Master of Public Health Field Experience Report

FIELD EXPERIENCE REPORT: LAFENE HEALTH CENTER

by

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submitted in partial fulfillment of the requirements for the degree

MASTER OF PUBLIC HEALTH

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Summary

In May of 2017, I met with Julie Gibbs, MPH, the director of the Health Promotions team at the Lafene Health Center with the desire to be involved in making an impact at the University during my Field Experience hours for the Master of Public Health requirements for Kansas State University. The Health Promotions Team and I began collaboration on a project with the goal to develop an effective Flu Campaign for the 2017-2018 Influenza Season. This campaign included how to effectively reach out to the university student and staff population with a social media presence which included photos, videos, and interaction with the Health Center and targeted population. In addition to the 2017-2018 Flu Campaign, collaboration with the Health Promotions team sparked interested in continuing to help and impact the students and staff of Kansas State University by better understanding what a University Health Promotions team does. Within their scope of practice I was able to discuss and put forth recommendations for their yearly health assessment survey, The Health Assessment Needs of Kansas State Students (THANKS) Survey. With further involvement on the 2016 and 2017 survey this sparked an interest on the validity of surveys and the impact they can make in a public health setting.

Subject Keywords: Influenza, university health center, health promotions, survey, needs assessment

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I am thankful to Kansas State University, the College of Human Ecology, the Health Promotions Department at the Lafene Health Center for supporting my research. I am grateful to Jesse Stein for your guidance and encouragement throughout my research.

To my friends and family, I am grateful for your constant support and belief in me in my career and future aspirations. You all constantly reminded me that going the distance would be well worth my while, and it surely has.

Field Experience

Introduction

In partial fulfillment of the Master of Public Health (MPH) degree, I completed 180 hours with the Health Promotions team at the Lafene Health Center through Kansas State University in Manhattan Kansas for my field experience. Lafene Health Center is a student health service that commenced at Kansas State University in 1913. Originally the Lafene Health Center was housed on the second floor of Anderson Hall which is now the main administrative building for Kansas State University. By 1920, the department of student health moved into an old two-story stone building that was built in 1866 and located near the northeast corner of what is now, present day, the University Power Plant. After World War I and II there was a surplus of military barracks which provided for the expansion of the student health center to a total of 80 beds and more space for the entire health staff, x-ray, laboratory, physical therapy, and an outpatient clinic. In 1958 a new facility named after Dr. Benjamin Lafene who was director of the health center from 1949-1961 was built adjacent to the campus library. This new facility contained 19 double bed rooms and two single occupant rooms with modern facilities housing all necessary ancillary services and a clinic for outpatients. By 1987, the hospital portion of the health center was closed due to declining use and with an increase in ambulatory services. In 1989 this lead to the first time in the health center's history to appoint a non-physician as a director for the student health center. In addition to this change there was also a medical director appointed to oversee the medical care provided by the health center staff. In 2003 the health center relocated once again to Mercy Regional Health Center on the west side of campus. In present day, the Lafene

Health Center has over 70 staff which include 6 full-time physicians with a team of medical and clerical support personnel. The Health Center on average serves over 300 students each weekday during the fall and spring semester. The Lafene Health Center is professionally accredited as an outpatient healthcare facility by the Accreditation Association for Ambulatory Health Care where in order to meet this accreditation has undergone rigorous clinical and management standards. The Lafene Health Center has been accredited by the Joint Commission on Accreditation of Healthcare Organizations continuously since 1968. Financial structure of Lafene Health Center is operated and budgeted entirely by the Kansas State University students through a mandatory, per student, per credit hour support fee included in the students of Kansas State University tuition and through a fee for service charges for ancillary services. Lafene Health Center has 13 departments which include Administration, Records and Registration, Clinical Laboratory, Environmental Services, General Outpatient Clinic, Health Promotion, Nutrition Counseling, Pharmacy, Physical Therapy and Rehabilitation, Radiology, Sports Medicine, Psychiatric Counseling and Women's Clinic.

The mission of Lafene Health Center aligned with the core requirements of Kansas State's master of public health program. This involved utilizing the quality resources, having a medical staff that is capable of offering a comprehensive, high quality, easily accessible, affordable outpatient health care service to the student community at Kansas State University. In addition to these services, the Kansas State Health Center will not only care for the sick and injured but will be a resource and an advocate for health education, promotion, and wellness.

The principles involved with the primary function of the Student Health Center at Kansas State University are by providing a medical facility that can offer many outpatient medical needs in the University which requires cooperation of the University elements such as administration, the faculty, the non-teaching personnel, the students, and the many non-campus agencies. For the principles of the health center, it is very clearly stated that their student health program assists in providing quality medical care to the individual student attending the University in the matter of outpatient care for illness, immunizations and health education. The second principle for the health center is to assist other University departments in providing a health environment such as having an Infectious Disease Advisory Committee, Campus Safety, and a CARE office. The third principle is to provide the opportunity for health education in the manner of either classroom instruction, one on one contact in the clinic through consult, articles on health in University newspapers. The fourth principle is to consult and actively participate with the WellCAT Ambassadors whose actives include providing a liaison between the student body and the University Health Center. Lastly, the fifth principle revolves around providing the opportunity through the WellCAT Ambassadors to have a better understanding of the Student Health Program at the University Health Center. This mission and the five principles are all to ultimately provide and promote health care and wellness effectively and efficiently to the students of Kansas State University in cooperative efforts with other resources in the university community and general community.

Within the Lafene Health Center, I directly worked with Julie Gibbs, the director of the Health Promotion Department for my field experience. Julie Gibbs has a Master of

Public Health degree and is an alumnus of the Master of Public Health program here at Kansas State. Mrs. Gibb's responsibilities at the University Health Center are numerous but all revolve around the mission of the Health Promotion Department which is to provide leadership in health maintenance and wellness promotion as well as disease/illness prevention for the Kansas State University students, staff, faculty, and surrounding community members. At the time I was seeking a field experience I had learned of Julie Gibb's position at the health center by having a close relation to the sports medicine team at Lafene since I am a graduate assistant athletic trainer for the track and field team at Kansas State. After hearing about Mrs. Gibb's position and her role not only for the University Health Center but for the community of Manhattan I immediately knew it was a good fit for my research and field experience interests. For my experience, I worked with the Lafene Health Center Health Promotion team led by Julie Gibbs. The services that the Health Promotion team provide include smoking cessation consultations, CPR training, health resource center, college courses for credit, peer health education through the WellCAT Ambassadors, presentations on health topics, and student learning objectives and assessment plan. Within the health resource center are included bulletin boards, listervs, twitter, brochure/pamphlets, and internet resources. The college courses for credit include EDCEP 103 Healthful and Safe College Life, EDCEP 311 Interaction and Guidance for Paraprofessional all offered as Kansas State University credit courses.

Background

In 2016, a needs assessment for the students of Kansas State University was conducted by the Health Promotion team at the Lafene Health Center. The purpose of the needs assessment survey is to evaluate the overall health status of the on-campus students at Kansas State Manhattan campus. The needs assessment involved the administration of a survey to the Kansas State student community (freshman – graduate students) registered at the Manhattan Campus that was distributed to a randomized sample of students through the use of their university emails. Gathering information was made possible through the use of the Kansas State University Qualtrics system and statistical analysis help through the Kansas State University Statistical Consulting service through the Department of Statistics. The needs assessment survey was a compilation of data coming from a holistic approach focusing on physical activity, nutrition, tobacco use, mental health, general health, social determinants of health, and sexual health that were the university health center's main concerns for their patient population. The resultant report of the findings of The Health Assessment on Needs of K-State Students of the 2016 Fall semester was used by the Health Promotion team and appropriate entities within the Lafene Health Center.

Scope of Work

My duties at the Lafene Health Center with the Health Promotions department involved working within the community, and connecting with community partners in order to develop, implement, and assess programs aimed at promoting healthy behaviors with the students of Kansas State University. Throughout the field

experience, I completed various tasks and activities all related to the university community health. Specifically, the first task I was responsible for was developing materials for specific programs such as the Fall 2017 Flu Campaign. The second task I was given was to conduct research with the follow up for The Health Assessment on Needs of K-State Students for Fall 2017 and Spring 2018. Another responsibility of mine was to come up with ideas for additional ways to address the needs of Kansas State University students based on the 2016 needs assessment survey.

Learning Objectives

There were many learning objectives that I created with the Health Promotion department at Lafene. First, I wanted to understand how to organize and implement a campaign that served the student and staff population of Kansas State University. I wanted to fully understand all the Health Promotion Department did for the Kansas State University community.

Secondly, I wanted to understand the proper way to conduct research on implementing a campaign/ program and plan with multiple entities on campus. This mainly included the objectives of increasing influenza vaccinations and to decrease the number of students with influenza symptoms at Kansas State University. These learning objects were met by performing qualitative research on influenza, planning for the influenza campaign, communicating with the necessary parties who could contribute and benefit the campaign, designing an effective campaign to reach all students and staff at Kansas State University.

Third, I wanted to recognize how important the Needs Assessment Survey on Kansas State Students is for the Health Promotion department because of how the survey determines the campaigns and programs implemented for the next school year. With this third objective this sparked my interest in my MPH thesis on the importance of a valid survey.

Lastly, I wanted to gain a better overall understanding of community-based health programs and campaigns. As an Athletic Trainer much of the work I do with the Kansas State Cross Country/ Track and Field is very clinically based, but I know that there is a need for Athletic Trainers to be used in a manner that is more public health related. I firmly believe that Athletic Trainers well positioned to reach out to communities regarding preventative services and education on health matters. With my Field Experience at the Lafene Health Center, I wanted to gain experience and knowledge regarding how to best implement public health practices. The KSU Sports Medicine team, and the University Health Center not only care for the KSU athletes, but also the students and staff of KSU. I have learned that healthcare can look beyond the standard approach of treating the problem when it has already occurred. The clinicians and faculty I have worked alongside have emphasized that using preventative measures and establishing programs that not only help the person in time of injury, but also before and after the occurrence, can resonate with the patient to impact their entire life. This impact may extend to activities of daily living, quality of life, and physical activities in their job setting or hobbies. This approach has helped shape me as a better clinician, focusing on preventative measures and a whole-person healthcare provider with my athletes as well as in my thought process as I design my master thesis with the support

of the University Health Center at KSU that will be implemented to create new programs based of the needs of the students and staff of KSU.

