



FLORIDA ATLANTIC UNIVERSITY

Executive Summary

Spring 2022

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.

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Introduction and Notes

Notes about this report:

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 report documents. 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 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 missing in RSEX. A respondent that skips any of the three questions is designated missing in RSEX.

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 campus surveyors who may not use the statistical software that would be required to extract this information directly from the data files. Until now, we've 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 identifying as 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 the overall 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 readily available 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 to the questions on sex at birth, whether or not a student identifies as transgender, and their gender identity. The RSEX variable had 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 all report 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" and is 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 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.

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 particular finding. To assist with the interpretation of the percentages displayed in the Executive Summary, the total sample size for each group has been added to every page.

We encourage ACHA NCHA surveyors to carefully review their report documents, particularly among the student demographic variables, 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 diversity in the student population.

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

[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. 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.

Findings

Students meeting the recommended guidelines for physical activit

Cis Men n = 164
 Cis Women n = 394
 Trans/GNC n = 29

College students reported:

	Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Flu vaccine within the last 12 month		42.9	36.6	44.8	39.0
Not starting the HPV vaccine series		31.7	30.6	34.5	30.8
Starting, but not completing HPV vaccine series		5.0	5.1	3.4	4.9
Completing HPV vaccine series		24.2	44.0	55.2	39.5
Not knowing their HPV vaccine status		39.1	20.3	6.9	24.7
Ever having a GYN visit or exam (females only)			61.5	34.5	
Having a dental exam in the last 12 months		60.1	66.3	58.6	64.5
Being tested for HIV within the last 12 months		17.1	19.6	13.8	18.3
Being tested for HIV more than 12 months ago		16.5	20.6	13.8	19.3
Wearing sunscreen usually or always when outdoors		16.6	36.8	17.2	30.2
Spending time outdoors with the intention of tanning at least once in the last 12 months		30.0	44.4	37.9	39.9

D. Impediments to Academic Performance

Respondents are asked in numerous places throughout the survey about issues that might have negatively impacted their academic performance within the last 12 months. This is defined as negatively impacting their performance in a class or delaying progress towards their degree. Both types of negative impacts are represented in the figures below. Please refer to the corresponding Data Report for specific figures on each type of impact. Figures in the left columns use all students in the sample as the denominator. Figures in the right columns use only the students that experienced that issue (e.g. students who used cannabis, reported a problem or challenge with finances, or experienced a particular health issue) in the denominator. (items are listed in the order in which they appear in the survey)

Negatively impacted academic performance among all students in the sample

	Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Alcohol use		1.8	0.5	3.4	1.0
Cannabis/marijuana use		3.7	1.3	3.4	2.0

Negatively impacted academic performance among only students that experienced the issue

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Alcohol use	2.6	0.7	5.0	1.4
Cannabis/marijuana use	13.0	4.9	8.3	7.3

Problems or challenges in the last 12 months

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Career	15.9	17.3	31.0	17.5
Finances	23.2	24.4	34.5	24.3
Procrastination	48.2	46.2	48.3	46.4
Faculty	8.5	8.4	3.4	8.3
Family	14.6	16.0	20.7	15.7
Intimate Relationships	9.1	15.5	17.2	13.4
Roommate/housemate	5.5	7.1	3.4	6.3
Peers	3.7	5.3	3.4	4.6
Personal appearance	4.3	6.9	17.2	6.6
Health of someone close to me	13.4	14.2	17.2	14.2
Death of a family member, friend, or someone close to me	9.1	13.7	17.2	12.6
Bullying	2.4	1.5	3.4	1.8
Cyberbullying	2.4	1.3	3.4	1.7
Hazing	0.6	0.3	0.0	0.3
Microaggression	2.4	2.8	6.9	3.0
Sexual Harassment	1.2	2.5	3.4	2.2
Misogynistic	3.0	4.3	6.9	4.0

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Cis Men n =	164
Cis Women n =	394
Trans/GNC n =	29

