



# SPRING 2023

## Reference Group Data Report



AMERICAN  
COLLEGE  
HEALTH  
ASSOCIATION

### Demographics of Participating Institutions

One hundred twenty-seven postsecondary institutions self-selected to participate in the Spring 2023 ACHA National College Health Assessment and 79,137 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 ACHA-NCHA III (currently only offered as a web survey) are included in the analysis, yielding a final data set consisting of 78,024 students at 125 schools. Demographic characteristics of the 125 campuses follow.

<b>Demographical Characteristics of the 125 US Postsecondary Institutions Included in the Spring 2023 ACHA-NCHA III Reference Group</b>	
<b>Campus Characteristic</b>	<b><i>n</i></b>
Type of Institution	
Public	80
Private	45
2-year	11
4-year or above	114
Location of Campus	
Northeast (CT, ME, MA, NH, NJ, NY, PA, RI, VT)	27
Midwest (IL, IN, IA, KS, MI, MN, MO, NE, ND, OH, SD, WI)	17
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)	56
Campus Size	
< 2,500 students	30
2,500 – 4,999 students	23
5,000 – 9,999 students	21
10,000 – 19,999 students	13
20,000 students or more	38
Campus Setting	
Very large city (population over 500,000)	24
Large city (population 250,000-499,999)	12
Small city (population 50,000-249,999)	46
Large town (population 10,000-49,999)	25
Small town (population 2,500-9,999)	14
Rural community (population under 2,500)	4
Carnegie Classification	
Associates Colleges	11
Baccalaureate Colleges	19
Baccalaureate/Associates Colleges	4
Masters Colleges and Universities	27
Doctoral Universities	64
Special Focus Institutions	0

<b>Demographical Characteristics of the 125 US Postsecondary Institutions Included in the Spring 2023 ACHA-NCHA III Reference Group</b>	
<b>Campus Characteristic</b>	<b><i>n</i></b>
ACHA Membership Status	
Institutional Member	99
Nonmember	26
Religious Affiliation	
No	108
Yes	17
<u>If yes:</u>	
Catholic	9
Protestant or Other Christian	8
Postsecondary Minority Institution (US Department of Education)	
No	101
Yes	24
<u>*If yes:</u>	
Historically Black College or University (HBCU)	0
Hispanic-serving Institution (HSI)	12
Tribal College or University	2
Predominately Black Institution	0
Asian American and Native American Pacific Islander-serving	13
Alaska Native-serving or Native Hawaiian-serving Institution	0
Native American-serving Nontribal Institution	4
*institutions may hold more than one type of minority status	
<b>NOTE:</b> In an effort to protect the identity of the participating institutions, the minority institution status variables have been recoded into a single dichotomous (yes/no) variable in the Reference Group SPSS data files. Secondary researchers with access to the blind data files will not be able to ascertain which type of minority status designation an institution holds.	

	<b>Spring 2023 Institutions</b>
Number of institutions	125
Number of students	78,024
Mean response proportion	11%
Median response proportion	10%

**We need to draw your attention to an important change in your ACHA-NCHA Report documents. Beginning in Spring 2021, responses for transgender and gender-nonconforming students are readily available directly in the report documents. This represents an important change in the way we have been reporting ACHA-NCHA results. We've prepared the following information to better explain the specific changes, our reasoning for doing so, and tips for using these redesigned report documents.**

**I. What we've done to date**

- The ACHA-NCHA has asked respondents about their gender identity for 12 years.
- Data on transgender and gender-nonconforming (TGNC) students was available in the data file, but not displayed explicitly in the report documents in an effort to protect the privacy of TGNC students, particularly those students in smaller campus environments and at schools that publicly shared their ACHA-NCHA report documents.
- We have been trying to find the right balance between protecting students' privacy and making the results accessible to campus surveyors who may not use the statistical software that would be required to extract this information directly from the data files. Until now, we've erred on the side of protecting student privacy.

**II. Why change?**

- The number of TGNC students in our samples has been increasing over the years. Between 2008 and 2015, the number of students identifying as TGNC was very small (less than 0.05%). We've learned over the years that gender identity is complex and fluid. To better capture this complexity, we began asking separate questions about sex at birth and gender identity in Fall 2015. Now TGNC students tend to represent 3-4% of the overall sample.
- With greater number of students identifying as TGNC on the ACHA-NCHA in recent years, we have a better opportunity to understand their needs and behaviors than we have in years past.
- A number of health disparities between TGNC students and their cisgender peers have been well documented<sup>[1]</sup>, and schools need readily available access to this data in order to better address the needs of TGNC students.

**III. What's different about the way we are reporting?**

- First – a note about how we have been reporting ACHA-NCHA results to date. RSEX is a variable we create based on the responses to the questions on sex at birth, whether or not a student identifies as transgender, and their gender identity. The RSEX variable had allowed us to sort respondents into 4 groups for reporting purposes: male, female, non-binary, and missing. (Details about this variable can be found in all report documents.)
- The value labels for RSEX have been revised to better represent gender identity rather than sex. A value of "1" has been changed from "Male" to "Cis Men<sup>[2]</sup>." A "2" has been changed from "Female" to "Cis Women<sup>[3]</sup>." The value "3" has been changed from "non-binary" to "Transgender and Gender-Nonconforming" (TGNC), as it's a more accurate and inclusive term. The value "4" on RSEX remains "missing/unknown" and is used for students who do not answer all three questions.
- The "missing/unknown" column in the Data Report document has been replaced with a "Trans/Gender-Nonconforming" column. Because space limitations in the report prevent us from displaying all 4 categories plus a total column in the same document, it's now the "missing/unknown" column that is not displayed. Now when the Total of any given row is higher than the sum of the cis men, cis women, and TGNC respondents, the difference can be attributed to "missing/unknown" respondents that selected the response option presented in that row.
- A column for "Trans/Gender-Nonconforming" has been added the Executive Summary Report document.

**IV. Important considerations with this new format**

- Percentages in the Executive Summary may represent a very small number of TGNC students and can limit the generalizability of a particular finding. To assist with the interpretation of the percentages displayed in the Executive Summary, the total sample size for each group has been added to every page.
- We encourage ACHA-NCHA surveyors to carefully review their report documents, particularly among the student demographic variables, and consider students who may be inadvertently identified in the results based on a unique combination of the demographic characteristics before sharing the documents widely or publicly. This is especially true for very small schools, as well as schools that lack diversity in the student population.
- Think about the implication of working with and documenting very small samples – from the perspective of making meaningful interpretations, as well as the privacy of respondents. This is true of all demographic variables, and not limited to gender identity. You may consider a minimum cell size or another threshold by which you make decisions about making your Institutional Data Report publicly available. It is less of a concern in your Institutional Executive Summary as we only display the percentages with the overall sample size.

**Questions about this report? Please reach out to Christine Kukich at [Ckukich@acha.org](mailto:Ckukich@acha.org)**

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[1] Greathouse M, BrckaLorenz A, Hoban M, Huseman R, Rankin S, Stolzenberg EB. (2018). Queer-spectrum and trans-spectrum student experiences in American higher education: The analysis of national survey findings. New Brunswick, NJ: Tyler Clementi Center, Rutgers University.

[2] Cisgender refers to people whose gender identity matches their sex assigned at birth. Cis men is short for "cisgender men" and is a term used to describe persons who identify as men and were assigned male at birth.

[3] Cis women is short for "cisgender women" and is a term used to describe persons who identify as women and were assigned female at birth.



# AMERICAN COLLEGE HEALTH ASSOCIATION

## American College Health Association-National College Health Assessment (ACHA-NCHA III)

### Reference Group Data Report - Spring 2023

American College Health Association  
8455 Colesville Road, Suite 740  
Silver Spring, MD 20910  
(410) 859-1500  
[www.acha.org](http://www.acha.org)

December 21, 2023

FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

Frequency tables are presented for every multiple choice and select all that apply questions from the survey. The mean, median, standard deviation, minimum, and maximum values are provided for the variables that are continuous, as well as those scales within the survey that produce a score.

Space for value labels associated with each response option is limited in this document and are often abbreviated for brevity. Furthermore, response options are listed in numeric order within the frequency tables, which may differ from the way they appear to students in the survey. **Please always refer to the survey codebook rather than this report document for the exact wording of survey questions and the associated response options.**

#### A note about the use of sex and gender in this report:

Survey results are reported by sex based on the responses to questions 67A, 67B, and 67C. The responses to these questions are used to create a new variable called RSEX. RSEX is used for organizing results in the ACHA-NCHA report documents. Respondents are reported as cis men or cis women only when their responses to 67A, 67B, and 67C are consistent with one another. If gender identity is consistent with sex at birth AND "no" is selected for transgender, then respondents are designated as either cis men or cis women in RSEX. If respondents select "yes" for transgender OR their sex at birth is not consistent with their gender identity, then they are designated as transgender/gender non-conforming in RSEX. A respondent that selects "intersex" for sex at birth, "no" for transgender, and man or woman for gender identity are designated as cis men or cis women in RSEX. A respondent that selects "intersex" for sex at birth, "yes" for transgender, or selects a gender identity other than man or woman are designated as transgender/gender non-conforming in RSEX. A respondent that selects "another identity" on 67C is designated missing in RSEX. A respondent that skips any of the three questions is designated as missing in RSEX. Totals displayed in this report include missing responses. Please see the ACHA-NCHA III survey codebook for more information about how data on sex and gender are coded. Please note: if your data contain a small number of transgender and gender non-conforming students, we advise you to take caution in sharing this report, as these students' responses may make it possible to identify who they are.

#### 1) How would you describe your overall health?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Excellent	3620	18	4292	9	193	5	8284	11.3
2 Very good	8267	42	18279	38	1055	25	28000	38.3
3 Good	5927	30	18755	39	1805	43	26920	36.9
4 Fair	1695	9	5756	12	994	24	8615	11.8
5 Poor	258	1	732	2	183	4	1212	1.7
Valid responses =	19767	27	47814	65	4230	6	73031	93.6

Invalid responses include no response.

#### 2A) I feel that I belong at my college/university.

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Strongly disagree	476	2	812	2	119	3	1478	1.9
2 Disagree	726	3	1527	3	269	6	2584	3.3
3 Somewhat disagree	1322	6	3165	6	434	10	5032	6.5
4 Somewhat agree	4685	22	12706	25	1366	30	19139	24.6
5 Agree	9089	43	22212	44	1731	38	33478	43.1
6 Strongly agree	4869	23	10370	20	602	13	16054	20.6
Valid responses =	21167	27	50792	65	4521	6	77765	99.7

Invalid responses include no response.

#### 2B) I feel that students' health and well-being is a priority at my college/university.

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Strongly disagree	667	3	1311	3	238	5	2309	3.0
2 Disagree	1135	5	2886	6	480	11	4616	5.9
3 Somewhat disagree	2176	10	5867	12	792	18	9017	11.6
4 Somewhat agree	6715	32	17380	34	1608	36	26131	33.6
5 Agree	7314	35	16918	33	1125	25	25668	33.0
6 Strongly agree	3137	15	6379	13	269	6	9938	12.8
Valid responses =	21144	27	50741	65	4512	6	77679	99.6

Invalid responses include no response.

#### 2C) At my college/university, I feel that the campus climate encourages free and open discussion about students' health and well-being.

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Strongly disagree	468	2	862	2	142	3	1549	2.0
2 Disagree	735	4	1831	4	296	7	2938	3.8
3 Somewhat disagree	1739	8	4342	9	612	14	6851	8.8
4 Somewhat agree	5924	28	15266	30	1533	34	23161	29.8
5 Agree	8388	40	19784	39	1439	32	29941	38.6
6 Strongly agree	3867	18	8614	17	488	11	13166	17.0
Valid responses =	21121	27	50699	65	4510	6	77606	99.5

Invalid responses include no response.



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#### 2D) At my college/university, we are a campus where we look out for each other.

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Strongly disagree	677	3	1257	3	212	5	2234	2.9
2 Disagree	1197	6	2568	5	381	9	4234	5.5
3 Somewhat disagree	2427	12	6101	12	807	18	9527	12.3
4 Somewhat agree	6953	33	17756	35	1660	37	26810	34.6
5 Agree	6872	33	16623	33	1109	25	24923	32.2
6 Strongly agree	2967	14	6343	13	330	7	9790	12.6
Valid responses =	21093	27	50648	65	4499	6	77518	99.4

Invalid responses include no response.

#### 3A) How many hours do you spend in a typical week (7 days) on the following activities?

##### Attending classes, discussion sections, or labs

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 hours	458	2	1007	2	86	2	1579	2.0
2 1-5 hours	2669	13	7207	14	526	12	10568	13.6
3 6-10 hours	5314	25	13170	26	1151	26	19956	25.7
4 11-15 hours	5882	28	13596	27	1349	30	21145	27.2
5 16-20 hours	4229	20	9605	19	927	21	15023	19.3
6 21-25 hours	1312	6	3256	6	277	6	4917	6.3
7 26-30 hours	640	3	1523	3	121	3	2331	3.0
8 More than 30 hours	663	3	1415	3	80	2	2212	2.8
Valid responses =	21167	27	50779	65	4517	6	77731	99.6

Invalid responses include no response.

#### 3B) How many hours do you spend in a typical week (7 days) on the following activities?

##### Studying and other academic activities outside of class

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 hours	248	1	409	1	50	1	734	0.9
2 1-5 hours	4254	20	10653	21	1026	23	16204	20.9
3 6-10 hours	6019	29	15080	30	1420	32	22836	29.4
4 11-15 hours	4089	19	9870	20	856	19	15049	19.4
5 16-20 hours	2757	13	6653	13	564	13	10148	13.1
6 21-25 hours	1483	7	3518	7	273	6	5370	6.9
7 26-30 hours	961	5	2218	4	148	3	3389	4.4
8 More than 30 hours	1321	6	2315	5	175	4	3889	5.0
Valid responses =	21132	27	50716	65	4512	6	77619	99.5

Invalid responses include no response.

#### 3C) How many hours do you spend in a typical week (7 days) on the following activities?

##### Attending cultural events, movies, concerts, sports or other entertainment with others

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 hours	5574	26	13718	27	1441	32	21062	27.1
2 1-5 hours	11383	54	29793	59	2474	55	44269	57.0
3 6-10 hours	2764	13	5016	10	406	9	8351	10.8
4 11-15 hours	797	4	1329	3	105	2	2288	2.9
5 16-20 hours	349	2	497	1	42	1	917	1.2
6 21-25 hours	143	1	227	0	30	1	423	0.5
7 26-30 hours	64	0	112	0	9	0	198	0.3
8 More than 30 hours	57	0	68	0	11	0	152	0.2
Valid responses =	21131	27	50760	65	4518	6	77660	99.5

Invalid responses include no response.

#### 3D) How many hours do you spend in a typical week (7 days) on the following activities?

##### Performing community service or volunteer activities

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 hours	13584	64	29904	59	3060	68	47232	60.9
2 1-5 hours	6017	29	17303	34	1156	26	24845	32.0
3 6-10 hours	873	4	2233	4	171	4	3360	4.3
4 11-15 hours	299	1	634	1	56	1	1030	1.3
5 16-20 hours	169	1	351	1	32	1	576	0.7
6 21-25 hours	76	0	152	0	21	1	268	0.3
7 26-30 hours	58	0	77	0	8	0	151	0.2
8 More than 30 hours	43	0	83	0	10	0	150	0.2
Valid responses =	21119	27	50737	65	4514	6	77612	99.5

Invalid responses include no response.





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FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

### 3E) How many hours do you spend in a typical week (7 days) on the following activities?

Participating in physical exercise, team sports, recreational sports, or physically active hobbies

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 hours	3843	18	13378	26	1814	40	19369	24.9
2 1-5 hours	8498	40	23509	46	1904	42	34395	44.2
3 6-10 hours	5352	25	9150	18	541	12	15270	19.6
4 11-15 hours	1947	9	2635	5	144	3	4821	6.2
5 16-20 hours	828	4	1178	2	62	1	2115	2.7
6 21-25 hours	353	2	518	1	28	1	927	1.2
7 26-30 hours	142	1	238	1	14	0	406	0.5
8 More than 30 hours	190	1	200	0	13	0	426	0.5
Valid responses =	21153	27	50806	65	4520	6	77729	99.6

Invalid responses include no response.

### 3F) How many hours do you spend in a typical week (7 days) on the following activities?

Participating in spiritual or religious activities

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 hours	13957	66	34656	68	3585	79	52962	68.2
2 1-5 hours	5386	26	13136	26	732	16	19557	25.2
3 6-10 hours	1034	5	1915	4	103	2	3117	4.0
4 11-15 hours	360	2	510	1	34	1	941	1.2
5 16-20 hours	173	1	266	1	30	1	497	0.6
6 21-25 hours	87	0	114	0	15	0	233	0.3
7 26-30 hours	55	0	66	0	4	0	131	0.2
8 More than 30 hours	69	0	95	0	11	0	195	0.3
Valid responses =	21121	27	50758	65	4514	6	77633	99.5

Invalid responses include no response.

### 3G) How many hours do you spend in a typical week (7 days) on the following activities?

Participating in student clubs or organizations

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 hours	10987	52	26891	53	2234	50	40652	52.4
2 1-5 hours	6930	33	17746	35	1647	37	26781	34.5
3 6-10 hours	1904	9	3997	8	403	9	6429	8.3
4 11-15 hours	681	3	1172	2	114	3	2007	2.6
5 16-20 hours	308	2	494	1	59	1	890	1.1
6 21-25 hours	120	1	206	0	30	1	375	0.5
7 26-30 hours	84	0	108	0	9	0	210	0.3
8 More than 30 hours	87	0	106	0	12	0	222	0.3
Valid responses =	21101	27	50720	65	4508	6	77566	99.4

Invalid responses include no response.

### 3H) How many hours do you spend in a typical week (7 days) on the following activities?

Socializing with friends

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 hours	1481	7	3101	6	287	6	4978	6.4
2 1-5 hours	7869	37	21836	43	1788	40	31957	41.3
3 6-10 hours	6103	29	14349	28	1271	28	22061	28.5
4 11-15 hours	2953	14	6022	12	594	13	9715	12.6
5 16-20 hours	1322	6	2589	5	286	6	4285	5.5
6 21-25 hours	568	3	1158	2	116	3	1880	2.4
7 26-30 hours	286	1	642	1	56	1	1002	1.3
8 More than 30 hours	474	2	896	2	97	2	1502	1.9
Valid responses =	21056	27	50593	65	4495	6	77380	99.2

Invalid responses include no response.

### 3I) How many hours do you spend in a typical week (7 days) on the following activities?

Partying

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 hours	12570	60	30627	61	3210	72	47110	61.3
2 1-5 hours	6166	30	15334	31	994	22	22842	29.7
3 6-10 hours	1391	7	2997	6	165	4	4640	6.0
4 11-15 hours	442	2	761	2	54	1	1284	1.7
5 16-20 hours	190	1	286	1	23	1	523	0.7
6 21-25 hours	82	0	113	0	13	0	227	0.3
7 26-30 hours	38	0	37	0	4	0	85	0.1
8 More than 30 hours	46	0	39	0	7	0	108	0.1
Valid responses =	20925	27	50194	65	4470	6	76819	98.5

Invalid responses include no response.



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### 3J) How many hours do you spend in a typical week (7 days) on the following activities?

#### Spending time with family

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 hours	7855	37	16526	33	1949	43	26798	34.6
2 1-5 hours	7492	36	19736	39	1621	36	29251	37.8
3 6-10 hours	2452	12	6385	13	416	9	9391	12.1
4 11-15 hours	1100	5	2713	5	198	4	4083	5.3
5 16-20 hours	672	3	1635	3	111	3	2470	3.2
6 21-25 hours	378	2	815	2	52	1	1272	1.6
7 26-30 hours	226	1	563	1	30	1	836	1.1
8 More than 30 hours	868	4	2311	5	124	3	3359	4.3
Valid responses =	21043	27	50684	65	4501	6	77460	99.3

Invalid responses include no response.

### 3K) How many hours do you spend in a typical week (7 days) on the following activities?

#### Watching TV, streaming movies/TV, or other media for entertainment

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 hours	1249	6	2720	5	253	6	4316	5.6
2 1-5 hours	7873	37	21337	42	1590	35	31271	40.3
3 6-10 hours	6346	30	15265	30	1351	30	23307	30.0
4 11-15 hours	2887	14	6360	13	668	15	10065	13.0
5 16-20 hours	1447	7	2753	5	350	8	4639	6.0
6 21-25 hours	585	3	1108	2	143	3	1877	2.4
7 26-30 hours	300	1	546	1	59	1	924	1.2
8 More than 30 hours	430	2	657	1	101	2	1221	1.6
Valid responses =	21117	27	50746	65	4515	6	77620	99.5

Invalid responses include no response.

### 3L) How many hours do you spend in a typical week (7 days) on the following activities?

#### Gaming

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 hours	7906	38	37010	73	1858	41	47374	61.1
2 1-5 hours	6404	30	9215	18	1366	30	17298	22.3
3 6-10 hours	3373	16	2587	5	696	15	6810	8.8
4 11-15 hours	1719	8	979	2	287	6	3059	3.9
5 16-20 hours	846	4	444	1	163	4	1491	1.9
6 21-25 hours	378	2	196	0	64	1	669	0.9
7 26-30 hours	190	1	120	0	33	1	351	0.5
8 More than 30 hours	293	1	120	0	42	1	473	0.6
Valid responses =	21109	27	50671	65	4509	6	77525	99.4

Invalid responses include no response.

### 3M) How many hours do you spend in a typical week (7 days) on the following activities?

#### Using social media

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 hours	2190	10	2407	5	292	7	5008	6.5
2 1-5 hours	8035	38	19492	39	1589	36	29564	38.3
3 6-10 hours	5694	27	15476	31	1331	30	22825	29.6
4 11-15 hours	2714	13	7092	14	620	14	10585	13.7
5 16-20 hours	1247	6	3155	6	323	7	4813	6.2
6 21-25 hours	539	3	1394	3	143	3	2114	2.7
7 26-30 hours	254	1	699	1	85	2	1060	1.4
8 More than 30 hours	302	1	817	2	97	2	1247	1.6
Valid responses =	20975	27	50532	65	4480	6	77216	99.0

Invalid responses include no response.

### 3N) How many hours do you spend in a typical week (7 days) on the following activities?

#### Commuting to school and/or to work

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 hours	4383	21	11120	22	1041	23	16802	21.7
2 1-5 hours	12160	58	28652	57	2524	56	43983	56.9
3 6-10 hours	3077	15	7520	15	672	15	11436	14.8
4 11-15 hours	793	4	1899	4	149	3	2917	3.8
5 16-20 hours	260	1	618	1	57	1	967	1.3
6 21-25 hours	155	1	288	1	22	1	487	0.6
7 26-30 hours	73	0	164	0	6	0	256	0.3
8 More than 30 hours	113	1	278	1	17	0	423	0.5
Valid responses =	21014	27	50539	65	4488	6	77271	99.0

Invalid responses include no response.





# AMERICAN COLLEGE HEALTH ASSOCIATION

## American College Health Association-National College Health Assessment (ACHA-NCHA III)

### Reference Group Data Report - Spring 2023

American College Health Association

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Silver Spring, MD 20910

(410) 859-1500

[www.acha.org](http://www.acha.org)

December 21, 2023

FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### 3O) How many hours do you spend in a typical week (7 days) on the following activities?

##### Working for pay

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 hours	8997	43	17630	35	1579	35	28665	37.2
2 1-5 hours	1946	9	5007	10	429	10	7529	9.8
3 6-10 hours	2377	11	6859	14	677	15	10068	13.1
4 11-15 hours	1895	9	5601	11	515	12	8154	10.6
5 16-20 hours	2114	10	5557	11	515	12	8308	10.8
6 21-25 hours	967	5	2706	5	259	6	3987	5.2
7 26-30 hours	526	3	1752	4	154	3	2465	3.2
8 More than 30 hours	2138	10	5258	10	344	8	7857	10.2
Valid responses =	20960	27	50370	65	4472	6	77033	98.7

Invalid responses include no response.

#### 3P) How many hours do you spend in a typical week (7 days) on the following activities?

##### Participating in meditation or meditative activities

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 hours	15351	73	35924	71	3096	69	55162	71.3
2 1-5 hours	4599	22	12750	25	1165	26	18800	24.3
3 6-10 hours	647	3	1218	2	139	3	2068	2.7
4 11-15 hours	204	1	339	1	37	1	607	0.8
5 16-20 hours	130	1	188	0	29	1	368	0.5
6 21-25 hours	70	0	79	0	14	0	175	0.2
7 26-30 hours	35	0	60	0	7	0	112	0.1
8 More than 30 hours	47	0	55	0	7	0	123	0.2
Valid responses =	21083	27	50613	65	4494	6	77415	99.2

Invalid responses include no response.

#### 3Q) How many hours do you spend in a typical week (7 days) on the following activities?

##### Performing unpaid household responsibilities

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 hours	4300	20	7214	14	616	14	12360	15.9
2 1-5 hours	11141	53	27558	54	2509	56	41777	53.8
3 6-10 hours	3790	18	9730	19	907	20	14670	18.9
4 11-15 hours	1052	5	3152	6	265	6	4554	5.9
5 16-20 hours	417	2	1341	3	112	3	1913	2.5
6 21-25 hours	190	1	654	1	52	1	918	1.2
7 26-30 hours	98	1	391	1	15	0	524	0.7
8 More than 30 hours	171	1	745	2	41	1	980	1.3
Valid responses =	21159	27	50785	65	4517	6	77696	99.6

Invalid responses include no response.

#### 3R) How many hours do you spend in a typical week (7 days) on the following activities?

##### Taking care of children or other family members (unpaid)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 hours	17635	83	40285	79	3826	85	62661	80.7
2 1-5 hours	1605	8	4908	10	390	9	7041	9.1
3 6-10 hours	688	3	1681	3	116	3	2539	3.3
4 11-15 hours	345	2	773	2	53	1	1209	1.6
5 16-20 hours	250	1	580	1	46	1	899	1.2
6 21-25 hours	140	1	316	1	22	1	495	0.6
7 26-30 hours	88	0	308	1	9	0	420	0.5
8 More than 30 hours	397	2	1929	4	55	1	2415	3.1
Valid responses =	21148	27	50780	65	4517	6	77679	99.6

Invalid responses include no response.

#### 4) How do you describe your weight?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Very underweight	278	1	335	1	81	2	713	0.9
2 Slightly underweight	2745	13	4286	8	568	13	7756	10.0
3 About the right weight	10894	51	27390	54	2042	45	40995	52.7
4 Slightly overweight	6150	29	15488	31	1474	33	23434	30.1
5 Very overweight	1127	5	3318	7	350	8	4886	6.3
Valid responses =	21194	27	50817	65	4515	6	77784	99.7

Invalid responses include no response.



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FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### 5) Are you trying to do any of the following about your weight?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Not trying anything about my weight	4136	20	10742	21	1564	35	16801	21.6
2 Stay the same weight	4610	22	10217	20	751	17	15854	20.4
3 Lose weight	8087	38	27220	54	1812	40	37615	48.4
4 Gain weight	4362	21	2641	5	394	9	7526	9.7
Valid responses =	21195	27	50820	65	4521	6	77796	99.7

Invalid responses include no response.

#### 6) In the last 7 days, how many (total) minutes did you spend doing moderate physical activity?

Examples: brisk walking, dancing, or household chores.

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 0 Minutes	718	3	1392	3	153	3	2305	3.0
1 1 to 149 Minutes	9528	45	23670	47	2243	50	35992	46.7
2 150 to 299 Minutes	5126	24	12140	24	1049	23	18560	24.1
3 300 or More Minutes	5689	27	13232	26	1031	23	20256	26.3
Valid responses =	21061	27	50434	65	4476	6	77113	98.8

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Cis Men	232.28	150.00	311.98	0	5040
Cis Women	236.16	150.00	345.15	0	5040
Trans/Gender Non-conforming	221.17	120.00	328.11	0	5040
Overall	234.25	150.00	336.89	0	5040

#### 7) In the last 7 days, how many (total) minutes did you spend doing vigorous physical activity?

Examples: running, swimming laps, or hiking.

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 0 Minutes	5115	24	18505	37	2042	46	26006	33.8
1 1 to 74 Minutes	5844	28	14624	29	1344	30	22174	28.8
2 75 to 149 Minutes	3014	14	6412	13	461	10	10046	13.1
3 150 or More Minutes	7077	34	10771	21	613	14	18735	24.3
Valid responses =	21050	27	50312	65	4460	6	76961	98.6

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Cis Men	150.49	60.00	219.05	0	3000
Cis Women	101.19	30.00	187.95	0	3000
Trans/Gender Non-conforming	69.22	10.00	158.49	0	3000
Overall	113.14	45.00	197.82	0	3000

#### 8) In the last 7 days, on how many days did you do exercises to strengthen or tone your muscles?

Examples: push ups, sit ups, or weightlifting/training.

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 0 days	6538	31	21030	41	2465	55	30500	39.3
1 1 day	2259	11	6617	13	577	13	9604	12.4
2 2 days	2690	13	7340	15	536	12	10720	13.8
3 3 days	3046	14	6645	13	445	10	10288	13.2
4 4 days	2235	11	3763	7	223	5	6323	8.1
5 5 days	2280	11	3186	6	131	3	5683	7.3
6 6 days	1361	6	1412	3	77	2	2900	3.7
7 7 days	768	4	785	2	60	1	1650	2.1
Valid responses =	21177	27	50778	65	4514	6	77668	99.5

Invalid responses include no response.



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December 21, 2023

FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### 9A) In the last 7 days, how many servings of sugar-sweetened beverages did you drink on average per day?

One serving is 12 oz of soda; 8 oz of sugar-sweetened, flavored water or sports drink; 6 oz of sugar-sweetened coffee, tea, or juice.  
If you do not drink sugar-sweetened beverages, please enter 0.

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 servings	7553	36	14918	30	1115	25	23975	31.1
2 1 serving	4243	20	11137	22	1089	24	16691	21.7
3 2 servings	2836	14	7744	15	767	17	11478	14.9
4 3 servings	1696	8	4532	9	422	9	6734	8.7
5 4 servings	1014	5	2576	5	231	5	3881	5.0
6 5 servings	855	4	2209	4	190	4	3294	4.3
7 6 servings	500	2	1265	3	91	2	1877	2.4
8 7 servings	569	3	1816	4	147	3	2573	3.3
9 8 servings	293	1	708	1	46	1	1061	1.4
10 9 or more servings	1465	7	3545	7	381	9	5467	7.1
Valid responses =	21024	27	50450	65	4479	6	77031	98.7

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Cis Men	2.61	1.00	4.27	0	30
Cis Women	2.83	1.00	4.38	0	30
Trans/Gender Non-conforming	2.98	2.00	4.38	0	30
Overall	2.78	1.00	4.36	0	30

#### 9B) In the past 30 days, on how many days did you drink energy drinks or energy shots?

(for example: Red Bull, Monster, Full Throttle, 5 Hour Energy, Rockstar Energy Shot, or Full Throttle Energy Shot, etc.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 days	14388	69	36790	73	3102	70	55031	71.9
2 1-2 days	2263	11	5068	10	474	11	7895	10.3
3 3-4 days	1141	6	2336	5	247	6	3786	4.9
4 5-10 days	1607	8	3162	6	303	7	5157	6.7
5 11-15 days	418	2	933	2	85	2	1455	1.9
6 16-20 days	386	2	788	2	92	2	1282	1.7
7 21-25 days	247	1	393	1	60	1	712	0.9
8 26-30 days	447	2	666	1	77	2	1219	1.6
Valid responses =	20897	27	50136	66	4440	6	76537	98.1

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Cis Men	2.43	0.00	5.96	0	30
Cis Women	1.90	0.00	5.15	0	30
Trans/Gender Non-conforming	2.33	0.00	5.82	0	30
Overall	2.07	0.00	5.44	0	30

#### 10) In the last 7 days, how many servings of fruit did you eat on average per day?

One serving is a medium piece of fresh fruit; 1/2 cup of fresh, frozen, or canned fruit; 1/4 cup of dried fruit; or 3/4 cup of 100% fresh fruit juice

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 servings per day	3824	18	6991	14	865	19	11841	15.3
2 1-2 servings per day	13664	65	35199	69	2945	65	52517	67.8
3 3-4 servings per day	3080	15	7372	15	615	14	11257	14.5
4 5-6 servings per day	431	2	900	2	62	1	1433	1.8
5 More than 6 servings per day	155	1	271	1	18	0	456	0.6
Valid responses =	21154	27	50733	65	4505	6	77504	99.3

Invalid responses include no response.

#### 11) In the last 7 days, how many servings of vegetables did you eat on average per day?

One serving is 1/2 cup of fresh, frozen, or canned vegetables; 3/4 cup 100% vegetable juice; or 1 cup salad greens)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 servings per day	2365	11	4632	9	559	12	7683	9.9
2 1-2 servings per day	12637	60	31272	62	2655	59	47189	60.8
3 3-4 servings per day	5110	24	12518	25	1080	24	18994	24.5
4 5-6 servings per day	806	4	1820	4	181	4	2869	3.7
5 More than 6 servings per day	240	1	522	1	37	1	817	1.1
Valid responses =	21158	27	50764	65	4512	6	77552	99.4

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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December 21, 2023

FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

12A) For the following statements, please say whether the statement was often true, sometimes true, or never true for you in the last 30 days.

The food that I bought just didn't last, and I didn't have money to get more

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never True	12182	58	26619	53	2051	46	41373	53.5
1 Sometimes True	7096	34	18287	36	1774	39	27598	35.7
2 Often True	1805	9	5709	11	678	15	8329	10.8
Valid responses =	21083	27	50615	65	4503	6	77300	99.1

Invalid responses include no response.

12B) For the following statements, please say whether the statement was often true, sometimes true, or never true for you in the last 30 days.

I couldn't afford to eat balanced meals.

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never True	12232	58	26404	52	1937	43	41098	53.2
1 Sometimes True	6153	29	16520	33	1511	34	24558	31.8
2 Often True	2648	13	7643	15	1056	23	11543	15.0
Valid responses =	21033	27	50567	66	4504	6	77199	98.9

Invalid responses include no response.

12C) In the last 30 days, did you ever cut the size of your meals or skip meals because there wasn't enough money for food?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No	13513	64	31067	61	2299	51	47494	61.2
1 Only 1 or 2 days	3242	15	8428	17	820	18	12686	16.3
2 Yes, some days, but not every day	3432	16	9002	18	1034	23	13690	17.6
3 Yes, almost every day	1000	5	2313	5	367	8	3762	4.8
Valid responses =	21187	27	50810	65	4520	6	77632	99.5

Invalid responses include no response.

12D) In the last 30 days, did you ever eat less than you felt you should because there wasn't enough money for food?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No	15481	73	36150	71	2766	61	55145	71.1
1 Yes	5693	27	14637	29	1752	39	22441	28.9
Valid responses =	21174	27	50787	65	4518	6	77586	99.4

Invalid responses include no response.

12E) In the last 30 days, were you ever hungry but didn't eat because there wasn't enough money for food?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No	16823	79	39655	78	3110	69	60399	77.8
1 Yes	4364	21	11155	22	1412	31	17230	22.2
Valid responses =	21187	27	50810	65	4522	6	77629	99.5

Invalid responses include no response.

13) How long does it usually take for you to fall asleep at night once you close your eyes?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Under 5 minutes	2422	11	4452	9	228	5	7191	9.3
2 5-15 minutes	7451	35	16065	32	1156	26	24989	32.2
3 16-30 minutes	5851	28	14279	28	1257	28	21710	28.0
4 31 minutes - 1 hour	3694	17	10487	21	1135	25	15554	20.0
5 over 1 hour	1759	8	5550	11	750	17	8206	10.6
Valid responses =	21177	27	50833	65	4526	6	77650	99.5

Invalid responses include no response.

14) Over the last 2 weeks, what is the average amount of sleep you have gotten on a weeknight (excluding naps)? (Please select the response closest to your answer)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Less than 4 hours	267	1	501	1	78	2	883	1.1
2 4 hours	622	3	1497	3	207	5	2375	3.1
3 5 hours	2301	11	5682	11	595	13	8748	11.3
4 6 hours	5824	28	13451	27	1187	26	20731	26.7
5 7 hours	7639	36	17122	34	1430	32	26551	34.2
6 8 hours	3702	18	9759	19	757	17	14397	18.5
7 9 hours	665	3	2146	4	206	5	3052	3.9
8 10 or more hours	173	1	690	1	65	1	944	1.2
Valid responses =	21193	27	50848	65	4525	6	77681	99.6

Invalid responses include no response.



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FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### 15) Over the last 2 weeks, what is the average amount of sleep you have gotten on a weekend night (excluding naps)? (Please select the response closest to your answer)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Less than 4 hours	175	1	417	1	56	1	674	0.9
2 4 hours	372	2	851	2	91	2	1364	1.8
3 5 hours	1007	5	2709	5	241	5	4029	5.2
4 6 hours	2693	13	6278	12	512	11	9629	12.4
5 7 hours	4769	23	10793	21	804	18	16590	21.4
6 8 hours	6748	32	15340	30	1230	27	23637	30.4
7 9 hours	3801	18	9930	20	969	21	14876	19.2
8 10 or more hours	1623	8	4510	9	620	14	6848	8.8
Valid responses =	21188	27	50828	65	4523	6	77647	99.5

Invalid responses include no response.

#### 16A) On how many of the last 7 days did you: Wake up too early in the morning and couldn't get back to sleep?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 days	10728	51	23205	46	1920	43	36302	46.8
2 1 day	4228	20	10047	20	888	20	15370	19.8
3 2 days	2842	13	7969	16	705	16	11665	15.0
4 3 days	1449	7	4189	8	419	9	6187	8.0
5 4 days	701	3	2086	4	221	5	3068	4.0
6 5 days	567	3	1550	3	147	3	2309	3.0
7 6 days	195	1	540	1	61	1	812	1.0
8 7 days	453	2	1193	2	158	4	1839	2.4
Valid responses =	21163	27	50779	65	4519	6	77552	99.4

Invalid responses include no response.

#### 16B) On how many of the last 7 days did you: Feel tired or sleepy during the day?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 days	1360	6	1328	3	99	2	2846	3.7
2 1 day	2254	11	3072	6	187	4	5606	7.2
3 2 days	4047	19	6753	13	441	10	11401	14.7
4 3 days	3819	18	8463	17	578	13	13069	16.8
5 4 days	2684	13	6902	14	527	12	10231	13.2
6 5 days	2620	12	7770	15	656	15	11167	14.4
7 6 days	1140	5	3939	8	408	9	5556	7.2
8 7 days	3249	15	12587	25	1626	36	17724	22.8
Valid responses =	21173	27	50814	65	4522	6	77600	99.5

Invalid responses include no response.

#### 16C) On how many of the last 7 days did you: Have an extremely hard time falling asleep?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 days	7406	35	14899	29	987	22	23603	30.4
2 1 day	5405	26	11737	23	922	20	18266	23.6
3 2 days	2987	14	8065	16	705	16	11913	15.4
4 3 days	1684	8	4648	9	482	11	6936	8.9
5 4 days	1020	5	2965	6	333	7	4388	5.7
6 5 days	932	4	2876	6	303	7	4188	5.4
7 6 days	484	2	1608	3	171	4	2307	3.0
8 7 days	1228	6	3969	8	613	14	5895	7.6
Valid responses =	21146	27	50767	65	4516	6	77516	99.3

Invalid responses include no response.

#### 16D) On how many of the last 7 days did you: Get enough sleep so that you felt rested?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 days	2886	14	9561	19	1104	24	13762	17.7
2 1 day	3375	16	10448	21	933	21	14946	19.3
3 2 days	4097	19	10315	20	869	19	15454	19.9
4 3 days	3106	15	6962	14	565	13	10805	13.9
5 4 days	2564	12	5184	10	384	9	8239	10.6
6 5 days	2514	12	4457	9	352	8	7443	9.6
7 6 days	1504	7	2238	4	186	4	3984	5.1
8 7 days	1129	5	1641	3	127	3	2952	3.8
Valid responses =	21175	27	50806	65	4520	6	77585	99.4

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

## American College Health Association-National College Health Assessment (ACHA-NCHA III)

### Reference Group Data Report - Spring 2023

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[www.acha.org](http://www.acha.org)

December 21, 2023

FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### 16E) On how many of the last 7 days did you: Take a nap?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 days	8655	41	20508	40	1695	38	31283	40.3
2 1 day	4494	21	10485	21	872	19	16053	20.7
3 2 days	3370	16	8019	16	724	16	12267	15.8
4 3 days	2003	10	5025	10	525	12	7680	9.9
5 4 days	1036	5	2622	5	258	6	3982	5.1
6 5 days	754	4	1943	4	195	4	2948	3.8
7 6 days	317	2	847	2	92	2	1276	1.6
8 7 days	538	3	1358	3	156	4	2093	2.7
Valid responses =	21167	27	50807	65	4517	6	77582	99.4

Invalid responses include no response.

#### 16F) On average, how long are your naps? (only includes students who napped 1-7 days)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Less than 30 minutes	2834	23	5107	17	384	14	8469	18.4
2 Between 30 and 59 minutes	5760	46	13570	45	1163	41	20753	45.0
3 Between 60 and 119 minutes	3126	25	8697	29	908	32	12916	28.0
4 2 hours or more	726	6	2794	9	355	13	3936	8.5
Valid responses =	12446	27	30168	65	2810	6	46074	59.1

Invalid responses include no response.

#### 17A) Within the last 12 months, how often did you: Wear a helmet when you rode a bicycle?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not do this activity	12214	58	34098	67	3030	67	49975	64.7
2 Never	3527	17	6292	12	466	10	10436	13.5
3 Rarely	1035	5	1772	4	177	4	3044	3.9
4 Sometimes	826	4	1517	3	132	3	2526	3.3
5 Most of the time	927	4	1869	4	196	4	3031	3.9
6 Always	2560	12	5096	10	498	11	8266	10.7
Valid responses =	21089	27	50644	66	4499	6	77298	99.1

Invalid responses include no response.

#### 17B) Within the last 12 months, how often did you: Wear a helmet when you rode a motorcycle/motor scooter?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not do this activity	17784	84	45262	90	4075	91	67983	88.0
2 Never	1196	6	1982	4	146	3	3394	4.4
3 Rarely	236	1	346	1	43	1	652	0.8
4 Sometimes	245	1	339	1	33	1	642	0.8
5 Most of the time	295	1	371	1	33	1	708	0.9
6 Always	1313	6	2294	5	167	4	3840	5.0
Valid responses =	21069	27	50594	66	4497	6	77219	99.0

Invalid responses include no response.

#### 17C) Within the last 12 months, how often did you: Wear a helmet when you were skateboarding?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not do this activity	17659	84	45498	90	3837	85	67837	87.9
2 Never	2244	11	3267	7	384	9	6006	7.8
3 Rarely	336	2	422	1	83	2	871	1.1
4 Sometimes	256	1	302	1	45	1	630	0.8
5 Most of the time	173	1	225	0	45	1	460	0.6
6 Always	378	2	852	2	100	2	1359	1.8
Valid responses =	21046	27	50566	66	4494	6	77163	98.9

Invalid responses include no response.

#### 18A) When, if ever, was the last time you drove a car or other vehicle?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never	1546	7	4336	9	558	12	6565	8.5
2 Within the last 2 weeks	13873	66	34139	67	2501	55	51108	65.8
3 More than 2 weeks but within 30 days	981	5	2129	4	232	5	3413	4.4
4 More than 30 days but within 3 months	2370	11	5143	10	577	13	8221	10.6
5 More than 3 months but within 12 months	1560	7	3238	6	402	9	5297	6.8
6 More than 12 months ago	855	4	1833	4	253	6	3018	3.9
Valid responses =	21185	27	50818	65	4523	6	77622	99.5

Invalid responses include no response.



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December 21, 2023

FREQUENCY REPORT

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#### 18B) Within the last 2 weeks, on how many days did you drive a car or other vehicle? (only includes students that drove in the last 2 weeks)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 0 Days	94	1	184	1	20	1	309	0.6
1 1 to 4 Days	3065	22	6609	19	623	25	10427	20.5
2 5 to 10 Days	4098	30	10237	30	811	33	15331	30.1
3 11 to 14 Days	6585	48	16996	50	1034	42	24852	48.8
Valid responses =	13842	27	34026	67	2488	5	50919	65.3
Invalid responses include no response.								
	Mean	Median	Std Dev	Min	Max			
Cis Men	9.20	10.00	4.65	0	14			
Cis Women	9.49	10.00	4.53	0	14			
Trans/Gender Non-conforming	8.64	10.00	4.58	0	14			
Overall	9.36	10.00	4.57	0	14			

#### 18C) Within the last 2 weeks, on how many days did you manually operate a device to text, email, video chat, or use the internet or apps while driving a car or other vehicle?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 0 Days	6009	44	13883	41	1213	49	21364	42.1
1 1 to 4 Days	3440	25	8920	26	683	28	13185	26.0
2 5 to 10 Days	2012	15	5570	16	332	13	7989	15.7
3 11 to 14 Days	2348	17	5560	16	249	10	8241	16.2
Valid responses =	13809	27	33933	67	2477	5	50779	65.1
Invalid responses include no response.								
	Mean	Median	Std Dev	Min	Max			
Cis Men	3.91	1.00	5.11	0	14			
Cis Women	3.99	2.00	5.02	0	14			
Trans/Gender Non-conforming	2.91	1.00	4.36	0	14			
Overall	3.91	2.00	5.02	0	14			

#### 18D) Within the last 12 months, how many times have you been involved in an accident when you drove a car or other vehicle?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No accidents	17127	91	40092	90	3229	87	61201	90.1
2 One accident	1473	8	4052	9	404	11	6015	8.9
3 Two accidents	133	1	406	1	63	2	618	0.9
4 Three or more accidents	26	0	46	0	8	0	91	0.1
Valid responses =	18759	28	44596	66	3704	5	67925	87.1
Invalid responses include no response.								

