CALIFORNIA STATE UNIVERSITY LONG BEACH
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.

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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.

Suggested citation for this document:

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.

II. **Why change?**

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

The "missing/unknown" column in the Data Report document has been replaced with a "Trans/Gender Nonconforming" column. Moving forward, 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**

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. (schools) attributed

[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.

Findings

A. General Health and Campus Climate

44.9 % of college students surveyed (52.9   % cis men,   43.4 % cis women, and   27.8 % transgender/gender non-conforming) described their health as ***very good or excellent.***

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:

Active Adults meet the recommendation for strength training **AND** aerobic activity

Percent (%)	Cis Men	Cis Women	Trans/Gender Non-conforming	Total
	73.2	62.0	58.3	64.3
	51.2	34.2	22.2	37.6
	34.3	25.5	13.9	27.1

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
	60.4	63.0	41.7	61.5
	24.5	21.9	30.6	22.9
	15.1	15.1	27.8	15.6
	39.6	37.0	58.3	38.5

C. Health Care Utilization

College students reported: / Percent (%)	Cis Men	Cis Women	Trans/Gender Non-conforming	Total
	13.6	22.7	35.1	21.0
	22.2	28.6	0.0	25.7
A mental health provider in the local community near my campus	21.4	17.6	15.4	18.0
A mental health provider in my home town	48.3	52.7	61.5	52.6
A mental health provider not described above	7.4	18.9	33.3	18.1

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	45.8	53.8	54.1	51.8
	11.1	6.1	20.0	7.7
A medical service provider in the local community near my campus	15.7	13.4	21.1	14.1
A medical service provider in my home town	80.0	85.4	80.0	84.1
A medical service provider not described above	9.6	9.5	14.3	9.7

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

College students reported:

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
Flu vaccine within the last 12 month	49.5	46.6	40.5	46.9
Not starting the HPV vaccine series	29.1	19.9	13.9	21.9
Starting, but not completing HPV vaccine series	1.9	5.4	13.9	4.9
Completing HPV vaccine series	27.2	43.0	19.4	38.4
Not knowing their HPV vaccine status	41.8	31.7	52.8	34.8
Ever having a GYN visit or exam (females only)		40.1	45.9	
Having a dental exam in the last 12 months	48.4	57.0	45.9	54.5
Being tested for HIV within the last 12 months	11.7	11.3	16.7	11.6
Being tested for HIV more than 12 months ago	16.0	15.1	25.0	15.6
Wearing sunscreen usually or always when outdoors	17.4	43.4	37.8	37.2
Spending time outdoors with the intention of tanning at least once in the last 12 months	21.3	35.6	30.6	31.9

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	2.3	0.6	2.7	1.1	3.8	0.9	3.6	1.7
Cannabis/marijuana use	0.9	0.4	2.7	0.6	3.7	1.7	5.9	2.4

Problems or challenges in the last 12 months

	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
Career	19.7	20.9	32.4	21.0	42.0	42.9	46.2	43.0
Finances	20.7	21.3	37.8	21.7	44.4	38.3	53.8	40.4
Procrastination	54.0	55.0	75.7	55.4	69.3	68.3	84.8	69.4
Faculty	11.3	8.6	13.5	9.4	68.6	63.0	62.5	64.4
Family	18.3	19.8	32.4	19.9	41.9	37.5	48.0	38.9
Intimate Relationships	10.8	13.0	10.8	12.4	31.1	33.2	22.2	32.3
Roommate/housemate	4.7	6.0	5.4	5.6	30.3	32.3	20.0	31.0
Peers	4.7	4.2	2.7	4.2	25.0	20.7	14.3	21.3
Personal appearance	6.1	9.2	16.2	8.7	13.7	14.7	22.2	14.8
Health of someone close to me	14.1	19.2	27.0	18.2	29.4	37.2	37.0	35.4
Death of a family member, friend, or someone close to me	14.1	14.9	18.9	14.7	47.6	46.7	63.6	47.4
Bullying	1.9	1.0	0.0	1.2	25.0	22.6	0.0	22.4
Cyberbullying	0.5	1.2	2.7	1.1	14.3	27.6	25.0	25.0
Hazing	0.9	0.6	0.0	0.6	66.7	66.7	0.0	66.7
Microaggression	2.3	3.1	16.2	3.6	20.8	14.7	28.6	17.5
Sexual Harassment	0.5	2.1	5.4	1.8	33.3	24.6	33.3	25.8
Discrimination	2.3	2.5	10.8	2.8	31.3	18.1	36.4	21.5

