



URSINUS COLLEGE
ATHLETE/NON-ATHLETE
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.

Suggested citation for this document:

American College Health Association. American College Health Association-National College Health Assessment III: Ursinus Custom Athlete Executive Summary Spring 2021. Silver Spring, MD: American College Health Association; 2021.

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.

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.

This Executive Summary highlights results of the ACHA-NCHA III Spring 2021 survey for Ursinus Custom Athlete Report consisting of 378 respondents. The response rate was 26.3%.

Findings

A. General Health and Campus Climate

- 57.1 % of college students surveyed (67.1 % athletes, 50.9 % non-athletes) described their health as *very good or excellent*.
- 89.5 % of college students surveyed (93.0 % athletes, 87.4 % non-athletes) described their health as *good, very good or excellent*.

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

	Athletes	Non-Athletes	Total
	<i>Percent (%)</i>		
I feel that I belong at my college/university	79.2	72.2	74.9
I feel that students' health and well-being is a priority at my college/university	59.7	52.4	55.2
At my college/university, I feel that the campus climate encourages free and open discussion of students' health and well-being.	59.0	58.4	58.7
At my college/university, we are a campus where we look out for each other	62.5	48.9	54.1

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

College students reported:

	Athletes	Non-Athletes	Total
	<i>Percent (%)</i>		
Drinking 0 sugar-sweetened beverages (per day), on average, in the last 7 days	35.9	25.4	29.4
Drinking 1 or more sugar-sweetened beverages (per day), on average, in the last 7 days	64.1	74.6	70.6
Drinking energy drinks or shots on 0 of the past 30 days	81.0	81.5	81.3
Drinking energy drinks or shots on 1-4 of the past 30 days	13.4	12.1	12.6
Drinking energy drinks or shots on 5 or more of the past 30 days	5.6	6.5	6.1
Eating 3 or more servings of fruits (per day), on average, in the last 7 days	25.0	15.5	19.1
Eating 3 or more servings of vegetables (per day), on average, in the last 7 days	43.8	34.1	37.8

■ **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.

	Athletes	Non-Athletes	Total
	<i>Percent (%)</i>		
BMI			
<18.5 Underweight	1.4	6.1	4.3
18.5-24.9 Healthy Weight	60.0	55.3	57.1
25-29.9 Overweight	30.7	26.3	28.0
30-34.9 Class I Obesity	5.7	8.3	7.3
35-39.9 Class II Obesity	2.1	2.2	2.2
≥40 Class III Obesity	0.0	1.8	1.1
Mean	24.35	24.65	24.53
Median	23.53	23.49	23.49
Std Dev	3.79	5.28	4.77

Students meeting the recommended guidelines for physical activity

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

Definitions:

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

	Percent (%)	Athletes	Non-Athletes	Total
Guidelines met for aerobic exercise only		90.9	62.4	73.4
Guidelines met for Active Adults		79.7	36.7	53.4
Guidelines met for Highly Active Adults		74.8	26.5	45.3

Food Security

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

	Percent (%)	Athletes	Non-Athletes	Total
High or marginal food security (score 0-1)		70.2	66.8	68.1
Low food security (score 2-4)		19.9	17.5	18.4
Very low food security (score 5-6)		9.9	15.7	13.5
Any food insecurity (low or very low food security)		29.8	33.2	31.9

C. Health Care Utilization

College students reported:

	Percent (%)	Athletes	Non-Athletes	Total
Receiving psychological or mental health services within the last 12 months		35.4	47.0	42.6

*The services were provided by:

My current campus health and/or counseling center	45.1	54.1	51.3
A mental health provider in the local community near my campus	11.8	17.5	15.6
A mental health provider in my home town	62.7	59.6	60.6
A mental health provider not described above	4.8	10.3	8.5

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

	Percent (%)	Athletes	Non-Athletes	Total
Visiting a medical provider within the last 12 months		59.7	71.1	66.8

*The services were provided by:

My current campus health center	32.5	25.3	27.8
A medical service provider in the local community near my campus	25.6	18.8	21.2
A medical service provider in my home town	92.9	90.1	91.0
A medical service provider not described above	6.1	7.7	7.1

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

College students reported:

	Percent (%)	Athletes	Non-Athletes	Total
Flu vaccine within the last 12 month		66.0	66.4	66.2
Not starting the HPV vaccine series		11.1	12.5	12.0
Starting, but not completing HPV vaccine series		3.5	4.3	4.0
Completing HPV vaccine series		66.0	58.6	61.4
Not knowing their HPV vaccine status		19.4	24.6	22.6
Ever having a GYN visit or exam (females only)			44.2	
Having a dental exam in the last 12 months		79.9	70.7	74.2
Being tested for HIV within the last 12 months		5.6	8.7	7.5
Being tested for HIV more than 12 months ago		4.2	6.1	5.4
Wearing sunscreen usually or always when outdoors		43.1	38.8	40.4
Spending time outdoors with the intention of tanning at least once in the last 12 months		74.8	58.8	65.0

