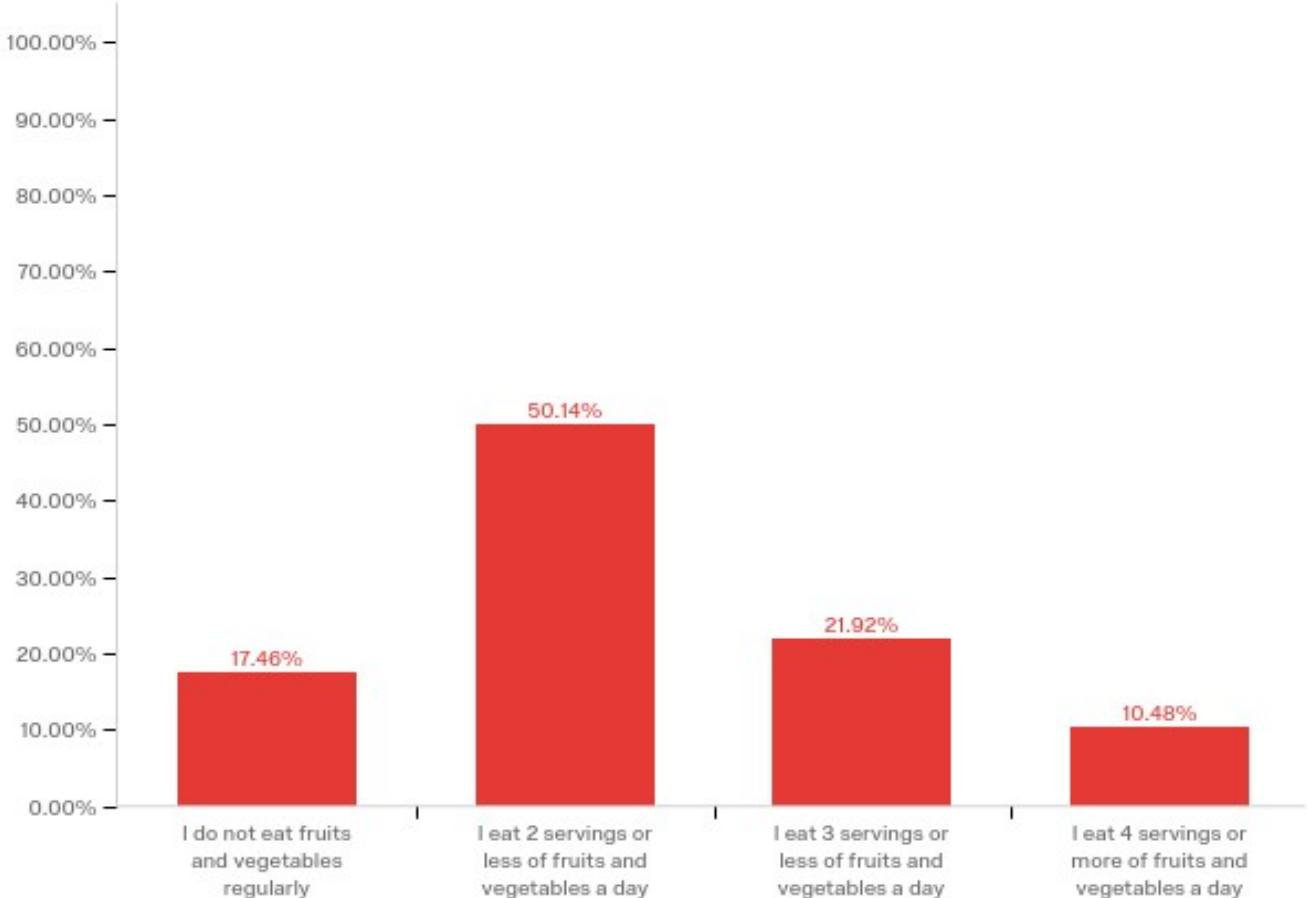


Student Wellness Survey 2017

Weighted Results

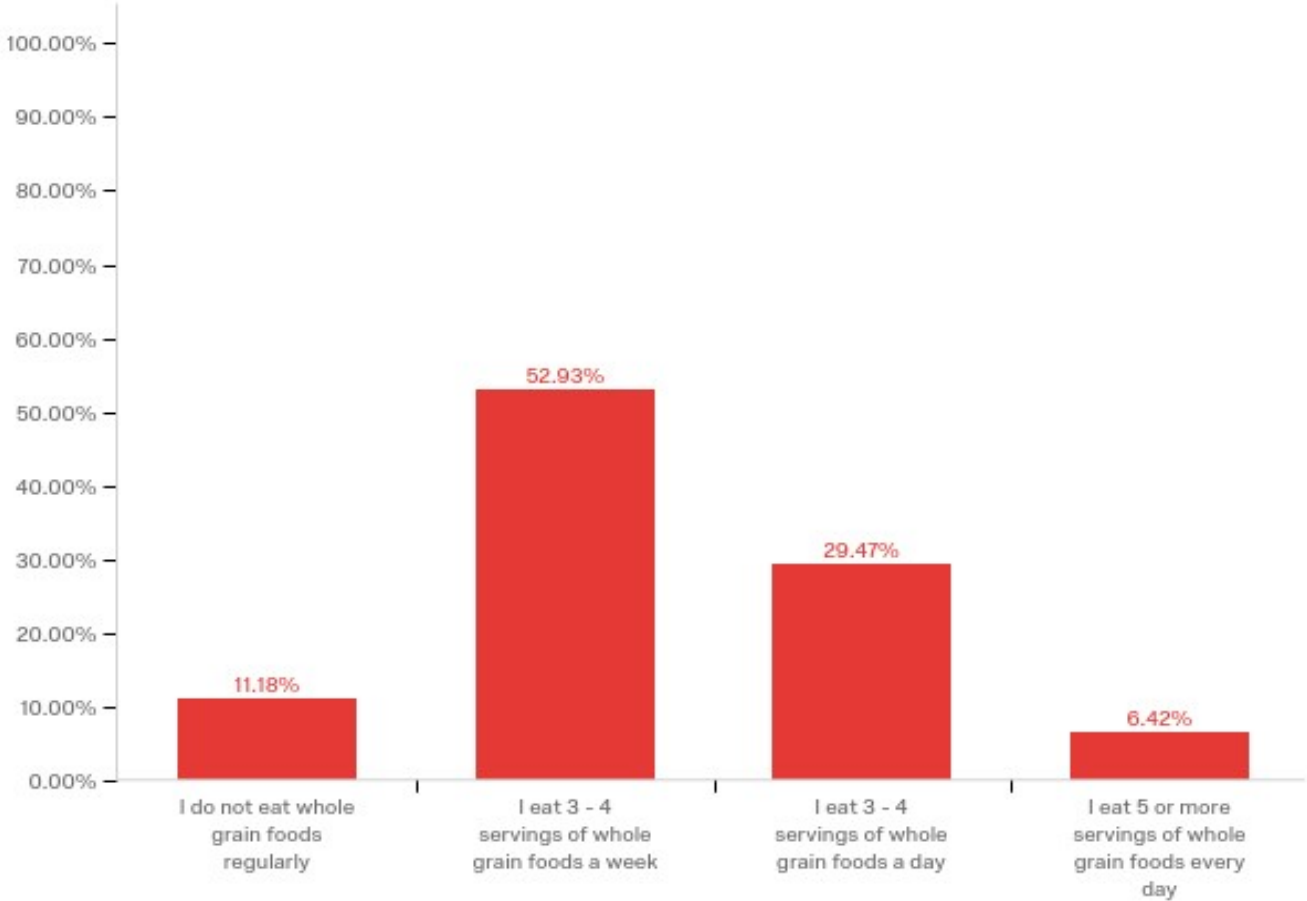
Q2 - Fruits and Vegetables. Select the statement that best describes your current intake of fruits and vegetables. A serving is defined as 1/2 cup or the size of a computer mouse.



