



# PENN STATE STUDENT HEALTH ASSESSMENT SPRING 2020

**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 III (ACHA-NCHA III) 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 III Spring 2020 survey for Pennsylvania State University. In March 2020, a random sample of 10,500 University Park undergraduate students were contacted by email and invited to complete the online survey. A total of 1,208 students completed surveys, with an overall response rate of 12%. 62% were female-bodied, 34% were male-bodied and 3% were non-binary. White students made up 75% of the respondents and students of color made up 25%.

# DATA

# HIGHLIGHTS

## Health & Academic Performance

Students were asked about issues that might have negatively impacted their academic performance within the last 12 months. This is defined as negatively impacting their performance in a class or delaying progress towards their degree.



### TOP 10 ISSUES THAT AFFECT ACADEMICS

ISSUES	% OF STUDENTS
1. Procrastination	40%
2. Stress	33%
3. Anxiety	24%
4. Cold/Virus or other respiratory illness	19%
5. Depression	19%
6. Any ongoing or chronic medical condition	19%
7. Sleep difficulties	18%
8. Upper respiratory illness	12%
9. Intimate relationships	10%
10. Finances	9%



# 33%

of undergrads 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 undergraduate students that were diagnosed by a health professional in the last 12 months.

## MOST COMMON HEALTH PROBLEMS

ISSUES	% OF STUDENTS
1. Cold/virus or other respiratory illness	45%
2. Flu (influenza) or flu-like illness	11%
3. Urinary tract infection	10%
4. Stomach or GI virus or bug, food poisoning or gastritis	10%

# Quick Facts

### GENERAL HEALTH

93% of students described their health as good, very good, or excellent

### ALCOHOL & DRUG USE IN THE LAST 3 MONTHS

Alcohol: 76%  
 Cannabis: 31%  
 Tobacco or nicotine delivery products: 30%

### NUTRITION

31% reported eating 3 or more servings of vegetables per day in the last 7 days

18% reported eating 3 or more of fruit servings per day in the last 7 days

### PHYSICAL ACTIVITY

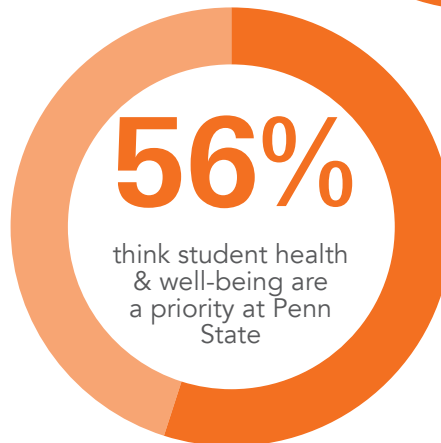
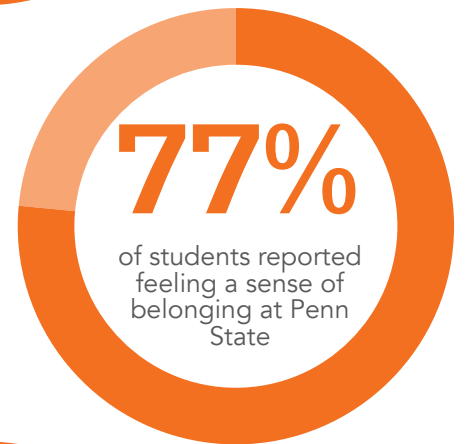
76% met the recommendations for aerobic physical activity

### SEXUAL BEHAVIOR

72% of sexually active students reported 1 to 2 sexual partners in the past 12 months

### STRESS

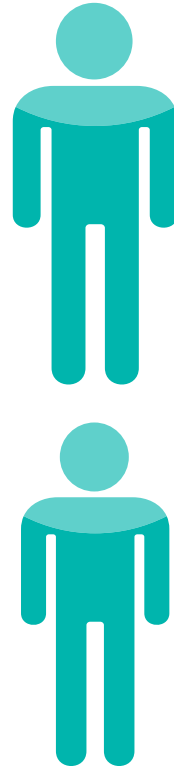
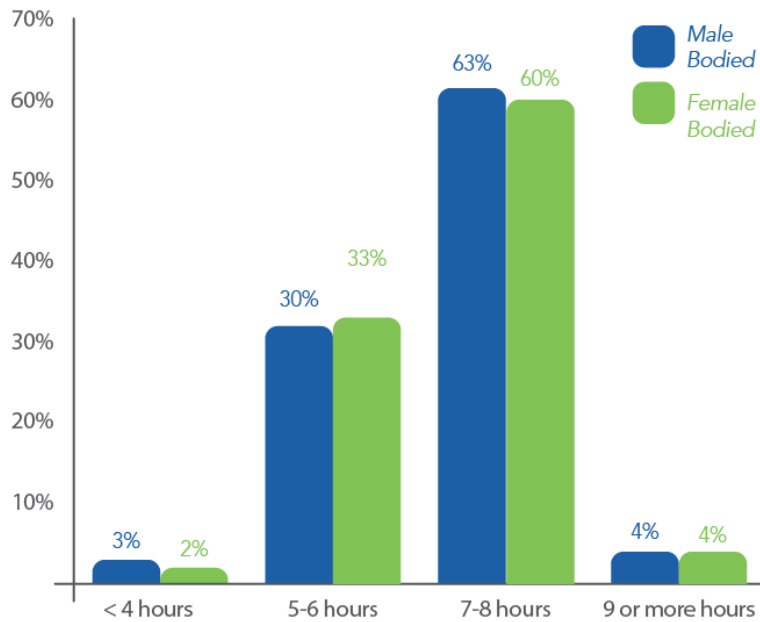
62% rated their overall level of stress as moderate or high in the last 30 days



