# CALIFORNIA STATE UNIVERSITY CHANNEL ISLANDS
## Executive Summary
## Spring 2024

# 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.

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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.

# Introduction and Notes

*Notes about this report:*

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

I.    What we've done to date

II.

# Findings

## A. General Health and Campus Climate

43.4 % of college students surveyed ( 50.7 % cis men, 43.1 % cis women, and 16.7 % transgender/gender non-conforming) described their health as

**Students meeting**

**College students reported:**

| Percent (%) | Cis Men | Cis Women | Trans/Gender Non-conforming | Total |
|---|---|---|---|---|
| | 42.9 | 56.3 | 37.5 | 52.0 |
| | 32.5 | 19.0 | 8.3 | 21.1 |
| | 1.3 | 2.9 | 4.2 | 2.6 |
| | 29.9 | 49.5 | 54.2 | 45.4 |
| | 36.4 | 28.7 | 33.3 | 30.8 |
| | | 56.1 | 29.2 | |
| | 61.0 | 69.5 | 54.2 | 66.6 |
| | 5.2 | 14.0 | 16.7 | 12.3 |
| | 11.7 | 18.3 | 8.3 | 16.2 |
| | 13.0 | 43.0 | 37.5 | 36.3 |
| | 28.9 | 47.7 | 33.3 | 42.6 |

## 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,

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| Percent (%) | Cis Men | Cis Women | Trans/Gender Non-conforming | Total | | Cis Men | Cis Women | Trans/Gender Non-conforming | Total |
|---|---|---|---|---|---|---|---|---|---|
| | 0.0 | 1.1 | 0.0 | 0.8 | | 0.0 | 1.5 | 0.0 | 1.1 |
| | 1.3 | 1.4 | 4.2 | 1.6 | | 5.6 | 4.4 | 10.0 | 5.0 |
| | 0.0 | 0.7 | 0.0 | 0.5 | | 0.0 | 40.0 | 0.0 | 33.3 |
| | 14.3 | 13.6 | 25.0 | 14.2 | | 36.7 | 37.3 | 54.5 | 38.2 |
| | 19.5 | 22.9 | 12.5 | 21.2 | | 46.9 | 38.1 | 23.1 | 38.1 |
| | 46.8 | 43.0 | 58.3 | 44.3 | | 64.3 | 57.7 | 77.8 | 60.4 |
| | 5.2 | 5.7 | 12.5 | 6.0 | | 57.1 | 57.1 | 75.0 | 57.5 |
| | 7.8 | 16.1 | 33.3 | 15.3 | | 30.0 | 35.2 | 47.1 | 35.5 |
| | 7.8 | 9.7 | 12.5 | 9.3 | | 33.3 | 28.4 | 27.3 | 29.0 |
| | 3.9 | 5.7 | 4.2 | 5.2 | | 37.5 | 32.0 | 33.3 | 32.3 |
| | 2.6 | 3.6 | 8.3 | 3.6 | | 18.2 | 24.4 | 33.3 | 24.1 |
| | 2.6 | 8.2 | 25.0 | 8.0 | | 6.7 | 14.0 | 35.3 | 14.6 |
| | 13.0 | 14.0 | 20.8 | 14.0 | | 33.3 | 32.8 | 55.6 | 34.0 |
| | 2.6 | 11.8 | 12.5 | 10.1 | | 14.3 | 48.5 | 100.0 | 45.3 |
| | 0.0 | 1.8 | 0.0 | 1.3 | | 0.0 | 29.4 | 0.0 | 25.0 |
| | 1.3 | 0.7 | 0.0 | 0.8 | | 33.3 | 22.2 | 0.0 | 25.0 |
| | 0.0 | 0.4 | 0.0 | 0.3 | | 0.0 | 50.0 | 0.0 | 50.0 |
| | 1.3 | 1.8 | 8.3 | 2.1 | | 10.0 | 11.4 | 22.2 | 12.5 |
| | 0.0 | 0.7 | 4.2 | 0.8 | | 0.0 | 11.8 | 33.3 | 14.3 |
| | 1.3 | 2.2 | 8.3 | 2.3 | | 12.5 | 31.6 | 33.3 | 27.3 |

