

#### American College Health Association-National Faculty and Staff Health Assessment (ACHA-NFSHA) ILLINOIS STATE UNIVERSITY

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

### 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 nonconforming. 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	Male		)	Unknow	n	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	Male		Female Unknow		wn 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	Male		Female		Unknown		
	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	•	Unknow	n	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	



### ERICAN COLLEGE HEALTH ASSOCIATION

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

Institutional Data Report - Spring 2023 American College Health Association

# ILLINOIS STATE UNIVERSITY

Total

466 71

537

Frea.

Pct.

94.0

86.8

13.2 📩

Mal	e Eemale	Linknown T	otal	
(This variable was calculated using number of doses received and is	based on whether a respondent	received Johnson & Johnson as	their first vaccine.)	
COVAXSTATUS Vaccination Status				
www.acha.org				
(410) 859-1500		Number of Surveys (n) =	571 Web	Surveys
Silver Spring, MD 20910		FREQUENCY REPORT		
8455 Colesville Rd., Suite 740		May 16, 2023		

	Male		Female		Unknown		Total	
	Freq.	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	)	Unknow	n
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	129	85	321	88	4	67
2 Yes	23	15	43	12	2	33
Valid responses =	152	28	364	68	6	0
Invalid responses include no response.						

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

	Male		Female		Unknown		Total	
	Freq.	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		
	Freq.	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
Invelid responses include no response								

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	•	Unknow	'n	Total	
	Freq.	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	•	Unknow	n	Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Not Applicable	3	2	4	1	0	0	7	1.2	0
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.									



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May 16, 2023

0 Number of Surveys (n) = 571 Web Surveys	MD 20910	FREQUENCY REPORT			
	0	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

	Male		Female	•	Unknow	n	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	•	Unknow	n	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 <b>0</b>
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

12. How long has it been billed you had the following t	neokea. Biooa o	ugui						
	Male		Female	)	Unknow	n	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 o	checked? Choleste	erol						
	Male		Female	)	Unknow	n	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

7D. How long has it been since you had the follow	ing checkeu? Dentai e	xaiii						
	Male		Female	9	Unknow	'n	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			'n	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
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American College Health Association				
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Silver Spring, MD 20910	FREQUENCY REPORT			
(410) 859-1500	Number of Surveys (n) =	571	Web	Surveys
www.acha.org				

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

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

	Male		Female	)	Unknow	'n	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	)	Unknow	n	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
/alid 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	)	Unknow	'n	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

Elevated blood sugar of 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.								



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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	)	Unknow	n	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
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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	•	Unknow	n	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
3 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								



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Silver Spring, MD 20910				FR	EQUENCY RE	PORT			
(410) 859-1500				Nu	mber of Surve	eys (n)	=	571 Web	Surveys
www.acha.org									
0. Over the last 2 weeks, what is the average amount of	sleep you have Male	gotten on	n <u>weeknights</u> Female		ng naps)? Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
Less than 4 hours	2	1	4	1	0	0	6	1.1 🛛	
4 hours	6	4	10	3	0	0	18	3.2 🗖	
5.hours	13	8	40	10	2	28.6	58	10.2	1
6.hours	53	33	93	24	2	28.6	151	26.5	-
7 hours	77	48	164	43	3	42.9	250	43.9	
8 hours	8	5	63	16	0	0	72	12.7	
9 hours	0	0	12	3	0	0 0	13	2.3 🖬	_
10 or more hours	1	1	0	0	0	0	1	0.2	
	160	28	386	68	7	100	569		
'alid responses =	100	20	300	00	/	100	209	99.6	
Invalid responses include no response.									
A. How long does it usually take you to fall asleep onc	e you close you	ır eves?							
	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
Under 5 minutes	42	26	65	17	1	14.3	111	19.6	
5-15 minutes	74	46	160	42	4	57.1	242	42.8	
16-30 minutes	25	16	86	23	1	14.3	118	20.8	
31 minutes - 1 hour	14	9	51	13	1	14.3	69	12.2	<b>_</b>
Over 1 hour	5	3	21	6	0	0	26	4.6	
alid responses =	160	28	383	68	7	100	26 566	4.0 <b>—</b> 99.1	
Invalid responses include no response.	100	20	303	00	1	100	000	99.1	
B1. In the last 12 months have you experienced the fol	lowina?								
Experienced difficulty staying asleep									
The second and second and second	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
No	64	40	128	33	Freq.	12.5	200	35.1	
Yes					7				
	96 160	60	257	67	7 8	87.5	369	64.9	
alid responses = Invalid responses include no response.	160	28	385	68	ŏ	100	569	99.6	
1B2. In the last 12 months have you experienced the fol	lowing?								
Used an over-the-counter medication to promo									
ecca an erer and sound incultation to prome	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
No	118	74	268	70	5	62.5	401	70.5	
Yes	42	26	200 117	30	3	62.5 37.5	168		
		26 28	385		3			29.5	
alid responses = Invalid responses include no response.	160	28	380	68	ð	100	569	99.6	
1B3. In the last 12 months have you experienced the fol	lowing?								
Used a prescription medication to promote sle									
······································	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
No	150	94	337	88	6	75	508	89.8	
Yes	9	6	46	12	2	25	58	10.2	
alid responses =	159	28	383	68	8	100	566	99.1	
Invalid responses include no response.	100	20	000	00	0	100	500	55.1	
1B4. In the last 12 months have you experienced the fol	lowina?								
Experienced difficulty coping with stressful ev		ns							
	Male	-	Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
No	99	62	196	51	4	50	303	53.5	
Yes	99 60		196	49		50 50	303 263		
		38			4			46.5	
alid responses = Invalid responses include no response.	159	28	384	68	8	100	566	99.1	
1B5. In the last 12 months have you experienced the fol	lowina?								
Felt so depressed that it was difficult to function	on		<b>-</b> .				<b>-</b>		
	Male	_	Female		Unknown	_	Total	_	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
No	136	85	319	83	5	71.4	465	81.7	
Yes	24	15	67	17	2	28.6	104	18.3	I
/alid 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

Civer opining, MD 20010												
			Nu	mber of Surv	/eys (n) ÷	=	571	571 Web Su				
llowing?												
liotting.												
Mala		Famala		Unknow	-	Total						
				Freq.		Freq.	Pct.					
119	74	234	61	3	50	360	63.4					
41	26	152	39	3	50	208	36.6					
160	28	386	68	6	100	568	99.5					
llowing?												
Male		Female	•	Unknow	n	Total						
Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.					
81	51	140	37	1	16.7	226	39.9					
79	49	244	64	5	83.3	340	60.1					
160	28	384	68	6	100	566	99.1					
	160 Ilowing? Male Freq. 81 79	Male           Freq.         Pct.           119         74           41         26           160         28           Ilowing?         Male           Freq.         Pct.           81         51           79         49	Male         Female           Freq.         Pct.         Freq.           119         74         234           41         26         152           160         28         386           Ilowing?         Male         Female           81         51         140           79         49         244	Nu Ilowing? Male Female Freq. Pct. Freq. Pct. 119 74 234 61 41 26 152 39 160 28 386 68 Ilowing? Male Female Freq. Pct. Freq. Pct. 81 51 140 37 79 49 244 64	Male         Female         Unknow           Freq.         Pct.         Freq.         Pct.         Freq.           119         74         234         61         3           41         26         152         39         3           160         28         386         68         6           Ilowing?         Male         Female         Unknow           Freq.         Pct.         Freq.         81           51         140         37         1           79         49         244         64         5	Male         Female         Unknown           Freq.         Pct.         Freq.         Pct.         Freq.         Pct.           119         74         234         61         3         50           41         26         152         39         3         50           160         28         386         68         6         100           Ilowing?         Male         Female         Unknown         Freq.         Pct.           81         51         140         37         1         16.7         79         49         244         64         5         83.3	Number of Surveys         (n)         =           Ilowing?         Male         Female         Unknown         Total           Freq.         Pct.         Freq.         Pct.         Freq.           119         74         234         61         3         50         360           41         26         152         39         3         50         208           160         28         386         68         6         100         568           Ilowing?         Male         Female         Unknown         Total           Freq.         Pct.         Freq.         Pct.         Freq.           81         51         140         37         1         16.7         226           79         49         244         64         5         83.3         340	Number of Surveys (n)         =         571           Ilowing?         Male         Female         Unknown         Total           Freq.         Pct.         Freq.         Pct.         Freq.         Pct.           119         74         234         61         3         50         360         63.4           41         26         152         39         3         50         208         36.6           160         28         386         68         6         100         568         99.5           Ilowing?         Male         Female         Unknown         Total         Freq.         Pct.         8         9.5           Ilowing?         Male         Female         Unknown         Total         8         9.5           Ilowing?         Male         Freq.         Pct.         Freq.         Pct.         9         9         9         9         9           100         37         1         16.7         226         39.9         3         340         60.1           79         49         244         64         5         83.3         340         60.1	Number of Surveys (n)         =         571         Web           Ilowing?         Male         Female         Unknown         Total           Freq.         Pct.         Freq.         Pct.         Freq.         Pct.           119         74         234         61         3         50         36.6           41         26         152         39         3         50         208         36.6           160         28         386         68         6         100         568         99.5           Ilowing?         Ilowing?         Ilowing         Total         Freq.         Pct.         Freg.         Pct.			

### 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	54	34	166	44	0	0	224	39.6
performance/productivity not affected								
3 Experienced issue, and it negatively	28	18	92	24	4	57.1	133	23.5
impacted work performance/productivity								
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	,	Unknow	n	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.

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

Financial concerns									
	Male		Female	•	Unknow	n	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	48	30	147	38	2	33.3	200	35.3	
performance/productivity not affected									
3 Experienced issue, and it negatively	13	8	30	8	2	33.3	51	9 📼	
impacted work performance/productivity									
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 66 41 177 46 performance/productivity not affected	4 66.7	252 44.4
3 Experienced issue, and it negatively 45 28 105 27 impacted work performance/productivity	2 33.3	161 28.4 🗖
Valid responses = 160 28 385 68 Invalid responses include no response.	6 100	567 99.3



### MERICAN 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 Silve (410

### ILLINOIS STATE UNIVERSITY May 16, 2023

16.1 🗖

99.1

Silver Spring, MD 20910				FR	EQUENCY R	EPORT			
(410) 859-1500				Nur	mber of Sur	veys (n)	=	571 We	b Surveys
www.acha.org									
12A6. Within the last 12 months, have any of the foll	lowing negatively im	pacted voi	ur work per	formance a	and/or produ	ctivitv?			
Severe headaches/migraines		,,,.			•				
· · ·	Male	,,	Female		Unknow		Total		
· · ·		Pct.			•		Total Freq.	Pct.	
· · ·	Male		Female	)	Unknow	n		<b>Pct.</b> 65.4	
Severe headaches/migraines	Male Freq.	Pct.	Female Freq.	Pct.	Unknow Freq.	n Pct.	Freq.		

