



AMERICAN COLLEGE HEALTH ASSOCIATION

American College Health Association-National Faculty and Staff Health Assessment (ACHA-NFSHA) Institutional Data Report - Spring 2023

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

ILLINOIS STATE UNIVERSITY
May 16, 2023
FREQUENCY REPORT
Number of Surveys (n) = 571 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 transgender/gender non-conforming. 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 transgender/gender non-conforming. A respondent that skips any of the three questions is designated as unknown. Totals displayed in this report include transgender/gender non-conforming and unknown responses. Only 3 of the 4 categories are displayed in this report. Respondents categorized as transgender/gender non-conforming 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

1. How would you describe your general overall health?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Excellent	13	8	27	7	1	13	42	7.4
2 Very good	52	33	124	32	3	38	181	31.7
3 Good	62	39	156	40	1	13	224	39.2
4 Fair	27	17	67	17	3	38	102	17.9
5 Poor	6	4	11	3	0	0	19	3.3
6 Don't know	0	0	2	1	0	0	3	0.5
Valid responses =	160	28	387	68	8	100	571	100.0

Invalid responses include no response.

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

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Strongly agree	23	14	35	9	1	13	60	10.5
2 Agree	78	49	202	52	2	25	287	50.4
3 Neutral	34	21	112	29	3	38	153	26.8
4 Disagree	16	10	30	8	1	13	51	8.9
5 Strongly disagree	9	6	7	2	1	13	19	3.3
Valid responses =	160	28	386	68	8	1	570	99.8

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	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	4	3	5	1	0	0	10	1.8
2 Yes	152	95	373	97	8	100	548	96.1
3 Don't know	4	3	8	2	0	0	12	2.1
Valid responses =	160	28	386	68	8	100	570	99.8

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	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Not Applicable	4	3	7	2	0	0	12	2.1
2 Extremely important	52	33	160	41	0	0	218	38.2
3 Very important	58	36	138	36	0	0	208	36.4
4 Moderately important	28	18	65	17	0	0	95	16.6
5 Slightly important	13	8	12	3	0	0	26	4.6
6 Not at all important	5	3	5	1	0	0	12	2.1
Valid responses =	160	28	387	68	0	0	571	100.0

Invalid responses include no response.

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

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	38	24	107	28	4	50	152	26.8
2 Yes	121	76	277	72	4	50	415	73.1
3 Don't Know	0	0	1	0	0	0	1	0.2
Valid responses =	159	28	385	68	8	100	568	99.5

Invalid responses include no response.

COVIDVAXA Have you been vaccinated against COVID-19?

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	7	4	18	5	1	14	27	4.8
2 Yes	152	96	367	95	6	86	540	95.2
Valid responses =	159	28	385	68	7	38	567	99.3

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 2023

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

ILLINOIS STATE UNIVERSITY
May 16, 2023
FREQUENCY REPORT
Number of Surveys (n) = 571 Web Surveys

COVAXSTATUS Vaccination Status

(This variable was calculated using number of doses received and is based on whether a respondent received Johnson & Johnson as their first vaccine.)

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
0 Have not been vaccinated against COVID-19	7	4	18	5	1	14	27	4.8
1 Received one dose of two-dose primary series	2	1	0	0	0	0	2	0.4
2 Received primary dose(s)	21	13	63	17	2	29	86	15.3
3 Received primary dose(s) and one booster dose	39	25	146	39	2	29	194	34.6
4 Received primary dose(s) and two or more booster doses	90	57	152	40	2	29	252	44.9
Valid responses =	159	28	379	68	7	0	561	98.2

Invalid responses include no response.

COVIDVAXC Was your first COVID-19 vaccine the Johnson & Johnson vaccine?

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	129	85	321	88	4	67	466	86.8
2 Yes	23	15	43	12	2	33	71	13.2
Valid responses =	152	28	364	68	6	0	537	94.0

Invalid responses include no response.

COVIDINF Have you tested positive for COVID-19 within the last 12 months?

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	87	54	229	59	6	86	333	58.5
2 Yes	73	46	157	41	1	14	236	41.5
Valid responses =	160	28	386	68	7	38	569	99.6

Invalid responses include no response.

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	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Not Applicable	4	3	6	2	0	0	11	1.9
2 Never	53	33	91	24	25	25	146	25.7
3 Rarely	50	31	112	29	37.5	38	171	30.1
4 Sometimes	44	28	128	33	25	25	179	31.5
5 Most of the Time	9	6	36	9	12.5	13	50	8.8
6 Always	0	0	11	3	0	0	11	1.9
Valid responses =	160	28	384	68	100	100	568	99.5

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	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Not Applicable	1	1	7	2	0	0	9	1.6
2 Never	49	31	113	30	3	38	167	29.5
3 Rarely	58	36	126	33	4	50	192	33.9
4 Sometimes	45	28	110	29	1	13	164	28.9
5 Most of the Time	7	4	22	6	0	0	30	5.3
6 Always	0	0	5	1	0	0	5	0.9
Valid responses =	160	28	383	68	8	100	567	99.3

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	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Not Applicable	3	2	4	1	0	0	7	1.2
2 Never	47	29	56	15	2	25	107	18.8
3 Rarely	42	26	77	20	3	38	126	22.2
4 Sometimes	49	31	171	45	3	38	231	40.7
5 Most of the Time	14	9	56	15	0	0	70	12.3
6 Always	5	3	20	5	0	0	27	4.8
Valid responses =	160	28	384	68	8	100	568	99.5

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 2023

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

ILLINOIS STATE UNIVERSITY
May 16, 2023
FREQUENCY REPORT
Number of Surveys (n) =

571 Web Surveys

6D. Within the las 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	1	1	6	2	1	13	8	1.4
2 Never	40	25	70	18	2	25	114	20.1
3 Rarely	54	34	95	25	5	63	160	28.2
4 Sometimes	52	33	170	44	0	0	227	40.0
5 Most of the Time	10	6	31	8	0	0	44	7.7
6 Always	3	2	12	3	0	0	15	2.6
Valid responses =	160	28	384	68	8	100	568	99.5

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	135	84	328	85	6	86	482	85
2 1 year ago less than 2 years ago	11	7	40	10	0	0	51	9
3 2 years ago less than 3 years ago	7	4	3	1	1	14	13	2
4 3 years ago less than 5 years ago	4	3	4	1	0	0	8	1
5 5 or more years ago	2	1	4	1	0	0	6	1
6 Never	0	0	2	1	0	0	2	0
7 Don't know	1	1	3	1	0	0	4	1
Valid responses =	160	28	384	68	7	100	566	99.1

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	120	75	268	70	5	71.4	401	71
2 1 year ago less than 2 years ago	10	6	48	13	0	0	61	10.8
3 2 years ago less than 3 years ago	9	6	15	4	1	14.3	26	4.6
4 3 years ago less than 5 years ago	2	1	15	4	1	14.3	18	3.2
5 5 or more years ago	3	2	9	2	0	0	13	2.3
6 Never	2	1	8	2	0	0	10	1.8
7 Don't know	14	9	20	5	0	0	36	6.4
Valid responses =	160	28	383	68	7	100	565	98.9

Invalid responses include no response.

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	115	72	265	69	5	71.4	394	69.7
2 1 year ago less than 2 years ago	11	7	52	14	0	0	64	11.3
3 2 years ago less than 3 years ago	9	6	15	4	1	14.3	26	4.6
4 3 years ago less than 5 years ago	4	3	13	3	1	14.3	19	3.4
5 5 or more years ago	4	3	10	3	0	0	15	2.7
6 Never	2	1	11	3	0	0	13	2.3
7 Don't know	15	9	17	4	0	0	34	6
Valid responses =	160	28	383	68	7	100	565	98.9

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	125	78	296	77	5	71.4	436	77
2 1 year ago less than 2 years ago	12	8	33	9	0	0	45	8
3 2 years ago less than 3 years ago	11	7	15	4	1	14.3	27	4.8
4 3 years ago less than 5 years ago	5	3	18	5	0	0	26	4.6
5 5 or more years ago	6	4	20	5	1	14.3	29	5.1
6 Never	0	0	1	0	0	0	1	0.2
7 Don't know	1	1	1	0	0	0	2	0.4
Valid responses =	160	28	384	68	7	100	566	99.1

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	99	62	231	60	3	42.9	336	59.5
2 1 year ago less than 2 years ago	19	12	75	20	0	0	98	17.3
3 2 years ago less than 3 years ago	19	12	39	10	2	28.6	66	11.7
4 3 years ago less than 5 years ago	7	4	14	4	2	28.6	25	4.4
5 5 or more years ago	14	9	20	5	0	0	34	6
6 Never	1	1	0	0	0	0	1	0.2
7 Don't know	1	1	4	1	0	0	5	0.9
Valid responses =	160	28	383	68	7	100	565	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 2023