# SLEEP & STRESS

65% reported getting 7-9 hours of sleep on average on weeknights over the last two weeks.

## AVERAGE HOURS OF SLEEP ON WEEKNIGHTS



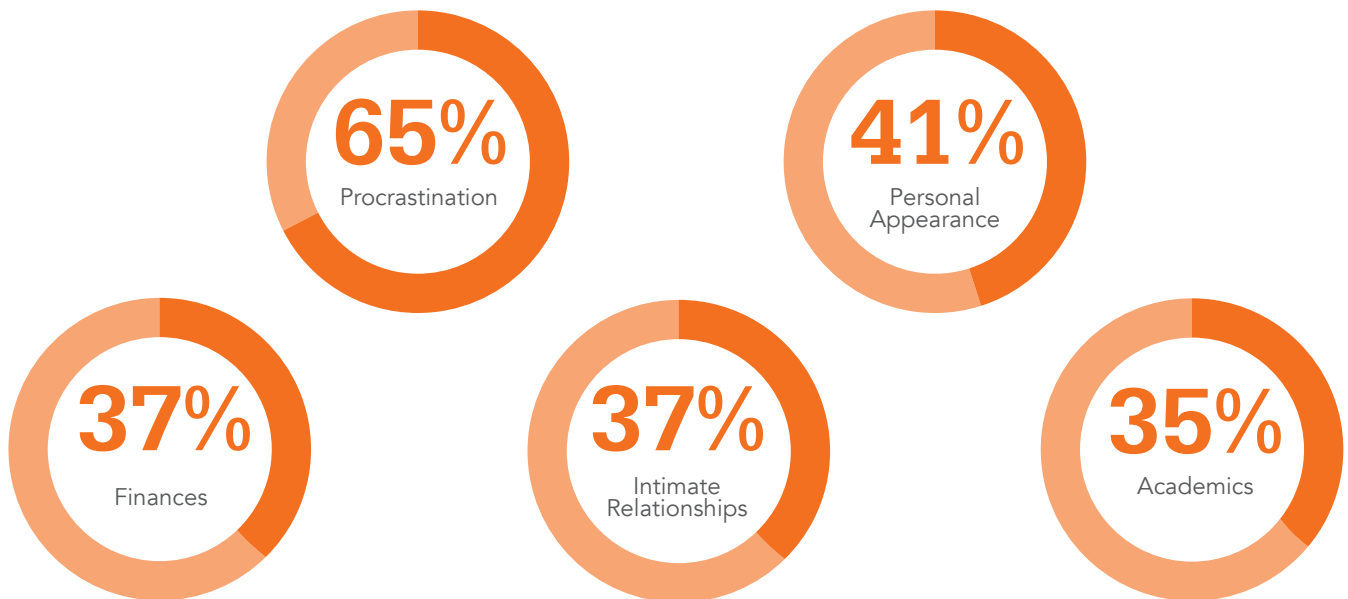
**72%**

reported getting 7-9 hours of sleep on average on weekend nights over the last two weeks

