

**UNIVERSITY OF NORTHERN IOWA**  
**Executive Summary**

**Spring 2020**

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**American College Health Association**  
**National College Health Assessment III**

**ACHA-NCHA III**

The ACHA-NCHA III supports the health of the campus community by fulfilling the academic mission, supporting short- and long-term healthy behaviors, and gaining a current profile of health trends within the campus community.



**AMERICAN COLLEGE HEALTH ASSOCIATION**

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ACHA, the nation's principal advocate and leadership organization for college and university health, represents a diverse membership that provides and supports the delivery of health care and prevention and wellness services for the nation's 20 million college students. For more information about the association's programs and services, visit [www.acha.org](http://www.acha.org), and [www.acha.org/NCHA](http://www.acha.org/NCHA).

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# Introduction and Notes

The ACHA-National College Health Assessment (ACHA-NCHA) is a national research survey organized by the American College Health Association (ACHA) to assist college health service providers, health educators, counselors, and administrators in collecting data about their students' habits and behaviors on the most prevalent health topics. The ACHA-NCHA now provides the largest known comprehensive data set on the health of college students, providing the college health and higher education fields with a vast spectrum of information on student health.

ACHA initiated the original ACHA-NCHA in 2000 and the instrument was used nationwide through the Spring 2008 data collection period. A revised survey, the ACHA-NCHA-II, was in use from Fall 2008 - Spring 2019 data collection periods. The survey was redesigned again, and data collection with the ACHA-NCHA III began in Fall 2019.

Please note that it is not appropriate to compare trends between versions of the survey. Directly comparing data points between the Original ACHA-NCHA, the ACHA-NCHA II, and the ACHA-NCHA III can lead to an erroneous conclusions and is not recommended.

## Notes about this report:

1. Missing values have been excluded from analysis and only valid percents are included in this document, unless otherwise noted.
2. **The ACHA-NCHA III is programmed differently than earlier versions of the survey.** Rather than asking the respondents to answer every question (and offering a "not applicable" option), display logic was used throughout the survey to determine whether, based on their response to an earlier question, the student saw a follow-up question. This makes the valid percents of certain questions impossible to apply to the entire sample, as the denominator used was limited to only the number of students that saw the question. When appropriate, results are also presented using the entire sample as the denominator to show the proportion of the overall sample that experienced a particular issue. These differences in presentation are carefully noted throughout the document and will often explain differences observed between this document and the full data report. Please look carefully at descriptions of the data presented in each table, as well as any footnotes included.
3. **About the use of sex and gender in this report:** Survey responses are reported by sex based on the responses to questions 67A, 67B, and 67C. For the purpose of the ACHA-NCHA report documents, respondents are reported as male or female only when their responses to these three questions are consistent with one another. If gender identity is consistent with sex at birth AND "no" is selected for transgender, then respondents are designated as either *male* or *female*. If respondents select "yes" for transgender OR their sex at birth is not consistent with their gender identity, then they are designated as *non-binary*. A respondent that selects "intersex" for sex at birth, "no" for transgender, and man or woman for gender identity are designated as *male* or *female*. A respondent that selects "intersex" for sex at birth, "yes" for transgender, or selects a gender identity other than man or woman are designated as *non-binary*. A respondent that skips any of the three questions is designated as *unknown*. Totals displayed in this report include non-binary and unknown responses.

For additional information about the survey's development, design, and methodology, email Mary T Hoban, PhD, MCHES, (mhoban@acha.org), Christine Kukich, MS (ckukich@acha.org), or visit [www.acha-ncha.org](http://www.acha-ncha.org).

This Executive Summary highlights results of the ACHA-NCHA III Spring 2020 survey for University of Northern Iowa consisting of 719 respondents.

The response rate was 14.4%.

# Findings

## A. General Health and Campus Climate

- 52.5 % of college students surveyed ( 62.6 % male and 50.2 % female) described their health as *very good or excellent*.
- 91.2 % of college students surveyed ( 93.2 % male and 90.6 % female) described their health as *good, very good or excellent*.

Proportion of college students who reported they *agree* or *strongly agree* that:

	Percent (%)	Male	Female	Total
I feel that I belong at my college/university		76.0	77.7	77.0
I feel that students' health and well-being is a priority at my college/university		56.1	47.7	49.2
At my college/university, I feel that the campus climate encourages free and open discussion of students' health and well-being.		60.0	49.4	51.3
At my college/university, we are a campus where we look out for each other		52.7	42.7	44.1

## B. Nutrition, BMI, Physical Activity, and Food Security

College students reported:

	Percent (%)	Male	Female	Total
Drinking 0 sugar-sweetened beverages (per day), on average, in the last 7 days		27.2	27.3	26.9
Drinking 1 or more sugar-sweetened beverages (per day), on average, in the last 7 days		72.8	72.7	73.1
Drinking energy drinks or shots on 0 of the past 30 days		74.2	86.1	82.4
Drinking energy drinks or shots on 1-4 of the past 30 days		15.2	9.6	11.4
Drinking energy drinks or shots on 5 or more of the past 30 days		10.6	4.3	6.2
Eating 3 or more servings of fruits (per day), on average, in the last 7 days		21.9	16.8	17.7
Eating 3 or more servings of vegetables (per day), on average, in the last 7 days		31.3	27.0	27.9

■ **Estimated Body Mass Index (BMI):** This figure incorporates reported height and weight to form a general indicator of physical health. Categories defined by The World Health Organization (WHO) 2000, reprinted 2004. Obesity: Preventing and Managing the Global Epidemic. WHO Tech Report Series: 894.

