

The Health of Cal Poly Pomona Students

Executive Summary
National College Health Assessment
Spring 2000



**Student
Health
Services**

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Introduction

Interest in a healthy environment in higher education has grown over the last decade. Administrators, faculty, staff, and students are becoming increasingly concerned about the health and health-related costs that affect the quality of student and academic life within the campus community.

The National College Health Assessment (NCHA) is a survey instrument developed by the American College Health Association to yield the health profiles, behaviors, and perceptions of college students throughout the country. The survey also assesses illness and effects of selected health conditions on academic performance.

During Spring 2000, the NCHA was administered to a randomly selected, representative sample of students. This executive summary highlights results of the NCHA for Cal Poly Pomona, based on a sample of 939 students in Spring 2000. This summary also shows data from 27 other institutions that conducted the NCHA in Spring 2000, consisting of 16,024 respondents.

Members of the campus community (students, faculty, and staff) can infuse the National College Health Assessment findings into the classroom setting through curricular infusion:

- ❖ The health of Cal Poly Pomona students can be used as a topic for class discussions.
- ❖ The findings can be used to support ideas introduced in lectures on attitudes, behaviors, and perceptions.
- ❖ The subject matter can be used as a topic for written reports, such as senior class projects.
- ❖ The findings can be used to design meaningful and relevant group projects.
- ❖ Health Educators from Student Health Services can be utilized as guest speakers or can speak to students as an alternative to canceling classes.
- ❖ Instructors can utilize the Study Well Health Program, incorporating the Wellness Card as a class assignment or to award extra credit points for students.

Notes on use of data:

A focus on negative health behaviors or patterns may contribute to misperceptions about the intensity, impact, or severity of selected health problems. Over attention to small but statistically significant numbers should be avoided.

Missing values have been excluded from analyses. Students responding “not applicable” were excluded from several analyses, which are specifically noted throughout this document. All response categories were counted, including “don’t know” or “0” unless otherwise noted.

Figures 10 percent and over are rounded to the nearest percentage point. Figures under 10 percent are listed to the nearest decimal place to avoid loss of data specificity.

Additional information about survey administration and results can be obtained from Teresa Quijano (909) 869-2753 or Jim Grizzell (909) 869-4339 at Student Health Services, within the Division of Student Affairs.

Findings

A. Academic Impacts

Within the last school year, students reported the following factors affecting their individual academic performance, i.e. received an incomplete, dropped a course, received a lower grade in class, on an exam, or on an important project:

	CPP	National
Stress	30%	29%
Cold/Flu/Sore Throat	22%	22%
Sleep Difficulties	20%	21%
Concern for a troubled friend or family member	17%	16%
Relationship Difficulty	17%	15%
Depression/anxiety disorder/ seasonal affective disorder	11%	11%
Internet Use/Computer Games	10%	8.6%
Death of a friend or family member	8.4%	7.9%
Allergies	5.0%	3.6%
Sinus Infection/Ear Infection/ Bronchitis/Strep Throat	4.7%	7.8%
Alcohol Use	4.6%	7.9%
Attention Deficit Disorder	4.2%	3.3%
Learning Disability	3.7%	2.1%
Injury	3.5%	3.1%
Chronic Pain	2.4%	2.3%
Eating Disorder/Problem	2.4%	1.3%
Chronic Illness	2.1%	1.8%
Drug Use	1.9%	2.6%
Pregnancy (yours or your partner's)	1.8%	1.5%
Mononucleosis	1.0%	1.5%
Assault (Physical)	0.9%	0.5%
Assault (Sexual)	0.6%	0.8%
Sexually transmitted disease	0.4%	0.4%
HIV Infection	0.3%	0.2%

Findings (cont'd)

B. General Health

- ❖ At Cal Poly Pomona, 44% of students surveyed (47% male, 42% female) described their general health as very good or excellent.
- ❖ Nationally, 61% of students surveyed (65% male, 59% female) described their health as very good or excellent.
- ❖ Within the last school year, students reported experiencing:

