American College Health Association National College Health Assessment

UNIVERSITY OF MONTANA MISSOULA
Executive Summary
Spring 2021

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, and 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 conclusion 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 results are reported by sex based on the responses to questions 67A, 67B, and 67C. The responses to these questions are used to create a new variable called RSEX. RSEX is used for organizing results in the ACHA-NCHA report documents. Respondents are reported as cis men or cis women only when their responses to 67A, 67B, and 67C 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 cis men or cis women in RSEX. If respondents select "yes" for transgender OR their sex at birth is not consistent with their gender identity, then they are designated as transgender/gender non-conforming in RSEX. A respondent that selects "intersex" for sex at birth, "no" for transgender, and man or woman for gender identity are designated as cis men or cis women in RSEX. 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 transgender/gender non-conforming in RSEX. A respondent that selects “another identity” on 67C is designated missing in RSEX. A respondent that skips any of the three questions is designated as missing in RSEX. Totals displayed in this report include missing responses. Please see the ACHA-NCHA III survey codebook for more information about how data on sex and gender are coded.

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.

We need to draw your attention to an important change in your ACHA-NCHA Report documents. Beginning in Spring 2021, responses for transgender and gender-nonconforming students are readily available directly in the report documents. This represents an important change in the way we have been reporting ACHA-NCHA results. We've prepared the following information to better explain the specific changes, our reasoning for doing so, and tips for using these redesigned report documents.

I. What we've done to date

- The ACHA-NCHA has asked respondents about their gender identity for 12 years.
- Data on transgender and gender-nonconforming (TGNC) students was available in the data file, but not displayed explicitly in the report documents documents in an effort to protect the privacy of TGNC students, particularly those students in smaller campus environments and at schools that publicly shared their ACHA-NCHA report documents.
- We have been trying to find the right balance between protecting students' privacy and making the results accessible to campus surveyors who may not use the statistical software that would be required to extract this information directly from the data files. Until now, we've erred on the side of protecting student privacy.

II. Why change?

- The number of TGNC students in our samples has been increasing over the years. Between 2008 and 2015, the number of students identifying as TGNC was very small (less than 0.05%). We've learned over the years that gender identity is complex and fluid. To better capture this complexity, we began asking separate questions about sex at birth and gender identity in Fall 2015. Now TGNC students tend to represent 3-4% of the overall sample.
- With greater number of students identifying as TGNC on the ACHA-NCHA in recent years, we have a better opportunity to understand their needs and behaviors than we have in years past.
- A number of health disparities between TGNC students and their cisgender peers have been well documented[1], and schools need readily available access to this data in order to better address the needs of TGNC students.

III. What's different about the way we are reporting?

- First – a note about how we have been reporting ACHA-NCHA results to date. RSEX is a variable we create based on the responses to the questions on sex at birth, whether or not a student identifies as transgender, and their gender identity. The RSEX variable had allowed us to sort respondents into 4 groups for reporting purposes: male, female, non-binary, and missing. (Details about this variable can be found in all report documents.)

- The value labels for RSEX have been revised to better represent gender identity rather than sex. A value of "1" has been changed from "Male" to "Cis Men[2]." A "2" has been changed from "Female" to "Cis Women[3]." The value "3" has been changed from "non-binary" to "Transgender and Gender-Nonconforming" (TGNC), as it's a more accurate and inclusive term. The value "4" on RSEX remains "missing/unknown" and is used for students who do not answer all three questions.
- The "missing/unknown" column in the Data Report document has been replaced with a "Trans/Gender-Nonconforming" column. Because space limitations in the report prevent us from displaying all 4 categories plus a total column in the same document, it's now the "missing/unknown" column that is not displayed. Now when the Total of any given row is higher than the sum of the cis men, cis women, and TGNC respondents, the difference can be attributed to "missing/unknown" respondents that selected the response option presented in that row
- A column for "Trans/Gender-Nonconforming" has been added the Executive Summary Report document.

IV. Important considerations with this new format

- Percentages in the Executive Summary may represent a very small number of TGNC students and can limit the generalizability of a particular finding. To assist with the interpretation of the percentages displayed in the Executive Summary, the total sample size for each group has been added to every page.
- We encourage ACHA-NCHA surveyors to carefully review their report documents, particularly among the student demographic variables, and consider students who may be inadvertently identified in the results based on a unique combination of the demographic characteristics before sharing the documents widely or publicly. This is especially true for very small schools, as well as schools that lack diversity in the student population.
- Think about the implication of working with and documenting very small samples – from the perspective of making meaningful interpretations, as well as the privacy of respondents. This is true of all demographic variables, and not limited to gender identity. You may consider a minimum cell size or another threshold by which you make decisions about making your Institutional Data Report publicly available. It is less of a concern in your Institutional Executive Summary as we only display the percentages with the overall sample size.

[1] Greathouse M, BrckaLorenz A, Hoban M, Huseman R, Rankin S, Stolzenberg EB. (2018). Queer-spectrum and trans-spectrum student experiences in American higher education: The analysis of national survey findings. New Brunswick, NJ: Tyler Clementi Center, Rutgers University.
[2] Cisgender refers to people whose gender identity matches their sex assigned at birth. Cis men is short for "cisgender men" and is a term used to describe persons who identify as men and were assigned male at birth.
[3] Cis women is short for "cisgender women" and is a term used to describe persons who identify as women and were assigned female at birth.

This Executive Summary highlights results of the ACHA-NCHA III Spring 2021 survey for University of Montana Missoula consisting of 1320 respondents.
The response rate was 24.02%.

Findings

Cis Men n =	374
Cis Women n =	867
Trans/GNC n =	63

A. General Health and Campus Climate

- 52.0 % of college students surveyed (59.1 % cis men, 51.0 % cis women, and 22.6 % transgender/gender non-conforming) described their health as ***very good or excellent.***
- 88.2 % of college students surveyed (88.9 % cis men, 88.9 % cis women, and 77.4 % transgender/gender non-conforming) described their health as ***good, very good or excellent***.

