# ACHA NCHA II

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

## Fall 2016 Reference Group **Executive Summary**

ACHA American College Health Association

advocacy • education • research

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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-ncha.org.

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# Introduction

The ACHA-National College Health Assessment II (ACHA-NCHA II) is a national research survey organized by the American College Health Association (ACHA) to assist college health service providers, health educators, counselors, and administrators in collecting data about their students' habits, behaviors, and perceptions on the most prevalent health topics.

ACHA initiated the original ACHA-NCHA in 2000 and the instrument was used nation wide through the spring 2008 data collection period. The ACHA-NCHA now provides the largest known comprehensive data set on the health of college students, providing the college health and higher education fields with a vast spectrum of information on student health. A revised survey, the ACHA-NCHA-II, has been in use since the fall 2008 data collection period.

Please note the ACHA-NCHA II is not appropriate for trend comparison with items from the original ACHA-NCHA survey. Directly comparing pre- and post-redesign estimates on similar data points, without taking into account the impact of the survey's redesign, can lead to an erroneous conclusion.

***Notes about this report:***

1. Missing values have been excluded from analysis and only valid percents are included in this document.

2. Students responding "not applicable" were excluded from several analyses, which are specifically noted throughout this document. This will often explain differences observed between this document and the full data report.

3. ***A note about the use of sex and gender in this report:*** Survey responses are reported by sex based on the responses to questions 47a, 47b, and 47c. For the purpose of the ACHA-NCHA report documents, respondents are reported as male or female only when their responses to these three questions are consistent with one another. If students' gender identity is consistent with their sex at birth AND the student selects "no" for transgender, then respondents are designated as either *male* or *female*. If respondents select "yes" for transgender OR their sex at birth is not consistent with their gender identity, then they are designated as *non-binary*. A respondent that skips any of the three questions is designated as *unknown*. Totals displayed in this report include *non-binary* and *unknown* students.

For additional information about the survey's development, design, and methodology, email Mary T Hoban, PhD, MCHES, (mhoban@acha.org), E. Victor Leino, PhD (vleino@acha.org), or visit www.acha-ncha.org.

This Executive Summary highlights results of the ACHA-NCHA II Fall 2016 survey for Reference Group consisting of 33,512 respondents.
The overall response proportion was 22%.

# Findings

## A. General Health of College Students

■50.4 % of college students surveyed ( 57.5 % male and 47.6 % female) described their health as ***very good or excellent***.

■84.8 % of college students surveyed ( 87.3 % male and 84.2 % female) described their health as ***good, very good or excellent***.

Proportion of college students who reported being diagnosed or treated by a professional for any of the following health problems within the last 12 months:

| | | | |
|---|---|---|---|
| Allergies: | 21.0 % | Hepatitis B or C: | 0.3 % |
| Asthma: | 9.3 % | High blood pressure: | 3.1 % |
| Back pain: | 12.7 % | High cholesterol: | 3.2 % |
| Broken bone/Fracture/Sprain: | 6.4 % | HIV infection: | 0.2 % |
| Bronchitis: | 6.1 % | Irritable Bowel Syndrome: | 3.2 % |
| Chlamydia: | 1.5 % | Migraine headache: | 9.7 % |
| Diabetes: | 1.3 % | Mononucleosis: | 1.5 % |
| Ear infection: | 7.3 % | Pelvic Inflammatory Disease: | 0.3 % |
| Endometriosis: | 1.0 % | Repetitive stress injury: | 1.8 % |
| Genital herpes: | 0.8 % | Sinus infection: | 17.6 % |
| Genital warts/HPV: | 0.8 % | Strep throat: | 12.1 % |
| Gonorrhea: | 0.4 % | Tuberculosis: | 0.3 % |
| | | Urinary tract infection: | 10.4 % |

■56.1 % of college students ( 44.6 % male, 61.8 % female) reported being diagnosed or treated by a professional with one or more of the above conditions within the last 12 months.

Proportion of college students who reported any of the following:

| | |
|---|---|
| Attention Deficit and Hyperactivity Disorder (ADHD) | 7.8 % |
| Chronic illness (e.g., cancer, diabetes, auto-immune disorders) | 5.2 % |
| Deafness/Hearing loss | 1.9 % |
| Learning disability | 4.2 % |
| Mobility/Dexterity disability | 0.9 % |
| Partial sightedness/Blindness | 2.5 % |
| Psychiatric condition | 7.6 % |
| Speech or language disorder | 0.9 % |
| Other disability | 2.3 % |

## B. Disease and Injury Prevention

College students reported receiving the following vaccinations (shots):

- 68.8 % reported receiving vaccination against hepatitis B.
- 53.7 % reported receiving vaccination against Human Papillomavirus/HPV (cervical cancer vaccine).
- 46.9 % reported receiving vaccination against influenza (flu) in the last 12 months (shot or nasal mist).
- 73.6 % reported receiving vaccination against measles, mumps, rubella.
- 66.3 % reported receiving vaccination against meningococcal meningitis.
- 65.1 % reported receiving vaccination against varicella (chicken pox).

Other disease prevention practices reported by college students:

- 74.2 % reported having a dental exam and cleaning in the last 12 months.
- 32.4 % of males reported performing a testicular self exam in the last 30 days.
- 36.3 % of females reported performing a breast self exam in the last 30 days.
- 41.6 % of females reported having a routine gynecological exam in the last 12 months.
- 54.9 % reported using sunscreen regularly with sun exposure.
- 25.8 % reported ever being tested for Human Immunodeficiency Virus (HIV) infection.