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

	Percent (%)	Athletes	Non-Athletes	Total
Alcohol use		1.4	0.4	0.8
Cannabis/marijuana use		2.7	1.7	2.1

Negatively impacted academic performance among only students that experienced the issue

	Athletes	Non-Athletes	Total
	1.7	0.6	1.0
	7.0	4.4	5.4

Problems or challenges in the last 12 months

	Athletes	Non-Athletes	Total
Career	4.8	9.9	7.9
Finances	4.8	14.7	10.8
Procrastination	39.0	51.7	46.8
Faculty	8.9	5.2	6.6
Family	11.0	17.7	15.1
Intimate Relationships	8.2	10.8	9.8
Roommate/housemate	6.2	5.2	5.6
Peers	9.6	8.2	8.7
Personal appearance	7.5	6.5	6.9
Health of someone close to me	10.3	15.1	13.2
Death of a family member, friend, or someone close to me	11.0	9.5	10.1
Bullying	2.7	1.7	2.1
Cyberbullying	1.4	1.3	1.3
Hazing	0.0	0.9	0.5
Microaggression	2.7	3.9	3.4
Sexual Harassment	1.4	3.0	2.4
Discrimination	2.7	3.4	3.2

	Athletes	Non-Athletes	Total
	22.6	30.7	28.3
	17.5	33.7	29.1
	67.1	69.8	68.9
	76.5	48.0	59.5
	45.7	35.3	37.7
	28.6	23.6	25.0
	28.1	17.9	21.2
	35.9	23.5	27.5
	17.5	10.8	12.9
	31.9	27.8	28.9
	48.5	31.4	36.9
	66.7	26.7	38.1
	66.7	37.5	45.5
	0.0	40.0	40.0
	30.8	16.4	19.1
	33.3	20.6	22.5
	40.0	30.8	33.3

Negatively impacted academic performance among all students in the sample

	Athletes	Non-Athletes	Total
<i>Percent (%)</i>			
Acute Diagnoses in the last 12 months			
Bronchitis	1.4	1.3	1.3
Chlamydia	0.0	1.3	0.8
Chicken Pox (Varicella)	0.0	0.0	0.0
Cold/Virus or other respiratory illness	6.8	7.8	7.4
Concussion	4.8	3.0	3.7
Gonorrhea	0.0	0.0	0.0
Flu (influenza or flu-like illness)	2.1	0.9	1.3
Mumps	0.0	0.0	0.0
Mononucleosis (mono)	1.4	1.3	1.3
Orthopedic injury	4.1	0.4	1.9
Pelvic Inflammatory Disease	0.0	0.4	0.3
Pneumonia	0.7	1.3	1.1
Shingles	0.0	0.0	0.0
Stomach or GI virus or bug, food poisoning or gastritis	3.4	4.3	4.0
Urinary tract infection	0.7	3.4	2.4

Negatively impacted academic performance among only students that experienced the issue

Athletes	Non-Athletes	Total
50.0	50.0	50.0
0.0	42.9	42.9
0.0	0.0	0.0
24.4	32.7	29.2
87.5	70.0	77.8
0.0	0.0	0.0
60.0	20.0	33.3
0.0	0.0	0.0
100.0	75.0	83.3
31.6	7.7	21.9
0.0	100.0	100.0
100.0	100.0	100.0
0.0	0.0	0.0
100.0	52.6	62.5
9.1	27.6	22.5

	Athletes	Non-Athletes	Total
<i>Percent (%)</i>			
Any ongoing or chronic medical conditions diagnosed or treated in the last 12 months	20.5	37.1	30.7

Athletes	Non-Athletes	Total
30.0	43.4	38.9

Other impediments to academic performance

Assault (physical)	0.0	0.4	0.3
Assault (sexual)	0.7	3.0	2.1
Allergies	2.7	5.2	4.2
Anxiety	29.5	46.1	39.7
ADHD or ADD	8.2	14.2	11.9
Concussion or TBI	4.8	6.0	5.6
Depression	17.1	35.3	28.3
Eating disorder/problem	5.5	5.2	5.3
Headaches/migraines	7.5	19.4	14.8
Influenza or influenza-like illness (the flu)	2.7	0.4	1.3
Injury	3.4	1.7	2.4
PMS	6.2	12.1	9.8
PTSD	2.1	6.5	4.8
Short-term illness	4.1	2.6	3.2
Upper respiratory illness	6.8	3.9	5.0
Sleep difficulties	14.4	31.5	24.9
Stress	34.2	50.0	43.9

