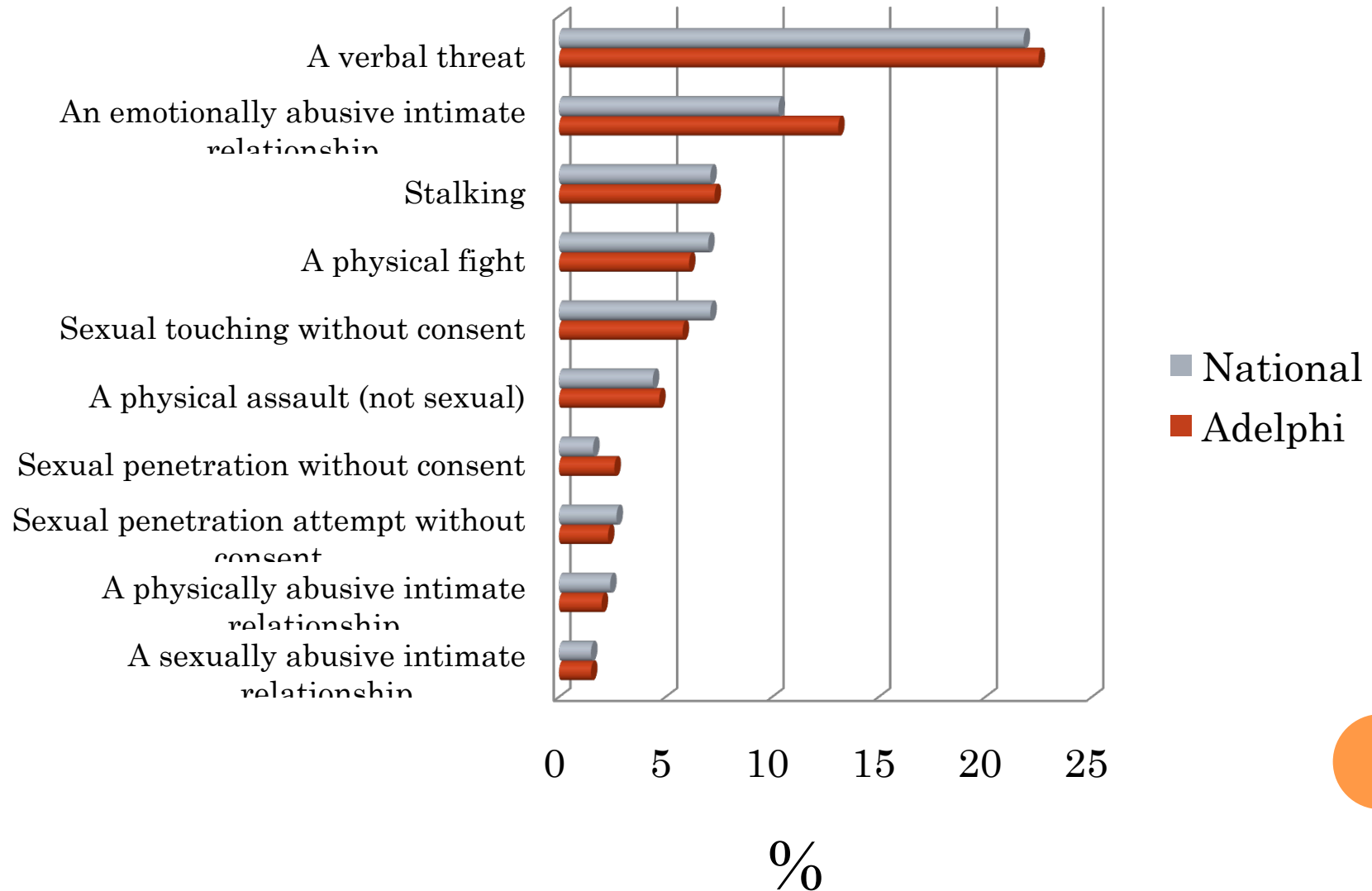
MENTAL HEALTH AND STRESS

Adelphi Score VS National Norms



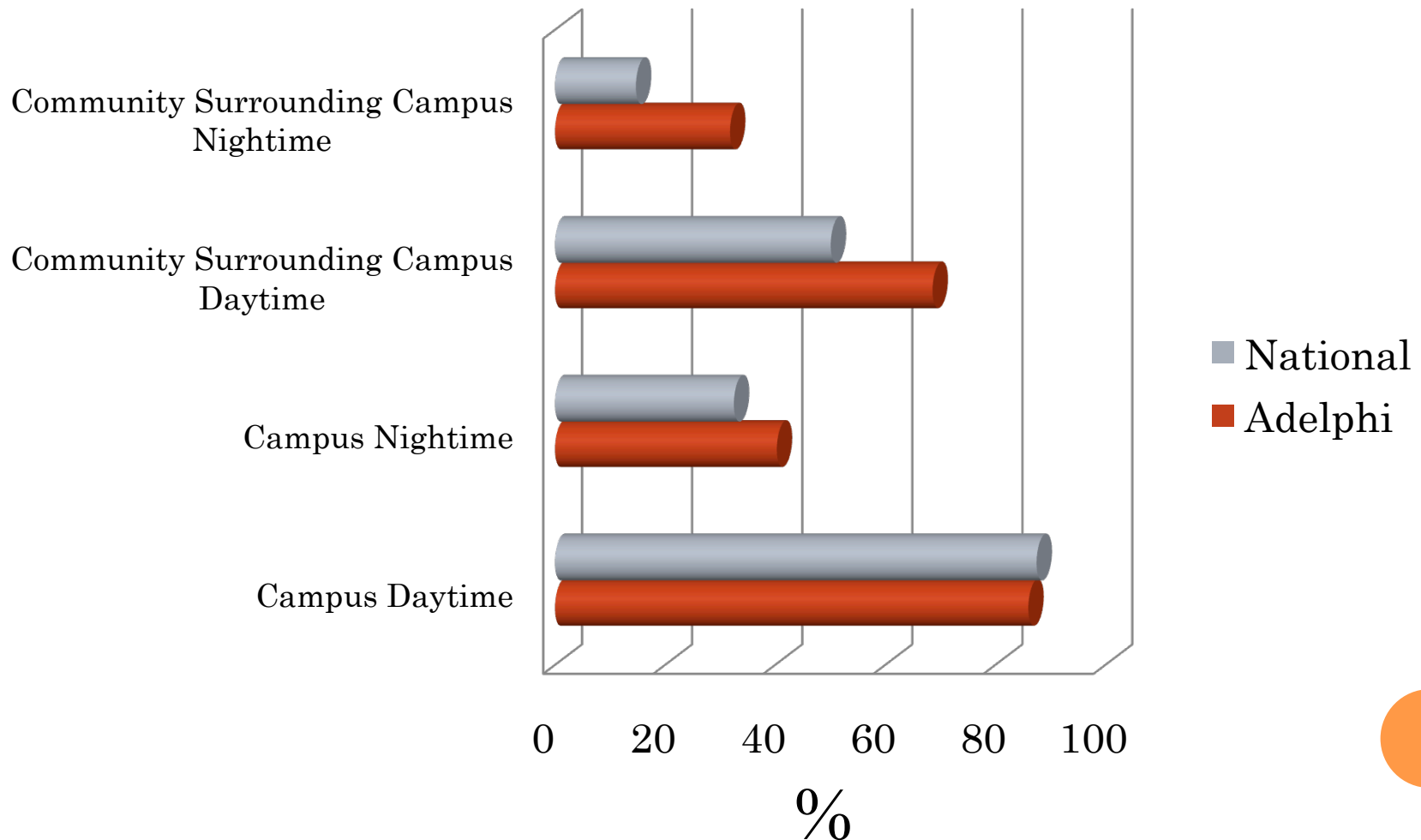
VIOLENCE EXPERIENCES

Adelphi Score VS National Norms



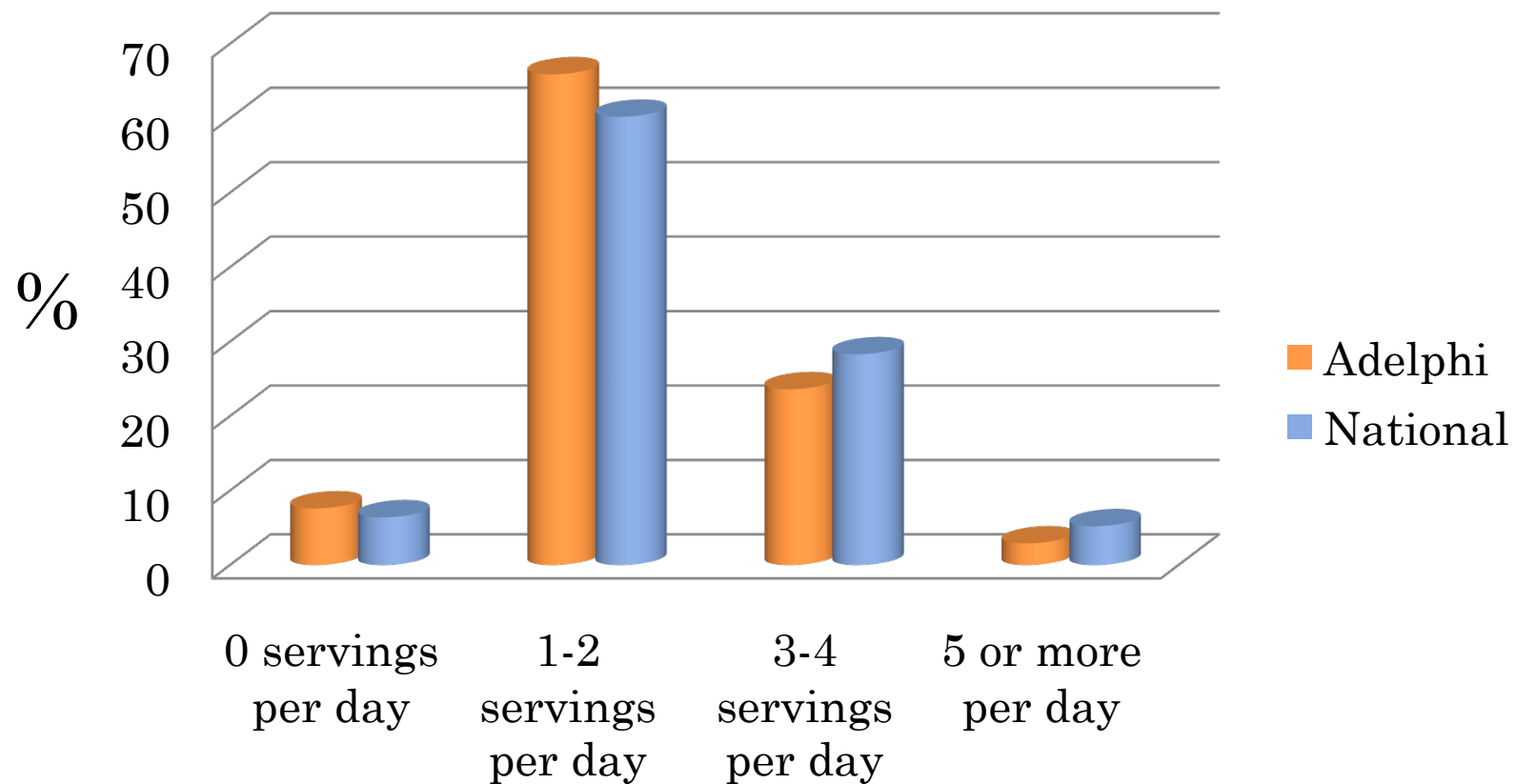
CAMPUS/COMMUNITY SAFETY

**Reported feeling “very safe” in the following:
Adelphi Score vs National Norms**



