# Footnotes Feedback

# Eating Habits

The following questions were asked in regard to students’ eating habits on a current, daily, and weekly basis. Students were asked how/if they prepare food at home, their daily consumption of fruits/vegetables and sugar, and their weekly habits of eating out and alcohol consumption. They were also asked about how confident they felt about buying/preparing healthy foods at home.

## Current Eating/Cooking Habits

**For each of the following statements, indicate how strongly you agree or disagree about your current eating and cooking habits:** Figure 8.1: Current Eating and Cooking Habits

## Daily Consumption

### Fruits & Vegetables

**How many servings of fruits and vegetables do you usually consume per day? (not including fruit juices) (n=331, 82% of 402 reporting).**[1](#fn1)

1 serving= 1 medium piece of fruit; 1/2 cup fresh, frozen, or canned fruits/vegetables; 1 cup salad greens; or 1/4 cup dried fruit.

Figure 8.2: Daily Fruit & Vegetable Consumption

Looking at the daily consumption of fruits and vegetables, the majority of people claim to eat between 1-2 servings (229 people). 48 people claim to eat 0 servings, 45 people claim to eat 3-4 servings, and 9 people claim to eat 5+ servings.

### Sugar/Energy Drinks

**How many ounces of regular soda/cola/pop, sports drink, or energy drinks do you consume each day? (n=351, 87% of 402 reporting).**

Figure 8.3: Daily Sugar/Energy Drink Consumption

Looking at daily consumption of regular soda/cola/pop, sports drink, or energy drinks the majority of people claim to drink 0 ounces (189 people). 95 people claim to drink between 1-8 ounces, 36 people claim to drink between 9-16, and only a small number of participants claim to drink 17 or more ounces per day.

## Weekly Consumption

### Eating Out

**How frequently do you eat from fast food restaurants, convenience stores, or vending machines for a meal or meal replacement? (n=353, 88% of 402 reporting).**

Figure 8.4: Weekly Eating Out Consumption

Looking at the weekly consumption of eating fast food, the majority of people claim to eat out 1-2 times per week (210 people). 72 people claim to eat out 3-4 times, 55 people claim to eat out 0 times, and only a small minority of people claim to eat out 5 or more times per week.

### Alcohol Consumption

**How often do you consume at least one serving of alcohol (n=349, 87% of 402 reporting). If consumed, how many servings of alcohol do you consume when you drink alcohol (n=89, 22% of 402 reporting).** [2](#fn2)

Figure 8.5: Weekly Alcohol Consumption - Days & Servings

Looking at the weekly alcohol consumption, the majority of people claim to consume alcohol 0 days per week (258 people). 79 people claim to drink 1-2 days per week. Only a small number of people claim to drink 3 or more days per week. Of the people who do consume alcohol, the majority consume 1-2 servings (41 people). 25 people claim to drink 3-4 servings, 17 people claim to drink < 1 servings, and only a small number drink 5 or more servings.

## Food Comfort

**The following questions pertain to how comfortable you feel about buying or preparing food:**[3](#fn3) Figure 8.6: Buying/Preparing Food Comfort

1. This question was developed by the [American College Health Association’s (ACHA) National College Health Assessment](https://www.acha.org/documents/ncha/ACHA-NCHA_IIc_Web_Survey_2011_SAMPLE.pdf) (NCHA).[↩︎](#fnref1)
2. These questions were developed by the [National Institute on Alcohol Abuse and Alcoholism (NIAAA)](https://pubs.niaaa.nih.gov/publications/aa65/AA65.pdf) screening tool.[↩︎](#fnref2)
3. These questions were developed by the [Share Our Strength’s Cooking Matters survey tool](https://foodsharelc.org/wp-content/uploads/2019/07/2017-Survey.CMF_.English.pdf) (a USDA-SNAP-Ed approved survey).[↩︎](#fnref3)

# Sleep

The following questions were asked in regard to students’ sleep patterns. This includes their average nightly sleep during the academic year (week and weekend), if they feel sleep deprived, and what the causes of their sleep deprivation come from. They were also asked if they are tired at work/school, how often they are tired there, and if they have fallen asleep in class in the past year.

## Academic Year

**On average, during the academic year, how many hours of sleep do you get in a typical 24-hour period?**[1](#fn1) Note that for the week days we have (n=359, 89% of 402 reporting). And for the weekends we have (n=360, 90% of 402 reporting).