0.0	11.1	9.1
16.7	36.8	32.0
10.8	12.6	12.1
59.7	65.6	63.8
60.0	84.6	76.3
70.0	77.8	75.0
58.1	74.5	69.9
42.1	31.6	35.1
35.5	50.6	46.7
80.0	12.5	38.5
26.3	30.8	28.1
23.7	31.8	29.4
50.0	57.7	56.3
46.2	24.0	31.6
38.5	23.1	29.2
38.2	63.5	55.3
53.2	65.9	61.5

E. Violence, Abusive Relationships, and Personal Safety

Within the last 12 months, college students reported experiencing:

	Percent (%)	Athletes	Non-Athletes	Total
A physical fight		1.4	1.7	1.6
A physical assault (not sexual assault)		0.0	1.8	1.1
A verbal threat		6.3	11.8	9.7
Sexual touching without their consent		1.4	3.9	3.0
Sexual penetration attempt without their consent		0.7	2.6	1.9
Sexual penetration without their consent		0.7	2.2	1.6
Being a victim of stalking		4.2	7.5	6.2
A partner called me names, insulted me, or put me down to make me feel bad		9.8	10.6	10.3
A partner often insisted on knowing who I was with and where I was or tried to limit my contact with family or friends		4.9	7.0	6.2
A partner pushed, grabbed, shoved, slapped, kicked, bit, choked or hit me without my consent		2.8	1.8	2.2
A partner forced me into unwanted sexual contact by holding me down or hurting me in some way		1.4	1.8	1.6
A partner pressured me into unwanted sexual contact by threatening me, coercing me, or using alcohol or other drugs		2.1	5.7	4.3

College students reported feeling *very safe* :

	Percent (%)	Athletes	Non-Athletes	Total
On their campus (daytime)		85.3	86.5	86.1
On their campus (nighttime)		40.6	24.8	30.8
In the community surrounding their campus (daytime)		60.8	51.5	55.1
In the community surrounding their campus (nighttime)		30.8	14.4	20.7

F. Tobacco, Alcohol, and Other Drug Use

Percent (%)	Ever Used		
	Athletes	Non-Athletes	Total
Tobacco or nicotine delivery products (cigarettes, e-cigarettes, Juul or other vape products, water pipe or hookah, chewing tobacco, cigars, etc.)	28.7	32.3	30.9
Alcoholic beverages (beer, wine, liquor, etc.)	77.5	77.2	77.3
Cannabis (marijuana, weed, hash, edibles, vaped cannabis, etc.) [Please report nonmedical use only.]	37.1	45.9	42.5
Cocaine (coke, crack, etc.)	3.5	2.2	2.7
Prescription stimulants (Ritalin, Concerta, Dexedrine, Adderall, diet pills, etc.) [Please report nonmedical use only.]	7.0	9.5	8.6
Methamphetamine (speed, crystal meth, ice, etc.)	0.7	0.0	0.3
Inhalants (poppers, nitrous, glue, gas, paint thinner, etc.)	2.1	3.1	2.7
Sedatives or Sleeping Pills (Valium, Ativan, Xanax, Klonopin, Librium, Rohypnol, GHB, etc.) [Please report nonmedical use only.]	1.4	3.4	2.7
Hallucinogens (Ecstasy, MDMA, Molly, LSD, acid, mushrooms, PCP, Special K, etc.)	4.9	9.5	7.8
Heroin	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.]	0.7	3.0	2.1

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

*Used in the last 3 months		
Athletes	Non-Athletes	Total
17.1	21.1	19.6
72.6	72.0	72.2
28.1	34.5	32.0
0.0	1.3	0.8
5.5	3.4	4.2
0.7	0.0	0.3
0.7	1.3	1.1
0.7	1.3	1.1
2.7	5.6	4.5
0.0	0.0	0.0
0.0	0.4	0.3

Substance Specific Involvement Scores (SSIS) from the ASSIST

Percent (%)	*Moderate risk use of the substance		
	Athletes	Non-Athletes	Total
Tobacco or nicotine delivery products	11.0	15.5	13.8
Alcoholic beverages	17.8	14.2	15.6
Cannabis (nonmedical use)	17.1	22.8	20.6
Cocaine	0.0	0.4	0.3
Prescription stimulants (nonmedical use)	0.7	1.3	1.1
Methamphetamine	0.7	0.0	0.3
Inhalants	0.0	0.9	0.5
Sedatives or Sleeping Pills (nonmedical use)	0.0	0.9	0.5
Hallucinogens	0.7	3.4	2.4
Heroin	0.0	0.0	0.0
Prescription opioids (nonmedical use)	0.0	0.4	0.3

