



Reference Group

Data Report

Fall 2019

The ACHA-NCHA II supports the health of the campus community by fulfilling the academic mission, supporting short- and long-term healthy behaviors, and gaining a current profile of health trends within the campus community.

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AMERICAN COLLEGE HEALTH ASSOCIATION

Demographics of Participating Institutions

Three postsecondary institutions self-selected to participate in the Fall 2019 ACHA National Faculty & Staff Health Assessment and 2,992 surveys were completed by faculty and staff on these campuses. For the purpose of forming the Reference Group, only institutions located in the United States that surveyed all faculty and staff or used a random sampling technique are included in the analysis, yielding a final data set consisting of 2,992 faculty and staff at 3 schools. Demographic characteristics of the 3 campuses follow. *The mean response proportion was 32%, and the median response proportion was 31%.*

Demographical Characteristics of the 3 US Postsecondary Institutions Included in the Fall 2019 ACHA-NFSHA Reference Group	
Campus Characteristic	<i>n</i>
Type of Institution	
Public	3
Private	0
2-year	0
4-year or above	3
Location of Campus	
Northeast (CT, ME, MA, NH, NJ, NY, PA, RI, VT)	0
Midwest (IL, IN, IA, KS, MI, MN, MO, NE, ND, OH, SD, WI)	0
South (AL, AR, DE, DC, FL, GA, KY, LA, MD, MS, NC, OK, SC, TN, TX, VA, WV)	2
West (AK, AZ, CA, CO, HI, ID, MT, NV, NM, OR, UT, WA, WY)	1
Campus Size	
< 2,500 students	1
2,500 – 4,999 students	0
5,000 – 9,999 students	0
10,000 – 19,999 students	0
20,000 students or more	2
Campus Setting	
Very large city (population over 500,000)	0
Large city (population 250,000-499,999)	0
Small city (population 50,000-249,999)	2
Large town (population 10,000 – 49,999)	1
Small town (population 2,500-9,999)	0
Rural community (population under 2,500)	0
Carnegie Classification	
Associates Colleges	0
Baccalaureate Colleges	0
Baccalaureate/Associates Colleges	0
Masters Colleges and Universities	1
Doctoral Universities	2
Special Focus Institutions	0
Miscellaneous/Not Classified	0

Demographical Characteristics of the 3 US Postsecondary Institutions Included in the Fall 2019 ACHA-NFSHA Reference Group

Campus Characteristic	<i>n</i>
ACHA Membership Status	
Institutional Member	3
Nonmember	0
Religious Affiliation	
No	3
Yes	0
<u>If yes:</u>	
Catholic	0
Protestant or Other Christian	0
Postsecondary Minority Institution (US Department of Education)	
No	3
Yes	0
<u>*If yes:</u>	
Postsecondary Minority Institution	0
Historically Black College or University (HBCU)	0
High Hispanic Enrollment	0
Hispanic-serving Institution (HSI)	0
Tribal College or University	0
Predominately Black Institution	0
Asian American and Native American Pacific Islander-serving	0
Alaska Native-serving or Native Hawaiian-serving Institution	0
Native American-serving Nontribal Institution	0
*institutions may hold more than one type of minority status	



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FREQUENCY REPORT
Number of Surveys (n) = 2992 Web Surveys

A note about the use of sex and gender in this report:

Survey responses are reported by sex based on the responses to questions 46, 47, and 48. For the purpose of the ACHA-NFSHA report documents, respondents are reported as male or female only when their responses to these three questions are consistent with one another. If gender identity is consistent with sex at birth AND "no" is selected for transgender, then respondents are designated as either *male* or *female*. If respondents select "yes" for transgender OR their sex at birth is not consistent with their gender identity, then they are designated as *non-binary*. A respondent that selects "intersex" for sex at birth, "no" for transgender, and man or woman for gender identity are designated as *male* or *female*. A respondent that selects "intersex" for sex at birth, "yes" for transgender, or selects a gender identity other than man or woman are designated as *non-binary*. A respondent that skips any of the three questions is designated as *unknown*. Totals displayed in this report include non-binary and unknown responses. Only 3 of the 4 categories are displayed in this report. Respondents categorized as *non-binary* are included in the *Total* column, but are not presented in a separate column. When the *Total* of any given row is higher than the sum of the *male*, *female*, and *unknown* respondents, the difference can be attributed to *non-binary* respondents that selected the response option presented in that row.

1. How would you describe your general overall health?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Excellent	124	13	169	9	0	0	295	9.9	
2 Very good	380	38	748	38	0	0	1133	38.2	
3 Good	377	38	746	38	0	0	1133	38.2	
4 Fair	102	10	251	13	0	0	355	12.0	
5 Poor	12	1	39	2	0	0	52	1.8	
6 Don't know	0	0	1	0	0	0	1	0.0	
Valid responses =	995	34	1954	66	0	0	2969	99.2	

Invalid responses include no response or multiple responses.

2. My college/university cares about my health and well-being.

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Strongly agree	132	13	263	14	0	0	397	13.4	
2 Agree	553	56	1052	54	0	0	1610	54.3	
3 Neutral	253	25	533	27	0	0	794	26.8	
4 Disagree	49	5	81	4	0	0	135	4.6	
5 Strongly disagree	8	1	23	1	0	0	31	1.0	
Valid responses =	995	34	1952	66	0	0	2967	99.2	

Invalid responses include no response or multiple responses.

3. Do you believe the health and well-being of university staff and faculty impact student success and learning?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 No	17	2	28	1	0	0	46	1.6	
2 Yes	917	92	1853	95	0	0	2789	94.1	
3 Don't know	60	6	70	4	0	0	130	4.4	
Valid responses =	994	34	1951	66	0	0	2965	99.1	

Invalid responses include no response or multiple responses.

4. How important do you feel it is to model positive health and wellness behavior to students?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Not Applicable	30	3	62	3	0	0	93	3.1	
2 Extremely important	311	31	721	37	0	0	1041	35.1	
3 Very important	402	40	827	42	0	0	1234	41.6	
4 Moderately important	185	19	276	14	0	0	464	15.6	
5 Slightly important	51	5	54	3	0	0	106	3.6	
6 Not at all important	16	2	12	1	0	0	29	1.0	
Valid responses =	995	34	1952	66	0	0	2967	99.2	

Invalid responses include no response or multiple responses.

5. Within the last 12 months have you received a flu vaccination (shot or mist)?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 No	392	40	674	35	0	0	1076	36.3	
2 Yes	594	60	1269	65	0	0	1873	63.2	
3 Don't Know	7	1	6	0	0	0	13	0.4	
Valid responses =	993	34	1949	66	0	0	2962	99.0	

Invalid responses include no response or multiple responses.

6A. Within the last 12 months, how often did you experience pain, discomfort, or numbness in your hands, wrists, arms, or shoulders when using a computer or working at a desk?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Not Applicable	15	2	11	1	0	0	26	0.9	
2 Never	385	39	486	25	0	0	878	29.6	
3 Rarely	292	29	486	25	0	0	781	26.3	
4 Sometimes	253	26	743	38	0	0	1004	33.9	
5 Most of the Time	41	4	191	10	0	0	234	7.9	
6 Always	8	1	34	2	0	0	42	1.4	
Valid responses =	994	34	1951	66	0	0	2965	99.1	

Invalid responses include no response or multiple responses.



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6B. Within the last 12 months, how often did you experience pain, discomfort, or numbness in your hands, wrists, arms, or shoulders when performing work tasks NOT at a desk or a computer?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Not Applicable	10	1	22	1	0	0	32	1.1	
2 Never	383	39	671	34	0	0	1,064	35.9	
3 Rarely	313	32	588	30	0	0	904	30.5	
4 Sometimes	234	24	581	30	0	0	822	27.7	
5 Most of the Time	43	4	71	4	0	0	114	3.8	
6 Always	11	1	17	1	0	0	28	0.9	
Valid responses =	994	34	1950	66	0	0	2,964	99.1	

Invalid responses include no response or multiple responses.

6C. Within the last 12 months, experience pain, discomfort, or numbness in your neck or low back when using a computer or working at a desk?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Not Applicable	20	2	9	1	0	0	29	1.0	
2 Never	291	29	330	17	0	0	625	21.1	
3 Rarely	263	27	406	21	0	0	672	22.7	
4 Sometimes	331	33	843	43	0	0	1,183	40.0	
5 Most of the Time	70	7	285	15	0	0	359	12.1	
6 Always	17	2	75	4	0	0	92	3.1	
Valid responses =	992	34	1948	66	0	0	2,960	98.9	

Invalid responses include no response or multiple responses.

6D. Within the last 12 months, experience pain, discomfort, or numbness in your neck or low back when performing work tasks NOT at a desk or on a computer?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Not Applicable	9	1	20	1	0	0	29	1.0	
2 Never	276	28	427	22	0	0	707	23.9	
3 Rarely	321	32	585	30	0	0	912	30.8	
4 Sometimes	315	32	740	38	0	0	1,065	36.0	
5 Most of the Time	55	6	140	7	0	0	195	6.6	
6 Always	17	2	35	2	0	0	52	1.8	
Valid responses =	993	34	1947	66	0	0	2,960	98.9	

Invalid responses include no response or multiple responses.

7A. How long has it been since you had the following checked? Blood pressure

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Less than 12 months ago	823	83	1719	88	0	0	2557	86	
2 1 year ago less than 2 years ago	95	10	136	7	0	0	235	8	
3 2 years ago less than 3 years ago	30	3	33	2	0	0	63	2	
4 3 years ago less than 5 years ago	17	2	29	2	0	0	46	2	
5 5 or more years ago	15	2	15	1	0	0	30	1	
6 Never	5	1	6	0	0	0	11	0	
7 Don't know	10	1	14	1	0	0	24	1	
Valid responses =	995	34	1952	66	0	0	2966	99.1	

Invalid responses include no response or multiple responses.

7B. How long has it been since you had the following checked? Blood sugar

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Less than 12 months ago	621	63	1317	68	0	0	1950	65.9	
2 1 year ago less than 2 years ago	156	16	284	15	0	0	444	15	
3 2 years ago less than 3 years ago	46	5	82	4	0	0	130	4.4	
4 3 years ago less than 5 years ago	30	3	60	3	0	0	90	3	
5 5 or more years ago	34	3	40	2	0	0	74	2.5	
6 Never	36	4	48	3	0	0	84	2.8	
7 Don't know	70	7	116	6	0	0	187	6.3	
Valid responses =	993	34	1947	66	0	0	2959	98.9	

Invalid responses include no response or multiple responses.

7C. How long has it been since you had the following checked? Cholesterol

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Less than 12 months ago	628	63	1301	67	0	0	1943	65.8	
2 1 year ago less than 2 years ago	158	16	295	15	0	0	457	15.5	
3 2 years ago less than 3 years ago	50	5	91	5	0	0	142	4.8	
4 3 years ago less than 5 years ago	36	4	67	4	0	0	103	3.5	
5 5 or more years ago	32	3	46	2	0	0	78	2.6	
6 Never	39	4	44	2	0	0	83	2.8	
7 Don't know	49	5	98	5	0	0	147	5	
Valid responses =	992	34	1942	66	0	0	2953	98.7	

Invalid responses include no response or multiple responses.