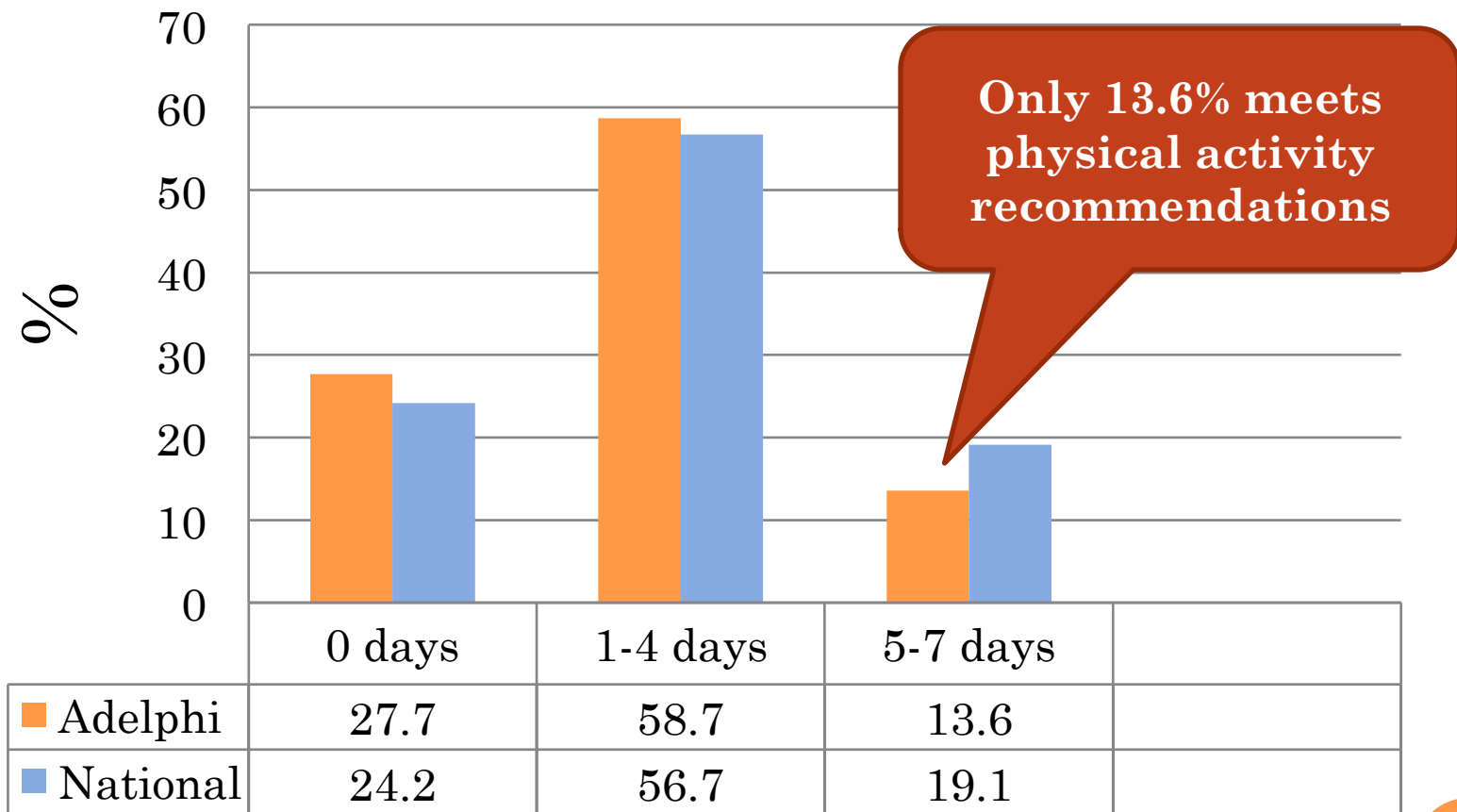
NUTRITION

Students usually eating fruits and vegetables...



PHYSICAL ACTIVITY

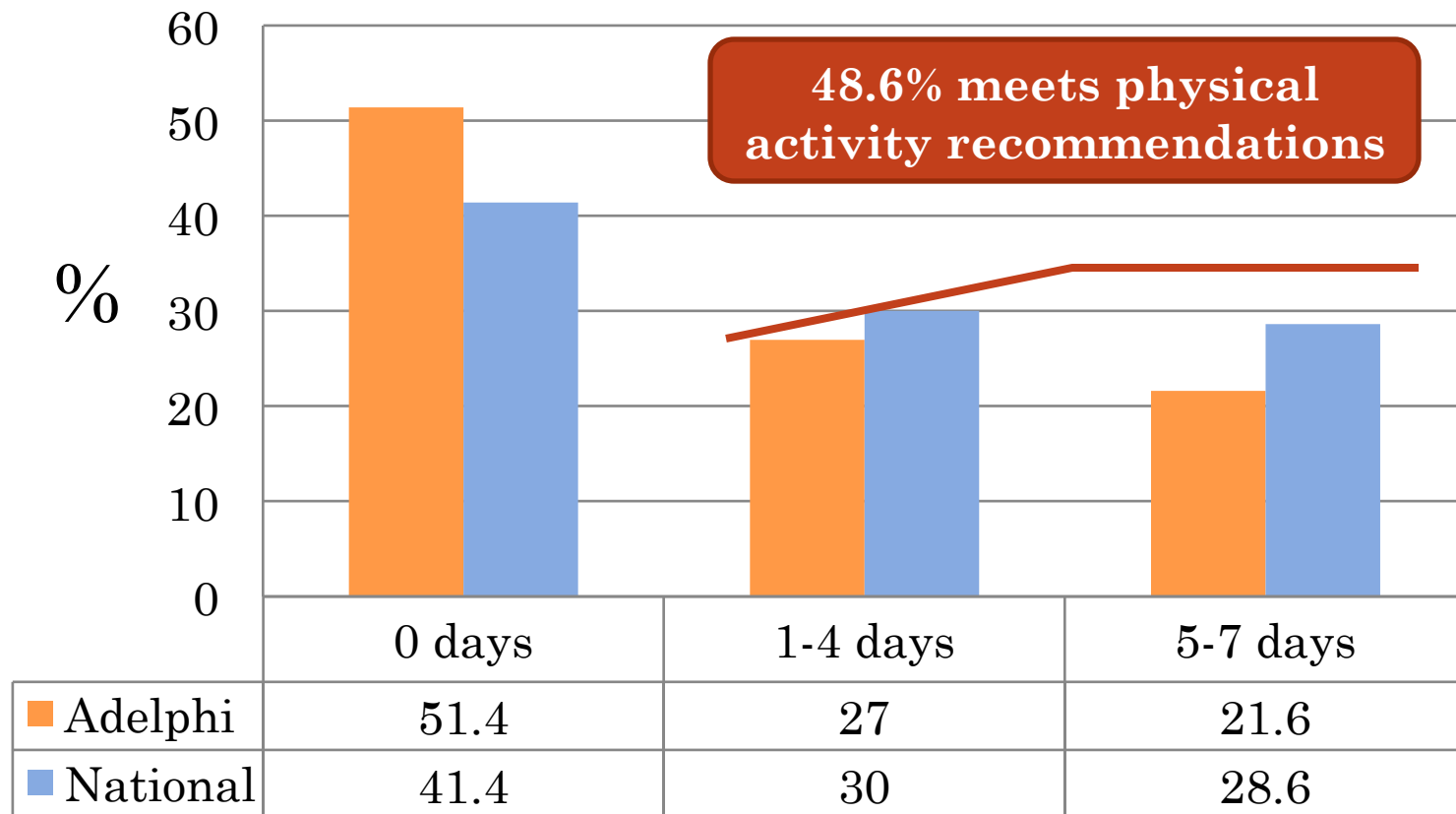
Moderate-intensity cardio or aerobic exercise for at least 30 minutes



ACSM and AHA recommends moderate-intensity cardio or aerobic exercise for at least 30 minutes on 5 or more days per week, 2007

