

Penn State Student Health Assessment Spring 2016

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 2016 survey for Pennsylvania State University. In March 2016, a random sample of 10,500 University Park undergraduate students was contacted by email and invited to complete the online survey. A total of 1,776 students completed surveys, with an overall response proportion of 17%. 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.



Photo: Bill Zimmerman

Top 10 Issues that Affect Academics

Issues	% of students
1. Stress	27%
2. Anxiety	20%
3. Sleep difficulties	18%
4. Cold/Flu/Sore Throat	15%
5. Depression	12%
6. Participation in extracurricular activities	11%
7. Internet use/Computer games	9%
8. Work	8%
9. Relationship difficulties	8%
10. Concern for a friend/family member	8%



27%

Percentage of Penn State students who say stress affected their academic performance in the last 12 months.



18%

Percentage of Penn State students who 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	21%
2. Allergies	19%
3. Strep Throat	16%
4. Urinary Tract Infection	10%

Quick Facts

General Health

91% of students described their health as good, very good or excellent

Alcohol & Drug Use in the Past 30 Days

Alcohol: 78%
Cigarettes: 9%
Marijuana: 21%

Nutrition

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

Physical Activity

56% met the recommendations for aerobic physical activity

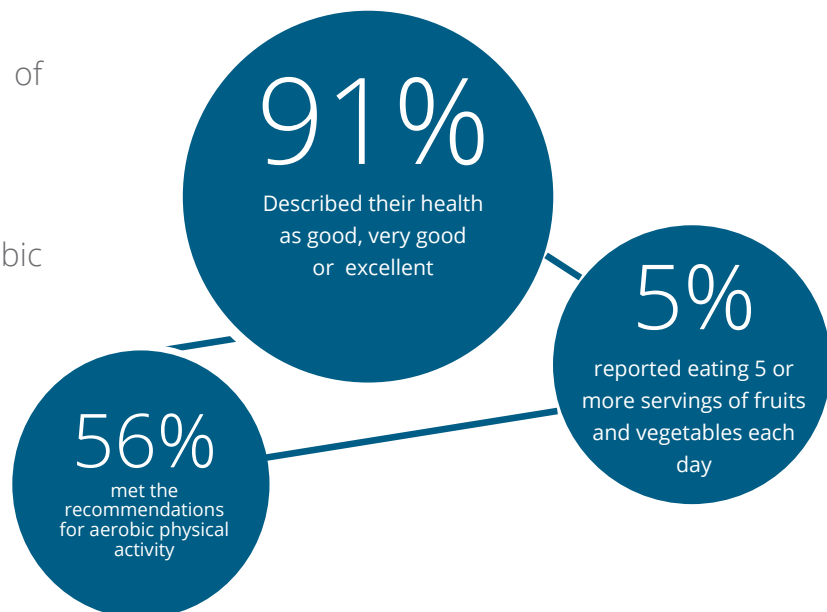
Sexual Behavior

79% of students reported having 0 to 2 sexual partners in the past 12 months

Sleep and Stress

14% got enough sleep on 6 or more days in the past week to feel rested in the mornings

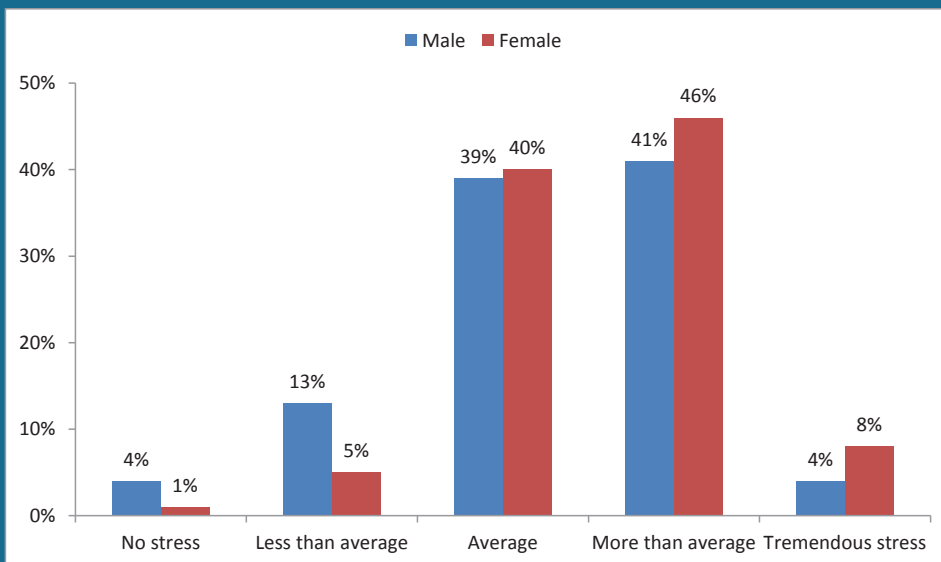
51% reported having a more than average or tremendous stress level in the past 12 months