BMI	Percent (%)	Male	Female	Total
<18.5 Underweight		4.0	1.5	2.1
18.5-24.9 Healthy Weight		48.3	48.3	48.2
25-29.9 Overweight		32.2	27.7	29.0
30-34.9 Class I Obesity		8.7	12.5	11.5
35-39.9 Class II Obesity		4.0	4.8	4.6
≥40 Class III Obesity		2.7	5.2	4.5
Mean		25.77	26.45	26.27
Median		24.78	25.02	24.97
Std Dev		5.39	6.15	5.97

### Students meeting the recommended guidelines for physical activity

Based on: US Dept of Health and Human Services. *Physical Activities Guidelines for Americans*, 2nd edition. Washington, DC: US Dept of Health and Human Services; 2018

#### Definitions:

- Recommendation for **aerobic activity**: 150 minutes or more of moderate-intensity physical activity per week or 75 minutes of vigorous-intensity physical activity or the equivalent combination
- Recommendation for **strength training**: 2 or more days a week of moderate or greater intensity activities that involve all major muscle groups
- **Active Adults** meet the recommendation for strength training **AND** aerobic activity
- **Highly Active Adults** meet the recommendation for strength training and **TWICE** the recommendation for aerobic activity (300 minutes or more of moderate-intensity physical activity per week or 150 minutes of vigorous-intensity physical activity or the equivalent combination)

	Percent (%)	Male	Female	Total
Guidelines met for <b>aerobic exercise only</b>		74.0	58.1	61.1
Guidelines met for <b>Active Adults</b>		52.0	38.1	40.8
Guidelines met for <b>Highly Active Adults</b>		36.7	28.5	30.3

### Food Security

Based on responses to the *US Household Food Security Survey Module: Six-Item Short Form (2012)* from the USDA Economic Research Service.

	Percent (%)	Male	Female	Total
High or marginal food security (score 0-1)		57.7	55.2	55.3
Low food security (score 2-4)		24.8	27.8	26.7
Very low food security (score 5-6)		17.4	17.0	18.0
<b>Any food insecurity</b> (low or very low food security)		42.3	44.8	44.7

## C. Health Care Utilization

### College students reported:

	Percent (%)	Male	Female	Total
Receiving psychological or mental health services within the last 12 months		17.9	30.5	27.8

\*The services were provided by:

My current campus health and/or counseling center	50.0	48.4	49.2
A mental health provider in the local community near my campus	26.9	38.9	38.1
A mental health provider in my home town	46.2	38.4	38.7
A mental health provider not described above	8.3	12.8	11.7

\*Only students who reported receiving care in the last 12 months were asked these questions

	Percent (%)	Male	Female	Total
Visiting a medical provider within the last 12 months		60.3	85.4	79.6

\*The services were provided by:

My current campus health center	39.3	40.6	40.3
A medical service provider in the local community near my campus	31.8	37.9	37.2
A mental service provider in my home town	70.8	75.3	74.1
A mental service provider not described above	2.6	6.3	5.8

\*Only students who reported receiving care in the last 12 months were asked these questions

**College students reported:**

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Flu vaccine within the last 12 month		44.4	51.7	49.9
Not starting the HPV vaccine series		18.5	16.1	16.9
Starting, but not completing HPV vaccine series		3.3	6.6	5.9
Completing HPV vaccine series		43.7	64.7	59.4
Not knowing their HPV vaccine status		34.4	12.6	17.9
Ever having a GYN visit or exam (females only)			60.9	
Having a dental exam in the last 12 months		72.8	76.2	74.7
Being tested for HIV within the last 12 months		7.9	14.3	13.0
Being tested for HIV more than 12 months ago		8.6	9.4	9.4
Wearing sunscreen usually or always when outdoors		18.5	37.3	33.3
Spending time outdoors with the intention of tanning at least once in the last 12 months		42.0	70.3	64.5

**D. Impediments to Academic Performance**

Respondents are asked in numerous places throughout the survey about issues that might have negatively impacted their academic performance within the last 12 months. This is defined as negatively impacting their performance in a class or delaying progress towards their degree. Both types of negative impacts are represented in the figures below. Please refer to the corresponding Data Report for specific figures on each type of impact. **Figures in the left columns** use all students in the sample as the denominator. **Figures in the right columns** use only the students that experienced that issue (e.g. students who used cannabis, reported a problem or challenge with finances, or experienced a particular health issue) in the denominator. (items are listed in the order in which they appear in the survey)

	<i>Percent (%)</i>	<b>Negatively impacted academic performance among <u>all students in the sample</u></b>			<b>Negatively impacted academic performance among <u>only students that experienced the issue</u></b>		
		<b>Male</b>	<b>Female</b>	<b>Total</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Alcohol use		1.3	0.9	1.1	1.6	1.0	1.3
Cannabis/marijuana use		2.0	0.5	0.8	7.9	2.2	3.3

**Problems or challenges in the last 12 months**

Career	9.9	8.0	8.3	33.3	35.5	34.1
Finances	13.2	15.3	15.3	29.9	31.1	31.3
Procrastination	43.7	35.2	37.7	63.5	51.3	54.4
Faculty	4.0	4.7	4.9	42.9	55.3	54.7
Family	6.6	7.7	7.8	25.6	22.8	24.1
Intimate Relationships	7.9	10.9	10.2	23.5	30.6	28.5
Roommate/housemate	3.3	7.3	6.3	12.5	19.6	18.1
Peers	0.7	3.8	3.2	3.3	18.8	15.8
Personal appearance	2.0	4.6	4.0	5.8	9.7	8.9
Health of someone close to me	9.3	6.6	7.2	25.5	18.4	19.8
Death of a family member, friend, or someone close to me	9.9	6.9	7.5	31.9	30.4	30.9
Bullying	0.7	1.1	1.1	25.0	18.8	20.5
Cyberbullying	0.0	0.4	0.4	0.0	14.3	15.0
Hazing	0.0	0.2	0.3	0.0	50.0	40.0
Microaggression	0.7	1.5	1.7	12.5	16.3	19.0
Sexual Harassment	0.0	0.9	0.8	0.0	11.6	12.2
Discrimination	0.7	2.7	2.6	20.0	46.9	44.2