#### During the Week (Monday-Friday)

Figure 10.1: Weekday Hours of Sleep Distribution

#### During the Weekend (Saturday-Sunday)

Figure 10.2: Weekend Hours of Sleep Distribution

During the week, students claim to get an average (denoted by the dotted line) of 6.52 hours per night, with a median of 6 hours. During the weekend, students claim to get an average (denoted by the dotted line) of 7.88 hours per night, with a median of 8 hours. Students get an average of 1.36 more hours of sleep on the weekend versus during the week.

## Sleep Deprived

**On average, how many times per month do you feel deprived of sleep? (n=355, 88% of 402 reporting).**

Figure 10.3: Sleep Deprivation Distribution

Students claim that on average they were feeling sleep deprived (denoted by the dotted line) for 10.7 days out of the month, with a median of 7 days per month.

### Causes of Sleep Deprivation

**Select the activities that cause you to feel deprived of sleep (Select all that apply).**

| **Measure** | **Yes (%)** |
| --- | --- |
| Studying or finishing coursework. | 317 (91.4%) |
| Working a paid, unpaid job or internship. | 157 (45.2%) |
| Spending time with family or friends. | 131 (37.8%) |
| Watching movies, playing games, social media etc. | 125 (36.0%) |
| Attending social activities or events. | 76 (21.9%) |
| Other | 24 (6.9%) |

Table 10.1: Causes of Sleep Deprivation Breakdown

## Tired at Work/School

**How frequently do you feel tired while at work or school? (n=358, 89% of 402 reporting).**

Figure 10.4: Frequency of Tired at Work/School

The most common response that people felt tired at work or school was occasionally (208 people). 108 people claimed that they were always tired, 40 people claimed that they were rarely tired, and 2 people claimed that they were never tired.

## Fallen Asleep in Class

**Have you fallen asleep in class in the past 12 months? (n=349, 87% of 402 reporting).**

Figure 10.5: Fallen Asleep in Class (Past Year)

The majority of students (200 people) claim that they have not fallen asleep in class in the past year, while 149 people claim that they have fallen asleep in class.

1. This question was developed by the [Behavioral Risk Factor Surveillance System (BRFSS)](https://www.cdc.gov/brfss/questionnaires/pdf-ques/2018_BRFSS_English_Questionnaire.pdf) designed by the Centers for Disease Control and Prevention (CDC).[↩︎](#fnref1)

# Physical Activity

The following questions were asked in regards to their physical activity over the past week. Students were asked to select how many days in the last week they had done any of the following exercise types: moderate, vigorous, or strength training.[1](#fn1)

## Past 7 Days

The following three questions were asked in regards to participants physical activity over the past 7 days: Figure 9.1: Weekly Physical Activity

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Days** | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **Moderate Exercise** | 149 (41.2%) | 64 (17.7%) | 48 (13.3%) | 47 (13.0%) | 21 (5.8%) | 20 (5.5%) | 5 (1.4%) | 8 (2.2%) |
| **Strength Training** | 251 (69.3%) | 37 (10.2%) | 18 (5.0%) | 14 (3.9%) | 14 (3.9%) | 15 (4.1%) | 4 (1.1%) | 9 (2.5%) |
| **Vigorous Training** | 216 (59.7%) | 56 (15.5%) | 41 (11.3%) | 20 (5.5%) | 8 (2.2%) | 10 (2.8%) | 6 (1.7%) | 5 (1.4%) |

Table 9.1: Weekly Physical Activity Breakdown

### Moderate Exercise

How often did you do **moderate-intensity** cardio or aerobic exercise (caused a noticeable increase in heart rate, such as brisk walk) for at least 30 minutes? (n=362, 90% of 402 reporting).

* The majority of participants claim to have done 0 days of moderate exercise in the past week (149 people). The general trend is that as the number of days increases, the number of students who exercised for those given number of days decreases. This seems to be the most commonly performed type of exercise from the graph above (typically the highest number of days per week out of all exercise types).

### Strength Training

How often did you do 8-10 **strength training** exercises (such as resistance weight machines) for at least 8 repetitions each? (n=362, 90% of 402 reporting).

* The majority of participants claim to have done 0 days of strength training in the past week (251 people). The general trend is that as the number of days increases, the number of students who exercised for those given number of days decreases. Only a small number of people claim to do strength training for 3 or more days in the past week.

### Vigorous Exercise

How often did you do **vigorous-intensity** cardio or aerobic exercise (caused large increases in breathing or heart rate, such as jogging) for at least 20 minutes? (n=362, 90% of 402 reporting).

* The majority of participants claim to have done 0 days of vigorous exercise in the past week (216 people). The general trend is that as the number of days increases, the number of students who exercised for those given number of days decreases. Only a small number of people claim to do vigorous exercise for 4 or more days in the past week.

