



AMERICAN COLLEGE HEALTH ASSOCIATION

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

Institutional Data Report - Spring 2021

ILLINOIS STATE UNIVERSITY

American College Health Association

8455 Colesville Rd., Suite 740

Silver Spring, MD 20910

(410) 859-1500

www.acha.org

February 23, 2021

FREQUENCY REPORT

Number of Surveys (n) =

641 Web

Surveys

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

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

1. How would you describe your general overall health?

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Excellent	18	9	34	8	0	0	53	8.3	
2 Very good	74	38	163	38	0	0	240	37.8	
3 Good	77	40	166	39	0	0	247	38.9	
4 Fair	22	11	58	14	0	0	82	12.9	
5 Poor	4	2	6	1	0	0	13	2.0	
6 Don't know	0	0	0	0	0	0	0	0.0	
Valid responses =	195	31	427	67	0	0	635	99.1	

Invalid responses include no response.

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

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Strongly agree	30	15	66	16	0	0	97	15.3	
2 Agree	115	59	219	51	0	0	340	53.5	
3 Neutral	33	17	111	26	0	0	146	23.0	
4 Disagree	12	6	28	7	0	0	42	6.6	
5 Strongly disagree	5	3	3	1	0	0	10	1.6	
Valid responses =	195	31	427	67	0	0	635	99.1	

Invalid responses include no response.

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

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 No	5	3	3	1	0	0	10	1.6	
2 Yes	178	91	413	97	0	0	601	94.6	
3 Don't know	12	6	11	3	0	0	24	3.8	
Valid responses =	195	31	427	67	0	0	635	99.1	

Invalid responses include no response.

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

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Not Applicable	4	2	4	1	0	0	9	1.4	
2 Extremely important	58	30	144	34	0	0	206	32.5	
3 Very important	75	39	196	46	0	0	274	43.2	
4 Moderately important	48	25	66	16	0	0	118	18.6	
5 Slightly important	7	4	13	3	0	0	21	3.3	
6 Not at all important	3	2	3	1	0	0	6	0.9	
Valid responses =	195	31	426	67	0	0	634	98.9	

Invalid responses include no response.

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

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 No	47	24	93	22	0	0	142	22.5	
2 Yes	147	76	329	78	0	0	487	77.2	
3 Don't Know	0	0	2	1	0	0	2	0.3	
Valid responses =	194	31	424	67	0	0	631	98.4	

Invalid responses include no response.



AMERICAN COLLEGE HEALTH ASSOCIATION

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

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

February 23, 2021
FREQUENCY REPORT
Number of Surveys (n) =

641 Web Surveys

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Not Applicable	7	4	3	1	0	0	10	1.6
2 Never	68	35	93	22	0	0	165	26.0
3 Rarely	57	29	109	26	0	0	169	26.6
4 Sometimes	55	28	172	40	0	0	231	36.4
5 Most of the Time	7	4	44	10	0	0	53	8.3
6 Always	1	1	6	1	0	0	7	1.1
Valid responses =	195	31	427	67	0	0	635	99.1

Invalid responses include no response.

6B. Within the last 12 months, how often did you experience pain, discomfort, or numbness in your hands, wrists, arms, or shoulders when performing work tasks NOT at a desk or a computer?

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Not Applicable	7	4	8	2	0	0	15	2.4
2 Never	68	35	122	29	0	0	195	30.9
3 Rarely	57	29	138	33	0	0	199	31.5
4 Sometimes	54	28	126	30	0	0	183	29.0
5 Most of the Time	7	4	28	7	0	0	36	5.7
6 Always	2	1	2	1	0	0	4	0.6
Valid responses =	195	31	424	67	0	0	632	98.6

Invalid responses include no response.

6C. Within the last 12 months, experience pain, discomfort, or numbness in your neck or low back when using a computer or working at a desk?

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Not Applicable	5	3	3	1	0	0	8	1.3
2 Never	56	29	55	13	0	0	116	18.4
3 Rarely	47	24	74	18	0	0	122	19.3
4 Sometimes	71	36	209	49	0	0	283	44.8
5 Most of the Time	14	7	69	16	0	0	87	13.8
6 Always	2	1	14	3	0	0	16	2.5
Valid responses =	195	31	424	67	0	0	632	98.6

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Not Applicable	5	3	8	2	0	0	13	2.1
2 Never	47	24	82	19	0	0	133	21.0
3 Rarely	49	25	114	27	0	0	166	26.3
4 Sometimes	84	43	176	42	0	0	264	41.8
5 Most of the Time	8	4	37	9	0	0	47	7.4
6 Always	2	1	7	2	0	0	9	1.4
Valid responses =	195	31	424	67	0	0	632	98.6

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Less than 12 months ago	148	76	371	87	0	0	529	83
2 1 year ago less than 2 years ago	33	17	37	9	0	0	71	11
3 2 years ago less than 3 years ago	7	4	8	2	0	0	15	2
4 3 years ago less than 5 years ago	4	2	5	1	0	0	10	2
5 5 or more years ago	2	1	1	0	0	0	4	1
6 Never	0	0	1	0	0	0	1	0
7 Don't know	1	1	3	1	0	0	4	1
Valid responses =	195	31	426	67	0	0	634	98.9

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Less than 12 months ago	116	60	259	61	0	0	380	60
2 1 year ago less than 2 years ago	36	19	72	17	0	0	109	17.2
3 2 years ago less than 3 years ago	5	3	25	6	0	0	31	4.9
4 3 years ago less than 5 years ago	7	4	13	3	0	0	22	3.5
5 5 or more years ago	15	8	12	3	0	0	28	4.4
6 Never	8	4	16	4	0	0	24	3.8
7 Don't know	8	4	28	7	0	0	39	6.2
Valid responses =	195	31	425	67	0	0	633	98.8

Invalid responses include no response.



AMERICAN COLLEGE HEALTH ASSOCIATION

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

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

ILLINOIS STATE UNIVERSITY
February 23, 2021
FREQUENCY REPORT
Number of Surveys (n) =

641 Web Surveys

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Less than 12 months ago	119	61	259	61	0	0	383	60.5
2 1 year ago less than 2 years ago	35	18	72	17	0	0	108	17.1
3 2 years ago less than 3 years ago	6	3	30	7	0	0	37	5.8
4 3 years ago less than 5 years ago	7	4	13	3	0	0	22	3.5
5 5 or more years ago	16	8	11	3	0	0	28	4.4
6 Never	7	4	15	4	0	0	22	3.5
7 Don't know	5	3	25	6	0	0	33	5.2
Valid responses =	195	31	425	67	0	0	633	98.8

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Less than 12 months ago	142	73	319	75	0	0	466	73.6
2 1 year ago less than 2 years ago	24	12	50	12	0	0	77	12.2
3 2 years ago less than 3 years ago	10	5	18	4	0	0	30	4.7
4 3 years ago less than 5 years ago	9	5	15	4	0	0	26	4.1
5 5 or more years ago	8	4	19	5	0	0	28	4.4
6 Never	0	0	1	0	0	0	1	0.2
7 Don't know	2	1	3	1	0	0	5	0.8
Valid responses =	195	31	425	67	0	0	633	98.8

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Less than 12 months ago	96	50	240	56	0	0	344	54.3
2 1 year ago less than 2 years ago	49	25	113	27	0	0	165	26.1
3 2 years ago less than 3 years ago	17	9	38	9	0	0	57	9
4 3 years ago less than 5 years ago	14	7	14	3	0	0	28	4.4
5 5 or more years ago	13	7	17	4	0	0	30	4.7
6 Never	3	2	0	0	0	0	3	0.5
7 Don't know	2	1	4	1	0	0	6	0.9
Valid responses =	194	31	426	67	0	0	633	98.8

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Less than 12 months ago	39	20	43	10	0	0	83	13.2
2 1 year ago less than 2 years ago	18	9	37	9	0	0	55	8.8
3 2 years ago less than 3 years ago	16	8	41	10	0	0	58	9.2
4 3 years ago less than 5 years ago	20	10	32	8	0	0	55	8.8
5 5 or more years ago	60	31	138	33	0	0	202	32.2
6 Never	13	7	41	10	0	0	55	8.8
7 Don't know	28	14	89	21	0	0	120	19.1
Valid responses =	194	31	421	67	0	0	628	98.0

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Less than 12 months ago	109	56	290	68	0	0	405	64
2 1 year ago less than 2 years ago	42	22	71	17	0	0	116	18.3
3 2 years ago less than 3 years ago	15	8	27	6	0	0	43	6.8
4 3 years ago less than 5 years ago	11	6	13	3	0	0	26	4.1
5 5 or more years ago	15	8	14	3	0	0	30	4.7
6 Never	0	0	0	0	0	0	0	0
7 Don't know	3	2	10	2	0	0	13	2.1
Valid responses =	195	31	425	67	0	0	633	98.8

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Less than 12 months ago	112	57	241	57	0	0	357	56.5
2 1 year ago less than 2 years ago	32	16	60	14	0	0	92	14.6
3 2 years ago less than 3 years ago	3	2	27	6	0	0	31	4.9
4 3 years ago less than 5 years ago	7	4	9	2	0	0	19	3
5 5 or more years ago	14	7	15	4	0	0	30	4.7
6 Never	11	6	19	5	0	0	30	4.7
7 Don't know	16	8	53	13	0	0	73	11.6
Valid responses =	195	31	424	67	0	0	632	98.6

Invalid responses include no response.



AMERICAN COLLEGE HEALTH ASSOCIATION

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

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

February 23, 2021
FREQUENCY REPORT
Number of Surveys (n) =

641 Web Surveys

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

Anxiety

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	155	80	271	64	0	0	433	68.8
2 Yes, Dx/No Treatment	10	5	37	9	0	0	48	7.6
3 Yes, Dx/Received Treatment	29	15	115	27	0	0	148	23.5
Valid responses =	194	31	423	67	0	0	629	98.1

Invalid responses include no response.

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

Depression

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	160	83	303	72	0	0	471	75.1
2 Yes, Dx/No Treatment	7	4	15	4	0	0	22	3.5
3 Yes, Dx/Received Treatment	26	14	104	25	0	0	134	21.4
Valid responses =	193	31	422	67	0	0	627	97.8

Invalid responses include no response.

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

Elevated blood sugar or diabetes

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	156	80	374	88	0	0	542	86.2
2 Yes, Dx/No Treatment	15	8	26	6	0	0	41	6.5
3 Yes, Dx/Received Treatment	23	12	23	5	0	0	46	7.3
Valid responses =	194	31	423	67	0	0	629	98.1

Invalid responses include no response.

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

Elevated cholesterol level

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	122	63	323	76	0	0	457	72.5
2 Yes, Dx/No Treatment	29	15	59	14	0	0	88	14
3 Yes, Dx/Received Treatment	43	22	42	10	0	0	85	13.5
Valid responses =	194	31	424	67	0	0	630	98.3

Invalid responses include no response.

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

High blood pressure/hypertension

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	146	75	333	79	0	0	491	77.9
2 Yes, Dx/No Treatment	12	6	22	5	0	0	34	5.4
3 Yes, Dx/Received Treatment	37	19	68	16	0	0	105	16.7
Valid responses =	195	31	423	67	0	0	630	98.3

Invalid responses include no response.

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

Low back injury or spine problems

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	149	77	331	78	0	0	491	77.9
2 Yes, Dx/No Treatment	12	6	22	5	0	0	34	5.4
3 Yes, Dx/Received Treatment	32	17	71	17	0	0	105	16.7
Valid responses =	193	31	424	67	0	0	630	98.3

Invalid responses include no response.

9. On how many of the past 7 days did you get enough sleep so that you felt rested when you woke up?

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 0 days	22	11	27	6	0	0	51	8
2 1 day	14	7	31	7	0	0	46	7.3
3 2 days	21	11	70	16	0	0	94	14.8
4 3 days	24	12	59	14	0	0	85	13.4
5 4 days	24	12	53	12	0	0	78	12.3
6 5 days	30	15	81	19	0	0	113	17.8
7 6 days	25	13	66	16	0	0	92	14.5
8 7 days	35	18	39	9	0	0	75	11.8
Valid responses =	195	31	426	67	0	0	634	98.9

Invalid responses include no response.



