



American College Health Association National College Health Assessment

# **Cisgender & Transgender/Gender Non-Conforming Students Side-by-Side Executive Summary**

## **Spring 2022**

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### **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.



**AMERICAN COLLEGE HEALTH ASSOCIATION**

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

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## Introduction and Notes

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

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 points 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 their response to an earlier question, the student saw a follow-up question. This makes the valid percents of certain questions impossible to apply to the entire sample, as the denominator used was limited to only the number of students that saw the question. When appropriate, results are also presented using the entire sample as the denominator to show the proportion of the overall sample that experienced a particular issue. These differences in presentation are carefully noted throughout the document and will often explain differences observed between this document and the full data report. Please look carefully at descriptions of the data presented in each table, as well as any footnotes included.

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

This Executive Summary highlights results of the ACHA-NCHA III Spring 2022 survey for Cisgender and Trans/GNC Side-by-Side consisting of 68085 respondents.

## Findings

Cisgender n =	64074
Trans/GNC n =	4011

### A. General Health and Campus Climate

- 50.9 % of college students surveyed ( 52.1 % Cisgender, 31.3 % Trans/GNC) described their health as *very good or excellent*.
- 87.1 % of college students surveyed ( 88.0 % Cisgender, 71.9 % Trans/GNC) described their health as *good, very good or excellent*.

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

	Cisgender	Trans/GNC	Total
<i>Percent (%)</i>			
I feel that I belong at my college/university	65.9	52.8	65.1
I feel that students' health and well-being is a priority at my college/university	46.8	29.8	45.8
At my college/university, I feel that the campus climate encourages free and open discussion of students' health and well-being.	54.3	40.2	53.4
At my college/university, we are a campus where we look out for each other	47.9	33.4	47.0

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

College students reported:

	Cisgender	Trans/GNC	Total
<i>Percent (%)</i>			
Drinking 0 sugar-sweetened beverages (per day), on average, in the last 7 days	31.5	26.5	31.2
Drinking 1 or more sugar-sweetened beverages (per day), on average, in the last 7 days	68.5	73.5	68.8
Drinking energy drinks or shots on 0 of the past 30 days	74.6	71.7	74.4
Drinking energy drinks or shots on 1-4 of the past 30 days	14.5	15.2	14.5
Drinking energy drinks or shots on 5 or more of the past 30 days	10.9	13.1	11.0
Eating 3 or more servings of fruits (per day), on average, in the last 7 days	18.1	16.6	18.1
Eating 3 or more servings of vegetables (per day), on average, in the last 7 days	29.6	28.4	29.5

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

	Cisgender	Trans/GNC	Total
<i>Percent (%)</i>			
<b>BMI</b>			
<18.5 Underweight	5.1	7.0	5.2
18.5-24.9 Healthy Weight	55.4	48.1	55.0
25-29.9 Overweight	23.1	22.2	23.0
30-34.9 Class I Obesity	9.5	11.8	9.7
35-39.9 Class II Obesity	4.0	6.1	4.1
≥40 Class III Obesity	2.9	4.8	3.0
Mean	25.13	25.99	25.18
Median	23.71	24.21	23.73
Std Dev	5.94	6.92	6.01

**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

Cisgender n =	64074
Trans/GNC n =	4011

Definitions:

- Recommendation for **aerobic activity**: 150 minutes or more of moderate-intensity physical activity per week or 75 minutes of vigorous-intensity physical activity or the equivalent combination
- Recommendation for **strength training**: 2 or more days a week of moderate or greater intensity activities that involve all major muscle groups
- **Active Adults** meet the recommendation for strength training **AND** aerobic activity
- **Highly Active Adults** meet the recommendation for strength training and **TWICE** the recommendation for aerobic activity (300 minutes or more of moderate-intensity physical activity per week or 150 minutes of vigorous-intensity physical activity or the equivalent combination)

<i>Percent (%)</i>	Cisgender	Trans/GNC		Total
Guidelines met for <b>aerobic exercise only</b>	69.3	60.0		68.8
Guidelines met for <b>Active Adults</b>	43.9	27.2		43.0
Guidelines met for <b>Highly Active Adults</b>	34.8	19.8		34.0

**Food Security**

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

<i>Percent (%)</i>	Cisgender	Trans/GNC		Total
High or marginal food security (score 0-1)	58.0	47.6		57.4
Low food security (score 2-4)	24.2	26.7		24.3
Very low food security (score 5-6)	17.8	25.7		18.3
<b>Any food insecurity</b> (low or very low food security)	42.0	52.4		42.6

**C. Health Care Utilization**

**College students reported:**

<i>Percent (%)</i>	Cisgender	Trans/GNC		Total
Receiving psychological or mental health services within the last 12 months	33.8	64.2		35.6
<i>*The services were provided by:</i>				
My current campus health and/or counseling center	41.0	42.2		41.1
A mental health provider in the local community near my campus	23.9	29.9		24.5
A mental health provider in my home town	47.2	50.6		47.6
A mental health provider not described above	12.8	14.0		12.9