3 Experienced issue, and it negatively	13	8	73	19	1	16.7	91
impacted work performance/productivity							
Valid responses =	160	28	384	68	6	100	566
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

fittaning member e (enne, parent, epereerparen								
	Male		Female	)	Unknow	n	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	45	28	116	30	2	28.6	167	29.3
performance/productivity not affected								
3 Experienced issue, and it negatively	24	15	72	19	2	28.6	98	17.2
impacted work performance/productivity								
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		Unknow	n	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)

violence in my nome (spouse/partner, child)									
	Male		Female	9	Unknowr	ı	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 = Invalid responses include no response.	160	28	384	68	7	100	567	99.3	

#### 12A10. Within the last 12 months, have any of the following negatively impacted your work performance and/or productivity? COVID-19

	Male		Female	)	Unknow	n	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 = Invalid responses include no response.	160	28	385	68	6	100	567	99.3



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

American College Health Association Institutional Data Report - Spring 2023 American College Health Association 8455 Colesville Rd., Suite 740 Silver Spring, MD 20910 (410) 859-1500

8455 Colesville Rd., Suite 740					ay 16, 2023					
Silver Spring, MD 20910					REQUENCY REI					
(410) 859-1500				Nu	umber of Surve	ys (n)	=	571	Web S	urvey
www.acha.org	and an and all all a									
2B1. Within the last 12 months, have any of the foll		pacted you	ur work perf	ormance	and/or product	ivity?				
Personal problem with addiction to alcohe	ol or drugs Male		Female		Unknown		Total			
		Det		D-4		D-4		Det		
	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	11	7	4	1	0	0	16	2.8	0	
performance/productivity not affected										
3 Experienced issue, and it negatively	3	2	1	0	0	0	5	0.9	1	
impacted work performance/productivity										
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 foll			ur work perfe	ormance	and/or product	ivity?				
Addiction to alcohol or drugs of a close fr	riend or family memb	ber								
	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	9	6	27	7	0	0	37	6.5		
performance/productivity not affected										
3 Experienced issue, and it negatively	3	2	10	3	0	0	13	2.3	0	
impacted work performance/productivity		-		-		-		2.0		
Valid responses =	160	28	387	68	8	100	571	100.0		
Invalid responses include no response.	100	20	507	00	0	100	511	100.0		
I2B3. Within the last 12 months, have any of the foll	lowing negatively im	inacted vo	ur work nerf	ormance	and/or product	ivitv?				
Lack of interest in my work	string negativery III	pactou you	a work perio	ance	and or product					
Lack of interest in my work	Male		Female		Unknown		Total			
		Pct.		Det		Pct.		Pct.		
1 Did not even vienes issue/n-t	Freq.		Freq.	Pct.	Freq.		Freq.			
1 Did not experience issue/not applicable	102	64	249	64	6	100	362	63.6		
2 Experienced issue, but work	25	16	79	20	0	0	109	19.2		
performance/productivity not affected					-	~				
3 Experienced issue, and it negatively	33	21	59	15	0	0	98	17.2		
impacted work performance/productivity										
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 foll	owing negatively im	pacted you	ur work perf	ormance	and/or product	ivity?				
Lack of tools and resources to perform fu										
	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	19	12	33	9	0	0	54	9.5		
performance/productivity not affected										
3 Experienced issue, and it negatively	34	21	70	18	2	33.3	115	20.2		
impacted work performance/productivity										
Valid responses =	160	28	387	68	6	100	569	99.6		
Invalid responses include no response.					-					
I2C1. Within the last 12 months, have any of the foll	lowing negatively im	inacted vo	ur work perf	ormance	and/or product	ivitv?				
Relationship in my personal life	eg nogativory ini		a. Hork perio		and of product					
Relationship in my personal me	Male		Female		Unknown		Total			
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.		
1 Did not experience issue/not applicable					7					_
	116	73	276	71	0	100 0	407	71.4		
2 Experienced issue, but work	30	19	80	21	U	U	116	20.4		
performance/productivity not affected		~	~ .	~	~	~		_	_	
3 Experienced issue, and it negatively	14	9	31	8	0	0	47	8.2		
impacted work performance/productivity		_								
Valid responses =	160	28	387	68	7	1	570	99.8		
Invalid responses include no response.										
2C2. Within the last 12 months, have any of the foll	owing negatively im	pacted you	ur work perfe	ormance	and/or product	ivity?				
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	21	13	67	17	0	0	93			
performance/productivity not affected	21	10	07	17	U	0	53	10.3		
	00		~~~	10	4	14		10.0		
3 Experienced issue, and it negatively	23	14	63	16	1	14	92	16.2		
impacted work performance/productivity				<u> </u>	_					
Valid responses =	160	28	386	68	7	1	569	99.6		
Invalid responses include no response.										



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

American College Health Association 8455 Colesville Rd., Suite 740 Silve (410)

# May 16 2022

Silver Spring, MD 20910	FREQUENCY REPORT			
(410) 859-1500	Number of Surveys (n) =	571	Web	Surveys
www.acha.org				

Relationship with supervisor								
	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
Did not experience issue/not applicable	123	77	281	73	4	57	417	73.4
Experienced issue, but work	19	12	47	12	1	14	71	12.5
performance/productivity not affected		. –		.=				
Experienced issue, and it negatively	18	11	57	15	2	29	80	14.1 🔲
impacted work performance/productivity	10		51	15	2	23	00	14.1
	100	00	005	~~	-		500	
/alid responses =	160	28	385	68	7	1	568	99.5
Invalid responses include no response.								
2C4. Within the last 12 months, have any of the following r	egatively im	pacted you	ır work perf	ormance a	and/or product	tivitv?		
Stressful environment within my department/unit		puotou jot			and of produce			
	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
Did not experience issue/not applicable	100	63	201	52	3	43	309	54.3
	32	20	94	24	0	40	130	
Experienced issue, but work	32	20	94	24	0	0	130	22.8
performance/productivity not affected								
Experienced issue, and it negatively	27	17	92	24	4	57	130	22.8
impacted work performance/productivity								
/alid responses =	159	28	387	68	7	1	569	99.6
Invalid responses include no response.								
2C5. Within the last 12 months, have any of the following r	egatively im	pacted you	ır work perf	ormance a	and/or produc	tivity?		
Supervisor or Management support								
	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
Did not experience issue/not applicable	117	74	252	65	2	33	379	66.8
Experienced issue, but work	19	12	70	18	1	17	95	16.8
performance/productivity not affected								
Experienced issue, and it negatively	23	15	64	17	3	50	93	16.4 💻
impacted work performance/productivity	25	15	04	17	5	50	55	10:4
	450	20	200	68	6	1	507	00.0
/alid responses =	159	28	386	68	0	1	567	99.3
Invalid responses include no response.								
					and/or product	tivitv?		
2C6. Within the last 12 months, have any of the following r			ir work perf	ormance a				
2C6. Within the last 12 months, have any of the following r Other	legatively ini	pacted you	ir work perf	ormance a				
	Male	pacted you	r work perf Female	ormance a	Unknown		Total	
	Male		Female		Unknown			Pct.
Other	Male Freq.	Pct.	Female Freq.	Pct.	Unknown Freq.	Pct.	Freq.	<b>Pct</b> .
Other Did not experience issue/not applicable	Male Freq. 53	Pct. 82	Female Freq. 105	<b>Pct.</b> 83	Unknown Freq. 1	<b>Pct.</b> 50	Freq. 164	82.0
Other Did not experience issue/not applicable Experienced issue, but work	<b>Male</b> <b>Freq.</b> 53 1	<b>Pct.</b> 82 2	Female Freq. 105 4	<b>Pct.</b> 83 3	Unknown Freq. 1 0	<b>Pct.</b> 50 0	<b>Freq.</b> 164 5	82.0 2.5
Other Did not experience issue/not applicable Experienced issue, but work performance/productivity not affected	Male Freq. 53 1 11	Pct. 82 2 17	<b>Female</b> <b>Freq.</b> 105 4 18	<b>Pct.</b> 83 3 14	Unknown Freq. 1 0 1	Pct. 50 0 50	<b>Freq.</b> 164 5 31	82.0 2.5 <b>D</b> 15.5 <b>D</b>
Other Did not experience issue/not applicable Experienced issue, but work performance/productivity not affected Experienced issue, and it negatively	<b>Male</b> <b>Freq.</b> 53 1	<b>Pct.</b> 82 2	Female Freq. 105 4	<b>Pct.</b> 83 3	Unknown Freq. 1 0	<b>Pct.</b> 50 0	<b>Freq.</b> 164 5	82.0 2.5
Other Did not experience issue/not applicable Experienced issue, but work performance/productivity not affected	Male Freq. 53 1 11	Pct. 82 2 17	<b>Female</b> <b>Freq.</b> 105 4 18	<b>Pct.</b> 83 3 14	Unknown Freq. 1 0 1	Pct. 50 0 50	<b>Freq.</b> 164 5 31	82.0 2.5 <b>D</b> 15.5 <b>D</b>
Other Did not experience issue/not applicable Experienced issue, but work performance/productivity not affected Experienced issue, and it negatively impacted work performance/productivity	Male Freq. 53 1 11	Pct. 82 2 17	<b>Female</b> <b>Freq.</b> 105 4 18	<b>Pct.</b> 83 3 14	Unknown Freq. 1 0 1	Pct. 50 0 50	<b>Freq.</b> 164 5 31	82.0 2.5 <b>D</b> 15.5 <b>D</b>
Other Did not experience issue/not applicable Experienced issue, but work performance/productivity not affected Experienced issue, and it negatively impacted work performance/productivity	Male Freq. 53 1 11 28	Pct. 82 2 17 18	Female Freq. 105 4 18 92	Pct. 83 3 14 24	Unknown Freq. 1 0 1 0	<b>Pct.</b> 50 0 50 0	Freq. 164 5 31 0	82.0 2.5 15.5 0
Other Did not experience issue/not applicable Experienced issue, but work performance/productivity not affected Experienced issue, and it negatively impacted work performance/productivity 'alid responses = Invalid responses include no response.	Male Freq. 53 1 11 28	Pct. 82 2 17 18	Female Freq. 105 4 18 92	Pct. 83 3 14 24	Unknown Freq. 1 0 1 0	<b>Pct.</b> 50 0 50 0	Freq. 164 5 31 0	82.0 2.5 15.5 0
Other Did not experience issue/not applicable Experienced issue, but work performance/productivity not affected Experienced issue, and it negatively impacted work performance/productivity 'alid responses = Invalid responses include no response.	Male Freq. 53 1 11 28 65	Pct. 82 2 17 18	Female Freq. 105 4 18 92 127	Pct. 83 3 14 24	Unknown Freq. 1 0 1 0 2	<b>Pct.</b> 50 0 50 0	Freq. 164 5 31 0 200	82.0 2.5 15.5 0
Other Did not experience issue/not applicable Experienced issue, but work performance/productivity not affected Experienced issue, and it negatively impacted work performance/productivity 'alid responses = Invalid responses include no response.	Male Freq. 53 1 11 28 65 Male	Pct. 82 2 17 18 33	Female Freq. 105 4 18 92 127 Female	Pct. 83 3 14 24 64	Unknown Freq. 1 0 1 0 2 2 Unknown	Pct. 50 0 50 0	Freq. 164 5 31 0 200 Total	82.0 2.5 15.5 0 35.0
Other Did not experience issue/not applicable Experienced issue, but work performance/productivity not affected Experienced issue, and it negatively impacted work performance/productivity alid responses = Invalid responses include no response. 3. My college/university promotes a culture of wellness.	Male Freq. 53 1 11 28 65 65 Male Freq.	Pct. 82 2 17 18 33 Pct.	Female Freq. 105 4 18 92 127 Female Freq.	Pct. 83 3 14 24 64 Pct.	Unknown Freq. 1 0 1 0 2 2 Unknown Freq.	Pct. 50 0 50 0 1 <b>Pct.</b>	Freq. 164 5 31 0 200 Total Freq.	82.0 2.5 15.5 0 35.0 Pct.
Other Did not experience issue/not applicable Experienced issue, but work performance/productivity not affected Experienced issue, and it negatively impacted work performance/productivity alid responses = Invalid responses include no response. 3. My college/university promotes a culture of wellness.	Male Freq. 53 1 11 28 65 Male	Pct. 82 2 17 18 33	Female Freq. 105 4 18 92 127 Female	Pct. 83 3 14 24 64 Pct. 14	Unknown Freq. 1 0 1 0 2 2 Unknown Freq. 1	Pct. 50 0 50 0	Freq. 164 5 31 0 200 Total	82.0 2.5 15.5 0 35.0
Other Did not experience issue/not applicable Experienced issue, but work performance/productivity not affected Experienced issue, and it negatively impacted work performance/productivity 'alid responses = Invalid responses include no response. 3. My college/university promotes a culture of wellness. Strongly agree	Male Freq. 53 1 11 28 65 65 Male Freq.	Pct. 82 2 17 18 33 Pct.	Female Freq. 105 4 18 92 127 Female Freq.	Pct. 83 3 14 24 64 Pct.	Unknown Freq. 1 0 1 0 2 2 Unknown Freq.	Pct. 50 0 50 0 1 <b>Pct.</b>	Freq. 164 5 31 0 200 Total Freq.	82.0 2.5 15.5 0 35.0 Pct.
Other Did not experience issue/not applicable Experienced issue, but work performance/productivity not affected Experienced issue, and it negatively impacted work performance/productivity alid responses = Invalid responses include no response. 3. My college/university promotes a culture of wellness. Strongly agree Agree	Male Freq. 53 1 11 28 65 65 Male Freq. 22 79	Pct. 82 2 17 18 33 <b>Pct.</b> 14 49	Female Freq. 105 4 18 92 127 Female Freq. 52 196	Pct. 83 14 24 64 Pct. 14 51	Unknown Freq. 1 0 1 0 2 2 Unknown Freq. 1 2	Pct. 50 0 50 0 1 <b>Pct.</b> 13 25	Freq. 164 5 31 0 200 Total Freq. 76 281	82.0 2.5 15.5 0 35.0 Pct. 13.3 49.3
Other Did not experience issue/not applicable Experienced issue, but work performance/productivity not affected Experienced issue, and it negatively impacted work performance/productivity 'and responses = Invalid responses include no response. 3. My college/university promotes a culture of wellness. Strongly agree Agree Neutral	Male Freq. 53 1 11 28 65 65 Male Freq. 22 79 30	Pct. 82 2 17 18 33 <b>Pct.</b> 14 49 19	Female Freq. 105 4 18 92 127 Female Freq. 52 196 87	Pct. 83 14 24 64 Pct. 51 23	Unknown Freq. 1 0 1 0 2 2 Unknown Freq. 1 2 3	Pct. 50 0 50 0 1 1 Pct. 13 25 38	Freq. 164 5 31 0 200 Total Freq. 76 281 126	82.0 2.5 15.5 0 35.0 Pct. 13.3 49.3 22.1
Other         Did not experience issue/not applicable         Experienced issue, but work         performance/productivity not affected         Experienced issue, and it negatively         impacted work performance/productivity         faild responses =         Invalid responses include no response.         3. My college/university promotes a culture of wellness.         Strongly agree         Agree         Neutral         Disagree	Male Freq. 53 1 11 28 65 65 Male Freq. 22 79 30 30 18	Pct. 82 2 17 18 33 <b>Pct.</b> 14 49 19 11	Female Freq. 105 4 18 92 127 127 Female Freq. 52 196 87 36	Pct. 83 3 14 24 64 Pct. 14 51 23 9	Unknown Freq. 1 0 1 0 2 2 Unknown Freq. 1 2 3 0	Pct. 50 0 50 0 1 1 Pct. 13 25 38 0	Freq. 164 5 31 0 200 Total Freq. 76 281 126 57	82.0 2.5 15.5 0 35.0 Pct. 13.3 49.3 22.1 10.0
Other Did not experience issue/not applicable Experienced issue, but work performance/productivity not affected Experienced issue, and it negatively impacted work performance/productivity alid responses = Invalid responses include no response. 3. My college/university promotes a culture of wellness. Strongly agree Agree Neutral Disagree Strongly disagree	Male Freq. 53 1 11 28 65 65 Male Freq. 22 79 30 30 18 10	Pct. 82 2 17 18 33 <b>Pct.</b> 14 49 19 11 6	Female Freq. 105 4 18 92 127 127 Female Freq. 52 196 87 36 13	Pct. 83 3 14 24 64 Pct. 14 51 23 9 3	Unknown Freq. 1 0 2 2 Unknown Freq. 1 2 3 0 2	Pct. 50 0 50 0 1 Pct. 13 25 38 0 25	Freq. 164 5 31 0 200 Total Freq. 76 281 126 57 27	82.0 2.5 15.5 0 35.0 Pct. 13.3 49.3 22.1 10.0 4.7
Other Did not experience issue/not applicable Experienced issue, but work performance/productivity not affected Experienced issue, and it negatively impacted work performance/productivity /alid responses = Invalid responses include no response. 3. My college/university promotes a culture of wellness. Strongly agree Agree Neutral Disagree Strongly disagree Don't Know	Male Freq. 53 1 11 28 65 65 Male Freq. 22 79 30 18 10 1	Pct. 82 2 17 18 33 <b>Pct.</b> 14 49 19 11 6 1	Female Freq. 105 4 18 92 127 127 Female Freq. 52 196 87 36 13 2	Pct. 83 3 14 24 64 Pct. 14 51 23 9 3 1	Unknown Freq. 1 0 1 0 2 2 Unknown Freq. 1 2 3 0 2 0	Pct. 50 0 50 0 1 1 Pct. 13 25 38 0 25 0	Freq. 164 5 31 0 200 Total Freq. 76 281 126 57 27 3	82.0 2.5 15.5 0 35.0 Pct. 13.3 49.3 22.1 10.0 4.7 0.5
Did not experience issue/not applicable Experienced issue, but work performance/productivity not affected Experienced issue, and it negatively impacted work performance/productivity /alid responses =	Male Freq. 53 1 11 28 65 65 Male Freq. 22 79 30 30 18 10	Pct. 82 2 17 18 33 <b>Pct.</b> 14 49 19 11 6	Female Freq. 105 4 18 92 127 127 Female Freq. 52 196 87 36 13	Pct. 83 3 14 24 64 Pct. 14 51 23 9 3	Unknown Freq. 1 0 2 2 Unknown Freq. 1 2 3 0 2	Pct. 50 0 50 0 1 Pct. 13 25 38 0 25	Freq. 164 5 31 0 200 Total Freq. 76 281 126 57 27	82.0 2.5 15.5 0 35.0 Pct. 13.3 49.3 22.1 10.0 4.7