| Percent (%) | Cis Men | Cis Women | Trans/ Gender Non- conforming | Total | | Cis Men | Cis Women | Trans/ Gender Non- conforming | Total |
|---|---|---|---|---|---|---|---|---|---|
| | 1.3 | 1.4 | 4.2 | 1.6 | | 50.0 | 40.0 | 100.0 | 46.2 |
| | 0.0 | 0.0 | 0.0 | 0.0 | | 0.0 | 0.0 | 0.0 | 0.0 |
| | 0.0 | 0.0 | 0.0 | 0.0 | | 0.0 | 0.0 | 0.0 | 0.0 |
| | 10.4 | 12.9 | 33.3 | 13.5 | | 50.0 | 41.4 | 88.9 | 46.4 |
| | 1.3 | 0.7 | 4.2 | 1.0 | | 100.0 | 33.3 | 100.0 | 50.0 |
| | 0.0 | 0.0 | 0.0 | 0.0 | | 0.0 | 0.0 | 0.0 | 0.0 |
| | 5.2 | 5.7 | 12.5 | 6.0 | | 57.1 | 40.0 | 60.0 | 44.2 |
| | 0.0 | 0.0 | 0.0 | 0.0 | | 0.0 | 0.0 | 0.0 | 0.0 |
| | 0.0 | 0.4 | 0.0 | 0.3 | | 0.0 | 33.3 | 0.0 | 25.0 |
| | 3.9 | 0.4 | 0.0 | 1.0 | | 50.0 | 5.9 | 0.0 | 16.0 |
| | 0.0 | 0.4 | 0.0 | 0.3 | | 0.0 | 100.0 | 0.0 | 100.0 |
| | 2.6 | 1.4 | 0.0 | 1.6 | | 66.7 | 100.0 | 0.0 | 85.7 |
| | 0.0 | 0.0 | 0.0 | 0.0 | | 0.0 | 0.0 | 0.0 | 0.0 |
| | 0.0 | 5.7 | 4.2 | 4.4 | | 0.0 | 50.0 | 25.0 | 41.5 |
| | 0.0 | 3.9 | 0.0 | 2.8 | | 0.0 | 28.2 | 0.0 | 25.6 |

| Percent (%) | Cis Men | Cis Women | Trans/ Gender Non- conforming | Total | | Cis Men | Cis Women | Trans/ Gender Non- conforming | Total |
|---|---|---|---|---|---|---|---|---|---|
| | 20.8 | 27.2 | 54.2 | 27.2 | | 34.8 | 35.8 | 61.9 | 37.4 |
| | 0.0 | 1.1 | 0.0 | 0.8 | | 0.0 | 60.0 | 0.0 | 37.5 |
| | 0.0 | 1.4 | 4.2 | 1.3 | | 0.0 | 28.6 | 33.3 | 27.8 |
| | 5.2 | 3.6 | 4.2 | 3.9 | | 23.5 | 12.0 | 10.0 | 13.6 |
| | 16.9 | 28.0 | 50.0 | 26.7 | | 35.1 | 40.4 | 52.2 | 40.7 |
| | 11.7 | 6.8 | 20.8 | 8.5 | | 56.3 | 48.7 | 50.0 | 50.8 |
| | 2.6 | 2.2 | 0.0 | 2.1 | | 100.0 | 75.0 | 0.0 | 80.0 |
| | 14.3 | 19.7 | 54.2 | 20.5 | | 47.8 | 51.4 | 72.2 | 53.4 |
| | 1.3 | 4.3 | 81.34.823.540.4 | | 52.2 | 40.7 | | | |

# E. Violence, Abusive Relationships, and Personal Safety

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

| Percent (%) | Ever Used | | | | *Used in the last 3 months | | | |
|---|---|---|---|---|---|---|---|---|
| | Cis Men | Cis Women | Trans/ Gender Non- conforming | Total | Cis Men | Cis Women | Trans/ Gender Non- conforming | Total |
| Tobacco or nicotine delivery products (cigarettes, e-cigarettes, Juul or other vape products, water pipe or hookah, chewing tobacco, cigars, etc.) | 26.3 | 29.9 | 29.2 | 29.0 | 15.6 | 12.2 | 8.3 | 12.4 |
| Alcoholic beverages (beer, wine, liquor, etc.) | 69.3 | 73.0 | 66.7 | 71.7 | 54.5 | 64.2 | 58.3 | 61.4 |
| | 39.5 | 45.5 | 50.0 | 44.5 | 26.0 | 29.0 | 45.8 | 29.3 |
| | 12.0 | 6.6 | 4.2 | 7.7 | 2.6 | 0.4 | 0.0 | 0.8 |
| | 7.9 | 7.2 | 8.3 | 7.3 | 2.6 | 3.2 | 8.3 | 3.4 |
| | 3.9 | 2.5 | 0.0 | 2.6 | 0.0 | 0.0 | 0.0 | 0.0 |
| | 5.3 | 3.6 | 12.5 | 4.7 | 0.0 | 0.7 | 0.0 | 0.5 |
| | 10.5 | 7.6 | 8.3 | 8.4 | 2.6 | 2.9 | 8.3 | 3.1 |
| | 11.8 | 9.5 | 8.3 | 10.0 | 1.3 | 2.9 | 4.2 | 2.6 |
| Heroin | 2.7 | 1.1 | 0.0 | 1.3 | 0.0 | 0.0 | 0.0 | 0.0 |
| Prescription opioids (morphine, codeine, fentanyl, oxycodone [OxyContin, Percocet], hydrocodone [Vicodin], methadone, buprenorphine [Suboxone], etc.) *[Please report nonmedical use only.]* | 5.3 | 5.1 | 0.0 | 5.0 | 0.0 | 0.7 | 0.0 | 0.5 |

