

CALIFORNIA STATE UNIVERSITY EAST
BAY
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.

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 students' habits and behaviors on the most prevalent health topics. The ACHA-NCHA now provides the largest known comprehensive data set on 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, in conjunction 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 from 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 the responses to earlier questions, the student saw a follow-up question. This makes the valid percents of certain questions impossible to apply to the entire sample denominator used in the report. When appropriate, results are also presented using the overall sample denominator to show the proportion of the overall sample that experienced a particular issue. These differences in presentation are noted throughout the document and will often explain differences observed between this document and the full data report. Please look carefully at the percents of the data presented in each table, as well as any footnotes included.
3. **About the use of sex and gender in this report** Survey results are reported by sex based on the responses to questions 67A, 67B, and 67C. The responses to these questions are used to create a new variable called RSEX. RSEX is used for organizing results in the ACHA-NCHA III reports. Respondents are reported as cis men or cis women only when their responses to 67A, 67B, and 67C are consistent with their gender identity. If a respondent's gender identity is consistent with sex at birth AND "no" is selected for transgender, then respondents are designated as either cis men or cis women in RSEX. If respondents select "yes" for transgender OR their sex at birth is not consistent with their gender identity, then they are designated as transgender/gender non-conforming in RSEX. A respondent that selects "intersex" for sex at birth, "no" for transgender, and man or woman for gender identity are designated as cis men or cis women in RSEX. A respondent that selects "intersex" for sex at birth, "yes" for transgender, or selects a gender identity other than man or woman are designated as transgender/gender non-conforming in RSEX. A respondent that selects "another identity" on 67C is designated as RSEX. A respondent that skips any of the three questions is designated as missing in RSEX. Totals displayed in this report include all respondents. Please see the ACHA-NCHA III survey codebook for more information about how data on sex and gender are coded.

For additional information about the survey's development, design, and methodology, email Mary T Hoban, PhD, MCHES, (mhoban@acha-ncha.org) or Christine Kukich, MS (ckukich@acha-ncha.org), or visit www.acha-ncha.org.

Beginning in Spring 2021, responses for transgender and gender nonconforming students are readily available directly in the report documents. This represents an important change in the way we have been reporting ACHA NCHA results. We've prepared the following information to better explain the specific changes, our reasoning for doing so, and tips for using these redesigned report documents.

The ACHA NCHA has asked respondents about their gender identity for 12 years.

Data on transgender and gender nonconforming (TGNC) students was available in the data file, but not displayed explicitly in the report documents in an effort to protect the privacy of TGNC students, particularly those students in smaller campus environments and at schools that publicly shared their ACHA NCHA report documents.

The "missing/unknown" column in the Data Report document has been replaced with a "Trans/Gender Nonconforming" column. Because space limitations in the report prevent us from displaying all 4 categories plus a total column in the same document, it's now the "missing/unknown" column that is not displayed. Now when the Total of any given row is higher than the sum of the cis men, cis women, and TGNC respondents, the difference can be attributed to "missing/unknown" respondents that selected the response option presented in that row. A column for "Trans/Gender Nonconforming" has been added the Executive Summary Report document.

Think about the implication of working with and documenting very small samples – from the perspective of making meaningful interpretations, as well as the privacy of respondents. This is true of all demographic variables, and not limited to gender identity. You may consider a minimum cell size or another threshold by which you make decisions about making your Institutional Data Report publicly available. It is less of a concern in your Institutional Executive Summary as we only display the percentages with the overall sample size.

[1] Greathouse M, BrckaLorenz A, Hoban M, Huseman R, Rankin S, Stolzenberg EB. (2018). Queer spectrum and trans spectrum student experiences in American higher education: The analysis of national survey findings. M2260TD(schools)F10121TF3.0140TD0003F7TT131Tftributed

[3] Cis women is short for "cisgender women" and is a term used to describe persons who identify as women and were assigned female at birth.

