



# NCHA

## DATA REPORT

2020

**Student Survey Report**  
**Collected by Gatorwell Health Promotion Services at the**  
**University of Florida**

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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](http://www.acha.org), and [www.acha.org/NCHA](http://www.acha.org/NCHA).

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# Findings

## General Health and Campus Climate



**58.9% of college students surveyed**  
(65.6% male and 55.6% female)  
described their health as **very good or excellent.**

**91.1% of college students surveyed**  
(92.8% male and 90.8% female)  
described their health as **good, very good or excellent.**

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

	Male	Female	Total
I feel that I belong at my college/university	76.3%	73.6%	73.9%
I feel that students' health and well-being is a priority at my college/university	54.7%	49.2%	51.0%
At my college/university, I feel that the campus climate encourages free and open discussions of students' health and well-being.	61.7%	57.8%	58.4%
At my college/university, we are a campus where we look out for each other.	48.0%	45.7%	46.1%

# Nutrition, BMI, Physical Activity, and Food Security



**College students reported:**

	Male	Female	Total
Drinking 0 sugar-sweetened beverages (per day), on average, in the last 7 days	40.1%	37.6%	38.4%
Drinking 1 or more sugar-sweetened beverages (per day), on average, in the last 7 days	59.9%	62.4%	61.6%
Drinking energy drinks or shots on 0 of the past 30 days	79.0%	87.4%	84.2%
Drinking energy drinks or shots 1-4 of the past 30 days	14.6%	8.2%	10.6%
Drinking energy drinks or shots on 5 or more of the past 30 days	6.5%	4.2%	5.2%
Eating 3 or more servings of fruits (per day), on average, in the last 7 days	15.6%	15.9%	15.9%
Eating 3 or more servings of vegetables (per day), on average, in the last 7 days	30.4%	30.1%	30.5%

**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

	Male	Female	Total
Guidelines met for <b>aerobic exercise only</b>	76.3%	73.6%	73.9%
Guidelines met for <b>Active Adults</b>	54.7%	49.2%	51.0%
Guidelines met for <b>Highly Active Adults</b>	61.7%	57.8%	58.4%

## Estimated Body Mass Index (BMI)

This figure incorporates reported height and weight to form a general indicator of physical health. Categories defined by The World Health Organization (WHO) 2000, reprinted 2004. Obesity: Preventing and Managing the Global Epidemic. WHO Tech Report Series: 894.

### BMI

	Male	Female	Total
< 18.5 Underweight	3.9%	7.6%	6.5%
18.5 - 24.9 Healthy Weight	60.1%	66.4%	63.7%
25 - 29.9 Overweight	28.7%	18.3%	22.1%
30 - 34.9 Class I Obesity	5.1%	5.2%	5.3%
35 - 39.9 Class II Obesity	1.4%	1.3%	1.4%
≥ 40 Class III Obesity	0.8%	1.0%	0.9%
Mean	24.28%	23.31%	23.67%
Median	23.73%	22.46%	22.96%
Std Dev	4.10%	4.50%	4.40%

**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)

## Food Security

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

	Male	Female	Total
High or marginal food security (score 0-1)	67.2%	58.7%	61.4%
Low food security (score 2-4)	20.4%	23.8%	22.7%
Very low food security (score 5-6)	12.3%	17.5%	15.9%
<b>Any food security (low or very low food security)</b>	<b>32.8%</b>	<b>41.3%</b>	<b>38.6%</b>

## Health Care Utilization

C.

College students reported:

Receiving psychological or mental health services within the last 12 months

- The services were provided by:

	Male	Female	Total
Receiving psychological or mental health services within the last 12 months	16.3%	26.9%	23.4%
- The services were provided by:			
My current campus health and/or counseling center	63.0%	58.5%	59.9%
A mental health provider in the local community near my campus	33.3%	58.5%	59.9%
A mental health provider in my home town	25.7%	36%	58.4%
A mental health provider not described above	48.0%	45.7%	46.1%

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

College students reported:

	Male	Female	Total
Visiting a medical provider within the last 12 months	58.0%	80.0%	71.8%
- The services were provided by:			
My current campus health center	50.9%	52.4%	52.0%
A medical service provider in the local community near my campus	29.9%	33.2%	32.6%
A medical service provider in my home town	54.5%	67.9%	64.5%
A medical service provider not described above	1.9%	1.1%	1.3%

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

College students reported:

	Male	Female	Total
Flu vaccine within the last 12 months	47.3%	55.8%	52.7%
Not starting the HPV vaccine series	29.5%	16.4%	21.2%
Starting, but not completing HPV vaccine series	4.7%	7.4%	6.6%
Completing the HPV vaccine series	41.4%	62.4%	54.2%
Not knowing their HPV vaccine status	24.6%	13.7%	18.0%
Ever having a GYN visit or exam (females only)		54.2%	
Having a dental exam in the last 12 months	63.0%	74.2%	70.0%
Being tested for HIV within the last 12 months	15.6%	17.1%	16.7%
Being tested for HIV more than 12 months ago	11.6%	10.8%	11.1%
Wearing sunscreen usually or always when outdoors	16.5%	32.1%	26.1%
Spending time outdoors with the intention of tanning at least once in the last 12 months	36.1%	59.4%	50.1%

