



# Reference Group

## Data Report

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## Spring 2021

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AMERICAN COLLEGE HEALTH ASSOCIATION

### Demographics of Participating Institutions

Three postsecondary institutions self-selected to participate in the Spring 2021 ACHA National Faculty & Staff Health Assessment and 2,142 surveys were completed by faculty and staff on these campuses. For the purpose of forming the Reference Group, only institutions located in the United States that surveyed all faculty and staff or used a random sampling technique are included in the analysis, yielding a final data set consisting of 2,142 faculty and staff at 4 schools. Demographic characteristics of the 4 campuses follow. *The mean response proportion was 19.1%, and the median response proportion was 20.3%.*

<b>Demographical Characteristics of the 4 US Postsecondary Institutions Included in the Spring 2021 ACHA-NFSHA Reference Group</b>	
<b>Campus Characteristic</b>	<b><i>n</i></b>
Type of Institution	
Public	4
Private	0
2-year	0
4-year or above	4
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)	0
West (AK, AZ, CA, CO, HI, ID, MT, NV, NM, OR, UT, WA, WY)	2
Campus Size	
< 2,500 students	0
2,500 – 4,999 students	0
5,000 – 9,999 students	0
10,000 – 19,999 students	3
20,000 students or more	1
Campus Setting	
Very large city (population over 500,000)	0
Large city (population 250,000-499,999)	3
Small city (population 50,000-249,999)	1
Large town (population 10,000 – 49,999)	0
Small town (population 2,500-9,999)	0
Rural community (population under 2,500)	0
Carnegie Classification	
Associates Colleges	0
Baccalaureate Colleges	0
Baccalaureate/Associates Colleges	0
Masters Colleges and Universities	0
Doctoral Universities	4
Special Focus Institutions	0
Miscellaneous/Not Classified	0

**Demographical Characteristics of the 4 US Postsecondary Institutions Included in the Spring 2021 ACHA-NFSHA Reference Group**

<b>Campus Characteristic</b>	<b><i>n</i></b>
ACHA Membership Status	
Institutional Member	4
Nonmember	0
Religious Affiliation	
No	4
Yes	0
<u>If yes:</u>	
Catholic	0
Protestant or Other Christian	0
Postsecondary Minority Institution (US Department of Education)	
No	4
Yes	0
<u>*If yes:</u>	
Postsecondary Minority Institution	0
Historically Black College or University (HBCU)	0
High Hispanic Enrollment	0
Hispanic-serving Institution (HSI)	0
Tribal College or University	0
Predominately Black Institution	0
Asian American and Native American Pacific Islander-serving	0
Alaska Native-serving or Native Hawaiian-serving Institution	0
Native American-serving Nontribal Institution	0
*institutions may hold more than one type of minority status	



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(410) 859-1500  
[www.acha.org](http://www.acha.org)

March 14, 2022  
FREQUENCY REPORT  
Number of Surveys (n) = 2142 Web Surveys

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

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

#### 1. How would you describe your general overall health?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Excellent	81	13	152	11	2	8	237	11.1	
2 Very good	240	38	577	40	11	46	839	39.2	
3 Good	227	36	527	37	7	29	771	36.1	
4 Fair	78	12	161	11	4	17	248	11.6	
5 Poor	13	2	27	2	0	0	43	2.0	
6 Don't know	0	0	0	0	0	0	0	0.0	
Valid responses =	639	30	1444	68	24	100	2138	99.8	

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.	Pct.	
1 Strongly agree	111	17	237	16	1	4	351	16.4	
2 Agree	366	57	773	54	12	48	1165	54.4	
3 Neutral	117	18	328	23	9	36	459	21.4	
4 Disagree	35	6	87	6	1	4	129	6.0	
5 Strongly disagree	12	2	19	1	2	8	37	1.7	
Valid responses =	641	30	1444	67	25	1	2141	100.0	

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.	Pct.	
1 No	16	3	13	1	2	8	33	1.5	
2 Yes	600	94	1399	97	23	92	2050	95.8	
3 Don't know	25	4	31	2	0	0	57	2.7	
Valid responses =	641	30	1443	67	25	100	2140	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.	Pct.	
1 Not Applicable	10	2	19	1	0	0	30	1.4	
2 Extremely important	197	31	590	41	0	0	809	37.8	
3 Very important	277	43	616	43	0	0	915	42.8	
4 Moderately important	126	20	177	12	0	0	312	14.6	
5 Slightly important	23	4	36	3	0	0	60	2.8	
6 Not at all important	8	1	5	0	0	0	14	0.7	
Valid responses =	641	30	1443	67	0	0	2140	99.9	

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.	Pct.	
1 No	177	28	378	26	6	26	566	26.5	
2 Yes	458	72	1058	73	17	74	1559	73.1	
3 Don't Know	4	1	5	0	0	0	9	0.4	
Valid responses =	639	30	1441	68	23	100	2134	99.6	

Invalid responses include no response.



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March 14, 2022  
FREQUENCY REPORT  
Number of Surveys (n) =

2142 Web Surveys

### 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	16	3	9	1	4.2	4	26	1.2
2 Never	210	33	297	21	16.7	17	518	24.2
3 Rarely	197	31	362	25	25	25	570	26.6
4 Sometimes	182	28	583	40	45.8	46	787	36.8
5 Most of the Time	28	4	168	12	8.3	8	206	9.6
6 Always	8	1	25	2	0	0	33	1.5
Valid responses =	641	30	1444	67	100	100	2140	99.9

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	16	3	30	2	2	8	48	2.2
2 Never	233	36	436	30	5	21	683	32.0
3 Rarely	185	29	463	32	9	38	665	31.2
4 Sometimes	176	28	425	30	6	25	619	29.0
5 Most of the Time	22	3	77	5	2	8	103	4.8
6 Always	8	1	8	1	0	0	16	0.7
Valid responses =	640	30	1439	67	24	100	2,134	99.6

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	8	1	1	4	21	1.0
2 Never	169	26	181	13	3	12	361	16.9
3 Rarely	149	23	263	18	4	16	419	19.6
4 Sometimes	242	38	676	47	16	64	944	44.2
5 Most of the Time	63	10	274	19	1	4	347	16.2
6 Always	6	1	39	3	0	0	46	2.2
Valid responses =	641	30	1441	67	25	100	2,138	99.8

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Not Applicable	13	2	32	2	2	8	47	2.2
2 Never	166	26	276	19	4	17	453	21.2
3 Rarely	199	31	430	30	6	25	643	30.1
4 Sometimes	223	35	579	40	12	50	823	38.6
5 Most of the Time	34	5	109	8	0	0	149	7.0
6 Always	5	1	12	1	0	0	18	0.8
Valid responses =	640	30	1438	67	24	100	2,133	99.6

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	475	74	1210	84	20	83	1732	81
2 1 year ago less than 2 years ago	109	17	163	11	4	17	278	13
3 2 years ago less than 3 years ago	25	4	34	2	0	0	59	3
4 3 years ago less than 5 years ago	10	2	21	2	0	0	32	2
5 5 or more years ago	12	2	6	0	0	0	19	1
6 Never	2	0	1	0	0	0	3	0
7 Don't know	8	1	6	0	0	0	14	1
Valid responses =	641	30	1441	67	24	100	2137	99.8

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	364	57	841	58	12	50	1233	57.8
2 1 year ago less than 2 years ago	129	20	284	20	6	25	422	19.8
3 2 years ago less than 3 years ago	32	5	102	7	2	8.3	138	6.5
4 3 years ago less than 5 years ago	24	4	56	4	2	8.3	84	3.9
5 5 or more years ago	33	5	36	3	1	4.2	71	3.3
6 Never	27	4	36	3	0	0	66	3.1
7 Don't know	32	5	84	6	1	4.2	121	5.7
Valid responses =	641	30	1439	67	24	100	2135	99.7

Invalid responses include no response.



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FREQUENCY REPORT  
Number of Surveys (n) =

2142 Web Surveys

### 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	366	57	824	57	12	50	1218	57.1
2 1 year ago less than 2 years ago	129	20	290	20	6	25	430	20.2
3 2 years ago less than 3 years ago	37	6	115	8	2	8.3	157	7.4
4 3 years ago less than 5 years ago	25	4	54	4	2	8.3	83	3.9
5 5 or more years ago	33	5	38	3	1	4.2	73	3.4
6 Never	26	4	46	3	0	0	73	3.4
7 Don't know	23	4	71	5	1	4.2	98	4.6
Valid responses =	639	30	1438	67	24	100	2132	99.5

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	436	68	1100	76	15	62.5	1570	73.5
2 1 year ago less than 2 years ago	97	15	179	12	6	25	288	13.5
3 2 years ago less than 3 years ago	50	8	54	4	2	8.3	109	5.1
4 3 years ago less than 5 years ago	21	3	50	4	1	4.2	74	3.5
5 5 or more years ago	28	4	48	3	0	0	77	3.6
6 Never	3	1	1	0	0	0	4	0.2
7 Don't know	6	1	9	1	0	0	15	0.7
Valid responses =	641	30	1441	67	24	100	2137	99.8

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	277	44	772	54	14	58.3	1080	50.7
2 1 year ago less than 2 years ago	153	24	357	25	6	25	523	24.5
3 2 years ago less than 3 years ago	78	12	151	11	1	4.2	233	10.9
4 3 years ago less than 5 years ago	47	7	63	4	3	12.5	113	5.3
5 5 or more years ago	63	10	78	5	0	0	144	6.8
6 Never	8	1	5	0	0	0	13	0.6
7 Don't know	11	2	13	1	0	0	25	1.2
Valid responses =	637	30	1439	68	24	100	2131	99.5

Invalid responses include no response.

### 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	89	14	159	11	4	16.7	255	12
2 1 year ago less than 2 years ago	66	10	140	10	2	8.3	209	9.8
3 2 years ago less than 3 years ago	79	12	132	9	2	8.3	215	10.1
4 3 years ago less than 5 years ago	64	10	96	7	2	8.3	165	7.8
5 5 or more years ago	198	31	425	30	7	29.2	641	30.2
6 Never	57	9	190	13	4	16.7	256	12.1
7 Don't know	86	14	286	20	3	12.5	381	18
Valid responses =	639	30	1428	67	24	100	2122	99.1

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	317	50	915	64	11	45.8	1261	59.1
2 1 year ago less than 2 years ago	146	23	267	19	7	29.2	426	20
3 2 years ago less than 3 years ago	54	8	107	7	2	8.3	164	7.7
4 3 years ago less than 5 years ago	47	7	53	4	1	4.2	105	4.9
5 5 or more years ago	57	9	57	4	2	8.3	117	5.5
6 Never	4	1	3	0	0	0	8	0.4
7 Don't know	16	3	35	2	1	4.2	52	2.4
Valid responses =	641	30	1437	67	24	100	2133	99.6

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	334	52	760	53	10	41.7	1119	52.5
2 1 year ago less than 2 years ago	117	18	251	18	6	25	376	17.6
3 2 years ago less than 3 years ago	31	5	98	7	1	4.2	132	6.2
4 3 years ago less than 5 years ago	25	4	44	3	2	8.3	74	3.5
5 5 or more years ago	34	5	40	3	1	4.2	76	3.6
6 Never	37	6	66	5	0	0	105	4.9
7 Don't know	63	10	178	12	4	16.7	251	11.8
Valid responses =	641	30	1437	67	24	100	2133	99.6

Invalid responses include no response.