SLEEP AND STRESS

A total of 85% of students reported that, at some time within the last 12 months, they felt overwhelmed by all they had to do.

Reported overall level of stress experienced within the last 12 months



Top 5 Stressors in the Past 12 Months

42%

Academics

29%

Intimate Relationships

24%

Career-related Issue

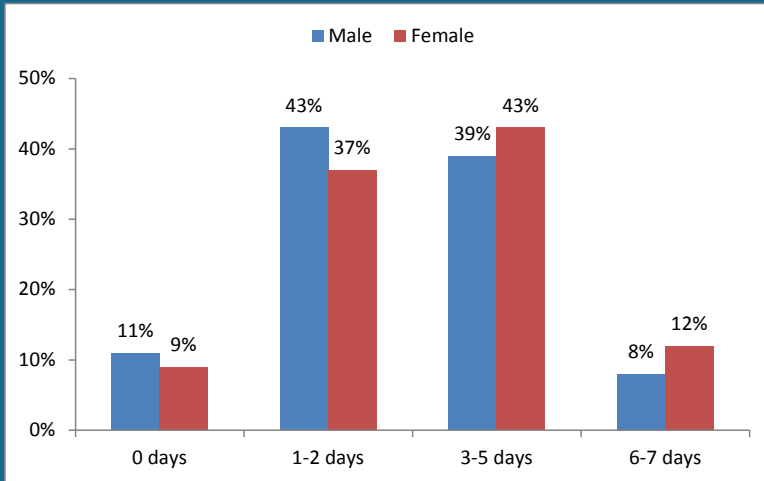
25%

Finances

26%

Personal Appearances

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.

34% of students reported having more than a little problem with sleepiness during daytime activities.

MENTAL HEALTH

12% of men and 18% 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:
14% of students were diagnosed and/or treated

for anxiety in the past 12 months. 54% reported feeling overwhelming anxiety in the past 12 months.

Diagnosis of depression vs. feeling so depressed it was difficult to function:

11% of students were diagnosed and/or treated for depression in the past 12 months. 30% reported feeling so depressed it was difficult to function.

WHERE STUDENTS WENT FOR MENTAL HEALTH SERVICES



NUTRITION

Nutrient Deficiencies

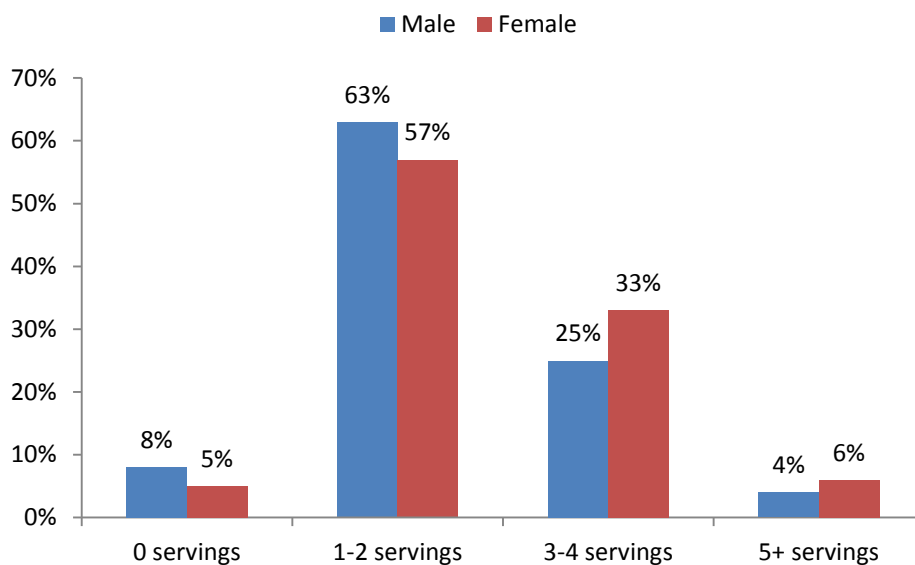
Nearly 27% of Penn State students reported only eating breakfast 1-3 days out of the week and 9% reported never eating breakfast.