#		Percentage
1	I do not eat fruits and vegetables regularly	17.46%
2	I eat 2 servings or less of fruits and vegetables a day	50.14%
3	I eat 3 servings or less of fruits and vegetables a day	21.92%

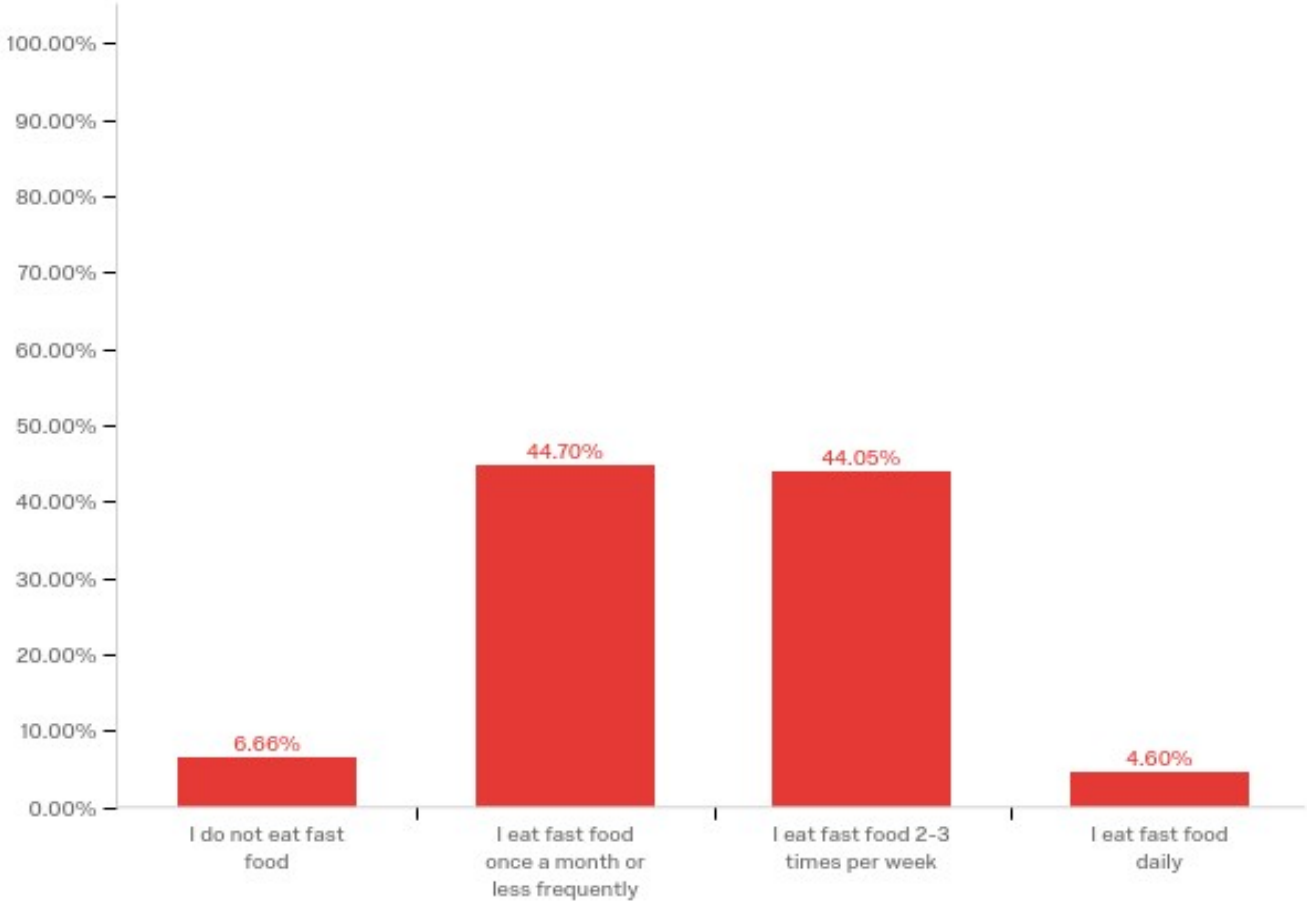
4	I eat 4 servings or more of fruits and vegetables a day	10.48%
	Total	806.00

Q3 - Whole Grains. Select the statement that best describes your current intake of whole grain foods. A serving is defined as 1 ounce which is equal to 1 slice of bread, 1/2 cup of pasta or rice, or the size of 1/2 a baseball.