**Negatively impacted  
academic performance  
among all students in the  
sample**

*Percent (%)*   **Male**   **Female**   **Total**

**Acute Diagnoses in the last 12 months**

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Bronchitis		0.0	3.6	2.9
Chlamydia		0.0	0.0	0.0
Chicken Pox (Varicella)		0.0	0.0	0.0
Cold/Virus or other respiratory illness		9.3	16.6	15.3
Concussion		1.3	0.9	1.0
Gonorrhea		0.0	0.0	0.0
Flu (influenza or flu-like illness)		3.3	6.2	5.8
Mumps		0.0	0.0	0.0
Mononucleosis (mono)		0.7	1.1	1.1
Orthopedic injury		0.7	2.0	1.8
Pelvic Inflammatory Disease		0.0	0.0	0.0
Pneumonia		0.0	1.8	1.4
Shingles		0.0	0.2	0.1
Stomach or GI virus or bug, food poisoning or gastritis		0.0	3.1	2.6
Urinary tract infection		0.0	2.0	1.5

**Negatively impacted  
academic performance  
among only students that  
experienced the issue**

**Male**   **Female**   **Total**

	<b>Male</b>	<b>Female</b>	<b>Total</b>
	0.0	42.6	41.2
	0.0	0.0	0.0
	0.0	0.0	0.0
	33.3	36.4	36.3
	50.0	31.3	33.3
	0.0	0.0	0.0
	55.6	47.9	50.6
	0.0	0.0	0.0
	100.0	66.7	72.7
	16.7	25.6	25.5
	0.0	0.0	0.0
	0.0	66.7	62.5
	0.0	50.0	50.0
	0.0	29.8	30.2
	0.0	13.9	12.9

*Percent (%)*   **Male**   **Female**   **Total**

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
<b>Any ongoing or chronic medical conditions diagnosed or treated in the last 12 months</b>		16.6	28.8	26.6

**Male**   **Female**   **Total**

	<b>Male</b>	<b>Female</b>	<b>Total</b>
	26.6	38.2	36.4

**Other impediments to academic performance**

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Assault (physical)		0.7	0.9	0.8
Assault (sexual)		0.7	2.6	2.1
Allergies		2.6	2.7	2.9
Anxiety		22.5	30.8	29.5
ADHD or ADD		6.0	3.8	4.5
Concussion or TBI		2.0	1.1	1.3
Depression		19.9	24.5	24.1
Eating disorder/problem		0.7	2.0	1.8
Headaches/migraines		4.6	13.9	12.1
Influenza or influenza-like illness (the flu)		3.3	4.9	5.0
Injury		2.6	1.5	1.7
PMS		0.0	5.8	4.9
PTSD		0.7	3.6	2.9
Short-term illness		2.0	6.6	6.0
Upper respiratory illness		3.3	10.4	8.9
Sleep difficulties		19.2	21.5	21.3
Stress		33.1	38.5	37.1

	<b>Male</b>	<b>Female</b>	<b>Total</b>
	25.0	33.3	28.6
	100.0	42.4	40.5
	8.0	8.5	8.8
	47.2	43.6	44.4
	50.0	58.3	54.2
	100.0	27.3	34.6
	55.6	48.9	50.4
	25.0	17.5	18.3
	15.6	28.6	26.9
	31.3	28.4	30.8
	23.5	15.7	16.4
	0.0	10.7	11.3
	50.0	44.4	42.0
	18.8	24.8	25.6
	12.5	24.6	22.7
	42.0	38.6	39.2
	45.0	44.6	44.5

## E. Violence, Abusive Relationships, and Personal Safety

Within the last 12 months, college students reported experiencing:

	Percent (%)	Male	Female	Total
A physical fight		3.3	1.1	1.5
A physical assault (not sexual assault)		2.6	2.0	2.1
A verbal threat		11.9	6.0	7.8
Sexual touching without their consent		1.3	6.9	5.9
Sexual penetration attempt without their consent		0.7	2.2	1.9
Sexual penetration without their consent		0.7	2.0	1.7
Being a victim of stalking		1.3	3.5	3.1
A partner called me names, insulted me, or put me down to make me feel bad		4.0	10.4	9.1
A partner often insisted on knowing who I was with and where I was or tried to limit my contact with family or friends		3.3	6.4	5.7
A partner pushed, grabbed, shoved, slapped, kicked, bit, choked or hit me without my consent		0.7	0.7	0.8
A partner forced me into unwanted sexual contact by holding me down or hurting me in some way		0.0	0.5	0.6
A partner pressured me into unwanted sexual contact by threatening me, coercing me, or using alcohol or other drugs		0.0	2.4	1.9

College students reported feeling *very safe* :

	Percent (%)	Male	Female	Total
On their campus (daytime)		89.3	86.8	86.6
On their campus (nighttime)		46.0	14.5	21.3
In the community surrounding their campus (daytime)		71.8	59.3	61.1
In the community surrounding their campus (nighttime)		28.0	9.7	13.7



## F. Tobacco, Alcohol, and Other Drug Use

Percent (%)	Ever Used			*Used in the last 3 months		
	Male	Female	Total	Male	Female	Total
Tobacco or nicotine delivery products (cigarettes, e-cigarettes, Juul or other vape products, water pipe or hookah, chewing tobacco, cigars, etc.)	40.4	33.6	35.2	29.8	16.2	19.5
Alcoholic beverages (beer, wine, liquor, etc.)	78.8	88.5	86.1	75.5	84.1	81.9
Cannabis (marijuana, weed, hash, edibles, vaped cannabis, etc.) <b>[Please report nonmedical use only.]</b>	32.5	33.6	33.3	16.6	17.7	17.4
Cocaine (coke, crack, etc.)	4.0	2.6	2.9	0.7	0.5	0.7
Prescription stimulants (Ritalin, Concerta, Dexedrine, Adderall, diet pills, etc.) <b>[Please report nonmedical use only.]</b>	8.7	7.3	7.8	2.0	2.4	2.5
Methamphetamine (speed, crystal meth, ice, etc.)	0.7	0.4	0.6	0.0	0.0	0.0
Inhalants (poppers, nitrous, glue, gas, paint thinner, etc.)	3.3	0.5	1.1	1.3	0.0	0.3
Sedatives or Sleeping Pills (Valium, Ativan, Xanax, Klonopin, Librium, Rohypnol, GHB, etc.) <b>[Please report nonmedical use only.]</b>	6.6	4.4	5.0	0.7	2.6	2.4
Hallucinogens (Ecstasy, MDMA, Molly, LSD, acid, mushrooms, PCP, Special K, etc.)	7.3	3.5	4.6	3.3	0.4	1.3
Heroin	0.0	0.4	0.4	0.0	0.0	0.1
Prescription opioids (morphine, codeine, fentanyl, oxycodone [OxyContin, Percocet], hydrocodone [Vicodin], methadone, buprenorphine [Suboxone], etc.) <b>[Please report nonmedical use only.]</b>	6.0	3.3	4.2	0.7	0.2	0.6

\*These figures use all students in the sample as the denominator, rather than just those students who reported lifetime use.