# 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		
	Male	Female	Total	Male	Female	Total
Alcohol use	3.2%	2.2%	2.6%	3.8%	2.8%	3.3%
Cannabis/marijuana use	3.8%	1.1%	2.3%	12.5%	3.3%	7.1%
<b>- Problems or challenges in the last 12 months</b>						
Career	12.1%	9.3%	10.6%	35.4%	32.1%	34.2%
Finances	10.2%	10.8%	10.7%	30.9%	26.0%	27.6%
Procrastination	40.5%	45.2%	43.6%	61.5%	65.6%	64.4%
Faculty	6.5%	5.2%	5.9%	60.2%	56.7%	59.3%
Family	6.0%	10.9%	9.2%	27.5%	30.3%	29.6%
Intimate relationships	12.5%	12.4%	12.6%	33.8%	32.3%	33.3%
Roommate/housemate	4.0%	6.3%	5.5%	18.0%	19.5%	19.3%
Peers	3.5%	3.5%	3.7%	18.9%	17.5%	18.6%
Personal appearance	2.5%	5.0%	4.4%	8.6%	10.5%	10.7%
Health of someone close to me	5.3%	9.6%	8.1%	21.8%	28.1%	26.7%
Death of a family member, friend, or someone close to me	5.1%	8.5%	7.3%	32.6%	42.5%	39.6%
Bullying	1.0%	1.7%	1.6%	45.0%	33.8%	38.1%
Cyberbullying	0.3%	0.9%	0.8%	21.4%	41.2%	38.5%
Hazing	0.4%	0.5%	0.4%	57.1%	63.6%	61.1%
Microaggression	1.6%	3.1%	2.9%	16.0%	20.3%	20.4%
Sexual Harassment	0.5%	2.6%	2.0%	29.4%	18.4%	20.8%
Discrimination	1.5%	2.6%	2.3%	20.9%	29.9%	27.4%





Other impediments to academic performance	Negatively impacted academic performance among all students in the sample			Negatively impacted academic performance among <u>only students that experienced the issue</u>		
	Male	Female	Total	Male	Female	Total
Assault (physical)	0.4%	0.5%	0.6%	33.3%	25.0%	28.6%
Assault (sexual)	0.5%	2.6%	2.0%	26.3%	30.5%	31.8%
Allergies	2.8%	4.2%	3.8%	10.1%	11.5%	11.2%
Anxiety	18.9%	33.6%	28.5%	37.4%	49.9%	46.6%
ADHD or ADD	4.8%	5.8%	5.5%	47.8%	64.2%	56.7%
Concussion or TBI	1.0%	1.8%	1.5%	47.4%	60.0%	56.1%
Depression	18.7%	23.4%	22.1%	50.9%	57.7%	55.9%
Eating disorder/problem	1.8%	3.1%	2.8%	25.0%	21.8%	23.9%
Headaches/migraines	5.0%	11.2%	8.9%	22.7%	27.0%	26.1%
Influenza or influenza-like illness (the flu)	5.5%	7.6%	6.9%	42.7%	43.0%	42.9%
Injury	2.1%	2.5%	2.3%	16.1%	20.5%	18.6%
PMS	0.1%	10.5%	6.6%	16.7%	20.5%	20.6%
PTSD	1.4%	2.6%	2.4%	54.2%	43.3%	47.6%
Short-term illness	3.7%	6.4%	5.5%	27.2%	30.4%	30.1%
Upper respiratory illness	6.9%	12.7%	10.5%	24.8%	29.2%	28.2%
Sleep difficulties	17.1%	22.2%	20.5%	39.6%	41.8%	41.4%
Stress	28.3%	44.0%	38.4%	41.2%	51.2%	48.6%

# Violence, Abusive Relationships, and Personal Safety



Within the last 12 months, college students reported experiencing:

	Male	Female	Total
A physical fight	3.1%	0.5%	1.4%
A physical assault (not sexual assault)	1.5%	0.7%	1.1%
A verbal threat	9.4%	5.9%	7.3%
Sexual touching without their consent	2.5%	9.1%	6.7%
Sexual penetration attempt without their consent	0.3%	2.8%	1.9%
Sexual penetration without their consent	0.8%	2.0%	1.6%
Being a victim of stalking	0.9%	3.0%	2.4%
A partner called me names, insulted me, or put me down to make me feel bad	8.9%	8.9%	8.9%
A partner often insisted on knowing who I was with and where I was or tried to limit my contact with family and friends	4.5%	5.4%	5.1%
A partner pushed, grabbed, shoved, slapped, kicked, bit, choke or hit me without my consent	2.4%	1.6%	2.0%
A partner forced me into unwanted sexual contact by holding me down or hurting me in some way	1.1%	1.4%	2.0%
A partner pressured me into unwanted sexual contact by threatening me, coercing me, or using alcohol or other drugs	1.8%	3.2%	2.8%

