



AUC HEALTH SURVEY REPORT - SPRING 18

*Prepared by: Office of Strategy Management and Institutional
Effectiveness*

EXECUTIVE SUMMARY

INTRODUCTION

All AUC staff and faculty were asked to participate in a campus wide research study. The purpose of the research is to understand their views on attitudes and behaviors around sleeping habits, physical fitness, stress, relaxation, and nutrition.

Questions about the research, or research-related inquiries were directed to Dr. Jaime Mendoza- Associate Professor- Department of Psychology.

METHODOLOGY

This survey was developed by Dr. Jaime Mendoza in cooperation with the Office of Strategy Management and Institutional Effectiveness.

The Office of Strategy Management and Institutional Effectiveness emailed 2,377 survey invitations to all AUC staff and faculty on May 2nd, 2018, followed by one reminder sent on May 6th, 2018 and the survey was closed on May 12th, 2018. From the total number of all AUC staff and faculty, 258 responded to the survey for a response rate of 10.9%.

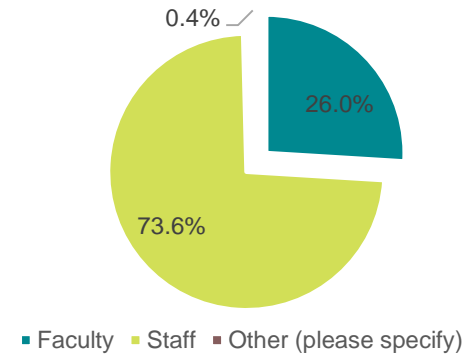
This report consists of seven themes:

- Theme I:** Demographic information.
- Theme II:** General Health Attitude & Behavior.
- Theme III:** Sleeping Habits.
- Theme IV:** Exercise.
- Theme V:** Mental Health.
- Theme VI:** Nutrition.
- Theme VII:** University Health Advisory Committee.

THEME I: DEMOGRAPHIC INFORMATION

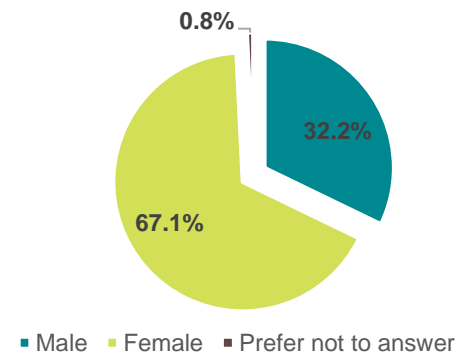
Q1- Which group from the AUC community do you belong to?

Answer choices	Percentage	Number of responses
Faculty	26.0%	67
Staff	73.6%	190
Other (please specify)	0.4%	1
Answered		258
Skipped		0



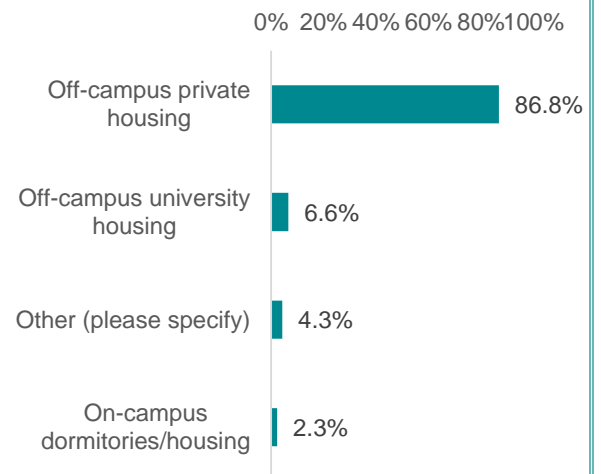
Q2- You are:

Answer choices	Percentage	Number of responses
Male	32.2%	83
Female	67.1%	173
Prefer not to answer	0.8%	2
Answered		258
Skipped		0



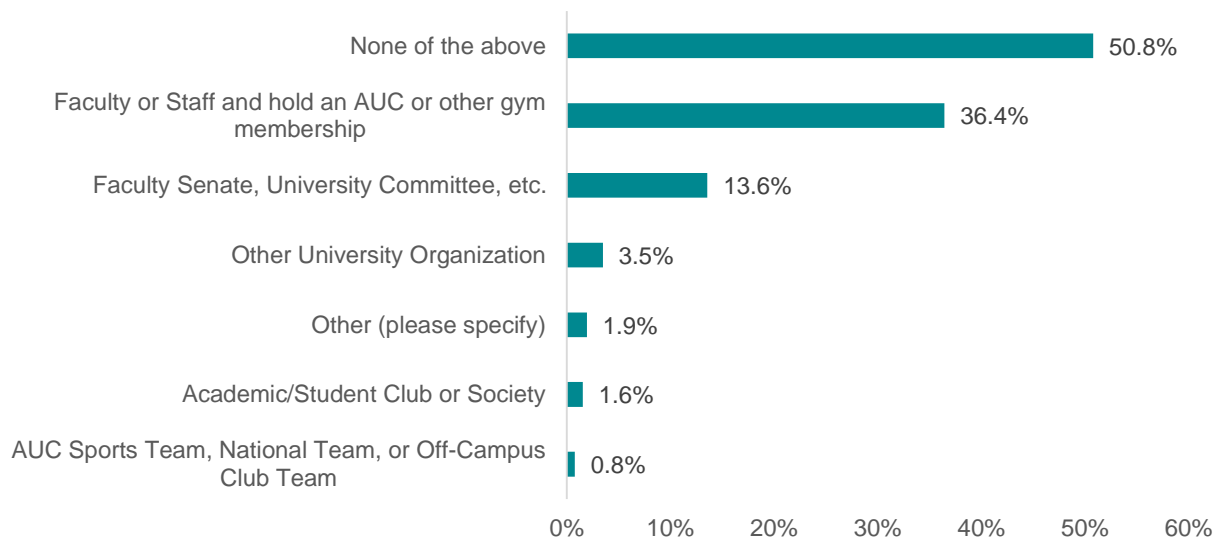
Q3- Where do you reside: (Choose the best response)

