A summary of health behavior data about Penn State University Park undergraduate students.
About the Assessment

The American College Health Association-National College Health Assessment II (ACHA-NCHA II) is a national research survey organized by the American College Health Association (ACHA) to assist college health service providers, health educators, counselors, and administrators in collecting data about their students’ habits, behaviors, and perceptions on the most prevalent health topics.

This summary highlights results of the ACHA-NCHA II Spring 2018 survey for Pennsylvania State University. In March 2018, a random sample of 10,500 University Park undergraduate students were contacted by email and invited to complete the online survey. A total of 1,310 students completed surveys, with an overall response proportion of 13%. When compared to the overall University Park student population, females, White students, and Asian students were over-represented among the survey respondents. As a result, caution should be taken when interpreting these data as they may not accurately reflect the health and health behaviors of the University Park student population as a whole.
# Health & Academic Performance

Students were asked to select issues affecting their academic performance (i.e., received a lower grade on an exam or course, received an incomplete or dropped a course, or experienced disruption in thesis, research or practicum work) in the last 12 months.

## TOP 10 ISSUES THAT AFFECT ACADEMICS

<table>
<thead>
<tr>
<th>ISSUES</th>
<th>% OF STUDENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Stress</td>
<td>31%</td>
</tr>
<tr>
<td>2. Anxiety</td>
<td>25%</td>
</tr>
<tr>
<td>3. Sleep difficulties</td>
<td>18%</td>
</tr>
<tr>
<td>4. Cold/Flu/Sore Throat</td>
<td>17%</td>
</tr>
<tr>
<td>5. Depression</td>
<td>15%</td>
</tr>
<tr>
<td>6. Participation in extracurricular activities</td>
<td>11%</td>
</tr>
<tr>
<td>7. Internet use/Computer games</td>
<td>9%</td>
</tr>
<tr>
<td>8. Relationship difficulties</td>
<td>9%</td>
</tr>
<tr>
<td>9. Work</td>
<td>8%</td>
</tr>
<tr>
<td>10. Concern for a friend/family member</td>
<td>8%</td>
</tr>
</tbody>
</table>

- **31%** of Penn State students say stress affected their academic performance in the last 12 months.
- **18%** of Penn State students say sleep difficulties affected their academic performance in the last 12 months.
Most Common Health Problems

This chart lists the most common health problems faced by Penn State students that were diagnosed or treated by a health professional in the last 12 months.

### Quick Facts

**GENERAL HEALTH**
89% of students described their health as good, very good, or excellent

**ALCOHOL & DRUG USE IN THE PAST 30 DAYS**
Alcohol: 74%
Cigarettes: 8%
Marijuana: 24%

**NUTRITION**
4% reported eating 5 or more servings of fruits and vegetables each day

**PHYSICAL ACTIVITY**
56% met the recommendations for aerobic physical activity

**SEXUAL BEHAVIOR**
80% of students reported having 0 to 2 sexual partners in the past 12 months

**SLEEP AND STRESS**
13% got enough sleep on 6 or more days in the past week to feel rested in the mornings

51% reported having a more than average or tremendous stress level in the past 12 months

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### MOST COMMON HEALTH PROBLEMS

<table>
<thead>
<tr>
<th>ISSUES</th>
<th>% OF STUDENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Sinus Infections</td>
<td>19%</td>
</tr>
<tr>
<td>2. Allergies</td>
<td>18%</td>
</tr>
<tr>
<td>3. Strep Throat</td>
<td>13%</td>
</tr>
<tr>
<td>4. Urinary Tract Infection</td>
<td>10%</td>
</tr>
</tbody>
</table>

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Described their health as good, very good, or excellent

Met the recommendations for aerobic physical activity

Reported eating 5 or more servings of fruits and vegetables each day
A total of 86% of students reported that, at some time within the last 12 months, they felt overwhelmed by all they had to do.

### Top 5 Stressors in the Past 12 Months

- **45%** Academics
- **29%** Intimate Relationships
- **28%** Personal Appearances
- **25%** Other Social Relationships
- **24%** Family Problems

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**61.2%** reported getting the recommended amount of sleep (7 or more hours) per night during a typical week.

**70%** reported between zero to average stress in the past 30 days.
MENTAL HEALTH

11% of men and 21% of women reported being diagnosed or treated for at least one mental health condition in the past 12 months.

DIAGNOSIS OF ANXIETY VS. FEELING OVERWHELMING ANXIETY:

18% of students were diagnosed and/or treated for anxiety in the past 12 months.

58% reported feeling overwhelming anxiety in the past 12 months.

DIAGNOSIS OF DEPRESSION VS. FEELING SO DEPRESSED IT WAS DIFFICULT TO FUNCTION:

12% of students were diagnosed and/or treated for depression in the past 12 months.

35% reported feeling so depressed it was difficult to function.

35% reported being somewhat or very satisfied with body image.