College students reported feeling **very safe**:

	Male	Female	Total
On their campus (daytime)	86.4%	79.0%	81.2%
On their campus (nighttime)	42.7%	10.7%	22.5%
In the community surrounding their campus (daytime)	48.2%	30.6%	37.0%
In the community surrounding their campus (nighttime)	18.0%	3.7%	9.2%

# Tobacco, Alcohol, and Other Drug Use



Acute Diagnoses in the last 12 months	Ever Used			Used in the last 3 months		
	Male	Female	Total	Male	Female	Total
Tobacco or nicotine delivery products (cigarettes, e-cigarettes, Juul or other vape products, water pipe or hookah, chewing tobacco, cigars, etc.)	37.6%	29.9%	32.5%	22.5%	19.8%	20.6%
Alcoholic beverages (beer, wine, liquor, etc.)	78.3%	74.4%	75.5%	73.5%	71.1%	71.5%
Cannabis (marijuana, weed, hash, edibles, vaped cannabis, etc.) <b>Nonmedical use only</b>	40.1%	39.7%	39.8%	25.4%	27.4%	26.6%
Cocaine (coke, crack, etc.)	11.4%	6.7%	8.4%	5.7%	3.3%	4.2%
Prescription stimulants (Ritalin, Concerta, Dexedrine, Adderall, diet pills, etc.) <b>Nonmedical use only</b>	11.9%	9.0%	10.0%	5.0%	5.0%	5.0%
Methamphetamine (speed, crystal meth ice, etc.)	1.3%	0.7%	0.9%	0.4%	0.1%	0.2%
Inhalants (poppers, nitrous, glue, gas, paint thinner, etc.)	4.2%	1.7%	2.7%	1.6%	0.3%	0.9%
Sedatives or Sleeping Pills (Valium, Ativan, Xanax, Klonopin, Librium, Rohypnol, GHB, etc.) <b>Nonmedical use only</b>	5.5%	5.3%	5.5%	2.3%	2.4%	2.5%
Hallucinogens (Ecstasy, MDMA, Molly, LSD, acid, mushrooms, PCP, Special K, etc.)	13.4%	7.8%	9.9%	5.5%	3.7%	4.4%
Heroin	0.7%	0.1%	0.4%	0.3%	0.0%	0.1%
Prescription opioids (Morphine, codeine, fentanyl, oxycodone [OxyCotin, Percocet], hydrocodone [Vicodin], methadone, bupernorphine [Suboxone], etc.) <b>Nonmedical use only</b>	3.7%	2.8%	3.1%	0.5%	0.3%	0.4%

\* These figures use all students in the sample as the denominator, rather than just those students who reported lifetime use or use within the last 3 months.

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

	* Moderate risk use of the substance			* High risk use of the substance		
	Male	Female	Total	Male	Female	Total
Tobacco or nicotine delivery products	15.3%	9.8%	11.7%	1.0%	1.0%	1.0%
Alcoholic beverages	14.9%	12.9%	13.3%	1.8%	0.7%	1.1%
Cannabis (nonmedical use)	15.5%	16.1%	15.7%	1.6%	0.5%	1.0%
Cocaine	2.6%	1.5%	1.9%	0.3%	0.1%	0.2%
Prescription stimulants (nonmedical use)	2.0%	2.6%	2.3%	0.1%	0.0%	0.0%
Methamphetamine	0.3%	0.0%	0.2%	0.1%	0.0%	0.0%
Inhalants	0.7%	0.0%	0.3%	0.1%	0.0%	0.1%
Sedatives or Sleeping Pills (nonmedical use)	1.3%	1.4%	1.5%	0.1%	0.1%	0.1%
Hallucinogens	2.5%	1.7%	2.0%	0.1%	0.0%	0.0%
Heroin	0.2%	0.0%	0.1%	0.1%	0.0%	0.0%
Prescription opioids (nonmedical use)	0.4%	0.2%	0.3%	0.1%	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 reported misusing prescription medications (taking without a prescription or taking more medication or more often than prescribed in the past 3 months)**

	Male	Female	Total
Prescription stimulants	86.4%	79.0%	81.2%
Prescription sedatives or sleeping pills	42.7%	10.7%	22.5%
Prescription opioids	48.2%	30.6%	37.0%

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

	Male	Female	Total
Cigarettes	9.3%	4.7%	6.3%
E-cigarettes or other vape products (like juul, etc.)	15.2%	15.5%	15.1%
Water pipe or hookah	2.4%	3.0%	2.7%
Chewing or smokeless tobacco	1.9%	0.5%	1.0%
Cigars or little tobacco	7.2%	1.8%	3.7%
Other	0.3%	0.1%	0.2%

\* 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

1.2% of college students surveyed (1.7% male and 0.8% female) indicated they were in recovery from alcohol or other drug use.