AMERICAN COLLEGE HEALTH ASSOCIATION

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

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

February 23, 2021
FREQUENCY REPORT
Number of Surveys (n) =

641 Web Surveys

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Less than 4 hours	3	2	1	0	0	0	4	0.6
2 4 hours	1	1	13	3	0	0	14	2.2
3 5 hours	21	11	39	9	0	0	64	10.1
4 6 hours	50	26	110	26	0	0	160	25.2
5 7 hours	78	40	174	41	0	0	258	40.7
6 8 hours	36	19	80	19	0	0	119	18.8
7 9 hours	5	3	9	2	0	0	14	2.2
8 10 or more hours	1	1	0	0	0	0	1	0.2
Valid responses =	195	31	426	67	0	0	634	98.9

Invalid responses include no response.

11A. How long does it usually take you to fall asleep once you close your eyes?

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Under 5 minutes	48	25	71	17	0	0	123	19.4
2 5-15 minutes	84	43	172	40	0	0	260	40.9
3 16-30 minutes	41	21	101	24	0	0	143	22.5
4 31 minutes - 1 hour	18	9	62	15	0	0	83	13.1
5 Over 1 hour	4	2	21	5	0	0	26	4.1
Valid responses =	195	31	427	67	0	0	635	99.1

Invalid responses include no response.

11B1. In the last 12 months have you experienced the following? Experienced difficulty staying asleep

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	74	38	129	30	0	0	209	33
2 Yes	121	62	296	70	0	0	424	67
Valid responses =	195	31	425	67	0	0	633	98.8

Invalid responses include no response.

11B2. In the last 12 months have you experienced the following? Used an over-the-counter medication to promote sleep

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	143	73	287	67	0	0	439	69.2
2 Yes	52	27	139	33	0	0	195	30.8
Valid responses =	195	31	426	67	0	0	634	98.9

Invalid responses include no response.

11B3. In the last 12 months have you experienced the following? Used a prescription medication to promote sleep

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	177	91	392	92	0	0	580	91.5
2 Yes	18	9	34	8	0	0	54	8.5
Valid responses =	195	31	426	67	0	0	634	98.9

Invalid responses include no response.

11B4. In the last 12 months have you experienced the following? Experienced difficulty coping with stressful events or situations

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	112	57	184	43	0	0	301	47.5
2 Yes	83	43	242	57	0	0	333	52.5
Valid responses =	195	31	426	67	0	0	634	98.9

Invalid responses include no response.

11B5. In the last 12 months have you experienced the following? Felt so depressed that it was difficult to function

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	163	84	347	82	0	0	515	81.2
2 Yes	32	16	79	19	0	0	119	18.8
Valid responses =	195	31	426	67	0	0	634	98.9

Invalid responses include no response.



AMERICAN COLLEGE HEALTH ASSOCIATION

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

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

ILLINOIS STATE UNIVERSITY
February 23, 2021
FREQUENCY REPORT
Number of Surveys (n) = 641 Web Surveys

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

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 No	140	72	237	56	0	0	384	60.6	
2 Yes	55	28	189	44	0	0	250	39.4	
Valid responses =	195	31	426	67	0	0	634	98.9	

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 No	101	52	134	32	0	0	241	38.1	
2 Yes	93	48	292	69	0	0	392	61.9	
Valid responses =	194	31	426	67	0	0	633	98.8	

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Did not experience issue/not applicable	77	40	93	22	0	0	172	27.3	
2 Experienced issue, but work performance/productivity not affected	76	39	203	48	0	0	284	45.2	
3 Experienced issue, and it negatively impacted work performance/productivity	42	22	125	30	0	0	173	27.5	
Valid responses =	195	31	421	67	0	0	629	98.1	

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Did not experience issue/not applicable	152	78	288	68	0	0	449	71.5	
2 Experienced issue, but work performance/productivity not affected	76	39	203	48	0	0	284	45.2	
3 Experienced issue, and it negatively impacted work performance/productivity	42	22	125	30	0	0	173	27.5	
Valid responses =	194	31	421	67	0	0	628	98.0	

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Did not experience issue/not applicable	132	68	230	54	0	0	366	58	
2 Experienced issue, but work performance/productivity not affected	33	17	121	29	0	0	157	24.9	
3 Experienced issue, and it negatively impacted work performance/productivity	30	15	73	17	0	0	108	17.1	
Valid responses =	195	31	424	67	0	0	631	98.4	

Invalid responses include no response.

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Did not experience issue/not applicable	128	66	258	61	0	0	392	62.1	
2 Experienced issue, but work performance/productivity not affected	58	30	138	33	0	0	201	31.9	
3 Experienced issue, and it negatively impacted work performance/productivity	9	5	27	6	0	0	38	6	
Valid responses =	195	31	423	67	0	0	631	98.4	

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Did not experience issue/not applicable	65	34	101	24	0	0	168	26.8	
2 Experienced issue, but work performance/productivity not affected	91	47	198	47	0	0	293	46.7	
3 Experienced issue, and it negatively impacted work performance/productivity	38	20	122	29	0	0	167	26.6	
Valid responses =	194	31	421	67	0	0	628	98.0	

Invalid responses include no response.



AMERICAN COLLEGE HEALTH ASSOCIATION

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

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

ILLINOIS STATE UNIVERSITY
February 23, 2021
FREQUENCY REPORT
Number of Surveys (n) = 641 Web Surveys

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Did not experience issue/not applicable	156	80	256	61	0	0	421	66.8
2 Experienced issue, but work performance/productivity not affected	24	12	99	23	0	0	126	20
3 Experienced issue, and it negatively impacted work performance/productivity	14	7	68	16	0	0	83	13.2
Valid responses =	194	31	423	67	0	0	630	98.3

Invalid responses include no response.

12A7. Within the last 12 months, have any of the following negatively impacted your work performance and/or productivity? A family member's (child, parent, spouse/partner) special needs, illness, injury or surgery

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Did not experience issue/not applicable	139	71	258	61	0	0	406	64.2
2 Experienced issue, but work performance/productivity not affected	39	20	112	26	0	0	155	24.5
3 Experienced issue, and it negatively impacted work performance/productivity	17	9	54	13	0	0	71	11.2
Valid responses =	195	31	424	67	0	0	632	98.6

Invalid responses include no response.

12A8. Within the last 12 months, have any of the following negatively impacted your work performance and/or productivity? My own special needs, illness, injury or surgery

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Did not experience issue/not applicable	136	70	294	69	0	0	435	68.8
2 Experienced issue, but work performance/productivity not affected	37	19	80	19	0	0	121	19.1
3 Experienced issue, and it negatively impacted work performance/productivity	22	11	50	12	0	0	76	12
Valid responses =	195	31	424	67	0	0	632	98.6

Invalid responses include no response.

12A9. Within the last 12 months, have any of the following negatively impacted your work performance and/or productivity? Violence in my home (spouse/partner, child)

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Did not experience issue/not applicable	193	99	421	99	0	0	627	99.2
2 Experienced issue, but work performance/productivity not affected	2	1	2	1	0	0	4	0.6
3 Experienced issue, and it negatively impacted work performance/productivity	0	0	1	0	0	0	1	0.2
Valid responses =	195	31	424	67	0	0	632	98.6

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Did not experience issue/not applicable	183	94	412	97	0	0	606	96
2 Experienced issue, but work performance/productivity not affected	9	5	11	3	0	0	20	3.2
3 Experienced issue, and it negatively impacted work performance/productivity	2	1	1	0	0	0	5	0.8
Valid responses =	194	31	424	67	0	0	631	98.4

Invalid responses include no response.

12B2. Within the last 12 months, have any of the following negatively impacted your work performance and/or productivity? Addiction to alcohol or drugs of a close friend or family member

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Did not experience issue/not applicable	185	96	390	92	0	0	586	93
2 Experienced issue, but work performance/productivity not affected	8	4	26	6	0	0	36	5.7
3 Experienced issue, and it negatively impacted work performance/productivity	0	0	8	2	0	0	8	1.3
Valid responses =	193	31	424	67	0	0	630	98.3

Invalid responses include no response.



AMERICAN COLLEGE HEALTH ASSOCIATION

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

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

ILLINOIS STATE UNIVERSITY
February 23, 2021
FREQUENCY REPORT
Number of Surveys (n) = 641 Web Surveys

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

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Did not experience issue/not applicable	112	58	255	60	0	0	372	59	
2 Experienced issue, but work performance/productivity not affected	48	25	106	25	0	0	156	24.8	
3 Experienced issue, and it negatively impacted work performance/productivity	34	18	62	15	0	0	102	16.2	
Valid responses =	194	31	423	67	0	0	630	98.3	

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Did not experience issue/not applicable	142	74	310	73	0	0	461	73.3	
2 Experienced issue, but work performance/productivity not affected	25	13	59	14	0	0	85	13.5	
3 Experienced issue, and it negatively impacted work performance/productivity	26	14	54	13	0	0	83	13.2	
Valid responses =	193	31	423	67	0	0	629	98.1	

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Did not experience issue/not applicable	130	67	311	73	0	0	450	71.1	
2 Experienced issue, but work performance/productivity not affected	41	21	72	17	0	0	115	18.2	
3 Experienced issue, and it negatively impacted work performance/productivity	24	12	42	10	0	0	68	10.7	
Valid responses =	195	31	425	67	0	0	633	98.8	

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Did not experience issue/not applicable	147	75	311	73	0	0	464	73.3	
2 Experienced issue, but work performance/productivity not affected	33	17	71	17	0	0	108	17.1	
3 Experienced issue, and it negatively impacted work performance/productivity	15	8	43	10	0	0	61	9.6	
Valid responses =	195	31	425	67	0	0	633	98.8	

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Did not experience issue/not applicable	159	82	337	80	0	0	507	80.3	
2 Experienced issue, but work performance/productivity not affected	18	9	56	13	0	0	76	12.0	
3 Experienced issue, and it negatively impacted work performance/productivity	17	9	31	7	0	0	48	7.6	
Valid responses =	194	31	424	67	0	0	631	98.4	

Invalid responses include no response.

12C4. Within the last 12 months, have any of the following negatively impacted your work performance and/or productivity? Stressful environment within my department/unit

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Did not experience issue/not applicable	129	66	264	62	0	0	401	63.3	
2 Experienced issue, but work performance/productivity not affected	36	19	88	21	0	0	127	20.1	
3 Experienced issue, and it negatively impacted work performance/productivity	30	15	73	17	0	0	105	16.6	
Valid responses =	195	31	425	67	0	0	633	98.8	

Invalid responses include no response.



AMERICAN COLLEGE HEALTH ASSOCIATION

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

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

ILLINOIS STATE UNIVERSITY
February 23, 2021
FREQUENCY REPORT
Number of Surveys (n) = 641 Web Surveys

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

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Did not experience issue/not applicable	158	81	322	76	0	0	490	77.5	
2 Experienced issue, but work performance/productivity not affected	20	10	57	13	0	0	80	12.7	
3 Experienced issue, and it negatively impacted work performance/productivity	17	9	45	11	0	0	62	9.8	
Valid responses =	195	31	424	67	0	0	632	98.6	

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Did not experience issue/not applicable	64	85	132	89	0	0	201	87.4	
2 Experienced issue, but work performance/productivity not affected	3	4	2	1	0	0	5	2.2	
3 Experienced issue, and it negatively impacted work performance/productivity	8	11	15	10	0	0	24	10.4	
Valid responses =	42	22	125	30	0	0	0	0	
Valid responses =	75	33	149	65	0	0	230	35.9	

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Strongly agree	40	21	98	23	0	0	139	21.9	
2 Agree	108	55	222	52	0	0	337	53.2	
3 Neutral	25	13	74	17	0	0	102	16.1	
4 Disagree	16	8	24	6	0	0	41	6.5	
5 Strongly disagree	5	3	5	1	0	0	11	1.7	
6 Don't Know	1	1	3	1	0	0	4	0.6	
Valid responses =	195	31	426	67	0	0	634	98.9	

Invalid responses include no response.