Answer choices	Percentage	Number of responses
On-campus dormitories/housing	2.3%	6
Off-campus university housing	6.6%	17
Off-campus private housing	86.8%	224
Other (please specify)	4.3%	11
Answered		258
Skipped		0



Q4- Are you a member of: (Please check all that apply)

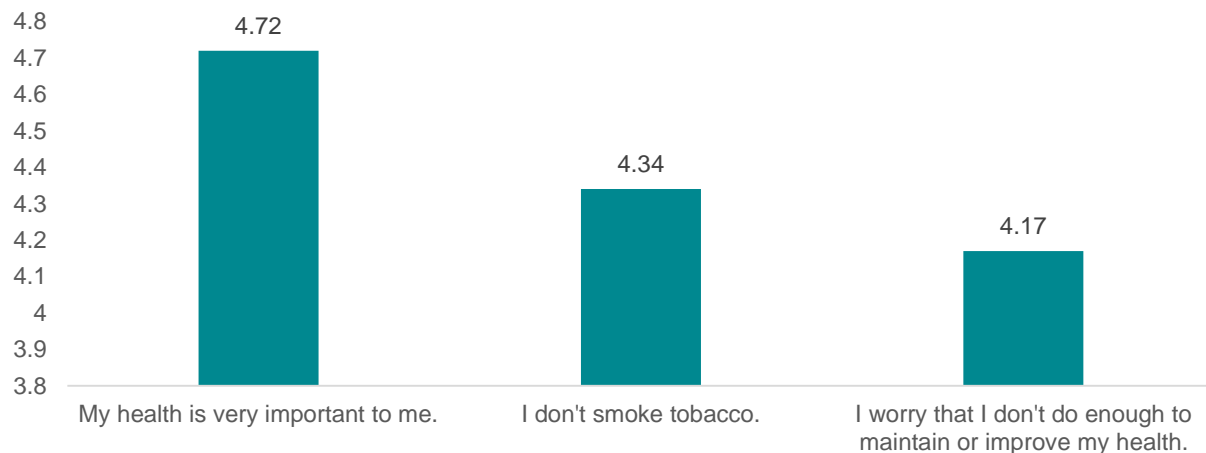
Answer choices	Percentage	Number of responses
Student Government	0.0%	0
AUC Sports Team, National Team, or Off-Campus Club Team	0.8%	2
Academic/Student Club or Society	1.6%	4
Faculty or Staff and hold an AUC or other gym membership	36.4%	94
Faculty Senate, University Committee, etc.	13.6%	35
Other University Organization	3.5%	9
None of the above	50.8%	131
Other (please specify)	1.9%	5
Answered		258
Skipped		0



THEME II: GENERAL HEALTH ATTITUDE & BEHAVIOR

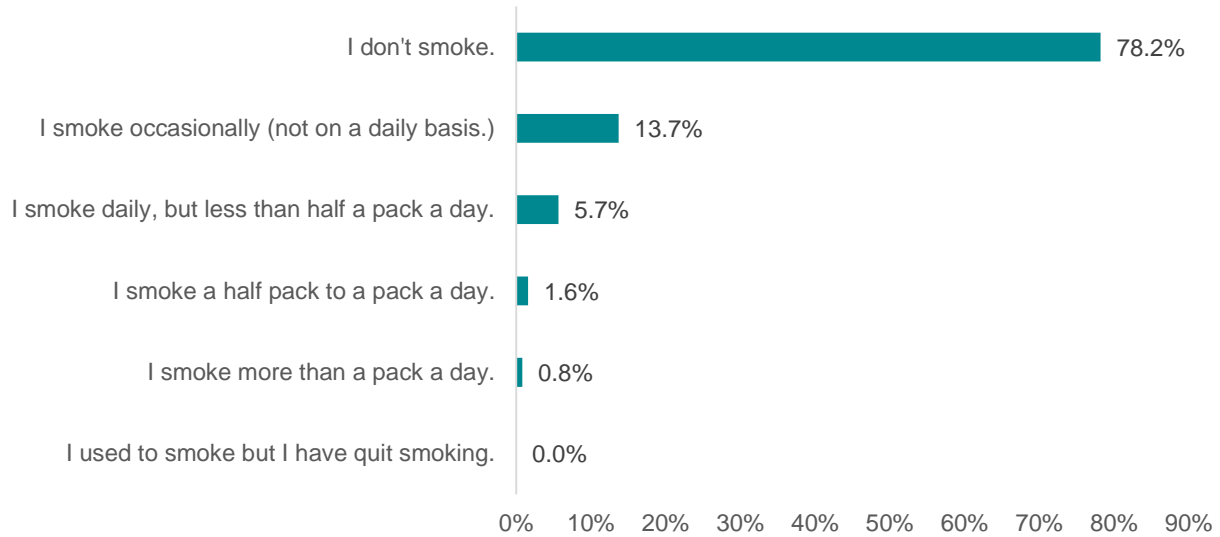
Q5- Please indicate your level of agreement with the following statements:

Answer choices	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	Weighted Average
My health is very important to me.	75.0%	21.8%	3.2%	0.0%	0.0%	4.72
I worry that I don't do enough to maintain or improve my health.	40.7%	42.3%	11.3%	4.8%	0.8%	4.17
I don't smoke tobacco.	71.4%	9.7%	5.2%	8.9%	4.8%	4.34
Answered						248
Skipped						10



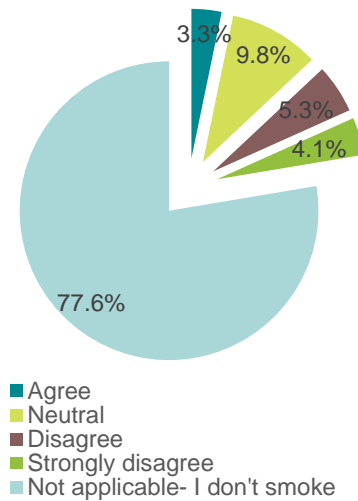
Q6- Which of the following best describe your smoking habits?

Answer choices	Percentage	Number of responses
I don't smoke.	78.2%	194
I used to smoke but I have quit smoking.	0.0%	0
I smoke occasionally (not on a daily basis.)	13.7%	34
I smoke daily, but less than half a pack a day.	5.7%	14
I smoke a half pack to a pack a day.	1.6%	4
I smoke more than a pack a day.	0.8%	2
Answered	248	
Skipped	10	



Q7- I would be interested in a smoking cessation program to help me quit smoking.

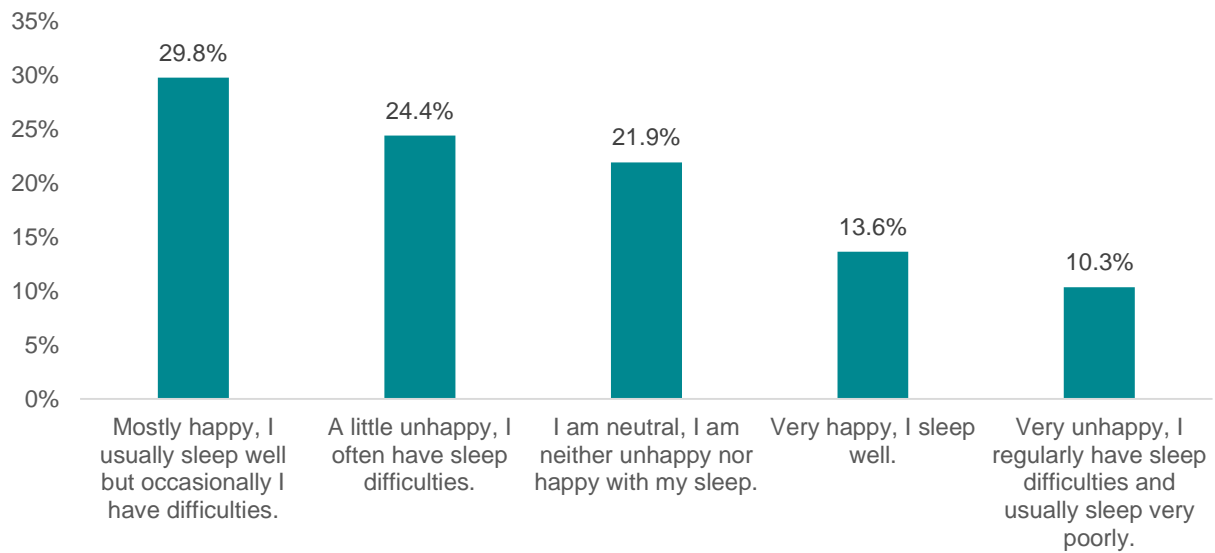
Answer choices	Percentage	Number of responses
Agree	3.3%	8
Neutral	9.8%	24
Disagree	5.3%	13
Strongly disagree	4.1%	10
Not applicable- I don't smoke	77.6%	191
Answered		246
Skipped		12