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

ILLINOIS STATE UNIVERSITY
May 16, 2023
FREQUENCY REPORT
Number of Surveys (n) =

571 Web Surveys

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	42	26	50	13	1	16.7	94	16.8
2 1 year ago less than 2 years ago	7	4	30	8	0	0	39	7
3 2 years ago less than 3 years ago	14	9	29	8	1	16.7	45	8
4 3 years ago less than 5 years ago	9	6	30	8	1	16.7	42	7.5
5 5 or more years ago	50	31	130	34	3	50	188	33.5
6 Never	11	7	46	12	0	0	58	10.3
7 Don't know	26	16	66	17	0	0	95	16.9
Valid responses =	159	28	381	68	6	100	561	98.2

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	112	71	283	74	3	42.9	404	71.9
2 1 year ago less than 2 years ago	17	11	53	14	2	28.6	76	13.5
3 2 years ago less than 3 years ago	10	6	10	3	1	14.3	23	4.1
4 3 years ago less than 5 years ago	4	3	13	3	1	14.3	18	3.2
5 5 or more years ago	10	6	16	4	0	0	28	5
6 Never	0	0	0	0	0	0	0	0
7 Don't know	5	3	7	2	0	0	13	2.3
Valid responses =	158	28	382	68	7	100	562	98.4

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	105	66	241	63	5	71.4	356	63
2 1 year ago less than 2 years ago	15	9	48	13	0	0	64	11.3
3 2 years ago less than 3 years ago	8	5	13	3	1	14.3	24	4.2
4 3 years ago less than 5 years ago	1	1	11	3	1	14.3	14	2.5
5 5 or more years ago	6	4	11	3	0	0	17	3
6 Never	2	1	14	4	0	0	17	3
7 Don't know	23	14	45	12	0	0	73	12.9
Valid responses =	160	28	383	68	7	100	565	98.9

Invalid responses include no response.

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	126	80	225	59	5	71.4	361	64
2 Yes, Dx/No Treatment	9	6	24	6	2	28.6	37	6.6
3 Yes, Dx/Received Treatment	23	15	134	35	0	0	166	29.4
Valid responses =	158	28	383	68	7	100	564	98.8

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	129	82	268	70	5	71.4	407	72.2
2 Yes, Dx/No Treatment	7	5	15	4	2	28.6	25	4.4
3 Yes, Dx/Received Treatment	21	13	101	26	0	0	132	23.4
Valid responses =	157	28	384	68	7	100	564	98.8

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	124	78	335	88	6	85.7	479	84.8
2 Yes, Dx/No Treatment	13	8	9	2	1	14.3	24	4.2
3 Yes, Dx/Received Treatment	22	14	39	10	0	0	62	11
Valid responses =	159	28	383	68	7	100	565	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 2023

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

ILLINOIS STATE UNIVERSITY
May 16, 2023
FREQUENCY REPORT
Number of Surveys (n) =

571 Web Surveys

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	97	61	287	75	7	100	405	71.6
2 Yes, Dx/No Treatment	23	14	44	12	0	0	69	12.2
3 Yes, Dx/Received Treatment	40	25	52	14	0	0	92	16.3
Valid responses =	160	28	383	68	7	100	566	99.1

Invalid responses include no response.

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

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	116	73	295	77	5	71.4	429	75.7
2 Yes, Dx/No Treatment	11	7	13	3	1	14.3	26	4.6
3 Yes, Dx/Received Treatment	33	21	76	20	1	14.3	112	19.8
Valid responses =	160	28	384	68	7	100	567	99.3

Invalid responses include no response.

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

	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	124	78	304	79	5	71.4	445	78.6
2 Yes, Dx/No Treatment	14	9	25	7	0	0	41	7.2
3 Yes, Dx/Received Treatment	21	13	55	14	2	28.6	80	14.1
Valid responses =	159	28	384	68	7	100	566	99.1

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	19	12	40	10	1	14.3	67	11.8
2 1 day	19	12	31	8	2	28.6	54	9.5
3 2 days	18	11	44	11	0	0	64	11.2
4 3 days	21	13	55	14	3	42.9	81	14.2
5 4 days	20	13	67	17	0	0	90	15.8
6 5 days	29	18	69	18	0	0	98	17.2
7 6 days	21	13	49	13	0	0	70	12.3
8 7 days	13	8	31	8	1	14.3	45	7.9
Valid responses =	160	28	386	68	7	100	569	99.6

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 2023

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

ILLINOIS STATE UNIVERSITY
May 16, 2023
FREQUENCY REPORT
Number of Surveys (n) =

571 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	2	1	4	1	0	0	6	1.1
2 4 hours	6	4	10	3	0	0	18	3.2
3 5.hours	13	8	40	10	2	28.6	58	10.2
4 6.hours	53	33	93	24	2	28.6	151	26.5
5 7 hours	77	48	164	43	3	42.9	250	43.9
6 8 hours	8	5	63	16	0	0	72	12.7
7 9 hours	0	0	12	3	0	0	13	2.3
8 10 or more hours	1	1	0	0	0	0	1	0.2
Valid responses =	160	28	386	68	7	100	569	99.6

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	42	26	65	17	1	14.3	111	19.6
2 5-15 minutes	74	46	160	42	4	57.1	242	42.8
3 16-30 minutes	25	16	86	23	1	14.3	118	20.8
4 31 minutes - 1 hour	14	9	51	13	1	14.3	69	12.2
5 Over 1 hour	5	3	21	6	0	0	26	4.6
Valid responses =	160	28	383	68	7	100	566	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	64	40	128	33	1	12.5	200	35.1
2 Yes	96	60	257	67	7	87.5	369	64.9
Valid responses =	160	28	385	68	8	100	569	99.6

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	118	74	268	70	5	62.5	401	70.5
2 Yes	42	26	117	30	3	37.5	168	29.5
Valid responses =	160	28	385	68	8	100	569	99.6

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	150	94	337	88	6	75	508	89.8
2 Yes	9	6	46	12	2	25	58	10.2
Valid responses =	159	28	383	68	8	100	566	99.1

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	99	62	196	51	4	50	303	53.5
2 Yes	60	38	188	49	4	50	263	46.5
Valid responses =	159	28	384	68	8	100	566	99.1

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	136	85	319	83	5	71.4	465	81.7
2 Yes	24	15	67	17	2	28.6	104	18.3
Valid responses =	160	28	386	68	7	100	569	99.6

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 2023

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

ILLINOIS STATE UNIVERSITY
May 16, 2023
FREQUENCY REPORT
Number of Surveys (n) = 571 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	119	74	234	61	3	50	360	63.4	
2 Yes	41	26	152	39	3	50	208	36.6	
Valid responses =	160	28	386	68	6	100	568	99.5	

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	81	51	140	37	1	16.7	226	39.9	
2 Yes	79	49	244	64	5	83.3	340	60.1	
Valid responses =	160	28	384	68	6	100	566	99.1	

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	78	49	124	33	3	42.9	208	36.8	
2 Experienced issue, but work performance/productivity not affected	54	34	166	44	0	0	224	39.6	
3 Experienced issue, and it negatively impacted work performance/productivity	28	18	92	24	4	57.1	133	23.5	
Valid responses =	160	28	382	68	7	100	565	98.9	

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	107	67	262	68	5	62.5	382	67.1	
2 Experienced issue, but work performance/productivity not affected	54	34	166	44	0	0	224	39.6	
3 Experienced issue, and it negatively impacted work performance/productivity	28	18	92	24	4	57.1	133	23.5	
Valid responses =	160	28	385	68	8	100	569	99.6	

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	113	71	232	60	4	57.1	351	61.7	
2 Experienced issue, but work performance/productivity not affected	32	20	101	26	1	14.3	139	24.4	
3 Experienced issue, and it negatively impacted work performance/productivity	15	9	53	14	2	28.6	79	13.9	
Valid responses =	160	28	386	68	7	100	569	99.6	

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	99	62	207	54	2	33.3	315	55.7	
2 Experienced issue, but work performance/productivity not affected	48	30	147	38	2	33.3	200	35.3	
3 Experienced issue, and it negatively impacted work performance/productivity	13	8	30	8	2	33.3	51	9	
Valid responses =	160	28	384	68	6	100	566	99.1	

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	49	31	103	27	0	0	154	27.2	
2 Experienced issue, but work performance/productivity not affected	66	41	177	46	4	66.7	252	44.4	
3 Experienced issue, and it negatively impacted work performance/productivity	45	28	105	27	2	33.3	161	28.4	
Valid responses =	160	28	385	68	6	100	567	99.3	

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 2023

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

ILLINOIS STATE UNIVERSITY
May 16, 2023
FREQUENCY REPORT
Number of Surveys (n) = 571 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	125	78	231	60	4	66.7	370	65.4	
2 Experienced issue, but work performance/productivity not affected	22	14	80	21	1	16.7	105	18.6	
3 Experienced issue, and it negatively impacted work performance/productivity	13	8	73	19	1	16.7	91	16.1	
Valid responses =	160	28	384	68	6	100	566	99.1	

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	91	57	199	51	3	42.9	305	53.5	
2 Experienced issue, but work performance/productivity not affected	45	28	116	30	2	28.6	167	29.3	
3 Experienced issue, and it negatively impacted work performance/productivity	24	15	72	19	2	28.6	98	17.2	
Valid responses =	160	28	387	68	7	100	570	99.8	

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	102	64	253	66	4	57.1	364	64	
2 Experienced issue, but work performance/productivity not affected	32	20	84	22	2	28.6	122	21.4	
3 Experienced issue, and it negatively impacted work performance/productivity	26	16	49	13	1	14.3	83	14.6	
Valid responses =	160	28	386	68	7	100	569	99.6	

Invalid responses include no response.

