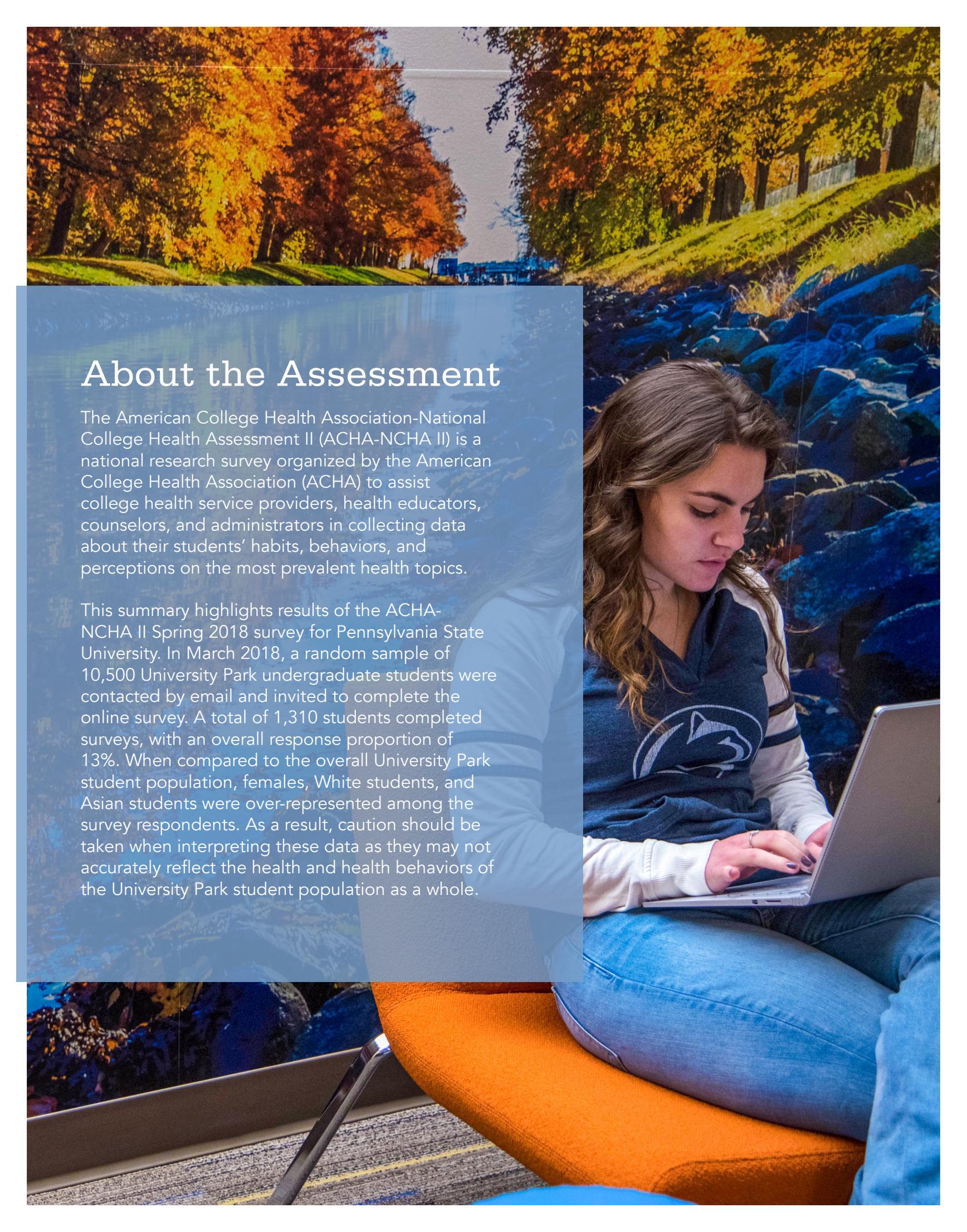




PENN STATE STUDENT HEALTH ASSESSMENT **SPRING 2018**

**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.

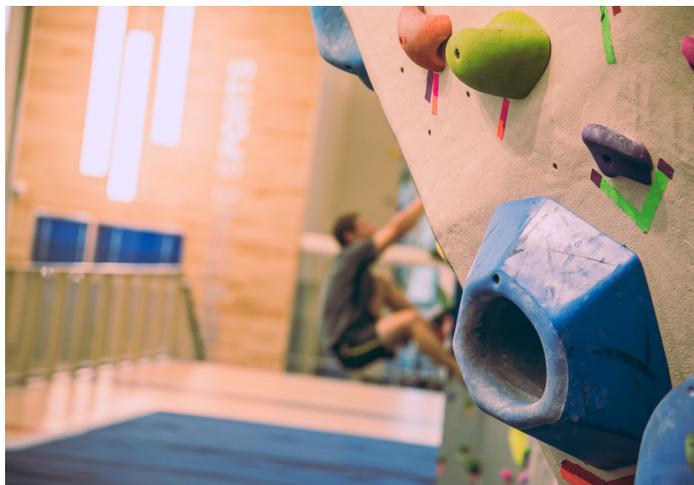
This summary highlights results of the ACHA-NCHA II Spring 2018 survey for Pennsylvania State University. In March 2018, a random sample of 10,500 University Park undergraduate students were contacted by email and invited to complete the online survey. A total of 1,310 students completed surveys, with 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.

DATA

HIGHLIGHTS

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

