



URSINUS COLLEGE UNDER AGE 21/AGE 21+ Executive Summary

Spring 2021

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

ACHA-NCHA III

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



AMERICAN COLLEGE HEALTH ASSOCIATION

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

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Introduction and Notes

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

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

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

Notes about this report:

1. Missing values have been excluded from analysis and only valid percents are included in this document, unless otherwise noted.
2. **The ACHA-NCHA III is programmed differently than earlier versions of the survey.** Rather than asking the respondents to answer every question (and offering a "not applicable" option), display logic was used throughout the survey to determine whether, based on their response to an earlier question, the student saw a follow-up question. This makes the valid percents of certain questions impossible to apply to the entire sample, as the denominator used was limited to only the number of students that saw the question. When appropriate, results are also presented using the entire sample as the denominator to show the proportion of the overall sample that experienced a particular issue. These differences in presentation are carefully noted throughout the document and will often explain differences observed between this document and the full data report. Please look carefully at descriptions of the data presented in each table, as well as any footnotes included.

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 Age Report consisting of 378 respondents. The response rate was 26.3%.

Findings

A. General Health and Campus Climate

- 57.5 % of college students surveyed (58.3 % Under 21, 55.9 % Age 21+) described their health as *very good or excellent*.
- 89.7 % of college students surveyed (89.7 % Under 21, 89.8 % Age 21+) described their health as *good, very good or excellent*.

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

	Under 21	Age 21+	Total
	<i>Percent (%)</i>		
I feel that I belong at my college/university	76.5	71.1	74.7
I feel that students' health and well-being is a priority at my college/university	60.5	44.2	54.8
At my college/university, I feel that the campus climate encourages free and open discussion of students' health and well-being.	61.7	51.9	58.3
At my college/university, we are a campus where we look out for each other	57.6	46.5	53.8

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

College students reported:

	Under 21	Age 21+	Total
	<i>Percent (%)</i>		
Drinking 0 sugar-sweetened beverages (per day), on average, in the last 7 days	29.9	28.9	29.6
Drinking 1 or more sugar-sweetened beverages (per day), on average, in the last 7 days	70.1	71.1	70.4
Drinking energy drinks or shots on 0 of the past 30 days	81.6	81.3	81.5
Drinking energy drinks or shots on 1-4 of the past 30 days	12.3	12.5	12.4
Drinking energy drinks or shots on 5 or more of the past 30 days	6.1	6.3	6.2
Eating 3 or more servings of fruits (per day), on average, in the last 7 days	21.7	13.2	18.8
Eating 3 or more servings of vegetables (per day), on average, in the last 7 days	36.5	40.3	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.

	Under 21	Age 21+	Total
	<i>Percent (%)</i>		
BMI			
<18.5 Underweight	3.3	6.3	4.4
18.5-24.9 Healthy Weight	57.9	55.9	57.2
25-29.9 Overweight	27.5	28.3	27.8
30-34.9 Class I Obesity	7.9	6.3	7.4
35-39.9 Class II Obesity	2.1	2.4	2.2
≥40 Class III Obesity	1.3	0.8	1.1
Mean	24.60	24.41	24.53
Median	23.37	23.57	23.49
Std Dev	4.73	4.88	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)

<i>Percent (%)</i>	Under 21	Age 21+	Total
Guidelines met for aerobic exercise only	75.3	71.1	73.8
Guidelines met for Active Adults	54.8	51.6	53.7
Guidelines met for Highly Active Adults	46.9	43.0	45.5

Food Security

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

<i>Percent (%)</i>	Under 21	Age 21+	Total
High or marginal food security (score 0-1)	70.5	64.3	68.4
Low food security (score 2-4)	18.3	17.5	18.0
Very low food security (score 5-6)	11.2	18.3	13.6
Any food insecurity (low or very low food security)	29.5	35.7	31.6

C. Health Care Utilization

College students reported:

<i>Percent (%)</i>	Under 21	Age 21+	Total
Receiving psychological or mental health services within the last 12 months	44.3	38.8	42.4

*The services were provided by:

