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
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
Age Distribution n = 751

- 18-20 years: 54.5%
- 21-24 years: 29.5%
- 25-29 years: 5.9%
- 30+: 10.1%

- 18-20 years
- 21-24 years
- 25-29 years
- 30+
POPULATION

Gender Distribution

- Male: 0.1
- Female: 78.4
- Transgender: 20

Legend:
- Male
- Female
- Transgender
POPULATION

Year Level Distribution

93.3 are Full Time Students
POPULATION

Housing

- Parent/Guardian Home: 48.4%
- Campus Residence Hall: 30.3%
- Other Off-Campus Housing: 12.6%
- Others: 8.7%
Students describe themselves as ...

- **White**: 61.8%
- **Black-not Hispanic**: 13.2%
- **Asian/Pacific Islander**: 10.5%
- **Hispanic or Latino**: 9.1%
- **Others**: 6.3%
- **Biracial or Multiracial**: 2.8%
- **American Indian/Alaskan Native/Native Hawaiian**: 0.4%

10% are International Students.
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...?**

<table>
<thead>
<tr>
<th>Topic</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol and Other Drugs</td>
<td>84.4</td>
</tr>
<tr>
<td>Eating Disorders</td>
<td>70.4</td>
</tr>
<tr>
<td>Physical Activity</td>
<td>70</td>
</tr>
<tr>
<td>Sexual Assault/Relationship/Violence Prevention</td>
<td>69</td>
</tr>
<tr>
<td>Sexually Transmitted Diseases/Infection/Prevention</td>
<td>61.4</td>
</tr>
<tr>
<td>Stress Reduction</td>
<td>61.3</td>
</tr>
<tr>
<td>Nutrition</td>
<td>60.8</td>
</tr>
<tr>
<td>Depression/Anxiety</td>
<td>59.4</td>
</tr>
<tr>
<td>Suicide Prevention</td>
<td>50</td>
</tr>
<tr>
<td>Violence Prevention</td>
<td>49.5</td>
</tr>
</tbody>
</table>
**Have you received information on...?**

<table>
<thead>
<tr>
<th>Topic</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cold / Flu / Sore throat</td>
<td>48.7</td>
</tr>
<tr>
<td>Pregnancy Prevention</td>
<td>41.5</td>
</tr>
<tr>
<td>Injury Prevention</td>
<td>41</td>
</tr>
<tr>
<td>Help Others in Distress</td>
<td>40.8</td>
</tr>
<tr>
<td>Tobacco Use</td>
<td>38.3</td>
</tr>
<tr>
<td>Grief and Loss</td>
<td>35</td>
</tr>
<tr>
<td>Problems Use of Internet/Computer Games</td>
<td>33.2</td>
</tr>
<tr>
<td>Relationship Difficulties</td>
<td>27.7</td>
</tr>
<tr>
<td>Sleep Difficulties</td>
<td>20.1</td>
</tr>
</tbody>
</table>
Are you interested in receiving info on...?

<table>
<thead>
<tr>
<th>Topic</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress Reduction</td>
<td>74.8</td>
</tr>
<tr>
<td>Nutrition</td>
<td>69.2</td>
</tr>
<tr>
<td>Help Others in Distress</td>
<td>67</td>
</tr>
<tr>
<td>Physical Activity</td>
<td>66.1</td>
</tr>
<tr>
<td>Depression/Anxiety</td>
<td>59.6</td>
</tr>
<tr>
<td>Sleep Difficulties</td>
<td>58.1</td>
</tr>
<tr>
<td>Relationship Difficulties</td>
<td>56.3</td>
</tr>
<tr>
<td>Grief and Loss</td>
<td>53.2</td>
</tr>
<tr>
<td>Sexual Assault/Relationship/Violence Prevention</td>
<td>51.5</td>
</tr>
<tr>
<td>Sexually Transmitted Diseases/Infection/Prevention</td>
<td>50.4</td>
</tr>
</tbody>
</table>
**WHAT WE PROVIDE VS WHAT THEY WANT...?**

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

- Stress: 22.8%
- Anxiety: 17%
- Work: 13.4%
- Sleep Difficulties: 12.9%
- Cold/Flu/SoreThroat: 12.7%
- Concern for troubled friend/family: 10.1%
- Relationship Difficulties: 9.3%
- Internet Use/Computer Games: 8.4%
ACADEMIC IMPACTS