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

Violence in my home (spouse/partner, child)

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Did not experience issue/not applicable	158	99	382	100	7	100	563	99.3	
2 Experienced issue, but work performance/productivity not affected	1	1	2	1	0	0	3	0.5	
3 Experienced issue, and it negatively impacted work performance/productivity	1	1	0	0	0	0	1	0.2	
Valid responses =	160	28	384	68	7	100	567	99.3	

Invalid responses include no response.

12A10. Within the last 12 months, have any of the following negatively impacted your work performance and/or productivity?

COVID-19

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Did not experience issue/not applicable	90	56	218	57	4	67	321	56.6	
2 Experienced issue, but work performance/productivity not affected	41	26	111	29	1	17	154	27.2	
3 Experienced issue, and it negatively impacted work performance/productivity	29	18	56	15	1	17	92	16.2	
Valid responses =	160	28	385	68	6	100	567	99.3	

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 2023

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

ILLINOIS STATE UNIVERSITY
May 16, 2023
FREQUENCY REPORT
Number of Surveys (n) = 571 Web Surveys

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	146	91	382	99	8	100	550	96.3	
2 Experienced issue, but work performance/productivity not affected	11	7	4	1	0	0	16	2.8	
3 Experienced issue, and it negatively impacted work performance/productivity	3	2	1	0	0	0	5	0.9	
Valid responses =	160	28	387	68	8	100	571	100.0	

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	148	93	350	90	8	100	521	91.2	
2 Experienced issue, but work performance/productivity not affected	9	6	27	7	0	0	37	6.5	
3 Experienced issue, and it negatively impacted work performance/productivity	3	2	10	3	0	0	13	2.3	
Valid responses =	160	28	387	68	8	100	571	100.0	

Invalid responses include no response.

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	102	64	249	64	6	100	362	63.6	
2 Experienced issue, but work performance/productivity not affected	25	16	79	20	0	0	109	19.2	
3 Experienced issue, and it negatively impacted work performance/productivity	33	21	59	15	0	0	98	17.2	
Valid responses =	160	28	387	68	6	100	569	99.6	

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	107	67	284	73	4	66.7	400	70.3	
2 Experienced issue, but work performance/productivity not affected	19	12	33	9	0	0	54	9.5	
3 Experienced issue, and it negatively impacted work performance/productivity	34	21	70	18	2	33.3	115	20.2	
Valid responses =	160	28	387	68	6	100	569	99.6	

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	116	73	276	71	7	100	407	71.4	
2 Experienced issue, but work performance/productivity not affected	30	19	80	21	0	0	116	20.4	
3 Experienced issue, and it negatively impacted work performance/productivity	14	9	31	8	0	0	47	8.2	
Valid responses =	160	28	387	68	7	1	570	99.8	

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	116	73	256	66	6	86	384	67.5	
2 Experienced issue, but work performance/productivity not affected	21	13	67	17	0	0	93	16.3	
3 Experienced issue, and it negatively impacted work performance/productivity	23	14	63	16	1	14	92	16.2	
Valid responses =	160	28	386	68	7	1	569	99.6	

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 2023

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

ILLINOIS STATE UNIVERSITY
May 16, 2023
FREQUENCY REPORT
Number of Surveys (n) = 571 Web Surveys

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	123	77	281	73	4	57	417	73.4	
2 Experienced issue, but work performance/productivity not affected	19	12	47	12	1	14	71	12.5	
3 Experienced issue, and it negatively impacted work performance/productivity	18	11	57	15	2	29	80	14.1	
Valid responses =	160	28	385	68	7	1	568	99.5	

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	100	63	201	52	3	43	309	54.3	
2 Experienced issue, but work performance/productivity not affected	32	20	94	24	0	0	130	22.8	
3 Experienced issue, and it negatively impacted work performance/productivity	27	17	92	24	4	57	130	22.8	
Valid responses =	159	28	387	68	7	1	569	99.6	

Invalid responses include no response.

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	117	74	252	65	2	33	379	66.8	
2 Experienced issue, but work performance/productivity not affected	19	12	70	18	1	17	95	16.8	
3 Experienced issue, and it negatively impacted work performance/productivity	23	15	64	17	3	50	93	16.4	
Valid responses =	159	28	386	68	6	1	567	99.3	

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	53	82	105	83	1	50	164	82.0	
2 Experienced issue, but work performance/productivity not affected	1	2	4	3	0	0	5	2.5	
3 Experienced issue, and it negatively impacted work performance/productivity	11	17	18	14	1	50	31	15.5	
Valid responses =	28	18	92	24	0	0	0	0	
Valid responses =	65	33	127	64	2	1	200	35.0	

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	22	14	52	14	1	13	76	13.3	
2 Agree	79	49	196	51	2	25	281	49.3	
3 Neutral	30	19	87	23	3	38	126	22.1	
4 Disagree	18	11	36	9	0	0	57	10.0	
5 Strongly disagree	10	6	13	3	2	25	27	4.7	
6 Don't Know	1	1	2	1	0	0	3	0.5	
Valid responses =	160	28	386	68	8	1	570	99.8	

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	80	50	162	42	2	29	252	44.4	
2 Yes	79	50	223	58	5	71	315	55.6	
Valid responses =	159	28	385	68	7	1	567	99.3	

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 2023

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

ILLINOIS STATE UNIVERSITY
May 16, 2023
FREQUENCY REPORT
Number of Surveys (n) =

571 Web Surveys

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	120	75	248	65	5	71	385	68.0
2 Yes	40	25	135	35	2	29	181	32.0
Valid responses =	160	28	383	68	7	1	566	99.1

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	134	84	325	84	5	71	476	83.8
2 Yes	26	16	60	16	2	29	92	16.2
Valid responses =	160	28	385	68	7	1	568	99.5

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	99	62	214	56	4	57	323	57.1
2 Yes	61	38	169	44	3	43	243	42.9
Valid responses =	160	28	383	68	7	1	566	99.1

Invalid responses include no response.

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	63	39	121	31	3	50	193	34.0
2 Yes	97	61	264	69	3	50	374	66.0
Valid responses =	160	28	385	68	6	1	567	99.3

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	84	53	183	48	4	67	280	50.0
2 Yes	75	47	196	52	2	33	280	50.0
Valid responses =	159	28	379	68	6	1	560	98.1

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	122	76	280	74	4	67	416	74.3
2 Yes	38	24	98	26	2	33	144	25.7
Valid responses =	160	29	378	68	6	1	560	98.1

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	146	92	358	95	7	100	526	94.3
2 Yes	12	8	19	5	0	0	32	5.7
Valid responses =	158	28	377	68	7	1	558	97.7

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	102	64	274	72	5	71	386	68.6
2 Yes	57	36	107	28	2	29	177	31.4
Valid responses =	159	28	381	68	7	1	563	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 2023

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

ILLINOIS STATE UNIVERSITY
May 16, 2023
FREQUENCY REPORT
Number of Surveys (n) =

571 Web Surveys

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	142	89	343	91	7	100	504	89.8
2 Yes	17	11	36	10	0	0	57	10.2
Valid responses =	159	28	379	68	7	1	561	98.2

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	137	87	314	85	6	86	470	85.3
2 Yes	20	13	57	15	1	14	81	14.7
Valid responses =	157	28	371	67	7	1	551	96.5

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	146	91	358	95	6	100	523	93.2
2 Yes	14	9	21	6	0	0	38	6.8
Valid responses =	160	29	379	68	6	1	561	98.2

Invalid responses include no response.