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



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.

MOST COMMON HEALTH PROBLEMS

ISSUES	% OF STUDENTS
1. Sinus Infections	19%
2. Allergies	18%
3. Strep Throat	13%
4. Urinary Tract Infection	10%

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

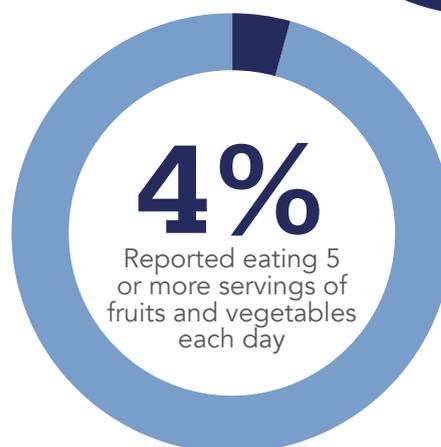
SEXUAL BEHAVIOR

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

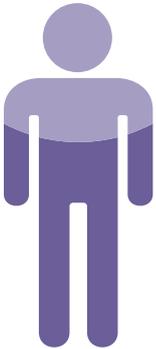
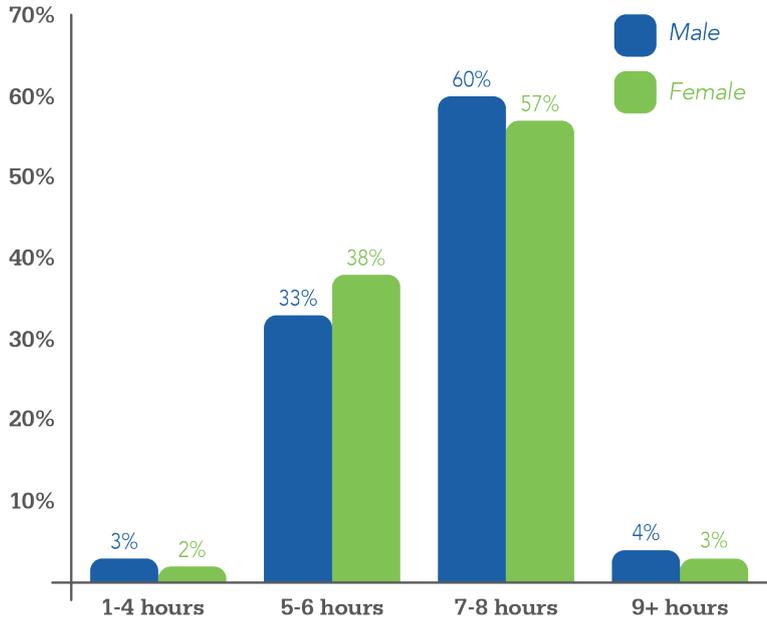
51% reported having a more than average or tremendous stress level in the past 12 months