### Substance Specific Involvement Scores (SSIS) from the ASSIST

Percent (%)	*Moderate risk use of the substance			*High risk use of the substance		
	Male	Female	Total	Male	Female	Total
Tobacco or nicotine delivery products	18.5	8.2	10.7	0.7	0.2	0.3
Alcoholic beverages	13.2	10.8	11.4	0.7	0.4	0.4
Cannabis (nonmedical use)	10.6	8.9	9.3	0.0	0.5	0.4
Cocaine	0.7	0.0	0.3	0.0	0.0	0.0
Prescription stimulants (nonmedical use)	1.3	1.3	1.4	0.0	0.0	0.1
Methamphetamine	0.0	0.0	0.1	0.0	0.0	0.0
Inhalants	0.0	0.0	0.0	0.0	0.0	0.0
Sedatives or Sleeping Pills (nonmedical use)	0.7	1.5	1.5	0.0	0.0	0.0
Hallucinogens	0.7	0.2	0.6	0.0	0.0	0.0
Heroin	0.0	0.0	0.0	0.0	0.0	0.1
Prescription opioids (nonmedical use)	1.3	0.2	0.7	0.0	0.0	0.0

\*These figures use all students in the sample as the denominator, rather than just those students who reported lifetime use.

**Proportion of students (overall sample) who report misusing prescription medications (taking without a prescription, or taking more medication or more often than prescribed) in the past 3 months:**

	Percent (%)	Male	Female	Total
Prescription stimulants		1.3	2.4	2.4
Prescription sedatives or sleeping pills		0.7	1.6	1.5
Prescription opioids		0.7	0.0	0.4

**\*Tobacco or nicotine delivery products used in the last 3 months**

	Percent (%)	Male	Female	Total
Cigarettes		9.9	6.0	7.0
E-cigarettes or other vape products (for example: Juul, etc.)		19.9	12.6	14.5
Water pipe or hookah		2.6	0.7	1.3
Chewing or smokeless tobacco		6.6	0.5	1.8
Cigars or little cigars		8.6	1.6	3.2
Other		0.7	0.0	0.1

\*These figures use all students in the sample as the denominator, rather than just those students who reported tobacco or nicotine delivery product use in the last 3 months.

**Students in Recovery**

- 1.1 % of college students surveyed ( 3.1 % male and 0.6 % female) indicated they were in recovery from alcohol or other drug use.

**When, if ever, was the last time you:**

	Percent (%)	Drank Alcohol			*Used Cannabis/Marijuana		
		Male	Female	Total	Male	Female	Total
Never		13.9	6.2	8.1	64.2	62.4	62.9
Within the last 2 weeks		61.6	64.2	63.1	7.9	8.2	8.3
More than 2 weeks ago but within the last 30 days		7.9	13.9	13.1	2.0	1.1	1.3
More than 30 days ago but within the last 3 months		6.0	9.0	8.2	7.3	5.8	6.0
More than 3 months ago but within the last 12 months		8.6	3.7	4.6	7.9	10.2	9.6
More than 12 months ago		2.0	3.1	2.9	10.6	12.2	12.0

\*Students were instructed to include medical and non-medical use of cannabis.

**Driving under the influence**

- 15.1 % of college students reported driving after having **any alcohol** in the last 30 days.\*  
\*Only students who reported driving in the last 30 days and drinking alcohol in the last 30 days were asked this question.
- 41.8 % of college students reported driving within 6 hours of using cannabis/marijuana in the last 30 days.\*  
\*Only students who reported driving in the last 30 days and using cannabis in the last 30 days were asked this question.

**Estimated Blood Alcohol Concentration** (or eBAC) of college students. Due to the improbability of a student surviving a drinking episode resulting in an extremely high eBAC, all students with an eBAC of 0.50 or higher are also omitted from these eBAC figures. eBAC is an estimated figure based on the reported number of drinks consumed during the last time they drank alcohol in a social setting, their approximate time of consumption, sex, weight, and the average rate of ethanol metabolism. Only students who reported drinking alcohol within the last 3 months answered these questions.

Estimated BAC	Percent (%)	Male	Female	Total
< .08		79.8	80.4	80.3
< .10		85.1	87.4	86.8
Mean		0.04	0.04	0.04
Median		0.02	0.02	0.02
Std Dev		0.06	0.05	0.05

**\*Reported number of drinks consumed the last time students drank alcohol in a social setting.**

Number of drinks	Percent (%)	Male	Female	Total
4 or fewer		60.5	74.8	72.3
5		7.9	10.8	10.0
6		6.1	8.0	7.8
7 or more		25.4	6.3	10.0
Mean		4.6	3.3	3.5
Median		3.0	3.0	3.0
Std Dev		4.3	2.2	2.8

*\*Only students who reported drinking alcohol in the last three months were asked this question.*

**Reported number of times college students consumed five or more drinks in a sitting within the last two weeks:**

	Among all students surveyed			
	Percent (%)	Male	Female	Total
Did not drink alcohol in the last two weeks (includes non-drinkers)		38.4	35.9	37.0
None		21.9	30.6	28.3
1-2 times		27.2	29.3	28.6
3-5 times		10.6	3.8	5.3
6 or more times		2.0	0.4	0.8

