

American College Health Association-National Faculty and Staff Health Assessment (ACHA-NFSA)

Institutional Data Report - Fall 2017

Illinois State University

American College Health Association

1362 Mellon Road, Suite 180

Hanover, MD 21076

(410) 859-1500

[www.acha.org](http://www.acha.org)

February 15, 2018

FREQUENCY REPORT

Number of Surveys (n) = 574 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-NFSA report documents, respondents are reported as male or female only when their responses to these three questions are consistent with one another. If faculty and staff gender identity is consistent with their sex at birth AND the faculty and staff selects "no" for transgender, then respondents are designated as either male or female. If a respondent selects "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 skips any of these three questions is designated as unknown. Only 3 of the 4 categories are displayed in this report. Faculty and staff 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 faculty and staff, the difference can be attributed to non-binary faculty and staff that selected the response option presented in that row.

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

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Excellent	24	16	41	10	1	13	66	11.5
2 Very good	60	39	158	39	2	25	223	38.9
3 Good	56	36	136	34	4	50	200	34.8
4 Fair	12	8	64	16	1	13	79	13.8
5 Poor	2	1	4	1	0	0	6	1.0
6 Don't know	0	0	0	0	0	0	0	0.0
Valid responses =	154	27	403	70	8	1	574	100.0

Invalid responses include no response or multiple responses.

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

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Strongly disagree	2	1	3	1	0	0	5	0.9
2 Disagree	8	5	21	5	0	0	29	5.1
3 Neutral	30	20	86	21	2	25	121	21.1
4 Agree	90	58	233	58	5	63	333	58.0
5 Strongly agree	24	16	60	15	1	13	86	15.0
Valid responses =	154	27	403	70	8	1	574	100.0

Invalid responses include no response or multiple responses.

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

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Yes	143	94	376	94	8	100	536	93.7
2 No	3	2	2	1	0	0	5	0.9
3 Don't Know	6	4	23	6	0	0	29	5.1
4 Not Applicable	1	1	1	0	0	0	2	0.9
Valid responses =	153	27	402	70	8	1	572	99.7

Invalid responses include no response or multiple responses.

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

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Extremely important	36	23	127	32	3	38	167	29.1
2 Very important	64	42	172	43	4	50	245	42.7
3 Moderately important	42	27	75	19	1	13	120	20.9
4 Slightly important	11	7	24	6	0	0	36	6.3
5 Not at all important	1	1	4	1	0	0	5	0.9
6 Not Applicable	0	0	1	0	0	0	1	0.2
Valid responses =	154	27	403	70	8	1	574	100.0

Invalid responses include no response or multiple responses.

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

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Yes	104	68	219	55	4	50	331	57.8
2 No	50	33	182	45	4	50	241	42.1
3 Don't Know	0	0	1	0	0	0	1	0.2
Valid responses =	154	27	402	70	8	1	573	99.8

Invalid responses include no response or multiple responses.

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

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never	61	40	97	24	4	50	164	28.6
2 Rarely	46	30	98	24	1	13	149	26.0
3 Sometimes	39	25	102	40	2	25	204	35.5
4 Most of the Time	6	4	26	7	1	13	35	6.1
5 Always	1	1	18	5	0	0	19	3.3
6 Not Applicable	1	1	2	1	0	0	3	0.5
Valid responses =	154	27	403	70	8	1	574	100.0

Invalid responses include no response or multiple responses.

**6B. Within the last 12 months, how often did you experience pain, discomfort, 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 Never	59	38	108	27	5	63	176	30.7
2 Rarely	55	36	132	33	3	38	191	33.3
3 Sometimes	31	20	128	32	0	0	163	28.4
4 Most of the Time	6	4	25	6	0	0	32	5.6
5 Always	2	1	7	2	0	0	9	1.6
6 Not Applicable	1	1	2	1	0	0	3	0.5
Valid responses =	154	27	403	70	8	1	574	100.0

Invalid responses include no response or multiple responses.

**6C. 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 Never	54	35	66	16	4	50	127	22.2
2 Rarely	41	27	92	23	0	0	135	23.6
3 Sometimes	42	28	164	41	1	13	208	36.3
4 Most of the Time	13	9	58	14	3	38	76	13.3
5 Always	2	1	21	5	0	0	24	4.2
6 Not Applicable	1	1	2	1	0	0	3	0.5
Valid responses =	153	27	403	70	8	1	573	99.8

Invalid responses include no response or multiple responses.

**6D. Experience pain, discomfort, or numbness in your neck or low back when performing work tasks NOT at a desk or a computer?**

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never	35	23	70	17	4	50	111	19.4
2 Rarely	49	32	121	30	2	25	174	30.4
3 Sometimes	56	37	158	39	1	13	217	37.9
4 Most of the Time	11	7	40	10	1	13	54	9.4
5 Always	1	1	12	3	0	0	14	2.4
6 Not Applicable	1	1	2	1	0	0	3	0.5
Valid responses =	153	27	403	70	8	1	573	99.8

Invalid responses include no response or multiple responses.

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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	130	84	348	86	5	71	490	85.5
2-1 year ago less than 2 years ago	11	7	34	8	2	29	48	8.4
3-2 years ago less than 3 years ago	3	2	8	2	0	0	11	1.9
4-3 years ago less than 5 years ago	3	2	5	1	0	0	8	1.4
5-5 or more years ago	3	2	1	0	0	0	5	0.9
6 Never	2	1	3	1	0	0	5	0.9
7 Don't know	2	1	4	1	0	0	6	1.0
Valid responses =	154	27	403	70	7	1	573	99.8

Invalid responses include no response or multiple responses.

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

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Less than 12 months ago	94	61	230	57	2	29	331	57.8
2-1 year ago less than 2 years ago	18	12	67	17	3	43	89	15.5
3-2 years ago less than 3 years ago	4	3	21	5	1	14	26	4.5
4-3 years ago less than 5 years ago	6	4	13	3	0	0	19	3.3
5-5 or more years ago	6	4	8	2	0	0	14	2.4
6 Never	13	8	26	7	0	0	41	7.2
7 Don't know	13	8	38	9	1	14	53	9.2
Valid responses =	154	27	403	70	7	1	573	99.8

Invalid responses include no response or multiple responses.

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

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Less than 12 months ago	93	60	217	54	2	29	317	55.4
2-1 year ago less than 2 years ago	19	12	65	16	3	43	88	15.4
3-2 years ago less than 3 years ago	6	4	26	7	1	14	33	5.8
4-3 years ago less than 5 years ago	6	4	19	5	0	0	25	4.4
5-5 or more years ago	10	7	12	3	0	0	22	3.8
6 Never	9	6	28	7	0	0	40	7.0
7 Don't know	11	7	35	9	1	14	47	8.2
Valid responses =	154	27	402	70	7	1	572	99.7

Invalid responses include no response or multiple responses.

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

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Less than 12 months ago	121	79	321	80	5	71	455	79.4
2-1 year ago less than 2 years ago	7	5	40	10	2	29	49	8.6
3-2 years ago less than 3 years ago	5	3	12	3	0	0	17	3.0
4-3 years ago less than 5 years ago	8	5	9	2	0	0	18	3.1
5-5 or more years ago	7	5	13	3	0	0	20	3.5
6 Never	4	3	3	1	0	0	7	1.2
7 Don't know	2	1	5	1	0	0	7	1.2
Valid responses =	154	27	403	70	7	1	573	99.8

Invalid responses include no response or multiple responses.

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	96	62	250	62	0	0	351	61.8
2-1 year ago less than 2 years ago	26	17	56	14	5	71	88	15.4
3-2 years ago less than 3 years ago	11	7	43	11	1	14	56	9.8
4-3 years ago less than 5 years ago	6	4	19	5	1	14	28	4.9
5-5 or more years ago	5	3	30	7	0	0	35	6.1
6 Never	7	5	3	1	0	0	10	1.7
7 Don't know	3	2	2	1	0	0	5	0.9
Valid responses =	154	27	403	70	7	1	573	99.8

Invalid responses include no response or multiple responses.

