



Reference Group

Data Report

Spring 2023

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AMERICAN COLLEGE HEALTH ASSOCIATION

Demographics of Participating Institutions

Three postsecondary institutions self-selected to participate in the Spring 2023 ACHA National Faculty & Staff Health Assessment and 1,966 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 1,966 faculty and staff at 5 schools. Demographic characteristics of the 5 campuses follow. *The mean response proportion was 18.6%, and the median response proportion was 13.7%.*

Demographical Characteristics of the 5 US Postsecondary Institutions Included in the Spring 2023 ACHA-NFSHA Reference Group	
Campus Characteristic	<i>n</i>
Type of Institution	
Public	5
Private	0
2-year	0
4-year or above	5
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)	2
South (AL, AR, DE, DC, FL, GA, KY, LA, MD, MS, NC, OK, SC, TN, TX, VA, WV)	1
West (AK, AZ, CA, CO, HI, ID, MT, NV, NM, OR, UT, WA, WY)	2
Campus Size	
< 2,500 students	1
2,500 – 4,999 students	0
5,000 – 9,999 students	0
10,000 – 19,999 students	1
20,000 students or more	3
Campus Setting	
Very large city (population over 500,000)	1
Large city (population 250,000-499,999)	1
Small city (population 50,000-249,999)	2
Large town (population 10,000 – 49,999)	0
Small town (population 2,500-9,999)	1
Rural community (population under 2,500)	0
Carnegie Classification	
Associates Colleges	0
Baccalaureate Colleges	0
Baccalaureate/Associates Colleges	0
Masters Colleges and Universities	2
Doctoral Universities	3
Special Focus Institutions	0
Miscellaneous/Not Classified	0

Demographical Characteristics of the 5 US Postsecondary Institutions Included in the Spring 2023 ACHA-NFSHA Reference Group

Campus Characteristic	<i>n</i>
ACHA Membership Status	
Institutional Member	5
Nonmember	0
Religious Affiliation	
No	5
Yes	0
<u>If yes:</u>	
Catholic	0
Protestant or Other Christian	0
Postsecondary Minority Institution (US Department of Education)	
No	3
Yes	2
<u>*If yes:</u>	
Postsecondary Minority Institution	0
Historically Black College or University (HBCU)	0
High Hispanic Enrollment	0
Hispanic-serving Institution (HSI)	2
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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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 transgender/gender non-conforming. 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 transgender/gender non-conforming. A respondent that skips any of the three questions is designated as unknown. Totals displayed in this report include transgender/gender non-conforming and unknown responses. Only 3 of the 4 categories are displayed in this report. Respondents categorized as transgender/gender non-conforming 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

1. How would you describe your general overall health?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Excellent	58	10	92	7	3	11	154	7.8	
2 Very good	184	33	425	32	7	26	625	31.8	
3 Good	211	38	557	42	10	37	792	40.3	
4 Fair	92	16	229	17	7	26	339	17.3	
5 Poor	17	3	28	2	0	0	51	2.6	
6 Don't know	1	0	2	0	0	0	4	0.2	
Valid responses =	563	29	1333	68	27	100	1965	99.9	

Invalid responses include no response.

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	55	10	112	8	1	4	169	8.6	
2 Agree	274	49	637	48	11	41	935	47.6	
3 Neutral	165	29	426	32	9	33	612	31.2	
4 Disagree	52	9	121	9	4	15	188	9.6	
5 Strongly disagree	17	3	36	3	2	7	60	3.1	
Valid responses =	563	29	1332	68	27	1	1964	99.9	

Invalid responses include no response.

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	12	2	15	1	0	0	28	1.4	
2 Yes	539	96	1284	96	27	100	1890	96.2	
3 Don't know	12	2	33	3	0	0	46	2.3	
Valid responses =	563	29	1332	68	27	100	1964	99.9	

Invalid responses include no response.

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	13	2	26	2	0	0	40	2.0	
2 Extremely important	184	33	553	42	0	0	762	38.8	
3 Very important	227	40	516	39	0	0	770	39.2	
4 Moderately important	96	17	194	15	0	0	301	15.3	
5 Slightly important	33	6	38	3	0	0	73	3.7	
6 Not at all important	10	2	5	0	0	0	17	0.9	
Valid responses =	563	29	1332	68	0	0	1963	99.8	

Invalid responses include no response.

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	162	29	426	32	9	36	602	30.8	
2 Yes	396	71	897	68	16	64	1346	68.8	
3 Don't Know	2	0	5	0	0	0	7	0.4	
Valid responses =	560	29	1328	68	25	100	1955	99.4	

Invalid responses include no response.

COVIDVAXA Have you been vaccinated against COVID-19?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 No	37	7	107	8	3	13	151	7.7	
2 Yes	522	93	1218	92	21	88	1799	92.3	
Valid responses =	559	29	1325	68	24	22	1950	99.2	

Invalid responses include no response.



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COVIDVAXC Was your first COVID-19 vaccine the Johnson & Johnson vaccine?

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	441	85	1058	87	17	81	1548	86.3
2 Yes	80	15	155	13	4	19	245	13.7
Valid responses =	521	29	1213	68	21	0	1793	91.2

Invalid responses include no response.

COVAXSTATUS Vaccination Status

(This variable was calculated using number of doses received and is based on whether a respondent received Johnson & Johnson as their first vaccine.)

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
0 Have not been vaccinated against COVID-19	37	7	107	8	3	13	151	7.8
1 Received one dose of two-dose primary series	3	1	3	0	0	0	6	0.3
2 Received primary dose(s)	93	17	222	17	5	22	321	16.6
3 Received primary dose(s) and one booster dose	174	31	436	33	4	17	627	32.5
4 Received primary dose(s) and two or more booster doses	250	45	539	41	11	48	824	42.7
Valid responses =	557	29	1307	68	23	0	1929	98.1

Invalid responses include no response.

COVIDINF Have you tested positive for COVID-19 within the last 12 months?

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	352	63	801	60	17	68	1197	61.1
2 Yes	210	37	529	40	8	32	762	38.9
Valid responses =	562	29	1330	68	25	37	1959	99.6

Invalid responses include no response.

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 Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Not Applicable	12	2	20	2	0	0	33	1.7
2 Never	203	36	301	23	22	22	514	26.2
3 Rarely	159	28	323	24	22	22	496	25.3
4 Sometimes	155	28	507	38	25	26	686	35.0
5 Most of the Time	32	6	146	11	25	26	192	9.8
6 Always	1	0	32	2	3	4	39	2.0
Valid responses =	562	29	1329	68	100	100	1960	99.7

Invalid responses include no response.

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 Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Not Applicable	10	2	24	2	0	0	35	1.8
2 Never	212	38	407	31	7	26	634	32.4
3 Rarely	175	31	394	30	12	44	590	30.1
4 Sometimes	134	24	417	31	5	19	574	29.3
5 Most of the Time	26	5	73	6	2	7	104	5.3
6 Always	4	1	12	1	1	4	20	1.0
Valid responses =	561	29	1327	68	27	100	1,957	99.5

Invalid responses include no response.

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 Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Not Applicable	12	2	13	1	0	0	25	1.3
2 Never	154	27	184	14	4	15	346	17.7
3 Rarely	155	28	235	18	4	15	400	20.4
4 Sometimes	177	32	591	45	10	37	794	40.5
5 Most of the Time	55	10	247	19	8	30	320	16.3
6 Always	9	2	58	4	1	4	74	3.8
Valid responses =	562	29	1328	68	27	100	1,959	99.6

Invalid responses include no response.



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6D. Within the las 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	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Not Applicable	8	1	19	1	1	4	29	1.5
2 Never	159	28	248	19	4	15	415	21.2
3 Rarely	169	30	329	25	10	37	519	26.5
4 Sometimes	182	32	595	45	10	37	802	41.0
5 Most of the Time	38	7	111	8	1	4	158	8.1
6 Always	5	1	25	2	1	4	34	1.7
Valid responses =	561	29	1327	68	27	100	1,957	99.5

Invalid responses include no response.

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

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Less than 12 months ago	446	79	1141	86	21	81	1646	84
2 1 year ago less than 2 years ago	61	11	116	9	2	8	180	9
3 2 years ago less than 3 years ago	19	3	22	2	2	8	45	2
4 3 years ago less than 5 years ago	18	3	18	1	1	4	37	2
5 5 or more years ago	8	1	15	1	0	0	23	1
6 Never	2	0	7	1	0	0	9	1
7 Don't know	8	1	9	1	0	0	17	1
Valid responses =	562	29	1328	68	26	100	1957	99.5

Invalid responses include no response.

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

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Less than 12 months ago	387	69	922	70	16	61.5	1351	69.1
2 1 year ago less than 2 years ago	55	10	174	13	4	15.4	239	12.2
3 2 years ago less than 3 years ago	24	4	61	5	2	7.7	88	4.5
4 3 years ago less than 5 years ago	20	4	40	3	2	7.7	64	3.3
5 5 or more years ago	20	4	34	3	0	0	56	2.9
6 Never	16	3	32	2	1	3.8	49	2.5
7 Don't know	39	7	63	5	1	3.8	107	5.5
Valid responses =	561	29	1326	68	26	100	1954	99.4

Invalid responses include no response.

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

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Less than 12 months ago	380	68	922	70	16	61.5	1345	68.9
2 1 year ago less than 2 years ago	59	11	174	13	4	15.4	243	12.4
3 2 years ago less than 3 years ago	28	5	59	5	2	7.7	90	4.6
4 3 years ago less than 5 years ago	21	4	40	3	2	7.7	65	3.3
5 5 or more years ago	24	4	30	2	0	0	56	2.9
6 Never	17	3	33	3	1	3.8	51	2.6
7 Don't know	32	6	66	5	1	3.8	102	5.2
Valid responses =	561	29	1324	68	26	100	1952	99.3

Invalid responses include no response.

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

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Less than 12 months ago	405	72	1012	76	16	61.5	1461	74.7
2 1 year ago less than 2 years ago	56	10	129	10	3	11.5	188	9.6
3 2 years ago less than 3 years ago	33	6	59	4	3	11.5	99	5.1
4 3 years ago less than 5 years ago	30	5	63	5	1	3.8	100	5.1
5 5 or more years ago	29	5	57	4	2	7.7	91	4.7
6 Never	3	1	2	0	0	0	5	0.3
7 Don't know	6	1	5	0	1	3.8	12	0.6
Valid responses =	562	29	1327	68	26	100	1956	99.5

Invalid responses include no response.

