

**Las Positas College**  
**Student Satisfaction Survey: October 2016**  
**Responses to Health-Related Questions**

Within the last school year, have any of the following affected your academic performance?	Yes, affected academics	Percentage of those responding					Responses to each question	
		YES...				NO,	N	Pct. of 1,513
		But did not affect my academics	Earned a lower exam grade	Earned a lower course grade	Received an incomplete/dropped	Did not experience this		
Stress	58%	25%	26%	22%	10%	17%	1,430	95%
Sleep difficulties	43%	29%	21%	17%	4%	28%	1,412	93%
Flu/ cold/ seasonal allergies	19%	37%	11%	7%	2%	44%	1,396	92%
Drug use	4%	13%	1%	1%	1%	84%	1,403	93%
Alcohol use	3%	17%	1%	1%	1%	81%	1,408	93%
Depression/ anxiety/ seasonal affect disorder	31%	17%	10%	14%	6%	52%	1,415	94%

Please respond if you have experienced the following:	Yes, within 12 months	Percentage of those responding					Responses to each question	
		YES, in the last...			NO,		N	Pct. of 1,513
		14 days	30 days	12 months	not in the last 12 months	never		
Felt things were hopeless	45%	17%	9%	19%	15%	40%	1,398	92%
Felt overwhelmed by all you had to do	71%	36%	13%	21%	6%	23%	1,399	92%
Felt very sad	54%	23%	10%	20%	14%	32%	1,401	93%
Felt overwhelming anxiety	55%	25%	11%	19%	11%	35%	1,399	92%
Seriously considered suicide	10%	3%	2%	6%	14%	76%	1,396	92%
Felt so depressed that it was difficult to function	29%	9%	6%	14%	13%	59%	1,400	93%
Attempted suicide	3%	1%	1%	2%	8%	89%	1,398	92%

Within the last 30 days, on how many days did you use:	Used within last 30 days	Percentage of those responding								Responses to each question	
		Never Used	Have used, but not in last 30 days	Days						N	Pct. of 1,513
				1-2	3-5	6-9	10-19	20-29	All		
Marijuana	21%	62%	17%	5%	3%	2%	4%	2%	5%	1,410	93%
Alcohol	36%	45%	18%	13%	8%	7%	5%	2%	1%	1,406	93%
Prescription pain pills (not prescribed)	5%	84%	11%	2%	1%	1%	0%	0%	1%	1,360	90%

## Student Satisfaction Survey (2016) Results: Responses to Health-Related Questions

On average, how many days a week do you engage in moderate to strenuous exercise?	Percentage of those responding	
	N	Pct
0 days	220	15%
1-2 days	444	31%
3-4 days	461	32%
4-7 days	300	21%
<b>Total</b>	<b>1,425</b>	<b>100%</b>

When you do engage in strenuous exercise, on average, how many minutes do you exercise at this level?	Percentage of those responding	
	N	Pct
15 min	160	12%
30 min	292	22%
45 min	256	19%
60 min	611	46%
<b>Total</b>	<b>1,319</b>	<b>100%</b>

How many servings of fruits and vegetables do you get in a day? (1 serving = 1 med. Sized whole fruit or 1/2 cup of chopped	Percentage of those responding	
	N	Pct
none	115	8%
1-2 servings	809	58%
3-4 servings	382	27%
5 or more	99	7%
<b>Total</b>	<b>1,405</b>	<b>100%</b>