



NATIONAL COLLEGE HEALTH ASSESSMENT

UNDERGRADUATE STUDENT Reference Group

Executive Summary

Fall 2019

The ACHA-NCHA II 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, and 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 erroneous conclusions 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.
3. **About the use of sex and gender in this report:** Survey responses are reported by sex based on the responses to questions 67A, 67B, and 67C. 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 gender identity is consistent with sex at birth AND "no" is selected 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 selects "intersex" for sex at birth, "no" for transgender, and man or woman for gender identity are designated as *male* or *female*. 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 *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 responses.

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

This Executive Summary highlights results of the ACHA-NCHA III Fall 2019 survey for Undergraduate Student Reference Group consisting of 30,084 respondents.

Findings

A. General Health and Campus Climate

- 52.8 % of college students surveyed (61.9 % male and 48.8 % female) described their health as *very good or excellent*.
- 88.2 % of college students surveyed (90.9 % male and 87.4 % female) described their health as *good, very good or excellent*.

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

	Percent (%)	Male	Female	Total
I feel that I belong at my college/university		71.9	71.9	71.4
I feel that students' health and well-being is a priority at my college/university		56.8	53.7	54.5
At my college/university, I feel that the campus climate encourages free and open discussion of students' health and well-being.		60.8	59.2	59.4
At my college/university, we are a campus where we look out for each other		55.9	55.1	54.9

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

College students reported:

	Percent (%)	Male	Female	Total
Drinking 0 sugar-sweetened beverages (per day), on average, in the last 7 days		29.6	29.1	29.2
Drinking 1 or more sugar-sweetened beverages (per day), on average, in the last 7 days		70.4	70.9	70.8
Drinking energy drinks or shots on 0 of the past 30 days		73.3	82.9	79.4
Drinking energy drinks or shots on 1-4 of the past 30 days		16.8	11.5	13.4
Drinking energy drinks or shots on 5 or more of the past 30 days		9.9	5.7	7.2
Eating 3 or more servings of fruits (per day), on average, in the last 7 days		18.7	18.3	18.4
Eating 3 or more servings of vegetables (per day), on average, in the last 7 days		28.2	28.8	28.7

■ **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.

BMI	Percent (%)	Male	Female	Total
<18.5 Underweight		5.0	4.9	5.0
18.5-24.9 Healthy Weight		56.1	56.8	56.3
25-29.9 Overweight		25.4	21.4	22.8
30-34.9 Class I Obesity		8.6	9.6	9.2
35-39.9 Class II Obesity		3.3	4.3	4.0
≥40 Class III Obesity		1.7	3.1	2.7
Mean		24.80	25.12	25.04
Median		23.71	23.49	23.63
Std Dev		5.39	6.06	5.88

Students meeting the recommended guidelines for physical activity

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

Washington, DC: US Dept of Health and Human Services; 2018

Definitions:

- 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)

	Percent (%)	Male	Female	Total
Guidelines met for aerobic exercise only		73.1	64.7	67.4
Guidelines met for Active Adults		49.2	36.7	40.7
Guidelines met for Highly Active Adults		40.3	29.5	32.9

Food Security

Based on responses to the *US Household Food Security Survey Module: Six-Item Short Form (2012)*

from the USDA Economic Research Service.

	Percent (%)	Male	Female	Total
High or marginal food security (score 0-1)		56.7	50.7	52.5
Low food security (score 2-4)		23.9	26.6	25.6
Very low food security (score 5-6)		19.4	22.7	21.9
Any food insecurity (low or very low food security)		43.3	49.3	47.5

C. Health Care Utilization

College students reported:

	Percent (%)	Male	Female	Total
Receiving psychological or mental health services within the last 12 months		16.2	29.1	25.4

*The services were provided by:

My current campus health and/or counseling center		53.4	54.8	54.6
A mental health provider in the local community near my campus		20.0	21.6	21.8
A mental health provider in my home town		43.9	49.6	48.3
A mental health provider not described above		9.9	7.2	8.0

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

	Percent (%)	Male	Female	Total
Visiting a medical provider within the last 12 months		60.0	77.0	71.1

*The services were provided by:

My current campus health center		30.5	36.0	34.4
A medical service provider in the local community near my campus		23.5	27.0	26.2
A mental service provider in my home town		78.7	81.0	80.0
A mental service provider not described above		6.1	5.3	5.6

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

College students reported:

	Percent (%)	Male	Female	Total
Flu vaccine within the last 12 month		44.0	46.7	45.6
Not starting the HPV vaccine series		20.2	17.3	18.3
Starting, but not completing HPV vaccine series		4.9	6.8	6.2
Completing HPV vaccine series		44.2	55.8	51.8
Not knowing their HPV vaccine status		30.7	20.1	23.8
Ever having a GYN visit or exam (females only)			48.5	
Having a dental exam in the last 12 months		73.8	75.9	74.9
Being tested for HIV within the last 12 months		11.4	18.2	15.9
Being tested for HIV more than 12 months ago		6.5	7.4	7.2
Wearing sunscreen usually or always when outdoors		16.3	32.6	26.8
Spending time outdoors with the intention of tanning at least once in the last 12 months		39.1	61.8	53.5