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	129	81	281	74	4	57	421	74.6
2 Yes	30	19	101	26	3	43	143	25.4
Valid responses =	159	28	382	68	7	1	564	98.8

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	138	87	321	85	4	80	476	85.0
2 Yes	21	13	59	16	1	20	84	15.0
Valid responses =	159	28	380	68	5	1	560	98.1

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	50	88	95	85	1	100	150	85.2
2 Yes	7	12	17	15	0	0	26	14.8
Valid responses =	57	32	112	64	1	1	176	30.8

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	57	36	132	34	3	38	196	34.3
2 Agree	76	48	178	46	0	0	258	45.2
3 Neutral	18	11	52	13	4	50	80	14.0
4 Disagree	7	4	22	6	1	13	32	5.6
5 Strongly disagree	2	1	3	1	0	0	5	0.9
Valid responses =	160	28	387	68	8	1	571	100.0

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	54	34	131	34	3	38	193	33.8
2 Agree	72	45	163	42	1	13	241	42.2
3 Neutral	17	11	45	12	2	25	67	11.7
4 Disagree	10	6	32	8	1	13	45	7.9
5 Strongly disagree	7	4	16	4	1	13	25	4.4
Valid responses =	160	28	387	68	8	1	571	100.0

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 2023

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

ILLINOIS STATE UNIVERSITY
May 16, 2023
FREQUENCY REPORT
Number of Surveys (n) =

571 Web Surveys

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	61	38	127	33	2	25	193	33.9	
2 Agree	50	31	137	36	2	25	199	35.0	
3 Neutral	27	17	54	14	3	38	84	14.8	
4 Disagree	14	9	41	11	0	0	57	10.0	
5 Strongly disagree	7	4	27	7	1	13	36	6.3	
Valid responses =	159	28	386	68	8	1	569	99.6	

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	45	28	116	30	2	25	165	28.9	
2 Agree	50	31	140	36	2	25	199	34.9	
3 Neutral	34	21	67	17	3	38	109	19.1	
4 Disagree	21	13	46	12	0	0	68	11.9	
5 Strongly disagree	10	6	18	5	1	13	30	5.3	
Valid responses =	160	28	387	68	8	1	571	100.0	

Invalid responses include no response.

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

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

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Strongly agree	36	23	94	24	3	38	135	23.7	
2 Agree	59	37	140	36	1	13	205	36.0	
3 Neutral	25	16	70	18	1	13	100	17.5	
4 Disagree	26	16	62	16	2	25	93	16.3	
5 Strongly disagree	13	8	21	5	1	13	37	6.5	
Valid responses =	159	28	387	68	8	1	570	99.8	

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 Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Strongly agree	48	30	121	31	4	50	175	30.8	
2 Agree	56	35	148	38	1	13	210	36.9	
3 Neutral	28	18	53	14	2	25	87	15.3	
4 Disagree	15	10	47	12	1	13	65	11.4	
5 Strongly disagree	11	7	18	5	0	0	32	5.6	
Valid responses =	158	28	387	68	8	1	569	99.6	

Invalid responses include no response.

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

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

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Strongly agree	50	31	132	34	3	38	189	33.2	
2 Agree	63	40	122	32	3	38	194	34.0	
3 Neutral	14	9	72	19	1	13	90	15.8	
4 Disagree	19	12	29	8	0	0	49	8.6	
5 Strongly disagree	13	8	32	8	1	13	48	8.4	
Valid responses =	159	28	387	68	8	1	570	99.8	

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Strongly agree	56	35	97	25	3	38	158	27.8	
2 Agree	67	42	209	54	2	25	283	49.8	
3 Neutral	23	15	54	14	2	25	82	14.4	
4 Disagree	8	5	19	5	1	13	32	5.6	
5 Strongly disagree	5	3	6	2	0	0	13	2.3	
Valid responses =	159	28	385	68	8	1	568	99.5	

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 2023

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

ILLINOIS STATE UNIVERSITY
May 16, 2023
FREQUENCY REPORT
Number of Surveys (n) =

571 Web Surveys

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 N/A	7	4	20	5	0	0	28	4.9
2 Not safe at all	3	2	0	0	0	0	3	0.5
3 Somewhat unsafe	4	3	9	2	0	0	16	2.8
4 Somewhat safe	21	13	80	21	4	50	109	19.1
5 Very safe	125	78	277	72	4	50	414	72.6
Valid responses =	160	28	386	68	8	1	570	99.8

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 N/A	13	8	57	15	1	13	73	12.9
2 Not safe at all	5	3	8	2	0	0	14	2.5
3 Somewhat unsafe	5	3	47	12	0	0	55	9.7
4 Somewhat safe	58	36	199	52	5	63	270	47.5
5 Very safe	79	49	74	19	2	25	156	27.5
Valid responses =	160	28	385	68	8	1	568	99.5

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 N/A	5	3	22	6	0	0	27	4.7
2 Not safe at all	0	0	1	0	0	0	2	0.4
3 Somewhat unsafe	5	3	9	2	0	0	16	2.8
4 Somewhat safe	42	26	119	31	4	50	172	30.2
5 Very safe	108	68	235	61	4	50	353	61.9
Valid responses =	160	28	386	68	8	1	570	99.8

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 N/A	8	5	43	11	0	0	51	9.0
2 Not safe at all	5	3	9	2	0	0	17	3.0
3 Somewhat unsafe	16	10	65	17	0	0	86	15.1
4 Somewhat safe	73	46	204	53	5	63	289	50.8
5 Very safe	58	36	64	17	3	38	126	22.1
Valid responses =	160	28	385	68	8	1	569	99.6

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Not Applicable	0	0	0	0	0	0	0	0.0
2 Never	0	0	0	0	0	0	0	0.0
3 Rarely	1	1	0	0	1	13	2	0.4
4 Sometimes	2	1	0	0	0	0	2	0.4
5 Most of the time	5	3	8	2	2	25	16	2.8
6 Always	152	95	378	98	5	63	550	96.5
Valid responses =	160	28	386	68	8	1	570	99.8

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 Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Not Applicable	68	43	236	61	4	50	318	55.8
2 Never	17	11	31	8	1	13	52	9.1
3 Rarely	1	1	10	3	0	0	11	1.9
4 Sometimes	4	3	12	3	0	0	16	2.8
5 Most of the time	15	9	14	4	0	0	29	5.1
6 Always	55	34	83	22	3	38	144	25.3
Valid responses =	160	28	386	68	8	1	570	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 2023

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

ILLINOIS STATE UNIVERSITY
May 16, 2023
FREQUENCY REPORT
Number of Surveys (n) = 571 Web Surveys

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Not Applicable	141	88	363	94	8	100	526	92.3
2 Never	3	2	1	0	0	0	4	0.7
3 Rarely	1	1	0	0	0	0	1	0.2
4 Sometimes	1	1	0	0	0	0	1	0.2
5 Most of the time	2	1	3	1	0	0	5	0.9
6 Always	12	8	19	5	0	0	33	5.8
Valid responses =	160	28	386	68	8	1	570	99.8

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 Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	110	69	261	68	4	80	386	68.3
2 Yes	50	31	123	32	1	20	179	31.7
Valid responses =	160	28	384	68	5	1	565	98.9

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 Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	109	68	270	70	6	100	394	69.5
2 Yes	51	32	115	30	0	0	173	30.5
Valid responses =	160	28	385	68	6	1	567	99.3

Invalid responses include no response.

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	91	57	212	55	4	57	316	55.8
2 Yes	68	43	172	45	3	43	250	44.2
Valid responses =	159	28	384	68	7	1	566	99.1

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	126	79	318	83	5	83	461	81.7
2 Yes	34	21	64	17	1	17	103	18.3
Valid responses =	160	28	382	68	6	1	564	98.8

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	113	71	269	70	5	83	396	70.0
2 Yes	47	29	115	30	1	17	170	30.0
Valid responses =	160	28	384	68	6	1	566	99.1

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	128	80	310	80	6	100	455	80.1
2 Yes	32	20	76	20	0	0	113	19.9
Valid responses =	160	28	386	68	6	1	568	99.5

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	127	80	287	75	3	60	431	76.3
2 Yes	32	20	98	26	2	40	134	23.7
Valid responses =	159	28	385	68	5	1	565	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 2023

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

ILLINOIS STATE UNIVERSITY
May 16, 2023
FREQUENCY REPORT
Number of Surveys (n) = 571 Web Surveys

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	114	71	294	77	4	67	422	74.7
2 Yes	46	29	89	23	2	33	143	25.3
Valid responses =	160	28	383	68	6	1	565	98.9

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	138	86	333	87	3	75	487	86.3
2 Yes	22	14	51	13	1	25	77	13.7
Valid responses =	160	28	384	68	4	1	564	98.8

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	159	99	385	100	6	100	566	99.6
2 Yes	1	1	1	0	0	0	2	0.4
Valid responses =	160	28	386	68	6	1	568	99.5

Invalid responses include no response.

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	158	99	382	99	6	100	562	99.1
2 Yes	2	1	3	1	0	0	5	0.9
Valid responses =	160	28	385	68	6	1	567	99.3

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	147	93	355	92	5	83	522	92.4
2 Yes	12	8	29	8	1	17	43	7.6
Valid responses =	159	28	384	68	6	1	565	98.9

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	134	84	320	83	4	80	471	83.4
2 Yes	26	16	64	17	1	20	94	16.6
Valid responses =	160	28	384	68	5	1	565	98.9

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	138	86	308	80	5	83	463	81.9
2 Yes	22	14	75	20	1	17	102	18.1
Valid responses =	160	28	383	68	6	1	565	98.9

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	137	86	325	85	5	83	480	85.3
2 Yes	22	14	57	15	1	17	83	14.7
Valid responses =	159	28	382	68	6	1	563	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 2023

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

ILLINOIS STATE UNIVERSITY
May 16, 2023
FREQUENCY REPORT
Number of Surveys (n) =

571 Web Surveys

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	142	89	343	90	5	83	503	89.3
2 Yes	18	11	38	10	1	17	60	10.7
Valid responses =	160	28	381	68	6	1	563	98.6

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	133	83	300	78	5	100	448	79.2
2 Yes	27	17	85	22	0	0	118	20.8
Valid responses =	160	28	385	68	5	1	566	99.1

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	151	94	361	94	6	100	532	94.0
2 Yes	9	6	23	6	0	0	34	6.0
Valid responses =	160	28	384	68	6	1	566	99.1

Invalid responses include no response.