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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.)	27.7	24.5	55.6	26.3	16.0	9.7	21.6	11.5
Alcoholic beverages (beer, wine, liquor, etc.)	62.9	66.0	69.4	65.1	51.6	55.9	56.8	54.6
Cannabis (marijuana, weed, hash, edibles, vaped cannabis, etc.) [Please report nonmedical use only.]	35.8	39.2	55.6	38.8	23.5	21.9	32.4	22.5
Cocaine (coke, crack, etc.)	9.0	6.7	11.1	7.3	3.3	0.9	0.0	1.4
Prescription stimulants (Ritalin, Concerta, Dexedrine, Adderall, diet pills, etc.) [Please report nonmedical use only.]	7.1	7.1	22.2	7.6	2.3	2.5	8.1	2.7
Methamphetamine (speed, crystal meth, ice, etc.)	1.4	2.7	5.6	2.5	0.5	0.3	0.0	0.3
Inhalants (poppers, nitrous, glue, gas, paint thinner, etc.)	6.1	3.0	13.9	4.1	1.9	0.3	2.7	0.8
Sedatives or Sleeping Pills (Valium, Ativan, Xanax, Klonopin, Librium, Rohypnol, GHB, etc.) [Please report nonmedical use only.]	7.5	6.5	11.4	6.9	3.3	2.4	2.7	2.6
Hallucinogens (Ecstasy, MDMA, Molly, LSD, acid, mushrooms, PCP, Special K, etc.)	11.8	9.6	22.2	10.6	3.8	1.8	5.4	2.4
Heroin	2.4	1.4	0.0	1.5	0.5	0.1	0.0	0.2
Prescription opioids (morphine, codeine, fentanyl, oxycodone [OxyContin, Percocet], hydrocodone [Vicodin], methadone, buprenorphine [Suboxone], etc.) [Please report nonmedical use only.]	4.2	3.3	8.3	3.7	0.5	0.4	0.0	0.4

*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

*Moderate risk use of the substance	*High risk use of the substance

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	1.9	1.9	2.7	1.9
Prescription sedatives or sleeping pills	3.3	1.2	2.7	1.7
Prescription opioids	0.5	0.3	0.0	0.3

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

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
Cigarettes	4.2	3.6	13.5	4.1
E-cigarettes or other vape products (for example: Juul, etc.)	10.3	6.9	13.5	7.9
Water pipe or hookah	1.9	1.2	2.7	1.4
Chewing or smokeless tobacco	2.3	0.1	0.0	0.6
Cigars or little cigars	3.8	0.4	2.7	1.3
Other	0.9	0.1	0.0	0.3

*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

2.9 % of college students surveyed (2.0 % cis men, 3.3 % cis women, and 3.1 % 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	27.7	26.5	13.9	26.3	59.2	56.3	33.3	56.1
Within the last 2 weeks	35.2	34.1	50.0	35.0	15.5	13.4	36.1	14.7
More than 2 weeks ago but within the last 30 days	8.0	8.5	11.1	8.4	4.2	3.0	2.8	3.2
More than 30 days ago but within the last 3 months	10.3	12.1	5.6	11.3	3.3	4.3	0.0	4.0
More than 3 months ago but within the last 12 months	8.9	11.0	11.1	10.6	4.2	7.2	8.3	6.6
More than 12 months ago	9.9	7.7	8.3	8.3	13.6	15.8	19.4	15.4

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

Driving under the influence

13.0 % 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.