Proportion of college students who reported they *agree* or *strongly agree* that: *Percent (%)*	**Cis Men**	**Cis Women**	**Trans/ Gender Non-conforming**	**Total**
I feel that I belong at my college/university	65.2	67.5	55.6	66.4
I feel that students' health and well-being is a priority at my college/university	57.1	58.0	41.3	56.7
At my college/university, I feel that the campus climate encourages free and open discussion of students' health and well-being.	62.6	61.4	46.0	60.7
At my college/university, we are a campus where we look out for each other	48.1	48.1	36.5	47.4

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

College students reported: *Percent (%)*	**Cis Men**	**Cis Women**	**Trans/ Gender Non-conforming**	**Total**
Drinking 0 sugar-sweetened beverages (per day), on average, in the last 7 days	43.2	37.1	22.2	38.6
Drinking 1 or more sugar-sweetened beverages (per day), on average, in the last 7 days	56.8	62.9	77.8	61.4
Drinking energy drinks or shots on 0 of the past 30 days	70.0	78.5	75.4	76.1
Drinking energy drinks or shots on 1-4 of the past 30 days	15.7	11.5	11.5	12.6
Drinking energy drinks or shots on 5 or more of the past 30 days	14.3	10.0	13.1	11.2
Eating 3 or more servings of fruits (per day), on average, in the last 7 days	23.5	21.1	15.9	21.8
Eating 3 or more servings of vegetables (per day), on average, in the last 7 days	39.3	39.2	31.7	38.9

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 (%)*	**Cis Men**	**Cis Women**	**Trans/ Gender Non-conforming**	**Total**
<18.5 Underweight	1.4	3.0	4.9	2.6
18.5-24.9 Healthy Weight	47.3	59.2	45.9	55.1
25-29.9 Overweight	35.2	19.9	24.6	24.6
30-34.9 Class I Obesity	12.8	10.6	18.0	11.6
35-39.9 Class II Obesity	2.7	4.8	3.3	4.1
≥40 Class III Obesity	0.5	2.5	3.3	1.9

Mean	25.73	25.12	26.11	25.35
Median	25.08	23.40	24.96	23.91
Std Dev	4.63	5.87	6.05	5.55

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

Cis Men n =	374
Cis Women n =	867
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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 (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
Guidelines met for **aerobic exercise only**	84.6	76.3	61.3	78.0
Guidelines met for **Active Adults**	59.3	48.5	30.6	50.9
Guidelines met for **Highly Active Adults**	50.7	37.9	19.4	40.8

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 (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
High or marginal food security (score 0-1)	69.1	63.1	55.0	64.3
Low food security (score 2-4)	18.4	23.8	18.3	22.1
Very low food security (score 5-6)	12.5	13.1	26.7	13.6
Any food insecurity (low or very low food security)	30.9	36.9	45.0	35.7

C. Health Care Utilization

College students reported: *Percent (%)*	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
Receiving psychological or mental health services within the last 12 months	28.9	41.2	74.6	39.2
*The services were provided by:				
My current campus health and/or counseling center	40.4	41.7	31.9	40.2
A mental health provider in the local community near my campus	41.0	43.1	55.3	43.9
A mental health provider in my home town	38.5	38.4	42.6	38.7
A mental health provider not described above	6.4	7.0	4.7	6.8

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

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
Visiting a medical provider within the last 12 months	62.0	76.1	85.7	72.4
*The services were provided by:				
My current campus health center	39.0	34.9	34.6	35.9
A medical service provider in the local community near my campus	48.6	48.2	48.1	48.4
A medical service provider in my home town	54.3	57.9	57.7	56.9
A medical service provider not described above	5.9	4.9	4.3	5.1

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

Cis Men n =	374
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College students reported: *Percent (%)*	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
Flu vaccine within the last 12 month	56.7	53.1	61.9	54.4
Not starting the HPV vaccine series	34.5	23.0	25.4	26.4
Starting, but not completing HPV vaccine series	5.1	6.0	4.8	5.9
Completing HPV vaccine series	32.6	57.9	44.4	49.7
Not knowing their HPV vaccine status	27.8	13.1	25.4	18.0
Ever having a GYN visit or exam (females only)		62.2	39.7	
Having a dental exam in the last 12 months	57.0	64.3	52.4	61.4
Being tested for HIV within the last 12 months	12.1	10.5	11.1	11.2
Being tested for HIV more than 12 months ago	18.8	20.7	25.4	20.3
Wearing sunscreen usually or always when outdoors	33.2	51.7	36.5	45.5
Spending time outdoors with the intention of tanning at least once in the last 12 months	37.9	59.0	32.3	51.5

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)

	Negatively impacted academic performance among all students in the sample				**Negatively impacted academic performance among only students that experienced the issue**			
Percent (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
Alcohol use	5.3	3.2	3.2	3.9	6.4	3.8	3.8	4.6
Cannabis/marijuana use	2.9	1.6	3.2	2.0	6.4	3.7	6.3	4.6
Problems or challenges in the last 12 months								
Career	15.0	15.3	17.5	15.3	37.8	39.0	37.9	38.7
Finances	17.9	20.0	22.2	19.5	39.2	37.2	37.8	38.0
Procrastination	51.9	47.3	55.6	48.7	67.8	61.1	66.0	63.2
Faculty	10.2	9.7	11.1	10.1	71.7	66.1	87.5	68.6
Family	6.1	13.4	27.0	12.0	26.4	33.2	43.6	32.8
Intimate Relationships	10.7	13.4	7.9	12.3	26.8	32.0	20.0	29.9
Roommate/housemate	7.2	7.4	7.9	7.3	30.3	26.7	33.3	27.8
Peers	3.7	3.9	7.9	4.0	20.0	18.0	27.8	19.0
Personal appearance	4.5	7.5	11.1	6.7	12.1	12.7	14.9	12.7
Health of someone close to me	9.4	14.9	22.2	13.6	26.1	31.9	40.0	31.3
Death of a family member, friend, or someone close to me	9.4	13.5	19.0	12.6	36.8	49.6	75.0	47.4
Bullying	0.8	2.5	4.8	2.2	18.8	31.0	60.0	31.2
Cyberbullying	0.8	0.8	1.6	0.8	25.0	20.0	25.0	21.6
Hazing	0.5	0.1	0.0	0.2	28.6	16.7	0.0	23.1
Microaggression	1.6	3.6	11.1	3.3	14.6	18.5	24.1	18.3
Sexual Harassment	0.8	3.1	1.6	2.3	37.5	21.1	14.3	21.4
Discrimination	1.9	2.8	9.5	2.8	20.6	24.5	50.0	25.5