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

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Less than 12 months ago	308	55	799	60	11	42.3	1137	58.2
2 1 year ago less than 2 years ago	85	15	255	19	6	23.1	351	18
3 2 years ago less than 3 years ago	57	10	127	10	4	15.4	199	10.2
4 3 years ago less than 5 years ago	40	7	48	4	3	11.5	95	4.9
5 5 or more years ago	51	9	72	5	1	3.8	125	6.4
6 Never	11	2	10	1	0	0	21	1.1
7 Don't know	9	2	13	1	1	3.8	24	1.2
Valid responses =	561	29	1324	68	26	100	1952	99.3

Invalid responses include no response.



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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Less than 12 months ago	110	20	238	18	3	12	355	18.3
2 1 year ago less than 2 years ago	42	8	118	9	3	12	169	8.7
3 2 years ago less than 3 years ago	54	10	107	8	3	12	166	8.6
4 3 years ago less than 5 years ago	51	9	86	7	5	20	146	7.5
5 5 or more years ago	179	32	378	29	7	28	578	29.8
6 Never	51	9	140	11	0	0	195	10.1
7 Don't know	72	13	246	19	4	16	329	17
Valid responses =	559	29	1313	68	25	100	1938	98.6

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Less than 12 months ago	348	62	919	69	13	50	1303	66.8
2 1 year ago less than 2 years ago	80	14	200	15	7	26.9	297	15.2
3 2 years ago less than 3 years ago	28	5	65	5	2	7.7	98	5
4 3 years ago less than 5 years ago	30	5	58	4	3	11.5	91	4.7
5 5 or more years ago	54	10	54	4	0	0	111	5.7
6 Never	4	1	5	0	0	0	10	0.5
7 Don't know	16	3	24	2	1	3.8	42	2.2
Valid responses =	560	29	1325	68	26	100	1952	99.3

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Less than 12 months ago	346	62	816	62	16	61.5	1200	61.4
2 1 year ago less than 2 years ago	57	10	150	11	4	15.4	214	10.9
3 2 years ago less than 3 years ago	28	5	53	4	2	7.7	86	4.4
4 3 years ago less than 5 years ago	14	3	44	3	2	7.7	61	3.1
5 5 or more years ago	26	5	35	3	0	0	62	3.2
6 Never	25	4	51	4	1	3.8	78	4
7 Don't know	66	12	177	13	1	3.8	254	13
Valid responses =	562	29	1326	68	26	100	1955	99.4

Invalid responses include no response.

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

Anxiety

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	431	77	834	63	15	57.7	1296	66.7
2 Yes, Dx/No Treatment	32	6	104	8	3	11.5	143	7.4
3 Yes, Dx/Received Treatment	94	17	381	29	8	30.8	505	26
Valid responses =	557	29	1319	68	26	100	1944	98.9

Invalid responses include no response.

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

Depression

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	442	80	919	70	19	73.1	1397	72
2 Yes, Dx/No Treatment	21	4	64	5	2	7.7	89	4.6
3 Yes, Dx/Received Treatment	89	16	338	26	5	19.2	455	23.4
Valid responses =	552	28	1321	68	26	100	1941	98.7

Invalid responses include no response.

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 Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	470	84	1145	87	24	92.3	1674	86.2
2 Yes, Dx/No Treatment	38	7	64	5	2	7.7	106	5.5
3 Yes, Dx/Received Treatment	49	9	108	8	0	0	161	8.3
Valid responses =	557	29	1317	68	26	100	1941	98.7

Invalid responses include no response.



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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.	Pct.	
1 No	369	66	968	73	20	76.9	1390	71.5	
2 Yes, Dx/No Treatment	75	14	194	15	5	19.2	281	14.5	
3 Yes, Dx/Received Treatment	113	20	157	12	1	3.8	273	14	
Valid responses =	557	29	1319	68	26	100	1944	98.9	

Invalid responses include no response.

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		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	401	72	1041	79	22	84.6	1496	76.8	
2 Yes, Dx/No Treatment	38	7	39	3	2	7.7	81	4.2	
3 Yes, Dx/Received Treatment	121	22	240	18	2	7.7	370	19	
Valid responses =	560	29	1320	68	26	100	1947	99.0	

Invalid responses include no response.

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		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	425	76	1024	78	17	68	1497	77	
2 Yes, Dx/No Treatment	45	8	96	7	0	0	146	7.5	
3 Yes, Dx/Received Treatment	86	16	201	15	8	32	300	15.4	
Valid responses =	556	29	1321	68	25	100	1943	98.8	

Invalid responses include no response.

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		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 0 days	53	9	150	11	2	7.7	218	11.1	
2 1 day	53	9	92	7	7	26.9	156	8	
3 2 days	64	11	205	15	2	7.7	275	14	
4 3 days	82	15	202	15	5	19.2	296	15.1	
5 4 days	80	14	216	16	2	7.7	304	15.5	
6 5 days	102	18	218	16	5	19.2	329	16.8	
7 6 days	68	12	147	11	1	3.8	217	11.1	
8 7 days	60	11	101	8	2	7.7	166	8.5	
Valid responses =	562	29	1331	68	26	100	1961	99.7	

Invalid responses include no response.



AMERICAN COLLEGE HEALTH ASSOCIATION

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1966 Web Surveys

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	5	1	10	1	0	0	15	0.8
2 4 hours	12	2	39	3	0	0	53	2.7
3 5 hours	50	9	161	12	4	15.4	224	11.4
4 6 hours	194	35	387	29	9	34.6	603	30.7
5 7 hours	231	41	511	38	11	42.3	766	39
6 8 hours	60	11	194	15	1	3.8	259	13.2
7 9 hours	9	2	26	2	1	3.8	37	1.9
8 10 or more hours	2	0	4	0	0	0	6	0.3
Valid responses =	563	29	1332	68	26	100	1963	99.8

Invalid responses include no response.

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	139	25	247	19	1	3.8	395	20.2
2 5-15 minutes	239	43	520	39	17	65.4	789	40.3
3 16-30 minutes	105	19	310	23	2	7.7	425	21.7
4 31 minutes - 1 hour	59	11	182	14	4	15.4	255	13
5 Over 1 hour	21	4	69	5	2	7.7	95	4.8
Valid responses =	563	29	1328	68	26	100	1959	99.6

Invalid responses include no response.

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	249	44	451	34	4	15.4	719	36.7
2 Yes	312	56	877	66	22	84.6	1238	63.3
Valid responses =	561	29	1328	68	26	100	1957	99.5

Invalid responses include no response.

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	416	74	915	69	15	55.6	1372	70
2 Yes	147	26	412	31	12	44.4	587	30
Valid responses =	563	29	1327	68	27	100	1959	99.6

Invalid responses include no response.

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	527	94	1163	88	20	74.1	1749	89.5
2 Yes	34	6	162	12	7	25.9	206	10.5
Valid responses =	561	29	1325	68	27	100	1955	99.4

Invalid responses include no response.

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	343	61	685	52	12	44.4	1052	53.8
2 Yes	218	39	642	48	15	55.6	904	46.2
Valid responses =	561	29	1327	68	27	100	1956	99.5

Invalid responses include no response.

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	463	82	1076	81	18	69.2	1574	80.4
2 Yes	99	18	252	19	8	30.8	384	19.6
Valid responses =	562	29	1328	68	26	100	1958	99.6

Invalid responses include no response.



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

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	406	72	803	61	11	44	1234	63.1	
2 Yes	156	28	524	40	14	56	722	36.9	
Valid responses =	562	29	1327	68	25	100	1956	99.5	

Invalid responses include no response.

11B7. In the last 12 months have you experienced the following? Felt overwhelmed by all you had to do

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	295	52	476	36	5	20	787	40.2	
2 Yes	268	48	854	64	20	80	1173	59.8	
Valid responses =	563	29	1330	68	25	100	1960	99.7	

Invalid responses include no response.

12A1. Within the last 12 months, have any of the following negatively impacted your work performance and/or productivity? Anxiety

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Did not experience issue/not applicable	272	49	448	34	6	23.1	736	37.9	
2 Experienced issue, but work performance/productivity not affected	182	33	567	43	8	30.8	766	39.4	
3 Experienced issue, and it negatively impacted work performance/productivity	105	19	302	23	12	46.2	442	22.7	
Valid responses =	559	29	1317	68	26	100	1944	98.9	

Invalid responses include no response.

12A2. Within the last 12 months, have any of the following negatively impacted your work performance and/or productivity? Death of a close friend or family member

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Did not experience issue/not applicable	392	70	870	66	16	59.3	1303	66.6	
2 Experienced issue, but work performance/productivity not affected	182	33	567	43	8	30.8	766	39.4	
3 Experienced issue, and it negatively impacted work performance/productivity	105	19	302	23	12	46.2	442	22.7	
Valid responses =	561	29	1326	68	27	100	1956	99.5	

Invalid responses include no response.

12A3. Within the last 12 months, have any of the following negatively impacted your work performance and/or productivity? Depression

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Did not experience issue/not applicable	388	69	790	59	13	52	1200	61.3	
2 Experienced issue, but work performance/productivity not affected	102	18	353	27	7	28	474	24.2	
3 Experienced issue, and it negatively impacted work performance/productivity	71	13	186	14	5	20	283	14.5	
Valid responses =	561	29	1329	68	25	100	1957	99.5	

Invalid responses include no response.
Invalid responses include no response.

12A4. Within the last 12 months, have any of the following negatively impacted your work performance and/or productivity? Financial concerns

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Did not experience issue/not applicable	296	53	708	54	9	37.5	1027	52.6	
2 Experienced issue, but work performance/productivity not affected	204	36	497	38	10	41.7	724	37.1	
3 Experienced issue, and it negatively impacted work performance/productivity	62	11	118	9	5	20.8	200	10.3	
Valid responses =	562	29	1323	68	24	100	1951	99.2	

Invalid responses include no response.