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

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Less than 12 months ago	31	20	57	14	0	0	90	15.7
2-1 year ago less than 2 years ago	17	11	40	10	0	0	58	10.3
3-2 years ago less than 3 years ago	14	9	36	8	1	44	47	8.2
4-3 years ago less than 5 years ago	12	8	39	10	1	14	52	9.1
5-5 or more years ago	40	26	121	30	1	14	165	28.8
6 Never	22	14	35	9	1	14	59	10.3
7 Don't know	18	12	80	20	3	43	101	17.7
Valid responses =	154	27	402	70	7	1	572	99.7

Invalid responses include no response or multiple responses.

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

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Less than 12 months ago	91	59	258	64	5	71	359	62.7
2-1 year ago less than 2 years ago	22	14	76	19	1	14	101	17.6
3-2 years ago less than 3 years ago	13	8	20	5	0	0	34	5.9
4-3 years ago less than 5 years ago	11	7	27	7	1	14	39	6.8
5-5 or more years ago	12	8	17	4	0	0	30	5.2
6 Never	2	1	1	0	0	0	3	0.5
7 Don't know	3	2	4	1	0	0	7	1.2
Valid responses =	154	27	403	70	7	1	573	99.8

Invalid responses include no response or multiple responses.

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

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Less than 12 months ago	82	53	190	47	2	29	277	48.5
2-1 year ago less than 2 years ago	19	12	57	14	3	43	80	14.0
3-2 years ago less than 3 years ago	8	5	30	8	0	0	38	6.7
4-3 years ago less than 5 years ago	8	5	15	4	0	0	23	4.0
5-5 or more years ago	5	3	10	3	0	0	16	2.8
6 Never	14	9	32	8	1	14	50	8.8
7 Don't know	18	12	67	17	1	14	87	15.2
Valid responses =	154	27	401	70	7	1	571	99.5

Invalid responses include no response or multiple responses.

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

Anxiety

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	134	88	288	72	6	86	444	76.1
2 Yes, Diagnosed/No Treatment	2	1	26	7	0	0	30	5.3
3 Yes, Diagnosed/Received Treatn	17	11	86	22	1	14	106	18.6
Valid responses =	153	27	400	70	7	1	569	99.1

Invalid responses include no response or multiple responses.

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

Depression

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	133	87	301	76	6	86	444	78.3
2 Yes, Diagnosed/No Treatment	2	1	21	5	0	0	26	4.6
3 Yes, Diagnosed/Received Treatn	18	12	76	19	1	14	97	17.1
Valid responses =	153	27	398	70	7	1	567	98.8

Invalid responses include no response or multiple responses.



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11E. 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 Yes	45	29	184	46	2	29	238	41.7
2 No	108	71	218	54	5	71	333	58.3
Valid responses =	153	27	402	70	7	1	571	99.5

Invalid responses include no response or multiple responses.

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

Feit so depressed that it was difficult to function

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Yes	19	12	75	19	2	29	100	17.5
2 No	134	88	328	81	5	71	472	82.5
Valid responses =	153	27	403	70	7	1	572	99.7

Invalid responses include no response or multiple responses.

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

Feit overwhelmed by all you had to do

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Yes	32	21	143	36	1	14	181	31.7
2 No	120	79	260	65	6	86	390	68.3
Valid responses =	153	27	403	71	7	1	571	99.5

Invalid responses include no response or multiple responses.

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

Feit overwhelmed by all you had to do

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Yes	64	42	239	59	1	14	311	54.4
2 No	89	58	164	41	6	86	261	45.6
Valid responses =	153	27	403	70	7	1	572	99.7

Invalid responses include no response or multiple responses.

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

Anxiety

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never	73	47	124	31	3	43	202	35.4
2 Rarely	37	24	107	27	3	43	140	26.1
3 Sometimes	30	20	123	31	1	14	158	27.7
4 Most of the time	4	3	21	5	0	0	25	4.4
5 Always	1	1	10	3	0	0	12	2.1
6 Not Applicable	9	6	16	4	0	0	25	4.4
Valid responses =	154	27	401	70	7	1	571	99.5

Invalid responses include no response or multiple responses.

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

Death of a close friend or family member

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never	93	60	194	48	4	57	294	51.5
2 Rarely	14	9	59	15	0	0	75	13.1
3 Sometimes	19	12	49	12	2	29	71	12.4
4 Most of the time	2	1	3	1	0	0	5	0.9
5 Always	1	1	8	2	0	0	9	1.6
6 Not Applicable	25	16	94	23	1	14	123	21.5
Valid responses =	154	27	401	70	7	1	571	99.5

Invalid responses include no response or multiple responses.

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

Depression

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never	95	62	183	46	3	43	285	49.9
2 Rarely	22	14	71	18	3	43	98	17.2
3 Sometimes	19	12	74	18	0	0	95	16.6
4 Most of the time	3	2	16	4	1	14	21	3.7
5 Always	1	1	8	2	0	0	9	1.6
6 Not Applicable	13	9	50	12	0	0	63	11.0
Valid responses =	153	27	402	70	7	1	571	99.5

Invalid responses include no response or multiple responses.

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

Financial concerns

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never	68	44	159	40	2	29	231	40.5
2 Rarely	35	23	95	24	2	29	135	23.6
3 Sometimes	27	18	88	22	2	29	120	21.0
4 Most of the time	14	9	24	6	1	14	39	6.8
5 Always	5	3	20	5	0	0	26	4.6
6 Not Applicable	4	3	16	4	0	0	20	3.5
Valid responses =	153	27	402	70	7	1	571	99.5

Invalid responses include no response or multiple responses.

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

Lack of quality sleep

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never	38	25	66	16	2	29	107	18.7
2 Rarely	41	27	134	33	2	29	179	31.3
3 Sometimes	60	39	150	37	2	29	215	37.6
4 Most of the time	14	9	35	9	1	14	52	9.1
5 Always	0	0	12	3	0	0	13	2.3
6 Not Applicable	1	1	5	1	1	14	4	0.7
Valid responses =	154	27	402	70	7	1	572	99.7

Invalid responses include no response or multiple responses.

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

Severe headaches/migraines

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never	86	56	145	36	5	71	239	41.8
2 Rarely	39	26	116	20	0	0	112	19.6
3 Sometimes	19	12	97	24	0	0	114	19.9
4 Most of the time	0	0	8	2	0	0	13	2.3
5 Always	0	0	3	1	0	0	4	0.7
6 Not Applicable	12	8	64	16	0	0	79	13.8
Valid responses =	153	27	402	70	7	1	572	99.7

Invalid responses include no response or multiple responses.

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

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

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never	81	53	160	40	5	71	250	43.7
2 Rarely	32	21	80	20	0	0	112	19.6
3 Sometimes	24							

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

My own special needs, illness, injury or surgery

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never	91	59	156	39	4	57	256	44.7
2 Rarely	31	20	98	24	2	29	133	23.2
3 Sometimes	20	13	85	21	0	0	105	18.3
4 Most of the time	1	1	12	3	1	14	14	2.4
5 Always	0	0	4	1	0	0	5	0.9
6 Not Applicable	11	7	48	12	0	0	60	10.5
Valid responses =	154	27	403	70	7	1	573	99.8

Invalid responses include no response or multiple responses.

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

Violence in my home (spouse/partner, child)

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never	133	86	312	78	6	86	458	80.1
2 Rarely	1	1	5	1	1	14	7	1.2
3 Sometimes	0	0	0	0	0	0	0	0.0
4 Most of the time	0	0	0	0	0	0	0	0.0
5 Always	1	1	0	0	0	0	1	0.2
6 Not Applicable	19	12	85	21	0	0	106	18.5
Valid responses =	154	27	402	70	7	1	572	99.7

Invalid responses include no response or multiple responses.

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

Personal problem with addiction to alcohol or drugs

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never	135	88	323	80	6	100	471	82.5
2 Rarely	0	0	4	1	0	0	4	0.7
3 Sometimes	4	3	3	1	0	0	7	1.2
4 Most of the time	0	0	2	1	0	0	2	0.4
5 Always	0	0	0	0	0	0	0	0.0
6 Not Applicable	15	10	70	17	0	0	87	15.2
Valid responses =	154	27	402	70	6	1	571	99.5

Invalid responses include no response or multiple responses.

