Linking Student Health & Wellness to Academic Success

This poster reviews data collected in November 2008 on the American College Health Association’s National College Health Assessment regarding the self-reported health impediments that affect academic performance. SUNY Oneonta students’ data is shown here compared to the national reference group’s data.

Question 45. Within the last 12 months, have any of the following affected your academic performance? Chart below reflects those who answered “I have experienced this issue but my academics have not been affected.”

Note: This survey was administered 11/2008, prior to the H1N1 pandemic.

- 57.9% of students reported feeling overwhelmed by all they had to do in the previous two weeks (Q30B).
- Of students who consume alcohol, approximately three quarters consume alcohol on two days a week or less (Q8A5).

Research shows that smoking, drinking, health-related quality of life, social support, and maladaptive coping strategies are the health & psychosocial variables most closely related to retention. Mental health is a significant independent predictor of achievement.¹

4 major health problems (sleep difficulties, relationship difficulties, cold/flu/care for sick family member) contribute to THREE health impediments to academic performance (stress, alcohol use and internet use/computer games) which are responsible for 40% of students' poor academic performance.²

Health promotion professionals need to become well versed in evidence-based and evidence-indicated strategies that can affect the most change on college student populations. Increasing students’ overall health and wellness not only benefits the individual, but the institution as well.


Rebecca Harrington
Health Educator, Student Health Services
SUNY Oneonta