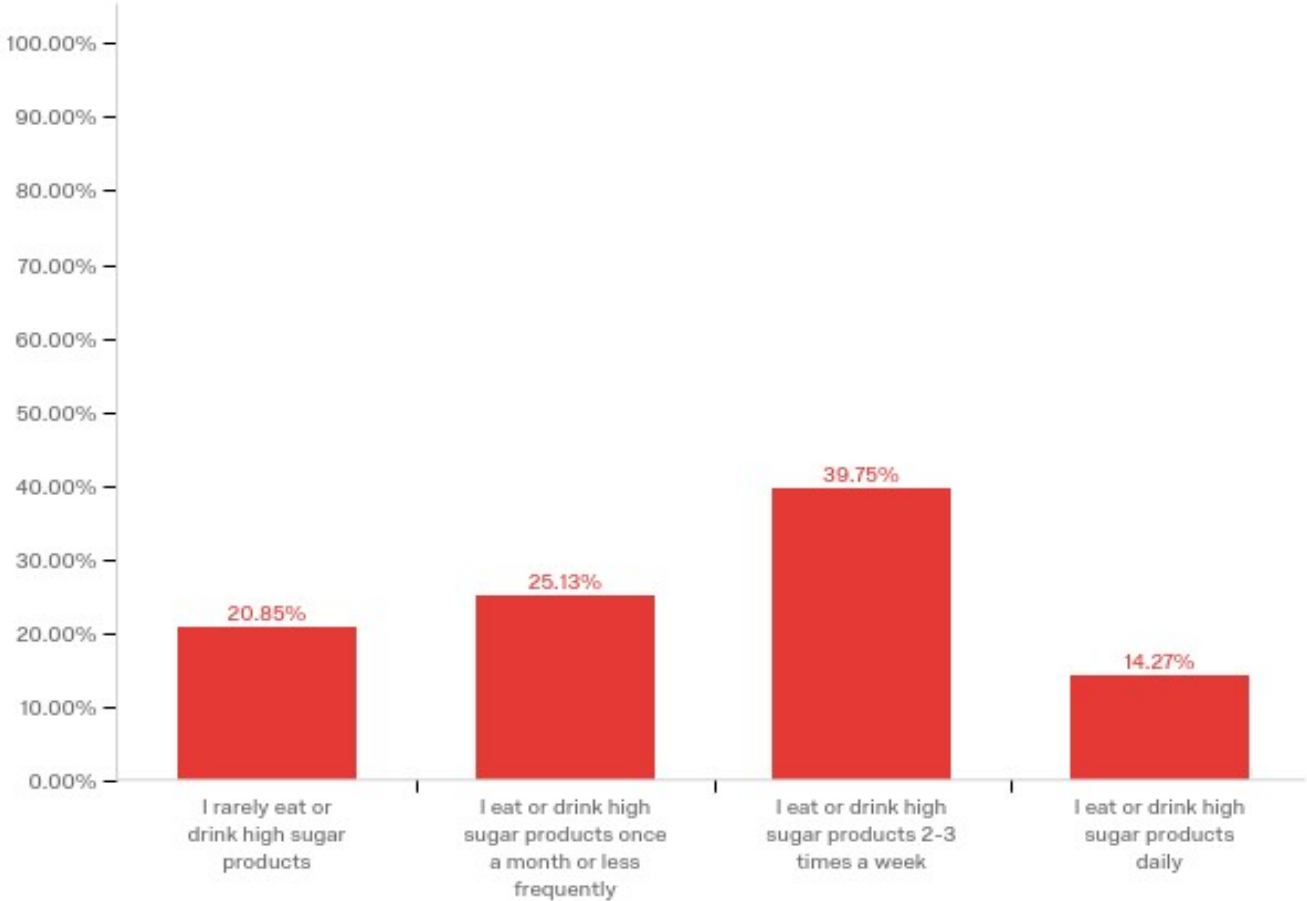
#		Percentage
1	I do not eat whole grain foods regularly	11.18%
2	I eat 3 - 4 servings of whole grain foods a week	52.93%
3	I eat 3 - 4 servings of whole grain foods a day	29.47%
4	I eat 5 or more servings of whole grain foods every day	6.42%
	Total	795.00

Q4 - Fast Food. Select the statement that best describes your current intake of fast food.
Fast food is defined here as commercially prepared food with low nutritional content such as hamburgers, French fries, or pizza.



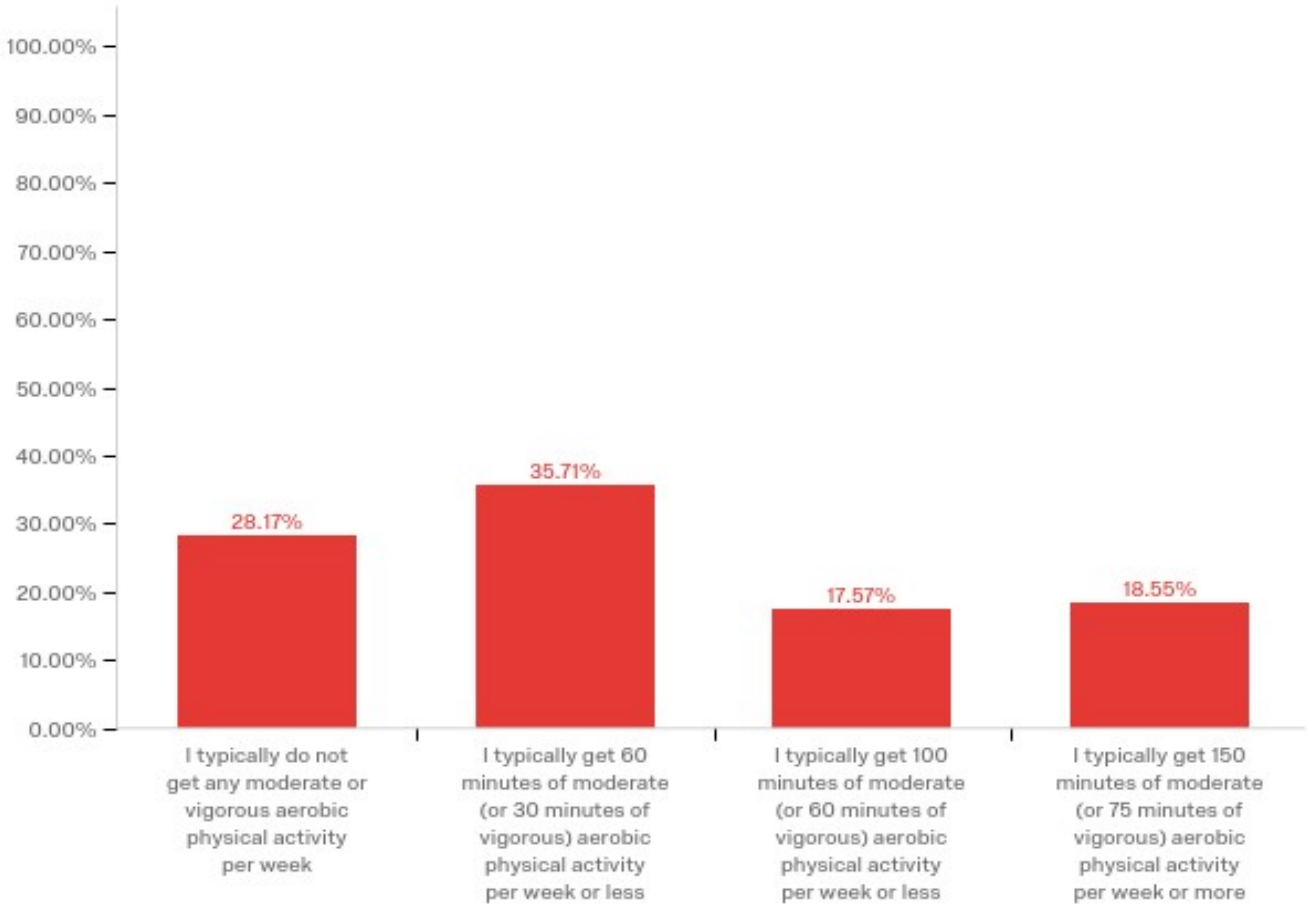
#		Percentage
1	I do not eat fast food	6.66%
2	I eat fast food once a month or less frequently	44.70%
3	I eat fast food 2-3 times per week	44.05%
4	I eat fast food daily	4.60%
	Total	794.99