SLEEP & STRESS

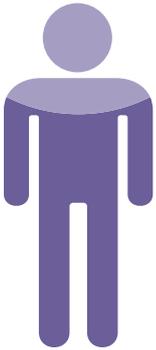
A total of 86% of students reported that, at some time within the last 12 months, they felt overwhelmed by all they had to do.

HOURS OF SLEEP PER NIGHT IN A TYPICAL WEEK



61.2%

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



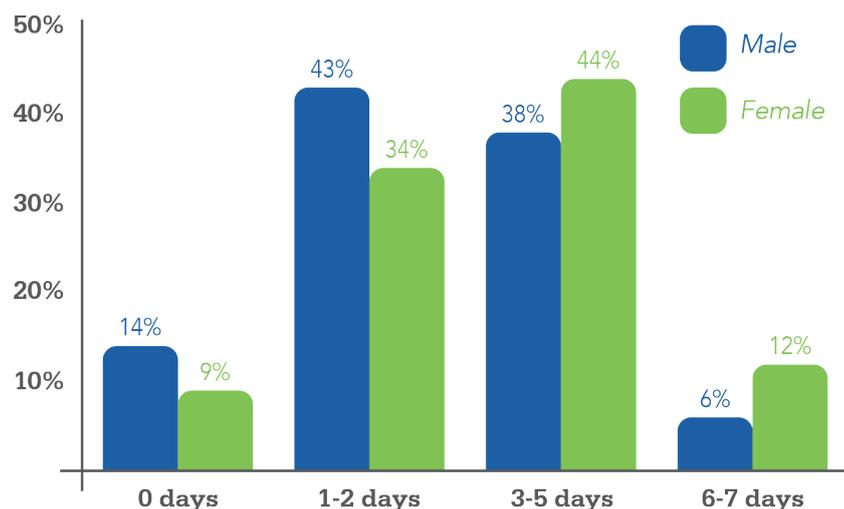
70%

reported between zero to average stress in the past 30 days

Top 5 Stressors in the Past 12 Months



NUMBER OF DAYS PER WEEK STUDENTS FELT TIRED, DRAGGED OUT, OR SLEEPY DURING THE DAY



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.

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.

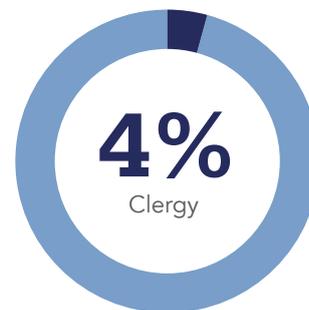
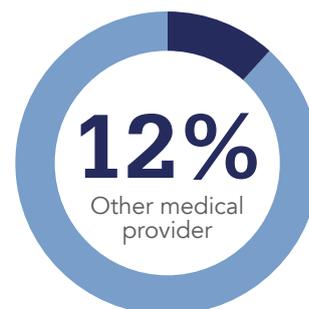
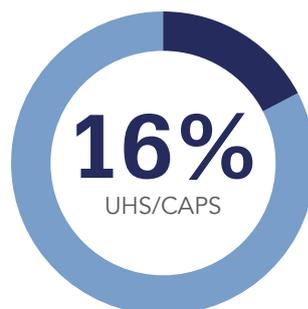
DIAGNOSIS OF DEPRESSION VS. FEELING SO DEPRESSED IT WAS DIFFICULT TO FUNCTION:

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



NUTRITION

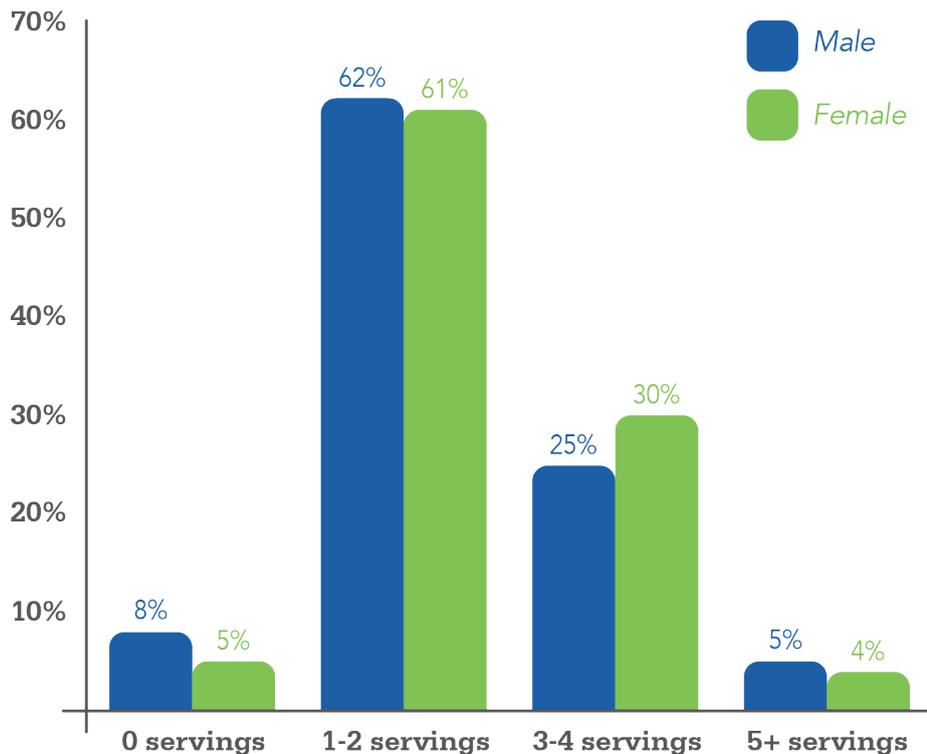
Almost 29% of Penn State students reported eating breakfast 1-3 days out of the week and 9% reported never eating breakfast.

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



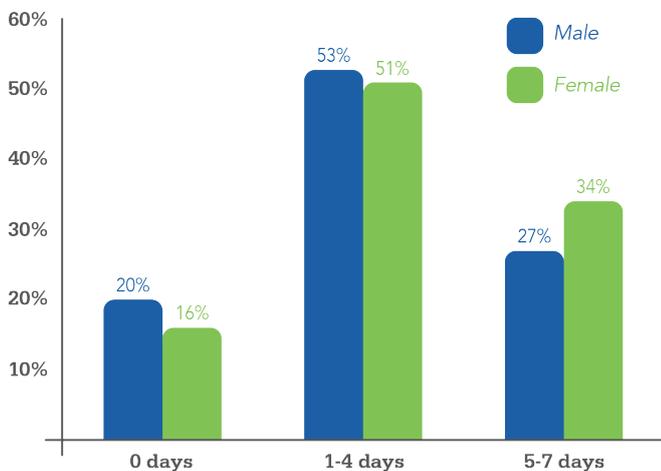
56%

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

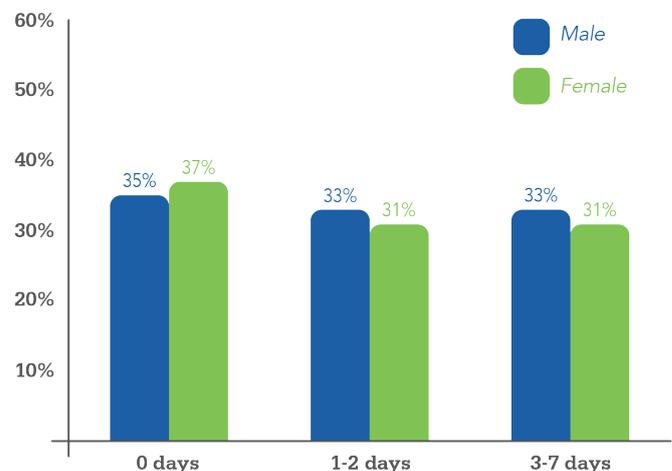
The guidelines for physical activity, according to the American College of Sports Medicine and the American Heart Association:

- >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.