College students reported the following behaviors within the last 12 months:

| ***Percent (%)*** | N/A, did not do this activity within the last 12 months | | Never* | Rarely or sometimes* | Mostly or always* |
|---|---|---|---|---|---|
| Wear a seatbelt when you rode in a car | 0.3 | | 0.4 | 3.5 | 96.1 |
| Wear a helmet when you rode a bicycle | 47.1 | | 39.1 | 24.3 | 36.7 |
| Wear a helmet when you rode a motorcycle | 83.8 | | 10.7 | 8.7 | 80.6 |
| Wear a helmet when you were inline skating | 84.3 | | 49.5 | 15.7 | 34.8 |

** Students responding "N/A, did not do this activity within the last 12 months" were excluded.*

## C. Academic Impacts

Within the last 12 months, students reported the following factors affecting their individual academic performance, defined as: received a lower grade on an exam, or an important project; received a lower grade in the course; received an incomplete or dropped the course; or experienced a significant disruption in thesis, dissertation, research, or practicum work; (listed alphabetically):

| | | | |
|---|---|---|---|
| Alcohol use: | 3.3 % | Gambling: | 0.3 % |
| Allergies: | 2.5 % | Homesickness: | 4.1 % |
| Anxiety: | 24.9 % | Injury: | 2.0 % |
| Assault (physical): | 0.7 % | Internet use/computer games: | 9.0 % |
| Assault (sexual): | 1.3 % | Learning disability: | 3.3 % |
| Attention Deficit/Hyperactivity Disorder: | 5.8 % | Participation in extracurricular activities: | 9.4 % |
| Cold/Flu/Sore throat: | 13.0 % | Pregnancy (yours or partner's): | 0.8 % |
| Concern for a troubled friend or family member: | 10.1 % | Relationship difficulties: | 8.5 % |
| Chronic health problem or serious illness: | 3.8 % | Roommate difficulties: | 4.7 % |
| Chronic pain: | 2.8 % | Sexually transmitted disease/ infection (STD/I): | 0.4 % |
| Death of a friend or family member: | 5.6 % | Sinus infection/Ear infection/ Bronchitis/Strep throat: | 4.5 % |
| Depression: | 15.4 % | Sleep difficulties: | 20.6 % |
| Discrimination: | 1.4 % | Stress: | 32.2 % |
| Drug use: | 1.5 % | Work: | 14.2 % |
| Eating disorder/problem: | 1.5 % | Other: | 2.4 % |
| Finances: | 6.7 % | | |

## D. Violence, Abusive Relationships and Personal Safety

Within the last 12 months, college students reported experiencing:

| *Percent (%)* | **Male** | **Female** | **Total** |
|---|---|---|---|
| A physical fight | 7.9 | 2.3 | 4.2 |
| A physical assault (not sexual assault) | 3.2 | 2.7 | 3.0 |
| A verbal threat | 23.9 | 16.6 | 19.2 |
| Sexual touching without their consent | 3.9 | 11.2 | 9.1 |
| Sexual penetration attempt without their consent | 0.9 | 4.5 | 3.5 |
| Sexual penetration without their consent | 0.5 | 2.9 | 2.3 |
| Stalking | 2.4 | 6.6 | 5.5 |
| An emotionally abusive intimate relationship | 6.4 | 10.9 | 9.6 |
| A physically abusive intimate relationship | 1.8 | 2.0 | 2.0 |
| A sexually abusive intimate relationship | 1.0 | 2.7 | 2.3 |

College students reported feeling ***very safe*** :

| *Percent (%)* | Male | Female | Total |
|---|---|---|---|
| On their campus (daytime) | 88.0 | 84.8 | 85.5 |
| On their campus (nighttime) | 56.6 | 27.7 | 36.6 |
| In the community surrounding their school (daytime) | 59.2 | 48.7 | 51.9 |
| In the community surrounding their school (nighttime) | 32.8 | 13.6 | 19.6 |

## E. Tobacco, Alcohol and Marijuana Use

Reported use versus perceived use - reported use for all students within the past 30 days compared with how often students perceived the typical student on campus used substances within the same time period. The last line of each table combines all categories of any use in the last 30 days.

| **Cigarette** | **Actual Use** | | | **Perceived Use** | | |
|---|---|---|---|---|---|---|
| *Percent (%)* | **Male** | **Female** | **Total** | **Male** | **Female** | **Total** |
| Never used | 72.0 | 80.1 | 77.3 | 14.2 | 10.4 | 11.7 |
| Used, but not in the last 30 days | 14.7 | 11.6 | 12.6 | 15.0 | 11.4 | 12.5 |
| Used 1-9 days | 8.4 | 5.1 | 6.2 | 45.1 | 43.8 | 44.1 |
| Used 10-29 days | 2.1 | 1.3 | 1.6 | 14.5 | 16.6 | 16.0 |
| Used all 30 days | 2.8 | 1.9 | 2.2 | 11.2 | 17.9 | 15.8 |
| | | | | | | |
| ***Any use within the last 30 days*** | 13.3 | 8.3 | 10.1 | 70.8 | 78.2 | 75.8 |

| **E-Cigarette** | **Actual Use** | | | **Perceived Use** | | |
|---|---|---|---|---|---|---|
| *Percent (%)* | **Male** | **Female** | **Total** | **Male** | **Female** | **Total** |
| Never used | 79.4 | 87.8 | 85.0 | 17.1 | 14.8 | 15.6 |
| Used, but not in the last 30 days | 13.6 | 9.3 | 10.7 | 13.0 | 10.6 | 11.4 |
| Used 1-9 days | 4.2 | 2.0 | 2.7 | 43.9 | 42.3 | 42.7 |
| Used 10-29 days | 1.2 | 0.4 | 0.7 | 15.7 | 17.2 | 16.7 |
| Used all 30 days | 1.5 | 0.6 | 0.9 | 10.3 | 15.1 | 13.7 |
| | | | | | | |
| ***Any use within the last 30 days*** | 7.0 | 2.9 | 4.3 | 70.0 | 74.6 | 73.1 |