7D. How long has it been since you had the following checked? Dental exam

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Less than 12 months ago	713	72	1503	77	0	0	2225	75.1	
2 1 year ago less than 2 years ago	104	11	183	9	0	0	293	9.9	
3 2 years ago less than 3 years ago	57	6	105	5	0	0	163	5.5	
4 3 years ago less than 5 years ago	41	4	57	3	0	0	98	3.3	
5 5 or more years ago	64	6	88	5	0	0	155	5.2	
6 Never	6	1	3	0	0	0	9	0.3	
7 Don't know	8	1	10	1	0	0	18	0.6	
Valid responses =	993	34	1949	66	0	0	2961	99.0	

Invalid responses include no response or multiple responses.



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7E. How long has it been since you had the following checked? Eye exam

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Less than 12 months ago	531	54	1141	59	0	0	1681	56.9	
2 1 year ago less than 2 years ago	191	19	371	19	0	0	568	19.2	
3 2 years ago less than 3 years ago	82	8	169	9	0	0	253	8.6	
4 3 years ago less than 5 years ago	67	7	91	5	0	0	158	5.3	
5 5 or more years ago	88	9	132	7	0	0	221	7.5	
6 Never	15	2	18	1	0	0	33	1.1	
7 Don't know	19	2	23	1	0	0	42	1.4	
Valid responses =	993	34	1945	66	0	0	2956	98.8	

Invalid responses include no response or multiple responses.

7F. How long has it been since you had the following checked? Hearing exam

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Less than 12 months ago	209	21	313	16	0	0	529	18.1	
2 1 year ago less than 2 years ago	138	14	153	8	0	0	295	10.1	
3 2 years ago less than 3 years ago	89	9	164	9	0	0	255	8.7	
4 3 years ago less than 5 years ago	78	8	162	8	0	0	241	8.2	
5 5 or more years ago	276	28	556	29	0	0	834	28.5	
6 Never	81	8	206	11	0	0	288	9.8	
7 Don't know	110	11	370	19	0	0	482	16.5	
Valid responses =	981	34	1924	66	0	0	2924	97.7	

Invalid responses include no response or multiple responses.

7G. How long has it been since you had the following checked? Physical exam

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Less than 12 months ago	591	60	1315	68	0	0	1920	64.9	
2 1 year ago less than 2 years ago	178	18	300	15	0	0	483	16.3	
3 2 years ago less than 3 years ago	62	6	121	6	0	0	183	6.2	
4 3 years ago less than 5 years ago	47	5	76	4	0	0	123	4.2	
5 5 or more years ago	80	8	79	4	0	0	159	5.4	
6 Never	9	1	9	1	0	0	18	0.6	
7 Don't know	25	3	46	2	0	0	71	2.4	
Valid responses =	992	34	1946	66	0	0	2957	98.8	

Invalid responses include no response or multiple responses.

7H. How long has it been since you had the following checked? Triglycerides (blood fat)

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Less than 12 months ago	581	59	1192	61	0	0	1785	60.5	
2 1 year ago less than 2 years ago	136	14	244	13	0	0	384	13	
3 2 years ago less than 3 years ago	53	5	99	5	0	0	153	5.2	
4 3 years ago less than 5 years ago	33	3	60	3	0	0	94	3.2	
5 5 or more years ago	37	4	40	2	0	0	77	2.6	
6 Never	48	5	80	4	0	0	128	4.3	
7 Don't know	102	10	228	12	0	0	331	11.2	
Valid responses =	990	34	1943	66	0	0	2952	98.7	

Invalid responses include no response or multiple responses.

8A. Has a doctor or other healthcare provider told you that you currently have any of the following conditions?

Anxiety

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 No	847	86	1390	72	0	0	2253	76.7	
2 Yes, Dx/No Treatment	28	3	109	6	0	0	138	4.7	
3 Yes, Dx/Received Treatment	105	11	438	23	0	0	546	18.6	
Valid responses =	980	33	1937	66	0	0	2937	98.2	

Invalid responses include no response or multiple responses.

8B. Has a doctor or other healthcare provider told you that you currently have any of the following conditions?

Depression

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 No	862	88	1447	75	0	0	2326	79.5	
2 Yes, Dx/No Treatment	22	2	73	4	0	0	95	3.2	
3 Yes, Dx/Received Treatment	94	10	408	21	0	0	503	17.2	
Valid responses =	978	33	1928	66	0	0	2924	97.7	

Invalid responses include no response or multiple responses.

8C. Has a doctor or other healthcare provider told you that you currently have any of the following conditions?

Elevated blood sugar or diabetes

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 No	878	89	1741	90	0	0	2637	89.8	
2 Yes, Dx/No Treatment	43	4	70	4	0	0	115	3.9	
3 Yes, Dx/Received Treatment	62	6	123	6	0	0	185	6.3	
Valid responses =	983	33	1934	66	0	0	2937	98.2	

Invalid responses include no response or multiple responses.

8D. Has a doctor or other healthcare provider told you that you currently have any of the following conditions?

Elevated cholesterol level

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 No	729	74	1520	79	0	0	2262	76.8	
2 Yes, Dx/No Treatment	119	12	249	13	0	0	373	12.7	
3 Yes, Dx/Received Treatment	142	14	168	9	0	0	312	10.6	



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Valid responses =	990	34	1937	66	0	0	2947	98.5
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Invalid responses include no response or multiple responses.



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8E. Has a doctor or other healthcare provider told you that you currently have any of the following conditions?

High blood pressure/hypertension

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	752	76	1574	81	0	0	2341	79.4
2 Yes, Dx/No Treatment	56	6	68	4	0	0	126	4.3
3 Yes, Dx/Received Treatment	185	19	293	15	0	0	481	16.3
Valid responses =	993	34	1935	66	0	0	2948	98.5

Invalid responses include no response or multiple responses.

8F. Has a doctor or other healthcare provider told you that you currently have any of the following conditions?

Low back injury or spine problems

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	819	83	1550	80	0	0	2386	81.2
2 Yes, Dx/No Treatment	65	7	109	6	0	0	175	6
3 Yes, Dx/Received Treatment	100	10	276	14	0	0	378	12.9
Valid responses =	984	33	1935	66	0	0	2939	98.2

Invalid responses include no response or multiple responses.

9. On how many of the past 7 days did you get enough sleep so that you felt rested when you woke up?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 days	78	8	183	9	0	0	265	8.9
2 1 day	67	7	182	9	0	0	249	8.4
3 2 days	116	12	284	15	0	0	405	13.7
4 3 days	126	13	284	15	0	0	417	14.1
5 4 days	157	16	304	16	0	0	462	15.6
6 5 days	218	22	346	18	0	0	564	19
7 6 days	119	12	204	11	0	0	323	10.9
8 7 days	113	11	165	9	0	0	281	9.5
Valid responses =	994	34	1952	66	0	0	2966	99.1

Invalid responses include no response or multiple responses.

10. Over the last 2 weeks, what is the average amount of sleep you have gotten on weeknights (excluding naps)?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Less than 4 hours	7	1	10	1	0	0	17	0.6
2 4 hours	13	1	50	3	0	0	64	2.2
3 5 hours	103	10	244	13	0	0	349	11.8
4 6 hours	330	33	579	30	0	0	919	31
5 7 hours	419	42	761	39	0	0	1185	39.9
6 8 hours	111	11	267	14	0	0	380	12.8
7 9 hours	9	1	37	2	0	0	46	1.5
8 10 or more hours	3	0	6	0	0	0	9	0.3
Valid responses =	995	34	1954	66	0	0	2969	99.2

Invalid responses include no response or multiple responses.

11A. How long does it usually take you to fall asleep once you close your eyes?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Under 5 minutes	283	29	422	22	0	0	712	24
2 5-15 minutes	426	43	795	41	0	0	1225	41.4
3 16-30 minutes	182	18	455	23	0	0	641	21.6
4 31 minutes - 1 hour	82	8	216	11	0	0	302	10.2
5 Over 1 hour	21	2	60	3	0	0	82	2.8
Valid responses =	994	34	1948	66	0	0	2962	99.0

Invalid responses include no response or multiple responses.

11B1. In the last 12 months have you experienced the following?

Experienced difficulty staying asleep

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	477	48	743	38	0	0	1226	41.3
2 Yes	517	52	1208	62	0	0	1739	58.7
Valid responses =	994	34	1951	66	0	0	2965	99.1

Invalid responses include no response or multiple responses.

11B2. In the last 12 months have you experienced the following?

Used an over-the-counter medication to promote sleep

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	801	81	1361	70	0	0	2177	73.5
2 Yes	192	19	587	30	0	0	784	26.5
Valid responses =	993	34	1948	66	0	0	2961	99.0

Invalid responses include no response or multiple responses.

11B3. In the last 12 months have you experienced the following?

Used a prescription medication to promote sleep

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	927	94	1735	89	0	0	2681	90.7
2 Yes	64	7	211	11	0	0	276	9.3
Valid responses =	991	34	1946	66	0	0	2957	98.8

Invalid responses include no response or multiple responses.



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11B4. In the last 12 months have you experienced the following?

Experienced difficulty coping with stressful events or situations

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	708	71	1080	55	0	0	1796	60.6	
2 Yes	285	29	872	45	0	0	1169	39.4	
Valid responses =	993	33	1952	66	0	0	2965	99.1	

Invalid responses include no response or multiple responses.

11B5. In the last 12 months have you experienced the following?

Felt so depressed that it was difficult to function

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	894	90	1615	83	0	0	2521	85	
2 Yes	99	10	338	17	0	0	445	15	
Valid responses =	993	33	1953	66	0	0	2966	99.1	

Invalid responses include no response or multiple responses.

11B6. In the last 12 months have you experienced the following?

Felt overwhelming anxiety

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	802	81	1231	63	0	0	2044	68.9	
2 Yes	191	19	722	37	0	0	922	31.1	
Valid responses =	993	33	1953	66	0	0	2966	99.1	

Invalid responses include no response or multiple responses.

11B7. In the last 12 months have you experienced the following?

Felt overwhelmed by all you had to do

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	571	57	739	38	0	0	1317	44.4	
2 Yes	423	43	1213	62	0	0	1649	55.6	
Valid responses =	994	34	1952	66	0	0	2966	99.1	

Invalid responses include no response or multiple responses.

12A1. Within the last 12 months, how often have the following negatively impacted your performance and/or productivity at work?

Anxiety

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Not Applicable	205	21	306	16	0	0	511	17.4	
2 Never	309	31	418	22	0	0	731	24.9	
3 Rarely	254	26	538	28	0	0	795	27	
4 Sometimes	187	19	556	29	0	0	754	25.6	
5 Most of the time	27	3	95	5	0	0	124	4.2	
6 Always	5	1	20	1	0	0	25	0.9	
Valid responses =	987	34	1933	66	0	0	2940	98.3	

Invalid responses include no response or multiple responses.

12A2. Within the last 12 months, how often have the following negatively impacted your performance and/or productivity at work?