Activities Performed

With my first task of the Fall 2017 Flu Campaign I collaborated with the Health Promotions team to brain storm on how to better the flu campaign for the year. To even begin work on this campaign I needed to understand what the flu was. Working on the Fall 2017 Flu Campaign fulfilled some of my learning objectives I wanted to achieve during my time at this MPH field experience site. This was done by performing qualitative research on influenza and how the CDC determined their recommendations for the respective flu season. Influenza is a contagious respiratory illness caused by the influenza virus. It can be a mild to severe illness but sometimes with some serious outcomes of the flu it can result in hospitalization or death especially for the older, younger, and a certain health conditions population who are at a higher risk for serious flu complications. It is stated on the CDC website that the best way to prevent the flu is by getting vaccinated each year. Each year influenza is spread mainly by tiny droplets made when people with the flu cough, sneeze, or talk. These droplets can then infect people nearby if the droplets land in their mouths or noses but less often a person can get the flu by touching a surface or object that the flu virus has contaminated and then the person touches their own mouth, nose and even possibly infect their eyes by rubbing them. Signs and symptoms of the flu are often some or all of the following and can start suddenly or gradually. Signs and symptoms of the flu can include fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue, and even

vomiting or diarrhea but that is more common in young children than in adults. It is important to note that not everyone with the flu will have a fever with their signs and symptoms. For this flu campaign I also needed to understand the period of contagion. With the flu, a person can pass it on to someone else before they even know that they are sick. People with the flu are the most contagious in the first 3-4 days after their illness begins and even in some healthy adults may be able to infect others beginning one day before symptoms develop and up to 5-7 days after becoming sick. This holds the most true with young children who have weakened immune systems and might be able to infect others with flu viruses for a longer amount of time (CDC, 2018.)

In addition to facts about the flu, I also needed to apply the epidemiological aspect of influenza to my research. With Influenza A and B they are two different types of influenza that cause epidemic human disease. Both A and B viruses can spread further into subtypes; type A virus it is characterized by two surface antigens which are hemagglutinin (HA) and neuraminidase (NA). Globally, Influenza A(H1N1), A (H3N2) and B co-circulate and can have mutating and recombining viruses.(CDC, 2018) This results in frequent antigenic change that is what causes seasonal epidemics and the reasoning for adjustment of the vaccine viruses each season. The annual influenza epidemic in the United States usually occurs between October and April where all ages are susceptible. Data from the Influenza Surveillance Project (IISP) which covered the 2009-2010 through 2012-2013 season showed that the highest rates of outpatient visits for influenza were among children ages 2-17 years and with hospitalizations and deaths related to seasonal influenza affecting the greatest at around the ages of greater than or equal to 65 years old and children less than 5 years of age.

With the 2017-2018 report the recommendations given by the Advisory Committee on Immunization Practices use of the seasonal influenza vaccine (MMWR Recomm Rep 2017;66[No.RR-2: 1-20]) is recommended to all person ages of greater than or equal to age 6 months (6-59 months) and adults ages greater than or equal to 50 years old who do not have contraindications. It is also recommended for people with chronic pulmonary, cardiovascular, renal, hepatic, neurologic, hematologic, or metabolic disorders even including diabetes mellitus. Included on the recommended list are women who are or will be pregnant during the influenza season.

After considering the need of an influenza campaign, we decided on a goal of reaching 1800 vaccinations. In order to achieve this goal and have a successful campaign, we discussed as a committee how to best use the power of social media. I had the idea of making the previous flu campaign poster more university student friendly. Prior to my poster, the CDC with two young adults on their phones that represented them getting informed on the influenza vaccine was utilized as promotional materials. I wanted to take this concept but make it more university friendly and geared towards the students and staff of Kansas State University. Someone who is well known at Kansas State University and embodies the spirit of the university is the university mascot, Willie the Wildcat.

Figure 1: CDC FluTalk Poster

Products Developed

Fall 2017 Flu Campaign

Within my first task of organizing the Fall 2017 Flu Campaign, I headed the project of getting Willie the Wildcat to be part of our new Influenza awareness poster that would be posted on social media such as Instagram, Facebook, and Twitter. Through this process I was able to get in touch with the cheer team at Kansas State who is in charge of Willie attending university and community events. The cheer coach was more than happy to send one of the Willie Mascots to the Lafene Health Center for a photo session to be able to pick and choose the best photos representing the beloved mascot receiving a flu vaccines and other services at the University Health Center for future use of images for other programs to come. The finished photos were then included on the poster for the Flu Vaccine Walk-in clinic with its dates, hours, location, and costs. We wanted to focus on a simple poster that had the necessary information but not an abundance of information that it overwhelmed the students and staff of Kansas State University. The poster wanted the focus to be on Willie the Wildcat enjoying his visit at the University Health Center and making sure he was taking this preventative measure to stay healthy. (Figure 1)

In addition to the Willie poster we posted weekly social media giveaways as an incentive for getting your flu shot at the Lafene Health Center. We did this with the intention of meeting the 1800 vaccines goal for the Fall 2016 Flu Campaign. The rules are explained in the social media poster with the first being to “Snap a selfie of you fighting the flu.” The person (student or staff member) who wanted to participate in the giveaway would need to be wearing the sticker that was given to them after receiving

the influenza vaccine that said “#FlightFluAtKSU.” The participant in the giveaway took a selfie while they either ate something healthy,were engaging in physical activity or anything else that displayed how they were combating influenza that season in addition to being vaccinated. Their photo would then need to be shared on Facebook, Twitter, or Instagram with the hashtag “#FightFluAtKSU.” Each photo submission that followed the rules and guidelines would earn the person a spot in the weekly giveaway raffle which could be a prize such as a Kansas State water bottle, gift cards to the university café, etc.

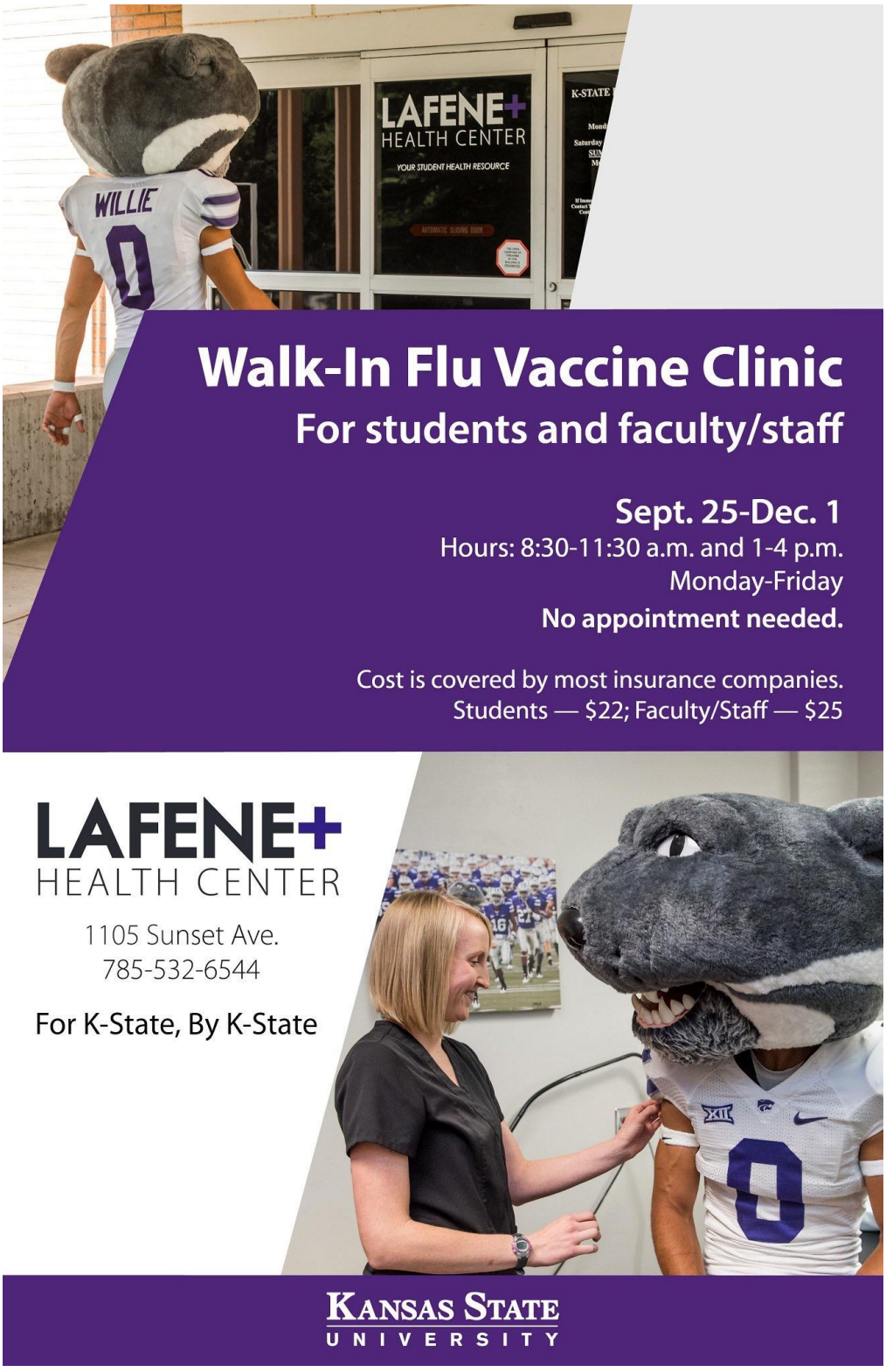

Figure 1.2 Lafene Health Center Walk-In Vaccine Clinic Poster

Figure 1.3 Lafene Health Center #FlightFluAt KSU Poster

As previously stated, the objective of the flu campaign was to reach the goal of giving out 1,800 influenza vaccines to the students and staff of Kansas State University. In the 2017-2018 season as of February 11th, 2018 the Lafene Health Center has administered 1860 influenza vaccinations compared to the 2016-2017 season which was from September 2016 to the end of March 2017 with a number of 1,914

influenza vaccinations given. According to the Center of Disease Control the new flu information for 2017-2018 consisted of getting an annual flu vaccine is the first and best way to protect yourself and your family from the flu as well as making sure to visit the doctor, miss work or school is you have any symptoms. A recent study in 2017 in Pediatrics shows that flu vaccination is the first way to significantly reduce a child's risk of dying from influenza (CDC 2018.) It is stressed that the more people who get vaccinated the more people will be protected from the flu which includes older and younger children as well as pregnant women and people with long terms health conditions who are more at risk for having complications with the flu.