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)

	Percent (%)	Negatively impacted academic performance among <u>all students in the sample</u>			Negatively impacted academic performance among <u>only students that experienced the issue</u>		
		Male	Female	Total	Male	Female	Total
Alcohol use		2.5	2.0	2.2	3.7	2.7	3.0
Cannabis/marijuana use		2.3	1.3	1.7	7.5	4.1	5.4

Problems or challenges in the last 12 months

Career	10.8	11.2	11.2	37.3	35.3	36.2
Finances	13.7	17.1	16.2	35.3	34.9	35.4
Procrastination	47.2	46.1	46.8	67.2	63.6	65.1
Faculty	5.8	5.8	6.0	58.4	54.6	56.2
Family	7.5	12.9	11.3	29.6	33.3	32.7
Intimate Relationships	10.6	12.5	12.0	30.6	31.9	31.9
Roommate/housemate	3.9	6.0	5.4	20.6	21.6	21.7
Peers	4.3	5.1	5.0	21.5	19.4	20.5
Personal appearance	4.3	7.4	6.6	13.7	14.6	14.8
Health of someone close to me	7.0	10.8	9.7	25.1	29.0	28.2
Death of a family member, friend, or someone close to me	6.7	10.1	9.0	35.2	42.5	40.7
Bullying	1.3	2.2	2.0	31.5	31.0	31.6
Cyberbullying	0.7	0.9	0.9	31.8	29.2	31.1
Hazing	0.4	0.3	0.4	28.9	31.4	32.5
Microaggression	1.3	2.2	2.1	14.0	15.2	15.7
Sexual Harassment	0.7	2.7	2.1	25.9	22.7	23.6
Discrimination	1.9	2.3	2.4	23.7	22.8	24.4

**Negatively impacted
academic performance
among all students in the
sample**

Percent (%)

Acute Diagnoses in the last 12 months

	Male	Female	Total
Bronchitis	1.1	2.9	2.3
Chlamydia	0.1	0.3	0.2
Chicken Pox (Varicella)	0.1	0.1	0.1
Cold/Virus or other respiratory illness	10.3	18.7	16.0
Concussion	1.4	2.3	2.0
Gonorrhea	0.1	0.1	0.1
Flu (influenza or flu-like illness)	4.2	6.3	5.6
Mumps	0.1	0.0	0.1
Mononucleosis (mono)	0.8	1.3	1.1
Orthopedic injury	2.3	3.1	2.9
Pelvic Inflammatory Disease	0.1	0.1	0.1
Pneumonia	0.6	0.9	0.8
Shingles	0.1	0.1	0.2
Stomach or GI virus or bug, food poisoning or gastritis	2.4	5.2	4.3
Urinary tract infection	0.2	3.0	2.1

Percent (%)

**Any ongoing or chronic medical conditions
diagnosed or treated in the last 12 months**

	Male	Female	Total
	14.6	26.2	22.8

Other impediments to academic performance

Assault (physical)	0.5	1.0	0.9
Assault (sexual)	0.5	2.7	2.1
Allergies	3.0	4.1	3.8
Anxiety	20.1	33.2	29.3
ADHD or ADD	7.0	6.9	7.3
Concussion or TBI	1.7	2.3	2.2
Depression	16.9	25.1	23.0
Eating disorder/problem	1.5	3.6	3.1
Headaches/migraines	6.2	14.6	11.9
Influenza or influenza-like illness (the flu)	3.5	5.7	5.1
Injury	2.2	2.8	2.7
PMS	0.2	13.5	9.0
PTSD	1.4	3.5	3.0
Short-term illness	3.3	6.1	5.3
Upper respiratory illness	5.8	11.3	9.6
Sleep difficulties	19.0	25.2	23.6
Stress	29.9	44.9	40.2

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

Percent (%)

	Male	Female	Total
	41.4	48.8	48.3
	11.0	15.2	16.4
	22.2	14.9	23.2
	37.3	44.0	42.8
	62.2	67.0	66.5
	24.4	17.2	28.7
	47.9	55.7	53.8
	54.5	20.0	44.6
	56.6	61.8	61.4
	28.8	30.2	30.5
	42.9	36.4	44.7
	49.1	54.3	54.5
	42.9	37.3	45.5
	37.4	47.2	45.6
	25.0	21.8	22.4

Percent (%)

	Male	Female	Total
	23.4	36.0	32.8

	15.7	27.9	25.5
	20.2	32.1	31.6
	8.8	9.9	9.7
	43.0	51.0	49.5
	54.2	62.0	60.1
	43.4	51.6	49.4
	50.4	57.9	56.4
	22.8	25.5	25.5
	22.8	32.6	30.5
	32.4	37.0	36.2
	16.6	22.1	20.7
	16.2	25.4	25.6
	36.8	45.0	44.7
	22.7	29.4	28.1
	23.7	28.8	27.9
	43.6	46.0	45.9
	44.1	53.0	50.9

