



Cisgender/Heterosexual Students Compared to LGBTQ+ Students Executive Summary Spring 2022

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

ACHA-NCHA III

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



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 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.
3. In this report students that are categorized as cis man or cis woman in the RSEX variable AND selected straight/heterosexual in question N3Q68, are considered straight/heterosexual, shortened to "cis/het" in this report. Students that are categorized as transgender/gender non-conforming in the RSEX variable OR those who selected any option other than straight/heterosexual in question N3Q68 are considered "LGBTQ+" in this report.

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 Spring 2022 survey for Cisgender/Heterosexual Students Compared to LGBTQ+ Students consisting of 69131 respondents.

Findings

Cis/Het n = 49033
LGBTQ+ n = 19444

A. General Health and Campus Climate

- 50.8 % of college students surveyed (56.3 % Cis/Het, 37.0 % LGBTQ+) described their health as *very good or excellent*.
- 87.0 % of college students surveyed (90.3 % Cis/Het, 78.8 % LGBTQ+) described their health as *good, very good or excellent*.

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

Percent (%)	Cis/Het	LGBTQ+	Total
I feel that I belong at my college/university	68.0	57.5	65.0
I feel that students' health and well-being is a priority at my college/university	50.1	34.6	45.7
At my college/university, I feel that the campus climate encourages free and open discussion of students' health and well-being.	56.7	44.8	53.3
At my college/university, we are a campus where we look out for each other	50.4	37.9	46.9

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

College students reported:

Percent (%)	Cis/Het	LGBTQ+	Total
Drinking 0 sugar-sweetened beverages (per day), on average, in the last 7 days	32.9	26.7	31.1
Drinking 1 or more sugar-sweetened beverages (per day), on average, in the last 7 days	67.1	73.3	68.9
Drinking energy drinks or shots on 0 of the past 30 days	74.7	73.7	74.4
Drinking energy drinks or shots on 1-4 of the past 30 days	14.5	14.7	14.5
Drinking energy drinks or shots on 5 or more of the past 30 days	10.8	11.5	11.0
Eating 3 or more servings of fruits (per day), on average, in the last 7 days	18.7	16.4	18.1
Eating 3 or more servings of vegetables (per day), on average, in the last 7 days	29.7	29.1	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.

Percent (%)	Cis/Het	LGBTQ+	Total
BMI			
<18.5 Underweight	4.9	6.1	5.3
18.5-24.9 Healthy Weight	56.3	51.5	54.9
25-29.9 Overweight	23.5	21.9	23.0
30-34.9 Class I Obesity	9.2	10.9	9.7
35-39.9 Class II Obesity	3.6	5.4	4.1
≥40 Class III Obesity	2.6	4.1	3.0
Mean	24.99	25.67	25.19
Median	23.68	23.96	23.73
Std Dev	5.74	6.64	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

Cis/Het n = 49033
LGBTQ+ n = 19444

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 (%)	Cis/Het	LGBTQ+		Total
Guidelines met for aerobic exercise only		70.9	63.4		68.7
Guidelines met for Active Adults		47.1	32.1		42.9
Guidelines met for Highly Active Adults		37.6	24.5		33.9

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 (%)	Cis/Het	LGBTQ+		Total
High or marginal food security (score 0-1)		59.8	51.4		57.4
Low food security (score 2-4)		23.6	26.2		24.3
Very low food security (score 5-6)		16.7	22.4		18.3
Any food insecurity (low or very low food security)		40.2	48.6		42.6

C. Health Care Utilization

College students reported:

	Percent (%)	Cis/Het	LGBTQ+		Total
Receiving psychological or mental health services within the last 12 months		28.0	55.3		35.8
*The services were provided by:					
My current campus health and/or counseling center		40.1	42.6		41.2
A mental health provider in the local community near my campus		22.2	27.5		24.5
A mental health provider in my home town		46.9	48.5		47.6
A mental health provider not described above		12.9	13.1		13.0

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

	Percent (%)	Cis/Het	LGBTQ+		Total
Visiting a medical provider within the last 12 months		68.1	78.0		70.9
*The services were provided by:					
My current campus health center		29.8	34.3		31.2
A medical service provider in the local community near my campus		29.0	31.6		29.8
A medical service provider in my home town		76.2	73.9		75.5
A medical service provider not described above		5.8	6.3		5.9

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

Cis/Het n = 49033
LGBTQ+ n = 19444

College students reported:

	Cis/Het	LGBTQ+	Total
<i>Percent (%)</i>			
Flu vaccine within the last 12 month	52.4	59.4	54.4
Not starting the HPV vaccine series	21.2	13.8	19.1
Starting, but not completing HPV vaccine series	3.7	5.2	4.2
Completing HPV vaccine series	50.0	59.1	52.6
Not knowing their HPV vaccine status	25.1	21.8	24.1
Ever having a GYN visit or exam (females only)	35.7	42.7	37.7
Having a dental exam in the last 12 months	71.5	67.2	70.3
Being tested for HIV within the last 12 months	9.5	15.7	11.2
Being tested for HIV more than 12 months ago	9.6	11.0	10.0
Wearing sunscreen usually or always when outdoors	34.6	35.6	34.9
Spending time outdoors with the intention of tanning at least once in the last 12 months	53.8	45.1	51.3

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		
	Cis/Het	LGBTQ+	Total
<i>Percent (%)</i>			
Alcohol use	1.9	2.7	2.1
Cannabis/marijuana use	1.3	2.9	1.7

Problems or challenges in the last 12 months			
	Cis/Het	LGBTQ+	Total
Career	12.2	15.9	13.2
Finances	15.0	20.3	16.5
Procrastination	43.3	58.7	47.7
Faculty	6.6	9.5	7.4
Family	9.9	17.8	12.2
Intimate Relationships	10.8	14.8	11.9
Roommate/housemate	6.3	9.5	7.2
Peers	4.4	7.6	5.3
Personal appearance	5.5	9.6	6.7
Health of someone close to me	10.4	13.7	11.3
Death of a family member, friend, or someone close to me	10.7	13.6	11.5
Bullying	1.8	2.9	2.1
Cyberbullying	0.8	1.4	1.0
Hazing	0.5	0.5	0.5
Microaggression	2.3	5.3	3.1
Sexual Harassment	1.6	4.5	2.4
Discrimination	2.3	4.8	3.0

	Negatively impacted academic performance among only students that experienced the issue		
	Cis/Het	LGBTQ+	Total
	2.6	3.5	2.8
	4.6	6.1	5.2
	37.5	38.9	37.9
	34.4	38.0	35.6
	62.3	70.7	65.0
	57.3	59.1	57.9
	31.1	34.0	32.2
	31.3	32.7	31.8
	24.0	27.8	25.3
	22.0	24.4	22.9
	11.6	14.5	12.7
	27.8	29.3	28.3
	41.8	48.2	43.8
	31.6	31.8	31.7
	30.8	27.1	29.2
	40.9	46.6	42.5
	18.5	17.9	18.2
	22.6	24.4	23.5
	27.2	29.3	28.1

Cis/Het n =	49033
LGBTQ+ n =	19444

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

	Cis/Het	LGBTQ+	Total
<i>Percent (%)</i>			
Acute Diagnoses in the last 12 months			
Bronchitis	1.5	1.8	1.6
Chlamydia	0.2	0.3	0.2
Chicken Pox (Varicella)	0.0	0.1	0.1
Cold/Virus or other respiratory illness	12.6	15.5	13.4
Concussion	1.5	2.3	1.7
Gonorrhea	0.0	0.1	0.1
Flu (influenza or flu-like illness)	4.3	4.9	4.5
Mumps	0.0	0.1	0.0
Mononucleosis (mono)	0.9	0.9	0.9
Orthopedic injury	2.5	3.5	2.8
Pelvic Inflammatory Disease	0.1	0.2	0.1
Pneumonia	0.6	0.6	0.6
Shingles	0.1	0.1	0.1
Stomach or GI virus or bug, food poisoning or gastritis	3.1	5.0	3.6
Urinary tract infection	1.8	2.8	2.1

	Cis/Het	LGBTQ+	Total
<i>Percent (%)</i>			
Any ongoing or chronic medical conditions diagnosed or treated in the last 12 months	23.0	46.6	29.7

Other impediments to academic performance

Assault (physical)	0.7	1.6	0.9
Assault (sexual)	1.4	4.8	2.4
Allergies	3.0	3.5	3.2
Anxiety	29.0	51.3	35.4
ADHD or ADD	8.4	21.2	12.0
Concussion or TBI	1.6	2.5	1.8
Depression	18.8	43.7	25.9
Eating disorder/problem	2.8	7.4	4.1
Headaches/migraines	10.4	16.1	12.1
Influenza or influenza-like illness (the flu)	3.9	5.4	4.3
Injury	2.3	3.3	2.6
PMS	7.2	14.0	9.1
PTSD	2.4	8.7	4.2
Short-term illness	4.3	6.9	5.0
Upper respiratory illness	7.1	10.7	8.1
Sleep difficulties	20.3	34.5	24.3
Stress	36.0	55.7	41.6