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

<i>Percent (%)</i>	Cisgender	Trans/GNC		Total
Visiting a medical provider within the last 12 months	70.4	79.2		70.9
<i>*The services were provided by:</i>				
My current campus health center	30.8	35.7		31.2
A medical service provider in the local community near my campus	29.5	34.4		29.8
A medical service provider in my home town	75.8	71.4		75.5
A medical service provider not described above	5.8	7.2		5.9

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

Cisgender n = 64074  
 Trans/GNC n = 4011

**College students reported:**

	Percent (%)	Cisgender	Trans/GNC	Total
Flu vaccine within the last 12 month		54.0	60.5	54.4
Not starting the HPV vaccine series		19.4	13.8	19.1
Starting, but not completing HPV vaccine series		4.1	5.4	4.2
Completing HPV vaccine series		52.3	57.6	52.6
Not knowing their HPV vaccine status		24.2	23.3	24.1
Ever having a GYN visit or exam (females only)		37.7	38.7	37.7
Having a dental exam in the last 12 months		70.7	64.4	70.3
Being tested for HIV within the last 12 months		11.0	15.6	11.2
Being tested for HIV more than 12 months ago		9.9	11.3	10.0
Wearing sunscreen usually or always when outdoors		35.2	31.1	35.0
Spending time outdoors with the intention of tanning at least once in the last 12 months		52.6	32.5	51.4

**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 (%)	Cisgender	Trans/GNC	Total
Alcohol use		2.1	2.9	2.1
Cannabis/marijuana use		1.6	3.9	1.7

**Negatively impacted academic performance among only students that experienced the issue**

	Cisgender	Trans/GNC	Total
Alcohol use	2.8	3.9	2.8
Cannabis/marijuana use	4.9	8.4	5.2

**Problems or challenges in the last 12 months**

	Cisgender	Trans/GNC	Total
Career	12.9	17.9	13.2
Finances	16.0	23.8	16.5
Procrastination	46.7	62.9	47.6
Faculty	7.1	11.9	7.4
Family	11.5	21.1	12.1
Intimate Relationships	11.7	15.7	11.9
Roommate/housemate	7.0	10.6	7.2
Peers	5.0	9.7	5.3
Personal appearance	6.3	12.6	6.6
Health of someone close to me	11.0	15.5	11.3
Death of a family member, friend, or someone close to me	11.3	14.5	11.5
Bullying	2.0	3.6	2.1
Cyberbullying	0.9	2.3	1.0
Hazing	0.5	0.7	0.5
Microaggression	2.7	9.7	3.1
Sexual Harassment	2.3	5.1	2.4
Discrimination	2.6	8.5	3.0

	Cisgender	Trans/GNC	Total
Career	37.7	40.9	38.0
Finances	35.0	43.0	35.6
Procrastination	64.4	73.8	65.0
Faculty	57.4	62.0	57.8
Family	31.8	35.8	32.2
Intimate Relationships	31.5	34.7	31.7
Roommate/housemate	24.8	30.8	25.2
Peers	22.4	28.1	22.9
Personal appearance	12.2	17.9	12.6
Health of someone close to me	28.0	31.5	28.3
Death of a family member, friend, or someone close to me	43.2	52.1	43.8
Bullying	31.4	33.6	31.6
Cyberbullying	28.7	32.1	29.2
Hazing	41.6	52.8	42.4
Microaggression	17.3	22.5	18.1
Sexual Harassment	22.9	27.6	23.4
Discrimination	27.1	33.1	27.9

Cisgender n = 64074  
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**Negatively impacted academic performance among all students in the sample**

	Cisgender	Trans/GNC	Total
<i>Percent (%)</i>			
<b>Acute Diagnoses in the last 12 months</b>			
Bronchitis	1.6	1.4	1.6
Chlamydia	0.2	0.3	0.2
Chicken Pox (Varicella)	0.0	0.1	0.1
Cold/Virus or other respiratory illness	13.3	15.1	13.4
Concussion	1.7	2.5	1.7
Gonorrhea	0.0	0.2	0.1
Flu (influenza or flu-like illness)	4.5	4.5	4.5
Mumps	0.0	0.2	0.0
Mononucleosis (mono)	0.9	1.0	0.9
Orthopedic injury	2.7	4.5	2.8
Pelvic Inflammatory Disease	0.1	0.2	0.1
Pneumonia	0.6	0.6	0.6
Shingles	0.1	0.2	0.1
Stomach or GI virus or bug, food poisoning or gastritis	3.4	5.8	3.6
Urinary tract infection	2.1	2.7	2.1

**Negatively impacted academic performance among only students that experienced the issue**

	Cisgender	Trans/GNC	Total
	48.8	53.3	49.0
	14.9	26.9	15.6
	11.0	33.3	12.4
	41.6	48.7	42.0
	64.7	73.2	65.3
	14.3	30.8	16.0
	50.3	55.3	50.5
	15.2	56.3	19.3
	55.2	61.9	55.5
	31.0	44.5	31.9
	32.2	47.6	33.6
	54.6	57.5	54.8
	29.8	47.6	31.1
	43.1	55.1	44.0
	21.3	25.1	21.5

	Cisgender	Trans/GNC	Total
<i>Percent (%)</i>			
<b>Any ongoing or chronic medical conditions diagnosed or treated in the last 12 months</b>	27.8	57.7	29.5