| **Tobacco from a water pipe (hookah)** | **Actual Use** | | | **Perceived Use** | | |
|---|---|---|---|---|---|---|
| *Percent (%)* | **Male** | **Female** | **Total** | **Male** | **Female** | **Total** |
| Never used | 77.5 | 81.6 | 80.3 | 22.7 | 16.2 | 18.3 |
| Used, but not in the last 30 days | 18.0 | 15.1 | 16.0 | 19.8 | 15.2 | 16.7 |
| Used 1-9 days | 3.7 | 2.9 | 3.2 | 45.5 | 50.1 | 48.6 |
| Used 10-29 days | 0.5 | 0.3 | 0.4 | 8.2 | 12.8 | 11.4 |
| Used all 30 days | 0.2 | 0.1 | 0.2 | 3.7 | 5.7 | 5.1 |
| | | | | | | |
| ***Any use within the last 30 days*** | 4.5 | 3.3 | 3.7 | 57.4 | 68.7 | 65.0 |

| **Alcohol** | **Actual Use** | | | **Perceived Use** | | |
|---|---|---|---|---|---|---|
| ***Percent (%)*** | **Male** | **Female** | **Total** | **Male** | **Female** | **Total** |
| Never used | 23.1 | 20.4 | 21.4 | 5.5 | 3.8 | 4.4 |
| Used, but not in the last 30 days | 13.3 | 14.7 | 14.4 | 2.0 | 1.7 | 1.8 |
| Used 1-9 days | 46.4 | 51.4 | 49.6 | 43.3 | 37.4 | 39.2 |
| Used 10-29 days | 15.8 | 12.9 | 13.8 | 37.6 | 42.7 | 41.0 |
| Used all 30 days | 1.4 | 0.6 | 0.9 | 11.7 | 14.5 | 13.6 |
| | | | | | | |
| ***Any use within the last 30 days*** | 63.6 | 64.9 | 64.2 | 92.6 | 94.6 | 93.8 |

| **Marijuana** | **Actual Use** | | | **Perceived Use** | | |
|---|---|---|---|---|---|---|
| ***Percent (%)*** | **Male** | **Female** | **Total** | **Male** | **Female** | **Total** |
| Never used | 60.9 | 63.6 | 62.6 | 11.2 | 7.6 | 8.9 |
| Used, but not in the last 30 days | 18.4 | 19.4 | 19.0 | 7.5 | 4.9 | 5.7 |
| Used 1-9 days | 12.6 | 12.0 | 12.2 | 48.4 | 44.4 | 45.5 |
| Used 10-29 days | 5.0 | 3.3 | 3.9 | 23.2 | 29.2 | 27.3 |
| Used all 30 days | 3.1 | 1.8 | 2.3 | 9.8 | 13.9 | 12.6 |
| | | | | | | |
| ***Any use within the last 30 days*** | 20.7 | 17.1 | 18.4 | 81.4 | 87.5 | 85.5 |

**Drinking and Driving**

- 1.6 % of college students reported driving after having ***5 or more drinks*** in the last 30 days.*
- 20.3 % of college students reported driving after having ***any alcohol*** in the last 30 days.*

**Students responding "N/A, don't drive" and "N/A don't drink" were excluded from this analysis.*

Estimated Blood Alcohol Concentration (or eBAC) of college students reporting 1 or more drinks the last time they "partied" or socialized. **Students reporting 0 drinks were excluded from the analysis**. 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 "partied" or socialized, their approximate time of consumption, sex, weight, and the average rate of ethanol metabolism.

| **Estimated BAC** ***Percent (%)*** | **Male** | **Female** | **Total** |
|---|---|---|---|
| < .08 | 69.2 | 67.6 | 68.1 |
| < .10 | 76.1 | 75.7 | 75.8 |
| | | | |
| Mean | 0.06 | 0.07 | 0.07 |
| Median | 0.04 | 0.05 | 0.04 |
| Std Dev | 0.07 | 0.07 | 0.07 |

Reported number of drinks consumed the last time students "partied" or socialized. Only students reporting one or more drinks were included.

| **Number of drinks*** *Percent (%)* | **Male** | **Female** | **Total** |
|---|---|---|---|
| 4 or fewer | 48.2 | 67.3 | 61.6 |
| 5 | 11.3 | 11.7 | 11.5 |
| 6 | 9.4 | 8.2 | 8.5 |
| 7 or more | 31.1 | 12.8 | 18.3 |
| | | | |
| Mean | 5.65 | 3.94 | 4.46 |
| Median | 5.00 | 3.00 | 4.00 |
| Std Dev | 4.46 | 2.76 | 3.56 |

** Students reporting 0 drinks were excluded.*

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

| *Percent (%)* | **Male** | **Female** | **Total** |
|---|---|---|---|
| N/A don't drink | 27.0 | 24.9 | 25.8 |
| None | 34.1 | 46.1 | 42.3 |
| 1-2 times | 25.7 | 22.0 | 23.0 |
| 3-5 times | 10.7 | 6.1 | 7.5 |
| 6 or more times | 2.5 | 1.0 | 1.5 |