My current campus health and/or counseling center	46.3	62.0	51.3
A mental health provider in the local community near my campus	13.3	21.3	15.8
A mental health provider in my home town	67.6	47.9	61.4
A mental health provider not described above	9.3	7.3	8.7

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

<i>Percent (%)</i>	Under 21	Age 21+	Total
Visiting a medical provider within the last 12 months	67.2	66.7	67.0

*The services were provided by:

My current campus health center	25.3	32.9	28.0
A medical service provider in the local community near my campus	20.0	23.8	21.3
A medical service provider in my home town	92.5	88.1	91.0
A medical service provider not described above	6.8	7.7	7.1

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

College students reported:

	<i>Percent (%)</i>	Under 21	Age 21+	Total
Flu vaccine within the last 12 month		66.8	64.3	66.0
Not starting the HPV vaccine series		11.9	12.4	12.1
Starting, but not completing HPV vaccine series		3.7	4.7	4.0
Completing HPV vaccine series		59.8	64.3	61.4
Not knowing their HPV vaccine status		24.6	18.6	22.5
Ever having a GYN visit or exam (females only)			51.9	
Having a dental exam in the last 12 months		75.4	72.1	74.3
Being tested for HIV within the last 12 months		6.2	10.1	7.5
Being tested for HIV more than 12 months ago		3.7	8.5	5.4
Wearing sunscreen usually or always when outdoors		38.9	43.4	40.5
Spending time outdoors with the intention of tanning at least once in the last 12 months		64.0	66.9	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

	<i>Percent (%)</i>	Under 21	Age 21+	Total
Alcohol use		0.4	1.6	0.8
Cannabis/marijuana use		1.6	3.1	2.1

Negatively impacted academic performance among only students that experienced the issue

	Under 21	Age 21+	Total
Alcohol use	0.6	1.6	1.0
Cannabis/marijuana use	4.0	8.3	5.4

Problems or challenges in the last 12 months

	Under 21	Age 21+	Total
Career	6.1	11.6	8.0
Finances	10.2	12.4	11.0
Procrastination	48.4	45.7	47.5
Faculty	4.9	10.1	6.7
Family	15.6	14.7	15.3
Intimate Relationships	10.2	9.3	9.9
Roommate/housemate	5.3	6.2	5.6
Peers	7.4	11.6	8.8
Personal appearance	6.1	8.5	7.0
Health of someone close to me	13.1	14.0	13.4
Death of a family member, friend, or someone close to me	9.8	10.9	10.2
Bullying	1.6	3.1	2.1
Cyberbullying	0.8	2.3	1.3
Hazing	0.4	0.8	0.5
Microaggression	3.3	3.9	3.5
Sexual Harassment	2.0	3.1	2.4
Discrimination	2.9	3.9	3.2

	Under 21	Age 21+	Total
Career	28.3	28.3	28.3
Finances	31.3	26.2	29.1
Procrastination	69.4	67.8	68.9
Faculty	54.5	65.0	59.5
Family	41.8	31.7	37.7
Intimate Relationships	26.6	22.2	25.0
Roommate/housemate	20.0	23.5	21.2
Peers	23.4	34.9	27.5
Personal appearance	11.1	16.7	12.9
Health of someone close to me	29.1	28.6	28.9
Death of a family member, friend, or someone close to me	39.3	34.1	37.3
Bullying	36.4	40.0	38.1
Cyberbullying	28.6	75.0	45.5
Hazing	25.0	100.0	40.0
Microaggression	16.7	25.0	19.1
Sexual Harassment	20.0	26.7	22.5
Discrimination	30.4	38.5	33.3

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

<i>Percent (%)</i>	Under 21	Age 21+	Total
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Acute Diagnoses in the last 12 months

Bronchitis	1.2	1.6	1.3
Chlamydia	0.8	0.8	0.8
Chicken Pox (Varicella)	0.0	0.0	0.0
Cold/Virus or other respiratory illness	6.6	9.3	7.5
Concussion	4.5	2.3	3.8
Gonorrhea	0.0	0.0	0.0
Flu (influenza or flu-like illness)	0.8	2.3	1.3
Mumps	0.0	0.0	0.0
Mononucleosis (mono)	1.2	1.6	1.3
Orthopedic injury	2.0	1.6	1.9
Pelvic Inflammatory Disease	0.0	0.8	0.3
Pneumonia	0.8	1.6	1.1
Shingles	0.0	0.0	0.0
Stomach or GI virus or bug, food poisoning or gastritis	4.1	3.9	4.0
Urinary tract infection	2.5	2.3	2.4