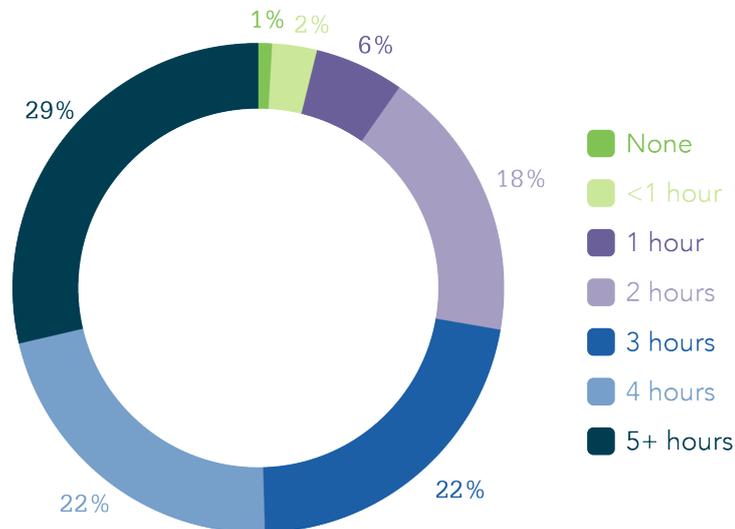
MODERATE INTENSITY PHYSICAL ACTIVITY



VIGOROUS INTENSITY PHYSICAL ACTIVITY



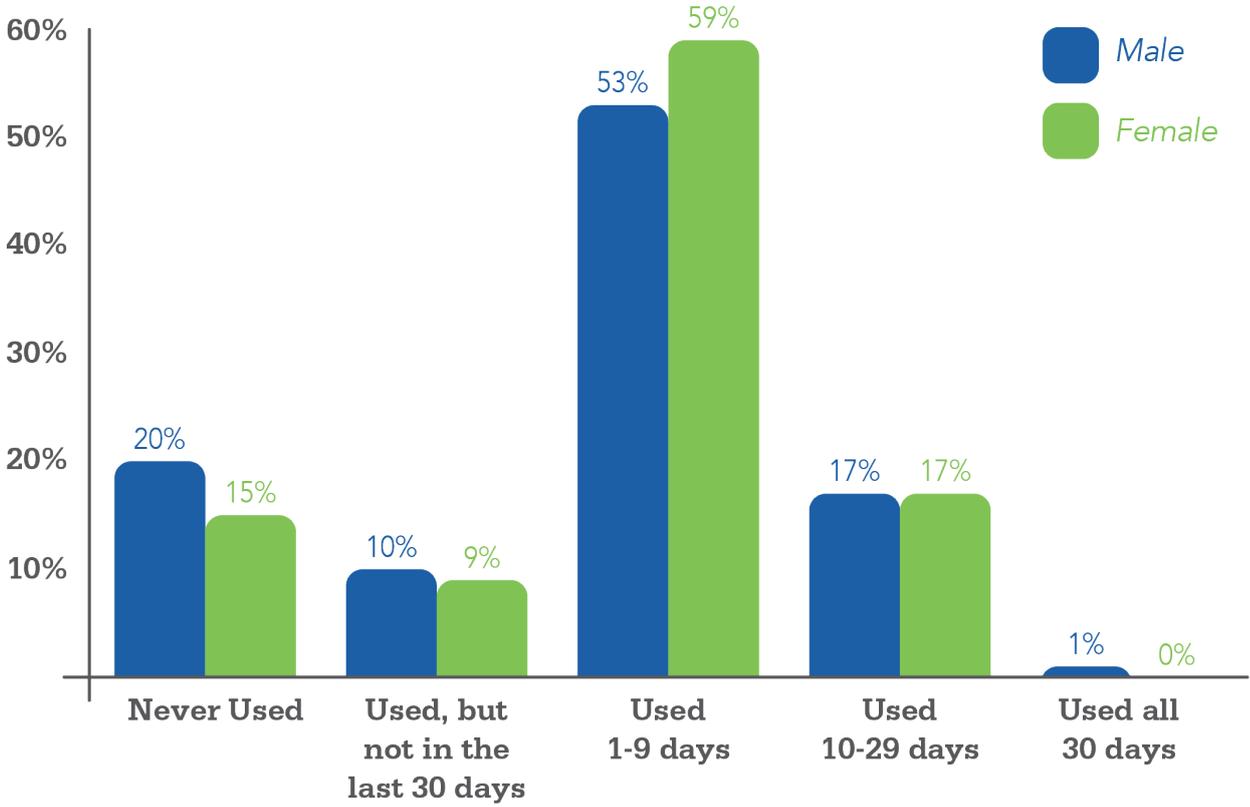
Hours of Leisure Screen Time per Day



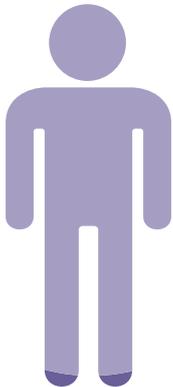
Nearly 50% of students said they spend an average of 4 or more hours per day on their computer, mobile device, or watching TV (NOT including time for work or schoolwork).

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



99%

of students reported using one or more safe drinking strategies.