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

*High risk use of the substance		
Athletes	Non-Athletes	Total
0.0	0.9	0.5
0.0	0.4	0.3
0.7	0.9	0.8
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	0.0	0.0
0.0	0.0	0.0

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:

	Athletes	Non-Athletes	Total
<i>Percent (%)</i>			
Prescription stimulants	1.4	2.2	1.9
Prescription sedatives or sleeping pills	0.7	0.9	0.8
Prescription opioids	0.0	0.4	0.3

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

	Athletes	Non-Athletes	Total
<i>Percent (%)</i>			
Cigarettes	6.2	7.8	7.1
E-cigarettes or other vape products (for example: Juul, etc.)	11.0	16.8	14.6
Water pipe or hookah	0.7	0.9	0.8
Chewing or smokeless tobacco	2.7	0.0	1.1
Cigars or little cigars	2.7	2.2	2.4
Other	0.0	0.4	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

■ 1.9 % of college students surveyed (0.8 % athletes, 2.6 % non-athletes) indicated they were in recovery from alcohol or other drug use.

When, if ever, was the last time you:

	Drank Alcohol		
	Athletes	Non-Athletes	Total
<i>Percent (%)</i>			
Never	16.8	17.7	17.3
Within the last 2 weeks	65.0	56.0	59.5
More than 2 weeks ago but within the last 30 days	9.1	10.3	9.9
More than 30 days ago but within the last 3 months	2.8	8.6	6.4
More than 3 months ago but within the last 12 months	4.9	3.4	4.0
More than 12 months ago	1.4	3.9	2.9

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

***Used Cannabis/Marijuana**

Athletes	Non-Athletes	Total
52.8	50.4	51.3
17.6	21.1	19.8
9.2	6.9	7.8
4.9	4.7	4.8
8.5	7.8	8.0
7.0	9.1	8.3

Driving under the influence

■ 6.4 % 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.*

■ 23.0 % 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.

	Athletes	Non-Athletes	Total
<i>Percent (%)</i>			
Estimated BAC			
< .08	70.4	76.9	74.4
< .10	78.7	83.2	81.5
Mean	0.06	0.05	0.05
Median	0.04	0.03	0.03
Std Dev	0.06	0.06	0.06

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

Number of drinks	Percent (%)	Athletes	Non-Athletes	Total
4 or fewer		63.3	74.1	70.0
5		11.9	12.6	12.4
6		7.3	6.9	7.1
7 or more		17.4	6.3	10.6
Mean		4.5	3.3	3.8
Median		4.0	3.0	3.0
Std Dev		4.1	2.9	3.4

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

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

	Among all students surveyed			
	Percent (%)	Athletes	Non-Athletes	Total
Did not drink alcohol in the last two weeks (includes non-drinkers)		35.0	44.2	40.6
None		21.7	25.1	23.8
1-2 times		25.2	22.1	23.3
3-5 times		14.7	6.9	9.9
6 or more times		3.5	1.7	2.4

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

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

Athletes	Non-Athletes	Total
33.3	45.0	40.1
38.7	39.5	39.2
22.6	12.4	16.7
5.4	3.1	4.1

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

	Percent (%)	Athletes	Non-Athletes	Total
Did something I later regretted		23.1	17.7	19.8
Blackout (forgot where I was or what I did for a large period of time and cannot remember , even when someone reminds me)		17.1	13.3	14.8
Brownout (forgot where I was or what I did for short periods of time, but can remember once someone reminds me)		24.8	26.0	25.5
Got in trouble with the police		0.9	0.6	0.7
Got in trouble with college/university authorities		3.4	1.7	2.4
Someone had sex with me without my consent		0.9	1.1	1.0
Had sex with someone without their consent		0.0	0.0	0.0
Had unprotected sex		12.8	17.1	15.4
Physically injured myself		6.8	6.1	6.4
Physically injured another person		0.0	0.6	0.3
Seriously considered suicide		0.9	1.7	1.3
Needed medical help		0.9	0.0	0.3
Reported one or more of the above		27.0	27.0	27.0

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

G. Sexual Behavior

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

Percent (%)	Oral sex			Vaginal intercourse		
	Athletes	Non-Athletes	Total	Athletes	Non-Athletes	Total
Never	30.1	34.1	32.5	35.7	40.2	38.4
Within the last 2 weeks	33.6	37.6	36.0	34.3	34.1	34.1
More than 2 weeks ago but within the last 30 days	16.1	7.0	10.5	12.6	6.1	8.6
More than 30 days ago but within the last 3 months	6.3	4.4	5.1	4.9	3.9	4.3
More than 3 months ago but within the last 12 months	7.0	7.9	7.5	7.7	7.0	7.3
More than 12 months ago	7.0	9.2	8.3	4.9	8.7	7.3