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

Under 21	Age 21+	Total
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50.0	50.0	50.0
40.0	50.0	42.9
0.0	0.0	0.0
26.2	34.3	29.2
84.6	60.0	77.8
0.0	0.0	0.0
25.0	42.9	33.3
0.0	0.0	0.0
75.0	100.0	83.3
21.7	22.2	21.9
0.0	100.0	100.0
100.0	100.0	100.0
0.0	0.0	0.0
58.8	71.4	62.5
24.0	20.0	22.5

<i>Percent (%)</i>	Under 21	Age 21+	Total
Any ongoing or chronic medical conditions diagnosed or treated in the last 12 months	33.2	27.1	31.1

Under 21	Age 21+	Total
41.5	34.0	38.9

Other impediments to academic performance

Assault (physical)	0.4	0.0	0.3
Assault (sexual)	2.0	2.3	2.1
Allergies	4.5	3.9	4.3
Anxiety	41.4	38.0	40.2
ADHD or ADD	12.7	10.9	12.1
Concussion or TBI	6.6	3.9	5.6
Depression	29.9	26.4	28.7
Eating disorder/problem	4.5	7.0	5.4
Headaches/migraines	14.8	15.5	15.0
Influenza or influenza-like illness (the flu)	0.8	2.3	1.3
Injury	2.0	3.1	2.4
PMS	10.2	9.3	9.9
PTSD	4.5	5.4	4.8
Short-term illness	3.3	3.1	3.2
Upper respiratory illness	5.7	3.9	5.1
Sleep difficulties	27.0	21.7	25.2
Stress	46.7	40.3	44.5

14.3	0.0	9.1
29.4	37.5	32.0
13.6	9.8	12.1
65.2	61.3	63.8
75.6	77.8	76.3
76.2	71.4	75.0
73.0	64.2	69.9
28.2	50.0	35.1
48.6	43.5	46.7
25.0	60.0	38.5
25.0	33.3	28.1
28.7	30.8	29.4
57.9	53.8	56.3
30.8	33.3	31.6
33.3	21.7	29.2
60.0	46.7	55.3
64.4	55.9	61.5

E. Violence, Abusive Relationships, and Personal Safety

Within the last 12 months, college students reported experiencing:

	<i>Percent (%)</i>	Under 21	Age 21+	Total
A physical fight		1.2	2.4	1.6
A physical assault (not sexual assault)		0.8	1.6	1.1
A verbal threat		11.5	6.3	9.7
Sexual touching without their consent		2.5	3.9	3.0
Sexual penetration attempt without their consent		0.8	3.9	1.9
Sexual penetration without their consent		0.4	3.9	1.6
Being a victim of stalking		7.0	4.7	6.2
A partner called me names, insulted me, or put me down to make me feel bad		11.1	8.7	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		7.0	4.8	6.2
A partner pushed, grabbed, shoved, slapped, kicked, bit, choked or hit me without my consent		2.1	2.4	2.2
A partner forced me into unwanted sexual contact by holding me down or hurting me in some way		1.2	2.4	1.6
A partner pressured me into unwanted sexual contact by threatening me, coercing me, or using alcohol or other drugs		5.8	1.6	4.3

College students reported feeling *very safe* :

	<i>Percent (%)</i>	Under 21	Age 21+	Total
On their campus (daytime)		88.1	82.2	86.0
On their campus (nighttime)		29.6	33.3	30.9
In the community surrounding their campus (daytime)		56.6	51.9	55.0
In the community surrounding their campus (nighttime)		21.1	19.4	20.5