Percent of college students who reported using prescription drugs that were not prescribed to them within the last 12 months:

| *Percent (%)* | **Male** | **Female** | **Total** |
|---|---|---|---|
| Antidepressants | 2.1 | 2.7 | 2.6 |
| Erectile dysfunction drugs | 1.0 | 0.5 | 0.7 |
| Pain killers | 4.9 | 4.5 | 4.7 |
| Sedatives | 3.7 | 3.5 | 3.6 |
| Stimulants | 7.7 | 6.1 | 6.7 |
| | | | |
| ***Used 1 or more of the above*** | 12.2 | 11.2 | 11.7 |

*Findings continued*

College students reported doing the following ***most of the time*** or ***always*** when they "partied" or socialized during the last 12 months:*

| *Percent (%)* | Male | Female | Total |
|---|---|---|---|
| Alternate non-alcoholic with alcoholic beverages | 29.7 | 37.9 | 35.6 |
| Avoid drinking games | 33.7 | 40.3 | 38.5 |
| Choose not to drink alcohol | 20.4 | 25.4 | 24.0 |
| Determine in advance not to exceed a set number of drinks | 36.3 | 45.6 | 42.8 |
| Eat before and/or during drinking | 77.7 | 83.4 | 81.6 |
| Have a friend let you know when you have had enough | 32.6 | 47.7 | 43.1 |
| Keep track of how many drinks being consumed | 62.1 | 71.8 | 68.8 |
| Pace drinks to one or fewer an hour | 25.3 | 39.7 | 35.5 |
| Stay with the same group of friends the entire time drinking | 80.7 | 90.6 | 87.5 |
| Stick with only one kind of alcohol when drinking | 46.2 | 55.8 | 52.8 |
| Use a designated driver | 81.3 | 89.3 | 86.7 |
| | | | |
| ***Reported one or more of the above*** | 96.4 | 98.4 | 97.7 |

**Students responding "N/A, don't drink" were excluded from this analysis.*

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

| *Percent (%)* | Male | Female | Total |
|---|---|---|---|
| Did something you later regretted | 32.6 | 33.5 | 33.1 |
| Forgot where you were or what you did | 28.4 | 27.9 | 28.0 |
| Got in trouble with the police | 2.7 | 1.9 | 2.1 |
| Someone had sex with me without my consent | 1.2 | 2.6 | 2.3 |
| Had sex with someone without their consent | 0.3 | 0.2 | 0.3 |
| Had unprotected sex | 22.0 | 21.2 | 21.4 |
| Physically injured yourself | 12.8 | 12.1 | 12.4 |
| Physically injured another person | 1.8 | 0.8 | 1.2 |
| Seriously considered suicide | 3.3 | 3.2 | 3.4 |
| | | | |
| ***Reported one or more of the above*** | 51.1 | 50.0 | 50.3 |

**Students responding "N/A, don't drink" were excluded from this analysis.*

## F. Sexual Behavior

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

| *Percent (%)* | Male | Female | Total |
|---|---|---|---|
| None | 34.6 | 31.9 | 32.8 |
| 1 | 39.6 | 44.2 | 42.6 |
| 2 | 8.7 | 9.8 | 9.5 |
| 3 | 5.9 | 5.6 | 5.7 |
| 4 or more | 11.2 | 8.4 | 9.4 |

Number of partners among students reporting to have at least one sexual partner within the last 12 months:*

| | Male | Female | Total |
|---|---|---|---|
| Mean | 2.58 | 2.00 | 2.21 |
| Median | 1.00 | 1.00 | 1.00 |
| Std Dev | 4.66 | 2.62 | 3.58 |

**Students reporting 0 sexual partners within the last 12 months were excluded.*

College students reported having oral, vaginal or anal sex in the last 30 days:

**Oral sex within the past 30 days**

| *Percent (%)* | Male | Female | Total |
|---|---|---|---|
| No, have never done this sexual activity | 31.4 | 31.0 | 31.1 |
| No, have done this sexual activity but not in the last 30 days | 25.3 | 24.9 | 25.0 |
| Yes | 43.3 | 44.2 | 43.9 |

**Vaginal sex within the past 30 days**

| *Percent (%)* | Male | Female | Total |
|---|---|---|---|
| No, have never done this sexual activity | 37.1 | 33.2 | 34.5 |
| No, have done this sexual activity but not in the last 30 days | 20.5 | 17.3 | 18.4 |
| Yes | 42.4 | 49.4 | 47.1 |

**Anal sex within the past 30 days**

| *Percent (%)* | Male | Female | Total |
|---|---|---|---|
| No, have never done this sexual activity | 73.1 | 77.1 | 75.6 |
| No, have done this sexual activity but not in the last 30 days | 20.1 | 18.5 | 19.1 |
| Yes | 6.8 | 4.4 | 5.3 |

Using a condom or other protective barrier within the last 30 days (***mostly or always*** ):

| *Percent (%)* | Male | Female | Total |
|---|---|---|---|
| *Sexually active students reported** | | | |
| Oral sex | 4.8 | 5.0 | 5.1 |
| Vaginal intercourse | 53.7 | 46.3 | 48.4 |
| Anal intercourse | 34.5 | 20.2 | 26.0 |

**Students responding "Never did this sexual activity" or "Have not done this during the last thirty days" were excluded from the analysis.*

**Contraceptive use reported by students or their partner the last time they had vaginal intercourse:**

| *Percent (%)* | Male | Female | Total |
|---|---|---|---|
| **Yes, used a method of contraception** | **50.0** | **55.0** | **53.1** |
| Not applicable/Didn't use a method/Don't know | 50.0 | 45.0 | 46.9 |