E. Violence, Abusive Relationships, and Personal Safety

Within the last 12 months, college students reported experiencing:

	Percent (%)	Male	Female	Total
A physical fight		4.9	1.8	2.9
A physical assault (not sexual assault)		2.2	1.9	2.1
A verbal threat		12.6	9.3	10.7
Sexual touching without their consent		2.7	8.6	6.7
Sexual penetration attempt without their consent		0.9	2.8	2.2
Sexual penetration without their consent		0.8	2.0	1.7
Being a victim of stalking		2.0	5.4	4.4
A partner called me names, insulted me, or put me down to make me feel bad		8.0	11.7	10.5
A partner often insisted on knowing who I was with and where I was or tried to limit my contact with family or friends		6.2	7.6	7.3
A partner pushed, grabbed, shoved, slapped, kicked, bit, choked or hit me without my consent		2.7	3.1	3.0
A partner forced me into unwanted sexual contact by holding me down or hurting me in some way		1.0	1.9	1.7
A partner pressured me into unwanted sexual contact by threatening me, coercing me, or using alcohol or other drugs		1.8	3.3	2.9

College students reported feeling *very safe* :

	Percent (%)	Male	Female	Total
On their campus (daytime)		84.1	78.8	80.2
On their campus (nighttime)		50.7	21.4	31.4
In the community surrounding their campus (daytime)		52.5	39.4	43.8
In the community surrounding their campus (nighttime)		27.6	10.3	16.3

F. Tobacco, Alcohol, and Other Drug Use

	Percent (%)	Ever Used			*Used in the last 3 months		
		Male	Female	Total	Male	Female	Total
Tobacco or nicotine delivery products (cigarettes, e-cigarettes, Juul or other vape products, water pipe or hookah, chewing tobacco, cigars, etc.)		37.0	31.4	33.4	27.6	21.7	23.8
Alcoholic beverages (beer, wine, liquor, etc.)		65.9	71.3	69.4	60.6	66.4	64.3
Cannabis (marijuana, weed, hash, edibles, vaped cannabis, etc.) [Please report nonmedical use only.]		36.2	38.3	37.8	25.4	26.4	26.3
Cocaine (coke, crack, etc.)		6.1	4.6	5.2	2.6	2.0	2.2
Prescription stimulants (Ritalin, Concerta, Dexedrine, Adderall, diet pills, etc.) [Please report nonmedical use only.]		9.1	7.9	8.4	3.9	3.7	3.8
Methamphetamine (speed, crystal meth, ice, etc.)		1.3	0.9	1.1	0.3	0.2	0.3
Inhalants (poppers, nitrous, glue, gas, paint thinner, etc.)		3.5	1.7	2.5	1.5	0.7	1.0
Sedatives or Sleeping Pills (Valium, Ativan, Xanax, Klonopin, Librium, Rohypnol, GHB, etc.) [Please report nonmedical use only.]		5.5	5.2	5.4	2.0	2.5	2.4
Hallucinogens (Ecstasy, MDMA, Molly, LSD, acid, mushrooms, PCP, Special K, etc.)		9.9	6.2	7.7	4.5	2.7	3.5
Heroin		0.7	0.4	0.6	0.2	0.1	0.2
Prescription opioids (morphine, codeine, fentanyl, oxycodone [OxyContin, Percocet], hydrocodone [Vicodin], methadone, buprenorphine [Suboxone], etc.) [Please report nonmedical use only.]		4.5	3.4	3.9	1.3	1.0	1.2

*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			*High risk use of the substance		
		Male	Female	Total	Male	Female	Total
Tobacco or nicotine delivery products		17.4	12.8	14.5	1.4	1.1	1.2
Alcoholic beverages		11.7	11.6	11.6	1.2	1.0	1.1
Cannabis (nonmedical use)		15.9	16.5	16.4	1.2	0.8	1.0
Cocaine		1.5	1.0	1.2	0.1	0.1	0.1
Prescription stimulants (nonmedical use)		1.8	2.0	2.0	0.1	0.1	0.1
Methamphetamine		0.4	0.3	0.3	0.1	0.0	0.1
Inhalants		0.7	0.3	0.5	0.1	0.0	0.1
Sedatives or Sleeping Pills (nonmedical use)		1.1	1.5	1.4	0.1	0.1	0.1
Hallucinogens		2.2	1.5	1.8	0.1	0.0	0.1
Heroin		0.2	0.1	0.2	0.1	0.0	0.1
Prescription opioids (nonmedical use)		0.7	0.7	0.8	0.1	0.0	0.1

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

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 (%)	Male	Female	Total
Prescription stimulants	3.3	3.0	3.2
Prescription sedatives or sleeping pills	1.5	1.8	1.8
Prescription opioids	0.8	0.6	0.7

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

Percent (%)	Male	Female	Total
Cigarettes	10.8	6.9	8.4
E-cigarettes or other vape products (for example: Juul, etc.)	20.2	17.2	18.2
Water pipe or hookah	3.6	3.0	3.3
Chewing or smokeless tobacco	4.8	0.4	2.0
Cigars or little cigars	8.5	2.0	4.3
Other	0.7	0.2	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

- 1.7 % of college students surveyed (1.9 % male and 1.5 % female) indicated they were in recovery from alcohol or other drug use.