14A. Please indicate whether each of the following are a barrier that prevents you from participating in wellness-at-work programs. Job responsibilities make it difficult to participate (shift work, coverage, fee based work)

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 No	103	53	200	48	0	0	309	49.4	
2 Yes	90	47	220	52	0	0	317	50.6	
Valid responses =	193	31	420	67	0	0	626	97.7	

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 No	133	69	271	65	0	0	410	65.6	
2 Yes	60	31	148	35	0	0	215	34.4	
Valid responses =	193	31	419	67	0	0	625	97.5	

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 No	176	92	370	88	0	0	555	88.8	
2 Yes	16	8	50	12	0	0	70	11.2	
Valid responses =	192	31	420	67	0	0	625	97.5	

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 No	106	55	227	54	0	0	338	53.9	
2 Yes	87	45	194	46	0	0	289	46.1	
Valid responses =	193	31	421	67	0	0	627	97.8	

Invalid responses include no response.



AMERICAN COLLEGE HEALTH ASSOCIATION

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

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

ILLINOIS STATE UNIVERSITY
February 23, 2021
FREQUENCY REPORT
Number of Surveys (n) =

641 Web Surveys

14E. Please indicate whether each of the following are a barrier that prevents you from participating in wellness-at-work programs. Time management (have trouble fitting anything else into my busy schedule)

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	88	46	143	34	0	0	237	37.7
2 Yes	105	54	279	66	0	0	391	62.3
Valid responses =	193	31	422	67	0	0	628	98.0

Invalid responses include no response.

14F. Please indicate whether each of the following are a barrier that prevents you from participating in wellness-at-work programs. Schedule of programs do not work for me

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	126	66	218	52	0	0	351	56.3
2 Yes	65	34	201	48	0	0	272	43.7
Valid responses =	191	31	419	67	0	0	623	97.2

Invalid responses include no response.

14G. Please indicate whether each of the following are a barrier that prevents you from participating in wellness-at-work programs. Wellness programs are not offered at a convenient location

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	155	81	338	81	0	0	502	80.7
2 Yes	37	19	79	19	0	0	120	19.3
Valid responses =	192	31	417	67	0	0	622	97.0

Invalid responses include no response.

14H. Please indicate whether each of the following are a barrier that prevents you from participating in wellness-at-work programs. My supervisor does not allow me to attend

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	182	95	401	96	0	0	596	95.5
2 Yes	10	5	18	4	0	0	28	4.5
Valid responses =	192	31	419	67	0	0	624	97.3

Invalid responses include no response.

14I. Please indicate whether each of the following are a barrier that prevents you from participating in wellness-at-work programs. Lack of interest in wellness activities available to me

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	105	55	307	73	0	0	416	66.8
2 Yes	87	45	111	27	0	0	207	33.2
Valid responses =	192	31	418	67	0	0	623	97.2

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	179	93	382	91	0	0	571	91.1
2 Yes	14	7	39	9	0	0	56	8.9
Valid responses =	193	31	421	67	0	0	627	97.8

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	175	92	354	85	0	0	538	87.1
2 Yes	16	8	62	15	0	0	80	12.9
Valid responses =	191	31	416	67	0	0	618	96.4

Invalid responses include no response.

14L. Please indicate whether each of the following are a barrier that prevents you from participating in wellness-at-work programs. Not supported by coworkers

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	178	93	393	95	0	0	582	94.0
2 Yes	13	7	22	5	0	0	37	6.0
Valid responses =	191	31	415	67	0	0	619	96.6

Invalid responses include no response.



AMERICAN COLLEGE HEALTH ASSOCIATION

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

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

February 23, 2021
FREQUENCY REPORT
Number of Surveys (n) =

641 Web Surveys

14M. Please indicate whether each of the following are a barrier that prevents you from participating in wellness-at-work programs. Do not feel comfortable participating in wellness-at-work programs

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	159	83	336	81	0	0	502	81.1
2 Yes	32	17	79	19	0	0	117	18.9
Valid responses =	191	31	415	67	0	0	619	96.6

Invalid responses include no response.

14N. Please indicate whether each of the following are a barrier that prevents you from participating in wellness-at-work programs. Do not have the knowledge needed to participate

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	166	87	374	90	0	0	551	88.9
2 Yes	26	14	41	10	0	0	69	11.1
Valid responses =	192	31	415	67	0	0	620	96.7

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	57	88	107	85	0	0	169	85.8
2 Yes	8	12	19	15	0	0	28	14.2
Valid responses =	65	33	126	64	0	0	197	30.7

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Strongly agree	71	36	153	36	0	0	225	35.5
2 Agree	90	46	196	46	0	0	295	46.6
3 Neutral	19	10	53	13	0	0	74	11.7
4 Disagree	10	5	21	5	0	0	32	5.1
5 Strongly disagree	5	3	2	1	0	0	7	1.1
Valid responses =	195	31	425	67	0	0	633	98.8

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Strongly agree	64	33	146	34	0	0	213	33.8
2 Agree	84	43	187	44	0	0	278	44.1
3 Neutral	21	11	45	11	0	0	68	10.8
4 Disagree	15	8	30	7	0	0	45	7.1
5 Strongly disagree	10	5	16	4	0	0	27	4.3
Valid responses =	194	31	424	67	0	0	631	98.4

Invalid responses include no response.

15C. Within the last 12 months I have felt... My supervisor provides the support that I need to cope with the demands of my job.

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Strongly agree	72	37	151	36	0	0	228	36.1
2 Agree	75	39	158	37	0	0	238	37.7
3 Neutral	21	11	64	15	0	0	87	13.8
4 Disagree	15	8	35	8	0	0	51	8.1
5 Strongly disagree	11	6	16	4	0	0	27	4.3
Valid responses =	194	31	424	67	0	0	631	98.4

Invalid responses include no response.

15D. Within the last 12 months I have felt... I have received adequate feedback to judge my work performance.

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Strongly agree	61	31	108	26	0	0	172	27.3
2 Agree	73	37	184	44	0	0	264	41.8
3 Neutral	33	17	76	18	0	0	111	17.6
4 Disagree	16	8	35	8	0	0	51	8.1
5 Strongly disagree	12	6	20	5	0	0	33	5.2
Valid responses =	195	31	423	67	0	0	631	98.4

Invalid responses include no response.



AMERICAN COLLEGE HEALTH ASSOCIATION

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

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

February 23, 2021
FREQUENCY REPORT
Number of Surveys (n) =

641 Web Surveys

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

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

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Strongly agree	58	30	115	27	0	0	176	27.9	
2 Agree	72	37	156	37	0	0	234	37.1	
3 Neutral	30	15	80	19	0	0	112	17.7	
4 Disagree	20	10	48	11	0	0	69	10.9	
5 Strongly disagree	15	8	24	6	0	0	40	6.3	
Valid responses =	195	31	423	67	0	0	631	98.4	

Invalid responses include no response.

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

I have been offered opportunities to learn and grow.

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Strongly agree	57	29	134	32	0	0	196	31.1	
2 Agree	74	38	174	41	0	0	254	40.3	
3 Neutral	36	19	55	13	0	0	91	14.4	
4 Disagree	18	9	37	9	0	0	56	8.9	
5 Strongly disagree	10	5	23	5	0	0	34	5.4	
Valid responses =	195	31	423	67	0	0	631	98.4	

Invalid responses include no response.

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

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

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Strongly agree	64	33	129	30	0	0	198	31.3	
2 Agree	73	37	165	39	0	0	242	38.3	
3 Neutral	27	14	71	17	0	0	100	15.8	
4 Disagree	18	9	36	9	0	0	56	8.9	
5 Strongly disagree	13	7	23	5	0	0	36	5.7	
Valid responses =	195	31	424	67	0	0	632	98.6	

Invalid responses include no response.

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

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 Strongly agree	63	32	139	33	0	0	203	32.1	
2 Agree	98	50	200	47	0	0	305	48.2	
3 Neutral	21	11	66	16	0	0	89	14.1	
4 Disagree	10	5	16	4	0	0	28	4.4	
5 Strongly disagree	3	2	4	1	0	0	8	1.3	
Valid responses =	195	31	425	67	0	0	633	98.8	

Invalid responses include no response.

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

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 N/A	7	4	28	7	0	0	38	6.0	
2 Not safe at all	1	1	1	0	0	0	3	0.5	
3 Somewhat unsafe	3	2	13	3	0	0	16	2.5	
4 Somewhat safe	20	10	75	18	0	0	98	15.5	
5 Very safe	164	84	308	73	0	0	478	75.5	
Valid responses =	195	31	425	67	0	0	633	98.8	

Invalid responses include no response.

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

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
1 N/A	15	8	66	16	0	0	84	13.3	
2 Not safe at all	2	1	6	1	0	0	8	1.3	
3 Somewhat unsafe	7	4	55	13	0	0	65	10.3	
4 Somewhat safe	66	34	202	48	0	0	272	43.2	
5 Very safe	104	54	94	22	0	0	201	31.9	
Valid responses =	194	31	423	67	0	0	630	98.3	

Invalid responses include no response.



AMERICAN COLLEGE HEALTH ASSOCIATION

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

Institutional Data Report - Spring 2021

ILLINOIS STATE UNIVERSITY

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

February 23, 2021
FREQUENCY REPORT
Number of Surveys (n) =

641 Web Surveys

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

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 N/A	6	3	29	7	0	0	37	5.9
2 Not safe at all	0	0	3	1	0	0	5	0.8
3 Somewhat unsafe	4	2	13	3	0	0	18	2.8
4 Somewhat safe	37	19	102	24	0	0	140	22.2
5 Very safe	148	76	277	65	0	0	432	68.4
Valid responses =	195	31	424	67	0	0	632	98.6

Invalid responses include no response.

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

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 N/A	13	7	48	11	0	0	63	10.0
2 Not safe at all	2	1	10	2	0	0	15	2.4
3 Somewhat unsafe	15	8	61	14	0	0	79	12.5
4 Somewhat safe	79	41	214	50	0	0	294	46.5
5 Very safe	85	44	92	22	0	0	181	28.6
Valid responses =	194	31	425	67	0	0	632	98.6

Invalid responses include no response.

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

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Not Applicable	0	0	0	0	0	0	0	0.0
2 Never	1	1	0	0	0	0	1	0.2
3 Rarely	2	1	0	0	0	0	2	0.3
4 Sometimes	0	0	0	0	0	0	0	0.0
5 Most of the time	3	2	9	2	0	0	12	1.9
6 Always	189	97	416	98	0	0	618	97.6
Valid responses =	195	31	425	67	0	0	633	98.8

Invalid responses include no response.

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

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Not Applicable	89	46	205	49	0	0	297	47.2
2 Never	22	11	48	11	0	0	71	11.3
3 Rarely	5	3	14	3	0	0	20	3.2
4 Sometimes	9	5	21	5	0	0	30	4.8
5 Most of the time	8	4	18	4	0	0	26	4.1
6 Always	62	32	115	27	0	0	185	29.4
Valid responses =	195	31	421	67	0	0	629	98.1

Invalid responses include no response.

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

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Not Applicable	172	89	384	92	0	0	565	90.4
2 Never	3	2	2	1	0	0	5	0.8
3 Rarely	0	0	1	0	0	0	1	0.2
4 Sometimes	3	2	3	1	0	0	6	1.0
5 Most of the time	1	1	3	1	0	0	4	0.6
6 Always	14	7	26	6	0	0	44	7.0
Valid responses =	193	31	419	67	0	0	625	97.5

Invalid responses include no response.