PHYSICAL ACTIVITY

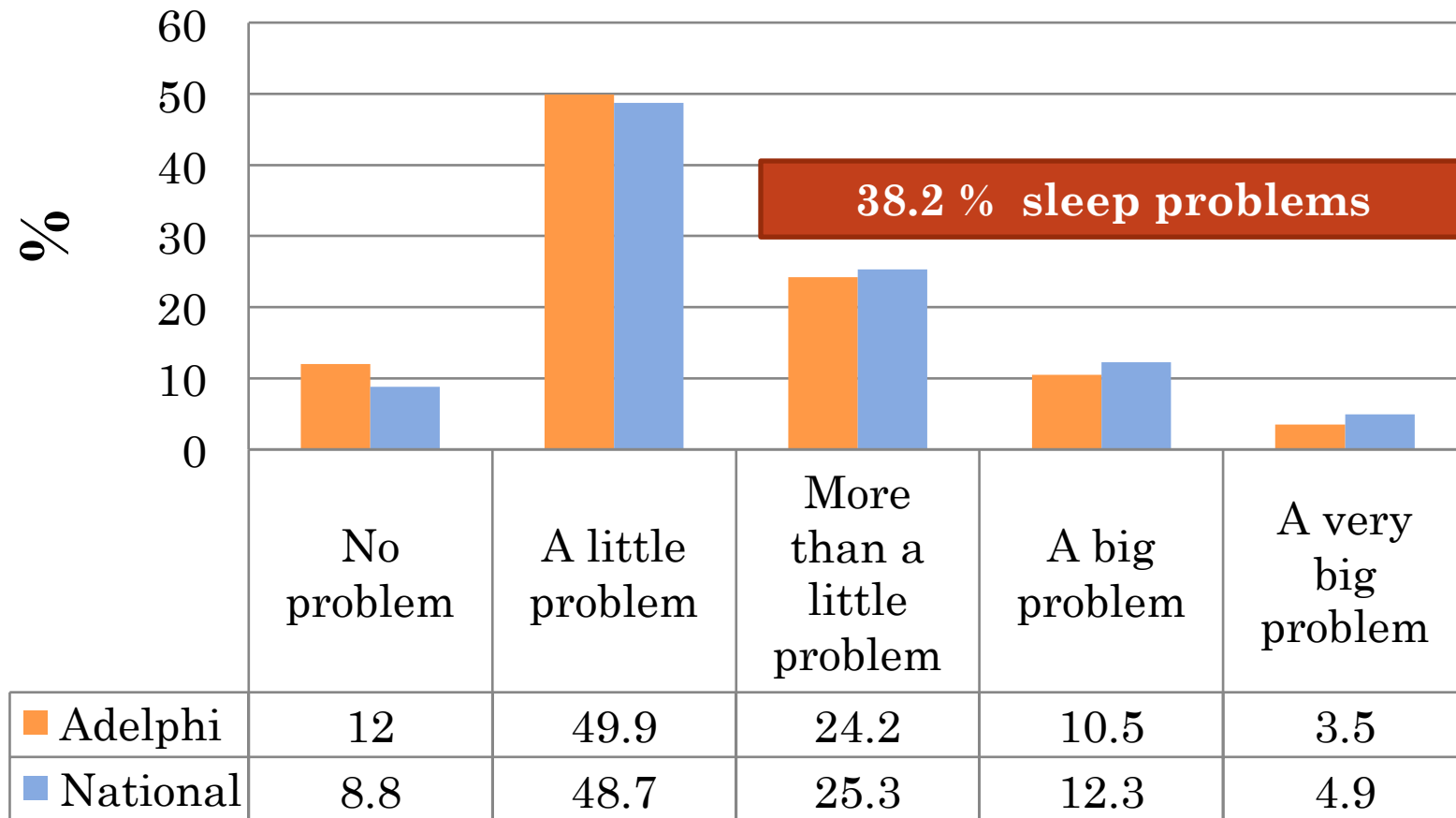
Vigorous-intensity cardio or aerobic exercise for at least 20 minutes



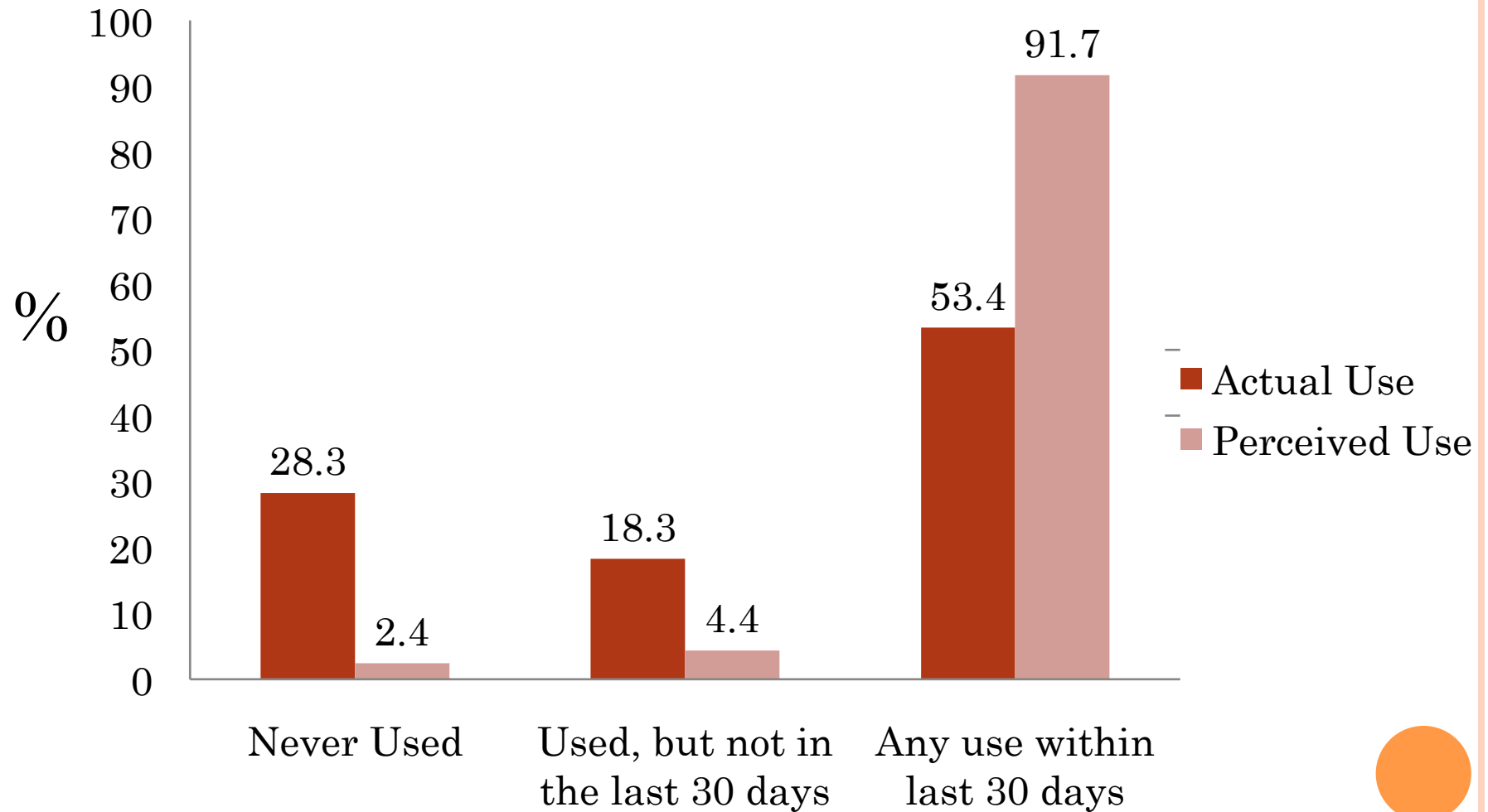
ACSM and AHA recommends vigorous-intensity cardio or aerobic exercise for at least 20 minutes on 3 or more days per week, 2007