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

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

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never	136	88	301	75	6	100	449	78.8
2 Rarely	2	1	18	5	0	0	20	3.5
3 Sometimes	0	0	14	4	0	0	14	2.5
4 Most of the time	0	0	4	1	0	0	4	0.7
5 Always	0	0	0	0	0	0	0	0.0
6 Not Applicable	17	11	64	16	0	0	83	14.6
Valid responses =	154	27	401	70	6	1	570	99.3

Invalid responses include no response or multiple responses.

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

Lack of interest in my work

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never	75	49	168	42	3	50	247	43.3
2 Rarely	34	22	109	27	2	33	146	25.9
3 Sometimes	31	20	89	22	0	0	121	21.2
4 Most of the time	4	3	10	3	1	17	16	2.8
5 Always	1	1	2	1	0	0	4	0.7
6 Not Applicable	9	6	24	6	0	0	35	6.1
Valid responses =	154	27	402	70	6	1	571	99.5

Invalid responses include no response or multiple responses.

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

Lack of tools and resources to perform functions of my job

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never	77	50	193	48	4	67	276	48.3
2 Rarely	38	25	89	22	1	17	133	23.0
3 Sometimes	25	16	73	18	1	17	100	17.5
4 Most of the time	5	3	11	3	0	0	16	2.8
5 Always	1	1	4	1	0	0	6	1.1
6 Not Applicable	8	5	32	8	0	0	40	7.0
Valid responses =	154	27	402	70	6	1	571	99.5

Invalid responses include no response or multiple responses.

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

Relationship in my personal life

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never	85	55	202	50	4	67	296	51.7
2 Rarely	39	25	112	28	1	17	153	26.7
3 Sometimes	22	14	58	14	1	17	83	14.5
4 Most of the time	3	2	3	1	0	0	6	1.0
5 Always	0	0	1	0	0	0	2	0.3
6 Not Applicable	6	3	27	7	0	0	32	5.6
Valid responses =	154	27	403	70	6	1	572	99.7

Invalid responses include no response or multiple responses.

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

Relationship with coworkers

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never	78	51	174	43	3	50	260	45.5
2 Rarely	43	28	109	27	1	17	155	27.1
3 Sometimes	24	16	89	22	1	17	116	20.3
4 Most of the time	6	4	14	4	1	17	21	3.7
5 Always	1	1	2	1	0	0	3	0.5
6 Not Applicable	2	1	11	3	0	0	17	3.0
Valid responses =	154	27	403	70	6	1	572	99.7

Invalid responses include no response or multiple responses.

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

Relationship with supervisor

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never	102	66	220	55	5	83	333	58.2
2 Rarely	29	19	86	21	0	0	118	20.6
3 Sometimes	13	8	56	14	0	0	69	12.1
4 Most of the time	5	3	18	5	1	17	24	4.2
5 Always	3	2	7	2	0	0	10	1.7
6 Not Applicable	2	1	16	4	0	0	18	3.1
Valid responses =	154	27	403	70	6	1	572	99.7

Invalid responses include no response or multiple responses.

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

Stressful environment within my department/unit

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never	80	52	145	36	4	80	234	41.1
2 Rarely	40	26	102	25	0	0	144	25.3
3 Sometimes	20	13	107	27	0	0	129	22.6
4 Most of the time	8	5	25	6	1	20	34	6.0
5 Always	3	2	10	3	0	0	13	2.3
6 Not Applicable	3	2	13	3	0	0	16	2.8
Valid responses =	154	27	402	71	5	1	570	9

American College Health Association-National Faculty and Staff Health Assessment (ACHA-NFSA)  
Institutional Data Report - Fall 2017

American College Health Association  
1362 Mellon Road, Suite 180  
Hanover, MD 21076  
(410) 859-1500  
[www.acha.org](http://www.acha.org)

February 15, 2018  
FREQUENCY REPORT  
Number of Surveys (n) = 574 Web Surveys

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

Supervisor or Management support		Male	Female	Unknown	Total	Freq.	Pct.
		Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1	Never	96	62	210	52	5	83
2	Rarely	24	16	78	20	0	0
3	Sometimes	22	14	66	17	0	0
4	Most of the time	8	5	21	5	1	17
5	Always	2	1	9	2	0	0
6	Not Applicable	2	1	17	4	0	0
Valid responses =		154	27	401	70	6	1
Invalid responses include no response or multiple responses.						570	99.3

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

Other		Male	Female	Unknown	Total	Freq.	Pct.
		Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1	Never	35	61	45	46	1	33
2	Rarely	1	2	2	2	0	0
3	Sometimes	2	4	5	5	0	0
4	Most of the time	2	4	1	1	0	0
5	Always	2	4	2	2	1	33
6	Not Applicable	15	26	43	44	1	33
Valid responses =		57	35	98	61	3	2
Invalid responses include no response or multiple responses.						161	28.0

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

		Male	Female	Unknown	Total	Freq.	Pct.
		Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1	Strongly Disagree	2	1	7	2	1	13
2	Disagree	9	6	13	3	1	13
3	Neutral	27	18	75	19	1	13
4	Agree	85	55	186	46	4	50
5	Strongly Agree	31	20	119	30	1	13
6	Don't Know	0	0	3	1	0	0
Valid responses =		154	27	403	70	8	1
Invalid responses include no response or multiple responses.						574	100.0

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

Job responsibilities make it difficult to participate (shift work, coverage, fee based work)		Male	Female	Unknown	Total	Freq.	Pct.
		Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1	Yes	80	52	232	68	4	67
2	No	74	48	166	42	2	33
Valid responses =		154	27	398	70	6	1
Invalid responses include no response or multiple responses.						567	98.8

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

I forgot to attend or participate		Male	Female	Unknown	Total	Freq.	Pct.
		Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1	Yes	46	30	140	35	2	33
2	No	108	70	255	65	4	67
Valid responses =		154	27	395	70	6	1
Invalid responses include no response or multiple responses.						564	98.3

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

Concerns about confidentiality		Male	Female	Unknown	Total	Freq.	Pct.
		Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1	Yes	16	10	39	10	0	0
2	No	138	90	359	90	5	100
Valid responses =		154	27	398	70	5	1
Invalid responses include no response or multiple responses.						566	98.6

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

Lack of personal motivation		Male	Female	Unknown	Total	Freq.	Pct.
		Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1	Yes	65	42	178	45	2	33
2	No	89	58	219	55	4	67
Valid responses =		154	27	397	70	6	1
Invalid responses include no response or multiple responses.						566	98.6

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	Yes	94	61	286	72	4	67
2	No	59	39	109	28	2	33
Valid responses =		153	27	395	70	6	1
Invalid responses include no response or multiple responses.						563	98.1

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	Yes	69	45	236	60	3	50
2	No	85	55	160	40	3	50
Valid responses =		154	27	396	70	6	1
Invalid responses include no response or multiple responses.						565	98.4

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	Yes	30	20	87	22	1	20
2	No	123	80	306	78	4	80
Valid responses =		153	27	393	70	5	1
Invalid responses include no response or multiple responses.						560	97.6

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	Yes	10	7	27	7	1	20
2	No	143	94	365	93	4	80
Valid responses =		153	27	392	70	5	1
Invalid responses include no response or multiple responses.						559	97.4

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	Yes	57	38	111	28	1	20
2	No	94	62	281	72	4	80
Valid responses =		151	27	392	70	5	1
Invalid responses include no response or multiple responses.						557	97.0

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	Yes	15	10	49	12	0	0
2	No	138	90	345	88	5	100
Valid responses =		153	27	394	70	5	1
Invalid responses include no response or multiple responses.						561	97.7

**American College Health Association-National Faculty and Staff Health Assessment (ACHA-NFSHA)**

**Institutional Data Report - Fall 2017**

**Illinois State University**

American College Health Association

1362 Mellon Road, Suite 180

Hanover, MD 21076

(410) 859-1500

[www.acha.org](http://www.acha.org)

February 15, 2018

**FREQUENCY REPORT**

Number of Surveys (n) = 574 Web Surveys

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 Yes		32	21	86	22	1	20	122	21.9
2 No		119	79	307	78	4	80	436	78.1
Valid responses =		151	27	393	70	5	1	558	97.2

Invalid responses include no response or multiple responses.