	Cisgender	Trans/GNC	Total
	37.5	65.9	39.5

	Cisgender	Trans/GNC	Total
<b>Other impediments to academic performance</b>			
Assault (physical)	0.9	1.8	0.9
Assault (sexual)	2.1	5.4	2.3
Allergies	3.1	4.2	3.2
Anxiety	33.8	58.3	35.2
ADHD or ADD	10.7	31.4	11.9
Concussion or TBI	1.7	3.3	1.8
Depression	23.9	54.5	25.7
Eating disorder/problem	3.8	9.8	4.1
Headaches/migraines	11.6	19.3	12.0
Influenza or influenza-like illness (the flu)	4.2	5.7	4.3
Injury	2.4	4.5	2.5
PMS	8.7	15.2	9.1
PTSD	3.5	13.5	4.1
Short-term illness	4.9	7.0	5.0
Upper respiratory illness	7.9	10.5	8.1
Sleep difficulties	23.2	40.6	24.2
Stress	40.2	62.3	41.5

	Cisgender	Trans/GNC	Total
	30.0	32.2	30.2
	33.0	41.9	34.0
	8.7	10.2	8.8
	51.6	69.4	52.9
	67.9	80.3	69.5
	53.7	60.5	54.4
	58.9	74.0	60.4
	26.4	31.8	27.1
	32.7	42.8	33.5
	37.4	43.4	37.8
	23.9	35.5	24.8
	27.7	39.9	28.5
	47.8	58.3	49.5
	33.8	38.0	34.1
	30.8	36.5	31.2
	47.3	61.0	48.4
	53.1	71.6	54.3

Cisgender n =	64074
Trans/GNC n =	4011

## E. Violence, Abusive Relationships, and Personal Safety

Within the last 12 months, college students reported experiencing:

	Percent (%)	Cisgender	Trans/GNC	Total
A physical fight		2.1	3.2	2.2
A physical assault (not sexual assault)		2.0	3.7	2.1
A verbal threat		10.7	19.6	11.2
Sexual touching without their consent		6.3	9.3	6.5
Sexual penetration attempt without their consent		2.1	3.9	2.3
Sexual penetration without their consent		1.7	3.5	1.8
Being a victim of stalking		4.0	7.3	4.2
A partner called me names, insulted me, or put me down to make me feel bad		10.3	11.0	10.3
A partner often insisted on knowing who I was with and where I was or tried to limit my contact with family or friends		5.7	6.7	5.8
A partner pushed, grabbed, shoved, slapped, kicked, bit, choked or hit me without my consent		2.7	3.9	2.7
A partner forced me into unwanted sexual contact by holding me down or hurting me in some way		1.6	3.0	1.7
A partner pressured me into unwanted sexual contact by threatening me, coercing me, or using alcohol or other drugs		3.1	5.4	3.2

College students reported feeling *very safe* :

	Percent (%)	Cisgender	Trans/GNC	Total
On their campus (daytime)		76.7	66.2	76.1
On their campus (nighttime)		28.4	19.5	27.8
In the community surrounding their campus (daytime)		42.5	29.8	41.8
In the community surrounding their campus (nighttime)		16.0	9.1	15.6



Cisgender n =	64074
Trans/GNC n =	4011

## F. Tobacco, Alcohol, and Other Drug Use

Percent (%)	Ever Used		
	Cisgender	Trans/GNC	Total
Tobacco or nicotine delivery products (cigarettes, e-cigarettes, Juul or other vape products, water pipe or hookah, chewing tobacco, cigars, etc.)	33.3	33.9	33.3
Alcoholic beverages (beer, wine, liquor, etc.)	72.7	73.1	72.7
Cannabis (marijuana, weed, hash, edibles, vaped cannabis, etc.) <b>[Please report nonmedical use only.]</b>	41.2	54.5	41.9
Cocaine (coke, crack, etc.)	5.8	6.3	5.8
Prescription stimulants (Ritalin, Concerta, Dexedrine, Adderall, diet pills, etc.) <b>[Please report nonmedical use only.]</b>	7.5	9.4	7.6
Methamphetamine (speed, crystal meth, ice, etc.)	1.1	2.0	1.1
Inhalants (poppers, nitrous, glue, gas, paint thinner, etc.)	3.2	6.8	3.4
Sedatives or Sleeping Pills (Valium, Ativan, Xanax, Klonopin, Librium, Rohypnol, GHB, etc.) <b>[Please report nonmedical use only.]</b>	4.7	7.8	4.9
Hallucinogens (Ecstasy, MDMA, Molly, LSD, acid, mushrooms, PCP, Special K, etc.)	9.2	17.3	9.7
Heroin	0.6	1.3	0.6
Prescription opioids (morphine, codeine, fentanyl, oxycodone [OxyContin, Percocet], hydrocodone [Vicodin], methadone, buprenorphine [Suboxone], etc.) <b>[Please report nonmedical use only.]</b>	3.4	5.6	3.5