Adelphi Score VS National Norms

- Stress
- Anxiety
- Work
- Sleep Difficulties
- Cold/Flu/SoreThroat
- Concern for troubled friend/family
- Relationship Difficulties
- Internet Use/Computer Games

National
Adelphi

0 5 10 15 20 25 30
%
The Adelphi Score VS National Norms chart illustrates the percentage of people experiencing different levels of stress. According to the chart:

- 41.1% of people are experiencing More than average stress, with Adelphi scores higher than the national norms.
- 39.5% are experiencing Average stress, with Adelphi scores higher than national norms.
- 37.8% are experiencing More than average stress, with Adelphi scores slightly lower than national norms.
- 9.3% are experiencing Tremendous stress, with Adelphi scores significantly higher than national norms.
- 8.5% are experiencing Less than average stress, with Adelphi scores slightly lower than national norms.
- 1.6% are experiencing No stress, with Adelphi scores significantly lower than national norms.

Overall, 45.8% of individuals are experiencing higher than average stress, as indicated by the Adelphi scores compared to national norms.
MENTAL HEALTH

- Felt things were hopeless
- Felt overwhelmed by all you had to do
- Felt exhausted (not from physical activity)
- Felt very lonely

<table>
<thead>
<tr>
<th></th>
<th>Yes, last 2 weeks</th>
<th>Anytime within last 12 months</th>
</tr>
</thead>
<tbody>
<tr>
<td>Felt things were hopeless</td>
<td>16.7</td>
<td>47.9</td>
</tr>
<tr>
<td>Felt overwhelmed by all you had to do</td>
<td>52.2</td>
<td>83.9</td>
</tr>
<tr>
<td>Felt exhausted (not from physical activity)</td>
<td>48.9</td>
<td>77.9</td>
</tr>
<tr>
<td>Felt very lonely</td>
<td>24.2</td>
<td>52.2</td>
</tr>
</tbody>
</table>
# Mental Health

## Feelings Over the Last 2 Weeks

<table>
<thead>
<tr>
<th>Feeling</th>
<th>Yes, last 2 weeks</th>
<th>Anytime within last 12 months</th>
</tr>
</thead>
<tbody>
<tr>
<td>Felt very sad</td>
<td>27.8</td>
<td>61.6</td>
</tr>
<tr>
<td>Felt overwhelming anxiety</td>
<td>21.1</td>
<td>48.8</td>
</tr>
<tr>
<td>Felt overwhelming anger</td>
<td>14.2</td>
<td>41.4</td>
</tr>
<tr>
<td>Felt so depressed that it was difficult to function</td>
<td>11.7</td>
<td>30.6</td>
</tr>
</tbody>
</table>

## Feelings Anytime within Last 12 Months

<table>
<thead>
<tr>
<th>Feeling</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Felt very sad</td>
<td>61.6</td>
</tr>
<tr>
<td>Felt overwhelming anxiety</td>
<td>48.8</td>
</tr>
<tr>
<td>Felt overwhelming anger</td>
<td>41.4</td>
</tr>
<tr>
<td>Felt so depressed that it was difficult to function</td>
<td>30.6</td>
</tr>
</tbody>
</table>
## Mental Health

<table>
<thead>
<tr>
<th></th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seriously considered suicide</td>
<td>1.5</td>
</tr>
<tr>
<td>Intentionally cut, burned, bruised or injured self</td>
<td>1.5</td>
</tr>
<tr>
<td>Attempted suicide</td>
<td>0.4</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes, last 2 weeks</td>
<td>1.5</td>
</tr>
<tr>
<td>Attempted suicide</td>
<td>0.4</td>
</tr>
<tr>
<td>Anytime within last 12 months</td>
<td>1.3</td>
</tr>
</tbody>
</table>
MENTAL HEALTH AND STRESS

Adelphi Score VS National Norms

- Felt so depressed that it was difficult to function
- Felt overwhelming anger
- Felt overwhelming anxiety
- Felt very sad
- Felt very lonely
- Felt exhausted (not from physical activity)
- Felt overwhelmed by all you had to do
- Felt things were hopeless

%
VIOLENCE EXPERIENCES

Adelphi Score VS National Norms

- A verbal threat
- An emotionally abusive intimate relationship
- Stalking
- A physical fight
- Sexual touching without consent
- A physical assault (not sexual)
- Sexual penetration without consent
- Sexual penetration attempt without consent
- A physically abusive intimate relationship
- A sexually abusive intimate relationship

%
CAMPUS/COMMUNITY SAFETY

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

- Community Surrounding Campus
  - Nighttime
- Community Surrounding Campus
  - Daytime
- Campus Nighttime
- Campus Daytime

National
Adelphi

%
Students usually eating fruits and vegetables...

