

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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Introduction

The AC, A N on Co ege, e h Assess en, AC, A NC, A s n. on
rese rch s r ey org n zed y he A er c n Co ege, e h Assoc on AC, A o
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n co ec ng d o he r s den s h s eh ors nd percep ons on he os
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B. Disease and Injury Prevention

College students reported receiving the following vaccinations:

- reported receiving hepatitis B
- reported receiving pneumococcal polysaccharide vaccine
- reported receiving influenza vaccine
- reported receiving meningococcal conjugate vaccine
- reported receiving tetanus/diphtheria/pertussis

F *n n con n*

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

	Percent (%)	Male	Female	Total
On he rc p s d y e				
On he rc p s n gh e				
▲ n he co n y s rro nd ng he r schoo d y e				
▲ n he co n y s rro nd ng he r schoo n gh e				

E. Alcohol, Tobacco, and Other Drug Use

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co p red h ho of en s den s perce ed he yp c s den on c p s sed

	Percent (%)	Male	Female	Total
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Final conclusion

Reported number of drinks consumed here is less than reported or socialized. On yesterday's drinks reported one or more drinks were not used.

Number of drinks*	Percent (%)	Male	Female	Total
one or fewer		51	40	51
two or more		49	60	54
Men		51	49	51
Men		51	49	51
Men		51	49	51
Men		51	49	51

Reported number of colleges attended is less than reported one or more drinks consumed.

G. Nutrition and Exercise

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

	Percent (%)	Male	Female	Total
5 servings per day	10%	10%	10%	10%
4 servings per day	20%	20%	20%	20%
3 servings per day	30%	30%	30%	30%
2 servings per day	20%	20%	20%	20%
1 serving per day	10%	10%	10%	10%

College students reported the following hours per week of exercise

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

	Percent (%)	Male	Female	Total
7 days	10%	10%	10%	10%
6 days	20%	20%	20%	20%
5 days	30%	30%	30%	30%
4 days	20%	20%	20%	20%
3 days	10%	10%	10%	10%

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

	Percent (%)	Male	Female	Total
7 days	10%	10%	10%	10%
6 days	20%	20%	20%	20%
5 days	30%	30%	30%	30%
4 days	20%	20%	20%	20%
3 days	10%	10%	10%	10%

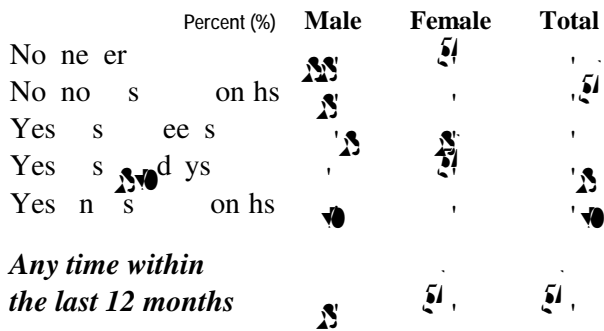
Physical Activity and Performance Recommendations for Adults from the American College of Sports Medicine and the American Heart Association: Moderate-intensity cardio or aerobic exercise for 150 minutes or more per week or vigorous-intensity cardio or aerobic exercise for 75 minutes or more per week.

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).

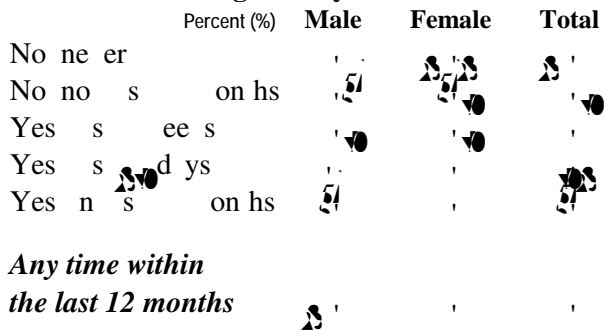
	Percent (%)	Male	Female	Total
Grade 10	10%	10%	10%	10%

