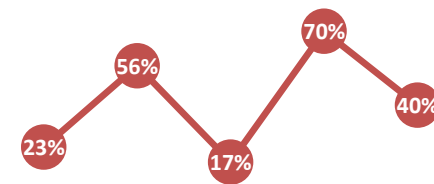




# The Monthly Stat

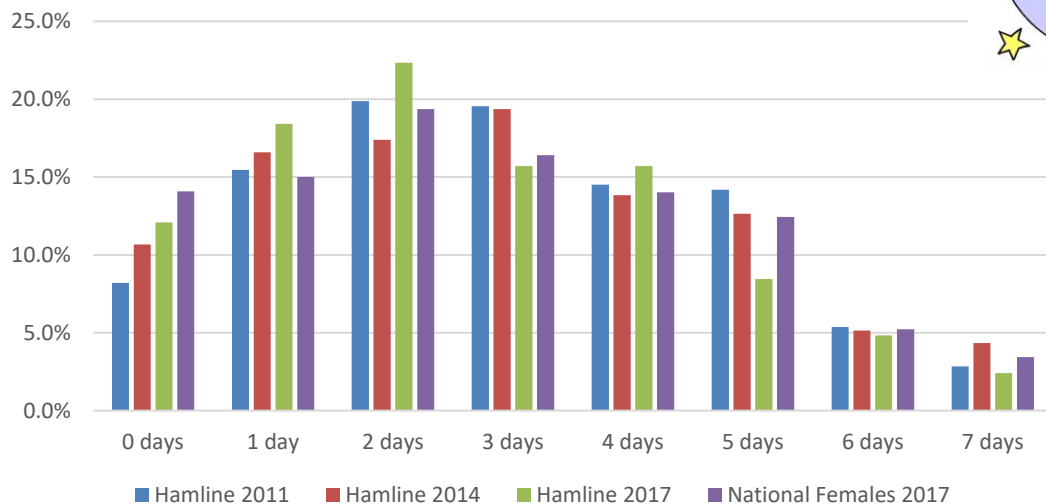


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DECEMBER 2018

Information from the Fall 2017 National College Health Assessment Undergraduate Survey

Enough Sleep to Feel Rested - Hamline Females Trends (2011, 2014, 2017) and National Benchmarks



**What percent of Male respondents say they have a little/no problem at all with sleepiness during daytime activities?**

- A. 35%
- B. 45%
- C. 60%
- D. 65%

**Over a quarter of females reported doing 8-10 strength training exercises 1 to 3 days in the last 7 days.**



**Where's Bishop Leo?**



**55.5% of female respondents and 45.5% of male respondents used sunscreen regularly with sun exposure.**