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2142 Web Surveys

### 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	520	82	964	67	16	69.6	1515	71.4
2 Yes, Dx/No Treatment	28	4	109	8	2	8.7	143	6.7
3 Yes, Dx/Received Treatment	89	14	360	25	5	21.7	465	21.9
Valid responses =	637	30	1433	67	23	100	2123	99.1

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	523	82	1049	73	16	69.6	1604	75.7
2 Yes, Dx/No Treatment	23	4	65	5	2	8.7	92	4.3
3 Yes, Dx/Received Treatment	90	14	315	22	5	21.7	422	19.9
Valid responses =	636	30	1429	67	23	100	2118	98.9

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	541	85	1280	90	20	87	1868	88.2
2 Yes, Dx/No Treatment	43	7	67	5	2	8.7	114	5.4
3 Yes, Dx/Received Treatment	53	8	82	6	1	4.3	137	6.5
Valid responses =	637	30	1429	67	23	100	2119	98.9

Invalid responses include no response.

### 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 Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	419	66	1110	78	20	87	1574	74.2
2 Yes, Dx/No Treatment	102	16	198	14	2	8.7	304	14.3
3 Yes, Dx/Received Treatment	118	19	122	9	1	4.3	244	11.5
Valid responses =	639	30	1430	67	23	100	2122	99.1

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 Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	475	74	1187	83	20	87	1706	80.2
2 Yes, Dx/No Treatment	54	8	62	4	1	4.3	118	5.5
3 Yes, Dx/Received Treatment	111	17	186	13	2	8.7	304	14.3
Valid responses =	640	30	1435	67	23	100	2128	99.3

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 Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	496	78	1122	78	18	78.3	1661	78.1
2 Yes, Dx/No Treatment	49	8	76	5	3	13	129	6.1
3 Yes, Dx/Received Treatment	90	14	240	17	2	8.7	337	15.8
Valid responses =	635	30	1438	68	23	100	2127	99.3

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 Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 0 days	59	9	114	8	1	4.2	176	8.2
2 1 day	41	6	97	7	2	8.3	143	6.7
3 2 days	76	12	201	14	3	12.5	287	13.4
4 3 days	75	12	197	14	2	8.3	281	13.1
5 4 days	84	13	219	15	3	12.5	308	14.4
6 5 days	113	18	260	18	6	25	385	18
7 6 days	92	14	189	13	7	29.2	289	13.5
8 7 days	101	16	164	11	0	0	268	12.5
Valid responses =	641	30	1441	67	24	100	2137	99.8

Invalid responses include no response.



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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Less than 4 hours	7	1	6	0	0	0	13	0.6
2 4 hours	11	2	31	2	1	4.2	43	2
3 5 hours	57	9	125	9	4	16.7	190	8.9
4 6 hours	175	27	389	27	4	16.7	576	26.9
5 7 hours	263	41	567	39	12	50	853	39.9
6 8 hours	111	17	277	19	2	8.3	397	18.6
7 9 hours	15	2	44	3	1	4.2	61	2.9
8 10 or more hours	2	0	4	0	0	0	6	0.3
Valid responses =	641	30	1443	67	24	100	2139	99.9

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	144	23	241	17	5	20.8	395	18.5
2 5-15 minutes	270	42	590	41	5	20.8	877	41
3 16-30 minutes	134	21	335	23	10	41.7	482	22.5
4 31 minutes - 1 hour	73	11	208	14	4	16.7	292	13.6
5 Over 1 hour	20	3	70	5	0	0	94	4.4
Valid responses =	641	30	1444	67	24	100	2140	99.9

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	272	42	427	30	1	4.2	712	33.3
2 Yes	369	58	1015	70	23	95.8	1426	66.7
Valid responses =	641	30	1442	67	24	100	2138	99.8

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	475	74	943	65	15	62.5	1453	68
2 Yes	166	26	499	35	9	37.5	685	32
Valid responses =	641	30	1442	67	24	100	2138	99.8

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	587	92	1279	89	23	95.8	1915	89.7
2 Yes	51	8	163	11	1	4.2	220	10.3
Valid responses =	638	30	1442	68	24	100	2135	99.7

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	383	60	644	45	10	43.5	1048	49
2 Yes	258	40	798	55	13	56.5	1089	51
Valid responses =	641	30	1442	67	23	100	2137	99.8

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	524	82	1144	79	18	78.3	1703	79.7
2 Yes	117	18	298	21	5	21.7	434	20.3
Valid responses =	641	30	1442	67	23	100	2137	99.8

Invalid responses include no response.





# AMERICAN COLLEGE HEALTH ASSOCIATION

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March 14, 2022  
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Number of Surveys (n) = 2142 Web Surveys

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

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	460	72	820	57	15	65.2	1310	61.4	
2 Yes	181	28	620	43	8	34.8	825	38.6	
Valid responses =	641	30	1440	67	23	100	2135	99.7	

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		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	334	52	476	33	9	39.1	830	38.8	
2 Yes	306	48	967	67	14	60.9	1307	61.2	
Valid responses =	640	30	1443	68	23	100	2137	99.8	

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		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Did not experience issue/not applicable	243	38	318	22	7	30.4	575	27.1	
2 Experienced issue, but work performance/productivity not affected	249	39	680	48	7	30.4	946	44.6	
3 Experienced issue, and it negatively impacted work performance/productivity	147	23	432	30	9	39.1	602	28.4	
Valid responses =	639	30	1430	67	23	100	2123	99.1	

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		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Did not experience issue/not applicable	495	77	1008	70	18	78.3	1543	72.4	
2 Experienced issue, but work performance/productivity not affected	249	39	680	48	7	30.4	946	44.6	
3 Experienced issue, and it negatively impacted work performance/productivity	147	23	432	30	9	39.1	602	28.4	
Valid responses =	640	30	1436	67	23	100	2130	99.4	

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		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Did not experience issue/not applicable	403	63	767	53	14	63.6	1194	56.1	
2 Experienced issue, but work performance/productivity not affected	132	21	412	29	6	27.3	558	26.2	
3 Experienced issue, and it negatively impacted work performance/productivity	105	16	259	18	2	9.1	378	17.7	
Valid responses =	640	30	1438	68	22	100	2130	99.4	

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		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Did not experience issue/not applicable	377	59	803	56	14	60.9	1207	56.6	
2 Experienced issue, but work performance/productivity not affected	222	35	530	37	7	30.4	774	36.3	
3 Experienced issue, and it negatively impacted work performance/productivity	41	6	105	7	2	8.7	151	7.1	
Valid responses =	640	30	1438	67	23	100	2132	99.5	

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		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Did not experience issue/not applicable	227	36	354	25	8	34.8	594	27.9	
2 Experienced issue, but work performance/productivity not affected	266	42	673	47	9	39.1	958	45	
3 Experienced issue, and it negatively impacted work performance/productivity	147	23	409	29	6	26.1	578	27.1	
Valid responses =	640	30	1436	67	23	100	2130	99.4	

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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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	507	79	878	61	16	69.6	1420	66.6	
2 Experienced issue, but work performance/productivity not affected	84	13	329	23	4	17.4	424	19.9	
3 Experienced issue, and it negatively impacted work performance/productivity	49	8	232	16	3	13	289	13.5	
Valid responses =	640	30	1439	67	23	100	2133	99.6	

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	457	71	899	62	14	63.6	1388	65	
2 Experienced issue, but work performance/productivity not affected	126	20	346	24	7	31.8	489	22.9	
3 Experienced issue, and it negatively impacted work performance/productivity	58	9	196	14	1	4.5	258	12.1	
Valid responses =	641	30	1441	67	22	100	2135	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	481	75	975	68	16	72.7	1485	69.6	
2 Experienced issue, but work performance/productivity not affected	105	16	283	20	4	18.2	404	18.9	
3 Experienced issue, and it negatively impacted work performance/productivity	54	8	182	13	2	9.1	244	11.4	
Valid responses =	640	30	1440	68	22	100	2133	99.6	

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	632	99	1423	99	22	100	2108	98.9	
2 Experienced issue, but work performance/productivity not affected	7	1	8	1	0	0	15	0.7	
3 Experienced issue, and it negatively impacted work performance/productivity	1	0	8	1	0	0	9	0.4	
Valid responses =	640	30	1439	67	22	100	2132	99.5	

Invalid responses include no response.

### 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	599	94	1400	97	22	100	2049	96.2	
2 Experienced issue, but work performance/productivity not affected	28	4	27	2	0	0	56	2.6	
3 Experienced issue, and it negatively impacted work performance/productivity	11	2	13	1	0	0	26	1.2	
Valid responses =	638	30	1440	68	22	100	2131	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	605	95	1301	90	20	95.2	1952	91.6	
2 Experienced issue, but work performance/productivity not affected	30	5	107	7	1	4.8	142	6.7	
3 Experienced issue, and it negatively impacted work performance/productivity	3	1	32	2	0	0	36	1.7	
Valid responses =	638	30	1440	68	21	100	2130	99.4	

Invalid responses include no response.



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### 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	372	58	811	56	17	77.3	1212	56.9	
2 Experienced issue, but work performance/productivity not affected	162	25	377	26	4	18.2	548	25.7	
3 Experienced issue, and it negatively impacted work performance/productivity	106	17	249	17	1	4.5	370	17.4	
Valid responses =	640	30	1437	67	22	100	2130	99.4	

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	448	70	989	69	14	63.6	1472	69.1	
2 Experienced issue, but work performance/productivity not affected	106	17	230	16	7	31.8	346	16.2	
3 Experienced issue, and it negatively impacted work performance/productivity	84	13	221	15	1	4.5	313	14.7	
Valid responses =	638	30	1440	68	22	100	2131	99.5	

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	426	67	1002	70	17	17	1,462	68.5	
2 Experienced issue, but work performance/productivity not affected	135	21	293	20	3	3	441	20.7	
3 Experienced issue, and it negatively impacted work performance/productivity	80	13	145	10	2	2	231	10.8	
Valid responses =	641	30	1440	67	22	1	2,134	99.6	

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	478	75	1060	74	16	16	1,566	73.3	
2 Experienced issue, but work performance/productivity not affected	108	17	242	17	5	5	365	17.1	
3 Experienced issue, and it negatively impacted work performance/productivity	55	9	140	10	1	1	205	9.6	
Valid responses =	641	30	1442	68	22	1	2,136	99.7	

Invalid responses include no response.