Death of a close friend or family member

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Not Applicable	495	50	1030	53	0	0	1532	51.9	
2 Never	277	28	397	21	0	0	681	23.1	
3 Rarely	117	12	240	12	0	0	359	12.2	
4 Sometimes	93	9	234	12	0	0	331	11.2	
5 Most of the time	8	1	22	1	0	0	30	1	
6 Always	2	0	14	1	0	0	16	0.5	
Valid responses =	992	34	1937	66	0	0	2949	98.6	

Invalid responses include no response or multiple responses.

12A3. Within the last 12 months, how often have the following negatively impacted your performance and/or productivity at work?

Depression

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Not Applicable	273	28	525	27	0	0	799	27	
2 Never	430	43	643	33	0	0	1082	36.6	
3 Rarely	167	17	374	19	0	0	545	18.4	
4 Sometimes	105	11	338	17	0	0	449	15.2	
5 Most of the time	10	1	48	3	0	0	58	2	
6 Always	6	1	18	1	0	0	24	0.8	
Valid responses =	991	34	1946	66	0	0	2957	98.8	

Invalid responses include no response or multiple responses.

12A4. Within the last 12 months, how often have the following negatively impacted your performance and/or productivity at work?

Financial concerns

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Not Applicable	183	18	348	18	0	0	531	17.9	
2 Never	338	34	589	30	0	0	933	31.5	
3 Rarely	225	23	438	23	0	0	668	22.6	
4 Sometimes	181	18	404	21	0	0	591	20	
5 Most of the time	42	4	119	6	0	0	163	5.5	
6 Always	24	2	51	3	0	0	76	2.6	
Valid responses =	993	34	1949	66	0	0	2962	99.0	

Invalid responses include no response or multiple responses.



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12A5. Within the last 12 months, how often have the following negatively impacted your performance and/or productivity at work?

Lack of quality sleep

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Not Applicable	62	6	120	6	0	0	183	6.2	
2 Never	182	18	257	13	0	0	442	14.9	
3 Rarely	336	34	566	29	0	0	905	30.6	
4 Sometimes	324	33	796	41	0	0	1129	38.2	
5 Most of the time	75	8	172	9	0	0	251	8.5	
6 Always	15	2	33	2	0	0	48	1.6	
Valid responses =	994	34	1944	66	0	0	2958	98.9	

Invalid responses include no response or multiple responses.

12A6. Within the last 12 months, how often have the following negatively impacted your performance and/or productivity at work?

Severe headaches/migraines

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
6 Not Applicable	217	22	348	18	0	0	570	19.2	
1 Never	442	44	525	27	0	0	974	32.9	
2 Rarely	221	22	577	30	0	0	803	27.1	
3 Sometimes	111	11	432	22	0	0	546	18.4	
4 Most of the time	4	0	50	3	0	0	54	1.8	
5 Always	0	0	15	1	0	0	15	0.5	
Valid responses =	995	34	1947	66	0	0	2962	99.0	

Invalid responses include no response or multiple responses.

12A7. Within the last 12 months, how often have the following negatively impacted your performance and/or productivity at work?

A family member's (child, parent, spouse/partner) special needs, illness, injury or surgery

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Not Applicable	288	29	650	33	0	0	943	31.8	
2 Never	300	30	453	23	0	0	760	25.7	
3 Rarely	210	21	382	20	0	0	595	20.1	
4 Sometimes	172	17	380	20	0	0	556	18.8	
5 Most of the time	14	1	60	3	0	0	74	2.5	
6 Always	10	1	23	1	0	0	34	1.1	
Valid responses =	994	34	1948	66	0	0	2962	99.0	

Invalid responses include no response or multiple responses.

12A8. Within the last 12 months, how often have the following negatively impacted your performance and/or productivity at work?

My own special needs, illness, injury or surgery

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Not Applicable	277	28	552	28	0	0	833	28.1	
2 Never	356	36	500	26	0	0	861	29.1	
3 Rarely	226	23	470	24	0	0	703	23.7	
4 Sometimes	117	12	359	18	0	0	479	16.2	
5 Most of the time	7	1	49	3	0	0	57	1.9	
6 Always	10	1	20	1	0	0	30	1	
Valid responses =	993	34	1950	66	0	0	2963	99.0	

Invalid responses include no response or multiple responses.

12A9. Within the last 12 months, how often have the following negatively impacted your performance and/or productivity at work?

Violence in my home (spouse/partner, child)

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Not Applicable	433	44	956	49	0	0	1399	47.2	
2 Never	543	55	964	49	0	0	1517	51.2	
3 Rarely	13	1	19	1	0	0	32	1.1	
4 Sometimes	4	0	8	0	0	0	12	0.4	
5 Most of the time	1	0	2	0	0	0	3	0.1	
6 Always	0	0	2	0	0	0	2	0.1	
Valid responses =	994	34	1951	66	0	0	2965	99.1	

Invalid responses include no response or multiple responses.

12B1. Within the last 12 months, how often have the following negatively impacted your performance and/or productivity at work?

Personal problem with addiction to alcohol or drugs

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Not Applicable	384	39	852	44	0	0	1246	42	
2 Never	569	57	1051	54	0	0	1630	55	
3 Rarely	24	2	32	2	0	0	56	1.9	
4 Sometimes	14	1	14	1	0	0	28	0.9	
5 Most of the time	0	0	3	0	0	0	3	0.1	
6 Always	2	0	0	0	0	0	2	0.1	
Valid responses =	993	33	1952	66	0	0	2965	99.1	

Invalid responses include no response or multiple responses.

12B2. Within the last 12 months, how often have the following negatively impacted your performance and/or productivity at work?

Addiction to alcohol or drugs of a close friend or family member

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Not Applicable	391	39	825	42	0	0	1224	41.3	
2 Never	546	55	962	49	0	0	1519	51.3	
3 Rarely	32	3	78	4	0	0	110	3.7	
4 Sometimes	20	2	75	4	0	0	96	3.2	
5 Most of the time	2	0	9	1	0	0	11	0.4	
6 Always	1	0	2	0	0	0	3	0.1	
Valid responses =									

Invalid responses include no response or multiple responses.



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12B3. Within the last 12 months, how often have the following negatively impacted your performance and/or productivity at work?

Lack of interest in my work

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Not Applicable	175	18	383	20	0	0	564	19.1	
2 Never	405	41	671	35	0	0	1083	36.6	
3 Rarely	232	23	494	25	0	0	727	24.6	
4 Sometimes	147	15	347	18	0	0	499	16.9	
5 Most of the time	22	2	43	2	0	0	66	2.2	
6 Always	10	1	9	1	0	0	19	0.6	
Valid responses =	991	34	1947	66	0	0	2958	98.9	

Invalid responses include no response or multiple responses.

12B4. Within the last 12 months, how often have the following negatively impacted your performance and/or productivity at work?

Lack of tools and resources to perform functions of my job

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Not Applicable	170	17	396	20	0	0	569	19.2	
2 Never	371	37	692	36	0	0	1067	36	
3 Rarely	210	21	451	23	0	0	665	22.5	
4 Sometimes	196	20	332	17	0	0	532	18	
5 Most of the time	35	4	61	3	0	0	100	3.4	
6 Always	9	1	17	1	0	0	27	0.9	
Valid responses =	991	33	1949	66	0	0	2960	98.9	

Invalid responses include no response or multiple responses.

12C1. Within the last 12 months, how often have the following negatively impacted your performance and/or productivity at work?

Relationship in my personal life

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Not Applicable	203	20	408	21	0	0	614	20.7	
2 Never	457	46	767	39	0	0	1,231	41.5	
3 Rarely	211	21	470	24	0	0	687	23.2	
4 Sometimes	106	11	272	14	0	0	382	12.9	
5 Most of the time	14	1	29	2	0	0	43	1.4	
6 Always	3	0	6	0	0	0	9	0.3	
Valid responses =									

Invalid responses include no response or multiple responses.

12C2. Within the last 12 months, how often have the following negatively impacted your performance and/or productivity at work?

Relationship with coworkers

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Not Applicable	141	14	273	14	0	0	417	14.1	
2 Never	422	43	638	33	0	0	1,069	36.1	
3 Rarely	252	25	577	30	0	0	831	28.0	
4 Sometimes	158	16	401	21	0	0	563	19.0	
5 Most of the time	18	2	54	3	0	0	73	2.5	
6 Always	2	0	7	0	0	0	10	0.3	
Valid responses =									

Invalid responses include no response or multiple responses.

12C3. Within the last 12 months, how often have the following negatively impacted your performance and/or productivity at work?

Relationship with supervisor

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Not Applicable	153	15	279	14	0	0	433	14.6	
2 Never	532	54	903	46	0	0	1,442	48.7	
3 Rarely	178	18	374	19	0	0	556	18.8	
4 Sometimes	96	10	295	15	0	0	397	13.4	
5 Most of the time	25	3	77	4	0	0	103	3.5	
6 Always	9	1	20	1	0	0	30	1.0	
Valid responses =	993	34	1948	66	0	0	2,961	99.0	

Invalid responses include no response or multiple responses.

12C4. Within the last 12 months, how often have the following negatively impacted your performance and/or productivity at work?

Stressful environment within my department/unit

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Not Applicable	122	12	227	12	0	0	350	11.8	
2 Never	390	39	574	30	0	0	971	32.8	
3 Rarely	233	24	469	24	0	0	704	23.8	
4 Sometimes	186	19	496	26	0	0	689	23.3	
5 Most of the time	43	4	132	7	0	0	177	6.0	
6 Always	16	2	49	3	0	0	66	2.2	
Valid responses =	990	33	1947	66	0	0	2,957	98.8	

Invalid responses include no response or multiple responses.

12C5. Within the last 12 months, how often have the following negatively impacted your performance and/or productivity at work?

Supervisor or Management support

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Not Applicable	145	15	282	15	0	0	428	14.4	
2 Never	483	49	826	42	0	0	1,316	44.4	
3 Rarely	178	18	353	18	0	0	534	18.0	
4 Sometimes	144	15	348	18	0	0	498	16.8	
5 Most of the time	35	4	105	5	0	0	141	4.8	
6 Always	10	1	34	2	0	0	46	1.6	
Valid responses =	995	34	1948	66	0	0	2,963	99.0	

Invalid responses include no response or multiple responses.



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12C6. Within the last 12 months, how often have the following negatively impacted your performance and/or productivity at work?

Other

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Not Applicable	228	54	441	61	0	0	672	58.4
2 Never	159	38	178	25	0	0	338	29.4
3 Rarely	5	1	7	1	0	0	13	1.1
4 Sometimes	14	3	39	5	0	0	54	4.7
5 Most of the time	13	3	36	5	0	0	50	4.3
6 Always	4	1	17	2	0	0	24	2.1
Valid responses =	423	37	718	62	0	0	1,151	38.5

Invalid responses include no response or multiple responses.

13. My college/university promotes a culture of wellness.

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Strongly agree	138	14	326	17	0	0	465	15.7
2 Agree	538	54	989	51	0	0	1,533	51.6
3 Neutral	223	22	482	25	0	0	711	23.9
4 Disagree	59	6	116	6	0	0	181	6.1
5 Strongly disagree	26	3	34	2	0	0	61	2.1
6 Don't Know	12	1	6	0	0	0	18	0.6
Valid responses =	996	34	1953	66	0	0	2,969	99.2

Invalid responses include no response or multiple responses.