Where students went for Mental Health Services

- 33% Counselor/Psychologist
- 16% UHS/CAPS
- 12% Other medical provider
- 11% Psychiatrist
- 4% Clergy

Only 1 in 3 students reported getting enough sleep to feel rested at least 5 of the last 7 days.

20% of students reported having more than a little problem with sleepiness during daytime activities.
Almost 29% of Penn State students reported eating breakfast 1-3 days out of the week and 9% reported never eating breakfast.

Only 4% of Penn State students reported eating 5 or more servings* of fruits and vegetables per day.

The majority of students (61%) reported eating 1-2 servings of fruits and vegetables per day.

Fruit & Vegetable Intake Per Day

*Serving is about 1 cup of either a fruit or a vegetable.

Healthy Choices

53% of Penn State students reported eating fast food (e.g. Burger King, Dunkin Donuts, McDonalds, Panda Express) only 0-2 days out of the last 30 days.
PHYSICAL ACTIVITY

56% of Penn State students met the guidelines for recommended physical activity every week.

The guidelines for physical activity, according to the American College of Sports Medicine and the American Heart Association:

- >30 minutes of moderate-intensity aerobic exercise 5+ days/week
- >20 minutes of vigorous-intensity aerobic exercise 3+ days/week
- Any combination of the two.

MODERATE INTENSITY PHYSICAL ACTIVITY

<table>
<thead>
<tr>
<th>Days</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 days</td>
<td>20%</td>
<td>16%</td>
</tr>
<tr>
<td>1-4 days</td>
<td>53%</td>
<td>51%</td>
</tr>
<tr>
<td>5-7 days</td>
<td>27%</td>
<td>34%</td>
</tr>
</tbody>
</table>

VIGOROUS INTENSITY PHYSICAL ACTIVITY

<table>
<thead>
<tr>
<th>Days</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 days</td>
<td>35%</td>
<td>37%</td>
</tr>
<tr>
<td>1-2 days</td>
<td>33%</td>
<td>31%</td>
</tr>
<tr>
<td>3-7 days</td>
<td>33%</td>
<td>31%</td>
</tr>
</tbody>
</table>

Hours of Leisure Screen Time per Day

Nearly 50% of students said they spend an average of 4 or more hours per day on their computer, mobile device, or watching TV (NOT including time for work or schoolwork).
ALCOHOL USE AMONG STUDENTS

Alcohol Use in the Past 30 Days

Drinking & Driving

1% of students reported driving after having 5 or more drinks in the last 30 days.

8% of students reported driving after having alcohol in the last 30 days.
### Protective Behaviors

**TOP 5 STRATEGIES REPORTED BY STUDENTS:**

<table>
<thead>
<tr>
<th>Behavior</th>
<th>MEN</th>
<th>WOMEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Stayed with the same group of friends the entire time</td>
<td>86%</td>
<td>93%</td>
</tr>
<tr>
<td>2. Ate before and/or during drinking</td>
<td>79%</td>
<td>84%</td>
</tr>
<tr>
<td>3. Used a designated driver</td>
<td>79%</td>
<td>89%</td>
</tr>
<tr>
<td>4. Kept track of how many drinks they had</td>
<td>57%</td>
<td>64%</td>
</tr>
<tr>
<td>5. Had a friend tell them when to stop drinking</td>
<td>28%</td>
<td>48%</td>
</tr>
</tbody>
</table>

99% of students reported using one or more safe drinking strategies.

### Most Common Consequences

**CONSEQUENCES**

<table>
<thead>
<tr>
<th>Consequence</th>
<th>% OF STUDENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Did something they later regretted</td>
<td>44%</td>
</tr>
<tr>
<td>2. Forgot where they were or what they did (blacking out)</td>
<td>42%</td>
</tr>
<tr>
<td>3. Had unprotected sex</td>
<td>23%</td>
</tr>
<tr>
<td>4. Got physically injured</td>
<td>16%</td>
</tr>
</tbody>
</table>

61% of students who drink reported experiencing at least one type of negative consequence because of their drinking.

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Health is a state of body.
Wellness is a state of being.

- J. Stanford
Cigarette use in the past 30 days
Most students either never used or didn’t use cigarettes in the past 30 days

Perceptions of other students’ cigarette use in the past 30 days
Students overestimate how much other students smoke cigarettes
E-CIGARETTE USE

Penn State students think other students use e-cigarettes more than they actually do.

Actual Use

16% of students used e-cigarettes in the last 30 days (up from 4% in 2016).

Perceived Use

86% Students thought 86% of other students used e-cigarettes in the past 30 days.

Other Drug Use

Top 3 drugs used by students without a prescription

- **8%** Stimulants e.g., Ritalin, Adderall
- **4%** Sedatives e.g., Xanax, Valium
- **2%** Pain Killers e.g., Vicodin, Codeine

Marijuana Use in the Past 30 Days

1 in 4 Penn State students have used marijuana in the past 30 days. However, Penn State students perceive that 93% of their peers have used marijuana in the past 30 days.