THEME III: SLEEPING HABITS

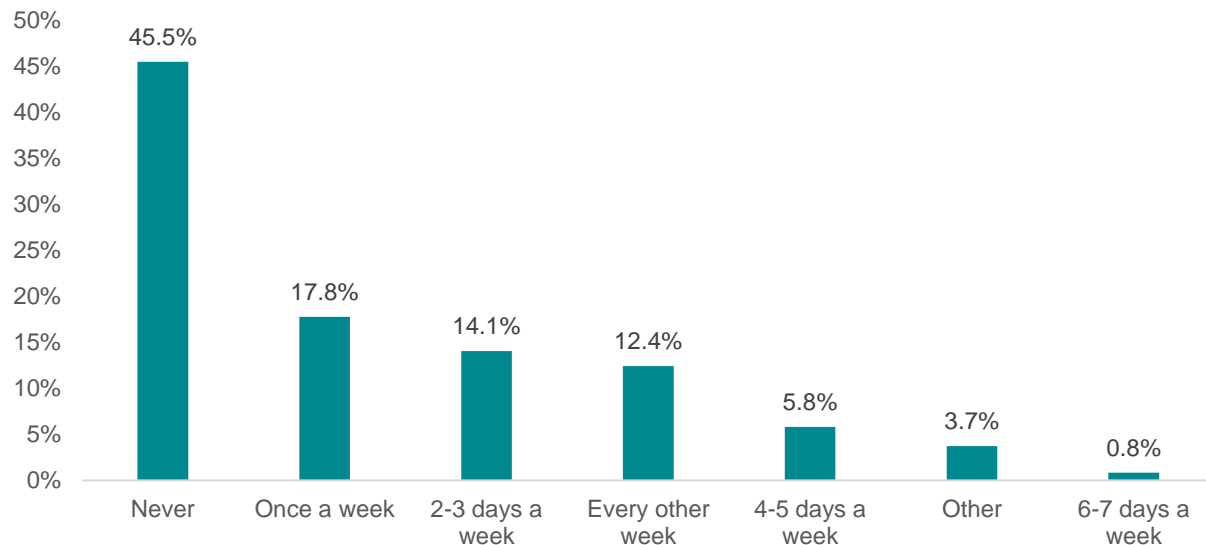
Q8- In general, how happy are you with the amount and quality of sleep that you get?

Answer choices	Percentage	Number of responses
Very happy, I sleep well.	13.6%	33
Mostly happy, I usually sleep well but occasionally I have difficulties.	29.8%	72
I am neutral, I am neither unhappy nor happy with my sleep.	21.9%	53
A little unhappy, I often have sleep difficulties.	24.4%	59
Very unhappy, I regularly have sleep difficulties and usually sleep very poorly.	10.3%	25
Answered		242
Skipped		16



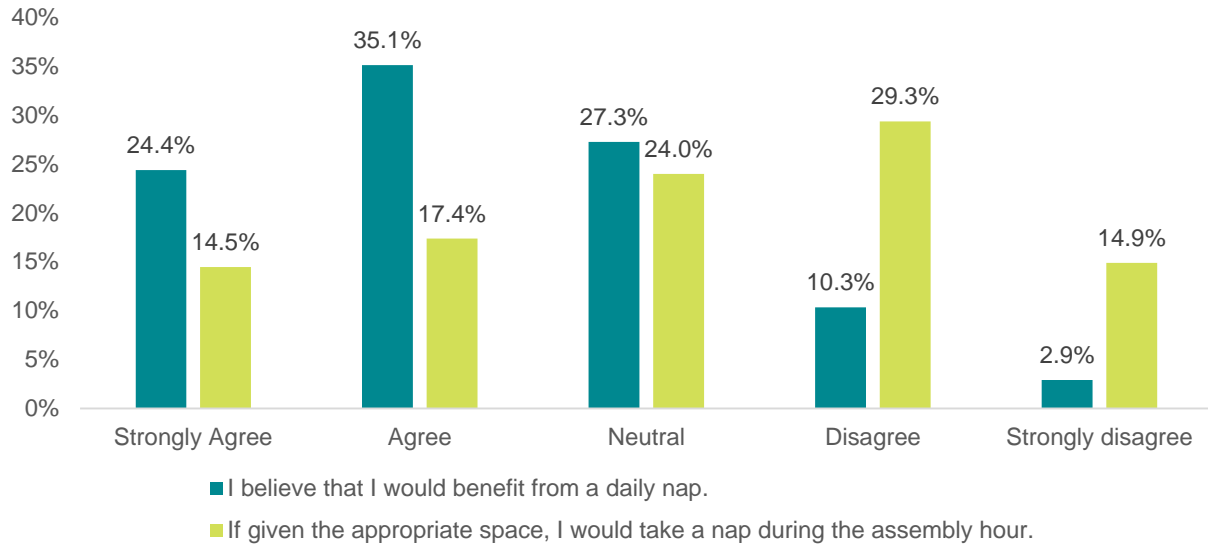
Q9- I take a nap:

Answer choices	Percentage	Number of responses
6-7 days a week	0.8%	2
4-5 days a week	5.8%	14
2-3 days a week	14.1%	34
Once a week	17.8%	43
Every other week	12.4%	30
Never	45.5%	110
Other	3.7%	9
Answered		242
Skipped		16



Q10- Please indicate your level of agreement with the following statements:

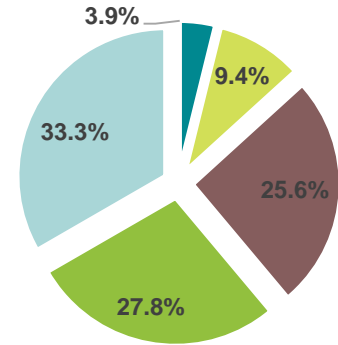
Answer choices	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	Weighted Average
I believe that I would benefit from a daily nap.	24.4%	35.1%	27.3%	10.3%	2.9%	3.68
If given the appropriate space, I would take a nap during the assembly hour.	14.5%	17.4%	24.0%	29.3%	14.9%	2.87
Answered						242
Skipped						16



THEME IV: EXERCISE

Q11- How many days do you exercise per week?