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	141	88	334	87	5	100	494	87.6
2 Yes	19	12	49	13	0	0	70	12.4
Valid responses =	160	28	383	68	5	1	564	98.8

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	151	95	351	92	5	83	523	92.9
2 Yes	8	5	31	8	1	17	40	7.1
Valid responses =	159	28	382	68	6	1	563	98.6

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	159	99	384	100	6	100	565	99.6
2 Yes	1	1	1	0	0	0	2	0.4
Valid responses =	160	28	385	68	6	1	567	99.3

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	158	99	383	100	6	100	563	99.6
2 Yes	1	1	1	0	0	0	2	0.4
Valid responses =	159	28	384	68	6	1	565	98.9

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	149	94	355	92	6	100	525	92.9
2 Yes	10	6	29	8	0	0	40	7.1
Valid responses =	159	28	384	68	6	1	565	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 2023

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

ILLINOIS STATE UNIVERSITY
May 16, 2023
FREQUENCY REPORT
Number of Surveys (n) =

571 Web Surveys

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	147	93	348	91	6	100	513	90.8
2 Yes	12	8	36	9	0	0	52	9.2
Valid responses =	159	28	384	68	6	1	565	98.9

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	90	56	214	56	4	50	318	56.0
2 No	65	41	158	41	4	50	232	40.8
3 Yes	5	3	12	3	0	0	18	3.2
Valid responses =	160	28	384	68	8	1	568	99.5

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	110	69	238	62	5	63	365	64.3
2 Strongly agree	9	6	16	4	2	25	27	4.8
3 Agree	4	3	32	8	0	0	38	6.7
4 Neutral	1	1	15	4	0	0	18	3.2
5 Disagree	8	5	33	9	0	0	41	7.2
6 Strongly disagree	28	18	50	13	1	13	79	13.9
Valid responses =	160	28	384	68	8	1	568	99.5

Invalid responses include no response.

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	110	69	239	62	5	63	366	64.3
2 Strongly agree	8	5	6	2	1	13	15	2.6
3 Agree	2	1	18	5	0	0	22	3.9
4 Neutral	2	1	17	4	0	0	20	3.5
5 Disagree	9	6	50	13	1	13	61	10.7
6 Strongly disagree	29	18	55	14	1	13	85	14.9
Valid responses =	160	28	385	68	8	1	569	99.6

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	110	69	239	62	5	63	366	64.4
2 Strongly agree	8	5	14	4	1	13	24	4.2
3 Agree	5	3	29	8	1	13	37	6.5
4 Neutral	1	1	14	4	0	0	16	2.8
5 Disagree	7	4	35	9	0	0	42	7.4
6 Strongly disagree	29	18	53	14	1	13	83	14.6
Valid responses =	160	28	384	68	8	1	568	99.5

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	17	11	44	12	0	0	62	11.0
2 .1 - 30 minutes	10	6	56	15	3	43	74	13.2
3 30.1 - 60 minutes	29	18	64	17	1	14	98	17.4
4 60.1 - 120 minutes	31	20	87	23	1	14	120	21.4
5 120.1 - 240 minutes	39	25	95	25	0	0	139	24.7
6 GE 240.1 minutes	33	21	34	9	2	29	69	12.3
Valid responses =	159	28	380	68	7	1	562	98.4

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Male	164.72	120.00	165.77	0	1200
Female	152.13	90.00	463.95	0	8360
Overall	153.42	100.00	392.01	0	8360



AMERICAN COLLEGE HEALTH ASSOCIATION

American College Health Association-National Faculty and Staff Health Assessment (ACHA-NFSHA) Institutional Data Report - Spring 2023

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

ILLINOIS STATE UNIVERSITY
May 16, 2023
FREQUENCY REPORT
Number of Surveys (n) = 571 Web Surveys

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

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 minutes	75	48	207	56	3	43	291	53.2
2 .1 - 30 minutes	18	12	45	12	3	43	69	12.6
3 30.1 - 60 minutes	23	15	40	11	0	0	65	11.9
4 60.1 - 120 minutes	16	10	39	11	1	14	58	10.6
5 120.1 - 240 minutes	13	8	23	6	0	0	38	6.9
6 GE 240.1 minutes	12	8	13	4	0	0	26	4.8
Valid responses =	157	29	367	67	7	1	547	95.8

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Male	87.25	10.00	232.97	0	2100
Female	44.66	0.00	85.69	0	660
Overall	57.12	0.00	145.06	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	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 days	83	53	193	51	4	50	285	50.7
2 .1 - 2 days	32	20	72	19	2	25	113	20.1
3 2.1 - 4 days	24	15	73	19	1	13	101	18.0
4 GE 4.1 days	19	12	42	11	1	13	63	11.2
Valid responses =	158	28	380	68	8	1	562	98.4

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Male	1.52	0.00	1.98	0	7
Female	1.57	0.00	1.99	0	7
Overall	1.57	0.00	1.98	0	7

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	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 10% (48 mins per day)	16	10	13	3	0	0	31	5.4
2 20% (1.6 hours per day)	9	6	13	3	1	13	23	4.0
3 30% (2.4 hours per day)	9	6	20	5	0	0	29	5.1
4 40% (3.2 hours per day)	7	4	20	5	0	0	27	4.7
5 50% (4.0 hours per day)	16	10	29	8	0	0	46	8.1
6 60% (4.8 hours per day)	13	8	36	9	1	13	52	9.1
7 70% (5.6 hours per day)	15	9	46	12	2	25	63	11.0
8 80% (6.4 hours per day)	38	24	97	25	4	50	142	24.9
9 90% (7.2 hours per day)	29	18	97	25	0	0	132	23.1
10 100% (8.0 hours per day)	8	5	16	4	0	0	26	4.6
Valid responses =	160	28	387	68	8	1	571	100.0

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	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	148	93	363	94	8	100	532	93.2
2 Yes	12	8	24	6	0	0	39	6.8
Valid responses =	160	28	387	68	8	1	571	100.0

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	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	142	89	352	91	8	100	515	90.4
2 Yes	18	11	34	9	0	0	55	9.6
Valid responses =	160	28	386	68	8	1	570	99.8

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	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Not Applicable	8	6	17	5	1	13	28	5.4
2 Never	2	1	11	3	0	0	14	2.7
3 Rarely	9	6	35	10	0	0	45	8.7
4 Some of the time	13	9	76	22	2	25	93	18.1
5 Most of the time	46	32	93	26	2	25	142	27.6
6 Always	64	45	120	34	3	38	193	37.5
Valid responses =	142	28	352	68	8	2	515	90.2

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 2023

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

ILLINOIS STATE UNIVERSITY
May 16, 2023
FREQUENCY REPORT
Number of Surveys (n) =

571 Web Surveys

27. I consider myself to be:

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Underweight	4	3	1	0	0	0	5	0.9
2 A healthy weight	49	31	127	33	4	50	187	32.8
3 Overweight	86	54	184	48	2	25	275	48.2
4 Obese	20	13	71	18	2	25	98	17.2
5 Unsure	1	1	3	1	0	0	5	0.9
Valid responses =	160	28	386	68	8	1	570	99.8

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Trying nothing about weight	23	14	54	14	1	14	84	14.8
2 Stay the same weight	31	19	69	18	5	71	108	19.0
3 Lose weight	100	63	262	68	1	14	370	65.0
4 Gain weight	6	4	1	0	0	0	7	1.2
Valid responses =	160	28	386	68	7	1	569	99.6

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 0 servings/day	17	11	43	11	0	0	65	11.4
2 1-2 servings/day	111	69	262	68	7	88	390	68.3
3 3-4 servings/day	25	16	70	18	0	0	96	16.8
4 5-6 servings/day	4	3	6	2	0	0	10	1.8
5 >6 servings/day	3	2	6	2	1	13	10	1.8
Valid responses =	160	28	387	68	8	1	571	100.0

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 0 servings/day	6	4	12	3	1	14	21	3.7
2 1-2 servings/day	92	58	229	59	3	43	333	58.4
3 3-4 servings/day	47	29	113	29	2	29	165	28.9
4 5-6 servings/day	11	7	23	6	0	0	35	6.1
5 >6 servings/day	4	3	10	3	1	14	16	2.8
Valid responses =	160	28	387	68	7	1	570	99.8