When, if ever, was the last time you:

Percent (%)	Drank Alcohol			*Used Cannabis/Marijuana		
	Male	Female	Total	Male	Female	Total
Never	27.2	21.8	23.7	59.1	56.5	57.1
Within the last 2 weeks	48.3	50.7	49.7	15.5	14.5	15.0
More than 2 weeks ago but within the last 30 days	7.6	9.5	8.8	3.9	4.2	4.1
More than 30 days ago but within the last 3 months	6.9	8.3	7.9	5.2	6.5	6.1
More than 3 months ago but within the last 12 months	5.8	6.4	6.2	7.4	8.3	8.0
More than 12 months ago	4.3	3.5	3.8	8.8	10.0	9.6

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

Driving under the influence

- 13.1 % 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.*
- 36.6 % 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 (%)	Male	Female	Total
< .08		74.8	73.5	74.0
< .10		81.1	80.8	81.0
Mean		0.05	0.06	0.05
Median		0.03	0.03	0.03
Std Dev		0.07	0.06	0.06

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

Number of drinks	Percent (%)	Male	Female	Total
4 or fewer		59.5	75.7	70.5
5		9.3	9.3	9.2
6		7.9	5.9	6.5
7 or more		23.2	9.2	13.7
Mean		4.6	3.3	3.7
Median		4.0	3.0	3.0
Std Dev		3.9	2.8	3.3

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

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

	Percent (%)	Among <u>all</u> students surveyed		
		Male	Female	Total
Did not drink alcohol in the last two weeks (includes non-drinkers)		51.8	49.4	50.4
None		18.3	22.3	20.8
1-2 times		19.4	20.8	20.2
3-5 times		8.8	6.7	7.3
6 or more times		1.7	0.9	1.2

**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**

Male	Female	Total
37.9	44.0	42.0
40.2	41.0	40.7
18.3	13.2	14.8
3.5	1.8	2.4

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

	Percent (%)	Male	Female	Total
Did something I later regretted		19.5	20.0	19.9
Blackout (forgot where I was or what I did for a large period of time and cannot remember , even when someone reminds me)		14.2	12.2	12.8
Brownout (forgot where I was or what I did for short periods of time, but can remember once someone reminds me)		23.3	25.7	24.9
Got in trouble with the police		1.7	0.8	1.1
Got in trouble with college/university authorities		1.9	1.2	1.5
Someone had sex with me without my consent		0.8	1.9	1.5
Had sex with someone without their consent		0.3	0.1	0.2
Had unprotected sex		11.7	13.0	12.6
Physically injured myself		7.1	7.1	7.2
Physically injured another person		0.9	0.5	0.6
Seriously considered suicide		2.8	2.2	2.6
Needed medical help		1.0	0.8	1.0
Reported two or more of the above		26.6	27.3	27.1

**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			Vaginal intercourse		
	Male	Female	Total	Male	Female	Total
Never	39.3	36.6	37.5	47.0	39.2	42.1
Within the last 2 weeks	27.7	31.7	30.1	26.3	34.7	31.4
More than 2 weeks ago but within the last 30 days	6.9	8.3	7.8	5.5	6.9	6.4
More than 30 days ago but within the last 3 months	8.7	9.0	9.0	6.9	7.7	7.5
More than 3 months ago but within the last 12 months	9.4	8.5	8.8	7.4	6.9	7.1
More than 12 months ago	8.0	5.9	6.8	6.9	4.6	5.5

Percent (%)	Anal intercourse		
	Male	Female	Total
Never	83.0	84.5	83.7
Within the last 2 weeks	3.3	2.0	2.6
More than 2 weeks ago but within the last 30 days	1.4	1.1	1.2
More than 30 days ago but within the last 3 months	2.3	2.3	2.3
More than 3 months ago but within the last 12 months	3.3	3.7	3.6
More than 12 months ago	6.6	6.4	6.6

*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 (%)	Male	Female	Total
None	0.4	0.4	0.4
1	60.2	63.5	62.3
2	15.5	15.6	15.6
3	8.7	8.1	8.3
4 or more	15.2	12.5	13.5
Mean	2.3	2.0	2.1
Median	1.0	1.0	1.0
Std Dev	3.5	2.3	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 (%)	Male	Female	Total
Oral sex	6.2	5.7	5.8
Vaginal intercourse	49.9	42.1	44.4
Anal intercourse	35.5	23.8	29.5