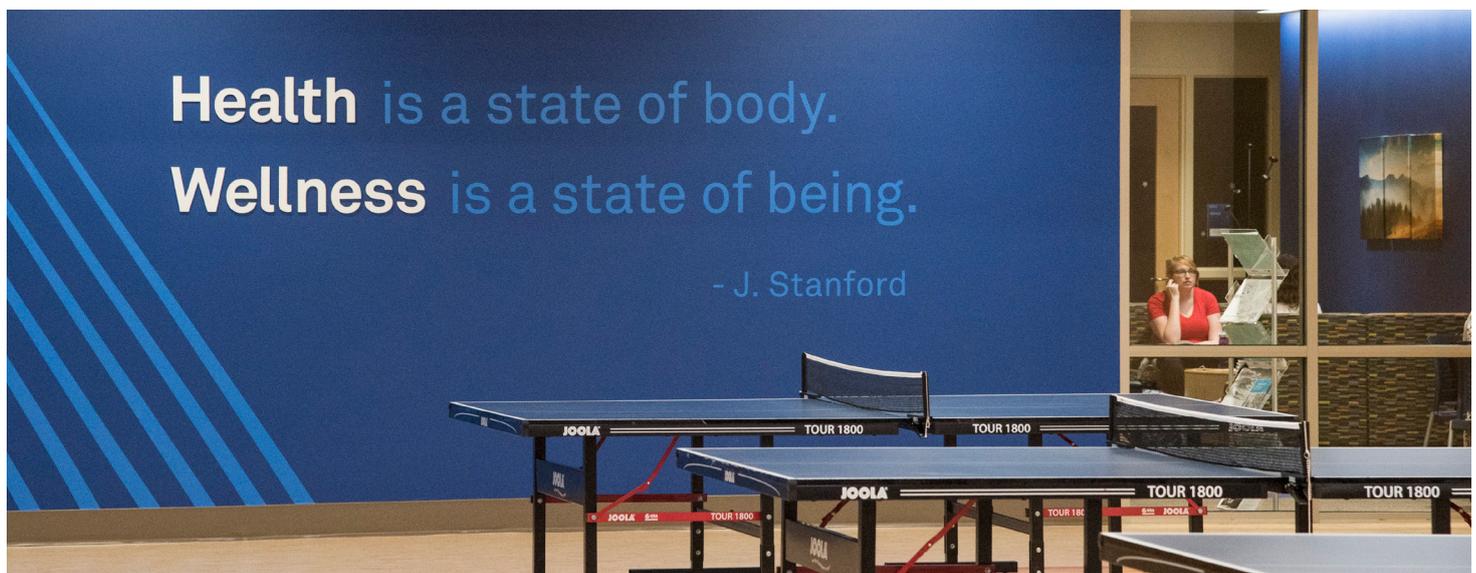
Most Common Consequences

CONSEQUENCES	% OF STUDENTS
1. Did something they later regretted	44%
2. Forgot where they were or what they did (blacking out)	42%