**\*Among those who reported drinking alcohol within the last two weeks**

Male	Female	Total
35.5	47.7	44.9
44.1	45.7	45.4
17.2	6.0	8.4
3.2	0.6	1.3

*\*Only students who reported drinking alcohol in the last two weeks were asked this question.*

**\*College students who drank alcohol reported experiencing the following in the last 12 months when drinking alcohol:**

	Percent (%)	Male	Female	Total
Did something I later regretted		25.2	18.0	19.4
Blackout (forgot where I was or what I did for a <b>large period of time and cannot remember</b> , even when someone reminds me)		15.1	11.3	11.9
Brownout (forgot where I was or what I did for <b>short periods of time, but can remember</b> once someone reminds me)		27.6	24.8	25.2
Got in trouble with the police		0.8	2.0	1.9
Got in trouble with college/university authorities		0.8	0.2	0.5
Someone had sex with me <b>without my</b> consent		0.8	1.2	1.3
Had sex with someone <b>without their</b> consent		0.0	0.2	0.3
Had unprotected sex		10.2	13.5	12.8
Physically injured myself		3.1	6.1	5.5
Physically injured another person		0.8	0.4	0.6
Seriously considered suicide		1.6	2.2	2.2
Needed medical help		0.0	0.2	0.2
<b>Reported two or more of the above</b>		28.7	26.7	26.8

*\*Only students who reported drinking alcohol in the last 12 months were asked these questions.*

## G. Sexual Behavior

When, if ever, was the last time you had:

	Percent (%)	Oral sex		
		Male	Female	Total
Never		29.1	28.1	28.6
Within the last 2 weeks		33.1	35.2	34.8
More than 2 weeks ago but within the last 30 days		4.6	10.3	9.2
More than 30 days ago but within the last 3 months		7.9	7.7	7.7
More than 3 months ago but within the last 12 months		11.9	9.9	10.2
More than 12 months ago		13.2	8.8	9.5

Vaginal intercourse		
Male	Female	Total
35.8	29.9	31.1
37.7	43.6	42.1
1.3	7.0	5.9
6.6	4.9	5.4
6.6	8.1	7.9
11.9	6.6	7.5

	Percent (%)	Anal intercourse		
		Male	Female	Total
Never		75.5	80.3	79.0
Within the last 2 weeks		0.7	1.8	1.7
More than 2 weeks ago but within the last 30 days		2.0	1.3	1.5
More than 30 days ago but within the last 3 months		4.6	2.2	2.7
More than 3 months ago but within the last 12 months		6.6	5.7	5.9
More than 12 months ago		10.6	8.7	9.2

\*College students who reported having oral sex, or vaginal or anal intercourse within the last 12 months reported having the following number of sexual partners:

	Percent (%)	Male	Female	Total
None		0.0	0.0	0.0
1		70.5	73.7	73.0
2		11.6	10.4	10.7
3		8.4	4.3	4.9
4 or more		9.5	11.7	11.3
Mean		1.7	1.8	1.9
Median		1.0	1.0	1.0
Std Dev		1.4	1.9	2.5

\*Only students who reported having oral sex, or vaginal or anal intercourse in the last 12 months were asked this question.

College students who reported having oral sex, or vaginal or anal intercourse within the last 30 days who reported using a condom or another protective barrier *most of the time* or *always*:

	Percent (%)	Male	Female	Total
Oral sex		1.8	3.2	3.5
Vaginal intercourse		44.1	38.9	39.7
Anal intercourse		25.0	17.6	17.4

\*Only students who reported having oral sex, or vaginal or anal intercourse in the last 30 days were asked these questions.

College students who reported having vaginal intercourse (penis in vagina) within the last 12 months were asked if they or their partner used any method to prevent pregnancy the last time they had vaginal intercourse:

	Percent (%)	Male	Female	Total
Yes, used a method of contraception		87.3	89.6	88.9
No, did not want to prevent pregnancy		1.3	1.7	1.6
No, did not use any method		8.9	8.4	8.9
Don't know		2.5	0.3	0.7

\*Only students who reported having oral sex, or vaginal or anal intercourse in the last 12 months were asked this question.

\*Those students who reported using a contraceptive use the last time they had vaginal intercourse, reported they (or their partner) used the following methods:

	Percent (%)	Male	Female	Total
Birth control pills (monthly or extended cycle)		53.6	55.0	54.0
Birth control shots		4.3	4.5	4.9
Birth control implants		10.1	11.9	11.5
Birth control patch		0.0	0.3	0.3
The ring		0.0	1.9	1.5
Emergency contraception ("morning after pill" or "Plan B")		0.0	1.3	1.0
Intrauterine device		13.0	10.3	11.0
Male (external) condom		47.8	48.6	48.8
Female (internal) condom		0.0	0.0	0.0
Diaphragm or cervical cap		0.0	0.0	0.0
Contraceptive sponge		0.0	0.0	0.0
Withdrawal		18.8	27.3	26.1
Fertility awareness (calendar, mucous, basal body temperature)		1.4	5.1	4.6
Sterilization (hysterectomy, tubes tied, vasectomy)		1.4	2.9	2.6
Other method		1.4	1.0	1.0
<b>Male condom use plus another method</b>		33.3	39.9	38.9
<b>Any two or more methods (excluding male condoms)</b>		18.8	27.7	26.3

\*Only students who reported they or their partner used a method the last time they had vaginal intercourse were asked these questions.

College students who reported having vaginal intercourse (penis in vagina) within the last 12 months were asked if they or their partner used emergency contraception ("morning after pill" or "Plan B") in the last 12 months:

Yes (male: 13.9 %; female: 13 %).

College students who reported having vaginal intercourse (penis in vagina) within the last 12 months were asked if they experienced an unintentional pregnancy or got someone pregnant within the last 12 months:

Yes (male: 1.3 %; female: 0.6 %).