*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 (%)	Male	Female	Total
Yes, used a method of contraception	85.0	85.0	84.9
No, did not want to prevent pregnancy	1.9	1.5	1.7
No, did not use any method	10.6	12.5	12.1
Don't know	2.5	0.9	1.4

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

*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 (%)	Male	Female	Total
Birth control pills (monthly or extended cycle)		51.9	50.0	50.2
Birth control shots		3.0	3.2	3.2
Birth control implants		8.2	8.2	8.3
Birth control patch		1.1	0.8	1.0
The ring		1.5	2.1	1.9
Emergency contraception ("morning after pill" or "Plan B")		4.8	5.2	5.1
Intrauterine device		9.1	12.0	11.2
Male (external) condom		60.6	51.1	54.1
Female (internal) condom		0.2	0.2	0.2
Diaphragm or cervical cap		0.1	0.0	0.1
Contraceptive sponge		0.1	0.1	0.1
Withdrawal		18.9	23.5	22.1
Fertility awareness (calendar, mucous, basal body temperature)		2.0	3.9	3.4
Sterilization (hysterectomy, tubes tied, vasectomy)		0.9	1.2	1.2
Other method		1.1	1.1	1.2
Male condom use plus another method		38.8	36.9	37.5
Any two or more methods (excluding male condoms)		20.4	22.6	21.9

*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 (male: 17.3 %; female: 19.2 %).

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 (male: 1.3 %; female: 1.4 %).

H. Mental Health and Wellbeing

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

	Percent (%)	Male	Female	Total
No or low psychological distress (0-12)		85.7	78.7	80.5
Serious psychological distress (13-24)		14.3	21.3	19.5

*ACHA discontinued the practice of reporting moderate psychological distress in fall 2023 due to lack of consensus on an appropriate cut off score. Instead, we recommend reporting only students who screen positive (or negative) for serious psychological distress as indicated above. All reference group reports were updated to reflect this change.

Mean	7.04	8.33	7.99
Median	6.00	8.00	7.00
Std Dev	5.13	5.39	5.39

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

	Percent (%)	Male	Female	Total
Negative for loneliness (3-5)		51.6	49.6	49.7
Positive for loneliness (6-9)		48.4	50.4	50.3
Mean		5.37	5.48	5.47
Median		5.00	6.00	6.00
Std Dev		1.91	1.87	1.89

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

	Male	Female	Total
Mean	46.51	47.08	46.72
Median	48.00	48.00	48.00
Std Dev	8.35	7.69	8.07

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

	Male	Female	Total
Mean	6.14	5.86	5.94
Median	6.00	6.00	6.00
Std Dev	1.55	1.59	1.59

Self injury

■ 10.1 % of college students surveyed (7.0 % male and 10.7 % female) 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 (%)	Male	Female	Total
Academics		47.0	49.3	48.9
Career		29.3	31.9	31.3
Finances		39.1	49.3	46.1
Procrastination		71.0	73.1	72.7
Faculty		10.2	10.9	10.9
Family		25.6	39.4	35.2
Intimate relationships		34.9	39.4	38.1
Roommate/housemate		19.0	28.3	25.2
Peers		20.4	26.8	25.0
Personal appearance		31.8	50.9	44.8
Health of someone close to me		28.1	37.6	34.7
Death of a family member, friend, or someone close to me		19.1	23.9	22.3
Bullying		4.3	7.0	6.2
Cyberbullying		2.2	3.0	2.9
Hazing		1.5	1.0	1.2
Microaggression		9.3	14.7	13.6
Sexual Harassment		2.7	11.9	8.9
Discrimination		8.1	10.2	10.0

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

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

	Male	Female	Total
	80.4	88.1	85.6
	65.6	71.0	69.3
	68.2	76.8	74.5
	57.4	63.5	61.7
	47.9	53.2	51.7
	56.4	68.0	65.4
	61.4	65.2	64.1
	44.1	56.0	53.1
	37.4	46.0	43.9
	48.3	62.3	59.3
	56.9	67.3	64.6
	65.6	76.3	73.2
	45.1	55.5	53.5
	40.5	52.5	49.9
	29.1	46.3	39.9
	27.6	36.6	35.4
	42.3	56.5	55.8
	39.6	47.3	46.3

<i>Students reporting none of the above</i>	12.0	7.2	8.8
<i>Students reporting only one of the above</i>	11.7	7.5	8.7
<i>Students reporting 2 of the above</i>	13.9	10.2	11.3
<i>Students reporting 3 or more of the above</i>	62.5	75.1	71.2

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

<i>Percent (%)</i>	Male	Female	Total
Negative suicidal screening (3-6)	78.0	74.9	74.9
Positive suicidal screening (7-18)	22.0	25.1	25.1
Mean	4.94	5.18	5.19
Median	3.00	4.00	4.00
Std Dev	2.85	3.03	3.04