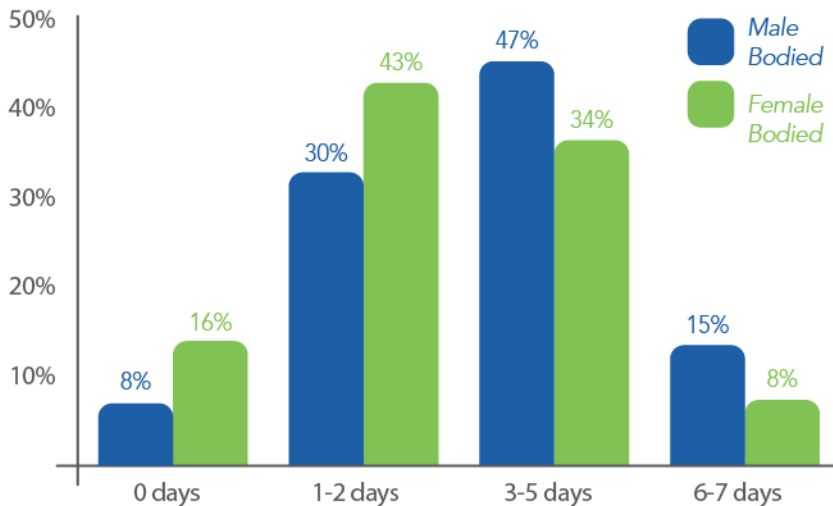
**69%**

reported no or low psychological distress (measured by the Kessler Psychological Distress Scale)

## Top 5 Challenges in the Past 12 Months



## NUMBER OF DAYS PER WEEK STUDENTS GOT ENOUGH SLEEP TO FEEL RESTED



2 out of 3 of students reported feeling tired or sleeping during the day on 3 or more days in a typical week.

# MENTAL HEALTH

9% of male-bodied and 13% of female-bodied students report being diagnosed with a mental health condition at some point in their life.

### ANXIETY AND DEPRESSION:

19% of students have been diagnosed with anxiety (includes Generalized Anxiety, Social Anxiety, Panic Disorder, Specific Phobia).

14% of students have been diagnosed with depression (includes major depression, persistent depressive disorder, disruptive mood disorder).

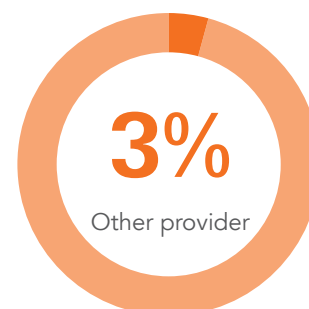
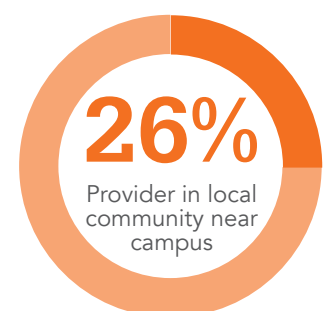
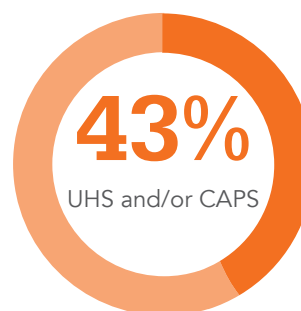
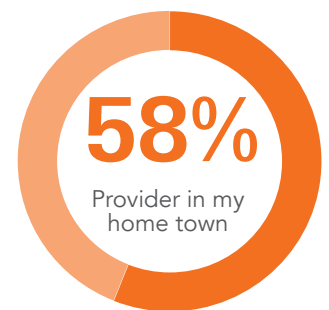
11% of students reported being diagnosed with both depression and anxiety.

47% of students scored in the positive range for loneliness on the UCLA Loneliness Scale (ULS3).

8% of students (5% male-bodied and 9% female-bodied) indicated they had intentionally cut, burned, bruised or otherwise injured themselves.

4% of students reported being diagnosed with an eating disorder at some point in their life (includes anorexia nervosa, bulimia nervosa, binge-eating).

### Where students received Mental Health Services



# NUTRITION

## Food Security

41% of students reported low or very low food security (based on responses to the US Household Food Security Survey Module).

## Number of servings\* of vegetables per day in last 7 days

\*One serving = 1/2 cup of fresh, frozen or canned vegetables; 3/4 cup of 100% vegetable juice; or 1 cup salad greens