Percent (%)	Anal intercourse		
	Athletes	Non-Athletes	Total
Never	85.9	83.3	84.3
Within the last 2 weeks	0.7	0.4	0.5
More than 2 weeks ago but within the last 30 days	0.7	0.9	0.8
More than 30 days ago but within the last 3 months	2.1	0.9	1.4
More than 3 months ago but within the last 12 months	6.3	4.8	5.4
More than 12 months ago	4.2	9.7	7.6

*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 (%)	Athletes	Non-Athletes	Total
None	1.1	0.7	0.9
1	67.4	61.9	64.2
2	15.8	18.7	17.5
3	5.3	7.5	6.6
4 or more	10.5	11.2	10.9
Mean	2.0	2.0	2.0
Median	1.0	1.0	1.0
Std Dev	3.3	2.8	3.0

*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 (%)	Athletes	Non-Athletes	Total
Oral sex	7.0	3.9	5.2
Vaginal intercourse	56.7	51.1	53.5
Anal intercourse	0.0	0.0	0.0

*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 (%)	Athletes	Non-Athletes	Total
Yes, used a method of contraception	89.4	88.9	89.1
No, did not want to prevent pregnancy	0.0	0.9	0.5
No, did not use any method	9.4	7.7	8.4
Don't know	1.2	2.6	2.0

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

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

	Athletes	Non-Athletes	Total
<i>Percent (%)</i>			
Birth control pills (monthly or extended cycle)	69.7	65.4	67.2
Birth control shots	1.3	1.0	1.1
Birth control implants	3.9	5.8	5.0
Birth control patch	1.3	0.0	0.6
The ring	5.3	3.8	4.4
Emergency contraception ("morning after pill" or "Plan B")	3.9	2.9	3.3
Intrauterine device	9.2	12.5	11.1
Male (external) condom	61.8	55.8	58.3
Female (internal) condom	0.0	1.0	0.6
Diaphragm or cervical cap	0.0	0.0	0.0
Contraceptive sponge	0.0	0.0	0.0
Withdrawal	21.1	26.9	24.4
Fertility awareness (calendar, mucous, basal body temperature)	6.6	3.8	5.0
Sterilization (hysterectomy, tubes tied, vasectomy)	0.0	0.0	0.0
Other method	1.3	1.9	1.7
<i>Male condom use plus another method</i>	44.7	49.0	47.2
<i>Any two or more methods (excluding male condoms)</i>	28.9	26.9	27.8

*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 (23.5 % athletes, 19.7 % non-athletes)

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 (0 % athletes, 0 % non-athletes)

H. Mental Health and Wellbeing

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

	Athletes	Non-Athletes	Total
<i>Percent (%)</i>			
No or low psychological distress (0-8)	62.2	46.5	52.5
Moderate psychological distress (9-12)	20.3	22.2	21.4
Serious psychological distress (13-24)	17.5	31.3	26.0
Mean	7.62	9.74	8.93
Median	7.00	9.00	8.00
Std Dev	5.13	5.53	5.47

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

	Athletes	Non-Athletes	Total
<i>Percent (%)</i>			
Negative for loneliness (3-5)	65.0	42.9	51.3
Positive for loneliness (6-9)	35.0	57.1	48.7
Mean	4.93	5.77	5.45
Median	5.00	6.00	5.00
Std Dev	1.67	1.89	1.85

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

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

	Athletes	Non-Athletes	Total
Mean	48.19	44.17	45.71
Median	49.00	46.00	48.00
Std Dev	7.24	8.56	8.30

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

(higher scores reflect greater resilience)

	Athletes	Non-Athletes	Total
Mean	6.26	5.94	6.07
Median	6.00	6.00	6.00
Std Dev	1.43	1.52	1.49

Self injury

■ 12.3 % of college students surveyed (8.4 % athletes, 14.7 % non-athletes) 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:

	Athletes	Non-Athletes	Total
Percent (%)			
Academics	35.7	47.8	43.2
Career	21.7	32.6	28.4
Finances	28.2	43.5	37.7
Procrastination	59.4	74.9	69.0
Faculty	12.1	10.8	11.3
Family	24.5	50.4	40.5
Intimate relationships	29.6	45.9	39.7
Roommate/housemate	22.4	29.3	26.7
Peers	27.5	35.1	32.2
Personal appearance	44.8	60.4	54.4
Health of someone close to me	33.1	55.4	46.9
Death of a family member, friend, or someone close to me	23.1	30.4	27.6
Bullying	4.2	6.5	5.6
Cyberbullying	2.1	3.4	2.9
Hazing	0.0	2.2	1.3
Microaggression	9.1	23.7	18.1
Sexual Harassment	4.2	14.7	10.7
Discrimination	7.0	11.2	9.6