The Health Assessment Needs of Kansas State Students Survey

My second objective was what led to my thesis work. My objective was to understand what the Health Promotions Team at Lafene Health center did to create programs for the University. With this objective I was given the task to understand and recommend changes to the 2016 The Health Assessment Needs of Kansas State Students survey. This survey serves as a foundation of knowledge for the Health Promotions team because they create programs for the University and its students. The purpose of the survey is to use it as an assessment of the overall health of on-campus students and Kansas State University where that data will be received to guide the health and wellness services and outreach efforts so that they can appropriately align with the student's needs. The programs that have been created have involved college courses such as Healthful and Safe College Life as well as Interaction and Guidance for the Paraprofessional (WellCAT Ambassadors training course.) During my time with my

field experience with The Health Promotions team at Lafene Health Center I was able to learn how they researched and based their survey for Kansas State University students on the American College Health Association-National College Health Assessment survey tool but did not use their services. The THANKS web-based survey was distributed through Qualtrics where I helped make recommendations from the Fall 2016 survey to the Fall 2017 survey. These were only minor adjustments on categorical questions for glasses of water, and future recommendations on how to separate physical activity variables of moderate-intensity exercises, flexibility/stretching, and strength/resistance training questions versus being grouped together. My thesis focused on having the best recommendations to further improve the established research survey tool the Health Promotions team at Lafene Health Center is set to use for the Kansas State University student population as a longitudinal study for future use. The figures 1.4 and 1.5 describe some of the statistics ran on the Fall 2016 survey and what would be most attractive to display on the Lafene Health Center Health Promotions page for students, parents, and community members to know about the university and what the Health Promotions team is wanting to improve for future student generations at Kansas State University.

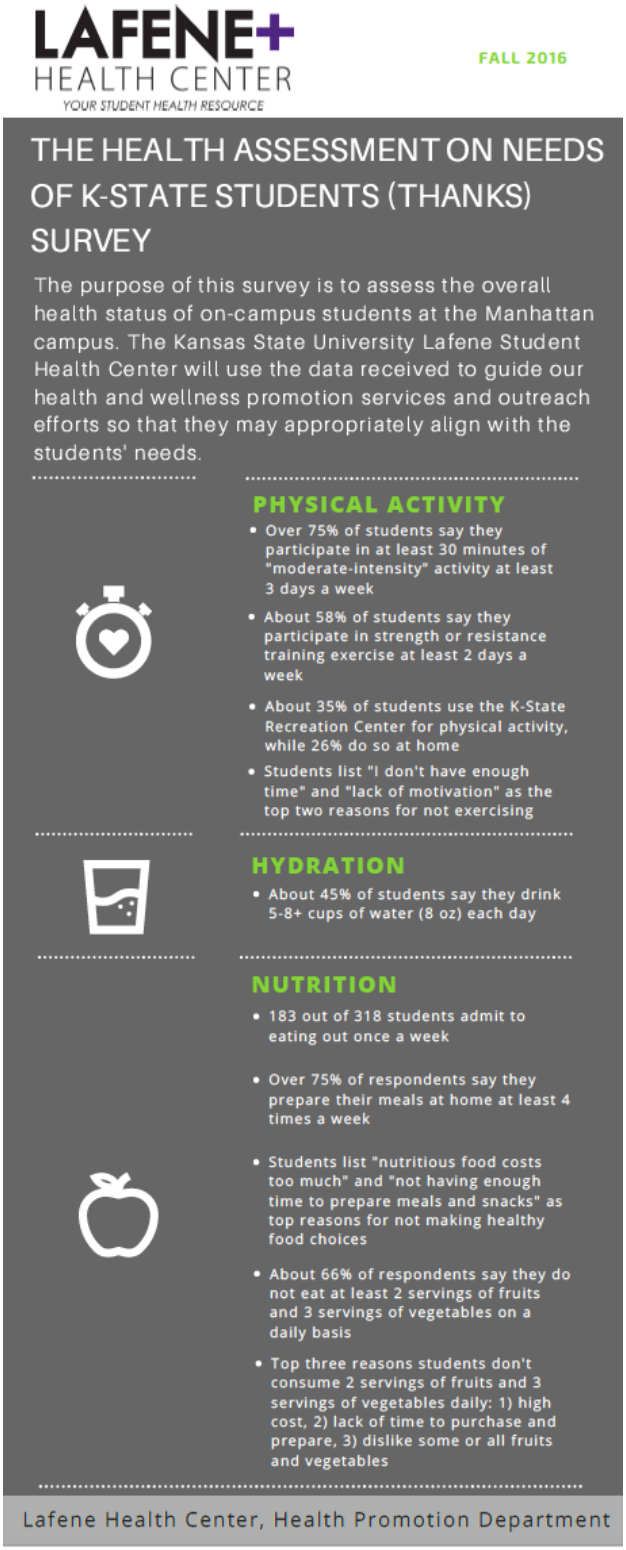

Figure 1.4 THANKS Survey

Figure 1.5 THANKS Survey

Alignment with Public Health Core Competencies

Throughout my thesis research and field experience, I have gained insight in each of the public health core competencies. This insight was beyond what can be taught in a classroom because I was truly able to experience the competencies first hand.

One essential competency that I still feel the weakest in is **biostatistics.** Although I did fairly well in the class, being able to assemble it in field experience work for the flu campaign or apply all those lessons to my thesis statistics it is far more difficult to compile the data, sort through it and have discipline and critical understanding of what that information and descriptive data truly means for my research question. With my research study I needed to be able to report vital statistics, records, public health descriptive and distinguish between statistical measures. In addition it was essential to incorporate, analyze, and interpret the results of the literature review. As my study went on, my weakness for biostatics lessened as I had a greater understanding of research in the topic of interest and I was able to understand why a certain statistical method was most appropriate and when it should and should not be utilized in each circumstance.

The second core competency, **environmental health** aligned well with the work that is done in the Health Promotions Department at Kansas State University. With the World Health Organization definition, environmental health comprises those aspects of human health which include quality of life, that are determined by physical, chemical, biological, social, and psychosocial factors in the environment. The Health Promotions Department at Kansas State University strives to assess, correct, and control to prevent

these factors in the environment from potentially affecting the health of present and future students and staff of Kansas State University. I explored the environmental health factors that went into their decision making on current and future programs for the University Health Center.

The application of **epidemiologica**l principles was also essential to my work with the Flu Campaign and in writing my thesis. Understanding data from my thesis health survey and how the various possible reasons that data presented itself was necessary to comprehend the scope of these potential problems for the students and staff at Kansas State University or at any University and its crucial health centers that keep them healthy or strive to keep them healthy. Epidemiological knowledge was also crucial for my selection and understanding of literature. It helped me understand the limitations of the available data in my research focus and the public health focus of my field experience with the University Health Promotions Department.

Health service administration was a huge impact in my study and field experience because ultimately the Health Promotions Department wanted to make healthcare accessible to all different classes, genders, ages, etc. and learn how to address such issues when they have been made apparent via public health. It is one thing to know the problem and another to actually engage the population to take notice on the public health issue that needs to be addressed.

Lastly, with the **social and behavioral science** competency, it was an approach to not put the blame on the person themselves but to try to understand why a person would not go get vaccinated for influenza or more focused on my research is perhaps why a person might not engage in physical activity or why they might consume more

sugar sweetened beverages as they continue in their college career. A good reference point for a health survey research study or a health promotions team is the Ecological Approach model. I was able to learn about this model throughout my time in the Master of Public Health degree and it has been an approach that I think of constantly and is the root for my thesis since health care is not just one aspect but affected by multiple things that can impact social and cultural elements of the environment effecting someone's health. It was also important to consider the cultural component of social and behavioral factors since my research for University health shows that there may be profound implications for a student's health status during their educational career.

Conclusions

Since the start of my public health degree, I did not truly know what to expect. I knew that this degree would help me with my ultimate goal of being able to advocate for various populations in the health care setting as a certified Athletic Trainer. With a Public Health degree, I will be able to provide more to the community than just the clinical work that an Athletic Trainer provides. As an Athletic Trainer, I am a healthcare professional who collaborates with physicians and the services I provide encompass prevention, emergency, care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions. Athletic Trainers are highly qualified, multi-skilled health care professionals that are under the allied health professions category. I believe that this branch of health care can be a huge contributor to the public health area where Athletic Trainers can expand their professional focus beyond the individual to the population level.

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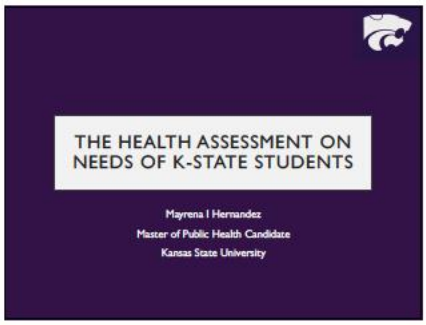
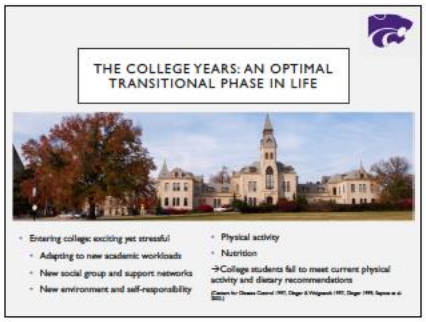
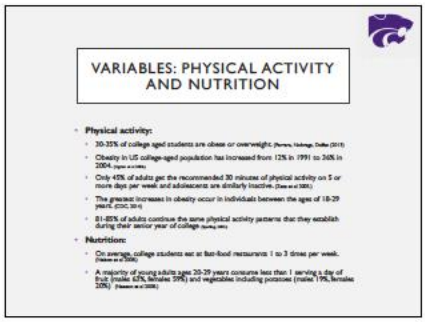
Appendix A: Thesis Defense Presentation Slides







UNIVERSITY SUPPORT

- Special opportunity to tackle the problem(s) of obesity and nutrition on campuses
  - Type-2 diabetes
  - Hypertension
  - Dyslipidemia
  - Chronic disease
- Opportunity to reexamine lifestyle choices
  - Encourage students to improve eating and exercise habits
  - Implement healthful changes
  - Provide a supportive environment: good food choices, multiple options for physical activity, pedestrian-friendly campuses (Lee et al 2006)

HEALTH PROMOTION/NUTRITION COUNSELING AT K-STATE

- To provide leadership in health maintenance (wellness) promotion and disease and illness prevention for Kansas State University students, staff, faculty, and surrounding community members
  - CPR certification course
  - Health and wellness presentation
  - Health resource center
  - Internet resources
  - WellCAT Ambassadors
  - Social media presence

THE HEALTH ASSESSMENT NEEDS OF K-STATE STUDENTS (THANKS)

- Assess the overall health status of on-campus students at K-State
- Self-reported through Qualtrics
- Randomly chosen K-State Student through university email
- Use data received to guide health and wellness services and outreach efforts so that they may appropriately align with the student's needs.