Findings

A. General Health and Campus Climate

34.1 % of college students surveyed (38.9 % cis men, 32.8 % cis women, and 36.4 % transgender/gender non-conforming)

Cis Men n = 94
Cis Women n = 360
Trans/GNC n = 11

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

Cis Men n =	94
Cis Women n =	360
Trans/GNC n =	11

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 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 (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Guidelines met for aerobic exercise only		69.2	54.7	60.0	57.6
Guidelines met for Active Adults		49.5	31.2	40.0	34.9
Guidelines met for Highly Active Adults		35.2	21.5	30.0	24.5

Food Security

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

	Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
High or marginal food security (score 0-1)		64.1	55.8	63.6	57.7
Low food security (score 2-4)		15.2	23.7	18.2	21.9
Very low food security (score 5-6)		20.7	20.6	18.2	20.4
Any food insecurity (low or very low food security)		35.9	44.2	36.4	42.3

C. Health Care Utilization

College students reported:

Receiving psychological or mental health services within the last 12 months

*The services were provided by:

- My current campus health and/or counseling center
- A mental health provider in the local community near my campus
- A mental health provider in my home town
- A mental health provider not described above

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

Visiting a medical provider within the last 12 months

*The services were provided by:

- My current campus health center
- A medical service provider in the local community near my campus
- A medical service provider in my home town
- A medical service provider not described above

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

	Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Receiving psychological or mental health services within the last 12 months		13.8	24.8	36.4	22.9
My current campus health and/or counseling center		41.7	44.2	50.0	43.7
A mental health provider in the local community near my campus		16.7	9.4	0.0	9.8
A mental health provider in my home town		58.3	49.4	50.0	51.0
A mental health provider not described above		20.0	22.1	0.0	21.0
Visiting a medical provider within the last 12 months		39.8	57.7	36.4	53.5
My current campus health center		11.4	11.1	0.0	10.9
A medical service provider in the local community near my campus		12.5	9.8	0.0	10.0
A medical service provider in my home town		60.0	82.4	75.0	78.8
A medical service provider not described above		34.4	16.3	33.3	19.6

Cis Men n = 94
Cis Women n = 360
Trans/GNC n = 11

College students reported:

<i>Percent (%)</i>	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
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Cis Men n = 94
 Cis Women n = 360
 Trans/GNC n = 11

Percent (%)	Trans/ Gender Non- Total conforming				Trans/ Gender Non- Total conforming			
	Cis Men	Cis Women	Gender Non- conforming	Total	Cis Men	Cis Women	Gender Non- conforming	Total
	1.1	0.6	0.0	0.6	100.0	33.3	0.0	42.9
	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
	1.1	4.2	0.0	3.4	25.0	48.4	0.0	44.4
	0.0	0.6	0.0	0.4	0.0	100.0	0.0	66.7
	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	2.1	1.9	0.0	1.9	66.7	50.0	0.0	50.0
	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
	2.1	0.8	9.1	1.3	50.0	50.0	25.0	42.9
	0.0	0.6	0.0	0.4	0.0	66.7	0.0	66.7
	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
	3.2	2.5	9.1	2.7	60.0	45.0	50.0	48.1
	0.0	2.5	0.0	1.9	0.0	25.0	0.0	23.7