	Cal Poly Pomona	National
Back pain	46%	45%
Allergy Problems	43%	42%
Sinus Infection	19%	26%
Depression	17%	16%
Strep Throat	12%	14%
Ear Infection	8.9%	11%
Asthma	7.7%	9.9%
Bronchitis	7.0%	9.2%
Anxiety Disorder	6.4%	6.7%
Repetitive Stress Injury	6.2%	5.9%
High Cholesterol	4.9%	3.1%
Broken Bone/fracture	4.4%	5.1%
High Blood Pressure	3.8%	3.4%
Substance Abuse Problem	2.9%	2.8%
Chronic Fatigue Syndrome	2.2%	3.1%
Hepatitis B or C	1.3%	0.4%
Tuberculosis	1.3%	0.4%
Seasonal Affective Disorder	1.1%	4.5%
Pelvic Inflammatory Disease	0.9%	0.7%
Chlamydia	0.7%	0.8%
Mononucleosis	0.7%	2.2%
Anorexia	0.6%	1.4%
Bulimia	0.6%	1.8%
Endometriosis	0.6%	0.9%
Genital Warts/HPV	0.6%	1.4%
Genital Herpes	0.5%	1.0%
Diabetes	0.3%	0.8%
Gonorrhea	0.2%	0.4%
HIV Infection	0%	0.2%

- ❖ 79% of Cal Poly Pomona students (67% male, 81% female) experienced one or more of the above conditions within the last school year.
- ❖ Nationally, 76% of students (71% male, 81% female) experienced one or more of the above conditions within the last school year.

Findings (cont'd)

C. Preventive Health

Cal Poly Pomona	National	
97%	89%	mostly or always wore a seatbelt when driving or riding in an automobile within the last school year.*
81%	90%	had their blood pressure checked in the last 2 years.
78%	85%	have been vaccinated with measles, mumps, rubella (2 shots).
76%	60%	mostly or always wore a helmet when riding a motorcycle within the last school year.*
68%	77%	had a dental exam and cleaning in the last year.
56%	48%	have been vaccinated against varicella (chicken pox).
46%	63%	of female students had a routine gynecological exam in the last year.
44%	45%	had cholesterol checked in the last 5 years.
40%	56%	have been vaccinated against hepatitis B.
36%	42%	of female students performed breast self-exam in the last month.
35%	18%	mostly or always wore a helmet when riding a bicycle within the last school year.*
27%	27%	have been vaccinated against the flu in the last year.
21%	8%	mostly or always wore a helmet when inline skating within the last school year.*
20%	15%	use sunscreen daily.
18%	31%	of male students performed testicular self-exam in the last month.
15%	24%	have been vaccinated against meningococcal disease.

*Students responding "N/A, didn't drive, ride, or skate within the last school year" were excluded from this analysis.

D. Violence

Within the last school year, students reported experiencing:

	Male		Female		Total	
	CPP	National	CPP	National	CPP	National
A physical fight	9.5%	12%	3.0%	3.2%	5.8%	6.6%
Being physically assaulted (non-sexually)	3.3%	4.8%	1.9%	2.9%	2.5%	3.7%
Verbal threats for sex against their will	3.0%	2.4%	4.2%	4.1%	3.7%	3.5%
Sexual touching against their will	3.8%	5.2%	7.7%	12%	6.0%	9.6%
Attempted sexual penetration against their will	2.2%	1.3%	3.2%	4.3%	2.7%	3.2%
Sexual penetration against their will	1.9%	1.0%	2.1%	2.2%	2.0%	1.8%
An emotionally abusive relationship	8.0%	9.1%	13%	15%	11%	13%
A physically abusive relationship	1.6%	1.5%	2.3%	2.7%	2.0%	2.3%
A sexually abusive relationship	1.9%	1.5%	1.1%	2.0%	1.4%	1.8%

Findings (cont'd)

E. Depression

Students reported experiencing the following within the last school year:

CAL POLY POMONA	Never			1-10 times			11+ times		
	male	female	total	male	female	total	male	female	total
Feeling overwhelmed by all they had to do	12%	6.4%	8.9%	67%	66%	66%	21%	28%	25%
Feeling exhausted (not from physical activity)	17%	8.6%	12%	61%	66%	64%	23%	26%	24%
Feeling very sad	33%	17%	24%	58%	70%	65%	9.3%	13%	11%
Feeling things were hopeless	38%	31%	34%	52%	60%	56%	10%	9.2%	9.6%
Feeling so depressed that it was difficult to function	57%	51%	54%	37%	43%	40%	6.3%	6.4%	6.4%
Seriously considering attempting suicide	92%	90%	91%	7.7%	9.6%	8.8%	0.8%	0.4%	0.6%
Attempting suicide	97%	98%	97%	3.3%	2.1%	2.6%	0	0	0