THE HEALTH ASSESSMENT NEEDS OF K-STATE STUDENTS (THANKS)

- Physical Activity
- Hydration
- Nutrition
- Tobacco use
- Mental Health
- Social Determinants of Health
- Sexual Health
- General Health
- Demographics

THANKS 2016 PHYSICAL ACTIVITY

- Over 75% of students say they participate in at least 30 minutes of "moderate-intensity" activity at least 3 days a week
- About 35% of students use the K-State Recreation Center for physical activity, while 26% do so at home
- Students list "I don't have enough time" and "lack of motivation" as the top two reason for not exercising

THANKS 2016 NUTRITION

- Students list "nutritious food costs too much" and 'not having enough time to prepare meals and snacks" as top reasons for not making health food choices
- About 66% of respondents say they do not eat at least 2 servings of fruits and 3 servings of vegetables on a daily basis

THANKS 2016 NUTRITION

- Top 3 reasons students do not consume 2 servings of fruits and 3 servings of vegetables daily: 1) high cost, 2) lack of time to purchase and prepare, 3) dislike some or all fruits and vegetables
- About 20% students report having "had a concern about not having enough food for you/your family to eat"
- About 34% of these students consume pastries, cakes, cookies, multiple times weekly

WHAT IS SURVEY RESEARCH?

- Survey research is common in studies of health and health services, although its roots lie in social surveys to collect information on poverty and working class life.
- Survey research remains most used in applied social research

Charles Booth

Joseph Rowntree

SURVEY STUDIES, A USEFUL TOOL IN HEALTHCARE

- Descriptive studies: real world observations to generalize population of interest (empirical data)
- Large amount of data in a short amount of time
- Fairly low cost
- Time specific

DISADVANTAGES WITH SURVEY RESEARCH

- Can lack details or depth, not the full picture
- The design and development of the research tool must be as optimal as possible
- Low response rate
- Large sample is required

DESIGNING THE RESEARCH TOOL

- The questions asked have to be carefully planned and piloted
- The design, wording, form, and order of the questions can affect the type of responses obtained
- Minimize bias in results

1. Planning the content of a research tool: content validity
2. Questionnaire layout
3. Interview questions
4. Piloting
5. Covering letter

QUESTIONNAIRE LAYOUT

- Should be clear and well presented
- Upper case letters only should be avoided: hard to read
- Questions should be numbered and clearly groups by subject
- Clear instructions given and headings included to make questionnaire easier to follow
- Avoid double-barreled questions, double negatives, leading or ambiguous questions
- Questions may be open or closed

SURVEY RESEARCH: BRIDGING THE GAP

- Significant gap persists between the quest for new clues to solve the college health puzzle involved in diet, exercise, and behavioral change
- Poorly constructed or too long of surveys may results in low response rates, missing data and misleading results

THE PURPOSE

- The purpose of this study was to assess the survey tool the Health Promotions team has used for the Fall 2016 and Fall 2017 student population at Kansas State University

OUTCOME VARIABLES

- To describe the multidimensional characteristics of life among college students and health at Kansas State University
- To examine the relationship among physical activity, nutrition, college class, gender, race within the college population at Kansas State University
- To examine the predictability, construct validity, and reliability of survey research done by the Health Promotion/Nutrition Counseling team at Kansas State University

METHODS

- Data from the Fall 2016 THANKS survey and the Fall 2017 THANKS survey: +900 participants merged
  - Only slight changes with water consumption ranges
  - Added financial planning
  - Sections analyzed:
    - A: Physical Activity
    - B: Nutrition
    - H: Demographics: sex, gender, class, residence

THANKS 2016 & 2017 PHYSICAL ACTIVITY

- Physical activity was measured via self-report responses to questions related to frequency and intensity of moderate-intensity activity, strength training, and flexibility or stretching exercises, where they engage in physical activity, as well as barriers as to why a person does not engage in physical activity

Section A: Physical Activity

Physical activity is defined as any bodily movement produced by skeletal muscles that requires energy expenditure. (World Health Organization)

The questions in this section will inquire about your personal physical activity habits.

1. Do you participate in at least 30 minutes of "moderate-intensity" activity (*you are able to talk, but not sing*), strength or resistance training, and/or flexibility or stretching exercises?

THANKS 2016 & 2017 NUTRITION

- Nutrition in the health assessment survey focused on inquiring the individual about their personal nutrition/dietary habits

Section B: Nutrition

Nutrition is defined as the intake of food, considered in relation to the body's dietary needs. (World Health Organization)

The questions in this section will inquire about your personal nutrition/dietary habits.

1. How many glasses of water (8 oz) do you drink in a day?

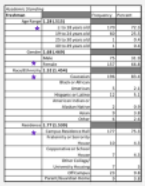
DATA ANALYSIS

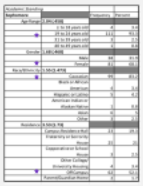
- IBM SPSS Statistical Software will be used to analyze sample data
  - Descriptive statistics: total sample, subsample of male and females, and other demographics such as class
  - Questionnaire layout: reliability analysis: Cronbach's Alpha and Cronbach's Alpha if deleted
  - Inter-item correlation: internal validity of question content and amount
  - Relationship between nutrition and physical activity at Kansas State University: predictable, valid: compare means
  - Readability analysis: Flesch Reading Ease and Flesch-Kincaid Grade Level Readability

THANKS 2016 & 2017 DEMOGRAPHIC VARIABLES

- Gender
- Classification at K-State
- Race/ethnicity
- Age range
- Residence
- Domestic or international student
- Part-time or full-time student
  - Combined: 809 participans:
    - 269 M, 540 F, mostly white, freshmen, living off campus, and enrolled full-time at KSU

THANKS 2016 & 2017 DESCRIPTIVE DIFFERENCES





THANKS 2016 & 2017 DESCRIPTIVE DIFFERENCES

THANKS 2016 & 2017 RELIABILITY ANALYSIS

Physical Activity:

- "How many times do you participate in at least 30 minutes of "moderate intensity" activity (you are able to talk, but not sing) in a week?"
- "How many times do you do strength or resistance training exercises in a week?"
- "How many times do you do flexibility or stretching exercises in a week?"
  - "1 do not participate","1 day","2 days","3 days","4 days","5 or more days."
- "Where do you go to exercise or engage in physical activity? Select all that apply."

THANKS 2016 & 2017 RELIABILITY ANALYSIS

"How often do you consume the following?"

- SSB beverages and foods
- "Multiple times daily", "One time daily", "Multiple times weekly", One time weekly", "Rarely", and "Never."

"Where do you get your meals during the week?"

- "Multiple times daily", "One time daily", "Multiple times weekly", One time weekly", "Rarely", and "Never."

THANKS 2016 & 2017 RELIABILITY ANALYSIS

Reliability Analysis of Physical Activity and Nutrition Sections

	N	Alpha if Item Deleted	Cronbach's Alpha if Item Deleted
Measurement			
Physical Activity			0.433
Frequency of Moderate Intensity	619	0.3911	0.335
Frequency of Strength/Resistance Training	619	0.4115	0.31
Frequency of Flexibility/Stretching	619	0.3851	0.446
Location of Engagement in Physical Activity	619	0.4413	0.297
"How often do you consume the following?"			0.459
SSB Number per Week	643	0.4318	0.389
Energy Drink Number per Week	643	0.3531	0.388
Sports Drink Number per Week	643	0.3816	0.372
Juice Number per Week	643	0.4178	0.375
Sweet Coffee Number per Week	643	0.4121	0.386
Candies Number per Week	643	0.4191	0.379
Pastries Number per Week	643	0.4033	0.369
"Where do you get your meals during the week?"			0.433
Meals at Home per Week	643	0.4331	0.444
Meals at Dining Hall per Week	643	0.4313	0.43
Meals On Campus per Week	643	0.4311	0.459
Meals Off Campus per Week	643	0.4401	0.478
Meals at Vending Machine per Week	643	0.4416	0.477
Meals Delivered Campus per Week	643	0.4413	0.482
Meals Other per Week	643	0.4335	0.453

THANKS 2016 & 2017 RELIABILITY ANALYSIS

Inter-item Correlation Matrix: Physical Activity

	Frequency of Moderate Intensity	Frequency of Strength/Resistance training	Frequency of Flexibility/Stretching	Location of Engagement in Physical Activity
Frequency of Moderate Intensity		0.423	0.127	0.137
Frequency of Strength/Resistance training	0.423		0.327	0.14
Frequency of Flexibility/Stretching	0.127	0.327		0.01
Location of Engagement in Physical Activity	0.137	0.14	0.01	

THANKS 2016 & 2017 RELIABILITY ANALYSIS

Inter-item Correlation Matrix: "How often do you consume the following?"

	SSB Number per Week	Energy Drink Number per Week	Sports Drink Number per Week	Juice Number per Week	Sweet Coffee Number per Week	Candies Number per Week	Pastries Number per Week
SSB Number per Week		0.758	0.577	0.203	0.179	0.198	0.188
Energy Drink Number per Week	0.758		0.63	0.214	0.169	0.206	0.204
Sports Drink Number per Week	0.577	0.63		0.163	0.179	0.027	0.178
Juice Number per Week	0.203	0.276	0.243		0.253	0.029	0.211
Sweet Coffee Number per Week	0.179	0.169	0.179	0.253		0.154	0.185
Candies Number per Week	0.198	0.206	0.027	0.029	0.154		0.457
Pastries Number per Week	0.188	0.204	0.178	0.211	0.185	0.457	

THANKS 2016 & 2017 RELIABILITY ANALYSIS

Inter-item Correlation Matrix: "Where do you get your meals during the week?"

	Meals at Home per Week	Meals at Dining Hall per Week	Meals On Campus per Week	Meals Off Campus per Week	Meals at Vending Machine per Week	Meals Delivered Campus per Week	Meals Other per Week
Meals at Home per Week		0.456	0.427	0.438	0.455	0.486	0.411
Meals at Dining Hall per Week	0.456		0.784	0.262	0.352	0.375	0.144
Meals On Campus per Week	0.427	0.772		0.483	0.473	0.546	0.484
Meals Off Campus per Week	0.828	0.262	0.483		0.399	0.499	0.357
Meals at Vending Machine per Week	0.421	0.352	0.472	0.353		0.873	0.552
Meals Delivered Campus per Week	0.498	0.375	0.546	0.499	0.873		0.77
Meals Other per Week	0.411	0.144	0.484	0.357	0.352	0.77	

THANKS 2016 & 2017 COMPARE MEANS

"How often do you consume the following?"

- SSB beverages and foods
- "Multiple times daily", "One time daily", "Multiple times weekly", One time weekly", "Rarely", and "Never."