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

Not supported by coworkers		Male		Female		Unknown		Total	
		Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Yes		9	6	36	9	20	47	8.4	
2 No		142	94	357	91	4	80	511	91.6
Valid responses =		151	27	393	70	5	1	558	97.2

Invalid responses include no response or multiple responses.

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

Do not feel comfortable participating in wellness-at-work programs		Male		Female		Unknown		Total	
		Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Yes		27	18	68	17	1	20	99	17.7
2 No		126	82	325	83	4	80	461	82.3
Valid responses =		151	27	393	70	5	1	558	97.6

Invalid responses include no response or multiple responses.

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

Do not have the knowledge needed to participate		Male		Female		Unknown		Total	
		Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Yes		24	16	49	12	1	25	76	13.6
2 No		129	84	346	88	3	75	484	86.4
Valid responses =		151	27	393	71	4	1	558	97.6

Invalid responses include no response or multiple responses.

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

Other		Male		Female		Unknown		Total	
		Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Yes		35	27	73	54	80	100	112	78.3
2 No		35	27	73	54	1	1	143	24.9
Valid responses =		48	34	92	64	1	1	572	99.7

Invalid responses include no response or multiple responses.

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

My work is consistent with my values.

		Male		Female		Unknown		Total	
		Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Strongly Disagree		1	1	4	1	0	0	5	0.9
2 Disagree		3	2	12	3	0	0	16	2.8
3 Neutral		9	6	52	13	2	29	65	11.4
4 Agree		56	37	171	42	2	29	231	40.4
5 Strongly Agree		83	54	162	40	3	43	252	44.1
6 Not Applicable		1	1	2	1	0	0	3	0.5
Valid responses =		151	27	403	70	7	1	572	99.7

Invalid responses include no response or multiple responses.

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 Disagree		5	3	12	3	0	0	17	3.0
2 Disagree		11	7	39	10	1	14	53	9.3
3 Neutral		16	11	45	11	1	14	64	11.2
4 Agree		52	34	159	40	2	29	217	37.9
5 Strongly Agree		68	44	146	36	3	43	218	38.1
6 Not Applicable		1	1	2	1	0	0	3	0.5
Valid responses =		153	27	403	70	7	1	572	99.7

Invalid responses include no response or multiple responses.

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

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

		Male		Female		Unknown		Total	
		Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Strongly Disagree		5	3	20	5	0	0	25	4.4
2 Disagree		6	4	37	9	1	17	45	7.9
3 Neutral		22	14	64	16	1	17	90	15.8
4 Agree		46	30	138	34	2	33	187	32.7
5 Strongly Agree		72	47	139	35	2	33	217	38.0
6 Not Applicable		2	1	5	1	0	0	7	1.2
Valid responses =		153	27	403	71	6	1	571	99.5

Invalid responses include no response or multiple responses.

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

I have received adequate feedback to judge my work performance.

		Male		Female		Unknown		Total	
		Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Strongly Disagree		7	5	17	4	0	0	24	4.2
2 Disagree		9	6	50	12	2	40	62	10.9
3 Neutral		18	12	71	18	1	20	92	16.1
4 Agree		60	39	155	39	2	40	221	38.8
5 Strongly Agree		52	34	106	26	0	0	160	28.1
6 Not Applicable		7	5	4	1	0	0	11	1.9
Valid responses =		153	27	403	71	5	1	570	99.3

Invalid responses include no response or multiple responses.

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

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

		Male		Female		Unknown		Total	
		Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Strongly Disagree		6	4	28	7	0	0	34	6.0
2 Disagree		17	11	60	15	1	20	81	14.2
3 Neutral		22	14	66	16	3	60	92	16.1
4 Agree		62	40	158	39	0	0	223	39.1
5 Strongly Agree		42	27	88	22	1	20	133	23.3
6 Not Applicable		5	3	3	1	0	0	8	1.4
Valid responses =		154	27	403	71	5	1	571	99.5

Invalid responses include no response or multiple responses.

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

I have been offered opportunities to learn and grow.

		Male		Female		Unknown		Total	
		Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Strongly Disagree		3	2	24	6	0	0	27	4.7
2 Disagree		12	8	51	13	1			

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February 15, 2018

FREQUENCY REPORT

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

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

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Strongly Disagree	7	5	24	6	0	0	32	5.6
2 Disagree	5	3	43	11	1	20	49	8.6
3 Neutral	25	16	54	13	2	40	82	14.4
4 Agree	54	35	148	37	1	20	204	35.8
5 Strongly Agree	58	38	131	33	1	20	196	34.4
6 Not Applicable	5	3	2	1	0	0	7	1.2
Valid responses =	154	27	402	71	5	1	570	99.3

Invalid responses include no response or multiple responses.

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

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Strongly Disagree	5	3	10	3	0	0	15	2.6
2 Disagree	3	2	6	2	0	0	10	1.7
3 Neutral	13	9	44	11	2	29	59	10.3
4 Agree	72	47	225	56	3	43	308	53.8
5 Strongly Agree	60	39	118	29	2	29	180	31.5
Valid responses =	153	27	403	70	7	1	572	99.7

Invalid responses include no response or multiple responses.

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

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Not safe at all	0	0	0	0	0	0	0	0.0
2 Somewhat unsafe	2	1	1	0	0	0	3	0.5
3 Somewhat safe	9	6	34	9	0	0	44	7.7
4 Very safe	142	93	362	90	6	100	518	90.9
5 Not Applicable	0	0	5	1	0	0	5	0.9
Valid responses =	153	27	402	71	6	1	570	99.3

Invalid responses include no response or multiple responses.

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

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Not safe at all	1	1	3	1	0	0	4	0.7
2 Somewhat unsafe	1	1	23	6	0	0	25	4.4
3 Somewhat safe	45	29	169	50	4	67	251	44.4
4 Very safe	102	69	338	95	1	17	438	83.3
5 Not Applicable	5	3	37	9	1	17	43	7.5
Valid responses =	154	27	401	70	6	1	570	99.3

Invalid responses include no response or multiple responses.

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

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Not safe at all	0	0	0	0	0	0	0	0.0
2 Somewhat unsafe	2	1	7	2	0	0	9	1.6
3 Somewhat safe	17	11	67	17	2	33	88	15.4
4 Very safe	133	86	318	79	4	67	462	80.9
5 Not Applicable	2	1	10	3	0	0	12	2.1
Valid responses =	154	27	402	70	6	1	571	99.5

Invalid responses include no response or multiple responses.

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

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Not safe at all	1	1	7	2	0	0	8	1.4
2 Somewhat unsafe	9	6	39	10	1	17	51	9.0
3 Somewhat safe	58	38	208	52	2	33	271	47.6
4 Very safe	81	53	117	29	2	33	204	35.9
5 Not Applicable	4	3	30	8	1	17	35	6.2
Valid responses =	153	27	401	70	6	1	569	99.1

Invalid responses include no response or multiple responses.

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

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never	0	0	0	0	0	0	0	0.0
2 Rarely	2	1	0	0	0	0	2	0.3
3 Sometimes	4	3	1	0	0	0	5	0.9
4 Most of the time	5	3	15	4	1	14	22	3.8
5 Always	141	92	387	96	6	86	542	94.6
6 Not Applicable	2	1	0	0	0	0	2	0.3
Valid responses =	154	27	403	70	7	1	573	99.8

Invalid responses include no response or multiple responses.

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

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never	27	18	54	14	1	14	83	14.5
2 Rarely	10	7	21	5	0	0	32	5.8
3 Sometimes	9	6	18	5	0	0	27	4.7
4 Most of the time	8	5	16	4	1	14	25	4.4
5 Always	39	25	98	24	2	29	141	24.7
6 Not Applicable	61	40	194	48	3	43	263	46.1
Valid responses =	154	27	401	70	7	1	571	99.5

Invalid responses include no response or multiple responses.

