

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 on the following health problems in the past 12 months

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

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

Health Problem	Percentage
Allergies	15%
Asthma	10%
Bacterial infections	12%
Bronchitis	8%
Chlamydia	5%
Diabetes	3%
Eczema	7%
Endometriosis	4%
Genital herpes	6%
Genital warts	2%
Gonorrhea	3%
Depression	18%
High blood pressure	10%
High cholesterol	12%
Infection	15%
Arrhythmia	5%
Migraine headache	8%
Mononucleosis	6%
Periodic paralysis	4%
Repetitive stress injury	7%
Skin infection	9%
Strep throat	11%
Stress	14%
Unlabeled	10%

Percentage of college students who reported being diagnosed or ready to profess on the following health problems 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, tetanus, diphtheria, and polio,
- reported receiving vaccinations meningococcal, hepatitis A, and HPV,
- reported receiving vaccinations measles, mumps, and rubella,
- reported receiving vaccinations meningococcal, tetanus, diphtheria, and polio,
- reported receiving vaccinations meningococcal, tetanus, diphtheria, and polio,

F n n con n

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

Percent (%) Male Female Total

Final conclusion

Tobacco from a water pipe (hookah)

	Percent (%)	Male	Female	Total	Male	Female	Total
Never used		95	95	95	95	95	95
Used 1-2 days in the last 30 days		0	0	0	0	0	0
Used 3-5 days		0	0	0	0	0	0
Used 6-10 days		0	0	0	0	0	0
Used 11-30 days		0	0	0	0	0	0
Any use within the last 30 days		0	0	0	0	0	0

All other drugs combined*

	Percent (%)	Male	Female	Total	Male	Female	Total
Never used		95	95	95	95	95	95
Used 1-2 days in the last 30 days		0	0	0	0	0	0
Used 3-5 days		0	0	0	0	0	0
Used 6-10 days		0	0	0	0	0	0
Used 11-30 days		0	0	0	0	0	0
Any use within the last 30 days		0	0	0	0	0	0

Alcohol, cocaine, marijuana, heroin, amphetamine, ecstasy, MDMA, other drugs, other substances, inhalants, benzodiazepines, barbiturates, opiates, sedatives, tranquilizers, antidepressants, antipsychotics, anxiolytics, stimulants, hallucinogens, psychedelics, and other drugs.

Percentage of college students reported drinking 5 or more drinks in the last 30 days.
 Percentage of college students reported drinking any alcohol in the last 30 days.

from

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
Men		1	1	1
Median		1	1	1
Standard Deviation		1	1	1

Reported number of cigarettes smoked here is less than reported or socialized.

F n n con n

F. Sexual Behavior

Co ege s den s repor ed h ng he fo o ng n er of se s p r ners or se s g n or n n erco rse h n he s on hs

	Percent (%)	Male	Female	Total
None		100	0	100
One or more		0	0	0

N er of p r ners ong s den s repor ng o h e e s one se s p r ner h n he s on hs

	Male	Female	Total
Men	0	0	0
Men and De	100	100	100

Co ege s den s repor ed h ng or g n or n se s n he s d ys

Oral sex within the past 30 days

Percent (%) **Male Female Total**

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 10		1	1	2

Final conclusion

Estimated average Body Mass Index (BMI) has significantly increased for the general population of physical health categories defined by the World Health Organization. Obesity prevalence among the general population has increased significantly, especially among men.

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

H. Mental Health

Individuals reported experiencing the following mental health symptoms:

Felt things were hopeless

Percent (%)	Male	Female	Total
Never			
Not often			
Several times			
Several days			
Not often			
<i>Any time within the last 12 months</i>			

Felt overwhelmed by all you had to do

Percent (%)	Male	Female	Total
Never			
Not often			
Several times			
Several days			
Not often			
<i>Any time within the last 12 months</i>			

Felt exhausted (not from physical activity)

Percent (%)	Male	Female	Total
Never			
Not often			
Several times			
Several days			
Not often			
<i>Any time within the last 12 months</i>			

Felt very lonely

Percent (%)	Male	Female	Total
Never			
Not often			
Several times			
Several days			
Not often			
<i>Any time within the last 12 months</i>			

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 Abuse		1	1	1
Other Disorders		1	1	1
Other Health Conditions		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 Appearance		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

65-74 years

75+ years

Gender*

Female

Male

Transgender

Student status:

First-year undergraduate

Second-year undergraduate

Third-year undergraduate

Fourth-year undergraduate

First or more year graduate

Graduate or professional

No seeing 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