




ASSOCIATION BETWEEN THE HEALTH STATUS AND ACADEMIC PERFORMANCE OF MEDICAL STUDENTS IN THE CITY OF DASMARINAS, CAVITE, PHILIPPINES

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- A healthy mind is a product of a healthy body.
 - Good thinking, learning and memory skills are observed in a person with healthy mind and body (Johnson et al. 2004; Shareef et al. 2015).

ACADEMIC PERFORMANCE AND HEALTH

- Study habits
- Lifestyle behavior
- Academic performance
- Diseases during hospital exposure

OBJECTIVE

- to determine the association between the overall health status and academic performance of first year medical students

METHOD

- **Research design:** Cross-sectional
- **Total Population:** 304 first year medical students

Data

- ✓ Overall health status
- ✓ Academic performance

OVERALL HEALTH STATUS

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graph TD; A[OVERALL HEALTH STATUS] --> B[Risk factors]; A --> C[Health factors]
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Risk factors

Clinical profile

- *Body mass index*
- *Past Medical History*
- *Family Medical History*

Health factors

Laboratory test results

- *Complete blood count*
- *Anti-Hbs*
- *Chest-xray*

RISK FACTOR

INTERPRETATION OF THE RISK FACTOR	BASIS OF INTERPRETATION
NOT at risk of having other health conditions	<ul style="list-style-type: none">• normal BMI• No identified diseases in past medical and family history
AT RISK of having other health conditions	Presence of at least 1 of the following: <ul style="list-style-type: none">• BMI: underweight, overweight, obesity• Has Identified disease in the past medical or family history

HEALTH FACTOR

- **HEALTHY:** Laboratory test results are within NORMAL limits
- **UNHEALTHY:** ≥ 1 abnormal laboratory test result

OVERALL HEALTH STATUS

Healthy and **not at** risk of having other health conditions

Healthy but **at risk** of having other health conditions

Unhealthy but **not at** risk of having other health conditions

Unhealthy and **at risk** of having other health conditions

ACADEMIC PERFORMANCE

GPA

Verbal Interpretation

93.6 to 100.0

Excellent

87.1 to 93.5

Good

80.6 to 87.0

Average

75.0 to 80.5

Fair

74.9 and below

Poor

Frequency and percentage

- ✓ Overall health status

Chi-square test

- ✓ Association of health status and academic performance

RESULTS AND DISCUSSION

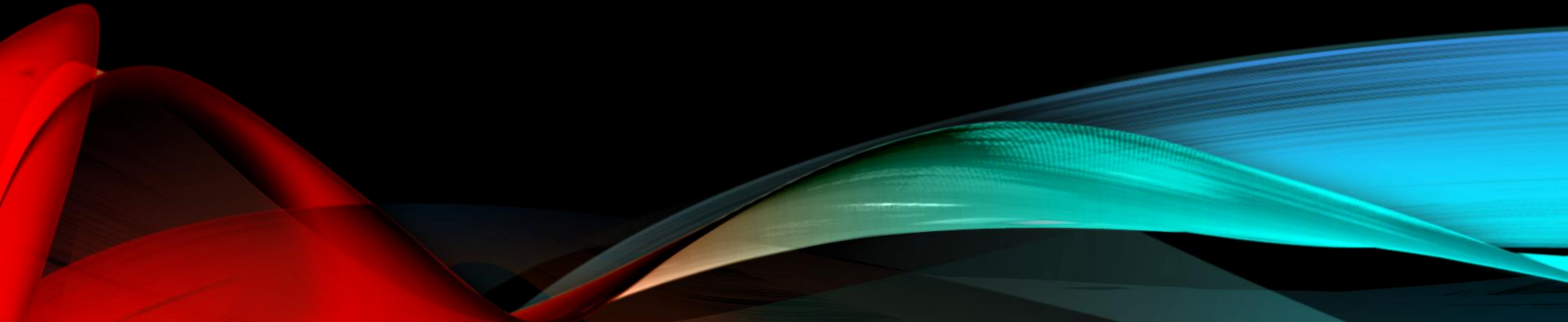
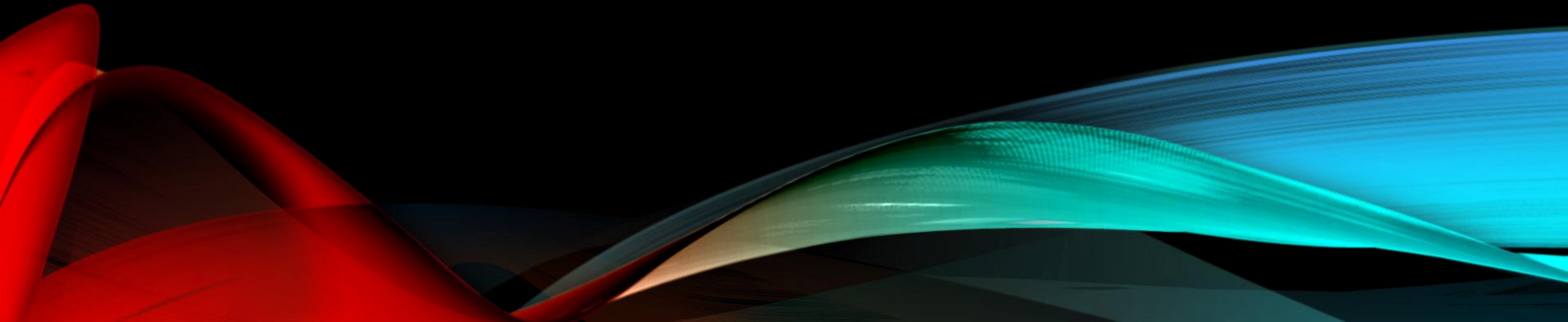


Table 1. The Overall health status of first year medical students in the City of Dasmaringas, Cavite, Philippines

Overall Health Status	Frequency	%
Healthy and not at risk of having other health condition	16	5.30
Healthy but at risk of having other health condition	118	38.8
Unhealthy but not at risk of having other condition	26	8.60
Unhealthy and at risk of having other health condition	144	47.4

Table 2. Association of the health status and academic performance of first year medical students



Overall health status	Academic Performance				Total
	Good 87.5-93.5	Average 80.6-87.0	Fair 75-80.5	Poor 74.9 and below	
Healthy and not at risk of having other health condition	3 1.79 0.82	4 7.63 1.73	9 6.53 0.94	0 0.05 0.05	16
Healthy but at risk of having other health condition	16 13.2 0.6	56 56.28 0	45 48.13 0.2	1 0.39 0.96	118
Unhealthy but not at risk of having other health condition	0 2.91 2.91	19 12.4 3.51	7 10.61 1.23	0 0.09 0.09	26
Unhealthy and at risk of having other health condition	15 16.11 0.08	66 68.68 0.1	63 58.74 0.31	0 0.47 0.47	144
Total	34	145	124	1	304

* $\chi^2=13.99$ df=9 $\chi^2/df=1.56$ **p-value= 0.1225 (level of significance <0.05)**

CONCLUSION

- Medical students **may still achieve** good, average and fair academic performances regardless of overall health status.

CONCLUSION

- Other factors may also contribute to the academic performance regardless of the overall health status of the student.



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THANK YOU!