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

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never	3	2	3	1	0	0	6	1.1
2 Rarely	1	1	3	1	0	0	4	0.7
3 Sometimes	5	3	3	1	0	0	9	1.6
4 Most of the time	4	3	5	1	0	0	9	1.6
5 Always	6	5	35	9	0	0	44	7.7
6 Not Applicable	132	88	353	88	6	100	499	87.4
Valid responses =	154	27	402	70	6	1	571	99.5

Invalid responses include no response or multiple responses.

19A1. In the past twelve months, have you observed any of the following behaviors among your coworkers?

Ignoring phone calls or emails from coworkers

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Yes	47	31	132	33	2	40	185	32.5
2 No	107	70	269	67	3	60	384	67.5
Valid responses =	154	27	401	70	5	1	569	99.1

Invalid responses include no response or multiple responses.

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	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Yes	48	31	136	34	2	40	187	33.0
2 No	106	6						

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Number of Surveys (n) = 574 Web Surveys

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

Coworkers are excluded from work-related social gatherings

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Yes	34	22	108	27	2	40	147	25.9	
2 No	120	78	292	73	3	60	421	74.1	
Valid responses =	154	27	400	70	5	1	568	99.0	

Invalid responses include no response or multiple responses.

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

Coworkers take credit for work or ideas of others

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Yes	33	21	129	32	2	40	168	29.6	
2 No	121	79	270	68	3	60	399	70.4	
Valid responses =	154	27	399	70	5	1	567	98.8	

Invalid responses include no response or multiple responses.

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

Coworkers make insults about personal lives of others

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Yes	39	25	131	33	2	40	173	30.5	
2 No	115	75	268	67	3	60	394	69.5	
Valid responses =	154	27	399	70	5	1	567	98.8	

Invalid responses include no response or multiple responses.

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

Coworkers display intimidating or humiliating behaviors toward others

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Yes	35	23	104	26	2	33	142	24.9	
2 No	119	77	297	74	4	67	428	75.1	
Valid responses =	154	27	401	70	6	1	570	99.3	

Invalid responses include no response or multiple responses.

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

Coworkers are being ignored/stratized by others

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Yes	71	31	121	30	2	33	174	30.6	
2 No	107	70	278	70	4	67	394	69.4	
Valid responses =	154	27	399	70	6	1	568	99.0	

Invalid responses include no response or multiple responses.

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

Coworkers experience verbal abuse

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Yes	20	13	66	17	1	20	88	15.6	
2 No	134	87	331	83	4	80	477	84.4	
Valid responses =	154	27	397	70	5	1	565	98.4	

Invalid responses include no response or multiple responses.

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

Coworkers experience physical abuse

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Yes	0	0	6	2	0	0	6	1.1	
2 No	154	100	392	99	5	100	560	98.9	
Valid responses =	154	27	398	70	5	1	566	98.6	

Invalid responses include no response or multiple responses.

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

Coworkers experience sexual abuse

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Yes	1	1	3	1	0	0	4	0.7	
2 No	153	99	397	99	5	100	564	99.3	
Valid responses =	154	27	400	70	5	1	568	99.0	

Invalid responses include no response or multiple responses.

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		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Yes	11	7	34	9	0	0	45	7.9	
2 No	142	93	366	92	5	100	522	92.1	
Valid responses =	153	27	400	71	5	1	567	98.8	

Invalid responses include no response or multiple responses.

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

Ignoring my phone calls or emails

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Yes	21	14	72	18	1	20	95	16.8	
2 No	133	86	327	82	4	80	472	83.2	
Valid responses =	154	27	399	70	5	1	567	98.8	

Invalid responses include no response or multiple responses.

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

Silent treatment towards me

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Yes	26	17	75	19	1	20	102	18.0	
2 No	128	83	324	81	4	80	465	82.0	
Valid responses =	154	27	399	70	5	1	567	98.8	

Invalid responses include no response or multiple responses.

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

Spreading gossip about

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FREQUENCY REPORT

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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		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Yes	7	5	38	10	1	20	47	8.3	
2 No	146	95	362	91	4	80	520	91.7	
Valid responses =	153	27	400	71	5	1	567	98.8	

Invalid responses include no response or multiple responses.

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

Coworkers display intimidating or humiliating behaviors

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Yes	15	10	56	14	20	73	12.9		
2 No	139	90	343	86	4	80	494	87.1	
Valid responses =	154	27	399	70	5	1	567	98.8	

Invalid responses include no response or multiple responses.

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

Verbal abuse

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Yes	12	8	35	9	1	20	49	8.7	
2 No	142	92	362	91	4	80	516	91.3	
Valid responses =	154	27	397	70	5	1	565	98.4	

Invalid responses include no response or multiple responses.

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

Physical abuse

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Yes	0	0	3	1	0	0	3	0.5	
2 No	153	100	396	99	5	100	563	99.5	
Valid responses =	153	27	399	70	5	1	566	98.6	

Invalid responses include no response or multiple responses.

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 Yes	0	0	1	0	0	0	2	0.4	
2 No	154	100	399	100	5	100	567	99.6	
Valid responses =	154	27	401	70	5	1	569	99.1	

Invalid responses include no response or multiple responses.

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

Supervisor abuses their power over me

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Yes	9	6	29	7	0	0	38	6.7	
2 No	145	94	368	93	5	100	527	93.3	
Valid responses =	154	30	397	76	5	1	522	90.9	

Invalid responses include no response or multiple responses.

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

Coworkers are ignoring/discriminating me

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Yes	7	5	36	9	1	20	46	8.1	
2 No	146	95	362	91	4	80	519	91.9	
Valid responses =	153	27	398	70	5	1	565	98.4	

Invalid responses include no response or multiple responses.

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

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

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Strongly disagree	58	38	112	28	0	0	171	30.1	
2 Disagree	7	5	49	12	0	0	56	9.8	
3 Neutral	2	1	15	4	0	0	18	3.2	
4 Agree	11	7	24	6	1	20	37	6.5	
5 Strongly agree	4	3	17	4	0	0	21	3.7	
6 Not Applicable	72	47	184	46	4	80	266	46.7	
Valid responses =	154	27	402	71	5	1	570	99.3	

Invalid responses include no response or multiple responses.

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

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

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Strongly disagree	60	39	120	30	0	0	182	31.9	
2 Disagree	9	6	48	12	0	0	58	10.2	
3 Neutral	1	1	23	6	0	0	24	4.2	
4 Agree	8	5	18	5	1	20	27	4.7	
5 Strongly agree	4	3	9	2	0	0	13	2.3	
6 Not Applicable	72	47	185	46	4	80	267	46.9	
Valid responses =	153	27	402	71	5	1	569	99.1	

Invalid responses include no response or multiple responses.

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

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

	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Strongly disagree	57	37	114	28	0	0	172	30.2	
2 Disagree	6	4	45	11	0	0	51	9.0	
3 Neutral	2	1	20	5	0	0	23	4.0	
4 Agree	11	7	21	5	1	20	34	6.0	
5 Strongly agree	5	3	17	4	0	0	22	3.9	
6 Not Applicable	72	47	185	46	4	80	267	46.9	
Valid responses =	153	27	402	71	5	1	569	99.1	

Invalid responses include no response or multiple responses.

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Number of Surveys (n) =

574 Web Surveys

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.
1 0 minutes	13	9	60	15	0	0
2 .1 - 30 minutes	19	13	57	15	1	25
3 30.1 - 60 minutes	30	20	74	19	1	25
4 60.1 - 120 minutes	30	20	94	24	1	25
5 120.1 - 240 minutes	35	23	71	18	1	25
6 GE 240.1 minutes	25	16	34	9	0	0
Valid responses =	152	27	390	70	4	1
Invalid responses include no response or multiple responses.					555	96.7

Invalid responses include no response or multiple responses.

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.
1 0 minutes	61	40	196	52	2	50
2 .1 - 30 minutes	30	20	52	14	1	25
3 30.1 - 60 minutes	12	8	37	10	0	0
4 60.1 - 120 minutes	21	14	50	13	1	25
5 120.1 - 240 minutes	17	11	28	7	0	0
6 GE 240.1 minutes	11	7	16	4	0	0
Valid responses =	152	28	379	70	4	1
Invalid responses include no response or multiple responses.					544	94.8

Invalid responses include no response or multiple responses.