Final conclusion

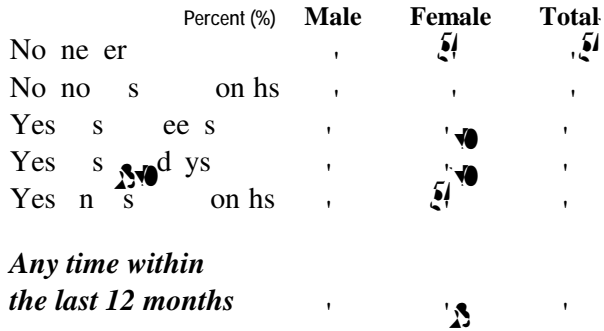
Felt very sad



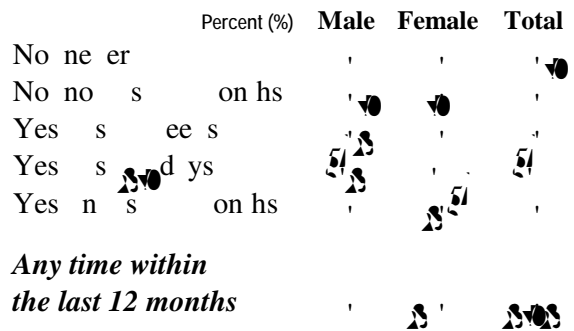
Felt overwhelming anxiety



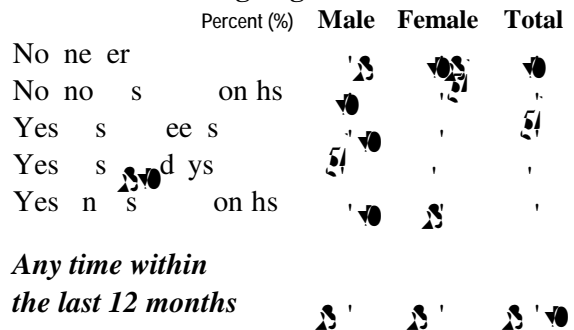
Seriously considered suicide



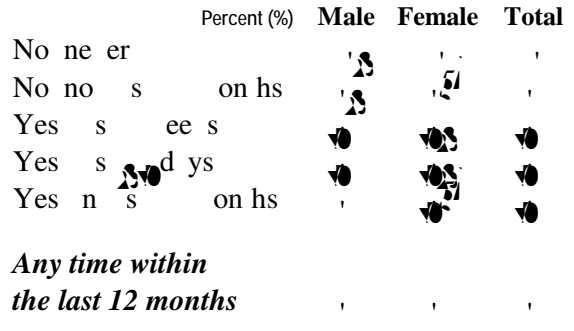
Felt so depressed that it was difficult to function



Felt overwhelming anger



Attempted suicide



Intentionally cut, burned, b6602-4.6477(n)-2.57531(t)-1.2463.571 0)-2701.07(7)-4.6608)2.9 432.983(b)-2.57531(u)-2.

Final *conclusion*

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

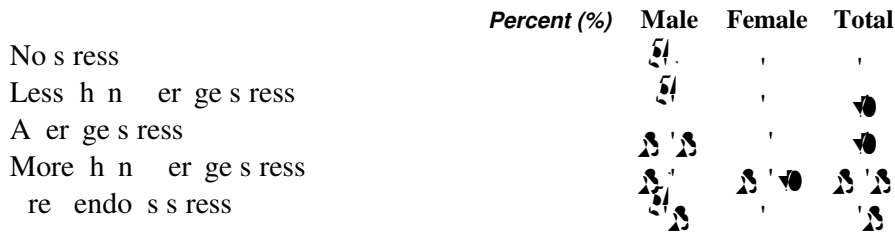
	Percent (%)	Male	Female	Total
Anorexia		1	1	2
Anxiety		1	1	2
Attention Deficit and Hyperactivity Disorder		1	1	2
Bipolar Disorder		2	1	3
Bulimia		1	2	3
Depression		1	2	3
Autism		2	2	4
Other sleep disorder		1	2	3
Obsessive Compulsive Disorder		1	1	2
Personality		1	1	2
Phobias		1	2	3
Schizophrenia		1	2	3
Substance use or addiction		2	2	4
Other addiction		1	2	3
Other mental health condition		1	2	3
<i>Students reporting none of the above</i>		51	51	102
<i>Students reporting only one of the above</i>		51	51	102
<i>Students reporting both Depression and Anxiety</i>		51	51	102
<i>Students reporting any two or more of the above excluding the combination of Depression and Anxiety</i>		1	1	2

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

	Percent (%)	Male	Female	Total
Accidents		2	5	7
Career related stress		2	5	7
Death of family member or friend		1	1	2
Family problems		1	2	3
Antisocial relationships		1	1	2
Other social relationships		1	5	6
Finances		2	5	7
Death of family member or partner		2	2	4
Personal experience		2	5	7
Personal health issues		2	1	3
Sleep difficulties		1	2	3
Other		2	2	4
<i>Students reporting none of the above</i>		2	1	3
<i>Students reporting only one of the above</i>		1	2	3
<i>Students reporting 2 of the above</i>		1	2	3
<i>Students reporting 3 or more of the above</i>		2	5	7

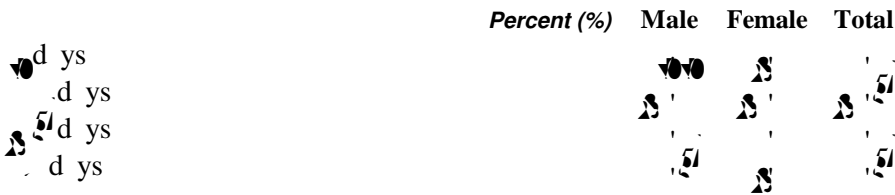
Final conclusion

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

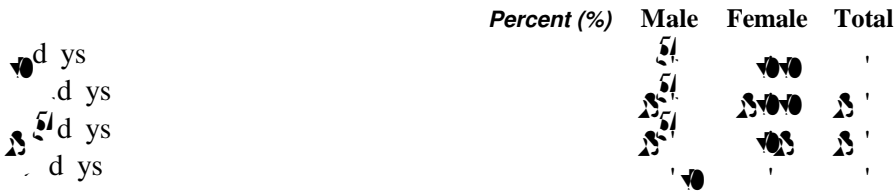


I. Sleep

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



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



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

Demographics and Student Characteristics

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
 Non-seeking degree
 Other

Freshman
 Sophomore
 Other student

Relationship status:

Students describe themselves as:

White
 Black or African American
 Hispanic or Latino
 Asian or Pacific Islander
 American Indian or Alaska Native
 Native Hawaiian or Other Pacific Islander
 Other

International Student:

American

Students describe themselves as:

Freshman
 Graduate
 Transfer
 Non-degree

Housing:

Campus residence hall
 Fraternity or sorority house
 Other non-campus housing
 Parent/guardian home
 Other off-campus housing
 Other

Participated in organized college athletics:

Yes
 No