#### 19A) Within the last 12 months, did you experience any of the following in an intimate (coupled/partnered) relationship?

A partner called me names, insulted me, or put me down to make me feel bad.

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	19091	91	45156	89	4004	89	69170	89.6
2 Yes	1984	9	5450	11	484	11	8019	10.4
Valid responses =	21075	27	50606	66	4488	6	77189	98.9
Invalid responses include no response.								

#### 19B) Within the last 12 months, did you experience any of the following in an intimate (coupled/partnered) relationship?

A partner often insisted on knowing who I was with and where I was or tried to limit my contact with family or friends.

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	19917	95	47709	94	4227	94	72794	94.4
2 Yes	1137	5	2850	6	262	6	4325	5.6
Valid responses =	21054	27	50559	66	4489	6	77119	98.8
Invalid responses include no response.								

#### 19C) Within the last 12 months, did you experience any of the following in an intimate (coupled/partnered) relationship?

A partner pushed, grabbed, shoved, slapped, kicked, bit, choked, or hit me without my consent.

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20445	97	49164	97	4332	97	74892	97.2
2 Yes	581	3	1376	3	152	3	2161	2.8
Valid responses =	21026	27	50540	66	4484	6	77053	98.8
Invalid responses include no response.								





# AMERICAN COLLEGE HEALTH ASSOCIATION

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FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

19D) Within the last 12 months, did you experience any of the following in an intimate (coupled/partnered) relationship?

A partner forced me into unwanted sexual contact by holding me down or hurting me in some way.

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20831	99	49701	98	4358	97	75856	98.3
2 Yes	226	1	880	2	128	3	1275	1.7
Valid responses =	21057	27	50581	66	4486	6	77131	98.9

Invalid responses include no response.

19E) Within the last 12 months, did you experience any of the following in an intimate (coupled/partnered) relationship?

A partner pressured me into unwanted sexual contact by threatening me, coercing me, or using alcohol or other drugs.

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20685	98	48833	97	4240	95	74711	97.0
2 Yes	346	2	1690	3	242	5	2328	3.0
Valid responses =	21031	27	50523	66	4482	6	77039	98.7

Invalid responses include no response.

20A) Within the last 12 months, did you experience any of the following? Do not include intimate relationships.

I was in a physical fight.

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20328	96	50047	99	4381	97	75719	97.9
2 Yes	810	4	669	1	125	3	1655	2.1
Valid responses =	21138	27	50716	66	4506	6	77374	99.2

Invalid responses include no response.

20B) Within the last 12 months, did you experience any of the following? Do not include intimate relationships.

I was physically assaulted (do not include sexual assault).

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20613	98	49720	98	4346	96	75636	97.7
2 Yes	525	3	1013	2	166	4	1761	2.3
Valid responses =	21138	27	50733	66	4512	6	77397	99.2

Invalid responses include no response.

20C) Within the last 12 months, did you experience any of the following? Do not include intimate relationships.

I was verbally threatened.

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	18297	87	45418	90	3565	79	68129	88.2
2 Yes	2788	13	5227	10	935	21	9116	11.8
Valid responses =	21085	27	50645	66	4500	6	77245	99.0

Invalid responses include no response.

20D) Within the last 12 months, did you experience any of the following? Do not include intimate relationships.

I was sexually touched without my consent.

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20393	97	46818	93	4041	90	72181	93.6
2 Yes	678	3	3739	7	456	10	4952	6.4
Valid responses =	21071	27	50557	66	4497	6	77133	98.9

Invalid responses include no response.

20E) Within the last 12 months, did you experience any of the following? Do not include intimate relationships.

Sexual penetration (vaginal, anal, oral) was attempted on me without my consent.

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20922	99	49388	97	4333	96	75614	97.8
2 Yes	204	1	1302	3	168	4	1717	2.2
Valid responses =	21126	27	50690	66	4501	6	77331	99.1

Invalid responses include no response.

20F) Within the last 12 months, did you experience any of the following? Do not include intimate relationships.

I was sexually penetrated (vaginal, anal, oral), or made to penetrate someone without my consent.

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20967	99	49701	98	4368	97	76009	98.3
2 Yes	170	1	987	2	141	3	1340	1.7
Valid responses =	21137	27	50688	66	4509	6	77349	99.1

Invalid responses include no response.



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20G) Within the last 12 months, did you experience any of the following? Do not include intimate relationships.

I was a victim of stalking (for example: waiting for me outside my classroom, residence, or office; or repeated emails/phone calls).

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20690	98	48141	95	4167	92	73943	95.6
2 Yes	440	2	2557	5	341	8	3404	4.4
Valid responses =	21130	27	50698	66	4508	6	77347	99.1

Invalid responses include no response.

21A) How safe do you feel: On my campus (daytime)?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Not safe at all	107	1	187	0	37	1	355	0.5
2 Somewhat unsafe	398	2	1252	3	193	4	1905	2.5
3 Somewhat safe	3814	18	13957	28	1450	32	19515	25.3
4 Very safe	16815	80	35064	70	2826	63	55363	71.8
Valid responses =	21134	27	50460	65	4506	6	77138	98.9

Invalid responses include no response.

21B) How safe do you feel: On my campus (nighttime)?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Not safe at all	346	2	2406	5	241	5	3040	3.9
2 Somewhat unsafe	2126	10	13219	26	1262	28	16861	21.9
3 Somewhat safe	8967	43	25447	51	2156	48	37010	48.1
4 Very safe	9659	46	9298	19	839	19	20080	26.1
Valid responses =	21098	27	50370	65	4498	6	76991	98.7

Invalid responses include no response.

21C) How safe do you feel: In the community surrounding my campus (daytime)?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Not safe at all	281	1	726	1	79	2	1122	1.5
2 Somewhat unsafe	1658	8	5405	11	596	13	7776	10.1
3 Somewhat safe	8468	40	25484	51	2418	54	36864	47.8
4 Very safe	10710	51	18778	37	1406	31	31279	40.6
Valid responses =	21117	27	50393	65	4499	6	77041	98.7

Invalid responses include no response.

21D) How safe do you feel: In the community surrounding my campus (nighttime)?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Not safe at all	1640	8	7742	15	749	17	10264	13.3
2 Somewhat unsafe	5179	25	19403	39	1840	41	26773	34.8
3 Somewhat safe	8653	41	18156	36	1486	33	28662	37.2
4 Very safe	5636	27	5074	10	423	9	11305	14.7
Valid responses =	21108	27	50375	65	4498	6	77004	98.7

Invalid responses include no response.

22A1) In your life, which of the following substances have you ever used?

For prescription medications, please report nonmedical use only. "Nonmedical use" means taking prescription drugs just for the feeling or experience they cause, or taking them more often or at higher doses than prescribed.

Tobacco or nicotine delivery products (cigarettes, e-cigarettes, Juul or other vape products, water pipe or hookah, chewing tobacco, cigars, etc.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No	13670	65	34040	67	2934	65	51358	66.3
3 Yes	7504	35	16733	33	1577	35	26111	33.7
Valid responses =	21174	27	50773	66	4511	6	77469	99.3

Invalid responses include no response.

22A2) In your life, which of the following substances have you ever used?

For prescription medications, please report nonmedical use only. "Nonmedical use" means taking prescription drugs just for the feeling or experience they cause, or taking them more often or at higher doses than prescribed.

Alcoholic beverages (beer, wine, liquor, etc.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No	6724	32	13340	26	1199	27	21637	28.0
3 Yes	14417	68	37362	74	3310	73	55718	72.0
Valid responses =	21141	27	50702	66	4509	6	77355	99.1

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

## American College Health Association-National College Health Assessment (ACHA-NCHA III)

### Reference Group Data Report - Spring 2023

American College Health Association

8455 Colesville Road, Suite 740

Silver Spring, MD 20910

(410) 859-1500

[www.acha.org](http://www.acha.org)

December 21, 2023

FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### 22A3) In your life, which of the following substances have you ever used?

For prescription medications, please report nonmedical use only. "Nonmedical use" means taking prescription drugs just for the feeling or experience they cause, or taking them more often or at higher doses than prescribed.

##### Cannabis (marijuana, weed, hash, edibles, vaped cannabis, etc.) [Please report nonmedical use only.]

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No	12349	58	27765	55	1873	42	42562	55.0
3 Yes	8791	42	22928	45	2633	58	34781	45.0
Valid responses =	21140	27	50693	66	4506	6	77343	99.1

Invalid responses include no response.

#### 22A4) In your life, which of the following substances have you ever used?

For prescription medications, please report nonmedical use only. "Nonmedical use" means taking prescription drugs just for the feeling or experience they cause, or taking them more often or at higher doses than prescribed.

##### Cocaine (coke, crack, etc.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No	19265	92	46936	93	4111	92	71230	92.9
3 Yes	1690	8	3303	7	355	8	5423	7.1
Valid responses =	20955	27	50239	66	4466	6	76653	98.2

Invalid responses include no response.

#### 22A5) In your life, which of the following substances have you ever used?

For prescription medications, please report nonmedical use only. "Nonmedical use" means taking prescription drugs just for the feeling or experience they cause, or taking them more often or at higher doses than prescribed.

##### Prescription stimulants (Ritalin, Concerta, Dexedrine, Adderall, diet pills, etc.) [Please report nonmedical use only.]

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No	19089	90	46744	92	4042	90	70781	91.6
3 Yes	2024	10	3881	8	452	10	6454	8.4
Valid responses =	21113	27	50625	66	4494	6	77235	99.0

Invalid responses include no response.

#### 22A6) In your life, which of the following substances have you ever used?

For prescription medications, please report nonmedical use only. "Nonmedical use" means taking prescription drugs just for the feeling or experience they cause, or taking them more often or at higher doses than prescribed.

##### Methamphetamine (speed, crystal meth, ice, etc.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No	20747	98	50036	99	4402	98	76148	98.7
3 Yes	332	2	518	1	92	2	971	1.3
Valid responses =	21079	27	50554	66	4494	6	77119	98.8

Invalid responses include no response.

#### 22A7) In your life, which of the following substances have you ever used?

For prescription medications, please report nonmedical use only. "Nonmedical use" means taking prescription drugs just for the feeling or experience they cause, or taking them more often or at higher doses than prescribed.

##### Inhalants (poppers, nitrous, glue, gas, paint thinner, etc.)

	Cis Men		Cis Women		Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No	19774	94	48841	97	4082	91	73604	95.5
3 Yes	1290	6	1691	3	407	9	3478	4.5
Valid responses =	21064	27	50532	66	4489	6	77082	98.8

Invalid responses include no response.

#### 22A8) In your life, which of the following substances have you ever used?

For prescription medications, please report nonmedical use only. "Nonmedical use" means taking prescription drugs just for the feeling or experience they cause, or taking them more often or at higher doses than prescribed.

##### Sedatives or Sleeping Pills (Valium, Ativan, Xanax, Klonopin, Librium, Rohypnol, GHB, etc.) [Please report nonmedical use only.]

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No	19902	94	48187	95	4145	92	73169	94.7
3 Yes	1201	6	2471	5	352	8	4085	5.3
Valid responses =	21103	27	50658	66	4497	6	77254	99.0

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

## American College Health Association-National College Health Assessment (ACHA-NCHA III)

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[www.acha.org](http://www.acha.org)

December 21, 2023

FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### 22A9) In your life, which of the following substances have you ever used?

For prescription medications, please report nonmedical use only. "Nonmedical use" means taking prescription drugs just for the feeling or experience they cause, or taking them more often or at higher doses than prescribed.

Hallucinogens (Ecstasy, MDMA, Molly, LSD, acid, mushrooms, PCP, Special K, etc.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No	18141	86	45491	90	3655	81	68142	88.2
3 Yes	2963	14	5184	10	844	19	9135	11.8
Valid responses =	21104	27	50675	66	4499	6	77277	99.0

Invalid responses include no response.

#### 22A10) In your life, which of the following substances have you ever used?

For prescription medications, please report nonmedical use only. "Nonmedical use" means taking prescription drugs just for the feeling or experience they cause, or taking them more often or at higher doses than prescribed.

Heroin

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No	20795	99	50054	100	4405	99	76218	99.4
3 Yes	168	1	246	1	61	1	495	0.6
Valid responses =	20963	27	50300	66	4466	6	76713	98.3

Invalid responses include no response.

#### 22A11) In your life, which of the following substances have you ever used?

For prescription medications, please report nonmedical use only. "Nonmedical use" means taking prescription drugs just for the feeling or experience they cause, or taking them more often or at higher doses than prescribed.

Prescription opioids (morphine, codeine, fentanyl, oxycodone [OxyContin, Percocet], hydrocodone [Vicodin], methadone, buprenorphine [Suboxone], etc.)

[Please report nonmedical use only.]

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No	20176	96	49109	97	4240	94	74465	96.3
3 Yes	955	5	1559	3	263	6	2838	3.7
Valid responses =	21131	27	50668	66	4503	6	77303	99.1

Invalid responses include no response.

#### 22A12) In your life, which of the following substances have you ever used?

For prescription medications, please report nonmedical use only. "Nonmedical use" means taking prescription drugs just for the feeling or experience they cause, or taking them more often or at higher doses than prescribed.

Other

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No	13890	98	30412	99	2709	97	47608	98.7
3 Yes	236	2	294	1	83	3	644	1.3
Valid responses =	14126	29	30706	64	2792	6	48252	61.8

Invalid responses include no response.

#### 22B1) In the past 3 months, how often have you used the substance(s) you mentioned? (only includes students who have ever used this substance)

Tobacco or nicotine delivery products (cigarettes, e-cigarettes, Juul or other vape products, water pipe or hookah, chewing tobacco, cigars, etc.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	2553	34	6288	38	572	36	9508	36.5
2 Once or twice	1831	24	4075	24	380	24	6356	24.4
3 Monthly	574	8	1142	7	121	8	1867	7.2
4 Weekly	716	10	1413	9	137	9	2290	8.8
6 Daily or almost daily	1821	24	3798	23	366	23	6057	23.2
Valid responses =	7495	29	16716	64	1576	6	26078	33.4

Invalid responses include no response.

#### 22B2) In the past 3 months, how often have you used the substance(s) you mentioned? (only includes students who have ever used this substance)

Alcoholic beverages (beer, wine, liquor, etc.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	1193	8	2627	7	351	11	4225	7.6
2 Once or twice	3423	24	10331	28	1032	31	14982	26.9
3 Monthly	3267	23	9398	25	846	26	13648	24.5
4 Weekly	5751	40	13932	37	973	29	20865	37.5
6 Daily or almost daily	767	5	1012	3	104	3	1903	3.4
Valid responses =	14401	26	37300	67	3306	6	55623	71.3

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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December 21, 2023

FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

**22B3) In the past 3 months, how often have you used the substance(s) you mentioned? (only includes students who have ever used this substance)**  
Cannabis (marijuana, weed, hash, edibles, vaped cannabis, etc.) [Please report nonmedical use only.]

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	2827	32	7478	33	595	23	11002	31.7
2 Once or twice	2180	25	6518	29	671	26	9470	27.3
3 Monthly	1148	13	3042	13	350	13	4601	13.3
4 Weekly	1364	16	3139	14	466	18	5047	14.5
6 Daily or almost daily	1259	14	2716	12	544	21	4600	13.2
Valid responses =	8778	25	22893	66	2626	8	34720	44.5

Invalid responses include no response.

**22B4) In the past 3 months, how often have you used the substance(s) you mentioned? (only includes students who have ever used this substance)**  
Cocaine (coke, crack, etc.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	1138	68	2393	73	252	71	3818	70.6
2 Once or twice	367	22	667	20	69	19	1122	20.8
3 Monthly	97	6	135	4	16	5	254	4.7
4 Weekly	59	4	80	2	14	4	158	2.9
6 Daily or almost daily	23	1	20	1	4	1	55	1.0
Valid responses =	1684	31	3295	61	355	7	5407	6.9

Invalid responses include no response.

**22B5) In the past 3 months, how often have you used the substance(s) you mentioned? (only includes students who have ever used this substance)**  
Prescription stimulants (Ritalin, Concerta, Dexedrine, Adderall, diet pills, etc.) [Please report nonmedical use only.]

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	1364	68	2667	69	281	62	4359	67.7
2 Once or twice	389	19	738	19	96	21	1244	19.3
3 Monthly	111	6	193	5	24	5	339	5.3
4 Weekly	73	4	119	3	27	6	224	3.5
6 Daily or almost daily	76	4	159	4	23	5	268	4.2
Valid responses =	2013	31	3876	60	451	7	6434	8.2

Invalid responses include no response.

**22B6) In the past 3 months, how often have you used the substance(s) you mentioned? (only includes students who have ever used this substance)**  
Methamphetamine (speed, crystal meth, ice, etc.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	265	81	449	87	64	70	789	82.2
2 Once or twice	26	8	34	7	9	10	72	7.5
3 Monthly	20	6	13	3	10	11	46	4.8
4 Weekly	10	3	13	3	5	6	31	3.2
6 Daily or almost daily	7	2	5	1	3	3	22	2.3
Valid responses =	328	34	514	54	91	9	960	1.2

Invalid responses include no response.

**22B7) In the past 3 months, how often have you used the substance(s) you mentioned? (only includes students who have ever used this substance)**  
Inhalants (poppers, nitrous, glue, gas, paint thinner, etc.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	829	65	1194	71	224	55	2286	66.0
2 Once or twice	315	25	385	23	122	30	848	24.5
3 Monthly	77	6	79	5	35	9	201	5.8
4 Weekly	50	4	27	2	18	5	102	2.9
6 Daily or almost daily	14	1	4	0	5	1	28	0.8
Valid responses =	1285	37	1689	49	404	12	3465	4.4

Invalid responses include no response.

**22B8) In the past 3 months, how often have you used the substance(s) you mentioned? (only includes students who have ever used this substance)**  
Sedatives or Sleeping Pills (Valium, Ativan, Xanax, Klonopin, Librium, Rohypnol, GHB, etc.) [Please report nonmedical use only.]

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	856	72	1673	68	227	65	2786	68.4
2 Once or twice	171	14	479	19	54	15	715	17.5
3 Monthly	67	6	116	5	28	8	218	5.3
4 Weekly	56	5	106	4	29	8	196	4.8
6 Daily or almost daily	48	4	93	4	12	3	160	3.9
Valid responses =	1198	29	2467	61	350	9	4075	5.2

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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December 21, 2023

FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

**22B9) In the past 3 months, how often have you used the substance(s) you mentioned? (only includes students who have ever used this substance)**  
Hallucinogens (Ecstasy, MDMA, Molly, LSD, acid, mushrooms, PCP, Special K, etc.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	1854	63	3430	66	473	56	5833	64.0
2 Once or twice	890	30	1522	29	299	36	2749	30.1
3 Monthly	162	6	185	4	53	6	413	4.5
4 Weekly	34	1	34	1	9	1	86	0.9
6 Daily or almost daily	17	1	6	0	9	1	37	0.4
Valid responses =	2957	32	5177	57	843	9	9118	11.7

Invalid responses include no response.

**22B10) In the past 3 months, how often have you used the substance(s) you mentioned? (only includes students who have ever used this substance)**  
Heroin

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	122	74	220	89	36	60	381	77.8
2 Once or twice	6	4	9	4	1	2	18	3.7
3 Monthly	14	8	5	2	7	12	30	6.1
4 Weekly	17	10	9	4	12	20	41	8.4
6 Daily or almost daily	7	4	3	1	4	7	20	4.1
Valid responses =	166	34	246	50	60	12	490	0.6

Invalid responses include no response.

**22B11) In the past 3 months, how often have you used the substance(s) you mentioned? (only includes students who have ever used this substance)**  
Prescription opioids (morphine, codeine, fentanyl, oxycodone [OxyContin, Percocet], hydrocodone [Vicodin], methadone, buprenorphine [Suboxone], etc.)  
[Please report nonmedical use only.]

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	819	86	1351	87	209	80	2413	85.2
2 Once or twice	80	8	151	10	25	10	264	9.3
3 Monthly	24	3	24	2	9	3	60	2.1
4 Weekly	15	2	18	1	12	5	49	1.7
6 Daily or almost daily	15	2	13	1	7	3	45	1.6
Valid responses =	953	34	1557	55	262	9	2831	3.6

Invalid responses include no response.

**22B12) In the past 3 months, how often have you used the substance(s) you mentioned? (only includes students who have ever used this substance)**  
Other

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	89	39	112	41	28	36	236	39.2
2 Once or twice	25	11	30	11	10	13	72	12.0
3 Monthly	19	8	25	9	9	12	55	9.1
4 Weekly	38	17	28	10	10	13	80	13.3
6 Daily or almost daily	55	24	78	29	20	26	159	26.4
Valid responses =	226	38	273	45	77	13	602	0.8

Invalid responses include no response.

**22E) Regarding your use of prescription stimulants (Ritalin, Concerta, Dexedrine, Adderall, diet pills, etc.) in the past 3 months, was it prescribed for you? (only includes students who have used this substance within the last 3 months)**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No	374	68	688	67	94	63	1178	66.4
1 Yes	154	28	310	30	43	29	519	29.2
99 Don't know	26	5	36	4	12	8	78	4.4
Valid responses =	554	31	1034	58	149	8	1775	2.3

Invalid responses include no response.

**22F1) Regarding your use of prescription stimulants (Ritalin, Concerta, Dexedrine, Adderall, diet pills, etc.) in the past 3 months: (only includes students who were prescribed this substance)**

Do you ever use MORE of your stimulant medication, that is, take a higher dosage, than is prescribed for you?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No	109	71	230	75	22	51	368	71.2
1 Yes	40	26	67	22	13	30	125	24.2
99 Don't know	5	3	11	4	8	19	24	4.6
Valid responses =	154	30	308	60	43	8	517	0.7

Invalid responses include no response.



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FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### 22F2) Regarding your use of prescription stimulants (Ritalin, Concerta, Dexedrine, Adderall, diet pills, etc.) in the past 3 months:

(only includes students who were prescribed this substance)

Do you ever use your stimulant medication MORE OFTEN, that is, shorten the time between dosages, than is prescribed for you?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No	114	75	234	76	28	65	384	74.4
1 Yes	32	21	64	21	10	23	110	21.3
99 Don't know	7	5	10	3	5	12	22	4.3
Valid responses =	153	30	308	60	43	8	516	0.7

Invalid responses include no response.

#### 22G) Regarding your use of prescription sedatives or sleeping pills (Valium, Ativan, Xanax, Klonopin, Librium, Rohypnol, GHB, etc.)

in the past 3 months, was it prescribed for you? (only includes students who have used this substance within the last 3 months)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No	233	68	453	57	77	63	782	60.9
1 Yes	91	27	301	38	36	30	435	33.9
99 Don't know	18	5	39	5	9	7	67	5.2
Valid responses =	342	27	793	62	122	10	1284	1.6

Invalid responses include no response.

#### 22H1) Regarding your use of prescription sedatives or sleeping pills (Valium, Ativan, Xanax, Klonopin, Librium, Rohypnol, GHB, etc.) in the past 3 months:

(only includes students who were prescribed this substance)

Do you ever use MORE of your sedatives or sleeping pills, that is, take a higher dosage, than is prescribed for you?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No	71	78	213	71	20	57	306	70.7
1 Yes	19	21	77	26	14	40	114	26.3
99 Don't know	1	1	10	3	1	3	13	3.0
Valid responses =	91	21	300	69	35	8	433	0.6

Invalid responses include no response.

#### 22H2) Regarding your use of prescription sedatives or sleeping pills (Valium, Ativan, Xanax, Klonopin, Librium, Rohypnol, GHB, etc.) in the past 3 months:

(only includes students who were prescribed this substance)

Do you ever use your sedatives or sleeping pills MORE OFTEN, that is, shorten the time between dosages, than is prescribed for you?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No	77	85	240	80	25	71	346	79.9
1 Yes	12	13	49	16	8	23	71	16.4
99 Don't know	2	2	11	4	2	6	16	3.7
Valid responses =	91	21	300	69	35	8	433	0.6

Invalid responses include no response.

#### 22I) Regarding your use of prescription opioids (morphine, codeine, fentanyl, oxycodone [OxyContin, Percocet], hydrocodone [Vicodin], methadone, buprenorphine [Suboxone], etc.) in the past 3 months, was it prescribed for you? (only includes students who have used this substance within the last 3 months)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No	82	61	108	52	28	54	231	55.7
1 Yes	42	31	93	45	14	27	155	37.3
99 Don't know	10	8	5	2	10	19	29	7.0
Valid responses =	134	32	206	50	52	13	415	0.5

Invalid responses include no response.

#### 22J1) Regarding your use of prescription opioids (morphine, codeine, fentanyl, oxycodone [OxyContin, Percocet], hydrocodone [Vicodin], methadone, buprenorphine [Suboxone], etc.) in the past 3 months: (only includes students who were prescribed this substance)

Do you ever use MORE of your opioid medication, that is, take a higher dosage, than is prescribed for you?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No	31	76	66	71	7	50	108	70.1
1 Yes	9	22	22	24	3	21	35	22.7
99 Don't know	1	2	5	5	4	29	11	7.1
Valid responses =	41	27	93	60	14	9	154	0.2

Invalid responses include no response.





# AMERICAN COLLEGE HEALTH ASSOCIATION

American College Health Association-National College Health Assessment (ACHA-NCHA III)

Reference Group Data Report - Spring 2023

American College Health Association

8455 Colesville Road, Suite 740

Silver Spring, MD 20910

(410) 859-1500

[www.acha.org](http://www.acha.org)

December 21, 2023

FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

**22J2) Regarding your use of prescription opioids (morphine, codeine, fentanyl, oxycodone [OxyContin, Percocet], hydrocodone [Vicodin], methadone, buprenorphine [Suboxone], etc.) in the past 3 months: (only includes students who were prescribed this substance)**  
Do you ever use your opioid medication MORE OFTEN, that is, shorten the time between dosages, than is prescribed for you?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No	30	73	63	68	9	64	105	68.2
1 Yes	11	27	26	28	1	7	40	26.0
99 Don't know	0	0	4	4	4	29	9	5.8
Valid responses =	41	27	93	60	14	9	154	0.2

Invalid responses include no response.

**22K1) During the past 3 months, how often have you had a strong desire or urge to use the following substance(s)?**  
(only includes students who have used this substance within the last 3 months)

Tobacco or nicotine delivery products (cigarettes, e-cigarettes, Juul or other vape products, water pipe or hookah, chewing tobacco, cigars, etc.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	1581	33	3101	31	279	29	5020	31.3
3 Once or twice	773	16	1695	17	156	16	2650	16.5
4 Monthly	252	5	575	6	73	8	917	5.7
5 Weekly	583	12	1187	12	120	12	1914	11.9
6 Daily or almost daily	1614	34	3536	35	343	35	5555	34.6
Valid responses =	4803	30	10094	63	971	6	16056	20.6

Invalid responses include no response.

**22K2) During the past 3 months, how often have you had a strong desire or urge to use the following substance(s)?**  
(only includes students who have used this substance within the last 3 months)

Alcoholic beverages (beer, wine, liquor, etc.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	6279	49	15355	46	1227	43	23122	46.5
3 Once or twice	2746	21	8271	25	763	27	11916	24.0
4 Monthly	1277	10	3588	11	305	11	5225	10.5
5 Weekly	2018	16	5168	16	413	14	7670	15.4
6 Daily or almost daily	521	4	1054	3	152	5	1742	3.5
Valid responses =	12841	26	33436	67	2860	6	49675	63.7

Invalid responses include no response.

**22K3) During the past 3 months, how often have you had a strong desire or urge to use the following substance(s)?**  
(only includes students who have used this substance within the last 3 months)

Cannabis (marijuana, weed, hash, edibles, vaped cannabis, etc.) [Please report nonmedical use only.]

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	2499	43	6009	41	578	30	9206	40.4
3 Once or twice	1077	19	3357	23	429	22	4917	21.6
4 Monthly	474	8	1308	9	193	10	2002	8.8
5 Weekly	818	14	2021	14	334	17	3213	14.1
6 Daily or almost daily	892	16	2063	14	419	22	3439	15.1
Valid responses =	5760	25	14758	65	1953	9	22777	29.2

Invalid responses include no response.

**22K4) During the past 3 months, how often have you had a strong desire or urge to use the following substance(s)?**  
(only includes students who have used this substance within the last 3 months)

Cocaine (coke, crack, etc.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	317	59	553	62	51	52	934	59.8
3 Once or twice	109	20	177	20	23	24	317	20.3
4 Monthly	42	8	64	7	13	13	123	7.9
5 Weekly	44	8	72	8	7	7	129	8.3
6 Daily or almost daily	24	5	27	3	4	4	60	3.8
Valid responses =	536	34	893	57	98	6	1563	2.0

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

## American College Health Association-National College Health Assessment (ACHA-NCHA III)

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December 21, 2023

FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

**22K5) During the past 3 months, how often have you had a strong desire or urge to use the following substance(s)?**

**(only includes students who have used this substance within the last 3 months)**

**Prescription stimulants (Ritalin, Concerta, Dexedrine, Adderall, diet pills, etc.) [Please report nonmedical use only.]**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	388	60	613	51	77	46	1092	53.0
3 Once or twice	110	17	246	20	30	18	391	19.0
4 Monthly	57	9	125	10	24	14	212	10.3
5 Weekly	46	7	115	10	15	9	186	9.0
6 Daily or almost daily	45	7	106	9	22	13	181	8.8
Valid responses =	646	31	1205	58	168	8	2062	2.6

Invalid responses include no response.

**22K6) During the past 3 months, how often have you had a strong desire or urge to use the following substance(s)?**

**(only includes students who have used this substance within the last 3 months)**

**Methamphetamine (speed, crystal meth, ice, etc.)**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	23	37	28	44	7	28	59	35.5
3 Once or twice	11	18	12	19	3	12	27	16.3
4 Monthly	13	21	4	6	8	32	28	16.9
5 Weekly	8	13	12	19	3	12	27	16.3
6 Daily or almost daily	8	13	8	13	4	16	25	15.1
Valid responses =	63	38	64	39	25	15	166	0.2

Invalid responses include no response.

**22K7) During the past 3 months, how often have you had a strong desire or urge to use the following substance(s)?**

**(only includes students who have used this substance within the last 3 months)**

**Inhalants (poppers, nitrous, glue, gas, paint thinner, etc.)**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	284	64	333	68	116	66	755	65.1
3 Once or twice	81	18	99	20	34	19	221	19.1
4 Monthly	38	9	31	6	12	7	85	7.3
5 Weekly	28	6	19	4	9	5	62	5.3
6 Daily or almost daily	16	4	9	2	6	3	36	3.1
Valid responses =	447	39	491	42	177	15	1159	1.5

Invalid responses include no response.

**22K8) During the past 3 months, how often have you had a strong desire or urge to use the following substance(s)?**

**(only includes students who have used this substance within the last 3 months)**

**Sedatives or Sleeping Pills (Valium, Ativan, Xanax, Klonopin, Librium, Rohypnol, GHB, etc.) [Please report nonmedical use only.]**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	146	43	330	42	35	29	519	40.5
3 Once or twice	91	27	225	28	34	28	355	27.7
4 Monthly	27	8	75	10	17	14	123	9.6
5 Weekly	39	12	93	12	23	19	159	12.4
6 Daily or almost daily	37	11	70	9	13	11	125	9.8
Valid responses =	340	27	793	62	122	10	1281	1.6

Invalid responses include no response.

**22K9) During the past 3 months, how often have you had a strong desire or urge to use the following substance(s)?**

**(only includes students who have used this substance within the last 3 months)**

**Hallucinogens (Ecstasy, MDMA, Molly, LSD, acid, mushrooms, PCP, Special K, etc.)**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	648	60	1051	62	183	51	1907	59.5
3 Once or twice	266	25	433	25	94	26	801	25.0
4 Monthly	97	9	143	8	38	11	289	9.0
5 Weekly	41	4	61	4	34	9	145	4.5
6 Daily or almost daily	22	2	20	1	13	4	62	1.9
Valid responses =	1074	34	1708	53	362	11	3204	4.1

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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December 21, 2023

FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### 22K10) During the past 3 months, how often have you had a strong desire or urge to use the following substance(s)?

(only includes students who have used this substance within the last 3 months)

##### Heroin

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	9	21	7	29	3	15	19	19.4
3 Once or twice	5	12	5	21	1	5	11	11.2
4 Monthly	9	21	2	8	7	35	18	18.4
5 Weekly	10	23	8	33	4	20	28	28.6
6 Daily or almost daily	10	23	2	8	5	25	22	22.4
Valid responses =	43	44	24	24	20	20	98	0.1

Invalid responses include no response.

#### 22K11) During the past 3 months, how often have you had a strong desire or urge to use the following substance(s)?

(only includes students who have used this substance within the last 3 months)

Prescription opioids (morphine, codeine, fentanyl, oxycodone [OxyContin, Percocet], hydrocodone [Vicodin], methadone, buprenorphine [Suboxone], etc.)

[Please report nonmedical use only.]

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	60	45	99	49	15	29	177	43.3
3 Once or twice	26	19	55	27	13	26	98	24.0
4 Monthly	20	15	16	8	9	18	47	11.5
5 Weekly	15	11	22	11	10	20	53	13.0
6 Daily or almost daily	13	10	12	6	4	8	34	8.3
Valid responses =	134	33	204	50	51	12	409	0.5

Invalid responses include no response.

#### 22K12) During the past 3 months, how often have you had a strong desire or urge to use the following substance(s)?

(only includes students who have used this substance within the last 3 months)

##### Other

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	33	26	48	32	11	24	95	28.1
3 Once or twice	15	12	18	12	2	4	39	11.5
4 Monthly	14	11	8	5	9	20	33	9.8
5 Weekly	24	19	21	14	12	26	61	18.0
6 Daily or almost daily	42	33	53	36	12	26	110	32.5
Valid responses =	128	38	148	44	46	14	338	0.4

Invalid responses include no response.

#### 22L1) During the past 3 months, how often has your use of the following substance(s) led to health, social, legal, or financial problems?

(only includes students who have used this substance within the last 3 months)

Tobacco or nicotine delivery products (cigarettes, e-cigarettes, Juul or other vape products, water pipe or hookah, chewing tobacco, cigars, etc.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	4096	83	8379	80	791	79	13407	81.0
4 Once or twice	386	8	1038	10	102	10	1539	9.3
5 Monthly	159	3	365	4	42	4	580	3.5
6 Weekly	144	3	321	3	29	3	505	3.1
7 Daily or almost daily	151	3	316	3	37	4	515	3.1
Valid responses =	4936	30	10419	63	1001	6	16546	21.2

Invalid responses include no response.

#### 22L2) During the past 3 months, how often has your use of the following substance(s) led to health, social, legal, or financial problems?

(only includes students who have used this substance within the last 3 months)

Alcoholic beverages (beer, wine, liquor, etc.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	11536	87	30432	88	2608	88	45048	87.8
4 Once or twice	1148	9	2955	9	232	8	4386	8.5
5 Monthly	273	2	720	2	63	2	1075	2.1
6 Weekly	198	2	455	1	35	1	693	1.3
7 Daily or almost daily	41	0	75	0	11	0	133	0.3
Valid responses =	13196	26	34637	67	2949	6	51335	65.8

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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December 21, 2023

FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### 22L3) During the past 3 months, how often has your use of the following substance(s) led to health, social, legal, or financial problems?

(only includes students who have used this substance within the last 3 months)

Cannabis (marijuana, weed, hash, edibles, vaped cannabis, etc.) [Please report nonmedical use only.]

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	5110	86	13647	89	1676	83	20681	87.4
4 Once or twice	497	8	1121	7	222	11	1869	7.9
5 Monthly	143	2	328	2	56	3	545	2.3
6 Weekly	114	2	195	1	47	2	368	1.6
7 Daily or almost daily	77	1	101	1	24	1	210	0.9
Valid responses =	5941	25	15392	65	2025	9	23673	30.3

Invalid responses include no response.

#### 22L4) During the past 3 months, how often has your use of the following substance(s) led to health, social, legal, or financial problems?

(only includes students who have used this substance within the last 3 months)

Cocaine (coke, crack, etc.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	465	86	776	87	79	80	1342	85.4
4 Once or twice	45	8	79	9	7	7	133	8.5
5 Monthly	14	3	21	2	7	7	47	3.0
6 Weekly	12	2	12	1	4	4	30	1.9
7 Daily or almost daily	6	1	7	1	2	2	20	1.3
Valid responses =	542	34	895	57	99	6	1572	2.0

Invalid responses include no response.

#### 22L5) During the past 3 months, how often has your use of the following substance(s) led to health, social, legal, or financial problems?

(only includes students who have used this substance within the last 3 months)

Prescription stimulants (Ritalin, Concerta, Dexedrine, Adderall, diet pills, etc.) [Please report nonmedical use only.]

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	576	89	1073	89	126	75	1804	87.4
4 Once or twice	31	5	79	7	20	12	132	6.4
5 Monthly	13	2	28	2	9	5	52	2.5
6 Weekly	14	2	19	2	6	4	42	2.0
7 Daily or almost daily	14	2	9	1	6	4	35	1.7
Valid responses =	648	31	1208	58	167	8	2065	2.6

Invalid responses include no response.

#### 22L6) During the past 3 months, how often has your use of the following substance(s) led to health, social, legal, or financial problems?

(only includes students who have used this substance within the last 3 months)

Methamphetamine (speed, crystal meth, ice, etc.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	31	49	43	68	8	31	83	50.3
4 Once or twice	8	13	4	6	7	27	19	11.5
5 Monthly	10	16	6	10	5	19	25	15.2
6 Weekly	9	14	8	13	4	15	23	13.9
7 Daily or almost daily	5	8	2	3	2	8	15	9.1
Valid responses =	63	38	63	38	26	16	165	0.2

Invalid responses include no response.

#### 22L7) During the past 3 months, how often has your use of the following substance(s) led to health, social, legal, or financial problems?

(only includes students who have used this substance within the last 3 months)

Inhalants (poppers, nitrous, glue, gas, paint thinner, etc.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	400	88	459	93	162	91	1049	89.7
4 Once or twice	25	6	15	3	6	3	49	4.2
5 Monthly	14	3	12	2	7	4	38	3.3
6 Weekly	9	2	4	1	3	2	19	1.6
7 Daily or almost daily	5	1	3	1	1	1	14	1.2
Valid responses =	453	39	493	42	179	15	1169	1.5

Invalid responses include no response.



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22L8) During the past 3 months, how often has your use of the following substance(s) led to health, social, legal, or financial problems?

(only includes students who have used this substance within the last 3 months)

Sedatives or Sleeping Pills (Valium, Ativan, Xanax, Klonopin, Librium, Rohypnol, GHB, etc.) [Please report nonmedical use only.]

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	292	86	694	88	85	70	1087	85.1
4 Once or twice	12	4	59	8	20	16	94	7.4
5 Monthly	13	4	18	2	8	7	40	3.1
6 Weekly	13	4	10	1	5	4	29	2.3
7 Daily or almost daily	9	3	10	1	4	3	28	2.2
Valid responses =	339	27	791	62	122	10	1278	1.6

Invalid responses include no response.

22L9) During the past 3 months, how often has your use of the following substance(s) led to health, social, legal, or financial problems?

(only includes students who have used this substance within the last 3 months)

Hallucinogens (Ecstasy, MDMA, Molly, LSD, acid, mushrooms, PCP, Special K, etc.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	1015	92	1651	95	326	89	3034	92.8
4 Once or twice	46	4	68	4	22	6	143	4.4
5 Monthly	12	1	16	1	7	2	40	1.2
6 Weekly	16	2	4	0	6	2	28	0.9
7 Daily or almost daily	9	1	5	0	4	1	23	0.7
Valid responses =	1098	34	1744	53	365	11	3268	4.2

Invalid responses include no response.

22L10) During the past 3 months, how often has your use of the following substance(s) led to health, social, legal, or financial problems?

(only includes students who have used this substance within the last 3 months)

Heroin

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	8	18	13	52	4	17	25	24.5
4 Once or twice	3	7	3	12	4	17	10	9.8
5 Monthly	14	32	2	8	5	22	23	22.5
6 Weekly	12	27	4	16	5	22	24	23.5
7 Daily or almost daily	7	16	3	12	5	22	20	19.6
Valid responses =	44	43	25	25	23	23	102	0.1

Invalid responses include no response.

22L11) During the past 3 months, how often has your use of the following substance(s) led to health, social, legal, or financial problems?

(only includes students who have used this substance within the last 3 months)

Prescription opioids (morphine, codeine, fentanyl, oxycodone [OxyContin, Percocet], hydrocodone [Vicodin], methadone, buprenorphine [Suboxone], etc.)

[Please report nonmedical use only.]

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	90	67	171	83	26	51	293	71.6
4 Once or twice	14	10	16	8	12	24	43	10.5
5 Monthly	14	10	11	5	4	8	33	8.1
6 Weekly	8	6	4	2	6	12	21	5.1
7 Daily or almost daily	8	6	3	2	3	6	19	4.6
Valid responses =	134	33	205	50	51	12	409	0.5

Invalid responses include no response.

22L12) During the past 3 months, how often has your use of the following substance(s) led to health, social, legal, or financial problems?

(only includes students who have used this substance within the last 3 months)

Other

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	82	61	124	80	25	53	238	67.8
4 Once or twice	17	13	10	6	9	19	36	10.3
5 Monthly	15	11	11	7	8	17	36	10.3
6 Weekly	11	8	6	4	3	6	22	6.3
7 Daily or almost daily	9	7	5	3	2	4	19	5.4
Valid responses =	134	38	156	44	47	13	351	0.4

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

## American College Health Association-National College Health Assessment (ACHA-NCHA III)

### Reference Group Data Report - Spring 2023

American College Health Association

8455 Colesville Road, Suite 740

Silver Spring, MD 20910

(410) 859-1500

[www.acha.org](http://www.acha.org)

December 21, 2023

FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

**22M2) During the past 3 months, how often have you failed to do what was normally expected of you because of your use of the following substance(s)?**

**(only includes students who have used this substance within the last 3 months)**

**Alcoholic beverages (beer, wine, liquor, etc.)**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	11649	88	30919	89	2638	90	45704	89.0
5 Once or twice	1177	9	3005	9	230	8	4446	8.7
6 Monthly	205	2	420	1	45	2	679	1.3
7 Weekly	136	1	261	1	25	1	429	0.8
8 Daily or almost daily	31	0	41	0	9	0	86	0.2
Valid responses =	13198	26	34646	67	2947	6	51344	65.8

Invalid responses include no response.

**22M3) During the past 3 months, how often have you failed to do what was normally expected of you because of your use of the following substance(s)?**

**(only includes students who have used this substance within the last 3 months)**

**Cannabis (marijuana, weed, hash, edibles, vaped cannabis, etc.) [Please report nonmedical use only.]**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	4931	83	13551	88	1656	82	20375	86.0
5 Once or twice	647	11	1350	9	212	11	2251	9.5
6 Monthly	155	3	223	1	75	4	465	2.0
7 Weekly	151	3	208	1	58	3	431	1.8
8 Daily or almost daily	60	1	69	0	22	1	161	0.7
Valid responses =	5944	25	15401	65	2023	9	23683	30.4

Invalid responses include no response.

**22M4) During the past 3 months, how often have you failed to do what was normally expected of you because of your use of the following substance(s)?**

**(only includes students who have used this substance within the last 3 months)**

**Cocaine (coke, crack, etc.)**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	483	89	811	90	84	83	1401	88.7
5 Once or twice	28	5	54	6	4	4	88	5.6
6 Monthly	12	2	17	2	5	5	35	2.2
7 Weekly	9	2	13	1	6	6	33	2.1
8 Daily or almost daily	9	2	6	1	2	2	22	1.4
Valid responses =	541	34	901	57	101	6	1579	2.0

Invalid responses include no response.

**22M5) During the past 3 months, how often have you failed to do what was normally expected of you because of your use of the following substance(s)?**

**(only includes students who have used this substance within the last 3 months)**

**Prescription stimulants (Ritalin, Concerta, Dexedrine, Adderall, diet pills, etc.) [Please report nonmedical use only.]**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	594	92	1132	94	142	85	1895	91.8
5 Once or twice	19	3	42	4	8	5	73	3.5
6 Monthly	12	2	12	1	9	5	34	1.6
7 Weekly	10	2	14	1	4	2	34	1.6
8 Daily or almost daily	12	2	6	1	5	3	28	1.4
Valid responses =	647	31	1206	58	168	8	2064	2.6

Invalid responses include no response.

**22M6) During the past 3 months, how often have you failed to do what was normally expected of you because of your use of the following substance(s)?**

**(only includes students who have used this substance within the last 3 months)**

**Methamphetamine (speed, crystal meth, ice, etc.)**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	31	49	43	67	9	36	84	51.2
5 Once or twice	8	13	7	11	2	8	19	11.6
6 Monthly	11	18	4	6	8	32	23	14.0
7 Weekly	7	11	8	13	3	12	21	12.8
8 Daily or almost daily	6	10	2	3	3	12	17	10.4
Valid responses =	63	38	64	39	25	15	164	0.2

Invalid responses include no response.