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.
1 0 days	75	49	190	49	0	0
2 .1 - 2 days	31	20	90	23	2	50
3 2.1 - 4 days	28	18	72	19	1	25
4 GE 4.1 days	19	12	38	10	1	25
Valid responses =	153	28	390	70	4	1
Invalid responses include no response or multiple responses.					556	96.9

Invalid responses include no response or multiple responses.

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

	Male	Female	Unknown	Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Always	47	31	116	29	3	60
2 Most of the time	59	38	136	34	0	0
3 Some of the time	30	20	89	22	1	20
4 Rarely	15	10	43	11	1	20
5 Never	3	2	10	3	0	0
6 Not Applicable	0	0	8	2	0	0
Valid responses =	154	27	402	71	5	1
Invalid responses include no response or multiple responses.					570	99.3

Invalid responses include no response or multiple responses.

24. 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.
1 10% (48 mins per day)	10	7	13	3	1	17
2 20% (1.6 hours per day)	10	7	14	4	1	17
3 30% (2.4 hours per day)	6	4	18	5	0	0
4 40% (3.2 hours per day)	14	9	23	6	1	17
5 50% (4.0 hours per day)	22	14	42	11	0	0
6 60% (4.8 hours per day)	22	14	38	10	1	17
7 70% (5.6 hours per day)	27	19	50	13	1	17
8 80% (6.4 hours per day)	26	17	105	26	1	17
9 90% (7.2 hours per day)	17	11	88	21	0	0
10 100% (8.0 hours per day)	0	0	12	3	0	0
Valid responses =	154	27	400	70	6	1
Invalid responses include no response or multiple responses.					569	99.1

Invalid responses include no response or multiple responses.

25. 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.
1 Yes	7	5	33	8	1	17
2 No	145	95	369	92	5	83
Valid responses =	152	27	402	71	6	1
Invalid responses include no response or multiple responses.					569	99.1

Invalid responses include no response or multiple responses.

26. 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.
1 Yes	9	6	40	10	1	17
2 No	145	94	363	90	5	83
Valid responses =	154	27	403	70	6	1
Invalid responses include no response or multiple responses.					572	99.7

Invalid responses include no response or multiple responses.

27. I consider myself to be:

	Male	Female	Unknown	Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Underweight	2	1	6	2	1	17
2 A healthy weight	61	40	148	37	2	33
3 Overweight	74	48	187	46	2	33
4 Obese	16	10	57	14	1	17
5 Unsure	1	1	5	1	0	0
Valid responses =	154	27	403	70	6	1
Invalid responses include no response or multiple responses.					572	99.7

Invalid responses include no response or multiple responses.

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

	Male	Female	Unknown	Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Trying nothing about my weight	30	20	64	16	2	40
2 Stay the same weight	45	29	78	19	1	20
3 Lose weight	74	48	257	64	1	20
4 Gain weight	5	3	4	1	1	20
Valid responses =	154	27	403	71	5	1
Invalid responses include no response or multiple responses.					571	99.5

Invalid responses include no response or multiple responses.

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

	Male	Female	Unknown	Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 servings/day	23	15	44	11	0	0
2 1-2 servings/day	98	64	272	68	3	75
3 3-4 servings/day	27	18	74	18	0	0
4 5-6 servings/day	4	3	8	2	1	25
5 6+ servings/day	2	1	5	1	0	0
Valid responses =	154	27	403	71	4	1
Invalid responses include no response or multiple responses.					570	99.3

Invalid responses include no response or multiple responses.

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**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	6	4	15	4	0	0	21	3.7
2.1-2 servings/day	98	64	246	61	2	67	353	62.1
3.3-4 servings/day	37	24	104	26	1	33	143	25.2
4.5-6 servings/day	8	5	27	7	0	0	36	6.3
5.5-6 servings/day	4	3	11	3	0	0	15	2.6
Valid responses =	153	27	403	71	3	1	568	99.0

Invalid responses include no response or multiple responses.

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

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1.0 servings/day	9	6	35	9	0	0	44	7.7
2.1-2 servings/day	76	50	225	56	2	67	309	54.4
3.3-4 servings/day	54	35	116	29	0	0	173	30.5
4.5-6 servings/day	10	7	21	5	1	33	32	5.6
5.5-6 servings/day	4	3	6	2	0	0	10	1.8
Valid responses =	153	27	403	71	3	1	568	99.0

Invalid responses include no response or multiple responses.

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

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1.0 servings/day	18	12	51	13	0	0	70	12.3
2.1-2 servings/day	97	63	246	61	3	100	353	62.4
3.3-4 servings/day	31	20	89	22	0	0	121	21.3
4.5-6 servings/day	8	5	9	2	0	0	17	3.0
5.5-6 servings/day	0	0	8	2	0	0	8	1.4
Valid responses =	154	27	403	71	3	1	569	99.1

Invalid responses include no response or multiple responses.

**33. In the last week, how many ounces of lean protein 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	21	14	46	11	0	0	68	12.0
2.3-5 ounces per day	52	34	190	47	1	33	248	43.7
3.6-8 ounces per day	50	33	138	34	0	0	190	33.5
4.9-11 ounces per day	22	14	24	6	2	67	49	8.6
5 More than 11 ounces per day	8	5	5	1	0	0	13	2.3
Valid responses =	153	27	403	71	3	1	568	99.0

Invalid responses include no response or multiple responses.

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

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1.0 servings/day	87	57	221	55	1	33	313	55.1
2.1-2 servings/day	56	36	152	38	1	33	211	37.1
3.3-4 servings/day	8	5	23	6	1	33	33	5.8
4.5-6 servings/day	2	1	5	1	0	0	7	1.2
5.5-6 servings/day	1	1	1	0	0	0	4	0.7
Valid responses =	154	27	402	71	3	1	568	99.0

Invalid responses include no response or multiple responses.

**35A. Within the last thirty days, on how many days did you use:**

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never used	27	18	66	16	1	33	95	16.7
2 Have used, but not in last 30	15	10	65	16	0	0	81	14.3
3 1 - 2 days	32	21	99	25	2	67	136	23.9
4 3 - 5 days	19	12	76	19	0	0	97	17.1
5 6 - 9 days	17	11	36	9	0	0	53	9.3
6 10 - 19 days	22	14	36	9	0	0	58	10.2
7 20 - 29 days	11	7	21	5	0	0	33	5.8
8 Used daily	10	7	4	1	0	0	15	2.6
Valid responses =	153	27	403	71	3	1	568	99.0

Invalid responses include no response or multiple responses.

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

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never used	133	87	336	84	2	67	478	84.3
2 Have used, but not in last 30	14	9	44	11	0	0	58	10.2
3 1 - 2 days	1	1	3	1	0	0	4	0.7
4 3 - 5 days	0	0	0	0	0	0	0	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	1	1	0	0	0	0	1	0.2
8 Used daily	1	1	1	0	0	0	2	0.4
Valid responses =	153	27	402	71	3	1	567	98.8

Invalid responses include no response or multiple responses.

**35C. Within the last thirty days, on how many days did you use:**

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never used	132	86	376	94	3	100	519	91.6
2 Have used, but not in last 30	14	9	388	97	3	100	547	96.5
3 1 - 2 days	3	2	1	0	0	0	4	0.7
4 3 - 5 days	2	1	1	0	0	0	3	0.5
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	1	1	0	0	0	0	1	0.2
8 Used daily	1	1	1	0	0	0	2	0.4
Valid responses =	153	27	400	71	3	1	565	98.4

Invalid responses include no response or multiple responses.

**35D. Within the last thirty days, on how many days did you use:**

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never used	147	96	398	99	3	100	548	96.5
2 Have used, but not in last 30	5	3	5	1	0	0	11	1.9
3 1 - 2 days	0	0	0	0	0	0	0	0.0
4 3 - 5 days	1	1	0	0	0	0	1	0.2
5 6 - 9 days	1	1	0	0	0	0	1	0.2
6 10 - 19 days	2	1	0	0	0	0	2	0.4
7 20 - 29 days	1	1	0	0	0	0	1	0.2
8 Used daily	2	1	1	0	0	0	3	0.5
Valid responses =	153	27	402	71	3	1	567	98.8

Invalid responses include no response or multiple responses.