Answer choices	Percentage	Number of responses
6 -7 days	3.9%	9
4 -5 days	9.4%	22
2- 3 days	25.6%	60
1 day	27.8%	65
Other (please specify)	33.3%	78
Answered		234
Skipped		24



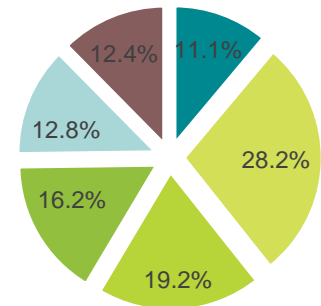
- 6 -7 days
- 4 -5 days
- 2- 3 days
- 1 day
- Other (please specify)

Other (78 responses)

Theme	Frequency
Never	51
Rarely/ Occasionally/ Seldom	27

Q12- When you exercise, how long do you spend exercising per session?

Answer choices	Percentage	Number of responses
61+ minutes	11.1%	26
31- 60 minutes	28.2%	66
21- 30 minutes	19.2%	45
10 -20 minutes	16.2%	38
Less than 10 minutes	12.8%	30
Other (please specify)	12.4%	29
Answered		234
Skipped		24



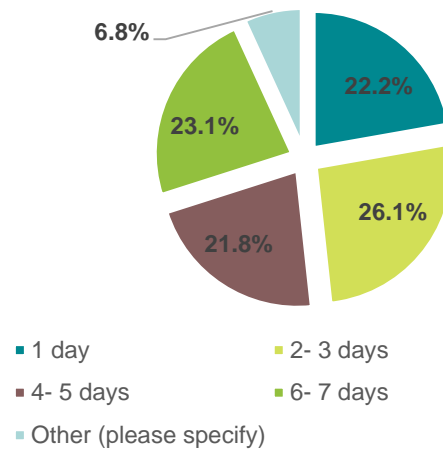
- 61+ minutes
- 31- 60 minutes
- 21- 30 minutes
- 10 -20 minutes
- Less than 10 minutes
- Other (please specify)

Other (29 responses)

Theme	Frequency
Never	25
Rarely	2
Very few minutes	2

Q13- During the last 7 days, how many days did you walk for at least 10 minutes?

Answer choices	Percentage	Number of responses
1 day	22.2%	52
2- 3 days	26.1%	61
4- 5 days	21.8%	51
6- 7 days	23.1%	54
Other (please specify)	6.8%	16
Answered		234
Skipped		24



Other (16 responses)

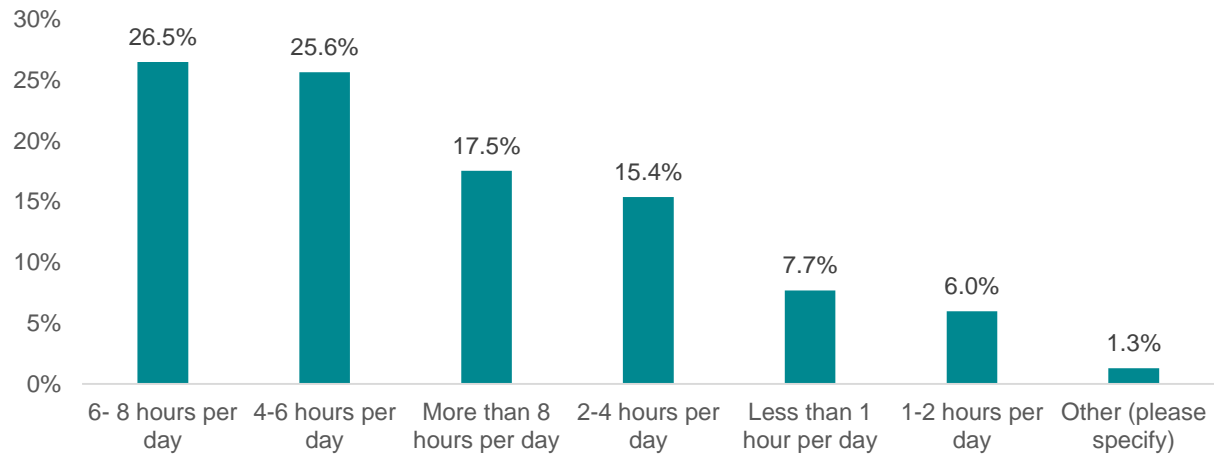
Theme	Frequency
None	16

Q14- During the last 7 days, how much time did you usually spend sitting on a weekday?