## H. Mental Health and Wellbeing

### Kessler 6 (K6) Non-Specific Psychological Distress Score (Range is 0-24)

	Percent (%)	Male	Female	Total
No or low psychological distress (0-8)		73.8	64.8	65.9
Moderate psychological distress (9-12)		15.4	22.5	21.1
Serious psychological distress (13-24)		10.7	12.7	13.1
Mean		6.32	7.04	6.98
Median		5.00	6.00	6.00
Std Dev		4.52	4.63	4.65

### UCLA Loneliness Scale (ULS3) Score (Range is 3-9)

	Percent (%)	Male	Female	Total
Negative for loneliness (3-5)		64.2	56.3	57.1
Positive for loneliness (6-9)		35.8	43.7	42.9
Mean		5.01	5.29	5.25
Median		5.00	5.00	5.00
Std Dev		1.72	1.84	1.81

**Diener Flourishing Scale – Psychological Well-Being (PWB) Score (Range is 8-56)**

(higher scores reflect a higher level of psychological well-being)

	Male	Female	Total
Mean	45.58	46.93	46.55
Median	48.00	48.00	48.00
Std Dev	7.98	7.48	7.68

**The Connor-Davison Resilience Scale (CD-RISC2) Score (Range is 0-8)**

(higher scores reflect greater resilience)

	Male	Female	Total
Mean	6.40	6.01	6.08
Median	6.00	6.00	6.00
Std Dev	1.27	1.39	1.38

**Self injury**

■ 9.9 % of college students surveyed ( 4.6 % male and 10.8 % female) indicated they had intentionally cut, burned, bruised, or otherwise injured themselves within the last 12 months.

**Within the last 12 months, have you had problems or challenges with any of the following:**

	Percent (%)	Male	Female	Total
Academics		36.4	31.4	33.0
Career		29.8	22.8	24.6
Finances		44.4	49.5	49.1
Procrastination		68.9	68.7	69.4
Faculty		9.3	8.6	8.9
Family		25.8	34.0	32.6
Intimate relationships		33.8	35.8	35.8
Roommate/housemate		26.5	37.5	34.7
Peers		20.0	20.7	20.5
Personal appearance		34.4	47.3	45.3
Health of someone close to me		36.4	35.8	36.5
Death of a family member, friend, or someone close to me		31.1	22.9	24.4
Bullying		2.6	5.9	5.4
Cyberbullying		2.6	2.6	2.8
Hazing		1.3	0.4	0.7
Microaggression		5.3	9.0	8.8
Sexual Harassment		1.3	7.9	6.8
Discrimination		3.3	5.9	6.0

**\*Of those reporting this issue, it caused moderate or high distress**

	Male	Female	Total
Academics	87.3	83.0	84.3
Career	72.7	72.6	73.7
Finances	68.2	77.0	75.7
Procrastination	51.5	54.9	54.8
Faculty	42.9	55.3	53.1
Family	55.3	65.0	63.0
Intimate relationships	60.8	62.2	61.5
Roommate/housemate	37.5	60.3	56.5
Peers	40.0	42.3	42.1
Personal appearance	38.5	54.1	52.2
Health of someone close to me	58.2	57.7	58.0
Death of a family member, friend, or someone close to me	72.3	69.4	70.1
Bullying	75.0	53.1	56.4
Cyberbullying	75.0	64.3	65.0
Hazing	0.0	100.0	60.0
Microaggression	37.5	37.5	38.7
Sexual Harassment	50.0	44.2	44.9
Discrimination	80.0	62.5	67.4

*\*Only students who reported a problem or challenge in the last 12 months were asked about level of distress.*

<b><i>Students reporting none of the above</i></b>	8.6	9.3	8.9
<b><i>Students reporting only one of the above</i></b>	13.2	10.2	10.6
<b><i>Students reporting 2 of the above</i></b>	11.9	10.2	10.4
<b><i>Students reporting 3 or more of the above</i></b>	66.2	70.2	70.1

**Suicide Behavior Questionnaire-Revised (SBQR) Screening Score (Range is 3-18)**

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Negative suicidal screening (3-6)		80.0	75.9	76.2
Positive suicidal screening (7-18)		20.0	24.1	23.8
Mean		4.69	5.09	5.05
Median		3.00	3.00	3.00
Std Dev		2.50	3.02	2.94

**Suicide attempt**

■ 1.8 % of college students surveyed ( 3.3 % male and 1.3 % female) indicated they had attempted suicide within the last 12 months.

**Within the last 12 months, how would you rate the overall level of stress experienced:**

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
No stress		2.0	0.9	1.1
Low		39.1	26.5	28.8
Moderate		43.7	52.7	50.5
High		15.2	19.9	19.6

**I. Acute Conditions**

**College students reported being diagnosed by a healthcare professional within the last 12 months with:**

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Bronchitis		2.0	8.8	7.3
Chlamydia		0.0	1.1	1.1
Chicken Pox (Varicella)		0.0	0.2	0.1
Cold/virus or other respiratory illness (for example: sinus infection, ear infection, strep throat, tonsillitis, pharyngitis, or laryngitis)		27.8	46.3	42.6
Concussion		2.7	2.9	2.9
Gonorrhea		1.3	0.4	0.6
Flu (influenza) or flu-like illness		6.0	13.5	12.0
Mumps		0.0	0.2	0.1
Mononucleosis (mono)		0.7	1.7	1.5
Orthopedic injury (for example: broken bone, fracture, sprain, bursitis, tendinitis, or ligament injury)		4.7	7.9	7.3
Pelvic Inflammatory Disease		0.0	0.2	0.3
Pneumonia		0.7	2.8	2.2
Shingles		0.0	0.4	0.3
Stomach or GI virus or bug, food poisoning or gastritis		1.3	10.8	9.1
Urinary tract infection		1.3	14.9	12.2

## J. Ongoing or Chronic Conditions

The questions for the *ongoing or chronic conditions* are presented differently in this report than the order they appear in the survey. In the survey, all items appear in a single list, ordered alphabetically. In this report, the conditions are presented in groups to ease burden on the reader. The findings are divided into mental health conditions, STIs and other chronic infections, and other ongoing or chronic conditions in this report.