#### 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, cov

Job responsibilities make it difficult to particip	ate (Shint WORK,	coverage,	iee baseu v	work)				
	Male		Female	)	Unknow	า	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-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

ILLINOIS STATE UNIVERSITY May 16, 2023

	1114 10, 2020			
ring, MD 20910	FREQUENCY REPORT			
-1500	Number of Surveys (n) =	571	Web	Surveys
a.org				

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

riorget to attend or participate								
	Male		Female	)	Unknow	n	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

concerne about connactuality								
	Male		Female	•	Unknowi	ı	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.

Lack of personal motivation

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

	Male		Female	)	Unknow	n	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	)	Unknow	n	Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	63	39	121	31	3	50	193	34.0
2Yes	97	61	264	69	3	50	374	66.0
Valid responses =	160	28	385	68	6	1	567	99.3
Involid reasonance include ne reasonance								

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	)	Unknowr	ı	Total	
Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
84	53	183	48	4	67	280	50.0
75	47	196	52	2	33	280	50.0
159	28	379	68	6	1	560	98.1
	<b>Freq.</b> 84 75	Freq.         Pct.           84         53           75         47	Freq.         Pct.         Freq.           84         53         183           75         47         196	Freq.         Pct.         Freq.         Pct.           84         53         183         48           75         47         196         52	Freq.         Pct.         Freq.         Pct.         Freq.           84         53         183         48         4           75         47         196         52         2	Freq.         Pct.         Freq.         Pct.         Freq.         Pct.           84         53         183         48         4         67           75         47         196         52         2         33	Freq.         Pct.         Freq.         Pct.         Freq.         Pct.         Freq.           84         53         183         48         4         67         280           75         47         196         52         2         33         280

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

weiliness programs are not onered at a conve	ment location							
	Male		Female	)	Unknow	n	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

ing caper neer acce net anon ne te anona									
	Male		Female	)	Unknow	n	Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	146	92	358	95	7	100	526	94.3	1
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-National Faculty and Staff Health Assessment (ACHA-NFSHA) **ILLINOIS STATE UNIVERSITY** 

Institutional Data Report - Spring 2023

1	American College Health Association				
8	3455 Colesville Rd., Suite 740	May 16, 2023			
5	Silver Spring, MD 20910	FREQUENCY REPORT			
(	410) 859-1500	Number of Surveys (n) =	571	Web	Surveys
	www.acha.org				

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

	Male		Female	)	Unknow	n	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	)	Unknow	n	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	)	Unknow	n	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		Unknow	vn 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

be not nave the knowledge needed to participate								
	Male		Female	•	Unknowr	ı	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

Fomalo

Unknown

Total

Invalid responses include no response.

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

	Male		remaie		Unknow	n	i otai				
	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	)	Unknow	'n	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	)	Unknow	'n	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			

Valid responses = Invalid responses include no response.



### MERICAN 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

ILLINOIS STATE UNIVERSITY May 16, 2023

			1010	19 10, 2020			
			FF	REQUENCY R	EPORT		
			Nu	umber of Surv	/eys (n) =	=	571 Web Surveys
d to cope with th	ne demand	s of my job					
Male		Female	)	Unknow	n	Total	
Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
61	38	127	33	2	25	193	33.9
50	31	137	36	2	25	199	35.0
27	17	54	14	3	38	84	14.8
14	9	41	11	0	0	57	10.0
7	4	27	7	1	13	36	6.3 📩
159	28	386	68	8	1	569	99.6
	Male Freq. 61 50 27 14 7	Male           Freq.         Pct.           61         38           50         31           27         17           14         9	Male         Female           Freq.         Pct.         Freq.           61         38         127           50         31         137           27         17         54           14         9         41           7         4         27	FF Nu d to cope with the demands of my job. Male Female Freq. Pct. Freq. Pct. 61 38 127 33 50 31 137 36 27 17 54 14 14 9 41 11 7 4 27 7	Number of Survival           d to cope with the demands of my job.           Male         Female         Unknow           Freq.         Pct.         Freq.         Pct.         Freq.           61         38         127         33         2           50         31         137         36         2           27         17         54         14         3           14         9         41         11         0           7         4         27         7         1	FRÉQUENCY REPORT Number of Surveys (n)           d to cope with the demands of my job.           Male         Female         Unknown           Freq.         Pct.         Freq.         Pct.           61         38         127         33         2         25           50         31         137         36         2         25           27         17         54         14         3         38           14         9         41         11         0         0           7         4         27         7         1         13	FRÉQUENCY REPORT Number of Surveys (n) =           d to cope with the demands of my job.           Male         Female         Unknown         Total           Freq.         Pct.         Freq.         Pct.         Freq.           61         38         127         33         2         25         193           50         31         137         36         2         25         199           27         17         54         14         3         38         84           14         9         41         11         0         0         57           7         4         27         7         1         13         36

Valid responses = 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	Male		)	Unknow	n	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	)	Unknow	n	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
Involid reasonage include no reasonage								

Invalid responses include no response.

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

I have been offered opportunities to learn and grow.