28.0 % 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	93.8	89.4	78.3	89.7
< .10	95.5	93.6	87.0	93.5
Mean	0.03	0.03	0.04	0.03
Median	0.01	0.02	0.02	0.02
Std Dev	0.05	0.04	0.04	0.05

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*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	83.3	89.9	70.8	87.3
5	7.0	3.6	4.2	4.6
6	0.9	3.3	8.3	3.0
7 or more	8.8	3.3	16.7	5.1
Mean	3.2	2.3	4.1	2.6
Median	2.0	2.0	3.0	2.0
Std Dev	3.3	1.8	4.3	2.4

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

Reported number of times college students consumed <u>five or more drinks</u> 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)	64.8	66.0	50.0	65.1				
None	23.5	23.4	19.4	23.1	66.7	68.9	38.9	66.3
1-2 times	7.5	7.6	25.0	8.3	21.3	22.4	50.0	23.8
3-5 times	2.8	2.5	5.6	2.7	8.0	7.5	11.1	7.7
6 or more times	1.4	0.4	0.0	0.8	4.0	1.3	0.0	2.2

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	10.6	10.7	17.9	11.3
Blackout (forgot where I was or what I did for a **large period of time and cannot remember,** even when someone reminds me)	6.8	9.8	7.1	9.0
Brownout (forgot where I was or what I did for **short periods of time, but can remember** once someone reminds me)	12.1	15.5	3.6	14.1
Got in trouble with the police	1.5	0.5	0.0	0.8
Got in trouble with college/university authorities	0.8	0.0	0.0	0.2
Someone had sex with me **without my** consent	0.0	0.5	0.0	0.3
Had sex with someone **without their** consent	0.0	0.5	0.0	0.3
Had unprotected sex	6.0	8.6	3.6	7.9
Physically injured myself	2.3	4.5	0.0	3.8
Physically injured another person	0.0	0.7	0.0	0.5
Seriously considered suicide	1.5	3.0	3.6	3.0
Needed medical help	0.0	0.9	0.0	0.8
Reported two or more of the above	12.7	15.7	15.4	15.3

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 (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	42.7	42.2	30.6	42.0	52.1	42.8	58.3	45.7
	25.4	27.2	41.7	27.2	23.9	31.8	19.4	29.3
	4.2	6.2	0.0	5.5	3.3	7.6	0.0	6.3
	6.1	7.1	8.3	6.9	4.7	3.0	5.6	3.5
	8.9	8.5	11.1	8.7	5.6	7.6	8.3	7.2
	12.7	8.8	8.3	9.7	10.3	7.2	8.3	8.0

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	76.1	82.6	72.2	80.7
	6.1	1.8	5.6	3.0
	1.4	1.7	5.6	1.8
	1.9	1.8	2.8	1.9
	1.9	3.3	0.0	2.9
	12.7	8.7	13.9	9.9

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	0.0	0.0	0.0	0.0
	71.6	84.2	87.0	81.7
	8.8	7.2	4.3	7.4
	9.8	4.2	4.3	5.3
4 or more	9.8	4.4	4.3	5.6
Mean	1.7	1.4	1.4	1.5
Median	1.0	1.0	1.0	1.0
Std Dev	1.6	1.2	1.1	1.3

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Oral sex	12.7	3.6	6.7	5.7
Vaginal intercourse	24.6	31.3	57.1	30.7
Anal intercourse	43.8	17.4	25.0	27.9

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 (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	73.8	83.0	91.7	81.5
	8.8	1.5	0.0	2.8
	17.5	15.2	8.3	15.4
Don't know	0.0	0.3	0.0	0.2

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

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*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)	40.7	40.3	18.2	39.5
Birth control shots	1.7	0.7	0.0	0.9
Birth control implants	11.9	7.0	9.1	7.8
Birth control patch	1.7	2.2	0.0	2.0
The ring	1.7	3.3	18.2	3.5
Emergency contraception ("morning after pill" or "Plan B")	1.7	5.9	9.1	5.2
Intrauterine device	10.2	10.3	0.0	9.9
Male (external) condom	40.7	41.8	63.6	42.4
Female (internal) condom	0.0	0.7	0.0	0.6
Diaphragm or cervical cap	0.0	0.0	0.0	0.0
Contraceptive sponge	0.0	0.0	0.0	0.0
Withdrawal	15.3	24.5	27.3	23.0
Fertility awareness (calendar, mucous, basal body temperature)	0.0	6.2	18.2	5.5
Sterilization (hysterectomy, tubes tied, vasectomy)	1.7	2.2	0.0	2.0
Other method	0.0	1.1	0.0	0.9
Male condom use plus another method	15.3	23.1	27.3	21.8
Any two or more methods (excluding male condoms)	11.9	22.3	36.4	20.9