14A. Please indicate whether each of the following are a barrier that prevents you from participating in wellness-at-work programs.

Job responsibilities make it difficult to participate (shift work, coverage, fee based work)

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	545	55	934	48	0	0	1,487	50.4
2 Yes	442	45	1009	52	0	0	1,463	49.6
Valid responses =	987	33	1943	66	0	0	2,950	98.6

Invalid responses include no response or multiple responses.

14B. Please indicate whether each of the following are a barrier that prevents you from participating in wellness-at-work programs.

I forget to attend or participate

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	688	70	1285	66	0	0	1,985	67.5
2 Yes	300	30	649	34	0	0	955	32.5
Valid responses =	988	34	1934	66	0	0	2,940	98.3

Invalid responses include no response or multiple responses.

14C. Please indicate whether each of the following are a barrier that prevents you from participating in wellness-at-work programs.

Concerns about confidentiality

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	857	87	1644	85	0	0	2,517	85.4
2 Yes	133	13	293	15	0	0	430	14.6
Valid responses =	990	34	1937	66	0	0	2,947	98.5

Invalid responses include no response or multiple responses.

14D. Please indicate whether each of the following are a barrier that prevents you from participating in wellness-at-work programs.

Lack of personal motivation

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	601	61	1165	60	0	0	1,780	60.6
2 Yes	385	39	764	40	0	0	1,155	39.4
Valid responses =	986	34	1929	66	0	0	2,935	98.1

Invalid responses include no response or multiple responses.

14E. Please indicate whether each of the following are a barrier that prevents you from participating in wellness-at-work programs.

Time management (have trouble fitting anything else into my busy schedule)

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	334	34	631	32	0	0	970	32.8
2 Yes	658	66	1316	68	0	0	1,989	67.2
Valid responses =	992	34	1947	66	0	0	2,959	98.9

Invalid responses include no response or multiple responses.

14F. Please indicate whether each of the following are a barrier that prevents you from participating in wellness-at-work programs.

Schedule of programs do not work for me

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	606	62	862	45	0	0	1,479	50.6
2 Yes	379	39	1059	55	0	0	1,446	49.4
Valid responses =	985	34	1921	66	0	0	2,925	97.8

Invalid responses include no response or multiple responses.

14G. Please indicate whether each of the following are a barrier that prevents you from participating in wellness-at-work programs.

Wellness programs are not offered at a convenient location

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	693	71	1141	59	0	0	1,845	63.0
2 Yes	288	29	788	41	0	0	1,084	37.0
Valid responses =	981	33	1929	66	0	0	2,929	97.9

Invalid responses include no response or multiple responses.



AMERICAN COLLEGE HEALTH ASSOCIATION

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FREQUENCY REPORT

Number of Surveys (n) = 2992 Web Surveys

14H. Please indicate whether each of the following are a barrier that prevents you from participating in wellness-at-work programs.

My supervisor does not allow me to attend

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 No	948	96	1827	95	0	0	2,794	95.5	
2 Yes	35	4	97	5	0	0	132	4.5	
Valid responses =	983	34	1924	66	0	0	2,926	97.8	

Invalid responses include no response or multiple responses.

14I. Please indicate whether each of the following are a barrier that prevents you from participating in wellness-at-work programs.

Lack of interest in wellness activities available to me

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 No	693	70	1437	75	0	0	2,145	73.3	
2 Yes	291	30	487	25	0	0	781	26.7	
Valid responses =	984	34	1924	66	0	0	2,926	97.8	

Invalid responses include no response or multiple responses.

14J. Please indicate whether each of the following are a barrier that prevents you from participating in wellness-at-work programs.

Injury or disability

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 No	921	94	1747	91	0	0	2,686	91.6	
2 Yes	62	6	183	10	0	0	246	8.4	
Valid responses =	983	34	1930	66	0	0	2,932	98.0	

Invalid responses include no response or multiple responses.

14K. Please indicate whether each of the following are a barrier that prevents you from participating in wellness-at-work programs.

Cost

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 No	803	83	1432	76	0	0	2,250	78.1	
2 Yes	162	17	465	25	0	0	631	21.9	
Valid responses =	965	33	1897	66	0	0	2,881	96.3	

Invalid responses include no response or multiple responses.

14L. Please indicate whether each of the following are a barrier that prevents you from participating in wellness-at-work programs.

Not supported by coworkers

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 No	941	95	1786	93	0	0	2,746	93.8	
2 Yes	45	5	138	7	0	0	183	6.2	
Valid responses =	986	34	1924	66	0	0	2,929	97.9	

Invalid responses include no response or multiple responses.

14M. Please indicate whether each of the following are a barrier that prevents you from participating in wellness-at-work programs.

Do not feel comfortable participating in wellness-at-work programs

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 No	810	82	1542	80	0	0	2,367	80.8	
2 Yes	177	18	381	20	0	0	562	19.2	
Valid responses =	987	34	1923	66	0	0	2,929	97.9	

Invalid responses include no response or multiple responses.

14N. Please indicate whether each of the following are a barrier that prevents you from participating in wellness-at-work programs.

Do not have the knowledge needed to participate

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 No	765	78	1572	82	0	0	2,352	80.3	
2 Yes	220	22	354	18	0	0	578	19.7	
Valid responses =	985	34	1926	66	0	0	2,930	97.9	

Invalid responses include no response or multiple responses.

14O. Please indicate whether each of the following are a barrier that prevents you from participating in wellness-at-work programs.

Other

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 No	302	88	476	80	0	0	781	83.0	
2 Yes	40	12	117	20	0	0	160	17.0	
Valid responses =	342	36	593	63	0	0	941	31.5	

Invalid responses include no response or multiple responses.

15A. Within the last 12 months I have felt...

My work is consistent with my values.

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Strongly agree	303	31	601	31	0	0	906	30.6	
2 Agree	529	53	992	51	0	0	1,530	51.6	
3 Neutral	118	12	257	13	0	0	381	12.8	
4 Disagree	38	4	83	4	0	0	124	4.2	
5 Strongly disagree	5	1	19	1	0	0	24	0.8	
Valid responses =	993	33	1952	66	0	0	2,965	99.1	

Invalid responses include no response or multiple responses.



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15B. Within the last 12 months I have felt...

My office/department values my work.

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Strongly agree	302	31	567	29	0	0	871	29.4	
2 Agree	451	46	894	46	0	0	1,354	45.7	
3 Neutral	148	15	285	15	0	0	437	14.8	
4 Disagree	65	7	158	8	0	0	225	7.6	
5 Strongly disagree	25	3	45	2	0	0	73	2.5	
Valid responses =	991	33	1949	66	0	0	2,960	98.9	

Invalid responses include no response or multiple responses.

15C. Within the last 12 months I have felt...

My supervisor provides the support that I need to cope with the demands of my job.

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Strongly agree	321	32	607	31	0	0	931	31.4	
2 Agree	432	44	774	40	0	0	1,214	41.0	
3 Neutral	149	15	341	18	0	0	492	16.6	
4 Disagree	65	7	170	9	0	0	240	8.1	
5 Strongly disagree	25	3	59	3	0	0	86	2.9	
Valid responses =	992	33	1951	66	0	0	2,963	99.0	

Invalid responses include no response or multiple responses.

15D. Within the last 12 months I have felt...

I have received adequate feedback to judge my work performance.

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Strongly agree	240	24	486	25	0	0	729	24.6	
2 Agree	446	45	837	43	0	0	1,287	43.5	
3 Neutral	183	19	375	19	0	0	563	19.0	
4 Disagree	93	9	190	10	0	0	289	9.8	
5 Strongly disagree	28	3	62	3	0	0	92	3.1	
Valid responses =	990	33	1950	66	0	0	2,960	98.9	

Invalid responses include no response or multiple responses.

15E. Within the last 12 months I have felt...

The flow of communication within my office/department clearly defines expectations so I know how to effectively do my job.

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Strongly agree	206	21	383	20	0	0	591	19.9	
2 Agree	423	43	793	41	0	0	1,223	41.2	
3 Neutral	195	20	402	21	0	0	601	20.3	
4 Disagree	120	12	279	14	0	0	403	13.6	
5 Strongly disagree	49	5	96	5	0	0	148	5.0	
Valid responses =	993	33	1953	66	0	0	2,966	99.1	

Invalid responses include no response or multiple responses.

15F. Within the last 12 months I have felt...

I have been offered opportunities to learn and grow.

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Strongly agree	291	29	533	27	0	0	825	27.9	
2 Agree	391	40	844	43	0	0	1,242	41.9	
3 Neutral	195	20	339	17	0	0	541	18.3	
4 Disagree	78	8	162	8	0	0	244	8.2	
5 Strongly disagree	36	4	73	4	0	0	110	3.7	
Valid responses =	991	33	1951	66	0	0	2,962	99.0	

Invalid responses include no response or multiple responses.

15G. Within the last 12 months I have felt...

My department values the balance between my job and life outside the work setting.

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Strongly agree	272	27	547	28	0	0	822	27.7	
2 Agree	412	42	780	40	0	0	1,199	40.5	
3 Neutral	206	21	357	18	0	0	565	19.1	
4 Disagree	72	7	174	9	0	0	251	8.5	
5 Strongly disagree	31	3	93	5	0	0	127	4.3	
Valid responses =	993	34	1951	66	0	0	2,964	99.1	

Invalid responses include no response or multiple responses.

16. My college/university is concerned about my safety.

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Strongly agree	352	35	588	30	0	0	945	31.9	
2 Agree	503	51	1035	53	0	0	1,545	52.2	
3 Neutral	105	11	259	13	0	0	369	12.5	
4 Disagree	20	2	49	3	0	0	72	2.4	
5 Strongly disagree	13	1	15	1	0	0	28	0.9	
Valid responses =	993	34	1946	66	0	0	2,959	98.9	

Invalid responses include no response or multiple responses.



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17A. How safe do you feel: On this campus (daytime)?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 N/A	59	6	158	8	0	0	219	7.4
2 Not safe at all	2	0	6	0	0	0	9	0.3
3 Somewhat unsafe	10	1	44	2	0	0	55	1.9
4 Somewhat safe	148	15	396	20	0	0	552	18.6
5 Very safe	774	78	1347	69	0	0	2,129	71.8
Valid responses =	993	34	1951	66	0	0	2,964	99.1

Invalid responses include no response or multiple responses.

17B. How safe do you feel: On this campus (nighttime)?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 N/A	108	11	340	18	0	0	449	15.2
2 Not safe at all	7	1	48	3	0	0	56	1.9
3 Somewhat unsafe	26	3	223	12	0	0	250	8.5
4 Somewhat safe	323	33	875	45	0	0	1,210	41.0
5 Very safe	528	53	456	24	0	0	989	33.5
Valid responses =	992	34	1942	66	0	0	2,954	98.7

Invalid responses include no response or multiple responses.