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

Ignoring phone calls or emails from coworkers

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	142	73	306	72	0	0	459	72.7
2 Yes	53	27	117	28	0	0	172	27.3
Valid responses =	195	31	423	67	0	0	631	98.4

Invalid responses include no response.

19A2. In the past twelve months, have you observed any of the following behaviors among your coworkers?

Silent treatment towards coworkers

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	149	76	325	77	0	0	484	76.7
2 Yes	46	24	98	23	0	0	147	23.3
Valid responses =	195	31	423	67	0	0	631	98.4

Invalid responses include no response.



AMERICAN COLLEGE HEALTH ASSOCIATION

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

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

ILLINOIS STATE UNIVERSITY
February 23, 2021
FREQUENCY REPORT
Number of Surveys (n) = 641 Web Surveys

19A3. In the past twelve months, have you observed any of the following behaviors among your coworkers? Spreading gossip about coworkers

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	128	66	259	61	0	0	397	63.0
2 Yes	67	34	163	39	0	0	233	37.0
Valid responses =	195	31	422	67	0	0	630	98.3

Invalid responses include no response.

19A4. In the past twelve months, have you observed any of the following behaviors among your coworkers? Coworkers are excluded from work-related social gatherings

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	167	86	344	82	0	0	523	83.5
2 Yes	27	14	75	18	0	0	103	16.5
Valid responses =	194	31	419	67	0	0	626	97.7

Invalid responses include no response.

19A5. In the past twelve months, have you observed any of the following behaviors among your coworkers? Coworkers take credit for work or ideas of others

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	154	79	302	72	0	0	466	74.0
2 Yes	41	21	120	28	0	0	164	26.0
Valid responses =	195	31	422	67	0	0	630	98.3

Invalid responses include no response.

19A6. In the past twelve months, have you observed any of the following behaviors among your coworkers? Coworkers make insults about personal lives of others

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	160	82	332	79	0	0	503	80.0
2 Yes	35	18	89	21	0	0	126	20.0
Valid responses =	195	31	421	67	0	0	629	98.1

Invalid responses include no response.

19A7. In the past twelve months, have you observed any of the following behaviors among your coworkers? Coworkers display intimidating or humiliating behaviors toward others

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	168	86	345	82	0	0	523	83.1
2 Yes	27	14	76	18	0	0	106	16.9
Valid responses =	195	31	421	67	0	0	629	98.1

Invalid responses include no response.

19A8. In the past twelve months, have you observed any of the following behaviors among your coworkers? Coworkers are being ignored/ostracized by others

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	150	77	328	78	0	0	487	77.5
2 Yes	45	23	92	22	0	0	141	22.5
Valid responses =	195	31	420	67	0	0	628	98.0

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	175	90	369	88	0	0	557	88.7
2 Yes	19	10	52	12	0	0	71	11.3
Valid responses =	194	31	421	67	0	0	628	98.0

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	193	100	420	100	0	0	626	99.5
2 Yes	1	1	2	1	0	0	3	0.5
Valid responses =	194	31	422	67	0	0	629	98.1

Invalid responses include no response.



AMERICAN COLLEGE HEALTH ASSOCIATION

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

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

February 23, 2021
FREQUENCY REPORT
Number of Surveys (n) =

641 Web Surveys

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	194	100	422	100	0	0	629	99.7
2 Yes	1	1	1	0	0	0	2	0.3
Valid responses =	195	31	423	67	0	0	631	98.4

Invalid responses include no response.

19A12. In the past twelve months, have you observed any of the following behaviors among your coworkers? Misuse of authority within an organization for personal or financial gain

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	180	92	399	95	0	0	590	93.8
2 Yes	15	8	22	5	0	0	39	6.2
Valid responses =	195	31	421	67	0	0	629	98.1

Invalid responses include no response.

19B1. In the past twelve months, have the following behaviors been directed toward you in the workplace? Ignoring my phone calls or emails

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	167	86	349	83	0	0	526	83.4
2 Yes	28	14	74	18	0	0	105	16.6
Valid responses =	195	31	423	67	0	0	631	98.4

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	176	90	364	86	0	0	551	87.2
2 Yes	19	10	60	14	0	0	81	12.8
Valid responses =	195	31	424	67	0	0	632	98.6

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	174	89	371	88	0	0	557	88.6
2 Yes	21	11	50	12	0	0	72	11.4
Valid responses =	195	31	421	67	0	0	629	98.1

Invalid responses include no response.

19B4. In the past twelve months, have the following behaviors been directed toward you in the workplace? Coworkers exclude you from work-related social gatherings

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	182	93	389	93	0	0	583	92.8
2 Yes	13	7	31	7	0	0	45	7.2
Valid responses =	195	31	420	67	0	0	628	98.0

Invalid responses include no response.

19B5. In the past twelve months, have the following behaviors been directed toward you in the workplace? Coworkers take credit for your work or your ideas

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	170	87	337	80	0	0	518	82.1
2 Yes	25	13	86	20	0	0	113	17.9
Valid responses =	195	31	423	67	0	0	631	98.4

Invalid responses include no response.

19B6. In the past twelve months, have the following behaviors been directed toward you in the workplace? Coworkers make insults about your personal life

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	185	95	393	93	0	0	590	93.4
2 Yes	10	5	31	7	0	0	42	6.6
Valid responses =	195	31	424	67	0	0	632	98.6

Invalid responses include no response.



AMERICAN COLLEGE HEALTH ASSOCIATION

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

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

ILLINOIS STATE UNIVERSITY
February 23, 2021
FREQUENCY REPORT
Number of Surveys (n) = 641 Web Surveys

19B7. In the past twelve months, have the following behaviors been directed toward you in the workplace? Coworkers display intimidating or humiliating behaviors

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	182	93	377	89	0	0	571	90.5
2 Yes	13	7	46	11	0	0	60	9.5
Valid responses =	195	31	423	67	0	0	631	98.4

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	186	96	394	93	0	0	592	94.1
2 Yes	8	4	28	7	0	0	37	5.9
Valid responses =	194	31	422	67	0	0	629	98.1

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	194	100	421	100	0	0	628	99.7
2 Yes	0	0	2	1	0	0	2	0.3
Valid responses =	194	31	423	67	0	0	630	98.3

Invalid responses include no response.

19B10. In the past twelve months, have the following behaviors been directed toward you in the workplace? Sexual abuse

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	195	100	422	100	0	0	630	99.8
2 Yes	0	0	1	0	0	0	1	0.2
Valid responses =	195	31	423	67	0	0	631	98.4

Invalid responses include no response.

19B11. In the past twelve months, have the following behaviors been directed toward you in the workplace? Supervisor abuses their power over me

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	180	93	402	96	0	0	594	94.7
2 Yes	13	7	19	5	0	0	33	5.3
Valid responses =	193	31	421	67	0	0	627	97.8

Invalid responses include no response.

19B12. In the past twelve months, have the following behaviors been directed toward you in the workplace? Coworkers are ignoring/ostracizing me.

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	184	95	387	92	0	0	582	92.5
2 Yes	9	5	36	9	0	0	47	7.5
Valid responses =	193	31	423	67	0	0	629	98.1

Invalid responses include no response.

20. In the last twelve months, I have missed work due to being bullied in workplace.

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Not Applicable	112	57	237	56	0	0	357	56.4
2 No	80	41	175	41	0	0	260	41.1
3 Yes	3	2	13	3	0	0	16	2.5
Valid responses =	195	31	425	67	0	0	633	98.8

Invalid responses include no response.

21A. Please indicate the extent to which you agree or disagree with each of the following statements: In the last twelve months: My emotional health has been negatively affected due to being bullied at work.

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Not Applicable	139	71	284	67	0	0	432	68.5
2 Strongly agree	4	2	19	5	0	0	23	3.6
3 Agree	5	3	25	6	0	0	30	4.8
4 Neutral	2	1	12	3	0	0	16	2.5
5 Disagree	11	6	25	6	0	0	38	6.0
6 Strongly disagree	34	17	58	14	0	0	92	14.6
Valid responses =	195	31	423	67	0	0	631	98.4

Invalid responses include no response.



AMERICAN COLLEGE HEALTH ASSOCIATION

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

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

ILLINOIS STATE UNIVERSITY
February 23, 2021
FREQUENCY REPORT
Number of Surveys (n) =

641 Web Surveys

21B. Please indicate the extent to which you agree or disagree with each of the following statements: In the last twelve months: My physical health has been negatively affected due to being bullied at work.

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Not Applicable	139	71	285	67	0	0	433	68.6
2 Strongly agree	3	2	13	3	0	0	16	2.5
3 Agree	2	1	13	3	0	0	15	2.4
4 Neutral	3	2	15	4	0	0	19	3.0
5 Disagree	12	6	31	7	0	0	45	7.1
6 Strongly disagree	36	19	66	16	0	0	103	16.3
Valid responses =	195	31	423	67	0	0	631	98.4

Invalid responses include no response.

21C. Please indicate the extent to which you agree or disagree with each of the following statements: In the last twelve months: My stress level has been increased due to being bullied at work.

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Not Applicable	139	72	286	68	0	0	434	68.8
2 Strongly agree	4	2	19	5	0	0	23	3.6
3 Agree	4	2	20	5	0	0	24	3.8
4 Neutral	4	2	14	3	0	0	20	3.2
5 Disagree	8	4	25	6	0	0	35	5.5
6 Strongly disagree	35	18	60	14	0	0	95	15.1
Valid responses =	194	31	424	67	0	0	631	98.4

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 0 minutes	20	11	63	15	0	0	88	14.2
2 .1 - 30 minutes	20	11	67	16	0	0	89	14.3
3 30.1 - 60 minutes	34	18	66	16	0	0	102	16.4
4 60.1 - 120 minutes	43	23	97	23	0	0	142	22.9
5 120.1 - 240 minutes	34	18	81	19	0	0	116	18.7
6 GE 240.1 minutes	37	20	46	11	0	0	84	13.5
Valid responses =	188	30	420	68	0	0	621	96.9

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Male	150.51	100.00	163.23	0	1000
Female	118.60	80.00	156.34	0	2100
Overall	128.63	90.00	163.76	0	2100

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 0 minutes	91	50	230	57	0	0	328	54.6
2 .1 - 30 minutes	16	9	45	11	0	0	64	10.6
3 30.1 - 60 minutes	26	14	31	8	0	0	57	9.5
4 60.1 - 120 minutes	21	11	49	12	0	0	70	11.6
5 120.1 - 240 minutes	12	7	32	8	0	0	46	7.7
6 GE 240.1 minutes	18	10	17	4	0	0	36	6.0
Valid responses =	184	31	404	67	0	0	601	93.8

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Male	69.65	1.00	119.37	0	660
Female	52.84	0.00	134.61	0	2100
Overall	59.25	0.00	133.84	0	2100

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 0 days	84	44	197	47	0	0	287	45.9
2 .1 - 2 days	27	14	89	21	0	0	118	18.9
3 2.1 - 4 days	42	22	76	18	0	0	122	19.5
4 GE 4.1 days	39	20	58	14	0	0	98	15.7
Valid responses =	192	31	420	67	0	0	625	97.5

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Male	2.15	2.00	2.32	0	7
Female	1.72	1.00	2.09	0	7
Overall	1.85	1.00	2.16	0	7



AMERICAN COLLEGE HEALTH ASSOCIATION

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

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

ILLINOIS STATE UNIVERSITY
February 23, 2021
FREQUENCY REPORT
Number of Surveys (n) =

641 Web Surveys

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 10% (48 mins per day)	14	7	10	2	0	0	24	3.8
2 20% (1.6 hours per day)	9	5	5	1	0	0	14	2.2
3 30% (2.4 hours per day)	8	4	11	3	0	0	19	3.0
4 40% (3.2 hours per day)	5	3	13	3	0	0	19	3.0
5 50% (4.0 hours per day)	16	8	22	5	0	0	38	6.0
6 60% (4.8 hours per day)	13	7	25	6	0	0	38	6.0
7 70% (5.6 hours per day)	27	14	52	12	0	0	81	12.9
8 80% (6.4 hours per day)	48	25	119	28	0	0	169	26.8
9 90% (7.2 hours per day)	33	17	117	28	0	0	154	24.4
10 100% (8.0 hours per day)	20	10	50	12	0	0	74	11.7
Valid responses =	193	31	424	67	0	0	630	98.3

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	180	93	406	96	0	0	599	94.8
2 Yes	14	7	19	5	0	0	33	5.2
Valid responses =	194	31	425	67	0	0	632	98.6

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	185	95	386	91	0	0	583	92.2
2 Yes	9	5	39	9	0	0	49	7.8
Valid responses =	194	31	425	67	0	0	632	98.6

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Not Applicable	20	11	82	21	0	0	107	18.4
2 Never	4	2	21	5	0	0	26	4.5
3 Rarely	11	6	25	7	0	0	37	6.3
4 Some of the time	23	12	49	13	0	0	74	12.7
5 Most of the time	42	23	76	20	0	0	118	20.2
6 Always	85	46	133	35	0	0	221	37.9
Valid responses =	185	32	386	66	0	0	583	91.0

Invalid responses include no response.