Q5 - Sugar. Select the statement that best describes your current intake of foods high in sugar. This includes sodas, juices, and snacks such as candy or cookies. This does not include fresh fruits.



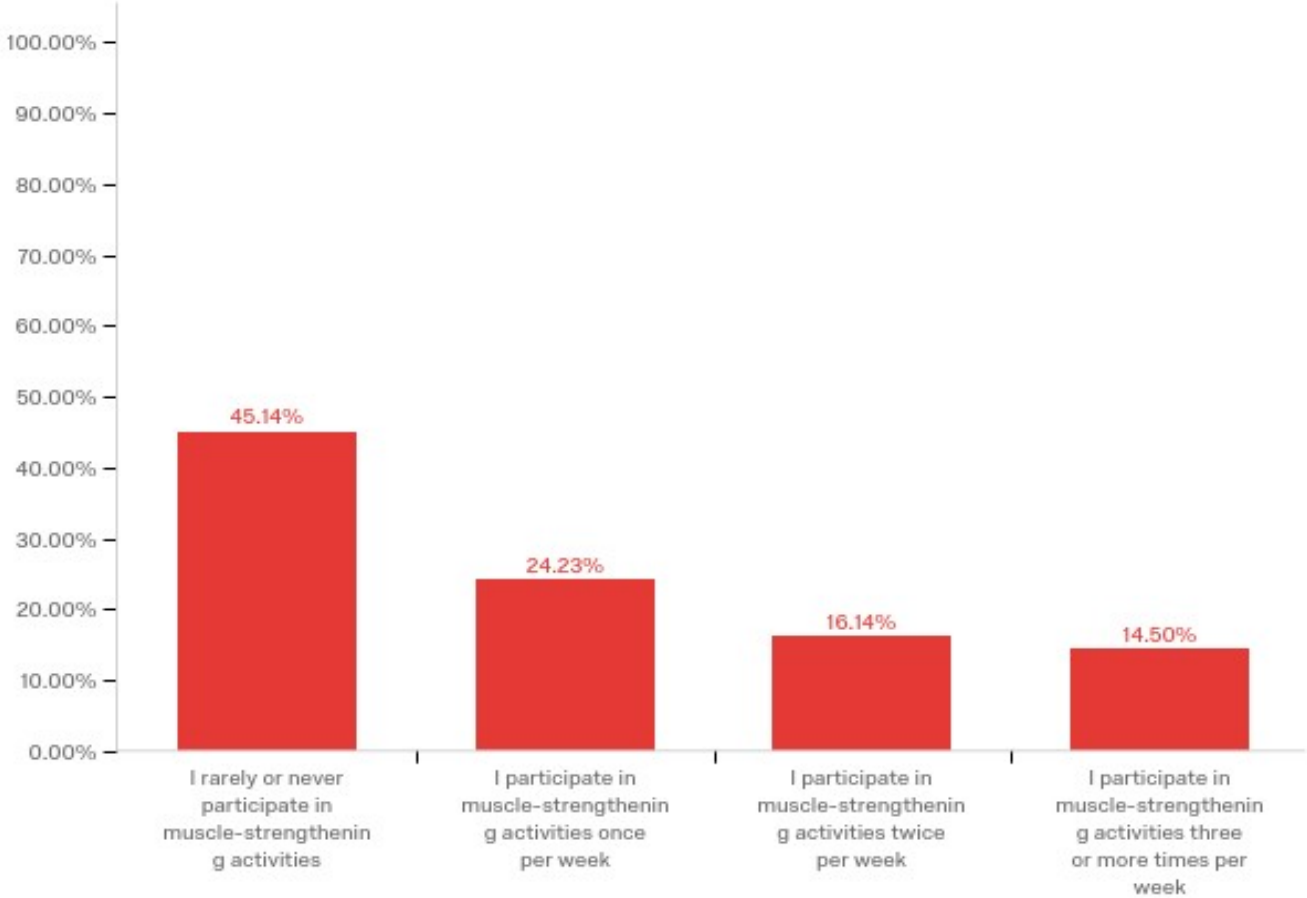
#		Percentage
1	I rarely eat or drink high sugar products	20.85%
2	I eat or drink high sugar products once a month or less frequently	25.13%
3	I eat or drink high sugar products 2-3 times a week	39.75%
4	I eat or drink high sugar products daily	14.27%
	Total	792

Q7 - Current Aerobic Physical Activity Level. Select the statement that best describes your current level of aerobic physical activity. "Vigorous" refers to exercise that makes you sweat and a little short of breath. These might be activities like jogging, running, fast cycling, aerobics classes, swimming laps, singles tennis and racquetball. "Moderate" exercise includes activities such as brisk walking, gardening, slow cycling, or light dancing.