"Where do you get your meals during the week?"

- "Multiple times daily", "One time daily", "Multiple times weekly", One time weekly", "Rarely", and "Never."

THANKS 2016 & 2017 COMPARE MEANS

Compare Means of General Nutritious Diet and "How often do you consume the following?"

	"How often do you consume the following?"							
	100 Number per Week (.001)	Energy Drink Number per Week (.913)	Sports Drink Number per Week	Juice Number per Week	Sweet Coffee Number per Week	Cardio Number per Week (0.004)	Pastries Number per Week
General Nutritious Diet							
"No"	5.050	0.865	1.183	1.852	1.835	3.550	3.173
"Neither Agree nor Disagree"	4.09	0.938	1.386	1.798	1.685	2.923	3.434
"Yes"	2.821	0.84	1.491	1.947	1.604	1.781	2.678

Compare Means of General Nutritious Diet and "Where do you get your meals during the week?"

	"Where do you get your meals during the week?"					
	Meals at Home per Week (0.007)	Meals at Dining Hall per Week	Meals On Campus per Week	Meals Off Campus per Week (0.008)	Meals at Vending Machine per Week (0.001)	Meals Delivered to Campus per Week	Meals Other per Week (0.047)
General Nutritious Diet							
"No"	4.4106	7	1.8183	2.6522	2.8333	1	6
"Neither Agree nor Disagree"	4.8841	6.3458	1.9587	1.8571	1.8269	1.75	3.5
"Yes"	5.3878	8.0917	1.8161	1.5556	1.4583	1.55556	5.65625

THANKS 2016 & 2017 COMPARE MEANS

Compare Means of General Nutritious Diet and Glasses of water per day

	Glasses of water per day
General Nutritious Diet	
"No"	3.414
"Neither Agree nor Disagree"	3.569
"Yes"	6.481

Compare Means of General Nutritious Diet and Physical Activity

	Physical Activity					
	Participation in Physical Activity (0.000)	Frequency of Moderate Intensity (0.003)	Frequency of Strength/ Resistance Training (0.000)	Frequency of Flexibility/ Stretching	Location of Engagement in Physical Activity
General Nutritious Diet					
"No"	1.53	4.33	2.8	3.9	3.94
"Neither Agree nor Disagree"	1.62	4.19	3.48	4.19	4.19
"Yes"	1.19	4.68	3.43	3.37	4.29

THANKS 2016 & 2017 COMPARE MEANS

Compare Means of Participation in Physical Activity and "How often do you consume the following?"

	"How often do you consume the following?"							
	100 Number per Week (0.001)	Energy Drink Number per Week	Sports Drink Number per Week	Juice Number per Week	Sweet Coffee Number per Week	Cardio Number per Week	Pastries Number per Week
Participation Physical Activity							
"Yes"	5.83	4.78	1.3858	1.792	1.5167	3.6712	4.1304
"No"	4.703	0.566	1.1333	1.836	1.462	2.5132	3.303

Compare Means of Participation in Physical Activity and "Where do you get your meals during the week?"

	"Where do you get your meals during the week?"						
	Meals at Home per Week	Meals at Dining Hall per Week	Meals On Campus per Week	Meals Off Campus per Week	Meals at Vending Machine per Week	Meals Delivered to Campus per Week	Meals Other per Week
Participation Physical Activity							
"Yes"	4.9615	5.8889	1.8739	1.7879	1.6923	1.5882	4.6154
"No"	4.6148	6.32	1.9600	1.95	1.8571	2.25	4.3333

Compare Means of Participation in Physical Activity and Glasses of water per day

	Glasses of water per day
Participation Physical Activity	
"Yes"	6.617
"No"	3.869

THANKS 2016 & 2017 READABILITY ANALYSIS

- Flesch Reading Ease:
  - RE=206.835- (1.015 x ASL)- (84.6 x ASW)
- Flesch-Kincaid Grade Level Readability Formula:
  - FKRA = (0.39 x ASL) + (11.8 x ASW) – 15.59
- Fall 2016 and Fall 2017 THANKS survey resulted in a Flesch Reading Ease score of 70.3 indicated the THANKS survey is fairly easy to read and with a Flesch-Kincaid Grade Level score of 5.2 indicated the reader's age of fifth graders

THANKS 2016 & 2017 STRENGTHS

- Conducted by MPH and RD personnel
- Large amount of student response
- Qualtrics system is familiar to students
- Sent out reminders at different time points
- Questionnaire layout
- Reliability analysis: "Where do you get your meals during the week?" had a Cronbach's Alpha of 0.892 and above 0.8 if Cronbach's Alpha if item deleted.
- Logical comparisons with significance:
  - General nutritious diet of certain foods and where meals were obtained
  - Physical activity participation and consumption of sugar sweetened beverages
- Readability analysis:
  - Flesch Reading Ease score of 70.3
  - Flesch-Kincaid Grade Level score of 5.2

THANKS 2016 & 2017 LIMITATIONS

- Lack of piloting survey tool
- Reliability analysis:
  - Low Cronbach's Alpha for PA (0.42) and Cronbach's Alpha if item deleted less than 0.7
  - "How often do you consume the following?":Cronbach's Alpha of 0.67 less than 0.70 if the Cronbach's Alpha if item were deleted.
  - Inter-item correlations: PA and location of engagement in PA below 0.15
  - Possible confusion on PA question #1 for low reliability with dichotomous response

THANKS 2016 & 2017 CONCLUSIONS

- The Health Promotions team produced a survey tool that can be beneficial information on the college students at KSU to establish or reinforce health patterns for their time at KSU or later in life
- The THANKS survey is a step in the right direction to bridge the gap between college health involved in diet, exercise and behavior.
- The THANKS survey has room for improvement
  - Pilot study of PA and nutrition sections as well as the remainder of the sections of the holistic health survey
- Research is a value for health care
  - The necessity for high-caliber tools is essential for good health care

FIELD EXPERIENCE: LAFENE HEALTH CENTER

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HISTORY

- 1913-1916: Health services were located on the 2nd floor of Anderson Hall
- 1920: Hospital: An old 2-story stone building
- WWII: influx of WWII veterans, more hospitals needed: 80 standing beds, extra beds set up in dining room and kitchen of the old stone building: winter epidemics of influenza, etc.
- November 1959: New building: current location $20,000, with unfinished basement
- 1949-1961: Dr. Benjamin Lafene: director of health center
- 1987: Hospital portion of health center closed due to decline use with an increase in ambulatory services
- 1989: First non-physician as director for student health center

PRESENT DAY

- 70 staff: 6 full-time physicians, over 300 students each weekday during fall and spring semester, Accredited by Joint Commission on Accreditation of Healthcare Organizations since 1968 continuously
- $141.83 student health fee
- 13 departments which include Administration, Records and Registration, Clinical Laboratory, Environmental Services, General Outpatient Clinic, Health Promotion, Nutrition Counseling, Pharmacy, Physical Therapy and Rehabilitation, Radiology, Sports Medicine, Psychiatric Counseling and Women's Clinic.

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MISSION

- "The mission of Lafene Health Center is to maintain, for the Kansas State University community, through the utilization of quality resources, a medical facility capable of offering a comprehensive, high quality, easily accessible, affordable outpatient health care service to the student community. In addition to the care of the sick and injured, the Center shall be a resource and an advocate for health education, promotion and wellness.
- The Center shall, at all times and to the best of its ability, be responsive to the needs and concerns of the student body and general community of Kansas State University."

PRINCIPLES

- "Providing quality medical care to the individual student attending the University (outpatient care for illness, immunizations and health education)
- Assisting other University departments in providing a healthy environment, e.g. Infectious Disease Advisory Committee, Campus Safety, CARE Office, etc.
- Providing the opportunity for health education (classroom instruction, individual contact in clinic, articles on health in University newspapers)
- Consult and actively participate with the WellCAT Ambassadors whose activities include providing a liaison between the student body and the Health Center.
- Providing the opportunity through the WellCAT Ambassadors for better understanding of the Student Health program."

K-State Communications and Marketing Photography

HEALTH PROMOTION/NUTRITION COUNSELING AT K-STATE

- Staff:
  - Julie Gibbs, MPH- Director
  - Megan Katt, BS, RD- Health Educator
  - Jenny Yuen, MPH, CHES- Health Educator

SCOPE OF WORK

- Working within the community
- Connecting with community partners
- Development of materials of campaign
- Conduct assessment of campaign

LEARNING OBJECTIVES

- To understand how to organize and implement a campaign that served the student and staff population Kansas State University
- To understand research in relation to implementing a campaign/program in a public health setting
- To recognize the importance of a properly developed survey tool
- To gain a better overall understanding of a community-based health program and campaign

ACTIVITIES PERFORMED

- Fall 2017 Flu Campaign
  - Research on influenza
  - What is the current campaign
  - Impact of the CDC
  - Planning of a more effective campaign for Fall 2017
  - Community outreach
  - Development of campaign material

FALL 2017 FLU CAMPAIGN

FALL 2017 FLU CAMPAIGN

FALL 2017 FLU CAMPAIGN

- Goal of 1,800 influenza vaccines to the students and staff of KSU in the 2017-2018 season starting in September
- February 11th, 2018: Lafene Health Center administered 1,860 influenza vaccination
- 2016-2017 season (September 2016-March 2017): 1,914 influenza vaccinations

THE HEALTH ASSESSMENT ON NEEDS OF K-STATE STUDENTS

- Review 2016 THANKS survey
- Apply immediate recommendations for 2017 THANKS survey
- Understand the purpose and development of the THANKS survey

ALIGNMENT WITH PUBLIC HEALTH CORE COMPETENCIES

- Biostatistics
  - Thesis research
  - Understanding and evaluating research articles
  - Analysis
  - Development of a survey tool
- Environmental health
  - Understanding the impact this plays into implementing campaigns/programs
- Epidemiology
  - 2017 Flu Campaign
- Health service administration
  - Lafene staff and health promotions team
  - Impact of organizational structure, goals, funding
- Social and behavior science
  - Designing and development of campaign, using theories of health behavior

ALIGNMENT WITH PUBLIC HEALTH CORE COMPETENCIES

- **Biostatistics**
  - **Thesis research**
  - **Understanding and evaluating research articles**
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  - 2017 Flu Campaign
- **Health service administration**
  - **Lafene staff and health promotions team**
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ALIGNMENT WITH PUBLIC HEALTH CORE COMPETENCIES

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- Environmental health
  - Understanding the impact this plays into implementing campaigns/programs
- Epidemiological
  - 2017 Flu Campaign
- Health service administration
  - Lafene staff and health promotions team
  - Impact of organizational structure, goals, funding
- **Social and behavior science**
  - **Designing and development of campaign, using theories of health behavior**

CONCLUSIONS

- Better understanding of health care system
- Better understanding of biostatistical analysis and the impact on public health
- MPH program expanded my view of public health and its impact

REFERENCES

QUESTIONS?

