

Introduction

- With a large number of commitments relating to organizations and studies, college students will likely not seek medical attention even when necessary.¹
- Unwin, Goodie, Reamy, and Quinlan (2013) found that college students experience a disproportionate number of health problems could have been avoided with preventative health practices.²
- Previous research fails to provide a specific reason as to why college students neglect engaging in preventative health measures.
- Effective preventative health education may aid in helping college students recognize, minimize, and respond effectively to potential health problems.
- Purpose of this research
 - Investigate the biggest barriers for students who avoid seeking preventative healthcare.
- Research question
 - What are the biggest constraints that contribute to how university students are seeking preventative medical resources during the school year?

Methods

- Mixed methodology
 - Survey and interview data collection
- Survey
 - Highlight factors of school-life balance associated with practicing preventative health
 - These include recent physicals, vaccinations, social distancing practices, exercise, and time spent outside while maintaining participation in student activities
- Individual interviews
 - Further elaborates on their survey responses
 - Allows for better understanding of the problems they face in relation to barriers affecting their ability to improve their preventative healthcare practices

Background Information

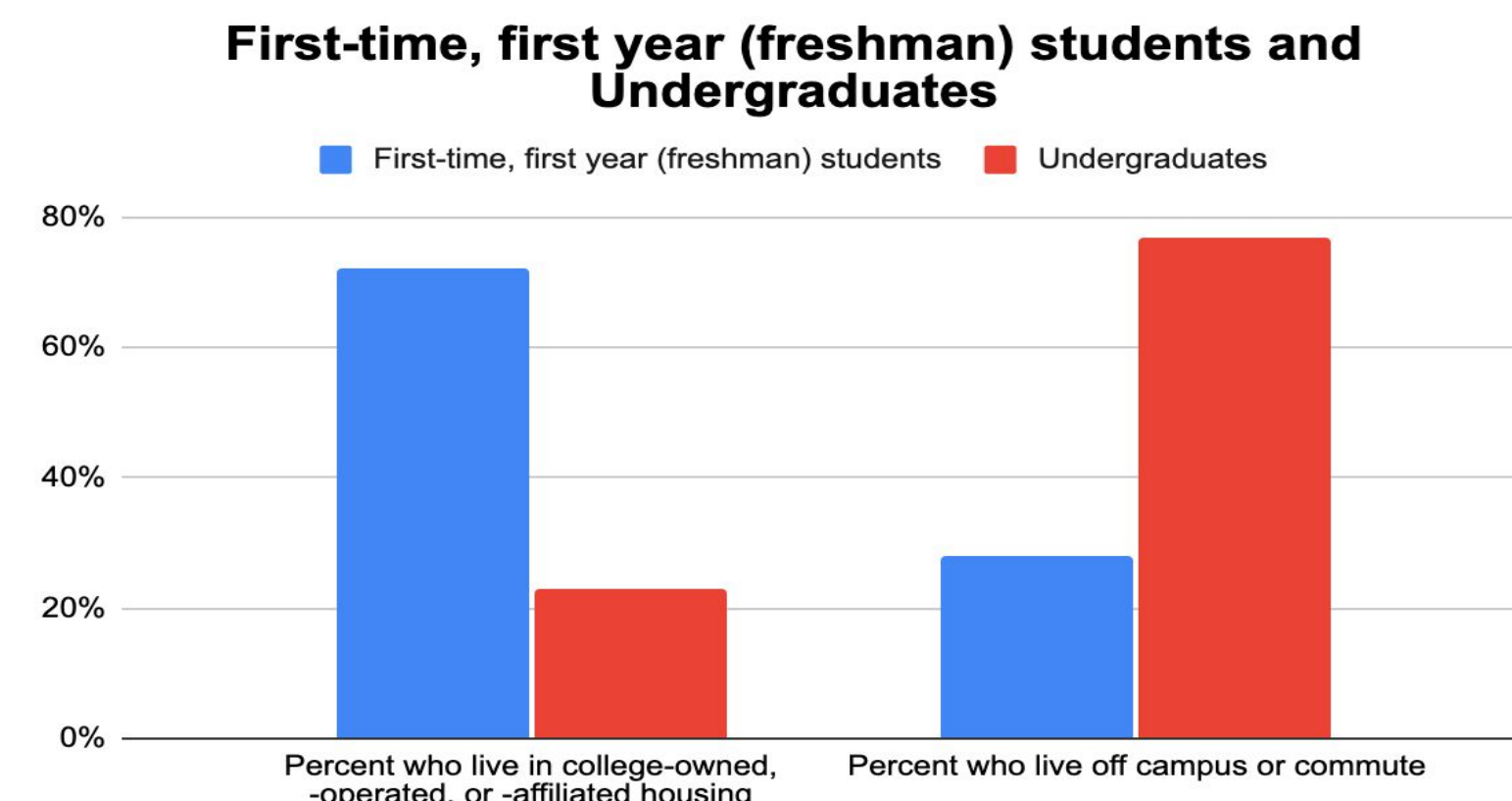


Figure 1. Shows the percentage of freshmen and undergraduate students who live either on or off campus which can help determine time constraints.³

