

# Healthy Students 2020: A Self-Reported Assessment of the Texas State Student Population's Health, Based On Focus Areas from Healthy People 2020



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## Abstract

- Healthy People 2020 sets goals in the areas of public health for the nation. Health Impact Assessments (HIA) help assess a community's health. A paucity of literature exists on HIAs conducted at the university level. A survey would begin the research to create a full HIA.
- Objective:** The purpose of this study is lay the groundwork for an HIA at the university level.
- Methods:** An electronic survey will be sent to a random sample from a stratified population of students at Texas State University. The results will be compiled and analyzed. To further elucidate the responses, select participants will be invited back for a one-hour focus group. The discussion will be recorded and transcribed for further analysis. The overall analysis will compare the health practices of the student body with the national goals of health, nutrition, and exercise as set by Healthy People 2020.
- Significance to field:** Not only does the US lag behind other countries with HIAs, there is a gap in the literature on HIAs conducted at the university level. The results of this study will help lay the groundwork for a full HIA.

## Methods

- If approved by the university IRB, we intend to disseminate electronic surveys toward the end of the spring semester, 2016. Depending on the response rate, results will ideally be tabulated and analyzed by the end of the summer.
- Our intent is to enable a comparison of our student population with national averages in order to help gauge the effectiveness of university public health initiatives and local public health interventions.
- Below illustrates national statistics as reported at the end of 2015.

## Examples of the Survey

5. Please tell us whether you "strongly disagree", "disagree", "neutral", "agree" or "strongly agree" with each of the next 8 statements.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
There is good healthcare at Texas State University.	<input type="radio"/>				
Texas State University is a safe place to live and study.	<input type="radio"/>				
Consider how safe you feel at in and around campus.	<input type="radio"/>				
There is plenty of help for people during times of need at Texas State University via support groups.	<input type="radio"/>				
There is plenty of help for people during times of need at Texas State University including neighbors.	<input type="radio"/>				
There is plenty of help for people during times of need at Texas State University via faith community outreach.	<input type="radio"/>				
There is plenty of help for people during times of need at Texas State University via community organizations.	<input type="radio"/>				
There is plenty of help for people during times of need at Texas State University.	<input type="radio"/>				
There is plenty of help	<input type="radio"/>				

9. Where do you get most of your health-related information?

Friends and family  
 Hospital  
 Doctor/nurse  
 Health department  
 Pharmacist  
 Help lines  
 Church  
 Books/magazines  
 Internet  
 Other (please specify) \_\_\_\_\_

10. What health topic(s)/ disease(s) would you like to learn more about?  
 \_\_\_\_\_

11. Do you have children between the ages of 9 and 19 for which you are the caretaker? (Includes step children, grandchildren, or other relatives.)  
 Yes  
 No  
 Refused to answer

21. Do you smoke? (Include regular smoking in social settings.)  
 Yes  
 No  
 Don't know/Not sure  
 NA

22. Where would you go for help if you wanted to quit?  
 Doctor  
 Church  
 Pharmacy  
 Private counselor/therapist  
 Health Department  
 I don't know  
 Not planning/trying to quit  
 Other (please specify) \_\_\_\_\_

23. Where do you think you are exposed to secondhand smoke most often?  
 Home  
 School  
 Workplace  
 Hospitals  
 Restaurants  
 Bars  
 Other (please specify) \_\_\_\_\_

45. Which of the following categories best describes your employment status?  
 Employed, working full-time  
 Employed, working part-time  
 Not employed, looking for work  
 Not employed, NOT looking for work  
 Retired  
 Disabled, not able to work  
 Other (please specify) \_\_\_\_\_

46. Where are you most often when you use the internet?  
 School  
 Bookstore  
 Cafe or coffee shop  
 Friend's home  
 Home  
 Library  
 Outside  
 Work  
 Other (please specify) \_\_\_\_\_

## Healthy People 2020 & Obj.

- Healthy People 2020 is a set of goals and objectives with 10-year targets designed to guide national health promotion and disease prevention efforts to improve the health of all people in the United States. It is broken down into two topic areas and 26 leading indicators (Brochure).
- Healthy Students 2020**
- Our study intends to evaluate results from a small HIA collected from a sample of students from Texas State University to compare the results to the goals of Healthy People 2020. This survey is an effort to produce an HIA, or lay the groundwork for the same, as described in Establishing the Practice of Health Impact Assessment in the United States (Wendel, 2012). Due to the young age of our student population and the healthy behavior of our student population, we expect the sample to meet or exceed the goals of Healthy People 2020. This study fills a gap in the literature that compares any student population with the goals of Healthy People 2020. The results of this study will help the university gauge whether its existing practices of encouraging healthy behavior align with national public health goals.