Negatively impacted academic performance among all students in the sample

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Acute Diagnoses in the last 12 months				
Bronchitis	0.6	1.3	0.0	1.0
Chlamydia	0.0	0.3	0.0	0.2
Chicken Pox (Varicella)	0.0	0.0	0.0	0.0
Cold/Virus or other respiratory illness	6.7	10.7	20.7	9.9
Concussion	0.6	1.3	0.0	1.0
Gonorrhea	0.0	0.0	0.0	0.0
Flu (influenza or flu-like illness)	2.4	3.3	6.9	3.1
Mumps	0.0	0.0	0.0	0.0
Mononucleosis (mono)	0.6	1.3	3.4	1.2
Orthopedic injury	2.4	3.0	3.4	3.0
Pelvic Inflammatory Disease	0.0	0.5	0.0	0.3
Pneumonia	1.8	1.0	0.0	1.2
Shingles	0.0	0.0	0.0	0.0
Stomach or GI virus or bug, food poisoning or gastritis	1.2	4.1	17.2	3.8
Urinary tract infection	0.6	4.3	0.0	3.0

Negatively impacted academic performance among only students that experienced the issue

Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
20.0	45.5	0.0	35.3
0.0	16.7	0.0	11.1
0.0	0.0	0.0	0.0
36.7	36.2	85.7	38.5
50.0	62.5	0.0	60.0
0.0	0.0	0.0	0.0
33.3	44.8	66.7	43.2
0.0	0.0	0.0	0.0
50.0	71.4	100.0	70.0
40.0	42.9	20.0	40.0
0.0	50.0	0.0	50.0
100.0	50.0	0.0	63.6
0.0	0.0	0.0	0.0
33.3	45.7	62.5	46.9
25.0	24.6	0.0	24.3

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Any ongoing or chronic medical conditions diagnosed or treated in the last 12 months	16.5	32.5	58.6	29.3

Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
25.0	44.1	70.8	41.2

Other impediments to academic performance

Assault (physical)	1.2	1.3	0.0	1.2
Assault (sexual)	1.2	2.5	3.4	2.2
Allergies	2.4	4.8	3.4	4.0
Anxiety	22.0	36.8	58.6	33.8
ADHD or ADD	12.2	11.2	31.0	12.6
Concussion or TBI	1.2	1.0	3.4	1.2
Depression	15.2	28.9	48.3	26.0
Eating disorder/problem	0.6	4.1	10.3	3.5
Headaches/migraines	6.7	14.0	24.1	12.4
Influenza or influenza-like illness (the flu)	0.6	3.0	6.9	2.5
Injury	4.9	2.0	0.0	2.6
PMS	0.6	15.7	20.7	11.9
PTSD	2.4	4.8	17.2	4.8
Short-term illness	5.5	4.1	6.9	4.5
Upper respiratory illness	3.7	8.9	10.3	7.5
Sleep difficulties	15.9	29.9	44.8	26.5
Stress	31.7	44.4	51.7	40.9

28.6	33.3	0.0	31.8
66.7	27.8	50.0	31.7
10.5	14.5	10.0	13.1
40.0	57.1	73.9	54.4
71.4	61.1	60.0	64.4
50.0	50.0	100.0	53.8
46.3	67.1	66.7	63.1
6.7	25.8	42.9	24.4
29.7	33.1	53.8	34.1
7.7	28.6	40.0	24.6
42.1	21.6	0.0	26.7
100.0	36.9	60.0	39.3
44.4	48.7	50.0	49.2
60.0	44.4	50.0	49.1
26.1	36.5	42.9	34.9
33.8	57.0	72.2	51.9
46.4	57.9	62.5	55.5

Cis Men n =	164
Cis Women n =	394
Trans/GNC n =	29

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
	<i>Percent (%)</i>			
A physical fight	3.7	1.5	6.9	2.3
A physical assault (not sexual assault)	2.5	1.8	3.4	2.0
A verbal threat	16.3	12.5	24.1	14.0
Sexual touching without their consent	3.7	7.2	13.8	6.4
Sexual penetration attempt without their consent	1.2	3.3	0.0	2.5
Sexual penetration without their consent	1.2	3.8	0.0	2.9
Being a victim of stalking	3.1	5.2	6.9	4.6
A partner called me names, insulted me, or put me down to make me feel bad	13.0	16.3	7.1	14.8
A partner often insisted on knowing who I was with and where I was or tried to limit my contact with family or friends	9.3	7.4	3.6	7.7
A partner pushed, grabbed, shoved, slapped, kicked, bit, choked or hit me without my consent	3.1	3.3	0.0	3.0
A partner forced me into unwanted sexual contact by holding me down or hurting me in some way	0.6	4.1	0.0	2.9
A partner pressured me into unwanted sexual contact by threatening me, coercing me, or using alcohol or other drugs	1.2	4.3	3.6	3.4

