CALIFORNIA STATE UNIVERSITY EAST BAY
Executive Summary
Spring 2024

American College Health Association National College Health Assessment III

ACHA-NCHA III

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

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

Introduction and Notes

The ACHA-National College Health Assessment (ACHA-NCHA) is a national research survey organized by the American College Health (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 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 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 earlier questions, the student saw a follow-up question. This makes the valid percents of certain questions impossible to apply to the entire sample, the denominator was limited to only the number of students that saw the question. When appropriate, results are also presented using the denominator to show the proportion of the overall sample that experienced a particular issue. These differences in the denominator are noted throughout the document and will often explain differences observed between this document and the full data report. Please look carefully at the descriptions of the data presented in each table, as well as any footnotes included.

3. **About the use of sex and gender in this report:** Survey results are reported by sex based on the responses to questions 67A, 67B, and 67C. responses to these questions are used to create a new variable called RSEX. RSEX is used for organizing results in the ACHA-NCH Respondents are reported as cis men or cis women only when their responses to 67A, 67B, and 67C are consistent with one another. If gender identity is consistent with sex at birth AND "no" is selected for transgender, then respondents are designated as either cis men or cis women respondents select "yes" for transgender OR their sex at birth is not consistent with their gender identity, then they are designated as tr conforming in RSEX. A respondent that selects "intersex" for sex at birth, "no" for transgender, and man or woman for gender identity as cis men or cis women in RSEX. A respondent that selects "intersex" for sex at birth, "yes" for transgender, or identity selects than man or woman are designated as transgender/gender non-conforming in RSEX. A respondent that selects another identity is designated in 67C is desi RSEX. A respondent that skips any of the three questions is designated as missing in RSEX. Totals displayed missing responses. Please see the ACHA-NCHA III survey codebook for more information about how data on sex and gender are coded.

4. **Changes from NCHA III to NCHA IIIb:** To be more inclusive of online learners, N3Q2 (sense of community/belonging) wording was changed and "does not apply" option was added. N3Q20 (sense of safety on/near campus).
- A follow-up question, N3Q40B, was added to learn if a pregnancy negatively impacted academic performance in the last 12 months.
- **N3Q47A13-A18** were reworded to clarify that the respondent experienced bullying, cyberbullying, hazing, microaggression, or sexual harassment discrimination, and was not the perpetrator.
- **N3QMH1-6** were added to the mental health section to measure history of medication and therapy use.
- **N3Q54C** and **N3Q55B** (where student received medical and mental health care) were removed.
- COVID-19 vaccine (COVIDVAX) questions changed to reflect endemic.
- "Asexual" was added N3Q68 as a standalone response option (to date, it had been recoded from write-in responses).
- Questions N3Q73B and C were added to the demographic section to learn more about dropout intention and risk.
- **N3Q74** was revised to be clearer about visa and international student status.
- **N3Q79** Cng a gecy nfr

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

I. What we've done to date
The ACHA-NCHA has asked respondents about their gender identity for 12 years.

We have been trying to find the right balance between protecting students' privacy and making the results accessible to surveyors who may not use the statistical software that would be required to extract this information directly from the data files. Until now, we erred on the side of protecting student privacy.

II. Why change?
The number of TGNC students in our samples has been increasing over the years. Between 2008 and 2015, the number of students said TGNC was very small (less than 0.05%). We've learned over the years that gender identity is complex and fluid. To better capture this complexity, we began asking separate questions about sex at birth and gender identity in Fall 2015. Now TGNC students tend to represent 3-4% of all sample.
With greater number of students identifying as TGNC on the ACHA-NCHA in recent years, we have a better opportunity to understand their needs and behaviors than we have in years past.
A number of health disparities between TGNC students and their cisgender peers have been well documented[1], and schools need equitable access to this data in order to better address the needs of TGNC students

III. What's different about the way we are reporting?
First – a note about how we have been reporting ACHA-NCHA results to date. RSEX is a variable we create based on the responses on sex at birth, whether or not a student identifies as transgender, and their gender identity. The RSEX variable has allowed us to sort respondents into 4 groups for reporting purposes: male, female, non-binary, and missing. (Details about this variable can be found in other documents.)

