

Health in the HAW

- Campus Bergedorf -

Project carried out by:

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Empirical study on health and health promotion needs of students. 750 printed questionnaires and app. 400 mailed ones.

The return was 290 filled out questionnaires, so about 12% of all Bergedorf Students were willing to answer a five page questionnaire –

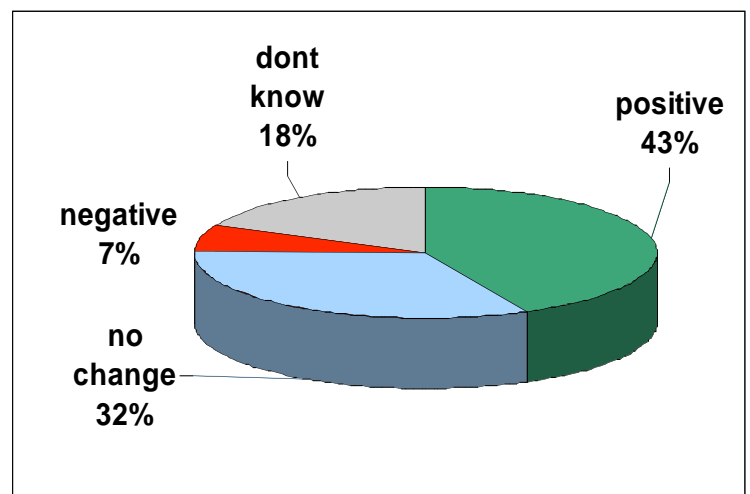
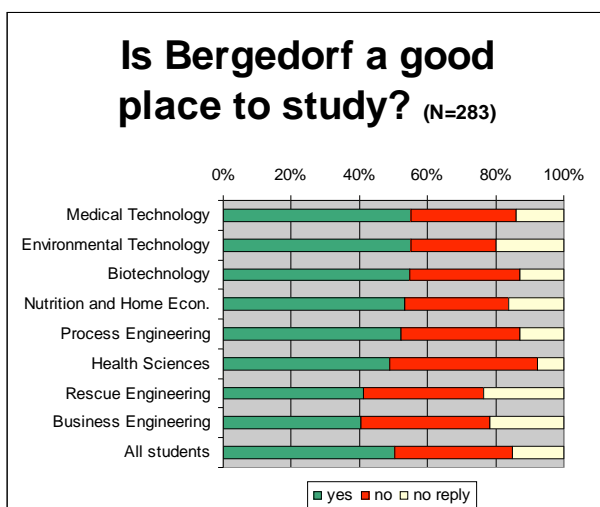
THANK YOU all.

What do you think about the communication between..(N=285)

Communication	students in your study group?	.. students and teaching staff?
good	56.5%	40.0%
neutral	39.7%	53.0%
bad	3.9%	7.0%

Study Subject	Frequency	% in Sample	% of students studying this subject
Nutrition and Home Economics	75	25,9	14,4%
Health Sciences	51	17,6	20,2%
Business Engineering	37	12,8	9,3%
Biotechnology	31	10,7	10,0%
Medical Technology	29	10,0	9,1%
Process Engineering	23	7,9	8,6%
Environmental Technology	20	6,9	9,8%
Rescue Engineering	17	5,9	16,0%
All subjects	283	97,6	11,9%
No subject mentioned	7	2,4	
Total	290	100,0	

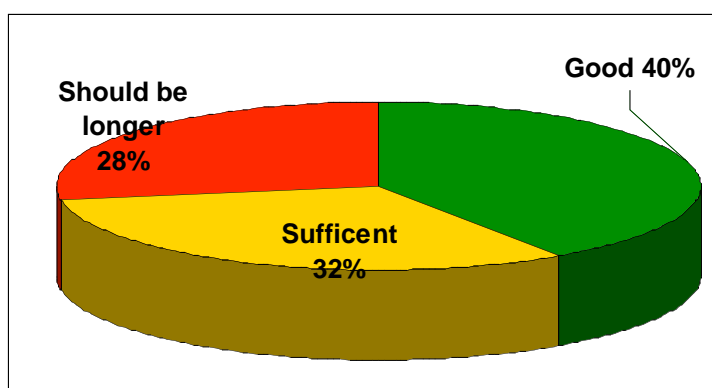
„Have your future expectations changed during your studies?“ (N=282)