	Male	Male		emale Unkn		nown T		
	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	, ,	Unknow	n	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	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-National Faculty and Staff Health Assessment (ACHA-NFSHA) Institutional Data Report - Spring 2023 American College Health Association American College Health Association

8455 Colesville Rd., Suite 740				Ma	ay 16, 2023			
Silver Spring, MD 20910					REQUENCY RE	PORT		
(410) 859-1500				Nu	mber of Surve	ys (n)	=	571 Web Surveys
www.acha.org								
7A. How safe do you feel: On this campus (daytime)?								
	Male		Female		Unknown		Total	<b>D</b> .(
4 N1/A	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
/alid responses =	160	28	386	68	8	1	570	99.8
Invalid responses include no response.								
7B. How safe do you feel: On this campus (nighttime)?								
	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
N/A	13	8	57	15	1	13	73	12.9
Not safe at all	5	3	8	2	0	0	14	2.5
Somewhat unsafe	5	3	47	12	0	0	55	
								9.7
Somewhat safe	58	36	199	52	5	63	270	47.5
Very safe	79	49	74	19	2	25	156	27.5
/alid responses =	160	28	385	68	8	1	568	99.5
Invalid responses include no response.								
7C. How safe do you feel: In the community surrounding t		daytime)?						
	Male		Female		Unknown		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
N/A	5	3	22	6	0	0	27	4.7 🗖
Not safe at all	0	0	1	0	0	0	2	0.4
Somewhat unsafe	5	3	9	2	0	0	16	2.8
Somewhat safe	42	26	119	31	4	50	172	30.2
5 Very safe	108	68	235	61	4	50	353	61.9
	160	28	386	68	8	1		
/alid responses = Invalid responses include no response.	160	20	300	00	0	1	570	99.8
invalid responses include no response.								
7D. How safe do you feel: In the community surrounding t		nighttime)?			Unknown		Total	
	Male Freq.	Pct.	Female Freq.	Pct.	Unknown Freq.	Pct.	Total Freq.	Pct.
N/A			43	11	•	0	•	
	8	5			0		51	9.0
? Not safe at all	5	3	9	2	0	0	17	3.0
Somewhat unsafe	16	10	65	17	0	0	86	15.1
Somewhat safe	73	46	204	53	5	63	289	50.8
o Very safe	58	36	64	17	3	38	126	22.1
/alid responses =	160	28	385	68	8	1	569	99.6
Invalid responses include no response.								
8A. Within the last I2 months, how often did you: Wear a s		you rode i						
	Male	_	Female		Unknown	_	Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
Not Applicable	0	0	0	0	0	0	0	0.0
2 Never	0	0	0	0	0	0	0	0.0
Rarely	1	1	0	0	1	13	2	0.4
Sometimes	2	1	0	0	0	0	2	0.4
5 Most of the time	5	3	8	2	2	25	16	2.8
S Always	152	95	378	98	5	63	550	96.5
/alid responses =	160	28	386	68	8	1	570	99.8
Invalid responses include no response.	100	20	300	00	0	I	570	33.0
OD Within the last 10 menths have after did			hievel-0					
8B. Within the last I2 months, how often did you: Wear a l				Bot	Eroa	Do+	From	Pot
Net Annie	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
Not Applicable	68	43	236	61	4	50	318	55.8
2 Never	17	11	31	8	1	13	52	9.1 🗖
B Rarely	1	1	10	3	0	0	11	1.9 🗖
Sometimes	4	3	12	3	0	0	16	2.8 🗖
Most of the time	15	9	14	4	0	0	29	5.1 🗖
S Always	55	34	83	22	3	38	144	25.3
/alid responses =	160	28	386	68	8	1	570	99.8
Invalid responses include no response.			500		5	·	0.0	

Valid responses = Invalid responses include no response.

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

Institutional Data Report - Spring 2023 American College Health Association 8455 Colesville Rd., Suite 740

# May 16, 2023

Silver Spring, MD 20910 (410) 859-1500 <u>www.acha.org</u>				N	REQUENCY R umber of Surv		=	571 Web	Surveys
18C. Within the last I2 months, how often did you: Wea	Ir a neimet when Male	you rode a	Female		Unknow	n	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	

Valid responses = Invalid responses include no response.

### 19A1. In the past twelve months, <u>have you observed any of</u> the following behaviors among your coworkers? Ignoring phone calls or emails from coworkers

·3·····3 P····· · · · · · · · · · · · ·	Male		Female	)	Unknow	n	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

Shellt treatment towards coworkers								
	Male		Female	)	Unknowr	ı	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	)	Unknow	n	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	•	Unknow	n	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? varkara taka aradit far wark ar idaaa

Coworkers take credit for work or ideas of others								
	Male		Female	)	Unknowr	ı	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
Involid reasonance include no reasonance								



### 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

ILLINOIS STATE UNIVERSITY May 16 2022

Silver Spring, MD 20910	May 16, 2023 FREQUENCY REPORT			
Silver Spring, ND 20910	FREQUENCT REFORT			
(410) 859-1500	Number of Surveys (n) =	571	Web	Surveys
www.acha.org				

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

Coworkers are being ignored/ostracized by oth	ners							
	Male		Female	)	Unknow	n	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

Coworkers experience verbai abuse								
	Male		Female	)	Unknown	1	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	•	Unknow	n	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	9	Unknow	'n	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
Involid reasonage include no reasonage								

Invalid responses include no response.

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

Misuse of authority within an organization fo	or personal or fina	ncial gain						
	Male	Male		Female		Unknown		
	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

ignoring my phone calls or emails								
	Male		Female	)	Unknow	n	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

Silent treatment towards me								
	Male		Female	9	Unknow	n	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								

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	)	Unknow	n	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-National Faculty and Staff Health Assessment (ACHA-NFSHA)

Institutional Data Report - Spring 2023

American College Health Association

ILLINOIS STATE UNIVERSITY

8455 Colesville Rd., Suite 740	May 16, 2023				
Silver Spring, MD 20910	FREQUENCY REPORT				
(410) 859-1500	Number of Surveys (n) =	571	Web	Surveys	
www.acha.org					

### 19B4. In the past twelve months, have the following behaviors been directed toward you in the workplace?

Coworkers exclude you from work-related so	cial gatherings							
	Male	Male		Female		Unknown		
	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

COWOIKEIS LAKE CIEULI IOI YOUI WOIK OI YOUI	ueas							
	Male		Female	)	Unknowr	ı	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	ife							
	Male		Female	)	Unknow	n	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
Involid responses include no response								

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

concine alopiay intimating of manimutin	goonarioro								
	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 reasonance include no reasonance									

Invalid responses include no response.

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

verbai abuse								
	Male		Female	)	Unknow	n	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	)	Unknow	n	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? <u>-</u> al abus

Sexual abuse									
	Male		Female	)	Unknowi	n	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 r

Supervisor abuses their power over the								
	Male		Female	)	Unknow	n	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-National Faculty and Staff Health Assessment (ACHA-NFSHA)

Institutional Data Report - Spring 2023

American College Health Association

ILLINOIS STATE UNIVERSITY

8455 Colesville Rd., Suite 740	May 16, 2023			
Silver Spring, MD 20910	FREQUENCY REPORT			
(410) 859-1500	Number of Surveys (n) =	571	Web	Surveys
www.acha.org				

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

Coworkers are ignoring/ostracizing me.								
	Male		Female	)	Unknow	n	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.

20. In the last twelve months, I have missed work	add to being builde in	monipluo						
	Male	Male		)	Unknow	n	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 e notional health has been negatively affected due to being bullied at

			Female	11.1		<b>T</b> - 4 - 1		
	Male	Male		)	Unknow	n	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. Pct. Pct. Pct. Frea. Freq. Freq. 1 Not Applicable 110 69 62 63 64.3 **r** 239 5 366 2 2.6 🛯 2 Strongly agree 8 5 6 1 13 15 3 Agree 2 1 18 5 0 0 22 3.9 🗖 2 4 Neutral 17 20 1 4 0 0 3.5 🗖 61 5 Disagree 9 6 50 13 1 13 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.

Overall

### 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	)	Unknow	n	Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
Not Applicable	110	69	239	62	5	63	366	64.4
Strongly agree	8	5	14	4	1	13	24	4.2 🗖
Agree	5	3	29	8	1	13	37	6.5 🗖
Neutral	1	1	14	4	0	0	16	2.8
Disagree	7	4	35	9	0	0	42	7.4 🗖
Strongly disagree	29	18	53	14	1	13	83	14.6 🔲
alid 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?

153.42

		Male	-	Female		Unknow	n	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		Me	edian	S	td Dev	М	in	Ма	ix
Male	164.72		120.00		165.77		0		1200
Female	152.13		90.00		463.95		0		8360

392.01

0

8360

100.00

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

Institutional Data Report - Spring 2023 American College Health Association 8455 Colesville Rd., Suite 740 Silver Spring, MD 20910

### May 16, 2023 FREQUENCY REPORT

(410) 859-1500 <u>www.acha.org</u>				Nu	mber of Surv	/eys (n) =	=	571 Web	Surveys
22B. In the past 7 days, how many (total) minutes did you	u spend doing v Male	igorous pł	ysical activ Female	•	Unknow	-	Total		
	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	0	65	11.9	
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	
GE 240.1 minutes	12	8	13	4	0	0	26	4.8	
/alid responses =	157	29	367	67	7	1	547	95.8	
Invalid responses include no response.									
Mean	м	edian	s	td Dev	M	in	M	ax	
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		Unknow	n	Total			
		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		M	edian	s	td Dev	М	in	Ма	ax
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		Unknow	n	Total           Freq.         Pct.           31         5.4           23         4.0           29         5.1           27         4.7	
	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	)	Unknow	n	Total	
	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	•	Únknown		Total	
		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	•	Unknow	n	Total		
	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	

### 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

Number of Surveys (n) =

571 Web Surveys

### 27. I consider myself to be:

	Male		Female	•	Unknow	n	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	)	Unknow	n	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	•	Unknow	n	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	)	Unknow	n	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	)	Unknow	n	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 0
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	•	Unknow	n	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