27. I consider myself to be:

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Underweight	2	1	3	1	0	0	5	0.8
2 A healthy weight	80	41	152	36	0	0	237	37.4
3 Overweight	89	46	198	47	0	0	292	46.1
4 Obese	23	12	71	17	0	0	97	15.3
5 Unsure	1	1	2	1	0	0	3	0.5
Valid responses =	195	31	426	67	0	0	634	98.9

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Trying nothing about weight	31	16	54	13	0	0	87	13.7
2 Stay the same weight	42	22	84	20	0	0	127	20.1
3 Lose weight	118	61	286	67	0	0	414	65.4
4 Gain weight	4	2	1	0	0	0	5	0.8
Valid responses =	195	31	425	67	0	0	633	98.8

Invalid responses include no response.



AMERICAN COLLEGE HEALTH ASSOCIATION

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

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

ILLINOIS STATE UNIVERSITY
February 23, 2021
FREQUENCY REPORT
Number of Surveys (n) =

641 Web Surveys

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

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 0 servings/day	21	11	38	9	0	0	62	9.8
2 1-2 servings/day	122	63	293	69	0	0	422	67.0
3 3-4 servings/day	41	21	81	19	0	0	125	19.8
4 5-6 servings/day	7	4	10	2	0	0	17	2.7
5 >6 servings/day	2	1	2	1	0	0	4	0.6
Valid responses =	193	31	424	67	0	0	630	98.3

Invalid responses include no response.

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

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 0 servings/day	5	3	13	3	0	0	19	3.0
2 1-2 servings/day	112	58	233	55	0	0	353	56.0
3 3-4 servings/day	56	29	133	31	0	0	193	30.6
4 5-6 servings/day	14	7	31	7	0	0	45	7.1
5 >6 servings/day	7	4	13	3	0	0	20	3.2
Valid responses =	194	31	423	67	0	0	630	98.3

Invalid responses include no response.

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

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 0 servings/day	13	7	41	10	0	0	58	9.2
2 1-2 servings/day	102	52	252	60	0	0	356	56.5
3 3-4 servings/day	63	32	109	26	0	0	178	28.3
4 5-6 servings/day	16	8	17	4	0	0	34	5.4
5 >6 servings/day	1	1	3	1	0	0	4	0.6
Valid responses =	195	31	422	67	0	0	630	98.3

Invalid responses include no response.

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

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 0 servings/day	33	17	44	10	0	0	79	12.5
2 1-2 servings/day	106	54	268	64	0	0	382	60.6
3 3-4 servings/day	45	23	99	24	0	0	147	23.3
4 5-6 servings/day	10	5	7	2	0	0	17	2.7
5 >6 servings/day	1	1	4	1	0	0	5	0.8
Valid responses =	195	31	422	67	0	0	630	98.3

Invalid responses include no response.

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

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 0-2 ounces per day	17	9	50	12	0	0	69	11.0
2 3-5 ounces per day	72	37	172	41	0	0	248	39.5
3 6-8 ounces per day	67	35	154	37	0	0	226	36.0
4 9-11 ounces per day	30	16	35	8	0	0	66	10.5
5 More than 11 ounces per day	8	4	11	3	0	0	19	3.0
Valid responses =	194	31	422	67	0	0	628	98.0

Invalid responses include no response.

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

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 0 servings/day	117	60	255	60	0	0	381	60.4
2 1-2 servings/day	59	30	143	34	0	0	206	32.6
3 3-4 servings/day	13	7	17	4	0	0	30	4.8
4 5-6 servings/day	5	3	4	1	0	0	9	1.4
5 >6 servings/day	1	1	4	1	0	0	5	0.8
Valid responses =	195	31	423	67	0	0	631	98.4

Invalid responses include no response.



AMERICAN COLLEGE HEALTH ASSOCIATION

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

Institutional Data Report - Spring 2021

ILLINOIS STATE UNIVERSITY

American College Health Association

8455 Colesville Rd., Suite 740

Silver Spring, MD 20910

(410) 859-1500

www.acha.org

February 23, 2021

FREQUENCY REPORT

Number of Surveys (n) =

641 Web

Surveys

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

	Male		Female		Unknown		Total	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Never used	31	16	74	18	0	0	107	16.9	
2 Have used, but not in last 30	25	13	69	16	0	0	98	15.5	
3 1 - 2 days	32	16	101	24	0	0	137	21.7	
4 3 - 5 days	33	17	72	17	0	0	105	16.6	
5 6 - 9 days	17	9	37	9	0	0	54	8.5	
6 10 - 19 days	31	16	40	9	0	0	73	11.6	
7 20 - 29 days	15	8	20	5	0	0	36	5.7	
8 Used daily	11	6	11	3	0	0	22	3.5	
Valid responses =	195	31	424	67	0	0	632	98.6	

Invalid responses include no response.

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

	Male		Female		Unknown		Total	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Never used	164	84	353	84	0	0	529	84.1	
2 Have used, but not in last 30	23	12	42	10	0	0	65	10.3	
3 1 - 2 days	1	1	2	1	0	0	3	0.5	
4 3 - 5 days	0	0	0	0	0	0	0	0.0	
5 6 - 9 days	1	1	1	0	0	0	2	0.3	
6 10 - 19 days	0	0	0	0	0	0	0	0.0	
7 20 - 29 days	0	0	2	1	0	0	2	0.3	
8 Used daily	6	3	21	5	0	0	28	4.5	
Valid responses =	195	31	421	67	0	0	629	98.1	

Invalid responses include no response.

35C. Within the last thirty days, on how many days did you use: Cigars, little cigars, clove cigarettes?

	Male		Female		Unknown		Total	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Never used	171	88	404	96	0	0	587	93.2	
2 Have used, but not in last 30	23	12	18	4	0	0	42	6.7	
3 1 - 2 days	0	0	1	0	0	0	1	0.2	
4 3 - 5 days	0	0	0	0	0	0	0	0.0	
5 6 - 9 days	0	0	0	0	0	0	0	0.0	
6 10 - 19 days	0	0	0	0	0	0	0	0.0	
7 20 - 29 days	0	0	0	0	0	0	0	0.0	
8 Used daily	0	0	0	0	0	0	0	0.0	
Valid responses =	194	31	423	67	0	0	630	98.3	

Invalid responses include no response.

35D. Within the last thirty days, on how many days did you use: E-cigarettes or other vape products?

	Male		Female		Unknown		Total	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Never used	176	91	400	94	0	0	586	92.9	
2 Have used, but not in last 30	8	4	14	3	0	0	23	3.6	
3 1 - 2 days	2	1	2	1	0	0	4	0.6	
4 3 - 5 days	0	0	1	0	0	0	1	0.2	
5 6 - 9 days	0	0	1	0	0	0	1	0.2	
6 10 - 19 days	0	0	0	0	0	0	0	0.0	
7 20 - 29 days	0	0	0	0	0	0	0	0.0	
8 Used daily	8	4	6	1	0	0	16	2.5	
Valid responses =	194	31	424	67	0	0	631	98.4	

Invalid responses include no response.

35E. Within the last thirty days, on how many days did you use: Smokeless tobacco (chew, snuff)?

	Male		Female		Unknown		Total	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Never used	174	90	415	98	0	0	602	95.7	
2 Have used, but not in last 30	11	6	7	2	0	0	18	2.9	
3 1 - 2 days	1	1	0	0	0	0	1	0.2	
4 3 - 5 days	2	1	0	0	0	0	2	0.3	
5 6 - 9 days	0	0	0	0	0	0	0	0.0	
6 10 - 19 days	1	1	0	0	0	0	1	0.2	
7 20 - 29 days	1	1	0	0	0	0	1	0.2	
8 Used daily	4	2	0	0	0	0	4	0.6	
Valid responses =	194	31	422	67	0	0	629	98.1	

Invalid responses include no response.



AMERICAN COLLEGE HEALTH ASSOCIATION

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

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

ILLINOIS STATE UNIVERSITY
February 23, 2021
FREQUENCY REPORT
Number of Surveys (n) = 641 Web Surveys

35F. Within the last thirty days, on how many days did you use: Tobacco from a water pipe (hookah)?

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Never used	183	94	412	97	0	0	606	95.9
2 Have used, but not in last 30	11	6	12	3	0	0	25	4.0
3 1 - 2 days	0	0	0	0	0	0	0	0.0
4 3 - 5 days	1	1	0	0	0	0	1	0.2
5 6 - 9 days	0	0	0	0	0	0	0	0.0
6 10 - 19 days	0	0	0	0	0	0	0	0.0
7 20 - 29 days	0	0	0	0	0	0	0	0.0
8 Used daily	0	0	0	0	0	0	0	0.0
Valid responses =	195	31	424	67	0	0	632	98.6

Invalid responses include no response.

36. Over the last two weeks, how many times have you had five or more drinks of alcohol at a sitting?

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Not Applicable	36	19	71	17	0	0	110	17.4
2 None	122	63	309	73	0	0	439	69.5
3 1 time	15	8	14	3	0	0	29	4.6
4 2 times	4	2	10	2	0	0	14	2.2
5 3 times	10	5	5	1	0	0	15	2.4
6 4 times	1	1	5	1	0	0	7	1.1
7 5 times	2	1	3	1	0	0	6	0.9
8 6 times	0	0	1	0	0	0	1	0.2
9 7 times	1	1	2	1	0	0	3	0.5
10 8 times	0	0	3	1	0	0	3	0.5
11 9 times	1	1	1	0	0	0	2	0.3
12 10 or more times	3	2	0	0	0	0	3	0.5
Valid responses =	195	31	424	67	0	0	632	98.6

Invalid responses include no response.

37. When you drink alcohol, how many drinks do you typically have?

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 0 drinks	33	18	60	15	0	0	96	15.7
2 1 - 1 drink	58	31	192	47	0	0	255	41.6
3 1.1 - 2 drinks	62	33	110	27	0	0	175	28.5
4 GE 2.1 drinks	36	19	49	12	0	0	87	14.2
Valid responses =	189	31	411	67	0	0	613	95.6

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Male	1.83	2.00	1.86	0	15
Female	1.44	1.00	1.14	0	10
Overall	1.57	1.00	1.42	0	15

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

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Not Applicable	38	20	72	17	0	0	113	17.9
2 No	126	65	300	71	0	0	433	68.6
3 Yes	31	16	51	12	0	0	85	13.5
Valid responses =	195	31	423	67	0	0	631	98.4

Invalid responses include no response.

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

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Not Applicable	37	19	69	16	0	0	109	17.4
2 No	146	75	343	82	0	0	498	79.3
3 Yes	11	6	9	2	0	0	21	3.3
Valid responses =	194	31	421	67	0	0	628	98.0

Invalid responses include no response.