SLEEP

**How much of a problem with sleepiness
during daytime activities**

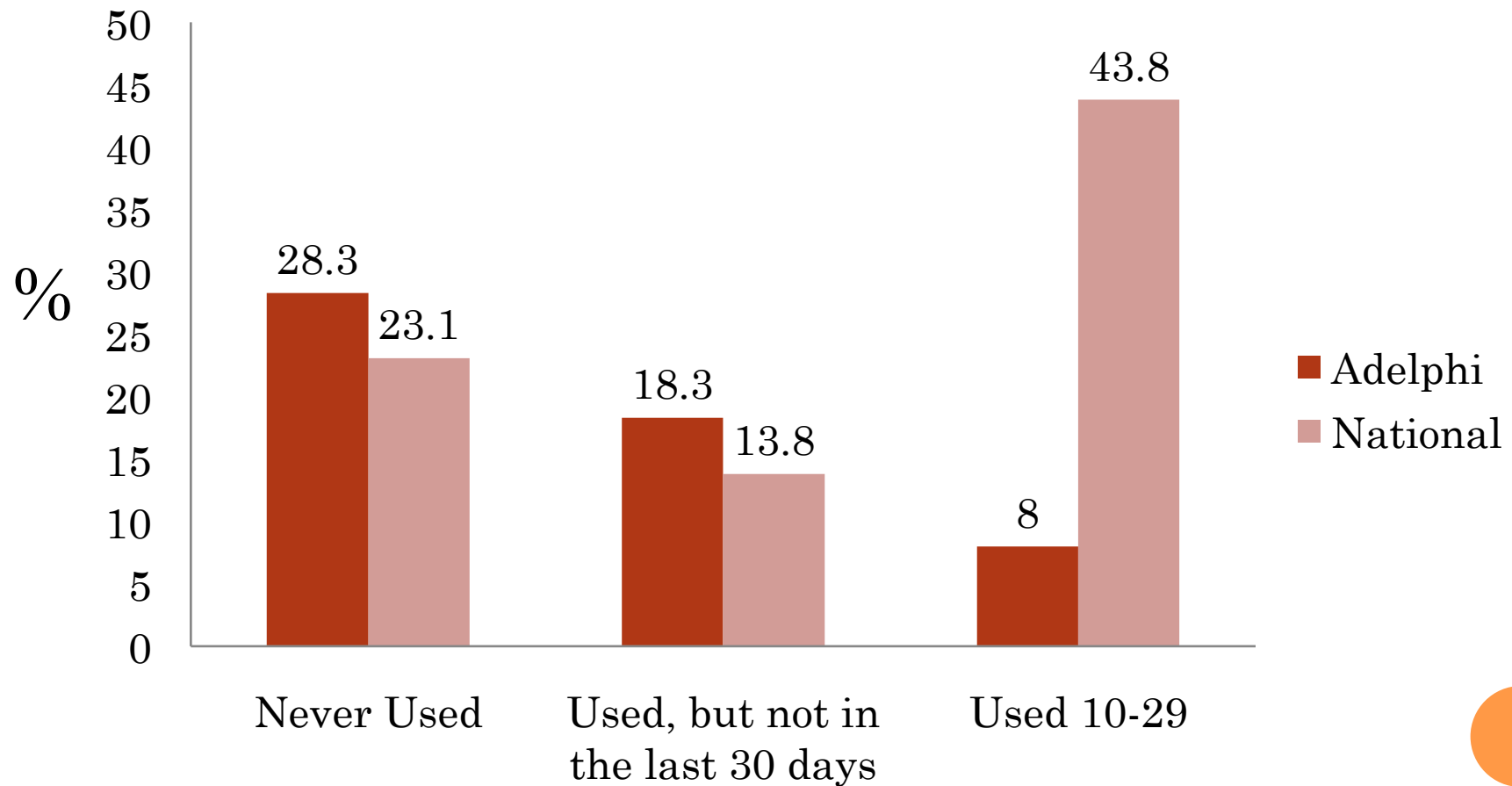


Alcohol Use within the past 30 days Adelphi Actual vs. Perceived



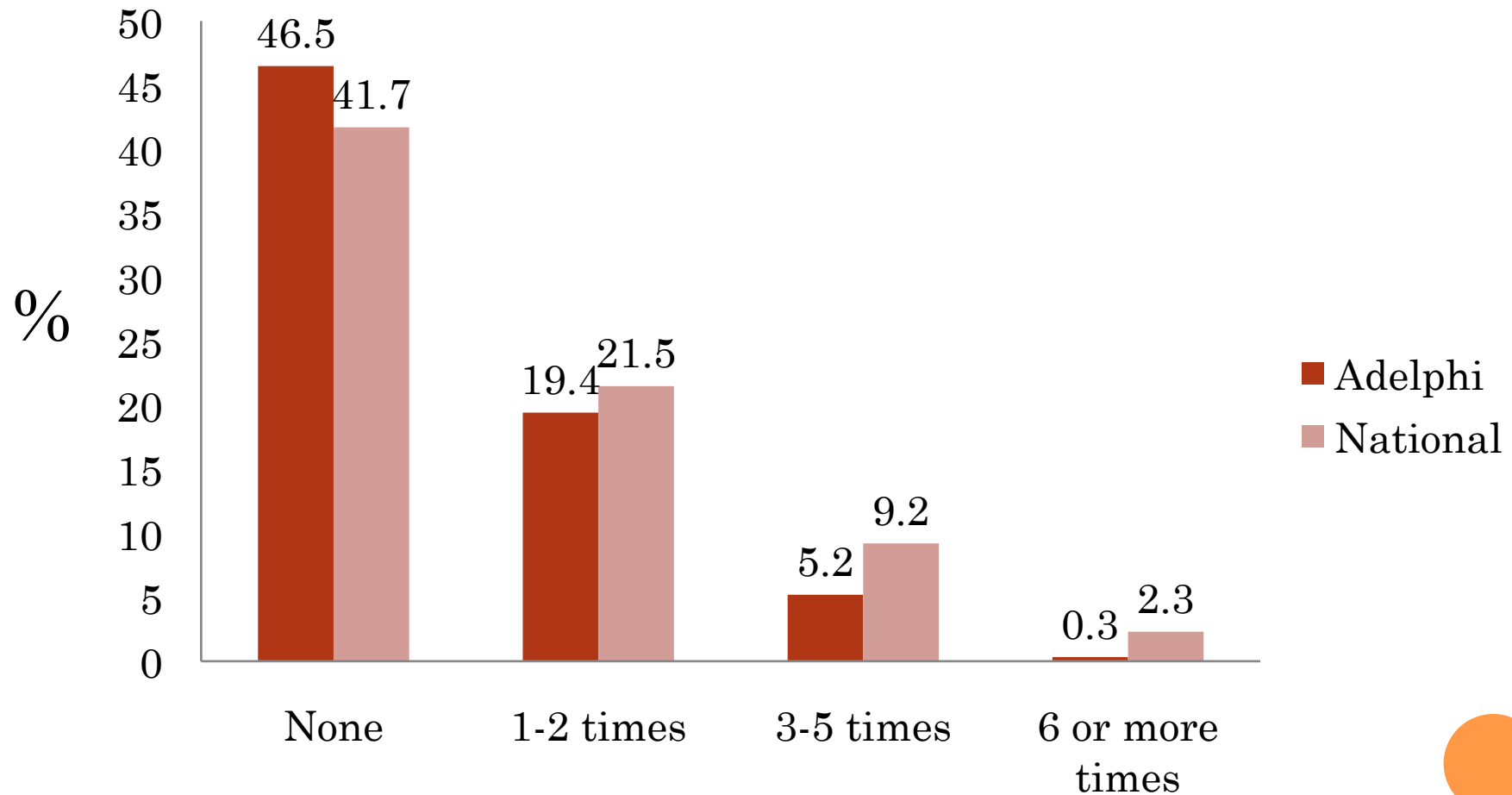
ALCOHOL, TOBACCO AND MARIJUANA

Alcohol Use within the past 30 days Adelphi vs National



ALCOHOL, TOBACCO AND MARIJUANA

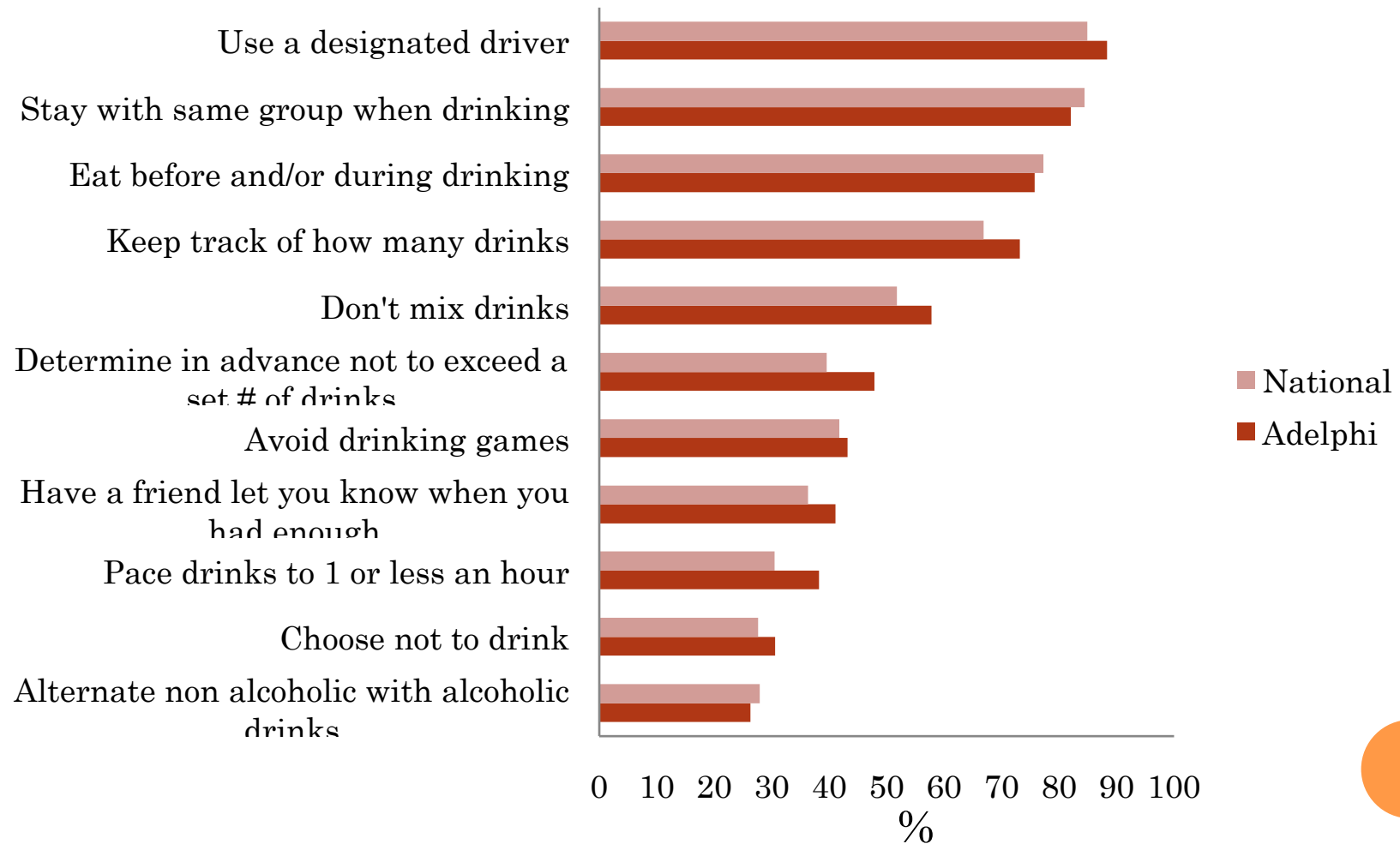
Binge Drinking During the Past 2 Weeks Adelphi vs National



Students responding "N/A, don't drink" were excluded

ALCOHOL BEHAVIORS

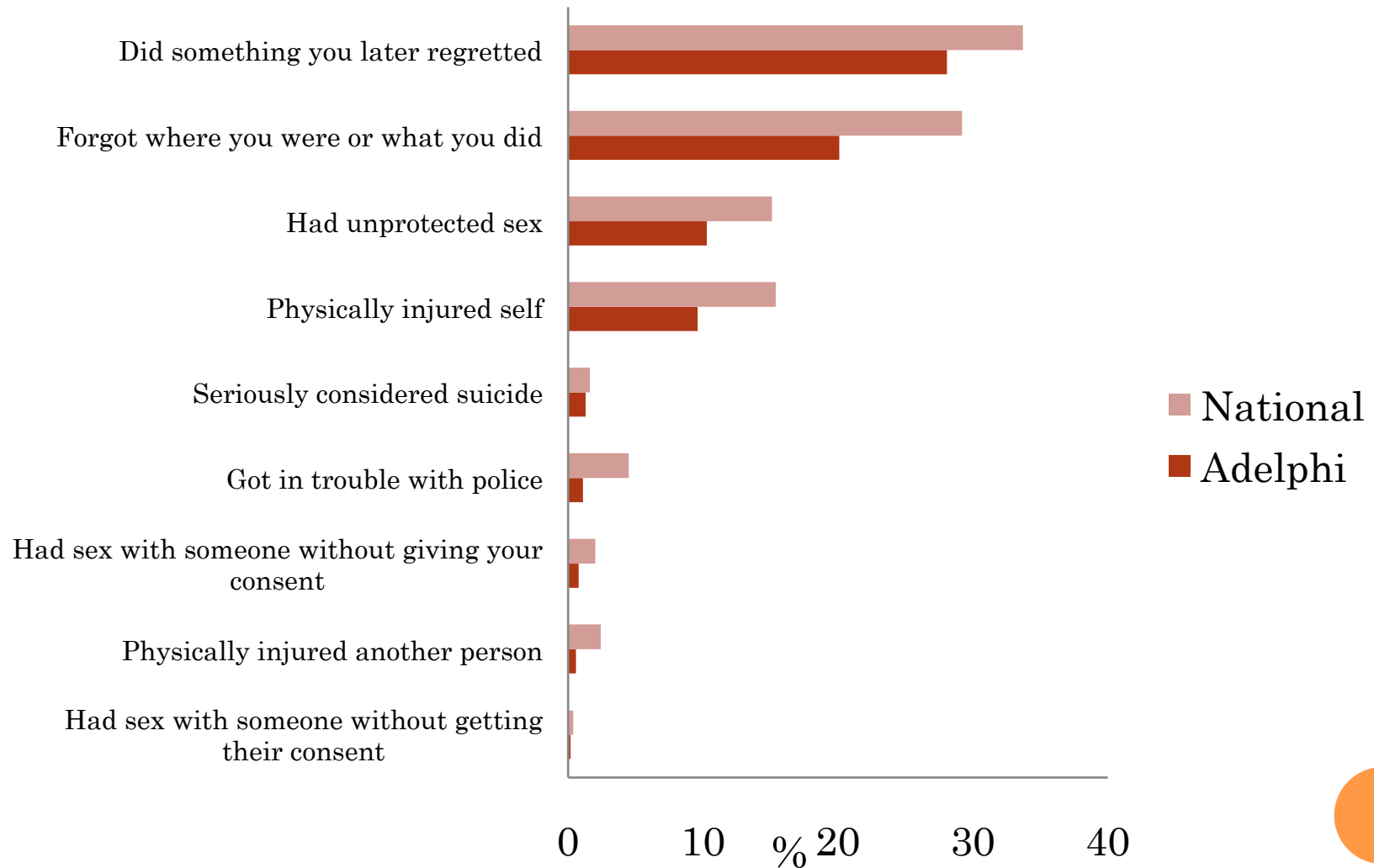
Responsible Drinking Behaviors Reported “most of the time or always” when socializing during last 12 months