- 0 servings per day
- 1-2 servings per day
- 3-4 servings per day
- 5 or more servings per day

%}

Adelphi
National
Only 13.6% meets physical activity recommendations

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**

<table>
<thead>
<tr>
<th></th>
<th>Adelphi</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 days</td>
<td>51.4</td>
<td>41.4</td>
</tr>
<tr>
<td>1-4 days</td>
<td>27</td>
<td>30</td>
</tr>
<tr>
<td>5-7 days</td>
<td>21.6</td>
<td>28.6</td>
</tr>
</tbody>
</table>

48.6% meets physical activity recommendations

ACSM and AHA recommends vigorous-intensity cardio or aerobic exercise for at least 20 minutes on 3 or more days per week, 2007
How much of a problem with sleepiness during daytime activities

<table>
<thead>
<tr>
<th></th>
<th>No problem</th>
<th>A little problem</th>
<th>More than a little problem</th>
<th>A big problem</th>
<th>A very big problem</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adelphi</td>
<td>12</td>
<td>49.9</td>
<td>24.2</td>
<td>10.5</td>
<td>3.5</td>
</tr>
<tr>
<td>National</td>
<td>8.8</td>
<td>48.7</td>
<td>25.3</td>
<td>12.3</td>
<td>4.9</td>
</tr>
</tbody>
</table>

38.2% sleep problems
Alcohol Use within the past 30 days Adelphi
Actual vs. Perceived

- Never Used: 28.3%
- Used, but not in the last 30 days: 18.3%
- Any use within last 30 days: 53.4%
- Perceived Use: 91.7%

Legend:
- Actual Use
- Perceived Use
ALCOHOL, TOBACCO AND MARIJUANA

Alcohol Use within the past 30 days
Adelphi vs National

<table>
<thead>
<tr>
<th>Category</th>
<th>Adelphi</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never Used</td>
<td>28.3</td>
<td>23.1</td>
</tr>
<tr>
<td>Used, but not in the last 30 days</td>
<td>18.3</td>
<td>13.8</td>
</tr>
<tr>
<td>Used 10-29</td>
<td>8</td>
<td>43.8</td>
</tr>
</tbody>
</table>
ALCOHOL, TOBACCO AND MARIJUANA

Binge Drinking During the Past 2 Weeks
Adelphi vs National

% of students who engaged in binge drinking during the past 2 weeks are shown for Adelphi and National samples. Students responding “N/A, don’t drink” were excluded.

- None: Adelphi 46.5%, National 41.7%
- 1-2 times: Adelphi 19.4%, National 21.5%
- 3-5 times: Adelphi 5.2%, National 9.2%
- 6 or more times: Adelphi 0.3%, National 2.3%

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

- Use a designated driver
- Stay with same group when drinking
- Eat before and/or during drinking
- Keep track of how many drinks
- Don't mix drinks
- Determine in advance not to exceed a set # of drinks
- Avoid drinking games
- Have a friend let you know when you had enough
- Pace drinks to 1 or less an hour
- Choose not to drink
- Alternate non alcoholic with alcoholic drinks

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

Legend:
- National
- Adelphi
ALCOHOL BEHAVIORS

Negative Consequences Occurring in the last 12 months

- Did something you later regretted
- Forgot where you were or what you did
- Had unprotected sex
- Physically injured self
- Seriously considered suicide
- Got in trouble with police
- Had sex with someone without giving your consent
- Physically injured another person
- Had sex with someone without getting their consent

Students responding “N/A, don’t drink” were excluded
ALCOHOL, TOBACCO AND MARIJUANA

Cigarette Use within the past 30 days
Adelphi vs National

Never Used: 71.5% (Adelphi) vs 66.7% (National)
Used, but not in the last 30 days: 13.5% (Adelphi) vs 16.7% (National)
Used 10-29: 2.2% (Adelphi) vs 5% (National)
ALCOHOL, TOBACCO AND MARIJUANA