**If YES to contraceptive use the last time student had vaginal intercourse, reported means of birth control used among college students or their partner to prevent pregnancy:**

| *Percent (%)* | Male | Female | Total |
|---|---|---|---|
| Birth control pills (monthly or extended cycle) | 61.0 | 58.3 | 58.9 |
| Birth control shots | 4.6 | 3.8 | 4.1 |
| Birth control implants | 6.1 | 5.9 | 6.0 |
| Birth control patch | 1.4 | 0.8 | 1.0 |
| Vaginal ring | 2.8 | 2.7 | 2.8 |
| Intrauterine device | 8.5 | 9.6 | 9.3 |
| Male condom | 69.5 | 60.0 | 62.9 |
| Female condom | 0.8 | 0.6 | 0.7 |
| Diaphragm or cervical cap | 0.5 | 0.2 | 0.3 |
| Contraceptive sponge | 0.5 | 0.1 | 0.3 |
| Spermicide (foam, jelly, cream) | 6.1 | 2.5 | 3.6 |
| Fertility awareness (calendar, mucous, basal body temperature) | 6.4 | 8.4 | 7.9 |
| Withdrawal | 29.3 | 35.2 | 33.5 |
| Sterilization (hysterectomy, tubes tied, vasectomy) | 2.0 | 2.4 | 2.3 |
| Other method | 2.2 | 1.7 | 1.9 |
| | | | |
| ***Male condom use plus another method*** | 54.6 | 49.0 | 50.5 |
| ***Any two or more methods (excluding male condoms)*** | 33.3 | 35.3 | 34.7 |

- 14.7 % of sexually active college students reported using (or reported their partner used) emergency contraception ("morning after pill") within the last 12 months.
(male: 12.5 %; female: 15.8 %).*

**Students responding "Not sexually active" were excluded from the analysis.*

- 1.3 % of college students who had vaginal intercourse within the last 12 months reported experiencing an unintentional pregnancy or got someone pregnant within the last 12 months.
(male: 1.2 %; female: 1.3 %).**

***Students responding "Have not had vaginal intercourse within the last 12 months" were excluded from the analysis.*

## G. Nutrition and Exercise

College students reported usually eating the following number of servings of fruits and vegetables per day:

| *Percent (%)* | Male | Female | Total |
|---|---|---|---|
| 0 servings per day | 10.5 | 8.4 | 9.1 |
| 1-2 per day | 64.0 | 62.8 | 63.0 |
| 3-4 per day | 21.8 | 24.5 | 23.7 |
| 5 or more per day | 3.8 | 4.3 | 4.2 |

College students reported the following behaviors within the past 7 days:

**Do moderate-intensity cardio or aerobic exercise for at least 30 minutes:**

| *Percent (%)* | Male | Female | Total |
|---|---|---|---|
| 0 days | 22.5 | 24.9 | 24.3 |
| 1-4 days | 55.8 | 57.4 | 56.7 |
| 5-7 days | 21.7 | 17.7 | 19.0 |

**Do vigorous-intensity cardio or aerobic exercise for at least 20 minutes:**

| *Percent (%)* | Male | Female | Total |
|---|---|---|---|
| 0 days | 37.1 | 46.9 | 43.9 |
| 1-2 days | 32.2 | 29.2 | 30.1 |
| 3-7 days | 30.7 | 23.9 | 26.0 |

Physical Activity and Public Health: Updated Recommendations for Adults. From the American College of Sports Medicine and the American Heart Association (2007): Moderate-intensity cardio or aerobic exercise for at least 30 minutes on 5 or more days per week, or vigorous-intensity cardio or aerobic exercise for at least 20 minutes on 3 or more days per week.

**Students meeting the Recommendations for moderate-intensity exercise, vigorous-intensity exercise, or a combination of the two (2 moderate-intensity exercise periods = 1 vigorous-intensity exercise period).**

| *Percent (%)* | Male | Female | Total |
|---|---|---|---|
| Guidelines met | 49.0 | 41.6 | 43.9 |

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

| **BMI** *Percent (%)* | **Male** | **Female** | **Total** |
|---|---|---|---|
| <18.5 Underweight | 4.0 | 5.4 | 5.0 |
| 18.5-24.9 Healthy Weight | 54.1 | 58.9 | 57.3 |
| 25-29.9 Overweight | 28.8 | 20.8 | 23.3 |
| 30-34.9 Class I Obesity | 8.7 | 8.5 | 8.6 |
| 35-39.9 Class II Obesity | 2.8 | 3.6 | 3.5 |
| ≥40 Class III Obesity | 1.5 | 2.8 | 2.5 |
| | | | |
| Mean | 25.02 | 24.78 | 24.89 |
| Median | 24.21 | 23.30 | 23.59 |
| Std Dev | 5.38 | 5.88 | 6.04 |

## H. Mental Health

Students reported experiencing the following within the last 12 months:

**Felt things were hopeless**

| *Percent (%)* | **Male** | **Female** | **Total** |
|---|---|---|---|
| No, never | 39.4 | 27.7 | 31.1 |
| No, not last 12 months | 17.9 | 18.3 | 18.1 |
| Yes, last 2 weeks | 17.6 | 22.8 | 21.5 |
| Yes, last 30 days | 7.8 | 10.6 | 9.8 |
| Yes, in last 12 months | 17.3 | 20.6 | 19.6 |
| | | | |
| ***Any time within the last 12 months*** | 42.7 | 54.0 | 50.9 |

**Felt overwhelmed by all you had to do**

| *Percent (%)* | **Male** | **Female** | **Total** |
|---|---|---|---|
| No, never | 16.5 | 6.2 | 9.5 |
| No, not last 12 months | 7.5 | 3.2 | 4.5 |
| Yes, last 2 weeks | 43.4 | 61.3 | 55.8 |
| Yes, last 30 days | 15.7 | 15.9 | 15.7 |
| Yes, in last 12 months | 16.9 | 13.5 | 14.5 |
| | | | |
| ***Any time within the last 12 months*** | 76.0 | 90.7 | 86.0 |