**35E. Within the last thirty days, on how many days did you use:**

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never used	140	92	396	99	3	100	548	96.5
2 Have used, but not in last 30	6	4	5	1	0	0	11	1.9
3 1 - 2 days	0	0	0	0	0	0	0	0.0
4 3 - 5 days	1	1	0	0	0	0	1	0.2
5 6 - 9 days	1	1	0	0	0	0	1	0.2
6 10 - 19 days	2	1	0	0	0	0		

**American College Health Association-National Faculty and Staff Health Assessment (ACHA-NFSHA)**

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American College Health Association

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(410) 859-1500

[www.acha.org](http://www.acha.org)

February 15, 2018

FREQUENCY REPORT

Number of Surveys (n) = 574 Web Surveys

35F. Within the last thirty days, on how many days did you use:

**Tobacco from a water pipe (hookah)?**

	Male	Female	Unknown	Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never used	147	96	383	95	3	100
2 Have used, but not in last 30	5	3	18	5	0	0
3 1 - 2 days	0	0	0	0	0	0
4 3 - 5 days	0	0	0	0	0	0
5 6 - 9 days	0	0	0	0	0	0
6 10 - 19 days	0	0	0	0	0	0
7 20 - 29 days	0	0	0	0	0	0
8 Used daily	1	1	1	0	0	0
Valid responses =	153	27	402	71	3	1
					567	98.8

Invalid responses include no response or multiple responses.

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		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Not Applicable	28	18	68	17	1	25
2 None	93	60	272	68	3	75
3 1 time	14	9	31	8	0	0
4 2 times	10	7	13	3	0	0
5 3 times	1	1	6	2	0	0
6 4 times	3	2	7	2	0	0
7 5 times	1	1	3	1	0	0
8 6 times	1	1	3	1	0	0
9 7 times	0	0	0	0	0	0
10 8 times	2	1	0	0	0	0
11 9 times	0	0	0	0	0	0
12 10 or more times	1	1	0	0	0	0
Valid responses =	154	27	403	71	4	1
					570	99.3

Invalid responses include no response or multiple responses.

37. On a typical day or evening when you drink, how many drinks do you usually have?

	Male	Female	Unknown	Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 drinks	35	23	110	28	0	0
2 .1 - 1 drink	52	34	161	41	2	67
3 1.1 - 2 drinks	41	27	83	21	1	33
4 GT 2 drinks	25	16	39	10	0	0
Valid responses =	153	27	393	70	3	1
					558	97.2

Invalid responses include no response or multiple responses.

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

	Male	Female	Unknown	Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Yes	13	8	42	11	0	0
2 No	112	73	287	72	3	100
3 Not Applicable	29	19	71	18	0	0
Valid responses =	154	27	400	71	3	1
					566	98.6

Invalid responses include no response or multiple responses.

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

	Male	Female	Unknown	Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Yes	3	2	6	2	0	0
2 No	122	79	323	80	2	100
3 Not Applicable	29	19	73	18	0	0
Valid responses =	154	27	402	71	2	0
					567	98.8

Invalid responses include no response or multiple responses.

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

	Male	Female	Unknown	Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Yes	1	0	0	0	0	0
2 No	124	81	328	82	2	100
3 Not Applicable	29	19	73	18	0	0
Valid responses =	154	27	402	71	2	0
					567	98.8

Invalid responses include no response or multiple responses.

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

	Male	Female	Unknown	Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Yes	3	2	4	1	0	0
2 No	151	98	398	99	2	100
Valid responses =	154	27	402	71	2	0
					567	98.8

Invalid responses include no response or multiple responses.

42. How do you usually describe yourself?

	Male	Female	Unknown	Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
American Indian or Native Alaskan	0	0	3	1	0	0
Asian or Asian American	6	4	10	3	0	0
Arab/Middle Eastern/North African	0	0	1	0	1	13
Black or African American	7	5	7	2	0	0
Hispanic or Latino/a	4	3	10	3	0	0
Native Hawaiian/Pacific Islander N	0	0	1	0	0	0
White	133	86	369	92	3	38
Biracial or Multiracial	2	1	9	2	0	0
Another Identity	4	3	3	1	0	0
Valid responses =	4	29	10	71	0	9
					512	89.2

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

42A. Are you:

	Male	Female	Unknown	Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Mexican, Mexican Am., Chicano	3	75	4	40	0	0
2 Puerto Rican	1	25	0	0	0	0
3 Cuban	0	0	2	22	0	0
4 Another Hispanic, Latino, Spanish	0	0	4	40	0	0
Valid responses =	4	29	10	71	0	0
					14	2.4

Invalid responses include no response or multiple responses.

42B Are you:

	Male	Female	Unknown	Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 East Asian	1	17	5	56	0	0
2 Southeast Asian	3	50	2	22	0	0
3 South Asian	2	33	2	22	0	0
4 Other Asian	0	0	0	0	0	0
Valid responses =	6	40	9	60	0	0
					15	2.6

Invalid responses include no response or multiple responses.

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FREQUENCY REPORT

Number of Surveys (n) = 574 Web Surveys

43. How old are you?

	Male	Female	Unknown	Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 18 - 30	35	23	92	23	0	0
2 30.1 - 40	17	11	90	22	0	0
3 40.1 - 50	38	25	82	20	1	50
4 50.1 - 60	37	24	88	22	0	0
5 GE 60.1	26	17	49	12	1	50
Valid responses =	153	27	401	71	2	0
Invalid responses include no response or multiple responses.					564	98.3

Invalid responses include no response or multiple responses.

	Male	Median	Std Dev	Min	Max
	Mean	Median	Std Dev	Min	Max
Male	46.15	47.00	14.25	20	76
Female	43.50	44.00	13.77	21	81
Overall	44.22	45.00	13.94	20	81

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

	Male	Female	Unknown	Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Low-36 inches	0	0	0	0	0	0.0
2 37-48 inches	0	0	1	0	0	0.2
3 49-60 inches	0	0	12	3	0	2.1
4 61-72 inches	113	74	381	96	2	100
5 73-84 inches	40	26	2	1	0	0
6 GE 85 inches	0	0	0	0	0	0.0
Valid responses =	153	27	396	71	2	0
Invalid responses include no response or multiple responses.					560	97.6

Invalid responses include no response or multiple responses.

	Male	Female	Unknown	Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Low - 50 pounds	0	0	0	0	0	0.0
2 51-100 pounds	1	1	2	1	0	0.5
3 101-150 pounds	11	7	151	38	1	50
4 151-200 pounds	72	47	163	41	1	50
5 201-250 pounds	53	35	57	14	0	0
6 251-300 pounds	9	6	17	4	0	0
7 301-350 pounds	6	4	5	1	0	0
8 351-400 pounds	0	0	1	0	0	0.2
9 401-450 pounds	1	1	0	0	0	0.2
10 GE 451 pounds	0	0	0	0	0	0.0
Valid responses =	153	27	396	71	2	0
Invalid responses include no response or multiple responses.					560	97.6

Invalid responses include no response or multiple responses.

	Male	Female	Unknown	Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Low - 50 pounds	0	0	0	0	0	0.0
2 51-100 pounds	1	1	2	1	0	0.5
3 101-150 pounds	11	7	151	38	1	50
4 151-200 pounds	72	47	163	41	2	100
5 201-250 pounds	53	35	57	14	0	0
6 251-300 pounds	9	6	17	4	0	0
7 301-350 pounds	6	4	5	1	0	0
8 351-400 pounds	0	0	1	0	0	0.2
9 401-450 pounds	1	1	0	0	0	0.2
10 GE 451 pounds	0	0	0	0	0	0.0
Valid responses =	153	27	396	71	2	0
Invalid responses include no response or multiple responses.					560	97.6

Invalid responses include no response or multiple responses.

46. What sex were you assigned at birth, such as on an original birth certificate?

	Male	Female	Unknown	Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Female	0	0	403	100	2	100
2 Male	154	100	0	0	0	0
Valid responses =	154	27	403	71	2	0
Invalid responses include no response or multiple responses.					568	99.0

Invalid responses include no response or multiple responses.