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

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Not Applicable	37	19	72	17	0	0	112	17.7
2 No	155	80	347	82	0	0	510	80.8
3 Yes	3	2	4	1	0	0	9	1.4
Valid responses =	195	31	423	67	0	0	631	98.4

Invalid responses include no response.



AMERICAN COLLEGE HEALTH ASSOCIATION

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

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

ILLINOIS STATE UNIVERSITY
February 23, 2021
FREQUENCY REPORT
Number of Surveys (n) = 641 Web Surveys

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

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	191	98	417	99	0	0	621	98.6
2 Yes	4	2	5	1	0	0	9	1.4
Valid responses =	195	31	422	67	0	0	630	98.3

Invalid responses include no response.

42. How do you usually describe yourself?

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
American Indian or Native Alaskan	1	1	4	1	0	0	5	0.8
Asian or Asian American	4	2	15	4	0	0	19	3.0
Arab/Middle Eastern/North African	1	1	1	0	0	0	2	0.3
Black or African American	6	3	9	2	0	0	15	2.4
Hispanic or Latino/a	8	4	12	3	0	0	21	3.3
Native Hawaiian Pacific Islander Native	0	0	1	0	0	0	1	0.2
White	168	86	388	91	0	0	568	89.4
Biracial or Multiracial	2	1	3	1	0	0	5	0.8
Another Identity	8	4	4	1	0	0	12	1.9
Valid responses =								

Invalid responses include no response. all responses and blanks: since multiple responses were possible, more than 100% may be included.

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

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Mexican, Mexican Am., Chicano	31	16	54	13	0	0	87	13.7
2 Puerto Rican	42	22	84	20	0	0	127	20.1
3 Cuban	118	61	286	67	0	0	414	65.4
4 Another Hispanic, Latino, Spanish	4	2	1	0	0	0	5	0.8
Valid responses =	195	31	425	67	0	0	633	98.8

Invalid responses include no response.

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

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 East Asian	31	16	54	13	0	0	87	13.7
2 Southeast Asian	42	22	84	20	0	0	127	20.1
3 South Asian	118	61	286	67	0	0	414	65.4
4 Other Asian	4	2	1	0	0	0	5	0.8
Valid responses =	195	31	425	67	0	0	633	98.8

Invalid responses include no response.

43. How old are you?

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 18 - 30	13	7	36	9	0	0	51	8.2
2 30.1 - 40	33	17	113	27	0	0	153	24.5
3 40.1 - 50	58	30	104	25	0	0	163	26.1
4 50.1 - 60	53	28	107	26	0	0	162	25.9
5 GE 60.1	36	19	59	14	0	0	96	15.4
Valid responses =	193	31	419	67	0	0	625	97.5

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Male	48.78	49.00	11.56	24	79
Female	46.60	46.00	11.69	22	76
Overall	47.12	47.00	11.7	22	79

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

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Low-36 inches	0	0	0	0	0	0	0	0.0
2 37-48 inches	0	0	1	0	0	0	1	0.2
3 49-60 inches	1	1	14	3	0	0	15	2.4
4 61-72 inches	138	73	404	96	0	0	555	89.1
5 73-84 inches	51	27	1	0	0	0	52	8.3
6 GE 85 inches	0	0	0	0	0	0	0	0.0
Valid responses =	190	30	420	67	0	0	623	97.2

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Male	70.76	70.00	3.06	58	79
Female	65.36	65.00	2.93	43	81
Overall	67.05	67.00	3.87	43	81



AMERICAN COLLEGE HEALTH ASSOCIATION

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

ILLINOIS STATE UNIVERSITY

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

February 23, 2021
FREQUENCY REPORT
Number of Surveys (n) =

641 Web Surveys

45. What is your weight in pounds?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Low - 50 pounds	0	0	2	1	0	0	2	0.3
2 51-100 pounds	0	0	1	0	0	0	1	0.2
3 101-150 pounds	16	8	148	36	0	0	167	27.0
4 151-200 pounds	81	43	168	40	0	0	256	41.4
5 201-250 pounds	64	34	63	15	0	0	128	20.7
6 251-300 pounds	23	12	25	6	0	0	50	8.1
7 301-350 pounds	4	2	7	2	0	0	11	1.8
8 351-400 pounds	2	1	0	0	0	0	2	0.3
9 401-450 pounds	0	0	2	1	0	0	2	0.3
10 GE 451 pounds	0	0	0	0	0	0	0	0.0
Valid responses =	190	31	416	67	0	0	619	96.6

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Male	208.15	200.00	44.51	126	370
Female	176.66	166.00	49.5	50	413
Total	186.66	180.00	50.06	50	413

46. What sex were you assigned at birth?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Female	0	0	426	100	0	0	434	68.3
2 Male	195	100	0	0	0	0	200	31.5
3 Intersex	0	0	1	0	0	0	1	0.2
Valid responses =	195	31	427	67	0	0	635	99.1

Invalid responses include no response.

47. Do you identify as transgender?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	195	100	427	100	0	0	627	98.7
2 Yes	0	0	0	0	0	0	8	1.3
Valid responses =	195	31	427	67	0	0	635	99.1

Invalid responses include no response.

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

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Woman	0	0	427	100	0	0	430	67.7
2 Man	195	100	0	0	0	0	196	30.9
3 Trans woman	0	0	0	0	0	0	1	0.2
4 Trans man	0	0	0	0	0	0	0	0.0
5 Genderqueer	0	0	0	0	0	0	1	0.2
6 Agender	0	0	0	0	0	0	0	0.0
7 Genderfluid	0	0	0	0	0	0	2	0.3
8 Intersex	0	0	0	0	0	0	0	0.0
9 Nonbinary	0	0	0	0	0	0	2	0.3
10 Another identity	0	0	0	0	0	0	3	0.5
Valid responses =	195	31	427	67	0	0	635	99.1

Invalid responses include no response.

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

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Female	0	0	427	100	0	0	427	67.2
2 Male	195	100	0	0	0	0	195	30.7
2 Non-binary	0	0	0	0	0	0	13	2.0
Valid responses =	195	31	427	67	0	0	635	99.1

Invalid responses include no response.

49. What term best describes your sexual orientation?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Asexual	0	0	2	0.5	0	0	3	0.5
2 Bisexual	2	1	11	2.6	0	0	13	2.1
3 Gay	12	6.2	1	0.2	0	0	13	2.1
4 Lesbian	0	0	7	1.7	0	0	8	1.3
5 Pansexual	0	0	3	0.7	0	0	5	0.8
6 Queer	1	0.5	5	1.2	0	0	10	1.6
7 Questioning	1	0.5	3	0.7	0	0	4	0.6
9 Straight/Heterosexual	178	91.3	390	92.2	0	0	572	90.6
10 Another identity	1	0.5	1	0.2	0	0	3	0.5
Valid responses =	195	31	423	67	0	0	631	98.4

Invalid responses include no response.



AMERICAN COLLEGE HEALTH ASSOCIATION

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

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

February 23, 2021
FREQUENCY REPORT
Number of Surveys (n) =

641 Web Surveys

50. Relationship status:

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Single, never married	18	9	53	13	0	0	75	11.9
2 Single, divorced	14	7	35	8	0	0	50	7.9
3 Separated	1	1	6	1	0	0	7	1.1
4 Engaged	3	2	6	1	0	0	9	1.4
5 Married	150	77	300	71	0	0	457	72.4
6 Widowed	5	3	6	1	0	0	11	1.7
7 Other	3	2	18	4	0	0	22	3.5
Valid responses =	194	31	424	67	0	0	631	98.4

Invalid responses include no response.

51. Highest level of education:

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Grades 1-8	0	0	0	0	0	0	0	0.0
2 Grades 9-11	0	0	0	0	0	0	0	0.0
3 High school grad or GED	4	2	7	2	0	0	11	1.7
4 Some college (no degree)	10	5	23	5	0	0	35	5.5
5 Trade/technical/vocational	3	2	2	1	0	0	5	0.8
6 Associate's degree	4	2	10	2	0	0	14	2.2
7 Bachelor's degree	38	20	106	25	0	0	144	22.7
8 Master's degree	63	32	174	41	0	0	240	37.8
9 Doctoral Degree	67	34	97	23	0	0	170	26.8
10 Professional Degree	6	3	8	2	0	0	16	2.5
Valid responses =	195	31	427	67	0	0	635	99.1

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Often true	1	1	4	1	0	0	5	0.8
2 Sometimes true	3	2	32	8	0	0	35	5.5
3 Never true	190	98	388	92	0	0	591	93.7
Valid responses =	194	31	424	67	0	0	631	98.4

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Often true	1	1	9	2	0	0	10	1.6
2 Sometimes true	7	4	32	8	0	0	41	6.5
3 Never true	187	96	380	90	0	0	578	91.9
Valid responses =	195	31	421	67	0	0	629	98.1

Invalid responses include no response.

53. In the last 30 days, did you ever cut the size of your meals or skip meals because there wasn't enough money for food?

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Yes, almost every day	0	0	2	1	0	0	2	0.3
2 Yes, some but not every day	1	1	14	3	0	0	16	2.5
3 Only 1 or 2 days	5	3	17	4	0	0	23	3.6
4 No	189	97	391	92	0	0	591	93.5
Valid responses =	195	31	424	67	0	0	632	98.6

Invalid responses include no response.

54. In the last 30 days, did you ever eat less than you felt you should because there wasn't enough money for food?

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	193	99	406	96	0	0	611	96.5
2 Yes,	2	1	19	5	0	0	22	3.5
Valid responses =	195	31	425	67	0	0	633	98.8

Invalid responses include no response.

55. In the last 30 days, were you ever hungry but didn't eat because there wasn't enough money for food?

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	194	100	411	97	0	0	617	97.6
2 Yes,	1	1	13	3	0	0	15	2.4
Valid responses =	195	31	424	67	0	0	632	98.6

Invalid responses include no response.



AMERICAN COLLEGE HEALTH ASSOCIATION

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

ILLINOIS STATE UNIVERSITY

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

February 23, 2021
FREQUENCY REPORT
Number of Surveys (n) =

641 Web Surveys

56. Within the past 12 months, to what extent have your values, sense of purpose, faith or spirituality been useful to you?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 To no extent	11	6	12	3	0	0	25	4.0
2 To little extent	10	5	35	8	0	0	47	7.4
3 To some extent	64	33	122	29	0	0	191	30.3
4 To great extent	67	34	139	33	0	0	209	33.1
5 To very great extent	43	22	115	27	0	0	159	25.2
Valid responses =	195	31	423	67	0	0	631	98.4

Invalid responses include no response.

57. Are you currently or have you been a member of the Armed Services?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	179	92	417	98	0	0	607	96.2
2 Yes area of hazardous duty	7	4	0	0	0	0	8	1.3
3 Yes not of hazardous duty	8	4	7	2	0	0	16	2.5
Valid responses =	194	31	424	67	0	0	631	98.4

Invalid responses include no response.

58. Employee Classification: (Choose your primary position)

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Staff	94	48	254	60	0	0	354	56.1
2 Adjunct Faculty	9	5	17	4	0	0	26	4.1
3 Faculty	68	35	120	28	0	0	194	30.7
4 Administration	20	10	28	7	0	0	48	7.6
5 Graduate/professional	1	1	0	0	0	0	2	0.3
6 Other	3	2	4	1	0	0	7	1.1
Valid responses =	195	31	423	67	0	0	631	98.4

Invalid responses include no response.

59. Pay type:

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Hourly	37	19	132	31	0	0	171	27.1
2 Salaried	158	81	291	69	0	0	460	72.9
Valid responses =	195	31	423	67	0	0	631	98.4

Invalid responses include no response.

60. What shift do you usually work?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Day (1st)	34	92	126	96	0	0	160	93.6
2 Evening (2nd)	3	8	3	2	0	0	8	4.7
3 Night (3rd)	0	0	3	2	0	0	3	1.8
Valid responses =	37	22	132	77	0	0	171	26.7

Invalid responses include no response.