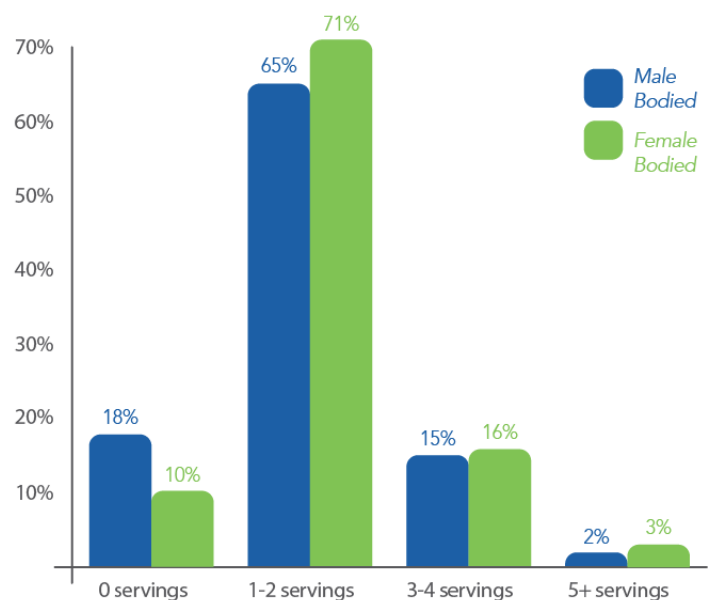
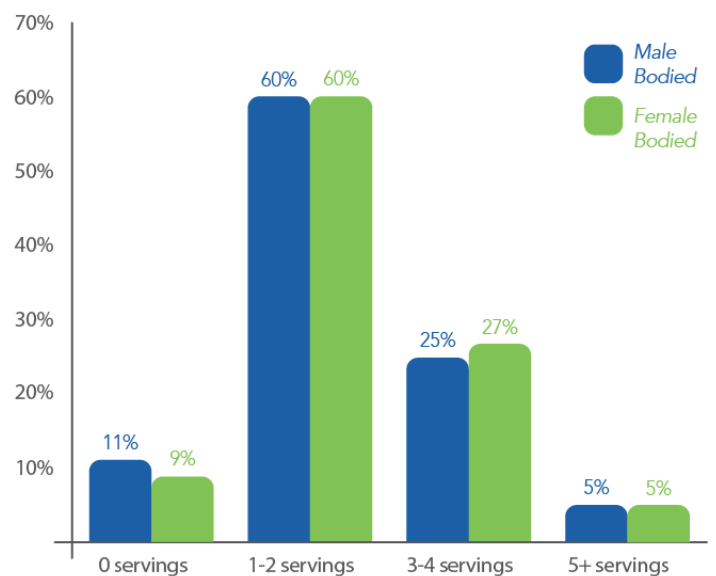
## Number of servings\* of fruits per day in last 7 days

\*One serving = a medium piece of fresh fruit; 1/2 cup of fresh, frozen, or canned fruit; 1/4 cup of dried fruit; or 3/4 cup 100% fresh fruit juice.

## Sugar-sweetened beverages and Energy drinks

68% reported drinking 1 or more sugar-sweetened beverages per day in the last 7 days.

84% reported drinking no energy drinks in the past 30 days.



# PHYSICAL ACTIVITY



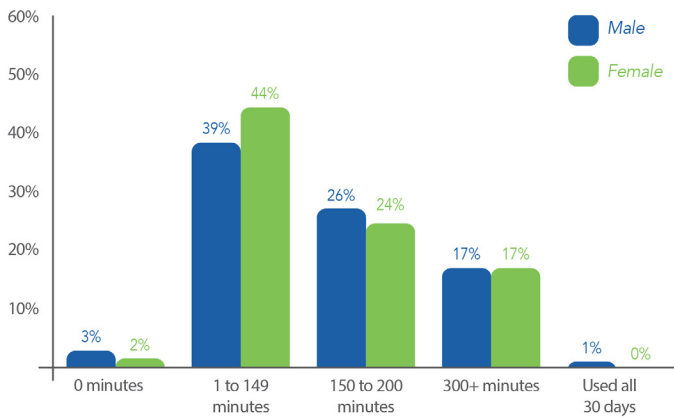
**76%**

of Penn State students met the weekly guideline for aerobic exercise

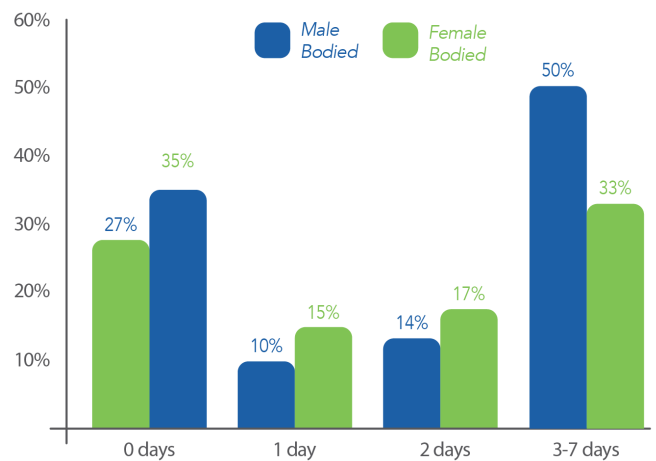
The U.S. Dept of Health and Human Services guidelines for physical activity are:

- **Aerobic activity:** 150 minutes or more of moderate-intensity physical activity per week or 75 minutes of vigorous physical activity or the equivalent combination
- **Strength training:** 2 or more days a week of moderate or greater intensity activities that involve all major muscle groups