17C. How safe do you feel: In the community surrounding this campus (daytime)?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 N/A	55	6	163	8	0	0	220	7.4
2 Not safe at all	8	1	8	0	0	0	18	0.6
3 Somewhat unsafe	27	3	112	6	0	0	141	4.8
4 Somewhat safe	300	30	680	35	0	0	987	33.3
5 Very safe	603	61	985	51	0	0	1,595	53.9
Valid responses =	993	34	1948	66	0	0	2,961	99.0

Invalid responses include no response or multiple responses.

17D. How safe do you feel: In the community surrounding this campus (nighttime)?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 N/A	84	9	269	14	0	0	355	12.0
2 Not safe at all	26	3	121	6	0	0	150	5.1
3 Somewhat unsafe	100	10	397	20	0	0	499	16.9
4 Somewhat safe	388	39	789	41	0	0	1,186	40.1
5 Very safe	396	40	370	19	0	0	770	26.0
Valid responses =	994	34	1946	66	0	0	2,960	98.9

Invalid responses include no response or multiple responses.

18A. Within the last 12 months, how often did you: Wear a seatbelt when you rode in a car?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Not Applicable	3	0	3	0	0	0	6	0.2
2 Never	4	0	4	0	0	0	8	0.3
3 Rarely	4	0	4	0	0	0	8	0.3
4 Sometimes	12	1	7	0	0	0	20	0.7
5 Most of the time	64	6	77	4	0	0	141	4.8
6 Always	906	91	1856	95	0	0	2,781	93.8
Valid responses =	993	34	1951	66	0	0	2,964	99.1

Invalid responses include no response or multiple responses.

18B. Within the last 12 months, how often did you: Wear a helmet when you rode a bicycle?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Not Applicable	545	55	1266	65	0	0	1,824	61.5
2 Never	68	7	68	4	0	0	137	4.6
3 Rarely	23	2	32	2	0	0	55	1.9
4 Sometimes	25	3	43	2	0	0	69	2.3
5 Most of the time	53	5	78	4	0	0	131	4.4
6 Always	281	28	465	24	0	0	751	25.3
Valid responses =	995	34	1952	66	0	0	2,967	99.2

Invalid responses include no response or multiple responses.

18C. Within the last 12 months, how often did you: Wear a helmet when you rode a motorcycle?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Not Applicable	868	87	1760	90	0	0	2,646	89.3
2 Never	5	1	6	0	0	0	11	0.4
3 Rarely	4	0	1	0	0	0	5	0.2
4 Sometimes	4	0	2	0	0	0	6	0.2
5 Most of the time	7	1	6	0	0	0	13	0.4
6 Always	105	11	175	9	0	0	282	9.5
Valid responses =	993	34	1950	66	0	0	2,963	99.0

Invalid responses include no response or multiple responses.

19A1. In the past twelve months, have you observed any of the following behaviors among your coworkers? Ignoring phone calls or emails from coworkers

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	678	68	1270	65	0	0	1,961	66.2
2 Yes	315	32	680	35	0	0	1,002	33.8
Valid responses =	993	34	1950	66	0	0	2,963	99.0

Invalid responses include no response or multiple responses.



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19A2. In the past twelve months, have you observed any of the following behaviors among your coworkers?

Silent treatment towards coworkers

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 No	734	74	1291	66	0	0	2,038	68.9	
2 Yes	258	26	655	34	0	0	920	31.1	
Valid responses =	992	34	1946	66	0	0	2,958	98.9	

Invalid responses include no response or multiple responses.

19A3. In the past twelve months, have you observed any of the following behaviors among your coworkers?

Spreading gossip about coworkers

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 No	558	56	1011	52	0	0	1,581	53.4	
2 Yes	436	44	935	48	0	0	1,379	46.6	
Valid responses =	994	34	1946	66	0	0	2,960	98.9	

Invalid responses include no response or multiple responses.

19A4. In the past twelve months, have you observed any of the following behaviors among your coworkers?

Coworkers are excluded from work-related social gatherings

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 No	833	84	1488	77	0	0	2,333	79.0	
2 Yes	155	16	457	24	0	0	620	21.0	
Valid responses =	988	33	1945	66	0	0	2,953	98.7	

Invalid responses include no response or multiple responses.

19A5. In the past twelve months, have you observed any of the following behaviors among your coworkers?

Coworkers take credit for work or ideas of others

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 No	722	73	1327	68	0	0	2,059	69.5	
2 Yes	272	27	620	32	0	0	902	30.5	
Valid responses =	994	34	1947	66	0	0	2,961	99.0	

Invalid responses include no response or multiple responses.

19A6. In the past twelve months, have you observed any of the following behaviors among your coworkers?

Coworkers make insults about personal lives of others

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 No	805	81	1475	76	0	0	2,294	77.4	
2 Yes	189	19	474	24	0	0	669	22.6	
Valid responses =	994	34	1949	66	0	0	2,963	99.0	

Invalid responses include no response or multiple responses.

19A7. In the past twelve months, have you observed any of the following behaviors among your coworkers?

Coworkers display intimidating or humiliating behaviors toward others

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 No	812	82	1507	77	0	0	2,333	78.8	
2 Yes	179	18	442	23	0	0	627	21.2	
Valid responses =	991	33	1949	66	0	0	2,960	98.9	

Invalid responses include no response or multiple responses.

19A8. In the past twelve months, have you observed any of the following behaviors among your coworkers?

Coworkers are being ignored/ostracized by others

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 No	781	79	1413	73	0	0	2,207	74.7	
2 Yes	210	21	530	27	0	0	747	25.3	
Valid responses =	991	34	1943	66	0	0	2,954	98.7	

Invalid responses include no response or multiple responses.

19A9. In the past twelve months, have you observed any of the following behaviors among your coworkers?

Coworkers experience verbal abuse

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 No	873	88	1681	86	0	0	2,567	86.9	
2 Yes	117	12	264	14	0	0	388	13.1	
Valid responses =	990	34	1945	66	0	0	2,955	98.8	

Invalid responses include no response or multiple responses.

19A10. In the past twelve months, have you observed any of the following behaviors among your coworkers?

Coworkers experience physical abuse

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 No	987	100	1941	100	0	0	2,948	99.7	
2 Yes	2	0	7	0	0	0	9	0.3	
Valid responses =	989	33	1948	66	0	0	2,957	98.8	

Invalid responses include no response or multiple responses.

19A11. In the past twelve months, have you observed any of the following behaviors among your coworkers?

Coworkers experience sexual abuse

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 No	986	100	1928	99	0	0	2,934	99.3	
2 Yes	5	1	16	1	0	0	21	0.7	
Valid responses =	991	34	1944	66	0	0	2,955	98.8	

Invalid responses include no response or multiple responses.



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19A12. In the past twelve months, have you observed any of the following behaviors among your coworkers?

Misuse of authority within an organization for personal or financial gain

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	909	92	1786	92	0	0	2,711	91.9
2 Yes	81	8	155	8	0	0	240	8.1
Valid responses =	990	34	1941	66	0	0	2,951	98.6

Invalid responses include no response or multiple responses.

19B1. In the past twelve months, have the following behaviors been directed toward you in the workplace?

Ignoring my phone calls or emails

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	839	84	1584	81	0	0	2,440	82.3
2 Yes	155	16	366	19	0	0	524	17.7
Valid responses =	994	34	1950	66	0	0	2,964	99.1

Invalid responses include no response or multiple responses.

19B2. In the past twelve months, have the following behaviors been directed toward you in the workplace?

Silent treatment towards me

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	853	86	1595	82	0	0	2,464	83.4
2 Yes	138	14	350	18	0	0	492	16.6
Valid responses =	991	34	1945	66	0	0	2,956	98.8

Invalid responses include no response or multiple responses.

19B3. In the past twelve months, have the following behaviors been directed toward you in the workplace?

Spreading gossip about me

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	846	86	1658	85	0	0	2,520	85.4
2 Yes	141	14	286	15	0	0	431	14.6
Valid responses =	987	33	1944	66	0	0	2,951	98.6

Invalid responses include no response or multiple responses.

19B4. In the past twelve months, have the following behaviors been directed toward you in the workplace?

Coworkers exclude you from work-related social gatherings

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	929	94	1706	88	0	0	2,651	89.9
2 Yes	62	6	231	12	0	0	297	10.1
Valid responses =	991	34	1937	66	0	0	2,948	98.5

Invalid responses include no response or multiple responses.

19B5. In the past twelve months, have the following behaviors been directed toward you in the workplace?

Coworkers take credit for your work or your ideas

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	833	84	1542	79	0	0	2,392	80.8
2 Yes	159	16	407	21	0	0	569	19.2
Valid responses =	992	34	1949	66	0	0	2,961	99.0

Invalid responses include no response or multiple responses.

19B6. In the past twelve months, have the following behaviors been directed toward you in the workplace?

Coworkers make insults about your personal life

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	940	95	1812	93	0	0	2,767	93.5
2 Yes	50	5	136	7	0	0	191	6.5
Valid responses =	990	33	1948	66	0	0	2,958	98.9

Invalid responses include no response or multiple responses.

19B7. In the past twelve months, have the following behaviors been directed toward you in the workplace?

Coworkers display intimidating or humiliating behaviors

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	927	93	1726	89	0	0	2,670	90.2
2 Yes	65	7	221	11	0	0	289	9.8
Valid responses =	992	34	1947	66	0	0	2,959	98.9

Invalid responses include no response or multiple responses.

19B8. In the past twelve months, have the following behaviors been directed toward you in the workplace?

Verbal abuse

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	944	95	1808	93	0	0	2,768	93.8
2 Yes	48	5	131	7	0	0	183	6.2
Valid responses =	992	34	1939	66	0	0	2,951	98.6

Invalid responses include no response or multiple responses.

19B9. In the past twelve months, have the following behaviors been directed toward you in the workplace?

Physical abuse

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	992	100	1939	100	0	0	2,951	99.9
2 Yes	1	0	3	0	0	0	4	0.1
Valid responses =	993	34	1942	66	0	0	2,955	98.8

Invalid responses include no response or multiple responses.



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Number of Surveys (n) = 2992 Web Surveys

19B10. In the past twelve months, have the following behaviors been directed toward you in the workplace?

Sexual abuse

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	990	100	1940	100	0	0	2,950	99.9
2 Yes	0	0	2	0	0	0	2	0.1
Valid responses =	990	34	1942	66	0	0	2,952	98.7

Invalid responses include no response or multiple responses.

19B11. In the past twelve months, have the following behaviors been directed toward you in the workplace?

Supervisor abuses their power over me

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	949	96	1810	93	0	0	2,775	93.8
2 Yes	45	5	134	7	0	0	183	6.2
Valid responses =	994	34	1944	66	0	0	2,958	98.9

Invalid responses include no response or multiple responses.

19B12. In the past twelve months, have the following behaviors been directed toward you in the workplace?

Coworkers are ignoring/ostracizing me.

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	929	94	1765	91	0	0	2,711	92.0
2 Yes	63	6	170	9	0	0	236	8.0
Valid responses =	992	34	1935	66	0	0	2,947	98.5

Invalid responses include no response or multiple responses.

