

California State University East Bay

Executive Summary

printing

Afternoon College, The Association
Non-College, The Assessment

AC, AN, A

The AC, AN, A supports the health of the campus
community by offering the decision support showing
and ongoing the health and ongoing current profile of
the trends in the campus community



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Findings

A. General Health of College Students

Percentage of college students surveyed who reported being diagnosed or ready to profess one or more of the following health problems in the past 12 months

Percentage of college students surveyed who reported being diagnosed or ready to profess one or more of the following health problems in the past 12 months

Percentage of college students who reported being diagnosed or ready to profess one or more of the following health problems in the past 12 months

Health Problem	Percentage
Allergies	15%
Asthma	12%
Bacterial infections	10%
Bronchitis	8%
Chlamydia	5%
Diabetes	3%
Eczema	7%
Endometriosis	4%
Genital herpes	6%
Genital sores (P)	5%
Gonorrhea	4%
Depression B or C	18%
High blood pressure	10%
High cholesterol	12%
Infection	15%
Arrhythmia/Bradycardia	8%
Migraine/headache	14%
Mononucleosis	6%
Peptic ulcers/Dyspepsia	9%
Repetitive stress injury	7%
Skin infections	11%
Strep throat	5%
Stress	16%
Unintentional weight loss	13%

Percentage of college students who reported being diagnosed or ready to profess one or more of the following conditions in the past 12 months

Percentage of college students who reported any of the following health problems

B. Disease and Injury Prevention

College students reported receiving the following vaccinations:

- reported receiving vaccinations hepatitis B,
- reported receiving vaccinations influenza, pertussis, pneumococcal, meningococcal,
- reported receiving vaccinations tetanus/diphtheria/poliomyelitis, measles/mumps/rubella,
- reported receiving vaccinations meningococcal meningitis,
- reported receiving vaccinations rabies, chickenpox,

C. Academic Impacts

academic performance defined as received honor grade on one or more prior projects received honor grade in the course received no pass or dropped the course or experienced significant drop in health status on research or practice or sedation

A cohort		Gender	
Age		Sex	
Age		Year	
Assessment		Attendance	
Assessment		Learning	
Attendance		Practical	
Code		Costs	
Concern for		Pregnancy	
or friend		Relationships	
or friend		Road	
Chronic health		Stress	
Chronic		Substance	
Death of		Use of	
friend or		Violence	
Depression		Other	
Description			
Disease			
Engagement			
Factors			

D. Violence, Abusive Relationships and Personal Safety

When these students reported experiencing

Percent (%)

F n n con n

Co ege s den s repor ed fee ng *very safe*

Percent (%) Male Female Total

Final conclusion

Reported number of drinks consumed here is less than reported or socialized. On days when reported one or more drinks were not consumed.

Number of drinks* or fewer	Percent (%)	Male	Female	Total
1 or more		1	1	1
2 or more		1	1	1
3 or more		1	1	1
4 or more		1	1	1
5 or more		1	1	1
6 or more		1	1	1
7 or more		1	1	1
8 or more		1	1	1
9 or more		1	1	1
10 or more		1	1	1
11 or more		1	1	1
12 or more		1	1	1
13 or more		1	1	1
14 or more		1	1	1
15 or more		1	1	1
16 or more		1	1	1
17 or more		1	1	1
18 or more		1	1	1
19 or more		1	1	1
20 or more		1	1	1
21 or more		1	1	1
22 or more		1	1	1
23 or more		1	1	1
24 or more		1	1	1
25 or more		1	1	1
26 or more		1	1	1
27 or more		1	1	1
28 or more		1	1	1
29 or more		1	1	1
30 or more		1	1	1
31 or more		1	1	1
32 or more		1	1	1
33 or more		1	1	1
34 or more		1	1	1
35 or more		1	1	1
36 or more		1	1	1
37 or more		1	1	1
38 or more		1	1	1
39 or more		1	1	1
40 or more		1	1	1
41 or more		1	1	1
42 or more		1	1	1
43 or more		1	1	1
44 or more		1	1	1
45 or more		1	1	1
46 or more		1	1	1
47 or more		1	1	1
48 or more		1	1	1
49 or more		1	1	1
50 or more		1	1	1
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53 or more		1	1	1
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89 or more		1	1	1
90 or more		1	1	1
91 or more		1	1	1
92 or more		1	1	1
93 or more		1	1	1
94 or more		1	1	1
95 or more		1	1	1
96 or more		1	1	1
97 or more		1	1	1
98 or more		1	1	1
99 or more		1	1	1
100 or more		1	1	1