Answer choices	Percentage	Number of responses
Less than 1 hour per day	7.7%	18
1-2 hours per day	6.0%	14
2-4 hours per day	15.4%	36
4-6 hours per day	25.6%	60
6- 8 hours per day	26.5%	62
More than 8 hours per day	17.5%	41
Other (please specify)	1.3%	3
Answered		234
Skipped		24

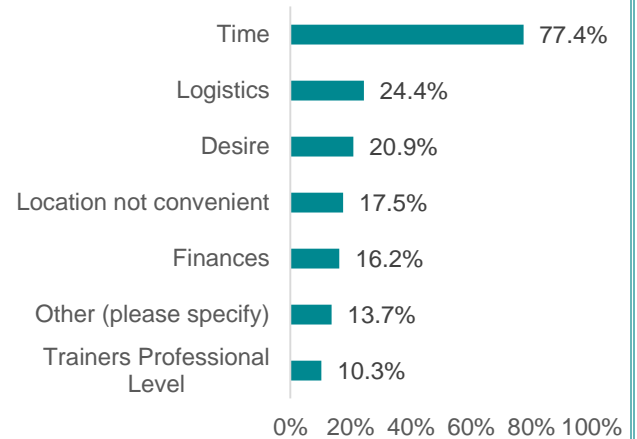
Other (3 responses)

Theme	Frequency
none	1
It depends. If I have meetings, I can spend a couple of hours sitting. Otherwise, I make sure that I walk a couple of minutes each hour. (Sometimes just to please my Apple watch!!)	1
I sit while work and driving	1



Q15- What keeps me from attending a gym? (check all that apply)

Answer choices	Percentage	Number of responses
Time	77.4%	181
Finances	16.2%	38
Trainers Professional Level	10.3%	24
Location not convenient	17.5%	41
Logistics	24.4%	57
Desire	20.9%	49
Other (please specify)	13.7%	32
Answered		234
Skipped		24

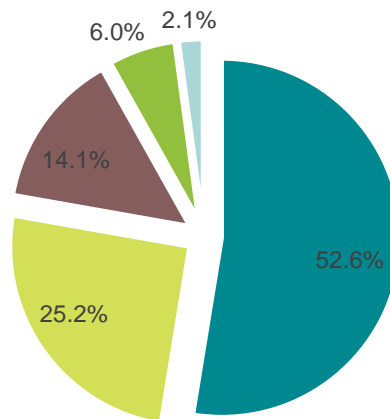


Other (32 responses)

Theme	Frequency
AUC Gym Problems	6
Work Load	4
Family commitments/ Kids	5
Health Issues	6
Does not like gym	5
Others	6

Q16- Please indicate your level of agreement with the following statement:

Answer choices	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	Weighted Average
I would be interested in joining a motivational fitness program at AUC that would encourage me to exercise more frequently.	52.6%	25.2%	14.1%	6.0%	2.1%	4.2
Answered						234
Skipped						24