College students reported feeling *very safe* :

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	<i>Percent (%)</i>			
On their campus (daytime)	82.8	70.4	51.7	73.4
On their campus (nighttime)	53.7	18.4	17.2	28.4
In the community surrounding their campus (daytime)	60.5	49.0	27.6	50.9
In the community surrounding their campus (nighttime)	36.2	16.1	13.8	21.7

Cis Men n =	164
Cis Women n =	394
Trans/GNC n =	29

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:

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Prescription stimulants	1.8	2.5	0.0	2.2
Prescription sedatives or sleeping pills	1.2	1.3	0.0	1.2
Prescription opioids	0.6	0.8	3.4	0.8

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

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Cigarettes	6.1	3.6	10.3	4.5
E-cigarettes or other vape products (for example: Juul, etc.)	13.4	15.0	24.1	14.7
Water pipe or hookah	1.2	2.3	6.9	2.2
Chewing or smokeless tobacco	0.6	0.0	3.4	0.3
Cigars or little cigars	4.3	1.0	6.9	2.2
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

■ 4.3 % of college students surveyed (5.9 % cis men, 3.3 % cis women, and 4.5 % transgender/gender non-conforming) indicated they were in recovery from alcohol or other drug use.

When, if ever, was the last time you:

Percent (%)	Drank Alcohol			Total
	Cis Men	Cis Women	Trans/ Gender Non- conforming	
Never	17.1	23.9	24.1	22.2
Within the last 2 weeks	42.1	37.4	37.9	38.7
More than 2 weeks ago but within the last 30 days	9.8	12.2	0.0	10.9
More than 30 days ago but within the last 3 months	14.0	14.5	27.6	15.0
More than 3 months ago but within the last 12 months	5.5	4.8	3.4	5.0
More than 12 months ago	11.6	7.1	6.9	8.2

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

Cis Men	Cis Women	*Used Cannabis/Marijuana	
		Trans/ Gender Non- conforming	Total
52.1	57.0	41.4	54.7
14.7	16.0	37.9	16.6
3.1	2.5	0.0	2.5
4.3	4.1	3.4	4.5
8.0	4.6	3.4	5.5
17.8	15.8	13.8	16.2

Driving under the influence

- 18.9 % 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.
- 45.3 % of college students reported driving within 6 hours of using cannabis/marijuana in the last 30 days.*
*Only students who reported driving in the last 30 days and using cannabis in the last 30 days were asked this question.

Estimated Blood Alcohol Concentration (or eBAC) of college students. Due to the improbability of a student surviving a drinking episode resulting in an extremely high eBAC, all students with an eBAC of 0.50 or higher are also omitted from these eBAC figures. eBAC is an estimated figure based on the reported number of drinks consumed during the last time they drank alcohol in a social setting, their approximate time of consumption, sex, weight, and the average rate of ethanol metabolism. Only students who reported drinking alcohol within the last 3 months answered these questions.

Estimated BAC	Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
< .08		94.2	85.7	94.4	88.4
< .10		97.1	90.2	94.4	92.4
Mean		0.02	0.04	0.03	0.03
Median		0.01	0.02	0.01	0.01
Std Dev		0.03	0.05	0.04	0.05

Cis Men n = 164
 Cis Women n = 394
 Trans/GNC n = 29

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

Number of drinks	Percent (%)	Trans/ Gender Non- conforming			Total
		Cis Men	Cis Women	Gender Non- conforming	
4 or fewer		88.7	86.4	73.7	86.6
5		2.8	5.6	15.8	5.2
6		5.7	3.6	0.0	3.9
7 or more		2.8	4.4	10.5	4.2
Mean		2.6	2.6	3.2	2.6
Median		2.0	2.0	2.0	2.0
Std Dev		1.9	3.4	3.7	3.1

**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 <u>all</u> students surveyed			Total
		Cis Men	Cis Women	Trans/ Gender Non- conforming	
Did not drink alcohol in the last two weeks (includes non-drinkers)		58.3	62.8	62.1	61.5
None		33.7	24.7	17.2	27.1
1-2 times		6.7	9.7	13.8	8.9
3-5 times		1.2	2.3	6.9	2.2
6 or more times		0.0	0.5	0.0	0.3