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

Cis/Het	LGBTQ+	Total
47.1	53.8	49.0
13.4	20.1	15.7
10.5	19.2	12.7
40.2	46.4	42.1
62.5	71.2	65.5
16.9	15.7	16.3
48.5	56.0	50.6
14.0	30.9	19.8
54.5	58.3	55.6
29.6	37.5	32.0
30.3	39.1	33.9
53.2	59.1	54.7
29.1	38.2	31.6
40.7	50.7	44.1
20.3	24.0	21.5

Cis/Het	LGBTQ+	Total
32.4	55.1	39.7

27.4	34.2	30.3
28.5	39.9	34.1
8.8	8.8	8.8
47.7	63.0	53.0
64.5	75.7	69.7
52.3	58.4	54.5
54.5	68.9	60.6
25.1	29.2	27.1
31.2	38.3	33.5
35.9	42.2	37.9
22.7	29.8	24.9
25.4	34.3	28.6
44.2	54.2	49.6
32.0	38.3	34.1
29.0	35.9	31.2
44.5	55.7	48.4
49.6	64.8	54.4

Cis/Het n = 49033
LGBTQ+ n = 19444

E. Violence, Abusive Relationships, and Personal Safety

Within the last 12 months, college students reported experiencing:

	Cis/Het	LGBTQ+	Total
<i>Percent (%)</i>			
A physical fight	2.1	2.3	2.2
A physical assault (not sexual assault)	1.8	2.8	2.1
A verbal threat	9.5	15.8	11.3
Sexual touching without their consent	5.1	10.1	6.5
Sexual penetration attempt without their consent	1.7	3.6	2.3
Sexual penetration without their consent	1.4	2.9	1.8
Being a victim of stalking	3.3	6.3	4.2
A partner called me names, insulted me, or put me down to make me feel bad	10.0	11.2	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	5.5	6.5	5.8
A partner pushed, grabbed, shoved, slapped, kicked, bit, choked or hit me without my consent	2.4	3.6	2.8
A partner forced me into unwanted sexual contact by holding me down or hurting me in some way	1.4	2.5	1.7
A partner pressured me into unwanted sexual contact by threatening me, coercing me, or using alcohol or other drugs	2.5	5.0	3.2

College students reported feeling *very safe* :

	Cis/Het	LGBTQ+	Total
<i>Percent (%)</i>			
On their campus (daytime)	77.6	71.9	76.0
On their campus (nighttime)	30.8	20.4	27.8
In the community surrounding their campus (daytime)	44.5	34.4	41.7
In the community surrounding their campus (nighttime)	17.9	9.7	15.6

Cis/Het n = 49033
LGBTQ+ n = 19444

F. Tobacco, Alcohol, and Other Drug Use

Percent (%)	Ever Used		
	Cis/Het	LGBTQ+	Total
Tobacco or nicotine delivery products (cigarettes, e-cigarettes, Juul or other vape products, water pipe or hookah, chewing tobacco, cigars, etc.)	31.6	37.5	33.3
Alcoholic beverages (beer, wine, liquor, etc.)	70.8	77.4	72.7
Cannabis (marijuana, weed, hash, edibles, vaped cannabis, etc.) [Please report nonmedical use only.]	36.6	55.4	42.0
Cocaine (coke, crack, etc.)	5.2	7.4	5.8
Prescription stimulants (Ritalin, Concerta, Dexedrine, Adderall, diet pills, etc.) [Please report nonmedical use only.]	6.6	10.0	7.6
Methamphetamine (speed, crystal meth, ice, etc.)	1.0	1.5	1.1
Inhalants (poppers, nitrous, glue, gas, paint thinner, etc.)	2.3	6.3	3.5
Sedatives or Sleeping Pills (Valium, Ativan, Xanax, Klonopin, Librium, Rohypnol, GHB, etc.) [Please report nonmedical use only.]	4.1	7.0	4.9
Hallucinogens (Ecstasy, MDMA, Molly, LSD, acid, mushrooms, PCP, Special K, etc.)	7.6	15.1	9.7
Heroin	0.5	0.8	0.6
Prescription opioids (morphine, codeine, fentanyl, oxycodone [OxyContin, Percocet], hydrocodone [Vicodin], methadone, buprenorphine [Suboxone], etc.) [Please report nonmedical use only.]	3.0	5.0	3.5

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

*Used in the last 3 months			
Cis/Het	LGBTQ+		Total
20.2	24.0		21.3
65.6	71.0		67.1
23.0	41.0		28.1
1.6	2.2		1.7
2.4	3.5		2.7
0.1	0.3		0.2
0.6	2.4		1.1
1.4	2.1		1.6
2.3	5.7		3.3
0.1	0.2		0.1
0.5	0.9		0.7