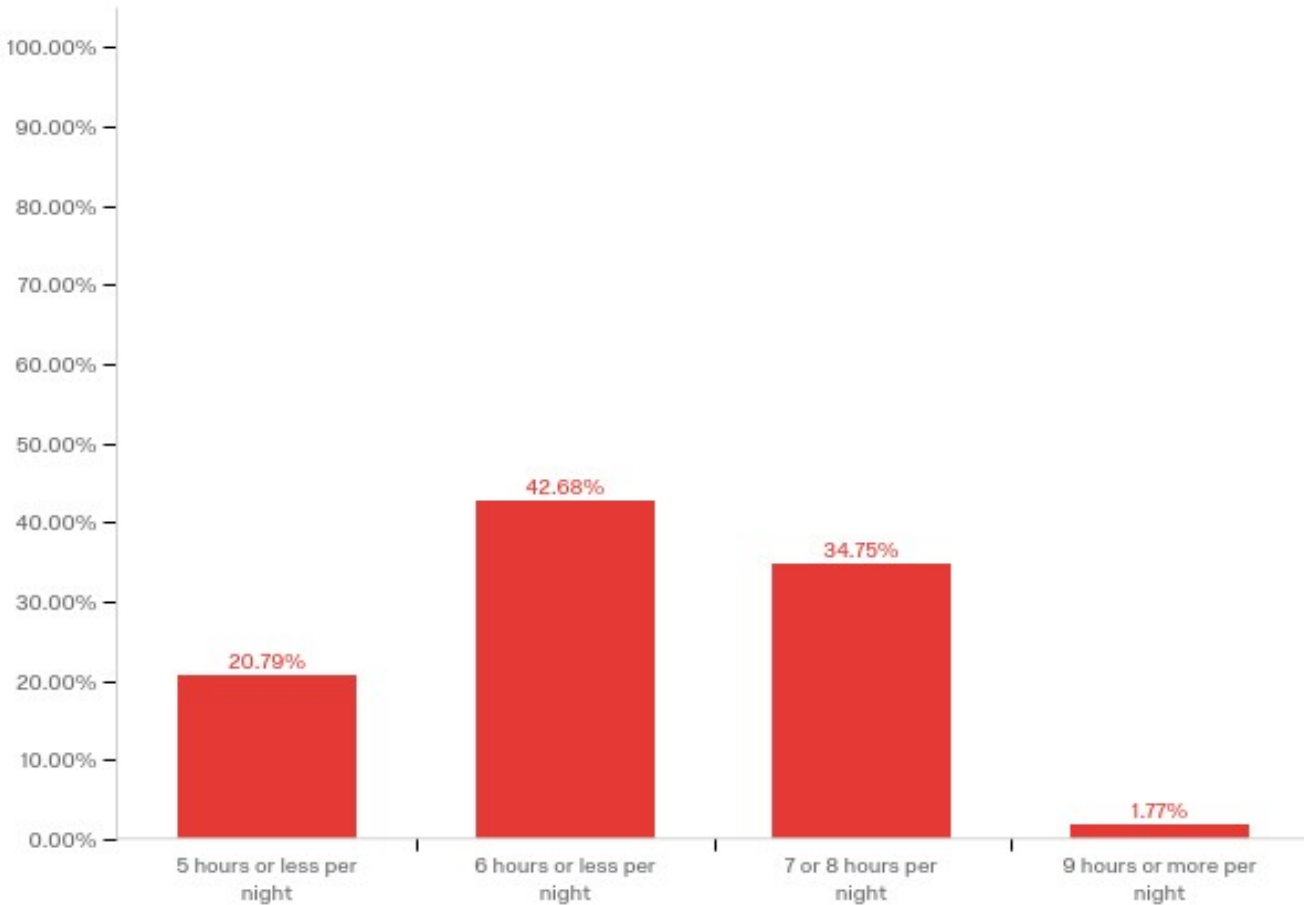
#		Percentage
1	I typically do not get any moderate or vigorous aerobic physical activity per week	28.17%
2	I typically get 60 minutes of moderate (or 30 minutes of vigorous) aerobic physical activity per week or less	35.71%
3	I typically get 100 minutes of moderate (or 60 minutes of vigorous) aerobic physical activity per week or less	17.57%
4	I typically get 150 minutes of moderate (or 75 minutes of vigorous) aerobic physical activity per week or more	18.55%
	Total	782.99

Q8 - Current Muscle-Strengthening Activity Level. On average, how often do you participate in muscle-strengthening activities that work all major muscle groups? Examples of these activities include lifting weights, working with resistance bands, yoga, push ups/sit ups, or heavy gardening (i.e. digging, shoveling)



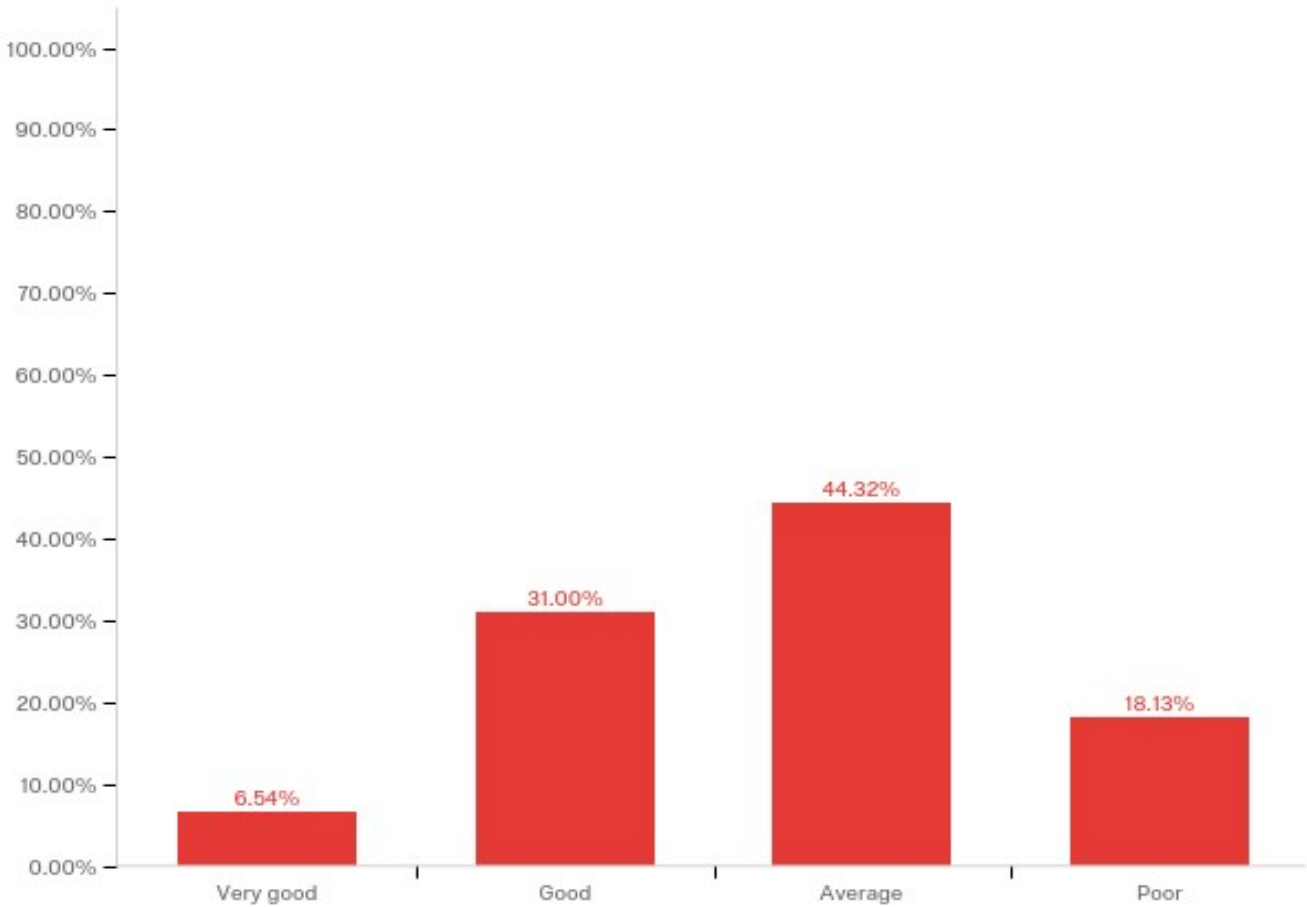
#		Percentage
1	I rarely or never participate in muscle-strengthening activities	45.14%
2	I participate in muscle-strengthening activities once per week	24.23%
3	I participate in muscle-strengthening activities twice per week	16.14%
4	I participate in muscle-strengthening activities three or more times per week	14.50%