12A5. Within the last 12 months, have any of the following negatively impacted your work performance and/or productivity? Lack of quality sleep

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Did not experience issue/not applicable	182	32	353	27	4	16	544	27.9	
2 Experienced issue, but work performance/productivity not affected	233	42	587	44	10	40	845	43.3	
3 Experienced issue, and it negatively impacted work performance/productivity	146	26	382	29	11	44	561	28.8	
Valid responses =	561	29	1322	68	25	100	1950	99.2	

Invalid responses include no response.



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

Severe headaches/migraines

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Did not experience issue/not applicable	445	79	801	61	17	68	1288	66
2 Experienced issue, but work performance/productivity not affected	73	13	282	21	3	12	363	18.6
3 Experienced issue, and it negatively impacted work performance/productivity	44	8	240	18	5	20	301	15.4
Valid responses =	562	29	1323	68	25	100	1952	99.3

Invalid responses include no response.

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

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 Did not experience issue/not applicable	343	61	739	56	14	53.8	1120	57.1
2 Experienced issue, but work performance/productivity not affected	145	26	389	29	3	11.5	549	28
3 Experienced issue, and it negatively impacted work performance/productivity	73	13	203	15	9	34.6	291	14.8
Valid responses =	561	29	1331	68	26	100	1960	99.7

Invalid responses include no response.

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

My own special needs, illness, injury or surgery

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Did not experience issue/not applicable	384	68	803	61	12	46.2	1215	62.1
2 Experienced issue, but work performance/productivity not affected	101	18	310	23	8	30.8	430	22
3 Experienced issue, and it negatively impacted work performance/productivity	76	14	215	16	6	23.1	312	15.9
Valid responses =	561	29	1328	68	26	100	1957	99.5

Invalid responses include no response.

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

Violence in my home (spouse/partner, child)

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Did not experience issue/not applicable	558	99	1305	99	26	100	1930	98.7
2 Experienced issue, but work performance/productivity not affected	1	0	15	1	0	0	16	0.8
3 Experienced issue, and it negatively impacted work performance/productivity	3	1	5	0	0	0	9	0.5
Valid responses =	562	29	1325	68	26	100	1955	99.4

Invalid responses include no response.

12A10. Within the last 12 months, have any of the following negatively impacted your work performance and/or productivity?

COVID-19

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Did not experience issue/not applicable	338	61	762	58	15	60	1137	58.4
2 Experienced issue, but work performance/productivity not affected	132	24	358	27	5	20	502	25.8
3 Experienced issue, and it negatively impacted work performance/productivity	87	16	204	15	5	20	308	15.8
Valid responses =	557	29	1324	68	25	100	1947	99.0

Invalid responses include no response.



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12B1. Within the last 12 months, have any of the following negatively impacted your work performance and/or productivity? Personal problem with addiction to alcohol or drugs

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Did not experience issue/not applicable	525	93	1308	99	25	92.6	1896	96.9	
2 Experienced issue, but work performance/productivity not affected	26	5	12	1	2	7.4	42	2.1	
3 Experienced issue, and it negatively impacted work performance/productivity	11	2	6	1	0	0	18	0.9	
Valid responses =	562	29	1326	68	27	100	1956	99.5	

Invalid responses include no response.

12B2. Within the last 12 months, have any of the following negatively impacted your work performance and/or productivity? 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 Did not experience issue/not applicable	523	93	1198	90	25	92.6	1781	91.1	
2 Experienced issue, but work performance/productivity not affected	30	5	97	7	1	3.7	133	6.8	
3 Experienced issue, and it negatively impacted work performance/productivity	9	2	30	2	1	3.7	41	2.1	
Valid responses =	562	29	1325	68	27	100	1955	99.4	

Invalid responses include no response.

12B3. Within the last 12 months, have any of the following negatively impacted your work performance and/or productivity? Lack of interest in my work

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Did not experience issue/not applicable	373	66	878	66	17	68	1284	65.8	
2 Experienced issue, but work performance/productivity not affected	103	18	264	20	5	20	382	19.6	
3 Experienced issue, and it negatively impacted work performance/productivity	86	15	182	14	3	12	286	14.7	
Valid responses =	562	29	1324	68	25	100	1952	99.3	

Invalid responses include no response.

12B4. Within the last 12 months, have any of the following negatively impacted your work performance and/or productivity? Lack of tools and resources to perform functions of my job

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Did not experience issue/not applicable	395	70	954	72	15	60	1381	70.7	
2 Experienced issue, but work performance/productivity not affected	76	14	152	12	2	8	237	12.1	
3 Experienced issue, and it negatively impacted work performance/productivity	91	16	218	17	8	32	334	17.1	
Valid responses =	562	29	1324	68	25	100	1952	99.3	

Invalid responses include no response.

12C1. Within the last 12 months, have any of the following negatively impacted your work performance and/or productivity? Relationship in my personal life

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Did not experience issue/not applicable	410	73	958	72	18	69	1,410	71.8	
2 Experienced issue, but work performance/productivity not affected	102	18	276	21	7	27	395	20.1	
3 Experienced issue, and it negatively impacted work performance/productivity	51	9	98	7	1	4	158	8.0	
Valid responses =	563	29	1332	68	26	1	1,963	99.8	

Invalid responses include no response.

12C2. Within the last 12 months, have any of the following negatively impacted your work performance and/or productivity? Relationship with coworkers

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Did not experience issue/not applicable	421	75	884	67	18	69	1,345	68.7	
2 Experienced issue, but work performance/productivity not affected	78	14	247	19	7	27	341	17.4	
3 Experienced issue, and it negatively impacted work performance/productivity	62	11	197	15	1	4	271	13.8	
Valid responses =	561	29	1328	68	26	1	1,957	99.5	

Invalid responses include no response.



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

Relationship with supervisor

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Did not experience issue/not applicable	453	81	1003	76	17	65	1,497	76.5	
2 Experienced issue, but work performance/productivity not affected	60	11	156	12	3	12	230	11.7	
3 Experienced issue, and it negatively impacted work performance/productivity	50	9	168	13	6	23	231	11.8	
Valid responses =	563	29	1327	68	26	1	1,958	99.6	

Invalid responses include no response.

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

Stressful environment within my department/unit

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Did not experience issue/not applicable	356	64	722	54	10	39	1,102	56.3	
2 Experienced issue, but work performance/productivity not affected	114	20	315	24	6	23	445	22.7	
3 Experienced issue, and it negatively impacted work performance/productivity	90	16	292	22	10	39	410	21.0	
Valid responses =	560	29	1329	68	26	1	1,957	99.5	

Invalid responses include no response.

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

Supervisor or Management support

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Did not experience issue/not applicable	425	76	928	70	13	52	1,388	70.9	
2 Experienced issue, but work performance/productivity not affected	69	12	193	15	4	16	274	14.0	
3 Experienced issue, and it negatively impacted work performance/productivity	68	12	208	16	8	32	296	15.1	
Valid responses =	562	29	1329	68	25	1	1,958	99.6	

Invalid responses include no response.

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

Other

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Did not experience issue/not applicable	218	89	452	85	7	88	690	86.5	
2 Experienced issue, but work performance/productivity not affected	1	0	11	2	0	0	12	1.5	
3 Experienced issue, and it negatively impacted work performance/productivity	25	10	66	13	1	13	96	12.0	
Valid responses =	105	19	302	23	0	0	0	0	
Valid responses =	244	31	529	66	8	1	798	40.6	

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Strongly agree	63	11	161	12	3	12	229	11.7	
2 Agree	267	47	633	48	10	39	922	47.0	
3 Neutral	144	26	346	26	7	27	508	25.9	
4 Disagree	65	12	134	10	1	4	211	10.8	
5 Strongly disagree	20	4	50	4	4	15	80	4.1	
6 Don't Know	4	1	7	1	1	4	12	0.6	
Valid responses =	563	29	1331	68	26	1	1,962	99.8	

Invalid responses include no response.

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	323	58	602	45	6	25	945	48.5	
2 Yes	233	42	723	55	18	75	1,002	51.5	
Valid responses =	556	29	1325	68	24	1	1,947	99.0	

Invalid responses include no response.



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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	379	68	862	65	20	87	1,294	66.7
2 Yes	177	32	457	35	3	13	646	33.3
Valid responses =	556	29	1319	68	23	1	1,940	98.7

Invalid responses include no response.

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	466	84	1058	80	15	65	1,571	80.8
2 Yes	90	16	265	20	8	35	373	19.2
Valid responses =	556	29	1323	68	23	1	1,944	98.9

Invalid responses include no response.

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	343	62	783	59	17	74	1,165	60.1
2 Yes	212	38	536	41	6	26	774	39.9
Valid responses =	555	29	1319	68	23	1	1,939	98.6

Invalid responses include no response.

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	226	41	457	35	6	27	702	36.1
2 Yes	329	59	868	66	16	73	1,242	63.9
Valid responses =	555	29	1325	68	22	1	1,944	98.9

Invalid responses include no response.

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	357	65	661	51	11	50	1,049	54.6
2 Yes	196	35	645	49	11	50	873	45.4
Valid responses =	553	29	1306	68	22	1	1,922	97.8

Invalid responses include no response.

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	412	75	870	67	12	57	1,318	68.6
2 Yes	140	25	436	33	9	43	603	31.4
Valid responses =	552	29	1306	68	21	1	1,921	97.7

Invalid responses include no response.

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 Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	529	96	1257	96	22	96	1,846	96.1
2 Yes	21	4	49	4	1	4	75	3.9
Valid responses =	550	29	1306	68	23	1	1,921	97.7

Invalid responses include no response.

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 Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	365	66	963	73	15	68	1,368	71.0
2 Yes	186	34	349	27	7	32	559	29.0
Valid responses =	551	29	1312	68	22	1	1,927	98.0

Invalid responses include no response.



AMERICAN COLLEGE HEALTH ASSOCIATION

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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 Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	513	93	1180	90	20	87	1,746	90.7
2 Yes	37	7	129	10	3	13	178	9.3
Valid responses =	550	29	1309	68	23	1	1,924	97.9

Invalid responses include no response.

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 Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	466	86	1077	84	16	76	1,591	84.4
2 Yes	77	14	202	16	5	24	293	15.6
Valid responses =	543	29	1279	68	21	1	1,884	95.8

Invalid responses include no response.