**Felt exhausted (not from physical activity)**

| *Percent (%)* | **Male** | **Female** | **Total** |
|---|---|---|---|
| No, never | 18.9 | 8.5 | 11.8 |
| No, not last 12 months | 7.9 | 4.7 | 5.6 |
| Yes, last 2 weeks | 43.6 | 58.6 | 54.1 |
| Yes, last 30 days | 14.7 | 15.3 | 15.0 |
| Yes, in last 12 months | 15.0 | 12.9 | 13.5 |
| | | | |
| ***Any time within the last 12 months*** | 73.2 | 86.8 | 82.6 |

**Felt very lonely**

| *Percent (%)* | **Male** | **Female** | **Total** |
|---|---|---|---|
| No, never | 29.4 | 19.1 | 22.2 |
| No, not last 12 months | 17.9 | 17.2 | 17.2 |
| Yes, last 2 weeks | 23.6 | 29.4 | 27.9 |
| Yes, last 30 days | 10.6 | 14.2 | 13.2 |
| Yes, in last 12 months | 18.4 | 20.1 | 19.5 |
| | | | |
| ***Any time within the last 12 months*** | 52.7 | 63.7 | 60.6 |

**Felt very sad**

| *Percent (%)* | Male | Female | Total |
|---|---|---|---|
| No, never | 26.7 | 15.6 | 19.0 |
| No, not last 12 months | 17.4 | 14.2 | 15.0 |
| Yes, last 2 weeks | 23.2 | 33.3 | 30.5 |
| Yes, last 30 days | 11.9 | 14.6 | 13.7 |
| Yes, in last 12 months | 20.9 | 22.3 | 21.7 |
| | | | |
| ***Any time within the last 12 months*** | 55.9 | 70.2 | 66.0 |

**Felt so depressed that it was difficult to function**

| *Percent (%)* | Male | Female | Total |
|---|---|---|---|
| No, never | 48.8 | 38.7 | 41.4 |
| No, not last 12 months | 20.0 | 20.8 | 20.4 |
| Yes, last 2 weeks | 11.3 | 15.5 | 14.7 |
| Yes, last 30 days | 6.3 | 8.4 | 7.8 |
| Yes, in last 12 months | 13.6 | 16.5 | 15.7 |
| | | | |
| ***Any time within the last 12 months*** | 31.3 | 40.4 | 38.2 |

**Felt overwhelming anxiety**

| *Percent (%)* | Male | Female | Total |
|---|---|---|---|
| No, never | 38.8 | 22.4 | 27.3 |
| No, not last 12 months | 14.5 | 10.8 | 11.9 |
| Yes, last 2 weeks | 19.1 | 32.3 | 28.5 |
| Yes, last 30 days | 10.5 | 14.8 | 13.5 |
| Yes, in last 12 months | 17.0 | 19.7 | 18.8 |
| | | | |
| ***Any time within the last 12 months*** | 46.7 | 66.8 | 60.8 |

**Felt overwhelming anger**

| *Percent (%)* | Male | Female | Total |
|---|---|---|---|
| No, never | 42.1 | 36.0 | 37.6 |
| No, not last 12 months | 22.1 | 21.2 | 21.4 |
| Yes, last 2 weeks | 11.8 | 14.7 | 14.0 |
| Yes, last 30 days | 7.9 | 9.8 | 9.3 |
| Yes, in last 12 months | 16.1 | 18.3 | 17.7 |
| | | | |
| ***Any time within the last 12 months*** | 35.8 | 42.8 | 41.0 |

**Seriously considered suicide**

| *Percent (%)* | Male | Female | Total |
|---|---|---|---|
| No, never | 79.2 | 74.5 | 75.2 |
| No, not last 12 months | 11.9 | 15.1 | 14.4 |
| Yes, last 2 weeks | 2.3 | 2.1 | 2.3 |
| Yes, last 30 days | 1.2 | 1.6 | 1.6 |
| Yes, in last 12 months | 5.3 | 6.7 | 6.5 |
| | | | |
| ***Any time within the last 12 months*** | 8.8 | 10.4 | 10.4 |

**Attempted suicide**

| *Percent (%)* | Male | Female | Total |
|---|---|---|---|
| No, never | 92.1 | 89.3 | 89.7 |
| No, not last 12 months | 6.2 | 8.9 | 8.4 |
| Yes, last 2 weeks | 0.5 | 0.2 | 0.4 |
| Yes, last 30 days | 0.2 | 0.1 | 0.2 |
| Yes, in last 12 months | 1.0 | 1.3 | 1.3 |
| | | | |
| ***Any time within the last 12 months*** | 1.7 | 1.7 | 1.9 |

**Intentionally cut, burned, bruised, or otherwise injured yourself**

| *Percent (%)* | Male | Female | Total |
|---|---|---|---|
| No, never | 87.3 | 77.6 | 80.0 |
| No, not last 12 months | 8.4 | 14.9 | 13.1 |
| Yes, last 2 weeks | 1.2 | 1.6 | 1.7 |
| Yes, last 30 days | 0.7 | 1.2 | 1.1 |
| Yes, in last 12 months | 2.4 | 4.6 | 4.1 |
| | | | |
| ***Any time within the last 12 months*** | 4.3 | 7.5 | 6.9 |