Percent (%)	Trans/ Gender Non- Total conforming				Trans/ Gender Non- Total conforming			
	Cis Men	Cis Women	Gender Non- conforming	Total	Cis Men	Cis Women	Gender Non- conforming	Total
	19.1	25.3	18.2	23.9	28.1	36.5	28.6	34.9
	1.1	0.3	0.0	0.6	20.0	10.0	0.0	18.8
	2.1	1.1	0.0	1.3	50.0	28.6	0.0	33.3
	3.2	4.2	9.1	4.0	14.3	11.5	20.0	12.0
	25.5	34.4	45.5	32.8	47.1	50.6	62.5	50.3
	11.7	5.6	27.3	7.2	73.3	62.5	100.0	66.7
	1.1	0.8	0.0	0.8	100.0	37.5	0.0	44.4
	13.8	28.6	36.4	25.8	34.2	62.0	50.0	56.7
	3.2	3.9	9.1	4.0	33.3	41.2	100.0	42.2
	12.8	20.3	27.3	18.8	42.9	46.2	42.9	45.6
	3.2	1.1	0.0	1.5	60.0	30.8	0.0	35.0
	1.1	0.8	0.0	0.8	50.0	21.4	0.0	22.2
	1.1	14.4	9.1	11.4	100.0	34.0	16.7	33.8
	2.1	3.1	18.2	3.4	50.0	44.0	66.7	48.5
	1.1	1.7	0.0	1.5	33.3	33.3	0.0	33.3
	2.1	3.1	0.0	2.7	25.0	31.4	0.0	28.9
	33.0	30.0	27.3	30.2	62.0	53.7	37.5	54.8
	41.5	49.2	45.5	46.9	59.1	60.6	55.6	60.0

Cis Men n = 94
 Cis Women n = 360
 Trans/GNC n = 11

E. Violence, Abusive Relationships, and Personal Safety

Within the last 12 months, college students reported experiencing:

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
A physical fight	2.2	1.9	18.2	2.4
A physical assault (not sexual assault)	3.2	1.7	9.1	2.1
A verbal threat	9.7	7.2	18.2	8.2
Sexual touching without their consent	2.2	2.2	0.0	2.2
Sexual penetration attempt without their consent	2.2	0.3	9.1	0.9
Sexual penetration without their consent	0.0	0.3	9.1	0.4
Being a victim of stalking	2.2	4.2	9.1	3.9
A partner called me names, insulted me, or put me down to make me feel bad	7.6	6.7	9.1	6.9
	2.2	3.9	9.1	3.9
	2.2	1.4	9.1	1.7
	0.0	0.6	9.1	0.6
	1.1	0.8	9.1	1.1

College students reported feeling ~~ing~~ safe :

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	67.4	59.1	45.5	60.4
	33.7	10.1	9.1	14.7
	42.9	32.3	18.2	34.1
	26.4	9.4	9.1	12.9

Cis Men n = 94
 Cis Women n = 360
 Trans/GNC n = 11

F. Tobacco, Alcohol, and Other Drug Use

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total		Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	29.0	29.5	27.3	29.4		13.8	11.1	27.3	11.8
	59.1	70.8	36.4	67.4		50.0	60.3	36.4	56.9
	44.1	48.2	36.4	47.0		25.5	26.1	36.4	25.8
	10.8	8.1	9.1	8.8		1.1	1.4	9.1	1.5
	7.5	5.9	0.0	6.2		2.1	1.7	0.0	1.7
	2.2	1.7	0.0	1.9		0.0	0.0	0.0	0.0
	8.6	1.1	0.0	2.8		3.2	0.0	0.0	0.8
	8.7	5.3	0.0	5.8		2.1	2.2	0.0	2.1
	18.3	11.4	10.0	12.9		4.3	2.5	9.1	3.0
	1.1	0.0	0.0	0.2		0.0	0.0	0.0	0.0

Cis Men n = 94
 Cis Women n = 360
 Trans/GNC n = 11

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:

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Percent (%)				
Prescription stimulants	2.1	1.4	0.0	1.5
Prescription sedatives or sleeping pills	2.1	1.1	0.0	1.3
Prescription opioids	0.0	0.6	0.0	0.4

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

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Percent (%)				
Cigarettes	3.2	2.5	9.1	2.7
E-cigarettes or other vape products (for example: Juul, etc.)	6.4	6.7	9.1	6.6
Water pipe or hookah	2.1	2.2	9.1	2.3
Chewing or smokeless tobacco	0.0	0.8	0.0	0.6
Cigars or little cigars	2.1	1.1	0.0	1.3
Other	0.0	0.3	0.0	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

2.7 % of college students surveyed (2.8 % cis men, 2.4 % cis women, and 20.0 % transgender/gender non-conforming) indicated they were in recovery from alcohol or other drug use.