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

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

	Athletes	Non-Athletes	Total
	86.3	86.5	86.4
	67.7	58.7	61.3
	62.5	76.2	72.3
	62.4	66.5	65.1
	76.5	48.0	59.5
	80.0	71.6	73.5
	64.3	65.1	64.9
	68.8	55.2	59.6
	53.8	55.6	55.0
	60.9	69.8	67.0
	74.5	66.4	68.6
	81.8	80.0	80.6
	66.7	53.3	57.1
	0.0	75.0	54.5
	0.0	40.0	40.0
	30.8	41.8	39.7
	16.7	50.0	45.0
	70.0	73.1	72.2

Students reporting none of the above	18.9	4.7	10.1
Students reporting only one of the above	14.0	4.7	8.3
Students reporting 2 of the above	9.1	7.3	8.0
Students reporting 3 or more of the above	58.0	83.2	73.6

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

	Athletes	Non-Athletes	Total
<i>Percent (%)</i>			
Negative suicidal screening (3-6)	81.8	61.9	69.5
Positive suicidal screening (7-18)	18.2	38.1	30.5
Mean	4.59	6.24	5.61
Median	3.00	4.00	4.00
Std Dev	2.52	3.84	3.49

Suicide attempt

■ 1.6 % of college students surveyed (1.4 % athletes, 1.8 % non-athletes)

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

	Athletes	Non-Athletes	Total
<i>Percent (%)</i>			
No stress	1.4	2.2	1.9
Low	18.2	15.9	16.8
Moderate	52.4	46.6	48.8
High	28.0	35.3	32.5

I. Acute Conditions

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

	Athletes	Non-Athletes	Total
<i>Percent (%)</i>			
Bronchitis	2.8	2.6	2.7
Chlamydia	0.0	3.0	1.9
Chicken Pox (Varicella)	0.7	0.0	0.3
Cold/virus or other respiratory illness (for example: sinus infection, ear infection, strep throat, tonsillitis, pharyngitis, or laryngitis)	29.4	23.9	26.0
Concussion	6.3	4.3	5.1
Gonorrhea	0.7	0.4	0.5
Flu (influenza) or flu-like illness	4.2	4.4	4.3
Mumps	0.0	0.0	0.0
Mononucleosis (mono)	2.1	1.7	1.9
Orthopedic injury (for example: broken bone, fracture, sprain, bursitis, tendinitis, or ligament injury)	13.3	5.6	8.6
Pelvic Inflammatory Disease	0.0	0.4	0.3
Pneumonia	0.7	1.3	1.1
Shingles	0.0	0.0	0.0
Stomach or GI virus or bug, food poisoning or gastritis	3.5	8.3	6.5
Urinary tract infection	7.7	13.0	11.0

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

College students reported ever being diagnosed with the following:

	Athletes	Non-Athletes	Total
<i>Percent (%)</i>			
ADD/ADHD - Attention Deficit/Hyperactivity Disorder	8.4	15.7	12.9
Alcohol or Other Drug-Related Abuse or Addiction	1.4	1.3	1.3
Anxiety (for example: Generalized Anxiety, Social Anxiety, Panic Disorder, Specific Phobia)	26.8	40.4	35.2
Autism Spectrum	0.0	3.9	2.4
Bipolar and Related Conditions (for example: Bipolar I, II, Hypomanic Episode)	0.0	3.1	1.9
Borderline Personality Disorder (BPD), Avoidant Personality, Dependent Personality, or another personality disorder	0.7	0.4	0.5
Depression (for example: Major depression, persistent depressive disorder, disruptive mood disorder)	16.9	33.3	27.0
Eating Disorders (for example: Anorexia Nervosa, Bulimia Nervosa, Binge-Eating)	5.6	6.1	5.9
Gambling Disorder	0.0	0.0	0.0
Insomnia	4.2	7.1	6.0
Obsessive-Compulsive and Related Conditions (for example: OCD, Body Dysmorphia, Hoarding, Trichotillomania and other body-focused repetitive behavior disorders)	4.2	11.8	8.9
PTSD (Posttraumatic Stress Disorder), Acute Stress Disorder, Adjustment Disorder, or another trauma- or stressor- related condition	4.2	9.7	7.6
Schizophrenia and Other Psychotic Conditions (for example: Schizophrenia, Schizoaffective Disorder, Schizophreniform Disorder, Delusional Disorder)	0.0	0.4	0.3
Tourette's or other neurodevelopmental condition not already listed	0.0	0.4	0.3
Traumatic brain injury (TBI)	1.4	3.5	2.7