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

| | *Moderate risk use of the substance | | | | *High risk use of the substance | | | |
|---|---|---|---|---|---|---|---|---|
| | Cis Men | Cis Women | Trans/ Gender Non- conforming | Total | Cis Men | Cis Women | Trans/ Gender Non- conforming | Total |
| | 10.4 | 8.2 | 12.5 | 9.1 | 0.0 | 0.0 | 0.0 | 0.0 |
| | 7.8 | 7.5 | 12.5 | 7.8 | 1.3 | 0.7 | 0.0 | 0.8 |
| | 20.8 | 22.9 | 29.2 | 22.8 | 1.3 | 0.7 | 4.2 | 1.0 |
| | 5.2 | 0.7 | 0.0 | 1.8 | 0.0 | 0.0 | 0.0 | 0.0 |
| | 1.3 | 2.5 | 4.2 | 2.3 | 0.0 | 0.0 | 0.0 | 0.0 |
| Methamphetamine | 1.3 | 0.4 | 0.0 | 0.5 | 0.0 | 0.0 | 0.0 | 0.0 |
| | 1.3 | 0.4 | 0.0 | 0.8 | 0.0 | 0.0 | 0.0 | 0.0 |
| | 2.6 | 2.5 | 8.3 | 2.8 | 0.0 | 0.0 | 0.0 | 0.0 |
| Hallucinogens | 2.6 | 1.1 | 4.2 | 1.8 | 0.0 | 0.0 | 0.0 | 0.0 |
| Heroin | 1.3 | 0.4 | 0.0 | 0.5 | 0.0 | 0.0 | 0.0 | 0.0 |
| Prescription opioids (nonmedical use) | 1.3 | 0.4 | 0.0 | 0.5 | 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.*

**\*Proportion of students who were prescribed a medication and used more than prescribed or more often than prescribed in the past 3 months**

| Percent (%) | Cis Men | Cis Women | Trans/ Gender Non- conforming | Total |
|---|---|---|---|---|
| Prescription stimulants | 1.3 | 2.2 | 4.2 | 2.1 |
| Prescription sedatives or sleeping pills | 1.3 | 1.8 | 4.2 | 1.8 |
| Prescription opioids | 0.0 | 0.4 | 0.0 | 0.3 |

*\*These figures use all students in the sample as the denominator, rather than just those students who reported having a prescription. Note that the title of this table was changed in Fall 2022, but the figures remain the same.*

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

| Percent (%) | Cis Men | Cis Women | Trans/ Gender Non- conforming | Total |
|---|---|---|---|---|
| Cigarettes | 2.6 | 2.9 | 4.2 | 2.8 |
| E-cigarettes or other vape products (for example: Juul, etc.) | 5.2 | 9.3 | 8.3 | 8.3 |
| Water pipe or hookah | 1.3 | 1.4 | 0.0 | 1.3 |
| Chewing or smokeless tobacco | 1.3 | 0.4 | 0.0 | 0.5 |
| Cigars or little cigars | 3.9 | 0.7 | 0.0 | 1.3 |
| Other | 2.6 | 0.7 | 0.0 | 1.0 |

*\*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**

■ 5.3 % of college students surveyed ( 8.3 % cis men, 4.1 % cis women, and 11.8 % 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 | 22.4 | 20.8 | 29.2 | 21.9 | | 56.6 | 50.0 | 37.5 | 50.7 |
| Within the last 2 weeks | 23.7 | 36.6 | 25.0 | 33.1 | | 17.1 | 18.7 | 33.3 | 19.6 |
| More than 2 weeks ago but within the last 30 days | 10.5 | 15.8 | 20.8 | 15.1 | | 1.3 | 3.2 | 4.2 | 2.9 |
| More than 30 days ago but within the last 3 months | 17.1 | 11.5 | 20.8 | 13.0 | | 5.3 | 6.5 | 12.5 | 6.5 |
| More than 3 months ago but within the last 12 months | 14.5 | 8.6 | 0.0 | 9.4 | | 2.6 | 5.4 | 4.2 | 4.7 |
| More than 12 months ago | 11.8 | 6.8 | 4.2 | 7.6 | | 17.1 | 16.2 | 8.3 | 15.7 |