Substance Specific Involvement Scores (SSIS) from the ASSIST

Percent (%)	*Moderate risk use of the substance		
	Cis/Het	LGBTQ+	Total
Tobacco or nicotine delivery products	13.9	17.0	14.7
Alcoholic beverages	10.8	13.6	11.6
Cannabis (nonmedical use)	14.0	27.7	17.9
Cocaine	0.9	1.4	1.0
Prescription stimulants (nonmedical use)	1.2	2.2	1.5
Methamphetamine	0.2	0.3	0.2
Inhalants	0.3	1.1	0.5
Sedatives or Sleeping Pills (nonmedical use)	0.8	1.6	1.0
Hallucinogens	1.2	3.3	1.8
Heroin	0.1	0.2	0.2
Prescription opioids (nonmedical use)	0.4	0.8	0.5

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

*High risk use of the substance			
Cis/Het	LGBTQ+		Total
1.0	1.7		1.2
1.0	1.5		1.1
0.8	2.2		1.2
0.1	0.1		0.1
0.1	0.1		0.1
0.0	0.1		0.1
0.0	0.1		0.1
0.1	0.2		0.1
0.0	0.1		0.1
0.0	0.1		0.1
0.1	0.1		0.1

Cis/Het n =	49033
LGBTQ+ n =	19444

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

	Cis/Het	LGBTQ+	Total
<i>Percent (%)</i>			
Prescription stimulants	1.6	2.4	1.8
Prescription sedatives or sleeping pills	1.0	1.6	1.1
Prescription opioids	0.3	0.7	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**

	Cis/Het	LGBTQ+	Total
<i>Percent (%)</i>			
Cigarettes	6.5	10.2	7.6
E-cigarettes or other vape products (for example: Juul, etc.)	15.6	19.1	16.6
Water pipe or hookah	1.6	2.3	1.8
Chewing or smokeless tobacco	1.7	0.7	1.4
Cigars or little cigars	2.7	2.2	2.5
Other	0.5	0.4	0.5

**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 (1.6 % Cis/Het, 3.3 % LGBTQ+) indicated they were in recovery from alcohol or other drug use.

When, if ever, was the last time you:

	Drank Alcohol			Total
	Cis/Het	LGBTQ+		
<i>Percent (%)</i>				
Never	22.3	16.3		20.6
Within the last 2 weeks	50.3	51.5		50.7
More than 2 weeks ago but within the last 30 days	9.0	10.5		9.4
More than 30 days ago but within the last 3 months	8.5	10.4		9.0
More than 3 months ago but within the last 12 months	5.9	6.9		6.2
More than 12 months ago	4.0	4.4		4.2

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

	*Used Cannabis/Marijuana			Total
	Cis/Het	LGBTQ+		
	58.4	39.6		53.1
	13.3	27.1		17.2
	3.5	5.6		4.1
	5.2	7.7		5.9
	7.2	9.0		7.7
	12.3	10.9		11.9

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.

	Cis/Het	LGBTQ+	Total
<i>Percent (%)</i>			
Estimated BAC			
< .08	80.8	80.1	80.6
< .10	86.2	85.8	86.1
Mean	0.04	0.04	0.04
Median	0.02	0.02	0.02
Std Dev	0.06	0.06	0.06

Cis/Het n = 49033
LGBTQ+ n = 19444

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

	Percent (%)	Cis/Het	LGBTQ+	Total
Number of drinks				
4 or fewer		75.9	78.0	76.5
5		8.3	8.7	8.4
6		5.5	5.3	5.4
7 or more		10.4	8.0	9.7
Mean		3.3	3.2	3.3
Median		2.0	2.0	2.0
Std Dev		3.0	2.7	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 (%)	Cis/Het	LGBTQ+	Total
Did not drink alcohol in the last two weeks (includes non-drinkers)		49.7	48.6	49.4
None		24.8	26.2	25.2
1-2 times		18.6	19.3	18.8
3-5 times		5.7	4.9	5.5
6 or more times		1.1	0.9	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