Cis Men n =	374
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Trans/GNC n =	63

Percent (%)	Negatively impacted academic performance among all students in the sample				Negatively impacted academic performance among only students that experienced the issue			
	Cis Men	**Cis Women**	**Trans/ Gender Non-conforming**	**Total**	**Cis Men**	**Cis Women**	**Trans/ Gender Non-conforming**	**Total**
Acute Diagnoses in the last 12 months								
Bronchitis	0.5	0.9	1.6	0.8	50.0	34.8	50.0	37.9
Chlamydia	0.0	0.2	0.0	0.2	0.0	15.4	0.0	11.1
Chicken Pox (Varicella)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Cold/Virus or other respiratory illness	2.9	6.6	12.7	5.8	29.7	33.3	47.1	33.5
Concussion	1.6	1.6	4.8	1.7	54.5	51.9	42.9	51.1
Gonorrhea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Flu (influenza or flu-like illness)	1.3	2.5	3.2	2.2	23.8	59.5	40.0	45.3
Mumps	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Mononucleosis (mono)	0.3	0.6	1.6	0.5	33.3	55.6	50.0	50.0
Orthopedic injury	3.2	3.2	4.8	3.3	35.3	35.9	30.0	35.0
Pelvic Inflammatory Disease	0.0	0.2	0.0	0.2	0.0	40.0	0.0	33.3
Pneumonia	0.5	0.6	1.6	0.6	50.0	41.7	33.3	42.1
Shingles	0.0	0.1	0.0	0.1	0.0	33.3	0.0	25.0
Stomach or GI virus or bug, food poisoning or gastritis	1.1	4.2	6.3	3.3	26.7	58.1	50.0	51.8
Urinary tract infection	0.0	2.2	0.0	1.4	0.0	15.6	0.0	14.4

Percent (%)	**Cis Men**	**Cis Women**	**Trans/ Gender Non-conforming**	**Total**	**Cis Men**	**Cis Women**	**Trans/ Gender Non-conforming**	**Total**
Any ongoing or chronic medical conditions diagnosed or treated in the last 12 months	23.5	32.3	58.7	30.9	34.4	40.9	67.3	40.6
Other impediments to academic performance								
Assault (physical)	0.3	0.8	1.6	0.7	33.3	28.0	33.3	29.0
Assault (sexual)	0.5	2.8	1.6	2.0	20.0	38.1	33.3	35.5
Allergies	0.5	1.6	7.9	1.7	2.3	4.8	31.3	5.5
Anxiety	29.1	40.0	49.2	37.0	48.9	53.3	60.8	52.4
ADHD or ADD	9.1	10.1	39.7	11.2	58.6	73.3	92.6	71.5
Concussion or TBI	2.1	2.5	4.8	2.5	53.3	55.0	60.0	54.1
Depression	23.5	29.0	49.2	28.2	56.8	58.4	73.8	58.8
Eating disorder/problem	2.1	3.1	4.8	2.9	53.3	22.0	25.0	25.3
Headaches/migraines	7.5	13.7	14.3	11.8	36.8	35.5	30.0	35.1
Influenza or influenza-like illness (the flu)	2.1	2.7	4.8	2.6	28.6	29.1	42.9	29.6
Injury	3.5	3.2	0.0	3.1	24.5	28.3	0.0	25.3
PMS	0.0	12.7	12.7	8.9	0.0	26.1	33.3	26.4
PTSD	3.2	6.6	17.5	6.1	44.4	53.3	73.3	53.0
Short-term illness	1.1	3.5	4.8	2.8	15.4	26.5	30.0	24.7
Upper respiratory illness	1.3	4.3	11.1	3.7	11.6	20.4	53.8	20.6
Sleep difficulties	25.4	27.1	30.2	26.5	56.2	49.2	44.2	50.4
Stress	36.9	47.5	55.6	44.5	55.0	56.4	61.4	56.1

Cis Men n =	374
Cis Women n =	867
Trans/GNC n =	63

E. Violence, Abusive Relationships, and Personal Safety

Within the last 12 months, college students reported experiencing: *Percent (%)*	**Cis Men**	**Cis Women**	**Trans/ Gender Non-conforming**	**Total**
A physical fight	4.0	0.9	0.0	1.7
A physical assault (not sexual assault)	0.5	1.5	1.6	1.2
A verbal threat	11.0	8.7	19.0	9.8
Sexual touching without their consent	2.1	6.4	4.8	5.0
Sexual penetration attempt without their consent	1.1	2.8	3.2	2.3
Sexual penetration without their consent	1.1	2.4	1.6	2.0
Being a victim of stalking	1.6	4.1	4.8	3.4
A partner called me names, insulted me, or put me down to make me feel bad	8.6	11.7	6.3	10.6
A partner often insisted on knowing who I was with and where I was or tried to limit my contact with family or friends	4.8	4.4	1.6	4.5
A partner pushed, grabbed, shoved, slapped, kicked, bit, choked or hit me without my consent	1.6	2.8	1.6	2.4
A partner forced me into unwanted sexual contact by holding me down or hurting me in some way	1.3	1.5	0.0	1.4
A partner pressured me into unwanted sexual contact by threatening me, coercing me, or using alcohol or other drugs	1.3	2.3	1.6	2.0

College students reported feeling ***very safe*** :