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**22M7) During the past 3 months, how often have you failed to do what was normally expected of you because of your use of the following substance(s)?**

**(only includes students who have used this substance within the last 3 months)**

**Inhalants (poppers, nitrous, glue, gas, paint thinner, etc.)**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	410	90	468	95	163	91	1071	91.3
5 Once or twice	14	3	7	1	3	2	26	2.2
6 Monthly	15	3	4	1	10	6	31	2.6
7 Weekly	10	2	11	2	2	1	29	2.5
8 Daily or almost daily	5	1	4	1	2	1	16	1.4
Valid responses =	454	39	494	42	180	15	1173	1.5

Invalid responses include no response.

**22M8) During the past 3 months, how often have you failed to do what was normally expected of you because of your use of the following substance(s)?**

**(only includes students who have used this substance within the last 3 months)**

**Sedatives or Sleeping Pills (Valium, Ativan, Xanax, Klonopin, Librium, Rohypnol, GHB, etc.) [Please report nonmedical use only.]**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	282	83	690	87	87	72	1076	84.1
5 Once or twice	21	6	75	10	13	11	110	8.6
6 Monthly	12	4	8	1	12	10	33	2.6
7 Weekly	17	5	12	2	6	5	37	2.9
8 Daily or almost daily	8	2	7	1	3	3	23	1.8
Valid responses =	340	27	792	62	121	9	1279	1.6

Invalid responses include no response.

**22M9) During the past 3 months, how often have you failed to do what was normally expected of you because of your use of the following substance(s)?**

**(only includes students who have used this substance within the last 3 months)**

**Hallucinogens (Ecstasy, MDMA, Molly, LSD, acid, mushrooms, PCP, Special K, etc.)**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	1019	93	1669	96	331	90	3064	93.7
5 Once or twice	45	4	54	3	13	4	114	3.5
6 Monthly	7	1	11	1	12	3	32	1.0
7 Weekly	17	2	8	1	7	2	38	1.2
8 Daily or almost daily	9	1	4	0	3	1	22	0.7
Valid responses =	1097	34	1746	53	366	11	3270	4.2

Invalid responses include no response.

**22M10) During the past 3 months, how often have you failed to do what was normally expected of you because of your use of the following substance(s)?**

**(only includes students who have used this substance within the last 3 months)**

**Heroin**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	11	25	13	52	4	18	29	28.4
5 Once or twice	4	9	3	12	1	5	9	8.8
6 Monthly	9	21	2	8	8	36	19	18.6
7 Weekly	12	27	3	12	6	27	24	23.5
8 Daily or almost daily	8	18	4	16	3	14	21	20.6
Valid responses =	44	43	25	25	22	22	102	0.1

Invalid responses include no response.

**22M11) During the past 3 months, how often have you failed to do what was normally expected of you because of your use of the following substance(s)?**

**(only includes students who have used this substance within the last 3 months)**

**Prescription opioids (morphine, codeine, fentanyl, oxycodone [OxyContin, Percocet], hydrocodone [Vicodin], methadone, buprenorphine [Suboxone], etc.)**

**[Please report nonmedical use only.]**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	93	69	168	82	29	56	295	72.0
5 Once or twice	12	9	21	10	3	6	37	9.0
6 Monthly	16	12	8	4	11	21	38	9.3
7 Weekly	6	5	5	2	5	10	21	5.1
8 Daily or almost daily	7	5	3	2	4	8	19	4.6
Valid responses =	134	33	205	50	52	13	410	0.5

Invalid responses include no response.





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22M12) During the past 3 months, how often have you failed to do what was normally expected of you because of your use of the following substance(s)?  
of you because of your use of the following substance(s)? (only includes students who have used this substance in the last 3 months)  
Other

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	86	64	126	81	25	54	243	69.0
5 Once or twice	12	9	11	7	5	11	30	8.5
6 Monthly	10	7	6	4	7	15	24	6.8
7 Weekly	19	14	10	6	5	11	37	10.5
8 Daily or almost daily	8	6	3	2	4	9	18	5.1
Valid responses =	135	38	156	44	46	13	352	0.5

Invalid responses include no response.

22N1) Has a friend or relative or anyone else ever expressed concern about your use of the following substance(s)?

(only includes students who have ever used this substance)

Tobacco or nicotine delivery products (cigarettes, e-cigarettes, Juul or other vape products, water pipe or hookah, chewing tobacco, cigars, etc.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No, Never	5563	74	13220	79	1133	72	20120	77.2
3 Yes, not in the past 3 months	937	13	1703	10	234	15	2919	11.2
6 Yes, in the past 3 months	991	13	1784	11	206	13	3014	11.6
Valid responses =	7491	29	16707	64	1573	6	26053	33.4

Invalid responses include no response.

22N2) Has a friend or relative or anyone else ever expressed concern about your use of the following substance(s)?

(only includes students who have ever used this substance)

Alcoholic beverages (beer, wine, liquor, etc.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No, Never	12257	85	33452	90	2804	85	49041	88.4
3 Yes, not in the past 3 months	1219	9	2237	6	304	9	3806	6.9
6 Yes, in the past 3 months	901	6	1533	4	190	6	2653	4.8
Valid responses =	14377	26	37222	67	3298	6	55500	71.1

Invalid responses include no response.

22N3) Has a friend or relative or anyone else ever expressed concern about your use of the following substance(s)?

(only includes students who have ever used this substance)

Cannabis (marijuana, weed, hash, edibles, vaped cannabis, etc.) [Please report nonmedical use only.]

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No, Never	7336	84	20643	90	2159	82	30474	87.9
3 Yes, not in the past 3 months	855	10	1340	6	258	10	2493	7.2
6 Yes, in the past 3 months	568	7	892	4	204	8	1697	4.9
Valid responses =	8759	25	22875	66	2621	8	34664	44.4

Invalid responses include no response.

22N4) Has a friend or relative or anyone else ever expressed concern about your use of the following substance(s)?

(only includes students who have ever used this substance)

Cocaine (coke, crack, etc.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No, Never	1461	87	2836	86	277	79	4624	85.6
3 Yes, not in the past 3 months	163	10	368	11	56	16	599	11.1
6 Yes, in the past 3 months	60	4	88	3	19	5	176	3.3
Valid responses =	1684	31	3292	61	352	7	5399	6.9

Invalid responses include no response.

22N5) Has a friend or relative or anyone else ever expressed concern about your use of the following substance(s)?

(only includes students who have ever used this substance)

Prescription stimulants (Ritalin, Concerta, Dexedrine, Adderall, diet pills, etc.) [Please report nonmedical use only.]

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No, Never	1828	91	3503	91	371	83	5772	89.9
3 Yes, not in the past 3 months	127	6	276	7	49	11	462	7.2
6 Yes, in the past 3 months	61	3	91	2	29	7	189	2.9
Valid responses =	2016	31	3870	60	449	7	6423	8.2

Invalid responses include no response.



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FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### 22N6) Has a friend or relative or anyone else ever expressed concern about your use of the following substance(s)?

(only includes students who have ever used this substance)

Methamphetamine (speed, crystal meth, ice, etc.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No, Never	245	75	377	73	55	61	692	72.1
3 Yes, not in the past 3 months	66	20	124	24	21	23	217	22.6
6 Yes, in the past 3 months	18	6	15	3	14	16	51	5.3
Valid responses =	329	34	516	54	90	9	960	1.2

Invalid responses include no response.

#### 22N7) Has a friend or relative or anyone else ever expressed concern about your use of the following substance(s)?

(only includes students who have ever used this substance)

Inhalants (poppers, nitrous, glue, gas, paint thinner, etc.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No, Never	1184	92	1563	93	367	90	3178	91.9
3 Yes, not in the past 3 months	71	6	91	5	25	6	198	5.7
6 Yes, in the past 3 months	29	2	31	2	14	3	82	2.4
Valid responses =	1284	37	1685	49	406	12	3458	4.4

Invalid responses include no response.

#### 22N8) Has a friend or relative or anyone else ever expressed concern about your use of the following substance(s)?

(only includes students who have ever used this substance)

Sedatives or Sleeping Pills (Valium, Ativan, Xanax, Klonopin, Librium, Rohypnol, GHB, etc.) [Please report nonmedical use only.]

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No, Never	1047	88	2145	87	277	79	3513	86.3
3 Yes, not in the past 3 months	113	9	246	10	46	13	412	10.1
6 Yes, in the past 3 months	36	3	79	3	26	7	146	3.6
Valid responses =	1196	29	2470	61	349	9	4071	5.2

Invalid responses include no response.

#### 22N9) Has a friend or relative or anyone else ever expressed concern about your use of the following substance(s)?

(only includes students who have ever used this substance)

Hallucinogens (Ecstasy, MDMA, Molly, LSD, acid, mushrooms, PCP, Special K, etc.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No, Never	2657	90	4819	93	738	88	8328	91.5
3 Yes, not in the past 3 months	225	8	277	5	65	8	583	6.4
6 Yes, in the past 3 months	73	3	76	2	34	4	190	2.1
Valid responses =	2955	32	5172	57	837	9	9101	11.7

Invalid responses include no response.

#### 22N10) Has a friend or relative or anyone else ever expressed concern about your use of the following substance(s)?

(only includes students who have ever used this substance)

Heroin

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No, Never	93	57	158	65	26	44	282	58.6
3 Yes, not in the past 3 months	50	31	78	32	20	34	154	32.0
6 Yes, in the past 3 months	21	13	8	3	13	22	45	9.4
Valid responses =	164	34	244	51	59	12	481	0.6

Invalid responses include no response.

#### 22N11) Has a friend or relative or anyone else ever expressed concern about your use of the following substance(s)?

(only includes students who have ever used this substance)

Prescription opioids (morphine, codeine, fentanyl, oxycodone [OxyContin, Percocet], hydrocodone [Vicodin], methadone, buprenorphine [Suboxone], etc.)

[Please report nonmedical use only.]

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No, Never	794	84	1298	83	192	74	2323	82.3
3 Yes, not in the past 3 months	127	13	230	15	55	21	420	14.9
6 Yes, in the past 3 months	30	3	28	2	14	5	79	2.8
Valid responses =	951	34	1556	55	261	9	2822	3.6

Invalid responses include no response.



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#### 22N12) Has a friend or relative or anyone else ever expressed concern about your use of the following substance(s)?

(only includes students who have ever used this substance)

Other

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No, Never	152	67	199	75	43	55	409	69.1
3 Yes, not in the past 3 months	38	17	38	14	16	21	98	16.6
6 Yes, in the past 3 months	36	16	28	11	19	24	85	14.4
Valid responses =	226	38	265	45	78	13	592	0.8

Invalid responses include no response.

#### 22O1) Have you ever tried and failed to control, cut down or stop using the following substance(s)? (only includes students who have ever used this substance)

Tobacco or nicotine delivery products (cigarettes, e-cigarettes, Juul or other vape products, water pipe or hookah, chewing tobacco, cigars, etc.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No, Never	5382	72	12054	72	1080	69	18710	71.8
3 Yes, not in the past 3 months	958	13	1894	11	223	14	3115	12.0
6 Yes, in the past 3 months	1152	15	2761	17	266	17	4228	16.2
Valid responses =	7492	29	16709	64	1569	6	26053	33.4

Invalid responses include no response.

#### 22O2) Have you ever tried and failed to control, cut down or stop using the following substance(s)? (only includes students who have ever used this substance)

Alcoholic beverages (beer, wine, liquor, etc.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No, Never	12921	90	34121	92	2904	88	50488	91.0
3 Yes, not in the past 3 months	607	4	1276	3	190	6	2103	3.8
6 Yes, in the past 3 months	849	6	1837	5	199	6	2917	5.3
Valid responses =	14377	26	37234	67	3293	6	55508	71.1

Invalid responses include no response.

#### 22O3) Have you ever tried and failed to control, cut down or stop using the following substance(s)? (only includes students who have ever used this substance)

Cannabis (marijuana, weed, hash, edibles, vaped cannabis, etc.) [Please report nonmedical use only.]

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No, Never	7434	85	20422	89	2113	81	30305	87.4
3 Yes, not in the past 3 months	596	7	994	4	212	8	1831	5.3
6 Yes, in the past 3 months	732	8	1453	6	296	11	2522	7.3
Valid responses =	8762	25	22869	66	2621	8	34658	44.4

Invalid responses include no response.

#### 22O4) Have you ever tried and failed to control, cut down or stop using the following substance(s)? (only includes students who have ever used this substance)

Cocaine (coke, crack, etc.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No, Never	1516	90	2965	90	304	87	4839	89.7
3 Yes, not in the past 3 months	114	7	246	8	30	9	400	7.4
6 Yes, in the past 3 months	54	3	76	2	17	5	154	2.9
Valid responses =	1684	31	3287	61	351	7	5393	6.9

Invalid responses include no response.

#### 22O5) Have you ever tried and failed to control, cut down or stop using the following substance(s)? (only includes students who have ever used this substance)

Prescription stimulants (Ritalin, Concerta, Dexedrine, Adderall, diet pills, etc.) [Please report nonmedical use only.]

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No, Never	1882	93	3581	93	389	87	5921	92.3
3 Yes, not in the past 3 months	86	4	192	5	35	8	327	5.1
6 Yes, in the past 3 months	52	3	89	2	22	5	167	2.6
Valid responses =	2020	31	3862	60	446	7	6415	8.2

Invalid responses include no response.

#### 22O6) Have you ever tried and failed to control, cut down or stop using the following substance(s)? (only includes students who have ever used this substance)

Methamphetamine (speed, crystal meth, ice, etc.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No, Never	265	80	392	76	58	66	730	76.3
3 Yes, not in the past 3 months	49	15	108	21	17	19	179	18.7
6 Yes, in the past 3 months	16	5	15	3	13	15	48	5.0
Valid responses =	330	34	515	54	88	9	957	1.2

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

## American College Health Association-National College Health Assessment (ACHA-NCHA III)

### Reference Group Data Report - Spring 2023

American College Health Association  
8455 Colesville Road, Suite 740  
Silver Spring, MD 20910  
(410) 859-1500  
[www.acha.org](http://www.acha.org)

December 21, 2023

FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

**2207) Have you ever tried and failed to control, cut down or stop using the following substance(s)? (only includes students who have ever used this substance)**  
**Inhalants (poppers, nitrous, glue, gas, paint thinner, etc.)**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No, Never	1193	93	1595	95	371	91	3226	93.4
3 Yes, not in the past 3 months	56	4	68	4	21	5	154	4.5
6 Yes, in the past 3 months	32	3	19	1	14	3	73	2.1
Valid responses =	1281	37	1682	49	406	12	3453	4.4
Invalid responses include no response.								

**2208) Have you ever tried and failed to control, cut down or stop using the following substance(s)? (only includes students who have ever used this substance)**  
**Sedatives or Sleeping Pills (Valium, Ativan, Xanax, Klonopin, Librium, Rohypnol, GHB, etc.) [Please report nonmedical use only.]**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No, Never	1074	90	2206	90	285	82	3609	88.9
3 Yes, not in the past 3 months	81	7	174	7	35	10	298	7.3
6 Yes, in the past 3 months	42	4	82	3	27	8	154	3.8
Valid responses =	1197	29	2462	61	347	9	4061	5.2
Invalid responses include no response.								

**2209) Have you ever tried and failed to control, cut down or stop using the following substance(s)? (only includes students who have ever used this substance)**  
**Hallucinogens (Ecstasy, MDMA, Molly, LSD, acid, mushrooms, PCP, Special K, etc.)**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No, Never	2824	96	4962	96	790	94	8691	95.7
3 Yes, not in the past 3 months	84	3	145	3	32	4	271	3.0
6 Yes, in the past 3 months	39	1	56	1	15	2	120	1.3
Valid responses =	2947	32	5163	57	837	9	9082	11.6
Invalid responses include no response.								

**22010) Have you ever tried and failed to control, cut down or stop using the following substance(s)? (only includes students who have ever used this substance)**  
**Heroin**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No, Never	98	59	169	69	28	49	302	62.8
3 Yes, not in the past 3 months	45	27	70	29	19	33	139	28.9
6 Yes, in the past 3 months	23	14	5	2	10	18	40	8.3
Valid responses =	166	35	244	51	57	12	481	0.6
Invalid responses include no response.								

**22011) Have you ever tried and failed to control, cut down or stop using the following substance(s)? (only includes students who have ever used this substance)**  
**Prescription opioids (morphine, codeine, fentanyl, oxycodone [OxyContin, Percocet], hydrocodone [Vicodin], methadone, buprenorphine [Suboxone], etc.) [Please report nonmedical use only.]**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No, Never	840	89	1329	85	210	81	2417	85.8
3 Yes, not in the past 3 months	80	8	190	12	38	15	315	11.2
6 Yes, in the past 3 months	27	3	39	3	13	5	86	3.1
Valid responses =	947	34	1558	55	261	9	2818	3.6
Invalid responses include no response.								

**22012) Have you ever tried and failed to control, cut down or stop using the following substance(s)? (only includes students who have ever used this substance)**  
**Other**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No, Never	157	71	222	83	41	55	433	74.1
3 Yes, not in the past 3 months	32	14	24	9	11	15	73	12.5
6 Yes, in the past 3 months	33	15	21	8	22	30	78	13.4
Valid responses =	222	38	267	46	74	13	584	0.7
Invalid responses include no response.								



# AMERICAN COLLEGE HEALTH ASSOCIATION

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FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### 22P) Have you ever used any drug by injection? [RECREATIONAL or NON-MEDICAL USE ONLY] (only includes students who have ever used any substance)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No, Never	14873	99	38190	100	3452	98	57144	99.3
1 Yes, not in the past 3 months	87	1	150	0	33	1	278	0.5
2 Yes, in the past 3 months	55	0	40	0	33	1	141	0.2
Valid responses =	15015	26	38380	67	3518	6	57563	73.8

Invalid responses include no response.

#### 22Q) In the past 3 months, how often have you injected drugs? [RECREATIONAL or NON-MEDICAL USE ONLY] (only includes students who have used drugs by injection within the last 3 months)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Once per week or less	32	58	26	68	11	39	73	56.2
1 More than once per week	23	42	12	32	17	61	57	43.8
Valid responses =	55	42	38	29	28	22	130	0.2

Invalid responses include no response.

#### 23A) Within the last 3 months, which tobacco products have you used? (only includes students who have used tobacco or nicotine in the last 3 months)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	2354	50	5809	58	416	43	8663	54.4
2 Yes	2340	50	4261	42	559	57	7257	45.6
Valid responses =	4694	29	10070	63	975	6	15920	20.4

Invalid responses include no response.

#### 23B) Within the last 3 months, which tobacco products have you used? (only includes students who have used tobacco or nicotine in the last 3 months)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	1473	31	2012	20	237	24	3779	23.3
2 Yes	3287	69	8270	80	737	76	12415	76.7
Valid responses =	4760	29	10282	63	974	6	16194	20.8

Invalid responses include no response.

#### 23C) Within the last 3 months, which tobacco products have you used? (only includes students who have used tobacco or nicotine in the last 3 months)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	4007	89	8976	92	830	90	13966	90.7
2 Yes	491	11	820	8	95	10	1424	9.3
Valid responses =	4498	29	9796	64	925	6	15390	19.7

Invalid responses include no response.

#### 23D) Within the last 3 months, which tobacco products have you used? (only includes students who have used tobacco or nicotine in the last 3 months)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	3758	83	9472	97	884	95	14265	92.5
2 Yes	798	18	302	3	45	5	1164	7.5
Valid responses =	4556	30	9774	63	929	6	15429	19.8

Invalid responses include no response.

#### 23E) Within the last 3 months, which tobacco products have you used? (only includes students who have used tobacco or nicotine in the last 3 months)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	3461	76	9294	95	849	91	13743	88.8
2 Yes	1116	24	510	5	82	9	1742	11.2
Valid responses =	4577	30	9804	63	931	6	15485	19.8

Invalid responses include no response.

#### 23F) Within the last 3 months, which tobacco products have you used? (only includes students who have used tobacco or nicotine in the last 3 months)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	2889	93	6409	98	559	94	9956	96.2
2 Yes	218	7	129	2	34	6	395	3.8
Valid responses =	3107	30	6538	63	593	6	10351	13.3

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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FREQUENCY REPORT

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#### 24) When, if ever, was the last time you used cannabis/marijuana? Please include medical and non-medical use.

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never	11347	54	25139	50	1667	37	38693	50.0
2 Within the last 2 weeks	3776	18	9231	18	1377	31	14595	18.8
3 More than 2 weeks but within 30 days	811	4	2231	4	273	6	3365	4.3
4 More than 30 days but within 3 months	1245	6	3305	7	348	8	4962	6.4
5 More than 3 months but within 12 months	1476	7	4036	8	391	9	5956	7.7
6 More than 12 months ago	2508	12	6832	14	458	10	9887	12.8
Valid responses =	21163	27	50774	66	4514	6	77458	99.3

Invalid responses include no response.

#### 25A) When, if ever, was the last time you drank alcohol?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never	5115	24	9724	19	857	19	15972	20.6
2 Within the last 2 weeks	10205	48	25851	51	1940	43	38419	49.6
3 More than 2 weeks but within 30 days	1765	8	5190	10	513	11	7568	9.8
4 More than 30 days but within 3 months	1733	8	4665	9	539	12	7050	9.1
5 More than 3 months but within 12 months	1323	6	3300	7	385	9	5069	6.5
6 More than 12 months ago	1035	5	2056	4	280	6	3415	4.4
Valid responses =	21176	27	50786	66	4514	6	77493	99.3

Invalid responses include no response.

#### 25B1) The last time you drank alcohol: (only includes students who drank alcohol within the last 3 months)

##### Did you get drunk?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	8601	63	22951	64	1893	64	33844	63.9
2 Yes	5081	37	12716	36	1088	37	19103	36.1
Valid responses =	13682	26	35667	67	2981	6	52947	67.9

Invalid responses include no response.

#### 25B2) The last time you drank alcohol: (only includes students who drank alcohol within the last 3 months)

##### Did you intend to get drunk?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	8432	62	22765	64	1801	60	33390	63.1
2 Yes	5230	38	12862	36	1179	40	19496	36.9
Valid responses =	13662	26	35627	67	2980	6	52886	67.8

Invalid responses include no response.

#### 26) One drink of alcohol is defined as a 12 oz. can or bottle of beer or wine cooler, a 4 oz. glass of wine, or a shot of liquor straight or in a mixed drink.

##### (only includes students who drank alcohol within the last 3 months)

##### The last time you drank alcohol in a social setting, how many drinks of alcohol did you have?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 0 Drinks	229	2	525	2	74	3	849	1.6
1 1 to 2 Drinks	5915	43	18960	53	1629	55	26814	50.8
2 3 to 4 Drinks	3386	25	9794	28	777	26	14098	26.7
3 5 to 6 Drinks	2037	15	4218	12	311	10	6631	12.6
4 7 to 8 Drinks	1005	7	1332	4	117	4	2476	4.7
5 9 to 10 Drinks	547	4	475	1	34	1	1070	2.0
6 11 or More Drinks	527	4	267	1	35	1	840	1.6
Total	13646	26	35571	67	2977	6	52778	67.6

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Cis Men	3.87	3.00	3.77	0	89
Cis Women	2.88	2.00	2.28	0	69
Trans/Gender Non-conforming	2.82	2.00	2.49	0	45
Overall	3.13	2.00	2.81	0	89



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FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

27) One drink of alcohol is defined as a 12 oz. can or bottle of beer or wine cooler, a 4 oz. glass of wine, or a shot of liquor straight or in a mixed drink.

(only includes students who drank alcohol within the last 3 months)

The last time you drank alcohol in a social setting, over how many hours did you drink alcohol?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 0 Hours	352	3	796	2	88	3	1263	2.4
1 1 to 2 Hours	5723	42	14375	40	1344	45	21713	41.2
2 3 to 4 Hours	4908	36	12868	36	1029	35	18992	36.0
3 5 to 6 Hours	2093	15	6182	17	431	15	8777	16.6
4 7 to 8 Hours	383	3	989	3	57	2	1442	2.7
5 9 to 10 Hours	97	1	212	1	14	1	329	0.6
6 11 or More Hours	82	1	126	0	9	0	222	0.4
Total	13638	26	35548	67	2972	6	52738	67.6

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Cis Men	3.08	3.00	2.19	0	50
Cis Women	3.12	3.00	1.98	0	50
Trans/Gender Non-conforming	2.87	3.00	1.86	0	24
Overall	3.09	3.00	2.06	0	50

28) Over the last two weeks, how many times have you had five or more drinks (males) or four or more drinks (females) containing any kind of alcohol at a sitting?

(only includes students who drank alcohol within the last 2 weeks)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 None	4884	48	13827	54	1177	61	20124	52.5
2 1 time	2421	24	6300	24	437	23	9242	24.1
3 2 times	1448	14	3163	12	168	9	4817	12.6
4 3 times	620	6	1176	5	70	4	1885	4.9
5 4 times	373	4	746	3	32	2	1157	3.0
6 5 times	193	2	277	1	20	1	492	1.3
7 6 times	94	1	138	1	9	1	242	0.6
8 7 times	42	0	62	0	5	0	112	0.3
9 8 times	43	0	41	0	3	0	88	0.2
10 9 times	13	0	15	0	2	0	31	0.1
11 10 or more times	48	1	53	0	10	1	117	0.3
Total	10179	27	25798	67	1933	5	38307	49.1

Invalid responses include no response.

29A) Within the last 12 months, have you experienced any of the following when drinking alcohol? (only includes students who drank alcohol within the last 12 months)

Did something I later regretted

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	12202	82	31116	80	2773	83	46614	80.6
2 Yes	2756	18	7728	20	586	17	11190	19.4
Valid responses =	14958	26	38844	67	3359	6	57804	74.1

Invalid responses include no response.

29B) Within the last 12 months, have you experienced any of the following when drinking alcohol? (only includes students who drank alcohol within the last 12 months)

Blackout (forgot where I was or what I did for a large period of time and cannot remember, even when someone reminds me)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	13344	89	34607	89	3047	91	51583	89.2
2 Yes	1626	11	4266	11	316	9	6268	10.8
Valid responses =	14970	26	38873	67	3363	6	57851	74.1

Invalid responses include no response.

29C) Within the last 12 months, have you experienced any of the following when drinking alcohol? (only includes students who drank alcohol within the last 12 months)

Brownout (forgot where I was or what I did for short periods of time, but can remember once someone reminds me)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	11985	80	29957	77	2690	80	45170	78.1
2 Yes	2977	20	8940	23	673	20	12696	21.9
Valid responses =	14962	26	38897	67	3363	6	57866	74.2

Invalid responses include no response.

29D) Within the last 12 months, have you experienced any of the following when drinking alcohol? (only includes students who drank alcohol within the last 12 months)

Got in trouble with the police

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	14814	99	38633	99	3331	99	57406	99.3
2 Yes	136	1	216	1	30	1	391	0.7
Valid responses =	14950	26	38849	67	3361	6	57797	74.1

Invalid responses include no response.





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29E) Within the last 12 months, have you experienced any of the following when drinking alcohol? (only includes students who drank alcohol within the last 12 months)  
Got in trouble with college/university authorities

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	14800	99	38599	99	3317	99	57344	99.2
2 Yes	142	1	252	1	41	1	445	0.8
Valid responses =	14942	26	38851	67	3358	6	57789	74.1
Invalid responses include no response.								

29F) Within the last 12 months, have you experienced any of the following when drinking alcohol? (only includes students who drank alcohol within the last 12 months)  
Someone had sex with me without my consent

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	14842	99	38135	98	3284	98	56886	98.4
2 Yes	103	1	705	2	74	2	896	1.6
Valid responses =	14945	26	38840	67	3358	6	57782	74.1
Invalid responses include no response.								

29G) Within the last 12 months, have you experienced any of the following when drinking alcohol? (only includes students who drank alcohol within the last 12 months)  
Had sex with someone without their consent

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	14929	100	38800	100	3343	99	57704	99.8
2 Yes	35	0	63	0	19	1	122	0.2
Valid responses =	14964	26	38863	67	3362	6	57826	74.1
Invalid responses include no response.								

29H) Within the last 12 months, have you experienced any of the following when drinking alcohol? (only includes students who drank alcohol within the last 12 months)  
Had unprotected sex

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	13351	89	34617	89	3059	91	51607	89.2
2 Yes	1624	11	4283	11	301	9	6268	10.8
Valid responses =	14975	26	38900	67	3360	6	57875	74.2
Invalid responses include no response.								

29I) Within the last 12 months, have you experienced any of the following when drinking alcohol? (only includes students who drank alcohol within the last 12 months)  
Physically injured myself

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	14060	94	36160	93	3071	92	53892	93.2
2 Yes	903	6	2686	7	281	8	3904	6.8
Valid responses =	14963	26	38846	67	3352	6	57796	74.1
Invalid responses include no response.								

29J) Within the last 12 months, have you experienced any of the following when drinking alcohol? (only includes students who drank alcohol within the last 12 months)  
Physically injured another person

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	14858	99	38705	100	3330	99	57523	99.5
2 Yes	103	1	161	0	28	1	299	0.5
Valid responses =	14961	26	38866	67	3358	6	57822	74.1
Invalid responses include no response.								

29K) Within the last 12 months, have you experienced any of the following when drinking alcohol? (only includes students who drank alcohol within the last 12 months)  
Seriously considered suicide

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	14555	97	38006	98	3131	93	56302	97.4
2 Yes	411	3	850	2	228	7	1516	2.6
Valid responses =	14966	26	38856	67	3359	6	57818	74.1
Invalid responses include no response.								

29L) Within the last 12 months, have you experienced any of the following when drinking alcohol? (only includes students who drank alcohol within the last 12 months)  
Needed medical help

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	14778	99	38417	99	3304	99	57125	99.0
2 Yes	159	1	377	1	50	2	595	1.0
Valid responses =	14937	26	38794	67	3354	6	57720	74.0
Invalid responses include no response.								



# AMERICAN COLLEGE HEALTH ASSOCIATION

## American College Health Association-National College Health Assessment (ACHA-NCHA III)

### Reference Group Data Report - Spring 2023

American College Health Association  
8455 Colesville Road, Suite 740  
Silver Spring, MD 20910  
(410) 859-1500  
[www.acha.org](http://www.acha.org)

December 21, 2023

FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### 30A) Within the last 30 days, did you drive after drinking any alcohol at all?

(only includes students who drank alcohol within the last 30 days AND drove a car within the last 30 days)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	7141	80	20262	87	1374	86	29047	85.5
2 Yes	1749	20	2909	13	225	14	4927	14.5
Valid responses =	8890	26	23171	68	1599	5	33974	43.5

Invalid responses include no response.

#### 30B) Within the last 12 months, to what extent did your alcohol use affect your academic performance? (only includes students who drank alcohol within the last 12 months)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Alcohol use did not affect academic performance	14467	97	37931	98	3239	96	56243	97.2
2 Alcohol use negatively impacted performance in class	394	3	777	2	106	3	1296	2.2
3 Alcohol use delayed progress towards degree	102	1	177	1	16	1	305	0.5
Valid responses =	14963	26	38885	67	3361	6	57844	74.1

Invalid responses include no response.

#### 31A) Within the last 30 days, did you drive within 6 hours of using cannabis/marijuana?

(only includes students who used cannabis within the last 30 days AND drove a car within the last 30 days)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	2163	64	6135	73	686	68	9086	70.5
2 Yes	1196	36	2230	27	319	32	3798	29.5
Valid responses =	3359	26	8365	65	1005	8	12884	16.5

Invalid responses include no response.

#### 31B) Within the last 12 months, to what extent did your cannabis/marijuana use affect your academic performance?

(only includes students who used cannabis within the last 12 months)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Marijuana use did not affect academic performance	6416	92	17348	96	1982	90	26046	94.1
2 Marijuana use negatively impacted performance in class	459	7	651	4	172	8	1311	4.7
3 Marijuana use delayed progress towards degree	127	2	146	1	44	2	323	1.2
Valid responses =	7002	25	18145	66	2198	8	27680	35.5

Invalid responses include no response.

#### 32) Do you identify as a person in recovery from alcohol or other drug use?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	15580	97	40201	98	3442	94	59919	97.5
2 Yes	446	3	835	2	207	6	1509	2.5
Valid responses =	16026	26	41036	67	3649	6	61428	78.7

Invalid responses include no response.

The following text was displayed to students before this section:

As you answer questions in this section, please include only sexual experiences for which you gave consent and exclude any sexual contact for which you did not consent.

#### 33A) When, if ever, was the last time you had:

Oral sex (oral/genital contact)?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never	7710	37	17401	35	1548	35	27060	35.3
2 Within the last 2 weeks	6175	29	15830	32	1246	28	23483	30.6
3 More than 2 weeks but within 30 days	1494	7	4108	8	341	8	6017	7.8
4 More than 30 days but within 3 months	1817	9	4715	9	472	11	7092	9.2
5 More than 3 months but within 12 months	1907	9	4299	9	447	10	6730	8.8
6 More than 12 months ago	1934	9	3897	8	439	10	6334	8.3
Valid responses =	21037	27	50250	66	4493	6	76716	98.3

Invalid responses include no response.

#### 33B) When, if ever, was the last time you had:

Vaginal intercourse (penis in vagina)?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never	9087	43	18078	36	2142	48	29785	38.9
2 Within the last 2 weeks	6235	30	18018	36	1018	23	25492	33.3
3 More than 2 weeks but within 30 days	1097	5	3450	7	247	6	4848	6.3
4 More than 30 days but within 3 months	1435	7	3870	8	323	7	5684	7.4
5 More than 3 months but within 12 months	1500	7	3488	7	311	7	5366	7.0
6 More than 12 months ago	1652	8	3329	7	444	10	5478	7.1
Valid responses =	21006	27	50233	66	4485	6	76653	98.2

Invalid responses include no response.



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FREQUENCY REPORT

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#### 33C) When, if ever, was the last time you had:

##### Anal intercourse (penis in anus)?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never	16430	78	41410	83	3404	76	61981	81.1
2 Within the last 2 weeks	903	4	790	2	175	4	1902	2.5
3 More than 2 weeks but within 30 days	353	2	495	1	81	2	955	1.2
4 More than 30 days but within 3 months	573	3	946	2	154	3	1700	2.2
5 More than 3 months but within 12 months	795	4	1691	3	207	5	2730	3.6
6 More than 12 months ago	1890	9	4776	10	459	10	7187	9.4
Valid responses =	20944	27	50108	66	4480	6	76455	98.0

Invalid responses include no response.

#### 34) Within the last 12 months, with how many partners have you had oral sex, vaginal intercourse, or anal intercourse?

(only includes students that have had oral sex or vaginal/anal intercourse in the last 12 months)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 0 Partners	63	1	103	0	14	1	182	0.4
1 1 Partner	8469	69	22864	73	1603	62	33243	71.1
2 2 Partners	1352	11	3687	12	407	16	5495	11.8
3 3 Partners	812	7	1893	6	183	7	2917	6.2
4 4 Partners	440	4	1012	3	115	5	1588	3.4
5 5 Partners	281	2	673	2	86	3	1055	2.3
6 6 Partners	203	2	368	1	43	2	625	1.3
7 7 Partners	99	1	216	1	32	1	355	0.8
8 8 to 10 Partners	253	2	376	1	52	2	690	1.5
9 11 or More Partners	295	2	224	1	48	2	582	1.2
Valid responses =	12267	26	31416	67	2583	6	46732	59.9

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Cis Men	2.24	1.00	3.98	0	80
Cis Women	1.72	1.00	1.94	0	69
Trans/Gender Non-conforming	2.28	1.00	3.89	0	90
Overall	1.90	1.00	2.81	0	90

#### 35A) Within the last 12 months, did you have sexual partner(s) who were: (only includes students with 1 or more sexual partners in the last 12 months)

##### Women or females

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	1476	12	28002	92	1530	62	31245	68.6
2 Yes	10642	88	2543	8	928	38	14314	31.4
Valid responses =	12118	27	30545	67	2458	5	45559	58.4

Invalid responses include no response.

#### 35B) Within the last 12 months, did you have sexual partner(s) who were: (only includes students with 1 or more sexual partners in the last 12 months)

##### Men or males

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	10171	86	1624	5	928	38	12909	28.2
2 Yes	1605	14	29565	95	1526	62	32941	71.8
Valid responses =	11776	26	31189	68	2454	5	45850	58.8

Invalid responses include no response.

#### 35C) Within the last 12 months, did you have sexual partner(s) who were: (only includes students with 1 or more sexual partners in the last 12 months)

##### Trans women

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	11571	99	30167	100	2092	88	44207	98.7
2 Yes	114	1	150	1	292	12	598	1.3
Valid responses =	11685	26	30317	68	2384	5	44805	57.4

Invalid responses include no response.

#### 35D) Within the last 12 months, did you have sexual partner(s) who were: (only includes students with 1 or more sexual partners in the last 12 months)

##### Trans men

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	11558	99	30100	100	2106	89	44149	98.7
2 Yes	109	1	161	1	260	11	560	1.3
Valid responses =	11667	26	30261	68	2366	5	44709	57.3

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

35E) Within the last 12 months, did you have sexual partner(s) who were: (only includes students with 1 or more sexual partners in the last 12 months)  
Genderqueer

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	11330	97	29763	98	1664	68	43104	96.1
2 Yes	361	3	543	2	771	32	1748	3.9
Valid responses =	11691	26	30306	68	2435	5	44852	57.5

Invalid responses include no response.

35F) Within the last 12 months, did you have sexual partner(s) who were: (only includes students with 1 or more sexual partners in the last 12 months)  
Person(s) with another identity

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	11484	99	29991	99	2022	86	43861	98.3
2 Yes	164	1	223	1	327	14	764	1.7
Valid responses =	11648	26	30214	68	2349	5	44625	57.2

Invalid responses include no response.

36A) Within the last 30 days, how often did you or your partner(s) use a condom or other protective barrier (for example: male condom, female condom, dam, or glove) during:  
(only includes students that have had oral sex within the last 30 days)  
Oral sex (oral/genital contact)?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never	6736	88	17906	90	1395	88	26280	89.4
2 Rarely	288	4	609	3	78	5	991	3.4
3 Sometimes	222	3	429	2	43	3	701	2.4
4 Most of the time	147	2	283	1	28	2	463	1.6
5 Always	249	3	661	3	38	2	962	3.3
Valid responses =	7642	26	19888	68	1582	5	29397	37.7

Invalid responses include no response.

36B) Within the last 30 days, how often did you or your partner(s) use a condom or other protective barrier (for example: male condom, female condom, dam, or glove) during:  
(only includes students that have had vaginal intercourse within the last 30 days)  
Vaginal intercourse (penis in vagina)?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never	3019	42	10076	47	541	43	13748	45.6
2 Rarely	507	7	1625	8	98	8	2246	7.4
3 Sometimes	698	10	1925	9	112	9	2772	9.2
4 Most of the time	1024	14	2614	12	162	13	3827	12.7
5 Always	2032	28	5140	24	346	28	7579	25.1
Valid responses =	7280	24	21380	71	1259	4	30172	38.7

Invalid responses include no response.

36C) Within the last 30 days, how often did you or your partner(s) use a condom or other protective barrier (for example: male condom, female condom, dam, or glove) during:  
(only includes students that have had anal intercourse within the last 30 days)  
Anal intercourse (penis in anus)?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never	626	50	879	69	132	52	1662	58.8
2 Rarely	119	10	73	6	20	8	218	7.7
3 Sometimes	140	11	77	6	30	12	254	9.0
4 Most of the time	142	11	60	5	19	8	226	8.0
5 Always	222	18	183	14	53	21	466	16.5
Valid responses =	1249	44	1272	45	254	9	2826	3.6

Invalid responses include no response.

37) Did you or your partner use any method to prevent pregnancy the last time you had vaginal intercourse (penis in vagina)?  
(only includes students that have had vaginal intercourse within the last 12 months)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Yes	8382	82	24294	84	1531	81	34498	83.5
2 No, not want prevent pregnancy	371	4	701	2	47	3	1134	2.7
3 No, did not use any method	1300	13	3613	13	281	15	5253	12.7
4 Don't know	192	2	178	1	28	2	407	1.0
Valid responses =	10245	25	28786	70	1887	5	41292	52.9

Invalid responses include no response.



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FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

**38A) Please indicate which of the following method(s) you or your partner used to prevent pregnancy the last time you had vaginal intercourse. (Please select ALL that apply)**  
(only includes students who used a method of pregnancy prevention the last time they had vaginal intercourse)  
**Birth control pills (monthly or extended cycle)**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not selected	5022	60	14815	61	1094	72	21121	61.2
1 Selected	3360	40	9479	39	437	29	13377	38.8
Valid responses =	8382	24	24294	70	1531	4	34498	44.2

Invalid responses include no response.

**38B) Please indicate which of the following method(s) you or your partner used to prevent pregnancy the last time you had vaginal intercourse. (Please select ALL that apply)**  
(only includes students who used a method of pregnancy prevention the last time they had vaginal intercourse)  
**Birth control shots**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not selected	8225	98	23898	98	1503	98	33916	98.3
1 Selected	157	2	396	2	28	2	582	1.7
Valid responses =	8382	24	24294	70	1531	4	34498	44.2

Invalid responses include no response.

**38C) Please indicate which of the following method(s) you or your partner used to prevent pregnancy the last time you had vaginal intercourse. (Please select ALL that apply)**  
(only includes students who used a method of pregnancy prevention the last time they had vaginal intercourse)  
**Birth control implants**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not selected	7729	92	22516	93	1402	92	31917	92.5
1 Selected	653	8	1778	7	129	8	2581	7.5
Valid responses =	8382	24	24294	70	1531	4	34498	44.2

Invalid responses include no response.

**38D) Please indicate which of the following method(s) you or your partner used to prevent pregnancy the last time you had vaginal intercourse. (Please select ALL that apply)**  
(only includes students who used a method of pregnancy prevention the last time they had vaginal intercourse)  
**Birth control patch**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not selected	8295	99	24063	99	1512	99	34153	99.0
1 Selected	87	1	231	1	19	1	345	1.0
Valid responses =	8382	24	24294	70	1531	4	34498	44.2

Invalid responses include no response.

**38E) Please indicate which of the following method(s) you or your partner used to prevent pregnancy the last time you had vaginal intercourse. (Please select ALL that apply)**  
(only includes students who used a method of pregnancy prevention the last time they had vaginal intercourse)  
**The ring**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not selected	8248	98	23746	98	1497	98	33771	97.9
1 Selected	134	2	548	2	34	2	727	2.1
Valid responses =	8382	24	24294	70	1531	4	34498	44.2

Invalid responses include no response.

**38F) Please indicate which of the following method(s) you or your partner used to prevent pregnancy the last time you had vaginal intercourse. (Please select ALL that apply)**  
(only includes students who used a method of pregnancy prevention the last time they had vaginal intercourse)  
**Emergency contraception ("morning after pill" or "Plan B")**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not selected	7943	95	22949	95	1464	96	32634	94.6
1 Selected	439	5	1345	6	67	4	1864	5.4
Valid responses =	8382	24	24294	70	1531	4	34498	44.2

Invalid responses include no response.

**38G) Please indicate which of the following method(s) you or your partner used to prevent pregnancy the last time you had vaginal intercourse. (Please select ALL that apply)**  
(only includes students who used a method of pregnancy prevention the last time they had vaginal intercourse)  
**Intrauterine device (IUD)**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not selected	7093	85	19743	81	1202	79	28273	82.0
1 Selected	1289	15	4551	19	329	22	6225	18.0
Valid responses =	8382	24	24294	70	1531	4	34498	44.2

Invalid responses include no response.



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**38H) Please indicate which of the following method(s) you or your partner used to prevent pregnancy the last time you had vaginal intercourse. (Please select ALL that apply)**  
(only includes students who used a method of pregnancy prevention the last time they had vaginal intercourse)

Male (external) condom

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not selected	3832	46	13142	54	713	47	17841	51.7
1 Selected	4550	54	11152	46	818	53	16657	48.3
Valid responses =	8382	24	24294	70	1531	4	34498	44.2

Invalid responses include no response.

**38I) Please indicate which of the following method(s) you or your partner used to prevent pregnancy the last time you had vaginal intercourse. (Please select ALL that apply)**  
(only includes students who used a method of pregnancy prevention the last time they had vaginal intercourse)

Female (internal) condom

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not selected	8361	100	24237	100	1519	99	34407	99.7
1 Selected	21	0	57	0	12	1	91	0.3
Valid responses =	8382	24	24294	70	1531	4	34498	44.2

Invalid responses include no response.

**38J) Please indicate which of the following method(s) you or your partner used to prevent pregnancy the last time you had vaginal intercourse. (Please select ALL that apply)**  
(only includes students who used a method of pregnancy prevention the last time they had vaginal intercourse)

Diaphragm or cervical cap

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not selected	8377	100	24283	100	1530	100	34479	99.9
1 Selected	5	0	11	0	1	0	19	0.1
Valid responses =	8382	24	24294	70	1531	4	34498	44.2

Invalid responses include no response.

**38K) Please indicate which of the following method(s) you or your partner used to prevent pregnancy the last time you had vaginal intercourse. (Please select ALL that apply)**  
(only includes students who used a method of pregnancy prevention the last time they had vaginal intercourse)

Contraceptive sponge

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not selected	8378	100	24288	100	1529	100	34484	100.0
1 Selected	4	0	6	0	2	0	14	0.0
Valid responses =	8382	24	24294	70	1531	4	34498	44.2

Invalid responses include no response.

**38L) Please indicate which of the following method(s) you or your partner used to prevent pregnancy the last time you had vaginal intercourse. (Please select ALL that apply)**  
(only includes students who used a method of pregnancy prevention the last time they had vaginal intercourse)

Withdrawal

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not selected	7054	84	19091	79	1270	83	27659	80.2
1 Selected	1328	16	5203	21	261	17	6839	19.8
Valid responses =	8382	24	24294	70	1531	4	34498	44.2

Invalid responses include no response.