### 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	524	82	1182	82	16	16	1,742	81.6	
2 Experienced issue, but work performance/productivity not affected	64	10	150	10	3	3	225	10.5	
3 Experienced issue, and it negatively impacted work performance/productivity	52	8	109	8	4	4	168	7.9	
Valid responses =	640	30	1441	67	23	1	2,135	99.7	

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	425	66	893	62	15	15	1,347	63.0	
2 Experienced issue, but work performance/productivity not affected	131	20	312	22	4	4	454	21.2	
3 Experienced issue, and it negatively impacted work performance/productivity	85	13	237	16	4	4	336	15.7	
Valid responses =	641	30	1442	67	23	1	2,137	99.8	

Invalid responses include no response.



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### 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		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Did not experience issue/not applicable	510	80	1087	76	15	15	1,632	76.5	
2 Experienced issue, but work performance/productivity not affected	75	12	194	14	3	3	278	13.0	
3 Experienced issue, and it negatively impacted work performance/productivity	55	9	158	11	5	5	223	10.5	
Valid responses =	640	30	1439	67	23	1	2,133	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		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Did not experience issue/not applicable	204	84	417	83	2	2	635	83.0	
2 Experienced issue, but work performance/productivity not affected	11	5	11	2	1	1	23	3.0	
3 Experienced issue, and it negatively impacted work performance/productivity	27	11	77	15	1	1	107	14.0	
Valid responses =	147	23	432	30	0	0	0	0	
Valid responses =	242	32	505	66	4	1	765	35.7	

Invalid responses include no response.

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

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Strongly agree	153	24	355	25	5	5	517	24.1	
2 Agree	336	52	727	50	13	13	1,089	50.9	
3 Neutral	91	14	256	18	5	5	358	16.7	
4 Disagree	41	6	73	5	0	0	118	5.5	
5 Strongly disagree	15	2	28	2	2	2	49	2.3	
6 Don't Know	5	1	5	0	0	0	10	0.5	
Valid responses =	641	30	1444	67	25	1	2,141	100.0	

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		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	397	62	771	54	10	10	1,194	56.3	
2 Yes	239	38	660	46	13	13	927	43.7	
Valid responses =	636	30	1431	67	23	1	2,121	99.0	

Invalid responses include no response.

### 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		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	455	72	924	65	14	14	1,411	66.7	
2 Yes	180	28	504	35	8	8	705	33.3	
Valid responses =	635	30	1428	67	22	1	2,116	98.8	

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		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	556	88	1213	85	16	16	1,807	85.5	
2 Yes	75	12	214	15	8	8	306	14.5	
Valid responses =	631	30	1427	68	24	1	2,113	98.6	

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		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	375	59	801	56	12	12	1,203	56.9	
2 Yes	260	41	627	44	10	10	913	43.1	
Valid responses =	635	30	1428	67	22	1	2,116	98.8	

Invalid responses include no response.



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### 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	292	46	505	35	7	7	818	38.6
2 Yes	342	54	926	65	17	17	1,302	61.4
Valid responses =	634	30	1431	68	24	1	2,120	99.0

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	418	66	753	53	14	14	1,202	57.1
2 Yes	212	34	668	47	8	8	902	42.9
Valid responses =	630	30	1421	68	22	1	2,104	98.2

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	509	81	1062	75	16	16	1,609	76.7
2 Yes	120	19	354	25	5	5	488	23.3
Valid responses =	629	30	1416	68	21	1	2,097	97.9

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	608	96	1381	97	21	21	2,041	96.8
2 Yes	23	4	44	3	1	1	68	3.2
Valid responses =	631	30	1425	68	22	1	2,109	98.5

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	400	63	1017	72	15	15	1,448	68.8
2 Yes	234	37	402	28	6	6	657	31.2
Valid responses =	634	30	1419	67	21	1	2,105	98.3

Invalid responses include no response.

### 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	590	94	1284	90	16	16	1,914	91.1
2 Yes	38	6	138	10	5	5	187	8.9
Valid responses =	628	30	1422	68	21	1	2,101	98.1

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	538	87	1142	81	17	17	1,720	82.9
2 Yes	84	14	262	19	4	4	356	17.1
Valid responses =	622	30	1404	68	21	1	2,076	96.9

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	598	95	1344	95	20	20	1,990	94.9
2 Yes	31	5	71	5	1	1	106	5.1
Valid responses =	629	30	1415	68	21	1	2,096	97.9

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

## American College Health Association-National Faculty and Staff Health Assessment (ACHA-NFSHA) Reference Group Data Report - Spring 2021

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

March 14, 2022  
FREQUENCY REPORT  
Number of Surveys (n) = 2142 Web Surveys

### 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	510	81	1117	79	18	18	1,665	79.4
2 Yes	120	19	299	21	3	3	433	20.6
Valid responses =	630	30	1416	67	21	1	2,098	97.9

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	532	84	1200	85	19	19	1,778	84.7
2 Yes	100	16	216	15	2	2	322	15.3
Valid responses =	632	30	1416	67	21	1	2,100	98.0

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	188	85	363	82	1	1	564	82.6
2 Yes	34	15	81	18	1	1	119	17.4
Valid responses =	222	33	444	65	2	0	683	31.9

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	228	36	537	37	11	11	782	36.6
2 Agree	314	49	656	46	12	12	999	46.7
3 Neutral	57	9	158	11	1	1	219	10.2
4 Disagree	29	5	75	5	0	0	107	5.0
5 Strongly disagree	12	2	16	1	0	0	30	1.4
Valid responses =	640	30	1442	67	24	1	2,137	99.8

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	222	35	522	36	7	7	759	35.6
2 Agree	287	45	613	43	12	12	925	43.3
3 Neutral	67	11	169	12	5	5	246	11.5
4 Disagree	41	6	88	6	0	0	132	6.2
5 Strongly disagree	21	3	49	3	1	1	73	3.4
Valid responses =	638	30	1441	67	25	1	2,135	99.7

Invalid responses include no response.

### 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	245	38	540	37	6	6	804	37.6
2 Agree	255	40	536	37	9	9	808	37.8
3 Neutral	71	11	199	14	7	7	282	13.2
4 Disagree	38	6	120	8	1	1	162	7.6
5 Strongly disagree	30	5	47	3	1	1	80	3.7
Valid responses =	639	30	1442	68	24	1	2,136	99.7

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	194	30	427	30	7	7	638	29.9
2 Agree	261	41	576	40	8	8	856	40.1
3 Neutral	108	17	252	18	6	6	370	17.3
4 Disagree	46	7	120	8	3	3	171	8.0
5 Strongly disagree	31	5	64	4	1	1	100	4.7
Valid responses =	640	30	1439	67	25	1	2,135	99.7

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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American College Health Association  
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March 14, 2022  
FREQUENCY REPORT  
Number of Surveys (n) =

2142 Web Surveys

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

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

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Strongly agree	173	27	391	27	5	5	578	27.1	
2 Agree	270	42	562	39	8	8	848	39.7	
3 Neutral	99	16	247	17	4	4	355	16.6	
4 Disagree	55	9	163	11	6	6	228	10.7	
5 Strongly disagree	43	7	77	5	1	1	126	5.9	
Valid responses =	640	30	1440	67	24	1	2,135	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		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Strongly agree	180	28	468	33	5	5	662	31.0	
2 Agree	238	37	564	39	9	9	824	38.6	
3 Neutral	120	19	212	15	5	5	341	16.0	
4 Disagree	66	10	128	9	2	2	200	9.4	
5 Strongly disagree	35	6	68	5	3	3	107	5.0	
Valid responses =	639	30	1440	67	24	1	2,134	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		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Strongly agree	226	35	505	35	7	7	750	35.1	
2 Agree	229	36	528	37	5	5	768	36.0	
3 Neutral	101	16	219	15	8	8	334	15.6	
4 Disagree	48	8	110	8	3	3	167	7.8	
5 Strongly disagree	36	6	78	5	1	1	116	5.4	
Valid responses =	640	30	1440	67	24	1	2,135	99.7	

Invalid responses include no response.

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

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Strongly agree	232	36	483	34	4	4	724	33.9	
2 Agree	301	47	711	49	15	15	1,040	48.7	
3 Neutral	75	12	189	13	2	2	271	12.7	
4 Disagree	24	4	45	3	2	2	76	3.6	
5 Strongly disagree	9	1	12	1	1	1	25	1.2	
Valid responses =	641	30	1440	67	24	1	2,136	99.7	

Invalid responses include no response.

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

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 N/A	52	8	181	13	4	4	244	11.4	
2 Not safe at all	6	1	6	0	1	1	15	0.7	
3 Somewhat unsafe	11	2	32	2	1	1	44	2.1	
4 Somewhat safe	74	12	252	18	4	4	337	15.8	
5 Very safe	498	78	967	67	14	14	1,494	70.0	
Valid responses =	641	30	1438	67	24	1	2,134	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.	Freq.	Pct.	
1 N/A	88	14	296	21	3	3	394	18.5	
2 Not safe at all	7	1	22	2	1	1	31	1.5	
3 Somewhat unsafe	22	3	190	13	4	4	220	10.3	
4 Somewhat safe	199	31	644	45	9	9	862	40.4	
5 Very safe	324	51	285	20	7	7	625	29.3	
Valid responses =	640	30	1437	67	24	1	2,132	99.5	

Invalid responses include no response.





# AMERICAN COLLEGE HEALTH ASSOCIATION

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March 14, 2022  
FREQUENCY REPORT  
Number of Surveys (n) = 2142 Web Surveys

### 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	48	8	169	12	3	3	224	10.5
2 Not safe at all	6	1	9	1	2	2	19	0.9
3 Somewhat unsafe	21	3	56	4	1	1	80	3.7
4 Somewhat safe	142	22	421	29	6	6	579	27.1
5 Very safe	424	66	785	55	12	12	1,234	57.8
Valid responses =	641	30	1440	67	24	1	2,136	99.7

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	75	12	249	17	3	3	331	15.5
2 Not safe at all	15	2	49	3	2	2	69	3.2
3 Somewhat unsafe	55	9	259	18	5	5	326	15.3
4 Somewhat safe	240	38	645	45	9	9	902	42.3
5 Very safe	254	40	238	17	5	5	506	23.7
Valid responses =	639	30	1440	67	24	1	2,134	99.6

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	0	0	1	0	0	0	1	0.0
2 Never	3	1	0	0	0	0	3	0.1
3 Rarely	5	1	3	0	0	0	8	0.4
4 Sometimes	5	1	5	0	0	0	10	0.5
5 Most of the time	20	3	37	3	3	3	61	2.9
6 Always	608	95	1395	97	20	20	2,053	96.1
Valid responses =	641	30	1441	67	23	1	2,136	99.7

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	240	37	638	45	8	8	895	42.0
2 Never	68	11	129	9	2	2	201	9.4
3 Rarely	32	5	49	3	1	1	85	4.0
4 Sometimes	32	5	51	4	1	1	84	3.9
5 Most of the time	46	7	80	6	1	1	127	6.0
6 Always	223	35	487	34	10	10	737	34.6
Valid responses =	641	30	1434	67	23	1	2,129	99.4

Invalid responses include no response.