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

Institutional Data Report - Spring 2023 American College Health Association

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8455 Colesville Rd., Suite 740					16, 2023	DODT			
Silver Spring, MD 20910					EQUENCY RE			<b>574</b> M/ I	0
(410) 859-1500				Nun	nber of Surve	eys (n) :	=	571 Web	Surveys
www.acha.org									
3. In the last week, how many ounces of lean proteins	did you eat on av	verage per	day?						
	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
0-2 ounces per day	13	8	46	12	1	17	64	11.3 📩	
3-5 ounces per day	65	41	177	46	2	33	249	44.0	
6-8 ounces per day	59	37	130	34	2	33	197	34.8	
9-11 ounces per day	11	7	27	7	1	17	39	6.9 💻	
More than 11 ounces per day	12	8	4	1	0	0	17	3.0 🗖	
alid responses =	160	28	384	68	6	1	566	99.1	
Invalid responses include no response.									
. In the last week, how many servings of sugar-swee	tonod bovoragos (	did you dri	nk on avera	no nor dav	2				
. In the last week, now many servings of sugar-swee	Male	ala you ali	Female	ge per day	Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
0 servings/day	97	61	216	56	4	67	322	56.7	
1-2 servings/day	51	32	133	35	2	33	196	34.5	
3-4 servings/day	9	6	29	8	0	0	39	6.9 🗖	
5-6 servings/day	1	1	5	1	0	0	6	1.1	
>6 servings/day	2	1	3	1	0	0	5	0.9	
alid responses =	160	28	386	68	6	1	568	99.5	
Invalid responses include no response.									
Invalid responses include no response.	AL								
Invalid responses include no response.		(beer, win			Unknown		Total		
Invalid responses include no response.	Male		Female	Pct.	Unknown Frea.		Total Freg.	Pct.	
Invalid responses include no response.	Male Freq.	Pct.	Female Freq.	<b>Pct.</b>	Freq.	Pct.	Freq.	<b>Pct</b> .	
Invalid responses include no response. A. Within the last thirty days, on how many days did	Male Freq. 30	<b>Pct.</b> 19	Female Freq. 69	18	Freq. 2	<b>Pct.</b> 29	Freq. 103	18.1	
Invalid responses include no response. 5A. Within the last thirty days, on how many days did Never used Have used, but not in last 30	Male Freq. 30 22	<b>Pct.</b> 19 14	Female Freq. 69 77	18 20	<b>Freq.</b> 2 0	<b>Pct.</b> 29 0	<b>Freq.</b> 103 107	18.1 <b>1</b> 8.8 <b>1</b> 8.8	
Invalid responses include no response. 5A. Within the last thirty days, on how many days did Never used Have used, but not in last 30 1 - 2 days	Male Freq. 30 22 32	<b>Pct.</b> 19 14 20	Female Freq. 69 77 96	18 20 25	<b>Freq.</b> 2 0 1	<b>Pct.</b> 29 0 14	Freq. 103 107 131	18.1       18.8       23.0	
Invalid responses include no response. A. Within the last thirty days, on how many days did Never used Have used, but not in last 30 1 - 2 days 3 - 5 days	Male Freq. 30 22 32 27	<b>Pct.</b> 19 14 20 17	Female Freq. 69 77 96 68	18 20 25 18	<b>Freq.</b> 2 0 1 1	<b>Pct.</b> 29 0 14 14	Freq. 103 107 131 97	18.1       18.8       23.0       17.0	
Invalid responses include no response. <b>5A. Within the last thirty days, on how many days did</b> Never used Have used, but not in last 30 1 - 2 days 3 - 5 days 6 - 9 days	Male Freq. 30 22 32 27 18	Pct. 19 14 20 17 11	Female Freq. 69 77 96 68 27	18 20 25 18 7	Freq. 2 0 1 1 2	<b>Pct.</b> 29 0 14 14 29	Freq. 103 107 131 97 48	18.1       18.8       23.0       17.0       8.4	
Invalid responses include no response. <b>5A. Within the last thirty days, on how many days did</b> Never used Have used, but not in last 30 1 - 2 days 3 - 5 days 6 - 9 days 10 - 19 days	Male Freq. 30 22 32 27 18 14	Pct. 19 14 20 17 11 9	Female Freq. 69 77 96 68 27 27	18 20 25 18 7 7	Freq. 2 0 1 1 2 0	Pct. 29 0 14 14 29 0	Freq. 103 107 131 97 48 43	18.1         18.8         23.0         17.0         8.4         7.6	
Invalid responses include no response. 5A. Within the last thirty days, on how many days did Never used Have used, but not in last 30 1 - 2 days 3 - 5 days 6 - 9 days 10 - 19 days 20 - 29 days	Male Freq. 30 22 32 27 18 14 12	<b>Pct.</b> 19 14 20 17 11 9 8	Female Freq. 69 77 96 68 27 27 13	18 20 25 18 7 7 3	Freq. 2 0 1 2 0 0 0	Pct. 29 0 14 14 29 0 0	Freq. 103 107 131 97 48 43 25	18.1         18.8         23.0         17.0         8.4         7.6         4.4	
Invalid responses include no response. <b>iA. Within the last thirty days, on how many days did</b> Never used Have used, but not in last 30 1 - 2 days 3 - 5 days 6 - 9 days 10 - 19 days 20 - 29 days Used daily	Male Freq. 30 22 32 27 18 14 14 12 4	Pct. 19 14 20 17 11 9 8 3	Female Freq. 69 77 96 68 27 27 27 13 10	18 20 25 18 7 7 3 3	Freq. 2 0 1 2 0 0 0 1	Pct. 29 0 14 14 29 0 0 14	Freq. 103 107 131 97 48 43 25 15	18.1         18.8         23.0         17.0         8.4         7.6         4.4         2.6	
Invalid responses include no response. <b>iA. Within the last thirty days, on how many days did</b> Never used Have used, but not in last 30 1 - 2 days 3 - 5 days 6 - 9 days 10 - 19 days 20 - 29 days Used daily	Male Freq. 30 22 32 27 18 14 12	<b>Pct.</b> 19 14 20 17 11 9 8	Female Freq. 69 77 96 68 27 27 13	18 20 25 18 7 7 3	Freq. 2 0 1 2 0 0 0	Pct. 29 0 14 14 29 0 0	Freq. 103 107 131 97 48 43 25	18.1         18.8         23.0         17.0         8.4         7.6         4.4	
Invalid responses include no response. A. Within the last thirty days, on how many days did Never used Have used, but not in last 30 1 - 2 days 3 - 5 days 6 - 9 days 10 - 19 days 20 - 29 days Used daily alid responses = Invalid responses include no response.	Male           Freq.           30           22           32           27           18           14           12           4           159	Pct. 19 14 20 17 11 9 8 3 28	Female Freq. 69 77 96 68 27 27 27 13 10	18 20 25 18 7 7 3 3	Freq. 2 0 1 2 0 0 0 1	Pct. 29 0 14 14 29 0 0 14	Freq. 103 107 131 97 48 43 25 15	18.1         18.8         23.0         17.0         8.4         7.6         4.4         2.6	
Invalid responses include no response. A. Within the last thirty days, on how many days did Never used Have used, but not in last 30 1 - 2 days 3 - 5 days 6 - 9 days 10 - 19 days 20 - 29 days Used daily alid responses = Invalid responses include no response.	Male           Freq.           30           22           32           27           18           14           12           4           159	Pct. 19 14 20 17 11 9 8 3 28	Female Freq. 69 77 96 68 27 27 27 13 10	18 20 25 18 7 7 3 3	Freq. 2 0 1 2 0 0 0 1	Pct. 29 0 14 14 29 0 0 14 1	Freq. 103 107 131 97 48 43 25 15	18.1       18.8       23.0       17.0       8.4       7.6       4.4       2.6	
Invalid responses include no response. A. Within the last thirty days, on how many days did Never used Have used, but not in last 30 1 - 2 days 3 - 5 days 6 - 9 days 10 - 19 days 20 - 29 days Used daily alid responses = Invalid responses include no response.	Male           Freq.           30           22           32           27           18           14           12           4           159           you use: Cigarett           Male	Pct. 19 14 20 17 11 9 8 3 28 tes?	Female Freq. 69 77 96 68 27 27 13 10 387 Female	18 20 25 18 7 7 3 3 68	Freq. 2 0 1 2 0 0 1 7 7	Pct. 29 0 14 14 29 0 0 14 1	Freq. 103 107 131 97 48 43 25 15 569 Total	18.1       18.8       23.0       17.0       8.4       7.6       4.4       2.6	
Invalid responses include no response. A. Within the last thirty days, on how many days did Never used Have used, but not in last 30 1 - 2 days 3 - 5 days 3 - 9 days 10 - 19 days 20 - 29 days 20 - 29 days Jsed daily lid responses = Invalid responses include no response. B. Within the last thirty days, on how many days did	Male           Freq.           30           22           32           27           18           14           12           4           159           you use: Cigarett           Male           Freq.	Pct. 19 14 20 17 11 9 8 3 28	Female Freq. 69 77 96 68 27 27 13 10 387 Female Freq.	18 20 25 18 7 7 3 3	Freq. 2 0 1 2 0 0 0 1 7	Pct. 29 0 14 14 29 0 0 14 1	Freq. 103 107 131 97 48 43 25 15 569	18.1       18.8       23.0       17.0       8.4       7.6       4.4       2.6       99.6	
Invalid responses include no response. A. Within the last thirty days, on how many days did Never used Have used, but not in last 30 1 - 2 days 3 - 5 days 3 - 9 days 10 - 19 days 20 - 29 days Used daily lid responses = Invalid responses include no response. B. Within the last thirty days, on how many days did Never used	Male           Freq.           30           22           32           27           18           14           12           4           159           you use: Cigarett           Male	Pct. 19 14 20 17 11 9 8 3 28 tes? Pct.	Female Freq. 69 77 96 68 27 27 13 10 387 Female	18 20 25 18 7 3 3 68 Pct.	Freq. 2 0 1 2 0 0 1 7 7 Unknown Freq.	Pct. 29 0 14 14 29 0 0 14 1 1 Pct.	Freq. 103 107 131 97 48 43 25 15 569 Total Freq.	18.1 18.8 23.0 17.0 8.4 7.6 4.4 2.6 99.6 Pct.	
Invalid responses include no response. A. Within the last thirty days, on how many days did Never used Have used, but not in last 30 1 - 2 days 3 - 5 days 5 - 9 days 10 - 19 days 20 - 29 days Jsed daily lid responses = Invalid responses include no response. B. Within the last thirty days, on how many days did Never used Have used, but not in last 30	Male           Freq.           30           22           32           27           18           14           12           4           159           you use: Cigarett           Male           Freq.           133           24	Pct. 19 14 20 17 11 9 8 3 28 tes? Pct. 83 15	Female Freq. 69 77 96 68 27 27 13 10 387 Female Freq. 327 36	18 20 25 18 7 7 3 3 68 <b>Pct.</b> 85 9	Freq. 2 0 1 1 2 0 0 1 7 Vnknown Freq. 7 0	Pct. 29 0 14 14 29 0 0 0 14 1 1 <b>Pct.</b> 100 0	Freq. 103 107 131 97 48 43 25 15 569 Total Freq. 480 62	18.1         18.8         23.0         17.0         8.4         2.6         99.6	
Invalid responses include no response. A. Within the last thirty days, on how many days did Never used Have used, but not in last 30 1 - 2 days 3 - 5 days 5 - 9 days 20 - 29 days Jsed daily lid responses = Invalid responses include no response. B. Within the last thirty days, on how many days did Never used Have used, but not in last 30 1 - 2 days	Male           Freq.           30           22           32           27           18           14           159           you use: Cigarett           Male           Freq.           133           24           0	Pct. 19 14 20 17 11 9 8 3 28 tes? Pct. 83 15 0	Female Freq. 69 77 96 68 27 27 13 10 387 Female Freq. 327	18 20 25 18 7 7 3 3 68 <b>Pct.</b> 85 9 0	Freq. 2 0 1 2 0 0 1 7 Vnknown Freq. 7 0 0 0	Pct. 29 0 14 14 29 0 0 14 1 1 <b>Pct.</b> 100 0 0	Freq. 103 107 131 97 48 43 25 15 569 Total Freq. 480	18.1         18.8         23.0         17.0         8.4         2.6         99.6	
Invalid responses include no response. A. Within the last thirty days, on how many days did Never used Have used, but not in last 30 1 - 2 days 3 - 5 days 3 - 9 days 10 - 19 days 20 - 29 days Jsed daily lid responses = Invalid responses include no response. B. Within the last thirty days, on how many days did Never used Have used, but not in last 30 1 - 2 days 3 - 5 days	Male Freq. 30 22 32 27 18 14 12 4 159 you use: Cigarett Male Freq. 133 24 0 0	Pct. 19 14 20 17 11 9 8 3 28 tes? Pct. 83 15 0 0 0	Female Freq. 69 77 96 68 27 13 10 387 Female Freq. 327 36 0 1	18 20 25 18 7 7 3 3 68 <b>Pct.</b> 85 9 0 0	Freq. 2 0 1 1 2 0 1 7 Vinknown Freq. 7 0 0 0 0	Pct. 29 0 14 14 29 0 0 14 1 1 <b>Pct.</b> 100 0 0	Freq. 103 107 131 97 48 43 25 15 569 Total Freq. 480 62 0 1	18.1         18.8         23.0         17.0         8.4         2.6         99.6	
Invalid responses include no response. A. Within the last thirty days, on how many days did Never used Have used, but not in last 30 1 - 2 days 3 - 5 days 3 - 9 days 10 - 19 days 20 - 29 days 20 - 29 days Jsed daily lid responses = Invalid responses include no response. B. Within the last thirty days, on how many days did Never used Have used, but not in last 30 1 - 2 days 3 - 5 days 3 - 9 days	Male Freq. 30 22 32 27 18 14 12 4 159 you use: Cigarett Male Freq. 133 24 0 0 1	Pct. 19 14 20 17 11 9 8 3 28 tes? Pct. 83 15 0 0 1	Female Freq. 69 77 96 68 27 27 13 10 387 Female Freq. 327 36 0 1 0	18 20 25 18 7 7 3 3 68 <b>Pct.</b> 85 9 0 0 0	Freq. 2 0 1 1 2 0 0 1 7 Vinknown Freq. 7 0 0 0 0 0 0	Pct. 29 0 14 14 29 0 0 0 14 1 1 <b>Pct.</b> 100 0 0 0 0	Freq. 103 107 131 97 48 43 25 15 569 Total Freq. 480 62 0 1 1 1	18.1         18.8         23.0         17.0         8.4         7.6         4.4         2.6         99.6	
Invalid responses include no response. A. Within the last thirty days, on how many days did Never used Have used, but not in last 30 1 - 2 days 3 - 5 days 5 - 9 days 10 - 19 days 20 - 29 days Used daily lifd responses = Invalid responses include no response. B. Within the last thirty days, on how many days did Never used Have used, but not in last 30 1 - 2 days 3 - 5 days 5 - 9 days 10 - 19 days	Male Freq. 30 22 32 27 18 14 12 4 159 you use: Cigarett Male Freq. 133 24 0 0 1 0	Pct. 19 14 20 17 11 9 8 3 28 tes? Pct. 83 15 0 0 1 0	Female Freq. 69 77 96 68 27 27 13 10 387 Female Freq. 327 36 0 1 0 1	18 20 25 18 7 7 3 3 68 <b>Pct.</b> 85 9 0 0 0 0	Freq. 2 0 1 1 2 0 0 1 7 Vnknown Freq. 7 0 0 0 0 0 0 0 0 0 0 0 0 0	Pct. 29 0 14 14 29 0 0 0 14 1 1 1 <b>Pct.</b> 100 0 0 0 0 0 0	Freq. 103 107 131 97 48 43 25 15 569 Total Freq. 480 62 0 1 1 1 1	18.1         18.8         23.0         17.0         8.4         7.6         4.4         2.6         99.6	
A. Within the last thirty days, on how many days did Never used Have used, but not in last 30 1 - 2 days 3 - 5 days 6 - 9 days 10 - 19 days 20 - 29 days Used daily alid responses = Invalid responses include no response. 5B. Within the last thirty days, on how many days did Never used Have used, but not in last 30 1 - 2 days 3 - 5 days 6 - 9 days 10 - 19 days 20 - 29 days	Male           Freq.           30           22           32           27           18           14           159           you use: Cigarett           Male           Freq.           133           24           0           0           1           0           1	Pct. 19 14 20 17 11 9 8 3 28 tes? Pct. 83 15 0 0 1 0 1 0 1	Female Freq. 69 77 96 68 27 13 10 387 Female Freq. 327 36 0 1 0 1 0	18 20 25 18 7 7 3 3 68 <b>Pct.</b> 85 9 0 0 0 0 0 0	Freq. 2 0 1 1 2 0 0 0 1 7 Vinknown Freq. 7 0 0 0 0 0 0 0 0 0 0 0 0 0	Pct. 29 0 14 14 29 0 0 0 0 14 1 1 100 0 0 0 0 0 0 0 0 0 0	Freq. 103 107 131 97 48 43 25 15 569 Total Freq. 480 62 0 1 1 1 1 1	18.1         18.8         23.0         17.0         8.4         2.6         99.6    Pct.          84.4         10.9         0.0         0.2         0.2         0.2         0.2         0.2         0.2         0.2         0.2	
Invalid responses include no response.         5A. Within the last thirty days, on how many days did         Never used         Have used, but not in last 30         1 - 2 days         3 - 5 days         6 - 9 days         10 - 19 days         20 - 29 days         Used daily         alid responses =         Invalid responses include no response.         5B. Within the last thirty days, on how many days did         Never used         Have used, but not in last 30         1 - 2 days         3 - 5 days         6 - 9 days         10 - 19 days	Male Freq. 30 22 32 27 18 14 12 4 159 you use: Cigarett Male Freq. 133 24 0 0 1 0	Pct. 19 14 20 17 11 9 8 3 28 tes? Pct. 83 15 0 0 1 0	Female Freq. 69 77 96 68 27 27 13 10 387 Female Freq. 327 36 0 1 0 1	18 20 25 18 7 7 3 3 68 <b>Pct.</b> 85 9 0 0 0 0	Freq. 2 0 1 1 2 0 0 1 7 Vinknown Freq. 7 0 0 0 0 0 0 0 0 0 0 0 0 0	Pct. 29 0 14 14 29 0 0 0 14 1 1 1 <b>Pct.</b> 100 0 0 0 0 0 0	Freq. 103 107 131 97 48 43 25 15 569 Total Freq. 480 62 0 1 1 1 1	18.1         18.8         23.0         17.0         8.4         7.6         4.4         2.6         99.6	