1. These questions were developed based on the [Surgeon General’s physical activity guidelines for adults](https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf) who recommend: 150 minutes to 300 minutes a week of moderate-intensity exercise, 75 minutes to 150 minutes a week of vigorous-intensity aerobic exercise, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. They also recommend strength-training activities on 2 or more days a week.[↩︎](#fnref1)

Food Security

The following questions were asked in regard to students’ feelings towards food security due to a lack of or no money. Students were asked in they had to cut or skip meals (and how often), went entire days without eating, and other situations due to a lack of money.[1](#fn1) Students were also asked how they handled situations when they had run out of money for food, and if they had gotten any assistance.

Food Eaten in Household

**For the following statements, please state whether they were often true, sometimes true, or never true for you/your household in the last 30 days.**

*Household is determined by the number of people you purchase and prepare food with. This may or may not include your roommates.*

Figure 7.1: Food Eaten in Household

Food Insecurity

The following was determined using the two item food insecurity screening questions. If a student answered “sometimes true” or “often true” to either question, they were considered to be food insecure (n=343, 85% of 402 reporting).:

* “I/We worried whether food would run out before I/we got money to buy more.”
* “The food that I/we bought just didn’t last, and I/we didn’t have money to get more.”

Figure 7.2: Two Item Food Insecure

Of the survey participants, the data indicates that the majority of them are considered to be food insecure (198 people). There are 145 survey participants not considered to be food insecure, meaning they answered “never true” to the above question criteria.

Eating Situations (Lack of Money)

*The following are statements that people have made about their eating situations over the last 30 days:*

Cut/Skip Meals

**Did you ever cut the size of your meals or skip meals because there wasn’t enough money for food (n=335, 83% of 402 reporting). If yes, how many days did this happen (n=111, 28% of 402 reporting).**

Figure 7.3: Cut/Skip Meal: Identification & Distribution

The majority of people claim that they did not have to skip meals due to not having enough money (224 people). However, 111 people claimed that they did have to skip meals due to not having enough money. Of the people that did skip meals, the average number of days where they had to skip/cut a meal (denoted by the dotted line) was 6 days, while the median was 5 days. The majority of the data is below 10 days, but a small amount of students did report skipping/cutting a meal more than 10 days in the last month.

No Food All Day

**Did you ever not eat for a whole day because there wasn’t enough money for food (n=345, 86% of 402 reporting). If yes, how many days did this happen (n=37, 9% of 402 reporting).**

Figure 7.4: No Food All Day: Identification & Distribution

Over the past 30 days at the time of the survey, 308 people claimed they did not have to skip eating for a full day due to not having enough money for food and 37 people claimed that they did skip eating for a full day. Of the people that did skip meals for an entire day, the average number of days where they had to skip/cut all meals (denoted by the dotted line) was 6 days, while the median was 3 days. The majority of the data is below 5 days, but a small amount of students did report skipping/cutting a meal more than 5 days in the last month.

More Eating Situations

**Below are more questions asked in regards to the students eating situations due to lack of money.**  
*Note: these are a series of Yes/No questions with only the “Yes” responses being displayed along with the percent of the data it composes.*

|  | **Yes (%)** |
| --- | --- |
| Did you ever eat less than you/your household felt you/your household should because there wasn’t enough money for food (n = 336)? | 104 (31.0%) |
| Were you ever hungry but didn’t eat because there wasn’t enough money for food (n = 344)? | 84 (24.4%) |
| Did you lose weight because there wasn’t enough money for food (n = 320)? | 43 (13.4%) |

* When it comes to eating less because there was not enough money for food, 104 people claimed that they experienced this and 232 people claimed they did not experience this.
* When it comes to being hungry but not eating because there was not enough money for food, 84 people claimed that they experienced this and 260 people claimed they did not experience this.
* When it comes to losing weight because there was not enough money for food, 43 people claimed that they experienced this and 277 people claimed they did not experience this.

Ran Out of Money

**In the last 30 days, if you ran out of money for food, what did you do? (choose all that apply):**

| **Measure** | **Yes (%)** |
| --- | --- |
| I did not run out of money for food | 196 (57.0%) |
| I used my credit card (not debit card) to buy food. | 90 (26.2%) |
| I started skipping meals. | 66 (19.2%) |
| My friends, family or roommates gave me money for groceries. | 52 (15.1%) |
| My friends, family or roommates fed me or took me out to eat. | 43 (12.5%) |
| I went to the food pantry or other free food organizations. | 38 (11.0%) |
| I can get free food/meals from my work. | 20 (5.8%) |

1. These questions were developed by the [USDA’s screener for food insecurity status](https://www.ers.usda.gov/media/8279/ad2012.pdf)[↩︎](#fnref1)