*Used in the last 3 months			
Cisgender	Trans/GNC	Total	
21.3	21.5	21.3	
67.3	65.5	67.2	
27.3	40.9	28.1	
1.7	2.0	1.7	
2.7	3.6	2.7	
0.1	0.7	0.2	
1.0	2.8	1.1	
1.5	2.7	1.6	
3.0	7.6	3.3	
0.1	0.5	0.1	
0.6	1.3	0.7	

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

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

Percent (%)	*Moderate risk use of the substance		
	Cisgender	Trans/GNC	Total
Tobacco or nicotine delivery products	14.7	16.2	14.8
Alcoholic beverages	11.5	11.8	11.6
Cannabis (nonmedical use)	17.2	29.1	17.9
Cocaine	1.0	1.2	1.1
Prescription stimulants (nonmedical use)	1.4	2.2	1.4
Methamphetamine	0.2	0.3	0.2
Inhalants	0.5	1.2	0.5
Sedatives or Sleeping Pills (nonmedical use)	1.0	1.9	1.0
Hallucinogens	1.6	4.7	1.8
Heroin	0.1	0.2	0.2
Prescription opioids (nonmedical use)	0.5	1.2	0.5

*High risk use of the substance			
Cisgender	Trans/GNC	Total	
1.2	1.6	1.2	
1.1	1.6	1.1	
1.1	2.6	1.2	
0.1	0.4	0.1	
0.1	0.3	0.1	
0.0	0.4	0.1	
0.0	0.3	0.1	
0.1	0.5	0.1	
0.0	0.3	0.1	
0.0	0.3	0.1	
0.1	0.3	0.1	

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

Cisgender n =	64074
Trans/GNC n =	4011

**\*Proportion of students who were prescribed a medication and used more than prescribed or more often than prescribed in the past 3 months**

	Cisgender	Trans/GNC	Total
<i>Percent (%)</i>			
Prescription stimulants	1.8	2.2	1.8
Prescription sedatives or sleeping pills	1.1	1.9	1.1
Prescription opioids	0.4	1.0	0.4

\*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.

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

	Cisgender	Trans/GNC	Total
<i>Percent (%)</i>			
Cigarettes	7.4	10.6	7.6
E-cigarettes or other vape products (for example: Juul, etc.)	16.6	16.7	16.6
Water pipe or hookah	1.8	2.2	1.8
Chewing or smokeless tobacco	1.4	0.7	1.4
Cigars or little cigars	2.5	2.4	2.5
Other	0.4	0.5	0.4

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

**Students in Recovery**

■ 2.1 % of college students surveyed ( 2.0 % Cisgender, 4.4 % Trans/GNC) indicated they were in recovery from alcohol or other drug use.

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

	Drank Alcohol		
	Cisgender	Trans/GNC	Total
<i>Percent (%)</i>			
Never	20.6	19.4	20.6
Within the last 2 weeks	51.1	44.4	50.7
More than 2 weeks ago but within the last 30 days	9.3	11.1	9.4
More than 30 days ago but within the last 3 months	8.8	11.7	9.0
More than 3 months ago but within the last 12 months	6.1	7.7	6.2
More than 12 months ago	4.0	5.7	4.1

	*Used Cannabis/Marijuana		
	Cisgender	Trans/GNC	Total
<i>Percent (%)</i>			
Never	53.9	40.1	53.1
Within the last 2 weeks	16.5	28.7	17.2
More than 2 weeks ago but within the last 30 days	4.1	5.2	4.1
More than 30 days ago but within the last 3 months	5.8	7.6	5.9
More than 3 months ago but within the last 12 months	7.7	8.0	7.8
More than 12 months ago	12.0	10.2	11.9

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

**Driving under the influence**

■ 13.5 % 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.*

■ 30.8 % 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.

	Cisgender	Trans/GNC	Total
<i>Percent (%)</i>			
<b>Estimated BAC</b>			
< .08	80.4	83.9	80.6
< .10	85.9	89.4	86.1
Mean	0.04	0.04	0.04
Median	0.02	0.02	0.02
Std Dev	0.06	0.05	0.06

Cisgender n =	64074
Trans/GNC n =	4011

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

	Percent (%)	Cisgender	Trans/GNC	Total
<b>Number of drinks</b>				
4 or fewer		76.1	82.8	76.5
5		8.5	6.4	8.4
6		5.5	4.4	5.4
7 or more		9.9	6.4	9.7
Mean		3.3	2.9	3.3
Median		2.5	2.0	2.0
Std Dev		2.9	3.2	2.9

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

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

Among all students surveyed				
	Percent (%)	Cisgender	Trans/GNC	Total
Did not drink alcohol in the last two weeks (includes non-drinkers)		48.9	55.6	49.3
None		25.2	26.0	25.3
1-2 times		19.1	14.3	18.9
3-5 times		5.7	2.9	5.5
6 or more times		1.0	1.2	1.0

\*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**

Cisgender	Trans/GNC	Total
49.4	58.7	49.9
37.5	32.1	37.2
11.1	6.5	10.9
2.0	2.6	2.1