Percent (%)	**Cis Men**	**Cis Women**	**Trans/ Gender Non-conforming**	**Total**
On their campus (daytime)	87.9	75.7	63.5	78.5
On their campus (nighttime)	51.9	9.7	9.5	21.9
In the community surrounding their campus (daytime)	71.7	54.0	42.9	58.7
In the community surrounding their campus (nighttime)	40.4	7.1	7.9	16.8

Cis Men n =	374
Cis Women n =	867
Trans/GNC n =	63

F. Tobacco, Alcohol, and Other Drug Use

Percent (%)	Ever Used: Cis Men	Ever Used: Cis Women	Ever Used: Trans/ Gender Non-conforming	Ever Used: Total	*Used in the last 3 months: Cis Men	*Used in the last 3 months: Cis Women	*Used in the last 3 months: Trans/ Gender Non-conforming	*Used in the last 3 months: Total
Tobacco or nicotine delivery products (cigarettes, e-cigarettes, Juul or other vape products, water pipe or hookah, chewing tobacco, cigars, etc.)	60.2	44.6	46.0	49.1	32.6	24.3	22.2	26.4
Alcoholic beverages (beer, wine, liquor, etc.)	87.4	84.8	82.5	85.3	78.3	77.9	77.8	77.4
Cannabis (marijuana, weed, hash, edibles, vaped cannabis, etc.) ***[Please report nonmedical use only.]***	65.5	59.9	63.5	61.5	38.0	34.1	36.5	35.2
Cocaine (coke, crack, etc.)	21.1	14.7	17.5	16.6	3.2	2.8	4.8	3.0
Prescription stimulants (Ritalin, Concerta, Dexedrine, Adderall, diet pills, etc.) ***[Please report nonmedical use only.]***	18.8	14.4	12.9	15.5	4.0	3.1	3.2	3.3
Methamphetamine (speed, crystal meth, ice, etc.)	4.9	2.3	6.5	3.3	0.0	0.0	0.0	0.0
Inhalants (poppers, nitrous, glue, gas, paint thinner, etc.)	7.0	5.4	9.7	6.1	1.1	1.0	1.6	1.1
Sedatives or Sleeping Pills (Valium, Ativan, Xanax, Klonopin, Librium, Rohypnol, GHB, etc.) ***[Please report nonmedical use only.]***	10.3	10.6	11.3	10.6	1.6	3.0	3.2	2.6
Hallucinogens (Ecstasy, MDMA, Molly, LSD, acid, mushrooms, PCP, Special K, etc.)	31.7	20.6	30.2	24.1	8.8	6.1	6.3	6.8
Heroin	1.1	1.4	1.7	1.4	0.0	0.2	0.0	0.2
Prescription opioids (morphine, codeine, fentanyl, oxycodone [OxyContin, Percocet], hydrocodone [Vicodin], methadone, buprenorphine [Suboxone], etc.) ***[Please report nonmedical use only.]***	12.4	7.3	14.5	9.3	1.1	0.6	1.6	0.8

**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: Cis Men	*Moderate risk use of the substance: Cis Women	*Moderate risk use of the substance: Trans/ Gender Non-conforming	*Moderate risk use of the substance: Total	*High risk use of the substance: Cis Men	*High risk use of the substance: Cis Women	*High risk use of the substance: Trans/ Gender Non-conforming	*High risk use of the substance: Total
Tobacco or nicotine delivery products	24.6	18.2	19.0	19.9	1.1	0.9	3.2	1.1
Alcoholic beverages	19.5	18.1	15.9	18.2	3.7	1.5	1.6	2.1
Cannabis (nonmedical use)	27.8	23.2	34.9	24.8	1.6	0.9	1.6	1.1
Cocaine	1.9	2.0	3.2	2.0	0.0	0.0	0.0	0.0
Prescription stimulants (nonmedical use)	2.4	2.1	1.6	2.1	0.0	0.0	0.0	0.0
Methamphetamine	1.1	0.8	0.0	0.8	0.0	0.0	0.0	0.0
Inhalants	0.3	0.2	0.0	0.3	0.0	0.0	0.0	0.0
Sedatives or Sleeping Pills (nonmedical use)	1.1	2.3	3.2	2.0	0.0	0.0	0.0	0.0
Hallucinogens	3.2	3.0	3.2	3.0	0.0	0.1	0.0	0.1
Heroin	0.3	0.6	0.0	0.5	0.0	0.0	0.0	0.0
Prescription opioids (nonmedical use)	1.1	0.7	1.6	0.8	0.0	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.*

Cis Men n =	374
Cis Women n =	867
Trans/GNC n =	63

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 (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
Prescription stimulants	2.7	2.3	1.6	2.3
Prescription sedatives or sleeping pills	0.5	2.4	3.2	1.9
Prescription opioids	0.8	0.3	1.6	0.5

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

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
Cigarettes	13.1	9.9	15.9	11.1
E-cigarettes or other vape products (for example: Juul, etc.)	14.4	15.3	14.3	14.8
Water pipe or hookah	1.9	0.8	1.6	1.1
Chewing or smokeless tobacco	8.8	1.8	1.6	3.8
Cigars or little cigars	7.5	2.2	3.2	3.7
Other	2.4	1.5	1.6	1.7

**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

- 4.7 % of college students surveyed (6.8 % cis men, 3.6 % cis women, and 7.0 % transgender/gender non-conforming) indicated they were in recovery from alcohol or other drug use.