### Alcohol and Cannabis use:

	Drank Alcohol			* Used Cannabis/Marijuana		
	Male	Female	Total	Male	Female	Total
Never	15.3%	18.1%	17.3%	54.8%	55.8%	55.2%
Within the last 2 weeks	59.8%	56.0%	57.0%	15.0%	13.6%	14.2%
More than 2 weeks ago but within the last 30 days	9.0%	10.4%	10.0%	3.4%	4.7%	4.1%
More than 30 days ago but within the last 3 months	8.0%	9.0%	8.7%	5.7%	7.0%	6.5%
More than 3 months ago but within the last 12 months	4.6%	4.4%	4.5%	7.4%	9.1%	8.5%
More than 12 months ago	3.3%	2.0%	2.5%	13.7%	9.9%	11.3%

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

## Driving under the influence

13.7% 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.

36.5% 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 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	Male	Female	Total
<0.08	81.3%	74.9%	77.4%
<0.10	87.9%	82.0%	84.3%
Mean	0.04	0.05	0.05
Median	0.02	0.03	0.03
Std. Dev	0.05	0.06	0.06

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

Number of drinks	Male	Female	Total
4 of fewer	66.4%	77.5%	73.5%
5	7.7%	10.4%	9.4%
6	11.3%	5.0%	7.3%
7 or more	14.6%	7.1%	9.8%
Mean	4.0	3.1	3.4
Median	3.0	3.0	3.0
Std. Dev	3.2	2.2	2.7

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

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

	Among all students surveyed			* Among those who reported drinking alcohol within the last two weeks		
	Male	Female	Total	Male	Female	Total
Did not drink alcohol in the last two weeks (includes non-drinkers)	15.3%	18.1%	17.3%	54.8%	55.8%	55.2%
None	9.0%	10.4%	10.0%	3.4%	4.7%	4.1%
1-2 times	8.0%	9.0%	8.7%	5.7%	7.0%	6.5%
3-5 times	4.6%	4.4%	4.5%	7.4%	9.1%	8.5%
6 or more times	3.3%	2.0%	2.5%	13.7%	9.9%	11.3%

\*Only students who reported drinking alcohol in the last 2 weeks were asked this question.



## Medical Amnesty

Calling for medical help for a friend who consumed too much alcohol will not get me or my friend in trouble with UF.

Response	Percent
Strongly Agree	29.6%
Agree	23.6%
Slightly Agree	14.7%
Slightly Disagree	9.4%
Disagree	9.6%
Strongly Disagree	13.1%
Total	100.0%

You notice that a stranger who has been partying has passed out. Please identify/check the reasons you would choose *not* to call 911. (Check all that apply)

Response	Percent
I was not sure if they needed medical care.	48.9%
Others were not sure if the person needed medical care.	21.9%
I might get into trouble with UF officials and/or kicked out of school.	9.7%
I might get in trouble with city, county, or state law enforcement authorities.	10.8%
The person might get into trouble with city, county, or state law enforcement authorities.	23.3%
The person might get into trouble with his/her parents or legal guardians.	16.6%
I would be concerned about the cost of medical care for the person.	31.8%
I would not want the person to be upset or angry with me	24.1%
I would assume that someone else already called.	19.8%
I did not feel comfortable and/or safe in helping the person.	26.4%
Other	5.0%

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

	Male	Female	Total
Did something I regretted	20.5%	24.5%	22.5%
Blackout (forgot where I was or what I did for a <b>large period of time and cannot remember</b> , even when someone reminds me)	15.8%	14.6%	14.8%
Brownout (forgot where I was or what I did for <b>short periods of time, but can remember</b> once someone reminds me)	25.7%	29.2%	27.5%
Got in trouble with the police	0.7%	0.6%	0.6%
Got in trouble with college/university authorities	0.4%	0.3%	0.4%
Someone had sex with me without my consent	1.2%	1.6%	1.4%
Had sex with someone without their consent	0.1%	0.2%	0.2%
Had unprotected sex	11.6%	12.9%	12.3%
Physically injured myself	6.5%	7.7%	7.2%
Physically injured another person	0.3%	0.6%	0.5%
Seriously considered suicide	1.9%	2.5%	2.3%
Needed medical help	0.5%	0.8%	0.7%
<b>Reported one or more of the above</b>	<b>27.4%</b>	<b>30.6%</b>	<b>29.0%</b>

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

## Sexual Behavior



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

	Oral Sex			Vaginal intercourse		
	Male	Female	Total	Male	Female	Total
Never	31.1%	33.6%	33.0%	37.9%	39.3%	39.5%
Within the last 2 weeks	33.5%	34.2%	33.7%	34.4%	35.4%	34.7%
More than 2 weeks ago but within the last 30 days	10.5%	8.9%	9.4%	7.2%	8.1%	7.7%
More than 30 days ago but within the last 3 months	8.0%	9.7%	9.1%	7.0%	7.2%	7.0%
More than 3 months ago but within the last 12 months	8.3%	8.0%	8.0%	6.9%	5.6%	6.0%
More than 12 months ago	8.6%	5.6%	6.8%	6.6%	4.3%	5.1%