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 Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	515	93	1222	93	19	95	1,790	93.1
2 Yes	38	7	86	7	1	5	132	6.9
Valid responses =	553	29	1308	68	20	1	1,922	97.8

Invalid responses include no response.

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 Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	441	80	987	75	14	64	1,470	76.2
2 Yes	113	20	326	25	8	36	460	23.8
Valid responses =	554	29	1313	68	22	1	1,930	98.2

Invalid responses include no response.

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 Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	450	81	1066	82	17	81	1,565	81.3
2 Yes	104	19	242	19	4	19	359	18.7
Valid responses =	554	29	1308	68	21	1	1,924	97.9

Invalid responses include no response.

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 Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	198	88	407	86	5	83	618	86.6
2 Yes	26	12	64	14	1	17	96	13.4
Valid responses =	224	31	471	66	6	1	714	36.3

Invalid responses include no response.

15A. Within the last 12 months I have felt... My work is consistent with my values.

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Strongly agree	195	35	426	32	7	26	637	32.5
2 Agree	278	50	650	49	8	30	950	48.4
3 Neutral	61	11	168	13	7	26	248	12.6
4 Disagree	21	4	71	5	5	19	100	5.1
5 Strongly disagree	5	1	18	1	0	0	26	1.3
Valid responses =	560	29	1333	68	27	1	1,961	99.7

Invalid responses include no response.

15B. Within the last 12 months I have felt... My office/department values my work.

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Strongly agree	189	34	446	34	9	33	652	33.3
2 Agree	263	47	569	43	9	33	857	43.8
3 Neutral	55	10	173	13	4	15	242	12.4
4 Disagree	36	6	86	7	3	11	131	6.7
5 Strongly disagree	17	3	55	4	2	7	76	3.9
Valid responses =	560	29	1329	68	27	1	1,958	99.6

Invalid responses include no response.



AMERICAN COLLEGE HEALTH ASSOCIATION

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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 Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Strongly agree	207	37	445	34	8	30	666	34.0	
2 Agree	212	38	483	36	9	33	723	36.9	
3 Neutral	75	13	208	16	5	19	296	15.1	
4 Disagree	44	8	122	9	3	11	174	8.9	
5 Strongly disagree	20	4	72	5	2	7	98	5.0	
Valid responses =	558	29	1330	68	27	1	1,957	99.5	

Invalid responses include no response.

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

I have received adequate feedback to judge my work performance.

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Strongly agree	164	29	426	32	7	27	603	30.8	
2 Agree	222	40	513	39	10	39	763	39.0	
3 Neutral	102	18	214	16	6	23	333	17.0	
4 Disagree	46	8	112	8	1	4	162	8.3	
5 Strongly disagree	26	5	65	5	2	8	95	4.9	
Valid responses =	560	29	1330	68	26	1	1,956	99.5	

Invalid responses include no response.

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 Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Strongly agree	134	24	328	25	6	23	473	24.1	
2 Agree	239	43	488	37	9	35	748	38.2	
3 Neutral	89	16	248	19	1	4	349	17.8	
4 Disagree	58	10	186	14	3	12	256	13.1	
5 Strongly disagree	39	7	83	6	7	27	134	6.8	
Valid responses =	559	29	1333	68	26	1	1,960	99.7	

Invalid responses include no response.

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

I have been offered opportunities to learn and grow.

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Strongly agree	166	30	410	31	9	35	593	30.3	
2 Agree	230	41	514	39	8	31	767	39.2	
3 Neutral	92	17	215	16	7	27	322	16.4	
4 Disagree	44	8	133	10	1	4	182	9.3	
5 Strongly disagree	26	5	60	5	1	4	94	4.8	
Valid responses =	558	28	1332	68	26	1	1,958	99.6	

Invalid responses include no response.

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 Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Strongly agree	185	33	446	34	7	27	644	32.9	
2 Agree	212	38	473	36	8	31	706	36.1	
3 Neutral	76	14	212	16	7	27	309	15.8	
4 Disagree	53	10	107	8	1	4	164	8.4	
5 Strongly disagree	33	6	93	7	3	12	135	6.9	
Valid responses =	559	29	1331	68	26	1	1,958	99.6	

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Strongly agree	150	27	321	24	4	15	479	24.5	
2 Agree	277	50	665	50	15	56	974	49.8	
3 Neutral	87	16	231	17	5	19	330	16.9	
4 Disagree	31	6	86	7	3	11	129	6.6	
5 Strongly disagree	15	3	24	2	0	0	44	2.2	
Valid responses =	560	29	1327	68	27	1	1,956	99.5	

Invalid responses include no response.



AMERICAN COLLEGE HEALTH ASSOCIATION

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

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 N/A	28	5	82	6	1	4	114	5.8
2 Not safe at all	4	1	5	0	0	0	10	0.5
3 Somewhat unsafe	17	3	39	3	0	0	63	3.2
4 Somewhat safe	114	20	365	28	11	41	505	25.8
5 Very safe	398	71	837	63	15	56	1,266	64.7
Valid responses =	561	29	1328	68	27	1	1,958	99.6

Invalid responses include no response.

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

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 N/A	70	13	200	15	5	19	282	14.4
2 Not safe at all	11	2	43	3	0	0	56	2.9
3 Somewhat unsafe	38	7	213	16	6	22	266	13.6
4 Somewhat safe	214	38	638	48	14	52	884	45.3
5 Very safe	228	41	229	17	2	7	464	23.8
Valid responses =	561	29	1323	68	27	1	1,952	99.3

Invalid responses include no response.

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

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 N/A	30	5	83	6	2	7	117	6.0
2 Not safe at all	1	0	7	1	0	0	11	0.6
3 Somewhat unsafe	34	6	90	7	1	4	129	6.6
4 Somewhat safe	188	34	565	43	15	56	790	40.3
5 Very safe	307	55	584	44	9	33	911	46.5
Valid responses =	560	29	1329	68	27	1	1,958	99.6

Invalid responses include no response.

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

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 N/A	58	10	166	13	3	11	230	11.8
2 Not safe at all	29	5	79	6	0	0	116	5.9
3 Somewhat unsafe	75	13	337	25	7	26	430	22.0
4 Somewhat safe	231	41	580	44	14	52	841	43.0
5 Very safe	167	30	164	12	3	11	337	17.2
Valid responses =	560	29	1326	68	27	1	1,954	99.4

Invalid responses include no response.

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

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Not Applicable	2	0	3	0	1	4	6	0.3
2 Never	1	0	2	0	0	0	3	0.2
3 Rarely	5	1	1	0	1	4	7	0.4
4 Sometimes	5	1	5	0	0	0	10	0.5
5 Most of the time	37	7	42	3	4	15	84	4.3
6 Always	509	91	1275	96	21	78	1,846	94.4
Valid responses =	559	29	1328	68	27	1	1,956	99.5

Invalid responses include no response.

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

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Not Applicable	297	53	872	66	19	70	1,209	61.7
2 Never	47	8	77	6	1	4	130	6.6
3 Rarely	11	2	31	2	0	0	43	2.2
4 Sometimes	12	2	33	3	0	0	46	2.3
5 Most of the time	28	5	36	3	1	4	65	3.3
6 Always	166	30	281	21	6	22	467	23.8
Valid responses =	561	29	1330	68	27	1	1,960	99.7

Invalid responses include no response.



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

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Not Applicable	487	87	1225	92	26	96	1,775	90.6
2 Never	4	1	1	0	0	0	5	0.3
3 Rarely	3	1	2	0	0	0	5	0.3
4 Sometimes	2	0	2	0	0	0	4	0.2
5 Most of the time	3	1	4	0	0	0	7	0.4
6 Always	61	11	96	7	1	4	163	8.3
Valid responses =	560	29	1330	68	27	1	1,959	99.6

Invalid responses include no response.

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	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	405	72	916	69	15	68	1,363	72.8
2 Yes	156	28	411	31	7	32	589	30.2
Valid responses =	561	29	1327	68	22	1	1,952	99.3

Invalid responses include no response.

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.		
1 No	426	76	955	72	17	77	1,422	72.8
2 Yes	134	24	373	28	5	23	530	27.2
Valid responses =	560	29	1328	68	22	1	1,952	99.3

Invalid responses include no response.

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.		
1 No	346	62	777	59	15	63	1,163	59.6
2 Yes	212	38	550	41	9	38	788	40.4
Valid responses =	558	29	1327	68	24	1	1,951	99.2

Invalid responses include no response.

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.		
1 No	466	83	1075	81	21	91	1,595	81.9
2 Yes	95	17	248	19	2	9	353	18.1
Valid responses =	561	29	1323	68	23	1	1,948	99.1

Invalid responses include no response.

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.		
1 No	424	76	956	72	15	65	1,421	72.8
2 Yes	137	24	372	28	8	35	532	27.2
Valid responses =	561	29	1328	68	23	1	1,953	99.3

Invalid responses include no response.

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.		
1 No	466	83	1077	81	21	91	1,594	81.5
2 Yes	95	17	253	19	2	9	361	18.5
Valid responses =	561	29	1330	68	23	1	1,955	99.4

Invalid responses include no response.

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.		
1 No	459	82	1010	76	18	82	1,518	77.9
2 Yes	99	18	317	24	4	18	430	22.1
Valid responses =	558	29	1327	68	22	1	1,948	99.1

Invalid responses include no response.



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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 Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	440	78	1012	77	18	78	1,497	76.9
2 Yes	121	22	310	23	5	22	450	23.1
Valid responses =	561	29	1322	68	23	1	1,947	99.0

Invalid responses include no response.

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 Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	490	88	1137	86	15	75	1,673	86.0
2 Yes	68	12	190	14	5	25	273	14.0
Valid responses =	558	29	1327	68	20	1	1,946	99.0

Invalid responses include no response.

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 Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	557	100	1325	100	23	100	1,946	99.8
2 Yes	2	0	2	0	0	0	4	0.2
Valid responses =	559	29	1327	68	23	1	1,950	99.2

Invalid responses include no response.

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 Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	556	99	1324	100	23	100	1,944	99.6
2 Yes	4	1	4	0	0	0	8	0.4
Valid responses =	560	29	1328	68	23	1	1,952	99.3

Invalid responses include no response.