**Within the last 12 months, diagnosed or treated by a professional for the following:**

| *Percent (%)* | Male | Female | Total |
|---|---|---|---|
| Anorexia | 0.7 | 1.8 | 1.5 |
| Anxiety | 9.7 | 22.8 | 19.1 |
| Attention Deficit and Hyperactivity Disorder | 7.0 | 5.4 | 6.1 |
| Bipolar Disorder | 1.3 | 1.7 | 1.8 |
| Bulimia | 0.6 | 1.3 | 1.2 |
| Depression | 9.0 | 17.3 | 15.2 |
| Insomnia | 3.4 | 5.2 | 4.9 |
| Other sleep disorder | 2.3 | 2.3 | 2.4 |
| Obsessive Compulsive Disorder | 2.1 | 3.5 | 3.2 |
| Panic attacks | 3.6 | 11.9 | 9.6 |
| Phobia | 0.9 | 1.4 | 1.4 |
| Schizophrenia | 0.6 | 0.2 | 0.4 |
| Substance abuse or addiction | 1.6 | 0.9 | 1.2 |
| Other addiction | 0.9 | 0.3 | 0.6 |
| Other mental health condition | 2.3 | 3.1 | 3.1 |
| | | | |
| ***Students reporting none of the above*** | 81.1 | 69.6 | 72.7 |
| ***Students reporting only one of the above*** | 8.3 | 9.2 | 8.9 |
| ***Students reporting both Depression and Anxiety*** | 6.2 | 14.2 | 12.1 |
| ***Students reporting any two or more of the above excluding the combination of Depression and Anxiety*** | 4.8 | 9.3 | 8.3 |

**Within the last 12 months, any of the following been traumatic or very difficult to handle:**

| *Percent (%)* | Male | Female | Total |
|---|---|---|---|
| Academics | 40.9 | 51.5 | 48.4 |
| Career-related issue | 24.3 | 27.4 | 26.5 |
| Death of family member or friend | 12.2 | 17.8 | 16.2 |
| Family problems | 19.4 | 32.2 | 28.6 |
| Intimate relationships | 27.8 | 31.3 | 30.4 |
| Other social relationships | 21.0 | 29.2 | 27.0 |
| Finances | 28.6 | 36.4 | 34.1 |
| Health problem of family member or partner | 14.9 | 21.7 | 19.7 |
| Personal appearance | 18.9 | 32.5 | 28.6 |
| Personal health issue | 14.0 | 24.0 | 21.2 |
| Sleep difficulties | 25.3 | 31.8 | 30.1 |
| Other | 8.1 | 9.5 | 9.5 |
| | | | |
| ***Students reporting none of the above*** | 32.2 | 21.0 | 24.3 |
| ***Students reporting only one of the above*** | 14.4 | 12.0 | 12.7 |
| ***Students reporting 2 of the above*** | 13.1 | 11.8 | 12.2 |
| ***Students reporting 3 or more of the above*** | 40.3 | 55.2 | 50.8 |

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

| *Percent (%)* | Male | Female | Total |
|---|---|---|---|
| No stress | 4.0 | 0.9 | 2.0 |
| Less than average stress | 12.1 | 4.3 | 6.7 |
| Average stress | 38.0 | 34.5 | 35.3 |
| More than average stress | 37.7 | 46.5 | 43.7 |
| Tremendous stress | 8.2 | 13.7 | 12.2 |

## I. Sleep

**Past 7 days, getting enough sleep to feel rested in the morning:**

| *Percent (%)* | Male | Female | Total |
|---|---|---|---|
| 0 days | 11.1 | 14.4 | 13.6 |
| 1-2 days | 28.0 | 33.8 | 32.0 |
| 3-5 days | 47.2 | 42.5 | 43.8 |
| 6+ days | 13.6 | 9.3 | 10.6 |

**Past 7 days, how often felt tired, dragged out, or sleepy during the day:**

| *Percent (%)* | Male | Female | Total |
|---|---|---|---|
| 0 days | 13.3 | 6.5 | 8.7 |
| 1-2 days | 33.6 | 26.4 | 28.4 |
| 3-5 days | 39.7 | 46.1 | 44.1 |
| 6+ days | 13.4 | 20.9 | 18.9 |

**Past 7 days, how much of a problem with sleepiness during daytime activities:**

| *Percent (%)* | Male | Female | Total |
|---|---|---|---|
| No problem | 13.8 | 7.6 | 9.5 |
| A little problem | 47.8 | 44.9 | 45.7 |
| More than a little problem | 23.8 | 26.9 | 26.0 |
| A big problem | 10.7 | 14.4 | 13.3 |
| A very big problem | 3.8 | 6.1 | 5.5 |

## Demographics and Student Characteristics

**Age:**

| | |
|---|---|
| 18 - 20 years: | 52.4 % |
| 21 - 24 years: | 30.0 % |
| 25 - 29 years: | 9.3 % |
| 30+ years: | 8.3 % |

**Gender***

| | |
|---|---|
| Female: | 67.1 % |
| Male: | 30.4 % |
| Non-binary | 2.5 % |

**Student status:**

| | |
|---|---|
| 1st year undergraduate: | 25.1 % |
| 2nd year undergraduate: | 18.1 % |
| 3rd year undergraduate: | 18.6 % |
| 4th year undergraduate: | 16.7 % |
| 5th year or more undergraduate: | 5.5 % |
| Graduate or professional: | 15.4 % |
| Not seeking a degree: | 0.2 % |
| Other: | 0.5 % |
| | |
| Full-time student: | 91.2 % |
| Part-time student: | 8.1 % |
| Other student: | 0.7 % |

**Relationship status:**

| | |
|---|---|
| Not in a relationship: | 52.1 % |
| In a relationship but not living together: | 33.4 % |
| In a relationship and living together: | 14.5 % |