### 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	558	87	1275	89	19	19	1,878	88.5
2 Never	6	1	5	0	2	2	13	0.6
3 Rarely	3	1	2	0	0	0	5	0.2
4 Sometimes	4	1	5	0	0	0	9	0.4
5 Most of the time	4	1	10	1	0	0	14	0.7
6 Always	64	10	132	9	2	2	203	9.6
Valid responses =	639	30	1429	67	23	1	2,122	99.1

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	465	73	1045	73	15	15	1,546	72.5
2 Yes	175	27	392	27	8	8	585	27.5
Valid responses =	640	30	1437	67	23	1	2,131	99.5

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	510	80	1146	80	19	19	1,697	79.7
2 Yes	129	20	291	20	3	3	432	20.3
Valid responses =	639	30	1437	67	22	1	2,129	99.4

Invalid responses include no response.





# AMERICAN COLLEGE HEALTH ASSOCIATION

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March 14, 2022  
FREQUENCY REPORT  
Number of Surveys (n) = 2142 Web Surveys

### 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 Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	446	70	979	68	17	17	1,462	68.8
2 Yes	193	30	452	32	6	6	662	31.2
Valid responses =	639	30	1431	67	23	1	2,124	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 Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	574	90	1237	87	19	19	1,856	87.5
2 Yes	65	10	191	13	3	3	264	12.5
Valid responses =	639	30	1428	67	22	1	2,120	99.0

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 Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	510	80	1059	74	16	16	1,608	75.8
2 Yes	129	20	371	26	5	5	513	24.2
Valid responses =	639	30	1430	67	21	1	2,121	99.0

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 Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	553	86	1194	84	18	18	1,788	84.3
2 Yes	87	14	235	16	2	2	332	15.7
Valid responses =	640	30	1429	67	20	1	2,120	99.0

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 Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	547	86	1191	83	17	17	1,778	83.8
2 Yes	93	15	239	17	3	3	343	16.2
Valid responses =	640	30	1430	67	20	1	2,121	99.0

Invalid responses include no response.

### 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	521	81	1163	81	16	16	1,720	81.1
2 Yes	119	19	265	19	5	5	400	18.9
Valid responses =	640	30	1428	67	21	1	2,120	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	576	90	1292	90	20	20	1,915	90.2
2 Yes	63	10	140	10	0	0	207	9.8
Valid responses =	639	30	1432	67	20	1	2,122	99.1

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	634	100	1429	100	20	20	2,114	99.7
2 Yes	3	1	3	0	0	0	6	0.3
Valid responses =	637	30	1432	68	20	1	2,120	99.0

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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March 14, 2022  
FREQUENCY REPORT  
Number of Surveys (n) = 2142 Web Surveys

### 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	635	99	1425	100	20	20	2,110	99.5
2 Yes	4	1	5	0	0	0	10	0.5
Valid responses =	639	30	1430	67	20	1	2,120	99.0

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	598	94	1356	95	20	20	2,000	94.3
2 Yes	41	6	74	5	0	0	120	5.7
Valid responses =	639	30	1430	67	20	1	2,120	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	535	84	1189	83	17	17	1,766	83.3
2 Yes	104	16	242	17	3	3	355	16.7
Valid responses =	639	30	1431	67	20	1	2,121	99.0

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	565	88	1250	87	18	18	1,858	87.6
2 Yes	74	12	183	13	1	1	264	12.4
Valid responses =	639	30	1433	68	19	1	2,122	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	563	89	1275	89	17	17	1,882	89.0
2 Yes	73	12	154	11	1	1	232	11.0
Valid responses =	636	30	1429	68	18	1	2,114	98.7

Invalid responses include no response.

### 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	607	95	1322	93	17	17	1,972	93.5
2 Yes	31	5	98	7	2	2	136	6.5
Valid responses =	638	30	1420	67	19	1	2,108	98.4

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	551	86	1159	81	16	16	1,751	82.6
2 Yes	88	14	271	19	3	3	368	17.4
Valid responses =	639	30	1430	67	19	1	2,119	98.9

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	609	95	1359	95	18	18	2,014	94.9
2 Yes	31	5	73	5	1	1	108	5.1
Valid responses =	640	30	1432	67	19	1	2,122	99.1

Invalid responses include no response.



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FREQUENCY REPORT  
Number of Surveys (n) = 2142 Web Surveys

### 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	592	93	1299	91	18	18	1,935	91.1
2 Yes	47	7	133	9	3	3	188	8.9
Valid responses =	639	30	1432	67	21	1	2,123	99.1

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	611	96	1362	95	19	19	2,020	95.2
2 Yes	28	4	69	5	1	1	101	4.8
Valid responses =	639	30	1431	67	20	1	2,121	99.0

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	637	100	1430	100	20	20	2,118	99.8
2 Yes	1	0	3	0	0	0	4	0.2
Valid responses =	638	30	1433	68	20	1	2,122	99.1

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	638	100	1430	100	19	19	2,118	99.9
2 Yes	1	0	2	0	0	0	3	0.1
Valid responses =	639	30	1432	68	19	1	2,121	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	606	95	1369	96	18	18	2,021	95.6
2 Yes	32	5	58	4	1	1	94	4.4
Valid responses =	638	30	1427	67	19	1	2,115	98.7

Invalid responses include no response.

### 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	600	94	1330	93	18	18	1,973	93.3
2 Yes	37	6	97	7	1	1	141	6.7
Valid responses =	637	30	1427	68	19	1	2,114	98.7

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	374	58	827	57	12	12	1,228	57.5
2 No	259	40	574	40	10	10	858	40.2
3 Yes	8	1	39	3	0	0	48	2.2
Valid responses =	641	30	1440	67	22	1	2,134	99.6

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	471	74	1011	70	14	14	1,513	71.1
2 Strongly agree	16	3	55	4	0	0	73	3.4
3 Agree	25	4	82	6	2	2	112	5.3
4 Neutral	17	3	50	4	3	3	73	3.4
5 Disagree	28	4	68	5	1	1	99	4.7
6 Strongly disagree	81	13	170	12	2	2	257	12.1
Valid responses =	638	30	1436	68	22	1	2,127	99.3

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

## American College Health Association-National Faculty and Staff Health Assessment (ACHA-NFSHA) Reference Group Data Report - Spring 2021

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

March 14, 2022  
FREQUENCY REPORT  
Number of Surveys (n) = 2142 Web Surveys

### 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	471	74	1016	71	14	14	1,518	71.6
2 Strongly agree	10	2	36	3	0	0	47	2.2
3 Agree	13	2	44	3	1	1	61	2.9
4 Neutral	14	2	54	4	3	3	74	3.5
5 Disagree	40	6	96	7	1	1	139	6.6
6 Strongly disagree	88	14	187	13	2	2	282	13.3
Valid responses =	636	30	1433	68	21	1	2,121	99.0

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	473	74	1014	71	14	14	1,518	71.5
2 Strongly agree	15	2	62	4	0	0	80	3.8
3 Agree	22	4	62	4	2	2	89	4.2
4 Neutral	18	3	49	3	3	3	72	3.4
5 Disagree	26	4	71	5	1	1	100	4.7
6 Strongly disagree	83	13	176	12	2	2	265	12.5
Valid responses =	637	30	1434	68	22	1	2,124	99.2

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	49	8	154	11	2	2	212	10.1
2 .1 - 30 minutes	69	11	189	13	2	2	264	12.6
3 30.1 - 60 minutes	107	17	201	14	1	1	314	15.0
4 60.1 - 120 minutes	142	23	324	23	5	5	475	22.6
5 120.1 - 240 minutes	133	21	316	22	4	4	458	21.8
6 GE 240.1 minutes	124	20	239	17	6	6	375	17.9
Valid responses =	624	30	1423	68	20	1	2,098	97.9

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Male	168.69	120.00	223.12	0	3000
Female	146.30	100.00	161.31	0	2100
Overall	155.72	100.00	200.43	0	3600

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 0 minutes	246	40	685	50	5	5	951	46.3
2 .1 - 30 minutes	72	12	174	13	6	6	258	12.6
3 30.1 - 60 minutes	81	13	133	10	1	1	218	10.6
4 60.1 - 120 minutes	82	13	174	13	1	1	257	12.5
5 120.1 - 240 minutes	70	11	139	10	5	5	218	10.6
6 GE 240.1 minutes	65	11	79	6	3	3	150	7.3
Valid responses =	616	30	1384	67	21	1	2,052	95.8

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Male	87.00	30.00	132.84	0	1000
Female	65.36	3.00	163.68	0	4200
Overall	73.20	15.00	157.22	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 Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 0 days	281	45	619	44	11	11	922	43.8
2 .1 - 2 days	109	17	314	22	3	3	435	20.7
3 2.1 - 4 days	136	22	295	21	1	1	439	20.9
4 GE 4.1 days	105	17	195	14	4	4	308	14.6
Valid responses =	631	30	1423	68	19	1	2,104	98.2

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Male	1.96	1.00	2.21	0	7
Female	1.83	1.00	2.08	0	7
Overall	1.87	1.00	2.12	0	7



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2142 Web Surveys

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 10% (48 mins per day)	42	7	42	3	0	0	85	4.0
2 20% (1.6 hours per day)	33	5	32	2	1	1	66	3.1
3 30% (2.4 hours per day)	30	5	40	3	1	1	71	3.3
4 40% (3.2 hours per day)	23	4	46	3	0	0	71	3.3
5 50% (4.0 hours per day)	49	8	85	6	3	3	139	6.5
6 60% (4.8 hours per day)	43	7	78	5	1	1	122	5.7
7 70% (5.6 hours per day)	90	14	177	12	4	4	274	12.9
8 80% (6.4 hours per day)	147	23	335	23	3	3	490	23.0
9 90% (7.2 hours per day)	109	17	373	26	5	5	496	23.3
10 100% (8.0 hours per day)	70	11	229	16	4	4	312	14.7
Valid responses =	636	30	1437	68	22	1	2,126	99.3

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 Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	603	94	1364	95	19	19	2,016	94.5
2 Yes	36	6	77	5	4	4	118	5.5
Valid responses =	639	30	1441	68	23	1	2,134	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 Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	612	96	1335	93	20	20	1,995	93.6
2 Yes	26	4	105	7	2	2	136	6.4
Valid responses =	638	30	1440	68	22	1	2,131	99.5

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 Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Not Applicable	95	16	357	27	3	3	469	23.6
2 Never	28	5	71	5	1	1	101	5.1
3 Rarely	27	4	72	5	1	1	101	5.1
4 Some of the time	97	16	155	12	3	3	257	12.9
5 Most of the time	137	22	279	21	3	3	420	21.1
6 Always	228	37	398	30	8	8	643	32.3
Valid responses =	612	31	1332	67	19	1	1,991	93.0

Invalid responses include no response.