Cis/Het	LGBTQ+	Total
49.4	51.0	49.9
37.1	37.6	37.2
11.4	9.5	10.8
2.2	1.8	2.1

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

	Percent (%)	Cis/Het	LGBTQ+	Total
Did something I later regretted		18.2	20.7	18.9
Blackout (forgot where I was or what I did for a large period of time and cannot remember , even when someone reminds me)		11.3	11.2	11.3
Brownout (forgot where I was or what I did for short periods of time, but can remember once someone reminds me)		21.5	24.2	22.3
Got in trouble with the police		0.7	0.6	0.7
Got in trouble with college/university authorities		0.9	1.1	1.0
Someone had sex with me without my consent		1.2	2.5	1.6
Had sex with someone without their consent		0.1	0.3	0.2
Had unprotected sex		11.4	11.4	11.4
Physically injured myself		6.4	8.6	7.1
Physically injured another person		0.5	0.7	0.6
Seriously considered suicide		1.7	5.0	2.7
Needed medical help		0.9	1.3	1.0
Reported two or more of the above		22.9	26.7	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:

	Oral sex		
	Cis/Het	LGBTQ+	Total
Percent (%)			
Never	37.7	32.7	36.3
Within the last 2 weeks	30.3	32.9	31.0
More than 2 weeks ago but within the last 30 days	7.6	8.4	7.9
More than 30 days ago but within the last 3 months	8.2	8.9	8.4
More than 3 months ago but within the last 12 months	8.0	8.7	8.2
More than 12 months ago	8.2	8.3	8.2

Vaginal intercourse			
Cis/Het	LGBTQ+		Total
37.7	46.1		40.1
35.4	27.5		33.2
6.6	5.8		6.4
7.0	6.2		6.8
6.6	6.4		6.5
6.7	8.0		7.1

Anal intercourse			
	Cis/Het	LGBTQ+	Total
Percent (%)			
Never	84.5	74.5	81.7
Within the last 2 weeks	1.6	4.6	2.5
More than 2 weeks ago but within the last 30 days	1.0	2.2	1.3
More than 30 days ago but within the last 3 months	1.7	3.3	2.2
More than 3 months ago but within the last 12 months	3.0	4.8	3.5
More than 12 months ago	8.2	10.6	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:

	Cis/Het	LGBTQ+	Total
Percent (%)			
None	0.4	0.3	0.4
1	73.5	61.6	70.0
2	11.0	14.0	11.9
3	5.9	8.1	6.5
4 or more	9.2	16.0	11.1
Mean	1.7	2.4	1.9
Median	1.0	1.0	1.0
Std Dev	2.4	3.7	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*:

	Cis/Het	LGBTQ+	Total
Percent (%)			
Oral sex	5.0	4.1	4.8
Vaginal intercourse	37.9	37.9	37.9
Anal intercourse	18.0	26.8	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:

	Cis/Het	LGBTQ+	Total
Percent (%)			
Yes, used a method of contraception	83.7	84.7	84.0
No, did not want to prevent pregnancy	2.8	1.6	2.5
No, did not use any method	12.4	12.7	12.5
Don't know	1.0	1.0	1.0

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

Cis/Het n =	49033
LGBTQ+ n =	19444

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

	Cis/Het	LGBTQ+	Total
<i>Percent (%)</i>			
Birth control pills (monthly or extended cycle)	48.0	39.6	45.9
Birth control shots	1.8	2.1	1.9
Birth control implants	6.7	8.6	7.2
Birth control patch	0.8	0.9	0.8
The ring	1.9	2.3	2.0
Emergency contraception ("morning after pill" or "Plan B")	5.0	5.6	5.1
Intrauterine device	14.4	19.8	15.8
Male (external) condom	47.2	49.9	47.9
Female (internal) condom	0.2	0.4	0.3
Diaphragm or cervical cap	0.1	0.1	0.1
Contraceptive sponge	0.0	0.0	0.0
Withdrawal	21.9	22.5	22.0
Fertility awareness (calendar, mucous, basal body temperature)	4.3	5.6	4.7
Sterilization (hysterectomy, tubes tied, vasectomy)	2.7	2.5	2.6
Other method	1.0	1.8	1.2
<i>Male condom use plus another method</i>	31.6	35.2	32.5
<i>Any two or more methods (excluding male condoms)</i>	21.5	22.7	21.8

*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 (17.2 % Cis/Het, 18.5 % LGBTQ+).

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 % Cis/Het, 1.6 % LGBTQ+).