20. In the last twelve months, I have missed work due to being bullied in workplace.

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Not Applicable	542	55	1027	53	0	0	1,577	53.3
2 No	430	43	856	44	0	0	1,296	43.8
3 Yes	19	2	66	3	0	0	87	2.9
Valid responses =	991	33	1949	66	0	0	2,960	98.9

Invalid responses include no response or multiple responses.

21A. Please indicate the extent to which you agree or disagree with each of the following statements: In the last twelve months:

My emotional health has been negatively affected due to being bullied at work.

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Not Applicable	620	62	1205	62	0	0	1,836	61.9
2 Strongly agree	20	2	56	3	0	0	78	2.6
3 Agree	39	4	131	7	0	0	172	5.8
4 Neutral	41	4	100	5	0	0	143	4.8
5 Disagree	61	6	133	7	0	0	194	6.5
6 Strongly disagree	213	21	329	17	0	0	545	18.4
Valid responses =	994	33	1954	66	0	0	2,968	99.2

Invalid responses include no response or multiple responses.

21B. Please indicate the extent to which you agree or disagree with each of the following statements: In the last twelve months:

My physical health has been negatively affected due to being bullied at work.

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Not Applicable	624	63	1207	62	0	0	1,842	62.0
2 Strongly agree	12	1	43	2	0	0	56	1.9
3 Agree	29	3	86	4	0	0	117	3.9
4 Neutral	28	3	88	5	0	0	118	4.0
5 Disagree	73	7	165	8	0	0	239	8.0
6 Strongly disagree	229	23	365	19	0	0	597	20.1
Valid responses =	995	34	1954	66	0	0	2,969	99.2

Invalid responses include no response or multiple responses.

21C. Please indicate the extent to which you agree or disagree with each of the following statements: In the last twelve months:

My stress level has been increased due to being bullied at work.

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Not Applicable	621	63	1196	61	0	0	1,828	61.7
2 Strongly agree	19	2	63	3	0	0	83	2.8
3 Agree	44	4	109	6	0	0	155	5.2
4 Neutral	36	4	97	5	0	0	135	4.6
5 Disagree	60	6	140	7	0	0	201	6.8
6 Strongly disagree	213	22	343	18	0	0	559	18.9
Valid responses =	993	34	1948	66	0	0	2,961	99.0

Invalid responses include no response or multiple responses.

22A. In the past 7 days, how many (total) minutes did you spend doing moderate physical activity?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 minutes	101	10	232	12	0	0	335	11.4
2 .1 - 30 minutes	110	11	299	16	0	0	410	14.0
3 30.1 - 60 minutes	157	16	324	17	0	0	484	16.5
4 60.1 - 120 minutes	234	24	443	23	0	0	682	23.3
5 120.1 - 240 minutes	197	20	376	20	0	0	576	19.6
6 GE 240.1 minutes	185	19	255	13	0	0	446	15.2
Valid responses =	984	34	1929	66	0	0	2,933	98.0

Invalid responses include no response or multiple responses.



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	Mean	Median	Std Dev	Min	Max
Male	179.38	120.00	302.58	0	5000
Female	133.45	90.00	193.57	0	3500
Overall	149.15	90.00	236.66	0	5000

22B. In the past 7 days, how many (total) minutes did you spend doing vigorous physical activity?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 minutes	384	39	1024	54	0	0	1,414	49.0
2 1 - 30 minutes	160	16	262	14	0	0	424	14.7
3 30.1 - 60 minutes	104	11	201	11	0	0	310	10.7
4 60.1 - 120 minutes	129	13	192	10	0	0	324	11.2
5 120.1 - 240 minutes	117	12	136	7	0	0	255	8.8
6 GE 240.1 minutes	85	9	73	4	0	0	160	5.5
Valid responses =	979	34	1888	65	0	0	2,887	96.5

Invalid responses include no response or multiple responses.

	Mean	Median	Std Dev	Min	Max
Male	81.50	30.00	134.5	0	1440
Female	47.23	0.00	93.3	0	1300
Overall	59.13	5.00	110.42	0	1440

22C. In the last 7 days, how many days did you spend doing exercises to strengthen or tone your muscles?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 days	484	49	1062	55	0	0	1,557	53.0
2 1 - 2 days	209	21	425	22	0	0	640	21.8
3 2.1 - 4 days	163	17	286	15	0	0	451	15.3
4 GE 4.1 days	131	13	160	8	0	0	292	9.9
Valid responses =	987	34	1933	66	0	0	2,940	98.3

Invalid responses include no response or multiple responses.

	Mean	Median	Std Dev	Min	Max
Male	1.63	1.00	2.05	0	7
Female	1.30	0.00	1.8	0	7
Overall	1.41	0.00	1.89	0	7

23. In the past 30 days, on average which of the following best represents how much time you spend sitting while at work?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 10% (48 mins per day)	70	7	61	3	0	0	133	4.5
2 20% (1.6 hours per day)	70	7	45	2	0	0	115	3.9
3 30% (2.4 hours per day)	67	7	77	4	0	0	145	4.9
4 40% (3.2 hours per day)	68	7	79	4	0	0	149	5.0
5 50% (4.0 hours per day)	113	11	170	9	0	0	286	9.7
6 60% (4.8 hours per day)	88	9	160	8	0	0	248	8.4
7 70% (5.6 hours per day)	145	15	281	14	0	0	428	14.5
8 80% (6.4 hours per day)	200	20	481	25	0	0	689	23.3
9 90% (7.2 hours per day)	133	13	461	24	0	0	596	20.1
10 100% (8.0 hours per day)	38	4	134	7	0	0	172	5.8
Valid responses =	992	34	1949	66	0	0	2,961	99.0

Invalid responses include no response or multiple responses.

24. Has a doctor or other health care provider instructed you to restrict your current physical activity?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	947	95	1814	93	0	0	2,778	93.7
2 Yes	46	5	137	7	0	0	186	6.3
Valid responses =	993	34	1951	66	0	0	2,964	99.1

Invalid responses include no response or multiple responses.

25. Do you currently have difficulty walking or using stairs or require an assistive device to help with mobility?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	954	96	1791	92	0	0	2,763	93.2
2 Yes	39	4	162	8	0	0	203	6.8
Valid responses =	993	33	1953	66	0	0	2,966	99.1

Invalid responses include no response or multiple responses.

26. In the past 30 days, how often do you use the stairs instead of an elevator or escalator while at work?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Not Applicable	36	4	122	7	0	0	159	5.8
2 Never	34	4	71	4	0	0	105	3.8
3 Rarely	80	8	175	10	0	0	258	9.3
4 Some of the time	224	24	446	25	0	0	675	24.4
5 Most of the time	324	34	533	30	0	0	861	31.2
6 Always	255	27	444	25	0	0	704	25.5
Valid responses =	953	35	1791	65	0	0	2,762	92.3

Invalid responses include no response or multiple responses.



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2992 Web Surveys

27. I consider myself to be:

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Underweight	20	2	19	1	0	0	39	1.3
2 A healthy weight	454	46	759	39	0	0	1,221	41.2
3 Overweight	448	45	901	46	0	0	1,360	45.9
4 Obese	67	7	257	13	0	0	325	11.0
5 Unsure	5	1	16	1	0	0	21	0.7
Valid responses =	994	34	1952	66	0	0	2,966	99.1

Invalid responses include no response or multiple responses.

28. Are you trying to do any of the following about your weight?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Trying nothing about weight	171	17	270	14	0	0	443	15.0
2 Stay the same weight	249	25	393	20	0	0	645	21.8
3 Lose weight	545	55	1269	65	0	0	1,828	61.7
4 Gain weight	29	3	17	1	0	0	47	1.6
Valid responses =	994	34	1949	66	0	0	2,963	99.0

Invalid responses include no response or multiple responses.

29. In the last week, how many servings of fruit did you eat on average per day?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 servings/day	141	14	225	12	0	0	369	12.5
2 1-2 servings/day	661	66	1339	69	0	0	2,010	67.8
3 3-4 servings/day	171	17	314	16	0	0	491	16.6
4 5-6 servings/day	15	2	52	3	0	0	68	2.3
5 >6 servings/day	7	1	18	1	0	0	25	0.8
Valid responses =	995	34	1948	66	0	0	2,963	99.0

Invalid responses include no response or multiple responses.

30. In the last week, how many servings of vegetables did you eat on average per day?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 servings/day	31	3	40	2	0	0	71	2.4
2 1-2 servings/day	566	57	985	51	0	0	1,559	52.7
3 3-4 servings/day	322	33	706	36	0	0	1,035	35.0
4 5-6 servings/day	53	5	156	8	0	0	213	7.2
5 >6 servings/day	19	2	59	3	0	0	79	2.7
Valid responses =	991	34	1946	66	0	0	2,957	98.8

Invalid responses include no response or multiple responses.

31. In the last week, how many servings of whole grains did you eat on average per day?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 servings/day	106	11	254	13	0	0	362	12.2
2 1-2 servings/day	582	59	1207	62	0	0	1,800	60.7
3 3-4 servings/day	242	24	417	21	0	0	666	22.5
4 5-6 servings/day	47	5	57	3	0	0	104	3.5
5 >6 servings/day	17	2	14	1	0	0	31	1.0
Valid responses =	994	34	1949	66	0	0	2,963	99.0

Invalid responses include no response or multiple responses.

32. In the last week, how many servings of low-fat dairy or calcium fortified products did you eat on average per day?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 servings/day	169	17	282	15	0	0	456	15.4
2 1-2 servings/day	597	60	1263	65	0	0	1,870	63.2
3 3-4 servings/day	185	19	340	18	0	0	528	17.8
4 5-6 servings/day	27	3	45	2	0	0	74	2.5
5 >6 servings/day	13	1	18	1	0	0	31	1.0
Valid responses =	991	33	1948	66	0	0	2,959	98.9

Invalid responses include no response or multiple responses.

33. In the last week, how many ounces of lean proteins did you eat on average per day?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0-2 ounces per day	92	9	246	13	0	0	342	11.5
2 3-5 ounces per day	366	37	856	44	0	0	1,231	41.6
3 6-8 ounces per day	379	38	667	34	0	0	1,052	35.5
4 9-11 ounces per day	108	11	133	7	0	0	242	8.2
5 More than 11 ounces per day	48	5	47	2	0	0	95	3.2
Valid responses =	993	34	1949	66	0	0	2,962	99.0

Invalid responses include no response or multiple responses.

34. In the last week, how many servings of sugar-sweetened beverages did you drink on average per day?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 servings/day	533	54	1127	58	0	0	1,672	56.4
2 1-2 servings/day	369	37	662	34	0	0	1,038	35.0
3 3-4 servings/day	65	7	118	6	0	0	183	6.2
4 5-6 servings/day	12	1	31	2	0	0	44	1.5
5 >6 servings/day	15	2	14	1	0	0	29	1.0
Valid responses =	994	34	1952	66	0	0	2,966	99.1

Invalid responses include no response or multiple responses.