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

	Percent (%)	Cisgender	Trans/GNC	Total
Did something I later regretted		19.1	16.5	18.9
Blackout (forgot where I was or what I did for a <b>large period of time and cannot remember</b> , even when someone reminds me)		11.5	8.4	11.3
Brownout (forgot where I was or what I did for <b>short periods of time, but can remember</b> once someone reminds me)		22.5	20.0	22.3
Got in trouble with the police		0.7	0.8	0.7
Got in trouble with college/university authorities		1.0	1.2	1.0
Someone had sex with me <b>without my</b> consent		1.5	2.5	1.6
Had sex with someone <b>without their</b> consent		0.2	0.7	0.2
Had unprotected sex		11.6	9.0	11.4
Physically injured myself		7.1	7.6	7.1
Physically injured another person		0.5	0.9	0.6
Seriously considered suicide		2.4	7.2	2.7
Needed medical help		1.0	1.4	1.0
<b>Reported two or more of the above</b>		24.2	22.2	24.0

\*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 (%)	Oral sex			Total
	Cisgender	Trans/GNC		
Never	36.3	36.1		36.2
Within the last 2 weeks	31.3	27.8		31.1
More than 2 weeks ago but within the last 30 days	7.9	8.1		7.9
More than 30 days ago but within the last 3 months	8.4	8.8		8.4
More than 3 months ago but within the last 12 months	8.1	9.7		8.2
More than 12 months ago	8.1	9.6		8.2

Cisgender	Trans/GNC		Total
33.9	22.8		33.2
6.4	5.7		6.4
6.8	6.1		6.8
6.5	6.7		6.5
7.0	9.4		7.1

Percent (%)	Anal intercourse			Total
	Cisgender	Trans/GNC		
Never	82.1	75.5		81.7
Within the last 2 weeks	2.4	3.8		2.5
More than 2 weeks ago but within the last 30 days	1.2	2.5		1.3
More than 30 days ago but within the last 3 months	2.1	3.2		2.2
More than 3 months ago but within the last 12 months	3.4	4.2		3.5
More than 12 months ago	8.8	10.7		8.9

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

Percent (%)	Cisgender	Trans/GNC		Total
None	0.4	0.4		0.4
1	70.5	63.3		70.1
2	11.7	14.5		11.9
3	6.5	7.0		6.5
4 or more	10.9	14.8		11.1
Mean	1.9	2.4		1.9
Median	1.0	1.0		1.0
Std Dev	2.8	4.3		2.9

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

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

Percent (%)	Cisgender	Trans/GNC		Total
Oral sex	4.8	4.6		4.8
Vaginal intercourse	37.8	40.4		37.9
Anal intercourse	21.9	27.8		22.5

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

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

Percent (%)	Cisgender	Trans/GNC		Total
Yes, used a method of contraception	84.2	80.2		84.0
No, did not want to prevent pregnancy	2.5	2.3		2.5
No, did not use any method	12.3	16.2		12.5
Don't know	1.0	1.3		1.0

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

Cisgender n =	64074
Trans/GNC n =	4011

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

	Percent (%)	Cisgender	Trans/GNC	Total
Birth control pills (monthly or extended cycle)		46.4	35.6	45.9
Birth control shots		1.9	2.3	1.9
Birth control implants		7.1	8.9	7.2
Birth control patch		0.8	1.1	0.8
The ring		2.0	2.7	2.0
Emergency contraception ("morning after pill" or "Plan B")		5.1	5.7	5.1
Intrauterine device		15.7	17.7	15.7
Male (external) condom		47.6	52.9	47.9
Female (internal) condom		0.2	0.9	0.3
Diaphragm or cervical cap		0.1	0.2	0.1
Contraceptive sponge		0.0	0.0	0.0
Withdrawal		22.1	21.4	22.0
Fertility awareness (calendar, mucous, basal body temperature)		4.6	5.7	4.7
Sterilization (hysterectomy, tubes tied, vasectomy)		2.6	3.6	2.6
Other method		1.1	2.7	1.2
<b>Male condom use plus another method</b>		<b>32.3</b>	<b>35.7</b>	<b>32.5</b>
<b>Any two or more methods (excluding male condoms)</b>		<b>21.7</b>	<b>22.6</b>	<b>21.7</b>

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

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

Yes ( 17.5 % Cisgender, 18.2 % Trans/GNC).

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 ( 1.1 % Cisgender, 1.9 % Trans/GNC).

## H. Mental Health and Wellbeing

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

	Percent (%)	Cisgender	Trans/GNC	Total
No or low psychological distress (0-4)		26.2	7.9	25.1
Moderate psychological distress (5-12)		52.2	45.2	51.8
Serious psychological distress (13-24)		21.7	46.9	23.1
Mean		8.48	12.13	8.69
Median		8.00	12.00	8.00
Std Dev		5.32	5.26	5.39

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

	Percent (%)	Cisgender	Trans/GNC	Total
Negative for loneliness (3-5)		49.2	32.7	48.2
Positive for loneliness (6-9)		50.8	67.3	51.8
Mean		5.50	6.28	5.55
Median		6.00	6.00	6.00
Std Dev		1.88	1.85	1.89

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

Cisgender n =	64074
Trans/GNC n =	4011

	Cisgender	Trans/GNC	Total
Mean	44.75	39.66	44.45
Median	47.00	41.00	46.00
Std Dev	8.56	9.70	8.72

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

	Cisgender	Trans/GNC	Total
Mean	6.05	5.34	6.00
Median	6.00	5.00	6.00
Std Dev	1.54	1.70	1.56