H. Mental Health and Wellbeing

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

	Cis/Het	LGBTQ+	Total
<i>Percent (%)</i>			
No or low psychological distress (0-4)	30.4	11.5	25.0
Moderate psychological distress (5-12)	52.1	51.0	51.8
Serious psychological distress (13-24)	17.6	37.5	23.3
Mean	7.81	10.98	0.00
Median	7.00	11.00	0.00
Std Dev	5.16	5.28	0.00

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

	Cis/Het	LGBTQ+	Total
<i>Percent (%)</i>			
Negative for loneliness (3-5)	52.5	37.0	48.1
Positive for loneliness (6-9)	47.5	63.0	51.9
Mean	5.34	6.07	5.60
Median	5.00	6.00	6.00
Std Dev	1.86	1.86	1.89

Diener Flourishing Scale – Psychological Well-Being (PWB) Score (Range is 8-56)

(higher scores reflect a higher level of psychological well-being)

	Cis/Het	LGBTQ+	Total
Mean	45.55	41.58	44.42
Median	47.00	43.00	46.00
Std Dev	8.29	9.17	8.73

Cis/Het n =	49033
LGBTQ+ n =	19444

The Connor-Davison Resilience Scale (CD-RISC2) Score (Range is 0-8)

(higher scores reflect greater resilience)

	Cis/Het	LGBTQ+	Total
Mean	6.14	5.64	6.00
Median	6.00	6.00	6.00
Std Dev	1.52	1.61	1.56

Self injury

■ 10.9 % of college students surveyed (6.5 % Cis/Het, 22.0 % LGBTQ+) 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 (%)	Cis/Het	LGBTQ+	Total
Academics	44.3	58.0	48.2
Career	32.9	41.3	35.3
Finances	43.9	53.9	46.8
Procrastination	70.1	83.7	74.0
Faculty	11.7	16.2	13.0
Family	32.4	52.8	38.2
Intimate relationships	34.9	45.6	37.9
Roommate/housemate	26.7	34.7	28.9
Peers	20.4	31.7	23.6
Personal appearance	48.0	66.7	53.3
Health of someone close to me	37.8	47.4	40.5
Death of a family member, friend, or someone close to me	25.8	28.6	26.6
Bullying	5.9	9.1	6.8
Cyberbullying	2.8	5.3	3.5
Hazing	1.2	1.1	1.1
Microaggression	12.3	29.9	17.3
Sexual Harassment	7.3	18.5	10.5
Discrimination	8.7	16.6	10.9

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

Students reporting none of the above	9.1	2.8	7.3
Students reporting only one of the above	9.3	3.8	7.7
Students reporting 2 of the above	11.2	6.3	9.8
Students reporting 3 or more of the above	70.4	87.1	75.1

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

Cis/Het	LGBTQ+	Total
87.4	90.9	88.6
75.6	77.6	76.3
77.1	81.5	78.6
64.0	73.4	67.0
55.9	58.4	56.8
65.7	73.5	68.8
63.4	66.8	64.5
57.9	62.6	59.5
45.2	51.8	47.7
56.8	64.1	59.4
64.8	65.7	65.1
75.0	77.1	75.6
54.8	58.3	56.1
51.9	52.5	52.1
50.2	52.4	50.8
37.9	39.7	38.8
53.4	61.2	57.3
48.7	56.4	52.0

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

Cis/Het n = 49033
LGBTQ+ n = 19444

Percent (%)	Cis/Het	LGBTQ+		Total
Negative suicidal screening (3-6)	81.1	50.3		72.3
Positive suicidal screening (7-18)	18.9	49.7		27.7
Mean	4.67	7.14		5.38
Median	3.00	6.00		4.00
Std Dev	2.62	3.69		3.17

Suicide attempt

■ 2.6 % of college students surveyed (1.9 % Cis/Het, 4.3 % LGBTQ+) indicated they had attempted suicide within the last 12 months.

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

Percent (%)	Cis/Het	LGBTQ+		Total
No stress	1.9	0.6		1.5
Low	22.7	12.0		19.7
Moderate	49.6	48.6		49.3
High	25.8	38.8		29.5

I. Acute Conditions

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

Percent (%)	Cis/Het	LGBTQ+		Total
Bronchitis	3.3	3.4		3.4
Chlamydia	1.2	1.6		1.3
Chicken Pox (Varicella)	0.5	0.4		0.5
Cold/virus or other respiratory illness (for example: sinus infection, ear infection, strep throat, tonsillitis, pharyngitis, or laryngitis)	31.8	33.6		32.3
Concussion	2.5	3.4		2.8
Gonorrhea	0.3	0.7		0.4
Flu (influenza) or flu-like illness	9.2	8.9		9.1
Mumps	0.2	0.3		0.3
Mononucleosis (mono)	1.6	1.7		1.6
Orthopedic injury (for example: broken bone, fracture, sprain, bursitis, tendinitis, or ligament injury)	8.7	9.5		8.9
Pelvic Inflammatory Disease	0.3	0.5		0.3
Pneumonia	1.2	1.0		1.1
Shingles	0.4	0.4		0.4
Stomach or GI virus or bug, food poisoning or gastritis	7.6	9.9		8.3
Urinary tract infection	9.3	11.9		10.0