## Survey Instrument

A survey has been developed in cooperation with the Health Promotion and Chronic Disease Prevention Section of the Texas Department of State Health Services. This survey would begin the research to create a full HIA. Paper surveys will be manually distributed outside the LBJ Student Center by two researchers. The results will be compiled and analyzed. To further elucidate the responses, select participants will be invited back for a one-hour focus group. The discussion will be recorded and transcribed for further analysis. The overall analysis will compare the health practices of the student body with the national goals of health, nutrition, and exercise as set by Healthy People 2020.

## Examples



## HealthyPeople 2020 Goals

### NUTRITION, PHYSICAL ACTIVITY, AND OBESITY

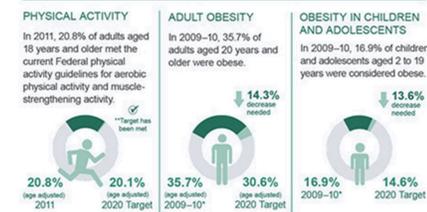
Many Americans do not eat a healthy diet and are not physically active at levels recommended to maintain proper health. This has contributed to an increase in adult and childhood obesity, which is particularly troubling as obesity puts individuals at increased risk for heart disease, stroke, and diabetes, all of which are among the leading causes of death.

#### RELATED DISPARITIES

**PHYSICAL ACTIVITY IN ADULTS BY SEX**  
 Males (24.6%, age adjusted) had a higher rate of meeting the current Federal physical activity guidelines than females (17.1%, age adjusted) in 2011.

**VEGETABLE INTAKE BY EDUCATIONAL ATTAINMENT**  
 In 2001-04, college graduates on average consumed 1.0 cup equivalents of total vegetables per 1,000 calories per day (age adjusted), whereas persons with less than a high school education consumed 0.8 cup equivalents (age adjusted).

#### TARGETS



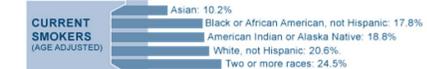
### TOBACCO

Tobacco use causes serious diseases and health problems including cancer, heart disease, lung diseases, pregnancy complications, and vision problems. Secondhand smoke exposure also causes heart disease and lung cancer in adults, and health problems in infants and children. Preventing tobacco use and helping people who use tobacco quit can improve health and quality of life for many Americans.

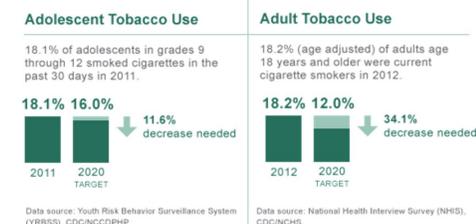
#### RELATED DISPARITIES

#### Current Cigarette Smoking Across Racial and Ethnic Groups

Among adults 18 years and older, the rate of current cigarette smoking varies among racial and ethnic groups. The Asian population had the lowest rate in 2012, 10.2% (age adjusted).



#### HEALTHY PEOPLE 2020 TARGETS

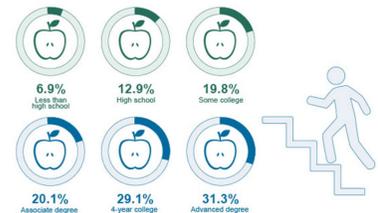


### Nutrition, Physical Activity, and Obesity

Good nutrition, regular physical activity, and a healthy body weight are essential parts of a person's overall health and well-being. A healthful diet, regular physical activity, and achieving and maintaining a healthy weight also are important to managing many health conditions so they do not worsen over time.

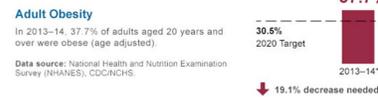
#### Adult Physical Activity by Education, 2014

The proportion of adults aged 25 years and over who met the guidelines for aerobic physical activity and for muscle-strengthening activity in 2014 increased as education level increased (age adjusted).



Data source: National Health Interview Survey (NHIS), CDC/NCHS.

#### Healthy People 2020 Targets



\*Target is based on a 4-year estimate, and the most recent (2013-14) 2-year estimate will be replaced by a 4-year estimate later in the decade.

## Conclusions

- This study is in its initial stages.
- We plan to calculate and publish comparisons by the end of the summer.
- Future research emanating from this study could establish a university-level Health Impact Assessment.
- IRB #2015T4765