**Anal intercourse**

	Male	Female	Total
Never	76.5%	83.5%	80.9%
Within the last 2 weeks	3.8%	2.1%	2.7%
More than 2 weeks ago but within the last 30 days	3.2%	1.1%	1.9%
More than 30 days ago but within the last 3 months	3.1%	2.3%	2.5%
More than 3 months ago but within the last 12 months	3.8%	4.9%	4.5%
More than 12 months ago	9.6%	6.2%	7.5%

**College students who reported having oral sex, vaginal or anal intercourse within the last 12 months reported the following number of sexual partners**

	Male	Female	Total
None	0.3%	0.2%	0.3%
1	67.1%	65.6%	65.8%
2	11.7%	13.5%	13.0%
3	6.6%	7.6%	7.1%
4 or more	14.4%	13.2%	13.9%
Mean	2.3	2.0	2.1
Median	1.0	1.0	1.0
Std. Dev	3.4	2.4	2.8

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

**College students who reported having oral sex, vaginal or anal intercourse within the last 30 days who reported using a condom or another protective barrier most of the time or always:**

	Male	Female	Total
Oral sex	5.8%	4.3%	5.0%
Vaginal intercourse	45.7%	42.0%	43.3%
Anal intercourse	41.3%	17.0%	33.3%

\*Only students who reported having oral sex, 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

	Male	Female	Total
Yes, used a method of contraception	82.6%	90.8%	87.8%
No, did not want to prevent pregnancy	4.0%	1.2%	2.2%
No, did not use any method	10.8%	7.9%	9.0%
Don't know	2.6%	0.1%	1.0%

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

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

	Male	Female	Total
Birth control pills (monthly or extended cycle)	53.6%	52.7%	52.8%
Birth control shots	0.7%	1.0%	0.9%
Birth control implants	4.4%	6.6%	6.1%
Birth control patch	0.7%	0.5%	0.6%
The ring	1.9%	2.6%	2.3%
Emergency contraception ("morning after pill" or "Plan B")	4.4%	3.8%	4.0%
Intrauterine device	10.7%	12.6%	12.0%
Male (external condom	55.1%	46.8%	49.5%
Female (internal) condom	0.5%	0.0%	0.1%
Cervical cap	0.2%	0.0%	0.1%
Contraceptive sponge	0.0%	0.1%	0.1%
Withdrawal	18.9%	23.9%	22.2%
Fertility awareness (calendar, mucous, basal body temperature)	2.7%	4.4%	3.7%
Sterilization (hysterectomy, tubes tied, vasectomy)	0.7%	0.6%	0.7%
Other method	0.0%	0.4%	0.2%
<b>Male condom use plus another method</b>	<b>29.9%</b>	<b>31.9%</b>	<b>31.1%</b>
<b>Any two or more methods (excluding male condoms)</b>	<b>20.9%</b>	<b>21.6%</b>	<b>21.3%</b>

\*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:

	Male	Female
Yes	14.2%	19.9%

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:

	Male	Female
Yes	0.6%	0.5%

## Mental Health and Wellbeing



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

	Male	Female	Total
No or low psychological stress (0-8)	69.5%	58.3%	61.7%
Moderate psychological stress (9-12)	19.5%	24.3%	22.6%
Serious psychological stress (13-24)	11.0%	17.5%	15.7%
Mean	6.69	7.97	7.58
Median	6.00	7.00	7.00
Std. Dev	4.63	5.00	4.94

### UCLA Loneliness Scale (UCLS3) Score (Range is 3-9)

	Male	Female	Total
Negative for loneliness (3-5)	52.5%	50.8%	50.9%
Positive for loneliness (6-9)	47.5%	49.2%	49.1%
Mean	5.30	5.46	5.43
Median	5.00	5.00	5.00
Std. Dev	1.85	1.86	1.87

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

	Male	Female	Total
Mean	45.65	46.11	45.75
Median	48.00	48.00	48.00
Std. Dev	8.20	8.13	8.35

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

	Male	Female	Total
Mean	6.19	5.99	6.05
Median	6.00	6.00	6.00
Std. Dev	1.46	1.50	1.50

## Self Injury

7.3% of college students surveyed (5.1% male and 8.0% female) indicated they had intentionally cut, burned, bruised or otherwise injured themselves within the last 12 months.