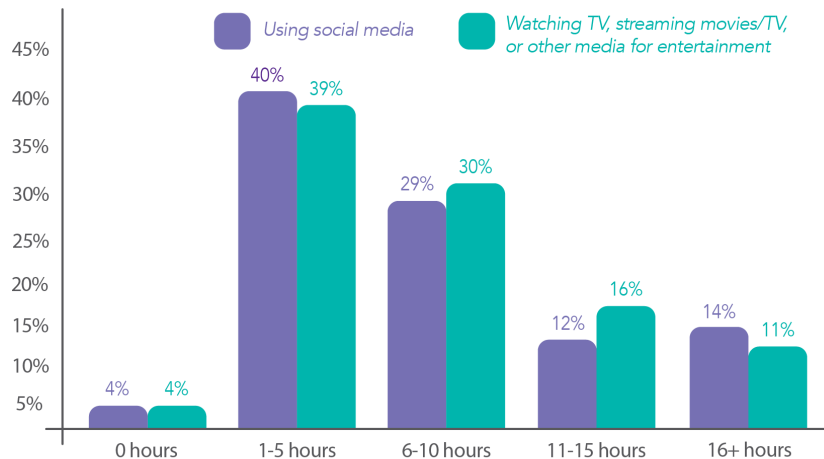
**MINUTES OF MODERATE PHYSICAL ACTIVITY IN LAST 7 DAYS**



**NUMBER OF DAYS OF STRENGTHENING OR TONING MUSCLES IN LAST 7 DAYS**



## Hours of Leisure Screen Time per Day in a Typical Week

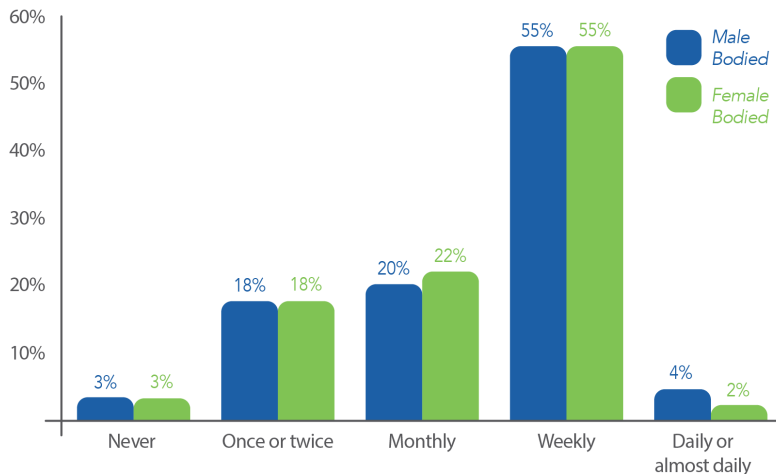




# ALCOHOL USE

# AMONG STUDENTS

## Alcohol Use in the Past 3 Months



## Substance Specific Involvement Scores (SSIS)\*

15% of male-bodied students scored in the moderate risk category for alcohol use.

17% of female-bodied students scored in the moderate risk category for alcohol use.

1% of male-bodied students and 1% of female students scored in the high-risk category for alcohol use.

\*measured by the World Health Organization's Alcohol, Smoking and Substance Involvement Screening Test (ASSIST)

## Driving Under the Influence



# 6%

of students reported driving after having any alcohol in the last 30 days\*

\*only students who reported drinking in the last 30 days and drinking alcohol in the last 30 days were asked this question



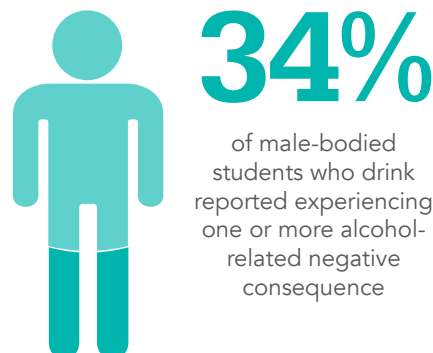
# 31%

of students reported driving within 6 hours of using cannabis/marijuana in the last 30 days \*

\*only students who reported driving in the last 30 days and using cannabis in the last 30 days were asked this question