Appendix B: THANKS Survey

Section A: Physical Activity

Physical activity is defined as any bodily movement produced by skeletal muscles that requires energy expenditure. (World Health Organization)

The questions in this section will inquire about your personal physical activity habits.

1. Do you participate in at least 30 minutes of "moderate-intensity" activity *(you are able to talk, but not sing)*, strength or resistance training, and/or flexibility or stretching exercises?

#	Answer	Bar	Response	%
1	Yes		325	72.22%
2	No		125	27.78%
	Total		450	100.00%

Min Value	Max Value	Average Value	Variance	Standard Deviation	Total Responses	Total Respondents
1	2	1.28	0.20	0.45	450	450

2. How many times do you participate in at least 30 minutes of "moderate-intensity" activity *(you are able to talk, but not sing)* in a week?

#	Answer	Bar	Response	%
1	I do not participate in moderate-intensity exercise		4	1.23%
2	1 day		14	4.31%
3	2 days		56	17.23%
4	3 days		100	30.77%
5	4 days		59	18.15%
6	5 or more days		92	28.31%
	Total		325	100.00%

Min Value	Max Value	Average Value	Variance	Standard Deviation	Total Responses	Total Respondents
1	6	4.45	1.57	1.25	325	325

3. How many times do you do strength or resistance training exercises in a week?

#	Answer	Bar	Response	%
1	I do not do strength or resistance training exercises		71	21.85%
2	1 day		58	17.85%
3	2 days		68	20.92%
4	3 days		66	20.31%
5	4 days		27	8.31%
6	5 or more days		35	10.77%
	Total		325	100.00%

Min Value	Max Value	Average Value	Variance	Standard Deviation	Total Responses	Total Respondents
1	6	3.08	2.56	1.60	325	325

4. How many times do you do flexibility or stretching exercises in a week?

#	Answer	Bar	Response	%
1	I do not do flexibility or stretching exercises		53	16.36%
2	1 day		65	20.06%
3	2 days		65	20.06%
4	3 days		68	20.99%
5	4 days		33	10.19%
6	5 or more days		40	12.35%
	Total		324	100.00%

Min Value	Max Value	Average Value	Variance	Standard Deviation	Total Responses	Total Respondents
1	6	3.26	2.53	1.59	324	324

5. Where do you go to exercise or engage in physical activity? *Select all that apply.*

#	Answer	Bar	Response	%
1	Home		159	49.07%
2	Neighborhoods		87	26.85%
3	Park		79	24.38%
4	Off-campus gym/studio		41	12.65%
5	K-State Recreation Center		213	65.74%
6	Other		36	11.11%
	Total		615	100.00%

Other
Walkin on campus
Memorial Field
hotels when not home
Band
KSUMB
Trails
Old Stadium
Old Stadium

Min Value	Max Value	Average Value	Variance	Standard Deviation	Total Responses	Total Respondents
1	6	3.28	3.08	1.76	615	324

2. What are the main reasons you do not exercise? *Select all that apply.*

#	Answer	Bar	Response	%
1	My job is physical or hard labor already.		10	8.06%
2	Exercise is not important to me.		19	15.32%
3	I don't have access to a facility that has the things I need, like a pool or a track.		2	1.61%
4	I don't have enough time to exercise.		85	68.55%
5	I would need childcare and I don't have it.		4	3.23%
6	I need an exercise partner and don't have one.		37	29.84%
7	I don't enjoy exercise.		47	37.90%
8	It costs too much to exercise.		4	3.23%
9	There is no safe place for me to exercise.		3	2.42%
10	Lack of motivation.		77	62.10%
11	Other		10	8.06%
	Total		298	100.00%

Min Value	Max Value	Average Value	Variance	Standard Deviation	Total Responses	Total Respondents
1	11	6.39	8.23	2.87	298	124

Section B: Nutrition

Nutrition is defined as the intake of food, considered in relation to the body's dietary needs. (World Health Organization)

The questions in this section will inquire about your personal nutrition/dietary habits.

1. How many glasses of water (8 oz) do you drink in a day?

#	Answer	Bar	Response	%
1	1-2		77	17.19%
2	3-4		167	37.28%
3	5-8		122	27.23%
4	8+		81	18.08%
5	I do not drink water		1	0.22%
	Total		448	100.00%

Min Value	Max Value	Average Value	Variance	Standard Deviation	Total Responses	Total Respondents
1	5	2.47	0.97	0.98	448	448

2. Where do you get your meals during the week?

#	Question	Once a week	2-3 times a week	4-5 times a week	Every Day	Response	Average Value
1	2a. At home: I prepare my own meals	31	56	102	171	360	3.15
2	2b. Dining hall (Derby or Kramer Food Center)	3	8	18	97	126	3.66
3	2c. On-Campus restaurants (e.g., Student Union, food trucks, JP's, Radina's, etc.)	77	45	6	4	132	1.52
4	2d. Off-Campus restaurants, including delivery	183	104	24	7	318	1.54
5	2e. Vending machines	46	16	6	2	70	1.49
6	2f. Meal delivery service (e.g., Blue Apron, Hello Fresh)	17	3	1	1	22	1.36
7	2g. Other	9	2	4	20	35	3.00

2g. Other
Fraternity's Cook
In dorm
Sorority House
Greek House
Sorority
The campus center at mcc
Sorority
Performance table -athletic
Greek Housing
friends
View More

Statistic	2a. At home: I prepare my own meals	2b. Dining hall (Derby or Kramer Food Center)	2c. On-Campus restaurants (e.g., Student Union, food trucks, JP's, Radina's, etc.)	2d. Off-Campus restaurants, including delivery	2e. Vending machines	2f. Meal delivery service (e.g., Blue Apron, Hello Fresh)	2g. Other
Min Value	1	1	1	1	1	1	1
Max Value	4	4	4	4	4	4	4
Mean	3.15	3.66	1.52	1.54	1.49	1.36	3
Variance	0.96	0.5	0.53	0.53	0.6	0.62	1.71
Standard Deviation	0.98	0.71	0.73	0.73	0.78	0.79	1.31
Total Responses	360	126	132	318	70	22	35
Total Respondents	360	126	132	318	70	22	35

3. As a college student, what barriers do you have in making healthy food choice? Select all that apply.

#	Answer	Bar	Response	%
1	I'm not able to get to the grocery store.		64	14.38%
2	Nutritious food costs too much.		235	52.81%
3	I don't have enough time to purchase and prepare meals and snacks.		232	52.13%
4	I don't know how to cook.		66	14.83%
5	I have dietary restrictions due to a medical condition.		17	3.82%
6	I have dietary restrictions due to religious beliefs/customs.		6	1.35%
7	I am unable to cook for myself (e.g., living situation, handicap, etc.).		41	9.21%
8	I don't know how to make healthy food choices.		40	8.99%
9	Other		30	6.74%
10	Not applicable; I do not have barriers to making healthy food choices.		86	19.33%
	Total		817	100.00%

Min Value	Max Value	Average Value	Variance	Standard Deviation	Total Responses	Total Respondents
1	10	4.10	8.13	2.85	817	445

Other
There are not healthy choices in the dining centers
Don't always have time to cook
Food choices provided in Greek Houses are not always healthy
Fast Food is convenient and addictive
I don't have enough time to cook and eat 'appropriately' every meal.
Perceived time limit
Kramer doesn't have many healthy options.
Poor
Time
I get my food from the derby and don't feel like there are enough healthy eating choices available to me.
View More

4. How often do you consume the following?

#	Question	Multiple times daily	One time daily	Multiple times weekly	One time weekly	Rarely	Never	Response	Average Value
1	4a. Sugar-sweetened beverages (e.g., regular soda, lemonade, sweet tea, fruit punch, etc.)	39	53	118	70	130	40	450	3.71
2	4b. Energy drinks (e.g., Redbull, etc.)	2	5	15	22	121	279	444	5.46
3	4c. Sports drinks (e.g., Gatorade, etc.)	11	12	50	58	188	128	447	4.75
4	4d. Juice (orange juice, etc.)	9	25	91	86	167	69	447	4.31
5	4e. Sweetened or specialty coffee drinks (e.g., Mocha, Cappuccino, etc.)	7	36	69	57	126	152	447	4.60
6	4f. Candies	15	25	105	94	157	52	448	4.14
7	4g. Pastries, cakes, cookies	9	26	154	140	99	20	448	3.79

Statistic	4a. Sugar-sweetened beverages (e.g., regular soda, lemonade, sweet tea, fruit punch, etc.)	4b. Energy drinks (e.g., Redbull, etc.)	4c. Sports drinks (e.g., Gatorade, etc.)	4d. Juice (orange juice, etc.)	4e. Sweetened or specialty coffee drinks (e.g., Mocha, Cappuccino, etc.)	4f. Candies	4g. Pastries, cakes, cookies
Min Value	1	1	1	1	1	1	1
Max Value	6	6	6	6	6	6	6
Mean	3.71	5.46	4.75	4.31	4.6	4.14	3.79
Variance	2.08	0.78	1.44	1.51	1.9	1.56	1.11
Standard Deviation	1.44	0.88	1.2	1.23	1.38	1.25	1.06
Total Responses	450	444	447	447	447	448	448
Total Respondents	450	444	447	447	447	448	448

5. Do you consume at least two (2) servings of fruits and three (3) servings of vegetables on a typical day?

#	Answer	Bar	Response	%
1	Yes		152	33.78%
2	No		298	66.22%
	Total		450	100.00%

Min Value	Max Value	Average Value	Variance	Standard Deviation	Total Responses	Total Respondents
1	2	1.66	0.22	0.47	450	450

6. What are the reasons you do not consume at least two servings of fruits and three servings of vegetables on a typical day? Select all that apply.