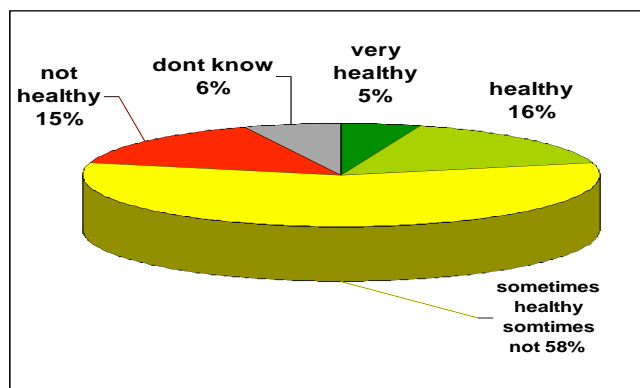
The Campus

The „Mensa“ and other Facilities

How do you find the opening hours of the Mensa? (N=269)



Do you find the food healthy offered at the mensa and the cafeteria? (N=265)



How clean do you find the the Mensa? (N=269)

Mensa	Male	Female
Clean	91.6%	81.6%
Sometimes clean / dirty	8.4%	18.4%
Dirty	0.0%	0.0%

Do you have suggestions for the improvement of the mensa/ cafeteria?

Improvement suggested	% of all students (50% made no comments)
more variety	18,6%
better quality of the food	15,5%
better service	12,1%
cheaper prices	3,8%

What do you think about the temperature in the rooms at the Campus Bergedorf? (N=281)

Temperature	Male	Female
good	24,8%	8,9%
neutral	35,4%	25,6%
bad	39,8%	65,5%

How would you rate the toilets at the Campus Bergedorf? (N=240)

Toilet Grades	Male	Female
Very good	2.7%	0.6%
2	22.3%	7.1%
3	28.6%	19.0%
4	25.0%	25.6%
5	16.1%	28.0%
Very bad	5.4%	19.6%

Female students grade the toilets and the temperature significantly worse than male students.
Disturbance by noise is less of a problem.



Health and Illness

“How many days, within the last six month, have you been ill so that you couldn’t do your usual routines?”

- 24,9% didn’t feel ill at all
- 28,4% felt ill up to three days
- 33,0% four to ten days
- 13,7% over 10 days

40,4% haven’t seen a doctor at all within the last six month. If they went to a doctor, this was mostly between one and three times (44, 6%).

90,9% (which is 260 students out of 290) haven’t been to a hospital at all within the last six month.

Chronic Diseases (N=290)

Allergies	32,8%
Backache	11,7%
Astma	5,2%
Other chronic disease	9,3%

BMI, grouped (N=273)

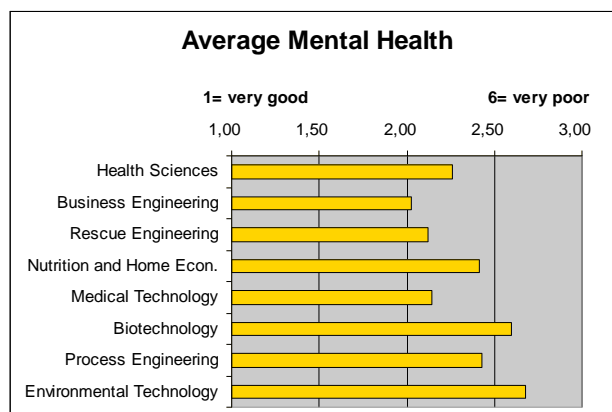
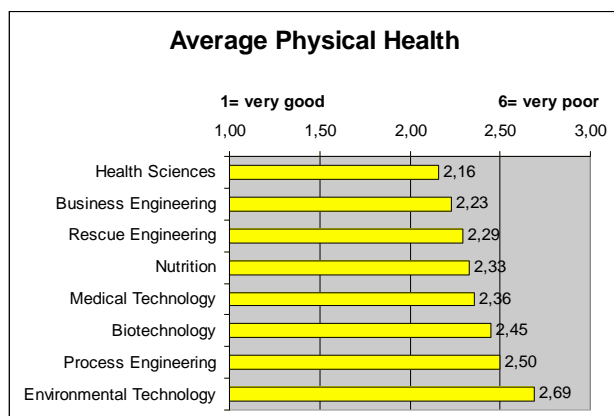
Underweight (1)	2,1%
Normal weight	80,0%
Overweight (2)	10,3%
Obese (3)	1,7%

(1) BMI <18; (2) 25<BMI< 30 (3) BMI >30

Students were asked to rate their health

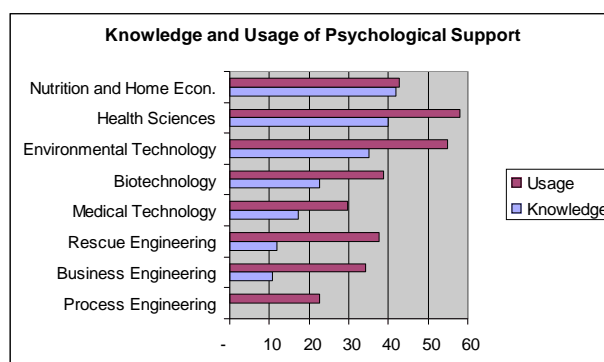
between 1= very good and 6 very poor (N=285)