Suicide attempt

■ 2.7 % of college students surveyed (3 % male and 2.4 % female) 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:

<i>Percent (%)</i>	Male	Female	Total
No stress	3.3	0.9	1.7
Low	31.5	17.0	21.8
Moderate	45.5	50.6	48.6
High	19.7	31.5	27.9

I. Acute Conditions

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

<i>Percent (%)</i>	Male	Female	Total
Bronchitis	2.8	6.0	5.0
Chlamydia	0.8	1.9	1.5
Chicken Pox (Varicella)	0.3	0.4	0.4
Cold/virus or other respiratory illness (for example: sinus infection, ear infection, strep throat, tonsillitis, pharyngitis, or laryngitis)	28.2	43.3	38.1
Concussion	2.4	3.6	3.2
Gonorrhea	0.5	0.3	0.4
Flu (influenza) or flu-like illness	9.1	11.6	10.7
Mumps	0.2	0.2	0.2
Mononucleosis (mono)	1.4	2.2	1.9
Orthopedic injury (for example: broken bone, fracture, sprain, bursitis, tendinitis, or ligament injury)	8.0	10.6	9.7
Pelvic Inflammatory Disease	0.1	0.3	0.3
Pneumonia	1.2	1.7	1.6
Shingles	0.3	0.3	0.3
Stomach or GI virus or bug, food poisoning or gastritis	6.5	11.2	9.7
Urinary tract infection	0.8	14.3	9.7

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	Percent (%)	College students reported ever being diagnosed with the following:			*Of those ever diagnosed, those reporting contact with healthcare or MH professional within last 12 months		
		Male	Female	Total	Male	Female	Total
ADD/ADHD - Attention Deficit/Hyperactivity Disorder		9.8	7.5	8.6	55.7	68.0	63.2
Alcohol or Other Drug-Related Abuse or Addiction		1.2	0.8	1.0	44.3	53.0	50.2
Anxiety (for example: Generalized Anxiety, Social Anxiety, Panic Disorder, Specific Phobia)		12.9	28.3	23.6	66.7	75.1	73.8
Autism Spectrum		2.0	0.6	1.3	38.1	46.0	43.1
Bipolar and Related Conditions (for example: Bipolar I, II, Hypomanic Episode)		1.4	2.3	2.1	62.8	72.2	70.0
Borderline Personality Disorder (BPD), Avoidant Personality, Dependent Personality, or another personality disorder		0.5	1.0	1.0	53.8	69.2	64.7
Depression (for example: Major depression, persistent depressive disorder, disruptive mood disorder)		11.4	22.1	19.2	66.2	75.8	74.0
Eating Disorders (for example: Anorexia Nervosa, Bulimia Nervosa, Binge-Eating)		0.9	4.9	3.7	46.7	50.8	49.6
Gambling Disorder		0.2	0.1	0.1	18.8	12.5	23.5
Insomnia		3.0	5.3	4.8	54.9	57.6	57.1
Obsessive-Compulsive and Related Conditions (for example: OCD, Body Dysmorphia, Hoarding, Trichotillomania and other body-focused repetitive behavior disorders)		2.3	4.8	4.1	52.8	63.8	61.3
PTSD (Posttraumatic Stress Disorder), Acute Stress Disorder, Adjustment Disorder, or another trauma- or stressor- related condition		2.2	5.5	4.7	59.4	69.4	67.5
Schizophrenia and Other Psychotic Conditions (for example: Schizophrenia, Schizoaffective Disorder, Schizophreniform Disorder, Delusional Disorder)		0.5	0.2	0.4	57.4	74.4	64.1
Tourette's or other neurodevelopmental condition not already listed		0.4	0.2	0.3	26.2	44.4	37.6
Traumatic brain injury (TBI)		1.0	0.8	0.9	52.4	56.9	56.4

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

	Percent (%)	Male	Female	Total
<i>Students reporting none of the above</i>		75.4	63.4	66.8
<i>Students reporting only one of the above</i>		12.3	12.8	12.6
<i>Students reporting both Depression and Anxiety</i>		7.8	18.4	15.4
<i>Students reporting any two or more of the above (excluding the combination of Depression and Anxiety)</i>		4.5	5.4	5.2

STI's/Other chronic infections

<i>Percent (%)</i>	College students reported ever being diagnosed with the following:		
	Male	Female	Total
Genital herpes	0.4	0.8	0.7
Hepatitis B or C	0.3	0.2	0.2
HIV or AIDS	0.2	0.1	0.2
Human papillomavirus (HPV) or genital warts	0.4	1.1	0.9