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

The majority of students (58%) reported eating 1-2 servings per day.

Fruit & Vegetable Intake Per Day

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



Healthy Choices

62% of Penn State students reported eating fast food (ex. Burger King, Dunkin Donuts, McDonalds, Panda Express) only 0-2 days out of the last 30 days.

47% of Penn State students said they choose whole grains more than 50% of the time or always when they consume grains.

PHYSICAL ACTIVITY

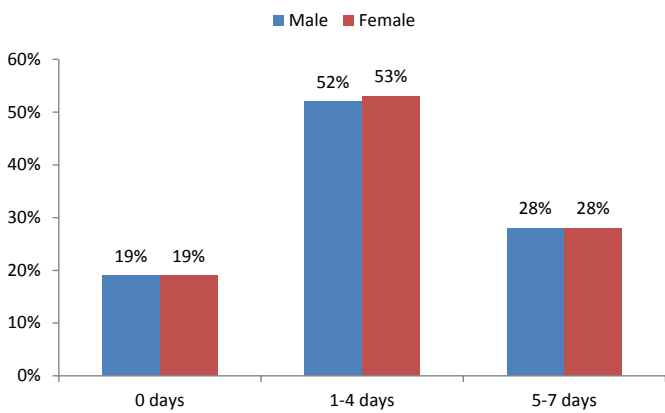
56%

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

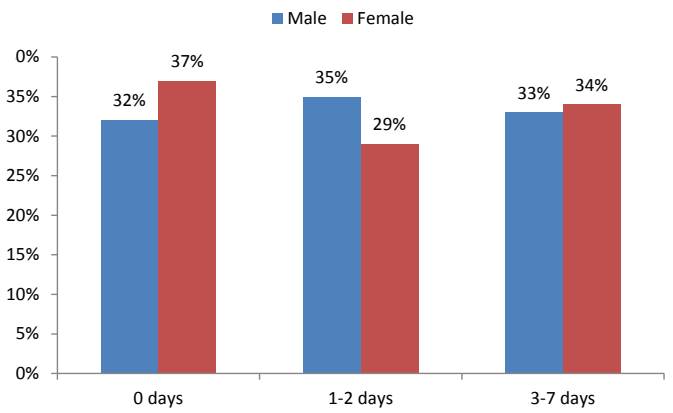
The guidelines for physical activity, according to the American College of Sports Medicine and the American Heart Association:

- >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.