3. Had unprotected sex	23%
4. Got physically injured	16%



61%

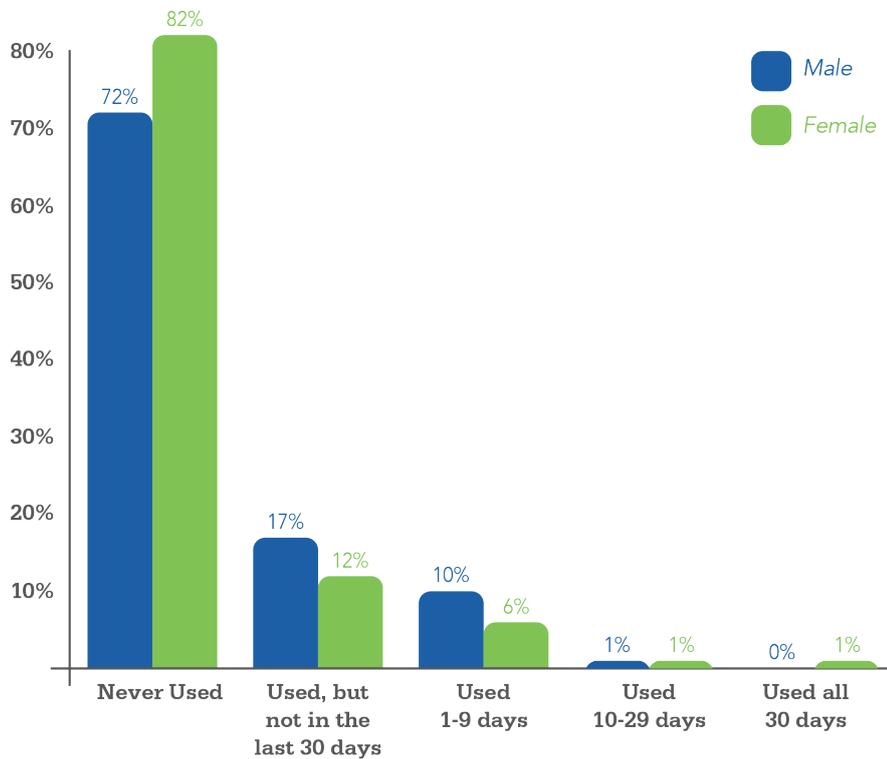
of students who drink reported experiencing at least one type of negative consequence because of their drinking.



