Faculty Development Showcase Week:

Health Profiles of Allied Health Students Enrolled in a Faith Based University

Course Description:

The purpose of this presentation is to present findings on the health profiles of students enrolled at a faith based university. METHODS: Data were collected using a modified version of the Health Lifestyle Enhancement Profile (HELP) and HELP Screener. Participants were 323 allied health students of which 64% were female and 36% male, with ages ranging from 19 51 years. RESULTS: Results showed that 34.1% of students perceived their health as excellent and 57.2% as good. It was further detected that high ratings of health were positively correlated with high ratings of happiness. Additionally, students who reported frequent exercise and a healthy diet scored more favourably across all measures of health in comparison to those who reported less frequent exercise and poorer dietary habits. Descriptive analysis revealed that 46.6% of students identified having at least one health problem with back and neck pain being the most prevalent, followed by anxiety and sleep disturbance. Less than half of the study sample reported monitoring their health regularly, avoiding unhealthy foods, avoiding sedentary activities and engaging in community activities. CONCLUSIONS: Together, findings provide consideration for future university based interventions and point to the importance of supporting students' health for promoting their overall well being and happiness.

Course Work

Activities

Managing

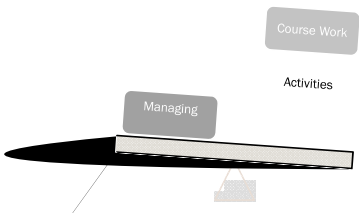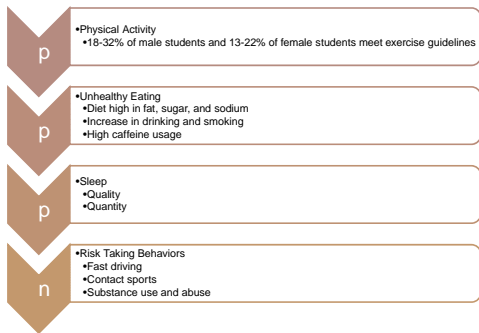## QUESTION

· Are these factors related to students' health?
· How do these increasing demands impact students' health?

TRENDS AMONG STUDENTS IN PUBLIC UNIVERSITIES

p •Physical Activity
  •18-32% of male students and 13-22% of female students meet exercise guidelines

p •Unhealthy Eating
  •Diet high in fat, sugar, and sodium
  •Increase in drinking and smoking
  •High caffeine usage

p •Sleep
  •Quality
  •Quantity

n •Risk Taking Behaviors
  •Fast driving
  •Contact sports
  •Substance use and abuse

HEALTH

- What does it mean to be healthy?

HEALTH AND SPIRITUALITY

HEALTH AND SPIRITUALITY

PARTICIPANTS

- Of the 338 distributed surveys, 323 were completed and returned, representing a response rate of 95.56%

INSTRUMENT

- Health Enhancement Lifestyle Profile (HELP) and the HELP-Screener
  - Originally for over 55
  - Modified for young adults & adults
  - Focus group with target population
  - Content expert Review
- 68-item modified-HELP

MODIFIED-HELP

- Exercise (7 items)
- Diet (14 items)
- Community and social participation (6 items)
- Leisure (11 items)
- Activities of daily living (8 items)
- Stress management and spiritual participation (7 items)
- Health promoting behaviors (5 items)
- Life satisfaction and happiness scale (4 items)
- Work and study satisfaction scale (6 items)

MODIFIED HELP

- The activities of daily living scale was omitted due to an alpha coefficient score of .45.
- Coefficient scores for all other scales ranged from .66 to .74, indicating acceptable internal consistently.

HELP-SCREENER

- 18-items
- Condensed version of the modified-HELP questionnaire
- Uses "yes" or "no" responses
- Example item "I exercise more than twice a week".

DATA ANALYSIS

- SPSS version 22
- Descriptive analysis
- Pearson correlation coefficients
- Chi-square tests
- Independent samples t-tests
- One-way Independent samples ANOVAs
- Two step cluster analysis using diet and exercise
  - Subsequem49rs2F, o-iw <00b4>Tj /TT7 1 T6step cluster analysis using diet and exercise

SIGNIFICANT ASSOCIATIONS

- Health status and exercise $F(2, 316) = 12.78$, p <.001)
- Health status and work and education satisfaction ($F(2, 286) = 9.03$, p <.001)
- Health status and life satisfaction and happiness $F(2, 310) = 1.53$, p <.001)

RESULTS

RESULTS

- Students who reported spending more time in sedentary activities were more likely to report a health problem ($F^2(2) = 8.06$, p <.05).
- Most commonly reported health condition was back and neck pain ($n = 44$), followed by anxiety ($n = 39$), sleep problems ($n = 17$), depression ($n = 16$), and respiratory problems ($n = 15$).

CLUSTER ANALYSIS BASED ON EXERCISE AND DIET

- Two-step cluster analysis

infrequent exercise and unhealthy diet (n = 85, 26.8%)

infrequent exercise and healthy diet (n = 155, 48.9%)

frequent exercise and healthy diet (n = 77, 24.3%)

AREAS OF CONCERN

- Over half of the students indicated insufficient exercise
- Only 38% of students reported avoiding sedentary activities

AREAS OF CONCERN

Sitting Disease

-Musculoskeletal disorders
- Cardiovascular disease
- Cancer
- DM Type 2
- Premature death

AREAS OF CONCERN

- Sleep
  - Only 59% of the students reported getting at least 7 hours of quality sleep per night
  - Over half the study sample reported feeling tired or needing a nap at least 3-4 days per week
  - 15 students reported having sleep problems
- Monitoring health
  - Only 46% of students reported monitoring their health regularly
- Diet
  - More than half of the student sample indicated that they eat foods that are high in fats, cholesterol, sodium or sugar