#	Answer	Bar	Response	%
1	I'm not able to get to the grocery store.		55	18.58%
2	It costs too much.		131	44.26%
3	I don't have enough time to purchase and prepare them.		107	36.15%
4	I don't know how to prepare/cook/eat them.		28	9.46%
5	I don't like all or some fruits and vegetables.		116	39.19%
6	I have dietary restrictions due to a medical condition.		4	1.35%
7	I have dietary restrictions due to religious beliefs/customs.		1	0.34%
8	Other		57	19.26%
	Total		499	100.00%

Min Value	Max Value	Average Value	Variance	Standard Deviation	Total Responses	Total Respondents
1	8	3.64	4.25	2.06	499	296

Other
There are not many choices in the Dining hall
I don't feel like eating veggies, usually
the derby doesn't have fruit
They go bad before I have a chance to eat them and I don't have time to go to the store multiple times in a week.
I can't control what is prepared at the sorority house.
I am too lazy to peel fruits and I don't eat fruit skins. I drink juice though!
I don't have the money or time to regularly get and eat produce before it rots
the dining center doesn't provide it
I rarely consume at least two servings of anything
Not enough available at dining center that I eat
View More

7. In general, I consume a nutritious diet.

#	Answer	Bar	Response	%
1	Agree		209	46.44%
2	Neither agree nor disagree		181	40.22%
3	Disagree		60	13.33%
	Total		450	100.00%

Min Value	Max Value	Average Value	Variance	Standard Deviation	Total Responses	Total Respondents
1	3	1.67	0.49	0.70	450	450

8. Are you concerned about not having enough food for you and/or your family to eat?

#	Answer	Bar	Response	%
1	Yes		20	4.44%
2	Sometimes		70	15.56%
3	No		360	80.00%
	Total		450	100.00%

Min Value	Max Value	Average Value	Variance	Standard Deviation	Total Responses	Total Respondents
1	3	2.76	0.27	0.52	450	450

Section C: Tobacco Use

The questions in this section will inquire about your personal tobacco use habits.

1. Are you a TOBACCO user?

#	Answer	Bar	Response	%
1	Yes		27	6.00%
2	No		423	94.00%
	Total		450	100.00%

Min Value	Max Value	Average Value	Variance	Standard Deviation	Total Responses	Total Respondents
1	2	1.94	0.06	0.24	450	450

2. How often do you use the following products for TOBACCO use?

#	Question	Daily	Weekly	Occasionally/ Socially	Never	Response	Average Value
1	1a. Cigarettes	12	3	6	5	26	2.15
2	1b. Cigars	1	1	9	12	23	3.39
3	1c. Chewing Tobacco	5	3	2	14	24	3.04
4	1d. E-Cigarettes/Vaporizers	2	-	3	19	24	3.63
5	1e. Hookah/Bong	2	-	5	17	24	3.54
6	1f. Pipe	1	1	2	20	24	3.71
7	1g. Other	1	-	1	16	18	3.78

Statistic	1a. Cigarettes	1b. Cigars	1c. Chewing Tobacco	1d. E-Cigarettes/Vaporizers	1e. Hookah/Bong	1f. Pipe	1g. Other
Min Value	1	1	1	1	1	1	1
Max Value	4	4	4	4	4	4	4
Mean	2.15	3.39	3.04	3.63	3.54	3.71	3.78
Variance	1.5	0.61	1.61	0.77	0.78	0.56	0.54
Standard Deviation	1.22	0.78	1.27	0.88	0.88	0.75	0.73
Total Responses	26	23	24	24	24	24	18
Total Respondents	26	23	24	24	24	24	18

3. Currently, are you interested in quitting any of the previously mentioned tobacco products?

#	Answer	Bar	Response	%
1	Yes		8	29.63%
2	Maybe		10	37.04%
3	No		9	33.33%
	Total		27	100.00%

Min Value	Max Value	Average Value	Variance	Standard Deviation	Total Responses	Total Respondents
1	3	2.04	0.65	0.81	27	27

4. Where would you go for help/support to quit?

#	Answer	Bar	Response	%
1	I don't know where to go.		6	35.29%
2	Local Health Department		1	5.88%
3	KS Quitline		0	0.00%
4	Off-Campus Director		0	0.00%
5	Lafene Health Center		2	11.76%
6	Pharmacy		0	0.00%
7	Private Counselor/Therapist		1	5.88%
8	Church		1	5.88%
9	Tobacco Cessation Program		1	5.88%
10	Other		5	29.41%
	Total		17	100.00%

Other
Currently in progress
Friend
I wouldn't
No where. I'd do it myself

Min Value	Max Value	Average Value	Variance	Standard Deviation	Total Responses	Total Respondents
1	10	5.41	16.01	4.00	17	17

Section D: Mental Health

Mental health is defined as a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community. (World Health Organization)

The questions in this section will inquire about your personal mental health.

1. How would you describe your current mental health wellness?

#	Answer	Bar	Response	%
1	Very good		129	28.67%
2	Good		194	43.11%
3	Fair		93	20.67%
4	Poor		32	7.11%
5	Not sure		2	0.44%
	Total		450	100.00%

Min Value	Max Value	Average Value	Variance	Standard Deviation	Total Responses	Total Respondents
1	5	2.08	0.81	0.90	450	450

2. Do you or would you consult a mental health professional when needed?

#	Answer	Bar	Response	%
1	Yes		191	42.44%
2	No		82	18.22%
3	Sometimes		70	15.56%
4	N/A; My mental health is always good		107	23.78%
	Total		450	100.00%

Min Value	Max Value	Average Value	Variance	Standard Deviation	Total Responses	Total Respondents
1	4	2.21	1.49	1.22	450	450

3. Where do you or would you go to talk to someone about your mental health wellness when needed? Select all that apply.

#	Answer	Bar	Response	%
1	Community mental health center		46	17.90%
2	Non-profit organization		15	5.84%
3	Hospital		15	5.84%
4	Off-campus doctor's office		76	29.57%
5	Lafene Health Center		65	25.29%
6	Phone hotlines		8	3.11%
7	K-State Counseling Services		127	49.42%
8	Family and friends		165	64.20%
9	K-State Family Center		12	4.67%
10	Other		23	8.95%
	Total		552	100.00%

Other
mental health center
councler
VA
Cornerstone Family Counseling
Off-campus counseling
doctor through fort riley
My doctor
off campus counseling services
K-state vet med counselors
Veterans Affairs

Min Value	Max Value	Average Value	Variance	Standard Deviation	Total Responses	Total Respondents
1	10	6.06	5.73	2.39	552	257

4. In your opinion, what are the top three (3) needs related to mental health at K-State?

#	Answer	Bar	Response	%
1	Affordable health insurance that includes mental health care		192	43.74%
2	Affordable mental health services		220	50.11%
3	Affordable prescriptions		128	29.16%
4	Availability of transportation for mental health services		27	6.15%
5	High-quality mental health services		187	42.60%
6	Increased mental health education/prevention		203	46.24%
7	Increased number of mental health care providers		55	12.53%
8	Increased awareness to decrease stigma		192	43.74%
9	Other		10	2.28%
	Total		1214	100.00%

Other
Increase awareness, but mostly the qualityof awareness in conveying what mental health is to those who have never dealt with it themselves or seen it first hand
unknown
discretion
confidentiality
Increased activities for mental health (i.e. pet stress away, etc)
Stop spending on that crap
don't really know how to respond
The counseling services needs and overhaul. Better therapists and actually be able to see someone more than just 4 times. I have never found them helpful.
not sure

Min Value	Max Value	Average Value	Variance	Standard Deviation	Total Responses	Total Respondents
1	9	4.36	6.10	2.47	1214	439

Section E: General Health

The questions in this section will inquire about your personal general health habits.

1. How do you get most of your health-related information? *Select up to three.*

#	Answer	Bar	Response	%
1	Attending a health fair		8	1.79%
2	Watching TV		62	13.87%
3	Church		16	3.58%
4	Doctor's office - off-campus		164	36.69%
5	Lafene Health Center		78	17.45%
6	Books and magazines		97	21.70%
7	Friends and family		245	54.81%
8	Health Department		49	10.96%
9	Helplines		6	1.34%
10	Internet		319	71.36%
11	Hospital		30	6.71%
12	Other		24	5.37%
	Total		1098	100.00%

Min Value	Max Value	Average Value	Variance	Standard Deviation	Total Responses	Total Respondents
1	12	7.08	7.29	2.70	1098	447

Other
Brother is a doctor
Classes
I'm a doctor
I'm a kinesiology major
Already have large amount of medical knowledge
Basic Nutrition class
college courses
classes at K-State

2. What is the best way to get information to you? Choose one.

#	Answer	Bar	Response	%
1	Email		300	66.96%
2	K-State Today		14	3.13%
3	The Collegian		5	1.12%
4	Flyers around campus		11	2.46%
5	Radio ads		4	0.89%
6	Chalking around campus		16	3.57%
7	Advisors or professors		18	4.02%
8	Booths/Tabling events on campus		2	0.45%
9	Social Media (e.g., Facebook, Twitter, etc.)		75	16.74%
10	Other		3	0.67%
	Total		448	100.00%

Other
Do not inform me, as you all tend to not be up to date
Cell phone
Text alerts

Min Value	Max Value	Average Value	Variance	Standard Deviation	Total Responses	Total Respondents
1	10	3.01	10.22	3.20	448	448

3. What social media platform do you use MOST often? Choose one.

#	Answer	Bar	Response	%
1	Facebook		192	42.76%
2	Twitter		73	16.26%
3	Snapchat		86	19.15%
4	Instagram		54	12.03%
5	Pinterest		6	1.34%
6	Periscope		2	0.45%
7	Tumblr		4	0.89%
8	Other		4	0.89%
9	I do not use social media		28	6.24%
	Total		449	100.00%

Other
Reddit
Wechat
Weixin
Wechat

Min Value	Max Value	Average Value	Variance	Standard Deviation	Total Responses	Total Respondents
1	9	2.60	4.54	2.13	449	449

4. Do you currently have health insurance?

#	Answer	Bar	Response	%
1	Yes		412	91.56%
2	No		21	4.67%
3	I do not know		17	3.78%
	Total		450	100.00%

Min Value	Max Value	Average Value	Variance	Standard Deviation	Total Responses	Total Respondents
1	3	1.12	0.18	0.43	450	450

5. Do you consult a medical professional when you are sick?

#	Answer	Bar	Response	%
1	Yes		179	39.78%
2	No		39	8.67%
3	Sometimes		196	43.56%
4	I am never sick enough to consult a professional		36	8.00%
	Total		450	100.00%

Min Value	Max Value	Average Value	Variance	Standard Deviation	Total Responses	Total Respondents
1	4	2.20	1.12	1.06	450	450

5a. Where do you go most often when you are sick while attending K-State?a

#	Answer	Bar	Response	%
1	Lafene Health Center		208	56.06%
2	Doctor's office, off-campus		102	27.49%
3	Health Department		5	1.35%
4	Urgent Care Center		21	5.66%
5	Emergency Room		2	0.54%
6	Community Free Clinic		4	1.08%
7	Other		29	7.82%
	Total		371	100.00%

Other
Online student, I do not live in Kansas
New, i havent had to yet
Have not been sick enough yet while at school to have to go somewhere
Hometown clinic
I'm a freshman and haven't been sick yet
Never gotten sick enough while attending
Home
I haven't been sick while attending.
N/A
haven't been sick yet while at kstate (knock on wood)
View More

Min Value	Max Value	Average Value	Variance	Standard Deviation	Total Responses	Total Respondents
1	7	2.02	2.98	1.73	371	371

6. Have you used Lafene Health Center's services?

#	Answer	Bar	Response	%
1	Yes		251	56.03%
2	No		197	43.97%
	Total		448	100.00%

Min Value	Max Value	Average Value	Variance	Standard Deviation	Total Responses	Total Respondents
1	2	1.44	0.25	0.50	448	448

6a. Why do you not use Lafene Health Center?