Ordered according to Physical Health Ranking



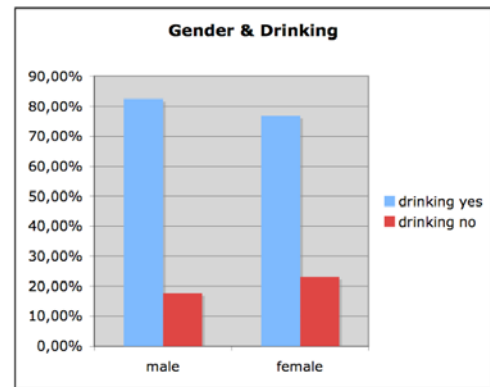
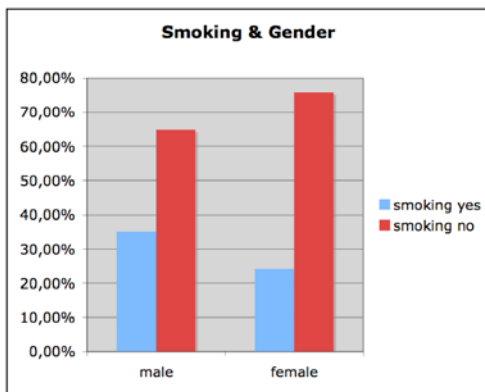
Only 27% of all students **know** about the psychological support which is offered to students.

40% of all students said they would **use** psychological help from the HAW if they needed.



Health Behaviour

A few questions were asked about the mental health of the students at campus Bergedorf. Smoking and drinking habits as well as stress level were stratified according to gender.

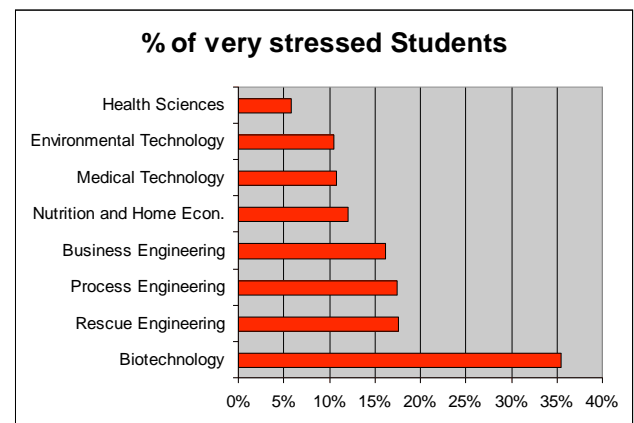
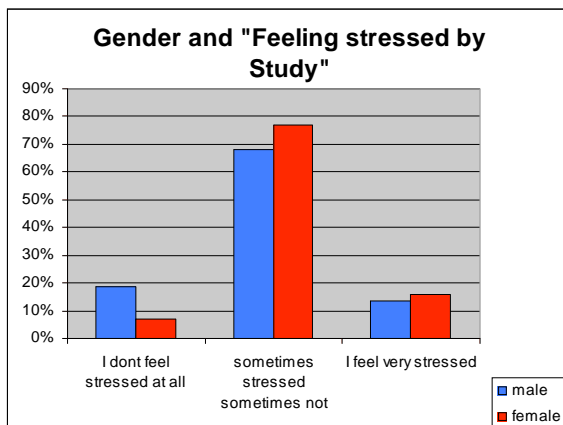


Of the students who smoke

- 21,4% smoke up to 9 cigarettes per week
- 28,6 % smoke 10 to 40 cigarettes per week
- 25,0 % smoke 41 to 75 cigarettes per week
- 25,% smoke more than 75 cigarettes per week

Of the students drinking alcohol

- 31,5% drink up to 3 times a month
- 28,9% 4 to 6 times a month
- 24,6% 7 to 15 times per month
- 15,0% drink more often



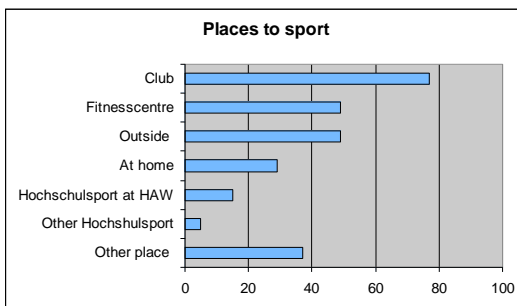
Students relieve themselves from stress by doing sports (54,8%), listing to music (54,8%) and watching TV (35,5%) to Only 12,8% use cigarettes and 12,1% drink alcohol



Sports

80,4% of the students at campus Bergedorf do sports. On average they do 4,5 hours of sports per week.