47. Do you identify as transgender?

	Male	Female	Unknown	Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	154	100	403	100	2	100
2 Yes	0	0	0	0	0	0
Valid responses =	154	27	403	71	2	0
Invalid responses include no response or multiple responses.					568	99.0

Invalid responses include no response or multiple responses.

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

	Male	Female	Unknown	Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Woman	0	0	403	100	2	100
2 Man	154	100	0	0	0	0
3 Trans woman	0	0	0	0	0	0
4 Trans man	0	0	0	0	0	0
5 Genderqueer	0	0	0	0	0	0
6 Another identity	0	0	0	0	0	0
Valid responses =	154	27	403	71	2	0
Invalid responses include no response or multiple responses.					568	99.0

Invalid responses include no response or multiple responses.

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

	Male	Female	Unknown	Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Female	0	0	403	100	0	0
2 Male	154	100	0	0	0	0
2 Non-binary	0	0	0	0	0	0
Valid responses =	154	27	403	70	8	1.6
Invalid responses include no response or multiple responses.					574	100.0

Invalid responses include no response or multiple responses.

49. What term best describes your sexual orientation?

	Male	Female	Unknown	Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Straight/Heterosexual	138	90	363	90	1	50
2 Bisexual	4	3	15	4	0	0
3 Gay	7	5	1	0	0	0
4 Lesbian	0	0	12	3	1	50
5 Pansexual	1	1	3	1	0	0
6 Queer	0	0	4	1	0	0
7 Questioning	2	1	1	0	0	0
8 Another identity	1	1	4	1	0	0
Valid responses =	153	27	403	71	2	0
Invalid responses include no response or multiple responses.					567	98.8

Invalid responses include no response or multiple responses.

50. Relationship status:

	Male	Female	Unknown	Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Single, never married	27	18	93	23	0	0
2 Single, divorced	7	5	44	11	1	50
3 Separated	0	0	3	1	0	0
4 Engaged	4	3	8	2	0	0
5 Married	113	73	240	60	1	50
6 Widowed	1	1	4	1	0	0
7 Other	2	1	11	3	0	0
Valid responses =	154	27	403	71	2	0
Invalid responses include no response or multiple responses.					568	99.0

Invalid responses include no response or multiple responses.

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FREQUENCY REPORT

Number of Surveys (n) = 574 Web Surveys

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	0	0	1	0	0	0	1	0.2
3 High school grad or GED	4	3	4	1	0	0	8	1.4
4 Some college (no degree)	11	7	25	6	0	0	36	6.3
5 Trade/technical/vocational	2	1	3	1	0	0	5	0.9
6 Associate's degree	1	1	12	3	0	0	14	2.5
7 Bachelor's degree	42	27	137	34	2	50	184	32.3
8 Master's degree	54	35	148	37	0	0	205	36.0
9 Doctoral Degree	39	25	68	16	2	50	108	18.8
10 Professional Degree	1	1	8	2	0	0	9	1.6
Valid responses =	154	27	403	71	4	1	570	99.3

Invalid responses include no response or multiple responses.

52. Within the past 30 days, how often did you worry whether your food would run out before you got money to buy more?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never	138	90	341	85	2	67	487	85.7
2 Sometimes	13	8	51	13	1	33	68	12.0
3 Often	3	2	10	3	0	0	13	2.3
Valid responses =	154	27	402	71	3	1	568	99.0

Invalid responses include no response or multiple responses.

53. Within the past 30 days, how often did the food you bought not last and you did not have money to get more?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never	142	92	374	93	2	67	525	92.3
2 Sometimes	7	5	23	6	1	33	33	5.8
3 Often	5	3	6	2	0	0	11	1.9
Valid responses =	154	27	403	71	3	1	569	99.1

Invalid responses include no response or multiple responses.

54. 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 Not applicable	19	12	32	8	1	33	52	9.2
2 To no extent	0	0	9	2	0	0	9	1.6
3 To little extent	14	9	24	6	0	0	41	7.2
4 To some extent	37	24	111	28	0	0	149	26.2
5 To great extent	47	31	137	34	1	33	188	33.1
6 To very great extent	37	24	89	22	1	33	129	22.7
Valid responses =	154	27	402	71	3	1	568	99.0

Invalid responses include no response or multiple responses.

55. 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	131	85	399	99	3	75	540	94.7
2 Yes area of hazardous duty	13	8	0	0	1	25	15	2.6
3 Yes not of hazardous duty	10	7	4	1	0	0	15	2.6
Valid responses =	154	27	403	71	4	1	570	99.3

Invalid responses include no response or multiple responses.

56. Employee Classification: (Choose your primary position)

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Staff	68	44	218	54	2	50	292	51.4
2 Adjunct Faculty	1	1	12	3	0	0	13	2.3
3 Faculty	37	24	64	16	1	25	104	18.3
4 Administration	15	10	33	8	0	0	48	8.5
5 Graduate Student	30	20	66	16	1	25	100	17.6
6 Resident	0	0	1	0	0	0	1	0.2
7 Other	2	1	8	2	0	0	10	1.8
Valid responses =	153	27	402	71	4	1	568	99.0

Invalid responses include no response or multiple responses.

57. Pay type:

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Hourly	44	29	161	41	2	67	210	37.7
2 Salaried	108	71	233	59	1	33	347	62.3
Valid responses =	152	27	394	71	3	1	557	97.0

Invalid responses include no response or multiple responses.

58. What shift do you usually work?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Day (1st)	41	93	151	94	1	50	196	93.3
2 Evening (2nd)	3	7	7	4	0	0	10	4.8
3 Night (3rd)	0	0	3	2	1	50	4	1.9
Valid responses =	44	21	161	77	2	1	210	36.6

Invalid responses include no response or multiple responses.

59. What is your yearly appointment?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 9 month	49	33	99	26	1	33	151	27.6
2 10 month	5	3	23	6	0	0	30	5.5
3 11 month	3	2	2	1	0	0	5	0.9
4 12 month	94	62	261	68	2	67	361	66.0
Valid responses =	151	28	385	70	3	1	547	95.3

Invalid responses include no response or multiple responses.

60. Employment status:

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Part-time without benefits	22	14	66	17	0	0	89	15.9
2 Part-time with benefits	7	5	13	3	0	0	20	3.6
3 Full-time without benefits	5	3	8	2	0	0	13	2.3
4 Full-time with benefits	119	78	306	78	4	100	436	78.1
Valid responses =	153	27	393	70	4	1	558	97.2

Invalid responses include no response or multiple responses.

61. Are you:

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Employed college/university	152	100	382	97	4	100	547	97.9
2 Employed outsourced group	0	0	12	3	0	0	12	2.1
Valid responses =	152	27	394	70	4	1	559	97.4

Invalid responses include no response or multiple responses.

62. Do you have health insurance?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.</

**American College Health Association-National Faculty and Staff Health Assessment (ACHA-NFSA)**

**Institutional Data Report - Fall 2017**

American College Health Association

1362 Mellon Road, Suite 180

Hanover, MD 21076

(410) 859-1500

[www.acha.org](http://www.acha.org)

February 15, 2018

FREQUENCY REPORT

Number of Surveys (n) = 574 Web Surveys

**63. 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	77	50	198	50	0	0	279	50.0
2 6-10	22	14	60	15	0	0	85	15.2
3 11-15	17	11	35	9	0	0	54	9.7
4 16-20	14	9	42	11	2	100	58	10.4
5 21-25	11	7	28	7	0	0	39	7.0
6 26-30	8	5	16	4	0	0	24	4.3
7 31-35	1	1	8	2	0	0	9	1.6
8 36-40	2	1	2	1	0	0	4	0.7
9 More than 40 years	1	1	5	1	0	0	6	1.1
Valid responses =	153	27	394	71	2	0	558	97.2
Invalid responses include no response or multiple responses.								

**64. Are you a member of an employment union?**

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	132	86	344	86	1	33	485	85.8
2 Yes	21	14	56	14	2	67	80	14.2
Valid responses =	153	27	400	71	3	1	565	98.4
Invalid responses include no response or multiple responses.								