### 27. I consider myself to be:

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Underweight	11	2	9	1	0	0	20	0.9
2 A healthy weight	267	42	564	39	6	6	850	39.8
3 Overweight	303	47	681	47	15	15	1,010	47.2
4 Obese	52	8	181	13	2	2	242	11.3
5 Unsure	7	1	9	1	0	0	16	0.7
Valid responses =	640	30	1444	68	23	1	2,138	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	111	17	208	14	6	6	332	15.6
2 Stay the same weight	142	22	271	19	2	2	421	19.7
3 Lose weight	370	58	953	66	14	14	1,355	63.5
4 Gain weight	17	3	10	1	0	0	27	1.3
Valid responses =	640	30	1442	68	22	1	2,135	99.7

Invalid responses include no response.



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March 14, 2022  
FREQUENCY REPORT  
Number of Surveys (n) =

2142 Web Surveys

### 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	81	13	134	9	5	5	225	10.6
2 1-2 servings/day	414	65	969	67	15	15	1,413	66.3
3 3-4 servings/day	119	19	284	20	3	3	414	19.4
4 5-6 servings/day	18	3	43	3	0	0	62	2.9
5 >6 servings/day	6	1	10	1	0	0	18	0.8
Valid responses =	638	30	1440	68	23	1	2,132	99.5

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	20	3	29	2	2	2	53	2.5
2 1-2 servings/day	376	59	728	51	12	12	1,130	53.0
3 3-4 servings/day	183	29	518	36	9	9	722	33.8
4 5-6 servings/day	43	7	114	8	0	0	159	7.5
5 >6 servings/day	17	3	51	4	0	0	69	3.2
Valid responses =	639	30	1440	68	23	1	2,133	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	52	8	142	10	3	3	202	9.5
2 1-2 servings/day	342	53	868	61	15	15	1,236	58.1
3 3-4 servings/day	196	31	349	24	3	3	559	26.3
4 5-6 servings/day	43	7	63	4	2	2	112	5.3
5 >6 servings/day	7	1	13	1	0	0	20	0.9
Valid responses =	640	30	1435	67	23	1	2,129	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	113	18	177	12	2	2	298	14.0
2 1-2 servings/day	369	58	959	67	18	18	1,365	64.1
3 3-4 servings/day	124	19	264	18	3	3	397	18.6
4 5-6 servings/day	27	4	26	2	0	0	53	2.5
5 >6 servings/day	5	1	11	1	0	0	16	0.8
Valid responses =	638	30	1437	67	23	1	2,129	99.4

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 0-2 ounces per day	62	10	150	10	3	3	219	10.3
2 3-5 ounces per day	243	38	641	45	10	10	907	42.6
3 6-8 ounces per day	228	36	497	35	7	7	742	34.9
4 9-11 ounces per day	80	13	126	9	1	1	210	9.9
5 More than 11 ounces per day	26	4	23	2	0	0	49	2.3
Valid responses =	639	30	1437	68	21	1	2,127	99.3

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 Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 0 servings/day	401	63	884	62	15	15	1,323	62.1
2 1-2 servings/day	194	30	472	33	6	6	680	31.9
3 3-4 servings/day	32	5	58	4	1	1	91	4.3
4 5-6 servings/day	9	1	17	1	0	0	26	1.2
5 >6 servings/day	4	1	7	1	0	0	11	0.5
Valid responses =	640	30	1438	67	22	1	2,131	99.5

Invalid responses include no response.



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FREQUENCY REPORT  
Number of Surveys (n) = 2142 Web Surveys

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

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Never used	109	17	244	17	6	6	362	17.0	
2 Have used, but not in last 30	85	13	235	16	5	5	334	15.7	
3 1 - 2 days	98	15	289	20	4	4	398	18.7	
4 3 - 5 days	98	15	230	16	1	1	331	15.5	
5 6 - 9 days	55	9	132	9	1	1	191	9.0	
6 10 - 19 days	91	14	150	10	1	1	246	11.5	
7 20 - 29 days	60	9	103	7	3	3	168	7.9	
8 Used daily	44	7	57	4	1	1	103	4.8	
Valid responses =	640	30	1440	68	22	1	2,133	99.6	

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.	Freq.	Pct.	
1 Never used	537	84	1229	86	21	21	1,810	85.5	
2 Have used, but not in last 30	73	11	142	10	1	1	222	10.5	
3 1 - 2 days	3	1	9	1	0	0	12	0.6	
4 3 - 5 days	1	0	2	0	0	0	3	0.1	
5 6 - 9 days	1	0	2	0	0	0	3	0.1	
6 10 - 19 days	0	0	0	0	0	0	0	0.0	
7 20 - 29 days	2	0	2	0	0	0	4	0.2	
8 Used daily	21	3	42	3	0	0	64	3.0	
Valid responses =	638	30	1428	67	22	1	2,118	98.9	

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.	Freq.	Pct.	
1 Never used	551	86	1360	95	20	20	1,959	92.0	
2 Have used, but not in last 30	80	13	75	5	2	2	160	7.5	
3 1 - 2 days	5	1	3	0	0	0	8	0.4	
4 3 - 5 days	2	0	0	0	0	0	2	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	1	0	0	0	0	0	1	0.0	
Valid responses =	639	30	1438	68	22	1	2,130	99.4	

Invalid responses include no response.

### 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	575	90	1356	94	22	22	1,980	93.1	
2 Have used, but not in last 30	35	6	56	4	0	0	92	4.3	
3 1 - 2 days	4	1	5	0	0	0	9	0.4	
4 3 - 5 days	2	0	3	0	0	0	5	0.2	
5 6 - 9 days	2	0	1	0	0	0	3	0.1	
6 10 - 19 days	3	1	1	0	0	0	4	0.2	
7 20 - 29 days	0	0	1	0	0	0	1	0.0	
8 Used daily	17	3	13	1	0	0	32	1.5	
Valid responses =	638	30	1436	68	22	1	2,126	99.3	

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	565	89	1404	98	21	21	2,021	95.1	
2 Have used, but not in last 30	44	7	29	2	1	1	74	3.5	
3 1 - 2 days	1	0	1	0	0	0	2	0.1	
4 3 - 5 days	4	1	0	0	0	0	4	0.2	
5 6 - 9 days	1	0	0	0	0	0	1	0.0	
6 10 - 19 days	1	0	0	0	0	0	1	0.0	
7 20 - 29 days	2	0	0	0	0	0	2	0.1	
8 Used daily	19	3	2	0	0	0	21	1.0	
Valid responses =	637	30	1436	68	22	1	2,126	99.3	

Invalid responses include no response.



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### 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	598	93	1385	96	21	21	2,030	95.3	
2 Have used, but not in last 30	41	6	52	4	1	1	99	4.6	
3 1 - 2 days	0	0	0	0	0	0	0	0.0	
4 3 - 5 days	1	0	0	0	0	0	1	0.0	
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	0	0	0	0	0	0.0	
Valid responses =	640	30	1437	67	22	1	2,130	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	122	19	252	18	6	6	384	18.0	
2 None	377	59	1033	72	15	15	1,447	67.9	
3 1 time	57	9	72	5	1	1	131	6.1	
4 2 times	23	4	36	3	1	1	62	2.9	
5 3 times	22	3	12	1	0	0	34	1.6	
6 4 times	12	2	9	1	0	0	22	1.0	
7 5 times	7	1	6	0	0	0	14	0.7	
8 6 times	3	1	2	0	0	0	5	0.2	
9 7 times	1	0	4	0	0	0	5	0.2	
10 8 times	2	0	4	0	0	0	6	0.3	
11 9 times	2	0	3	0	0	0	5	0.2	
12 10 or more times	11	2	6	0	0	0	17	0.8	
Valid responses =	639	30	1439	67	23	1	2,132	99.5	

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	118	19	243	17	6	6	371	17.9	
2 1 - 1 drink	182	29	597	43	9	9	799	38.6	
3 1.1 - 2 drinks	189	31	414	30	2	2	615	29.7	
4 GE 2.1.drinks	131	21	144	10	3	3	284	13.7	
Valid responses =	620	30	1398	68	20	1	2,069	96.6	

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Male	1.82	2.00	1.8	0	15
Female	1.39	1.00	1.08	0	11
Overall	1.52	1.00	1.35	0	15

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

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Not Applicable	126	20	261	18	6	6	397	18.7	
2 No	388	61	940	66	12	12	1,362	64.2	
3 Yes	124	19	231	16	2	2	362	17.1	
Valid responses =	638	30	1432	68	20	1	2,121	99.0	

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.	Freq.	Pct.	
1 Not Applicable	124	19	259	18	6	6	393	18.5	
2 No	487	76	1143	80	13	13	1,668	78.6	
3 Yes	29	5	30	2	1	1	62	2.9	
Valid responses =	640	30	1432	67	20	1	2,123	99.1	

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.	Freq.	Pct.	
1 Not Applicable	125	20	263	18	6	6	398	18.7	
2 No	511	80	1164	81	14	14	1,714	80.6	
3 Yes	5	1	8	1	0	0	15	0.7	
Valid responses =	641	30	1435	67	20	1	2,127	99.3	

Invalid responses include no response.





# AMERICAN COLLEGE HEALTH ASSOCIATION

## American College Health Association-National Faculty and Staff Health Assessment (ACHA-NFSHA) Reference Group Data Report - Spring 2021

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

March 14, 2022  
FREQUENCY REPORT  
Number of Surveys (n) = 2142 Web Surveys

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	628	99	1411	99	21	21	2,090	98.5
2 Yes	9	1	21	2	0	0	31	1.5
Valid responses =	637	30	1432	68	21	1	2,121	99.0

Invalid responses include no response.

### 42. How do you usually describe yourself?

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
American Indian or Native Alaskan	12	2	18	1	0	0	30	1.4
Asian or Asian American	24	4	46	3	1	1	71	3.3
Arab/Middle Eastern/North African	6	1	4	0	0	0	10	0.5
Black or African American	15	2	28	2	0	0	44	2.1
Hispanic or Latino/a	37	6	89	6	2	2	129	6.0
Native Hawaiian Pacific Islander Native	1	0	6	0	0	0	7	0.3
White	541	84	1282	89	10	10	1,861	86.9
Biracial or Multiracial	9	1	20	1	1	1	32	1.5
Another Identity	20	3	21	2	0	0	42	2.0
Valid responses =								

Invalid responses include no response. 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 Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Mexican, Mexican Am., Chicano	111	17	208	14	6	6	332	15.6
2 Puerto Rican	142	22	271	19	2	2	421	19.7
3 Cuban	370	58	953	66	14	14	1,355	63.5
4 Another Hispanic, Latino, Spanish	17	3	10	1	0	0	27	1.3
Valid responses =	640	30	1442	68	22	1	2,135	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 Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 East Asian	111	17	208	14	6	6	332	15.6
2 Southeast Asian	142	22	271	19	2	2	421	19.7
3 South Asian	370	58	953	66	14	14	1,355	63.5
4 Other Asian	17	3	10	1	0	0	27	1.3
Valid responses =	640	30	1442	68	22	1	2,135	99.7

Invalid responses include no response.