NATIONAL	Never			1-10 times			11+ times		
	male	female	total	male	female	total	male	female	total
Feeling overwhelmed by all they had to do	11%	3.9%	7.0%	67%	63%	64%	23%	33%	29%
Feeling exhausted (not from physical activity)	13%	6.4%	9.3%	63%	64%	64%	23%	29%	27%
Feeling very sad	27%	14%	19%	63%	70%	67%	11%	16%	14%
Feeling things were hopeless	46%	34%	38%	46%	56%	52%	8.3%	10%	9.4%
Feeling so depressed that it was difficult to function	61%	53.5%	56%	34%	41%	38%	5.7%	7.0%	6.6%
Seriously considering attempting suicide	91%	91%	91%	7.5%	9.0%	8.4%	1.2%	0.9%	1.0%
Attempting suicide	98%	99%	99%	1.4%	1.4%	1.4%	0.3%	0.1%	0.2%

Students Diagnosed With Depression...	MALE		FEMALE		TOTAL	
	CPP	national	CPP	national	CPP	national
Students diagnosed with depression	5.0%	6.2%	6.4%	13%	5.8%	10%
Diagnosed with depression in the last school year*	13%	17%	20%	27%	17%	23%
Currently in therapy for depression*	7.6%	13%	13%	18%	11%	17%
Currently taking medication for depression*	7.7%	14%	7.6%	24%	7.6%	21%

*These numbers include only students reporting ever having been diagnosed with depression.

Findings (cont'd)

F. Alcohol, Tobacco, and Other Drug Use

1) Alcohol use reported by students—30 day prevalence:

Cal Poly Pomona Students (%)

Never Used			Used, but not in the last 30 days			Used 1-9 days			Used 10-29 days			Used all 30 days		
M	F	Total	M	F	Total	M	F	Total	M	F	Total	M	F	Total
33	33	33	18	19	19	37	42	40	11	6.7	8.4	0.4	0	0.4

National Data (%)

Never Used			Used, but not in the last 30 days			Used 1-9 days			Used 10-29 days			Used all 30 days		
M	F	Total	M	F	Total	M	F	Total	M	F	Total	M	F	Total
18	19	19	11	13	12	50	55	52	20	13	16	1.1	0.3	0.7

2) Cigarettes use reported by students—30 day prevalence:

Cal Poly Pomona Students (%)

Never Used			Used, but not in the last 30 days			Used 1-9 days			Used 10-29 days			Used all 30 days		
M	F	Total	M	F	Total	M	F	Total	M	F	Total	M	F	Total
71	76	74	11	12	11	10	6.0	7.8	3.8	3.4	3.6	4.1	3.0	3.5

National Data (%)

Never Used			Used, but not in the last 30 days			Used 1-9 days			Used 10-29 days			Used all 30 days		
M	F	Total	M	F	Total	M	F	Total	M	F	Total	M	F	Total
61	60	60	13	16	15	12	11	11	7.1	6.7	6.8	7.0	7.2	7.3

3) Marijuana use reported by students—30 day prevalence:

Cal Poly Pomona Data (%)

Never Used			Used, but not in the last 30 days			Used 1-9 days			Used 10-29 days			Used all 30 days		
M	F	Total	M	F	Total	M	F	Total	M	F	Total	M	F	Total
77	80	79	15	14	15	4.9	4.7	4.8	2.2	1.3	1.7	0.8	0.2	0.5

National Data (%)

Never Used			Used, but not in the last 30 days			Used 1-9 days			Used 10-29 days			Used all 30 days		
M	F	Total	M	F	Total	M	F	Total	M	F	Total	M	F	Total
65	69	67	17	18	18	11	9.4	9.9	4.8	3.2	3.9	1.8	0.6	1.2

Findings (cont'd)

- 4) **Reported Use vs. Perceived Use:** Reported use for students within the past 30 days compared with how often students *perceived* the typical student on campus used substances within the same time period:

Cal Poly Pomona Students

	Never		Used one or more days		Used daily	
	Reported use (total)	Perception of typical use	Reported use (total)	Perception of typical use	Reported use (total)	Perception of typical use
Alcohol	33%	7.6%	48%	58.5%	0.4%	33.9%
Cigarettes	74%	9.0%	11%	47.8%	3.5%	43.2%
Marijuana	79%	26.0%	6.5%	58.9%	0.5%	15.2%

National Data

	Never		Used one or more days		Used daily	
	Reported use (total)	Perception of typical use	Reported use (total)	Perception of typical use	Reported use (total)	Perception of typical use
Alcohol	19%	2.4%	68%	66%	0.7%	31%
Cigarettes	60%	9.4%	18%	50%	7.3%	41%
Marijuana	78.5%	26.0%	6.5%	58.9%	0.5%	15.2%

5) **Drinking and Driving**

- ❖ 4.5% of Cal Poly Pomona students reported driving after having 5 or more drinks in the last 30 days*
- ❖ 8.5% of college students (national sample) reported driving after having 5 or more drinks in the last 30 days*

* Students responding "N/A, don't drive" were excluded from this analysis.

- 6) **Estimated BAC (Blood Alcohol Content) of students during the last time they "partied":** BAC is an indication of the extent to which alcohol can affect the body and behavior. This is an *estimated* figure based on the reported number of drinks consumed during the last time students "partied" or socialized, their approximate time of consumption, sex, weight, and the average rate of ethanol metabolism. BAC might be thought of as a thermometer, in that the higher the BAC, the greater the level of intoxication. California's legal limit is 0.08.

Estimated BAC (Blood Alcohol Content)	MALE		FEMALE		TOTAL	
	Cal Poly Pomona	National	Cal Poly Pomona	National	Cal Poly Pomona	National
< 0.08	77%	65%	75%	64%	76%	64%
Mean	.043	.071	.053	.075	.049	.073
Median	.015	.046	.033	.053	.025	.050
Mode	.00	.00	.00	.00	.00	.00

Findings (cont'd)

7) Number of drinks consumed the last time students “partied” or socialized:

Number of drinks consumed	MALE		FEMALE		TOTAL	
	Cal Poly Pomona	National	Cal Poly Pomona	National	Cal Poly Pomona	National
4 or less	68%	50%	82%	67%	76%	61%
5 or less	73%	57%	88%	76%	81%	69%
6 or less	80%	64%	92%	84%	87%	76%
Mean	3.44	5.78	2.42	3.61	2.87	4.43
Median	2.0	5.0	2.0	3.0	2.0	3.0
Mode	0	0	0	0	0	0

8) Number of times students consumed 5 or more drinks in a sitting within the last 2 weeks:

Number of Times 5 drinks or more consumed in one sitting	MALE		FEMALE		TOTAL	
	Cal Poly Pomona	National	Cal Poly Pomona	National	Cal Poly Pomona	National
None	63%	52%	68%	67%	66%	62%
1-2 times	25%	25%	26%	22%	26%	23%
3-5 times	8.3%	16%	3.7%	8.7%	5.7%	12%
6 or more times	3.0%	6.8%	2.2%	2.3%	2.5%	4.0%

9) Students reported doing the following when they “partied” or socialized during the last school year:*

When at a party or when going out...	Usually or always	
	CPP	National
eat before/during drinking	73%	74%
use a designated driver	70%	73%
keep track of how many drinks being consumed	64%	62%
avoid drinking games	56%	48%
determine in advance not to exceed a set number of drinks	44%	33%
have a friend let you know when you've had enough	43%	32%
choose not to drink alcohol	39%	27%
pace drinks to one or fewer an hour	37%	27%
alternate non-alcoholic with alcoholic beverages	30%	25%
drink an alcohol look-alike	15%	6.8%

**Students responding “N/A, don’t drink” were excluded from the analysis.*

- ❖ During the last school year, 93% of Cal Poly Pomona students usually or always did one or more of the above behaviors when drinking alcohol.*
- ❖ Nationally, 95% of college students usually or always did one or more of the above behaviors when drinking alcohol during the last school year.*

**Students responding “N/A, don’t drink” were excluded from the analysis.*

Findings (cont'd)

- 10) Consequences:** Students who drank alcohol reported the following consequences occurring in the last school year as a result of their own drinking. Students responding “N/A, don’t drink” were excluded from the analysis.