*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 (12.5 % cis men,   17 % cis women,   33.3 % 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 (5 % cis men,   1.2 % 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 (0-4)	27.5	18.3	2.9	19.8
Moderate psychological distress (5-12)	47.4	50.5	40.0	49.3
Serious psychological distress (13-24)	25.1	31.2	57.1	30.9
Mean	8.64	9.88	12.40	9.69
Median	8.00	10.00	13.00	9.00
Std Dev	5.67	5.51	5.20	5.58

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

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
Negative for loneliness (3-5)	44.8	45.1	35.1	44.5
Positive for loneliness (6-9)	55.2	54.9	64.9	55.5
Mean	5.81	5.72	6.19	5.76
Median	6.00	6.00	6.00	6.00
Std Dev	2.02	1.90	1.71	1.92

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

	Cis Men	Cis Women	Trans/Gender Non-conforming	Total
	43.05	43.40	42.69	43.26
	45.00	45.00	44.00	45.00
	10.13	9.05	7.83	9.28

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
	6.01	5.65	5.58	5.73
	6.00	6.00	6.00	6.00
	1.64	1.66	1.63	1.66

Self injury
9.0 % of college students surveyed (5.7 % cis men,   9.4 % cis women, and   19.4 % trans/gender non-conforming)
indicated they had <u>intentionally</u> cut, burned, bruised, or otherwise injured themselves within the last 12 months.

Percent (%)	Cis Men	Cis Women	Trans/Gender Non-conforming	Total	Cis Men	Cis Women	Trans/Gender Non-conforming	Total
	59.2	60.5	78.4	61.0	88.1	93.1	100.0	92.4
	46.9	48.8	70.3	49.2	75.0	78.2	84.6	77.9
	46.9	55.7	70.3	54.3	74.0	81.5	92.3	80.6
	78.4	81.2	89.2	80.8	71.9	80.0	81.8	78.4
	16.4	13.8	21.6	14.7	65.7	63.3	87.5	65.4
	43.7	53.1	67.6	51.6	64.5	76.0	75.0	73.6
Intimate relationships	34.7	39.1	48.6	38.5	59.5	65.6	66.7	64.3
Roommate/housemate	15.6	18.7	27.8	18.3	57.6	64.0	80.0	63.3

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	Cis Men	Cis Women	Trans/Gender Non-conforming	Total	Cis Men	Cis Women	Trans/Gender Non-conforming	Total
	44.6	63.1	73.0	59.3	64.2	68.6	63.0	67.6
	47.9	51.8	73.0	51.6	69.6	76.9	70.4	75.0
	29.6	31.9	29.7	31.3	81.0	81.2	81.8	80.9
	7.5	4.6	5.4	5.3	56.3	64.5	100.0	63.3
	3.3	4.3	10.8	4.3	14.3	44.8	25.0	37.5
	1.4	0.9	0.0	1.0	33.3	66.7	0.0	55.6
	11.3	21.3	56.8	20.5	25.0	43.4	66.7	43.4
	1.4	8.5	16.2	7.1	66.7	64.9	100.0	68.2
	8.0	14.3	29.7	13.4	47.1	51.0	72.7	52.4

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	4.3	0.0	4.8
Students reporting only one of the above	6.1	4.3	2.7	4.6
Students reporting 2 of the above	9.9	6.0	2.7	6.7
Students reporting 3 or more of the above	77.5	85.4	94.6	83.9

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

Percent (%)	Cis Men	Cis Women	Trans/Gender Non-conforming	Total
	76.1	75.6	35.1	74.0
	23.9	24.4	64.9	26.0
	5.08	5.16	8.38	5.28
	4.00	4.00	8.00	4.00
	2.83	2.99	3.84	3.06

Suicide attempt

3   5.7 % cis men,   2.1 % cis women, and
5.4 % trans/gender non-conforming) indicated they had attempted suicide within the last 12 months.