### 43. How old are you?

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 18 - 30	69	11	168	12	1	1	243	11.6
2 30.1 - 40	142	22	372	26	3	3	530	25.3
3 40.1 - 50	168	27	358	25	1	1	531	25.3
4 50.1 - 60	150	24	345	24	3	3	503	24.0
5 GE 60.1	105	17	180	13	2	2	291	13.9
Valid responses =	634	30	1423	68	10	0	2,098	97.9

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Male	46.79	46.00	12.39	22	79
Female	45.60	45.00	12.02	21	81
Overall	45.92	45.00	12.17	21	81

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Low-36 inches	0	0	0	0	0	0	0	0.0
2 37-48 inches	0	0	1	0	0	0	1	0.0
3 49-60 inches	2	0	50	4	0	0	53	2.5
4 61-72 inches	455	72	1368	96	7	7	1,858	88.6
5 73-84 inches	177	28	5	0	2	2	186	8.9
6 GE 85 inches	0	0	0	0	0	0	0	0.0
Valid responses =	634	30	1424	68	9	0	2,098	97.9

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Male	70.85	71.00	3.03	58	84
Female	65.26	65.00	2.82	43	84
Overall	67.00	67.00	3.87	43	84



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March 14, 2022  
FREQUENCY REPORT  
Number of Surveys (n) = 2142 Web Surveys

### 45. What is your weight in pounds?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Low - 50 pounds	0	0	3	0	0	0	3	0.1
2 51-100 pounds	0	0	5	0	0	0	5	0.2
3 101-150 pounds	52	8	578	41	0	0	639	30.8
4 151-200 pounds	311	49	576	41	4	4	905	43.6
5 201-250 pounds	197	31	173	12	4	4	376	18.1
6 251-300 pounds	53	8	55	4	1	1	115	5.5
7 301-350 pounds	13	2	11	1	0	0	24	1.2
8 351-400 pounds	4	1	3	0	0	0	7	0.3
9 401-450 pounds	0	0	2	0	0	0	2	0.1
10 GE 451 pounds	1	0	0	0	0	0	1	0.0
Valid responses =	631	30	1406	68	9	0	2,077	97.0

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Male	202.94	195.00	43.95	117	480
Female	169.20	160.00	43.65	50	413
Total	179.93	171.00	46.6	50	480

### 46. What sex were you assigned at birth?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Female	0	0	1444	100	5	5	1,468	69.0
2 Male	641	100	0	0	4	4	657	30.9
3 Intersex	0	0	1	0	0	0	1	0.0
Valid responses =	641	30	1445	68	9	0	2,126	99.3

Invalid responses include no response.

### 47. Do you identify as transgender?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	641	100	1445	100	10	10	2,108	99.1
2 Yes	0	0	0	0	0	0	19	0.9
Valid responses =	641	30	1445	68	10	0	2,127	99.3

Invalid responses include no response.

### 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	1445	100	5	5	1,458	68.6
2 Man	641	100	0	0	2	2	648	30.5
3 Trans woman	0	0	0	0	0	0	1	0.0
4 Trans man	0	0	0	0	0	0	0	0.0
5 Genderqueer	0	0	0	0	0	0	4	0.2
6 Agender	0	0	0	0	0	0	3	0.1
7 Genderfluid	0	0	0	0	0	0	3	0.1
8 Intersex	0	0	0	0	0	0	0	0.0
9 Nonbinary	0	0	0	0	0	0	3	0.1
10 Another identity	0	0	0	0	0	0	4	0.2
Valid responses =	641	30	1445	68	7	0	2,124	99.2

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	1445	100	0	0	1,445	67.5
2 Male	641	100	0	0	0	0	641	29.9
2 Non-binary	0	0	0	0	0	0	31	1.4
Valid responses =	641	30	1445	67	25	1	2,142	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	0	0	5	0.3	0	0	7	0.3
2 Bisexual	11	1.7	50	3.5	0	0	63	3.0
3 Gay	33	5.2	1	0.1	0	0	35	1.7
4 Lesbian	0	0	31	2.2	0	0	32	1.5
5 Pansexual	0	0	19	1.3	1	10	23	1.1
6 Queer	2	0.3	12	0.8	0	0	21	1.0
7 Questioning	2	0.3	5	0.3	0	0	7	0.3
9 Straight/Heterosexual	587	92.2	1309	91.3	9	90	1918	90.9
10 Another identity	2	0.3	1	0.1	0	0	5	0.2
Valid responses =	637	30	1433	68	10	0	2111	98.6

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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March 14, 2022  
FREQUENCY REPORT  
Number of Surveys (n) = 2142 Web Surveys

### 50. Relationship status:

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Single, never married	82	13	193	13	0	0	283	13.3
2 Single, divorced	43	7	142	10	0	0	188	8.9
3 Separated	6	1	16	1	0	0	22	1.0
4 Engaged	11	2	27	2	0	0	38	1.8
5 Married	467	73	982	68	13	13	1,479	69.7
6 Widowed	10	2	23	2	0	0	34	1.6
7 Other	20	3	56	4	0	0	78	3.7
Valid responses =	639	30	1439	68	13	1	2,122	99.1

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	0.0
3 High school grad or GED	12	2	23	2	0	0	35	1.6
4 Some college (no degree)	39	6	69	5	2	2	113	5.3
5 Trade/technical/vocational	9	1	20	1	1	1	30	1.4
6 Associate's degree	20	3	55	4	1	1	76	3.6
7 Bachelor's degree	140	22	393	27	1	1	542	25.4
8 Master's degree	207	32	552	38	4	4	774	36.3
9 Doctoral Degree	186	29	302	21	6	6	500	23.5
10 Professional Degree	27	4	31	2	0	0	61	2.9
Valid responses =	641	30	1445	68	15	1	2,132	99.5

Invalid responses include no response.

### 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	5	1	13	1	0	0	18	0.8
2 Sometimes true	25	4	85	6	1	1	113	5.3
3 Never true	609	95	1342	93	17	17	1,997	93.8
Valid responses =	639	30	1440	68	18	1	2,128	99.3

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	8	1	27	2	1	1	37	1.7
2 Sometimes true	39	6	100	7	0	0	143	6.7
3 Never true	593	93	1309	91	17	17	1,945	91.5
Valid responses =	640	30	1436	68	18	1	2,125	99.2

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	2	0	3	0	0	0	5	0.2
2 Yes, some but not every day	12	2	39	3	1	1	53	2.5
3 Only 1 or 2 days	18	3	50	4	0	0	71	3.3
4 No	608	95	1344	94	16	16	1,995	93.9
Valid responses =	640	30	1436	68	17	1	2,124	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	623	97	1378	96	17	17	2,045	95.9
2 Yes,	18	3	64	4	1	1	87	4.1
Valid responses =	641	30	1442	68	18	1	2,132	99.5

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	625	98	1403	98	17	17	2,075	97.5
2 Yes,	16	3	36	3	1	1	54	2.5
Valid responses =	641	30	1439	68	18	1	2,129	99.4

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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March 14, 2022  
FREQUENCY REPORT  
Number of Surveys (n) =

2142 Web Surveys

### 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	31	5	41	3	0	0	78	3.7
2 To little extent	41	6	95	7	2	2	142	6.7
3 To some extent	213	33	441	31	7	7	672	31.6
4 To great extent	206	32	502	35	6	6	719	33.8
5 To very great extent	149	23	359	25	4	4	517	24.3
Valid responses =	640	30	1438	68	19	1	2,128	99.3

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	572	89	1409	98	17	17	2,027	95.3
2 Yes area of hazardous duty	42	7	10	1	0	0	53	2.5
3 Yes not of hazardous duty	26	4	20	1	0	0	47	2.2
Valid responses =	640	30	1439	68	17	1	2,127	99.3

Invalid responses include no response.

### 58. Employee Classification: (Choose your primary position)

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Staff	323	51	898	62	9	9	1,247	58.6
2 Adjunct Faculty	40	6	89	6	3	3	133	6.3
3 Faculty	203	32	352	25	5	5	570	26.8
4 Administration	46	7	75	5	1	1	122	5.7
5 Graduate/professional	12	2	7	1	0	0	20	0.9
6 Other	15	2	18	1	0	0	35	1.6
Valid responses =	639	30	1439	68	18	1	2,127	99.3

Invalid responses include no response.

### 59. Pay type:

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Hourly	129	20	376	26	6	6	518	24.3
2 Salaried	511	80	1063	74	13	13	1,610	75.7
Valid responses =	640	30	1439	68	19	1	2,128	99.3

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)	112	87	353	95	6	6	476	92.8
2 Evening (2nd)	12	9	9	2	0	0	23	4.5
3 Night (3rd)	5	4	9	2	0	0	14	2.7
Valid responses =	129	25	371	72	6	1	513	23.9

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	189	31	361	26	5	5	561	27.1
2 10 month	11	2	32	2	1	1	46	2.2
3 11 month	7	1	18	1	0	0	25	1.2
4 12 month	413	67	996	71	10	10	1,440	69.5
Valid responses =	620	30	1407	68	16	1	2,072	96.7

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	52	8	118	8	2	2	175	8.2
2 Part-time with benefits	10	2	47	3	0	0	58	2.7
3 Full-time without benefits	5	1	13	1	0	0	18	0.8
4 Full-time with benefits	574	90	1260	88	19	19	1,880	88.2
Valid responses =	641	30	1438	67	21	1	2,131	99.5

Invalid responses include no response.

### 63. Are you:

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Employed college/university	633	99	1434	100	22	22	2,120	99.4
2 Employed outsourced group	7	1	6	0	0	0	13	0.6
Valid responses =	640	30	1440	68	22	1	2,133	99.6

Invalid responses include no response.



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March 14, 2022  
FREQUENCY REPORT  
Number of Surveys (n) = 2142 Web Surveys

### 64. Do you have health insurance?

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	11	2	22	2	1	1	35	1.6
2 Yes	630	98	1421	99	20	20	2,101	98.4
3 I don't know	0	0	0	0	0	0	0	0.0
Valid responses =	641	30	1443	68	21	1	2,136	99.7

Invalid responses include no response.

