

National College Health Risk Behavior Survey (Adapted)
 Data from Spring 2008
 N=550, 27.5% response rate

Questions 1 – 15 ask about you:

Q1: How old are you?

	%
18	18.5
19	20.5
20	17.6
21	12.9
22	4.9
23	3.1
24	8.9
Older	4.0

Q2 What is your sex?

	%
female	58.9

Q3 What is your class standing?

	%
freshman	17.5
sophomore	26.7
junior	24.7
senior	26.4
other	4.4

Q4 How many semesters total have you completed in college?

	%
1	16.2
2	4.5
3	20.5
4	5.8
5	14.0
6	7.1
7	13.1
8 or beyond	17.5

Q5 Are you a full-time student?

	%
yes	92.9

Q6 How do you describe yourself?

	%
White not Hispanic	90.4
Black not Hispanic	.7
Hispanic or Latino	1.8
Asian Pacific Islander	4.2
American Indian Alaskan Native	.5
other	1.5

Q7 What is your marital status?

	%
never been married	91.3
married	4.9
divorced	2

Q8 With whom do you currently live?

	%
alone	11.8
spouse/domestic partner	8.4
roommate(s)/friends	65.1
parent(s)/guardians	9.6
other relatives	.9
your children	1.6
other	1.8

Q9 Where do you currently live?

	%
college dormitory or residence hall	39.3
off-campus house or apartment	50.2
parent/guardian's home	8.2
other	1.6

Q10 During this school year, were you a member of a Greek-letter organization?

	%
yes	3.5

Q11 During this school year, were you a member of a varsity sport?

	%
yes	9.1

Q12 During this school year, did you participate in an intramural sport?

	%
yes	30.7

Q13 during this school year, did you participate in a university recognized student organization?

	%
yes	48.0

Q14 How many hours a week do you work for pay?

	%
1 - 5 hours	9.5
6 - 10 hours	15.3
11-15 hours	15.3
16 - 20 hours	10.2
more than 20 hours	18.5

Q15 What is your college major?

	%
Not declared	9.5
COFAC	11.5
CLS	37.8
CNR	17.8
CPS	27.8

Questions 16 – 20 ask about stress:

Q16 How do you describe your stress level?

	%
very overstressed	7.1
slightly overstressed	45.1
about the right amount of stress	38.5
slightly understressed	5.6
very understressed	2.7

Q17 Which of the following are you trying to do about your stress?

	%
I am not trying to do anything.	16.7
I am trying to reduce my stress	49.5
I am trying to stay the same/maintain balance	32.2
I am trying to increase my stress.	.4

Q18 During the past 30 days, what did you do to prevent stress?

(Check all that apply)

	%
I did nothing to prevent stress	12.2
Used relaxation techniques	22.9
Used personal organization strategies	62.4
Used physical strategies	63.5
Other	15.8

Q19 During the past 30 days, what did you do to reduce your stress?

(Check all that apply)

	%
Nothing	10.5
Talk to professional	4.9
Talk to non-professional	40.5
Relaxation techniques	25.5
Personal organization	58.5
Physical activities	61.1
used alcohol or other drugs	22.9
other	9.8

Q 20 During the past 30 days, to what extent were any of the following a source of stress for you?

Money	%
Not at all a source of stress	13.3
2	12.7
3	13.3
4	12.7
5	18.5
6	12.2
Significant source of stress	13.5

Academics	%
Not at all a source of stress	4.4
2	6.5
3	10.4
4	17.5
5	24.5
6	21.3
Significant source of stress	14.2

Relationships with family members	%
Not at all a source of stress	52.4
2	16.7
3	8.5
4	6.4
5	4.7
6	2.7
Significant source of stress	2.7

Relationships with Non-family members	%
Not at all a source of stress	26.2
2	16.0
3	15.6
4	14.2
5	10.7
6	7.5
Significant source of stress	4.4

Work	%
Not at all a source of stress	33.1
2	13.8
3	12.9
4	10.4
5	9.3
6	6.0
Significant source of stress	4.2

Mental Health	%
Not at all a source of stress	56.4
2	12.0
3	6.4
4	6.5
5	5.5
6	2.4
Significant source of stress	1.5

Physical Health	%
Not at all a source of stress	35.3
2	18.9
3	14.0
4	11.6
5	8.5
6	2.7
Significant source of stress	1.5

Graduation	%
Not at all a source of stress	63.8
2	6.2
3	5.6
4	4.2
5	3.5
6	1.8
Significant source of stress	2.0

Life direction/planning	%
Not at all a source of stress	22.5
2	16.7
3	17.1
4	13.5
5	9.5
6	7.8
Significant source of stress	6.2

Time management	%
Not at all a source of stress	17.3
2	16.5
3	18.7
4	16.9
5	15.1
6	6.9
Significant source of stress	4.7

Procrastination	%
Not at all a source of stress	18.5
2	16.5
3	15.8
4	14.2
5	16.7
6	6.4
Significant source of stress	7.8

Questions 21 - 27 ask about nutrition:

Q21 During the past seven days, how many times did you consume fruit (do not include fruit juice)?