**38M) Please indicate which of the following method(s) you or your partner used to prevent pregnancy the last time you had vaginal intercourse. (Please select ALL that apply)**  
(only includes students who used a method of pregnancy prevention the last time they had vaginal intercourse)

Fertility awareness (for example: calendar, mucous, and basal body temperature)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not selected	8098	97	22897	94	1433	94	32700	94.8
1 Selected	284	3	1397	6	98	6	1798	5.2
Valid responses =	8382	24	24294	70	1531	4	34498	44.2

Invalid responses include no response.

**38N) Please indicate which of the following method(s) you or your partner used to prevent pregnancy the last time you had vaginal intercourse. (Please select ALL that apply)**  
(only includes students who used a method of pregnancy prevention the last time they had vaginal intercourse)

Sterilization (for example: hysterectomy, tubes tied, or vasectomy)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not selected	8159	97	23584	97	1459	95	33479	97.0
1 Selected	223	3	710	3	72	5	1019	3.0
Valid responses =	8382	24	24294	70	1531	4	34498	44.2

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

## American College Health Association-National College Health Assessment (ACHA-NCHA III)

### Reference Group Data Report - Spring 2023

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December 21, 2023

FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

**38O) Please indicate which of the following method(s) you or your partner used to prevent pregnancy the last time you had vaginal intercourse. (Please select ALL that apply)**  
(only includes students who used a method of pregnancy prevention the last time they had vaginal intercourse)  
**Don't know**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not selected	8303	99	24252	100	1520	99	34363	99.6
1 Selected	79	1	42	0	11	1	135	0.4
Valid responses =	8382	24	24294	70	1531	4	34498	44.2

Invalid responses include no response.

**38P) Please indicate which of the following method(s) you or your partner used to prevent pregnancy the last time you had vaginal intercourse. (Please select ALL that apply)**  
(only includes students who used a method of pregnancy prevention the last time they had vaginal intercourse)  
**Other method**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not selected	8293	99	24051	99	1481	97	34100	98.8
1 Selected	89	1	243	1	50	3	398	1.2
Valid responses =	8382	24	24294	70	1531	4	34498	44.2

Invalid responses include no response.

**39) Within the last 12 months, have you or your partner(s) used emergency contraception ("morning after pill" or "Plan B")?**  
(only includes students that have had vaginal intercourse within the last 12 months)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	8142	80	22760	79	1457	77	32641	79.3
2 Yes	1673	16	5474	19	302	16	7497	18.2
3 Don't know	265	3	80	0	47	3	410	1.0
4 Not applicable	123	1	393	1	79	4	613	1.5
Valid responses =	10203	25	28707	70	1885	5	41161	52.8

Invalid responses include no response.

**40) Within the last 12 months, have you or your partner(s) become pregnant? (only includes students that have had vaginal intercourse within the last 12 months)**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	9762	95	28008	97	1817	96	39928	96.7
2 Yes, unintentionally	117	1	385	1	42	2	552	1.3
3 Yes, intentionally	283	3	323	1	16	1	629	1.5
4 Don't know	76	1	69	0	15	1	170	0.4
Valid responses =	10238	25	28785	70	1890	5	41279	52.9

Invalid responses include no response.

**41A) Below are 8 statements with which you may agree or disagree.**

Using the scale below, indicate your agreement with each item by indicating that response for each statement.

I lead a purposeful and meaningful life.

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Strongly disagree	532	3	630	1	150	3	1351	1.7
2 Disagree	755	4	1242	2	313	7	2357	3.0
3 Slightly disagree	978	5	2140	4	369	8	3539	4.6
4 Neither agree nor disagree	2140	10	4596	9	723	16	7582	9.8
5 Slightly agree	3970	19	10037	20	1039	23	15226	19.7
6 Agree	7400	35	19287	38	1320	29	28297	36.6
7 Strongly agree	5378	25	12839	25	598	13	19001	24.6
Valid responses =	21153	27	50771	66	4512	6	77353	99.1

Invalid responses include no response.

**41B) Below are 8 statements with which you may agree or disagree.**

Using the scale below, indicate your agreement with each item by indicating that response for each statement.

My social relationships are supportive and rewarding.

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Strongly disagree	407	2	520	1	82	2	1043	1.3
2 Disagree	578	3	970	2	170	4	1750	2.3
3 Slightly disagree	911	4	1942	4	254	6	3153	4.1
4 Neither agree nor disagree	1753	8	3092	6	336	7	5287	6.8
5 Slightly agree	4182	20	9757	19	1029	23	15143	19.6
6 Agree	8068	38	20279	40	1627	36	30301	39.2
7 Strongly agree	5247	25	14200	28	1014	23	20661	26.7
Valid responses =	21146	27	50760	66	4512	6	77338	99.1

Invalid responses include no response.





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41C) Below are 8 statements with which you may agree or disagree.

Using the scale below, indicate your agreement with each item by indicating that response for each statement.

I am engaged and interested in my daily activities.

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Strongly disagree	466	2	737	2	150	3	1388	1.8
2 Disagree	798	4	1697	3	317	7	2858	3.7
3 Slightly disagree	1423	7	3412	7	558	12	5470	7.1
4 Neither agree nor disagree	1865	9	4453	9	467	10	6917	8.9
5 Slightly agree	4979	24	12940	26	1292	29	19435	25.1
6 Agree	7425	35	18080	36	1247	28	27025	34.9
7 Strongly agree	4194	20	9428	19	480	11	14235	18.4
Valid responses =	21150	27	50747	66	4511	6	77328	99.1

Invalid responses include no response.

41D) Below are 8 statements with which you may agree or disagree.

Using the scale below, indicate your agreement with each item by indicating that response for each statement.

I actively contribute to the happiness and well-being of others.

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Strongly disagree	353	2	435	1	69	2	886	1.1
2 Disagree	445	2	633	1	127	3	1231	1.6
3 Slightly disagree	640	3	1151	2	202	5	2026	2.6
4 Neither agree nor disagree	2250	11	4065	8	543	12	6996	9.1
5 Slightly agree	4580	22	10367	20	1128	25	16247	21.0
6 Agree	7641	36	20664	41	1591	35	30218	39.1
7 Strongly agree	5224	25	13396	26	852	19	19666	25.5
Valid responses =	21133	27	50711	66	4512	6	77270	99.0

Invalid responses include no response.

41E) Below are 8 statements with which you may agree or disagree.

Using the scale below, indicate your agreement with each item by indicating that response for each statement.

I am competent and capable in the activities that are important to me.

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Strongly disagree	280	1	419	1	86	2	817	1.1
2 Disagree	322	2	669	1	149	3	1156	1.5
3 Slightly disagree	632	3	1408	3	331	7	2421	3.1
4 Neither agree nor disagree	1189	6	2672	5	361	8	4314	5.6
5 Slightly agree	3494	17	8942	18	1059	24	13677	17.7
6 Agree	8373	40	21176	42	1627	36	31490	40.7
7 Strongly agree	6856	32	15466	31	899	20	23453	30.3
Valid responses =	21146	27	50752	66	4512	6	77328	99.1

Invalid responses include no response.

41F) Below are 8 statements with which you may agree or disagree.

Using the scale below, indicate your agreement with each item by indicating that response for each statement.

I am a good person and live a good life.

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Strongly disagree	329	2	409	1	92	2	858	1.1
2 Disagree	406	2	519	1	165	4	1114	1.4
3 Slightly disagree	723	3	1264	3	296	7	2316	3.0
4 Neither agree nor disagree	2055	10	3602	7	680	15	6485	8.4
5 Slightly agree	3562	17	8256	16	1080	24	13076	16.9
6 Agree	7892	37	20565	41	1459	32	30235	39.1
7 Strongly agree	6180	29	16136	32	739	16	23239	30.1
Valid responses =	21147	27	50751	66	4511	6	77323	99.1

Invalid responses include no response.

41G) Below are 8 statements with which you may agree or disagree.

Using the scale below, indicate your agreement with each item by indicating that response for each statement.

I am optimistic about my future.

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Strongly disagree	596	3	851	2	273	6	1769	2.3
2 Disagree	676	3	1254	3	318	7	2292	3.0
3 Slightly disagree	1085	5	2494	5	492	11	4136	5.3
4 Neither agree nor disagree	1882	9	3861	8	624	14	6506	8.4
5 Slightly agree	3704	18	9266	18	994	22	14126	18.3
6 Agree	6603	31	17524	35	1100	24	25485	33.0
7 Strongly agree	6599	31	15504	31	712	16	23012	29.8
Valid responses =	21145	27	50754	66	4513	6	77326	99.1

Invalid responses include no response.



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FREQUENCY REPORT

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41H) Below are 8 statements with which you may agree or disagree.

Using the scale below, indicate your agreement with each item by indicating that response for each statement.

People respect me.

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Strongly disagree	370	2	525	1	124	3	1051	1.4
2 Disagree	434	2	689	1	196	4	1347	1.7
3 Slightly disagree	757	4	1558	3	380	8	2734	3.5
4 Neither agree nor disagree	2547	12	5198	10	841	19	8775	11.4
5 Slightly agree	3908	19	9659	19	1083	24	14818	19.2
6 Agree	8150	39	21015	41	1362	30	30849	39.9
7 Strongly agree	4970	24	12088	24	523	12	17711	22.9
Valid responses =	21136	27	50732	66	4509	6	77285	99.1

Invalid responses include no response.

42A) Please indicate how much you agree with the following statements as they apply to you over the last month

If a particular situation has not occurred recently, answer according to how you think you would have felt.

I am able to adapt when changes occur.<sup>1</sup>

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not at all true	205	1	381	1	80	2	692	0.9
1 Rarely true	421	2	1270	3	288	6	2016	2.6
2 Sometimes true	3585	17	10865	21	1367	30	16052	20.8
3 Often true	9533	45	23308	46	1823	41	35058	45.3
4 True nearly all the time	7410	35	14913	29	948	21	23498	30.4
Valid responses =	21154	27	50737	66	4506	6	77316	99.1

Invalid responses include no response.

42B) Please indicate how much you agree with the following statements as they apply to you over the last month

If a particular situation has not occurred recently, answer according to how you think you would have felt.

I tend to bounce back after illness, injury, or other hardships.<sup>1</sup>

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not at all true	269	1	551	1	94	2	943	1.2
1 Rarely true	659	3	2007	4	357	8	3070	4.0
2 Sometimes true	3529	17	10655	21	1340	30	15762	20.4
3 Often true	8322	39	21462	42	1697	38	31853	41.2
4 True nearly all the time	8345	40	16004	32	1017	23	25605	33.2
Valid responses =	21124	27	50679	66	4505	6	77233	99.0

Invalid responses include no response.

43) If in the future you were having a personal problem that was really bothering you, would you consider seeking help from a mental health professional?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	6629	32	7689	15	592	13	15162	19.8
2 Yes	14308	68	42699	85	3892	87	61551	80.2
Valid responses =	20937	27	50388	66	4484	6	76713	98.3

Invalid responses include no response.

44A) The next 6 questions ask about how you have been feeling during the past 30 days.

For each question, please select the response that best describes how often you had this feeling.

During the past 30 days, about how often did you feel nervous?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 None of the time	2134	10	2453	5	96	2	4751	6.2
1 A little of the time	6408	30	10181	20	583	13	17329	22.4
2 Some of the time	8350	40	20514	41	1609	36	30833	39.9
3 Most of the time	3113	15	12294	24	1452	32	17059	22.1
4 All of the time	1128	5	5260	10	769	17	7257	9.4
Valid responses =	21133	27	50702	66	4509	6	77229	99.0

Invalid responses include no response.

44B) The next 6 questions ask about how you have been feeling during the past 30 days.

For each question, please select the response that best describes how often you had this feeling.

During the past 30 days, about how often did you feel hopeless?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 None of the time	8345	40	17636	35	745	17	26969	35.1
1 A little of the time	6027	29	14988	30	1281	29	22498	29.3
2 Some of the time	4645	22	12601	25	1555	35	19090	24.8
3 Most of the time	1479	7	3771	8	641	14	5994	7.8
4 All of the time	562	3	1488	3	266	6	2358	3.1
Valid responses =	21058	27	50484	66	4488	6	76909	98.6

Invalid responses include no response.



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Number of Surveys (n) = 78024 Web Surveys

44C) The next 6 questions ask about how you have been feeling during the past 30 days.

For each question, please select the response that best describes how often you had this feeling.

During the past 30 days, about how often did you feel restless or fidgety?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 None of the time	4030	19	7106	14	253	6	11499	14.9
1 A little of the time	5840	28	12197	24	616	14	18827	24.5
2 Some of the time	6640	32	16528	33	1362	30	24811	32.2
3 Most of the time	3319	16	10423	21	1399	31	15349	19.9
4 All of the time	1226	6	4307	9	866	19	6507	8.5
Valid responses =	21055	27	50561	66	4496	6	76993	98.7

Invalid responses include no response.

44D) The next 6 questions ask about how you have been feeling during the past 30 days.

For each question, please select the response that best describes how often you had this feeling.

During the past 30 days, about how often did you feel so sad nothing could cheer you up?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 None of the time	10589	50	20618	41	1055	23	32543	42.2
1 A little of the time	5720	27	15769	31	1489	33	23211	30.1
2 Some of the time	3451	16	10225	20	1295	29	15237	19.7
3 Most of the time	983	5	2956	6	472	11	4478	5.8
4 All of the time	383	2	1103	2	199	4	1719	2.2
Valid responses =	21126	27	50671	66	4510	6	77188	98.9

Invalid responses include no response.

44E) The next 6 questions ask about how you have been feeling during the past 30 days.

For each question, please select the response that best describes how often you had this feeling.

During the past 30 days, about how often did you feel that everything was an effort?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 None of the time	5702	27	10479	21	374	8	16703	21.6
1 A little of the time	6146	29	14133	28	855	19	21332	27.6
2 Some of the time	5465	26	14185	28	1358	30	21259	27.5
3 Most of the time	2670	13	8056	16	1132	25	12031	15.6
4 All of the time	1137	5	3817	8	792	18	5861	7.6
Valid responses =	21120	27	50670	66	4511	6	77186	98.9

Invalid responses include no response.

44F) The next 6 questions ask about how you have been feeling during the past 30 days.

For each question, please select the response that best describes how often you had this feeling.

During the past 30 days, about how often did you feel worthless?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 None of the time	11768	56	26562	53	1399	31	40076	52.0
1 A little of the time	4487	21	11830	23	1160	26	17678	22.9
2 Some of the time	3023	14	7581	15	1080	24	11891	15.4
3 Most of the time	1166	6	3027	6	524	12	4791	6.2
4 All of the time	667	3	1634	3	344	8	2698	3.5
Valid responses =	21111	27	50634	66	4507	6	77134	98.9

Invalid responses include no response.

45A) Indicate how often each of the statements below is descriptive of you.

How often do you feel that you lack companionship?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Hardly ever	7916	37	19203	38	1191	26	28564	37.0
2 Some of the time	8648	41	22585	45	1993	44	33643	43.5
3 Often	4578	22	8954	18	1330	30	15085	19.5
Valid responses =	21142	27	50742	66	4514	6	77292	99.1

Invalid responses include no response.

45B) Indicate how often each of the statements below is descriptive of you.

How often do you feel left out?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Hardly ever	8421	40	17189	34	1012	22	26874	34.8
2 Some of the time	9273	44	24598	49	2173	48	36465	47.2
3 Often	3446	16	8952	18	1329	29	13942	18.0
Valid responses =	21140	27	50739	66	4514	6	77281	99.0

Invalid responses include no response.



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45C) Indicate how often each of the statements below is descriptive of you.

How often do you feel isolated from others?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Hardly ever	8111	38	18454	36	909	20	27717	35.9
2 Some of the time	8702	41	22337	44	1975	44	33384	43.2
3 Often	4332	21	9948	20	1631	36	16189	20.9
Valid responses =	21145	27	50739	66	4515	6	77290	99.1
Invalid responses include no response.								

46) Within the last 12 months, how often have you intentionally cut, burned, bruised, or otherwise injured yourself?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never	19631	93	45241	89	3098	69	68671	89.0
2 Once or twice	1167	6	4311	9	985	22	6602	8.6
3 Monthly	210	1	756	2	268	6	1266	1.6
4 Weekly	71	0	279	1	102	2	475	0.6
5 Daily or almost daily	25	0	96	0	50	1	181	0.2
Valid responses =	21104	27	50683	66	4503	6	77195	98.9
Invalid responses include no response.								

47A1) Within the last 12 months, have you had problems or challenges with any the following?

Academics

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	11764	56	26365	52	1803	40	40322	52.2
2 Yes	9362	44	24321	48	2710	60	36864	47.8
Valid responses =	21126	27	50686	66	4513	6	77186	98.9
Invalid responses include no response.								

47A2) Within the last 12 months, have you had problems or challenges with any the following?

Career

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	13299	63	31509	62	2478	55	47781	62.0
2 Yes	7803	37	19112	38	2028	45	29311	38.0
Valid responses =	21102	27	50621	66	4506	6	77092	98.8
Invalid responses include no response.								

47A3) Within the last 12 months, have you had problems or challenges with any the following?

Finances

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	11803	56	24276	48	1800	40	38304	49.7
2 Yes	9296	44	26364	52	2703	60	38792	50.3
Valid responses =	21099	27	50640	66	4503	6	77096	98.8
Invalid responses include no response.								

47A4) Within the last 12 months, have you had problems or challenges with any the following?

Procrastination

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	6198	29	12973	26	698	16	20080	26.1
2 Yes	14898	71	37641	74	3808	85	56993	73.9
Valid responses =	21096	27	50614	66	4506	6	77073	98.8
Invalid responses include no response.								

47A5) Within the last 12 months, have you had problems or challenges with any the following?

Faculty

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	18356	87	44102	87	3597	80	66706	86.7
2 Yes	2717	13	6428	13	907	20	10249	13.3
Valid responses =	21073	27	50530	66	4504	6	76955	98.6
Invalid responses include no response.								



# AMERICAN COLLEGE HEALTH ASSOCIATION

## American College Health Association-National College Health Assessment (ACHA-NCHA III)

### Reference Group Data Report - Spring 2023

American College Health Association

8455 Colesville Road, Suite 740

Silver Spring, MD 20910

(410) 859-1500

[www.acha.org](http://www.acha.org)

December 21, 2023

FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### 47A6) Within the last 12 months, have you had problems or challenges with any the following?

##### Family

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	15259	72	29955	59	1901	42	47595	61.8
2 Yes	5820	28	20626	41	2598	58	29414	38.2
Valid responses =	21079	27	50581	66	4499	6	77009	98.7

Invalid responses include no response.

#### 47A7) Within the last 12 months, have you had problems or challenges with any the following?

##### Intimate relationships

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	13369	63	30865	61	2488	55	47241	61.4
2 Yes	7713	37	19711	39	2013	45	29760	38.6
Valid responses =	21082	27	50576	66	4501	6	77001	98.7

Invalid responses include no response.

#### 47A8) Within the last 12 months, have you had problems or challenges with any the following?

##### Roommate/housemate

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	16483	78	35208	70	2930	65	55218	71.8
2 Yes	4573	22	15291	30	1569	35	21676	28.2
Valid responses =	21056	27	50499	66	4499	6	76894	98.6

Invalid responses include no response.

#### 47A9) Within the last 12 months, have you had problems or challenges with any the following?

##### Peers

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	16915	80	38076	75	2895	64	58473	76.1
2 Yes	4111	20	12403	25	1598	36	18366	23.9
Valid responses =	21026	27	50479	66	4493	6	76839	98.5

Invalid responses include no response.

#### 47A10) Within the last 12 months, have you had problems or challenges with any the following?

##### Personal appearance

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	12872	61	21276	42	1358	30	35900	46.7
2 Yes	8164	39	29257	58	3141	70	41010	53.3
Valid responses =	21036	27	50533	66	4499	6	76910	98.6

Invalid responses include no response.

#### 47A11) Within the last 12 months, have you had problems or challenges with any the following?

##### Health of someone close to me

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	13871	66	28836	57	2240	50	45416	59.1
2 Yes	7163	34	21671	43	2251	50	31458	40.9
Valid responses =	21034	27	50507	66	4491	6	76874	98.5

Invalid responses include no response.

#### 47A12) Within the last 12 months, have you had problems or challenges with any the following?

##### Death of a family member, friend, or someone close to me

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	16590	79	37520	74	3293	73	58014	75.3
2 Yes	4492	21	13083	26	1200	27	19008	24.7
Valid responses =	21082	27	50603	66	4493	6	77022	98.7

Invalid responses include no response.

#### 47A13) Within the last 12 months, have you had problems or challenges with any the following?

##### Bullying (for example: making threats, spreading rumors, physical or verbal attacks, or excluding someone from a group)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20082	95	46979	93	3993	89	71793	93.1
2 Yes	1023	5	3651	7	511	11	5286	6.9
Valid responses =	21105	27	50630	66	4504	6	77079	98.8

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

## American College Health Association-National College Health Assessment (ACHA-NCHA III)

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December 21, 2023

FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### 47A14) Within the last 12 months, have you had problems or challenges with any the following?

Cyberbullying (use of technology to harass, threaten, embarrass, or target another person)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20505	97	49130	97	4210	94	74633	96.8
2 Yes	600	3	1487	3	293	7	2432	3.2
Valid responses =	21105	27	50617	66	4503	6	77065	98.8

Invalid responses include no response.

#### 47A15) Within the last 12 months, have you had problems or challenges with any the following?

Hazing (rituals, challenges, and other activities involving harassment, abuse, embarrassment, ridicule, or humiliation used as a way of initiating a person into a group)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20788	99	50130	99	4441	99	76172	98.8
2 Yes	317	2	494	1	66	2	903	1.2
Valid responses =	21105	27	50624	66	4507	6	77075	98.8

Invalid responses include no response.

#### 47A16) Within the last 12 months, have you had problems or challenges with any the following?

Microaggression (a subtle but offensive comment or action directed at a minority or other non-dominant group, whether intentional or unintentional, that reinforces a stereotype)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	18364	87	40564	80	2357	52	61834	80.2
2 Yes	2737	13	10067	20	2147	48	15244	19.8
Valid responses =	21101	27	50631	66	4504	6	77078	98.8

Invalid responses include no response.

#### 47A17) Within the last 12 months, have you had problems or challenges with any the following?

Sexual Harassment (unwelcomed sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20418	97	44122	87	3609	80	68877	89.4
2 Yes	672	3	6490	13	897	20	8169	10.6
Valid responses =	21090	27	50612	66	4506	6	77046	98.7

Invalid responses include no response.

#### 47A18) Within the last 12 months, have you had problems or challenges with any the following?

Discrimination (the unjust or prejudicial treatment of a person based on the group, class, or category to which the person is perceived to belong)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	18958	90	44664	88	3226	72	67473	87.6
2 Yes	2141	10	5957	12	1275	28	9589	12.4
Valid responses =	21099	27	50621	66	4501	6	77062	98.8

Invalid responses include no response.

#### 47B1) Within the last 12 months, to what extent did the following issue(s) cause you distress?

(only includes students that had problems or challenges with this issue within the last 12 months)

##### Academics

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No Distress	105	1	115	1	14	1	240	0.7
2 Minimal Distress	1538	17	2638	11	280	10	4530	12.3
3 Moderate Distress	4274	46	9909	41	1115	41	15457	42.1
4 High Distress	3405	37	11594	48	1298	48	16512	44.9
Valid responses =	9322	25	24256	66	2707	7	36739	47.1

Invalid responses include no response.

#### 47B2) Within the last 12 months, to what extent did the following issue(s) cause you distress?

(only includes students that had problems or challenges with this issue within the last 12 months)

##### Career

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No Distress	209	3	259	1	26	1	500	1.7
2 Minimal Distress	1919	25	4210	22	456	23	6663	22.8
3 Moderate Distress	3267	42	8019	42	890	44	12334	42.3
4 High Distress	2372	31	6552	34	652	32	9683	33.2
Valid responses =	7767	27	19040	65	2024	7	29180	37.4

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

## American College Health Association-National College Health Assessment (ACHA-NCHA III)

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December 21, 2023

FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### 47B3) Within the last 12 months, to what extent did the following issue(s) cause you distress?

(only includes students that had problems or challenges with this issue within the last 12 months)

##### Finances

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No Distress	154	2	249	1	15	1	423	1.1
2 Minimal Distress	2357	25	5334	20	423	16	8198	21.2
3 Moderate Distress	3967	43	10796	41	1111	41	16035	41.5
4 High Distress	2788	30	9891	38	1144	43	13989	36.2
Valid responses =	9266	24	26270	68	2693	7	38645	49.5

Invalid responses include no response.

#### 47B4) Within the last 12 months, to what extent did the following issue(s) cause you distress?

(only includes students that had problems or challenges with this issue within the last 12 months)

##### Procrastination

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No Distress	556	4	812	2	79	2	1462	2.6
2 Minimal Distress	5523	37	11783	31	973	26	18455	32.5
3 Moderate Distress	5707	39	15208	41	1521	40	22679	40.0
4 High Distress	3053	21	9698	26	1223	32	14166	25.0
Valid responses =	14839	26	37501	66	3796	7	56762	72.7

Invalid responses include no response.

#### 47B5) Within the last 12 months, to what extent did the following issue(s) cause you distress?

(only includes students that had problems or challenges with this issue within the last 12 months)

##### Faculty

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No Distress	158	6	313	5	28	3	510	5.0
2 Minimal Distress	1194	44	2566	40	356	40	4189	41.2
3 Moderate Distress	876	33	2274	36	321	36	3528	34.7
4 High Distress	465	17	1237	19	195	22	1946	19.1
Valid responses =	2693	26	6390	63	900	9	10173	13.0

Invalid responses include no response.

#### 47B6) Within the last 12 months, to what extent did the following issue(s) cause you distress?

(only includes students that had problems or challenges with this issue within the last 12 months)

##### Family

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No Distress	237	4	409	2	32	1	686	2.3
2 Minimal Distress	2244	39	6114	30	635	25	9094	31.1
3 Moderate Distress	2139	37	8130	40	1019	39	11423	39.0
4 High Distress	1172	20	5871	29	903	35	8062	27.5
Valid responses =	5792	20	20524	70	2589	9	29265	37.5

Invalid responses include no response.

#### 47B7) Within the last 12 months, to what extent did the following issue(s) cause you distress?

(only includes students that had problems or challenges with this issue within the last 12 months)

##### Intimate relationships

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No Distress	381	5	578	3	60	3	1031	3.5
2 Minimal Distress	2499	33	6357	32	611	31	9555	32.3
3 Moderate Distress	2750	36	7203	37	695	35	10764	36.3
4 High Distress	2046	27	5497	28	637	32	8275	27.9
Valid responses =	7676	26	19635	66	2003	7	29625	38.0

Invalid responses include no response.

#### 47B8) Within the last 12 months, to what extent did the following issue(s) cause you distress?

(only includes students that had problems or challenges with this issue within the last 12 months)

##### Roommate/housemate

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No Distress	261	6	546	4	49	3	865	4.0
2 Minimal Distress	2111	46	5669	37	587	38	8457	39.2
3 Moderate Distress	1435	32	5229	34	500	32	7241	33.6
4 High Distress	739	16	3781	25	427	27	5004	23.2
Valid responses =	4546	21	15225	71	1563	7	21567	27.6

Invalid responses include no response.





# AMERICAN COLLEGE HEALTH ASSOCIATION

## American College Health Association-National College Health Assessment (ACHA-NCHA III)

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December 21, 2023

FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### 47B9) Within the last 12 months, to what extent did the following issue(s) cause you distress?

(only includes students that had problems or challenges with this issue within the last 12 months)

##### Peers

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No Distress	398	10	635	5	59	4	1103	6.0
2 Minimal Distress	2064	51	5914	48	747	47	8827	48.4
3 Moderate Distress	1203	30	4147	34	509	32	5951	32.6
4 High Distress	416	10	1627	13	273	17	2355	12.9
Valid responses =	4081	22	12323	68	1588	9	18236	23.4

Invalid responses include no response.

#### 47B10) Within the last 12 months, to what extent did the following issue(s) cause you distress?

(only includes students that had problems or challenges with this issue within the last 12 months)

##### Personal appearance

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No Distress	383	5	635	2	48	2	1074	2.6
2 Minimal Distress	4040	50	11071	38	1123	36	16392	40.2
3 Moderate Distress	2590	32	11031	38	1159	37	14937	36.6
4 High Distress	1106	14	6406	22	794	25	8415	20.6
Valid responses =	8119	20	29143	71	3124	8	40818	52.3

Invalid responses include no response.

#### 47B11) Within the last 12 months, to what extent did the following issue(s) cause you distress?

(only includes students that had problems or challenges with this issue within the last 12 months)

##### Health of someone close to me

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No Distress	402	6	749	4	66	3	1233	3.9
2 Minimal Distress	2681	38	6824	32	725	32	10332	32.9
3 Moderate Distress	2636	37	8374	39	843	38	11993	38.2
4 High Distress	1417	20	5671	26	610	27	7802	24.9
Valid responses =	7136	23	21618	69	2244	7	31360	40.2

Invalid responses include no response.

#### 47B12) Within the last 12 months, to what extent did the following issue(s) cause you distress?

(only includes students that had problems or challenges with this issue within the last 12 months)

##### Death of a family member, friend, or someone close to me

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No Distress	239	5	359	3	31	3	639	3.4
2 Minimal Distress	1296	29	2792	21	260	22	4396	23.2
3 Moderate Distress	1558	35	4517	35	359	30	6512	34.3
4 High Distress	1387	31	5388	41	549	46	7411	39.1
Valid responses =	4480	24	13056	69	1199	6	18958	24.3

Invalid responses include no response.

#### 47B13) Within the last 12 months, to what extent did the following issue(s) cause you distress?

(only includes students that had problems or challenges with this issue within the last 12 months)

##### Bullying (for example: making threats, spreading rumors, physical or verbal attacks, or excluding someone from a group)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No Distress	138	14	274	8	22	4	440	8.4
2 Minimal Distress	384	38	1273	35	174	34	1847	35.1
3 Moderate Distress	315	31	1215	33	180	35	1756	33.4
4 High Distress	180	18	879	24	133	26	1220	23.2
Valid responses =	1017	19	3641	69	509	10	5263	6.7

Invalid responses include no response.

#### 47B14) Within the last 12 months, to what extent did the following issue(s) cause you distress?

(only includes students that had problems or challenges with this issue within the last 12 months)

##### Cyberbullying (use of technology to harass, threaten, embarrass, or target another person)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No Distress	107	18	170	12	20	7	302	12.5
2 Minimal Distress	231	39	541	37	119	41	905	37.4
3 Moderate Distress	156	26	447	30	88	30	703	29.1
4 High Distress	101	17	323	22	65	22	507	21.0
Valid responses =	595	25	1481	61	292	12	2417	3.1

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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December 21, 2023

FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### 47B15) Within the last 12 months, to what extent did the following issue(s) cause you distress?

(only includes students that had problems or challenges with this issue within the last 12 months)

Hazing (rituals, challenges, and other activities involving harassment, abuse, embarrassment, ridicule, or humiliation used as a way of initiating a person into a group)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No Distress	77	24	110	22	9	14	199	22.2
2 Minimal Distress	96	31	138	28	17	26	257	28.7
3 Moderate Distress	87	28	123	25	24	36	242	27.0
4 High Distress	55	18	120	24	16	24	197	22.0
Valid responses =	315	35	491	55	66	7	895	1.1

Invalid responses include no response.

#### 47B16) Within the last 12 months, to what extent did the following issue(s) cause you distress?

(only includes students that had problems or challenges with this issue within the last 12 months)

Microaggression (a subtle but offensive comment or action directed at a minority or other non-dominant group, whether intentional or unintentional, that reinforces a stereotype)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No Distress	476	17	917	9	107	5	1520	10.0
2 Minimal Distress	1470	54	5369	54	1094	51	8055	53.0
3 Moderate Distress	588	22	2746	27	690	32	4125	27.1
4 High Distress	195	7	1010	10	252	12	1497	9.9
Valid responses =	2729	18	10042	66	2143	14	15197	19.5

Invalid responses include no response.

#### 47B17) Within the last 12 months, to what extent did the following issue(s) cause you distress?

(only includes students that had problems or challenges with this issue within the last 12 months)

Sexual Harassment (unwelcomed sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No Distress	94	14	366	6	36	4	501	6.1
2 Minimal Distress	290	43	2628	41	325	36	3285	40.3
3 Moderate Distress	172	26	2042	32	285	32	2536	31.1
4 High Distress	113	17	1447	22	251	28	1833	22.5
Valid responses =	669	8	6483	79	897	11	8155	10.5

Invalid responses include no response.

#### 47B18) Within the last 12 months, to what extent did the following issue(s) cause you distress?

(only includes students that had problems or challenges with this issue within the last 12 months)

Discrimination (the unjust or prejudicial treatment of a person based on the group, class, or category to which the person is perceived to belong)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No Distress	251	12	354	6	37	3	650	6.8
2 Minimal Distress	978	46	2635	44	484	38	4169	43.6
3 Moderate Distress	602	28	1966	33	452	36	3094	32.4
4 High Distress	298	14	982	17	299	24	1638	17.2
Valid responses =	2129	22	5937	62	1272	13	9551	12.2

Invalid responses include no response.

#### 47C2) Within the last 12 months, to what extent did the following issue(s) negatively affect your academic performance?

(only includes students that had problems or challenges with this issue within the last 12 months)

Career

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	4821	62	11996	63	1196	59	18213	62.4
2 Negatively impacted performance in a class	2255	29	5247	28	649	32	8251	28.3
3 Delayed progress towards degree	701	9	1785	9	175	9	2704	9.3
Valid responses =	7777	27	19028	65	2020	7	29168	37.4

Invalid responses include no response.

#### 47C3) Within the last 12 months, to what extent did the following issue(s) negatively affect your academic performance?

(only includes students that had problems or challenges with this issue within the last 12 months)

Finances

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	5900	64	17544	67	1598	59	25283	65.5
2 Negatively impacted performance in a class	2481	27	6255	24	812	30	9660	25.0
3 Delayed progress towards degree	873	9	2460	9	287	11	3677	9.5
Valid responses =	9254	24	26259	68	2697	7	38620	49.5

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

## American College Health Association-National College Health Assessment (ACHA-NCHA III)

### Reference Group Data Report - Spring 2023

American College Health Association

8455 Colesville Road, Suite 740

Silver Spring, MD 20910

(410) 859-1500

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December 21, 2023

FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### 47C4) Within the last 12 months, to what extent did the following issue(s) negatively affect your academic performance?

(only includes students that had problems or challenges with this issue within the last 12 months)

##### Procrastination

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	5177	35	13938	37	1064	28	20406	36.0
2 Negatively impacted performance in a class	8001	54	19760	53	2276	60	30353	53.5
3 Delayed progress towards degree	1660	11	3802	10	459	12	5998	10.6
Valid responses =	14838	26	37500	66	3799	7	56757	72.7

Invalid responses include no response.

#### 47C5) Within the last 12 months, to what extent did the following issue(s) negatively affect your academic performance?

(only includes students that had problems or challenges with this issue within the last 12 months)

##### Faculty

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	1136	42	2797	44	349	39	4359	42.9
2 Negatively impacted performance in a class	1200	45	2785	44	430	48	4498	44.2
3 Delayed progress towards degree	356	13	803	13	123	14	1308	12.9
Valid responses =	2692	26	6385	63	902	9	10165	13.0

Invalid responses include no response.

#### 47C6) Within the last 12 months, to what extent did the following issue(s) negatively affect your academic performance?

(only includes students that had problems or challenges with this issue within the last 12 months)

##### Family

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	3997	69	14194	69	1660	64	20082	68.8
2 Negatively impacted performance in a class	1431	25	5094	25	763	30	7380	25.3
3 Delayed progress towards degree	351	6	1171	6	157	6	1713	5.9
Valid responses =	5779	20	20459	70	2580	9	29175	37.4

Invalid responses include no response.

#### 47C7) Within the last 12 months, to what extent did the following issue(s) negatively affect your academic performance?

(only includes students that had problems or challenges with this issue within the last 12 months)

##### Intimate relationships

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	5146	67	13258	68	1343	67	19942	67.4
2 Negatively impacted performance in a class	2122	28	5425	28	539	27	8179	27.6
3 Delayed progress towards degree	413	5	921	5	118	6	1470	5.0
Valid responses =	7681	26	19604	66	2000	7	29591	37.9

Invalid responses include no response.

#### 47C8) Within the last 12 months, to what extent did the following issue(s) negatively affect your academic performance?

(only includes students that had problems or challenges with this issue within the last 12 months)

##### Roommate/housemate

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	3417	75	11543	76	1095	70	16227	75.4
2 Negatively impacted performance in a class	962	21	3153	21	398	26	4562	21.2
3 Delayed progress towards degree	166	4	501	3	66	4	744	3.5
Valid responses =	4545	21	15197	71	1559	7	21533	27.6

Invalid responses include no response.

#### 47C9) Within the last 12 months, to what extent did the following issue(s) negatively affect your academic performance?

(only includes students that had problems or challenges with this issue within the last 12 months)

##### Peers

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	3095	76	9533	78	1136	72	13941	76.6
2 Negatively impacted performance in a class	853	21	2421	20	393	25	3721	20.4
3 Delayed progress towards degree	137	3	344	3	57	4	548	3.0
Valid responses =	4085	22	12298	68	1586	9	18210	23.3

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### 47C10) Within the last 12 months, to what extent did the following issue(s) negatively affect your academic performance?

(only includes students that had problems or challenges with this issue within the last 12 months)

##### Personal appearance

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	7049	87	25392	87	2602	83	35376	86.8
2 Negatively impacted performance in a class	900	11	3191	11	436	14	4603	11.3
3 Delayed progress towards degree	168	2	512	2	83	3	778	1.9
Valid responses =	8117	20	29095	71	3121	8	40757	52.2

Invalid responses include no response.

#### 47C11) Within the last 12 months, to what extent did the following issue(s) negatively affect your academic performance?

(only includes students that had problems or challenges with this issue within the last 12 months)

##### Health of someone close to me

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	5223	73	15466	72	1529	68	22453	71.7
2 Negatively impacted performance in a class	1583	22	5090	24	604	27	7374	23.5
3 Delayed progress towards degree	328	5	1031	5	110	5	1493	4.8
Valid responses =	7134	23	21587	69	2243	7	31320	40.1

Invalid responses include no response.

#### 47C12) Within the last 12 months, to what extent did the following issue(s) negatively affect your academic performance?

(only includes students that had problems or challenges with this issue within the last 12 months)

##### Death of a family member, friend, or someone close to me

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	2805	63	7380	57	571	48	10874	57.4
2 Negatively impacted performance in a class	1325	30	4552	35	494	41	6444	34.0
3 Delayed progress towards degree	347	8	1110	9	132	11	1618	8.5
Valid responses =	4477	24	13042	69	1197	6	18936	24.3

Invalid responses include no response.

#### 47C13) Within the last 12 months, to what extent did the following issue(s) negatively affect your academic performance?

(only includes students that had problems or challenges with this issue within the last 12 months)

##### Bullying (for example: making threats, spreading rumors, physical or verbal attacks, or excluding someone from a group)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	674	66	2423	67	322	64	3464	66.0
2 Negatively impacted performance in a class	257	25	967	27	148	29	1412	26.9
3 Delayed progress towards degree	84	8	239	7	37	7	369	7.0
Valid responses =	1015	19	3629	69	507	10	5245	6.7

Invalid responses include no response.

#### 47C14) Within the last 12 months, to what extent did the following issue(s) negatively affect your academic performance?

(only includes students that had problems or challenges with this issue within the last 12 months)

##### Cyberbullying (use of technology to harass, threaten, embarrass, or target another person)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	411	69	1037	70	198	68	1669	69.2
2 Negatively impacted performance in a class	131	22	356	24	70	24	575	23.8
3 Delayed progress towards degree	52	9	87	6	22	8	169	7.0
Valid responses =	594	25	1480	61	290	12	2413	3.1

Invalid responses include no response.

#### 47C15) Within the last 12 months, to what extent did the following issue(s) negatively affect your academic performance?

(only includes students that had problems or challenges with this issue within the last 12 months)

##### Hazing (rituals, challenges, and other activities involving harassment, abuse, embarrassment, ridicule, or humiliation used as a way of initiating a person into a group)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	182	58	281	57	31	47	501	56.2
2 Negatively impacted performance in a class	93	30	149	30	20	30	272	30.5
3 Delayed progress towards degree	39	12	60	12	15	23	118	13.2
Valid responses =	314	35	490	55	66	7	891	1.1

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

47C16) Within the last 12 months, to what extent did the following issue(s) negatively affect your academic performance?

(only includes students that had problems or challenges with this issue within the last 12 months)

Microaggression (a subtle but offensive comment or action directed at a minority or other non-dominant group, whether intentional or unintentional, that reinforces a stereotype) Discrimination (the unjust or prejudicial treatment of a person based on the group, class, or category to which the person is perceived to belong.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	2240	82	8321	83	1680	79	12432	82.0
2 Negatively impacted performance in a class	389	14	1447	14	396	19	2305	15.2
3 Delayed progress towards degree	89	3	257	3	64	3	426	2.8
Valid responses =	2718	18	10025	66	2140	14	15163	19.4

Invalid responses include no response.

47C17) Within the last 12 months, to what extent did the following issue(s) negatively affect your academic performance?

(only includes students that had problems or challenges with this issue within the last 12 months)

Sexual Harassment (unwelcomed sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	516	78	5070	79	649	73	6302	77.6
2 Negatively impacted performance in a class	104	16	1120	17	183	20	1436	17.7
3 Delayed progress towards degree	46	7	272	4	63	7	388	4.8
Valid responses =	666	8	6462	80	895	11	8126	10.4

Invalid responses include no response.

47C18) Within the last 12 months, to what extent did the following issue(s) negatively affect your academic performance?

(only includes students that had problems or challenges with this issue within the last 12 months)

Discrimination

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	1553	73	4347	74	860	68	6892	72.4
2 Negatively impacted performance in a class	442	21	1243	21	321	25	2066	21.7
3 Delayed progress towards degree	135	6	324	6	87	7	563	5.9
Valid responses =	2130	22	5914	62	1268	13	9521	12.2

Invalid responses include no response.

48) Within the last 30 days, how would you rate the overall level of stress you have experienced?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No stress	661	3	368	1	34	1	1093	1.4
2 Low	6427	30	8778	17	553	12	15909	20.6
3 Moderate	9958	47	25965	51	2149	48	38492	49.7
4 High	4127	20	15690	31	1778	39	21897	28.3
Valid responses =	21173	27	50801	66	4514	6	77391	99.2

Invalid responses include no response.

49) Have you ever thought about or attempted to kill yourself?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never	12196	58	26781	53	860	19	40206	52.0
2 Just a brief passing thought	5391	26	13039	26	1200	27	19839	25.7
3 Planned at least once, but did not try to do it	1781	8	5042	10	854	19	7789	10.1
4 Planned at least once, wanted to die	957	5	2866	6	714	16	4632	6.0
5 Attempted, but did not want to die	374	2	1371	3	335	7	2113	2.7
6 Attempted, really hoped to die	468	2	1632	3	540	12	2710	3.5
Valid responses =	21167	27	50731	66	4503	6	77289	99.1

Invalid responses include no response.

50) How often have you thought about killing yourself in the past year?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never	15271	72	34399	68	1700	38	51853	67.1
2 Rarely (1 time)	2439	12	6614	13	777	17	9934	12.9
3 Sometimes (2 times)	1653	8	5099	10	852	19	7708	10.0
4 Often (3-4 times)	726	3	2339	5	470	10	3599	4.7
5 Very often (5 or more times)	1072	5	2250	4	702	16	4134	5.4
Valid responses =	21161	27	50701	66	4501	6	77228	99.0

Invalid responses include no response.



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FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### 51) Have you ever told someone that you were going to commit suicide, or that you might do it?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	17629	83	39716	78	2663	59	60634	78.6
2 Yes, one time, did not want to die	1812	9	5322	11	526	12	7735	10.0
3 Yes, one time, wanted to die	785	4	2515	5	505	11	3875	5.0
4 Yes, more than once, did not want to do it	575	3	1788	4	342	8	2743	3.6
5 Yes, more than once, wanted to do it	342	2	1331	3	463	10	2185	2.8
Valid responses =	21143	27	50672	66	4499	6	77172	98.9

Invalid responses include no response.

#### 52) How likely is it that you will attempt suicide someday?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	14301	68	33895	67	1540	34	50196	65.0
1 No chance at all	2758	13	6405	13	634	14	9896	12.8
2 Rather unlikely	2719	13	6801	13	1227	27	10911	14.1
3 Unlikely	835	4	2341	5	568	13	3824	5.0
4 Likely	340	2	915	2	336	8	1628	2.1
5 Rather likely	99	1	202	0	117	3	428	0.6
6 Very likely	97	1	133	0	76	2	324	0.4
Valid responses =	21149	27	50692	66	4498	6	77207	99.0

Invalid responses include no response.

#### 53) Within the last 12 months, have you attempted suicide?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20556	97	49586	98	4276	95	75277	97.7
2 Yes	541	3	966	2	228	5	1774	2.3
Valid responses =	21097	27	50552	66	4504	6	77051	98.8

Invalid responses include no response.

#### 54A) Have you ever received psychological or mental health services?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	12576	59	20454	40	822	18	34211	44.2
2 Yes	8588	41	30324	60	3695	82	43133	55.8
Valid responses =	21164	27	50778	66	4517	6	77344	99.1

Invalid responses include no response.