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

	Male		Female	)	Unknow	n	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-National Faculty and Staff Health Assessment (ACHA-NFSHA) ILLINOIS STATE UNIVERSITY

Institutional Data Report - Spring 2023 American College Health Association 8455 Colesville Rd., Suite 740

# May 16, 2023

Silver Spring, MD 20910				FR	REQUENCY R	EPORT				
(410) 859-1500				Nu	mber of Surv	evs (n) =	=	571	Web	Surveys
www.acha.org						, ()				,
35D. Within the last thirty days, on how many days did you	use: E-cigare	ettes or oth	er vape pro	oducts?						
	Male		Female	•	Unknow	า	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	1	
4 3 - 5 days	0	0	3	1	0	0	3	0.5	1	
5 6 - 9 days	1	1	0	0	0	0	1	0.2	1	
6 10 - 19 days	1	1	0	0	0	0	1	0.2	1	
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	0	
Valid responses =	160	28	385	68	7	1	568	99.5		

Valid responses = Invalid responses include no response.

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

	Male		Female	•	Unknow	n	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)?

			Unknowr	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 18.2 2 None 67.2 3 1 time 6.7 🗖 4 2 times 3.5 🔳 5 3 times 1.1 6 4 times 1.6 7 5 times 0.4 I 0.4 I 8 6 times 97 times 0.2 10 8 times 0.4 11 9 times 0.0 ī 12 10 or more times 0.5 Valid responses = 99.8 Invalid responses include no response.

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

Overall

	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	M	edian	S	td Dev	M	in	Ma	x	
Male 1	.82	1.00		1.96		0		15	
Female 1	.42	1.00		1.19		0		10	

1.48

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1.00

1.56

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

American Indian or Native Alaskan Asian or Asian American Arab/Middle Eastern/North African Black or African American Hispanic or Latino/a Native Hawaiian Pacific Islander Native White Biracial or Multiracial Another Identity Valid responses = all responses and blanks: since multip 42A. Are you: (only includes respondents that describe	1 0 4 5 1 145 2 6 6 0le responses were			2 0 3 2 0 91 0 1 0% may b	1 0 0 4 0 2 e included.	13 0 0 50 0 25	12 1 16 14 515 3 13	2.1 0 0.2 1 2.8 0 2.5 0 0.2 1 90.2 0 0.5 1 2.3 0	
Asian or Asian American Arab/Middle Eastern/North African Black or African American Hispanic or Latino/a Native Hawaiian Pacific Islander Native White Biracial or Multiracial Another Identity	1 0 4 1 145 2 6	0 3 1 91 1 4	1 11 9 0 353 1 4	0 3 2 0 91 0 1	0 0 0 4 0 2	0 0 0 50 0	1 16 14 515 3	0.2   2.8 0 2.5 0 0.2   90.2 0.5	
Asian or Asian American Arab/Middle Eastern/North African Black or African American Hispanic or Latino/a Native Hawaiian Pacific Islander Native White Biracial or Multiracial Another Identity	1 0 4 1 145 2 6	0 3 1 91 1 4	1 11 9 0 353 1 4	0 3 2 0 91 0 1	0 0 0 4 0 2	0 0 0 50 0	1 16 14 515 3	0.2   2.8 0 2.5 0 0.2   90.2 0.5	
Asian or Asian American Arab/Middle Eastern/North African Black or African American Hispanic or Latino/a Native Hawaiian Pacific Islander Native White Biracial or Multiracial	1 0 4 5 1 145 2	0 3 1 91 1	1 11 9 0 353 1	0 3 2 0 91 0	0 0 0 4 0	0 0 0 50 0	1 16 14 515 3	0.2   2.8 0 2.5 0 0.2   90.2 0.5	
Asian or Asian American Arab/Middle Eastern/North African Black or African American dispanic or Latino/a Vative Hawaiian Pacific Islander Native White	1 0 4 5 1 145	0 3 3 1 91	1 11 9 0 353	0 3 2 0 91	0 0 0 4	0 0 0 50	1 16 14 515	0.2   2.8   2.5   0.2   90.2	
sian or Asian American rab/Middle Eastern/North African lack or African American ispanic or Latino/a ative Hawaiian Pacific Islander Native	1 0 4 5 1	0 3 3 1	1 11 9 0	0 3 2 0	0 0 0	0 0 0 0	1 16 14 1	0.2   2.8   2.5	
sian or Asian American rab/Middle Eastern/North African lack or African American	1 0 4 5	0 3	1 11 9	0 3 2	0 0 0	0 0 0	1 16	0.2 I 2.8 I	
sian or Asian American ab/Middle Eastern/North African	1 0	0	1	0	0	0	1	0.2	
ian or Asian American	1 0	0	1	0		0		-	
		1	9	2	1	13	12	2.10	
nerican Indian or Native Alaskan	_			-				2.1	
	2	1	2	1	0	0	5	0.9	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
	Male		Female		Unknown		Total		
. How do you usually describe yourself?									
annana responses molude no response.									
Invalid responses include no response.	150	20	007	00	0		571	100.0	
lid responses =	160	28	387	68	8	1	571	100.0	
/es	6	4	4	1	Ő	0	10	1.8	
lo	154	96	383	99	8	100	561	98.2	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
	Male		Female		Unknown		Total		
. Are you in recovery from alcohol or other substance	e abuse or depen	dence?							
Invalid responses include no response.	100	20	501		0	•	071		
lid responses =	160	28	387	68	8	1	571	100.0	
'es	1	1	4	1	0	0	6	1.1	
0	122	76	317	82	6	75	454	79.5	
lot Applicable	37	23	66	17	2	25	111	19.4	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
	Male	,	Female		Unknown		Total		
. Are you having any financial, work, family, or other	problems as a re	sult of vou	r drinkina?						
mana responses monade no response.									
Invalid responses include no response.	100	20	301	00	0	I	571	100.0	
res lid responses =	9 160	28	387	68	8	1	571	2.5 <b>u</b> 100.0	
íes	9	6	5	1	0	0	440	2.5	
lo	35 116	73	316	82	2	25 75	448	78.5	
Not Applicable	35	22	Freq. 66	17	Freq. 2	25	109	19.1	
	Freq.	Pct.		Pct.		Pct.	Freq.	Pct.	
suggester you reduce your consumption?	Male		Female		Unknown		Total		
In the last 12 months, has a family member, friend, suggested you reduce your consumption?	colleague, or any	one expres	sed concer	n about y	our drinking				
Invalid responses include no response.									
alid responses =	160	28	387	60	ŏ	1	571	100.0	
Yes	18	11		11 68	1 8		64	11.2 🗖	
	107	67	277 42	72	5	63 13	396	69.4	
Not Applicable No								19.4	
Not Applicable	Freq. 35	Pct. 22	<b>Freq.</b> 68	Pct. 18	Freq. 2	Pct. 25	Freq. 111	Pct.	
	Male	Det	Female	Det	Unknown	Det	Total	Det	
8. In the last 12 months, have you felt the need to redu		?	<b>-</b> .						
www.acha.org									,
(410) 859-1500					mber of Surve		=	571 Web	Surveys
(440) 050 4500				FR	EQUENCY RE	PORT			
Silver Spring, MD 20910				Ma	y 16, 2023				

	Male		Female		Unknown		Total	
	Freq.	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 As	sian or Asi	an America	n)				
	Male		Female		Unknow	n	Total	
	Freq.	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

# American College Health Association-National Faculty and Staff Health Assessment (ACHA-NFSHA) Institutional Data Report - Spring 2023 ILLINOIS STATE UNIVERSITY American College Health Association ILLINOIS STATE UNIVERSITY American College Health Association May 16, 2023 Silver Spring, MD 20010 Toronomic College

Silver Spring, MD 20910						REQUENCY REF				
(410) 859-1500						lumber of Surve		=	571 Web Survey	/s
www.acha.org							<b>JC</b> ()			5
42. How old one you?										
43. How old are you?		Male		Female		Unknown		Total		
		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	1
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		Ν	ledian	St	d Dev	Min		Ма	x	
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 bright in fact (1) and inches (1)?										
44. What is your height in feet (') and inches (")?		Male		Female		Unknown		Total		
		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 0	
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			ledian	St	d Dev	Min		Ма	x	
Male	71.00		71.00	0.	3.01		64	ind	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	Det	Female	Det	Unknown	Det	Total	Det	
A Low COmounds		Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 Low - 50 pounds		0 0	0 0	0 2	0 1	0 0	0 0	0	0.0	
2 51-100 pounds		0 12	8	2 116	32	0	33	2	0.4	
3 101-150 pounds 4 151-200 pounds		64	41	152	32 41	0	0	132 224	24.3 <b>4</b> 1.2 <b>4</b> 1.2	_
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	Ö	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	Ő	0 0	Ő	- 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			ledian	St	d Dev	Min		Ма	x	
Male	211.27	'n	209.00	51	48.18		125	1410.	400	
Female	179.38		170.00		46.46		99		345	
Total	189.42		180.00		50.1		99		410	
10 148-1										
46. What sex were you assigned at birth?		Male		Female		Unknown		Total		
		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		
		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-National Faculty and Staff Health Assessment (ACHA-NFSHA) Institutional Data Report - Spring 2023 ILLINOIS STATE UNIVERSITY