When, if ever, was the last time you:

	Drank Alcohol				*Used Cannabis/Marijuana			
Percent (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
Never	9.4	10.3	9.5	10.1	30.6	35.4	30.2	33.8
Within the last 2 weeks	66.8	62.7	49.2	63.2	26.6	19.2	30.2	22.0
More than 2 weeks ago but within the last 30 days	6.4	9.4	15.9	8.8	3.2	5.2	1.6	4.4
More than 30 days ago but within the last 3 months	5.6	6.3	12.7	6.3	7.3	9.4	9.5	8.8
More than 3 months ago but within the last 12 months	4.8	6.6	4.8	5.9	11.0	11.6	12.7	11.4
More than 12 months ago	7.0	4.7	7.9	5.7	21.2	19.2	15.9	19.7

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

Driving under the influence

- 22.6 % 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.*
- 37.2 % 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 (%)*	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
< .08	85.7	87.4	83.3	86.8
< .10	89.8	91.5	87.5	90.8
Mean	0.03	0.04	0.04	0.04
Median	0.01	0.02	0.01	0.02
Std Dev	0.05	0.05	0.07	0.05

Cis Men n =	374
Cis Women n =	867
Trans/GNC n =	63

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

Number of drinks *Percent (%)*	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
4 or fewer	71.5	82.0	81.6	78.9
5	7.1	8.2	4.1	7.7
6	4.7	3.7	6.1	4.1
7 or more	16.6	6.1	8.2	9.3
Mean	3.9	2.9	3.0	3.2
Median	3.0	2.0	2.0	2.0
Std Dev	3.2	2.4	2.3	2.7

**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				*Among those who reported drinking alcohol within the last two weeks			
Percent (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
Did not drink alcohol in the last two weeks (includes non-drinkers)	33.2	37.3	50.8	36.9				
None	32.7	36.7	30.2	35.1	49.0	58.6	61.3	55.6
1-2 times	25.5	19.9	14.3	21.1	38.2	31.8	29.0	33.5
3-5 times	5.4	4.4	4.8	4.9	8.0	7.0	9.7	7.7
6 or more times	3.2	1.6	0.0	2.1	4.8	2.6	0.0	3.3

**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 (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
Did something I later regretted	18.5	20.6	9.6	19.5
Blackout (forgot where I was or what I did for a **large period of time and cannot remember,** even when someone reminds me)	11.2	9.4	9.6	10.0
Brownout (forgot where I was or what I did for **short periods of time, but can remember** once someone reminds me)	21.7	20.0	21.2	20.6
Got in trouble with the police	1.3	0.5	0.0	0.7
Got in trouble with college/university authorities	0.3	0.5	1.9	0.5
Someone had sex with me **without my** consent	0.6	1.8	1.9	1.5
Had sex with someone **without their** consent	0.0	0.3	0.0	0.2
Had unprotected sex	14.7	12.5	9.6	13.0
Physically injured myself	6.1	6.0	7.8	6.1
Physically injured another person	1.0	0.3	0.0	0.5
Seriously considered suicide	2.6	3.1	5.8	3.1
Needed medical help	2.2	1.1	1.9	1.4
Reported one or more of the above	24.5	23.1	21.4	23.5

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

Cis Men n =	374
Cis Women n =	867
Trans/GNC n =	63

G. Sexual Behavior

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

Oral sex

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
Never	16.5	20.9	28.6	20.1
Within the last 2 weeks	40.3	35.2	28.6	36.4
More than 2 weeks ago but within the last 30 days	8.6	10.6	3.2	9.6
More than 30 days ago but within the last 3 months	8.4	10.7	12.7	10.1
More than 3 months ago but within the last 12 months	11.6	12.2	9.5	11.9
More than 12 months ago	14.6	10.4	17.5	12.0

Vaginal intercourse

Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
20.0	21.2	41.3	22.0
42.7	44.2	28.6	42.8
8.4	8.7	1.6	8.3
7.3	8.5	6.3	8.0
9.5	9.1	4.8	9.0
12.2	8.3	17.5	9.8

Anal intercourse

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
Never	61.7	70.3	61.9	67.2
Within the last 2 weeks	5.4	1.9	3.2	3.1
More than 2 weeks ago but within the last 30 days	3.3	1.9	3.2	2.4
More than 30 days ago but within the last 3 months	3.8	2.7	6.3	3.2
More than 3 months ago but within the last 12 months	7.1	5.3	6.3	5.9
More than 12 months ago	18.8	18.0	19.0	18.3

***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 (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
None	0.0	0.3	0.0	0.3
1	70.3	76.0	62.2	73.8
2	12.1	12.0	21.6	12.4
3	7.3	5.0	5.4	5.7
4 or more	10.3	6.6	10.8	7.9
Mean	2.2	1.6	2.0	1.8
Median	1.0	1.0	1.0	1.0
Std Dev	4.3	1.6	2.2	2.7

**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 (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
Oral sex	5.0	2.0	5.0	3.0
Vaginal intercourse	25.3	24.4	21.1	24.4
Anal intercourse	34.4	15.6	75.0	27.1

**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 <u>last time</u> they had vaginal intercourse:

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
Yes, used a method of contraception	79.7	87.4	80.8	84.9
No, did not want to prevent pregnancy	3.6	3.3	7.7	3.5
No, did not use any method	15.1	9.1	11.5	10.8
Don't know	1.6	0.2	0.0	0.8

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

Cis Men n =	374
Cis Women n =	867
Trans/GNC n =	63

***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 (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
Birth control pills (monthly or extended cycle)	42.0	33.2	23.8	35.1
Birth control shots	1.0	1.9	0.0	1.6
Birth control implants	14.5	12.7	19.0	13.3
Birth control patch	1.0	0.4	0.0	0.5
The ring	3.5	2.5	0.0	2.7
Emergency contraception ("morning after pill" or "Plan B")	2.0	2.1	0.0	2.0
Intrauterine device	25.5	31.7	14.3	29.7
Male (external) condom	35.5	31.7	42.9	33.1
Female (internal) condom	0.0	0.0	0.0	0.0
Diaphragm or cervical cap	0.0	0.2	0.0	0.1
Contraceptive sponge	0.0	0.0	0.0	0.0
Withdrawal	20.0	21.6	19.0	21.0
Fertility awareness (calendar, mucous, basal body temperature)	1.5	5.9	4.8	4.6
Sterilization (hysterectomy, tubes tied, vasectomy)	4.0	3.6	9.5	3.9
Other method	1.5	0.8	4.8	1.3
Male condom use plus another method	23.5	23.7	23.8	23.6
Any two or more methods (excluding male condoms)	23.0	21.8	14.3	21.9