#### 54B) Within in the last 12 months, have you received psychological or mental health services?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	16054	76	29430	58	1567	35	47547	61.5
2 Yes	5101	24	21303	42	2949	65	29735	38.5
Valid responses =	21155	27	50733	66	4516	6	77282	99.0

Invalid responses include no response.

#### 54C1) Were the psychological or mental health services you received in the last 12 months provided by:

(only includes students that received psychological or mental health services within the last 12 months)

My current campus health and/or counseling center?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	2806	57	12710	61	1795	63	17544	60.8
2 Yes	2095	43	8004	39	1079	38	11304	39.2
Valid responses =	4901	17	20714	72	2874	10	28848	37.0

Invalid responses include no response.

#### 54C2) Were the psychological or mental health services you received in the last 12 months provided by:

(only includes students that received psychological or mental health services within the last 12 months)

A mental health provider in the local community near my campus?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	3510	72	14590	71	1912	67	20252	70.7
2 Yes	1368	28	5971	29	950	33	8394	29.3
Valid responses =	4878	17	20561	72	2862	10	28646	36.7

Invalid responses include no response.



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Number of Surveys (n) = 78024 Web Surveys

#### 54C3) Were the psychological or mental health services you received in the last 12 months provided by:

(only includes students that received psychological or mental health services within the last 12 months)

A mental health provider in my home town?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	2906	59	10866	53	1508	53	15460	53.7
2 Yes	1994	41	9812	48	1366	48	13343	46.3
Valid responses =	4900	17	20678	72	2874	10	28803	36.9

Invalid responses include no response.

#### 54C4) Were the psychological or mental health services you received in the last 12 months provided by:

(only includes students that received psychological or mental health services within the last 12 months)

A mental health provider not described above

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	3533	85	14161	85	1933	83	19861	84.9
2 Yes	620	15	2460	15	399	17	3537	15.1
Valid responses =	4153	18	16621	71	2332	10	23398	30.0

Invalid responses include no response.

#### 55A) Within the last 12 months, have you visited any medical provider (for example: a nurse practitioner, physician assistant, primary care doctor, or other type of medical doctor) for a check-up or any other medical reasons?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	8862	42	12408	25	908	20	22470	29.1
2 Yes	12287	58	38337	76	3605	80	54807	70.9
Valid responses =	21149	27	50745	66	4513	6	77277	99.0

Invalid responses include no response.

#### 55B1) Were the medical services you received in the last 12 months provided by: (only includes students that visited any medical provider within the last 12 months)

My current campus health center?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	7749	66	24429	66	2192	63	34726	66.1
2 Yes	3922	34	12421	34	1287	37	17808	33.9
Valid responses =	11671	22	36850	70	3479	7	52534	67.3

Invalid responses include no response.

#### 55B2) Were the medical services you received in the last 12 months provided by: (only includes students that visited any medical provider within the last 12 months)

A medical service provider in the local community near my campus?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	7903	68	24278	66	2140	62	34663	66.3
2 Yes	3742	32	12358	34	1328	38	17613	33.7
Valid responses =	11645	22	36636	70	3468	7	52276	67.0

Invalid responses include no response.

#### 55B3) Were the medical services you received in the last 12 months provided by: (only includes students that visited any medical provider within the last 12 months)

A medical service provider in my home town?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	3919	33	10252	28	1132	32	15468	29.1
2 Yes	7939	67	27070	73	2381	68	37766	70.9
Valid responses =	11858	22	37322	70	3513	7	53234	68.2

Invalid responses include no response.

#### 55B4) Were the medical services you received in the last 12 months provided by: (only includes students that visited any medical provider within the last 12 months)

A medical service provider not described above?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	8812	93	27022	94	2506	92	38698	93.7
2 Yes	649	7	1682	6	228	8	2592	6.3
Valid responses =	9461	23	28704	70	2734	7	41290	52.9

Invalid responses include no response.





# AMERICAN COLLEGE HEALTH ASSOCIATION

## American College Health Association-National College Health Assessment (ACHA-NCHA III)

### Reference Group Data Report - Spring 2023

American College Health Association  
8455 Colesville Road, Suite 740  
Silver Spring, MD 20910  
(410) 859-1500  
[www.acha.org](http://www.acha.org)

December 21, 2023

FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### 56) Have you had a gynecologic visit or exam (for example: contraception, STI testing, pelvic exam, or pap test) with a healthcare provider (for example: OB-GYN, nurse practitioner, or physician assistant)?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	14356	68	23314	46	2366	53	40527	52.5
2 Yes	1141	5	26715	53	1772	39	29883	38.7
3 Don't know	285	1	410	1	71	2	784	1.0
4 Not applicable	5372	25	298	1	301	7	6063	7.8
Valid responses =	21154	27	50737	66	4510	6	77257	99.0

Invalid responses include no response.

#### 57) Have you had a dental exam and cleaning in the last 12 months?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	6507	31	12965	26	1476	33	21223	27.4
2 Yes	14277	67	36810	73	2910	64	54568	70.5
3 Don't know	389	2	1007	2	137	3	1559	2.0
Valid responses =	21173	27	50782	66	4523	6	77350	99.1

Invalid responses include no response.

#### 58) When you are outdoors in the sun, how often do you wear sunscreen?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never	4260	20	3022	6	504	11	7918	10.2
2 Rarely	6464	31	8304	16	1014	22	15987	20.7
3 Sometimes	5984	28	14829	29	1404	31	22485	29.0
4 Usually	3596	17	16132	32	1172	26	21086	27.2
5 Always	881	4	8537	17	427	9	9929	12.8
Valid responses =	21185	27	50824	66	4521	6	77405	99.2

Invalid responses include no response.

#### 59A) When you are outdoors in the sun, how often do you do the following to protect your skin from ultraviolet (UV) exposure?

##### Wear a shirt with sleeves

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never	3365	16	7847	16	559	12	11893	15.5
2 Rarely	3840	18	10274	20	758	17	14997	19.5
3 Sometimes	5911	28	17835	35	1495	33	25532	33.2
4 Usually	5551	26	11027	22	1239	28	18011	23.4
5 Always	2410	11	3570	7	450	10	6510	8.5
Valid responses =	21077	27	50553	66	4501	6	76943	98.6

Invalid responses include no response.

#### 59B) When you are outdoors in the sun, how often do you do the following to protect your skin from ultraviolet (UV) exposure?

##### Wear sunglasses

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never	4242	20	6867	14	997	22	12268	15.9
2 Rarely	3592	17	7926	16	802	18	12455	16.2
3 Sometimes	5303	25	13601	27	1176	26	20309	26.4
4 Usually	5270	25	14907	29	987	22	21331	27.7
5 Always	2679	13	7361	15	540	12	10702	13.9
Valid responses =	21086	27	50662	66	4502	6	77065	98.8

Invalid responses include no response.

#### 59C) When you are outdoors in the sun, how often do you do the following to protect your skin from ultraviolet (UV) exposure?

##### Stay in the shade

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never	1199	6	2109	4	163	4	3517	4.6
2 Rarely	2589	12	6241	12	371	8	9269	12.0
3 Sometimes	8827	42	21374	42	1545	34	32089	41.7
4 Usually	7256	34	17283	34	1947	43	26780	34.8
5 Always	1210	6	3628	7	478	11	5382	7.0
Valid responses =	21081	27	50635	66	4504	6	77037	98.7

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### 59D) When you are outdoors in the sun, how often do you do the following to protect your skin from ultraviolet (UV) exposure?

##### Wear a hat

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never	4261	20	11165	22	1114	25	16730	21.8
2 Rarely	4186	20	13674	27	1130	25	19173	24.9
3 Sometimes	6293	30	17484	35	1370	31	25414	33.0
4 Usually	4372	21	6526	13	674	15	11693	15.2
5 Always	1943	9	1687	3	207	5	3890	5.1
Valid responses =	21055	27	50536	66	4495	6	76900	98.6

Invalid responses include no response.

#### 60) In the last 12 months, how many times have you spent time outdoors with the intention of getting a tan?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 0 times	13604	66	22801	46	3031	69	39938	52.7
1 1 time	746	4	1557	3	171	4	2510	3.3
2 2 times	1061	5	2834	6	238	5	4166	5.5
3 3 times	713	3	2053	4	179	4	2971	3.9
4 4 times	378	2	1263	3	91	2	1745	2.3
5 5 times	797	4	2827	6	173	4	3830	5.1
6 6 to 10 times	1395	7	5630	11	251	6	7325	9.7
7 11 to 15 times	433	2	1934	4	80	2	2456	3.2
8 16 to 20 times	513	3	2782	6	74	2	3385	4.5
9 21 to 49 times	550	3	3171	6	66	2	3799	5.0
10 50 or More times	545	3	2980	6	48	1	3597	4.8
Valid responses =	20735	27	49832	66	4402	6	75722	97.0

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Cis Men	5.16	0.00	19.25	0	365
Cis Women	10.21	2.00	23.36	0	365
Trans/Gender Non-conforming	3.05	0.00	12.1	0	365
Overall	8.36	0.00	21.95	0	365

#### 61) The Human Papillomavirus (HPV) vaccine (for example: Gardasil, Silgard, or Cervarix) is recommended, but usually not required, and is given in a series of 2 or 3 shots based on your age. Which of the following best describes your vaccination status for HPV:

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Have not received HPV vaccine	5125	24	8548	17	552	12	14386	18.7
2 Have started, but not completed HPV vaccine	748	4	2469	5	246	6	3497	4.5
3 Completed HPV vaccine	8968	43	29267	58	2658	59	41276	53.6
4 I don't know my HPV vaccination status	6255	30	10316	20	1052	23	17830	23.2
Valid responses =	21096	27	50600	66	4508	6	76989	98.7

Invalid responses include no response.

#### 62) Did you have a flu vaccine within the last 12 months?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	8601	41	19418	38	1517	34	29835	38.7
2 Yes	11502	54	29479	58	2791	62	44238	57.3
3 Don't know	1022	5	1793	4	206	5	3064	4.0
Valid responses =	21125	27	50690	66	4514	6	77137	98.9

Invalid responses include no response.

#### COVIDVAXA Have you been vaccinated against COVID-19?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	1915	9	4354	9	186	4	6530	8.5
2 Yes	19201	91	46332	91	4330	96	70595	91.5
Valid responses =	21116	27	50686	66	4516	6	77125	98.8

Invalid responses include no response.

#### COVIDVAXC Was your first COVID-19 vaccine the Johnson & Johnson vaccine? (only includes students who have been vaccinated against COVID-19)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	16549	87	41792	91	3867	90	62843	89.4
2 Yes	2566	13	4348	9	449	10	7432	10.6
Valid responses =	19115	27	46140	66	4316	6	70275	90.1

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### COVAXSTATUS Vaccination Status

(This variable was calculated using number of doses received and is based on whether a student received Johnson & Johnson as their first vaccine. Students studying in the U.S. on a visa were coded to missing for this variable, unless they reported not being vaccinated against COVID-19)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Have not been vaccinated against COVID-19	1915	9	4354	9	186	4	6530	8.6
1 Received one dose of two-dose primary series	253	1	447	1	38	1	746	1
2 Received primary dose(s)	4505	22	10667	21	691	16	15978	21
3 Received primary dose(s) and one booster dose	9157	44	22108	44	1958	44	33543	44.1
4 Received primary dose(s) and two or more booster doses	5004	24	12472	25	1598	36	19300	25.4
Valid responses =	20834	27	50048	66	4471	6	76097	97.5

Invalid responses include no response.

#### COVIDINF Have you tested positive for COVID-19 within the last 12 months?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	13799	65	31076	61	2559	57	47940	62.2
2 Yes	7310	35	19595	39	1954	43	29138	37.8
Valid responses =	21109	27	50671	66	4513	6	77078	98.8

Invalid responses include no response.

#### 63A1) Within the last 12 months, have you been diagnosed by a healthcare professional with any of the following?

##### Bronchitis

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20586	98	48469	96	4323	96	74098	96.6
2 Yes	456	2	1984	4	167	4	2634	3.4
Valid responses =	21042	27	50453	66	4490	6	76732	98.3

Invalid responses include no response.

#### 63A2) Within the last 12 months, have you been diagnosed by a healthcare professional with any of the following?

##### Chlamydia

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20779	99	49700	99	4422	99	75635	98.8
2 Yes	214	1	602	1	64	1	891	1.2
Valid responses =	20993	27	50302	66	4486	6	76526	98.1

Invalid responses include no response.

#### 63A3) Within the last 12 months, have you been diagnosed by a healthcare professional with any of the following?

##### Chicken Pox (Varicella)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20753	100	49467	100	4393	99	75339	99.6
2 Yes	97	1	205	0	26	1	333	0.4
Valid responses =	20850	28	49672	66	4419	6	75672	97.0

Invalid responses include no response.

#### 63A4) Within the last 12 months, have you been diagnosed by a healthcare professional with any of the following?

##### Cold/virus or other respiratory illness (for example: sinus infection, ear infection, strep throat, tonsillitis, pharyngitis, or laryngitis)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	15531	74	30611	61	2843	63	49502	64.6
2 Yes	5489	26	19812	39	1649	37	27177	35.4
Valid responses =	21020	27	50423	66	4492	6	76679	98.3

Invalid responses include no response.

#### 63A5) Within the last 12 months, have you been diagnosed by a healthcare professional with any of the following?

##### Concussion

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20597	98	48943	97	4325	97	74583	97.3
2 Yes	419	2	1451	3	159	4	2054	2.7
Valid responses =	21016	27	50394	66	4484	6	76637	98.2

Invalid responses include no response.

#### 63A6) Within the last 12 months, have you been diagnosed by a healthcare professional with any of the following?

##### Gonorrhea

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20802	99	50049	100	4434	99	76015	99.5
2 Yes	150	1	177	0	31	1	366	0.5
Valid responses =	20952	27	50226	66	4465	6	76381	97.9

Invalid responses include no response.



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FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### 63A7) Within the last 12 months, have you been diagnosed by a healthcare professional with any of the following?

##### Flu (influenza) or flu-like illness

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	18472	88	42891	85	3848	86	65863	86.1
2 Yes	2497	12	7421	15	617	14	10623	13.9
Valid responses =	20969	27	50312	66	4465	6	76486	98.0

Invalid responses include no response.

#### 63A8) Within the last 12 months, have you been diagnosed by a healthcare professional with any of the following?

##### Mumps

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20844	100	50044	100	4429	99	76049	99.7
2 Yes	65	0	97	0	26	1	195	0.3
Valid responses =	20909	27	50141	66	4455	6	76244	97.7

Invalid responses include no response.

#### 63A9) Within the last 12 months, have you been diagnosed by a healthcare professional with any of the following?

##### Mononucleosis (mono)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20624	99	49248	98	4365	98	74962	98.4
2 Yes	262	1	824	2	90	2	1186	1.6
Valid responses =	20886	27	50072	66	4455	6	76148	97.6

Invalid responses include no response.

#### 63A10) Within the last 12 months, have you been diagnosed by a healthcare professional with any of the following?

##### Orthopedic injury (for example: broken bone, fracture, sprain, bursitis, tendinitis, or ligament injury)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	19425	92	45748	91	4053	90	69897	91.2
2 Yes	1603	8	4646	9	431	10	6753	8.8
Valid responses =	21028	27	50394	66	4484	6	76650	98.2

Invalid responses include no response.

#### 63A11) Within the last 12 months, have you been diagnosed by a healthcare professional with any of the following?

##### Pelvic Inflammatory Disease

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20921	100	50152	100	4436	99	76244	99.6
2 Yes	62	0	210	0	38	1	317	0.4
Valid responses =	20983	27	50362	66	4474	6	76561	98.1

Invalid responses include no response.

#### 63A12) Within the last 12 months, have you been diagnosed by a healthcare professional with any of the following?

##### Pneumonia

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20761	99	49596	99	4392	98	75476	98.8
2 Yes	196	1	629	1	70	2	908	1.2
Valid responses =	20957	27	50225	66	4462	6	76384	97.9

Invalid responses include no response.

#### 63A13) Within the last 12 months, have you been diagnosed by a healthcare professional with any of the following?

##### Shingles

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20763	100	49767	100	4419	99	75676	99.5
2 Yes	107	1	215	0	32	1	363	0.5
Valid responses =	20870	27	49982	66	4451	6	76039	97.5

Invalid responses include no response.

#### 63A14) Within the last 12 months, have you been diagnosed by a healthcare professional with any of the following?

##### Stomach or GI virus or bug, food poisoning, or gastritis

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	19775	94	44866	89	3950	88	69261	90.4
2 Yes	1220	6	5491	11	533	12	7315	9.6
Valid responses =	20995	27	50357	66	4483	6	76576	98.1

Invalid responses include no response.



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#### 63A15) Within the last 12 months, have you been diagnosed by a healthcare professional with any of the following?

##### Urinary tract infection

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20793	99	43631	87	4025	90	69125	90.3
2 Yes	189	1	6688	13	452	10	7394	9.7
Valid responses =	20982	27	50319	66	4477	6	76519	98.1

Invalid responses include no response.

#### 63A16) Within the last 12 months, have you been diagnosed by a healthcare professional with any of the following?

##### Other short-term, temporary illness not listed above

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	16915	97	38149	96	3320	94	58920	96.0
2 Yes	505	3	1737	4	202	6	2479	4.0
Valid responses =	17420	28	39886	65	3522	6	61399	78.7

Invalid responses include no response.

#### 63B1) Within the last 12 months, to what extent did the following negatively affect your academic performance?

(only includes students who have been diagnosed within the last 12 months)

##### Bronchitis

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	243	55	924	48	68	41	1251	48.6
2 Negatively impacted performance in a class	170	39	944	49	91	55	1211	47.1
3 Delayed progress towards degree	29	7	73	4	7	4	111	4.3
Valid responses =	442	17	1941	75	166	6	2573	3.3

Invalid responses include no response.

#### 63B2) Within the last 12 months, to what extent did the following negatively affect your academic performance?

(only includes students who have been diagnosed within the last 12 months)

##### Chlamydia

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	182	87	466	82	44	76	698	82.7
2 Negatively impacted performance in a class	21	10	89	16	12	21	123	14.6
3 Delayed progress towards degree	6	3	14	3	2	3	23	2.7
Valid responses =	209	25	569	67	58	7	844	1.1

Invalid responses include no response.

#### 63B3) Within the last 12 months, to what extent did the following negatively affect your academic performance?

(only includes students who have been diagnosed within the last 12 months)

##### Chicken Pox (Varicella)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	71	76	179	94	16	62	269	85.7
2 Negatively impacted performance in a class	16	17	9	5	7	27	33	10.5
3 Delayed progress towards degree	6	7	2	1	3	12	12	3.8
Valid responses =	93	30	190	61	26	8	314	0.4

Invalid responses include no response.

#### 63B4) Within the last 12 months, to what extent did the following negatively affect your academic performance?

(only includes students who have been diagnosed within the last 12 months)

##### Cold/virus or other respiratory illness (for example: sinus infection, ear infection, strep throat, tonsillitis, pharyngitis, or laryngitis)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	3200	59	9877	50	732	45	13912	51.4
2 Negatively impacted performance in a class	2139	39	9214	47	863	52	12328	45.6
3 Delayed progress towards degree	132	2	631	3	51	3	822	3.0
Valid responses =	5471	20	19722	73	1646	6	27062	34.7

Invalid responses include no response.

#### 63B5) Within the last 12 months, to what extent did the following negatively affect your academic performance?

(only includes students who have been diagnosed within the last 12 months)

##### Concussion

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	168	42	491	35	44	29	712	36.0
2 Negatively impacted performance in a class	201	50	769	55	84	56	1063	53.8
3 Delayed progress towards degree	31	8	143	10	22	15	202	10.2
Valid responses =	400	20	1403	71	150	8	1977	2.5

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

## American College Health Association-National College Health Assessment (ACHA-NCHA III)

### Reference Group Data Report - Spring 2023

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December 21, 2023

FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### 63B6) Within the last 12 months, to what extent did the following negatively affect your academic performance?

(only includes students who have been diagnosed within the last 12 months)

##### Gonorrhea

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	122	84	141	85	22	71	291	83.1
2 Negatively impacted performance in a class	19	13	19	11	7	23	46	13.1
3 Delayed progress towards degree	4	3	6	4	2	7	13	3.7
Valid responses =	145	41	166	47	31	9	350	0.4

Invalid responses include no response.

#### 63B7) Within the last 12 months, to what extent did the following negatively affect your academic performance?

(only includes students who have been diagnosed within the last 12 months)

##### Flu (influenza) or flu-like illness

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	1286	52	3163	43	223	37	4708	44.8
2 Negatively impacted performance in a class	1082	44	3838	52	360	59	5325	50.7
3 Delayed progress towards degree	95	4	338	5	28	5	467	4.4
Valid responses =	2463	23	7339	70	611	6	10500	13.5

Invalid responses include no response.

#### 63B8) Within the last 12 months, to what extent did the following negatively affect your academic performance?

(only includes students who have been diagnosed within the last 12 months)

##### Mumps

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	54	83	76	86	11	48	145	79.7
2 Negatively impacted performance in a class	7	11	8	9	8	35	24	13.2
3 Delayed progress towards degree	4	6	4	5	4	17	13	7.1
Valid responses =	65	36	88	48	23	13	182	0.2

Invalid responses include no response.

#### 63B9) Within the last 12 months, to what extent did the following negatively affect your academic performance?

(only includes students who have been diagnosed within the last 12 months)

##### Mononucleosis (mono)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	113	44	303	38	35	39	456	39.3
2 Negatively impacted performance in a class	116	46	424	53	44	49	586	50.6
3 Delayed progress towards degree	26	10	79	10	10	11	117	10.1
Valid responses =	255	22	806	70	89	8	1159	1.5

Invalid responses include no response.

#### 63B10) Within the last 12 months, to what extent did the following negatively affect your academic performance?

(only includes students who have been diagnosed within the last 12 months)

##### Orthopedic injury (for example: broken bone, fracture, sprain, bursitis, tendinitis, or ligament injury)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	1106	69	3105	67	218	51	4462	66.3
2 Negatively impacted performance in a class	418	26	1301	28	181	42	1932	28.7
3 Delayed progress towards degree	74	5	223	5	31	7	334	5.0
Valid responses =	1598	24	4629	69	430	6	6728	8.6

Invalid responses include no response.

#### 63B11) Within the last 12 months, to what extent did the following negatively affect your academic performance?

(only includes students who have been diagnosed within the last 12 months)

##### Pelvic Inflammatory Disease

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	47	77	124	62	21	55	195	64.1
2 Negatively impacted performance in a class	7	12	60	30	14	37	82	27.0
3 Delayed progress towards degree	7	12	16	8	3	8	27	8.9
Valid responses =	61	20	200	66	38	13	304	0.4

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### 63B12) Within the last 12 months, to what extent did the following negatively affect your academic performance?

(only includes students who have been diagnosed within the last 12 months)

##### Pneumonia

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	95	49	245	40	25	36	372	42.1
2 Negatively impacted performance in a class	85	44	313	52	36	52	439	49.7
3 Delayed progress towards degree	14	7	50	8	8	12	73	8.3
Valid responses =	194	22	608	69	69	8	884	1.1

Invalid responses include no response.

#### 63B13) Within the last 12 months, to what extent did the following negatively affect your academic performance?

(only includes students who have been diagnosed within the last 12 months)

##### Shingles

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	75	72	153	76	15	52	248	72.5
2 Negatively impacted performance in a class	23	22	37	18	9	31	70	20.5
3 Delayed progress towards degree	6	6	12	6	5	17	24	7.0
Valid responses =	104	30	202	59	29	8	342	0.4

Invalid responses include no response.

#### 63B14) Within the last 12 months, to what extent did the following negatively affect your academic performance?

(only includes students who have been diagnosed within the last 12 months)

##### Stomach or GI virus or bug, food poisoning, or gastritis

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	744	61	2942	54	250	47	3970	54.5
2 Negatively impacted performance in a class	428	35	2298	42	257	48	3012	41.4
3 Delayed progress towards degree	41	3	226	4	24	5	297	4.1
Valid responses =	1213	17	5466	75	531	7	7279	9.3

Invalid responses include no response.

#### 63B15) Within the last 12 months, to what extent did the following negatively affect your academic performance?

(only includes students who have been diagnosed within the last 12 months)

##### Urinary tract infection

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	131	72	5078	78	308	70	5565	77.0
2 Negatively impacted performance in a class	40	22	1366	21	121	27	1541	21.3
3 Delayed progress towards degree	11	6	94	1	14	3	121	1.7
Valid responses =	182	3	6538	90	443	6	7227	9.3

Invalid responses include no response.

#### 63B16) Within the last 12 months, to what extent did the following negatively affect your academic performance?

(only includes students who have been diagnosed within the last 12 months)

##### Other short-term, temporary illness not listed above

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	296	61	977	60	104	54	1390	59.6
2 Negatively impacted performance in a class	148	31	559	34	81	42	800	34.3
3 Delayed progress towards degree	39	8	90	6	9	5	142	6.1
Valid responses =	483	21	1626	70	194	8	2332	3.0

Invalid responses include no response.

#### 64) Have you ever been tested for HIV?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Yes, within the last 12 months	2182	10	6385	13	745	17	9427	12.2
2 Yes, more than 12 months ago	2007	10	5341	11	504	11	7934	10.3
3 No	15906	75	34875	69	2978	66	54302	70.4
4 Unsure	1055	5	4126	8	291	6	5523	7.2
Valid responses =	21150	27	50727	66	4518	6	77186	98.9

Invalid responses include no response.

#### 64B) Are you taking PrEP (Pre-Exposure Prophylaxis) to prevent HIV infection?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20464	97	49924	99	4376	97	75512	98.0
2 Yes	660	3	701	1	139	3	1527	2.0
Valid responses =	21124	27	50625	66	4515	6	77039	98.1

Invalid responses include no response.





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FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### 65A1) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

##### Acne

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	15969	76	34259	68	3092	69	53824	70.3
2 Yes	5007	24	16086	32	1387	31	22704	29.7
Valid responses =	20976	27	50345	66	4479	6	76528	98.1

Invalid responses include no response.

#### 65A2) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

##### ADD/ADHD - Attention Deficit/Hyperactivity Disorder

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	18497	88	44044	87	3165	70	66245	86.5
2 Yes	2523	12	6331	13	1328	30	10367	13.5
Valid responses =	21020	27	50375	66	4493	6	76612	98.2

Invalid responses include no response.

#### 65A3) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

##### Alcohol or Other Drug-Related Abuse or Addiction

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20660	98	49754	99	4328	96	75444	98.4
2 Yes	363	2	648	1	161	4	1188	1.6
Valid responses =	21023	27	50402	66	4489	6	76632	98.2

Invalid responses include no response.

#### 65A4) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

##### Allergies - food allergy

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	18956	90	43260	86	3673	82	66495	86.9
2 Yes	2044	10	7083	14	803	18	10043	13.1
Valid responses =	21000	27	50343	66	4476	6	76538	98.1

Invalid responses include no response.

#### 65A5) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

##### Allergies - animals/pets

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	18418	88	42898	85	3697	83	65596	85.8
2 Yes	2546	12	7356	15	780	17	10813	14.2
Valid responses =	20964	27	50254	66	4477	6	76409	97.9

Invalid responses include no response.

#### 65A6) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

##### Allergies - environmental (for example: pollen, grass, dust, mold)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	15614	74	34472	68	2945	66	53506	69.8
2 Yes	5401	26	15922	32	1537	34	23101	30.2
Valid responses =	21015	27	50394	66	4482	6	76607	98.2

Invalid responses include no response.

#### 65A7) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

##### Anxiety (for example: Generalized Anxiety, Social Anxiety, Panic Disorder, Specific Phobia)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	17053	81	30093	60	1684	37	49229	64.2
2 Yes	3975	19	20396	40	2814	63	27505	35.8
Valid responses =	21028	27	50489	66	4498	6	76734	98.3

Invalid responses include no response.

#### 65A8) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

##### Asthma

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	18018	86	42127	84	3552	79	64288	84.0
2 Yes	2979	14	8211	16	927	21	12241	16.0
Valid responses =	20997	27	50338	66	4479	6	76529	98.1

Invalid responses include no response.



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Number of Surveys (n) = 78024 Web Surveys

#### 65A9) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

##### Autism spectrum

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20382	97	49492	99	3910	88	74421	97.6
2 Yes	545	3	638	1	559	13	1814	2.4
Valid responses =	20927	27	50130	66	4469	6	76235	97.7

Invalid responses include no response.

#### 65A10) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

##### Bipolar and Related Conditions (for example: Bipolar I, II, Hypomanic Episode)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20698	99	48905	97	4131	92	74403	97.2
2 Yes	307	2	1474	3	349	8	2173	2.8
Valid responses =	21005	27	50379	66	4480	6	76576	98.1

Invalid responses include no response.

#### 65A11) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

##### Borderline Personality Disorder (BPD), Avoidant Personality, Dependent Personality, or another personality disorder

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20906	99	49687	99	4213	94	75496	98.5
2 Yes	128	1	753	2	277	6	1179	1.5
Valid responses =	21034	27	50440	66	4490	6	76675	98.3

Invalid responses include no response.

#### 65A12) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

##### Cancer

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20841	99	49906	99	4441	99	75886	99.2
2 Yes	158	1	431	1	40	1	638	0.8
Valid responses =	20999	27	50337	66	4481	6	76524	98.1

Invalid responses include no response.

#### 65A13) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

##### Celiac disease

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20813	100	49301	99	4364	98	75170	98.9
2 Yes	92	0	647	1	77	2	827	1.1
Valid responses =	20905	28	49948	66	4441	6	75997	97.4

Invalid responses include no response.

#### 65A14) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

##### Chronic pain (for example: back or joint pain, arthritis, nerve pain)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20014	95	45959	91	3737	84	70325	92.0
2 Yes	970	5	4332	9	737	17	6131	8.0
Valid responses =	20984	27	50291	66	4474	6	76456	98.0

Invalid responses include no response.

#### 65A15) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

##### Depression (for example: Major depression, persistent depressive disorder, disruptive mood disorder)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	17668	84	35259	70	1913	43	55252	72.1
2 Yes	3360	16	15195	30	2575	57	21430	27.9
Valid responses =	21028	27	50454	66	4488	6	76682	98.3

Invalid responses include no response.

#### 65A16) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

##### Diabetes or pre-diabetes/insulin resistance

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20544	98	48733	97	4302	96	74258	97.1
2 Yes	435	2	1581	3	172	4	2211	2.9
Valid responses =	20979	27	50314	66	4474	6	76469	98.0

Invalid responses include no response.



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#### 65A17) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

##### Eating Disorders (for example: Anorexia Nervosa, Bulimia Nervosa, Binge-Eating)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20677	99	46098	92	3782	85	71192	93.1
2 Yes	288	1	4228	8	695	16	5280	6.9
Valid responses =	20965	27	50326	66	4477	6	76472	98.0

Invalid responses include no response.

#### 65A18) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

##### Endometriosis

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20937	100	48970	97	4327	97	74923	98.0
2 Yes	28	0	1319	3	148	3	1510	2.0
Valid responses =	20965	27	50289	66	4475	6	76433	98.0

Invalid responses include no response.

#### 65A19) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

##### Gambling Disorder

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20935	100	50190	100	4455	100	76277	99.9
2 Yes	49	0	39	0	17	0	110	0.1
Valid responses =	20984	27	50229	66	4472	6	76387	97.9

Invalid responses include no response.

#### 65A20) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

##### Genital herpes

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20687	99	49056	99	4368	99	74802	98.9
2 Yes	124	1	670	1	59	1	864	1.1
Valid responses =	20811	28	49726	66	4427	6	75666	97.0

Invalid responses include no response.

#### 65A21) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

##### Gastroesophageal Reflux Disease (GERD) or acid reflux

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20207	96	47149	94	4101	92	72105	94.2
2 Yes	798	4	3207	6	382	9	4441	5.8
Valid responses =	21005	27	50356	66	4483	6	76546	98.1

Invalid responses include no response.

#### 65A22) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

##### Heart & vascular disorders (for example: atrial fibrillation or other cardiac arrhythmia, mitral valve prolapse or other valvular heart disease, congenital heart condition)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20591	98	49062	97	4314	96	74639	97.4
2 Yes	430	2	1342	3	175	4	1978	2.6
Valid responses =	21021	27	50404	66	4489	6	76617	98.2

Invalid responses include no response.

#### 65A23) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

##### Hepatitis B or C

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20920	100	50222	100	4466	100	76302	99.7
2 Yes	74	0	107	0	13	0	200	0.3
Valid responses =	20994	27	50329	66	4479	6	76502	98.0

Invalid responses include no response.

#### 65A24) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

##### High blood pressure (hypertension)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20033	96	48912	97	4315	97	73935	96.9
2 Yes	940	5	1288	3	149	3	2404	3.1
Valid responses =	20973	27	50200	66	4464	6	76339	97.8

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

## American College Health Association-National College Health Assessment (ACHA-NCHA III)

### Reference Group Data Report - Spring 2023

American College Health Association  
8455 Colesville Road, Suite 740  
Silver Spring, MD 20910  
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December 21, 2023

FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### 65A25) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

##### High cholesterol (hyperlipidemia)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20299	97	48465	97	4306	96	73742	96.5
2 Yes	689	3	1766	4	163	4	2648	3.5
Valid responses =	20988	27	50231	66	4469	6	76390	97.9

Invalid responses include no response.

#### 65A26) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

##### HIV or AIDS

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20804	100	49775	100	4419	100	75689	99.8
2 Yes	52	0	38	0	24	1	119	0.2
Valid responses =	20856	28	49813	66	4443	6	75808	97.2

Invalid responses include no response.

#### 65A27) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

##### Human papillomavirus (HPV) or genital warts

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20807	99	48945	98	4408	99	74849	98.1
2 Yes	146	1	1215	2	63	1	1436	1.9
Valid responses =	20953	27	50160	66	4471	6	76285	97.8

Invalid responses include no response.

#### 65A28) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

##### Insomnia

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	19992	96	46095	92	3713	83	70416	92.6
2 Yes	909	4	3909	8	747	17	5649	7.4
Valid responses =	20901	27	50004	66	4460	6	76065	97.5

Invalid responses include no response.

#### 65A29) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

##### Irritable bowel syndrome (spastic colon or spastic bowel)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20441	97	46995	94	4089	91	72178	94.4
2 Yes	540	3	3273	7	392	9	4253	5.6
Valid responses =	20981	27	50268	66	4481	6	76431	98.0

Invalid responses include no response.

#### 65A41) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

##### Long COVID or having a Post-COVID Condition

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20719	98.7	48978	97.3	4317	96.4	74695	97.6
2 Yes	283	1.3	1349	2.7	162	3.6	1815	2.4
Valid responses =	21002	27	50327	66	4479	6	76510	98.1

Invalid responses include no response.

#### 65A30) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

##### Migraine headaches

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	19560	94	42328	85	3568	80	66034	87.1
2 Yes	1279	6	7539	15	873	20	9806	12.9
Valid responses =	20839	27	49867	66	4441	6	75840	97.2

Invalid responses include no response.

#### 65A31) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

##### Obsessive-Compulsive and Related Conditions (for example: OCD, Body Dysmorphia, Hoarding, Trichotillomania, other body-focused repetitive behavior disorders)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20457	97	46594	93	3833	85	71511	93.4
2 Yes	565	3	3781	8	661	15	5086	6.6
Valid responses =	21022	27	50375	66	4494	6	76597	98.2

Invalid responses include no response.



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FREQUENCY REPORT

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#### 65A32) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

##### Polycystic Ovarian Syndrome (PCOS)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20925	100	47683	95	4227	95	73500	96.3
2 Yes	18	0	2522	5	245	6	2820	3.7
Valid responses =	20943	27	50205	66	4472	6	76320	97.8

Invalid responses include no response.

#### 65A33) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

##### PTSD (Posttraumatic Stress Disorder), Acute Stress Disorder, Adjustment Disorder, or another trauma- or stressor-related condition

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20328	97	45606	91	3468	77	69993	91.4
2 Yes	674	3	4739	9	1022	23	6550	8.6
Valid responses =	21002	27	50345	66	4490	6	76543	98.1

Invalid responses include no response.

#### 65A34) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

##### Schizophrenia and Other Psychotic Conditions (for example: Schizophrenia, Schizoaffective Disorder, Schizophreniform Disorder, Delusional Disorder)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20906	100	50202	100	4397	98	76195	99.6
2 Yes	76	0	118	0	89	2	296	0.4
Valid responses =	20982	27	50320	66	4486	6	76491	98.0

Invalid responses include no response.

#### 65A35) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

##### Sleep Apnea

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20368	97	49372	98	4329	97	74742	97.8
2 Yes	613	3	873	2	142	3	1658	2.2
Valid responses =	20981	27	50245	66	4471	6	76400	97.9

Invalid responses include no response.

#### 65A36) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

##### Thyroid condition or disorder

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20686	99	47996	96	4290	96	73647	96.4
2 Yes	283	1	2248	5	179	4	2734	3.6
Valid responses =	20969	27	50244	66	4469	6	76381	97.9

Invalid responses include no response.

#### 65A37) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

##### Tourette's or other neurodevelopmental condition not already listed

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20870	100	50060	100	4381	98	75994	98.5
2 Yes	114	1	193	0	91	2	417	0.5
Valid responses =	20984	27	50253	66	4472	6	76411	97.9

Invalid responses include no response.

#### 65A38) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

##### Traumatic brain injury (TBI)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20719	99	49606	99	4368	98	75373	98.7
2 Yes	264	1	623	1	98	2	1008	1.3
Valid responses =	20983	27	50229	66	4466	6	76381	97.9

Invalid responses include no response.



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#### 65A39) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

Urinary system disorder (for example: bladder or kidney disease, urinary reflux, interstitial cystitis)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20882	99	49459	98	4398	98	75425	98.5
2 Yes	129	1	884	2	90	2	1119	1.5
Valid responses =	21011	27	50343	66	4488	6	76544	98.1

Invalid responses include no response.

#### 65A40) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

Other ongoing or chronic condition not listed above

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	19102	96	43194	93	3556	87	66414	93.5
2 Yes	797	4	3190	7	554	14	4632	6.5
Valid responses =	19899	28	46384	65	4110	6	71046	91.1

Invalid responses include no response.

#### 65B1) Please indicate in which of the following categories you have an other ongoing or chronic condition that has been diagnosed by a healthcare or mental health professional. (only includes students that selected having an other ongoing or chronic condition not listed above)

Allergic & immunologic disorder

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	613	86	2376	85	414	84	3466	84.7
2 Yes	99	14	437	16	79	16	627	15.3
Valid responses =	712	17	2813	69	493	12	4093	5.2

Invalid responses include no response.

#### 65B2) Please indicate in which of the following categories you have an other ongoing or chronic condition that has been diagnosed by a healthcare or mental health professional. (only includes students that selected having an other ongoing or chronic condition not listed above)

Autoimmune disorder

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	590	82	2023	71	360	73	3029	72.8
2 Yes	130	18	848	30	134	27	1131	27.2
Valid responses =	720	17	2871	69	494	12	4160	5.3

Invalid responses include no response.

#### 65B3) Please indicate in which of the following categories you have an other ongoing or chronic condition that has been diagnosed by a healthcare or mental health professional. (only includes students that selected having an other ongoing or chronic condition not listed above)

Blood disorder

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	669	94	2510	89	435	89	3677	89.8
2 Yes	44	6	311	11	53	11	419	10.2
Valid responses =	713	17	2821	69	488	12	4096	5.2

Invalid responses include no response.

#### 65B4) Please indicate in which of the following categories you have an other ongoing or chronic condition that has been diagnosed by a healthcare or mental health professional. (only includes students that selected having an other ongoing or chronic condition not listed above)

Brain & nervous system disorder

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	606	85	2363	84	376	77	3404	83.1
2 Yes	110	15	453	16	115	23	692	16.9
Valid responses =	716	17	2816	69	491	12	4096	5.2

Invalid responses include no response.

#### 65B5) Please indicate in which of the following categories you have an other ongoing or chronic condition that has been diagnosed by a healthcare or mental health professional. (only includes students that selected having an other ongoing or chronic condition not listed above)

Hair, skin, nails disorder

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	602	84	2481	88	442	91	3585	87.3
2 Yes	116	16	344	12	46	9	520	12.7
Valid responses =	718	17	2825	69	488	12	4105	5.3

Invalid responses include no response.



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FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

**65B6) Please indicate in which of the following categories you have an other ongoing or chronic condition that has been diagnosed by a healthcare or mental health professional. (only includes students that selected having an other ongoing or chronic condition not listed above)**  
**Digestive system disorder**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	585	82	2277	81	397	80	3320	80.8
2 Yes	131	18	548	19	97	20	788	19.2
Valid responses =	716	17	2825	69	494	12	4108	5.3

Invalid responses include no response.

**65B7) Please indicate in which of the following categories you have an other ongoing or chronic condition that has been diagnosed by a healthcare or mental health professional. (only includes students that selected having an other ongoing or chronic condition not listed above)**  
**Endocrine system disorder**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	669	94	2623	94	437	90	3793	93.4
2 Yes	40	6	171	6	47	10	266	6.6
Valid responses =	709	17	2794	69	484	12	4059	5.2

Invalid responses include no response.

**65B8) Please indicate in which of the following categories you have an other ongoing or chronic condition that has been diagnosed by a healthcare or mental health professional. (only includes students that selected having an other ongoing or chronic condition not listed above)**  
**Eye/ear/nose/throat disorder**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	619	87	2514	90	441	91	3638	89.5
2 Yes	95	13	280	10	46	9	429	10.5
Valid responses =	714	18	2794	69	487	12	4067	5.2

Invalid responses include no response.

**65B9) Please indicate in which of the following categories you have an other ongoing or chronic condition that has been diagnosed by a healthcare or mental health professional. (only includes students that selected having an other ongoing or chronic condition not listed above)**  
**Heart & vascular disorder**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	664	94	2542	91	433	89	3700	91.2
2 Yes	45	6	248	9	53	11	357	8.8
Valid responses =	709	17	2790	69	486	12	4057	5.2

Invalid responses include no response.

**65B10) Please indicate in which of the following categories you have an other ongoing or chronic condition that has been diagnosed by a healthcare or mental health professional. (only includes students that selected having an other ongoing or chronic condition not listed above)**  
**Infectious disease**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	683	97	2707	98	469	97	3927	97.3
2 Yes	24	3	68	3	13	3	109	2.7
Valid responses =	707	18	2775	69	482	12	4036	5.2

Invalid responses include no response.

**65B11) Please indicate in which of the following categories you have an other ongoing or chronic condition that has been diagnosed by a healthcare or mental health professional. (only includes students that selected having an other ongoing or chronic condition not listed above)**  
**Mental health/psychological disorder**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	598	85	2182	78	278	56	3114	76.5
2 Yes	109	15	609	22	221	44	959	23.5
Valid responses =	707	17	2791	69	499	12	4073	5.2

Invalid responses include no response.

**65B12) Please indicate in which of the following categories you have an other ongoing or chronic condition that has been diagnosed by a healthcare or mental health professional. (only includes students that selected having an other ongoing or chronic condition not listed above)**  
**Musculoskeletal disorder**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	628	88	2439	87	398	81	3525	86.3
2 Yes	86	12	364	13	93	19	558	13.7
Valid responses =	714	17	2803	69	491	12	4083	5.2

Invalid responses include no response.





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**65B13) Please indicate in which of the following categories you have an other ongoing or chronic condition that has been diagnosed by a healthcare or mental health professional. (only includes students that selected having an other ongoing or chronic condition not listed above)**  
**Reproductive system disorder**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	675	96	2526	90	426	88	3695	90.9
2 Yes	29	4	278	10	60	12	370	9.1
Valid responses =	704	17	2804	69	486	12	4065	5.2

Invalid responses include no response.

**65B14) Please indicate in which of the following categories you have an other ongoing or chronic condition that has been diagnosed by a healthcare or mental health professional. (only includes students that selected having an other ongoing or chronic condition not listed above)**  
**Respiratory disorder**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	663	94	2659	96	459	95	3846	95.1
2 Yes	43	6	125	5	26	5	200	4.9
Valid responses =	706	17	2784	69	485	12	4046	5.2

Invalid responses include no response.

**65B15) Please indicate in which of the following categories you have an other ongoing or chronic condition that has been diagnosed by a healthcare or mental health professional. (only includes students that selected having an other ongoing or chronic condition not listed above)**  
**Sleep-wake disorder**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	661	94	2616	94	434	90	3776	93.4
2 Yes	44	6	168	6	47	10	266	6.6
Valid responses =	705	17	2784	69	481	12	4042	5.2

Invalid responses include no response.

**65B16) Please indicate in which of the following categories you have an other ongoing or chronic condition that has been diagnosed by a healthcare or mental health professional. (only includes students that selected having an other ongoing or chronic condition not listed above)**  
**Urinary system disorder**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	672	95	2708	97	466	96	3913	96.8
2 Yes	36	5	71	3	19	4	130	3.2
Valid responses =	708	18	2779	69	485	12	4043	5.2

Invalid responses include no response.

**65B17) Please indicate in which of the following categories you have an other ongoing or chronic condition that has been diagnosed by a healthcare or mental health professional. (only includes students that selected having an other ongoing or chronic condition not listed above)**  
**Other ongoing or chronic condition not previously reported**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	426	69	1564	66	264	65	2294	66.8
2 Yes	189	31	790	34	140	35	1140	33.2
Valid responses =	615	18	2354	69	404	12	3434	4.4

Invalid responses include no response.