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

Male	Female	Total
39.4	65.7	59.7
41.4	21.4	32.4
63.6	27.3	51.1
44.4	59.0	55.8

**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

<i>Percent (%)</i>	College students reported ever being diagnosed with the following:		
	Male	Female	Total
Acne	24.4	27.7	26.6
Allergies - food allergy	8.7	12.8	11.6
Allergies - animals/pets	11.6	13.4	12.9
Allergies - environmental (for example: pollen, grass, dust, mold)	26.1	30.4	29.1
Asthma	15.5	17.4	16.9
Cancer	0.7	0.7	0.7
Celiac disease	0.5	0.9	0.8
Chronic pain (for example: back or joint pain, arthritis, nerve pain)	3.6	6.9	6.0
Diabetes or pre-diabetes/insulin resistance	1.6	2.3	2.1
Endometriosis	0.1	1.7	1.2
Gastroesophageal Reflux Disease (GERD) or acid reflux	2.1	4.4	3.7
Heart & vascular disorders (for example: atrial fibrillation or other cardiac arrhythmia, mitral valve prolapse or other valvular heart disease, congenital heart condition)	1.7	2.3	2.1
High blood pressure (hypertension)	2.9	1.9	2.3
High cholesterol (hyperlipidemia)	2.0	2.4	2.3
Irritable bowel syndrome (spastic colon or spastic bowel)	1.6	4.2	3.4
Migraine headaches	5.1	12.6	10.1
Polycystic Ovarian Syndrome (PCOS)	0.1	3.6	2.5
Sleep Apnea	1.9	1.3	1.6
Thyroid condition or disorder	0.8	3.3	2.5
Urinary system disorder (for example: bladder or kidney disease, urinary reflux, interstitial cystitis)	0.5	1.4	1.2

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

Male	Female	Total
36.2	50.5	45.8
29.1	37.9	35.3
24.6	33.2	30.3
26.4	38.0	34.2
28.9	42.3	38.1
61.5	63.5	61.4
42.2	58.5	54.8
65.1	71.5	69.8
62.9	68.9	66.5
33.3	66.4	63.8
50.0	59.0	56.2
46.8	55.3	52.5
59.7	66.2	63.2
57.3	58.9	58.1
58.8	61.4	60.9
40.3	57.7	54.4
36.4	75.4	74.1
56.1	52.3	53.7
72.2	81.4	79.2
51.9	59.8	57.6

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

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

<i>Percent (%)</i>	Male	Female	Total
Type I Diabetes	43.7	23.1	29.5
Type II Diabetes	25.2	19.0	21.3
Pre-diabetes or insulin resistance	43.8	65.6	60.0
Gestational Diabetes	3.8	6.6	6.5

K. Sleep

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

<i>Percent (%)</i>	Male	Female	Total
Less than 15 minutes	51.7	46.6	47.9
16 to 30 minutes	25.9	26.1	26.0
31 minutes or more	22.4	27.3	26.0

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

On weeknights			
<i>Percent (%)</i>	Male	Female	Total
Less than 7 hours	49.2	49.9	49.8
7 to 9 hours	49.9	48.3	48.8
10 or more hours	0.9	1.8	1.5

On weekend nights		
Male	Female	Total
22.8	25.7	24.7
68.5	65.7	66.5
8.8	8.6	8.8

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

Felt tired or sleepy during the day			
<i>Percent (%)</i>	Male	Female	Total
0 days	5.0	2.0	3.0
1-2 days	26.6	14.9	18.9
3-5 days	45.0	44.3	44.3
6-7 days	23.5	38.8	33.8

Got enough sleep so that they felt rested		
Male	Female	Total
14.9	22.9	20.4
38.8	43.1	41.4
35.2	27.3	29.9
11.1	6.7	8.2

Demographics and Sample Characteristics



■ Age

18 - 20 years:	64.6 %
21 - 24 years:	27.2 %
25 - 29 years:	3.9 %
30+ years:	4.3 %
Mean age:	20.8 years
Median age:	20.0 years

■ Gender*

Female:	63.1 %
Male:	33.6 %
Non-binary:	3.0 %

* See note on page 2 regarding gender categories

■ Student status

1st year undergraduate:	29.4 %
2nd year undergraduate:	24.4 %
3rd year undergraduate:	22.7 %
4th year undergraduate:	18.5 %
5th year or more undergraduate:	5.0 %
Master's (MA, MS, MFA, MBA, etc.):	0.0 %
Doctorate (PhD, EdD, MD, JD, etc.):	0.0 %
Not seeking a degree:	0.0 %
Other:	0.0 %

Full-time student:	93.0 %
Part-time student:	6.6 %
Other student:	0.4 %

■ Visa to work or study in the US:

10.7 %

■ Relationship status

Not in a relationship:	58.0 %
In a relationship but not married/partnered:	37.8 %
Married/partnered:	4.2 %

■ Primary Source of Health Insurance

College/university sponsored SHIP plan:	9.9 %
Parent or guardian's plan:	70.2 %
Employer (mine or my spouse/partners):	3.4 %
Medicaid, Medicare, SCHIP, or VA:	6.8 %
Bought a plan on my own:	1.5 %
Don't have health insurance:	5.2 %
Don't know if I have health insurance:	1.4 %
Have insurance, but don't know source:	1.7 %