Within the last 12 months, have you had problems or challenges with any of the following:

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

	Male	Female	Total	Male	Female	Total
Academics	40.9%	46.8%	45.0%	80.3%	89.3%	86.5%
Career	34.7%	29.1%	31.4%	73.0%	74.2%	74.1%
Finances	33.2%	41.9%	39.0%	66.1%	72.8%	70.5%
Procrastination	66.8%	69.6%	68.8%	58.6%	67.1%	64.3%
Faculty	10.9%	9.3%	10.2%	55.6%	61.0%	58.7%
Family	22.1%	36.5%	31.6%	56.0%	67.2%	50.9%
Intimate relationships	37.1%	38.8%	38.3%	62.0%	66.1%	65.1%
Roommate/housemate	22.7%	32.6%	29.1%	42.7%	54.5%	50.9%
Peers	18.7%	20.6%	20.2%	36.5%	42.2%	41.0%
Personal appearance	29.6%	47.6%	41.5%	47.2%	59.6%	57.0%
Health of someone close to me	24.2%	34.6%	30.7%	58.4%	64.7%	63.0%
Death of a family member, friend, or someone close to me	16.0%	20.2%	18.6%	65.3%	79.7%	75.3%
Bullying	2.2%	5.1%	4.2%	50.0%	48.1%	47.6%
Cyberbullying	1.5%	2.2%	2.1%	50.0%	61.8%	58.5%
Hazing	0.8%	0.7%	0.7%	42.9%	63.6%	55.6%
Microaggression	10.3%	15.7%	14.2%	34.0%	34.2%	35.7%
Sexual Harassment	1.9%	14.0%	9.6%	41.2%	51.2%	51.5%
Discrimination	7.4%	8.8%	8.6%	49.3%	38.8%	43.7%

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

	Male	Female	Total
Students reporting none of the above	15.1%	8.2%	10.7%
Students reporting only one of the above	10.3%	9.3%	9.8%
Students reporting 2 of the above	12.4%	10.4%	10.9%
Students reporting 3 or more of the above	62.1%	72.1%	68.6%

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

	Male	Female	Total
Negative suicidal screening (3-6)	81.3%	77.9%	78.4%
Positive suicidal screening (7-18)	18.7%	22.1%	21.6%
Mean	4.68	4.92	4.90
Median	3.00	3.00	3.00
Std. Dev	2.69	2.77	2.81

**Suicide Attempt**

1.5% of college students surveyed (1.9% male and 1.1% female) indicated they had attempted suicide within the last 12 months.

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

	Male	Female	Total
No stress	3.7%	0.6%	1.8%
Low	31.4%	19.2%	23.5%
Moderate	49.1%	53.2%	51.6%
High	15.7%	27.0%	23.1%



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

	Male	Female	Total
Bronchitis	3.0%	4.5%	3.9%
Chlamydia	0.9%	1.4%	1.3%
Chicken Pox (Varicella)	0.4%	0.1%	0.2%
Cold/Virus or other respiratory illness (for example: sinus infection, ear infection, strep throat, tonsillitis, pharyngitis, or laryngitis)	25.6%	43.9%	37.0%
Concussion	1.3%	2.8%	2.3%
Gonorrhea	1.1%	0.2%	0.6%
Flu (influenza or flu-like illness)	11.5%	12.8%	12.3%
Mumps	0.3%	0.1%	0.2%
Mononucleosis (mono)	1.2%	2.1%	1.9%
Orthopedic injury (for example: broken bone, fracture, sprain, bursitis, tendinitis, or ligament injury)	7.8%	10.1%	9.4%
Pelvic Inflammatory Disease	0.3%	0.1%	0.2%
Pneumonia	1.2%	1.3%	1.3%
Shingles	0.4%	0.3%	0.4%
Stomach or GI virus or bug, food poisoning, or gastritis	5.0%	9.6%	7.8%
Urinary tract infection	0.9%	13.8%	8.8%

## 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:			*Of those ever diagnosed, those reporting contact with healthcare or MH professional within the last 12 months		
	Male	Female	Total	Male	Female	Total
ADD/ADHD - Attention Deficit/Hyperactivity Disorder	5.7%	4.7%	5.3%	65.8%	64.6%	65.1%
Alcohol or Other Drug-Related Abuse or Addiction	0.4%	0.1%	0.2%	0.0%	50.0%	16.7%
Anxiety (for example Generalized Anxiety, Social Anxiety, Panic Disorder, Specific Phobia)	9.6%	24.4%	19.3%	62.1%	71.3%	70.0%
Autism Spectrum	1.3%	0.1%	0.7%	25.0%	50.0%	28.6%
Bipolar and Related Conditions (for example: Bipolar I, II, Hypomanic Episode)	1.1%	0.9%	1.1%	60.0%	92.9%	81.5%
Borderline Personality Disorder (BPD), Avoidant Personality, Dependent Personality, or another personality disorder	0.6%	0.5%	0.5%	20.0%	75.0%	53.8%
Depression (for example: Major depression, persistent depressive disorder, disruptive mood disorder)	8.1%	16.5%	13.8%	67.1%	71.2%	70.0%
Eating Disorders (for example: Anorexia Nervosa, Bulimia Nervosa, Binge-Eating)	0.9%	4.2%	3.0%	25.0%	53.1%	49.3%
Gambling Disorder	0.2%	3.4%	3.2%	0.0%	0.0%	0.0%
Insomnia	2.5%	3.4%	3.2%	54.5%	50.0%	51.3%
Obsessive-Compulsive and Related Conditions (for example: OCD, Body Dysmorphic Disorder, Hoarding, Trichotillomania and other body-focused repetitive behavior disorders)	1.9%	4.4%	3.6%	47.1%	73.1%	66.7%
PTSD (Posttraumatic Stress Disorder), Acute Stress Disorder, Adjustment Disorder or another trauma- or stressor-related condition	1.7%	4.0%	3.3%	66.7%	55.7%	60.2%
Schizophrenia and Other Psychotic Conditions (for example: Schizophrenia, Schizoaffective Disorder, Schizophreniform Disorder, Delusional Disorder)	0.2%	0.0%	0.1%	50.0%	0.0%	50.0%
Tourette's or other neurodevelopmental condition not already listed	0.3%	0.1%	0.2%	0.0%	50.0%	16.7%
Traumatic Brain Injury (TBI)	1.0%	0.5%	0.7%	55.6%	50.0%	52.9%