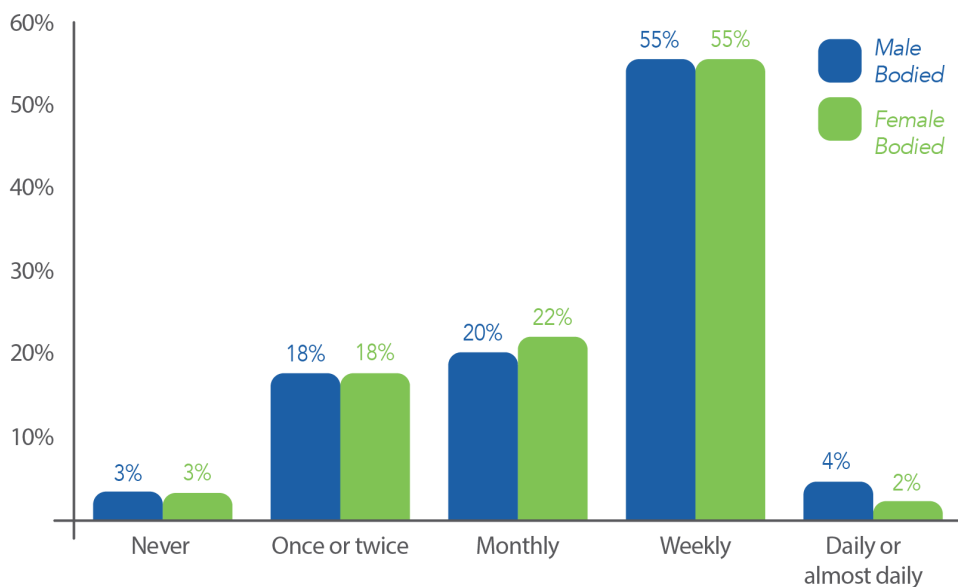
# Most Common Alcohol-Related Consequences

CONSEQUENCE	% OF STUDENTS
1. Brownout (forgot where I was or what I did for short periods of time and can remember once someone reminds me)	37%
2. Did something I later regretted	28%
3. Blackout (forgot where I was or what I did for a large period of time, but cannot remember, even when someone reminds me)	21%
4. Had unprotected sex	17%
5. Physically injured myself	9%