Students responding “N/A, don’t drink” were excluded

ALCOHOL BEHAVIORS

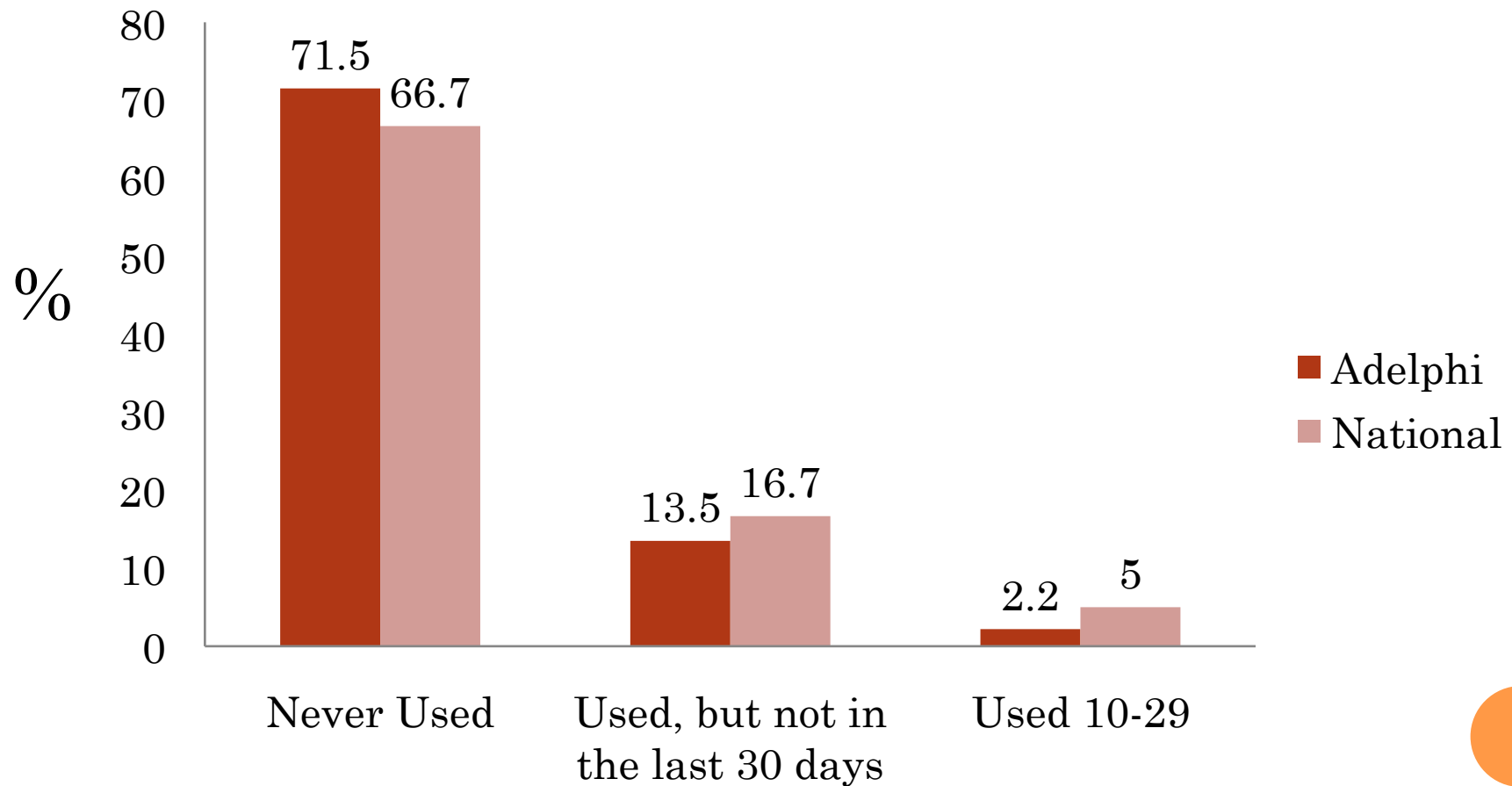
Negative Consequences Occurring in the last 12 months