*\*Students were instructed to <u>include</u> medical and non-medical use of cannabis.*

**Driving under the influence**

■ 14.4 % 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.*

■ 24.3 % 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 | 97.4 | 90.3 | 73.3 | 90.5 |
| < .10 | 97.4 | 93.2 | 80.0 | 93.1 |
| | | | | |
| Mean | 0.03 | 0.03 | 0.04 | 0.03 |
| Median | 0.02 | 0.02 | 0.02 | 0.02 |
| Std Dev | 0.03 | 0.05 | 0.04 | 0.05 |

**Number of drinks**     *Percent (%)*

| | Cis Men | Cis Women | Trans/Gender Non-conforming | Total |
|---|---|---|---|---|
| | 87.2 | 88.8 | 81.3 | 88.1 |
| | 0.0 | 5.6 | 12.5 | 5.1 |
| | 10.3 | 3.4 | 6.3 | 4.7 |
| | 2.6 | 2.2 | 0.0 | 2.1 |
| | | | | |
| | 2.7 | 2.4 | 2.4 | 2.4 |
| | 2.0 | 2.0 | 1.5 | 2.0 |
| | 2.2 | 2.1 | 1.9 | 2.1 |

*Percent (%)*

| | Cis Men | Cis Women | Trans/Gender Non-conforming | Total |
|---|---|---|---|---|
| | 76.3 | 63.4 | 75.0 | 66.9 |
| | 15.8 | 23.7 | 16.7 | 21.6 |
| | 5.3 | 10.8 | 8.3 | 9.4 |
| | 2.6 | 2.2 | 0.0 | 2.1 |
| | 0.0 | 0.0 | 0.0 | 0.0 |

| | Cis Men | Cis Women | Trans/Gender Non-conforming | Total |
|---|---|---|---|---|
| | | | | |
| | 66.7 | 64.7 | 66.7 | 65.4 |
| | 22.2 | 29.4 | 33.3 | 28.3 |
| | 11.1 | 5.9 | 0.0 | 6.3 |
| | 0.0 | 0.0 | 0.0 | 0.0 |

*Percent (%)*

| | Cis Men | Cis Women | Trans/Gender Non-conforming | Total |
|---|---|---|---|---|
| | 6.0 | 9.9 | 6.3 | 9.2 |
| | | | | |
| | 6.0 | 7.4 | 0.0 | 6.6 |
| | | | | |
| | 2.0 | 14.4 | 12.5 | 11.8 |
| | 0.0 | 0.5 | 0.0 | 0.4 |
| | 0.0 | 0.0 | 0.0 | 0.0 |
| | 0.0 | 0.5 | 0.0 | 0.4 |
| | 0.0 | 0.0 | 0.0 | 0.0 |
| | 4.1 | 9.5 | 12.5 | 8.6 |
| | 2.0 | 1.5 | 0.0 | 1.5 |
| | 0.0 | 0.0 | 0.0 | 0.0 |
| | 2.0 | 1.5 | 6.3 | 1.8 |
| | 0.0 | 0.0 | 0.0 | 0.0 |
| | | | | |
| | 8.3 | 13.8 | 7.7 | 12.2 |

# G. Sexual Behavior

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

| Oral sex | | | | | Vaginal intercourse | | | |
|---|---|---|---|---|---|---|---|---|
| *Percent (%)* | Cis Men | Cis Women | Trans/Gender Non-conforming | Total | Cis Men | Cis Women | Trans/Gender Non-conforming | Total |
| | 45.3 | 33.1 | 45.8 | 36.5 | 53.3 | 33.7 | 54.2 | 39.1 |
| | 24.0 | 29.8 | 12.5 | 27.8 | 22.7 | 38.4 | 20.8 | 34.0 |
| | 5.3 | 11.3 | 0.0 | 9.3 | 5.3 | 8.0 | 4.2 | 7.1 |
| | 5.3 | 8.7 | 16.7 | 8.5 | 2.7 | 4.3 | 8.3 | 4.2 |
| | 8.0 | 7.3 | 8.3 | 7.4 | 5.3 | 5.4 | 4.2 | 5.3 |
| | 12.0 | 9.8 | 16.7 | 10.6 | 10.7 | 10.1 | 8.3 | 10.3 |

| Anal intercourse | | | |
|---|---|---|---|
| *Percent (%)* | Cis Men | Cis Women | Trans/Gender Non-conforming | Total |
| | 76.0 | 80.0 | 75.0 | 78.6 |
| | 1.3 | 2.5 | 4.2 | 2.6 |
| More than 2 weeks ago but within the last 30 days | 0.0 | 2.5 | 0.0 | 1.9 |
| More than 30 days ago but within the last 3 months | 2.7 | 1.5 | 4.2 | 1.9 |
| | 8.0 | 2.9 | 8.3 | 4.2 |
| | 12.0 | 10.5 | 8.3 | 10.8 |