Mental Health	Percent (%)	College students reported <u>ever</u> being diagnosed with the following:			*Of those ever diagnosed, those reporting contact with healthcare or MH professional within last 12 months		
		Male	Female	Total	Male	Female	Total
ADD/ADHD - Attention Deficit/Hyperactivity Disorder	9.3	4.4	5.7	90.0	56.5	66.7	
Alcohol or Other Drug-Related Abuse or Addiction	0.0	0.7	0.6	0.0	25.0	25.0	
Anxiety (for example: Generalized Anxiety, Social Anxiety, Panic Disorder, Specific Phobia)	17.2	36.7	32.9	61.5	80.0	77.9	
Autism Spectrum	2.7	0.4	1.0	50.0	50.0	57.1	
Bipolar and Related Conditions (for example: Bipolar I, II, Hypomanic Episode)	0.0	1.3	1.1	0.0	100.0	100.0	
Borderline Personality Disorder (BPD), Avoidant Personality, Dependent Personality, or another personality disorder	0.7	1.1	1.4	100.0	66.7	80.0	
Depression (for example: Major depression, persistent depressive disorder, disruptive mood disorder)	17.9	30.9	28.8	70.4	82.7	80.1	
Eating Disorders (for example: Anorexia Nervosa, Bulimia Nervosa, Binge-Eating)	0.0	4.2	3.5	0.0	45.5	45.8	
Gambling Disorder	0.7	0.0	0.1	100.0	0.0	100.0	
Insomnia	2.0	6.6	5.9	66.7	72.2	66.7	
Obsessive-Compulsive and Related Conditions (for example: OCD, Body Dysmorphia, Hoarding, Trichotillomania and other body-focused repetitive behavior disorders)	1.3	3.1	2.9	100.0	64.7	61.9	
PTSD (Posttraumatic Stress Disorder), Acute Stress Disorder, Adjustment Disorder, or another trauma- or stressor- related condition	0.7	7.0	5.9	100.0	63.2	66.7	
Schizophrenia and Other Psychotic Conditions (for example: Schizophrenia, Schizoaffective Disorder, Schizophreniform Disorder, Delusional Disorder)	0.7	0.0	0.1	100.0	0.0	100.0	
Tourette's or other neurodevelopmental condition not already listed	0.0	0.0	0.0	0.0	0.0	0.0	
Traumatic brain injury (TBI)	1.3	0.9	1.0	0.0	40.0	28.6	

\*Only students who reported ever being diagnosed were asked about contact with a healthcare or mental health professional within the last 12 months.

	Percent (%)	Male	Female	Total
<b>Students reporting none of the above</b>	68.2	55.0	57.1	
<b>Students reporting only one of the above</b>	15.9	12.8	13.6	
<b>Students reporting both Depression and Anxiety</b>	9.3	26.0	22.8	
<b>Students reporting any two or more of the above (excluding the combination of Depression and Anxiety)</b>	6.6	6.2	6.4	



STI's/Other chronic infections	College students reported <u>ever</u> being diagnosed with the following:			
	Percent (%)	Male	Female	Total
Genital herpes		0.0	0.7	0.7
Hepatitis B or C		0.0	0.2	0.1
HIV or AIDS		0.7	0.0	0.1
Human papillomavirus (HPV) or genital warts		0.0	1.5	1.1

*Of those ever diagnosed, had contact with healthcare or MH professional within last 12 months		
Male	Female	Total
0.0	50.0	40.0
0.0	100.0	100.0
0.0	0.0	0.0
0.0	62.5	62.5

*\*Only students who reported ever being diagnosed were asked about contact with a healthcare or mental health professional within the last 12 months.*

Other Chronic /Ongoing Medical Conditions	College students reported <u>ever</u> being diagnosed with the following:			
	Percent (%)	Male	Female	Total
Acne		14.0	29.0	26.1
Allergies - food allergy		4.7	8.2	7.4
Allergies - animals/pets		5.3	13.2	11.3
Allergies - environmental (for example: pollen, grass, dust, mold)		23.2	26.9	26.5
Asthma		13.4	14.4	14.2
Cancer		0.0	0.7	0.6
Celiac disease		0.0	1.1	0.8
Chronic pain (for example: back or joint pain, arthritis, nerve pain)		4.6	7.7	6.8
Diabetes or pre-diabetes/insulin resistance		2.0	2.0	2.1
Endometriosis		0.0	2.9	2.2
Gastroesophageal Reflux Disease (GERD) or acid reflux		2.7	6.8	6.2
Heart & vascular disorders (for example: atrial fibrillation or other cardiac arrhythmia, mitral valve prolapse or other valvular heart disease, congenital heart condition)		2.0	2.2	2.1
High blood pressure (hypertension)		2.6	2.2	2.4
High cholesterol (hyperlipidemia)		0.7	1.5	1.4
Irritable bowel syndrome (spastic colon or spastic bowel)		0.7	6.9	5.7
Migraine headaches		3.3	17.3	14.6
Polycystic Ovarian Syndrome (PCOS)		0.0	2.6	2.0
Sleep Apnea		1.3	1.5	1.4
Thyroid condition or disorder		0.7	3.1	2.5
Urinary system disorder (for example: bladder or kidney disease, urinary reflux, interstitial cystitis)		0.7	2.0	1.7

*Of those ever diagnosed, had contact with healthcare or MH professional within last 12 months		
Male	Female	Total
33.3	46.8	44.6
14.3	29.5	26.9
50.0	27.1	30.4
34.3	30.6	32.1
20.0	41.6	36.0
0.0	25.0	25.0
0.0	66.7	66.7
85.7	80.5	81.3
100.0	100.0	100.0
0.0	75.0	75.0
50.0	52.8	51.2
33.3	50.0	46.7
25.0	91.7	70.6
100.0	75.0	70.0
100.0	50.0	51.2
20.0	62.0	58.8
0.0	92.9	92.9
50.0	62.5	60.0
0.0	82.4	77.8
0.0	60.0	54.5