Marijuana Use within the past 30 days
Adelphi vs National

<table>
<thead>
<tr>
<th>Category</th>
<th>Adelphi</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never Used</td>
<td>76.5</td>
<td>67.1</td>
</tr>
<tr>
<td>Used, but not in the last 30 days</td>
<td>13.8</td>
<td>18.4</td>
</tr>
<tr>
<td>Used 10-29</td>
<td>2</td>
<td>3.3</td>
</tr>
</tbody>
</table>

- **Adelphi**
- **National**
ILLEGAL PRESCRIPTION DRUG USE

Use within the last 12 mos
Adelphi vs National

- Use one or more of below
- Pain killers
- Sedatives
- Stimulants
- Antidepressants
- Erectile dysfunction drugs

<table>
<thead>
<tr>
<th>Drug Type</th>
<th>National</th>
<th>Adelphi</th>
</tr>
</thead>
<tbody>
<tr>
<td>Use one or more of below</td>
<td>15</td>
<td>10</td>
</tr>
<tr>
<td>Pain killers</td>
<td>7</td>
<td>6</td>
</tr>
<tr>
<td>Sedatives</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>Stimulants</td>
<td>4</td>
<td>3</td>
</tr>
<tr>
<td>Antidepressants</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>Erectile dysfunction</td>
<td>1</td>
<td>0</td>
</tr>
</tbody>
</table>

0  5  10  15
SEXUAL BEHAVIOR

Number of Sexual Partners within last 12 months
Adelphi vs National

<table>
<thead>
<tr>
<th>Number of Sexual Partners</th>
<th>Adelphi</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>None</td>
<td>31.6</td>
<td>50.3</td>
</tr>
<tr>
<td>One</td>
<td>50.3</td>
<td>31.6</td>
</tr>
<tr>
<td>Two</td>
<td>8.4</td>
<td>4.1</td>
</tr>
<tr>
<td>Three</td>
<td>4.1</td>
<td>5.7</td>
</tr>
<tr>
<td>Four or More</td>
<td>5.7</td>
<td>4.1</td>
</tr>
</tbody>
</table>
SEXUAL BEHAVIOR

Oral Sex within the past 30 days
Adelphi vs National

%

<table>
<thead>
<tr>
<th></th>
<th>Adelphi</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>42.7</td>
<td>42.7</td>
</tr>
<tr>
<td>No, not in last 30 days</td>
<td>24.1</td>
<td>24.1</td>
</tr>
<tr>
<td>Never</td>
<td>33.2</td>
<td>33.2</td>
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</tbody>
</table>
SEXUAL BEHAVIOR

Vaginal Sex within the past 30 days
Adelphi vs National

<table>
<thead>
<tr>
<th>Category</th>
<th>Adelphi</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td>35.6%</td>
<td>35.6%</td>
</tr>
<tr>
<td>No, not in last 30 days</td>
<td>19%</td>
<td>19%</td>
</tr>
<tr>
<td>Yes</td>
<td>45.4%</td>
<td>45.4%</td>
</tr>
</tbody>
</table>
SEXUAL BEHAVIOR

Anal Sex within the past 30 days
Adelphi vs National

- Never: 80.7% Adelphi, 15.1% National, 4.3% Yes

%
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

- Male Condom
- Birth Control Pills
- Male Condom plus another
- Withdrawal
- Any two or more methods
- Spermicide
- Fertility Awareness
- IUD

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)

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Tobacco</td>
<td>16.6</td>
<td>15</td>
</tr>
<tr>
<td>Alcohol</td>
<td>60.9</td>
<td>53.4</td>
</tr>
<tr>
<td>Marijuana</td>
<td>7.4</td>
<td>9.6</td>
</tr>
<tr>
<td>Cocaine</td>
<td>0.9</td>
<td>0.6</td>
</tr>
<tr>
<td>Amphetamines</td>
<td>1.4</td>
<td>0</td>
</tr>
<tr>
<td>Sedatives</td>
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<td>2.6</td>
</tr>
<tr>
<td>Hallucinogens</td>
<td>0.2</td>
<td>0.5</td>
</tr>
<tr>
<td>Opiates</td>
<td>0.2</td>
<td>0.1</td>
</tr>
<tr>
<td>Inhalants</td>
<td>0</td>
<td>0.1</td>
</tr>
<tr>
<td>Designer Drugs</td>
<td>0.5</td>
<td>0.6</td>
</tr>
<tr>
<td>Steroids</td>
<td>0</td>
<td>0.1</td>
</tr>
<tr>
<td>Other Drugs</td>
<td>0.2</td>
<td>0.8</td>
</tr>
</tbody>
</table>

*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