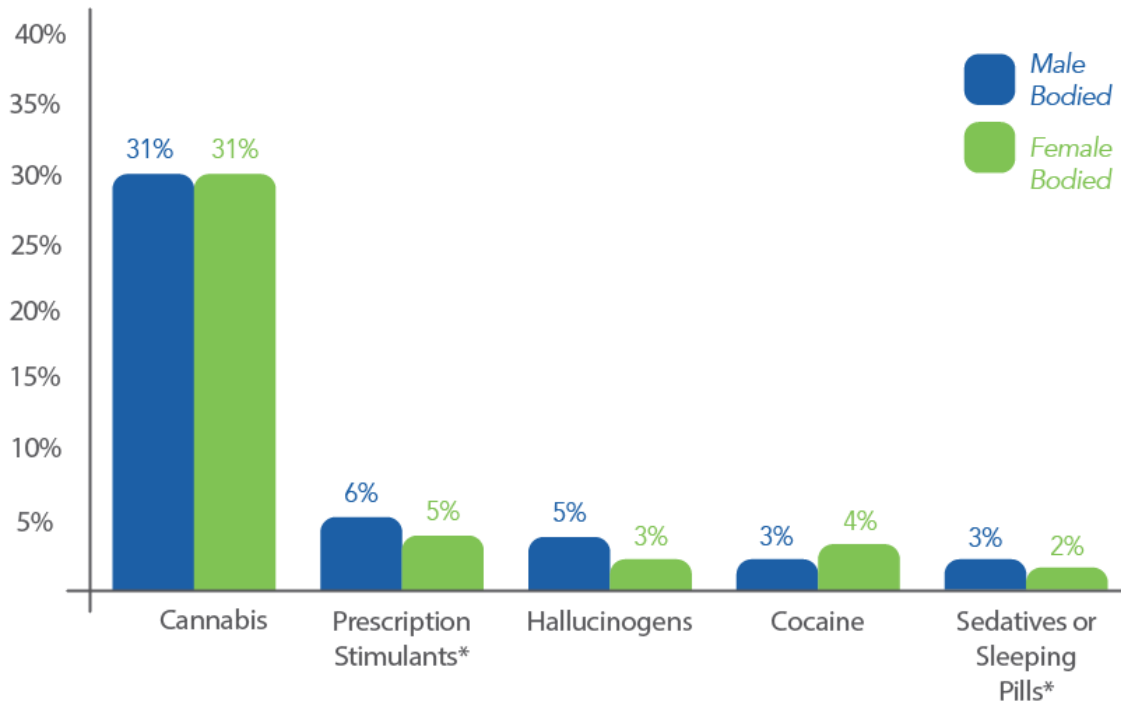
## TOBACCO USE

### Tobacco or Nicotine Delivery Product\* use in the last 3 months



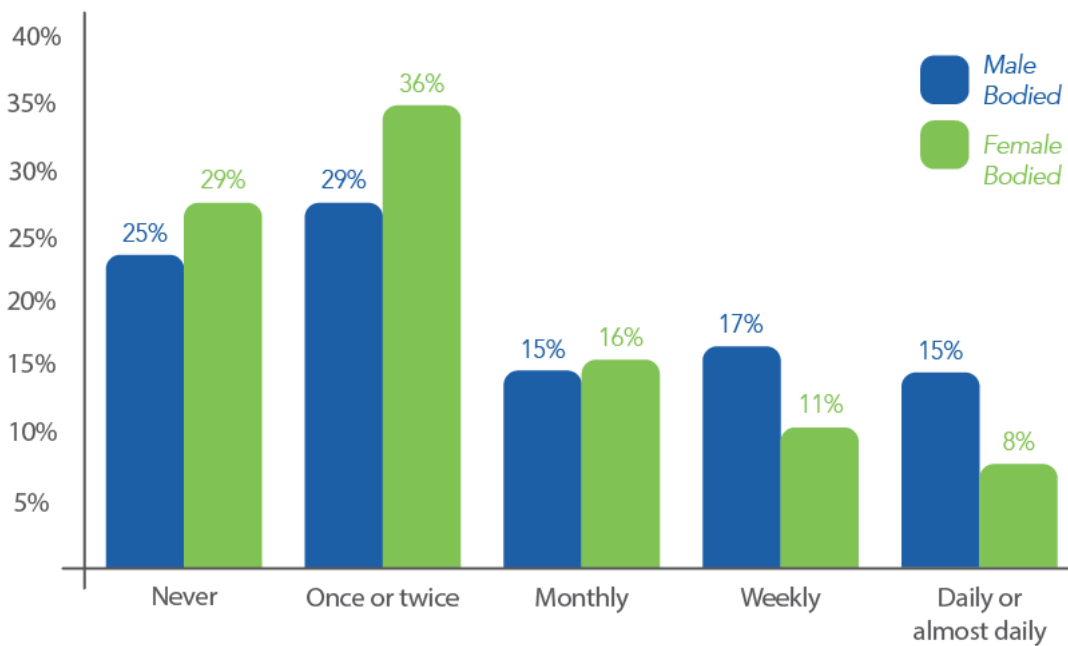
\* Includes cigarettes, e-cigarettes, Juul or other vape products, water pipe or hookah, chewing tobacco, cigars, etc

# Use of Drugs in last 3 months



\* non-medical use

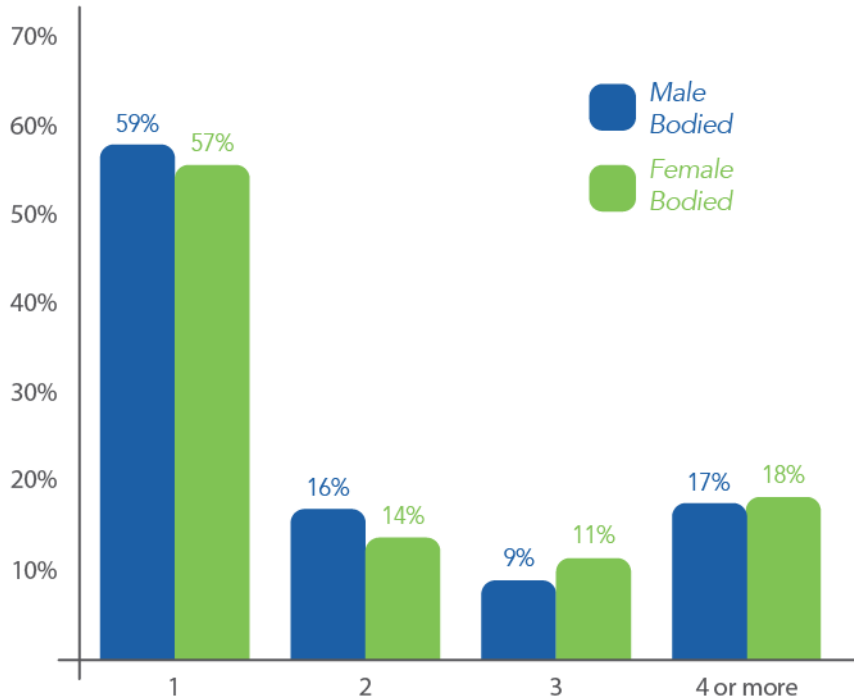
# Frequency of Cannabis use in last 3 months



\*Includes only students who reported ever using cannabis; includes marijuana, weed, hash, edibles, vaped cannabis, etc.