**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 (10.8 % cis men, 11.3 % cis women, 11.5 % trans/gender non-conforming)

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 (1.2 % cis men, 0.8 % cis women, 0 % trans/gender non-conforming)

H. Mental Health and Wellbeing

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

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
No or low psychological distress (0-8)	59.5	51.3	31.7	52.6
Moderate psychological distress (9-12)	23.8	24.8	23.8	24.6
Serious psychological distress (13-24)	16.8	23.9	44.4	22.8
Mean	7.87	8.99	11.83	8.82
Median	7.00	8.00	11.00	8.00
Std Dev	5.10	5.07	5.18	5.15

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

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
Negative for loneliness (3-5)	51.2	46.4	41.3	47.6
Positive for loneliness (6-9)	48.8	53.6	58.7	52.4
Mean	5.45	5.58	5.98	5.56
Median	5.00	6.00	6.00	6.00
Std Dev	1.85	1.86	1.96	1.86

Diener Flourishing Scale – Psychological Well-Being (PWB) Score (Range is 8-56)
(higher scores reflect a higher level of psychological well-being)

	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
Mean	44.06	45.39	41.03	44.75
Median	47.00	47.00	43.00	47.00
Std Dev	8.71	7.78	8.96	8.23

Cis Men n =	374
Cis Women n =	867
Trans/GNC n =	63

The Connor-Davison Resilience Scale (CD-RISC2) Score (Range is 0-8)
(higher scores reflect greater resilience)

	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
Mean	6.45	6.14	5.79	6.21
Median	6.00	6.00	6.00	6.00
Std Dev	1.38	1.47	1.65	1.47

Self injury

■ 9.7 % of college students surveyed (3.5 % cis men, 10.5 % cis women, and 36.5 % trans/gender non-conforming) 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:

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

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
Academics	49.7	47.6	60.3	48.8	87.1	91.2	89.5	89.8
Career	39.6	39.5	46.0	39.8	76.4	76.0	75.9	76.1
Finances	46.1	54.2	58.7	51.9	75.6	81.0	81.1	79.6
Procrastination	77.2	78.3	84.1	78.1	61.3	67.4	69.8	65.8
Faculty	14.2	14.8	12.7	14.8	60.4	59.5	62.5	59.1
Family	24.0	40.9	61.9	37.2	53.9	71.9	76.9	68.9
Intimate relationships	40.4	42.4	39.7	41.6	59.3	63.3	48.0	61.6
Roommate/housemate	24.0	28.1	23.8	26.5	50.6	56.9	53.3	54.9
Peers	19.1	22.2	28.6	21.6	45.1	47.3	44.4	46.6
Personal appearance	37.5	59.4	74.6	53.5	39.3	55.8	61.7	52.9
Health of someone close to me	36.2	47.0	55.6	44.2	56.0	71.3	71.4	67.7
Death of a family member, friend, or someone close to me	25.5	27.4	25.4	26.8	72.6	83.5	81.3	80.3
Bullying	4.3	8.2	7.9	7.1	50.0	62.0	40.0	58.1
Cyberbullying	3.2	4.1	6.3	3.9	50.0	48.6	25.0	47.1
Hazing	1.9	0.7	0.0	1.0	57.1	16.7	0.0	38.5
Microaggression	11.0	19.5	46.0	18.3	46.3	40.1	48.3	41.8
Sexual Harassment	2.1	14.9	11.1	11.1	50.0	52.3	57.1	51.7
Discrimination	9.4	11.4	19.0	11.2	57.1	58.2	33.3	55.5

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

Students reporting none of the above	8.6	4.6	4.8	5.9
Students reporting only one of the above	8.6	6.1	4.8	6.7
Students reporting 2 of the above	10.7	8.3	4.8	8.9
Students reporting 3 or more of the above	72.2	80.9	85.7	78.4

Cis Men n =	374
Cis Women n =	867
Trans/GNC n =	63

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

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
Negative suicidal screening (3-6)	71.6	69.6	41.3	68.9
Positive suicidal screening (7-18)	28.4	30.4	58.7	31.1

Mean	5.41	5.58	8.37	5.66
Median	4.00	4.00	8.00	4.00
Std Dev	2.94	3.17	3.97	3.20

Suicide attempt

- 3 % of college students surveyed (2.7 % cis men, 2.7 % cis women, and 9.7 % trans/gender non-conforming) 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:

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
No stress	2.7	0.6	1.6	1.3
Low	23.3	12.8	3.2	15.3
Moderate	48.1	46.6	46.0	47.1
High	25.9	40.0	49.2	36.3

I. Acute Conditions

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

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
Bronchitis	1.1	2.8	3.2	2.3
Chlamydia	1.1	2.0	1.6	1.7
Chicken Pox (Varicella)	1.3	0.5	3.2	0.8
Cold/virus or other respiratory illness (for example: sinus infection, ear infection, strep throat, tonsillitis, pharyngitis, or laryngitis)	9.9	20.1	27.4	17.5
Concussion	2.9	3.3	11.1	3.5
Gonorrhea	0.3	0.3	1.6	0.4
Flu (influenza) or flu-like illness	5.9	4.3	8.2	5.0
Mumps	0.0	0.2	1.6	0.2
Mononucleosis (mono)	0.8	1.1	3.2	1.1
Orthopedic injury (for example: broken bone, fracture, sprain, bursitis, tendinitis, or ligament injury)	9.1	9.2	15.9	9.5
Pelvic Inflammatory Disease	0.0	0.6	1.6	0.5
Pneumonia	1.1	1.4	4.8	1.5
Shingles	0.0	0.5	1.6	0.4
Stomach or GI virus or bug, food poisoning or gastritis	4.0	7.3	12.7	6.6
Urinary tract infection	1.3	15.0	7.9	10.7