Q9 - Sleep. Over the last 6 months, on average I sleep:



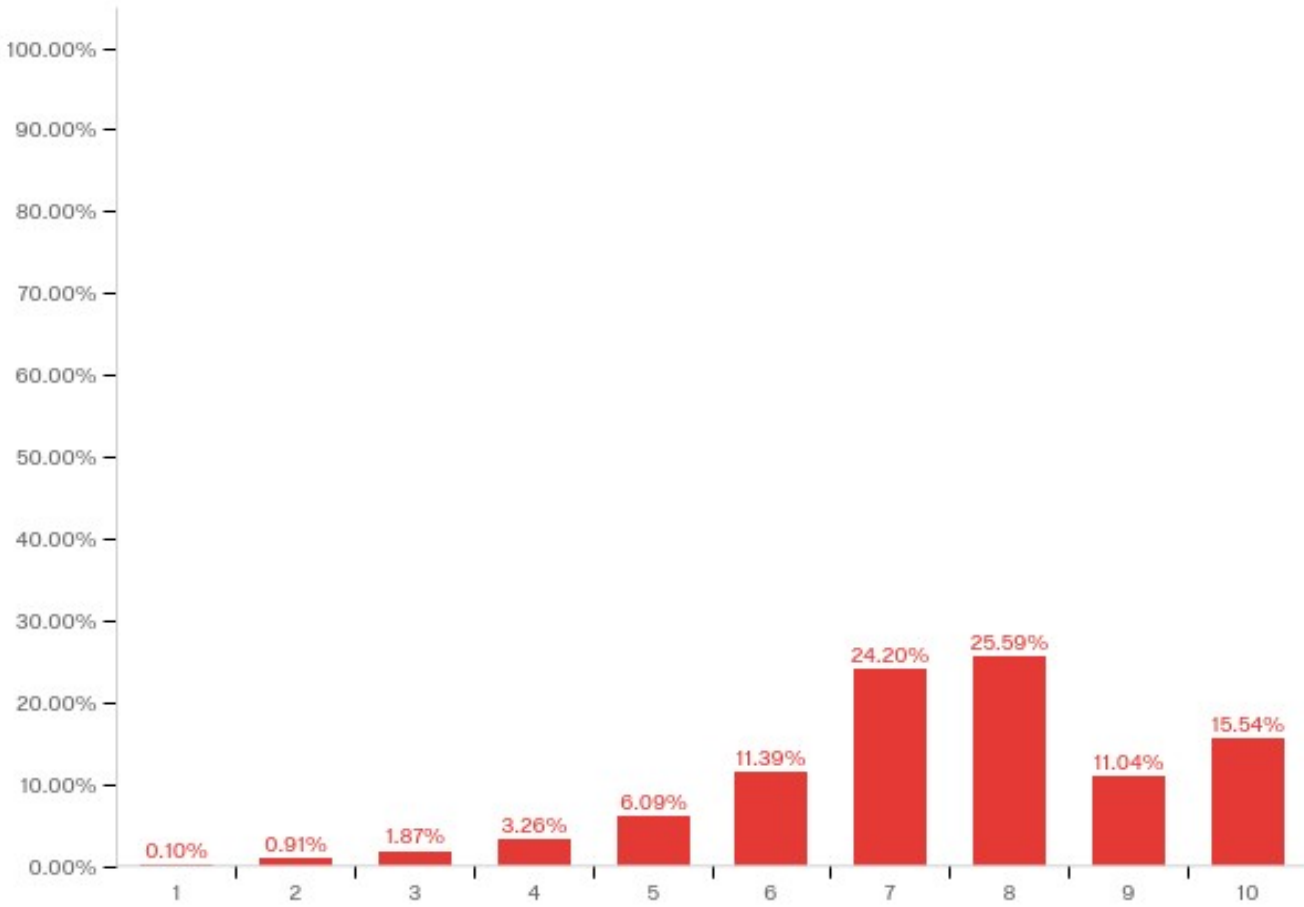
#		Percentage
1	5 hours or less per night	20.79%
2	6 hours or less per night	42.68%
3	7 or 8 hours per night	34.76%
4	9 hours or more per night	1.77%
	Total	779

Q10 - How would you rate your sleep quality?



