

# Executive Summary



Stonehill College

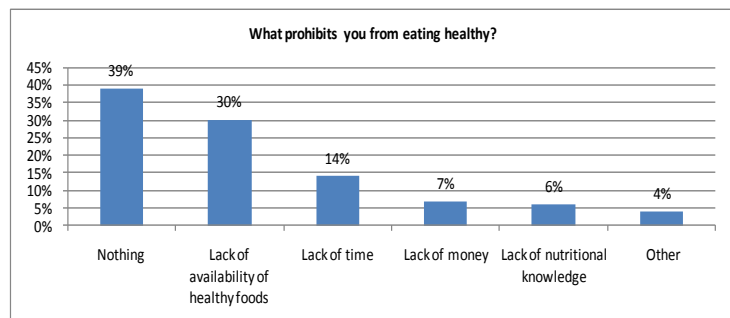
Health Behavior Needs Assessment  
November, 2009

**The Health Behavior Needs Assessment (HBNA) will assist the Health and Wellness Office in programming efforts. This baseline survey can assist in identifying areas that are successful and areas in need of improvement. In addition to snapshots provided below, the HBNA focuses on: Smoking, Sexual Health, Physical Activity, and identifies Sources of Health Information/Related Information.**

**For additional information, please contact Jessica Greene, Health and Wellness Coordinator, at 508-565-1544.**

## Nutrition

- On average more Stonehill students eat 1-2 servings of vegetables, fruits, dairy and protein each day, with 54% of those surveyed eating 3-4 servings of grains per day.
- When asked “how often do you choose whole grain products”, 59% indicated 1-2 times a day.
- With 52% of student respondents trying to lose weight, the ability to navigate, identify and purchase healthy food items is important to the student population. Of those trying to lose weight, 35% selected “making healthy food choices” and/or “exercising daily” as a way to reduce their weight.
- When asked “what prohibits you from eating healthy”, 39% said “nothing” while 30% indicated the “lack of availability of healthy foods.”



## Alcohol

- 65% of the student respondents drink alcohol.
- When asked “how satisfied are you with finding fun, non-alcoholic activities on campus”, 35% were extremely satisfied/satisfied, with 40% being neither satisfied nor dissatisfied. 86% of the respondents indicated that they will or might be willing to participate in alcohol free late night weekend activities.
- A large number of survey respondents are not concerned with alcohol use (97%) and feel that it does not negatively impact their health (76%) or their academics (89%). In fact, 85% selected “no” when asked “would you like to cut down on your alcohol use”.

## Stress

- 83% of the student respondents are stressed most of the time/sometimes.
- When asked “how often do you manage your stress WELL”, 84% manage stress most of the time/sometimes.
- Respondents indicated that because of stress, they were unable to eat or sleep (53%), and cancelled plans/skip class or work (43%).

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## **Spiritual Health**

- 56% of the student respondents do or might engage in forms of meditation or prayer. Of those students, 85% pray daily/weekly.
- When asked “do you feel that your spirituality has a positive impact on your health and wellbeing”, 74% indicated “yes”.