Text Entry
I get the same sicknesses and injuries; my experiences with all medical facilities is that they'll tell me nothing new about recurring issues, so I'll just deal with it by myself as always.
i haven't had the need to yet
I don't know where it is
I don't think I've been in bad enough condition to need to. And I don't know what it would cost me.
Havent needed to
Have not needed to yet
I'm from Manhattan and am able to visit my primary healthcare provider
Never knew about it
I haven't needed to yet.
I haven't had a need to go get medical help yet.
View More

7. In the past 12 months, have you received a flu shot or nasal spray?

#	Answer	Bar	Response	%
1	Yes		152	33.85%
2	No		297	66.15%
	Total		449	100.00%

Min Value	Max Value	Average Value	Variance	Standard Deviation	Total Responses	Total Respondents
1	2	1.66	0.22	0.47	449	449

In your opinion, what are the top three (3) needs related to physical health in the K-State community?

#	Answer	Bar	Response	%
1	Access to healthy food options		284	64.40%
2	Affordable health insurance		154	34.92%
3	Affordable health services		191	43.31%
4	Availability of transportation to health services		30	6.80%
5	Dental care options		67	15.19%
6	Eye care options		56	12.70%
7	Facilities for physical activity (i.e., parks, trails, rec centers, etc.)		163	36.96%
8	Health care assistance for veterans/military		32	7.26%
9	Increased health education/prevention (e.g., healthy eating, disease prevention, etc.)		158	35.83%
10	Increased number of health care providers		53	12.02%
11	Substance abuse prevention/treatment		56	12.70%
12	Other		7	1.59%
	Total		1251	100.00%

Min Value	Max Value	Average Value	Variance	Standard Deviation	Total Responses	Total Respondents
1	12	4.80	11.11	3.33	1251	441

Other
Not sure, I do not live near K State
More healthy nutritious food. Less burgers, more fruits and vegetables.
Better hours for doctors for those working
Exercise. The rest comes after exercise.
unknown
confidentiality

9. On average, how many hours of sleep do you get per night?

#	Answer	Bar	Response	%
1	0		0	0.00%
2	1 hour		2	0.44%
3	2 hours		2	0.44%
4	3 hours		2	0.44%
5	4 hours		10	2.22%
6	5 hours		40	8.89%
7	6 hours		118	26.22%
8	7 hours		179	39.78%
9	8 hours		81	18.00%
10	9 hours		11	2.44%
11	10 or more hours		5	1.11%
	Total		450	100.00%

Min Value	Max Value	Average Value	Variance	Standard Deviation	Total Responses	Total Respondents
2	11	7.69	1.44	1.20	450	450

Section F: Social Determinants of Health

The social determinants of health are the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life. (World Health Organization)

The questions in this section will inquire about your personal opinion of the social determinants of health on the Kansas State University campus.

1. In your opinion, what are the top three (3) social issues that are of most concern to you at K-State?

#	Answer	Bar	Response	%
1	Drug and alcohol use		191	43.21%
2	Sexual violence/assault		213	48.19%
3	Cybercrime (e.g., identity theft, online scams, phishing, etc.)		53	11.99%
4	Discrimination		121	27.38%
5	Driving under the influence of drugs and/or alcohol		167	37.78%
6	Homelessness		16	3.62%
7	Hunger		44	9.95%
8	Manufacturing of or selling of drugs		15	3.39%
9	Mental illness		130	29.41%
10	Poverty		33	7.47%
11	Suicide		48	10.86%
12	Binge drinking		149	33.71%
13	Prescription drug abuse		53	11.99%
14	Violent crime (e.g., murder, armed robbery, aggravated assaults, etc.)		30	6.79%
15	Gang violence		6	1.36%
16	Other		9	2.04%
	Total		1278	100.00%

Min Value	Max Value	Average Value	Variance	Standard Deviation	Total Responses	Total Respondents
1	16	6.09	18.46	4.30	1278	442

Other
Not sure, I do not live near the K-State campus
none
unknown
im a distant learner
Unhealthy eating habits
none
lack of attention of the pedestrians when crossing streets on campus
Abortion

2. In your opinion, what are the top three (3) NEEDS related to social issues in the K-State Community?

#	Answer	Bar	Response	%
1	Employment		207	47.81%
2	Availability of mental health services		147	33.95%
3	Availability of support groups/peer support		143	33.03%
4	Increased enforcement of laws		79	18.24%
5	Childcare		47	10.85%
6	Housing options		148	34.18%
7	Options for arts and entertainment activities		96	22.17%
8	Services for domestic/sexual violence survivors		116	26.79%
9	Services for persons with disabilities		61	14.09%
10	Services for veterans/military		56	12.93%
11	Substance abuse prevention or treatment		117	27.02%
12	Other		14	3.23%
	Total		1231	100.00%

Min Value	Max Value	Average Value	Variance	Standard Deviation	Total Responses	Total Respondents
1	12	5.31	11.40	3.38	1231	433

Other
Not sure, I do not live near the K-State campus
Need for more outdoor physical activity
unknown
Slum Lords taking advantage of poor college students
Availabitlity of food
Affordable Housing
Diversity training and a non-discrimination policy
Service to help pregnant women when they are pregnant with money, clothes, diapers, etc.
Develop a better trafic culture in the pedestrians
Late night transit on weekend nights when students are most likely to be impaired.

Section G: Sexual Health

Sexual health is defined as a state of physical, mental, and social well-being in relation to sexuality. (World Health Organization)

The questions in this section will inquire about your personal sexual health history.

1. Are you currently sexually active?

#	Answer	Bar	Response	%
1	Yes		233	52.01%
2	No		215	47.99%
	Total		448	100.00%

Min Value	Max Value	Average Value	Variance	Standard Deviation	Total Responses	Total Respondents
1	2	1.48	0.25	0.50	448	448

2. Have you ever been tested for STDs?

#	Answer	Bar	Response	%
1	Yes		100	42.92%
2	No		133	57.08%
	Total		233	100.00%

Min Value	Max Value	Average Value	Variance	Standard Deviation	Total Responses	Total Respondents
1	2	1.57	0.25	0.50	233	233

3. How often are you tested for STDs?

#	Answer	Bar	Response	%
1	I've only been tested once or twice.		43	43.00%
2	When I suspect that I may have an STD.		7	7.00%
3	On a yearly basis.		41	41.00%
4	Each time I have a new sexual partner.		9	9.00%
	Total		100	100.00%

Min Value	Max Value	Average Value	Variance	Standard Deviation	Total Responses	Total Respondents
1	4	2.16	1.19	1.09	100	100

Section H: Demographics

1. I identify my gender as:

#	Answer	Bar	Response	%
1	Male		162	36.08%
2	Female		286	63.70%
3	Transgender		1	0.22%
4	Prefer not to disclose		0	0.00%
	Total		449	100.00%

Min Value	Max Value	Average Value	Variance	Standard Deviation	Total Responses	Total Respondents
1	3	1.64	0.23	0.48	449	449

2. I consider myself to be:

#	Answer	Bar	Response	%
1	Heterosexual or straight		418	93.10%
2	Gay or lesbian		12	2.67%
3	Bisexual		19	4.23%
	Total		449	100.00%

Min Value	Max Value	Average Value	Variance	Standard Deviation	Total Responses	Total Respondents
1	3	1.11	0.18	0.43	449	449

3. What is your student classification at K-State?

#	Answer	Bar	Response	%
1	Undergraduate freshman		110	24.44%
2	Undergraduate sophomore		71	15.78%
3	Undergraduate junior		78	17.33%
4	Undergraduate senior		105	23.33%
5	Graduate or professional student		85	18.89%
6	Not seeking a degree		1	0.22%
	Total		450	100.00%

Min Value	Max Value	Average Value	Variance	Standard Deviation	Total Responses	Total Respondents
1	6	2.97	2.15	1.47	450	450

4. Please specify your race/ethnicity.

#	Answer	Bar	Response	%
1	White		363	80.85%
2	Black or African American		16	3.56%
3	Hispanic or Latino		22	4.90%
4	American Indian or Alaska Native		4	0.89%
5	Asian		27	6.01%
6	Native Hawaiian or Pacific Islander		0	0.00%
7	Other		11	2.45%
8	Prefer not to disclose		6	1.34%
	Total		449	100.00%

Other
middle east
white with hispanic
American/Middle eastern/European
Black and white
White, Latinex, and Black
Middle East
Middle eastern
Human
Iranian
White and Asian
View More

5. Age Range:

#	Answer	Bar	Response	%
1	< or equal to 18		87	19.38%
2	19-24		276	61.47%
3	25-30		46	10.24%
4	31-39		29	6.46%
5	40-49		8	1.78%
6	50+		3	0.67%
	Total		449	100.00%

Min Value	Max Value	Average Value	Variance	Standard Deviation	Total Responses	Total Respondents
1	6	2.12	0.81	0.90	449	449

6. Where do you currently live?

#	Answer	Bar	Response	%
1	Campus residence hall		107	23.78%
2	Fraternity or sorority house		33	7.33%
3	Cooperative/Scholarship house		10	2.22%
4	Other college or university housing		18	4.00%
5	Off-campus housing (i.e., apartment, duplex)		270	60.00%
6	Parent/guardian's home		12	2.67%
	Total		450	100.00%

Min Value	Max Value	Average Value	Variance	Standard Deviation	Total Responses	Total Respondents
1	6	3.77	3.12	1.77	450	450

7. Are you an international student?

#	Answer	Bar	Response	%
1	Yes		38	8.44%
2	No		412	91.56%
	Total		450	100.00%

Min Value	Max Value	Average Value	Variance	Standard Deviation	Total Responses	Total Respondents
1	2	1.92	0.08	0.28	450	450

8. Currently, you are a:

#	Answer	Bar	Response	%
1	Part-time student		29	6.44%
2	Full-time student		421	93.56%
	Total		450	100.00%

Min Value	Max Value	Average Value	Variance	Standard Deviation	Total Responses	Total Respondents
1	2	1.94	0.06	0.25	450	450