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	527	94	1211	91	16	73	1,788	91.9
2 Yes	32	6	114	9	6	27	158	8.1
Valid responses =	559	29	1325	68	22	1	1,946	99.0

Invalid responses include no response.

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	465	83	1101	83	15	71	1,612	82.6
2 Yes	96	17	228	17	6	29	340	17.4
Valid responses =	561	29	1329	68	21	1	1,952	99.3

Invalid responses include no response.

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	487	87	1096	83	16	76	1,629	83.6
2 Yes	73	13	230	17	5	24	319	16.4
Valid responses =	560	29	1326	68	21	1	1,948	99.1

Invalid responses include no response.

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	491	88	1121	85	21	96	1,666	85.7
2 Yes	67	12	201	15	1	5	277	14.3
Valid responses =	558	29	1322	68	22	1	1,943	98.8

Invalid responses include no response.



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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	518	93	1184	90	20	95	1,755	90.4
2 Yes	42	8	135	10	1	5	186	9.6
Valid responses =	560	29	1319	68	21	1	1,941	98.7

Invalid responses include no response.

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	486	87	1069	80	16	76	1,599	82.0
2 Yes	73	13	261	20	5	24	352	18.0
Valid responses =	559	29	1330	68	21	1	1,951	99.2

Invalid responses include no response.

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	528	94	1250	94	22	100	1,836	94.1
2 Yes	33	6	77	6	0	0	115	5.9
Valid responses =	561	29	1327	68	22	1	1,951	99.2

Invalid responses include no response.

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	519	93	1158	87	21	100	1,732	89.0
2 Yes	42	8	167	13	0	0	215	11.0
Valid responses =	561	29	1325	68	21	1	1,947	99.0

Invalid responses include no response.

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	527	95	1216	92	20	91	1,800	92.7
2 Yes	28	5	107	8	2	9	141	7.3
Valid responses =	555	29	1323	68	22	1	1,941	98.7

Invalid responses include no response.

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	559	100	1323	100	22	100	1,944	99.8
2 Yes	2	0	1	0	0	0	3	0.2
Valid responses =	561	29	1324	68	22	1	1,947	99.0

Invalid responses include no response.

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	556	100	1323	100	22	100	1,942	99.8
2 Yes	2	0	2	0	0	0	4	0.2
Valid responses =	558	29	1325	68	22	1	1,946	99.0

Invalid responses include no response.

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	533	95	1248	94	19	91	1,835	94.3
2 Yes	26	5	77	6	2	10	111	5.7
Valid responses =	559	29	1325	68	21	1	1,946	99.0

Invalid responses include no response.



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FREQUENCY REPORT
Number of Surveys (n) =

1966 Web Surveys

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	528	95	1225	92	22	100	1,809	92.8
2 Yes	31	6	102	8	0	0	140	7.2
Valid responses =	559	29	1327	68	22	1	1,949	99.1

Invalid responses include no response.

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	336	60	719	54	11	46	1,087	55.7
2 No	211	38	568	43	12	50	805	41.2
3 Yes	13	2	41	3	1	4	61	3.1
Valid responses =	560	29	1328	68	24	1	1,953	99.3

Invalid responses include no response.

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	401	72	835	63	17	68	1,277	65.3
2 Strongly agree	19	3	60	5	4	16	89	4.6
3 Agree	18	3	89	7	0	0	110	5.6
4 Neutral	10	2	53	4	1	4	67	3.4
5 Disagree	32	6	105	8	1	4	138	7.1
6 Strongly disagree	80	14	188	14	2	8	275	14.1
Valid responses =	560	29	1330	68	25	1	1,956	99.5

Invalid responses include no response.

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	406	72	841	63	17	68	1,288	65.8
2 Strongly agree	10	2	31	2	2	8	47	2.4
3 Agree	10	2	65	5	0	0	80	4.1
4 Neutral	14	3	44	3	2	8	62	3.2
5 Disagree	38	7	135	10	2	8	176	9.0
6 Strongly disagree	83	15	214	16	2	8	304	15.5
Valid responses =	561	29	1330	68	25	1	1,957	99.5

Invalid responses include no response.

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	399	71	842	63	17	68	1,282	65.6
2 Strongly agree	18	3	60	5	3	12	87	4.5
3 Agree	22	4	80	6	1	4	106	5.4
4 Neutral	9	2	41	3	1	4	53	2.7
5 Disagree	26	5	104	8	1	4	132	6.8
6 Strongly disagree	85	15	202	15	2	8	294	15.0
Valid responses =	559	29	1329	68	25	1	1,954	99.4

Invalid responses include no response.

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	40	7	136	10	1	5	179	9.3
2 .1 - 30 minutes	55	10	181	14	4	19	247	12.8
3 30.1 - 60 minutes	101	18	209	16	1	5	320	16.5
4 60.1 - 120 minutes	106	19	323	25	7	33	443	22.9
5 120.1 - 240 minutes	144	26	291	22	2	10	446	23.0
6 GE 240.1 minutes	109	20	177	13	6	29	300	15.5
Valid responses =	555	29	1317	68	21	1	1,935	98.4

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Male	181.21	120.00	276.94	0	4200
Female	147.92	100.00	306.86	0	8360
Overall	158.02	100.00	296.02	0	8360



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

	Male		Female		Unknown		Total	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 0 minutes	224	41	717	56	9	43	967	51.1	
2 .1 - 30 minutes	87	16	196	15	7	33	297	15.7	
3 30.1 - 60 minutes	75	14	120	9	2	10	201	10.6	
4 60.1 - 120 minutes	68	12	117	9	2	10	194	10.3	
5 120.1 - 240 minutes	54	10	79	6	0	0	137	7.2	
6 GE 240.1 minutes	43	8	48	4	1	5	95	5.0	
Valid responses =	551	29	1277	68	21	1	1,891	96.2	

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Male	87.52	30.00	248.12	0	4200
Female	42.65	0.00	82.95	0	840
Overall	56.26	0.00	152.58	0	4200

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

	Male		Female		Unknown		Total	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 0 days	256	46	664	51	10	44	950	49.0	
2 .1 - 2 days	113	20	308	23	5	22	437	22.6	
3 2.1 - 4 days	112	20	221	17	5	22	346	17.9	
4 GE 4.1 days	75	14	123	9	3	13	204	10.5	
Valid responses =	556	29	1316	68	23	1	1,937	98.5	

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Male	1.78	1.00	2.08	0	7
Female	1.47	0.00	1.89	0	7
Overall	1.57	1.00	1.95	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	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 10% (48 mins per day)	36	6	31	2	0	0	70	3.6	
2 20% (1.6 hours per day)	29	5	27	2	2	8	58	3.0	
3 30% (2.4 hours per day)	31	6	40	3	0	0	73	3.7	
4 40% (3.2 hours per day)	39	7	53	4	0	0	94	4.8	
5 50% (4.0 hours per day)	50	9	111	8	1	4	164	8.4	
6 60% (4.8 hours per day)	52	9	98	7	3	13	158	8.1	
7 70% (5.6 hours per day)	74	13	166	13	4	17	245	12.5	
8 80% (6.4 hours per day)	132	24	312	24	8	33	458	23.4	
9 90% (7.2 hours per day)	90	16	374	28	6	25	486	24.8	
10 100% (8.0 hours per day)	29	5	118	9	0	0	152	7.8	
Valid responses =	562	29	1330	68	24	1	1,958	99.6	

Invalid responses include no response.

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

	Male		Female		Unknown		Total	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	535	95	1242	93	24	100	1,838	93.8	
2 Yes	26	5	90	7	0	0	121	6.2	
Valid responses =	561	29	1332	68	24	1	1,959	99.6	

Invalid responses include no response.

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

	Male		Female		Unknown		Total	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	520	93	1213	91	21	96	1,791	91.6	
2 Yes	40	7	118	9	1	5	164	8.4	
Valid responses =	560	29	1331	68	22	1	1,955	99.4	

Invalid responses include no response.

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	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Not Applicable	43	8	127	11	1	5	176	9.8	
2 Never	19	4	56	5	1	5	78	4.4	
3 Rarely	39	8	131	11	0	0	173	9.7	
4 Some of the time	95	18	278	23	7	33	385	21.5	
5 Most of the time	151	29	307	25	6	29	472	26.4	
6 Always	173	33	314	26	6	29	507	28.3	
Valid responses =	520	29	1213	68	21	1	1,791	91.1	

Invalid responses include no response.



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27. I consider myself to be:

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Underweight	11	2	9	1	1	4	22	1.1
2 A healthy weight	223	40	436	33	10	39	684	34.8
3 Overweight	266	47	671	50	10	39	961	49.0
4 Obese	60	11	206	16	3	12	279	14.2
5 Unsure	3	1	10	1	2	8	17	0.9
Valid responses =	563	29	1332	68	26	1	1,963	99.8

Invalid responses include no response.

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	91	16	191	14	4	17	299	15.2
2 Stay the same weight	137	24	227	17	7	29	376	19.2
3 Lose weight	320	57	903	68	12	50	1,258	64.2
4 Gain weight	15	3	11	1	1	4	28	1.4
Valid responses =	563	29	1332	68	24	1	1,961	99.7

Invalid responses include no response.

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	77	14	132	10	2	8	220	11.2
2 1-2 servings/day	379	67	899	67	16	67	1,318	67.2
3 3-4 servings/day	88	16	250	19	5	21	350	17.8
4 5-6 servings/day	10	2	34	3	0	0	45	2.3
5 >6 servings/day	9	2	18	1	1	4	28	1.4
Valid responses =	563	29	1333	68	24	1	1,961	99.7

Invalid responses include no response.

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	22	4	33	3	1	4	59	3.0
2 1-2 servings/day	340	61	768	58	12	52	1,140	58.2
3 3-4 servings/day	157	28	418	31	9	39	595	30.4
4 5-6 servings/day	33	6	80	6	0	0	119	6.1
5 >6 servings/day	10	2	33	3	1	4	45	2.3
Valid responses =	562	29	1332	68	23	1	1,958	99.6

Invalid responses include no response.