■ Student Veteran:

2.2 %

■ Parent or primary responsibility for someone else's child/children:

5.0 %

■ Students describe themselves as

Straight/Heterosexual:	81.4 %
Asexual:	0.7 %
Bisexual:	9.4 %
Gay:	1.8 %
Lesbian:	1.4 %
Pansexual:	1.7 %
Queer:	1.0 %
Questioning:	2.1 %
Identity not listed above:	0.4 %

■ Housing

Campus or university housing:	47.0 %
Fraternity or sorority residence:	2.1 %
Parent/guardian/other family:	21.5 %
Off-campus:	28.0 %
Temporary or "couch surfing":	0.4 %
Don't have a place to live:	0.1 %
Other:	0.9 %

■ Students describe themselves as

American Indian or Native Alaskan	2.3 %
Asian or Asian American	9.8 %
Black or African American	10.5 %
Hispanic or Latino/a/x	20.2 %
Middle Eastern/North African (MENA)	
or Arab Origin:	1.2 %
Native Hawaiian or Other	
Pacific Islander Native:	0.7 %
White:	62.5 %
Biracial or Multiracial:	4.3 %
Identity not listed above:	1.3 %

If Hispanic or Latino/a/x, are you

Mexican, Mexican American, Chicano:	73.4 %
Puerto Rican:	6.3 %
Cuban:	2.4 %
Another Hispanic, Latino/a/x, or	
Spanish Origin:	23.2 %

If Asian or Asian American, are you

East Asian:	50.5 %
Southeast Asian:	29.7 %
South Asian:	21.2 %
Other Asian:	2.2 %

■ **First generation students** 40.6 %
(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 9.4 %
(ADD or ADHD):
Autism Spectrum Disorder: 1.4 %
Deaf/Hearing loss: 2.0 %
Learning disability: 4.0 %
Mobility/Dexterity disability: 1.1 %
Blind/low vision: 4.4 %
Speech or language disorder: 1.0 %

■ **Participated in organized college athletics:**
Varsity: 10.5 %
Club sports: 12.4 %
Intramurals: 19.7 %

■ **Member of a social fraternity or sorority:**
Greek member: 9.1 %

Demographics of Participating Institutions

Sixty-seven postsecondary institutions self-selected to participate in the Fall 2019 ACHA National College Health Assessment and 43,140 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, and used the NCHA III (currently only offered as a web survey) are included in the analysis, yielding a final data set consisting of 38,679 students at 58 schools. **This report includes only data from 30,084 UNDERGRADUATE students at 58 schools.** Demographic characteristics of the 58 campuses follow.

Demographical Characteristics of the 58 US Postsecondary Institutions Included in the Fall 2019 ACHA-NCHA III UNDERGRADUATE Reference Group	
Campus Characteristic	<i>n</i>
Type of Institution	
Public	29
Private	29
2-year	5
4-year or above	53
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)	13
South (AL, AR, DE, DC, FL, GA, KY, LA, MD, MS, NC, OK, SC, TN, TX, VA, WV)	25
West (AK, AZ, CA, CO, HI, ID, MT, NV, NM, OR, UT, WA, WY)	9
Campus Size	
< 2,500 students	12
2,500 – 4,999 students	11
5,000 – 9,999 students	14
10,000 – 19,999 students	9
20,000 students or more	12
Campus Setting	
Very large city (population over 500,000)	10
Large city (population 250,000-499,999)	4
Small city (population 50,000-249,999)	24
Large town (population 10,000 – 49,999)	16
Small town (population 2,500-9,999)	4
Rural community (population under 2,500)	0
Carnegie Classification	
Associates Colleges	5
Baccalaureate Colleges	10
Baccalaureate/Associates Colleges	1
Masters Colleges and Universities	14
Doctoral Universities	26
Special Focus Institutions	2
Miscellaneous/Not Classified	0

Demographical Characteristics of the 58 US Postsecondary Institutions Included in the Fall 2019 ACHA-NCHA III UNDERGRADUATE Reference Group	
Campus Characteristic	<i>n</i>
ACHA Membership Status	
Institutional Member	50
Nonmember	8
Religious Affiliation	
No	43
Yes	15
<u>If yes:</u>	
Catholic	7
Protestant or Other Christian	8
Postsecondary Minority Institution (US Department of Education)	
No	46
Yes	12
<u>*If yes:</u>	
Postsecondary Minority Institution	0
Historically Black College or University (HBCU)	2
High Hispanic Enrollment	3
Hispanic-serving Institution (HSI)	8
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	

UNDERGRADUATE STUDENTS	Fall 2019 NCHA III Institutions
Number of institutions	58
Number of students	30,084
Mean response proportion*	14%
Median response proportion*	12%

*Calculation of response proportion is based all students surveyed at the institution, and not limited to only undergraduate student responses.