### 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	300	47	610	42	7	7	934	44.0
2 6-10	138	22	360	25	2	2	508	23.9
3 11-15	58	9	186	13	6	6	253	11.9
4 16-20	55	9	134	9	2	2	192	9.0
5 21-25	45	7	86	6	1	1	133	6.3
6 26-30	21	3	35	2	1	1	58	2.7
7 31-35	11	2	23	2	0	0	34	1.6
8 36-40	5	1	5	0	0	0	10	0.5
9 More than 40 years	2	0	1	0	0	0	3	0.1
Valid responses =	635	30	1440	68	19	1	2,125	99.2

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	569	89	1292	90	15	15	1,902	89.6
2 Yes	68	11	145	10	4	4	221	10.4
Valid responses =	637	30	1437	68	19	1	2,123	99.1

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	14	2	21	2	0	0	38	1.8
2 Disagree	17	3	31	2	0	0	49	2.3
3 Slightly disagree	19	3	49	3	1	5	72	3.4
4 Neither agree nor disagree	43	7	76	5	3	14	125	5.9
5 Slightly agree	131	21	238	17	1	5	375	17.6
6 Agree	273	43	659	46	13	59	957	44.9
7 Strongly agree	142	22	366	25	4	18	516	24.2
Valid responses =	639	30	1440	68	22	1	2,132	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	13	2	13	1	0	0	27	1.3
2 Disagree	19	3	36	3	0	0	58	2.7
3 Slightly disagree	36	6	69	5	2	9	110	5.2
4 Neither agree nor disagree	53	8	66	5	3	14	125	5.9
5 Slightly agree	137	21	258	18	7	32	405	19.0
6 Agree	260	41	634	44	5	23	913	42.9
7 Strongly agree	122	19	361	25	5	23	492	23.1
Valid responses =	640	30	1437	67	22	1	2,130	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	16	3	19	1	0	0	38	1.8
2 Disagree	18	3	40	3	1	5	63	3.0
3 Slightly disagree	34	5	77	5	0	0	112	5.3
4 Neither agree nor disagree	48	8	69	5	1	5	123	5.8
5 Slightly agree	134	21	327	23	6	27	469	22.0
6 Agree	269	42	617	43	9	41	907	42.6
7 Strongly agree	121	19	288	20	5	23	418	19.6
Valid responses =	640	30	1437	67	22	1	2,130	0.0

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

## American College Health Association-National Faculty and Staff Health Assessment (ACHA-NFSHA) Reference Group Data Report - Spring 2021

American College Health Association  
8455 Colesville Rd., Suite 740  
Silver Spring, MD 20910  
(410) 859-1500  
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March 14, 2022  
FREQUENCY REPORT  
Number of Surveys (n) = 2142 Web Surveys

**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	9	1	14	1	0	0	25	1.2
2 Disagree	6	1	13	1	0	0	20	0.9
3 Slightly disagree	6	1	23	2	1	5	31	1.5
4 Neither agree nor disagree	53	8	66	5	2	9	126	5.9
5 Slightly agree	136	21	242	17	2	9	383	18.0
6 Agree	285	45	678	47	12	55	988	46.4
7 Strongly agree	145	23	401	28	5	23	557	26.2
Valid responses =	640	30	1437	67	22	1	2,130	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	8	1	10	1	0	0	19	0.9
2 Disagree	3	1	3	0	0	0	9	0.4
3 Slightly disagree	12	2	25	2	0	0	37	1.7
4 Neither agree nor disagree	22	3	33	2	0	0	57	2.7
5 Slightly agree	58	9	140	10	1	5	204	9.6
6 Agree	322	50	744	52	15	68	1,093	51.3
7 Strongly agree	214	34	483	34	6	27	711	33.4
Valid responses =	639	30	1438	68	22	1	2,130	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	7	1	9	1	0	0	17	0.8
2 Disagree	2	0	3	0	0	0	7	0.3
3 Slightly disagree	10	2	11	1	0	0	23	1.1
4 Neither agree nor disagree	35	6	46	3	3	14	86	4.0
5 Slightly agree	85	13	133	9	3	14	225	10.6
6 Agree	310	49	722	50	10	46	1,054	49.5
7 Strongly agree	190	30	513	36	6	27	717	33.7
Valid responses =	639	30	1437	67	22	1	2,129	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	12	2	21	2	0	0	36	1.7
2 Disagree	18	3	21	2	1	5	43	2.0
3 Slightly disagree	28	4	47	3	0	0	79	3.7
4 Neither agree nor disagree	47	7	74	5	3	14	126	5.9
5 Slightly agree	112	18	230	16	5	23	353	16.6
6 Agree	256	40	646	45	9	41	921	43.2
7 Strongly agree	166	26	399	28	4	18	572	26.9
Valid responses =	639	30	1438	68	22	1	2,130	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	11	2	11	1	0	0	24	1.1
2 Disagree	5	1	10	1	0	0	17	0.8
3 Slightly disagree	17	3	27	2	1	5	47	2.2
4 Neither agree nor disagree	63	10	110	8	3	14	179	8.4
5 Slightly agree	94	15	202	14	1	5	300	14.1
6 Agree	307	48	726	51	14	64	1,060	49.8
7 Strongly agree	142	22	351	24	3	14	502	23.6
Valid responses =	639	30	1437	67	22	1	2,129	0.0

Invalid responses include no response.



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March 14, 2022  
FREQUENCY REPORT  
Number of Surveys (n) = 2142 Web Surveys

**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	2	0	1	0	0	0	3	0.1
1 Rarely true	3	1	7	1	0	0	10	0.5
2 Sometimes true	73	11	138	10	3	13	224	10.5
3 Often true	268	42	677	47	10	42	963	45.1
4 True nearly all the time	294	46	615	43	11	46	933	43.7
Valid responses =	640	30	1438	67	24	1	2,133	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	4	1	5	0	0	0	9	0.4
1 Rarely true	8	1	18	1	0	0	27	1.3
2 Sometimes true	63	10	183	13	2	8	259	12.2
3 Often true	245	38	607	42	9	38	870	40.9
4 True nearly all the time	318	50	621	43	13	54	962	45.2
Valid responses =	638	30	1434	67	24	1	2,127	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	322	50	715	50	13	57	1,060	49.6
2 Some of the time	226	35	553	38	8	35	797	37.3
3 Often	92	14	173	12	2	9	278	13.0
Valid responses =	640	30	1441	67	23	1	2,135	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	346	54	713	50	13	57	1,079	50.6
2 Some of the time	239	37	613	43	8	35	875	41.0
3 Often	55	9	112	8	2	9	178	8.3
Valid responses =	640	30	1438	67	23	1	2,132	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	290	45	627	44	9	39	932	43.8
2 Some of the time	256	40	597	42	12	52	877	41.2
3 Often	93	15	212	15	2	9	320	15.0
Valid responses =	639	30	1436	67	23	1	2,129	0.0

Invalid responses include no response.

### DIENER Diener Flourishing Score

	Mean	Median	Std Dev	Min	Max
Male	45.40	47.00	8.25	8	56
Female	46.70	48.00	7.44	8	56
Overall	46.21	48.00	7.83	8	56

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

	Mean	Median	Std Dev	Min	Max
Male	6.68	7.00	1.35	0	8
Female	6.59	6.00	1.3	1	8
Overall	6.61	7.00	1.32	0	8

### ULS3 UCLA Loneliness Scale Score

	Mean	Median	Std Dev	Min	Max
Male	4.88	4.00	1.82	3	9
Female	4.92	5.00	1.73	3	9
Overall	4.92	5.00	1.77	3	9



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### RULS3 Recoded UCLA Loneliness Scale

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Negative for loneliness (3-5)	397	62	899	63	14	61	1,320	62.1	
2 Positive for loneliness (6-9)	240	38	535	37	9	39	805	37.9	
Valid responses =	637	30	1434	67	23	1	2,125	0.0	

Invalid responses include no response.

### QCOVID1 Have you ever had COVID-19 (the novel coronavirus disease)?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Yes (confirmed by a test)	33	5	101	7	1	4	136	6.4	
3 Maybe (e.g., I have had symptoms consistent with COVID-19, but it was not confirmed by a test)	54	8	122	9	1	4	182	8.5	
5 Probably not (no symptoms or other reason to think I have had it)	254	40	638	44	11	46	914	42.7	
6 No (confirmed by negative test)	300	47	582	40	11	46	907	42.4	
Valid responses =	641	30	1443	67	24	1	2,139	99.9	

Invalid responses include no response.

### QCOVID1A How severe were any symptoms that you experienced? (only includes faculty/staff who selected Yes or Maybe to ever having had COVID-19)

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Severe (e.g., difficulty breathing or speaking, low blood pressure, high fever of 103 F (39.4 C or higher)	3	1	17	2	0	0	21	1.3	
2 Moderate (e.g., some shortness of breath, cough, fever of 100.4 F (38 C) or higher)	39	7	108	10	2	18	153	9.4	
3 Mild (e.g., cold-like symptoms)	63	12	168	16	1	9	236	14.6	
4 No symptoms (asymptomatic)	420	80	764	72	8	73	1,210	74.7	
Valid responses =	525	32	1057	65	11	1	1,620	75.6	

Invalid responses include no response.

### QCOVID1B Were you hospitalized because of your COVID-19 symptoms? (only includes faculty/staff who selected Yes or Maybe to ever having had COVID-19)

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Yes	1	0	2	0	0	0	3	0.2	
2 No	548	100	1155	100	19	100	1,749	99.8	
Valid responses =	549	31	1157	66	19	1	1,752	81.8	

Invalid responses include no response.

### QCOVID2 Have you had a loved one, close family member, or friend die due to COVID-19?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Yes	91	14	291	21	4	18	391	18.6	
2 No	543	86	1122	79	18	82	1,709	81.4	
Valid responses =	634	30	1413	67	22	1	2,100	98.0	

Invalid responses include no response.

### QCOVID3 Do you have a loved one, close family member, or friend that has been dealing with long term effects (or a long recovery) following a COVID-19 illness?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Yes	154	24	425	30	9	41	602	28.7	
2 No	480	76	989	70	13	59	1,499	71.3	
Valid responses =	634	30	1414	67	22	1	2,101	98.1	

Invalid responses include no response.

### QCOVID5 I believe that my campus has done enough to protect faculty and staff from COVID-19.

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Strongly disagree	32	5	52	4	1	4	93	4.3	
2 Disagree	45	7	148	10	3	13	200	9.4	
3 Neither disagree nor agree	86	13	157	11	5	21	254	11.9	
4 Agree	276	43	657	46	11	46	954	44.6	
5 Strongly agree	202	32	429	30	4	17	638	29.8	
Valid responses =	641	30	1443	67	24	1	2,139	99.9	

Invalid responses include no response.

### QCOVID6 I follow my campus policies related to COVID-19.

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Strongly disagree	24	4	25	2	0	0	50	2.3	
2 Disagree	6	1	5	0	0	0	11	0.5	
3 Neither disagree nor agree	14	2	19	1	0	0	33	1.5	
4 Agree	210	33	393	27	8	32	618	28.9	
5 Strongly agree	387	60	999	69	17	68	1,426	66.7	
Valid responses =	641	30	1441	67	25	1	2,138	99.8	

Invalid responses include no response.





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### QCOVID7 I believe that the policies implemented by my campus can reduce the spread of COVID-19.