**\*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 |
|---|---|---|---|---|
| | 0.0 | 0.0 | 0.0 | 0.0 |
| | 69.7 | 84.3 | 80.0 | 82.0 |
| | 6.1 | 9.3 | 0.0 | 8.3 |
| | 6.1 | 2.3 | 10.0 | 3.2 |
| | 18.2 | 4.1 | 10.0 | 6.5 |
| | 2.0 | 1.3 | 1.7 | 1.4 |
| | 1.0 | 1.0 | 1.0 | 1.0 |
| | 2.0 | 1.0 | 1.6 | 1.3 |

*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 |
|---|---|---|---|---|
| | 4.5 | 7.1 | 0.0 | 6.5 |
| | 28.6 | 31.3 | 16.7 | 30.8 |
| | 0.0 | 35.7 | 0.0 | 35.3 |

| *Percent (%)* | Cis Men | Cis Women | Trans/Gender Non-conforming | Total |
|---|---|---|---|---|
| | 85.2 | 83.9 | 55.6 | 82.3 |
| | 7.4 | 2.6 | 0.0 | 3.6 |
| | 7.4 | 12.9 | 44.4 | 13.5 |
| | 0.0 | 0.6 | 0.0 | 0.5 |

**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 | 44.18 | 44.99 | 36.25 | 44.32 |
| Median | 46.00 | 47.00 | 39.00 | 47.00 |
| Std Dev | 7.74 | 9.26 | 12.83 | 9.46 |

| | |
|---|---|
| Cis Men n = | 77 |
| Cis Women n = | 279 |
| Trans/GNC n = | 24 |

**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 | 6.20 | 5.91 | 4.67 | 5.90 |
| Median | 6.00 | 6.00 | 5.00 | 6.00 |
| Std Dev | 1.40 | 1.72 | 2.12 | 1.74 |

**Self injury**
- 11.0 % of college students surveyed ( 6.5 % cis men, 10.1 % cis women, and 37.5 % trans/gender non-conforming) indicated they had <u>intentionally</u> 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 | 44.7 | 41.4 | 70.8 | 43.7 | 79.4 | 87.0 | 88.2 | 85.6 |
| Career | 39.5 | 37.1 | 45.8 | 38.0 | 60.0 | 70.9 | 90.9 | 70.3 |
| Finances | 42.7 | 60.6 | 54.2 | 56.5 | 81.3 | 86.4 | 100.0 | 86.6 |
| Procrastination | 73.7 | 75.5 | 75.0 | 74.5 | 51.8 | 64.6 | 61.1 | 61.6 |
| Faculty | 9.2 | 10.1 | 16.7 | 10.5 | 42.9 | 60.7 | 100.0 | 60.0 |
| Family | 26.3 | 47.0 | 70.8 | 44.1 | 70.0 | 67.2 | 82.4 | 69.2 |
| Intimate relationships | 24.0 | 34.8 | 45.8 | 33.0 | 72.2 | 61.5 | 63.6 | 63.2 |
| Roommate/housemate | 10.5 | 18.3 | 16.7 | 16.8 | 87.5 | 72.5 | 50.0 | 73.4 |
| Peers | 14.5 | 15.1 | 25.0 | 15.4 | 36.4 | 47.6 | 83.3 | 49.2 |
| Personal appearance | 39.5 | 59.7 | 70.8 | 56.0 | 33.3 | 65.7 | 76.5 | 61.7 |
| Health of someone close to me | 40.0 | 43.2 | 37.5 | 42.0 | 58.6 | 65.8 | 77.8 | 65.4 |
| Death of a family member, friend, or someone close to me | 18.4 | 24.9 | 12.5 | 22.8 | 50.0 | 81.2 | 100.0 | 77.0 |
| I was bullied | 1.3 | 6.5 | 8.3 | 5.5 | 0.0 | 44.4 | 50.0 | 42.9 |
| I was cyberbullied | 3.9 | 3.2 | 0.0 | 3.1 | 66.7 | 77.8 | 0.0 | 75.0 |
| I was hazed | 0.0 | 1.1 | 0.0 | 0.8 | 0.0 | 66.7 | 0.0 | 66.7 |
| I experienced microaggression(s) | 13.2 | 16.5 | 37.5 | 17.3 | 30.0 | 32.6 | 66.7 | 37.9 |
| I was sexually harassed | 1.3 | 6.1 | 12.5 | 5.5 | 100.0 | 17.6 | 66.7 | 28.6 |
| I experienced discrimination | 10.5 | 7.2 | 25.0 | 8.9 | 12.5 | 50.0 | 100.0 | 50.0 |