Within the last 30 days, how would you rate the overall level of stress experienced:

Percent (%)	Cis Men	Cis Women	Trans/Gender Non-conforming	Total
	1.4	1.5	0.0	1.5
	22.1	9.2	8.1	12.1
	49.3	47.7	45.9	48.0

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 (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
ADD/ADHD - Attention Deficit/Hyperactivity Disorder	7.5	3.6	11.4	4.8	37.5	54.2	50.0	47.7
Alcohol or Other Drug-Related Abuse or Addiction	0.9	1.7	2.8	1.5	50.0	20.0	100.0	30.8
Anxiety (for example: Generalized Anxiety, Social Anxiety, Panic Disorder, Specific Phobia)	9.9	24.1	47.2	21.8	66.7	65.0	47.1	63.3
Autism Spectrum	0.9	0.6	5.6	0.9	0.0	0.0	50.0	12.5
Bipolar and Related Conditions (for example: Bipolar I, II, Hypomanic Episode)	3.3	1.1	0.0	1.5	85.7	42.9	0.0	64.3
Borderline Personality Disorder (BPD), Avoidant Personality, Dependent Personality, or another personality disorder	0.9	1.2	0.0	1.1	50.0	62.5	0.0	60.0
Depression (for example: Major depression, persistent depressive disorder, disruptive mood disorder)	9.9	18.5	55.6	18.0	61.9	65.3	50.0	62.6
Eating Disorders (for example: Anorexia Nervosa, Bulimia Nervosa, Binge-Eating)	2.4	3.9	5.6	3.7	60.0	44.0	0.0	42.4
Gambling Disorder	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	3.8	3.5	11.1	3.8	87.5	59.1	0.0	58.8
	3.3	1.8	5.6	2.3	71.4	41.7	50.0	52.4
PTSD (Posttraumatic Stress Disorder), Acute Stress Disorder, Adjustment Disorder, or another trauma- or stressor- related condition	3.3	5.2	16.7	5.2	57.1	61.8	33.3	57.4
Schizophrenia and Other Psychotic Conditions (for example: Schizophrenia, Schizoaffective Disorder, Schizophreniform Disorder, Delusional Disorder)	1.9	0.6	0.0	0.9	75.0	50.0	0.0	62.5
Tourette's or other neurodevelopmental condition not already listed	0.0	0.0	2.8	0.1	0.0	0.0	0.0	0.0
Traumatic brain injury (TBI)	0.5	0.8	0.0	0.7	100.0	0.0	0.0	16.7

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	78.4	68.2	41.7	69.5
Students reporting only one of the above	9.9	12.3	2.8	11.3
Students reporting both Depression and Anxiety	5.2	15.0	44.4	13.9
Students reporting any two or more of the above (excluding the combination of Depression and Anxiety)	6.6	4.6	11.1	5.3

STI's/Other chronic infections

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
	1.4	1.1	0.0	1.1	66.7	42.9	0.0	50.0
	0.0	0.3	0.0	0.2	0.0	50.0	0.0	50.0
	0.5	0.2	0.0	0.2	100.0	100.0	0.0	100.0
	0.9	2.3	5.6	2.1	50.0	26.7	0.0	26.3

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

	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
	25.5	23.6	22.2	24.0	30.2	38.3	0.0	35.2
	7.5	10.1	16.7	9.8	25.0	28.4	16.7	26.7
	10.4	10.9	19.4	11.2	27.3	26.4	14.3	25.5
	20.3	24.9	38.9	24.4	16.3	27.3	14.3	24.2
	16.0	27.3	26.4	15t6.3				

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	50.0	5.6	0.0	9.1
Type II Diabetes	33.3	30.0	50.0	32.0
Pre-diabetes or insulin resistance	33.3	84.0	50.0	76.7
Gestational Diabetes	0.0	5.6	0.0	4.5

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	43.7	37.2	29.7	38.3
16 to 30 minutes	24.4	24.9	27.0	24.7
31 minutes or more	31.9	37.9	43.2	36.9

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	46.5	48.0	51.4	47.9		22.1	21.3	37.8	22.2
7 to 9 hours	50.7	50.1	43.2	49.8		68.5	69.9	45.9	68.6
10 or more hours	2.8	1.9	5.4	2.3		9.4	8.8	16.2	9.2