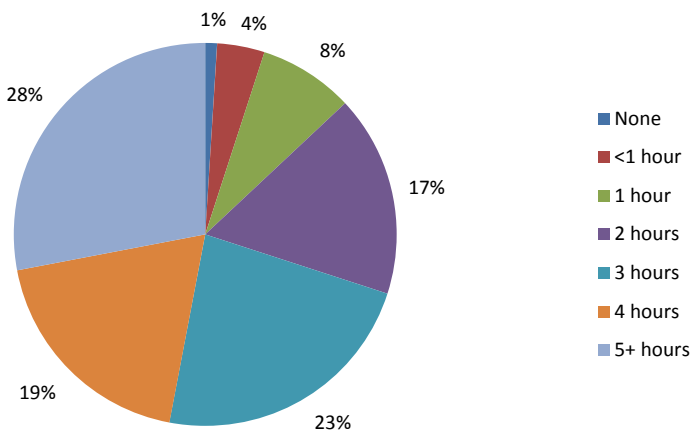
Moderate Intensity Physical Activity



Vigorous Intensity Physical Activity



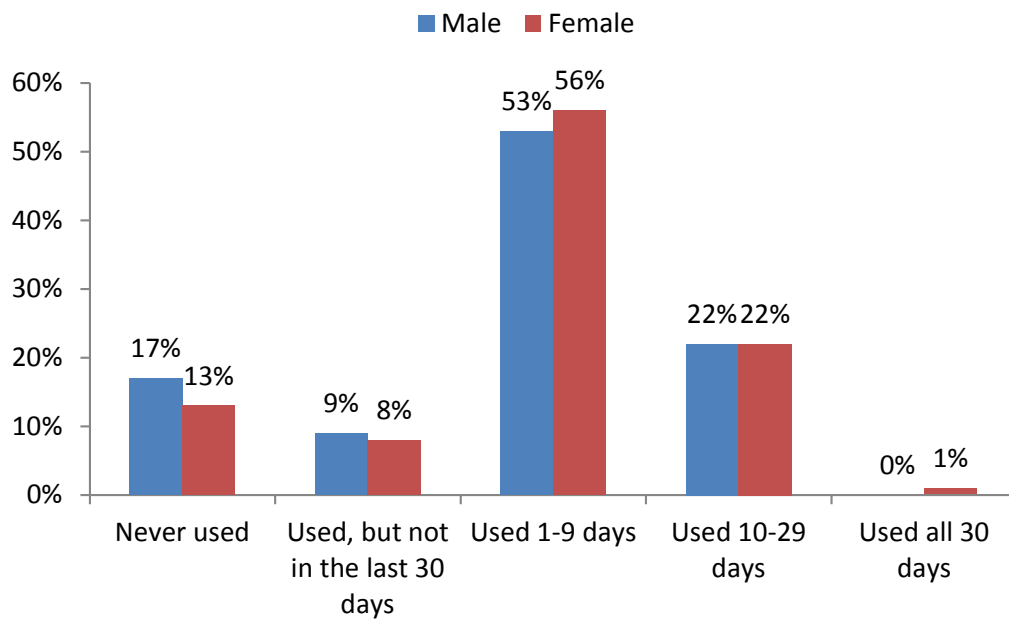
Hours of Leisure Screen Time per Day



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



Protective Behaviors

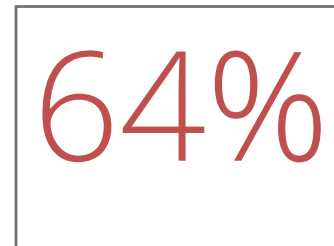
Top 5 Strategies Reported by Students:	Men	Women
1. Stayed with the same group of friends the entire time	77%	92%
2. Ate before and/or during drinking	80%	86%
3. Used a designated driver	74%	83%
4. Kept track of how many drinks they had	48%	63%
5. Had a friend tell them when to stop drinking	26%	46%



97% of students reported using one or more safe drinking strategy

Most Common Consequences

Consequences	% of Students
1. Forgot where they were or what they did (blacking out)	44%
2. Did something they later regretted	44%
3. Had unprotected sex	26%
4. Got physically injured	17%



64% of students who drink reported experiencing at least one type of negative consequence because of their drinking.

Drinking & Driving

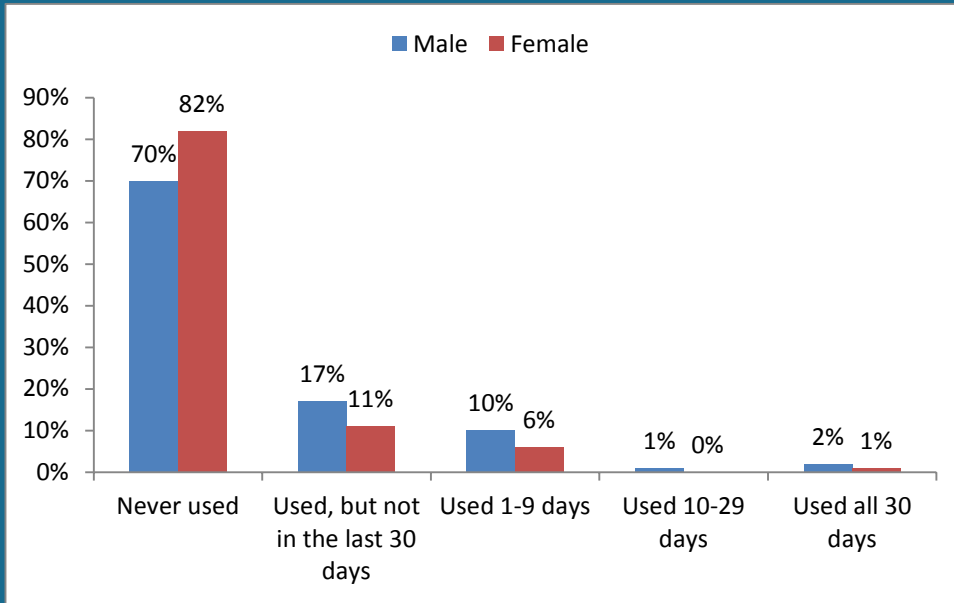
1% of students reported driving after having 5 or more drinks in the last 30 days.