F. Tobacco, Alcohol, and Other Drug Use

Percent (%)	Ever Used			*Used in the last 3 months		
	Under 21	Age 21+	Total	Under 21	Age 21+	Total
Tobacco or nicotine delivery products (cigarettes, e-cigarettes, Juul or other vape products, water pipe or hookah, chewing tobacco, cigars, etc.)	27.5	38.0	31.1	18.4	22.5	19.8
Alcoholic beverages (beer, wine, liquor, etc.)	69.7	92.2	77.4	65.2	87.6	72.9
Cannabis (marijuana, weed, hash, edibles, vaped cannabis, etc.) [Please report nonmedical use only.]	40.6	46.1	42.5	30.7	34.9	32.2
Cocaine (coke, crack, etc.)	2.1	3.9	2.7	0.8	0.8	0.8
Prescription stimulants (Ritalin, Concerta, Dexedrine, Adderall, diet pills, etc.) [Please report nonmedical use only.]	6.6	12.4	8.6	3.3	6.2	4.3
Methamphetamine (speed, crystal meth, ice, etc.)	0.0	0.8	0.3	0.0	0.8	0.3
Inhalants (poppers, nitrous, glue, gas, paint thinner, etc.)	2.1	3.9	2.7	0.8	1.6	1.1
Sedatives or Sleeping Pills (Valium, Ativan, Xanax, Klonopin, Librium, Rohypnol, GHB, etc.) [Please report nonmedical use only.]	3.3	1.6	2.7	1.2	0.8	1.1
Hallucinogens (Ecstasy, MDMA, Molly, LSD, acid, mushrooms, PCP, Special K, etc.)	8.2	7.0	7.8	5.7	2.3	4.6
Heroin	0.0	0.0	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.]	2.5	1.6	2.2	0.4	0.0	0.3

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

Substance Specific Involvement Scores (SSIS) from the ASSIST

Percent (%)	*Moderate risk use of the substance			*High risk use of the substance		
	Under 21	Age 21+	Total	Under 21	Age 21+	Total
Tobacco or nicotine delivery products	13.9	14.0	13.9	0.0	1.6	0.5
Alcoholic beverages	13.1	20.9	15.8	0.0	0.8	0.3
Cannabis (nonmedical use)	19.3	23.3	20.6	0.8	0.8	0.8
Cocaine	0.0	0.8	0.3	0.0	0.0	0.0
Prescription stimulants (nonmedical use)	0.8	1.6	1.1	0.0	0.0	0.0
Methamphetamine	0.0	0.8	0.3	0.0	0.0	0.0
Inhalants	0.8	0.0	0.5	0.0	0.0	0.0
Sedatives or Sleeping Pills (nonmedical use)	0.8	0.0	0.5	0.0	0.0	0.0
Hallucinogens	3.7	0.0	2.4	0.0	0.0	0.0
Heroin	0.0	0.0	0.0	0.0	0.0	0.0
Prescription opioids (nonmedical use)	0.4	0.0	0.3	0.0	0.0	0.0

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

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

	Under 21	Age 21+	Total
<i>Percent (%)</i>			
Prescription stimulants	0.8	3.9	1.9
Prescription sedatives or sleeping pills	1.2	0.0	0.8
Prescription opioids	0.4	0.0	0.3

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

	Under 21	Age 21+	Total
<i>Percent (%)</i>			
Cigarettes	4.5	12.4	7.2
E-cigarettes or other vape products (for example: Juul, etc.)	14.3	15.5	14.7
Water pipe or hookah	0.0	2.3	0.8
Chewing or smokeless tobacco	1.2	0.8	1.1
Cigars or little cigars	2.5	2.3	2.4
Other	0.4	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

■ 1.9 % of college students surveyed (1.6 % Under 21, 2.4 % Age 21+) indicated they were in recovery from alcohol or other drug use.

When, if ever, was the last time you:

	Drank Alcohol		
	Under 21	Age 21+	Total
<i>Percent (%)</i>			
Never	25.0	2.3	17.2
Within the last 2 weeks	49.2	79.1	59.5
More than 2 weeks ago but within the last 30 days	11.5	7.0	9.9
More than 30 days ago but within the last 3 months	6.6	6.2	6.4
More than 3 months ago but within the last 12 months	4.1	3.9	4.0
More than 12 months ago	3.7	1.6	2.9

***Used Cannabis/Marijuana**

Under 21	Age 21+	Total
52.7	48.8	51.3
21.4	16.3	19.6
6.6	10.1	7.8
4.1	6.2	4.8
9.5	5.4	8.1
5.8	13.2	8.3

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

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.*

■ 23.3 % 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.