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

| | Cis Men | Cis Women | Trans/ Gender Non-conforming | Total |
|---|---|---|---|---|
| ***Students reporting none of the above*** | 6.6 | 7.9 | 8.3 | 8.1 |
| ***Students reporting only one of the above*** | 10.5 | 4.7 | 0.0 | 5.5 |
| ***Students reporting 2 of the above*** | 18.4 | 8.2 | 8.3 | 10.4 |
| ***Students reporting 3 or more of the above*** | 64.5 | 79.2 | 83.3 | 76.0 |

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

| Percent (%) | Cis Men | Cis Women | Trans/Gender Non-conforming | Total |
|---|---|---|---|---|
| | 70.1 | 74.8 | 25.0 | 71.0 |
| | 29.9 | 25.2 | 75.0 | 29.0 |
| | | | | |
| | 5.38 | 4.97 | 9.21 | 5.31 |
| | 4.00 | 3.00 | 9.00 | 4.00 |
| | 2.74 | 2.71 | 4.38 | 3.01 |

**Suicide attempt**

| Percent (%) | Cis Men | Cis Women | Trans/Gender Non-conforming | Total |
|---|---|---|---|---|

# 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 ever being diagnosed with the following: | | | | *Of those ever diagnosed, those reporting contact with healthcare or MH professional within last 12 months | | | |
|---|---|---|---|---|---|---|---|---|
| | Cis Men | Cis Women | Trans/ Gender Non-conforming | Total | Cis Men | Cis Women | Trans/ Gender Non-conforming | Total |
| ADD/ADHD - Attention Deficit/Hyperactivity Disorder | 16.0 | 8.6 | 21.7 | 11.1 | 58.3 | 70.8 | 80.0 | 66.7 |
| Alcohol or Other Drug-Related Abuse or Addiction | 2.7 | 1.8 | 8.3 | 2.4 | 50.0 | 60.0 | 50.0 | 55.6 |
| Anxiety (for example: Generalized Anxiety, Social Anxiety, Panic Disorder, Specific Phobia) | 18.7 | 36.6 | 66.7 | 34.6 | 50.0 | 75.0 | 81.3 | 73.1 |
| Autism Spectrum | 12.2 | 1.4 | 25.0 | 5.0 | 44.4 | 75.0 | 33.3 | 47.4 |
| Bipolar and Related Conditions (for example: Bipolar I, II, Hypomanic Episode) | 4.1 | 1.4 | 4.2 | 2.1 | 66.7 | 50.0 | 0.0 | 50.0 |
| Borderline Personality Disorder (BPD), Avoidant Personality, Dependent Personality, or another personality disorder | 1.3 | 1.1 | 12.5 | 1.8 | 100.0 | 33.3 | 100.0 | 71.4 |
| Depression (for example: Major depression, persistent depressive disorder, disruptive mood disorder) | 16.0 | 25.9 | 58.3 | 25.8 | 66.7 | 69.4 | 85.7 | 71.4 |
| Eating Disorders (for example: Anorexia Nervosa, Bulimia Nervosa, Binge-Eating) | 1.4 | 7.2 | 4.2 | 5.8 | 0.0 | 60.0 | 100.0 | 59.1 |
| Gambling Disorder | 1.3 | 0.0 | 0.0 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 |
| Insomnia | 4.0 | 9.7 | 33.3 | 10.0 | 33.3 | 46.2 | 25.0 | 40.5 |
| Obsessive-Compulsive and Related Conditions (for example: OCD, Body Dysmorphia, Hoarding, Trichotillomania and other body-focused repetitive behavior disorders) | 4.1 | 7.2 | 12.5 | 6.9 | 100.0 | 70.0 | 66.7 | 73.1 |
| PTSD (Posttraumatic Stress Disorder), Acute Stress Disorder, Adjustment Disorder, or another trauma- or stressor- related condition | 4.0 | 11.2 | 8.3 | 9.5 | 100.0 | 45.2 | 50.0 | 50.0 |
| Schizophrenia and Other Psychotic Conditions (for example: Schizophrenia, Schizoaffective Disorder, Schizophreniform Disorder, Delusional Disorder) | 0.0 | 0.4 | 0.0 | 0.3 | 0.0 | 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 | 0.0 | 0.0 |
| Traumatic brain injury (TBI) | 1.4 | 1.8 | 0.0 | 1.6 | 0.0 | 60.0 | 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.