*\*Only students who reported ever being diagnosed were asked about contact with a healthcare or mental health professional within the last 12 months.*

Students who reported being diagnosed with diabetes or pre-diabetes/insulin resistance, indicated they had:

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Type I Diabetes		66.7	40.0	50.0
Type II Diabetes		33.3	30.0	28.6
Pre-diabetes or insulin resistance		0.0	27.3	20.0
Gestational Diabetes		0.0	10.0	7.1

## K. Sleep

Reported amount of time to usually fall asleep at night (sleep onset latency):

	<i>Percent (%)</i>	<b>Male</b>	<b>Female</b>	<b>Total</b>
Less than 15 minutes		49.7	45.0	45.8
16 to 30 minutes		24.5	28.0	26.9
31 minutes or more		25.8	27.1	27.3

Over the last 2 weeks, students reported the following average amount of sleep (excluding naps):

	<i>Percent (%)</i>	<b>On weeknights</b>		
		<b>Male</b>	<b>Female</b>	<b>Total</b>
Less than 7 hours		34.4	31.8	33.4
7 to 9 hours		65.6	67.3	65.9
10 or more hours		0.0	0.9	0.7

<b>On weekend nights</b>		
<b>Male</b>	<b>Female</b>	<b>Total</b>
18.5	17.2	17.3
76.8	74.0	74.5
4.6	8.8	8.2

Students reported the following on 3 or more of the last 7 days:

	<i>Percent (%)</i>	<b>Felt tired or sleepy during the day</b>		
		<b>Male</b>	<b>Female</b>	<b>Total</b>
0 days		6.6	3.6	4.2
1-2 days		26.5	18.4	20.0
3-5 days		47.7	49.5	48.8
6-7 days		19.2	28.5	27.0

<b>Got enough sleep so that they felt rested</b>		
<b>Male</b>	<b>Female</b>	<b>Total</b>
11.3	17.0	16.0
34.4	39.4	38.7
41.1	31.8	33.5
13.2	11.9	11.8

# Demographics and Sample Characteristics



## ■ Age

18 - 20 years:	24.5 %
21 - 24 years:	63.2 %
25 - 29 years:	5.3 %
30+ years:	7.0 %
Mean age:	22.8 years
Median age:	21.0 years

## ■ Gender\*

Female:	76.2 %
Male:	21.0 %
Non-binary:	2.5 %

\* See note on page 2 regarding gender categories

## ■ Student status

1st year undergraduate:	0.8 %
2nd year undergraduate:	6.7 %
3rd year undergraduate:	40.6 %
4th year undergraduate:	30.2 %
5th year or more undergraduate:	6.3 %
Master's (MA, MS, MFA, MBA, etc.):	14.0 %
Doctorate (PhD, EdD, MD, JD, etc.):	0.1 %
Not seeking a degree:	0.0 %
Other:	1.3 %

Full-time student:	94.4 %
Part-time student:	5.3 %
Other student:	0.3 %

## ■ Visa to work or study in the US:

6.1 %

## ■ Relationship status

Not in a relationship:	43.4 %
In a relationship but not married/partnered:	46.9 %
Married/partnered:	9.8 %

## ■ Primary Source of Health Insurance

College/university sponsored SHIP plan:	4.2 %
Parent or guardian's plan:	76.4 %
Employer (mine or my spouse/partners):	7.4 %
Medicaid, Medicare, SCHIP, or VA:	8.8 %
Bought a plan on my own:	0.8 %
Don't have health insurance:	2.1 %
Don't know if I have health insurance:	0.1 %
Have insurance, but don't know source:	0.3 %

## ■ Student Veteran:

2.2 %

## ■ Parent or primary responsibility for someone else's child/children under 18 years old:

5.6 %

## ■ Students describe themselves as

Straight/Heterosexual:	83.7 %
Asexual:	1.7 %
Bisexual:	7.3 %
Gay:	1.8 %
Lesbian:	1.3 %
Pansexual:	1.8 %
Queer:	1.0 %
Questioning:	1.3 %
Identity not listed above:	0.3 %

## ■ Housing

Campus or university housing:	27.3 %
Fraternity or sorority residence:	1.0 %
Parent/guardian/other family:	6.1 %
Off-campus:	64.5 %
Temporary or "couch surfing":	0.0 %
Don't have a place to live:	0.0 %
Other:	1.1 %

## ■ Students describe themselves as

American Indian or Native Alaskan	1.0 %
Asian or Asian American	2.9 %
Black or African American	1.4 %
Hispanic or Latino/a/x	2.5 %
Middle Eastern/North African (MENA) or Arab Origin:	0.1 %
Native Hawaiian or Other Pacific Islander Native:	0.0 %
White:	94.3 %
Biracial or Multiracial:	1.7 %
Identity not listed above:	0.1 %

### *If Hispanic or Latino/a/x, are you*

Mexican, Mexican American, Chicano:	50.0 %
Puerto Rican:	0.0 %
Cuban:	5.6 %
Another Hispanic, Latino/a/x, or Spanish Origin:	44.4 %

### *If Asian or Asian American, are you*

East Asian:	76.2 %
Southeast Asian:	28.6 %
South Asian:	0.0 %
Other Asian:	0.0 %

■ **First generation students** 40.5 %  
(Proportion of students for whom no parent/guardian have completed a bachelor's degree)

■ **Do you have any of the following?**

Attention Deficit/Hyperactivity Disorder (ADD or ADHD):	5.7 %
Autism Spectrum Disorder:	1.1 %
Deaf/Hearing loss:	2.9 %
Learning disability:	3.1 %
Mobility/Dexterity disability:	0.8 %
Blind/low vision:	2.1 %
Speech or language disorder:	0.1 %

■ **Participated in organized college athletics:**

Varsity:	3.2 %
Club sports:	5.0 %
Intramurals:	10.7 %

■ **Member of a social fraternity or sorority:**

Greek member:	4.9 %
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