**65C1) Have you ever been diagnosed with any of the following ongoing or chronic allergic & immunologic disorders? (only includes students that selected having an ongoing/chronic allergic & immunologic disorder not listed above)**

**Anaphylaxis**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	79	82	318	75	55	74	459	75.7
2 Yes	17	18	108	25	19	26	147	24.3
Valid responses =	96	16	426	70	74	12	606	0.8

Invalid responses include no response.

**65C2) Have you ever been diagnosed with any of the following ongoing or chronic allergic & immunologic disorders? (only includes students that selected having an ongoing/chronic allergic & immunologic disorder not listed above)**

**Medication allergy**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	65	67	227	53	36	47	334	54.8
2 Yes	32	33	200	47	40	53	275	45.2
Valid responses =	97	16	427	70	76	12	609	0.8

Invalid responses include no response.



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65C3) Have you ever been diagnosed with any of the following ongoing or chronic allergic & immunologic disorders?

(only includes students that selected having an ongoing/chronic allergic & immunologic disorder not listed above)

Latex allergy

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	85	89	362	85	60	81	514	85.0
2 Yes	11	12	64	15	14	19	91	15.0
Valid responses =	96	16	426	70	74	12	605	0.8

Invalid responses include no response.

65C4) Have you ever been diagnosed with any of the following ongoing or chronic allergic & immunologic disorders?

(only includes students that selected having an ongoing/chronic allergic & immunologic disorder not listed above)

Insect/bee sting allergy

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	83	87	347	83	61	82	500	83.5
2 Yes	13	14	72	17	13	18	99	16.5
Valid responses =	96	16	419	70	74	12	599	0.8

Invalid responses include no response.

65C5) Have you ever been diagnosed with any of the following ongoing or chronic allergic & immunologic disorders?

(only includes students that selected having an ongoing/chronic allergic & immunologic disorder not listed above)

Immune deficiency

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	72	76	272	65	46	61	399	66.2
2 Yes	23	24	150	36	30	40	204	33.8
Valid responses =	95	16	422	70	76	13	603	0.8

Invalid responses include no response.

65C6) Have you ever been diagnosed with any of the following ongoing or chronic allergic & immunologic disorders?

(only includes students that selected having an ongoing/chronic allergic & immunologic disorder not listed above)

Other allergic or immunologic condition not previously reported

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	60	71	250	75	45	71	360	73.8
2 Yes	25	29	82	25	18	29	128	26.2
Valid responses =	85	17	332	68	63	13	488	0.6

Invalid responses include no response.

65D1) Have you ever been diagnosed with any of the following ongoing or chronic autoimmune disorders?

(only includes students that selected having an ongoing/chronic autoimmune disorder not listed above)

Other allergic or immunologic condition

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	91	77	596	74	91	73	791	74.3
2 Yes	27	23	207	26	34	27	274	25.7
Valid responses =	118	11	803	75	125	12	1065	1.4

Invalid responses include no response.

65D2) Have you ever been diagnosed with any of the following ongoing or chronic autoimmune disorders?

(only includes students that selected having an ongoing/chronic autoimmune disorder not listed above)

Rheumatoid Arthritis

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	99	88	680	85	102	81	895	85.0
2 Yes	13	12	117	15	24	19	158	15.0
Valid responses =	112	11	797	76	126	12	1053	1.3

Invalid responses include no response.

65D3) Have you ever been diagnosed with any of the following ongoing or chronic autoimmune disorders?

(only includes students that selected having an ongoing/chronic autoimmune disorder not listed above)

Scleroderma

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	109	97	774	99	117	95	1017	97.9
2 Yes	4	4	11	1	6	5	22	2.1
Valid responses =	113	11	785	76	123	12	1039	1.3

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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December 21, 2023

FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

65D4) Have you ever been diagnosed with any of the following ongoing or chronic autoimmune disorders?

(only includes students that selected having an ongoing/chronic autoimmune disorder not listed above)

Systemic Lupus Erythematosus

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	107	92	702	88	107	87	931	88.5
2 Yes	9	8	94	12	16	13	121	11.5
Valid responses =	116	11	796	76	123	12	1052	1.3

Invalid responses include no response.

65D5) Have you ever been diagnosed with any of the following ongoing or chronic autoimmune disorders?

(only includes students that selected having an ongoing/chronic autoimmune disorder not listed above)

Other autoimmune disorder not previously reported

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	52	47	361	51	57	53	479	50.8
2 Yes	59	53	347	49	50	47	464	49.2
Valid responses =	111	12	708	75	107	11	943	1.2

Invalid responses include no response.

65E1) Have you ever been diagnosed with any of the following ongoing or chronic blood disorders?

(only includes students that selected having an ongoing/chronic blood disorder not listed above)

Anemia

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	32	78	108	36	19	38	161	40.1
2 Yes	9	22	192	64	31	62	240	59.9
Valid responses =	41	10	300	75	50	12	401	0.5

Invalid responses include no response.

65E2) Have you ever been diagnosed with any of the following ongoing or chronic blood disorders?

(only includes students that selected having an ongoing/chronic blood disorder not listed above)

Hemophilia

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	35	83	269	95	39	85	350	92.3
2 Yes	7	17	14	5	7	15	29	7.7
Valid responses =	42	11	283	75	46	12	379	0.5

Invalid responses include no response.

65E3) Have you ever been diagnosed with any of the following ongoing or chronic blood disorders?

(only includes students that selected having an ongoing/chronic blood disorder not listed above)

Hypercoagulable states

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	35	85	258	91	40	87	340	89.9
2 Yes	6	15	25	9	6	13	38	10.1
Valid responses =	41	11	283	75	46	12	378	0.5

Invalid responses include no response.

65E4) Have you ever been diagnosed with any of the following ongoing or chronic blood disorders?

(only includes students that selected having an ongoing/chronic blood disorder not listed above)

Platelet Conditions

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	31	74	250	88	40	89	327	86.3
2 Yes	11	26	34	12	5	11	52	13.7
Valid responses =	42	11	284	75	45	12	379	0.5

Invalid responses include no response.

65E5) Have you ever been diagnosed with any of the following ongoing or chronic blood disorders?

(only includes students that selected having an ongoing/chronic blood disorder not listed above)

Sickle Cell Disease

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	36	86	274	96	42	89	359	94.0
2 Yes	6	14	11	4	5	11	23	6.0
Valid responses =	42	11	285	75	47	12	382	0.5

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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December 21, 2023

FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### 65E6) Have you ever been diagnosed with any of the following ongoing or chronic blood disorders?

(only includes students that selected having an ongoing/chronic blood disorder not listed above)

Other blood condition not previously reported

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	22	58	145	59	21	47	193	57.6
2 Yes	16	42	100	41	24	53	142	42.4
Valid responses =	38	11	245	73	45	13	335	0.4

Invalid responses include no response.

#### 65F1) Have you ever been diagnosed with any of the following ongoing or chronic brain & nervous system disorders?

(only includes students that selected having an ongoing/chronic brain & nervous system disorder not listed above)

Cerebral Palsy

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	96	95	421	98	102	94	630	96.2
2 Yes	5	5	11	3	7	6	25	3.8
Valid responses =	101	15	432	66	109	17	655	0.8

Invalid responses include no response.

#### 65F2) Have you ever been diagnosed with any of the following ongoing or chronic brain & nervous system disorders?

(only includes students that selected having an ongoing/chronic brain & nervous system disorder not listed above)

Epilepsy

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	66	65	336	77	92	84	506	76.3
2 Yes	36	35	102	23	18	16	157	23.7
Valid responses =	102	15	438	66	110	17	663	0.8

Invalid responses include no response.

#### 65F3) Have you ever been diagnosed with any of the following ongoing or chronic brain & nervous system disorders?

(only includes students that selected having an ongoing/chronic brain & nervous system disorder not listed above)

Seizure Conditions

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	72	71	330	76	89	82	502	76.3
2 Yes	30	29	104	24	20	18	156	23.7
Valid responses =	102	16	434	66	109	17	658	0.8

Invalid responses include no response.

#### 65F4) Have you ever been diagnosed with any of the following ongoing or chronic brain & nervous system disorders?

(only includes students that selected having an ongoing/chronic brain & nervous system disorder not listed above)

Multiple Sclerosis

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	92	93	397	92	99	90	600	91.7
2 Yes	7	7	35	8	11	10	54	8.3
Valid responses =	99	15	432	66	110	17	654	0.8

Invalid responses include no response.

#### 65F5) Have you ever been diagnosed with any of the following ongoing or chronic brain & nervous system disorders?

(only includes students that selected having an ongoing/chronic brain & nervous system disorder not listed above)

Other brain or nervous system condition not previously reported

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	55	59	187	52	46	50	295	52.8
2 Yes	38	41	175	48	46	50	264	47.2
Valid responses =	93	17	362	65	92	16	559	0.7

Invalid responses include no response.

#### 65G1) Have you ever been diagnosed with any of the following ongoing or chronic hair, skin, nail disorders?

(only includes students that selected having an ongoing/chronic hair, skin, nail disorder not listed above)

Alopecia

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	91	87	277	88	34	83	414	87.2
2 Yes	14	13	39	12	7	17	61	12.8
Valid responses =	105	22	316	67	41	9	475	0.6

Invalid responses include no response.



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FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### 65G2) Have you ever been diagnosed with any of the following ongoing or chronic hair, skin, nail disorders?

(only includes students that selected having an ongoing/chronic hair, skin, nail disorder not listed above)

##### Eczema

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	50	45	143	44	26	61	223	44.9
2 Yes	62	55	186	57	17	40	274	55.1
Valid responses =	112	23	329	66	43	9	497	0.6

Invalid responses include no response.

#### 65G3) Have you ever been diagnosed with any of the following ongoing or chronic hair, skin, nail disorders?

(only includes students that selected having an ongoing/chronic hair, skin, nail disorder not listed above)

##### Hirsutism

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	103	98	294	95	35	85	444	94.5
2 Yes	2	2	17	6	6	15	26	5.5
Valid responses =	105	22	311	66	41	9	470	0.6

Invalid responses include no response.

#### 65G4) Have you ever been diagnosed with any of the following ongoing or chronic hair, skin, nail disorders?

(only includes students that selected having an ongoing/chronic hair, skin, nail disorder not listed above)

##### Hyperhidrosis

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	99	97	293	94	36	88	440	94.2
2 Yes	3	3	18	6	5	12	27	5.8
Valid responses =	102	22	311	67	41	9	467	0.6

Invalid responses include no response.

#### 65G5) Have you ever been diagnosed with any of the following ongoing or chronic hair, skin, nail disorders?

(only includes students that selected having an ongoing/chronic hair, skin, nail disorder not listed above)

##### Photodermatitis

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	100	96	301	97	37	88	449	95.7
2 Yes	4	4	9	3	5	12	20	4.3
Valid responses =	104	22	310	66	42	9	469	0.6

Invalid responses include no response.

#### 65G6) Have you ever been diagnosed with any of the following ongoing or chronic hair, skin, nail disorders?

(only includes students that selected having an ongoing/chronic hair, skin, nail disorder not listed above)

##### Psoriasis

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	74	69	241	76	31	72	354	73.4
2 Yes	33	31	78	25	12	28	128	26.6
Valid responses =	107	22	319	66	43	9	482	0.6

Invalid responses include no response.

#### 65G7) Have you ever been diagnosed with any of the following ongoing or chronic hair, skin, nail disorders?

(only includes students that selected having an ongoing/chronic hair, skin, nail disorder not listed above)

##### Vitiligo

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	100	97	300	97	36	86	448	95.5
2 Yes	3	3	11	4	6	14	21	4.5
Valid responses =	103	22	311	66	42	9	469	0.6

Invalid responses include no response.

#### 65G8) Have you ever been diagnosed with any of the following ongoing or chronic hair, skin, nail disorders?

(only includes students that selected having an ongoing/chronic hair, skin, nail disorder not listed above)

##### Other hair, skin, or nail condition not previously reported

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	70	75	177	66	16	47	270	66.8
2 Yes	23	25	91	34	18	53	134	33.2
Valid responses =	93	23	268	66	34	8	404	0.5

Invalid responses include no response.



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Number of Surveys (n) = 78024 Web Surveys

65H1) Have you ever been diagnosed with any of the following ongoing or chronic digestive system disorders?

(only includes students that selected having an ongoing/chronic digestive system disorder not listed above)

Crohn's Disease

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	100	79	436	84	80	87	625	83.2
2 Yes	26	21	86	17	12	13	126	16.8
Valid responses =	126	17	522	70	92	12	751	1.0

Invalid responses include no response.

65H2) Have you ever been diagnosed with any of the following ongoing or chronic digestive system disorders?

(only includes students that selected having an ongoing/chronic digestive system disorder not listed above)

Diverticular Disease

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	112	93	501	97	86	96	709	96.1
2 Yes	9	7	15	3	4	4	29	3.9
Valid responses =	121	16	516	70	90	12	738	0.9

Invalid responses include no response.

65H3) Have you ever been diagnosed with any of the following ongoing or chronic digestive system disorders?

(only includes students that selected having an ongoing/chronic digestive system disorder not listed above)

Esophageal Disease

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	112	93	484	94	80	89	686	93.1
2 Yes	8	7	32	6	10	11	51	6.9
Valid responses =	120	16	516	70	90	12	737	0.9

Invalid responses include no response.

65H4) Have you ever been diagnosed with any of the following ongoing or chronic digestive system disorders?

(only includes students that selected having an ongoing/chronic digestive system disorder not listed above)

Gallbladder Disease

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	118	98	471	91	80	89	679	91.5
2 Yes	3	3	49	9	10	11	63	8.5
Valid responses =	121	16	520	70	90	12	742	1.0

Invalid responses include no response.

65H5) Have you ever been diagnosed with any of the following ongoing or chronic digestive system disorders?

(only includes students that selected having an ongoing/chronic digestive system disorder not listed above)

Ulcerative Colitis

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	99	80	459	88	75	85	642	86.3
2 Yes	25	20	62	12	13	15	102	13.7
Valid responses =	124	17	521	70	88	12	744	1.0

Invalid responses include no response.

65H6) Have you ever been diagnosed with any of the following ongoing or chronic digestive system disorders?

(only includes students that selected having an ongoing/chronic digestive system disorder not listed above)

Other digestive system condition not previously reported

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	69	66	240	57	30	38	343	55.6
2 Yes	36	34	184	43	49	62	274	44.4
Valid responses =	105	17	424	69	79	13	617	0.8

Invalid responses include no response.

65J1) Have you ever been diagnosed with any of the following ongoing or chronic eye, ear, nose, throat disorders?

(only includes students that selected having an ongoing/chronic eye, ear, nose, throat disorder not listed above)

Hearing loss

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	63	70	196	72	25	57	289	70.0
2 Yes	27	30	76	28	19	43	124	30.0
Valid responses =	90	22	272	66	44	11	413	0.5

Invalid responses include no response.



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#### 65J2) Have you ever been diagnosed with any of the following ongoing or chronic eye, ear, nose, throat disorders?

(only includes students that selected having an ongoing/chronic eye, ear, nose, throat disorder not listed above)

##### Uveitis

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	81	91	255	96	38	88	380	93.8
2 Yes	8	9	11	4	5	12	25	6.2
Valid responses =	89	22	266	66	43	11	405	0.5

Invalid responses include no response.

#### 65J3) Have you ever been diagnosed with any of the following ongoing or chronic eye, ear, nose, throat disorders?

(only includes students that selected having an ongoing/chronic eye, ear, nose, throat disorder not listed above)

##### Vertigo

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	80	90	216	80	36	80	337	82.0
2 Yes	9	10	54	20	9	20	74	18.0
Valid responses =	89	22	270	66	45	11	411	0.5

Invalid responses include no response.

#### 65J4) Have you ever been diagnosed with any of the following ongoing or chronic eye, ear, nose, throat disorders?

(only includes students that selected having an ongoing/chronic eye, ear, nose, throat disorder not listed above)

##### Other eye/ear/nose/throat condition not previously reported

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	33	40	87	39	12	35	132	38.2
2 Yes	50	60	137	61	22	65	214	61.8
Valid responses =	83	24	224	65	34	10	346	0.4

Invalid responses include no response.

#### 65K1) Have you ever been diagnosed with any of the following ongoing or chronic heart & vascular system disorders?

(only includes students that selected having an ongoing/chronic heart & vascular system disorder not listed above)

##### Cardiac Arrhythmia

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	33	79	183	77	37	74	260	76.9
2 Yes	9	21	54	23	13	26	78	23.1
Valid responses =	42	12	237	70	50	15	338	0.4

Invalid responses include no response.

#### 65K2) Have you ever been diagnosed with any of the following ongoing or chronic heart & vascular system disorders?

(only includes students that selected having an ongoing/chronic heart & vascular system disorder not listed above)

##### Coronary Artery Disease

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	38	91	231	98	46	94	322	95.5
2 Yes	4	10	6	3	3	6	15	4.5
Valid responses =	42	12	237	70	49	15	337	0.4

Invalid responses include no response.

#### 65K3) Have you ever been diagnosed with any of the following ongoing or chronic heart & vascular system disorders?

(only includes students that selected having an ongoing/chronic heart & vascular system disorder not listed above)

##### Congenital Heart Condition

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	34	81	220	94	42	84	304	90.7
2 Yes	8	19	14	6	8	16	31	9.3
Valid responses =	42	13	234	70	50	15	335	0.4

Invalid responses include no response.

#### 65K4) Have you ever been diagnosed with any of the following ongoing or chronic heart & vascular system disorders?

(only includes students that selected having an ongoing/chronic heart & vascular system disorder not listed above)

##### Congestive Heart Failure

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	36	84	228	96	42	88	314	93.2
2 Yes	7	16	9	4	6	13	23	6.8
Valid responses =	43	13	237	70	48	14	337	0.4

Invalid responses include no response.





# AMERICAN COLLEGE HEALTH ASSOCIATION

American College Health Association-National College Health Assessment (ACHA-NCHA III)

Reference Group Data Report - Spring 2023

American College Health Association

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December 21, 2023

FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

65K5) Have you ever been diagnosed with any of the following ongoing or chronic heart & vascular system disorders?

(only includes students that selected having an ongoing/chronic heart & vascular system disorder not listed above)

Heart Murmur

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	30	71	188	80	37	74	261	77.4
2 Yes	12	29	48	20	13	26	76	22.6
Valid responses =	42	12	236	70	50	15	337	0.4

Invalid responses include no response.

65K6) Have you ever been diagnosed with any of the following ongoing or chronic heart & vascular system disorders?

(only includes students that selected having an ongoing/chronic heart & vascular system disorder not listed above)

Valvular Heart Disease (for example: Mitral valve prolapse)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	36	84	211	90	43	84	298	88.4
2 Yes	7	16	23	10	8	16	39	11.6
Valid responses =	43	13	234	69	51	15	337	0.4

Invalid responses include no response.

65K7) Have you ever been diagnosed with any of the following ongoing or chronic heart & vascular system disorders?

(only includes students that selected having an ongoing/chronic heart & vascular system disorder not listed above)

Other heart or vascular condition not previously reported

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	16	44	77	36	14	30	110	36.3
2 Yes	20	56	136	64	32	70	193	63.7
Valid responses =	36	12	213	70	46	15	303	0.4

Invalid responses include no response.

65L1) Have you ever been diagnosed with any of the following ongoing or chronic infectious diseases?

(only includes students that selected having an ongoing/chronic infectious disease not listed above)

Lyme Disease

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	14	61	50	75	8	62	75	70.1
2 Yes	9	39	17	25	5	39	32	29.9
Valid responses =	23	21	67	63	13	12	107	0.1

Invalid responses include no response.

65L2) Have you ever been diagnosed with any of the following ongoing or chronic infectious diseases?

(only includes students that selected having an ongoing/chronic infectious disease not listed above)

Other infectious disease not previously reported

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	14	67	37	65	7	70	59	64.1
2 Yes	7	33	20	35	3	30	33	35.9
Valid responses =	21	23	57	62	10	11	92	0.1

Invalid responses include no response.

65N1) Have you ever been diagnosed with any of the following ongoing or chronic musculoskeletal disorders?

(only includes students that selected having an ongoing/chronic musculoskeletal disorders not listed above)

Carpal Tunnel Syndrome

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	66	87	307	88	71	82	455	86.7
2 Yes	10	13	42	12	16	18	70	13.3
Valid responses =	76	14	349	66	87	17	525	0.7

Invalid responses include no response.

65N2) Have you ever been diagnosed with any of the following ongoing or chronic musculoskeletal disorders?

(only includes students that selected having an ongoing/chronic musculoskeletal disorders not listed above)

Fibromyalgia

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	69	90	278	79	61	72	419	79.8
2 Yes	8	10	72	21	24	28	106	20.2
Valid responses =	77	15	350	67	85	16	525	0.7

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### 65N3) Have you ever been diagnosed with any of the following ongoing or chronic musculoskeletal disorders?

(only includes students that selected having an ongoing/chronic musculoskeletal disorders not listed above)

##### Gout

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	75	97	338	97	82	95	506	96.6
2 Yes	2	3	10	3	4	5	18	3.4
Valid responses =	77	15	348	66	86	16	524	0.7

Invalid responses include no response.

#### 65N4) Have you ever been diagnosed with any of the following ongoing or chronic musculoskeletal disorders?

(only includes students that selected having an ongoing/chronic musculoskeletal disorders not listed above)

##### Muscular Dystrophy

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	74	95	331	95	78	92	495	94.5
2 Yes	4	5	17	5	7	8	29	5.5
Valid responses =	78	15	348	66	85	16	524	0.7

Invalid responses include no response.

#### 65N5) Have you ever been diagnosed with any of the following ongoing or chronic musculoskeletal disorders?

(only includes students that selected having an ongoing/chronic musculoskeletal disorders not listed above)

##### Osteoarthritis

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	66	85	296	85	68	79	441	84.0
2 Yes	12	15	52	15	18	21	84	16.0
Valid responses =	78	15	348	66	86	16	525	0.7

Invalid responses include no response.

#### 65N6) Have you ever been diagnosed with any of the following ongoing or chronic musculoskeletal disorders?

(only includes students that selected having an ongoing/chronic musculoskeletal disorders not listed above)

##### Osteoporosis

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	71	92	323	93	77	93	483	93.1
2 Yes	6	8	23	7	6	7	36	6.9
Valid responses =	77	15	346	67	83	16	519	0.7

Invalid responses include no response.

#### 65N7) Have you ever been diagnosed with any of the following ongoing or chronic musculoskeletal disorders?

(only includes students that selected having an ongoing/chronic musculoskeletal disorders not listed above)

##### Temporomandibular Joint Dysfunction

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	65	84	289	82	71	84	435	81.9
2 Yes	12	16	65	18	14	17	96	18.1
Valid responses =	77	15	354	67	85	16	531	0.7

Invalid responses include no response.

#### 65N8) Have you ever been diagnosed with any of the following ongoing or chronic musculoskeletal disorders?

(only includes students that selected having an ongoing/chronic musculoskeletal disorders not listed above)

##### Other musculoskeletal condition not previously reported

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	29	39	109	37	29	38	169	36.9
2 Yes	46	61	187	63	48	62	289	63.1
Valid responses =	75	16	296	65	77	17	458	0.6

Invalid responses include no response.

#### 65O1) Have you ever been diagnosed with any of the following ongoing or chronic reproductive system disorders?

(only includes students that selected having an ongoing/chronic reproductive system disorders not listed above)

##### Amenorrhea

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	22	82	212	82	47	81	283	81.6
2 Yes	5	19	47	18	11	19	64	18.4
Valid responses =	27	8	259	75	58	17	347	0.4

Invalid responses include no response.



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65O2) Have you ever been diagnosed with any of the following ongoing or chronic reproductive system disorders?

(only includes students that selected having an ongoing/chronic reproductive system disorders not listed above)

Cervical Dysplasia

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	21	78	241	95	49	85	313	91.3
2 Yes	6	22	14	6	9	16	30	8.7
Valid responses =	27	8	255	74	58	17	343	0.4

Invalid responses include no response.

65O3) Have you ever been diagnosed with any of the following ongoing or chronic reproductive system disorders?

(only includes students that selected having an ongoing/chronic reproductive system disorders not listed above)

Premenstrual Syndrome (PMS), Premenstrual Dysphoric Disorder (PMDD), or painful periods (Dysmenorrhea)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	24	89	131	49	23	38	180	50.7
2 Yes	3	11	134	51	37	62	175	49.3
Valid responses =	27	8	265	75	60	17	355	0.5

Invalid responses include no response.

65O4) Have you ever been diagnosed with any of the following ongoing or chronic reproductive system disorders?

(only includes students that selected having an ongoing/chronic reproductive system disorders not listed above)

Prostatitis

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20	74	254	99	50	89	326	95.0
2 Yes	7	26	3	1	6	11	17	5.0
Valid responses =	27	8	257	75	56	16	343	0.4

Invalid responses include no response.

65O5) Have you ever been diagnosed with any of the following ongoing or chronic reproductive system disorders?

(only includes students that selected having an ongoing/chronic reproductive system disorders not listed above)

Sexual Dysfunction

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	19	68	233	91	46	81	300	87.2
2 Yes	9	32	23	9	11	19	44	12.8
Valid responses =	28	8	256	74	57	17	344	0.4

Invalid responses include no response.

65O6) Have you ever been diagnosed with any of the following ongoing or chronic reproductive system disorders?

(only includes students that selected having an ongoing/chronic reproductive system disorders not listed above)

Other reproductive system condition not previously reported

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	12	48	116	51	28	57	157	51.6
2 Yes	13	52	111	49	21	43	147	48.4
Valid responses =	25	8	227	75	49	16	304	0.4

Invalid responses include no response.

65P1) Have you ever been diagnosed with any of the following ongoing or chronic respiratory system disorders?

(only includes students that selected having an ongoing/chronic respiratory system disorders not listed above)

Cystic Fibrosis

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	37	90	111	92	17	71	170	88.5
2 Yes	4	10	10	8	7	29	22	11.5
Valid responses =	41	21	121	63	24	13	192	0.2

Invalid responses include no response.

65P2) Have you ever been diagnosed with any of the following ongoing or chronic respiratory system disorders?

(only includes students that selected having an ongoing/chronic respiratory system disorders not listed above)

Sarcoidosis

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	38	95	113	95	21	88	177	93.7
2 Yes	2	5	6	5	3	13	12	6.3
Valid responses =	40	21	119	63	24	13	189	0.2

Invalid responses include no response.



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Number of Surveys (n) = 78024 Web Surveys

65P3) Have you ever been diagnosed with any of the following ongoing or chronic respiratory system disorders?

(only includes students that selected having an ongoing/chronic respiratory system disorders not listed above)

Active Tuberculous

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	38	95	117	98	21	84	181	94.8
2 Yes	2	5	3	3	4	16	10	5.2
Valid responses =	40	21	120	63	25	13	191	0.2

Invalid responses include no response.

65P4) Have you ever been diagnosed with any of the following ongoing or chronic respiratory system disorders?

(only includes students that selected having an ongoing/chronic respiratory system disorders not listed above)

Other respiratory system condition not previously reported

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	23	64	56	53	13	59	95	56.5
2 Yes	13	36	50	47	9	41	73	43.5
Valid responses =	36	21	106	63	22	13	168	0.2

Invalid responses include no response.

65Q1) Have you ever been diagnosed with any of the following ongoing or chronic sleep-wake disorders?

(only includes students that selected having an ongoing/chronic sleep-wake disorders not listed above)

Hypersomnolence

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	33	81	114	71	26	62	179	71.6
2 Yes	8	20	46	29	16	38	71	28.4
Valid responses =	41	16	160	64	42	17	250	0.3

Invalid responses include no response.

65Q2) Have you ever been diagnosed with any of the following ongoing or chronic sleep-wake disorders?

(only includes students that selected having an ongoing/chronic sleep-wake disorders not listed above)

Narcolepsy

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	27	64	104	63	33	77	170	66.4
2 Yes	15	36	60	37	10	23	86	33.6
Valid responses =	42	16	164	64	43	17	256	0.3

Invalid responses include no response.

65Q3) Have you ever been diagnosed with any of the following ongoing or chronic sleep-wake disorders?

(only includes students that selected having an ongoing/chronic sleep-wake disorders not listed above)

Restless Leg Syndrome

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	37	90	119	75	25	58	187	74.8
2 Yes	4	10	40	25	18	42	63	25.2
Valid responses =	41	16	159	64	43	17	250	0.3

Invalid responses include no response.

65Q4) Have you ever been diagnosed with any of the following ongoing or chronic sleep-wake disorders?

(only includes students that selected having an ongoing/chronic sleep-wake disorders not listed above)

Sleep Paralysis

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	34	81	114	72	27	66	181	72.7
2 Yes	8	19	45	28	14	34	68	27.3
Valid responses =	42	17	159	64	41	16	249	0.3

Invalid responses include no response.

65Q5) Have you ever been diagnosed with any of the following ongoing or chronic sleep-wake disorders?

(only includes students that selected having an ongoing/chronic sleep-wake disorders not listed above)

Sleep Terrors (or night terrors)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	34	83	122	77	25	63	187	75.7
2 Yes	7	17	37	23	15	38	60	24.3
Valid responses =	41	17	159	64	40	16	247	0.3

Invalid responses include no response.



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Number of Surveys (n) = 78024 Web Surveys

65Q6) Have you ever been diagnosed with any of the following ongoing or chronic sleep-wake disorders?

(only includes students that selected having an ongoing/chronic sleep-wake disorders not listed above)

Sleep Walking

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	34	85	136	86	32	78	208	84.2
2 Yes	6	15	23	15	9	22	39	15.8
Valid responses =	40	16	159	64	41	17	247	0.3

Invalid responses include no response.

65Q7) Have you ever been diagnosed with any of the following ongoing or chronic sleep-wake disorders?

(only includes students that selected having an ongoing/chronic sleep-wake disorders not listed above)

Other sleep-wake condition not previously reported

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	22	61	94	73	25	66	143	68.4
2 Yes	14	39	35	27	13	34	66	31.6
Valid responses =	36	17	129	62	38	18	209	0.3

Invalid responses include no response.

65R1) Have you ever been diagnosed with any of the following ongoing or chronic urinary system disorders?

(only includes students that selected having an ongoing/chronic urinary system disorders not listed above)

Bladder disease

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	27	82	59	89	8	53	97	82.2
2 Yes	6	18	7	11	7	47	21	17.8
Valid responses =	33	28	66	56	15	13	118	0.2

Invalid responses include no response.

65R2) Have you ever been diagnosed with any of the following ongoing or chronic urinary system disorders?

(only includes students that selected having an ongoing/chronic urinary system disorders not listed above)

Kidney disease

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	27	79	53	82	10	59	92	76.7
2 Yes	7	21	12	19	7	41	28	23.3
Valid responses =	34	28	65	54	17	14	120	0.2

Invalid responses include no response.

65R3) Have you ever been diagnosed with any of the following ongoing or chronic urinary system disorders?

(only includes students that selected having an ongoing/chronic urinary system disorders not listed above)

Kidney stone

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	24	71	53	80	10	59	89	73.6
2 Yes	10	29	13	20	7	41	32	26.4
Valid responses =	34	28	66	55	17	14	121	0.2

Invalid responses include no response.

65R4) Have you ever been diagnosed with any of the following ongoing or chronic urinary system disorders?

(only includes students that selected having an ongoing/chronic urinary system disorders not listed above)

Urinary Incontinence

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	24	73	42	63	7	44	75	62.5
2 Yes	9	27	25	37	9	56	45	37.5
Valid responses =	33	28	67	56	16	13	120	0.2

Invalid responses include no response.

65R5) Have you ever been diagnosed with any of the following ongoing or chronic urinary system disorders?

(only includes students that selected having an ongoing/chronic urinary system disorders not listed above)

Other urinary system condition not previously reported

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	17	61	33	54	9	60	60	56.1
2 Yes	11	39	28	46	6	40	47	43.9
Valid responses =	28	26	61	57	15	14	107	0.1

Invalid responses include no response.



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65S1) You indicated that you had been diagnosed with Diabetes or Pre-Diabetes. Were you told that you had:

(only includes students that have been diagnosed with Diabetes or Pre-Diabetes)

Type 1 Diabetes

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	252	69	1037	81	98	75	1401	78.1
2 Yes	113	31	242	19	32	25	392	21.9
Valid responses =	365	20	1279	71	130	7	1793	2.3

Invalid responses include no response.

65S2) You indicated that you had been diagnosed with Diabetes or Pre-Diabetes. Were you told that you had:

(only includes students that have been diagnosed with Diabetes or Pre-Diabetes)

Type 2 Diabetes

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	243	68	1045	82	107	84	1411	78.9
2 Yes	116	32	237	19	21	16	378	21.1
Valid responses =	359	20	1282	72	128	7	1789	2.3

Invalid responses include no response.

65S3) You indicated that you had been diagnosed with Diabetes or Pre-Diabetes. Were you told that you had:

(only includes students that have been diagnosed with Diabetes or Pre-Diabetes)

Pre-diabetes or insulin resistance

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	183	48	390	26	38	24	615	30.1
2 Yes	199	52	1085	74	124	77	1425	69.9
Valid responses =	382	19	1475	72	162	8	2040	2.6

Invalid responses include no response.

65S4) You indicated that you had been diagnosed with Diabetes or Pre-Diabetes. Were you told that you had:

(only includes students that have been diagnosed with Diabetes or Pre-Diabetes)

Gestational Diabetes

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	329	98	1136	92	113	90	1595	92.8
2 Yes	6	2	104	8	12	10	124	7.2
Valid responses =	335	19	1240	72	125	7	1719	2.2

Invalid responses include no response.

65T1) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?

(only includes students that have been diagnosed with this condition)

Acne

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	3512	71	8637	54	953	70	13239	58.8
2 Yes	1461	29	7322	46	416	30	9280	41.2
Valid responses =	4973	22	15959	71	1369	6	22519	28.9

Invalid responses include no response.

65T2) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?

(only includes students that have been diagnosed with this condition)

ADD/ADHD - Attention Deficit/Hyperactivity Disorder

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	996	40	1466	23	292	22	2803	27.2
2 Yes	1520	60	4838	77	1031	78	7520	72.8
Valid responses =	2516	24	6304	61	1323	13	10323	13.2

Invalid responses include no response.

65T3) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?

(only includes students that have been diagnosed with this condition)

Alcohol or Other Drug-Related Abuse or Addiction

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	200	55	366	57	78	50	653	55.3
2 Yes	162	45	279	43	79	50	527	44.7
Valid responses =	362	31	645	55	157	13	1180	1.5

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

## American College Health Association-National College Health Assessment (ACHA-NCHA III)

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FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

**65T4) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?**

(only includes students that have been diagnosed with this condition)

Allergies - food allergy

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	1543	76	4673	66	604	76	6897	69.1
2 Yes	490	24	2361	34	194	24	3077	30.9
Valid responses =	2033	20	7034	71	798	8	9974	12.8

Invalid responses include no response.

**65T5) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?**

(only includes students that have been diagnosed with this condition)

Allergies - animals/pets

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	2048	81	5202	71	604	78	7949	74.0
2 Yes	487	19	2099	29	169	22	2788	26.0
Valid responses =	2535	24	7301	68	773	7	10737	13.8

Invalid responses include no response.

**65T6) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?**

(only includes students that have been diagnosed with this condition)

Allergies - environmental (for example: pollen, grass, dust, mold)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	4184	78	11003	70	1177	77	16541	72.0
2 Yes	1201	22	4828	31	347	23	6431	28.0
Valid responses =	5385	23	15831	69	1524	7	22972	29.4

Invalid responses include no response.

**65T7) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?**

(only includes students that have been diagnosed with this condition)

Anxiety (for example: Generalized Anxiety, Social Anxiety, Panic Disorder, Specific Phobia)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	1268	32	4324	21	487	17	6143	22.4
2 Yes	2696	68	16015	79	2320	83	21283	77.6
Valid responses =	3964	14	20339	74	2807	10	27426	35.2

Invalid responses include no response.

**65T8) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?**

(only includes students that have been diagnosed with this condition)

Asthma

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	2203	74	4933	61	609	66	7825	64.4
2 Yes	765	26	3211	39	313	34	4329	35.6
Valid responses =	2968	24	8144	67	922	8	12154	15.6

Invalid responses include no response.

**65T9) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?**

(only includes students that have been diagnosed with this condition)

Autism Spectrum

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	324	60	258	41	206	37	819	45.7
2 Yes	215	40	370	59	348	63	972	54.3
Valid responses =	539	30	628	35	554	31	1791	2.3

Invalid responses include no response.

**65T10) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?**

(only includes students that have been diagnosed with this condition)

Bipolar and Related Conditions (for example: Bipolar I, II, Hypomanic Episode)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	114	37	349	24	87	25	565	26.1
2 Yes	193	63	1122	76	261	75	1603	73.9
Valid responses =	307	14	1471	68	348	16	2168	2.8

Invalid responses include no response.





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65T11) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?

(only includes students that have been diagnosed with this condition)

Borderline Personality Disorder (BPD), Avoidant Personality, Dependent Personality, or another personality disorder

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	56	44	223	30	80	29	367	31.3
2 Yes	70	56	530	70	195	71	807	68.7
Valid responses =	126	11	753	64	275	23	1174	1.5

Invalid responses include no response.

65T12) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?

(only includes students that have been diagnosed with this condition)

Cancer

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	61	39	159	37	14	38	238	37.7
2 Yes	95	61	271	63	23	62	393	62.3
Valid responses =	156	25	430	68	37	6	631	0.8

Invalid responses include no response.

65T13) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?

(only includes students that have been diagnosed with this condition)

Celiac disease

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	54	59	270	42	42	56	375	45.7
2 Yes	37	41	374	58	33	44	446	54.3
Valid responses =	91	11	644	78	75	9	821	1.1

Invalid responses include no response.

65T14) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?

(only includes students that have been diagnosed with this condition)

Chronic pain (for example: back or joint pain, arthritis, nerve pain)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	348	36	1205	28	228	31	1801	29.6
2 Yes	618	64	3097	72	504	69	4290	70.4
Valid responses =	966	16	4302	71	732	12	6091	7.8

Invalid responses include no response.

65T15) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?

(only includes students that have been diagnosed with this condition)

Depression (for example: Major depression, persistent depressive disorder, disruptive mood disorder)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	1101	33	3350	22	508	20	5022	23.5
2 Yes	2253	67	11801	78	2060	80	16348	76.5
Valid responses =	3354	16	15151	71	2568	12	21370	27.4

Invalid responses include no response.

65T16) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?

(only includes students that have been diagnosed with this condition)

Diabetes or pre-diabetes/insulin resistance

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	110	25	406	26	62	37	582	26.5
2 Yes	324	75	1165	74	107	63	1614	73.5
Valid responses =	434	20	1571	72	169	8	2196	2.8

Invalid responses include no response.

65T17) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?

(only includes students that have been diagnosed with this condition)

Eating Disorders (for example: Anorexia Nervosa, Bulimia Nervosa, Binge-Eating)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	158	55	1924	46	320	46	2436	46.4
2 Yes	128	45	2280	54	373	54	2815	53.6
Valid responses =	286	5	4204	80	693	13	5251	6.7

Invalid responses include no response.



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65T18) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?

(only includes students that have been diagnosed with this condition)

Endometriosis

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	22	85	491	37	58	39	579	38.5
2 Yes	4	15	822	63	90	61	923	61.5
Valid responses =	26	2	1313	87	148	10	1502	1.9

Invalid responses include no response.

65T19) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?

(only includes students that have been diagnosed with this condition)

Gambling Disorder

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	36	75	30	77	8	50	78	72.2
2 Yes	12	25	9	23	8	50	30	27.8
Valid responses =	48	44	39	36	16	15	108	0.1

Invalid responses include no response.

65T20) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?

(only includes students that have been diagnosed with this condition)

Genital herpes

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	78	63	364	55	33	58	478	55.9
2 Yes	45	37	302	45	24	42	377	44.1
Valid responses =	123	14	666	78	57	7	855	1.1

Invalid responses include no response.

65T21) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?

(only includes students that have been diagnosed with this condition)

Gastroesophageal Reflux Disease (GERD) or acid reflux

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	424	54	1441	45	201	53	2094	47.5
2 Yes	368	47	1747	55	178	47	2317	52.5
Valid responses =	792	18	3188	72	379	9	4411	5.7

Invalid responses include no response.

65T22) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?

(only includes students that have been diagnosed with this condition)

Heart & vascular disorders (for example: atrial fibrillation or other cardiac arrhythmia, mitral valve prolapse or other valvular heart disease, congenital heart condition)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	200	47	516	39	75	43	797	40.7
2 Yes	228	53	811	61	98	57	1161	59.3
Valid responses =	428	22	1327	68	173	9	1958	2.5

Invalid responses include no response.

65T23) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?

(only includes students that have been diagnosed with this condition)

Hepatitis B or C

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	41	57	68	64	7	54	118	59.9
2 Yes	31	43	39	36	6	46	79	40.1
Valid responses =	72	37	107	54	13	7	197	0.3

Invalid responses include no response.

65T24) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?

(only includes students that have been diagnosed with this condition)

High blood pressure (hypertension)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	322	34	370	29	57	39	755	31.5
2 Yes	615	66	913	71	91	62	1639	68.5
Valid responses =	937	39	1283	54	148	6	2394	3.1

Invalid responses include no response.



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65T25) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?

(only includes students that have been diagnosed with this condition)

High cholesterol (hyperlipidemia)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	249	36	596	34	56	35	909	34.6
2 Yes	437	64	1155	66	103	65	1716	65.4
Valid responses =	686	26	1751	67	159	6	2625	3.4

Invalid responses include no response.

65T26) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?

(only includes students that have been diagnosed with this condition)

HIV or AIDS

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	18	36	25	66	10	44	56	48.7
2 Yes	32	64	13	34	13	57	59	51.3
Valid responses =	50	43	38	33	23	20	115	0.1

Invalid responses include no response.

65T27) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?

(only includes students that have been diagnosed with this condition)

Human papillomavirus (HPV) or genital warts

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	102	70	640	53	31	50	781	54.6
2 Yes	43	30	572	47	31	50	649	45.4
Valid responses =	145	10	1212	85	62	4	1430	1.8

Invalid responses include no response.

65T28) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?

(only includes students that have been diagnosed with this condition)

Insomnia

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	436	48	1570	40	293	39	2331	41.4
2 Yes	468	52	2323	60	451	61	3294	58.6
Valid responses =	904	16	3893	69	744	13	5625	7.2

Invalid responses include no response.

65T29) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?

(only includes students that have been diagnosed with this condition)

Irritable bowel syndrome (spastic colon or spastic bowel)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	272	51	1385	43	182	47	1859	44.0
2 Yes	262	49	1873	58	206	53	2367	56.0
Valid responses =	534	13	3258	77	388	9	4226	5.4

Invalid responses include no response.

N3Q65T41) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?

(only includes students that have been diagnosed with this condition)

Long COVID or having a Post-COVID Condition

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	126	45	456	34	63	39.1	652	36.2
2 Yes	152	55	885	66	98	60.9	1147	63.8
Valid responses =	278	15	1341	75	161	9	1799	2.3

Invalid responses include no response.

65T30) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?

(only includes students that have been diagnosed with this condition)

Migraine headaches

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	780	61	3507	47	443	51	4786	49.1
2 Yes	493	39	3990	53	426	49	4965	50.9
Valid responses =	1273	13	7497	77	869	9	9751	12.5

Invalid responses include no response.



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65T31) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?

(only includes students that have been diagnosed with this condition)

Obsessive-Compulsive and Related Conditions (for example: OCD, Body Dysmorphia, Hoarding, Trichotillomania and other body-focused repetitive behavior disorders)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	250	45	1200	32	206	31	1680	33.2
2 Yes	311	55	2566	68	451	69	3381	66.8
Valid responses =	561	11	3766	74	657	13	5061	6.5

Invalid responses include no response.

65T32) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?

(only includes students that have been diagnosed with this condition)

Polycystic Ovarian Syndrome (PCOS)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	13	81	713	28	90	37	833	29.7
2 Yes	3	19	1796	72	154	63	1971	70.3
Valid responses =	16	1	2509	89	244	9	2804	3.6

Invalid responses include no response.

65T33) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?

(only includes students that have been diagnosed with this condition)

PTSD (Posttraumatic Stress Disorder), Adjustment Disorder, or another trauma- or stressor-related condition

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	226	34	1273	27	226	22	1757	27.0
2 Yes	444	66	3441	73	792	78	4760	73.0
Valid responses =	670	10	4714	72	1018	16	6517	8.4

Invalid responses include no response.

65T34) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?

(only includes students that have been diagnosed with this condition)

Schizophrenia and Other Psychotic Conditions (for example: Schizophrenia, Schizoaffective Disorder, Schizophreniform Disorder, Delusional Disorder)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	34	46	55	47	25	28	116	39.9
2 Yes	40	54	63	53	63	72	175	60.1
Valid responses =	74	25	118	41	88	30	291	0.4

Invalid responses include no response.

65T35) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?

(only includes students that have been diagnosed with this condition)

Sleep Apnea

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	266	44	413	48	81	58	777	47.1
2 Yes	345	57	456	53	59	42	872	52.9
Valid responses =	611	37	869	53	140	8	1649	2.1

Invalid responses include no response.

65T36) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?

(only includes students that have been diagnosed with this condition)

Thyroid condition or disorder

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	79	28	455	20	43	24	581	21.4
2 Yes	200	72	1782	80	135	76	2136	78.6
Valid responses =	279	10	2237	82	178	7	2717	3.5

Invalid responses include no response.

65T37) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?