	Under 21	Age 21+	Total
<i>Percent (%)</i>			
Estimated BAC			
< .08	71.4	78.2	74.3
< .10	79.5	84.0	81.4
Mean	0.06	0.05	0.05
Median	0.03	0.03	0.03
Std Dev	0.06	0.05	0.06

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

Number of drinks	<i>Percent (%)</i>	Under 21	Age 21+	Total
4 or fewer		68.1	72.3	69.9
5		12.9	11.8	12.4
6		7.4	6.7	7.1
7 or more		11.7	9.2	10.6
Mean		4.0	3.6	3.8
Median		3.0	3.0	3.0
Std Dev		3.8	2.8	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				
	<i>Percent (%)</i>	Under 21	Age 21+	Total
Did not drink alcohol in the last two weeks (includes non-drinkers)		50.8	21.1	40.6
None		20.1	31.3	23.9
1-2 times		18.4	32.0	23.1
3-5 times		9.4	10.9	9.9
6 or more times		1.2	4.7	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**

Under 21	Age 21+	Total
40.8	39.6	40.3
37.5	40.6	38.9
19.2	13.9	16.7
2.5	5.9	4.1

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

	<i>Percent (%)</i>	Under 21	Age 21+	Total
Did something I later regretted		22.4	16.3	19.9
Blackout (forgot where I was or what I did for a large period of time and cannot remember , even when someone reminds me)		16.1	12.2	14.5
Brownout (forgot where I was or what I did for short periods of time, but can remember once someone reminds me)		27.6	22.8	25.6
Got in trouble with the police		1.1	0.0	0.7
Got in trouble with college/university authorities		2.9	1.6	2.4
Someone had sex with me without my consent		0.6	1.6	1.0
Had sex with someone without their consent		0.0	0.0	0.0
Had unprotected sex		16.7	13.8	15.5
Physically injured myself		7.5	4.9	6.4
Physically injured another person		0.6	0.0	0.3
Seriously considered suicide		1.1	1.6	1.3
Needed medical help		0.6	0.0	0.3
Reported one or more of the above		30.8	21.9	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		
	Under 21	Age 21+	Total	Under 21	Age 21+	Total
Never	36.1	25.6	32.4	42.3	31.0	38.4
Within the last 2 weeks	34.4	39.5	36.2	32.4	38.0	34.3
More than 2 weeks ago but within the last 30 days	10.0	11.6	10.5	7.1	11.6	8.6
More than 30 days ago but within the last 3 months	5.8	3.9	5.1	5.0	3.1	4.3
More than 3 months ago but within the last 12 months	8.3	5.4	7.3	8.3	4.7	7.0
More than 12 months ago	5.4	14.0	8.4	5.0	11.6	7.3

Percent (%)	Anal intercourse		
	Under 21	Age 21+	Total
Never	88.2	77.5	84.5
Within the last 2 weeks	0.4	0.8	0.5
More than 2 weeks ago but within the last 30 days	0.4	1.6	0.8
More than 30 days ago but within the last 3 months	1.3	1.6	1.4
More than 3 months ago but within the last 12 months	4.2	7.0	5.2
More than 12 months ago	5.5	11.6	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 (%)	Under 21	Age 21+	Total
None	1.4	0.0	0.9
1	61.2	70.4	64.5
2	20.4	12.3	17.5
3	8.2	3.7	6.6
4 or more	8.8	13.6	10.5
Mean	1.8	2.1	1.9
Median	1.0	1.0	1.0
Std Dev	1.5	3.4	2.4

*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 (%)	Under 21	Age 21+	Total
Oral sex	5.6	4.5	5.2
Vaginal intercourse	55.8	50.0	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 (%)	Under 21	Age 21+	Total
Yes, used a method of contraception	90.6	86.5	89.1
No, did not want to prevent pregnancy	0.0	1.4	0.5
No, did not use any method	7.1	10.8	8.5
Don't know	2.4	1.4	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:

	Under 21	Age 21+	Total
<i>Percent (%)</i>			
Birth control pills (monthly or extended cycle)	67.8	65.6	67.0
Birth control shots	0.9	0.0	0.6
Birth control implants	3.5	6.3	4.5
Birth control patch	0.0	0.0	0.0
The ring	3.5	4.7	3.9
Emergency contraception ("morning after pill" or "Plan B")	4.3	0.0	2.8
Intrauterine device	11.3	10.9	11.2
Male (external) condom	65.2	46.9	58.7
Female (internal) condom	0.9	0.0	0.6
Diaphragm or cervical cap	0.0	0.0	0.0
Contraceptive sponge	0.0	0.0	0.0
Withdrawal	23.5	26.6	24.6
Fertility awareness (calendar, mucous, basal body temperature)	6.1	3.1	5.0
Sterilization (hysterectomy, tubes tied, vasectomy)	0.0	0.0	0.0
Other method	0.9	3.1	1.7
<i>Male condom use plus another method</i>	51.3	40.6	47.5
<i>Any two or more methods (excluding male condoms)</i>	27.8	26.6	27.4

**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 (20.5 % Under 21, 23 % Age 21+)

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 % Under 21, 0 % Age 21+)

H. Mental Health and Wellbeing

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

	Under 21	Age 21+	Total
<i>Percent (%)</i>			
No or low psychological distress (0-8)	52.3	53.1	52.6
Moderate psychological distress (9-12)	21.4	21.1	21.3
Serious psychological distress (13-24)	26.3	25.8	26.1
Mean	9.02	8.77	8.93
Median	8.00	8.00	8.00
Std Dev	5.51	5.46	5.48

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

	Under 21	Age 21+	Total
<i>Percent (%)</i>			
Negative for loneliness (3-5)	51.4	51.2	51.3
Positive for loneliness (6-9)	48.6	48.8	48.7
Mean	5.40	5.53	5.45
Median	5.00	5.00	5.00
Std Dev	1.84	1.85	1.84

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

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

	Under 21	Age 21+	Total
Mean	45.53	46.02	45.70
Median	48.00	48.00	48.00
Std Dev	8.63	7.75	8.33

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

(higher scores reflect greater resilience)

	Under 21	Age 21+	Total
Mean	6.02	6.12	6.06
Median	6.00	6.00	6.00
Std Dev	1.56	1.35	1.49

Self injury

■ 12.1 % of college students surveyed (15.2 % Under 21, 6.2 % Age 21+) 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:

	Under 21	Age 21+	Total
Academics	43.4	43.4	43.4
Career	21.7	41.7	28.6
Finances	32.8	47.7	37.9
Procrastination	70.1	68.0	69.4
Faculty	9.1	15.5	11.3
Family	37.7	46.5	40.8
Intimate relationships	38.5	42.5	39.9
Roommate/housemate	26.6	27.1	26.8
Peers	31.8	33.3	32.3
Personal appearance	55.8	51.9	54.4
Health of someone close to me	45.7	50.0	47.2
Death of a family member, friend, or someone close to me	25.1	32.0	27.5
Bullying	4.5	7.8	5.6
Cyberbullying	2.9	3.1	2.9
Hazing	1.6	0.8	1.3
Microaggression	19.7	15.5	18.2
Sexual Harassment	10.2	11.7	10.8
Discrimination	9.4	10.1	9.7

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

<i>Students reporting none of the above</i>	9.4	10.9	9.9
<i>Students reporting only one of the above</i>	9.4	6.2	8.3
<i>Students reporting 2 of the above</i>	10.2	3.1	7.8
<i>Students reporting 3 or more of the above</i>	70.9	79.8	74.0

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

Under 21	Age 21+	Total
89.6	80.4	86.4
54.7	67.9	61.3
68.8	77.0	72.3
64.9	65.5	65.1
54.5	65.0	59.5
76.9	68.3	73.5
69.1	57.4	64.9
61.5	55.9	59.6
53.2	58.1	55.0
65.9	70.1	67.3
64.0	76.6	68.6
77.0	85.4	80.4
72.7	40.0	57.1
57.1	50.0	54.5
25.0	100.0	40.0
37.5	45.0	39.7
44.0	46.7	45.0
73.9	69.2	72.2