| Percent (%) | Cis Men | Cis Women | Trans/ Gender Non-conforming | Total |
|---|---|---|---|---|
| *Students reporting none of the above* | 68.0 | 53.4 | 20.8 | 54.3 |
| *Students reporting only one of the above* | 12.0 | 16.1 | 16.7 | 15.5 |
| *Students reporting both Depression and Anxiety* | 12.0 | 20.8 | 50.0 | 20.7 |
| *Students reporting any two or more of the above (excluding the combination of Depression and Anxiety)* | 8.0 | 9.7 | 12.5 | 9.4 |

| STI's/Other chronic infections | College students reported ever being diagnosed with the following: | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | Cis Men | Cis Women | Trans/ Gender Non- conforming | Total | Cis Men | Cis Women | Trans/ Gender Non- conforming | Total |
| Percent (%) | | | | | | | | |
| Genital herpes | 4.1 | 4.8 | 0.0 | 4.3 | 33.3 | 38.5 | 0.0 | 37.5 |
| Hepatitis B or C | 1.3 | 0.4 | 0.0 | 0.5 | 100.0 | 0.0 | 0.0 | 50.0 |
| HIV or AIDS | 1.4 | 0.0 | 0.0 | 0.3 | 100.0 | 0.0 | 0.0 | 100.0 |
| Human papillomavirus (HPV) or genital warts | 4.0 | 2.9 | 0.0 | 2.9 | 66.7 | 25.0 | 0.0 | 36.4 |

*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 ever being diagnosed with the following: | | | | *Of those ever diagnosed, had contact with healthcare or MH professional within last 12 months | | | |
|---|---|---|---|---|---|---|---|---|
| | Cis Men | Cis Women | Trans/ Gender Non- conforming | Total | Cis Men | Cis Women | Trans/ Gender Non- conforming | Total |
| Percent (%) | | | | | | | | |
| Acne | 20.0 | 29.2 | 33.3 | 27.4 | 13.3 | 34.6 | 37.5 | 31.7 |
| Allergies - food allergy | 5.4 | 14.7 | 4.2 | 12.1 | 50.0 | 35.9 | 100.0 | 38.6 |
| Allergies - animals/pets | 6.8 | 11.6 | 12.5 | 10.6 | 20.0 | 32.3 | 66.7 | 33.3 |
| Allergies - environmental (for example: pollen, grass, dust, mold) | 14.7 | 24.4 | 37.5 | 23.1 | 27.3 | 29.9 | 33.3 | 29.9 |
| Asthma | 12.0 | 18.6 | 26.1 | 17.9 | 11.1 | 50.0 | 66.7 | 45.6 |
| Cancer | 2.7 | 1.1 | 0.0 | 1.3 | 100.0 | 66.7 | 0.0 | 80.0 |
| Celiac disease | 1.3 | 1.8 | 0.0 | 1.6 | 0.0 | 80.0 | 0.0 | 66.7 |
| Chronic pain (for example: back or joint pain, arthritis, nerve pain) | 10.5 | 8.4 | 8.3 | 8.8 | 62.5 | 87.0 | 0.0 | 75.8 |
| Diabetes or pre-diabetes/insulin resistance | 4.0 | 5.8 | 8.7 | 5.6 | 100.0 | 73.3 | 50.0 | 75.0 |
| Endometriosis | 0.0 | 2.9 | 0.0 | 2.1 | 0.0 | 75.0 | 0.0 | 75.0 |
| Gastroesophageal Reflux Disease (GERD) or acid reflux | 8.0 | 5.1 | 0.0 | 5.3 | 16.7 | 57.1 | 0.0 | 45.0 |
| Heart & vascular disorders (for example: atrial fibrillation or other cardiac arrhythmia, mitral valve prolapse or other valvular heart disease, congenital heart condition) | 1.3 | 2.9 | 4.2 | 2.6 | 0.0 | 75.0 | 0.0 | 60.0 |
| High blood pressure (hypertension) | 10.7 | 2.9 | 13.0 | 5.1 | 75.0 | 62.5 | 33.3 | 63.2 |
| High cholesterol (hyperlipidemia) | 6.7 | 5.1 | 4.2 | 5.3 | 80.0 | 85.7 | 100.0 | 85.0 |
| Irritable bowel syndrome (spastic colon or spastic bowel) | 2.7 | 9.7 | 4.2 | 7.9 | 50.0 | 63.0 | 0.0 | 60.0 |
| Migraine headaches | 5.4 | 17.5 | 4.2 | 14.1 | 50.0 | 50.0 | 0.0 | 49.0 |
| Polycystic Ovarian Syndrome (PCOS) | 0.0 | 5.5 | 16.7 | 5.1 | 0.0 | 73.3 | 0.0 | 57.9 |
| Sleep Apnea | 2.7 | 2.2 | 0.0 | 2.4 | 50.0 | 66.7 | 0.0 | 55.6 |
| Thyroid condition or disorder | 2.7 | 6.9 | 4.2 | 5.9 | 50.0 | 66.7 | 0.0 | 61.9 |
| Urinary system disorder (for example: bladder or kidney disease, urinary reflux, interstitial cystitis) | 1.3 | 1.4 | 4.2 | 1.6 | 100.0 | 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.*