(only includes students that have been diagnosed with this condition)

Tourette's or other neurodevelopmental condition not already listed

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	76	67	99	53	42	47	224	54.9
2 Yes	37	33	88	47	47	53	184	45.1
Valid responses =	113	28	187	46	89	22	408	0.5

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

## American College Health Association-National College Health Assessment (ACHA-NCHA III)

### Reference Group Data Report - Spring 2023

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December 21, 2023

FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

**65T38) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?**

(only includes students that have been diagnosed with this condition)

**Traumatic brain injury (TBI)**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	172	66	361	59	64	66	610	61.3
2 Yes	90	34	253	41	33	34	385	38.7
Valid responses =	262	26	614	62	97	10	995	1.3

Invalid responses include no response.

**65T39) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?**

(only includes students that have been diagnosed with this condition)

**Urinary system disorder (for example: bladder or kidney disease, urinary reflux, interstitial cystitis)**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	54	42	376	43	36	41	472	42.5
2 Yes	74	58	504	57	52	59	639	57.5
Valid responses =	128	12	880	79	88	8	1111	1.4

Invalid responses include no response.

**65T40) Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?**

(only includes students that have been diagnosed with this condition)

**Other ongoing or chronic condition not listed above**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	384	51	1187	40	198	38	1796	41.6
2 Yes	368	49	1781	60	320	62	2523	58.4
Valid responses =	752	17	2968	69	518	12	4319	5.5

Invalid responses include no response.

**65U2) In the last 12 months, what treatment(s), if any, have you used for the following conditions?**

(only includes students that have had an appointment/discussion with a healthcare/mental health professional for the condition within the last 12 months)

**ADD/ADHD - Attention Deficit/Hyperactivity Disorder**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No treatment	169	11	555	12	92	9	831	11.1
2 Medicine only	761	50	1766	37	271	26	2838	37.8
3 Therapy only	106	7	552	11	186	18	859	11.4
4 Both medicine and therapy	472	31	1927	40	474	46	2934	39.1
5 Other Treatment	10	1	31	1	6	1	47	0.6
Valid responses =	1518	20	4831	64	1029	14	7509	9.6

Invalid responses include no response.

**65U3) In the last 12 months, what treatment(s), if any, have you used for the following conditions?**

(only includes students that have had an appointment/discussion with a healthcare/mental health professional for the condition within the last 12 months)

**Alcohol or Other Drug-Related Abuse or Addiction**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No treatment	28	17	43	15	11	14	84	16.0
2 Medicine only	6	4	5	2	2	3	13	2.5
3 Therapy only	87	54	143	51	56	71	290	55.1
4 Both medicine and therapy	30	19	65	23	6	8	102	19.4
5 Other Treatment	10	6	23	8	4	5	37	7.0
Valid responses =	161	31	279	53	79	15	526	0.7

Invalid responses include no response.

**65U7) In the last 12 months, what treatment(s), if any, have you used for the following conditions?**

(only includes students that have had an appointment/discussion with a healthcare/mental health professional for the condition within the last 12 months)

**Anxiety (for example: Generalized Anxiety, Social Anxiety, Panic Disorder, Specific Phobia)**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No treatment	196	7	1041	7	101	4	1351	6.4
2 Medicine only	582	22	2973	19	315	14	3909	18.4
3 Therapy only	732	27	4280	27	589	25	5663	26.6
4 Both medicine and therapy	1159	43	7585	47	1303	56	10181	47.9
5 Other Treatment	26	1	114	1	11	1	153	0.7
Valid responses =	2695	13	15993	75	2319	11	21257	27.2

Invalid responses include no response.



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65U9) In the last 12 months, what treatment(s), if any, have you used for the following conditions?

(only includes students that have had an appointment/discussion with a healthcare/mental health professional for the condition within the last 12 months)

Autism spectrum

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No treatment	72	34	126	34	112	32	325	33.5
2 Medicine only	16	8	16	4	8	2	40	4.1
3 Therapy only	71	33	156	42	178	51	421	43.4
4 Both medicine and therapy	48	23	69	19	43	12	167	17.2
5 Other Treatment	6	3	3	1	6	2	16	1.7
Valid responses =	213	22	370	38	347	36	969	1.2

Invalid responses include no response.

65U10) In the last 12 months, what treatment(s), if any, have you used for the following conditions?

(only includes students that have had an appointment/discussion with a healthcare/mental health professional for the condition within the last 12 months)

Bipolar and Related Conditions (for example: Bipolar I, II, Hypomanic Episode)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No treatment	17	9	56	5	17	7	91	5.7
2 Medicine only	52	27	192	17	44	17	289	18.0
3 Therapy only	17	9	133	12	28	11	179	11.2
4 Both medicine and therapy	105	54	734	65	168	64	1031	64.3
5 Other Treatment	2	1	7	1	4	2	13	0.8
Valid responses =	193	12	1122	70	261	16	1603	2.1

Invalid responses include no response.

65U11) In the last 12 months, what treatment(s), if any, have you used for the following conditions?

(only includes students that have had an appointment/discussion with a healthcare/mental health professional for the condition within the last 12 months)

Borderline Personality Disorder (BPD), Avoidant Personality, Dependent Personality, or another personality disorder

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No treatment	10	14	52	10	15	8	78	9.7
2 Medicine only	8	11	50	9	9	5	68	8.4
3 Therapy only	18	26	144	27	66	34	233	28.9
4 Both medicine and therapy	31	44	281	53	102	52	419	51.9
5 Other Treatment	3	4	3	1	3	2	9	1.1
Valid responses =	70	9	530	66	195	24	807	1.0

Invalid responses include no response.

65U15) In the last 12 months, what treatment(s), if any, have you used for the following conditions?

(only includes students that have had an appointment/discussion with a healthcare/mental health professional for the condition within the last 12 months)

Depression (for example: Major depression, persistent depressive disorder, disruptive mood disorder)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No treatment	124	6	541	5	79	4	755	4.6
2 Medicine only	438	20	2033	17	286	14	2782	17.0
3 Therapy only	561	25	2667	23	463	23	3740	22.9
4 Both medicine and therapy	1110	49	6481	55	1222	59	8958	54.9
5 Other Treatment	18	1	65	1	9	0	95	0.6
Valid responses =	2251	14	11787	72	2059	13	16330	20.9

Invalid responses include no response.

65U17) In the last 12 months, what treatment(s), if any, have you used for the following conditions?

(only includes students that have had an appointment/discussion with a healthcare/mental health professional for the condition within the last 12 months)

Eating Disorders (for example: Anorexia Nervosa, Bulimia Nervosa, Binge-Eating)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No treatment	36	28	374	16	69	19	488	17.3
2 Medicine only	8	6	64	3	12	3	84	3.0
3 Therapy only	61	48	1307	57	216	58	1602	56.9
4 Both medicine and therapy	20	16	483	21	61	16	570	20.3
5 Other Treatment	3	2	52	2	14	4	70	2.5
Valid responses =	128	5	2280	81	372	13	2814	3.6

Invalid responses include no response.



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65U19) In the last 12 months, what treatment(s), if any, have you used for the following conditions?

(only includes students that have had an appointment/discussion with a healthcare/mental health professional for the condition within the last 12 months)  
Gambling Disorder

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No treatment	5	42	1	11	0	0	7	23.3
2 Medicine only	0	0	0	0	1	13	1	3.3
3 Therapy only	4	33	3	33	3	38	10	33.3
4 Both medicine and therapy	3	25	3	33	2	25	8	26.7
5 Other Treatment	0	0	2	22	2	25	4	13.3
Valid responses =	12	40	9	30	8	27	30	0.0

Invalid responses include no response.

65U28) In the last 12 months, what treatment(s), if any, have you used for the following conditions?

(only includes students that have had an appointment/discussion with a healthcare/mental health professional for the condition within the last 12 months)  
Insomnia

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No treatment	77	17	433	19	77	17	603	18.4
2 Medicine only	183	39	803	35	161	36	1162	35.4
3 Therapy only	66	14	299	13	61	14	433	13.2
4 Both medicine and therapy	129	28	735	32	138	31	1014	30.9
5 Other Treatment	12	3	44	2	11	3	68	2.1
Valid responses =	467	14	2314	71	448	14	3280	4.2

Invalid responses include no response.

65U31) In the last 12 months, what treatment(s), if any, have you used for the following conditions?

(only includes students that have had an appointment/discussion with a healthcare/mental health professional for the condition within the last 12 months)  
Obsessive-Compulsive and Related Conditions (for example: OCD, Body Dysmorphia, Hoarding, Trichotillomania and other body-focused repetitive behavior disorders)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No treatment	34	11	232	9	47	10	318	9.4
2 Medicine only	65	21	308	12	32	7	408	12.1
3 Therapy only	93	30	807	32	153	34	1075	31.9
4 Both medicine and therapy	118	38	1196	47	214	48	1551	46.0
5 Other Treatment	0	0	17	1	4	1	21	0.6
Valid responses =	310	9	2560	76	450	13	3373	4.3

Invalid responses include no response.

65U33) In the last 12 months, what treatment(s), if any, have you used for the following conditions?

(only includes students that have had an appointment/discussion with a healthcare/mental health professional for the condition within the last 12 months)  
PTSD (Posttraumatic Stress Disorder), Acute Stress Disorder, Adjustment Disorder, or another trauma- or stressor- related condition

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No treatment	39	9	208	6	43	5	294	6.2
2 Medicine only	27	6	183	5	36	5	249	5.2
3 Therapy only	200	45	1577	46	340	43	2151	45.3
4 Both medicine and therapy	172	39	1428	42	363	46	2003	42.2
5 Other Treatment	5	1	40	1	8	1	55	1.2
Valid responses =	443	9	3436	72	790	17	4752	6.1

Invalid responses include no response.

65U34) In the last 12 months, what treatment(s), if any, have you used for the following conditions?

(only includes students that have had an appointment/discussion with a healthcare/mental health professional for the condition within the last 12 months)  
Schizophrenia and Other Psychotic Conditions (for example: Schizophrenia, Schizoaffective Disorder, Schizophreniform Disorder, Delusional Disorder)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No treatment	4	10	7	11	2	3	15	8.6
2 Medicine only	3	8	11	18	12	19	26	14.9
3 Therapy only	7	18	5	8	9	14	22	12.6
4 Both medicine and therapy	26	65	38	60	37	59	107	61.1
5 Other Treatment	0	0	2	3	3	5	5	2.9
Valid responses =	40	23	63	36	63	36	175	0.2

Invalid responses include no response.





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65U37) In the last 12 months, what treatment(s), if any, have you used for the following conditions?

(only includes students that have had an appointment/discussion with a healthcare/mental health professional for the condition within the last 12 months)

Tourette's or other neurodevelopmental condition not already listed

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No treatment	14	38	22	25	15	33	54	29.5
2 Medicine only	12	32	26	30	11	24	53	29.0
3 Therapy only	2	5	15	17	11	24	32	17.5
4 Both medicine and therapy	8	22	21	24	6	13	36	19.7
5 Other Treatment	1	3	4	5	3	7	8	4.4
Valid responses =	37	20	88	48	46	25	183	0.2

Invalid responses include no response.

65U38) In the last 12 months, what treatment(s), if any, have you used for the following conditions?

(only includes students that have had an appointment/discussion with a healthcare/mental health professional for the condition within the last 12 months)

Traumatic brain injury (TBI)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No treatment	36	40	74	29	5	15	118	30.6
2 Medicine only	12	13	37	15	6	18	56	14.5
3 Therapy only	13	14	36	14	5	15	57	14.8
4 Both medicine and therapy	21	23	83	33	11	33	116	30.1
5 Other Treatment	8	9	23	9	6	18	38	9.9
Valid responses =	90	23	253	66	33	9	385	0.5

Invalid responses include no response.

65W1) Have you received treatment for the following condition(s) by a healthcare or mental health professional within the last 12 months?

(only includes students that have had an appointment/discussion with a healthcare/mental health professional for the condition within the last 12 months)

Acne

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	168	12	858	12	66	16	1105	12.1
2 Yes	1279	88	6366	88	346	84	8057	87.9
Valid responses =	1447	16	7224	79	412	4	9162	11.7

Invalid responses include no response.

65W4) Have you received treatment for the following condition(s) by a healthcare or mental health professional within the last 12 months?

(only includes students that have had an appointment/discussion with a healthcare/mental health professional for the condition within the last 12 months)

Allergies - food allergy

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	226	47	924	40	82	43	1247	41.0
2 Yes	255	53	1409	60	110	57	1791	59.0
Valid responses =	481	16	2333	77	192	6	3038	3.9

Invalid responses include no response.

65W5) Have you received treatment for the following condition(s) by a healthcare or mental health professional within the last 12 months?

(only includes students that have had an appointment/discussion with a healthcare/mental health professional for the condition within the last 12 months)

Allergies - animals/pets

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	160	33	602	29	60	36	836	30.4
2 Yes	320	67	1467	71	108	64	1914	69.6
Valid responses =	480	17	2069	75	168	6	2750	3.5

Invalid responses include no response.

65W6) Have you received treatment for the following condition(s) by a healthcare or mental health professional within the last 12 months?

(only includes students that have had an appointment/discussion with a healthcare/mental health professional for the condition within the last 12 months)

Allergies - environmental (for example: pollen, grass, dust, mold)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	353	30	1259	26	114	33	1745	27.5
2 Yes	827	70	3505	74	230	67	4598	72.5
Valid responses =	1180	19	4764	75	344	5	6343	8.1

Invalid responses include no response.



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65W8) Have you received treatment for the following condition(s) by a healthcare or mental health professional within the last 12 months?

(only includes students that have had an appointment/discussion with a healthcare/mental health professional for the condition within the last 12 months)

Asthma

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	139	18	459	15	44	14	651	15.2
2 Yes	616	82	2717	86	267	86	3630	84.8
Valid responses =	755	18	3176	74	311	7	4281	5.5

Invalid responses include no response.

65W12) Have you received treatment for the following condition(s) by a healthcare or mental health professional within the last 12 months?

(only includes students that have had an appointment/discussion with a healthcare/mental health professional for the condition within the last 12 months)

Cancer

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	47	50	95	35	6	27	151	38.6
2 Yes	48	51	175	65	16	73	240	61.4
Valid responses =	95	24	270	69	22	6	391	0.5

Invalid responses include no response.

65W13) Have you received treatment for the following condition(s) by a healthcare or mental health professional within the last 12 months?

(only includes students that have had an appointment/discussion with a healthcare/mental health professional for the condition within the last 12 months)

Celiac disease

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20	54	148	40	15	46	184	41.6
2 Yes	17	46	223	60	18	55	258	58.4
Valid responses =	37	8	371	84	33	7	442	0.6

Invalid responses include no response.

65W14) Have you received treatment for the following condition(s) by a healthcare or mental health professional within the last 12 months?

(only includes students that have had an appointment/discussion with a healthcare/mental health professional for the condition within the last 12 months)

Chronic pain (for example: back or joint pain, arthritis, nerve pain)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	122	20	558	18	117	23	811	19.0
2 Yes	491	80	2524	82	386	77	3458	81.0
Valid responses =	613	14	3082	72	503	12	4269	5.5

Invalid responses include no response.

65W16) Have you received treatment for the following condition(s) by a healthcare or mental health professional within the last 12 months?

(only includes students that have had an appointment/discussion with a healthcare/mental health professional for the condition within the last 12 months)

Diabetes or pre-diabetes/insulin resistance

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	73	23	236	20	30	28	341	21.2
2 Yes	251	78	925	80	77	72	1269	78.8
Valid responses =	324	20	1161	72	107	7	1610	2.1

Invalid responses include no response.

65W18) Have you received treatment for the following condition(s) by a healthcare or mental health professional within the last 12 months?

(only includes students that have had an appointment/discussion with a healthcare/mental health professional for the condition within the last 12 months)

Endometriosis

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	0	0	192	24	22	25	216	23.5
2 Yes	4	100	626	77	67	75	702	76.5
Valid responses =	4	0	818	89	89	10	918	1.2

Invalid responses include no response.

65W20) Have you received treatment for the following condition(s) by a healthcare or mental health professional within the last 12 months?

(only includes students that have had an appointment/discussion with a healthcare/mental health professional for the condition within the last 12 months)

Genital herpes

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	14	31	38	13	3	13	57	15.2
2 Yes	31	69	261	87	21	88	317	84.8
Valid responses =	45	12	299	80	24	6	374	0.5

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

## American College Health Association-National College Health Assessment (ACHA-NCHA III)

### Reference Group Data Report - Spring 2023

American College Health Association  
8455 Colesville Road, Suite 740  
Silver Spring, MD 20910  
(410) 859-1500  
[www.acha.org](http://www.acha.org)

December 21, 2023

FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

65W21) Have you received treatment for the following condition(s) by a healthcare or mental health professional within the last 12 months?

(only includes students that have had an appointment/discussion with a healthcare/mental health professional for the condition within the last 12 months)

Gastroesophageal Reflux Disease (GERD) or acid reflux

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	52	14	252	15	38	22	350	15.2
2 Yes	313	86	1488	86	138	78	1955	84.8
Valid responses =	365	16	1740	75	176	8	2305	3.0

Invalid responses include no response.

65W22) Have you received treatment for the following condition(s) by a healthcare or mental health professional within the last 12 months?

(only includes students that have had an appointment/discussion with a healthcare/mental health professional for the condition within the last 12 months)

Heart & vascular disorders (for example: atrial fibrillation or other cardiac arrhythmia, mitral valve prolapse or other valvular heart disease, congenital heart condition)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	95	42	282	35	23	24	409	35.4
2 Yes	131	58	524	65	75	77	745	64.6
Valid responses =	226	20	806	70	98	8	1154	1.5

Invalid responses include no response.

65W23) Have you received treatment for the following condition(s) by a healthcare or mental health professional within the last 12 months?

(only includes students that have had an appointment/discussion with a healthcare/mental health professional for the condition within the last 12 months)

Hepatitis B or C

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	15	48	7	18	1	17	26	32.9
2 Yes	16	52	32	82	5	83	53	67.1
Valid responses =	31	39	39	49	6	8	79	0.1

Invalid responses include no response.

65W24) Have you received treatment for the following condition(s) by a healthcare or mental health professional within the last 12 months?

(only includes students that have had an appointment/discussion with a healthcare/mental health professional for the condition within the last 12 months)

High blood pressure (hypertension)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	137	22	179	20	28	31	352	21.6
2 Yes	474	78	727	80	63	69	1276	78.4
Valid responses =	611	38	906	56	91	6	1628	2.1

Invalid responses include no response.

65W25) Have you received treatment for the following condition(s) by a healthcare or mental health professional within the last 12 months?

(only includes students that have had an appointment/discussion with a healthcare/mental health professional for the condition within the last 12 months)

High cholesterol (hyperlipidemia)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	146	34	564	49	37	36	758	44.6
2 Yes	289	66	581	51	65	64	943	55.4
Valid responses =	435	26	1145	67	102	6	1701	2.2

Invalid responses include no response.

65W26) Have you received treatment for the following condition(s) by a healthcare or mental health professional within the last 12 months?

(only includes students that have had an appointment/discussion with a healthcare/mental health professional for the condition within the last 12 months)

HIV or AIDS

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	3	9	2	15	1	8	7	12.1
2 Yes	29	91	11	85	11	92	51	87.9
Valid responses =	32	55	13	22	12	21	58	0.1

Invalid responses include no response.

65W27) Have you received treatment for the following condition(s) by a healthcare or mental health professional within the last 12 months?

(only includes students that have had an appointment/discussion with a healthcare/mental health professional for the condition within the last 12 months)

Human papillomavirus (HPV) or genital warts

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	6	14	258	46	11	36	276	42.9
2 Yes	37	86	308	54	20	65	367	57.1
Valid responses =	43	7	566	88	31	5	643	0.8

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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Number of Surveys (n) = 78024 Web Surveys

**65W29) Have you received treatment for the following condition(s) by a healthcare or mental health professional within the last 12 months?**

**(only includes students that have had an appointment/discussion with a healthcare/mental health professional for the condition within the last 12 months)**  
Irritable bowel syndrome (spastic colon or spastic bowel)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	53	20	521	28	64	31	643	27.2
2 Yes	207	80	1347	72	142	69	1717	72.8
Valid responses =	260	11	1868	79	206	9	2360	3.0

Invalid responses include no response.

**65W30) Have you received treatment for the following condition(s) by a healthcare or mental health professional within the last 12 months?**

**(only includes students that have had an appointment/discussion with a healthcare/mental health professional for the condition within the last 12 months)**  
Migraine headaches

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	137	28	862	22	101	24	1117	22.6
2 Yes	353	72	3100	78	324	76	3816	77.4
Valid responses =	490	10	3962	80	425	9	4933	6.3

Invalid responses include no response.

**65W32) Have you received treatment for the following condition(s) by a healthcare or mental health professional within the last 12 months?**

**(only includes students that have had an appointment/discussion with a healthcare/mental health professional for the condition within the last 12 months)**  
Polycystic Ovarian Syndrome (PCOS)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	2	67	378	21	35	23	418	21.3
2 Yes	1	33	1408	79	117	77	1541	78.7
Valid responses =	3	0	1786	91	152	8	1959	2.5

Invalid responses include no response.

**65W35) Have you received treatment for the following condition(s) by a healthcare or mental health professional within the last 12 months?**

**(only includes students that have had an appointment/discussion with a healthcare/mental health professional for the condition within the last 12 months)**  
Sleep Apnea

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	75	22	129	29	12	20	220	25.4
2 Yes	268	78	324	72	47	80	647	74.6
Valid responses =	343	40	453	52	59	7	867	1.1

Invalid responses include no response.

**65W36) Have you received treatment for the following condition(s) by a healthcare or mental health professional within the last 12 months?**

**(only includes students that have had an appointment/discussion with a healthcare/mental health professional for the condition within the last 12 months)**  
Thyroid condition or disorder

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	30	15	285	16	20	15	341	16.1
2 Yes	170	85	1481	84	114	85	1778	83.9
Valid responses =	200	9	1766	83	134	6	2119	2.7

Invalid responses include no response.

**65W39) Have you received treatment for the following condition(s) by a healthcare or mental health professional within the last 12 months?**

**(only includes students that have had an appointment/discussion with a healthcare/mental health professional for the condition within the last 12 months)**  
Urinary system disorder (for example: bladder or kidney disease, urinary reflux, interstitial cystitis)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	15	21	60	12	11	21	88	13.9
2 Yes	58	80	441	88	41	79	547	86.1
Valid responses =	73	11	501	79	52	8	635	0.8

Invalid responses include no response.

**65X1) Did a healthcare or mental health professional tell you that you do not need treatment, or that you can stop treatment, for the following conditions?**

**(only includes students that have had an appointment/discussion, but have not received treatment for the condition within the last 12 months)**  
Acne

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	90	57	453	56	40	64	592	56.9
2 Yes	68	43	356	44	23	37	449	43.1
Valid responses =	158	15	809	78	63	6	1041	1.3

Invalid responses include no response.



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**65X2) Did a healthcare or mental health professional tell you that you do not need treatment, or that you can stop treatment, for the following conditions?**  
(only includes students that have had an appointment/discussion, but have not received treatment for the condition within the last 12 months)  
**ADD/ADHD - Attention Deficit/Hyperactivity Disorder**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	103	62	371	68	79	87	564	69.0
2 Yes	62	38	176	32	12	13	253	31.0
Valid responses =	165	20	547	67	91	11	817	1.0

Invalid responses include no response.

**65X3) Did a healthcare or mental health professional tell you that you do not need treatment, or that you can stop treatment, for the following conditions?**  
(only includes students that have had an appointment/discussion, but have not received treatment for the condition within the last 12 months)  
**Alcohol or Other Drug-Related Abuse or Addiction**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	23	82	32	76	3	27	59	72.0
2 Yes	5	18	10	24	8	73	23	28.0
Valid responses =	28	34	42	51	11	13	82	0.1

Invalid responses include no response.

**65X4) Did a healthcare or mental health professional tell you that you do not need treatment, or that you can stop treatment, for the following conditions?**  
(only includes students that have had an appointment/discussion, but have not received treatment for the condition within the last 12 months)  
**Allergies - food allergy**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	116	55	503	58	44	56	673	57.1
2 Yes	96	45	371	42	34	44	505	42.9
Valid responses =	212	18	874	74	78	7	1178	1.5

Invalid responses include no response.

**65X5) Did a healthcare or mental health professional tell you that you do not need treatment, or that you can stop treatment, for the following conditions?**  
(only includes students that have had an appointment/discussion, but have not received treatment for the condition within the last 12 months)  
**Allergies - animals/pets**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	95	61	337	59	35	64	474	59.8
2 Yes	61	39	232	41	20	36	319	40.2
Valid responses =	156	20	569	72	55	7	793	1.0

Invalid responses include no response.

**65X6) Did a healthcare or mental health professional tell you that you do not need treatment, or that you can stop treatment, for the following conditions?**  
(only includes students that have had an appointment/discussion, but have not received treatment for the condition within the last 12 months)  
**Allergies - environmental (for example: pollen, grass, dust, mold)**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	194	59	695	59	61	58	962	58.9
2 Yes	137	41	482	41	45	43	670	41.1
Valid responses =	331	20	1177	72	106	6	1632	2.1

Invalid responses include no response.

**65X7) Did a healthcare or mental health professional tell you that you do not need treatment, or that you can stop treatment, for the following conditions?**  
(only includes students that have had an appointment/discussion, but have not received treatment for the condition within the last 12 months)  
**Anxiety (for example: Generalized Anxiety, Social Anxiety, Panic Disorder, Specific Phobia)**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	132	68	709	69	78	78	926	69.5
2 Yes	61	32	319	31	22	22	406	30.5
Valid responses =	193	14	1028	77	100	8	1332	1.7

Invalid responses include no response.

**65X8) Did a healthcare or mental health professional tell you that you do not need treatment, or that you can stop treatment, for the following conditions?**  
(only includes students that have had an appointment/discussion, but have not received treatment for the condition within the last 12 months)  
**Asthma**

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	76	56	256	58	22	54	360	57.5
2 Yes	59	44	186	42	19	46	266	42.5
Valid responses =	135	22	442	71	41	7	626	0.8

Invalid responses include no response.



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65X9) Did a healthcare or mental health professional tell you that you do not need treatment, or that you can stop treatment, for the following conditions?

(only includes students that have had an appointment/discussion, but have not received treatment for the condition within the last 12 months)

Autism spectrum

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	10	63	42	75	15	88	67	75.3
2 Yes	6	38	14	25	2	12	22	24.7
Valid responses =	16	18	56	63	17	19	89	0.1

Invalid responses include no response.

65X10) Did a healthcare or mental health professional tell you that you do not need treatment, or that you can stop treatment, for the following conditions?

(only includes students that have had an appointment/discussion, but have not received treatment for the condition within the last 12 months)

Bipolar and Related Conditions (for example: Bipolar I, II, Hypomanic Episode)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	10	59	36	64	11	65	57	63.3
2 Yes	7	41	20	36	6	35	33	36.7
Valid responses =	17	19	56	62	17	19	90	0.1

Invalid responses include no response.

65X11) Did a healthcare or mental health professional tell you that you do not need treatment, or that you can stop treatment, for the following conditions?

(only includes students that have had an appointment/discussion, but have not received treatment for the condition within the last 12 months)

Borderline Personality Disorder (BPD), Avoidant Personality, Dependent Personality, or another personality disorder

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	5	50	41	79	13	87	59	76.6
2 Yes	5	50	11	21	2	13	18	23.4
Valid responses =	10	13	52	68	15	19	77	0.1

Invalid responses include no response.

65X12) Did a healthcare or mental health professional tell you that you do not need treatment, or that you can stop treatment, for the following conditions?

(only includes students that have had an appointment/discussion, but have not received treatment for the condition within the last 12 months)

Cancer

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	7	15	15	17	0	0	24	16.6
2 Yes	39	85	76	84	6	100	121	83.4
Valid responses =	46	32	91	63	6	4	145	0.2

Invalid responses include no response.

65X13) Did a healthcare or mental health professional tell you that you do not need treatment, or that you can stop treatment, for the following conditions?

(only includes students that have had an appointment/discussion, but have not received treatment for the condition within the last 12 months)

Celiac disease

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	10	56	88	63	9	69	107	62.9
2 Yes	8	44	51	37	4	31	63	37.1
Valid responses =	18	11	139	82	13	8	170	0.2

Invalid responses include no response.

65X14) Did a healthcare or mental health professional tell you that you do not need treatment, or that you can stop treatment, for the following conditions?

(only includes students that have had an appointment/discussion, but have not received treatment for the condition within the last 12 months)

Chronic pain (for example: back or joint pain, arthritis, nerve pain)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	91	78	366	71	86	80	550	73.1
2 Yes	26	22	151	29	22	20	202	26.9
Valid responses =	117	16	517	69	108	14	752	1.0

Invalid responses include no response.

65X15) Did a healthcare or mental health professional tell you that you do not need treatment, or that you can stop treatment, for the following conditions?

(only includes students that have had an appointment/discussion, but have not received treatment for the condition within the last 12 months)

Depression (for example: Major depression, persistent depressive disorder, disruptive mood disorder)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	85	70	378	71	63	81	532	71.5
2 Yes	37	30	156	29	15	19	212	28.5
Valid responses =	122	16	534	72	78	10	744	1.0

Invalid responses include no response.



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65X16) Did a healthcare or mental health professional tell you that you do not need treatment, or that you can stop treatment, for the following conditions?

(only includes students that have had an appointment/discussion, but have not received treatment for the condition within the last 12 months)

Diabetes or pre-diabetes/insulin resistance

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	24	37	108	48	13	48	146	46.2
2 Yes	41	63	115	52	14	52	170	53.8
Valid responses =	65	21	223	71	27	9	316	0.4

Invalid responses include no response.

65X17) Did a healthcare or mental health professional tell you that you do not need treatment, or that you can stop treatment, for the following conditions?

(only includes students that have had an appointment/discussion, but have not received treatment for the condition within the last 12 months)

Eating Disorders (for example: Anorexia Nervosa, Bulimia Nervosa, Binge-Eating)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	26	74	280	76	47	68	358	74.4
2 Yes	9	26	89	24	22	32	123	25.6
Valid responses =	35	7	369	77	69	14	481	0.6

Invalid responses include no response.

65X18) Did a healthcare or mental health professional tell you that you do not need treatment, or that you can stop treatment, for the following conditions?

(only includes students that have had an appointment/discussion, but have not received treatment for the condition within the last 12 months)

Endometriosis

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	0	0	122	66	17	81	140	67.6
2 Yes	0	0	63	34	4	19	67	32.4
Valid responses =	0	0	185	89	21	10	207	0.3

Invalid responses include no response.

65X19) Did a healthcare or mental health professional tell you that you do not need treatment, or that you can stop treatment, for the following conditions?

(only includes students that have had an appointment/discussion, but have not received treatment for the condition within the last 12 months)

Gambling Disorder

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	3	60	1	100	0	0	4	66.7
2 Yes	2	40	0	0	0	0	2	33.3
Valid responses =	5	83	1	17	0	0	6	0.0

Invalid responses include no response.

65X20) Did a healthcare or mental health professional tell you that you do not need treatment, or that you can stop treatment, for the following conditions?

(only includes students that have had an appointment/discussion, but have not received treatment for the condition within the last 12 months)

Genital herpes

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	6	46	11	29	1	33	18	32.7
2 Yes	7	54	27	71	2	67	37	67.3
Valid responses =	13	24	38	69	3	5	55	0.1

Invalid responses include no response.

65X21) Did a healthcare or mental health professional tell you that you do not need treatment, or that you can stop treatment, for the following conditions?

(only includes students that have had an appointment/discussion, but have not received treatment for the condition within the last 12 months)

Gastroesophageal Reflux Disease (GERD) or acid reflux

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	24	49	164	69	24	69	216	65.5
2 Yes	25	51	75	31	11	31	114	34.5
Valid responses =	49	15	239	72	35	11	330	0.4

Invalid responses include no response.

65X22) Did a healthcare or mental health professional tell you that you do not need treatment, or that you can stop treatment, for the following conditions?

(only includes students that have had an appointment/discussion, but have not received treatment for the condition within the last 12 months)

Heart & vascular disorders (for example: atrial fibrillation or other cardiac arrhythmia, mitral valve prolapse or other valvular heart disease, congenital heart condition)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	33	38	97	36	7	33	141	36.5
2 Yes	55	63	172	64	14	67	245	63.5
Valid responses =	88	23	269	70	21	5	386	0.5

Invalid responses include no response.





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FREQUENCY REPORT

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65X23) Did a healthcare or mental health professional tell you that you do not need treatment, or that you can stop treatment, for the following conditions?

(only includes students that have had an appointment/discussion, but have not received treatment for the condition within the last 12 months)

Hepatitis B or C

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	3	20	3	43	1	100	8	32.0
2 Yes	12	80	4	57	0	0	17	68.0
Valid responses =	15	60	7	28	1	4	25	0.0

Invalid responses include no response.

65X24) Did a healthcare or mental health professional tell you that you do not need treatment, or that you can stop treatment, for the following conditions?

(only includes students that have had an appointment/discussion, but have not received treatment for the condition within the last 12 months)

High blood pressure (hypertension)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	58	45	84	50	15	58	162	49.1
2 Yes	72	55	84	50	11	42	168	50.9
Valid responses =	130	39	168	51	26	8	330	0.4

Invalid responses include no response.

65X25) Did a healthcare or mental health professional tell you that you do not need treatment, or that you can stop treatment, for the following conditions?

(only includes students that have had an appointment/discussion, but have not received treatment for the condition within the last 12 months)

High cholesterol (hyperlipidemia)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	50	37	230	43	16	46	303	42.7
2 Yes	84	63	302	57	19	54	407	57.3
Valid responses =	134	19	532	75	35	5	710	0.9

Invalid responses include no response.

65X26) Did a healthcare or mental health professional tell you that you do not need treatment, or that you can stop treatment, for the following conditions?

or that you can stop treatment, for the following conditions?

(only includes students that have had an appointment/discussion, but have not received treatment for the condition within the last 12 months)

HIV or AIDS

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	0	0	1	50	1	100	2	33.3
2 Yes	3	100	1	50	0	0	4	66.7
Valid responses =	3	50	2	33	1	17	6	0.0

Invalid responses include no response.

65X27) Did a healthcare or mental health professional tell you that you do not need treatment, or that you can stop treatment, for the following conditions?

or that you can stop treatment, for the following conditions?

(only includes students that have had an appointment/discussion, but have not received treatment for the condition within the last 12 months)

Human papillomavirus (HPV) or genital warts

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	3	50	54	22	2	18	59	22.6
2 Yes	3	50	190	78	9	82	202	77.4
Valid responses =	6	2	244	93	11	4	261	0.3

Invalid responses include no response.

65X28) Did a healthcare or mental health professional tell you that you do not need treatment, or that you can stop treatment, for the following conditions?

(only includes students that have had an appointment/discussion, but have not received treatment for the condition within the last 12 months)

Insomnia

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	50	67	315	73	63	83	440	73.9
2 Yes	25	33	114	27	13	17	155	26.1
Valid responses =	75	13	429	72	76	13	595	0.8

Invalid responses include no response.

65X29) Did a healthcare or mental health professional tell you that you do not need treatment, or that you can stop treatment, for the following conditions?

(only includes students that have had an appointment/discussion, but have not received treatment for the condition within the last 12 months)

Irritable bowel syndrome (spastic colon or spastic bowel)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	25	52	316	63	43	74	387	63.7
2 Yes	23	48	183	37	15	26	221	36.3
Valid responses =	48	8	499	82	58	10	608	0.8

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

## American College Health Association-National College Health Assessment (ACHA-NCHA III)

### Reference Group Data Report - Spring 2023

American College Health Association

8455 Colesville Road, Suite 740

Silver Spring, MD 20910

(410) 859-1500

[www.acha.org](http://www.acha.org)

December 21, 2023

FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

**65X30) Did a healthcare or mental health professional tell you that you do not need treatment, or that you can stop treatment, for the following conditions?**

(only includes students that have had an appointment/discussion, but have not received treatment for the condition within the last 12 months)

Migraine headaches

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	83	62	543	67	72	74	709	67.0
2 Yes	50	38	269	33	25	26	349	33.0
Valid responses =	133	13	812	77	97	9	1058	1.4

Invalid responses include no response.

**65X31) Did a healthcare or mental health professional tell you that you do not need treatment, or that you can stop treatment, for the following conditions?**

(only includes students that have had an appointment/discussion, but have not received treatment for the condition within the last 12 months)

Obsessive-Compulsive and Related Conditions (for example: OCD, Body Dysmorphia, Hoarding, Trichotillomania and other body-focused repetitive behavior disorders)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	17	52	174	75	38	83	233	74.2
2 Yes	16	49	57	25	8	17	81	25.8
Valid responses =	33	11	231	74	46	15	314	0.4

Invalid responses include no response.

**65X32) Did a healthcare or mental health professional tell you that you do not need treatment, or that you can stop treatment, for the following conditions?**

(only includes students that have had an appointment/discussion, but have not received treatment for the condition within the last 12 months)

Polycystic Ovarian Syndrome (PCOS)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	2	100	209	59	19	61	232	59.9
2 Yes	0	0	143	41	12	39	155	40.1
Valid responses =	2	1	352	91	31	8	387	0.5

Invalid responses include no response.

**65X33) Did a healthcare or mental health professional tell you that you do not need treatment, or that you can stop treatment, for the following conditions?**

(only includes students that have had an appointment/discussion, but have not received treatment for the condition within the last 12 months)

PTSD (Posttraumatic Stress Disorder), Acute Stress Disorder, Adjustment Disorder, or another trauma- or stressor-related condition

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	29	78	146	71	33	79	211	73.0
2 Yes	8	22	61	30	9	21	78	27.0
Valid responses =	37	13	207	72	42	15	289	0.4

Invalid responses include no response.

**65X34) Did a healthcare or mental health professional tell you that you do not need treatment, or that you can stop treatment, for the following conditions?**

(only includes students that have had an appointment/discussion, but have not received treatment for the condition within the last 12 months)

Schizophrenia and Other Psychotic Conditions (for example: Schizophrenia, Schizoaffective Disorder, Schizophreniform Disorder, Delusional Disorder)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	2	50	6	86	2	100	11	78.6
2 Yes	2	50	1	14	0	0	3	21.4
Valid responses =	4	29	7	50	2	14	14	0.0

Invalid responses include no response.

**65X35) Did a healthcare or mental health professional tell you that you do not need treatment, or that you can stop treatment, for the following conditions?**

(only includes students that have had an appointment/discussion, but have not received treatment for the condition within the last 12 months)

Sleep Apnea

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	55	74	84	68	10	83	152	71.4
2 Yes	19	26	40	32	2	17	61	28.6
Valid responses =	74	35	124	58	12	6	213	0.3

Invalid responses include no response.

**65X36) Did a healthcare or mental health professional tell you that you do not need treatment, or that you can stop treatment, for the following conditions?**

(only includes students that have had an appointment/discussion, but have not received treatment for the condition within the last 12 months)

Thyroid condition or disorder

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	10	36	99	39	5	28	116	37.7
2 Yes	18	64	158	62	13	72	192	62.3
Valid responses =	28	9	257	83	18	6	308	0.4

Invalid responses include no response.



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FREQUENCY REPORT

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#### 65X37) Did a healthcare or mental health professional tell you that you do not need treatment, or that you can stop treatment, for the following conditions?

(only includes students that have had an appointment/discussion, but have not received treatment for the condition within the last 12 months)

Tourette's or other neurodevelopmental condition not already listed

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	8	62	14	64	8	53	32	61.5
2 Yes	5	39	8	36	7	47	20	38.5
Valid responses =	13	25	22	42	15	29	52	0.1

Invalid responses include no response.

#### 65X38) Did a healthcare or mental health professional tell you that you do not need treatment, or that you can stop treatment, for the following conditions?

(only includes students that have had an appointment/discussion, but have not received treatment for the condition within the last 12 months)

Traumatic brain injury (TBI)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	21	58	30	42	1	20	53	46.5
2 Yes	15	42	41	58	4	80	61	53.5
Valid responses =	36	32	71	62	5	4	114	0.1

Invalid responses include no response.

#### 65X39) Did a healthcare or mental health professional tell you that you do not need treatment, or that you can stop treatment, for the following conditions?

(only includes students that have had an appointment/discussion, but have not received treatment for the condition within the last 12 months)

Urinary system disorder (for example: bladder or kidney disease, urinary reflux, interstitial cystitis)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	5	36	26	46	7	70	38	46.3
2 Yes	9	64	31	54	3	30	44	53.7
Valid responses =	14	17	57	70	10	12	82	0.1

Invalid responses include no response.

#### 65Y) Within the last 12 months, to what extent did your ongoing or chronic condition(s) negatively affect your academic performance?

(only includes students with an ongoing or chronic condition)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not affect academic performance	9630	70	23473	59	1433	36	34801	59.9
2 Negatively impacted performance in a class	3269	24	13788	35	1998	50	19295	33.2
3 Delayed progress towards degree	818	6	2569	6	531	13	3991	6.9
Valid responses =	13717	24	39830	69	3962	7	58087	74.4

Invalid responses include no response.

#### 66A) Within the last 12 months, have any of the following affected your academic performance?

Assault (physical)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not experience this issue	20478	97	48807	97	4230	94	74170	96.7
2 Did not affect academic performance	492	2	1177	2	178	4	1870	2.4
3 Negatively impacted performance in a class	67	0	383	1	51	1	506	0.7
4 Delayed progress towards degree	20	0	107	0	23	1	157	0.2
Valid responses =	21057	27	50474	66	4482	6	76703	98.3

Invalid responses include no response.

#### 66B) Within the last 12 months, have any of the following affected your academic performance?

Assault (sexual)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not experience this issue	20519	98	46105	92	3905	87	71153	93.1
2 Did not affect academic performance	366	2	2796	6	316	7	3512	4.6
3 Negatively impacted performance in a class	78	0	1143	2	185	4	1425	1.9
4 Delayed progress towards degree	15	0	271	1	71	2	365	0.5
Valid responses =	20978	27	50315	66	4477	6	76455	98.0

Invalid responses include no response.

#### 66C) Within the last 12 months, have any of the following affected your academic performance?

Allergies

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not experience this issue	14539	70	31409	63	2660	59	49024	64.2
2 Did not affect academic performance	5805	28	16978	34	1611	36	24636	32.3
3 Negatively impacted performance in a class	544	3	1708	3	180	4	2458	3.2
4 Delayed progress towards degree	45	0	131	0	26	1	205	0.3
Valid responses =	20933	27	50226	66	4477	6	76323	97.8

Invalid responses include no response.



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FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### 66D) Within the last 12 months, have any of the following affected your academic performance?

##### Anxiety

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not experience this issue	10090	48	13537	27	596	13	24427	32.1
2 Did not affect academic performance	6000	29	17706	35	1375	31	25272	33.2
3 Negatively impacted performance in a class	4185	20	16639	33	2137	48	23210	30.5
4 Delayed progress towards degree	654	3	2248	5	352	8	3296	4.3
Valid responses =	20929	27	50130	66	4460	6	76205	97.7

Invalid responses include no response.

#### 66E) Within the last 12 months, have any of the following affected your academic performance?

##### Attention-Deficit/Hyperactivity Disorder (ADHD) or Attention-Deficit Disorder (ADD)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not experience this issue	17708	84	41253	82	2666	60	62095	81.2
2 Did not affect academic performance	1173	6	2915	6	409	9	4546	5.9
3 Negatively impacted performance in a class	1724	8	5227	10	1120	25	8203	10.7
4 Delayed progress towards degree	404	2	949	2	277	6	1664	2.2
Valid responses =	21009	27	50344	66	4472	6	76508	98.1

Invalid responses include no response.

#### 66F) Within the last 12 months, have any of the following affected your academic performance?

##### Concussion or Traumatic Brain Injury (TBI)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not experience this issue	20459	97	48638	97	4250	95	73998	96.6
2 Did not affect academic performance	299	1	833	2	96	2	1242	1.6
3 Negatively impacted performance in a class	238	1	794	2	95	2	1142	1.5
4 Delayed progress towards degree	33	0	162	0	34	1	233	0.3
Valid responses =	21029	27	50427	66	4475	6	76615	98.2

Invalid responses include no response.

#### 66S) Within the last 12 months, have any of the following affected your academic performance?

##### COVID-19

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not experience this issue	14858	71	33398	66	2797	62	51514	67.3
2 Did not affect academic performance	4222	20	11077	22	914	20	16339	21.3
3 Negatively impacted performance in a class	1689	8	5318	11	692	15	7778	10.2
4 Delayed progress towards degree	244	1	616	1	86	2	966	1.3
Valid responses =	21013	27	50409	66	4489	6	76597	98.2

Invalid responses include no response.

#### 66G) Within the last 12 months, have any of the following affected your academic performance?

##### Depression

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not experience this issue	14209	68	28372	57	1184	26	44078	57.7
2 Did not affect academic performance	3165	15	9043	18	970	22	13299	17.4
3 Negatively impacted performance in a class	2844	14	10683	21	1875	42	15599	20.4
4 Delayed progress towards degree	738	4	2120	4	449	10	3362	4.4
Valid responses =	20956	27	50218	66	4478	6	76338	97.8

Invalid responses include no response.

#### 66H) Within the last 12 months, have any of the following affected your academic performance?

##### Eating disorder/problem

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not experience this issue	19492	93	41069	82	3125	70	64228	84.2
2 Did not affect academic performance	1063	5	6707	13	937	21	8808	11.5
3 Negatively impacted performance in a class	333	2	2124	4	356	8	2845	3.7
4 Delayed progress towards degree	41	0	315	1	45	1	406	0.5
Valid responses =	20929	27	50215	66	4463	6	76287	97.8

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### 66I) Within the last 12 months, have any of the following affected your academic performance?