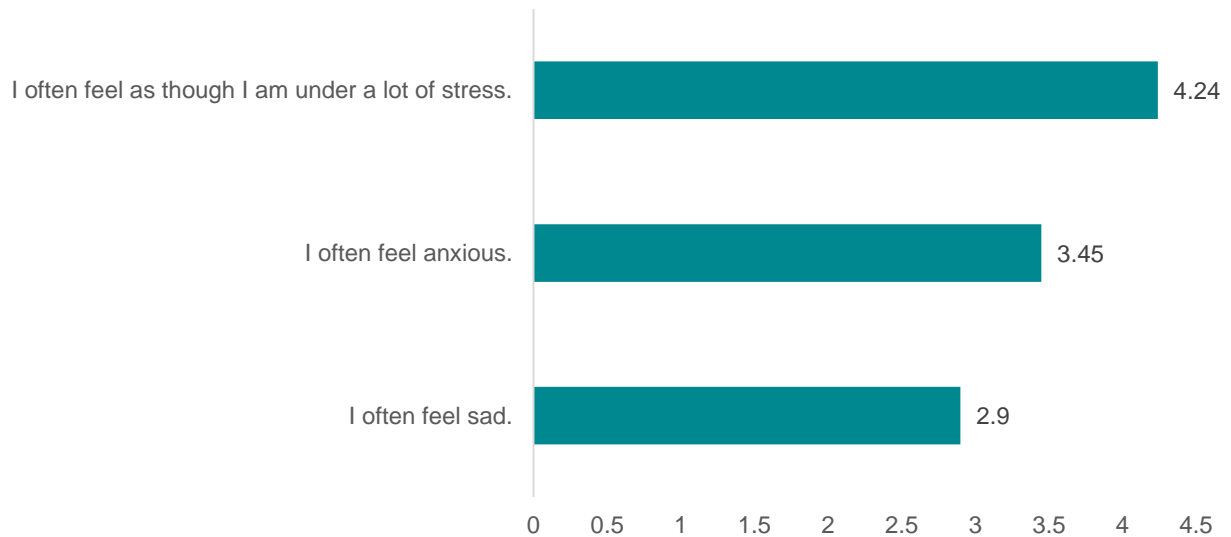


■ Strongly Agree
 ■ Agree
 ■ Neutral
 ■ Disagree
 ■ Strongly disagree

THEME V: MENTAL HEALTH

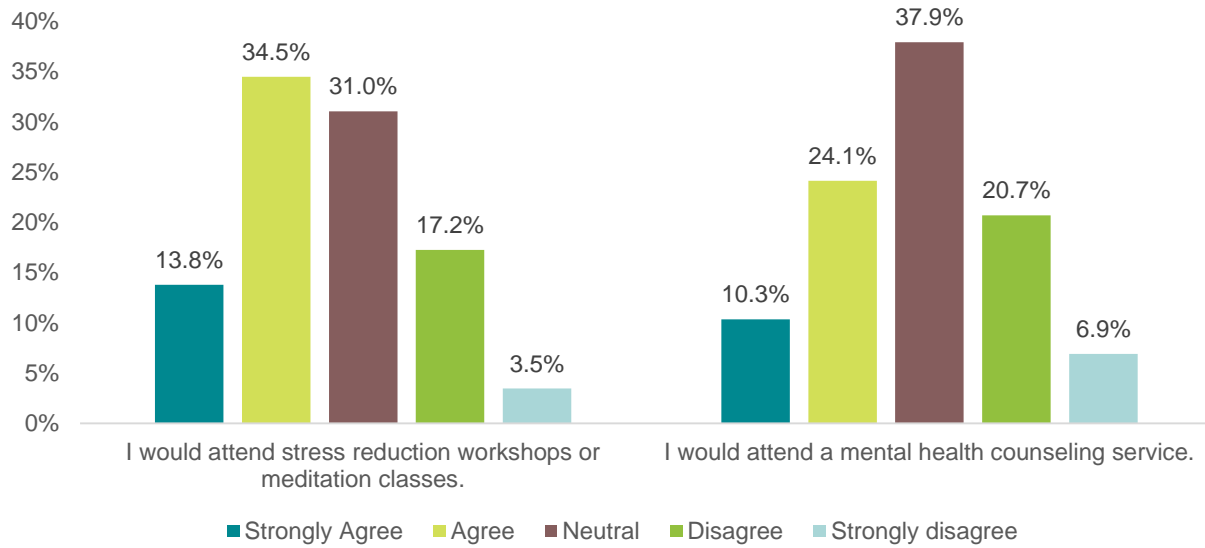
Q17- Please indicate your level of agreement with the following statements:

Answer choices	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	Weighted Average
I often feel as though I am under a lot of stress.	44.8%	34.5%	20.7%	0.0%	0.0%	4.24
I often feel sad.	13.8%	10.3%	31.0%	41.4%	3.5%	2.9
I often feel anxious.	13.8%	34.5%	34.5%	17.2%	0.0%	3.45
Answered						234
Skipped						24



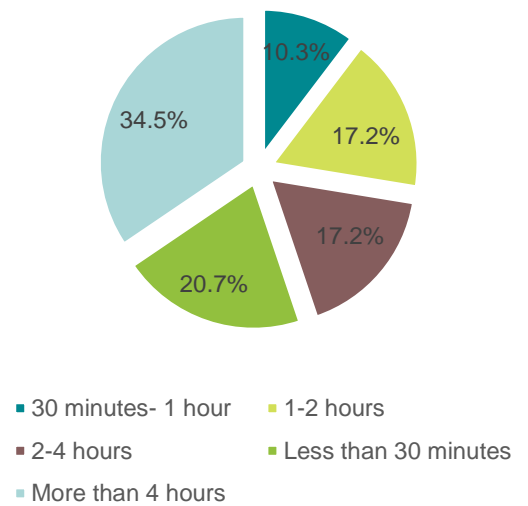
Q18- Please indicate your level of agreement with the following statements:

Answer choices	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	Weighted Average
I would attend stress reduction workshops or meditation classes.	13.8%	34.5%	31.0%	17.2%	3.5%	3.38
I would attend a mental health counseling service.	10.3%	24.1%	37.9%	20.7%	6.9%	3.1
Answered						234
Skipped						24



Q19- How many hours a day do you spend outside?

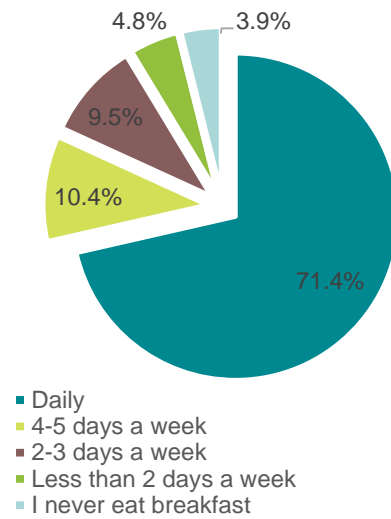
Answer choices	Percentage	Number of responses
Less than 30 minutes	20.7%	49
30 minutes- 1 hour	10.3%	24
1-2 hours	17.2%	40
2-4 hours	17.2%	40
More than 4 hours	34.5%	81
Answered		234
Skipped		24



THEME VI: NUTRITION

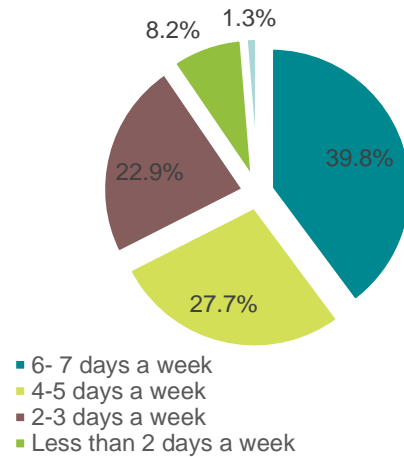
Q20- How many days a week do you eat breakfast?