	MALE		FEMALE		TOTAL	
	CPP	National	CPP	National	CPP	National
Being physically injured	7.2%	18%	7.2%	16%	7.2%	17%
Being physically injured by another person	5.4%	7.3%	2.9%	2.3%	3.6%	4.3%
Being involved in a fight	7.9%	11%	2.2%	3.7%	4.6%	6.5%
Doing something they later regretted	21%	39%	19%	35%	20%	37%
Forgetting where they were or what they had done	20%	31%	13%	26%	16%	28%
Having someone use force or threat of force to have sex with them	1.2%	1.1%	1.5%	2.3%	1.4%	1.9%
Having unprotected sex	15%	19%	8.4%	14%	11%	16%

G. Sexual Behavior

- 1) Students reported the following within the last school year:**

Number of sexual partners	MALE		FEMALE		TOTAL	
	Cal Poly Pomona	National	Cal Poly Pomona	National	Cal Poly Pomona	National
None	36%	29%	33%	27%	35%	28%
1 sexual partner	41%	43%	53%	51%	48%	48%
2 sexual partners	9.2%	11%	9.1%	11%	9.2%	11%
3 sexual partners	4.2%	6.5%	2.6%	5.4%	3.3%	5.8%
4 or more sexual partners	9.2%	11%	2.0%	5.0%	5.1%	7.4%
Mean*	1.47	2.39	1.02	1.66	1.97	1.97
Median*	1.0	1.0	1.0	1.0	1.0	1.0
Mode*	1.0	1.0	1.0	1.0	1.0	1.0

**Only students reporting having at least one sexual partner are included in these calculations.*

Oral Sex within the past 30 days	MALE		FEMALE		TOTAL	
	Cal Poly Pomona	National	Cal Poly Pomona	National	Cal Poly Pomona	National
Never did this sexual activity	33%	25%	35%	25%	34%	25%
Have not done this during the last 30 days	21%	27%	21%	27%	21%	27%
Did this 1 or more times	45%	48%	45%	49%	45%	48%

Vaginal Sex within the past 30 days	MALE		FEMALE		TOTAL	
	Cal Poly Pomona	National	Cal Poly Pomona	National	Cal Poly Pomona	National
Never did this sexual activity	33%	30%	31%	28%	32%	29%
Have not done this during the last 30 days	19%	22%	16%	19%	17%	20%
Did this 1 or more times	48%	48%	53%	53%	51%	51%

Anal Sex within the past 30 days	MALE		FEMALE		TOTAL	
	Cal Poly Pomona	National	Cal Poly Pomona	National	Cal Poly Pomona	National
Never did this sexual activity	77%	76%	82%	80%	80%	78%
Have not done this during the last 30 days	18%	18%	16%	17%	17%	18%
Did this 1 or more times	4.9%	5.3%	2.9%	3.5%	3.8%	4.2%

Findings (cont'd)

CONDOM USE	ORAL SEX		VAGINAL SEX		ANAL SEX	
	Cal Poly Pomona	National	Cal Poly Pomona	National	Cal Poly Pomona	National
Using a condom within the last 30 days (mostly or always)*	6.1%	2.9%	44%	42%	31%	20%
Using a condom the last time they had sex**	8.8%	3.4%	47%	45%	28%	21%

*Students responding “Never did this sexual activity” or “Have not done this during the last 30 days” were excluded from the analysis.

**Students responding “Never did this sexual activity” were excluded from the analysis.

- 2) **Birth Control:** Means of birth control used among sexually active students or their partners to prevent pregnancy the last time they had vaginal intercourse.

Birth control method used	MALE		FEMALE		TOTAL	
	CPP	National	CPP	National	CPP	National
Condoms	39%	36%	33%	33%	35%	34%
Birth control pills	23%	33%	29%	38%	27%	35%
Withdrawal	15%	14%	16%	14%	15%	14%
Nothing	10%	5.2%	7.7%	4.3%	8.8%	4.7%
Fertility awareness	5.0%	3.0%	2.2%	3.0%	3.4%	2.9%
Spermicide	3.8%	4.4%	3.5%	3.1%	3.6%	3.5%
Other method	2.3%	1.8%	3.5%	2.5%	3.0%	2.3%
Depo-Provera (shots)	1.8%	1.9%	4.2%	3.0%	3.1%	2.5%
Diaphragm, cervical cap, sponge	0.3%	0.5%	0.7%	0.4%	0.5%	0.5%
Norplant	0	0.2%	0.4%	0.2%	0.2%	0.2%