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	
1 Strongly disagree	14	2	18	1	0	0	35	1.6
2 Disagree	19	3	40	3	0	0	64	3.0
3 Neither disagree nor agree	65	10	110	8	3	13	180	8.4
4 Agree	277	43	663	46	14	58	966	45.2
5 Strongly agree	266	42	612	42	7	29	894	41.8
Valid responses =	641	30	1443	67	24	1	2,139	99.9

Invalid responses include no response.

### QCOVID8 I believe that students at my school are taking precautions to protect one another from COVID-19.

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	
1 Strongly disagree	28	4	54	4	1	5	88	4.1
2 Disagree	118	18	232	16	4	18	361	16.9
3 Neither disagree nor agree	193	30	514	36	10	46	727	34.1
4 Agree	254	40	560	39	7	32	829	38.9
5 Strongly agree	48	8	79	6	0	0	128	6.0
Valid responses =	641	30	1439	67	22	1	2,133	99.6

Invalid responses include no response.

### QCOVID9 I believe that the personal protective measures (e.g. wearing a face mask, physical distancing) I take can protect the health of others in my campus community.

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	
1 Strongly disagree	12	2	17	1	0	0	30	1.4
2 Disagree	19	3	19	1	1	4	39	1.8
3 Neither disagree nor agree	28	4	66	5	1	4	95	4.4
4 Agree	218	34	434	30	6	26	670	31.4
5 Strongly agree	363	57	907	63	15	65	1,303	61.0
Valid responses =	640	30	1443	68	23	1	2,137	99.8

Invalid responses include no response.

### QCOVID10 How often do you wash or disinfect your hands and avoid touching your eyes, nose, and mouth?

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	
1 Never	1	0	2	0	0	0	3	0.1
2 Rarely	7	1	8	1	0	0	15	0.7
3 Sometimes	80	13	92	6	3	13	180	8.4
4 Often	280	44	537	37	9	38	835	39.0
5 Frequently	272	43	805	56	12	50	1,106	51.7
Valid responses =	640	30	1444	68	24	1	2,139	99.9

Invalid responses include no response.

### QCOVID11 How often do you keep a physical distance of six-feet between yourself and others in public?

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	
1 Never	1	0	0	0	0	0	1	0.0
2 Rarely	9	1	10	1	0	0	19	0.9
3 Sometimes	40	6	56	4	0	0	97	4.5
4 Often	198	31	382	27	10	42	594	27.8
5 Frequently	392	61	995	69	14	58	1,427	66.7
Valid responses =	640	30	1443	67	24	1	2,138	99.8

Invalid responses include no response.

### QCOVID12 How often do you wear a face mask when you are unable to maintain a six-foot distance between yourself and others in public?

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	
1 Never	5	1	2	0	0	0	7	0.3
2 Rarely	5	1	3	0	0	0	8	0.4
3 Sometimes	17	3	14	1	0	0	31	1.4
4 Often	61	10	104	7	1	4	166	7.8
5 Frequently	553	86	1320	92	23	96	1,927	90.1
Valid responses =	641	30	1443	67	24	1	2,139	99.9

Invalid responses include no response.

### QCOVID13A Over the past 30 days, on average, how much have you been concerned with the following? How long the COVID-19 pandemic will last

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	
1 Not concerned at all	39	6	44	3	2	8	85	4.0
2 Slightly concerned	90	14	149	10	4	16	245	11.5
3 Moderately concerned	186	29	391	27	8	32	586	27.4
4 Very concerned	219	34	549	38	9	36	788	36.9
5 Extremely concerned	107	17	308	21	2	8	434	20.3
Valid responses =	641	30	1441	67	25	1	2,138	99.8

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

## American College Health Association-National Faculty and Staff Health Assessment (ACHA-NFSHA) Reference Group Data Report - Spring 2021

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

March 14, 2022  
FREQUENCY REPORT  
Number of Surveys (n) = 2142 Web Surveys

### QCOVID13B Over the past 30 days, on average, how much have you been concerned with the following?

That you will get COVID-19 (only includes faculty/staff who selected Maybe, Probably not, or No to having had COVID-19)

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Not concerned at all	27	26	61	22	2	25	90	23.3	
2 Slightly concerned	37	36	91	34	4	50	133	34.5	
3 Moderately concerned	24	23	70	26	0	0	96	24.9	
4 Very concerned	12	12	32	12	0	0	44	11.4	
5 Extremely concerned	3	3	18	7	2	25	23	6.0	
Valid responses =	103	27	272	70	8	2	386	18.0	

Invalid responses include no response.

### QCOVID13C Over the past 30 days, on average, how much have you been concerned with the following?

That you will get COVID-19 again (only includes faculty/staff who selected Yes to having had COVID-19)

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Not concerned at all	12	36	28	28	0	0	40	29.4	
2 Slightly concerned	10	30	30	30	0	0	40	29.4	
3 Moderately concerned	7	21	24	24	0	0	31	22.8	
4 Very concerned	3	9	11	11	1	100	15	11.0	
5 Extremely concerned	1	3	8	8	0	0	10	7.4	
Valid responses =	33	24	101	74	1	1	136	6.3	

Invalid responses include no response.

### QCOVID13D Over the past 30 days, on average, how much have you been concerned with the following?

That someone you care about will get COVID-19

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Not concerned at all	56	9	54	4	0	0	111	5.2	
2 Slightly concerned	99	15	194	14	4	17	299	14.0	
3 Moderately concerned	177	28	359	25	4	17	544	25.5	
4 Very concerned	190	30	415	29	8	33	626	29.3	
5 Extremely concerned	119	19	416	29	8	33	554	26.0	
Valid responses =	641	30	1438	67	24	1	2,134	99.6	

Invalid responses include no response.

### QCOVID13E Over the past 30 days, on average, how much have you been concerned with the following?

That someone you care about will die from COVID-19

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Not concerned at all	93	15	105	7	3	12	203	9.5	
2 Slightly concerned	170	27	325	23	3	12	500	23.5	
3 Moderately concerned	149	23	343	24	5	20	503	23.6	
4 Very concerned	129	20	326	23	5	20	468	22.0	
5 Extremely concerned	100	16	335	23	9	36	457	21.4	
Valid responses =	641	30	1434	67	25	1	2,131	99.5	

Invalid responses include no response.

### QCOVID13F Over the past 30 days, on average, how much have you been concerned with the following?

Not being able to spend time with people you care about

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Not concerned at all	50	8	70	5	2	8	122	5.7	
2 Slightly concerned	75	12	145	10	3	12	227	10.6	
3 Moderately concerned	161	25	321	22	5	20	492	23.1	
4 Very concerned	217	34	430	30	10	40	666	31.2	
5 Extremely concerned	138	22	471	33	5	20	627	29.4	
Valid responses =	641	30	1437	67	25	1	2,134	99.6	

Invalid responses include no response.

### QCOVID13G Over the past 30 days, on average, how much have you been concerned with the following?

Uncertainty of the future

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Not concerned at all	69	11	75	5	1	4	145	6.8	
2 Slightly concerned	121	19	219	15	5	20	347	16.3	
3 Moderately concerned	185	29	414	29	8	32	614	28.8	
4 Very concerned	139	22	383	27	6	24	535	25.1	
5 Extremely concerned	125	20	347	24	5	20	492	23.1	
Valid responses =	639	30	1438	67	25	1	2,133	99.6	

Invalid responses include no response.



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March 14, 2022  
FREQUENCY REPORT  
Number of Surveys (n) = 2142 Web Surveys

### QCOVID15 As a result of the COVID-19 pandemic, have you experienced any discriminatory or hostile behavior due to your race/ethnicity (or what someone thought was your race/ethnicity)?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Yes	19	3	32	2	1	4	52	2.4
2 No	615	97	1408	98	22	96	2,076	97.6
Valid responses =	634	30	1440	68	23	1	2,128	99.3

Invalid responses include no response.

### QCOVID16 As a result of the COVID-19 pandemic, have you witnessed (online exchanges or in-person) any discriminatory or hostile behavior or exchanges towards others due to their race/ethnicity (or what someone thought was their race/ethnicity)?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Yes	130	20	395	27	6	26	543	25.4
2 No	510	80	1046	73	17	74	1,592	74.6
Valid responses =	640	30	1441	67	23	1	2,135	99.7

Invalid responses include no response.

### QCOVID17 How has your financial situation been affected by the COVID-19 pandemic?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 A lot more stressful	53	8	124	9	5	20	187	8.7
2 Somewhat more stressful	186	29	412	29	4	16	611	28.5
3 No significant change	343	54	798	55	15	60	1,172	54.7
4 Somewhat less stressful	43	7	80	6	0	0	124	5.8
5 A lot less stressful	16	3	30	2	1	4	47	2.2
Valid responses =	641	30	1444	67	25	1	2,141	100.0

Invalid responses include no response.

### QCOVID18 How has the COVID-19 pandemic impacted your overall level of stress?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Significantly increased my level of stress	179	28	525	36	8	33	732	34.2
2 Somewhat increased my level of stress	344	54	767	53	15	63	1,133	53.0
3 No change in my level of stress	104	16	107	7	1	4	215	10.1
4 Somewhat decreased my level of stress	12	2	31	2	0	0	44	2.1
5 Significantly decreased my level of stress	2	0	13	1	0	0	15	0.7
Valid responses =	641	30	1443	67	24	1	2,139	99.9

Invalid responses include no response.

### QCOVID19 Once a vaccine for COVID-19 is available to you, how likely are you to get vaccinated?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Very likely to be vaccinated	428	67	868	60	13	57	1,334	62.4
2 Somewhat likely to be vaccinated	56	9	141	10	2	9	199	9.3
3 Somewhat unlikely to be vaccinated	27	4	59	4	0	0	87	4.1
4 Very unlikely to be vaccinated	37	6	90	6	2	9	130	6.1
5 I've already been vaccinated for COVID-19	92	14	285	20	6	26	387	18.1
Valid responses =	640	30	1443	68	23	1	2,137	99.8

Invalid responses include no response.

### QCOVID20 If you were to test positive for COVID-19 and were contacted by a public health worker to learn more about who you may have been in contact with while you were infectious, how likely do you think you would be to truthfully answer their questions?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Very likely to be honest with the public health worker	588	92	1349	94	22	92	1,989	93.2
2 Somewhat likely to be honest with the public health worker	30	5	77	5	1	8	110	5.2
3 Somewhat unlikely to be honest with the public health worker	7	1	5	0	0	0	12	0.6
4 Very unlikely to be honest with the public health worker	13	2	11	1	0	0	24	1.1
Valid responses =	638	30	1442	68	24	1	2,135	99.7

Invalid responses include no response.

### QCOVID23 I am currently working or teaching classes:

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Entirely in-person	148	25	206	16	3	14	359	18.2
2 Entirely online/telecommuting	234	39	641	48	12	57	904	45.8
3 A mix of in-person and online/telecommuting	218	36	478	36	6	29	710	36.0
Valid responses =	600	30	1325	67	21	1	1,973	92.1

Invalid responses include no response.