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

	Male	Female	Total
Students reporting none of the above	81.4%	68.0%	72.4%
Students reporting only one of the above	9.9%	13.5%	12.4%
Students reporting both Depression and Anxiety	4.9%	13.2%	10.5%
Students reporting any two or more of the above (excluding the combination of Depression and Anxiety)	3.9%	5.3%	4.7%

## STI's/Other Chronic Infections

	College students reported <u>ever</u> being diagnosed with the following:			*Of those ever diagnosed, had contact with healthcare or MH professional within the last 12 months		
	Male	Female	Total	Male	Female	Total
Genital Herpes	0.4%	0.9%	0.7%	50.0%	71.4%	66.7%
Hepatitis B or C	0.0%	0.2%	0.1%	0.0%	33.3%	33.3%
HIV or AIDS	0.4%	0.1%	0.2%	50.0%	0.0%	33.3%
Human papillomavirus (HPV) or genital warts	0.7%	0.9%	0.8%	33.3%	21.4%	23.8%

## Other Chronic/Ongoing Medical Conditions

	College students reported <u>ever</u> being diagnosed with the following:			*Of those ever diagnosed, had contact with healthcare or MH professional within the last 12 months		
	Male	Female	Total	Male	Female	Total
Acne	26.2%	29.9%	28.3%	25.0%	40.8%	35.4%
Allergies - food allergy	7.9%	11.8%	10.3%	18.3%	32.8%	28.6%
Allergies - animals/pets	12.4%	13.1%	12.8%	15.3%	31.0%	24.9%
Allergies - environmental (for examples: pollen, grass, dust, mold)	23.1%	25.5%	24.8%	24.5%	35.3%	31.2%
Asthma	11.6%	12.6%	12.4%	18.3%	34.6%	28.8%
Cancer	0.8%	0.5%	0.6%	42.9%	71.4%	57.1%
Celiac disease	0.6%	1.1%	1.4%	20.0%	43.8%	38.1%
Chronic Pain (for example: back or joint pain, arthritis, nerve pain)	2.8%	5.0%	4.2%	60.0%	72.0%	69.5%
Diabetes or pre-diabetes insulin resistance	1.1%	1.6%	1.4%	60.0%	80.0%	74.3%
Endometriosis	0.1%	1.0%	0.8%	0.0%	66.7%	63.2%
Gastroesophageal Reflux Disease (GERD) or acid reflux	1.9%	3.6%	2.9%	41.2%	52.7%	49.3%
Heart and vascular disorders (for example: atrial fibrillation or other cardiac arrhythmia, mitral valve prolapse or other vulvar heart disease, congenital heart condition)	1.3%	2.0%	1.7%	41.7%	60.0%	53.5%
High blood pressure (hypertension)	3.3%	0.9%	1.7%	56.7%	53.8%	55.8%
High cholesterol (hyperlipidemia)	3.0%	4.0%	3.5%	48.1%	49.2%	48.9%

**Cont.**

	College students reported <b>ever</b> being diagnosed with the following:			*Of those ever diagnosed, had contact with healthcare or MH professional within the last 12 months		
	Male	Female	Total	Male	Female	Total
Irritable bowel syndrome (spastic colon or spastic bowel)	2.0%	4.3%	3.5%	50.0%	50.8%	50.0%
Migraine headaches	3.7%	11.8%	8.8%	42.4%	51.7%	50.2%
Polycystic Ovarian Syndrome (PCOS)	0.1%	3.8%	2.5%	0.0%	63.8%	60.7%
Sleep Apnea	0.9%	0.0%	0.3%	50.0%	0.0%	50.0%
Thyroid condition or disorder	1.2%	3.4%	2.6%	71.7%	78.4%	78.1%
Urinary system disorder (for example: bladder or kidney disease, urinary reflux, interstitial cystitis)	0.2%	1.5%	1.0%	50.0%	68.2%	68.0%

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

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

	Male	Female	Total
Type I Diabetes	60.0%	34.8%	42.4%
Type II Diabetes	0.0%	9.5%	6.7%
Pre-diabetes or insulin resistance	33.3%	60.9%	53.1%
Gestational Diabetes	0.0%	10.0%	6.9%

