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MEMORANDUM

**TO:** Alliance for Community College Innovation CEOs

**FROM:** Terry O'Banion, President & CEO

**RE:** Survey Results: *What Do CEOs Want to Know About . . . Their Physical Health?*

**DATE:** November 10, 1999

Enclosed are the results of our recent survey of Alliance for Community College Innovation members about their physical health.

Approximately 60 percent of presidents receive an annual executive physical checkup as a college benefit. Approximately half of the presidents sleep between five to ten hours a night and the other half between seven to eight hours; none sleep nine hours or more. Interestingly, according to James Maas, Cornell University psychologist and sleep expert, “. . . one third of all Americans get six hours of sleep a night or less when they should be getting nine or 10.”

Twenty-one percent of the presidents spend less than two hours a week exercising while 31 percent spend five or more hours a week exercising. More than 40 percent of CEOs cite exercise as their most successful strategy for managing stress, and over 50 percent choose walking as their major form of exercise. Since becoming CEOs, approximately one third indicated their diet is less healthy; one third indicated no change in their diet; and one third indicated their diet is healthier.

Your responses and continuing interest in these brief surveys are very much appreciated.



# What Do CEOs Want to Know About . . . Their Physical Health?

*A Quarterly Survey of the League for Innovation's Alliance for Community College Innovation Institutions.*

These survey results are composed of the responses submitted by your fellow CEOs as part of the *Alliance for Community College Innovation's* quarterly CEO survey service. The response rate for this survey was 47% (n=328).

1. Does your college provide an annual executive physical checkup as a benefit to you?

YES	NO
60%	40%

If you circled "YES," how often do you have a checkup?

Twice a year	Annually	Every Other Year	Not Very Often
3%	86%	5%	6%

2. How many hours per night do you sleep?

0-4	5-6	7-8	9 or More
1%	53%	46%	0%

3. How many hours per week do you exercise?

0	1-2	3-4	5-6	7 or More
6%	25%	38%	22%	9%

4. What is your major form of exercise?

Bicycling	Jogging	Swimming	Walking
8%	15%	3%	54%
Weights/Resistance Equipment		Other	
10%		10%	

5. How often do you use college facilities for exercise?

Daily	Weekly	Monthly	Only Occasionally	Never
5%	8%	3%	19%	65%

6. Since you have been CEO, how has your diet/nutrition changed, if at all?

Less Healthy Diet	No Change	Healthier Diet
30%	35%	35%

7. To what extent have you been active in promoting the physical health of other college employees?

Not Active	Somewhat Active	Very Active
17%	63%	20%

8. What is your most successful strategy or activity for managing stress?

Exercise	43%	Hobbies	16%	Leisure Activities (i.e. reading, television, theater, etc.)	9%
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Thank you for your contribution to this survey  
Survey #16: Their Physical Health  
November 1, 1999