When, if ever, was the last time you:

	Drank Alcohol			
	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Percent (%)				
Never	23.4	18.9	54.5	20.5
Within the last 2 weeks	41.5	37.2	36.4	38.4
More than 2 weeks ago but within the last 30 days	3.2	10.6	0.0	8.7
More than 30 days ago but within the last 3 months	9.6	14.2	0.0	12.8
More than 3 months ago but within the last 12 months	8.5	9.4	9.1	9.2
More than 12 months ago	13.8	9.7	0.0	10.4

	*Used Cannabis/Marijuana			
	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Percent (%)				
Never	44.7	45.6	63.6	46.1
Within the last 2 weeks	23.4	16.1	9.1	17.3
More than 2 weeks ago but within the last 30 days	6.4	2.2	9.1	3.2
More than 30 days ago but within the last 3 months	3.2	6.4	9.1	5.8
More than 3 months ago but within the last 12 months	6.4	8.9	9.1	8.3
More than 12 months ago	16.0	20.8	0.0	19.4

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

Driving under the influence

11.2 % of college students reported driving after having 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.

29.1 % 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, and their average rate of ethanol metabolism. Only students who reported drinking alcohol within the last 3 months answered these questions.

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Percent (%)				
Estimated BAC				
< .08	91.8	89.7	75.0	90.0
< .10	95.9	93.5	75.0	93.7
Mean	0.02	0.03	0.04	0.03
Median	0.01	0.02	0.02	0.01
Std Dev	0.03	0.04	0.06	0.04

Cis Men n = 94
Cis Women n = 360
Trans/GNC n = 11

Number of drinks

<i>Percent (%)</i>	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	84.0	87.8	75.0	87.1



Cis Men n =	94
Cis Women n =	360
Trans/GNC n =	11

G. Sexual Behavior

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

Percent (%)	Oral sex			
	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Never	43.6	32.4	54.5	35.4
Within the last 2 weeks	18.1	29.3	9.1	26.3
More than 2 weeks ago but within the last 30 days	4.3	6.8	9.1	6.3
More than 30 days ago but within the last 3 months	8.5	6.5	9.1	7.0
More than 3 months ago but within the last 12 months	10.6	12.5	9.1	12.0
More than 12 months ago	14.9	12.5	9.1	13.0

Percent (%)	Vaginal intercourse			
	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Never	48.4	29.2	63.6	34.1
Within the last 2 weeks	20.4	38.5	9.1	34.1
More than 2 weeks ago but within the last 30 days	4.3	6.5	18.2	6.3
More than 30 days ago but within the last 3 months	6.5	5.9	0.0	5.9
More than 3 months ago but within the last 12 months	6.5	9.1	0.0	8.3
More than 12 months ago	14.0	10.8	9.1	11.3

Percent (%)	Anal intercourse			
	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Never	73.4	78.1	90.9	77.4
Within the last 2 weeks	3.2	1.4	0.0	1.7
More than 2 weeks ago but within the last 30 days	0.0	1.7	0.0	1.5
More than 30 days ago but within the last 3 months	2.1	1.7	0.0	1.7
More than 3 months ago but within the last 12 months	5.3	3.7	0.0	3.9
More than 12 months ago	16.0	13.4	9.1	13.7

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

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
None	2.2	0.0	0.0	0.4
1	73.9	92.4	80.0	88.8
2	15.2	4.0	0.0	5.8
3	2.2	1.3	0.0	1.4
4 or more	6.5	2.2	20.0	3.6
Mean	2.0	1.2	1.6	1.6
Median	1.0	1.0	1.0	1.0
Std Dev	3.5	0.7	1.3	4.7

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

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

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Oral sex	9.5	7.1	0.0	7.3
Vaginal intercourse	21.7	23.3	66.7	24.2
Anal intercourse	0.0	9.1	0.0	7.1

*Only students who reported having oral sex, or vaginal or anal intercourse in the last 30 days were asked these questions.