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	62	11	152	11	2	9	221	11.3
2 1-2 servings/day	322	57	820	62	15	65	1,179	60.3
3 3-4 servings/day	127	23	299	23	4	17	442	22.6
4 5-6 servings/day	35	6	46	4	1	4	84	4.3
5 >6 servings/day	15	3	12	1	1	4	28	1.4
Valid responses =	561	29	1329	68	23	1	1,954	99.4

Invalid responses include no response.

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	110	20	180	14	1	4	302	15.4
2 1-2 servings/day	343	61	898	68	20	87	1,283	65.6
3 3-4 servings/day	86	15	210	16	1	4	305	15.6
4 5-6 servings/day	16	3	30	2	0	0	46	2.4
5 >6 servings/day	7	1	12	1	1	4	20	1.0
Valid responses =	562	29	1330	68	23	1	1,956	99.5

Invalid responses include no response.



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

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 0-2 ounces per day	56	10	161	12	3	13	229	11.8
2 3-5 ounces per day	199	36	568	43	11	48	792	40.7
3 6-8 ounces per day	209	37	478	36	7	30	710	36.5
4 9-11 ounces per day	58	10	96	7	1	4	156	8.0
5 More than 11 ounces per day	37	7	21	2	1	4	60	3.1
Valid responses =	559	29	1324	68	23	1	1,947	99.0

Invalid responses include no response.

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

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 0 servings/day	317	56	724	55	15	65	1,073	54.9
2 1-2 servings/day	185	33	488	37	7	30	702	35.9
3 3-4 servings/day	45	8	86	7	1	4	134	6.9
4 5-6 servings/day	11	2	21	2	0	0	32	1.6
5 >6 servings/day	4	1	10	1	0	0	14	0.7
Valid responses =	562	29	1329	68	23	1	1,955	99.4

Invalid responses include no response.

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.		
1 Never used	105	19	251	19	3	13	366	18.7
2 Have used, but not in last 30	90	16	233	18	2	9	338	17.3
3 1 - 2 days	107	19	374	28	2	9	490	25.0
4 3 - 5 days	84	15	209	16	2	9	297	15.2
5 6 - 9 days	56	10	109	8	6	26	175	8.9
6 10 - 19 days	65	12	83	6	4	17	154	7.9
7 20 - 29 days	39	7	41	3	2	9	86	4.4
8 Used daily	16	3	31	2	2	9	51	2.6
Valid responses =	562	29	1331	68	23	1	1,957	99.5

Invalid responses include no response.

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.		
1 Never used	465	83	1141	86	20	87	1,657	84.9
2 Have used, but not in last 30	69	12	140	11	0	0	216	11.1
3 1 - 2 days	2	0	1	0	0	0	3	0.2
4 3 - 5 days	5	1	6	1	0	0	11	0.6
5 6 - 9 days	2	0	1	0	0	0	3	0.2
6 10 - 19 days	2	0	2	0	0	0	4	0.2
7 20 - 29 days	2	0	2	0	0	0	4	0.2
8 Used daily	11	2	38	3	3	13	54	2.8
Valid responses =	558	29	1331	68	23	1	1,952	99.3

Invalid responses include no response.

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.		
1 Never used	453	81	1236	93	22	96	1,745	89.5
2 Have used, but not in last 30	87	16	85	6	0	0	178	9.1
3 1 - 2 days	8	1	4	0	0	0	13	0.7
4 3 - 5 days	3	1	0	0	0	0	3	0.2
5 6 - 9 days	4	1	2	0	0	0	6	0.3
6 10 - 19 days	1	0	0	0	0	0	1	0.1
7 20 - 29 days	2	0	0	0	0	0	2	0.1
8 Used daily	1	0	0	0	1	4	2	0.1
Valid responses =	559	29	1327	68	23	1	1,950	99.2

Invalid responses include no response.



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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.	Pct.	
1 Never used	496	89	1233	93	22	96	1,786	91.5	
2 Have used, but not in last 30	33	6	51	4	0	0	87	4.5	
3 1 - 2 days	4	1	11	1	0	0	15	0.8	
4 3 - 5 days	2	0	5	0	0	0	8	0.4	
5 6 - 9 days	7	1	2	0	0	0	9	0.5	
6 10 - 19 days	3	1	1	0	0	0	4	0.2	
7 20 - 29 days	3	1	3	0	0	0	6	0.3	
8 Used daily	11	2	22	2	1	4	36	1.8	
Valid responses =	559	29	1328	68	23	1	1,951	99.2	

Invalid responses include no response.

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.	Pct.	
1 Never used	505	90	1298	98	22	96	1,863	95.5	
2 Have used, but not in last 30	36	6	27	2	0	0	65	3.3	
3 1 - 2 days	3	1	0	0	0	0	3	0.2	
4 3 - 5 days	3	1	1	0	0	0	4	0.2	
5 6 - 9 days	0	0	1	0	0	0	1	0.1	
6 10 - 19 days	1	0	0	0	0	0	1	0.1	
7 20 - 29 days	4	1	0	0	0	0	4	0.2	
8 Used daily	8	1	0	0	1	4	10	0.5	
Valid responses =	560	29	1327	68	23	1	1,951	99.2	

Invalid responses include no response.

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.	Pct.	
1 Never used	521	93	1278	96	22	96	1,858	95.1	
2 Have used, but not in last 30	38	7	47	4	0	0	89	4.6	
3 1 - 2 days	0	0	4	0	0	0	4	0.2	
4 3 - 5 days	1	0	0	0	0	0	1	0.1	
5 6 - 9 days	0	0	0	0	0	0	0	0.0	
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	1	0	1	4	2	0.1	
Valid responses =	560	29	1330	68	23	1	1,954	99.4	

Invalid responses include no response.

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	119	21	265	20	3	13	399	20.4	
2 None	326	58	926	70	16	70	1,290	65.8	
3 1 time	53	9	72	5	1	4	128	6.5	
4 2 times	28	5	34	3	1	4	64	3.3	
5 3 times	9	2	12	1	0	0	21	1.1	
6 4 times	9	2	11	1	0	0	22	1.1	
7 5 times	4	1	7	1	1	4	12	0.6	
8 6 times	5	1	1	0	0	0	6	0.3	
9 7 times	2	0	1	0	0	0	3	0.2	
10 8 times	2	0	2	0	0	0	5	0.3	
11 9 times	0	0	0	0	0	0	0	0.0	
12 10 or more times	6	1	1	0	1	4	9	0.5	
Valid responses =	563	29	1332	68	23	1	1,959	99.6	

Invalid responses include no response.

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	123	22	269	21	0	0	404	21.1	
2 1 - 1 drink	155	28	535	41	6	29	706	36.8	
3 1.1 - 2 drinks	162	29	372	29	12	57	557	29.1	
4 GE 2.1 drinks	113	20	127	10	3	14	250	13.0	
Valid responses =	553	29	1303	68	21	1	1,917	97.5	

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Male	1.69	1.00	1.61	0	15
Female	1.33	1.00	1.1	0	10
Overall	1.45	1.00	1.3	0	15



AMERICAN COLLEGE HEALTH ASSOCIATION

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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.		
1 Not Applicable	128	23	276	21	3	13	419	21.4
2 No	354	63	919	69	17	71	1,313	67.0
3 Yes	80	14	137	10	4	17	227	11.6
Valid responses =	562	29	1332	68	24	1	1,959	99.6

Invalid responses include no response.

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.		
1 Not Applicable	126	22	275	21	3	13	416	21.3
2 No	415	74	1039	78	21	88	1,504	76.9
3 Yes	22	4	15	1	0	0	37	1.9
Valid responses =	563	29	1329	68	24	1	1,957	99.5

Invalid responses include no response.

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.		
1 Not Applicable	128	23	277	21	3	13	420	21.5
2 No	426	76	1039	78	20	83	1,513	77.3
3 Yes	9	2	14	1	1	4	25	1.3
Valid responses =	563	29	1330	68	24	1	1,958	99.6

Invalid responses include no response.

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

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	548	97	1318	99	23	100	1,928	98.5
2 Yes	15	3	13	1	0	0	30	1.5
Valid responses =	563	29	1331	68	23	1	1,958	99.6

Invalid responses include no response.

42. How do you usually describe yourself?

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
American Indian or Native Alaskan	13	2	15	1	0	0	29	1.5
Asian or Asian American	29	5	43	3	1	4	78	4.0
Arab/Middle Eastern/North African	4	1	9	1	0	0	13	0.7
Black or African American	23	4	67	5	1	4	93	4.7
Hispanic or Latino/a	31	6	121	9	0	0	155	7.9
Native Hawaiian Pacific Islander Native	1	0	6	0	0	0	8	0.4
White	473	84	1095	82	13	48	1,616	82.2
Biracial or Multiracial	7	1	23	2	0	0	32	1.6
Another Identity	16	3	20	2	2	7	40	2.0

Valid responses = all responses and blanks: since multiple responses were possible, more than 100% may be included.

42A. Are you: (only includes respondents that describe themselves as Hispanic or Latino/a/x)

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Mexican, Mexican Am., Chicano	91	16	191	14	4	17	299	15.2
2 Puerto Rican	137	24	227	17	7	29	376	19.2
3 Cuban	320	57	903	68	12	50	1,258	64.2
4 Another Hispanic, Latino, Spanish	15	3	11	1	1	4	28	1.4
Valid responses =	563	29	1332	68	24	1	1,961	99.7

Invalid responses include no response.

42B Are you: (only includes respondents that describe themselves as Asian or Asian American)

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 East Asian	91	16	191	14	4	17	299	15.2
2 Southeast Asian	137	24	227	17	7	29	376	19.2
3 South Asian	320	57	903	68	12	50	1,258	64.2
4 Other Asian	15	3	11	1	1	4	28	1.4
Valid responses =	563	29	1332	68	24	1	1,961	99.7

Invalid responses include no response.



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43. How old are you?