**Self injury**

■ 10.8 % of college students surveyed ( 9.5 % Cisgender, 31.1 % Trans/GNC) 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:**

	Percent (%)	Cisgender	Trans/GNC	Total
Academics		47.2	63.2	48.1
Career		34.7	44.2	35.2
Finances		46.1	55.8	46.7
Procrastination		73.1	86.1	73.9
Faculty		12.5	19.5	12.9
Family		36.7	59.4	38.1
Intimate relationships		37.4	45.7	37.9
Roommate/housemate		28.5	34.9	28.9
Peers		22.8	35.0	23.6
Personal appearance		52.1	71.6	53.2
Health of someone close to me		39.9	49.9	40.5
Death of a family member, friend, or someone close to me		26.4	28.2	26.5
Bullying		6.5	10.8	6.7
Cyberbullying		3.2	7.4	3.5
Hazing		1.1	1.4	1.1
Microaggression		15.5	43.5	17.1
Sexual Harassment		9.9	18.6	10.4
Discrimination		9.9	26.1	10.8

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

	Cisgender	Trans/GNC	Total
	88.4	91.0	88.6
	76.2	77.3	76.3
	78.3	82.3	78.5
	66.3	75.7	67.0
	56.5	59.2	56.7
	68.0	75.1	68.7
	64.2	69.2	64.5
	59.0	65.0	59.5
	47.0	54.2	47.7
	58.8	66.6	59.4
	64.9	67.3	65.1
	75.6	76.2	75.6
	55.7	60.6	56.1
	52.2	51.7	52.1
	51.2	42.6	50.6
	37.5	44.5	38.5
	56.2	64.7	57.1
	50.0	62.3	51.8

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

<b>Students reporting none of the above</b>	7.6	2.7	7.3
<b>Students reporting only one of the above</b>	8.1	2.2	7.7
<b>Students reporting 2 of the above</b>	10.2	4.6	9.9
<b>Students reporting 3 or more of the above</b>	74.1	90.4	75.1

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

Cisgender n =	64074
Trans/GNC n =	4011

	Cisgender	Trans/GNC	Total
<i>Percent (%)</i>			
Negative suicidal screening (3-6)	74.7	37.1	72.5
Positive suicidal screening (7-18)	25.3	62.9	27.5
Mean	5.18	8.26	5.36
Median	4.00	8.00	4.00
Std Dev	3.02	3.89	3.16

**Suicide attempt**

■ 2.5 % of college students surveyed ( 2.3 % Cisgender, 6.7 % Trans/GNC) 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:**

	Cisgender	Trans/GNC	Total
<i>Percent (%)</i>			
No stress	1.6	0.7	1.5
Low	20.3	10.2	19.7
Moderate	49.5	45.9	49.3
High	28.6	43.1	29.4

**I. Acute Conditions**

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

	Cisgender	Trans/GNC	Total
<i>Percent (%)</i>			
Bronchitis	3.4	2.8	3.4
Chlamydia	1.3	1.4	1.3
Chicken Pox (Varicella)	0.5	0.5	0.5
Cold/virus or other respiratory illness (for example: sinus infection, ear infection, strep throat, tonsillitis, pharyngitis, or laryngitis)	32.4	31.2	32.3
Concussion	2.7	3.6	2.8
Gonorrhea	0.4	0.7	0.4
Flu (influenza) or flu-like illness	9.2	8.4	9.1
Mumps	0.2	0.5	0.3
Mononucleosis (mono)	1.6	1.7	1.6
Orthopedic injury (for example: broken bone, fracture, sprain, bursitis, tendinitis, or ligament injury)	8.8	10.2	8.9
Pelvic Inflammatory Disease	0.3	0.6	0.3
Pneumonia	1.1	1.1	1.1
Shingles	0.4	0.6	0.4
Stomach or GI virus or bug, food poisoning or gastritis	8.1	10.8	8.3
Urinary tract infection	10.0	11.0	10.1

## J. Ongoing or Chronic Conditions

The questions for the *ongoing or chronic conditions* are presented differently in this report than the order they appear in the survey. In the survey, all items appear in a single list, ordered alphabetically. In this report, the conditions are presented in groups to ease burden on the reader. The findings are divided into mental health conditions, STIs and other chronic infections, and other ongoing or chronic conditions in this report.

### Mental Health

College students reported ever being diagnosed with the following:

Percent (%)	Cisgender	Trans/GNC	Total
ADD/ADHD - Attention Deficit/Hyperactivity Disorder	11.2	29.4	12.2
Alcohol or Other Drug-Related Abuse or Addiction	1.3	2.7	1.4
Anxiety (for example: Generalized Anxiety, Social Anxiety, Panic Disorder, Specific Phobia)	32.8	61.7	34.5
Autism Spectrum	1.5	10.8	2.0
Bipolar and Related Conditions (for example: Bipolar I, II, Hypomanic Episode)	2.2	6.8	2.5
Borderline Personality Disorder (BPD), Avoidant Personality, Dependent Personality, or another personality disorder	1.0	5.0	1.3
Depression (for example: Major depression, persistent depressive disorder, disruptive mood disorder)	24.8	58.1	26.7
Eating Disorders (for example: Anorexia Nervosa, Bulimia Nervosa, Binge-Eating)	5.8	14.9	6.3
Gambling Disorder	0.1	0.4	0.1
Insomnia	6.1	15.7	6.6
Obsessive-Compulsive and Related Conditions (for example: OCD, Body Dysmorphia, Hoarding, Trichotillomania and other body-focused repetitive behavior disorders)	5.3	14.2	5.8
PTSD (Posttraumatic Stress Disorder), Acute Stress Disorder, Adjustment Disorder, or another trauma- or stressor- related condition	6.9	21.4	7.8
Schizophrenia and Other Psychotic Conditions (for example: Schizophrenia, Schizoaffective Disorder, Schizophreniform Disorder, Delusional Disorder)	0.2	1.4	0.3
Tourette's or other neurodevelopmental condition not already listed	0.4	1.8	0.5
Traumatic brain injury (TBI)	1.1	2.3	1.1

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

Cisgender	Trans/GNC	Total
71.8	79.0	72.8
41.7	55.7	43.3
76.2	81.6	76.7
43.9	60.8	49.2
74.1	81.8	75.3
69.8	74.4	70.8
76.2	80.7	76.8
53.9	54.8	54.0
21.4	57.1	27.4
57.8	60.4	58.1
66.5	71.7	67.3
72.1	76.2	72.7
50.4	66.0	54.7
41.9	55.9	44.8
41.8	51.6	43.0

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

Percent (%)	Cisgender	Trans/GNC	Total
<b>Students reporting none of the above</b>	57.8	26.1	55.9
<b>Students reporting only one of the above</b>	14.1	12.3	14.0
<b>Students reporting both Depression and Anxiety</b>	21.1	51.5	22.8
<b>Students reporting any two or more of the above (excluding the combination of Depression and Anxiety)</b>	7.0	10.2	7.2



Cisgender n =	64074
Trans/GNC n =	4011

**STI's/Other chronic infections**

**College students reported ever being diagnosed with the following:**

	Cisgender	Trans/GNC	Total
<i>Percent (%)</i>			
Genital herpes	1.0	1.5	1.0
Hepatitis B or C	0.2	0.4	0.2
HIV or AIDS	0.1	0.4	0.2
Human papillomavirus (HPV) or genital warts	1.5	1.7	1.6

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

Cisgender	Trans/GNC	Total
49.0	48.3	48.9
34.1	61.5	36.7
52.2	62.5	53.7
43.9	38.2	43.5

*\*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:**

	Cisgender	Trans/GNC	Total
<i>Percent (%)</i>			
Acne	29.3	32.1	29.5
Allergies - food allergy	13.1	17.3	13.3
Allergies - animals/pets	14.2	17.2	14.4
Allergies - environmental (for example: pollen, grass, dust, mold)	30.9	36.5	31.3
Asthma	16.6	21.4	16.9
Cancer	0.9	0.9	0.9
Celiac disease	1.0	1.7	1.0
Chronic pain (for example: back or joint pain, arthritis, nerve pain)	7.3	16.6	7.8
Diabetes or pre-diabetes/insulin resistance	2.5	3.9	2.6
Endometriosis	1.8	2.9	1.9
Gastroesophageal Reflux Disease (GERD) or acid reflux	5.7	8.8	5.9
Heart & vascular disorders (for example: atrial fibrillation or other cardiac arrhythmia, mitral valve prolapse or other valvular heart disease, congenital heart condition)	2.5	4.2	2.6
High blood pressure (hypertension)	3.3	3.5	3.3
High cholesterol (hyperlipidemia)	3.3	3.5	3.3
Irritable bowel syndrome (spastic colon or spastic bowel)	5.5	8.4	5.7
Migraine headaches	12.4	18.7	12.7
Polycystic Ovarian Syndrome (PCOS)	3.4	5.3	3.5
Sleep Apnea	1.9	2.6	1.9
Thyroid condition or disorder	3.5	4.4	3.6
Urinary system disorder (for example: bladder or kidney disease, urinary reflux, interstitial cystitis)	1.5	1.8	1.5

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

Cisgender	Trans/GNC	Total
42.4	31.7	41.7
31.9	27.5	31.6
27.3	22.7	27.0
28.7	22.7	28.3
35.0	34.0	35.0
59.9	62.2	60.1
52.4	55.4	52.7
69.3	70.0	69.4
70.3	69.5	70.2
60.2	57.1	59.9
53.1	51.3	52.9
57.7	54.3	57.4
68.4	62.3	68.0
63.2	58.1	62.9
59.4	55.4	59.0
52.5	49.7	52.2
67.6	62.4	67.2
54.4	42.4	53.5
80.7	80.1	80.7
62.9	62.0	62.9

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

Cisgender n =	64074
Trans/GNC n =	4011

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

	Cisgender	Trans/GNC		Total
<i>Percent (%)</i>				
Type I Diabetes	24.8	35.7		25.6
Type II Diabetes	23.6	24.6		23.7
Pre-diabetes or insulin resistance	63.3	66.4		63.6
Gestational Diabetes	6.8	7.5		6.8