College students who reported having vaginal intercourse (penis in vagina) within the last 12 months were asked if they or their partner used any method to prevent pregnancy the last time they had vaginal intercourse:

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Yes, used a method of contraception	65.7	73.1	66.7	72.1
No, did not want to prevent pregnancy	5.7	5.7	33.3	6.0
No, did not use any method	28.6	20.3	0.0	21.1
Don't know	0.0	0.9	0.0	0.8

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

Cis Men n = 94
 Cis Women n = 360
 Trans/GNC n = 11

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Percent (%)				
	39.1	29.7	0.0	30.9
	0.0	3.9	0.0	3.3
	21.7	13.5	0.0	14.4
	4.3	3.9	50.0	4.4
	4.3	0.0	0.0	0.6
	8.7	4.5	50.0	6.1
	17.4	16.8	0.0	16.6
	30.4	31.6	100.0	32.6
	0.0	0.6	0.0	0.6
	0.0	0.0	0.0	0.0
	0.0	0.0	0.0	0.0
	17.4	17.4	0.0	17.1
	4.3	3.9	0.0	3.9
	0.0	3.9	0.0	3.3
	0.0	0.0	0.0	0.0
	17.4	16.1	100.0	17.7
	21.7	11.6	0.0	13.3

Yes (17.1 % cis men, 15.2 % cis women, 33.3 % trans/gender non-conforming)

Yes (0 % cis men, 2.4 % cis women, 0 % trans/gender non-conforming)

H. Mental Health and Wellbeing

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

Cis Men n =	94
Cis Women n =	360
Trans/GNC n =	11

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Mean	43.33	45.17	39.55	44.58
Median	45.00	46.00	41.00	46.00
Std Dev	8.96	7.55	11.84	8.19

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

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Mean	6.03	5.98	5.09	5.96
Median	6.00	6.00	5.00	6.00
Std Dev	1.60	1.55	2.17	1.58

Self injury
 ■ 6.6 % of college students surveyed (5.4 % cis men, 6.4 % cis women, and 18.2 % trans/gender non-conforming) indicated they had intentional~~ly~~ but, 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:

	Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Academics		53.2	56.5	63.6	56.2
Career		45.2	51.7	54.5	50.5
Finances		50.5	59.5	63.6	57.7
Procrastination		72.8	83.2	72.7	80.8
Faculty		14.1	16.0	27.3	15.8
Family		40.2	52.2	54.5	50.2
Intimate relationships		28.3	39.0	27.3	36.8
Roommate/housemate		12.0	14.8	18.2	14.3
Peers		14.1	17.7	0.0	16.7
Personal appearance		44.1	61.2	72.7	58.1
Health of someone close to me		42.6	53.1	45.5	50.5
Death of a family member, friend, or someone close to me		23.7	35.0	36.4	33.0
Bullying		3.2	6.2	9.1	6.0
Cyberbullying		8.6	5.0	0.0	5.6
Hazing		1.1	2.0	0.0	1.9
Microaggression		10.9	19.3	27.3	17.7
Sexual Harassment		4.3	8.1	0.0	7.1
Discrimination		14.0	15.2	18.2	15.0

*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>	12.8	4.5	0.0	6.0
<i>Students reporting only one of the above</i>	6.4	5.6	9.1	5.8
<i>Students reporting 2 of the above</i>	10.6	5.3	0.0	6.6
<i>Students reporting 3 or more of the above</i>	70.2	84.7	90.9	81.7