	Male		Female		Unknown		Total		Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 18 - 30	58	10	172	13	0	0	243	12.7		
2 30.1 - 40	141	25	304	23	3	27	462	24.1		
3 40.1 - 50	151	27	346	27	3	27	508	26.5		
4 50.1 - 60	118	21	328	25	5	46	454	23.7		
5 GE 60.1	91	16	157	12	0	0	252	13.1		
Valid responses =	559	29	1307	68	11	1	1,919	97.6		

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Male	46.52	45.00	12.45	20	82
Female	45.44	45.00	11.95	21	84
Overall	45.61	45.00	12.14	20	84

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

	Male		Female		Unknown		Total		Pct.	
	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	0	0	0	0	0	0.0		
3 49-60 inches	1	0	55	4	0	0	56	2.9		
4 61-72 inches	415	75	1238	95	11	100	1,701	88.9		
5 73-84 inches	140	25	12	1	0	0	156	8.2		
6 GE 85 inches	0	0	0	0	0	0	0	0.0		
Valid responses =	556	29	1305	68	11	1	1,913	97.3		

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Male	70.66	71.00	3.03	60	79
Female	65.08	65.00	2.85	50	79
Overall	66.75	66.00	3.86	50	79

45. What is your weight in pounds?

	Male		Female		Unknown		Total		Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Low - 50 pounds	0	0	2	0	0	0	2	0.1		
2 51-100 pounds	0	0	7	1	0	0	7	0.4		
3 101-150 pounds	55	10	412	32	4	40	481	25.6		
4 151-200 pounds	238	43	534	42	3	30	791	42.1		
5 201-250 pounds	186	34	213	17	1	10	409	21.8		
6 251-300 pounds	54	10	80	6	2	20	139	7.4		
7 301-350 pounds	17	3	20	2	0	0	39	2.1		
8 351-400 pounds	5	1	2	0	0	0	7	0.4		
9 401-450 pounds	1	0	0	0	0	0	2	0.1		
10 GE 451 pounds	0	0	1	0	0	0	1	0.1		
Valid responses =	556	30	1271	68	10	1	1,878	95.5		

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Male	205.77	200.00	47.76	111	420
Female	178.10	170.00	47.36	50	480
Total	186.74	180.00	49.46	50	480

46. What sex were you assigned at birth?

	Male		Female		Unknown		Total		Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Female	0	0	1334	100	4	80	1,366	70.3		
2 Male	563	100	0	0	1	20	578	29.7		
3 Intersex	0	0	0	0	0	0	0	0.0		
Valid responses =	563	29	1334	69	5	0	1,944	98.9		

Invalid responses include no response.

47. Do you identify as transgender?

	Male		Female		Unknown		Total		Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	563	100	1334	100	7	88	1,920	98.6		
2 Yes	0	0	0	0	1	13	27	1.4		
Valid responses =	563	29	1334	69	8	0	1,947	99.0		

Invalid responses include no response.



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

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Woman	0	0	1334	100	6	75	1,347	69.2	
2 Man	563	100	0	0	0	0	567	29.1	
3 Trans woman	0	0	0	0	0	0	2	0.1	
4 Trans man	0	0	0	0	0	0	1	0.1	
5 Genderqueer	0	0	0	0	1	13	4	0.2	
6 Agender	0	0	0	0	0	0	2	0.1	
7 Genderfluid	0	0	0	0	0	0	2	0.1	
8 Intersex	0	0	0	0	0	0	0	0.0	
9 Nonbinary	0	0	0	0	0	0	17	0.9	
10 Another identity	0	0	0	0	1	13	5	0.3	
Valid responses =	563	29	1334	69	8	0	1,947	99.0	

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Female	0	0	1334	100	0	0	1,334	67.9	
2 Male	563	100	0	0	0	0	563	28.6	
2 Transgender/gender non-conforming	0	0	0	0	0	0	42	2.1	
Valid responses =	563	29	1334	68	27	1	1,966	100.0	

Invalid responses include no response.

49. What term best describes your sexual orientation?

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Asexual	2	0.4	6	0.5	0	0	10	0.5	
2 Bisexual	17	3.1	78	5.9	0	0	102	5.3	
3 Gay	35	6.3	3	0.2	0	0	39	2.0	
4 Lesbian	1	0.2	35	2.6	2	20	41	2.1	
5 Pansexual	3	0.5	11	0.8	0	0	19	1.0	
6 Queer	2	0.4	18	1.4	0	0	31	1.6	
7 Questioning	1	0.2	2	0.2	0	0	4	0.2	
9 Straight/Heterosexual	493	88.7	1164	88.1	8	80	1674	86.8	
10 Another identity	2	0.4	4	0.3	0	0	8	0.4	
Valid responses =	556	29	1321	69	10	1	1928	98.1	

Invalid responses include no response.

50. Relationship status:

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Single, never married	95	17	247	19	1	8	357	18.4	
2 Single, divorced	33	6	129	10	2	15	167	8.6	
3 Separated	9	2	11	1	0	0	20	1.0	
4 Engaged	17	3	33	3	1	8	55	2.8	
5 Married	390	69	849	64	7	54	1,263	64.9	
6 Widowed	6	1	21	2	1	8	29	1.5	
7 Other	13	2	37	3	1	8	54	2.8	
Valid responses =	563	29	1327	68	13	1	1,945	98.9	

Invalid responses include no response.

51. Highest level of education:

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Grades 1-8	0	0	0	0	0	0	0	0.0	
2 Grades 9-11	1	0	0	0	0	0	1	0.1	
3 High school grad or GED	15	3	30	2	0	0	45	2.3	
4 Some college (no degree)	28	5	94	7	0	0	124	6.4	
5 Trade/technical/vocational	11	2	18	1	0	0	29	1.5	
6 Associate's degree	21	4	50	4	1	7	74	3.8	
7 Bachelor's degree	128	23	354	27	6	40	497	25.5	
8 Master's degree	165	29	453	34	6	40	638	32.8	
9 Doctoral Degree	174	31	305	23	2	13	495	25.4	
10 Professional Degree	19	3	25	2	0	0	45	2.3	
Valid responses =	562	29	1329	68	15	1	1,948	99.1	

Invalid responses include no response.



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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Often true	11	2	28	2	1	6	42	2.2
2 Sometimes true	42	8	133	10	1	6	184	9.4
3 Never true	508	91	1169	88	15	88	1,723	88.4
Valid responses =	561	29	1330	68	17	1	1,949	99.1

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Often true	24	4	44	3	1	6	75	3.8
2 Sometimes true	45	8	167	13	4	24	222	11.4
3 Never true	492	88	1119	84	12	71	1,652	84.8
Valid responses =	561	29	1330	68	17	1	1,949	99.1

Invalid responses include no response.

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	5	1	11	1	0	0	17	0.9
2 Yes, some but not every day	21	4	65	5	1	6	90	4.6
3 Only 1 or 2 days	33	6	73	6	2	12	114	5.8
4 No	504	90	1181	89	14	82	1,730	88.7
Valid responses =	563	29	1330	68	17	1	1,951	99.2

Invalid responses include no response.

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	520	93	1227	92	14	82	1,796	92.1
2 Yes,	41	7	104	8	3	18	154	7.9
Valid responses =	561	29	1331	68	17	1	1,950	99.2

Invalid responses include no response.

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	535	96	1271	95	15	88	1,857	95.2
2 Yes,	25	5	61	5	2	12	93	4.8
Valid responses =	560	29	1332	68	17	1	1,950	99.2

Invalid responses include no response.

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	34	6	42	3	2	13	83	4.3
2 To little extent	58	10	89	7	0	0	151	7.8
3 To some extent	164	29	349	26	6	40	532	27.3
4 To great extent	171	31	453	34	2	13	636	32.7
5 To very great extent	133	24	397	30	5	33	544	28.0
Valid responses =	560	29	1330	68	15	1	1,946	99.0

Invalid responses include no response.

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	509	91	1316	99	16	100	1,880	96.4
2 Yes area of hazardous duty	23	4	2	0	0	0	26	1.3
3 Yes not of hazardous duty	30	5	13	1	0	0	44	2.3
Valid responses =	562	29	1331	68	16	1	1,950	99.2

Invalid responses include no response.



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58. Employee Classification: (Choose your primary position)

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Staff	314	56	879	66	16	70	1,239	63.3	
2 Adjunct Faculty	28	5	52	4	0	0	83	4.2	
3 Faculty	173	31	299	23	6	26	486	24.8	
4 Administration	32	6	73	6	1	4	106	5.4	
5 Graduate/professional	9	2	15	1	0	0	25	1.3	
6 Other	6	1	11	1	0	0	17	0.9	
Valid responses =	562	29	1329	68	23	1	1,956	99.5	

Invalid responses include no response.

59. Pay type:

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Hourly	121	22	399	30	9	43	542	27.7	
2 Salaried	439	78	932	70	12	57	1,412	72.3	
Valid responses =	560	29	1331	68	21	1	1,954	99.4	

Invalid responses include no response.

60. What shift do you usually work?

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Day (1st)	113	93	379	96	8	100	510	94.6	
2 Evening (2nd)	4	3	13	3	0	0	19	3.5	
3 Night (3rd)	4	3	5	1	0	0	10	1.9	
Valid responses =	121	22	397	74	8	1	539	27.4	

Invalid responses include no response.

61. What is your yearly appointment?

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 9 month	136	25	240	18	4	20	390	20.3	
2 10 month	17	3	57	4	1	5	76	4.0	
3 11 month	2	0	7	1	1	5	10	0.5	
4 12 month	394	72	1004	77	14	70	1,442	75.2	
Valid responses =	549	29	1308	68	20	1	1,918	97.6	

Invalid responses include no response.

62. Employment status:

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Part-time without benefits	34	6	64	5	0	0	103	5.3	
2 Part-time with benefits	12	2	24	2	0	0	38	1.9	
3 Full-time without benefits	5	1	16	1	1	5	22	1.1	
4 Full-time with benefits	511	91	1229	92	20	95	1,795	91.7	
Valid responses =	562	29	1333	68	21	1	1,958	99.6	

Invalid responses include no response.

63. Are you:

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Employed college/university	559	100	1327	100	21	100	1,948	99.5	
2 Employed outsourced group	3	1	6	1	0	0	10	0.5	
Valid responses =	562	29	1333	68	21	1	1,958	99.6	

Invalid responses include no response.

64. Do you have health insurance?

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 No	5	1	12	1	0	0	18	0.9	
2 Yes	556	99	1319	99	20	100	1,936	98.9	
3 I don't know	1	0	2	0	0	0	3	0.2	
Valid responses =	562	29	1333	68	20	1	1,957	99.5	

Invalid responses include no response.