VULNERABLE SUB-GROUPS

- Infrequent exercise & unhealthy diet
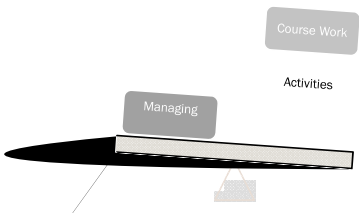- Infrequent exercise & healthy diet
- Mature aged students

TEACHING & PROMOTING HEALTH

- Think about integrating breaks, stretches and exercise
- Ergonomic design (OT visit)
- Bringing candy to class?
- Providing support with stress management
- Early detection of problems
- Encouraging health monitoring
- Focus on spirituality

LIMITATIONS OF THE STUDY

- Cross-sectional
- Single-institution
- Self-report
- Pressure to complete surveys in class time

CONCLUSION

Course Work

Activities

Managing

QUESTION

· Are these factors related to students' health?
· How do these increasing demands impact students' health?

TRENDS AMONG STUDENTS IN PUBLIC UNIVERSITIES

p
•Physical Activity
  •18-32% of male students and 13-22% of female students meet exercise guidelines

p
•Unhealthy Eating
  •Diet high in fat, sugar, and sodium
  •Increase in drinking and smoking
  •High caffeine usage

p
•Sleep
  •Quality
  •Quantity

n
•Risk Taking Behaviors
  •Fast driving
  •Contact sports
  •Substance use and abuse

HEALTH

- What does it mean to be healthy?

HEALTH AND SPIRITUALITY

HEALTH AND SPIRITUALITY

PARTICIPANTS

- Of the 338 distributed surveys, 323 were completed and returned, representing a response rate of 95.56%

INSTRUMENT

- Health Enhancement Lifestyle Profile (HELP) and the HELP-Screener
  - Originally for over 55
  - Modified for young adults & adults
  - Focus group with target population
  - Content expert Review
- 68-item modified-HELP

MODIFIED-HELP

- Exercise (7 items)
- Diet (14 items)
- Community and social participation (6 items)
- Leisure (11 items)
- Activities of daily living (8 items)
- Stress management and spiritual participation (7 items)
- Health promoting behaviors (5 items)
- Life satisfaction and happiness scale (4 items)
- Work and study satisfaction scale (6 items)

MODIFIED HELP

- The activities of daily living scale was omitted due to an alpha coefficient score of .45.
- Coefficient scores for all other scales ranged from .66 to .74, indicating acceptable internal consistently.

HELP-SCREENER

- 18-items
- Condensed version of the modified-HELP questionnaire
- Uses "yes" or "no" responses
- Example item "I exercise more than twice a week".

DATA ANALYSIS

- SPSS version 22
- Descriptive analysis
- Pearson correlation coefficients
- Chi-square tests
- Independent samples t-tests
- One-way Independent samples ANOVAs
- Two step cluster analysis using diet and exercise
  - Subsequem49rs2F, o-iw <00b4>Tj /TT7 1 T6step cluster analysis using diet and exercise

SIGNIFICANT ASSOCIATIONS

- Health status and exercise $F(2, 316) = 12.78$, $p < .001$)
- Health status and work and education satisfaction ($F(2, 286) = 9.03$, $p < .001$)
- Health status and life satisfaction and happiness $F(2, 310) = 1.53$, $p < .001$)
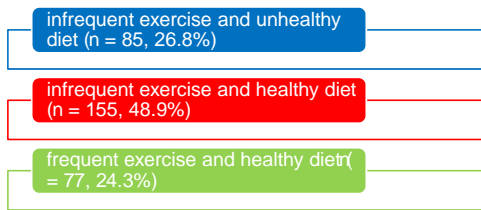
RESULTS

RESULTS

- Students who reported spending more time in sedentary activities were more likely to report a health problem ($F^2 (2) = 8.06$, $p < .05$).
- Most commonly reported health condition was back and neck pain $n = 44$), followed by anxiety ($n = 39$), sleep problems $n = 17$), depression ($n = 16$), and respiratory problems ($n = 15$).

CLUSTER ANALYSIS BASED ON EXERCISE AND DIET

- Two-step cluster analysis

infrequent exercise and unhealthy diet (n = 85, 26.8%)

infrequent exercise and healthy diet (n = 155, 48.9%)

frequent exercise and healthy diet (n = 77, 24.3%)

AREAS OF CONCERN

- Over half of the students indicated insufficient exercise
- Only 38% of students reported avoiding sedentary activities

AREAS OF CONCERN

Sitting Disease

-Musculoskeletal disorders
- Cardiovascular disease
- Cancer
- DM Type 2
- Premature death

AREAS OF CONCERN

- Sleep
  - Only 59% of the students reported getting at least 7 hours of quality sleep per night
  - Over half the study sample reported feeling tired or needing a nap at least 3-4 days per week
  - 15 students reported having sleep problems
- Monitoring health
  - Only 46% of students reported monitoring their health regularly
- Diet
  - More than half of the student sample indicated that they eat foods that are high in fats, cholesterol, sodium or sugar

VULNERABLE SUB-GROUPS

- Infrequent exercise & unhealthy diet
- Infrequent exercise & healthy diet
- Mature aged students

TEACHING & PROMOTING HEALTH

- Think about integrating breaks, stretches and exercise
- Ergonomic design (OT visit)
- Bringing candy to class?
- Providing support with stress management
- Early detection of problems
- Encouraging health monitoring
- Focus on spirituality

LIMITATIONS OF THE STUDY

- Cross-sectional
- Single-institution
- Self-report
- Pressure to complete surveys in class time

CONCLUSION