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

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

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	80.9	66.4	45.5	70.4
	16.2	26.0	36.4	23.0
	2.9	6.2	18.2	5.7
	0.0	1.4	0.0	0.9

***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		9.5	13.3	30.0	13.3
Blackout (forgot where I was or what I did for a large period of time and cannot remember , even when someone reminds me)		6.0	9.3	15.0	8.5
Brownout (forgot where I was or what I did for short periods of time, but can remember once someone reminds me)		10.3	15.2	25.0	14.3
Got in trouble with the police		1.7	0.7	0.0	1.0
Got in trouble with college/university authorities		0.9	0.4	0.0	0.5
Someone had sex with me without my consent		1.7	1.5	0.0	1.5
Had sex with someone without their consent		1.7	0.4	0.0	0.7
Had unprotected sex		8.6	11.9	15.0	10.9
Physically injured		0.9	0.7	0.0	0.7
Physically injured mnts who drank alcohol reported experiencing the following in the last 12 months when drinking alcohol:		2.6	3.0	10.0	3.1
		1.7	1.1	0.0	1.2
		12.6	18.0	31.3	16.8

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

Cis Men n = 164
 Cis Women n = 394
 Trans/GNC n = 29

G. Sexual Behavior

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

	Oral sex				Vaginal intercourse			
	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Never	30.7	29.4	48.3	30.8	38.7	30.6	48.3	34.1
Within the last 2 weeks	35.0	35.4	24.1	34.4	30.7	40.3	27.6	36.7
More than 2 weeks ago but within the last 30 days	7.4	6.8	3.4	7.0	6.1	5.2	3.4	5.4
More than 30 days ago but within the last 3 months	7.4	8.6	10.3	8.5	6.1	7.0	6.9	6.8
More than 3 months ago but within the last 12 months	8.0	10.2	3.4	9.0	9.2	6.8	0.0	7.0
More than 12 months ago	11.7	9.6	10.3	10.4	9.2	10.1	13.8	10.0

	Anal intercourse			
	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Never	68.1	78.0	69.0	75.0
Within the last 2 weeks	6.9	2.3	6.9	3.7
More than 2 weeks ago but within the last 30 days	7.5	2.3	3.4	3.7
More than 30 days ago but within the last 3 months	1.9	2.1	3.4	2.0
More than 3 months ago but within the last 12 months	4.4	5.4	6.9	5.3
More than 12 months ago	11.3	9.8	10.3	10.2

*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:

	Number of sexual partners			
	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
1	1.0	0.8	7.1	1.1
2	71.4	72.6	42.9	71.6
3	10.2	11.5	21.4	11.4
4	3.1	6.3	7.1	5.4
5	14.3	8.7	21.4	10.5
6	2.0	1.8	4.6	2.0
7	1.0	1.0	1.5	1.0
8	2.2	2.4	8.0	2.8

†Of those 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, 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:

	Condom or other protective barrier			
	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Most of the time	3.0	5.6	25.0	5.4
Always	32.2	29.1	44.4	30.4
Not always	30.4	5.6	66.7	22.7

	Condom or other protective barrier			
	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Never	71.4	73.7	72.7	73.5
Within the last 2 weeks	7.1	6.6	0.0	6.4
More than 2 weeks ago but within the last 30 days	20.2	19.3	27.3	19.5
More than 30 days ago but within the last 3 months	1.2	0.4	0.0	0.6

Cis Men n =	164
Cis Women n =	394
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*Those students who reported using a contraceptive use the last time they had vaginal intercourse, reported they (or their partner) used the following methods:

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	<i>Percent (%)</i>			
Birth control pills (monthly or extended cycle)	36.7	45.8	62.5	44.0
Birth control shots	1.7	1.8	0.0	1.7
Birth control implants	6.7	4.8	12.5	5.4
Birth control patch	0.0	0.0	0.0	0.0
The ring	1.7	1.8	0.0	1.7
Emergency contraception ("morning after pill" or "Plan B")	5.0	6.5	25.0	7.1
Intrauterine device	13.3	17.3	25.0	16.2
Male (external) condom	41.7	35.7	50.0	37.3
Female (internal) condom	0.0	0.0	0.0	0.0
Diaphragm or cervical cap	0.0	0.0	0.0	0.0
Contraceptive sponge	0.0	0.0	0.0	0.0
Withdrawal	15.0	19.6	25.0	18.3
Fertility awareness (calendar, mucous, basal body temperature)	1.7	4.2	12.5	3.7
Sterilization (hysterectomy, tubes tied, vasectomy)	8.3	3.6	0.0	4.6
Other method	3.3	3.6	0.0	4.1
<i>Male condom use plus another method</i>	18.3	23.2	50.0	22.4
<i>Any two or more methods (excluding male condoms)</i>	13.3	18.5	25.0	17.4