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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	260	46	614	46	10	53	908	46.6	
2 6-10	111	20	287	22	3	16	409	21.0	
3 11-15	59	11	137	10	1	5	200	10.3	
4 16-20	49	9	116	9	3	16	172	8.8	
5 21-25	43	8	79	6	2	11	125	6.4	
6 26-30	19	3	56	4	0	0	75	3.8	
7 31-35	9	2	20	2	0	0	31	1.6	
8 36-40	7	1	13	1	0	0	20	1.0	
9 More than 40 years	4	1	5	0	0	0	9	0.5	
Valid responses =	561	29	1327	68	19	1	1,949	99.1	

Invalid responses include no response.

66. Are you a member of an employment union?

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 No	417	75	1009	76	14	78	1,466	75.5	
2 Yes	143	26	314	24	4	22	477	24.5	
Valid responses =	560	29	1323	68	18	1	1,943	98.8	

Invalid responses include no response.

67A1. Below are 8 statements with which you may agree or disagree.

Using the scale below, indicate your agreement with each item by indicating that response for each statement.

I lead a purposeful and meaningful life.

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Strongly disagree	12	2	11	1	1	5	28	1.4	
2 Disagree	18	3	24	2	0	0	46	2.4	
3 Slightly disagree	17	3	43	3	1	5	63	3.2	
4 Neither agree nor disagree	40	7	80	6	3	14	132	6.8	
5 Slightly agree	94	17	212	16	4	19	315	16.1	
6 Agree	235	42	619	47	6	29	874	44.8	
7 Strongly agree	144	26	341	26	6	29	494	25.3	
Valid responses =	560	29	1330	68	21	1	1,952	0.0	

Invalid responses include no response.

67A2. Below are 8 statements with which you may agree or disagree.

Using the scale below, indicate your agreement with each item by indicating that response for each statement.

My social relationships are supportive and rewarding.

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Strongly disagree	8	1	14	1	0	0	23	1.2	
2 Disagree	25	5	29	2	0	0	57	2.9	
3 Slightly disagree	23	4	51	4	0	0	77	3.9	
4 Neither agree nor disagree	50	9	89	7	3	14	149	7.6	
5 Slightly agree	111	20	218	16	5	24	343	17.6	
6 Agree	227	41	597	45	7	33	846	43.4	
7 Strongly agree	116	21	330	25	6	29	455	23.3	
Valid responses =	560	29	1328	68	21	1	1,950	0.0	

Invalid responses include no response.

67A3. Below are 8 statements with which you may agree or disagree.

Using the scale below, indicate your agreement with each item by indicating that response for each statement.

I am engaged and interested in my daily activities.

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Strongly disagree	10	2	12	1	0	0	26	1.3	
2 Disagree	21	4	31	2	0	0	53	2.7	
3 Slightly disagree	27	5	53	4	2	10	85	4.4	
4 Neither agree nor disagree	34	6	92	7	1	5	132	6.8	
5 Slightly agree	127	23	254	19	9	43	401	20.6	
6 Agree	235	42	626	47	4	19	879	45.1	
7 Strongly agree	105	19	261	20	5	24	374	19.2	
Valid responses =	559	29	1329	68	21	1	1,950	0.0	

Invalid responses include no response.



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67A4. Below are 8 statements with which you may agree or disagree.
Using the scale below, indicate your agreement with each item by indicating that response for each statement.
I actively contribute to the happiness and well-being of others.

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Strongly disagree	8	1	9	1	0	0	18	0.9
2 Disagree	8	1	10	1	0	0	20	1.0
3 Slightly disagree	11	2	17	1	0	0	29	1.5
4 Neither agree nor disagree	35	6	72	5	3	14	115	5.9
5 Slightly agree	112	20	194	15	3	14	318	16.3
6 Agree	238	43	657	50	8	38	917	47.1
7 Strongly agree	147	26	369	28	7	33	531	27.3
Valid responses =	559	29	1328	68	21	1	1,948	0.0

Invalid responses include no response.

67A5. Below are 8 statements with which you may agree or disagree.
Using the scale below, indicate your agreement with each item by indicating that response for each statement.
I am competent and capable in the activities that are important to me.

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Strongly disagree	6	1	11	1	0	0	19	1.0
2 Disagree	3	1	7	1	1	5	11	0.6
3 Slightly disagree	3	1	12	1	0	0	16	0.8
4 Neither agree nor disagree	14	3	38	3	3	14	59	3.0
5 Slightly agree	59	11	129	10	3	14	198	10.1
6 Agree	292	52	708	53	9	43	1,031	52.8
7 Strongly agree	183	33	425	32	5	24	618	31.7
Valid responses =	560	29	1330	68	21	1	1,952	0.0

Invalid responses include no response.

67A6. Below are 8 statements with which you may agree or disagree.
Using the scale below, indicate your agreement with each item by indicating that response for each statement.
I am a good person and live a good life.

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Strongly disagree	5	1	12	1	0	0	19	1.0
2 Disagree	4	1	3	0	0	0	7	0.4
3 Slightly disagree	6	1	9	1	0	0	17	0.9
4 Neither agree nor disagree	30	5	38	3	3	14	80	4.1
5 Slightly agree	61	11	113	9	4	19	184	9.4
6 Agree	279	50	701	53	7	33	1,001	51.3
7 Strongly agree	173	31	454	34	7	33	642	32.9
Valid responses =	558	29	1330	68	21	1	1,950	0.0

Invalid responses include no response.

67A7. Below are 8 statements with which you may agree or disagree.
Using the scale below, indicate your agreement with each item by indicating that response for each statement.
I am optimistic about my future.

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Strongly disagree	11	2	13	1	1	5	33	1.7
2 Disagree	19	3	24	2	2	10	51	2.6
3 Slightly disagree	25	5	44	3	4	19	74	3.8
4 Neither agree nor disagree	41	7	76	6	1	5	121	6.2
5 Slightly agree	98	18	193	15	3	14	304	15.6
6 Agree	231	41	609	46	5	24	852	43.7
7 Strongly agree	134	24	369	28	5	24	514	26.4
Valid responses =	559	29	1328	68	21	1	1,949	0.0

Invalid responses include no response.

67A8. Below are 8 statements with which you may agree or disagree.
Using the scale below, indicate your agreement with each item by indicating that response for each statement.
People respect me.

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Strongly disagree	5	1	10	1	0	0	18	0.9
2 Disagree	7	1	11	1	0	0	21	1.1
3 Slightly disagree	16	3	26	2	0	0	44	2.3
4 Neither agree nor disagree	58	10	110	8	7	35	183	9.4
5 Slightly agree	88	16	175	13	4	20	280	14.4
6 Agree	267	48	696	52	4	20	979	50.2
7 Strongly agree	119	21	301	23	5	25	425	21.8
Valid responses =	560	29	1329	68	20	1	1,950	0.0

Invalid responses include no response.



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68A1. Please indicate how much you agree with the following statements as they apply to you over the last month

If a particular situation has not occurred recently, answer according to how you think you would have felt.

I am able to adapt when changes occur.

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
0 Not at all true	0	0	2	0	0	0	3	0.2
1 Rarely true	4	1	6	1	0	0	13	0.7
2 Sometimes true	61	11	174	13	5	24	248	12.7
3 Often true	231	41	575	43	10	48	836	43.0
4 True nearly all the time	264	47	567	43	6	29	846	43.5
Valid responses =	560	29	1324	68	21	1	1,946	0.0

Invalid responses include no response.

68A2. Please indicate how much you agree with the following statements as they apply to you over the last month

If a particular situation has not occurred recently, answer according to how you think you would have felt.

I tend to bounce back after illness, injury, or other hardships.

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
0 Not at all true	0	0	4	0	0	0	5	0.3
1 Rarely true	2	0	15	1	0	0	21	1.1
2 Sometimes true	57	10	195	15	6	29	269	13.8
3 Often true	216	39	533	40	10	48	778	40.0
4 True nearly all the time	284	51	576	44	5	24	871	44.8
Valid responses =	559	29	1323	68	21	1	1,944	0.0

Invalid responses include no response.

69A1. Indicate how often each of the statements below is descriptive of you.

How often do you feel that you lack companionship?

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Hardly ever	281	50	674	51	7	33	976	50.0
2 Some of the time	194	35	504	38	6	29	717	36.7
3 Often	86	15	151	11	8	38	259	13.3
Valid responses =	561	29	1329	68	21	1	1,952	0.0

Invalid responses include no response.

69A2. Indicate how often each of the statements below is descriptive of you.

How often do you feel left out?

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Hardly ever	292	52	660	50	11	52	976	50.1
2 Some of the time	219	39	568	43	7	33	810	41.6
3 Often	49	9	98	7	3	14	162	8.3
Valid responses =	560	29	1326	68	21	1	1,948	0.0

Invalid responses include no response.

69A3. Indicate how often each of the statements below is descriptive of you.

How often do you feel isolated from others?

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Hardly ever	285	51	723	55	8	40	1,025	52.7
2 Some of the time	200	36	475	36	9	45	702	36.1
3 Often	74	13	127	10	3	15	218	11.2
Valid responses =	559	29	1325	68	20	1	1,945	0.0

Invalid responses include no response.



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DIENER Diener Flourishing Score

	Mean	Median	Std Dev	Min	Max
Male	45.54	47.00	8.04	8	56
Female	46.77	48.00	7.29	8	56
Overall	46.22	48.00	7.7	8	56

CDRISC2 Connor-Davidson Resilience Scale 2 (CD-RISC2) Score

	Mean	Median	Std Dev	Min	Max
Male	6.75	7.00	1.26	2	8
Female	6.54	7.00	1.35	0	8
Overall	6.57	7.00	1.35	0	8

ULS3 UCLA Loneliness Scale Score

	Mean	Median	Std Dev	Min	Max
Male	4.85	5.00	1.85	3	9
Female	4.73	4.00	1.7	3	9
Overall	4.80	4.00	1.77	3	9

RULS3 Recoded UCLA Loneliness Scale

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Negative for loneliness (3-5)	348	62	868	66	10	50	1,241	63.9	
2 Positive for loneliness (6-9)	210	38	454	34	10	50	700	36.1	
Valid responses =	558	29	1322	68	20	1	1,941	0.0	

Invalid responses include no response.