A larger percentage of women do sports, but men sport on average more hours per week. The time spent on sporting varies up to 30 hours per week.



The students who study business engineering do sports the most (94%). Students who study environmental engineering (73%) and process engineering (73%) do sports the least. "Hochschulsport" is rarely used.

Sports Hit List	% of 290
Jogging	35%
Fitness	16%
Ballsports	15%
Cycling	13%
Swimming	10%
Aerobics etc.	9%
Tennis/badminton /squash	7%
Others	13%

There is no relationship in our study between doing sports and

- BMI,
- mental health and
- physical health.

Only **half** of the sporting students feel there is enough time during term time to do sports. In Health Science and Process Engineering only 40% of the students have enough time.

- 25% of the people who do sports, do this because it is fun.
- Also Health (19%), fitness (17%) and mental-wellbeing (13%) are important reasons to do sports.
- Only 6% of the students sport to look good.



The Students

60% of the answering students were female, 40% male (females varying between 91% in Nutrition and 13% in Rescue Engineering). 16 students mentioned own children, together 23. Half of these students study Health Sciences. 88% of all were of German nationality.

The age varied between 19 and 41:

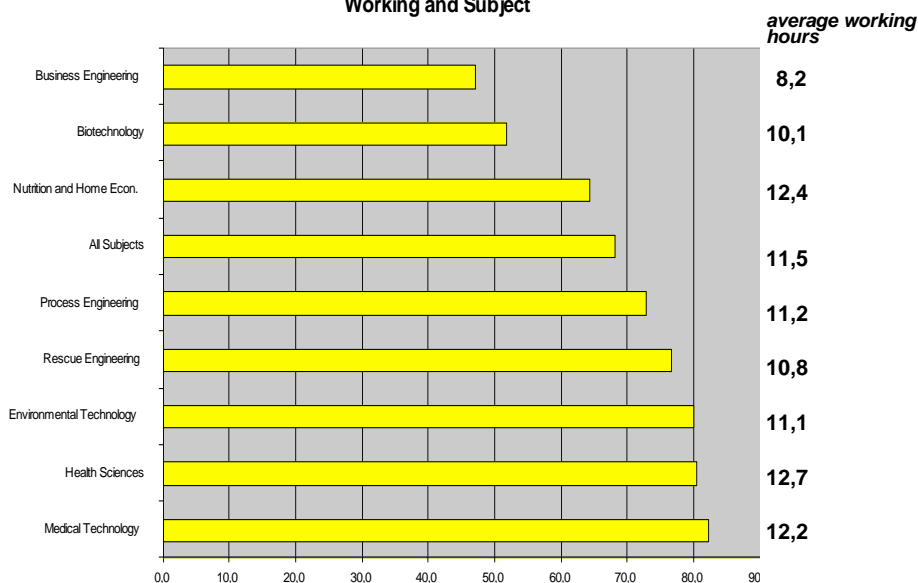
- 41% being 22 years old or younger,
- 36% between 23 and 26,
- 23% 27 or older.

The Health Sciences students being the oldest with an average age of 27,6 years, Business Engineering students being the youngest with an average of 22,4 years.

- 30% of the students live with their partner (between 53% in Health Sciences and 12% in Rescue Engineering).
- 26% live on their own (between 41% in Medical Technology and 11% in Rescue Engineering).
- 22% of the students live with roommates - in dormitories or "Wohngemeinschaft" (between 42% in Environmental Technology and 13% in Process Engineering).
- 19% of the students live with their parents (between 44% in Process Engineering and 6% in Health Sciences).

68% of all students work beside their studies, on average 11,7 hours per week. 42% of the working ones feel the management being stressful or "almost impossible". Only 14% feel it being easy (rest: "o.k."). 9,4% of the students who work besides studying „feel very stressed“ compared to 5,4% who are not working.

Working and Subject



94% of all answering students tell us something about their finances:

Money per month	%
under 300 €	15,8
300 € - under 500 €	28,9
500 € - under 700 €	31,5
700 € - under 900 €	15,0
900 € - under 1100 €	4,4
1100 € and over	4,4

Students financial support

- 33% by the state,
- 69% by their family and
- 10% by others (multiples answers possible).

Only 2,4 % mention, that they get no financial support (11,4% missing).