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 0 servings/day	14	9	49	13	0	0	66	11.6
2 1-2 servings/day	91	57	234	61	5	71	340	59.8
3 3-4 servings/day	40	25	87	23	1	14	130	22.8
4 5-6 servings/day	11	7	13	3	0	0	25	4.4
5 >6 servings/day	4	3	3	1	1	14	8	1.4
Valid responses =	160	28	386	68	7	1	569	99.6

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 0 servings/day	27	17	61	16	1	17	94	16.6
2 1-2 servings/day	101	63	244	63	4	67	359	63.3
3 3-4 servings/day	28	18	69	18	0	0	98	17.3
4 5-6 servings/day	3	2	10	3	0	0	13	2.3
5 >6 servings/day	1	1	1	0	1	17	3	0.5
Valid responses =	160	28	385	68	6	1	567	99.3

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 2023

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

ILLINOIS STATE UNIVERSITY
May 16, 2023
FREQUENCY REPORT
Number of Surveys (n) =

571 Web Surveys

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 0-2 ounces per day	13	8	46	12	1	17	64	11.3
2 3-5 ounces per day	65	41	177	46	2	33	249	44.0
3 6-8 ounces per day	59	37	130	34	2	33	197	34.8
4 9-11 ounces per day	11	7	27	7	1	17	39	6.9
5 More than 11 ounces per day	12	8	4	1	0	0	17	3.0
Valid responses =	160	28	384	68	6	1	566	99.1

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 0 servings/day	97	61	216	56	4	67	322	56.7
2 1-2 servings/day	51	32	133	35	2	33	196	34.5
3 3-4 servings/day	9	6	29	8	0	0	39	6.9
4 5-6 servings/day	1	1	5	1	0	0	6	1.1
5 >6 servings/day	2	1	3	1	0	0	5	0.9
Valid responses =	160	28	386	68	6	1	568	99.5

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Never used	30	19	69	18	2	29	103	18.1
2 Have used, but not in last 30	22	14	77	20	0	0	107	18.8
3 1 - 2 days	32	20	96	25	1	14	131	23.0
4 3 - 5 days	27	17	68	18	1	14	97	17.0
5 6 - 9 days	18	11	27	7	2	29	48	8.4
6 10 - 19 days	14	9	27	7	0	0	43	7.6
7 20 - 29 days	12	8	13	3	0	0	25	4.4
8 Used daily	4	3	10	3	1	14	15	2.6
Valid responses =	159	28	387	68	7	1	569	99.6

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Never used	133	83	327	85	7	100	480	84.4
2 Have used, but not in last 30	24	15	36	9	0	0	62	10.9
3 1 - 2 days	0	0	0	0	0	0	0	0.0
4 3 - 5 days	0	0	1	0	0	0	1	0.2
5 6 - 9 days	1	1	0	0	0	0	1	0.2
6 10 - 19 days	0	0	1	0	0	0	1	0.2
7 20 - 29 days	1	1	0	0	0	0	1	0.2
8 Used daily	1	1	21	5	0	0	23	4.0
Valid responses =	160	28	386	68	7	1	569	99.6

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 Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Never used	129	81	360	94	7	100	510	89.9
2 Have used, but not in last 30	31	19	23	6	0	0	56	9.9
3 1 - 2 days	0	0	0	0	0	0	0	0.0
4 3 - 5 days	0	0	0	0	0	0	0	0.0
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	0	0	0	0	0	0	0	0.0
Valid responses =	160	28	384	68	7	1	567	99.3

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 2023

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

ILLINOIS STATE UNIVERSITY
May 16, 2023
FREQUENCY REPORT
Number of Surveys (n) = 571 Web Surveys

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Never used	142	89	356	93	7	100	519	91.4
2 Have used, but not in last 30	14	9	13	3	0	0	28	4.9
3 1 - 2 days	1	1	4	1	0	0	5	0.9
4 3 - 5 days	0	0	3	1	0	0	3	0.5
5 6 - 9 days	1	1	0	0	0	0	1	0.2
6 10 - 19 days	1	1	0	0	0	0	1	0.2
7 20 - 29 days	0	0	0	0	0	0	0	0.0
8 Used daily	1	1	9	2	0	0	11	1.9
Valid responses =	160	28	385	68	7	1	568	99.5

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 Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Never used	142	89	379	98	7	100	544	95.8
2 Have used, but not in last 30	12	8	7	2	0	0	19	3.3
3 1 - 2 days	1	1	0	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	1	1	0	0	0	0	1	0.2
8 Used daily	3	2	0	0	0	0	3	0.5
Valid responses =	159	28	386	68	7	1	568	99.5

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Never used	144	90	374	97	7	100	540	94.9
2 Have used, but not in last 30	16	10	12	3	0	0	29	5.1
3 1 - 2 days	0	0	0	0	0	0	0	0.0
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 =	160	28	386	68	7	1	569	99.6

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 Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Not Applicable	33	21	64	17	2	29	104	18.2
2 None	92	58	278	72	4	57	383	67.2
3 1 time	14	9	23	6	0	0	38	6.7
4 2 times	10	6	10	3	0	0	20	3.5
5 3 times	2	1	4	1	0	0	6	1.1
6 4 times	4	3	4	1	0	0	9	1.6
7 5 times	0	0	1	0	1	14	2	0.4
8 6 times	2	1	0	0	0	0	2	0.4
9 7 times	0	0	1	0	0	0	1	0.2
10 8 times	0	0	2	1	0	0	2	0.4
11 9 times	0	0	0	0	0	0	0	0.0
12 10 or more times	3	2	0	0	0	0	3	0.5
Valid responses =	160	28	387	68	7	1	570	99.8

Invalid responses include no response.

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

	Male		Female		Unknown		Total Freq.	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 0 drinks	33	22	68	18	0	0	105	19.0
2 1 - 1 drink	45	29	160	42	2	33	210	38.0
3 1.1 - 2 drinks	41	27	106	28	3	50	156	28.2
4 GE 2.1 drinks	34	22	44	12	1	17	82	14.8
Valid responses =	153	28	378	68	6	1	553	96.8

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Male	1.82	1.00	1.96	0	15
Female	1.42	1.00	1.19	0	10
Overall	1.56	1.00	1.48	0	15



AMERICAN COLLEGE HEALTH ASSOCIATION

American College Health Association-National Faculty and Staff Health Assessment (ACHA-NFSHA) Institutional Data Report - Spring 2023

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

ILLINOIS STATE UNIVERSITY
May 16, 2023
FREQUENCY REPORT
Number of Surveys (n) = 571 Web Surveys

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	35	22	68	18	2	25	111	19.4
2 No	107	67	277	72	5	63	396	69.4
3 Yes	18	11	42	11	1	13	64	11.2
Valid responses =	160	28	387	68	8	1	571	100.0

Invalid responses include no response.

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

	Male		Female		Unknown		Total	Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Not Applicable	35	22	66	17	2	25	109	19.1
2 No	116	73	316	82	6	75	448	78.5
3 Yes	9	6	5	1	0	0	14	2.5
Valid responses =	160	28	387	68	8	1	571	100.0

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	23	66	17	2	25	111	19.4
2 No	122	76	317	82	6	75	454	79.5
3 Yes	1	1	4	1	0	0	6	1.1
Valid responses =	160	28	387	68	8	1	571	100.0

Invalid responses include no response.

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	154	96	383	99	8	100	561	98.2
2 Yes	6	4	4	1	0	0	10	1.8
Valid responses =	160	28	387	68	8	1	571	100.0

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	2	1	2	1	0	0	5	0.9
Asian or Asian American	1	1	9	2	1	13	12	2.1
Arab/Middle Eastern/North African	0	0	1	0	0	0	1	0.2
Black or African American	4	3	11	3	0	0	16	2.8
Hispanic or Latino/a	5	3	9	2	0	0	14	2.5
Native Hawaiian Pacific Islander Native	1	1	0	0	0	0	1	0.2
White	145	91	353	91	4	50	515	90.2
Biracial or Multiracial	2	1	1	0	0	0	3	0.5
Another Identity	6	4	4	1	2	25	13	2.3
Valid responses =	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	23	14	54	14	1	14	84	14.8
2 Puerto Rican	31	19	69	18	5	71	108	19.0
3 Cuban	100	63	262	68	1	14	370	65.0
4 Another Hispanic, Latino, Spanish	6	4	1	0	0	0	7	1.2
Valid responses =	160	28	386	68	7	1	569	99.6

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	23	14	54	14	1	14	84	14.8
2 Southeast Asian	31	19	69	18	5	71	108	19.0
3 South Asian	100	63	262	68	1	14	370	65.0
4 Other Asian	6	4	1	0	0	0	7	1.2
Valid responses =	160	28	386	68	7	1	569	99.6

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 2023

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

ILLINOIS STATE UNIVERSITY
May 16, 2023
FREQUENCY REPORT
Number of Surveys (n) = 571 Web Surveys