*Only students who reported they or their partner used a method the last time they had vaginal intercourse were asked these questions.

College students who reported having vaginal intercourse (penis in vagina) within the last 12 months were asked if they or their partner used emergency contraception ("morning after pill" or "Plan B") in the last 12 months:

Yes (10.7 % cis men, 19.3 % cis women, 27.3 % trans/gender non-conforming)

College students who reported having vaginal intercourse (penis in vagina) within the last 12 months were asked if they experienced an unintentional pregnancy or got someone pregnant within the last 12 months:

Yes (1.2 % cis men, 3.1 % cis women, 0 % trans/gender non-conforming)

H. Mental Health and Wellbeing

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

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	<i>Percent (%)</i>			
No or low psychological distress (0-4)	32.1	27.9	10.3	28.4
Moderate psychological distress (5-12)	48.4	46.5	44.8	46.6
Serious psychological distress (13-24)	19.5	25.6	44.8	25.0
Mean	8.09	8.69	12.00	8.70
Median	7.00	8.00	12.00	8.00
Std Dev	5.78	5.64	5.64	5.73

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

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	<i>Percent (%)</i>			
Negative for loneliness (3-5)	45.1	50.6	31.0	48.1
Positive for loneliness (6-9)	54.9	49.4	69.0	51.9
Mean	5.61	5.47	6.52	5.57
Median	6.00	5.00	6.00	6.00
Std Dev	1.92	2.00	1.96	2.00

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 =	164
Cis Women n =	394
Trans/GNC n =	29

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Mean	44.60	45.67	37.90	44.88
Median	46.00	48.00	42.00	47.00
Std Dev	9.46	8.91	12.37	9.45

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	6.07	6.11	5.17	6.04
Median	6.00	6.00	5.00	6.00
Std Dev	1.67	1.59	2.16	1.66

Self injury

■ 10.3 % of college students surveyed (6.8 % cis men, 10.2 % cis women, and 31.0 % 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:

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
Academics	48.5	52.9	58.6	52.4
Career	41.1	40.8	41.4	41.1
Finances	47.9	54.6	62.1	53.2
Procrastination	74.2	73.5	79.3	73.9
Faculty	11.0	13.8	6.9	12.8
Family	36.4	48.2	65.5	45.9
Intimate relationships	38.0	41.9	57.1	41.5
Roommate/housemate	17.8	26.2	21.4	23.2
Peers	17.8	21.7	34.5	21.3
Personal appearance	36.4	52.3	72.4	49.2
Health of someone close to me	36.4	43.8	51.7	42.3
Death of a family member, friend, or someone close to me	25.3	30.3	31.0	29.5
Bullying	5.5	6.9	17.2	7.1
Cyberbullying	4.9	4.1	10.3	4.7
Hazing	0.6	0.8	3.4	0.8
Microaggression	10.4	20.2	41.4	19.2
Sexual Harassment	3.1	11.7	27.6	10.1
Discrimination	11.0	15.1	27.6	14.4

**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>	12.3	6.4	10.3	8.2
<i>Students reporting only one of the above</i>	7.4	8.4	3.4	7.9
<i>Students reporting 2 of the above</i>	8.0	8.7	0.0	7.9
<i>Students reporting 3 or more of the above</i>	72.4	76.6	86.2	76.0

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

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	88.6	90.9	94.1	90.4
	82.1	76.3	83.3	78.3
	82.1	86.9	77.8	85.4
	56.2	70.1	82.6	66.8
	61.1	68.5	50.0	67.1
	67.8	72.7	84.2	72.9
	56.5	65.9	68.8	63.7
	48.3	61.8	16.7	56.9
	37.9	46.4	60.0	44.8
	55.9	62.4	81.0	62.5
	57.6	67.8	60.0	65.5
	68.3	79.7	77.8	77.0
	55.6	65.4	40.0	61.0
	37.5	75.0	33.3	57.1
	100.0	66.7	0.0	60.0
	47.1	43.0	41.7	42.1
	60.0	73.9	75.0	72.9
	33.3	52.5	50.0	48.2