**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 | 0.0 | 0.0 | 0.0 | 0.0 |
| Type II Diabetes | 50.0 | 30.8 | 0.0 | 29.4 |
| Pre-diabetes or insulin resistance | 66.7 | 76.9 | 100.0 | 77.8 |
| Gestational Diabetes | 0.0 | 8.3 | 0.0 | 6.3 |

# 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 | 48.1 | 34.9 | 20.8 | 36.8 |
| 16 to 30 minutes | 27.3 | 25.9 | 25.0 | 26.4 |
| 31 minutes or more | 24.7 | 39.2 | 54.2 | 36.8 |

**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 | 48.1 | 49.1 | 66.7 | 49.5 | | 31.2 | 30.1 | 25.0 | 29.7 |
| 7 to 9 hours | 50.6 | 48.4 | 33.3 | 48.4 | | 64.9 | 62.7 | 62.5 | 63.0 |
| 10 or more hours | 1.3 | 2.5 | 0.0 | 2.1 | | 3.9 | 7.2 | 12.5 | 7.3 |

**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 | 7.8 | 1.4 | 0.0 | 2.9 | | 14.3 | 20.1 | 25.0 | 19.3 |
| 1-2 days | 29.9 | 20.4 | 8.3 | 21.6 | | 33.8 | 45.9 | 50.0 | 43.5 |
| 3-5 days | 40.3 | 44.1 | 25.0 | 41.9 | | 33.8 | 25.4 | 16.7 | 26.8 |
| 6-7 days | 22.1 | 34.1 | 66.7 | 33.6 | | 18.2 | 8.6 | 8.3 | 10.4 |

# Demographics and Sample Characteristics

## Age

| | | |
|---|---|---|
| 18 - 20 years: | | 25.7 % |
| 21 - 24 years: | | 40.4 % |
| 25 - 29 years: | | 17.3 % |
| 30+ years: | | 16.5 % |
| Mean age: | 25.1 years | |
| Median age: | 22.0 years | |

## Gender*

| | |
|---|---|
| Cis Women: | 72.3 % |
| Cis Men: | 19.9 % |
| Transgender/Gender Non-conforming: | 6.2 % |

*\* See note on page 2 regarding gender categories*

## Student status

| | |
|---|---|
| 1st year undergraduate: | 11.0 % |
| 2nd year undergraduate: | 11.5 % |
| 3rd year undergraduate: | 29.8 % |

## Students describe themselves as

| | |
|---|---|
| Straight/Heterosexual: | 71.2 % |
| Asexual: | 2.9 % |
| Bisexual: | 13.1 % |
| Gay: | 1.8 % |
| Lesbian: | 2.6 % |
| Pansexual: | 2.1 % |
| Queer: | 3.1 % |
| Questioning: | 2.1 % |
| Identity not listed above: | 1.0 % |

## Housing

| | |
|---|---|
| Campus or university housing: | 26.2 % |
| Fraternity or sorority residence: | 0.5 % |
| Parent/guardian/other family: | 45.5 % |
| Off-campus: | 25.1 % |
| Temporary or "couch surfing": | 0.3 % |

**First generation students**    63.4 %
(Proportion of students for whom no
parent/guardian have  completed a
bachelor's degree)

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

(ADD or ADHD):    15.2 %
    5.5 %
    3.7 %

**Participated in organized college athletics:**
Varsity:    1.0 %
Club sports:    3.4 %
Intramurals:    2.1 %

**Member of a <u>social</u> fraternity or sorority:**
Greek member:    3.1 %

**Dropout Intention**
*Very,.o1 in or*