12% of students reported driving after having any alcohol in the last 30 days.

TOBACCO USE

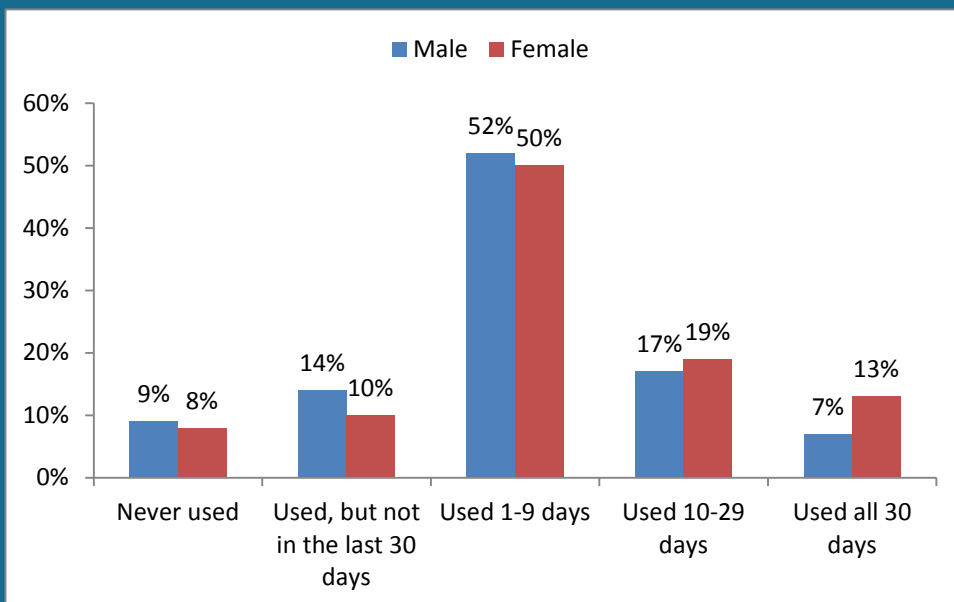
Cigarette use in the past 30 days

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 perceived peers' use of e-cigarettes is higher than actual use.

Actual Use



4%
of students used e-cigarettes in the last 30 days.

Perceived Use



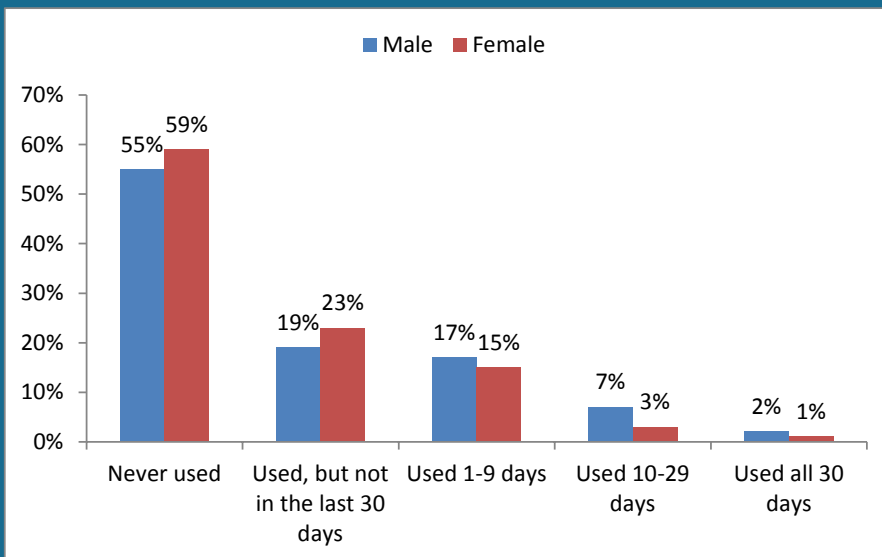
74%
students thought 74% of other students used e-cigarettes in the past 30 days.

Prescription Drug Abuse

Top 3 types of drugs used by students without having a prescription



Marijuana Use in the Past 30 Days



1 in 5

Penn State students have used marijuana in the past 30 days. However, Penn State students perceive that 92% of their peers have used marijuana in the past 30 days.

University **HealthServices**
<http://studentaffairs.psu.edu/health>

University Health Services
Student Health Center
University Park, PA 16802



PennState
Student Affairs