# Sleep



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

	Male	Female	Total
Less than 15 minutes	50.9%	45.1%	46.7%
16 to 30 minutes	26.9%	29.5%	28.7%
31 minutes or more	22.2%	25.4%	24.7%

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

	On weeknights			On weekend nights		
	Male	Female	Total	Male	Female	Total
Less than 7 hours	40.2%	43.6%	42.3%	15.6%	17.4%	16.7%
7 to 9 hours	59.1%	55.8%	57.1%	77.6%	74.0%	75.2%
10 or more hours	0.7%	0.7%	0.6%	6.8%	8.7%	8.1%

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		
	Male	Female	Total	Male	Female	Total
0 days	6.7%	2.4%	3.9%	11.1%	17.7%	15.5%
1-2 days	32.5%	20.4%	25.0%	36.8%	42.0%	40.0%
3-5 days	41.2%	46.2%	44.1%	40.8%	32.2%	35.3%
6-7 days	19.6%	31.0%	26.9%	11.3%	8.0%	9.2%

# Demographics and Sample Characteristics

AGE:	Percent
18-20 years:	46.9%
21-24 years:	31.0%
25-29 years:	14.7%
30+ years:	7.3%
Mean age:	22.2 yrs
Median age:	21.0 yrs

GENDER:	Percent
Female:	60.4%
Male:	36.2%
Non-binary:	2.5%

STUDENT STATUS:	Percent
1st year undergraduate:	22.3%
2nd year undergraduate:	14.2%
3rd year undergraduate:	17.1%
4th year undergraduate:	12.2%
5th year undergraduate:	1.8%
Master's (MA, MS, MFA, MBA, etc.):	9.1%
Doctorate (PhD, EdD, MD, JD, etc.):	23.2%
Not seeking a degree:	0.0%
Other:	0.2%
Full-time student:	98.7%
Part-time student:	1.1%
Other student:	0.2%

	Percent
Visa to work or study in the US:	60.4%

RELATIONSHIP STATUS:	Percent
Not in a relationship:	60.4%
In a relationship but not married/partnered:	36.2%
Married/partnered:	2.5%

PRIMARY SOURCE OF HEALTH INSURANCE:	Percent
College/University sponsored SHIP plan:	27.0%
Parent of guardian's plan:	63.8%
Employer (mine or my spouse/partner's):	2.8%
Medicaid, Medicare, SCHIP, or VA:	2.6%
Bought a plan on my own:	2.6%
Don't have health insurance:	0.7%
Don't know if I have health insurance:	0.1%
Have insurance, but don't know source:	0.5%

STUDENTS DESCRIBE THEMSELVES AS:	Percent
Straight/Heterosexual:	81.7%
Asexual:	0.9%
Bisexual:	9.2%
Gay:	2.5%
Lesbian:	1.3%
Pansexual:	1.2%
Queer:	0.8%
Questioning:	2.3%
Identity not listed above:	0.2%

HOUSING:	Percent
Campus or university housing:	27.8%
Fraternity or sorority residence:	2.7%
Parent/guardian/other family:	2.3%
Off-campus:	67.0%
Temporary or "couch surfing":	0.2%
Don't have a place to live:	0.0%
Other:	0.0%

	Percent
Student Veteran:	1.1%

	Percent
Parent or primary responsibility for someone else's child/children under 18 years old:	2.5%

# Cont.

STUDENTS DESCRIBE THEMSELVES AS:	Percent
American Indian or Native American:	0.6%
Asian or Asian American:	20.7%
Black or African American:	6.0%
Hispanic or Latino/a/x:	18.4%
Middle Eastern/North African (MENA) or Arab Origin:	2.2%
Native Hawaiian or Other Pacific Islander Native:	0.4%
White:	60.2%
Biracial or Multiracial:	3.3%
Identity not listed above:	1.2%
<b>If Hispanic or Latino/a/x, are you:</b>	
Mexican, Mexican American, Chicano:	10.1%
Puerto Rican:	15.5%
Cuban:	27.3%
Another Hispanic, Latino/a/x, or Spanish Origin	54.8%
<b>If Asian or Asian American, are you:</b>	
East Asian:	47.6%
Southeast Asian:	17.7%
South Asian:	34.5%
Other Asian:	1.9%

FIRST GENERATION STUDENTS:	Percent
(Proportion of students for whom no parent/guardian have completed a bachelor's degree)	26.8%

DO YOU HAVE ANY OF THE FOLLOWING?	Percent
Attention Deficit/Hyperactivity Disorder (ADD or ADHD):	6.2%
Autism Spectrum Disorder:	0.6%
Deaf/Hearing loss:	1.2%
Learning Disability:	1.0%
Mobility/Dexterity disability:	0.6%
Blind/low vision:	2.7%
Speech or language disorder:	0.4%

PARTICIPATED IN ORGANIZED COLLEGE ATHLETICS:	Percent
Varsity:	1.0%
Club sports:	8.1%
Intramural:	18.3%

MEMBER OF A SOCIAL FRATERNITY OR SORORITY:	Percent
Greek member:	13.6%