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 <u>ever</u> being diagnosed with the following:			
	Percent (%)	Cis/Het	LGBTQ+	Total
ADD/ADHD - Attention Deficit/Hyperactivity Disorder		9.2	20.3	12.3
Alcohol or Other Drug-Related Abuse or Addiction		1.1	2.2	1.4
Anxiety (for example: Generalized Anxiety, Social Anxiety, Panic Disorder, Specific Phobia)		27.3	53.0	34.6
Autism Spectrum		1.1	4.6	2.1
Bipolar and Related Conditions (for example: Bipolar I, II, Hypomanic Episode)		1.5	5.2	2.5
Borderline Personality Disorder (BPD), Avoidant Personality, Dependent Personality, or another personality disorder		0.6	3.0	1.3
Depression (for example: Major depression, persistent depressive disorder, disruptive mood disorder)		19.4	45.7	26.9
Eating Disorders (for example: Anorexia Nervosa, Bulimia Nervosa, Binge-Eating)		4.2	11.7	6.3
Gambling Disorder		0.1	0.2	0.1
Insomnia		4.7	11.6	6.7
Obsessive-Compulsive and Related Conditions (for example: OCD, Body Dysmorphia, Hoarding, Trichotillomania and other body-focused repetitive behavior disorders)		4.1	10.3	5.9
PTSD (Posttraumatic Stress Disorder), Acute Stress Disorder, Adjustment Disorder, or another trauma- or stressor- related condition		5.0	15.1	7.8
Schizophrenia and Other Psychotic Conditions (for example: Schizophrenia, Schizoaffective Disorder, Schizophreniform Disorder, Delusional Disorder)		0.2	0.7	0.3
Tourette's or other neurodevelopmental condition not already listed		0.4	0.9	0.5
Traumatic brain injury (TBI)		0.9	1.7	1.1

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

Cis/Het	LGBTQ+	Total
69.0	77.2	72.9
37.6	50.8	43.5
74.0	80.4	76.8
37.0	56.9	49.7
70.0	79.1	75.3
61.8	74.9	70.6
73.7	80.1	76.8
52.7	55.0	53.9
25.0	34.5	28.2
56.9	59.2	58.0
63.6	70.8	67.2
68.7	76.1	72.8
46.5	59.3	54.6
35.7	55.2	45.2
43.7	42.0	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 (%)	Cis/Het	LGBTQ+	Total
Students reporting none of the above	63.6	36.1	55.8
Students reporting only one of the above	14.1	13.7	14.0
Students reporting both Depression and Anxiety	16.1	40.4	23.0
Students reporting any two or more of the above (excluding the combination of Depression and Anxiety)	6.2	9.8	7.2

Cis/Het n = 49033
LGBTQ+ n = 19444

STI's/Other chronic infections

College students reported ever being diagnosed with the following:

Percent (%)	Cis/Het	LGBTQ+	Total
Genital herpes	0.9	1.3	1.0
Hepatitis B or C	0.2	0.3	0.2
HIV or AIDS	0.1	0.3	0.2
Human papillomavirus (HPV) or genital warts	1.5	1.7	1.6

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

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

Cis/Het	LGBTQ+	Total
44.7	56.8	49.2
33.3	43.1	36.9
33.3	71.0	54.5
44.9	40.1	43.4

Other Chronic /Ongoing Medical Conditions

College students reported ever being diagnosed with the following:

Percent (%)	Cis/Het	LGBTQ+	Total
Acne	28.4	32.2	29.5
Allergies - food allergy	12.3	16.0	13.4
Allergies - animals/pets	13.3	17.0	14.4
Allergies - environmental (for example: pollen, grass, dust, mold)	29.7	35.4	31.3
Asthma	15.8	19.9	16.9
Cancer	0.9	0.8	0.9
Celiac disease	0.9	1.3	1.0
Chronic pain (for example: back or joint pain, arthritis, nerve pain)	6.4	11.5	7.9
Diabetes or pre-diabetes/insulin resistance	2.4	3.1	2.6
Endometriosis	1.7	2.3	1.9
Gastroesophageal Reflux Disease (GERD) or acid reflux	5.2	7.8	5.9
Heart & vascular disorders (for example: atrial fibrillation or other cardiac arrhythmia, mitral valve prolapse or other valvular heart disease, congenital heart condition)	2.3	3.5	2.6
High blood pressure (hypertension)	3.4	3.1	3.3
High cholesterol (hyperlipidemia)	3.3	3.5	3.3
Irritable bowel syndrome (spastic colon or spastic bowel)	4.8	7.9	5.7
Migraine headaches	11.3	16.5	12.8
Polycystic Ovarian Syndrome (PCOS)	3.0	4.7	3.5
Sleep Apnea	1.8	2.2	1.9
Thyroid condition or disorder	3.4	4.1	3.6
Urinary system disorder (for example: bladder or kidney disease, urinary reflux, interstitial cystitis)	1.4	1.8	1.5