Reported number of colleges attended fewer or more drinks than

Family connections

College students reported doing the following *most of the time* or *always* when they participated in social drinking sessions:

	Percent (%)	Male	Female	Total
Arrive non-coordinated with other guests		10	1	1
Attend parties		1	1	1
Choose non-coordinated		1	1	1
Derive no pleasure from drinking		1	1	1
Enjoyed drinking		1	1	1
Feel free to drink when you have had enough		1	1	1
Keep track of how many drinks consumed		1	1	1
Prefer to be alone or fewer than		1	10	1
Stay with the group of friends when ready to drink		1	1	1
Choose one individual when drinking		1	1	1
Selected drink		1	1	1
Reported one or more of the above		10	10	1

n = 100. A = 100. CI = 0.05. n = 100.

College students who drank alone reported experiencing the following when drinking alone:

	Percent (%)	Male	Female	Total
Did something you regret		1	10	10
Forgo something you would do		1	1	1
Go on something you would not do		1	1	1
Someone had sex with you when you consented		10	1	1
Someone had sex with you when you did not consent		10	1	1
Someone had sex with you		1	10	1
Physically restrained you		1	1	1
Physically restrained someone else		1	1	1
Someone considered sexual		10	1	1
Reported one or more of the above		1	1	1

n = 100. A = 100. CI = 0.05. n = 100.

G. Nutrition and Exercise

College students reported the following number of servings of fruits and vegetables per day

	Percent (%)	Male	Female	Total
servings per day		1	1	2
per day		1	1	2
per day		1	1	2
or more per day		1	1	2

College students reported the following hours in the past 7 days

Do moderate-intensity cardio or aerobic exercise for at least 30 minutes:

	Percent (%)	Male	Female	Total
7 days		1	1	2
6 days		1	1	2
5 days		1	1	2

Do vigorous-intensity cardio or aerobic exercise for at least 20 minutes:

	Percent (%)	Male	Female	Total
7 days		1	1	2
6 days		1	1	2
5 days		1	1	2

Physical Activity and Performance Health Related Recommendations for Adults From the American College of Sports Medicine and the American Heart Association
 Moderate intensity cardio or aerobic exercise for 150 minutes or more per week or vigorous intensity cardio or aerobic exercise for 75 minutes or more per week

Students meeting the Recommendations for moderate-intensity exercise, vigorous-intensity exercise, or a combination of the two (2 moderate-intensity exercise periods = 1 vigorous-intensity exercise period).

	Percent (%)	Male	Female	Total
Grade 12		1	1	2

Final *con n*

Estimated Body Mass Index (BMI) has been incorporated as reported height and weight for gender and color of physical health categories defined by the Ordinal Organization. O represents Obesity Prevalence and M represents the Gender of each Reporter.

BMI	Percent (%)	Male	Female	Total
Underweight				
Healthy weight				
Overweight				
Class 1 Obesity				
Class 2 Obesity				
Class 3 Obesity				
Mean				
Median				
Standard Deviation				

H. Mental Health

Persons reported experiencing the following within the last 12 months

Felt things were hopeless

Percent (%)	Male	Female	Total
Never			
Not often			
Several times			
Several days			
Every day			
Any time within the last 12 months			

Felt overwhelmed by all you had to do

Percent (%)	Male	Female	Total
Never			
Not often			
Several times			
Several days			
Every day			
Any time within the last 12 months			

Felt exhausted (not from physical activity)

Percent (%)	Male	Female	Total
Never			
Not often			
Several times			
Several days			
Every day			
Any time within the last 12 months			

Felt very lonely

Percent (%)	Male	Female	Total
Never			
Not often			
Several times			
Several days			
Every day			
Any time within the last 12 months			

F n n c o n n

Felt very sad

	Percent (%)	Male	Female	Total
No ne er				
No no s on hs				
Yes s ee s				
Yes s d ys				
Yes n s on hs				