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35A. Within the last thirty days, on how many days did you use: Alcohol (beer, wine, liquor)?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Never used	161	16	351	18	0	0	517	17.4	
2 Have used, but not in last 30	135	14	309	16	0	0	446	15.0	
3 1 - 2 days	170	17	447	23	0	0	620	20.9	
4 3 - 5 days	159	16	309	16	0	0	474	16.0	
5 6 - 9 days	114	12	195	10	0	0	310	10.5	
6 10 - 19 days	131	13	180	9	0	0	312	10.5	
7 20 - 29 days	78	8	103	5	0	0	183	6.2	
8 Used daily	47	5	57	3	0	0	104	3.5	
Valid responses =	995	34	1951	66	0	0	2,966	99.1	

Invalid responses include no response or multiple responses.

35B. Within the last thirty days, on how many days did you use: Cigarettes?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Never used	785	80	1616	83	0	0	2,418	82.0	
2 Have used, but not in last 30	146	15	227	12	0	0	375	12.7	
3 1 - 2 days	10	1	14	1	0	0	25	0.8	
4 3 - 5 days	6	1	4	0	0	0	10	0.3	
5 6 - 9 days	3	0	7	0	0	0	10	0.3	
6 10 - 19 days	5	1	9	1	0	0	14	0.5	
7 20 - 29 days	1	0	7	0	0	0	8	0.3	
8 Used daily	28	3	60	3	0	0	88	3.0	
Valid responses =	984	33	1944	66	0	0	2,948	98.5	

Invalid responses include no response or multiple responses.

35C. Within the last thirty days, on how many days did you use: Cigars, little cigars, clove cigarettes?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Never used	809	82	1832	94	0	0	2,658	89.9	
2 Have used, but not in last 30	155	16	107	6	0	0	264	8.9	
3 1 - 2 days	15	2	5	0	0	0	21	0.7	
4 3 - 5 days	2	0	0	0	0	0	2	0.1	
5 6 - 9 days	2	0	1	0	0	0	3	0.1	
6 10 - 19 days	0	0	1	0	0	0	1	0.0	
7 20 - 29 days	1	0	0	0	0	0	1	0.0	
8 Used daily	4	0	2	0	0	0	6	0.2	
Valid responses =	988	33	1948	66	0	0	2,956	98.8	

Invalid responses include no response or multiple responses.

35D. Within the last thirty days, on how many days did you use: E-cigarettes or other vape products?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Never used	892	90	1843	95	0	0	2,753	93.1	
2 Have used, but not in last 30	65	7	68	4	0	0	133	4.5	
3 1 - 2 days	4	0	10	1	0	0	15	0.5	
4 3 - 5 days	4	0	2	0	0	0	6	0.2	
5 6 - 9 days	2	0	3	0	0	0	5	0.2	
6 10 - 19 days	2	0	4	0	0	0	6	0.2	
7 20 - 29 days	3	0	1	0	0	0	4	0.1	
8 Used daily	17	2	17	1	0	0	35	1.2	
Valid responses =	989	33	1948	66	0	0	2,957	98.8	

Invalid responses include no response or multiple responses.

35E. Within the last thirty days, on how many days did you use: Smokeless tobacco (chew, snuff)?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Never used	869	88	1916	99	0	0	2,803	95.0	
2 Have used, but not in last 30	78	8	23	1	0	0	101	3.4	
3 1 - 2 days	6	1	0	0	0	0	7	0.2	
4 3 - 5 days	7	1	0	0	0	0	7	0.2	
5 6 - 9 days	1	0	1	0	0	0	2	0.1	
6 10 - 19 days	1	0	0	0	0	0	1	0.0	
7 20 - 29 days	4	0	0	0	0	0	4	0.1	
8 Used daily	22	2	1	0	0	0	24	0.8	
Valid responses =	988	34	1941	66	0	0	2,949	98.6	

Invalid responses include no response or multiple responses.

35F. Within the last thirty days, on how many days did you use: Tobacco from a water pipe (hookah)?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Never used	901	91	1861	96	0	0	2,782	94.4	
2 Have used, but not in last 30	78	8	72	4	0	0	150	5.1	
3 1 - 2 days	4	0	4	0	0	0	8	0.3	
4 3 - 5 days	1	0	2	0	0	0	3	0.1	
5 6 - 9 days	2	0	1	0	0	0	3	0.1	
6 10 - 19 days	0	0	0	0	0	0	0	0.0	
7 20 - 29 days	0	0	0	0	0	0	0	0.0	
8 Used daily	0	0	0	0	0	0	0	0.0	
Valid responses =	986	33	1940	66	0	0	2,946	98.5	

Invalid responses include no response or multiple responses.



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36. Over the last two weeks, how many times have you had five or more drinks of alcohol at a sitting?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Not Applicable	181	18	401	21	0	0	588	19.8	
2 None	573	58	1284	66	0	0	1,866	62.8	
3 1 time	94	9	130	7	0	0	227	7.6	
4 2 times	56	6	58	3	0	0	114	3.8	
5 3 times	26	3	37	2	0	0	64	2.2	
6 4 times	21	2	17	1	0	0	39	1.3	
7 5 times	11	1	9	1	0	0	20	0.7	
8 6 times	11	1	6	0	0	0	17	0.6	
9 7 times	4	0	2	0	0	0	6	0.2	
10 8 times	7	1	1	0	0	0	8	0.3	
11 9 times	2	0	3	0	0	0	5	0.2	
12 10 or more times	9	1	6	0	0	0	15	0.5	
Valid responses =	995	34	1954	66	0	0	2,969	99.2	

Invalid responses include no response or multiple responses.

37. When you drink alcohol, how many drinks do you typically have?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 0 drinks	196	20	397	21	0	0	599	20.5	
2 1 - 1 drink	265	27	737	39	0	0	1,007	34.5	
3 1.1 - 2 drinks	320	33	584	31	0	0	909	31.2	
4 GE 2.1.drinks	203	21	195	10	0	0	402	13.8	
Valid responses =	984	34	1913	66	0	0	2,917	97.5	

Invalid responses include no response or multiple responses.

	Mean	Median	Std Dev	Min	Max
Male	1.70	2.00	1.41	0	9
Female	1.35	1.00	1.06	0	8
Overall	1.47	1.00	1.2	0	9

38. In the last 12 months, have you felt the need to reduce your drinking?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Not Applicable	184	19	407	21	0	0	598	20.2	
2 No	665	67	1334	69	0	0	2,011	67.9	
3 Yes	146	15	207	11	0	0	354	11.9	
Valid responses =	995	34	1948	66	0	0	2,963	99.0	

Invalid responses include no response or multiple responses.

39. In the last 12 months, has a family member, friend, colleague, or anyone expressed concern about your drinking or suggested you reduce your consumption?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Not Applicable	183	18	411	21	0	0	601	20.3	
2 No	773	78	1496	77	0	0	2,281	77.0	
3 Yes	39	4	43	2	0	0	82	2.8	
Valid responses =	995	34	1950	66	0	0	2,964	99.1	

Invalid responses include no response or multiple responses.

40. Are you having any financial, work, family, or other problems as a result of your drinking?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Not Applicable	186	19	420	22	0	0	613	20.7	
2 No	798	80	1510	77	0	0	2,321	78.3	
3 Yes	12	1	20	1	0	0	32	1.1	
Valid responses =	996	34	1950	66	0	0	2,966	99.1	

Invalid responses include no response or multiple responses.

41. Are you in recovery from alcohol or other substance abuse or dependence?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	975	98	1931	99	0	0	2,925	98.6	
2 Yes	21	2	19	1	0	0	41	1.4	
Valid responses =	996	34	1950	66	0	0	2,966	99.1	

Invalid responses include no response or multiple responses.

42. How do you usually describe yourself?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
American Indian or Native Alaskan	19	2	13	1	0	0	32	1.1	
Asian or Asian American	62	6	63	3	0	0	129	4.3	
Arab/Middle Eastern/North African	6	1	6	0	0	0	12	0.4	
Black or African American	30	3	118	6	0	0	149	5.0	
Hispanic or Latino/a	38	4	48	3	0	0	86	2.9	
Native Hawaiian Pacific Islander N	0	0	4	0	0	0	4	0.1	
White	849	85	1707	87	0	0	2,571	86.6	
Biracial or Multiracial	14	1	24	1	0	0	38	1.3	
Another Identity	11	1	22	1	0	0	35	1.2	
Valid responses =	all responses and blanks: since multiple responses were possible, more than 100% may be included.								



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42A. Are you:

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Mexican, Mexican Am., Chicano	10	26	17	35	0	0	27	31.4	
2 Puerto Rican	4	11	5	10	0	0	9	10.5	
3 Cuban	3	8	2	4	0	0	5	5.8	
4 Another Hispanic, Latino, Spanis	21	55	24	50	0	0	45	52.3	
Valid responses =	38	44	48	56	0	0	86	2.9	

Invalid responses include no response or multiple responses.

42B Are you:

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 East Asian	32	52	35	56	0	0	70	54.3	
2 Southeast Asian	10	16	11	18	0	0	22	17.1	
3 South Asian	18	29	16	25	0	0	34	26.4	
4 Other Asian	2	3	1	2	0	0	3	2.3	
Valid responses =	62	48	63	49	0	0	129	4.3	

Invalid responses include no response or multiple responses.

43. How old are you?

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 18 - 30	143	15	335	17	0	0	480	16.3	
2 30.1 - 40	284	29	504	26	0	0	794	27.0	
3 40.1 - 50	218	22	488	25	0	0	710	24.2	
4 50.1 - 60	201	20	417	22	0	0	623	21.2	
5 GE 60.1	141	14	188	10	0	0	331	11.3	
Valid responses =	987	34	1932	66	0	0	2,938	98.2	

Invalid responses include no response or multiple responses.

	Mean	Median	Std Dev	Min	Max
Male	45.03	44.00	13.03	20	94
Female	43.57	43.00	12.13	22	79
Overall	44.07	43.00	12.46	20	94

44. What is your height in feet (') and inches (")?

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Low-36 inches	0	0	0	0	0	0	0	0.0	
2 37-48 inches	0	0	2	0	0	0	2	0.1	
3 49-60 inches	2	0	81	4	0	0	84	2.9	
4 61-72 inches	717	73	1846	95	0	0	2,579	87.9	
5 73-84 inches	262	27	6	0	0	0	269	9.2	
6 GE 85 inches	0	0	0	0	0	0	0	0.0	
Valid responses =	981	33	1935	66	0	0	2,934	98.1	

Invalid responses include no response or multiple responses.

	Mean	Median	Std Dev	Min	Max
Male	70.71	71.00	2.98	60	80
Female	65.03	65.00	2.82	42	76
Overall	66.94	67.00	3.93	42	80

45. What is your weight in pounds?

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Low - 50 pounds	0	0	0	0	0	0	0	0.0	
2 51-100 pounds	1	0	12	1	0	0	13	0.4	
3 101-150 pounds	101	10	771	40	0	0	879	30.2	
4 151-200 pounds	491	50	713	37	0	0	1,212	41.6	
5 201-250 pounds	285	29	288	15	0	0	576	19.8	
6 251-300 pounds	82	8	101	5	0	0	184	6.3	
7 301-350 pounds	18	2	19	1	0	0	37	1.3	
8 351-400 pounds	4	0	5	0	0	0	9	0.3	
9 401-450 pounds	1	0	1	0	0	0	2	0.1	
10 GE 451 pounds	1	0	0	0	0	0	1	0.0	
Valid responses =	984	34	1910	66	0	0	2,913	97.4	

Invalid responses include no response or multiple responses.