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

Cis Men n =	164
Cis Women n =	394
Trans/GNC n =	29

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
Negative suicidal screening (3-6)	74.2	73.8	37.9	72.0
Positive suicidal screening (7-18)	25.8	26.2	62.1	28.0
Mean	5.35	5.33	7.90	5.48
Median	4.00	4.00	8.00	4.00
Std Dev	3.25	3.25	3.90	3.34

Suicide attempt

- 1.8 % of college students surveyed (2.5 % cis men, 1.5 % cis women, and 3.4 % 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:

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
No stress	3.7	2.0	6.9	2.8
Low	31.1	17.8	20.7	21.6
Moderate	46.3	43.3	34.5	43.5
High	18.9	36.9	37.9	32.1

I. Acute Conditions

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

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
Bronchitis	3.1	2.8	3.4	2.9
Chlamydia	1.9	1.6	0.0	1.5
Chicken Pox (Varicella)	1.9	0.5	0.0	0.9
Cold/virus or other respiratory illness (for example: sinus infection, ear infection, strep throat, tonsillitis, pharyngitis, or laryngitis)	18.9	30.0	24.1	26.7
Concussion	1.3	2.1	0.0	1.7
Gonorrhea	1.3	0.3	0.0	0.5
Flu (influenza) or flu-like illness	7.5	7.5	10.3	7.5
Mumps	0.0	0.5	0.0	0.3
Mononucleosis (mono)	1.3	1.8	3.4	1.7
Orthopedic injury (for example: broken bone, fracture, sprain, bursitis, tendinitis, or ligament injury)	6.3	7.2	17.2	7.7
Pelvic Inflammatory Disease	0.0	1.0	0.0	0.7
Pneumonia	1.9	2.3	0.0	2.1
Shingles	0.6	0.8	0.0	0.7
Stomach or GI virus or bug, food poisoning or gastritis	3.8	9.0	27.6	8.3
Urinary tract infection	2.5	18.1	3.4	12.8

J. Ongoing or Chronic Conditions

Cis Men n = 164
 Cis Women n = 394
 Trans/GNC n = 29

Mental Health	College students reported <u>ever</u> being diagnosed with the following:				*Of those ever diagnosed, those reporting contact with healthcare or MH professional within last 12 months			
	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	17.3	12.4	31.0	15.1	57.1	62.5	100.0	66.3
	3.7	3.1	3.4	3.2	16.7	16.7	100.0	21.1
	24.5	36.2	62.1	34.5	55.0	64.5	77.8	64.2
	4.3	1.8	14.3	3.4	0.0	57.1	25.0	35.0
	1.8	3.9	17.2	3.9	66.7	80.0	100.0	82.6
	0.0	1.8	10.3	1.7	0.0	71.4	66.7	70.0
	15.3	28.2	62.1	26.4	52.0	73.1	77.8	70.8
Eating Disorders (for example: Anorexia Nervosa, Bulimia)	2.5	5.4	13.8	5.1	75.0	47.6	100.0	60.0
Gambling Disorder	0.6	0.5	0.0	0.5	0.0	0.0	0.0	0.0
Insomnia	4.9	8.8	6.9	7.7	37.5	52.9	100.0	51.1
Obsessive-Compulsive and Related Conditions (for example: OCD, Body Dysmorphia, Hoarding, Trichotillomania and other body-focused repetitive behavior disorders)	4.3	4.9	27.6	6.0	71.4	63.2	87.5	71.4
PTSD (Posttraumatic Stress Disorder), Acute Stress Disorder, Adjustment Disorder, or another trauma- or stressor- related condition	5.0	7.7	34.5	8.5	62.5	76.7	70.0	70.0
	1.2	0.3	0.0	0.5	0.0	100.0	0.0	33.3
	1.2	0.5	0.0	0.7	50.0	50.0	0.0	50.0
	0.6	0.3	0.0	0.3	0.0	100.0	0.0	50.0