Any time within the last 12 months

Felt overwhelming anxiety

	Percent (%)	Male	Female	Total
No ne er				
No no s on hs				
Yes s ee s				
Yes s d ys				
Yes n s on hs				

Any time within the last 12 months

Seriously considered suicide

	Percent (%)	Male	Female	Total
No ne er				
No no s on hs				
Yes s ee s				
Yes s d ys				
Yes n s on hs				

Any time within the last 12 months

Felt so depressed that it was difficult to function

	Percent (%)	Male	Female	Total
No ne er				
No no s on hs				
Yes s ee s				
Yes s d ys				
Yes n s on hs				

Any time within the last 12 months

Felt overwhelming anger

	Percent (%)	Male	Female	Total
No ne er				
No no s on hs				
Yes s ee s				
Yes s d ys				
Yes n s on hs				

Any time within the last 12 months

Attempted suicide

	Percent (%)	Male	Female	Total
No ne er				
No no s on hs				
Yes s ee s				
Yes s d ys				
Yes n s on hs				

Any time within the last 12 months

Intentionally cut, burned, b8608-4.8477(n)-2.57531(t)-1.2463.571 0)-2701.07(7)-4.8608)2.9 432.983(b)-2.57531(u)-2.

Final *con n*

Within the last 12 months, diagnosed or treated by a professional for the following:

	Percent (%)	Male	Female	Total
Anorexia		1	1	1
Anxiety		1	1	1
Attention Deficit and Hyperactivity Disorder		1	1	1
Bipolar Disorder		1	1	1
Bulimia		1	1	1
Depression		1	1	1
Autism		1	1	1
Other sleep disorder		1	1	1
Obsessive Compulsive Disorder		1	1	1
Personality disorders		1	1	1
Phobias		1	1	1
Schizophrenia		1	1	1
Substance use or addiction		1	1	1
Other addiction		1	1	1
Other mental health condition		1	1	1
<i>Students reporting none of the above</i>		1	1	1
<i>Students reporting only one of the above</i>		1	1	1
<i>Students reporting both Depression and Anxiety</i>		1	1	1
<i>Students reporting any two or more of the above excluding the combination of Depression and Anxiety</i>		1	1	1

Within the last 12 months, any of the following been traumatic or very difficult to handle:

	Percent (%)	Male	Female	Total
Accidents		1	1	1
Career related stress		1	1	1
Death of family member or friend		1	1	1
Family problems		1	1	1
Antisocial relationships		1	1	1
Other social relationships		1	1	1
Finances		1	1	1
Death of family member or partner		1	1	1
Personal experience		1	1	1
Personal health issues		1	1	1
Relationships		1	1	1
Other		1	1	1
<i>Students reporting none of the above</i>		1	1	1
<i>Students reporting only one of the above</i>		1	1	1
<i>Students reporting 2 of the above</i>		1	1	1
<i>Students reporting 3 or more of the above</i>		1	1	1

Final conclusion

Within the last 12 months, how would you rate the overall level of stress experienced:

	Percent (%)	Male	Female	Total
No stress				
Less than average stress				
Average stress				
More than average stress				
Extremely stressful				

I. Sleep

Past 7 days, getting enough sleep to feel rested in the morning:

	Percent (%)	Male	Female	Total
7 days				
6 days				
5 days				
4 days				

Past 7 days, how often felt tired, dragged out, or sleepy during the day:

	Percent (%)	Male	Female	Total
7 days				
6 days				
5 days				
4 days				

Past 7 days, how much of a problem with sleepiness during daytime activities:

Demographics and Student Characteristics

Age:

Age 18-24 years

25-34 years

35-44 years

45-54 years

55-64 years

65+ years

Gender*

Female

Male

Transgender

Student status:

First-year undergraduate

Second-year undergraduate

Third-year undergraduate

Fourth-year undergraduate

Graduate or professional

No seeking degree

Other

First residence

Previous residence

Other residence

Relationship status:

Students describe themselves as:

White

Black or African American

Hispanic or Latino

Asian or Pacific Islander

American Indian or Alaska Native

Native or Native Hawaiian

Black or Mexican

Other

International Student:

International

Students describe themselves as:

Emergent

Global

Local

Regional

Housing:

Campus residence hall

Fraternity or sorority house

Other non-residence hall

Parent/guardian home

Other off-campus housing

Other

Participated in organized college athletics:

Yes

No