##### Headaches/migraines

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not experience this issue	16024	77	30210	60	2435	55	49061	64.5
2 Did not affect academic performance	3654	18	12973	26	1232	28	18030	23.7
3 Negatively impacted performance in a class	1106	5	6379	13	728	16	8314	10.9
4 Delayed progress towards degree	101	1	514	1	64	1	692	0.9
Valid responses =	20885	27	50076	66	4459	6	76097	97.5

Invalid responses include no response.

#### 66J) Within the last 12 months, have any of the following affected your academic performance?

##### Influenza or influenza like illness (the flu)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not experience this issue	18034	86	41283	82	3638	81	63520	83.1
2 Did not affect academic performance	1998	10	5566	11	469	11	8094	10.6
3 Negatively impacted performance in a class	901	4	3289	7	337	8	4574	6.0
4 Delayed progress towards degree	46	0	167	0	33	1	249	0.3
Valid responses =	20979	27	50305	66	4477	6	76437	98.0

Invalid responses include no response.

#### 66K) Within the last 12 months, have any of the following affected your academic performance?

##### Injury (for example: burn, sprain, or broken bone) excluding concussion or TBI

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not experience this issue	18614	89	45293	90	3887	87	68379	89.3
2 Did not affect academic performance	1889	9	3724	7	390	9	6066	7.9
3 Negatively impacted performance in a class	452	2	1166	2	178	4	1829	2.4
4 Delayed progress towards degree	72	0	186	0	26	1	286	0.4
Valid responses =	21027	27	50369	66	4481	6	76560	98.1

Invalid responses include no response.

#### 66L) Within the last 12 months, have any of the following affected your academic performance?

##### PMS (Premenstrual Syndrome), painful periods, or menstrual cramping

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not experience this issue	20913	100	28267	56	2750	61	52399	68.4
2 Did not affect academic performance	80	0	15560	31	1056	24	16831	22.0
3 Negatively impacted performance in a class	17	0	6211	12	629	14	6930	9.0
4 Delayed progress towards degree	4	0	399	1	54	1	463	0.6
Valid responses =	21014	27	50437	66	4489	6	76623	98.2

Invalid responses include no response.

#### 66M) Within the last 12 months, have any of the following affected your academic performance?

##### Post Traumatic Stress Disorder (PTSD)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not experience this issue	20120	96	45295	90	3415	77	69386	91.0
2 Did not affect academic performance	455	2	2654	5	470	11	3635	4.8
3 Negatively impacted performance in a class	281	1	1735	4	420	9	2486	3.3
4 Delayed progress towards degree	76	0	510	1	161	4	760	1.0
Valid responses =	20932	27	50194	66	4466	6	76267	97.7

Invalid responses include no response.

#### 66N) Within the last 12 months, have any of the following affected your academic performance?

##### Short-term illness, excluding upper respiratory illness and influenza

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not experience this issue	18237	87	40636	81	3425	77	62852	82.2
2 Did not affect academic performance	1991	10	6513	13	615	14	9203	12.0
3 Negatively impacted performance in a class	726	4	3022	6	410	9	4196	5.5
4 Delayed progress towards degree	39	0	176	0	29	1	248	0.3
Valid responses =	20993	27	50347	66	4479	6	76499	98.0

Invalid responses include no response.



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#### 66O) Within the last 12 months, have any of the following affected your academic performance?

Upper respiratory illness (for example: sinus infection, colds, or sore throat, etc.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not experience this issue	16788	80	33841	67	2938	66	54036	70.6
2 Did not affect academic performance	3069	15	10964	22	945	21	15122	19.8
3 Negatively impacted performance in a class	1084	5	5311	11	566	13	7027	9.2
4 Delayed progress towards degree	66	0	232	1	33	1	336	0.4
Valid responses =	21007	27	50348	66	4482	6	76521	98.1

Invalid responses include no response.

#### 66P) Within the last 12 months, have any of the following affected your academic performance?

Sleep difficulties

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not experience this issue	11872	57	24536	49	1434	32	38124	49.8
2 Did not affect academic performance	4983	24	13700	27	1301	29	20165	26.3
3 Negatively impacted performance in a class	3777	18	11080	22	1576	35	16623	21.7
4 Delayed progress towards degree	388	2	1051	2	172	4	1646	2.2
Valid responses =	21020	27	50367	66	4483	6	76558	98.1

Invalid responses include no response.

#### 66Q) Within the last 12 months, have any of the following affected your academic performance?

Stress

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not experience this issue	7295	35	9352	19	544	12	17341	22.7
2 Did not affect academic performance	7391	35	18980	38	1261	28	27836	36.4
3 Negatively impacted performance in a class	5522	26	19372	39	2260	51	27434	35.8
4 Delayed progress towards degree	810	4	2656	5	408	9	3930	5.1
Valid responses =	21018	27	50360	66	4473	6	76541	98.1

Invalid responses include no response.

#### 66R) Within the last 12 months, have any of the following affected your academic performance?

Other issue not previously reported

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not experience this issue	15471	98	34205	98	2972	95	53068	97.7
2 Did not affect academic performance	113	1	287	1	42	1	450	0.8
3 Negatively impacted performance in a class	107	1	332	1	70	2	524	1.0
4 Delayed progress towards degree	38	0	176	1	50	2	275	0.5
Valid responses =	15729	29	35000	64	3134	6	54317	69.6

Invalid responses include no response.

#### 67A) What sex were you assigned at birth?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Female	0	0	50877	100	3632	80	54921	71.1
2 Male	21211	100	0	0	882	20	22314	28.9
3 Intersex	11	0	5	0	16	0	36	0.0
Valid responses =	21222	27	50882	66	4530	6	77271	99.0

Invalid responses include no response.

#### 67B) Do you identify as transgender?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	21222	100	50882	100	1998	44	74514	96.5
2 Yes	0	0	0	0	2532	56	2673	3.5
Valid responses =	21222	27	50882	66	4530	6	77187	98.9

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

## American College Health Association-National College Health Assessment (ACHA-NCHA III)

### Reference Group Data Report - Spring 2023

American College Health Association

8455 Colesville Road, Suite 740

Silver Spring, MD 20910

(410) 859-1500

[www.acha.org](http://www.acha.org)

December 21, 2023

FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### 67C) Which term do you use to describe your gender identity?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Woman or female	0	0	50882	100	377	8	51333	66.5
2 Man or male	21222	100	0	0	268	6	21528	27.9
3 Trans woman	0	0	0	0	165	4	165	0.2
4 Trans man	0	0	0	0	329	7	330	0.4
5 Genderqueer	0	0	0	0	617	14	627	0.8
6 My identity is not listed	0	0	0	0	0	0	425	0.6
7 Agender	0	0	0	0	288	6	288	0.4
8 Genderfluid	0	0	0	0	535	12	539	0.7
9 Non-binary	0	0	0	0	1941	43	1961	2.5
10 Intersex	0	0	0	0	10	0	11	0.0
Valid responses =	21222	27	50882	66	4530	6	77207	99.0

Invalid responses include no response.

#### 68) What term best describes your sexual orientation?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Asexual (from write-ins)	106	1	558	1	325	7	1029	1.3
2 Bisexual	1242	6	7794	15	1040	23	10193	13.3
3 Gay	1400	7	55	0	216	5	1692	2.2
4 Lesbian	2	0	1420	3	485	11	1959	2.5
5 Pansexual	186	1	1247	3	667	15	2142	2.8
6 Queer	160	1	1408	3	1150	25	2829	3.7
7 Questioning	296	1	1595	3	112	3	2024	2.6
9 Straight/Heterosexual	17648	84	36261	72	470	10	54553	71.0
10 My identity not listed above	86	0	264	1	59	1	466	0.6
Valid responses =	21126	27	50602	66	4524	6	76887	98.5

Invalid responses include no response.

#### 69) How old are you?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 18 Years	1801	9	5194	10	520	12	7588	9.9
2 19 Years	3186	15	8262	16	852	19	12412	16.2
3 20 Years	2864	14	7603	15	751	17	11324	14.8
4 21 Years	2604	12	6942	14	659	15	10281	13.4
5 22 Years	2041	10	4534	9	430	10	7058	9.2
6 23 Years	1292	6	2763	6	248	6	4341	5.7
7 24 Years	1037	5	2206	4	182	4	3461	4.5
8 25 Years	947	5	2033	4	156	4	3165	4.1
9 26 to 30 Years	2862	14	5693	11	410	9	9028	11.8
10 31 to 40 Years	1706	8	3393	7	219	5	5368	7.0
11 41 or More Years	726	3	1819	4	57	1	2623	3.4
Valid responses =	21066	27	50442	66	4484	6	76649	98.2

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Cis Men	23.82	22.00	6.87	18	97
Cis Women	23.35	21.00	6.66	18	85
Trans/Gender Non-conforming	22.16	21.00	4.99	18	88
Overall	23.41	21.00	6.65	18	97

#### 71) What is your weight in pounds?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 51 to 100 Pounds	87	0	1559	3	125	3	1795	2.4
2 101 to 150 Pounds	5539	26	30918	62	2325	53	39090	51.6
3 151 to 200 Pounds	11149	53	12995	26	1338	30	25671	33.9
4 201 to 250 Pounds	3193	15	3160	6	441	10	6867	9.1
5 251 to 300 Pounds	746	4	872	2	125	3	1767	2.3
6 301 or More Pounds	246	1	231	1	46	1	532	0.7
Valid responses =	20960	28	49735	66	4400	6	75722	97.0

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Cis Men	177.07	170.00	40.11	53	500
Cis Women	148.64	140.00	38.42	51	500
Trans/Gender Non-conforming	158.47	147.00	45.54	51	500
Overall	157.18	150.00	41.39	51	500





# AMERICAN COLLEGE HEALTH ASSOCIATION

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FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### 72) What is your year in school?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 1st year undergraduate	4122	19	9937	20	1013	22	15248	19.7
2 2nd year undergraduate	3372	16	8589	17	855	19	12953	16.7
3 3rd year undergraduate	3580	17	9311	18	884	20	13883	17.9
4 4th year undergraduate	2776	13	7164	14	669	15	10721	13.9
5 5th year or more undergraduate	798	4	1471	3	181	4	2487	3.2
6 Master's (MA, MS, etc.)	3574	17	8707	17	554	12	12959	16.8
7 Doctorate (PhD, EdD, MD, JD, etc.)	2732	13	4944	10	317	7	8088	10.5
8 Not seeking a degree	66	0	155	0	9	0	235	0.3
9 Other (please specify):	179	1	544	1	38	1	776	1.0
Valid responses =	21199	27	50822	66	4520	6	77350	99.1

Invalid responses include no response.

#### 73) What is your enrollment status?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Full-time	19279	91	45943	91	4138	92	70056	90.8
2 Part-time	1754	8	4497	9	346	8	6674	8.7
3 Other	118	1	249	1	30	1	405	0.5
Valid responses =	21151	27	50689	66	4514	6	77135	98.9

Invalid responses include no response.

#### 73A) I am taking classes this term:

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Entirely in-person	14220	67	30095	59	2988	66	47800	62.0
2 Entirely online	1168	6	4428	9	249	6	5893	7.6
3 A mix of in-person and online classes	5732	27	16117	32	1270	28	23358	30.3
Valid responses =	21120	27	50640	66	4507	6	77051	98.8

Invalid responses include no response.

#### 74) Do you have a visa (for example: F-1, J-1, or M-1) to study or work in the United States?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	16719	80	43589	87	4106	92	65045	85.0
2 Yes	4283	20	6741	13	374	8	11508	15.0
Valid responses =	21002	27	50330	66	4480	6	76553	98.1

Invalid responses include no response.

#### 75A1) How do you usually describe yourself? (Please select ALL that apply)

##### American Indian or Native Alaskan

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not selected	20725	98	49645	98	4381	97	76110	97.5
1 Selected	497	2	1237	2	149	3	1914	2.5
Valid responses =	21222	27	50882	65	4530	6	78024	100.0

Invalid responses include no response.

#### 75A2) How do you usually describe yourself? (Please select ALL that apply)

##### Asian or Asian American

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not selected	16162	76	41294	81	3836	85	62542	80.2
1 Selected	5060	24	9588	19	694	15	15482	19.8
Valid responses =	21222	27	50882	65	4530	6	78024	100.0

Invalid responses include no response.

#### 75A3) How do you usually describe yourself? (Please select ALL that apply)

##### Black or African American

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not selected	20158	95	47702	94	4256	94	73472	94.2
1 Selected	1064	5	3180	6	274	6	4522	5.8
Valid responses =	21222	27	50882	65	4530	6	78024	100.0

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### 75A4) How do you usually describe yourself? (Please select ALL that apply)

##### Hispanic or Latino/a/x

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not selected	18283	86	43041	85	3884	86	66517	85.3
1 Selected	2939	14	7841	15	646	14	11507	14.7
Valid responses =	21222	27	50882	65	4530	6	78024	100.0

Invalid responses include no response.

#### 75A5) How do you usually describe yourself? (Please select ALL that apply)

##### Middle Eastern/North African (MENA) or Arab Origin

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not selected	20710	98	49848	98	4448	98	76379	97.9
1 Selected	512	2	1034	2	82	2	1645	2.1
Valid responses =	21222	27	50882	65	4530	6	78024	100.0

Invalid responses include no response.

#### 75A6) How do you usually describe yourself? (Please select ALL that apply)

##### Native Hawaiian or Other Pacific Islander Native

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not selected	21099	99	50588	99	4501	99	77570	99.4
1 Selected	123	1	294	1	29	1	454	0.6
Valid responses =	21222	27	50882	65	4530	6	78024	100.0

Invalid responses include no response.

#### 75A7) How do you usually describe yourself? (Please select ALL that apply)

##### White

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not selected	8807	42	19486	38	1384	31	30618	39.2
1 Selected	12415	59	31396	62	3146	69	47406	60.8
Valid responses =	21222	27	50882	65	4530	6	78024	100.0

Invalid responses include no response.

#### 75A8) How do you usually describe yourself? (Please select ALL that apply)

##### Biracial or Multiracial

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not selected	20325	96	48337	95	4123	91	74110	95.0
1 Selected	897	4	2545	5	407	9	3914	5.0
Valid responses =	21222	27	50882	65	4530	6	78024	100.0

Invalid responses include no response.

#### 75A9) How do you usually describe yourself? (Please select ALL that apply)

##### Another Identity

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not selected	20794	98	50296	99	4470	99	76906	98.6
1 Selected	428	2	586	1	60	1	1118	1.4
Valid responses =	21222	27	50882	65	4530	6	78024	100.0

Invalid responses include no response.

#### 75B1) Are you? (Please select ALL that apply) (only includes students that describe themselves as Hispanic or Latino/a/x)

##### Mexican, Mexican American, Chicano

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not selected	1187	40	2963	38	247	38	4436	38.6
1 Selected	1752	60	4878	62	399	62	7071	61.4
Valid responses =	2939	26	7841	68	646	6	11507	14.7

Invalid responses include no response.

#### 75B2) Are you? (Please select ALL that apply) (only includes students that describe themselves as Hispanic or Latino/a/x)

##### Puerto Rican

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not selected	2745	93	7242	92	569	88	10624	92.3
1 Selected	194	7	599	8	77	12	883	7.7
Valid responses =	2939	26	7841	68	646	6	11507	14.7

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

## American College Health Association-National College Health Assessment (ACHA-NCHA III)

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December 21, 2023

FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### 75B3) Are you? (Please select ALL that apply) (only includes students that describe themselves as Hispanic or Latino/a/x)

##### Cuban

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not selected	2840	97	7622	97	623	96	11161	97.0
1 Selected	99	3	219	3	23	4	346	3.0
Valid responses =	2939	26	7841	68	646	6	11507	14.7

Invalid responses include no response.

#### 75B4) Are you? (Please select ALL that apply) (only includes students that describe themselves as Hispanic or Latino/a/x)

##### Another Hispanic, Latino/a/x, or Spanish origin

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not selected	1866	64	5180	66	453	70	7554	65.6
1 Selected	1073	37	2661	34	193	30	3953	34.4
Valid responses =	2939	26	7841	68	646	6	11507	14.7

Invalid responses include no response.

#### 75C1) Are you? (Please select ALL that apply) (only includes students that describe themselves as Asian or Asian American)

##### East Asian (for example: Chinese, Japanese, or Korean)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not selected	2598	51	4439	46	284	41	7387	47.7
1 Selected	2462	49	5149	54	410	59	8095	52.3
Valid responses =	5060	33	9588	62	694	4	15482	19.8

Invalid responses include no response.

#### 75C2) Are you? (Please select ALL that apply) (only includes students that describe themselves as Asian or Asian American)

##### Southeast Asian (for example: Cambodian, Vietnamese, Hmong, or Filipino)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not selected	4008	79	7242	76	481	69	11835	76.4
1 Selected	1052	21	2346	25	213	31	3647	23.6
Valid responses =	5060	33	9588	62	694	4	15482	19.8

Invalid responses include no response.

#### 75C3) Are you? (Please select ALL that apply) (only includes students that describe themselves as Asian or Asian American)

##### South Asian (for example: Indian, Pakistani, Nepalese, or Sri Lankan)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not selected	3449	68	7279	76	591	85	11427	73.8
1 Selected	1611	32	2309	24	103	15	4055	26.2
Valid responses =	5060	33	9588	62	694	4	15482	19.8

Invalid responses include no response.

#### 75C4) Are you? (Please select ALL that apply) (only includes students that describe themselves as Asian or Asian American)

##### Other Asian

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Not selected	4975	98	9416	98	685	99	15209	98.2
1 Selected	85	2	172	2	9	1	273	1.8
Valid responses =	5060	33	9588	62	694	4	15482	19.8

Invalid responses include no response.

#### 76) What is your relationship status?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Not in a relationship	11651	55	24914	49	2380	53	39386	51.0
2 In relationship not married/partnered	7021	33	20305	40	1801	40	29378	38.0
3 Married/partnered	2499	12	5539	11	337	8	8464	11.0
Valid responses =	21171	27	50758	66	4518	6	77228	99.0

Invalid responses include no response.

#### 77A) Are you a member of a social fraternity or sorority?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	19938	94	46928	92	4370	97	71993	93.2
2 Yes	1228	6	3843	8	149	3	5259	6.8
Valid responses =	21166	27	50771	66	4519	6	77252	99.0

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### 77B) Do you live in a fraternity or sorority residence?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20907	99	50244	99	4475	99	76414	98.9
2 Yes	262	1	518	1	47	1	836	1.1
Valid responses =	21169	27	50762	66	4522	6	77250	99.0

Invalid responses include no response.

#### 78) Where do you currently live? (only includes students that do not live in a fraternity/sorority residence)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Campus/university housing	7500	36	17548	35	1972	44	27327	35.7
2 Parent/guardian/other family member's home	2952	14	7449	15	609	14	11126	14.6
3 Off-campus/non-university housing	10194	49	24421	49	1817	41	36780	48.1
4 Temporarily with relative, friend, couch surfing	80	0	160	0	33	1	277	0.4
5 Don't have a place to live	15	0	24	0	7	0	52	0.1
6 Other (please specify)	181	1	655	1	31	1	889	1.2
Valid responses =	20922	27	50257	66	4469	6	76451	98.0

Invalid responses include no response.

#### 79) What is your primary source of health insurance?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 College/university Health Insurance Plan	5336	26	9291	19	737	17	15539	20.8
2 Covered by parent/guardian plan	10388	51	27134	55	2668	61	40597	54.4
3 Covered by employer-based plan	1556	8	4532	9	233	5	6383	8.6
4 Medicaid, Medicare, SCHIP, VA/Tricare	1747	9	4882	10	462	11	7167	9.6
5 I bought a plan on my own	569	3	1231	3	81	2	1902	2.5
6 Don't have health insurance	429	2	1043	2	94	2	1579	2.1
7 Don't know if I have health insurance	166	1	302	1	40	1	517	0.7
8 Have insurance, don't know primary source	285	1	572	1	49	1	919	1.2
Valid responses =	20476	27	48987	66	4364	6	74603	95.6

Invalid responses include no response.

#### 80) What is your approximate cumulative grade average?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 A+	2385	11	6210	12	505	11	9205	11.9
2 A	6285	30	17057	34	1346	30	24946	32.4
3 A-	4368	21	10033	20	957	21	15495	20.1
4 B+	2913	14	6443	13	584	13	10048	13.0
5 B	2456	12	5447	11	449	10	8427	10.9
6 B-	1012	5	1999	4	226	5	3263	4.2
7 C+	599	3	1100	2	140	3	1857	2.4
8 C	436	2	942	2	126	3	1525	2.0
9 C-	153	1	271	1	41	1	472	0.6
10 D+	44	0	71	0	22	1	139	0.2
11 D	36	0	63	0	8	0	108	0.1
12 D-	14	0	34	0	2	0	54	0.1
13 F	21	0	44	0	5	0	72	0.1
14 N/A	418	2	956	2	101	2	1492	1.9
Valid responses =	21140	27	50670	66	4512	6	77103	98.8

Invalid responses include no response.

#### 81A) Do you participate in organized college athletics at any of the following levels?

##### Varsity

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	19770	95	48202	96	4406	98	73088	95.7
2 Yes	1102	5	2062	4	71	2	3259	4.3
Valid responses =	20872	27	50264	66	4477	6	76347	97.9

Invalid responses include no response.

#### 81B) Do you participate in organized college athletics at any of the following levels?

##### Club Sports

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	18817	90	47233	94	4215	94	70945	93.2
2 Yes	1990	10	2892	6	255	6	5186	6.8
Valid responses =	20807	27	50125	66	4470	6	76131	97.6

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

## American College Health Association-National College Health Assessment (ACHA-NCHA III)

### Reference Group Data Report - Spring 2023

American College Health Association  
8455 Colesville Road, Suite 740  
Silver Spring, MD 20910  
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[www.acha.org](http://www.acha.org)

December 21, 2023

FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### 81C) Do you participate in organized college athletics at any of the following levels?

##### Intramurals

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	17529	84	46518	93	4258	96	68989	91.1
2 Yes	3245	16	3281	7	178	4	6749	8.9
Valid responses =	20774	27	49799	66	4436	6	75738	97.1

Invalid responses include no response.

#### 82A) Do you have any of the following?

##### Attention-Deficit/Hyperactivity Disorder (ADD or ADHD)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	18193	86	43000	85	2861	64	64540	84.1
2 Yes	2871	14	7496	15	1615	36	12195	15.9
Valid responses =	21064	27	50496	66	4476	6	76735	98.3

Invalid responses include no response.

#### 82B) Do you have any of the following?

##### Autism Spectrum Disorder

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20393	97	49513	98	3546	79	74036	96.7
2 Yes	625	3	908	2	918	21	2562	3.3
Valid responses =	21018	27	50421	66	4464	6	76598	98.2

Invalid responses include no response.

#### 82C) Do you have any of the following?

##### Deaf/Hearing loss

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20426	97	49427	98	4297	96	74814	97.8
2 Yes	560	3	888	2	170	4	1646	2.2
Valid responses =	20986	27	50315	66	4467	6	76460	98.0

Invalid responses include no response.

#### 82D) Do you have any of the following?

##### Learning disability

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20254	97	47866	95	3942	89	72682	95.4
2 Yes	681	3	2284	5	508	11	3544	4.6
Valid responses =	20935	27	50150	66	4450	6	76226	97.7

Invalid responses include no response.

#### 82E) Do you have any of the following?

##### Mobility/Dexterity disability

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20805	99	49781	99	4231	95	75475	98.6
2 Yes	212	1	583	1	241	5	1071	1.4
Valid responses =	21017	27	50364	66	4472	6	76546	98.1

Invalid responses include no response.

#### 82F) Do you have any of the following?

##### Blind/Low Vision

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20305	97	48494	96	4253	95	73707	96.5
2 Yes	655	3	1791	4	218	5	2704	3.5
Valid responses =	20960	27	50285	66	4471	6	76411	97.9

Invalid responses include no response.

#### 82G) Do you have any of the following?

##### Speech or language disorder

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20710	99	49948	99	4359	98	75687	99.0
2 Yes	253	1	354	1	112	3	739	1.0
Valid responses =	20963	27	50302	66	4471	6	76426	98.0

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

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December 21, 2023

FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### 83) Are you currently or have you been a member of the Armed Services?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	20128	95	50100	99	4437	99	75359	97.9
2 Yes, have served in area of hazardous duty	462	2	173	0	34	1	687	0.9
3 Yes, have not served in area hazardous duty	509	2	373	1	34	1	925	1.2
Valid responses =	21099	27	50646	66	4505	6	76971	98.7

Invalid responses include no response.

#### 84) What is the highest level of education completed by either of your parents (or guardians)?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Did not finish high school	810	4	2151	4	120	3	3114	4.0
2 High school diploma or GED	3009	14	7522	15	573	13	11197	14.5
3 Attended college but no degree	1349	6	4026	8	375	8	5810	7.5
4 Associate's degree	1448	7	4100	8	286	6	5879	7.6
5 Bachelor's degree	6353	30	14565	29	1284	29	22401	29.1
6 Master's degree	5202	25	11954	24	1181	26	18516	24.0
7 Doctoral or professional degree (PhD, EdD, MD, JD, etc.)	2689	13	5842	12	636	14	9271	12.0
8 Don't know	263	1	515	1	57	1	858	1.1
Valid responses =	21123	27	50675	66	4512	6	77046	98.7

Invalid responses include no response.

#### 85) Are you a parent of a child under the age of 18 or do you have primary responsibility for someone else's child/children under the age of 18?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	19967	95	47417	94	4382	97	72460	94.1
2 Yes	1152	6	3226	6	131	3	4552	5.9
Valid responses =	21119	27	50643	66	4513	6	77012	98.7

Invalid responses include no response.

#### HT\_INCH Height in Inches

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 36 or Less Inches	0	0	0	0	0	0	0	0.0
2 37 to 48 Inches	0	0	1	0	0	0	1	0.0
3 49 to 60 Inches	13	0	2675	5	199	5	2911	3.8
4 61 to 72 Inches	16167	78	47156	94	4070	91	67949	89.5
5 73 to 84 Inches	4601	22	200	0	181	4	5039	6.6
6 85 or More Inches	14	0	13	0	3	0	33	0.0
Valid responses =	20795	27	50045	66	4453	6	75933	97.3

Invalid responses include no response.

Due to the improbability of a student surviving a drinking episode resulting in an extremely high BAC, all students with a BAC of .50% or higher are omitted from the BAC figures in this report. BAC 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. The BAC variable has only been altered for this report, and remains unchanged in the data file.

#### BAC Estimated Blood Alcohol Content

	Mean	Median	Std Dev	Min	Max
Cis Men	0.04	0.02	0.05	0	0.48
Cis Women	0.04	0.02	0.05	0	0.50
Trans/Gender Non-conforming	0.04	0.02	0.05	0	0.44
Overall	0.04	0.02	0.05	0	0.50

#### BAC Estimated Blood Alcohol Content

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 0% Alcohol	5799	43	11839	34	1126	39	18917	36.6
1 .01 to .05% Alcohol	4688	35	14272	41	1153	40	20238	39.1
2 .06 to .07% Alcohol	875	7	2526	7	192	7	3624	7.0
3 .08 to .09% Alcohol	614	5	1860	5	108	4	2606	5.0
4 .10 to .15% Alcohol	997	7	2931	8	214	7	4167	8.1
5 .16 to .20% Alcohol	306	2	860	3	69	2	1247	2.4
6 .21 to .25% Alcohol	122	1	347	1	16	1	488	0.9
7 .26 to .30% Alcohol	62	1	163	1	7	0	232	0.4
8 .31 to .49% Alcohol	54	0	142	0	9	0	205	0.4
Valid responses =	13517	26	34940	68	2894	6	51724	66.3

Invalid responses include no response.



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December 21, 2023

FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### RBAC1 Recoded Estimated Blood Alcohol Content .08%

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Less than .08%	11362	84	28637	82	2471	85	42779	82.7
1 .08% or higher	2155	16	6303	18	423	15	8945	17.3
Valid responses =	13517	26	34940	68	2894	6	51724	66.3
Invalid responses include no response.								

#### RBAC2 Recoded Estimated Blood Alcohol Content .1%

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Less than .1%	11976	89	30497	87	2579	89	45385	87.7
1 .1% or higher	1541	11	4443	13	315	11	6339	12.3
Valid responses =	13517	26	34940	68	2894	6	51724	66.3
Invalid responses include no response.								

#### BMI Body Mass Index

	Mean	Median	Std Dev	Min	Max
Cis Men	25.10	24.00	5.18	7	66
Cis Women	24.92	23.00	6.11	7	88
Trans/Gender Non-conforming	25.70	24.00	6.83	9	66
Overall	25.02	24.00	5.93	7	88

#### RBMI Body Mass Index Classifications

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Underweight (<18.5)	873	4	2869	6	308	7	4103	5.5
2 Desired weight (18.5- 24.9)	10956	53	28413	58	2202	50	41891	55.7
3 Overweight (25- 29.9)	6011	29	10055	20	928	21	17113	22.8
4 Class I obesity (30- 34.9)	1866	9	4604	9	503	12	7029	9.4
5 Class II obesity (35- 39.9)	659	3	2021	4	230	5	2957	3.9
6 Class III obesity (>=40)	349	2	1479	3	202	5	2052	2.7
Valid responses =	20714	28	49441	66	4373	6	75145	96.3
Invalid responses include no response.								

#### USDAFI USDA Food Security Score

	Mean	Median	Std Dev	Min	Max
Cis Men	1.88	1.00	2.19	0	6
Cis Women	2.06	1.00	2.22	0	6
Trans/Gender Non-conforming	2.61	2.00	2.36	0	6
Overall	2.05	1.00	2.23	0	6

#### RUSDAFI USDA Food Security Category

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Very low food security (5-6)	4036	19	10720	21	1372	31	16398	21.3
2 Low food security (2-4)	4873	23	13073	26	1167	26	19414	25.2
3 High or marginal food security (0-1)	12051	58	26596	53	1943	43	41093	53.4
Valid responses =	20960	27	50389	66	4482	6	76905	98.6
Invalid responses include no response.								

#### KESSLER6 Kessler 6 (K6) Non-Specific Psychological Distress Score

	Mean	Median	Std Dev	Min	Max
Cis Men	7.40	7.00	5.1	0	24
Cis Women	8.57	8.00	5.17	0	24
Trans/Gender Non-conforming	11.61	12.00	5.24	0	24
Overall	8.45	8.00	5.25	0	24

#### RKESSLER6 Recoded Kessler 6 (K6) Non-Specific Psychological Distress\*

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No or low psychological distress (0-12)	17678	85	39293	78	2579	58	60156	78.8
3 Serious psychological distress (13-24)	3217	15	10846	22	1885	42	16201	21.2
Valid responses =	20895	27	50139	66	4464	6	76357	97.9
Invalid responses include no response.								

\*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.

#### ULS3 UCLA Loneliness Scale Score

	Mean	Median	Std Dev	Min	Max
Cis Men	5.43	5.00	1.92	3	9
Cis Women	5.47	5.00	1.85	3	9
Trans/Gender Non-conforming	6.26	6.00	1.89	3	9
Overall	5.51	6.00	1.88	3	9





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December 21, 2023

FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### RULS3 Recoded UCLA Loneliness Scale

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Negative for loneliness (3-5)	10768	51	25393	50	1514	34	38011	49.2
2 Positive for loneliness (6-9)	10361	49	25320	50	2998	66	39226	50.8
Valid responses =	21129	27	50713	66	4512	6	77237	99.0

Invalid responses include no response.

#### SBQR Suicide Behavior Questionnaire-Revised (SBQR) Screening Score

	Mean	Median	Std Dev	Min	Max
Cis Men	5.04	4.00	2.91	3	18
Cis Women	5.31	4.00	3.05	3	18
Trans/Gender Non-conforming	8.22	8.00	3.83	3	18
Overall	5.42	4.00	3.16	3	18

#### RSBQR Recoded Suicide Behavior Questionnaire-Revised (SBQR)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Negative for suicidal screening (3-6)	16216	77	36803	73	1685	38	55178	71.7
2 Positive for suicidal screening (7-18)	4874	23	13761	27	2796	62	21801	28.3
Valid responses =	21090	27	50564	66	4481	6	76979	98.7

Invalid responses include no response.

#### DIENER Diener Flourishing Score

	Mean	Median	Std Dev	Min	Max
Cis Men	44.46	47.00	9.04	8	56
Cis Women	45.39	47.00	8.27	8	56
Trans/Gender Non-conforming	40.73	42.00	9.45	8	56
Overall	44.82	47.00	8.66	8	56

#### CDRISC2 Connor-Davidson Resilience Scale 2 (CD-RISC2) Score

	Mean	Median	Std Dev	Min	Max
Cis Men	6.24	6.00	1.54	0	8
Cis Women	6.00	6.00	1.54	0	8
Trans/Gender Non-conforming	5.43	6.00	1.71	0	8
Overall	6.03	6.00	1.57	0	8

#### SSISTOBACCO ASSIST SSIS TOBACCO SCORE

	Mean	Median	Std Dev	Min	Max
Cis Men	7.73	4.00	8.57	0	31
Cis Women	7.31	3.00	8.58	0	31
Trans/Gender Non-conforming	7.92	5.00	8.79	0	31
Overall	7.48	3.00	8.6	0	31

#### TOBACCORISK ASSIST Tobacco Risk

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Low Risk (0-3)	3666	50	8533	52	724	47	13060	51.2
2 Moderate Risk (4-26)	3415	47	7239	44	745	49	11530	45.2
3 High Risk (27-39)	260	4	572	4	67	4	909	3.6
Valid responses =	7341	29	16344	64	1536	6	25499	32.7

Invalid responses include no response.

#### SSISALCOHOL ASSIST SSIS ALCOHOL SCORE

	Mean	Median	Std Dev	Min	Max
Cis Men	7.15	6.00	6.39	0	39
Cis Women	6.79	5.00	5.85	0	39
Trans/Gender Non-conforming	6.88	5.00	6.42	0	39
Overall	6.89	5.00	6.04	0	39

#### ALCOHOLRISK ASSIST Alcohol Risk

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Low Risk (0-10)	11154	80	29369	82	2571	81	43570	81.3
2 Moderate Risk (11-26)	2485	18	5934	17	546	17	9048	16.9
3 High Risk (27-39)	322	2	544	2	72	2	954	1.8
Valid responses =	13961	26	35847	67	3189	6	53572	68.7

Invalid responses include no response.

#### SSISCANNABIS ASSIST SSIS CANNABIS SCORE

	Mean	Median	Std Dev	Min	Max
Cis Men	6.51	3.00	7.98	0	39
Cis Women	5.61	3.00	6.95	0	39
Trans/Gender Non-conforming	8.40	6.00	8.69	0	38
Overall	6.08	3.00	7.44	0	39



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FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### CANNABISRISK ASSIST Cannabis Risk

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Low Risk (0-3)	4474	52	11967	54	981	39	17595	52.4
2 Moderate Risk (4-26)	3735	44	9672	44	1399	55	14998	44.6
3 High Risk (27-39)	333	4	504	2	147	6	1014	3.0
Valid responses =	8542	25	22143	66	2527	8	33607	43.1

Invalid responses include no response.

#### SSISCOCAINE ASSIST SSIS COCAINE SCORE

	Mean	Median	Std Dev	Min	Max
Cis Men	2.63	0.00	5.32	0	36
Cis Women	2.22	0.00	4.58	0	36
Trans/Gender Non-conforming	3.06	0.00	6.42	0	36
Overall	2.47	0.00	5.14	0	39

#### COCAINERISK ASSIST Cocaine Risk

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Low Risk (0-3)	1331	80	2665	82	272	79	4308	80.7
2 Moderate Risk (4-26)	309	19	562	17	64	19	955	17.9
3 High Risk (27-39)	24	1	28	1	9	3	72	1.3
Valid responses =	1664	31	3255	61	345	6	5335	6.8

Invalid responses include no response.

#### SSISMETH ASSIST SSIS METHAMPHETAMINE SCORE

	Mean	Median	Std Dev	Min	Max
Cis Men	3.94	0.00	8.17	0	33
Cis Women	2.75	0.00	5.8	0	34
Trans/Gender Non-conforming	6.69	0.00	10.88	0	38
Overall	3.77	0.00	7.78	0	39

#### METHRISK ASSIST Methamphetamine Risk

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Low Risk (0-3)	243	74	390	77	54	63	699	74.0
2 Moderate Risk (4-26)	64	20	108	21	22	26	197	20.9
3 High Risk (27-39)	20	6	11	2	10	12	48	5.1
Valid responses =	327	35	509	54	86	9	944	1.2

Invalid responses include no response.

#### SSISINHALANT ASSIST SSIS INHALANTS SCORE

	Mean	Median	Std Dev	Min	Max
Cis Men	2.38	0.00	5.24	0	36
Cis Women	1.66	0.00	3.94	0	34
Trans/Gender Non-conforming	2.87	0.00	5.75	0	34
Overall	2.17	0.00	4.96	0	39

#### INHALANTRISK ASSIST Inhalant Risk

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Low Risk (0-3)	1040	83	1455	87	314	79	2863	84.0
2 Moderate Risk (4-26)	197	16	203	12	74	19	489	14.4
3 High Risk (27-39)	22	2	14	1	10	3	55	1.6
Valid responses =	1259	37	1672	49	398	12	3407	4.4

Invalid responses include no response.

#### SSISRXSTIMULANT ASSIST SSIS ADJUSTED PRESCRIPTION STIMULANT SCORE

	Mean	Median	Std Dev	Min	Max
Cis Men	2.13	0.00	4.76	0	34
Cis Women	2.06	0.00	4.35	0	35
Trans/Gender Non-conforming	3.77	0.00	7.3	0	36
Overall	2.25	0.00	4.9	0	39

#### RXSTIMULANTRISK ASSIST Prescription Stimulant Risk

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Low Risk (0-3)	1660	83	3138	82	327	74	5183	81.3
2 Moderate Risk (4-26)	315	16	688	18	96	22	1119	17.5
3 High Risk (27-39)	26	1	20	1	21	5	76	1.2
Valid responses =	2001	31	3846	60	444	7	6378	8.2

Invalid responses include no response.

#### SSISSEDATIVE ASSIST SSIS ADJUSTED SEDATIVE SCORE

	Mean	Median	Std Dev	Min	Max
Cis Men	2.58	0.00	5.72	0	34
Cis Women	2.53	0.00	5.14	0	36
Trans/Gender Non-conforming	4.40	0.00	8.04	0	34
Overall	2.76	0.00	5.76	0	39



# AMERICAN COLLEGE HEALTH ASSOCIATION

## American College Health Association-National College Health Assessment (ACHA-NCHA III)

### Reference Group Data Report - Spring 2023

American College Health Association

8455 Colesville Road, Suite 740

Silver Spring, MD 20910

(410) 859-1500

[www.acha.org](http://www.acha.org)

December 21, 2023

FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### SEDATIVERISK ASSIST Sedative Risk

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Low Risk (0-3)	951	80	1920	78	242	70	3147	77.8
2 Moderate Risk (4-26)	213	18	507	21	86	25	820	20.3
3 High Risk (27-39)	25	2	28	1	18	5	78	1.9
Valid responses =	1189	29	2455	61	346	9	4045	5.2

Invalid responses include no response.

#### SSSHALLUCINOGEN ASSIST SSIS HALLUCINOGENS SCORE

	Mean	Median	Std Dev	Min	Max
Cis Men	2.16	0.00	4.23	0	36
Cis Women	1.72	0.00	3.32	0	34
Trans/Gender Non-conforming	2.97	0.00	5.44	0	37
Overall	2.02	0.00	4.03	0	39

#### HALLUCINOGENRISK ASSIST Hallucinogen Risk

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Low Risk (0-3)	2361	81	4275	84	616	75	7347	81.9
2 Moderate Risk (4-26)	517	18	813	16	195	24	1552	17.3
3 High Risk (27-39)	28	1	17	0	15	2	71	0.8
Valid responses =	2906	32	5105	57	826	9	8970	11.5

Invalid responses include no response.

#### SSSHEROIN ASSIST SSIS HEROIN SCORE

	Mean	Median	Std Dev	Min	Max
Cis Men	7.61	3.00	11.28	0	34
Cis Women	3.42	0.00	6.29	0	34
Trans/Gender Non-conforming	9.89	6.00	12.73	0	34
Overall	6.11	0.00	10.01	0	39

#### HEROINRISK ASSIST Heroin Risk

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Low Risk (0-3)	93	58	159	66	25	46	279	59.5
2 Moderate Risk (4-26)	42	26	76	31	16	30	136	29.0
3 High Risk (27-39)	26	16	7	3	13	24	54	11.5
Valid responses =	161	34	242	52	54	12	469	0.6

Invalid responses include no response.

#### SSSRXOPIOID ASSIST SSIS ADJUSTED PRESCRIPTION OPIOID SCORE

	Mean	Median	Std Dev	Min	Max
Cis Men	2.09	0.00	5.53	0	36
Cis Women	1.75	0.00	4.26	0	38
Trans/Gender Non-conforming	3.72	0.00	8.02	0	34
Overall	2.16	0.00	5.49	0	39

#### RXOPIOIDRISK ASSIST Opioid Risk

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Low Risk (0-3)	809	86	1307	84	204	79	2355	83.9
2 Moderate Risk (4-26)	113	12	233	15	39	15	394	14.0
3 High Risk (27-39)	19	2	14	1	15	6	58	2.1
Valid responses =	941	34	1554	55	258	9	2807	3.6

Invalid responses include no response.

#### SSSOTHER ASSIST SSIS OTHER DRUG SCORE

	Mean	Median	Std Dev	Min	Max
Cis Men	10.01	6.00	11.01	0	39
Cis Women	7.80	6.00	8.82	0	37
Trans/Gender Non-conforming	12.45	8.00	12.55	0	39
Overall	9.33	6.00	10.4	0	39

#### OTHERSSISRISK ASSIST Other Drug Risk

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Low Risk (0-3)	86	42	110	44	27	42	231	43.1
2 Moderate Risk (4-26)	87	43	124	50	25	39	242	45.1
3 High Risk (27-39)	31	15	15	6	13	20	63	11.8
Valid responses =	204	38	249	46	65	12	536	0.7

Invalid responses include no response.



# AMERICAN COLLEGE HEALTH ASSOCIATION

## American College Health Association-National College Health Assessment (ACHA-NCHA III)

### Reference Group Data Report - Spring 2023

American College Health Association

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Silver Spring, MD 20910

(410) 859-1500

[www.acha.org](http://www.acha.org)

December 21, 2023

FREQUENCY REPORT

Number of Surveys (n) = 78024 Web Surveys

#### PATOTALMOD Total moderate activity minutes/week conversion

	Mean	Median	Std Dev	Min	Max
Cis Men	532.86	360.00	611.99	0	10600
Cis Women	437.00	270.00	578.1	0	11040
Trans/Gender Non-conforming	358.19	210.00	523.72	0	9000
Overall	459.32	300.00	589.52	0	11040

#### PAAERO Met Weekly PA Guideline for Aerobic Activity ONLY

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	4968	24	15453	31	1680	38	22442	29.2
2 Yes	16022	76	34734	69	2767	62	54316	70.8
Valid responses =	20990	27	50187	65	4447	6	76758	98.4

Invalid responses include no response.

#### PAGUIDE Met Weekly PA Guideline for Aerobic and Muscle-Strengthening Activity

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	9902	47	29911	60	3223	73	43701	56.9
2 Yes	11085	53	20272	40	1222	28	33047	43.1
Valid responses =	20987	27	50183	65	4445	6	76748	98.4

Invalid responses include no response.

#### HAPAGUIDE Met Weekly PA Guideline for HIGHLY ACTIVE Adults

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	11795	56	34175	68	3519	79	50256	65.5
2 Yes	9192	44	16008	32	926	21	26492	34.5
Valid responses =	20987	27	50183	65	4445	6	76748	98.4

Invalid responses include no response.

#### References

<sup>1</sup> Connor KM, Davidson JTR. Development of a new resilience scale: The Connor-Davidson Resilience Scale (CDRISC).

Depression and Anxiety. 2003; 18:76-82.

The following questions about guns/firearms require an opt-in on the part of the campus. The firearm questions were included in the ACHA-NCHA at 20 schools.

#### 86A) Do you have access to a gun/firearm?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	2415	78	6247	84	490	89	9226	82.6
2 Yes	671	22	1181	16	58	11	1937	17.4
Valid responses =	3086	28	7428	67	548	0	11163	14.3

Invalid responses include no response.

#### 86B) During the last 30 days, on how many days did you carry a gun/firearm on campus?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 0 days	3005	99	7277	100	534	100	10908	99.5
2 1-2 days	7	0	4	0	0	0	12	0.1
3 3-4 days	1	0	3	0	0	0	4	0.0
4 5-30 days	25	1	11	0	2	0	41	0.4
Valid responses =	3038	28	7295	67	536	5	10965	14.1

Invalid responses include no response.

	Mean	Median	Std Dev	Min	Max
Cis Men	0.17	0.00	2.01	0	30
Cis Female	0.03	0.00	0.88	0	30
Trans/Gender Non-conforming	0.03	0.00	0.55	0	9
Overall	0.08	0.00	1.38	0	30

#### 86C) To what extent are you concerned about gun violence on campus?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Not at all concerned	1260	41	1699	23	64	12	3053	27.3
2 Slightly concerned	1025	33	2540	34	194	35	3789	33.9
3 Moderately concerned	518	17	1856	25	159	29	2560	22.9
4 Very concerned	183	6	819	11	78	14	1087	9.7
5 Extremely concerned	105	3	520	7	54	10	686	6.1
Valid responses =	3091	28	7434	67	549	5	11175	14.3

Invalid responses include no response.