American College Health Association-W Institutional Data Report - Spring 2023 American College Health Association 8455 Colesville Rd., Suite 740 Silver Spring, MD 20910 (410) 859-1500

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

571 Web

Surveys

	Male		Female	1	Unknow	n	Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
l 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
3 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		Unknow	n	Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Female	0	0	387	100	Ö	0	387	67.8
			-	-	-	-		

1 Female	0	0	387	100	0	0	387	67.8
	400	400	001		•			
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	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:

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

51. Highest level of education:

<b>5</b>	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-National Faculty and Staff Health Assessment (ACHA-NFSHA) Institutional Data Report - Spring 2023 ILLINOIS STATE UNIVERSITY

American College Health Association Institutional Data Report - Spring 2023 American College Health Association 8455 Colesville Rd., Suite 740 Silver Spring, MD 20910 (410) 859-1500

# May 16, 2023

Silver Spring, MD 20910				FR	EQUENCY R	EPORT			
(410) 859-1500				Nu	mber of Surv	/eys (n) ÷	=	571 Web	Surveys
www.acha.org									
2A. The food that I bought just didn't last, and I didn't	have money to g	et more.							
	Male		Female		Unknow	n	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	
/alid responses =	159	28	387	68	6	1	568	99.5	
Invalid responses include no response.									
2B.I couldn't afford to eat balanced meals.									
	Male		Female		Unknow	n	Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
l 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	
/alid responses =	143	28	387	68	6	1	490 568	99.5	
Invalid responses include no response.	159	20	507	00	0	I	500	33.3	
3. In the last 30 days, did you ever cut the size of your here wasn't enough money for food?	r meals or skip m	eals becau	se						
iere waon ceneagn meney for reea.							Tatal		
lore waent chough money for food.	Male		Female		Unknow	n	Total		
	Male Freq.	Pct.	Female Freq.	Pct.	Unknow Freq.	n Pct.	Freq.	Pct.	
		<b>Pct</b> . 1						Pct. 0.9 I	
Yes, almost every day	Freq.		Freq.	Pct.	Freq.	Pct.	Freq.		
Yes, almost every day Yes, some but not every day	<b>Freq.</b> 1	1	Freq. 4	<b>Pct.</b> 1	Freq. 0	<b>Pct.</b> 0	<b>Freq.</b> 5	0.9	
Yes, almost every day Yes, some but not every day 3 Only 1 or 2 days	<b>Freq.</b> 1 3	1 2	<b>Freq.</b> 4 18	<b>Pct.</b> 1 5	<b>Freq.</b> 0 0	<b>Pct.</b> 0 0	<b>Freq.</b> 5 22	0.9 <b>∣</b> 3.9 ∎	
Yes, almost every day Yes, some but not every day Only 1 or 2 days No	<b>Freq.</b> 1 3 5	1 2 3	<b>Freq.</b> 4 18 16	<b>Pct.</b> 1 5 4	<b>Freq.</b> 0 0 0	Pct. 0 0 0	Freq. 5 22 23	0.9 I 3.9 I 4.0 I	
l Yes, almost every day 2 Yes, some but not every day 3 Only 1 or 2 days 1 No	Freq. 1 3 5 151	1 2 3 94	<b>Freq.</b> 4 18 16 348	<b>Pct.</b> 1 5 4 90	<b>Freq.</b> 0 0 0 6	Pct. 0 0 100	Freq. 5 22 23 518	0.9 <b> </b> 3.9 <b> </b> 4.0 <b> </b> 91.2 <b> </b>	
Yes, almost every day Yes, some but not every day Only 1 or 2 days No 'alid responses = Invalid responses include no response.	Freq. 1 3 5 151 160	1 2 3 94 28	<b>Freq.</b> 4 18 16 348	<b>Pct.</b> 1 5 4 90	<b>Freq.</b> 0 0 0 6	Pct. 0 0 100	Freq. 5 22 23 518	0.9 <b> </b> 3.9 <b> </b> 4.0 <b> </b> 91.2 <b> </b>	
Yes, almost every day Yes, some but not every day Only 1 or 2 days No 'alid responses = Invalid responses include no response. 4. In the last 30 days, did you ever eat less than you fe	Freq. 1 3 5 151 160	1 2 3 94 28	<b>Freq.</b> 4 18 16 348	<b>Pct.</b> 1 5 4 90	<b>Freq.</b> 0 0 0 6	Pct. 0 0 100	Freq. 5 22 23 518	0.9 <b> </b> 3.9 <b> </b> 4.0 <b> </b> 91.2 <b> </b>	
Yes, almost every day Yes, some but not every day Only 1 or 2 days No /alid responses = Invalid responses include no response. 4. In the last 30 days, did you ever eat less than you fe	Freq. 1 3 5 151 160	1 2 3 94 28	<b>Freq.</b> 4 18 16 348	Pct. 1 5 4 90 68	<b>Freq.</b> 0 0 0 6	Pct. 0 0 100 1	Freq. 5 22 23 518	0.9 <b> </b> 3.9 <b> </b> 4.0 <b> </b> 91.2 <b> </b>	
Yes, almost every day Yes, some but not every day Only 1 or 2 days No /alid responses = Invalid responses include no response. 4. In the last 30 days, did you ever eat less than you for here wasn't enough money for food?	Freq. 1 3 151 160 elt you should bee Male Freq.	1 2 3 94 28 cause Pct.	Freq. 4 18 16 348 386 Female Freq.	Pct. 1 5 4 90 68 Pct.	Freq. 0 0 6 6 9 <b>Unknow</b> Freq.	Pct. 0 0 100 1 <b>n</b> Pct.	Freq, 5 22 23 518 568 Total Freq,	0.9 I 3.9 I 4.0 I 91.2 99.5	
Yes, almost every day Yes, some but not every day Only 1 or 2 days No /alid responses = Invalid responses include no response. 4. In the last 30 days, did you ever eat less than you for here wasn't enough money for food?	Freq. 1 3 151 160 elt you should bed Male	1 2 3 94 28 cause	Freq. 4 18 16 348 386 Female	Pct. 1 5 4 90 68	Freq. 0 0 6 6 0	Pct. 0 0 100 1	Freq. 5 22 23 518 568 Total	0.9 <b>1</b> 3.9 <b>0</b> 4.0 <b>0</b> 91.2 99.5	
Yes, almost every day Yes, some but not every day Only 1 or 2 days No /alid responses = Invalid responses include no response. 4. In the last 30 days, did you ever eat less than you for here wasn't enough money for food?	Freq. 1 3 151 160 elt you should bee Male Freq.	1 2 3 94 28 cause Pct.	Freq. 4 18 16 348 386 Female Freq.	Pct. 1 5 4 90 68 Pct.	Freq. 0 0 6 6 9 <b>Unknow</b> Freq.	Pct. 0 0 100 1 <b>n</b> Pct.	Freq, 5 22 23 518 568 Total Freq,	0.9 I 3.9 I 4.0 I 91.2 99.5	
Yes, almost every day Yes, some but not every day Only 1 or 2 days No 'alid responses = Invalid responses include no response. 4. In the last 30 days, did you ever eat less than you for here wasn't enough money for food?	Freq. 1 3 5 151 160 elt you should bee Male Freq. 153	1 2 3 94 28 cause Pct. 96	Freq. 4 18 16 348 386 Female Freq. 358	Pct. 1 5 4 90 68 Pct. 93	Freq. 0 6 6 6 Vinknow Freq. 6	Pct. 0 0 100 1 <b>n</b> Pct. 100	Freq. 5 22 23 518 568 <b>Total</b> Freq. 531	0.9 <b>i</b> 3.9 <b>u</b> 4.0 <b>u</b> 91.2 99.5 <b>Pct.</b> 93.7	
1 Yes, almost every day 2 Yes, some but not every day 3 Only 1 or 2 days 4 No Valid responses =	Freq. 1 3 151 160 elt you should bed Freq. 153 7	1 2 3 94 28 cause Pct. 96 4	Freq. 4 18 16 348 386 Female Freq. 358 27	Pct. 1 5 4 90 68 Pct. 93 7	Freq. 0 6 6 6 <b>Unknow</b> Freq. 6 0	Pct. 0 0 100 1 <b>Pct.</b> 100 0	Freq. 5 22 23 518 568 <b>Total</b> <b>Freq.</b> 531 36	0.9 I 3.9 U 4.0 U 91.2 99.5 Pct. 93.7 6.3 D	
Yes, almost every day Yes, some but not every day Only 1 or 2 days No /alid responses = Invalid responses include no response. 4. In the last 30 days, did you ever eat less than you for here wasn't enough money for food? No Yes, /alid responses = Invalid responses include no response.	Freq. 1 3 151 160 elt you should bee Male Freq. 153 7 160	1 2 3 94 28 cause Pct. 96 4	Freq. 4 18 16 348 386 Female Freq. 358 27	Pct. 1 5 4 90 68 Pct. 93 7	Freq. 0 6 6 6 <b>Unknow</b> Freq. 6 0	Pct. 0 0 100 1 <b>Pct.</b> 100 0	Freq. 5 22 23 518 568 <b>Total</b> <b>Freq.</b> 531 36	0.9 I 3.9 U 4.0 U 91.2 99.5 Pct. 93.7 6.3 D	
Yes, almost every day Yes, some but not every day Only 1 or 2 days No 'alid responses = Invalid responses include no response. 4. In the last 30 days, did you ever eat less than you for here wasn't enough money for food? No Yes, 'alid responses = Invalid responses include no response. 5. In the last 30 days, were you ever hungry but didn't	Freq. 1 3 151 160 elt you should bee Male Freq. 153 7 160	1 2 3 94 28 cause Pct. 96 4	Freq. 4 18 16 348 386 Female Freq. 358 27	Pct. 1 5 4 90 68 Pct. 93 7	Freq. 0 6 6 6 <b>Unknow</b> Freq. 6 0 6	Pct. 0 0 100 1 <b>n</b> Pct. 1 0 0 1	Freq. 5 22 23 518 568 <b>Total</b> Freq. 31 36 567	0.9 I 3.9 U 4.0 U 91.2 99.5 Pct. 93.7 6.3 D	
<ul> <li>Yes, almost every day</li> <li>Yes, some but not every day</li> <li>Only 1 or 2 days</li> <li>No</li> <li>Alid responses = <ul> <li>Invalid responses include no response.</li> </ul> </li> <li>4. In the last 30 days, did you ever eat less than you for here wasn't enough money for food?</li> <li>No</li> <li>Yes, <ul> <li>Yalid responses = <ul> <li>Invalid responses include no response.</li> </ul> </li> <li>5. In the last 30 days, were you ever hungry but didn't</li> </ul></li></ul>	Freq. 1 3 5 151 160 elt you should bed Freq. 153 7 160 * * eat because Male	1 2 3 94 28 cause Pct. 96 4 28	Freq. 4 18 348 386 Female Freq. 358 27 385 Female	Pct. 1 5 4 90 68 Pct. 93 7 68	Freq. 0 6 6 6 <b>Unknow</b> Freq. 6 0 6	Pct. 0 100 1 <b>n</b> Pct. 100 0 1	Freq. 5 22 23 518 568 <b>Total</b> Freq. 531 36 567 <b>Total</b>	0.9   3.9 0 4.0 0 91.2 99.5 Pct. 93.7 6.3 0 99.3	
<ul> <li>Yes, almost every day</li> <li>Yes, some but not every day</li> <li>Only 1 or 2 days</li> <li>No</li> <li>Yalid responses = <ul> <li>Invalid responses include no response.</li> </ul> </li> <li>54. In the last 30 days, did you ever eat less than you for here wasn't enough money for food?</li> <li>No</li> <li>Yes, <ul> <li>Yalid responses = <ul> <li>Invalid responses include no response.</li> </ul> </li> <li>55. In the last 30 days, were you ever hungry but didn't here wasn't enough money for food?</li> </ul></li></ul>	Freq. 1 3 5 151 160 elt you should bee Freq. 153 7 160 e at because	1 2 3 94 28 cause Pct. 96 4	Freq. 4 18 348 386 Female Freq. 358 27 385 Female Freq.	Pct. 1 5 4 90 68 Pct. 93 7 68 Pct.	Freq. 0 6 6 6 <b>Unknow</b> Freq. 6 0 6	Pct. 0 0 100 1 1 <b>Pct.</b> 1 0 1 1 <b>Pct.</b>	Freq. 5 22 23 518 568 <b>Total</b> Freq. 31 36 567	0.9 I 3.9 U 4.0 U 91.2 99.5 Pct. 93.7 6.3 D	
<ul> <li>Yes, almost every day</li> <li>Yes, some but not every day</li> <li>Only 1 or 2 days</li> <li>No</li> <li>Yalid responses = <ul> <li>Invalid responses include no response.</li> </ul> </li> <li>54. In the last 30 days, did you ever eat less than you for here wasn't enough money for food?</li> <li>No</li> <li>Yes, <ul> <li>Yalid responses = <ul> <li>Invalid responses include no response.</li> </ul> </li> <li>55. In the last 30 days, were you ever hungry but didn't here wasn't enough money for food?</li> </ul></li></ul>	Freq. 1 3 5 151 160 elt you should bed Freq. 153 7 160 * * eat because Male	1 2 3 94 28 cause Pct. 96 4 28	Freq. 4 18 348 386 Female Freq. 358 27 385 Female	Pct. 1 5 4 90 68 Pct. 93 7 68	Freq. 0 6 6 6 <b>Unknow</b> Freq. 6 0 6	Pct. 0 100 1 <b>n</b> Pct. 100 0 1	Freq. 5 22 23 518 568 <b>Total</b> Freq. 531 36 567 <b>Total</b>	0.9   3.9 0 4.0 0 91.2 99.5 Pct. 93.7 6.3 0 99.3	
<ul> <li>Yes, almost every day</li> <li>Yes, some but not every day</li> <li>Only 1 or 2 days</li> <li>No</li> <li>Jalid responses =         <ul> <li>Invalid responses include no response.</li> </ul> </li> <li>54. In the last 30 days, did you ever eat less than you for here wasn't enough money for food?</li> <li>No</li> <li>Yes, /alid responses =         <ul> <li>Invalid responses include no response.</li> </ul> </li> <li>55. In the last 30 days, were you ever hungry but didn't here wasn't enough money for food?</li> </ul>	Freq. 1 3 151 160 elt you should bed Freq. 153 7 160 • • • eat because Male Freq. Male Freq.	1 2 3 94 28 <b>cause</b> <b>Pct.</b> 96 4 28 <b>Pct.</b>	Freq. 4 18 348 386 Female Freq. 358 27 385 Female Freq.	Pct. 1 5 4 90 68 Pct. 93 7 68 Pct.	Freq. 0 6 6 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9	Pct. 0 0 100 1 1 <b>Pct.</b> 1 0 1 1 <b>Pct.</b>	Freq. 5 22 23 518 568 <b>Total</b> Freq. 531 36 567 <b>Total</b> Freq.	0.9 I 3.9 I 4.0 I 91.2 99.5 Pct. 93.7 6.3 I 99.3	
<ul> <li>1 Yes, almost every day</li> <li>2 Yes, some but not every day</li> <li>3 Only 1 or 2 days</li> <li>4 No</li> <li>/alid responses = <ul> <li>Invalid responses include no response.</li> </ul> </li> <li>54. In the last 30 days, did you ever eat less than you for here wasn't enough money for food?</li> <li>1 No</li> <li>2 Yes,</li> <li>/alid responses =</li> </ul>	Freq. 1 3 5 151 160 elt you should bee Freq. 153 7 160 et because Male Freq. 157	1 2 3 94 28 <b>cause</b> Pct. 96 4 28 <b>Pct.</b> 98	Freq. 4 18 348 386 Female Freq. 358 27 385 Female Freq. 369	Pct. 1 5 4 90 68 Pct. 93 7 68 Pct. 96	Freq. 0 6 6 0 6 0 6 0 6 0 6 0 6	Pct. 0 100 1 1 <b>Pct.</b> 1 0 1 <b>Pct.</b> 100	Freq, 5 22 23 518 568 <b>Total</b> Freq, 531 36 567 <b>Total</b> Freq, 546	0.9 <b>i</b> 3.9 <b>u</b> 4.0 <b>u</b> 91.2 99.5 <b>Pct.</b> 99.3 <b>Pct.</b> 96.1	