The value labels for RSEX have been revised to better represent gender identity rather than sex. A value of "1" has been changed from "Male" to "Cis Men[2]." A "2" has been changed from "Female" to "Cis Women[3]." The value "3" has been changed from "non-binary" to "Transgender and Gender-Nonconforming" (TGNC), as it's a more accurate and inclusive term. The value "4" on RSEX remains "missing/unknown" used for students who do not answer all three questions
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 students, the difference can be attributed to "missing/unknown" respondents that selected the response option presented in that row
A column for "Trans/Gender-Nonconforming" has been added the Executive Summary Report document.

IV. Important considerations with this new format
Percentages in the Executive Summary may represent a very small number of TGNC students and can limit the generalizability of a finding. To assist with the interpretation of the percentages displayed in the Executive Summary, the total sample size for each group is added to every page.
We encourage ACHA-NCHA surveyors to carefully review their report documents, particularly among the student demographic variable and consider students who may be inadvertently identified in the results based on a unique combination of the demographic characteristics before sharing the documents widely or publicly. This is especially true for very small schools, as well as schools that lack a diverse student population.
Think about the implication of working with and documenting very small samples – from the perspective of making meaningful relations, 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 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 experiences in American higher education: The analysis of national survey findings. New Brunswick, NJ: Tyler Clementi Center, Rutgers University.
[2] Cisgender refers to people whose gender identity matches their sex assigned at birth. Cis men is short for "cisgender men" and is a term used to describe persons who identify as men and were assigned male at birth.
[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.

This Executive Summary highlights results of the ACHA-NCHA III Spring 2024 survey for California State University, East Bay consisting of 731 respondents.
The response rate was 10.2%.

Findings

A. General Health and Campus Climate

48.1 % of college students surveyed (58.5 % cis men, 43.6 % cis women, and 40.0 % transgender/gender non-conform described their health as very good or excellent.

85.3 % of college students surveyed (93.6 % cis men, 81.8 % cis women, and 80.0 % transgender/gender non-conform described their health as good, very good or excellent.

Proportion of college students who reported they agree or strongly agree that: Percent (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
I feel that I belong at my college/university	67.8	69.6	59.3	68.6
I feel that students health and well-being is a priority of my college/university	61.4	63.9	48.1	62.5
I feel that the climate of my college/university encourages free and open discussion about students health and well-being	65.7	67.8	51.9	66.2
We are a college/university where we look out for each other	56.6	60.6	46.2	58.9

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

College students reported: Percent (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
Drinking 0 sugar-sweetened beverages (per day), on average, in the last 7 days	31.2	26.5	34.6	28.4
Drinking 1 or more sugar-sweetened beverages (per day), on average, in the last 7 days	68.8	73.5	65.4	71.6
Drinking energy drinks or shots on 0 of the past 30 days	62.9	79.8	69.2	74.4
Drinking energy drinks or shots on 1-4 of the past 30 days	16.8	12.1	19.2	13.9
Drinking energy drinks or shots on 5 or more of the past 30 days	20.3	8.0	11.5	11.7
Eating 3 or more servings of fruits (per day), on average, in the last 7 days	25.0	24.2	11.5	24.0
Eating 3 or more servings of vegetables (per day), on average, in the last 7 days	33.0	31.2	25.0	31.2

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

BMI Percent (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
<18.5 Underweight	4.6	4.4	3.8	4.4
18.5-24.9 Healthy Weight	41.8	38.8	61.5	40.5
25-29.9 Overweight	36.7	26.0	11.5	28.7
30-34.9 Class I Obesity	10.7	15.6	11.5	14.0
35-39.9 Class II Obesity	2.0	8.8	3.8	6.6
•40 Class III Obesity	4.1	6.4	7.7	5.7
Mean	26.06	27.62	26.55	27.12
Median	25.10	25.77	24.24	25.58
Std Dev	6.62	7.21	8.70	7.12

Students meeting the recommended guidelines for physical activity

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

Definitions:

Active Adults meet the recommendation for strength AND aerobic activity

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
	71.1	61.1	51.9	63.7
	55.8	35.2	25.9	40.9
	42.6	26.1	25.9	30.6

Food Security

Based on responses to the

College students reported:

Percent (%)	Cis Men	Cis Women	Trans/Gender Non-conforming	Total
	43.2	46.3	70.4	46.1
	26.1	25.8	7.4	25.0
	2.0	2.4	11.1	2.7
	37.7	40.3	63.0	40.5
	34.2	31.5	18.5	31.8
		53.3	40.7	
	61.0	68.9	55.6	65.8
	10.1	13.9	29.6	13.3
	11.1	16.7	18.5	15.0
	20.0	56.0	44.4	44.8
	18.9	29.3	33.3	26.5208 (Perce

Percent (%)	Cis Men	Cis Women	Trans/Gender Non-conforming	Total	Cis Men	Cis Women	Trans/Gender Non-conforming	Total
	0.5	1.1	3.7	1.0	100.0	50.0	100.0	58.3
	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
	12.5	10.3	18.5	11.1	56.8	48.0	71.4	52.0
	0.5	0.6	3.7	0.7	50.0	75.0	100.0	71.4
	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	5.5	7.5	18.5	7.2	47.8	50.7	100.0	52.6
	0.0	0.0	3.7	0.1	0.0	0.0	100.0	33.3
	0.0	0.6	3.7	0.6	0.0	100.0	100.0	80.0
	2.5	2.1	11.1	2.5	45.5	41.7	75.0	46.2
	0.0	0.2	0.0	0.1	0.0	100.0	0.0	100.0
	0.0	0.6	0.0	0.4	0.0	60.0	0.0	60.0
	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	2.5	5.1	11.1	4.5	29.4	54.5	60.0	48.5
	0.5	3.0	3.7	2.4	100.0	29.2	20.0	30.9

Percent (%)	Cis Men	Cis Women	Trans/Gender Non-conforming	Total	Cis Men	Cis Women	Trans/Gender Non-conforming	Total
	15.0	22.5	55.6	21.1	29.4	31.5	62.5	32.5
	0.5	0.9	0.0	0.7	33.3	33.3	0.0	26.3
	0.0	1.5	3.7	1.1	0.0	36.8	20.0	29.6
	2.0	4.9	3.7	4.1	7.4	13.8	8.3	12.3
	19.5	24.2	29.6	22.8	40.6	40.5	34.8	40.4
	7.0	7.9	18.5	7.9	66.7	59.7	50.0	60.2
	0.5	0.2	7.4	0.7	33.3	14.3	66.7	35.7
	15.0	16.7	40.7	16.9	51.7	47.3	61.1	49.4
	2.0	1.7	3.7	1.8	33.3	17.4	14.3	19.7
	5.5	11.6	18.5	9.8	21.6	30.2	41.7	28.9
	3.0	5.1	11.1	4.6	28.6	38.7	42.9	36.7
	3.0	1.9	14.8	2.8	28.6	26.5	57.1	31.7
	0.0	11.8	14.8	8.3	0.0	35.7	36.4	35.5
	1.0	2.6	22.2	2.8	33.3	35.3	60.0	40.0
	2.0	4.1	7.4	3.5	23.5	46.3	25.0	37.9
	4.5	7.3	14.8	6.6	33.3	38.2	40.0	37.3
	16.5	17.8	29.6	17.6	44.0	37.4	44.4	39.6
	23.0	.7						

E. Violence, Abusive Relationships, and Personal Safety

Within the last 12 months, college students reported experiencing:

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
A physical fight	2.0	1.5	3.8	1.7
A physical assault (not sexual assault)	2.0	1.7	4.0	1.9
A verbal threat	9.0	7.6	25.0	8.6
Sexual touching without their consent	3.5	3.0	16.0	3.6
Sexual penetration attempt without their consent	1.5	1.7	0.0	1.6
Sexual penetration without their consent	1.0	1.5	0.0	1.3
Being a victim of stalking	2.0	3.7	20.0	3.7
A partner called me names, insulted me, or put me down to make me feel bad	6.0	8.6	19.2	8.3
A partner often insisted on knowing who I was with and where I was or tried to limit my contact with family or friends	3.5	4.1	4.0	4.0
A partner pushed, grabbed, shoved, slapped, kicked, bit, choked or hit me without my consent	1.5	2.8	0.0	2.3
A partner forced me into unwanted sexual contact by holding me down or hurting me in some way	0.0	1.9	0.0	1.3
A partner pressured me into unwanted sexual contact by threatening me, coercing me, or using alcohol or other drugs	0.5	1.7	0.0	1.3