Students responding "N/A, don't drink" were excluded

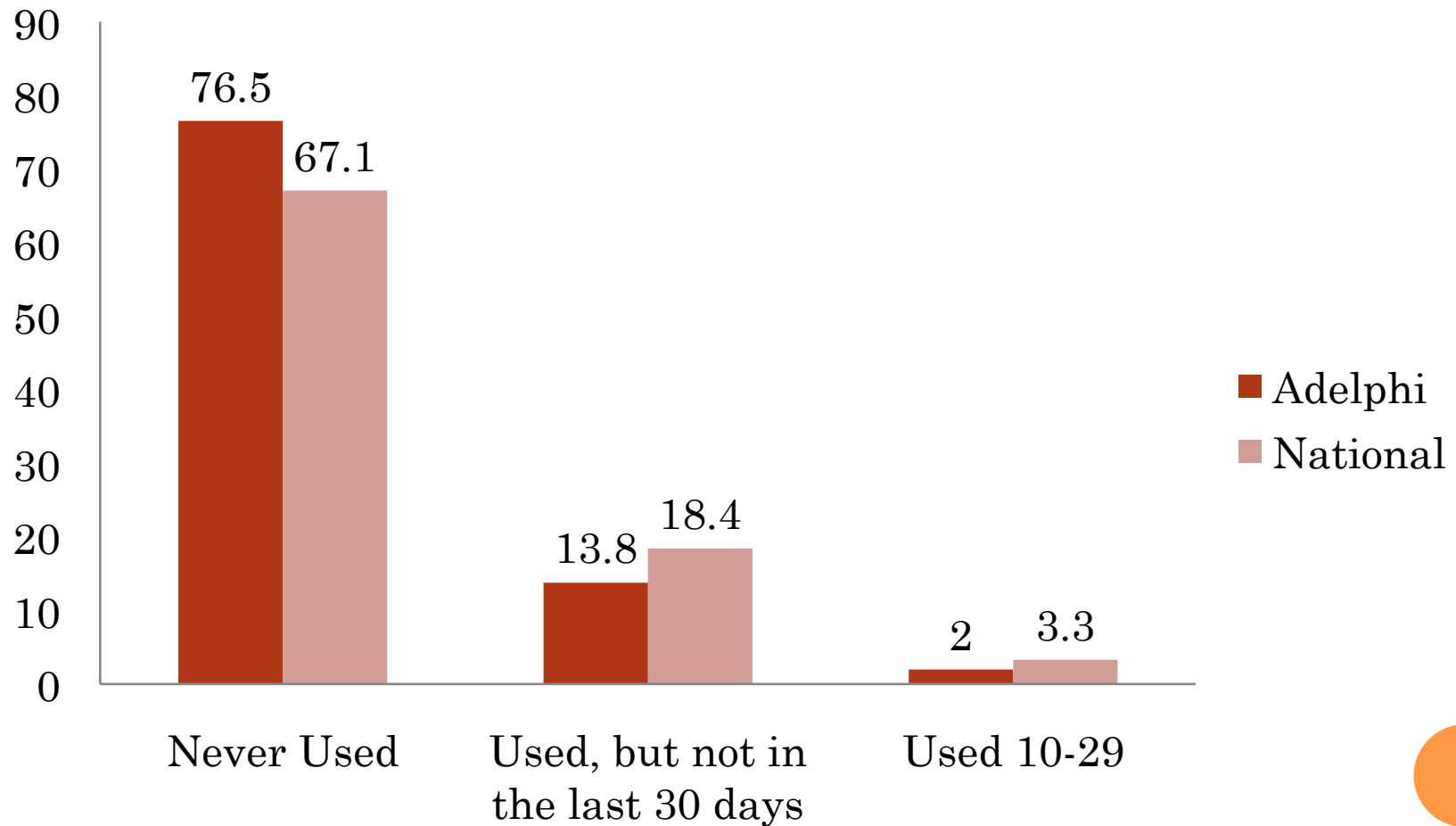
ALCOHOL, TOBACCO AND MARIJUANA

Cigarette Use within the past 30 days Adelphi vs National



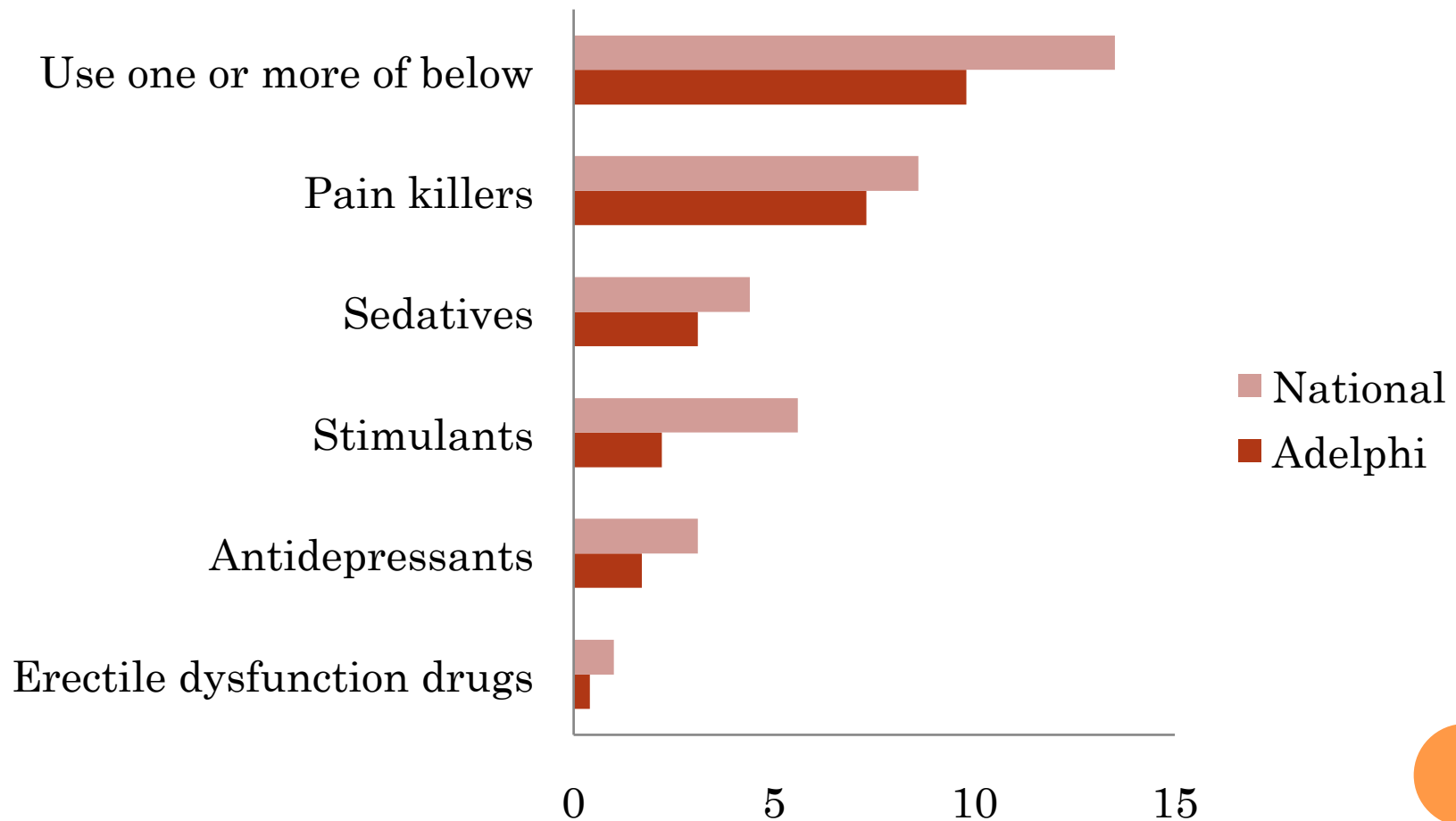
ALCOHOL, TOBACCO AND MARIJUANA

Marijuana Use within the past 30 days Adelphi vs National



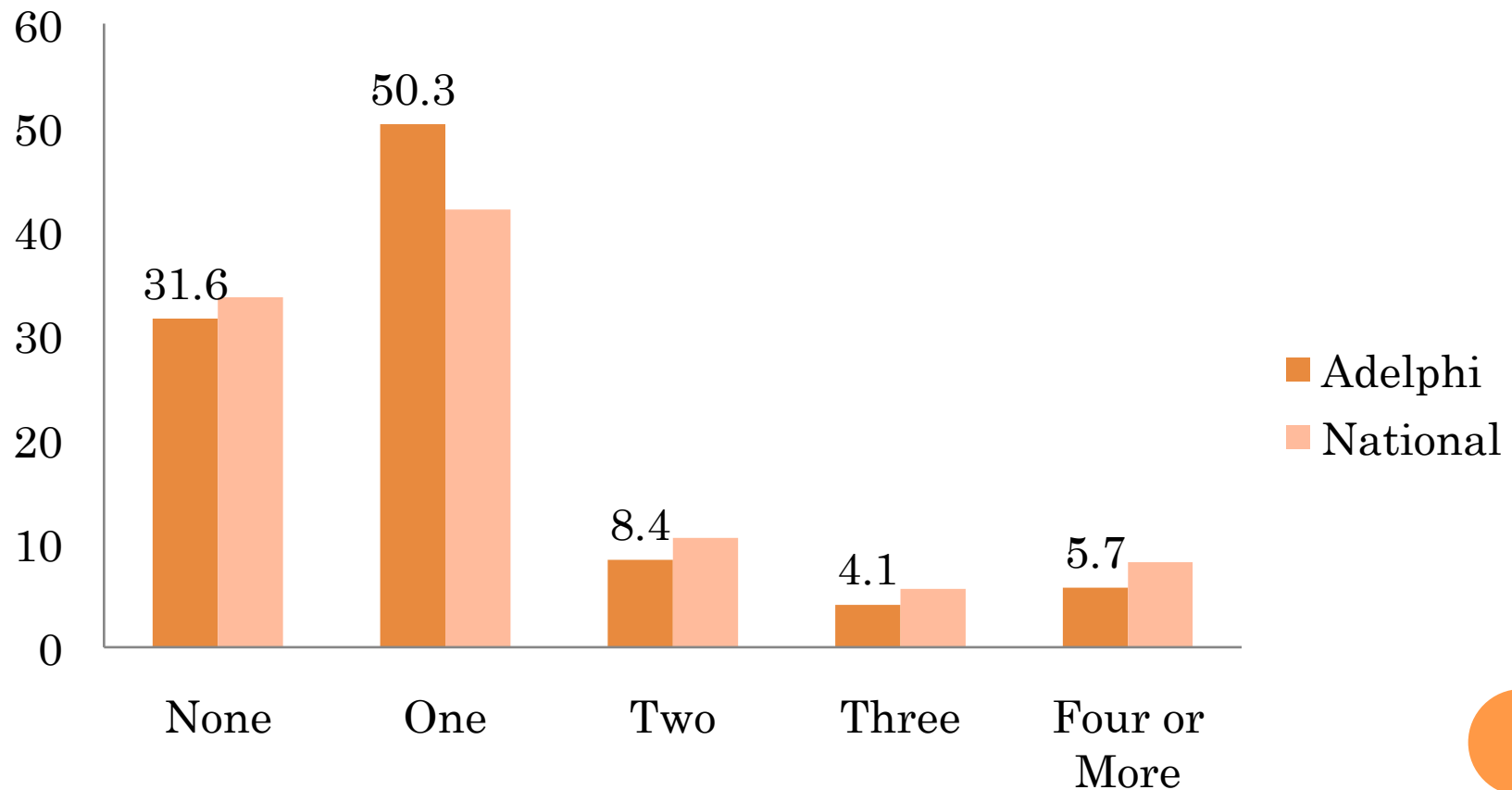
ILLEGAL PRESCRIPTION DRUG USE

Use within the last 12 mos
Adelphi vs National



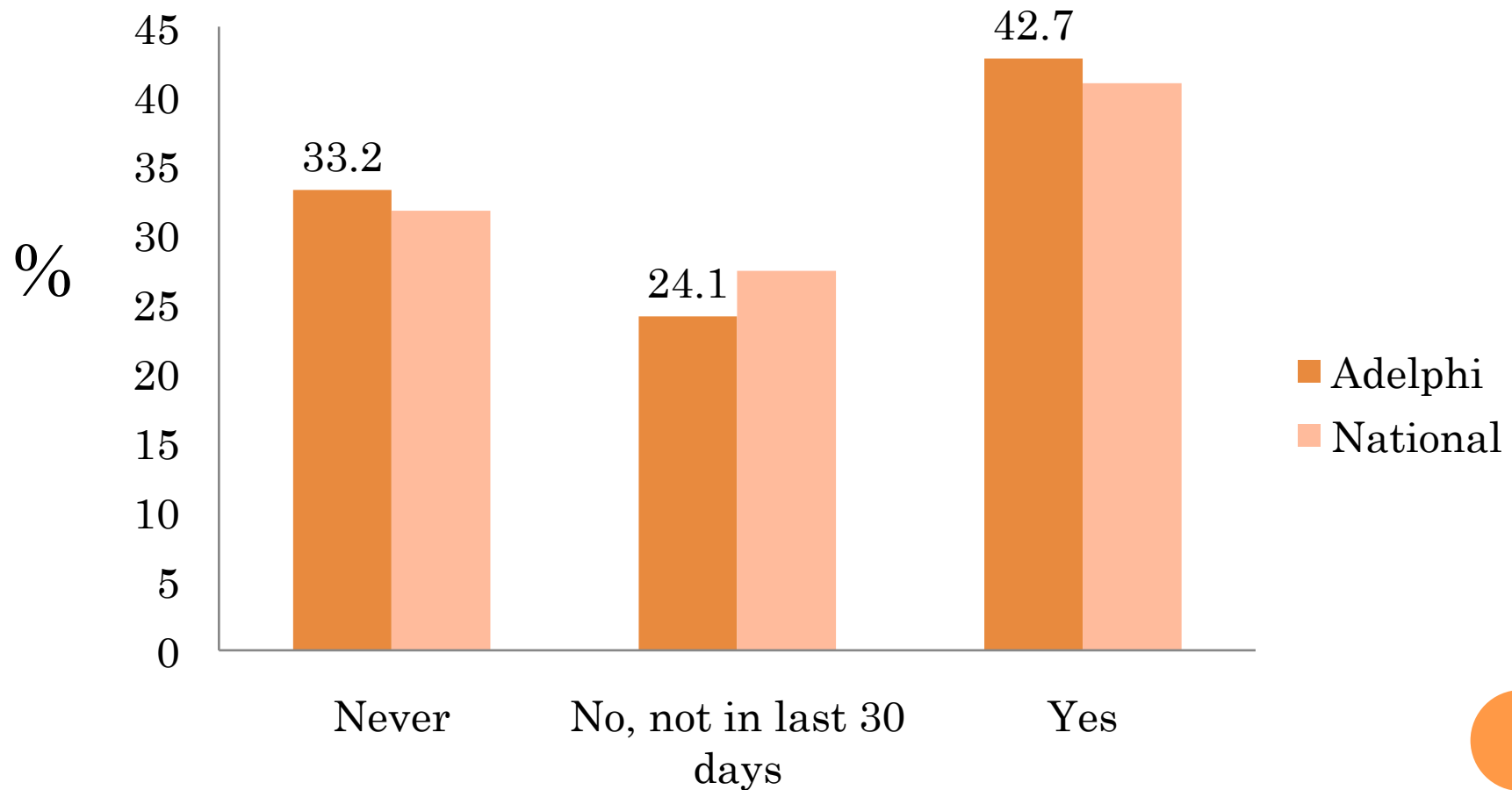
SEXUAL BEHAVIOR

Number of Sexual Partners within last 12 months Adelphi vs National



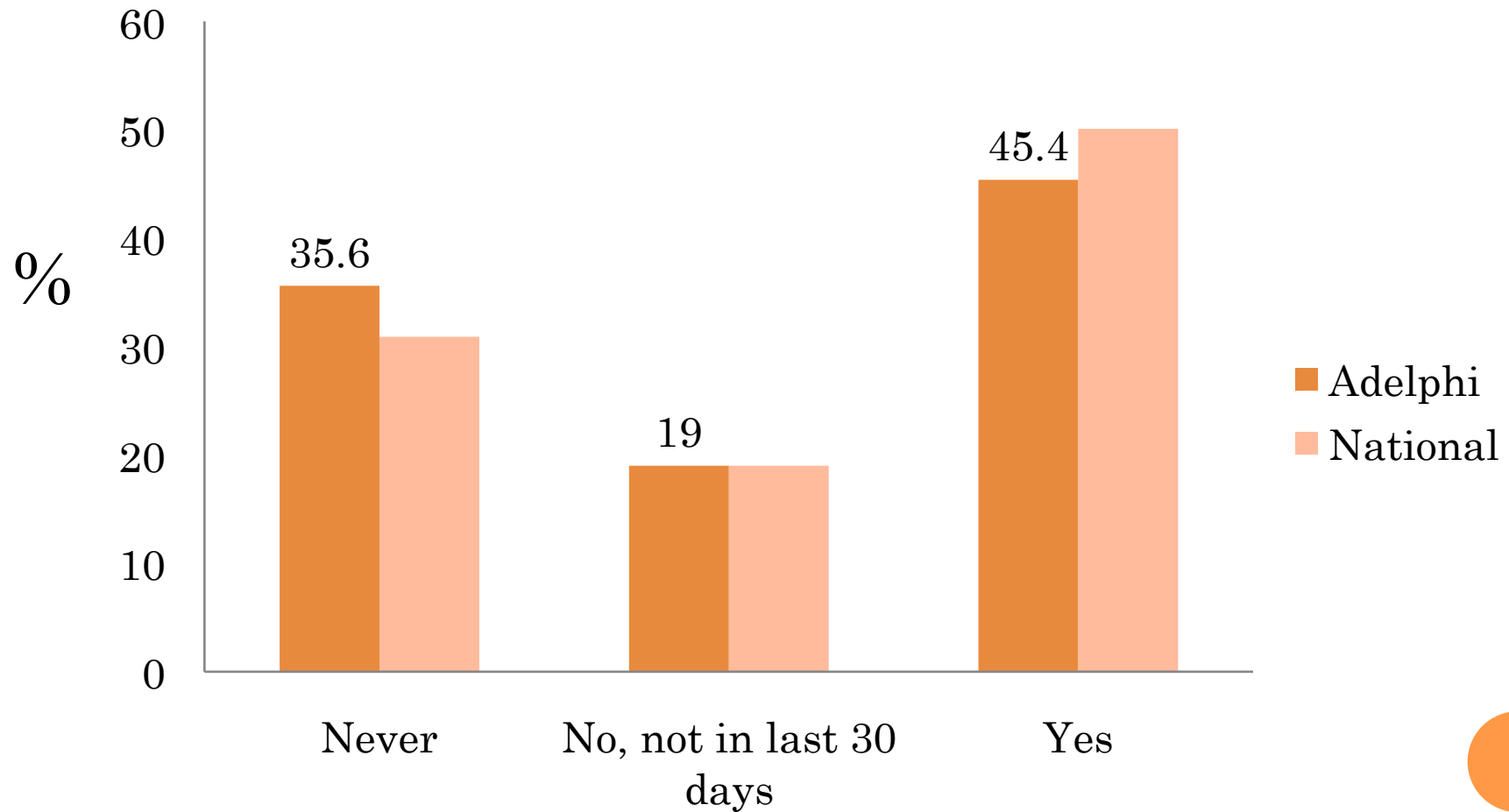
SEXUAL BEHAVIOR

Oral Sex within the past 30 days Adelphi vs National



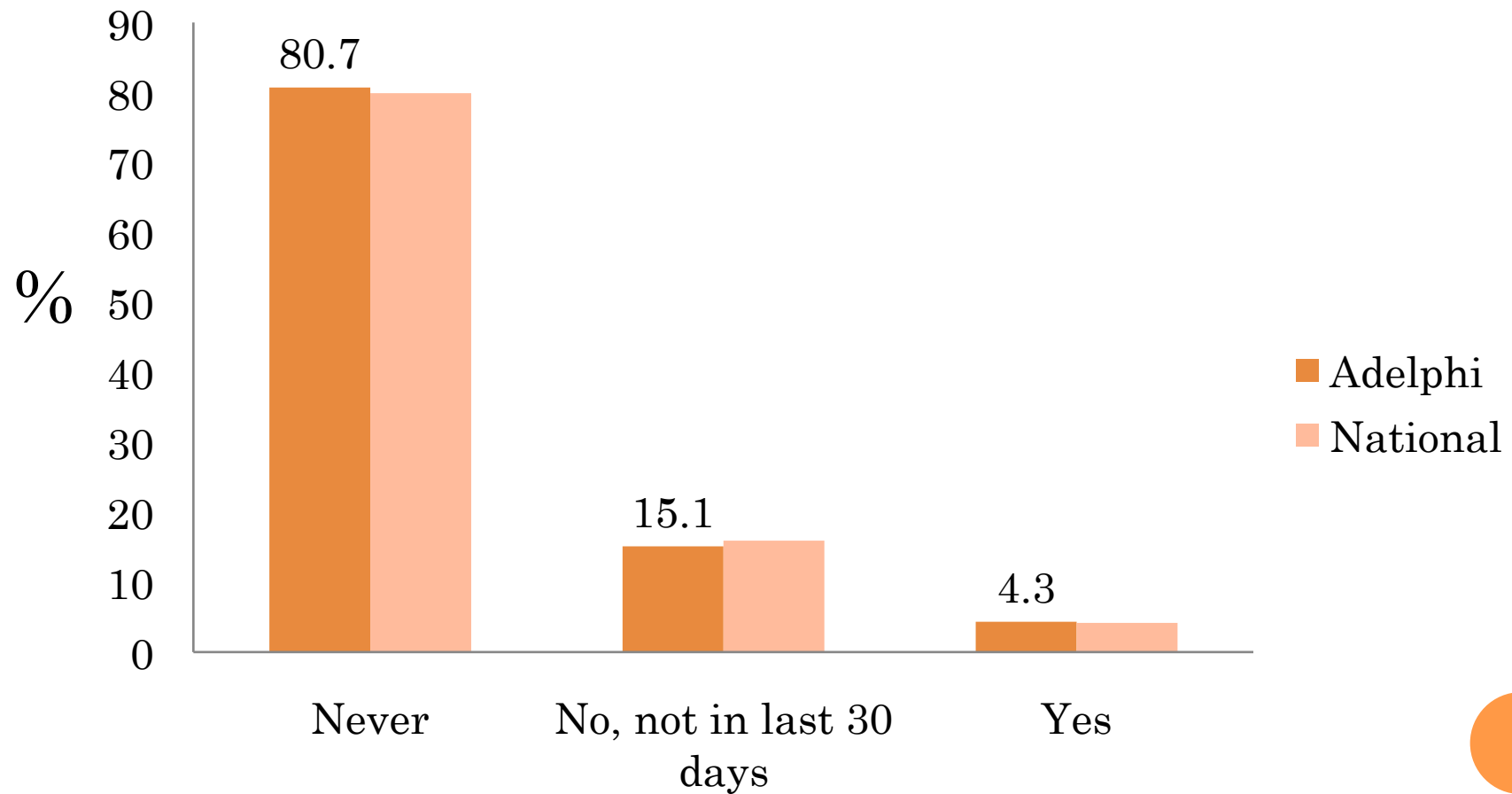
SEXUAL BEHAVIOR

Vaginal Sex within the past 30 days Adelphi vs National



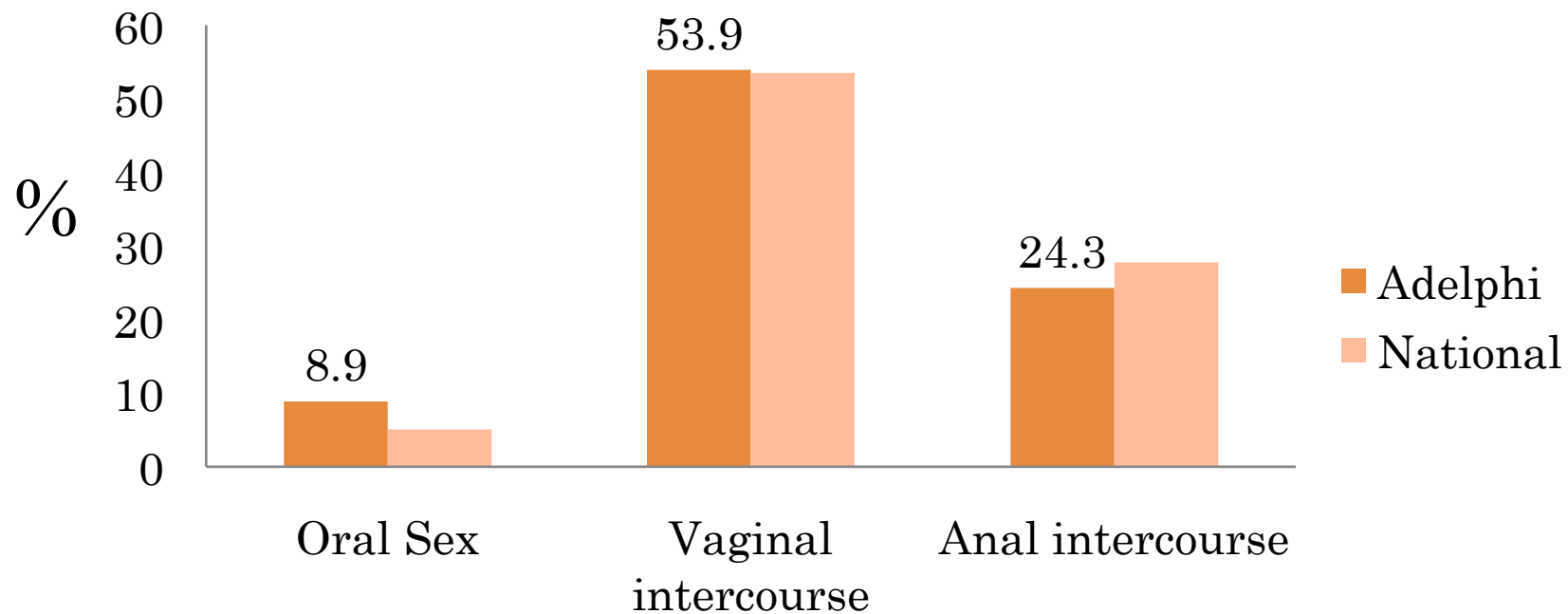
SEXUAL BEHAVIOR

Anal Sex within the past 30 days Adelphi vs National



PROTECTIVE SEXUAL BEHAVIOR

**Use of protective barrier within the last
30 days (mostly or always)
Adelphi vs National**



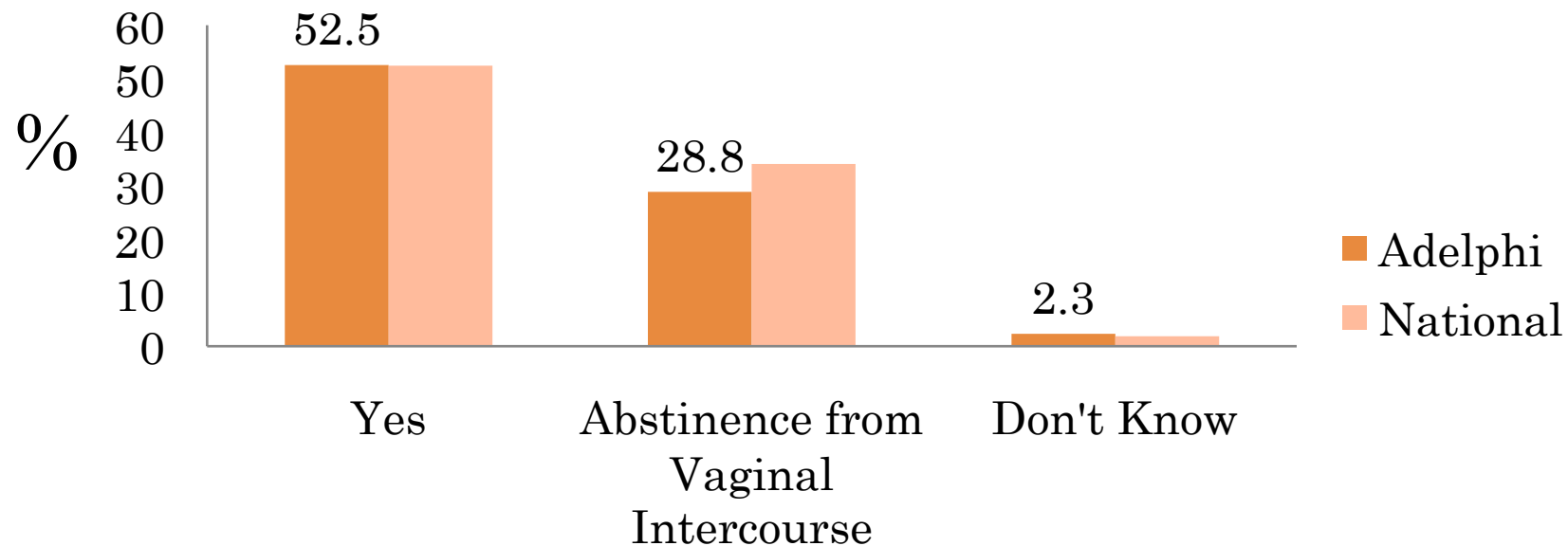
“never did this sexual activity” or “have not done this during the last 30 days” were excluded



CONTRACEPTIVE USE BY STUDENTS OR PARTNER

Contraceptive Use during the last vaginal intercourse

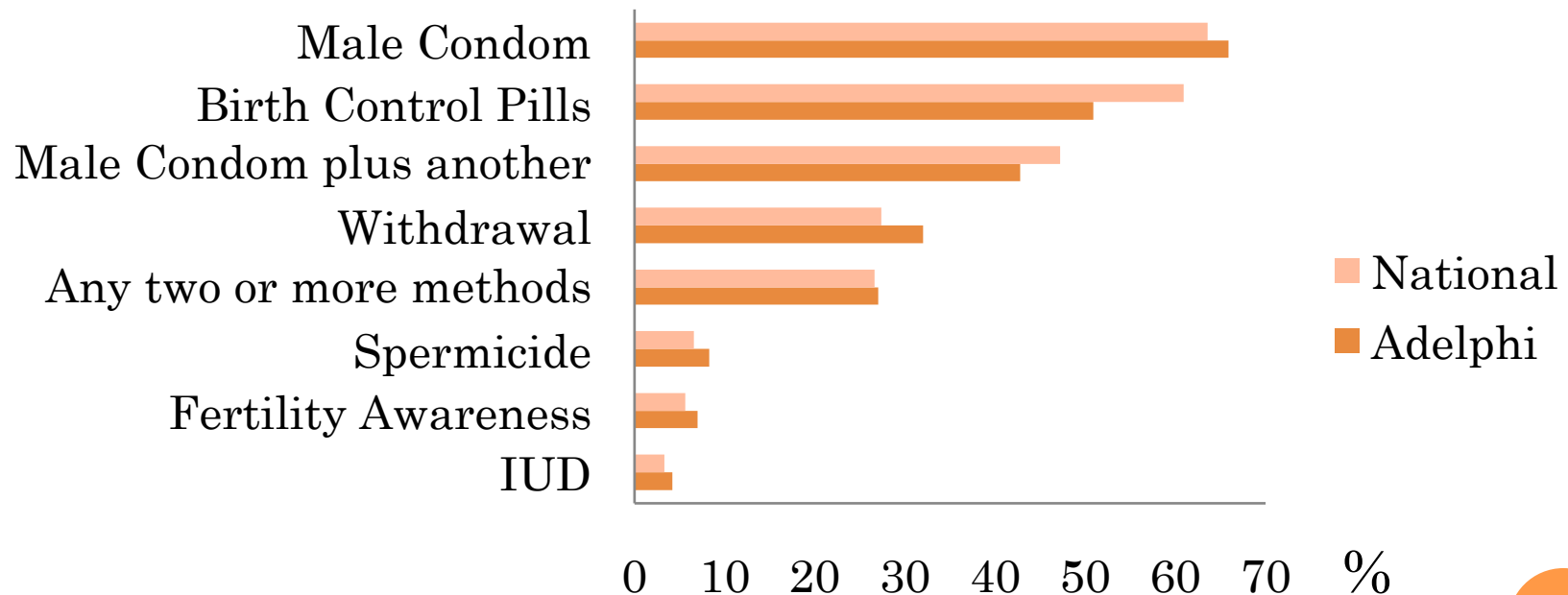
Adelphi vs National