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

<i>Percent (%)</i>	Under 21	Age 21+	Total
Negative suicidal screening (3-6)	66.8	74.2	69.4
Positive suicidal screening (7-18)	33.2	25.8	30.6
Mean	5.77	5.34	5.62
Median	4.00	4.00	4.00
Std Dev	3.64	3.19	3.49

Suicide attempt

■ 1.6 % of college students surveyed (1.7 % Under 21, 1.6 % Age 21+)

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

<i>Percent (%)</i>	Under 21	Age 21+	Total
No stress	2.5	0.8	1.9
Low	15.6	19.4	16.9
Moderate	46.7	51.9	48.5
High	35.2	27.9	32.7

I. Acute Conditions

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

<i>Percent (%)</i>	Under 21	Age 21+	Total
Bronchitis	2.5	3.1	2.7
Chlamydia	2.1	1.6	1.9
Chicken Pox (Varicella)	0.0	0.8	0.3
Cold/virus or other respiratory illness (for example: sinus infection, ear infection, strep throat, tonsillitis, pharyngitis, or laryngitis)	25.1	28.1	26.1
Concussion	5.8	3.9	5.1
Gonorrhea	0.0	1.6	0.5
Flu (influenza) or flu-like illness	3.3	6.3	4.3
Mumps	0.0	0.0	0.0
Mononucleosis (mono)	2.1	1.6	1.9
Orthopedic injury (for example: broken bone, fracture, sprain, bursitis, tendinitis, or ligament injury)	9.5	7.0	8.6
Pelvic Inflammatory Disease	0.0	0.8	0.3
Pneumonia	0.8	1.6	1.1
Shingles	0.0	0.0	0.0
Stomach or GI virus or bug, food poisoning or gastritis	7.1	5.5	6.5
Urinary tract infection	10.7	11.7	11.1

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:

Percent (%)	Under 21	Age 21+	Total
ADD/ADHD - Attention Deficit/Hyperactivity Disorder	13.2	12.4	12.9
Alcohol or Other Drug-Related Abuse or Addiction	2.1	0.0	1.4
Anxiety (for example: Generalized Anxiety, Social Anxiety, Panic Disorder, Specific Phobia)	36.4	33.3	35.3
Autism Spectrum	2.9	1.6	2.4
Bipolar and Related Conditions (for example: Bipolar I, II, Hypomanic Episode)	2.1	1.6	1.9
Borderline Personality Disorder (BPD), Avoidant Personality, Dependent Personality, or another personality disorder	0.8	0.0	0.5
Depression (for example: Major depression, persistent depressive disorder, disruptive mood disorder)	26.6	28.1	27.1
Eating Disorders (for example: Anorexia Nervosa, Bulimia Nervosa, Binge-Eating)	6.6	4.7	5.9
Gambling Disorder	0.0	0.0	0.0
Insomnia	4.6	8.5	6.0
Obsessive-Compulsive and Related Conditions (for example: OCD, Body Dysmorphia, Hoarding, Trichotillomania and other body-focused repetitive behavior disorders)	9.1	8.6	8.9
PTSD (Posttraumatic Stress Disorder), Acute Stress Disorder, Adjustment Disorder, or another trauma- or stressor- related condition	7.1	8.6	7.6
Schizophrenia and Other Psychotic Conditions (for example: Schizophrenia, Schizoaffective Disorder, Schizophreniform Disorder, Delusional Disorder)	0.0	0.8	0.3
Tourette's or other neurodevelopmental condition not already listed	0.4	0.0	0.3
Traumatic brain injury (TBI)	2.9	2.3	2.7

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

Under 21	Age 21+	Total
68.8	68.8	68.8
20.0	0.0	20.0
85.1	81.4	83.8
71.4	50.0	66.7
100.0	50.0	85.7
50.0	0.0	50.0
81.3	75.0	79.0
68.8	33.3	59.1
0.0	0.0	0.0
45.5	54.5	50.0
81.8	45.5	69.7
64.7	81.8	71.4
0.0	0.0	0.0
100.0	0.0	100.0
14.3	66.7	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.