Cis Men n =	374
Cis Women n =	867
Trans/GNC n =	63

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 ir 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	**College students reported ever being diagnosed with the following:**				***Of those ever diagnosed, those reporting contact with healthcare or MH professional within last 12 months**			
Percent (%)	**Cis Men**	**Cis Women**	**Trans/ Gender Non-conforming**	**Total**	**Cis Men**	**Cis Women**	**Trans/ Gender Non-conforming**	**Total**
ADD/ADHD - Attention Deficit/Hyperactivity Disorder	12.7	10.4	30.2	12.1	59.6	74.7	73.7	69.2
Alcohol or Other Drug-Related Abuse or Addiction	3.5	2.6	1.6	2.8	46.2	36.4	100.0	43.2
Anxiety (for example: Generalized Anxiety, Social Anxiety, Panic Disorder, Specific Phobia)	26.7	42.3	60.3	38.7	73.7	77.7	86.8	77.4
Autism Spectrum	3.5	1.9	4.8	2.5	30.8	46.7	100.0	45.2
Bipolar and Related Conditions (for example: Bipolar I, II, Hypomanic Episode)	2.4	3.1	8.1	3.2	44.4	77.8	80.0	71.4
Borderline Personality Disorder (BPD), Avoidant Personality, Dependent Personality, or another personality disorder	0.5	1.4	6.3	1.4	50.0	58.3	100.0	66.7
Depression (for example: Major depression, persistent depressive disorder, disruptive mood disorder)	24.4	34.7	48.4	32.5	66.7	75.9	90.0	74.9
Eating Disorders (for example: Anorexia Nervosa, Bulimia Nervosa, Binge-Eating)	1.6	7.7	6.5	5.9	50.0	33.3	50.0	35.1
Gambling Disorder	0.3	0.4	0.0	0.3	0.0	33.3	0.0	25.0
Insomnia	6.8	9.2	19.0	9.1	52.0	55.1	66.7	55.9
Obsessive-Compulsive and Related Conditions (for example: OCD, Body Dysmorphia, Hoarding, Trichotillomania and other body-focused repetitive behavior disorders)	3.8	6.4	11.1	5.8	57.1	55.6	71.4	57.3
PTSD (Posttraumatic Stress Disorder), Acute Stress Disorder, Adjustment Disorder, or another trauma- or stressor- related condition	7.6	13.3	22.2	12.2	63.0	61.9	92.9	65.4
Schizophrenia and Other Psychotic Conditions (for example: Schizophrenia, Schizoaffective Disorder, Schizophreniform Disorder, Delusional Disorder)	0.8	0.3	0.0	0.5	33.3	33.3	0.0	33.3
Tourette's or other neurodevelopmental condition not already listed	0.5	0.3	1.6	0.5	50.0	33.3	0.0	33.3
Traumatic brain injury (TBI)	2.4	2.1	3.2	2.3	50.0	35.3	50.0	42.9

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

Percent (%)	**Cis Men**	**Cis Women**	**Trans/ Gender Non-conforming**	**Total**
Students reporting none of the above	57.3	48.0	28.6	49.7
Students reporting only one of the above	15.6	14.5	12.7	14.7
Students reporting both Depression and Anxiety	15.9	30.2	44.4	26.8
Students reporting any two or more of the above (excluding the combination of Depression and Anxiety)	11.3	7.3	14.3	8.9

Cis Men n =	374
Cis Women n =	867
Trans/GNC n =	63

STI's/Other chronic infections

Percent (%)	College students reported ever being diagnosed with the following: Cis Men	Cis Women	Trans/ Gender Non-conforming	Total	*Of those ever diagnosed, had contact with healthcare or MH professional within last 12 months Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
Genital herpes	1.9	3.6	1.6	3.0	28.6	45.2	100.0	43.6
Hepatitis B or C	0.3	0.3	0.0	0.3	0.0	66.7	0.0	50.0
HIV or AIDS	0.3	0.1	0.0	0.2	100.0	0.0	0.0	50.0
Human papillomavirus (HPV) or genital warts	1.9	5.7	1.6	4.5	57.1	51.0	0.0	50.0

**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

Percent (%)	College students reported ever being diagnosed with the following: Cis Men	Cis Women	Trans/ Gender Non-conforming	Total	*Of those ever diagnosed, had contact with healthcare or MH professional within last 12 months Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
Acne	22.6	26.1	20.6	24.8	20.5	45.3	23.1	38.1
Allergies - food allergy	9.2	16.6	20.6	14.6	33.3	24.3	30.8	26.7
Allergies - animals/pets	9.8	16.7	22.2	15.0	16.7	18.0	21.4	17.9
Allergies - environmental (for example: pollen, grass, dust, mold)	25.1	28.4	33.3	27.8	23.7	20.3	38.1	22.3
Asthma	13.8	17.3	20.6	16.4	33.3	35.2	38.5	34.8
Cancer	1.6	2.4	0.0	2.1	66.7	57.1	0.0	59.3
Celiac disease	0.5	1.4	1.6	1.2	0.0	66.7	0.0	53.3
Chronic pain (for example: back or joint pain, arthritis, nerve pain)	9.5	11.5	20.6	11.5	68.6	65.7	46.2	65.3
Diabetes or pre-diabetes/insulin resistance	1.6	2.1	3.2	2.2	83.3	61.1	50.0	64.3
Endometriosis	0.0	3.4	3.2	2.5	0.0	59.3	50.0	60.0
Gastroesophageal Reflux Disease (GERD) or acid reflux	4.6	6.9	6.3	6.2	52.9	50.0	50.0	51.3
Heart & vascular disorders (for example: atrial fibrillation or other cardiac arrhythmia, mitral valve prolapse or other valvular heart disease, congenital heart condition)	3.0	3.1	9.5	3.4	45.5	37.0	50.0	40.9
High blood pressure (hypertension)	4.3	2.3	4.8	3.1	37.5	73.7	0.0	53.8
High cholesterol (hyperlipidemia)	4.1	2.6	1.6	3.1	71.4	68.2	0.0	66.7
Irritable bowel syndrome (spastic colon or spastic bowel)	2.2	5.4	14.3	4.9	50.0	51.1	66.7	52.4
Migraine headaches	8.4	16.3	27.0	14.6	26.7	46.0	37.5	42.8
Polycystic Ovarian Syndrome (PCOS)	0.0	4.8	3.2	3.3	0.0	57.5	50.0	57.1
Sleep Apnea	4.0	2.6	6.3	3.2	73.3	50.0	50.0	57.1
Thyroid condition or disorder	0.8	5.1	3.2	3.8	100.0	81.4	100.0	83.0
Urinary system disorder (for example: bladder or kidney disease, urinary reflux, interstitial cystitis)	0.5	2.1	0.0	1.5	50.0	50.0	0.0	50.0