### or spirituality been useful to you?

	Male		Female	)	Unknow	n	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	
levelid encourses include an encourse									



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

 Institutional Data Report - Spring 2023
 ILLINOIS STATE UNIVERSITY

 American College Health Association
 ILLINOIS STATE UNIVERSITY

 American College Health Association
 May 16, 2023

 Silver Spring, MD 20010
 Toronomic College

Silver Spring, MD 20910					FREQUENCY RE	PORT			
(410) 859-1500					Number of Surve		=	571 Web	Surveys
www.acha.org						ys (11)		0/1 1000	Garveys
8. Employee Classification: (Choose your primary position)									
	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
Staff	89	56	245	64	5	63	352	61.8	
Adjunct Faculty	9	6	13	3	0	0	22	3.9 🗖	
Faculty	51	32	102	26	2	25	157	27.5	
Administration	9	6	17	4	1	13	27	4.7	
Graduate/professional	0	0	2	1	0	0	3	0 5	
Other	2	1	7	2	0	Ő	9	0.5 I 1.6	
	160	28	386	68	8	1	570	99.8	
alid responses = Invalid responses include no response.	100	20	300	00	0	1	570	99.0	
). Pay type:	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
Hourby	35	22	141	37		33	•		_
Hourly					2		186	32.7	
Salaried	125	78	245	64	4	67	382	67.3	
alid responses =	160	28	386	68	6	1	568	99.5	
Invalid responses include no response.									
. What shift do you usually work?									
	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
Day (1st)	30	86	136	97	2	100	175	94.1	
Evening (2nd)	2	6	4	3	0	0	7	3.8 🖬	
• • •	3								
Night (3rd)		9	1	1	0	0	4	2.2 🛛	
alid responses =	35	19	141	76	2	1	186	32.6	
Invalid responses include no response.									
I. What is your yearly appointment?									
	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
9 month	55	35	103	27	2	25	163	28.9	
10 month	3	2	21	6	0	0	24	4.3	
				1					
11 month	1	1	4		1	13	6	1.1	
12 month	99	63	254	67	5	63	371	65.8	
alid responses =	158	28	382	68	8	1	564	98.8	
Invalid responses include no response.									
2. Employment status:									
	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
Part-time without benefits	10	6	20	5	0	0	31	5.5	
Part-time with benefits	3	2	5	1	0	0	8	1.4	
Full-time without benefits	3	2	2	1	0	0	5	0.9	
Full-time with benefits	144	90	359	93	6	100	524	92.3	
alid responses =	160	28	386	68	6	1	568	99.5	
Invalid responses include no response.									
B. Are you:									
	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
Employed college/university	160	100	386	100	7	100	568	99.6	
Employed outsourced group	0	0	1	0	0	0	2	0.4	
lid responses = Invalid responses include no response.	160	28	387	68	7	1	570	99.8	
I. Do you have health insurance?	Male		Female		Unknown		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
No									
No	0	0	2	1	0	0	2	0.4	
Yes	160	100	384	99	7	100	567	99.5	
I don't know	0	0	1	0	0	0	1	0.2	
alid responses =	160	28	387	68	7	1	570	99.8	
Invalid responses include no response.									

### American College Health Association-National Faculty and Staff Health Assessment (ACHA-NFSHA) ILLINOIS STATE UNIVERSITY

Institutional Data Report - Spring 2023

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

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

571

Web

Surveys

	Male		Female		Unknow	n	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

#### 66. Are you a member of an employment union?

	Male	Male		Female		n	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	meaning	ful life.	

riead a purposerar and meaningrar me.	Male		Female	)	Unknow	n	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	)	Unknow	Unknown		
	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 Total Female Unknown Pct. Pct. Freq. Pct. Pct. Freq. Freq. Freq. 1.4 1 Strongly disagree 3 2 3 1 0 0 8 3.2 🗖 7 10 2 Disagree 4 3 0 0 18 3 Slightly disagree 10 6 17 2 29 4 29 5.1 🗖 4 Neither agree nor disagree 0 13 8 24 6 0 39 6.9 🗖 5 Slightly agree 24 78 125 38 20 3 43 22.0 6 Agree 56 35 179 47 0 0 239 422 7 Strongly agree 32 20 74 19 2 29 109 19.2 Valid responses = 159 28 385 68 7 1 567 0.0



### American College Health Association-National Faculty and Staff Health Assessment (ACHA-NFSHA) ILLINOIS STATE UNIVERSITY

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www.acha.ord

May 16 2023

Pct.

1.1 🛛

1.6 🛛

3.5 🗖

14.8 🗖

46.3 🗖

23.1 🗖

0.0

9.5 💻

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	•	Unknow	n	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 0
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		le Female			'n	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	Male		Female		Unknown		
	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	•	Unknow	'n	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. ting that reenance for llsina

People respect me.	nt with each item by indica	iting that r	esponse to	r each stat	ement.		
	Male		Female	)	Unknow	Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.
1 Strongly disagree	2	1	2	1	Ō	0	6
2 Disagree	2	1	5	1	0	0	9
3 Slightly disagree	5	3	13	3	0	0	20
4 Neither agree nor disagree	19	12	26	7	4	67	54
5 Slightly agree	25	16	55	14	1	17	84
		40		= 0		•	

67

39

159

6 Agree 7 Strongly agree

Valid responses =

Invalid responses include no response.

42

25

28

193

91

385

50

24

68

0

1

6

0

17

1

262

131

566



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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	•	Unknow	n	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	)	Unknowr	ı	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 0
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		Unknow		Total	
	wate		remaie		Unknowi	1	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 vou 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 is plated from others?

now often do you leer isolated from others?	Male		Female	•	Unknow	n	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

# American College Health Association-National Faculty and Staff Health Assessment (ACHA-NFSHA) Institutional Data Report - Spring 2023 ILLINOIS STATE UNIVERSITY American College Health Association 8455 Colesville Rd., Suite 740 May 16, 2023 May 16, 2023

Silver Spring MD 20010						EQUENCY R				
Silver Spring, MD 20910 (410) 859-1500						mber of Surv		_	571 Web	Surveys
(410) 859-1500 www.acha.org					INU		reys (11)	-	Jri Web	Surveys
ENER Diener Flourishing Score										
	Mean	M	edian	S	td Dev	Mi	in	Ma	ax	
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	
RISC2 Connor-Davidson Resilience Scale	2 (CD-RISC2) Sc	ore								
	Mean	M	edian	S	td Dev	M	in	Ma	ax	
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	
S3 UCLA Loneliness Scale Score										
	Mean	M	edian	S	td Dev	M	in	Ma	ax	
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	
LS3 Recoded UCLA Loneliness Scale										
		Male		Female		Unknow	n	Total		
		Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
egative for loneliness (3-5)		99	62	252	66	2	29	356	62.9	
Positive for loneliness (6-9)		61	38	131	34	5	71	210	37.1	
lid responses =		160	28	383	68	7	1	566	0.0	
Invalid responses include no respons	e.									