4.3% Adelphi students/3.3 % National who had vaginal intercourse within the last 12 months reported unintentional pregnancy.

CONTRACEPTIVE USE BY STUDENTS OR PARTNER

Contraceptive Used during the last vaginal intercourse Adelphi vs National



14.5% Adelphi students /14% national reported using (or partner used) emergency contraception within the last 12 months



Comparing CORE Data (2005) and NCHA Data(2008)

	CORE (2005)	NCHA (2008)
Tobacco	16.6	15
Alcohol	60.9	53.4
Marijuana	7.4	9.6
Cocaine	0.9	0.6
Amphetamines	1.4	0
Sedatives	1.1	2.6
Hallucinogens	0.2	0.5
Opiates	0.2	0.1
Inhalants	0	0.1
Designer Drugs	0.5	0.6
Steroids	0	0.1
Other Drugs	0.2	0.8

***Compares Current Use (any use in the last 30 days)**

CONCLUSIONS

- The most common risks to academic performance and retention were:
 1. Stress
 2. Anxiety
 3. Work
 4. Sleep Difficulties
 5. Cold/Flu/Sore Throat
- These risks were lower when compared to national norms except for work.



CONCLUSIONS

- The health areas of highest priority based on students' interest were
 - Stress Reduction
 - Depression/Anxiety
 - Sleep Difficulties
 - Relationship Difficulties
 - Grief and Loss
 - Nutrition
 - Helping Others in Distress
 - Physical Activity



CONCLUSIONS

- Health Areas for Health Promotion Programs
 - Mental Health
 - Almost half have higher than average stress
 - Half or almost half experienced the following:
 - Overwhelmed
 - Exhausted
 - Lonely
 - Hopeless
 - Sad
 - Anxious
 - Angry



CONCLUSIONS

- Health Areas for Health Promotion Programs
 - Alcohol
 - There is a wide disparity between actual and perceived norms.
 - A little less than a fourth are binge drinking.
 - Almost half of students reported negative consequences due to alcohol use.
 - However most of the students are engaging in responsible drinking behaviors.
 - Cigarette/Marijuana use is minimal



CONCLUSIONS

- Health Areas for Health Promotion Programs
 - Sexual Behaviors
 - Most of sexually active students are not using sexual protection during oral and anal sex.
 - Almost half are not using protection during vaginal sex.
 - Withdrawal is 3rd most commonly used contraceptive.
 - Unintentional pregnancy is higher than national norm.



CONCLUSIONS

- Health Areas for Health Promotion Programs
 - Physical Activity
 - More than half are not meeting recommended physical activity levels
 - Sleep
 - More than a third have significant sleep problems



NEXT STEPS

- Presentation to the Board of Trustees Student Life Committee
- Presentation to Faculty
- Feature highlights of the results on the wellness website
- Provide opportunity for faculty, students and university programs to utilize raw data after completing an online questionnaire for monitoring utilization and outcomes
- Presentation in professional organization conferences
- Publication in journals