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

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

Cis/Het	LGBTQ+	Total
43.9	36.6	41.6
33.7	27.2	31.5
28.3	24.0	26.9
30.1	24.3	28.2
35.3	34.3	34.9
58.0	66.4	60.1
52.3	52.9	52.5
69.8	68.9	69.4
70.9	68.3	70.0
58.0	63.3	59.9
54.5	50.1	52.9
58.9	55.0	57.4
70.3	60.9	67.8
66.3	55.1	63.0
62.5	53.4	58.9
53.3	50.2	52.2
67.5	66.6	67.2
54.7	50.6	53.4
82.1	77.3	80.6
63.1	62.5	62.9

Cis/Het n =	49033
LGBTQ+ n =	19444

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

	Cis/Het	LGBTQ+		Total
<i>Percent (%)</i>				
Type I Diabetes	23.2	30.8		25.6
Type II Diabetes	24.1	23.0		23.8
Pre-diabetes or insulin resistance	62.4	66.0		63.6
Gestational Diabetes	7.7	5.3		6.9

K. Sleep

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

	Cis/Het	LGBTQ+		Total
<i>Percent (%)</i>				
Less than 15 minutes	43.2	33.4		40.4
16 to 30 minutes	27.3	28.3		27.6
31 minutes or more	29.5	38.3		32.0

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

	On weeknights			
	Cis/Het	LGBTQ+		Total
<i>Percent (%)</i>				
Less than 7 hours	41.7	45.4		42.7
7 to 9 hours	57.1	52.9		55.9
10 or more hours	1.2	1.7		1.3

	On weekend nights			
	Cis/Het	LGBTQ+		Total
	22.8	21.1		22.3
	70.1	67.6		69.4
	7.1	11.3		8.3

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

	Felt tired or sleepy during the day			
	Cis/Het	LGBTQ+		Total
<i>Percent (%)</i>				
0 days	4.3	2.2		3.7
1-2 days	22.7	14.5		20.4
3-5 days	45.2	41.6		44.2
6-7 days	27.8	41.8		31.7

	Got enough sleep so that they felt rested			
	Cis/Het	LGBTQ+		Total
	17.9	23.4		19.5
	38.8	39.9		39.1
	33.6	29.3		32.4
	9.6	7.3		9.0

Demographics and Sample Characteristics

■ Age		■ Students describe themselves as	
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 %
■ Gender*			
Cis Women:	65.9 %		
Cis Men:	28.2 %		
Transgender/Gender Non-conforming:	5.9 %		
* See note on page 2 regarding gender categories			
■ Student status		■ Housing	
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 %		
		■ Students describe themselves as	
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 %
■ Visa to work or study in the US:	12.1 %	Middle Eastern/North African (MENA)	
		or Arab Origin:	1.8 %
■ Relationship status		Native Hawaiian or Other	
Not in a relationship:	51.4 %	Pacific Islander Native:	0.5 %
In a relationship but not married/partnered:	39.1 %	White:	69.0 %
Married/partnered:	9.5 %	Biracial or Multiracial:	4.4 %
		Identity not listed above:	1.2 %
■ Primary Source of Health Insurance		<i>If Hispanic or Latino/a/x, are you</i>	
College/university sponsored SHIP plan:	13.4 %	Mexican, Mexican American, Chicano:	50.6 %
Parent or guardian's plan:	63.4 %	Puerto Rican:	13.3 %
Employer (mine or my spouse/partners):	8.4 %	Cuban:	6.6 %
Medicaid, Medicare, SCHIP, or VA:	7.9 %	Another Hispanic, Latino/a/x, or	
Bought a plan on my own:	2.5 %	Spanish Origin:	35.8 %
Don't have health insurance:	2.5 %	<i>If Asian or Asian American, are you</i>	
Don't know if I have health insurance:	0.6 %	East Asian:	45.2 %
Have insurance, but don't know source:	1.3 %	Southeast Asian:	22.9 %
		South Asian:	33.1 %
■ Student Veteran:	2.0 %	Other Asian:	2.0 %
■ Parent or primary responsibility for someone else's child/children under 18 years old:	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 14.4 %
 (ADD or ADHD):
 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 %