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

Cis Men n =	374
Cis Women n =	867
Trans/GNC n =	63

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

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
Type I Diabetes	20.0	53.8	50.0	40.9
Type II Diabetes	0.0	8.3	0.0	14.3
Pre-diabetes or insulin resistance	83.3	64.3	50.0	66.7
Gestational Diabetes	0.0	0.0	0.0	0.0

K. Sleep

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

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
Less than 15 minutes	40.6	37.3	31.7	38.0
16 to 30 minutes	26.2	27.2	20.6	26.6
31 minutes or more	33.2	35.5	47.6	35.4

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

	On weeknights				On weekend nights			
Percent (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
Less than 7 hours	36.1	33.9	36.5	34.7	20.3	20.0	11.1	19.8
7 to 9 hours	63.4	64.5	58.7	63.9	74.1	73.2	71.4	73.2
10 or more hours	0.5	1.5	4.8	1.4	5.6	6.8	17.5	7.0

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

	Felt tired or sleepy during the day				Got enough sleep so that they felt rested			
Percent (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
0 days	10.4	2.8	3.2	5.0	13.6	20.0	23.8	18.2
1-2 days	27.5	18.5	19.0	21.3	33.2	37.7	34.9	36.3
3-5 days	40.4	43.8	34.9	42.4	38.2	31.5	30.2	33.5
6-7 days	21.7	34.9	42.9	31.3	15.0	10.8	11.1	12.0

Demographics and Sample Characteristics

Age

18 - 20 years:	28.3 %
21 - 24 years:	31.8 %
25 - 29 years:	18.1 %
30+ years:	21.8 %
Mean age: 25.7 years	
Median age: 23.0 years	

Gender*

Cis Women:	65.7 %
Cis Men:	28.3 %
Transgender/Gender Non-conforming:	4.8 %

** See note on page 2 regarding gender categories*

Student status

1st year undergraduate:	14.8 %
2nd year undergraduate:	12.2 %
3rd year undergraduate:	15.7 %
4th year undergraduate:	14.0 %
5th year or more undergraduate:	6.6 %
Master's (MA, MS, MFA, MBA, etc.):	18.8 %
Doctorate (PhD, EdD, MD, JD, etc.):	15.4 %
Not seeking a degree:	0.8 %
Other:	1.8 %
Full-time student:	86.2 %
Part-time student:	13.2 %
Other student:	0.6 %

Visa to work or study in the US: 3.2 %

Relationship status

Not in a relationship:	42.0 %
In a relationship but not married/partnered:	40.1 %
Married/partnered:	17.9 %

Primary Source of Health Insurance

College/university sponsored SHIP plan:	8.1 %
Parent or guardian's plan:	49.3 %
Employer (mine or my spouse/partners):	12.4 %
Medicaid, Medicare, SCHIP, or VA:	21.3 %
Bought a plan on my own:	5.6 %
Don't have health insurance:	2.0 %
Don't know if I have health insurance:	0.5 %
Have insurance, but don't know source:	0.8 %

Student Veteran: 3.9 %

Parent or primary responsibility for someone else's child/children under 18 years old: 9.3 %

Students describe themselves as

Straight/Heterosexual:	72.2 %
Asexual:	0.9 %
Bisexual:	13.8 %
Gay:	2.4 %
Lesbian:	2.4 %
Pansexual:	3.1 %
Queer:	1.6 %
Questioning:	2.4 %
Identity not listed above:	1.1 %

Housing

Campus or university housing:	22.4 %
Fraternity or sorority residence:	1.7 %
Parent/guardian/other family:	11.4 %
Off-campus:	62.2 %
Temporary or "couch surfing":	0.7 %
Don't have a place to live:	0.0 %
Other:	1.6 %

Students describe themselves as

American Indian or Native Alaskan	4.2 %
Asian or Asian American	4.5 %
Black or African American	0.5 %
Hispanic or Latino/a/x	4.4 %
Middle Eastern/North African (MENA) or Arab Origin:	1.1 %
Native Hawaiian or Other Pacific Islander Native:	0.8 %
White:	90.2 %
Biracial or Multiracial:	2.8 %
Identity not listed above:	0.9 %

If Hispanic or Latino/a/x, are you

Mexican, Mexican American, Chicano:	60.3 %
Puerto Rican:	8.6 %
Cuban:	5.2 %
Another Hispanic, Latino/a/x, or Spanish Origin:	31.0 %

If Asian or Asian American, are you

East Asian:	61.0 %
Southeast Asian:	27.1 %
South Asian:	10.2 %
Other Asian:	5.1 %

■ **First generation students** (Proportion of students for whom no parent/guardian have completed a bachelor's degree)	29.4 %

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

Attention Deficit/Hyperactivity Disorder (ADD or ADHD):	13.8 %
Autism Spectrum Disorder:	2.9 %
Deaf/Hearing loss:	3.5 %
Learning disability:	6.4 %
Mobility/Dexterity disability:	1.5 %
Blind/low vision:	2.7 %
Speech or language disorder:	0.7 %

■ **Participated in organized college athletics:**

Varsity:	4.0 %
Club sports:	3.0 %
Intramurals:	8.1 %

■ **Member of a <u>social</u> fraternity or sorority:**

Greek member:	4.1 %