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

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	90.0	89.1	100.0	89.3
	71.4	83.1	83.3	81.1
	85.1	84.0	100.0	84.6
	71.6	72.8	100.0	73.4
	30.8	66.7	66.7	60.3
	78.4	79.0	83.3	79.3
	73.1	68.8	100.0	70.4
	54.5	62.3	100.0	62.1
	33.3	50.8	0.0	48.7
	50.0	62.7	75.0	61.4
	70.0	75.9	60.0	74.6
	95.5	84.7	100.0	86.8
	100.0	63.6	100.0	69.2
	50.0	61.1	0.0	57.7
	100.0	71.4	0.0	66.7
	50.0	47.8	33.3	47.5
	75.0	70.4	0.0	71.0
	53.8	71.7	100.0	69.1

J. Ongoing or Chronic Conditions

Cis Men n =	94
Cis Women n =	360
Trans/GNC n =	11

Polycystic Ovarian Syndrome (PCOS)	0.0	5.1	18.2	4.3	0.0	52.9	50.0	52.6
Sleep Apnea	4.3	5.1	0.0	4.8	50.0	50.0	0.0	50.0
Thyroid condition or disorder	1.1	3.4	0.0	2.8	0.0	75.0	0.0	69.2
Urinary system disorder (for example: bladder or kidney disease, urinary reflux, interstitial cystitis)	2.1	2.0	0.0	1.9	100.0	42.9	0.0	55.6

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

Cis Men n =	94
Cis Women n =	360
Trans/GNC n =	11

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

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Type I Diabetes	0.0	6.3	0.0	4.8
Type II Diabetes	0.0	37.5	100.0	33.3
Pre-diabetes or insulin resistance	100.0	70.6	0.0	72.7
Gestational Diabetes	0.0	6.3	0.0	4.8

K. Sleep

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

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Less than 15 minutes	34.0	32.0	27.3	31.9
16 to 30 minutes	29.8	22.6	9.1	24.0
31 minutes or more	36.2	45.4	63.6	44.0

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

On weeknights				
Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Less than 7 hours	47.9	53.1	63.6	52.1
7 to 9 hours	50.0	42.2	36.4	43.8
10 or more hours	2.1	4.7	0.0	4.0

On weekend nights				
Cis Men	Cis Women	Trans/ Gender Non- conforming	Total	
28.7	31.1	18.2	30.6	
64.9	58.3	72.7	59.9	
6.4	10.6	9.1	9.6	

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

Felt tired or sleepy during the day				
Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
0 days	12.8	2.8	9.1	4.9
1-2 days	23.4	13.1	9.1	15.8
3-5 days	42.6	43.7	36.4	42.9
6-7 days	21.3	40.4	45.5	36.5

Got enough sleep so that they felt rested				
Cis Men	Cis Women	Trans/ Gender Non- conforming	Total	
16.0	23.7	36.4	22.3	
37.2	41.3	27.3	40.3	
35.1	26.8	27.3	28.7	
11.7	8.1	9.1	8.8	