**Marital status:**

| | |
|---|---|
| Single: | 88.4 % |
| Married/Partnered: | 9.0 % |
| Separated/Divorced/Other: | 2.6 % |

**Primary Source of Health Insurance:**

| | |
|---|---|
| College/university sponsored plan: | 14.2 % |
| Parents' plan: | 67.3 % |
| Another plan: | 14.0 % |
| Don't have health insurance: | 3.4 % |
| Not sure if have plan: | 1.1 % |

**Students describe themselves as:**

| | |
|---|---|
| White: | 68.2 % |
| Black or African American: | 6.9 % |
| Hispanic or Latino/a: | 11.7 % |
| Asian or Pacific Islander: | 12.4 % |
| American Indian, Alaskan Native or Native Hawaiian: | 2.1 % |
| Biracial or Multiracial: | 3.8 % |
| Other: | 2.6 % |

**International Student:**

| | |
|---|---|
| International: | 7.7 % |

**Students describe themselves as:**

| | |
|---|---|
| Asexual: | 6.0 % |
| Bisexual: | 5.7 % |
| Gay: | 1.6 % |
| Lesbian: | 1.0 % |
| Pansexual: | 1.5 % |
| Queer: | 0.7 % |
| Questioning: | 1.4 % |
| Same Gender Loving | 0.1 % |
| Straight/Heterosexual | 81.1 % |
| Another identity: | 0.9 % |

**Housing:**

| | |
|---|---|
| Campus residence hall: | 39.0 % |
| Fraternity or sorority house: | 1.2 % |
| Other university housing: | 3.4 % |
| Parent/guardian home: | 16.2 % |
| Other off-campus housing: | 35.0 % |
| Other: | 5.1 % |

**Participated in organized college athletics:**

| | |
|---|---|
| Varsity: | 7.5 % |
| Club sports: | 10.5 % |
| Intramurals: | 17.1 % |

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

| | |
|---|---|
| Greek member: | 10.6 % |

* See note on page 2 regarding gender categories

## Demographics of Participating Institutions

Fifty nine postsecondary institutions self-selected to participate in the Fall 2016 ACHA National College Health Assessment and 36,385 surveys were completed by students on these campuses. For the purpose of forming the Reference Group, only institutions located in the United States that surveyed all students or used a random sampling technique are included in the analysis, yielding a final data set consisting of 33,512 students at 51 schools. Demographic characteristics of the 51 campuses follow.

| **Demographical Characteristics of the 51 US Postsecondary Institutions Included in the Fall 2016 ACHA-NCHA II Reference Group** | |
|---|---|
| **Campus Characteristic** | ***n*** |
| Type of Institution | |
| Public | 29 |
| Private | 22 |
| 2-year | 3 |
| 4-year or above | 48 |
| Location of Campus | |
| Northeast (CT, ME, MA, NH, NJ, NY, PA, RI, VT) | 11 |
| Midwest (IL, IN, IA, KS, MI, MN, MO, NE, ND, OH, SD, WI) | 16 |
| South (AL, AR, DE, DC, FL, GA, KY, LA, MD, MS, NC, OK, SC, TN, TX, VA, WV) | 16 |
| West (AK, AZ, CA, CO, HI, ID, MT, NV, NM, OR, UT, WA, WY) | 8 |
| Campus Size | |
| < 2,500 students | 13 |
| 2,500 – 4,999 students | 8 |
| 5,000 – 9,999 students | 10 |
| 10,000 – 19,999 students | 7 |
| 20,000 students or more | 13 |
| Campus Setting | |
| Very large city (population over 500,000) | 9 |
| Large city (population 250,000-499,999) | 9 |
| Small city (population 50,000-249,999) | 13 |
| Large town (population 10,000 – 49,999) | 14 |
| Small town (population 2,500-9,999) | 4 |
| Rural community (population under 2,500) | 2 |
| Carnegie Classification | |
| Associates Colleges | 3 |
| Baccalaureate Associates Colleges | 6 |
| Baccalaureate Colleges | 10 |
| Masters Colleges and Universities | 11 |
| Research Institutions | 21 |
| Special Focus Institutions | 0 |
| Miscellaneous/Not Classified | 0 |

| **Demographical Characteristics of the 51 US Postsecondary Institutions Included in the Fall 2016 ACHA-NCHA II Reference Group** | |
|---|---|
| **Campus Characteristic** | ***n*** |
| ACHA Membership Status | |
| Institutional Member | 43 |
| Nonmember | 8 |
| Religious Affiliation | |
| No | 42 |
| Yes | 9 |
| If yes: | |
| Catholic | 7 |
| Protestant or Other Christian | 2 |
| Postsecondary Minority Institution (US Department of Education) | |
| No | 46 |
| Yes | 5 |
| *If yes: | |
| Postsecondary Minority Institution | 1 |
| Historically Black College or University (HBCU) | 0 |
| High Hispanic Enrollment | 1 |
| Hispanic-serving Institution (HSI) | 3 |
| Tribal College or University | 0 |
| Predominately Black Institution | 0 |
| Asian American and Native American Pacific Islander-serving | 1 |
| Alaska Native-serving or Native Hawaiian-serving Institution | 1 |
| Native American-serving Nontribal Institution | 0 |
| *institutions may hold more than one type of minority status | |

| | **All Fall 2016 Institutions** | **Paper Survey Administration** | **Web Survey Administration** |
|---|---|---|---|
| Number of institutions | 51 | 3 | 48 |
| Number of students | 33,512 | 1,690 | 31,822 |
| Mean response proportion | 22% | 100% | 17% |
| Median response proportion | 17% | 100% | 15% |