Percent (%)	Under 21	Age 21+	Total
<i>Students reporting none of the above</i>	52.3	55.0	53.2
<i>Students reporting only one of the above</i>	17.7	14.0	16.4
<i>Students reporting both Depression and Anxiety</i>	22.7	22.5	22.6
<i>Students reporting any two or more of the above (excluding the combination of Depression and Anxiety)</i>	7.4	8.5	7.8

STI's/Other chronic infections

College students reported ever being diagnosed with the following:

<i>Percent (%)</i>	Under 21	Age 21+	Total
Genital herpes	0.0	0.0	0.0
Hepatitis B or C	0.0	0.0	0.0
HIV or AIDS	0.0	0.8	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**

Under 21	Age 21+	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:

<i>Percent (%)</i>	Under 21	Age 21+	Total
Acne	29.8	32.0	30.5
Allergies - food allergy	17.5	18.8	17.9
Allergies - animals/pets	15.8	19.4	17.0
Allergies - environmental (for example: pollen, grass, dust, mold)	40.0	44.2	41.5
Asthma	25.2	21.1	23.8
Cancer	0.0	0.8	0.3
Celiac disease	3.3	0.8	2.5
Chronic pain (for example: back or joint pain, arthritis, nerve pain)	6.6	7.0	6.8
Diabetes or pre-diabetes/insulin resistance	0.8	0.8	0.8
Endometriosis	0.8	3.1	1.6
Gastroesophageal Reflux Disease (GERD) or acid reflux	7.5	8.5	7.9
Heart & vascular disorders (for example: atrial fibrillation or other cardiac arrhythmia, mitral valve prolapse or other valvular heart disease, congenital heart condition)	2.1	4.7	3.0
High blood pressure (hypertension)	1.7	3.9	2.4
High cholesterol (hyperlipidemia)	4.2	3.1	3.8
Irritable bowel syndrome (spastic colon or spastic bowel)	4.6	7.8	5.7
Migraine headaches	11.6	18.8	14.1
Polycystic Ovarian Syndrome (PCOS)	0.8	4.7	2.2
Sleep Apnea	1.2	1.6	1.4
Thyroid condition or disorder	2.1	2.3	2.2
Urinary system disorder (for example: bladder or kidney disease, urinary reflux, interstitial cystitis)	0.0	2.3	0.8

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

Under 21	Age 21+	Total
45.8	46.3	46.0
31.0	50.0	37.9
31.6	60.0	42.9
28.1	42.1	33.3
41.7	55.6	46.0
0.0	100.0	100.0
37.5	0.0	33.3
68.8	55.6	64.0
50.0	0.0	33.3
100.0	25.0	50.0
50.0	54.5	51.7
100.0	83.3	90.9
75.0	60.0	66.7
60.0	0.0	42.9
72.7	80.0	76.2
64.3	41.7	53.8
100.0	16.7	37.5
33.3	50.0	40.0
100.0	66.7	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>	Under 21	Age 21+	Total
Type I Diabetes	50.0	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>	Under 21	Age 21+	Total
Less than 15 minutes	36.1	36.4	36.2
16 to 30 minutes	25.4	24.0	24.9
31 minutes or more	38.5	39.5	38.9

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

<i>Percent (%)</i>	On weeknights		
	Under 21	Age 21+	Total
Less than 7 hours	39.3	34.9	37.8
7 to 9 hours	59.8	65.1	61.7
10 or more hours	0.8	0.0	0.5

On weekend nights		
Under 21	Age 21+	Total
22.5	18.6	21.2
68.4	72.1	69.7
9.0	9.3	9.1

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

<i>Percent (%)</i>	Felt tired or sleepy during the day		
	Under 21	Age 21+	Total
0 days	4.9	1.6	3.8
1-2 days	17.2	20.3	18.3
3-5 days	43.4	46.9	44.6
6-7 days	34.4	31.3	33.3

Got enough sleep so that they felt rested		
Under 21	Age 21+	Total
18.0	13.3	16.4
39.3	39.8	39.5
32.4	36.7	33.9
10.2	10.2	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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