	Mean	Median	Std Dev	Min	Max
Male	199.35	190.00	43.47	77	480
Female	172.62	160.00	46.81	89	436
Total	181.64	175.00	47.37	77	480

46. What sex were you assigned at birth?

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Female	0	0	1954	100	0	0	1,966	66.2	
2 Male	996	100	0	0	0	0	1,004	33.8	
3 Intersex	0	0	0	0	0	0	0	0.0	
Valid responses =	996	34	1954	66	0	0	2,970	99.3	

Invalid responses include no response or multiple responses.

47. Do you identify as transgender?

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	996	100	1954	100	0	0	2,960	99.7	
2 Yes	0	0	0	0	0	0	10	0.3	
Valid responses =	996	34	1954	66	0	0	2,970	99.3	

Invalid responses include no response or multiple responses.



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48. Which term do you use to describe your gender identity?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Woman	0	0	1954	100	0	0	1,960	66.0	
2 Man	996	100	0	0	0	0	998	33.6	
3 Trans woman	0	0	0	0	0	0	0	0.0	
4 Trans man	0	0	0	0	0	0	1	0.0	
5 Genderqueer	0	0	0	0	0	0	0	0.0	
6 Agender	0	0	0	0	0	0	1	0.0	
7 Genderfluid	0	0	0	0	0	0	0	0.0	
8 Intersex	0	0	0	0	0	0	0	0.0	
9 Nonbinary	0	0	0	0	0	0	4	0.1	
10 Another identity	0	0	0	0	0	0	6	0.2	
Valid responses =	996	34	1954	66	0	0	2,970	99.3	

Invalid responses include no response or multiple responses.

RSEX. Sex based on pattern of 46, 47 and 48.

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Female	0	0	1954	100	0	0	1,954	65.8	
2 Male	996	100	0	0	0	0	996	33.5	
2 Non-binary	0	0	0	0	0	0	20	0.7	
Valid responses =	996	34	1954	66	0	0	2,970	99.3	

Invalid responses include no response or multiple responses.

49. What term best describes your sexual orientation?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Straight/Heterosexual	922	92.7	1798	92.8	0	0	2732	92.5	
2 Bisexual	23	2.3	69	3.6	0	0	92	3.1	
3 Gay	38	3.8	0	0	0	0	38	1.3	
4 Lesbian	0	0	30	1.5	0	0	30	1	
5 Pansexual	1	0.1	8	0.4	0	0	11	0.4	
6 Queer	4	0.4	7	0.4	0	0	12	0.4	
7 Questioning	5	0.5	12	0.6	0	0	17	0.6	
8 Another identity	1	0.1	8	0.4	0	0	13	0.4	
9 Asexual	1	0.1	5	0.3	0	0	7	0.2	
Valid responses =	995	100	1937	100	0	0	2952	98.7	

Invalid responses include no response or multiple responses.

50. Relationship status:

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Single, never married	167	17	400	21	0	0	574	19.4	
2 Single, divorced	50	5	196	10	0	0	246	8.3	
3 Separated	10	1	22	1	0	0	32	1.1	
4 Engaged	28	3	48	3	0	0	79	2.7	
5 Married	714	72	1193	61	0	0	1,915	64.7	
6 Widowed	6	1	33	2	0	0	39	1.3	
7 Other	20	2	53	3	0	0	75	2.5	
Valid responses =	995	34	1945	66	0	0	2,960	98.9	

Invalid responses include no response or multiple responses.

51. Highest level of education:

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Grades 1-8	1	0	0	0	0	0	1	0.0	
2 Grades 9-11	2	0	2	0	0	0	4	0.1	
3 High school grad or GED	44	4	76	4	0	0	120	4.0	
4 Some college (no degree)	64	6	184	9	0	0	251	8.5	
5 Trade/technical/vocational	28	3	22	1	0	0	50	1.7	
6 Associate's degree	48	5	130	7	0	0	178	6.0	
7 Bachelor's degree	199	20	504	26	0	0	709	23.9	
8 Master's degree	273	28	647	33	0	0	925	31.2	
9 Doctoral Degree	309	31	341	18	0	0	654	22.1	
10 Professional Degree	26	3	44	2	0	0	72	2.4	
Valid responses =	994	34	1950	66	0	0	2,964	99.1	

Invalid responses include no response or multiple responses.

52A. The food that I bought just didn't last, and I didn't have money to get more.

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Often true	14	1	27	1	0	0	41	1.4	
2 Sometimes true	60	6	204	11	0	0	265	8.9	
3 Never true	919	93	1720	88	0	0	2,658	89.7	
Valid responses =	993	34	1951	66	0	0	2,964	99.1	

Invalid responses include no response or multiple responses.

52B. I couldn't afford to eat balanced meals.

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Often true	23	2	53	3	0	0	77	2.6	
2 Sometimes true	85	9	247	13	0	0	334	11.3	
3 Never true	882	89	1647	85	0	0	2,546	86.1	
Valid responses =	990	33	1947	66	0	0	2,957	98.8	

Invalid responses include no response or multiple responses.



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53. In the last 30 days, did you ever cut the size of your meals or skip meals because there wasn't enough money for food?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Yes, almost every day	6	1	12	1	0	0	18	0.6
2 Yes, some but not every day	31	3	89	5	0	0	121	4.1
3 Only 1 or 2 days	39	4	105	5	0	0	146	4.9
4 No	919	92	1743	89	0	0	2,679	90.4
Valid responses =	995	34	1949	66	0	0	2,964	99.1

Invalid responses include no response or multiple responses.

54. In the last 30 days, did you ever eat less than you felt you should because there wasn't enough money for food?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	934	94	1795	92	0	0	2,747	92.9
2 Yes,	60	6	148	8	0	0	210	7.1
Valid responses =	994	34	1943	66	0	0	2,957	98.8

Invalid responses include no response or multiple responses.

55. In the last 30 days, were you ever hungry but didn't eat because there wasn't enough money for food?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	955	96	1861	95	0	0	2,836	95.6
2 Yes,	39	4	90	5	0	0	129	4.4
Valid responses =	994	34	1951	66	0	0	2,965	99.1

Invalid responses include no response or multiple responses.

56. Within the past 12 months, to what extent have your values, sense of purpose, faith or spirituality been useful to you?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 To no extent	77	8	84	4	0	0	164	5.5
2 To little extent	74	8	158	8	0	0	234	7.9
3 To some extent	261	26	495	25	0	0	757	25.5
4 To great extent	334	34	589	30	0	0	928	31.3
5 To very great extent	247	25	624	32	0	0	880	29.7
Valid responses =	993	34	1950	66	0	0	2,963	99.0

Invalid responses include no response or multiple responses.

57. Are you currently or have you been a member of the Armed Services?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	887	89	1932	99	0	0	2,839	95.7
2 Yes area of hazardous duty	47	5	6	0	0	0	53	1.8
3 Yes not of hazardous duty	61	6	14	1	0	0	75	2.5
Valid responses =	995	34	1952	66	0	0	2,967	99.2

Invalid responses include no response or multiple responses.

58. Employee Classification: (Choose your primary position)

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Staff	488	49	1252	64	0	0	1,751	59.0
2 Adjunct Faculty	29	3	29	2	0	0	58	2.0
3 Faculty	382	38	507	26	0	0	895	30.1
4 Administration	60	6	118	6	0	0	178	6.0
5 Graduate/professional	27	3	31	2	0	0	59	2.0
6 Other	10	1	16	1	0	0	28	0.9
Valid responses =	996	34	1953	66	0	0	2,969	99.2

Invalid responses include no response or multiple responses.

59. Pay type:

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Hourly	176	18	456	23	0	0	638	21.5
2 Salaried	819	82	1492	77	0	0	2,325	78.5
Valid responses =	995	34	1948	66	0	0	2,963	99.0

Invalid responses include no response or multiple responses.

60. What shift do you usually work?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Day (1st)	159	91	436	96	0	0	600	94.5
2 Evening (2nd)	9	5	14	3	0	0	23	3.6
3 Night (3rd)	6	3	5	1	0	0	12	1.9
Valid responses =	174	27	455	72	0	0	635	21.2

Invalid responses include no response or multiple responses.

61. What is your yearly appointment?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 9 month	189	19	238	12	0	0	430	14.7
2 10 month	10	1	19	1	0	0	30	1.0
3 11 month	5	1	9	1	0	0	14	0.5
4 12 month	777	79	1661	86	0	0	2,454	83.8
Valid responses =	981	34	1927	66	0	0	2,928	97.9

Invalid responses include no response or multiple responses.



AMERICAN COLLEGE HEALTH ASSOCIATION

American College Health Association-National Faculty and Staff Health Assessment (ACHA-NFSHA) Reference Group Data Report - Fall 2019

American College Health Association
8455 Colesville Rd., Suite 740
Silver Spring, MD 20910
(410) 859-1500
www.acha.org

February 19, 2020
FREQUENCY REPORT
Number of Surveys (n) =

2992 Web Surveys

62. Employment status:

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Part-time without benefits	32	3	57	3	0	0	90	3.0
2 Part-time with benefits	11	1	24	1	0	0	35	1.2
3 Full-time without benefits	11	1	11	1	0	0	22	0.7
4 Full-time with benefits	939	95	1860	95	0	0	2,818	95.0
Valid responses =	993	33	1952	66	0	0	2,965	99.1

Invalid responses include no response or multiple responses.

63. Are you:

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Employed college/university	987	99	1949	100	0	0	2,956	99.6
2 Employed outsourced group	8	1	4	0	0	0	12	0.4
Valid responses =	995	34	1953	66	0	0	2,968	99.2

Invalid responses include no response or multiple responses.

64. Do you have health insurance?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	7	1	15	1	0	0	22	0.7
2 Yes	986	99	1937	99	0	0	2,942	99.1
3 I don't know	2	0	2	0	0	0	5	0.2
Valid responses =	995	34	1954	66	0	0	2,969	99.2

Invalid responses include no response or multiple responses.

65. Years of employment at this institution or outsourced group at this institution:

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 <=5	482	49	969	50	0	0	1,462	49.3
2 6-10	176	18	349	18	0	0	528	17.8
3 11-15	117	12	235	12	0	0	354	11.9
4 16-20	77	8	142	7	0	0	220	7.4
5 21-25	47	5	103	5	0	0	150	5.1
6 26-30	31	3	68	4	0	0	100	3.4
7 31-35	33	3	54	3	0	0	87	2.9
8 36-40	15	2	20	1	0	0	36	1.2
9 More than 40 years	15	2	12	1	0	0	28	0.9
Valid responses =	993	33	1952	66	0	0	2,965	99.1

Invalid responses include no response or multiple responses.

66. Are you a member of an employment union?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	918	93	1797	92	0	0	2,732	92.4
2 Yes	74	8	147	8	0	0	224	7.6
Valid responses =	992	34	1944	66	0	0	2,956	98.8

Invalid responses include no response or multiple responses.