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

Percent (%)	Trans/ Gender Non- conforming			
	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	64.4	55.1	24.1	55.8
	11.0	13.8	6.9	13.0
	12.3	24.4	58.6	22.8
	12.3	6.7	10.3	8.4

Cis Men n =	164
Cis Women n =	394
Trans/GNC n =	29

STI's/Other chronic infections

College students reported ever being diagnosed with the following:

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
Genital herpes	1.2	2.6	10.3	2.6
Hepatitis B or C	0.0	0.8	0.0	0.5
HIV or AIDS	0.6	0.3	0.0	0.3
Human papillomavirus (HPV) or genital warts	0.0	4.1	3.4	3.1

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

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

Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
0.0	30.0	66.7	33.3
0.0	66.7	0.0	66.7
100.0	100.0	0.0	100.0
0.0	37.5	100.0	38.9

Other Chronic /Ongoing Medical Conditions

College students reported ever being diagnosed with the following:

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
Acne	21.5	29.6	13.8	27.1
Allergies - food allergy	11.7	17.0	25.0	15.8
Allergies - animals/pets	11.7	17.5	20.7	15.9
Allergies - environmental (for example: pollen, grass, dust, mold)	19.0	30.7	39.3	27.7
Asthma	12.9	14.7	14.3	14.5
Cancer	4.3	1.5	3.4	2.4
Celiac disease	1.2	0.8	0.0	0.9
Chronic pain (for example: back or joint pain, arthritis, nerve pain)	4.9	11.6	24.1	10.4
Diabetes or pre-diabetes/insulin resistance	4.9	4.1	10.3	4.8
Endometriosis	0.6	3.9	0.0	2.7
Gastroesophageal Reflux Disease (GERD) or acid reflux	5.0	7.5	10.3	7.0
Heart & vascular disorders (for example: atrial fibrillation or other cardiac arrhythmia, mitral valve prolapse or other valvular heart disease, congenital heart condition)	5.6	3.9	13.8	4.8
High blood pressure (hypertension)	11.1	6.7	10.3	8.0
High cholesterol (hyperlipidemia)	11.2	6.5	17.9	8.4
Irritable bowel syndrome (spastic colon or spastic bowel)	4.9	6.2	17.2	6.6
Migraine headaches	9.3	16.4	20.7	14.6
Polycystic Ovarian Syndrome (PCOS)	0.6	6.4	13.8	5.4
Sleep Apnea	5.6	2.3	3.4	3.2
Thyroid condition or disorder	1.9	4.9	3.4	4.3
Urinary system disorder (for example: bladder or kidney disease, urinary reflux, interstitial cystitis)	1.2	3.1	3.4	2.7

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

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

Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
28.6	44.7	25.0	40.3
47.4	35.4	28.6	37.0
31.6	23.9	50.0	26.9
23.3	28.8	36.4	28.0
38.1	50.0	0.0	42.9
50.0	66.7	100.0	61.5
100.0	66.7	0.0	80.0
50.0	66.7	85.7	67.2
75.0	73.3	100.0	74.1
0.0	53.3	0.0	50.0
37.5	55.2	66.7	51.2
88.9	66.7	75.0	75.0
72.2	73.1	66.7	72.3
55.6	76.0	100.0	69.4
50.0	50.0	60.0	48.7
20.0	51.6	16.7	42.9
100.0	62.5	100.0	67.7
33.3	77.8	0.0	52.6
66.7	68.4	100.0	64.0
100.0	75.0	100.0	75.0

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

Cis Men n = 164
Cis Women n = 394
Trans/GNC n = 29

**Cis Men Cis Women Trans/
Gender Non- Total**

Demographics and Sample Characteristics

Age		Students describe themselves as	
18 - 20 years:	32.2 %	Straight/Heterosexual:	70.7 %
21 - 24 years:	25.7 %	Asexual:	2.0 %

■ **First generation students** 43.5 %
(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):	18.1 %
Autism Spectrum Disorder:	3.4 %
Deaf/Hearing loss:	1.9 %
Learning disability:	4.6 %
Mobility/Dexterity disability:	2.0 %
Blind/low vision:	4.6 %
Speech or language disorder:	1.9 %

■ **Participated in organized college athletics:**

Varsity:	2.0 %
Club sports:	3.6 %
Intramurals:	2.9 %

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

Greek member:	4.7 %
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