College students reported feeling very safe*:

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
On their campus (daytime)	86.2	82.9	77.3	83.5
On their campus (nighttime)	55.2	29.0	26.3	37.1
In the community surrounding their campus (daytime)	54.8	50.1	42.9	51.0
In the community surrounding their campus (nighttime)	33.9	19.4	11.1	23.8

*Note: "Does not apply" responses were removed from the total in the denominator

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
26.0	21.5	50.0	23.7		16.5	10.3	14.8	12.1
52.0	58.3	69.2	56.5		46.5	51.8	59.3	49.5
33.7	36.8	57.7	36.5		21.5	21.6	37.0	21.9

F. Tobacco, Alcohol, and Other Drug Use

*Proportion of students who were prescribed a medication and used more than prescribed or more often than prescribed in the past 12 months

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Prescription stimulants	0.5	1.1	0.0	0.8
Prescription sedatives or sleeping pills	0.5	0.2	0.0	0.3
Prescription opioids	0.5	0.2	0.0	0.3

*These figures use all students in the sample as the denominator, rather than just those students who reported having a prescription. Note that the title of this table was changed in Fall 2022, but the figures remain the same.

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Cigarettes	9.0	3.4	0.0	4.8
	9.5	6.2	11.1	7.2
	0.5	2.1	0.0	1.5
	2.5	0.0	7.4	1.0
	1.5	0.2	3.7	0.7
	0.5	0.0	3.7	0.3

Students in Recovery

2.6 % of college students surveyed (4.8 % cis men, 0.9 % cis women, and 15.0 % 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				*Used Cannabis/Marijuana			
Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	36.7	31.8	18.5	32.8	59.6	57.3	30.8	57.1
	30.2	32.6	40.7	32.2	15.7	13.9	34.6	15.3
	9.0	9.4	7.4	9.1	2.5	2.6	3.8	2.7
	8.0	11.6	11.1	10.6	4.5	3.0	3.8	3.4
	9.5	8.8	7.4	8.8	3.5	6.4	11.5	5.7
	6.5	5.8	14.8	6.4	14.1	16.7	15.4	15.7

Driving under the influence

12.1 % of college students reported driving after drinking 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.

32.0 % of college students reported driving within 6 hours of using cannabis/marijuana in the last 30 days.*

*Only students who reported driving in the last 30 days and using cannabis in the last 30 days were asked this question.

	Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Estimated BAC		92.5	91.0	93.3	91.5
		95.7	93.9	93.3	94.3
		0.03	0.03	0.04	0.03
		0.01	0.01	0.04	0.01
		0.06	0.05	0.03	0.05

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

Number of drinks Percent (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
4 or fewer	83.0	88.4	93.3	86.7
5	3.2	6.8	0.0	5.8
6	2.1	2.0	6.7	2.2
7 or more	11.7	2.8	0.0	5.2
Mean	3.1	2.4	2.3	2.6
Median	2.0	2.0	2.0	2.0
Std Dev	3.1	1.9	1.5	2.3

*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:

Percent (%)	Among all students surveyed					*Among those who reported drinking alcohol within the last two weeks			
	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total		Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
Did not drink alcohol in the last two weeks (includes non-drinkers)	69.8	67.4	59.3	67.8					
None	17.1	21.7	29.6	20.5		56.7	66.4	72.7	63.7
1-2 times	10.1	9.0	7.4	9.4		33.3	27.6	18.2	29.2
3-5 times	1.5	1.5	3.7	1.6		5.0	4.6	9.1	4.9
6 or more times	1.5	0.4	0.0	0.7		5.0	1.3	0.0	2.2