43. How old are you?

	Male		Female		Unknown		Total		Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 18 - 30	11	7	37	10	0	0	56	10.1		
2 30.1 - 40	39	25	85	23	1	25	129	23.2		
3 40.1 - 50	39	25	98	26	0	0	140	25.2		
4 50.1 - 60	43	27	111	29	3	75	157	28.2		
5 GE 60.1	26	17	47	12	0	0	74	13.3		
Valid responses =	158	28	378	68	4	1	556	97.4		

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Male	47.75	47.00	12.19	20	76
Female	46.78	47.00	11.38	22	74
Overall	46.72	46.00	11.81	20	76

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

	Male		Female		Unknown		Total		Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Low-36 inches	0	0	0	0	0	0	0	0.0		
2 37-48 inches	0	0	0	0	0	0	0	0.0		
3 49-60 inches	0	0	14	4	0	0	14	2.5		
4 61-72 inches	112	71	364	96	4	100	494	88.7		
5 73-84 inches	46	29	1	0	0	0	49	8.8		
6 GE 85 inches	0	0	0	0	0	0	0	0.0		
Valid responses =	158	28	379	68	4	1	557	97.5		

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Male	71.00	71.00	3.01	64	79
Female	65.33	65.00	2.56	58	73
Overall	66.98	67.00	3.73	58	79

45. What is your weight in pounds?

	Male		Female		Unknown		Total		Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Low - 50 pounds	0	0	0	0	0	0	0	0.0		
2 51-100 pounds	0	0	2	1	0	0	2	0.4		
3 101-150 pounds	12	8	116	32	1	33	132	24.3		
4 151-200 pounds	64	41	152	41	0	0	224	41.2		
5 201-250 pounds	59	37	62	17	1	33	124	22.8		
6 251-300 pounds	15	10	29	8	1	33	46	8.5		
7 301-350 pounds	6	4	6	2	0	0	13	2.4		
8 351-400 pounds	2	1	0	0	0	0	2	0.4		
9 401-450 pounds	0	0	0	0	0	0	1	0.2		
10 GE 451 pounds	0	0	0	0	0	0	0	0.0		
Valid responses =	158	29	367	67	3	1	544	95.3		

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Male	211.27	209.00	48.18	125	400
Female	179.38	170.00	46.46	99	345
Total	189.42	180.00	50.1	99	410

46. What sex were you assigned at birth?

	Male		Female		Unknown		Total		Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Female	0	0	387	100	0	0	399	70.9		
2 Male	160	100	0	0	0	0	164	29.1		
3 Intersex	0	0	0	0	0	0	0	0.0		
Valid responses =	160	28	387	69	0	0	563	98.6		

Invalid responses include no response.

47. Do you identify as transgender?

	Male		Female		Unknown		Total		Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 No	160	100	387	100	3	100	559	98.8		
2 Yes	0	0	0	0	0	0	7	1.2		
Valid responses =	160	28	387	68	3	1	566	99.1		

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 2023

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

ILLINOIS STATE UNIVERSITY
May 16, 2023
FREQUENCY REPORT
Number of Surveys (n) =

571 Web Surveys

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	387	100	2	67	391	69.1	
2 Man	160	100	0	0	0	0	160	28.3	
3 Trans woman	0	0	0	0	0	0	0	0.0	
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	1	0.2	
7 Genderfluid	0	0	0	0	0	0	2	0.4	
8 Intersex	0	0	0	0	0	0	0	0.0	
9 Nonbinary	0	0	0	0	0	0	8	1.4	
10 Another identity	0	0	0	0	1	33	3	0.5	
Valid responses =	160	28	387	68	3	1	566	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	387	100	0	0	387	67.8	
2 Male	160	100	0	0	0	0	160	28.0	
2 Transgender/gender non-conforming	0	0	0	0	0	0	16	2.8	
Valid responses =	160	28	387	68	8	1	571	100.0	

Invalid responses include no response.

49. What term best describes your sexual orientation?

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Asexual	0	0	1	0.3	0	0	1	0.2	
2 Bisexual	4	2.5	18	4.7	0	0	25	4.4	
3 Gay	10	6.3	0	0	0	0	11	2.0	
4 Lesbian	0	0	12	3.1	0	0	14	2.5	
5 Pansexual	1	0.6	4	1.0	0	0	8	1.4	
6 Queer	0	0	5	1.3	0	0	9	1.6	
7 Questioning	1	0.6	1	0.3	0	0	2	0.4	
9 Straight/Heterosexual	144	90	342	89.1	3	100	490	87.2	
10 Another identity	0	0	1	0.3	0	0	2	0.4	
Valid responses =	160	28	384	68	3	1	562	98.4	

Invalid responses include no response.

50. Relationship status:

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Single, never married	19	12	61	16	0	0	89	15.7	
2 Single, divorced	4	3	38	10	1	25	43	7.6	
3 Separated	0	0	1	0	0	0	1	0.2	
4 Engaged	5	3	11	3	0	0	18	3.2	
5 Married	126	79	262	68	2	50	393	69.4	
6 Widowed	2	1	2	1	1	25	5	0.9	
7 Other	4	3	11	3	0	0	17	3.0	
Valid responses =	160	28	386	68	4	1	566	99.1	

Invalid responses include no response.

51. Highest level of education:

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Grades 1-8	0	0	0	0	0	0	0	0.0	
2 Grades 9-11	0	0	0	0	0	0	0	0.0	
3 High school grad or GED	2	1	6	2	0	0	8	1.4	
4 Some college (no degree)	5	3	21	5	0	0	27	4.8	
5 Trade/technical/vocational	2	1	4	1	0	0	6	1.1	
6 Associate's degree	8	5	14	4	0	0	23	4.1	
7 Bachelor's degree	47	29	112	29	3	60	167	29.5	
8 Master's degree	41	26	134	35	2	40	182	32.1	
9 Doctoral Degree	51	32	90	23	0	0	144	25.4	
10 Professional Degree	4	3	5	1	0	0	10	1.8	
Valid responses =	160	28	386	68	5	1	567	99.3	

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 2023

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

ILLINOIS STATE UNIVERSITY
May 16, 2023
FREQUENCY REPORT
Number of Surveys (n) =

571 Web Surveys

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	2	1	7	2	0	0	9	1.6
2 Sometimes true	7	4	34	9	0	0	47	8.3
3 Never true	150	94	346	89	6	100	512	90.1
Valid responses =	159	28	387	68	6	1	568	99.5

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	6	4	9	2	1	17	19	3.3
2 Sometimes true	10	6	46	12	0	0	59	10.4
3 Never true	143	90	332	86	5	83	490	86.3
Valid responses =	159	28	387	68	6	1	568	99.5

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	1	1	4	1	0	0	5	0.9
2 Yes, some but not every day	3	2	18	5	0	0	22	3.9
3 Only 1 or 2 days	5	3	16	4	0	0	23	4.0
4 No	151	94	348	90	6	100	518	91.2
Valid responses =	160	28	386	68	6	1	568	99.5

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	153	96	358	93	6	100	531	93.7
2 Yes,	7	4	27	7	0	0	36	6.3
Valid responses =	160	28	385	68	6	1	567	99.3

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	157	98	369	96	6	100	546	96.1
2 Yes,	3	2	17	4	0	0	22	3.9
Valid responses =	160	28	386	68	6	1	568	99.5

Invalid responses include no response.

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	10	6	13	3	1	20	26	4.6
2 To little extent	23	14	31	8	0	0	56	9.9
3 To some extent	48	30	121	31	1	20	177	31.3
4 To great extent	37	23	124	32	0	0	164	29.0
5 To very great extent	42	26	96	25	3	60	143	25.3
Valid responses =	160	28	385	68	5	1	566	99.1

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	141	88	380	98	6	100	542	95.4
2 Yes area of hazardous duty	9	6	1	0	0	0	10	1.8
3 Yes not of hazardous duty	10	6	5	1	0	0	16	2.8
Valid responses =	160	28	386	68	6	1	568	99.5

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 2023

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

May 16, 2023
FREQUENCY REPORT
Number of Surveys (n) =

571 Web Surveys

58. Employee Classification: (Choose your primary position)

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Staff	89	56	245	64	5	63	352	61.8	
2 Adjunct Faculty	9	6	13	3	0	0	22	3.9	
3 Faculty	51	32	102	26	2	25	157	27.5	
4 Administration	9	6	17	4	1	13	27	4.7	
5 Graduate/professional	0	0	2	1	0	0	3	0.5	
6 Other	2	1	7	2	0	0	9	1.6	
Valid responses =	160	28	386	68	8	1	570	99.8	

Invalid responses include no response.

59. Pay type:

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Hourly	35	22	141	37	2	33	186	32.7	
2 Salaried	125	78	245	64	4	67	382	67.3	
Valid responses =	160	28	386	68	6	1	568	99.5	

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)	30	86	136	97	2	100	175	94.1	
2 Evening (2nd)	2	6	4	3	0	0	7	3.8	
3 Night (3rd)	3	9	1	1	0	0	4	2.2	
Valid responses =	35	19	141	76	2	1	186	32.6	

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	55	35	103	27	2	25	163	28.9	
2 10 month	3	2	21	6	0	0	24	4.3	
3 11 month	1	1	4	1	1	13	6	1.1	
4 12 month	99	63	254	67	5	63	371	65.8	
Valid responses =	158	28	382	68	8	1	564	98.8	

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	10	6	20	5	0	0	31	5.5	
2 Part-time with benefits	3	2	5	1	0	0	8	1.4	
3 Full-time without benefits	3	2	2	1	0	0	5	0.9	
4 Full-time with benefits	144	90	359	93	6	100	524	92.3	
Valid responses =	160	28	386	68	6	1	568	99.5	

Invalid responses include no response.