61. What is your yearly appointment?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 9 month	61	31	124	30	0	0	189	30.2
2 10 month	8	4	10	2	0	0	19	3.0
3 11 month	2	1	3	1	0	0	5	0.8
4 12 month	123	63	282	67	0	0	412	65.9
Valid responses =	194	31	419	67	0	0	625	97.5

Invalid responses include no response.

62. Employment status:

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Part-time without benefits	7	4	10	2	0	0	17	2.7
2 Part-time with benefits	4	2	11	3	0	0	15	2.4
3 Full-time without benefits	0	0	2	1	0	0	2	0.3
4 Full-time with benefits	184	94	402	95	0	0	599	94.6
Valid responses =	195	31	425	67	0	0	633	98.8

Invalid responses include no response.

63. Are you:

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Employed college/university	193	99	424	100	0	0	630	99.5
2 Employed outsourced group	2	1	1	0	0	0	3	0.5
Valid responses =	195	31	425	67	0	0	633	98.8

Invalid responses include no response.



AMERICAN COLLEGE HEALTH ASSOCIATION

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

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

February 23, 2021
FREQUENCY REPORT
Number of Surveys (n) =

641 Web Surveys

64. Do you have health insurance?

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	0	0	3	1	0	0	3	0.5
2 Yes	195	100	423	99	0	0	631	99.5
3 I don't know	0	0	0	0	0	0	0	0.0
Valid responses =	195	31	426	67	0	0	634	98.9

Invalid responses include no response.

65. Years of employment at this institution or outsourced group at this institution:

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 <=5	62	32	132	31	0	0	203	32.1
2 6-10	42	22	106	25	0	0	151	23.9
3 11-15	27	14	61	14	0	0	88	13.9
4 16-20	20	10	54	13	0	0	75	11.9
5 21-25	23	12	41	10	0	0	64	10.1
6 26-30	13	7	20	5	0	0	33	5.2
7 31-35	5	3	9	2	0	0	14	2.2
8 36-40	1	1	1	0	0	0	2	0.3
9 More than 40 years	1	1	1	0	0	0	2	0.3
Valid responses =	194	31	425	67	0	0	632	98.6

Invalid responses include no response.

66. Are you a member of an employment union?

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	165	85	357	85	0	0	532	84.7
2 Yes	29	15	65	15	0	0	96	15.3
Valid responses =	194	31	422	67	0	0	628	98.0

Invalid responses include no response.

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

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

I lead a purposeful and meaningful life.

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Strongly disagree	7	4	6	1	0	0	15	2.4
2 Disagree	9	5	15	4	0	0	24	3.8
3 Slightly disagree	4	2	10	2	0	0	15	2.4
4 Neither agree nor disagree	13	7	26	6	0	0	40	6.3
5 Slightly agree	39	20	65	15	0	0	105	16.5
6 Agree	83	43	191	45	4	67	285	44.7
7 Strongly agree	39	20	111	26	2	33	153	24.0
Valid responses =	194	30	424	67	6	1	637	0.0

Invalid responses include no response.

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

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

My social relationships are supportive and rewarding.

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Strongly disagree	8	4	6	1	0	0	15	2.4
2 Disagree	8	4	12	3	0	0	21	3.3
3 Slightly disagree	13	7	17	4	0	0	31	4.9
4 Neither agree nor disagree	22	11	25	6	1	17	49	7.7
5 Slightly agree	46	24	75	18	2	33	124	19.5
6 Agree	64	33	185	44	0	0	255	40.0
7 Strongly agree	33	17	104	25	3	50	142	22.3
Valid responses =	194	30	424	67	6	1	637	0.0

Invalid responses include no response.

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

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

I am engaged and interested in my daily activities.

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Strongly disagree	8	4	6	1	0	0	16	2.5
2 Disagree	7	4	12	3	0	0	21	3.3
3 Slightly disagree	12	6	24	6	0	0	36	5.7
4 Neither agree nor disagree	15	8	19	5	0	0	36	5.7
5 Slightly agree	43	22	90	21	2	33	137	21.5
6 Agree	74	38	184	44	2	33	263	41.4
7 Strongly agree	35	18	88	21	2	33	127	20.0
Valid responses =	194	31	423	67	6	1	636	0.0

Invalid responses include no response.



AMERICAN COLLEGE HEALTH ASSOCIATION

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

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

February 23, 2021
FREQUENCY REPORT
Number of Surveys (n) =

641 Web Surveys

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Strongly disagree	4	2	5	1	0	0	9	1.4
2 Disagree	2	1	5	1	0	0	8	1.3
3 Slightly disagree	3	2	3	1	0	0	7	1.1
4 Neither agree nor disagree	20	10	19	5	1	17	41	6.4
5 Slightly agree	40	21	74	18	0	0	116	18.2
6 Agree	88	45	198	47	3	50	294	46.2
7 Strongly agree	37	19	119	28	2	33	161	25.3
Valid responses =	194	31	423	67	6	1	636	0.0

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Strongly disagree	3	2	4	1	0	0	8	1.3
2 Disagree	0	0	0	0	0	0	1	0.2
3 Slightly disagree	6	3	7	2	0	0	13	2.0
4 Neither agree nor disagree	4	2	11	3	0	0	15	2.4
5 Slightly agree	18	9	40	9	1	17	62	9.7
6 Agree	97	50	226	53	2	33	328	51.5
7 Strongly agree	66	34	136	32	3	50	210	33.0
Valid responses =	194	30	424	67	6	1	637	0.0

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Strongly disagree	2	1	4	1	0	0	7	1.1
2 Disagree	0	0	1	0	0	0	2	0.3
3 Slightly disagree	4	2	3	1	0	0	7	1.1
4 Neither agree nor disagree	11	6	20	5	0	0	32	5.0
5 Slightly agree	21	11	36	9	1	17	59	9.3
6 Agree	100	52	212	50	1	17	319	50.2
7 Strongly agree	56	29	147	35	4	67	210	33.0
Valid responses =	194	31	423	67	6	1	636	0.0

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Strongly disagree	5	3	6	1	0	0	13	2.0
2 Disagree	3	2	4	1	0	0	9	1.4
3 Slightly disagree	11	6	21	5	0	0	33	5.2
4 Neither agree nor disagree	15	8	24	6	0	0	40	6.3
5 Slightly agree	30	16	62	15	2	33	97	15.2
6 Agree	81	42	192	45	2	33	278	43.6
7 Strongly agree	49	25	115	27	2	33	167	26.2
Valid responses =	194	30	424	67	6	1	637	0.0

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Strongly disagree	4	2	3	1	0	0	8	1.3
2 Disagree	1	1	2	1	0	0	4	0.6
3 Slightly disagree	7	4	11	3	0	0	19	3.0
4 Neither agree nor disagree	18	9	33	8	1	17	53	8.3
5 Slightly agree	25	13	58	14	1	17	86	13.5
6 Agree	96	50	210	50	2	33	313	49.1
7 Strongly agree	43	22	107	25	2	33	154	24.2
Valid responses =	194	30	424	67	6	1	637	0.0

Invalid responses include no response.



AMERICAN COLLEGE HEALTH ASSOCIATION

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

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

ILLINOIS STATE UNIVERSITY
February 23, 2021
FREQUENCY REPORT
Number of Surveys (n) = 641 Web Surveys

68A1. Please indicate how much you agree with the following statements as they apply to you over the last month
If a particular situation has not occurred recently, answer according to how you think you would have felt.
I am able to adapt when changes occur.

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not at all true	1	1	0	0	0	0	1	0.2
1 Rarely true	0	0	3	1	0	0	3	0.5
2 Sometimes true	32	17	42	10	2	33	81	12.7
3 Often true	72	37	217	51	1	17	294	46.2
4 True nearly all the time	89	46	162	38	3	50	258	40.5
Valid responses =	194	30	424	67	6	1	637	0.0

Invalid responses include no response.

68A2. Please indicate how much you agree with the following statements as they apply to you over the last month
If a particular situation has not occurred recently, answer according to how you think you would have felt.
I tend to bounce back after illness, injury, or other hardships.

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not at all true	1	1	2	1	0	0	3	0.5
1 Rarely true	0	0	5	1	0	0	5	0.8
2 Sometimes true	27	14	65	15	1	17	99	15.5
3 Often true	71	37	185	44	1	17	261	41.0
4 True nearly all the time	95	49	167	39	4	67	269	42.2
Valid responses =	194	30	424	67	6	1	637	0.0

Invalid responses include no response.

69A1. Indicate how often each of the statements below is descriptive of you.
How often do you feel that you lack companionship?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Hardly ever	100	52	202	48	4	67	312	49.0
2 Some of the time	65	34	165	39	2	33	234	36.7
3 Often	29	15	57	13	0	0	91	14.3
Valid responses =	194	30	424	67	6	1	637	0.0

Invalid responses include no response.

69A2. Indicate how often each of the statements below is descriptive of you.
How often do you feel left out?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Hardly ever	96	49	203	48	5	83	307	48.3
2 Some of the time	81	42	178	42	1	17	266	41.9
3 Often	18	9	40	10	0	0	62	9.8
Valid responses =	195	31	421	66	6	1	635	0.0

Invalid responses include no response.

69A3. Indicate how often each of the statements below is descriptive of you.
How often do you feel isolated from others?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Hardly ever	81	42	181	43	4	67	269	42.2
2 Some of the time	84	43	179	42	2	33	268	42.1
3 Often	30	15	63	15	0	0	100	15.7
Valid responses =	195	31	423	66	6	1	637	0.0

Invalid responses include no response.

DIENER Diener Flourishing Score

	Mean	Median	Std Dev	Min	Max
Male	44.68	47.00	8.81	8	56
Female	46.52	48.00	7.74	8	56
Overall	45.83	48.00	8.31	8	56

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

	Mean	Median	Std Dev	Min	Max
Male	6.61	7.00	1.41	0	8
Female	6.47	6.00	1.3	2	8
Overall	6.50	6.00	1.35	0	8

ULS3 UCLA Loneliness Scale Score

	Mean	Median	Std Dev	Min	Max
Male	4.97	5.00	1.83	3	9
Female	4.99	5.00	1.77	3	9
Overall	5.00	5.00	1.81	3	9



AMERICAN COLLEGE HEALTH ASSOCIATION

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

Institutional Data Report - Spring 2021

ILLINOIS STATE UNIVERSITY

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

February 23, 2021

FREQUENCY REPORT

Number of Surveys (n) =

641 Web Surveys

RULS3 Recoded UCLA Loneliness Scale

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Negative for loneliness (3-5)	116	60	254	60	5	83	379	59.8	
2 Positive for loneliness (6-9)	78	40	167	40	1	17	255	40.2	
Valid responses =	194	31	421	66	6	1	634	0.0	

Invalid responses include no response.

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

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Yes (confirmed by a test)	7	4	26	6	0	0	33	5.1	
3 Maybe (e.g., I have had symptoms consistent with COVID-19, but it was not confirmed by a test)	17	9	38	9	0	0	56	8.7	
5 Probably not (no symptoms or other reason to think I have had it)	97	50	202	47	2	33	306	47.7	
6 No (confirmed by negative test)	74	38	161	38	4	67	246	38.4	
Valid responses =	195	30	427	67	6	1	641	100.0	

Invalid responses include no response.

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

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Severe (e.g., difficulty breathing or speaking, low blood pressure, high fever of 103 F (39.4 C or higher)	1	1	4	1	0	0	6	1.3	
2 Moderate (e.g., some shortness of breath, cough, fever of 100.4 F (38 C) or higher)	14	9	34	12	0	0	48	10.6	
3 Mild (e.g., cold-like symptoms)	17	11	44	15	1	50	63	13.9	
4 No symptoms (asymptomatic)	119	79	209	72	1	50	337	74.2	
Valid responses =	151	33	291	64	2	0	454	70.8	

Invalid responses include no response.