TOBACCO USE

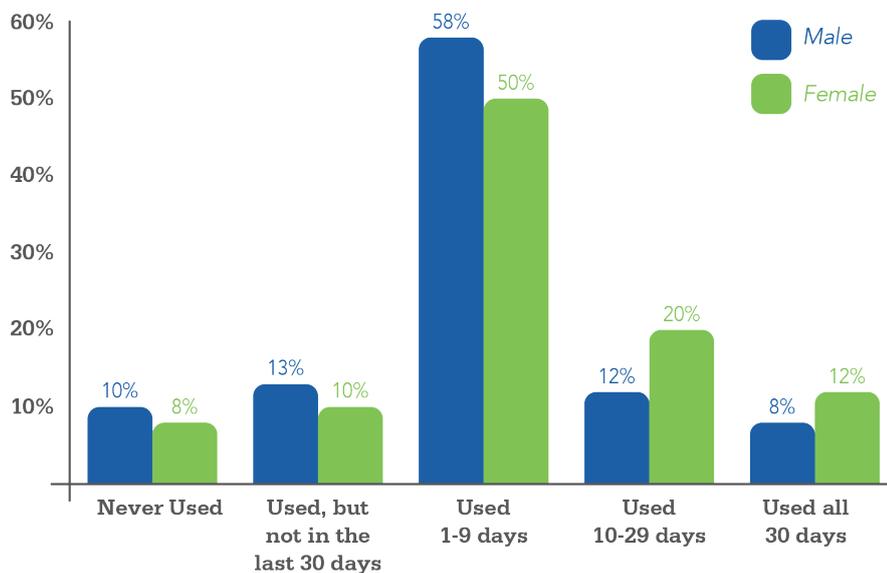
Cigarette use in the past 30 days

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.

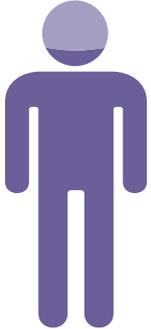
Actual Use



16%

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

Perceived Use

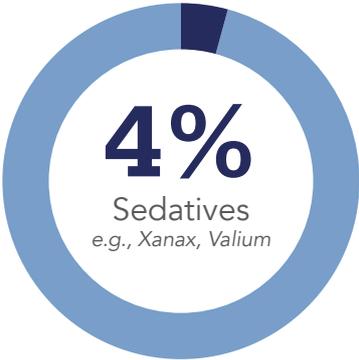
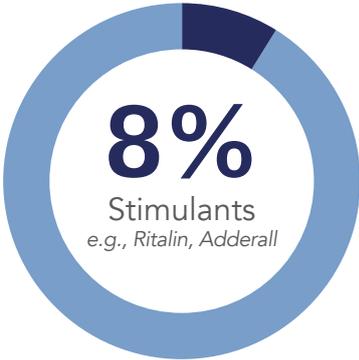


86%

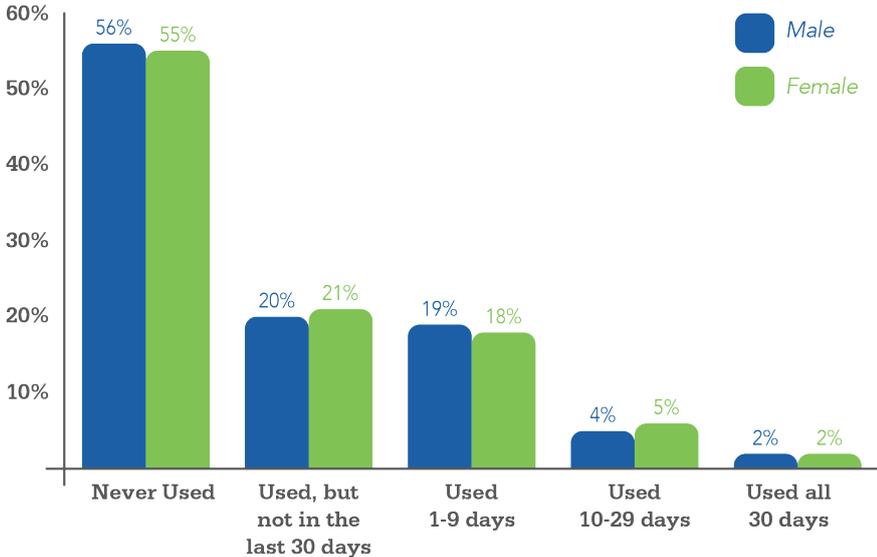
Students thought 86% of other students used e-cigarettes in the past 30 days.

Other Drug Use

Top 3 drugs used by students without a prescription



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.



PennState
Student Affairs

Health Promotion & Wellness

This publication is available in alternative media on request. Penn State is an equal opportunity, affirmative action employer, and is committed to providing employment opportunities to all qualified applicants without regard to race, color, religion, age, sex, sexual orientation, gender identity, national origin, disability or protected veteran status. U.Ed. STA 19-10