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

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

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
Did something I later regretted	8.9	10.3	5.6	9.9
Blackout (forgot where I was or what I did for a large period of time and cannot remember even when someone reminds me)	3.6	7.2	16.7	6.6
Brownout (forgot where I was or what I did for short periods of time, but can remember once someone reminds me)	4.5	9.7	16.7	8.6
Got in trouble with the police	0.0	0.3	0.0	0.2
Got in trouble with college/university authorities	0.0	0.3	5.6	0.5
Someone had sex with me without my consent	0.0	1.0	11.1	1.2
Had sex with someone without their consent	0.0	0.3	5.6	0.5
Had unprotected sex	7.2	6.5	11.1	6.8
Physically injured myself	2.7	3.1	5.6	3.1
Physically injured another person	0.0	0.7	5.6	0.7
Seriously considered suicide	0.9	1.0	0.0	0.9
Needed medical help	0.0	0.3	5.6	0.5
Reported two or more of the above	7.0	11.1	14.3	10.0

*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 (%)	Cis Men	Cis Women	Trans/Gender Non-conforming	Total		Cis Men	Cis Women	Trans/Gender Non-conforming	Total
	45.5	45.2	33.3	44.8		49.0	38.9	37.0	41.9
	26.3	25.7	29.6	26.0		27.3	35.2	40.7	33.0
	7.1	6.4	3.7	6.5		4.0	5.0	3.7	4.9
	2.5	6.8	7.4	5.7		4.5	6.6	3.7	5.8
	9.1	6.4	11.1	7.3		5.6	6.1	0.0	5.7
	9.6	9.6	14.8	9.7		9.6	8.1	14.8	8.7

Percent (%)	Cis Men	Cis Women	Trans/Gender Non-conforming	Total
	79.2	85.9	73.1	83.4
	4.6	1.1	3.8	2.3
	1.5	0.4	7.7	1.0
	3.0	1.3	0.0	1.7
	2.5	1.8	3.8	2.0
	9.1	9.5	11.5	9.5

Percent (%)	Cis Men	Cis Women	Trans/Gender Non-conforming	Total
	0.0	0.0	0.0	0.0
	73.1	87.2	57.1	82.7
	14.0	7.8	14.3	9.5
	1.1	3.1	0.0	2.4
	11.8	1.9	28.6	5.4
	2.0	1.3	2.5	1.5
	1.0	1.0	1.0	1.0
	2.6	1.2	2.4	1.8

Percent (%)	Cis Men	Cis Women	Trans/Gender Non-conforming	Total
	9.1	6.8	0.0	7.1
	37.1	33.2	33.3	33.6
	75.0	14.3	33.3	47.8

Percent (%)	Cis Men	Cis Women	Trans/Gender Non-conforming	Total
	78.0	70.2	69.2	71.8
	7.3	4.5	15.4	5.9
	13.4	24.8	15.4	21.4

G. Sexual Behavior

Percent (%)	Cis Men	Cis Women	Trans/Gender Non-conforming	Total
Birth control pills (monthly or extended cycle)	20.3	24.1	33.3	23.3
Birth control shots	1.6	1.8	11.1	2.0
Birth control implants	10.9	11.8	0.0	11.0
Birth control patch	4.7	1.2	0.0	2.0
The ring	3.1	1.8	0.0	2.0
Emergency contraception ("morning after pill" or "Plan B")	7.8	7.6	0.0	7.3
	14.1	17.6	22.2	16.7
	43.8	42.4	33.3	42.0
	0.0	1.2	0.0	0.8
	0.0	0.0	0.0	0.0
	0.0	0.0	0.0	0.0
	10.9	11.2	22.2	12.2
	3.1	4.7	0.0	4.1
	0.0	4.7	22.2	4.1
	1.6	1.8	0.0	1.6
	17.2	21.8	11.1	20.0
	7.8	8.8	22.2	9.0

*Only students who reported they or their partner used a method the last time they had vaginal intercourse were asked this question. This question was select all that apply.

Yes (24.7 % cis men, 15.4 % cis women, 30.8 % trans/gender non-conforming)

Yes (3.7 % cis men, 2.5 % cis women, 15.4 % trans/gender non-conforming)

H. Mental Health and Wellbeing

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

Percent (%)	Cis Men	Cis Women	Trans/Gender Non-conforming	Total
	79.1	81.7	57.7	80.0
	20.9	18.3	42.3	20.0
	8.00	8.14	12.46	8.28
	7.00	7.00	12.00	7.00
	5.55	5.42	6.15	5.54