*Of those ever diagnosed, those reporting contact with healthcare or MH professional within last 12 months

Athletes	Non-Athletes	Total
83.3	63.9	68.8
50.0	0.0	20.0
81.6	84.8	83.8
0.0	66.7	66.7
0.0	85.7	85.7
0.0	100.0	50.0
87.5	76.3	79.0
75.0	50.0	59.1
0.0	0.0	0.0
50.0	50.0	50.0
66.7	70.4	69.7
100.0	63.6	71.4
0.0	0.0	0.0
0.0	100.0	100.0
0.0	37.5	30.0

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

	Athletes	Non-Athletes	Total
<i>Percent (%)</i>			
<i>Students reporting none of the above</i>	63.6	47.0	53.4
<i>Students reporting only one of the above</i>	16.1	16.5	16.4
<i>Students reporting both Depression and Anxiety</i>	15.5	27.0	22.6
<i>Students reporting any two or more of the above (excluding the combination of Depression and Anxiety)</i>	4.9	9.6	7.8

STI's/Other chronic infections

College students reported ever being diagnosed with the following:

	Athletes	Non-Athletes	Total
<i>Percent (%)</i>			
Genital herpes	0.0	0.0	0.0
Hepatitis B or C	0.0	0.0	0.0
HIV or AIDS	0.0	0.4	0.3
Human papillomavirus (HPV) or genital warts	0.0	0.0	0.0

***Of those ever diagnosed, had contact with healthcare or MH professional within last 12 months**

Athletes	Non-Athletes	Total
0.0	0.0	0.0
0.0	0.0	0.0
0.0	0.0	0.0
0.0	0.0	0.0

**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

College students reported ever being diagnosed with the following:

	Athletes	Non-Athletes	Total
<i>Percent (%)</i>			
Acne	28.9	31.4	30.5
Allergies - food allergy	15.0	19.7	17.9
Allergies - animals/pets	14.9	18.3	17.0
Allergies - environmental (for example: pollen, grass, dust, mold)	31.9	47.2	41.4
Asthma	22.0	24.8	23.7
Cancer	0.0	0.4	0.3
Celiac disease	0.7	3.5	2.4
Chronic pain (for example: back or joint pain, arthritis, nerve pain)	2.8	9.2	6.7
Diabetes or pre-diabetes/insulin resistance	0.7	0.9	0.8
Endometriosis	0.0	2.6	1.6
Gastroesophageal Reflux Disease (GERD) or acid reflux	5.7	9.2	7.8
Heart & vascular disorders (for example: atrial fibrillation or other cardiac arrhythmia, mitral valve prolapse or other valvular heart disease, congenital heart condition)	4.2	2.2	3.0
High blood pressure (hypertension)	2.8	2.2	2.4
High cholesterol (hyperlipidemia)	2.9	4.4	3.8
Irritable bowel syndrome (spastic colon or spastic bowel)	5.0	6.1	5.7
Migraine headaches	9.9	16.6	14.1
Polycystic Ovarian Syndrome (PCOS)	0.7	3.0	2.2
Sleep Apnea	2.1	0.9	1.3
Thyroid condition or disorder	2.8	1.7	2.2
Urinary system disorder (for example: bladder or kidney disease, urinary reflux, interstitial cystitis)	0.0	1.3	0.8

***Of those ever diagnosed, had contact with healthcare or MH professional within last 12 months**

Athletes	Non-Athletes	Total
53.7	41.7	46.0
47.6	33.3	37.9
61.9	33.3	42.9
33.3	33.3	33.3
45.2	46.4	46.0
0.0	100.0	100.0
100.0	25.0	33.3
75.0	61.9	64.0
100.0	0.0	33.3
0.0	50.0	50.0
62.5	47.6	51.7
83.3	100.0	90.9
75.0	60.0	66.7
50.0	40.0	42.9
71.4	78.6	76.2
50.0	55.3	53.8
0.0	42.9	37.5
66.7	0.0	40.0
75.0	100.0	87.5
0.0	33.3	33.3

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

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

<i>Percent (%)</i>	Athletes	Non-Athletes	Total
Type I Diabetes	100.0	0.0	33.3
Type II Diabetes	0.0	0.0	0.0
Pre-diabetes or insulin resistance	0.0	0.0	0.0
Gestational Diabetes	0.0	0.0	0.0

K. Sleep

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

<i>Percent (%)</i>	Athletes	Non-Athletes	Total
Less than 15 minutes	36.8	35.8	36.2
16 to 30 minutes	27.8	23.3	25.0
31 minutes or more	35.4	40.9	38.8

