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

- First-time, first year (freshman) students and Undergraduates
- Figure 1: Shows the percentage of freshmen and undergraduate students who live either on or off campus which can help determine time constraints.³

- First time, first year undergraduate students financial aid
- 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