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	6.6	2.5	2.8	3.6		17.8	24.4	34.3	23.5
1-2 days	27.2	16.5	13.9	18.8		34.7	40.5	31.4	38.6
3-5 days	45.1	44.6	33.3	44.3		34.3	27.6	17.1	28.6
6-7 days	21.1	36.4	50.0	33.4		13.1	7.5	17.1	9.3

Demographics and Sample Characteristics

■ Age

18 - 20 years:		37.4 %
21 - 24 years:		34.8 %
25 - 29 years:		15.7 %
30+ years:		12.1 %
Mean age:	23.7 years	
Median age:	21.0 years	

■ Gender*

Cis Women:	72.2 %
Cis Men:	22.9 %
Transgender/Gender Non-conforming:	4.0 %

* See note on page 2 regarding gender categories

■ Student status

1st year undergraduate:	18.0 %
2nd year undergraduate:	12.1 %
3rd year undergraduate:	25.4 %
4th year undergraduate:	18.5 %
5th year or more undergraduate:	10.4 %
Master's (MA, MS, MFA, MBA, etc.):	12.6 %
Doctorate (PhD, EdD, MD, JD, etc.):	0.5 %
Not seeking a degree:	0.0 %
Other:	2.5 %
Full-time student:	86.5 %
Part-time student:	13.0 %
Other student:	0.5 %

■ Visa to work or study in the US: 7.5 %

■ Relationship status

Not in a relationship:	53.3 %
In a relationship but not married/partnered:	38.8 %
Married/partnered:	7.9 %

■ Primary Source of Health Insurance

College/university sponsored SHIP plan:	2.6 %
Parent or guardian's plan:	51.3 %
Employer (mine or my spouse/partners):	8.9 %
Medicaid, Medicare, SCHIP, or VA:	23.8 %
Bought a plan on my own:	2.9 %
Don't have health insurance:	6.0 %
Don't know if I have health insurance:	1.8 %
Have insurance, but don't know source:	2.7 %

■ Student Veteran: 1.0 %

■ Parent or primary responsibility for someone else's child/children under 18 years old: 6.5 %

■ Students describe themselves as

Straight/Heterosexual:	76.3 %
Asexual:	0.8 %
Bisexual:	10.6 %
Gay:	2.7 %
Lesbian:	1.4 %
Pansexual:	2.6 %
Queer:	1.6 %
Questioning:	3.4 %
Identity not listed above:	0.5 %

■ Housing

Campus or university housing:	1.1 %
Fraternity or sorority residence:	0.3 %
Parent/guardian/other family:	71.6 %
Off-campus:	24.6 %
Temporary or "couch surfing":	0.9 %
Don't have a place to live:	0.1 %
Other:	1.4 %

■ Students describe themselves as

American Indian or Native Alaskan	0.9 %
Asian or Asian American	26.7 %
Black or African American	3.9 %
Hispanic or Latino/a/x	44.2 %
Middle Eastern/North African (MENA) or Arab Origin:	1.9 %
Native Hawaiian or Other Pacific Islander Native:	1.4 %
White:	27.1 %
Biracial or Multiracial:	7.6 %
Identity not listed above:	1.5 %

If Hispanic or Latino/a/x, are you

Mexican, Mexican American, Chicano:	83.9 %
Puerto Rican:	1.2 %
Cuban:	1.0 %
Another Hispanic, Latino/a/x, or Spanish Origin:	19.5 %

If Asian or Asian American, are you

East Asian:	32.7 %
Southeast Asian:	68.1 %
South Asian:	9.7 %
Other Asian:	0.4 %

■ First generation students   59.8 %
(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):   6.9 %
Autism Spectrum Disorder: 0.9 %
Deaf/Hearing loss: 0.9 %
Learning disability: 2.9 %
Mobility/Dexterity disability: 0.5 %
Blind/low vision: 3.4 %
Speech or language disorder: 0.7 %

■ Participated in organized college athletics:
Varsity: 0.7 %
Club sports: 2.7 %
Intramurals: 1.2 %

■ Member of a <u>social</u> fraternity or sorority:
Greek member: 5.0 %

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