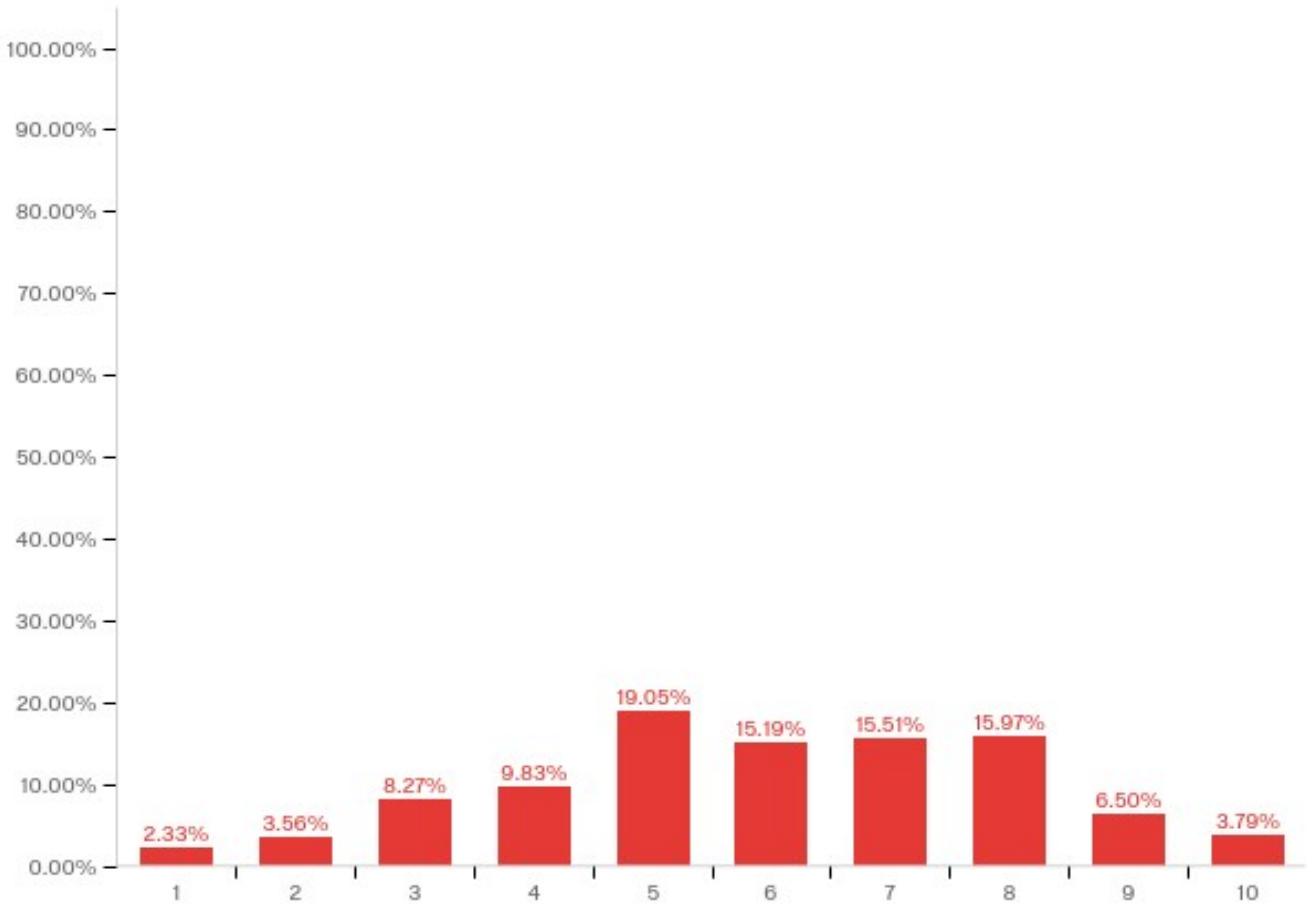
#		Percentage
1	Very good	6.54%
2	Good	31.00%
3	Average	44.32%
4	Poor	18.13%
	Total	776

Q11 - Stress. Over the past 6 months, how stressed have you felt on a daily basis? 1 = no stress, 10 = maximum stress.



#	Daily Stress Level During Academic Year	Percentage
1	1	0.10%
2	2	0.91%
3	3	1.87%
4	4	3.26%
5	5	6.09%
6	6	11.39%
7	7	24.20%
8	8	25.59%
9	9	11.04%
10	10	15.54%
	Total	778

Q12 - Stress. Over the past 6 months, how well have you managed your stress? (1 = not well at all, 10 = extremely well)

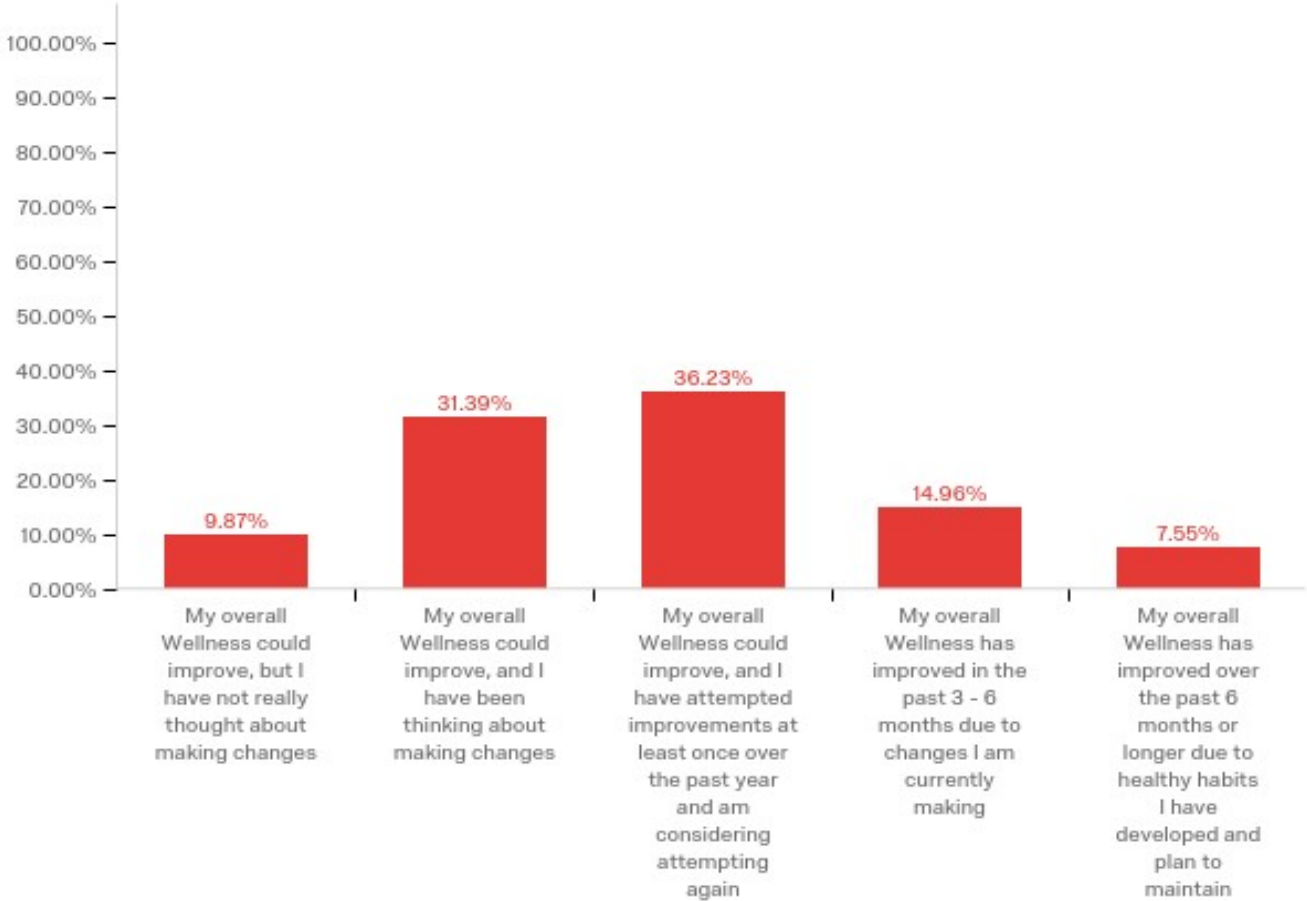


#	Stress Management Level During Academic Year	Percentage
1	1	2.33%
2	2	3.56%
3	3	8.27%
4	4	9.83%
5	5	19.05%
6	6	15.19%
7	7	15.51%
8	8	15.97%
9	9	6.50%
10	10	3.79%
	Total	766