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

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Yes	0	0	0	0	0	0	0	0.0	
2 No	158	100	327	100	6	100	501	100.0	
Valid responses =	158	32	327	65	6	1	501	78.2	

Invalid responses include no response.

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

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Yes	25	13	95	23	2	33	124	19.9	
2 No	168	87	317	77	4	67	500	80.1	
Valid responses =	193	31	412	66	6	1	624	97.3	

Invalid responses include no response.

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

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Yes	30	16	124	30	3	50	163	26.1	
2 No	163	85	289	70	3	50	462	73.9	
Valid responses =	193	31	413	66	6	1	625	97.5	

Invalid responses include no response.

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

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Strongly disagree	18	9	24	6	0	0	47	7.3	
2 Disagree	20	10	71	17	0	0	94	14.7	
3 Neither disagree nor agree	34	17	62	15	0	0	98	15.3	
4 Agree	74	38	186	44	4	67	267	41.7	
5 Strongly agree	49	25	83	20	2	33	134	20.9	
Valid responses =	195	30	426	67	6	1	640	99.8	

Invalid responses include no response.

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

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Strongly disagree	8	4	7	2	0	0	15	2.3	
2 Disagree	3	2	1	0	0	0	4	0.6	
3 Neither disagree nor agree	2	1	4	1	0	0	6	0.9	
4 Agree	66	34	114	27	1	17	184	28.8	
5 Strongly agree	116	60	300	70	5	83	431	67.3	
Valid responses =	195	30	426	67	6	1	640	99.8	

Invalid responses include no response.



AMERICAN COLLEGE HEALTH ASSOCIATION

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

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

ILLINOIS STATE UNIVERSITY
February 23, 2021
FREQUENCY REPORT
Number of Surveys (n) =

641 Web Surveys

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

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Strongly disagree	4	2	8	2	0	0	14	2.2
2 Disagree	9	5	18	4	0	0	29	4.5
3 Neither disagree nor agree	17	9	39	9	0	0	58	9.1
4 Agree	84	43	220	52	4	67	314	49.1
5 Strongly agree	81	42	141	33	2	33	225	35.2
Valid responses =	195	30	426	67	6	1	640	99.8

Invalid responses include no response.

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

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Strongly disagree	11	6	35	8	0	0	50	7.8
2 Disagree	52	27	107	25	1	17	164	25.6
3 Neither disagree nor agree	67	34	145	34	2	33	216	33.8
4 Agree	55	28	125	29	3	50	186	29.1
5 Strongly agree	10	5	14	3	0	0	24	3.8
Valid responses =	195	30	426	67	6	1	640	99.8

Invalid responses include no response.

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

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Strongly disagree	3	2	6	1	0	0	9	1.4
2 Disagree	4	2	3	1	0	0	7	1.1
3 Neither disagree nor agree	8	4	17	4	0	0	25	3.9
4 Agree	68	35	132	31	1	17	206	32.1
5 Strongly agree	112	57	269	63	5	83	394	61.5
Valid responses =	195	30	427	67	6	1	641	100.0

Invalid responses include no response.

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

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Never	0	0	1	0	0	0	1	0.2
2 Rarely	2	1	0	0	0	0	2	0.3
3 Sometimes	24	12	22	5	1	17	49	7.7
4 Often	80	41	151	35	1	17	235	36.7
5 Frequently	88	45	253	59	4	67	353	55.2
Valid responses =	194	30	427	67	6	1	640	99.8

Invalid responses include no response.

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

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Never	0	0	0	0	0	0	0	0.0
2 Rarely	3	2	2	1	0	0	5	0.8
3 Sometimes	10	5	9	2	0	0	20	3.1
4 Often	54	28	109	26	4	67	170	26.5
5 Frequently	128	66	307	72	2	33	446	69.6
Valid responses =	195	30	427	67	6	1	641	100.0

Invalid responses include no response.

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

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Never	1	1	1	0	0	0	2	0.3
2 Rarely	1	1	1	0	0	0	2	0.3
3 Sometimes	5	3	2	1	0	0	7	1.1
4 Often	11	6	22	5	0	0	33	5.2
5 Frequently	177	91	400	94	6	100	596	93.1
Valid responses =	195	30	426	67	6	1	640	99.8

Invalid responses include no response.

QCOVID13A Over the past 30 days, on average, how much have you been concerned with the following?

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Not concerned at all	11	6	7	2	0	0	18	2.8
2 Slightly concerned	22	11	35	8	1	17	58	9.1
3 Moderately concerned	46	24	100	24	4	67	151	23.7
4 Very concerned	79	41	178	42	1	17	261	41.0
5 Extremely concerned	37	19	103	24	0	0	149	23.4
Valid responses =	195	31	423	66	6	1	637	99.4

Invalid responses include no response.



AMERICAN COLLEGE HEALTH ASSOCIATION

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

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

ILLINOIS STATE UNIVERSITY
February 23, 2021
FREQUENCY REPORT
Number of Surveys (n) =

641 Web Surveys

QCOVID13C Over the past 30 days, on average, how much have you been concerned with the following? That you will get COVID-19 again (only includes faculty/staff who selected Yes to having had COVID-19)

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Not concerned at all	2	29	5	19	0	0	7	21.2	
2 Slightly concerned	1	14	8	31	0	0	9	27.3	
3 Moderately concerned	1	14	9	35	0	0	10	30.3	
4 Very concerned	2	29	2	8	0	0	4	12.1	
5 Extremely concerned	1	14	2	8	0	0	3	9.1	
Valid responses =	7	21	26	79	0	0	33	5.1	

Invalid responses include no response.

QCOVID13D Over the past 30 days, on average, how much have you been concerned with the following? That someone you care about will get COVID-19

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Not concerned at all	14	7	7	2	0	0	22	3.5	
2 Slightly concerned	24	12	41	10	1	17	67	10.6	
3 Moderately concerned	58	30	99	24	2	33	159	25.0	
4 Very concerned	58	30	135	32	3	50	201	31.7	
5 Extremely concerned	41	21	139	33	0	0	186	29.3	
Valid responses =	195	31	421	66	6	1	635	99.1	

Invalid responses include no response.

QCOVID13E Over the past 30 days, on average, how much have you been concerned with the following? That someone you care about will die from COVID-19

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Not concerned at all	21	11	19	5	0	0	42	6.6	
2 Slightly concerned	49	25	82	19	1	17	132	20.8	
3 Moderately concerned	48	25	108	26	2	33	159	25.0	
4 Very concerned	46	24	100	24	2	33	151	23.7	
5 Extremely concerned	31	16	113	27	1	17	152	23.9	
Valid responses =	195	31	422	66	6	1	636	99.2	

Invalid responses include no response.

QCOVID13F Over the past 30 days, on average, how much have you been concerned with the following? Not being able to spend time with people you care about

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Not concerned at all	12	6	14	3	0	0	26	4.1	
2 Slightly concerned	21	11	35	8	1	17	59	9.3	
3 Moderately concerned	51	26	81	19	2	33	135	21.2	
4 Very concerned	63	32	142	34	3	50	210	33.0	
5 Extremely concerned	48	25	150	36	0	0	206	32.4	
Valid responses =	195	31	422	66	6	1	636	99.2	

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Not concerned at all	18	9	9	2	0	0	27	4.2	
2 Slightly concerned	35	18	47	11	3	50	85	13.3	
3 Moderately concerned	55	28	125	30	1	17	184	28.9	
4 Very concerned	50	26	125	30	2	33	179	28.1	
5 Extremely concerned	37	19	117	28	0	0	162	25.4	
Valid responses =	195	31	423	66	6	1	637	99.4	

Invalid responses include no response.



AMERICAN COLLEGE HEALTH ASSOCIATION

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

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

ILLINOIS STATE UNIVERSITY
February 23, 2021
FREQUENCY REPORT
Number of Surveys (n) =

641 Web Surveys

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Yes	7	4	8	2	0	0	15	2.4
2 No	186	96	418	98	6	100	623	97.6
Valid responses =	193	30	426	67	6	1	638	99.5

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Yes	40	21	116	27	1	17	163	25.6
2 No	154	79	308	73	5	83	474	74.4
Valid responses =	194	30	424	67	6	1	637	99.4

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 A lot more stressful	7	4	30	7	0	0	38	5.9
2 Somewhat more stressful	42	22	102	24	1	17	151	23.6
3 No significant change	130	67	256	60	5	83	397	62.0
4 Somewhat less stressful	12	6	29	7	0	0	41	6.4
5 A lot less stressful	4	2	9	2	0	0	13	2.0
Valid responses =	195	30	426	67	6	1	640	99.8

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Significantly increased my level of stress	55	28	154	36	1	17	221	34.5
2 Somewhat increased my level of stress	104	53	232	55	5	83	342	53.4
3 No change in my level of stress	31	16	26	6	0	0	58	9.1
4 Somewhat decreased my level of stress	5	3	10	2	0	0	15	2.3
5 Significantly decreased my level of stress	0	0	4	1	0	0	4	0.6
Valid responses =	195	30	426	67	6	1	640	99.8

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Very likely to be vaccinated	157	81	305	72	3	50	477	74.6
2 Somewhat likely to be vaccinated	18	9	52	12	2	33	72	11.3
3 Somewhat unlikely to be vaccinated	7	4	18	4	0	0	26	4.1
4 Very unlikely to be vaccinated	6	3	27	6	0	0	33	5.2
5 I've already been vaccinated for COVID-19	6	3	24	6	1	17	31	4.9
Valid responses =	194	30	426	67	6	1	639	99.7

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Very likely to be honest with the public health worker	177	91	401	94	5	83	595	93.3
2 Somewhat likely to be honest with the public health worker	12	6	21	5	1	8	35	5.5
3 Somewhat unlikely to be honest with the public health worker	3	2	1	0	0	0	4	0.6
4 Very unlikely to be honest with the public health worker	2	1	2	1	0	0	4	0.6
Valid responses =	194	30	425	67	6	1	638	99.5

Invalid responses include no response.

QCOVID23 I am currently working or teaching classes:

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Entirely in-person	47	26	76	20	0	0	124	21.1
2 Entirely online/telecommuting	78	43	180	46	2	50	267	45.4
3 A mix of in-person and online/telecommuting	58	32	134	34	2	50	197	33.5
Valid responses =	183	31	390	66	4	1	588	91.7

Invalid responses include no response.



AMERICAN COLLEGE HEALTH ASSOCIATION

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

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

February 23, 2021
FREQUENCY REPORT
Number of Surveys (n) =

641 Web Surveys

Q70 Please select the area at Illinois State University in which you primarily work:

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.		
Office of the President	1	0.5	5	1.2	0	0	6	0.9	
Office of the Provost	8	4.1	25	5.9	0	0	33	5.2	
Athletics	3	1.5	6	1.4	0	0	9	1.4	
Division of Student Affairs	27	13.8	66	15.5	0	0	93	14.6	
Finance and Planning Division	23	11.8	33	7.8	0	0	58	9.1	
University Advancement	1	0.5	19	4.5	0	0	20	3.1	
College of Applied Science and Technology	20	10.3	33	7.8	1	20	54	8.5	
College of Arts and Sciences	45	23.1	75	17.6	2	40	126	19.7	
College of Business	11	5.6	8	1.9	0	0	19	3	
College of Education	10	5.1	40	9.4	1	20	53	8.3	
Wonsook Kim College of Fine Arts	9	4.6	17	4	0	0	26	4.1	
Mennonite College of Nursing	1	0.5	14	3.3	0	0	15	2.4	
Milner Library	6	3.1	13	3.1	0	0	21	3.3	
Other (please specify)	18	9.2	39	9.2	0	0	57	8.9	
Prefer not to answer	12	6.2	32	7.5	1	20	48	7.5	
Valid responses =	195	31	425	67	5	1	638	99.5	

Invalid responses include no response.