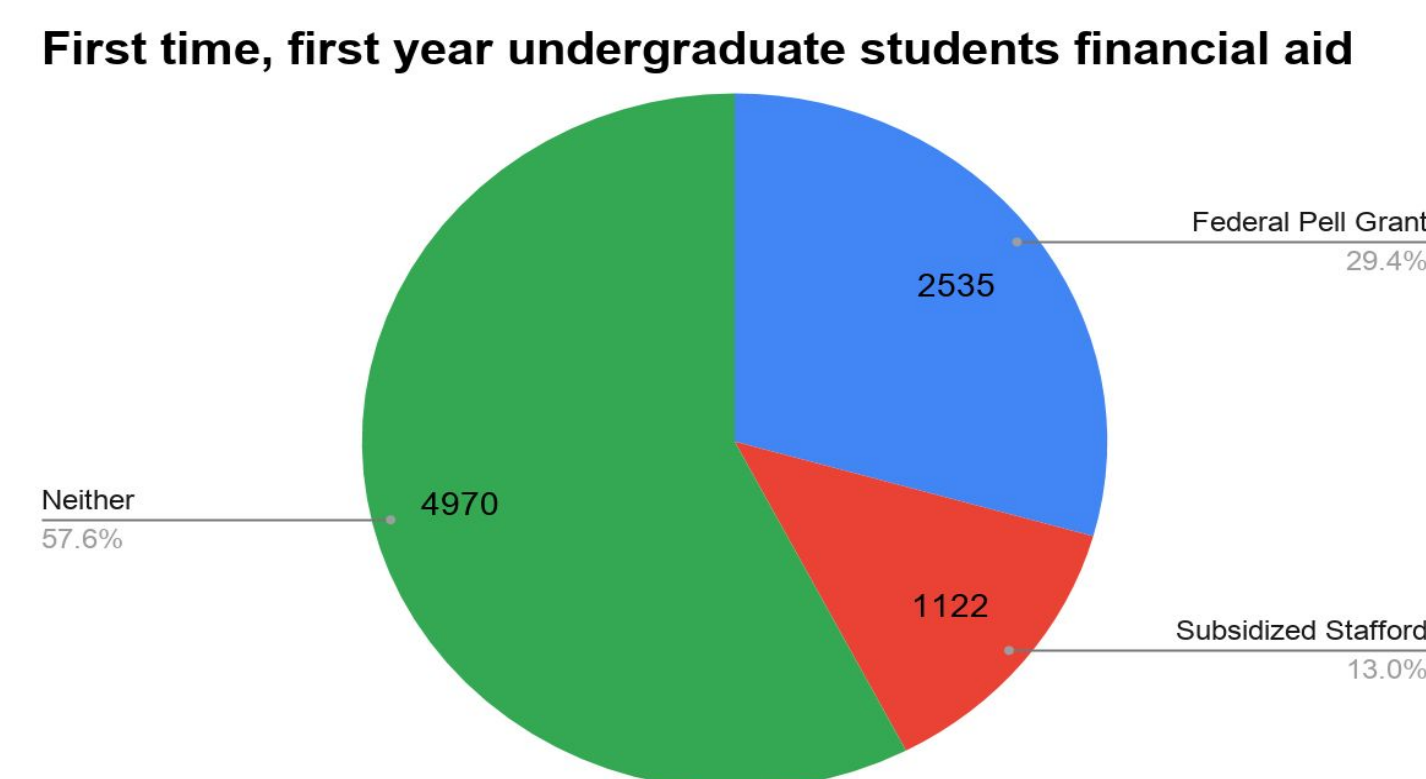


Figure 2. Shows the percentage of freshmen who have received financial aid which can help determine source of income and possible financial constraints.³

Figure Insight

- Figure 1: a large population of Texas A&M undergraduates live off campus
 - Possible commute time constraints
- Figure 2: 29.4% of the freshmen population received federal aid assistance, whereas 57.6% did not receive aid or loans
 - Possible financial constraints

Conclusion

- This research paper aims to identify whether the time constraints of being a college student contributes to how often they are to seek preventative medical resources during the academic year.
- Research team seeks to develop educational resources based on results
 - Allow students to effectively and easily access information and content that will help them live a healthier lifestyle while taking into account the common challenges students encounter
- Research Timeline
 - End of Spring 2021
 - Surveys will be distributed
 - Seeking 382 responses.
 - Fall 2021 semester
 - The interviews would be conducted
 - Spring 2022
 - The development of resources will begin and continue on through multiple semesters

Citations

1. Garcia, C. M., Lechner, K. E., Frerich, E. A., Lust, K. A., & Eisenberg, M. E. (2014). College students' preferences for health care providers when accessing sexual health resources. *Public health nursing (Boston, Mass.)*, 31(5), 387–394. <https://doi.org/10.1111/phn.12121>
2. Unwin, B. K., Goodie, J., Reamy, B. V., & Quinlan, J. (2013). Care of the college student. *American family physician*, 88(9), 596–604.
3. Guo, Michael. Common Data Set. (2019-202). Texas A&M University. <https://dars.tamu.edu/Student/files/2019-2020-Common-Dataset.aspx>