- ❖ Use of emergency contraception: Students responding “Not sexually active” were excluded from the analysis.
 - 4.7% of sexually active Cal Poly Pomona students used (or reported their partner used) emergency contraception (“morning after pill”) within the last school year (male: 4.6%; female: 4.8%).
 - Nationally, 6.2% of sexually active students used (or reported their partner used) emergency contraception (“morning after pill”) within the last school year (male: 5.8%; female: 6.7%).
- ❖ Unintended pregnancy: Students responding “Have not had vaginal intercourse within the last year” were excluded from the analysis.
 - 3.8% of Cal Poly Pomona students who had vaginal intercourse within the last school year experienced an unintentional pregnancy or got someone pregnant within the last school year (male: 4.8%; female: 3.1%).
 - Nationally, 3.5% of students who had vaginal intercourse within the last school year experienced an unintentional pregnancy or got someone pregnant within the last school year (male: 3.4%; female: 3.5%).

Findings (cont'd)

H. Nutrition and Exercise

1) Within the last 30 days, students reported:

	MALE		FEMALE		TOTAL	
	CPP	National	CPP	National	CPP	National
Exercising to lose weight	41%	38%	62%	58%	53%	50%
Dieting to lose weight	15%	14%	32%	35%	25%	26%
Vomiting or taking laxatives to lose weight	0.3%	0.4%	1.9%	3.0%	1.2%	2.0%
Taking diet pills to lose weight	1.6%	1.9%	8.1%	7.1%	5.2%	5.0%
Doing none of the above	51%	56%	30%	34%	39%	42%

2) Students reported usually eating the following number of servings of fruits and vegetables:

	MALE		FEMALE		TOTAL	
	CPP	National	CPP	National	CPP	National
Don't eat fruits and vegetables	8.0%	5.8%	3.9%	3.5%	5.7%	4.4%
1 or 2 per day	73%	64%	57%	58%	64%	61%
3-4 per day	15%	24%	28%	30%	23%	28%
5 or more per day	4.0%	5.7%	11%	8.6%	7.8%	7.3%

3) Cal Poly Pomona students reported the following behaviors within the past 7 days:

	0 days			1-2 days			3-5 days			6+ days		
	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total
Participating in vigorous exercise for 20 minutes (or 30 minutes moderate exercise)	25%	25%	25%	38%	38%	38.0%	33%	33%	33%	4.2%	3.8%	4.0%
Exercising to strengthen muscles	32%	37%	35%	30%	38%	34.4%	34%	22%	27%	4.7%	3.0%	3.7%
Getting enough sleep to feel rested in the morning	15%	16%	16%	38%	31%	34.1%	38%	41%	40%	9.7%	11%	11%

Nationally, college students reported the following behaviors within the past 7 days:

	0 days			1-2 days			3-5 days			6+ days		
	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total
Participating in vigorous exercise for 20 minutes (or 30 minutes moderate exercise)	24%	29%	27%	33%	32%	32%	34%	32%	33%	8.6%	7.0%	7.5%
Exercising to strengthen muscles	36%	42%	40%	27%	29%	29%	31%	24%	27%	6.3%	4.5%	5.2%
Getting enough sleep to feel rested in the morning	11%	13%	12%	30%	30%	30%	46%	44%	44%	14%	14%	14%

Findings (cont'd)

- 4) **Estimated average body mass index (BMI):** This figure incorporates sex, height, and weight to form a general indicator of physical health.

	MALE		FEMALE		TOTAL	
	CPP	National	CPP	National	CPP	National
Underweight (< 18.5)	3.4%	2.7%	12%	7%	8.4%	5.4%
Healthy Weight (18.5-24.9)	57%	58%	66%	70%	62%	65%
Overweight (25-29.9)	31%	30%	12%	16%	20%	21%
Class I Obesity (30-34.9)	6.3%	6.8%	6.9%	4.6%	6.6%	5.5%
Class II Obesity (35-39.9)	2.0%	1.7%	1.6%	1.6%	1.7%	1.6%
Class III Obesity (>= 40)	0.3%	0.6%	1.3%	1.2%	0.9%	1.0%
Mean	24.3	24.6	23.2	23.2	23.7	23.7
Median	24.0	23.8	21.7	22.1	22.9	22.5
Mode	24.4	23.1	21.0	21.5	21.0	21.7

Demographics & Student Characteristics

A.