	%
0 in the last seven days	8.2
1-3 times in the last seven days	35.5
4 - 6 times in the last seven days	26.2
1 time per day for the last seven days	12.9
2 times per day for the last seven days	12.4
3 times per day for the last seven days	4.4

Q22 During the past seven days, how many times did you eat green salad?

	%
0 in the last seven days	25.1
1-3 times in the last seven days	50.2
4 - 6 times in the last seven days	15.6
1 time per day for the last seven days	6.2
2 times per day for the last seven days	2.2
3 times per day for the last seven days	.2

Q23 During the past seven days, how many times did you eat vegetables (you may include vegetable juice)?

	%
0 in the last seven days	4.9
1-3 times in the last seven days	34.2
4 - 6 times in the last seven days	27.8
1 time per day for the last seven days	13.6
2 times per day for the last seven days	14.5
3 times per day for the last seven days	3.5

Q24 During the past seven days, how many times did you eat hamburger, hot dogs, or sausage?

	%
0 in the last seven days	25.6
1-3 times in the last seven days	53.5
4 - 6 times in the last seven days	13.3
1 time per day for the last seven days	5.3
2 times per day for the last seven days	1.3
3 times per day for the last seven days	.2

Q25 During the past seven days, how many times did you eat french fries or potato chips?

	%
0 in the last seven days	22.5
1-3 times in the last seven days	59.3
4 - 6 times in the last seven days	13.5
1 time per day for the last seven days	3.3
2 times per day for the last seven days	.4
3 times per day for the last seven days	.5

Q26 During the past seven days, how many times did you consume dessert items (ice cream, cookies, pie, or cake)?

	%
0 in the last seven days	13.6
1-3 times in the last seven days	48.9
4 - 6 times in the last seven days	21.5
1 time per day for the last seven days	9.8
2 times per day for the last seven days	4.5
3 times per day for the last seven days	.7

Q 27 During the past seven days, how many times did you consume sugar (soda, candy, chocolate, sugared cereal)?

	%
0 in the last seven days	3.1
1-3 times in the last seven days	33.6
4 - 6 times in the last seven days	24.5
1 time per day for the last seven days	18.9
2 times per day for the last seven days	12.4
3 times per day for the last seven days	6.9

Questions 28 – 36 ask about Fitness

Q28 On how many of the past 7 days did you exercise or participate in sports activities for at least 20 minutes that made you sweat and breathe hard, such as basketball, jogging, swimming laps, tennis, fast bicycling, or similar aerobic activities?

	%
0 days	21.3
1 day	13.3
2 days	16.5
3 days	14.2
4 days	12.4
5 days	6.0
6 days	8.9
7 days	7.1

Q29 On how many of the past 7 days did you do stretching exercises, such as toe touching, knee bending, or leg stretching?

	%
0 days	31.5
1 day	11.5
2 days	14.5
3 days	11.8
4 days	8.7
5 days	8.0
6 days	5.8
7 days	7.5

Q30 On how many of the past 7 days did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting?

	%
0 days	38.0
1 day	9.1
2 days	15.5
3 days	13.6
4 days	9.6
5 days	6.0
6 days	4.7
7 days	2.9

Q31 On how many of the past 7 days did you walk or bicycle for at least 30 minutes at a time? (Include walking or bicycling to or from class or work.)

	%
0 days	30.4
1 day	9.1
2 days	9.8
3 days	8.0
4 days	8.4
5 days	15.1
6 days	4.0
7 days	13.6

Q32 During this school year, have you been enrolled in a physical education/wellness activity class?

	%
yes	41.8

Q33 How do you describe your weight?

	%
very underweight	.2
slightly underweight	7.6
about the right weight	54.2
slightly overweight	33.8
very overweight	4.0

Q34 Which of the following are you trying to do about your weight?

	%
I am not trying to do anything	22.2
gain weight	5.3
lose weight	51.3
stay the same weight	20.7

Q35 During the past 30 days, did you eat differently (eat less, eat fewer calories, eat less fat) to lose weight or to keep from gaining weight?

	%
yes	45.8

Q36 During the past 30 days, did you exercise to lose weight or to keep from gaining weight?

	%
yes	50.7