## K. Sleep

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

	Cisgender	Trans/GNC		Total
<i>Percent (%)</i>				
Less than 15 minutes	41.1	30.0		40.5
16 to 30 minutes	27.5	28.5		27.6
31 minutes or more	31.4	41.6		32.0

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

	On weeknights			
	Cisgender	Trans/GNC		Total
<i>Percent (%)</i>				
Less than 7 hours	42.5	46.9		42.7
7 to 9 hours	56.3	50.9		55.9
10 or more hours	1.3	2.2		1.3

	On weekend nights			
	Cisgender	Trans/GNC		Total
	22.4	21.5		22.3
	69.7	64.7		69.4
	7.9	13.8		8.2

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

	Felt tired or sleepy during the day			
	Cisgender	Trans/GNC		Total
<i>Percent (%)</i>				
0 days	3.8	2.2		3.7
1-2 days	20.9	13.1		20.5
3-5 days	44.5	38.6		44.2
6-7 days	30.7	46.2		31.7

	Got enough sleep so that they felt rested			
	Cisgender	Trans/GNC		Total
	19.0	26.6		19.5
	39.1	39.2		39.1
	32.7	27.3		32.4
	9.1	6.9		9.0

## Demographics and Sample Characteristics

<b>■ Age</b>		<b>■ Students describe themselves as</b>	
18 - 20 years:	46.0 %	Straight/Heterosexual:	72.3 %
21 - 24 years:	33.2 %	Asexual:	1.4 %
25 - 29 years:	10.4 %	Bisexual:	12.9 %
30+ years:	10.4 %	Gay:	2.0 %
Mean age:	22.9 years	Lesbian:	2.5 %
Median age:	21.0 years	Pansexual:	2.6 %
		Queer:	2.9 %
		Questioning:	2.8 %
		Identity not listed above:	0.6 %
<b>■ Gender*</b>			
Cis Women:	65.9 %		
Cis Men:	28.2 %		
Transgender/Gender Non-conforming:	5.9 %		
<i>* See note on page 2 regarding gender categories</i>			
<b>■ Student status</b>		<b>■ Housing</b>	
1st year undergraduate:	21.5 %	Campus or university housing:	39.2 %
2nd year undergraduate:	18.2 %	Fraternity or sorority residence:	1.3 %
3rd year undergraduate:	19.8 %	Parent/guardian/other family:	14.1 %
4th year undergraduate:	15.9 %	Off-campus:	43.9 %
5th year or more undergraduate:	3.7 %	Temporary or "couch surfing":	0.3 %
Master's (MA, MS, MFA, MBA, etc.):	11.7 %	Don't have a place to live:	0.0 %
Doctorate (PhD, EdD, MD, JD, etc.):	8.2 %	Other:	1.2 %
Not seeking a degree:	0.3 %		
Other:	0.9 %		
		<b>■ Students describe themselves as</b>	
Full-time student:	91.6 %	American Indian or Native Alaskan	2.3 %
Part-time student:	7.9 %	Asian or Asian American	14.4 %
Other student:	0.5 %	Black or African American	6.3 %
		Hispanic or Latino/a/x	11.9 %
<b>■ Visa to work or study in the US:</b>	12.1 %	Middle Eastern/North African (MENA) or Arab Origin:	1.8 %
		Native Hawaiian or Other Pacific Islander Native:	0.5 %
<b>■ Relationship status</b>		White:	69.0 %
Not in a relationship:	51.4 %	Biracial or Multiracial:	4.4 %
In a relationship but not married/partnered:	39.1 %	Identity not listed above:	1.2 %
Married/partnered:	9.5 %		
		<b><i>If Hispanic or Latino/a/x, are you</i></b>	
<b>■ Primary Source of Health Insurance</b>		Mexican, Mexican American, Chicano:	50.6 %
College/university sponsored SHIP plan:	13.4 %	Puerto Rican:	13.3 %
Parent or guardian's plan:	63.4 %	Cuban:	6.6 %
Employer (mine or my spouse/partners):	8.4 %	Another Hispanic, Latino/a/x, or Spanish Origin:	35.8 %
Medicaid, Medicare, SCHIP, or VA:	7.9 %		
Bought a plan on my own:	2.5 %	<b><i>If Asian or Asian American, are you</i></b>	
Don't have health insurance:	2.5 %	East Asian:	45.2 %
Don't know if I have health insurance:	0.6 %	Southeast Asian:	22.9 %
Have insurance, but don't know source:	1.3 %	South Asian:	33.1 %
		Other Asian:	2.0 %
<b>■ Student Veteran:</b>	2.0 %		
<b>■ Parent or primary responsibility for someone else's child/children under 18 years old:</b>	5.8 %		

■ **First generation students** 34.1 %  
(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):	14.4 %
Autism Spectrum Disorder:	2.7 %
Deaf/Hearing loss:	2.1 %
Learning disability:	4.3 %
Mobility/Dexterity disability:	1.3 %
Blind/low vision:	3.5 %
Speech or language disorder:	1.1 %

■ **Participated in organized college athletics:**

Varsity:	6.2 %
Club sports:	8.3 %
Intramurals:	10.8 %

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

Greek member:	8.6 %
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