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

Percent (%)	Cis Men	Cis Women	Trans/Gender Non-conforming	Total
	53.0	55.3	40.7	54.1
	47.0	44.7	59.3	45.9
	5.33	5.19	5.85	5.26
	5.00	5.00	6.00	5.00
	1.94	1.84	2.11	1.89

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

	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
Mean	43.54	45.94	38.74	44.87
Median	47.00	48.00	38.00	47.00
Std Dev	10.11	8.78	9.45	9.50

Cis Men n =	200
Cis Women n =	467
Trans/GNC n =	27

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	6.02	6.09	5.37	6.03
Median	6.00	6.00	5.00	6.00
Std Dev	1.66	1.57	1.52	1.61

Self injury
■ 6.0 % of college students surveyed (7.5 % cis men,   3.2 % cis women, and   33.3 % trans/gender non-conforming) 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

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total		Cis Men	Cis Women	Trans/ Gender Non-conforming	Total	
Academics	47.2	46.5	48.1	46.9		81.9	87.9	84.6	85.9	
Career	46.7	43.2	63.0	44.8		72.0	75.0	82.4	74.7	
Finances	50.3	58.0	59.3	55.6		73.5	79.9	81.3	78.4	
Procrastination	72.4	72.3	92.6	72.6		70.8	67.9	64.0	68.6	
Faculty	15.2	12.5	18.5	13.5		46.7	55.2	80.0	54.3	
Family	30.8	41.9	70.4	39.9		63.9	67.9	68.4	67.0	
Intimate relationships	27.8	32.2	29.6	30.6		61.8	58.5	75.0	60.0	
Roommate/housemate	16.7	18.2	33.3	18.2		57.6	60.7	44.4	58.7	
Peers	12.8	15.5	44.4	16.0		36.0	45.1	58.3	44.5	
Personal appearance	41.7	53.3	63.0	50.2		49.4	61.5	70.6	59.3	
Health of someone close to me	37.6	43.1	61.5	42.0		67.1	60.9	66.7	62.8	
Death of a family member, friend, or someone close to me	24.6	27.6	37.0	26.9		71.4	81.0	70.0	77.8	
I was bullied	3.0	4.7	14.8	4.6		50.0	45.5	100.0	53.1	
I was cyberbullied	3.5	3.0	25.9	4.0		28.6	46.2	42.9	40.7	
I was hazed	2.5	1.1	3.7	1.6		60.0	40.0	0.0	45.5	
I experienced microagression(s)	11.1	14.6	51.9	14.9		18.2	52.2	50.0	44.7	
I was sexually harassed	4.0	5.8	18.5	5.8		25.0	55.6	80.0	52.5	
I experienced discrimination	7.5	8.6	33.3	9.3		46.7	53.8	55.6	52.4	

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

	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
Students reporting none of the above	9.5	8.4	3.7	8.7
Students reporting only one of the above	8.0	6.9	0.0	7.2
Students reporting 2 of the above	15.6	9.4	3.7	11.0
Students reporting 3 or more of the above	66.8	75.3	92.6	73.1

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

Percent (%)	Cis Men	Cis Women	Trans/Gender Non-conforming	Total
	80.0	83.3	33.3	79.9
	20.0	16.7	66.7	20.1
	4.69	4.42	8.37	4.69
	3.00	3.00	8.00	3.00
	2.73	2.48	3.70	2.75

Suicide attempt

1.8   2 % cis men,   0.7 % cis women, and
15.4 % trans/gender non-conforming) indicated they had attempted suicide within the last 12 months.

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

Percent (%)	Cis Men	Cis Women	Trans/Gender Non-conforming	Total
	5.5	1.7	3.7	2.9
	29.0	19.1	14.8	21.7
	44.0	47.4	51.9	46.7
	21.5	31.8	29.6	28.7

I. Acute Conditions

STI's/Other chronic infections

	College students reported *ever* being diagnosed with the following:				*Of those ever diagnosed, had contact with healthcare or MH professional within last 12 months			
Percent (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
	1.0	1.3	3.7	1.3	50.0	66.7	0.0	55.6
	0.5	0.2	3.8	0.4	0.0	100.0	0.0	33.3
	1.0	0.2	0.0	0.4	50.0	100.0	0.0	66.7
	0.5	3.9	18.5	3.5	100.0	52.9	40.0	52.2