63. Are you:

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 Employed college/university	160	100	386	100	7	100	568	99.6	
2 Employed outsourced group	0	0	1	0	0	0	2	0.4	
Valid responses =	160	28	387	68	7	1	570	99.8	

Invalid responses include no response.

64. Do you have health insurance?

	Male		Female		Unknown		Total Freq.	Pct.	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.			
1 No	0	0	2	1	0	0	2	0.4	
2 Yes	160	100	384	99	7	100	567	99.5	
3 I don't know	0	0	1	0	0	0	1	0.2	
Valid responses =	160	28	387	68	7	1	570	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 2023

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

ILLINOIS STATE UNIVERSITY
May 16, 2023
FREQUENCY REPORT
Number of Surveys (n) =

571 Web Surveys

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	67	42	160	42	3	50	241	42.4
2 6-10	28	18	83	22	1	17	114	20.1
3 11-15	23	14	58	15	0	0	83	14.6
4 16-20	18	11	32	8	1	17	51	9.0
5 21-25	17	11	25	7	1	17	43	7.6
6 26-30	5	3	17	4	0	0	22	3.9
7 31-35	0	0	6	2	0	0	7	1.2
8 36-40	1	1	3	1	0	0	4	0.7
9 More than 40 years	1	1	2	1	0	0	3	0.5
Valid responses =	160	28	386	68	6	1	568	99.5

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	135	85	329	86	5	100	482	85.3
2 Yes	24	15	56	15	0	0	83	14.7
Valid responses =	159	28	385	68	5	1	565	98.9

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	4	3	2	1	1	14	10	1.8
2 Disagree	6	4	13	3	0	0	21	3.7
3 Slightly disagree	7	4	16	4	0	0	23	4.1
4 Neither agree nor disagree	13	8	22	6	1	14	40	7.1
5 Slightly agree	30	19	65	17	2	29	100	17.6
6 Agree	59	37	173	45	1	14	235	41.4
7 Strongly agree	40	25	94	24	2	29	138	24.3
Valid responses =	159	28	385	68	7	1	567	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	4	3	3	1	0	0	7	1.2
2 Disagree	7	4	10	3	0	0	19	3.4
3 Slightly disagree	10	6	21	6	0	0	33	5.8
4 Neither agree nor disagree	17	11	21	6	2	29	42	7.4
5 Slightly agree	27	17	57	15	3	43	92	16.2
6 Agree	60	38	176	46	0	0	241	42.5
7 Strongly agree	34	21	97	25	2	29	133	23.5
Valid responses =	159	28	385	68	7	1	567	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	3	2	3	1	0	0	8	1.4
2 Disagree	7	4	10	3	0	0	18	3.2
3 Slightly disagree	10	6	17	4	2	29	29	5.1
4 Neither agree nor disagree	13	8	24	6	0	0	39	6.9
5 Slightly agree	38	24	78	20	3	43	125	22.0
6 Agree	56	35	179	47	0	0	239	42.2
7 Strongly agree	32	20	74	19	2	29	109	19.2
Valid responses =	159	28	385	68	7	1	567	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 2023

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

ILLINOIS STATE UNIVERSITY
May 16, 2023
FREQUENCY REPORT
Number of Surveys (n) = 571 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	3	2	2	1	0	0	6	1.1
2 Disagree	2	1	4	1	0	0	8	1.4
3 Slightly disagree	4	3	4	1	0	0	9	1.6
4 Neither agree nor disagree	12	8	13	3	1	14	29	5.1
5 Slightly agree	30	19	65	17	2	29	100	17.7
6 Agree	69	43	186	49	1	14	259	45.8
7 Strongly agree	39	25	109	29	3	43	154	27.3
Valid responses =	159	28	383	68	7	1	565	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	4	3	2	1	0	0	8	1.4
2 Disagree	2	1	3	1	1	14	6	1.1
3 Slightly disagree	1	1	5	1	0	0	7	1.2
4 Neither agree nor disagree	1	1	11	3	1	14	15	2.6
5 Slightly agree	21	13	38	10	2	29	65	11.5
6 Agree	79	50	207	54	1	14	294	51.9
7 Strongly agree	51	32	119	31	2	29	172	30.3
Valid responses =	159	28	385	68	7	1	567	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	1	1	2	1	0	0	5	0.9
2 Disagree	2	1	1	0	0	0	3	0.5
3 Slightly disagree	2	1	3	1	0	0	6	1.1
4 Neither agree nor disagree	9	6	11	3	1	14	26	4.6
5 Slightly agree	20	13	37	10	2	29	61	10.8
6 Agree	77	49	204	53	2	29	287	50.7
7 Strongly agree	47	30	127	33	2	29	178	31.4
Valid responses =	158	28	385	68	7	1	566	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	3	2	2	1	1	14	10	1.8
2 Disagree	8	5	8	2	1	14	19	3.4
3 Slightly disagree	8	5	17	4	2	29	28	4.9
4 Neither agree nor disagree	12	8	24	6	0	0	38	6.7
5 Slightly agree	33	21	54	14	1	14	90	15.9
6 Agree	57	36	185	48	0	0	245	43.3
7 Strongly agree	38	24	94	25	2	29	136	24.0
Valid responses =	159	28	384	68	7	1	566	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	2	1	2	1	0	0	6	1.1
2 Disagree	2	1	5	1	0	0	9	1.6
3 Slightly disagree	5	3	13	3	0	0	20	3.5
4 Neither agree nor disagree	19	12	26	7	4	67	54	9.5
5 Slightly agree	25	16	55	14	1	17	84	14.8
6 Agree	67	42	193	50	0	0	262	46.3
7 Strongly agree	39	25	91	24	1	17	131	23.1
Valid responses =	159	28	385	68	6	1	566	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 2023

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

ILLINOIS STATE UNIVERSITY
May 16, 2023
FREQUENCY REPORT
Number of Surveys (n) =

571 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	0	0	0	0	0	0	0	0.0
1 Rarely true	1	1	2	1	0	0	4	0.7
2 Sometimes true	22	14	53	14	3	43	85	15.0
3 Often true	62	39	166	43	1	14	236	41.7
4 True nearly all the time	74	47	163	42	3	43	241	42.6
Valid responses =	159	28	384	68	7	1	566	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	0	0	0	0	0	0	0	0.0
1 Rarely true	0	0	4	1	0	0	7	1.2
2 Sometimes true	17	11	55	14	3	43	80	14.2
3 Often true	70	44	153	40	2	29	232	41.1
4 True nearly all the time	72	45	170	45	2	29	245	43.4
Valid responses =	159	28	382	68	7	1	564	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	83	52	205	53	2	29	292	51.4
2 Some of the time	56	35	129	34	0	0	193	34.0
3 Often	21	13	51	13	5	71	83	14.6
Valid responses =	160	28	385	68	7	1	568	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	84	53	194	51	2	29	281	49.6
2 Some of the time	62	39	161	42	4	57	236	41.6
3 Often	14	9	29	8	1	14	50	8.8
Valid responses =	160	28	384	68	7	1	567	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	73	46	215	56	2	29	292	51.5
2 Some of the time	67	42	132	34	4	57	210	37.0
3 Often	20	13	37	10	1	14	65	11.5
Valid responses =	160	28	384	68	7	1	567	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 2023

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

ILLINOIS STATE UNIVERSITY
May 16, 2023
FREQUENCY REPORT
Number of Surveys (n) = 571 Web Surveys

DIENER Diener Flourishing Score

	Mean	Median	Std Dev	Min	Max
Male	44.87	47.00	8.64	8	56
Female	46.56	48.00	7.45	8	56
Overall	45.65	48.00	8.29	8	56

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

	Mean	Median	Std Dev	Min	Max
Male	6.66	7.00	1.3	4	8
Female	6.56	6.00	1.34	3	8
Overall	6.53	6.00	1.36	3	8

ULS3 UCLA Loneliness Scale Score

	Mean	Median	Std Dev	Min	Max
Male	4.84	5.00	1.81	3	9
Female	4.71	4.00	1.76	3	9
Overall	4.83	4.00	1.82	3	9

RULS3 Recoded UCLA Loneliness Scale

	Male		Female		Unknown		Total		Pct.
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Negative for loneliness (3-5)	99	62	252	66	2	29	356	62.9	
2 Positive for loneliness (6-9)	61	38	131	34	5	71	210	37.1	
Valid responses =	160	28	383	68	7	1	566	0.0	

Invalid responses include no response.