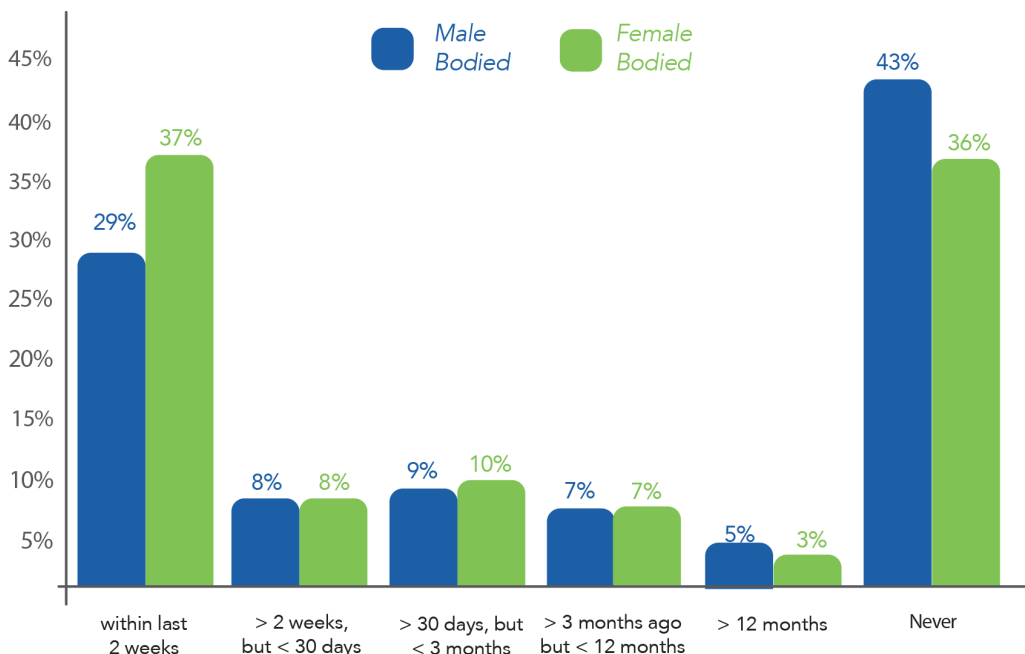
# SEXUAL HEALTH

## Number of Sexual Partners within last 12 months\*

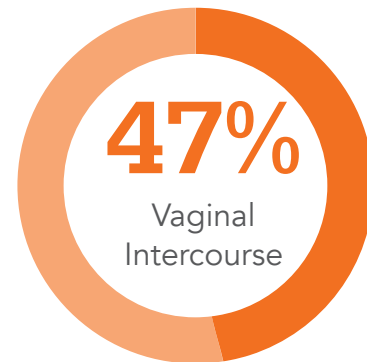
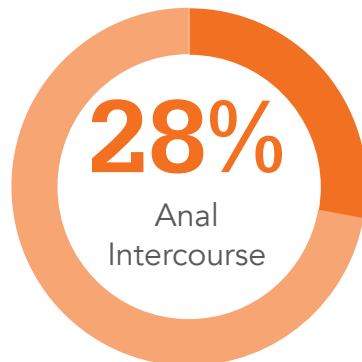
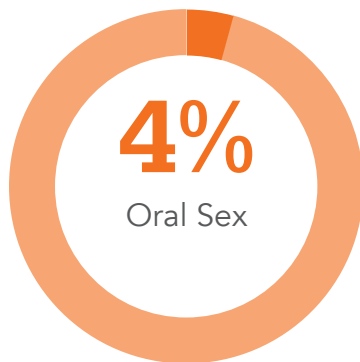


\*Includes only students who reported having oral sex, vaginal or anal intercourse in the last 12 months

## Time of last vaginal intercourse



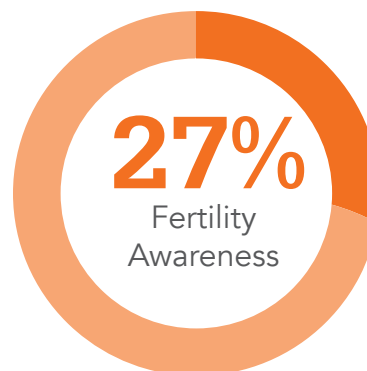
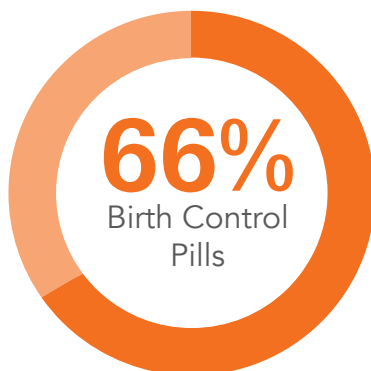
## Percentage of students\* who reported using condoms or another protective barriers for different types of sexual activities most of the time or always within the last 30 days



90%

of students who reported having vaginal intercourse in last 12 months used a method of contraception

## Three most frequently used types of contraception:



## Use of Emergency Contraception (morning after pill or Plan B) in last 12 months:

12% of males reported their partner used emergency contraception

17% of females reported they used emergency contraception