AGE	Cal Poly Pomona	National
Average age	24.97	22.48
Median	22	21
Mode	21	19
18-20	26%	45%
21-24	45%	38%
25-29	16%	9.3%
30+	14.2%	8.0%

B.

SEX (gender)	Cal Poly Pomona	National
Female	56%	62%
Male	44%	38%

C.

STUDENT STATUS	Cal Poly Pomona	National
Full-time student	92%	93%
1 st year undergraduate	11%	22%
2 nd year undergraduate	13%	20%
3 rd year undergraduate	25%	22%
4 th year undergraduate	24%	18%
5 th year or more undergraduate	20%	6.9%
Graduate or professional	6.8%	10%
Adult special or other	0.5%	1.0%

D.

RELATIONSHIP STATUS	Cal Poly Pomona	National
Single	59%	55%
Married/Domestic partner	12%	9.7%
Engaged or committed dating relationship	26%	34%
Separated	0.8%	0.4%
Divorced	1.3%	0.9%
Widowed	0.1%	0.2%

E.

ETHNICITY Students describe themselves as:	Cal Poly Pomona	National
White	29%	69%
Black—Not Hispanic	3%	7.0%
Hispanic or Latino	21%	8.8%
Asian or Pacific Islander	40%	11%
American Indian or Alaskan Native	0.5%	1.0%
Other	5.8%	3.2%

Demographics & Student Characteristics (cont'd)

F.

SEXUAL ORIENTATION Students describe themselves as:	Cal Poly Pomona	National
Heterosexual	94%	95%
Gay/Lesbian	1.4%	1.4%
Bisexual	0.3%	1.5%
Transgendered	0.5%	0.1%
Unsure	4.4%	1.5%

G.

HOUSING	Cal Poly Pomona	National
Campus residence hall	6.5%	37%
Fraternity or sorority house	0.2%	2.1%
Other University housing	4.4%	5.1%
Off-campus housing	30%	37%
Parent/guardian's home	49%	14%
Other	11%	5.5%

H.

HOURS OF PAID WORK PER WEEK	Cal Poly Pomona	National
0 hours	31%	36%
1-9 hours	8.1%	16%
10-19 hours	21%	20%
20-29 hours	24 %	16%
30-39 hours	7.6%	5.5%
40 hours	4.4%	4.1%
More than 40 hours	3.3%	3.0%

I.

HOURS OF VOLUNTEER WORK PER WEEK	Cal Poly Pomona	National
0 hours	70%	67%
1-9 hours	25%	29%
10-19 hours	3.4%	2.9%
20-29 hours	0.9%	0.9%
30-39 hours	0.6%	0.3%
40 hours	0.1%	0.1%
More than 40 hours	0.1%	0.2%

J.

HEALTH INSURANCE (have any kind of health insurance, including prepaid plans, such as HMOs)	Cal Poly Pomona	National
Yes	65%	83%
Unsure	5.5%	5.7%

Demographics & Student Characteristics (cont'd)

K.

CREDIT CARD DEBT Total credit card debt in last month	Cal Poly Pomona	National
None, no credit card debt or not responsible for paying credit card debt	17%	28%
None, I pay the full amount each month	29%	33%
\$1-\$99	3.9%	3.4%
\$100-\$249	5.2%	4.9%
\$250-\$499	8.4%	5.5%
\$500-\$999	7.6%	6.3%
\$1000-\$1999	8.7%	6.6%
\$2000-\$2999	6.6%	4.0%
\$3000-\$3999	3.1%	2.1%
\$4000-\$4999	2.6%	1.6%
\$5000-\$5999	1.7%	1.4%
\$6000 or more	6.1%	3.3%

L.

GPA (Cumulative grade point average)	Cal Poly Pomona	National
A	16%	33%
B	60%	51%
C	22%	14%
D/F	0.7%	0.6%
N/A	1.4%	1.2%

References

All data in this executive summary are from the 2000 National College Health Assessment.

American College Health Association. National College Health Assessment: Reference Group Executive Summary Spring 2000. Baltimore: American College Health Association; 2001.

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