



Introduction

Concepts

- **Holistic Medicine:** healing the body as a whole, as well as addressing symptoms through intervention of diet, exercise, and sleep (1)
 - Holistic remedies include hot teas, breathing exercises, essential oils, epsom salts, chicken broth, etc.
- **Food Access:** ability to go to the grocery store when necessary, which is affected by residence location, transportation, distance, travel time, and to buy the products desired
- **Preference:** method of remedy chosen most often

Purpose

- College often presents new challenges that can lead to inadequate stress-management and poor exercise, eating, and sleeping habits (2,3,4)
- Research has shown that there is a relationship between these factors and the development of illnesses (3,4)
- These ailments can be addressed via over-the-counter (OTC) medications or holistic remedies
- There is not much data specifying the relationship between freshman undergraduates and their use of holistic medicine
- The purpose of this study is to understand the overall approaches and resources first year undergraduate students use for their health and wellness

Research Questions

- How do first-year on campus students approach illnesses that arise throughout the semester, especially now in regards to pandemic conditions?
- Do students have the knowledge and resources to explore or use holistic remedies in substitution of OTC medications to alleviate illnesses?

Methods

- Survey data was collected using a recruitment email that was sent to all Texas A&M freshmen students
- Target population was first year freshmen students living in a dorm or off-campus, away from family
- Data was collected using a nonexperimental quantitative survey questionnaire
- Survey questions were developed corresponding to 3 main areas:
 - Demographic and lifestyle
 - Different scenarios regarding the treatment of illnesses
 - Impact of COVID-19
- The survey was sent out once in November 2020 before finals
- The data was coded in excel
- Stata was used to tabulate results and generate preliminary data

Preliminary Findings

Fig 1. Survey demographics

Age	Gender		Total
	0	1	
18	4	32	36
19	8	5	13
20	0	1	1
Total	12	38	50

Fig 1. Discussion

- Majority (64%) of survey takers were 18 year old females, but all of them were 18 - 21 years old
 - This aligns with the ages of most first-time college freshmen (5)

Fig 2. Frequency of eating on campus vs On campus access to kitchen

On Campus Eating	On Campus Access to Kitchen				Total
	0	1	2	3	
1	0	0	0	1	1
2	0	6	4	0	10
3	0	2	0	1	3
4	3	3	14	1	21
Total	3	11	18	3	35

Fig 2. Discussion

- 100% of on campus students eat on campus at least once a week
 - 100% of those without access to a kitchen or appliances ate on campus daily
 - Only 8.6% of those living on campus reported access to a complete kitchen, but even those reported eating on campus at least once per week
- Overall, 88.57% of students reported eating on campus at least 3-4 times a week
 - Those with access to only a communal kitchen eat on campus most frequently

Fig 3. Addressing a common cold vs On/off campus residence

On/Off Campus	Addressing a Common Cold				Total
	0	1	2	3	
0	0	12	1	22	35
1	3	5	0	7	15
Total	3	17	1	29	50

Fig 3. Discussion

- 94.00% of all students chose a holistic approach to combat a common cold
 - 100% of on campus students chose holistic options
 - 80% of off-campus students chose holistic options

Fig 4. Willingness to pull an all-nighter vs On/off campus residence

On/Off Campus	All-Nighter		Total
	0	1	
0	10	25	35
1	7	5	12
Total	17	30	47

Fig 4. Discussion

- 63.83% of all students are willing to pull an all nighter for a class
 - Almost 30% more on campus respondents were willing to pull an all-nighter for a grade than off campus respondents

Fig 5. Impact of COVID-19 on exercise vs On/off campus residence

On/Off Campus	Exercise Before and After COVID			Total
	0	1	2	
0	10	23	2	35
1	5	7	0	12
Total	15	30	2	47

Fig 5. Discussion

- 63.83% of all the respondents feel that the amount of exercise they get has decreased due to the COVID-19 pandemic
 - More on campus students feel that the amount of exercise they get has decreased due to the pandemic
- All students, besides two, knew how COVID-19 impacted how often they exercise

Conclusion

- While our results are impacted by COVID-19 adaptations, the preliminary data collected indicates that the extent of holistic health practiced by all students of this survey regardless of residential location tends to be dependent on accessibility
- According to preliminary results, the majority of students use holistic remedies to combat their illnesses (as shown in Fig 3)
 - More on campus students reported that they used a holistic approach to treating a common cold
- However, it does seem that COVID-19 has had an impact on how often freshmen students exercise (as seen in Fig 5)
 - Although exercise is an important part of holistic remedies, it cannot be concluded that all uses of holistic remedies were affected by COVID-19
- The majority of on-campus students chose to pull all-nighters to study for a test rather than sleeping to heal themselves and prepare for the next day (as seen in Fig 4)
 - The opposite is shown for off-campus students
- Preliminary data shows that the majority of students will still eat out 3 - 4 times a week regardless of kitchen accessibility (as shown in Fig 2)
- There is not enough data to determine whether a majority of Texas A&M students have the knowledge or resources to explore or use holistic remedies

Future Implications

- The survey will be sent out again in the future
 - With more respondents, we expect the statistical power to increase
- We seek to create infographics containing QR codes to post near dining establishments to educate students on accessible and affordable holistic options

References

1. **Berliner HS, Salmon JW.** The Holistic Alternative to Scientific Medicine: History and Analysis. *International Journal of Health Services*, 10(1), 133-147: 1980.
2. **Deshpande S, Basil MD, Basil DZ.** Factors Influencing Healthy Eating Habits Among College Students: An Application of the Health Belief Model. *Health Marketing Quarterly*, 26:2, 145-164: 2009.
3. **Rawson HE, Bloomer K, Kendall A.** Stress, Anxiety, Depression, and Physical Illness in College Students. *The Journal of Genetic Psychology* Taylor & Francis, 155:3, 321-330: 1994.
4. **Zaleski EH, Levey-Thors C, Schiaffino KM.** Coping Mechanisms, Stress, Social Support, and Health Problems in College Students. *Applied Developmental Science*, 2:3, 127-137: 1998
5. **Texas A&M University.** (n.d.). *Student Demographics*. Texas A&M University: Accountability. Retrieved 3 22, 2021, from <https://accountability.tamu.edu/All-Metrics/Mixed-Metrics/Student-Demographics>