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

<i>Percent (%)</i>	On weeknights		
	Athletes	Non-Athletes	Total
Less than 7 hours	32.6	40.9	37.8
7 to 9 hours	67.4	58.2	61.7
10 or more hours	0.0	0.9	0.5

On weekend nights		
Athletes	Non-Athletes	Total
23.6	19.8	21.3
71.5	68.1	69.4
4.9	12.1	9.3

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

<i>Percent (%)</i>	Felt tired or sleepy during the day		
	Athletes	Non-Athletes	Total
0 days	5.6	2.6	3.7
1-2 days	21.7	16.5	18.4
3-5 days	53.1	39.4	44.7
6-7 days	19.6	41.6	33.2

Got enough sleep so that they felt rested		
Athletes	Non-Athletes	Total
13.3	18.2	16.3
38.5	40.3	39.6
38.5	31.2	34.0
9.8	10.4	10.2

Demographics and Sample Characteristics

■ Age		■ Students describe themselves as	
18 - 20 years:	65.4 %	Straight/Heterosexual:	73.3 %
21 - 24 years:	34.0 %	Asexual:	0.5 %
25 - 29 years:	0.5 %	Bisexual:	13.6 %
30+ years:	0.0 %	Gay:	1.9 %
Mean age: 20.0 years		Lesbian:	3.2 %
Median age: 20.0 years		Pansexual:	2.4 %
		Queer:	1.3 %
		Questioning:	3.5 %
		Identity not listed above:	0.3 %
■ Gender*			
Cis Women	66.8 %		
Cis Men	27.1 %		
Transgender/Gender Non-conforming:	6.2 %		
* See note on page 2 regarding gender categories			
■ Student status		■ Housing	
1st year undergraduate:	27.8 %	Campus or university housing:	78.9 %
2nd year undergraduate:	27.8 %	Fraternity or sorority residence:	7.5 %
3rd year undergraduate:	21.4 %	Parent/guardian/other family:	11.5 %
4th year undergraduate:	21.9 %	Off-campus:	1.9 %
5th year or more undergraduate:	0.8 %	Temporary or "couch surfing":	0.3 %
Master's (MA, MS, MFA, MBA, etc.):	0.0 %	Don't have a place to live:	0.0 %
Doctorate (PhD, EdD, MD, JD, etc.):	0.0 %	Other:	0.0 %
Not seeking a degree:	0.0 %		
Other:	0.3 %		
		■ Students describe themselves as	
Full-time student:	99.2 %	American Indian or Native Alaskan	1.3 %
Part-time student:	0.5 %	Asian or Asian American	6.3 %
Other student:	0.3 %	Black or African American	6.3 %
		Hispanic or Latino/a/x	5.8 %
■ Visa to work or study in the US:	4.0 %	Middle Eastern/North African (MENA) or Arab Origin:	0.5 %
		Native Hawaiian or Other	
■ Relationship status		Pacific Islander Native:	0.8 %
Not in a relationship:	52.0 %	White:	85.2 %
In a relationship but not married/partnered:	47.7 %	Biracial or Multiracial:	1.9 %
Married/partnered:	0.3 %	Identity not listed above:	1.6 %
■ Primary Source of Health Insurance		<i>If Hispanic or Latino/a/x, are you</i>	
College/university sponsored SHIP plan:	4.0 %	Mexican, Mexican American, Chicano:	13.6 %
Parent or guardian's plan:	90.9 %	Puerto Rican:	36.4 %
Employer (mine or my spouse/partners):	0.3 %	Cuban:	13.6 %
Medicaid, Medicare, SCHIP, or VA:	3.5 %	Another Hispanic, Latino/a/x, or	
Bought a plan on my own:	0.3 %	Spanish Origin:	45.5 %
Don't have health insurance:	0.0 %		
Don't know if I have health insurance:	0.0 %	<i>If Asian or Asian American, are you</i>	
Have insurance, but don't know source:	1.1 %	East Asian:	58.3 %
		Southeast Asian:	29.2 %
■ Student Veteran:	0.0 %	South Asian:	12.5 %
		Other Asian:	4.2 %
■ Parent or primary responsibility for someone else's child/children under 18 years old:	1.1 %		

■ **First generation students** 29.9 %
(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):	13.9 %
Autism Spectrum Disorder:	3.0 %
Deaf/Hearing loss:	1.3 %
Learning disability:	6.5 %
Mobility/Dexterity disability:	1.1 %
Blind/low vision:	1.9 %
Speech or language disorder:	1.6 %

■ **Participated in organized college athletics:**

Varsity:	37.3 %
Club sports:	7.3 %
Intramurals:	18.6 %

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

Greek member:	23.5 %
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