Q14 - Please check all of the following you would be interested in having available at MSMU:

#	Please check all of the following you would be interested in having available at MSMU: - Selected Choice	Percentage
1	Monthly Drop-In Mindfulness sessions (half-hour)	8.03%
2	"Adulting 101" Stress Management Workshop Series (4-5 sessions)	8.81%
3	Self-Compassion Workshop	6.14%
4	Interpersonal Skills Workshop	4.30%
5	Emotional Intelligence Presentation	5.70%
6	Relaxation Techniques Workshops by Peer Wellness Advocates	8.66%
7	Stress Management Speaker	6.31%
8	Stress Buster Tip of the Month	6.31%
9	De-Stress Days	15.79%
10	Massages	18.37%
11	Biofeedback (relaxation training to control heart rate, muscle tension, etc.)	9.10%
12	"Other" Please provide your own suggestions	2.49%

Q15 - With regard to your overall current Wellness in these four areas: physical activity, stress management, sleep, and food/nutrition, please select which of the following best describes you:

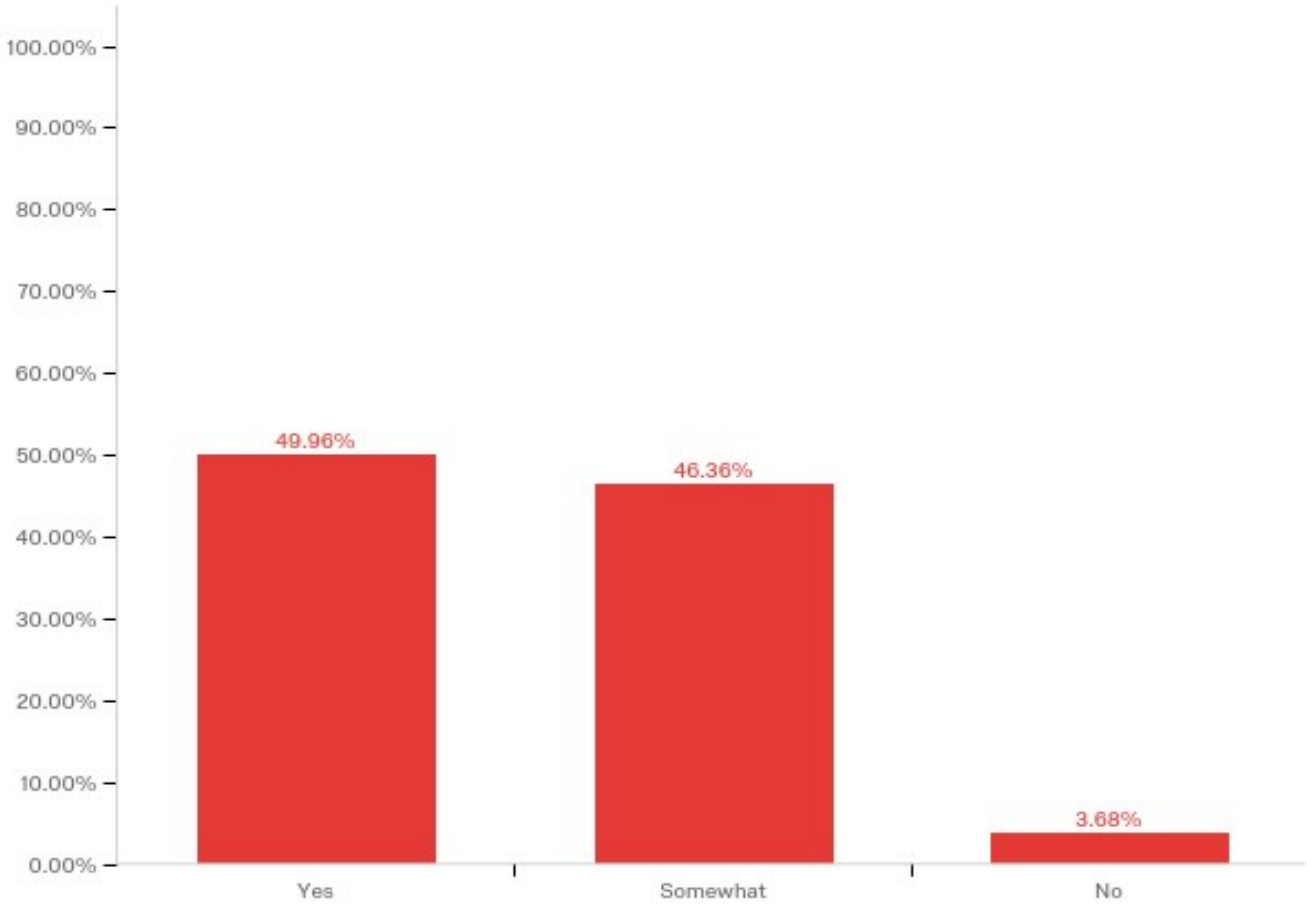


#		Percentage
1	My overall Wellness could improve, but I have not really thought about making changes	9.87%
2	My overall Wellness could improve, and I have been thinking about making changes	31.39%
3	My overall Wellness could improve, and I have attempted improvements at least once over the past year and am considering attempting again	36.23%
4	My overall Wellness has improved in the past 3 - 6 months due to changes I am currently making	14.96%
5	My overall Wellness has improved over the past 6 months or longer due to healthy habits I have developed and plan to maintain	7.55%

Total

767

Q16 - Does MSMU promote a culture of Wellness? (Culture is defined as the University's traditions, physical environment, policies, and opportunities for growth).



#		Percentage
1	Yes	49.96%
2	Somewhat	46.36%
3	No	3.68%
	Total	771