*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:							
	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
	24.4	26.6	40.7	26.3	18.8	43.4	9.1	34.8
	9.2	9.5	29.6	10.2	16.7	31.8	0.0	24.3
	7.6	9.7	11.5	9.1	26.7	33.3	0.0	30.2
	19.3	27.1	37.0	25.4	31.6	32.8	20.0	32.0
	14.2	17.3	22.2	16.5	17.9	48.8	16.7	39.5
	0.5	2.2	7.4	1.9	0.0	70.0	50.0	61.5
	0.0	0.4	4.0	0.4	0.0	50.0	0.0	33.3
	3.0	9.5	25.9	8.4	66.7	74.4	57.1	71.9
	3.6	7.8	18.5	7.0	28.6	75.0	40.0	64.6
Endometriosis	0.0	1.7	11.5	1.6	0.0	62.5	0.0	45.5
Gastroesophageal Reflux Disease (GERD) or acid reflux	4.6	7.1	14.8	6.7	77.8	69.7	0.0	65.2
Heart & vascular disorders (for example: atrial fibrillation or other cardiac arrhythmia, mitral valve prolapse or other valvular heart disease, congenital heart condition)	0.5	3.0	7.4	2.5	0.0	50.0	50.0	47.1
High blood pressure (hypertension)	3.6	5.0	7.4	4.7	42.9	73.9	50.0	65.6
High cholesterol (hyperlipidemia)	3.1	3.7	7.4	3.6	16.7	88.2	50.0	68.0
Irritable bowel syndrome (spastic colon or spastic bowel)	1.5	5.0	7.4	4.1	66.7	60.9	0.0	57.1
Migraine headaches	2.1	14.3	20.8	11.0	25.0	62.1	80.0	61.3
	0.0	6.8	11.1	5.0	0.0	54.8	33.3	52.9
Sleep Apnea	4.6	4.1	4.0	4.2	11.1	78.9	0.0	55.2
Thyroid condition or disorder	0.0	4.5	7.7	3.5	0.0	90.5	0.0	83.3
Urinary system disorder (for example: bladder or kidney disease, urinary reflux, interstitial cystitis)	1.5	1.7	3.7	1.7	66.7	71.4	0.0	63.6

*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:

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Type I Diabetes	14.3	7.4	0.0	7.7
Type II Diabetes	0.0	38.7	20.0	30.2
Pre-diabetes or insulin resistance	100.0	67.7	80.0	73.8
Gestational Diabetes	0.0	10.7	0.0	7.5

K. Sleep

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

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Less than 15 minutes	47.0	39.2	30.8	41.3
16 to 30 minutes	26.0	25.1	34.6	25.5
31 minutes or more	27.0	35.8	34.6	33.2

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	54.3	47.0	42.3	48.9
7 to 9 hours	45.7	50.0	57.7	49.1
10 or more hours	0.0	3.0	0.0	2.0

On weekend nights

Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
28.0	26.0	23.1	26.9
66.5	66.3	65.4	65.9
5.5	7.7	11.5	7.3

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	7.0	3.9	3.8	5.0
1-2 days	32.7	24.7	7.7	26.2
3-5 days	41.2	43.9	42.3	43.2
6-7 days	19.1	27.5	46.2	25.5

Got enough sleep so that they felt rested

Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
12.1	17.4	26.9	16.3
33.7	41.7	30.8	38.7
43.7	32.3	23.1	35.4
10.6	8.6	19.2	9.6

Demographics and Sample Characteristics

Age   Students describeeyaJemselve ans

■ First generation student: 58.2 %
(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):   10.8 %
Autism Spectrum Disorder: 3.8 %
Deaf/Hearing loss: 2.3 %
Learning disability: 6.7 %
Mobility/Dexterity disability: 1.0 %
Blind/low vision: 5.2 %
Speech or language disorder: 1.7 %

■ Participated in organized college athletics:
    Varsity: 4.2 %
    Club sports: 3.2 %
    Intramurals: 4.4 %

■ Member of a social fraternit y or sorority:
Greek member: 3.5 %

■ Dropout Intention
Very, moderately, or slightly likely to:
Leave school and transfer to another school   8.9 %
Leave school without transferring to another school   5.6 %