Demographics and Sample Characteristics

<ul style="list-style-type: none"> ■ Age 		<ul style="list-style-type: none"> ■ Students describe themselves as 	
18 - 20 years:	18.1 %	Straight/Heterosexual:	79.7 %
21 - 24 years:	43.8 %	Asexual:	0.9 %
25 - 29 years:	18.7 %	Bisexual:	11.4 %
30+ years:	19.4 %	Gay:	1.9 %
Mean age:	25.9 years	Lesbian:	1.1 %
Median age:	23.0 years	Pansexual:	2.6 %
<ul style="list-style-type: none"> ■ Gender* 		Queer:	0.4 %
Cis Women:	76.1 %	Questioning:	1.5 %
Cis Men:	19.9 %	Identity not listed above:	0.4 %
Transgender/Gender Non-conforming:	2.3 %		
* See note on page 2 regarding gender categories			
<ul style="list-style-type: none"> ■ Student status 		<ul style="list-style-type: none"> ■ Housing 	
1st year undergraduate:	3.0 %	Campus or university housing:	4.9 %
2nd year undergraduate:	12.3 %	Fraternity or sorority residence:	0.2 %
3rd year undergraduate:	27.2 %	Parent/guardian/other family:	61.7 %
4th year undergraduate:	33.6 %	Off-campus:	30.4 %
5th year or more undergraduate:	23.4 %	Temporary or "couch surfing":	1.3 %
Master's (MA, MS, MFA, MBA, etc.):	0.0 %	Don't have a place to live:	0.2 %
Doctorate (PhD, EdD, MD, JD, etc.):	0.0 %	Other:	1.3 %
Not seeking a degree:	0.0 %		
Other:	0.4 %	<ul style="list-style-type: none"> ■ Students describe themselves as 	
Full-time student:	88.9 %	American Indian or Native Alaskan	2.1 %
Part-time student:	10.9 %	Asian or Asian American	25.2 %
Other student:	0.2 %	Black or African American	12.3 %
<ul style="list-style-type: none"> ■ Visa to work or study in the US: 		Hispanic or Latino/a/x	40.2 %
	6.9 %	Middle Eastern/North African (MENA) or Arab Origin:	2.3 %
<ul style="list-style-type: none"> ■ Relationship status 		Native Hawaiian or Other	
Not in a relationship:	49.4 %	Pacific Islander Native:	3.6 %
In a relationship but not married/partnered:	38.9 %	White:	18.8 %
Married/partnered:	11.7 %	Biracial or Multiracial:	7.8 %
<ul style="list-style-type: none"> ■ Primary Source of Health Insurance 		Identity not listed above:	2.3 %
College/university sponsored SHIP plan:	9%	<ul style="list-style-type: none"> <i>If Hispanic or Latino/a/x, are you</i> 	
Parent or guardian's plan:	43.9 %	Mexican, Mexican American, Chicano:	82.1 %
Employer (mine or my spouse/partners):	14.8 %	Puerto Rican:	1.6 %
Medicaid, Medicare, SCHIP, or VA:	23.6 %	Cuban:	1.1 %
Bought a plan on my own:	4.5 %	Another Hispanic, Latino/a/x, or Spanish Origin:	21.6 %
Don't have health insurance:	4.5 %	<ul style="list-style-type: none"> <i>If Asian or Asian American, are you</i> 	
Don't know if I have health insurance:	3.2 %	East Asian:	27.7 %
Have insurance, but don't know source:	2.6 %	Southeast Asian:	63.0 %
<ul style="list-style-type: none"> ■ Student Veteran: 		South Asian:	10.1 %
	1.9 %	Other Asian:	4.2 %
<ul style="list-style-type: none"> ■ Parent or primary responsibility for someone else's child/children under 18 years old: 			
	11.0 %		

<ul style="list-style-type: none"> ■ First generation students (Proportion of students for whom no parent/guardian have completed a bachelor's degree) 	71.1 %	<ul style="list-style-type: none"> ■ Participated in organized college athletics: <ul style="list-style-type: none"> Varsity: 1.3 % Club sports: 1.7 % Intramurals: 2.6 % 	
<ul style="list-style-type: none"> ■ Do you have any of the following? 		<ul style="list-style-type: none"> ■ Member of a <u>social</u> fraternity or sorority: 	
<ul style="list-style-type: none"> Attention Deficit/Hyperactivity Disorder 	7.1 %	<ul style="list-style-type: none"> Greek member: 	6.6 %
<ul style="list-style-type: none"> (ADD or ADHD): 	1.9 %		
<ul style="list-style-type: none"> Autism Spectrum Disorder: 	1.9 %		
<ul style="list-style-type: none"> Deaf/Hearing loss: 	6.0 %		
<ul style="list-style-type: none"> Learning disability: 	1.7 %		
<ul style="list-style-type: none"> Mobility/Dexterity disability: 	3.9 %		
<ul style="list-style-type: none"> Blind/low vision: 	0.9 %		
<ul style="list-style-type: none"> Speech or language disorder: 			