Answer choices	Percentage	Number of responses
Daily	71.4%	165
4-5 days a week	10.4%	24
2-3 days a week	9.5%	22
Less than 2 days a week	4.8%	11
I never eat breakfast	3.9%	9
Answered		231
Skipped		27



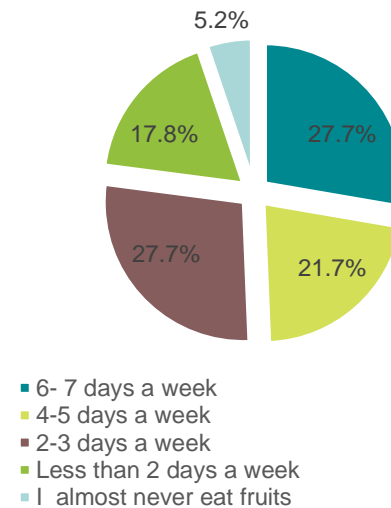
Q21- How many days a week do you eat at least one serving of vegetables?

Answer choices	Percentage	Number of responses
Daily	39.8%	92
6- 7 days a week	27.7%	64
4-5 days a week	22.9%	53
2-3 days a week	8.2%	19
Less than 2 days a week	1.3%	92
I almost never eat vegetables	39.8%	3
Answered		231
Skipped		27



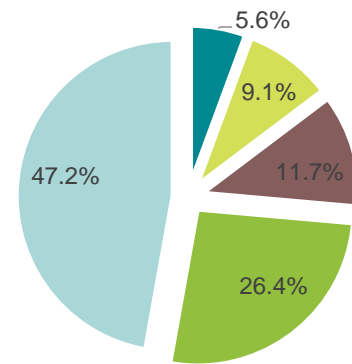
Q22- How many days a week do you eat at least one serving of fruits?

Answer choices	Percentage	Number of responses
Daily	27.7%	64
6- 7 days a week	21.7%	50
4-5 days a week	27.7%	64
2-3 days a week	17.8%	41
Less than 2 days a week	5.2%	12
I almost never eat fruits	27.7%	64
Answered		231
Skipped		27



Q23- How many days a week do you consume soda or energy drinks?

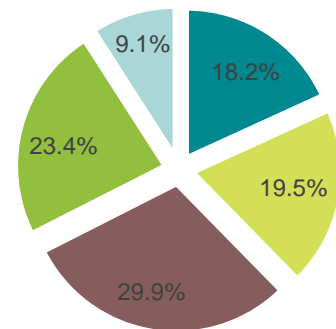
Answer choices	Percentage	Number of responses
Daily	5.6%	13
6- 7 days a week	9.1%	21
4-5 days a week	11.7%	27
2-3 days a week	26.4%	61
Less than 2 days a week	47.2%	109
I almost never drink soda or energy drinks	5.6%	13
Answered		231
Skipped		27



- 6- 7 days a week
- 4-5 days a week
- 2-3 days a week
- Less than 2 days a week
- I almost never drink soda or energy drinks

Q24- If I am a man, I drink at least 3 liters of water every day. If I am a woman, I drink at least 2 liters of water every day.

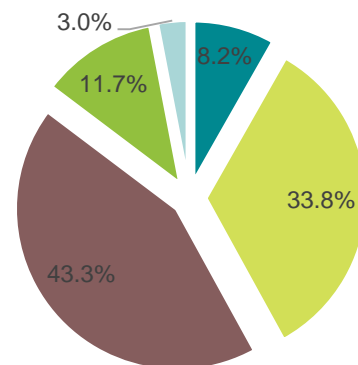
Answer choices	Percentage	Number of responses
Almost always	18.2%	42
Very often	19.5%	45
Sometimes	29.9%	69
Rarely	23.4%	54
Never	9.1%	21
Answered		231
Skipped		27



- Almost always
- Very often
- Sometimes
- Rarely
- Never

25- How many of your meals each week contain meat?

Answer choices	Percentage	Number of responses
Daily	8.2%	19
I almost never eat meat	33.8%	78
1-3 meals	43.3%	100
4-6 meals	11.7%	27
7- 9 meals	3.0%	7
10 or more meals	8.2%	19
Answered		231
Skipped		27



- I almost never eat meat
- 1-3 meals
- 4-6 meals
- 7- 9 meals
- 10 or more meals

Q26- I am aware of the environmental impact of my food choices.

Answer choices	Percentage	Number of responses
Yes, I realize that all foods have differing levels of environmental impact and I try to eat sustainably.	30.3%	70
I am familiar with the idea that the production of some foods has a higher environmental cost than others, but I don't let this affect my food choices.	43.3%	100
No, I don't know about the environmental impacts of different food choices.	26.4%	61
Answered		231
Skipped		27

